

# Part Two



## MONITOR TOBACCO USE AND PREVENTION POLICIES



**FCTC**

WHO FRAMEWORK CONVENTION  
ON TOBACCO CONTROL

### **Article 20: Research, surveillance and exchange of information**

Parties undertake to develop and promote national research and to coordinate research programmes at the regional and international levels in the field of tobacco control ...

Each Party shall ... promote and encourage research that addresses the determinants and consequences of tobacco consumption and exposure to tobacco smoke.

# 7 Tobacco Use

**Tobacco use is a leading cause of death worldwide.<sup>1,2</sup> Africa has become a prime market for the tobacco industry.<sup>1,4</sup>**

About 13 million adults currently used tobacco in the 6 GATS countries in the African Region. Percentages ranged from 5% in Ethiopia to 12% in Kenya. Among men, current tobacco use ranged from 8% in Ethiopia to 19% in Kenya. Among women, it ranged from 1% in Nigeria and Senegal to 5% in Kenya and Uganda.

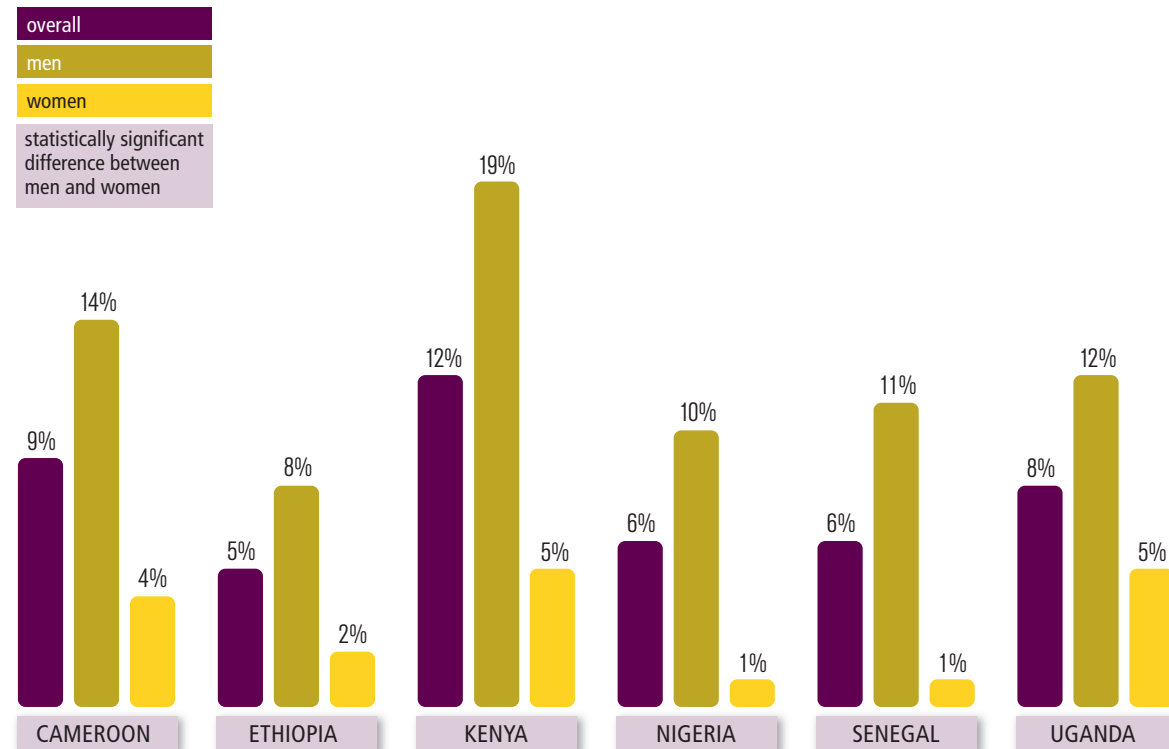
Current tobacco use was significantly higher among men than women in the 6 GATS countries. The men-to-women ratio for tobacco use ranged from 3 to 1 in Cameroon and Uganda to 9 to 1 in Nigeria and Senegal.

Ten percent or more of students currently used tobacco in 27 of the 34 GYTS countries. Percentages ranged from 7% in Eritrea to 31% in Namibia.



