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# CHRONIC OBSTRUCTIVE PULMONARY DISEASE

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### Prevalence of tobacco use among adults in Punjab, India: Evidence from national family health survey 4

**Background:** The National Family Health Survey (NFHS) is a large-scale, multi-round survey conducted in a representative sample of households throughout India. According to NFHS-3 (2005-06), the prevalence of tobacco use among men in Punjab state was 33.8% whereas in women it was 0.8%. Department of Health Punjab, India embarked upon a plan to reduce a prevalence of tobacco use.

**Methods:** Punjab has implemented the Cigarette and Other Tobacco Product Act (COTPA) 2003 all over the state very successfully. Beside this there is ban on flavored/scented chewing tobacco, E-cigarettes, hookah bars, loose cigarettes. Permanent state and district level task force and committees were formed for its effective enforcement and monitoring. Two nationwide representative surveys NFHS 3(2005-06) and NFHS 4(2015-16) were compared to assess the tobacco use in adult population.

**Results:** The tobacco use among men in Punjab state declined from 33.8% (NFHS-3) to 19.2% (NFHS-4) and in women from 0.8% to 0.1% during last 10 years which is lowest among all the states of the country. 24.4 % of men tried to stop smoking or using tobacco in any other form during the past 12 months.

**Conclusion:** Strict measures undertaken by the Punjab government have yielded substantial results leading to 14.6% decline in tobacco prevalence in males. There is a need to focus on up scaling of cessation services and awareness activities to achieve endgame tobacco (prevalence<5%).

### Biography

Rakesh K Gupta is the Deputy Director, Non-Communicable Diseases, Department of Health & Family Welfare, Punjab. He has expertise in managing National Non-Communicable diseases Programs especially Blindness Control/Tobacco Control Programs and has professional experience of 33 years in service. He has represented MOHFW in WHO ENDS Consultation in Panama 2016 and WHO consultation on Plain packaging in Geneva 2017.

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