

# ***Global Youth Tobacco Survey***

## ***Saint Lucia***



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## Executive Summary

The Global Youth Tobacco Survey (GYTS) sponsored by the World Health Organization (WHO) in collaboration with the United States Centres for Disease Control and Prevention, was conducted in Saint Lucia during the months of May and June 2001.

The GYTS is a school-based survey of students aged 13 to 15 years. It is designed to gather information about smoking prevalence, knowledge and attitudes, media and advertising, young people's access to tobacco products; price of tobacco products; tobacco use prevention education in the school curriculum; exposure to environmental tobacco smoke and tobacco cessation. The information obtained from the survey would be used in decision making and to develop strategies to prevent and control tobacco use among young people.

The objectives of the GYTS in St. Lucia were to:

1. document and monitor the prevalence of tobacco use including: cigarette smoking and current use of smokeless tobacco and cigars or pipes.
2. obtain an improved understanding of and to assess students' attitudes, knowledge and behaviours related to tobacco use and its health impact.
3. provide information to guide programming and advocacy work addressing youth tobacco use.

The purpose of the GYTS was to collect data on the level of tobacco use, age at initiation of cigarette use, the levels of susceptibility to become cigarette smokers, exposure to tobacco advertising and to identify intervening variables such as attitudes and beliefs on behavioural norms with regard to tobacco use which can be used to inform prevention and control programmes.

The Saint Lucia GYTS collected data on the prevalence of cigarette and other tobacco use, as well as information on six (6) related factors namely - knowledge and attitudes; access/availability and price; environmental tobacco smoke exposure; cessation; media and advertising; and school curriculum.

The Saint Lucia GYTS was conducted among students in grades 6-9 and forms 1-4.

A two-stage cluster sample design was used to produce representative data for all of Saint Lucia. At the first stage, schools were selected with probability proportional to enrolment size. At the second stage, classes were randomly selected and all students in selected classes were eligible to participate.

The schools' response rate was 100 %. Student response rate was 86.2%, and the overall response rate was 86.2%. A total of 1737 students participated in the survey.

The Ministry of Health and the Ministry of Education collaborated in collecting data. Health and Family Life educators distributed questionnaires to students.

The questionnaire was self-administered. It consisted of 71 questions which were close ended and addressed the variables mentioned above.

The results of the survey showed that 35.5% of students had ever smoked cigarettes and male students were more likely to smoke than females. Smoking initiation began before age 10 among 29.2% of the students and 13% of non-smokers were susceptible to initiating smoking within the next 12 months. One in three students who had never smoked felt that boys who smoked had more friends.

A small percentage of students who were smokers perceived that boys and girls who smoked had more friends. Students smoked at home and elsewhere, but female students were more likely to smoke at home. With regards to purchasing cigarettes in a store, students had no difficulty.

Students who were non-smokers, as well as current smokers were exposed to environmental tobacco smoke (ETS) at home and in Public places. Among current smokers 75.7% of students had a desire to stop smoking. A small amount of students, 5.5%, however, had attempted to stop smoking during the course of the year. Exposure to media and advertising messages both pro and con can be considered high. Almost half of the students were taught in school about the dangers of smoking and a smaller number had discussed the reasons why people their age smoked.

Based on the findings of the study, the following recommendations were made:

1. A comprehensive tobacco control programme should be developed, implemented and evaluated, including:
  - (a) legislation banning

- smoking in public places
- the sale of tobacco products to minors and single cigarettes
- advertising and promotion of tobacco products in all media

(b) development and implementation of a youth cessation programme.

2. Progressive taxes on cigarettes and other tobacco products.
3. The GYTS Survey should be repeated every three years to ascertain trends and effectiveness of tobacco control initiatives.

## ***Background and Introduction***

Saint Lucia is one of the four Windward Islands, situated between Martinique to the North and St. Vincent to the South (62° W and 13.6° N). It is a volcanic island with an area of 238 square miles.

The population of Saint Lucia in 1999 was estimated at approximately 153,819 persons<sup>1</sup>.

The Government of Saint Lucia is a democratically elected.

The economy is based primarily on Agriculture, Tourism, Small Manufacturing and Financial Services.

Tobacco consumption is one of the major causes of mortality in the world. The World Health Organisation estimates that four million persons die annually from tobacco consumption. Unchecked, tobacco related deaths, would be approximately 10 million persons annually, by the year 2030.

In the Region of the Americas, tobacco use causes at least 845,000 deaths annually<sup>2</sup>. Non-communicable diseases including cancer and heart disease are responsible for nearly two-thirds of all deaths in Latin America and the Caribbean<sup>3</sup>. One third of all deaths from cancer and heart disease are related to tobacco use in Latin America and the Caribbean<sup>4</sup>.

Notwithstanding the global tobacco epidemic, tobacco consumption is increasing in Saint Lucia<sup>5</sup>. Similar to sexual initiation, tobacco initiation commences early in children, usually in the pre-adolescent stage of development in Saint Lucia. It is a common practice for parents who smoke to allow their children to purchase cigarettes for them at grocery or liquor shops. A study on adolescent health among students 10 to 19 years, conducted in Saint Lucia in 2000 indicated that 11.2% of students included in the survey had ever smoked a cigarette and less than 1% of the students in the survey smoked cigarettes monthly or more frequently in the year preceding the survey<sup>6</sup>.

The Ministry of Health, the Saint Lucia Cancer Society and the Ministry of Education have been involved in educating young persons and the general public on the ill effects



of tobacco consumption. In 1993, the Government of Saint Lucia by a Cabinet decision banned smoking in all health facilities. The following year the ban was extended to all public buildings. Some restaurants and other business places have voluntarily placed no-smoking signs in their premises. Consequently, small gains have been made in the tobacco control programme in Saint Lucia.

In response to the lack of data on youth tobacco use around the world, in 1998 the World Health Organisation, in collaboration with the US Centres for Disease Control and Prevention, initiated a global surveillance project of tobacco use among young people that would allow for cross country comparisons. The project, the Global Youth Tobacco Survey (GYTS), uses a common methodology and protocol for collecting data on tobacco use among young people aged 13 to 15 across all countries. The GYTS was intended to enhance the capacity of countries to monitor tobacco use among youth and to guide the implementation and evaluation of tobacco prevention and control programmes and policies. By mid 2001, the GYTS had been completed in 45 countries and was in process in an additional 46 countries.

