

and molasses) tobacco toothpaste and *lal dantamanjan* (red tooth powder). Most of these habits are also common in other parts of India and have been described elsewhere.⁸ Most of these products (betel quid, *gutka*, *khaini* etc.) are chewed whereas some (*gul*, snuff, tobacco tooth paste, red tooth powder etc.) are applied in the oral cavity. The two types of usages were distinguished as chewing and applying.

Attitude towards tobacco use was assessed by the question whether boys who smoke/chew looks more attractive; have more friends (both questions repeated for girls).

Results

A total of 4542 students completed the survey, representing a 86.6% overall response rate, and 73.3% of them were males.

Table: 1. Ever use of tobacco and susceptibility by sex, , Uttar Pradesh (India), GYTS-2002.

Category	Ever User Any Tobacco	Ever Smoker	Susceptible Never smoker
Total	37.2(± 7.0)	13.6(±7.2)	12.0 (±3.1)
Male	39.2(±6.5)	14.8(±7.6)	13.8 (±3.7)
Female	31.9(±10.3)	10.2(±8.5)	7.3 (± 3.2)

Over one third students had ever used tobacco (Table1) and one in ten had ever smoked. One in five (21.3%) of students who ever smoked cigarettes first tried smoking at less than ten years of age. Among never smokers over one in ten (12.0%) indicated that they were likely to initiate smoking during the next year.

Table 2: Percent of students who use tobacco, India-UP GYTS, 2002

Category	Current Use						
	Any tobacco Product	Any Smoked Product	Smokeless Products	Cigarette	Bidi	Gutkha/ Pan masala	Betel quid with tobacco
Total	21.3(±6.1)	10.6(± 6.4)	19.7(± 6.3)	7.8(±6.7)	1.0(± 0.6)	8.7(± 2.5)	1.9(±1.8)
Male	23.2(±7.0)	11.2(±7.2)	21.6(±7.1)	8.3(±7.6)	1.2(± 0.9)	9.9(± 3.2)	2.3(±2.3)
Female	16.1(± 8.3)	8.9(± 7.1)	14.5(± 8.3)	6.4(± 7.1)	0.6(± 0.5)	5.3(±3.0)	0.8(±0.9)

One in five students (21.3%) currently use any tobacco product, one in ten (10.6%) currently smoked and one in five (19.7%) currently used smokeless tobacco products. Cigarette smoking was reported by 7.8% students.

Smokeless tobacco use in the form of chewing was reported by 13.3%. Among chewers, gutka use was the most popular (62.8%) followed by khaini (22.5%). Among applicers, 54.5% applied tobacco toothpowder, 25.7% Gudaku and 15.7% tobacco tooth paste. Among smokers, cigarette smoking was most popular.

Table: 3.
Dependence in current user by sex, grade and age, Uttarpradesh (India), GYTS-2002

	Dependence in Current user		
	Cigarette	Bidi Smoker	Smokeless Tobacco
Total	33.3(±31.7)	24.6(±25.7)	82.3(±6.6)
Male	27.0(±30.9)	17.1(±22.5)	82.5(±7.7)
Female	78.5(±40.5)	78.5(±40.5)	80.7(±16.7)

Basing on the need for a tobacco product early in the morning as the indicator of addiction, smokeless tobacco user youth in UP can be said to be more addicted to tobacco compared to smokers; over three fourth (82.3%) of smokeless tobacco user and nearly one third of current cigarette and bidi smokers reported that they need a tobacco products (cigarette/bidi/smokeless tobacco) as the first thing in the morning (Table3).

Table 4: Environmental Tobacco Smoke, India- UP GYTS, 2002

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 definitely think smoke from others is harmful to them	
	Never Smoker	Current Smoker	Never Smoker	Current Smoker	Never Smoker	Current Smoker
Total	32.5(± 4.3)	94.7(±5.5)	38.9(± 3.5)	97.3(±2.9)	70.8(±3.9)	4.5(± 4.9)
Male	32.6(±5.8)	94.4(±7.8)	39.5(± 4.8)	97.1(±3.9)	70.7(±4.3)	4.5(±5.9)
Female	32.2(±9.1)	95.8(±9.4)	37.6(±8.7)	98.0(±3.7)	70.9(± 6.3)	4.6(±7.8)

A number of questions were asked on student's exposure and attitudes to ETS. Nearly four in ten students had someone smoke in their homes, in their presence. This exposure was only for the past seven days, with about 8.9% having been exposed daily. In addition, many students had been exposed in other places other than their homes, with approximately a half having been exposed. The majority, over 57%, said smoke from other people was harmful to them. And, so many students (60.7%) were in favor of banning smoking in public places. Current smokers were significantly more likely to be exposed to smoke from others both in their homes as well as outside their homes in past seven days than never users. (Table 4) Never users were 15 times more likely to say that smoke from other people was harmful to them. (Table 4)

Table5: School Curriculum, India-UP GYTS, 2002

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	47.1(±6.3)	25.1(±2.7)	47.6(±4.0)	62.1(± 5.1)
Male	46.8(±6.9)	25.9(±3.2)	47.3(±3.3)	59.6(±5.3)
Female	47.7(±8.9)	22.7(± 4.5)	48.7(± 7.7)	69.0(±6.0)

Over 6 in every ten students stated that they were taught Tobacco or Health as a lesson. Slightly less than half of students reported for teaching in schools during the last year about dangers of smoking (47.1%), effects of tobacco use (47.6%) and over one third of students had discussed the reasons why people of their age smoke (25.1%).(Table 5)

There were no significant differences by gender.

