



# Global Youth Tobacco Survey (GYTS)

## Timor-Leste Report, 2013





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Disclaimer: The views expressed in this document are not necessarily those of the GYTS collaborating organizations.

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# Acronyms

CDC	Centers for Disease Control and Prevention (United States)
CIA	Central Intelligence Agency
COPTA	cigarettes and other tobacco products (Prohibition of Advertisement and Regulation of Trade and Commerce, Production, Supply and Distribution)
FCTC	Framework Convention on Tobacco Control
FP/MCH	Family Planning and Maternal and Child Health project
GATS	global adult tobacco survey
GHPS	global health personnel survey
GSPS	global school personnel survey
GTSS	Global Tobacco Surveillance System
GYTS	global youth tobacco survey
ICPD	International Conference on Population and Development
INGO	international nongovernmental organization
IUD	intrauterine device
JPDA	Joint Petroleum Development Area
MOF	Ministry of Finance
MoH	Ministry of Health
MPOWER	a package of six evidence-based demand reduction measures; Monitor tobacco use and prevention policies; Protect people from tobacco smoke; Offer help to quit tobacco use; Warn about the dangers of tobacco; Enforce bans on tobacco advertising, promotion and sponsorship; Raise taxes on tobacco
NCCRF&HD	National Center for Rheumatic Fever and Heart Disease, Dhaka, Bangladesh



NCD	noncommunicable disease
NGO	nongovernmental organization
NHPF	National Health Policy Framework
NHPS	National Health Promotion Strategy
NRHS	National Reproductive Health Strategy
NRT	nicotine replacement therapy
NSD	National Statistic Directorate, Timor-Leste
NTCC	National Tobacco Control Cell
NTCP	National Tobacco Control Programme
SEA	South-East Asia
SEATCA	South-East Asia Tobacco Control Alliance
SHS	secondhand smoke
SLT	smokeless tobacco
STEPS	stepwise surveillance
STI/HIV	Sexually Transmitted Infection/Human Immunodeficiency Virus
TAPS	tobacco advertising, promotion and sponsorship
TFI	Tobacco-Free Initiative
TQS	standard tobacco questions for surveys
UNDP	United Nations Development Programme
WHO	World Health Organization
WHO FCTC	World Health Organization Framework Convention on Tobacco Control
WLF	World Lung Foundation



## Message



The findings from the GYTS 2013 are in, and the evidence presents a chilling picture of tobacco's growing influence on the youth of Timor-Leste. These findings call for urgent action to protect the next generation of Timorese from the menace of tobacco.

The tobacco industry is targeting the youth in a pre-meditated manner through advertising and promotions at points of sale. Their influence is evident from the fact that nearly four in five students noticed tobacco advertisements or promotions at points of sale, and the same proportion of students saw someone using tobacco on television, videos, or movies. This has contributed to Timor-Leste having one of the highest prevalence of tobacco use among students aged 13–15 years. Nearly two in five students aged 13–15 years use tobacco in one form or another. Seven in ten boys and one in five girls currently use tobacco products, and two thirds of the student population is exposed to tobacco smoke at home and inside enclosed public places. These are alarming figures.

I am happy to note that the Government of Timor-Leste is taking steps to monitor tobacco control among the youth, using the standard protocol of Global Youth Tobacco Survey (GYTS). Billboards with anti-tobacco messages can be seen around the capital city Dili and the Government has increased health education efforts through media campaigns. WHO welcomes these efforts. Timor-Leste is committed to implementing the provisions of the WHO Framework Convention on Tobacco Control (WHO FCTC). Now is the time to adopt and enforce a comprehensive legislation on tobacco control in the country. WHO will continue supporting the Government of Timor-Leste in their efforts to protect the health of the youth from tobacco.

A handwritten signature in black ink, reading "P. Khetrpal".

Dr Poonam Khetrpal Singh  
Regional Director  
South-East Asia Region





## Foreword



It is with pleasure that I write this foreword to introduce the GYTS 2013 survey. The Global Youth Tobacco Survey (GYTS) is a global standard for monitoring youth tobacco use and tracking key tobacco control indicators. As party to the World Health Organization (WHO) Framework Convention on Tobacco Control (FCTC), the GYTS assists Timor-Leste to fulfil its obligations to this Convention by generating comparable data on tobacco use within and across countries.

The Ministry of Health conducted the third GYTS in 2013, surveying a total of 2052 students between the ages of 13 and 15. The GYTS gathers data on the prevalence of tobacco use, access/availability and price, exposure to secondhand smoke (SHS), cessation, media and advertising, and school curriculum. This research provides important baseline data that will be used to shape future tobacco control policies, which will ultimately improve the health and wellbeing of Timorese people.

Timor-Leste has one of the highest tobacco prevalence rates in the world, therefore intervention is urgently needed. The Demographic Health Survey (2009–2010) revealed that 66% of adult males smoke cigarettes, while 25% consume other forms of tobacco. The impact on youth is clearly evident from the findings in the GYTS. Over 42% of students aged 13–15 currently use tobacco products. Nearly seven in every 10 students are exposed to tobacco smoke in their homes and exposure to tobacco advertising is exceptionally high. Strong political will and multisectoral collaboration is necessary in order to introduce strict tobacco control legislation, increase public awareness about the harmful effects of tobacco and subsequently reduce the numbers of smokers in Timor-Leste.

Based on the survey results, recommendations will be made to Ministry of Education, policy-makers, media and community members on tobacco control measures necessary to combat this threat to public health. It is hoped that the survey results

will mobilize action on tobacco control, reduce tobacco consumption and promote healthier lifestyles for the people of Timor-Leste.

The Ministry of Health is committed to increasing awareness about the detrimental impact of tobacco through the introduction of stronger legislation on tobacco control and the launching of a tobacco advocacy campaign in 2015. On behalf of the Ministry of Health, I would like to acknowledge and thank Centers for Disease Control and Prevention, USA for the survey and the World Health Organization, both Country and Regional Office, in the review and production of this important survey and for their continuous support towards each and every one of our tobacco control endeavours.



Dr Sergio G. C. Lobo, SpB  
Minister of Health  
Democratic Republic of Timor-Leste

# Executive summary

The Global Youth Tobacco Survey (GYTS), a component of the Global Tobacco Surveillance System (GTSS), is a global standard for systematically monitoring youth tobacco use (smoking and smokeless) and tracking key tobacco control indicators.

GYTS is a nationally representative school-based survey of students in grades associated with age 13–15 years and is designed to produce cross-sectional estimates for each country. GYTS uses a standard core questionnaire, sample design, and data collection protocol. It assists countries in fulfilling their obligations under the World Health Organization (WHO) Framework Convention on Tobacco Control (FCTC) to generate comparable data within and across countries. WHO has developed MPOWER, a package of selected demand reduction measures contained in the WHO FCTC.



GYTS uses a global standardized methodology that includes a two-stage sample design with schools selected proportional to enrollment size. The classrooms within selected schools are chosen randomly and all students in selected classes are invited to participate in the survey. The survey uses a standard global core questionnaire with a set of optional questions that permits adaptation to meet the needs of the country on tobacco use and key tobacco control indicators. The questionnaire consists of the following topics: tobacco use (smoking and smokeless), cessation, secondhand smoke (SHS), pro- and anti-tobacco media and advertising, access and availability to obtain tobacco products, and knowledge and attitudes regarding tobacco. The questionnaire

is self-administered; using scannable, paper-based bubble sheets, and anonymous to ensure confidentiality.

In Timor-Leste, GYTS was conducted by the Ministry of Health in 2013. A total of 2052 eligible students in grades 8–11 completed the survey, of which 1908 were aged 13–15 years. The overall response rate of all students surveyed was 92.8%.

The findings of this survey indicates that about half (42.4%) overall, and nearly seven in ten (65.5%) of boys, and two in ten (23.9%) of girls currently used any tobacco products. Nearly seven in ten students were exposed to tobacco smoke at home (66.0%) and inside enclosed public places (69.9%). Nearly eight (82.7%) in ten of current cigarette smokers obtained cigarettes by buying them from a store, shop, street vendor, or kiosk; and among current cigarette smokers who bought cigarettes, 46.7% were not prevented from buying them despite their being minors. Nearly one third (31.7%) of current cigarette smokers bought cigarettes in a pack, while over two fifths (44.8%) bought them as individual sticks. Nearly four (79%) in five students noticed tobacco advertisements or promotions at points of sale, and the same proportion of students saw anyone using tobacco on television, videos, or movies (88.6%).

Based on these findings, officials from the ministries of health and education, directors of primary and secondary schools, district health focal points, and district focal points of NCD made the following recommendations:

- (1) to formulate national tobacco control legislation soonest banning smoking in public places and complete ban on tobacco advertisements;
- (2) to establish comprehensive NCD/tobacco control policy under health promotion activities and national-level anti-tobacco campaign in schools of Timor-Leste;
- (3) to sensitize teachers not to use tobacco in schools or in community places, as they are role models for students;
- (4) to train teachers on tobacco control and tobacco cessation;
- (5) to prepare IEC materials targeted to youth and disseminate throughout the country;
- (6) to increase taxation on tobacco import, so that tobacco products are not affordable to youth;
- (7) to ban tobacco sale to and by minors; and
- (8) to take crop substitution initiatives for local tobacco control.

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# Introduction

The island nation of Timor-Leste is located at coordinates between 8°50'S and 125°55'E, and the country covers a total area of 14 919 km<sup>2</sup> (National Statistics Directorate, 2006). The local climate is tropical and generally hot and humid, characterized by distinct rainy and dry seasons. Timor-Leste is divided into 13 administrative districts, 65 sub-districts, and 442 *Sucos* and 2225 *aldeias*. The 13 districts are Ainaro, Alieu, Baucau, Bobonaro, Covalima, Dili, Ermera, Lautem, Liquiçá, Manatuto, Manufahi, Oecussi, and Viqueque.

Thirty percent of the population lives in the urban areas, and the rest live in rural areas (NSD, 2010). Dili, the capital is the largest city and the main port. The second-largest city is the eastern town of Baucau. Dili has the only functioning international airport, though there is also an airstrip in Baucau that is used for domestic flights. Several languages are spoken in the country. Tetum is the most common language in Timor-Leste and is the first official national language. Portuguese, spoken by fewer people, is the other official language. English and Indonesian are working languages.

## Economy

Timor-Leste's economy is one of the poorest in the world (CIA, 2010). During colonization and even before then, Timor-Leste was best known for its sandalwood. In late 1999, about 70% of the economic infrastructure of Timor-Leste was destroyed by Indonesian troops and anti-independence militias. Some 300 000 people fled westward. Over the next three years, a massive international programme led by the United Nations and manned by civilian advisers, peacekeepers, and police officers led to substantial reconstruction in the country (CIA, 2010). Timor-Leste still suffers from the after-effects of the conflict. The country faces great challenges in continuing to rebuild infrastructure and strengthen the civil administration. One promising

long-term project has been the joint development with Australia of petroleum and natural gas resources in the southeastern waters off Timor. Following independence, Timor-Leste negotiated the Timor Sea Treaty with Australia. This treaty replaced a previous agreement, the Timor Gap Treaty, brokered between Australia and Indonesia in 1989. The Timor Sea Treaty established the Joint Petroleum Development Area (JPDA), which is administered jointly by both countries. Under the terms of the treaty, Timor-Leste receives 90% of the revenue from petroleum production in the JPDA, and Australia receives the remaining 10 percent.

Agriculture and fishery are the backbone of the Timorese economy, and coffee plantations have been of major significance. In 2007, a poor harvest led to deaths from starvation in several parts of the country, and 11 districts required food supplies through international aid. The 2007 Timor-Leste Survey of Living Standards reported that nearly 50% of the Timorese lived below the national poverty line, estimated at US\$ 0.88 per capita per day. Based on a recent survey-to-survey imputation calculation, the incidence of poverty in the country is predicted to have declined by 9 percentage points between 2007 and 2009 (MOF, 2010). Timor-Leste's Human Development Index for 2010 is 0.502—positioning the country at 120 out of 169 countries and areas (UNDP, 2010). This is an increase of 17% from 0.428 in 2005. During the same period, Timor-Leste's life expectancy at birth increased by over two years.

The Government of Timor-Leste has laid out the Fourth Constitutional Government Programme for 2007–2012 as the country's development strategy for the current five years. It defines the long-term development goals in terms of reducing poverty and promoting the equitable growth and life of the Timorese population. The Office of the Prime Minister is preparing the Strategic Development Plan to address the national priorities for the country over the period 2011–2030.

## Population

The first census following independence was conducted in 2004, and the second census was completed in August 2010. According to the 2004 Census, the population of Timor-Leste is 923 198 and the annual growth rate is 5.3% (NSD, 2006). The population increased by 24% over the last 15 years, growing from 747 547 in 1990 to 923 198 in 2004 (NSD, 2006). The population is currently estimated at 1 066 582 with an annual growth rate of 2.4% between the 2004 Census and the 2010 Census (NSD, 2010). According to the 2004 Census, life expectancy was estimated at 59 years, and increased to 62 years according to the 2010 Census.

## Population and reproductive health policies and programmes

Shortly after the country gained independence, the Ministry of Health initiated the first National Health Policy Framework (NHPF) for 2002–2012, which prioritizes the health needs of the Timorese people and emphasizes the importance of understanding the social determinants of health within the local cultural context. The NHFP seeks to “provide quality of health for the East Timorese by establishing and developing a cost-effective and needs-based health system which will specially address the health issues and problems of women, children, and other vulnerable groups, particularly the poor, in a participatory way” (MOH, 2002a).

The NHPF serves as the basis for the formulation of the National Health Promotion Strategy (NHPS) and the National Reproductive Health Strategy (NRHS), which is an outcome of the 1994 International Conference on Population and Development (ICPD) held in Cairo (MOH, 2004). The primary objectives of NRHS are:

- to substantially increase the level of knowledge in the general population on issues related to sexuality and reproductive health;
- to promote family planning in order to stabilize the population growth rate and reduce the incidence of unintended, unwanted, and mistimed pregnancies;
- to ensure that all women and men have access to basic reproductive health-care services, health promotion, and information on issues related to reproduction;
- to reduce the level of maternal mortality and morbidity;
- to reduce the level of prenatal and neonatal mortality and morbidity;
- to reduce the burden of STI/HIV; and
- to meet changing reproductive health needs over the life cycle and to improve the health status of people of reproductive age.

Family planning is one of the major components of the Timor-Leste planned development activities under the First Development Plan, 2002–2007. The Timor-Leste Family Planning and Maternal and Child Health project (FP/MCH) functions under the Ministry of Health. The Ministry of Health endorsed the National Family Planning

Policy for Timor-Leste in March 2004. The primary objective of this policy is to address population growth and provide guidance on the development and implementation of family planning programmes and activities in Timor-Leste (MOH, 2004b). The FP/MCH project began in 2002, and since then, it has gradually involved all 13 districts of Timor-Leste. Family planning services have become an integral part of government health services. Currently, temporary modern family planning methods (male condoms, contraceptive pills, and injectibles) are provided by peripheral health workers and volunteers on a regular basis through national, regional, zonal, and district hospitals; primary health care centres/health centres; and health posts and sub-health posts. Services such as implants and IUD insertions are available only at a limited number of hospitals, health centres, and selected health posts where trained personnel are available. Depending on the district, sterilization services are provided at some static sites in the 13 districts through scheduled “seasonal” or mobile outreach services. A number of local nongovernmental organizations (NGOs) and international nongovernmental organizations (INGOs) also are currently involved in the delivery of family planning services at the grass-roots level.

## Tobacco use among adults in Timor-Leste

Smoking has negative effects on health and is associated with increased risk of lung and heart diseases. Use of tobacco is much more common among Timorese men than women. Sixty-six percent of men smoke cigarettes, while 25% consume other forms of tobacco, compared with just 3% of women who smoke cigarettes and 3% who consume other forms of tobacco. Use of tobacco is the most common among older men, those living in rural areas, men with little or no education, and men in the lower wealth quintiles, with much of this difference due to the use of other tobacco. Use of tobacco varies little by background characteristics among women; however, it must be noted that 4% each of pregnant women and women currently breastfeeding use tobacco.

Among male cigarette smokers, two fifths smoked 10 or more cigarettes, one-fourth smoked 3–5 cigarettes, one fifth smoked 6–9 cigarettes, and one eighth smoked 1–2 cigarettes in the 24 hours prior to the survey. Among women who smoked, half smoked just 1–2 cigarettes, one-fourth smoked 3–5 cigarettes, and one in ten smoked either 6–9 or 10 or more cigarettes in the past 24 hours.



Low-birth-weight babies are twice as likely to be born to mothers less than age 20 at birth, and they are more likely to be first-order births, births born to mothers who smoked cigarettes/tobacco. Anaemia during pregnancy in smoking women is more common as compared to nonsmoker women in the country.

Tobacco cultivation is done in Bobonaro, Covalima and Baucau districts of Timor-Leste.