The Global Youth Tobacco Survey (GYTS) is a school-based survey of students aged 13 to 15 years. It is designed to gather information about smoking prevalence, knowledge and attitudes, media and advertising, young people's access to tobacco products; tobacco use prevention education in the school curriculum; price of cigarettes; exposure to environmental tobacco smoke; and tobacco cessation. The information obtained from the survey will be used in decision making and to develop strategies to prevent and control tobacco use among young people.

The GYTS had focused on school-based surveys because they are useful tools in gathering data, and are relatively inexpensive and easy to administer. They also tend to report reliable results and refusals are significantly lower than household surveys. The research approach used for data collection was the self-administered questionnaire.

The objectives of the GYTS in Saint Lucia were:

1. To document and monitor the prevalence of tobacco use including cigarette smoking, current use of smokeless tobacco and cigars or pipes.
2. To obtain an improved understanding of and to assess students' attitudes, knowledge and behaviours related to tobacco use and its health impact.
3. To provide information to guide programming and advocacy work addressing youth tobacco use.

The implementation of the GYTS is proceeding at the same time that the member states of the World Health Organization are negotiating the Framework Convention on Tobacco Control (FCTC), an international treaty to coordinate worldwide efforts to reduce tobacco use and exposure to second hand smoke.

In addition to guiding national policy and programming strategies, the results of the GYTS will provide invaluable data to monitor progress toward many of the provisions ultimately contained within the FCTC.

## ***METHODS***

The Saint Lucia GYTS was a school-based survey of students in grades 6-9 and forms 1-4. The survey was conducted in May and June 2001.

A two-stage cluster sample design was used to produce representative data for all of Saint Lucia. At the first stage, schools were selected with probability proportional to enrolment size. At the second stage, classes were randomly selected and all students in selected classes were eligible to participate.

The schools' response rate was 100 %. Student response rate was 86.2%, and the overall response rate was 86.2%. A total of 1737 students participated in the survey. In the analysis of the data, cells that are less than thirty-five (35) are not reported and are identified by an asterisk.

The Ministry of Health and the Ministry of Education collaborated in collecting data. Health and Family Life educators distributed questionnaires to students.

A structured questionnaire was self-administered. It consisted of 71 questions which were close ended. The major variables were prevalence, knowledge and attitudes, access and availability, environmental tobacco smoke, cessation, media and advertising and school curriculum.

For the purpose of this survey, current smoker is defined as a student who had smoked cigarettes in the past thirty (30) days prior to the commencement of the survey.

# RESULTS

## 1.0 Prevalence

Approximately 1 in 3 of the students (35.5%) had ever smoked cigarettes (Table1). Prevalence of ever smoking was significantly higher for male students (45.3%) than female students (27.7%). Prevalence of ever smoking was significantly higher among students in Grade 7 (44.5%) than in Grade 6 (18.7%). A higher percentage of students (43.8%) aged 16 had ever smoked compared to those aged 12 years (24.4%). Overall, 1 in 7 students (14.3%) currently use some form of tobacco product. Current use of any tobacco product is significantly higher for male students (18.5%) than for female students (10.1%).

**Table 1: Percentage of students who used tobacco**

Category	Ever Smoked Cigarettes, Even one or two puffs	Current Use				Never Smokers- Susceptible to Initiating Smoking
		Any Tobacco product	Cigarettes	Other tobacco Products	Ever smokers who initiated smoking before age 10	
<b>Total</b>	35.5 (±2.6)	14.3 (±1.9)	9.7 (±1.6)	7.7 (±1.7)	29.2 (±4.0)	13.0 (±1.8)
<b>Sex</b>						
<b>Male</b>	45.3 (±4.6)	18.5 (±3.5)	13.5 (±3.2)	9.6 (±2.4)	31.1 (±5.3)	16.5 (±4.5)
<b>Female</b>	27.7 (±3.3)	10.1 (±2.2)	6.5 (±1.9)	5.6 (±1.7)	27.8 (±5.4)	11.5 (±2.4)
<b>Grade</b>						
<b>6</b>	18.7 (±8.5)	11.4 (±4.5)	6.7 (±4.1)	7.0 (±3.4)	*	12.3 (±4.8)
<b>7</b>	44.5 (±17.1)	22.6 (±14.5)	13.9 (±13.1)	13.2 (±9.8)	*	*
<b>8</b>	29.2 (±10.9)	22.8 (±12.6)	9.6 (±5.9)	18.0 (±12.9)	*	19.5 (±11.1)
<b>9</b>	*	*	*	*	*	*
<b>Form</b>						
<b>1</b>	33.3 (±7.3)	15.3 (±4.5)	11.5 (±4.4)	8.9 (±2.8)	36.4 (±8.1)	13.4 (±3.8)
<b>2</b>	36.4 (±4.3)	15.7 (±4.8)	11.5 (±3.8)	7.8 (±3.9)	24.9 (±8.5)	13.3 (±3.6)
<b>3</b>	39.5 (±4.7)	13.7 (±5.2)	9.9 (±4.4)	6.2 (±2.9)	32.1 (±7.8)	15.5 (±5.9)
<b>4</b>	38.9 (±10.1)	8.8 (±2.7)	6.2 (±3.1)	4.2 (±1.7)	21.9 (±9.7)	9.1 (±4.7)
<b>Age</b>						
<b>12</b>	24.4 (±9.2)	14.5 (±4.9)	8.4 (±3.9)	8.5 (±3.4)	37.3 (±13.6)	13.3 (±5.4)
<b>13</b>	29.4 (±6.5)	13.7 (±5.8)	8.3 (±4.1)	8.7 (±3.9)	43.8 (±12.4)	10.6 (±4.3)
<b>14</b>	33.3 (±4.8)	12.5 (±3.3)	9.3 (±3.1)	6.8 (±2.6)	33.6 (±7.5)	14.0 (±4.1)
<b>15</b>	39.6 (±5.4)	14.1 (±5.8)	10.4 (±4.8)	6.3 (±3.2)	23.6 (±7.8)	14.3 (±5.7)
<b>16</b>	43.8 (±7.4)	15.7 (±4.7)	10.5 (±3.7)	8.4 (±3.5)	22.4 (±8.2)	12.6 (±4.5)

