

Tobacco use and related behaviours among young people in South Africa and the Western Cape



World No-Tobacco Day
University of Cape Town, Lung Institute

31 May 2017

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Background

- Since 1999 South Africa has implemented a comprehensive set of tobacco control measures, including:
 - strict enforcement of the bans against smoking in public places
 - restricting sales to minors,
 - excise duties on cigarettes at 52% of the retail price
 - school health education
- Research surveys serve to evaluate the impact of tobacco control legislation and interventions and to inform ways to strengthen the existing interventions
 - SA Demographic and Health Survey, 2016
 - National population survey, n=10 336
 - SA Global Youth Tobacco Surveys of 1999, 2002, 2008 and 2011
 - National survey among grades 8-10 high school learners
- Tobacco control is especially important for young people because a lifelong addiction to nicotine is usually established in early teenage years

South African National Cigarette Consumption: 1960-2010

with Tobacco Control Interventions Underway During that Period

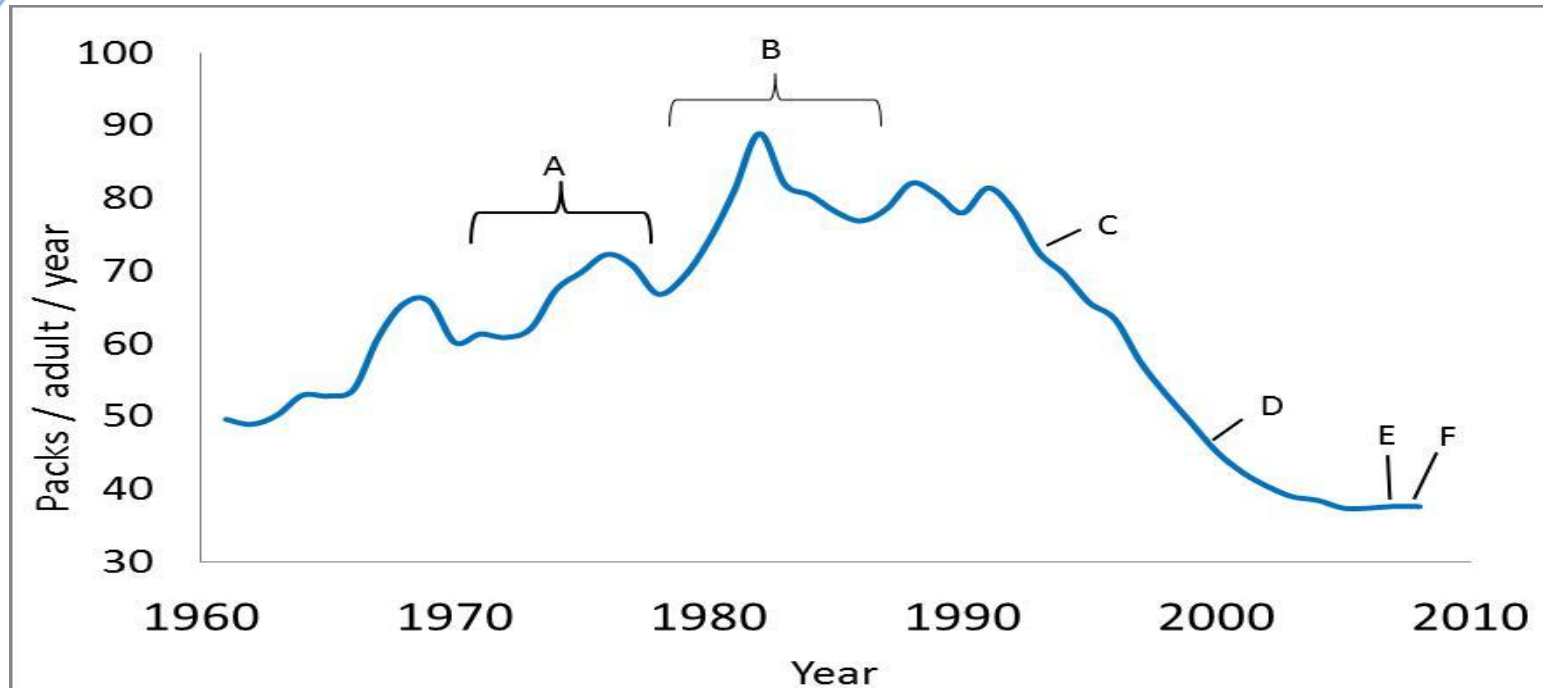



Figure 1. South African National Cigarette Consumption 1960 – 2009

- A. 1970s - local governments banned smoking in cinemas
- B. 1980s – restrictions on smoking on domestic flights
- C. Tobacco Products Control Act of 1993
- D. Tobacco Products Control Amendment Act No 12 of 1999
- E. Tobacco Products Control Amendment Act No. 23 of 2007
- F. Tobacco Products Control Amendment Act No. 63 of 2008

Key findings from the South African Demographic and Health Survey

South Africans aged ≥ 15 years



Comparison of data from the SADHS 1998 and SADHS 2016 revealed a decrease in tobacco smoking since 1998.

Tobacco smoking decrease

SADHS data



1998 **11%** female smokers

42% male smokers

2016 **7%** female smokers

37% male smokers

Western Cape males **42%**
females **25%**

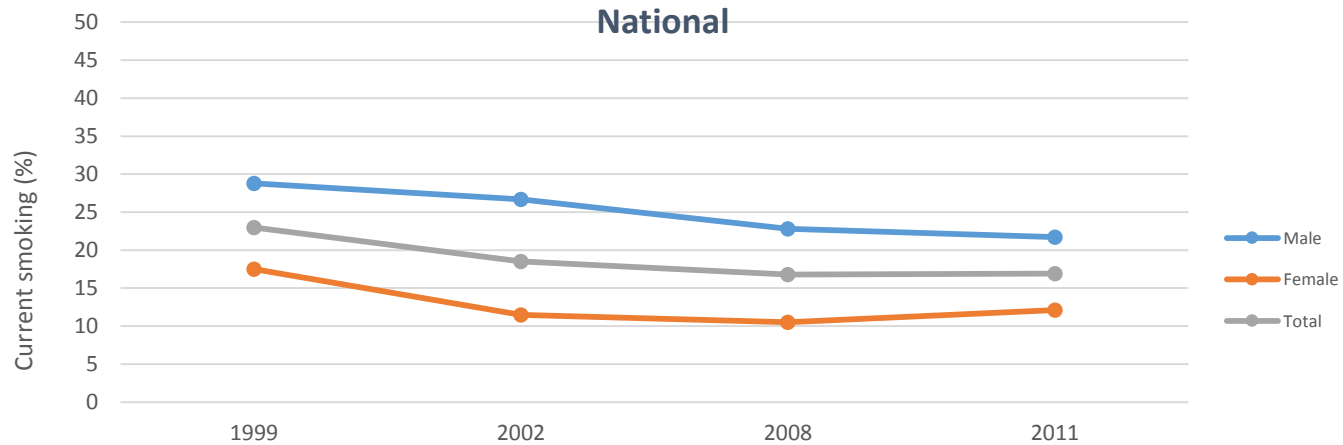
Northern Cape males **44%**
females **18%**