# 2

## Methods

Timor-Leste used standard GYTS protocol. Research coordinators from the ministries of health and education were trained during a workshop held in the WHO Regional Office, New Delhi. The school list was sent to CDC for sampling. Twenty five selected schools participated in survey. A questionnaire was prepared, translated in Tetum and retranslated into English and pre-tested among students for understandability. Field implementation was done in accordance to GYTS protocol.

In Timor-Leste, GYTS was conducted in 2013 by the Ministry of Health. A total of 2052 eligible students in grades 8–11 completed the survey, of which 1908 were aged 13–15 years. The overall response rate of all students surveyed was 92.8%.

**Table 1:** Sample sizes and response rates (unweighted) – GYTS Timor-Leste, 2006, 2009 and 2013

	2006	2009	2013
<b>School level</b>			
Number of sampled schools	25	25	25
Number of participating schools	24	24	25
School response rate (%)	96	96	100
<b>Student level</b>			
Number of sampled students	2218	2058	2212
Number of participating students	1790	1657	2052
Student response rate (%)	84.5	80.5	92.8
<b>Overall response rate (%)<sup>1</sup></b>	<b>81.1</b>	<b>77.3</b>	<b>92.8</b>

<sup>1</sup>Overall response rate = school response rate x class response rate x student response rate

# 3

## Findings from Timor-Leste GYTS 2013

### Tobacco use

#### Ever use

Figure 1 describes prevalence of ever tobacco use:

61.9% overall, 83.5% of boys, and 38.1% of girls ever used any tobacco. 16.7% overall, 17.2% of boys, and 16.0% of girls ever used smokeless tobacco. 54.7% overall, 80.4% of boys, and 28.1% of girls ever smoked any tobacco.

46.4% overall, 72.9 of boys, and 21.4 of girls ever smoked cigarette. 21.0% overall, 30.0% of boys, and 12.5% of girls ever smoked tobacco other than cigarettes.

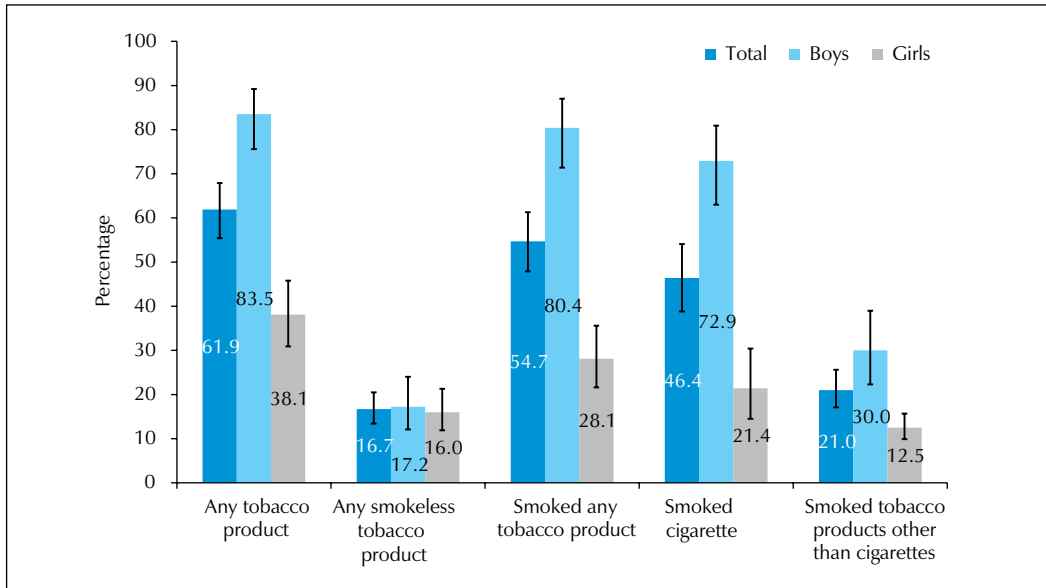
28.9% overall, 26.0% of boys, and 40.2% of girls ever smoke first tried smoked at less than ten years of age (Figure 14)

#### Current use

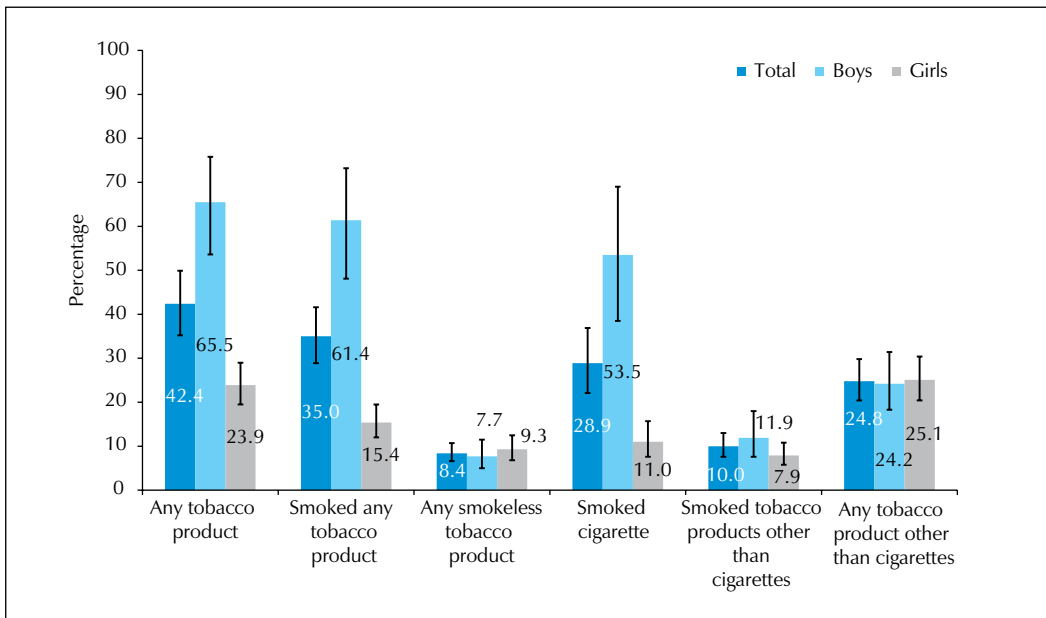
Figure 2 represents prevalence of current tobacco use by gender:

42.4% overall, 65.5% of boys, and 23.9% of girls currently used any tobacco products. 35.0% overall, 61.4% of boys, and 15.4% of girls currently smoked tobacco. 8.4% overall, 7.7% of boys, and 9.3% of girls currently used smokeless tobacco. 28.9% overall, 53.5 % of boys, and 11.0% of girls currently smoked cigarettes. 10.0% overall, 11.9% of boys, and 7.9% of girls current smoked other tobacco. 24.8% overall, 24.2% of boys, and 25.1% of girls used tobacco products other than cigarettes.

**Figure 1: Ever tobacco use**



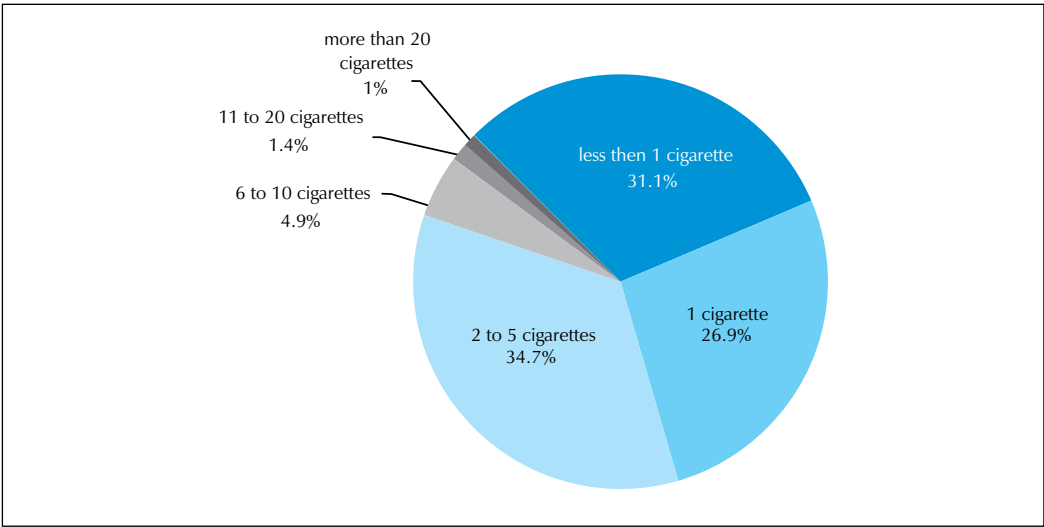
**Figure 2: Current tobacco use**



4.7% overall, 8.9% of boys, and 1.5% of girls smoked cigarette on more than 20 days in the past 30 days (Figure 13).

Nearly one third (31.1%) of current cigarette smokers smoked less than one cigarette per day and nearly one quarter of current cigarette smokers smoked one cigarette per day (Figure 3).

**Figure 3:** Percentage of current cigarette smokers who smoke per day, on the day that they smoke



## Susceptibility

27.0% overall, 25.6% of boys, and 27.5% of girls never tobacco users susceptible to tobacco use in the future. 6.2% overall 8.0% of boys, and 5.8% of girls never smokers who thought they might enjoy smoking a cigarette. (Annex 3, Table 2)

# Cessation

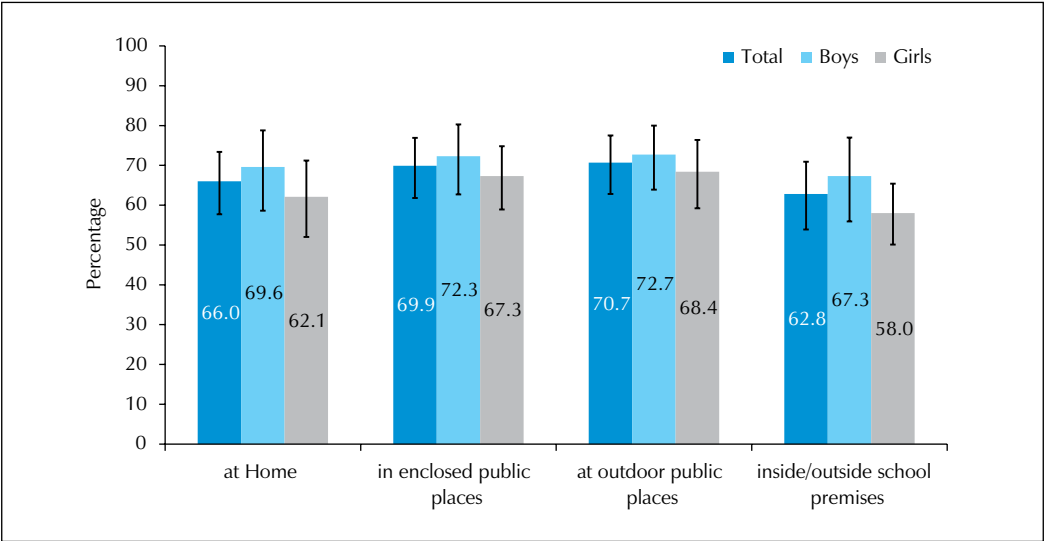
Three in five (61.1%) current smokers tried to stop smoking in the past 12 months. Seven in 10 (67.8%) current smokers want to stop smoking.

Only one third (31.5%) of smoker students received help or advice from family members/health programmes to stop smoking. (Annex 3, Table 3)

# Secondhand smoke

66.0% of students (boys 69.6%, girls 62.1%) were exposed to tobacco smoke at home. 69.9% of students (boys 72.3%; girls 67.3%) were exposed to tobacco smoke inside enclosed public places. Overall 70.7% (boys 72.7%; girls 68.4%) were exposed to tobacco at outdoor public places. Overall 62.8% (boys 67.3%; girls 58.0%) were exposed to tobacco smoke inside/outside school premises (Figure 4).

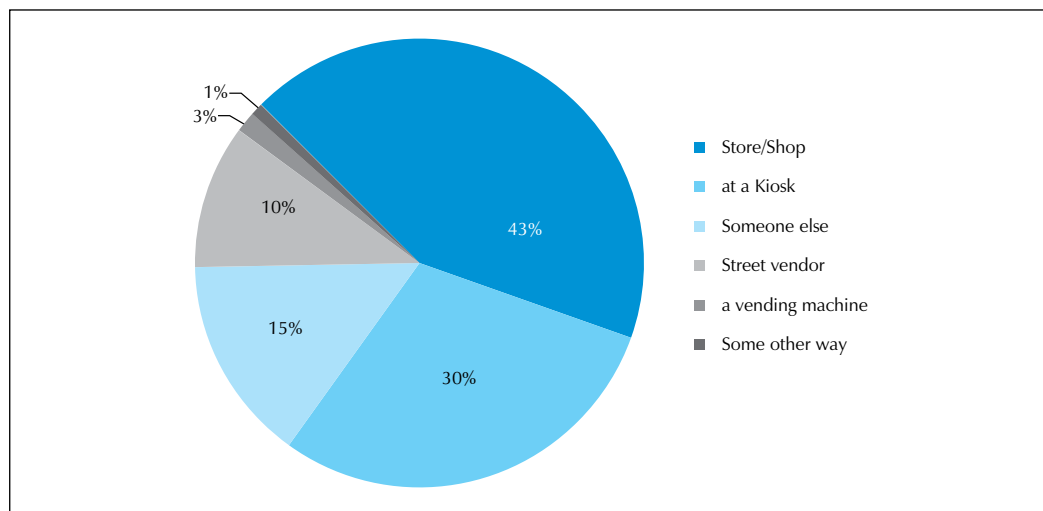
Figure 4: Exposure to secondhand smoke



## Access and availability

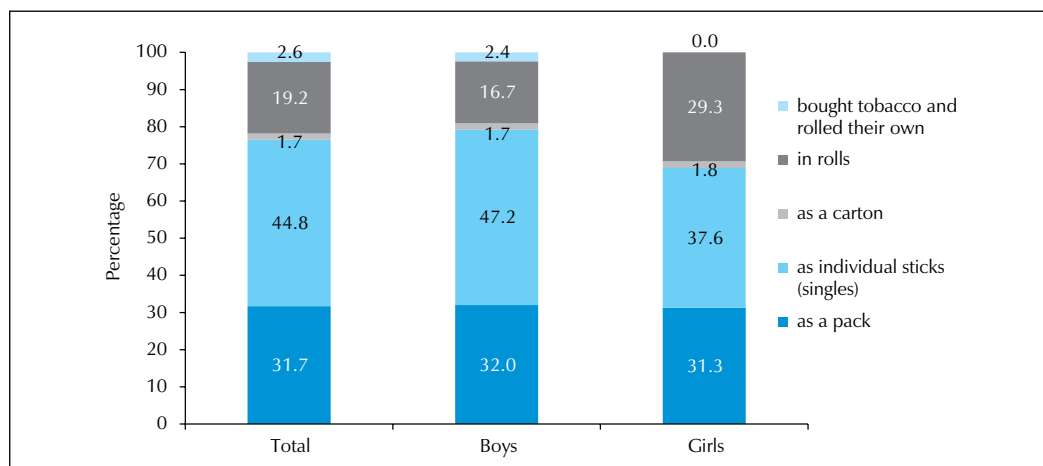
43% of current cigarette smokers obtained cigarettes by buying them from a store or shop. (Figure 5).

**Figure 5:** Percentage of current cigarette smokers who obtained the cigarettes they last smoked by purchasing/obtaining



Nearly one third (31.7%) of current cigarette smokers bought cigarette in a pack while over two fifth (44.8%) of them bought as individual sticks (Figure 6).

**Figure 6:** Percentage of current cigarette smokers who last bought cigarettes

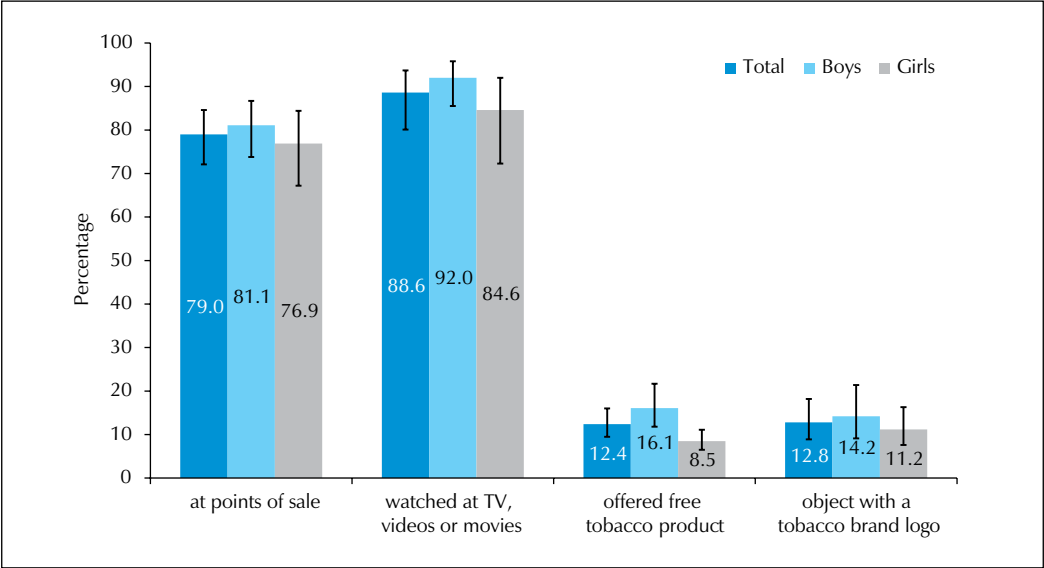


Among current cigarette smokers who bought cigarettes, 46.7% were not prevented from buying them because of their age. (Annex 3, Table 9)

## Tobacco industry advertising

79.0% overall, 81.1% of boys, and 76.9% of girls noticed tobacco advertisements or promotions at points of sale. 88.6% overall, 92.0% of boys, and 84.6% of girls saw anyone using tobacco on television, videos, or movies. 12.4% overall, 16.1% of boys, and 8.5% of girls were ever offered a free tobacco product from a tobacco company representative. 12.8% overall, 14.2% of boys, and 11.2% of girls own something with a tobacco brand logo on it (Figure 7).

