

School Level - The first-stage sampling frame consisted of all schools containing greater than 40 students in 8th, 9th and 10th. Schools were selected with probability proportional to school enrollment size.

Class Level - The second sampling stage consisted of systematic equal probability sampling (with a random start) of classes from each school that participated in the survey. All classes in the selected schools were included in the sampling frame. All students in the selected classes were eligible to participate in the survey.

OVERALL RESPONSE RATES:

Schools - 100.00% 50 of the 50 sampled schools participated.

Students- 79.3% 1,731 of the 2,183 sampled students completed usable questionnaires

Overall response rate - 100.00% * 79.3% =79.3%

Results

One in 10 students (10%) had ever used tobacco in any form. Proportion of students currently using any tobacco products was 4.5% (Boys: 5.5%; Girls: 3.1%). Of these, the proportion of students who had chewed pan masala, gutkha or zarda in the past 30 days were 1.3%. Among them boys were significantly higher than girls (Boys: 2.3%; Girls:0.3%). (Table 1).

Table 1: Percent of students who use tobacco, India-Delhi GYTS, 2001

Category	Ever Used Tobacco, Even One or Two Puffs	Current Use						
		Any tobacco Product	Any Smoked Product	Smokeless Products	Current Cigarette Smoker	Current Bidi Smoker	Gutkha/ Pan masala	Betel quid with tobacco
Total	10.0 (±2.0)	4.5 (±1.5)	3.2 (±0.9)	2.8 (±1.2)	1.1 (±0.5)	0.7 (±0.5)	1.3 (±0.6)	0.8 (±0.5)
Sex								
Boys	11.1 (±1.9)	5.5 (±1.6)	4.3 (±1.2)	2.7 (±1.2)	1.5 (±0.7)	0.8 (±0.5)	2.3 (±1.0)	1.1 (±0.8)
Girls	8.8 (±3.0)	3.1 (±2.1)	1.9 (±1.3)	2.5 (±1.7)	0.7 (±0.8)	0.6 (±0.9)	0.3 (±0.5)	0.4 (±0.5)

Figures in parenthesis indicate 95% Confidence Intervals

With regard to curriculum at school level, about 4 in 10 students reported discussing reasons why people their age smoke or chew, less than 6 in 10 reported having learnt about the dangers of smoking and the effects of tobacco use and over 6 in 10 reported having discussed tobacco and health (Table 2).

Table 2: School Curriculum, India-Delhi GYTS, 2001

Category	Percent taught dangers of smoking	Percent discussed reasons why people their age smoke or chew	Percent taught the effects of tobacco use in class	Percent discussed tobacco and health as part of a lesson in class
Total	58.4 (±4.7)	42.7 (±4.0)	58.9 (±3.9)	62.5 (±4.0)
Sex				
Boys	58.5 (±5.1)	42.1 (±4.7)	60.3 (±4.8)	57.9 (±4.7)
Girls	58.3 (±7.2)	44.2 (±6.3)	57.4 (±6.0)	67.5 (±5.7)

Over three in ten students and significantly more boys than girls were exposed to other's smoke (passive smoking) in their home in the past 7 days. Among the never smokers, over 3 in 10 reported the same. More than half of the total students and more than half of the never smoking students reported being exposed to smoke from others, outside their home in the past 7 days. (Table 3)

Table 3: Environmental Tobacco Smoke, India-Delhi GYTS, 2001

Category	Exposed to smoke from others in their home in the past 7 days		Exposed to smoke from others outside their home in the past 7 days		Percent who think smoking should be banned from public places		Percent who definitely think smoke from others is harmful to them	
	Total	Never Smoker	Total	Never Smoker	Total	Never Smoker	Total	Never Smoker
Total	31.9 (±4.2)	30.9 (±4.2)	53.2 (±4.5)	52.1 (±4.7)	68.9 (±5.2)	69.5 (±5.4)	69.6 (±4.7)	70.0 (±5.0)
Sex								
Boys	36.3 (±4.2)	35.0 (±4.3)	58.0 (±4.9)	57.1 (±5.1)	65.8 (±5.3)	66.3 (±5.7)	65.1 (±5.2)	65.9 (±5.6)
Girls	27.3 (±4.7)	26.7 (±4.7)	48.1 (±5.1)	47.0 (±5.1)	72.1 (±7.9)	72.5 (±8.2)	74.41 (±6.3)	74.3 (±6.5)

The proportion of students who favored banning smoking in public places was about 70% and the same number of students actively thought that smoke from other people's cigarettes or bidis is harmful to them. (Table 3).

