

**Ministry of Health and Wellness**  
**Substance Abuse Advisory Council Secretariat**



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## ACRONYMS

CDC	United States Centers for Disease Control and Prevention
CI	confidence interval
FCTC	(WHO) Framework Convention on Tobacco Control
GYTS	Global Youth Tobacco Survey
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
SAACS	Substance Abuse Advisory Council Secretariat
MOH	Ministry of Health and Wellness (Saint Lucia)
SE	standard error
TFI	Tobacco-Free Initiative
UN	United Nations
WHO	World Health Organization

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## **EXECUTIVE SUMMARY**

Within recent years, tobacco use has become a priority problem affecting the health of individuals throughout the world and sadly, children are increasingly being encouraged in one way or another to initiate the use of tobacco products.

In Saint Lucia, GYTS was conducted in 2017 by the Department of Health and Wellness in collaboration with the Ministry of Education. The overall response rate was 84.3%. A total of 1,495 eligible students in grades 7-9 completed the survey, of which 1,234 were aged 13-15 years. Data was collected throughout the island's 25 secondary schools.

Through a 76 question self-administered questionnaire, the study sought information on the knowledge, perceptions, and attitudes of this cohort on cigarette smoking, social and media influences that support it and other variables such as access and antismoking lessons being taught at schools.

The findings revealed that 22.7% of the students aged 13-15 years smoked cigarettes once in their lives, with males having a greater inclination for this. Two-fifths of students first smoked before age ten and twice as many boys felt it looked more 'cool' to smoke. Four (4) in ten (10) students reported that cigarettes were easily available, had parents and close friends who smoked, and most saw tobacco advertisements in the media.

The report concludes that cigarette smoking among the surveyed population is still of great concern. The implementation and enforcement of tobacco control policies such as the adoption of smoke-free places, prohibition of advertisement, promotion and sponsorship of tobacco, the adoption of health warnings on labels of tobacco products, increase of taxes and prices of tobacco, besides continuous prevention campaigns and education at all age levels would be necessary to continue the fight against tobacco use.

## INTRODUCTION

The World Health Organization (WHO) attributes some 7 million deaths a year to tobacco, 6 million of those deaths are the result of direct tobacco use while around 890 000 are the result of non-smokers being exposed to second-hand smoke. Of the more than 1 billion smokers worldwide, nearly 80% live in low- and middle-income countries, where the burden of tobacco-related illness and death is heaviest. Tobacco users who die prematurely deprive their families of income, raise the cost of health care and hinder economic development (<http://www.who.int/mediacentre/factsheets/fs339/en/>).

The tobacco epidemic will result in the deaths of many more millions of children and adolescents alive today in developing countries. Despite widespread knowledge of the harm caused by smoking, only modest success has been achieved in global tobacco initiatives. Within the Caribbean region, there is a deficiency in the capacity for monitoring and tracking potential increases in tobacco use among juveniles and young adults. The prevalence of tobacco smoking in the Caribbean region, which includes Saint Lucia, has become clearer since the execution of previous iterations of the GYTS. According to data from the Saint Lucia Customs and Excise Department, consumption trends are still heavily attributed to domestic purchases of tobacco and cigarettes.

In December 1998, TFI convened a meeting in Geneva with the Centers for Disease Control and Prevention (CDC), the United Nations Children's Fund (UNICEF), the World Bank and representatives from countries in each of the six WHO regions to discuss the need for standardized mechanisms to collect youth tobacco use information on a global basis. The outcome of this meeting was the development by WHO and CDC of a Global Tobacco Surveillance System (GTSS), which uses the Global Youth Tobacco Survey (GYTS) as its data collection mechanism.

The GTSS provides a flexible system that includes common data items but allows for individual countries to include country-specific issues at their discretion. The GTSS included collection of data through three surveys: The Global Youth Tobacco Survey (GYTS) for youth, the Global School Health Personnel Survey (GSPS) and the Global Health Professional Survey (GHPS) for adults. The GYTS provides an example of useful data available as far as tobacco use among adolescents is concerned.

## **ABOUT THE GYTS**

The GYTS is one of the instruments used for data collection and analysis as part of the GTSS framework for collecting data on youth and adults with respect to tobacco use. The GTSS system is flexible and uses common survey methodologies, field procedures and data management and processing techniques.

GYTS is composed of 43 "core" questions, 4 optional modules and 45 optional questions designed to gather data on the following seven domains. The questionnaire also allows countries to insert their own country-specific questions.

1. Knowledge and attitudes of young people towards cigarette smoking
2. Prevalence of cigarette smoking and other tobacco use among young people
3. Role of the media and advertising in young people's use of cigarettes
4. Access to cigarettes
5. Tobacco-related school curriculum
6. Environmental tobacco smoke (ETS)
7. Cessation of cigarette smoking

## **BACKGROUND**

Saint Lucia has adopted new strategies towards achieving a reduction in the demand and use of cigarettes amongst the population and reducing the negative impact of tobacco use. These strategies included the establishment of a Chronic Non-Communicable Disease (CNCD) Commission with a Tobacco Control Working Group (TCWG) subcommittee. Some of these strategies, though not exclusive to tobacco or cigarette use served as the initial impetus to pursue several other activities.

One of the first major achievements was the declaration of all public health facilities on the island as designated smoke-free spaces through a pronouncement made by the Cabinet of Ministers in 1999. During that same year, the island was represented at many sub-regional assemblies that focused attention on ways to tackle the issues that confront the region with respect to the perceived increase in the prevalence of tobacco use. Subsequently, Saint Lucia participated in the summits leading up to the development of the WHO's FCTC, an agreement that it later ratified in 2005. This agreement represents the world's first and most widely accepted public health treaty. As a result, the country has commenced a process of consultation on the drafting of legislation based on the

underlying features of the FCTC rules governing the advertising, use and effective tobacco control surveillance systems.

