

Market Place Translating Evidence Towards Tobacco Control Policy in Malaysia



MONITOR TOBACCO USE AND PREVENTION POLICIES

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Article 20 WHO FCTC

The Parties shall establish, as appropriate, programmes for national, regional and global surveillance of the magnitude, patterns, determinants and consequences of tobacco consumption and exposure to tobacco smoke.

Parties should integrate tobacco surveillance programmes into national, regional and global health surveillance programmes so that data are comparable and can be analysed at the regional and international levels, as appropriate.

Standardized questions and surveillance measures are vital for monitoring.

The **Global Adult Tobacco Survey (GATS)** is used to monitor tobacco use among adults aged 15 and older.

The **Global Youth Tobacco Survey (GYTS)** is used to monitor tobacco use among adolescents aged 13–15 year old.





**PELAN STRATEGIK KEBANGSAAN
BAGI KAWALAN TEMBAKAU
2015 - 2020**

The National Strategic Plan for Tobacco Control 2015- 2020

One of four pillars of strategies in the National Strategic Plan is to strengthen the implementation of MPOWER strategies in Malaysia.

For M: Monitoring strategy, the policy has opted for **national surveys (GATS for adults and GYTS for youths) to be conducted at least every 5 years**, if not sooner, as the need arises subject to the availability of funding, capacity and capability.

