

# **Global Adult Tobacco Survey**

## **TURKEY**

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# GATS Objectives

- GATS was launched as part of the Global Tobacco Surveillance System (GTSS) and it was first implemented in Turkey in 2008, and was repeated in 2012 and 2016.
- GATS enhances Turkey's capacity to design, implement and evaluate tobacco control programs. It has already assisted and will also to fulfill our obligations under the WHO FCTC to generate comparable data within and across countries especially while filling the FCTC country implementation report every 2 years.
- GATS provides valuable information and statistical data on tobacco use.

# GATS Methodology

- In Turkey, last GATS was conducted in 2016 as a household survey of persons 15 years of age and older implemented by Vera Research and Analytic Consultancy, under a contract from the Ministry of Health.
- A multi-stage, geographically clustered sample design was used to produce nationally representative data.
- A total of 11,200 households were sampled. One individual was randomly chosen from each participating household to complete in the survey.
- Survey information was collected electronically using handheld devices.
- The household response rate was **83.2%**, the person-level response rate was **98.8%**, and **overall response rate was 82.2%**.
- There were a total of **8,760** completed individual interviews.

# Tobacco Use

## TOBACCO USE

<b>TOBACCO SMOKERS</b>	OVERALL (%)	MEN (%)	WOMEN (%)
Current tobacco smokers	31.6	44.1	19.2
Daily tobacco smokers	29.6	41.8	17.5
Current cigarette smokers <sup>1</sup>	31.6	44.1	19.2
Daily cigarette smokers <sup>1</sup>	29.5	41.8	17.4
Current waterpipe smokers	0.3	0.5	0.0

## TOBACCO DEPENDENCY (DAILY SMOKERS)

First cigarette smoked within 30 minutes after waking	21.0	21.4	19.9
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	OVERALL (#)	MEN #)	WOMEN (#)
Average number of cigarettes smoked per day	18.0	18.9	15.8

## AGE OF INITIATION (AMONG 15-34 YEAR OLDS)

	OVERALL (%)	MEN (%)	WOMEN (%)
Started daily smoking before age 15	15.0	18.0	7.8
Started daily smoking before age 18	57.5	62.0	46.5
Average age of daily smoking initiation	17.0	16.7	17.7

# Secondhand Smoke

## SECONDHAND SMOKE

	OVERALL (%)	MEN (%)	WOMEN (%)
Exposed to tobacco smoke at home <sup>6</sup>	26.7	27.4	25.9
Exposed to tobacco smoke at workplaces <sup>7,†</sup>	10.6	12.2	5.7
Exposed to tobacco smoke in private cars <sup>6,8</sup>	82.3	86.1	76.1
Exposed to tobacco smoke in taxis <sup>9,†</sup>	16.0	16.9	14.9
Exposed to tobacco smoke in public places <sup>10,†</sup>			
Government buildings	4.7	4.2	5.5
Restaurants	12.7	13.1	12.1
Cafes, coffee or tea houses	28.0	27.7	28.7

# Cessation

## CESSATION

	OVERALL (%)	MEN (%)	WOMEN (%)
Former daily tobacco smokers <sup>2</sup> <i>(among ever daily tobacco smokers)</i>	13.6	15.7	8.3
Smokers who made a quit attempt in the past 12 months <sup>3</sup>	24.6	26.2	20.8
Smokers who successfully quit in the past 12 months <sup>4</sup>	68.5	56.0	80.9
Smokers asked by a health care provider if they were smokers <sup>3,5</sup>	46.0	46.0	46.0
Smokers advised to quit by a health care provider in the past 12 months <sup>3,5</sup>	40.1	40.3	39.9
Current smokers who were planning to or were thinking about quitting	32.8	33.9	30.3
Current smokers who were planning to quit within the next month	7.2	7.2	7.1

# Media

## MEDIA

<b>ANTI-CIGARETTE INFORMATION</b>	OVERALL (%)	CURRENT SMOKERS (%)	NON-SMOKERS (%)
Adults who noticed anti-cigarette information on television or radio <sup>†</sup>	73.7	74.5	73.3
Adults who noticed anti-cigarette information on billboards <sup>†</sup>	21.3	19.6	22.1
<b>HEALTH WARNINGS ON THE CIGARETTE PACKAGE</b>	OVERALL (%)	MEN (%)	WOMEN (%)
Current smokers who noticed a health warning on a cigarette package <sup>†</sup>	83.3	84.6	80.2
Current smokers who thought about quitting because of health warnings <sup>†</sup>	31.0	31.9	29.1
<b>PRO-CIGARETTE MARKETING</b>	OVERALL (%)	CURRENT SMOKERS (%)	NON-SMOKERS (%)
Adults who noticed cigarette marketing in stores where cigarettes are sold <sup>12,†</sup>	6.2	7.4	5.7
Adults who noticed any cigarette advertisements/promotions (other than in stores) or sporting event sponsorship <sup>†</sup>	16.2	20.0	14.5

