

Global Youth Tobacco Survey (GYTS-4) India 2019

Report



Ministry of Health and Family Welfare
New Delhi – 110011
(Government of India)



International Institute for Population Sciences
Mumbai – 400888
(Deemed University)

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For additional information, please contact:

International Institute for Population Sciences
B.S. Devshi Marg (Govandi Station Road)
Deonar, Mumbai - 400 088.
Telephone: 022-42372400.
Fax: 022-2556 3257.
Email: director@iipsindia.ac.in

CONTRIBUTORS

K. S. James

B. Paswan

H. Lhungdim

R. Nagarajan

Murali Dhar

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डॉ. मनसुख मांडविया
DR. MANSUKH MANDAVIYA



सत्यमेव जयते



आज़ादी का
अमृत महोत्सव

स्वास्थ्य एवं परिवार कल्याण
व रसायन एवं उर्वरक मंत्री
भारत सरकार

Minister for Health & Family Welfare
and Chemicals & Fertilizers
Government of India



MESSAGE

The completion of the fourth round of the Global Youth Tobacco Survey, India 2019 and publication of its full report, marks an important milestone in the efforts of the Government of India to intensify tobacco control measures. I commend the Ministry of Health & Family Welfare and all partners for having successfully completed the survey. These findings provide us new statistics to reflect on our efforts on tobacco policy and programmes, particularly among the school-going children of 13-15 years of age.

This time GYTS-4 has covered all the States and Union Territories, and the Report contains valuable information, at the States/UTs level, on tobacco use among children. The findings also reveal that there has been a consistent decline in overall tobacco use over the years viz. 16.9 % in 2003, 13.7% in 2006, 14.6% in 2009 and now 8.5% in 2019, which is quite encouraging.

I am hopeful that the data generated under GYTS-4 will strengthen our tobacco control initiatives. This would also enable many stakeholders, including researchers, heads of schools, and media persons, to act responsibly in helping the youth to distance themselves from tobacco use to improve their health. We have been regularly involved in tobacco control but ultimate action is in the hands of people and therefore, through media, I would like to convey to the people, at large, **"to choose life and say no to tobacco"**.

The recommendations included in this report provide pathways for future policy action to achieve this target. I am hopeful that this report will provide a renewed motivation and urgency to Central and State Governments, educational authorities, institutions, and civil society organizations to increase their efforts to march ahead with passion and commitment for curbing the scourge of tobacco use from our country.

(Dr. Mansukh Mandaviya)

कार्यालय: 348, ए-स्कंध, निर्माण भवन, नई दिल्ली - 110011 • Office: 348, A-Wing, Nirman Bhawan, New Delhi - 110011

Tele.: (O): +91-11-23061661, 23063513 • Telefax : 23062358



डॉ. भारती प्रविण पवार
Dr. Bharati Pravin Pawar



सत्यमेव जयते



स्वास्थ्य एवं परिवार कल्याण राज्य मंत्री
भारत सरकार

MINISTER OF STATE FOR
HEALTH & FAMILY WELFARE
GOVERNMENT OF INDIA



MESSAGE

It is a matter of pride that the India has dedicated tobacco surveillance mechanisms both for gauging the tobacco use prevalence among adults (15 years and above) through Global Adult Tobacco Survey and among 13-15-year-old school going children through Global Youth Tobacco Survey. Tobacco control is a major public health challenge in India, and is notable for the variety of smoked and smokeless products. The challenges faced by India in the realm of tobacco control are formidable, both in their number and in their complexity. Smoking substantially increases the risk of TB and death from TB. More than 20% of global TB incidence may be attributable to tobacco.

I congratulate my Ministry and International Institute of Population Sciences (IIPS), Mumbai for successfully conducting the fourth round of Global Youth Tobacco Survey (GYTS-4) and bringing out this important Report of the survey. We should agree that children/younger generation are the change force and as such, the Guidelines for Tobacco Free Educational Institutions [ToFEI] needs to be implemented by all States in all educational institution, including schools at all levels, colleges for higher or professional education and universities, both in public and private sector. This has the potential to lead to behaviour change among children as well as among other members in their families. Going through the Global Youth Tobacco Survey (GYTS-4, 2019) Report, I am pleased to learn that India has begun to turn the tide on the tobacco epidemic. As per the findings of the survey, consistent reduction in the use of tobacco products is evident over the years, among the school-going youth. Also, it is heartening to know that substantial proportions of our youth are increasingly aware of the tobacco's harmful effects, anti-tobacco messages, tobacco quitline, and had quit using tobacco products.

The Government of India remains firmly committed to the accelerated prevention and control of tobacco use. Young children can be the most effective tobacco control ambassadors. I urge all of you to keep walking this difficult but meaningful path, with renewed zeal, vigour and energy for saving precious lives and our future generations from the harms of tobacco. We can win the battle only through synergy of our efforts, both within and beyond the country.

Our Prime Minister Narendra Modi has also said in his Mann ki Baat that tobacco addiction is very harmful for human health and coming out of this addiction is also very difficult. People who consume tobacco in any form suffer problems like cancer, diabetes, blood pressure, among others. The addiction for tobacco is primarily due to the presence of nicotine in it. For youth, nicotine is very harmful and can have drastic impact on mental growth.

We should all resolve to protect the present and future generations of India from the devastating health, social, economic, and environmental consequences of tobacco consumption.


(Bharati Pravin Pawar)

“दो गज की दूरी, मास्क है जरूरी”

Office: 250, 'A' Wing, Nirman Bhavan, New Delhi-110011, Tel. : 011-23061016, 23061551, Telefax : 011-23062828
E-mail : mos-mohfw@gov.in

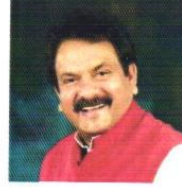
प्रो. एस.पी. सिंह बघेल
PROF. S.P. SINGH BAGHEL



सत्यमेव जयते



राज्य मंत्री
स्वास्थ्य एवं परिवार कल्याण
भारत सरकार
MINISTER OF STATE FOR
HEALTH & FAMILY WELFARE
GOVERNMENT OF INDIA



Message

The progress made by India in tobacco control, particularly over the past two decades is extremely encouraging. The second round of the Global Adult Tobacco Survey (GATS) (2016-17) showed a 17% relative reduction in tobacco use as compared to the first round of GATS (2009-10). For this downward trajectory in the prevalence of tobacco use to continue, all key stakeholders must work closely with the Central and State Governments to scale-up tobacco control efforts.

The Report of fourth round of Global Youth Tobacco Survey (GYTS-4) reflects on the tobacco consumption patterns among our youth, highlighting the challenges we face and the steps we must take to protect the health and well-being of future generations. Young children are our future and hence, continuous efforts are required to prioritize and strengthen our tobacco control efforts, which are critical for curbing the burden of tobacco-induced Non-Communicable Diseases (NCDs), as well as for achieving the Sustainable Development Goals.

The Government of India, under the visionary guidance of Hon'ble Prime Minister Shri Narendra Modi Ji, accords high priority to tobacco control and is committed to ensure evidence-based measures and strategies to effectively implement the National Tobacco Control Programme (NTCP) in the country. I am sure that the collective efforts of all stakeholders will go a long way in bringing about a robust and comprehensive response to the burden of tobacco use across the country. Such a comprehensive strategy is essential to protect present and future generations from the perils of tobacco addiction and assist tobacco users to quit this deadly habit.

Choose Life, Not Tobacco!

(Prof. S.P. Singh Baghel)



सुधांश पंत
सचिव
Sudhansh Pant
Secretary



सत्यमेव जयते



आज़ादी का
अमृत महोत्सव

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स्वास्थ्य एवं परिवार कल्याण मंत्रालय
Government of India
Department of Health and Family Welfare
Ministry of Health and Family Welfare



FOREWORD

Tobacco use is the leading single preventable cause of deaths globally. India is the third largest tobacco producing nation and second largest consumer of tobacco worldwide. Tobacco use is estimated to cause more than 1.3 million (13 lakh) deaths in India. While much progress has been made in recent years in facing up to the public health threat from consumption of tobacco products, we must not be complacent. Effective tobacco control measures and sustained responses are required to curb tobacco related deaths and illnesses, to reduce the numbers of people who smoke, to protect people from second-hand smoke and to improve the health and quality of life of our population.

The Government of India has been a pioneer in tobacco control, having enacted the Cigarettes and Other Tobacco Products (Prohibition of Advertisement and Regulation of Trade and Commerce, Production, Supply and Distribution) Act, in 2003 and by becoming one of the earliest nations to ratify the World Health Organization Framework Convention on Tobacco Control (WHO FCTC) in 2004 and by launching a dedicated National Tobacco Control Programme in 2007-08.

The report would serve as an evidence base to strengthen tobacco control initiatives and also serve as an authoritative reference source for policy makers, educational authorities, public health professionals and all other stakeholders concerned with tobacco control in the country. This report provides detailed information at the national and State level on prevalence of tobacco use, exposure to second hand smoking, cessation services, public awareness on the harmful effects of tobacco use and the tobacco control measures undertaken in schools.

Since the survey was conducted after a gap of 10 years, the changes seen from the previous rounds are the effect of cumulative anti-tobacco policy measures and efforts during the last decades. I commend the hard work and expertise deployed by the implementing agency, the International Institute of Population Sciences, Mumbai, the technical oversight provided by the members of the National Technical Advisory Committee and our colleagues looking after tobacco control in the Ministry.

Room No. 156, A-Wing, Nirman Bhawan, New Delhi-110 011
Tele : (O) 011-23061863, 23063221, E-mail : secyhfw@nic.in

I congratulate the International Institute of Population Sciences, Mumbai and partners for successfully completing the survey and bringing out Global Youth Tobacco Survey-4 (GYTS-4) India report. The report will serve as an evidence base to strengthen tobacco control initiatives and also serve as an authoritative reference for policy makers, educational authorities and other stakeholders concerned with tobacco control in the country.

Sudhansh Pant

Dated 1st November, 2023

[Sudhansh Pant]



प्रो.(डॉ.) अतुल गोयल

Prof. (Dr.) ATUL GOEL
MD (Med.)

स्वास्थ्य सेवा महानिदेशक
DIRECTOR GENERAL OF HEALTH SERVICES



भारत सरकार
स्वास्थ्य एवं परिवार कल्याण मंत्रालय
स्वास्थ्य सेवा महानिदेशालय
Government of India
Ministry of Health & Family Welfare
Directorate General of Health Services



MESSAGE

It is my privilege to release the Report of 'Fourth Round of Global Youth Tobacco Survey (GYTS-4) – 2019' of India conducted by the International Institute for Population Sciences (IIPS), Mumbai, under the aegis of the Ministry of Health and Family Welfare, Government of India. Such reports will provide statistical evidence to guide efforts on tobacco policy and programmes, particularly among vulnerable school-going youths aged 13-15 years. GYTS-4 managed to cover all States and Union Territories, and the Report contains invaluable information on tobacco use, including e-cigarette, types of tobacco products used, accessibility, exposure to second-hand smoking, cessation (smoking and smokeless), media, anti-tobacco messages and advertisement on tobacco, perception, attitude and beliefs, and implementation of COTPA 2003 by schools, among others.

It was an eye opener that nearly half of our children who used tobacco had initiated by age 10 years. Over the years, the school-going youths have shown consistent reduction in use of tobacco products. Also, it is heartening to know that substantial proportions of our youth are increasingly becoming aware of tobacco's harmful effects, anti-tobacco messages, tobacco quit-line, and had quit using tobacco products. I am hopeful that the data generated under GYTS-4 will strengthen our tobacco programmes, and also enable the stakeholders, including researchers, heads of schools, and media persons, to act responsibly in helping youth distance themselves from tobacco use to improve their health.

I congratulate International Institute for Population Sciences for successfully conducting the GYTS-4 survey under leadership of Prof. K.S. James in bringing out the report.

I only hope that such reports enable competent authorities to finally move towards eliminating tobacco and its addiction among humans.


(Atul Goel)



वी. हेकाली झिमोमी, भा.प्र.से.
अपर सचिव

V. Hekali Zhimomi, IAS
Additional Secretary



सत्यमेव जयते



आजादी का
अमृत महोत्सव



MESSAGE

I am delighted to release the findings from the fourth Global Youth Tobacco Survey (GYTS-4), a comprehensive study that sheds light on the prevalence and patterns of tobacco use among the youth in our country.

The GYTS-4 report reflects a comprehensive evaluation of the tobacco use landscape among youth aged 13 to 15 years in our country. It presents us with a deeper understanding of the challenges we face and the progress we have made in our efforts to combat tobacco use among the younger generation. The findings of this report are both encouraging and sobering. On the positive side, we have witnessed a decline in tobacco use among youth over the last one decade (from 14.6% in 2009 to 8.4 % in 2019). This decline can be attributed to the collective efforts of government, healthcare providers, educators, parents, and various stakeholders who have been actively involved in tobacco control initiatives. It is heartening to know that our concerted actions are yielding positive results.

However, despite these positive developments, we must acknowledge the persistent challenges we face. The GYTS-4 report highlights that tobacco products continue to have a significant influence on the lives of our youth, especially the prevalence of tobacco smoking among young girls which has increased by 40% from 2003 to 2019. It is a matter of great concern that young people are continuing to be enticed into tobacco use, and many remain ignorant of the associated health risks. The report presents that median age of initiation of cigarette and *bidi* smoking and smokeless tobacco use is 11.5 years, 10.5 years and 9.9 years respectively. The report also reveals that girls initiate tobacco use at an earlier age compared to boys.

The data serves as a clarion call for immediate action and renewed dedication to safeguarding the health and well-being of our youth, focussing on girls. We must leverage the findings of this report to fuel our determination and drive us toward impactful interventions. We must unite our efforts, share best practices, and support one another in implementing evidence-based policies and interventions like ToFEI, and Tobacco Free Youth Campaign to bolster our efforts in reducing tobacco use among youth.

I would like to express my gratitude to the dedicated team of researchers, healthcare professionals, educators, and volunteers who have worked tirelessly with the Indian Institute of Population Sciences, Mumbai to gather and analyse the data presented in the GYTS-4 report. Their commitment to this cause is commendable, and their efforts have provided us with invaluable insights that will guide our future actions.


V. Hekali Zhimomi

Room No. 244, 'A' Wing, Nirman Bhawan, New Delhi-110011
Tel. : 011-23061706, 23061398, E-mail : zhimomiv@ias.nic.in

अन्तर्राष्ट्रीय जनसंख्या विज्ञान संस्थान

(विश्वविद्यालय समतुल्य)*

स्वास्थ्य एवं परिवार कल्याण मंत्रालय, भारत सरकार का स्वायत्त संगठन
गोवंडी स्टेशन रोड, देवनार, मुंबई - ४०० ०८८, भारत



(स्थापना / Established in 1956)

वेहतर भविष्य के लिए क्षमता निर्माण
Capacity Building for a Better Future

Sr. No.: / 7659

International Institute for Population Sciences (Deemed University)*

An autonomous Organisation of Ministry of Health & Family Welfare, Govt. of India
Govandi Station Road, Deonar, Mumbai - 400 088, INDIA

FOREWORD

Tobacco kills eight million persons each year globally. Besides loss to human life, there are huge social, economic and environmental costs attributed to tobacco use. Smokeless tobacco and bidi-smoking are the most prevalent forms of tobacco use in India. Tobacco is a major risk factor for non-communicable diseases. To counter the challenge of tobacco use in India, the Government enacted comprehensive tobacco control legislation, namely, "The Cigarettes and Other Tobacco Product (Prohibition of Advertisement and Regulation of Trade and Commerce, Production, Supply and Distribution) Act (COTPA), 2003. India was also the seventh country in the world to ratify World Health Organization's Framework Convention on Tobacco Control (FCTC), the first ever global treaty for tobacco control.

To fulfil the obligations and commitments under the law and WHO FCTC, the Ministry of Health and Family Welfare launched a dedicated National Tobacco Control Programme (NTCP) in the 11th Five Year Plan (2007-12). The programme aims to build the capacity at various levels for effective implementation of tobacco control strategies. Recognizing the need for creating a data base on tobacco use and monitoring tobacco use and key tobacco control indicators in the country, MoHFW has been conducting regular rounds of Global Youth Tobacco Survey (GYTS) as part of GTSS (Global Tobacco Surveillance System). The earlier rounds of GYTS were conducted in 2003, 2006 and 2009 to provide national level estimates of tobacco use. In the fourth round (GYTS-4) conducted in 2019, the scope and sample size were expanded to provide the estimates of tobacco use for State/UT, rural and urban and male and female. GYTS-4 covers all the states and union territories in India.

The GYTS-4 India report is a product of the untiring team efforts of the International Institute for Population Sciences, Mumbai and the officials from the National Tobacco Control Programme (NTCP) division of the Ministry of Health and Family Welfare. World Health Organization, India Office extended the technical support at various stages of the survey, data analysis and report writing.

The survey clearly indicates that tobacco use among youth has considerably declined in the country during the last decade. The report would serve as an evidence base to strengthen ongoing tobacco control initiatives and also serve as an important reference for policy makers, public health professionals and all other stakeholders concerned with tobacco control in the country.

I congratulate the survey team at International Institute for Population Sciences, Mumbai and the project staff for successfully completing the survey and bringing out this Report which would be of immense use in advancing tobacco control measures in the country.

(Prof. S.K. Singh)
Director (Additional Charge)

दूरभाष / Telephone: 91-22-4237 2400

कार्यालय / Office : 91-22-25563254 / 55

निदेशक / Director : 91-22-25562062, 25573943

ई-मेल / E-mail: director@iips.net

फैक्स / Fax: 25563257

वेबसाइट / Website : www.iipsindia.ac.in

*[An University Established under Section 3 of UGC Act 1956, vide Ministry of Education GOI, Notification No.F.9-14/81-U-3 dtd 14 August 1985]

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The fourth round of Global Youth Tobacco Survey (GYTS-4) in India was successfully conducted in 2019 and accomplished with the committed efforts and support of different organizations and individuals at various stages of the survey.

At the outset we acknowledge our sincere gratitude to the Ministry of Health and Family Welfare (MoHFW), Government of India, for appointing IIPS as the nodal agency for conducting GYTS-4 in India, and providing financial support. We are thankful to Shri Rajesh Bhushan, Secretary (MoHFW); Dr. Atul Goel, Director General of Health Services (MoHFW); Ms. Roli Singh, Additional Secretary & Mission Director (NHM) (MoHFW); Shri Vikas Sheel, Additional Secretary & Mission Director; Dr. L. Swasticharan, Additional Deputy Director General & Director (EMR), Directorate, General of Health Services (MoHFW) and Dr. Pulkesh Kumar, Deputy Secretary (MoHFW) for providing overall guidance and support during the tenure of the project. Our special thanks to Statistics Division (MoHFW) for their technical partnership and to Integrated Finance Division (MoHFW) for financial support at different stages of the survey.

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We also sincerely acknowledge the contribution of WHO, India Office, for the continuous support at every stage of the project. particularly, Dr. Manju Rani, Regional Surveillance Officer, WHO-SEARO; Dr. Jagdish Kaur, Regional Adviser WHO-SEARO; Ms. Vineet Gill Munish, National Professional Officer, WHO, India and Shri Praveen Sinha, National Professional Officer (Tobacco Free), WHO, India.

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We place our special thanks to Ms. Pooja Gupta, Consultant (Policy & Research), and Tobacco Control Division MoHFW, for her persistent support and coordination & administration of the project with all the stakeholders and IIPS from the beginning till the end of the project.

We appreciate our Senior Project Officers, Project Officers and other staff members for their untiring contribution during the entire duration of the survey. We also acknowledge the contribution of staff members of IIPS, especially Administration, Accounts, Information Communication and Technology Units, Library and Hindi Section for their cooperation and support.

We also place our sincere thanks to all the Heads and staffs of the six Field Agencies (FAs) for successfully completing the fieldwork, despite many hardships in the field.

Last but not the least, credit goes to the Heads and students of all the selected schools for sparing their valuable time and participation in the survey.

GYTS-4 Research Coordinators

PROJECT PARTNERS & SURVEY STAFF

| TECHNICAL ADVISORY COMMITTEE (TAC) | |
|--|--|
| Shri Vikas Sheel Joint Secretary (Tobacco Control) Ministry of Health & Family Welfare Government of India | Shri V.K. Srivastava Chief Director (Statistics) Ministry of Health & Family Welfare Government of India |
| Director (Evaluation) Ministry of Health & Family Welfare Government of India | Ms. Shalini Bhojar Former DG (Statistics Division) Ministry of Health & Family Welfare Government of India |
| Prof. D.C. Nath Vice Chancellor Assam University | Prof. K.S. James Director & Sr. Professor International Institute for Population Sciences, Mumbai |
| Prof. B. Paswan Professor Department of Population Policies & Programmes International Institute for Population Sciences, Mumbai | Deputy Commissioner (Adolescent Health) Ministry of Health & Family Welfare Government of India |
| Dr. L. Swasticharan Chief Medical Officer Directorate General of Health Services Ministry of Health & Family Welfare Government of India | Under Secretary (Tobacco Control) Ministry of Health & Family Welfare Government of India |
| Representative National Sample Survey Organization Ministry of Statistics and Programme Implementation, Government of India | Representative Advisor (Health) NITI Aayog Government of India |
| Representative School Education (SE-I) Ministry of Education Government of India | Representative School Education (SE-II) Ministry of Education Government of India |
| Director National Institute of Health and Family Welfare New Delhi | Dr. Jagdish Kaur Regional Advisor Tobacco Free Initiative WHO SEARO, New Delhi |
| Dr. Manju Rani Regional Advisor (Surveillance) WHO SEARO, New Delhi | Dr. Vineet Gill Munish NPO, Tobacco Free Initiative WHO Country Office, New Delhi |
| Dr. Nivedita Gupta Scientist F Epidemiology and Communicable Diseases Indian Council of Medical Research, New Delhi | Shri Praveen Sinha National Consultant (Tobacco Control) WHO Country Office, New Delhi |
| Dr. Poonam Khattar Associate Professor, National Institute of Health and Family Welfare, Ministry of Health & Family Welfare, Govt. of India | Shri Devesh Deval Deputy Secretary (Tobacco Control) Ministry of Health & Family Welfare Government of India |
| Arnab Dhaki | Sushma Dureja |
| R.S. Kumari | R. Savithri |
| Mukesh Goi | Sanjay Garg |
| Saroj Yadav | J.K. Das |
| Anil Hiran Ramteke | Shanti Negi |
| Pradip Kumar Pal | Subodh Sudhakar |
| Maneesh Garg | Dileep Rao |

IIPS IMPLEMENTATION TEAM

| | |
|---|---|
| Prof. K. S. James Faculty Coordinator | Prof. B. Paswan Faculty Coordinator |
| Prof. H. Lhungdim Faculty Coordinator | Prof. R. Nagarajan Faculty Coordinator |
| Prof. Murali Dhar Faculty Coordinator | Ms. Sanchita Mukherjee Senior Project Officer |
| Dr. Khullak Meson Maring Senior Project Officer | Dr. Mayanka Ambade Senior Project Officer |
| Mr. Shalem Balla Project Officer | Ms. Chaitali Mandal Project Officer |
| Mr. S.K. Karim Project Officer | Mr. Praveen Kumar Project Officer |
| Ms. Sumita Bohra Project Officer (Admin & Accounts) | Mr. Prakash Kandra (Multi-Tasking Staff) |

FIELD AGENCIES

| | |
|--|--|
| Choice Consultancy Pvt. Ltd. Mumbai | Centre for Operation Research and Training (CoRT) Vadodara |
| Centre for Socio-economic and Environmental Studies (CSES) Kochi | Development and Research Service (DRS) New Delhi |
| Economic Information Technology (EIT) Kolkata. | IQVIA Consulting and Information Services India Private Limited Mumbai |

REVIEWER (IIPS)

| |
|---|
| Prof. Sulabha Parasuraman (Retd.) International Institute for Population Sciences, Mumbai |
|---|

GYTS-4 REPORT REVIEW COMMITTEE

| | |
|--|---|
| <p>Dr. L. Swasticharan Addl. DDG & Director, EMR Directorate General of Health Services Ministry of Health & Family Welfare Government of India</p> | <p>Dr. Madhu Raikwar Director, Central Bureau of Health Investigation Directorate General of Health Services Ministry of Health & Family Welfare Government of India</p> |
| <p>Dr. G. Kausalya Director, Central Health Education Bureau Directorate General of Health Services Ministry of Health & Family Welfare Government of India</p> | <p>Dr. Dharendra Sinha School of Preventive Oncology Patna</p> |
| <p>Dr. Prakash. C. Gupta Director Healis-Sekhsaria Institute of Public Health Navi Mumbai</p> | <p>Dr. Jagdish Kaur Regional Advisor Tobacco Free Initiative WHO SEARO, New Delhi</p> |
| <p>Ms. Vineet Gill Munish National Professional Officer Tobacco Free Initiative WHO Country Office for India, New Delhi</p> | <p>Dr. Monika Arora Additional Professor Public Health Foundation of India New Delhi</p> |
| <p>Dr. Zoya Ali Rizvi Deputy Commissioner (Adolescent Health) Ministry of Health & Family Welfare Government of India</p> | <p>Bhavna B. Mukhopadhyay Chief Executive Voluntary Health Association of India New Delhi</p> |
| <p>Shri Praveen Sinha National Professional Officer Tobacco Free Initiative WHO Country Office for India, New Delhi</p> | <p>Dr. Vedha VPK Consultant, WHO, New Delhi</p> |
| <p>Dr. Shahwar Kazmi Consultant, WHO, New Delhi</p> | <p>Ms. Pooja Gupta Consultant, Ministry of Health & Family Welfare Government of India</p> |
| <p>Prof. K.S. James Director & Senior Professor International Institute for Population Sciences Mumbai</p> | <p>Prof. Hemkothan Lungdim International Institute for Population Sciences Mumbai</p> |
| <p>Prof. R. Nagarajan International Institute for Population Sciences Mumbai</p> | <p>Prof. Murali Dhar International Institute for Population Sciences Mumbai</p> |

ACRONYMS

| | |
|---------------|---|
| A & N Islands | Andaman and Nicobar Islands |
| CDC | Centers for Disease Control and Prevention |
| Co-Ed | Co-education |
| COTPA | Cigarette and Other Tobacco Products (Prohibition of Advertisement and Regulation of Trade and Commerce, Production, Supply and Distribution) Act |
| D & N Haveli | Dadra & Nagar Haveli |
| ENDS | Electronic Nicotine Delivery Systems |
| FA | Field Agency |
| FCTC | Framework Convention on Tobacco Control |
| GATS | Global Adult Tobacco Survey |
| GTSS | Global Tobacco Surveillance System |
| GYTS | Global Youth Tobacco Survey |
| IIPS | International Institute for Population Sciences |
| MoHFW | Ministry of Health and Family Welfare |
| NCD | Non-communicable Disease |
| NTCP | National Tobacco Control Programme |
| SEARO | South-East Asia Regional Office |
| SHS | Secondhand Smoke |
| SLT | Smokeless Tobacco |
| TFI | Tobacco Free Initiative |
| ToT | Training of Trainers |
| TV | Television |
| UT | Union Territory |
| WHO | World Health Organization |

EXECUTIVE SUMMARY

The 2019 Global Youth Tobacco Survey of India is the fourth in the series (GYTS-4) since the first survey was conducted in 2003. The GYTS-4 is a nationally representative school-based survey of students in 8th, 9th and 10th Standards (Grades) covering the age group 13-15 years. The survey is designed to produce national estimates by sex (boys/girls) and location of school (rural/urban) for each State and Union Territory (UT). A total of 97,302 students from 8th, 9th and 10th Standards participated in the survey. However, the results in this report pertain only to 80,772 students aged 13-15 years. The overall response rate was 98 percent.

The GYTS used global standardized methodology under Global Tobacco Surveillance System (GTSS) of WHO for all the four rounds in India. GYTS-4 adopted multi-stage stratified systematic cluster sampling. The sample of schools was selected to represent schools of different management (public/private), different types of schools (co-ed/boys/girls) and schools in rural as well as urban areas. The survey used a standard global core questionnaire to elicit information on tobacco use, cessation, secondhand smoke, access and availability, exposure to anti-tobacco information, awareness and receptivity to tobacco marketing, knowledge and attitudes.

The Ministry of Health & Family Welfare (MoHFW), Government of India, designated the International Institute for Population Sciences (IIPS), Mumbai, as the nodal agency for conducting GYTS-4 in India. The findings of the survey are given below.

Tobacco use: ever and current prevalence

- ❖ Nearly one-fifth (18%) of the students aged 13-15 have ever used any of the tobacco products.
- ❖ One in nine (11%) students has ever smoked any tobacco product and one in eight (13%) has ever used any SLT product.
- ❖ Ever use of e-cigarette was reported by three percent of students (3% of boys and 2% of girls) in India.
- ❖ Ever use of any type of tobacco (smoking tobacco, cigarette, *bidi* and SLT) is higher among boys than girls in rural areas and in public schools compared with students from urban and private schools.
- ❖ The prevalence of current use of any type of tobacco among students aged 13-15 years is eight percent. The prevalence of current use of smoking tobacco is seven percent, and that of cigarette and *bidi* is three percent and two percent respectively. The current use of SLT products was reported by four percent of students.
- ❖ The prevalence of current use of any form of tobacco among students across the States/UTs ranges from the highest in Arunachal Pradesh (65%) to the lowest in Himachal Pradesh (1%).
- ❖ The prevalence of current use of smoking among students is highest in Arunachal Pradesh (55%) and the lowest in Himachal Pradesh (1%). In case of current use of SLT, it is highest in Nagaland (35%) and the lowest in Karnataka (0.3%).
- ❖ The prevalence of current use of any tobacco product among students aged 13-15 has declined from 17 percent in 2003 to eight percent in 2019 – a 50 percent reduction over a period of 16 years. However, among girls, the prevalence of tobacco smoking has increased by 40 percent during the same period.
- ❖ The large reduction in the prevalence of SLT use (71%) as compared with a reduction in the prevalence of smoking (11%) from 2003 to 2019 has contributed to most of the decline in the prevalence of tobacco use among students.
- ❖ Data on the age at initiation of tobacco use shows that 36 percent of the students who had ever smoked cigarette, 47 percent of

the students who had ever smoked *bidi* and more than half (51%) of the ever users of SLT tried their first use before their 10th birthday.

- ❖ The median age at initiation of cigarette and *bidi* smoking, and SLT use is 11.5 years, 10.5 years and 9.9 years respectively. Girls initiated use of tobacco products earlier than boys.
- ❖ Sixty-three percent of current cigarette smokers, 76 percent of current *bidi* smokers and 65 percent of current SLT users bought cigarettes/*bidis*/smokeless tobacco products from a store or *paan* shop.
- ❖ Among the current smoking tobacco/SLT users who bought cigarette/*bidi*/smokeless tobacco, 47 percent of cigarette smokers, 46 percent of *bidi* smokers and 28 percent of smokeless tobacco users reported that shopkeepers refused to sell them tobacco products because of their young age.
- ❖ Smokeless tobacco is easily accessible to students than cigarette and *bidi*.
- ❖ Purchasing cigarettes as individual sticks, *bidi* in pack and smokeless tobacco in single use pouch are the most preferred ways of buying tobacco products.
- ❖ A majority of the students use tobacco for less than 10 days in a month.
- ❖ Less than half (45%) of the cigarette smokers and 35 percent of *bidi* smokers smoked less than one cigarette/*bidi* stick per day in the past 30 days. However, eight percent of cigarette smokers and 11 percent of *bidi* smokers smoked 10 or more cigarettes/*bidis* per day.
- ❖ Home is the usual place of smoking for 26 percent students, followed by school and friend's house (17% each), public spaces (12%) and social events (10%).
- ❖ Tobacco use is higher among students with less educated parents.
- ❖ Prevalence of any type of tobacco use is 15 percent among students with the father

educated up to middle school as compared with 4-5 percent among those with father educated up to secondary level and above. The same pattern is observed for all the three types of tobacco products (smoking, smokeless and any tobacco) with respect to both the father's and mother's education.

- ❖ Prevalence of tobacco use is higher among those students who have lost either mother or father.
- ❖ Parents' working status impacted children's tobacco use. Prevalence of tobacco use is higher among students with only one parent working or both parents not working as compared with those students with both parents working.
- ❖ Parents' tobacco use also impacted children's tobacco use. Prevalence of tobacco use is lower among students with none of the parents using tobacco, compared with those students with one or both the parents consuming a tobacco product.
- ❖ Parents asking children to buy tobacco products increases the tobacco use among the children considerably.

Secondhand smoke (SHS) exposure

- ❖ Seven days prior to the survey, 12 percent of the students were exposed to SHS in their home, 22 percent were exposed to it in enclosed public places and 25 percent in outdoor public places.

Cessation: reasons and help sought

- ❖ Eleven percent of ever smoker students and 10 percent of ever users of SLT had stopped smoking and use of SLT respectively in the last 12 months.
- ❖ About one-fifth (19%) of the current smoker students reported that they had tried quitting smoking in the past 12 months and another 20 percent of the current smoker students reported that they wanted to quit smoking. One-fourth (26%) of the current users of SLT reported that they tried to quit its use and another 25 percent wanted to quit.

- ❖ Among the students who had stopped using tobacco, 59 percent of the smokers and 37 percent of SLT users did so ‘to improve/protect their health’.
- ❖ More than half (55%) of the ever smokers and 48 percent of the ever users of SLT received any kind of help or advice to help quitting tobacco use during the past 12 months.
- ❖ One-fifth (21%) of the smokers and 16 percent of SLT users received professional help to quit tobacco use during the past 12 months.

Anti-tobacco messages and promotions: exposure

- ❖ In 30 days prior to the survey, more than half (53%) of the students saw/heard anti-tobacco messages on media, while over one-third (36%) of the students saw them in events/social gatherings, and a quarter (26%) saw them on tobacco product/cigarette package.
- ❖ TV is the main source (45%) for students to see promotion or advertisement of tobacco product, followed by movies (37%) and videos (34%). Nearly one-fourth (23%) of the students reported seeing tobacco advertisement/promotion on internet or online. Seventeen percent of the students mentioned that they saw tobacco advertisement at the point of sale such as *paan* shop (store or shop selling betel nut and tobacco products).
- ❖ In India, 36 percent of the students reported that they were taught in school about the dangers/harmful effects of tobacco.

Tobacco use: perception, belief and attitude

- ❖ About four percent of the students who never used tobacco reported that they might use some form of tobacco in the next

12 months and that they might use it if offered by the best friend or relative (4%).

- ❖ A little less than two-thirds (63%) of students are aware that tobacco use is harmful to health. About one-fourth (24%) of them are aware that it is addictive and it is difficult to quit once one starts using it and 18 percent think that it is safe to use it up to two years.
- ❖ Seventy percent of the students are aware that SHS is harmful to health and about three-fifths of them supported a ban on smoking inside the enclosed public places (58%) and outside public places (61%).

COTPA guidelines in schools

- ❖ More than four-fifths (85%) of the heads of schools, irrespective of type of school (government/private) and location of schools (rural/urban) are well aware of the COTPA-2003 guidelines. Heads of most of the schools (89%) are aware that smoking is not permitted inside school, and 82 percent are aware of the guidelines that school should display the board with the message “Tobacco free school” at a prominent place.
- ❖ Fifteen percent of the heads of the schools reported that they found students using any form of tobacco in the school premises. Seven percent of the heads of the schools mentioned that their school personnel used tobacco in the school premises.
- ❖ A disciplinary action was taken in only 70 percent of the cases of tobacco use in school premises.
- ❖ In about half of the schools surveyed (49%), there was evidence of tobacco use on school premises, i.e., entrance gate, lavatory, canteen and within 100 yards of the school property

CHAPTER 1

INTRODUCTION

1.1 Background of tobacco use in India

Tobacco use is a major preventable cause of premature death and disease worldwide. According to WHO, more than eight million people die due to tobacco use every year and more than seven million of these deaths result from direct tobacco use, while around 1.2 million deaths are the result of non-smokers being exposed to SHS (WHO, 2021). If the current trends continue, tobacco use may kill a billion people by the end of this century. Most of these deaths will be in low and middle-income nations, which would account for almost 80 percent of all tobacco-related deaths.

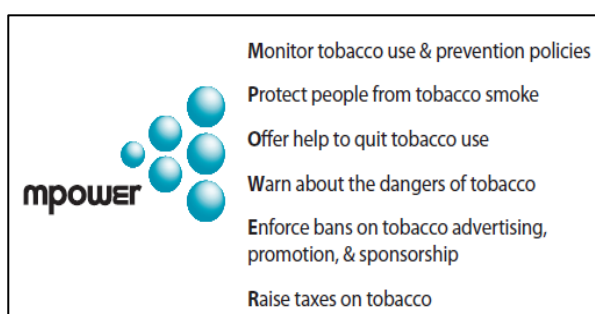
The economic costs of tobacco use are enormous, totalling more than US\$ 1.4 trillion in health care costs and resulting in lost productivity which is about 1.8 percent of the world's GDP and over 40 percent of what the world spends on school education. (WHO, 2017; Goodchild et al., 2018). Yet tobacco remains the single most widely available and purchasable addictive substance (TISS & MoHFW, 2018). All forms of tobacco are harmful and there is no safe level of exposure to tobacco. Nicotine contained in tobacco is highly addictive (WHO, 2021).

India is the second largest producer and consumer of tobacco in the world. Use of tobacco is popular in India. It is consumed in various forms. In rural areas, *bidi* is the most prevalent smoking product (John, 2005; Gupta et al., 2010), while cigarette is the preferred product in urban areas (Gupta et al., 2010). *Hookah*, *chuttas*, *dhumti*, *chillum*, cigars, cheroots and pipes are some other forms of tobacco smoking in different parts of the country (Jindal et al., 2006).

Some of the commonly used SLT products are dry tobacco areca nut preparations such as *paan* masala with tobacco, *gutkha* and *mawa*. These are popular in many parts of India (Gupta & Ray, 2003; Rooban et al., 2010).

1.2 WHO Framework Convention and MPOWER

In response to globalization of the tobacco epidemic, WHO Framework Convention on Tobacco Control (FCTC) was unanimously adopted at the 56th World Health Assembly in May 2003. The FCTC is the world's first public health treaty on tobacco control. There are 182 parties to the Convention at present. It is the driving force behind and 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, and lays out cost-effective tobacco control strategies for public policies such as banning direct and indirect tobacco advertising, increasing tobacco taxes and prices, promoting smoke-free public places and workplaces, displaying prominent health messages on tobacco packaging, tobacco surveillance, research and exchange of information. To help countries fulfil their WHO FCTC obligations, in 2008 WHO introduced MPOWER (WHO, 2008a). It is a technical package of following six evidence-based tobacco control measures that are proven to reduce tobacco use and save lives (WHO, 2022).



Monitor tobacco use and prevention policies

Assessment of tobacco use and its impact must be strengthened. Good monitoring provides information about the extent of tobacco use in a country and how to make policies regarding reduction of tobacco usage.

Protect people from tobacco smoke

Smoke-free places are important to protect non-smoking people from secondhand smoke and also encourage users to quit. The laws on public smoking were poorly written in most of the countries. Only total ban of smoking in public and workplaces protects people from SHS.

Offer help to quit tobacco use

Many smokers want to quit. But few of them only get the help they need. Programmes providing cost effective interventions for smokers to quit smoking must be started.

Warn about the dangers of tobacco

Only few tobacco users fully understand the risks of using tobacco products. Public education campaigns and graphic warnings on tobacco products can change the tobacco usage among the people.

Enforce bans on tobacco advertising, promotion and sponsorship

Tobacco industry spends a lot of money on advertisement. Only a ban on advertisement can reduce the tobacco consumption and protect people.

Raise taxes on tobacco

Increasing taxes on tobacco products leads to rise in prices. This discourages the people to buy and use tobacco products and convince them to quit it.

1.3 Tobacco control policies in India

India's attempts at prohibition of tobacco use started in 1970. The first in this series was The Cigarettes Act, 1975, which made a statutory health warning mandatory on all cigarette packets. Since then, a number of modifications and inclusions have been made in acts related to the issue. During the 1980s and 1990s, both central and state governments imposed further restrictions on tobacco trade and efforts were initiated to bring forth a comprehensive legislation for tobacco control. The Cigarette

and Other Tobacco Products (Prohibition of Advertisement and Regulation of Trade and Commerce, Production, Supply and Distribution) Act (COTPA) was notified in 2003 (Government of India, 2003). This enactment was in part fulfilment of the treaty obligation with WHO's FCTC. India was among the first few countries to sign and ratify this treaty. This Act is applicable to the whole of India and covers all types of tobacco products and includes prohibitions on direct and indirect advertisement and provision for regulation of the trade and commerce in production, supply and distribution of all tobacco products. The COTPA consists of ban on smoking at public places, ban on advertisement, promotion and sponsorship of tobacco, sale of tobacco products to any person below the age of 18 years, sale of tobacco products within 100 yards of educational institutions, and implementation of specified health warnings on tobacco products packs. Currently all the provisions of the Act are under implementation.

To strengthen implementation of the tobacco control provisions under COTPA and policies of tobacco control mandated under the WHO's FCTC, the Government of the India launched "National Tobacco Control Programme" (NTCP) in 2007-08. Its major objectives are:

- (i) Create awareness about the harmful effects of tobacco consumption,
- (ii) Reduce the production and supply of tobacco products,
- (iii) Ensure effective implementation of the provisions under COTPA 2003,
- (iv) Help the people quit tobacco use, and
- (v) Facilitate implementation of strategies for prevention and control of tobacco advocated by WHO's FCTC.

