

# Global Adult Tobacco Survey (GATS) EGYPT COUNTRY REPORT

# 2009

## Executive summary

### About the survey

The 2009 Egypt Global Adult Tobacco Survey (GATS) was a nationally representative household survey of all non-institutionalized men and women aged 15 years and older, designed to produce internationally comparable data on tobacco use and tobacco control measures using a standardized questionnaire, sample design, data collection and management procedures. The Egypt GATS was conducted by the Ministry of Health in collaboration with the Central Agency for Public Mobilization and Statistics (CAPMAS). Technical support was provided by WHO and the Centers for Disease Control and Prevention (CDC). Financial support for the survey was provided by the Bloomberg Initiative to Reduce Tobacco Use.

The 2009 Egypt GATS used a three-stage stratified cluster sample design that was representative of Egypt's adult (15 years and above) population. The sampling method of GATS in Egypt was based on the CAPMAS master sample of the 2006 census. The Egypt GATS was designed to produce representative samples for five regions: a) the Cosmopolitan governorates (Cairo, Alexandria, Suez and Port Said); b) Urban Lower Egypt; c) Rural Lower Egypt; d) Urban Upper Egypt; and e) Rural Upper Egypt. A total of 23 760 households were selected; 22 685 households were screened; 21 389 individuals aged 15 years and older were identified; and 20 946 interviews were completed. One individual was randomly chosen from each selected household to participate in the survey. The household response rate was 98.9%, the individual response rate was 98.4% and the overall response rate was 97.3%. The Egypt GATS provides information on tobacco use, cessation, second-hand smoke, economics, media, and knowledge, attitudes and perceptions towards tobacco.



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## Results

### Tobacco use

Overall, 19.4% (9.7 million) of adults in Egypt currently smoked tobacco; 37.7% men and 0.5% women. Ninety-five per cent (95%) of current smokers were daily smokers. Manufactured cigarettes were the most popular type of product smoked by men (31.7%), followed by *shisha* (6.2%); with regard to women smokers, 0.2% smoked manufactured cigarettes and 0.3% smoked *shisha*. Among daily cigarette smokers, men smoked on average 19.4 cigarettes per day.

For men who currently used *shisha* daily (6.2%), 42.2% smoked one session per day; 68.1% of the sessions lasted less than 20 minutes; 80.3% did not share their instrument with another; 69.9% smoked two or fewer rocks per session; 54.2% usually smoked at home (37.5% in a café); and 97.4% used unflavoured tobacco.

For women, only 0.3% reported currently using *shisha*; however, use was highest in Rural Upper Egypt (0.9%) and among those with no formal education (0.7%).

Overall, 2.6% of adults reported using smokeless tobacco products (men 4.8% and women 0.3%).

### Cessation

Among ever daily smokers, 16.6% had quit smoking. Among those who smoked in the past 12 months, 41.1% had made an attempt to quit and 17.9% had successfully quit. Among current cigarette smokers, 42.8% stated they were interested in quitting. Among smokers who had tried to quit in the past 12 months, only 2.0% used pharmacotherapy and 4.0% used cessation counselling.

### Second-hand smoke

Among the 49.7 million adults aged 15 years and older in Egypt, 70.8% allowed smoking in their home and 51.2% were exposed to smoke in their home at least weekly.

Among those who worked indoors or in enclosed areas, 60.7% (6.5 million) were exposed to second-hand smoke at work, including 58.5% (4.3 million) non-smokers. For these workers, 34.5% of their worksites had policies "disallowing" smoking in any closed area, yet 31.1% had been exposed to second-hand smoke in the past 30 days.

Exposure to second-hand smoke was 79.6% in public transport, 72.7% in restaurants, 72.8% in government buildings and 49.2% in health care facilities. Around 56% of *shisha* smokers smoked *shisha* at home, while almost 36% smoked *shisha* in cafés.

### Economics

Among manufactured cigarette smokers, 83.2% bought their last cigarettes in a shop and 98.6% reported that they noticed health warnings on the packages. Average cigarette expenditure per month among manufactured cigarette smokers was 109.8 Egyptian pounds (EGP). Local cigarette brands (84.5%) were the most popular brands purchased.

### Media

Overall, 79.1% noticed anti-cigarette advertisements, mostly on satellite television (55.8%) or local television (51.9%), followed by billboards (27.5%), radio (18.9%), and in newspapers and magazines (13.7%). Overall, 72.6% noticed anti-*shisha* advertisements, mostly on satellite television (51.5%), local television (47.4%), on billboards (18.2%) and radio (15.7%).

Overall, 10.5% noticed pro-cigarette advertising, mostly in stores (8.0%). Overall, 3.2% noticed pro-cigarette promotions, such as clothing with a brand name or logo on it; and 2.1% noticed pro-cigarette sponsorship. Overall, 4.2% noticed *shisha* marketing, mostly in stores (2.5%).

### Knowledge, attitude and perceptions

Overall, 97.6% believed that smoking causes serious illness. But the belief that smoking causes specific illness varied: stroke (88.6%), heart attack (95.0%) and lung cancer (96.2%). Overall, 97.4% believed that smoking *shisha* causes serious illness; stroke (88.8%), heart attack (94.5%) and lung cancer (95.9%).

### Policy implications

GATS provides important information on key indicators of tobacco control by sociodemographic characteristics and creates an opportunity for policy-makers and the tobacco control community at different levels to make or modify targeted interventions in different areas of tobacco control. Based on findings from the 2009 Egypt GATS, specific recommendations can be made:

- GATS has proved to be an invaluable addition to the Global Tobacco Surveillance System (GTSS) effort being conducted by the Ministry of Health and CAPMAS in Egypt. The goal now must be to sustain this effort and work to "link" the data to tobacco control programme objectives.
- Egypt must pass a by-law that ensures completely smoke-free environments in all indoor public spaces and workplaces. Implementation and enforcement will be crucial.
- Developing and implementing an effective and comprehensive cessation programme should be a high priority.
- Egypt must pass laws requiring pictorial warnings on all *shisha* and smokeless tobacco packages, including local and multinational brands.
- Progressive tax increases on tobacco products must be adjusted periodically to keep pace with inflation.