

4. Discussion

The national school response rate of 92.7% was achieved via a combination of concerted efforts viz. letters of support for the study from the Director General of Education sent to each Minister of Education in all 9 provinces requesting that permission be granted in the selected schools for the study; each province was assigned to a co-ordinator at the MRC head office who was responsible for telephonic and written communication with the schools; in cases where schools did not have telephone or fax facilities or the principal did not have a mobile telephone, the help of regional and district education departments as well as Health Promoters from the Department of Health to deliver letters to the schools was enlisted; in the absence of district education departments or long travelling distances to the schools, the South African Police Services kindly delivered letters to the schools. Of the 16 schools that did not participate, one school did not exist and five schools refused permission. The data of two schools could not be used due to lack of adherence to the data collection protocol. The remaining schools (8) did not respond to our request or could not be contacted.

Even though over two thirds (68.1%) of the learners participated in the study, several reasons can be identified for the non-response of the learners. A percentage of the learners and their parents refused participation, certain schools had high levels of absenteeism during the period of data collection, late flooding occurred in certain provinces affecting the attendance rates, data collection was delayed due to several logistical problems (see "*Challenges*" on page 32) resulting in fieldwork encroaching upon the exam period and extending over the September vacation when attendance rates were lower.

The Northern Cape had the lowest school (87.0%) and learner (58.6%) response rate. It is noteworthy that 92% of the survey administrators for this province were community members who had to travel long distances to reach outlying schools (see *GIS map, page 40 for spread of schools in the Northern Cape, see table 2, page 10 for survey administrators for GYTS*).

The sample size for GYTS 2002 was increased by 6040 in order to increase provincial representativity. The gender and grade breakdown of the 2002 sample closely correlates to the 1999 sample. In the 2002 sample there was a smaller percentage of learners who were 12 years old or younger. While the age categories 13-15 years made up 42.9% of the sample in 1999, this figure increased to 47.7% in 2002. In 2002, there were more learners who were 16 years and older viz. 50.5% compared to 47.6% in 1999. While in 1999, 16.5% of learners indicated that they did not know their "race" group", only 7.3% of learners in 2002 chose this option. The representation of "Black/African" learners in the sample increased by 15.2% across the two surveys.

It is noteworthy that there has been a significant decrease in the national prevalence of ever smoking across the two surveys. Ever smoking has also decreased within the gender groups. It is of concern that while all other "race" groups showed a decrease in the prevalence of ever smoking, the rate remained high among "Coloured" learners. The results across the two studies also point towards a larger decline of ever smoking among "White" learners in comparison to "Coloured" learners.

Even though the rate of current use of cigarettes decreased, it did not reach statistical significance as did the ever smoking rate. The shift in current use of cigarettes in the gender groups is largely attributable to the decline in current use of cigarettes among females. With regards to grades, the decline in ever and current smoking is most evident in the Grade 9 group of learners. The largest decline of current smoking occurred among "White" learners where a decrease of 7.3% was noted.

The national prevalence for current frequent smoking as well as that among female learners has declined significantly from 1999 to 2002. Similar patterns of current cigarette use were also found in current frequent use of cigarettes with respect to gender, grade and "race" groups. Again, the "Coloured" learners consistently maintained a high prevalence of current frequent use of cigarettes across the two surveys.

Even though the national rate of the use of tobacco products other than cigarettes decreased, this decrease did not occur in the following age categories: 12 year old and younger learners, 13 year olds and 15 year olds. In fact the rate increased among these age groups and they used other tobacco products at a much higher rate than all other age groups. The focus of prevention programmes addressing the use of other tobacco products needs to target learners younger than 12 years of age.

The results indicate that there was a decrease in the percentage of learners who were initiating cigarette use before the age of 10. However, in 2002, the age breakdown reflects that a greater percentage of learners aged 13, 14 or 15 started smoking before the age of 10 than older learners, which is indicative of a decreasing age at initiation. Even though rates of ever smoking and current smoking are declining faster among "White" learners, these learners in fact have significantly higher rates of initiation before the age of 10 when compared to the other "race" groups. A similar trend was found in the GYTS global comparison report between South Africa and other African countries in that other African countries displayed low rates of ever and current smoking but higher rates of initiation before the age of 10. It is known that those learners who initiate smoking earlier, are less likely to stop smoking^{19,26,27}, making for a core group of youth with potentially high levels of nicotine

addiction. The potential increase in smoking among "Black/African" learners as indicated by their high rates of initiation before the age of 10 in 1999 has not materialised due to the significant decline in the rates of initiation from 1999 to 2002 in this "race" group.

Provincially, Limpopo Province displayed low rates of cigarette and any other tobacco product use across the two surveys. The Western Cape consistently displayed higher rates of ever, current and current frequent use of cigarettes which is most likely reflective of the high rates of cigarette use among "Coloureds", the predominant group in this province.

Young people have several means at their disposal to obtain cigarettes from borrowing their cigarettes, to getting someone else to purchase their cigarettes, to buying it themselves as well as receiving free cigarettes from tobacco representatives. As far back as 1993, the sale of cigarettes to youth under the age of 16 was banned. The Tobacco Products Control Amendment Act of 1999⁷, implemented in 2001, banned the free distribution of cigarettes. Even though there has been a decrease in underage sales and free distribution of cigarettes, the rates still remain unacceptably high. Further enforcement of the law is therefore warranted. With regards to gender, more females access their cigarettes by getting someone else to buy them and by borrowing their cigarettes while males tend to purchase their own cigarettes in a store. In line with the high smoking rate among "Coloured" learners, there has been an increase in the percentage of underage sales among this "race" group.