More than 2 out of 10 students believed that boys who smoke or chew tobacco have more friends and over one in ten students thought the same for girls and a significantly higher number of boys favored this belief. About 3 in 10 students thought that smoking or

chewing makes boys look more attractive and more than one in ten students felt this for girls. However a significantly higher proportion of boys than girls felt that girls look more attractive with tobacco use (Table 4).

Table 4: Knowledge and Attitudes, India-Delhi GYTS, 2002

Category	Think boys who smoke or chew have more friends	Think girls who smoke or chew have more friends	Think smoking or chewing makes boys look more attractive	Think smoking or chewing makes girls look more attractive
Total	22.0 (± 3.2)	10.3 (± 2.4)	26.9 (± 4.0)	15.4 (± 3.3)
Sex				
Boys	22.2 (± 2.7)	13.4 (± 3.0)	29.7 (± 5.0)	19.7 (± 4.0)
Girls	22.3 (± 6.1)	6.3 (± 3.0)	23.4 (± 5.8)	10.3 (± 3.8)

Only 26% of students were definite that smoking is harmful to their health, whereas a significantly higher number of students (60.6%) were definite that chewing and applying tobacco is harmful to their health (Table 5).

Table5: Knowledge and Attitudes, India-Delhi GYTS, 2001

Category	Percent who think smoking is definitely harmful to their health	Percent who think that chewing/applying is definitely harmful to their health
Total	26.0 (±10.6)	60.6 (±5.8)
Sex		
Boys	19.8 (±8.9)	54.4 (±6.0)
Girls	32.8 (±14.9)	67.9 (±7.3)

About 1 in 10 students reported having been offered a free cigarette, gutkha/pan masala by a tobacco company representative or a cigarette vendor and 8 in 10 reported the same for bidis. More than 8 in 10 students had seen any advertisement and media messages about cigarettes, gutkha/ pan masala and bidis on television and outside on hoardings, buses, bus stops, trains, railway platforms, shops or as writing on the walls in the past 30 days. Among the never tobacco users, more boys (88.5%) than girls (84.4%) have seen these advertisements outside. When asked about having seen any advertisements, quizzes, contests or promotions for cigarettes in newspapers and magazines, about 7 in 10 students reported having seen these advertisements and boys (73.1%) were significantly higher in number than the girls(64.4%). More than 7 in 10 students reported having seen the same for gutkha/pan masala in newspapers and magazines and significantly higher number of boys (79.4%) than girls(69.2%) had seen these advertisements. More than 8 in

10 students had seen some cigarette, gutka/ pan masala and bidi advertisement in social gatherings (fairs, concerts, community events, poojas or weekly market). (Tables 6A, 6B and 6C)

Table 6A: Media and Advertising – Cigarettes India-Delhi GYTS, 2001

Category	Percent offered a free cigarette by a tobacco company		Seen any advertisement and media messages about cigarette on:							
			TV		Outside		Newspapers/Magazines		Social gatherings	
	Total	Never Tobacco User	Total	Never Tobacco User	Total	Never Tobacco User	Total	Never Tobacco User	Total	Never Tobacco User
Total	9.9 (±2.4)	9.0 (±2.4)	89.8 (±1.3)	89.8 (±1.3)	86.8 (±2.1)	86.5 (±2.5)	69.3 (±3.7)	69.1 (± 3.9)	85.0 (±3.1)	84.5 (±3.7)
Sex										
Boys	9.5 (±1.7)	8.2 (±1.7)	89.8 (±1.7)	89.3 (±1.9)	88.2 (±1.9)	88.5 (±2.1)	73.1 (±3.9)	73.3 (±3.9)	87.8 (±3.1)	86.8 (±3.9)
Girls	10.3 (±4.6)	10.0 (±5.0)	89.9(±2.5)	90.5 (±2.5)	85.2 (±3.5)	84.4 (±1.9)	64.4 (±4.5)	63.7 (±4.7)	81.9 (±5.0)	81.7 (±5.4)

