

4.2.1 TOBACCO USE

In the surveyed population, respondents were asked about their current and past tobacco (smoked or smokeless) use status, age of initiation, quantity and types of tobacco used daily and details on exposure to second hand smoke (SHS). The results are presented in figures and tables.

KEY FINDINGS

- Prevalence of current tobacco use was **32.8%** (smoked tobacco use was **12.6%** and smokeless tobacco use was **24.7%**).
- **48.5%** adults were exposed to second hand smoke either at home or at workplace or during travel.

Current tobacco use (in any form; smoked or smokeless)

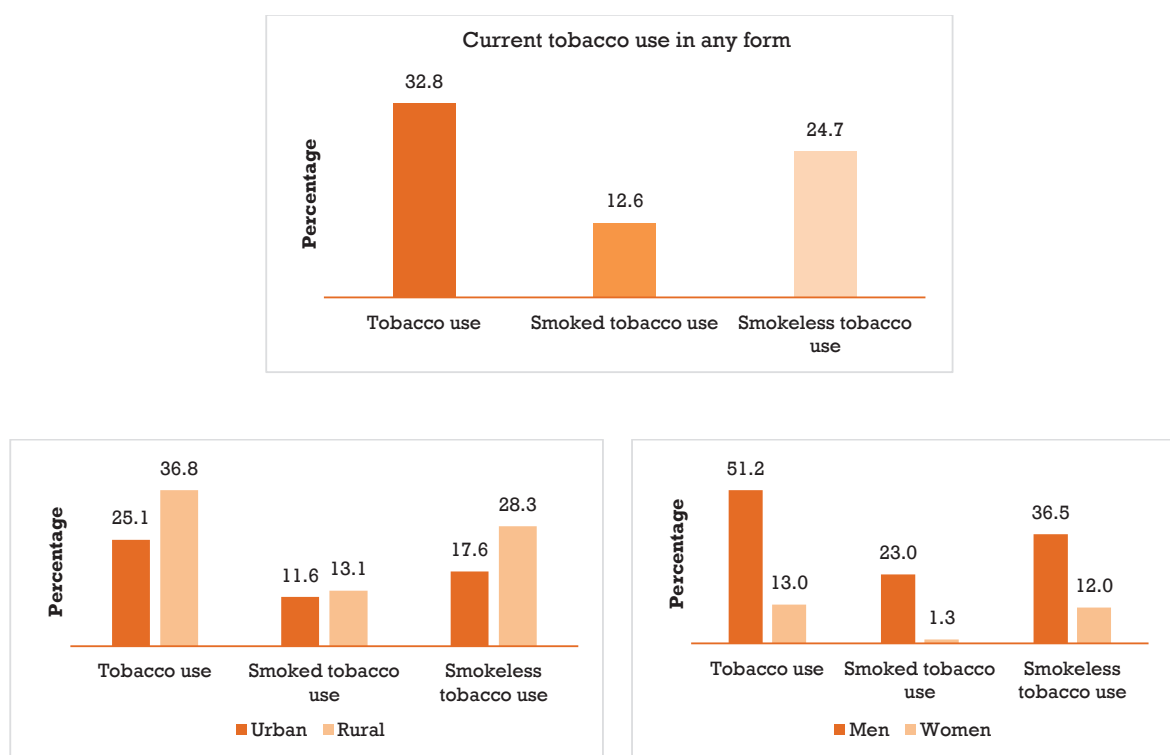


Figure 4.2.1.1 Current tobacco use (any form) by area of residence and gender (Percentage)

Figure 4.2.1.1 shows, the overall prevalence of current tobacco use was 32.8% [(25.1% urban and 36.8% rural) and (51.2% men and 13.0% women)]. 19.4% women from older age group (45–69 years) and 10.2% in the younger age group (18–44 years) were currently using tobacco. (Annexure table 4.2.1.1a and b)

The prevalence of smoked tobacco and smokeless tobacco was 12.6% (11.6% urban and 13.1% rural) and 24.7% (17.6% urban and 28.3% rural) respectively. While, 7.9% urban and 14.0% rural women currently used smokeless tobacco. In the age group of 45–69 years, 3.0% and 17.1% of women currently used smoked and smokeless tobacco. (Annexure table 4.2.1.2a and b; 4.2.1.3a and b)

