

Part Four



OFFER HELP TO QUIT TOBACCO USE



FCTC

WHO FRAMEWORK CONVENTION
ON TOBACCO CONTROL

Article 14: Demand reduction measures concerning tobacco dependence and cessation

Each Party shall develop and disseminate appropriate, comprehensive and integrated guidelines based on scientific evidence and best practices, taking into account national circumstances and priorities, and shall take effective measures to promote cessation of tobacco use and adequate treatment for tobacco dependence.

15 Tobacco Use: Dependency

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

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.

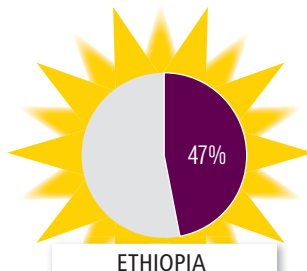
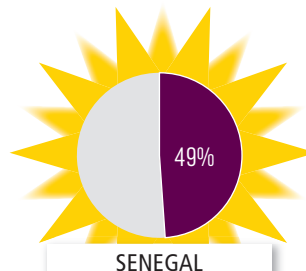
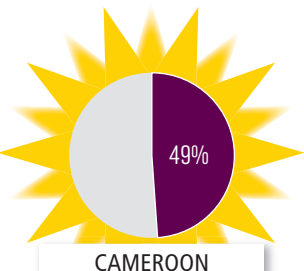
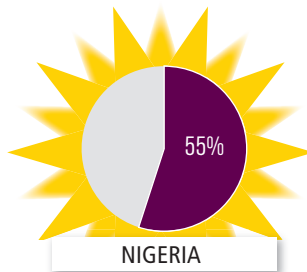
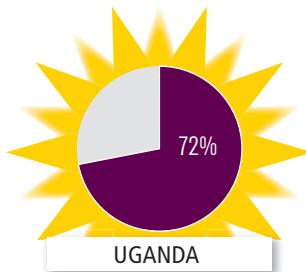
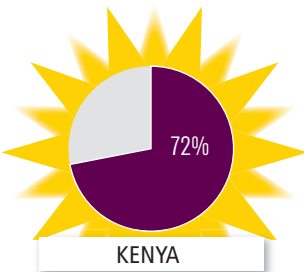
Half or more of students who smoked cigarettes showed signs of smoking dependency in 6 of the 24 GYTS countries presented here. Percentages ranged from 2% in Madagascar to 86% in Zimbabwe.