\* = Cell < 35

Overall, almost ten percent (9.7%) of students smoked cigarettes during the past 30 days. Students who currently smoked (in the past 30 days) were significantly higher

among male students (13.5%) than female students (6.5%). Overall 1 in 13 students (7.7%) had used types of tobacco other than cigarettes such as chewing tobacco, snuff etc. Before age ten, 29.2% of the students had smoked cigarettes. Amongst students who had never smoked, 13% were susceptible to initiating smoking, that is, they are likely to start smoking during the next year. Table 1

## 2.0 Knowledge and Attitudes

Among students who had never smoked, 34.4% felt that boys who smoked had more friends. That perception was significantly higher among students in form one (37.2%) than students in form four (17.7%). Among those who were current smokers, 44.8% felt that boys who smoked had more friends. A significant difference regarding this belief exists among male students who never smoked (31.7%) and male students who were current smokers (49.6%). Table 2

For female students who were never smokers, 20.1% felt that girls who smoked had more friends and among those who were current smokers, 20.4% felt that girls who smoked have more friends.

**Table 2: Knowledge and Attitudes**

Category	Think boys who smoke have more friends		Think girls who smoke have more friends		Think smoking makes boys look more attractive		Think smoking makes girls look more attractive	
	Never Smokers	Current Smokers	Never Smokers	Current Smokers	Never Smokers	Current Smokers	Never Smokers	Current Smoker
<b>Total</b>	34.4 (±3.7)	44.8 (±6.9)	20.1 (±2.8)	23.5 (±6.9)	9.2 (±2.5)	14.1 (± 6.6)	8.8 (±2.4)	10.3 (±4.6)
<b>Sex</b>								
<b>Male</b>	31.7 (±6.0)	49.6 (±11.2)	20.5 (±4.1)	25.0 (±10.7)	10.9 (±3.3)	20.3 (±9.9)	10.4 (±3.7)	16.5 (±7.0)
<b>Female</b>	35.7 (±4.9)	37.3 (±11.3)	20.1 (±4.3)	20.4 (±8.5)	9.0 (±3.1)	6.7 (±6.4)	8.1 (±2.4)	1.7 (±3.3)
<b>Grade</b>								
<b>6</b>	35.8 (±10.3)	*	19.9 (±8.3)	*	17.1 (±12.6)	*	17.4 (±11.4)	*
<b>7</b>	*	*	*	*	*	*	*	*
<b>8</b>	41.2 (±12.5)	*	27.6 (±16.7)	*	26.7 (±12.2)	*	24.6 (±16.9)	*
<b>9</b>	*	*	*	*	*	*	*	*
<b>Form</b>								
<b>1</b>	37.2 (±7.1)	*	20.6 (±5.0)	*	14.4 (±6.1)	*	12.3 (±5.0)	*
<b>2</b>	39.4 (±7.2)	36.1 (±13.4)	23.7 (±5.6)	24.4 (±14.7)	7.0 (±3.0)	13.1 (±11.1)	7.0 (±3.0)	6.6 (±7.0)
<b>3</b>	29.2 (±8.9)	*	14.6 (±4.3)	*	3.0 (±3.2)	*	3.5 (±2.9)	*
<b>4</b>	17.7 (±9.3)	*	13.3 (±6.5)	*	2.2 (±3.1)	*	2.9 (±3.4)	*
<b>Age</b>								
<b>12</b>	33.4 (±8.6)	*	20.2 (±7.4)	*	12.9 (±4.4)	*	13.8 (±5.3)	*
<b>13</b>	38.6 (±7.6)	*	19.1 (±8.1)	*	16.3 (±10.2)	*	13.6 (±9.7)	*
<b>14</b>	38.0 (±7.3)	44.1 (±15.9)	25.4 (±6.3)	*	6.9 (±2.9)	17.1 (±12.0)	7.9 (±3.1)	*
<b>15</b>	33.2 (±7.4)	*	16.1 (±4.1)	23.5 (±16.8)	8.9 (±4.2)	11.0 (±11.9)	7.2 (±3.9)	2.4 (±5.1)
<b>16</b>	26.4 (±7.1)	*	17.3 (±6.3)	*	5.1 (±4.2)	*	2.8 (±3.3)	*

\* = Cell < 35

Among students who never smoked 9.2% think smoking makes boys look more attractive. This perception of students in form one (14.4%) was higher than students in form four (2.2%). Among students who smoked, 14.1% think that smoking makes boys look more attractive. Among students who never smoked, 8.8% think smoking makes girls look more attractive. The perception of form one students (12.3%) was higher than form four students (2.9%). Among current smokers, 10.3% think smoking makes girls look more attractive. A significant difference exists between male current smokers 16.5% and female current smokers (1.7%) as it relates to thinking that smoking makes girls look more attractive.

### 3.0 Access and Availability

One in three students (33.1%) who were current smokers usually smoked at home. Female students were more likely to smoke at home (50.6%) than male students (22.5%). Approximately 14% of students who were current smokers purchased cigarettes in a store. Most of these students who were current smokers, despite being under age had no difficulty in purchasing cigarettes from a store (67.5%) Table 3. However, the amount of moneys spent on cigarettes was insignificant.

**Table 3: Access and Availability**

Category	Percent Current Smokers who Usually Smoke at Home	Percent Current Smokers who Purchased Cigarettes in a Store	Percent Current Smokers Who Bought Cigarettes in a Store Who Were Not Refused Because of their age
<b>Total</b>	33.1 (±9.0)	14.1 (±6.5)	67.5 (±9.9)
<b>Sex</b>			
Male	22.5 (±11.5)	18.0 (±9.8)	68.2 (±10.3)
Female	50.6 (±12.4)	7.4 (±5.5)	63.1 (±19.3)
<b>Grade</b>			
6	*	*	*
7	*	*	*
8	*	*	*
9	*	*	*
<b>Form</b>			
1	*	*	*
2	38.7 (±15.9)	25.5 (±14.4)	*
3	*	*	*
4	*	*	*
<b>Age</b>			
12	*	*	*
13	*	*	*
14	*	*	*
15	*	17.0 (±11.4)	*
16	*	*	*

\* = Cell < 35

### 4.0 Environmental Tobacco Smoke

Among students who were non-smokers, 22.8% were exposed to smoke from others in their home. Of those who were current smokers, 49.6% were exposed to smoke from others in their home. Thus, students who are exposed to smoke in the home from others are significantly higher among current smokers than non-smokers. Table 4

Exposure to smoke from others in public places is significantly higher among current smokers (78.4%) than students who never smoked (52.6%).

