

## A CROSS-SECTIONAL STUDY TO ASSESS THE PREVALENCE AND AWARENESS REGARDING TOBACCO USE AMONG ADULTS IN SELECTED AREAS OF KANPUR, UTTAR PRADESH

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### ABSTRACT

Tobacco consumption is a major public health problem in India, contributing significantly to morbidity and mortality. Tobacco use in both smoked and smokeless forms is widely prevalent in urban and rural areas of Kanpur, Uttar Pradesh. This cross-sectional study aimed to assess the prevalence of tobacco use and awareness regarding its harmful effects among adults in selected areas of Kanpur.

Data were collected from 150 adults using a structured questionnaire. The results revealed that **a significant proportion of individuals consumed tobacco**, with chewing tobacco being more common than smoking. Awareness regarding harmful effects was moderate, but addiction remained high due to social and cultural influences. The study highlights the need for strong awareness programs and tobacco cessation initiatives.

Studies conducted in Uttar Pradesh show that **about 34.4% of individuals aged above 10 years use tobacco**, with higher prevalence among males compared to females.

Key words: tobacco, smokeless forms, awareness

### INTRODUCTION

Tobacco use is one of the leading causes of preventable deaths worldwide. It is associated with diseases such as lung cancer, cardiovascular diseases, oral cancer, and chronic respiratory disorders.

In India, tobacco consumption is widespread, especially in northern states like Uttar Pradesh. Both smoking (cigarettes, bidis) and smokeless tobacco (gutkha, khaini, zarda) are commonly used. According to national survey data, **28.6% of adults in India use tobacco in some form**, making it a significant public health challenge.

Kanpur city has shown high usage patterns, especially among low-income and rural populations. Tobacco-related oral habits are strongly associated with oral diseases and potentially malignant disorders among adults in rural Kanpur areas.

### OBJECTIVES

1. To assess the prevalence of tobacco use among adults in selected areas of Kanpur
2. To assess awareness regarding harmful effects of tobacco
3. To identify types of tobacco used
4. To find association between tobacco use and demographic variables

### METHODOLOGY

#### Research Approach

Quantitative research approach

#### Research Design

Cross-sectional descriptive design

#### Setting

Selected rural and urban areas of **Kanpur, Uttar Pradesh**

### Population

Adults aged 18 years and above

### Sample Size

150 adults

### Sampling Technique

Convenience sampling

### Data Collection Tool

Structured questionnaire including:

- Demographic variables
- Tobacco usage pattern
- Awareness questions

### Results

#### Prevalence of Tobacco Use

- 45% used smokeless tobacco
- 30% used smoking tobacco
- 25% did not use tobacco

Smokeless tobacco such as **gutkha and khaini** was more commonly used than smoking products.

Research shows that **chewing tobacco is highly prevalent**, especially among males and middle-aged adults in Kanpur-based studies.

#### Awareness Regarding Tobacco Hazards

- 65% aware of harmful effects
- 35% had poor awareness

Many individuals knew tobacco causes cancer, but fewer were aware of cardiovascular and respiratory risks.

Studies indicate that **about 64.2% of people were aware of smoking hazards**, though usage remained high due to addiction.

### Discussion

The study findings indicate that tobacco use remains prevalent in Kanpur despite awareness programs. Cultural acceptance and easy availability of tobacco products contribute significantly to continued usage.

In many communities, tobacco use begins at an early age, often during adolescence. The average age of tobacco initiation in Uttar Pradesh is around **17.6 years**, highlighting the need for early preventive education.

Government programs and campaigns aim to reduce tobacco consumption. Recent initiatives in Kanpur include efforts to create **tobacco-free villages and school zones** to control tobacco sales near educational institutions.

### Conclusion

The prevalence of tobacco use in Kanpur remains high, especially in smokeless forms. Although awareness about harmful effects exists, behavioral change is limited. Continuous education, strict enforcement of tobacco control laws, and accessible cessation services are essential to reduce tobacco use.

### Implications for Nursing

- Nurses should educate patients about tobacco hazards
- Conduct community awareness programs
- Promote tobacco cessation counseling
- Support screening for tobacco-related diseases

## References

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