

**REPUBLIC OF MAURITIUS 2017**

**COUNTRY REPORT**

**GLOBAL YOUTH TOBACCO SURVEY (GYTS)**

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## FORE- WORD

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The Global Tobacco Surveillance System (GTSS) was launched in 1998 by the World Health Organization (WHO), Centers for Disease Control (CDC) and the Canadian Public Health Association to monitor tobacco use and key tobacco control policies. It is a set of globally standardised surveys and the Global Youth Tobacco Survey (GYTS) is one of those surveys which were initiated in 1999. GYTS has been carried out in more than 188 countries and is repeated every 4-5 years generating data that are comparable within and across countries.

GYTS is a global standard for systematically monitoring youth tobacco use (smoking and smokeless) and tracking key tobacco control indicators. It assists countries to enhance their capacity to design, implement and evaluate tobacco control interventions. Article 20 of the WHO Framework Convention on Tobacco Control (WHO FCTC) lays emphasis on the need for countries to carry out such surveys to establish proper surveillance programs.

This report, which contains the findings of the 3<sup>rd</sup> round of the GYTS following those of 2003 and 2008, addresses the following issues related to tobacco use in Mauritius and Rodrigues:

- determining the level of tobacco use by school students;
- estimating the age of initiation of cigarette use;
- assessing students' knowledge and attitude regarding tobacco use;
- finding out the level of exposure of school students to pro-tobacco activities such as media/advertisement, access and availability; and
- assessing students' exposure to environmental tobacco smoke and cessation efforts.

The recommendations from this survey will help to revamp interventions that were initiated following evidence obtained from the previous surveys. Strengthened tobacco control policies and action plans will be specifically designed to target the youth in Mauritius and Rodrigues.

The GYTS 2016 conducted in Mauritius and Rodrigues was successfully completed due to the efforts and involvement of numerous organizations and individuals at different stages of the survey. We would like to express our gratitude to each and everyone who helped in making the survey a success.

**The Investigating Team**  
**Ministry of Health and Quality of Life**

## EXECUTIVE SUMMARY

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The Global Youth Tobacco Survey (GYTS), conducted in 2016 in Mauritius and Rodrigues, is a nationally representative school-based survey of students in the age group 13-15 years. The GYTS uses a global standardized methodology for constructing the sampling frame, selecting schools and classes, and analysis of data.

A two-stage sample design, with schools selected proportional to their enrolment size was used. In the first stage, schools were selected. The classrooms within selected schools were chosen randomly and all students in selected classes were eligible to participate in the survey.

The survey used a standard global core questionnaire to elicit information about tobacco use, cessation, secondhand smoke, access and availability, exposure to anti-tobacco information, awareness and receptivity to tobacco marketing, knowledge and attitudes.

A total of 2,072 students participated in the GYTS in Mauritius with a response rate of 87% and 2,070 students in Rodrigues with a response rate of 92%.

### **The findings of the survey in The Republic of Mauritius are as follows:**

**Tobacco use:** In Mauritius, 17.4% of both sexes (26.5% of boys and 8.9% of girls) currently use tobacco in smoked and/or smokeless form. 13.6% of the students consume cigarettes. Among those who consume cigarettes, 6.5% smoke six or more sticks per day. Among those who have ever smoked a cigarette, 30.7% initiated smoking before reaching their 12<sup>th</sup> birthday.

**Cessation:** Among current smokers, 63.2% confessed that they had tried to stop smoking in the past 12 months. 65.7% wanted to stop smoking, but only 26.8% had ever received help/advice from a programme or professional to stop smoking.

**Secondhand smoke:** Overall, 29.4% of surveyed students were exposed to smoke in their homes and 45.9% were exposed to secondhand smoke in enclosed public places. 50.3% of students claimed to have seen someone smoking inside the school building or outside on school property.

**Access and availability:** Half of the students (50.5%) who currently smoked cigarettes usually purchased their cigarettes from stores/shops. 57.5% of students were not refused purchase of cigarettes because they were minors.

**Exposure to anti-tobacco information:** Among current smokers, 56.4% of those who noticed health warnings thought about quitting smoking because of such warnings on cigarette packages, while 39.6% of those who never smoked thought about not starting smoking because of the health warnings on cigarette packages.

**Awareness and receptivity to tobacco marketing:** Overall, 12.5% of students owned an object with a cigarette brand logo on it, while 3.9% of students were offered free cigarettes by a tobacco company representative.

**Knowledge and attitudes:** One in every three students (29.7%) thought that it is difficult to quit once someone starts smoking tobacco, while 59.1% thought that other people's tobacco smoking was harmful to them.

**Electronic cigarettes:** Overall, the prevalence of electronic tobacco smokers among the students was 10.9% (17.9% in boys and 4.3% in girls).

**The main recommendations are as follows:**

- The Public Health "Restriction on Tobacco Products" Regulations 2008, specifically the Regulations that ban tobacco smoking in public places, sale of single sticks as well as sale to minors should be strictly enforced.
- Existing law banning all forms of advertisement of tobacco products should be more strictly enforced.
- Limit the points of sale so as to reduce accessibility of tobacco products, including electronic cigarettes, to minors and adults.
- Develop and implement a comprehensive health promotion strategy geared towards school students.
- Review school rules and policies to make provision for prevention and control of tobacco use.
- Make available proper support and tools to all students who wish to stop smoking through governmental and nongovernmental organizations.

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## 1.0 INTRODUCTION

Tobacco use is a major preventable cause of premature death and disease worldwide. Nearly 6 million people die each year due to tobacco-related illnesses and this figure is expected to rise to more than 8 million by 2030 (WHO Estimates). Tobacco is the only consumer product that kills half of its lifetime users and 50% of deaths occur among people in their middle age. Moreover most smokers start using tobacco before the age of 18 years. It is estimated that some 1,000 deaths each year in Mauritius are related to tobacco use.

WHO, in collaboration with CDC, the Tobacco Free Initiative and a range of countries representing the six WHO regions developed the GYTS, which is a global standard to systematically monitor youth tobacco use and track key tobacco control indicators and to present comprehensive tobacco prevention and control information about young people. It is a nationally representative school-based survey of students aged 13-15 years, using a consistent and standard protocol globally. This survey is intended to generate comparable data within and across countries.

### 1.1 Country Demographics

The Republic of Mauritius is a Member State of the WHO AFRO Region and is classified as an upper middle income country by the World Bank.

### 1.2 WHO Framework Conventions on Tobacco Control and MPOWER

In response to the globalization of the tobacco epidemic, the 191 Member States of the World Health Organization unanimously adopted the WHO Framework Convention on Tobacco Control (FCTC) at the 56<sup>th</sup> World Health Assembly in May 2003. It was the world's first public treaty on tobacco control in response to the globalisation of the tobacco epidemic. This treaty embodies a co-ordinated, effective and urgent action plan to curb tobacco consumption and lays out cost-effective tobacco control strategies namely:

- banning direct and indirect tobacco advertising
- increasing tobacco tax and prices
- promoting smoke-free public places and workplaces
- displaying prominent messages on tobacco packaging
- tobacco surveillance, research and exchange of information.

Mauritius signed the WHO FCTC in June 2003. The treaty was ratified by the Republic of Mauritius in May 2004 and it came into force in February 2005. In this respect, all policies and actions regarding tobacco use have been formulated and developed as per the FCTC.

