



Sri Lanka STEPS Survey 2015



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 on NCD risk factors in Sri Lanka was carried out from July 2014 to May 2015. The STEPS survey in Sri Lanka was a population-based survey of adults aged 18-69 years. A multi stage cluster sampling design was used to produce representative data for that age

range in Sri Lanka. Survey information was collected electronically using handheld devices. The survey was implemented by the Ministry of Health, Nutrition & Indigenous Medicine. A total of 5188 adults participated in the Sri Lanka STEPS survey. The overall response rate was 72%. A repeat survey is planned for 2018 if funds permit.

Highlights

→ Tobacco Use

- 45.7% of men, 5.3 % of women, and 25.8 % overall were current users of tobacco, in any form.
- 29.4% of men, 0.1% of women, and 15.0% overall were current smokers of tobacco.
- 26.0 % of men, 5.3 % of women, and 15.8 % overall were current users of smokeless tobacco.

→ Cessation

- 1 in 2 current smokers tried to stop smoking in the last 12 months.
- 3 in 10 current smokers were advised by a health care provider to stop smoking in the last 12 months.

→ Secondhand smoke

- 1 in 4 adults were exposed to tobacco smoke at the workplace.
- 1 in 4 adults were exposed to tobacco smoke at home.

→ Media

- 9 in 10 adults noticed anti-cigarette smoking information on the television.
- 1 in 2 adults noticed anti-cigarette smoking information on the radio.
- 3 in 10 current smokers thought about quitting because of warning labels on cigarette packages.
- 1 in 10 adults noticed cigarette marketing in stores where cigarettes are sold.
- 3 in 100 adults noticed any form of cigarette promotions.

→ Economics

- Average monthly expenditure on manufactured cigarettes was 2695.00 Sri Lankan Rupees.

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	25.8 (24.1-27.6)	45.7 (42.7-48.6)	5.3 (4.3-6.3)
● Current daily tobacco users	20.0 (18.5-21.5)	35.3 (32.6-38.0)	4.1 (3.3-5.0)
Current tobacco smokers			
● Current tobacco smokers	15.0 (13.6-16.4)	29.4 (26.8-31.9)	**
● Current cigarette smokers ²	15.7 (13.7-17.6)	24.5 (22.0-27.1)	**
● Current daily tobacco smokers	10.2 (9.1-11.3)	19.9 (17.8-22.0)	**
● Current daily cigarette smokers	7.9 (6.9-9.0)	12.4 (11.1-13.7)	**
● Average age started tobacco smoking (years)	20.6 (20.1-21.1)	20.5 (20.0-20.9)	**
● Average number of cigarettes smoked per day (among daily cigarette smokers)	5.1 (4.3-5.9)	5.1 (4.3-5.9)	**
Current smokeless tobacco users			
● Current smokeless tobacco users	15.8 (14.3-17.4)	26.0 (23.3-28.8)	5.3 (4.3-6.3)
● Current daily smokeless tobacco users	11.7 (10.4-12.9)	18.9 (16.7-21.2)	4.1 (3.3-5.0)
Current non-users (smoked and/or smokeless) ¹			
● Former tobacco users ³	6.7 (5.7-7.7)	12.0 (10.2-13.8)	1.3 (0.8-1.7)
● Former tobacco smokers ⁴	8.5 (7.4-9.6)	16.7 (14.6-18.7)	0.0 (0.0-0.1)
● Never users	67.4 (65.6-69.3)	42.3 (39.3-45.4)	93.4 (92.2-94.5)



→ Exposure to Second-hand smoke

● Adults exposed to second-hand smoke at home*	23.5 (21.5-25.5)	25.2 (22.5-28.0)	21.6 (19.3-23.9)
● Adults exposed to second-hand smoke in the closed areas in their workplace*	24.1 (21.4-26.8)	36.1 (32.2-39.9)	11.1 (8.7-13.6)



→ Tobacco Cessation

● Current smokers who tried to stop smoking in past 12 months	51.8 (46.9-56.7)	51.8 (46.9- 56.8)	**
● Current smokers advised by a health care provider to stop smoking in past 12 months ⁵	35.0 (30.0-40.1)	35.2 (30.1-40.2)	**



→ Health Warnings

● Current smokers who thought about quitting because of a warning label*	54.6 (48.6-60.5)	54.5 (48.5-60.4)	**
● Adults who noticed anti-cigarette smoking information on the television*	86.3 (84.1-88.4)	87.7 (85.2-90.2)	84.7 (82.3-87.2)
● Adults who noticed anti-cigarette smoking information on the radio*	49.8 (46.4-53.3)	51.4 (47.4-55.4)	48.2 (44.3-52.0)
● Adults who noticed anti-cigarette smoking information in newspapers or magazines*	64.4 (61.2-67.6)	67.8 (64.1-71.4)	60.7 (57.1-64.4)



→ Tobacco Advertisement and Promotion

● Adults who noticed cigarette marketing in stores where cigarettes are sold*	11.5 (9.5-13.4)	14.7 (11.9-17.5)	7.9 (6.1-9.6)
● Adults who noticed any cigarette promotions*	2.8 (2.0- 3.6)	4.4 (3.0- 5.8)	0.9 (0.5-1.4)



→ Economics

Local Currency LKR

● Average amount spent on 20 manufactured cigarettes	572.40
● Average monthly expenditure on manufactured cigarettes	2695.00
● Cost of 100 packs of manufactured cigarettes as a percentage of per capita Gross Domestic Product (GDP) 2014 ⁶	11.5%

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 <http://data.worldbank.org/indicator/NY.GDPPCAPCD>, 2014 * 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. ** The sample size "n" is less than 50. 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.