

Tobacco Education Rates in Kathmandu, Nepal

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Introduction

• The tobacco epidemic in Nepal has become a public health crisis, with **19.7% of Nepalese citizens smoking tobacco products daily.**

• **2700 Nepalese Citizens die prematurely from tobacco-related disease annually.**

• **This cross-sectional study seeks to identify education rates regarding the dangers of tobacco smoking within Kathmandu, Nepal.**

Methodology

• **Eligible participants were 18-89 years old and either current smokers or former smokers (used a tobacco product in the previous 15 years).**

• **Participants were recruited at the Tribhuvan University Teaching Hospital outpatient multispecialty clinics (respiratory, nephrology, gastroenterology, endocrinology, and neurology).**

• **Participants provides consent both verbally and in written form. Participation in the study was voluntary.**

• **A 47-question survey was administered verbally through interpreters.**

• **All data was collected in data management application Qualtrics and analyzed using R. statistical analysis software.**

References

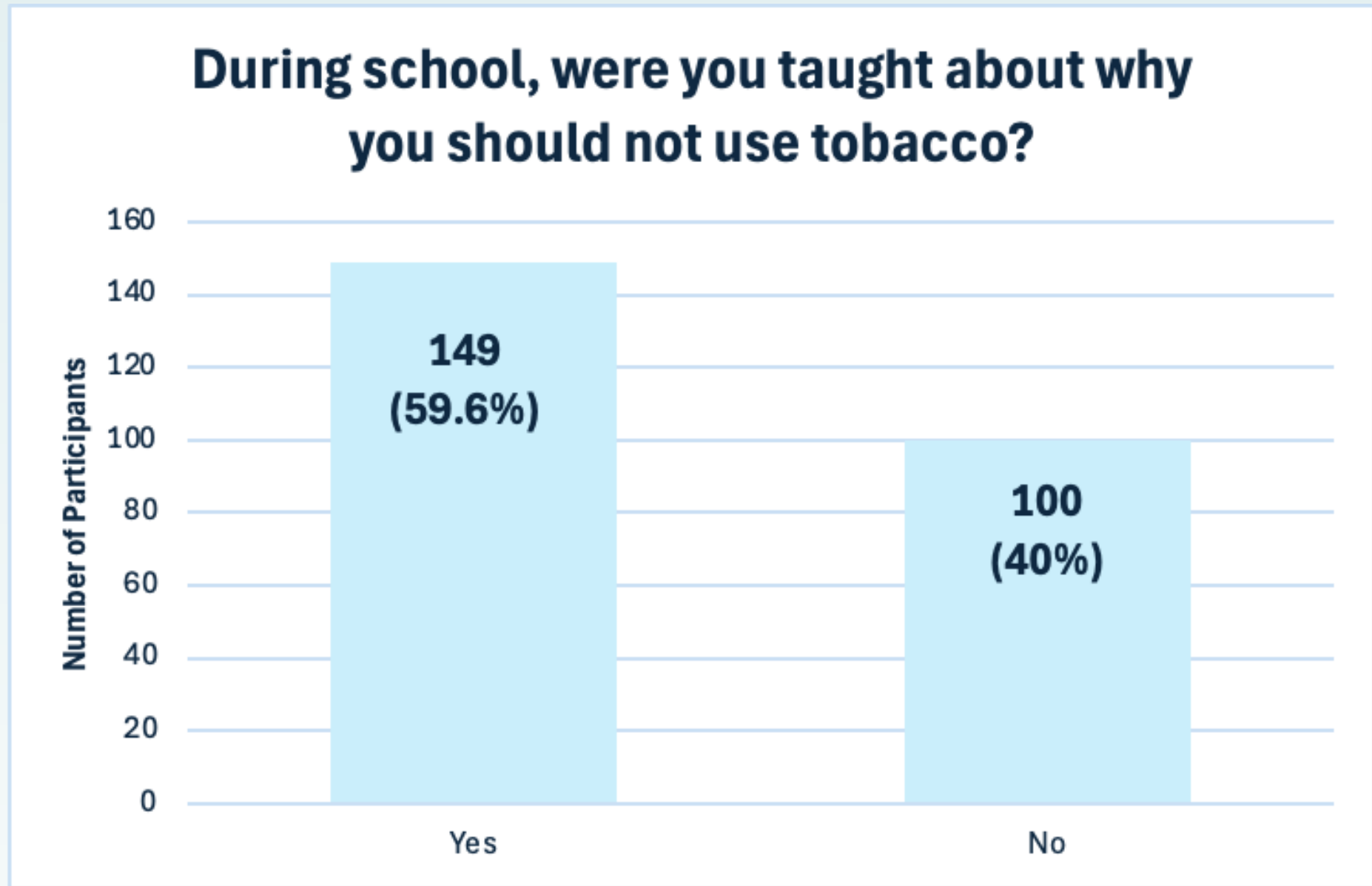
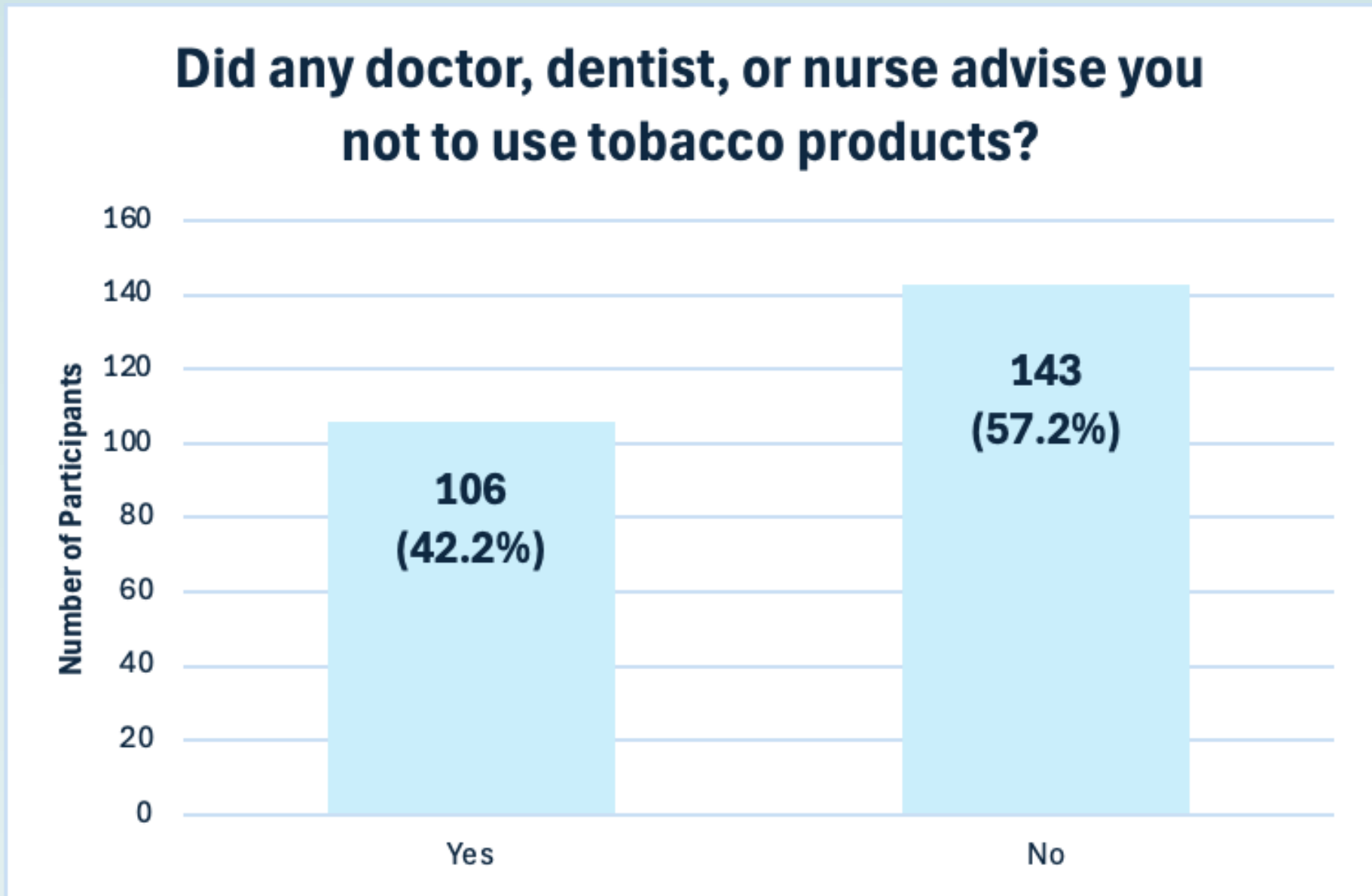
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Results

Out of 250 participants, 55.2% were current smokes, while 44.8% successfully quit smoking.

