

BHUTAN

Global Youth Tobacco Survey

2019 Factsheet

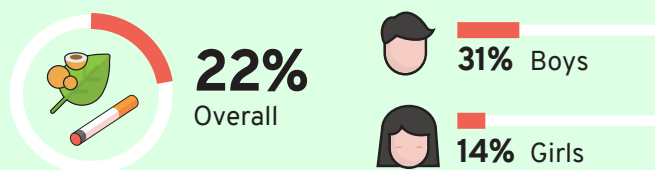


REGIONAL OFFICE FOR

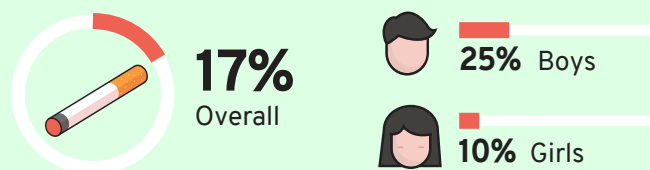
**World Health
Organization**
South-East Asia



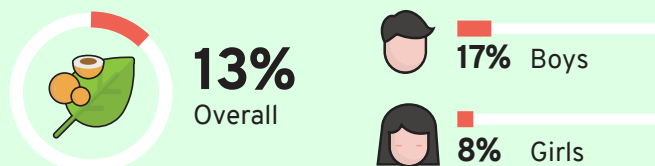
TOBACCO USE (smoked and/or smokeless)



TOBACCO USE (smoked)



TOBACCO USE (smokeless)



TOBACCO CESSATION

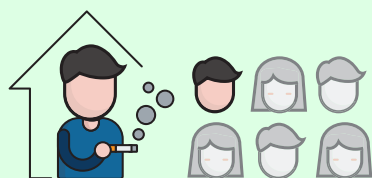
4 in 5
current smokers tried to
stop smoking



SECONDHAND SMOKE

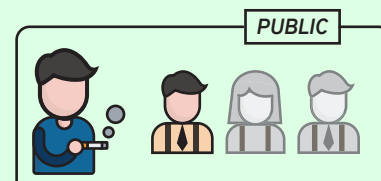
1 in 6

students were
exposed to tobacco
smoke at home



1 in 3

students were
exposed to tobacco
smoke inside enclosed
public places



ACCESS AND AVAILABILITY

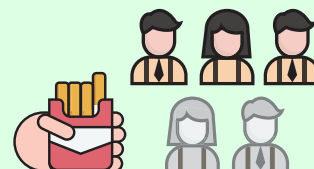
1 in 2

of current cigarette
smokers bought
cigarettes from a store,
shop, or street vendor



3 in 5

of the buyers below
the permitted age were
sold tobacco products



MEDIA

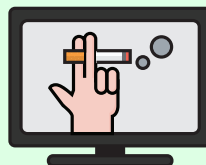
7 in 10

students noticed anti-
tobacco messages in
the media



4 in 5

students saw anyone
using tobacco on TV,
video or movies



3 in 10

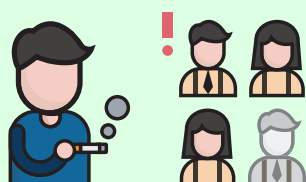
students noticed
tobacco advertisements
at point of sale



KNOWLEDGE & ATTITUDES

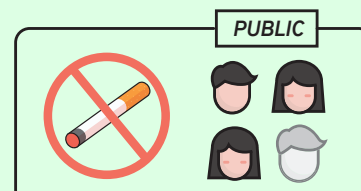
3 in 4

students thought other
people's smoking is
harmful to them



3 in 4

students favour
prohibiting smoking
inside enclosed
public places



The Global Youth Tobacco Survey (GYTS) is a nationally representative school-based survey of students in grades associated with age 13–15 years and is designed to produce cross-sectional estimates for each country. 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.