NTCP is implemented through a three-tier structure, i.e., (i) National Tobacco Control Cell, (ii) State Tobacco Control Cell, and (iii) District Tobacco Control Cell [subsumed in the flexi pool for Non-communicable Diseases (NCDs) under the National Health Mission (NHM)] (NTCC, 2015). The main activities at state and district levels include training and capacity-building of enforcement officials, better monitoring and implementation of tobacco control laws, health communication efforts within schools and among the general public to promote awareness of the

dangers/hazards of tobacco use and prevention of tobacco use. Apart from these initiatives, the Ministry has started National Tobacco Quitline to provide tobacco cessation services to the community and launched a pan-India “mCessation” initiative to reach out to tobacco users who are willing to quit tobacco use and to support them towards successful quitting through text-messaging via mobile phones. Tobacco cessation centres have also been set up in Dental Colleges/Institutions across the country. The NTCP was launched on a pilot basis in 2007/08 and gradually expanded to all 36 states/UTs and all districts of the country in a phased manner. The implementation of NTCP was a major leap forward for India and for the first-time funds were made available to implement tobacco control strategies at the central, state and sub-state levels (Kaur, 2012).

In addition to the above measures, the Juvenile Justice (Care and Protection of Children) Act, 2015 also has provisions to protect the children from toxic materials including tobacco products. As per this Act, “whoever gives, or causes to be given, to any child any intoxicating liquor or any narcotic drug or tobacco products or psychotropic substance, except on the order of a duly qualified medical practitioner, shall be punishable with rigorous imprisonment for a term which may extend to seven years and shall also be liable to a fine which may extend up to one lakh rupees” (Government of India, 2015, p. 33).

Further to protect the youth from nicotine addiction, the Government of India prohibited electronic-cigarettes and like devices through The Prohibition of Electronic Cigarettes (production, manufacture, import, export, transport, sale, distribution, storage and advertisement) Act 2019. Although, this act is not part of tobacco control per se but is important considering the ban covers nicotine.

1.4 Overview of GYTS

Tobacco use starts at an early age. GATS-2 shows that one in eight daily tobacco users aged 20-34 had started smoking before the age of 15 years. Adolescents are a vulnerable group usually getting exposed to tobacco and tobacco-

related habits very early. The age at initiation of tobacco-related habit has a direct influence on the survival and related diseases in the individuals (Narain et al., 2011).

An efficient and systematic surveillance mechanism is essential to monitor and manage the epidemic. The Global Tobacco Surveillance System (GTSS) is a set of globally standardized surveys to monitor tobacco use and key tobacco control policies. It is comprised of both students and adult surveys. Launched in 1999, the Global Youth Tobacco Survey (GYTS) is a global standard for systematically monitoring youth tobacco use (smoking and smokeless) and tracking key tobacco control indicators. GYTS assists countries to enhance their capacity to design, implement and evaluate tobacco control interventions. It is an important tool to assist countries in supporting WHO’s MPOWER, a package of six evidence-based demand reduction measures contained in the WHO’s FCTC. GYTS is one of the largest public health surveillance systems active in more than 188 countries/sites. The survey is repeated every four or five years generating data that are comparable within and across countries.

1.5 GYTS in India

In India the first round of GYTS was conducted in 2003 at the state level. It was expanded to a national-level survey in second and third rounds conducted respectively in 2006 and 2009. Over 10,000 students participated in them. The findings indicate that there is no change in the prevalence of tobacco use among students between 2003 and 2009. In 2009, about fifteen percent students were current users of tobacco in any form. Eight percent were current smokers, while nine percent were current users of SLT). In 2009, 22 percent of students were exposed to SHS at home, while 37 percent in public places. Also, half of the current smokers among youth bought cigarettes from stores and 56 percent reported none of them was refused due to their young age (MoHFW, undated).

1.6 GYTS-4: aim and objectives

Overall, the aim of GYTS-4 is to document and monitor the extent of smoking and SLT use, and

to assess the students' attitudes, knowledge and behaviour towards tobacco use and its health impact including cessation, SHS, media and advertising, and minors' access to tobacco products. The specific objectives of GYTS-4 are:

1. To determine the level of tobacco use among children by State/UTs, sex and location of school (urban/rural).
2. To estimate the age at initiation of cigarette and *bidi* smoking and SLT.
3. To estimate the exposure to SHS.
4. To estimate the exposure to tobacco advertising.
5. To assess the reach of major prevention programmes to school-based population.

CHAPTER 2

METHODOLOGY

2.1 Introduction

This chapter describes the methods used at different stages of the survey such as sampling, data collection and analysis. The Chapter starts with a description of the study population and sample size including allocation of total sample to the States/UTs, followed by sampling, field work and analytical methods. Calculation of sampling weight to ascertain better representation has also been presented.

2.2 Study population

The study population includes students in India who were 13 to 15 years old studying in 8th, 9th and 10th Standards/Grades. It was a mix of private and public schools, all of which have any or all of the desired classes (8th, 9th and 10th Standards/Grades). The schools were further stratified according to the sex construct – all girls, all boys or co-ed schools.

2.3 Sample size

A target sample size of 80,000 students at the national level was proposed. However, to take care of attrition on account of absenteeism, non-response, incomplete responses to questions, etc., the sample size was inflated to 100,000. This national sample size was allocated to the States/UTs proportional to their study population size, i.e., enrolment in 8th, 9th and 10th Standards together on a logarithmic scale to ensure the consideration of size as well as minimum required sample size for smaller States/UTs. Subsequently, sample size for a few States/UTs was inflated to 1500 as it was considered a minimum sample size necessary to provide the estimates by sex as well as by location of school for the desired precision. The State/UT-wise sample size was divided by 100 and rounded to nearest integer to arrive at the number of schools to be covered within each State/UT. This was on the assumption that there will be on an average 100 students in a school in one section of each of 8th, 9th and 10th Standards collectively. Thus, target sample size

for the country was 1004 schools, expected to yield a student sample size of about 80,000 after accounting for different attrition factors.

2.4 Sampling frame

UDISE (Unified District Information System for Education) developed by NIEPA (National Institute of Educational Planning and Administration) under Ministry of Education, provides a comprehensive list of schools with a class-wise enrolment detail for all the States/UTs. UDISE database for the years 2015-16 has been used as a sampling frame for GYTS-4. Detailed information available in the database was utilized for stratification of schools.

2.5 Sampling design

GYTS-4 adopted multi-stage stratified systematic cluster sampling. Figure 2.1 presents the three-level stratification. Sampling was done separately for each State/UT. The national sample of schools was pooled across all the States/UTs. A sample of students for GYTS-4 was selected in three stages. In the first stage, schools were selected, in the second stage, from each selected school, sections were selected, and in the third stage all the students enrolled in those selected classes were selected for the survey.

First stage: selection of schools

In each State/UT, all the schools were stratified based on school management (public/private), type of school (co-ed/boys'/girls') and location of school (rural/urban). Thus, a total of 12 strata were identified as follows:

1. Public co-ed school in rural area.
2. Public co-ed school in urban area.
3. Public boys' school in rural area.
4. Public boys' school in urban area.
5. Public girls' school in rural area.
6. Public girls' school in urban area.
7. Private co-ed school in rural area.
8. Private co-ed school in urban area.

9. Private boys' school in rural area.
10. Private boys' school in urban area.
11. Private girls' school in rural area.
12. Private girls' school in urban area.

In addition to Type and Location of school, School management (Public/Private) was also considered for stratification as the same is expected to explain the variation as proxy indicator of socio-economic status of the students.

Target schools in a State/UT were allocated to these twelve strata proportional to stratum size (i.e., total enrolment in 8th, 9th and 10th Standards together). In case the number of schools allocated to any stratum was less than one or zero, it was inflated to one and the numbers in larger strata were adjusted accordingly. This adjustment ensured the representation of all the strata in the sample.

In the first stage, schools with 8th, 9th and 10th Standards were selected from each stratum. Using UDISE data, schools with any of 8th, 9th or 10th Standard or any combination of these were identified and listed. This was an exhaustive list consisting of all types of schools (co-ed schools, boys' schools and girls' schools) in a State/UT.

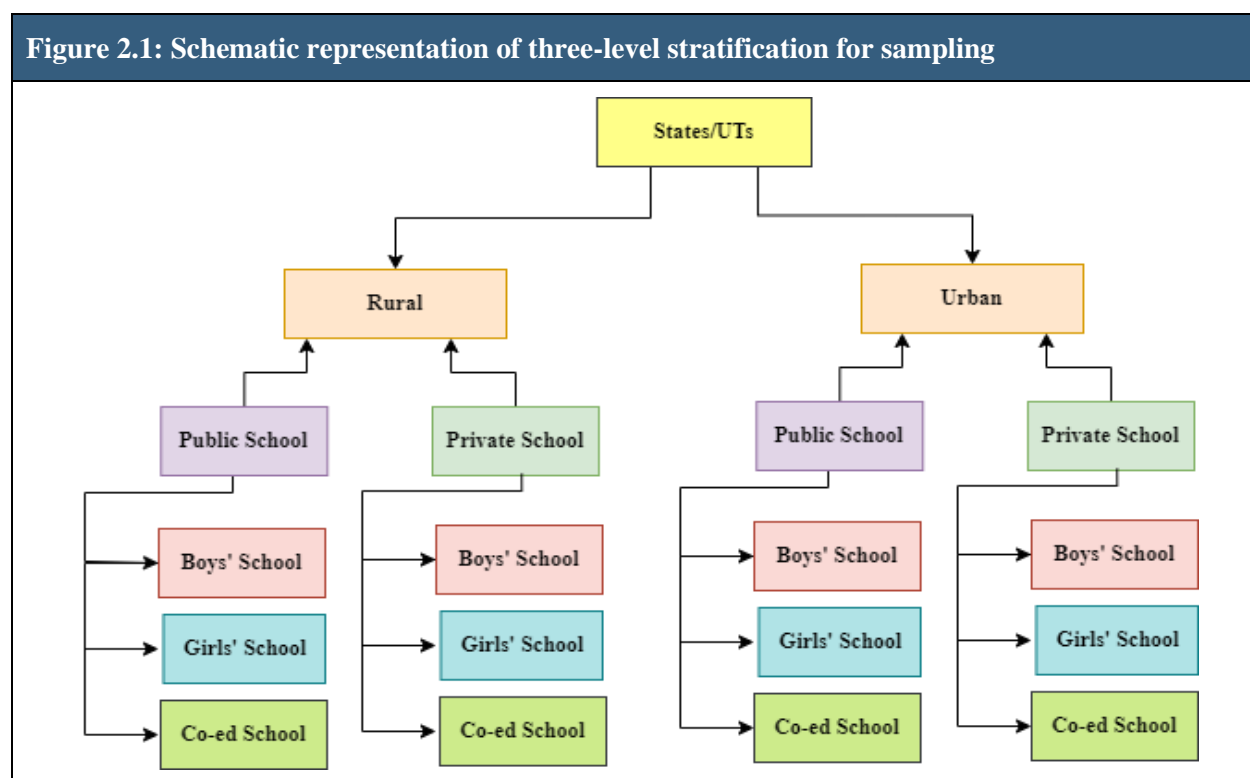
To select the required number of schools within each stratum, the probability proportion to size (PPS) sampling method was applied. The size refers to the total enrolment in 8th, 9th and 10th grades. If the selected school did not have all the three grades, the nearest school within the stratum was selected and called as 'linked school' and considered with the selected school to make up for short falls in the classes.

Second stage: selection of sections within each school

From each standard, only one section was selected for the survey. Field agencies (FAs) visited selected schools and provided a list of sections within each standard. This list served as a sampling frame for the selection of a section within each standard in a selected school. In case of more than one section in any standard, IIPS randomly selected a section and provided it to the FAs.

Third stage: selection of students within each section

In a selected section, all the students present on the day of survey were considered for the participation in the survey and administered the Student's Questionnaire.



2.5.1 Sample weight

A weighting factor was applied to each student's record to adjust for deviation of sampling from simple random sampling and to take care of non-response. The weight used for estimation was calculated in two steps as follows:

Step 1: Calculation of base weight

Base weight (BW) = $W1 * W2 * W3$

Where,

W1: School weight = Inverse of probability of selection of a school in a stratum = Total enrolment in a stratum / (Enrolment in a school) * (number of schools selected from the stratum);

W2: Section weight = Inverse of probability of selection of a section from all the sections in a grade of selected school = Number of sections in a Standard; and

W3: Student weight = Inverse of probability of selection of a student in the selected section of selected school = One (as all students in the selected sections are selected).

Step 2: Adjustment for non-response

Non-response adjustment = Inverse of non-response of students = Number of students on roll in selected section/number participated in the survey

Step 3: Post-stratification adjustment

Post-stratification ensures that in each State/UT the weighted sample distribution of students by sex across the schools in rural and urban areas is in tune with current distribution of total enrolment in that State/UT by sex across the rural and urban areas.

Adjustment factor within each stratum of four strata by sex (boys/girls) and location of school (urban/rural) = Total enrolment in a stratum/sum of base weight after non-response adjustment within a stratum

2.6 Survey questionnaire

The survey consists of two sets of questionnaires: Student's Questionnaire and School Policy Questionnaire.

2.6.1 Student's questionnaire

The Student's Questionnaire was specifically designed to collect information about the use of tobacco products among the students. The questionnaire had 17 sections and total of 75 multiple choice questions without any skipping option. Students were expected to choose the answer that best describes what they believe, feel, know and do. The students recorded their response directly in the space provided against the choices in the questionnaire itself.

The questionnaire had sections to capture various dimensions of tobacco use including ever and current use of both smoking and SLT, accessibility to tobacco product and cessation attempts of students to quit use of different tobacco products. A separate section on usage of e-cigarette was included. In other sections information on student's background, parents' background, exposure to SHS, exposure to anti-tobacco messages and advertisement and promotion of tobacco products on media was collected. A section on students' perception, attitude and belief regarding tobacco use was also included (Appendix-A).

2.6.2 School policy questionnaire

The School Policy Questionnaire was developed specifically to collect information about the awareness of anti-tobacco policies to be followed in a school. The questionnaire was completed by one of the school administrators, preferably the current School Principal/Vice-Principal/Headmaster/Headmistress/Senior Teacher/Other School Administrator, etc.

School Policy Questionnaire consisted of a set of 9 questions. They were designed to collect information on how far the school authority is aware of the guidelines of COTPA 2003 and other anti-tobacco guidelines introduced by the government for 'tobacco-free' school initiative. It also collected information on violation of tobacco ban within the school by students or school personnel (Appendix-B).

2.6.3 Observation checklist

In addition to data collection from students and school authorities, GYTS-4 collected data on evidence of tobacco use in the school premises. A checklist was prepared and using it the survey investigators collected data on evidence of tobacco use in the school premises. The premises included school playground, common room, classroom, parking lot, canteen, lavatory and within 100 yards of the school gate (Appendix-C).

2.6.4 Pre-test of questionnaire

All the survey instruments were reviewed and approved by the Institutional Review Board (IRB) of IIPS.

The questionnaire was pre-tested in three schools in Mumbai a few months before the survey to assess its feasibility. It helped in reviewing the questionnaire under field conditions, identifying problems encountered in administering the questionnaire and identifying gaps in the training manual.

2.7 Field work

The GYTS-4 used a self-administered questionnaire containing multiple choice questions. Students were specifically instructed not to write their names or provide any other kind of identifying information to maintain anonymity. They were asked to record their responses directly on the sheet with black lead pencil.

The questionnaire was translated from English into Hindi by IIPS and in other regional Indian languages by FAs. There were six FAs selected by IIPS to conduct the survey in various States/UTs. IIPS conducted a Training of Trainers (TOT) to train selected supervisors from FAs. The supervisors trained in TOT, then conducted training programmes for the project staff recruited by them in the States/UTs allotted to their organization. The training programmes conducted by FAs were supervised by Faculty Coordinators and Project Staff of IIPS. Monitoring of data collection in

the schools was carried out by supervisors from FAs as well as by Faculty Coordinators and Project Staff from IIPS.

Permission from MoHFW was taken to carry out the field work. Schools selected for the survey were intimated regarding the survey in advance. A letter from MoHFW was issued to the schools and a written consent was also obtained from school authorities. The survey was conducted during July 2019 to February 2020 in various States/UTs.

2.8 Data processing and tabulation

Data from the filled-questionnaire were manually entered using CSPro, which is data-entry platform designed for data entry of survey questionnaires. CSPro platform for data entry was provided by IIPS to the FAs. Each FA entered the data in this platform for respective States/UTs and sent to IIPS after cleaning and proper validation. IIPS then carried out more extensive checks on the data and required corrections were made in consultation with corresponding FA. These checks included range and consistency checks developed for the purpose. Data analysis was carried out using data analysis package STATA. All the data from CSPro were converted into Stata format for data analysis. All state files were merged after proper coding into a single file for the country. A two-day workshop for weight calculation was organized at IIPS involving external experts. Accordingly, sampling weight variable was created and added to the data set.

2.9 Response rate

The GYTS-4 was conducted in 987 schools across the country. The school response rate was 98 percent, the class response rate 100 percent and the student response rate 100 percent. The overall response rate was 98 percent. State wise response rate is presented in Table 2.1. The overall response rate for Jammu & Kashmir was low (59%) due to the prevailing law and order situation during survey.

Table 2.1: Response rate of school, class and students according to States/UTs, GYTS-4, India, 2019

| States/UTs | School response rate | Class response rate | Students response rate | Overall response rate |
|-------------------|----------------------|---------------------|------------------------|-----------------------|
| Jammu & Kashmir | 58.6 | 100.0 | 100.0 | 58.6 |
| Himachal Pradesh | 100.0 | 100.0 | 100.0 | 100.0 |
| Punjab | 100.0 | 100.0 | 100.0 | 100.0 |
| Chandigarh | 100.0 | 100.0 | 100.0 | 100.0 |
| Uttarakhand | 100.0 | 100.0 | 100.0 | 100.0 |
| Haryana | 100.0 | 100.0 | 100.0 | 100.0 |
| Delhi | 100.0 | 100.0 | 100.0 | 100.0 |
| Rajasthan | 100.0 | 100.0 | 100.0 | 100.0 |
| Uttar Pradesh | 100.0 | 100.0 | 100.0 | 100.0 |
| Bihar | 100.0 | 100.0 | 100.0 | 100.0 |
| Sikkim | 90.0 | 100.0 | 100.0 | 90.0 |
| Arunachal Pradesh | 100.0 | 100.0 | 100.0 | 100.0 |
| Nagaland | 100.0 | 100.0 | 100.0 | 100.0 |
| Manipur | 100.0 | 100.0 | 100.0 | 100.0 |
| Mizoram | 100.0 | 100.0 | 100.0 | 100.0 |
| Tripura | 100.0 | 100.0 | 100.0 | 100.0 |
| Meghalaya | 100.0 | 100.0 | 100.0 | 100.0 |
| Assam | 100.0 | 100.0 | 100.0 | 100.0 |
| West Bengal | 100.0 | 96.2 | 100.0 | 96.2 |
| Jharkhand | 100.0 | 100.0 | 100.0 | 100.0 |
| Odisha | 100.0 | 100.0 | 100.0 | 100.0 |
| Chhattisgarh | 100.0 | 100.0 | 100.0 | 100.0 |
| Madhya Pradesh | 100.0 | 100.0 | 100.0 | 100.0 |
| Gujarat | 100.0 | 100.0 | 100.0 | 100.0 |
| Daman & Diu | 100.0 | 100.0 | 100.0 | 100.0 |
| D & N Haveli | 100.0 | 100.0 | 100.0 | 100.0 |
| Maharashtra | 100.0 | 100.0 | 100.0 | 100.0 |
| Andhra Pradesh | 100.0 | 100.0 | 100.0 | 100.0 |
| Karnataka | 91.2 | 100.0 | 100.0 | 91.2 |
| Goa | 100.0 | 100.0 | 100.0 | 100.0 |
| Lakshadweep | 100.0 | 93.3 | 100.0 | 93.3 |
| Kerala | 100.0 | 100.0 | 100.0 | 100.0 |
| Tamil Nadu | 100.0 | 100.0 | 100.0 | 100.0 |
| Puducherry | 100.0 | 100.0 | 100.0 | 100.0 |
| A & N Islands | 100.0 | 100.0 | 100.0 | 100.0 |
| Telangana | 100.0 | 100.0 | 100.0 | 100.0 |
| India | 98.3 | 99.8 | 100.0 | 98.1 |

CHAPTER 3

CHARACTERISTICS OF THE SCHOOLS AND STUDENTS

3.1 Introduction

The survey collected data from students and heads of the schools. In addition, an observation checklist was used to observe the evidence of use of tobacco in the school premises. Therefore, this chapter presents the characteristics of the students such as age, sex, grade, etc., and of the sampled schools, namely, location of school (rural/urban), school management (public/private) and type of school (co-ed/boys/girls).

3.2 Distribution of schools according to sampling characteristics

Table 3.1 provides information on the schools included in the survey according to type (co-ed/boys/girls), school management (public/private) and location of school (rural/urban) by States/UTs. A total of 987 schools are selected to participate in the survey, of which 45 percent are private schools and 36 percent are in urban areas. Most of the participating schools (78%) are co-ed followed by girls only (13%) and boys only (10%). As the total sample of schools is distributed in the States/UTs in proportion to their population, the highest number of schools are from Uttar Pradesh, followed by Maharashtra and West Bengal. The number of schools covered in the survey ranges from 15 schools in Lakshadweep to 37 schools in Uttar Pradesh.

In case of Jammu & Kashmir, only 17 schools could be surveyed against the stipulated sample of 29 schools in view of the prevailing law and order situation at the time of field work.

3.3 Distribution of students according to age and sex

A total of 97,302 students of 8th, 9th and 10th Standards participated in the survey. A majority of the students are in the age group of 13-15 years (85%). Though all the students in the selected classes of 8th, 9th and 10th Standards participated in the survey, for the analysis only students aged 13, 14 or 15 are included (Table 3.2).

Table 3.3 gives details of the sample of students in the age group 13-15 according to background characteristics. Among the respondents aged 13-15, the proportion of boys (52%) is slightly higher than that of girls. Likewise, students studying in public schools (52%) are slightly more than those from private schools. A majority of the students are from co-ed schools (93%) and schools located in rural area (76%).

Table 3.4 provides the distribution of students (aged 13-15 years) according to age, sex, school management and location of schools and States/UTs. All of the States/UTs have almost even distribution of boys and girls in schools, except Gujarat where the proportion of boys (58%) is considerably higher than that of girls.

A majority of the states have a higher proportion of students from schools in rural areas, whereas there are seven states with a higher proportion in urban areas (Chandigarh 95%; Delhi 96%; Sikkim 61%; Mizoram 58%; Telangana 56%; Puducherry 55% and Maharashtra 51%)

Table 3.1: Distribution of schools surveyed by type of school, school management, location of school and States/UTs, GYTS-4, India, 2019

| States/UTs | Rural | | | | | | Urban | | | | | | Total (n) |
|-------------------|------------|-----------|-----------|------------|-----------|-----------|-----------|-----------|-----------|------------|-----------|-----------|------------|
| | Public | | | Private | | | Public | | | Private | | | |
| | Co-ed | Boys | Girls | Co-ed | Boys | Girls | Co-ed | Boys | Girls | Co-ed | Boys | Girls | |
| Jammu & Kashmir | 8 | 1 | 0 | 3 | 1 | 1 | 1 | 0 | 1 | 1 | 0 | 0 | 17 |
| Himachal Pradesh | 15 | 0 | 1 | 3 | 0 | 0 | 2 | 1 | 1 | 2 | 1 | 1 | 27 |
| Punjab | 12 | 2 | 1 | 4 | 0 | 1 | 2 | 1 | 1 | 5 | 1 | 1 | 31 |
| Chandigarh | 1 | 0 | 0 | 0 | 0 | 1 | 12 | 0 | 0 | 5 | 1 | 1 | 21 |
| Uttarakhand | 10 | 1 | 1 | 7 | 1 | 1 | 1 | 1 | 1 | 2 | 1 | 1 | 28 |
| Haryana | 9 | 2 | 1 | 6 | 0 | 1 | 1 | 1 | 1 | 7 | 1 | 1 | 31 |
| Delhi | 2 | 2 | 1 | 1 | 0 | 0 | 6 | 5 | 2 | 8 | 1 | 2 | 30 |
| Rajasthan | 15 | 0 | 3 | 6 | 0 | 1 | 1 | 0 | 1 | 6 | 0 | 1 | 34 |
| Uttar Pradesh | 7 | 2 | 0 | 18 | 0 | 0 | 1 | 0 | 2 | 5 | 1 | 1 | 37 |
| Bihar | 25 | 2 | 2 | 1 | 0 | 1 | 1 | 1 | 0 | 1 | 0 | 1 | 35 |
| Sikkim | 8 | 0 | 0 | 2 | 0 | 0 | 5 | 1 | 2 | 0 | 0 | 0 | 18 |
| Arunachal Pradesh | 7 | 0 | 2 | 2 | 1 | 1 | 5 | 0 | 2 | 2 | 0 | 0 | 22 |
| Nagaland | 4 | 1 | 0 | 6 | 0 | 0 | 3 | 0 | 0 | 8 | 0 | 1 | 23 |
| Manipur | 5 | 0 | 1 | 12 | 0 | 1 | 0 | 1 | 1 | 2 | 0 | 1 | 24 |
| Mizoram | 6 | 0 | 0 | 3 | 0 | 0 | 3 | 0 | 1 | 7 | 0 | 1 | 21 |
| Tripura | 15 | 1 | 1 | 2 | 0 | 0 | 1 | 1 | 0 | 1 | 1 | 2 | 25 |
| Meghalaya | 5 | 0 | 1 | 10 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 2 | 24 |
| Assam | 16 | 1 | 1 | 7 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 32 |
| West Bengal | 21 | 1 | 2 | 2 | 1 | 1 | 2 | 1 | 1 | 1 | 1 | 1 | 35 |
| Jharkhand | 12 | 0 | 0 | 9 | 2 | 3 | 1 | 1 | 0 | 2 | 1 | 1 | 32 |
| Odisha | 15 | 1 | 1 | 8 | 1 | 1 | 2 | 0 | 1 | 1 | 0 | 1 | 32 |
| Chhattisgarh | 17 | 1 | 1 | 1 | 1 | 1 | 2 | 1 | 1 | 3 | 1 | 1 | 31 |
| Madhya Pradesh | 15 | 1 | 1 | 4 | 1 | 1 | 2 | 1 | 1 | 5 | 1 | 1 | 34 |
| Gujarat | 6 | 1 | 1 | 10 | 1 | 1 | 1 | 1 | 1 | 9 | 1 | 1 | 34 |
| Daman & Diu | 5 | 1 | 1 | 3 | 0 | 0 | 2 | 1 | 1 | 3 | 0 | 0 | 17 |
| D & N Haveli | 10 | 0 | 0 | 2 | 0 | 0 | 4 | 0 | 0 | 2 | 0 | 0 | 18 |
| Maharashtra | 3 | 1 | 1 | 11 | 1 | 1 | 2 | 1 | 1 | 11 | 1 | 1 | 35 |
| Andhra Pradesh | 12 | 1 | 2 | 4 | 1 | 1 | 2 | 1 | 0 | 6 | 1 | 2 | 33 |
| Karnataka | 8 | 1 | 1 | 6 | 1 | 1 | 2 | 1 | 0 | 8 | 1 | 1 | 31 |
| Goa | 2 | 0 | 0 | 9 | 1 | 1 | 2 | 0 | 0 | 5 | 1 | 1 | 22 |
| Lakshadweep | 11 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 4 | 0 | 0 | 15 |
| Kerala | 5 | 1 | 1 | 14 | 1 | 1 | 2 | 1 | 1 | 3 | 1 | 1 | 32 |
| Tamil Nadu | 9 | 1 | 1 | 6 | 1 | 1 | 2 | 0 | 2 | 7 | 2 | 2 | 34 |
| Puducherry | 2 | 1 | 1 | 3 | 1 | 1 | 2 | 1 | 1 | 7 | 1 | 1 | 22 |
| A & N Islands | 9 | 0 | 0 | 1 | 0 | 0 | 4 | 0 | 1 | 3 | 0 | 0 | 18 |
| Telangana | 9 | 1 | 1 | 4 | 0 | 0 | 3 | 1 | 2 | 8 | 1 | 2 | 32 |
| India | 342 | 28 | 32 | 188 | 19 | 26 | 84 | 27 | 31 | 152 | 23 | 35 | 987 |

Table 3.2: Percent distribution of students by age according to sex and location of school, GYTS-4, India, 2019

| Age | Sex | | Location of school | | Total* | |
|---------------------|-------------|-------------|--------------------|-------------|--------------|---------------|
| | Boys | Girls | Rural | Urban | (%) | (n) |
| Less than 13 Years | 3.0 | 3.2 | 4.6 | 1.6 | 6.2 | 5,307 |
| 13 Years | 13.7 | 14.4 | 21.9 | 6.2 | 28.1 | 23,409 |
| 14 Years | 16.5 | 15.5 | 24.8 | 7.2 | 32.0 | 31,112 |
| 15 Years | 13.7 | 11.1 | 19.4 | 5.4 | 24.8 | 26,251 |
| Older than 15 Years | 5.2 | 3.7 | 7.3 | 1.6 | 8.9 | 11,223 |
| All ages | 52.1 | 47.9 | 78.0 | 22.0 | 100.0 | 97,302 |

Note: * Unweighted.

Table 3.3: Percent distribution of students aged 13-15 according to background characteristics, GYTS-4, India, 2019

| Background characteristics | Number* | Percentage# |
|----------------------------|---------------|--------------|
| Age | | |
| 13 Years | 23,409 | 32.4 |
| 14 Years | 31,112 | 37.1 |
| 15 Years | 26,251 | 30.5 |
| Sex | | |
| Boys | 38,901 | 51.7 |
| Girls | 41,871 | 48.3 |
| Standard | | |
| Standard 8 | 24,725 | 35.4 |
| Standard 9 | 31,364 | 35.6 |
| Standard 10 | 24,683 | 29.0 |
| Location of school | | |
| Rural | 50,540 | 76.3 |
| Urban | 30,232 | 23.7 |
| School management | | |
| Public | 40,165 | 52.2 |
| Private | 40,607 | 47.8 |
| Type of school | | |
| Co-ed | 61,734 | 92.6 |
| Boys | 7,455 | 2.0 |
| Girls | 11,583 | 5.4 |
| Total | 80,772 | 100.0 |

Note: * Unweighted; # Weighted.

Table 3.4: Percent distribution of students aged 13-15 by sex, location of school, school management and age according to States/UTs, GYTS-4, India, 2019

| States/UTs | Sex | | Location of school | | School management | | Age in years | | | Total |
|-------------------|-------------|-------------|--------------------|-------------|-------------------|-------------|--------------|-------------|-------------|---------------|
| | Boys | Girls | Rural | Urban | Public | Private | 13 | 14 | 15 | (n)* |
| Jammu & Kashmir | 51.2 | 48.8 | 91.9 | 8.1 | 73.3 | 26.7 | 23.7 | 44.6 | 31.7 | 1,256 |
| Himachal Pradesh | 53.3 | 46.7 | 89.9 | 10.2 | 83.2 | 16.8 | 39.7 | 31.5 | 28.8 | 2,004 |
| Punjab | 52.7 | 47.3 | 70.5 | 29.5 | 65.6 | 34.4 | 32.1 | 33.2 | 34.7 | 1,928 |
| Chandigarh | 53.3 | 46.7 | 4.6 | 95.4 | 61.9 | 38.2 | 32.3 | 40.3 | 27.4 | 1,878 |
| Uttarakhand | 51.6 | 48.4 | 71.9 | 28.1 | 45.3 | 54.7 | 31.9 | 34.5 | 33.6 | 1,814 |
| Haryana | 55.6 | 44.4 | 60.1 | 39.9 | 41.6 | 58.4 | 32.3 | 36.6 | 31.1 | 2,431 |
| Delhi | 52.7 | 47.3 | 3.6 | 96.4 | 27.9 | 72.1 | 34.1 | 45.1 | 20.8 | 2,500 |
| Rajasthan | 55.4 | 44.6 | 87.5 | 12.5 | 66.3 | 33.8 | 33.5 | 37.0 | 29.6 | 2,735 |
| Uttar Pradesh | 53.8 | 46.2 | 86.5 | 13.5 | 53.0 | 47.0 | 39.9 | 25.8 | 34.3 | 2,885 |
| Bihar | 48.8 | 51.2 | 94.4 | 5.6 | 97.1 | 2.9 | 37.9 | 39.3 | 22.9 | 2,748 |
| Sikkim | 47.9 | 52.1 | 39.3 | 60.7 | 90.8 | 9.2 | 15.2 | 37.6 | 47.3 | 1,205 |
| Arunachal Pradesh | 50.1 | 49.9 | 78.3 | 21.7 | 79.0 | 21.0 | 30.7 | 32.4 | 37.0 | 1,377 |
| Nagaland | 49.1 | 50.9 | 55.4 | 44.6 | 33.9 | 66.1 | 18.1 | 38.7 | 43.3 | 1,438 |
| Manipur | 48.5 | 51.5 | 71.6 | 28.4 | 50.8 | 49.2 | 25.3 | 40.2 | 34.5 | 1,775 |
| Mizoram | 50.2 | 49.8 | 42.2 | 57.8 | 54.8 | 45.2 | 17.8 | 31.5 | 50.8 | 913 |
| Tripura | 49.7 | 50.3 | 89.4 | 10.6 | 91.1 | 8.9 | 7.6 | 40.7 | 51.7 | 1,710 |
| Meghalaya | 46.7 | 53.3 | 75.8 | 24.2 | 38.0 | 62.0 | 12.2 | 26.0 | 61.8 | 1,387 |
| Assam | 46.8 | 53.2 | 92.2 | 7.8 | 61.0 | 39.0 | 19.0 | 41.6 | 39.3 | 2,213 |
| West Bengal | 46.1 | 53.9 | 90.2 | 9.8 | 92.6 | 7.4 | 15.5 | 41.9 | 42.5 | 4,059 |
| Jharkhand | 49.9 | 50.1 | 85.6 | 14.4 | 66.5 | 33.5 | 24.5 | 41.2 | 34.4 | 3,339 |
| Odisha | 51.1 | 48.9 | 86.4 | 13.6 | 72.1 | 27.9 | 37.9 | 35.8 | 26.3 | 3,761 |
| Chhattisgarh | 48.0 | 52.0 | 81.4 | 18.6 | 85.3 | 14.7 | 29.2 | 34.7 | 36.1 | 2,464 |
| Madhya Pradesh | 51.4 | 48.6 | 87.7 | 12.3 | 74.6 | 25.4 | 35.8 | 38.1 | 26.2 | 2,490 |
| Gujarat | 57.9 | 42.1 | 74.7 | 25.4 | 56.9 | 43.1 | 37.2 | 38.9 | 24.0 | 3,249 |
| Daman & Diu | 50.5 | 49.5 | 67.7 | 32.3 | 65.0 | 35.0 | 36.7 | 36.9 | 26.4 | 1,585 |
| D & N Haveli | 56.2 | 43.8 | 67.8 | 32.2 | 80.7 | 19.3 | 38.6 | 40.7 | 20.7 | 1,655 |
| Maharashtra | 53.4 | 46.7 | 49.2 | 50.8 | 14.9 | 85.1 | 26.4 | 42.8 | 30.8 | 3,766 |
| Andhra Pradesh | 49.9 | 50.1 | 65.5 | 34.5 | 58.7 | 41.3 | 35.4 | 38.9 | 25.7 | 2,959 |
| Karnataka | 52.1 | 48.0 | 57.1 | 42.9 | 43.6 | 56.4 | 29.4 | 40.8 | 29.9 | 2,652 |
| Goa | 52.6 | 47.4 | 61.2 | 38.8 | 18.3 | 81.7 | 27.3 | 37.8 | 34.9 | 1,844 |
| Lakshadweep | 49.0 | 51.0 | 75.2 | 24.8 | 100.0 | 0.0 | 32.2 | 40.0 | 27.8 | 879 |
| Kerala | 51.1 | 49.0 | 84.3 | 15.7 | 29.8 | 70.2 | 35.0 | 37.8 | 27.2 | 2,930 |
| Tamil Nadu | 50.7 | 49.4 | 53.0 | 47.0 | 44.6 | 55.4 | 39.4 | 37.2 | 23.4 | 2,966 |
| Puducherry | 51.4 | 48.6 | 44.7 | 55.3 | 37.5 | 62.5 | 47.9 | 37.1 | 15.1 | 2,179 |
| A & N Islands | 51.2 | 48.8 | 60.9 | 39.1 | 72.7 | 27.3 | 40.5 | 37.1 | 22.4 | 1,315 |
| Telangana | 52.0 | 48.0 | 44.3 | 55.7 | 53.6 | 46.4 | 36.2 | 37.2 | 26.6 | 2,483 |
| India | 51.7 | 48.3 | 76.3 | 23.7 | 52.2 | 47.8 | 32.4 | 37.1 | 30.5 | 80,772 |

Note: * Unweighted number.

CHAPTER 4 TOBACCO USE

4.1 Introduction

This chapter discusses prevalence of tobacco use - both, smoking tobacco and SLT - among students in India. It also discusses other aspects of tobacco use such as age at initiation of tobacco use, place of purchase and the quantity of products purchased, frequency of use, etc. In addition to sex and location of school, the findings have been provided according to the school management (Public/Private) also as the same is considered a proxy of socio-economic status of the students.

4.2 Ever use

Nearly one-fifth (18%) of the students aged 13-15 in India reported ever use of any tobacco product. Ever use of any tobacco among boys (19%) is higher than among girls (17%) (Table 4.1). Eleven percent of students have ever smoked any tobacco product. Boys (12%) are more likely to ever smoke any tobacco product than girls (9%). Nearly five percent of the students reported that they have ever smoked a cigarette. The ever use of *bidi* is reported by four percent of students. Boys are more likely to ever smoke cigarette and *bidi* (6% and 5% respectively) than girls (3% each).

Table 4.1: Prevalence of tobacco use among students aged 13-15, GYTS-4, India, 2019 (%)

| Tobacco use | Sex | | Location of school | | School management | | Total |
|-------------------------------------|---------------|---------------|--------------------|---------------|-------------------|---------------|---------------|
| | Boys | Girls | Rural | Urban | Public | Private | |
| Any tobacco¹ | | | | | | | |
| Ever use ² | 19.0 | 17.1 | 19.6 | 13.0 | 20.2 | 15.7 | 18.0 |
| Current use ³ | 9.4 | 7.4 | 9.4 | 5.2 | 10.3 | 6.4 | 8.4 |
| Ever smoking⁴ | | | | | | | |
| Any tobacco | 12.3 | 9.3 | 11.8 | 7.7 | 12.8 | 8.7 | 10.9 |
| Cigarette | 5.9 | 3.1 | 4.7 | 3.8 | 4.6 | 4.4 | 4.5 |
| <i>Bidi</i> | 4.9 | 3.3 | 4.4 | 3.4 | 4.2 | 4.1 | 4.1 |
| Other tobacco ⁵ | 6.6 | 5.4 | 6.7 | 3.7 | 8.0 | 3.9 | 6.0 |
| Ever e-cigarette⁶ | | | | | | | |
| E-cigarette | 3.4 | 2.1 | 2.7 | 3.0 | 3.0 | 2.5 | 2.8 |
| Current smoking | | | | | | | |
| Any tobacco | 8.1 | 6.2 | 8.1 | 4.3 | 9.2 | 5.0 | 7.2 |
| Cigarette | 3.4 | 1.6 | 2.7 | 2.1 | 2.5 | 2.5 | 2.5 |
| <i>Bidi</i> | 2.7 | 1.5 | 2.2 | 1.7 | 2.1 | 2.1 | 2.1 |
| Other tobacco ⁵ | 4.7 | 4.2 | 5.2 | 2.0 | 6.5 | 2.2 | 4.5 |
| Smokeless⁷ | | | | | | | |
| Ever use | 12.8 | 12.2 | 13.8 | 8.4 | 14.2 | 10.6 | 12.5 |
| Current use | 4.5 | 3.4 | 4.6 | 2.0 | 5.2 | 2.6 | 4.0 |
| Total (n) | 38,901 | 41,871 | 50,540 | 30,232 | 43,320 | 37,452 | 80,772 |

Note: 1. Any tobacco: Use of any form of tobacco, i.e., smoking, smokeless and any other form of tobacco products. 2. Ever use: Ever tried or experimented any form of tobacco even once. 3. Current use: Use of any form of tobacco in past 30 days. 4. Ever smoking: Ever tried or experimented any form of smoking products (cigarette, *bidi*, *hookah*, cigars, cheroots, cigarillos, water pipe, *chillum*, *chutta* and *dhumti*) even once. 5. Includes other forms of smoking products such as *hookah*, cigars, cheroots, cigarillos, water pipe, *chillum*, *chutta* and *dhumti*. 6. E-cigarette is a part of Electronic Nicotine Delivery Systems (ENDS) and includes like devices and other emerging products. 7. Smokeless tobacco includes leaf tobacco, betel quid (*paan*) with tobacco, *paan* masala together with tobacco, *sada/surti*, *khaini* or tobacco lime mixture, *gutkha*, *zarda*, *mawa* (areca nut, tobacco and lime mixture), *gul*, *gudakhu*, tobacco in liquid form (*tuibur*) and snuff (nasal use).

Tobacco products other than cigarette and *bidi* have been ever smoked by six percent of students. Boys (7%) are slightly higher than girls (5%) to ever smoke tobacco products other than cigarette and *bidi*. Ever use of SLT products is reported by 13 percent of students (boys 13% and girls 12%).

Ever use of e-cigarette is reported by three percent of students. Slightly more boys (3%) reported ever use of e-cigarette than girls (2%). More or less equal proportion of students from schools in urban and rural areas (3% each) reported ever use of e-cigarette.

Ever use of any kind of tobacco, smoking tobacco and smokeless tobacco among students is higher in schools in rural areas and public schools compared with schools in urban areas and private schools.

4.3 Current use

GYTS-4 indicates that nearly one in twelve (8%) students is the current user of any tobacco product. The prevalence of current use of any tobacco product among boys (9%) is higher than girls (7%).

