**Abstract**

**Objective.** To assess changes in the prevalence and intensity of smoking in Tyumen men aged 35–44 and 45– 54 years over 5- and 15-year follow up. Materials and methods. This is a cross-sectional epidemiologic study of representative cohorts of men aged 35– 44 and 45–54 years with follow-up in 1995, 2000, 2010. Prevalence and intensity of tobacco smoking were assessed using WHO questionaries as a part of cardiological screening in regular smokers.

**Results.** Based on the 5-year follow-up of Tyumen population, higher prevalence of irregular smoking and lower percentage of adults who have never smoked were identified in individuals over 40 years of age; 15-year followup has shown the reduction of everyday smoking and increase in smoking cessation frequency in adult men aged 35–44 and 45–54 years. Over 5 years, more everyday smokers aged 45–54 years started smoking more heavily; percentage of individuals who smoked less then 10 cigarettes per day has decreased, respectively. Over 15 years, smoking intensity in both age groups hasn’t changed.

**Conclusion.** Follow-up has shown the reduction of smoking prevalence in adult active men over 15 years and the increase of smoking prevalence over 5 years. Follow-up was performed in the period of social and economic difficulties in Russia. Combined approach to behavioral and psychosocial risk factors is required for efficient smoking prevention programs.

**Keywords:** epidemiologic study, population monitoring, open population, men, smoking prevalence, smoking intensity