# Knowledge, Attitudes & Perceptions

## KNOWLEDGE, ATTITUDES & PERCEPTIONS

	OVERALL (%)	CURRENT SMOKERS (%)	NON-SMOKERS (%)
Adults who believed smoking causes serious illness	89.8	89.4	89.9
Adults who believed secondhand smoke causes serious illness in non-smokers	83.3	83.4	83.2
Adults who favored the law prohibiting smoking inside workplaces and public places	90.4	82.1	94.2

# Economics

## ECONOMICS

Average amount spent on 20 manufactured cigarettes ( <i>Turkish lira</i> )	10.5
Cost of 100 packs of 20 manufactured cigarettes as a percentage of per capita Gross Domestic Product (GDP) [2016] <sup>11</sup>	3.8
Average monthly expenditure for manufactured cigarettes ( <i>Turkish lira</i> )	269.4
Percentage of current manufactured cigarette smokers indicating the cigarette packs they usual use do not have a tax stamp	8.4

# Policy Implications

- Despite implementation of comprehensive smoke-free policies, the prevalence of current cigarette smoking among adults increased to 31.6% in 2016.
- *There was a significant increase among females from 15.1% in 2008 to 19.2% in 2016 representing a 26.7 relative percent increase in current cigarette smoking among females.*



# Policy Implications

- By age groups, cigarette smoking prevalence significantly increased among 15 to 24 years old (from 25.2% to 31.9%).
  - ✓ An ample opportunity exists to strengthen the Tobacco Control Law.

# Policy Implications

- Among all adults, 89.8% believed that smoking causes serious illnesses; this ratio was 97.2% in 2008 and 96.2% in 2012;
  - ✓ It is necessary to increase the public awareness of harmful effects of tobacco among the people.
  - ✓ There is still a great need to inform the public about the scientific basis for the smoke-free legislation and its benefits.

# M - Monitor

Indicator	2016		
	Overall	Male	Female
<b>M: Monitor tobacco use and prevention policies</b>	Percentage (95% CI)		
Current tobacco smokers	31.6 (30.2, 33.0)	44.1 (42.2, 46.0)	19.2 (17.5, 21.0)
Current cigarette smokers <sup>1</sup>	31.6 (30.2, 33.0)	44.1 (42.2, 46.0)	19.2 (17.5, 21.0)
Current manufactured cigarette smokers	30.1 (28.7, 31.6)	41.7 (39.8, 43.7)	18.6 (17.0, 20.4)
Average number of cigarettes smoked per day (number)	18.0 (17.5, 18.5)	18.9 (18.3, 19.5)	15.8 (15.0, 16.6)
Average age at daily smoking initiation (years) <sup>2</sup>	17.0 (16.8, 17.2)	16.7 (16.4, 16.9)	17.7 (17.3, 18.1)
Former smokers among ever daily smokers <sup>3</sup>	13.6 (11.9, 15.5)	15.7 (13.7, 17.9)	8.3 (6.5, 10.6)

<sup>1</sup> Includes manufactured cigarettes, hand-rolled cigarettes and papirosy. <sup>2</sup> Among daily smokers age 15-34 years. <sup>3</sup> Current non-smokers

# P - Protect

Indicator	2016		
	Overall	Male	Female
<b>P: Protect people from tobacco smoke</b>			
<b>Exposure to secondhand smoke at home at least monthly</b>	<b>26.7 (24.8, 28.7)</b>	<b>27.4 (25.4, 29.6)</b>	<b>25.9 (23.7, 28.3)</b>
<b>Exposure to secondhand smoke at work <sup>4, †</sup></b>	<b>10.6 (9.0, 12.6)</b>	<b>12.2 (10.3, 14.3)</b>	<b>5.7 (3.6, 8.9)</b>
<b>Exposure to secondhand smoke in public places: <sup>5, †</sup></b>			
<b>Government building/offices</b>	<b>4.7 (3.8, 5.9)</b>	<b>4.2 (3.2, 5.5)</b>	<b>5.5 (4.1, 7.5)</b>
<b>Health care facilities</b>	<b>4.4 (3.6, 5.4)</b>	<b>4.7 (3.7, 6.1)</b>	<b>4.2 (3.1, 5.5)</b>
<b>Restaurants</b>	<b>12.7 (11.0, 14.6)</b>	<b>13.1 (11.2, 15.3)</b>	<b>12.1 (9.8, 14.8)</b>
<b>Public Transportation</b>	<b>4.5 (3.6, 5.6)</b>	<b>3.9 (3.1, 5.0)</b>	<b>5.1 (3.8, 6.6)</b>

