

**National Global Youth Tobacco Survey (GYTS)**  
**and**  
**National Global School Personnel Survey (GSPS)**  
**in Nepal 2007**

**By**  
**M. R. Pandey, R.P. Pathak, S. Shrestha, S. Saud**  
**Mrigendra-Samjhana Medical Trust**

## **Executive Summary**

### ***Introduction***

Tobacco use is responsible to enormous death, disability and disease in the world and it is one of the preventable risk factor. More than 4 percent global burden of disease is attributed to it.<sup>1</sup> Nepal conducted the Global Youth Tobacco Survey (GYTS) in 2001 in Central Development Region (CDR) followed by GYTS in Far Western Region (FWDR) of Nepal in 2003. A national GYTS and GSPS were completed satisfactorily in 2007 in spite of disturbed security situation in the country. This could be achieved by careful strategic planning and implementation.

The objective of GYTS and GSPS was to establish reliable, comprehensive baseline information and maintain effective surveillance mechanism regarding tobacco use by school population (Students and school personnel) so as to develop, monitor and effectively evaluate anti-tobacco measures. The school students, specifically age group 13-15 years are more vulnerable to tobacco smoking. This is the prime time that they initiate tobacco use. Hence, data were analyzed for this age group.

### ***Methods***

#### ***GYTS***

This is a cross-sectional survey of students in grade 7-10, conducted in 49 secondary schools of Nepal in 2007. A two-stage cluster sample design was used to produce representative data for the region. At the first stage, schools were selected with probability proportional to enrollment size. At the second stage, classes were randomly selected and all students in selected classes were eligible to participate. A pre-tested, modified GYTS questionnaire was used. The school response rate was 98.0%; the student's response rate was 96.6% and the overall response rate was 94.6%. The age group 13–15 was analyzed.

#### ***GSPS***

The Nepal GSPS questionnaire was self administered in the schools. School and personnel anonymity was maintained throughout the GSPS process. The Nepal country-specific questionnaires included data on prevalence of cigarette smoking and use of other

tobacco products both smoking and smokeless (eg. bidis, cigars, pipes, gutkha, pan etc.), school policies prohibiting use of tobacco products and tobacco related curricula. The final questionnaire was translated into local language Nepali and back to English by translator and pre-tested for administration.

## ***Results***

### ***GYTS***

Overall 7.9% of the students ever smoked cigarettes, even one or two puffs (Table 1). The overall percentage of current cigarette smoking was 3.9%. Percentage of current other tobacco product use was 8.0% and the rate among boys was significantly higher (11.1%) than among girls (4.4%). (Table 2). 35.3% were exposed to smoke from others at home and 47.3% were exposed to smoke from others in public places (Table 3). Boys were significantly highly exposed to secondhand smoke than girls. 55.7% thought that the smoking should be banned from public places.

65.8% of the students were taught about the dangers of smoking, its effect as a part of lesson in the class (Table 4). 84.7% saw ads on billboards and 87.6% saw ads for cigarettes in newspapers or magazines in the past month. 10.7% have an object with a cigarette or tobacco logo on it (Table 5).

Perhaps, as a consequence, a vast majority (92.0%) of the current smokers expressed their desire and also made an attempt (93.8%) to stop smoking during the past year. 90.2% of current smokers received help to stop smoking (Table 6).

Similarly, the findings also suggested that the school students have unrestricted access to tobacco products. Nearly 1 in 10 (7.9%) students were offered free cigarette by tobacco company representative and 4 in 10 (38.1%) of the current tobacco users purchased tobacco products in a store. More than two-third (69.5%) of them were not refused purchase because of their age (Table 7).

### ***GSPS***

The findings showed that more than one-third (37.7%) school personnel in Nepal had ever smoked cigarettes and about 1 in 10 (Daily - 7.2%; occasional – 9.8%) are currently smoking cigarettes (GSPS Table 1). The current use of smokeless tobacco

product was slightly higher than smoking products. Seven in 10 (74.8%) reported that they have a policy or rule specifically prohibiting tobacco use inside school buildings and 71.7% have a policy covering school premises outside the buildings. However, the enforcement of such policy (or rule) was only - 51.7% among students as compared to 53.8% among school personnel (GSPS Table 2) and only 12 percent school personnel had ever received training to prevent tobacco use among youth.

