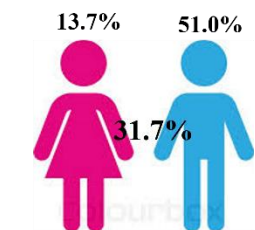
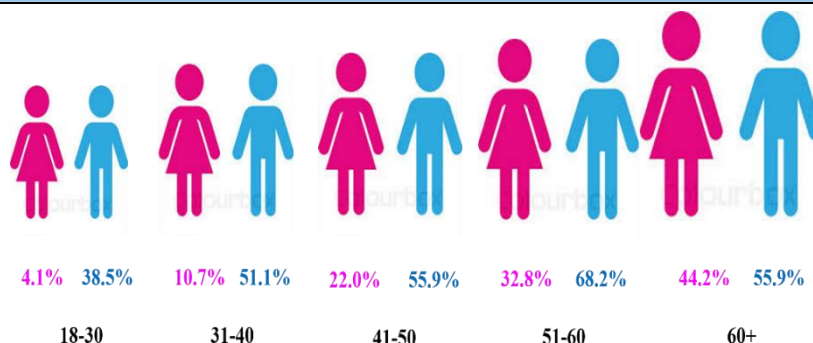


Prevalence of Tobacco Use in Nepal

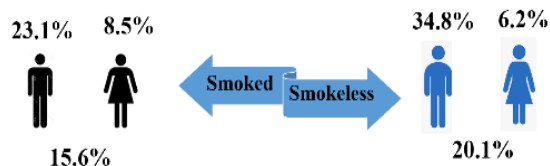


Prevalence of Tobacco in Male and Female



Higher percentage of male are tobacco users in Nepal

Tobacco use is increasing with increasing age group

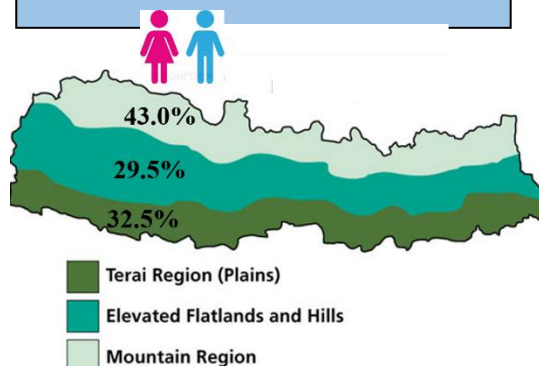


Smoked tobacco is popular among male and smokeless is among female

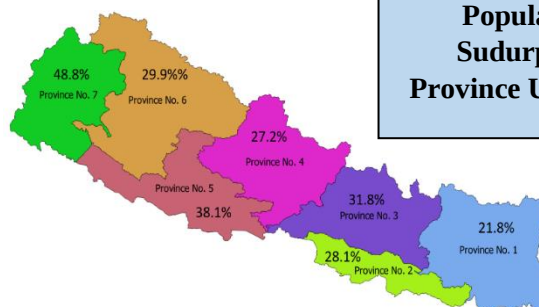
Tobacco Use is High in Urban Areas



Use of Tobacco is High in Terai

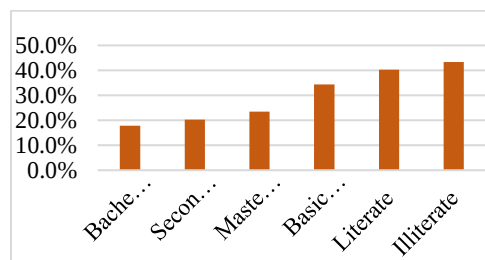


Almost Half of Population In Sudurpaschim Province Use Tobacco

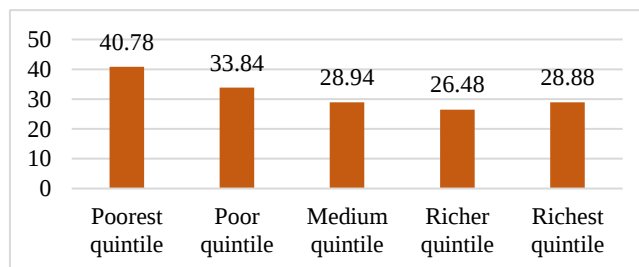


62.6% Population Involved in Labor Use Tobacco

