

Global Youth Tobacco Survey (GYTS) Bhutan, 2019



REGIONAL OFFICE FOR

**World Health
Organization**

South-East Asia

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སློན་པོ།
 MINISTER

FOREWORD



Globally, tobacco use is the leading cause of preventable disease, disability, and death. It is evident that one of the major risk factors for non-communicable diseases is tobacco consumption. In addition, it is also the source of severe implications on the quality of life of individuals, families and societies at large. Bhutan ratified the WHO Framework Convention on Tobacco Control (FCTC) in 2004 joining the global community to fight the global tobacco epidemic. Therefore, it is

important to periodically monitor the prevalence of tobacco use and position of tobacco control in our country.

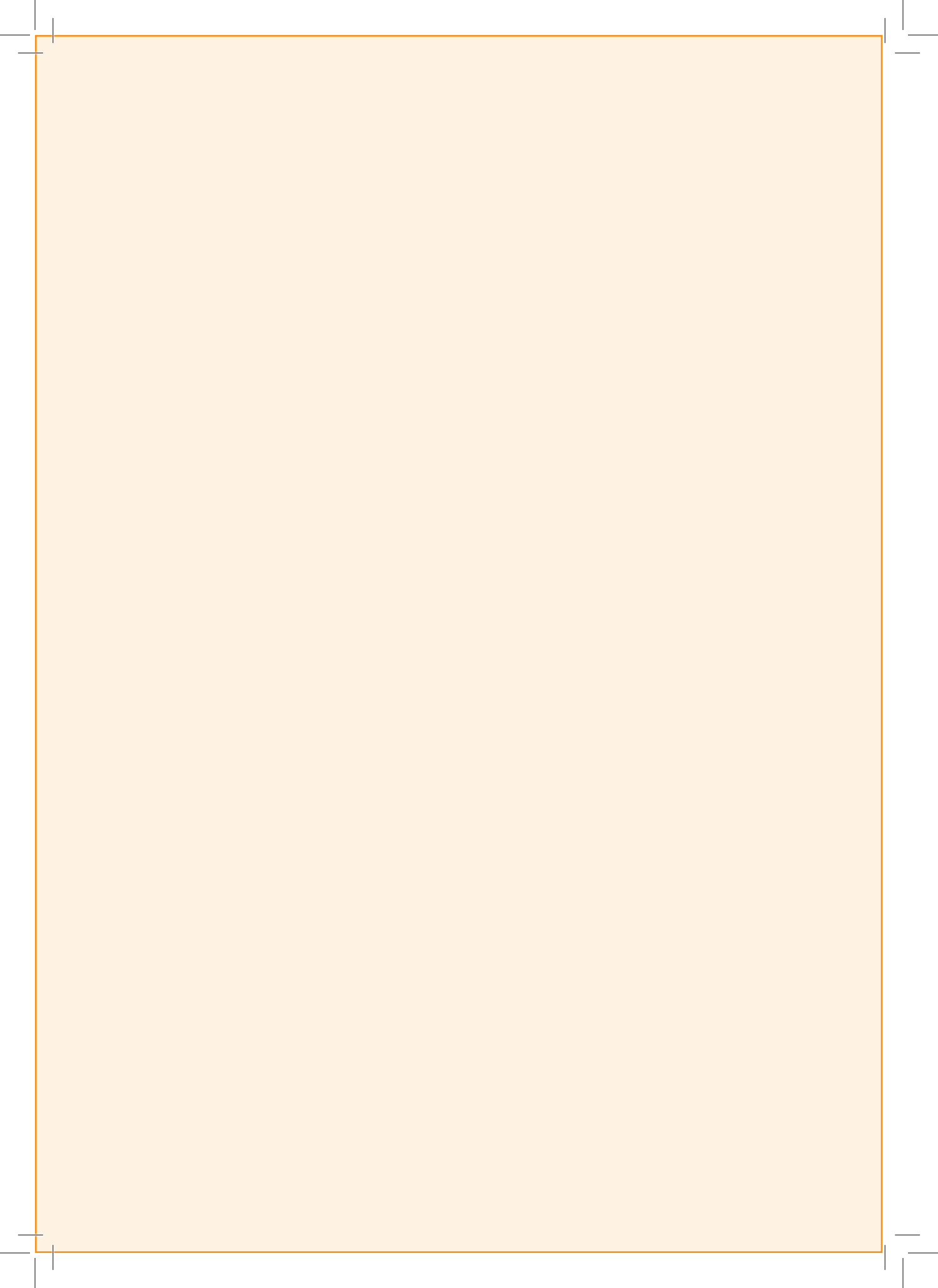
It gives me immense pleasure to note the release of Global Youth Tobacco Survey (GYTS) Report, 2019. This latest GYTS follows four other such surveys conducted in the country in 2004, 2006, 2009 and 2013 with the purpose to track tobacco use among youth.

Protecting our youth from initiating tobacco use is a great challenge. Several rounds of GYTS conducted in the country have highlighted serious concerns. I am particularly drawn to the fact that prevalence of tobacco use among students in the country is higher than the regional average. These evidences reveal the need for proactive and sustained tobacco control initiatives in the country particularly targeted at youth and children. It also provides the basis for monitoring and evaluation of tobacco control initiatives towards, ultimately, achieving the goals outlined in the WHO FCTC. It also highlights the need to involve teachers and parents as role models and agents of change. The evidences and suggestions in the report need to be widely disseminated among school teachers and students and all other stakeholders to bring about awareness regarding serious and adverse health impact of tobacco.

I would like to express my gratitude and commend all those who have strived hard and relentlessly in bringing up this valuable report. I am especially thankful to the World Health Organization and Center for Disease Control for their continued and invaluable support in generating vital evidences. The cooperation rendered by Ministry of Education as well as those involved as survey administrators, staffs and students of schools are also immensely appreciated

The rich data contained in this report will be useful for programme managers, researchers, tobacco control advocates and other relevant stakeholders for generating credible evidence to promote tobacco control. Let us all combine our efforts to make Bhutan a tobacco-free nation and enable its citizens to improve and live healthier and happier lives without tobacco.

Ms. Dechen Wangmo
Minister
 Ministry of Health, Bhutan



Message from the Regional Director



Initiation of tobacco use during childhood and adolescence is closely associated with persistent tobacco use in adulthood and the many adverse health, social and economic effects chronic use of smoking and smokeless tobacco products cause. Preventing tobacco use initiation among children and youth and providing adequate tobacco cessation services to those who are addicted to tobacco is crucial to reduce the impact of tobacco products.

Only 1 in 3 countries monitors tobacco use by repeating nationally representative youth and adult surveys at least once every 5 years. Deciphering the trends in the prevalence of tobacco use – both smoking and smokeless – among youth enables policy-makers and public health administrators to more effectively and proactively target prevention resources. To decrease tobacco product use and susceptibility to tobacco use among youth, health authorities should vigorously implement supply- and demand-side provisions outlined in the World Health Organization Framework Convention on Tobacco Control (FCTC).

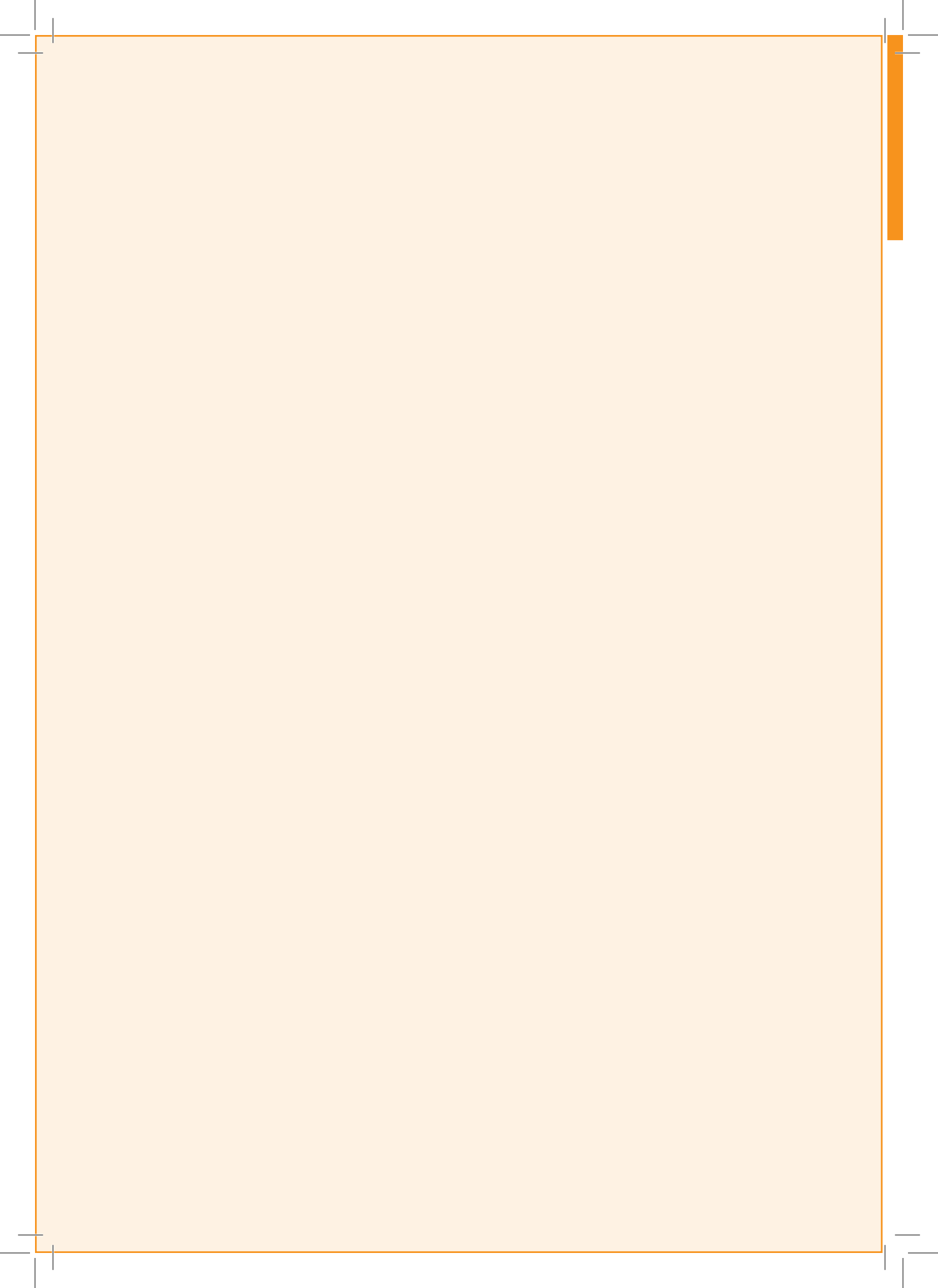
The Royal Government of Bhutan deserves special recognition for its political commitment to controlling the tobacco epidemic by completely prohibiting all tobacco products vide the Tobacco Control Act of Bhutan 2010. The Tobacco Control Rules and Regulations 2013 specifically prohibit any minor from importing any tobacco or tobacco product, even for personal consumption. The fact that Bhutan has consistently monitored the prevalence of tobacco use among youth at regular intervals by conducting the Global Youth Tobacco Surveys (GYTS) is equally praiseworthy.

I note with appreciation that the GYTS Bhutan 2019 tracks the use of doma khamtog and areca nut among youth. Additionally, it also includes questions on the age of initiation of smokeless tobacco, smokeless tobacco cessation, accessibility to smokeless tobacco products and ease of availability of tobacco products.

I am certain that the results and trends this survey documents will help Bhutan to plan and develop policy to protect its young population from the many harms of tobacco use. By integrating the recommendations of this report into national tobacco control strategies, Bhutan will accelerate momentum towards a tobacco-free future, to which WHO reiterates its commitment and support.

Poonam

Dr Poonam Khetrpal Singh
Regional Director
WHO South-East Asia Region



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The Bhutan GYTS 2019 would not have been successful without the unwavering support of the Department of School Education, Ministry of Education, and the Dzongkhag Education Officers of select dzongkhags. Special credit goes to all the principals and school health coordinators of the selected schools for their sustained support and efforts during the process of the survey.

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ABBREVIATIONS

CDC	Centers for Disease Control and Prevention
CI	Confidence interval
FCTC	Framework Convention on Tobacco Control
GYTS	Global Youth Tobacco Survey
IARC	International Agency for Cancer Research
LMIC	Low and middle-income countries
MPOWER	Monitor tobacco use and prevention policies; protect people from tobacco smoke; offer help to quit tobacco use; warn about the dangers of tobacco; and raise taxes on tobacco
SEARO	Regional Office for South-East Asia
SHS	Secondhand smoke
TAPS	Tobacco advertising, promotion and sponsorship
TFI	Tobacco-free Initiative
WHO	World Health Organization

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EXECUTIVE SUMMARY

Introduction

The Global Youth Tobacco Survey (GYTS) was developed by the Tobacco-Free Initiative (TFI), World Health Organization (WHO) and the Office on Smoking and Health of the United States Centers for Disease Control and Prevention (CDC), in collaboration with other countries representing the six WHO regions. Its aim was to generate comprehensive information on the prevention and control of tobacco use among young people. It enables countries to systematically monitor tobacco use among the youth and track the key indicators of tobacco control, using globally standardized tools. The GYTS is a nationally representative school-based survey of students of 13–15 years of age, and uses consistent and standard protocols across countries. It is intended to generate comparable data within and across countries.

Methodology

The survey used a standard core questionnaire, with a set of optional questions, which countries can adapt to measure and track key tobacco control indicators. The standard 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. Apart from the standard GYTS questions, several country-specific questions were included in the questionnaire, especially on the ease of availability of tobacco products within the country, use of doma or betel (areca) nut or its products, and consumption of smokeless tobacco.

The GYTS used a global standardized methodology that included a two-stage sample design. It was conducted by the Ministry of Health, Royal Government of Bhutan. The overall response rate was 94.9%. A total of 4712 eligible students in grades 7 to 11 completed the survey. Of these, 2344 were 13–15 years of age. This report presents the data on the students who were 13–15 years of age.

Results

Tobacco use

Tobacco use remains high among the youth in Bhutan, with more than one out of five students (22.2%) currently using tobacco products. Current tobacco use was higher among boys (31.2%) than girls (13.5%). In all, 17.3% of the students were current tobacco smokers. The prevalence of current cigarette smoking was 14.7%. Smokeless tobacco products were being consumed by 12.5% of students.

The susceptibility of the youth to the use of tobacco is worrisome. Among the students who had never consumed tobacco, 15.9% were susceptible to using tobacco in the future. Also, 7.3% never smokers thought they might enjoy smoking a cigarette and 9.3% never smokeless tobacco users thought they might enjoy using smokeless tobacco. A total of 13.2% students, who had ever smoked cigarettes, had tried their first cigarette before the age of 10 years. Of the ever smokeless tobacco users, 13.7% had first tried smokeless tobacco before the age of 10 years.

Betel nut use

The consumption of betel nut products is widespread among the youth in Bhutan, with 48.9% of students currently using *doma khamtog* (tobacco and betel nut product) or *meetha paan* (betel nut wrapped in betel leaf) and 56.9% using betel nut or various products containing it.

Tobacco cessation

More than 8 out of 10 current smokers wanted to stop smoking right away and around the same number had tried to quit smoking in the preceding 12 months. Similarly, around 9 out of 10 (87.1%) current smokeless tobacco users now wanted to stop using these products and 83% of students who currently consume smokeless tobacco had actually tried to stop using it in the preceding 12 months.

Overall, 87.7% of current tobacco smokers and 84.9% of current smokeless tobacco users thought that they would be able to stop using these products if they wanted to. Among the current tobacco smokers, 51.2% showed signs of smoking dependence.

Tobacco advertising and promotion

Among those who had visited a point of sale in the preceding 30 days, 31.7% had noticed tobacco advertisements or promotions. Among those who had watched television, videos or movies in the preceding 30 days, 84.1% had noticed someone using tobacco. Around 8 out of 100 students (7.7%) had been offered free tobacco products by tobacco company representatives.

Knowledge, attitudes, perceptions and behaviour

The percentage of students who thought that smoking helps one feel more comfortable at celebrations, parties and social gatherings was 15.1. While 42.9% of the students definitely thought that it is difficult to quit smoking tobacco, only 32.3% of definitely thought that it is difficult to quit using smokeless tobacco products. More than 7 out of 10 students (74%) thought that smoking by other people was harmful to them and 77.2% were in favour of banning smoking at outdoor public places. Of the current cigarette smokers, 16% usually smoked at home, while 14.6% usually smoked in school. Around 3 out of 10 current cigarette smokers (29.4%) usually smoked in a public place.

Trend analysis and discussion

Tobacco use

The prevalence of current tobacco use among the youth in Bhutan increased from 18.8% in 2009 to 30.3% in 2013; thereafter, it decreased and fell to 22.2% in 2019. However, considering the entire period of 2009–2019, the prevalence increased from 18.8% to 22.2%. During this period, the relative increase in the prevalence of current tobacco use among boys was around 13% (from 27.6% in 2009 to 31.2% in 2019) and among girls, around 16% (from 11.6% in 2009 to 13.5% in 2019).

The prevalence of current cigarette smoking increased continuously from 2009 to 2019. There was a relative increase of around 13% during 2009–2013 (12.4% in 2009 to 14.0% in 2013), and a relative increase of 5% during 2013–2019 (14% in 2013 to 14.7% in 2019). The prevalence of current smokeless tobacco use increased drastically during 2009–2013, but decreased during 2013–2019. However, the overall prevalence of the use of smokeless tobacco increased from 9.4% in 2009 to 12.5% in 2019 – a staggering relative increase of around 33% in the last 10 years.

Susceptibility to tobacco use remains a serious concern in Bhutan. As compared to 6.7% never smokers in 2013, 7.3% never smokers reported in 2019 that they might enjoy smoking a cigarette – a relative increase of around 9% over the period 2013–2019.

Tobacco cessation

Over the years, there has been a strong and consistent need for quality services for tobacco cessation for current tobacco users/cigarette smokers. Almost 8 to 9 out of every 10 smokers – both girls and boys – would potentially benefit from such services. The need for quality tobacco cessation services, specifically targeting the youth and preferably in school settings, is further underscored by the fact that an astronomical proportion of current tobacco smokers and smokeless tobacco users wrongly think that they would be able to stop using these products if they wanted to.

Exposure to SHS

It is encouraging to note that exposure to SHS has decreased consistently over the last 10 years. However, as of 2019, more than 1 in 3 students (36.6%) continued to be exposed to SHS in enclosed public places. Therefore, diligent enforcement of extant smoke-free regulations may be the best way forward for the country.

Access and availability

The proportion of current smokers who bought cigarettes from a shop or a street vendor increased from 23.7% in 2009 to 55.0% in 2019 – a mammoth relative increase of 132%. Throughout this period, around half of those who tried to buy cigarettes during the 30 days preceding the survey were not prevented from buying cigarettes despite their age. The percentages of the current cigarette smokers who were not prevented to buy cigarettes because of their age were 53.4, 47.8 and 57.6 for 2009, 2013 and 2019, respectively.

Tobacco advertising and promotion

Though the depiction of tobacco products on television, videos and movies has decreased over the last decade, it still poses a substantial challenge. More than 84% of the youth in Bhutan are exposed to the depiction of tobacco in the entertainment media. The proportion of students who owned something carrying the logo of a tobacco brand decreased from 14.9% in 2009 to 10.9% in 2019, a relative decrease of around 27%. However, tobacco advertising, promotion and sponsorship (TAPS) remains a major threat to effective tobacco control in Bhutan.