**Table 4: Environmental Tobacco Smoke**

Category	Exposed to smoke from others in their home		Exposed to smoke from others in public places		Percent think smoking should be banned from public places		Definitely think smoke from others is harmful to them	
	Never Smokers	Current Smokers	Never Smokers	Current Smokers	Never Smokers	Current Smokers	Never Smokers	Current Smoker
<b>Total</b>	22.8 (±1.9)	49.6 (±8.0)	52.6 (±3.2)	78.4 (±6.4)	80.2 (±3.1)	70.5 (±8.4)	78.8 (±3.6)	60.9 (±10.8)
<b>Sex</b>								
<b>Male</b>	22.9 (±3.5)	56.6 (±10.6)	55.1 (±5.0)	81.8 (±9.2)	80.6 (±4.6)	66.9 (±12.5)	75.7 (±6.0)	55.3 (±15.6)
<b>Female</b>	22.7 (±2.7)	41.6 (±11.3)	51.3 (±3.8)	75.0 (±10.4)	80.3 (±4.2)	80.8 (±10.7)	81.3 (±4.2)	65.1 (±12.8)
<b>Grade</b>								
<b>6</b>	21.7 (±4.4)	*	45.6 (±5.9)	*	68.6 (±12.1)	*	74.6 (±11.8)	*
<b>7</b>	*	*	*	*	*	*	*	*
<b>8</b>	35.3 (±16.8)	*	42.8 (±14.7)	*	70.9 (±13.0)	*	59.8 (±26.2)	*
<b>9</b>	*	*	*	*	*	*	*	*
<b>Form</b>								
<b>1</b>	18.5 (±5.9)	*	50.0 (±9.3)	*	72.5 (±13.6)	*	72.9 (±8.1)	*
<b>2</b>	22.5 (±4.2)	39.7 (±14.9)	55.4 (±4.3)	78.4 (±8.5)	84.9 (±4.8)	75.0 (±16.1)	82.2 (±5.3)	76.5 (±9.8)
<b>3</b>	23.1 (±6.1)	*	55.4 (±9.0)	*	84.6 (±5.6)	*	78.7 (±9.7)	*
<b>4</b>	23.8 (±5.8)	*	55.1 (±9.5)	*	91.9 (±5.3)	*	91.0 (±7.4)	*
<b>Age</b>								
<b>12</b>	18.5 (±6.7)	*	44.3 (±5.9)	*	76.2 (±8.2)	*	76.9 (±9.2)	*
<b>13</b>	26.8 (±5.7)	*	53.2 (±5.8)	*	77.5 (±6.5)	*	75.7 (±4.6)	*
<b>14</b>	21.1 (±5.6)	54.7 (±19.3)	56.0 (±6.4)	78.6 (±11.7)	80.9 (±7.9)	69.6 (±13.0)	81.1 (±6.6)	*
<b>15</b>	21.5 (±6.5)	52.9 (±15.4)	49.8 (±7.3)	81.9 (±11.3)	81.2 (±6.8)	78.0 (±13.4)	77.8 (±6.7)	*
<b>16</b>	26.8 (±6.6)	*	56.8 (±7.9)	*	84.9 (±6.0)	*	80.5 (±10.1)	*

\* = Cell < 35

Among students who never smoked, 80.2% think smoking should be banned from public places. The perception of students in form four (91.9%) was significantly higher than students in form one (72.5%). Students who were current smokers had a similar inclination (70.5%). Thinking that smoking should be banned from public places is significantly higher among female students who are current smokers (80.8%) than male students who are current smokers (66.9%).

The perception that smoke from others is harmful to them is significantly higher among students who never smoked (78.8%) than those who were current smokers (60.9%). Students in form four who had never smoked (91.0%) had a stronger perception of the harmful effects of cigarette smoke than never smokers in form one (72.9%). Table 4



## 5.0 Cessation

Among students were current smokers, a large percentage (75.7%) had a desire to stop smoking and 5.5% tried to stop during the course of the year. Male students (7.5%) were more inclined to stop smoking than female students (3.9%). Table 5

**Table 5: Cessation**

Category	Current Smokers	
	Percent desire to stop	Percent tried to stop this year
Total	75.7 ( $\pm 10.7$ )	5.5 ( $\pm 1.1$ )
Sex		
Male	78.2 ( $\pm 16.3$ )	7.5 ( $\pm 2.0$ )
Female	*	3.9 ( $\pm 1.3$ )
Grade		
6	*	*
7	*	*
8	*	*
9	*	*
Form		
1	*	*
2	*	*
3	*	*
4	*	*
Age		
12	*	*
13	*	*
14	*	*
15	*	*
16	*	*

\* = Cell < 35

## 6.0 Media and Advertising

A large percentage of students (81.5%) saw anti-smoking media messages in the past thirty days. Among students who never smoked 53.9% saw pro-tobacco messages in newspapers and magazines in the past thirty days. Among students who were current smokers, 59.4% were exposed to pro-tobacco messages in the similar period. Prevalence of students who had an object with a cigarette brand logo on it was significantly higher among current smokers (36.4%) than never smokers (12.9%). Among never smokers, more male students (17.9%) than female students (10%) had an object with a cigarette brand logo on it. Students who were offered free cigarettes by a tobacco company was significantly higher among current smokers (24.0%) than non-smokers (10.1%). Table 6

