

**FACTORS INFLUENCING SMOKING STATUS  
AMONG TUBERCULOSIS PATIENTS  
IN HLAING THAYA TUBERCULOSIS CENTER,  
YANGON REGION**

**Thesis submitted to  
the Postgraduate Academic Board of Studies,  
University of Public Health, Yangon  
as the partial fulfillment of the requirements  
for the Degree of Master of Public Health (MPH)**

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**M.B., B.S.**

**2023**

## ABSTRACT

Tobacco and tuberculosis epidemics are two of the utmost health threats globally. Tobacco kills 8 million people a year globally. Seven million deaths are due to direct tobacco use, and 1.3 million deaths are from second-hand exposure. The risk of developing tuberculosis is doubled for active smokers as well as passive smokers. An estimated 17.6% of tuberculosis incidence cases and 15.2% of tuberculosis mortality were attributable to smoking. This study aims to identify the prevalence of smoking and the factors associated with smoking among tuberculosis patients. A cross-sectional study using a semi-structured questionnaire was conducted among 305 tuberculosis patients referred to the Hlaing Thaya Tuberculosis Center, Yangon Region. The mean (SD) age of participants was 41 (15) years, ranging from 18 to 87 years and 59.3 % were male. About 80 % of respondents were newly diagnosed with pulmonary tuberculosis. Forty-six percent of tuberculosis patients were *ever smokers*; of these, 10% were current smokers, and 36% were ex-smokers or former smokers. Moreover, 44% of the tuberculosis patients were passive smokers. About 80 % of the tuberculosis patients attained a good perception level. The mean age of smoking initiation among the current smokers was 18.4 years. Of these, most attempted to quit smoking in the past and did not use cessation support in previous attempts. Regarding the willingness to quit, 72% of current smokers were interested in quitting within one month. One-third also reported that they could face challenges during smoking cessation, particularly cravings. In binary logistic regression, the following factors were associated with smoking: being male (OR=28.28, CI: 14.34-61.53), 35-59 years age group (OR=3.42, CI: 2.05-5.77) compared to the 18-34 years age group. The smoking prevalence among tuberculosis patients was 46% before tuberculosis diagnosis, then decreased to 10% after the tuberculosis diagnosis. Since the willingness to quit smoking among tuberculosis patients is high, the study highlighted delivering advice, support, and encouragement to the tuberculosis patients who had the willingness to quit smoking at this favourable moment and to make more opportunities for smoking cessation by integrating smoking cessation within the tuberculosis care.