The overall prevalence of current use of any smoking tobacco is seven percent among students with a higher prevalence among boys (8%) compared with girls (6%). The current cigarette smoking is reported by three percent of students. Higher proportion of boys than girls currently smoke cigarettes (3% and 2% respectively). The current use of *bidi* is reported by two percent of students. More boys (3%) than girls (2%) reported current use of *bidi*. Nearly five percent of students currently smoke tobacco products other than cigarette and *bidi* (boys 5% and girls 4%). The current use of SLT products is reported by four percent of students (boys 5% and girls 3%).

Consistently, a higher proportion of boys than girls reported current use of any tobacco, smoked tobacco, cigarette, *bidi* and smokeless tobacco products. Prevalence of any type of tobacco, smoking tobacco and SLT among students from schools in rural areas and from

public schools is higher as compared with students from schools in urban areas and from private schools.

4.4 Prevalence of tobacco use by State/UT

Table 4.2 and Figures 4.1 and 4.2 present the prevalence of current use of tobacco among students aged 13-15 years by type of tobacco products according to State/UT. There is a wide variation in the prevalence of any tobacco use among students across the States/UTs. It varies from a low of one percent in Himachal Pradesh to a high of 65 percent in Arunachal Pradesh.

Among the States/UTs, the prevalence of current use of smoking and SLT products is higher in the states from the North-eastern region of India. In all the States/UTs from the central, western and southern parts, the prevalence of smoking and smokeless tobacco among students is lower than the national average. Similar to the national pattern, in most of the States/UTs, the prevalence of smoking tobacco is higher than smokeless tobacco and that of cigarette is marginally higher than *bidi* smoking.

4.5 Trends in tobacco use in India

As GYTS-4 2019 is the fourth in a series of surveys of tobacco use among youth in India, the results of the surveys give us an opportunity to track the changes in tobacco use and monitor the progress of tobacco control programmes over a period of 16 years.

Changes in the prevalence of current use over the period 2003 to 2019 have been presented in Figures 4.3, 4.4 and 4.5 for any tobacco, smoking tobacco and SLT. It shows that the prevalence of tobacco among students has declined from 17 percent in 2003 to eight percent in 2019, a 50 percent reduction over a period of 16 years. Prevalence of smoking tobacco declined only marginally from eight percent in 2003 to seven percent in 2019. However, among girls, the prevalence has increased by 40 percent during the same period. The prevalence of SLT declined sharply from 14 percent to four percent.

Table 4.2: Prevalence of current tobacco use among students aged 13-15 by type of tobacco products according to States/UTs, GYTS-4, India, 2019 (%)

| States/UTs | Smoking tobacco | | | | SLT | Any tobacco | Total (n) |
|-------------------|-----------------|------------|------------|-------------|------------|-------------|---------------|
| | Cigarette | Bidi | Other* | Any smoking | | | |
| Jammu & Kashmir | 8.1 | 2.7 | 2.6 | 10.7 | 1.9 | 11.2 | 1,256 |
| Himachal Pradesh | 0.1 | 0.1 | 0.4 | 0.5 | 0.6 | 1.1 | 2,004 |
| Punjab | 3.6 | 2.9 | 1.4 | 5.3 | 1.4 | 5.7 | 1,928 |
| Chandigarh | 0.6 | 0.6 | 2.0 | 2.5 | 1.2 | 3.0 | 1,878 |
| Uttarakhand | 7.3 | 5.6 | 6.7 | 17.2 | 2.6 | 18.5 | 1,814 |
| Haryana | 0.8 | 0.7 | 2.0 | 2.7 | 1.6 | 3.8 | 2,431 |
| Delhi | 2.7 | 2.5 | 4.5 | 7.5 | 1.3 | 8.0 | 2,500 |
| Rajasthan | 2.3 | 2.3 | 0.9 | 2.5 | 2.4 | 2.7 | 2,735 |
| Uttar Pradesh | 2.3 | 1.9 | 18.6 | 21.2 | 12.3 | 22.9 | 2,885 |
| Bihar | 2.3 | 1.8 | 2.3 | 4.7 | 3.2 | 7.3 | 2,748 |
| Sikkim | 19.3 | 9.8 | 10.4 | 23.2 | 10.5 | 24.5 | 1,205 |
| Arunachal Pradesh | 42.5 | 41.7 | 18.0 | 55.3 | 33.3 | 64.9 | 1,377 |
| Nagaland | 20.4 | 20.8 | 4.6 | 26.5 | 35.1 | 42.6 | 1,438 |
| Manipur | 7.3 | 7.3 | 2.6 | 13.4 | 12.7 | 19.4 | 1,775 |
| Mizoram | 35.3 | 4.3 | 20.1 | 43.7 | 32.9 | 57.9 | 913 |
| Tripura | 3.9 | 2.5 | 1.6 | 5.3 | 5.9 | 9.1 | 1,710 |
| Meghalaya | 21.8 | 17.0 | 12.7 | 28.6 | 24.3 | 35.5 | 1,387 |
| Assam | 4.3 | 2.9 | 5.9 | 10.5 | 5.4 | 11.9 | 2,213 |
| West Bengal | 3.4 | 2.8 | 1.4 | 5.1 | 3.3 | 7.3 | 4,059 |
| Jharkhand | 1.1 | 1.7 | 2.0 | 3.6 | 2.7 | 5.1 | 3,339 |
| Odisha | 1.4 | 1.7 | 2.1 | 4.3 | 2.2 | 5.8 | 3,761 |
| Chhattisgarh | 4.5 | 2.2 | 1.8 | 6.9 | 2.6 | 8.0 | 2,464 |
| Madhya Pradesh | 2.2 | 1.6 | 1.9 | 3.7 | 1.1 | 3.9 | 2,490 |
| Gujarat | 3.3 | 3.3 | 1.0 | 5.1 | 1.9 | 5.4 | 3,249 |
| Daman & Diu | 2.2 | 2.1 | 0.7 | 3.4 | 1.9 | 4.3 | 1,585 |
| D & N Haveli | 1.1 | 1.3 | 0.9 | 2.2 | 0.7 | 2.4 | 1,655 |
| Maharashtra | 1.4 | 1.6 | 2.2 | 4.0 | 2.4 | 5.1 | 3,766 |
| Andhra Pradesh | 1.1 | 0.8 | 0.6 | 1.8 | 1.1 | 2.6 | 2,959 |
| Karnataka | 0.6 | 1.3 | 0.2 | 1.8 | 0.3 | 1.9 | 2,652 |
| Goa | 0.7 | 0.8 | 0.6 | 1.4 | 0.9 | 2.1 | 1,844 |
| Lakshadweep | 3.8 | 2.6 | 1.6 | 6.1 | 3.1 | 7.6 | 879 |
| Kerala | 2.0 | 0.9 | 0.5 | 2.4 | 1.3 | 3.2 | 2,930 |
| Tamil Nadu | 2.3 | 1.7 | 1.6 | 4.1 | 1.6 | 4.8 | 2,966 |
| Puducherry | 0.7 | 0.5 | 0.8 | 1.6 | 1.2 | 2.5 | 2,179 |
| A & N Islands | 1.3 | 1.0 | 1.7 | 3.7 | 1.4 | 4.4 | 1,315 |
| Telangana | 2.6 | 1.1 | 2.1 | 4.0 | 1.9 | 5.2 | 2,483 |
| India | 2.5 | 2.1 | 4.5 | 7.2 | 4.0 | 8.4 | 80,772 |

Note: *Includes other form of smoking products such as *hookah*, cigars, cheroots, cigarillos, water pipe, *chillum*, *chutta* and *dhumti*.

Between 2003 and 2019, decrease in the SLT (71%) was higher than decrease in smoking tobacco (11%). The large reduction in SLT use from 2003 to 2019 contributed most to the decline in tobacco use among the students in India. As illustrated by Figure 4.3, from 2003 to 2019 the prevalence of tobacco use declined among both boys and girls and the decline is

higher among boys (56%) than girls (24%). The difference between the prevalence of tobacco use among them narrowed down from 2003 to 2019 in all the three categories of tobacco (any tobacco 12 vs 2 percentage points; smoking tobacco 6 vs 2 percentage points and SLT (10 vs 1 percentage points).

Figure 4.1: Current use of any tobacco product by States/UTs, GYTS-4, India, 2019

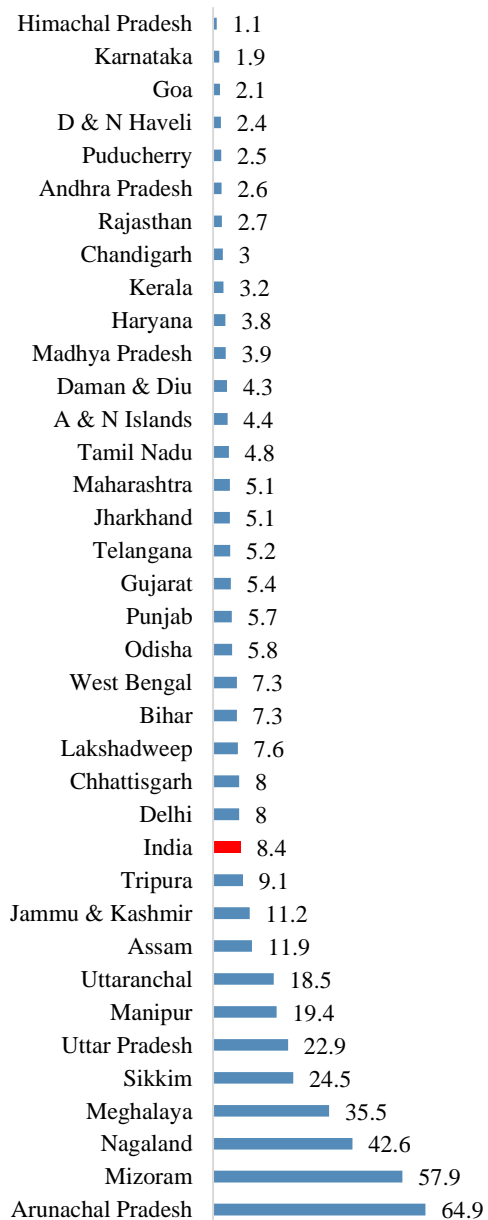


Figure 4.2: Prevalence of current use of any tobacco product by States/UTs, GYTS-4 India, 2019

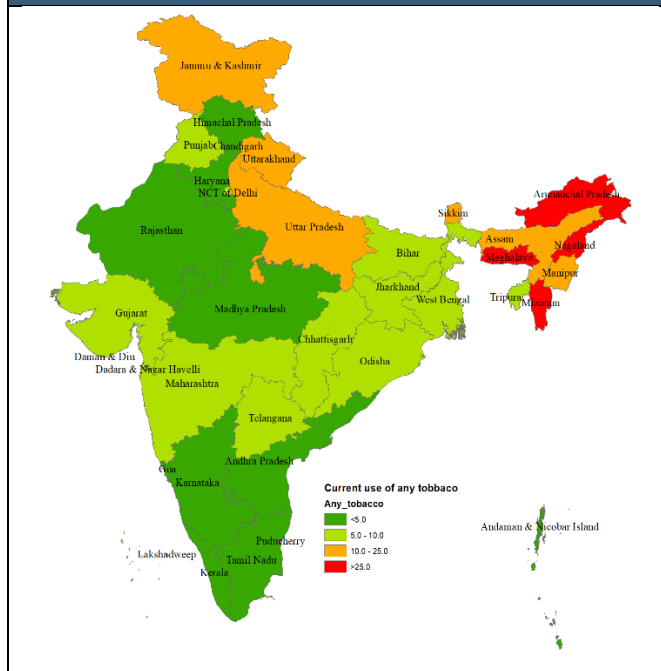


Figure 4.4: Current tobacco smoking by sex – GYTS India, 2003, 2006, 2009, and 2019

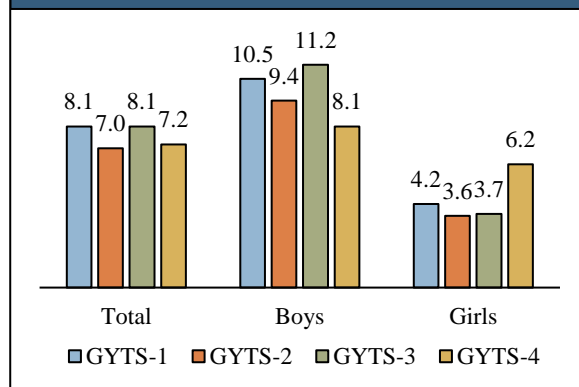


Figure 4.3: Current use of any tobacco product by sex – GYTS India, 2003, 2006, 2009, and 2019

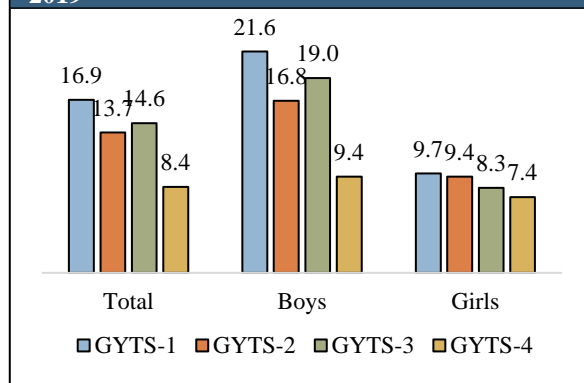
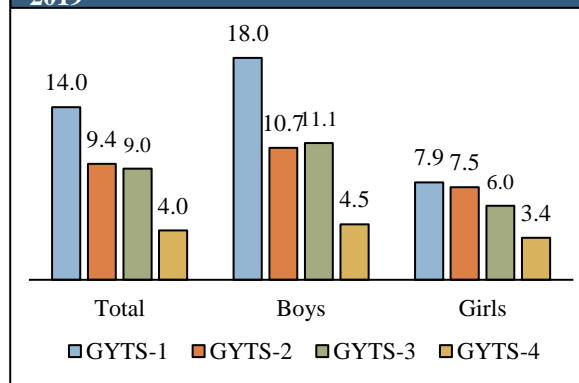


Figure 4.5: Current use of smokeless tobacco by sex – GYTS India, 2003, 2006, 2009, and 2019



The trends in current use of tobacco indicate that its use has declined considerably among students and most of this decline is contributed by a reduction in the prevalence in SLT and reduction in prevalence among boys.

4.6 Age at initiation of cigarette smoking

Most people begin using tobacco at early adolescence and therefore it is important to monitor the initiation of tobacco use among the youth. The age at initiation of tobacco use, whether in the smoking or smokeless form, is an important dimension of tobacco use since it determines the duration of use and health of the tobacco user. Further, students have long been the target of tobacco companies which consider them as potential future customers.

Table 4.3 and Figure 4.6 show the percent distribution of ever smokers and ever SLT users by age at which they tried their first cigarette, *bidi* or SLT. Among the ever smokers of cigarette, *bidi* and ever users of SLT, the median age at initiation for cigarette is 11.5 years, *bidi* 10.5 years and SLT 9.9 years. The median age at initiation of cigarette and *bidi* smoking is little lower among students from schools in urban areas and from private schools

in comparison with their respective counterparts. However, a higher proportion of students from schools in rural than urban areas and those from the public than private schools have initiated use of SLT at the age of 10 or earlier.

Among the ever cigarette smokers, 36 percent of students reported trying their first cigarette at the age of 10 or earlier, 47 percent of ever smokers of *bidi* reported trying their first *bidi* at the age of 10 or earlier and more than half (51%) of the ever users of SLT reported trying their first SLT at the age of 10 or earlier.

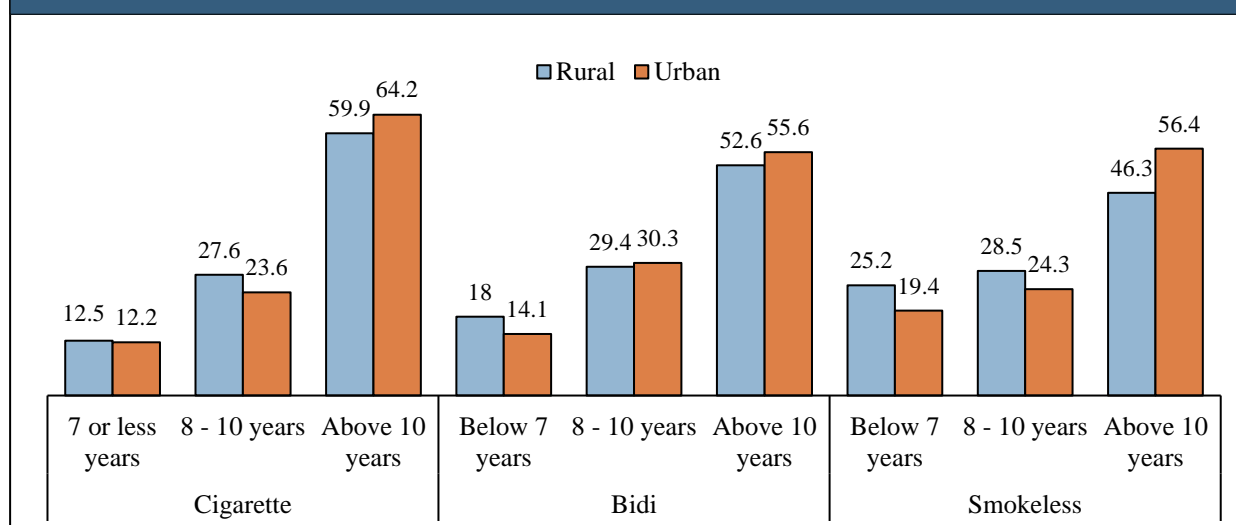
The median age at initiation of ever use of smokeless tobacco is one and half years earlier than the ever use of cigarette. It also varies for cigarette smoking across sex, location of school and school management.

Median age at initiation of tobacco products by sex indicates that girls have initiated cigarette and *bidi* smoking and use of SLT slightly earlier than boys. A higher proportion of girls than boys have ever used the tobacco products at the age of 10 or earlier.

Table 4.3: Percent distribution of ever users of tobacco by sex, location of school and school management according to age at initiation and type of tobacco product, GYTS-4, India, 2019

| Age of initiation | Sex | | Location of school | | School management | | Total |
|--------------------|------|-------|--------------------|-------|-------------------|---------|-------|
| | Boys | Girls | Rural | Urban | Public | Private | |
| Cigarette | | | | | | | |
| 7 or less years | 8.7 | 22.6 | 12.5 | 12.2 | 12.6 | 12.2 | 11.4 |
| 8 - 10 years | 23.8 | 34.9 | 27.6 | 23.6 | 28.3 | 25.3 | 24.6 |
| Above 10 years | 67.6 | 42.6 | 59.9 | 64.2 | 59.2 | 62.5 | 64.1 |
| Median age (years) | 11.7 | 9.3 | 11.6 | 11.2 | 11.7 | 11.0 | 11.5 |
| Bidi | | | | | | | |
| 7 or less years | 14.0 | 24.2 | 18.0 | 14.1 | 16.1 | 18.2 | 17.2 |
| 8 - 10 years | 26.5 | 36.5 | 29.4 | 30.3 | 29.1 | 30.1 | 29.6 |
| Above 10 years | 59.5 | 39.3 | 52.6 | 55.6 | 54.9 | 51.6 | 53.2 |
| Median age (years) | 11.6 | 8.6 | 10.7 | 10.0 | 11.7 | 9.2 | 10.5 |
| Smokeless | | | | | | | |
| 7 or less years | 17.4 | 34.5 | 25.2 | 19.4 | 27.1 | 20.2 | 23.9 |
| 8 - 10 years | 27.4 | 27.8 | 28.5 | 24.3 | 28.5 | 26.4 | 27.5 |
| Above 10 years | 55.3 | 37.8 | 46.3 | 56.4 | 44.5 | 53.4 | 48.6 |
| Median age (years) | 10.3 | 9.1 | 9.7 | 10.5 | 9.6 | 10.3 | 9.9 |

Figure 4.6: Percentage of students initiating the use of tobacco by product and location of school, GYTS-4, India, 2019

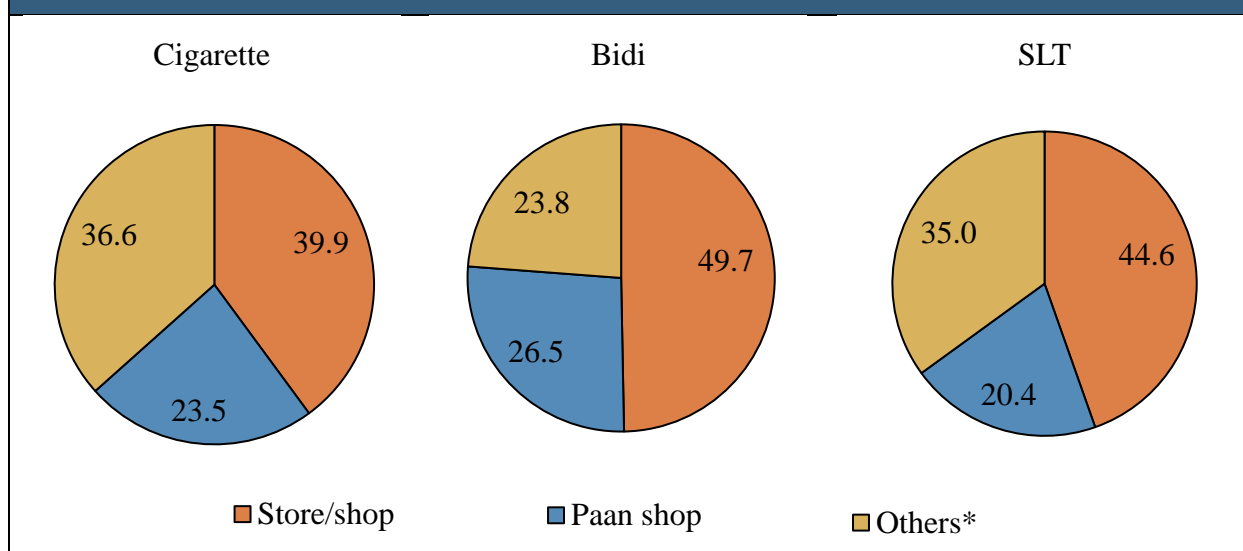


4.7 Source of last purchase of cigarette, *bidi* and SLT

Table 4.4 presents the source of last purchase of cigarette, *bidi* and SLT by sex, location of school and school management. Figure 4.7 shows the source of last purchase of different tobacco products. The most common source for all the three tobacco products is store/shop. The

share of students who purchased from it is 40 percent for cigarette, 50 percent for *bidi* and 45 percent for SLT. The second most common source is ‘others’ (street vendors, from someone else and some other way) for cigarette (37%), and SLT (35%), and *paan* shop for *bidi* (27%). *Paan* shop is the source for these three tobacco products for about one-fourth of the students.

Figure 4.7: Source of last purchase of cigarette, *bidi* and SLT, GYTS-4, India, 2019



Note: * Others include street vendors, someone else and some other way.

Table 4.4: Percent distribution of current tobacco users who bought any tobacco product in past 30 days by source of last purchase according to sex, location of school and school management, GYTS-4, India, 2019

| Source of last purchase | Sex | | Location of school | | School management | | Total |
|--|-------|-------|--------------------|-------|-------------------|---------|-------|
| | Boys | Girls | Rural | Urban | Public | Private | |
| Cigarette | | | | | | | |
| Store/shop | 41.3 | 36.9 | 41.5 | 33.6 | 43.9 | 35.2 | 39.9 |
| <i>Paan</i> shop | 25.7 | 18.4 | 23.5 | 23.2 | 24.2 | 22.6 | 23.5 |
| Others* | 33.0 | 44.8 | 35.0 | 43.2 | 31.9 | 42.2 | 36.6 |
| Current cigarette smokers who bought cigarette (n) | 2,030 | 775 | 1,654 | 1,151 | 1,516 | 1,289 | 2,805 |
| Bidi | | | | | | | |
| Store/shop | 49.4 | 50.3 | 51.0 | 43.9 | 54.3 | 44.5 | 49.7 |
| <i>Paan</i> shop | 26.5 | 26.5 | 24.6 | 34.9 | 22.0 | 31.6 | 26.5 |
| Others* | 24.1 | 23.2 | 24.4 | 21.2 | 23.7 | 23.9 | 23.8 |
| Current bidi smokers who bought bidi (n) | 1,382 | 570 | 1,230 | 722 | 1,067 | 885 | 1,952 |
| Smokeless | | | | | | | |
| Store/shop | 43.6 | 46.8 | 45.0 | 43.4 | 44.8 | 44.5 | 44.6 |
| <i>Paan</i> shop | 21.9 | 17.4 | 18.5 | 27.7 | 18.8 | 22.8 | 20.4 |
| Others* | 34.5 | 35.9 | 36.5 | 28.9 | 36.5 | 32.7 | 35.0 |
| Tobacco users who bought SLT (n) | 1,362 | 829 | 1,197 | 994 | 1,089 | 1,102 | 2,191 |

Note: * Others include street vendors, got from someone else and some other way.

Source of the last purchase for cigarette by sex reveals that store/shop is the major one for boys and students from rural and public schools, while Others is the major source for girls and students from urban and private schools. *Paan* shop is the second major source for *bidi* for both boys and girls and students from both rural and urban and private schools, while *paan* shop is the third major source for public school students. Little more than one-fifth of the students obtained *bidi* from ‘Others’ across the categories. The most common source from which most of the students across different categories (sex, location of school and school management) purchased SLT is the store/shop. *Paan* shop is the third most common source of purchase of SLT products for across different categories.

Source of the last purchase of cigarette, *bidi* and SLT is given for all the States/UTs in Table 4.5, which shows wide variation across States/UTs. In most of the states, store/shop is the major source for tobacco products. Store/shop as source of the last purchase for cigarette ranges from 19 percent in Uttar Pradesh to 90 percent in Tripura. Such a

variation can be seen in *paan* shop and Other sources and for all the three tobacco products.

4.8 Unit of purchase

The frequency and intensity of tobacco use can be gauged by the unit of purchase. Table 4.6 provides distribution of students who bought tobacco products in past 30 days by unit of purchase according to States/UTs. In India as a whole, among those who bought cigarette in the past 30 days, 44 percent purchased as individual sticks, 36 percent as pack, 14 percent as carton and seven percent as hand rolled. About half of those who purchased *bidis*, purchased them as pack, about one-third as individual sticks, 14 percent as a bundle and seven percent as hand rolled. Among those who purchased SLT, 55 percent purchased as a single use pack, 27 percent as large pouch and 18 percent as a loose packet. Broadly, purchasing cigarette as individual stick, *bidi* in a pack and SLT as single use pouch are the most preferred methods among the current tobacco users. Hand-rolled cigarette (7%) and hand-rolled *bidi* (7%) are the least preferred option of purchase among current smokers.

Table 4.5: Percent distribution of current tobacco users who bought tobacco products in past 30 days by source of last purchase according to State/UT, GYTS-4, India, 2019

| State/UT | Cigarette | | | | Bidi | | | | Smokeless | | | |
|-------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| | Store/ Shop | Paan shop | Others* | Total (n) | Store/ Shop | Paan shop | Others* | Total (n) | Store/ Shop | Paan shop | Others* | Total (n) |
| Jammu & Kashmir | 57.4 | 10.9 | 31.7 | 70 | 17.6 | 15.1 | 67.3 | 40 | # | # | # | # |
| Himachal Pradesh | # | # | # | # | # | # | # | # | # | # | # | # |
| Punjab | # | # | # | # | # | # | # | # | # | # | # | # |
| Chandigarh | # | # | # | # | # | # | # | # | # | # | # | # |
| Uttarakhand | 69.1 | 7.3 | 23.6 | 40 | 72.6 | 20.5 | 6.9 | 82 | 39.4 | 27.8 | 32.8 | 42 |
| Haryana | # | # | # | # | # | # | # | # | # | # | # | # |
| Delhi | 29.8 | 32.1 | 38.1 | 59 | 39.3 | 49.5 | 11.2 | 37 | # | # | # | # |
| Rajasthan | # | # | # | # | # | # | # | # | # | # | # | # |
| Uttar Pradesh | 19.2 | 29.3 | 51.5 | 67 | 38.4 | 36.1 | 25.5 | 65 | # | # | # | # |
| Bihar | 37.4 | 28.9 | 33.6 | 73 | 24.0 | 44.8 | 31.2 | 57 | # | # | # | # |
| Sikkim | 21.3 | 22.3 | 56.4 | 184 | 24.9 | 19.8 | 55.3 | 91 | 19.7 | 28.5 | 51.9 | 61 |
| Arunachal Pradesh | 46.4 | 33.4 | 20.2 | 450 | 34.7 | 30.4 | 34.9 | 349 | 27.6 | 49.6 | 22.7 | 400 |
| Nagaland | 28.0 | 59.3 | 12.7 | 239 | 14.2 | 45.7 | 40.1 | 199 | 34.8 | 54.6 | 10.6 | 342 |
| Manipur | 23.4 | 23.2 | 53.3 | 166 | 6.3 | 35.9 | 57.8 | 65 | 21.3 | 61.2 | 17.5 | 116 |
| Mizoram | 48.1 | 3.2 | 48.7 | 238 | # | # | # | # | 48.7 | 11.3 | 40.0 | 238 |
| Tripura | 90.1 | 6.9 | 3.0 | 26 | # | # | # | # | 72.4 | 4.2 | 23.5 | 61 |
| Meghalaya | 26.9 | 23.4 | 49.7 | 285 | 38.2 | 29.1 | 32.7 | 212 | 49.6 | 24.2 | 26.3 | 257 |
| Assam | 67.9 | 12.6 | 19.5 | 42 | 42.5 | 16.5 | 41.0 | 31 | 22.7 | 24.1 | 53.2 | 48 |
| West Bengal | 51.1 | 14.4 | 34.6 | 132 | 50.2 | 22.4 | 27.4 | 111 | 56.6 | 19.8 | 23.6 | 91 |
| Jharkhand | 28.4 | 28.6 | 43.0 | 60 | 28.0 | 33.3 | 38.7 | 60 | 35.6 | 23.4 | 41.0 | 51 |
| Odisha | 33.6 | 20.4 | 46.0 | 33 | 58.0 | 19.1 | 22.9 | 32 | 41.7 | 21.2 | 37.1 | 30 |
| Chhattisgarh | 47.3 | 25.4 | 27.4 | 77 | 51.4 | 23.7 | 24.9 | 49 | 47.0 | 22.9 | 30.1 | 43 |
| Madhya Pradesh | 51.4 | 0.8 | 47.8 | 34 | 49.5 | 34.3 | 16.1 | 26 | # | # | # | # |
| Gujarat | 22.3 | 31.5 | 46.2 | 79 | 77.8 | 2.0 | 20.2 | 75 | 52.1 | 13.3 | 34.6 | 43 |
| Daman & Diu | # | # | # | # | # | # | # | # | 43.8 | 24.9 | 31.3 | 28 |
| D & N Haveli | # | # | # | # | # | # | # | # | # | # | # | # |
| Maharashtra | 35.9 | 16.9 | 47.3 | 66 | 48.9 | 24.2 | 26.9 | 59 | 51.3 | 24.5 | 24.2 | 62 |
| Andhra Pradesh | 52.9 | 16.0 | 31.1 | 32 | 67.4 | 14.8 | 17.9 | # | 44.4 | 34.5 | 21.1 | 25 |
| Karnataka | # | # | # | # | # | # | # | # | # | # | # | # |
| Goa | # | # | # | # | # | # | # | # | # | # | # | # |
| Lakshadweep | # | # | # | # | # | # | # | # | # | # | # | # |
| Kerala | 36.3 | 6.0 | 57.7 | 58 | 37.2 | 6.1 | 56.7 | 32 | 37.1 | 4.4 | 58.5 | 38 |
| Tamil Nadu | 33.7 | 8.8 | 57.4 | 41 | 16.3 | 68.4 | 15.3 | 30 | # | # | # | # |
| Puducherry | # | # | # | # | # | # | # | # | # | # | # | # |
| A & N Islands | # | # | # | # | # | # | # | # | # | # | # | # |
| Telangana | 27.1 | 41.1 | 31.8 | 46 | # | # | # | # | # | # | # | # |
| India | 39.9 | 23.5 | 36.6 | 2805 | 49.7 | 26.5 | 23.8 | 1952 | 44.6 | 20.4 | 35.0 | 2191 |

Note: * Others include street vendors, got from someone else and some other way.

Not calculated as the cases are less than 25 (unweighted).

Across the states, the unit of purchase of tobacco products varies a lot. Among the states, purchase of cigarette as individual sticks varies from the lowest of 14 percent in Odisha to the highest of 78 percent in Uttarakhand, of *bidi* as individual sticks varies from 11 percent in Delhi to 63 percent in Mizoram, and purchase of SLT as a single use pouch ranges from 13 percent in Daman & Diu to 82 percent in Nagaland.

4.9 Students who were prevented from purchase of tobacco products because of age

Tobacco prevention among students can be successful if the public and tobacco sellers are made aware of provisions in COTPA, 2003, particularly pertaining to the sale of tobacco products to minors. Table 4.7 presents the percentage of students who are prevented from purchase of tobacco products (cigarette, *bidi* and SLT) because of their age by States/UTs. In India, 47 percent of students are prevented from the purchase of cigarette, 46 percent from purchase of *bidi* and 21 percent from purchase of SLT. It is clear that SLT is easily more accessible to the students than cigarette and *bidi*. That more than half of the students are not

prevented from purchase of cigarette, *bidi* and SLT in the country is a matter of serious concern. The proportion of students prevented from purchase of tobacco products varies considerably across the States/UTs. For cigarettes, it ranges from eight percent in Uttarakhand to 82 percent in Madhya Pradesh and for *bidi* it varies from 12 percent in Manipur to 80 percent in Punjab and Delhi. In the case of SLT, it varies from six percent in Delhi to 56 percent in Arunachal Pradesh.

4.10 Frequency of tobacco use

Frequency of tobacco use is an important dimension of tobacco consumption. It indicates the intensity of habitual tobacco use. Table 4.8 presents the percent distribution of current users of tobacco by the number of days when the students smoke/use tobacco. A majority of the current smokers of cigarette (72%) and *bidi* (70%) smoke on less than 10 days and SLT users (62%) use it on less than 10 days in a month. At the same time, 15 percent of the cigarette smokers and 21 percent of the *bidi* smokers smoked for more than 19 days in the past 30 days and 19 percent of SLT users used it for more than 19 days.

Table 4.6: Percent distribution of students aged 13-15 who bought tobacco products in past 30 days by unit of purchase according to States/UTs, GYTS-4, India, 2019

| State/UT | Cigarette | | | | | Bidi | | | | | Smokeless | | | |
|-------------------|-------------|-------------------|-------------|-----------------|--|-------------|-------------------|-------------|-----------------|--|------------------|-------------|--------------|--|
| | Pack | Individual sticks | Carton | Own hand rolled | Current cigarette smokers who bought cigarette (n) | Pack | Individual sticks | Bundle | Own hand rolled | Current bidi smokers who bought bidi (n) | Single use pouch | Large pouch | Loose packet | Current smokeless tobacco users who bought SLT (n) |
| Jammu & Kashmir | 46.4 | 31.8 | 11.3 | 10.5 | 58 | 23.2 | 56.0 | 20.4 | 0.3 | 31 | # | # | # | # |
| Himachal Pradesh | # | # | # | # | # | # | # | # | # | # | # | # | # | # |
| Punjab | # | # | # | # | # | # | # | # | # | # | # | # | # | # |
| Chandigarh | # | # | # | # | # | # | # | # | # | # | # | # | # | # |
| Uttarakhand | 10.9 | 78.0 | 2.0 | 9.1 | 26 | 74.7 | 22.9 | 0.5 | 1.9 | 63 | 61.7 | 32.4 | 6.0 | 30 |
| Haryana | # | # | # | # | # | # | # | # | # | # | # | # | # | # |
| Delhi | 56.9 | 25.6 | 10.5 | 6.9 | 51 | 82.7 | 10.5 | 6.4 | 0.4 | 34 | # | # | # | # |
| Rajasthan | # | # | # | # | # | # | # | # | # | # | # | # | # | # |
| Uttar Pradesh | 46.8 | 29.1 | 17.3 | 6.8 | 62 | 55.2 | 23.1 | 12.9 | 8.8 | 59 | # | # | # | # |
| Bihar | 35.8 | 56.4 | 5.3 | 2.5 | 70 | 47.0 | 38.4 | 10.4 | 4.2 | 51 | # | # | # | # |
| Sikkim | 28.1 | 67.6 | 2.1 | 2.3 | 141 | 26.3 | 57.9 | 14.2 | 1.6 | 59 | 64.3 | 13.2 | 22.6 | 45 |
| Arunachal Pradesh | 62.9 | 20.1 | 12.5 | 4.5 | 412 | 42.7 | 40.2 | 15.3 | 1.8 | 335 | 71.7 | 26.6 | 1.8 | 336 |
| Nagaland | 30.5 | 65.4 | 2.1 | 2.0 | 212 | 52.1 | 42.0 | 3.3 | 2.6 | 181 | 82.1 | 12.4 | 5.5 | 308 |
| Manipur | 29.4 | 61.3 | 5.7 | 3.6 | 117 | 6.5 | 56.4 | 36.1 | 1.1 | 51 | 42.4 | 3.6 | 53.9 | 89 |
| Mizoram | 37.0 | 61.6 | 0.3 | 1.1 | 182 | 18.7 | 63.2 | 18.1 | 0.0 | # | 61.2 | 6.7 | 32.0 | 180 |
| Tripura | # | # | # | # | # | # | # | # | # | # | 30.6 | 21.7 | 47.7 | 25 |
| Meghalaya | 25.2 | 56.3 | 2.0 | 16.5 | 259 | 29.4 | 53.8 | 12.5 | 4.3 | 189 | 59.5 | 17.3 | 23.2 | 213 |
| Assam | 37.8 | 40.0 | 21.0 | 1.3 | 34 | 48.4 | 30.2 | 19.2 | 2.2 | # | 58.8 | 32.5 | 8.8 | 39 |
| West Bengal | 38.8 | 54.4 | 1.5 | 5.3 | 110 | 53.3 | 27.1 | 12.6 | 7.1 | 96 | 70.3 | 11.7 | 18.0 | 67 |
| Jharkhand | 34.8 | 50.1 | 7.9 | 7.2 | 41 | 33.4 | 24.4 | 31.6 | 10.6 | 46 | 43.0 | 41.1 | 16.0 | 41 |
| Odisha | 42.9 | 13.8 | 26.1 | 17.3 | 27 | 24.4 | 30.8 | 16.4 | 28.4 | # | # | # | # | # |
| Chhattisgarh | 32.4 | 35.6 | 24.5 | 7.5 | 61 | 56.7 | 26.0 | 3.3 | 14.0 | 44 | 48.7 | 39.7 | 11.6 | 33 |
| Madhya Pradesh | 35.6 | 51.9 | 3.4 | 9.1 | 31 | 83.5 | 12.9 | 2.0 | 1.6 | 26 | # | # | # | # |
| Gujarat | 19.8 | 72.6 | 3.3 | 4.3 | 75 | 16.1 | 57.3 | 23.9 | 2.7 | 68 | 40.4 | 10.6 | 48.9 | 39 |
| Daman & Diu | 39.1 | # | # | # | # | # | # | # | # | # | 12.5 | 29.7 | 57.8 | 28 |
| D & N Haveli | # | # | # | # | # | # | # | # | # | # | # | # | # | # |
| Maharashtra | 43.0 | 39.0 | 3.0 | 15.0 | 53 | 22.1 | 37.8 | 11.4 | 28.7 | 49 | 69.3 | 24.9 | 5.8 | 43 |
| Andhra Pradesh | 31.5 | 46.9 | 16.6 | 5.0 | 26 | 26.0 | 55.4 | 18.6 | 0.0 | # | # | # | # | # |
| Karnataka | # | # | # | # | # | # | # | # | # | # | # | # | # | # |
| Goa | # | # | # | # | # | # | # | # | # | # | # | # | # | # |
| Lakshadweep | # | # | # | # | # | # | # | # | # | # | # | # | # | # |
| Kerala | 27.6 | 53.9 | 18.3 | 0.2 | 51 | 47.9 | 40.2 | 6.1 | 5.8 | 30 | 22.7 | 10.9 | 66.4 | 28 |
| Tamil Nadu | 67.8 | 26.6 | 4.6 | 1.0 | 34 | 44.4 | 26.2 | 18.9 | 10.5 | 28 | # | # | # | # |
| Puducherry | # | # | # | # | # | # | # | # | # | # | # | # | # | # |
| A & N Islands | # | # | # | # | # | # | # | # | # | # | # | # | # | # |
| Telangana | 44.4 | 42.9 | 7.4 | 5.2 | 44 | 32.7 | 54.3 | 3.0 | 10.0 | # | # | # | # | # |
| India | 36.2 | 43.8 | 13.5 | 6.6 | 2,376 | 47.3 | 31.6 | 13.8 | 7.3 | 1,710 | 55.2 | 26.5 | 18.3 | 1,750 |

Note: # Not calculated as the cases are less than 25 (unweighted).