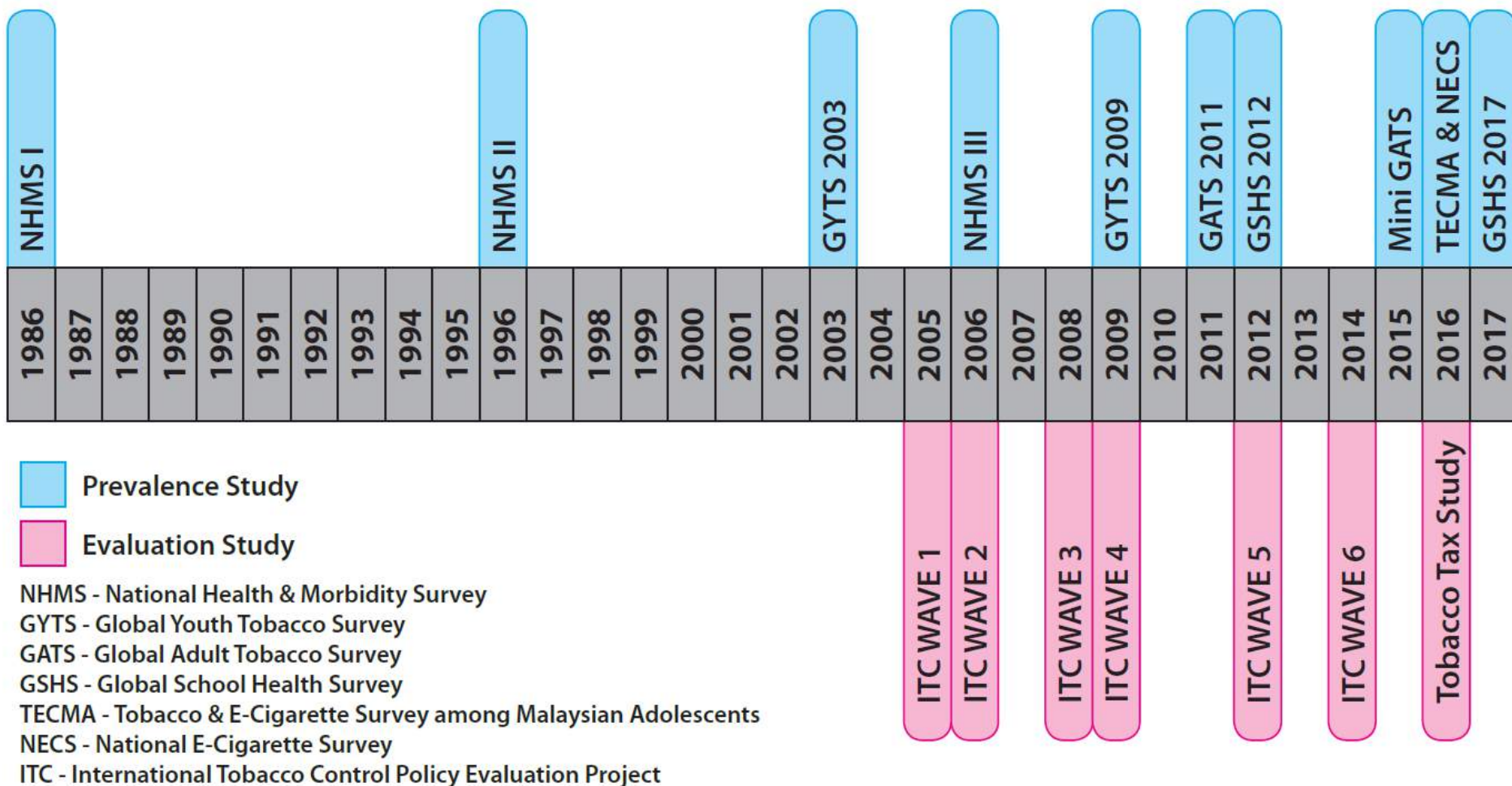
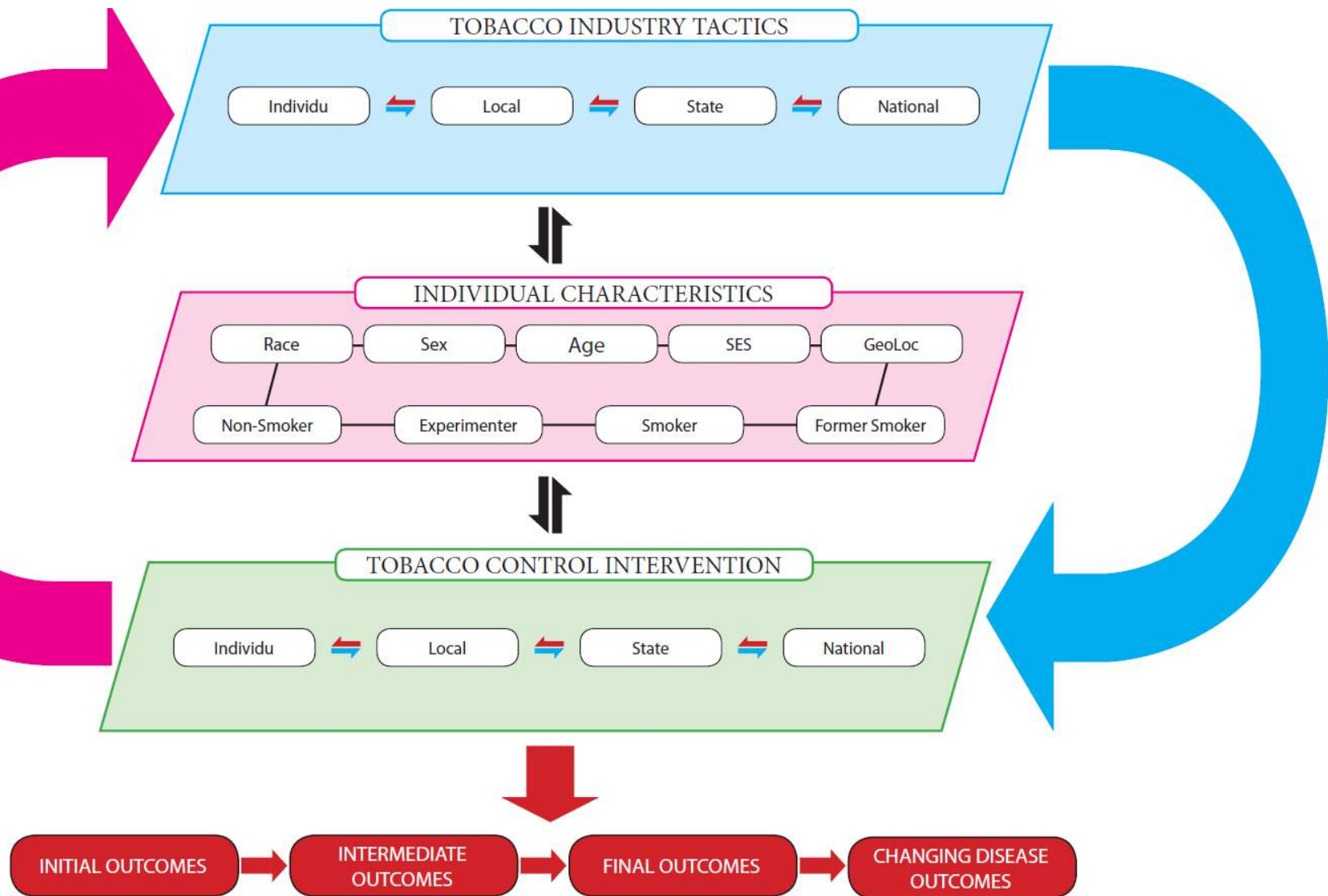