GYTS uses a two-stage sample design with schools selected proportional to enrollment size. The classrooms within selected schools are chosen randomly and all students in selected classes are invited to participate

in the survey. The survey uses a standard global core questionnaire with the flexibility of adding optional additional questions. The questionnaire consists of the following topics: tobacco use, cessation, secondhand smoke (SHS), pro- and anti-tobacco media and advertising, and other indicators. The questionnaire is self-administered using scan-able, 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.

Results for youth aged 13-15 years

Overall (%) | Boys (%) | Girls (%)



TOBACCO USE

Tobacco use (smoked and/or smokeless)

Current tobacco users ¹	22.2	31.2	13.5*
Ever tobacco users ²	38.4	51.7	25.4*

Smoked Tobacco

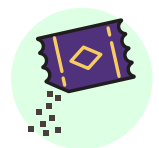
Current tobacco smokers ³	17.3	25.4	9.5*
Current cigarette smokers ⁴	14.7	22.2	7.7*
Current smokers of other tobacco ⁵	9.0	13.6	4.6*
Ever tobacco smokers ⁶	32.3	46.1	18.8*
Ever cigarette smokers ⁷	28.8	42.8	15.2*
Ever smokers of other tobacco ⁸	16.6	24.4	9.2*

Smokeless Tobacco

Current smokeless tobacco users ⁹	12.5	17.0	8.1*
Ever smokeless tobacco users ¹⁰	21.4	29.2	13.9*

Susceptibility

Never tobacco users susceptible to tobacco use in the future ¹¹	15.9	15.8	15.9
Never smokers who thought they might enjoy smoking a cigarette ¹²	7.3	9.7	5.6*



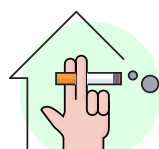
ARECA/BETEL NUT USE

Students who currently eat Doma khamtog (areca nut with betel leaves and/or lime) or Meetha paan ¹³	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 ¹⁴	56.9	62.5	51.3*



SECONDHAND SMOKE

Exposure to tobacco smoke at home ¹⁵	17.0	18.3	15.9
Exposure to tobacco smoke inside any enclosed public place ¹⁵	36.6	39.8	33.5*
Exposure to tobacco smoke in any outdoor public place ¹⁵	35.9	40.9	31.2*
Students who saw anyone smoking inside the school building or outside on school property ¹⁶	55.0	62.4	47.6*



ACCESS AND AVAILABILITY

Current cigarette smokers who bought cigarettes from a shop, or street vendor ¹⁷	55.0	57.0	49.6
Current cigarette smokers who were not prevented from buying cigarettes because of their age ¹⁸	57.6	56.5	61.7



Results for youth aged 13-15 years
Overall (%) | Boys (%) | Girls (%)

Current cigarette smokers who bought cigarettes as individual sticks¹⁹ **51.8** **52.0** **50.5**

MEDIA
Tobacco Advertising, Promotion and Sponsorship

Students who noticed tobacco advertisements or promotions at points of sale²⁰ **31.7** **32.5** **30.7**

Students who noticed anyone using tobacco on television, videos, or movies²¹ **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 own 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 media¹⁶ **67.0** **66.7** **67.3**

Students who noticed anti-tobacco messages at sporting or community events²² **56.9** **58.2** **55.7**

Current tobacco smokers who thought about quitting because of a warning label²³ **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 AND ATTITUDES

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 in outdoor public places **77.2** **73.1** **81.1***

CESSATION

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**

¹ Smoked tobacco and/or used smokeless tobacco anytime during the past 30 days.

² Ever smoked tobacco and/or used smokeless tobacco.

³ Smoked tobacco anytime during the past 30 days.

⁴ Smoked cigarettes anytime during the past 30 days.

⁵ Smoked tobacco other than cigarettes anytime during the past 30 days.

⁶ Ever smoked any tobacco, even one or two puffs.

⁷ Ever smoked cigarettes, even one or two puffs.

⁸ Ever smoked tobacco other than cigarettes, even one or two puffs.

⁹ Used smokeless tobacco anytime during the past 30 days.

¹⁰ Ever used smokeless tobacco.