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

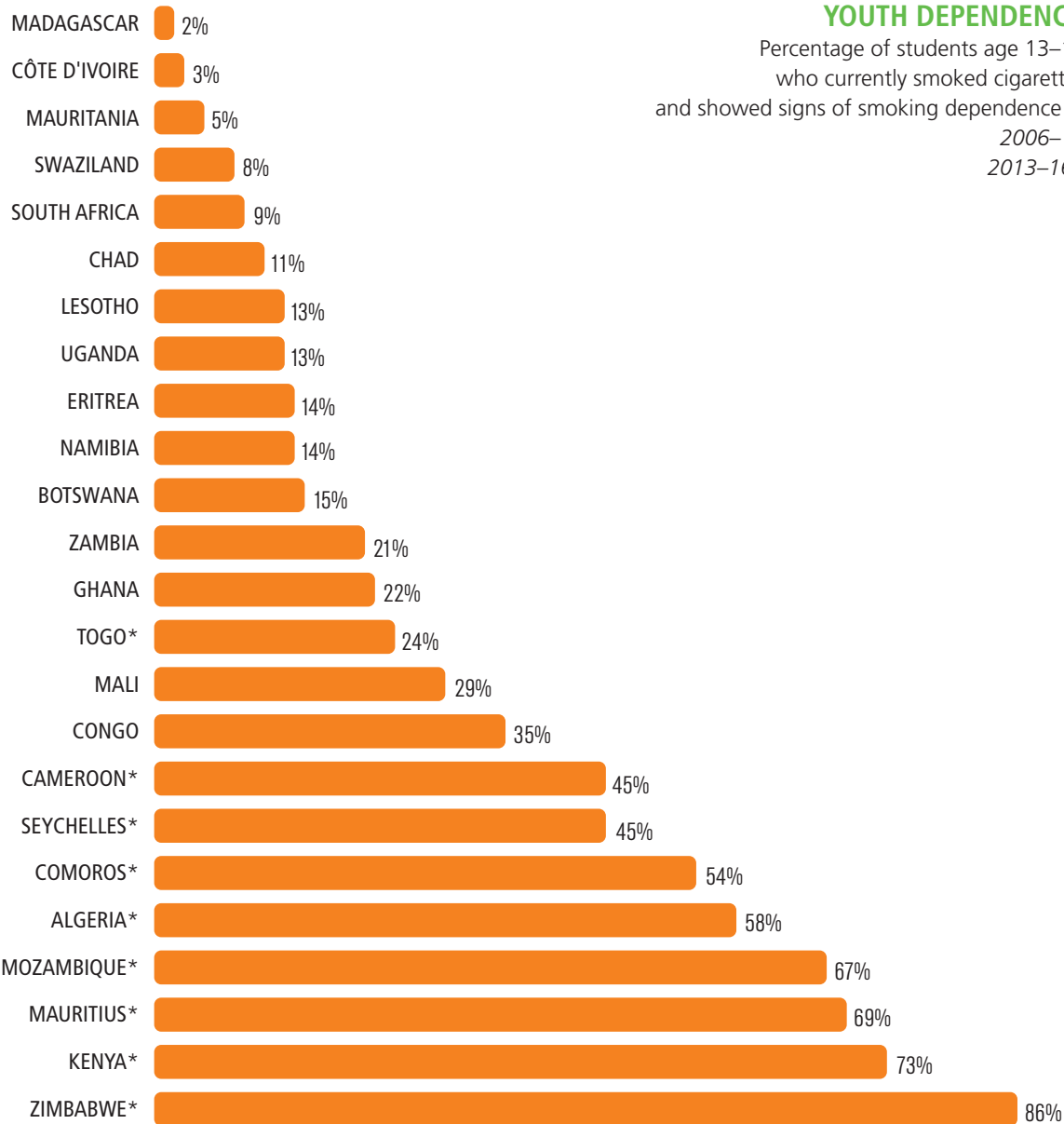


50% or more of students who smoked cigarettes showed signs of smoking dependency in 6 GYTS countries



YOUTH DEPENDENCY

Percentage of students age 13–15 who currently smoked cigarettes and showed signs of smoking dependence^{d,g} 2006–11 2013–16*



16 Intention or Desire to Quit

Self-reported intention to quit smoking predicts future quit attempts.⁴²

The percentage of adults who smoked tobacco and intended to quit in the future ranged from 64% in Uganda to 80% in Senegal in the 6 GATS countries. Among men, percentages ranged from 66% in Cameroon and Uganda to 78% in Kenya in 4 of the 6 GATS countries. Among women, percentages ranged from 39% in Ethiopia to 70% in Kenya. The majority of adult tobacco smokers in the African Region intend to quit. If cessation resources are more available, smokers may be more likely to make a quit attempt.

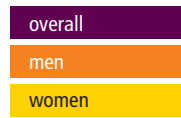
Half or more of students who smoked cigarettes wanted to quit in the 22 GYTS countries presented here. Percentages ranged from 51% in Mauritania to 91% in Uganda.