Figure 2: Timeline of major tobacco control studies in Malaysia

The national surveys for tobacco use conducted in Malaysia were done at irregular intervals and not quite standardised.



Framework for Monitoring tobacco use and control policies

Institute for Global Tobacco Control at the Johns Hopkins Bloomberg School of Public Health

Problem statement for Malaysia

- ☐ Inconsistent, with different methodologies and working definitions
- ☐ Sustainability of financial resources for tobacco surveillance programme
- ☐ Lack of communication resulted in the policy makers not being aware of valuable findings from other institutions
- ☐ Poor inter-ministerial collaboration

1. General population

Year	Study	Study Population	Main findings
1986	National Health and Morbidity Survey (NHMS I) ⁴	Nationwide community based, 15 years and above and restricted to peninsular Malaysia	<ul style="list-style-type: none"> ● Prevalence of current smokers was 21.5%. ● Prevalence of smoking among males was 40.9%. ● Prevalence of smoking among females was 4.1%.
1996	National Health and Morbidity Survey (NHMS II) ⁵	Nationwide community based, 18 years and above throughout Malaysia (including Sabah and Sarawak).	<ul style="list-style-type: none"> ● Prevalence of current smokers in Malaysia was 24.8%. ● Prevalence of smoking among males was 49.2%. ● Prevalence of smoking among females was 3.5%.
2006	National Health and Morbidity Survey (NHMS III) ⁶	Nationwide community based, 18 years and above throughout Malaysia	<ul style="list-style-type: none"> ● Prevalence of current smokers in Malaysia was 21.5%. ● Prevalence of smoking among males was 46.5%. ● Prevalence of smoking among females was 1.6%.
2011	Global Adult Tobacco Survey (GATS) ⁷	Nationwide community based, 15 years and above	<ul style="list-style-type: none"> ● Prevalence of current smokers in Malaysia was 23.1%. ● Prevalence of smoking among males was 43.9% ● Prevalence of smoking among females was 1.0%. ● Prevalence of smokeless tobacco products used was 0.7%. ● Average cigarettes smoked per day = 14 stick/day. ● 48.6% had tried to quit smoking in the past 12 months. ● 39.8% who worked indoors had been exposed to secondhand smoke (SHS) in their workplace. ● 38.4% were exposed to SHS at home. ● 94% had noticed anti-cigarette information. ● 88% had seen or heard about the "Tak Nak" anti-smoking campaign. ● 90% believed that smoking causes serious illness.