### ***Conclusion***

GYTS and GSPS data indicates that there is still high prevalence of tobacco use among students and school personnel in Nepal. More than one-third (35.3%) school students were exposed to smoke from others at home and nearly half (47.3%) were exposed to smoke from others in public places (Table 3). 8 in 10 (84.7%) saw ads on billboards and 87.6% saw ads for cigarettes in newspapers or magazines in the past. Students have unrestricted access to tobacco products. Nearly 1 in 10 (7.9%) students were offered free cigarette by tobacco company and more than 1 in 10 have an object with a cigarette or tobacco logo on it (Table 5). This indicates that there is massive advertisement by tobacco industries to enhance tobacco use among youth in Nepal.

Even though the majority of schools have their policy (or rules) for prohibiting tobacco use inside school building and school premises outside building including school sponsored activities however the enforcement of such policy (rules) is weak. The access to teaching learning materials against tobacco use is limited (43.1%) and very few school personnel (12%) had ever received training to prevent tobacco use among youth.

Tobacco control in Nepal will markedly accelerate after the parliament enacts and the government effectively enforces the pending legislation and develops protocols for enforcing it. This law incorporates most of the provisions of FCTC which has already been ratified by the government of Nepal.

The anti tobacco legislation pending in Parliament and incorporating most of the Articles of FCTC, should be enacted as soon as the national assembly is elected. Anti tobacco activists, civil societies and Media should actively play vital role in achieving this noble objective.

## **Introduction**

Tobacco use is one of the leading preventable causes of premature death, disease, and disability in the world. Nearly 5 million people die annually from tobacco-related illnesses, and this number is expected to more than double by the year 2020.<sup>2</sup> In response to the tobacco endemic, the government of Nepal promulgated an executive order banning smoking in all offices, health institutions and public places on 31st May 1992. However, enforcement of the executive order has been minimal. And the Ministry of Health (MoH) banned advertisement in the electronic media in 2000 AD and anti-tobacco messages were given in their place compensating the media by using the Health Tax Fund. Nepal was the first country in the region to impose dedicated levy on tobacco products which was 1 paisa per cigarette in the beginning and has now been increased to 2 paisa per cigarette. This levy is being used for anti-tobacco activities and treatment of tobacco related diseases. Remote mountain district of Jumla had a very high prevalence of tobacco consumption (Adult Male 84% and female 77% in 1997). Mrigendra Samjhana Medical Trust with the help of Health Tax Fund launched community and school based comprehensive anti tobacco activities in the entire district of Jumla and the prevalence rate was substantially reduced by 20% in the first 2 years and still slowly declining.<sup>3</sup> The finance ministry also has been increasing the taxes on tobacco product almost in every annual budget for more than 10 years. Recently FCTC has been ratified by Nepal and strong anti-tobacco legislation has been submitted by the MOH to the parliament for approval and anti-tobacco lobby and NGOs in Nepal are trying their best to get it enacted as soon as possible. The focal person for tobacco control activities has been assigned by the MoH and the National Health, Education and Information Centre (NHEICC) has been made responsible for tobacco monitoring and anti-tobacco activities. Stop TB strategy component 3 identified Practical Approach to Lung Health (PAL) to strengthen the health system and address all the respiratory diseases cases in the Primary Health Care (PHC) settings. A joint UNION/WHO monograph on TB & tobacco control found positive co-relation between tobacco use and TB. In 2001, PAL project was piloted in Nawalparasi district to see the feasibility. In May 2007, government of Nepal along with WHO support started implementing PAL in two districts Bhaktapur and

Nawalparasi. This has been an important TB and anti tobacco activity being pioneered in Nepal.

Information about tobacco use in young in most of the countries was scanty. In an attempt to fill the void of youth data on tobacco use, the World Health Organization (WHO), the U.S. Centers for Disease Control and Prevention, and the Canadian Public Health Association developed the Global Tobacco Surveillance System (GTSS) to assist all 192 WHO Member States in establishing continuous tobacco control surveillance and monitoring. The GTSS provides a flexible system that includes common data item but also allows countries to include important unique information at their discretion. For each WHO Member State, the GTSS uses a common survey methodology, similar field procedures for data collection, and similar data management and processing techniques. The GTSS collects data through the use of three surveys: the Global Youth Tobacco Survey (GYTS) for youth and for adults, the Global School Personnel Survey (GSPS) and the Global Health Professions Student Survey (GHPSS).<sup>4</sup> Nepal conducted the GYTS in 2001 in Central Development Region followed by GYTS in Far Western Region of Nepal in 2003. A national GYTS was completed in 2007. Also, a national GSPS was completed in 2007 in the same schools that participated in the GYTS.