Table 6B: Media and Advertising – Guthka / Pan masala India-Delhi GYTS, 2001

Category	Percent offered free guthka/ pan masala by a tobacco company		Seen any advertisement and media messages about guthka / pan masala on:							
			TV		Outside		Newspapers/Magazines		Social gatherings	
	Total	Never Tobacco User	Total	Never Tobacco User	Total	Never Tobacco User	Total	Never Tobacco User	Total	Never Tobacco User
Total	9.5 (3.9)	8.7 (±4.1)	89.9 (1.56)	89.8 (±1.5)	86.4 (2.3)	86.3 (±2.5)	74.8 (4.1)	74.9 (±4.7)	85.9 (3.7)	85.7 (±3.9)
Sex										
Boys	10.7 (4.3)	9.9 (±4.7)	90.2 (1.96)	89.7 (±2.5)	88.3 (2.3)	88.0 (±2.3)	79.4 (3.5)	79.0 (±3.7)	87.0 (3.3)	86.4 (±3.7)
Girls	7.7 (5.5)	7.2 (±5.7)	89.4 (2.1)	89.6 (±2.1)	83.7 (3.1)	84.2 (±3.3)	69.2 (4.5)	70.2 (±4.7)	84.4 (5.3)	84.6 (±5.9)

Table6C: Media and Advertising – Bidis India-Delhi GYTS, 2001

Category	Percent offered a free bidi by a tobacco company		Seen any of advertisement and media messages about bidis on:			
			Outside		Social Events	
	Total	Never Tobacco User	Total	Never Tobacco User	Total	Never Tobacco User
Total	8.6 (3.7)	8.2 (\pm 3.7)	84.7 (2.9)	84.5 (\pm 3.1)	82.7 (3.7)	82.6 (\pm 4.1)
Sex						
Boys	10.6 (4.7)	9.9 (\pm 5.1)	86.0 (2.5)	85.9 (\pm 2.5)	84.7 (4.1)	84.1 (\pm 4.3)
Girls	6.5 (4.1)	6.5 (\pm 4.1)	83.3 (4.3)	83.2 (\pm 4.7)	80.4 (5.4)	80.9 (\pm 6.1)

Discussion: The prevalence of tobacco use in any form among both boys and girls in this age group is in agreement with earlier published findings.¹¹ Detailed profiling of current smokers, with respects to beliefs and behaviours, was not performed since the total number was small (n=35).

A very small number of students reported to have participated in any discussion on health consequences of tobacco or reasons for tobacco onset indicating that there is a definite need for including this topic in the curriculum at schools. This is important since students are at an impressionable age and prior research show this age to be vulnerable, as young people start experimenting at this age. Knowledge imparted in an interesting manner at this age will help in preventing young people from starting tobacco use out of ignorance about its impacts on health.

Second hand smoke is now known to be an important cause of preventable death and disease. It is a matter of concern that 3 out of 10 never smoking students were exposed to smoke from others in their family and 5 in 10 outside their home. This requires immediate attention in terms of policy intervention and awareness among the public. There seems to be a definite need to educate people about harmful effects of passive smoking. It is to be noted that not just the non smoking students but even the smokers supported banning of smoking in public places. Thus highlighting the need for effective tobacco control laws to be enforced.

This study has also brought forth an important issue regarding attitudes among youth. Both boys and girls reported that students who use tobacco irrespective of gender, look more attractive. This finding is similar to the results as reported by GYTS-Nepal.⁹ This indicates a strong need for attitude change which can be brought about by meaningful education and awareness among the youth. More students had reported chewing and applying tobacco to be more harmful to their health as compared to