

# Overview of smoking cessation in the Africa region

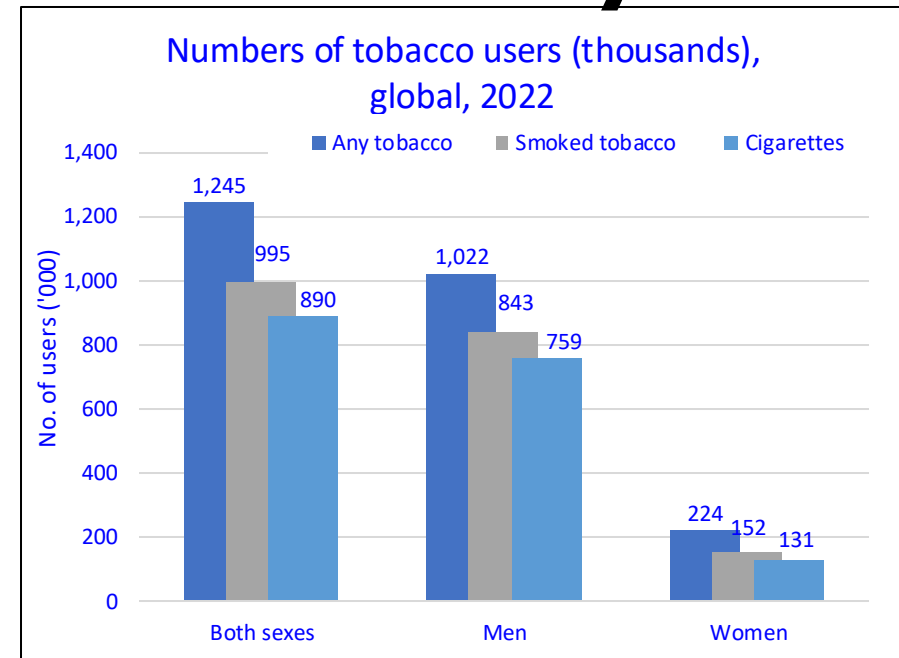
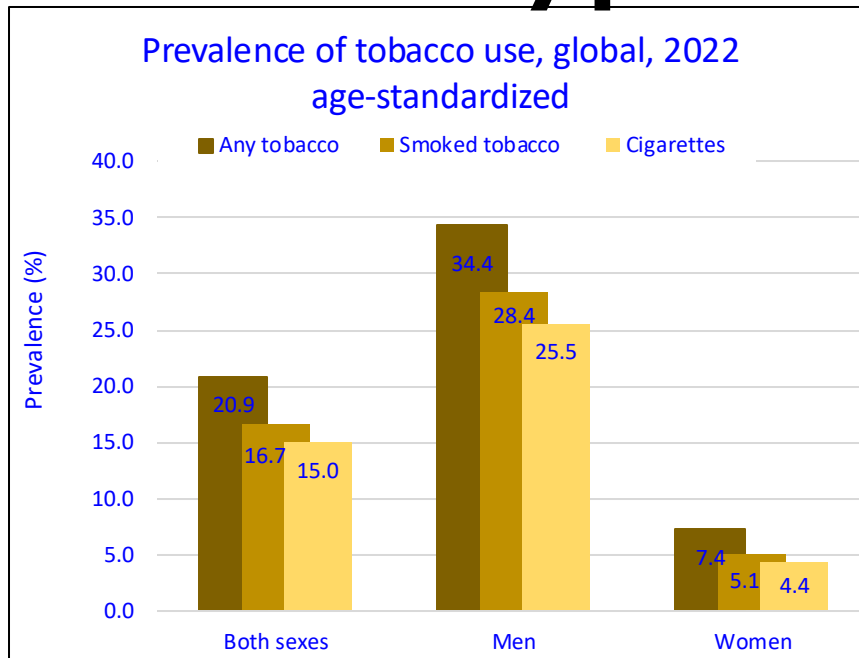
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**When we look at cigarette smoking, we only see a habit!, a “lifestyle” or behaviour!. But sometimes it is much more than this. It is a health condition that required intensive medical intervention.**