The relatively high level of desire to stop smoking has persisted from 1999 to 2002. While "White" learners displayed a higher percentage of attempts to stop smoking in 1999 when compared to the other "race" groups, the inverse was true in 2002. "Black/African" current smokers consistently reported high rates of wanting to stop smoking, trying to stop smoking and lower rates of needing a cigarette first thing in the morning, an indicator of addiction. These results provide further evidence that the predicted increase in smoking rates among "Black/African" learners has been controlled. In line with the significant decrease in current frequent smoking among females, there was also a significant decrease in the need for a cigarette first thing in the morning among females. Unlike the reports of the projected increase in smoking the rates among females worldwide^{21,28}, our results show a hedging of rates among females. The significant decrease in the percentage of learners who reported needing a cigarette first thing in the morning is an indicator of the decrease in the level of addiction among learners. However, the perception among learners that they could stop smoking if they so desired persisted from 1999 to 2002. Interventions must include messages on the addictiveness of nicotine and the high relapse rate among those who try to stop smoking.

The Tobacco Products Control Amendment Act of 1999⁷, implemented in 2001, banned advertising of tobacco

products in all media. Even though there were significant decreases in the percentage of learners reporting having seen cigarette advertisements in magazines and newspapers as well as on billboards, the rate remains unacceptably high. Further investigation is required to understand why these rates remain high despite the comprehensive ban. The increase of current smokers and never smokers in favour of banning smoking in public places is most likely due to a change in social norm on the acceptability of smoking as well as the experience of smoke-free public places.

There has been a decrease in the exposure to environmental tobacco smoke both in the home and outside the home for both current and never smokers. This is one of the primary objectives of the Tobacco Products Control Amendment Act of 1999^{7,8}. The exposure of "Coloured" learners to environmental tobacco smoke remains high, reflective of the high smoking rate in this "race" group. Rates of exposure among "Black/African" learners seem to be declining. It is of concern that the rates of current and never smokers who definitely thought that smoke from others was harmful remained unchanged, probably reflective of the low rate of exposure to the harmful effects of smoking in the school curriculum.

The exposure of learners to formal lessons in the school curriculum about the dangers of smoking, reasons why young people smoke and about the effects of smoking remain low. This is reflected in the low percentage of learners who support the ban of smoking in public places as well as the low percentage of learners who think that environmental tobacco smoke is harmful. The results indicate that Grade 9 learners have been exposed to a greater extent to formal lessons on tobacco-related issues in the classroom. Following the Global Youth Tobacco Survey of 1999, the Department of Education declared nicotine as an addictive drug and included tobacco use interventions as part of their drug policy. However, implementation of this policy, in the way of school curricula is still required.

5. Conclusions and Recommendations

This study represents the second time that the Global Youth Tobacco Survey (GYTS) was conducted in South Africa. The model of jointly conducting the Youth Risk Behaviour Survey (YRBS)²³ and GYTS is an example of how developing countries can conduct cost-effective school-based research.

The GYTS is in the unique position to highlight the positive effect of policy on changing behaviour, for example the decreasing exposure of never smokers to environmental tobacco smoke following the Tobacco Products Control Amendment Act⁷. It also highlights gaps in current policy e.g. availability of and access to tobacco as well as the need for enforcement of existing legislation.

In the absence of tobacco control interventions for young people, the results clearly indicate the effect that the legislation has possibly had in changing smoking behaviour. However rates still remain high. To sustain the decrease in rates of tobacco-use, changes in legislation need to be supported by other mechanisms such as greater enforcement of the legislation (ban on underage sales, smoking in public places and marketing and advertising of tobacco products), prevention and cessation programmes that must be integrated into the school curriculum, an aggressive pricing policy and sustained anti-tobacco messages in the mass media.

Targeted interventions are required for "Coloured" learners who consistently displayed high rates of cigarettes smoking, easy access to tobacco products and exposure to environmental tobacco smoke over the two surveys.

While the results of the study present the prevalence of risk behaviours, the data needs to be used as a lead to identify target groups for psychosocial and determinant studies at the micro, meso and macro levels in order to develop science-based interventions.

Addressing these behaviours requires a comprehensive approach, rather than vertical programmes. For this approach to be effective, an integrated strategy across government departments is required.

The results demonstrate the usefulness of monitoring tobacco use among youth over time. It is recommended that this survey is repeated at three year intervals. Just as GYTS has inadvertently monitored the effects of the Tobacco Products Control Amendment Act⁷ in South Africa, it is also ideally placed to monitor the tenets of the Framework Convention on Tobacco Control at a national, regional and international level.

5.1 Challenges

Communication with the selected schools was hampered by the lack of telephone or fax facilities resulting in delays in gaining school permission. Communicating with health and

education staff to attend training workshops and conduct fieldwork was also a challenging process as the staff were often out in the field and mobile telephones were not operational. In addition, many survey administrators, including government employees do not have access to telephone and fax facilities and were unable to contact team members due to the restriction of dialling cellular numbers from government telephones.

Obtaining lists of health and education staff at district level to attend training workshops also proved to be a time-consuming process.

One training workshop was initially planned for each of the 9 provinces. Due to the unavailability of some health and education staff as well as the need for additional training, 7 additional workshops were conducted. Two additional training workshops had to be conducted in the Eastern Cape due to the long travelling distances between towns as well as poor weather conditions during the previous two workshops that prevented participants from attending. In total, 18 training workshops were conducted.

Fieldwork was due to commence in early August but was delayed due to several logistic factors including:

- delay in the delivery of pencils as the distributor in SA as well as the manufacturer in Germany were out of stock
- delays in the delivery of courier parcels to remote areas
- the need to conduct an additional 9 training workshops

These factors also resulted in a time lapse between the training workshops and fieldwork.

