**SMOKING**

**Smoking less does not equal drinking more**

The common conception that people giving up smoking drink more alcohol to compensate has been questioned by a study.

People who recently embarked on an attempt to give up smoking tobacco were found to be more likely to drink less alcohol than smokers in general.

Lead author Jamie Brown from University College London said: ‘These results go against the commonly held view that people who stop smoking tend to drink more to compensate. It’s possible that they are heeding advice to try to avoid alcohol because of its link to relapse.’

The report authors do not show reasons for the behaviour they observed.

The study was carried out as part of the ongoing Smoking Toolkit Study and Alcohol Toolkit Study in England. Each month about 1,700 people aged 16-plus complete a computer-assisted survey. The study is funded by Cancer Research UK and the National Institute for Health Research.


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