Table 4.7: Percentage of students aged 13-15 refused/prevented from buying tobacco products because of age in past 30 days according to States/UTs, GYTS-4, India, 2019

| States/UTs | Cigarette | | Bidi | | Smokeless | |
|-------------------|-------------|--|-------------|---|-------------|--|
| | % | Current cigarette smokers who bought cigarette (n) | % | Current bidi smokers who bought <i>bidi</i> (n) | % | Current smokeless tobacco users who bought SLT (n) |
| Jammu & Kashmir | 39.9 | 97 | 58.7 | 56 | 19.4 | 37 |
| Himachal Pradesh | # | # | # | # | # | # |
| Punjab | 52.8 | 25 | 80.0 | # | # | # |
| Chandigarh | # | # | # | # | # | # |
| Uttarakhand | 8.0 | 133 | 30.2 | 104 | 27.0 | 56 |
| Haryana | # | # | # | # | # | 39 |
| Delhi | 47.4 | 62 | 79.6 | 37 | 5.5 | 46 |
| Rajasthan | # | # | # | # | # | # |
| Uttar Pradesh | 67.3 | 77 | 45.0 | 67 | 24.1 | 138 |
| Bihar | 64.1 | 82 | 76.8 | 63 | 8.9 | 80 |
| Sikkim | 45.6 | 204 | 36.4 | 105 | 32.0 | 94 |
| Arunachal Pradesh | 72.7 | 469 | 67.9 | 368 | 56.1 | 421 |
| Nagaland | 15.8 | 254 | 16.4 | 214 | 6.3 | 389 |
| Manipur | 34.6 | 182 | 11.6 | 69 | 9.1 | 178 |
| Mizoram | 14.3 | 254 | # | # | # | 308 |
| Tripura | 79.5 | 30 | 26.6 | 25 | 26.1 | 82 |
| Meghalaya | 45.5 | 295 | 33.4 | 222 | 39.2 | 263 |
| Assam | 64.0 | 58 | 27.1 | 43 | 26.4 | 59 |
| West Bengal | 27.7 | 154 | 21.0 | 119 | 16.0 | 140 |
| Jharkhand | 50.4 | 72 | 45.0 | 89 | 19.8 | 122 |
| Odisha | 37.6 | 49 | 51.1 | 53 | 13.5 | 54 |
| Chhattisgarh | 51.0 | 85 | 61.9 | 61 | 14.9 | 78 |
| Madhya Pradesh | 81.6 | 35 | 65.9 | 27 | 9.6 | 26 |
| Gujarat | 35.5 | 88 | 56.2 | 80 | 39.3 | 44 |
| Daman & Diu | 27.9 | 29 | 35.7 | 26 | 19.4 | 30 |
| D & N Haveli | # | # | # | # | # | # |
| Maharashtra | 57.3 | 84 | 41.7 | 78 | 17.2 | 146 |
| Andhra Pradesh | 27.6 | 35 | 43.2 | 26 | 15.0 | 32 |
| Karnataka | # | # | # | # | # | # |
| Goa | # | # | # | # | # | # |
| Lakshadweep | 37.4 | 29 | # | # | # | # |
| Kerala | 37.3 | 62 | 29.6 | 34 | 9.6 | 52 |
| Tamil Nadu | 59.1 | 48 | 57.6 | 46 | 21.5 | 46 |
| Puducherry | # | # | # | # | # | 27 |
| A & N Islands | # | # | # | # | # | # |
| Telangana | 37.3 | 47 | 32.3 | 27 | 34.6 | 30 |
| India | 47.2 | 3,196 | 45.5 | 2,243 | 20.6 | 3,173 |

Note: # Not calculated as the cases are less than 25 (unweighted).

Table 4.8: Percentage distribution of students aged 13-15 who used tobacco in past 30 days by frequency of use according to sex, location of school and school management, GYTS-4, India, 2019

| Frequency | Sex | | Location of school | | School management | | Total |
|---------------------------------|-------|-------|--------------------|-------|-------------------|---------|-------|
| | Boys | Girls | Rural | Urban | Public | Private | |
| Cigarette | | | | | | | |
| Less than 10 days | 71.6 | 73.7 | 71.2 | 76.4 | 67.9 | 77.1 | 72.3 |
| 10 to 19 days | 14.9 | 8.8 | 13.4 | 11.3 | 17.2 | 8.4 | 13.0 |
| More than 19 days | 13.5 | 17.4 | 15.4 | 12.3 | 15.0 | 14.5 | 14.7 |
| Current cigarette smokers (n) | 2,269 | 907 | 1,919 | 1,257 | 1,721 | 1,455 | 3,176 |
| Bidi | | | | | | | |
| Less than 10 days | 71.1 | 69.1 | 68.8 | 77.1 | 66.2 | 75.0 | 70.4 |
| 10 to 19 days | 8.7 | 8.5 | 8.8 | 7.9 | 8.9 | 8.4 | 8.6 |
| More than 19 days | 20.1 | 22.4 | 22.4 | 15.0 | 24.9 | 16.6 | 20.9 |
| Current <i>bidi</i> smokers (n) | 1,560 | 661 | 1,428 | 793 | 1,220 | 1,001 | 2,221 |
| Smokeless | | | | | | | |
| Less than 10 days | 61.9 | 62.9 | 59.9 | 70.3 | 57.3 | 68.8 | 62.2 |
| 10 to 19 days | 21.3 | 13.3 | 20.9 | 10.5 | 24.6 | 10.7 | 18.6 |
| More than 19 days | 16.8 | 23.9 | 19.2 | 19.2 | 18.2 | 20.5 | 19.2 |
| Current SLT users (n) | 1,425 | 893 | 1,273 | 1,045 | 1,158 | 1,160 | 2,318 |

4.10.1 Frequency of use of tobacco products per day

Table 4.9 presents frequency of tobacco use (number of units smoked/used per day) in past 30 days. Nearly half (45%) of the cigarette smokers and 35 percent of the *bidi* smokers

smoke less than one cigarette/*bidi* per day in the past 30 days. However, 16 percent of cigarette smokers and 17 percent of *bidi* smokers reported smoking more than five cigarettes/*bidis* per day. Percentage of students smoking cigarette/*bidi* more than five times a day is slightly higher among girls.

Table 4.9: Percent distribution of students aged 13-15 who are current smokers of cigarette and bidi by number of units of smoked per day according to sex, location of school, school management, GYTS-4, India, 2019

| Frequency | Sex | | Location of school | | School management | | Total |
|---------------------------------|-------|-------|--------------------|-------|-------------------|---------|-------|
| | Boys | Girls | Rural | Urban | Public | Private | |
| Cigarette | | | | | | | |
| Less than 1 | 46.8 | 42.3 | 45.9 | 43.3 | 44.4 | 46.6 | 45.4 |
| 1 to 5 | 39.3 | 36.2 | 36.8 | 44.8 | 36.2 | 40.9 | 38.4 |
| 6 to 10 | 7.0 | 10.6 | 8.8 | 5.1 | 10.0 | 5.9 | 8.1 |
| More than 10 | 6.9 | 10.9 | 8.5 | 6.8 | 9.4 | 6.7 | 8.1 |
| Current cigarette smokers (n) | 2,103 | 822 | 1,747 | 1,178 | 1,595 | 1,330 | 2,925 |
| Bidi | | | | | | | |
| Less than 1 | 35.6 | 32.1 | 32.5 | 42.9 | 31.8 | 37.6 | 34.5 |
| 1 to 5 | 48.2 | 48.2 | 49.7 | 41.3 | 52.2 | 43.4 | 48.2 |
| 6 to 10 | 6.8 | 6.4 | 7.2 | 4.5 | 4.3 | 9.5 | 6.7 |
| More than 10 | 9.4 | 13.4 | 10.5 | 11.4 | 11.7 | 9.5 | 10.7 |
| Current <i>bidi</i> smokers (n) | 1,410 | 549 | 1,244 | 715 | 1,090 | 869 | 1,959 |

4.11 Smoking dependency

Table 4.10 shows the percent distribution of current smokers by urge to smoke first thing in the morning according to sex, location of school and school management. About two-thirds of the current smokers (67%) reported that they “never feel like smoking tobacco first thing in the morning” (suggesting no tobacco dependency). Another 27 percent of current smokers reported that they “sometimes smoke or feel like smoking tobacco first thing in the morning” (suggesting moderate tobacco

dependency) and seven percent of the students who are currently smoking reported that they “always smoke or feel like smoking tobacco first thing in the morning” (suggesting strong tobacco dependency). The results suggest that one-third of current smoker students have tobacco dependency, mostly of moderate intensity. The proportion of current smoker students who showed signs of smoking dependence, whether moderate or strong, is slightly higher among boys and students from schools in rural areas and public schools compared with their respective counterparts.

Table 4.10: Percent distribution of students aged 13-15 who are current smokers by urge to smoke first thing in the morning according to sex, location of school and school management, GYTS-4, India, 2019

| Urge to smoke | Sex | | Location of school | | School management | | Total |
|-----------------------------------|-------|-------|--------------------|-------|-------------------|---------|-------|
| | Boys | Girls | Rural | Urban | Public | Private | |
| First thing in the morning | | | | | | | |
| Never | 64.5 | 71.5 | 65.4 | 72.4 | 66.0 | 67.7 | 66.8 |
| Sometimes | 30.1 | 19.6 | 28.3 | 20.5 | 27.8 | 25.4 | 26.8 |
| Always | 5.4 | 8.9 | 6.3 | 7.1 | 6.1 | 6.9 | 6.5 |
| Current smoker (n) | 2,006 | 910 | 1,746 | 1,170 | 1,568 | 1,348 | 2,916 |

4.12 Usual place of smoking

Percentage distribution of current smokers by usual place of smoking is presented in Table 4.11 and Figure 4.8. For about one-fourth (26%) of current smokers, home is the usual place of smoking, followed by school and friend’s house (17% each). Though smoking is prohibited in school premises, still one-sixth of the students have reported that they smoke in school.

The usual place of smoking of students varies across the States/UTs. In most of the

States/UTs, students reported home or friend’s house as the usual places of smoking. In Uttarakhand, Delhi, Bihar and Arunachal Pradesh, one-fifth or more smokers reported school as the usual place of smoking (Table 4.12). Figure 4.9 shows the percentage of students who mentioned home as their usual place of smoking by States/UTs. Among the States/UTs, Karnataka reported the highest proportion of students who mentioned home as their place of smoking (75%), followed by Daman & Diu (54%), Madhya Pradesh (42%) and Manipur and Chhattisgarh (41% each).

Table 4.11: Percent distribution of students aged 13-15 who are current smokers by usual place of smoking according to sex, location of school and school management, GYTS-4, India, 2019

| Urge to smoke | Sex | | Location of school | | School management | | Total |
|---------------------|-------|-------|--------------------|-------|-------------------|---------|-------|
| | Boys | Girls | Rural | Urban | Public | Private | |
| Home | 19.8 | 37.6 | 26.7 | 23.5 | 25.1 | 26.9 | 26.0 |
| School | 19.8 | 10.7 | 18.3 | 10.6 | 24.3 | 8.8 | 16.6 |
| Friend’s house | 16.4 | 17.0 | 16.9 | 15.8 | 14.7 | 18.6 | 16.6 |
| Social event | 10.5 | 7.5 | 9.9 | 8.0 | 7.4 | 11.6 | 9.5 |
| Public space | 11.7 | 12.6 | 11.1 | 15.1 | 9.6 | 14.4 | 12.0 |
| Others | 21.8 | 14.6 | 17.2 | 27.0 | 18.9 | 19.7 | 19.3 |
| Current smokers (n) | 2,331 | 1,015 | 2,035 | 1,311 | 1,736 | 1,610 | 3,346 |

Table 4.12: Percent distribution of students aged 13-15 who are current smokers by usual place of smoking according to States/UTs, GYTS-4, India, 2019

| States/UTs | Usual place of smoking | | | | | | Current smokers (n) |
|-------------------|------------------------|-------------|----------------|--------------|--------------|-------------|---------------------|
| | Home | School | Friend's house | Social event | Public space | Others | |
| Jammu & Kashmir | 31.5 | 5.5 | 34.6 | 0.0 | 4.7 | 23.7 | 72 |
| Himachal Pradesh | # | # | # | # | # | # | # |
| Punjab | # | # | # | # | # | # | # |
| Chandigarh | # | # | # | # | # | # | # |
| Uttarakhand | 17.5 | 22.4 | 11.0 | 8.6 | 8.4 | 32.1 | 221 |
| Haryana | # | # | # | # | # | # | # |
| Delhi | 25.7 | 23.0 | 8.9 | 2.9 | 12.5 | 27.0 | 69 |
| Rajasthan | # | # | # | # | # | # | # |
| Uttar Pradesh | 37.4 | 13.5 | 19.8 | 8.9 | 10.8 | 9.7 | 72 |
| Bihar | 29.1 | 20.9 | 28.4 | 0.9 | 2.0 | 18.8 | 59 |
| Sikkim | 26.4 | 10.2 | 23.0 | 3.9 | 12.9 | 23.6 | 184 |
| Arunachal Pradesh | 18.9 | 23.8 | 17.6 | 11.4 | 5.5 | 22.8 | 472 |
| Nagaland | 11.8 | 0.8 | 32.5 | 4.5 | 21.5 | 28.9 | 292 |
| Manipur | 41.0 | 1.6 | 13.2 | 6.0 | 6.2 | 32.1 | 168 |
| Mizoram | 13.0 | 5.6 | 24.6 | 4.4 | 15.0 | 37.5 | 252 |
| Tripura | 5.1 | 5.9 | 4.3 | 46.8 | 5.2 | 32.6 | 34 |
| Meghalaya | 16.5 | 6.5 | 16.8 | 6.7 | 20.3 | 33.2 | 318 |
| Assam | 30.1 | 5.6 | 5.6 | 22.0 | 13.3 | 23.3 | 56 |
| West Bengal | 18.3 | 7.1 | 23.9 | 24.3 | 18.8 | 7.7 | 162 |
| Jharkhand | 27.5 | 6.9 | 20.2 | 21.0 | 6.8 | 17.6 | 89 |
| Odisha | 30.0 | 18.4 | 37.9 | 3.1 | 3.4 | 7.1 | 64 |
| Chhattisgarh | 40.7 | 7.5 | 9.8 | 12.6 | 6.1 | 23.2 | 83 |
| Madhya Pradesh | 42.0 | 15.7 | 19.5 | 2.7 | 0.4 | 19.6 | 26 |
| Gujarat | 17.6 | 11.5 | 5.3 | 4.1 | 32.6 | 29.0 | 91 |
| Daman & Diu | 53.5 | 4.6 | 7.8 | 13.6 | 5.6 | 15.0 | 27 |
| D & N Haveli | # | # | # | # | # | # | # |
| Maharashtra | 30.5 | 9.3 | 11.9 | 10.0 | 14.4 | 24.0 | 116 |
| Andhra Pradesh | 21.9 | 6.6 | 22.9 | 6.0 | 12.3 | 30.2 | 38 |
| Karnataka | 74.7 | 0.0 | 2.2 | 4.1 | 11.3 | 7.8 | 29 |
| Goa | # | # | # | # | # | # | # |
| Lakshadweep | 19.7 | 13.5 | 10.1 | 9.5 | 16.5 | 30.7 | 35 |
| Kerala | 23.0 | 3.2 | 11.9 | 7.6 | 16.8 | 37.5 | 67 |
| Tamil Nadu | 25.2 | 4.3 | 30.5 | 3.3 | 14.4 | 22.3 | 47 |
| Puducherry | # | # | # | # | # | # | # |
| A & N Islands | # | # | # | # | # | # | # |
| Telangana | 15.9 | 9.7 | 18.7 | 3.6 | 12.5 | 39.5 | 45 |
| India | 26.0 | 16.6 | 16.6 | 9.5 | 12.0 | 19.3 | 3,346 |

Note: # Not calculated as the cases are less than 25 (unweighted).

Figure 4.8: Percentage of students by their usual place of smoking, GYTS-4, India, 2019

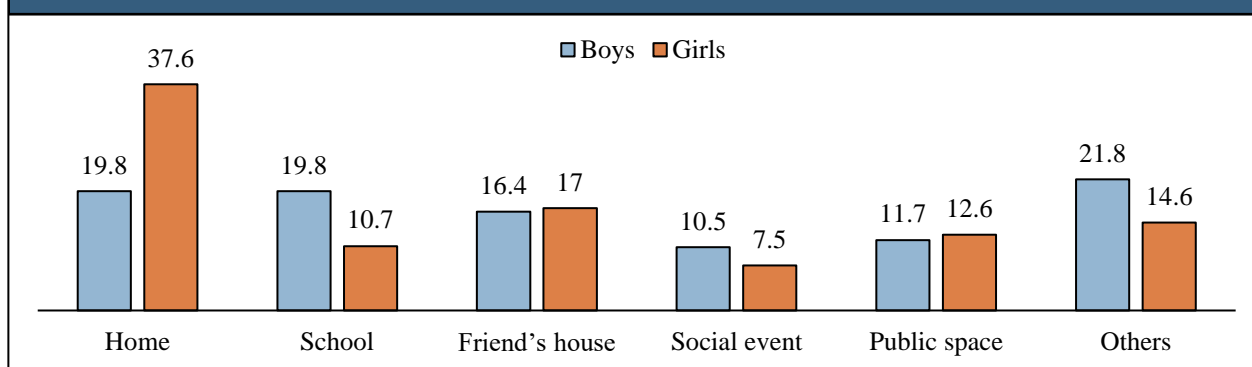
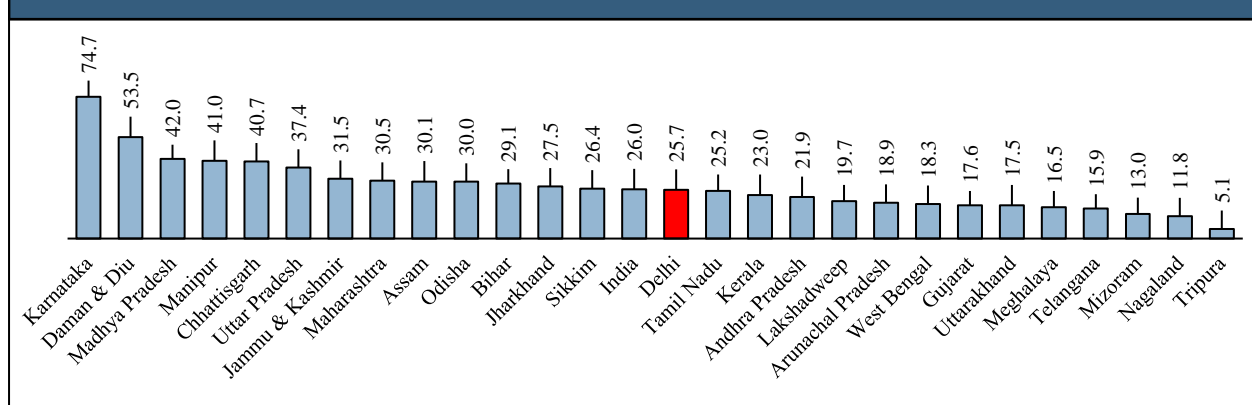


Figure 4.9: Percentage of students who chose home as their usual place of smoking, GYTS-4, India, 2019



4.13 Tobacco use by parents' background characteristics

Parents' background characteristics, especially their smoking habit, may influence initiation of tobacco use among children. Table 4.13 presents the prevalence of current use of tobacco among students by background characteristics of the parents — education, employment status and tobacco use habit. The prevalence of tobacco use is higher among students with less educated parents. For example, it is 15 percent among students with the father educated below middle school as compared with 4 to 5 percent among those with the father educated up to secondary and above levels. The same pattern is observed for all three types of tobacco products (smoking, smokeless and any tobacco) for both father's and mother's education. The prevalence of

tobacco use is higher among students who had lost either mother or father.

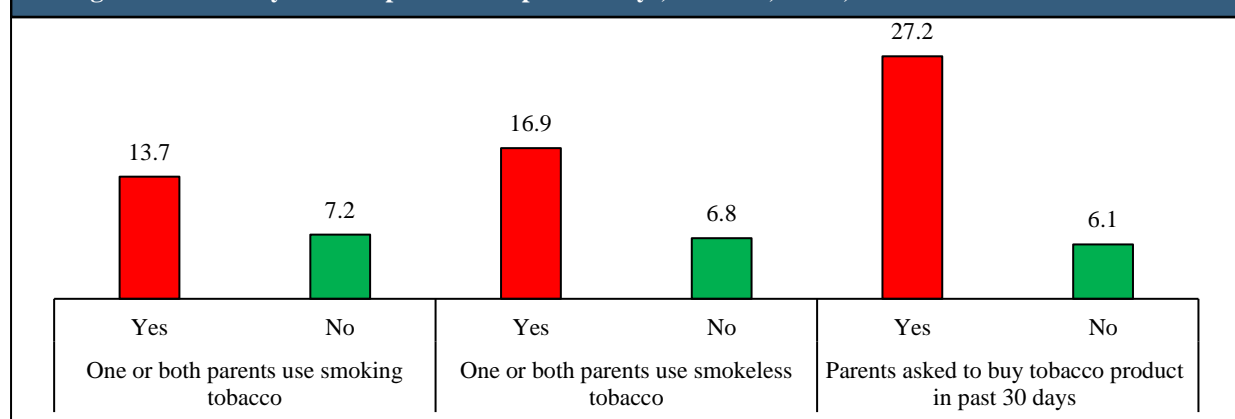
Parents' working status has also an impact on children's tobacco use. Prevalence of any type of tobacco use is higher among students whose only one parent is working, or none is working as compared with those whose both parents are working. Tobacco use among students by parental tobacco habit reveals that the prevalence is lower when none of the parents use tobacco, whereas it is higher when one or both parents use any tobacco product.

Students were asked in the survey, "Did your parents ever asked you to buy/bring any tobacco product (smoking/smokeless) for them from the shops or any other place in the past 30 days?" Figure 4.10 shows that among the students whose parents did so, the prevalence of tobacco use is higher (27%).

Table 4.13: Prevalence of current tobacco use among students aged 13-15 by parents' background, India, GYTS-4, 2019 (%)

| Parents' background | Students' tobacco use habit | | | Total (n) |
|--|-----------------------------|------------|-------------|---------------|
| | Smoking | Smokeless | Any tobacco | |
| Father's education | | | | |
| Up to middle school | 12.6 | 7.7 | 14.6 | 25,758 |
| Secondary | 3.5 | 1.8 | 4.4 | 16,003 |
| Higher secondary and above | 4.1 | 1.7 | 4.7 | 21,255 |
| Father not alive | 8.5 | 4.2 | 9.9 | 2,072 |
| Mother's education | | | | |
| Up to middle school | 10.7 | 6.3 | 12.5 | 31,294 |
| Secondary | 3.6 | 1.4 | 4.4 | 15,180 |
| Higher secondary and above | 4.2 | 2.5 | 4.8 | 17,360 |
| Mother not alive | 14.1 | 7.8 | 16.1 | 915 |
| Employment | | | | |
| One of the parents works | 8.4 | 5.1 | 9.9 | 46,998 |
| Both parents work | 4.0 | 2.0 | 4.7 | 24,025 |
| None of the parents work | 10.4 | 4.9 | 11.7 | 3,220 |
| Tobacco use habit | | | | |
| One or both parents smoke tobacco | 11.6 | 5.0 | 13.7 | 16,331 |
| None of the parents smoke tobacco | 6.1 | 3.7 | 7.2 | 56,001 |
| One or both parents use SLT | 14.8 | 6.9 | 16.9 | 13,981 |
| None of the parents use SLT | 5.7 | 3.4 | 6.8 | 58,852 |
| Parents asked to buy tobacco products in past 30 days | 24.4 | 16.1 | 27.2 | 8,527 |
| Parents didn't ask to buy tobacco products in past 30 days | 5.0 | 2.4 | 6.1 | 71,530 |
| Total | 7.3 | 4.1 | 8.5 | 80,772 |

Figure 4.10: Prevalence of tobacco use among students by tobacco use of their parents and parents asking children to buy tobacco products in past 30 days, GYTS-4, India, 2019



CHAPTER 5

EXPOSURE TO SECONDHAND SMOKING

5.1. Introduction

Secondhand smoke (SHS) is the combination of smoke from the burning end of tobacco products and the smoke breathed out by smokers. It contains a large number of chemicals, including many that are toxic and cancer causing. Epidemiological research has established a link between SHS exposure and increased morbidity and mortality among children and adults.

Section 4 of the COTPA 2003 prohibits smoking in public places to protect the non-smokers from getting exposed to SHS. The revised smoke-free rules enforced from 2nd October, 2008, prohibit smoking in public places including educational and health institutions, entertainment and hospitality places, public transport and workplaces. GYTS-4 collected data on exposure of students to SHS at home, enclosed public places and outdoor public places during seven days prior to the survey.

5.2. Exposure to SHS

Table 5.1 presents the percentage of students who are exposed to SHS during seven days prior to the survey by sex, location of school and school management. Among the students who stay at home (not in institutions such as hostels, dormitories, ashrams, etc.), 12 percent reported exposure to SHS in their homes. More than one-fifth (22%) of all the students are exposed to SHS in enclosed public places and 25 percent are exposed to SHS at outdoor public places. Variation in the proportion of students exposed to SHS at home or indoor and outdoor public places by gender, location of school and school management is small.

A slightly higher proportion of boys (14%) than girls (10%) and students from schools in rural areas (13%) than from schools in urban areas (9%) are exposed to SHS at home. Likewise, a slightly higher proportion of boys than girls is exposed to SHS in enclosed public places (23% of boys vs. 21% of girls) and at outdoor public places (26% of boys vs. 23% of girls). The proportion of students exposed to SHS from

enclosed public places is higher among students from schools in urban areas (26%) than from rural areas (21%). A marginally higher proportion of students from schools in urban areas (28%) and from private schools (30%) are exposed to SHS in outdoor public places than their rural (24%) and public school (21%) counterparts. The percentage of students exposed to SHS by the location of school has been presented in Figure 5.1.

Table 5.2 presents percent distribution of students by number of days of exposure to SHS during the last seven days at different places, viz., home, enclosed public places and outdoor public places according to sex, location of school and school management. More than four-fifths of the students were not exposed to SHS at home (83%), inside the enclosed public places (78%) and at outdoor public places (75%). Five to six percent of the students were exposed to SHS at home, inside enclosed public places and at outdoor public places on all the seven days of a week. Figure 5.2 shows the percentage of student exposed to SHS at home in the last seven days by sex. It reveals that around five to six percent of the boys and girls are exposed to SHS at home on all the seven days prior to the survey. Boys were more exposed to SHS at home than girls (19% and 14% respectively).

Table 5.3 and Figure 5.3 present the places of exposure of students to SHS by states. The exposure among the students residing at their homes varies considerably among the States/UTs ranging from three percent in Goa to 46 percent in Arunachal Pradesh. In 14 states, it is higher than the national average of 12 percent. Among all the States/UTs, exposure to SHS in inside enclosed and outdoor public places is the lowest in Himachal Pradesh (8% and 9% respectively) and highest in Arunachal Pradesh (65% and 66% respectively). Exposure to SHS in all the three places is on the lower side (<11%) in Himachal Pradesh and Punjab, and higher side in West Bengal and seven North-Eastern states.

Table 5.1: Percentage of students aged 13-15 who are exposed to SHS in the last seven days by place of exposure according to sex, location of school and school management, GYTS-4, India, 2019

| Place | Sex | | Location of school | | School management | | Total |
|--------------------------|--------|--------|--------------------|--------|-------------------|---------|--------|
| | Boys | Girls | Rural | Urban | Public | Private | |
| Home* | 13.7 | 10.2 | 12.8 | 9.3 | 11.8 | 12.1 | 12.0 |
| Enclosed public places** | 23.2 | 21.0 | 21.1 | 25.7 | 19.7 | 24.9 | 22.2 |
| Outdoor public places*** | 26.3 | 23.3 | 24.0 | 27.6 | 20.5 | 29.5 | 24.8 |
| Number of students (n) | 38,901 | 41,871 | 50,540 | 30,232 | 40,165 | 40,607 | 80,772 |

Note: * Computed only for those students who attended the school as day-scholars. Students residing in residential schools and not visiting their home during the last seven days were excluded.

** Refers to schools, hostels, shops, restaurants, hotels, movie theatres, public conveyances, gyms, sports arenas, airports, auditoriums, hospital buildings, railway waiting rooms, public toilets, public offices, educational institutions, libraries, etc.

*** Refers to playgrounds, sidewalks, entrances to buildings, parks, beaches, bus stops, etc.

Figure 5.1: Percentage of students aged 13-15 who are exposed to SHS in last seven days by place of exposure according to location of school, GYTS-4, India, 2019

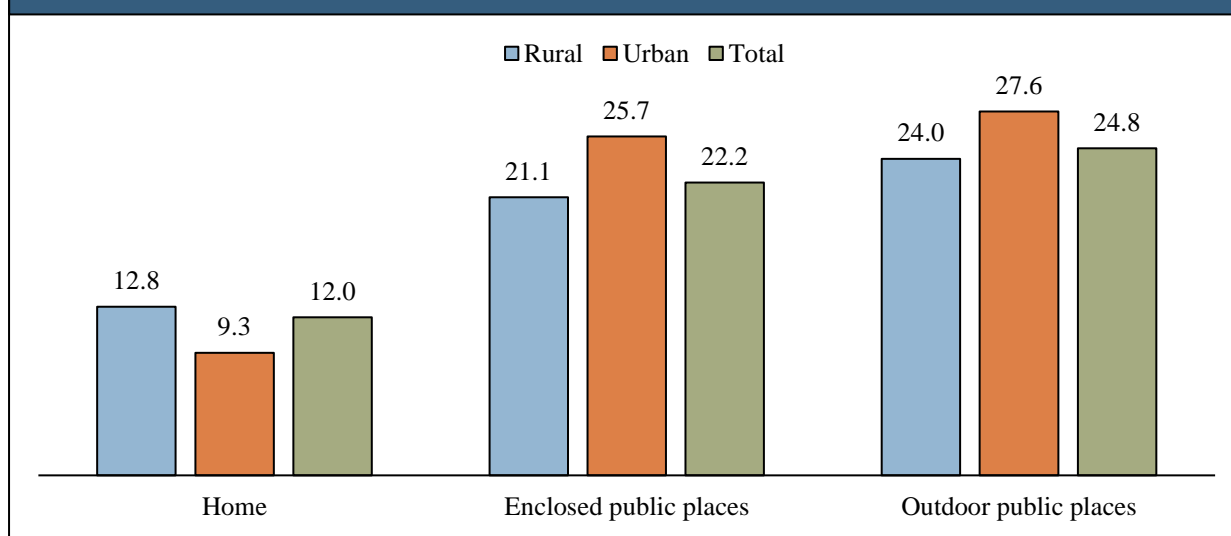


Table 5.2: Percent distribution of students aged 13-15 by the number of days of exposure to SHS in the past seven days according to sex, location of school and school management, GYTS-4, India, 2019

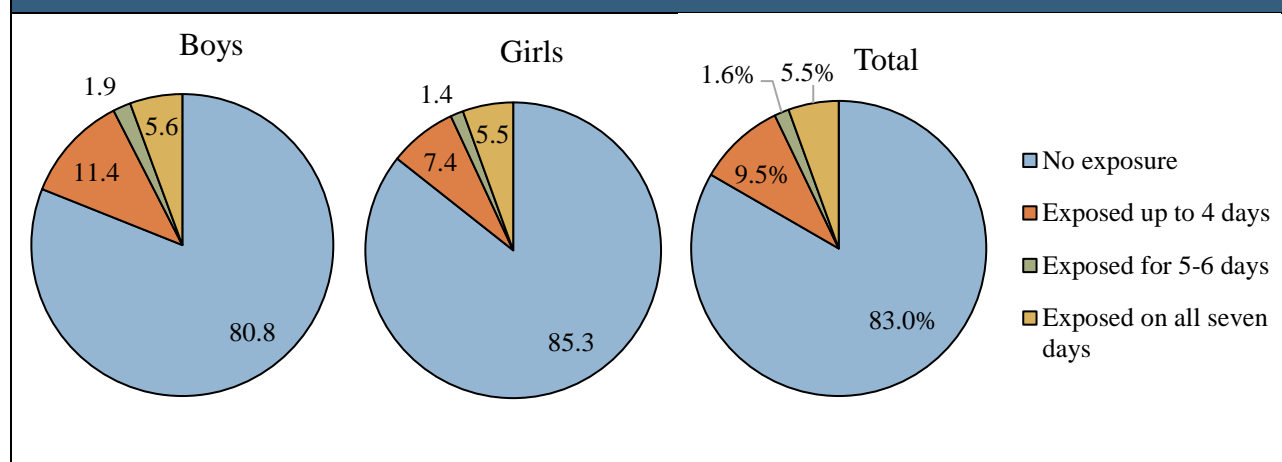
| Exposure | Sex | | Location of school | | School management | | Total |
|--|---------------|---------------|--------------------|---------------|-------------------|---------------|---------------|
| | Boys | Girls | Rural | Urban | Public | Private | |
| Exposure inside home* | | | | | | | |
| No exposure | 80.8 | 85.3 | 81.8 | 86.8 | 82.7 | 83.3 | 83.0 |
| Exposed up to 4 days | 11.4 | 7.4 | 10.2 | 7.3 | 10.0 | 9.0 | 9.5 |
| Exposed for 5-6 days | 1.9 | 1.4 | 1.8 | 1.0 | 1.8 | 1.5 | 1.6 |
| Exposed on all seven days | 5.6 | 5.5 | 5.8 | 4.7 | 5.2 | 5.9 | 5.5 |
| Missing | 0.3 | 0.4 | 0.4 | 0.2 | 0.4 | 0.3 | 0.3 |
| Exposure inside any enclosed public place** | | | | | | | |
| No exposure | 76.5 | 78.5 | 78.5 | 74.1 | 80.0 | 74.7 | 77.5 |
| Exposed up to 4 days | 13.7 | 14.0 | 13.0 | 16.4 | 11.6 | 16.3 | 13.8 |
| Exposed for 5-6 days | 4.0 | 1.5 | 3.1 | 1.9 | 3.5 | 2.0 | 2.8 |
| Exposed on all seven days | 5.5 | 5.6 | 5.0 | 7.3 | 4.6 | 6.6 | 5.5 |
| Missing | 0.3 | 0.4 | 0.4 | 0.2 | 0.4 | 0.4 | 0.4 |
| Exposure at any outdoor public place*** | | | | | | | |
| No exposure | 73.5 | 76.3 | 75.7 | 72.2 | 79.1 | 70.2 | 74.9 |
| Exposed up to 4 days | 16.4 | 15.4 | 15.3 | 17.9 | 13.7 | 18.4 | 15.9 |
| Exposed for 5-6 days | 2.9 | 2.2 | 2.5 | 2.9 | 2.3 | 2.9 | 2.6 |
| Exposed on all seven days | 6.9 | 5.7 | 6.2 | 6.8 | 4.6 | 8.2 | 6.3 |
| Missing | 0.3 | 0.4 | 0.3 | 0.2 | 0.3 | 0.3 | 0.3 |
| Number of students (n) | 38,901 | 41,871 | 50,540 | 30,232 | 40,165 | 40,607 | 80,772 |

Note: * Computed only for those students who attend the school as day-scholars. Students residing in residential schools and not visited their home during the last seven days were excluded.

** Refers to schools, hostels, shops, restaurants, hotels, movie theatres, public conveyances, gyms, sports arenas, airports, auditoriums, hospital buildings, railway waiting rooms, public toilets, public offices, educational institutions, libraries, etc.

*** Refers to playgrounds, sidewalks, entrances to buildings, parks, beaches, bus stops, etc.

Figure 5.2: Percentage of students aged 13-15 who were exposed to SHS at home in the last seven days by sex, GYTS-4, India, 2019



Note: * Among those who stayed at home (day-scholars).

Table 5.3: Percentage of students aged 13-15 who were exposed to SHS by place according to States/UTs, GYTS-4, India, 2019

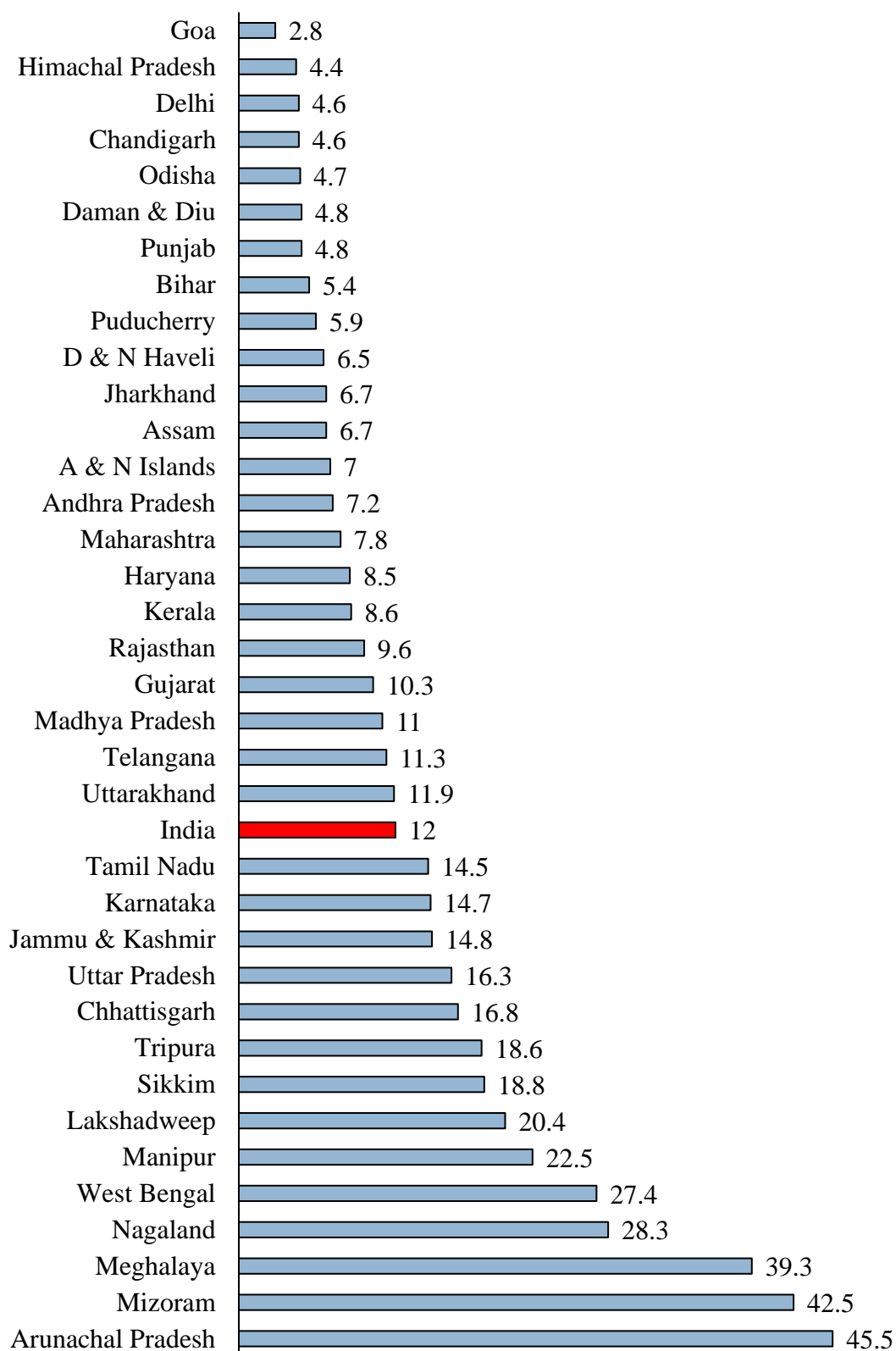
| States/UTs | Home* | Enclosed public places** | Outdoor public places** | Total (n) |
|-------------------|-------------|--------------------------|-------------------------|---------------|
| Jammu & Kashmir | 14.8 | 25.5 | 28.5 | 1,256 |
| Himachal Pradesh | 4.4 | 7.5 | 8.9 | 2,004 |
| Punjab | 4.8 | 10.4 | 10.7 | 1,928 |
| Chandigarh | 4.6 | 15.8 | 22.6 | 1,878 |
| Uttarakhand | 11.9 | 31.0 | 30.2 | 1,814 |
| Haryana | 8.5 | 14.4 | 16.5 | 2,431 |
| Delhi | 4.6 | 31.6 | 32.5 | 2,500 |
| Rajasthan | 9.6 | 9.8 | 22.9 | 2,735 |
| Uttar Pradesh | 16.3 | 21.7 | 23.3 | 2,885 |
| Bihar | 5.4 | 14.3 | 11.9 | 2,748 |
| Sikkim | 18.8 | 37.3 | 41.8 | 1,205 |
| Arunachal Pradesh | 45.5 | 65.0 | 65.8 | 1,377 |
| Nagaland | 28.3 | 57.9 | 54.4 | 1,438 |
| Manipur | 22.5 | 41.7 | 41.7 | 1,775 |
| Mizoram | 42.5 | 49.8 | 54.7 | 913 |
| Tripura | 18.6 | 34.0 | 38.3 | 1,710 |
| Meghalaya | 39.3 | 58.7 | 64.6 | 1,387 |
| Assam | 6.7 | 19.1 | 22.1 | 2,213 |
| West Bengal | 27.4 | 38.7 | 47.0 | 4,059 |
| Jharkhand | 6.7 | 17.6 | 19.7 | 3,339 |
| Odisha | 4.7 | 12.0 | 12.8 | 3,761 |
| Chhattisgarh | 16.8 | 25.6 | 24.2 | 2,464 |
| Madhya Pradesh | 11.0 | 17.5 | 18.4 | 2,490 |
| Gujarat | 10.3 | 20.6 | 22.2 | 3,249 |
| Daman & Diu | 4.8 | 19.1 | 22.0 | 1,585 |
| D & N Haveli | 6.5 | 21.6 | 30.8 | 1,655 |
| Maharashtra | 7.8 | 22.1 | 23.7 | 3,766 |
| Andhra Pradesh | 7.2 | 22.5 | 25.0 | 2,959 |
| Karnataka | 14.7 | 33.6 | 34.5 | 2,652 |
| Goa | 2.8 | 17.0 | 23.0 | 1,844 |
| Lakshadweep | 20.4 | 23.5 | 31.9 | 879 |
| Kerala | 8.6 | 20.7 | 26.7 | 2,930 |
| Tamil Nadu | 14.5 | 32.1 | 34.6 | 2,966 |
| Puducherry | 5.9 | 23.2 | 25.3 | 2,179 |
| A & N Islands | 7.0 | 26.9 | 26.9 | 1,315 |
| Telangana | 11.3 | 30.9 | 32.1 | 2,483 |
| India | 12.0 | 22.2 | 24.8 | 80,772 |

Note: * Computed only for those students who attended the school as day-scholars. Students residing in residential schools and not visiting their home during the last seven days were excluded.