Fieldwork extended over the period August to October 2002. The time span for fieldwork was extended due to several logistical factors including:

- establishing field teams that required co-ordination of staff across Departments with differing district boundaries
- identifying survey administrators for districts where there were inadequate numbers of health and education staff
- lack of personnel for several schools in the Eastern Cape and Western Cape (2 MRC field teams involving 13 staff members were sent to the Eastern Cape and Western Cape)
- poor weather conditions in the Eastern Cape
- lack of transport in certain areas that required the MRC to hire vehicles to ensure access to these schools
- poor road conditions that require 4X4 vehicles
- changing of third term dates in Gauteng due to the World Conference on Sustainable Development
- school vacation

- examination schedules in schools
- co-ordinating the schedule of the school and the survey administrators

Data collection in schools needs to take place in a period free from vacations, examinations or special events. Cultural factors such as days on which cattle are taken to the dip as well as logistical factors such as poor weather conditions also need to be factored into the time span allocated for data collection. This requires close communication between the survey administrators and the schools. It also calls for budgetary flexibility that can allow for survey administrators to be employed on alternative days for fieldwork.

It has also been a challenge to facilitate the payment of community members who do not have bank accounts.

Problems were experienced in the delivery of consent forms and questionnaires due to the remoteness of some of the selected schools, lack of courier services in outlying areas and the infrequent visits of courier services in these areas. The long travelling distances between central towns and remote sites required the courier service to hire a third party to deliver courier parcels. This sometimes involved costs of up to R2 500 for a single delivery.

Due to the instability in certain areas, in future, if schools are selected from unsafe areas, steps must be taken to ensure the safety of survey administrators.

Several requests have been received from schools and survey administrators as to how they will be informed of the outcomes of the study. As part of the dissemination plan of the National Department of Health, a copy of the report will be sent to schools and survey administrators.

Survey administrators also requested an incentive either in the form of remuneration or a certificate for being part of the study.

5.2 Limitations

The Global Youth Tobacco Survey is a cross-sectional study that measures behaviour at one point in time. In order to monitor trends, consistency or changes in behaviour over time, longitudinal studies are required.

The study was conducted among in-school youth with learners who were present in the class on the day of study and thus did not include absentees.

The findings of the study were based on self-reports. Logistical and financial infrastructure did not cater for biochemical validation of self-reports. Issues of over reporting and under reporting cannot be estimated. Multiple strategies were used to ensure confidentiality of learners viz. survey administrators were employed to monitor the administration of the survey in the class, educators were asked to leave the classroom, examination like conditions were maintained to prevent learners from discussing or viewing other learners answer sheets.

The sample was not stratified by "race". However racial differences are noted. With the integration of schools from the various racial departments into one national education system, it is difficult to identify sufficient numbers of learners from a specific "race" group in particular schools. More information regarding the "race" breakdown of schools is required to be able to sufficiently stratify the sample by "race" as well as to ensure sufficient representation of minority groups such as "Indian" learners.

Schools were selected proportional to the school enrolment size. The Eastern Cape has a number of smaller schools. The five big schools that were selected are from urban areas and are predominated by "White" learners. The results for this province are most likely a reflection of the status of "White" learners in this province.



Minister of Health Dr Manto Tshabalala-Msimang at the launch GYTS (SA) 2002 results, KZN 2003.



Roleplay of the dangers of smoking in KZN 2003.

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Appendix I: The questionnaire

GLOBAL YOUTH TOBACCO SURVEY (GYTS) 2002

INTRODUCTION

The Medical Research Council, in collaboration with the Departments of Health and Education, is conducting this survey. The purpose of this list of questions is to obtain your view on a number of behaviours. Learners in Grades 8-11 at selected schools in all nine provinces of South Africa will take part in this survey.

You have received two documents. The first document is a list of questions with possible answers. The second document is the answer sheet on which you must mark your answers. Notice that for each question there are a number of possible answers. Choose the answer that best fits what you know or do, then colour in / fill in the circle (●) corresponding to the question on the answer sheet. This means that you will not mark your answers on the questionnaire but on the answer sheet. If you must change an answer, erase / rub out the first answer and colour in / fill in the new answer.

Please do not write in the for "office use only" block at the top of

the answer sheet. Remember to use the pencil that has been provided to you to fill in your answers. Colour in the circle completely and please stay within the lines. You will have to choose only one answer for every question.

Please raise your hand if you are uncertain or need some help.

Remember that:

- this is not a test
- there is no right or wrong answer
- no teachers / parents / guardians will see your answers
- your name will not be written down anywhere

You may keep the questionnaire and the pencil.

Remember to answer all the questions.

Thank you very much for participating in this survey.

THE FOLLOWING QUESTIONS ASK FOR SOME BACKGROUND INFORMATION ABOUT YOURSELF

1. How old are you?

- a. 11 years old or younger
- b. 12 years old
- c. 13 years old
- d. 14 years old
- e. 15 years old
- f. 16 years old
- g. 17 years old
- h. 18 years or older

2. What is your sex?

- a. Male (boy)
- b. Female (girl)

3. In what Grade are you?

- a. 8
- b. 9
- c. 10
- d. 11

4. During Apartheid, people were placed into different race groups. In which race group do you think that you would have been placed?

- a. Black/African
- b. Coloured
- c. Indian
- d. White
- e. Other
- f. I do not know

THE FOLLOWING QUESTIONS ASK ABOUT YOUR TOBACCO USE

5. Have you ever tried or experimented with cigarette smoking, even one or two puffs?

- a. Yes
- b. No

6. 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
- h. 17 years or older

7. How old were you when your first smoked cigarettes on a daily basis?

- a. I have never smoked cigarettes on a daily basis
- 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
- h. 17 years or older

8. 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

9. 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

10. 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
- g. An older person gave them to me
- h. I got them some other way

11. During the past 30 days (one month), what brand of cigarettes did you usually smoke? NB. (SELECT ONLY ONE ANSWER FROM THIS BLOCK)

- I did not smoke cigarettes during the past 30 days
- I did not smoke a usual brand
- Rothmans
- Peter Stuyvesant
- Dunhill
- Benson & Hedges
- Camel
- Mills
- Lucky strike
- Chesterfield
- Forum
- Winston
- Gaulloises
- Craven A
- Players
- Winfield
- Consulate
- Other brand

12. How much do you usually pay for a pack of 20 cigarettes?

- I don't smoke cigarettes.
- I don't buy cigarettes, or I don't buy them in packs.
- Less than R7
- R7 to R7.99
- R8 to R8.99
- R9 to R9.99
- R10 to R10.99
- R11 or more