In 2001 Saint Lucia participated in the global initiative to systematically monitor tobacco use among the youth through the implementation of the GYTS. The island conducted its first survey, and this provided much useful baseline data on prevalence among youth 13 – 15 years old. Considering the successes of the GYTS in Saint Lucia and other countries where it has been conducted, the fourth round of the survey provided a platform for comparative analysis between 2001, 2007, 2011 and 2017. Further, the four GYTS surveys provide vital information on many issues as well as pointing the way forward for the design of appropriate prevention and cessation strategies targeting youth.

## **METHODOLOGY**

The GYTS is a school-based survey that uses a two-stage cluster sample design that produces a representative sample of the students in the grades associated with ages 13–15 years. The country research coordinator identified the grades within the educational system in Saint Lucia that corresponded to these ages. These grades were identified as Forms 1– 3 of the secondary schools on the island (see Appendix I).

A database was compiled to include a detailed listing of all the public and private operated secondary schools, the grades taught at the school and the enrollment by class and gender (Appendix II). The schools which formed the primary sampling unit were all public secondary schools as it was perceived that the enrollment of 13-15-year-olds in the few private secondary schools on the island was insignificant. (Appendix 3)

The first stage of the sampling process was a census of all the public secondary schools. As a consequence, twenty secondary schools were eligible and selected to participate.

In the second stage, the CDC provided assistance with the sampling process. Classes within the schools in the census were randomly sampled. This provided the basis for class selection using a systematic equal probability sample with a random start. All students in the selected classes who attended school on the day that the survey was administered were eligible to participate.

For these two-stage sample design, a statistical analysis conducted by the CDC indicated that a minimum of 1200 completed student interviews was needed to obtain a precision level of  $\pm 5\%$  for the given population estimate. A weighting factor was also applied to each student record to adjust for non-response by school, class and student) and also variations in the probability of selection at the class and student levels.



## **GYTS QUESTIONNAIRE**

The GYTS questionnaire is a self-administered, school-based instrument consisting of a “core” set of questions that are used by all countries. In addition, minor adjustments were made to some questions such that they were country-specific regarding locally available brands and currency values. The instrument consisted of 76 questions and includes items on the following topics: prevalence of tobacco use, age of initiation, exposure to tobacco advertising, perceptions and attitudes on behavioral norms with regard to tobacco use among young people, media and advertising, legislation, economics, electronic cigarettes, school curriculum, and environmental exposure (ETS) (Appendix).

The GYTS used a generic answer sheet thereby ensuring complete anonymity and confidentiality to students. The GYTS questionnaire was administered during one class period (average time 35 minutes) and was completely voluntary.

## **SURVEY ADMINISTRATION PROCEDURES**

Survey administrators were trained by the research coordinator in-keeping with the GYTS implementation procedures manual. Each school participating in the survey was scheduled based on days and times mutually agreed in an effort to ensure maximum participation. Prior to the administration of the survey each parent/guardian of the students participating issued a letter of parental notification via the student at least two days in advance.

In recognition of the fact that some students enrolled in the selected classes were either less than 13 years or more than 15 years old, all students in the selected classes were allowed to participate to reduce any bias or perception of exclusion. However, because the objective of this paper is cross country comparisons of same-aged children (13-15 years), respondents younger than 13 or older than 15 years are excluded from the analysis.

At the CDC<sup>1</sup> the answer sheets were scanned through an optical reader. The data were examined for consistency and out-of-range responses for each question. Analysis of the data was done using the Computer software programs MS Access and EpiInfo.

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<sup>1</sup> The reliability of data processing at the CDC is consistently high thus ensuring high quality GYTS data.

## RESULTS

### Demographics

The Global Youth Tobacco Survey (GYTS) was completed by 1,495 students in 22 public and 3 private secondary schools in Saint Lucia during 2017. The school response rate was 100%, while the overall student response rate was 84.3%. A total of 1,495 eligible students in grades 7-9 completed the survey, of which 1,234 were aged 13-15 years the student response rate was 77.7%, and the overall response rate was 77.7%. Of the total respondents, 628 (51%) were female and 602 (49%) were males. The results are representative of all students in the grades in table 1.

### Prevalence

Students were asked whether they had ever smoked cigarettes even to the extent of having one or two puffs. Those who had done so [26.7%] were classified as ever smokers. Those who had never experimented with smoking cigarettes were classified as never smokers [77.7%]. Of the never smokers Male students [25.1%] were more likely to smoke in the future than female students [20.4%].

There were more ever smokers in Form 3[30.5%] and Form 2 [21.4%] than Form 1 [19.0%]. 11.0% of students, 15.0% of boys, and 6.6% of girls currently used electronic cigarettes.

The majority of students reported using their first cigarette between 12 and 13 years old.

Overall 10.2% of students, 12.4% of boys, and 8.1% of girls currently used any tobacco products. 7.9% of students, 9.4% of boys, and 6.4% of girls currently smoked tobacco. 6.3% of students, 7.3% of boys, and 5.3% of girls currently smoked cigarettes. 3.5% of students, 4.5% of boys, and 2.4% of girls currently used smokeless tobacco.

