

# Bhutan (Ages 13-15)

## Global Youth Tobacco Survey (GYTS)

### FACT SHEET . . . . .



The Bhutan GYTS includes data on prevalence of cigarette and other tobacco use as well as information on five determinants of tobacco use: access/availability and price, exposure to secondhand smoke (SHS), cessation, media and advertising, and school curriculum. These determinants are components Bhutan could include in a comprehensive tobacco control program.

The Bhutan GYTS was a school-based survey of students in classes VII, VIII and IX conducted in 2004.

A two-stage cluster sample design was used to produce representative data for Bhutan. 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. The school response rate was 83.3%, the class response rate was 100.0%, the student response rate was 93.3%, and the overall response rate was 77.7%. A total of 870 students aged 13-15 participated in the Bhutan GYTS.

#### Prevalence

- 19.3% of students had ever smoked cigarettes (Boy = 25.4%, Girl = 12.6%)
- 18.1% currently use any tobacco product (Boy = 21.7%, Girl = 13.7%)
- 10.1% currently smoke cigarettes (Boy = 14.6%, Girl = 4.9%)
- 10.6% currently use other tobacco products (Boy = 11.3%, Girl = 9.9%)
- 10.9% of never smokers are likely to initiate smoking next year

#### Knowledge and Attitudes

- 36.0% think boys and 15.5% think girls who smoke have more friends
- 14.3% think boys and 11.5% think girls who smoke look more attractive

#### Access and Availability - Current Smokers

- 11.1% usually smoke at home
- 41.3% buy cigarettes in a store

#### Exposure to Secondhand Smoke (SHS)

- 29.2% live in homes where others smoke in their presence
- 47.4% are around others who smoke in places outside their home
- 19.8% think smoking should be banned from public places
- 63.4% think smoke from others is harmful to them
- 17.8% have one or more parents who smoke
- 4.5% have most or all friends who smoke

#### Cessation - Current Smokers

- 87.0% want to stop smoking
- 81.8% tried to stop smoking during the past year
- 83.7% have ever received help to stop smoking

#### Media and Advertising

- 74.5% saw anti-smoking media messages, in the past 30 days
- 62.6% saw pro-cigarette ads on billboards, in the past 30 days
- 69.2% saw pro-cigarette ads in newspapers or magazines, in the past 30 days
- 9.1% have an object with a cigarette brand logo
- 13.7% were offered free cigarettes by a tobacco company representative

#### School

- 56.7% had been taught in class, during the past year, about the dangers of smoking
- 38.8% had discussed in class, during the past year, reasons why people their age smoke
- 55.8% had been taught in class, during the past year, the effects of tobacco use

#### Highlights

- 18.1% of students currently use any form of tobacco; 10.1% currently smoke cigarettes; 10.6% currently use some other form of tobacco.
- SHS exposure is high – 3 in 10 students live in homes where others smoke, and nearly half the students are exposed to smoke around others outside of the home; close to 1 in 5 students have at least one parent who smokes.
- Over 3 in 5 students think smoke from others is harmful to them.
- One in 5 students think smoking in public places should be banned.
- Close to 9 in 10 current smokers want to stop smoking.
- One in 11 students has an object with a cigarette brand logo on it.
- Three-quarters of the students saw anti-smoking media messages in the past 30 days; over 3 in 5 students saw pro-cigarette ads on billboards and 7 in 10 saw pro-tobacco ads in newspapers or magazines in the past 30 days.