

## Quitting Smoking

Among smokers, 49.1% attempted to quit smoking within the last 12 months (50.1% for males and 34.1% for females).

53.9% of smokers (54.5% males and 45.2% females) reported being advised by their doctor or a healthcare professional to quit smoking during any visit within the last 12 months.

Table 3: Smokers attempting to quit or have been advised to quit smoking by a healthcare professional, by sex

	Overall (%)	Men (%)	Women (%)
Current smokers who attempted to quit smoking within the last 12 months	49.1 (1.9)	50.1 (2.0)	34.1 (7.1)
Current smokers who have been advised to quit smoking by a doctor or a healthcare professional within the last 12 months	53.9 (2.0)	54.5 (2.0)	45.2 (7.4)

Note: values presented are in percent; SE = standard error

## Smoking by age group

The analysis shows that majority of the smokers belong to the age brackets of 35-44, 45-54 and 55-64. The MOH conducted a large national survey in 2005 that included questions on tobacco. In that survey, the prevalence of smoking was 12.2% (23.6% for men and 1.5% for females) among those aged 25-64. When we restricted our analyses to the same age groups, the prevalence from SHIS in 2013 is 15.3% (28.9% for males and 2.0% for females).

Table 4: Smoking by age group and sex

Age	Overall% (SE)	Men % (SE)	Women%(SE)
15 – 24	8.6 (0.8)	16.1 (1.4)	0.8 (0.3)
25 – 34	7.2(1.0)	30.5(1.7)	1.2(0.3)
35 – 44	14.6 (0.9)	30.6(1.8)	1.3(0.3)
45 – 54	14.4(1.2)	26.5(2.1)	2.9(0.7)
55 – 64	15.6(1.8)	24.7(2.9)	4.2(1.8)
65+	6.5(1.3)	9.7(2.0)	1.8(0.8)
Total	12.2(0.4)	23.7(0.8)	1.5(0.2)

Note: values presented are in percent; SE = standard error

[www.moh.gov.sa](http://www.moh.gov.sa)  
<http://facebook.com/saudiMOH>  
<http://twitter.com/saudiMOH>  
 الهاتف المجاني: 8002494444



وزارة الصحة  
Ministry of Health

Kingdom of Saudi Arabia  
Ministry of Health  
Deputy Minister for Public Health  
Assistant Deputy Minister for Primary  
Health Care  
General Directorate for Prevention of  
Genetic & Chronic diseases

## Smoking in the Kingdom of Saudi Arabia

Findings from the Saudi Health Information Survey

9 / 3 / 2014

Saudi Health Information Survey  
for Non- Communicable Diseases  
in Kingdom of Saudi Arabia  
2013

## Smoking in the Kingdom of Saudi Arabia

The Saudi Health Information Survey (SHIS) is a large national survey aimed at assessing chronic diseases, health behaviors and risk factors among adults Saudis aged 15 years and above in the Kingdom of Saudi Arabia. The survey consists of a household roster, a questionnaire and physical measurements, and a lab-based bio-medical examination. The questionnaire included several questions on tobacco use. The survey was developed in partnership between the Ministry of Health of Saudi Arabia and the Institute for Health Metrics and Evaluation of the University of Washington.

### SHIS methodology

SHIS is a multi-stage nationally representative sample with probability of selection proportionate to size of adults 15 years and above. The survey was conducted in all administrative regions of Saudi Arabia. The data was collected between March and July 2013 from 10,827 participants. The sample was weighted to reflect the Saudi population aged 15 and older based on probability of selection and post-stratification.

The smoking section covered questions on ever- and current-smoking status, type and frequency of tobacco products consumed, consumption of smokeless tobacco products, age of smoking initiation, second-hand smoking exposure; and attempts and healthcare advice to quit smoking.

## Findings

Our findings are representative of the Saudi population aged 15 years and older.

### Saudi population currently using tobacco

Overall, 12.1% of Saudis reported that they currently smoke tobacco. This prevalence was 23.7% among males and 1.5% among females. The prevalence of tobacco smoking varied by age; among those aged 65 and older, the prevalence of tobacco smoking was the lowest – 6.5% (9.7% among males and 1.8% among females). Saudis aged 55 to 64 years had the highest prevalence of current smoking (15.6%) with 24.7% among males and 4.2% among females

11.4% (21.5% among males and 1.1% among females) of smokers consume cigarettes daily with an average of 15.0 cigarettes per day. 11.2% of Saudis consume shisha daily (20.9% males and 1.4% females).

0.3% of Saudis consumed smokeless tobacco products daily (0.5% among males and 0.2% among females).

On average, Saudis start smoking at age 18.7 years (males at 19.0 and females at 21.6). Overall, 29.7% started smoking before the age of 15, and 60.9% started smoking before the age of 18.

Table 1 : Current tobacco use among Saudis

	Overall% (SE)	Male% (SE)	Female%(SE)
Current tobacco smokers	12.2 (0.4)	23.7 (0.8)	1.5 (0.2)
Daily tobacco smokers	11.4 (0.4)	21.5 (0.8)	1.1 (0.2)
Current daily cigarette smokers	11.4 (0.4)	21.5 (0.8)	1.1 (0.2)
Current daily shisha smokers	11.2 (0.4)	20.9 (0.8)	1.4 (0.2)

Former tobacco smokers	3.8 (0.2)	6.8 (0.4)	0.6 (0.2)
Current smokeless tobacco users	0.4 (0.1)	0.6 (0.1)	0.2 (0.1)
Current daily smokeless tobacco users	0.3 (0.1)	0.5 (0.1)	0.2 (0.1)
Current tobacco users	12.5 (0.4)	22.9 (0.8)	1.7 (0.2)
Smoked 16 or more cigarettes per day	42.3 (2.0)	44.0 (2.0)	9.4 (3.5)
Average number of cigarettes smoked per day	15.0 (0.9)	15.6 (0.9)	3.7 (1.1)
Started smoking before 15	29.7 (2.8)	30.5 (3.0)	22.0 (9.0)
Started smoking before 18	60.9 (2.2)	62.5 (2.3)	38.7 (8.5)
Average age of smoking initiation	18.7 (0.2)	19.0 (0.2)	21.6 (1.0)

Note: values presented are in percent, except for average number of cigarettes smoked and age at smoking initiation; SE = standard error

### Saudis exposed to second hand smoke

17.2% of Saudis are exposed to second hand smoke at home, with an average of 5.1 days of exposure per week. This second hand exposure is 20.9%, with an average of 4.8 days of exposure per week for males, and 13.1%, with an average of 5.5 days of exposure per week for females.

14.8% of Saudis are exposed to second hand smoke at work, with an average of 2.2 days of exposure per week. This second hand exposure at work is 24.9%, with an average of 4.3 days of exposure per week for males and 2.6%, with an average of 1.4 days of exposure per week for females.

Table 2 : Exposure to second hand smoke

	Overall% (SE)	Male% (SE)	Female%(SE)
Exposed to second hand smoke at home	17.2 (0.6)	20.9 (0.9)	13.1 (0.7)
Average number of days Exposed to second hand smoke at home	5.1 (0.1)	4.8 (0.1)	5.5 (0.1)
Exposed to second hand smoke at work	14.8 (0.6)	24.9 (1.0)	3.9 (0.4)
Average number of days Exposed to second hand smoke at work	2.2 (0.1)	2.6 (0.1)	1.4 (0.2)

Note: values presented are in percent, except for average number of days exposed to second hand smoke; SE = standard error