

Sao Tome and Principe



How many people die from smoking in Sao Tome and Principe each year?

40

What is the annual cost-of-illness attributable to smoking in Sao Tome and Principe each year?

27,077,956

dobra

Current Rates of Smoking and Tobacco Use in Sao Tome and Principe

Tobacco use continues to be an epidemic in Sao Tome and Principe. Government complacency in the face of the tobacco epidemic protects the tobacco industry in Sao Tome and Principe as the death toll grows each year. Proponents of healthier societies must push for the implementation of evidence-based best practices in tobacco control to create change and reduce the negative effects of tobacco use.

Adult Smoking Prevalence in Sao Tome and Principe

15+ years old; 2025

Men

6.00%

Women

0.40%

Adult smoking prevalence in Sao Tome and Principe is 3.20%.

Number of Adult Smokers in Sao Tome and Principe

15+ years old; 2022

Men

6,000

Women

1,000

Number of adult smokers in Sao Tome and Principe is 7,000.

Youth Smoking Prevalence in Sao Tome and Principe

10-14 years old; 2023

Boys

6.16%

Girls

4.66%

Youth smoking prevalence in Sao Tome and Principe is 5.41%.

Adult Smokeless Tobacco Use in Sao Tome and Principe

15+ years old; smokeless tobacco includes snus, chewing tobacco, gutkha, etc.; 2019

Both Men and Women

4.80%

Adult smokeless tobacco use prevalence in Sao Tome and Principe is 4.80%.

Deaths Caused by Tobacco in Sao Tome and Principe

% deaths attributable to tobacco use in 2023

Men

4.91%

Women

1.47%

3.27% of all deaths in Sao Tome and Principe are caused by tobacco use.

Learn more about global **Prevalence, Youth Smoking and Deaths.**

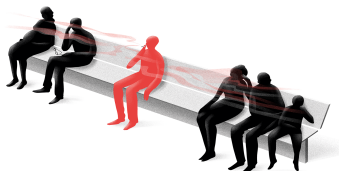
Negative Effect of Tobacco Use in Sao Tome and Principe

Tobacco use harms both the public and fiscal health of Sao Tome and Principe, threatening efforts to improve equity, alleviate poverty, and protect the environment.



Societal Harms

The annual cost-of-illness attributable to smoking in Sao Tome and Principe is 27,077,956 dobra. This includes direct costs related to healthcare expenditures and indirect costs related to lost productivity caused by illness and premature death.



Harms Development

Tobacco spending diverts funds from the resources that families need to rise out of poverty. On average in Sao Tome and Principe, a smoker must spend 5.15% of GDP per capita to buy 100 packs of the most popular cigarettes in a year.



Environmental Harms

Cigarette butts are the most commonly discarded pieces of waste worldwide. It is estimated that 1,102,311 tons of butts wind up as toxic trash in the world each year, equal to 416,667 female African elephants.



Harms Health Equity

The tobacco industry markets its products aggressively to lower-income populations and youth in Sao Tome and Principe.



Harms NCDs

Not only is smoking a major risk factor for the 4 largest noncommunicable diseases (cancer, heart diseases, respiratory diseases, and diabetes), but people living with mental illness are nearly 2x as likely to smoke as other individuals.

Learn more about **Health Effects.**

Impact of the Tobacco Supply Chain on Sao Tome and Principe

The tobacco industry profits significantly from producing and selling tobacco. At the same time, across the tobacco supply chain, there are significant negative health and economic repercussions for Sao Tome and Principe.



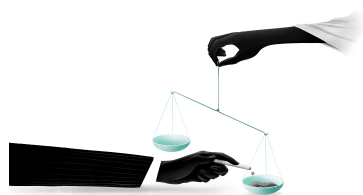
Tobacco Production

There were more than 5,000,000,000,000 cigarettes produced in the world in 2019, or nearly 2 cigarettes per person per day.