**Figure 7:** Tobacco industry advertising

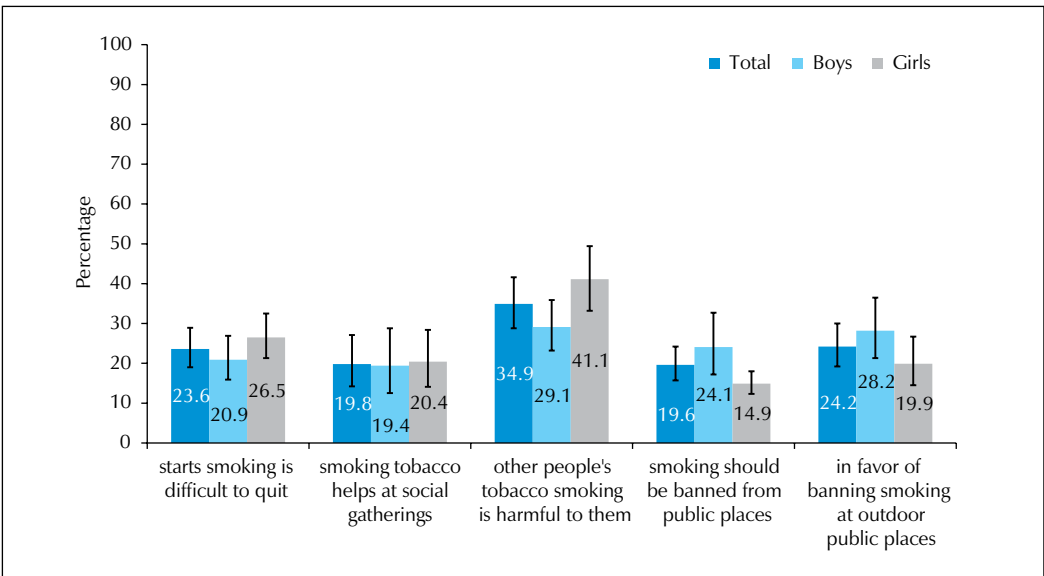




# Knowledge and attitudes

23.6% overall, 20.9% of boys, and 26.5% of girls definitely thought it is difficult to quit once someone starts smoking tobacco. 19.8% overall, 19.4% of boys, and 20.4% of girls thought smoking tobacco helps people feel more comfortable at celebrations, parties, and social gatherings. 34.9% overall, 29.1% of boys, and 41.1% of girls definitely thought other people’s tobacco smoking is harmful to them. 19.6% overall, 24.1% of boys, and 14.9% of girls favored banning smoking inside enclosed public places. 24.2% overall, 28.2% of boys, and 19.9% of girls favor banning smoking at outdoor public places (Figure 8).

Figure 8: Knowledge and attitudes



Anti-tobacco education in school

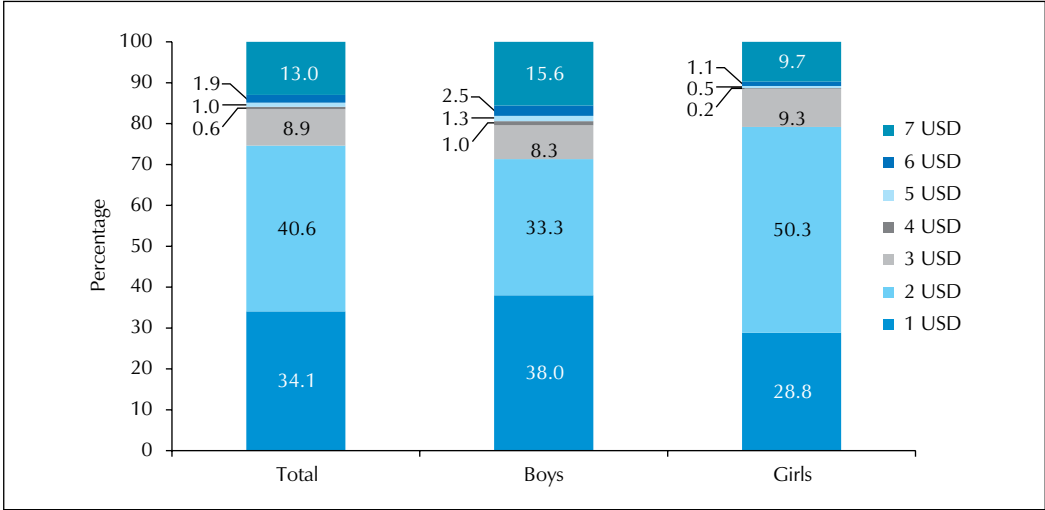
Nearly four (35.8%) in 10 students (35.8% boys and 35.6% girls) were taught in school about the dangers of tobacco use in the past 12 months. (Annex 3, Table 12)

Economics

Overall, 40.6% students (33.3% of boys and 50.3% of girls) thought their cigarettes in estimated cost of a pack of 20 cigarettes in two dollars.

Nearly one third students (overall 34.1%, boys 38.0% and 28.8% of girls) thought their cigarettes in estimated one dollar cost for 20 cigarettes in Timor-Leste (Figure 9).

Figure 9: Percentage of youth thinking cigarettes by estimated cost in USD



# 4

## Change over time – 2006, 2009 and 2013

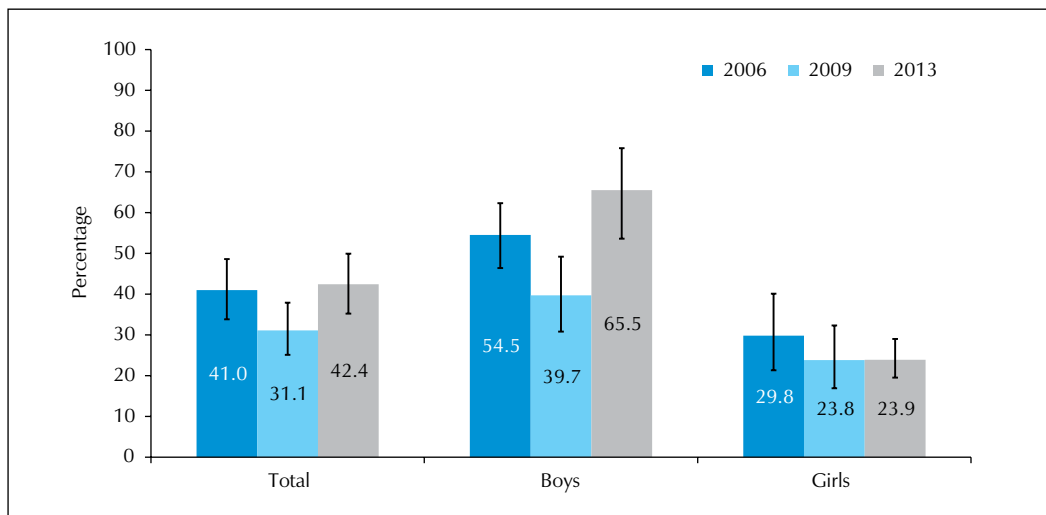
### Current use

Prevalence of current tobacco did not change significantly between 2006, 2009 and 2013 overall students however increased significantly among boys from 39.7% in 2009 to 65.5% in 2013. However, among girls there is a no significant change (Figure 10).

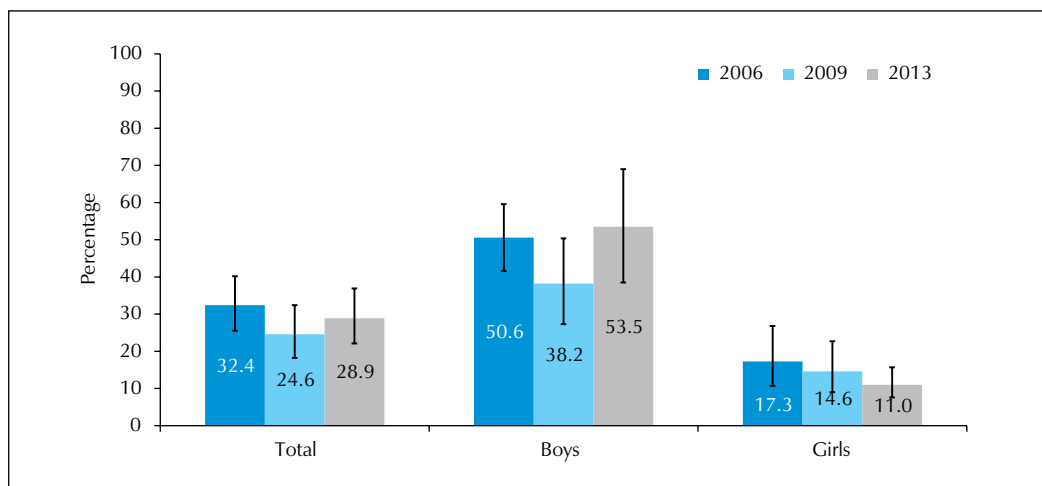
Prevalence of current cigarette smoking did not change significantly between 2006, 2009 and 2013 among students overall as well as among boys and girls. (Figure 11).

Prevalence of current use of tobacco products other than cigarette did not change significantly between 2006, 2009 and 2013 among overall students as well as among boys and girls (Figure 12).

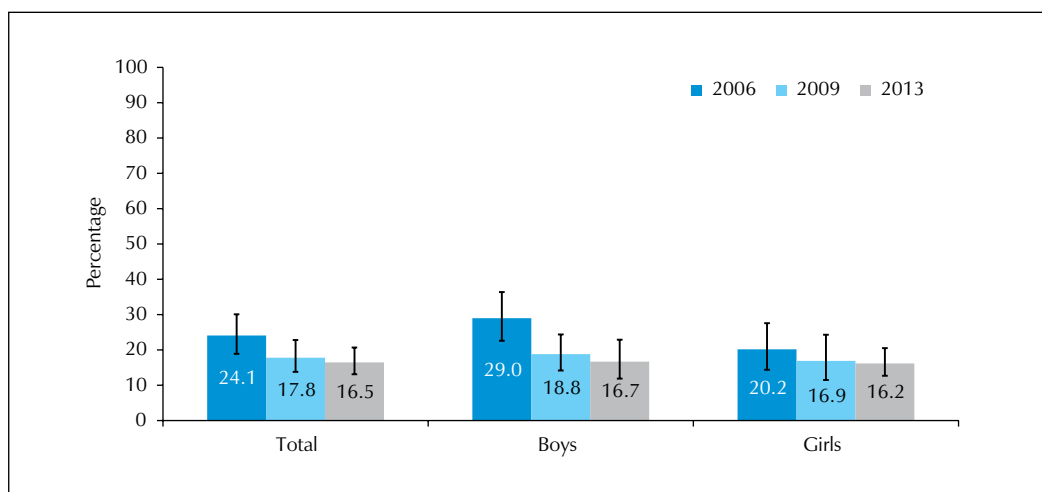
**Figure 10:** *Percent who have used any form of tobacco in the past 30 days*



**Figure 11:** *Percent smoked cigarettes on one or more days of the past 30 days*



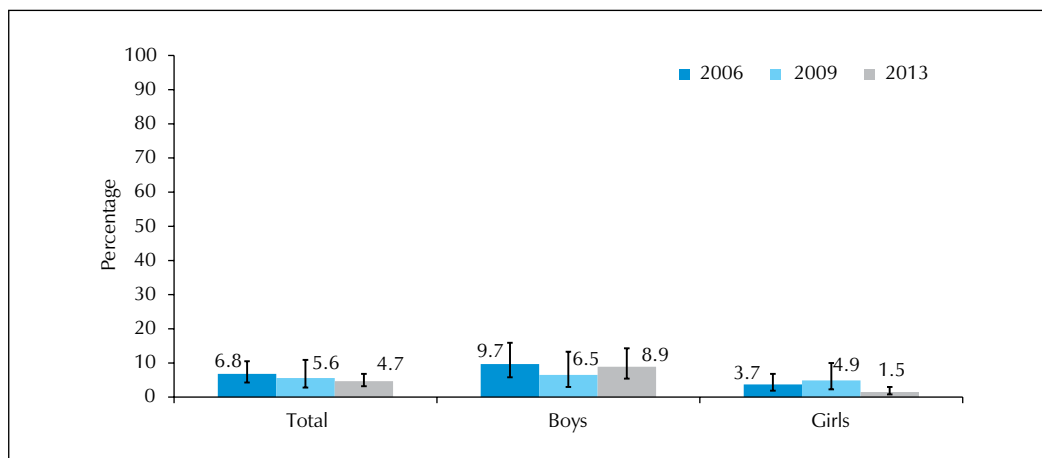
**Figure 12:** *Percent who have used any form of tobacco other than cigarettes in the past 30 days*



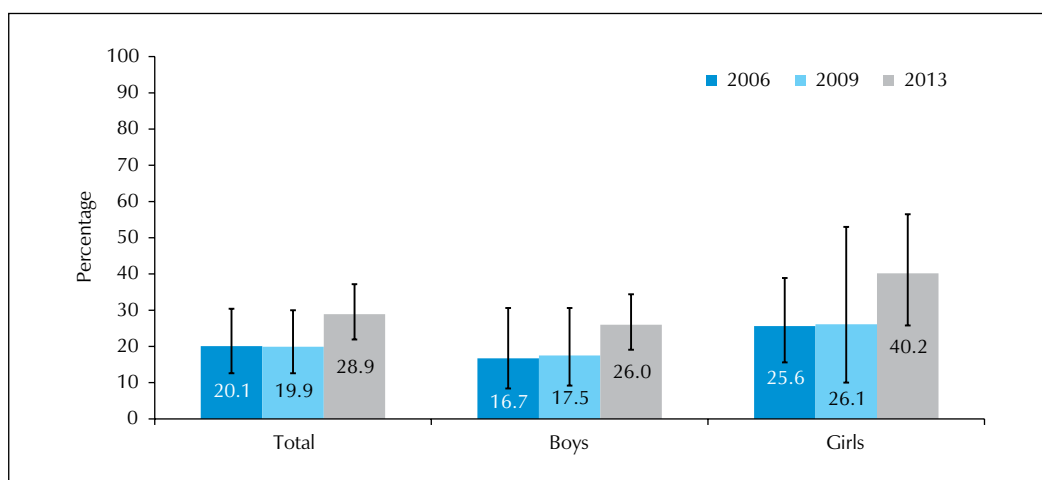
Prevalence of current frequent cigarette smokers did not change significantly between 2006, 2009 and 2013 among students (6.8% in 2006, 5.6% in 2009, and 4.7% in 2013) and among boys (9.7% in 2006, 6.5% in 2009, and 8.9% in 2013) (Figure 13).

Percent of ever smokers who first tried smoking at less than 10 years of age is showing upward trend (20.1% in 2006, 19.9% in 2009 and 28.9% in 2013) (Figure 14).

**Figure 13:** *Percent smoked cigarettes on 20+ days of the past 30 days*



**Figure 14:** *Percent of ever smokers who first tried smoking at less than 10 years of age*



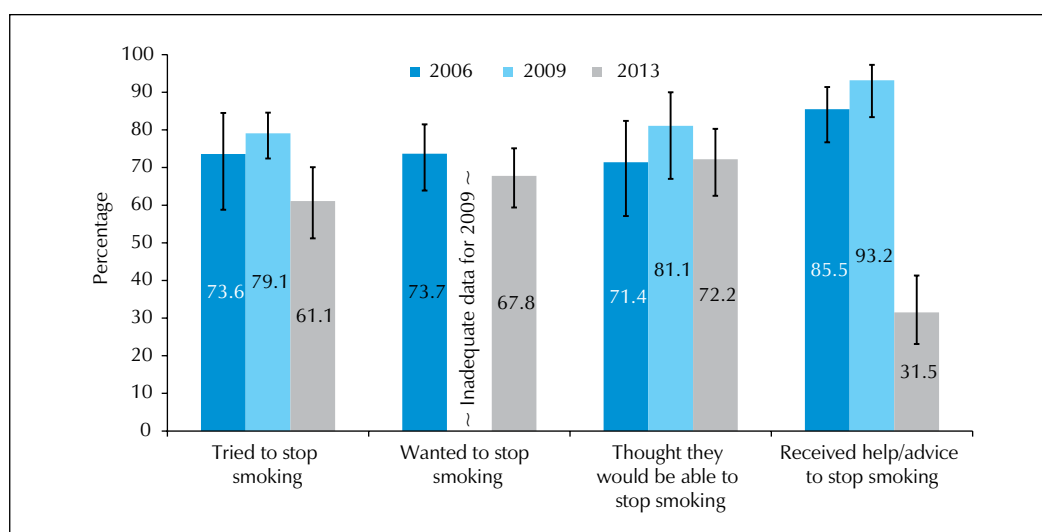
## Cessation

Percentage of smokers who tried to quit smoking has decreased from 79.1% in 2009 to 61.1% in 2013.