WHO introduced MPOWER in 2008, a technical package of six evidence-based tobacco control measures, to help all member states fulfill their WHO FCTC obligations, as follows:

- **Monitor** tobacco use and prevention policies
- **Protect** people from tobacco use
- **Offer** help to quit tobacco use
- **Warn** about dangers of tobacco
- **Enforce** bans on tobacco advertising, promotion and sponsorship
- **Raise** taxes on tobacco

The Global Youth Tobacco Survey supports WHO MPOWER by monitoring country-specific data on key tobacco indicators, including prevalence, knowledge and behaviour.

### **1.3 Current state of policy**

The Republic of Mauritius has taken major policy decisions since the ratification of the WHO FCTC as follows:

- Preparation and Implementation of National Action Plans on Tobacco Control for period 2008-2015 and 2015-2018.
- Promulgation of WHO FCTC compliant Tobacco Regulations in 2008.
- Preparation and Implementation of a new set of graphic health warnings.

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## **2.0 Literature Review**

Several surveys to measure tobacco use have been carried out among teenagers and adults in Mauritius.

These include:

### **2.1 National Non Communicable Disease Survey 2015**

This survey showed that the age and gender-standardised prevalence of smoking among Mauritian adults aged 25-74 years was 19.3%, being 38.0% among men and 3.9% among women. The prevalence of smoking was highest in the younger age-groups with over 50% of men aged 19-24 years of age reporting smoking. The survey also showed that the age-standardised prevalence of smoking among adults aged 25-74 years in Rodrigues was 22.7%, being 41.5% among men and 4.6% among women. The prevalence of smoking was highest in the age-group 25 – 34 years with over 50% of men reporting smoking.

### **2.2 GYTS 2003 and 2008**

In the Global Youth Tobacco Survey 2008, the prevalence of smoking was 28.4% in Mauritius and 35.9% in Rodrigues. In Mauritius 20.3% of boys and 7.7% of girls were current smokers, while in Rodrigues 16.3% of boys and 8.4% of girls were current smokers. This survey also highlighted the fact that the susceptibility to start smoking in the year following the survey was 11.2% for Mauritius and 9.0% for Rodrigues.

### **2.3 Global School-Based Student Health Survey (GSHS) 2007 and 2011**

Two Global School-Based Student Health Surveys (GSHS) have been conducted in 2007 and 2011 in Mauritius and Rodrigues. In the last survey, it was found that in Mauritius 15.1% of students were current smokers, defined as students who smoked cigarettes on one or more days during the past 30 days, while among students who ever smoked cigarettes, 74.5% tried their first cigarette before the age of 14 years. 68.5% of students reported that people smoked in their presence, and among students who tried to buy cigarettes in the past 30 days, 32.8% were refused sale of cigarettes because of their age. 70.8% reported having tried to stop smoking.

In Rodrigues, it was found that 13.5% of students were current smokers, defined as students

who smoked cigarettes on one or more days during the past 30 days, while among students who ever smoked cigarettes, 76.4% tried their first cigarette before the age of 14 years. 78.8% of students reported that people smoked in their presence, and among students who tried to buy cigarettes in the past 30 days, 48.2% were refused sale of cigarettes because of their age and 74.3% reported having tried to stop smoking.

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### **3.0 Purpose and Rationale of the GYTS**

The purpose and rationale for conducting the 3<sup>rd</sup> Round of the GYTS in the Republic of Mauritius was to meet the needs to establish and strengthen surveillance programmes as stated in article 20 of the WHO FCTC. The survey provides data on the magnitude, patterns, trends, determinants and consequences of tobacco use and exposure to tobacco smoke among youths aged 13 to 15 years.

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## **4.0 Country specific objectives**

- Reduce current tobacco use in the Republic of Mauritius in students aged 13-15years from 17.4% in 2016 to 15% in 2019.
- Reduce current cigarette use in the Republic of Mauritius in students aged 13-15years from 13.6% in 2016 to 10% in 2019.
- Increase tobacco use cessation attempts in Republic of Mauritius in students aged 13-15 years from 65.7% in 2016 to 75 % in 2019.
- Reduce current access and availability of individual sticks cigarettes in the Republic of Mauritius to students aged 13-15years from 79.6% in 2016 to 60% in 2019.

## 5.0 METHODOLOGY

### 5.1 Questionnaire

The questionnaire consisted of a total of 75 multiple choice questions, with 43 core questions from the GYTS STANDARD CORE QUESTIONNAIRE and 32 optional questions selected from the list of optional questions provided by CDC. The questionnaire was in English and is at **Appendix A**.

### 5.2 Sampling Design

The 2016 Republic of Mauritius GYTS used a global standardised methodology that included a two-stage sample design and consisted of school selection with a probability proportional to enrolment size and random classes selection. In Mauritius, the sampling and weighting was done separately for two regions (Mauritius, Rodrigues). The national data set was merged from the data files of the two regions. All schools with Grades 8 to 10 that enrolled 40 or more students were included in the sampling frame.

The sampling frame consisted of all secondary schools (Public and Private) with students aged 13-15 years in Grades 8, 9 and 10. A total of 26 colleges in Mauritius were selected and all 6 colleges in Rodrigues were selected to participate in the survey.

**5.2.1 School Level** - The first-stage sampling frame consisted of all schools containing Grades 8, 9 and 10 that contained 40 or more students. Schools were selected with probability proportional to school enrollment size.

**5.2.2 Class Level** - The second sampling stage consisted of systematic equal probability sampling (with a random start) of classes from each school that participated in the survey. All classes in the selected schools were included in the sampling frame. All students in the selected classes were eligible to participate in the survey.

**Table 1:** Sample sizes and response rates, by region (weighted) - GYTS Republic of Mauritius, 2016

		TOTAL
<b>SCHOOL LEVEL</b>	Number of Sampled Schools	32
	Number of Participating Schools	32
	School Response Rate (%)	<u>10</u>
<b>CLASS LEVEL</b>	Number of Sampled Classes	15
	Number of Participating Classes	15
	Class Response Rate (%)	<u>10</u>
<b>STUDENT LEVEL</b>	Number of Sampled Students	4,632
	Number of Participating Students	4,141

Student Response Rate (%)	<b>89.</b>
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### **5.3 Data Collection**

Data collection was carried out in Mauritius from 2<sup>nd</sup> May to 31<sup>st</sup> May 2016 and from 23<sup>rd</sup> to 27<sup>th</sup> May in

Rodrigues. The survey was carried out by 15 Survey Administrators in Mauritius and 12 Survey Administrators in Rodrigues.

Survey procedures were designed to protect students privacy by allowing for anonymous and voluntary participation. The questionnaire was self-administered in the classroom and students were asked to record their answers directly on an answer sheet that could be scanned by a computer.

### **5.4 Data Analysis**

A weighting factor was applied to each student record to adjust for probability of selection, non-response, and post-stratification adjustment to population estimates. SUDAAN, a software package for statistical analysis of complex survey data, was used to calculate weighted prevalence estimates and standard errors (SE) of the estimates (95% confidence intervals [CI] were calculated from the SEs). Frequency tables were developed for the survey questions that are considered key tobacco control indicators from the GYTS. Indicators are in accordance with the WHO FCTC and MPOWER technical package. Data analysis was done by CDC.

