



# National Survey on Diabetes Mellitus and Risk Factors for Noncommunicable Diseases (NCDs) in Myanmar (2014)

## Tobacco Fact Sheet

The national survey on Diabetes Mellitus and Risk Factors for Noncommunicable Disease (NCDs) in Myanmar was conducted from September to December in 2014. This was the second such survey, with the previous nationwide survey done in 2009. It was a population-based survey of adults aged 25-64 years. A multistage cluster sample design was used to produce representative data for that age range from 52 townships in Myanmar. A total of 8757 adults participated in the survey. The overall response rate was 94% for questionnaire administration, 91% for physical measurements and 90% for biochemical measurements. The total population of Myanmar in 2014 was 50.3 million and nearly half of population (24.0 million) was in the 25-64 years age group<sup>1</sup>.

The survey collected information on socio-demographic and behavioral characteristics, life style risk factors (tobacco and alcohol use, vegetable consumption, and physical activity), physical measurements (height, weight and blood pressure) and biochemical measurements (blood glucose – both fasting and 2 hours postprandial; fasting total cholesterol, triglycerides, HDL and LDL).

The survey included tobacco questions drawn from TQS<sup>2</sup> (Tobacco Questions for the Survey). This fact sheet presents indicators from TQS only, the whole survey report and fact sheet may be accessed at <http://www.who.int/chp/steps/myanmar/en/>. The tobacco indicators from STEPS can be used to evaluate and monitor existing tobacco-control policies and programs. A repeat survey is planned for 2018.

### Key Highlights

#### TOBACCO USE

- 26.1% of population 25-64 years of age (43.8% of men, 8.4% of women) were current smokers of tobacco. This translates into 6.3 million smokers in this age group.
- 43.2% of population (62.2% of men, 24.1% of women) 25-64 years of age were current users of smokeless tobacco. This translates into 10.4 million of smokeless tobacco users in this age group.

#### CESSATION

- 4 in 10 current smokers reported trying to stop smoking in the last 12 months.
- 3 in 10 current smokers reported being advised by a health care provider to stop smoking in the last 12 months

#### SECONDHAND SMOKE

- 27.5% (6.6 million) of 25-64 years of population were exposed to tobacco smoke at the workplace.
- 39.1% (9.4 million) of 25-64 years of population were exposed to tobacco smoke at home.

#### MEDIA

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

#### ECONOMICS

- Average monthly/annual expenditure on manufactured cigarettes was 1,795/21,540 in Kyats<sup>3</sup>. The annual expenditure is 13.8% of annual GDP per capita (1,56,267 Kyats) in 2014.

Results for adults aged 25-64 years	Overall % (95% CI)	Males % (95% CI)	Females % (95% CI)
<b>TOBACCO USE</b>			
<b>Current tobacco users (smoked and/or smokeless)<sup>4</sup></b>			
Current tobacco users	54.4 50.4-58.4	79.8 77.1-82.4	29.1 23.9-34.2
Current daily tobacco users	44.7 40.9-48.6	67.8 64.0-71.6	21.6 17.9-25.2
<b>Current tobacco smokers</b>			
Current tobacco smokers <sup>5</sup>	26.1 23.8-28.4	43.8 40.8-46.7	8.4 6.4-10.3
<i>Among current smokers</i>			
- manufactured cigarettes	33.0 26.7-39.3	38.4 31.6-45.3	4.6 1.9-7.2
- cigars, cheroots, cigarillos	63.5 55.0-72.0	63.6 55.3-71.9	63.5 50.2-76.7
- hand-rolled cigarettes	20.4 12.5-28.3	18.4 10.9-26.0	30.5 17.6-43.4
Current daily tobacco smokers	20.7 18.2-23.3	34.0 30.5-37.5	7.4 5.6-9.3
Manufactured cigarette smokers (among daily smokers)	28.1 21.6-34.5	33.4 26.2-40.7	3.5 1.1-5.9
Average age started tobacco smoking in years (among daily smokers)	19.8 19.2-20.4	19.3 18.7-19.8	22.3 20.7-23.9
Average number of <u>manufactured cigarettes</u> smoked per day (among daily smokers)	1.5 1.0-2.0	1.9 1.3-2.4	0.1 0.0-0.2
Average number of <u>cigars, cheroots, cigarillos</u> smoked per day (among daily smokers)	2.7 2.2-3.3	2.9 2.3-3.5	2.2 1.3-3.1
<b>Current smokeless tobacco use<sup>6</sup></b>			
Current smokeless tobacco users	43.2 39.2-47.1	62.2 58.3-66.1	24.1 19.5-28.7
<i>Among current users</i>			
- chewing tobacco	22.0 13.1-30.8	23.2 13.9-32.5	18.8 10.1-27.5
- betel quid	93.8 90.5-97.0	93.9 90.6-97.1	93.5 89.4-97.6
Daily smokeless tobacco users	30.3 27.0-33.6	44.5 40.9-48.1	16.1 12.8-19.4
<i>Among daily users</i>			
- chewing tobacco	2.7 1.7-3.8	3.1 1.8-4.3	1.7 1.0-2.5
- betel quid	10.2 9.4-11.1	11.3 10.3-12.3	7.3 6.5-8.0
<b>Current non-users (smoked and/or smokeless)</b>			
Former tobacco users <sup>7</sup>	3.5 (2.7-4.4)	4.0 (3.0-5.3)	2.9 (2.2-3.8)
Never tobacco users	41.3 (37.4-45.3)	15.0 (12.8-17.6)	67.7 (62.3-72.6)
Former tobacco smokers <sup>8</sup>	7.2 5.9-8.5	11.7 9.4-14.0	2.7 1.8-3.6
Former smokeless tobacco users	3.8 2.8-4.8	4.9 3.5-6.4	2.6 1.8-3.5
<b>EXPOSURE TO SECOND-HAND SMOKE</b>			
Adults exposed to second-hand smoke at home <sup>*</sup>	39.1 35.7-42.5	32.1 27.5-36.8	46.0 42.5-49.5

