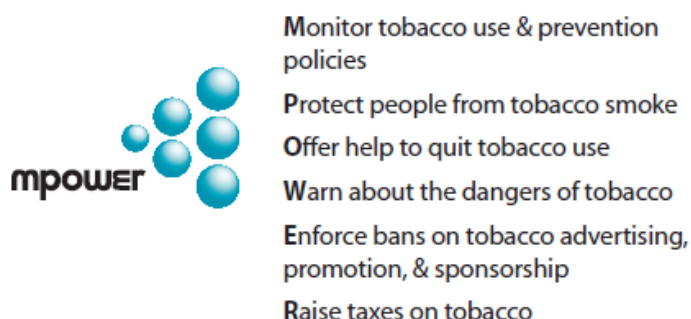


GYTS Objectives

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

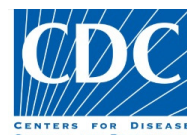
- Almost 7 in 10 (67.0%) students noticed anti-tobacco messages in the media.
- More than 3 in 10 (31.7%) students noticed tobacco advertisements or promotions when visiting points of sale.
- More than 1 in 10 (10.9%) students had something with a tobacco brand logo on it.

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.



World Health Organization



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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

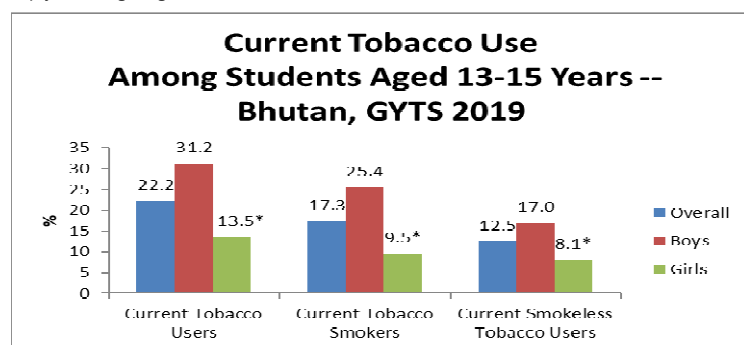
Current smokeless tobacco users ⁸	12.5	17.0	8.1*
Ever smokeless tobacco users ⁹	21.4	29.2	13.9*

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 ¹⁷	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.