### **5.5 Limitation of the GYTS**

The GYTS data was based on self-reporting of students. The students' behaviors and attitudes might have been under-reported or over-reported.



## 6.0 RESULTS

### 6.1 Tobacco Use

In the 2016 GYTS, the information on tobacco use consisted of the use of smoked and smokeless tobacco products. In Mauritius, 35.3% of students had ever used any smoked tobacco product. By gender, boys were more likely than girls to ever use any tobacco product. The current use of any tobacco product in students was 18.9%. 17.4% were current tobacco smokers, whereas 13.6% were current cigarette smokers, and 2.3% were current smokeless tobacco users. In addition, 10.4% indicated that they were susceptible to start smoking in future.

The detailed break-up of tobacco use among the target age group of 13–15 years is shown in Table 2.

**Table 2:** Detailed tobacco use status among students 13–15 years old, by gender – GYTS Mauritius, 2016

	Overall	Boy	Girls
	Percentage (95%)		
<b>Smoked tobacco</b>			
Current tobacco smokers <sup>1</sup>	17.4 (12.9 -	26.5 (21.0 -	8.9 ( 5.9 -
Current cigarette smokers <sup>2</sup>	13.6 ( 9.7 -	21.2 (16.1 -	6.6 ( 4.2 -
Frequent cigarette smokers <sup>3</sup>	3.0 ( 1.7 -	5.1 ( 3.1 -	1.1 ( 0.4 -
Ever tobacco smokers <sup>4</sup>	8.4 ( 5.8 -	12.5 ( 9.2 -	4.6 ( 2.5 -
Ever cigarette smokers <sup>5</sup>	35.3 (29.5 -	49.0 (43.9 -	22.2 (16.8 -
Ever smokers of other tobacco <sup>6</sup>	28.2 (22.4 - 34.7)	40.6 (35.6 - 45.8)	16.3 (11.4 - 22.7)

1 Smoked tobacco any time during the past 30 days.

2 Smoked cigarettes at any time during the past 30 days.

3 Smoked cigarettes on 20 or more days of the past 30 days.

4 Ever smoked any tobacco, even one or two puffs.

5 Ever smoked cigarettes, even one or two puffs.

6 Ever smoked tobacco other than cigarettes, even one or two puffs.

	Overall	Boys	Girls
	Percentage (95% CI)		
<b>Smokeless tobacco</b>			
Current smokeless tobacco users <sup>7</sup>	2.3 (1.6 -	2.1 (1.3 -	2.4 (1.4 -
Ever smokeless s tobacco users <sup>8</sup>	5.2 (3.8 -	6.0 (4.4 -	4.3 (2.7 -
<b>Tobacco use</b>			
Current tobacco users <sup>9</sup>	18.9 (14.3 -	28.2 (22.6 -	10.3 (7.1 -
Ever tobacco users <sup>10</sup>	37.2 (31.3 -	51.3 (45.9 -	23.9 (18.4 -
<b>Susceptibility to tobacco use</b>			
Never tobacco users susceptible to tobacco use in the future <sup>11</sup>	10.4 (8.3 -	13.4 (9.0 -	8.7 (7.1 -

7 Used smokeless tobacco any time during the past 30 days.

8 Ever used smokeless tobacco.

9 Smoked tobacco and/or used smokeless tobacco any time during the past 30 days.

10 Ever smoked tobacco and/or used smokeless tobacco.

11 Susceptible to future tobacco use includes those who answered "Definitely yes", "Probably yes", or "Probably not" to using tobacco if one of their best friends offered it to them, or those who answered "Definitely yes", "Probably yes", or "Probably not" to using tobacco during the next 12 months.

12 Those who answered "Agree" or "Strongly agree" to the statement: "I think I might enjoy smoking a cigarette".

Among current cigarette smokers, 42.6% smoked less than 1 stick per day, and 24.5% smoked 1 stick per day. The percentage of students who smoked 2 to 5 sticks a day was 26.5% and those who smoked six or more sticks per day was 6.5%, as shown in Table 3.

**Table 3:** Number of cigarettes smoked per day among current cigarette smokers 13–15 years old, by gender – GYTS Mauritius, 2016

Number of cigarettes usually smoked <sup>1</sup>	Overall	Boy	Girls
	Percentage (95%)		
Less than 1 per day	42.6 (32.4 -	43.6 (34.9 -	39.5 (19.2 -
1 per day	24.5 (17.8 -	20.1 (14.2 -	37.8 (23.0 -
2 to 5 per day	26.5 (21.2 -	28.4 (21.4 -	20.7 (10.8 -
6 to 10 per day	5.0 (3.5 -	6.0 (4.0 -	1.9 (0.3 -
11 to 20 per day	1.0 (0.3 -	1.3 (0.4 -	0.1 (0.0 -
More than 20 per day	0.5 (0.1 -	0.6 (0.1 -	0

<sup>1</sup> On the days that current cigarette smokers smoked cigarettes during the past 30 days.

Table 4 shows the age of initiation of cigarette smoking. Most students (45.8%) started smoking cigarettes at 12–13 years of age, while 14.5% started smoking when they were less than 10 years of age. It is to be highlighted that 30.7% of students first tried a cigarette before the age of 12 years.

**Table 4:** Age at cigarette smoking initiation among ever cigarette smokers 13–15 years of age by gender – GYTS Mauritius, 2016

Age when first trying a cigarette- <sup>1</sup> (years)	Overall	Boy	Girls
	Percentage (95% CI)		
7 years old or younger	6.3 (4.3 -	6.8 (4.0 -	5.0 (2.8 -
8 or 9 years old	8.2 (6.2 -	8.6 (6.2 -	7.4 (4.1 -
10 or 11 years old	16.2 (11.3 -	16.9 (11.3 -	14.6 (8.1 -
12 or 13 years old	45.8 (40.8 -	45.4 (40.1 -	46.2 (38.7 -
14 or 15 years old	23.5 (18.7 -	22.2 (16.5 -	26.9 (21.1 -

<sup>1</sup> Among those who had ever tried a cigarette.

Table 5 shows the percentage of current smokers who were showing signs of smoking dependence by gender. 69.0% of the students surveyed showed a high level of smoking dependence.

**Table 5:** Current smokers 13–15 years of age who were showing signs of smoking dependence, by gender – GYTS Mauritius, 2016

	Overall	Boy	Girls
	Percentage (95%)		
Signs of smoking dependence <sup>1</sup>	69.0 (62.3 -	67.8 (60.3 -	73.0 (58.2 -

<sup>1</sup> Those who answered: they sometimes or always smoke tobacco or feel like smoking tobacco first thing in the morning, or they start to feel a strong desire to smoke again within one full day after smoking.

## 6.2 Cessation

Indicators for cessation of smoking tobacco among current smokers by gender are shown in Table

6. In the past 12 months, overall, 63.2% of current smokers 13–15 years of age tried to stop smoking, whereas only 26.8% of students had ever received help/advice from a programme or professional to stop smoking. 85.9% of students were not aware of the addictive nature of nicotine as they thought that they would be able to stop smoking if they wanted to.