# Comparison of use of different tobacco types in adults- 15+ years

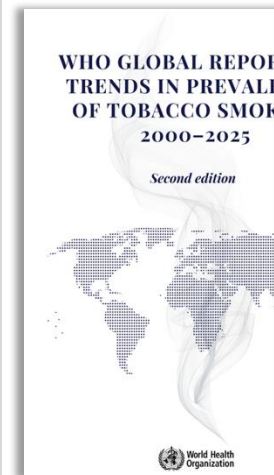
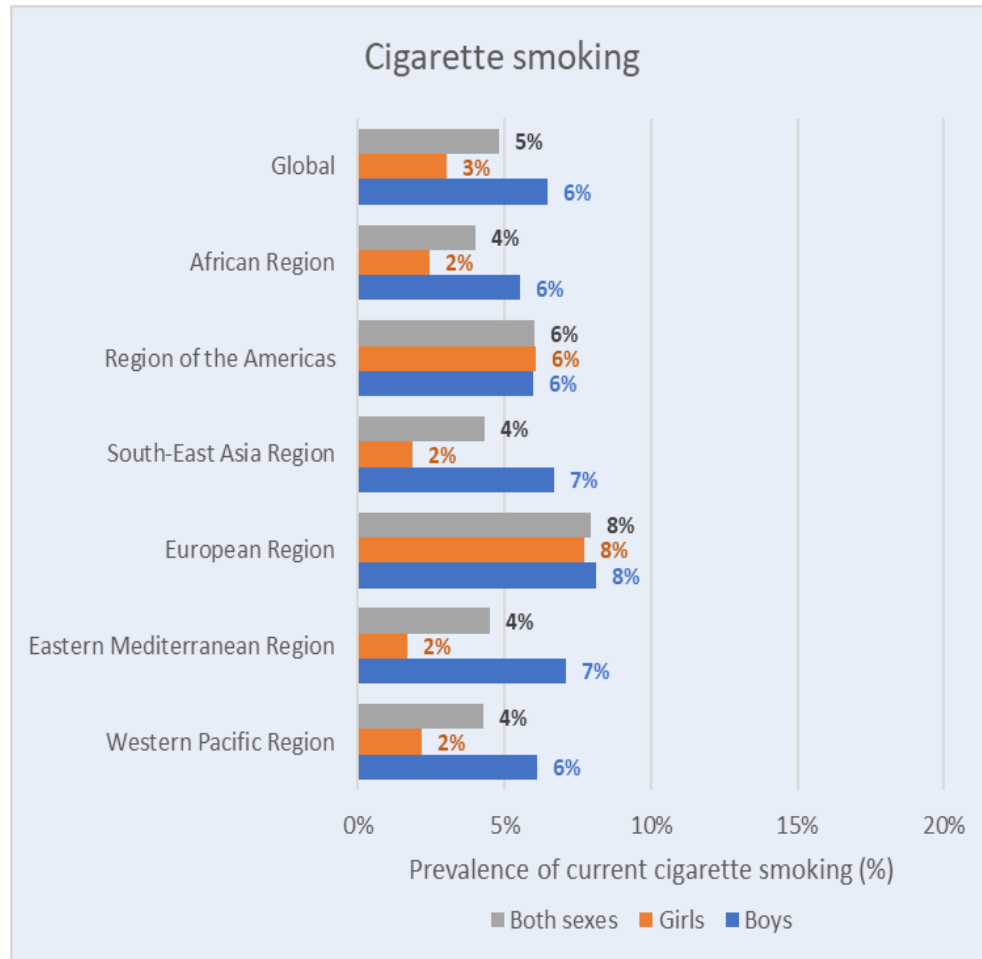


- Of current tobacco users, 80% are smokers.
- Of smokers, 89% are cigarette smokers.
- Men: 83% of tobacco users are smokers and 90% of smokers are cigarette smokers.
- Women: 69% of tobacco users are smokers and 86% of smokers are cigarette smokers.