Limpopo males **25%**

**What do the figures look like for youth
in the Western Cape?**

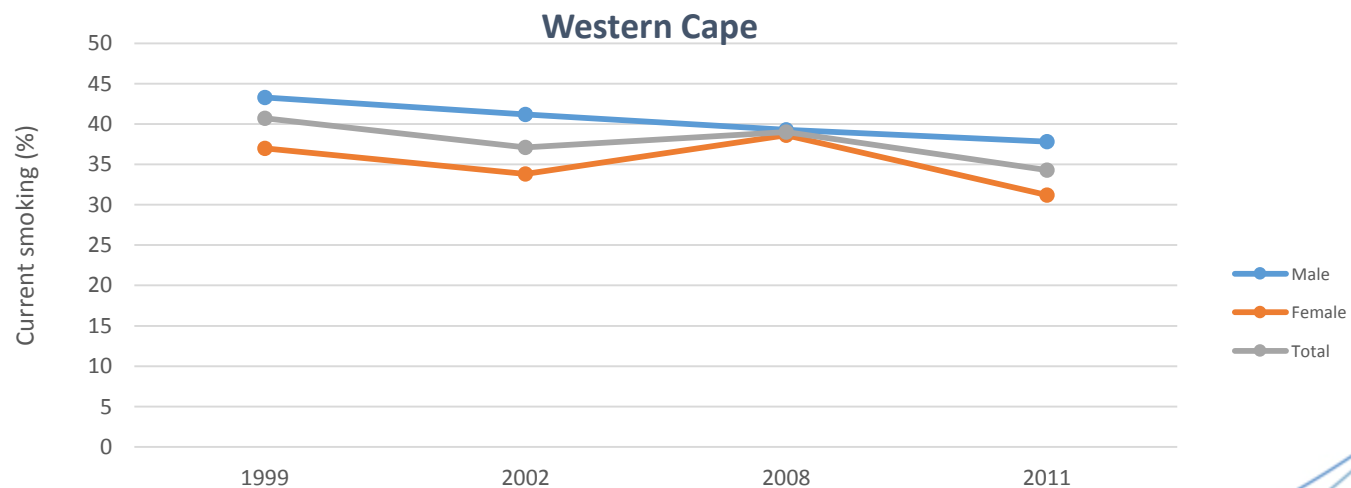
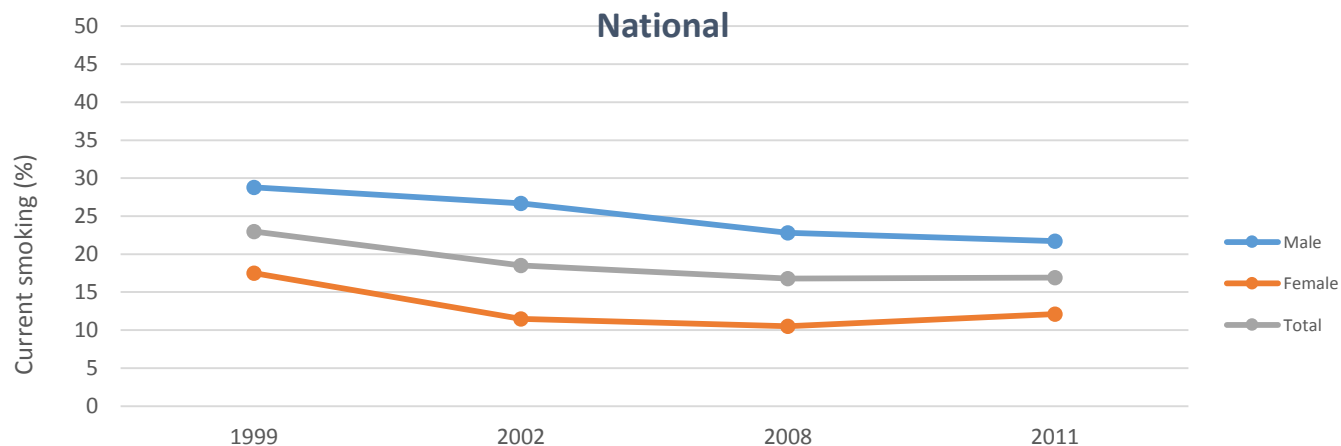
Current (past month) cigarette smoking among South African Youth