This study presents a summary of important findings from the national GYTS and GSPS implemented in Nepal in 2007. For the GYTS we included data on cigarette smoking, age of initiation, current smoking, and tobacco dependency. Data are also presented on important components of a comprehensive tobacco control program: exposure to second-hand smoke, exposure to pro-tobacco media and advertising, and the desire to quit among smokers. GSPS we included data on prevalence of tobacco use, school policy regarding tobacco, and teacher training regarding tobacco.

## Methods

The GYTS is a school-based survey that produces representative national data. At the first stage, schools were selected with probability proportional to enrollment size. At the second stage, classes were randomly selected and all students in selected classes were eligible to participate. A pre-tested, modified Global Youth Tobacco Survey (GYTS) questionnaire was used. The school response rate was 98.0%; the student's response rate was 96.6% and the overall response rate was 94.6%.

The following data are presented in this report: lifetime cigarette use; initiation of smoking before age 10; never smoker likely to initiate smoking within a year; current cigarette smoking; currently use of other tobacco products; exposure to secondhand smoke (SHS) at home; exposure to SHS in public places; desire for a ban on smoking in public places; students who saw advertisements for cigarettes on billboards or newspapers or magazines; students who have an object with a cigarette brand logo on it; and smokers who want to stop, have tried to stop, and have ever received help to stop smoking.

The Nepal GSPS questionnaire was self administered in the schools. School and personnel anonymity was maintained throughout the GSPS process. The Nepal country-specific questionnaires included data on prevalence of cigarette smoking and use of other tobacco products both smoking and smokeless (eg. bidis, cigars, pipes, gutkha, pan etc.), school policies prohibiting use of tobacco and tobacco related curricula. The final questionnaire was translated into local language Nepali for administration.

Analyses for this paper were performed using SUDAAN, a software package for statistical analysis of correlated data, in order to compute standard errors of the estimates and 95% confidence intervals (8). A weighting factor was applied to each student record to adjust for non-response (by school, class, and student) and variation in the probability of selection at the school, class, and student levels. A final adjustment summing up the weights by grade and gender to the population of school children in the selected grades in each sample site was also taken into account. Differences were considered statistically significant at the  $p < 0.05$  level and were two-sided for all tests.

## **Results from GYTS**

### ***Prevalence***

Almost 1 in 10 students (7.9%) reported that they had ever smoked cigarettes (Table 1). Boys (11.4%) were significantly more likely than girls (3.8%) to have ever smoked cigarettes. Almost 4 in 10 students (37.1%) smoked their first cigarette before age 10. Almost 1 in 10 (7.5%) never smokers are likely to initiate smoking within a year. The prevalence of current cigarettes smoking was 3.9%<sup>1</sup>. Boys (5.7%) were significantly more likely than girls (1.9%) to smoke cigarettes. Among students in Nepal 8.0% used other tobacco products, 11.1% in boys and 4.4% in the girls, this difference was significant. None of the tobacco users feel like having a cigarette/chew tobacco first thing in the morning (Table 2).

### **Factors Influencing Tobacco Use**

#### ***Exposure to Secondhand Smoke***

1 in 3 students (35.3%) reported that they were exposed to smoke from other people in their home during the week before the survey. Almost half (47.3%) were exposed to smoke from others in public places. And more than half (55.7%) thought that smoking should be banned in public places. There was no significant difference between boys and girls in exposure to SHS (Table 3).

#### ***School Curriculum***

Almost 7 in 10 (65.8%) were taught dangers of smoking chewing tobacco and almost 6 in 10 (56.1%) discussed reasons why people of their age smoke/chew tobacco. Six in 10 (61.4%) were taught about the effects of smoking/chewing tobacco (Table 4). There is no significant difference between boys and girls in these parameters.

#### ***Media and Advertising***

More than 8 in 10 students (84.7%) had seen a lot of advertisements for cigarettes on billboards within the past month and almost 9 in 10 (87.6%) had seen a lot of advertisements for cigarettes in newspapers or in magazines (Table 5). One in 10 (10.7%) students reported having an object with a cigarette or tobacco company logo on



it. There is no significant difference between boys and girls in these advertisement parameters.

### ***Cessation***

More than 9 in 10 current smokers (92.0%) reported that they desired to stop smoking and more than 9 in 10 (93.0%) tried to stop smoking during the past year. Nine in 10 current smokers (90.2%) reported that they had ever received help to stop smoking

### ***Access and Availability***

Almost 4 in 10 students (38.1%) usually buy their tobacco in a store and almost 7 in 10 (69.5%) were not refused cigarette purchase because of their age. Almost 1 in 10 (7.9%) were offered free cigarettes by a tobacco company representative (Table 7).