**Table 6:** Smoking tobacco cessation indicators among current smokers 13–15 years of age, by gender – GYTS Mauritius, 2016

Current Smokers	Overall	Boy	Girls
	Percentage (95% CI)		
Tried to stop smoking in the past 12 months	63.2 (55.6 -	61.1 (52.9 -	70.4 (49.1 -
Want to stop smoking now	65.7 (53.6 -	69.1 (58.4 -	54.2 (30.7 -
Thought they would be able to stop smoking if they wanted to	85.9 (80.8 -	87.5 (82.3 -	80.4 (67.3 -
Have ever received help/advice from a program or professional to stop smoking	26.8 (19.1 -	29.8 (21.5 -	18.3 ( 8.0 -

### 6.3 Secondhand Smoke

The GYTS 2016 provides information on exposure to secondhand smoke in schools, homes and public places that are accessed by students (Table 7). Among students who participated in the survey, 50.3% saw someone smoking inside the school building or outside on the school property, and 29.4% students were exposed to tobacco smoke at home.

**Table 7:** Students 13–15 years old who were exposed to tobacco smoke during the past 7 days, by gender – GYTS Mauritius, 2016

	Overall	Boys	Girls
	Percentage (95% CI)		
Exposed to tobacco smoke at home in the past 7 days	29.4 (25.5-	30.5 (26.5-	28.3 (22.5-
Exposed to tobacco smoke inside any enclosed public place in the past 7 days	45.9 (42.8-	48.8 (45.6-	43.0 (38.7-
Exposed to tobacco smoke at any outdoor public place in the past 7 days	54.6 (51.7-	55.0 (51.4-	54.2 (50.6-
Saw anyone smoking inside the school building or outside on school property	50.3 (43.4-	61.4 (54.0-	39.7 (33.2-

### 6.4 Access and availability

Table 8 gives the source from where students obtained cigarettes.

**Table 8:** Source for obtaining cigarettes among cigarette smokers 13–15 years old, by gender – GYTS Mauritius, 2016

Source <sup>1</sup>	Overall	Boy	Girls
	Percentage (95%)		
Purchased from a store or shop	50.5 (38.3 -	54.4 (39.9 -	38.3 (27.3 -
Obtained from someone else	41.0 (30.3 -	37.9 (25.7 -	50.9 (37.6 -
Obtained some other way	8.5 ( 5.2 -	7.8 ( 4.3 -	10.8 ( 4.3 -
Total	100.0	100.0	100.0

<sup>1</sup>How cigarette smokers obtained the cigarette they last smoked during the past 30 days.

Among current cigarette<sup>a</sup> smokers, 50.5% obtained cigarettes by buying them from a store or shop.

Among current cigarette smokers who bought cigarettes, 57.5% were not prevented from buying them because of their age, as shown in Table 9.

**Table 9:** Current cigarette smokers 13–15 years old who were not prevented from buying cigarettes because of their age, by gender – GYTS Mauritius, 2016

	Overall	Boy	Girls
	Percentage (95%)		
Current cigarette smokers who were not prevented from buying cigarettes because of their age <sup>1</sup>	57.5 (50.0 -	55.8 (47.6 -	63.8 (42.1 -

<sup>1</sup>Among those who tried to buy cigarettes during the past 30 days.

Table 10 gives the unit of purchase of cigarettes among current cigarette smokers 13–15 years of age. Most current cigarette smokers (79.6%) purchased cigarettes as individual sticks, as shown in Table 10.

**Table 10:** Unit of cigarette purchase among current cigarette smokers 13–15 years of age, by gender – GYTS Mauritius, 2016

Unit of purchase <sup>1</sup>	Overall	Boy	Girls
	Percentage (95%)		
Individual sticks	79.6 (71.9 -	76.8 (69.0 -	89.1 (71.4 -
Pack	15.6 ( 9.9 -	17.1 (11.1 -	10.7 ( 3.5 -
Loose tobacco for hand-rolled cigarettes	4.8 ( 2.4 -	6.1 ( 3.0 -	0.1 ( 0.0 -
Total	100.0	100.0	100.0

<sup>1</sup>Based on the last purchase, among those who bought cigarettes during the past 30 days.

Table 11 gives the cost of a pack of cigarettes as perceived by students 13–15 years of age by gender. Most students (48.0%) thought that the cost was between Rs 126 and Rs 175.

**Table 11:** Estimated cost of cigarettes among students 13–15 years old, by gender and smoking status – GYTS Mauritius, 2016

Cost of a pack (20 cigarettes) <sup>1</sup>	Overall	Boy	Girls
	Percentage (95%)		
Rs 50 – 75	6.8 ( 5.3 -	6.0 ( 4.0 -	7.8 ( 6.2 -
Rs 76 – 125	17.5 (14.0 -	15.3 (12.2 -	20.5 (14.0 -
Rs 126 – 175	48.0 (42.3 -	54.5 (47.3 -	39.8 (31.5 -
Rs 176 – 225	15.6 (12.4 -	13.2 ( 9.7 -	18.7 (14.4 -

Rs 226 – 275	5.4 ( 4.3 -	5.5 ( 3.5 -	5.0 ( 3.3 -
Rs 276 – 300	2.7 ( 1.9 -	1.6 ( 0.7 -	4.0 ( 2.6 -
More than Rs 300	4.0 ( 2.8 -	3.8 ( 2.1 -	4.3 ( 2.9 -
Total	100.0	100.0	100.0

<sup>1</sup> On average, how much students think a pack of 20 cigarettes costs.

## 6.5 Anti-tobacco messages

Table 12 shows that 7 out of 10 students noticed anti-tobacco messages in the media, such as television, radio, Internet, billboards, posters, newspapers, magazines and movies in the past 30 days. About half of the students were taught in school about the dangers of tobacco use in the past 12 months.

**Table 12:** Anti-tobacco information noticed among students 13–15 years old, by gender – GYTS Mauritius, 2016

	Overall	Boy	Girls
	Percentage (95% CI)		
Noticed anti-tobacco messages in the media <sup>1</sup> in the past 30 days <sup>2</sup>	66.9 (63.3 -	66.1 (61.3 -	67.7 (63.9 -
Noticed anti-tobacco messages at sporting or community events			
Among all students in the past 30 days	30.6 (25.5 -	35.9 (30.0 -	25.4 (20.0 -
Among those who attended sporting or community events in the past 30	46.6 (40.2 -	50.4 (43.1 -	42.1 (33.9 -
Taught in school about the dangers of tobacco use in the past 12 months <sup>2</sup>	50.4 (44.5 -	54.9 (49.2 -	46.0 (37.4 -

<sup>1</sup> For example, television, radio, Internet, billboards, posters, newspapers, magazines, movies.

<sup>2</sup> Among all students aged 13–15 years.

Among current smokers 13–15 years of age who noticed health warnings on cigarette packages, 56.4% thought about quitting smoking because of such warnings, as shown in Table 13.

**Table 13:** Noticing health warnings on cigarette packages among current and non-smokers 13–15 years of age, by gender – GYTS Mauritius, 2016

	Overall	Boy	Girls
	Percentage (95%		
Current smokers who noticed health warnings on cigarette <sup>1</sup>	83.6 (76.6 -	83.8 (75.3 -	83.3 (68.5 -
Thought about quitting smoking because of health warnings on cigarette pack- <sup>1</sup>			
Among current smokers	47.1 (40.8 -	48.9 (43.4 -	42.1 (30.4 -
Among current smokers who noticed health warn-	56.4 (50.6 -	58.4 (52.4 -	50.5 (38.2 -
Non-smokers who thought about not starting smoking because of health warnings on cigarette pack- <sup>1,2</sup>	39.6 (35.0 -	43.7 (37.6 -	37.0 (31.3 -

<sup>1</sup> During the past 30 days.