Results for adults aged 25-64 years	Overall % (95% CI)	Males % (95% CI)	Females % (95% CI)
Adults exposed to second-hand smoke in the closed areas in their workplace*	27.5 20.9-34.2	31.8 23.5-40.1	23.6 17.5-29.6
<b>TOBACCO CESSATION</b>			
Current smokers who tried to stop smoking in past 12 months	43.7 37.7-49.6	42.0 35.2-48.7	52.5 46.4-58.6
Current smokers advised by a health care provider to stop smoking in past 12 months <sup>9</sup>	33.5 27.0-39.9	30.2 23.6-36.9	48.1 39.3-56.8
<b>HEALTH WARNINGS</b>			
Current smokers who thought about quitting because of a warning label*	21.7 (16.0-29.0)	23.8 (17.6-31.2)	11.4 (6.4-19.5)
Adults who noticed anti-cigarette smoking information on the television or radio*	73.2 (66.3-79.1)	72.6 (65.1-79.0)	73.7 66.6-80.0
Adults who noticed anti-cigarette smoking information in newspapers or magazines*	54.2 (46.4-61.8)	54.8 (46.7-62.6)	53.7 (45.4-61.8)
<b>TOBACCO ADVERTISEMENT AND PROMOTION</b>			
Adults who noticed cigarette marketing in stores where cigarettes are sold*	32.0 25.8-39.0	35.1 28.2-42.7	28.9 22.9-35.8
Adults who noticed any cigarette promotions <sup>10*</sup>	21.1 17.6-25.0	27.2 22.5-32.3	15.1 12.2-18.5
<b>ECONOMICS</b>			
Local Currency [KYATS]			
Average amount spent on 20 manufactured cigarettes	588 Kyats		
Average monthly expenditure on manufactured cigarettes among current smokers	1795 Kyats		
Cost of 100 packs (of 20 cigarettes each) of manufactured cigarettes as a percentage of per capita Gross Domestic Product (GDP) [2015] <sup>11</sup>	3.8%		

For additional information, please contact: WHO STEPS Team [steps@who.int]; STEPS country focal point [Dr Ko Ko Zaw, [zawkwaw@gmail.com](mailto:zawkwaw@gmail.com)]

<sup>1</sup> Department of Population, Ministry of Immigration and Population, The 2014 Myanmar Population and Housing Census, The Union Report, Census Report Volum2, May 2015

<sup>2</sup> Tobacco questions are drawn from the Tobacco Questions for Surveys (TQS) <http://www.who.int/tobacco/publications/surveillance/tqs/en/>

<sup>3</sup> Calculated on the basis of manufactured cigarettes bought in a month and money paid for those purchases.

<sup>4</sup> Current use refers to daily and less than daily use of smoked or smokeless tobacco.

<sup>5</sup> Includes manufactured cigarettes, hand-rolled cigarettes, pipes, cigars, cheroots, cigarillos, etc.

