

18 Advice or Help to Quit

Research shows that health care providers who ask about patients' tobacco use and advise tobacco users to quit can help people quit smoking.⁴⁴

Among adults who smoked tobacco and visited a health care provider in the past 12 months, the percentage who were asked about their smoking status ranged from 39% in Kenya to 70% in Nigeria in the 6 GATS countries.

In Ethiopia, Nigeria, and Senegal, 50% or more of adults who smoked tobacco visited a health care provider in the past 12 months and were advised by the provider to quit. Percentages ranged from 34% in Kenya to 61% in Nigeria in the 6 GATS countries. A 1-hour web training from the Centers for Disease Control and Prevention, called Treatment & Beyond, could help encourage more providers to talk with their patients about quitting.^h

The percentage of students who smoked cigarettes and received help or advice to stop smoking ranged from 16% in Cameroon to 100% in Burundi and Sao



Tome and Principe in the 24 GYTS countries presented here.

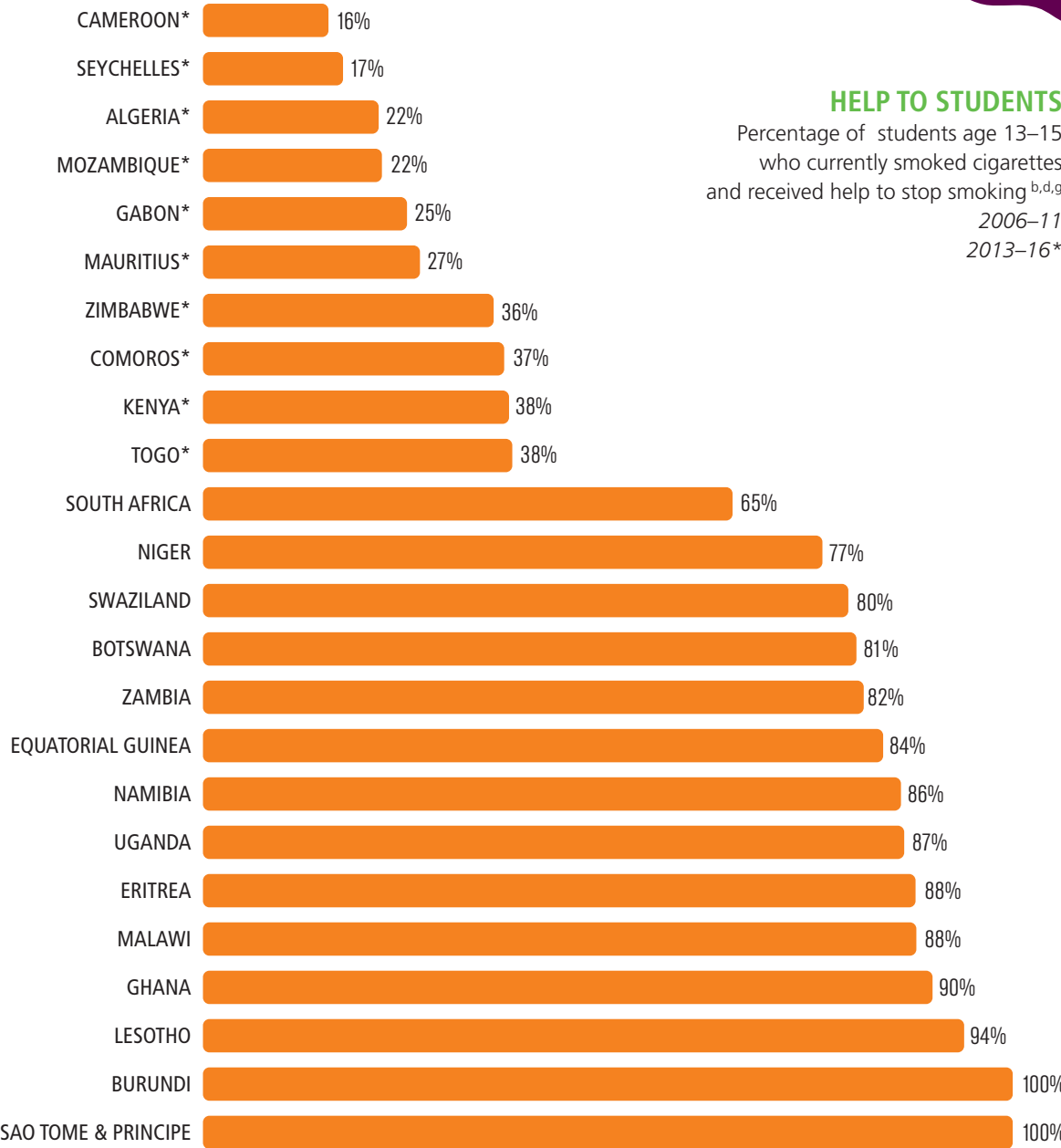
Seventy-five percent or more of students who smoked tobacco received help to stop smoking in 13 of the 24 GYTS countries. The majority of students who smoke cigarettes are willing to receive help to quit. Making cessation resources more available could help them quit smoking.

75% or more
of students who smoked cigarettes
received help to stop smoking in 13 GYTS countries

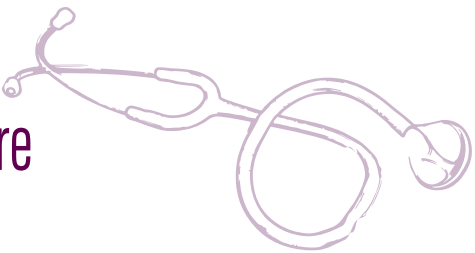


HELP TO STUDENTS

Percentage of students age 13–15 who currently smoked cigarettes and received help to stop smoking^{b,d,g}
2006–11
2013–16*



In Ethiopia, Nigeria, and Senegal, 50% or more
of adults who smoked tobacco were advised to quit
by a health care provider



ASKING AND ADVISING ADULTS

Percentage of adults age 15 or older who currently smoked tobacco and visited a health care provider in the past 12 months
2012–17

Percentage asked about smoking status

Percentage advised to quit smoking