## **Results from GSPS**

### ***Prevalence***

More than one-third (37.7%) school personnel in Nepal have ever smoked cigarettes and less than 1 in 10 (Daily - 7.2%; occasionally - 9.8%) are currently smoking cigarettes. However, the female smokers are less than 1%. More than one-fifth (26.8%) of the school personnel ever used smokeless tobacco and the proportion of current users are nearly 1 in 10 (Daily - 9.1%; occasionally - 10.8%). This is interesting to note that the current use of smokeless tobacco product is slightly higher than smoking products. The proportion of bidi smoker is relatively low. Only 17.5% have ever smoked bidi. The current daily use of bidi is only 1.4% (GSPS Table 1).

### ***School Policy***

#### ***Tobacco use prohibition***

Almost all (98.5%) school personnel think that they should have a policy or rule specifically prohibiting tobacco use among students on school premises. But only 94.1% think that there should be such a policy for school personnel. More than 7 in 10 (74.8%) reported that they have a policy or rule specifically prohibiting tobacco use inside school buildings but only 71.7% have a policy covering school premises outside the buildings.

Similarly, more than 7 in 10 (74.3%) have a policy or rule specifically prohibiting tobacco use among school personnel inside the school buildings but only 56.2% have a policy or rule specifically prohibiting tobacco use among school personnel outside the school buildings but on school premises (GSPS Table 2).

### ***Sponsored activities***

Nearly two-third (61.1%) school personnel reported that they have a policy or rule specifically prohibiting tobacco use among students at school sponsored activities wherever they occur whereas the existence of such policy was reported to be only 54.2% among school personnel (GSPS Table 2).

### ***Enforcement***

As reported by the school personnel, the enforcement of any of its policy (or rule) on tobacco use was 51.7% among students as compared to 53.8% among school personnel (GSPS Table 2).

### ***Teacher training***

Almost 9 in 10 (88.9%) school personnel reported that tobacco use prevention is included somewhere in their school curriculum but only about 4 in 10 (43.1%) school personnel reported to have accessed to teaching and learning materials for discouraging tobacco use in students and youth. Only 12 percent school personnel have ever received training to prevent tobacco use among youth. About two-fifth (41.9%) school personnel mentioned that there are extracurricular, non-classroom programs or activities to teach tobacco use prevention to students in their schools (GSPS Table 3).

**Table 3: Tobacco use prevention activities in Schools, GSPS Nepal, 2007.**

Is tobacco use prevention included somewhere in your school curriculum	88.9 (86.3 – 91.0)
Did you have access to teaching and learning materials about tobacco use and how to prevent its use among youth	43.1 (33.2 – 53.5)
Have you ever received training to prevent tobacco use among youth	12.0 (8.4 – 16.9)
Are non-classroom programs or activities (such as an assembly) used to teach tobacco use prevention to students in your school	41.9 (38.0 – 46.0)

## **Discussions for GYTS**

The current cigarette smoking rate in Nepal GYTS, 2007 is 3.9% (Boys 5.7% and girls 1.9%). Boys have significantly higher rate than girls. The current other tobacco products use rate is 8.0% and here also the boys have significantly higher rate than girls. So, anti tobacco activities should now concentrate more upon use of other tobacco products as well. The main goal of the comprehensive tobacco product control is to improve the health of the population by encouraging smokers to quit, eliminating exposure to secondhand smoke, and encouraging people not to initiate tobacco use. Previous studies have shown that demand reduction measures, primarily those that increase the price of tobacco are effective in significantly reducing initiation of tobacco use and consumption among young people.<sup>5</sup> In addition, comprehensive tobacco control programs often include non-price interventions such as: restrictions on smoking in public places and work places; a complete ban on advertising and promotion by tobacco companies; promotion of quitting among adults and youth; mobilizing community efforts to restrict minor's access to tobacco products; development and implementation of school-based activities; and dissemination of information on the health consequences of smoking, such as having prominent warning labels on cigarette packets.<sup>5</sup>

## **Nepal GYTS and WHO/FCTC**

### ***Secondhand Smoke***

Article 8, FCTC states that “Parties recognize that scientific evidence has unequivocally established that exposure to tobacco smoke causes death, disease and disability. Each party shall adopt and implement ... measures, providing for protection from exposure to tobacco smoke in indoor workplaces, public transport, indoor public places and as appropriate other public places.”