## TOBACCO USE BY ADULTS

Percentage of adults age 15 years or older who currently used tobacco 2012–17



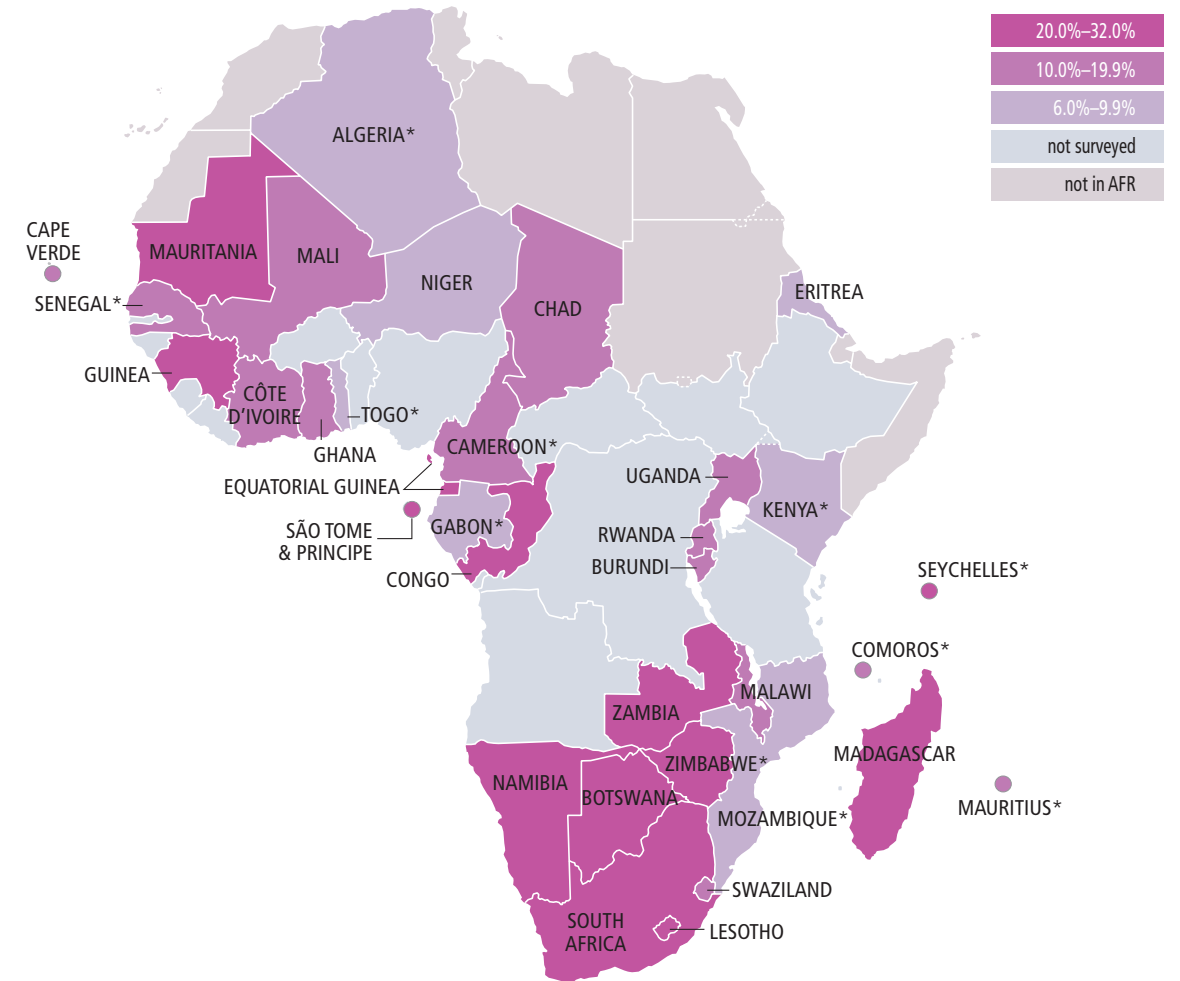
**About 13 million** adults in total used tobacco in the 6 GATS countries<sup>a</sup>