** Refers to schools, hostels, shops, restaurants, hotels, movie theatres, public conveyances, gyms, sports arenas, airports, auditoriums, hospital buildings, railway waiting rooms, public toilets, public offices, educational institutions, libraries, etc.

*** Refers to playgrounds, sidewalks, entrances to buildings, parks, beaches, bus stops, etc.

Figure 5.3: Percentage of students age 13-15 who are exposed to SHS at home* according to States/UTs, GYTS-4, India, 2019



Note: * Computed only for those students who attended the school as day-scholars. Students residing in residential schools and not visiting their home during the last seven days were excluded.

CHAPTER 6

CESSATION OF SMOKING

6.1 Introduction

Cessation of smoking is a process of discontinuing or quitting of smoking tobacco products. GYTS-4 collected data on the extent to which students in India tried to quit tobacco use, the reasons to quit and measures adopted for quitting. The information will help to strengthen tobacco control measures. Article 14 of the WHO Framework Convention on Tobacco Control (WHO FCTC) binds the concerned parties to take effective measures to promote cessation of tobacco use and adequate treatment for tobacco dependence (WHO, 2015). In response to it, the Government of India has opened a number of Tobacco Cessation Centres to provide support for reducing tobacco dependence and helping cessation, including counselling, psychological support, nicotine replacement and educational programmes. This chapter provides overall quitting scenario including reasons for quitting tobacco use and help/advice received for quitting (CDC, 2020).

6.2 Overall cessation scenario

As presented in Table 6.1, 11 percent of the ever smokers of tobacco reported that they have stopped smoking in the last 12 months. About 13 percent of boys quit smoking as compared with seven percent of girls. Twenty percent of students who are current tobacco smokers wanted to stop smoking now and almost the same proportion of current smokers tried to quit smoking in the past 12 months. Nearly a quarter of boys (23%) and 16 percent of girls wanted to stop smoking now, and about the similar proportion of boys (24%) and girls (13%) tried quitting smoking in the past 12 months (Figure 6.1). Overall, more boys and students from the schools in urban areas and from the private schools reported that they wanted to stop now, tried quitting, or stopped smoking in the past 12 months in comparison with their respective counterparts.

A higher proportion of current SLT users compared with tobacco smokers wanted to quit its use and tried to quit it. However, the proportion of ever smokers and ever SLT users who have stopped tobacco use in the last 12 months is 11 percent and 10 percent respectively. Among the students who currently use SLT, a quarter (25%) of them wanted to stop using it, 26 percent tried to quit in the last 12 months and 10 percent of ever users of SLT stopped using it in the last 12 months. There was not much difference in the cessation pattern of SLT among boys and girls (Figure 6.2).

Cessation indicators for both smoking and SLT among students across the States/UTs in India display a wide variation (Table 6.2). The proportion of current smokers who wanted to stop smoking ranges from four percent in Uttar Pradesh to 88 percent in Rajasthan. In Manipur (50%), D & N Haveli (52%), Mizoram (54%), Meghalaya (55%), Gujarat (57%) and Nagaland (79%), a majority of current tobacco smoker students wanted to stop smoking. Similarly, the proportion of current smoker students who tried quitting smoking in the past 12 months ranges from four percent in Uttar Pradesh to 88 percent in Rajasthan.

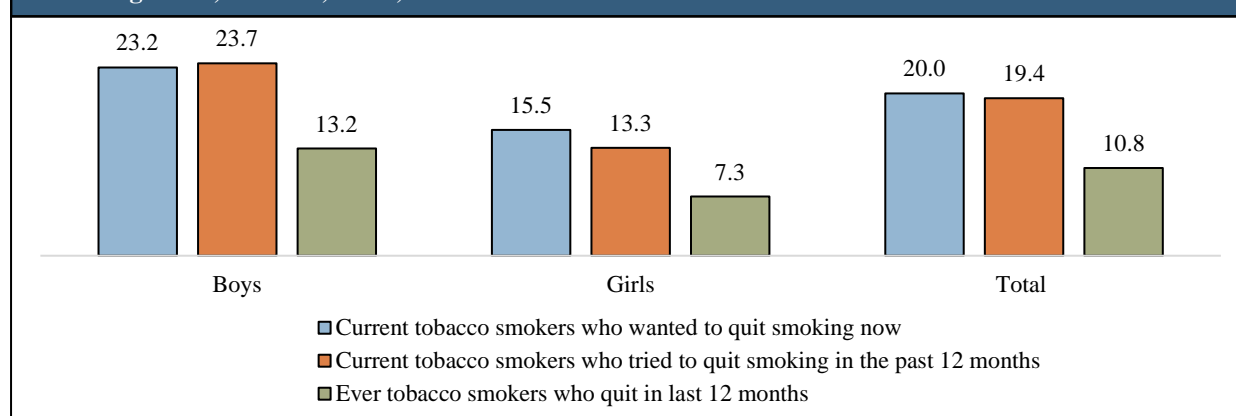
The proportion of ever smoker students who have stopped smoking in the past 12 months is the least in Himachal Pradesh (1%) and the highest in Sikkim (37%), followed by Meghalaya (34%) and Lakshadweep (32%).

A similar pattern of variation is displayed by cessation indicators among SLT users. The proportion of current SLT user students who wanted to stop SLT ranges from two percent in Uttarakhand to 85 percent in Nagaland. Other states in which substantial proportion of students who wanted to stop using SLT are Meghalaya (67%), Gujarat (65%), Sikkim (55%) and Mizoram (51%).

Table 6.1: Percentage of students aged 13-15 by selected cessation indicators according to sex, location of school and school management, GYTS-4, India, 2019

| Cessation indicator | Sex | | Location of school | | School management | | Total |
|---|------|-------|--------------------|-------|-------------------|---------|-------|
| | Boys | Girls | Rural | Urban | Public | Private | |
| Smoking | | | | | | | |
| Current tobacco smokers who wanted to quit smoking now | 23.2 | 15.5 | 19.0 | 26.1 | 16.8 | 26.4 | 20.0 |
| Current tobacco smokers who tried to quit smoking in the past 12 months | 23.7 | 13.3 | 17.8 | 28.8 | 15.2 | 27.7 | 19.4 |
| Ever tobacco smokers who quit in last 12 months | 13.2 | 7.3 | 10.0 | 14.5 | 8.5 | 14.4 | 10.8 |
| Smokeless | | | | | | | |
| Current SLT users who wanted to quit now | 23.1 | 28.3 | 25.0 | 27.1 | 27.3 | 20.8 | 25.3 |
| Current SLT users who tried to quit tobacco in the past 12 months | 26.8 | 25.7 | 26.3 | 26.6 | 28.5 | 21.6 | 26.4 |
| Ever SLT users who quit in last 12 months | 11.5 | 8.7 | 9.2 | 15.8 | 9.2 | 11.6 | 10.2 |

Figure 6.1: Percentage of students aged 13-15 by selected cessation indicators for smoking tobacco according to sex, GYTS-4, India, 2019



Across the States/UTs, the proportion of current SLT user students who tried quitting SLT use in the past 12 months ranges from nine percent in Uttarakhand to 73 percent in Nagaland. A sizeable proportion of ever users of SLT in most of the States/UTs have stopped using SLT in the past 12 months. This proportion ranges from less than one percent in

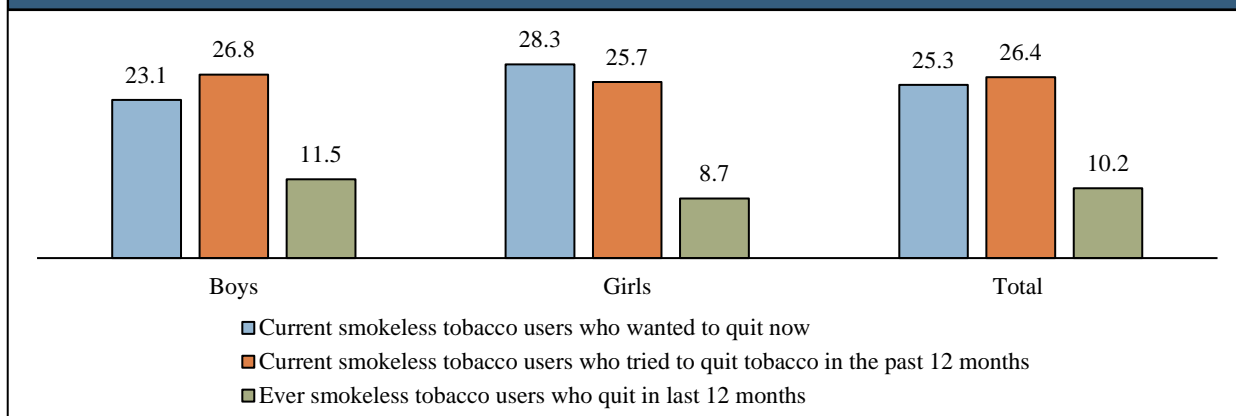
Himachal Pradesh to over 50 percent in D & N Haveli (80%), Gujarat (69%) and Meghalaya (53%). It is encouraging that in each state a sizeable proportion of students tried to quit or have stopped smoking or using SLT in the past 12 months.

Table 6.2: Percentage of students aged 13-15 by selected cessation indicators according to sex, location of school and school management, GYTS-4, India, 2019

| States/UTs | Smoking | | | Smokeless | | |
|-------------------|--|---|---|--|---|---|
| | Current tobacco smokers who wanted to quit smoking now | Current tobacco smokers who tried to quit smoking in the past 12 months | Ever tobacco smokers who quit in last 12 months | Current SLT users who wanted to quit now | Current SLT users who tried to quit tobacco in the past 12 months | Ever SLT users who quit in last 12 months |
| Jammu & Kashmir | 17.2 | 17.9 | 9.3 | 8.8 | 24.6 | 6.7 |
| Himachal Pradesh | # | # | 1.1 | # | # | 0.8 |
| Punjab | 36.8 | 20.7 | 4.6 | # | # | 11.6 |
| Chandigarh | 13.4 | 22.6 | 10.4 | # | # | 5.7 |
| Uttarakhand | 17.9 | 20.9 | 14.1 | 1.6 | 8.8 | 7.1 |
| Haryana | 19.2 | 19.1 | 4.1 | 7.5 | 10.7 | 2.2 |
| Delhi | 11.4 | 30.0 | 4.0 | 8.9 | 14.1 | 9.6 |
| Rajasthan | 88.4 | 88.2 | 27.4 | # | # | 16.0 |
| Uttar Pradesh | 4.0 | 4.3 | 3.2 | 26.8 | 26.6 | 1.8 |
| Bihar | 28.9 | 23.6 | 5.1 | 17.2 | 12.4 | 1.5 |
| Sikkim | 49.1 | 54.0 | 37.1 | 55.1 | 35.2 | 17.2 |
| Arunachal Pradesh | 34.9 | 36.2 | 32.0 | 29.7 | 32.5 | 36.8 |
| Nagaland | 78.6 | 65.7 | 13.5 | 85.1 | 72.6 | 13.5 |
| Manipur | 50.3 | 61.0 | 22.3 | 43.8 | 40.2 | 31.9 |
| Mizoram | 54.3 | 52.4 | 20.5 | 50.9 | 57.9 | 22.1 |
| Tripura | 35.6 | 22.1 | 12.9 | 19.1 | 17.1 | 19.3 |
| Meghalaya | 54.8 | 46.6 | 34.4 | 67.2 | 54.2 | 52.6 |
| Assam | 22.9 | 14.9 | 11.6 | 17.5 | 20.0 | 20.0 |
| West Bengal | 36.2 | 35.9 | 17.5 | 15.1 | 16.2 | 13.8 |
| Jharkhand | 22.4 | 17.8 | 10.9 | 21.0 | 24.0 | 6.7 |
| Odisha | 20.2 | 23.7 | 11.3 | 17.2 | 36.7 | 17.8 |
| Chhattisgarh | 29.0 | 23.1 | 18.5 | 21.3 | 37.7 | 23.7 |
| Madhya Pradesh | 37.9 | 26.2 | 8.9 | 30.9 | 48.3 | 8.5 |
| Gujarat | 57.1 | 63.0 | 25.8 | 64.9 | 40.2 | 68.6 |
| Daman & Diu | 29.7 | 28.6 | 9.7 | 49.4 | 24.0 | 27.4 |
| D & N Haveli | 52.1 | 57.1 | 22.3 | # | # | 80.0 |
| Maharashtra | 24.3 | 19.8 | 12.6 | 15.7 | 20.2 | 9.1 |
| Andhra Pradesh | 30.4 | 36.6 | 12.8 | 36.5 | 23.4 | 12.2 |
| Karnataka | 15.4 | 12.4 | 9.6 | # | # | 24.8 |
| Goa | 26.4 | 26.8 | 7.7 | # | # | 5.5 |
| Lakshadweep | 36.1 | 47.7 | 32.4 | # | # | 9.7 |
| Kerala | 38.9 | 56.6 | 24.4 | 36.7 | 34.4 | 11.6 |
| Tamil Nadu | 20.1 | 25.3 | 16.4 | 16.5 | 12.1 | 8.8 |
| Puducherry | 13.1 | 13.7 | 4.0 | 16.2 | 16.2 | 8.6 |
| A & N Islands | 30.9 | 32.9 | 19.8 | # | # | 4.6 |
| Telangana | 30.9 | 15.2 | 16.2 | 49.4 | 9.2 | 5.5 |
| India | 20.0 | 19.4 | 10.8 | 25.3 | 26.4 | 10.2 |

Note: # Not calculated as the cases are less than 25 (unweighted).

Figure 6.2: Percentage of students aged 13-15 by selected cessation indicators for SLT according to sex, GYTS-4, India, 2019



6.3 Reasons for quitting tobacco use

Students were asked the reasons for quitting tobacco use. A majority of them (59%) mentioned the health consideration, i.e., ‘to improve/protect their health’, followed by family’s disapproval (17%) and lack of money (14%). In case of smokeless tobacco, 37 percent of the students reported health consideration as the reason for quitting smokeless tobacco. One-fifth of the students reported the family’s disapproval and another

one-fifth lack of money as the reasons for quitting smokeless tobacco (Table 6.3 and Figure 6.3). Quitting smoking due to health consciousness, i.e., to improve/protect health, is reported by a higher proportion of boys, students from schools in rural areas and public schools than their respective counterparts. However, in case of smokeless tobacco, health consideration is reported by a higher proportion of girls, students from urban areas and private schools.

Table 6.3: Percent distribution of students aged 13-15 who quit tobacco use in past 12 months by reasons according to sex, location of school and school management, GYTS-4, India, 2019

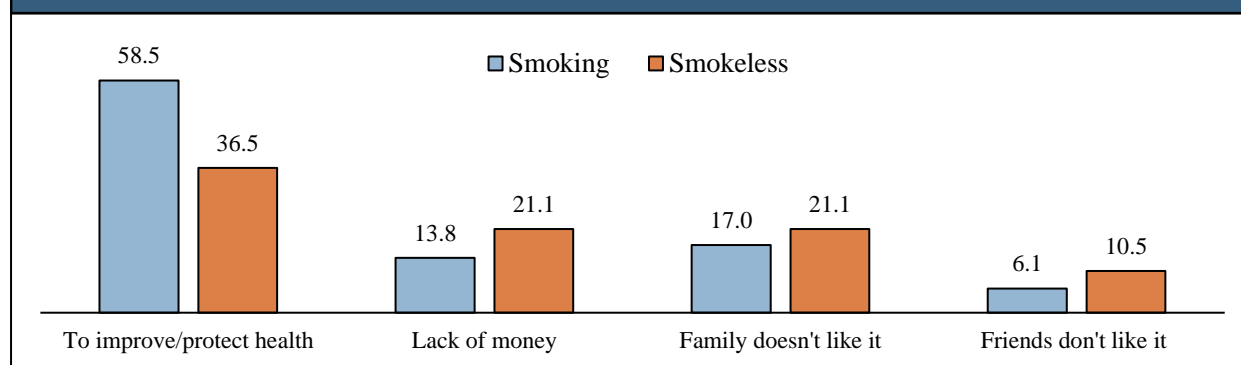
| Reason | Sex | | Location of school | | School management | | Total |
|--|------|-------|--------------------|-------|-------------------|---------|-------|
| | Boys | Girls | Rural | Urban | Public | Private | |
| Smoking | | | | | | | |
| To improve/protect health | 62.0 | 52.0 | 59.5 | 55.5 | 62.1 | 55.4 | 58.5 |
| Lack of money | 13.3 | 14.7 | 13.4 | 14.9 | 14.3 | 13.3 | 13.8 |
| Family doesn't like it | 13.4 | 23.7 | 17.1 | 16.7 | 13.7 | 19.9 | 17.0 |
| Friends don't like it | 5.6 | 6.8 | 5.8 | 6.9 | 4.5 | 7.4 | 6.1 |
| Students who quit smoking tobacco in 12 months (n) | 1197 | 501 | 1090 | 608 | 890 | 808 | 1698 |
| Smokeless | | | | | | | |
| To improve/protect health | 33.4 | 40.8 | 32.1 | 50.8 | 31.1 | 44.2 | 36.5 |
| Lack of money | 17.4 | 25.9 | 21.2 | 20.6 | 24.5 | 16.2 | 21.1 |
| Family doesn't like it | 25.8 | 14.7 | 25.1 | 8.0 | 22.8 | 18.6 | 21.1 |
| Friends don't like it | 11.0 | 9.9 | 11.2 | 8.3 | 12.6 | 7.7 | 10.5 |
| Students who quit SLT in 12 months (n) | 965 | 703 | 1060 | 608 | 896 | 772 | 1668 |

Table 6.4: Percent distribution of students aged 13-15 who quit tobacco use in the past 12 months by reasons according to States/UTs, GYTS-4, India, 2019

| States/UTs | Smoking | | | | | Smokeless | | | | |
|-------------------|---------------------------|---------------|------------------------|-----------------------|--|---------------------------|---------------|------------------------|-----------------------|--|
| | To improve/protect health | Lack of money | Family doesn't like it | Friends don't like it | Students who quit smoking tobacco in 12 months (n) | To improve/protect health | Lack of money | Family doesn't like it | Friends don't like it | Students who quit smokeless tobacco in 12 months (n) |
| Jammu & Kashmir | 76.7 | 8.3 | 8.9 | 5.5 | 37 | 41.3 | 8.0 | 1.6 | 3.0 | 27 |
| Himachal Pradesh | # | # | # | # | # | # | # | # | # | # |
| Punjab | # | # | # | # | # | # | # | # | # | # |
| Chandigarh | # | # | # | # | # | # | # | # | # | # |
| Uttarakhand | 38.5 | 39.0 | 13.5 | 7.4 | 73 | # | # | # | # | # |
| Haryana | # | # | # | # | # | # | # | # | # | # |
| Delhi | # | # | # | # | # | # | # | # | # | # |
| Rajasthan | # | # | # | # | # | # | # | # | # | # |
| Uttar Pradesh | 48.0 | 17.0 | 27.9 | 5.7 | 33 | # | # | # | # | # |
| Bihar | # | # | # | # | # | # | # | # | # | # |
| Sikkim | 71.8 | 0.5 | 7.1 | 10.8 | 102 | 51.3 | 4.0 | 14.8 | 9.2 | 73 |
| Arunachal Pradesh | 4.8 | 31.3 | 46.7 | 11.7 | 196 | 63.5 | 12.4 | 22.4 | 0.3 | 147 |
| Nagaland | 54.1 | 9.8 | 22.3 | 1.6 | 115 | 42.8 | 34.0 | 11.1 | 2.7 | 134 |
| Manipur | 64.7 | 2.6 | 12.3 | 4.4 | 123 | 3.6 | 52.6 | 24.2 | 19.6 | 117 |
| Mizoram | 73.7 | 0.5 | 8.4 | 6.8 | 117 | 78.9 | 0.2 | 3.8 | 2.5 | 133 |
| Tripura | # | # | # | # | # | 41.1 | 47.6 | 0.0 | 9.6 | 60 |
| Meghalaya | 71.3 | 10.6 | 8.4 | 6.8 | 146 | 55.4 | 21.6 | 4.2 | 15.8 | 146 |
| Assam | 53.3 | 13.5 | 19.8 | 6.3 | 29 | 59.0 | 18.1 | 0.8 | 2.6 | 30 |
| West Bengal | 65.4 | 8.7 | 15.4 | 4.6 | 54 | 27.9 | 26.8 | 38.9 | 5.2 | 40 |
| Jharkhand | 57.0 | 5.5 | 17.1 | 17.2 | 66 | 16.1 | 8.0 | 39.7 | 33.7 | 34 |
| Odisha | 38.3 | 17.1 | 18.7 | 5.2 | 48 | 32.2 | 19.7 | 40.6 | 6.2 | 39 |
| Chhattisgarh | 46.8 | 22.2 | 30.2 | 0.7 | 48 | 31.9 | 29.0 | 17.2 | 1.8 | 39 |
| Madhya Pradesh | # | # | # | # | # | # | # | # | # | # |
| Gujarat | 58.8 | 5.2 | 31.8 | 3.6 | 64 | 22.9 | 6.8 | 17.7 | 27.6 | 169 |
| Daman & Diu | # | # | # | # | # | 23.3 | 5.8 | 42.2 | 16.7 | 39 |
| D & N Haveli | # | # | # | # | # | 0.9 | 0.8 | 5.6 | 4.5 | 100 |
| Maharashtra | 52.5 | 22.6 | 14.5 | 6.3 | 83 | 47.0 | 16.9 | 13.0 | 9.2 | 54 |
| Andhra Pradesh | # | # | # | # | # | # | # | # | # | # |
| Karnataka | # | # | # | # | # | # | # | # | # | # |
| Goa | # | # | # | # | # | # | # | # | # | # |
| Lakshadweep | 37.8 | 13.5 | 27.1 | 10.8 | 36 | # | # | # | # | # |
| Kerala | 58.2 | 6.8 | 7.6 | 12.7 | 59 | 48.4 | 12.7 | 8.8 | 11.6 | 30 |
| Tamil Nadu | 46.3 | 21.3 | 15.8 | 9.5 | 39 | # | # | # | # | # |
| Puducherry | # | # | # | # | # | # | # | # | # | # |
| A & N Islands | 83.3 | 5.2 | 11.6 | 0.0 | 26 | # | # | # | # | # |
| Telangana | # | # | # | # | # | # | # | # | # | # |
| India | 59.0 | 13.9 | 16.7 | 5.9 | 1698 | 32.6 | 21.5 | 23.7 | 10.6 | 1668 |

Note: # Not calculated as the cases are less than 25 (unweighted).

Figure 6.3: Percent distribution of students aged 13-15 who quit in past 12 months by reasons for quitting, GYTS-4, India, 2019



Students across States/UTs gave varying reasons for quitting either smoking or SLT. In most of the States/UTs the highest proportion of students mentioned ‘to improve/protect health’ as the reason for quitting smoking/SLT use. In Arunachal Pradesh, the largest proportion of smokers (47%) gave ‘family does not like it’ as the reason for quitting smoking. In Manipur (53%), a majority of the SLT users who stopped its use in the past 12 months gave the financial reason (don’t have money) for quitting the tobacco use. In Jharkhand, Odisha, Daman & Diu, and West Bengal, the largest proportion of students gave the reason ‘family doesn’t like it’ for quitting SLT. (Table 6.4).

6.4 Help/advice for quitting tobacco use

All the students who ever used tobacco products were asked whether they received any help or advice to quit tobacco from different sources such as professionals, friends/relatives, family members and/or from all the three. The professional help/advice includes Quit-line, Cessation Programme and Tobacco Cessation Clinic.

In India, substantial proportion of students reported receiving help or advice for quitting smoking or SLT. (Table 6.5 and Figure 6.4). More than half (55%) of the ever smokers and 48 percent of the ever SLT users reported having received any help or advice to help quitting tobacco use.

More than one-fifth (21%) of the ever smokers reported having received professional help, 16 percent received help from friends/relatives, 14 percent from family members and five percent

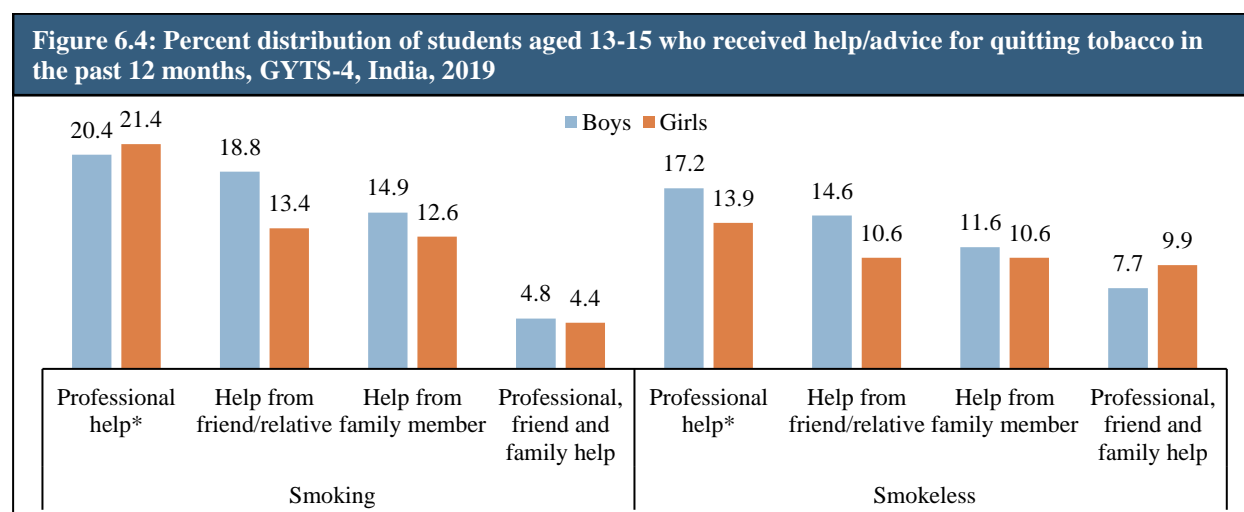
from both professional as well as friends/relatives/family members. One-fourth (25%) of the ever smokers received professional help, either alone from tobacco control programme or from the programme as well as from friends/family. The proportion of students who received help/advice from any source to quit smoking tobacco use does not vary much across sex, location of school or school management.

Sixteen percent of the ever users of SLT received professional help, 13 percent from friends/relatives, 11 percent from family members and nine percent from both professionals and from friends/relatives/family members. About one-fourth of the ever users of SLT received professional help, either alone from tobacco control programme or from the programme as well as from friends/family. Overall, the proportion of students who received help/advice from any source to quit SLT use does not vary much across sex, location of school or school management.

State-wise situation of students receiving help/advice for quitting smoking tobacco or SLT use is presented in Table 6.6. In Uttarakhand, half of the ever smokers received professional help, either alone from tobacco control programme or from the programme as well as from friends/family members, whereas in Nagaland less than 10 percent of the ever smokers received professional help, either alone from tobacco control programme or from the programme as well as from friends/family members.

In the case of SLT use, the proportion of students who received help/advice from the three sources is much lower (Table 6.6) than for quitting smoking. In 10 States/UTs, more than one-fifth of the ever users of SLT received professional help for quitting SLT. States/UTs with a higher share of professional help are Uttarakhand (45%), Chhattisgarh (39%) and Delhi (34%). In 12 States/UTs, the main source of help/advice is friends/relatives, which is the

highest in D & N Haveli (81%), followed by Gujarat (55%), Daman & Diu (41%) and Arunachal Pradesh (30%). In six States/UTs, the main source of help/advice is the family members, which is the highest in Nagaland (29%) followed by Manipur (21%). Receiving help/advice from all the three sources for quitting SLT use is not common among students but sizeable in Uttar Pradesh (22%) and Telangana (18%).



Note: * Professional help includes Quit-Line, Cessation Programme and Tobacco Cessation Clinic.

Table 6.5: Percentage of students aged 13-15 ever received help/advice from different sources for quitting tobacco according to sex, location of school and school management, GYTS-4, India, 2019

| Source | Sex | | Location of school | | School management | | Total |
|---------------------------------------|-------|-------|--------------------|-------|-------------------|---------|--------|
| | Boys | Girls | Rural | Urban | Public | Private | |
| Smoking | | | | | | | |
| Professional help* | 20.4 | 21.4 | 20.2 | 23.6 | 21.0 | 20.6 | 20.8 |
| Help from friends/relatives | 18.8 | 13.4 | 16.4 | 15.8 | 14.3 | 18.4 | 16.3 |
| Help from family members | 14.9 | 12.6 | 14.3 | 11.7 | 16.0 | 11.4 | 13.8 |
| Professional, friends and family help | 4.8 | 4.4 | 4.3 | 5.9 | 4.5 | 4.8 | 4.6 |
| Ever smokers (n) | 4,801 | 3,185 | 5,274 | 2,712 | 4,350 | 3,636 | 7,986 |
| Smokeless | | | | | | | |
| Professional help* | 17.2 | 13.9 | 15.5 | 15.8 | 14.5 | 17.1 | 15.5 |
| Help from friends/relatives | 14.6 | 10.6 | 12.0 | 15.6 | 10.3 | 16.1 | 12.6 |
| Help from family members | 11.6 | 10.6 | 11.2 | 10.7 | 11.3 | 10.7 | 11.1 |
| Professional, friends and family help | 7.7 | 9.9 | 9.9 | 3.8 | 11.7 | 4.5 | 8.8 |
| Ever users of SLT (n) | 5,647 | 4,678 | 6,849 | 3,476 | 5,715 | 4,610 | 10,325 |

Note: * Professional help includes Quit-Line, Cessation Programme and Tobacco Cessation Clinic.

Table 6.6: Percentage of students aged 13-15 ever received help/advice from different sources for quitting tobacco according to States/UTs, GYTS-4, India, 2019

| States/UTs | Smoking | | | | | Smokeless | | | | |
|-------------------|--------------------|---------------------------|-------------------------|--------------------------------------|------------------|--------------------|---------------------------|-------------------------|--------------------------------------|-----------------------|
| | Professional help* | Help from friend/relative | Help from family member | Professional, friend and family help | Ever smokers (n) | Professional help* | Help from friend/relative | Help from family member | Professional, friend and family help | Ever users of SLT (n) |
| Jammu & Kashmir | 14.0 | 27.6 | 3.1 | 2.4 | 246 | 13.4 | 15.5 | 8.1 | 2.0 | 231 |
| Himachal Pradesh | 11.5 | 6.9 | 4.1 | 16.2 | 96 | 17.5 | 1.4 | 3.2 | 6.5 | 135 |
| Punjab | 24.7 | 6.1 | 11.3 | 12.0 | 148 | 13.7 | 4.1 | 12.7 | 6.7 | 193 |
| Chandigarh | 13.5 | 14.2 | 11.4 | 3.7 | 88 | 10.4 | 9.8 | 11.0 | 2.7 | 134 |
| Uttarakhand | 45.8 | 25.7 | 8.6 | 4.1 | 359 | 45.2 | 12.4 | 7.5 | 3.3 | 486 |
| Haryana | 14.2 | 14.0 | 21.1 | 5.1 | 102 | 11.7 | 6.7 | 18.0 | 5.7 | 192 |
| Delhi | 39.1 | 12.0 | 17.1 | 3.6 | 146 | 34.3 | 16.0 | 8.3 | 3.3 | 174 |
| Rajasthan | 28.8 | 4.7 | 60.0 | 0.9 | 43 | 26.9 | 4.7 | 26.3 | 2.5 | 75 |
| Uttar Pradesh | 18.0 | 8.2 | 15.1 | 5.3 | 279 | 13.5 | 8.9 | 14.2 | 21.9 | 411 |
| Bihar | 14.4 | 17.5 | 21.7 | 2.2 | 219 | 9.1 | 7.8 | 8.5 | 5.4 | 416 |
| Sikkim | 25.7 | 24.9 | 13.3 | 8.1 | 313 | 22.0 | 19.0 | 13.3 | 8.9 | 265 |
| Arunachal Pradesh | 22.5 | 34.1 | 29.4 | 3.4 | 568 | 19.3 | 30.0 | 23.6 | 10.1 | 542 |
| Nagaland | 4.3 | 21.1 | 23.4 | 5.2 | 455 | 3.4 | 18.1 | 29.2 | 3.6 | 651 |
| Manipur | 17.2 | 19.4 | 19.9 | 5.4 | 398 | 6.9 | 18.8 | 20.8 | 5.8 | 496 |
| Mizoram | 24.9 | 20.5 | 6.2 | 5.4 | 385 | 17.2 | 19.7 | 7.8 | 7.8 | 460 |
| Tripura | 31.3 | 21.5 | 8.6 | 0.9 | 158 | 23.0 | 16.2 | 14.3 | 2.9 | 195 |
| Meghalaya | 20.0 | 40.8 | 19.9 | 6.5 | 404 | 12.5 | 27.9 | 20.7 | 7.7 | 399 |
| Assam | 35.9 | 19.9 | 10.0 | 7.1 | 177 | 27.3 | 24.0 | 8.4 | 13.3 | 170 |
| West Bengal | 14.0 | 23.5 | 9.0 | 3.3 | 347 | 23.1 | 16.5 | 8.5 | 5.9 | 287 |
| Jharkhand | 12.7 | 28.9 | 6.7 | 2.8 | 502 | 11.7 | 12.5 | 6.2 | 4.8 | 812 |
| Odisha | 20.5 | 10.0 | 11.4 | 6.0 | 425 | 15.9 | 10.1 | 10.1 | 6.2 | 580 |
| Chhattisgarh | 39.6 | 16.7 | 20.5 | 4.0 | 176 | 38.5 | 14.8 | 7.7 | 4.6 | 319 |
| Madhya Pradesh | 17.6 | 12.2 | 12.4 | 1.9 | 183 | 8.3 | 6.5 | 11.1 | 5.4 | 310 |
| Gujarat | 21.4 | 23.5 | 27.2 | 5.5 | 134 | 8.0 | 54.5 | 14.3 | 3.6 | 237 |
| Daman & Diu | 27.0 | 35.1 | 5.2 | 9.3 | 31 | 9.1 | 41.1 | 30.6 | 4.5 | 119 |
| D & N Haveli | 6.0 | 21.3 | 32.7 | 11.5 | 28 | 2.8 | 81.1 | 11.2 | 1.7 | 134 |
| Maharashtra | 24.8 | 15.9 | 10.8 | 4.8 | 576 | 18.1 | 16.3 | 8.0 | 3.1 | 695 |
| Andhra Pradesh | 15.1 | 16.9 | 8.3 | 2.2 | 75 | 7.0 | 15.9 | 12.5 | 7.7 | 101 |
| Karnataka | 40.0 | 6.7 | 4.6 | 1.3 | 49 | 18.7 | 2.0 | 4.6 | 1.4 | 49 |
| Goa | 29.7 | 12.7 | 10.2 | 10.3 | 88 | 25.5 | 16.3 | 9.1 | 4.6 | 120 |
| Lakshadweep | 17.4 | 29.1 | 19.1 | 8.5 | 83 | 16.8 | 19.4 | 11.1 | 5.3 | 109 |
| Kerala | 7.0 | 28.2 | 3.1 | 6.2 | 202 | 4.2 | 22.8 | 2.8 | 3.7 | 197 |
| Tamil Nadu | 25.1 | 11.6 | 7.6 | 8.0 | 170 | 21.6 | 9.7 | 13.8 | 4.4 | 267 |
| Puducherry | 23.8 | 15.5 | 8.7 | 7.6 | 91 | 15.5 | 6.4 | 10.4 | 4.4 | 113 |
| A & N Islands | 17.4 | 10.3 | 19.6 | 5.6 | 154 | 15.1 | 5.8 | 12.2 | 4.6 | 192 |
| Telangana | 10.0 | 28.3 | 14.5 | 0.1 | 88 | 12.4 | 23.2 | 17.5 | 18.0 | 59 |
| India | 20.8 | 16.3 | 13.8 | 4.6 | 7,986 | 15.5 | 12.6 | 11.1 | 8.8 | 10,325 |

Note: * Professional help includes Quit-Line, Cessation Programme and Tobacco Cessation Clinic.

CHAPTER 7

EXPOSURE TO ANTI-TOBACCO MESSAGES AND TOBACCO PROMOTIONS

7.1 Introduction

Article 13 of WHO FCTC states that countries undertake a comprehensive ban of all tobacco advertising, promotion and sponsorship (WHO, 2008b; 2015). The COTPA, 2003 of India bans direct and indirect advertisement of tobacco products, except at the point of sale. Additionally, the Cable Television Networks (Regulation) Act, 1995 and its subsequent amendment in 2009 disallow direct advertising of tobacco products on cable networks in India.

Accordingly, GYTS-4 collected information from students about their exposure to anti-tobacco messages in different places and tobacco advertisement/promotions on different media. In this chapter the findings have been presented mainly focusing on:

- a) Exposure to anti-tobacco messages,
- b) Exposure to tobacco advertisement and promotion, and
- c) Instruction imparted in schools about dangers/harmful effects of tobacco.

7.2 Awareness about anti-tobacco messages

More than half (53%) of the young students in India reported having seen/heard anti-tobacco messages on media in the past 30 days, over one-third (36%) in events/social gathering, and 26 percent on tobacco product/cigarette packages (Table 7.1 & Figure 7.1). The proportion of students exposed to anti-tobacco messages on media does not differ much between boys and girls (54% and 52% respectively), but differs among students from schools in rural (52%) and urban areas (56%), and among those from private and public schools (56% and 50% respectively). The extent of exposure to anti-tobacco messages in

events/social gatherings is slightly higher among boys (38%) than girls (33%). However, in the case of exposure to anti-tobacco messages in events/social gatherings and any tobacco product/cigarette package it is not very different among students from schools in rural/urban areas and those from private and public schools (Table 7.1).

The role of media as the most important source of anti-tobacco messages is evident across the States/UTs. The proportion of students exposed to anti-tobacco messages on media ranges from 37 percent in Nagaland to 70 percent in Kerala (Table 7.2 and Figure 7.2). Despite media being the most prominent source, in 10 states, less than 50 percent of the students are exposed to anti-tobacco messages on it. Tobacco product/cigarette package is not a common source of anti-tobacco messages as only 26 percent of the students reported seeing anti-tobacco messages on it. However, in Arunachal Pradesh (70%), Mizoram (68%), Meghalaya (55%) and Nagaland (53%), more than half of the students reported seeing anti-tobacco messages on tobacco/cigarette packages.

Figure 7.1: Percentage of students aged 13-15 who have seen/heard anti-tobacco messages in past 30 days by source and according to sex, GYTS-4, India, 2019

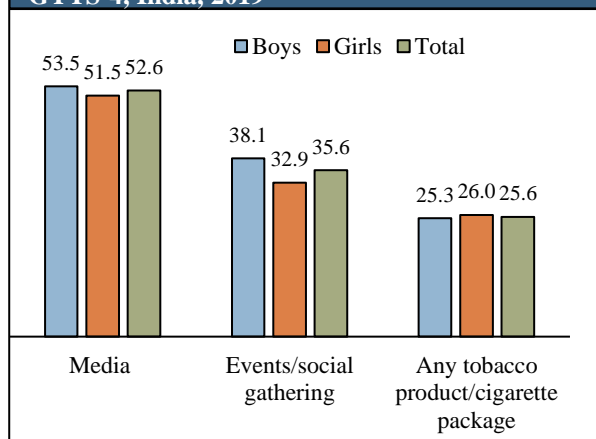


Table 7.1: Percentage of students aged 13-15 who have seen/heard anti-tobacco messages in past 30 days by source and according to sex, location of school and school management, GYTS-4, India, 2019

| Source | Sex | | Location of school | | School management | | Total |
|---------------------------------------|--------|--------|--------------------|--------|-------------------|---------|--------|
| | Boys | Girls | Rural | Urban | Public | Private | |
| Media* | 53.5 | 51.5 | 51.6 | 55.7 | 49.7 | 55.7 | 52.6 |
| Events/social gatherings# | 38.1 | 32.9 | 35.8 | 34.9 | 35.3 | 35.9 | 35.6 |
| Any tobacco product/cigarette package | 25.3 | 26.0 | 25.7 | 25.4 | 24.9 | 26.5 | 25.6 |
| Total (n) | 38,901 | 41,871 | 50,540 | 30,232 | 43,320 | 37,452 | 80,772 |

Note: * Media includes television, radio, internet, billboards, posters, newspapers, magazines, movies, etc.

Events/Social gatherings include sport events, fairs, concerts, community events, social gatherings, etc.