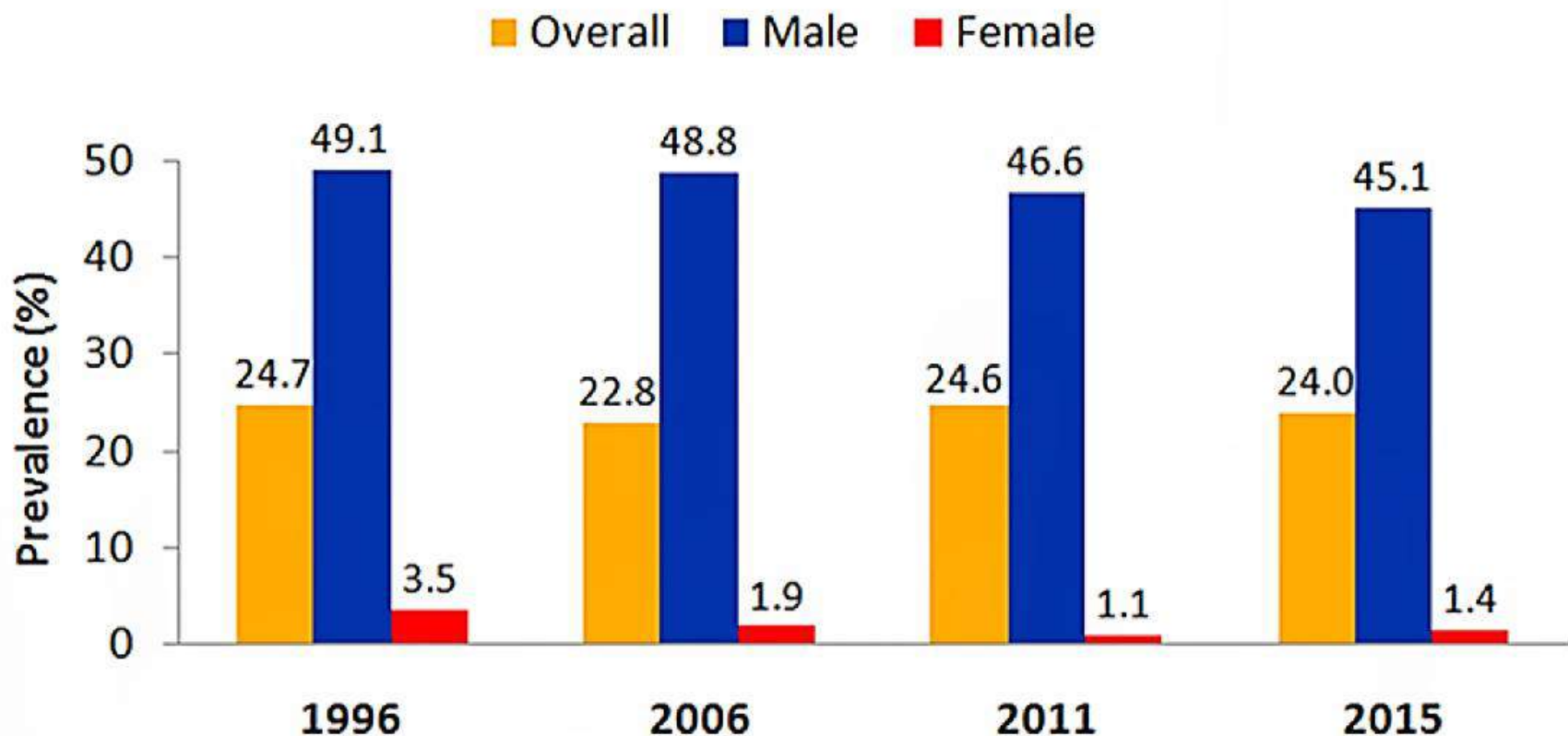
Research by Ministry of Health

2015 (4-year cycle)	National Health and Morbidity Survey (mini GATS module)	Nationwide community based, 15 years and above	<ul style="list-style-type: none"> ● Prevalence of current smokers in Malaysia was 22.8%. ● Prevalence of smoking among males was 43.0%. ● Prevalence of smoking among females was 1.4%. ● Prevalence of smokeless tobacco products used was 10.9%. ● Average number of cigarettes per day was 18 sticks ● 52.3% had tried to quit smoking in the past 12 months. ● 37.3% who worked indoors had been exposed to SHS in their workplace ● 37.1% were exposed to SHS at home. ● 69.6% had noticed anti-cigarette information.
2016	The relationships between tobacco taxation and demand determinants to reduced cigarettes consumption and smoking prevalence in Malaysia ⁹	Adult Smokers (18 years old and above)	<ul style="list-style-type: none"> ● Price was found to be a significant determinant of cigarette consumption in the long run. ● The total consumption of cigarette has reduced from 23 billion sticks in 1981 to 13 billion sticks in 2014. ● The real cigarette excise tax was not a significant factor in determining demand for illicit cigarettes. ● The Malaysia Abridged SimSmoke simulation model predicts that an increase in excise tax from 42.03% to 49.5% would be able to reduce smoking prevalence by 4.5% in 2020 and by 8.9% in 2055.
2016	National E-Cigarette Survey (NECS) ¹⁰	Adult Smokers (18 years old and above)	<ul style="list-style-type: none"> ● Prevalence of current ECV (E-cigarette and vape) users among Malaysian adults aged ≥ 18 was 3.2%. ● 8.6% were former ECV user. ● 2.3% were dual user ● 16.2% of adults were exposed to ECV at home. ● 35.8% of adults were expose to ECV in their workplace. ● 47% of the user's main reason for use was to try. ● 46.3% started used ECV at 25-39 years.