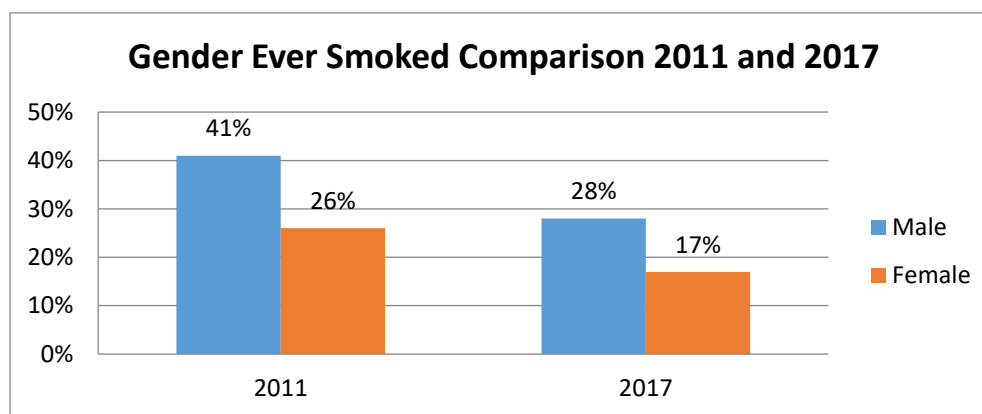
**Table 1 TOBACCO USE**

<b>Indicators</b>	<b>Overall</b>	<b>Boys</b>	<b>Girls</b>
<b>SMOKED TOBACCO</b>			
<b>Current tobacco smokers</b>	7.9	9.4	6.4
<b>Current cigarette smokers</b>	6.3	7.3	5.3
<b>Frequent cigarette smokers</b>	0.7	1.5	0
<b>Current smokers of other tobacco</b>	3.6	4.2	2.9
<b>Ever tobacco smokers</b>	26.7	33.4	19.6
<b>Ever cigarette smokers</b>	22.7	27.9	17.2
<b>Ever smokers of other tobacco</b>	10.8	13.7	7.7
<b>SMOKELESS TOBACCO</b>			
<b>Current smokeless tobacco users</b>	3.5	4.5	2.4
<b>Ever smokeless tobacco users</b>	9.2	11.1	7.1
<b>ANY TOBACCO (Smoked or Smokeless)</b>			
<b>Current tobacco users</b>	10.2	12.4	8.1
<b>Ever tobacco users</b>	31.6	38.7	24
<b>SUSCEPTIBILITY</b>			
<b>Never tobacco users susceptible to tobacco use in the future</b>	22.6	25.1	20.4
<b>Never smokers who thought they might enjoy smoking a cigarette</b>	8.3	9.3	7.5

**Smoking Experimentation and Use:**

This pattern of experimentation, which is reflected in figure 02, appears to have been influenced marginally by gender since 28% of boys experimented, while only 17% of girls experimented in 2017. In 2011 there was almost the same significant difference in gender relations, however, the overall level of experimentation was higher (41% in boys and 26% in girls).

**Table 2**



### **Knowledge and Attitudes**

38% indicated that they were taught the dangers of smoking within the current school year (Table 2). However, 35 % of the students thought smoking tobacco helps people feel more comfortable at celebrations, parties, and social gatherings. Three out of four (75%) of students were in favor of banning smoking inside enclosed public places. One-quarter of students definitely thought it is difficult to quit once someone starts smoking tobacco.

**Table 3 KNOWLEDGE AND ATTITUDES**

Indicators	Overall	Boys	Girls
Definitely thought it is difficult to quit once someone starts smoking tobacco	25	21.7	28.6
Thought smoking tobacco helps people feel more comfortable at celebrations, parties, and social gatherings	34.8	35.5	34.1

### **Exposure**

Nearly half of the students surveyed (43%) indicated that they were exposed to tobacco smoke in public places. In addition, more than a quarter (27%) were exposed to tobacco smoke in their homes. Half of the students surveyed were exposed to tobacco at an outdoor public place. Also, 20% of students reported seeing someone smoking inside the school building or just outside on school premises.

**Table 4 SECONDHAND SMOKE**

<b>Indicators</b>	<b>Overall</b>	<b>Boys</b>	<b>Girls</b>
<b>Exposed to tobacco smoke at home</b>	26.8	28	25.5
<b>Exposed to tobacco smoke inside any enclosed public place</b>	42.7	42.5	42.9
<b>Exposed to tobacco smoke at any outdoor public place</b>	50.1	49.9	50.4
<b>Saw anyone smoking inside the school building or outside on school property</b>	20.9	22.7	19.1

### **Media and Advertising**

Among the students, 62% viewed someone using tobacco on television, videos, or movies in the past 30 days. In addition, one quarter (25%) noticed tobacco advertisements or promotions at points of sale. About 2 in 10 indicated that they had an item (T-shirt, pen, etc.) that carried a cigarette brand logo on it. However, during the 30 day period, 40 % of students reported seeing Anti-tobacco messages in the media. An additional 37% thought about quitting smoking because of a warning label.

**Table 5 MEDIA AND ADVERTISING**

<b>Indicators</b>	<b>Overall</b>	<b>Boys</b>	<b>Girls</b>
<b>Noticed anti-tobacco messages in the media in the past 30 days</b>	40.1	37.3	42.9
<b>Noticed anti-tobacco messages at sporting or community events (Among all students)</b>	20.7	25.0	16.1
<b>Noticed anti-tobacco messages at sporting or community events (Among those who attended sporting or community events in the past 30 days)</b>	33.2	36.7	28.5
<b>Taught in school about the dangers of tobacco use in the past 12 months</b>	38.3	36.4	40.1

### **Cessation**

Overall, 62% of the students who were current smokers stated that they desired to quit smoking (Table 6). Eight out of ten students thought that would be able to stop on their own. More than 6 in 10 current smokers tried to stop smoking in the past 12 months. More than 5 in 10 current smokers wanted to stop smoking now; however, only 21% have received help/advice from a program or professional to stop smoking

**Table 6 CESSATION**

<b>Indicators</b>	<b>Overall</b>	<b>Boys</b>	<b>Girls</b>
<b>Current smokers who noticed health warnings on cigarette packages</b>	58.8	61.1	55.5
<b>Thought about quitting smoking because of health warnings on cigarette packages (Among current smokers)</b>	22.1	25.8	16.6
<b>Thought about quitting smoking because of health warnings on cigarette packages (Among current smokers who noticed health warnings)</b>	37.5	--	--
<b>Never smokers who thought about not starting smoking because of health warnings on cigarette packages</b>	44.6	48.6	40.6

### **Access**

Overall, six out of 10 students reported that they were able to purchase cigarettes in a store and were not refused purchase because of their age (Table 7). In addition, 39% of students reported that individual sticks of tobacco are accessible and available to them. 38.4% of current cigarette smokers bought cigarettes from a store, shop, street vendor, stall, or tray. The results by sex are undocumented due to the small number of unweighting observations.