Anti-tobacco messages and information

The proportion of youth who noticed messages on tobacco control in the media or at sporting and community events decreased substantially from 2009 to 2019. There was a relative decrease of around 23% (from 86.9% in 2009 to 67% in 2019) in the proportion of students who had noticed such messages in the media in the 30 days before the survey. Similarly, there was a relative decrease of around 31% (from 83.1% in 2009 to 56.9% in 2019) in the proportion of students who had noticed anti-tobacco messages at sporting or community events in the preceding 30 days. These trends require serious attention.

Knowledge, attitudes, perceptions and behaviour

The percentage of students who were taught about the dangers of tobacco use in school in the 12 months preceding the survey increased from 61.6 in 2009 to 69.5 in 2019. However, though the percentage of students who definitely thought that smoking by other people is harmful to them increased from 72.8 in 2009 to 78.9 in 2013, it plummeted to 74.0 in 2019. The proportion of those who favoured a ban on smoking inside enclosed public places increased consistently from 44.1% in 2009 to 76.8% in 2019 – a relative increase of more than 74%.

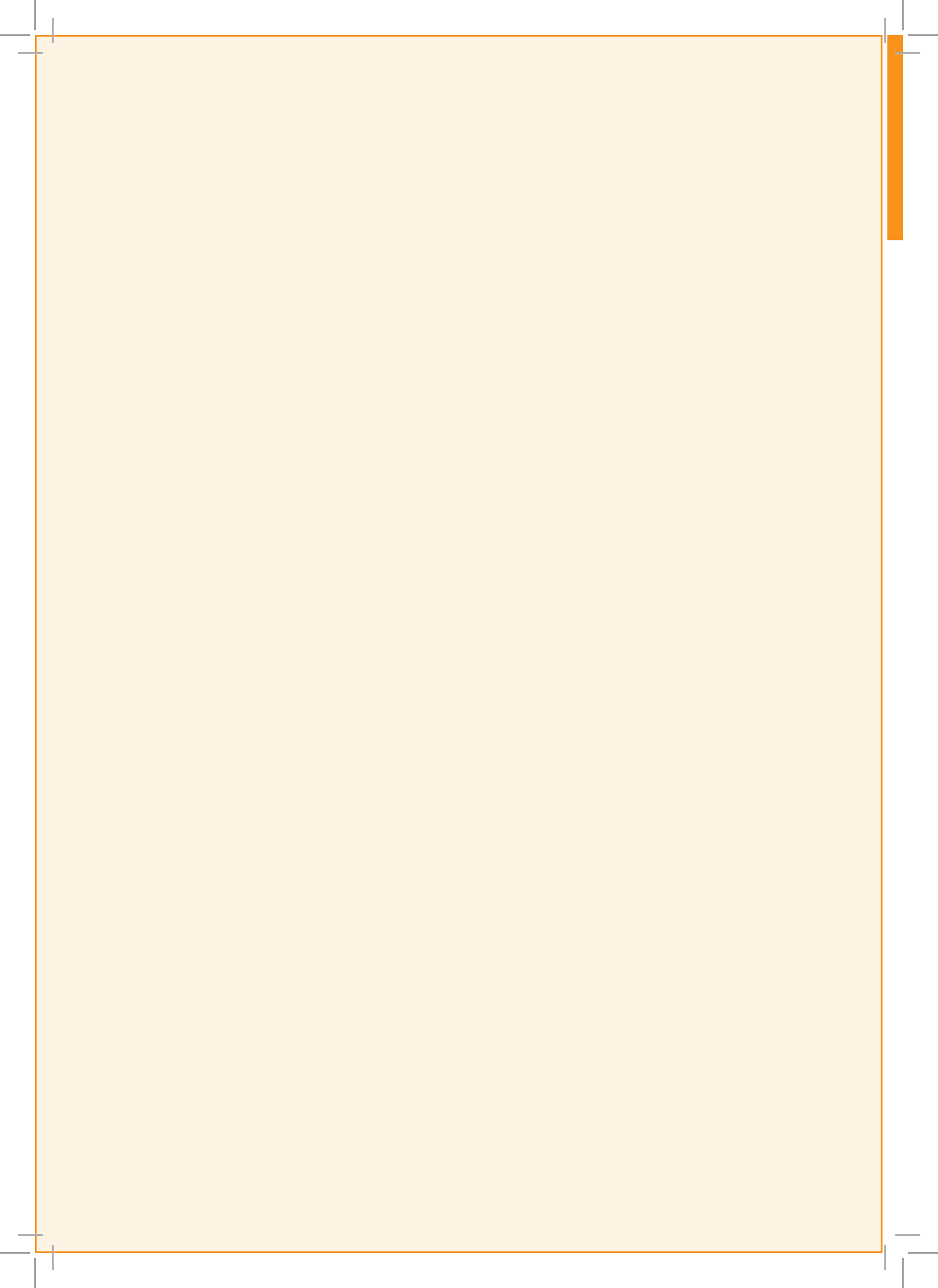
Conclusion and recommendations

Nearly one-and-a-half decades since Bhutan ratified the WHO's Framework Convention on Tobacco Control (FCTC) on 23 August 2004 and almost a decade after the country completely prohibited the cultivation, harvesting, manufacture, supply, distribution and sale of tobacco products through the Tobacco Control Act of Bhutan 2010, the prevalence of tobacco use among the youth remains high across the country.

On the basis of the findings of the GYTS 2019, some of the high-impact and achievable action points for effective tobacco control among the youth are delineated below:

- *No ground for complacency*: The prevalence of current tobacco use among the youth in the country increased from 18.8% in 2009 to 22.2% in 2019. Thus, enhanced, effective and sustained implementation of the relevant provisions of the FCTC and the national tobacco control laws, encompassing the demand- as well as supply-side issues, are as relevant to Bhutan as to any other country.

- ◉ *Go holistic*: It is imperative to comprehend the issue of tobacco consumption in the national context and thereafter, take holistic and inclusive measures to mitigate tobacco use among the youth. Apart from tobacco smoking, the use of smokeless tobacco products by the youth should be a matter of utmost concern for the country. It is high time to consider the youth as the prime target audience and roll out customized tobacco control measures tailored to meet the specific needs of the youth and children who are susceptible to the use of tobacco and betel nut products. Also, girls, like boys, are important stakeholders in the fight against tobacco.
- ◉ *Neglecting supply-side issues is a costly gap*: Though Bhutan is not a tobacco cultivator or producer, tobacco control issues related to the supply side are of great concern. Despite the blanket ban on tobacco products, the percentage of current tobacco users who bought cigarettes or other tobacco products from within Bhutan was 85%. Bhutan must ratify the WHO FCTC Protocol to Eliminate Illicit Trade in Tobacco Products at the earliest.
- ◉ *Target doma khamtog and betel nut use*: The use of betel nut is addictive and betel nut has been independently classified as a Group 1 carcinogen by the International Agency for Cancer Research (IARC). Thus, measures need to be taken to discourage the use of betel nut, even without tobacco. Strategies must be adopted to promote behavioural change among the youth and discourage the use of betel nut.
- ◉ *Accelerate implementation of efficient and quality tobacco cessation services*: Tobacco cessation services, particularly those aimed at the youth, need to be strengthened across Bhutan.
- ◉ *Maximize implementation of TAPS ban*: Robust implementation of tobacco control laws pertaining to the TAPS ban should be prioritized. There ought to be zero tolerance to any type of tobacco promotion, direct or indirect, by tobacco industry representatives. A ban on brand-stretching would be useful in maximizing the level of implementation of the TAPS ban, leading to a better MPOWER score for the country.
- ◉ *Renew efforts to communicate tobacco health risks to youth*: It is imperative to conduct and sustain effective national campaigns on tobacco control through the mass media, primarily aimed at youth.
- ◉ *Involve multiple stakeholders* : Engage all relevant stakeholders in framing and implementing effective legislative, policy, regulatory and administrative tobacco control measures.



1. INTRODUCTION

Each year, tobacco use is responsible for approximately 8 million deaths worldwide. Of these deaths, persons who use tobacco account for 7 million and non-smokers exposed to SHS account for 1.2 million. The situation is exacerbated by the marked rate of increase in the number of youth initiated to tobacco use, and the introduction of new tobacco products by the tobacco industry, which extensively markets its products with the aim of reaching the youth.

With the continuing decline in tobacco use in high-income countries, low- and middle-income countries (LMIC) have become a prime market for the tobacco industry because of their economic and demographic contexts. To put things in perspective, approximately 80% of the 1.1 billion persons who smoke tobacco worldwide reside in LMICs.

In the South-East Asia Region of WHO, nearly 1.6 million persons die every year because of the consumption of tobacco products. There are about 230 million tobacco smokers in the Region, amounting to more than one-fifth (around 21%) of all smokers worldwide. Besides, the Region has by far the largest number of adult smokeless tobacco users (around 248 million), representing about 82% of all users globally. Significantly, it has the largest number of tobacco users of 13–15 years of age (14.8 million, or around 34% of the global total). In absolute terms, it has the largest number of child cigarette smokers (6.4 million, or around 27% of the global total). Also, the Region accounts for nearly 62% of all smokeless tobacco users of the age of 13–15 years in the world.

The GYTS was developed by the TFI, WHO and the Office on Smoking and Health of the CDC, in collaboration with other countries representing the six WHO regions, to generate comprehensive information on tobacco prevention and control with respect to the youth. It enables countries to systematically monitor tobacco use among the youth and track the key indicators of tobacco control, using globally standardized tools. The GYTS is a nationally representative school-based survey of students of 13–15 years of age, and uses consistent and standard protocols across countries. It is intended to generate comparable data within and across countries.

1.1 Country demographics

Bhutan, a developing country, is a Member State of the WHO South-East Asia Region. A small, landlocked country nestled deep in the Himalayas between India and China, Bhutan is characterized by steep mountains and deep valleys, making for scattered population settlement patterns. The country is famous for its unique philosophy, Gross National Happiness, which guides its development. Abundant water resources create ideal conditions for the development of hydropower, which has spurred economic growth. Fiscal revenues from hydropower have helped finance large investments in human capital, resulting in significant improvements in service delivery and educational and health outcomes. Access to electricity is almost universal, while access to functional piped water was 95% in 2015.

The population of Bhutan was around 0.8 million in 2016. Bhutan has become an LMIC and poverty has been reduced by two-thirds in the last decade. The average annual growth of the gross domestic product has been 7.5% since the early 1980s, making Bhutan one of the fastest growing economies in the world. The gross national income per capita, which was \$3080 in 2018, is now three times the threshold for LMICs and only 10% below the threshold for upper-middle-income countries.

In 2016, life expectancy at birth was 71.0 years for women and 70 years for men. The total expenditure on health per capita was \$281 in 2014 and that on health as a percentage of the gross domestic product was 3.6 in the same year.

1.2 WHO Framework Convention on Tobacco Control and MPOWER

In response to the globalization of the tobacco epidemic, 191 Member States of WHO unanimously adopted the FCTC at the Fifty-sixth World Health Assembly in May 2003. The Convention entered into force on 27 February 2005 and, 90 days later, it had been approved by 40 Member States. The FCTC is the world's first public health treaty on tobacco control. It is the driving force behind, and a blueprint for, the global response to the pandemic of tobacco-induced deaths and diseases. The treaty embodies a coordinated, effective and urgent action plan to curb tobacco consumption. In doing so, it lays out cost-effective tobacco control strategies for public policies, such as banning direct and indirect tobacco advertisements, increasing taxes on and prices of tobacco, promoting smoke-free public places and workplaces, displaying prominent health messages on tobacco packaging, and surveillance, research and exchange of information related to tobacco.

To assist countries in fulfilling their FCTC obligations, in 2008, WHO introduced MPOWER, a technical package of six evidence-based tobacco control measures that are proven to reduce tobacco use and save lives:

- ◉ 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.

The GYTS supports the MPOWER package by monitoring country-specific data on key tobacco indicators, including prevalence, knowledge and behaviour.

1.3 Purpose and rationale

The GYTS enhances countries' capacity to monitor tobacco consumption and initiation of tobacco use among the youth, guides national programmes on tobacco prevention and control, and facilitates comparison of tobacco-related data at the national, regional and global levels. The results of the GYTS are also useful for documenting changes in different variables of tobacco control measures to monitor the implementation of the various provisions of the tobacco control law and the relevant Articles of the FCTC.

Bhutan has conducted four rounds of the GYTS – in 2004, 2006, 2009 and 2013. Over this period, the proportion of current cigarette smokers among the youth increased from 10.1% to 14%, while that of current smokeless tobacco users increased from 7.4% to 21.6%. No GYTS round has been conducted in Bhutan since 2013. Therefore, GYTS 2019 is crucial to track the progress in the key indicators of tobacco control and to come up with specific recommendations on how to effectively implement a tobacco control programme targeted at the youth.

The GYTS provides an evidence base for developing policy measures and guiding suitable interventions and strategies for tobacco-free initiatives in the country. It also provides data for the monitoring and evaluation of tobacco control programmes to assess the progress made towards achieving global targets on the reduction of tobacco use.

1.4 Current policy

Bhutan is among the first few countries in the world to have put in place anti-tobacco measures in the form of a legal document, way back in the seventeenth century.

Currently, tobacco control in Bhutan is guided by the FCTC, which the country ratified on 23 August 2004. In fact, in its commitment to making its society tobacco-free, Bhutan has moved beyond the FCTC provisions and has completely prohibited the cultivation, harvesting, manufacture, supply, distribution and sale of tobacco products through the Tobacco Control Act of Bhutan 2010. The Act stipulates the establishment of smoke-free places; prohibits the cultivation, manufacture, sale and distribution of tobacco products; and restricts the import of tobacco products for personal consumption only. Among other things, the law also regulates the advertisement, promotion and sponsorship of tobacco. In addition, several provisions of this Act have been amended by the Tobacco Control Amendment Act of Bhutan 2012, with a view to making clarifications on offences, penalties and enforcement authorities. The amendments also adjust the maximum permissible quantities of tobacco products to be imported for personal consumption. The Tobacco Control Rules and Regulations 2013, issued under the Tobacco Control Act, govern smoke-free places; importation and duties; and the duties and powers of the enforcement authorities. The Rules specifically prohibit minors (those below the age of 18 years) from importing tobacco or tobacco products, even for personal consumption. Public Notification No. 7345 provides additional information on the ban on smoking in public places and the duties of the persons in charge of the premises.

1.5 Country-specific objectives

General

- To explore the current situation of tobacco use among the youth in Bhutan and strengthen national capacity for conducting tobacco surveillance among the youth

Specific

- To assess the prevalence of tobacco use, including smoking and smokeless tobacco, among students of 13–15 years of age
- To assess exposure to SHS among the youth
- To assess the effect of the media on tobacco use among the youth

- To explore attitudes to and perceptions of the youth regarding tobacco use
- To track the progress made from GYTS 2009 to GYTS 2019 with respect to key indicators, and to identify some of the high-impact and achievable action points for effective tobacco control among the youth

2. METHODOLOGY

2.1 Questionnaire

The survey uses a standard core questionnaire, with a set of optional questions, which countries can adapt to measure and track the key indicators of tobacco control. The standard questionnaire covers the following topics: tobacco use (smoking and smokeless), cessation, SHS, pro- and anti-tobacco media and advertising, access to and availability of tobacco products, and knowledge and attitudes regarding tobacco use.

The questionnaire used for GYTS 2019 in Bhutan contained 74 questions (Annexure 1). Apart from the standard GYTS questions, the questionnaire included several country-specific questions, especially on the ease of availability of tobacco products in the country, use of doma or betel nut or its products, and specific questions on the consumption of smokeless tobacco.

2.2 Sampling design

The GYTS 2019 used a global standardized methodology that included a two-stage sample design, as described below.

- ◉ **School level:** The first-stage sampling frame consisted of all schools that had 40 or more students in grades 7 to 11. Schools were selected with probability proportional to school enrolment size.
- ◉ **Class level:** The second sampling stage consisted of systematic equal probability sampling (with a random start) of classes from each school that participated in the survey. All classes in the selected schools were included in the sampling frame. All students in the selected classes were eligible to participate in the survey.

The GYTS 2019 was conducted by the Ministry of Health. The overall response rate was 94.9% (see Table 1 for details). A total of 4712 eligible students in grades 7 to 11 completed the survey. Of these, 2344 were 13–15 years of age. This report shares the data pertaining to students of 13–15 years of age.

Table 1: Sample sizes and response rates by level (unweighted) – GYTS 2019

	Total
School level	
Number of sampled schools	50
Number of participating schools	50
School response rate	100%
Class level	
Number of sampled classes	156
Number of participating classes	156
Class response rate	100%
Student level	
Number of sampled students	4,963
Number of participating students	4,712
Student response rate	94.9%
Overall response rate*: 94.9%	

*Overall response rate=school response rate x class response rate x student response rate

2.3 Data collection

Measures were taken to protect the students' privacy, allowing for anonymous and voluntary participation. The questionnaire was self-administered in a classroom setting. The students recorded their responses directly on scannable paper-based bubble sheets.

2.4 Data analysis

A weight has been associated with each participating student to reflect the likelihood of sampling each student and to reduce bias by compensating for differing patterns of nonresponse. The weight used for estimation is given by:

$$W = W1 W2 f1 f2 f3 f4$$

where,

$W1$ = the inverse of the probability of selecting the school

$W2$ = the inverse of the probability of selecting the class within the school

$f1$ = a school-level nonresponse adjustment factor calculated by school size (small, medium, large)

$f2$ = a class-level nonresponse adjustment factor calculated by school

$f3$ = a student-level nonresponse adjustment factor calculated by class

$f4$ = a post stratification adjustment factor calculated by gender and grade

The weighted results can be used to make important inferences regarding the students' risk behaviours related to tobacco use.

SUDAAN, a software package for statistical analysis of complex survey data, was used to calculate weighted prevalence estimates and standard errors of the estimates (95% confidence intervals [CI] were calculated from the standard errors). Frequency tables were developed for the survey questions that were considered key tobacco control indicators in line with the FCTC and, in particular, the MPOWER technical package.

Data were weighted to be nationally representative of all 13–15-year-old students enrolled in school. Percentages, as depicted in the results in this report, reflect the prevalence of each indicator in each group, and not the distribution across groups.

reported having ever smoked tobacco products other than cigarettes, such as bidis, *surti*, cigars and pipes. In addition, 21.4% of students had ever used smokeless tobacco products (see Table 2).

Susceptibility to tobacco use

Overall, 15.9% students, who had never consumed tobacco, were susceptible to tobacco use in the future. Also, 7.3% never smokers (9.7% boys and 5.6% girls) thought they might enjoy smoking a cigarette, while 9.3% never smokeless tobacco users (11.9% boys and 7.0% girls) thought they might enjoy using smokeless tobacco (see Table 2).

Table 2: Prevalence of tobacco use among students of the age of 13–15 years, by sex (GYTS 2019)

Indicators	Overall	Boys	Girls
	In % (95% CI)		
Smoked tobacco			
Current tobacco smokers ¹	17.3 (15.3–19.5)	25.4 (22.3–28.7)	9.5* (7.4–12.2)
Current cigarette smokers ²	14.7 (12.9–16.7)	22.2 (19.3–25.3)	7.7* (6.0–9.9)
Frequent cigarette smokers ³	0.8 (0.4–1.5)	1.0 (0.5–2.1)	0.6 (0.2–1.6)
Current smokers of other tobacco ⁴	9.0 (7.8–10.3)	13.6 (11.4–16.0)	4.6* (3.2–6.6)
Ever tobacco smokers ⁵	32.3 (29.2–35.5)	46.1 (41.7–50.6)	18.8* (15.7–22.4)
Ever cigarette smokers ⁶	28.8 (25.6–32.2)	42.8 (37.8–47.9)	15.2* (12.4–18.5)
Ever smokers of other tobacco ⁷	16.6 (14.9–18.4)	24.4 (21.6–27.4)	9.2* (7.2–11.6)
Smokeless tobacco			
Current smokeless tobacco users ⁸	12.5 (11.0–14.1)	17.0 (14.8–19.5)	8.1* (6.6–9.9)
Ever smokeless tobacco users ⁹	21.4 (19.2–23.7)	29.2 (25.9–32.7)	13.9* (11.8–16.4)

Number of cigarettes smoked per day

More than 40% of current cigarette smokers had more than 1 cigarette per day. The percentage of those who smoked less than 1 cigarette a day was 58.2 (see Table 3). Notably, around 47% of the girls who were current cigarette smokers had one cigarette or more daily. The corresponding figure for boys was around 40%.