Percentage of smokers who wanted to quit remained at high level at 73.7% in 2006 and 67.8% in 2013.

Social support for helping funding to stop smoking has significantly decreased from 85.5% in 2006, 93.2% in 2009 to 31.5% in 2013 (Figure 15).

**Figure 15: Cessation – stop smoking**

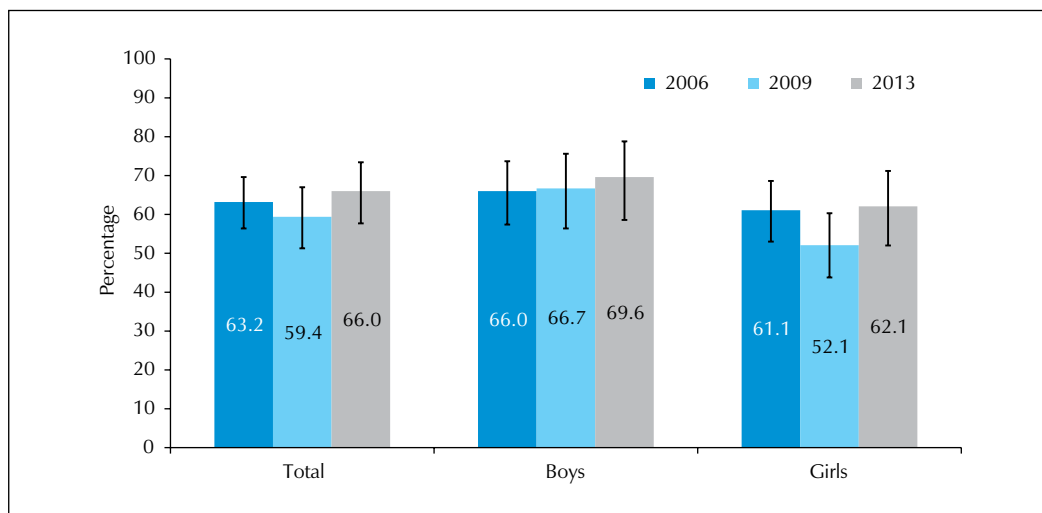


## Exposure to second hand smoke

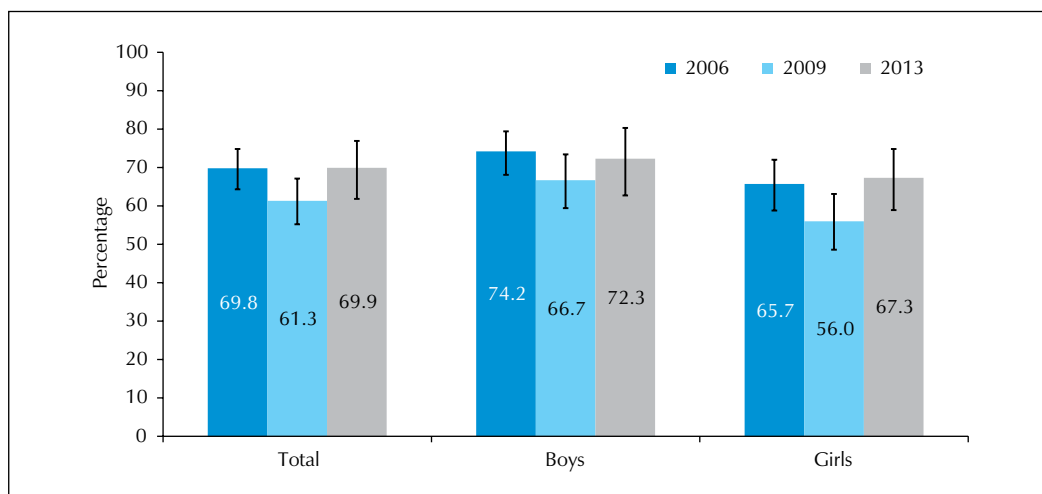
Exposure to SHS in homes remained high in all three years (63.2% in 2006, 59.4% in 2009 and 66% in 2013) without any significant change (Figure 16).

Exposure to SHS in public places remained high in 2006 (69.8%), 2009 (61.3%) and 2013 (69.9%) and equally among boys and girls since all these years (Figure 17).

**Figure 16:** Exposed to tobacco smoke from others at home



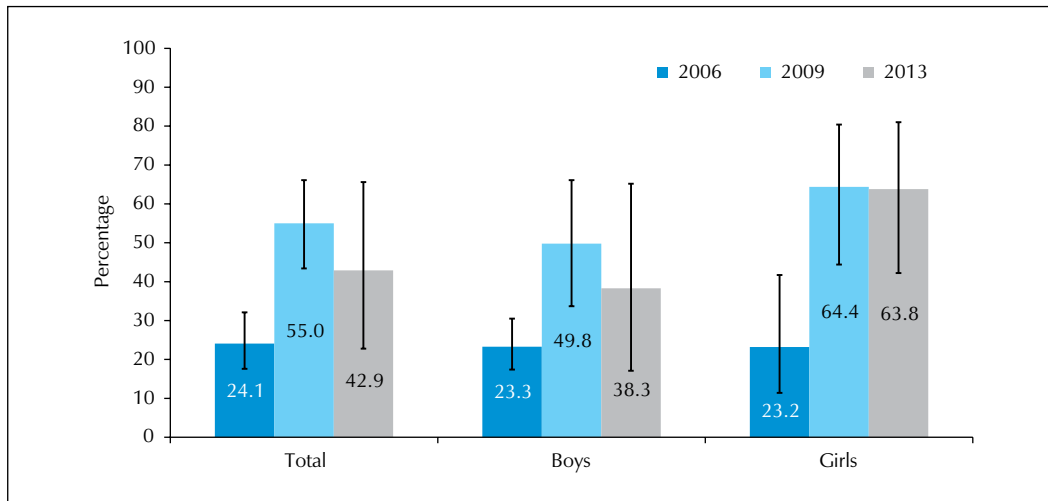
**Figure 17:** Exposed to tobacco smoke in public place



## Access and availability

Buying cigarette has increased especially among girls from 23.2% in 2006 to 64.4% in 2009 and 63.8% in 2013 (See Figure 18).

**Figure 18:** *Percent of current smokers who buy cigarettes in a store/shop*



## Pro-tobacco advertisements

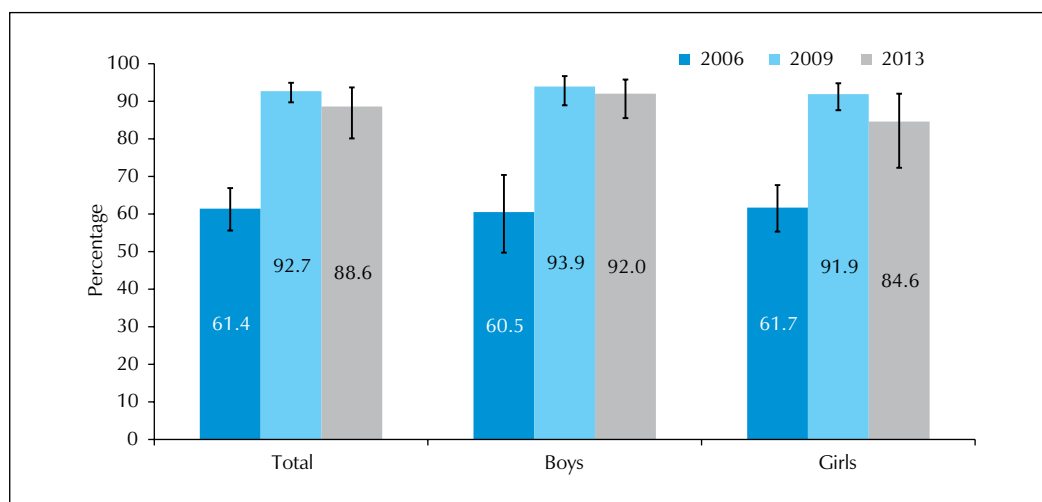
Students exposure to watching actors smoking in TV, videos or movies has significantly increased from 61.4% in 2006 to 92.7% in 2009 and 88.6% in 2013 (Figure 19).

Percentage of students having objects in the brand logo of cigarette has significantly decreased from 34.3% in 2006 to 12.8% in 2013 (Figure 20).

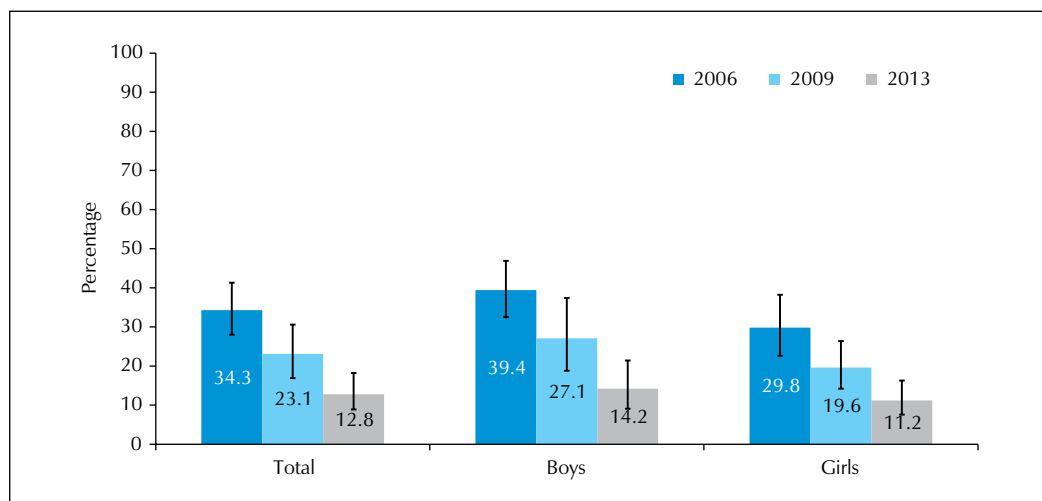
Percent of students who has been offered free samples of cigarettes has decreased from 21.9% in 2006 and 23.0% in 2009 to 12.4% in 2013 (Figure 21).



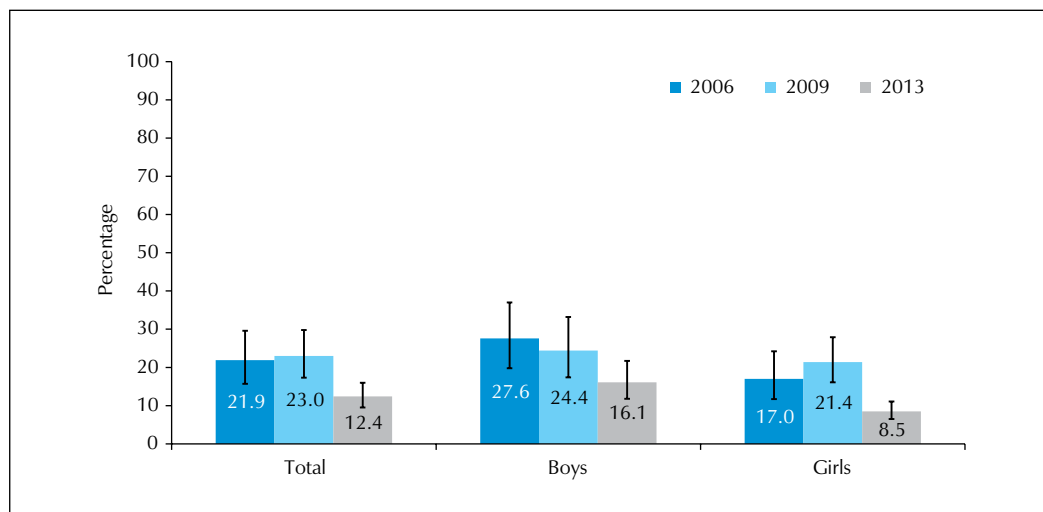
**Figure 19:** *Percent of people who watch TV, videos or movies, percent who have seen any actors smoking*



**Figure 20:** *Percent who have an object with a cigarette brand logo*



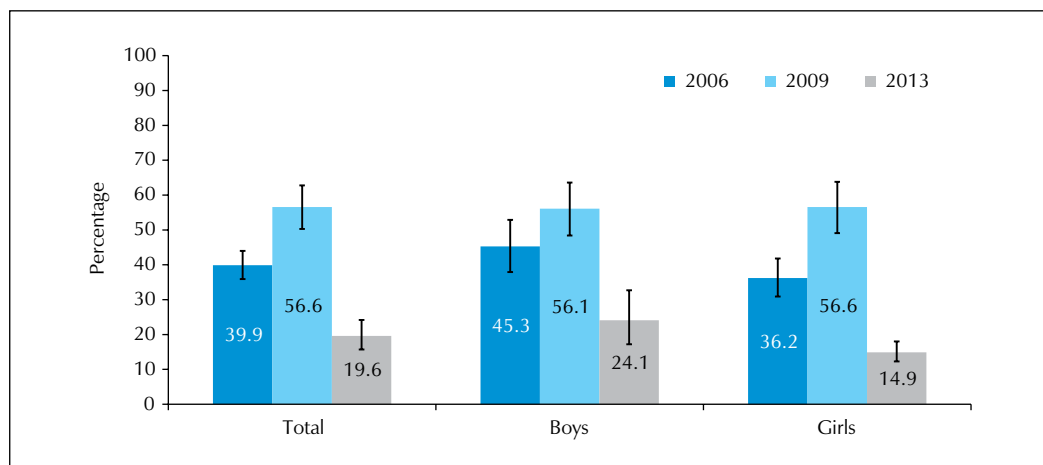
**Figure 21:** Percent were offered free cigarettes by a tobacco company representative



## Knowledge and attitudes

Percent who thought smoking should be banned in public places has significantly decreased from 39.9% in 2006 and 56.6% in 2009 to 19.6% in 2013 (Figure 22).

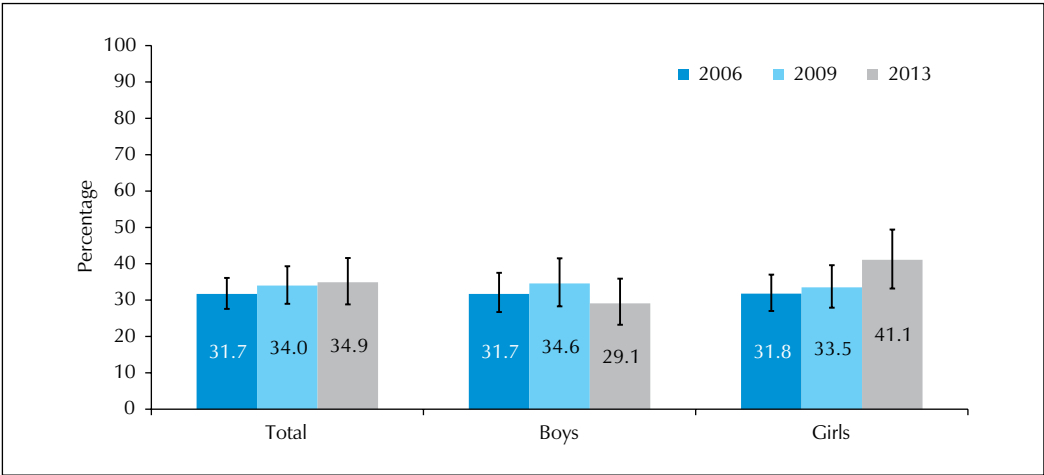
**Figure 22:** Percent who think smoking should be banned from public places



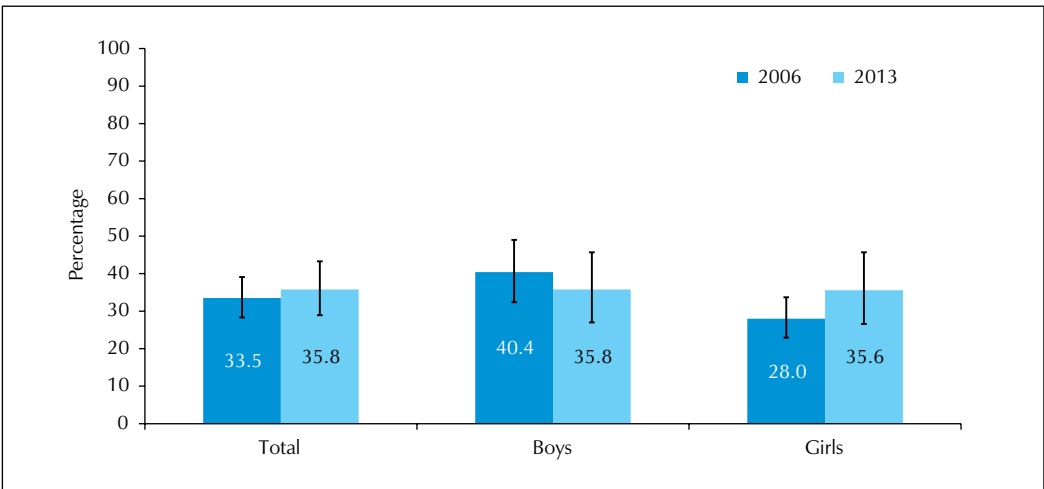
Percent of students thinking that SHS is harmful to them has not improved (31.7% in 2006, 34.0% in 2009 and 34.9% in 2013), in overall as well as among boys and girls between 2006 and 2013. (Figure 23).