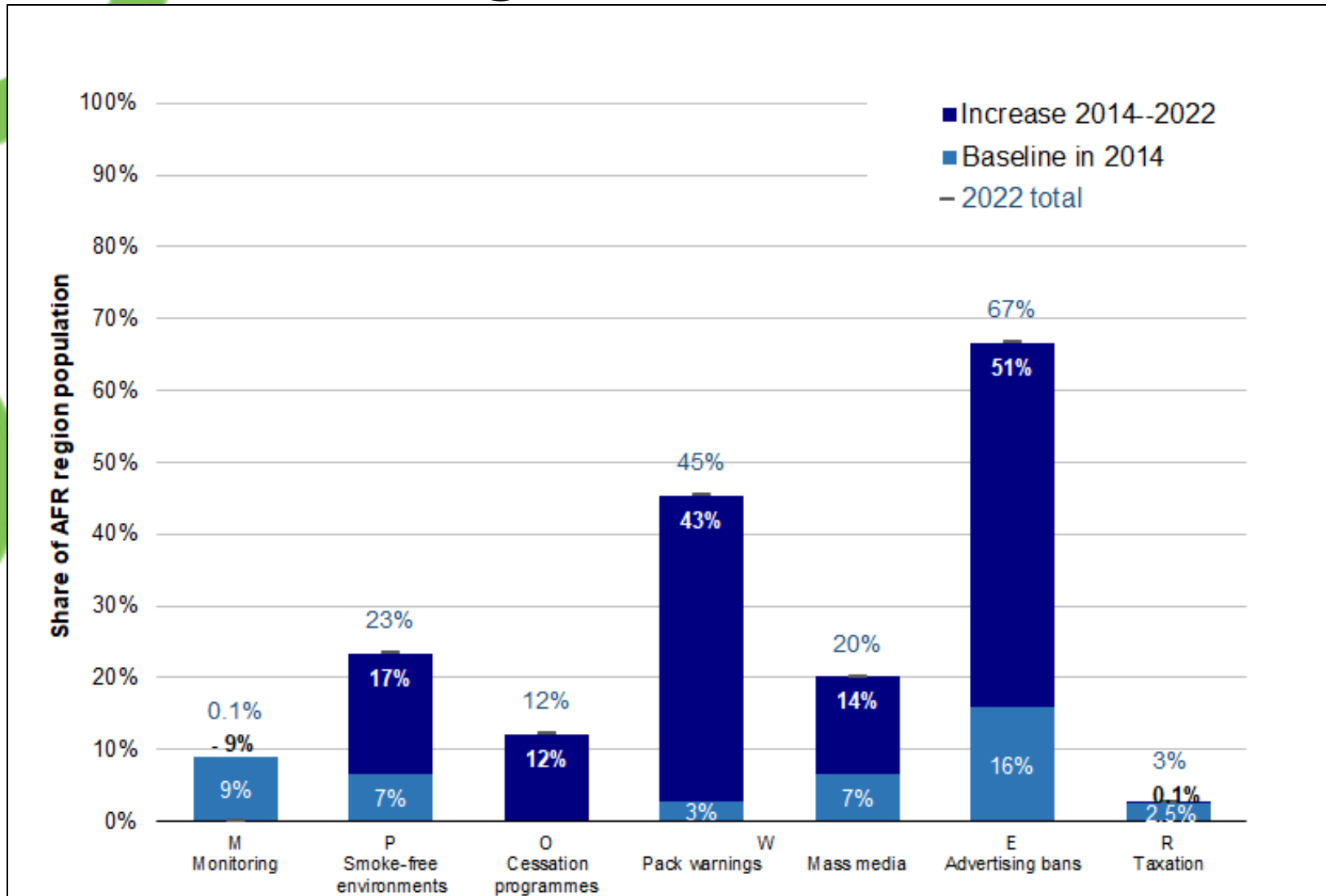
SOURCE: WHO estimates of tobacco use trends, 2023



# Cigarette smoking among adolescents (GYTS, GSHS, HBSC\*, 2012-2022)



# Implementation of O of MPOWER in the Africa region 2014-2024



- No country in the Africa region had implemented the “O” policy at the highest level by 2014
- 12/47 countries are implementing some form of offering help to quit policies.
- Only 12% of Africa Pop is covered by Comprehensive cessation services



# Challenges to Smoking Cessation in Africa

- **Sociocultural Barriers:**

- Cultural Perceptions of Smoking
- Social Acceptance
- Traditional Tobacco Use

- **Economic Barriers:**

- Affordability of Cessation Products
- Tobacco Industry Influence:

- **Policy and Regulatory Barriers:**

- Weak Implementation of Tobacco Control Policies
- Lack of Public Awareness
- Lack of Smoke-Free Policies

- **Healthcare System Challenges:**

- Limited Access to Healthcare Services
- Stigma and Lack of Support



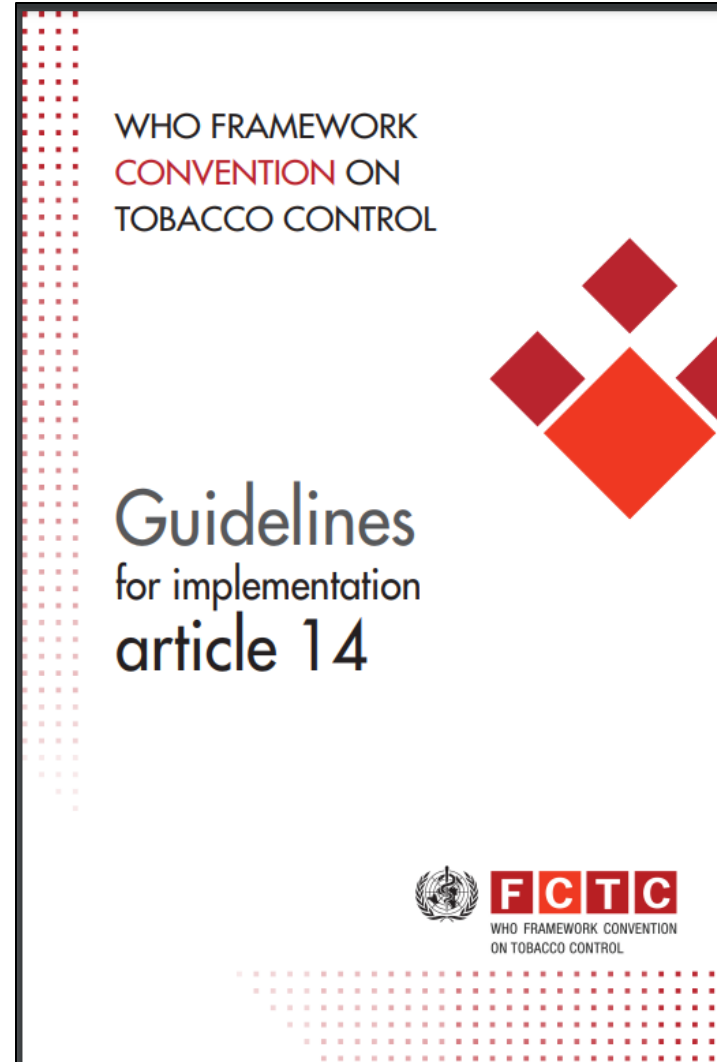
# Opportunities for Smoking Cessation in Africa

- **Public Awareness Campaigns:** Awareness of the dangers of smoking and the benefits of quitting is crucial
- **Policy and Legislative Actions:**
  - Stronger Tobacco Control Legislation (100% SFE)
  - Increase Public Health Funding: Sustainable Funding for tobacco control.
  - Ensuring the full implementation of WHO FCTC provisions
- **Training Healthcare Professionals:**
  - Training healthcare workers to provide tobacco cessation support
  - Incorporating cessation training into medical curricula
  - Offering professional development for current health workers
- **Engaging Communities:**
  - Community-based smoking cessation programs
  - Involving communities in these programs



# Opportunities for Smoking Cessation in Africa

- **Use of Technology and Telemedicine:**
  - The use of mobile health (mHealth) tools, telemedicine, and online counseling platforms
  - Toll Free Quit lines
- **International Support and Collaboration:**
  - WHO provides normative guidance, norms and standards for global health
  - Other partners including NGOs, CSOs and Philanthropies
  - Continued global collaboration



# Action needed

- Incorporate Cessation services into the Primary Health care
- Make cessation part of the Universal Health Coverage Strategies – Covered under the National health Insurance
- Make Accessible Cessation Products – have cessation medicines and technologies listed under Essential Medicines List (EML)
- Build capacity for Health care providers through training and tooling.
- Use Technology such as : Quit Lines, AI and Mobile SMS
- Use current communication Media to raise awareness – Social Media -