<sup>4</sup> Among those who work outside of the home who usually work indoors or both indoors and outdoors. <sup>5</sup> Among those who visited the specific public places in the past 30 days. † During the past 30 days.

# O - Offer

Indicator	2016		
	Overall	Male	Female
<b>O: Offer help to quit tobacco use</b>			
<b>Made a quit attempt in the past 12 months <sup>6</sup></b>	<b>24.6 (22.3, 27.0)</b>	<b>26.2 (23.6, 29.0)</b>	<b>20.8 (17.5, 24.5)</b>
<b>Advised to quit smoking by a health care provider <sup>6,7</sup></b>	<b>40.1 (35.5, 45.0)</b>	<b>40.3 (34.8, 46.0)</b>	<b>39.9 (32.9, 47.4)</b>
<b>Attempted to quit smoking using a specific cessation method <sup>6</sup>:</b>			
<b>Nicotine Replacement Therapy</b>	<b>7.4 (5.5, 10.0)</b>	<b>7.6 (5.4, 10.8)</b>	<b>6.8 (3.8, 12.0)</b>
<b>Counseling</b>	<b>10.4 (8.3, 12.9)</b>	<b>10.9 (8.5, 13.9)</b>	<b>8.8 (5.5, 13.8)</b>
<b>Interested or planning to quit smoking</b>	<b>32.8 (30.2, 35.5)</b>	<b>33.9 (31.2, 36.7)</b>	<b>30.3 (26.4, 34.6)</b>

<sup>6</sup> Includes current smokers and those who quit in the past 12 months. <sup>7</sup> Among those who visited a health care provider in past 12 months.

# W - Warn

Indicator	2016		
	Overall	Male	Female
<b>W: Warn about the dangers of tobacco</b>			
<b>Belief that tobacco smoking causes serious illness</b>	<b>89.8 (87.6, 91.6)</b>	<b>90.5 (88.5, 92.2)</b>	<b>89.0 (86.3, 91.2)</b>
<b>Belief that breathing other peoples' smoke causes serious illness</b>	<b>83.3 (80.7, 85.6)</b>	<b>84.7 (82.3, 86.8)</b>	<b>81.9 (78.9, 84.6)</b>
<b>Noticed anti-cigarette smoking information at any location <sup>†</sup></b>	<b>75.6 (73.1, 77.8)</b>	<b>77.5 (75.1, 79.8)</b>	<b>73.6 (70.7, 76.3)</b>
<b>Thinking of quitting because of health warnings on cigarette packages <sup>†</sup></b>	<b>31.0 (28.4, 33.7)</b>	<b>31.9 (29.0, 34.9)</b>	<b>29.1 (25.2, 33.2)</b>

<sup>†</sup> During the past 30 days.