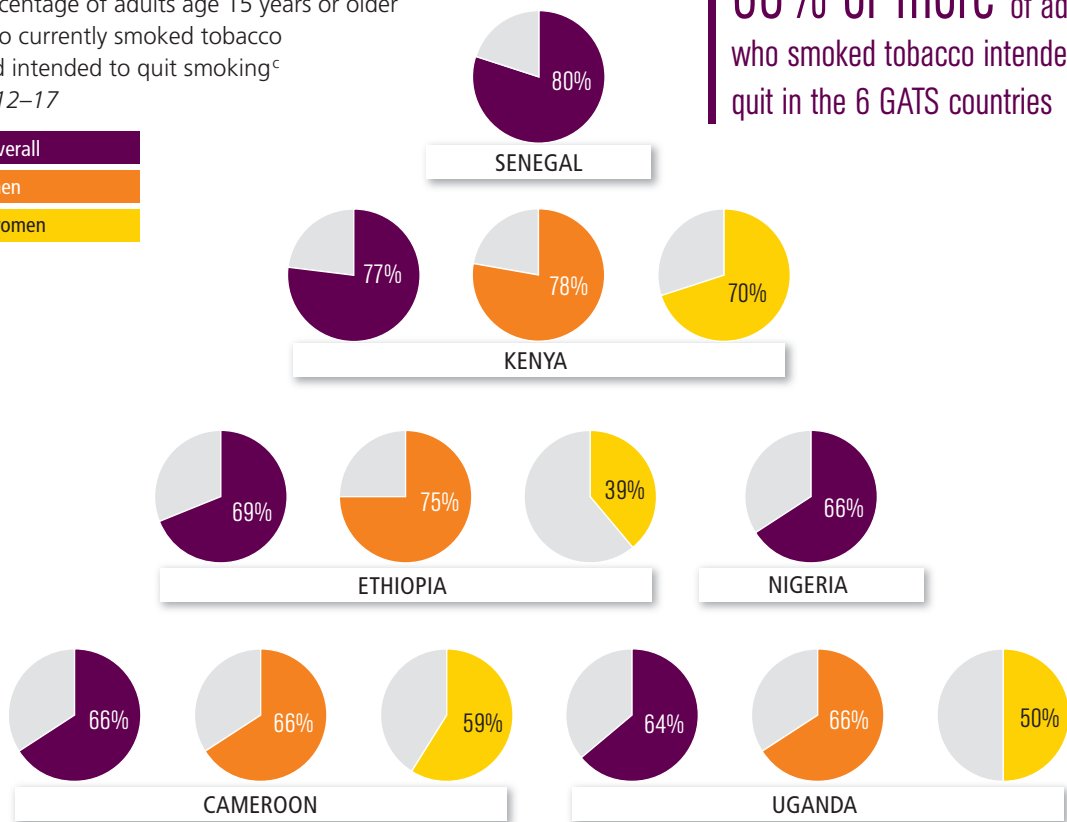
The majority of student cigarette smokers in the African Region want to quit. If cessation resources are more available, student smokers may be more likely to make a quit attempt.

ADULT INTENTION TO QUIT

Percentage of adults age 15 years or older who currently smoked tobacco and intended to quit smoking^c 2012–17



60% or more of adults who smoked tobacco intended to quit in the 6 GATS countries

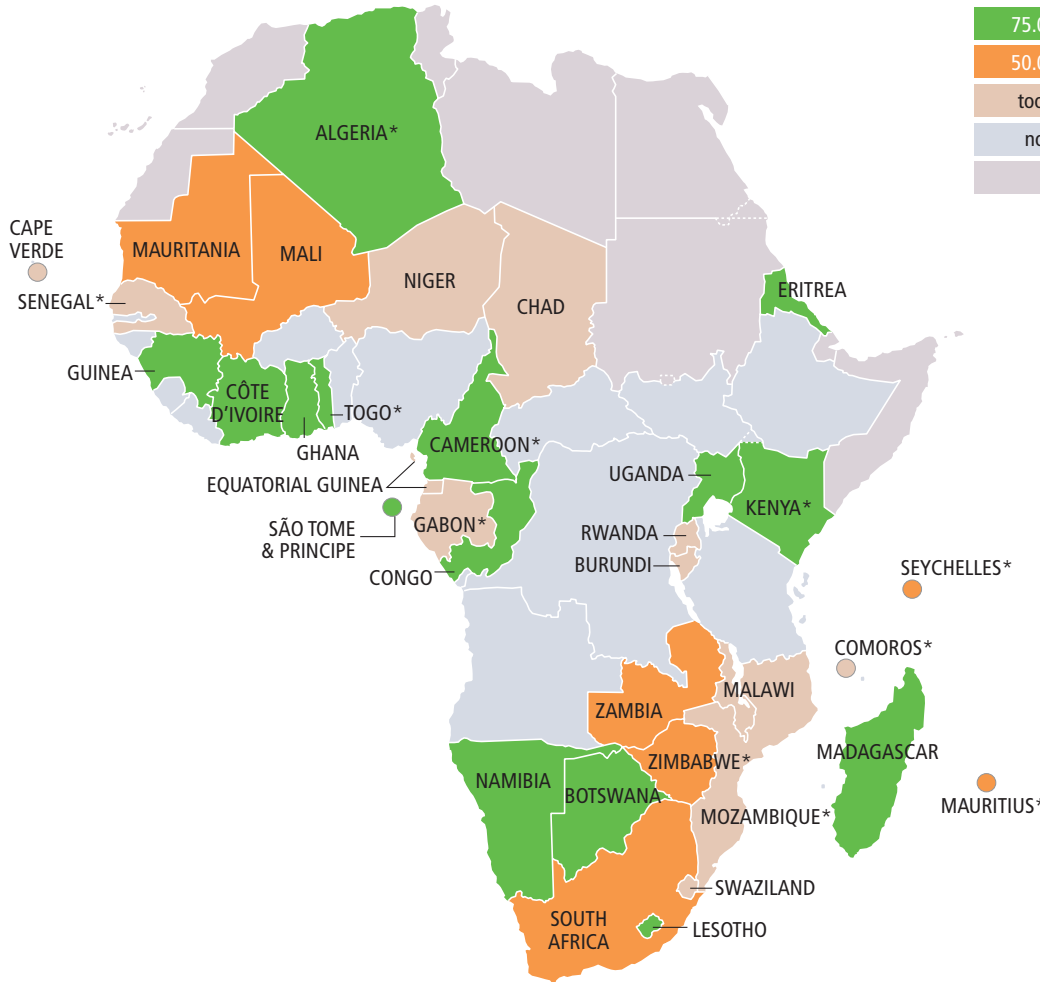
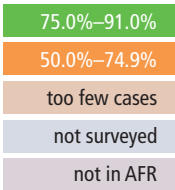