13. During the past 30 days (one month), how much do you think you spent on cigarettes?

- I did not spend money on cigarettes during the past 30 days (one month)
- less than R5
- from R5 to R10
- from R11 to R20.00
- from R21 to R30.00
- from R31 to R40.00
- from R41 to R50.00
- More than R50

14. In a usual month (30 days), how much spending money do you get?

- I don't get any spending money
- less than R5
- from R5 to R10
- from R11 to R20.00
- from R21 to R30.00
- from R31 to R40.00
- from R41 to R50.00
- More than R50

15. During the past 30 days (one month), did anyone ever refuse to sell you cigarettes because of your age?

- I did not try to buy cigarettes during the past 30 days (one month)
- Yes, someone refused to sell me cigarettes because of my age
- No, my age did not keep me from buying cigarettes

16. During the past 30 days (one month), have you ever used any form of tobacco products other than cigarettes (e.g. chewing tobacco, snuff, cigars, cigarillos, little cigars, pipe)?

- Yes
- No

17. Where do you usually smoke? (SELECT ONLY ONE RESPONSE)

- I have never smoked cigarettes
- At home
- At school
- At work
- At friends' houses
- At social events (e.g. at parties)
- In public places (e.g. parks, shopping centres, street corners)
- Other

18. Do your parents know that you smoke cigarettes?

- I do not smoke cigarettes
- Both my parents know that I smoke
- Only my father knows that I smoke
- Only my mother knows that I smoke
- Both my parents do not know that I smoke

19. Are you more likely to smoke cigarettes after you have drunk alcohol or used another drug (dagga/marijuana, mandrax/ "cream", crack, cocaine, ecstasy, heroin, LSD)?

- I have never smoked cigarettes
- I no longer smoke cigarettes
- I smoke cigarettes but never drink alcohol or use other drugs
- No, I smoke less cigarettes when I drink alcohol or use other drugs
- Yes, I smoke more cigarettes when I drink alcohol or use other drugs
- I smoke about the same amount of cigarettes when I drink alcohol or use other drugs

20. Do you sometimes smoke tobacco mixed with other drugs, (dagga/marijuana, mandrax/"cream", crack, cocaine, ecstasy, heroin, LSD)?

- I have never smoked tobacco
- I no longer smoke tobacco
- No, I smoke tobacco, but I never mix tobacco with other drugs
- Yes, but only on one or two occasions
- Yes, I have mixed tobacco with other drugs on more than two occasions

21. Do you ever have a cigarette or feel like having a cigarette first thing in the morning?

- I have never smoked cigarettes
- I no longer smoke cigarettes
- No, I don't have or feel like having a cigarette first thing in the morning
- Yes, I sometimes have or feel like having a cigarette first thing in the morning
- Yes, I always have or feel like having a cigarette first thing in the morning

22. How old were you when you used chewing tobacco for the first time?

- I have never used chewing tobacco
- 7 years old or younger
- 8 or 9 years old
- 10 or 11 years old
- 12 or 13 years old
- 14 or 15 years old
- 16 years old
- 17 years or older

23. How old were you when you used snuff for the first time?

- I have never used snuff
- 7 years old or younger
- 8 or 9 years old
- 10 or 11 years old
- 12 or 13 years old
- 14 or 15 years old
- 16 years old
- 17 years or older

24. During the past 30 days, on how many days did you use chewing tobacco?

- 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

25. During the past 30 days, on how many days did you use snuff?

- 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

26. Where do you usually use chewing tobacco or snuff?

- I have never used chewing tobacco or snuff
- I no longer use chewing tobacco or snuff
- Whenever I am alone
- While I am in the company of friends
- At home
- At school
- On my way to / from school
- Other

27. During the past 30 days (one month), have you ever smoked any form of tobacco products other than cigarettes (e.g. cigars, little cigars, pipe)?

- Yes
- No

28. How old were you when you smoked a whole cigar, or little cigar for the first time?

- a. I have never smoked a whole cigar, cigarillo or little cigar
- 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
- h. 17 years or older

THE FOLLOWING QUESTIONS ASK ABOUT ACCESS TO TOBACCO PRODUCTS

29. In the area where you live, do you know of any places that sell single or loose cigarettes?

- a. Yes
- b. No

30. During the past 30 days (one month), how did you usually get your own chewing tobacco or snuff? (SELECT ONLY ONE RESPONSE)

- a. I did not use chewing tobacco or snuff 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
- g. An older person gave them to me
- h. I got them some other way

31. During the past 30 days (one month), were you ever asked your age or to show proof of your age when you bought or tried to buy chewing tobacco or snuff in a shop (café or store)?

- a. I did not buy chewing tobacco or snuff in a shop (café or store) during the past 30 days (one month)
- b. Yes, I was asked to show proof of my age
- c. No, I was not asked to show proof of my age

32. During the past 30 days (one month), did anyone ever refuse to sell you chewing tobacco or snuff because of your age?

- a. I did not try to buy chewing tobacco or snuff during the past 30 days
- b. Yes, someone refused to sell me chewing tobacco or snuff because of my age
- c. No, my age did not keep me from buying chewing tobacco or snuff

33. During the past 30 days (one month), how did you usually get your own cigars, cigarillos, or little cigars? (SELECT ONLY ONE RESPONSE)

- a. I did not smoke cigars, cigarillos, or little cigars during the past 30 days (one month)
- b. I bought them in a store, shop, or 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
- g. An older person gave them to me
- h. I got them some other way

34. During the past 30 days (one month), were you ever asked your age or to show proof of your age when you bought or tried to buy cigars, cigarillos, or little cigars in a store?

