

# TOBACCO BURDEN FACTS PAKISTAN



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

## TOBACCO PREVALENCE

- 19.1% of adults (age 15+) currently use tobacco in any form (men 31.8%; women 5.8%).<sup>1</sup>
  - 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):<sup>2</sup>
  - 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.<sup>3</sup>**

- 69.1% of adults (16.8 million people) who work indoors are exposed to tobacco smoke at the workplace.<sup>1</sup>
- 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.<sup>1</sup>
- 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.<sup>2</sup>

## HEALTH CONSEQUENCES

**Tobacco use is deadly. Smoking kills up to half of all lifetime users.<sup>4</sup>**

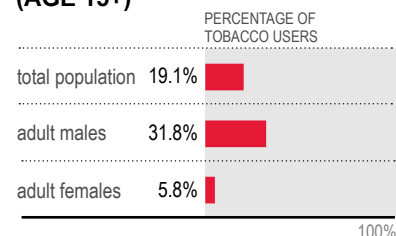
- Tobacco kills over 163,600 people each year in Pakistan, and almost 31,000 of these deaths are due to exposure to secondhand smoke.<sup>5</sup>
- Tobacco causes about 16.0% of all males deaths and 4.9% of female deaths. Overall, 10.9% of all deaths are caused by tobacco.<sup>5</sup>
- Tobacco causes 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.<sup>5</sup>

## COSTS TO SOCIETY

**Tobacco exacts a high cost on society.**

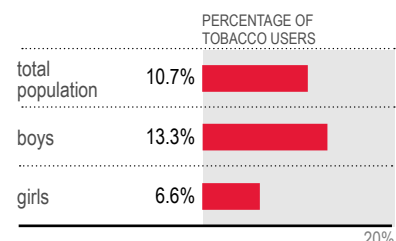
- The economic cost of smoking in Pakistan is Rs 615.07 billion (US\$3.85 billion), equal to 1.6% of Pakistan's GDP.<sup>6</sup>
  - In 2019, the economic cost of smoking was about five times greater than the revenue from the tobacco industry.
- Money spent on tobacco reduces households' spending on food, health, education, housing, and household durables.
  - In Pakistan, tobacco-consuming households spend on average 2.7% of their monthly budget on tobacco.<sup>7</sup>
  - Poor households spend 3.0% of their budget on tobacco. This is more than they spend on education (1.8%).<sup>7</sup>

### ADULT TOBACCO USE (AGE 15+)



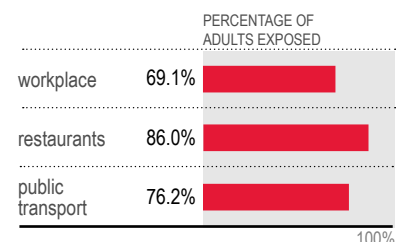
SOURCE: GATS, 2014

### 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](http://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](http://www.emro.who.int/images/stories/tfi/documents/GYTS_FS_PAK_2013.pdf?ua=1). 3. World Health Organization. WHO Report on the Global Tobacco Epidemic 2009. 4. World Health Organization. Tobacco: Key facts. Updated May 27, 2020. 5. Global Burden of Disease (GBD) 2019. Seattle, WA: Institute for Health Metrics and Evaluation (IHME), University of Washington; 2021. Available from: [vizhub.healthdata.org/gbd-compare/](http://vizhub.healthdata.org/gbd-compare/). 6. Nayab D, Nasir M, Memon JA, et al. The Economic Cost of Tobacco-Induced Diseases in Pakistan. Pakistan Institute of Development Economics, Islamabad. 2021. Available at: <https://tobacconomics.org/research/the-economic-cost-of-tobacco-induced-diseases-in-pakistan/>. 7. Saleem W, Iqbal MA. The Crowding Out Effect of Tobacco Spending in Pakistan. Social Policy and Development Centre. March 2021. Available at: <https://spdc.org.pk/publications/the-crowding-out-effect-of-tobacco-spending-in-pakistan>