Table 3: Cigarettes smoked per day among current cigarette smokers of the age of 13–15 years, by sex (GYTS 2019)

Number of cigarettes usually smoked	Overall	Boys	Girls
	In % (95% CI)		
Less than 1 per day	58.2 (52.6–63.6)	60.1 (53.3–66.5)	52.8 (43.0–62.4)
1 per day	21.5 (17.4–26.2)	19.5 (15.0–24.9)	27.1 (20.6–34.8)
2 to 5 per day	17.8 (13.2–23.6)	17.8 (12.8–24.4)	18.0 (9.8–31.0)
6 to 10 per day	1.2 (0.4–3.5)	0.9 (0.2–3.9)	2.0 (0.5–8.4)
11 to 20 per day	1.3 (0.5–3.4)	1.7 (0.6–4.7)	0
More than 20 per day	0	0	0

Age at initiation of tobacco use

Of the ever cigarette smokers, more than 4 out of 10 (44.3%) started smoking at the age of 12–13 years. Among those who had ever smoked cigarettes, 13.2% (13.4% boys and 12.7% girls) had tried their first cigarette before the age of 10 years. One in 20 ever cigarette smokers (5.2%) tried his/her first cigarette at the age of 7 years or younger, as shown in Table 4.

Of the ever smokeless tobacco users, 45.1% first tried smokeless tobacco at the age of 12–13 years. Among the ever smokeless tobacco users, 13.7% (10.9% boys and 20.8% girls) had first tried smokeless tobacco before the age of 10 years. More than 1 in 15 ever smokeless tobacco users (7.0%) had tried smokeless tobacco at the age of 7 years or younger, as shown in Table 4.

Table 4: Percentage of ever tobacco users by age at initiation (GYTS 2019)

Age at initiation of cigarette smoking	Overall	Boys	Girls
	(95% CI)		
7 years old or younger	5.2 (3.1–8.6)	5.6 (3.2–9.6)	4.2 (1.7–10.1)
8 or 9 years old	7.9 (5.7–10.0)	7.8 (5.3–11.3)	8.5 (4.7–14.9)
10 or 11 years old	17.4 (14.1–21.2)	20.1 (16.1–24.8)	9.8 (6.0–15.4)
12 or 13 years old	44.3 (40.1–48.6)	42.9 (37.7–48.3)	48.3 (39.2–57.4)
14 or 15 years old	25.0 (20.9–29.7)	23.6 (18.7–29.3)	28.8 (22.0–36.8)
Age at initiation of smokeless tobacco use			
7 years old or younger	7.0 (4.7–10.3)	4.5 (2.3–8.5)	13.3 (8.4–20.5)
8 or 9 years old	6.7 (4.8–9.4)	6.4 (3.7–11.0)	7.6 (3.7–14.8)
10 or 11 years old	16.3 (13.1–20.2)	17.7 (13.6–22.7)	13.0 (7.9–20.7)
12 or 13 years old	45.1 (39.7–50.6)	47.4 (40.5–54.5)	38.9 (30.7–47.7)
14 or 15 years old	24.6 (20.7–28.9)	23.6 (18.4–29.8)	27.3 (20.2–35.7)

3.2 Areca/betel nut use

Key findings

- 48.9% of students currently consumed doma khamtog or meetha paan.
- 56.9% of students currently consumed areca nut or its products.

Overall, 48.9% of students of the age of 13–15 years currently consumed doma khamtog or meetha paan. Notably, the prevalence of the consumption of doma khamtog or meetha paan was higher among boys (52.1%) than girls (45.9%) – gender comparison is significant at $p < 0.05$. Overall, 64% of students (67.3% boys and 60.9% girls) were ever users of doma khamtog or meetha paan.

As many as 56.9% of students of the age of 13–15 years currently consumed areca nut or its products, such as *supari*, *saikila*, *wiz* and *guwa*. It is to be noted that the prevalence of the consumption of areca nut or its products was higher among boys (62.5%) than girls (51.3%) – gender comparison is significant at $p < 0.05$. As many as 67.7% students (73% boys and 62.6% girls) were ever users of arecanut or its products.

3.3 Tobacco cessation

Key findings

- ◉ More than 8 in 10 (80.7%) current tobacco smokers had tried to stop smoking in the preceding 12 months.
- ◉ More than 8 in 10 (84.1%) current tobacco smokers wanted to stop smoking now.
- ◉ More than 8 in 10 (83.0%) students who currently consumed smokeless tobacco had tried to stop using it in the preceding 12 months.
- ◉ Around 9 in 10 (87.1%) current smokeless tobacco users wanted to stop using these products now.

Among the current tobacco smokers, 51.2% showed signs of smoking dependence. The figure was slightly higher in the case of girls (52.3%) than boys (51.1%).

More than 8 in 10 (80.7%) students who currently smoked tobacco had tried to stop smoking in the preceding 12 months. Likewise, more than 8 in 10 (84.1%) current tobacco smokers wanted to stop smoking now. Notably, as many as 87.7% of the current tobacco smokers thought that they would be able to stop smoking if they wanted to (see Table 5).

More than 8 in 10 (83.0%) students who currently consumed smokeless tobacco had tried to stop using it in the preceding 12 months. Also, around 9 in 10 (87.1%) of them wanted to stop using these products now. It is to be noted that as many as 84.9% of these students thought that they would be able to stop using smokeless tobacco if they wanted to (see Table 5).

Table 5: Indicators of tobacco cessation among current tobacco users of the age of 13–15 years, by sex (GYTS 2019)

Indicators	Overall	Boys	Girls
	In % (95% CI)		
Tried to stop smoking in the preceding 12 months	80.7 (75.6–84.9)	83.5 (75.5–89.3)	72.2 (61.3–81.0)
Wanted to stop smoking now	84.1 (77.6–89.0)	84.2 (76.1–89.9)	84.0 (74.4–90.4)
Thought they would be able to stop smoking if they wanted to	87.7 (81.5–92.1)	89.5 (83.0–93.7)	84.1 (74.0–90.8)
Tried to stop using smokeless tobacco in the preceding 12 months	83.0 (78.3–86.8)	86.6 (80.5–91.0)	74.1 (64.5–81.9)
Wanted to stop using smokeless tobacco now	87.1 (82.3–90.8)	88.3 (81.7–92.7)	84.6 (76.2–90.4)
Thought they would be able to stop using smokeless tobacco if they wanted to	84.9 (78.0–89.8)	84.2 (75.6–90.2)	86.1 (78.6–91.2)

3.4 Exposure to SHS

Key findings

- ◉ 17% of students were exposed to tobacco smoke at home.
- ◉ 36.6% of students were exposed to tobacco smoke inside enclosed public places.

Seventeen per cent of the students were exposed to SHS at home (18.3% of boys and 15.9% of girls). More than 2 in 6 students (36.6%) were exposed to SHS in enclosed public places and 35.9% were exposed to SHS in outdoor public places. More than half of the students (55%) were exposed to SHS inside the school building or outside it, in the school premises (see Table 6). Boys were more likely to be exposed to SHS than girls at school and in indoor or outdoor public places.

Table 6: Exposure to tobacco smoke among students of the age of 13–15 years, by sex (GYTS 2019)

Indicators	Overall	Boys	Girls
	In % (95% CI)		
Exposed to tobacco smoke at home ¹	17.0 (14.6–19.8)	18.3 (15.0–22.0)	15.9 (13.1–19.2)
Exposed to tobacco smoke inside any enclosed public place ¹	36.6 (32.6–40.9)	39.8 (35.1–44.7)	33.5* (29.1–38.3)
Exposed to tobacco smoke at any outdoor public place ¹	35.9 (31.8–40.3)	40.9 (36.1–45.8)	31.2* (26.8–35.9)
Saw anyone smoking in the school building or outside in the school premises ²	55.0 (50.3–59.7)	62.4 (56.5–68.0)	47.6* (43.2–52.0)

¹ During the preceding 7 days ² During the preceding 30 days

*Gender comparisons are significant at $p < 0.05$.

3.5 Access and availability

Key findings

- 55% of students who currently smoked cigarettes bought them from a shop or a street vendor.
- Of those who currently smoked cigarettes and tried to buy them, 57.6% were not prevented from buying cigarettes despite their age.
- 52.4% of current smokeless tobacco users bought smokeless tobacco from a shop or a street vendor.
- Almost 6 out of 10 (59.3%) current smokeless tobacco users were not prevented from buying smokeless tobacco, despite being underage
- 85% of current tobacco users bought cigarettes or other tobacco products from within Bhutan.

Table 7 shows the percentage distribution of current cigarette smokers by source of purchase of the last cigarette. Overall, more than half of these students

(55%; 57% boys and 49.6% girls) bought cigarettes from a store, shop or street vendor. Of the current cigarette smokers, 57.6% were not prevented from buying cigarettes, despite being underage. Girls (61.7%) were less likely to be prevented from purchasing cigarettes than boys (56.5%).

Table 7: Access to cigarettes among current smokers of the age of 13–15 years, by sex (GYTS 2019)

Indicators	Overall	Boys	Girls
	In % (95% CI)		
Purchased from a store or shop ¹	48.9 (39.0–59.0)	51.8 (42.0–61.6)	41.0 (28.5–54.9)
Purchased from a street vendor ¹	6.1 (4.1– 9.0)	5.1 (3.0–8.6)	8.6 (4.1–17.2)
Got them from someone else ¹	39.2 (30.4–48.7)	36.6 (28.0–46.1)	46.1 (31.9–61.0)
Got them some other way ¹	3.1 (1.3– 7.3)	3.9 (1.5–9.8)	1.0 (0.1–7.4)
Obtained from other’s house ¹	2.7 (1.3–5.8)	2.5 (0.9–6.7)	3.3 (1.0–10.3)
Not prevented to buy cigarettes despite their age ²	57.6 (48.6–66.1)	56.5 (45.2 - 67.1)	61.7 (49.0–73.0)

¹ Outlet from which current smokers last bought cigarettes in the preceding 30 days ² Those who tried to buy cigarettes during the preceding 30 days

Table 8 shows the percentage distribution of current smokeless tobacco users by source of purchase of the last smokeless tobacco product. Overall, more than half of these students (52.4%; 57% boys and 43.4% girls) bought smokeless tobacco from a shop or a street vendor. Of the current users, 59.3% were not prevented to buy smokeless tobacco, despite being underage. As in the case of cigarettes, girls (67.4%) were less likely to be prevented from purchasing smokeless tobacco products than boys (56.1%).

Table 8: Access to smokeless tobacco products among current users of the age of 13–15 years, by sex (GYTS 2019)

Indicators	Overall	Boys	Girls
	In % (95% CI)		
Purchased from a shop or a street vendor ¹	52.4 (43.2–61.4)	57.0 (45.6–67.8)	43.4 (33.6–53.8)
Not prevented to buy smokeless tobacco despite their age ²	59.3 (50.1–67.9)	56.1 (46.5–65.3)	67.4 (51.8–80.0)

¹ Outlet from which current users last bought smokeless tobacco in the preceding 30 days ² Those who tried to buy smokeless tobacco during the preceding 30 days

Table 9 shows the unit of purchase of cigarettes among current cigarette smokers. Of these, 37.5% purchased cigarettes in a pack, while more than half (51.8%) purchased individual cigarettes.

Table 9: Unit of purchase of cigarettes among current smokers of the age of 13–15 years, by sex (GYTS 2019)

Indicators ¹	Overall	Boys	Girls
	In % (95% CI)		
Individual sticks	51.8 (41.5–61.9)	52.0 (40.5–63.3)	50.5 (39.0–61.9)
Packs	37.5 (28.2–47.8)	37.4 (26.5–49.6)	38.5 (27.8–50.3)
Cartons	2.8 (1.1– 6.9)	4.1 (1.6–10.0)	0
Rolls	2.8 (1.1– 6.5)	0.9 (0.1– 6.5)	7.0 (2.5–18.1)
Loose tobacco for hand-rolled cigarettes	5.1 (2.4–10.8)	5.7 (2.2–13.6)	4.1 (1.2–13.3)

¹ Based on the last purchase during the preceding 30 days

Alarming, 16.8% of the students (22% boys and 11.4% girls) were of the opinion that they could purchase tobacco products and/or cigarettes near their school. Only 15.5% (18% boys and 12.9% girls) felt that it would be “very difficult” for them to get tobacco products and/or cigarettes if they wanted some. The percentage (85.0; 83.8 boys and 88.0 girls) of current tobacco users who usually buy cigarettes

or other tobacco products from within Bhutan corroborates the general opinion expressed by the students.

3.6 Anti-tobacco messages and information

Key findings

- ◉ Almost 7 in 10 (67.0%) students had noticed anti-tobacco messages in the media.
- ◉ 7 in 10 (69.5%) students were taught about the dangers of tobacco use in the preceding 12 months in school.
- ◉ More than 7 in 10 (72.7%) current smokers had noticed health warnings on cigarette packages.

Table 10 shows the extent to which the students had noticed anti-tobacco messages in the media and at other events in the preceding 30 days. Overall, 67% had noticed such messages in the media in the preceding 30 days, while 56.9% of those who had attended sporting or community events in the preceding 30 days had noticed anti-tobacco information. About 7 in 10 students (69.5%) mentioned that they had been taught about the dangers of tobacco use in the preceding 12 months in school.

Table 10: Exposure to anti-tobacco information among students of the age of 13–15 years, by sex (GYTS 2019)

Indicators	Overall	Boys	Girls
	In % (95% CI)		
Noticed anti-tobacco messages in the media in the preceding 30 days	67.0 (63.3–70.4)	66.7 (62.3–70.9)	67.3 (62.8–71.5)
Noticed anti-tobacco messages at sporting or community events (among all students)	36.4 (33.5–39.4)	39.3 (35.2–43.7)	33.6 (31.1–36.1)
Noticed anti-tobacco messages at sporting or community events (among those who had attended sporting or community events in the preceding 30 days)	56.9 (53.0–60.7)	58.2 (52.8–63.4)	55.7 (51.7–59.7)

Indicators	Overall	Boys	Girls
	In % (95% CI)		
Taught in school about the dangers of tobacco use in the preceding 12 months	69.5 (66.2–72.6)	67.7 (63.6–71.6)	71.1 (67.3–74.6)

Table 11 provides details regarding students who had noticed health warnings on cigarette packages. Among the current smokers, more than 7 in 10 (72.7%) had noticed health warnings on cigarette packages and more than 2 in 5 (41.8%) had thought of quitting cigarettes because of the warnings. Nearly one-third of the never smokers (31.4%) thought they would not start smoking because of the health warnings.

Table 11: Exposure to health warnings on cigarette packages among current and never smokers of the age of 13–15 years, by sex (GYTS 2019)

Indicator ¹	Overall	Boys	Girls
	In % (95% CI)		
Current smokers who noticed health warnings on cigarette packages	72.7 (66.8–77.8)	73.3 (67.2–78.6)	71.8 (61.7–80.1)
Current smokers who considered quitting because of health warnings on cigarette packages	41.8 (36.1–47.8)	42.8 (36.4–49.5)	39.7 (31.6–48.4)
Current smokers who noticed health warnings and thought of quitting because of the warnings	57.6 (49.8–65.0)	58.4 (50.0–66.4)	55.3 (42.4–67.4)
Never smokers who thought they would not start smoking because of health warnings on cigarette packages	31.4 (28.0–35.0)	34.4 (28.7–40.7)	28.8 (25.0–33.0)

¹ In the preceding 30 days

3.7 Tobacco advertising and promotion

Key findings

- More than 3 in 10 (31.7%) students noticed tobacco advertisements or promotions when visiting points of sale.
- More than 1 in 10 (10.9%) students owned something which bore the logo of a tobacco brand.
- More than 8 in 10 (84.1%) noticed someone using tobacco while watching television, videos or movies.

Table 12 shows details regarding the students who had noticed tobacco marketing. Among those who had visited a point of sale in the preceding 30 days, 31.7% had noticed tobacco advertisements or promotions. Of those who had watched television, videos or movies in the preceding 30 days, 84.1% had noticed someone using tobacco on these media., Around 8 out of 100 (7.7%) students had been offered free tobacco products by representatives of tobacco companies.

Table 12: Exposure to tobacco marketing and promotion among students of the age of 13–15 years, by sex (GYTS 2019)

Indicators	Overall	Boys	Girls
	In % (95% CI)		
Noticed tobacco advertisements or promotions at points of sale (among all students in the preceding 30 days)	23.1 (21.1–25.2)	24.1 (21.0–27.4)	22.2 (19.4–25.2)
Noticed tobacco advertisements or promotions at points of sale (among those who visited a point of sale in the preceding 30 days)	31.7 (28.3–35.2)	32.5 (28.0–37.4)	30.7 (26.5–35.3)

Indicators	Overall	Boys	Girls
	In % (95% CI)		
Noticed someone using tobacco on television, videos or movies (among all students in the preceding 30 days)	72.5 (69.1–75.8)	72.6 (68.2–76.5)	72.6 (68.9–76.1)
Noticed someone using tobacco on television, videos or movies (among those who watched television, videos or movies in the preceding 30 days)	84.1 (82.0–86.1)	83.3 (79.7–86.3)	85.0 (82.4–87.2)
Ever offered a free tobacco product by a tobacco company representative	7.7 (6.4–9.4)	9.6 (7.4–12.2)	6.0* (4.2–8.3)
Owned something with a tobacco brand logo on it	10.9 (9.5–12.6)	15.0 (12.3–18.3)	6.9* (5.4–8.6)
Owned something with a tobacco brand logo on it or might in the future	27.1 (24.5–29.9)	31.3 (27.1–35.9)	24.1 (21.0–27.5)

*Gender comparisons are significant at $p < 0.05$.

3.8 Knowledge, attitudes, perceptions and behaviour

Key findings

- More than 4 in 10 (42.9%) students definitely thought that it would be difficult to quit once one started smoking tobacco.
- More than 3 in 10 (32.3%) students definitely thought that it would be difficult to quit once one started using smokeless tobacco.
- 15.5% students felt that it would be “very difficult” for them to get tobacco products and/or cigarettes if they wanted some.
- 74% of students definitely thought tobacco smoking by others was harmful to them.

- 76.8% of students favoured the prohibition of smoking inside enclosed public places.

Table 13 shows the students' level of knowledge and their attitude regarding smoking and tobacco use. Overall, 42.9% of them definitely thought that it would be difficult to quit once one started smoking tobacco, and 15.1% thought that smoking tobacco helped people feel more comfortable at celebrations, parties and social gatherings. More than 7 out of 10 students (74%) thought that tobacco smoking by other people was harmful to them and 77.2% were in favour of a ban on smoking at outdoor public places.