Percent who have been taught in class during the past year about the dangers of smoking has not improved (33.5% in 2006 and 35.8% in 2013) (Figure 24).

**Figure 23:** Percent who think SHS is harmful



**Figure 24:** Percent who have been taught dangers of smoking



# 5

## Recommendations

Based on these findings, officials from the ministries of health and education, directors of primary and secondary schools, district health focal points, district focal points of NCD, following recommendations were made:

- (1) to formulate national tobacco control legislation at the soonest having smoking ban in public places and complete ban on advertisements;
- (2) to establish comprehensive NCD/tobacco control policy under health promotion activities and national level anti-tobacco campaign in schools of Timor-Leste;
- (3) to sensitize teachers for not using tobacco in schools or in community places as they are role models for students;
- (4) to train teachers on tobacco control and tobacco cessation;
- (5) to prepare IEC materials targeted to youth and disseminate throughout the country;
- (6) to increase taxation on tobacco import so that tobacco products are not affordable to youth;
- (7) to ban tobacco sale to and by minors; and
- (8) to take initiative for crop substitution for local tobacco control.

# 6

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## Bibliography

- (1) National Statistics Directorate (NSD) [Timor-Leste], Ministry of Finance [Timor-Leste], and ICF Macro. 2010. *Timor-Leste Demographic and Health Survey 2009-10*. Dili, Timor-Leste: NSD [Timor-Leste] and ICF Macro.
- (2) Timor-Leste GYTS Factsheet 2006
- (3) Timor-Leste GYTS Factsheet 2009
- (4) Central Intelligence Agency, World Fact book, 2010.



# Annexes

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## Annex 1

### Questionnaire

Q1. How old are you?

- 1 11 years old or younger
- 2 12 years old
- 3 13 years old
- 4 14 years old
- 5 15 years old
- 6 16 years old
- 7 17 years old or older

Q2. What is your sex?

- 1 Male
- 2 Female

Q3. In what grade/form are you?

- 1 Rich
- 2 Moderate
- 3 Poor

- Q4. During an average week, how much money do you have that you can spend on yourself, however you want?
- 1 I usually don't have any spending money
  - 2 Less than US\$ 10
  - 3 US\$ 11–15
  - 4 US\$ 16–20
  - 5 US\$ 21–25
  - 6 US\$ 26–30
  - 7 More than US\$ 30
- Q5. Have you ever tried or experimented with cigarette smoking, even one or two puffs?
- 1 Yes
  - 2 No
- Q6. How old were you when you first tried a cigarette?
- 1 I have never tried smoking a cigarette
  - 2 7 years old or younger
  - 3 8 or 9 years old
  - 4 10 or 11 years old
  - 5 12 or 13 years old
  - 6 14 or 15 years old
  - 7 16 years old or older

- Q7. During the past 30 days, on how many days did you smoke cigarettes?
- 1 0 days
  - 2 1 or 2 days
  - 3 3 to 5 days
  - 4 6 to 9 days
  - 5 10 to 19 days
  - 6 20 to 29 days
  - 7 All 30 days
- Q8. Please think about the days you smoked cigarettes during the past 30 days. How many cigarettes did you usually smoke per day?
- 1 I did not smoke cigarettes during the past 30 days
  - 2 Less than 1 cigarette per day
  - 3 1 cigarette per day
  - 4 2 to 5 cigarettes per day
  - 5 6 to 10 cigarettes per day
  - 6 11 to 20 cigarettes per day
  - 7 More than 20 cigarettes per day
- Q9. Have you ever tried or experimented with any form of smoked tobacco products other than cigarettes (such as leather cop corn , fit in tobacco in the mouth between gums and lips, water pipes and cigars)?
- 1 Yes
  - 2 No
- Q10. During the past 30 days, did you use any form of smoked tobacco products other than cigarettes (such as water pipes, leather cop corn and cigars)?
- 1 Yes
  - 2 No

Q11. Do you ever smoke tobacco or feel like smoking tobacco first thing in the morning?

- 1 I don't smoke tobacco
- 2 No, I don't smoke tobacco or feel like smoking tobacco first thing in the morning
- 3 Yes, I sometimes smoke tobacco or feel like smoking tobacco first thing in the morning
- 4 Yes, I always smoke tobacco or feel like smoking tobacco first thing in the morning

Q12. How soon after you smoke tobacco do you start to feel a strong desire to smoke again that is hard to ignore?

- 1 I don't smoke tobacco
- 2 I never feel a strong desire to smoke again after smoking tobacco
- 3 Within 60 minutes
- 4 1 to 2 hours
- 5 More than 2 hours to 4 hours
- 6 More than 4 hours but less than one full day
- 7 1 to 3 days
- 8 4 days or more

Q13. Have you ever tried or experimented with any form of smokeless tobacco products (such as fit in tobacco in the mouth between gums and lips and chewing tobacco)?

- 1 Yes
- 2 No

Q14. During the past 30 days, did you use any form of smokeless tobacco products (such as fit in tobacco in the mouth between gums and lips and chewing tobacco)?

- 1 Yes
- 2 No

Q15. Do you want to stop smoking now?

- 1 I have never smoked
- 2 I don't smoke now
- 3 Yes
- 4 No

Q16. During the past 12 months, did you ever try to stop smoking?

- 1 I have never smoked
- 2 I did not smoke during the past 12 months
- 3 Yes
- 4 No

Q17. Do you think you would be able to stop smoking if you wanted to?

- 1 I have never smoked
- 2 I don't smoke now
- 3 Yes
- 4 No

Q18. Have you ever received help or advice to help you stop smoking? (select only one response)

- 1 I have never smoked
- 2 Yes, from a program or professional
- 3 Yes, from a friend
- 4 Yes, from a family member
- 5 Yes, from both programmes or professionals and from friends or family members
- 6 No

Q19. During the past seven days, on how many days has anyone smoked inside your home, in your presence?

- 1 0 days
- 2 1 to 2 days
- 3 3 to 4 days
- 4 5 to 6 days
- 5 7 days

Q20. During the past seven days, on how many days has anyone smoked in your presence, inside any enclosed public place, other than your home (such as stations, market, airport, school, shops, restaurants, shopping malls, movie theatres)?

- 1 0 days
- 2 1 to 2 days
- 3 3 to 4 days
- 4 5 to 6 days
- 5 7 days

Q21. During the past seven days, on how many days has anyone smoked in your presence, at any outdoor public place (such as playgrounds, sidewalks, entrances to buildings, parks, beaches)?

- 1 0 days
- 2 1 to 2 days
- 3 3 to 4 days
- 4 5 to 6 days
- 5 7 days

Q22. During the past 30 days, did you see anyone smoke inside the school building or outside on school property?

- 1 Yes
- 2 No

- Q23. Do you think the smoke from other people's tobacco smoking is harmful to you?
- 1 Definitely not
  - 2 Probably not
  - 3 Probably yes
  - 4 Definitely yes
- Q24. Are you in favour of banning smoking inside enclosed public places (such as stations, market, airport, schools, shops, restaurants, shopping malls, movie theatres)?
- 1 Yes
  - 2 No
- Q25. Are you in favour of banning smoking at outdoor public places (such as playgrounds, sidewalks, entrances to buildings, parks, beaches)?
- 1 Yes
  - 2 No
- Q26. The last time you smoked cigarettes during the past 30 days, how did you get them? (select only one response)
- 1 I did not smoke any cigarettes during the past 30 days
  - 2 I bought them in a store or shop
  - 3 I bought them from a street vendor
  - 4 I bought them at a kiosk
  - 5 I bought them from a vending machine
  - 6 I got them from someone else
  - 7 I got them some other way
- Q27. During the past 30 days, did anyone refuse to sell you cigarettes because of your age?
- 1 I did not try to buy cigarettes during the past 30 days
  - 2 Yes, someone refused to sell me cigarettes because of my age
  - 3 No, my age did not keep me from buying cigarettes

Q28. The last time you bought cigarettes during the past 30 days, how did you buy them?

- 1 I did not buy cigarettes during the past 30 days
- 2 I bought them in a pack
- 3 I bought individual sticks (singles)
- 4 I bought them in a carton
- 5 I bought them in rolls
- 6 I bought tobacco and rolled my own

Q29. On average, how much do you think a pack of 20 cigarettes costs?

- 1 US\$ 1
- 2 US\$ 2
- 3 US\$ 3
- 4 US\$ 4
- 5 US\$ 5
- 6 US\$ 6
- 7 More than US\$ 7
- 8 I don't know

Q30. 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?

- 1 Yes
- 2 No

Q31. 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?

- 1 I did not go to sports events, fairs, concerts, or community events, or social gatherings in the past 30 days
- 2 Yes
- 3 No



- Q32. During the past 30 days, did you see any health warnings on cigarette packages?
- 1 Yes, but I didn't think much of them
  - 2 Yes, and they led me to think about quitting smoking or not starting smoking
  - 3 No
- Q33. During the past 12 months, were you taught in any of your classes about the dangers of tobacco use?
- 1 Yes
  - 2 No
  - 3 I don't know
- Q34. During the past 30 days, did you see any people using tobacco when you watched TV, videos, or movies?
- 1 I did not watch TV, videos, or movies in the past 30 days
  - 2 Yes
  - 3 No
- Q35. During the past 30 days, did you see any advertisements or promotions for tobacco products at points of sale (such as market, shops, kiosks, stations, roadside)?
- 1 I did not visit any points of sale in the past 30 days
  - 2 Yes
  - 3 No
- Q36. 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?
- 1 Yes
  - 2 Maybe
  - 3 No

- Q37. Do you have something (for example, t-shirt, pen, backpack) with a tobacco product brand logo on it?
- 1 Yes
  - 2 No
- Q38. Has a person working for a tobacco company ever offered you a free tobacco product?
- 1 Yes
  - 2 No
- Q39. If one of your best friends offered you a tobacco product, would you use it?
- 1 Definitely not
  - 2 Probably not
  - 3 Probably yes
  - 4 Definitely yes
- Q40. At any time during the next 12 months, do you think you will use any form of tobacco?
- 1 Definitely not
  - 2 Probably not
  - 3 Probably yes
  - 4 Definitely yes
- Q41. Once someone has started smoking tobacco, do you think it would be difficult for them to quit?
- 1 Definitely not
  - 2 Probably not
  - 3 Probably yes
  - 4 Definitely yes

- Q42. Do you think smoking tobacco helps people feel more comfortable or less comfortable at celebrations, parties, or in other social gatherings?
- 1 More comfortable
  - 2 Less comfortable
  - 3 No difference whether smoking or not
- Q43. Do you agree or disagree with the following: "I think I might enjoy smoking a cigarette."
- 1 I currently smoke cigarettes
  - 2 Strongly agree
  - 3 Agree
  - 4 Disagree
  - 5 Strongly disagree
- Q44. Do your parents work?
- 1 Father (stepfather or mother's partner) only
  - 2 Mother (stepmother or father's partner) only
  - 3 Both
  - 4 Neither
  - 5 Don't know
- Q45. During the past 30 days, how often did you smoke manufactured cigarettes and how many times?
- 1 I did not smoke manufactured cigarettes during the past 30 days
  - 2 Less than once a week
  - 3 At least once a week but not every day
  - 4 Every day

Q46. Where do you usually smoke? (select only one response)

- 1 I do not smoke
- 2 At home
- 3 At school
- 4 At work
- 5 At friends' houses
- 6 At social events
- 7 In public places (e.g. parks, shopping centres, street corners)
- 8 Other

Q47. How easy or difficult would you find it to go without smoking for as long as a week?

- 1 I do not smoke now
- 2 Very difficult
- 3 Fairly difficult
- 4 Fairly easy
- 5 Very easy

Q48. How easy or difficult would you find it to give up smoking altogether if you wanted to?

- 1 I do not smoke now
- 2 Very difficult
- 3 Fairly difficult
- 4 Fairly easy
- 5 Very easy

Q49. How long ago did you stop smoking?

- 1 I have never smoked
- 2 I have not stopped smoking
- 3 1–3 months
- 4 4–11 months
- 5 One year
- 6 2 years
- 7 3 years or longer

Q50. What was the main reason you decided to stop smoking? (select one response only)

- 1 I have never smoked
- 2 I have not stopped smoking
- 3 To improve my health
- 4 To save money
- 5 Because my family does not like it
- 6 Because my friends do not like it
- 7 Other

Q51. When you stopped smoking, how did you feel about it?

- 1 I have never smoked
- 2 I have not stopped smoking
- 3 It was very difficult
- 4 It was rather difficult
- 5 It was rather easy
- 6 It was very easy

Q52. How often do you see other people smoking in your home?

- 1 Don't have/Don't see this person
- 2 About every day
- 3 Sometimes
- 4 Never

Q53. During the past seven days, on how many days has anyone smoked in your presence, inside any public transportation vehicles, such as trains, buses, or taxicabs?

- 1 I did not use public transportation during the past seven days
- 2 I used public transportation but no one smoked in my presence
- 3 1 to 2 days
- 4 3 to 4 days
- 5 5 to 6 days
- 6 7 days

Q54. Can you purchase tobacco/cigarettes near your school?

- 1 Yes
- 2 No
- 3 I don't know

Q55. During the past 30 days, how many anti-smoking media messages have you seen on television?

- 1 A lot
- 2 A few
- 3 None

Q56. During the past 30 days, did you see any tobacco product brand names when you watched sports events or any other programmes on TV?

- 1 I did not watch TV in the past 30 days
- 2 Yes
- 3 No

Q57. Do your parents smoke tobacco?

- 1 None
- 2 Both
- 3 Father only
- 4 Mother only
- 5 Don't know

Q58. Do any of your closest friends smoke tobacco?

- 1 None of them
- 2 Some of them
- 3 Most of them
- 4 All of them

Q59. About how many students in your grade smoke tobacco?

- 1 Most of them
- 2 About half of them
- 3 Some of them
- 4 None of them

Q60. Do you think smoking tobacco is harmful to your health?


- 1 Definitely not
- 2 Probably not
- 3 Probably yes
- 4 Definitely yes

Q61. Has anyone in your family discussed the harmful effects of smoking tobacco with you?

- 1 Yes
- 2 No

- Q62. During the past 12 months, did you read in your school texts or books about the health effects of tobacco?
- 1 Yes
  - 2 No
  - 3 I do not have school texts or books
- Q63. During the past 12 months, did you discuss in any of your classes the reasons why people your age use tobacco?
- 1 Yes
  - 2 No
  - 3 Not sure
- Q64. During school hours, how often do you see teachers smoking in the school building?
- 1 About every day
  - 2 Sometimes
  - 3 Never
  - 4 Don't know
- Q65. During school hours, how often do you see teachers smoking outdoors on school premises?
- 1 About every day
  - 2 Sometimes
  - 3 Never
  - 4 Don't know
- Q66. This question is created for data analysis purpose
- 1 8
  - 2 9
  - 3 10
  - 4 11





## Annex 2

# Indicator definitions

### Core GYTS indicators

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The core GYTS indicators are described in detail in this chapter. This includes the indicators provided in the GYTS Fact Sheet Template and GYTS Country Report Template.

The GYTS Fact Sheet is intended to provide an overview of the key findings and highlights of the survey for a broad audience. The GYTS Country Report provides an opportunity to examine the core indicators and other findings in more detail and to describe the results in the context of each country's unique tobacco control environment.

### Tobacco use

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#### Ever tobacco users

#### Ever tobacco smokers

**Indicator:** Percentage of youth who ever smoked any tobacco products.

**Numerator:** Number of respondents who tried or experimented with cigarette smoking or any smoked tobacco products other than cigarettes.