Global Youth Tobacco Survey (GYTS) results for Grades 8-10 learners, 1999-2011



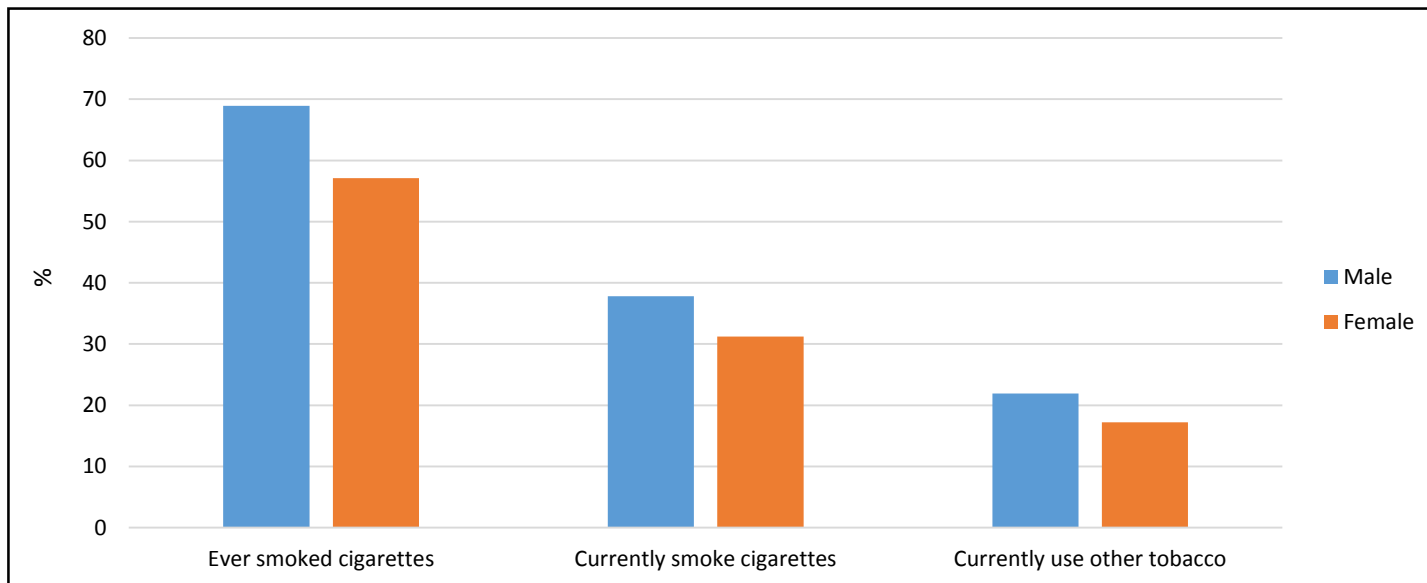
Current (past month) cigarette smoking among South African Youth

Global Youth Tobacco Survey (GYTS) results for Grades 8-10 learners, 1999-2011



Use of cigarettes and other tobacco products among Western Cape learners, GYTS 2011

Current cigarette smoking	%
All grades 8-10 learners	34.3%
African	30.4%
Coloured	42.2%
White	17.5%
<16 years	29.0%
>=16 years	36.0%



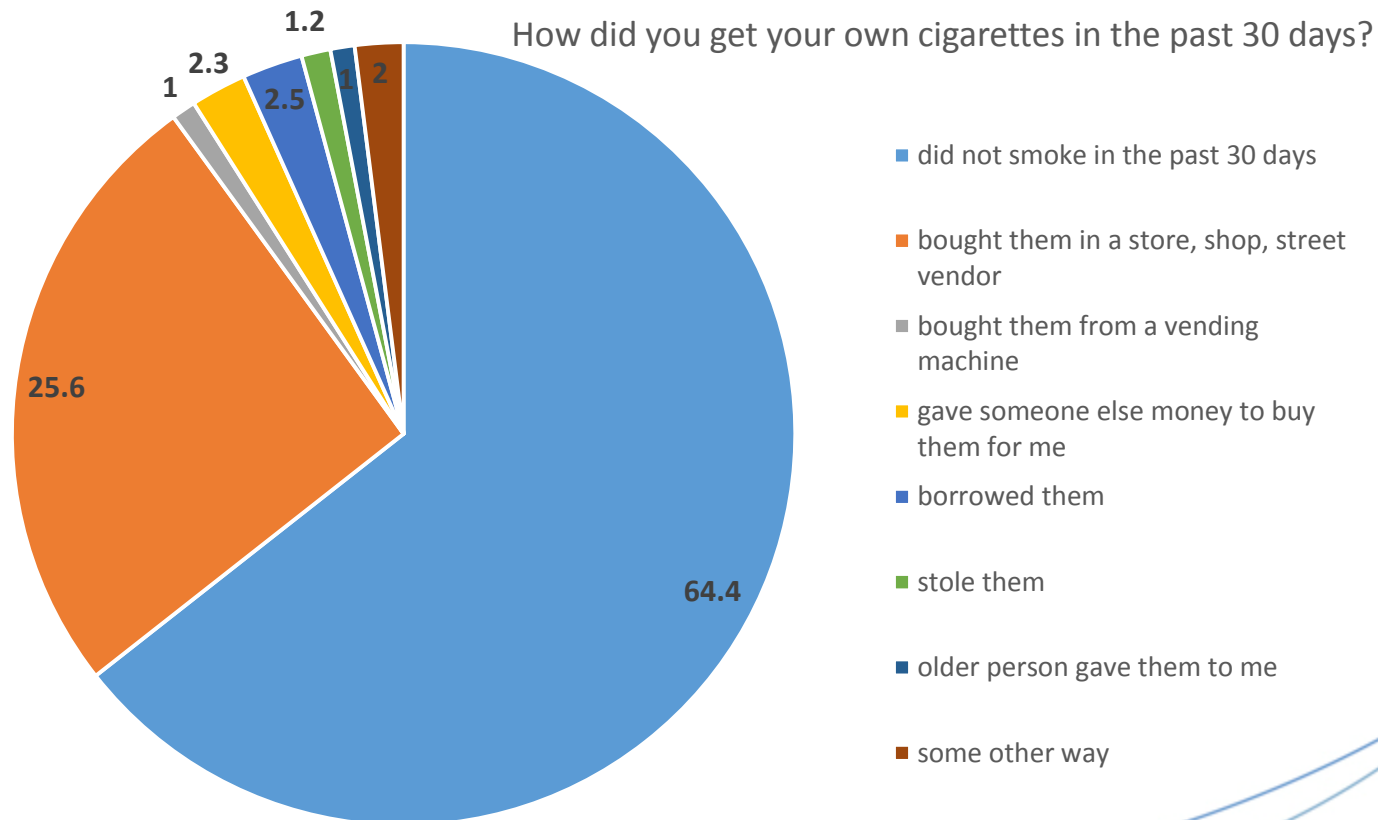
Other tobacco products: e.g. chewing tobacco, snuff, cigars, cigarillos, little cigars, pipes