Table 13: Attitudes to tobacco addiction, social smoking and SHS among students of the age of 13–15 years, by sex (GYTS 2019)

Indicators	Overall	Boys	Girls
	In % (95% CI)		
Definitely thought it would be difficult to quit once one started smoking tobacco	42.9 (39.9–45.9)	36.4 (33.0–40.0)	49.2* (44.2–54.3)
Definitely thought it would be difficult to quit once one started using smokeless tobacco	32.3 (30.1–34.6)	29 (26.1–32.1)	35.7 (32.2–39.4)
Felt they could purchase tobacco products/cigarettes near their school	16.8 (13.6–20.6)	22 (18–26.5)	11.4 (8.6–14.8)
Felt it would be “very difficult” for them to get tobacco products and/or cigarettes if they wanted some	15.5 (13.7–17.5)	18 (15–21.3)	12.9 (10.9–15.2)
Thought smoking tobacco helped people feel more comfortable at celebrations, parties and social gatherings	15.1 (13.3–17.1)	17.3 (14.8–20.2)	13.0* (10.8–15.5)

Indicators	Overall	Boys	Girls
	In % (95% CI)		
Definitely thought tobacco smoking by others was harmful to them	74.0 (71.2–76.6)	70.4 (67.0–73.7)	77.5* (73.8–80.9)
Favoured a ban on smoking inside enclosed public places	76.8 (72.6–80.6)	73.7 (67.6–79.0)	79.9* (76.0–83.3)
Favoured a ban on smoking in outdoor public places	77.2 (73.1–80.9)	73.1 (68.3–77.3)	81.1* (76.5–85.0)

*Gender comparisons are significant at $p < 0.05$.

Of the current smokers, 16% usually smoked at home, while 14.6% usually smoked in school. Around 3 in every 10 (29.4%) usually smoked in a public place (see Table 14).

Table 14: Usual place of smoking among current smokers of the age of 13–15 years, by sex (GYTS 2019)

Place where they usually smoke	Overall	Boys	Girls
	In % (95% CI)		
At home	16.0 (11.1–22.5)	14.9 (9.5–22.8)	19.0 (11.2–30.4)
In school	14.6 (9–22.9)	16.1 (9.7–25.6)	10.8 (5.6–20)
At work	6.0 (3.4–10.5)	6.9 (3.9–12)	3.8 (0.9–15)
At a friend's house	18.6 (14.1–24.1)	17.4 (11.9–24.6)	20.7 (13–31.2)
During social events	15.4 (10.6–21.8)	16.4 (10.8–24)	13.0 (7.1–22.7)
In a public place	29.4 (21.3–39)	28.3 (20.9–37.1)	32.7 (19.4–49.5)

4. TREND ANALYSIS (2009–2019) AND DISCUSSION

4.1 Discussion of survey findings

Tobacco use

The use of tobacco remains high among the youth in Bhutan, with more than one out of five students currently using tobacco products. The majority of tobacco users among the youth (25.4% boys and 9.5% girls) smoked tobacco, while a sizeable proportion (17% boys and 8.1% girls) consumed smokeless tobacco products. Notably, more girls were current users of smokeless tobacco (8.1%) than cigarette smokers (7.7%).

The susceptibility of the youth to tobacco use is worrisome. To put things in perspective, 15.9% of students who never consumed tobacco were found to be susceptible to tobacco use in the future. Also, 7.3% never smokers (9.7% boys and 5.6% girls) thought they might enjoy smoking a cigarette and 9.3% never smokeless tobacco users (11.9% boys and 7.0% girls) thought they might enjoy using smokeless tobacco. The fact that a total of 13.2% students (13.4% boys and 12.7% girls) had tried their first cigarette before the age of 10 years should be an eye-opener for policy-makers and enforcement agencies alike. In the case of smokeless tobacco, the numbers are even more alarming – a total of 13.7% students (10.9% boys and 20.8% girls) had first tried smokeless tobacco before the age of 10 years.

Areca/betel nut use

This is the first time that the GYTS has captured the use of doma khamtog, meetha paan, and areca nut and related products. Unfortunately, the survey found that the consumption of these products is widespread among the youth and thus needs to be addressed on a priority basis. Nearly half (48.9%) of the students currently consume doma khamtog or meetha paan, and 57% currently consume areca nut or its various products.

Tobacco cessation

It is encouraging to note that more than 8 out of 10 current smokers wanted to stop smoking right away and around the same number had tried to quit smoking in the preceding 12 months. Similarly, around 9 in 10 (87.1%) current smokeless tobacco users wanted to stop using these products immediately and 83% had actually tried to stop using them in the preceding 12 months.

Unfortunately, 87.7% of current tobacco smokers and 84.9% of current smokeless tobacco users thought that they would be able to stop using these products if they wanted to. Understandably, 51.2% of the current tobacco smokers showed signs of smoking dependence. Thus, there is a pressing need to provide quality services for tobacco cessation aimed specifically at the youth, addressing both smoking as well as smokeless tobacco addiction.

Exposure to SHS

The survey revealed that more than 1 in 3 students (36.6%) were exposed to SHS in enclosed public places and 35.9% were exposed to SHS in outdoor public places. In addition, more than half of the students (55%) were exposed to SHS inside the school building or outside, in the school premises. This indicates that regulations on smoke-free environment are not well implemented in Bhutan and the exposure of the youth to SHS remains a major concern. Interestingly, more than 7 out of 10 students (74%) thought that tobacco smoking by other people was harmful to them and 77.2% were in favour of a ban on smoking in outdoor public places.

Access and availability

The findings of the survey indicate that the youth has easy access to tobacco products. More than half of the smokers bought cigarettes from a shop or vendor. It is distressing to note that 57.6% of the current smokers were not prevented to buy cigarettes at a store, despite being underage. Interestingly, girls (61.7%) were less likely to be prevented from purchasing cigarettes than boys (56.5%). More than half of the current cigarette smokers (51.8%) were able to purchase individual cigarettes.

Similarly, more than half of the current smokeless tobacco users (52.4%; 57% boys and 43.4% girls) bought smokeless tobacco from a shop or a street vendor. Of the current users, 59.3% were not prevented from buying smokeless tobacco, despite being underage. As in the case of cigarettes, girls (67.4%) were less likely to be prevented from purchasing smokeless tobacco than boys (56.1%). These findings

started smoking tobacco and 32.3% definitely thought that it would be difficult to quit once one had started using smokeless tobacco. More than 7 out of 10 students (74%) thought that tobacco smoking by other people was harmful to them and 77.2% were in favour of a ban on smoking in outdoor public places. As many as 16% of current smokers usually smoked at home, while 14.6% usually smoked in school. Around 3 in every 10 current cigarette smokers (29.4%) usually smoked in a public place.

4.2 Comparison with previous rounds of GYTS (2009–2019)

Tobacco use

Figures 1 to 6 depict the trends in the prevalence of current use of various tobacco products among students of the age of 13–15 years, based on the GYTS of 2009, 2013 and 2019.

Figure 1: Prevalence (%) of current tobacco use among students of the age of 13–15 years, by sex (GYTS 2009, 2013 and 2019)

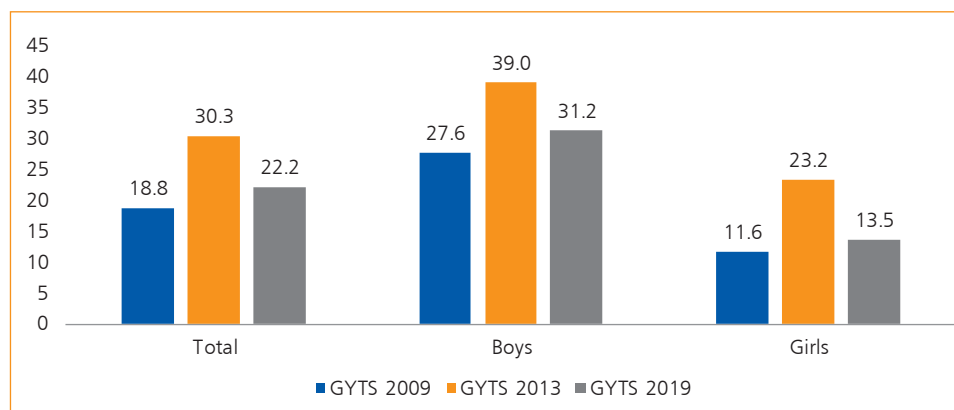
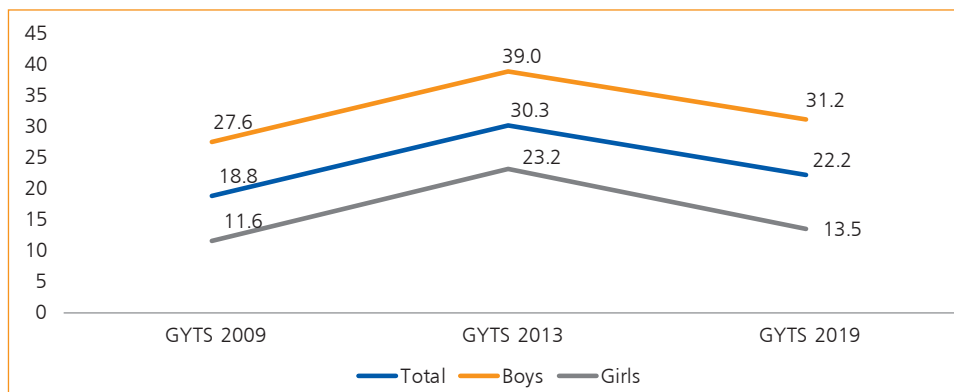


Figure 2: Trend in prevalence (%) of current tobacco use among students of the age of 13–15 years, by sex (GYTS 2009–2019)



The prevalence of current tobacco use among the youth has increased from 18.8% in 2009 to 22.2% in 2019. The relative increase in prevalence among boys was around 13% (from 27.6% in 2009 to 31.2% in 2019) and among girls was around 16% (from 11.6% in 2009 to 13.5% in 2019). On a positive note, the prevalence of current tobacco use decreased substantially during 2013–2019.

Figure 3: Prevalence (%) of current cigarette smoking among students of the age of 13–15 years, by sex (GYTS 2009, 2013 and 2019)

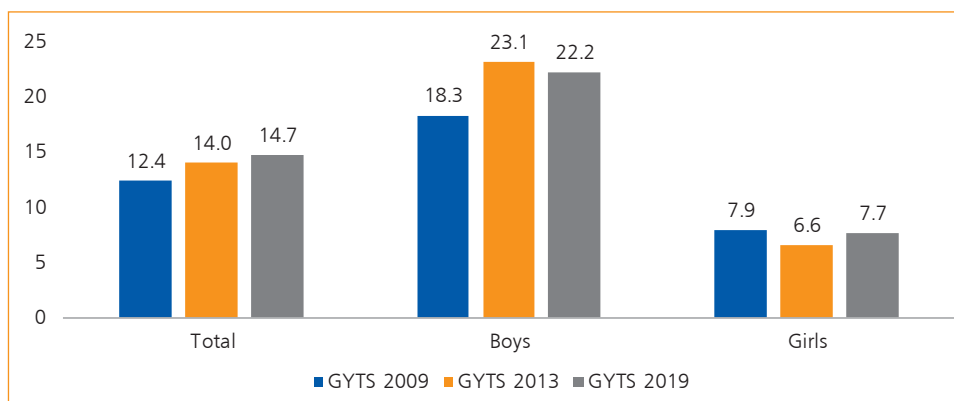
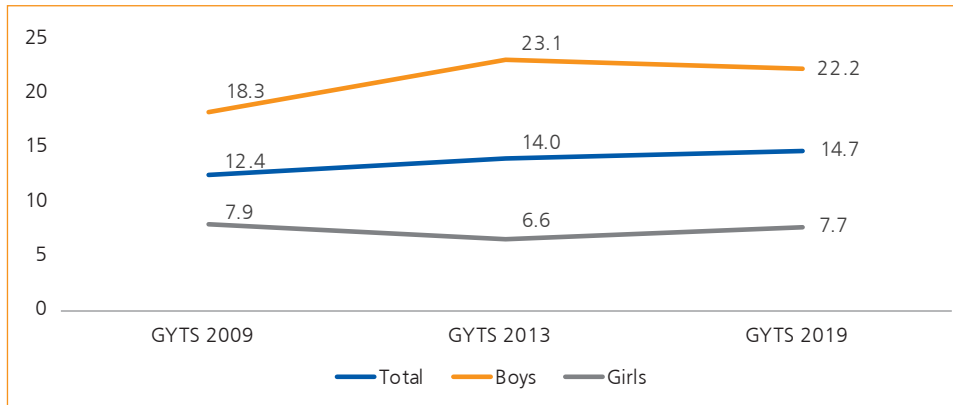


Figure 4: Trend in prevalence (%) of current cigarette smoking among students of the age of 13–15 years, by sex (GYTS 2009–2019)



As is clear from Figures 3 and 4, the prevalence of current cigarette smoking has continuously increased from 2009 to 2019, a relative increase of around 13% during 2009–2013 (from 12.4% in 2009 to 14.0% in 2013) and a relative increase of 5% during 2013–2019 (from 14.0% in 2013 to 14.7% in 2019).

Figure 5: Prevalence (%) of current smokeless tobacco use among students of the age of 13–15 years, by sex (GYTS 2009, 2013 and 2019)

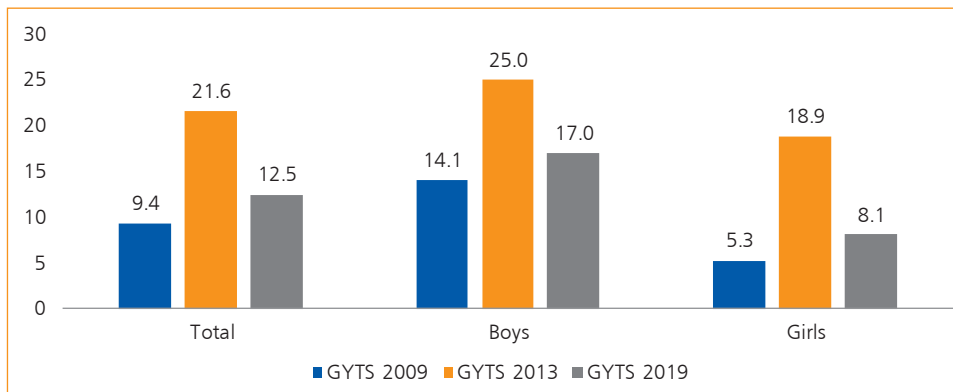
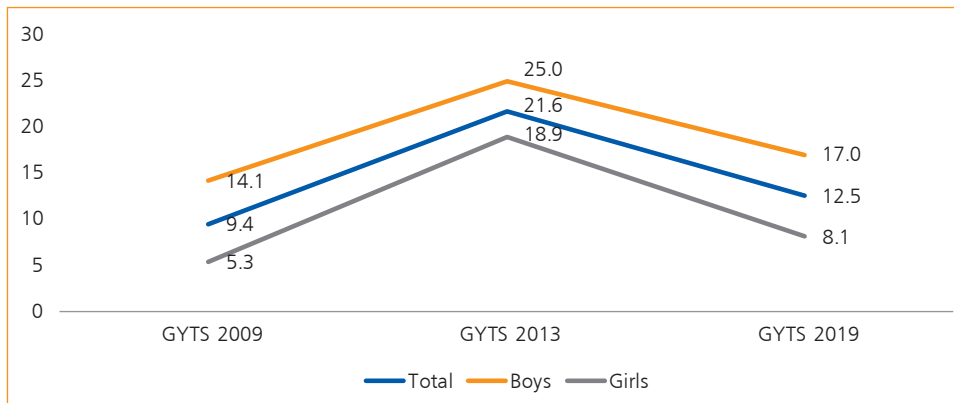


Figure 6: Trend in prevalence (%) of current smokeless tobacco use among students of the age of 13–15 years, by sex (GYTS 2009–2019)



Figures 5 and 6 show that the prevalence of current smokeless tobacco use among the youth increased drastically during 2009–2013, but decreased during 2013–2019. However, the prevalence increased from 9.4% in 2009 to 12.5% in 2019 – a staggering relative increase of around 33%.

Susceptibility to tobacco use remains a serious concern in Bhutan. As compared to 6.7% never smokers in 2013, 7.3% never smokers (9.7% boys and 5.6% girls) in 2019 thought they might enjoy smoking a cigarette, a relative increase of around 9% over the period.

Tobacco cessation

Figure 7: Percentage of current tobacco smokers among students of the age of 13–15 years who tried to stop smoking in the preceding 12 months, by sex (GYTS 2009, 2013 and 2019)

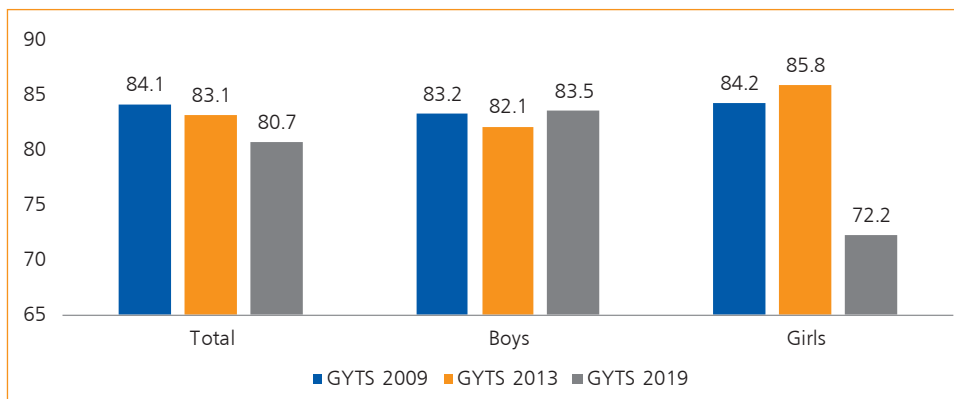
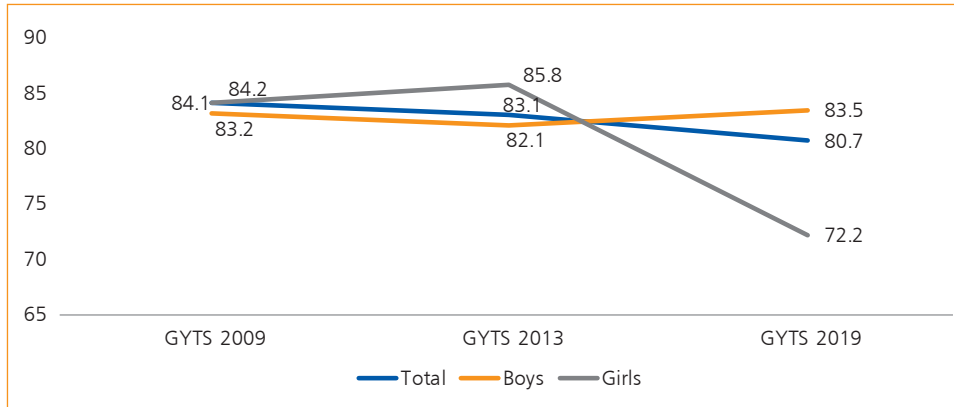


Figure 8: Trend in prevalence (%) of tobacco smoking among students of the age of 13–15 years who tried to stop smoking in the preceding 12 months, by sex (GYTS 2009–2019)



Figures 7 to 10 depict the trends in tobacco cessation behaviours and related determinants among students of the age of 13–15 years, based on the GYTS of 2009, 2013 and 2019. The data for 2009 and 2013 relate to current cigarette smokers, while those for 2019 relate to current tobacco smokers.