**Denominator:** Total number of respondents.

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### **Ever cigarette smokers**

**Indicator:** Percentage of youth who ever smoked cigarettes.

**Numerator:** Number of respondents who tried or experimented with cigarette smoking, even one or two puffs.

**Denominator:** Total number of respondents.

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### **Ever smokers of other products**

**Indicator:** Percentage of youth who ever smoked tobacco products other than cigarettes.

**Numerator:** Number of respondents who tried or experimented with any smoked tobacco products other than cigarettes.

**Denominator:** Total number of respondents.

---

### **Ever smokeless tobacco users**

**Indicator:** Percentage of youth who ever used any smokeless tobacco products.

**Numerator:** Number of respondents who tried or experimented with any smokeless tobacco products.

**Denominator:** Total number of respondents.

---

### **Ever tobacco users**

**Indicator:** Percentage of youth who ever used any tobacco products.

**Numerator:** Number of respondents who tried or experimented with cigarettes or any other smoked tobacco products or any smokeless tobacco products.

**Denominator:** Total number of respondents.

---

### **Current tobacco smokers**

**Indicator:** Percentage of youth who currently smoke any tobacco products.

**Numerator:** Number of respondents who smoked cigarettes or any other smoked tobacco products in the past 30 days.

**Denominator:** Total number of respondents.

---

### **Current cigarette smokers**

**Indicator:** Percentage of youth who currently smoke cigarettes.

**Numerator:** Number of respondents who smoked cigarettes on 1 or more days in the past 30 days.

**Denominator:** Total number of respondents.

---

### **Frequent cigarette smokers**

**Indicator:** Percentage of youth who smoked cigarettes on 20 or more days of the past 30 days.

**Numerator:** Number of respondents who smoked cigarettes on 20 or more days of the past 30 days.

**Denominator:** Total number of respondents.

---

### **Current smokers of other products**

**Indicator:** Percentage of youth who currently smoke tobacco products other than cigarettes.

**Numerator:** Number of respondents who smoked tobacco products other than cigarettes during the past 30 days.

**Denominator:** Total number of respondents.

---

### **Current smokeless tobacco users**

**Indicator:** Percentage of youth who currently use smokeless tobacco products.

**Numerator:** Number of respondents who used any smokeless tobacco products in the past 30 days.

**Denominator:** Total number of respondents.

---

### **Current tobacco users**

**Indicator:** Percentage of youth who currently use any tobacco products.

**Numerator:** Number of respondents who smoked cigarettes on 1 or more days in the past 30 days or smoked any tobacco products other than cigarettes in the past 30 days or used any smokeless tobacco products in the past 30 days.

**Denominator:** Total number of respondents.

---

### **Susceptibility to future tobacco use**

**Indicator:** Percentage of never tobacco users who are susceptible to using tobacco in the future.

**Numerator:** Number of respondents who have never used any tobacco products who answered: 1) "Definitely Yes", "Probably Yes", or "Probably Not" to using tobacco if one of their best friends offered it to them, or 2) "Definitely Yes", "Probably Yes", or "Probably Not" to using tobacco during the next 12 months.

**Denominator:** Number of never tobacco users.

---

### **Susceptibility to cigarette smoking**

**Indicator:** Percentage of never smokers who think they might enjoy smoking a cigarette.

**Numerator:** Number of respondents who have never smoked tobacco who Strongly Agree or Agree with the statement "I think I might enjoy smoking a cigarette".

**Denominator:** Number of never smokers.

---

### **Number of cigarettes smoked per day**

**Indicator:** Percentage of current cigarette smokers who usually smoke [*less than 1; 1; 2 to 5; 6 to 10; 11 to 20; more than 20*] cigarettes per day, on the days they smoke.

**Numerator:** Number of current cigarette smokers who reported usually smoking [*less than 1; 1; 2 to 5; 6 to 10; 11 to 20; more than 20*] cigarettes per day on the days they smoked in the past 30 days.

**Denominator:** Number of current cigarette smokers.

---

### **Age at cigarette smoking initiation**

**Indicator:** Percentage of ever cigarette smokers who first tried a cigarette at the age of [*7 or younger; 8 or 9; 10 or 11; 12 or 13; 14 or 15*] years old.

**Numerator:** Number of ever cigarette smokers who reported trying a cigarette at the age of [7 or younger; 8 or 9; 10 or 11; 12 or 13; 14 or 15] years old.

**Denominator:** Number of ever cigarette smokers.

---

### Smoking dependency

**Indicator:** Percentage of current smokers who are showing signs of smoking dependence.

**Numerator:** Number of current smokers who sometimes or always smoke or feel like smoking tobacco first thing in the morning OR start to feel a strong desire to smoke again within one full day after smoking.

**Denominator:** Number of current smokers.

---

### Cessation

#### Attempt to stop smoking in the past 12 months

**Indicator:** Percentage of current smokers who tried to stop smoking during the past 12 months.

**Numerator:** Number of current smokers who tried to stop smoking during the past 12 months.

**Denominator:** Number of current smokers.

---

#### Desire to stop smoking

**Indicator:** Percentage of current smokers who want to stop smoking.

**Numerator:** Number of current smokers who want to stop smoking now.

**Denominator:** Number of current smokers.

---

#### Ability to stop smoking

**Indicator:** Percentage of current smokers who think they would be able to stop smoking.

**Numerator:** Number of current smokers who think they would be able to stop smoking if they wanted to.

**Denominator:** Number of current smokers.

---

## Received help to stop smoking

**Indicator:** Percentage of current smokers who have received help/advice to stop smoking from a programme or professional.

**Numerator:** Number of current smokers who received any help/advice from a program or professional to help them stop smoking.

**Denominator:** Number of current smokers.

---

## Secondhand smoke

### Exposure to secondhand smoke at home

**Indicator:** Percentage of youth who were exposed to tobacco smoke at home in the past seven days.

**Numerator:** Number of respondents who reported that smoking occurred in their presence inside their home on one or more days in the past seven days.

**Denominator:** Total number of respondents.

---

### Exposure to secondhand smoke in enclosed public places

**Indicator:** Percentage of youth who were exposed to tobacco smoke in enclosed public places in the past seven days.

**Numerator:** Number of respondents who reported that smoking occurred in their presence in any enclosed public place other than their home (such as schools, shops, restaurants, shopping malls, and movie theatres) in the past seven days.

**Denominator:** Total number of respondents.

---

### Exposure to secondhand smoke at outdoor public places

**Indicator:** Percentage of youth who were exposed to tobacco smoke at outdoor public places in the past seven days.

**Numerator:** Number of respondents who reported that smoking occurred in their presence at any outdoor public place other than their home (such as playgrounds, sidewalks, entrance of buildings, parks, and beaches) in the past seven days.

**Denominator:** Total number of respondents.

---

## Exposure to secondhand smoke at school

**Indicator:** Percentage of youth who saw anyone smoking inside the school building or outside on school property in the past 30 days.

**Numerator:** Number of respondents who saw someone smoke inside the school building or outside on school property during the past 30 days.

**Denominator:** Total number of respondents.

---

## Access and availability

### Source for obtaining cigarettes

**Indicator:** Percentage of current cigarette smokers who last obtained cigarettes from various sources in the past 30 days.

**Numerator:** Number of current cigarette smokers who last obtained cigarettes by [*purchasing from a store or shop; purchasing from a street vendor; purchasing from a kiosk; purchasing from a vending machine; getting them from someone else; getting them some other way*].

**Denominator:** Number of current cigarette smokers.

---

### Obtaining cigarettes from a person-to-person retail purchase

**Indicator:** Percentage of current cigarette smokers who last obtained cigarettes by purchasing them from a store, shop, street vendor, or kiosk in the past 30 days.

**Numerator:** Number current cigarette smokers who last obtained cigarettes by purchasing them from a store, shop, street vendor, or kiosk in the past 30 days.

**Denominator:** Number of current cigarette smokers.

---

### Minors' access to purchasing cigarettes

**Indicator:** Percentage of current cigarette smokers who were not prevented from buying cigarettes in the past 30 days because of their age.

**Numerator:** Number of current cigarette smokers who were not prevented from buying cigarettes in the past 30 days because of their age.

**Denominator:** Number of current cigarette smokers who tried to buy cigarettes in the past 30 days.

---

### Unit of purchased cigarettes

**Indicator:** Percentage of current cigarette smokers who last bought cigarettes as [*individual sticks; packs, cartons; rolls; loose tobacco for hand-rolled cigarettes*] in the past 30 days.

**Numerator:** Number of current cigarette smokers who last purchased cigarettes as [*individual sticks; packs, cartons; rolls; loose tobacco for hand-rolled cigarettes*] in the past 30 days.

**Denominator:** Number of current cigarette smokers.

---

### Purchasing cigarettes: Cost

**Indicator:** Percentage of youth who estimate the cost of a pack of 20 cigarettes is [*Range 1, Range 2, Range 3, etc.*].

**Numerator:** Number of respondents who think, on average, a pack of 20 cigarettes costs [*Range 1, Range 2, Range 3, etc.*].

**Denominator:** Total number of respondents.

---

### Media: Anti-tobacco

#### Awareness of anti-tobacco messages in the media

**Indicator:** Percentage of youth who saw or heard any anti-tobacco messages in the media in the past 30 days.

**Numerator:** Number of respondents who saw or heard any anti-tobacco messages in the media (e.g., television, radio, internet, billboards, posters, newspapers, magazines, or movies) in the past 30 days.

**Denominator:** Total number of respondents.

---

#### Awareness of anti-tobacco messages at sporting or community events (among the population)

**Indicator:** Percentage of youth who saw or heard any anti-tobacco messages at sporting or other community events in the past 30 days.



**Numerator:** Number of respondents who saw or heard any anti-tobacco messages at sporting events, fairs, concerts, community events, or social gatherings in the past 30 days.

**Denominator:** Total number of respondents.

---

### **Awareness of anti-tobacco messages at sporting or community events (among those who attended events)**

**Indicator:** Percentage of youth who attended sporting or other community events in the past 30 days who saw or heard any anti-tobacco messages at the events.

**Numerator:** Number of respondents who saw or heard any anti-tobacco messages at sporting events, fairs, concerts, community events, or social gatherings in the past 30 days.

**Denominator:** Number of respondents who attended sporting or other community events in the past 30 days.

---

### **Noticing health warnings on cigarette packages**

**Indicator:** Percentage of current smokers who noticed health warnings on cigarette packages in the past 30 days.

**Numerator:** Number of current smokers who answered “Yes, but I didn’t think much of them” or “Yes, and they led me to think about quitting smoking or not starting smoking” to seeing health warnings on cigarette packages in the past 30 days.

**Denominator:** Number of current smokers.

---

### **Thinking of quitting because of health warnings on cigarette packages (among all current smokers)**

**Indicator:** Percentage of current smokers who thought about quitting smoking in the past 30 days because of health warnings on cigarette packages.

**Numerator:** Number of current smokers who reported that seeing health warnings on cigarette packages in the past 30 days led them to think about quitting smoking.

**Denominator:** Number of current smokers.

---

### **Thinking of quitting because of health warnings on cigarette packages (among current smokers who noticed health warnings)**

**Indicator:** Percentage of current smokers who noticed health warnings on cigarette packages in the past 30 days, who thought about quitting smoking because of the health warnings.

**Numerator:** Number of current smokers who reported that seeing health warnings on cigarette packages in the past 30 days led them to think about quitting smoking.

**Denominator:** Number of current smokers who saw health warnings on cigarette packages in the past 30 days.

---

### **Thinking of not starting smoking because of health warnings on cigarette packages**

**Indicator:** Percentage of never smokers who thought about not starting smoking in the past 30 days because of health warnings on cigarette packages.

**Numerator:** Number of never smokers who reported that seeing health warnings on cigarette packages in the past 30 days led them to think about not starting smoking.

**Denominator:** Number of never smokers who saw health warnings on cigarette packages in the past 30 days.

---

### **Learning about dangers of tobacco use at school**

**Indicator:** Percentage of youth who were taught about the dangers of tobacco use in class during the past 12 months.

**Numerator:** Number of respondents who were taught in any classes about the dangers of tobacco use during the past 12 months.

**Denominator:** Total number of respondents.

---

### **Media: Pro-tobacco**

#### **Awareness of tobacco marketing at points of sale (among the population)**

**Indicator:** Percentage of youth who saw any tobacco marketing at points of sale in the past 30 days.

**Numerator:** Number of respondents who saw any advertisements or promotions for tobacco products at point of sale (such as stores, shops, kiosks, etc.) in the past 30 days.

**Denominator:** Total number of respondents.

---

#### **Awareness of tobacco marketing at points of sale (among those who visited points of sale)**

**Indicator:** Percentage of youth who visited points of sale in the past 30 days who saw any tobacco marketing at the points of sale.

**Numerator:** Number of respondents who saw any advertisements or promotions for tobacco products at point of sale (such as stores, shops, kiosks, etc.) in the past 30 days.

**Denominator:** Number of respondents who visited points of sale in the past 30 days.

---

#### **Awareness of tobacco use on television, videos, or movies (among the population)**

**Indicator:** Percentage of youth who saw someone using tobacco on television, videos, or movies in the past 30 days.

**Numerator:** Number of respondents who saw someone using tobacco on television, videos, or movies in the past 30 days.

**Denominator:** Total number of respondents.

---

#### **Awareness of tobacco use on television, videos, or movies (among those who watched television, videos, or movies)**

**Indicator:** Percentage of youth who watched television, videos, or movies in the past 30 days who saw someone using tobacco on television, videos, or movies.

**Numerator:** Number of respondents who saw someone using tobacco on television, videos, or movies in the past 30 days.

**Denominator:** Number of respondents who watched television, videos, or movies in the past 30 days.

---

#### **Exposure to free tobacco promotion**

**Indicator:** Percentage of youth who were ever offered a free tobacco product from a tobacco company representative.

**Numerator:** Number of respondents who were ever offered a free tobacco product from a tobacco company representative.

**Denominator:** Total number of respondents.

---

### **Ownership of an object with a tobacco brand logo**

**Indicator:** Percentage of youth who have something with a tobacco product brand logo on it.

**Numerator:** Number of respondents who have something (e.g., t-shirt, pen, backpack) with a tobacco product brand logo on it.

**Denominator:** Total number of respondents.

---

### **High receptivity to tobacco marketing**

**Indicator:** Percentage of youth who own something with a tobacco product brand logo or who might use or wear something that has a tobacco company or product name or picture on it.

**Numerator:** Number of respondents who own something with a tobacco product brand logo on it or answered “Yes” or “Maybe” to would they 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).

**Denominator:** Number of never tobacco users.

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## **Knowledge and attitudes**

### **Belief about the addictiveness of smoking**

**Indicator:** Percentage of youth who definitely think that once someone starts smoking tobacco it is difficult to quit.

**Numerator:** Number of respondents who answered “Definitely Yes” to thinking it would be difficult to quit smoking tobacco once they started.

**Denominator:** Total number of respondents.

---

### **Belief that smoking helps people feel comfortable at social gatherings**

**Indicator:** Percentage of youth who think that smoking tobacco helps people feel more comfortable at celebrations, parties, and social gatherings.

**Numerator:** Number of respondents who think smoking tobacco helps people feel more comfortable at celebrations, parties or in other social gatherings.

**Denominator:** Total number of respondents.

---

### **Beliefs about the dangers of secondhand smoke**

**Indicator:** Percentage of youth who think other people's tobacco smoking is harmful to them.

**Numerator:** Number of respondents who answered "Definitely Yes" when asked if smoke from other people's tobacco smoking is harmful to them.

**Denominator:** Total number of respondents.

---

### **Banning smoking in enclosed public places**

**Indicator:** Percentage of youth who are in favor of banning smoking in enclosed public places.

**Numerator:** Number of respondents who favor banning smoking in enclosed public places (such as schools, shops, restaurants, shopping malls, and movie theatres).

**Denominator:** Total number of respondents.

---

### **Banning smoking at outdoor public places**

**Indicator:** Percentage of youth who are in favor of banning smoking at outdoor public places.

**Numerator:** Number of respondents who favor banning smoking at outdoor public places (such as playgrounds, sidewalks, entrances to buildings, parks, and beaches).

