



Nepal STEPS Survey 2019

Tobacco Fact Sheet

The national noncommunicable disease (NCD) risk factor survey (WHO-STEP survey) in Nepal was carried out from February to May 2019. It was a population-based household survey of adults aged 15-69 years. A multistage cluster sample design was used to produce representative data for that age range in Nepal. A total of 5593 adults participated in the survey. The overall response rate was 86.4%. A repeat survey is planned for 2024.

The survey collected data on socio-demographic characteristics and on four major behavioral risk factors (tobacco, alcohol, diet, physical activity) and four physiological risk factors (overweight/obesity, raised blood pressure, raised blood sugar and cholesterol levels). This fact sheet summarizes the main tobacco indicators related to consumption patterns and tobacco policy. Data from periodic STEPS surveys can facilitate evaluation of existing tobacco-control policies and programs and track change over time.

Highlights

TOBACCO USE

- 28.9% of adults 15-69 years of age (48.3% of men, 11.6% of women) were current users of tobacco, in any form. This is equal to 3.8 million adults.
- 17.1% of adults (28.0% of men, 7.5% of women) equivalent to 2.8 million adults were current smokers of tobacco.
- 18.3% of adults (33.3% of men, 4.9% of women) equivalent to 3 million adults were current users of smokeless tobacco.

CESSATION

- 1 in 5 current smokers (19.4%) and 17.9% of current smokeless users tried to stop smoking and use of smokeless tobacco, respectively in the last 12 months.
- 22.1% of smokers and 21% of smokeless tobacco users respectively reported being advised by a health care provider to stop smoking/use of smokeless tobacco in the last 12 months.

SECONDHAND SMOKE

- 22.5% of adults (3.7 million) were exposed to second-hand smoke at work place.
- 33.5% of adults (5.5 million) were exposed to second-hand smoke at home.

MEDIA

- 70.2% of adults noticed anti-cigarette smoking information on the television or radio.
- 44.8% of current smokers thought about quitting because of warning labels on cigarette packages.
- 20.9% of adults were exposed to tobacco advertising and promotions on any while media, while 11.2% of adults noticed cigarette marketing in stores where cigarettes are sold.

E-CIGARETTES

- 11.4% of adults had ever heard about e-cigarettes, though only 47.5% of them correctly identified them when shown different pictures.
- 18.8% and 14.1% of adults who have ever heard about e-cigarette, respectively, reported ever and currently using them.

ECONOMICS

- Average monthly expenditure on manufactured cigarettes was Rs.1049.

Results for adults aged 15-69 years (incl. 95% CI)	Both Sexes	Males	Females
Tobacco Use			
Current tobacco users (smoked and/or smokeless)¹			
Current tobacco users	28.9 (26.3-31.5)	48.3 (43.5-53.1)	11.6 (9.8-13.5)
Current daily tobacco users	24.1 (21.8-26.5)	40.1 (35.4-44.7)	10.0 (8.4-11.6)
Current tobacco smokers			
Current tobacco smokers	17.1 (15.1-19.1)	28.0 (24.5-31.5)	7.5 (6.1-8.9)
Current cigarette smokers ²	14.5 (12.6-16.5)	24.2 (20.8-27.7)	5.9 (4.6-7.2)
Current daily tobacco smokers	13.3 (11.4-15.3)	20.8 (17.4-24.1)	6.7 (5.4-8.1)
Current daily cigarette smokers	11.6 (9.7-13.5)	18.6 (15.3-21.9)	5.4 (4.2-6.6)
Average age at initiation of tobacco smoking (years)	17.8 (17.1-18.2)	17.7 (16.8-18.1)	18.4 (17.3-19.2)
Average number of cigarettes smoked per day (among daily cigarette smokers)	6.5 (5.6-7.2)	6.4 (5.5-7.3)	6.7 (5.7-7.6)
Current smokeless tobacco			
Current smokeless tobacco users	18.3 (15.8-20.7)	33.3 (28.8-37.8)	4.9 (3.3-6.5)
Current daily smokeless tobacco users	15.3 (13.1-17.5)	28.2 (23.9-32.5)	3.8 (2.6-5.1)
Former users / Never users			
Former tobacco users ³	4.5 (3.6-5.4)	5.1 (3.6-6.6)	3.9 (2.9-5.0)
Former tobacco smokers ⁴	6.5 (5.1-7.5)	8.8 (6.5-10.5)	4.5 (3.3-5.5)
Never users	66.6 (63.9-69.4)	46.6 (41.7-51.5)	84.5 (82.1-86.8)
Secondhand Smoke			
Adults exposed to second-hand smoke at home*	33.5 (29.9-37.1)	35.8 (31.2-40.3)	31.5 (27.1-35.8)
Adults exposed to second-hand smoke at work place*	22.5 (19.6-25.5)	23.9 (20.4-27.3)	21.4 (17.7-25.1)
Cessation			
Current smokers who tried to stop smoking in past 12 months	19.4 (15.5-23.2)	19.3 (14.9-23.8)	19.4 (13.7-25.1)
Current users of smokeless tobacco who tried to stop smoking in past 12 months	17.9 (13.8-23.0)	19.3 (15.0-24.5)	9.7 (4.0-21.7)
Current smokers advised by a health care provider to stop smoking in past 12 months ⁵	22.1 (15.7-28.4)	21.6 (14.1-29.0)	23.7 (15.3-32.1)
Current smokeless tobacco users advised by health care providers to quit smokeless tobacco	21.0 (15.0-28.6)	19.5 (13.8-26.9)	29.6 (14.4-51.2)

Results for adults aged 15-69 years (incl. 95% CI)	Both Sexes	Males	Females
Health Warnings			
Current tobacco user who thought about quitting because of a warning label ¹	44.8 (38.1-52.2)	45.5 (38.1-53.6)	41.8 (32.0-52.5)
Adults who noticed anti-cigarette smoking information on the television or radio ²	70.2 (75.0-82.8)	73.6 (76.1-85.2)	67.1 (73.1-81.4)
Adults who noticed anti-cigarette smoking information in newspapers or magazines ³	43.6 (47.8-59.5)	50.3 (52.8-65.4)	37.6 (42.0-54.8)
Tobacco Advertisement and Promotion			
Adults who notices any advertisements or signs promoting any tobacco products on television or radio (or any media?)	14.3	15.8	13.1
Adults who noticed tobacco marketing in stores where tobacco products are sold ⁴	11.2 (9.3-16.7)	13.6 (10.7-19.3)	9.1 (7.4-14.7)
Adults who noticed any cigarette promotions ⁵	8.7 (5.7-11.8)	9.8 (5.8-13.9)	7.6 (4.8-10.4)
Economics	Local Currency		
Average amount spent on 20 manufactured cigarettes	151.5		
Average monthly expenditure on manufactured cigarettes	1049.3		
Cost of 100 packs of manufactured cigarettes as a percentage of per capita Gross Domestic Product (GDP) [2018] ⁶	11		

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 World Bank, 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 person's age 15-69 years. Data have been weighted to be nationally representative of all men and women age 15-69 years. * The sample size "n" is less 50.

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