**Table 7 ACCESS**

<b>Indicators</b>	<b>Overall</b>	<b>Boys</b>	<b>Girls</b>
<b>Current cigarette smokers who were not prevented from buying cigarettes because of their age</b>	61.4	--	--
<b>Current cigarette smokers who bought cigarettes from a store, shop, street vendor, stall or tray</b>	38.4		
<b>Current cigarette smokers who bought cigarettes as individual sticks</b>	39.1		



## DISCUSSION

The GYTS is the only objective instrument<sup>2</sup> available to Saint Lucia today that has the potential to estimate the prevalence of tobacco use on the island. However, it is only applicable to youth 13-15 years. Saint Lucia successfully implemented the GYTS in 2001, 2007, 2011 and 2017. The previous survey data provided the baseline data for comparing the aforementioned periods although the results of the 2017 survey are the core elements of this report. The results can also be used to compare the Saint Lucia situation with other countries that have adopted similar methodologies and are in keeping with Article 20 of the WHO FCTC rules<sup>3</sup>.

The results of the 2017 survey indicate a gradual decrease in the prevalence of cigarette smoking among the 13-15-year-old: a from 34.3% in 2001, 33.5% in 2007, 32.5% in 2011 to 22.7% in 2017 reported ever smoking. Adolescent boys were more likely than girls to become smokers although there is no significant statistical difference between the sexes or between periods. Age of initiation remains an issue of concern as those who had ever smoked reported that they first smoked a cigarette before the age of twelve. The study also revealed that on average, half the students who had ever smoked were current tobacco smokers in any of its forms. With the emergence of electronic cigarettes 11.0% of students, 15.0% of boys, and 6.6% of girls currently used electronic cigarettes.

Smoking from such tender ages is known to increase the risk factors for chronic diseases associated with smoking, therefore, with a high prevalence and susceptibility among the youth, the problem can worsen. A little over one third (38.4%) reported that they were taught the dangers of smoking and decline from previous survey periods; about half of respondents reporting being taught of the dangers of smoking in school.

It is also well documented that second-hand smoke is dangerous to one's health. One out of two students (42.7%) said that they were exposed to tobacco smoke in enclosed public places, while nearly one in three (26.8%) indicated that they are exposed to tobacco smoke at home. An overwhelming 75.4% of the respondents were in favor of banning smoking in public places.

At least six of every ten current teen smokers had liberal access to cigarettes. The survey indicated that 61.2% were not refused purchase due to their age. Additionally, 39.1% of Current cigarette smokers bought cigarettes as individual sticks from a store, shop, street vendor, stall, or tray. The results over the periods indicate an alarming increase in sales

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<sup>2</sup> The questionnaire has been used globally with slight modification only to address elements that are country specific, for example brands and price.

<sup>3</sup> In addition, the WHO's FCTC calls for all countries to use consistent methods in their surveillance efforts.

of tobacco products to minors; from 12% in 2011 the lowest of the surveyed periods to 38.4% in 2017.

Six out of ten students said that they favored banning smoking in public places. Despite the increase in the number of public and private places where smoking has been banned over the last five years, the percentage of students who reported seeing antismoking messages in the media only decreased gradually from 81.7% in 2001, 74.1% in 2007, 53.9% in 2011 to 40.1% in 2017. There was a marked decline in the number of students who were current smokers expressing a desire to quit. Overall, in 2001 at least seven out of ten students or 74.5% expressed that desire compared to five out of ten or 57.8% in 2007, 65.2% in 2011 and 53.1% of current smokers desired to quit. In 2017 50.0% of boys who currently smoke expressed a desire to quit while 58.8% of girls smokers expressed the same.

## **CONCLUSION**

This report suggests that tobacco use among adolescents in Saint Lucia has changed from 2001 to 2017. From the data examined it appears that age of initiation is relatively static, although overall there is a slight increase in the age of initiation from 10 to 12. However, fewer students between the ages of 13 – 15 are less likely to quit after initiation although a very high percentage are likely to support bans on smoking in public places. Initiation should also be a serious concern since there was an increase in the percentage (22.6%) of non-smokers who were likely to start within the next year, with adolescent boys and girls showing an increase tendency compared to previous years.

Knowledge of the harmful effects had decreased significantly through teaching in schools and homes. Media advertising of cigarettes was reported to have decreased slightly but there was no notable increase in antismoking advertisements in the media. Students who smoke also reported having little difficulty in accessing cigarettes in stores or vendors.

During the period 2001 to 2017, there have been changes in tobacco-control policies in Saint Lucia. The government has imposed heavy taxes on tobacco products and also the Bureau of Standards enacted new labeling standards for tobacco products. In 2005, the country ratified the WHO's FCTC and signed in 2006. Action is currently ongoing with respect to the drafting of legislation in accordance with FCTC guidelines.

This initiative has added needed sensitization of tobacco use to SAACS and students alike. It is hoped that the results will be used to influence policymakers and legislation in an effort to improve health and to strengthen the existing mechanisms as far as tobacco use is concerned and to explore further means of control of the substance.