**10% or more** of students used tobacco in 27 GYTS countries



## TOBACCO USE BY STUDENTS

Percentage of students age 13–15 who currently used tobacco 2006–11 2013–16\*



# 8 Tobacco Smoking

Most of the tobacco consumed in the world is in the form of smoked tobacco, such as manufactured cigarettes, roll-your-own cigarettes, cigars, pipes, and waterpipes.<sup>11</sup>

About 10 million adults smoked tobacco in the 6 GATS countries in the African Region. Percentages ranged from 4% in Ethiopia and Nigeria to 8% in Kenya. Among men, current tobacco smoking ranged from 6% in Ethiopia to 15% in Kenya. Among women, the percentage was less than 1% in 4 of the 6 GATS countries.

Current tobacco smoking was significantly higher among men than women in the 6 GATS countries. The men-to-women ratio for smoking ranged from 5 to 1 in Ethiopia to 27 to 1 in Senegal.

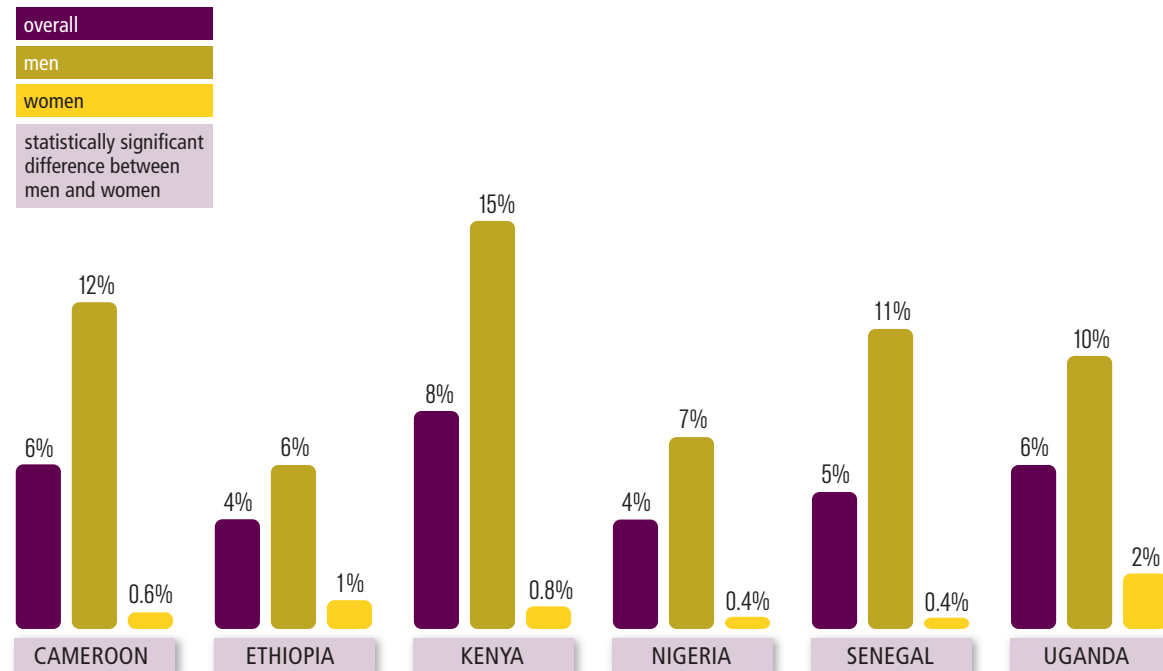
Ten percent or more of students currently smoked tobacco in 13 of the 24 GYTS countries presented here. Percentages ranged from 6% in Mozambique to 25% in South Africa.