The exposure to second hand smoke has been found to be unacceptably high in Nepal- 1 in 3 (35.3%) at home and almost half (47.3%) in public places. In this gloomy scenario, the positive finding is that more than half (55.7%) students think that smoking should be banned in public places (GYTS 2007). This information has got to be widely disseminated to public and policy makers pleading them to take immediate action to protect the health of the future generation. In the year 1992, the Govt. of Nepal has

passed an executive order restricting smoking in public places, offices and transports but this has not yet been effectively enforced. Govt. of Nepal has also banned tobacco promotion in the electronic media in the year 1999 and promoted anti tobacco messages in their place. The dedicated levy on tobacco (Health Tax Fund) was properly used to compensate the media. To be really effective this ban has got to be extended to other advertisements, promotions and sponsorships, but unfortunately, this has not yet been done. Nepal has recently ratified FCTC and the comprehensive legislation has been sent by the MoH to the parliament. So, anti tobacco lobbyist should try to influence and see that this gets top priority as soon as the parliament session begins. In the meantime, we should go on lobbying the policy makers and also influence the Govt. of Nepal to fully enforce the executive order.

### ***Tobacco Advertising Promotion and Sponsorship***

Article 13 of the WHO/FCTC states that “Parties recognize that a comprehensive ban on advertising, promotion and sponsorship would reduce the consumption of tobacco products. Each party shall undertake a comprehensive ban of all tobacco advertising, promotion and sponsorship. This shall include a comprehensive ban on cross-border advertising, promotion and sponsorship originating from its territory”.<sup>6</sup>

Tobacco companies are using all possible means to promote their products all over Nepal including remote areas. In comparison to their might and extensive promotional activities, the anti tobacco activities taken by NGOs and the Govt. is meager. As a result more than 8 in 10 (84.7%) students have seen pro-tobacco advertisement in billboard and almost 9 in 10 (87.6%) have seen in newspapers or magazines (Nepal GYTS 2007). So, all possible efforts to effectively counter the promotional activities of tobacco industry should be made without any further delay.

### ***Cessation***

Article 14 of the WHO/FCTC addresses the issue of “Demand reduction measures concerning tobacco dependence and cessation.” The Article states - Each party shall endeavour to design and implement effective programmes aimed at promoting the cessation of tobacco use, in such locations as educational institutions, health care

facilities, workplaces and sporting environments.<sup>6</sup>

The 2008 *WHO Report on the Global Tobacco Epidemic* states, “Countries must establish programmes providing low-cost, effective treatment for tobacco users who want to escape their addiction;”<sup>7</sup>

Nepal GYTS 2007 data are encouraging. More than 9 in 10 current smokers (92.0%) desire to stop smoking and 93.0% tried to stop smoking during the past year. Almost the same number (90.2%) had received help to stop smoking. However, it should be remembered that the problem facing the countries, summarized in the report, *Youth Tobacco Cessation: A Guide for Making Informed Decisions*” a literature review of 66 published studies on youth tobacco use cessation and reduction concluded that most of the studies lacked the quality and consistency of findings to allow conclusive recommendations about effective practices.<sup>8</sup> So, more research is needed to evaluate and identify effective youth tobacco cessation programs.

### ***Access and Availability***

Article 16 of the WHO/FCTC addresses the issue of “Sales to and by minors.” The Article states – Each party shall adopt and implement effective legislative, executive, administrative or other measures at the appropriate government level to prohibit the sales of tobacco products to persons under the age set by domestic law, national law or eighteen.<sup>6</sup>

In Nepal GYTS 2007, 7 in 10 students (69.5%) were not refused cigarette purchase because of their age and 7.9% were offered free cigarette by tobacco company representative. This must be countered by legislation and effective implementation of law banning these nefarious activities. In the meantime we should strengthen public awareness of this problem and put civil society pressure to stop such activities.

### ***School***

Article 12 of the WHO/FCTC addresses the issue of “Education, communication, training and public awareness. The Article states – Each party shall promote and strengthen public awareness of tobacco control issues, using all available communication tools, as appropriate. Each party shall promote broad access to effective and

comprehensive educational and public awareness program on the health risks including the addictive characteristics of tobacco consumption and exposure to tobacco smoke.<sup>6</sup>