**Table 6: Media and Advertising**

Category	Percent saw Anti-Smoking Media Messages	Percent saw Pro-Tobacco Messages in newspapers and magazines		Percent who had object with a cigarette brand logo on it		Percent offered "free" cigarettes by a tobacco company	
		Never Smokers	Current Smokers	Never Smokers	Current Smokers	Never Smokers	Current Smokers
<b>Total</b>	81.5 (±2.6)	53.9 (±3.6)	59.4 (±10.0)	12.9 (±2.2)	36.4 (±9.6)	10.1 (±1.8)	24.0 (±6.1)
<b>Sex</b>							
<b>Male</b>	78.9 (±3.0)	51.9 (±5.1)	59.7 (±14.3)	17.9 (±3.4)	30.7 (±10.6)	13.6 (±3.6)	30.6 (±10.2)
<b>Female</b>	84.2 (±3.4)	54.9 (±4.5)	57.6 (±11.1)	10.0 (±2.2)	40.8 (±13.7)	8.1 (±2.2)	15.1 (±9.4)
<b>Grade</b>							
<b>6</b>	76.3 (±12.2)	58.2 (±11.9)	*	10.2 (±5.5)	*	11.3 (±8.3)	*
<b>7</b>	79.5 (±9.3)	*	*	*	*	*	*
<b>8</b>	80.1 (±7.4)	54.9 (±13.6)	*	10.4 (±8.8)	*	7.6 (±6.7)	*
<b>9</b>	*	*	*	*	*	*	*
<b>Form</b>							
<b>1</b>	77.0 (±8.0)	57.7 (±9.9)	*	10.2 (±3.5)	*	7.7 (±3.1)	*
<b>2</b>	83.5 (±4.2)	49.7 (±7.1)	50.6 (±21.2)	14.1 (±4.2)	30.1 (±13.8)	10.6 (±3.1)	18.3 (±7.4)
<b>3</b>	83.2 (±3.9)	50.8 (±6.7)	*	16.1 (±6.3)	*	9.4 (±4.5)	*
<b>4</b>	84.6 (±5.5)	51.6 (±5.2)	*	11.4 (±3.8)	*	7.1 (±4.0)	*
<b>Age</b>							
<b>12</b>	81.3 (±7.4)	58.6 (±6.2)	*	10.5 (±6.1)	*	14.6 (±7.3)	*
<b>13</b>	76.8 (±6.2)	52.3 (±9.9)	*	15.3 (±5.1)	*	7.7 (±3.9)	*
<b>14</b>	83.5 (±4.9)	50.7 (±5.5)	61.4 (±14.3)	11.2 (±4.3)	*	9.5 (±3.2)	*
<b>15</b>	83.0 (±3.7)	55.9 (±7.2)	53.1 (±19.7)	12.8 (±4.6)	*	9.5 (±4.1)	17.4 (±13.2)
<b>16</b>	82.1 (±5.1)	52.7 (±4.4)	*	15.1 (±5.8)	*	8.2 (±4.8)	*

\* = Cell < 35

## 7.0 School Curriculum

Students who were taught the dangers of smoking accounted for 55.9%. A smaller amount (42.2%) discussed reasons why people their age smoked and 52% were taught about the effects of tobacco. Table 7

**Table 7: School Curriculum**

Category	Percent taught dangers of smoking	Percent discussed reasons why people their age smoke	Percent taught about the effects of tobacco
<b>Total</b>	55.9 (±4.0)	42.2 (±4.6)	52.0 (±4.4)
<b>Sex</b>			
<b>Male</b>	54.5 (±4.8)	39.3 (±4.9)	49.5 (±5.4)
<b>Female</b>	57.7 (±5.4)	44.2 (±5.8)	54.2 (±5.5)
<b>Grade</b>			
<b>6</b>	61.3 (±15.7)	45.5 (±18.2)	62.7 (±25.1)
<b>7</b>	47.7 (±13.7)	34.7 (±13.9)	42.6 (±11.4)
<b>8</b>	47.3 (±11.5)	46.3 (±12.9)	52.5 (±9.1)
<b>9</b>	*	*	*
<b>Form</b>			
<b>1</b>	50.8 (±10.7)	33.7 (±5.9)	48.8 (±7.7)
<b>2</b>	54.3 (±10.5)	39.4 (±11.5)	47.9 (±9.0)
<b>3</b>	56.8 (±9.2)	45.2 (±9.6)	52.2 (±10.5)
<b>4</b>	62.8 (±6.2)	49.6 (±12.2)	58.6 (±6.4)
<b>Age</b>			
<b>12</b>	60.0 (±12.2)	45.6 (±11.8)	56.6 (±16.1)
<b>13</b>	55.7 (±7.0)	39.8 (±6.9)	50.9 (±5.8)
<b>14</b>	50.2 (±9.0)	36.3 (±8.5)	46.3 (±8.2)
<b>15</b>	57.1 (±6.4)	41.7 (±7.1)	52.7 (±5.6)
<b>16</b>	60.8 (±5.9)	50.7 (7.0)	57.8 (±6.7)

\* = Cell < 35

## ***Discussion***

Tobacco consumption and its health implications must be understood from the premise that tobacco smoke contains substances that are carcinogenic and has deleterious effects on the consumer as well as individuals exposed to environmental tobacco smoke. In addition, tobacco also contains nicotine that is highly addictive.

The survey has shown that just over one in three students had ever smoked cigarettes and that males are more likely to smoke than females. The relatively low prevalence of tobacco consumption among students in Saint Lucia does not mean that tobacco consumption is not a problem. As a matter of fact, when one considers that 13% of non-smokers are likely to smoke in the coming year, a caveat needs to be raised, as there is the potential for the problem to be exacerbated into a growing public health concern.

The early initiation of tobacco use among students, although moderately low must be of concern to education administrators, parents and health officials. The data revealed that before age ten, 29.2% of students were initiated to tobacco consumption. The factors facilitating this early initiation need to be explored. However, it is a common practice for smokers who are parents to engage their children in purchasing cigarettes for them. It must be noted, that there is an attraction to smoke even among students who are non-smokers. Protecting our youths from tobacco addiction must be a priority of policy makers in Saint Lucia. It is essential therefore, that consideration be given to the adoption of legislation prohibiting the sale of cigarettes to minors.

Access to purchasing cigarettes from a store is easy. Consideration needs to be given to the imposition of taxes and the prohibition of the sale of single cigarettes and packets to minors. Research has shown that price increases encourage some people to stop smoking; prevent others from starting and reduce the number of ex-smokers from resuming<sup>7</sup>. A tax imposition has another beneficial impact. Revenue derived from the taxes can be used to fund tobacco control and educational programmes<sup>8</sup>.

It would appear that smoking at home is prevalent particularly among female students. As to whether parents are aware that their children smoke is a matter of conjecture and needs to be explored further. However, parents should, or need to, monitor the activities of their children.