About 10 million adults in total smoked tobacco in the 6 GATS countries<sup>a</sup>



## TOBACCO SMOKING BY ADULTS

Percentage of adults age 15 years or older who currently smoked tobacco 2012–17

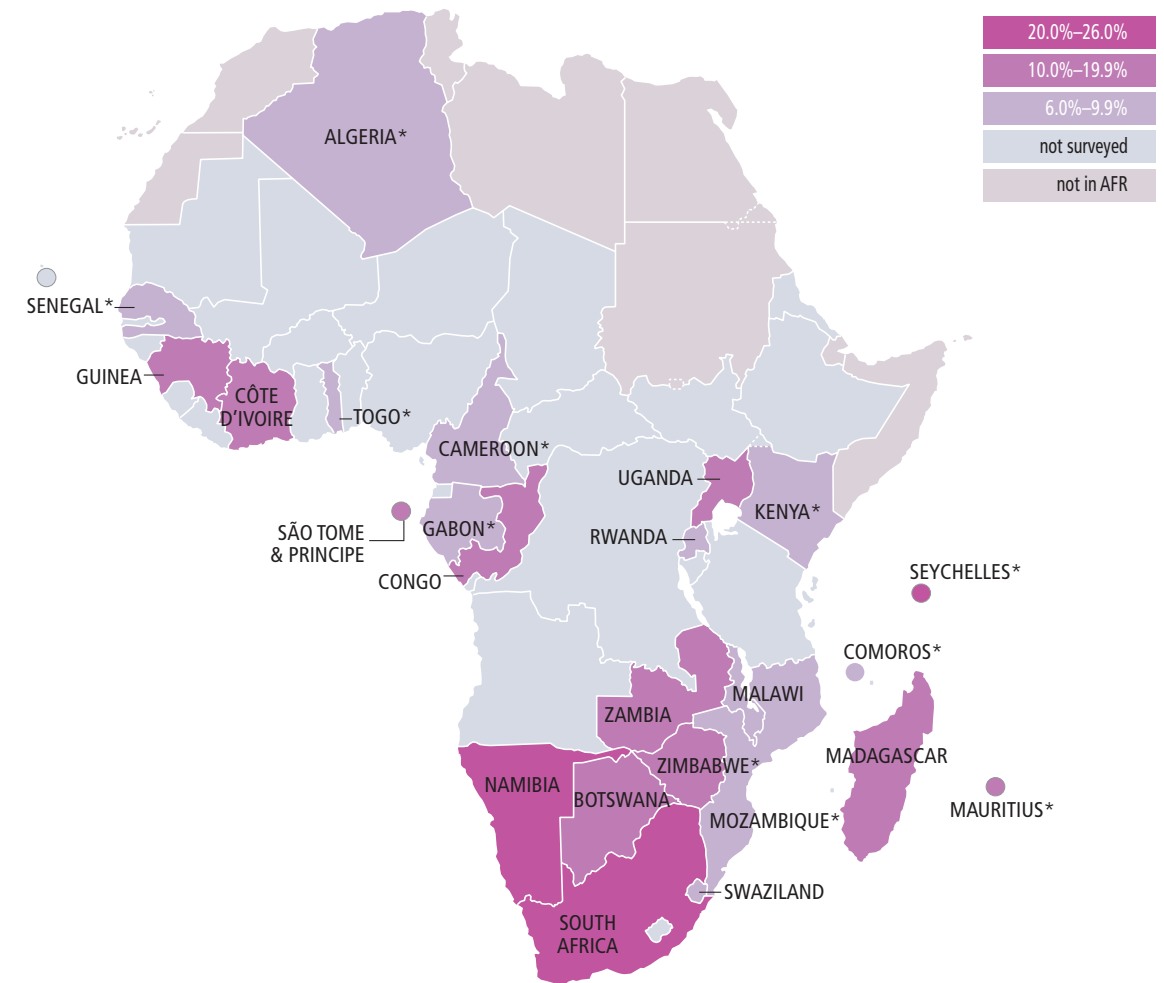


10% or more of students smoked tobacco in 13 GYTS countries



## TOBACCO SMOKING BY STUDENTS

Percentage of students age 13–15 who currently smoked tobacco<sup>b</sup> 2006–11 2013–16\*



# 9 Smokeless Tobacco

Smokeless tobacco products are consumed through the mouth or nose, without burning, and include chewing tobacco, moist snuff, snus, dry snuff, and dissolvables.<sup>6-10</sup>

Among adults, current smokeless tobacco use ranged from less than 1% in Senegal to 5% in Kenya in the 6 GATS countries. Among men, percentages ranged from less than 1% in Senegal to 5% in Kenya. Among women, percentages ranged from 1% or less in Ethiopia, Nigeria, and Senegal to 4% in Cameroon and Kenya. In Cameroon, Senegal, and Uganda, smokeless tobacco use was significantly higher among women than men. In Ethiopia and Nigeria, it was significantly higher among men than women; no difference was found between men and women in Kenya.

