The burden of preventable deaths attributable to second-hand smoke in Southeast Asia – analysis of the Global Burden of Disease Study 2019

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Introduction: We aim to estimate the burden of preventable deaths due to tobacco and second-hand smoke (SHS) exposure in Southeast Asia.

Method: This study used data from the Global Burden of Disease study 2019 to estimate the number of deaths attributable to tobacco and SHS exposure in Southeast Asia. The study focused on Southeast Asia, including Cambodia, Indonesia, Lao, Malaysia, Maldives, Mauritius, Myanmar, Philippines, Seychelles, Sri Lanka, Thailand, Timor-Leste, and Vietnam. The main outcome measures were the number of deaths attributable to SHS exposure, age-standardized rates, and cases of death by specific disease causes.

Results: There were 728,500 deaths attributable to tobacco in Southeast Asia, with 128,200 deaths attributed to SHS exposure. The leading causes of preventable deaths were ischemic heart disease, stroke, diabetes mellitus, lower respiratory infections, chronic obstructive pulmonary disease, tracheal, bronchus, and lung cancer. Among deaths attributable to tobacco, females had higher proportions of deaths attributable to SHS exposure than males, both overall and in each country in Southeast Asia.

Discussions and Conclusions: The burden of preventable deaths due to SHS exposure in Southeast Asia is substantial. Future research on additional disease burden that did not result in death, including in chronic disease among children are warranted. The implementation and enforcement of smoke-free policies should be prioritized to reduce the disease burden attributed to passive smoking in Southeast Asia.

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