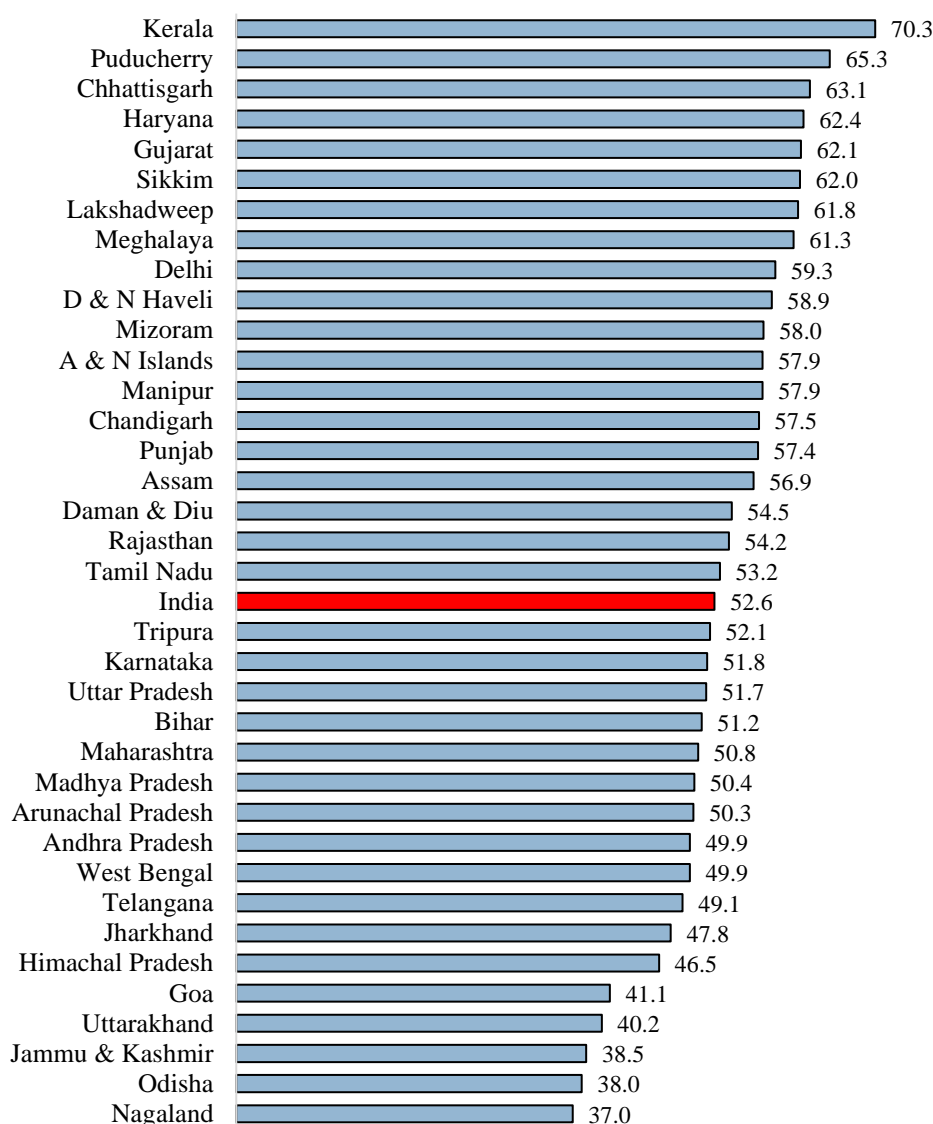
Table 7.2: Percentage of students aged 13-15 who have seen/heard anti-tobacco messages in past 30 days by source according to States/UTs, GYTS-4, India, 2019

| States/UTs | Media* | Events/Social gatherings# | Any tobacco product/ cigarette package | Total (n) |
|-------------------|-------------|---------------------------|--|---------------|
| Jammu & Kashmir | 38.5 | 31.4 | 19.0 | 1,256 |
| Himachal Pradesh | 46.5 | 23.8 | 14.3 | 2,004 |
| Punjab | 57.4 | 36.6 | 17.6 | 1,928 |
| Chandigarh | 57.5 | 37.1 | 20.6 | 1,878 |
| Uttarakhand | 40.2 | 37.6 | 31.7 | 1,814 |
| Haryana | 62.4 | 47.7 | 24.6 | 2,431 |
| Delhi | 59.3 | 42.0 | 30.8 | 2,500 |
| Rajasthan | 54.2 | 63.4 | 47.2 | 2,735 |
| Uttar Pradesh | 51.7 | 35.3 | 18.0 | 2,885 |
| Bihar | 51.2 | 34.4 | 21.8 | 2,748 |
| Sikkim | 62.0 | 42.5 | 42.7 | 1,205 |
| Arunachal Pradesh | 50.3 | 46.2 | 70.0 | 1,377 |
| Nagaland | 37.0 | 31.5 | 53.3 | 1,438 |
| Manipur | 57.9 | 34.8 | 30.6 | 1,775 |
| Mizoram | 58.0 | 39.6 | 67.8 | 913 |
| Tripura | 52.1 | 26.6 | 30.6 | 1,710 |
| Meghalaya | 61.3 | 35.7 | 54.5 | 1,387 |
| Assam | 56.9 | 30.4 | 28.3 | 2,213 |
| West Bengal | 49.9 | 29.2 | 28.5 | 4,059 |
| Jharkhand | 47.8 | 32.9 | 20.1 | 3,339 |
| Odisha | 38.0 | 24.7 | 16.9 | 3,761 |
| Chhattisgarh | 63.1 | 33.6 | 31.2 | 2,464 |
| Madhya Pradesh | 50.4 | 33.2 | 21.7 | 2,490 |
| Gujarat | 62.1 | 40.8 | 33.8 | 3,249 |
| Daman & Diu | 54.5 | 32.4 | 28.3 | 1,585 |
| D & N Haveli | 58.9 | 39.9 | 25.2 | 1,655 |
| Maharashtra | 50.8 | 33.6 | 24.3 | 3,766 |
| Andhra Pradesh | 49.9 | 27.6 | 22.2 | 2,959 |
| Karnataka | 51.8 | 30.9 | 23.6 | 2,652 |
| Goa | 41.1 | 20.0 | 31.3 | 1,844 |
| Lakshadweep | 61.8 | 26.8 | 31.1 | 879 |
| Kerala | 70.3 | 29.7 | 26.3 | 2,930 |
| Tamil Nadu | 53.2 | 32.6 | 27.1 | 2,966 |
| Puducherry | 65.3 | 24.8 | 27.0 | 2,179 |
| A & N Islands | 57.9 | 40.1 | 29.2 | 1,315 |
| Telangana | 49.1 | 24.1 | 26.0 | 2,483 |
| India | 52.6 | 35.6 | 25.6 | 80,772 |

Note: * Media includes television, radio, internet, billboards, posters, newspapers, magazines, movies, etc.

Events/Social gatherings include sports events, fairs, concerts, community events, etc.

Figure 7.2: Percentage of students aged 13-15 who have seen/heard anti-tobacco messages in past 30 days in Media, GYTS-4, India, 2019



7.3 Exposure to tobacco promotions or advertisements

Students were also asked whether they have seen tobacco promotions or advertisements in the past 30 days on TV, videos, movies, online/internet and point of sale. As presented in Table 7.3 and Figure 7.3, among the five sources, TV emerges as the main source on which the highest proportion of students (45%) saw promotions or advertisements of any tobacco product, followed by movies (37%) and videos (34%). Sex differentials in the proportion of students who have seen promotions or advertisements of tobacco products on TV, videos, movies, internet or

point of sale are quite low. The proportion of students exposed to tobacco advertisements/promotions on different media is relatively higher among students from schools in urban than rural areas, and students from private than public schools. Across all the sources from which data was collected, point of sale emerged as the source where the least proportion of students saw tobacco advertisements. Less than one-fifth (17%) of the students reported seeing tobacco advertisements/promotions at the point of sale. Almost an equal proportion of girls and boys, students from schools in urban and rural areas, and from private and public schools reported

seeing tobacco advertisements at the point of sale.

Table 7.4 presents the proportions of students who have seen promotions or advertisements of tobacco products on TV, videos, movies, internet or point of sale across States/UTs. In 26 out of 36 States/UTs, across all the five sources the largest proportion of students reported seeing/hearing tobacco advertisements/promotions on TV. In Delhi (69%), Mizoram (52%), Karnataka (51%) and Rajasthan (51%), more than half of the students reported seeing/hearing tobacco advertisements/promotions on video.

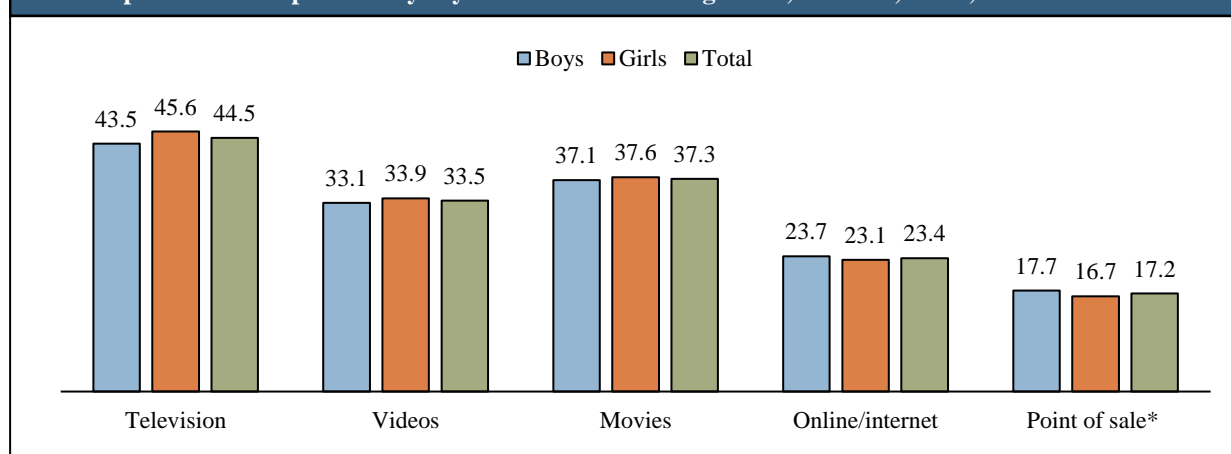
Similarly, in Delhi (79%), Karnataka (71%), Telangana (64%), Chandigarh (62%), Andhra Pradesh (60%), Mizoram (57%), Sikkim (55%) and Meghalaya (51%), more than 50 percent of the students have seen/heard tobacco advertisements/promotions in movies. In Delhi (62%), Mizoram (41%) and Haryana and Sikkim (39% each), a sizeable proportion of students are exposed to tobacco advertisements/promotions on the internet. In general, only a small proportion of students from all the States/UTs have seen tobacco advertisements at the point of sale. Exceptions to this are Arunachal Pradesh (37%), Nagaland (28%) and Lakshadweep and Goa (26% each).

Table 7.3: Percentage of students aged 13-15 who have seen promotions or advertisements for any tobacco product in the past 30 days by source and according to sex, location of school and school management, GYTS-4, India, 2019

| Source | Sex | | Location of school | | School management | | Total |
|------------------|---------------|---------------|--------------------|---------------|-------------------|---------------|---------------|
| | Boys | Girls | Rural | Urban | Public | Private | |
| Television | 43.5 | 45.6 | 41.9 | 52.9 | 42.3 | 46.9 | 44.5 |
| Videos | 33.1 | 33.9 | 31.9 | 38.6 | 34.1 | 32.9 | 33.5 |
| Movies | 37.1 | 37.6 | 33.4 | 49.8 | 33.2 | 41.8 | 37.3 |
| Online/internet | 23.7 | 23.1 | 21.5 | 29.4 | 22.6 | 24.2 | 23.4 |
| Point of sale* | 17.7 | 16.7 | 17.6 | 15.9 | 17.8 | 16.5 | 17.2 |
| Total (n) | 38,901 | 41,871 | 50,540 | 30,232 | 43,320 | 37,452 | 80,772 |

Note: * Point of sale includes *paan* dukan/store/shop, etc.

Figure 7.3: Percentage of students aged 13-15 who have seen promotions or advertisements for any tobacco product in the past 30 days by source and according to sex, GYTS-4, India, 2019



Note: * Point of sale includes *paan* dukan/store/shop, etc.

Table 7.4: Percentage of students aged 13-15 who have seen promotions or advertisements for any tobacco product in the past 30 days by source and according to States/UTs, GYTS-4, India, 2019

| States/UTs | Tele- vision | Videos | Movies | Online/ Internet | Point of Sale* | Total (n) |
|-------------------|-----------------|-------------|-------------|---------------------|-------------------|---------------|
| Jammu & Kashmir | 29.0 | 13.0 | 24.1 | 6.8 | 14.0 | 1,256 |
| Himachal Pradesh | 37.7 | 21.9 | 18.4 | 8.2 | 10.6 | 2,004 |
| Punjab | 57.9 | 45.5 | 44.4 | 35.1 | 11.2 | 1,928 |
| Chandigarh | 63.0 | 39.1 | 62.1 | 32.1 | 13.5 | 1,878 |
| Uttarakhand | 25.2 | 19.0 | 25.0 | 12.6 | 16.7 | 1,814 |
| Haryana | 57.1 | 45.2 | 49.5 | 39.0 | 13.8 | 2,431 |
| Delhi | 77.6 | 68.6 | 78.9 | 61.5 | 11.8 | 2,500 |
| Rajasthan | 60.3 | 50.6 | 36.9 | 22.9 | 12.5 | 2,735 |
| Uttar Pradesh | 43.4 | 35.8 | 33.0 | 29.1 | 17.5 | 2,885 |
| Bihar | 47.5 | 41.7 | 43.3 | 35.8 | 17.3 | 2,748 |
| Sikkim | 53.5 | 42.2 | 54.8 | 38.5 | 20.2 | 1,205 |
| Arunachal Pradesh | 31.8 | 29.8 | 28.6 | 19.9 | 37.4 | 1,377 |
| Nagaland | 54.1 | 34.6 | 43.2 | 30.6 | 28.4 | 1,438 |
| Manipur | 37.6 | 29.5 | 34.0 | 24.4 | 11.9 | 1,775 |
| Mizoram | 63.5 | 52.4 | 56.6 | 41.3 | 18.0 | 913 |
| Tripura | 32.2 | 20.7 | 27.8 | 12.6 | 18.6 | 1,710 |
| Meghalaya | 53.7 | 45.0 | 51.0 | 37.7 | 23.0 | 1,387 |
| Assam | 36.5 | 27.2 | 35.2 | 12.5 | 15.5 | 2,213 |
| West Bengal | 33.7 | 17.1 | 22.4 | 12.2 | 21.4 | 4,059 |
| Jharkhand | 23.1 | 17.1 | 19.0 | 9.8 | 15.1 | 3,339 |
| Odisha | 22.8 | 15.1 | 17.2 | 8.8 | 16.7 | 3,761 |
| Chhattisgarh | 50.8 | 35.5 | 32.4 | 25.5 | 15.8 | 2,464 |
| Madhya Pradesh | 54.7 | 43.5 | 43.6 | 30.8 | 18.7 | 2,490 |
| Gujarat | 32.7 | 24.2 | 24.2 | 13.9 | 17.8 | 3,249 |
| Daman & Diu | 39.5 | 25.7 | 32.9 | 19.0 | 18.7 | 1,585 |
| D & N Haveli | 36.7 | 27.9 | 30.7 | 17.5 | 22.4 | 1,655 |
| Maharashtra | 37.3 | 24.8 | 34.6 | 17.9 | 24.4 | 3,766 |
| Andhra Pradesh | 56.5 | 39.6 | 60.0 | 24.1 | 9.1 | 2,959 |
| Karnataka | 67.3 | 51.4 | 70.6 | 29.5 | 16.7 | 2,652 |
| Goa | 47.2 | 28.0 | 45.6 | 19.9 | 25.9 | 1,844 |
| Lakshadweep | 47.3 | 39.9 | 49.6 | 15.7 | 25.9 | 879 |
| Kerala | 41.2 | 23.4 | 44.6 | 12.9 | 18.9 | 2,930 |
| Tamil Nadu | 32.6 | 20.2 | 30.9 | 14.9 | 14.8 | 2,966 |
| Puducherry | 51.7 | 21.5 | 39.0 | 13.8 | 14.3 | 2,179 |
| A & N Islands | 41.5 | 26.7 | 38.5 | 16.3 | 21.1 | 1,315 |
| Telangana | 59.9 | 43.1 | 63.5 | 27.7 | 11.7 | 2,483 |
| India | 44.5 | 33.5 | 37.3 | 23.4 | 17.2 | 80,772 |

Note: * Point of sale includes *paan* dukan/store/shop, etc.

7.4 Taught in class about dangers/harmful effects of tobacco use

The WHO FCTC envisages education in schools on the dangers/harmful effects of tobacco use as one important strategy to control tobacco use. In 2008, India also launched a similar strategy known as “Guidelines for Tobacco Free Schools/Educational Institutions (ToEFI)”, which was revised in 2019. More than one-third (36%) of the students are taught in schools about the dangers/harmful effects of tobacco use (Table 7.5). A higher proportion of students from public schools (40%) are taught in schools about it compared to private schools (33%). Similarly, higher proportion of students from girls’ schools (36%) and co-ed schools (37%) than students from boys’ schools (32%) are taught about dangers/harmful effects of tobacco use (Figure 7.4). The proportion of students who are taught about it ranged from 18 percent each in Tripura and Puducherry to 56 percent in Mizoram. In 15 States/UTs, less than one-third of the students are taught the dangers/harmful effects of tobacco use in their schools. Undoubtedly, as in most schools across the States/UTs they are not taught about dangers/harmful effects of tobacco use, there is an urgent need to ensure that students are made aware about dangers/harmful effects of tobacco use.

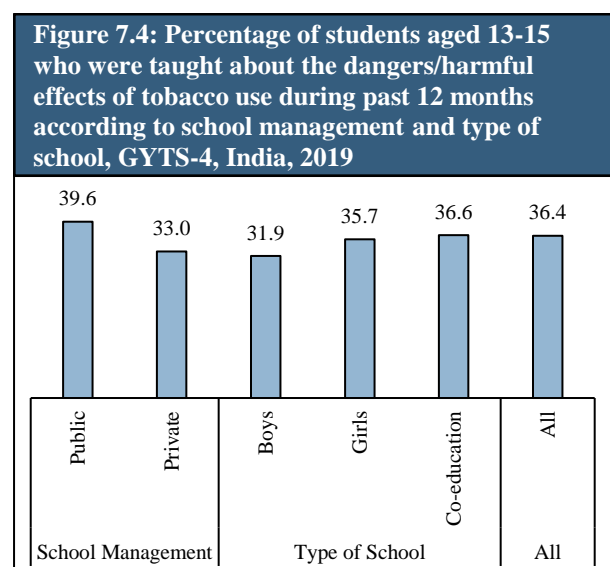


Table 7.5: Percentage of students aged 13-15 who were taught about the dangers/harmful effects of tobacco use during past 12 months according to States/UTs, GYTS-4, India, 2019

| States/UTs | Taught in school | Total (n) |
|-------------------|------------------|---------------|
| Jammu & Kashmir | 36.1 | 1,256 |
| Himachal Pradesh | 29.9 | 2,004 |
| Punjab | 40.3 | 1,928 |
| Chandigarh | 37.7 | 1,878 |
| Uttarakhand | 27.5 | 1,814 |
| Haryana | 35.4 | 2,431 |
| Delhi | 45.3 | 2,500 |
| Rajasthan | 41.3 | 2,735 |
| Uttar Pradesh | 48.0 | 2,885 |
| Bihar | 39.4 | 2,748 |
| Sikkim | 47.3 | 1,205 |
| Arunachal Pradesh | 28.9 | 1,377 |
| Nagaland | 42.3 | 1,438 |
| Manipur | 28.4 | 1,775 |
| Mizoram | 56.1 | 913 |
| Tripura | 17.8 | 1,710 |
| Meghalaya | 50.3 | 1,387 |
| Assam | 40.0 | 2,213 |
| West Bengal | 24.5 | 4,059 |
| Jharkhand | 36.0 | 3,339 |
| Odisha | 24.8 | 3,761 |
| Chhattisgarh | 47.1 | 2,464 |
| Madhya Pradesh | 35.5 | 2,490 |
| Gujarat | 39.4 | 3,249 |
| Daman & Diu | 25.1 | 1,585 |
| D & N Haveli | 33.0 | 1,655 |
| Maharashtra | 36.4 | 3,766 |
| Andhra Pradesh | 22.9 | 2,959 |
| Karnataka | 27.0 | 2,652 |
| Goa | 26.1 | 1,844 |
| Lakshadweep | 35.5 | 879 |
| Kerala | 35.9 | 2,930 |
| Tamil Nadu | 28.3 | 2,966 |
| Puducherry | 17.9 | 2,179 |
| A & N Islands | 23.4 | 1,315 |
| Telangana | 24.6 | 2,483 |
| India | 36.4 | 80,772 |

CHAPTER 8

PERCEPTION, BELIEF AND ATTITUDE

8.1 Introduction

The use of tobacco is generally influenced by the level of perception, belief and attitude of the people in general and students in particular. This chapter presents the perception and belief of the students related to tobacco use and attitude towards SHS in India.

8.2 Perception and belief towards tobacco use

The percentage of students aged 13-15 by their perception and belief towards tobacco use according to sex, location of school and school management is presented in Figure 8.1 and Table 8.1.

Students who never used tobacco were asked whether in the future they will use tobacco. About four percent of them who never used tobacco reported that they might use some form of tobacco in the next 12 months and another four percent might use any form of tobacco if offered by their best friend or relative. More boys than girls reported that they might use tobacco in the next 12 months, whereas more girls than boys reported that they might use if offered by their best friend or relative. More students from schools in rural areas and from public schools than their respective counterparts reported that they might use tobacco in the next 12 months, and more so if offered by the best friend or relative.

It is encouraging that about two-thirds (63%) of students at the national level think that any form of tobacco use is harmful to health. Awareness of addictive nature of tobacco use is lower than the awareness of harmful effects of tobacco use on health. Only a quarter (24%) of the students are aware that it is difficult to quit once they start using any form of tobacco. Eighteen percent of the students at the national level think that it is safe to use any form of tobacco for a year or two as long as one quits after that.

More girls (66%) than boys (61%) are aware that tobacco use is harmful to health. However, no sex differential is observed among those who think that tobacco use is addictive and that it is safe to use tobacco for two years. The proportion of students aware of harmful effects of tobacco use and of those who think tobacco use is addictive, is higher among students from schools in urban areas and private schools as compared with other schools. On the other hand, the proportion of students who think it is safe to use tobacco up to two years is higher among students from schools in rural areas and public schools as compared with other schools.

Table 8.2 shows the percentage of students aged 13-15 by their perception and belief towards tobacco use according to States/UTs in India. The proportion of students aware of harmful effects of tobacco use ranges from the low of 44 percent in Arunachal Pradesh to 86 percent in Mizoram. In the remaining States/UTs, a majority of the students are aware of the harmful effects of tobacco use on health. As for the perception that it is difficult to quit tobacco once a person started using any form of tobacco, the proportion ranges from 16 percent in Madhya Pradesh to the highest of 63 percent in Mizoram. With respect to the perception that 'think safe to use any form of tobacco for a year or two as long as you quit after that', it ranges from a low of four percent each in Kerala to a high of 28 percent in Uttar Pradesh and West Bengal.

The proportion of students who say that they might use any form of tobacco product in the next 12 months ranges from less than one percent in Kerala and Manipur to the highest of 11 percent in Delhi. However, in case of 'might use any form of tobacco if offered by their best friend or relatives', the proportion ranges from nil in Mizoram to 11 percent in Delhi and Arunachal Pradesh.

Table 8.1: Percentage of students aged 13-15 by their perception and belief towards tobacco use according to sex, location of school and school management, GYTS-4, India, 2019

| Perception & belief | Sex | | Location of school | | School management | | Total |
|---|---------------|---------------|--------------------|---------------|-------------------|---------------|---------------|
| | Boys | Girls | Rural | Urban | Public | Private | |
| Might use any form of tobacco in next 12 months | 3.9 | 3.5 | 3.9 | 2.9 | 4.4 | 2.9 | 3.7 |
| Might use any form of tobacco if offered by best friend/relative | 3.8 | 4.6 | 4.4 | 3.5 | 4.9 | 3.4 | 4.2 |
| Students who never used any tobacco (n) | 30,584 | 35,130 | 40,784 | 24,930 | 35,327 | 30,387 | 65,714 |
| Think safe to use any form of tobacco for a year or two as long as one quits after that | 18.1 | 18.7 | 20.0 | 12.9 | 20.3 | 16.2 | 18.3 |
| Think it is difficult to quit once start using any form of tobacco | 24.3 | 24.6 | 23.0 | 29.1 | 22.3 | 26.8 | 24.4 |
| Think any form of tobacco use is harmful to health | 61.1 | 65.5 | 62.6 | 65.2 | 62.2 | 64.4 | 63.2 |
| Total (n) | 38,901 | 41,871 | 50,540 | 30,232 | 43,320 | 37,452 | 80,772 |

Figure 8.1: Percentage of students aged 13-15 by their perception and belief towards tobacco use according to sex, location of school and school management, GYTS-4, India, 2019

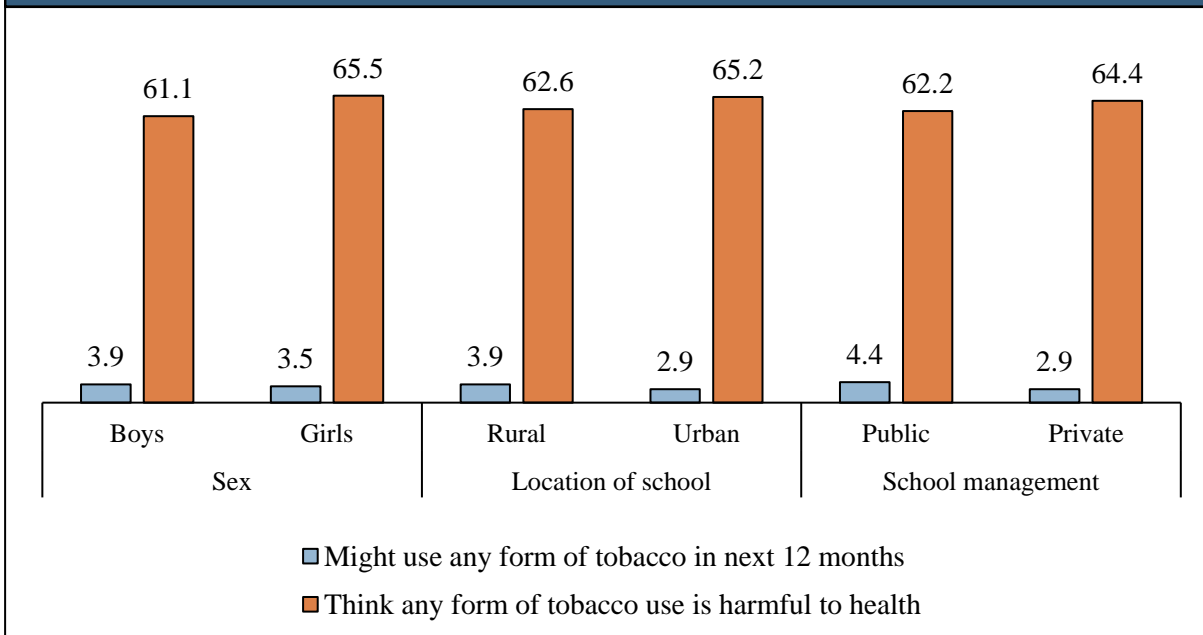


Table 8.2: Percentage of students aged 13-15 by their perception and belief towards tobacco use according to States/UTs, GYTS-4, India, 2019

| States/UTs | Might use any form of tobacco in next 12 months | Might use any form of tobacco if offered by best friend/relative | Students who never used any tobacco (n) | Think safe to use any form of tobacco for a year or two as long as one quits after that | Think it is difficult to quit once start using any form of tobacco | Think any form of tobacco use is harmful to health | Total (n) |
|-------------------|---|--|---|---|--|--|---------------|
| Jammu & Kashmir | 2.5 | 4.4 | 910 | 13.4 | 20.0 | 46.5 | 1,256 |
| Himachal Pradesh | 4.4 | 5.3 | 1,777 | 15.4 | 19.5 | 54.6 | 2,004 |
| Punjab | 2.3 | 3.1 | 1,784 | 17.9 | 18.5 | 65.0 | 1,928 |
| Chandigarh | 3.0 | 3.5 | 1,680 | 9.7 | 35.5 | 69.5 | 1,878 |
| Uttarakhand | 3.0 | 5.6 | 1,277 | 15.4 | 25.4 | 47.5 | 1,814 |
| Haryana | 3.5 | 5.5 | 2,173 | 16.0 | 28.4 | 66.5 | 2,431 |
| Delhi | 10.7 | 11.1 | 2,104 | 10.6 | 46.1 | 60.4 | 2,500 |
| Rajasthan | 5.7 | 6.4 | 2,496 | 13.9 | 18.0 | 66.9 | 2,735 |
| Uttar Pradesh | 3.8 | 4.1 | 2,235 | 28.1 | 22.9 | 66.2 | 2,885 |
| Bihar | 5.4 | 6.7 | 2,204 | 22.3 | 22.5 | 63.8 | 2,748 |
| Sikkim | 1.0 | 3.4 | 731 | 16.4 | 46.7 | 76.5 | 1,205 |
| Arunachal Pradesh | 7.2 | 11.1 | 677 | 13.5 | 22.1 | 43.9 | 1,377 |
| Nagaland | 2.4 | 1.7 | 522 | 7.5 | 35.8 | 53.7 | 1,438 |
| Manipur | 0.5 | 0.6 | 995 | 19.0 | 28.3 | 74.0 | 1,775 |
| Mizoram | 1.4 | 0.0 | 103 | 21.2 | 62.7 | 86.1 | 913 |
| Tripura | 2.7 | 2.8 | 1,357 | 17.5 | 21.3 | 61.9 | 1,710 |
| Meghalaya | 1.4 | 1.6 | 811 | 20.7 | 39.4 | 68.2 | 1,387 |
| Assam | 2.2 | 4.1 | 1,904 | 14.3 | 18.3 | 69.1 | 2,213 |
| West Bengal | 3.5 | 3.6 | 3,333 | 28.0 | 20.1 | 58.6 | 4,059 |
| Jharkhand | 2.6 | 3.4 | 2,467 | 16.9 | 20.1 | 58.5 | 3,339 |
| Odisha | 5.1 | 7.8 | 3,246 | 13.8 | 20.8 | 48.5 | 3,761 |
| Chhattisgarh | 4.6 | 6.3 | 2,022 | 13.3 | 26.3 | 64.0 | 2,464 |
| Madhya Pradesh | 3.5 | 3.2 | 2,240 | 18.9 | 15.8 | 64.6 | 2,490 |
| Gujarat | 1.2 | 2.0 | 2,851 | 10.6 | 25.4 | 62.2 | 3,249 |
| Daman & Diu | 1.2 | 2.2 | 1,396 | 8.2 | 27.0 | 67.6 | 1,585 |
| D & N Haveli | 1.5 | 2.3 | 1,464 | 15.8 | 19.8 | 71.7 | 1,655 |
| Maharashtra | 3.5 | 2.8 | 2,990 | 14.5 | 29.2 | 64.0 | 3,766 |
| Andhra Pradesh | 1.3 | 1.6 | 2,711 | 13.5 | 30.6 | 64.7 | 2,959 |
| Karnataka | 1.7 | 2.1 | 2,507 | 9.5 | 24.3 | 63.4 | 2,652 |
| Goa | 1.6 | 2.1 | 1,678 | 7.8 | 32.4 | 63.8 | 1,844 |
| Lakshadweep | 2.2 | 2.9 | 681 | 8.5 | 32.7 | 65.4 | 879 |
| Kerala | 0.6 | 1.4 | 2,589 | 3.6 | 40.0 | 82.1 | 2,930 |
| Tamil Nadu | 4.5 | 3.8 | 2,575 | 21.9 | 34.3 | 58.0 | 2,966 |
| Puducherry | 1.9 | 2.5 | 1,925 | 9.9 | 27.0 | 52.6 | 2,179 |
| A & N Islands | 2.2 | 5.9 | 1,059 | 15.7 | 23.0 | 57.8 | 1,315 |
| Telangana | 2.2 | 2.8 | 2,240 | 16.2 | 34.5 | 70.2 | 2,483 |
| India | 3.7 | 4.2 | 65714 | 18.3 | 24.4 | 63.2 | 80,772 |

Note: * Students who never used any tobacco.

8.3 Attitude towards SHS

Students' attitude towards SHS becomes important as they are exposed to it both at home and outside. They were asked about harmfulness of exposure to it and the ban on smoking inside enclosed public places and at outdoor public places.

Tables 8.3 and 8.4 and Figures 8.2 and 8.3 present students' attitude towards SHS according to sex, location of school and school management. The results show that 70 percent of the students are aware of the harmful effects of SHS to health of the persons exposed to it and about three-fifths of them supported a ban on smoking inside enclosed public places (58%) and outdoor public places (61%). A higher proportion of girls (71%) than boys (69%) are aware of the harmful effects of SHS on health. Almost an equal proportion of boys and girls supported a ban on smoking in enclosed public places and in outdoor public places. The proportion of students aware of harmful health effects of SHS is higher in urban schools (72%) than rural schools (70%). Similarly, a higher proportion of students from urban schools (64%) support a ban on smoking inside enclosed public places than from schools

in rural areas (56%). A support to ban smoking at outdoor public places is also higher among students from schools in urban areas (67%) than rural areas (59%) and from private schools (62%) than public schools (59%).

Students' attitudes towards SHS according to States/UTs is presented in Table 8.4. The proportion of students aware that SHS is harmful to them varies from the lowest of 43 percent in Arunachal Pradesh to 83 percent in Mizoram and Kerala. Except Arunachal Pradesh (43%) and Jammu & Kashmir (49%), in other States/UTs at least 60 percent of students are aware of the harmful effects of SHS to health.

Support to ban smoking inside enclosed public places varies from the lowest of 46 percent in Tripura to 86 percent in Mizoram and Kerala. On the other hand, supporting it at outdoor public places varies from the lowest of 43 percent in Odisha to 89 percent in Mizoram. Except Odisha (43%), Tripura (45%) and West Bengal (49%), in the remaining States/UTs, a majority of the students mentioned that they support the banning of smoking at outdoor public places.

Table 8.3: Percentage of students aged 13-15 by their attitudes towards SHS according to sex, location of school and school management, GYTS-4, India, 2019

| Attitude | Sex | | Location of school | | School management | | Total |
|---|---------------|---------------|--------------------|---------------|-------------------|---------------|---------------|
| | Boys | Girls | Rural | Urban | Public | Private | |
| Thinks SHS is harmful to him/her | 69.2 | 71.4 | 69.8 | 71.7 | 68.4 | 72.3 | 70.2 |
| Support the ban on smoking inside enclosed public places* | 59.3 | 56.7 | 56.1 | 64.4 | 55.8 | 60.5 | 58.1 |
| Support the ban on smoking at outdoor public places** | 61.6 | 59.4 | 58.5 | 67.2 | 59.1 | 62.1 | 60.5 |
| Total (n) | 38,901 | 41,871 | 50,540 | 30,232 | 43,320 | 37,452 | 80,772 |

Note: * Refers to schools, hostels, shops, restaurants, hotels, movie theatres, public conveyances, gyms, sports arenas, airports, auditoriums, hospital buildings, railway waiting rooms, public toilets, public offices, educational institutions, libraries, etc.
** Refers to playgrounds, sidewalks, entrances to buildings, parks, beaches, bus stops, market places, etc.

Figure 8.2: Percentage of students aged 13-15 by their attitudes towards secondhand smoke (SHS) according to sex, location of school and school management, GYTS-4, India, 2019

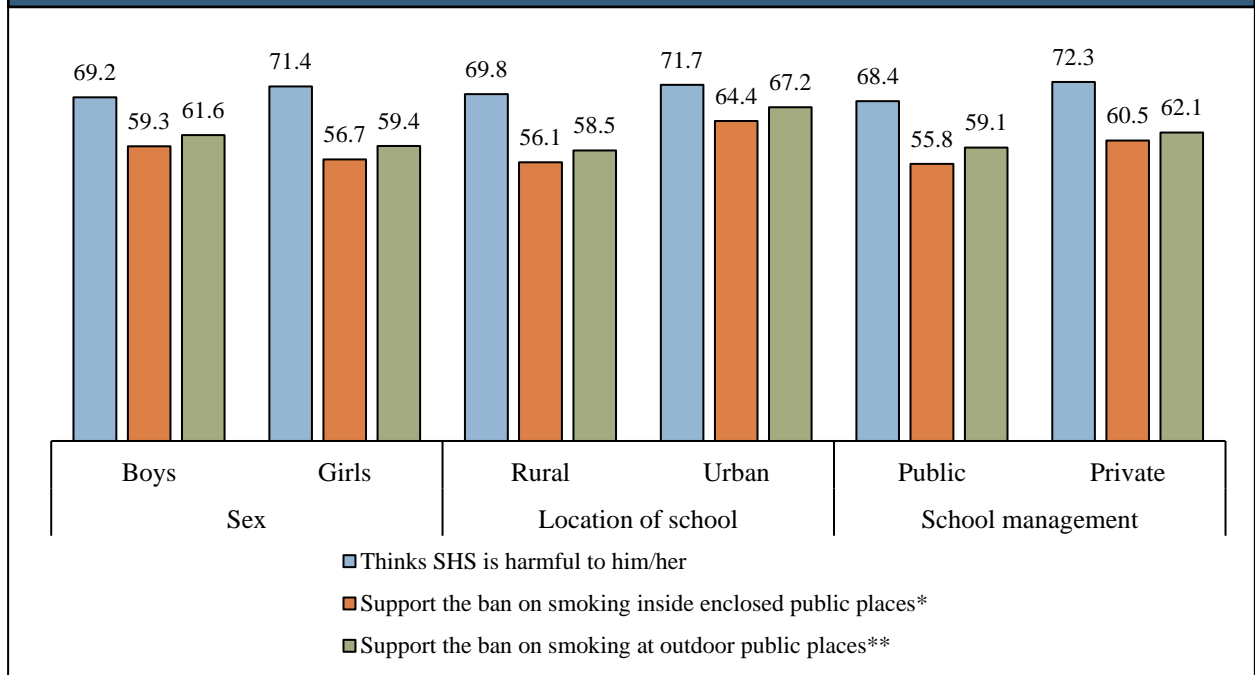


Figure 8.3: Percentage of students aged 13-15 who think secondhand smoking (SHS) is harmful to him/her according to States/UTs, GYTS-4, India, 2019

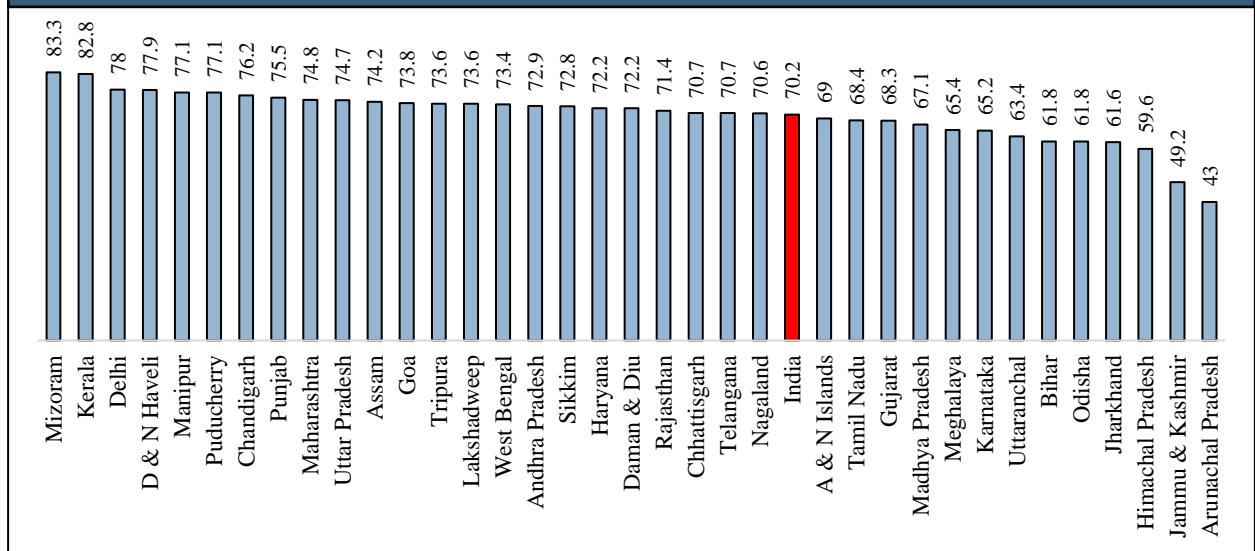


Table 8.4: Percentage of students aged 13-15 by their attitude towards SHS according to States/UTs, GYTS-4, India, 2019

| States/UTs | Think SHS is harmful to him/her | Support the ban on smoking inside enclosed public places* | Support the ban on smoking at outdoor public places** | Total (n) |
|-------------------|---------------------------------|---|---|---------------|
| Jammu & Kashmir | 49.2 | 60.0 | 52.1 | 1,256 |
| Himachal Pradesh | 59.6 | 52.3 | 55.6 | 2,004 |
| Punjab | 75.5 | 46.9 | 70.9 | 1,928 |
| Chandigarh | 76.2 | 71.4 | 70.4 | 1,878 |
| Uttarakhand | 63.4 | 50.7 | 56.5 | 1,814 |
| Haryana | 72.2 | 63.4 | 67.2 | 2,431 |
| Delhi | 78.0 | 61.5 | 63.5 | 2,500 |
| Rajasthan | 71.4 | 75.0 | 77.3 | 2,735 |
| Uttar Pradesh | 74.7 | 57.1 | 63.3 | 2,885 |
| Bihar | 61.8 | 52.2 | 55.5 | 2,748 |
| Sikkim | 72.8 | 71.8 | 69.2 | 1,205 |
| Arunachal Pradesh | 43.0 | 53.6 | 60.8 | 1,377 |
| Nagaland | 70.6 | 80.4 | 61.5 | 1,438 |
| Manipur | 77.1 | 70.0 | 72.5 | 1,775 |
| Mizoram | 83.3 | 86.4 | 89.0 | 913 |
| Tripura | 73.6 | 46.2 | 44.6 | 1,710 |
| Meghalaya | 65.4 | 68.6 | 77.0 | 1,387 |
| Assam | 74.2 | 53.7 | 52.6 | 2,213 |
| West Bengal | 73.4 | 48.0 | 48.9 | 4,059 |
| Jharkhand | 61.6 | 49.5 | 52.4 | 3,339 |
| Odisha | 61.8 | 46.5 | 43.2 | 3,761 |
| Chhattisgarh | 70.7 | 63.8 | 69.1 | 2,464 |
| Madhya Pradesh | 67.1 | 52.2 | 55.4 | 2,490 |
| Gujarat | 68.3 | 60.7 | 59.1 | 3,249 |
| Daman & Diu | 72.2 | 66.6 | 63.7 | 1,585 |
| D & N Haveli | 77.9 | 56.1 | 55.9 | 1,655 |
| Maharashtra | 74.8 | 60.6 | 60.8 | 3,766 |
| Andhra Pradesh | 72.9 | 50.2 | 50.8 | 2,959 |
| Karnataka | 65.2 | 62.9 | 65.0 | 2,652 |
| Goa | 73.8 | 74.9 | 72.1 | 1,844 |
| Lakshadweep | 73.6 | 71.3 | 71.5 | 879 |
| Kerala | 82.8 | 86.2 | 84.8 | 2,930 |
| Tamil Nadu | 68.4 | 61.1 | 62.2 | 2,966 |
| Puducherry | 77.1 | 72.5 | 59.5 | 2,179 |
| A & N Islands | 69.0 | 65.0 | 60.6 | 1,315 |
| Telangana | 70.7 | 66.8 | 65.5 | 2,483 |
| India | 70.2 | 58.1 | 60.5 | 80,772 |

Note: * Refers to schools, hostels, shops, restaurants, hotels, movie theatres, public conveyances, gyms, sports arenas, airports, auditoriums, hospital buildings, railway waiting rooms, public toilets, public offices, educational institutions, libraries, etc.

