

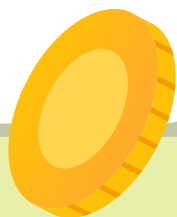
Tobacco use: Key results

Health Interview Survey 2023-2024

Major health, social and economic impact

In Belgium, smoking caused more than **8% of all deaths in 2021**.

Tobacco harms health, damages the environment, and imposes a heavy social and economic burden.

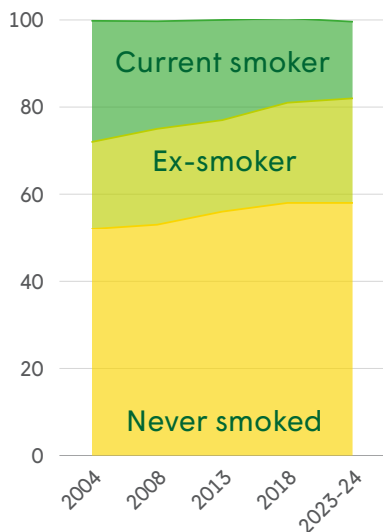
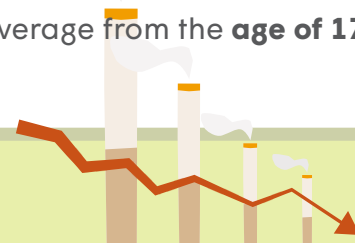


Less smokers and less cigarettes per day

There is a general trend toward **less smoking in Belgium**.

Moreover, the **average number of cigarettes smoked is decreasing** among daily smokers.

Daily smoking starts on average from the **age of 17.8 years**.



12,8

Belgium has **12.8% daily smokers** in 2023-24, compared to 15.4% in 2018.

Yet, the **decline in smoking is slowing** and efforts are still needed to reach the target of less than 10% daily smokers by 2028.



Population groups more likely to smoke:

♂ More **men** still smoke than women (19.9% vs. 15.3%) and they **smoke more daily** (14.5% vs. 11.1%), but the **gender gap is narrowing**.

AGE 14.8% of 15-24-year-olds smoke, of which 7,1% smoke daily (vs. 11% in 2018).

🎓 **Social inequalities persist** in smoking: **people without higher education are more likely to smoke** and they are more likely to smoke daily (18% vs. 8%).



Quitting?

More than **one-third of daily smokers (36.0%)** tried to quit smoking but **were unsuccessful**.

The most frequently used **quitting methods** were the (1) e-cigarette, (2) nicotine replacement, and (3) prescription drugs.

Overall, **39% plan to quit smoking** in the coming year.

Daily smokers decrease in all regions