Figure 9: Prevalence (%) of tobacco smoking among students of the age of 13–15 years who want to stop smoking now, by sex (GYTS 2009, 2013 and 2019)

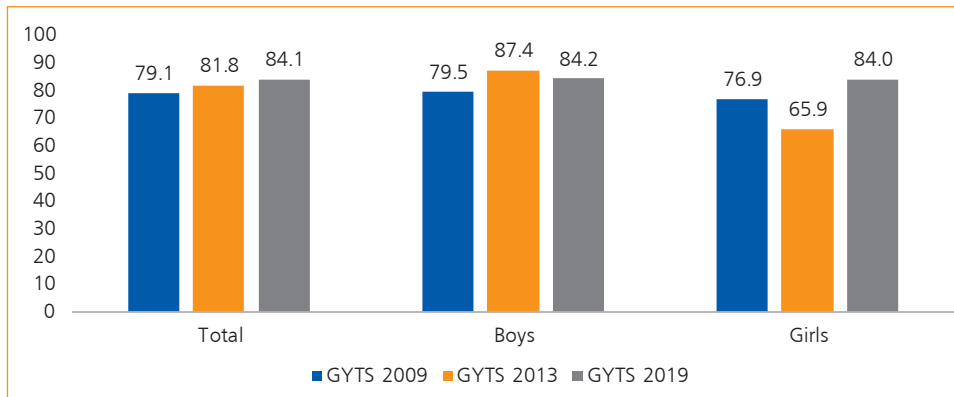
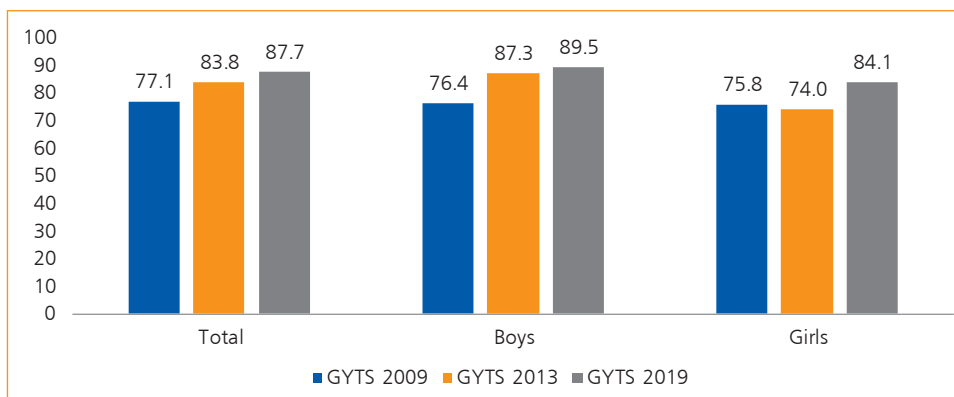


Figure 10: Prevalence (%) of tobacco smoking among students of the age of 13–15 years who thought they would be able to quit if they wanted to, by sex (GYTS 2009, 2013 and 2019)



As these figures depict, there is a strong need for quality tobacco cessation services for current tobacco/cigarette smokers. Some 8 to 9 smokers out of 10 – girls and boys alike – would potentially benefit from such services. The fact that an astronomical proportion of current tobacco smokers wrongly think that they would be able to stop smoking if they wanted to further underscores the need for quality tobacco cessation services, specifically targeting the youth and preferably in school settings.

Exposure to SHS

Figure 11: Prevalence (%) of exposure to tobacco smoke at home during the preceding 7 days among students of the age of 13–15 years, by sex (GYTS 2009, 2013 and 2019)

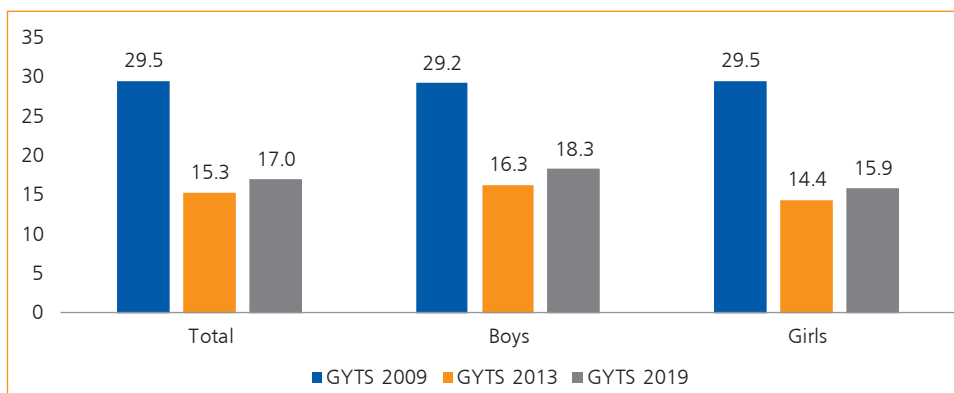
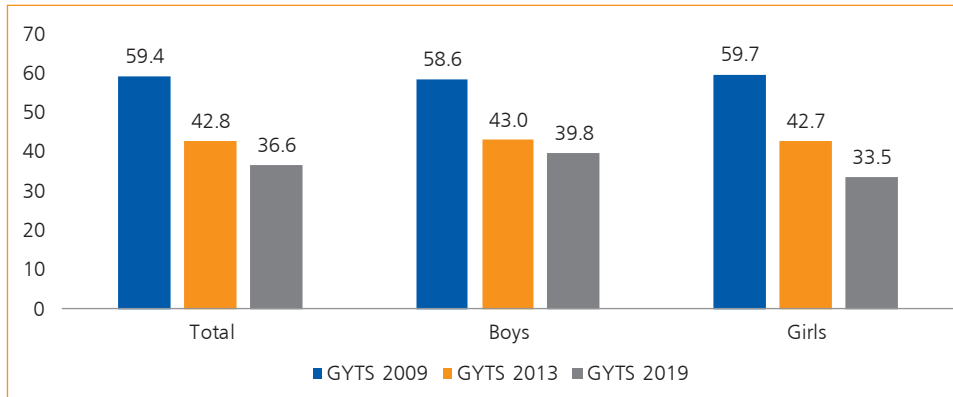


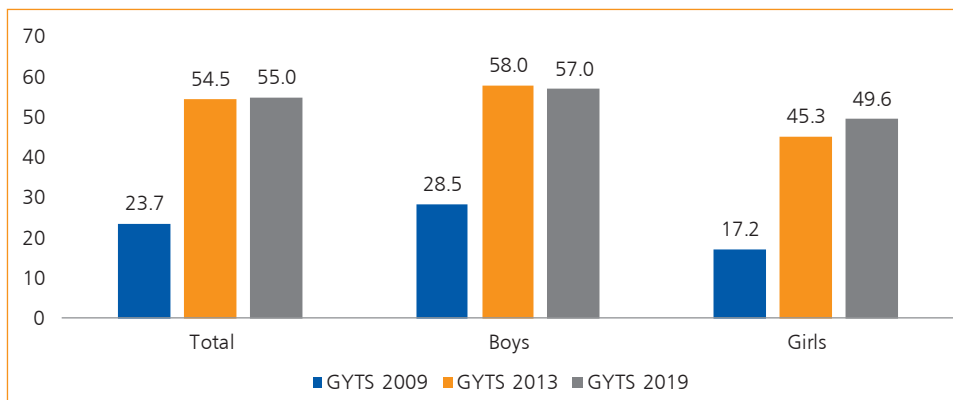
Figure 12: Prevalence (%) of exposure to tobacco smoke in any enclosed public place during the preceding 7 days among students of the age of 13–15 years, by sex (GYTS 2009, 2013 and 2019)



Figures 11 and 12 depict the trend in the prevalence of exposure to SHS among the youth in Bhutan, on the basis of the GYTS of 2009, 2013 and 2019. It is encouraging to note that exposure to SHS has consistently decreased over the last 10 years. However, as of 2019, more than 1 in 3 students (36.6%) continue to be exposed to SHS in enclosed public places. Therefore, exposure of the youth to SHS remains a major concern and strict enforcement of the extant regulations on a smoke-free environment may be the best way forward for the country.

Access and availability

Figure 13: Percentage of current cigarette smokers among students of the age of 13–15 years who bought from a shop or street vendor, by sex (GYTS 2009, 2013 and 2019)



Figures 13 and 14 depict the trend in the prevalence of buying cigarettes from shops or street vendors among current cigarette smokers on the basis of the GYTS of 2009, 2013 and 2019. It is worrisome to note that more than half of the current cigarette smokers buy cigarettes freely from shops. Figure 15 corroborates this trend, showing that around half of the current cigarette smokers who had tried to buy cigarettes during the preceding 30 days were not prevented from buying them, despite their age.

Figure 14: Trend in prevalence (%) of buying from a shop or street vendor among students of the age 13–15 years who currently smoke, by sex (GYTS (2009–2019))

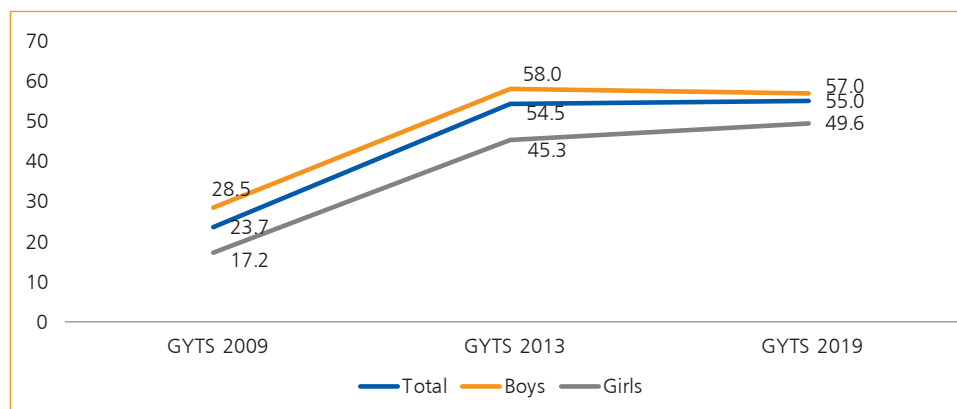
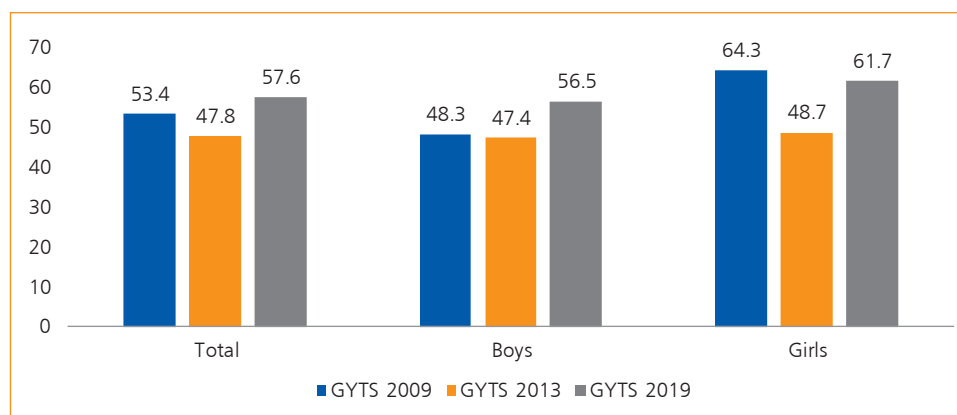


Figure 15: Percentage of current cigarette smokers* of the age of 13–15 years who were not prevented from buying cigarettes despite their age, by sex (GYTS 2009, 2013 and 2019)



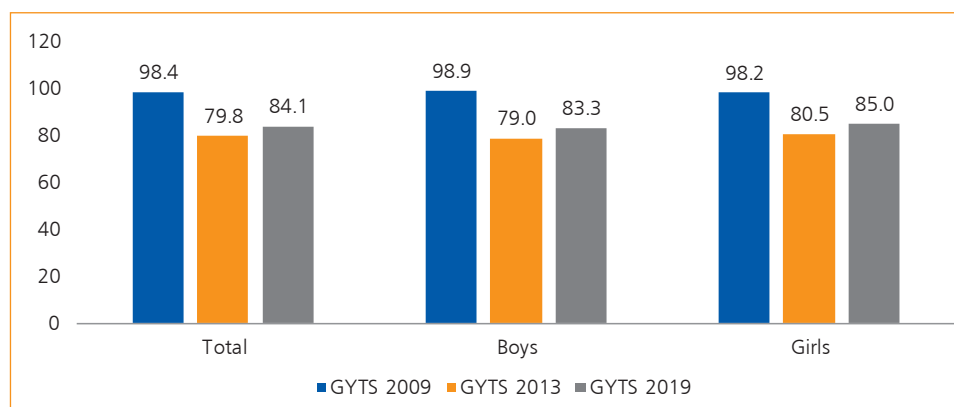
*Among those who tried to buy cigarettes during the preceding 30 days

Tobacco advertising and promotion

Figures 16 to 18 depict the trend in indicators and determinants related to tobacco advertisement and promotion vis-à-vis students of the age of 13–15 years, on the basis of the GYTS of 2009, 2013 and 2019.

Though the depiction of tobacco products on television, videos or movies has decreased over the last decade, it remains an ill that affects public health, with 84.1% of the youth being exposed to such depiction.

Figure 16: Percentage of students of the age of 13–15 years who noticed someone using tobacco on television, videos or movies (among those who watched television, videos or movies in the past 30 days) in the preceding 30 days, by sex (GYTS 2009, 2013 and 2019)



The prevalence of the possession of something bearing the logo of a tobacco brand decreased from 14.9% in 2009 to 10.9% in 2019 – a relative decrease of around 27%. However, TAPS remains a major threat to effective tobacco control in Bhutan.

Figure 17: Percentage of students of the age of 13–15 years who owned something with a tobacco brand logo on it, by sex (GYTS 2009, 2013 and 2019)

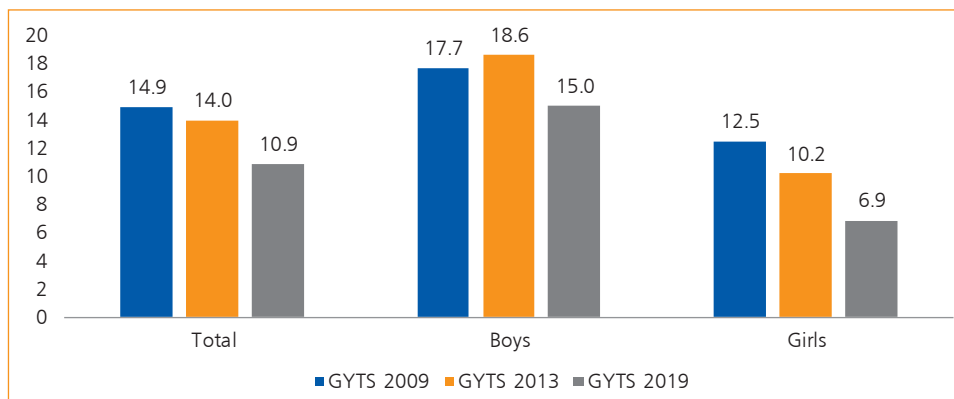
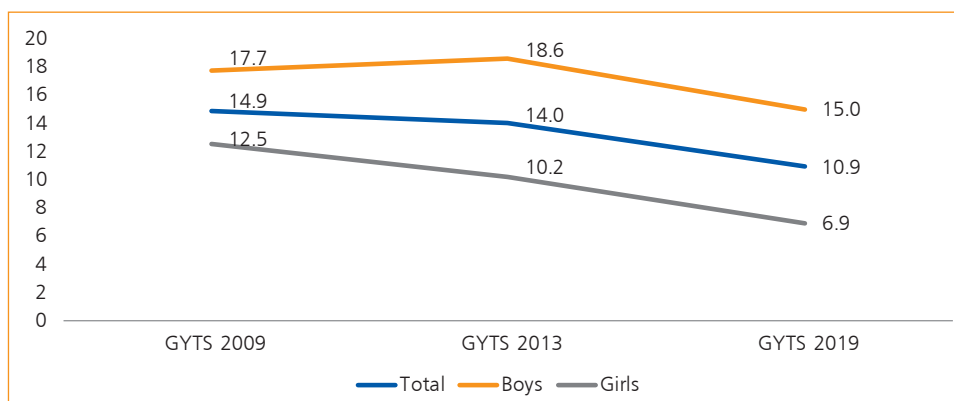


Figure 18: Trend in prevalence of owning something with a tobacco brand logo on it among students of the age of 13–15 years, by sex (GYTS 2009–2019)



Anti-tobacco messages and information

The trend analysis suggests that the proportion of the youth who noticed tobacco control messages in the media or at sporting and community events decreased substantially over the period 2009–2019. There was a relative decrease of around 23% (from 86.9% in 2009 to 67% in 2019) in the proportion of students who noticed anti-tobacco messages in the media in the preceding 30 days. Similarly, there was a relative decrease of around 31% (from 83.1% in 2009 to 56.9% in 2019) in the proportion of students who noticed anti-tobacco messages at sporting or community events in the preceding 30 days. This is worrisome, particularly in the light of the fact that the prevalence of current tobacco use among the youth increased from 18.8% in 2009 to 22.2% in 2019 – a relative increase of more than 18%.

Figure 19: Percentage of students of the age of 13–15 years who had noticed anti-tobacco messages in the media in the preceding 30 days, by sex (GYTS 2009, 2013 and 2019)

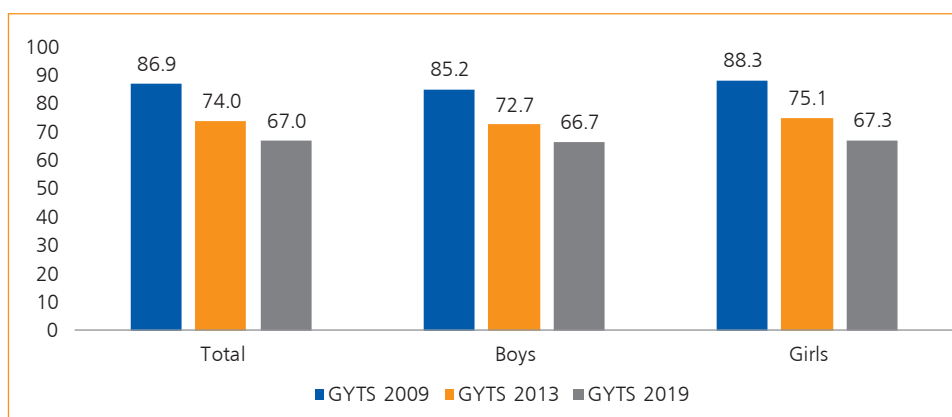
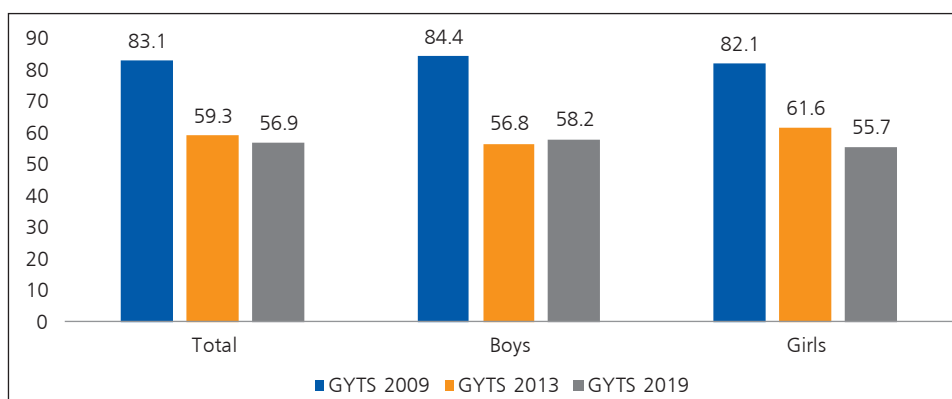


Figure 20: Percentage of students* of the age of 13–15 years who noticed anti-tobacco messages at sporting or community events (*among those who attended sporting or community events) in the preceding 30 days, by sex (GYTS 2009, 2013 and 2019)



Knowledge, attitudes, perceptions and behaviour

Figures 21 to 25 depict the trend in indicators and determinants related to knowledge, attitudes, perceptions and behaviour with respect to tobacco use among students of the age of 13–15 years, on the basis of the GYTS of 2009, 2013 and 2019. The percentage of students who had been taught in school about the dangers of tobacco use in the preceding 12 months increased from 61.6 in 2009 to 69.5 in 2019. The trend in the percentage of students who definitely thought that tobacco smoking

by others is harmful to them is inconsistent. It increased from 72.8% in 2009 to 78.9% in 2013, but plummeted to 74% in 2019. The percentage of students who favour a ban on smoking inside enclosed public places increased consistently over the decade, from 44.1 in 2009 to 76.8 in 2019 – a mammoth relative increase of more than 74%.