Age	Number of Participants	Percent of Total Sample
18-24	36	14.4
25-39	82	32.8
40-54	64	25.6
55-89	68	27.2



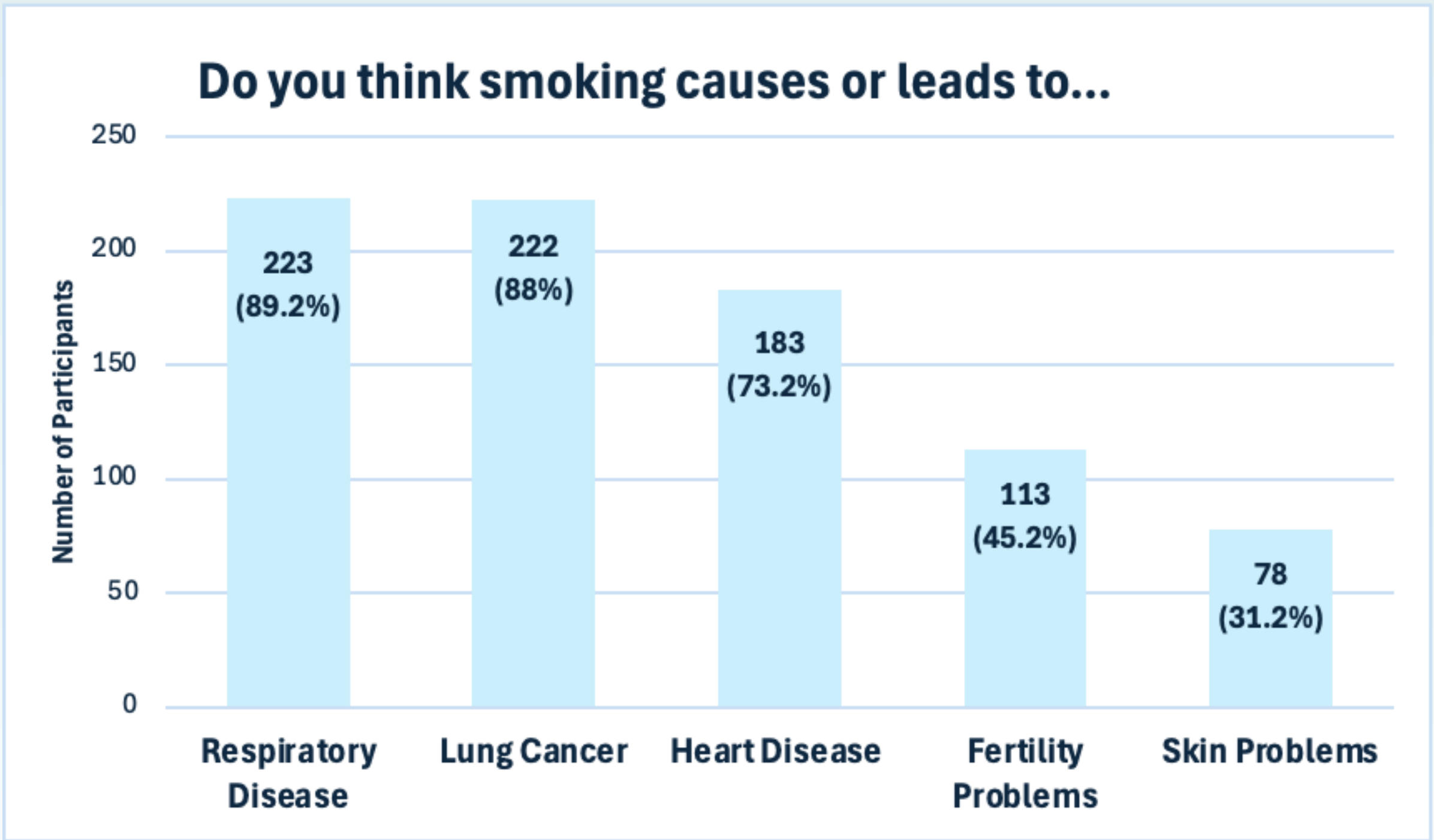
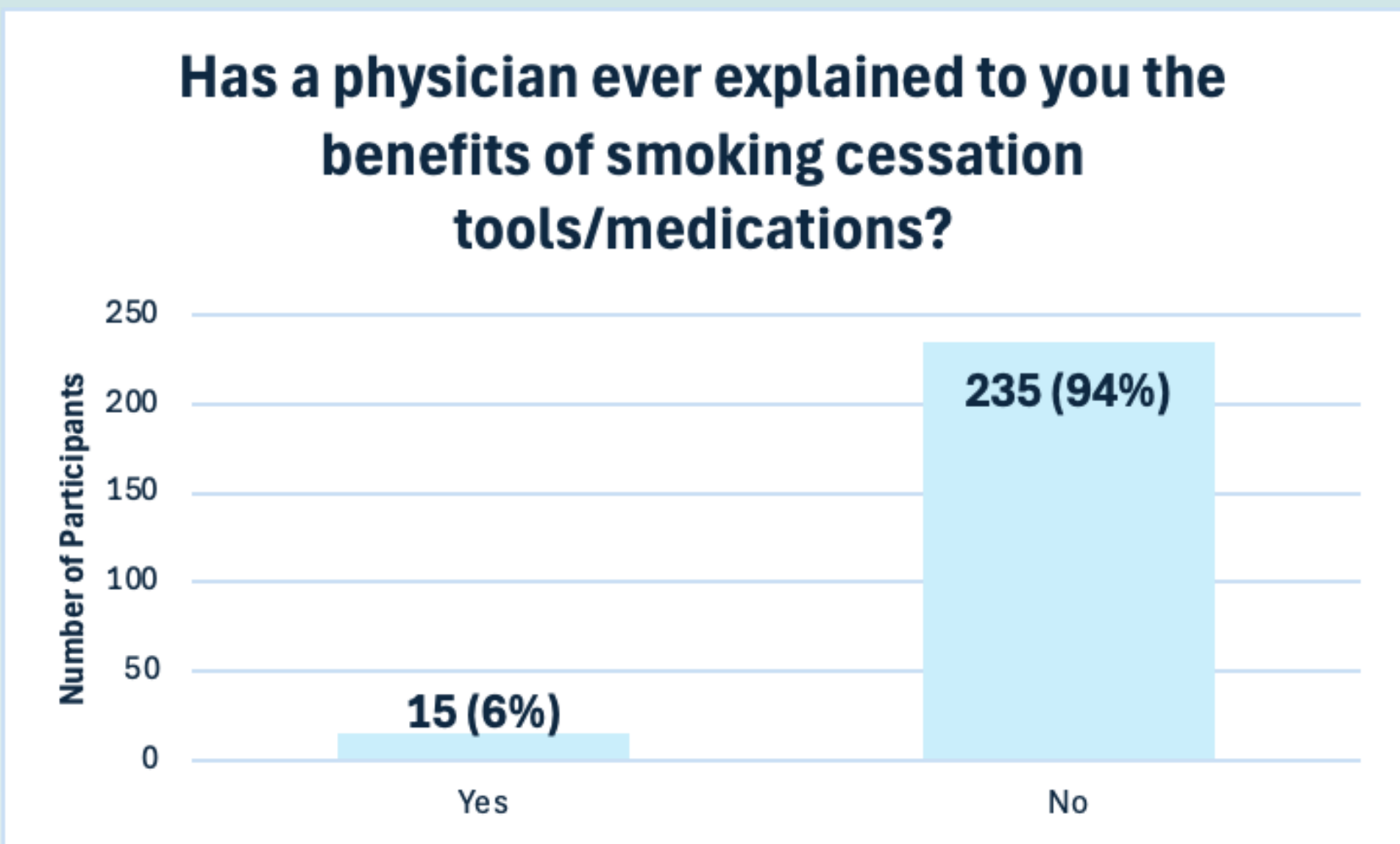
Discussion

• **59.6% of participants learned the dangers of tobacco in school, 42% obtained tobacco education from healthcare providers.**

• **A majority (94%) of participants had never been educated about the benefits of smoking cessation by a healthcare provider.**

• **Most participants were able to recognize respiratory disease (89.2%), lung cancer (88.8%), and heart disease (73.2%) as sequelae from tobacco usage, however, only a minority of participants reported that smoking could lead to fertility concerns (45.2%) or dermatologic concerns (31.2%).**

Education Level	Number of Participants	Percent of Total Sample
No School Education	44	17.6
Completed grade 5	35	14
Completed grade 8	26	10.4
Completed grade 12	88	35.2
Undergraduate school	43	17.2
Graduate school	14	5.6



Conclusion and Key Message

• **While public knowledge regarding tobacco dangers in Nepal are improving, there are still gaps in knowledge of tobacco sequelae in the Kathmandu population.**

• **Public health interventions focusing on standardizing tobacco education through out physician appointments and schooling is one avenue to help combat the smoking epidemic within Nepal.**