¹¹ 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.

¹² Those who answered "Agree" or "Strongly Agree" to the statement: "I think I might enjoy smoking a cigarette".

¹³ Consumed Doma khamtog (areca nut with betel leaves and/or lime) or Meetha paan anytime during the past 30 days.

¹⁴ 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.

¹⁵ During the past 7 days.

¹⁶ During the past 30 days.

¹⁷ Outlet from which current cigarette smokers bought cigarettes the last time they smoked cigarettes in the past 30 days.

¹⁸ Among those who tried to buy cigarettes during the past 30 days.

¹⁹ Based on the last purchase, among those who bought cigarettes during the past 30 days.

²⁰ Among those who visited a point of sale in the past 30 days.

²¹ Among those who watched television, videos, or movies in the past 30 days.

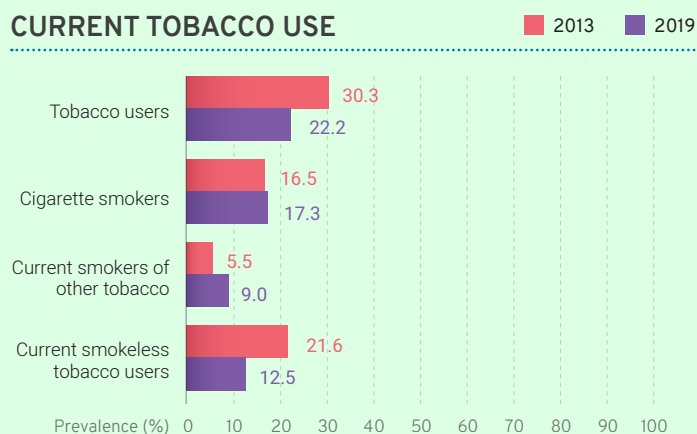
²² Among those who attended sporting or community events in the past 30 days.

²³ Among those who noticed warning labels on cigarette packages in the past 30 days.

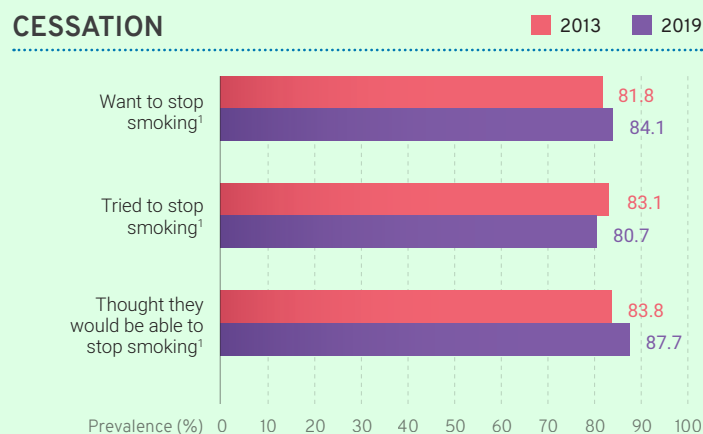
NOTE: Data are weighted to be nationally representative of all students aged 13-15 years who are enrolled in school. Percentages reflect the prevalence of each indicator in each group, not the distribution across groups.

*Gender comparisons are significant at p < 0.05.