Figure 21: Percentage of students of the age of 13–15 years who were taught in school about the dangers of tobacco use in the preceding 12 months, by sex (GYTS 2009, 2013 and 2019)

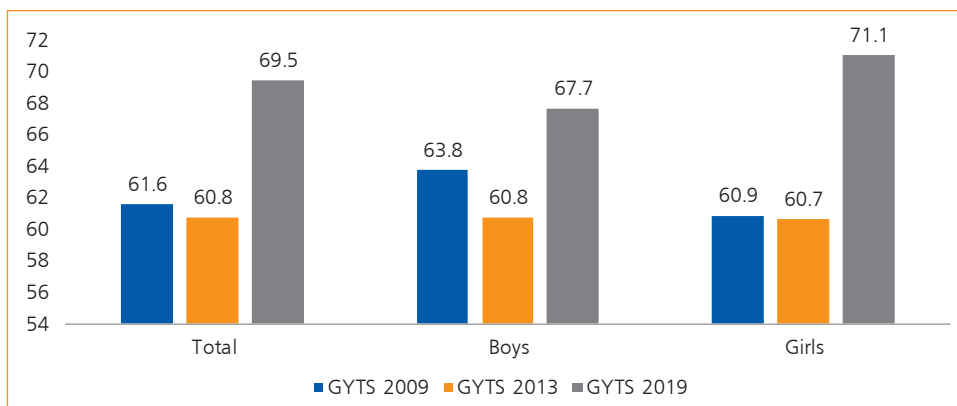


Figure 22: Trend in prevalence of being taught in school about the dangers of tobacco use in the preceding 12 months among students of the age of 13–15 years, by sex (GYTS 2009–2019)

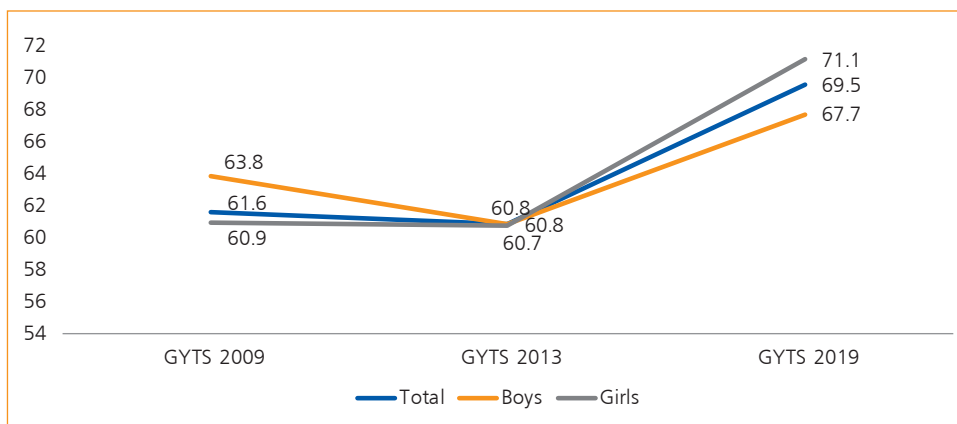


Figure 23: Percentage of students of the age of 13–15 years who definitely thought that tobacco smoking by others is harmful to them, by sex (GYTS 2009, 2013 and 2019)

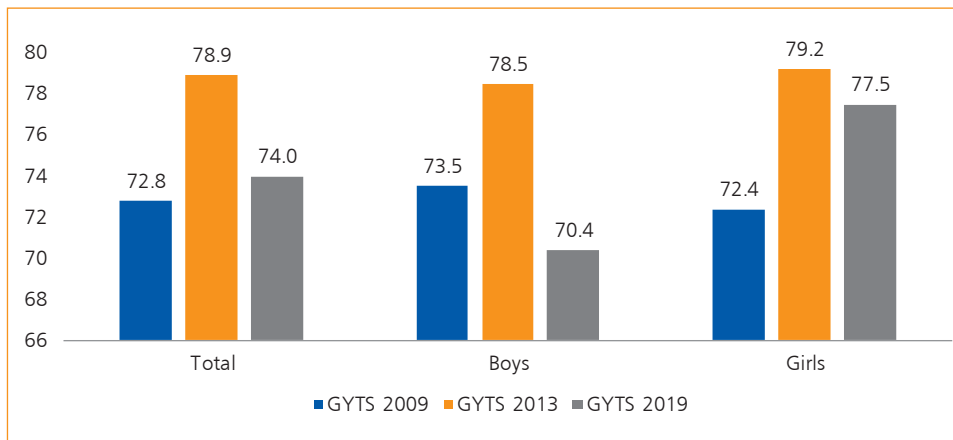


Figure 24: Trend in prevalence of definite opinion that tobacco smoking by others harms one among students of the age of 13–15 years. by sex (GYTS 2009–2019)

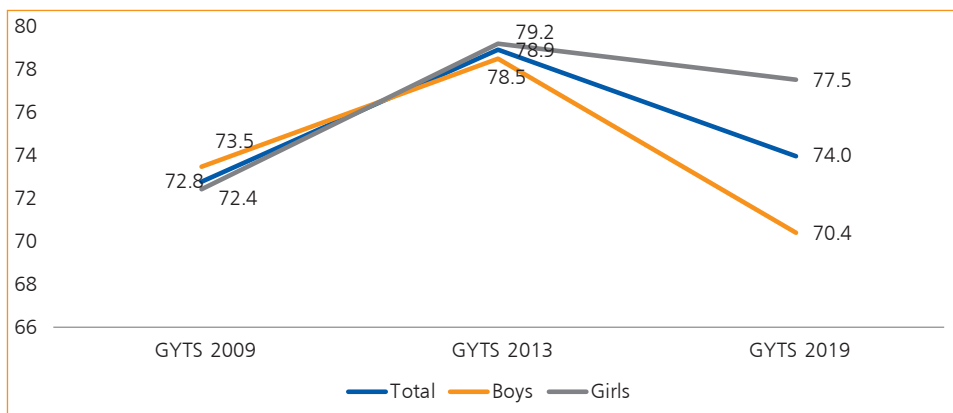
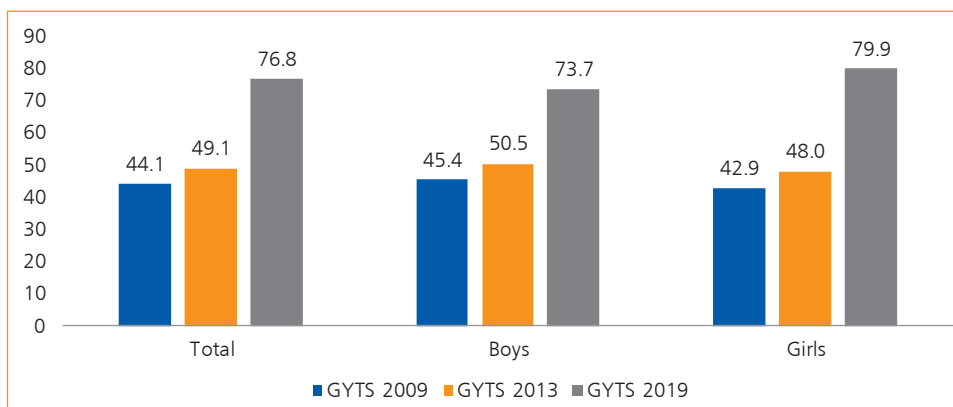


Figure 25: Percentage of students of the age of 13–15 years who favoured a ban on smoking inside enclosed public places, by sex (GYTS 2009, 2013 and 2019)



4.3 Relevance to the FCTC

The results of the GYTS strategically inform the implementation of the relevant provisions of the WHO FCTC and the MPOWER measures.

Monitor tobacco use

Bhutan has been consistently monitoring the prevalence of tobacco use and assessing the progress towards tobacco control among the youth by conducting GYTS at regular intervals (2004, 2006, 2009, 2013, and 2019). The survey conducted in 2019 examined the use of *doma khamtog*, *meetha paan*, and areca nut and its products for the first time. It also included questions on smokeless tobacco products for the first time to get a picture of the nature and drivers of the ongoing smokeless tobacco epidemic.

The trend analysis depicts that, despite strong laws, the susceptibility of the youth to tobacco use continues to be a serious concern. The majority of the tobacco users smoked tobacco, though a sizeable proportion (around 17% boys and 8% girls) consumed smokeless tobacco products. The prevalence of current tobacco use among the youth increased from 18.8% in 2009 to 22.2% in 2019, though it decreased substantially from 30.3% in 2013 to 22.2% in 2019. The prevalence of current smokeless tobacco use increased drastically during 2009–2013, but decreased during 2013–2019. However, the overall prevalence of smokeless tobacco use among students increased from 9.4% in 2009 to 12.5% in 2019, a relative increase of around 33%. As of 2019, current use of smokeless tobacco was higher than that

of smoking cigarettes among girls. The use of smokeless tobacco should be an area of immediate concern for policy-makers.

According to the GYTS 2019, among ever cigarette smokers, more than 4 out of 10 (44.3%) had their first cigarette between the ages of 12 and 13 years, while among ever smokeless tobacco users, 45.1% first tried smokeless tobacco at the age of 12–13 years. As compared to 6.7% never smokers in 2013, 7.3% never smokers (9.7% boys and 5.6% girls) in 2019 thought they might enjoy smoking.

The consumption of areca nut products is even more widespread than the use of tobacco and thus needs to be addressed on priority. At the time of the survey, 48.9% of students were current consumers of doma khamtog or meetha paan and 56.9% used areca nut or products containing it.

Protect people from tobacco smoke

Owing to the sustained efforts and commitment of the Government, the exposure of the youth to SHS has consistently decreased over the last 10 years. However, as of 2019, 36.6% of students were exposed to SHS in enclosed public places and 35.9% at outdoor public places. More than half of the students (55%) saw people smoking inside the school building or in the school premises. Thus, a more rigorous enforcement of the extant regulations is necessary to protect the youth from SHS.

Offer help to quit tobacco use

The GYTS 2019 shows that the majority of students who currently use tobacco are interested in quitting. In fact, the trend analysis suggests that there has always been a strong and consistent need for quality services for tobacco cessation for current tobacco/cigarette smokers in Bhutan. Almost 8 to 9 smokers out of every 10, girls and boys alike, would potentially benefit from such services. The fact that an astronomical proportion of current tobacco smokers and current smokeless tobacco users wrongly think that they would be able to stop using these tobacco products if they wanted to confounds the situation.

Treatment guidelines for tobacco dependence have been framed in Bhutan. A national toll-free quit line is available. However, tobacco cessation services at the population level, particularly those aimed at the youth, need to be strengthened across the country. Nicotine replacement therapy should be made available in the public health system. A national strategy for tobacco cessation ought to be put in place. The national toll-free quit line number should be included in all tobacco control campaigns.

Supply-side issues

Despite the Tobacco Control Act of Bhutan 2010 and the Tobacco Control Rules and Regulations 2013, this survey shows that illicit tobacco products are easily available and accessible to the youth.

To put things in perspective, the GYTS 2019 shows that 16.8% of the students who participated in the survey (22% boys and 11.4% girls) were of the opinion that they could purchase tobacco products, including cigarettes, near their school. Further, only 15.5% (18% boys and 12.9% girls) felt that it would be “very difficult” for them to get tobacco products, including cigarettes, if they wanted some. Notably, despite the blanket ban, the percentage of current tobacco users who usually bought cigarettes or other tobacco products from within Bhutan was as high as 85% (83.8% boys and 88% girls).

More than half of those who were current cigarette smokers and current smokeless tobacco users bought these tobacco products from a shop or a street vendor. As many as 57.6% of the current cigarette smokers and 59.3% of the current smokeless tobacco users were not prevented from buying these tobacco products, despite being underage. In the case of both cigarette smokers and smokeless tobacco users, girls were less likely to be prevented from purchasing tobacco products than boys. Thus, there is a pressing need to effectively implement the relevant provisions of the national tobacco control law.

4.4 Relevance to the country

The GYTS provides an excellent basis for monitoring and guiding the implementation of tobacco control interventions, specifically those aimed at the youth. At the same time, it aligns them with the relevant provisions and implementation guidelines of the FCTC. The results of this survey ought to be widely disseminated and, ideally, leveraged to adopt and implement effective legislative, policy, regulatory and administrative measures for preventing and reducing tobacco consumption, nicotine addiction and exposure to tobacco smoke among the youth.

Many of the students who participated in this survey wanted to quit tobacco use. As mentioned earlier, more than 8 in 10 (84.1%) students who currently smoke tobacco wanted to quit now and around 9 in 10 (87.1%) current smokeless tobacco users wanted to stop using these products right away. However, school health coordinators and teachers in Bhutan are not adequately trained in tobacco cessation counselling and related aspects. Also, there is a dearth of quality cessation services

at the population level that are specifically targeted at the youth. The provision of comprehensive quality cessation services for smokers as well as smokeless tobacco users, preferably in school settings, should be taken up on priority.

The evidence emerging from this report suggests that initiation of tobacco use begins at an early age in most cases. Among ever cigarette smokers, more than 4 out of 10 (44.3%) initiated smoking at the age of 12–13 years. The corresponding figure for ever smokeless tobacco users was 45.1%. Thus, effective measures for tobacco control need to be instituted in school settings. It is immensely encouraging that about 7 in 10 students (69.5%) had been taught in school about the dangers of tobacco use in the preceding 12 months. However, a more holistic and institutionalized approach, encompassing both supply- and demand-side issues (described in the preceding section of this chapter), may be the need of the hour.

5. CONCLUSION & RECOMMENDATIONS

Nearly one-and-a-half decades after Bhutan ratified the WHO FCTC on 23 August 2004 and almost a decade since the country completely prohibited the cultivation, harvesting, manufacture, supply, distribution and sale of tobacco products through the Tobacco Control Act of Bhutan 2010, the prevalence of tobacco use among the youth remains high across the country.

Based on the findings of the GYTS 2019, some of the high-impact and achievable action points for effective tobacco control among the youth to realize the dream of a truly tobacco-free Bhutan are delineated below.

- ◉ **No ground for complacency:** The Royal Government of Bhutan demonstrated exemplary political will to control the tobacco epidemic by completely prohibiting all tobacco products under the Tobacco Control Act of Bhutan 2010. However, the prevalence of current tobacco use among youth in the country has increased from 18.8% in 2009 to 22.2% in 2019. Thus, enhanced, effective and sustained implementation of the relevant provisions of the WHO FCTC and national tobacco control laws, encompassing demand- as well as supply-side tobacco control measures, is as relevant to Bhutan as to any other country in the world.
- ◉ **Go holistic:** It is imperative for Bhutan to comprehend the issue of tobacco consumption in the national context and thereafter, take holistic and all-inclusive measures to mitigate tobacco use among the youth. Apart from tobacco smoking, the use of smokeless tobacco products by the youth should be a matter of utmost concern for the country. The overall prevalence of smokeless tobacco use among students increased from 9.4% in 2009 to 12.5% in 2019 – a staggering relative increase of around 33% in ten years. It is high time to consider the youth as the prime target audience and roll out customized tobacco control measures tailored to suit the specific needs of the tobacco-susceptible youth and children. Also, girls are as important stakeholders as boys in the fight against tobacco. In fact, the relative increase in the prevalence of current tobacco use during the period 2009–2019 was higher among girls (around 16%) than among boys (around 13%).

- ◉ **Do not overlook supply-side issues:** Though Bhutan is not a tobacco cultivator, supply-side issues are very important. Illicit tobacco products are available and accessible to the youth. Despite the blanket ban, the percentage of current tobacco users who bought cigarettes or other tobacco products from within Bhutan was as high as 85. Bhutan should ratify the WHO FCTC Protocol to Eliminate Illicit Trade in Tobacco Products at the earliest as illicit tobacco trade is of immense significance for effective tobacco control. Also, the implementation of the relevant provisions of the national tobacco control law ought to be bolstered to deny the youth access to tobacco products.
- ◉ **Target doma khamtog and areca nut use:** The GYTS 2019 found that nearly half (48.9%) of the students currently consume doma khamtog or meetha paan and 56.9% currently consume areca nut or its products. Betel nut has been independently classified as a Group 1 carcinogen (one that induces cancer in human beings) by the IARC. Thus, measures need to be taken to discourage the use of betel nut, even without tobacco. Strategies need to be adopted to promote behavioural change among the youth to discourage the use of betel nut. Education and information campaigns regarding the dangers of betel nut (particularly the link to cancer and addictiveness) that target the youth and children could be game changers. The idea should be to “de-normalize” the use of betel nut (and its derivatives such as *paan masala* and meetha paan) by addressing the popular misconception that it is less harmful than tobacco products.
- ◉ **Prioritize availability and implementation of efficient and quality tobacco cessation services:** As per the survey, more than 8 out of 10 of the youth would be potentially benefited by quality tobacco cessation services for smokeless tobacco users and tobacco smokers. The fact that an astronomical proportion of current tobacco smokers (87.7%) and smokeless tobacco users (84.9%) are under the misconception that they would be able to stop using these products if they wanted to further underscores the need to address this issue. Tobacco cessation services, particularly those aimed at the youth at the population level, need to be strengthened across Bhutan. Nicotine replacement therapy should be made available in the public health system. A national tobacco cessation strategy ought to be in place. The national toll-free quit line number should be included in all tobacco control campaigns. Emerging technologies such as mTobaccoCessation should be leveraged. Quality counselling services and brief advice should be made available in school settings by training school health counsellors and integrating the services with primary health care and the implementation of the WHO PEN package.

- ◉ **Maximize implementation of TAPS ban:** Robust implementation of the tobacco control laws pertaining to the TAPS ban should be prioritized. There ought to be zero tolerance of any type of promotion – direct or indirect – by the tobacco industry. On the policy front, brand-stretching should be banned for the highest level of achievement in the context of the TAPS ban in the biennial WHO report on the global tobacco epidemic.
- ◉ **Renew efforts to communicate tobacco health risks among youth:** The trend analysis suggests that over the period 2009-2019, there is a relative decrease of around 23% in the proportion of students who noticed anti-tobacco messages in the media in the preceding 30 days and a relative decrease of around 31% in the proportion of students who noticed anti-tobacco messages at sporting or community events in the preceding 30 days. Thus, it is imperative to conduct and sustain effective tobacco control mass media campaigns at the national level aimed at the youth.
- ◉ **Promote multistakeholder approach:** Engage all stakeholders (all health and relevant non-health government departments, nongovernment organizations, academia, and the community including students, teachers and parents) in framing and implementing effective legislative, policy, regulatory and administrative tobacco control measures for preventing and reducing tobacco consumption, nicotine addiction and exposure to tobacco smoke among the youth.

12. World Health Organization. (2019). Bhutan statistics (<https://www.who.int/countries/btn/en/>; accessed 27 November 2019).
13. World Health Organization. (2019). WHO Report on the Global Tobacco Epidemic, 2019. Geneva: World Health Organization; 2019. Licence: CC BY-NC-SA 3.0 IGO (<https://apps.who.int/iris/bitstream/handle/10665/326043/9789241516204-eng.pdf>; accessed 25 February 2020).

