

Tobacco Use Pattern and Socio-Demographic Insights Among Transgenders in Chhattisgarh: A Cross-Sectional Study

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Abstract

Objectives: The present study aimed to assess the prevalence and patterns of tobacco use among transgender individuals in Chhattisgarh. It also evaluated the age of initiation, nicotine dependence, awareness of tobacco-related health risks, quit attempts, willingness to quit, and barriers to accessing dental healthcare services.

Methods: A descriptive cross-sectional study was conducted among transgender individuals across different administrative divisions of Chhattisgarh using a multistage sampling technique. Data were collected using a structured questionnaire adapted from the Global Adult Tobacco Survey (GATS), which included socio-demographic details and assessed tobacco use patterns, awareness, and cessation behaviour. Data were analysed using descriptive and inferential statistics, with statistical significance set at $p < 0.05$.

Results: A high prevalence of tobacco use was observed, with 91.3% of participants using smokeless tobacco and 49.4% being current smokers. Gutkha (91.3%) and khaini (50.0%) were the most commonly used products. The mean age of initiation was 21.1 ± 4.5 years for smokeless tobacco users and 22.5 ± 4.8 years for smokers. Nearly 44.4% of participants used tobacco within 30 minutes of waking, indicating nicotine dependence. Awareness of harmful effects was reported by 64.0%. Quit attempts were noted in 39.2% of smokers and 32.8% of smokeless tobacco users. Dental service utilisation was low, with barriers including financial constraints, lack of awareness, fear, and stigma.

Conclusion: Transgender individuals in Chhattisgarh exhibit a substantial burden of tobacco use and oral health problems. Targeted cessation programmes and culturally competent healthcare services are essential to reduce health disparities.

Keywords

Transgender, Tobacco use, Smokeless tobacco, Oral health.