TOBACCO PREVALENCE

- 19.1% of adults (age 15+) currently use tobacco in any form (men 31.8%; women 5.8%).
  - 12.4% of adults smoke tobacco
  - 7.7% of adults use smokeless tobacco
  - 3.0% use waterpipes (hookah or shisha)
- Among youth (ages 13–15):
  - 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.

- 69.1% of adults (16.8 million people) who work indoors are exposed to tobacco smoke at the workplace.
- 86.0% of adults (21.2 million people) who visited restaurants in 2014 were exposed to secondhand smoke, and 76.2% who used public transport (49.2 million people) were exposed to secondhand smoke.
- 37.8% of youth (ages 13–15) are exposed to secondhand smoke in public places, while 21.0% of youth are exposed to secondhand smoke in their homes.

HEALTH CONSEQUENCES

Tobacco use is deadly. Smoking kills up to half of all lifetime users.

- Tobacco kills over 163,600 people each year in Pakistan, and almost 31,000 of these deaths are due to exposure to secondhand smoke.
- Tobacco causes about 16.0% of all males deaths and 4.9% of female deaths. Overall, 10.9% of all deaths are caused by tobacco.
- Tobacco causes 66.5% of all deaths from tracheal, bronchus, and lung cancer, 53.2% of deaths from chronic obstructive pulmonary disease, 21.9% of deaths from ischemic heart disease, 15.2% of deaths from diabetes mellitus, and 16.8% of deaths from stroke.

COSTS TO SOCIETY

Tobacco exacts a high cost on society.

- The economic cost of smoking in Pakistan is Rs 615.07 billion (US$3.85 billion), equal to 1.6% of Pakistan's GDP.
  - In 2019, the economic cost of smoking was about five times greater than the revenue from the tobacco industry.
- Money spent on tobacco reduces households' spending on food, health, education, housing, and household durables.
  - In Pakistan, tobacco-consuming households spend on average 2.7% of their monthly budget on tobacco.
  - Poor households spend 3.0% of their budget on tobacco. This is more than they spend on education (1.8%).


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