Ten percent or more of students currently used smokeless tobacco in 8 of the 25 GYTS countries in the African Region. Percentages ranged from 2% in



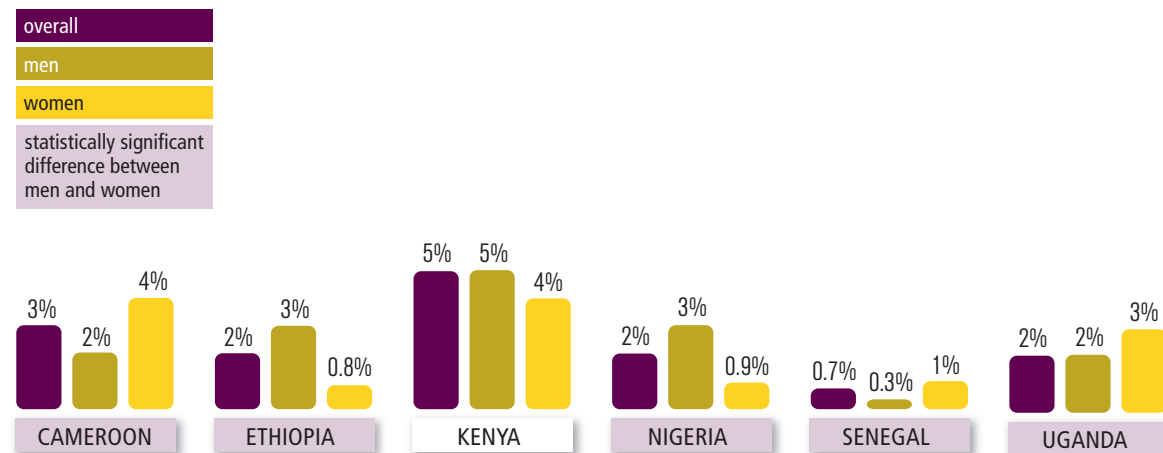
Gabon, Mauritius, Seychelles, and Togo to 23% in Sao Tome and Principe.

In Cameroon, Senegal, and Uganda, smokeless tobacco use was significantly higher among women than men



## SMOKELESS TOBACCO USE BY ADULTS

Percentage of adults age 15 years or older who currently used smokeless tobacco 2012–17

