Heart disease and stroke are the commonest ways by which tobacco kills people

**FACTSHEET**

**TIMOR-LESTE**

<table>
<thead>
<tr>
<th>Category</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gross national income per capita</td>
<td>US$ 2180</td>
</tr>
<tr>
<td>Total population</td>
<td>1.3 million</td>
</tr>
<tr>
<td>Youth population (13–17 years)</td>
<td>0.2 million = 12%</td>
</tr>
<tr>
<td>Economically productive population (30–69 years)</td>
<td>0.3 million = 26%</td>
</tr>
</tbody>
</table>

- **Tobacco** kills 739 people each year
- **13.4%** of all deaths

**CVDs in younger people are more likely to be caused by tobacco use**

- **Lower respiratory infection**: 46%
- **Diarrheal disease**: 39%
- **Neonatal preterm birth**: 30%
- **Ischemic heart disease**: 17%

**CVDs are the number one cause of death, causing 1615 (29.2%) of all deaths, as well as of premature death**

**Top 5 causes of premature death (YLL—years of life lost)**

1. **Lower respiratory infection**
2. **Diarrheal disease**
3. **Neonatal preterm birth**
4. **Ischemic heart disease**
5. **Congenital defects**

**CVD deaths caused by tobacco use**

- **393 deaths**
- **24%** of all CVD deaths

**Tobacco control is essential for preventing and controlling deaths and disability caused by CVDs**

**400 000 current tobacco users and a substantial number of people exposed to secondhand smoke are at increased risk of CVDs**

**Current tobacco use among adults (18–69 years) STEPS–2014**

<table>
<thead>
<tr>
<th>Category</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total tobacco users</td>
<td>56.1</td>
<td>28.9</td>
</tr>
<tr>
<td>Total tobacco smokers</td>
<td>48.6</td>
<td>26.8</td>
</tr>
<tr>
<td>Smokeless tobacco users</td>
<td>19.8</td>
<td>16.1</td>
</tr>
</tbody>
</table>

**Current tobacco use among youth (13–15 years) GYTS–2013**

<table>
<thead>
<tr>
<th>Category</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total tobacco users</td>
<td>42.4</td>
<td>8.4</td>
</tr>
<tr>
<td>Total tobacco smokers</td>
<td>23.9</td>
<td>7.7</td>
</tr>
<tr>
<td>Smokeless tobacco users</td>
<td>15.4</td>
<td>9.3</td>
</tr>
</tbody>
</table>

**Exposed to secondhand smoke at home**

<table>
<thead>
<tr>
<th>Category</th>
<th>Adult (18–69 years) STEPS–2014</th>
<th>Youth (13–15 years) GYTS–2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total tobacco users</td>
<td>92.1</td>
<td>66.0</td>
</tr>
<tr>
<td>Total tobacco smokers</td>
<td>94.6</td>
<td>69.6</td>
</tr>
<tr>
<td>Smokeless tobacco users</td>
<td>87.4</td>
<td>62.1</td>
</tr>
</tbody>
</table>
Despite strong evidence that quitting both smoked and smokeless tobacco helps to immediately reduce the risk of CVDs, FEW tobacco users are quitting, requiring more programmatic effort

### Preventing and controlling sickness, death and disability from cardiovascular diseases

#### Help current tobacco users to quit tobacco for a healthier heart:
- Quitting immediately reduces the risk of heart attack and/or stroke:
- Quitting helps even if a person has already had a heart attack and/or stroke, irrespective of his/her age;
- Train health providers to ask about tobacco use at each encounter with their patients and advise them to quit.

#### Prevent people from starting tobacco use:
- Tobacco use starts early;
- Prevent them from starting tobacco use by by fully implementing WHO Framework Convention on Tobacco Control: raising taxes; informing people of tobacco risk through tobacco package warnings and information campaigns; and imposing a comprehensive ban on tobacco advertising and promotion in any form.

#### Combine tobacco control with the following strategies for effective prevention of CVDs:
- Help people to reduce salt in their diet, reduce harmful use of alcohol, and create opportunities for regular physical activity;
- Provide early screening and effective treatment for raised blood pressure and raised blood sugar levels.

### Technical notes and key definitions:
1. Tobacco use includes use of both smoked (cigarette, kretek, tobacco lulu, cigars or pipes) and smokeless (singe/chewing tobacco, mama malas, betel with singe/chewing tobacco).
2. Cardiovascular diseases include all the diseases of the heart and circulation such as coronary heart disease, angina, heart attacks and stroke (cerebrovascular disease).
3. Current tobacco user is defined as a person reporting use of any smoked or smokeless tobacco product daily or less than daily at the time of survey.
4. Current smokeless tobacco user is a person who reports smoking any tobacco product on a daily or less-than-daily basis at the time of survey.
5. Smokeless tobacco users are a person who reports the use of any smokeless tobacco product on a daily or less-than-daily basis at the time of survey.
6. A person passively exposed to tobacco smoke from other people using it around him/her.
7. Among current smokers and former smokers who have been abstinent for less than 12 months in the past 12 months.
8. Among those smokers who visited a healthcare provider in the past 12 months.
9. Among ever daily smokers, also known as quit ratio for daily smoking.
10. Among ever daily smokeless users, also known as quit ratio for daily smokeless users.

**Key references:**