The study shows that almost two-third (65.8%) students were taught about the dangers of smoking and chewing tobacco in school and more than half (56.1%) also discussed the reasons why people of their age smoke and chew tobacco. In recent years there has been some effort for the prevention of tobacco use in the schools. Non Governmental Organizations (NGOs), International Organizations, Community Based Organizations (CBOs), voluntary social organizations and pressure groups have carried out activities by conducting anti tobacco rallies, community and school based programs. Anti tobacco Information Education and Communication (IEC) materials production, distribution and use is being promoted at different levels.<sup>3</sup> At the same time, the school personnel should be congratulated for organizing regular curricular and extra curricular anti tobacco activities in the school. However, the studies on effectiveness of school based smoking prevention programs have been mixed. Studies have found some programs results in short-term decreases; but other studies have looked at long-term program results and found no effective program.<sup>9</sup> WHO recognizes school and community tobacco control program efforts are important but they are most likely to be successful after a favorable policy environment has been created, including tax and price policies, 100% smoke-free public places and indoor workplace, and a comprehensive ban on all tobacco advertising, promotion and sponsorship.<sup>7</sup>

### **Discussions for GSPS**

The prevalence of tobacco use among school personnel both cigarette and smokeless tobacco is much lower than the national average but this should not lead to complacency as our target should be to bring it down to zero. Tobacco use by school personnel, school policy and its enforcement plays an important role for the comprehensive prevention of tobacco use among school population. Almost all think that there should be a policy but only three-fourth reported that they had a policy prohibiting tobacco use inside the school buildings. On the whole, the school personnel think that there should be a strict policy to restrict tobacco use among students than to themselves. The most important thing is that though there is a policy, the enforcement is only 50%. So, the enforcement of such policy

as per the Article 8 of FCTC should be given top priority. The other discouraging fact is that only 12 percent school personnel have ever received training to prevent tobacco use among youth. This necessitates the enforcement of Article 12 WHO/FCTC.

## **Conclusions**

### **GYTS**

GYTS data indicates that there is still high prevalence of tobacco use among students in Nepal. The prevalence of youth tobacco smoking (13-15 yrs age group) in Nepal was found to be 3.9% and the uses of smokeless tobacco products was 8.0%. So, anti tobacco activities should be geared up with special focus on youth and smokeless tobacco products with the ultimate objective of bringing them down to zero. We have been working towards this noble objective but the progress so far has been slow. So we should pursue our efforts more vigorously.

More than one-third (35.3%) school students were exposed to smoke from others at home and nearly half (47.3%) were exposed to smoke from others in public places (Table 3). 8 in 10 (84.7%) saw ads on billboards and 87.6% saw ads for cigarettes in newspapers or magazines in the past. Students have unrestricted access to tobacco products. Nearly 1 in 10 (7.9%) students were offered free cigarette by tobacco company and more than 1 in 10 have an object with a cigarette or tobacco logo on it (Table 5). This indicates that there is massive advertisement by tobacco industries to enhance tobacco use among youth in Nepal. The adolescents were exposed to pro-tobacco advertisement and many of them received free gifts. The ban on tobacco advertisement through electronic media is a positive step taken by the government of Nepal. However, there has to be a total ban on tobacco advertisement and sponsorship.

GYTS 2007 suggest that interventions to decrease tobacco use among youth (e.g. promotional bans, media campaigns, interventions especially focused to minor's access to tobacco products, elimination of passive smoking) must be broad-based, focused to both boys and girls with components directed to prevention and cessation.

Tobacco control in Nepal will markedly accelerate after the national assembly enacts and the government effectively enforces the pending legislation and develops protocols for enforcing it. This law incorporates most of the provisions of FCTC which

has already been ratified by the government of Nepal. WHO FCTC, WHO regional tobacco control action plan, and country tobacco control action plans should provide useful frameworks for effective implementation of comprehensive approach of tobacco control among youths.

## **GSPS**

Enforcement of policy or rule on prohibiting tobacco use among school students and personnel is considerably lower than what has been thought. Even though the majority of schools have their policy (or rules) for prohibiting tobacco use inside school building and school premises outside building including school sponsored activities, the enforcement of such policy (rules) is weak. The access to teaching learning materials against tobacco use is limited (43.1%) and very few school personnel (12%) had ever received training to prevent tobacco use among youth. So the enforcement of policy or rule regarding the prohibition of tobacco use in school premises should be strictly carried out for the comprehensive management of tobacco prevention and control among school population.

## **Recommendations**

### **GYTS**

1. Anti tobacco legislation that is pending in parliament (National Assembly) should be enacted as soon as possible and protocols should be developed for effectively enforcing the same at the earliest. MoHP, anti tobacco lobbyist, civil society and media can play an important role in achieving this goal.
2. Anti tobacco activities should be geared up with special focus on youth and smokeless tobacco products. Anti tobacco intervention should be broad-based and should include both prevention and cessation.
3. A substantial number of students were exposed to tobacco smoke at home and public places and more than half thought that the tobacco smoking in public places should be banned. So, strong and strict implementation of the legislation to ban tobacco smoking in public places is needed.
4. Almost 4 in 10 students usually buy their tobacco in a store and almost 7 in 10



were not refused cigarette purchase because of their age. So, the tobacco control law should also prohibit the sale of tobacco products to the minors.