50% or more of students who smoked cigarettes wanted to quit in 22 GYTS countries



STUDENT DESIRE TO QUIT

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



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

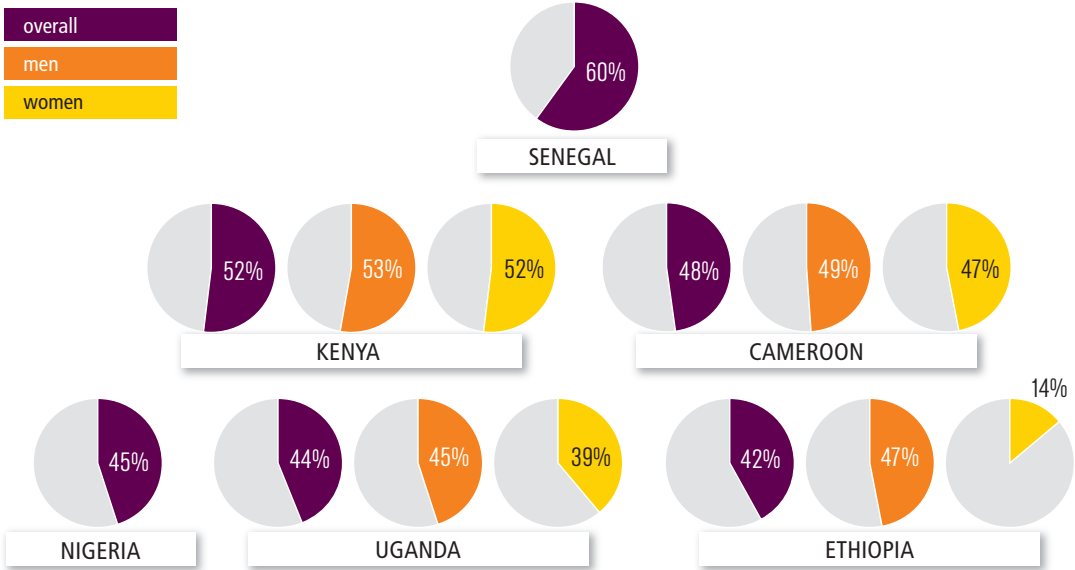
In Kenya and Senegal, 50% or more of adults who currently smoked tobacco made a quit attempt in the past 12 months. Percentages ranged from 42% in Ethiopia to 60% in Senegal in the 6 GATS countries.

