

# 15 Tobacco Use: Dependency

Nicotine is an addictive substance in tobacco products.<sup>27</sup> The use of tobacco shortly after waking up is one indicator of nicotine dependence.<sup>27,40</sup> Increased awareness about the addictiveness of nicotine can prevent the initiation of tobacco use.<sup>41</sup>

In Kenya, Nigeria, and Uganda, 50% or more of adults who smoked tobacco usually smoke within 30 minutes of waking. Percentages ranged from 47% in Ethiopia

to 72% in Kenya and Uganda in the 6 GATS countries. Smoking tobacco within 30 minutes of waking suggests nicotine dependence, which can make quitting harder for adult smokers.

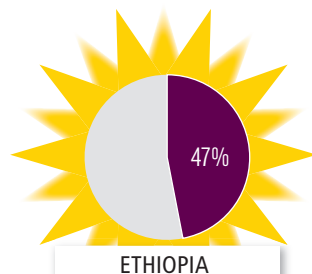
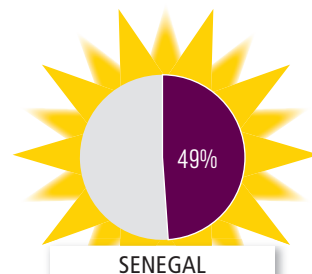
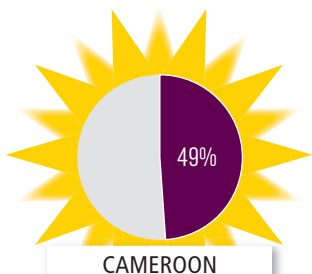
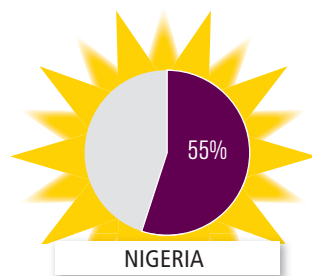
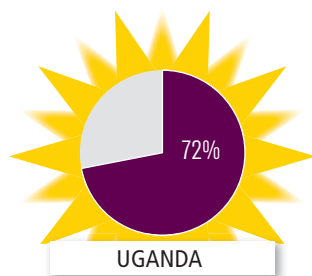
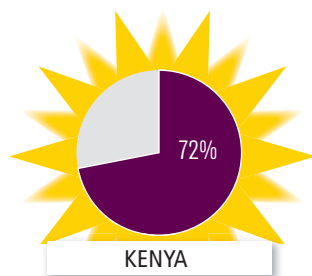
Half or more of students who smoked cigarettes showed signs of smoking dependency in 6 of the 24 GYTS countries presented here. Percentages ranged from 2% in Madagascar to 86% in Zimbabwe.



In Kenya, Nigeria, and Uganda, **50% or more** of adults who smoked tobacco usually smoked within 30 minutes of waking

## ADULT DEPENDENCY

Percentage of adults age 15 years or older who currently used tobacco and used tobacco within 30 minutes of waking 2012–17



**50% or more** of students who smoked cigarettes showed signs of smoking dependency in 6 GYTS countries



## YOUTH DEPENDENCY

Percentage of students age 13–15 who currently smoked cigarettes and showed signs of smoking dependence<sup>d,g</sup> 2006–11 2013–16\*