2. Adolescents

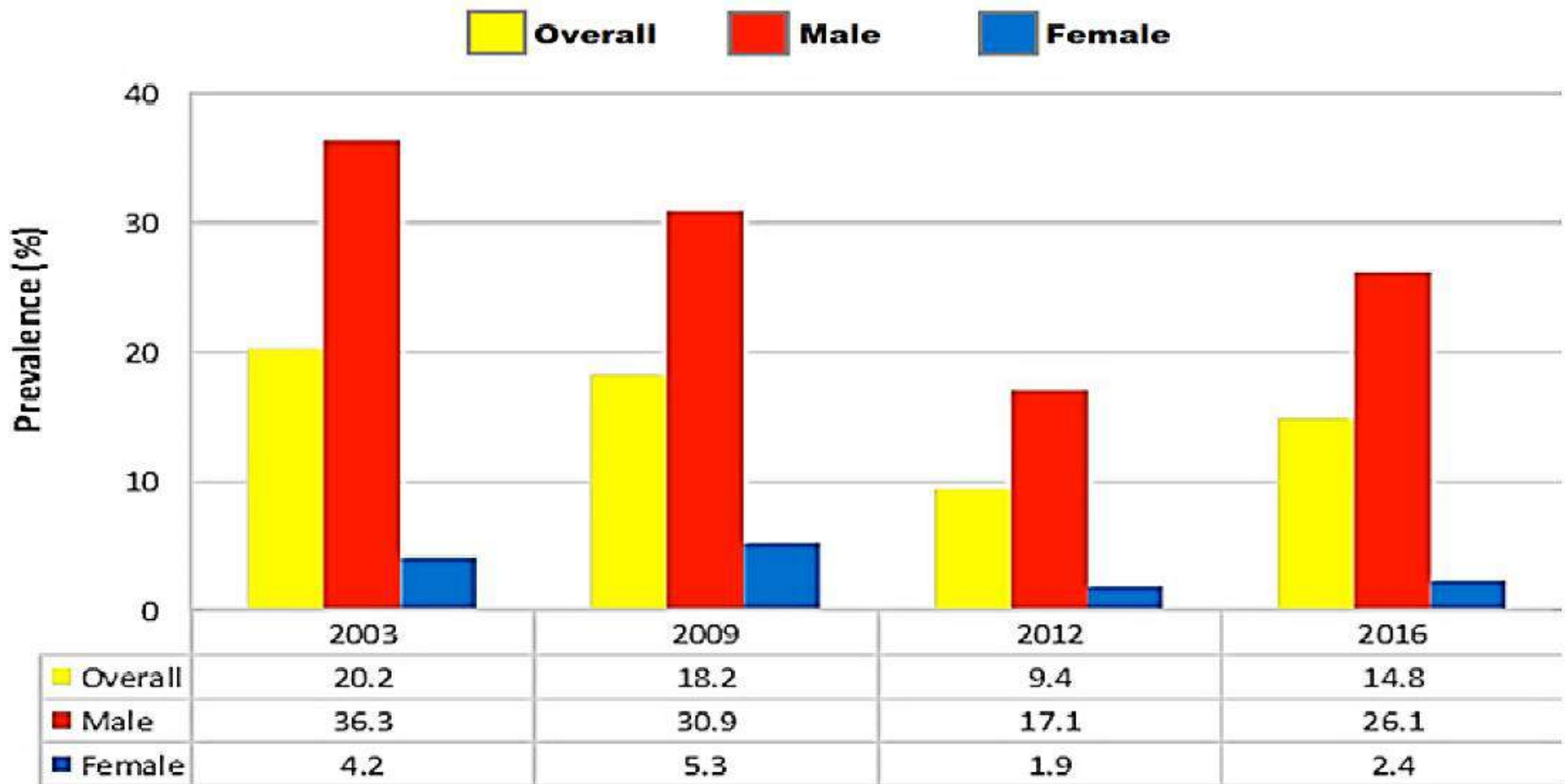
Year	Study	Study Population	Main findings
2003	Global Youth Tobacco Survey (GYTS) ¹¹	Nationwide School Based, 13 to 15 years old	<ul style="list-style-type: none"> ● Prevalence of smoking was 20.2%. ● Prevalence of smoking among boys was 36.3%. ● Prevalence of smoking among girls was 4.2%.
2009	Global Youth Tobacco Survey (GYTS) ¹²	Nationwide School Based, 13 to 15 years old	<ul style="list-style-type: none"> ● Prevalence of smoking was 18.2%. ● Prevalence of smoking among boys was 30.9%. ● Prevalence of smoking among girls was 5.3%.
2010	Prevalence, smoking habit and factors related to smoking and nicotine addiction among lower secondary school male students in Kota Tinggi District, Johor, Malaysia ¹³	Secondary school male students (13 and 14 years old).	<ul style="list-style-type: none"> ● Prevalence of smoking was 35.5% ● Smoking prevalence was higher in schools located in the Federal Land Development Authority (FELDA) which was 42.9%. ● 90% of current smoker had lower addiction to nicotine. ● Smoking was associated with: <ul style="list-style-type: none"> ○ peer smoking ○ having a brother smoking ○ parental smoking ○ locality where respondents attend school
2012 (4-year cycle)	Global School Health Survey (tobacco-use module) ¹⁴	Nationwide School based, 13 to 17 years old	<ul style="list-style-type: none"> ● Prevalence of smoking was 11.6%. ● Prevalence of smoking among boys was 21.9%. ● Prevalence of smoking among girls was 1.4%.
2016	Tobacco and E-Cigarette Survey among Malaysia Adolescent (TECMA) ¹⁵	Nationwide School based, 10 to 19 year	<p>Tobacco:</p> <ul style="list-style-type: none"> ● Prevalence of smoking was 11.7%. ● Prevalence of smoking among boys was 21.1%. ● Prevalence of smoking among girls was 2.1%. ● 37.8% of the adolescents were exposed to SHS at home and 51.2% were exposed in public places. ● 87.3% had seen anti-tobacco messages. <p>E-cigarette:</p> <ul style="list-style-type: none"> ● 9.1% of Malaysian adolescent (10-19 years) were current e-cigarette/ vape users. ● 28.0% of the non-users thought that they might use e-cigarette/ vape in the future.