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

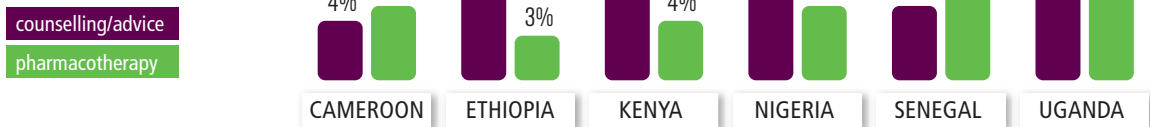
Percentage of adults age 15 years or older who currently smoked tobacco and attempted to quit smoking in the past 12 months^c
2012–17



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

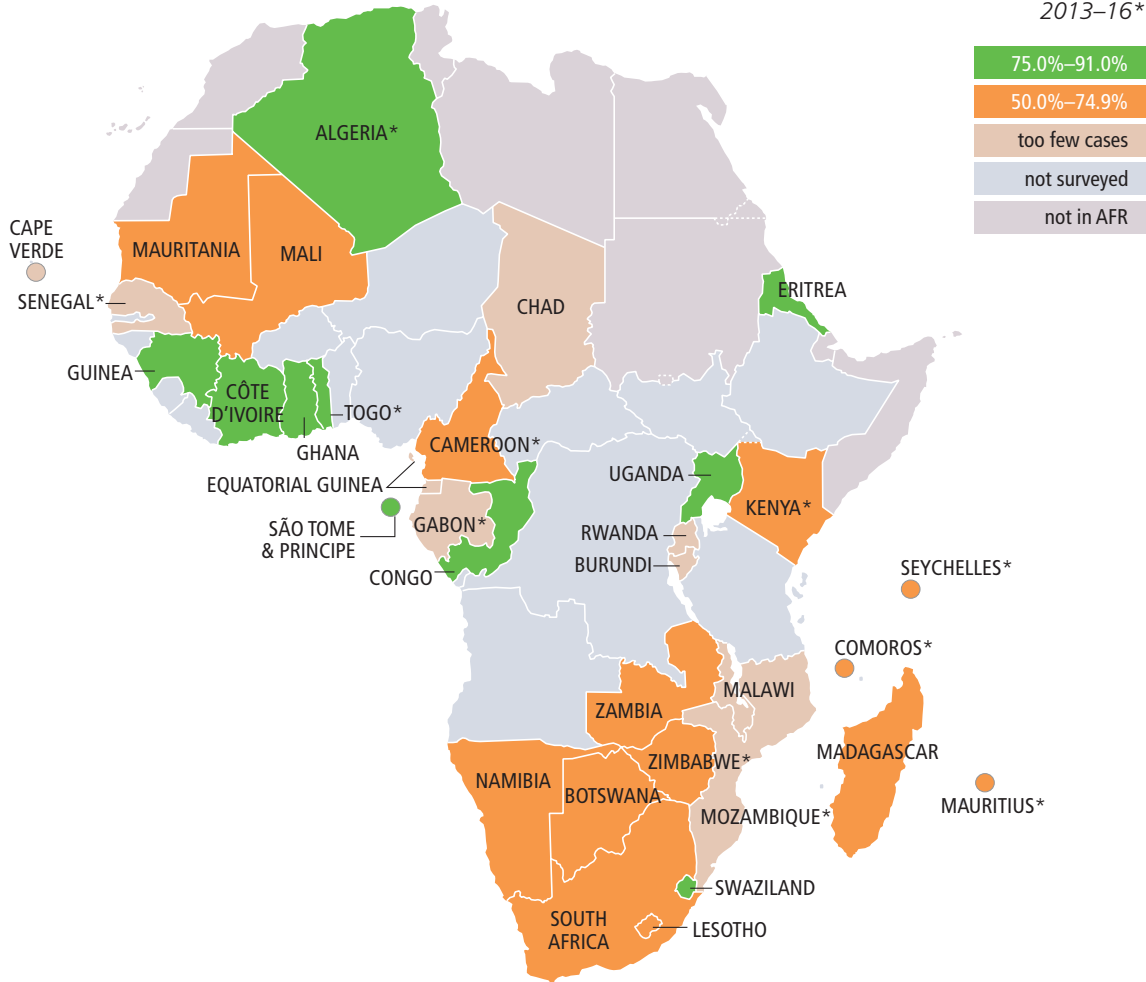


50% or more of students who smoked cigarettes made a quit attempt in the past 12 months in 24 GYTS countries



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*



OFFER HELP

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.