- a. I did not buy cigars, cigarillos, or little cigars during the past 30 days (one month)
- b. Yes, I was asked to show proof of my age
- c. No, I was not asked to show proof of my age

THE FOLLOWING QUESTIONS ASK ABOUT YOUR KNOWLEDGE AND ATTITUDES TOWARD TOBACCO

35. Do your parents / guardians smoke?

- a. Both my parents / guardians do not smoke
- b. Both my parents / guardians smoke
- c. Only my father / male guardian smokes
- d. Only my mother / female guardian smokes
- e. I don't know

36. 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

37. Has anyone in your family discussed the harmful effects of smoking with you?

- a. Yes
- b. No

38. 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

39. Do you think that you will be smoking cigarettes 5 years from now?

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

40. Once someone has started smoking cigarettes, do you think it would be difficult to quit?

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

41. Do you think that boys who smoke cigarettes have more or less friends?

- a. More friends
- b. Less friends
- c. No difference from non-smokers

42. Do you think that girls who smoke cigarettes have more or less friends?

- a. More friends
- b. Less friends
- c. No difference from non-smokers

43. 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

44. Do you think smoking cigarettes makes boys look more or less attractive?

- a. More attractive
- b. Less attractive
- c. No difference from non-smokers

45. Do you think smoking cigarettes makes girls look more or less attractive?

- a. More attractive
- b. Less attractive
- c. No difference from non-smokers

46. Do you think that smoking cigarettes makes you gain or lose weight?

- a. Gain weight
- b. Lose weight
- c. No difference

47. Do you think cigarette smoking is harmful to your health?

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

48. Do any of your closest friends smoke cigarettes?

- a. None of them
- b. Some of them
- c. Most of them
- d. All of them

49. 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

50. 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

51. 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

52. At any time during the next year do you think you will use chewing tobacco or snuff?

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

53. Do you believe that light (low-tar) cigarettes are less harmful than regular (full-flavour) cigarettes?

- a. They are less harmful
- b. They are more harmful
- c. There is no difference between the two
- d. I don't know what light (low-tar) cigarettes and regular (full-flavour) cigarettes are.

54. Do you think smoking cigarettes is less dangerous for people your age because they can always stop later?

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

55. Do any of your closest friends use chewing tobacco or snuff?

- a. None
- b. Some of them
- c. Most of them

56. At the present time do you consider yourself... (SELECT ONLY ONE RESPONSE)

- a. I have never smoked cigarettes
- b. An ex-smoker
- c. An occasional smoker (someone who smokes now and again)
- d. A frequent smoker
- e. A daily smoker

THE FOLLOWING QUESTIONS ARE ABOUT YOUR EXPOSURE TO OTHER PEOPLE'S SMOKING

57. Do you think a person who smokes around others should ask for their permission to smoke?

- a. Yes
- b. No

58. If someone asks permission to smoke around you, do you let them?

- a. Yes, always
- b. Yes, sometimes
- c. No, never

59. 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

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

- a. 0 days
- b. 1 to 2 days

- c. 3 to 4 days
- d. 5 to 6 days
- e. 7 days

61. During the past 7 days, on how many days have people smoked in your presence, in places other than in your home?

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

62. Are you in favour of banning (not allowing) smoking in public places (such as in restaurants, in buses and trains, in schools, on playgrounds, in gyms and sports arenas, in discos / clubs)?

- a. Yes
- b. No

THE FOLLOWING QUESTIONS ASK ABOUT YOUR ATTITUDES TOWARD STOPPING SMOKING CIGARETTES AND STOPPING THE USE OF OTHER FORMS OF TOBACCO

63. Do you want to stop smoking now?

- a. I have never smoked cigarettes
- b. I do not smoke now
- c. Yes
- d. No

64. During the past year, have you ever tried to stop smoking cigarettes?

- a. I have never smoked cigarettes
- b. I did not smoke during the past year
- c. Yes
- d. No

65. 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

66. How many times, if any, have you tried to quit smoking?

- a. I have never smoked cigarettes
- b. 0 times
- c. 1 to 3 times
- d. 4 or more times

67. How long ago did you stop smoking?

- 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

68. What was the main reason you decided to stop smoking? (SELECT ONE ONLY RESPONSE)

- 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

69. 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

70. When was the last time you smoked a cigarette, even one or two puffs?

- a. I have never smoked a cigarette
- b. Today
- c. Not today but sometime in the past week
- d. Not today but sometime in the past month
- e. Not today but sometime in the past 6 months
- f. Not in the past 6 months but in the past year
- g. 1 to 4 years ago
- h. 5 or more years ago

71. 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 programme or professional person (e.g. nurse)
- c. Yes, from a friend
- d. Yes, from a family member
- e. Yes, from both programmes or professionals and from friends or family members
- f. No

72. Does your school or community have any special groups or classes for students who want to stop smoking?

- a. Yes
- b. No
- c. I don't know

73. Do you want to stop using chewing tobacco or snuff now?

- a. I have never used chewing tobacco or snuff
- b. I do not use chewing tobacco or snuff now
- c. Yes
- d. No

74. During the past year, have you ever tried to stop using chewing tobacco or snuff?

- a. I have never used chewing tobacco or snuff
- b. I did not use chewing tobacco or snuff during the past year
- c. Yes
- d. No

THE FOLLOWING QUESTIONS ASK ABOUT YOUR KNOWLEDGE OF MEDIA MESSAGES ABOUT SMOKING

75. 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?

- a. A lot
- b. A few
- c. None

76. 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

77. When you watch TV, videos, or movies, how often do you see actors smoking?

- a. I never watch TV, videos, or movies
- b. A lot
- c. Sometimes
- d. Never

78. Do you have something (t-shirt, pen, backpack, cap, etc.) with a cigarette brand logo on it?

- a. Yes
- b. No

79. During the past 30 days (one month), when you watched sports events or other programmes on TV, how often did you see cigarette brand names?

- a. I never watch TV
- b. A lot
- c. Sometimes
- d. Never

80. 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

81. 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

82. During the past 30 days (one month), how often did you hear cigarette brand names mentioned when you listened to the radio?