## RECOMMENDATIONS

Any tobacco control effort In Saint Lucia will be in need of continuous monitoring of the behavior of youth and the development and implementation of a thorough control program. Saint Lucia needs to continue efforts to enact smoke-free legislation in enclosed public spaces. The GYTS is a systematic approach that has already been developed; therefore, it would be fitting that the country finds it necessary to continue the process within the specified time intervals (every four years) in order to establish trends and effectiveness of tobacco control initiatives in Saint Lucia.

The country is a signatory to the FCTC thus every effort should be made to initiate new policies and legislation that would guide and enhance the country's capacity to implement bold tobacco prevention and control strategies as guided by results, trends and observations. To this end, it is hoped that the following recommendations can be heeded to:

- Develop appropriate anti-tobacco media strategies to reach out to youth both in urban and rural areas.
- Develop partnerships with private sector other stakeholders for supplement funding for tobacco control programs. Adoption of tobacco control policies in the light of the FCTC that the country is Party of the treaty.
- Provide support for tobacco cessation, with special focus placed on youth.
- Intensify awareness campaigns on the dangers of tobacco across the country targeting youth.
- Develop sustained school-based drug prevention programs to delay youth from initiating tobacco use.

## APPENDIX 1 - FINANCIAL REPORTS

### 1. Financial Report by Activity


Activities Calendar Year 1	LOA Budget	LOA Expenditure	Expenditures/ Budget (%)	Explanation (*)
<b>BUDGET CALENDAR YEAR</b>				
<b>Activities Calendar Year 2</b>				
(a) Supplies, materials, and stationary	3480.00	4532.00	30% difference	This is inclusive of PSA. This figure is higher than the actual budget due to the PSA which was factored in the budget. Televised PSA's are more costly than prints and audio.
(b) Training meals)	600.00	902.00	50% difference	One full week of training had to be done in preparation of fieldwork. Meals were provided for the same.
(c)				More hours had to be placed in the collection of information. This accounted for the long travel time between schools in the west and south of the island.
(d) Stipend for field workers	2000.00	2750.00	38% difference	
(e) Transportation	780.00	700.00	10% difference	
(f) Other	3000.00		100% difference	The cost of postage was absorbed by the CDC. This allotted amount, however, was used in other areas eg. PSA, other needed material and increase in the stipend.
<b>BUDGET CALENDAR YEAR</b>	9860.00	8884.00	10% difference	
Total				

## 2. Financial Report by Category of Expenditure

Category	LOA Budget	LOA Expenditures Executed	Variance (%)	Explanation (*)
1. Personnel/Labor	2000.00	2750.00	38%	More hours had to be placed in the collection of the information. This accounted for the long travel time between schools in the west and south of the island.
2. Equipment	NIL	NIL	0%	
3. Supplies and materials	3480.00	4532.00	30%	This is inclusive of PSA. This figure is higher than the actual budget due to the PSA which was factored in the budget. Televised PSA's are more costly than prints and audio.
4. Rent	NIL	NIL		
5. Utilities	NIL	NIL	0% difference	
6. Travel	780.00	700.00	10% difference	
7. Other specify) Training	600.00	902.00	50% difference	One full week of training had to be done in preparation for fieldwork. Meals were provided for the same.
<b>TOTAL</b>	9860.00	8884.00		

## APPENDIX 2 - QUESTIONNAIRE

### Instructions

- Please read each question carefully before answering it.
- Choose the answer that best describes what you believe and feel to be correct.
- Choose only **one** answer for each question.
- On the answer sheet, locate the circle that corresponds to your answer and fill it in completely with the pencil that was provided to you.
- Correctly fill in the bubbles like this: 
- If you have to change your answer, don't worry, just erase it completely, without leaving marks.

### Example:

**24. Do you believe that fish live in water?**

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



### Introduction

Thank you for participating in this survey. Before you start, please read the following information that will help you to answer the questions.

- Some of the questions will ask about smoking **cigarettes**.
- Other questions may ask about **smoking tobacco** in general that includes cigarettes and other types of smoked tobacco products.

- Other questions may ask about using **smokeless tobacco**, which is tobacco that is not smoked but is sniffed through the nose, held in the mouth, or chewed.
- Finally, other questions may ask about any **tobacco use** or any **tobacco products** – this includes smoking cigarettes, smoking tobacco other than cigarettes, and using smokeless tobacco.
- Here is a chart that provides examples of various tobacco products:

<b>Any Tobacco Use</b>	
<b>Smoking Tobacco</b> <b>includes:</b>	<b>Smokeless Tobacco</b> <b>includes:</b>
Cigarettes <ul style="list-style-type: none"> <li>– Manufactured cigarettes</li> <li>– Hand-rolled cigarettes</li> </ul> Other types of smoked tobacco: <ul style="list-style-type: none"> <li>– Pipes</li> <li>– Cigars, mini cigars/cigarillos</li> <li>– Water pipes/hookah/shisha</li> </ul>	<ul style="list-style-type: none"> <li>– Snuff tobacco (which is inhaled)</li> <li>– Chewing tobacco</li> </ul>

**The first few questions ask for some background information about yourself.**

**1. How old are you?**

- 11 years old or younger
- 12 years old
- 13 years old
- 14 years old
- 15 years old
- 16 years old

- g. 17 years old or older
- 2. **What is your sex?**
  - a. Male
  - b. Female
- 3. **In what grade/form are you?**
  - a. Grade 7
  - b. Grade 8
  - c. Grade 9
- 4. **During an average week, how much money do you have that you can spend on yourself, however you want?**
  - a. I usually don't have any spending money
  - b. Less than EC\$10
  - c. Between EC\$10 and EC\$19
  - d. Between EC\$20 and EC\$39
  - e. Between EC\$40 and EC\$59
  - f. Between EC\$60 and EC\$79
  - g. EC\$80 or more
- 5. **Do your parents work?**
  - a. Father (stepfather or mother's partner) only
  - b. Mother (stepmother or father's partner) only
  - c. Both
  - d. Neither
  - e. Don't know