Exposure to environmental tobacco smoke in the home is higher among students who smoke than non-smokers. However, in the home, both groups are exposed, although smokers are more likely than non-smokers. Students, parents, as well as the general public, need to be educated on the harmful effect of environmental tobacco smoke.

ETS exposure outside the home is high for students and there is a strong perception that smoking should be banned from public places as it has a harmful effect on others. The United Kingdom Scientific Committee on Tobacco and Health (1998) concluded that exposure to environmental tobacco smoke is a cause of lung cancer, and in those with long term exposure, the increased risk is in the order of 20-30%<sup>9</sup>.

The desire to stop smoking is significantly high among current smokers and small attempts have been made by students to stop. The prevalence of smoking in school and at home is not known and this poses a challenge both to school administrators and parents. The data however, should alert persons to the fact that students are engaged in smoking tobacco and some would like to quit. Supportive systems should be in place in order to facilitate those students who are desirous of stopping.

Although the study showed a significant amount of the students exposed to anti-smoking messages in the media, one should be careful in drawing conclusions that this is the norm. This high percentage (81.5%) may be due to the heightened awareness created by the Ministry of Health and Cancer Society in observance of World No Tobacco Day, 31<sup>st</sup> May, 2001. The study was undertaken during the months of May and June 2001.

Pro-tobacco messages in the media and tobacco paraphernalia can impact negatively on normative minds. Research has shown that partial ban has little effect. A World Bank report has indicated that comprehensive bans on cigarette advertising and promotion can reduce smoking<sup>10</sup>. It is essential that some form of legislation be promulgated to ban tobacco advertising in the media and the offering of tobacco objects to minors.

Education of students on the dangers of smoking needs to be intensified. The proposed Health and Family Life Education policy, which is being drafted, should consider, inter alia, tobacco education.



## ***Recommendations***

Based on the findings of the study, the following recommendations are made:

1. A comprehensive tobacco control programme should be developed. This programme should include:
  - (a) Legislation banning
    - smoking in public places
    - the sale of tobacco products to minors and the sale of single cigarettes
    - advertising and promotion of cigarettes and tobacco products in all media
  - (b) Development and implementation of a youth cessation programme
2. Progressive taxing on cigarettes and other tobacco products.
3. The Global Youth Tobacco Survey should be repeated every three years to ascertain trends and effectiveness of tobacco control initiatives in Saint Lucia.

# *APPENDIX 1(Questionnaire)*

## *CORE QUESTIONS*

### *GLOBAL YOUTH TOBACCO SURVEY (GYTS)*

*2000*



*THE NEXT 18 QUESTIONS ASK ABOUT YOUR USE OF TOBACCO.*

- 1. Have you ever tried or experimented with cigarette smoking, even one or two puffs?**
  - a. Yes
  - b. No
  
- 2. How old were you when you first tried a cigarette?**
  - a. I have never smoked cigarettes
  - b. 7 years old or younger
  - c. 8 or 9 years old
  - d. 10 or 11 years old
  - e. 12 or 13 years old
  - f. 14 or 15 years old
  - g. 16 years old or older
  
- 3. During the past 30 days (one month), on how many days did you smoke cigarettes?**
  - a. 0 days
  - b. 1 or 2 days
  - c. 3 to 5 days
  - d. 6 to 9 days
  - e. 10 to 19 days
  - f. 20 to 29 days
  - g. All 30 days
  
- 4. During the past 30 days (one month), on the days you smoked, how many cigarettes did you usually smoke?**
  - a. I did not smoke cigarettes during the past 30 days (one month)
  - b. Less than 1 cigarette per day
  - c. 1 cigarette per day
  - d. 2 to 5 cigarettes per day
  - e. 6 to 10 cigarettes per day
  - f. 11 to 20 cigarettes per day
  - g. More than 20 cigarettes per day

- 5. How many cigarettes have you smoked in your entire life?**
- a. None
  - b. 1 to 2 puffs only
  - c. 1 cigarette
  - d. 2 to 5 cigarettes
  - e. 6 to 15 cigarettes (about half a pack)
  - f. 16 to 25 cigarettes (about 1 pack)
  - g. 26 to 99 cigarettes
  - h. 100+ cigarettes (5 or more packs)
- 6. During the past 30 days (one month), how did you usually get your own cigarettes? (SELECT ONLY ONE RESPONSE)**
- a. I did not smoke cigarettes during the past 30 days (one month)
  - b. I bought them in a store, shop or from a street vendor
  - c. I bought them from a vending machine
  - d. I gave someone else money to buy them for me
  - e. I borrowed them from someone else
  - f. I stole them/took it without permission
  - g. An older person gave them to me
  - h. I got them some other way
- 7. During the past 30 days (one month), what brand of cigarettes did you usually smoke? (SELECT ONLY ONE RESPONSE)**
- a. I did not smoke cigarettes during the past 30 days
  - b. No usual brand
  - c. Hillsborough
  - d. Embassy
  - e. Benson + Hedges
  - f. Rothmans
  - g. Carmel
  - i. Other
- 8. How much do you usually pay for a pack of twenty (20) cigarettes?**
- a. I don't smoke cigarettes
  - b. I don't buy cigarettes, or I don't buy them in packs
  - c. \$2.75 or less
  - d. \$2.76 to \$ 3.00
  - e. \$3.01 to \$3.50
  - f. \$3.51 to \$4.00
  - g. \$4.01 to \$5.00
  - h. More than \$5.00

- 9. How much do you usually pay for a packet of ten (10) cigarettes.**
- a. I don't smoke cigarettes
  - b. I don't buy cigarettes, or I don't buy them in packets
  - c. \$1.50 or less
  - d. \$1.51 to \$1.75
  - e. \$1.76 to \$2.00
  - f. \$2.01 to \$2.30
  - g. \$2.31 to \$2.50
  - h. More than \$2.50
- 10. In the area where you live do you know of any places that sell single or loose cigarettes?**
- a. Yes
  - b. No
- 11. During the past 30 days (one month) how much do you think you spent on cigarettes?**
- a. I don't smoke cigarettes
  - b. I don't buy my cigarettes
  - c. \$15.00 or less
  - d. \$15.01 - \$30.00
  - e. \$30.01 - \$45.00
  - f. \$45.01 - \$50.00
  - g. \$50.01 - \$65.00
  - h. More than \$65.00
- 12. In a usual month (30 days) how much pocket money do you get?**
- a. I don't receive any pocket money
  - b. Less than \$5.00
  - c. \$5.01 to \$10.00
  - d. \$10.01 to \$20.00
  - e. \$20.01 to \$30.00
  - f. \$30.01 to \$40.00
  - g. \$40.01 to \$50.00
  - h. More than \$50.00
- 13. During the past 30 days (one month), did anyone ever refuse to sell you cigarettes because of your age?**
- a. I did not try to buy cigarettes during the past 30 days (one month)
  - b. Yes, someone refused to sell me cigarettes because of my age
  - c. No, my age did not keep me from buying cigarettes.