Never, past and current use of tobacco

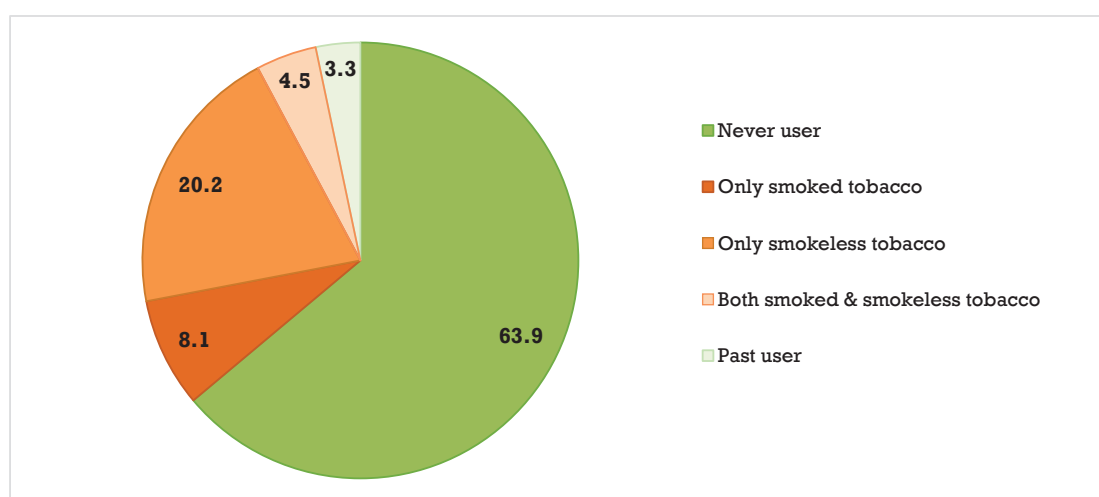


Figure 4.2.1.2 Tobacco use among adults (Percentage)

Figure 4.2.1.2 shows that 63.9% of the population had never used tobacco, while 3.3% were past users. However, among the tobacco users, 4.5% used both smoked and smokeless tobacco, while 8.1% used only smoked tobacco and 20.2% used only smokeless tobacco. (*Annexure table 4.2.1.1a; 4.2.1.4a and b*)

28.1% and 14.7% men; 11.7% and 1.0% of women used only smokeless and only smoked tobacco, respectively. A higher proportion of tobacco use was among the older age group of 45-69 years. (*Annexure 4.2.1.4a and 4b*)

Current daily tobacco use

Table 4.2.1.1 Current daily tobacco use by area of residence and gender (Percentage)

18 – 69 years	Urban			Rural			Total		
	Men	Women	Combined	Men	Women	Combined	Men	Women	Combined
Smoked tobacco	15.4	1.0	8.7	18.6	1.3	10.1	17.5	1.2	9.7
Smokeless tobacco	21.0	6.9	14.4	35.7	12.3	24.3	30.6	10.5	21.0
Both smoked & smokeless tobacco	4.6	0.3	2.6	5.1	0.2	2.7	4.9	0.2	2.7
Either (smoked or smokeless) tobacco	31.8	7.6	20.5	49.2	13.3	31.7	43.2	11.4	28.0

Table 4.2.1.1 shows that, 28.0% of adults either smoked or used smokeless tobacco daily. This proportion was higher in the older age group of 45-69 years (*Annexure table 4.2.1.5a and b*). Smokeless tobacco (21.0%) was the preferred choice of tobacco among the current daily tobacco users.

Table 4.2.1.2 Daily tobacco use (any form) by type of product*, area of residence and gender (Percentage)

18-69 years	Urban			Rural			Total		
	Men	Women	Combined	Men	Women	Combined	Men	Women	Combined
Smoked tobacco									
Bidi	42.9	36.5	42.5	66.3	56.3	65.8	59.0	50.5	58.6
Manufactured cigarettes	36.3	41.3	36.6	12.2	7.6	12.0	19.6	17.4	19.5
Hand-rolled cigarettes	0.3	0.4	0.3	2.1	24.5	3.3	1.5	17.5	2.3
Others**	8.3	6.9	8.3	8.9	7.0	8.8	8.7	7.0	8.7
Smokeless tobacco									
Chewing tobacco	67.4	55.5	64.9	73.2	58.6	69.7	71.8	57.9	68.6
Paan with tobacco	23.4	31.4	25.1	27.2	34.5	28.9	26.2	33.8	28.0
Tobacco snuff by mouth	4.9	10.3	6.0	4.1	11.1	5.8	4.3	10.9	5.9
Tobacco snuff by nose	0.1	6.2	1.4	0.1	0.8	0.3	0.1	2.0	0.6

*Among current tobacco users. **others include pipes, cigars, cheroots, hookah/shisha and other local smoked tobacco products.