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

- 6. **Have you ever tried or experimented with cigarette smoking, even one or two puffs?**
  - a. Yes,
  - b. No
- 7. **How old were you when you first tried a cigarette?**
  - a. I have never tried smoking a cigarette
  - b. 7 years old or younger
  - c. 8 or 9 years old
  - d. 10 or 11 years old
  - e. 12 or 13 years old
  - f. 14 or 15 years old
  - g. 16 years old or older



8. **During the past 30 days, on how many days did you smoke cigarettes?**
- a. 0 days
  - b. 1 or 2 days
  - c. 3 to 5 days
  - d. 6 to 9 days
  - e. 10 to 19 days
  - f. 20 to 29 days
  - g. All 30 days
9. **Please think about the days you smoked cigarettes during the past 30 days. How many cigarettes did you usually smoke per day?**
- a. I did not smoke cigarettes during the past 30 days
  - b. Less than 1 cigarette per day
  - c. 1 cigarette per day
  - d. 2 to 5 cigarettes per day
  - e. 6 to 10 cigarettes per day
  - f. 11 to 20 cigarettes per day
  - g. More than 20 cigarettes per day
10. **Have you ever tried or experimented with any form of smoked tobacco products other than cigarettes such as pipes, cigars/mini cigars/cigarillos, water pipes/hookah/shisha?**
- a. Yes,
  - b. No
11. **During the past 30 days, did you use any form of smoked tobacco products other than cigarettes such as pipes, cigars/mini cigars/cigarillos, water pipes/hookah/shisha?**
- a. Yes,
  - b. No
12. **How soon after you smoke tobacco do you start to feel a strong desire to smoke again that is hard to ignore?**
- a. I don't smoke tobacco
  - b. I never feel a strong desire to smoke again after smoking tobacco
  - c. Within 60 minutes
  - d. 1 to 2 hours
  - e. More than 2 hours to 4 hours
  - f. More than 4 hours but less than one full day
  - g. 1 to 3 days
  - h. 4 days or more
13. **Have you ever tried or experimented with any form of smokeless tobacco products such as snuff (which is inhaled) and chewing tobacco?**
- a. Yes
  - b. No

- 14. During the past 30 days, did you use any form of smokeless tobacco products such as snuff (which is inhaled) and chewing tobacco?**
- a. Yes,
  - b. No

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

- 15. Do you want to stop smoking now?**
- a. I have never smoked
  - b. I don't smoke now
  - c. Yes,
  - d. No
- 16. During the past 12 months, did you ever try to stop smoking?**
- a. I have never smoked
  - b. I did not smoke during the past 12 months
  - c. Yes,
  - d. No
- 17. Do you think you would be able to stop smoking if you wanted to?**
- a. I have never smoked
  - b. I don't smoke now
  - c. Yes,
  - d. No
- 18. Have you ever received help or advice to help you stop smoking?**  
**(SELECT ONLY ONE RESPONSE)**
- a. I have never smoked
  - b. Yes, from a program or professional
  - c. Yes, from a friend
  - d. Yes, from a family member
  - e. Yes, from both programs or professionals and from friends or family members
  - f. No
- 19. How easy or difficult would you find it to go without smoking for as long as a week?**
- a. I do not smoke now
  - b. Very difficult
  - c. Fairly difficult
  - d. Fairly easy
  - e. Very easy

- 20. How easy or difficult would you find it to give up smoking altogether if you wanted to?**
- a. I do not smoke now
  - b. Very difficult.
  - c. Fairly difficult
  - d. Fairly easy
  - e. Very easy
- 21. How long ago did you stop smoking?**
- a. I have never smoked
  - b. I have not stopped smoking
  - c. 1-3 months
  - d. 4-11 months
  - e. One year
  - f. 2 years
  - g. 3 years or longer
- 22. What was the main reason you decided to stop smoking? (SELECT ONE RESPONSE ONLY)**
- a. I have never smoked
  - b. I have not stopped smoking
  - c. To improve my health
  - d. To save money
  - e. Because my family does not like it
  - f. Because my friends do not like it
  - g. Other

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

- 23. During the past 7 days, on how many days has anyone smoked in your presence, inside any enclosed public place, other than your home (such as school, shops, restaurants, shopping malls, cinema, clubs, and discotheques)?**
- a. 0 days
  - b. 1 to 2 days
  - c. 3 to 4 days
  - d. 5 to 6 days
  - e. 7 days

- 24. How often do you see your father (stepfather or mother's partner) or grandfather smoking in your home?**
- a. Don't have/don't see this person
  - b. About every day
  - c. Sometimes
  - d. Never
- 25. How often do you see your mother (stepmother or father's partner) smoking in your home?**
- a. Don't have/don't see this person
  - b. About every day
  - c. Sometimes
  - d. Never
- 26. During the past 7 days, on how many days has anyone smoked in your presence, at any outdoor public place (such as playgrounds, sidewalks, entrances to buildings, parks, sports venues, beaches)?**
- a. 0 days
  - b. 1 to 2 days
  - c. 3 to 4 days
  - d. 5 to 6 days
  - e. 7 days
- 27. During the past 7 days, on how many days has anyone smoked in your presence, inside any public transportation vehicles, such as buses?**
- a. I did not use public transportation during the past 7 days
  - b. I used public transportation, but no one smoked in my presence
  - c. 1 to 2 days
  - d. 3 to 4 days
  - e. 5 to 6 days
  - f. 7 days
- 28. During the past 30 days, did you see anyone smoke inside the school building or outside on school property?**
- a. Yes,
  - b. No
- 29. Are you in favor of banning smoking inside enclosed public places (such as schools, shops, restaurants, cinemas, clubs and discotheques)?**
- a. Yes,
  - b. No

