



Afghanistan National STEPS Survey 2018

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 of noncommunicable disease (NCD) risk factors in Afghanistan was carried out from February 2018 to October 2018. Afghanistan carried out Step 1, Step 2 and Step 3. Socio demographic and behavioral information was collected in Step 1. Physical measurements such as height, weight and blood pressure were collected in Step 2. Biochemical measurements were collected to assess blood glucose and cholesterol levels in Step 3. The survey was a population-based survey of adults aged 18-69. A multicluster sample design was used to produce representative data for that age range in Afghanistan. A total of 3,956 adults participated in the survey. A repeat survey is planned for 2023 if funds permit.

Highlights

TOBACCO USE

- 14.2% of men, 2.6% of women, and 8.6% overall were current smokers of tobacco.
- 33.7% of men, 3.7% of women, and 19.3% overall were current users of smokeless tobacco.

CESSATION

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

SECONDHAND SMOKE

- 40.8% of adults were exposed to tobacco smoke at the workplace.
- 36.0% of adults were exposed to tobacco smoke at home.

MEDIA

- 6 in 10 adults noticed anti-cigarette smoking information on the television or radio.
- 7 in 10 current smokers thought about quitting because of warning labels on cigarette packages.
- 2 in 10 adults noticed cigarette marketing in stores where cigarettes are sold.
- 2 in 10 adults noticed cigarette promotions.

ECONOMICS

- Average monthly expenditure on manufactured cigarettes was 484.2 Afghani

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)
Tobacco Use			
Current tobacco users (smoked and/or smokeless)¹			
Current tobacco users	26.2% (19.3-33.1)	45.0% (37.5-52.4)	5.9% (3.5-8.4)
Current daily tobacco users	23.3% (18.6-28.0)	39.7% (35.2-44.2)	5.6% (3.2-8.1)
Current tobacco smokers			
Current tobacco smokers	8.6% (5.6-11.6)	14.2% (9.6-18.7)	2.6% (1.4-3.7)
Current cigarette smokers ²	7.5% (4.5-10.6)	13.4% (8.8-18.0)	1.2% (0.4-2.1)
Current daily tobacco smokers	7.6% (4.5-10.6)	12.6% (7.9-17.3)	2.2% (1.1-3.3)
Current daily cigarette smokers	7.0% (3.9-10.1)	12.4% (7.7-17.1)	1.1% (0.2-2.0)
Average age started tobacco smoking (years)	19.0 (17.8-20.3)	18.5 (17.6-19.4)	22.4 (18.2-26.6)
Average number of cigarettes smoked per day (among daily cigarette smokers)	12.9 (10.8-15.0)	13.6 (11.8-15.5)	4.6 (2.7-6.5)
Current smokeless tobacco users			
Current smokeless tobacco users	19.3% (14.6-24.0)	33.7% (29.0-38.4)	3.7% (1.4-6.1)
Current daily smokeless tobacco users	17.1% (14.0-20.1)	29.4% (25.6-33.3)	3.7% (1.3-6.1)
Current non-users (smoked and/or smokeless)¹			
Former tobacco users ³	73.8% (66.9-80.7)	55.0% (47.6-62.5)	94.1% (91.6-96.5)
Former tobacco smokers ⁴	5.2% (3.6-6.8)	9.1% (5.4-12.7)	1.1% (0.2-2.0)
Never users	69.9% (62.9-76.9)	48.6% (41.6-55.5)	92.9% (90.5-95.4)
Exposure to Second-hand smoke			
Adults exposed to second-hand smoke at home [*]	36.0% (28.0-44.0)	44.5% (33.4-55.6)	26.8% (20.0-33.6)
Adults exposed to second-hand smoke in the closed areas in their workplace [*]	40.8% (34.2-47.4)	55.7% (47.2-64.2)	22.9% (14.1-31.7)
Tobacco Cessation			
Current smokers who tried to stop smoking in past 12 months	76.7% (63.9-89.6)	81.9% (70.1-93.7)	46.0% (24.2-67.7)
Current smokers advised by a health care provider to stop smoking in past 12 months ⁵	44.4% (21.9-66.8)	44.1% (18.2-70.0)	45.9% (28.3-63.5)
Health Warnings			
Current smokers who thought about quitting because of a warning label [†]	73.1% (53.6-92.5)	73.4% (53.8-93.0)	48.8% (-115.1-212.7)
Adults who noticed anti-cigarette smoking information on the television or radio [*]	60.0% (52.2-67.8)	64.8% (54.3-75.3)	54.7% (46.8-62.6)
Adults who noticed anti-cigarette smoking information in newspapers or magazines [*]	14.7% (10.4-19.0)	20.6% (14.1-27.1)	7.7% (4.5-11.0)
Tobacco Advertisement and Promotion			
Adults who noticed cigarette marketing in stores where cigarettes are sold [*]	22.9% (15.5-30.3)	30.9% (22.7-39.2)	13.4% (6.3-20.5)
Adults who noticed any cigarette promotions [*]	22.9% (15.5-30.3)	30.9% (22.7-39.2)	13.4% (6.3-20.5)
Economics			
Local Currency [XXX]			
Average amount spent on 20 manufactured cigarettes in Afghanistan	29.7 (26.3-33.2)		
Average monthly expenditure on manufactured cigarettes in Afghanistan	484.2 (395.0-573.3)		
Cost of 100 packs of manufactured cigarettes as a percentage of per capita Gross Domestic Product (GDP) [2018] ⁶	7.1 (0.41-6.23)		

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. 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.