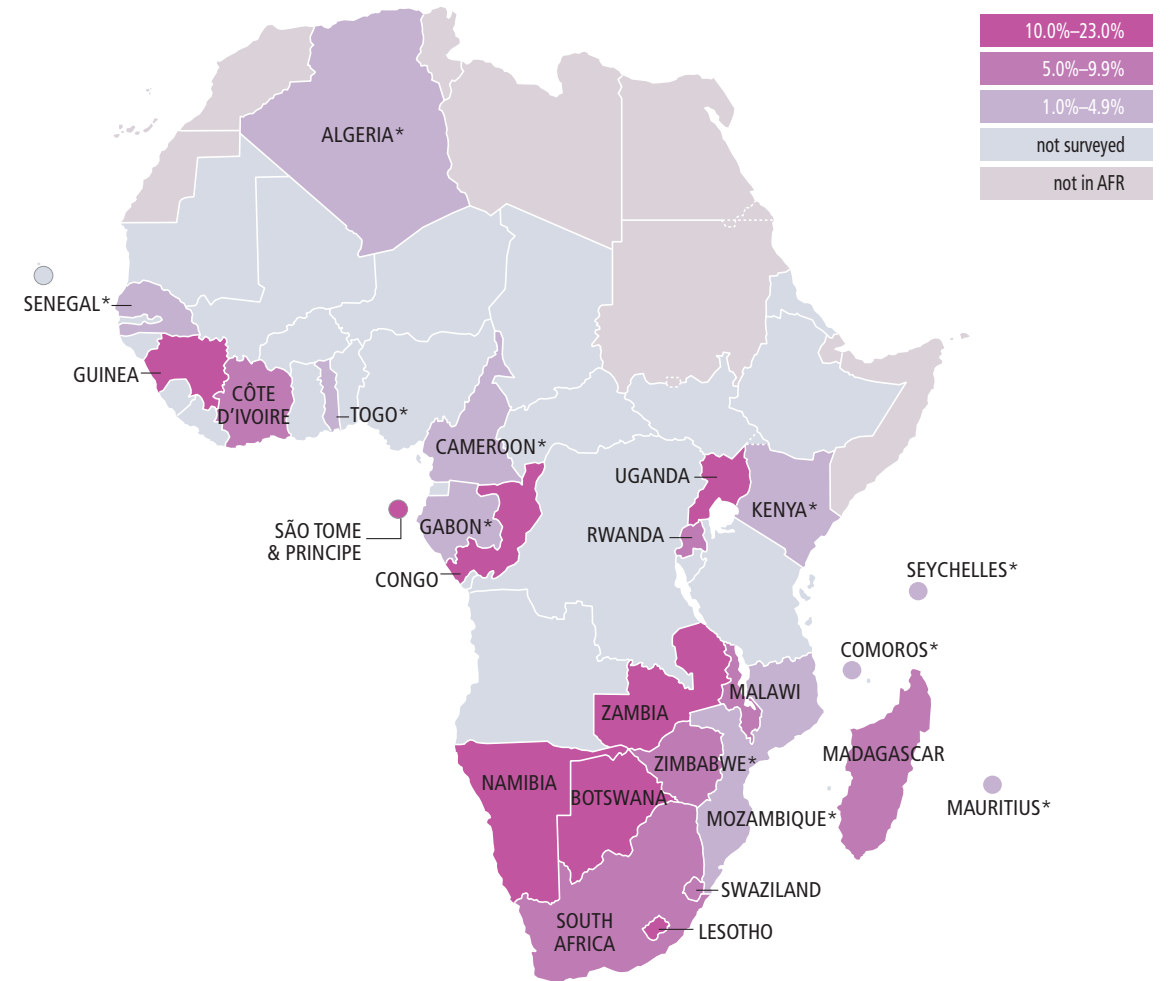


10% or more of students currently used smokeless tobacco in 8 GYTS countries



## SMOKELESS TOBACCO USE BY STUDENTS

Percentage of students age 13–15 who currently used smokeless tobacco<sup>b</sup> 2006–11 2013–16\*



# 10 Daily Smoking: Age of Initiation

Tobacco use starts and is established mainly during adolescence.<sup>23,24</sup> The majority of cigarette smokers start smoking before age 18.<sup>23,24</sup>

Among adults aged 20 to 34 who have ever smoked, the average age of smoking initiation ranged from 17.2 years in Senegal to 18.8 years in Kenya in the 6 GATS countries in the African Region.

Thirty percent or more of students who have ever smoked cigarettes first tried a cigarette before they were 10 years old in 19 of the 34 GYTS countries. Percentages ranged from 14% in Seychelles to 60% in Malawi.



