Heart disease and stroke are the commonest ways by which tobacco kills people.

QUIT TOBACCO USE NOW - FOR A HEALTHIER HEART

Tobacco kills 161,253 people each year, which is 19% of all deaths.

CVDs are the number one cause of death, causing 277,942 each year (32.8% of all deaths), as well as of premature death.

Top 5 causes of overall death:
1. Ischemic heart disease
2. Cerebrovascular diseases
3. Chronic obstructive pulmonary disease
4. Lower respiratory infection
5. Diabetes

Top 5 causes of premature death (YLL—years of life lost):
1. Ischemic heart disease
2. Cerebrovascular diseases
3. Lower respiratory infection
4. Neonatal encephalopathy
5. Other neonatal

Tobacco control is essential for preventing and controlling deaths and disability caused by CVDs.

41.3 million current tobacco users and a substantial number of people exposed to secondhand smoke are at increased risk of CVDs.

**Gross national income per capita (lower middle–income country)**

US$ 1,330

**Total population**

164.7 million

**Youth population (13–17 years)**

16.3 million = 10%

**Economically productive population (30–69 years)**

66.1 million = 40%

**Distribution of tobacco deaths by cause**

CVDs caused by tobacco

- 41%
- 37%
- 29%
- 15%

**Age in years**

- 30–44
- 45–59
- 60–69
- 70+

**Tobacco control is essential for preventing and controlling deaths and disability caused by CVDs.**

**Current tobacco use among adults (%) (15+years) GATS–2009**

- Total
- Male
- Female

**Current tobacco use among youth (%) (13–15 years) GYTS–2013**

- Total
- Male
- Female

**Exposed to secondhand smoke at home (%)**

- Adult (15+ years) GATS–2009
- Youth (13–15 years) GYTS–2013
Despite strong evidence that quitting both smoked and smokeless tobacco helps to immediately reduce the risk of CVDs, FEW tobacco users are quitting, requiring more programmatic effort

<table>
<thead>
<tr>
<th>Tobacco Users</th>
<th>Quit attempt by current</th>
<th>Users advised to quit tobacco smoking by healthcare provider</th>
<th>People who quit tobacco use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smokers</td>
<td>47.3%</td>
<td>52.9%</td>
<td>17.8%</td>
</tr>
<tr>
<td>Smokeless</td>
<td>28.5%</td>
<td>47.9%</td>
<td>5.5%</td>
</tr>
</tbody>
</table>

Preventing and controlling sickness, death and disability from cardiovascular diseases

<table>
<thead>
<tr>
<th>Tobacco Users</th>
<th>Help current tobacco users to quit for a healthier heart:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smokers</td>
<td>• Quitting immediately reduces the risk of heart attack and/or stroke;</td>
</tr>
<tr>
<td></td>
<td>• Quitting helps even if a person has already had a heart attack and/or stroke, irrespective of his/her age;</td>
</tr>
<tr>
<td></td>
<td>• Train health providers to ask about tobacco use at each encounter with their patients and advise them to quit.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tobacco Users</th>
<th>Prevent people from starting tobacco use:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smokers</td>
<td>• Tobacco use starts early;</td>
</tr>
<tr>
<td></td>
<td>• Prevent them from starting tobacco use by fully implementing WHO Framework Convention on Tobacco Control: raising taxes; informing people of tobacco risk through tobacco package warnings and information campaigns; and comprehensive ban on tobacco advertising and promotion in any form.</td>
</tr>
</tbody>
</table>

**Technical notes and key definitions:**

1. Tobacco use includes use of both smoked (cigarette, bidi, hukkah) and smokeless (jarda, sada pata, gut).
2. Cardiovascular diseases include all the diseases of the heart and circulation such as coronary heart disease, angina, heart attacks and stroke (cerebrovascular disease).
3. Current tobacco user is defined as a person reporting use of any smoked or smokeless tobacco product daily or less than daily at the time of survey.
4. Current tobacco smoker is a person who reports smoking any tobacco product on a daily or less-than-daily basis at the time of survey.
5. Smokers are those who report smoking on a daily basis. Smokeless tobacco users are those who report any use of smokeless tobacco products.
6. Among current smokers who visited a healthcare provider in the past 12 months.
7. Among those smokers who have been abstinent for less than 12 months in the past 12 months.
8. Among current smokers, also known as quit ratio for daily smoking.
9. Among ever daily smokeless users, also known as quit ratio for daily smokeless use.
10. Among ever daily smokeless users, also known as quit ratio for daily smokeless users.

**Sources of data:**


**Key references:**


---

For more information refer to Website [http://www.searo.who.int/nts](http://www.searo.who.int/nts)

For technical information, please contact: Dr Manju Rani, Regional Adviser, NCD and Tobacco Surveillance, Email: ranim@who.int; Mr Naveen Agarwal, Surveillance Management Associate, Email: agarwan@who.int