

## Abstract

**Background:** Tobacco use is one of the most serious causes of diseases and death not only in the Czech Republic but worldwide. More than 8 million people worldwide die annually from tobacco use, of which more than 7 million deaths are due to direct tobacco use and 1.2 million deaths worldwide are due to indirect exposure to second-hand smoke. It is estimated that almost one in seven adults smoke tobacco every day. There are few studies that have investigated the use of tobacco products and other addictive substances among people with intellectual disabilities, yet it is known that mortality rates among people with intellectual disabilities tend to be much higher than in the general population. Moreover, the consequences of substance use for overall health and the social impact on this population are more harmful than for the general population.

**Aims:** The aim of the bachelor thesis is to map the rates and patterns of tobacco and nicotine product use among people with mild, moderate or combined intellectual disabilities. The aim of the bachelor's thesis is to determine the prevalence of tobacco and nicotine product use in this population of people in our country, the rates and patterns of use, and to compare the observed phenomena according to selected sociodemographic factors. The results should provide recommendations for smoking interventions in this target group.

**Methods:** A questionnaire-based cross-sectional study was conducted and data were collected through a structured interviewer-respondent interview using a questionnaire (PAPI method). The structured interview focused on the use of tobacco and nicotine products and the level of nicotine dependence. Descriptive statistics methods were used in data analysis. The research population was selected by purposive and convenience sampling. Respondents with mild, moderate or combined intellectual disability in selected providers of social services in the Ústí nad Labem region were recruited. The sample consisted of 59 men and 34 women, a total of 93 persons aged between 18 and 74 years. The average age was 47 years.

**Results:** The survey showed that the rate of current use of tobacco/nicotine products was 39%, daily use was 37% (40% for men, 32% for women) and slightly higher in younger age groups. All current users among the respondents interviewed are users of conventional cigarettes. Some respondents have experience with alternative products, but only a minimum of respondents are current users. No one has used professional addiction counselling for smoking cessation. A few respondents were helped to quit by their relatives, a psychologist, a nurse, an outpatient doctor or a teacher. Motivation of those who quit smoking was usually a serious health problem. Many respondents found smoking subjectively helpful, pleasurable and did not consider quitting.

**Conclusion:** Smoking rates among people with intellectual disabilities are approximately double those of the general population. Smoking may play a specific role in the complex health, social and overall life situation of people with intellectual disabilities. Given the significant additional health burden associated with smoking, these people should be offered help to quit smoking or alternative nicotine use with lower health risks.

**Keywords:** Tobacco and nicotine products, smoking, intellectual disability, factors, risk, disease