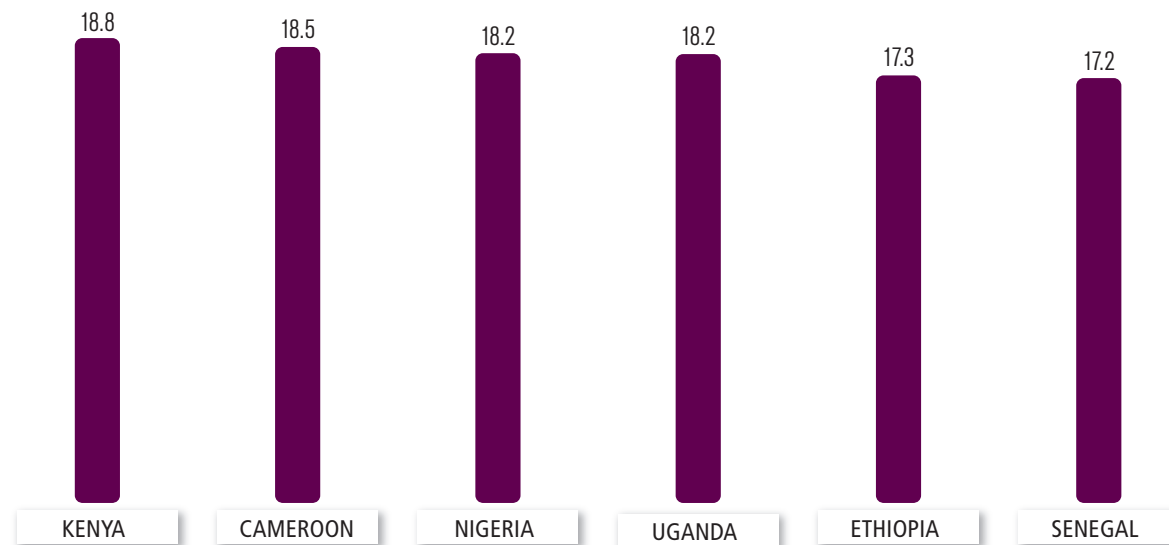
30% or more of students who have ever smoked cigarettes first tried a cigarette before they were 10 years old in 19 GYTS countries



## AVERAGE AGE AT WHICH ADULTS STARTED SMOKING

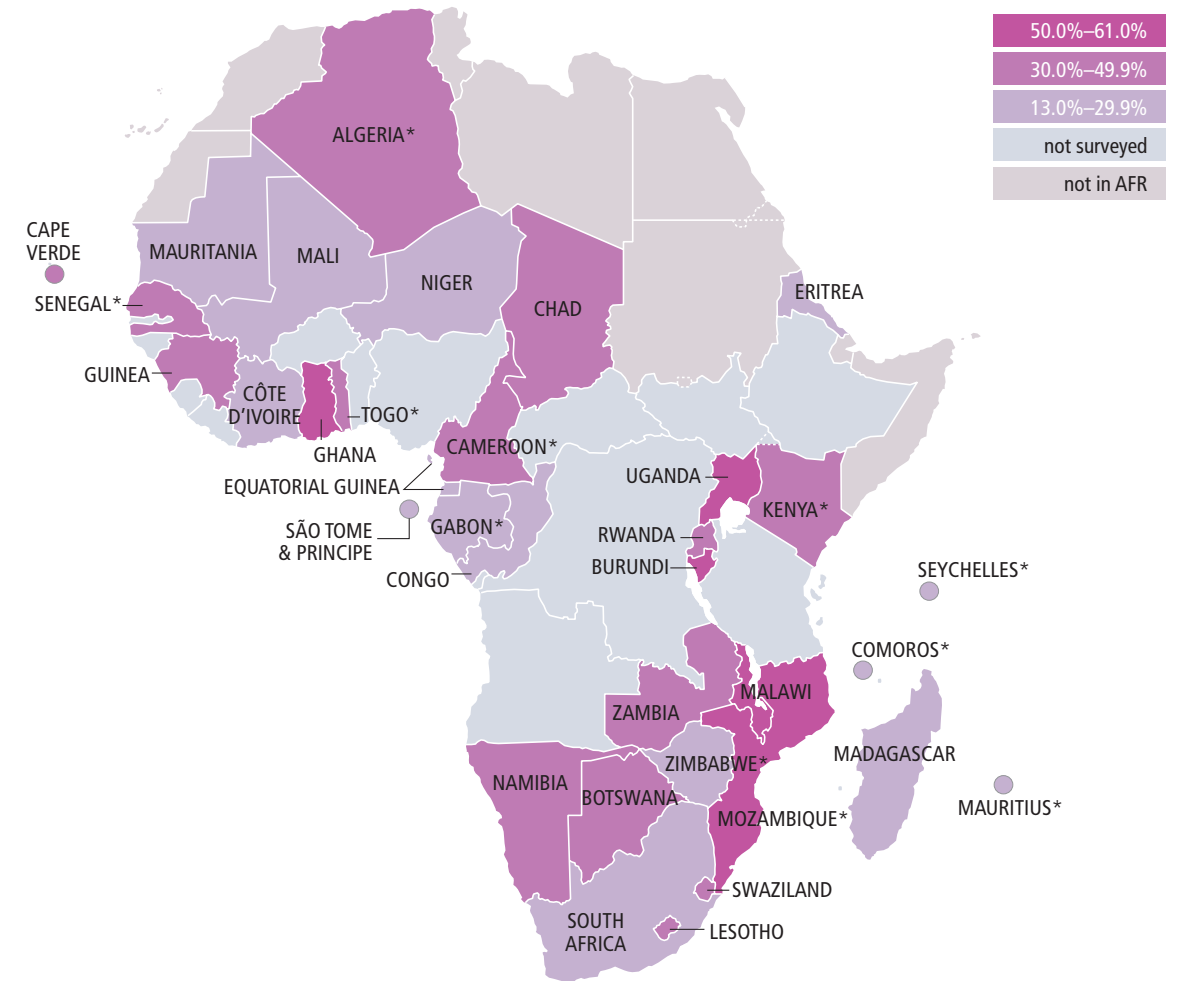
Average age of initiation of daily smoking among adults age 20–34 who were ever daily smokers 2012–17