**Denominator:** Total number of respondents.

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## Annex 3

### Result of Timor-Leste GYTS 2013

**Table 2:** Detailed tobacco use status among students 13–15 years old, by gender – GYTS Timor-Leste, 2013.

	Overall	Boys	Girls
	Percentage (95% CI)		
<b>Smoked Tobacco</b>			
Current tobacco smokers <sup>1</sup>	35.0 (28.9–41.6)	61.4 (48.1–73.2)	15.4 (12.0–19.5)
Current cigarette smokers <sup>2</sup>	28.9 (22.1–36.9)	53.5 (38.5–68.0)	11.0 (7.6–15.7)
Frequent cigarette smokers <sup>3</sup>	4.7 (3.2–6.8)	8.9 (5.4–14.3)	1.5 (0.8–3.0)
Current smokers of other tobacco <sup>4</sup>	10.0 (7.6–13.0)	11.9 (7.6–18.0)	7.9 (5.8–10.8)
Ever tobacco smokers <sup>5</sup>	54.7 (47.9–61.3)	80.4 (71.4–87.0)	28.1 (21.6–35.6)
Ever cigarette smokers <sup>6</sup>	46.4 (38.8–54.1)	72.9 (63.0–80.9)	21.4 (14.5–30.4)
Ever smokers of other tobacco <sup>7</sup>	21.0 (17.1–25.6)	30.0 (22.3–39.0)	12.5 (9.9–15.7)
<b>Smokeless Tobacco</b>			
Current smokeless tobacco user <sup>8</sup>	8.4 (6.6–10.7)	7.7 (5.0–11.5)	9.3 (6.8–12.5)
Ever smokeless tobacco users <sup>9</sup>	16.7 (13.4–20.5)	17.2 (12.1–24.0)	16.0 (11.9–21.3)
<b>Tobacco Use</b>			
Current tobacco users <sup>10</sup>	42.4 (35.2–49.9)	65.5 (53.6–75.8)	23.9 (19.5–29.0)
Ever tobacco users <sup>11</sup>	61.9 (55.4–67.9)	83.5 (75.6–89.2)	38.1 (30.9–45.8)
<b>Susceptibility to Tobacco Use</b>			
Never tobacco users susceptible to tobacco use in the future <sup>12</sup>	27.0 (20.5–34.8)	25.6 (17.4–36.1)	27.5 (18.7–38.4)
Never smokers who thought they might enjoy smoking a cigarette <sup>13</sup>	6.2 (4.1–9.5)	8.0 (4.4–14.1)	5.8 (3.7–9.0)

<sup>1</sup> Smoked tobacco anytime during the past 30 days. <sup>2</sup> Smoked cigarettes anytime during the past 30 days. <sup>3</sup> Smoked cigarettes on 20 or more days of the past 30 days. <sup>4</sup> Smoked tobacco other than cigarettes anytime during the past 30 days. <sup>5</sup> Ever smoked any tobacco, even one or two puffs. <sup>6</sup> Ever smoked cigarettes, even one or two puffs. <sup>7</sup> Ever smoked tobacco other than cigarettes, even one or two puffs. <sup>8</sup> Used smokeless tobacco anytime during the past 30 days. <sup>9</sup> Ever used smokeless tobacco. <sup>10</sup> Smoked tobacco and/or used smokeless tobacco anytime during the past 30 days. <sup>11</sup> Ever smoked tobacco and/or used smokeless tobacco. <sup>12</sup> 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. <sup>13</sup> Those who answered “Agree” or “Strongly agree” to the statement: “I think I might enjoy smoking a cigarette”.

**Table 3:** Cigarettes smoked per day among current cigarette smokers 13–15 years old, by gender – GYTS Timor-Leste, 2013.

Number of cigarettes usually smoked <sup>1</sup>	Overall	Boys	Girls
	Percentage (95% CI)		
Less than 1 per day	31.1 (20.9–43.4)	29.9 (18.9–43.7)	36.1 (21.9–53.3)
1 per day	26.9 (19.8–35.5)	24.9 (17.3–34.6)	33.2 (21.9–46.9)
2 to 5 per day	34.7 (26.0–44.5)	37.9 (28.0–49.0)	22.9 (12.7–37.7)
6 to 10 per day	4.9 (2.4–9.8)	5.3 (2.8–9.9)	3.7 (0.7–16.9)
11 to 20 per day	1.4 (0.5–4.1)	1.2 (0.4–3.2)	2.4 (0.5–10.4)
More than 20 per day	1.0 (0.4–2.4)	0.8 (0.4–1.7)	1.5 (0.2–11.4)
<b>Total</b>	<b>100</b>	<b>100</b>	<b>100</b>

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

**Table 4:** Age at cigarette smoking initiation among ever cigarette smokers 13–15 years old, by gender – GYTS Timor-Leste, 2013.

Age when first trying a cigarette <sup>1</sup>	Overall	Boys	Girls
	Percentage (95% CI)		
7 years old or younger	16.9 (11.0–24.9)	14.7 (8.5–24.1)	24.9 (17.4–34.2)
8 or 9 years old	12.1 (7.7–18.5)	11.3 (6.8–18.3)	15.3 (7.4–29.1)
10 or 11 years old	40.1 (26.0–56.1)	41.1 (26.3–57.6)	37.1 (16.8–63.3)
12 or 13 years old	11.4 (7.1–17.8)	12.3 (8.0–18.5)	7.9 (2.3–24.1)
14 or 15 years old	19.5 (10.0–34.8)	20.6 (10.4–36.5)	14.8 (6.0–31.8)
<b>Total</b>	<b>100</b>	<b>100</b>	<b>100</b>

<sup>1</sup> Among those that have ever tried a cigarette.

**Table 5:** Current smokers 13–15 years old who are showing signs of smoking dependence, by gender – GYTS Timor-Leste, 2013.

	Overall	Boys	Girls
	Percentage (95% CI)		
Signs of smoking dependence <sup>1</sup>	82.5 (73.9–88.8)	81.9 (72.7–88.5)	84.0 (68.1–92.8)

<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.

**Table 6:** Smoking tobacco cessation indicators among current smokers  
13–15 years old, by gender – GYTS Timor-Leste, 2013.

	Overall	Boys	Girls
	Percentage (95% CI)		
Tried to stop smoking in the past 12 months	61.1 (51.2–70.1)	62.6 (51.8–72.2)	55.4 (38.0–71.5)
Want to stop smoking now	67.8 (59.4–75.1)	70.0 (61.6–77.2)	57.2 (37.2–75.1)
Thought they would be able to stop smoking if they wanted to	72.2 (62.5–80.3)	72.8 (61.5–81.8)	69.4 (53.7–81.6)
Have ever received help/advice from a program or professional to stop smoking	31.5 (23.1–41.3)	31.0 (22.2–41.4)	34.2 (20.8–50.8)

**Table 7:** Students 13–15 years old who were exposed to tobacco smoke during the past 30 days, by gender – GYTS Timor-Leste, 2013.

	Overall	Boys	Girls
	Percentage (95% CI)		
Exposed to tobacco smoke at home	66.0 (57.7–73.4)	69.6 (58.6–78.8)	62.1 (52.0–71.2)
Exposed to tobacco smoke inside any enclosed public place	69.9 (61.8–76.9)	72.3 (62.7–80.3)	67.3 (58.9–74.8)
Exposed to tobacco smoke at any outdoor public place	70.7 (62.8–77.5)	72.7 (63.9–80.0)	68.4 (59.2–76.4)
Saw anyone smoking inside the school building or outside on school property	62.8 (53.9–70.9)	67.3 (55.9–77.0)	58.0 (50.1–65.4)



**Table 8:** Source for obtaining cigarettes among cigarette smokers 13–15 years old, by gender – GYTS Timor-Leste, 2013.

	Overall	Boys	Girls
	Percentage (95% CI)		
Purchased from a store or shop	42.9 (22.8–65.6)	38.3 (17.1–65.2)	63.8 (42.2–81.0)
Purchased from a street vendor	10.4 ( 6.3–16.6)	11.8 ( 7.1–19.0)	4.1 (0.9–17.3)
Purchased from a kiosk	29.5 (17.4–45.3)	34.1 (19.7–52.1)	9.9 (3.9–22.7)
Purchased from a vending machine	1.5 ( 0.6–3.9)	1.5 (0.5–4.2)	1.8 (0.2–16.0)
Got them from someone else	14.8 (10.1–21.3)	13.7 (8.9–20.3)	18.4 (7.8–37.5)
Got them some other way	0.9 (0.2–3.5)	0.6 ( 0.1–2.9)	2.0 ( 0.2–17.3)

**Table 9:** Current cigarette smokers 13–15 years old who were not prevented from buying cigarettes because of their age, by gender – GYTS Timor-Leste, 2013.

	Overall	Boys	Girls
	Percentage (95% CI)		
Current cigarette smokers who were not prevented from buying cigarettes because of their age	46.7 (38.8–54.7)	46.3 (38.3–54.4)	49.0 (35.2–63.0)

**Table 10:** Unit of cigarette purchase among current cigarette smokers 13–15 years old, by gender – GYTS Timor-Leste, 2013.

	Overall	Boys	Girls
	Percentage (95% CI)		
Individual sticks	44.8 (34.8–55.3)	47.2 (36.0–58.6)	37.6 (27.7–48.6)
Pack	31.7 (17.8–49.7)	32.0 (16.5–52.9)	31.3 (17.4–49.7)
Carton	1.7 (0.7–4.2)	1.7 (0.9–3.4)	1.8 (0.2–14.0)
Rolls	19.2 (12.2–28.9)	16.7 (9.6–27.3)	29.3 (15.5–48.3)
Loose tobacco for hand-rolled cigarettes	2.6 (1.1–6.2)	2.4 (0.9–6.6)	0

**Table 11:** Estimated cost of cigarettes among students 13–15 years old, by gender and smoking status – GYTS Timor-Leste, 2013.

Cost of a pack (20 cigarettes)	Overall	Boys	Girls
	Percentage (95% CI)		
\$1	34.1 (23.1–47.2)	38.0 (24.8–53.3)	28.8 (18.7–41.6)
\$2	40.6 (26.3–56.7)	33.3 (18.6–52.2)	50.3 (34.8–65.8)
\$3	8.9 (4.4–17.0)	8.3 (3.5–18.4)	9.3 (3.1–25.2)
\$4	0.6 (0.3–1.4)	1.0 (0.5–1.8)	0.2 (0.0–2.0)
\$5	1.0 (0.4–2.2)	1.3 (0.5–3.3)	0.5 (0.1–2.7)
\$6	1.9 (0.9–3.7)	2.5 (1.4–4.6)	1.1 (0.2–4.3)
More than \$7	13.0 (6.6–24.0)	15.6 (7.8–29.0)	9.7 (5.0–17.9)

**Table 12:** Noticing anti-tobacco information among students 13–15 years old, by gender – GYTS Timor-Leste, 2013.

	Overall	Boys	Girls
	Percentage (95% CI)		
Noticed anti-tobacco messages in the media <sup>1</sup> in the past 30 days <sup>2</sup>	74.9 (66.4–81.9)	76.8 (67.9–83.8)	73.1 (64.7–80.2)
<b>Noticed anti-tobacco messages at sporting or community events</b>			
– Among all students in the past 30 days	31.9 (28.3–35.8)	35.2 (27.0–44.4)	28.5 (23.6–34.0)
– Among those who attended sporting or community events in the past 30 days	53.2 (42.9–63.2)	51.0 (36.7–65.0)	56.3 (45.1–66.9)
Taught in school about the dangers of tobacco use in the past 12 months <sup>2</sup>	35.8 (28.9–43.3)	35.8 (27.0–45.7)	35.6 (26.6–45.7)

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

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

**Table 13:** *Noticing of health warnings on cigarette packages among current and never smokers 13–15 years old, by gender – GYTS Timor-Leste, 2014.*

	Overall	Boys	Girls
	Percentage (95% CI)		
Current smokers who noticed health warnings on cigarette packages	87.4 (82.1–91.2)	90.7 (83.9–94.8)	78.7 (67.0–87.1)
Thought about quitting smoking because of health warnings on cigarette packages (Among current smokers)	43.9 (33.4–54.9)	47.8 (34.8–61.1)	32.6 (21.0–46.9)
Thought about quitting smoking because of health warnings on cigarette packages (Among current smokers who noticed health warnings)	50.2 (38.2–62.2)	52.7 (38.9–66.0)	41.5 (27.7–56.7)
Never smokers who thought about not starting smoking because of health warnings on cigarette packages	24.1 (19.6–29.2)	29.9 (21.4–40.1)	21.9 (16.1–29.0)

**Table 14:** Noticing tobacco marketing among students 13–15 years old, by gender – GYTS Timor-Leste, 2013.

	Overall	Boys	Girls
	Percentage (95% CI)		
Noticed tobacco advertisements or promotions at points of sale			
– Among all students in the past 30 days	57.3 (47.3–66.8)	60.2 (50.3–69.3)	54.4 (42.8–65.5)
– Among those who visited a point of sale in the past 30 days	79.0 (72.1–84.6)	81.1 (73.8–86.7)	76.9 (67.2–84.4)
Noticed anyone using tobacco on television, videos, or movies			
– Among all students in the past 30 days	71.5 (58.1–82.0)	78.8 (66.2–87.6)	64.1 (49.5–76.5)
– Among those who watched television, videos, or movies in the past 30 days	88.6 (80.1–93.7)	92.0 (85.5–95.8)	84.6 (72.3–92.0)
Ever offered a free tobacco product from a tobacco company representative	12.4 (9.5–16.0)	16.1 (11.8–21.7)	8.5 (6.5–11.1)

**Table 15:** Ownership and receptivity to tobacco marketing among students 13–15 years old, by gender – GYTS Timor-Leste, 2013.

	Overall	Boys	Girls
	Percentage (95% CI)		
<b>Students who<sup>1</sup>...</b>			
Owned something with a tobacco brand logo on it <sup>2</sup>	12.8 (8.9–18.2)	14.2 (9.1–21.4)	11.2 (7.6–16.3)
Owned something with a tobacco brand logo on it or might in the future	40.0 (31.6–49.0)	46.9 (34.7–59.4)	38.0 (27.7–49.5)

<sup>1</sup> Never smokers who might use or wear something that has a tobacco company or product name or picture on it.

<sup>2</sup> For example, a t-shirt, pen, backpack

**Table 16:** Knowledge and attitudes towards smoking cessation and social smoking among students 13–15 years old, by gender – GYTS Timor-Leste, 2013.

	Overall	Boys	Girls
	Percentage (95% CI)		
<b>Students who...</b>			
Definitely thought it is difficult to quit once someone starts smoking tobacco	23.6 (19.0–28.9)	20.9 (15.9–26.9)	26.5 (21.3–32.5)
Thought smoking tobacco helps people feel more comfortable at celebrations, parties, and social gatherings	19.8 (14.2–27.1)	19.4 (12.5–28.8)	20.4 (14.1–28.4)

**Table 17:** Knowledge and attitudes towards secondhand smoke among students 13–15 years old, by gender – GYTS Timor-Leste, 2013.

	Overall	Boys	Girls
	Percentage (95% CI)		
<b>Students who...</b>			
Definitely thought other people's tobacco smoking is harmful to them	34.9 (28.8–41.6)	29.1 (23.2–35.9)	41.1 (33.2–49.4)
Favored banning smoking inside enclosed public places	19.6 (15.7–24.2)	24.1 (17.2–32.7)	14.9 (12.3–18.0)
Favored banning smoking at outdoor public places	24.2 (19.2–30.0)	28.2 (21.3–36.5)	19.9 (14.5–26.7)

## Annex 4

# Comparison of indicators from Timor-Leste GYTS 2006, 2009 and 2013

Prevalence	2006			2009			2013		
	Overall	Boys	Girls	Overall	Boys	Girls	Overall	Boys	Girls
	Percentage (95% CI)			Percentage (95% CI)			Percentage (95% CI)		
<b>Tobacco use</b>									
Current tobacco users	41.0 (33.8–48.6)	54.5 (46.4–62.3)	29.8 (21.3–40.1)	31.1 (25.1–37.9)	39.7 (30.8–49.2)	23.8 (16.9–32.3)	42.4 (35.2–49.9)	65.5 (53.6–75.8)	23.9 (19.5–29.0)
<b>Smoked tobacco</b>									
Current tobacco smokers	NA	NA	NA	31.1 (25.1–37.9)	39.7 (30.8–49.2)	23.8 (16.9–32.3)	35.0 (28.9–41.6)	61.4 (48.1–73.2)	15.4 (12.0–19.5)
Current cigarette smokers	32.4 (25.5–40.2)	50.6 (41.6–59.6)	17.3 (10.7–26.8)	24.6 (18.2–32.4)	38.2 (27.3–50.4)	14.6 (9.0–22.7)	28.9 (22.1–36.9)	53.5 (38.5–68.0)	11.0 (7.6–15.7)
Frequent cigarette smokers	6.8 (4.3–10.5)	9.7 (5.8–15.9)	3.7 (1.9–6.8)	5.6 (2.8–10.9)	6.5 (3.0–13.3)	4.9 (2.3–10.0)	4.7 (3.2–6.8)	8.9 (5.4–14.3)	1.5 (0.8–3.0)
Current smokers of other tobacco	NA	NA	NA	17.8 (13.8–22.8)	18.8 (14.2–24.4)	16.9 (11.5–24.3)	10.0 (7.6–13.0)	11.9 (7.6–18.0)	7.9 (5.8–10.8)
Ever cigarette smokers	41.5 (34.3–49.0)	59.9 (50.5–68.6)	26.0 (19.1–34.3)	46.7 (39.4–54.2)	62.8 (52.5–72.0)	34.2 (25.2–44.5)	46.4 (38.8–54.1)	72.9 (63.0–80.9)	21.4 (14.5–30.4)

