

11 Quit Ratio and Susceptibility

Giving up smoking, even late in life, can significantly improve health and increase life expectancy.^{24,25} Lifelong smokers lose an average of 10 years of life, and quitting by age 40, 50, or 60 results in average gains of 9, 6, and 3 years of life, respectively.^{26,27}

The quit ratio is the percentage of former daily smokers among ever daily smokers. It is an important measure of the impact of tobacco control policies and programs. Among adults, the quit ratio ranged from 26% in Ethiopia to 51% in Senegal in the 6 GATS countries in the African Region. Among men, the quit ratio ranged from 25% in Ethiopia to 51% in Senegal in the 6 GATS countries assessed. Among women, the quit ratio ranged from 30% in Ethiopia to 61% in Uganda. In Uganda, the quit ratio was significantly higher among women than men, but no significant gender differences were found in the other 4 GATS countries.

Twenty percent or more of students who have never smoked cigarettes were susceptible to using



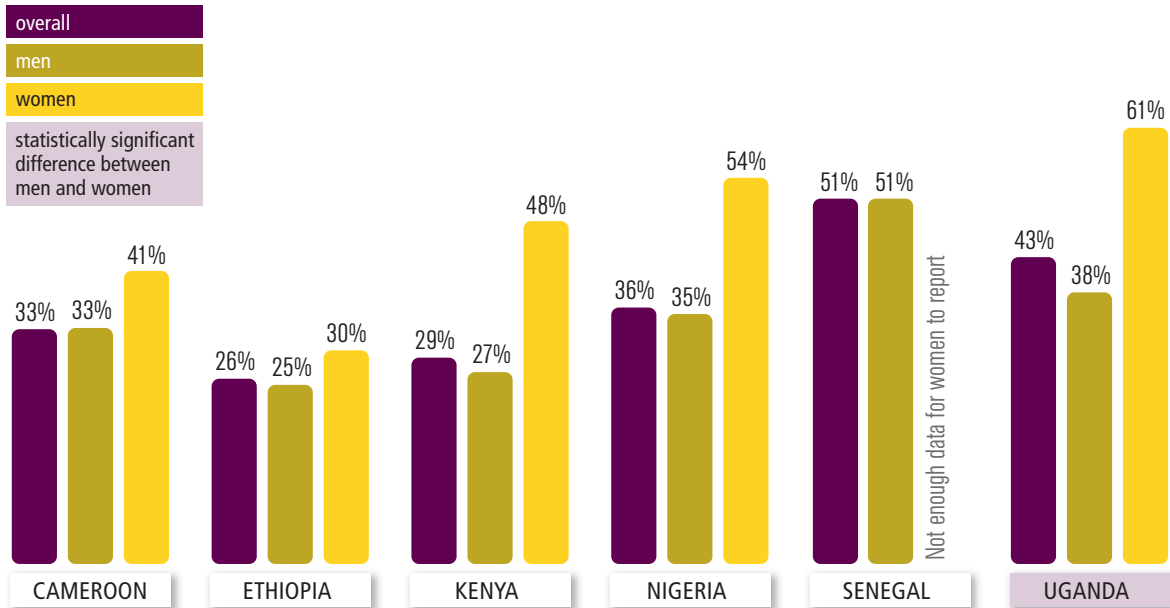
cigarettes in the future in 12 of the 34 GYTS countries. Percentages ranged from 6% in Algeria, Mali, and Swaziland to 35% in Zimbabwe.

The high susceptibility of young people in the African Region to future cigarette smoking suggests the importance of prevention efforts among this age group.

ADULTS QUIT RATIO

Percentage of adults age 15 years or older who had ever smoked daily and were former daily smokers^c 2012–17

In Uganda, the quit ratio was significantly higher among women than men



SUSCEPTIBLE STUDENTS

Percentage of students age 13–15 who had never smoked cigarettes and were susceptible to using cigarettes in the future^d 2006–11 2013–16*