ANNEXURE ONE

**Global Youth Tobacco Survey (GYTS):
Bhutan 2019
May 2019**

Questionnaire

Global Core 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

24. (A) (B) (C) (D) (E) (F) (G) (H)

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.
- 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.
- Finally, questions ask about use of **doma or betel (Areca) nut or its products** such as *doma pani/doma khamtog*, *supari*, *sakila*, *wiz*, *Rajnigandha*, *guwa*, etc.
- Here is a chart that provides examples of various tobacco products:

Any Tobacco Use	
Smoking Tobacco includes:	Smokeless Tobacco includes:
Cigarettes	↓ Dip (e.g., Baba, Raja, etc.)
↓ Manufactured cigarettes	↓ Chewing tobacco
	↓ Snuff
	↓ Betel quid with tobacco
	↓ Gutka
Other types of smoked tobacco:	
↓ Bidi	
↓ Hand-rolled tobacco (<i>surti</i>)	
↓ Pipes	
↓ Cigars	
Doma or betel (Areca) nut or its products	
<i>Doma khamtog</i>	Areca nut or its products
<i>Meetha paan</i>	<i>supari</i> , <i>sakila</i> , <i>wiz</i> , <i>Rajnigandha</i> , <i>guwa</i>

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

1. **How old are you?**
 - a. 11 years old or younger
 - b. 12 years old
 - c. 13 years old
 - d. 14 years old
 - e. 15 years old
 - f. 16 years old
 - g. 17 years old
 - h. 18 years old or older

2. **What is your sex?**
 - a. Male
 - b. Female

3. **In what class are you?**
 - a. Class 7
 - b. Class 8
 - c. Class 9
 - d. Class 10
 - e. Class 11

4. **What type of student are you?**
 - a. Day scholar
 - b. Boarding student

5. **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 Nu. 100
 - c. Nu. 100-300
 - d. Nu. 301-500
 - e. Nu. 501-700
 - f. Nu. 701-1000
 - g. Nu. 1000 and above

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?**
- 0 days
 - 1 or 2 days
 - 3 to 5 days
 - 6 to 9 days
 - 10 to 19 days
 - 20 to 29 days
 - 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?**
- I did not smoke cigarettes during the past 30 days
 - Less than 1 cigarette per day
 - 1 cigarette per day
 - 2 to 5 cigarettes per day
 - 6 to 10 cigarettes per day
 - 11 to 20 cigarettes per day
 - 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 bidi, hand-rolled tobacco (surti), cigar, pipes, etc.)?**
- Yes
 - No
11. **During the past 30 days, did you use any form of smoked tobacco products other than cigarettes (such as bidi, hand-rolled tobacco (surti), cigar, pipes, etc.)?**
- Yes
 - No
12. **How old were you when you first used any form of smoked tobacco products other than cigarettes (such as bidi, hand-rolled tobacco (surti), cigar, pipes, etc.)?**
- I have never tried smoking tobacco products other than cigarettes
 - 7 years old or younger
 - 8 or 9 years old
 - 10 or 11 years old
 - 12 or 13 years old
 - 14 or 15 years old
 - 16 years old or older
13. **During the past 30 days, on how many days did you use any form of smoked tobacco products other than cigarettes (such as bidi, hand-rolled tobacco (surti), cigar, pipes, etc.)?**
- 0 days
 - 1 or 2 days
 - 3 to 5 days
 - 6 to 9 days
 - 10 to 19 days
 - 20 to 29 days
 - All 30 days
14. **Do you ever smoke tobacco or feel like smoking tobacco first thing in the morning?**
- I don't smoke tobacco
 - No, I don't smoke tobacco or feel like smoking tobacco first thing in the morning
 - Yes, I sometimes smoke tobacco or feel like smoking tobacco first thing in the morning
 - Yes, I always smoke tobacco or feel like smoking tobacco first thing in the morning

- 15. How soon after you smoke tobacco do you start to feel a strong desire to smoke again that is hard to ignore?**
- I don't smoke tobacco
 - I never feel a strong desire to smoke again after smoking tobacco
 - Within 60 minutes
 - 1 to 2 hours
 - More than 2 hours to 4 hours
 - More than 4 hours but less than one full day
 - 1 to 3 days
 - 4 days or more
- 16. Where do you usually smoke? (SELECT ONLY ONE RESPONSE)**
- I do not smoke
 - At home
 - At school
 - At work
 - At friends' houses
 - At social events
 - In public spaces (e.g. parks, shopping centers, street corners)

THE NEXT QUESTIONS ASK ABOUT SMOKELESS TOBACCO. THIS INCLUDES (CHEWING/DIPPING/SNIFFING TOBACCO SUCH AS TOBACCO LEAF, TOBACCO LEAF AND LIME- *KHAINI/BABA/RAJA*, GUTKA, SNUFF, AND "PAAN/DOMA WITH ZARDA/TOBACCO")

- 17. Have you ever tried or experimented with any form of smokeless tobacco products (such as baba, khaini (tobacco leaf and lime), Raja, snuff, etc.)?**
- Yes
 - No
- 18. During the past 30 days, did you use any form of smokeless tobacco products (such as baba, khaini (tobacco leaf and lime), Raja, snuff, etc.)?**
- Yes
 - No
- 19. How old were you when you first tried using smokeless tobacco?**
- I have never tried using smokeless tobacco
 - 7 years old or younger
 - 8 or 9 years old
 - 10 or 11 years old
 - 12 or 13 years old
 - 14 or 15 years old
 - 16 years old or older
- 20. During the past 30 days, on how many days did you use smokeless tobacco?**
- 0 days
 - 1 or 2 days
 - 3 to 5 days
 - 6 to 9 days
 - 10 to 19 days
 - 20 to 29 days
 - All 30 days

- 21. Please think about the days you used smokeless tobacco during the past 30 days. How many times did you usually use smokeless tobacco per day?**
- I did not use smokeless tobacco during the past 30 days
 - Less than once per day
 - Once per day
 - 2 to 5 times per day
 - 6 to 10 times per day
 - 11 to 20 times per day
 - More than 20 times per day
- 22. Do you use or feel like using smokeless tobacco first thing in the morning?**
- I don't use smokeless tobacco
 - No, I don't use or feel like using smokeless tobacco first thing in the morning
 - Yes, I sometimes use or feel like using smokeless tobacco first thing in the morning
 - Yes, I always use or feel like using smokeless tobacco first thing in the morning
- 23. How soon after you use smokeless tobacco do you start to feel a strong desire to use it again that is hard to ignore?**
- I don't use smokeless tobacco
 - I never feel a strong desire to use it again after using smokeless tobacco
 - Within 60 minutes
 - 1 to 2 hours
 - More than 2 hours to 4 hours
 - More than 4 hours but less than one full day
 - 1 to 3 days
 - 4 days or more
- 24. Do you want to stop using smokeless tobacco now?**
- I have never used smokeless tobacco
 - I don't use smokeless tobacco now
 - Yes
 - No
- 25. During the past 12 months, did you ever try to stop using smokeless tobacco?**
- I have never used smokeless tobacco
 - I did not use smokeless tobacco during the past 12 months
 - Yes
 - No
- 26. Do you think you would be able to stop using smokeless tobacco if you wanted to?**
- I have never used smokeless tobacco
 - I don't use smokeless tobacco now
 - Yes
 - No
- 27. Have you ever received help or advice to help you stop using smokeless tobacco? (SELECT ONLY ONE RESPONSE)**
- I have never used smokeless tobacco
 - Yes, from a program or professional (Such as health workers, counsellors, teachers)
 - Yes, from a friend
 - Yes, from a family member
 - Yes, from a Lama/monk/Rinpoche (Religious persons)
 - Yes, from two or more options listed above (b,c,d, and e)
 - No

28. **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 them in a shop
 - c. I bought them from a street vendor
 - d. I bought them from other's house
 - e. I got them from someone else
 - f. I got them some other way
29. **During the past 30 days, did anyone refuse to sell you smokeless tobacco because of your age?**
- a. I did not try to buy smokeless tobacco during the past 30 days
 - b. Yes, someone refused to sell me smokeless tobacco because of my age
 - c. No, my age did not keep me from buying smokeless tobacco
30. **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
31. **Once someone has started using smokeless tobacco, do you think it would be difficult for them to quit?**
- a. Definitely not
 - b. Probably not
 - c. Probably yes
 - d. Definitely yes
32. **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

THE NEXT QUESTIONS ASK ABOUT USING *DOMA* OR BETEL (*ARECA*) NUT OR ITS PRODUCTS SUCH AS *DOMA PANI/DOMA KHAMTOG, SUPARI, GUWA, SAKILA, WIZ, RAJNIGANDHA, ETC.*

33. **Have you ever used or consumed Doma khamtog (areca nut with betel leaves and/or lime) or meetha paan?**
- a. Yes
 - b. No
34. **During the past 30 days, on how many days did you eat Doma khamtog (areca nut with betel leaves and/or lime) or meetha paan?**
- 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

35. **Have you ever used or consumed areca nut or its products such as supari, Saikila, Wiz, Rajnigandha, guwa (betel nut without betel leaves and without lime), etc?**
- Yes
 - No
36. **During the past 30 days, on how many days did you eat or consume areca nut or its products such as supari, Saikila, Wiz, Rajnigandha, guwa (betel nut without betel leaves and without lime), etc?**
- 0 days
 - 1 or 2 days
 - 3 to 5 days
 - 6 to 9 days
 - 10 to 19 days
 - 20 to 29 days
 - All 30 days

THE NEXT QUESTIONS ASK ABOUT YOUR FEELINGS TOWARD STOPPING SMOKING.

37. **What was your main reason for starting or initiating smoking or using tobacco?**
- I have never smoked or used tobacco
 - To help lose weight or keep from gaining weight
 - Due to peer pressure
 - To socialize or make friends
 - To relieve stress or tension
 - Out of curiosity
 - Others
38. **Do you want to stop smoking now?**
- I have never smoked
 - I don't smoke now
 - Yes
 - No
39. **During the past 12 months, did you ever try to stop smoking?**
- I have never smoked
 - I did not smoke during the past 12 months
 - Yes
 - No
40. **Do you think you would be able to stop smoking if you wanted to?**
- I have never smoked
 - I don't smoke now
 - Yes
 - No
41. **How long ago did you stop smoking?**
- I have never smoked
 - I have not stopped smoking
 - 1-3 months
 - 4-11 months
 - One year
 - 2 years
 - 3 years or longer

- 42. What was the main reason you decided to stop smoking? (SELECT ONE RESPONSE ONLY)**
- I have never smoked
 - I have not stopped smoking
 - To improve my health
 - To save money
 - Because my family does not like it
 - Because my friends do not like it
 - Because of advice from programs or professionals
 - Other (on religious grounds/beliefs, etc.)
- 43. Have you ever received help or advice to help you stop smoking? (SELECT ONLY ONE RESPONSE)**
- I have never smoked
 - Yes, from a program or professional (Such as health workers, counsellors, teachers)
 - Yes, from a friend
 - Yes, from a family member
 - Yes, from a Lama/monk/Rinpoche (Religious persons)
 - Yes, from two or more options listed above (b,c,d, and e)
 - No

THE NEXT QUESTIONS ASK ABOUT YOUR EXPOSURE TO OTHER PEOPLE'S SMOKING.

- 44. During the past 7 days, on how many days has anyone smoked inside your home, in your presence?**
- 0 days
 - 1 to 2 days
 - 3 to 4 days
 - 5 to 6 days
 - 7 days
- 45. 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, movie theaters, discotheques, drayangs, public toilet, buses and taxis)?**
- 0 days
 - 1 to 2 days
 - 3 to 4 days
 - 5 to 6 days
 - 7 days
- 46. 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, social gatherings, festivals, bus and taxi terminals)?**
- 0 days
 - 1 to 2 days
 - 3 to 4 days
 - 5 to 6 days
 - 7 days
- 47. During the past 30 days, did you see anyone smoke inside the school building or outside on school property (campus)?**
- Yes
 - No

- 56. How easy or difficult would it be for you to get tobacco products/cigarettes if you wanted some?**
- Very difficult
 - Difficult
 - Easy
 - Very easy
 - I don't know
- 57. On average, how much do you think a pack of 10 cigarettes costs?**
- Less than Nu. 100
 - Nu. 100-150
 - Nu. 151-200
 - Nu. 201-250
 - Nu. 251-300
 - Nu. 301-350
 - Nu. 351-400
 - I don't know

THE NEXT QUESTIONS ASK ABOUT MESSAGES THAT ARE AGAINST USING TOBACCO (MIGHT INCLUDE CIGARETTES, OTHER SMOKED TOBACCO, AND SMOKELESS TOBACCO).

- 58. During the past 30 days, did you see or hear any anti-tobacco media messages on television, radio, internet, signboards, posters, newspapers, magazines, movies or social media?**
- Yes
 - No
- 59. 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?**
- I did not go to sports events, fairs, concerts, or community events, or social gatherings in the past 30 days
 - Yes
 - No
- 60. During the past 30 days, did you see any health warnings on cigarette packages?**
- Yes, but I didn't think much of them
 - Yes, and they led me to think about quitting smoking or not starting smoking
 - No
- 61. During the past 12 months, were you taught in any of your classes about the dangers of tobacco use?**
- Yes
 - No
 - I don't know

THE NEXT QUESTIONS ASK ABOUT ADVERTISEMENTS OR PROMOTIONS FOR TOBACCO (MIGHT INCLUDE CIGARETTES, OTHER SMOKED TOBACCO, AND SMOKELESS TOBACCO).

- 62. 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
- 63. During the past 30 days, did you see any advertisements or promotions for tobacco products at points of sale (such as shopping malls, shops, vegetable market, paan shops, etc.)?**
- a. I did not visit any points of sale in the past 30 days
 - b. Yes
 - c. No
- 64. 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
- 65. Do you have something (for example, t-shirt, pen, backpack) with a tobacco product brand logo on it?**
- a. Yes
 - b. No
- 66. 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.

- 67. Do your parents smoke tobacco?**
- a. None
 - b. Both
 - c. Father only
 - d. Mother only
 - e. Don't know
- 68. Do any of your closest friends smoke tobacco?**
- a. None of them
 - b. Some of them
 - c. Most of them
 - d. All of them
- 69. During school hours, how often do you see teachers smoking in the school building or outdoors on school premises?**
- a. About every day
 - b. Sometimes
 - c. Never
 - d. Don't know

70. **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
71. **At anytime 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
72. **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
73. **Do you think smoking tobacco helps people feel more comfortable or less comfortable at celebrations, parties, or in other social gatherings (Another way of thinking about it is: Does it seem like people who are smoking at social gatherings are more comfortable and relaxed?)**
- a. More comfortable
 - b. Less comfortable
 - c. No difference whether smoking or not
74. **Do you agree or disagree with the following: “I think I might enjoy smoking a cigarette?”**
- d. I currently smoke cigarettes
 - e. Strongly agree
 - f. Agree
 - g. Disagree
 - h. Strongly disagree

ANNEXURE TWO

GYTS 2019 indicators

Core GYTS indicators

This annexure contains a detailed description of the core GYTS indicators, including those provided in the GYTS factsheet and the GYTS country report.

The GYTS factsheet is intended to provide an overview of the key findings and highlights of the survey for a broad audience. The GYTS country report assists in making a more detailed examination of the core indicators and other findings, and in describing the results in the context of each country's unique tobacco control environment.

Tobacco use

Ever tobacco smokers

Indicator: Percentage of youth who ever smoked any tobacco product

Numerator: Number of respondents who ever smoked cigarettes or other type of tobacco, even one or two puffs

Denominator: Total number of respondents

Ever cigarette smokers

Indicator: Percentage of youth who ever smoked cigarettes

Numerator: Number of respondents who ever smoked cigarettes, even one or two puffs

Denominator: Total number of respondents

Ever smokers of other tobacco

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

Numerator: Number of respondents who ever smoked tobacco other than cigarettes, even one or two puffs

Denominator: Total number of respondents

Ever smokeless tobacco users

Indicator: Percentage of youth who ever used smokeless tobacco

Numerator: Number of respondents who ever used (tried or experimented with) smokeless tobacco

Denominator: Total number of respondents

Ever tobacco users

Indicator: Percentage of youth who ever used any tobacco product

Numerator: Number of respondents who ever smoked tobacco and/or used smokeless tobacco

Denominator: Total number of respondents

Current tobacco smokers

Indicator: Percentage of youth who currently smoke any tobacco product

Numerator: Number of respondents who smoked cigarettes or other type of tobacco any time during the preceding 30 days

Denominator: Total number of respondents

Current cigarette smokers

Indicator: Percentage of youth who currently smoke cigarettes

Numerator: Number of respondents who smoked cigarettes any time during the preceding 30 days

Denominator: Total number of respondents

Frequent cigarette smokers

Indicator: Percentage of youth who smoked cigarettes on 20 or more days in the preceding 30 days

Numerator: Number of respondents who smoked cigarettes on 20 or more days in the preceding 30 days

Denominator: Total number of respondents

Current smokers of other tobacco

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

Numerator: Number of respondents who smoked tobacco other than cigarettes any time in the preceding 30 days

Denominator: Total number of respondents

Current smokeless tobacco users

Indicator: Percentage of youth who currently use smokeless tobacco

Numerator: Number of respondents who used smokeless tobacco any time in the preceding 30 days

Denominator: Total number of respondents

Current tobacco users

Indicator: Percentage of youth who currently use any tobacco product

Numerator: Number of respondents who smoked cigarettes, smoked other type of tobacco, and/or used smokeless tobacco any time in the preceding 30 days

Denominator: Total number of respondents

Susceptibility to future tobacco use

Indicator: Percentage of never tobacco users susceptible to tobacco use in the future

Numerator: Number of respondents who never used any tobacco product, and who answered: 1) "Definitely yes", "Probably yes" or "Probably not" to using tobacco if one of their best friends offered it to them, or 2) "Definitely yes", "Probably yes" or "Probably not" to using tobacco during the next 12 months

Denominator: Number of never tobacco users

Susceptibility to cigarette smoking

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

Numerator: Number of respondents who have never smoked tobacco and who strongly agree or agree with the statement, "I think I might enjoy smoking a cigarette."

Denominator: Number of never smokers

Susceptibility to smokeless tobacco use

Indicator: Percentage of never smokeless users who think they might enjoy using smokeless tobacco

Numerator: Number of respondents who have never used smokeless tobacco and who strongly agree with the statement, "I think I might enjoy using smokeless tobacco."

