Smoking is the major cause of preventable disease in New Zealand. Data on smoking prevalence is used by those working in the health sector to:

* monitor changes in smoking prevalence among the adult population of New Zealand
* understand the profile of smokers, to better target at-risk groups in the community with future health education programmes
* target health education programmes and evaluate the success of these
* monitor changes in smoking statistics amongst high-risk groups in New Zealand
* examine the inter-relationships between smoking and other socio-economic variables and how these change over time.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Smoking behaviour** |  |  |  |  |  |  |  |
| **Mount Holdsworth - Waingawa** | **2013** |  |  | **2006** |  |  | **Change** |
| **Smoking behaviour** | **Number** | **%** | **Carterton District %** | **Number** | **%** | **Carterton District %** | **2006 to 2013** |
| Regular smoker | 177 | 11.9 | 15.7 | 186 | 16.1 | 20.7 | -9 |
| Ex smoker | 384 | 25.8 | 26.4 | 306 | 26.5 | 24.6 | +78 |
| Never smoked regularly | 822 | 55.1 | 50.8 | 591 | 51.2 | 47.5 | +231 |
| Not stated / included | 108 | 7.2 | 7.2 | 72 | 6.2 | 7.3 | +36 |
| **Total population** | **1,491** | **100.0** | **100.0** | **1,155** | **100.0** | **100.0** | **+336** |