- a. I never listen to the radio
- b. A lot
- c. Sometimes
- d. Never

83. Have you ever gone to a function (such as a concert or music event) sponsored by a cigarette brand?

- a. Yes
- b. No

84. 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

85. Has a cigarette representative (someone working for a cigarette company) ever offered you a free cigarette?

- a. Yes
- b. No

THE FOLLOWING QUESTIONS ARE RELATED TO WHAT YOU WERE TAUGHT ABOUT SMOKING IN SCHOOL

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

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

87. During this school year, were you taught in any of your classes that most people your age do not smoke cigarettes?

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

88. 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

89. During this school year, were you taught in any of your classes about the effects of smoking (such as it makes your teeth yellow, causes wrinkles, or makes you smell bad)?

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

90. 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

QUESTIONS ABOUT ACTIVITIES IN YOUR COMMUNITY

91. During the past year, have you heard from youth groups discouraging young people your age from smoking?

- a. Yes
- b. No

92. During the past year, did any health professionals (e.g doctors, nurses) explain to you why smoking is dangerous to your health?

- a. Yes
- b. No

93. During the past year, did any religious organisation discourage young people your age from smoking?

- a. Yes
- b. No

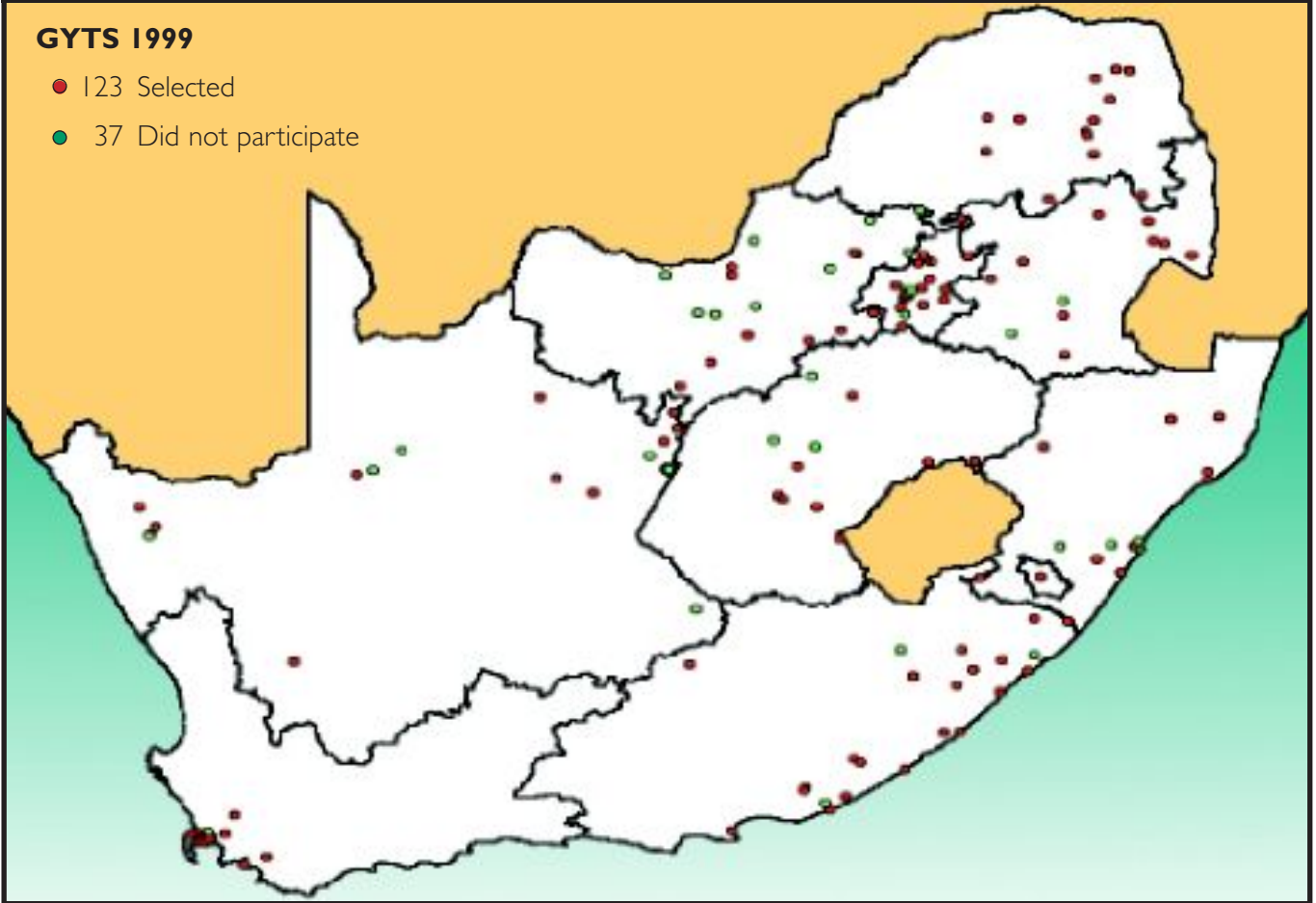
THAT WAS THE LAST QUESTION!! THANK YOU VERY MUCH

Appendix IIa: Languages used in each province

PROVINCES	ENGLISH	AFRIKAANS	XHOSA	SEPEDI	NDEBELE	SOTHO	SETSWANA	SISWATI	VENDA	TSONGA	ZULU
Eastern Cape	X	X	X			X					
Free State	X	X	X			X	X				
Gauteng	X	X									
Kwazulu-Natal	X	X									X
Limpopo	X			X					X	X	
Mpumalanga	X	X			X			X			X
Northern Cape	X	X					X				
North West	X	X					X				
Western Cape	X	X	X								