** Refers to playgrounds, sidewalks, entrances to buildings, parks, beaches, bus stops, market places, etc.

CHAPTER 9

ADHERENCE TO COTPA BY SCHOOLS

9.1 Introduction

This chapter discusses the adherence of schools to COTPA, 2003. The GYTS-4 canvassed a School Policy Questionnaire to collect information from school authorities about their awareness of COTPA, 2003 and its provisions. In addition to this, the chapter also presents the observations of GYTS-4 Survey Investigators about the evidence of tobacco use in the school premises.

9.2 Awareness of school head about COTPA guidelines

In GYTS-4, the head of the school or any other responsible person such as Principal / Headmaster / Headmistress / Vice-Principal / Assistant Headmaster / Headmistress / other school administrator / Senior Teacher was asked questions eliciting information on the awareness of COTPA 2003 and selected ToFEI guidelines and policies for the schools on tobacco use. The results are presented in Table 9.1 and Figure 9.1.

More than four-fifths (85%) of the heads of schools are aware of the COTPA 2003. The proportion of heads aware of COTPA 2003 is almost the same among the heads of private and public schools, however, it is slightly higher in urban schools than rural schools. Heads of all the surveyed schools in Punjab, Chandigarh, Delhi, Bihar, Sikkim and Dadra & Nagar Haveli are aware of the COTPA 2003 (Figure

9.2 and Table 9.2). On the other hand, in 12 states awareness of the school heads about the COTPA, 2003 is less than the national average of 85 percent.

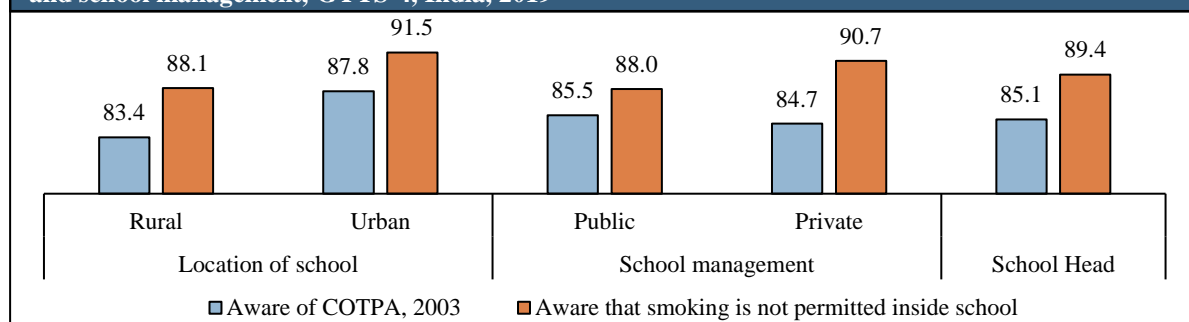
Heads of most of the schools (89%) are aware that smoking is not permitted inside school, and this proportion does not differ by either location of school or school management. The proportion of heads aware that smoking is not permitted inside schools varied from the lowest of 54 percent in Odisha to 100 percent in Chandigarh, Nagaland, Manipur, Madhya Pradesh, Daman and Diu, D & N Haveli, Lakshadweep and Kerala.

COTPA 2003 makes it mandatory for schools to display “Tobacco Free Educational Institution” signage at a prominent place. The heads of the schools were asked whether they were aware of the mandatory display of such signage. Eighty-two percent are aware of this guideline. In Chandigarh, Nagaland and Maharashtra, all the school heads reported that they are aware of mandatory display of the board. In 16 States/UTs (namely, Jammu & Kashmir, Punjab, Chandigarh, Delhi, Rajasthan, Bihar, Nagaland, Meghalaya, West Bengal, Jharkhand, Chhattisgarh, Madhya Pradesh, Gujarat, Maharashtra, Karnataka and Lakshadweep), more than 90 percent of the school-heads are aware of it. However, in Odisha only 38 percent of them are aware of the guidelines.

Table 9.1: Percentage of school heads aware of anti-tobacco policies according to location of school and school management, GYTS-4, India, 2019

| Awareness | Location of school | | School management | | Total |
|--|--------------------|------------|-------------------|------------|------------|
| | Rural | Urban | Public | Private | |
| Aware of COTPA, 2003 | 83.4 | 87.8 | 85.5 | 84.7 | 85.1 |
| Aware that smoking is not permitted inside school | 88.1 | 91.5 | 88.0 | 90.7 | 89.4 |
| Aware that ‘Tobacco Free School’ or ‘Tobacco Free Educational Institution’ board must be displayed at the prominent place# | 81.7 | 81.8 | 81.5 | 81.9 | 81.7 |
| Total schools (n) | 635 | 352 | 544 | 443 | 987 |

Figure 9.1: Percentage of school heads aware of anti-tobacco policies according to location of school and school management, GYTS-4, India, 2019



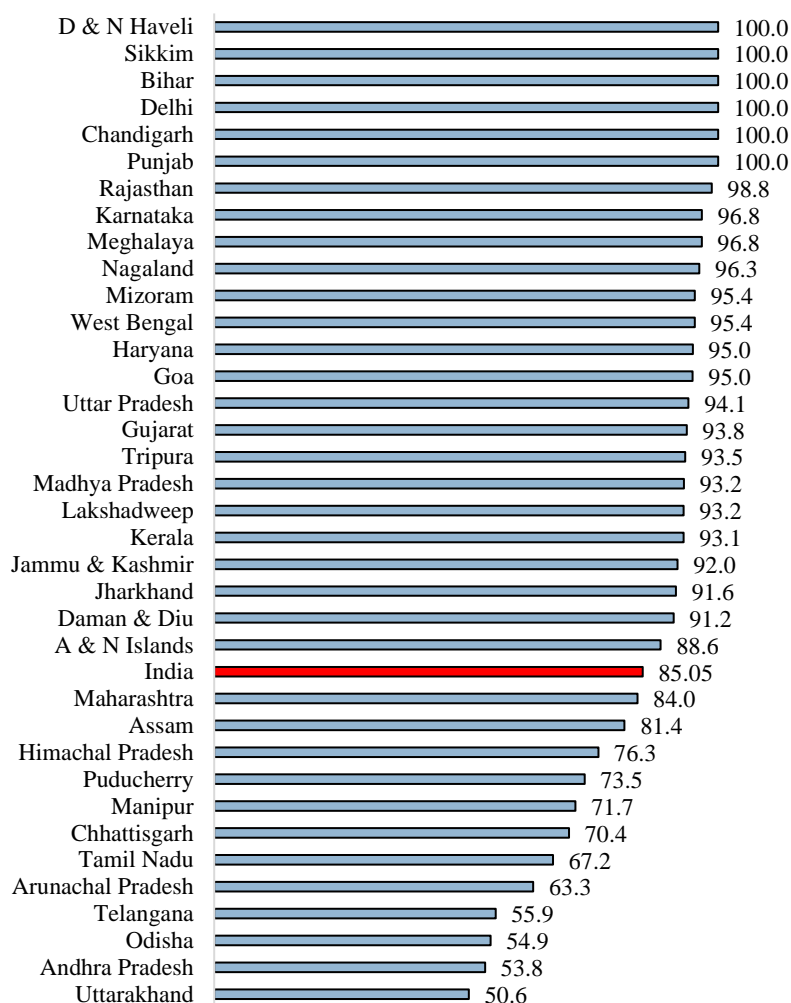
Note: # Prominent place(s) on the boundary wall outside the main entrance.

Table 9.2: Percentage of school heads aware of selected anti-tobacco policies according to States/UTs, GYTS-4, India, 2019

| States/UTs | Aware of COTPA, 2003 | Aware that smoking is not permitted inside school | Aware that 'Tobacco Free School' or 'Tobacco Free Educational Institution' board must be displayed at the prominent place# | Total schools (n) |
|-------------------|----------------------|---|--|-------------------|
| Jammu & Kashmir | 92.0 | 96.0 | 96.0 | 17 |
| Himachal Pradesh | 76.3 | 77.4 | 76.6 | 27 |
| Punjab | 100.0 | 93.7 | 95.0 | 31 |
| Chandigarh | 100.0 | 100.0 | 100.0 | 21 |
| Uttarakhand | 50.6 | 54.7 | 61.9 | 28 |
| Haryana | 95.0 | 97.0 | 81.1 | 31 |
| Delhi | 100.0 | 94.4 | 95.8 | 30 |
| Rajasthan | 98.8 | 93.1 | 93.7 | 34 |
| Uttar Pradesh | 94.1 | 95.0 | 89.5 | 37 |
| Bihar | 100.0 | 94.8 | 96.0 | 35 |
| Sikkim | 100.0 | 96.1 | 76.3 | 18 |
| Arunachal Pradesh | 63.3 | 85.2 | 66.7 | 22 |
| Nagaland | 96.3 | 100.0 | 100.0 | 23 |
| Manipur | 71.7 | 100.0 | 80.5 | 24 |
| Mizoram | 95.4 | 95.5 | 83.1 | 21 |
| Tripura | 93.5 | 88.3 | 75.2 | 25 |
| Meghalaya | 96.8 | 92.2 | 95.7 | 24 |
| Assam | 81.4 | 86.4 | 82.1 | 32 |
| West Bengal | 95.4 | 96.2 | 92.2 | 35 |
| Jharkhand | 91.6 | 89.9 | 90.3 | 32 |
| Odisha | 54.9 | 53.7 | 37.5 | 32 |
| Chhattisgarh | 70.4 | 84.3 | 90.7 | 31 |
| Madhya Pradesh | 93.2 | 100.0 | 95.5 | 34 |
| Gujarat | 93.8 | 91.0 | 91.4 | 34 |
| Daman & Diu | 91.2 | 100.0 | 85.0 | 17 |
| D & N Haveli | 100.0 | 100.0 | 86.3 | 18 |
| Maharashtra | 84.0 | 94.2 | 100.0 | 35 |
| Andhra Pradesh | 53.8 | 71.9 | 38.7 | 33 |
| Karnataka | 96.8 | 88.9 | 96.6 | 31 |
| Goa | 95.0 | 95.0 | 85.7 | 22 |
| Lakshadweep | 93.2 | 100.0 | 93.5 | 15 |
| Kerala | 93.1 | 100.0 | 89.0 | 32 |
| Tamil Nadu | 67.2 | 75.4 | 67.3 | 34 |
| Puducherry | 73.5 | 86.5 | 42.0 | 22 |
| A & N Islands | 88.6 | 92.9 | 67.9 | 18 |
| Telangana | 55.9 | 95.9 | 63.7 | 32 |
| India | 85.1 | 89.4 | 81.7 | 987 |

Note: # Prominent place(s) on the boundary wall outside the main entrance.

Figure 9.2: Percentage of school heads aware of COTPA 2003 according to States/UTs, GYTS-4, India, 2019



9.3 Tobacco use among students and school personnel

Heads of the schools were asked whether they found any student and school personnel using tobacco/tobacco products in the school premises. At the national level, 15 percent of the school heads reported students using tobacco products in the school premises. Similarly, seven percent of the school heads reported that they found school staff using tobacco products in the school premises (Table 9.3). Seventy percent of the school heads reported disciplinary action taken against the students and staff consuming tobacco in the school premises.

The highest proportion (80%) of school heads in Sikkim reported students using tobacco in the school premises. This proportion is also substantially high in Meghalaya (71%), Mizoram (55%), Nagaland (54%), Arunachal Pradesh (45%), Lakshadweep (43%), Manipur (41%) and A & N Islands (25%). On the contrary, in none of the schools in Jammu & Kashmir, Bihar, Odisha, Daman & Diu and Andhra Pradesh school heads reported students using tobacco in school premises (Table 9.3). As mentioned earlier, seven percent heads of the schools reported school personnel using tobacco on the school premises. However, in Arunachal Pradesh half of the school heads (49%) reported that school personnel used tobacco products in the school premises. In Mizoram (42%), Sikkim (36%), Nagaland

(28%), Chhattisgarh (25%) and Meghalaya (25%), more than one-fourth of the school heads reported school personnel using tobacco in the school premises. However, in some states such as Rajasthan, Chhattisgarh, Puducherry

and Andhra Pradesh, disciplinary action was not taken despite the students/school personnel using tobacco products inside the school premises.

Table 9.3: Percentage of schools in which the school heads reported students and school personnel using tobacco products inside school premises and took action according to States/UTs, GYTS-4, India, 2019

| States/UTs | Students found using tobacco products | School personnel found using tobacco products | Action taken against student/school personnel | Total schools (n) |
|-------------------|---------------------------------------|---|---|-------------------|
| Jammu & Kashmir | 0.0 | 0.0 | NA | 17 |
| Himachal Pradesh | 9.6 | 13.4 | 51.4 | 27 |
| Punjab | 5.8 | 3.5 | 24.6 | 31 |
| Chandigarh | 15.8 | 4.5 | 28.7 | 21 |
| Uttarakhand | 17.0 | 0.0 | 79.2 | 28 |
| Haryana | 14.1 | 23.0 | 70.6 | 31 |
| Delhi | 17.3 | 0.0 | 67.4 | 30 |
| Rajasthan | 2.1 | 0.0 | 0.0 | 34 |
| Uttar Pradesh | 11.4 | 10.3 | 100.0 | 37 |
| Bihar | 0.0 | 0.0 | NA | 35 |
| Sikkim | 80.2 | 36.4 | 100.0 | 18 |
| Arunachal Pradesh | 45.0 | 48.7 | 79.7 | 22 |
| Nagaland | 53.5 | 28.0 | 100.0 | 23 |
| Manipur | 41.4 | 8.2 | 95.4 | 24 |
| Mizoram | 55.4 | 42.3 | 76.9 | 21 |
| Tripura | 13.8 | 14.6 | 72.4 | 25 |
| Meghalaya | 70.5 | 25.0 | 85.8 | 24 |
| Assam | 12.7 | 0.0 | 55.7 | 32 |
| West Bengal | 9.6 | 2.7 | 71.9 | 35 |
| Jharkhand | 10.3 | 5.2 | 78.0 | 32 |
| Odisha | 0.0 | 0.0 | NA | 32 |
| Chhattisgarh | 17.3 | 24.5 | 0.0 | 31 |
| Madhya Pradesh | 18.5 | 4.6 | 39.5 | 34 |
| Gujarat | 9.8 | 3.1 | 33.0 | 34 |
| Daman & Diu | 0.0 | 0.0 | NA | 17 |
| D & N Haveli | 14.4 | 5.2 | 100.0 | 18 |
| Maharashtra | 11.7 | 4.3 | 100.0 | 35 |
| Andhra Pradesh | 0.0 | 3.6 | 0.0 | 33 |
| Karnataka | 6.0 | 2.9 | 47.8 | 31 |
| Goa | 6.1 | 0.0 | 100.0 | 22 |
| Lakshadweep | 43.3 | 0.0 | 100.0 | 15 |
| Kerala | 20.4 | 5.3 | 86.4 | 32 |
| Tamil Nadu | 11.8 | 2.7 | 21.2 | 34 |
| Puducherry | 9.4 | 0.0 | 0.0 | 22 |
| A & N Islands | 24.9 | 9.7 | 67.4 | 18 |
| Telangana | 18.2 | 1.6 | 67.6 | 32 |
| India | 15.3 | 7.2 | 70.4 | 987 |

NA: Not Applicable as none was reported using tobacco products inside school premises by the school head.

9.4 Authorization of school heads to collect fines on violation of anti-tobacco policy

School heads were asked whether they are authorized by the State Government to collect fine for violation of Section-6 of the COTPA, 2003. The results (Figure 9.3) show that 38 percent of school heads reported that they are authorized to collect fine. Such an awareness varies from the lowest of one percent in A & N Islands to the highest of 78 percent in Nagaland, followed by Rajasthan (69%).

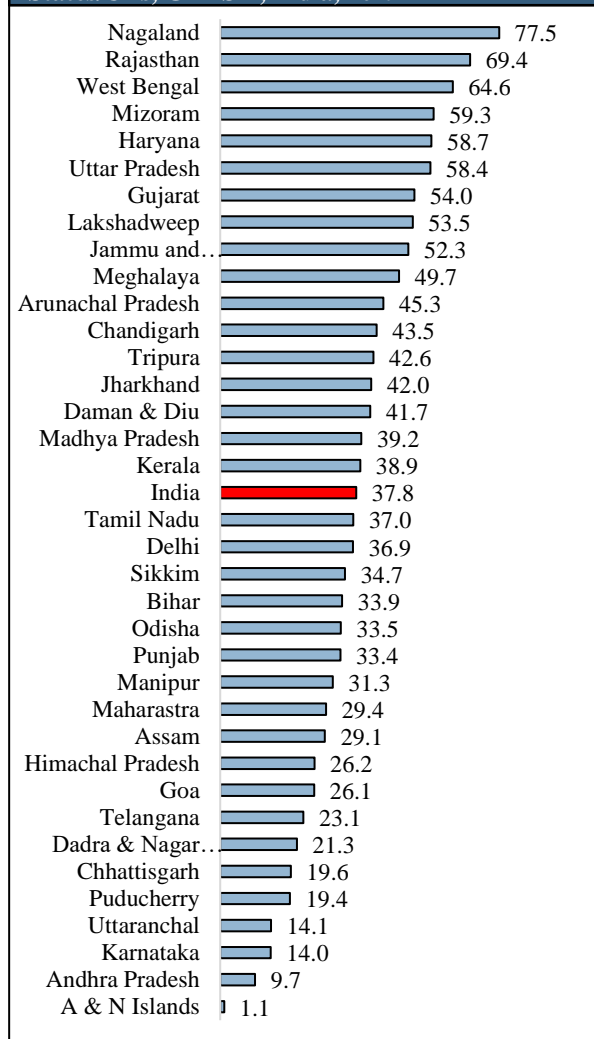
9.5 Evidence of tobacco use in the school premises by observation

GYTS-4 also used an observation checklist to collect data on evidence of tobacco use in school premises. It includes evidence of used cigarette packets, cigarette/*bidi* butts, or used SLT pouches/packets in school playground, common room, classroom, parking lot, school canteen, school lavatory or within 100 yards of the school premises. The Survey Team used the checklist to record the evidence of tobacco use in the school premises during its visit to the schools.

Table 9.4 indicates that in one-fifth (21%) of the schools surveyed, there is an evidence of tobacco use within the school premises. However, at the State/UT level a wide variation is observed. For instance, in 74 percent of the schools in Arunachal Pradesh there is an evidence of tobacco use in the school premises, whereas in Jammu & Kashmir, Chandigarh, Delhi, Rajasthan, Sikkim and Kerala there is no evidence of it. Tobacco use in the lavatory is noticed in 14 percent of the schools in India. Among the States/UTs, it is the highest in Arunachal Pradesh (65%) and nil in Jammu & Kashmir, Rajasthan, Odisha, Goa and Puducherry. In Uttar Pradesh (38%), West Bengal (33%), Meghalaya (29%), Tripura (28), Jharkhand (27%) and Bihar (26), the evidence of tobacco use is noticed in more than one-fourth of the school lavatories.

Of the 987 schools surveyed across all States/UTs, in five percent of them, there was an indication of tobacco use in school canteens.

Figure 9.3: Percent of school heads aware about authorization by government to collect fine for violation of COTPA 2003 according to States/UTs, GYTS-4, India, 2019



In about one-fourth of the schools in Arunachal Pradesh (28%) and Chhattisgarh (25%), there is an evidence of tobacco use in school canteens. In most of the States/UTs, there is no evidence of tobacco use in school canteens.

Overall, 49 percent of the schools surveyed show evidence of tobacco use anywhere in the school, i.e., either in school entrance gate, school lavatory, school canteen, inside school premises or within 100 yards of the school property. In more than 90 percent of the schools in Tripura, Meghalaya, Lakshadweep and Arunachal Pradesh, there is an evidence of tobacco use anywhere in the school.

As shown in Table 9.5, the Survey Team noticed that school personnel were using tobacco in two percent of schools and students were using tobacco in one percent of the

schools. In eight percent of the schools, visitors/unknown persons were noticed using tobacco in school premises. None of the school personnel in 22 States/UTs and students in 32 States/UTs is found smoking by the Survey Team in the school premises.

Among the States/UTs, Bihar and A & N Islands has the highest proportion of schools in which the school personnel (7% each) are found smoking by the Survey Team in the school premises. Among the States/UTs,

Arunachal Pradesh has the highest proportion of schools in which students (17%) and visitors/unknown persons (55%) are found smoking in the school premises by the Survey team. On the other hand, the Survey Team observes that none of the school personnel, students or visitors smoke in the school premises in Jammu & Kashmir, Sikkim, Nagaland, Manipur, West Bengal, Odisha, Daman & Diu, Goa, Lakshadweep, Tamil Nadu and Puducherry.

Table 9.4: Percentage of schools in which there is evidence* of tobacco use inside and around the school premises according to States/UTs, GYTS-4, India, 2019

| States/UTs | Inside school premises# | School lavatory | School canteen | Anywhere in the school** | Total schools (n) |
|-------------------|-------------------------|-----------------|----------------|--------------------------|-------------------|
| Jammu & Kashmir | 0.0 | 0.0 | 0.0 | 17.0 | 17 |
| Himachal Pradesh | 9.8 | 3.0 | 1.2 | 38.3 | 27 |
| Punjab | 8.7 | 4.6 | 0.0 | 31.1 | 31 |
| Chandigarh | 0.0 | 5.3 | 0.0 | 14.5 | 21 |
| Uttarakhand | 18.7 | 13.1 | 13.6 | 53.2 | 28 |
| Haryana | 9.4 | 11.6 | 9.4 | 29.8 | 31 |
| Delhi | 0.0 | 9.8 | 0.0 | 15.3 | 30 |
| Rajasthan | 0.0 | 0.0 | 0.0 | 16.2 | 34 |
| Uttar Pradesh | 38.4 | 37.8 | 15.8 | 69.3 | 37 |
| Bihar | 30.3 | 26.2 | 9.0 | 42.1 | 35 |
| Sikkim | 0.0 | 5.6 | 0.0 | 42.2 | 18 |
| Arunachal Pradesh | 73.7 | 64.9 | 28.4 | 95.8 | 22 |
| Nagaland | 37.6 | 21.5 | 2.3 | 54.9 | 23 |
| Manipur | 21.4 | 6.5 | 0.0 | 85.5 | 24 |
| Mizoram | 29.8 | 8.8 | 5.2 | 81.1 | 21 |
| Tripura | 62.5 | 28.4 | 14.0 | 92.2 | 25 |
| Meghalaya | 43.6 | 28.8 | 10.0 | 90.1 | 24 |
| Assam | 25.8 | 9.9 | 0.0 | 47.5 | 32 |
| West Bengal | 35.1 | 33.4 | 5.2 | 71.4 | 35 |
| Jharkhand | 52.9 | 27.1 | 21.7 | 76.7 | 32 |
| Odisha | 17.8 | 0.0 | 6.8 | 37.9 | 32 |
| Chhattisgarh | 41.5 | 13.4 | 24.6 | 63.1 | 31 |
| Madhya Pradesh | 40.8 | 13.3 | 0.0 | 56.2 | 34 |
| Gujarat | 16.7 | 11.0 | 0.0 | 44.6 | 34 |
| Daman & Diu | 6.6 | 13.4 | 0.0 | 47.6 | 17 |
| D & N Haveli | 14.0 | 18.7 | 0.0 | 41.1 | 18 |
| Maharashtra | 16.9 | 13.4 | 0.0 | 46.2 | 35 |
| Andhra Pradesh | 2.7 | 8.4 | 0.0 | 12.6 | 33 |
| Karnataka | 31.5 | 18.0 | 7.5 | 67.3 | 31 |
| Goa | 3.3 | 0.0 | 0.0 | 11.7 | 22 |
| Lakshadweep | 43.7 | 24.1 | 0.0 | 93.2 | 15 |
| Kerala | 0.0 | 6.9 | 0.0 | 54.0 | 32 |
| Tamil Nadu | 9.8 | 7.2 | 0.0 | 49.8 | 34 |
| Puducherry | 6.8 | 0.0 | 0.0 | 25.9 | 22 |
| A & N Islands | 9.0 | 16.2 | 4.1 | 43.8 | 18 |
| Telangana | 9.2 | 6.7 | 0.0 | 54.4 | 32 |
| India | 20.9 | 14.2 | 5.1 | 48.9 | 987 |

Note: * Indication of tobacco use includes empty cigarette packets, cigarette/*bidi* butts, used SLT pouches/packets, etc. # Inside school premises include playground, common room, auditorium, classroom, parking lot (other than school lavatory and school canteen). ** Tobacco use observed in school entrance gate, school lavatory, school canteen, inside school premises and within 100 yards of the school property.

Table 9.5: Percentage of schools in which smoking by school personnel, student and visitor/unknown person is noticed inside the school premise according to States/UTs, India, 2019

| States/UTs | School personnel* | Student | Visitor/unknown person | Total schools (n) |
|-------------------|-------------------|------------|------------------------|-------------------|
| Jammu & Kashmir | 0.0 | 0.0 | 0.0 | 17 |
| Himachal Pradesh | 0.0 | 0.0 | 3.0 | 27 |
| Punjab | 3.8 | 3.8 | 29.9 | 31 |
| Chandigarh | 0.0 | 0.0 | 4.5 | 21 |
| Uttarakhand | 3.6 | 0.0 | 8.2 | 28 |
| Haryana | 0.0 | 0.0 | 5.7 | 31 |
| Delhi | 2.9 | 0.0 | 8.2 | 30 |
| Rajasthan | 0.0 | 0.0 | 3.3 | 34 |
| Uttar Pradesh | 3.4 | 0.0 | 7.9 | 37 |
| Bihar | 7.4 | 1.9 | 19.4 | 35 |
| Sikkim | 0.0 | 0.0 | 0.0 | 18 |
| Arunachal Pradesh | 5.1 | 16.8 | 54.9 | 22 |
| Nagaland | 0.0 | 0.0 | 0.0 | 23 |
| Manipur | 0.0 | 0.0 | 0.0 | 24 |
| Mizoram | 2.2 | 0.0 | 6.5 | 21 |
| Tripura | 0.0 | 0.0 | 5.3 | 25 |
| Meghalaya | 0.0 | 9.2 | 8.7 | 24 |
| Assam | 0.0 | 0.0 | 1.4 | 32 |
| West Bengal | 0.0 | 0.0 | 0.0 | 35 |
| Jharkhand | 1.2 | 0.0 | 33.4 | 32 |
| Odisha | 0.0 | 0.0 | 0.0 | 32 |
| Chhattisgarh | 6.3 | 3.0 | 8.6 | 31 |
| Madhya Pradesh | 3.6 | 0.0 | 4.2 | 34 |
| Gujarat | 2.9 | 0.0 | 11.3 | 34 |
| Daman & Diu | 0.0 | 0.0 | 0.0 | 17 |
| D & N Haveli | 0.0 | 0.0 | 12.8 | 18 |
| Maharashtra | 2.3 | 0.0 | 4.9 | 35 |
| Andhra Pradesh | 2.8 | 2.7 | 20.9 | 33 |
| Karnataka | 0.0 | 0.0 | 3.0 | 31 |
| Goa | 0.0 | 0.0 | 0.0 | 22 |
| Lakshadweep | 0.0 | 0.0 | 0.0 | 15 |
| Kerala | 0.0 | 0.0 | 3.5 | 32 |
| Tamil Nadu | 0.0 | 0.0 | 0.0 | 34 |
| Puducherry | 0.0 | 0.0 | 0.0 | 22 |
| A & N Islands | 7.2 | 0.0 | 19.6 | 18 |
| Telangana | 0.0 | 0.0 | 9.6 | 32 |
| India | 1.6 | 0.8 | 8.2 | 987 |

Note: * Includes teaching and non-teaching staff.

CHAPTER 10

SUMMARY AND KEY FINDINGS

10.1 Introduction

The Fourth Round of the Global Youth Tobacco Survey (GYTS-4) in India is a cross-sectional, nationally representative school-based survey of students currently studying in 8th, 9th, and 10th Standards (Grades), aged 13, 14 and 15 years. The survey was designed to provide estimates of tobacco use and various aspects of tobacco products, including e-cigarette, at the national level by location of school and sex of the students and at the State/UT level. In addition, GYTS-4 also collected information from the heads of the schools related to school policy on the implementation of COTPA 2003 and selected ToFEI guidelines.

The study population has been stratified based on school management (public/private), type of school (co-education/boys and girls) and location of school (rural/urban) to account for heterogeneity in the student population. A total of 97,302 students from 987 schools (public 544 and private 443) studying in 8th, 9th and 10th Standards participated in the survey. The number of schools selected for the survey ranges from 15 in Lakshadweep to 37 in Uttar Pradesh. The overall response rate is 98 percent. Although all the students in the selected Classes and Standards irrespective of age participated in the survey, for the analysis only 80,772 students aged 13, 14 and 15 studying in 8th, 9th or 10th Standards are included.

10.2 Prevalence of tobacco use: ever and current use

In 2019 in India, nearly one-fifth (18%) of the students (19% of boys and 17% of girls) aged 13-15 reported ever use of any tobacco product. One in ten (11%) students have ever smoked any tobacco product. Boys (12%) are more likely to ever smoke any tobacco product than girls (9%).

Ever use of SLT products is reported by 13 percent of students (13% of boys and 12% of

girls). Ever use of any tobacco, smoking tobacco and SLT among students are observed to be higher among students from schools in rural areas and from public schools compared with urban and private schools.

Ever use of e-cigarette is reported by three percent of students (3% of boys and 2% of girls) in India.

Currently nearly one in ten (8%) students (9% of boys and 7% of girls) use any tobacco product in India. Prevalence of smoking tobacco is seven percent among students (8% of boys and 6% girls). The prevalence of cigarette smoking is three percent (3% of boys and 2% of girls) and *bidi* smoking is two percent (boys 3% and girls 2%). The current use of SLT products is reported by four percent of students (boys 5% and girls 3%).

Predictably, the prevalence of use of any tobacco, smoked tobacco, cigarette, *bidi* and SLT products, has been a little higher among boys than girls. Current use of any tobacco, smoking tobacco and SLT among students are also observed to be higher in rural and public schools than urban and private schools.

Prevalence of current tobacco use among students across the States/UTs ranges from the highest of 65 percent in Arunachal Pradesh to the lowest of one percent in Himachal Pradesh. In most of the states, the prevalence of cigarette smoking is marginally higher than *bidi* smoking.

A comparison of GYTS-1 and GYTS-4 shows that during 2003 and 2019, there has been a substantial decline in the prevalence of ever/current smoking, as well as use of SLT among the students aged 13-15. The prevalence of any tobacco use among students has declined from 17 percent in 2003 to 8 percent in 2019; a 50 percent relative reduction over a period of 16 years. However, among girls, the prevalence of tobacco smoking has increased by 40 percent during the same period.

Between 2003 and 2019, decline in the prevalence is higher in the SLT (71%) than smoking tobacco (11%). A large reduction in the prevalence of SLT use from 2003 to 2019 has contributed to most of the decline in the prevalence of tobacco use among students in India.

Data on the age at initiation of tobacco use show that 36 percent of the students who have ever smoked cigarette, smoked their first cigarette before the age of 10, nearly half (47%) of the students who have ever smoked *bidi*, smoked their first *bidi* before the age of 10, and a majority (51%) of the ever users of SLT tried their first smokeless tobacco use before the age of 10. The median age at initiation of cigarette, *bidi* and SLT is 11.5 years, 10.5 years and 9.9 years respectively. However, the age at initiation of SLT is a year younger than the initiation of cigarette smoking.

About 63 percent of current cigarette smokers, 76 percent of current *bidi* smokers and 65 percent of current SLT users bought the tobacco products from store and *paan* shop. Among the current smokers/SLT users who bought cigarette/*bidi*/SLT, 47 percent of cigarette smokers, 46 percent of *bidi* smokers and 21 percent of SLT users reported that shopkeepers refused to sell the tobacco products to them because of their young age. The results indicate that SLT is easily accessible to the students than cigarette and *bidi*.

Among those who bought cigarettes in the past 30 days, 44 percent purchased individual sticks (singles), 36 percent as pack, 14 percent as carton and seven percent as rolls including hand-rolled cigarettes. Similarly, among those who had purchased *bidis* in the past 30 days, about half of them purchased as a pack, about one third as individual sticks, 14 percent as a bundle and seven percent as rolls including hand rolled. In case of those who purchased SLT in the past 30 days, 55 percent purchased as a single use pouch, 27 percent as a large pouch and 18 percent as a loose packet.

The most preferred ways of buying tobacco products are purchasing cigarette as individual

sticks, *bidi* in a pack and SLT in a single use pouch. A majority of the current student tobacco users use any tobacco for less than 10 days in a month. The frequency of tobacco use in the past 30 days indicates that 72 percent of the cigarette smokers and 70 percent of *bidi* smokers smoked for less than 10 days while 62 percent of SLT users used it for less than 10 days.

Most (45%) of the cigarette smokers and 35 percent of *bidi* smokers smoked less than one cigarette/*bidi* stick per day in the past 30 days. However, eight percent of cigarette smokers and 11 percent of *bidi* smokers smoked more than 10 cigarettes/*bidis* per day. One-fourth of the students (26%) reported home as their usual place of smoking, followed by school and friend's house (17% each), public spaces (12%) and social events (10%).

The prevalence of tobacco use is higher among students with less educated parents. The prevalence of any type of tobacco use is 15 percent among students with father educated up to middle school as compared with 4-5 percent among those with father educated up to secondary and above. The same pattern of tobacco use among students is also observed for smoking and smokeless tobacco by both father's and mother's education. Similarly, the prevalence of tobacco use is also found higher among those students who had lost either mother or father.

Parents' working status also influenced children's tobacco use. The prevalence of any type of tobacco use is higher among students with only one working parent or none working as compared with students with both parents working.

Tobacco use among students by parental tobacco habit reveals that the prevalence is lower when none of the parents use tobacco, whereas it is higher when one or both are using any tobacco product. Among the students whose parents asked them to buy tobacco products, the prevalence of tobacco use is found higher.

10.3 SHS exposure

During the seven days prior to the survey, 12 percent of the students are exposed to SHS at their home, 22 percent inside the enclosed public places and 25 percent at the outdoor public places.

10.4 Cessation: reasons and help sought

Eleven percent of ever smoker students and 10 percent of students who are ever users of SLT have stopped smoking tobacco and SLT respectively in the last 12 months. One-fifth (20%) of the current smoker students reported that they have tried quitting smoking in the past 12 months and another 19 percent of the current smoker students wanted to stop smoking. Twenty-five percent of the current SLT users tried to quit use of SLT and another 26 percent wanted to quit its use.

The main reason cited by the students who have stopped using smoking tobacco and SLT is ‘to improve/protect their health’ – 59 percent and 37 percent respectively. The second most mentioned reason is ‘family does not like it’ by 17 percent smokers and 21 percent SLT users.

Quitting smoking due to health consciousness (to improve/protect health) is the main reason given by most of the boys (62%) and girls (52%), students in both rural (60%) and urban (56%) schools, and in both public (62%) and private (55%) schools.

More than half (56%) of the students who are ever smokers and 48 percent of the ever users of SLT received some help or advice to quit tobacco use. On the other hand, 21 percent of smokers and 16 percent of SLT users received help/advice from professionals, followed by friends/relatives (16% for smokers and 13% for SLT users); while five percent of smokers and nine percent of SLT users received help/advice to quit tobacco from all the above sources.

10.5 Anti-tobacco messages and promotions: exposure

GYTS-4 shows that in the past 30 days more

than half (53%) of the students saw/heard anti-tobacco messages on media, while over one-third (36%) saw/heard them in events/social gatherings, and a quarter (26%) on tobacco product/cigarette package.

TV emerges as the main source (45%) for students to see/hear promotions or advertisements of tobacco products, followed by movies (37%), and videos (34%). One-fourth (23%) of the students reported seeing tobacco advertisements/promotions on internet or online. Seventeen percent of students mentioned that they saw tobacco advertisements at the point of sale like *paan* shop (store or shop selling betel nut and tobacco products). A highest proportion of students from Delhi reported seeing tobacco advertisements / promotions on all the four media (television, movies, videos and internet).

In India, 36 percent students reported that they are taught in school about the dangers/harmful effects of tobacco use. The proportion of students who are taught about it ranges from 18 percent in Tripura and Puducherry to 56 percent in Mizoram.

10.6 Tobacco use: perception, belief and attitude

Four percent of the students who never used tobacco reported that they might use some form of tobacco in the next 12 months. A similar proportion of students also said that they might use any form of tobacco in the next 12 months, if offered by the best friend or relative.

A little less than two-thirds (63%) of students are aware that tobacco use is harmful to health. One-fourth (24%) of the students are aware that tobacco use is addictive, and it is difficult to quit once one starts using any form of tobacco. Another 18 percent of the students think that it is safe to use any form of tobacco for a year or two as long as one quits after that. Seventy percent of students are aware that SHS is harmful to the health of persons exposed to it and about three-fifths of the students supported a ban on smoking inside the enclosed public places (58%) and outdoor public places (61%).

10.7 COTPA guidelines in schools

A large proportion of the heads of the schools (85%) are aware of the COTPA, 2003 and ToFEI guidelines for schools irrespective of type and location of schools. Heads of most schools (89%) are aware that smoking is not permitted inside a school and 82 percent of them are aware of the guidelines that the school should display on the board the message “Tobacco-free school” at a prominent place. Fifteen percent of the heads of the schools reported that they found students using any form of tobacco and seven percent of them also

reported that their school personnel used tobacco in the school premises. In case of tobacco use in the school premises reported by school authorities, only in 70 percent of the schools a disciplinary action is taken against the tobacco users.

In 49 percent of the surveyed schools, the survey team found evidence of tobacco use in school premises, i.e., somewhere in school entrance gate, lavatory, canteen, inside school premises and within 100 yards of the school property.

CHAPTER 11

RECOMMENDATIONS

GYTS-4, conducted in 2019 after a gap of ten years since the third round in 2009, aimed at systematically monitoring youth tobacco use and tracking key tobacco control indicators. Based on the findings of the survey, as highlighted in the previous chapters, the following recommendations are suggested to further strengthen the tobacco control policy measures and interventions, focused at youth in India.

i) Overall use of tobacco

Over the years (2003-2019), tobacco use has declined among school students (aged 13-15 years) indicating the success of tobacco control policies and programmes in India. However, the policy gains need to be sustained and accelerated to further bring down the prevalence of tobacco use among the youth. The survey results show that the decline in tobacco use is observed more among boys than girls. In fact, among girls, the prevalence of tobacco smoking has increased by 40 percent during the same period. Therefore, special focussed programmes to control tobacco use among girls are essential. In general, smoking forms of tobacco need attention as the decline in tobacco use is contributed mainly by smokeless forms.

ii) Regional variation

Widespread regional variation has been observed in the prevalence of tobacco use in the country. There are ten states/UTs with a prevalence higher than the national average, mainly in the North-eastern region. This largely corroborates with prevalence of tobacco use among adults. Special drives under NTCP are required to address the high prevalence of tobacco use in North-eastern region along with Uttar Pradesh and Uttarakhand.

iii) Age at initiation

About half of the students initiated the tobacco use habit as early as the age of 10 to 11 years. The initiation was specially earlier (<10 years) among girls than boys for all forms of tobacco products, which is a cause of concern. School level interventions initiating at primary level pertaining to awareness about hazards (dangers/harmful effects) of tobacco use are the

need of the hour. Various policies and legislative measures need to be strengthened to reduce easy access of tobacco products to minors as mandated under COTPA 2003.

iv) SHS

Overall, about one-third of the students are exposed to SHS with a higher exposure in public places. Hence, strict enforcement of the laws pertaining to the prohibition of smoking in public places under COTPA 2003 may be ensured. Although there is a decline in the exposure to SHS at home, still more than one in ten students are exposed. Therefore, there is a need for bringing better awareness among students as well as parents about the hazards (dangers/harmful effects) of SHS through sustained mass media campaigns. Innovative campaigns like 'Smoke-free homes' are needed to be designed and implemented through involvement of children and adolescents. Designated Smoking Areas (DSAs) must be done away with to ensure 100% smoke-free public places for 100% protection of children and youth from harmful effects of SHS.

v) Access to tobacco products

More than half of the students are not refused by the vendors to sell tobacco due to their young age. This proportion was especially higher (about two-thirds) in the case of smokeless tobacco. The legal provisions pertaining to prohibition of sale to the minors under COTPA 2003 and Juvenile Justice Act 2015 should be strictly enforced, possibly with increased penalty to the vendors.

Parents also should be made aware about the risk of initiation of tobacco use among minors who should not be asked to buy tobacco products for adults at home or in the community. Since stores and *paan* shops are the main sources of obtaining tobacco products by the students, special focus is needed on these vendors while disseminating and enforcing the concerned laws. The vendor licensing policy initiated by many districts needs to be taken up to ensure that tobacco products are not sold along with candies and other products.

vi) Cessation

About one-fourth of the current users of tobacco tried quitting in the past 12 months and a similar proportion wanted to quit now, indicating a high desire for quitting among students. At the same time, awareness and utilization of toll-free National Tobacco Quitline (1800-11-2356) is very low among the students. So, there is a need to increase the awareness about it and other measures of the Government through innovative approaches.

