

Prevalence and Pattern of Smoking among Primary Health Care Patients

Almoutaz Alkhier Ahmed ⁽¹⁾, Nazar Khalid Zarroug ⁽²⁾, Mohamed Elfadel Abbas ⁽³⁾,
Samer Mohammed Syed ⁽⁴⁾, Mohammed Abd Elmoneim Alyas ⁽⁵⁾, Gais Mohamed Osman ⁽⁶⁾,
Khalid Mohyidin ⁽⁷⁾, Aisha Abdulrahman Alzarooni ⁽⁸⁾

(1) Dr Almoutaz Alkhier Ahmed, A/Professor -MBRU, SSR family medicine -Nad Alhamar Health Center. DAHC

(2) Dr Nazar Khlid Zarroug, SR family Medicine – Nad Alhamar Health Center – DAHC

(3) Mohamed Elfadel Abbas, SR family Medicine - Nad Alhamar Health Center – DAHC

(4) Dr Samer Mohammed Syed, SR family medicine -Nad Alhamar Health Center – DAHC

(5) Dr Mohammed Abd Elmoneim Alyas, SR family medicine -Nad Alhamar Health Center – DAHC

(6) Dr Gais Mohamed Osman, SR family medicine -Nad Alhamar Health Center – DAHC

(7) Dr Khalid Mohyidin, SR family medicine -Nad Alhamar Health Center – DAHC

(8) Dr Aisha Abdulrahman Alzarooni, Consultant Family Medicine, Head of Nad Alhamar Health Center – DAHC

Correspondence:

Almoutaz Alkhier Ahmed Abdulrahman

A/clinical professor of Family Medicine – MBRU. FRCGP (INT), MSc diabetes, MSc endocrinology, MSc Health Economy,

MPH,Dip IBLM, FASLM, SFIDF, LFOM. Senior Family Medicine Specialist, Nad Alhamar Health Centre

Dubai Academic Health Corporation.

Email: Khier2@yahoo.com

Received: May 2026. Accepted: May 2026; Published: June 2026.

Citation: Almoutaz Alkhier Ahmed et al. Prevalence and Pattern of Smoking among Primary Health Care Patients. World Family Medicine. June 2026; 24(4): 5 - 10 DOI: 10.5742/MEWFM.2026.241783

Abstract

Introduction: Smoking continues to pose a major public health challenge in the Eastern Mediterranean Region, with rising prevalence and increased use of alternative tobacco products.

Objective: This study aimed to determine the prevalence and patterns of tobacco use, identify the typical age of initiation, and evaluate the association between tobacco use and chronic non-communicable diseases among adults visiting a primary health care centre in Dubai.

Method:

A cross-sectional descriptive study was conducted in January 2026 among adults aged ≥ 18 years or older at Nad Alhamar Health Centre one of Dubai Academic Health Corporation's primary health care centres.

Results: A total of 324 participants with complete smoking assessment data were randomly selected. The prevalence of smoking was 33.6%, predominantly among males (96.4%, $p < 0.005$). The mean age of smokers was 34.2 ± 14 years, with an average

age of initiation of 18.2 ± 4.2 years. Cigarettes were the most common form of tobacco use (44.9%), followed by vaping (22%) and Medwakh (18.3%). Smoking was associated with several chronic non-communicable conditions, including diabetes (11.9%), hypertension (17.4%), ischemic heart disease (9.2%), and chronic kidney disease (0.9%), with some individuals having multiple comorbidities.

Conclusion: The findings show a marked trend in smoking prevalence and its association with non-communicable diseases among adults in this setting. These results illustrate the importance of carrying out targeted preventive measures and smoking cessation interventions.

Key words:

Smoking, Cigarettes, Medwakh, Water pipes.