Prevalence of Second Hand Smoke Exposure among Primary School Children in Awendo Subcounty-Nyanza, Kenya

Elizabeth W Mwaniki
Department of Public Health and Community, Technical University of Kenya
Email: lizmwaniki@yahoo.co.uk

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ABSTRACT

Purpose: To estimate the prevalence and predictors of second hand smoke (SHS) exposure among nonsmoking rural primary school students in Awendo sub county-Nyanza, Kenya.

Design: The survey was a 2-stage cluster-sample design aimed at gathering a representative sample of private and public day school students from Awendo primary schools. The analysis was based on 272 students in class 7 and 8 from Public and private primary schools.

Results: Males reported being at 4% (0.44, 2.53) increased in odds of exposure to SHS at both home and school compared to females. Adolescents who had smoking parents or sibling had a more than five times the odds of SHS exposure at home (OR = 5.44; 95% CI (3.35, 26.90)). Those who had smoking teachers were more likely to be exposed to SHS both at home and school (OR =3.37; 95% CI (1.4, 8.05)). The overall proportion of students exposed to SHS at school was higher than those exposed at home (P < 0.001).

Practical Implication: SHS exposure is a known cause of disease among nonsmokers, contributing to lung cancer, heart disease, as well as other diseases. Children and adolescents have many years to manifest a disease such as atherosclerosis, which has a long latency period. Yet thousands of children and adolescents remain unprotected from exposure to SHS in schools and private homes.

Value: This study reveals that exposure to secondhand smoke is prevalent among the primary school children in Awendo. This exposure was significantly higher at school compared to home exposure. There is urgent need for specific measures, policies and regulations to protect nonsmoker children both at home and school.

Keywords: Second hand smoke, Children, Schools, Homes, nonsmoker