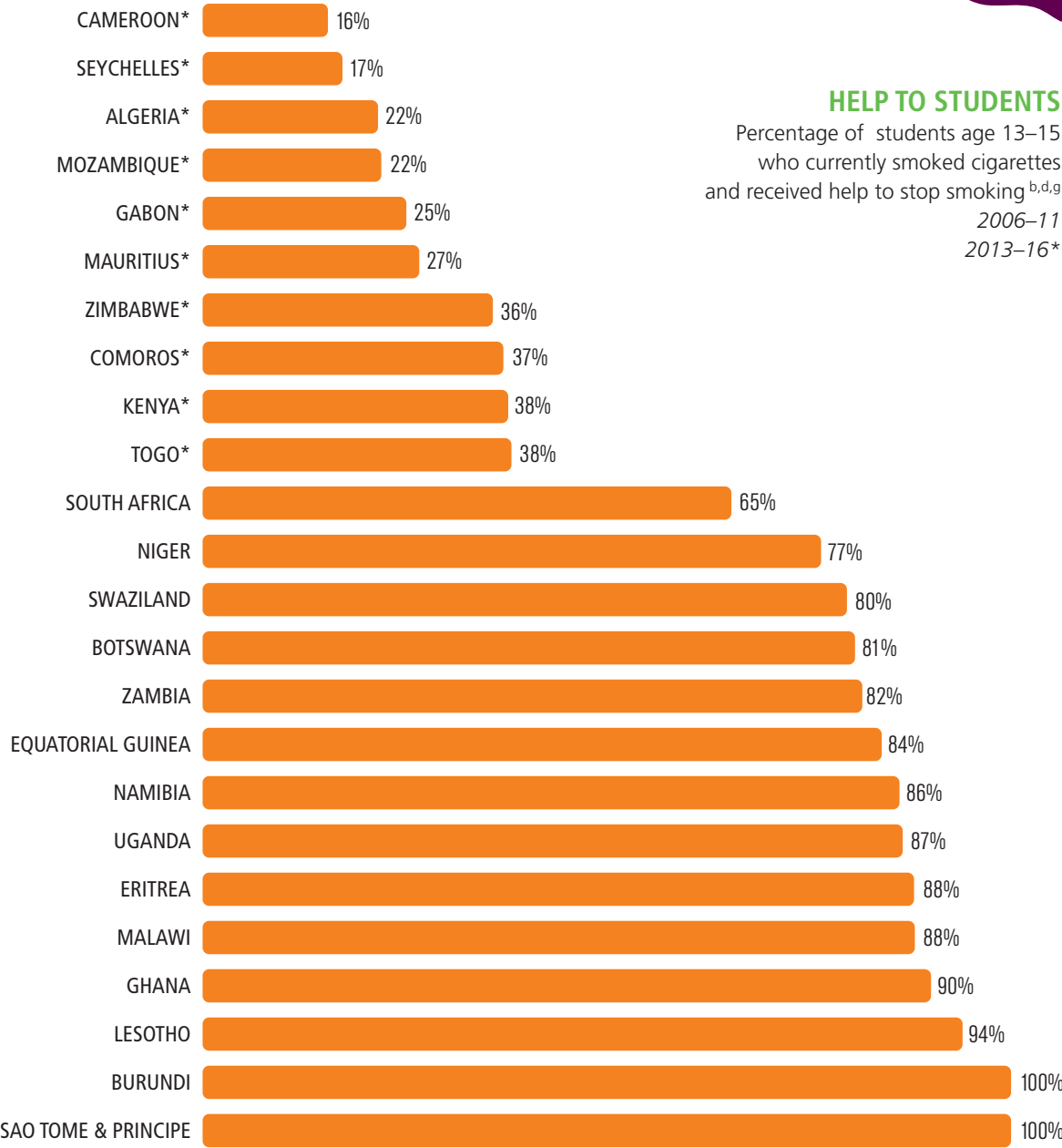
Seventy-five percent or more of students who smoked tobacco received help to stop smoking in 13 of the 24 GYTS countries. The majority of students who smoke cigarettes are willing to receive help to quit. Making cessation resources more available could help them quit smoking.

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

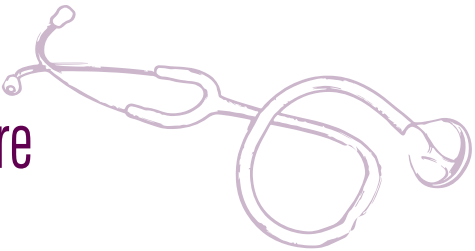


HELP TO STUDENTS

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