<sup>2</sup> Among non-smokers who noticed health warnings on cigarette packages in the past 30 day s.

## 6.6 Tobacco marketing

The ban on advertisement of tobacco products has, in a limited way, implications for the marketing strategy of the tobacco industry. The tobacco industry is using various creative marketing tactics to attract young people.

14.8% of the students who participated in this survey noticed tobacco advertisement or promotions at points of sale; 55.6% noticed someone using tobacco on television, videos or movies; and 59.3 % noticed someone using tobacco among those who watched television, videos, or movies in the past 30 days, as shown in Table 14.

**Table 14:** Tobacco marketing noticed among students 13–15 years of age, by gender

	Overall	Boy	Girls
	Percentage (95% CI)		
Noticed tobacco advertisements or promotions at points of sale			
Among all students in the past 30 days	14.8 (12.3 -	19.0 (15.3 -	10.9 ( 8.2 -
Among those who visited a point of sale in the past 30 days	18.4 (15.2 -	23.3 (18.9 -	13.6 (10.5 -
Noticed anyone using tobacco on television, videos, or movies			
Among all students in the past 30 days	55.6 (52.0 -	55.0 (49.3 -	56.1 (51.2 -
Among those who watched television, videos, or movies in the past 30 days	59.3 (55.5 -	59.3 (53.1 -	59.4 (54.5 -
Ever offered a free tobacco product from a tobacco company representative	3.9 ( 2.7 -	5.2 ( 4.0 -	2.6 ( 1.3 -

Overall, 12.5 % of students stated that they owned something with a tobacco brand logo on it and 28.5% of non-tobacco users owned something with a tobacco brand logo on it or might in the future, as shown in Table 15.

**Table 15:** Ownership and receptivity to tobacco marketing among students 13–15 years old, by gender – GYTS Mauritius, 2016

	Overall	Boy	Girls
	Percentage (95% CI)		
Students who owned something with a tobacco brand logo on it <sup>1</sup>	12.5 (10.3 -	14.1 (12.8 -	10.9 ( 7.5 -
Non-tobacco users who owned something with a tobacco brand logo on it, or might in the future <sup>2,3</sup>	28.5 (22.7 -	27.5 (23.1 -	29.0 (20.2 -

<sup>1</sup> For example, a T-shirt, pen, backpack.

<sup>2</sup> Those who might use or wear something that has a tobacco company or product name or picture on it.

<sup>3</sup> Considered highly receptive to tobacco marketing (at risk for future tobacco use).



## 6.7 Knowledge and attitudes

Among students 13–15 years of age, only 29.7% thought that it is difficult to quit smoking tobacco once someone starts, as shown in Table 16.

**Table 16:** Knowledge and attitudes towards smoking cessation and social smoking among students 13–15 years of age, by gender – GYTS Mauritius, 2016

Stu- dents	Overall	Boy	Girls
	Percentage (95%)		
Definitely thought it is difficult to quit once someone starts smoking	29.7 (26.9 -	31.7 (27.4 -	27.9 (24.9 -
Thought smoking tobacco helps people feel more comfortable at celebrations, parties, and social gatherings	17.1 (13.8 -	20.7 (17.0 -	13.7 (10.0 -

A majority of the students (59.1%) definitely thought that other people's tobacco smoking was harmful to them, and 72.4% of students were in favour of banning smoking at enclosed public places, as shown in Table 17.

**Table 17:** Knowledge and attitudes towards secondhand smoke among students 13–15 years of age, by gender – GYTS Mauritius, 2016

Stu- dents	Overall	Boy	Girls
	Percentage (95%)		
Definitely thought other people's tobacco smoking is harmful to	59.1 (54.7 -	55.6 (51.5 -	62.5 (55.7 -
Favored banning smoking inside enclosed public places	72.4 (65.7 -	69.3 (63.3 -	75.3 (65.4 -
Favored banning smoking at outdoor public places	66.5 (59.8 -	62.2 (56.1 -	70.5 (60.9 -

## 6.8 Electronic cigarettes

In Mauritius, 54.2% of students aged 13-15 years declared that they have ever heard of electronic cigarettes or e- cigarettes prior to the survey.

Table18: Prevalence of Current Electronic tobacco smokers among students 13-15years by gender- GYTS Mauritius, 2016

Stu- dents	Overall	Boy	Girls
	Percentage (95%)		
Current electronic tobacco smokers	10.9 (8.0 –	17.9 (14.7 –	4.3 (2.3 –

The prevalence of electronic tobacco smokers was 10.9% (17.9% in boys and 4.3% in girls).

2.3% of the students who participated in this survey were using electronic cigarettes on more than 9 days during the past 30 days.

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## **7.0 DISCUSSION**

### **7.1 Discussion of survey findings**

The results of the GYTS 2016 clearly indicate that tobacco use starts early in life when children and teenagers have less knowledge about the ill effects of tobacco use and are unaware of the addictive nature of nicotine.

#### **Tobacco Use**

17.4% of students in the Republic of Mauritius are current tobacco smokers. It is to be highlighted that 13.6% are current cigarette smokers. The prevalence of smoking among students aged 13 to 15 years has remained the same despite strong tobacco control measures which are being implemented. Approximately 6.5% of students smoke six or more sticks per day.

#### **Cessa- tion**

65.7% of students who currently smoke cigarettes reported that they wanted to stop smoking. In both Mauritius and Rodrigues, two out of every three current smokers confessed that they had tried to stop smoking in the past 12 months. However, only 26.8% of them reported to have ever received some kind of help or advice from a programme or professional to stop smoking. This is an indication that school personnel are either not adequately trained in tobacco cessation and tobacco control or that they do not have ample time to sensitise the students.

#### **Second Hand Smoke**

Approximately 3 out of 10 students were exposed to cigarette smoke at home. Despite the existing ban on smoking in public places in the Republic of Mauritius, more than 4 out of 10 were exposed to tobacco smoke in enclosed public places while more than half of the students were exposed to tobacco smoke in outdoor public places. Half of the students reported to have seen someone smoking inside the school premises. The smoke free Regulations need to be re-enforced

#### **Access and Availability**

Easy accessibility and availability of cigarettes is a major contributing factor that encourages adolescents to smoke. Half of the students in Mauritius and one quarter in Rodrigues who currently smoked cigarettes usually purchased their cigarettes from supermarkets or shops. Eight out of ten students bought individual sticks while four out of ten students got their cigarettes from someone else. More than 50% of students in both Mauritius and Rodrigues declared that they were not refused purchase of cigarettes because they were minors. Buying a single stick or a couple of sticks is easy. This is in spite of the existing Public Health "Restriction on Tobacco Products" Regulations 2008. Enforcing existing laws and regulations therefore remains a huge challenge.

#### **Awareness of anti-tobacco information**

The survey report showed that only half of students surveyed were taught in school about the dangers of tobacco smoking. Structured curricular and non curricular school Health Programmes need to be put in place so that all students are properly informed about the harm caused by use of tobacco.

## **Knowledge and Attitudes**

The acquisition of knowledge is an essential element in the process of behavior change. Only one in every three students thought that it is difficult to quit once someone starts smoking tobacco while 59.1% of the students thought that other people's tobacco smoking was harmful to them.