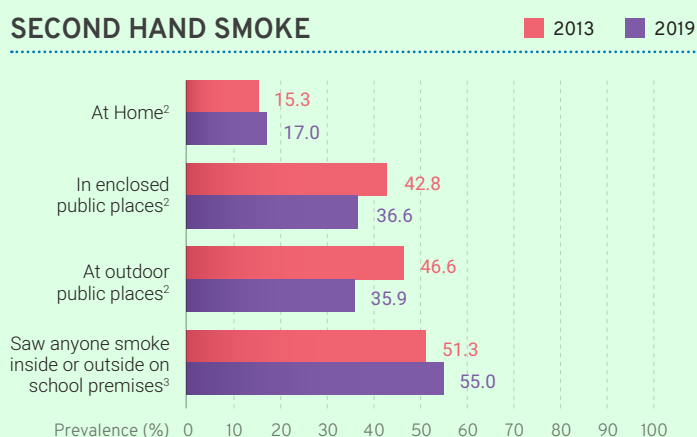
CURRENT TOBACCO USE



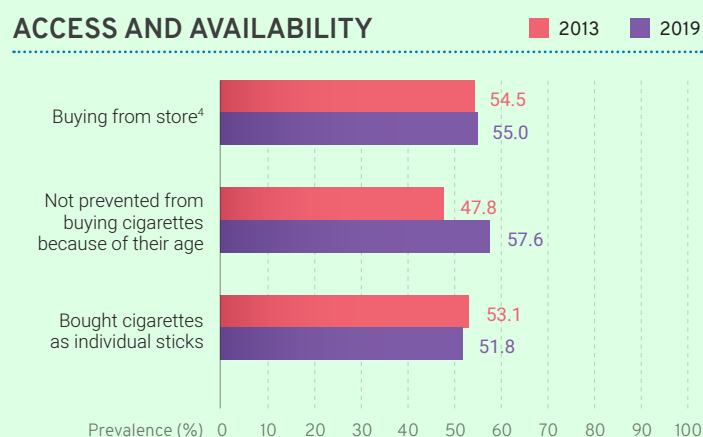
CESSATION



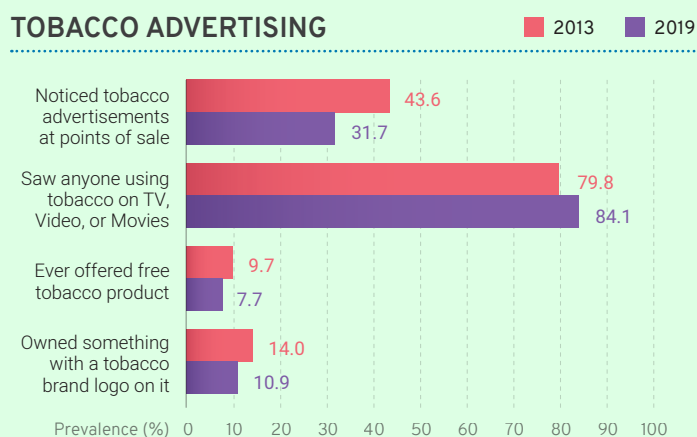
SECOND HAND SMOKE



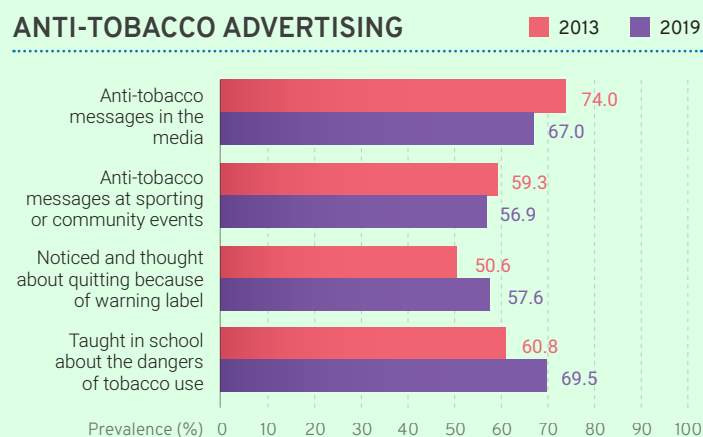
ACCESS AND AVAILABILITY



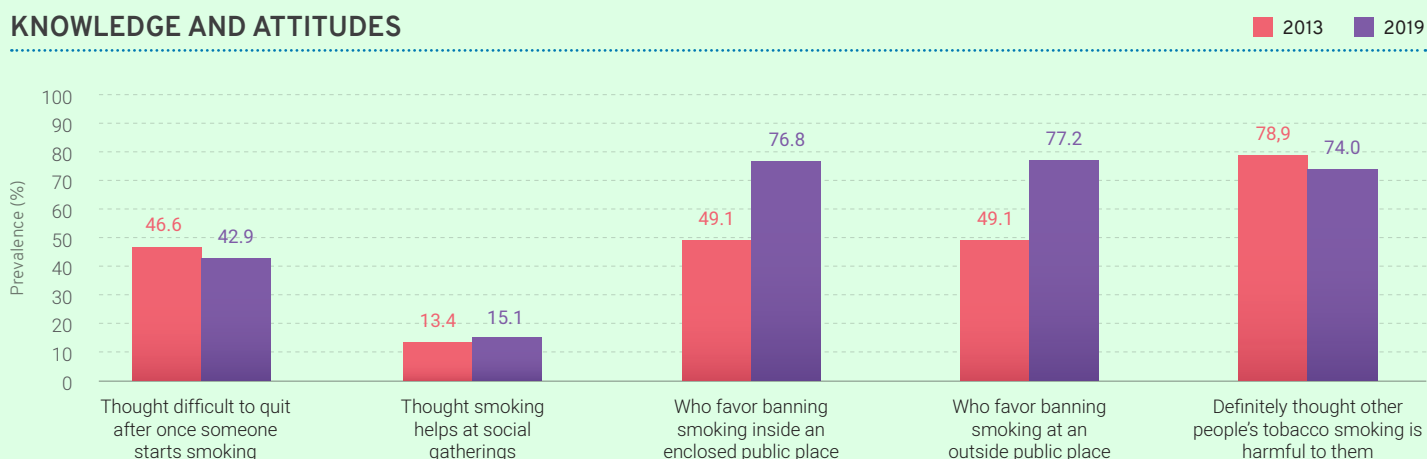
TOBACCO ADVERTISING



ANTI-TOBACCO ADVERTISING







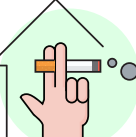





KNOWLEDGE AND ATTITUDES



¹ Among current cigarette smokers (2013) / Among current tobacco smokers (2019). ² During past 7 days. ³ During past 30 days.

⁴ Bought cigarettes from a store, shop, street vendor, or kiosk (2013) / Bought cigarettes from a shop, or street vendor (2019).

In Bhutan, the GYTS 2019 was conducted among the students aged 13-17 years. Data for the main tobacco use prevalence and related indicators are reported below for the age category 16-17 years.

	Results for youth aged 16-17 years	Overall (%)	Boys (%)	Girls (%)
	TOBACCO USE			
	Tobacco use (smoked and/or smokeless)			
	Current tobacco users ¹	38.9	51.1	23.7*
	Ever tobacco users ²	58.9	72.9	41.6*
	Smoked Tobacco			
	Current tobacco smokers ³	31.5	43.0	17.3*
	Current cigarette smokers ⁴	27.9	40.1	13.5*
	Current smokers of other tobacco ⁵	19.8	28.1	9.5*
	Ever tobacco smokers ⁶	53.3	68.7	34.3*
	Ever cigarette smokers ⁷	49.5	66.5	29.0*
	Ever smokers of other tobacco ⁸	33.9	46.8	18.1*
	Smokeless Tobacco			
