TOBACCO CONSUMPTION

- 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% 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.

- 72.5% of adults (16.8 million people) who work indoors are exposed to tobacco smoke at the workplace.
- 86% of adults (49.2 million people) are exposed to secondhand smoke in restaurants, and 76.2% are exposed in public transport.
- 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.

HEALTH CONSEQUENCES

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

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

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).
- A smoker in Pakistan would have to spend 3.7% of the national median income to purchase 10 of the cheapest cigarettes each day.