## **Exposure to anti-tobacco information**

Among current smokers in Mauritius and Rodrigues, nearly 60% of those who noticed health warnings thought about quitting smoking because of such warnings on cigarette packages. The health warnings on cigarette packages also acted as a deterrent among the students who never smoked. However, the survey results indicate that one third of the students remained unconvinced by these warnings.

## **Awareness and receptivity to tobacco marketing**

Overall, 12.5% of students owned an object with a cigarette brand logo on it. 3.9% of students reported that they were offered free cigarettes by a tobacco company. This is still a matter of great concern.

## **Electronic cigarettes**

Unlike traditional cigarettes, e-cigarettes are loaded with a vaporizable liquid. This fluid is made up of a number of chemicals, among them propylene glycol, glycerol, nicotine and a variety of flavoring substances. Recent research indicates that the risk of developing cancer from an e-cigarette is much higher than smoking traditional cigarettes. The GYTS 2016 indicates that, overall, 10.9% of students in Mauritius were using electronic cigarettes. This is also a matter of concern.

## **7.2 Comparison to GYTS 2008**

A few results of the GYTS 2016 have been compared to those of 2008. Comparability is limited in the sense that the questionnaire used in 2016 has been adapted to the current tobacco related laws and regulations.

### **In Mauri-** **tius:**

1. Percentage of current cigarette smokers remains unchanged at 13.7%.
2. A slight increase from 20.3% to 21.4% in current cigarette smokers has been noticed among boys whereas there has been a slight decrease from 7.7% to 6.5% among girls.

### **In Ro-** **drigues:**

1. A slight decrease from 11.9% to 10.9% was observed for current cigarette smokers.
2. A decrease has been noted among current cigarette smokers, from 16.3% to 14.8% in boys and from 8.4% to 7.7% in girls.

## 7.3 Relevance to WHO FCTC

The participation of the Republic of Mauritius in GYTS addresses the first element of MPOWER (Monitor tobacco use and prevention policies) for youth, and GYTS asks students a range of questions that spans many of the remaining elements of MPOWER. The resulting data are critical for gauging the progress of the Republic of Mauritius toward fully implementing the elements of MPOWER among its youth. The information provided by GYTS can address several provisions of the FCTC that relate to the role of school personnel and the comprehensive school tobacco control policy.

- **Protect people from tobacco smoke:** The GYTS 2016 data showed 29.4% of students are exposed to Second Hand Smoke (SHS) in homes where others smoke in their presence and 45.9% of students who are exposed to SHS at any outdoor public place.
- **Offer help to quit tobacco use:** Results from GYTS showed that students who currently smoke are interested in quitting. Of students who currently smoke:
  - 65.7% want to stop smoking.
  - 63.2% tried to stop smoking in the past year.
  - 26.8% have ever received help to stop smoking.
- **Warn about the dangers of tobacco:** GYTS 2016 revealed that 50.4% of students declared to have been taught in class about the dangers of smoking
- **Enforce bans on tobacco advertising, promotion, and sponsorship:** The GYTS data showed that 66.9% of students saw anti-tobacco messages in the media in the past 30 days, 83.6% of current smokers noticed health warnings on cigarette packages and 14.8% of noticed tobacco advertisements on promotion at point of sale. Further, 12.5% of students owned an object with a cigarette brand logo on it. 3.9% of students reported that they were offered free cigarettes by a tobacco company representative.

GYTS methodology provides an excellent framework for monitoring and guiding the implementation of school tobacco control programs while making it compliant with the requirements of FCTC. The results of this survey will be disseminated broadly, and ideally, used to adopt and implement effective legislative measures for preventing and reducing tobacco consumption, nicotine addiction, and exposure to tobacco smoke.

## 7.4 Relevance to the Republic of Mauritius

- The data suggests an early age of initiation of cigarette usage among adolescents in the Republic of Mauritius.
- Tobacco control education therefore needs to start at a very young age. However, coverage of tobacco-related prevention and issues is currently very limited in the formal school curriculum.
- The majority of youth in the Republic of Mauritius reported exposure to secondhand smoke at home, in enclosed public places, at outdoor public places and some have even reported to have seen someone smoking inside the school premises. Given that there is no safe level of exposure to secondhand smoke, policies that will protect youth from possible exposure are needed and re-enforcement of the smoke free Regulations is also envisaged.
- The adolescents in the Republic of Mauritius are faced with the double burden of cigarette use and the use of other forms of tobacco products such as electronic cigarettes and loose tobacco for hand-rolled cigarettes. This evidence supports the need for regulation of these other tobacco products.
- Many youth reported wanting to quit but school personnel are either not adequately trained in tobacco cessation and tobacco control or that they do not have ample time to sensitize the students or cessation services are very limited.
- Susceptibility to begin smoking in the next year is 10.4% among the students, though a fully FCTC compliant legislation is in force which bans smoking on school premises.
- Students in the Republic of Mauritius are still reporting being exposed to pro-smoking media campaigns. Controlling this exposure has been shown to reduce youth initiation.

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## 8.0 RECOMMENDATIONS

Based on the findings of the GYTS, the Republic of Mauritius should consider rapidly implementing expanded comprehensive tobacco control measures. Such action will save lives, reduce illness, and help reduce the economic burden associated with tobacco-related illness and lost productivity. The main recommendations are as follows:

- There is a need to effectively enforce the Public Health “Restriction on Tobacco Products” Regulations 2008, especially the Regulations that ban tobacco smoking in public places, sale of single sticks, sale to minors as well as laws banning all forms of advertisement of tobacco products.
- There is an urgent need to limit the points of sale so as to reduce accessibility of tobacco products, including electronic cigarettes, to minors and adults.
- Sale of tobacco products within specific parameters of educational institutions should be banned in view of reducing accessibility of tobacco products to young children.
- There is a need to start anti-tobacco education as early as at pre-primary level. In the same line, Pre-primary school personnel should be trained on the ill-effects of tobacco so that they can properly address the topic with the very young children.
- A comprehensive health promotion strategy geared towards school students must be developed and implemented.
- School rules and policies should be reviewed to make provision for prevention and control of tobacco use.
- A special training and assistance package for school personnel, specifically designed for students’ needs, should be developed.
- There is a need to involve religious bodies and parents in support of school-based programs to prevent tobacco use.
- Proper assistance and tools should be provided to all students who wish to stop smoking through governmental and nongovernmental organizations.

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**APPENDIX A:**  
**QUESTIONNAIRE**

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**GTYS 2016 Questionnaire (Mauritius and Rodrigues)**

**The first few questions ask for some background information**

**about yourself. C1. How old are you?**

- a. 11 years old or younger?
- b. 12 years old
- c. 13 years old
- d. 14 years old
- e. 15 years old
- f. 16 years old
- g. 17 years old or older

**C2. What is your sex?**

- a. Male
- b. Female

**C3. In what form are you?**

- a. Form ii
- b. Form iii
- c. Form iv

**C4. During an average week, how much money do you have that you can spend on yourself, however you want?**

- a. I usually don't have any spending money
- b. Less than Rs 200
- c. Range 1 Rs 200- 400
- d. Range 2 Rs 400-600
- e. Range 3 Rs 600- 800
- f. Range 4 Rs 800- 1000
- g. Range 5 More than Rs 1000

**O1. Do your parents work?**

- a. Father (stepfather or mother's partner)
- b. Mother (Stepmother or father's partner)
- c. Both
- d. Neither
- e. Don't Know

**The next questions ask about your use of tobacco.**

**C5. Have you ever tried or experimented with cigarette smoking, even one or two puffs?**

a.

