

17 Attempts to Quit

People who stop smoking tobacco greatly reduce their risk for disease and early death.⁴³ Cessation support and medication has been shown to increase the likelihood that a smoker will quit successfully.⁴¹

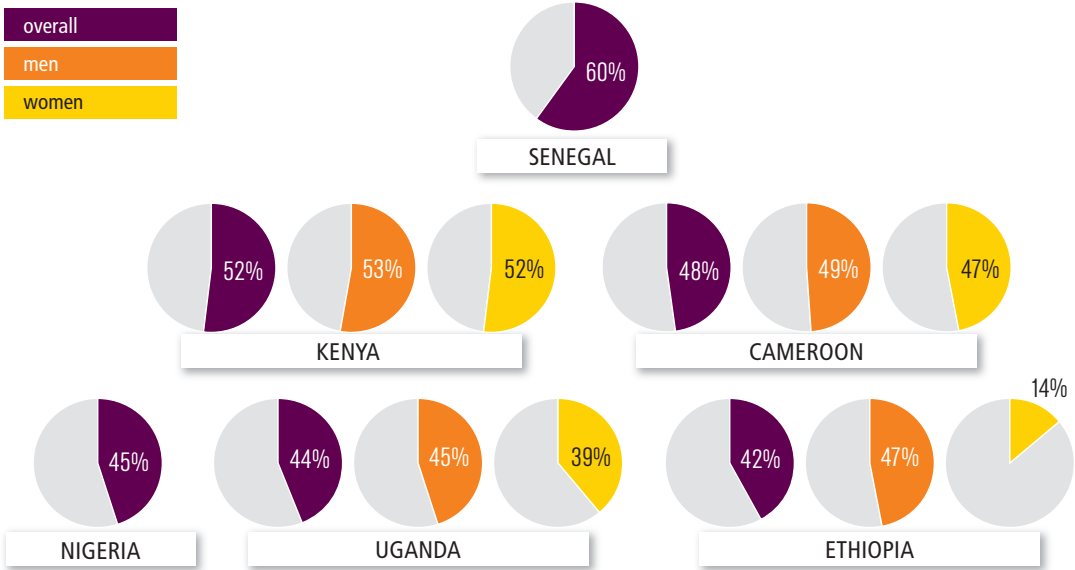
In Kenya and Senegal, 50% or more of adults who currently smoked tobacco made a quit attempt in the past 12 months. Percentages ranged from 42% in Ethiopia to 60% in Senegal in the 6 GATS countries.

Among adults who made a quit attempt, 3% (Ethiopia) to 11% (Senegal) used medication (pharmacotherapy) to help them quit; 4% (Cameroon) to 15% (Ethiopia and Nigeria) sought counseling or advice.

The percentage of students who smoked cigarettes and made a quit attempt in the past 12 months ranged from 55% in Zambia to 88% in Cote D'Ivoire in the 24 GYTS countries presented here.

ADULT ATTEMPTED QUITTERS

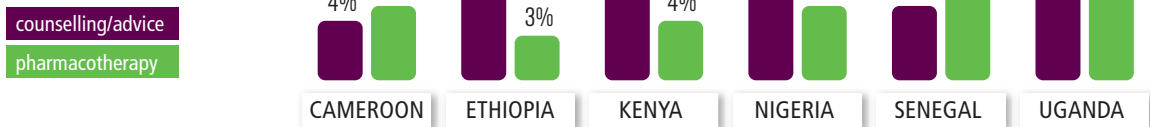
Percentage of adults age 15 years or older who currently smoked tobacco and attempted to quit smoking in the past 12 months^c
2012–17



In Kenya and Senegal, 50% or more of adults who smoked tobacco made a quit attempt in the past 12 months

CESSATION AIDS

Percentage of adults age 15 years or older who smoked tobacco and used smoking cessation aids in the past 12 months
2012–17