- 30. Are you in favor of banning smoking at outdoor public places (such as playgrounds, sidewalks, entrances to buildings, parks, sports venues, beaches)?**
- a. Yes
  - b. No

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

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

**(SELECT ONLY ONE RESPONSE)**

- a. I did not smoke any cigarettes during the past 30 days
  - b. I bought them in a store or shop
  - c. I bought them from a street vendor
  - d. I bought them at a stall or tray
  - e. I got them from someone else
  - f. I got them some other way
- 32. During the past 30 days, did anyone refuse to sell you cigarettes because of your age?**
- a. I did not try to buy cigarettes during the past 30 days
  - b. Yes, someone refused to sell me cigarettes because of my age
  - c. No, my age did not keep me from buying cigarettes
- 33. The last time you bought cigarettes during the past 30 days, how did you buy them?**
- a. I did not buy cigarettes during the past 30 days
  - b. I bought them in a pack
  - c. I bought individual sticks (singles)
  - d. I bought them in a carton
  - e. I bought them in rolls f. I bought tobacco and rolled my own
- 34. On average, how much do you think a pack of 20 cigarettes costs?**
- a. Less than EC\$5
  - b. Between EC\$5 and EC\$8
  - c. Between EC\$9 and EC\$12
  - d. Between EC\$13 and EC\$16
  - e. Between EC\$17 and EC\$20
  - f. EC\$21 and over
  - g. I don't know

- 35. During the past 30 days, what brand of cigarettes did you usually smoke? (SELECT ONLY ONE RESPONSE)**
- a. I did not smoke cigarettes during the past 30 days
  - b. No usual brand
  - c. Benson and Hedges
  - d. Viceroy
  - e. Embassy
  - f. Kool
  - g. Lucky Strike
  - h. Other
- 36. On the whole, do you find it easy or difficult to buy cigarettes from a shop?**
- a. I do not usually buy cigarettes from a shop
  - b. Very difficult
  - c. Fairly difficult
  - d. Fairly easy
  - e. Very easy
- 37. How easy or difficult would it be for you to get tobacco products/cigarettes if you wanted some?**
- a. Very difficult
  - b. Fairly difficult
  - c. Fairly easy
  - d. Very easy
  - e. I don't know
- 38. Do you think the price of tobacco products/cigarettes should be increased?**
- a. Yes
  - b. No

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

- 39. During the past 30 days, did you see or hear any anti-tobacco media messages on television, radio, internet, billboards, posters, newspapers, magazines, or movies?**
- a. Yes
  - b. No

40. **During the past 30 days, did you see or hear any anti-tobacco messages at sports events, fairs, concerts, or community events, or social gatherings?**
- a. I did not go to sports events, fairs, concerts, or community events, or social gatherings in the past 30 days
  - b. Yes,
  - c. No
41. **During the past 30 days, did you see any health warnings on cigarette packages?**
- a. Yes, but I didn't think much of them
  - b. Yes, and they led me to think about quitting smoking or not starting smoking
  - c. No
42. **During the past 30 days, did you see any signs stating that adolescents are not allowed to buy any tobacco products?**
- a. Yes
  - b. No
43. **During the past 12 months, were you taught in any of your classes about the dangers of tobacco use?**
- a. Yes
  - b. No
  - c. I don't know

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

44. **During the past 30 days, did you see any people using tobacco on TV, in videos, or in movies?**
- a. I did not watch TV, videos, or movies in the past 30 days
  - b. Yes
  - c. No
45. **During the past 30 days, did you see any advertisements or promotions for tobacco products at points of sale (such as stores, shops, stalls, trays, etc.)?**
- a. I did not visit any points of sale in the past 30 days
  - b. Yes,
  - c. No
46. **During the past 30 days, did you see any tobacco product brand names when you watched sports events or any other programs on TV?**
- a. I did not watch TV in the past 30 days
  - b. Yes
  - c. No

- 47. During the past 30 days, did you see any advertisements or promotions for tobacco products at sports events, fairs, concerts, or community events?**
- a. I did not attend any sports events, fairs, concerts, or community events in the past 30 days
  - b. Yes
  - c. No
- 48. During the past 30 days, did you see any advertisements for tobacco products on the Internet?**
- a. I did not use the Internet in the past 30 days
  - b. Yes
  - c. No
- 49. Would you ever use or wear something that has a tobacco company or tobacco product name or picture on it such as a lighter, t-shirt, hat, or sunglasses?**
- a. Yes
  - b. Maybe
  - c. No
- 50. Do you have something (for example, t-shirt, pen, backpack) with a tobacco product brand logo on it?**
- a. Yes
  - b. No
- 51. Has a person working for a tobacco company ever offered you a free tobacco product?**
- a. Yes
  - b. No

**The next questions ask about your attitudes and beliefs about using tobacco.**

- 52. If one of your best friends offered you a tobacco product, would you use it?**
- a. Definitely not
  - b. Probably not
  - c. Probably yes
  - d. Definitely yes
- 53. At any time during the next 12 months do you think you will use any form of tobacco?**
- a. Definitely not
  - b. Probably not
  - c. Probably yes
  - d. Definitely yes



- 54. Once someone has started smoking tobacco, do you think it would be difficult for them to quit?**
- a. Definitely not
  - b. Probably not
  - c. Probably yes
  - d. Definitely yes
- 55. Do you think smoking tobacco helps people feel more comfortable or less comfortable at celebrations, parties, or in other social gatherings?**
- a. More comfortable
  - b. Less comfortable
  - c. No difference whether smoking or not
- 56. Do you agree or disagree with the following: "I think I might enjoy smoking a cigarette."**
- a. I currently smoke cigarettes
  - b. Strongly agree
  - c. Agree
  - d. Disagree
  - e. Strongly disagree
- 57. Do you think young people who smoke tobacco have more or less friends?**
- a. More friends
  - b. Less friends
  - c. No difference from non-smokers
- 58. Do you think smoking tobacco makes young people look more or less attractive?**
- a. More attractive
  - b. Less attractive
  - c. No difference from non-smokers
- 59. Do you think smoking tobacco is harmful to your health?**
- a. Definitely not
  - b. Probably not
  - c. Probably yes
  - d. Definitely yes
- 60. Has anyone in your family discussed the harmful effects of smoking tobacco with you?**
- a. Yes
  - b. No