- 14. During the past 30 days (one month), have you ever used any form of tobacco products other than cigarettes (e.g. chewing tobacco, snuff, dip, cigars, cigarillos, little cigars, pipe)?**
- a. Yes
  - b. No
- 15. Do you sometimes smoke tobacco mixed with other drugs such as, marijuana, cocaine, crack?**
- a. I have never smoked
  - b. I no longer smoke
  - c. No, I smoke, but I never mix tobacco with other drugs
  - d. Yes, but only once or twice
  - e. Yes, I have mixed tobacco with other drugs more than twice
- 16. Where do you usually smoke? (SELECT ONLY ONE RESPONSE)**
- a. I have never smoked cigarettes
  - b. At home
  - c. At school
  - d. At work
  - e. At friend's houses
  - f. At social events
  - g. In public spaces (e.g. parks, shopping centers, street corners, cinemas, discos)
  - h. Other
- 17. Are you more likely to smoke after you have drunk alcohol or used another drug, such as marijuana or cocaine?**
- a. I have never smoked cigarettes
  - b. I no longer smoke cigarettes
  - c. I smoke but never drink alcohol or use drugs
  - d. No, I smoke more when I drink alcohol or use other drugs
  - e. I smoke about the same when I drink alcohol or use other drugs
  - f. I smoke about the same when I drink alcohol or use other drugs
- 18. Do you ever have a cigarette or feel like having a cigarette first thing in the morning?**
- a. I have never smoked cigarettes
  - b. I no longer smoke cigarettes
  - c. No, I don't have or feel like having a cigarette first thing in the morning
  - d. Yes, I sometimes have or feel like having a cigarette first thing in the morning
  - e. Yes, I always have or feel like having a cigarette first thing in the morning

*THE NEXT 20 QUESTIONS ASK ABOUT YOUR KNOWLEDGE AND ATTITUDES TOWARD TOBACCO.*

- 19. Do your parents/guardian smoke? (SELECT ONLY ONE RESPONSE)**
- a. None
  - b. Both
  - c. Father only
  - d. Mother only
  - e. I don't know
  - f. Guardian
- 20. Do your parents know that you smoke cigarettes?**
- a. I do not smoke cigarettes
  - b. Yes
  - c. No
- 21. If one of your best friends offered you a cigarette, would you smoke it?**
- a. Definitely not
  - b. Probably not
  - c. Probably yes
  - d. Definitely yes
- 22. Has anyone in your family discussed the harmful effects of smoking with you?**
- a. Yes
  - b. No
- 23. At any time during the next 12 months do you think you will smoke a cigarette?**
- a. Definitely not
  - b. Probably not
  - c. Probably yes
  - d. Definitely yes
- 24. Do you think you will be smoking cigarettes 5 years from now?**
- a. Definitely not
  - b. Probably not
  - c. Probably yes
  - d. Definitely yes

- 25. Once someone has started smoking, do you think it would be difficult to quit?**
- a. Definitely not
  - b. Probably not
  - c. Probably yes
  - d. Definitely yes
- 26. Do you think boys who smoke cigarettes have more or less friends?**
- a. More friends
  - b. Less friends
  - c. No difference from non-smokers
- 27. Do you think girls who smoke cigarettes have more or less friends?**
- a. More friends
  - b. Less friends
  - c. No difference from non-smokers
- 28. Does smoking cigarettes help people feel more or less comfortable at celebrations, parties, or in other social gatherings?**
- a. More comfortable
  - b. Less comfortable
  - c. No difference from non-smokers
- 29. Do you think smoking cigarettes makes boys look more or less attractive?**
- a. More attractive
  - b. Less attractive
  - c. No difference from non-smokers
- 30. Do you think smoking cigarettes makes girls look more or less attractive?**
- a. More attractive
  - b. Less attractive
  - c. No difference from non-smokers
- 31. Do you think that smoking cigarettes makes you gain or lose weight?**
- a. Gain weight
  - b. Lose weight
  - c. No difference

- 32. Do you think cigarette smoking is harmful to your health?**
- a. Definitely not
  - b. Probably not
  - c. Probably yes
  - d. Definitely yes
- 33. Do you believe that light (low-tar) cigarettes are less harmful than regular (full-flavor) cigarettes?**
- a. They are less harmful
  - b. They are more harmful
  - c. There is no difference
- 34. Do you think smoking cigarettes is less dangerous for a person your age because they can always stop later?**
- a. Definitely not
  - b. Probably not
  - c. Probably yes
  - d. Definitely yes
- 35. Do any of your closest friends smoke cigarettes?**
- a. None of them
  - b. Some of them
  - c. Most of them
  - d. All of them
- 36. When you see a man smoking what do you think of him? (SELECT ONLY ONE RESPONSE)**
- a. Lacks confidence
  - b. Stupid
  - c. Loser
  - d. Successful
  - e. Intelligent
  - f. Macho

**37. When you see a woman smoking, what do you think of her? (SELECT ONLY ONE RESPONSE)**

- a. Lacks confidence
- b. Stupid
- c. Loser
- d. Successful
- e. Intelligent
- f. Sophisticated