	Current smokeless tobacco users ⁹	24.8	35.5	11.4*
	Ever smokeless tobacco users ¹⁰	35.2	47.7	19.7*
	Susceptibility			
	Never tobacco users susceptible to tobacco use in the future ¹¹	14.2	13.8	14.5
	Never smokers who thought they might enjoy smoking a cigarette ¹²	7.0	8.8	5.9
	ARECA/BETEL NUT USE			
	Students who currently eat Doma khamtog (areca nut with betel leaves and/or lime) or Meetha paan ¹³	59.3	61.0	57.0
	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 ¹⁴	70.8	73.7	67.5*
	SECONDHAND SMOKE			
	Exposure to tobacco smoke at home ¹⁵	22.3	24.8	19.1*
	Exposure to tobacco smoke inside any enclosed public place ¹⁵	43.8	51.4	34.5*
	Exposure to tobacco smoke in any outdoor public place ¹⁵	41.5	48.6	33.0*
	Students who saw anyone smoking inside the school building or outside on school property ¹⁶	56.8	64.4	47.4*
	ACCESS AND AVAILABILITY			
	Current cigarette smokers who bought cigarettes from a shop, or street vendor ¹⁷	64.2	65.9	58.0
	Current cigarette smokers who were not prevented from buying cigarettes because of their age ¹⁸	57.2	56.5	59.2
	Current cigarette smokers who bought cigarettes as individual sticks ¹⁹	44.3	42.7	50.2
	MEDIA			
	Tobacco Advertising, Promotion and Sponsorship			
	Students who noticed tobacco advertisements or promotions at points of sale ²⁰	32.4	32.9	31.5
	Students who noticed anyone using tobacco on television, videos, or movies ²¹	82.4	83.1	81.4