Access to cigarettes

Percent of current smokers who bought cigarettes in a store in the past 30 days who were NOT refused cigarettes because of their age:

Western Cape: 69.4%

National: 72.6%



Cessation attempts among learners who currently smoke

	Western Cape	<i>National</i>
Want to stop smoking	78.9%	<i>72.3%</i>
Tried to stop smoking in the past year	85.3%	<i>77.8%</i>
Received help to stop smoking	76.6%	<i>70.7%</i>

Exposure to environmental tobacco smoke

	Western Cape	<i>National</i>
Exposure in the home	52.3%	<i>32.0%</i>
Exposure in places outside the home	64.6%	<i>43.9%</i>
Think smoking should be banned in public places	63.0%	<i>58.4%</i>
Think smoke from others is harmful to them	46.4%	<i>51.0%</i>
Driven by someone who smoked cigarettes in the car ¹	63.2%	<i>48.5%</i>

1. Source: Youth Risk Behaviour Survey, 2011

Tobacco related education

	Western Cape	<i>National</i>
Taught /discussed in class, during the past year about:		
The dangers of smoking	57.8%	49.3%
Reasons why people their age smoke	44.1%	43.1%
The effects of smoking	58.9%	50.2%

Behaviours, Knowledge & Beliefs regarding tobacco use among secondary school learners in the Western Cape

Global Youth Tobacco Survey (GYTS) 1999-2011

	1999	2002	2008	2011
At least one parent smokes	62.6%	50.2%	56.1%	50.4%
Most or all my best friends smoke	26.0%	23.0%	22.3%	17.5%
Smoking helps one feel more comfortable at a party/social	39.0%	42.3%	49.1%	47.3%
Think it is safe to smoke for only a year or 2 as long as you quit after that	23.9%	19.4%	18.6%	15.8%
If someone asks permission to smoke near you, you let them	43.5%	64.3%	63.6%	62.0%

Discussion

- The future development and refinement of tobacco control strategies should be a dynamic process as South Africa, and the Western Cape in particular, is undergoing rapid socioeconomic and sociocultural transitions

References

- National Department of Health (NDoH), Statistics South Africa (Stats SA), South African Medical Research Council (SAMRC), and ICF. 2017. South Africa Demographic and Health Survey 2016: Key Indicators. Pretoria, South Africa, and Rockville, Maryland, USA: NDoH, Stats SA, SAMRC, and ICF.
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Thank you!