Table 4.2.1.2 discusses the use of different (any of them) tobacco products (smoke or smokeless forms) among current tobacco users. Overall, 58.6% of the daily smokers were using bidis and one-fifth (19.5%) were using manufactured cigarettes. Use of manufactured cigarettes was more prevalent in the age group of 18-44 years (*Annexure table 4.2.1.6a and b*). 68.6% used chewing form of smokeless tobacco and 28.0% used paan with tobacco. (*Table 4.2.1.2*)

Table 4.2.1.3 Number of tobacco products of different types used daily by area of residence and gender (Mean)

18-69 years	Urban			Rural			Total		
	Men	Women	Combined	Men	Women	Combined	Men	Women	Combined
Smoked tobacco									
Bidi	12.6	2.5	12.1	12.1	10.2	12.0	12.2	8.6	12.0
Manufactured cigarettes	6.1	6.9	6.1	4.8	11.2	5.0	5.5	8.2	5.6
Hand-rolled cigarettes	1.8	1.0	1.7	3.8	5.2	4.4	3.7	5.2	4.3
Others*	6.1	2.2	5.9	4.3	1.4	4.2	4.8	1.6	4.7
Smokeless tobacco									
Chewing tobacco	6.5	5.5	6.3	6.2	4.6	5.9	6.3	4.8	6.0
Paan with tobacco	5.5	5.7	5.6	4.0	4.4	4.1	4.4	4.6	4.4
Tobacco snuff by mouth	5.9	3.3	5.0	8.0	3.4	5.9	7.4	3.4	5.7
Tobacco snuff by nose	5.1	3.9	3.9	5.4	4.2	4.6	5.3	4.0	4.2

*Others include pipes, cigars, cheroots, hookah/shisha and other local smoked tobacco products.

Tobacco use daily has been measured by the number of cigarettes and bidis smoked by a daily smoker and the number of times smokeless tobacco was used in a day by the daily users. *Table 4.2.1.3* shows that daily smokers used an average of 12 bidis per day and daily smokeless tobacco users chewed tobacco 6 times in a day. These were similar across all age groups. (*Annexure table 4.2.1.7a and b*)

Exposure to second hand tobacco smoke (SHS)

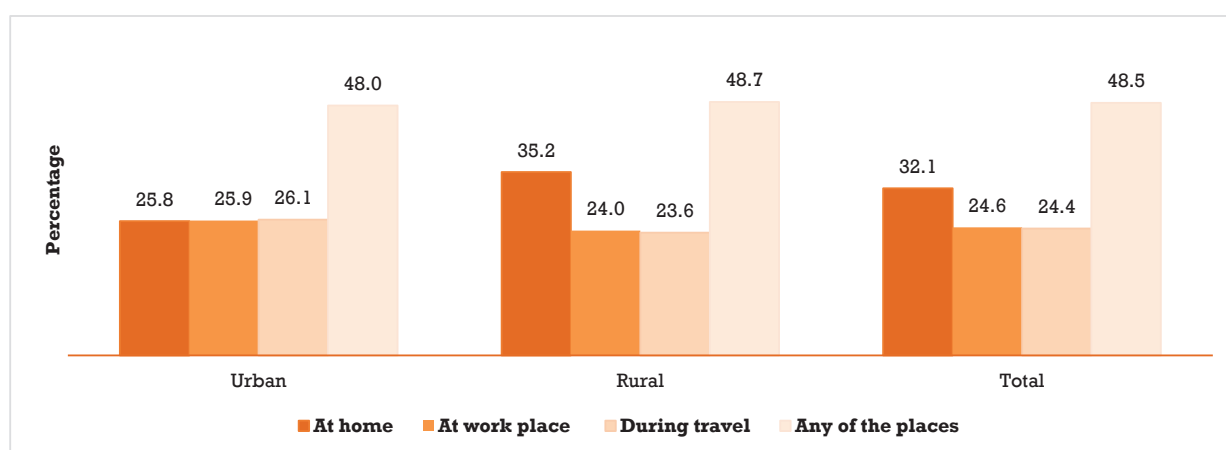


Figure 4.2.1.3 Exposure to second hand tobacco smoke in past 30 days by area of residence (Percentage)

Overall, 48.5% of adults (58.6% men and 37.5% women) reported being exposed to SHS in past 30 days at any of the places (32.1% at home, 24.6% at workplace and 24.4% during travel) (*Figure 4.2.1.3*). The exposure to SHS was observed to be highest at home (35.2%) in rural areas, while in the urban areas exposure was similar across the three places (*Annexure table 4.2.1.8a*). 50.2% and 44.7% of younger adults (18-44 years) and older adults (45-69 years) reported being exposed to SHS respectively. (*Annexure table 4.2.1.8a and b*)