Schools may be advised to have counselling services for students for quitting tobacco use or the existing counsellors in the schools may be trained to provide counselling to tobacco users. These cessation services/counselling at schools should be easily accessible, free of cost, confidential and implemented without bias to ensure that the students record is not negatively impacted. Under Ayushman Bharat School Health and Wellness Programme (SHWP), the Health and Wellness Ambassadors (teachers trained on select 11 themes of SHWP) and Health and Wellness Messengers (select students in each class) may be involved for providing information/awareness to students. WHO Quit Tobacco App (<https://apps.apple.com/in/app/who-quit tobacco/id1609277771>) is now available to help tobacco users. Intensive awareness campaigns regarding the available support should be undertaken.

vii) Anti-tobacco messages

Although nearly two-thirds of the students have seen/heard the tobacco promotions/advertisements, only one-third of them have been taught in the class about harmful effects of tobacco use during the past 12 months. Anti-tobacco education may be integrated into the curriculum and students should be encouraged to participate in anti-tobacco campaigns/activities inside and outside schools. The Health and Wellness Ambassadors and Health and Wellness Messengers under the Ayushman Bharat SHWP, may be involved for providing information/awareness to students. The national level mass media campaigns under the NTCP need to be adequately funded so that round-the-clock campaigns may be continued. Health spots under the tobacco-free film rules also need to be

amended to reduce access and affordability of tobacco products by minors.

viii) Tobacco-free school

Over one-third of the schools have been authorised by the state governments to collect fine for violation under Section-6 of the COTPA 2003. The implementation of this provision may be strengthened by universally authorising all the school heads to collect the fine for violation of these rules. There is scope for further improvement in the awareness of school heads about COTPA 2003 and strict adherence to the revised ToFEI 2019 guidelines. Minors should not be sold tobacco products and Section 6 of COTPA and the Juvenile Justice Act, must be rigorously enforced.

ix) Tobacco regulations/legislation

The survey indicated that a large proportion of students have seen promotions or advertisements of tobacco products in the past 30 days before the survey. The common mediums of promotions or advertisements mentioned by the students are television, videos, movies, online/internet and point of sale. Therefore, COTPA 2003 needs to be amended to remove the provision which allows advertisement at the point of sale. Further, enforcement of tobacco promotions or advertisements in the above-mentioned media needs to be strictly monitored, especially the surrogate advertisements, and violators be heavily penalised. Besides, the emerging virtual platforms such as OTT, Dark Web, gaming, etc., which are extremely popular among the youth, also need to be brought under the anti-tobacco regulations/legislation.

x) Periodicity of GYTS

Since the survey is conducted after a gap of ten years, changes seen from the previous round are the cumulative effects of anti-tobacco policy measures and efforts lasting a decade. Due to this, it is difficult to attribute the changes in the parameters to the specific programmes. It should be ensured that the GYTS survey is conducted on a regular basis at a gap of 3 years as per the earlier practice and integrate GTSS Youth TQS in normative health surveys for children and youth to make it a sustained activity for regular and updated evidence generation.

The findings of GYTS-4 should be widely disseminated among all stakeholders to ensure effective implementation of tobacco control measures targeted at youth in India.

xi) Questionnaire, design and field work

The GYTS uses a self-administered questionnaire containing multiple choice questions. Moreover, the GYTS-4 questionnaire had 17 sections and total of 75 multiple choice questions without any skipping option. As such design has potentials to add to the non-sampling errors, future rounds of GYTS may address this with special efforts during designing, training and field work.

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Appendix- A

Confidential: For Research Purpose Only (गोपनीय: केवल शोधकार्य के उद्देश्य के लिए)



Government Of India

Ministry of Health and Family Welfare (MoHFW)
Department of Health, Government of India
Nirman Bhavan, New Delhi - 110011



(स्थापना / Established in 1956)
वेदर भविष्य के लिए क्षमता निर्माण
Capacity Building for a Better Future

International Institute for Population Sciences (IIPS)
(Deemed University)

B.S. Devshi Marg (Govandi Station Road), Deonar, Mumbai – 400088

GLOBAL YOUTH TOBACCO SURVEY (GYTS-4), INDIA

STUDENT QUESTIONNAIRE

| | | | | | | | | | | | | | | | | | | |
|---|--------------------|---|-------------------------|---|---|---|--|--|--|--|--|--|--|--|--|--|---|--|
| School Identification Number | | | | | | | | | | | | | | | | | | |
| Name of the School | | | | | | | | | | | | | | | | | | |
| Is it linked school? | No | | | | | | | | | | | | | | | | 0 | |
| | Yes | | | | | | | | | | | | | | | | 1 | |
| Serial number of the Questionnaire | | | | | | | | | | | | | | | | | | |
| Class and Section | <i>Class</i> | | <i>Section Selected</i> | | | | | | | | | | | | | | | |
| | 8 th | A | B | C | D | E | | | | | | | | | | | | |
| | 9 th | A | B | C | D | E | | | | | | | | | | | | |
| | 10 th | A | B | C | D | E | | | | | | | | | | | | |
| Medium of instruction of the section selected | Hindi | | | | | | | | | | | | | | | | 1 | |
| | English | | | | | | | | | | | | | | | | 2 | |
| | Regional (Specify) | | | | | | | | | | | | | | | | 3 | |

ABOUT THE SURVEY

This survey is about the use of tobacco products among the youth age 13-15. Students like you all over India are participating in this survey. Similar survey is also being conducted in many other countries around the world. This survey is being carried out by the International Institute for Population Sciences (IIPS), Mumbai, as nodal agency on behalf of the Ministry of Health and Family Welfare (MoHFW), Government of India. IIPS is a Deemed University under MoHFW engaged in teaching and research activities in population, health and development. The World Health Organization (WHO) is providing technical support for this survey.

The information you give will be kept strictly confidential and not shared with anyone. There is no right or wrong answer. Your grade or mark in this class will not be affected whether or not you participate in the survey. The information provided by you is very important and will be helpful to develop better health programmes for young people.

INTRODUCTION

- Before you start, please read the following information that will help you to answer the questions.
- The answers provided by you in the questionnaire will not be known to anyone including your teachers and parents.
- Some of the questions will ask about smoking **cigarettes, bidis and other smoked tobacco** products.
- Other questions ask about using **smokeless tobacco** which is tobacco that is **not smoked**, but is chewed or held in the mouth or sniffed through the nose.
- Other questions ask about accessibility, cessation, second hand smoking, media and anti-tobacco messages, advertisement on tobacco use or any tobacco products, etc.
- Below is given a list of various types of tobacco products for your information:

Tobacco Products

| Smoking Tobacco includes: | Smokeless Tobacco includes: |
|--|--|
| <ul style="list-style-type: none"> ▪ Cigarettes <ul style="list-style-type: none"> - Manufactured cigarettes or hand rolled cigarettes ▪ Bidis ▪ Other types of smoked tobacco: <ul style="list-style-type: none"> - e-cigarette, hookah, cigars, cheroots, cigarillos, water pipe, chillum, chutta, dhumti | <ul style="list-style-type: none"> ▪ Leaf tobacco ▪ Betel quid (paan) with tobacco ▪ Paan masala together with ▪ Sada/Surti, khaini or tobacco lime mixture ▪ Gutkha, zarda, mawa (areca nut, tobacco and lime mixture) ▪ Gul, gudakhu, tobacco in liquid form (tuibur) ▪ Snuff (nasal use) |

IMPORTANT INSTRUCTIONS

- Do not write your name anywhere on the Questionnaire.
- Please read each question carefully before answering it.
- Answer the questions based on what you really know or do.
- 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, choose the right answer and circle it.
- If you have to change your answer, don't worry, just strike the serial number of wrong answer twice completely, and circle the correct answer.



- Please try to answer all the questions.
- Participation and answering the questions in the survey are voluntary. If you do not want to answer a question, just leave it blank.

| SECTION – I | | | |
|--|---|--|------|
| BACKGROUND CHARACTERISTICS | | | |
| No. | Questions | Response Categories | Code |
| Q.1 | How old are you? (In completed years) | Less than 13 years..... | 1 |
| | | 13 years old..... | 2 |
| | | 14 years old..... | 3 |
| | | 15 years old..... | 4 |
| | | Older than 15 years..... | 5 |
| Q.2 | What is your gender? | Male..... | 1 |
| | | Female..... | 2 |
| | | Others..... | 3 |
| Q.3 | In what grade/standard/class are you? | 8 th | 1 |
| | | 9 th | 2 |
| | | 10 th | 3 |
| Q.4 | On an average, in a week, how much money do you have that you can spend for yourself? | I usually don't have any spending money..... | 1 |
| | | Less than Rs. 50/-..... | 2 |
| | | Between Rs. 51/- to Rs. 100/-..... | 3 |
| | | Between Rs. 101/- to Rs.200/-..... | 4 |
| | | Between Rs. 201/- to Rs. 300/-..... | 5 |
| | | Between Rs. 301/- to Rs. 400/-..... | 6 |
| | | Between Rs. 401/- to Rs. 500/-..... | 7 |
| | | More than Rs. 500/-..... | 8 |
| SECTION – II | | | |
| CIGARETTE: The next 4 questions are about Cigarette smoking | | | |
| Q.5 | Have you ever tried or experimented with smoking cigarette, even one or two puffs? | Yes..... | 1 |
| | | No..... | 2 |
| Q.6 | How old were you when you first tried a cigarette? | I have never tried smoking a cigarette | 1 |
| | | 7 years old or younger..... | 2 |
| | | 8 years old..... | 3 |
| | | 9 years old..... | 4 |
| | | 10 years old..... | 5 |
| | | 11 years old..... | 6 |
| | | 12 years old..... | 7 |
| | | 13 years old..... | 8 |
| | | 14 years old..... | 9 |
| | | 15 years..... | 10 |
| | | Older than 15 years..... | 11 |

| | | | |
|---|---|---|---------------------------------|
| Q.7 | 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..... | 1 2 3 4 5 6 7 |
| Q.8 | 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 | 1 2 3 4 5 6 7 |
| SECTION – III | | | |
| ACCESSIBILITY (CIGARETTE): The next 4 questions are about getting cigarettes | | | |
| Q.9 | The LAST TIME you smoked cigarettes during the past 30 days, how did you get them? | I did not smoke any cigarettes during the past 30 days..... I bought them in a store or shop..... I bought them in a Pan shop..... I bought them from a vending machine..... I bought them from a street vendor..... I got them from someone else..... I got them some other way..... | 1 2 3 4 5 6 7 |
| Q.10 | During the past 30 days, did anyone refuse to sell you cigarettes because of your age? | I did not try to buy cigarettes during the past 30 days..... Yes, someone refused to sell me cigarettes because of my age..... No, my age did not prevent me from buying cigarettes..... | 1 2 3 |
| Q.11 | The last time you bought cigarettes during the past 30 days, how did you buy them? | I did not buy cigarettes during the past 30 days..... I bought them in a pack..... I bought individual sticks (singles)..... I bought them in a carton..... I bought tobacco and rolled my own..... | 1 2 3 4 5 |
| Q.12 | On average, how much do you think a pack of 10 cigarettes costs? | Less than Rs. 50/-..... Between Rs. 50/- to Rs. 100/-..... | 1 2 |

| | | | |
|--|--|--|----|
| | | Between Rs. 101/- to Rs. 200/-..... | 3 |
| | | Between Rs. 201/- to Rs. 300/-..... | 4 |
| | | Between Rs. 301/- to Rs. 400/-..... | 5 |
| | | More than Rs. 400/-..... | 6 |
| | | Don't know..... | 7 |
| SECTION – IV | | | |
| BIDI: The next 4 questions are about Bidi smoking | | | |
| Q.13 | Have you ever tried or experimented with smoking bidi, even one or two puffs? | Yes | 1 |
| | | No..... | 2 |
| Q.14 | How old were you when you first tried smoking a bidi? | I have never tried smoking a bidi..... | 1 |
| | | 7 years old or younger..... | 2 |
| | | 8 years old..... | 3 |
| | | 9 years old..... | 4 |
| | | 10 years old..... | 5 |
| | | 11 years old..... | 6 |
| | | 12 years old..... | 7 |
| | | 13 years old..... | 8 |
| | | 14 years old..... | 9 |
| | | 15 years..... | 10 |
| | | Older than 15 years..... | 11 |
| Q.15 | During the past 30 days, on how many days did you smoke bidi? | 0 days..... | 1 |
| | | 1 or 2 days..... | 2 |
| | | 3 to 5 days..... | 3 |
| | | 6 to 9 days..... | 4 |
| | | 10 to 19 days..... | 5 |
| | | 20 to 29 days..... | 6 |
| | | All 30 days..... | 7 |
| Q.16 | Please think about the days you smoked bidi during the past 30 days. How many bidis did you usually smoke per day? | I did not smoke bidi during the past 30 days.. | 1 |
| | | Less than 1 bidi per day..... | 2 |
| | | 1 bidi per day..... | 3 |
| | | 2 to 5 bidis per day..... | 4 |
| | | 6 to 10 bidis per day..... | 5 |
| | | 11 to 20 bidis per day..... | 6 |
| | | More than 20 bidis per day..... | 7 |
| SECTION – V | | | |
| ACCESSIBILITY (BIDI): The next 4 questions are about getting Bidi | | | |

| | | | |
|---|--|---|---------------------------------|
| Q.17 | The last time you smoked bidi during the past 30 days, how did you get them? | I did not smoke any bidi during the past 30 days..... I bought them in a store or shop..... I bought them in a Pan shop..... I bought them from a vending machine..... I bought them from a street vendor..... I got them from someone else..... I got them some other way..... | 1 2 3 4 5 6 7 |
| Q.18 | During the past 30 days, did anyone refuse to sell you bidi because of your age? | I did not try to buy bidi during the past 30 days..... Yes, someone refused to sell me bidis because of my age..... No, my age did not prevent me from buying bidi..... | 1 2 3 |
| Q.19 | The last time you bought bidi during the past 30 days, how did you buy them? | I did not buy bidi during the past 30 days..... I bought them in a pack..... I bought individual sticks (singles)..... I bought them in a bundle..... I bought tobacco and rolled my own..... | 1 2 3 4 5 |
| Q.20 | On average, how much do you think a pack of 20 bidis costs? | Less than Rs. 5/-..... Between Rs. 5/- to Rs. 10/-..... Between Rs. 11/- to Rs. 20/-..... More than Rs. 20/-..... Don't know..... | 1 2 3 4 5 |
| SECTION – VI | | | |
| OTHER SMOKING TOBACCO: The next 2 questions are about other forms of smoking tobacco other than cigarette and bidi | | | |
| Q.21 | Have you ever tried or experimented with any form of smoked tobacco products other than cigarettes and Bidi (such as hookah, cigars, cheroots, cigarillos, water pipe, chillum, chutta, dhumti)? | Yes No..... | 1 2 |
| Q.22 | During the past 30 days, did you use any form of smoked tobacco products other than cigarettes and Bidi (such as hookah, cigars, cheroots, | Yes No..... | 1 2 |

| | | | |
|--|--|--|--------------------------------------|
| | cigarillos, water pipe, chillum, chutta, dhumti)? | | |
| SECTION – VII | | | |
| ELECTRONIC NICOTINE DELIVERY SYSTEM (ENDS): Including E-Cigarette & Like Devices & Other Emerging Products: The next 2 questions are about e-cigarette and any such like devices. | | | |
| Q.23 | Before today had you ever heard of e-cigarettes or any such like devices? | Yes No..... | 1 2 |
| Q.24 | Have you ever experimented or used e-cigarette or any such like devices, even one or two puffs? | Yes No..... | 1 2 |
| SECTION – VIII | | | |
| ALL FORMS OF SMOKING TOBACCO: The next 3 questions are about all forms of smoking tobacco products | | | |
| Q.25 | Do you usually smoke tobacco first thing in the morning 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..... | 1 2 3 4 |
| Q.26 | How soon after you smoked 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..... | 1 2 3 4 5 6 7 8 |
| Q.27 | Where do you usually smoke? | I do not smoke..... At home..... At school..... At work..... At friends' houses..... At social events..... | 1 2 3 4 5 6 |

| | | | |
|--|--|--|---|
| | | In public spaces (e.g. parks, shopping centers, street corners)..... | 7 |
| | | Other..... | 8 |
| SECTION – IX | | | |
| CESSATION (SMOKING): The next 7 questions are about your feelings toward stop smoking | | | |
| Q.28 | Do you want to stop smoking now? | I have never smoked..... | 1 |
| | | I don't smoke now..... | 2 |
| | | Yes | 3 |
| | | No..... | 4 |
| Q.29 | During the past 12 months, did you ever try to stop smoking? | I have never smoked..... | 1 |
| | | I did not smoke during the past 12 months.... | 2 |
| | | Yes | 3 |
| | | No..... | 4 |
| Q.30 | Do you think you would be able to stop smoking if you wanted to? | I have never smoked..... | 1 |
| | | I don't smoke now..... | 2 |
| | | Yes | 3 |
| | | No..... | 4 |
| Q.31 | Have you ever received help or advice to help you stop smoking? | I have never smoked..... | 1 |
| | | Yes, from a programme or professional (Quit-Line, mCessation programme, Tobacco Cessation Clinic, etc.)..... | 2 |
| | | Yes, from a friend/relative..... | 3 |
| | | Yes, from a family member..... | 4 |
| | | Yes, from both programmes/professionals and from friends/ family members..... | 5 |
| | | No..... | 6 |
| Q.32 | How long ago did you stop smoking? | I have never smoked..... | 1 |
| | | I have not stopped smoking..... | 2 |
| | | 1-3 months | 3 |
| | | 4-11 months..... | 4 |
| | | One year..... | 5 |
| | | 2 years..... | 6 |
| | | 3 years or longer..... | 7 |
| Q.33 | What was the reason you decided to stop smoking? | I have never smoked..... | 1 |
| | | I have not stopped smoking..... | 2 |
| | | To improve/protect my health..... | 3 |
| | | I don't have money..... | 4 |

| | | | |
|---|---|---|---|
| | | Because my family does not like it..... | 5 |
| | | Because my friends do not like it)..... | 6 |
| | | Other..... | 7 |
| Q.34 | Have you heard about Tobacco QuitLine? | Yes | 1 |
| | | No..... | 2 |
| Q.35 | Have you ever called the Tobacco QuitLine? | Yes | 1 |
| | | No..... | 2 |
| SECTION - X | | | |
| SECOND HAND (PASSIVE) SMOKING: The next 7 questions are about your exposure to other people's smoking. | | | |
| Q.36 | During the past 7 days, on how many days has anyone smoked inside your home , in your presence? | Not residing at home..... | 1 |
| | | 0 days..... | 2 |
| | | 1 to 2 days..... | 3 |
| | | 3 to 4 days..... | 4 |
| | | 5 to 6 days..... | 5 |
| | | 7 days..... | 6 |
| Q.37 | 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 schools, hostels, shops, restaurants, hotels, movie theatres, public conveyances, gyms, sports arenas, airports, auditorium, hospital building, railway waiting room, public toilets, public offices, educational institutions, libraries, etc.). | 0 days..... | 1 |
| | | 1 to 2 days..... | 2 |
| | | 3 to 4 days..... | 3 |
| | | 5 to 6 days..... | 4 |
| | | 7 days..... | 5 |
| Q.38 | 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, bus stops, beaches, market places, etc.). | 0 days..... | 1 |
| | | 1 to 2 days..... | 2 |
| | | 3 to 4 days..... | 3 |
| | | 5 to 6 days..... | 4 |
| | | 7 days..... | 5 |
| Q.39 | During the past 30 days, did you see anyone smoke inside the school building or outside on school property? | Yes | 1 |
| | | No..... | 2 |

| | | | |
|------|--|---|------------------|
| Q.40 | Do you think the smoke from other people's tobacco smoking is harmful to you? | Yes No..... May be Don't know..... | 1 2 3 4 |
| Q.41 | Do you support the ban on smoking inside enclosed public places? (such as schools, hostels, shops, restaurants, hotels, movie theatres, public conveyances, gyms, sports arenas, airports, auditorium, hospital building, railway waiting room, public toilets, public offices, educational institutions, libraries, etc.). | Yes No..... | 1 2 |
| Q.42 | Do you support the ban on smoking at outdoor public places? (such as playgrounds, sidewalks, entrances to buildings, parks, beaches, bus stops, market places, etc). | Yes No..... | 1 2 |

SECTION – XI

SMOKELESS TOBACCO: The next 4 questions are about your use of smokeless tobacco such as tobacco leaf, betel quid with tobacco, sada/surti, khaini or tobacco lime mixture, gutkha, paan masala together with tobacco, mawa, gul, gudaku, snuff etc. Smokeless tobacco is tobacco that is not smoked, but is sniffed through the nose, held in the mouth, or chewed.

| | | | |
|------|--|----------------------|--------|
| Q.43 | Have you ever tried or experimented with any of the following smokeless tobacco? | | |
| a). | Tobacco leaf | Yes No..... | 1 2 |
| b). | Betel quid with tobacco/paan | Yes No..... | 1 2 |
| c). | Sada/surti, khaini or tobacco lime mixture | Yes No..... | 1 2 |
| d). | Gutkha | Yes No..... | 1 2 |
| e). | Paan masala together with tobacco | Yes No..... | 1 2 |

| | | | |
|------|--|---|----|
| f). | Mawa (mixture of supari, zarda, lime, etc.). | Yes | 1 |
| | | No..... | 2 |
| g). | Gul | Yes | 1 |
| | | No..... | 2 |
| h). | Gudakhu | Yes | 1 |
| | | No..... | 2 |
| i). | Snuff | Yes | 1 |
| | | No..... | 2 |
| j). | Others | Yes | 1 |
| | | No..... | 2 |
| Q.44 | How old were you when you first tried smokeless tobacco? (such as tobacco leaf, betel quid with tobacco, paan masala together with tobacco, sada /surti, khaini or tobacco lime mixture, gutkha, mawa, gul, gudaku, snuff etc.). | I have never tried smokeless tobacco..... | 1 |
| | | 7 years old or younger..... | 2 |
| | | 8 years old..... | 3 |
| | | 9 years old..... | 4 |
| | | 10 years old..... | 5 |
| | | 11 years old..... | 6 |
| | | 12 years old..... | 7 |
| | | 13 years old..... | 8 |
| | | 14 years old..... | 9 |
| | | 15 years..... | 10 |
| | | Older than 15 years..... | 11 |
| Q.45 | During the past 30 days, did you use any form of smokeless tobacco products? (such as tobacco leaf, betel quid with tobacco, paan masala together with tobacco, sada /surti, khaini or tobacco lime mixture, gutkha, mawa, gul, gudaku, snuff, etc.). | Yes | 1 |
| | | No..... | 2 |
| Q.46 | During the past 30 days, on how many days did you use smokeless tobacco? (such as tobacco leaf, betel quid with tobacco, paan masala together with tobacco, sada /surti, khaini or tobacco lime mixture, gutkha, mawa, gul, gudaku, snuff etc.). | 0 days..... | 1 |
| | | 1 or 2 days..... | 2 |
| | | 3 to 5 days..... | 3 |
| | | 6 to 9 days..... | 4 |
| | | 10 to 19 days..... | 5 |
| | | 20 to 29 days..... | 6 |
| | | All 30 days..... | 7 |

| SECTION – XII | | | |
|--|---|--|---|
| ACCESSIBILITY (SMOKELESS TOBACCO): The next 4 questions are about getting smokeless tobacco | | | |
| Q.47 | The LAST TIME you used smokeless tobacco during the past 30 days, how did you get them? | I did not use any smokeless tobacco during the past 30 days..... | 1 |
| | | I bought them in a store or shop..... | 2 |
| | | I bought them in a Pan shop..... | 3 |
| | | I bought them from a street vendor..... | 4 |
| | | I got them from someone else..... | 5 |
| | | I got them some other way..... | 6 |
| Q.48 | During the past 30 days, did anyone refuse to sell you smokeless tobacco because of your age? | I did not try to buy smokeless tobacco during the past 30 days..... | 1 |
| | | Yes, someone refused to sell me smokeless tobacco because of my age..... | 2 |
| | | No, my age did not prevent me from buying smokeless tobacco..... | 3 |
| Q.49 | The last time you bought smokeless tobacco during the past 30 days, how did you buy them? | I did not buy smokeless tobacco during the past 30 days..... | 1 |
| | | I bought single use pouch..... | 2 |
| | | I bought large pouch or can..... | 3 |
| | | I bought them loose product..... | 4 |
| Q.50 | On average, how much do you think a single use pouch of smokeless tobacco costs? | Less than Rs. 5/-..... | 1 |
| | | Between Rs. 5/- to Rs. 10/-..... | 2 |
| | | Between Rs. 11/- to Rs. 15/-..... | 3 |
| | | Between Rs. 16/- to Rs. 20/-..... | 4 |
| | | More than Rs. 20/-..... | 5 |
| | | Don't know..... | 6 |
| SECTION – XIII | | | |
| CESSATION (SMOKELESS TOBACCO): The next 6 questions are about your feelings toward stopping smokeless tobacco | | | |
| Q.51 | Do you want to stop using smokeless tobacco now? | I have never used smokeless tobacco..... | 1 |
| | | I don't use smokeless tobacco now..... | 2 |
| | | Yes | 3 |
| | | No..... | 4 |
| Q.52 | During the past 12 months, did you ever try to stop using smokeless tobacco? | I have never used smokeless tobacco..... | 1 |
| | | I did not use smokeless tobacco during the past 12 months) | 2 |

| | | | |
|--|---|--|---|
| | | Yes | 3 |
| | | No..... | 4 |
| Q.53 | Do you think you would be able to stop using smokeless tobacco if you wanted to? | I have never used smokeless tobacco..... | 1 |
| | | I don't use smokeless tobacco now..... | 2 |
| | | Yes | 3 |
| | | No..... | 4 |
| Q.54 | Have you ever received help or advice to help you stop using smokeless tobacco? | I have never smoked..... | 1 |
| | | Yes, from a programme or professional (Quit-Line, mCessation programme, Tobacco Cessation Clinic, etc.)..... | 2 |
| | | Yes, from a friend/relative..... | 3 |
| | | Yes, from a family member..... | 4 |
| | | Yes, from both programmes/professionals and from friends/ family members..... | 5 |
| | | No..... | 6 |
| Q.55 | How long ago did you stop using smokeless tobacco? | I have never used smokeless tobacco..... | 1 |
| | | I have not stopped using smokeless tobacco... | 2 |
| | | 1-3 months..... | 3 |
| | | 4-11 months..... | 4 |
| | | One year..... | 5 |
| | | 2 years..... | 6 |
| | | 3 years or longer..... | 7 |
| Q.56 | What was the main reason you decided to stop using smokeless tobacco? | I have never used smokeless tobacco..... | 1 |
| | | I have not stopped using smokeless tobacco.. | 2 |
| | | To improve my health..... | 3 |
| | | To save money..... | 4 |
| | | Because my family does not like it..... | 5 |
| | | Because my friends do not like it..... | 6 |
| | | Other..... | 7 |
| SECTION – XIV | | | |
| MEDIA AND ANTI-TOBACCO MESSAGES: The next 4 questions are about messages that are against using tobacco (might include cigarettes, other smoked tobacco, and smokeless tobacco) | | | |
| Q.57 | During the past 30 days, did you see or hear any <u>anti-</u> tobacco media messages on television, radio, internet, billboards, posters, | Yes | 1 |
| | | No..... | 2 |

| | | | |
|--|---|---|------------------|
| | newspapers, magazines, movies, etc.? | | |
| Q.58 | During the past 30 days, did you see or hear any <u>anti</u> -tobacco messages at sports events, fairs, concerts, community events, social gatherings, etc.? | Yes No..... .I did not go to sports events, fairs, concerts, or community events, or social gatherings in the past 30 days..... | 1 2 3 |
| Q.59 | During the past 30 days, did you see any health warnings on any tobacco product/cigarette package? | No, not seen..... Yes, but I didn't think much of them..... Yes, and they led me to think about quitting smoking or using smokeless tobacco..... Yes, they led me to think about not starting smoking or not starting using smokeless tobacco..... | 1 2 3 4 |
| Q.60 | During the past 12 months, were you taught in any of your classes about the dangers/ill effects of tobacco use (like, diseases, yellowing of teeth, wrinkles, or bad breath)? | Yes No..... I don't know..... | 1 2 3 |
| SECTION – XV | | | |
| ADVERTISEMENT ON TOBACCO: The next 2 questions are about advertisements or promotions for tobacco, including cigarettes, other smoked tobacco, and smokeless tobacco. | | | |
| Q.61 | During the past 30 days, did you see any people using tobacco products on TV, in videos, in movies, or Online/Internet? | | |
| a. | TV (टीवी) | Yes No..... | 1 2 |
| b. | Videos (वीडियो) | Yes No..... | 1 2 |
| c. | Movies (सिनेमा) | Yes No..... | 1 2 |
| d. | Online/Internet (ऑनलाइन/इंटरनेट) | Yes No..... | 1 2 |
| e. | I did not watch TV, videos, movies or online/internet in the past 30 days | Yes No..... | 1 2 |
| Q.62 | During the past 30 days, did you see any advertisements or promotions for tobacco products at points of sale? (such as stores, shops, paan dukan, etc.). | I did not visit any points of sale in the past 30 days Yes No..... | 1 2 3 |

| SECTION – XVI | | | |
|--|--|---|------------------|
| PERCEPTION, ATTITUDE AND BELIEFS: The next 7 questions are about your Perception, Attitudes and Beliefs about using tobacco | | | |
| Q.63 | If one of your best friends/relatives offered you a tobacco product, would you use it? | Yes No..... May be..... Don't know..... | 1 2 3 4 |
| Q.64 | At any time during the next 12 months do you think you will use any form of tobacco? | Yes No..... May be..... Don't know..... | 1 2 3 4 |
| Q.65 | Once someone has started smoking/using tobacco, do you think it would be difficult for them to quit? | Yes No..... May be..... Don't know..... | 1 2 3 4 |
| Q.66 | Do any of your closest friends smoke/using tobacco? | Yes No..... May be..... Don't know..... | 1 2 3 4 |
| Q.67 | Do you think smoking/using tobacco is harmful to your health? | Yes No..... May be..... Don't know..... | 1 2 3 4 |
| Q.68 | Do you think it is safe to smoke/use tobacco for only a year or two as long as you quit after that? | Yes No..... May be..... Don't know..... | 1 2 3 4 |
| Q.69 | During school hours, how often do you see teachers smoking inside or outside the school premises? | Every day..... Sometimes..... Never..... Don't know..... | 1 2 3 4 |

| SECTION – XVII | | | |
|---|-----------------------|---|------------------|
| PARENT'S BACKGROUND: The next 6 questions are about your Parent's Background characteristics | | | |
| Q.70 | Do your parents work? | Only father works..... Only mother works..... Both works..... Neither works..... | 1 2 3 4 |

| | | | |
|------|--|--------------------------------------|---|
| | | Don't know..... | 5 |
| | | Not Applicable..... | 6 |
| Q.71 | What level of education did your father/ stepfather complete? (The person with whom you are currently living with) | No formal schooling..... | 1 |
| | | Primary level (Standard 1-4)..... | 2 |
| | | Middle level (Standard 5-7)..... | 3 |
| | | Secondary level (Standard 8-10)..... | 4 |
| | | Higher secondary level..... | 5 |
| | | Graduate and above..... | 6 |
| | | Don't know..... | 7 |
| | | Father not alive..... | 8 |
| Q.72 | What level of education did your mother/ stepmother complete? (The person with whom you are currently living with) | No formal schooling..... | 1 |
| | | Primary level (Standard 1-4)..... | 2 |
| | | Middle level (Standard 5-7)..... | 3 |
| | | Secondary level (Standard 8-10)..... | 4 |
| | | Higher secondary level..... | 5 |
| | | Graduate and above..... | 6 |
| | | Don't know..... | 7 |
| | | Mother not alive..... | 8 |
| Q.73 | Do your parents use any form of smoking tobacco? | None..... | 1 |
| | | Father only..... | 2 |
| | | Mother only..... | 3 |
| | | Both the Parents..... | 4 |
| | | Don't know..... | 5 |
| | | Not Applicable..... | 6 |
| Q.74 | Do your parents use any form of smokeless tobacco? | None..... | 1 |
| | | Father only..... | 2 |
| | | Mother only..... | 3 |
| | | Both the Parents..... | 4 |
| | | Don't know..... | 5 |
| | | Not Applicable..... | 6 |
| Q.75 | Did your parents ever asked you to buy/bring any tobacco product (smoking/smokeless) for them from the shops or any other place in past 30 days? | Yes | 1 |
| | | No..... | 2 |

Thank you for participating in the survey!

Appendix-B

Confidential: For Research Purpose Only



Government Of India

Ministry of Health and Family Welfare (MoHFW)
Department of Health, Government of India
Nirman Bhavan, New Delhi - 110011



(स्थापना / Established in 1956)
केन्द्रर: भविष्य के लिए क्षमता निर्माण
Capacity Building for a Better Future

International Institute for Population Sciences (IIPS)
(Deemed University)

B.S. Devshi Marg (Govandi Station Road), Deonar, Mumbai - 400088

| GLOBAL YOUTH TOBACCO SURVEY (GYTS) - 4, INDIA | |
|---|---|
| SCHOOL POLICY QUESTIONNAIRE (Not to be filled by students) | |
| School Identification Number | <input type="text"/> |
| Is it linked school? | No <input type="text"/> 0 |
| | Yes <input type="text"/> 1 |
| State/UT | <input type="text"/> |
| District | <input type="text"/> |
| Block/Tehsil | <input type="text"/> |
| Name of the City/Town/Village | <input type="text"/> |
| Type of Place (As per Census classification) | Rural <input type="text"/> 1 |
| | Urban <input type="text"/> 2 |
| Name and address of the School | <input type="text"/> |
| Type of School | Public <input type="text"/> 1 |
| | Private (Aided) <input type="text"/> 2 |
| | Private (Non-Aided) <input type="text"/> 3 |
| Medium of Instruction(s) of the School | Hindi <input type="text"/> 1 |
| | English <input type="text"/> 2 |
| | Hindi and English <input type="text"/> 3 |
| | Hindi and Regional <input type="text"/> 4 |
| | English and Regional <input type="text"/> 5 |
| | Regional (Specify) <input type="text"/> 6 |
| Day/Boarding School | Day School only <input type="text"/> 1 |
| | Boarding School only <input type="text"/> 2 |
| | Both Day and Boarding School <input type="text"/> 3 |
| Board/Affiliation | State Board <input type="text"/> 1 |
| | Central Board <input type="text"/> 2 |
| | Other Board (Specify) <input type="text"/> 3 |

Signature of Interviewer _____ Date: _____

Signature of Supervisor _____

INFORMED CONSENT FORM
(To be obtained from School Principal/Authority)

Dear Sir/Madam,

I am _____ (name) representing _____ (FA) who has been assigned to carry out Global Youth Tobacco Survey – 4 (GYTS-4) in the state of _____ (name of the state), on behalf of the Ministry of Health and Family Welfare (MoHFW), Government of India. International Institute for Population Sciences (IIPS), Mumbai, is the nodal agency for this survey. IIPS is a Deemed University under MoHFW engaged in teaching and research activities in population, health and development. The World Health Organization (WHO) is providing technical support for this survey.

The GYTS-4 is an international survey conducted among the youths/adolescents age 13-15 on the use of tobacco products. Students of this age group, currently in Class VIII, IX and X, from all the states in India are participating in this survey from the randomly selected schools. Similarly, students in many other countries around the world also are participating in this survey. The WHO and Government of India initiated this survey because of concern about tobacco use among the adolescents/youths all over the world.

Your school has been selected at random for GYTS-4. The information to be provided by the students for GYTS-4 will be used for public health purposes by the MoHFW. The responses of the students from your school are very important to the community, as their answers will represent the perceptions of other students of the same age group.

Participation of the school/students in this survey is entirely voluntary. Students may not answer any question and/or withdraw from the survey at any time. The questionnaire will be completed in about 30-40 minutes. The information provided by the students will be kept strictly confidential and anonymous. The students cannot be identified by their responses, and the information will be used only for research and policy planning purposes. There is no risk involved to the school or students for participation in the survey.

A copy of the Questionnaire can be provided for your information. If you have any further questions or clarification about this survey, you can contact the Head of my Organization and also the Nodal Agency (IIPS) as given below:

- (1) The CEO/Managing Director, Field Agency for the state, New Delhi.
- (2) The Director, International Institute for Population Sciences, Deonar,

Mumbai

Email: gyts4@iips.net, **Telephone No:** 022-4237 2400/410/414

The participation of your school and students is very important. If you approve of your school's participation in this survey, we will meet the students and their class teachers to conduct the survey in their respective classrooms.

THANK YOU !

- YES, Agreed with Signature: _____
- YES, Agreed Orally
- No, Not Agreed/Refused

SCHOOL POLICY QUESTIONNAIRE

| No. | Questions | Response Categories | Code |
|------|---|--|------------------|
| Q.1. | What is your primary position in this school? | Principal /Headmaster/Headmistress Vice-Principal/Asst. Headmaster/Headmistress Other School Administrator Senior Teacher | 1 2 3 4 |
| Q.2. | Are you aware that as per COTPA, 2003 sale of tobacco products in an area within a hundred yards of any educational institution is prohibited? | Yes No | 1 2 |
| Q.3. | Are you aware that smoking is not permitted inside the school? | Yes No | 1 2 |
| Q.4. | Have you been authorized by your State Govt. as the authorized officer to collect fine for violation of Section - 6 of the COTPA, 2003? | Yes No | 1 2 |
| Q.5. | Are you aware that “Tobacco Free School” or “Tobacco Free Educational Institution” board must be displayed at a prominent place(s) on the boundary wall outside the main entrance of every educational institution? | Yes No | 1 2 |
| Q.6. | Are you aware of any guidelines for Tobacco Free Schools / Educational Institutions? | Yes No | 1 2 |
| Q.7. | Has any student been found using tobacco/tobacco products in the school premises? | Yes No | 1 2 |
| Q.8. | Has any school personnel been found using tobacco/tobacco products in the school premises? | Yes No | 1 2 |
| Q.9. | If answer to Question No. 7 and 8 is yes, was any action taken? | Yes No | 1 2 |

Thank you for participating in the survey!

Appendix- C

| GLOBAL YOUTH TOBACCO SURVEY (GYTS) – 4, INDIA | | | |
|--|---|--|--------------------------------|
| OBSERVATION CHECKLIST (To be collected by the Field Agency) | | | |
| No. | Questions | Response Category | Code |
| 1. | During your visit, did you notice any of the following outside the School Entrance Gate (area within 100 yards of School Gate)? | | |
| | a. | Empty Cigarette Packets | Yes 1 No 2 |
| | b. | Cigarette/ Bidi Butts | Yes 1 No 2 |
| | c. | Used smokeless tobacco Pouches/packets | Yes 1 No 2 |
| 2. | During your visit, did you notice anybody smoking outside the School Entrance Gate (area within 100 yards of School Gate)? | | School Teachers 1 |
| | | | School Employees 2 |
| | | | Students 3 |
| | | | Visitors 4 |
| | | | Unknown Persons 5 |
| | | | No one was smoking 6 |
| 3. | During your visit, did you notice any of the following in School Lavatory? | | |
| | a. | Empty Cigarette Packets | Yes 1 No 2 |
| | b. | Cigarette/ Bidi Butts | Yes 1 No 2 |
| | c. | Used smokeless tobacco Pouches/packets | Yes 1 No 2 |
| 4. | During your visit, did you notice people smoking in School Lavatory? | | School Teachers 1 |
| | | | School Employees 2 |
| | | | Students 3 |
| | | | Visitors 4 |
| | | | Unknown Persons 5 |
| | | | No one was smoking 6 |
| | | | School has no lavatory 7 |
| 5. | During your visit, did you notice any of the following in School Canteen? | | |
| | a. | Empty Cigarette Packets | Yes 1 No 2 |
| | b. | Cigarette/ Bidi Butts | Yes 1 No 2 |
| | c. | Used smokeless tobacco Pouches/packets | Yes 1 No 2 |
| 6. | During your visit, did you notice people smoking in School Canteen? | | School Teachers 1 |
| | | | School Employees 2 |

| | | | |
|-----|---|-----------------------------|---|
| | | Students | 3 |
| | | Visitors | 4 |
| | | Unknown Persons | 5 |
| | | No one was smoking | 6 |
| | | School has no canteen | 7 |
| 7. | During your visit, did you notice any of the following inside the school premises (example, playground, common room, auditorium, classroom, parking lot, etc.)? | | |
| a. | Empty Cigarette Packets | Yes | 1 |
| | | No | 2 |
| b. | Cigarette/ Bidi Butts | Yes | 1 |
| | | No | 2 |
| c. | Used smokeless tobacco Pouches/packets | Yes | 1 |
| | | No | 2 |
| 8. | During your visit, did you notice people smoking, inside the school premises (example, playground, common room, auditorium, classroom, parking lot, etc.)? | | |
| | | School Teachers | 1 |
| | | School Employees | 2 |
| | | Students | 3 |
| | | Visitors | 4 |
| | | Unknown Persons | 5 |
| | | No one was smoking | 6 |
| 9. | During your visit, did you notice any of the following outside the school premises around 100 yards of the of the school property? | | |
| a. | Empty Cigarette Packets | Yes | 1 |
| | | No | 2 |
| b. | Cigarette/ Bidi Butts | Yes | 1 |
| | | No | 2 |
| c. | Used smokeless tobacco Pouches/packets | Yes | 1 |
| | | No | 2 |
| 10. | During your visit, did you notice people smoking outside the school premises around 100 yards of the of the school property? | | |
| | | School Teachers | 1 |
| | | School Employees | 2 |
| | | Students | 3 |
| | | Visitors | 4 |
| | | Unknown Persons | 5 |
| | | No one was smoking | 6 |



Ministry of Health and Family Welfare
New Delhi – 110011
(Government of India)



International Institute for Population Sciences
Mumbai – 400088
(Deemed University)