



# Bhutan STEPS Survey 2014

## Tobacco Fact Sheet

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 Bhutan was carried out from April -June 2014. It was a population-based survey of adults aged 18-69. A multi-stage stratified cluster sampling design was used to produce representative data for that age range in Bhutan. Survey information was collected electronically using handheld devices. The survey was implemented by the Ministry of Health, Bhutan. A total of 2,822 adults participated in the Bhutan STEPS survey. The overall response rate was 96%. A repeat survey is planned for 2018 if funds permit.

### Highlights

#### TOBACCO USE

- Overall 24.8% of adults (33.6% of men and 13.6% of women) were current users of tobacco
- Overall 7.4% of adults (10.8% of men and 3.1% of women) were current smokers of tobacco.
- Overall 19.7% of adults (26.5% of men and 11.0% of women) were current users of smokeless tobacco.

#### CESSATION

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

#### SECONDHAND SMOKE

- 1 in 4 adults were exposed to tobacco smoke at the workplace.
- 1 in 5 adults were exposed to tobacco smoke at home.

#### MEDIA

- 6 in 10 adults noticed anti-cigarette smoking information on the television.
- 4 in 10 adults noticed anti-cigarette smoking information on the radio.

#### ECONOMICS

- Average monthly expenditure on manufactured cigarettes was 1397.1 Bhutanese Ngultrum (Nu).

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:

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

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

Results for adults aged 18-69 years	Overall % (95% CI)	Males % (95% CI)	Females % (95% CI)
<b>Tobacco Use</b>			
<b>Current tobacco users</b> (smoked and/or smokeless) <sup>1</sup>			
Current tobacco users	<b>24.8%</b> (21.4-28.3)	<b>33.6%</b> (28.8-38.5)	<b>13.6%</b> (10.9-16.4)
Current daily tobacco users	<b>22.0%</b> (18.7-25.3)	<b>30.0%</b> (25.4-34.6)	<b>11.8%</b> (9.2-14.3)
<b>Current tobacco smokers</b>			
Current tobacco smokers	<b>7.4%</b> (5.8-9.0)	<b>10.8%</b> (8.1-13.6)	<b>3.1%</b> (2.0-4.2)
Current cigarette smokers <sup>2</sup> (among current tobacco smokers)	<b>77.6%</b> (68.9-86.4)	<b>81.5%</b> (71.7-91.3)	<b>61.2%</b> (45.0-77.5)
Current daily tobacco smokers	<b>4.3%</b> (3.3-5.3)	<b>6.0%</b> (4.3-7.7)	<b>2.1%</b> (1.3-3.0)
Current daily cigarette smokers (among daily tobacco smokers)	<b>84.1%</b> (76.3-92.0)	<b>90.1%</b> (82.2-98.0)	***
Average age started tobacco smoking (years)	<b>18.9</b> (17.5-20.3)	<b>19.0</b> (17.3-20.8)	***
Average number of manufactured cigarettes smoked per day (among daily cigarette smokers)	<b>3.5</b> (2.6-4.3)	<b>3.7</b> (2.6-4.8)	***
<b>Current smokeless tobacco users</b>			
Current smokeless tobacco users	<b>19.7%</b> (16.5-22.9)	<b>26.5%</b> (22.1-31.0)	<b>11.0%</b> (8.6-13.5)
Current daily smokeless tobacco users	<b>18.5%</b> (15.3-21.7)	<b>25.2%</b> (20.7-29.7)	<b>9.9%</b> (7.5-12.4)
<b>Current non-users</b> (smoked and/or smokeless) <sup>1</sup>			
Former tobacco users <sup>3</sup>	<b>20.4%</b> (17.8-23.0)	<b>23.1%</b> (19.3-26.9)	<b>17.0%</b> (14.4-19.6)
Former tobacco smokers <sup>4</sup>	<b>19.6%</b> (17.2-21.9)	<b>26.7%</b> (23.2-30.3)	<b>10.4%</b> (8.2-12.7)
Never users	<b>54.7%</b> (50.7-58.8)	<b>43.3%</b> (37.8-48.7)	<b>69.3%</b> (65.5-73.2)
<b>Exposure to Second-hand smoke</b>			
Adults exposed to second-hand smoke at home*	<b>20.7%</b> (18.0-23.4)	<b>20.7%</b> (17.0-24.4)	<b>20.7%</b> (17.8-23.6)
Adults exposed to second-hand smoke in the closed areas in their workplace*	<b>24.6%</b> (21.5-27.7)	<b>29.0%</b> (24.6-33.4)	<b>19.1%</b> (15.9-22.3)
<b>Tobacco Cessation</b>			
Current smokers who tried to stop smoking in past 12 months	<b>69.0%</b> (59.8-78.1)	<b>66.0%</b> (55.2-76.8)	<b>82.1%</b> (68.6-95.7)
Current smokers advised by a health care provider to stop smoking in past 12 months <sup>5</sup>	<b>31.8%</b> (22.6-41.0)	<b>33.2%</b> (22.2-44.3)	***
<b>Health Warnings</b>			
Current smokers who thought about quitting because of a warning label*	<b>84.3%</b> (76.1-92.6)	<b>83.1%</b> (73.1-93.1)	***
Adults who noticed anti-cigarette smoking information on the television*	<b>64.3%</b> (59.8-68.8)	<b>64.3%</b> (59.1-69.6)	<b>64.3%</b> (59.1-69.4)
Adults who noticed anti-cigarette smoking information on the radio*	<b>44.4%</b> (40.3-48.6)	<b>45.5%</b> (40.1-50.9)	<b>43.0%</b> (38.8-47.3)
Adults who noticed anti-cigarette smoking information in newspapers or magazines*	<b>21.0%</b> (18.2-23.7)	<b>25.2%</b> (21.2-29.2)	<b>15.4%</b> (12.5-18.2)
<b>Economics</b>			
	<b>Local Currency (Ngultrum)</b>		
Average amount spent on 20 manufactured cigarettes	<b>269.3</b> (162.9-375.7)		
Average monthly expenditure on manufactured cigarettes	<b>1397.1</b> (640.4-2153.5)		

1 Current use refers to daily and less than daily use. 2 Includes manufactured cigarettes and hand-rolled cigarettes. Adapted for other products as per country situation. 3 Current non-users. 4 Current non-smokers. 5 Among those who visited a health care provider in past 12 months. 6 [Source and year for per capita GDP]. \* During the past 30 days. † Promotions include free cigarette sample, cigarettes at sale prices, coupons for cigarettes, free gifts upon purchase of cigarettes, clothing or other items with cigarette brand name or logo and cigarette promotions in mail. Data have been weighted to be nationally representative of all men and women age 18-69 years. \*\*\* The sample size "n" is less than 50. 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.