

# Use of Smokeless Tobacco by Low Socio-economic Populations and Risk Factors Associated with it

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## Abstract

There is a strong association of smokeless tobacco consumption with occurrence of adverse cardiovascular disease, particularly in the low socio-economic populations. A cross-sectional study conducted among 459 representative respondents including four focus group discussions (FGDs). Descriptive and inferential analyses including binary logistic regression have done to find out the factors influencing smokeless tobacco use. Almost half of the respondents initiated SLT usage at a very young age (15-24 years), and another 22 percent respondents were smoking and using SLT concurrently. Significant association was found by gender ( $p < 0.01$ ), sufferings from SLT related disease ( $p < 0.05$ ). Males were 2.7 times more knowledgeable than females ( $p < 0.01$ ) about the adverse health effects of SLT usage. The respondents suffering from SLT related diseases were 3.7 times more knowledgeable than without diseases ( $p < 0.01$ ). On health effects of SLT use, one participant commented that “*although mouth is the gateway to health, we infected our mouth by using Zarda and Gul*”. Again, informants opined that peer, family, curiosity and hospitality culture are influencing factors for SLT initiation. Counseling on tobacco, including SLT, health hazards have to be emphasized through mass media and there is a need for development of relevant policies and communication messages to make people aware.

## Keywords

Smokeless Tobacco, Low Socio-economic Populations, Risk Factor, Bangladesh

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## Biography

**Dr. Md. Shahjahan** is an Associate Professor, and Head of the Public Health Department at Daffodil International University of Bangladesh. He earned PhD in Statistics from Jahangirnagar University, Bangladesh. He has published many journal and conference papers. He has more