Yes b.

No

**C6. How old were you when you first tried a cigarette?**

- a. I have never tried smoking a cigarette
- b. 7 years old or younger
- c. 8 or 9 years old
- d. 10 or 11 years old
- e. 12 or 13 years old
- f. 14 or 15 years old
- g. 16 years old or older

**C7. During the past 30 days, on how many days did you smoke cigarettes?**

- a. 0 days
- b. 1 Or 2 days
- c. 3 to 5 days
- d. 6 to 9 days
- e. 10 to 19 days
- f. 20 to 29 days
- g. All 30 days

**C8. Please think about the days you smoked cigarettes during the past 30 days. How many cigarettes did you usually smoke per day?**

- a. I did not smoke cigarettes during the past 30 days
- b. Less than 1 cigarette per day
- c. 1 cigarette per day
- d. 2 to 5 cigarettes per day
- e. 6 to 10 cigarettes per day
- f. 11 to 20 cigarettes per day
- g. More than 20 cigarettes per day

**C9. Have you ever tried or experimented with any form of smoked tobacco products other than cigarettes (such as chewing tobacco, water pipes/hookah/shisha, pipes, cigars, hand- rolled cigarettes)**

- a. Yes
- b. No

**C10. During the past 30 days, did you use any form of smoked tobacco products other than cigarettes (such as chewing tobacco, water pipes/hookah/ shisha , pipes, cigars, hand- rolled cigarettes)**

- a. Yes      b.  
No

**C11. Do you ever smoke tobacco or feel like smoking tobacco first thing in the morning?**

- a. I don't smoke tobacco  
b. No, I don't smoke tobacco or feel like smoking tobacco first thing in the morning  
c. Yes, I sometimes smoke tobacco or feel like smoking tobacco first thing in the morning  
d. Yes, I always smoke tobacco or feel like smoking tobacco first thing in the morning

**C12. How soon after you smoke tobacco do you start to feel a strong desire to smoke again that is hard to ignore?**

- a. I don't smoke tobacco
- b. I never feel a strong desire to smoke again after smoking tobacco
- c. Within 60 minutes
- d. 1 to 2 hours
- e. More than 2 hours to 4 hours
- f. More than 4 hours but less than one full day
- g. 1 to 3 days
- h. 4 days or more

**C13. Have you ever tried or experimented with any form of smokeless tobacco products such as snuff, chewing tobacco.**

- a. Yes
- b. No

**C14. During the past 30 days, did you use any form of smokeless tobacco products (such as Snuff, chewing tobacco)?**

- a. Yes
- b. No

**O9. Where do you usually smoke?**

(SELECT ONLY ONE RESPONSE)

- a. I do not smoke
- b. At home
- c. At school
- d. At work
- e. At friends' houses
- f. At social events
- g. In public spaces (e.g parks, shopping centers, street corners)
- h. Other

**The next questions ask about your feelings toward stopping smoking.**

**C15. Do you want to stop smoking now?**

- a. I have never smoked
- b. I don't smoke now
- c. Yes
- d. No

**C16. During the past 12 months, did you ever try to stop smoking?**

- a. I have never smoked
- b. I did not smoke during the past 12 months
- c. Yes
- d. No

**C17. Do you think you would be able to stop smoking if you wanted to?**

a. I have never  
smoked b. I don't  
smoke now  
c.  
Yes d.  
No

**C18. Have you ever received help or advice to help you stop smoking?**

(SELECT ONLY ONE RESPONSE)

- a. I have never smoked
- b. Yes, from a program or professional
- c. Yes, from a friend
- d. Yes, from a family member
- e. Yes, from both programs or professionals and from friends or family members
- f. No

**O12. How long ago did you stop smoking?**

- a. I have never smoked
- b. I have not stopped smoking
- c. 1-3 months
- d. 4-11 months
- e. One year
- f. 2 years
- g. 3 years or longer

**O13. What was the main reason you decided to stop smoking?**

(SELECT ONE RESPONSE ONLY)

- a. I have never smoked
- b. I have not stopped smoking
- c. To improve my health
- d. To save money
- e. Because my family does not like it
- f. Because my friends do not like it
- g. Other

**The next questions ask about your exposure to other people's smoking.**

**C19. During the past 7 days, on how many days has anyone smoked inside your home, in your presence?**

- a. 0 days
- b. 1 to 2 days
- c. 3 to 4 days
- d. 5 to 6 days
- e. 7 days

**C20. During the past 7 days, on how many days has anyone smoked in your presence, inside any enclosed public place, other than your home (such as schools, shops, restaurants, shopping malls, movie theatres)?**

- a. 0 days
- b. 1 to 2 days
- c. 3 to 4 days
- d. 5 to 6 days
- e. 7 days



**C21. During the past 7 days, on how many days has anyone smoked in your presence, at any outdoor public places (such as playgrounds, sidewalks, entrances to buildings, parks, beaches, Bus stops) ?**

- a. 0 days
- b. 1 to 2 days
- c. 3 to 4 days
- d. 5 to 6 days
- e. 7 days

**C22. During the past 30 days, did you see anyone smoke inside the school building or outside on school property?**

- a.
- Yes b.
- No

**C23. Do you think the smoke from other people's tobacco smoking is harmful to you?**

- a. Definitely
- not b. Proba-
- bly not c.
- Probably yes d.
- Definitely yes

**C24. Are you in favor of banning smoking inside enclosed public places (such as schools, shops, restaurants, shopping malls, movie theaters)?**

- a.
- Yes b.
- No

**C25. Are you in favor of banning smoking at outdoor public places (such as playgrounds, sidewalks, entrances to buildings, parks, beaches, bus stops)?**

- a.
- Yes b.
- No

**O19 During the past 7 days, on how many days has anyone smoked in your presence, inside any public transportation vehicles, such as buses or taxicabs or school buses?**

- a. I did not use public transportation during the past 7 days
- b. I used public transportation but no one smoked in my presence
- c. 1 to 2
- days d. 3
- to 4 days e.
- 5 to 6 days f.
- 7 days

**The next questions ask about getting cigarettes.**

**C26. The last time you smoked cigarettes during the past 30 days, how did you get them?**

(SELECT ONLY ONE RESPONSE)

- a. I did not smoke any cigarette during the past 30 days
- b. I bought them in a store or
- shop c. I got them from
- someone else
- d. I got them some other way

**C27. During the past 30 days, did anyone refuse to sell you cigarettes because of your age?**

- a. I did not try to buy cigarettes during the past 30 days
- b. Yes, someone refused to sell me cigarettes because
- of my age c. No, my age did not keep me from buying
- cigarettes

**C28. The last time you bought cigarettes during the past 30 days, how did you buy them?**

- a. I did not buy cigarettes during the past 30 days
- b. I bought them in a pack
- c. I bought individual sticks (singles)
- d. I bought tobacco and rolled my own

**C29. On average, how much do you think a pack of 20 cigarettes costs?**

- a. Rs 50-75
- b. Rs 75-125
- c. Rs 125-175
- d. Rs 175-225
- e. Rs 225-275
- f. Rs 275-300
- g. More than Rs 300
- h. I don't know

