

The WHO STEPwise approach to surveillance (STEPS) is a simple, standardized method for collecting, analysing and disseminating data on noncommunicable diseases (NCDs) and risk factors. Data are collected on the established risk factors and NCD conditions that determine the major NCD burden, including tobacco use, harmful use of alcohol, unhealthy diet, insufficient physical activity, overweight and obesity, raised blood pressure, raised blood glucose, and abnormal blood lipids. Data from STEPS surveys can be used by countries to help monitor progress in meeting the global voluntary targets related to specific risk factors such as tobacco, alcohol, diet and physical inactivity. The tobacco indicators from STEPS can be used to evaluate and monitor existing tobacco-control policies and programs.\*

The STEPS survey on NCD risk factors in Kenya was carried out from April 2015 to June 2015. The STEPS survey in Kenya was a population-based survey of adults aged 18-69. A multi-stage stratified cluster design was used to produce representative data for that age range in Kenya. Survey information was collected electronically using handheld devices. The survey was implemented by the Ministry of Health and the Kenya National Bureau of Statistics. A total of 6000 adults participated in the Kenya STEPS survey. A repeat survey is planned for 2020 if funds permit.

## Highlights

### TOBACCO USE

- 23.0% of men, 4.1% of women, and 13.1% overall were current users of tobacco.
- 19.7% of men, 0.9% of women, and 10.1% overall were current smokers of tobacco.
- 4.0% of men, 3.3% of women, and 3.6% overall were current users of smokeless tobacco.
- 12.9% of men, 1.7% of women, and 7.2% overall were former smokers of tobacco.

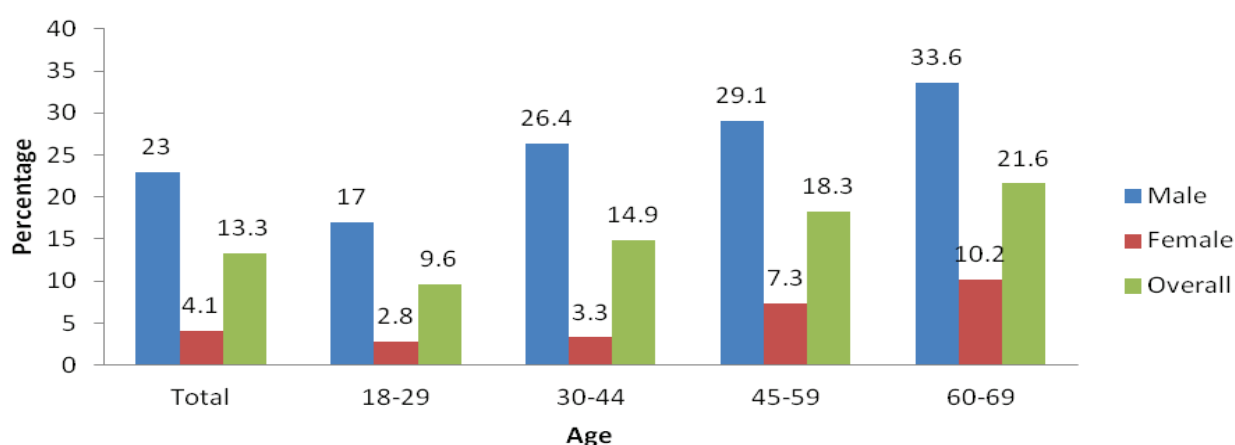
### CESSATION

- 3 in 10 current smokers tried to stop smoking in the last 12 months.
- 1 in 10 current smokers were advised by a health care provider to stop smoking in the last 12 months

### SECONDHAND SMOKE

- 1 in 5 adults were exposed to tobacco smoke at the workplace.
- 1 in 5 adults were exposed to tobacco smoke at home.

**Current Tobacco Use by Sex and Age, Kenya STEPS 2015**



Data presented in this fact sheet relate only to select tobacco indicators. Additional information on tobacco or other NCD risk factors from the survey is available from sources listed below.

**For additional information, please contact:**

WHO STEPS Team [steps@who.int] or

KENYA STEPS Team [dncd@health.go.ke]

\*Tobacco questions are drawn from the Tobacco Questions for Surveys (TQS)

<http://www.who.int/tobacco/publications/surveillance/tqs/en/>

**P.T.O**

Results for adults aged 18-69 years	Overall % (95% CI)	Males % (95% CI)	Females % (95% CI)
<b>Tobacco Use</b>			
<b>Current tobacco users (smoked and/or smokeless)<sup>1</sup></b>			
Current tobacco users	13.3% (10.9-15.7)	23.0% (19.9-26.7)	4.1% (1.7-6.5)
Current daily tobacco users	10.6% (8.5-12.7)	18.4% (14.9-21.9)	3.1% (1.3-4.9)
<b>Current tobacco smokers</b>			
Current tobacco smokers	10.1% (8.1-12.1)	19.7% (15.9-23.6)	0.9% (0.0-1.8)
Current cigarette smokers <sup>2</sup>	9.6% (7.6-11.7)	19.3% (15.4-23.2)	0.4% (0.0-0.7)
Current daily tobacco smokers	8.3% (6.5-10.1)	16.6% (13.1-20.0)	0.4% (0.0-0.7)
Current daily cigarette smokers	8.2% (6.4-10.0)	16.5% (13.0-19.9)	0.3% (0.0-0.6)
Average age started tobacco smoking (years)	20.8 (19.4-22.2)	20.6 (19.2-22.0)	“
Average number of cigarettes smoked per day (among daily cigarette smokers)	7.1 (6.3-7.9)	7.2 (6.3-8.0)	**
<b>Current smokeless tobacco users</b>			
Current smokeless tobacco users	3.6% (2.1-5.1)	4.0% (2.4-5.6)	3.3% (1.3-5.2)
Current daily smokeless tobacco users	2.4% (1.2-3.7)	2.1% (1.2-3.1)	2.8% (1.0-4.5)
<b>Current non-users</b>			
Former tobacco smokers <sup>3</sup>	7.2% (6.0-8.3)	12.9% (10.7-15.1)	1.7% (0.7-2.6)
Never smoker	82.7% (80.1-85.3)	67.4% (63.0-71.7)	97.4% (96.1-98.7)
<b>Exposure to Second-hand smoke</b>			
Adults exposed to second-hand smoke at home*	24.1 (20.9-27.3)	30.3 (26.6-34.4)	18.3 (15.0-21.5)
Adults exposed to second-hand smoke in the closed areas in their workplace*	20.9 (17.6)-24.2	29.4 (24.5-34.4)	12.3 (9.7-15.0)
<b>Tobacco Cessation</b>			
Current smokers who tried to stop smoking in past 12 months	35.1 (26.3-43.5)	35.1 (26.0-44.3)	“
Current smokers advised by a health care provider to stop smoking in past 12 months <sup>4</sup>	14.2 (9.0-19.3)	14.2 (8.8-19.5)	“

1 Current use refers to daily and less than daily use. 2 Includes manufactured cigarettes and hand-rolled cigarettes. 3 Current non-smokers. 4 Among those who visited a health care provider in past 12 months. \* During the past 30 days. Adults refer to persons age 18-69 years. Data have been weighted to be nationally representative of all men and women age 18-69 years. Technical assistance for the survey was provided by the World Health Organization (WHO). This document has been produced with a partial grant from the CDC Foundation, with financial support from the Bloomberg Initiative to Reduce Tobacco Use, a program of Bloomberg Philanthropies. The contents of this document are the sole responsibility of the authors and can under no circumstances be regarded to reflect the positions of the CDC Foundation.