<sup>6</sup> Includes snuff by mouth or nose, chewing tobacco, betel quid, etc.

<sup>7</sup> Current non-users

<sup>8</sup> Current non-smokers

<sup>9</sup> Among those who visited a health care provider in past 12 months.

<sup>10</sup> 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.

<sup>11</sup> This is based on GDP (in US dollars at official current exchange rates) of USD 1203.845 in 2014 as published by World Bank in World Development Indicators, 2015.

\* During the past 30 days.

#### Additional technical notes:

Adults refer to persons age 25-64 years. Data have been weighted to be nationally representative of all men and women age 25-64 years.

#### Acknowledgements:

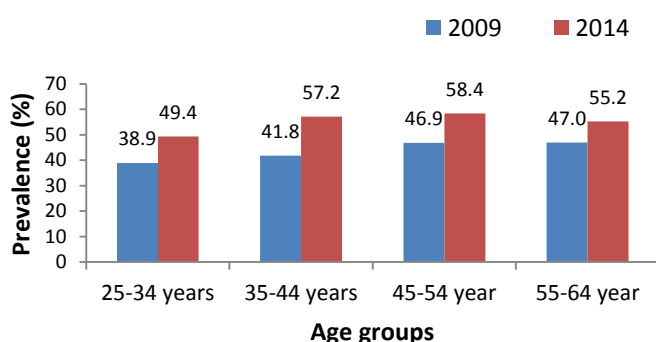
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#### Disclaimer:

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.

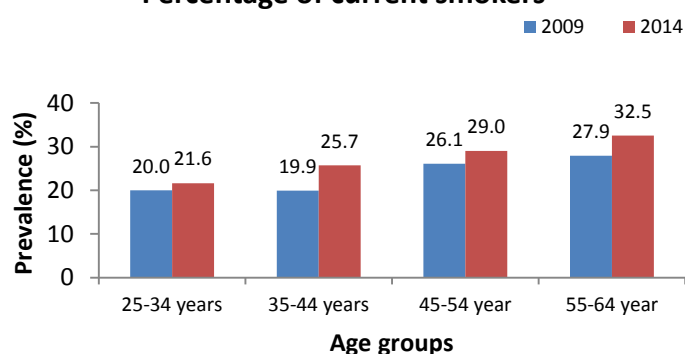
# Change in Key Indicators between 2009 and 2014 surveys:

**Percentage of current tobacco users**



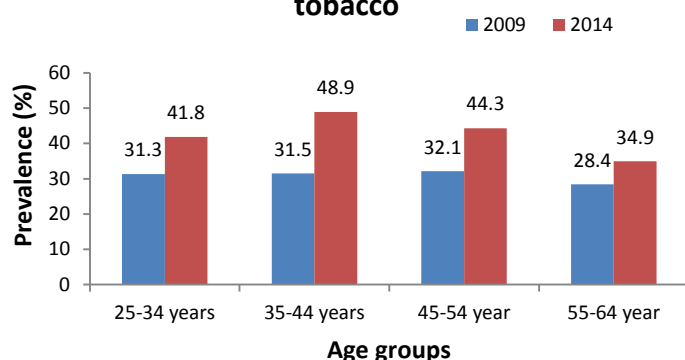
Age group (years)	Overall		Men		Women	
	2009	2014	2009	2014	2009	2014
25-34	38.9	49.4	80.3	80.4	13.6	18.2
35-44	41.8	57.2	75.8	83.3	22.9	31.1
45-54	46.9	58.4	77.4	79.4	27.8	37.4
55-64	47.0	55.2	69.4	72.6	31.5	37.9

**Percentage of current smokers**



Age group (years)	Overall		Men		Women	
	2009	2014	2009	2014	2009	2014
25-34	20.0	21.6	47.5	41.4	3.3	1.7
35-44	19.9	25.7	44.5	45.7	6.2	5.6
45-54	26.1	29.0	49.5	45.1	11.6	13.0
55-64	27.9	32.5	44.0	43.7	16.8	21.4

**Percentage of current users of smokeless tobacco**



Age group (years)	Overall		Men		Women	
	2009	2014	2009	2014	2009	2014
25-34	31.3	41.8	63.0	66.3	11.9	17.1
35-44	31.5	48.9	54.3	69.5	18.9	28.3
45-54	32.1	44.3	49.6	58.6	21.1	30.0
55-64	28.4	34.9	41.6	45.7	19.2	24.2