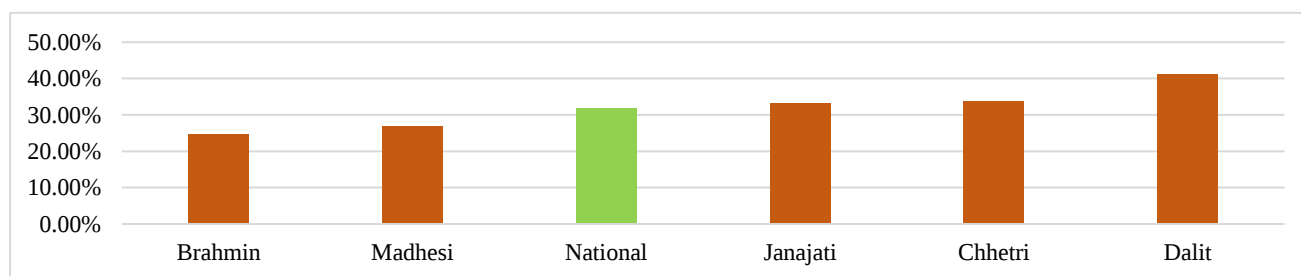
Use of Tobacco is High among illiterate



The percentage of tobacco user is highest among poor people and lowest among rich people



41.1% of Dalit Ethnicity Use Tobacco A Lot Higher Than National Prevalence



13.7% in urban and 17.3% in rural consume smoked tobacco

33.3%, 16.0%, 13.1% respectively use smoked tobacco in mountain, hill and terai

15.6% adults use smoked tobacco



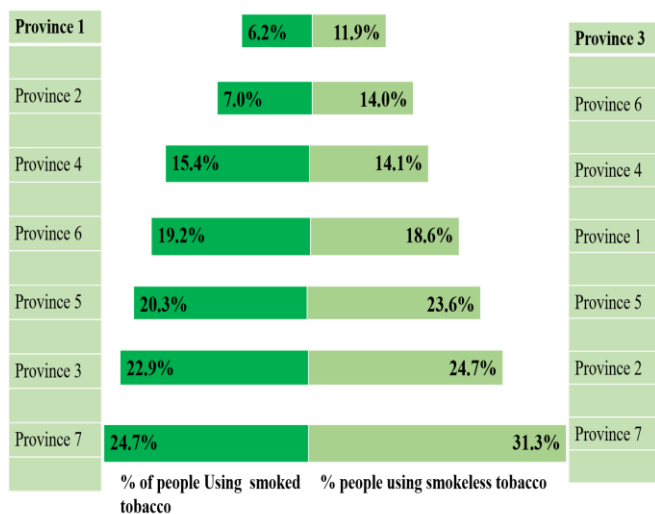
20.4% in urban and 19.7% in rural consume smokeless tobacco

13.8%, 16.7%, 24.1% respectively use smokeless tobacco in mountain, hill and terai

20.1% adults use smokeless tobacco

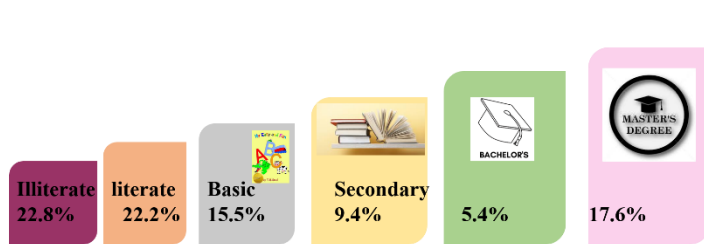
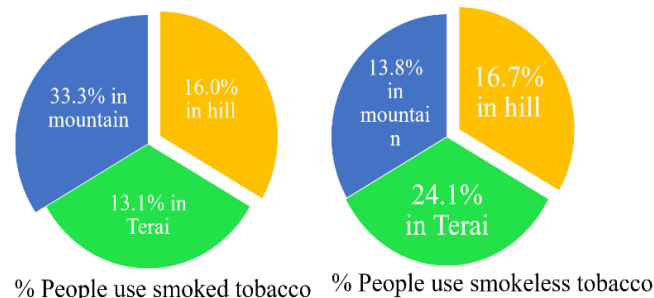


