

The burden of tobacco use in India



HRIDAY HEALTH RELATED INFORMATION
DISSEMINATION AMONGST YOUTH



TOBACCO GROWING

- India produced 875 thousand metric tonnes of tobacco during the year 2012.
- Tobacco was cultivated in an area of about 4.93 Lakh hectares (0.25%) of total arable land in the country .
- India is the 2nd largest producer after China. It is also the 2nd largest consumer after China (US 3rd, Brazil 9th) and 5th largest exporter after (Brazil, US, China, Malawi).

GLOBAL AND NATIONAL TOBACCO BURDEN

- Globally, tobacco kills 6 million people every year and more than 80% of these deaths occur in the developing world. It is a known risk factor for 6 of 8 leading causes of death worldwide.
- Tobacco kills more people than HIV/AIDS, legal drugs, illegal drugs, road accidents, murder and suicide each year combined.
- Tobacco kills more than 981,100 Indians every year.
- Tobacco is the cause of 14.3% of male deaths and 4.7% of female deaths in India.
- In India, smoking is the third leading risk factor for Disability Adjusted Life Years (DALYs) lost.ⁱ



MYRIAD WEAPONS OF MASS DESTRUCTION

PREVALENCE - OVERALL

- According to Global Adult Tobacco Survey India Report, 2009-10 (GATS) more than one-third (35%) of adults in India use tobacco in some form or the other.ⁱⁱ
- The estimated number of tobacco users in India is 274.9 million, with 163.7 million users of only smokeless tobacco, 68.9 million only smokers, and 42.3 million users of both smoking and smokeless tobacco. [Smoking form : Males-24%, Females-3%, Smokeless Form: Males-33%, Females-18%].ⁱⁱⁱ
- GATS reports, 9.2% of all adults smoke bidis, compared to 5.7% of cigarette smokers.^{iv}
- GATS also reveals that 40% of Indians are exposed to second-hand smoke (SHS) at home, over 30% are exposed to SHS at workplace and around 50% are exposed in restaurants.^v
- **In total, more than 2,542,000 children and more than 120,000,000 adults in India use tobacco each day.**^{vi}



PREVALENCE – VULNERABLE SECTION OF POPULATION

- As per the Global Youth Tobacco Survey 2009 (India), 14.6% (Boy = 19.0%, Girl = 8.3%) of youth (13-15 years) use tobacco in some form.
- Sixth grade students are two to four times more likely to consume tobacco as compared to eighth grade students.^{vii}
- Gender gap is narrowing with more young girls starting to use tobacco.^{viii}
- Tobacco use among females have almost doubled from 11% in 2005-06 (NFHS III) to 20.3% in 2009-10 (GATS).
- Female smoking rate has doubled from 1.4% in 2005-06 (NFHS III) to 2.9% in 2009-10 (GATS).
- Rural women are most vulnerable using more smokeless tobacco (20%) compared to urban males (17.1%) and urban females (10.7%) and smoking (2.3%) more than three times than their urban counterparts (0.7%).



DIRECT IMPACT ON HEALTH

- In India, tobacco-related cancers represented 42.0% of male and 18.3% of female cancer deaths with twice as many deaths from oral cancers as lung cancers.^{ix}
- Tobacco use also leads to cardiovascular diseases and chronic obstructive pulmonary diseases.^x
- India also has one of the highest rates of oral cancer in the world as the consequence of high prevalence of smokeless tobacco use.^{xi}
- In India, ever-smokers are about three times more likely to report tuberculosis as compared to never-smokers.^{xii}
- Smokeless tobacco use is associated with an average reduction of 105 gm in birth weight and a reduction in gestational age of 6.2 days.^{xiii}
- A two-fold increase in risk for Hypertension is noticed among Indians when they smoke, and orally consume khaini and tobacco.^{xiv}

	Tobacco Use	Unhealthy diets	Physical Inactivity	Harmful Use of Alcohol
Cardio-vascular				
Diabetes				
Cancer				
Chronic Respiratory				

Tobacco use is the leading preventable risk factor for NCDs

INDIRECT HEALTH IMPACT

- Globally, 6 lakhs out of 60 lakh deaths every year due to tobacco are due to SHS. As per the global trend, 1 lakh people in India might be dying from breathing SHS.
- Among children, SHS causes ear infections, more frequent and severe asthma attacks, respiratory infections (bronchitis and pneumonia) and a greater risk for sudden infant death syndrome (SIDS).
- Among adults, who have never smoked, SHS can cause, heart disease, lung cancer and stroke.
- Smokeless tobacco induces spitting at public places, it causes risks of disease like tuberculosis, which kills 3,30,000 people annually in India.



IMPACT ON ECONOMY

- According to Government of India tobacco-related disease costed the Indian economy over INR 1,04,500 crores for the year 2011, just among adults aged between 35 and 69. The total cost across all age groups would be even higher.^{xv}
- In a 2008 study it was found that an increase in tobacco expenditure at the household level led to a decrease in the budget share devoted to food and education.^{xvi}
- Direct expenditure on tobacco by households potentially impoverish nearly 15 million people in India annually.
- Years after years, tobacco products have become more and more affordable due to low taxes, high inflation and greater purchasing power in India.



IMPACT ON SOCIETY

- Tobacco consumption violates various rights of non-smokers which includes the most important right to clean air.^{xvii}
- Right to life is also violated as maintenance of health and environment falls within the purview of Article 21, and their degradation adversely affects the life of citizens.^{xviii}
- Several studies suggest that there is a developmental cost to tobacco in terms of lost educational opportunities for children, for nutrition, and many other ways in which tobacco affects household welfare.

IMPACT ON ENVIRONMENT

- The crop is water-demanding and consumes large quantities of fertilizers and pesticides which eventually degrade the land and pollute the water-bodies.^{xix}
- Large quantities of waste are produced in the form of tobacco slurries, solvents, oils and greases, paper, wood, plastic, packaging materials and results in air pollution.^{xx}
- Huge amount of litter and plastic waste is produced every day due to use of smokeless tobacco, which is non-biodegradable and an environmental burden.
- Tobacco kills trees too. Approximately 200,000 hectare of forests/woodlands is removed by tobacco farming each year leading to substantial tobacco related deforestation.^{xxi}
- Moreover, in order to cure tobacco leaf you have to burn wood. And for 300 cigarettes smoked anywhere someone, somewhere has killed a tree.

TOBACCO CESSATION IN INDIA

- Tobacco cessation is one of the significant activities under the National Tobacco Control Program (NTCP).^{xxii}
- Tobacco cessation clinics have been set up to develop models of intervention, and train health professionals in service delivery, tobacco quit lines have been developed and provision of medical facilities to addicts have been included under the NTCP.^{xxiii}
- Tobacco cessation in India needs to be implemented in multiple settings across health sector, education sector and in larger communities.^{xxiv}
- Studies have also found that brief advice along with yoga is helpful in tobacco cessation.^{xxv,xxvi}
- Bupropion, a non-nicotine anti-depressant drug, has been approved for use as a pharmacological treatment for nicotine addiction in India.^{xxvii} Nicotine gums and trans-dermal patches are also now available in India.
- Nicotine Replacement Therapy (NRT) provides a slow and steady supply of nicotine in order to relieve craving and withdrawal symptoms, and is associated with quit rates of about 23% as against 13% with placebo.^{xxviii}



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