- 61. During the past 12 months, were you taught in any of your classes about the effects of using tobacco like it makes your teeth yellow, causes wrinkles, or makes you smell bad?**
- a. Yes
  - b. No
  - c. Not sure
- 62. Do you think the sale of tobacco products to minors should be banned?**
- a. Yes
  - b. No

**Electronic cigarettes, or e-cigarettes, are electronic devices that usually contain a nicotine-based liquid that is vaporized and inhaled. You may also know them as vape-pens, hookah-pens, electronic hookahs (e-hookahs), electronic cigars (e-cigars), electronic pipes (e-pipes), or e-vaporizers. Some look like cigarettes and others look like pens or small pipes. These are battery-powered devices that produce vapor instead of smoke.**

- 63. Before today, had you ever heard of electronic cigarettes or e-cigarettes?**
- a. Yes
  - b. No
- 64. During the past 30 days, on how many days did you use electronic cigarettes?**
- a. 0 days
  - b. 1 or 2 days
  - c. 3 to 5 days
  - d. 6 to 9 days
  - e. 10 or 19 days
  - f. 20 to 29 days
  - g. All 30 days
- 65. In total, on how many days have you used an electronic cigarette or e-cigarette in your entire life?**
- a. 0 days
  - b. 1 day
  - c. 2 to 10 days
  - d. 11 to 20 days
  - e. 21 to 50 days
  - f. 51 to 100 days
  - g. More than 100 days

**The next questions ask about shisha smoking.**

- 66. Have you ever tried or experimented with shisha smoking, even one or two puffs?**
- a. Yes
  - b. No
- 67. How old were you when you first tried smoking shisha?**
- a. I have never tried smoking shisha
  - b. 7 years old or younger
  - c. 8 or 9 years old
  - d. 10 or 11 years old
  - e. 12 or 13 years old
  - f. 14 or 15 years old
  - g. 16 years old or older
- 68. During the past 30 days, on how many days did you smoke shisha?**
- a. 0 days
  - b. 1 or 2 days
  - c. 3 to 5 days
  - d. 6 to 9 days
  - e. 10 to 19 days
  - f. 20 to 29 days
  - g. All 30 days

**The next questions ask about smokeless tobacco. This includes snuff tobacco (which is inhaled) and chewing tobacco.**

- 69. How old were you when you first tried using smokeless tobacco?**
- a. I have never tried using smokeless tobacco
  - b. 7 years old or younger
  - c. 8 or 9 years old
  - d. 10 or 11 years old
  - e. 12 or 13 years old
  - f. 14 or 15 years old
  - g. 16 years old or older
- 70. During the past 30 days, on how many days did you use smokeless tobacco?**
- a. 0 days
  - b. 1 or 2 days
  - c. 3 to 5 days
  - d. 6 to 9 days
  - e. 10 to 19 days
  - f. 20 to 29 days
  - g. All 30 days

**71. How soon after you use smokeless tobacco do you start to feel a strong desire to use it again that is hard to ignore?**

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

**72. Have you ever received help or advice to help you stop using smokeless tobacco?**

**(SELECT ONLY ONE RESPONSE)**

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

**73. The last time you used smokeless tobacco during the past 30 days, how did you get it?**

**(SELECT ONLY ONE RESPONSE)**

- a. I did not use smokeless tobacco during the past 30 days
- b. I bought it in a store or shop
- c. I bought it from a street vendor
- d. I bought it at a stall or tray
- e. I got it from someone else
- f. I got it some other way

**74. If one of your best friends offered you smokeless tobacco, would you use it?**

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

**75. Do you agree or disagree with the following: "I think I might enjoy using smokeless tobacco."**

- a. I currently use smokeless tobacco
- b. Strongly agree
- c. Agree
- d. Disagree
- e. Strongly disagree

## **APPENDIX 3 - GLOBAL YOUTH TOBACCO SURVEY FACT SHEET SAINT LUCIA 2017**

### **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 cross-sectional, nationally representative school-based survey of students in grades associated with ages 13 to 15 years. 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 technical 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 with a probability proportional to enrollment size. The classes within selected schools are chosen randomly and all students in selected classes are eligible to participate in the survey. The survey uses a standard core questionnaire with a set of optional questions that countries can adapt to measure and track key tobacco control indicators. The questionnaire covers the following topics: tobacco use (smoking and smokeless), cessation, secondhand smoke (SHS), pro- and anti-tobacco media and advertising, access to and availability of tobacco products, and knowledge and attitudes regarding tobacco use. The questionnaire is self-administered; using scannable paper-based bubble sheets, it is anonymous to ensure confidentiality.

In Saint Lucia, GYTS was conducted in 2017 by the Ministry of Health. The overall response rate was 84.3%. A total of 1,495 eligible students in grades 7-9 completed the survey, of which 1,234 were aged 13-15 years. Data are reported for students aged 13-15 years. Highlight of Tobacco use:

- ☐ 10.2% of students, 12.4% of boys, and 8.1% of girls currently used any tobacco products.
- ☐ 7.9% of students, 9.4% of boys, and 6.4% of girls currently smoked tobacco.
- ☐ 6.3% of students, 7.3% of boys, and 5.3% of girls currently smoked cigarettes.

- 3.5% of students, 4.5% of boys, and 2.4% of girls currently used smokeless tobacco.

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