

Smoking among adults in Sri Lanka -Facts and figures

Wickramasinghe, WAKK; Karunaratne, KGNS; Perera, GLRS; Ganegoda, UA; Silva, A; Katulanda, P; Sheriff, MHR; Constantine, GR

Abstract :

Objectives: To determine the prevalence and patterns of smoking among different socio-demographic groups in Sri Lanka.

Methodology: A nationally representative cross sectional study was conducted in 7 out of 9 provinces in Sri Lanka. A sample of 4532 adults above 18 years of age were recruited by a multistage random cluster sampling technique. An interviewer-administered-questionnaire was used to collect data.

RESULTS: Among 4547 adults 40% were males. The mean age was 45 years. The prevalence of current smoking among males was 23.4% and females 0.2%. There were 20.8% male and 0.2% female ex-smokers. Patterns of smoking among males Among male smokers 18.5%, 38.3% and 1.9% smoked less than one, 1 to 10 and more than 10 cigarettes per day respectively. The age group with the highest percentage of current smoking 27.7% was 40-49 age group while the age group with lowest smoking 1.2% was below 20-year age group. Prevalence was 42.6% among the group with lowest monthly income and 37.5% in the highest ($p < 0.0001$). The smoking prevalence among those who had education beyond secondary school and those who only had school education were 26.3% and 40.7% ($p < 0.0001$) respectively. Smoking was less among those who have cardiovascular disease or risk factors; Diabetes- 25.5%, Hypertension- 17.1%, Ischemic Heart Disease 22% compared to those without; 39%, 41.2% and 39.1% respectively.

Conclusion and Recommendations: Smoking was predominately seen among males in Sri Lanka and associated with the level of education and income. Prevalence was less after developing co-morbidities.