Prevalence	2006			2009			2013		
	Overall	Boys	Girls	Overall	Boys	Girls	Overall	Boys	Girls
	Percentage (95% CI)			Percentage (95% CI)			Percentage (95% CI)		
<b>Susceptibility</b>									
Never tobacco users susceptible to tobacco use	48.8 (41.4–56.1)	51.3 (40.5–62.0)	47.2 (39.4–55.2)	20.9 (14.4–29.4)	25.8 (15.4–40.1)	19.0 (11.6–29.6)	27.0 (20.5–34.8)	25.6 (17.4–36.1)	27.5 (18.7–38.4)
<b>Cessation</b>									
Tried to stop smoking in the past 12 months <sup>1</sup>	73.6 (58.8–84.5)	72.1(55.4–84.4)	84.0 (68.4–92.7)*	79.1 (72.4–84.6)	84.6 (70.9–92.5)	65.7 (39.8–84.7)*	61.1 (51.2–70.1)	62.6 (51.8–72.2)	55.4 (38.0–71.5)
Want to stop smoking now <sup>1</sup>	73.7 (63.9–81.5)	73.0 (62.0–81.8)	77.3 (62.8–87.3)*	74.2 (50.5–89.0)*	81.0 (57.8–93.0)*	64.1 (32.2–87.1)*	67.8 (59.4–75.1)	70.0 (61.6–77.2)	57.2 (37.2–75.1)
Thought they would be able to stop <sup>1</sup>	71.4 (57.1–82.4)	68.4 (52.0–81.2)	81.0 (64.4–91.0)	81.1 (67.0–90.0)	83.5 (65.5–93.1)	73.7 (47.4–89.8)*	72.2 (62.5–80.3)	72.8 (61.5–81.8)	69.4 (53.7–81.6)
<b>Secondhand smoke</b>									
Exposed to tobacco smoke at home	63.2 (56.4–69.6)	66.0 (57.4–73.7)	61.1 (53.0–68.6)	59.4 (51.3–67.0)	66.7 (56.4–75.6)	52.1 (43.8–60.3)	66.0 (57.7–73.4)	69.6 (58.6–78.8)	62.1 (52.0–71.2)
Exposed to tobacco smoke inside any enclosed public place <sup>2</sup>	69.8 (64.3–74.8)	74.2 (68.1–79.4)	65.7 (58.8–72.0)	61.3 (55.2–67.1)	66.7 (59.4–73.4)	56.0 (48.6–63.1)	69.9 (61.8–76.9)	72.3 (62.7–80.3)	67.3 (58.9–74.8)
<b>Access and availability</b>									
Buying them from a store	24.1 (17.6–32.1)	23.3 (17.4–30.5)	23.2 (11.4–41.7)	55.0 (43.4–66.1)	49.8 (33.7–66.1)	64.4 (44.4–80.4)	82.7 (75.3–88.3)	84.2 (77.1–89.4)	77.9 (59.3–89.4)
Not prevented from buying cigarettes because of their age	41.2 (26.6–57.4)	48.9 (33.1–64.9)*	28.4 (10.2–58.2)*	64.0 (45.5–79.1)	63.6 (41.1–81.4)	63.2 (41.0–80.9)*	46.7 (38.8–54.7)	46.3 (38.3–54.4)	49.0 (35.2–63.0)



Prevalence	2006			2009			2013		
	Overall	Boys	Girls	Overall	Boys	Girls	Overall	Boys	Girls
	Percentage (95% CI)			Percentage (95% CI)			Percentage (95% CI)		
<b>Tobacco industry advertising</b>									
Noticed anyone using tobacco on television, videos, or movies	61.4 (55.6–66.9)	60.5 (49.7–70.4)	61.7 (55.3–67.7)	92.7 (89.7–94.9)	93.9 (88.9–96.7)	91.9 (87.6–94.8)	88.6 (80.1–93.7)	92.0 (85.5–95.8)	84.6 (73.3–92.0)
Ever offered a free tobacco product from a tobacco company <sup>3</sup>	21.9 (15.7–29.6)	27.6 (19.8–37.0)	17.0 (11.7–24.2)	23.0 (17.3–29.8)	24.4 (17.4–33.2)	21.4 (16.1–27.9)	12.4 (9.5–16.0)	16.1 (11.8–21.7)	8.5 (6.5–11.1)
Owned something with a tobacco brand logo on it	34.3 (28.0–41.3)	39.4 (32.5–46.9)	29.8 (22.6–38.2)	23.1 (16.9–30.6)	27.1 (18.8–37.4)	19.6 (14.2–26.4)	12.8 (8.9–18.2)	14.2 (9.1–21.4)	11.2 (7.6–16.3)
<b>Anti-tobacco advertising</b>									
Anti-tobacco messages in the media	69.3 (61.5–76.1)	66.4 (56.4–75.1)	71.5 (63.1–78.6)	82.9 (77.1–87.5)	82.9 (74.7–88.8)	83.0 (77.2–87.7)	74.9 (66.4–81.9)	76.8 (67.9–83.8)	73.1 (64.7–80.2)
Anti-tobacco messages at sporting or community events	85.9 (81.5–89.4)	87.8 (82.3–91.8)	84.7 (79.6–88.6)	69.2 (64.2–73.7)	67.8 (60.0–74.8)	69.8 (60.9–77.5)	53.2 (42.9–63.2)	51.0 (36.7–65.0)	56.3 (45.1–66.9)
Taught in school about the dangers of tobacco use	33.5 (28.3–39.1)	40.4 (32.4–49.0)	28.0 (22.9–33.7)	NA	NA	NA	35.8 (28.9–43.3)	35.8 (27.0–45.7)	35.6 (26.6–45.7)
<b>Knowledge and attitudes</b>									
Definitely thought other people's tobacco smoking is harmful to them	31.7 (27.6–36.1)	31.7 (26.4–37.5)	31.8 (27.0–37.0)	34.0 (29.0–39.3)	34.6 (28.3–41.5)	33.5 (27.9–39.6)	34.9 (28.8–41.6)	29.1 (23.2–35.9)	41.1 (33.2–49.4)
Favoured banning smoking inside enclosed public places <sup>2</sup>	39.9 (35.9–44.0)	45.3 (37.9–52.9)	36.2 (30.9–41.8)	56.6 (50.3–62.8)	56.1 (48.4–63.6)	56.6 (49.1–63.8)	19.6 (15.7–24.2)	24.1 (17.2–32.7)	14.9 (12.3–18.0)

\* Cell size is less than 35;

NA: Indicator was not included in survey;

1 Among current cigarette user/2013 among current smoked tobacco user;

2 Enclosed or outdoor public places/2013 Enclosed public places;

3 Cigarette brand/2013 tobacco brand.

## Annex 5

# Factsheet Timor-Leste 2013

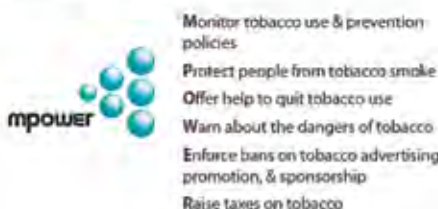
**GYTS** | GLOBAL YOUTH TOBACCO SURVEY

FACT SHEET  
**TIMOR-LESTE 2013**

### GYTS Objectives

The Global Youth Tobacco Survey (GYTS), a component of the Global Tobacco Surveillance System (GTSS), is a global standard for systematically monitoring youth tobacco use (smoking and smokeless) and tracking key tobacco control indicators.

GYTS is a nationally representative school-based survey of students in grades associated with age 13 to 15 years and is designed to produce cross-sectional estimates for each country. GYTS uses a standard core questionnaire, sample design, and data collection protocol. It assists countries in fulfilling their obligations under the World Health Organization (WHO) Framework Convention on Tobacco Control (FCTC) to generate comparable data within and across countries. WHO has developed MPOWER, a package of selected demand reduction measures contained in the WHO FCTC:



### GYTS Methodology

GYTS uses a global standardized methodology that includes a two-stage sample design with schools selected proportional to enrollment size. The classrooms within selected schools are chosen randomly and all students in selected classes are invited to participate in the survey. The survey uses a standard global core questionnaire with a set of optional questions that permits adaptation to meet the needs of the country on tobacco use and key tobacco control indicators. The questionnaire consists of the following topics: tobacco use (smoking and smokeless), cessation, secondhand smoke (SHS), pro- and anti-tobacco media and advertising, access and availability to obtain tobacco products, and knowledge and attitudes regarding tobacco. The questionnaire is self-administered; using scannable, paper-based bubble sheets, it is anonymous to ensure confidentiality.

In Timor-Leste, GYTS was conducted in 2013 by the Ministry of Health. A total of 2,052 eligible students in grades 8-11 completed the survey, of which 1,908 were aged 13-15 years. The overall response rate of all students surveyed was 92.8%.

### GYTS Highlights

#### TOBACCO USE

- 42.4% overall, 65.5% of boys, and 23.9% of girls currently used any tobacco products.
- 35.0% overall, 61.4% of boys, and 15.4% of girls currently smoked tobacco.
- 28.9% overall, 53.5% of boys, and 11.0% of girls currently smoked cigarettes.
- 8.4% overall, 7.7% of boys, and 9.3% of girls currently used smokeless tobacco.

#### CESSATION

- 6 in 10 current smokers tried to stop smoking in the past 12 months.
- 7 in 10 current smokers want to stop smoking.

#### SECONDHAND SMOKE

- 66.0% of students were exposed to tobacco smoke at home.
- 69.9% of students were exposed to tobacco smoke inside enclosed public places.

#### ACCESS & AVAILABILITY

- 82.7% of current cigarette smokers obtained cigarettes by buying them from a store, shop, street vendor, or kiosk.
- Among current cigarette smokers who bought cigarettes, 46.7% were not prevented from buying them because of their age.

#### MEDIA

- 7 in 10 students noticed anti-tobacco messages in the media.
- 8 in 10 students noticed tobacco advertisements or promotions when visiting points of sale.
- 1 in 10 students own something with a tobacco brand logo on it.

#### KNOWLEDGE & ATTITUDES

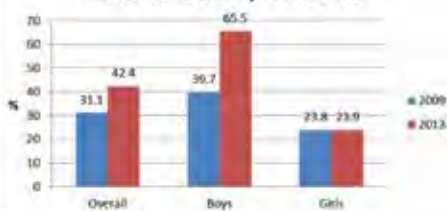
- 34.9% of students definitely thought other people's tobacco smoking is harmful to them.
- 19.6% of students favor banning smoking inside enclosed public places.



## TOBACCO USE

SMOKED TOBACCO	OVERALL (%)	BOYS (%)	GIRLS (%)
Current tobacco smokers <sup>1</sup>	35.9	61.4	15.4
Current cigarette smokers <sup>2</sup>	20.9	53.5	11.0
Frequent cigarette smokers <sup>3</sup>	4.7	8.9	1.5
Current smokers of other tobacco <sup>4</sup>	10.0	11.9	7.9
Ever tobacco smokers <sup>5</sup>	54.7	80.4	28.1
Ever cigarette smokers <sup>6</sup>	46.4	72.9	21.4
Ever smokers of other tobacco <sup>7</sup>	21.0	30.4	12.5
SMOKELESS TOBACCO			
Current smokeless tobacco users <sup>8</sup>	8.4	7.7	9.3
Ever smokeless tobacco users <sup>9</sup>	16.7	17.2	16.0
TOBACCO USE (smoked and/or smokeless)			
Current tobacco users <sup>10</sup>	42.4	65.5	23.9
Ever tobacco users <sup>11</sup>	61.9	83.5	38.1
SUSCEPTIBILITY			
Never tobacco users susceptible to tobacco use in the future <sup>12</sup>	27.0	25.6	27.5
Never smokers who thought they might enjoy smoking a cigarette <sup>13</sup>	6.2	9.0	5.8

Current Tobacco Users --  
Timor Leste GYTS, 2009-2013



## CESSATION

	OVERALL (%)	BOYS (%)	GIRLS (%)
Current smokers who tried to stop smoking in the past 12 months <sup>14</sup>	61.1	62.6	55.4
Current smokers who want to stop smoking now <sup>15</sup>	67.8	70.0	57.2
Current smokers who thought they would be able to stop smoking if they wanted to <sup>16</sup>	72.2	72.8	69.4
Current smokers who have ever received help/advice from a program or professional to stop smoking <sup>17</sup>	31.5	31.0	34.2

## SECONDHAND SMOKE

	OVERALL (%)	BOYS (%)	GIRLS (%)
Exposure to tobacco smoke at home <sup>18</sup>	68.0	69.6	62.1
Exposure to tobacco smoke inside any enclosed public place <sup>19</sup>	69.9	72.3	67.3
Exposure to tobacco smoke at any outdoor public place <sup>20</sup>	76.7	72.7	68.4
Students who saw anyone smoking inside the school building or outside on school property <sup>21</sup>	62.8	67.3	58.0

## ACCESS & AVAILABILITY

	OVERALL (%)	BOYS (%)	GIRLS (%)
Current cigarette smokers who obtained cigarettes by buying them from a store, shop, street vendor, or kiosk <sup>22</sup>	82.7	84.2	77.9
Current cigarette smokers who were not prevented from buying cigarettes because of their age <sup>23</sup>	46.7	46.3	49.0
Current cigarette smokers who bought cigarettes as individual sticks <sup>24</sup>	44.0	47.2	37.6

## MEDIA

TOBACCO INDUSTRY ADVERTISING	OVERALL (%)	BOYS (%)	GIRLS (%)
Noticing tobacco advertisements or promotions at points of sale <sup>25</sup>	79.0	81.1	76.9
Students who saw anyone using tobacco on television, video, or movies <sup>26</sup>	88.6	92.0	84.6
Students who were ever offered a free tobacco product from a tobacco company representative <sup>27</sup>	12.4	16.1	8.3
Students who own something with a tobacco brand logo on it <sup>28</sup>	12.8	14.2	11.2
ANTI-TOBACCO ADVERTISING			
Noticing anti-tobacco messages in the media <sup>29</sup>	74.9	76.8	73.1
Noticing anti-tobacco messages at sporting or community events <sup>30</sup>	53.2	51.0	56.3
Current smokers who thought about quitting because of a warning label <sup>31</sup>	50.2	52.7	41.3
Students who were taught in school about the dangers of tobacco use in the past 12 months <sup>32</sup>	35.8	35.8	35.6

## KNOWLEDGE & ATTITUDES

	OVERALL (%)	BOYS (%)	GIRLS (%)
Students who definitely thought it is difficult to quit once someone starts smoking tobacco <sup>33</sup>	23.6	20.9	26.5
Students who thought smoking tobacco helps people feel more comfortable at celebrations, parties, and social gatherings <sup>34</sup>	19.8	19.4	20.8
Students who definitely thought other people's tobacco smoking is harmful to them <sup>35</sup>	34.9	29.1	41.1
Students who have banned smoking inside enclosed public places <sup>36</sup>	19.6	24.1	14.9
Students who have banned smoking at outdoor public places <sup>37</sup>	24.2	28.2	19.9

<sup>1</sup> Smoked tobacco anytime during the past 30 days. <sup>2</sup> Smoked cigarettes anytime during the past 30 days. <sup>3</sup> Smoked cigarettes on 20 or more days of the past 30 days. <sup>4</sup> Smoked tobacco other than cigarettes anytime during the past 30 days. <sup>5</sup> Ever smoked any tobacco, even one or two puffs. <sup>6</sup> Ever smoked cigarettes, even one or two puffs. <sup>7</sup> Ever smoked tobacco other than cigarettes, even one or two puffs. <sup>8</sup> Used smokeless tobacco anytime during the past 30 days. <sup>9</sup> Ever used smokeless tobacco. <sup>10</sup> Smoked tobacco and/or used smokeless tobacco anytime during the past 30 days. <sup>11</sup> Ever smoked tobacco and/or used smokeless tobacco. <sup>12</sup> 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. <sup>13</sup> Those who answered "Agree" or "Strongly agree" to the statement: "I think I might enjoy smoking a cigarette". <sup>14</sup> How cigarettes were obtained the last time respondents smoked cigarettes in the past 30 days. <sup>15</sup> Of those who tried to buy cigarettes during the past 30 days. <sup>16</sup> Based on the last purchase, of those who bought cigarettes during the past 30 days. <sup>17</sup> Among those who visited a point of sale in the past 30 days. <sup>18</sup> Among those who watched television, video, or movies in the past 30 days. <sup>19</sup> Among those who attended sporting or community events in the past 30 days. <sup>20</sup> Among those who noticed warning labels on cigarette packages in the past 30 days. <sup>21</sup> During the past 30 days. <sup>22</sup> During the past 7 days.

NOTE: Students refer to persons aged 12-15 years who are enrolled in school. Data have been weighted to be nationally representative of all students aged 12-15 years. Percentages reflect the prevalence of each indicator in each group, not the distribution across groups.

Findings from Timor-Leste Global Youth Tobacco Survey (GYTS), 2013 provides important indicators of tobacco control among youth in country; and an opportunity to compare the findings of GYTS 2006 & 2009 as well as better understand the effect of interventions and formulate strategies for better tobacco control intervention among youth.

The rich data contained in this document will be useful to programme managers, researchers, tobacco control advocates and any other relevant stakeholders for generating credible evidence to promote tobacco control. In addition, these data can help the Member States plan further epidemiological studies as per their need.



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