

TOBACCO BURDEN FACTS PAKISTAN

 Pakistan ratified the Framework Convention on Tobacco Control on November 3, 2004.

TOBACCO CONSUMPTION

- 19.1% of adults (age 15+) currently use tobacco in any form (men 31.8%; women 5.8%).¹
 - 12.4% of adults smoke tobacco
 - 7.7% of adults use smokeless tobacco
 - 3% use waterpipes (hookah or shisha)
- Among youth (ages 13–15):²
 - 10.7% use any tobacco product (boys 13.3%; girls 6.6%)
 - 7.2% smoke tobacco, and 5.3% use smokeless tobacco
 - Among youth who have ever smoked, nearly 40% first tried a cigarette before age 10.

SECONDHAND SMOKE EXPOSURE

There is no safe level of secondhand smoke.³

- 72.5% of adults (16.8 million people) who work indoors are exposed to tobacco smoke at the workplace.¹
- 86% of adults (49.2 million people) are exposed to secondhand smoke in restaurants, and 76.2% are exposed in public transport.¹
- 37.8% of youth (ages 13–15) are exposed to secondhand smoke in public places, while 21% of youth are exposed to secondhand smoke in their homes.²

HEALTH CONSEQUENCES

Tobacco use is deadly. Smoking kills at least half of lifetime users.⁴

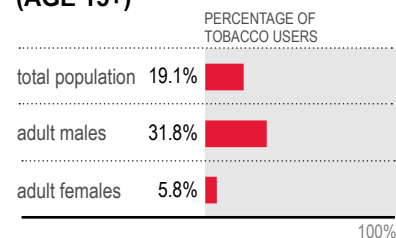
- Nearly 118,000 people die annually in Pakistan from smoking-related causes, accounting for almost 9% of total deaths.⁵
- In 2010, tobacco use was the leading cause of deaths due to non-communicable diseases, including cancers, chronic respiratory diseases, and cardiovascular diseases.⁶

COSTS TO SOCIETY

Tobacco exacts a high cost on society.

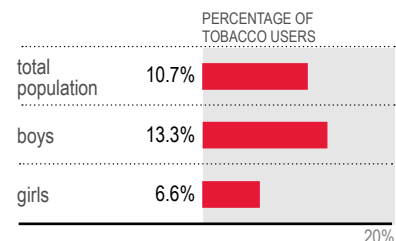
- Healthcare costs associated with tobacco-related diseases place a large burden on both individuals and the government.
- Lost economic opportunities in highly populated, developing countries are severe because up to half of all tobacco-related deaths occur during the prime productive years (age 30–69).⁴
- A smoker in Pakistan would have to spend 3.7% of the national median income to purchase 10 of the cheapest cigarettes each day.⁷

ADULT TOBACCO USE (AGE 15+)



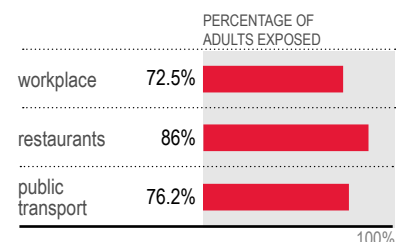
SOURCE: GATS, 2014

YOUTH TOBACCO USE (AGES 13–15)



SOURCE: GYTS, 2013

ADULT SECONDHAND SMOKE EXPOSURE (AGE 15+)



SOURCE: GATS, 2014

1. Pakistan Global Adult Tobacco Survey (GATS): Fact Sheet. World Health Organization; 2014. Available from: www.emro.who.int/tobacco/tfi-news/gats-pak-results.html. 2. Pakistan Global Youth Tobacco Survey (GYTS). World Health Organization; 2013. Available from: www.emro.who.int/images/stories/tfi/documents/GYTS_FS_PAK_2013.pdf?ua=1. 3. U.S. Department of Health and Human Services. The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General. Atlanta: Centers for Disease Control and Prevention; 2006. Available from: www.cdc.gov/tobacco/data_statistics/sgr/2006/index.htm. 4. Eriksen M et al. The Tobacco Atlas. Fifth Ed. Atlanta, GA: American Cancer Society; 2015. 5. Global Burden of Disease (GBD) 2013. Seattle, WA: Institute for Health Metrics and Evaluation (IHME), University of Washington; 2015. Available from: vizhub.healthdata.org/gbd-compare/. 6. Jafar TH et al. Non-communicable diseases and injuries in Pakistan: Strategic priorities. The Lancet. 2013 June 29;381: 2281-2290. 7. Eriksen M et al. Country Fact Sheet: Pakistan. The Tobacco Atlas (online). World Lung Foundation; 2015. Available from: www.tobaccoatlas.org/country-data/pakistan/.