# E - Enforce

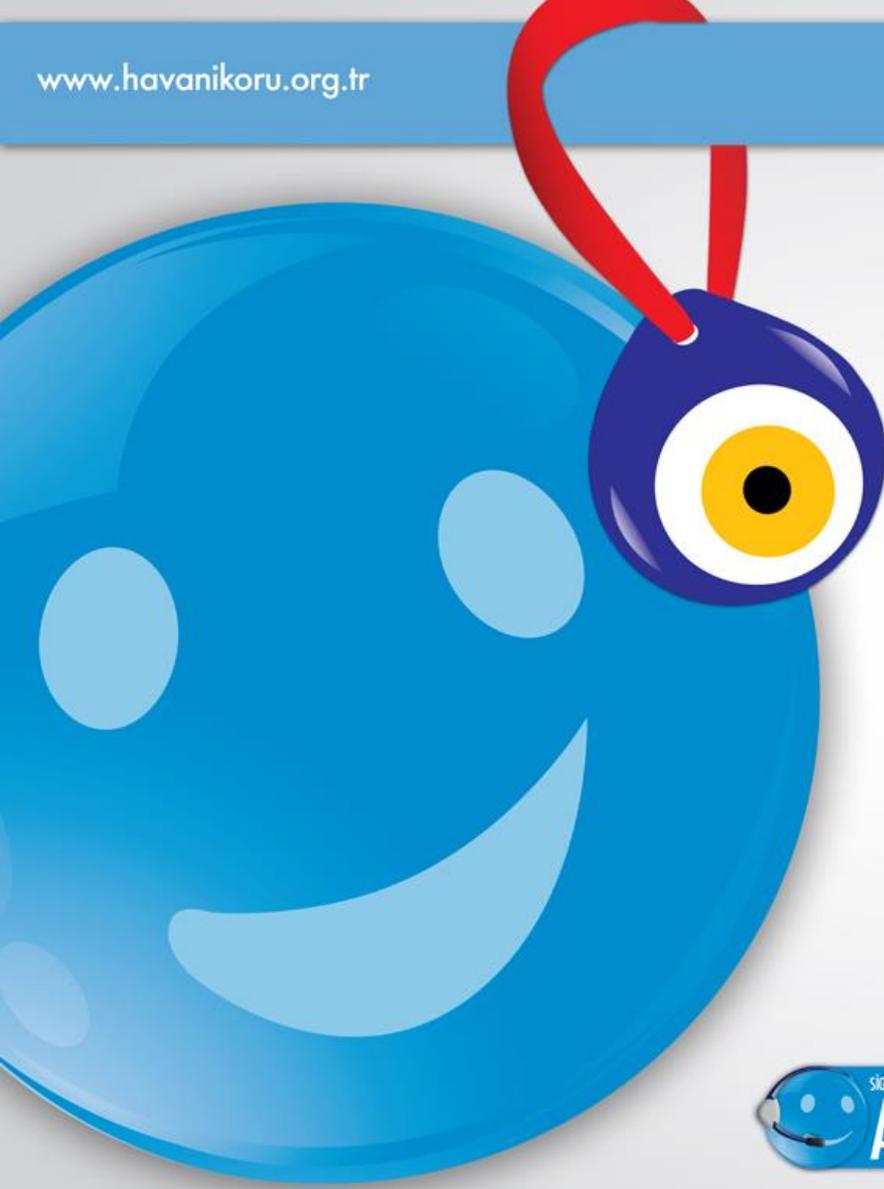
Indicator	2016		
	Overall	Male	Female
<b>E: Enforce bans on tobacco advertising, promotion and sponsorship</b>			
<b>Noticed advertisements and promotion in stores where cigarettes are sold <sup>8, †</sup></b>	<b>6.2 (4.9, 7.8)</b>	<b>7.1 (5.8, 8.8)</b>	<b>5.3 (4.0, 7.0)</b>
<b>Noticed any cigarette advertisement, sponsorship or promotion <sup>†</sup></b>	<b>17.5 (15.5, 19.7)</b>	<b>19.2 (17.0, 21.6)</b>	<b>15.8 (13.7, 18.2)</b>

<sup>8</sup> Includes those who noticed free gifts or discount offers on other products when buying cigarettes; or any advertisements or signs promoting cigarettes in stores where cigarettes are sold: <sup>†</sup> During the past 30 days.

# R - Raise

Indicator	2016		
	Overall	Male	Female
<b>R: Raise taxes on tobacco</b>			
<b>Average cigarette expenditure per month <sup>9</sup></b>	<b>269.4 (260.0, 278.9)</b>	<b>286.1 (275.1, 297.0)</b>	<b>232.4 (217.1, 247.6)</b>
<b>Average cost of a pack of manufactured cigarettes <sup>9</sup></b>	<b>10.5 (10.3, 10.8)</b>	<b>10.5 (10.3, 10.8)</b>	<b>10.6 (10.3, 10.9)</b>
<b>Last cigarette purchase was from a store or kiosk <sup>9</sup></b>	<b>97.4 (96.5, 98.1)</b>	<b>97.3 (96.1, 98.2)</b>	<b>97.6 (96.4, 98.5)</b>

<sup>9</sup> Among current manufactured cigarette smokers.



# DÜNYANIN GÖZÜ ÜZERİMİZDE!

Tütün kontrol programımızla dünyaya örnek olduk.

Dumansız hayata verdiğimiz destek için teşekkürler Türkiye!



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