Trend of smoking in Malaysia



Graph 1: Trend of smoking among Malaysian adults aged 18 and older, 1996-2015

Trend of smoking in Malaysia



Graph 2: Trend of smoking among Malaysian youths aged 13 to 15, from 2003 to 2016

RESEARCH GAPS AND RECOMMENDATION FOR RESEARCH

- ☐ Monitoring of smoking related diseases
- ☐ Monitoring of smoking related deaths
- ☐ Economics studies for direct, indirect cost of smoking in Malaysia
- ☐ Monitoring the effect of policy on vulnerable population
- ☐ Monitoring of the usage other tobacco products
- ☐ Average number of cigarette sticks smoked per day
- ☐ Age of smoking initiation

POLICY RECOMMENDATIONS

- ☐ Improve tobacco surveillance in Malaysia
- ☐ Surveys should be planned at regular intervals
- ☐ Use international standards such as the GATS and GYTS protocols for consistency
- ☐ MOH must work together and coordinates with other relevant agencies to organise tobacco use surveillance data monitoring

SUMMARY

Monitoring is an important part of tobacco control. Currently, data over the years indicated that national smoking prevalence has been plateauing at around 24% for Malaysians aged 18 and above.

However, further details are required to explain this observation. The basics of tobacco use surveillance is already established in Malaysia and could be enhanced further.

Surveillance must be planned as a system and national surveys could be done at regular intervals. Improvement of data quality will help with evaluation of WHO FCTC implementation in Malaysia.

Tobacco use surveillance in Malaysia can be developed further by improving co-ordination and communication within various ministries and agencies.



Discussions

Qs & As