Denominator: Number of never smokeless users

Number of cigarettes smoked per day

Indicator: Percentage of current cigarette smokers who usually smoke less than 1, 1, 2 to 5, 6 to 10, 11 to 20, or more than 20 cigarettes a day, on the days that they smoke

Numerator: Number of current cigarette smokers who reported that they usually smoked less than 1, 1, 2 to 5, 6 to 10, 11 to 20, or more than 20 cigarettes a day on the days that they had smoked in the preceding 30 days

Denominator: Number of current cigarette smokers

Age at initiation of cigarette smoking

Indicator: Percentage of ever cigarette smokers who first tried a cigarette at the age of 7 years or younger, 8 or 9 years, 10 or 11 years, 12 or 13 years, or 14 or 15 years

Numerator: Number of ever cigarette smokers who reported trying a cigarette at the age of 7 years or younger, 8 or 9 years, 10 or 11 years, 12 or 13 years, or 14 or 15 years

Denominator: Number of ever cigarette smokers

Age at initiation of smokeless tobacco use

Indicator: Percentage of ever smokeless tobacco users who first tried smokeless tobacco at the age of 7 years or younger, 8 or 9 years, 10 or 11 years, 12 or 13 years, or 14 or 15 years

Numerator: Number of ever smokeless tobacco users who reported trying a smokeless tobacco product at the age of 7 years or younger, 8 or 9 years, 10 or 11 years, 12 or 13 years, or 14 or 15 years

Denominator: Number of ever smokeless tobacco users

Areca/betel nut use

Current use of doma khamtog or meetha paan

Indicator: Percentage of youth who currently consume *doma khamtog* or *meetha paan*

Numerator: Number of respondents who consumed *doma khamtog* or *meetha paan* any time in the preceding 30 days

Denominator: Total number of respondents

Current use of areca nut or its products

Indicator: Percentage of youth who currently consume areca nut or its products

Numerator: Number of respondents who consumed areca nut or its products any time in the preceding 30 days

Denominator: Total number of respondents

Tobacco cessation

Smoking dependence

Indicator: Percentage of current smokers who showed signs of smoking dependence

Numerator: Number of current smokers who sometimes or always smoked or felt like smoking first thing in the morning OR start to feel a strong desire to smoke again within 24 hours of smoking

Denominator: Number of current smokers

Attempt to stop using tobacco in the preceding 12 months

Indicator: Percentage of current smokers/current smokeless tobacco users who tried to stop using tobacco products in the preceding 12 months

Numerator: Number of current smokers/current smokeless tobacco users who tried to stop using tobacco products in the preceding 12 months

Denominator: Number of current smokers/current smokeless tobacco users

Desire to stop using tobacco

Indicator: Percentage of current smokers/current smokeless tobacco users who want to stop using tobacco products

Numerator: Number of current smokers/current smokeless tobacco users who want to stop using tobacco products now

Denominator: Number of current smokers/current smokeless tobacco users

Ability to stop using tobacco

Indicator: Percentage of current smokers/current smokeless tobacco users who think they would be able to stop using tobacco products

Numerator: Number of current smokers/current smokeless tobacco products who think they would be able to stop using tobacco products if they wanted to

Denominator: Number of current smokers/current smokeless tobacco products

Secondhand smoke

Exposure to secondhand smoke at home

Indicator: Percentage of youth who were exposed to tobacco smoke at home in the preceding 7 days

Numerator: Number of respondents who reported that they had been exposed to tobacco smoke at home on one or more days in the preceding 7 days

Denominator: Total number of respondents

Exposure to secondhand smoke in enclosed public places

Indicator: Percentage of youth who had been exposed to tobacco smoke in enclosed public places in the preceding 7 days

Numerator: Number of respondents who reported that they had been exposed to tobacco smoke in an enclosed public place other than their home (such as schools, shops, restaurants, shopping malls and movie theatres) in the preceding 7 days

Denominator: Total number of respondents

Exposure to secondhand smoke in outdoor public places

Indicator: Percentage of youth who had been exposed to tobacco smoke in outdoor public places in the preceding 7 days

Numerator: Number of respondents who reported that they had been exposed to cigarette smoke in an outdoor public place (such as playgrounds, sidewalks, entrances of buildings, parks and beaches) in the preceding 7 days

Denominator: Total number of respondents

Exposure to secondhand smoke at school

Indicator: Percentage of youth who had seen someone smoking in the school building or outside, on school property, in the preceding 30 days

Numerator: Number of respondents who had seen someone smoking in the school building or outside, on school property, in the preceding 30 days

Denominator: Total number of respondents

Access and availability

Source for obtaining cigarettes

Indicator: Percentage of current cigarette smokers/current smokeless tobacco users who last obtained tobacco products from various sources in the preceding 30 days

Numerator: Number of current cigarette smokers/smokeless tobacco users who last obtained tobacco products by purchasing them from a store or shop, purchasing them from a street vendor, getting them from someone else, getting them some other way

Denominator: Number of current cigarette smokers/current smokeless tobacco users

Obtained tobacco products through a person-to-person retail purchase

Indicator: Percentage of current cigarette smokers/current smokeless tobacco users who last obtained tobacco products by purchasing them from a store, shop, street vendor or kiosk in the preceding 30 days

Numerator: Number of current cigarette smokers/current smokeless tobacco users who last obtained tobacco products by purchasing them from a store, shop or street vendor in the preceding 30 days

Denominator: Number of current cigarette smokers/current smokeless tobacco users

Minors' access to tobacco products

Indicator: Percentage of current cigarette smokers/current smokeless tobacco users who were not prevented from buying tobacco products in the preceding 30 days despite their age

Numerator: Number of current cigarette smokers/current smokeless tobacco users who were not prevented from buying cigarettes/smokeless tobacco in the preceding 30 days despite their age

Denominator: Number of current cigarette smokers/current smokeless tobacco users who had tried to buy cigarettes/smokeless tobacco in the preceding 30 days

Unit of purchased cigarettes

Indicator: Percentage of current cigarette smokers who had last bought individual cigarettes, packs or cartons of cigarettes, rolls, loose tobacco for hand-rolled cigarettes in the preceding 30 days

Numerator: Number of current cigarette smokers who had last purchased individual cigarettes, packs or cartons of cigarettes, rolls, loose tobacco for hand-rolled cigarettes in the preceding 30 days

Denominator: Number of current cigarette smokers

Availability of tobacco products in Bhutan

Indicator: Percentage of current tobacco users who usually buy cigarettes or other tobacco products from within Bhutan

Numerator: Number of current tobacco users who usually buy cigarettes or other tobacco products from within Bhutan

Denominator: Number of current tobacco users

Anti-tobacco messages and information

Exposure to anti-tobacco information in the media

Indicator: Percentage of youth who had seen or heard anti-tobacco messages in the media (e.g. television, radio, Internet, billboards, posters, newspapers, magazines and movies) in the preceding 30 days

Numerator: Number of respondents who had seen or heard anti-tobacco messages in the media in the preceding 30 days

Denominator: Total number of respondents

Exposure to anti-tobacco messages at sporting or community events

Indicator: Percentage of youth who had seen or heard anti-tobacco messages at sporting or other community events in the preceding 30 days

Numerator: Number of respondents who had seen or heard anti-tobacco messages at sporting events, fairs, concerts, community events or social gatherings in the preceding 30 days

Denominator: Number of respondents who had attended sporting or other community events in the preceding 30 days

Exposure to anti-tobacco information in school

Indicator: Percentage of youth who were taught in school about the dangers of tobacco use during the preceding 12 months

Numerator: Number of respondents who were taught in school about the dangers of tobacco use during the preceding 12 months

Denominator: Total number of respondents

Noticed health warnings on cigarette packages

Indicator: Percentage of current smokers who had noticed health warnings on cigarette packages in the preceding 30 days

Numerator: Number of current smokers who had seen health warnings on cigarette packages in the preceding 30 days and who answered, "Yes, but I didn't think much of them," or, "Yes, and they led me to think about quitting or to not starting smoking."

Denominator: Number of current smokers

Thought about quitting smoking because of health warnings on cigarette packages

Indicator: Percentage of current smokers who had noticed health warnings on cigarette packages in the preceding 30 days, and who thought of quitting because of the warnings

Numerator: Number of current smokers who reported that having seen health warnings on cigarette packages in the preceding 30 days had led them to think of quitting

Denominator: Number of current smokers who had seen health warnings on cigarette packages in the preceding 30 days

Thought of not starting smoking because of health warnings on cigarette packages

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

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

Denominator: Number of never smokers who had seen health warnings on cigarette packages in the preceding 30 days

Tobacco advertising and promotion

Noticed tobacco advertisements or promotions at point of sale

Indicator: Percentage of youth who had visited points of sale in the preceding 30 days and noticed tobacco marketing there

Numerator: Number of respondents who had seen advertisements or promotions for tobacco products at points of sale (such as stores, shops and kiosks) in the preceding 30 days

Denominator: Number of respondents who had visited points of sale in the preceding 30 days

Noticed someone using tobacco on television, videos or movies

Indicator: Percentage of youth who had seen someone using tobacco on television, videos or movies in the preceding 30 days

Numerator: Number of respondents who had seen someone using tobacco on television, videos or movies in the preceding 30 days

Denominator: Number of respondents who had watched television, videos or movies in the preceding 30 days

Exposure to tobacco promotion

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

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

Denominator: Total number of respondents

Owned something with a tobacco brand logo

Indicator: Percentage of youth who owned something bearing a tobacco product brand logo

Numerator: Number of respondents who owned something (e.g. T-shirt, pen, lighter, hat, sunglasses and backpack) bearing a tobacco product brand logo

Denominator: Total number of respondents

High receptivity to tobacco marketing

Indicator: Percentage of youth who owned something bearing a tobacco product brand logo or who might use or wear something that has a tobacco company or product name or picture on it

Numerator: Number of respondents who owned something bearing a tobacco product brand logo or answered "Yes" or "Maybe" to whether they would ever use or wear something that has a tobacco company or tobacco product name or picture on it

Denominator: Total number of respondents

Knowledge, attitudes, perceptions and behaviour

Knowledge of tobacco addiction

Indicator: Percentage of youth who definitely think that it is difficult to quit once one starts smoking tobacco/using smokeless tobacco

Numerator: Number of respondents who answered “Definitely yes” to whether it would be difficult to quit smoking tobacco/using smokeless tobacco once one started using these products

Denominator: Total number of respondents

Perception regarding tobacco availability (near school)

Indicator: Percentage of youth who felt they can purchase tobacco products, including cigarettes, near their school

Numerator: Number of respondents who felt they could purchase tobacco products, including cigarettes, near their school

Denominator: Total number of respondents

Perception regarding tobacco availability (in general)

Indicator: Percentage of youth who felt it would be “very difficult” for them to get tobacco products, including cigarettes, if they wanted some

Numerator: Number of respondents who felt it would be “very difficult” for them to get tobacco products, including cigarettes, if they wanted some

Denominator: Total number of respondents

Perception regarding smoking tobacco in social gatherings

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

Numerator: Number of respondents who thought smoking tobacco helps people feel more comfortable at celebrations, parties and other social gatherings

Denominator: Total number of respondents

Knowledge of dangers of secondhand smoke

Indicator: Percentage of youth who thought that tobacco smoking by others was harmful to them

Numerator: Number of respondents who answered “Definitely yes” when asked if smoke emanating from others’ tobacco smoking was harmful to them

Denominator: Total number of respondents

Attitude towards banning smoking inside enclosed public places

Indicator: Percentage of youth in favour of a ban on smoking in enclosed public places

Numerator: Number of respondents favouring a ban on smoking in enclosed public places (such as schools, shops, restaurants, shopping malls and movie theatres)

Denominator: Total number of respondents

Attitude towards banning smoking in outdoor public places

Indicator: Percentage of youth in favour of a ban on smoking in outdoor public places

Numerator: Number of respondents favouring a ban on smoking in outdoor public places (such as playgrounds, sidewalks, entrances to buildings, parks and beaches)

Denominator: Total number of respondents

Smoking behaviour (by place where they usually smoke)

Indicator: Percentage of current cigarette smokers by place where they usually smoke cigarettes

Numerator: Number of current cigarette smokers who usually smoke at home, in school, at work, at a friend’s house, during social events or in a public place]

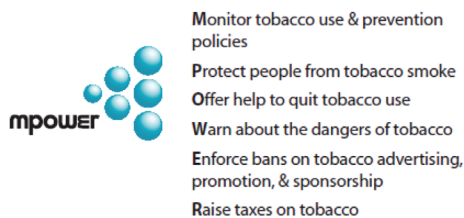
Denominator: Number of current cigarette smokers

ANNEXURE THREE

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 Bhutan, GYTS was conducted in 2019 by the Ministry of Health. The overall response rate was 94.9%. A total of 4,712 eligible students in grade 7 to 11 completed the survey, of which 2,344 were aged 13-15 years. Data are reported for students aged 13-15 years.

GYTS Highlights

TOBACCO USE

- 22.2% of students, 31.2% of boys, and 13.5% of girls currently used any tobacco products.
- 17.3% of students, 25.4% of boys, and 9.5% of girls currently smoked tobacco.
- 14.7% of students, 22.2% of boys, and 7.7% of girls currently smoked cigarettes.
- 12.5% of students, 17.0% of boys, and 8.1% of girls currently used smokeless tobacco.

CESSATION

- More than 8 in 10 (80.7%) students who currently smoke tobacco tried to stop smoking in the past 12 months.
- More than 8 in 10 (84.1%) students who currently smoke tobacco wanted to stop smoking now.

SECONDHAND SMOKE

- 17.0% of students were exposed to tobacco smoke at home.
- 36.6% of students were exposed to tobacco smoke inside enclosed public places.

ACCESS & AVAILABILITY

- 55.0% of students who currently smoke cigarettes bought cigarettes from a shop, or street vendor.
- Among students who currently smoke cigarettes who tried to buy cigarettes, 57.6% were not prevented from buying them because of their age.

MEDIA

- Almost 7 in 10 (67.0%) students noticed anti-tobacco messages in the media.
- More than 3 in 10 (31.7%) students noticed tobacco advertisements or promotions when visiting points of sale.
- More than 1 in 10 (10.9%) students had something with a tobacco brand logo on it.

KNOWLEDGE & ATTITUDES

- 74.0% of students definitely thought other people's tobacco smoking is harmful to them.
- 76.8% of students favored prohibiting smoking inside enclosed public places.



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TOBACCO USE

SMOKED TOBACCO	OVERALL (%)	BOYS (%)	GIRLS (%)
Current tobacco smokers ¹	17.3	25.4	9.5*
Current cigarette smokers ²	14.7	22.2	7.7*
Frequent cigarette smokers ³	0.8	1.0	0.6
Current smokers of other tobacco ⁴	9.0	13.6	4.6*
Ever tobacco smokers ⁵	32.3	46.1	18.8*
Ever cigarette smokers ⁶	28.8	42.8	15.2*
Ever smokers of other tobacco ⁷	16.6	24.4	9.2*

SMOKELESS TOBACCO

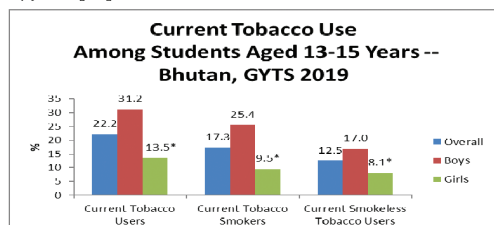
Current smokeless tobacco users ⁸	12.5	17.0	8.1*
Ever smokeless tobacco users ⁹	21.4	29.2	13.9*

ANY TOBACCO USE (smoked and/or smokeless)

Current tobacco users ¹⁰	22.2	31.2	13.5*
Ever tobacco users ¹¹	38.4	51.7	25.4*

SUSCEPTIBILITY

Never tobacco users susceptible to tobacco use in the future ¹²	15.9	15.8	15.9
Never tobacco smokers who thought they might enjoy smoking a cigarette ¹³	7.3	9.7	5.6*



ARECA/BETEL NUT USE

	OVERALL (%)	BOYS (%)	GIRLS (%)
Students who currently eat Doma khamtog (areca nut with betel leaves and/or lime) or Meetha paan ¹⁴	48.9	52.1	45.9*
Students who currently eat areca nut or its products such as supari, Saikila, Wiz, Rajnigandha, guwa (betel nut without betel leaves and without lime), etc ¹⁵	56.9	62.5	51.3*

CESSATION

	OVERALL (%)	BOYS (%)	GIRLS (%)
Current tobacco smokers who tried to stop smoking in the past 12 months	80.7	83.5	72.2
Current tobacco smokers who wanted to stop smoking now	84.1	84.2	84.0
Current tobacco smokers who thought they would be able to stop smoking if they wanted to	87.7	89.5	84.1

SECONDHAND SMOKE

	OVERALL (%)	BOYS (%)	GIRLS (%)
Exposure to tobacco smoke at home ¹⁶	17.0	18.3	15.9
Exposure to tobacco smoke inside any enclosed public place ¹⁶	36.6	39.8	33.5*
Exposure to tobacco smoke at any outdoor public place ¹⁶	35.9	40.9	31.2*
Students who saw anyone smoking inside the school building or outside on school property ¹⁷	55.0	62.4	47.6*

ACCESS & AVAILABILITY

	OVERALL (%)	BOYS (%)	GIRLS (%)
Current cigarette smokers who bought cigarettes from a shop, or street vendor ¹⁸	55.0	57.0	49.6
Current cigarette smokers who were not prevented from buying cigarettes because of their age ¹⁹	57.6	56.5	61.7
Current cigarette smokers who bought cigarettes as individual sticks ²⁰	51.8	52.0	50.5

MEDIA

TOBACCO ADVERTISING	OVERALL (%)	BOYS (%)	GIRLS (%)
Students who noticed tobacco advertisements or promotions at points of sale ²¹	31.7	32.5	30.7
Students who saw anyone using tobacco on television, videos, or movies ²²	84.1	83.3	85.0
Students who were ever offered a free tobacco product from a tobacco company representative	7.7	9.6	6.0*
Students who had something with a tobacco brand logo on it	10.9	15.0	6.9*

ANTI-TOBACCO ADVERTISING

Students who noticed anti-tobacco messages in the media ²³	67.0	66.7	67.3
Students who noticed anti-tobacco messages at sporting or community events ²³	56.9	58.2	55.7
Current tobacco smokers who thought about quitting because of a warning label ²⁴	57.6	58.4	55.3
Students who were taught in school about the dangers of tobacco use in the past 12 months	69.5	67.7	71.1

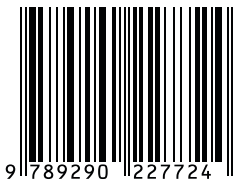
KNOWLEDGE & ATTITUDES

	OVERALL (%)	BOYS (%)	GIRLS (%)
Students who definitely thought it is difficult to quit once someone starts smoking tobacco	42.9	36.4	49.2*
Students who thought smoking tobacco helps people feel more comfortable at celebrations, parties, and social gatherings	15.1	17.3	13.0*
Students who definitely thought other people's tobacco smoking is harmful to them	74.0	70.4	77.5*
Students who favored prohibiting smoking inside enclosed public places	76.8	73.7	79.9*
Students who favored prohibiting smoking at outdoor public places	77.2	73.1	81.1*

¹ Smoked cigarettes or other type of tobacco anytime during the past 30 days. ² Smoked cigarettes anytime during the past 30 days. ³ Smoked cigarettes on 20 or more days of the past 30 days. ⁴ Smoked tobacco other than cigarettes anytime during the past 30 days. ⁵ Ever smoked cigarettes or other type of tobacco, even one or two puffs. ⁶ Ever smoked cigarettes, even one or two puffs. ⁷ Ever smoked tobacco other than cigarettes, even one or two puffs. ⁸ Used smokeless tobacco anytime during the past 30 days. ⁹ Ever used smokeless tobacco. ¹⁰ Smoked cigarettes, smoked other type of tobacco, and/or used smokeless tobacco anytime during the past 30 days. ¹¹ Ever smoked tobacco and/or used smokeless tobacco. ¹² Susceptible to future tobacco use includes those who answered "definitely yes", "probably yes", or "probably not" to using tobacco if one of their best friends offered it to them, or "definitely yes", "probably yes", or "probably not" to using tobacco during the next 12 months. ¹³ Those who answered "Agree" or "Strongly Agree" to the statement "I think I might enjoy smoking a cigarette". ¹⁴ Consumed Doma khamtog (areca nut with betel leaves and/or lime) or Meetha paan anytime during the past 30 days. ¹⁵ Consumed areca nut or its products such as supari, Saikila, Wiz, Rajnigandha, guwa (betel nut without betel leaves and without lime), etc anytime during the past 30 days. ¹⁶ During the past 7 days. ¹⁷ During the past 30 days. ¹⁸ Outlet from which current cigarette smokers bought cigarettes the last time they smoked cigarettes in the past 30 days. ¹⁹ Among those who tried to buy cigarettes during the past 30 days. ²⁰ Based on the last purchase, among those who bought cigarettes during the past 30 days. ²¹ Among those who visited a point of sale in the past 30 days. ²² Among those who watched television, videos, or movies in the past 30 days. ²³ Among those who attended sporting or community events in the past 30 days. ²⁴ Among those who noticed warning labels on cigarette packages in the past 30 days.

NOTE: Data are weighted to be nationally representative of all students aged 13-15 years who are enrolled in school. Percentages reflect the prevalence of each indicator in each group, not the distribution across groups.

*Gender comparisons are significant at p < 0.05.



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