5. GYTS should be repeated after 2 years to evaluate the effects of these measures.

## **GSPS**

1. Rules and policy should be established for the prevention and the control of tobacco use in schools with effective enforcement of the same.
2. Extra-curricular, non-class room programs or activities to teach tobacco use prevention among school personnel and students should be geared up.
3. School personnel should be trained on the prevention of tobacco use among youth.
4. GSPS should be repeated after 2 years to evaluate the effects of these measures.

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## Tables of GYTS

Table 1: Percent of students who had ever smoked cigarettes, percent of students who ever smoked that first tried a cigarette before age 10, and percent of students who had never smoked that were susceptible to start smoking in the next year, NEPAL GYTS, 2007.

State	Ever smoked cigarettes, even one or two puffs	Ever smokers who initiated smoking before age 10	Percent never smokers likely to initiate smoking within a year
<b>NEPAL</b>	7.9 (5.9 - 10.4)	37.1 (27.5 - 47.9)	7.5 (5.7 - 9.8)
Boy	11.4 (8.6 - 15.1)	31.8 (21.9 - 43.8)	8.6 (5.4 - 13.3)
Girl	3.8 (2.2 - 6.4)	57.0 (40.4 - 72.1)*	6.3 (4.2 - 9.2)

\* < 35 cases in the denominator

Table 2: Percent of students who were current cigarette smokers, current users of tobacco products other than cigarettes, and percent of current smokers who were dependent on tobacco products, NEPAL GYTS, 2007.

State	Current cigarette smoker	Currently use other tobacco products	Percent of current cigarette smokers who feel like having a cigarette/chew first thing in the morning
<b>NEPAL</b>	3.9 (2.7 - 5.6)	8.0 (6.2 - 10.2)	0.0*
Boy	5.7 (3.9 - 8.3)	11.1 (8.5 - 14.4)	0.0*
Girl	1.9 (1.0 - 3.5)	4.4 (2.5 - 7.7)	0.0*

\* < 35 cases in the denominator

Table 3: Percent of students exposed to smoke at home, exposed to smoke in public, and supported banning smoking in public places, NEPAL GYTS, 2007.

State	Percent exposed to smoke from others at home	Percent exposed to smoke from others in public places	Percent who think smoking should be banned in public places
<b>NEPAL</b>	35.3 (29.6 - 41.6)	47.3 (41.8 - 52.9)	55.7 (49.0 - 62.2)
Boy	38.5 (31.7 - 45.8)	49.5 (43.8 - 55.3)	58.3 (50.4 - 65.8)
Girl	31.7 (25.4 - 38.8)	44.7 (36.8 - 52.8)	52.8 (45.2 - 60.3)

Table 4: Percent of students who were taught dangers of smoking, discussed reasons why people their age use tobacco, taught effects of using tobacco, GYTS India, 2007.

State	Percent taught dangers of smoking/chewing tobacco	Percent discussed reasons why people their age smoke/chew tobacco	Percent taught about the effects of smoking/chewing tobacco
<b>NEPAL</b>	65.8 (62.0 - 69.5)	56.1 (52.7 - 59.5)	61.4 (57.6 - 65.1)
Boy	63.2 (58.9 - 67.4)	51.5 (48.2 - 54.7)	59.0 (54.8 - 63.2)
Girl	68.8 (62.9 - 74.2)	61.4 (55.3 - 67.2)	64.0 (57.4 - 70.2)

Table 5: Percent of students who saw ads on billboards, saw ads in newspapers, and had an object with a tobacco company logo on it, NEPAL GYTS, 2007.

State	Percent who saw a lot of ads for cigarettes on billboards in the past month	Percent who saw a lot of ads for cigarettes in newspapers or magazines in the past month	Percent who have an object with a cigarette or tobacco logo on it
<b>NEPAL</b>	84.7 (80.5 - 88.1)	87.6 (82.7 - 91.2)	10.7 (8.3 - 13.6)
Boy	87.4 (80.7 - 92.0)	87.6 (82.6 - 91.3)	12.9 (9.6 - 17.1)
Girl	81.5 (74.7 - 86.8)	87.6 (80.3 - 92.4)	8.0 (5.8 - 11.1)

Table 6: Percent of current smokers who want to quit, current smokers who tried to quit, and current smokers who received help to quit, NEPAL GYTS, 2007.