Tobacco Growing

Sao Tome and Principe is not a major producer of tobacco, but globally there were 3.2 million hectares of arable land dedicated to tobacco growing in 2023 which was nearly as much as the land dedicated to the world's large orange crop.



Tobacco Industry

The total revenue of the 6 largest tobacco companies in the world was USD 364 billion in 2023, about the same as Pakistan's Gross National Income (GNI), 5x Panama's GNI and 9x Paraguay's GNI.

Learn more about global **Growing** and **Product Sales**.

Ending the Tobacco Epidemic in Sao Tome and Principe

Fortunately, there are evidence-based i.e. proven-solutions to the challenges posed by tobacco use. For several decades, governments around the world have been introducing a set of policies that address the demand for tobacco products, particularly among youth. These policies effectively reduce consumption and are cost-effective because they save governments enormous amounts of money in health care spending and increase economic productivity.

Current Tobacco Control Policies in Sao Tome and Principe

Designated Smoke-Free Areas in Sao Tome and Principe

No	No	No	No	No	No	No	No	No	NA	NA
Healthcare Facilities	Educational Facilities	Universities	Government Facilities	Indoor Offices	Restaurants	Pubs and Bars	Public Transport	All Other Indoor Public Places	Funds for Enforcement	

Availability of Cessation Services in Sao Tome and Principe

Quitting Resources
None

National Quit Line
No

Learn more about best practices in **Cessation**.

Tobacco Packaging Regulations in Sao Tome and Principe

Quality of Tobacco Packaging Regulation
None
 ✓ Text warning label only
 Text warning label with graphic warning label
 Plain Packaging with text/graphic warning label

% of Pack Covered
Not specified

Learn more about best practices in **Counter Marketing**.

Tobacco Control Mass Media Campaigns in Sao Tome and Principe

Ran a National Anti-Tobacco Campaign	Not applicable
Part Of A Comprehensive Tobacco Control Program	Not applicable
Pre-Tested With The Target Audience	Not applicable
Target Audience Research Was Conducted	Not applicable
Aired On Television And/Or Radio	Not applicable
Utilized Media Planning	Not applicable
Earned Media/Public Relations Were Used To Promote The Campaign	Not applicable
Process Evaluation Was Used To Assess Implementation	Not applicable
Outcome Evaluation Was Used To Assess Effectiveness	Not applicable

Learn more about best practices in **Mass Media**.

Tobacco Tax Policies in Sao Tome and Principe

Using evidence-based international recommendations/best practices, the Economics for Health Cigarette Tax Scorecard assesses four components of tax systems - price, change in affordability, tax share, and structure - on a scale of 0 to 5, where a higher score is preferred.



Learn more about the [Scorecard in Sao Tome and Principe.](#)

Regulations on Tobacco Advertising, Promotion, and Sponsorship (TAPS) in Sao Tome and Principe

Marketing is the key avenue that tobacco companies use to reach consumers, new and old. Restricting or eliminating marketing is key to tobacco control success.

<p>Direct Bans</p> <p>3 out of 7 direct bans implemented</p>	<p>Indirect Bans</p> <p>0 out of 10 indirect bans implemented</p>
National TV and radio Yes	Free distribution in mail or through other means No
International TV and radio No	Promotional discounts No
International magazines and newspapers Yes	Non-tobacco products identified with tobacco brand names No
International magazines and newspapers No	Brand name of non-tobacco products used for tobacco product No
Billboard and outdoor advertising Yes	Appearance in TV and/or films: tobacco brands (product placement) No
Advertising at point of sale No	Appearance in TV and/or films: tobacco products No
Advertising on internet No	Prescribed anti-tobacco ads required for any visual entertainment media product that depicts tobacco products, use or images No
<p>Ad Ban Compliance</p> <p>NA</p>	
	Complete ban on sponsorship No
	Any form of contribution (financial or other support) to any event, activity or individual No
	Ban on the publicity of financial or other sponsorship or support by the tobacco industry of events, activities, individuals No