

BACKGROUND

- Bangladesh is one of the top ten countries with high smoking prevalence where nearly two-thirds of the world's smokers live (WHO, 2008).
- Smoking cessation or reduction is the only way in which smoking-related harm of smokers can be reduced in the next two to three decades.
- However, there is no organized smoking cessation program available in Bangladesh.
- Understanding the pattern of smoking behavior and identifying the factors associated with smoking cessation will assist in the design and implementation of population-based smoking cessation programs.

OBJECTIVES

- To assess the pattern of smoking behaviour (that is, quit attempts and smoking cessation) among adult cigarette and bidi smokers (aged 15 and above) in Bangladesh
- To identify the factors associated with quitting behaviour among adult Bangladeshi smokers.

SURVEY AND ANALYSIS

- The ITC Bangladesh Wave 1 (2009) & Wave 2 (2010) Surveys are a nationally representative probability sample based on survey of households.
- Households were sampled using a stratified multistage design and interviewed using a structured questionnaire.
- All analyses were performed using SAS using procedures appropriate for complex survey data.
- Results are weighted to represent the population of smokers in Bangladesh.

MEASURES

- Our primary dependent variable was successful quitting (N=79/1833)
- Demographic variables included in the analyses were: sex, age, occupation, education level, income, marital status, and religion.
- Reasons to quit smoking or making a quit attempts were assessed by asking a question with eleven structured choices.

RESULTS

- Of the respondents (N=1833), 98% were male, 18% were illiterate, 78% were married. 90% (1658/1833) of the respondents were cigarette smokers and 10% (175/1833) were dual users of cigarette & bidi.
- Overall, 26.7% of the baseline smokers made quit attempts (that is, daily smokers who made at least one quit attempt that lasted for at least 24 hours) during the 11- to 12 months between Waves 1 and 2 with only 4.0% quit successful (that is, daily smokers who had stopped smoking for at least 6 months at the time of the Wave 2 survey).
- A significantly greater proportion of older (aged ≥ 40) smokers tried to quit (26%) and quit successfully (6%) compared to younger smokers (20% and 3%, respectively, $\chi^2=26.6$, $df=2$, $p<0.001$).
- A greater proportion of students (36%) and managerial/professional workers (32%) tried to quit smoking compared to other occupational groups (all other groups < 27%).
- Among those who were successful in quitting several reasons were associated with their decision to quit or not to quit.

RESULTS (CONTINUED)

Table. Factors associated with successful quitting among Bangladeshi adults (n=1802)

Variables	% successful quitters	95% Confidence interval	P-value for χ^2 test
Age (Years)			<0.001
15-39 (n=1075)	2.6	(1.6-4.0)	
≥ 40 (n=758)	6.0	(4.0-9.0)	
Marital status			0.300
Not married (n=412)	4.7	(2.1-8.9)	
Married (n=1317)	3.8	(2.2 -5.6)	
Religion			0.205
Non-Muslim (n=233)	6.2	(4.0-9.4)	
Muslim (n=1599)	3.6	(2.2-5.6)	
Monthly household income			0.197
<5000 taka (n=281)	4.6	(2.1-8.5)	
5000 to 10,000 taka (n=784)	4.0	(2.0-6.9)	
>10,000 taka (n=593)	3.2	(2.0-5.0)	
not reported (n=n=175)	5.6	(3.4-9.3)	
Education			0.758
Illiterate (n=335)	5.0	(2.2-9.7)	
1 to 8 years (1007)	3.5	(2.4-5.0)	
9+ years (486)	4.2	(2.2-7.3)	
Occupation			0.010
Agriculture (n=512)	6.0	(3.7-9.3)	
Self-employed (n=359)	3.8	(1.8-7.1)	
Labourer (n=306)	1.9	(0.5-5.0)	
Managerial/professional (n=92)	0.6	(0.0-5.1)	
Student (n=53)	6.2	(1.9-18.7)	
Unemployed (n=121)	0.7	(0.0-4.3)	
Other (n=379)	4.4	(2.5-7.2)	
Tobacco use			0.360
Exclusively cigarette (n=1658)	3.6	(2.5-5.1)	
Dual users of bidi & cig.(n=175)	3.9	(2.2-19.9)	
Cigarettes per day			0.640
<10 (n=1270)	4.5	(3.0-6.4)	
10-20 (n=448)	3.0	(1.1-6.5)	
21 or more (n=79)	1.8	(0.1-7.7)	

CONCLUSIONS

- The findings show that the natural quit rate is about 4% among Bangladeshi smokers.
- Different demographic and behavioral factors are associated with making quit attempts or being successful in their quit attempt.
- Population based smoking cessation programs should consider these factors in the design of any intervention.
- However, there is a need to explore the association of social environmental factors with smoking cessation behaviour.



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