Results for youth aged 16-17 years

Overall (%) | Boys (%) | Girls (%)

Students who were ever offered a free tobacco product from a tobacco company representative

9.1 | 12.5 | 5.0*

Students who own something with a tobacco brand logo on it

13.7 | 18.5 | 8.0*

Anti-Tobacco Advertising

Students who noticed anti-tobacco messages in the media¹⁶

69.0 | 69.5 | 68.9

Students who noticed anti-tobacco messages at sporting or community events²²

61.7 | 61.9 | 61.5

Current tobacco smokers who thought about quitting because of a warning label²³

53.2 | 53.8 | 50.3

Students who were taught in school about the dangers of tobacco use in the past 12 months

71.9 | 71.1 | 73.0

KNOWLEDGE AND ATTITUDES

Students who definitely thought it is difficult to quit once someone starts smoking tobacco

39.1 | 35.3 | 43.7*

Students who thought smoking tobacco helps people feel more comfortable at celebrations, parties, and social gatherings

19.9 | 23.2 | 16.1*

Students who definitely thought other people's tobacco smoking is harmful to them

74.8 | 72.5 | 77.8*

Students who favored prohibiting smoking inside enclosed public places

81.7 | 79.7 | 84.2*

Students who favored prohibiting smoking in outdoor public places

81.6 | 79.8 | 84.2*

CESSATION

Current tobacco smokers who tried to stop smoking in the past 12 months

77.4 | 77.4 | 76.9

Current tobacco smokers who wanted to stop smoking now

79.6 | 80.3 | 79.5

Current tobacco smokers who thought they would be able to stop smoking if they wanted to

80.2 | 79.8 | 81.0

Results for youth aged 13-17 years

Overall (%) | Boys (%) | Girls (%)

TOBACCO USE

Current tobacco users¹

28.2 | 38.9 | 16.9*

Ever tobacco users²

45.8 | 60.0 | 30.8*

Current tobacco smokers³

22.4 | 32.2 | 12.1*

Current smokeless tobacco users⁹

16.9 | 24.2 | 9.2*

¹ Smoked tobacco and/or used smokeless tobacco anytime during the past 30 days.

² Ever smoked tobacco and/or used smokeless tobacco.

³ Smoked tobacco anytime during the past 30 days.

⁴ Smoked cigarettes anytime during the past 30 days.

⁵ Smoked tobacco other than cigarettes anytime during the past 30 days.

⁶ Ever smoked any tobacco, even one or two puffs.

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¹⁵ During the past 7 days.

¹⁶ During the past 30 days.

¹⁷ Outlet from which current cigarette smokers bought cigarettes the last time they smoked cigarettes in the past 30 days.

¹⁸ Among those who tried to buy cigarettes during the past 30 days.

¹⁹ Based on the last purchase, among those who bought cigarettes during the past 30 days.

²⁰ Among those who visited a point of sale in the past 30 days.

²¹ Among those who watched television, videos, or movies in the past 30 days.

²² Among those who attended sporting or community events in the past 30 days.

²³ 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 13-17 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 $p < 0.05$.

