

## Prevalence of Usage of Tobacco: A Cross-Sectional Study in a Rural Area of Dehgam Taluka, Gujarat, India

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### Abstract

**Background:** The objective of this study is to estimate the prevalence of tobacco consumption among the rural population of Dehgam taluka in the Gandhinagar district, recognizing its significance as a major global public health concern causing preventable premature deaths. **Methods:** A cross-sectional study in Dehgam, Gujarat (Mar 2021-Nov 2022) focused on tobacco use among 1,200 participants whose age was above 15 years. 30 villages as a cluster were selected through cluster sampling, and from each cluster 40 Participants were selected. Face-to-face interviews were done using Google Forms, and ethical guidelines were followed. **Results:** Among 1,200 participants, the majority (24.3%) fell within the age group 25-34 years, while 20.5% were between 45-54 years, 11.3% were above 65 years, and 2.5% were between 15-17 years. The study population had a mean age of 43.2±16.5 years, with a median of 42 years. Notably, 12.3% were current tobacco smokers, 29.4% used smokeless tobacco, 6.2% employed both forms of tobacco consumption, and 61.9% had never used tobacco products. Significant variations in tobacco consumption types were evident concerning socio-demographic aspects such as age group, education, and socio-economic status ( $P < 0.05$ ). **Conclusion:** This highlights the need for interventions that aim to reduce tobacco use, improve education and awareness about the risks associated with tobacco use, and work to reduce the prevalence of tobacco use across various demographic segments.

**Keywords:** Prevalence, Smokeless tobacco, Smoking tobacco, Dehgam taluka, Rural area