Highest Use of smoked and smokeless tobacco in Sudurpashchim Province

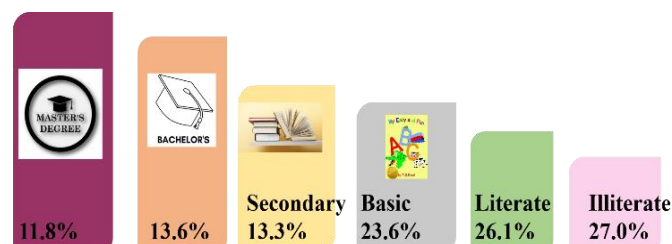




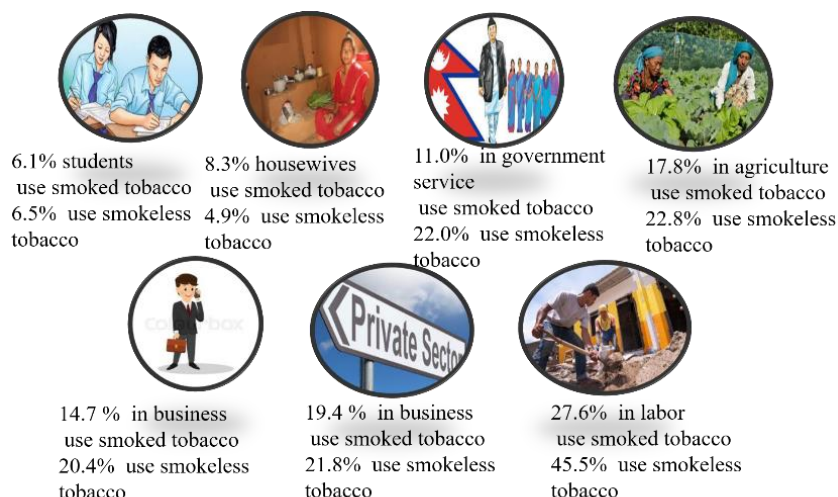
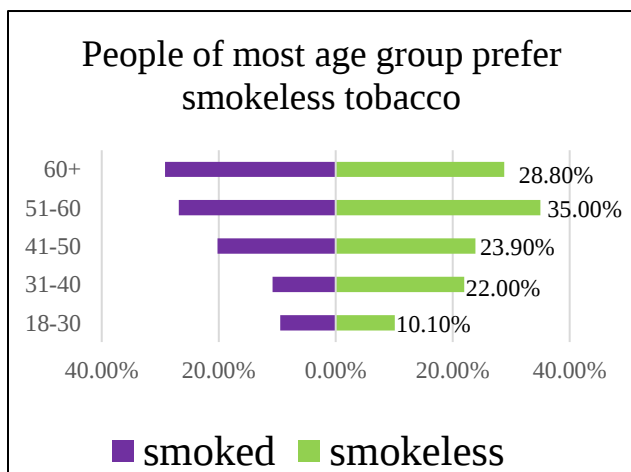
Smoked tobacco use is two times higher in Mountain And Smokeless tobacco is significantly high in Terai

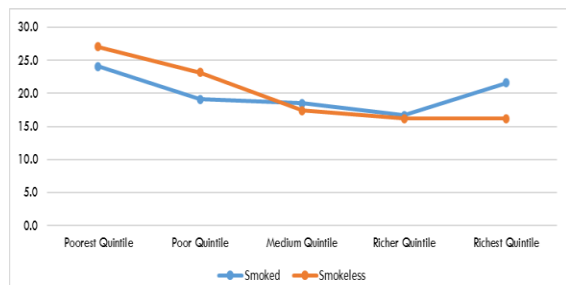


High use of smoked tobacco among illiterate ones



High use of smokeless tobacco among illiterate ones





Lowest income quintile people use more smokeless tobacco while richest quintile use more smoked

Majority > 70% of people were aware of health impacts (respiratory and heart related diseases) of tobacco

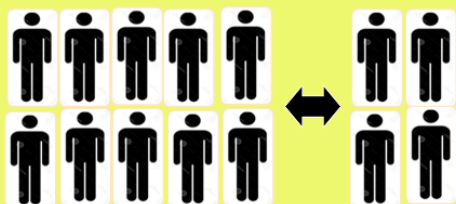
- 91.87% perceive smoked tobacco and 88.54% perceive smokeless tobacco as harmful to health because they are aware of its ill effects.
- 94% think tobacco affects the pregnancy.
- >50% knew about negative effects such as birth defects, still births, premature birth, etc. as effect of tobacco on fetus

1.71% of total population are heavy smokers



10.2% of smoked tobacco users are heavy smokers (≥ 20 sticks per day)

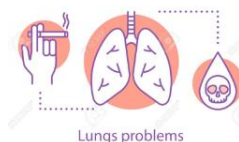
Four out of ten heavy smokers had Tobacco related Health Problems



27% of tobacco users, have one or more than one type of tobacco related health problems

Among them

36.7% have health problems related to lung (cough, shortness of breath, chest pain/lung disease)



Sources:

- “National Survey on Socio-Economic and Policy Aspects of Tobacco Use in Nepal (NSEPT), 2019/20” - Nepal Development Research Institute.

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