The average age of daily tobacco smoking initiation in the 6 GATS countries was **under 19 years**



## EARLY SMOKING INITIATION

Percentage of students age 13–15 who have ever smoked cigarettes and first tried a cigarette before age 10 2006–11 2013–16\*



# 11 Quit Ratio and Susceptibility

Giving up smoking, even late in life, can significantly improve health and increase life expectancy.<sup>24,25</sup> 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.<sup>26,27</sup>

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



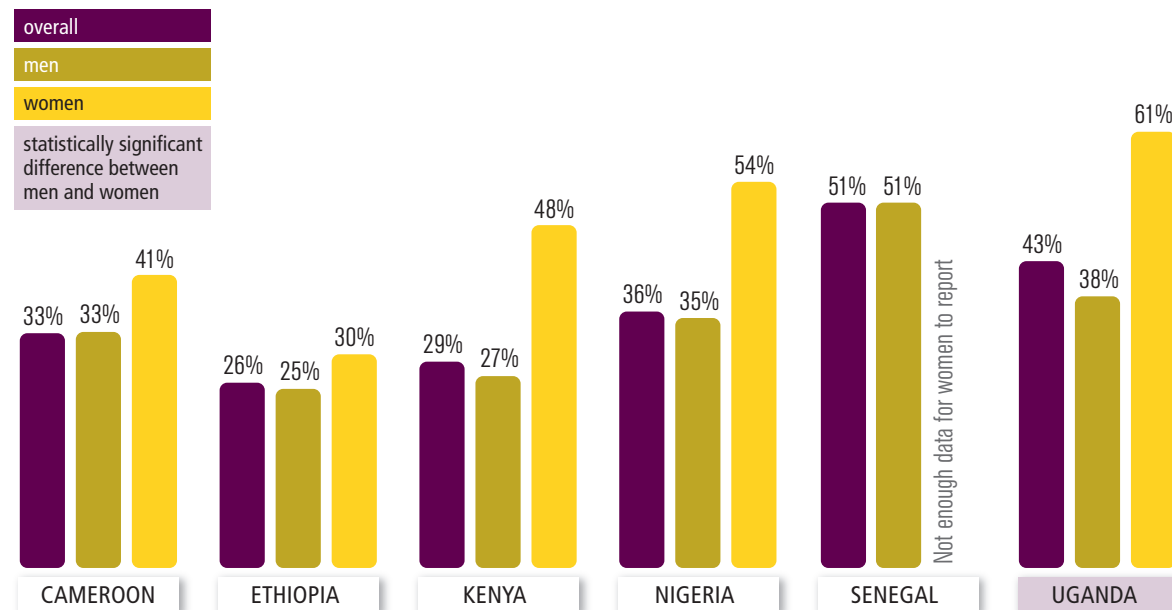
cigarettes in the future in 12 of the 34 GYTS countries. Percentages ranged from 6% in Algeria, Mali, and Swaziland to 35% in Zimbabwe.

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<sup>c</sup> 2012–17

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



20% or more of students who have never smoked cigarettes were susceptible to using cigarettes in the future in 12 GYTS countries



## SUSCEPTIBLE STUDENTS

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