**O21. On the whole, do you find it easy or difficult to buy cigarettes from a shop?**

- a. I do not usually buy cigarettes from a shop
- b. Very difficult
- c. Fairly difficult
- d. Fairly easy
- e. Very easy

**O22. Can you purchase cigarettes near your school?**

- a. Yes
- b. No
- c. I don't know

**The next questions ask about your knowledge of messages that are against using tobacco (might include cigarettes, other smoked tobacco, and smokeless tobacco).**

**C30. During the past 30 days, did you see or hear any anti-tobacco media messages on television, radio, internet, billboards, posters, newspapers, magazines, or movies?**

- a. Yes
- b. No

**C31. During the past 30 days, did you see or hear any anti-tobacco messages at sports events, fairs, concerts, or community events, or social gatherings?**

- a. I did not go to sports events, fairs, concerts, or community events, or social gatherings in the past 30 days
- b. Yes
- c. No

**C32. During the past 30 days, did you see any health warnings on cigarette packages?**

- a. Yes, but I didn't think much of them

- b. Yes, and they led me to think about quitting smoking or not starting smoking
- c. No

**C33. During the past 12 months, were you taught in any of your classes about the dangers of tobacco use?**

a. Yes

b. No

c. I don't know

**Media: Anti-To-  
bacco**

**O25. During the past 30 days, did you see any signs stating that adolescents are not allowed to buy any tobacco products?**

- a.
- Yes b.
- No

**O29. During the past 30 days, how many anti-smoking media messages have you seen on posters?**

- a. A
- lot b.
- A few c.
- None

**O30. During the past 30 days, how many anti-smoking media messages have you seen at the cinema?**

- a. A
- lot b.
- A few c.
- None

**O32. During the past 30 days, how many anti-smoking media messages have you seen at points of sale (such as shops, stores, etc)?**

- a. A
- lot b.
- A few c.
- None

**The next questions ask about your knowledge of advertisements or promotions for tobacco (might include cigarettes, other smoked tobacco, and smokeless tobacco).**

**C34. During the past 30 days, did you see any people using tobacco when you watched TV, videos, or movies?**

- a. I did not watch TV, videos, or movies in the past 30 days
- b. Yes
- c. No

**C35. During the past 30 days, did you see any advertisements or promotions for tobacco products at points of sale (such as stores, shops etc.)?**

- a. I did not visit any points of sale in the past 30 days
- b. Yes
- c. No

**C36. Would you ever use or wear something that has a tobacco company or tobacco product name or picture on it such as a lighter, t-shirt, hat or sunglasses?**

- a. Yes
- b.
- Maybe c.
- No

**C37. Do you have something (for example, t-shirt, pen, backpack) with a tobacco product brand logo on it?**

- a. Yes

b. No

**C38. Has a person working for a tobacco company ever offered you a free tobacco product?**

a.

Yes b.

No

**Pro- Tobac-  
co**

**O36. During the past 30 days, did you see any advertisements or promotions for tobacco products at sports events, fairs, concerts, or community events?**

- a. I did not attend any sports events, fairs, concerts or community events in the past 30 days
- b. Yes
- c. No

**O40. During the past 30 days, did you see any advertisements for tobacco products on the internet?**

- a. I did not use the internet in the past 30 days
- b. Yes
- c. No

**O41. During the past 30 days, did you see any videos on the internet that promote smoking tobacco or make smoking tobacco look fun/cool?**

- a. I did not use the internet in the past 30 days
- b. Yes
- c. No

**O43. Have you ever received a coupon from a tobacco company?**

- a. Yes
- b. No

**The next questions ask about your attitudes and beliefs about**

**using tobacco. C39. If one of your best friends offered you a tobacco product,**

**would you use it?**

- a. Definitely
- b. Probably not
- c. Probably yes
- d. Definitely yes

**C40. At anytime during the next 12 months do you think you will use any form of tobacco?**

- a. Definitely
- b. Probably not
- c. Probably yes
- d. Definitely yes

**C41. Once someone has started smoking tobacco, do you think it would be difficult for them to quit?**

- a. Definitely
- b. Probably not
- c. Probably yes
- d. Definitely yes

**C42. Do you think smoking tobacco helps people feel more comfortable or less comfortable at celebrations, parties, or in other social gatherings?**



- a. More comfortable
- b. Less comfortable
- c. No difference whether smoking or not

**C43. Do you agree or disagree with the following: "I think I might enjoy smoking a cigarette."**

- a. I currently smoke cigarettes
- b. Strongly agree
- c. Agree
- d. Disagree
- e. Strongly disagree

**045. Do your parents smoke tobacco?**

- a. None
- b. Both
- c. Father only
- d. Mother only
- e. Don't know

**046. Do any of your closest friends smoke tobacco?**

- a. None of them
- b. Some of them
- c. Most of them
- d. All of them

**047. About how many students in your grade smoke tobacco?**

- a. Most of them
- b. About half of them
- c. Some of them
- d. None of them

**048. Do you think young people who smoke tobacco have more or less friends?**

- a. More friends
- b. Less friends
- c. No difference from non-smokers

**049. Do you think smoking tobacco makes young people look more or less attractive?**

- a. More attractive
- b. Less attractive
- c. No difference from non-smokers

**050. During the past 30 days, did you smoke tobacco to help you lose weight or keep from gaining weight?**

- a. I did not smoke tobacco in the past 30 days
- b. Yes
- c. No

**053. Do you think smoking tobacco is harmful to your health?**

- a. Definitely
- not b. Proba-
- bly not c.
- Probably yes d.
- Definitely yes

**054. Do you think it is safe to smoke tobacco for only a year or two as long as you quit after that?**

- a. Definitely
- not b. Proba-
- bly not c.
- Probably yes d.
- Definitely yes

**055. Has anyone in your family discussed the harmful effects of smoking tobacco with you?**

- a.
- Yes b.
- No

**056. During the past 12 months, did you read in your school texts or books about the health effects of tobacco?**

- a.
- Yes
- b.
- No
- c. I do not have school texts or books

**057. During the past 12 months, did you discuss in any of your classes the reasons why people your age use tobacco?**

- a.
- Yes b.
- No
- c. Not sure

**058. During the past 12 months, were you taught in any of your classes about the effects of using tobacco like it makes your teeth yellow, causes wrinkles, or makes you smell bad?**

- a.
- Yes b.
- No
- c. Not sure

**059. During school hours, how often do you see teachers smoking in the school building?**

- a. About every day
- b. Some-times
- c. Never
- d. Don't Know

**060. During school hours, how often do you see teachers smoking outdoors on school premises?**

- a. About every day
- b. Some-times
- c. Nev-er
- d. Don't Know

**062. Do you believe that tobacco companies try to get young people under age 18 to use tobacco products?**

- a.
- Yes b.
- No

**Electronic Cigarettes**

**Module**

**E1. Before today, had you ever heard of electronic cigarettes or e-cigarettes?**

a.

Yes b.

No

**E2. During past 30 days, on how many days did you use electronic cigarettes?**

a. 0  
days

b. 1 or 2

days c. 3

to 5 days d.

6 to 9 days

e. 10 to 19

days f. 20 to

29 days g. All

30 days

**Thank you for participating in the survey.**