

# NATIONAL NCD MONITORING SURVEY (NNMS)

## WORLD NO TOBACCO DAY

Theme: Commit to quit

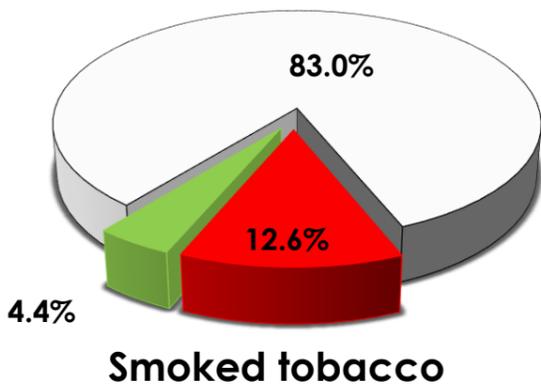
**National Noncommunicable disease Monitoring Survey (NNMS)** was conducted during 2017–18 by ICMR-NCDIR. The survey covered a total of 12,000 households across the country. It provides key national evidence on risk factors for NCDs both behavioural and metabolic risk factors across males and females aged 15-17- and 18-69-years residing in urban and rural areas. The survey also provides national level indicators for health seeking behaviours and health system response to tackle NCDs.

### Key findings - Adults (18-69 years)

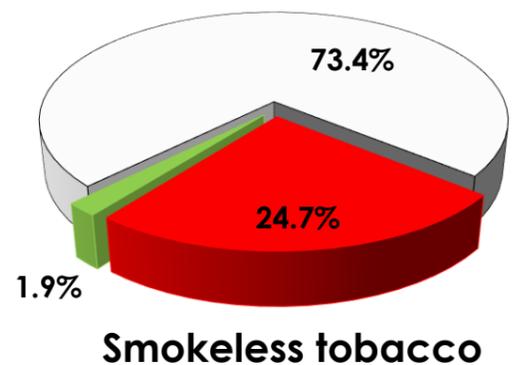
□ Never user ■ Current user ■ Past user

#### CURRENT TOBACCO USE

□ Never user ■ Current user ■ Past user



Average age of initiation: 21 years

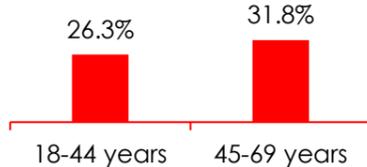


#### CURRENT DAILY TOBACCO USE

##### Any form of tobacco daily

By age categories

Every 3 in 10 adults were daily users of any form of tobacco.



##### Both forms of tobacco use daily

2.7% used both smoked and smokeless forms of tobacco daily.

##### Smoked tobacco use - daily

Every 1 in 10 adults were daily smokers.

6 in 10 daily smokers used bidi's

2 in 10 daily smokers used manufactured cigarettes.

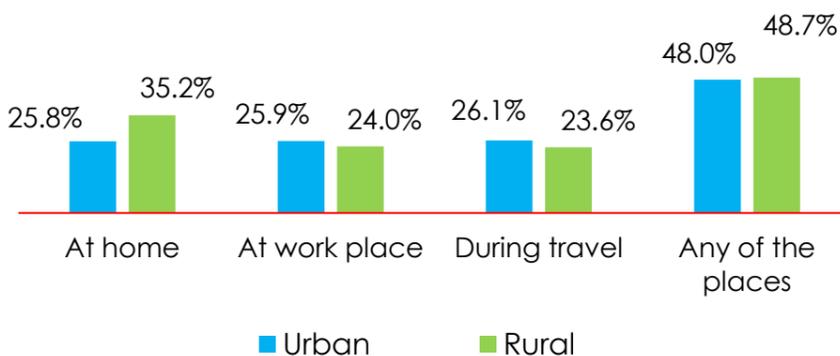
##### Smokeless tobacco use - daily

Every 2 in 10 adults were daily users of smokeless tobacco.

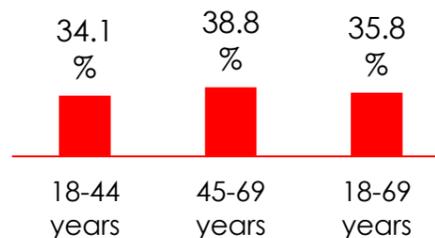
7 in 10 daily users of smokeless tobacco used chewed form.

3 in 10 daily users of smokeless tobacco used paan with tobacco.

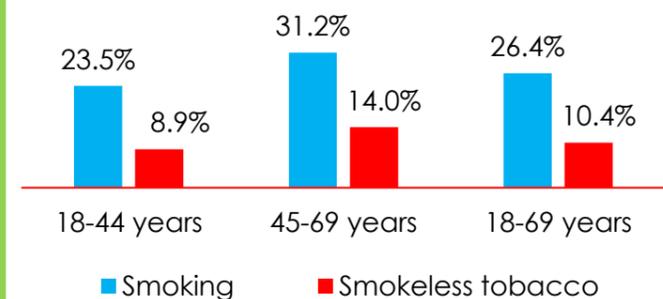
#### Reported exposure to second hand tobacco smoke (%)



#### Quit attempts made by smokers (%)

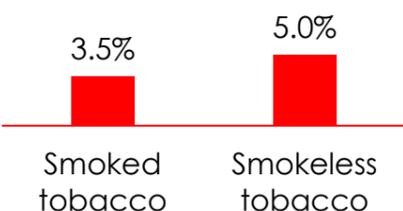


#### Advised to quit tobacco use (%)

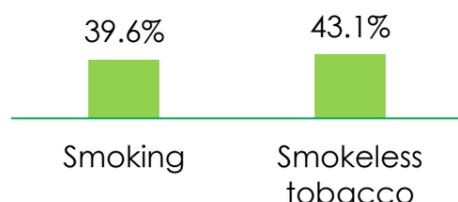


### Key findings - Adolescents (15-17 years)

#### Tried or experimented with tobacco (%)



#### Ever tobacco users who attempted to quit (%)



### Key implications to achieve global and national target: 30% reduction in tobacco use by 2025

- To encourage and support quitting tobacco.
- Increase awareness on benefits of not using any form of tobacco and decrease risk of cancer, hypertension, heart diseases, stroke, diabetes etc.