Table 6: Cessation, India- UP GYTS, 2002

Category	Current Smokers	
	Percent desire to stop	Percent tried to stop this year
Total	85.5(±15.3)*	93.2(±8.8)
Male	86.0(±17.5)	91.5(±10.9)
Female	82.7(±23.7)	99.4(±1.3)

Over 8 in every 10 students who currently smoke stated that they desire to stop smoking (76.5%) and that they tried to stop smoking during the past year which failed (93.2%). (Table 6)

Slightly over half of students definitely thought that smoking and chewing tobacco was harmful to their health. (Table 7)

Table 7: Knowledge and Attitudes, India- UP GYTS, 2002

Category	Percent who think smoking is definitely harmful to their health	Percent who think that chewing/applying is definitely harmful to their health
Total	56.2(±5.8)	54.1(±5.5)
Male	55.9(±5.8)	54.6(±5.4)
Female	57.1(± 8.7)	52.7(±7.3)

Three of every ten students thought that smoking makes students (boys and girls) more attractive and smoker students (boys and girls) have more friends. Compared to never tobacco users, current tobacco users were 2-3 times more positive that smoking makes boys more attractive.(Table 8) Almost every current cigarette smokers (95%) reported that smoking make them feel more comfortable in social gatherings and over three fourth of current smokeless tobacco users (75.3%) reported that chewing help relieving toothache/morning motion etc.(Table 8)

Table: 8 Attitude towards tobacco use by others and effects of tobacco, Uttarpradesh (India), GYTS-2002.

	Boys who smoke/chew Looks attractive	Chewing help relieving toothache/morning motion	Tobacco help to feel more comfortable at parties etc.
Never User	28.7(±4.4)	20.4(±4.0)	26.5(±4.2)
Smokeless tobacco user	56.1(±20.9)	75.3(±18.7)	80.2(±10.3)
Current smoker	91.3(±10.0)	87.4(±14.6)	95.0(± 5.4)

Exposure to cigarette advertisements on billboards was reported very high. Over eight in every 10 students had seen these in UP and above that over six in every ten watched lot of such advertisements. The proportions for students that had seen advertisements in other media were less than that. Over six out of every 10 students in UP said they saw cigarette advertisement in TV, news paper and social events.

Current cigarette smoker than never users were significantly more likely to report for watching cigarette advertisement in print media and news papers. (Table 9) Current cigarette smoker than never users were 12 times more likely to report for being offered free cigarette samples by a tobacco company. (Table 9)

Table 9: Media and Advertising(Cigarettes and gutka)India- UP GYTS, 2002

	Never Tobacco User	Current Cigarette smoker
Percent offered free Cigarette by a tobacco company	7.3(± 1.9)	89.6(± 12.3)
Seen a lot of advertisement and media messages about Cigarette on: print media	52.7(± 5.6)	90.2(± 12.0)
Seen a lot of advertisement and media messages about Cigarette on: Newspapers/magazines	32.9(± 3.9)	91.6(±10.5)
Percent offered free Gutka/ pan masala by a tobacco company	7.8(± 2.0)	45.4(± 23.8)
Seen a lot of advertisement and media messages about guthka / pan masala on: Print media	51.9(± 5.1)	84.4(± 8.3)
Seen a lot of advertisement and media messages about guthka / pan masala on: Newspapers/magazines	33.0(± 3.9)	76.5(± 12.1)

Exposure to Gutka/pan masala advertisements on billboards was reported very high. Over eight in every 10 students had seen these in UP. The proportions for students that had seen advertisements in other media were less than that. Over six out of every 10 students in UP said they saw Gutka/pan masala advertisement in TV and news papers and over 5 in every 10 in social events.

Current smokeless tobacco user than never users were significantly more likely to report for watching Gutka/pan masala advertisement in print media and news papers. (Table 9)

Current smokeless tobacco users than never users were 5 times more likely to report for being offered free Gutka/pan masala samples by a tobacco company. (Table 9)

Over half of students (53%) had seen lot of bidi advertisements on billboards and nearly one third in social events (31.1%) in UP. Current bidi smokers (69.7%) than never users

(36.1%) were significantly more likely to report for watching bidi advertisement in social gatherings.

Table 10: Access and Availability, UP(India)GYTS, 2002

Category	Percent of Current Smokers who Usually Smoke at Home	Percent of Current Smokeless tobacco users who chew/apply tobacco at home	Percent of Current tobacco users who Purchased tobacco products in a Store	Percent of Current tobacco users who Bought tobacco in a Store Who Were Not Refused purchase Because of Their Age
Total	87.0(± 12.0)	7.7(± 4.8)	36.2(± 11.3)	42.5(± 27.5)
Male	84.6(± 14.6)	6.7(± 6.1)	33.1(± 11.9)	43.2(±25.7)
Female	95.9(± 5.7)	14.8(± 17.1)	51.9(±20.5)	39.0(± 40.7)

Most students 9 in every 10, smoked at their own homes. Nearly 6 in every 10 of current tobacco users got their tobacco from a store in UP. About one third of the current smokers said they bought their own cigarettes and were not refused because of age. (Table10)

Discussion

This study provides first representative database on tobacco prevalence among school going children in the age group of 13-15 years in UP state.

The present study finds that a significant proportion of the youth in the state use tobacco products. Nearly 4 in every 10 of the youth that participated in the survey admitted to have ever used tobacco and nearly 2 in every 10 of the students was currently using any tobacco product, mostly(19.7%) used smokeless tobacco and 10.6% revealed to smoke