Age of initiation and cessation of tobacco use

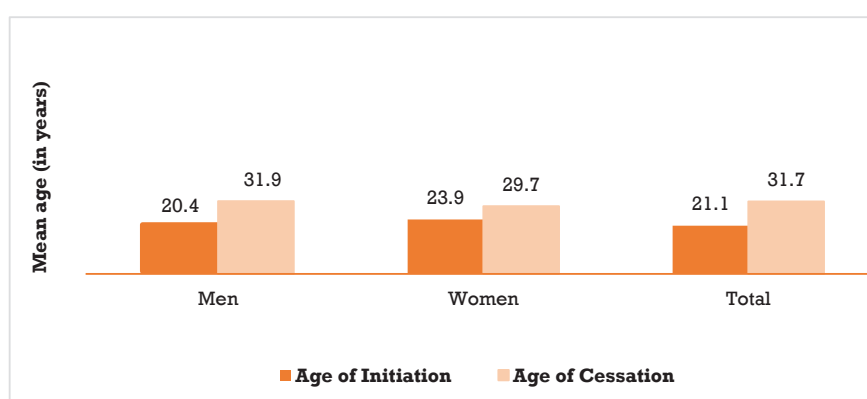


Figure 4.2.1.4 Age (in years) of initiation and cessation of any form of tobacco use by gender (Mean)

The mean age of initiation of any form of tobacco use in adults was at 21.1 years (20.4 years for smoked and 21.9 years for smokeless tobacco) and mean age of cessation was 31.7 years (31.8 years for smoked and 30.5 years for smokeless tobacco).

Women started tobacco use at an older age and quit the use at an earlier age when compared to men (20.4 and 31.9 years respectively for men; 23.9 and 29.7 years respectively for women) (*Figure 4.2.1.4*), with not much differences by area of residence. (*Annexure table 4.2.1.9a*)

Among the age groups, adults of 18-44 years initiated and quit the use of any form of tobacco at an earlier age than those of 45-69 years. (*Annexure table 4.2.1.9b*)

Table 4.2.1.4 Quit attempts/advices by doctor/health care worker on tobacco use by area of residence and gender (Percentage)

18-69 years	Urban			Rural			Total		
	Men	Women	Combined	Men	Women	Combined	Men	Women	Combined
Quit attempts to tobacco use									
Tried to stop smoking	36.5	74.1	38.3	34.7	35.6	34.7	35.2	46.8	35.8
Advised to quit									
Tobacco use ¹	20.3	18.0	19.9	17.2	14.5	16.6	18.1	15.3	17.5
Smoking ²	27.3	53.6	29.1	23.3	50.2	25.3	24.5	51.2	26.4
Smokeless tobacco use ³	11.9	6.4	10.8	11.1	7.9	10.3	11.3	7.6	10.4

1- Advised to quit tobacco among those who use tobacco of any form; 2 - Advised to quit tobacco among those who used smoked tobacco; 3 - Advised to quit tobacco among those who used Smokeless tobacco.

Table 4.2.1.4 above shows that, an overall of 35.8% (men 35.2% and women 46.8%) of current smokers had attempted to stop smoking. 26.4% were advised to stop smoking by a health care provider in the last 12 months. 88.9% and 54.6% of urban women from the age group of 45-69 and 18-44 years had attempted to quit smoking. (*Annexure table 4.2.1.10a and b*)

DISCLAIMER

“The second round of Global Adult Tobacco Survey [GATS-2] - India was conducted in 2016-17 in the age-group 15 years and above involving 74,037 individuals [34.5% urban and 65.5% rural distribution] adopting a multistage cluster sampling state wise.

Whereas, the National Noncommunicable Diseases Monitoring Survey (NNMS) was conducted during the year 2017-18 in the age-group 15-17 and 18-69 years involving 12000 households [equal rural and urban distribution] adopting a multi-stage cluster sampling nationally.

Therefore, there are expected few differences observed in the results related to use of tobacco between NNMS and the GATS-2 (India). Upon expert review, it is stated that these could be related to differences in study design, sampling strategy, coverage, age groups selected, weighting procedures and the questionnaires adopted.”

This issues with the approval of Competent Authority.

Under Secretary to the Government of India

Disclaimer approved: File No. Z.21020/39/2019-TC, Government of India, Ministry of Health & Family Welfare (Tobacco Control Division), dated on 26th August, 2020.