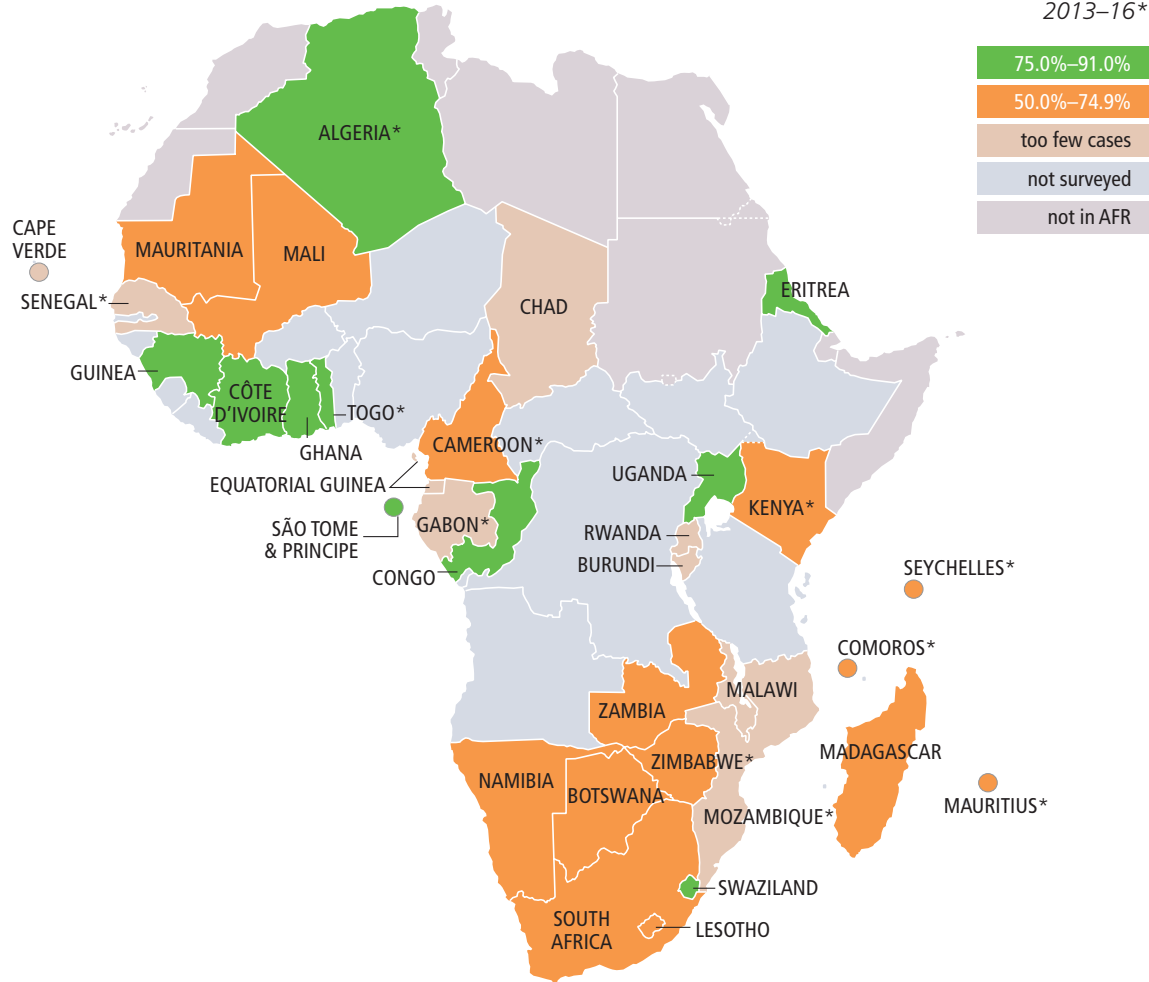


50% or more of students who smoked cigarettes made a quit attempt in the past 12 months in 24 GYTS countries



STUDENT ATTEMPTED QUITTERS

Percentage of students age 13–15 who currently smoked cigarettes and made a quit attempt in the past 12 months^{b,d,g}
2006–11
2013–16*



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