**38. Do you think it is safe to smoke for only a year or two as long as you quit after that?**

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

*THE NEXT 6 QUESTIONS ASK ABOUT YOUR RESPONSE TO OTHER PEOPLE'S SMOKING.*

**39. Do you think the smoke from other people's cigarettes is harmful to you?**

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

**40. During the past 7 days, on how many days have people smoked in your home, in your presence?**

- a. 0
- b. 1 to 2
- c. 3 to 4
- d. 5 to 6
- e. 7



- 41. During the past 7 days, on how many days have people smoked in your presence, in places other than in you home?**
- a. 0
  - b. 1 to 2
  - c. 3 to 4
  - d. 5 to 6
  - e. 7
- 42. Are you in favor of banning smoking in public places (such as in restaurants, in buses, in schools, on playgrounds, in gyms and sports facilities, bars and in discos)?**
- a. Yes
  - b. No
- 43. Do you think a person who smokes around others should ask permission?**
- a. Yes
  - b. No
- 44. If someone asks permission to smoke around you, do you let them?**
- a. Yes
  - b. No

*THE NEXT 8 QUESTIONS ASK ABOUT YOUR ATTITUDES TOWARD STOPPING SMOKING.*

- 45. Do you want to stop smoking now?**
- a. I have never smoked cigarettes
  - b. I do not smoke now
  - c. Yes
  - d. No

- 46. During the past year, have you ever tried to stop smoking cigarettes?**
- a. I have never smoked cigarettes
  - b. I have not stopped smoking
  - c. 1-3 months
  - d. 4-11 months
  - e. One year
  - f. 2 years
  - g. 3 years or longer
- 47. Have you ever tried to stop smoking and found that you could not?**
- a. I have never smoked a cigarette
  - b. I have successfully stopped smoking
  - c. Yes
  - d. No
- 48. How many times, if any, have you tried to quit smoking?**
- a. I have never smoked
  - b. 0 times
  - c. 1 to 3 times
  - d. 4 or more times
- 49. How long ago did you stop smoking?**
- a. I have never smoked cigarettes
  - b. I have no stopped smoking
  - c. 1-3 months
  - d. 4-11 months
  - e. One year
  - f. 2 years
  - g. 3 years or longer
- 50. What was the main reason you decided to stop smoking? (SELECT ONE ONLY)**
- a. I have never smoked cigarettes
  - b. I have not stopped smoking
  - c. To improve my health
  - d. To save money
  - e. Because my family does not like it
  - f. Because my friends don't like it
  - g. Other

- 51. Do you think you would be able to stop smoking if you wanted to?**
- a. I have never smoked cigarettes
  - b. I have already stopped smoking cigarettes
  - c. Yes
  - d. No
- 52. Have you ever received help or advice to help you stop smoking? (SELECT ONLY ONE RESPONSE)**
- a. I have never smoked cigarettes
  - b. Yes, from a program or professional
  - c. Yes, from a friend
  - d. Yes, from both programs or professionals and from friends or family members
  - e. No

*THE NEXT 9 QUESTIONS ASK ABOUT YOUR KNOWLEDGE OF MEDIA MESSAGES ABOUT SMOKING*

- 53. During the past 30 days (one month), how many anti-smoking media messages (e.g. television, radio, billboards, posters, newspapers, magazines, movies) have you seen or heard?**
- a. A lot
  - b. A few
  - c. None
- 54. When you go to sports events, fairs, concerts, community events or social gatherings, how often do you see anti- smoking messages?**
- a. I never go to sports events, fairs, concerts, community events, or social gatherings
  - b. A lot
  - c. Sometimes
  - d. Never

- 55. When you watch TV, videos, or movies, how often do you see actors/actresses smoking?**
- a. I never watch TV, videos, or movies
  - b. A lot
  - c. Sometimes
  - d. Never
- 56. Do you have something (t-shirt, pen, backpack, caps and rags) with a cigarette brand logo on it?**
- a. Yes
  - b. No
- 57. During the past 30 days (one month), when you watch sports events or other programs on TV how often did you see cigarette brand names?**
- a. I never watch TV
  - b. A lot
  - c. Sometimes
  - d. Never
- 58. During the past 30 days (one month), how many advertisements for cigarettes have you seen on billboards?**
- a. A lot
  - b. A few
  - c. None
- 59. During the past 30 days (one month), how many advertisements or promotions for cigarettes have you seen in newspapers or magazines?**
- a. A lot
  - b. A few
  - c. None
- 60. When you go to sports events, fairs, concerts, or community events, how often do you see advertisements for cigarettes?**
- a. I never attend sports events, fairs, concerts, or community events
  - b. A lot
  - c. Sometimes
  - d. Never

**61. Has a cigarette representative ever offered you a free cigarette?**

- a. Yes
- b. No

*THE NEXT 4 QUESTIONS ASK ABOUT WHAT YOU WERE TAUGHT ABOUT SMOKING IN SCHOOL.*

**62. During this school year, were you taught in any of your classes about the dangers of smoking?**

- a. Yes
- b. No
- c. Not sure

**63. During this school year, did you discuss in any of your classes the reasons why people your age smoke?**

- a. Yes
- b. No
- c. Not sure

**64. During this school year, were you taught in any of your classes about the effects of smoking like it makes your teeth yellow, causes wrinkles, or makes you smell bad?**

- a. Yes
- b. No
- c. Not sure

**65. How long ago did you last discuss smoking and health as part of a lesson?**

- a. Never
- b. This term
- c. Last term
- d. 2 terms ago
- e. 3 terms ago
- f. More than a year ago

*THE NEXT 3 QUESTIONS ASK ABOUT WHAT YOU WERE TAUGHT ABOUT SMOKING IN YOUR COMMUNITY.*

- 66. During the past year, have you heard from youth groups discouraging young people your age from smoking?**
- a. Yes
  - b. No
- 67. During the past year, did any health professionals explain to you why smoking is dangerous to your health?**
- a. Yes
  - b. No
- 68. During the past year, did any religious organizations discourage young people your age from smoking?**
- a. Yes
  - b. No

*THE LAST 3 QUESTIONS ASK FOR SOME BACKGROUND INFORMATION ABOUT YOURSELF.*

- 69. How old are you?**
- g. 11 years old or younger
  - h. 12 years old
  - i. 13 years old
  - j. 14 years old
  - k. 15 years old
  - l. 16 years old
  - m. 17 years old or older
- 70. What is your sex?**
- n. Male
  - o. Female

**71. In what grade/form are you?**

- p. Grade 6
- q. Grade 7
- r. Grade 8
- s. Grade 9
- t. Form 1
- u. Form 2
- v. Form 3
- w. Form 4

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