State	Percent of current cigarette smokers who desire to stop smoking	Percent of current cigarette smokers who tried to stop smoking during the past year	Percent of current smokers who received help to stop smoking
<b>NEPAL</b>	92.0 (77.5 - 97.4)	93.8 (80.8 - 98.2)	90.2 (79.4 - 95.7)
Boy	93.5 (75.2 - 98.5)*	95.2 (80.8 - 98.9)*	92.9 (80.4 - 97.7)
Girl	85.7 (38.8 - 98.3)*	86.6 (48.4 - 97.8)*	78.5 (39.7 - 95.3)*

\* < 35 cases in the denominator

Table 7: Percent of current smokers who usually buy tobacco in a store, percent of current smokers who buy tobacco in a store and were not refused purchase because of their age, and percent of all students who have been offered free cigarettes by a tobacco company representative, NEPAL GYTS, 2007.

State	Percent current smokers who usually buy their tobacco in a store		Percent who have been offered "free" cigarettes by a tobacco company representative
<b>NEPAL</b>	38.1 (23.1 - 55.7)		7.9 (5.3 - 11.4)
Boy	43.1 (26.7 - 61.2)		7.6 (4.6 - 12.4)
Girl	*		7.9 (5.2 - 11.8)

\* < 35 cases in the denominator

## Tables of GSPS

Table 1: GSPS Prevalence – Nepal 2007

	Total	Male	Female
Ever smoked cigarettes	37.7 (30.6 – 45.3)	48.5 (39.7 – 57.3)	4.9 (2.1 – 11.1)
Currently smoked cigarettes			
- Daily	7.2 (4.2 – 12.1)	9.3 (5.4 – 15.6)	*
- Occasionally	9.8 (6.9 – 13.7)	13.0 (8.9 – 18.6)	*
Ever used chewing tobacco	26.8 (21.5 – 32.9)	35.7 (28.9 – 43.2)	1.4 (0.3 – 5.8)
Currently used chewing tobacco			
- Daily	9.1 (6.2 – 13.2)	12.3 (8.7 – 17.0)	*
- Occasionally	10.8 (7.7 – 14.9)	14.6 (10.3 – 20.2)	*
Ever smoked bidis	17.5 (13.5 – 22.4)	23.2 (18.0 – 29.5)	1.1 (0.2 – 5.5)
Current smoke bidis			
- Daily	1.4 (0.5 – 4.0)	1.9 (0.6 – 5.2)	*
- Occasionally	5.5 (3.4 – 8.9)	7.1 (4.4 – 11.3)	*

\* < 35 cases in the denominator

Table 2: GSPS School Policy – Nepal 2007

Think schools should have a policy or rule specifically prohibiting tobacco use among students on school premises/property	98.5 (96.9 – 99.2)
Think schools should have a policy or rule specifically prohibiting tobacco use among school personnel on school premises/property	94.1 (88.3 – 97.1)
School has a policy or rule specifically prohibiting tobacco use among students inside school buildings	74.8 (69.5 – 79.5)
School has a policy or rule specifically prohibiting tobacco use among students outside school buildings, but on school premises/property	71.7 (65.7 – 76.9)
School has a policy or rule specifically prohibiting tobacco use among students at school sponsored activities wherever they occur	61.1 (54.1 – 67.7)
School has a policy or rule specifically prohibiting tobacco use among school personnel inside school buildings	74.3 (68.4 – 79.4)
School has a policy or rule specifically prohibiting tobacco use among school personnel outside school buildings, but on school premises/property	56.2 (45.3 – 66.6)
School has a policy or rule specifically prohibiting tobacco use among school personnel at school sponsored activities wherever they occur	54.2 (47.3 – 61.0)
Does your school completely enforce any of its policy (or rule) on tobacco use among students	51.7 (45.4 – 57.9)
Does your school completely enforce any of its policy (or rule) on tobacco use among school personnel	53.8 (46.6 – 60.8)

Table 3: GSPS Teacher training etc – Nepal 2007

Is tobacco use prevention included somewhere in your school curriculum	88.9 (86.3 – 91.0)
Did you have access to teaching and learning materials about tobacco use and how to prevent its use among youth	43.1 (33.2 – 53.5)
Have you ever received training to prevent tobacco use among youth	12.0 (8.4 – 16.9)
Are non-classroom programs or activities (such as an assembly) used to teach tobacco use prevention to students in your school	41.9 (38.0 – 46.0)