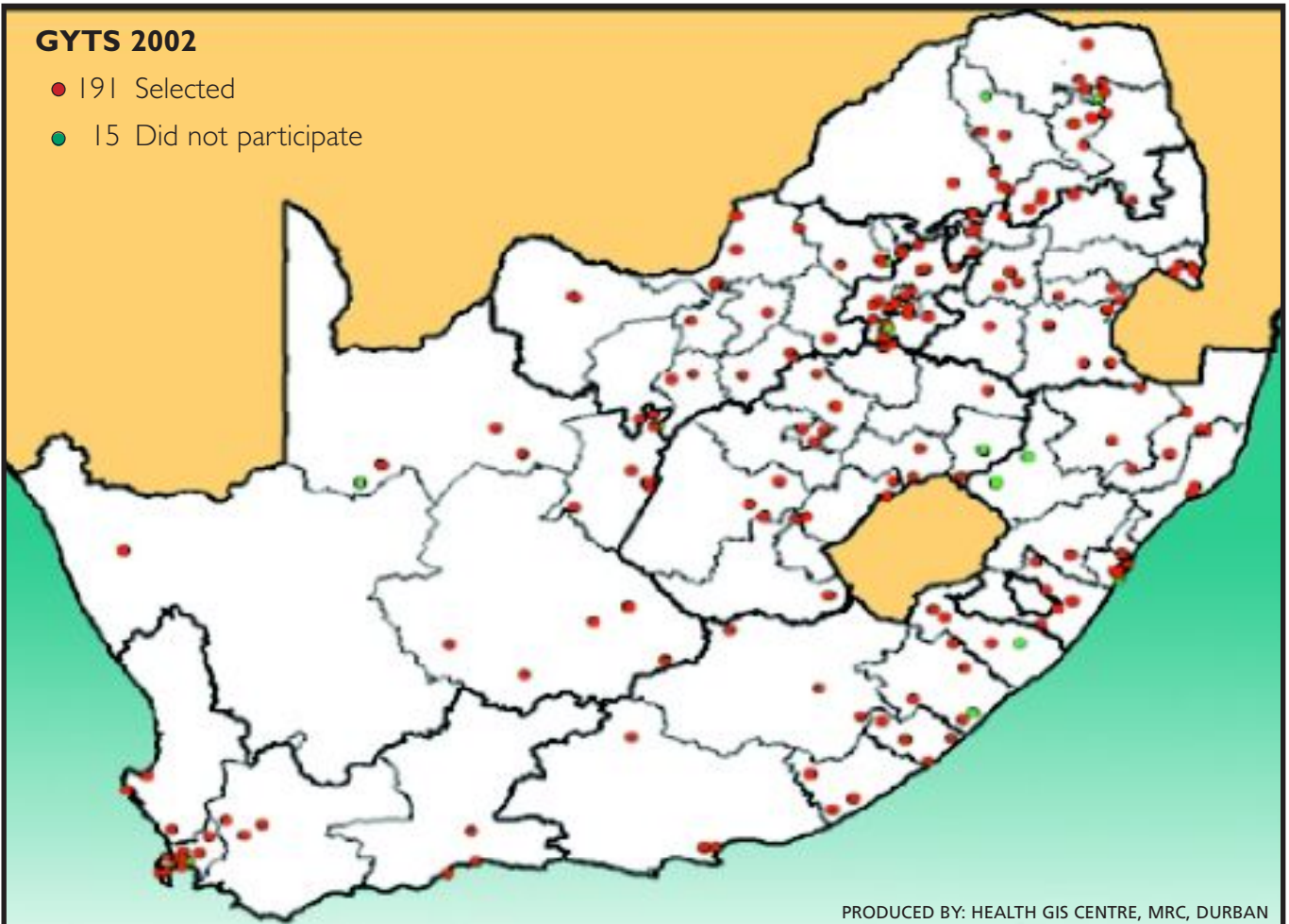
GYTS 1999

- 123 Selected
- 37 Did not participate



GYTS 2002

- 191 Selected
- 15 Did not participate

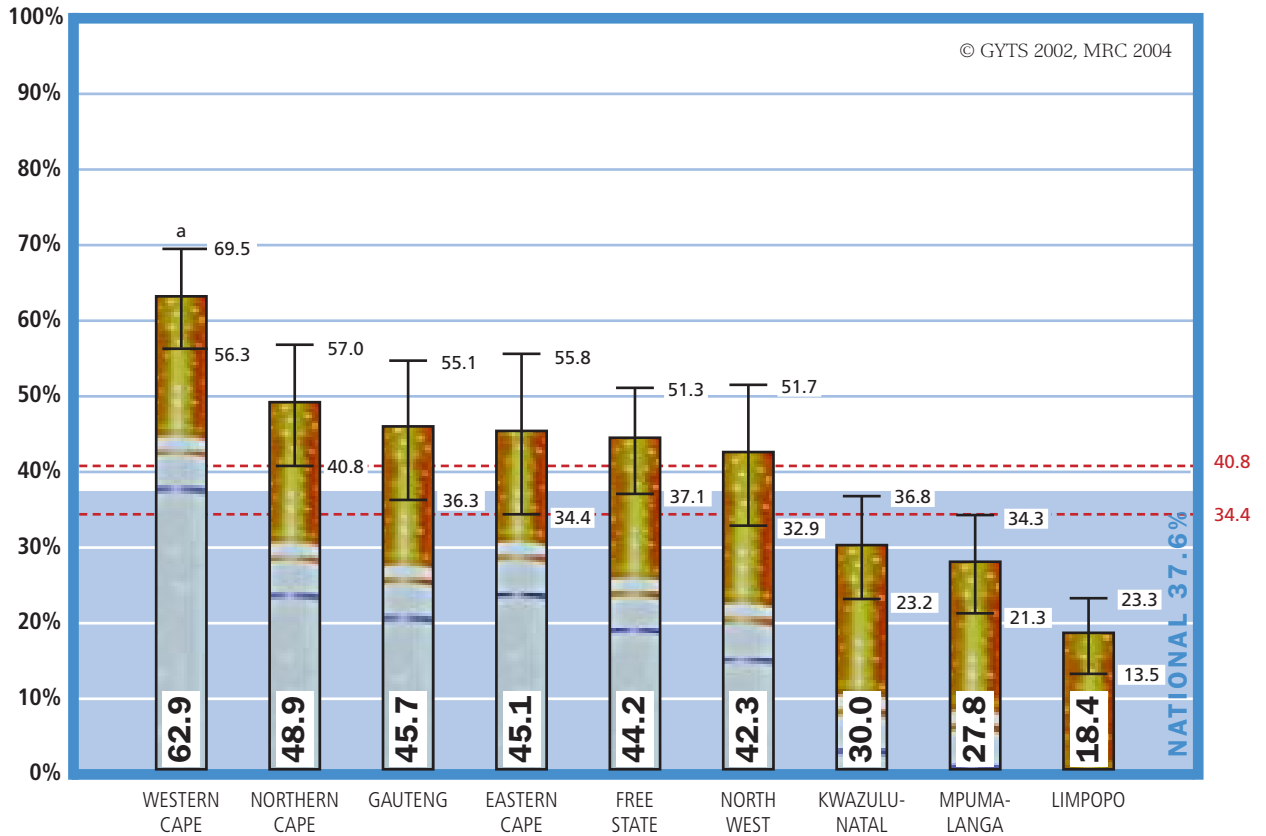


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Appendix IIc: GYTS (SA) 2002 graphs

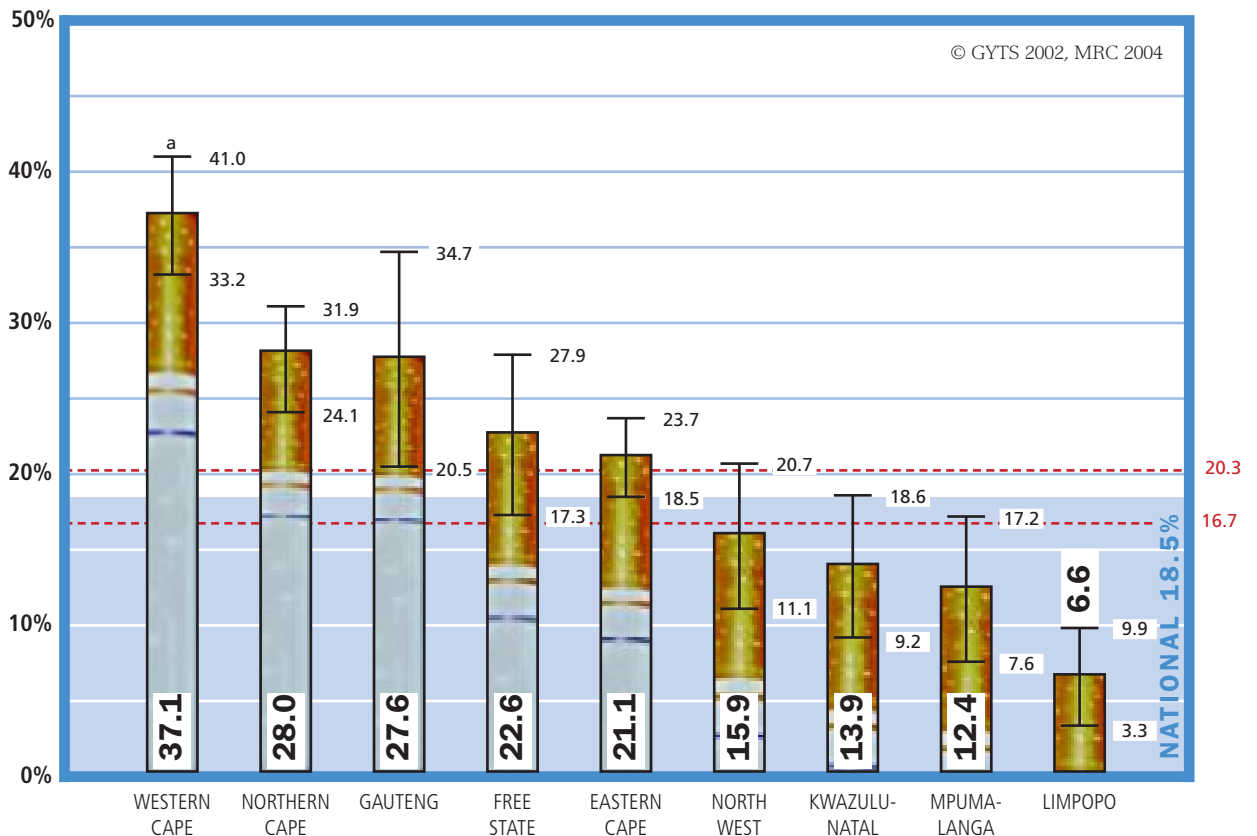
Graph 1 GYTS 2002 Prevalence: Ever smokers across the provinces	43
Graph 2 GYTS 2002 Prevalence: Current use of cigarettes across the provinces	43
Graph 3 GYTS 2002 Prevalence: Current use of other tobacco products across the provinces	44
Graph 4 GYTS 2002 Prevalence: Current use of any tobacco product across the provinces	44
Graph 5 GYTS 2002 Prevalence: First smoked cigarettes before the age of 10 across the provinces	45
Graph 6 GYTS 2002 Prevalence: Current frequent smokers across the provinces	45
Graph 7 Prevalence: Ever smokers GYTS 1999 vs 2002	46
Graph 8 Prevalence: Current use of cigarettes GYTS 1999 vs 2002	46
Graph 9 Prevalence: Current use of other tobacco products GYTS 1999 vs 2002	47
Graph 10 Prevalence: Current use of any tobacco product GYTS 1999 vs 2002	47
Graph 11 Prevalence: First smoked cigarettes before the age of 10 GYTS 1999 vs 2002	48
Graph 12 Prevalence: Current frequent smokers GYTS 1999 vs 2002	48

Graph 1 GYTS 2002: Prevalence: ever smokers¹ across the provinces



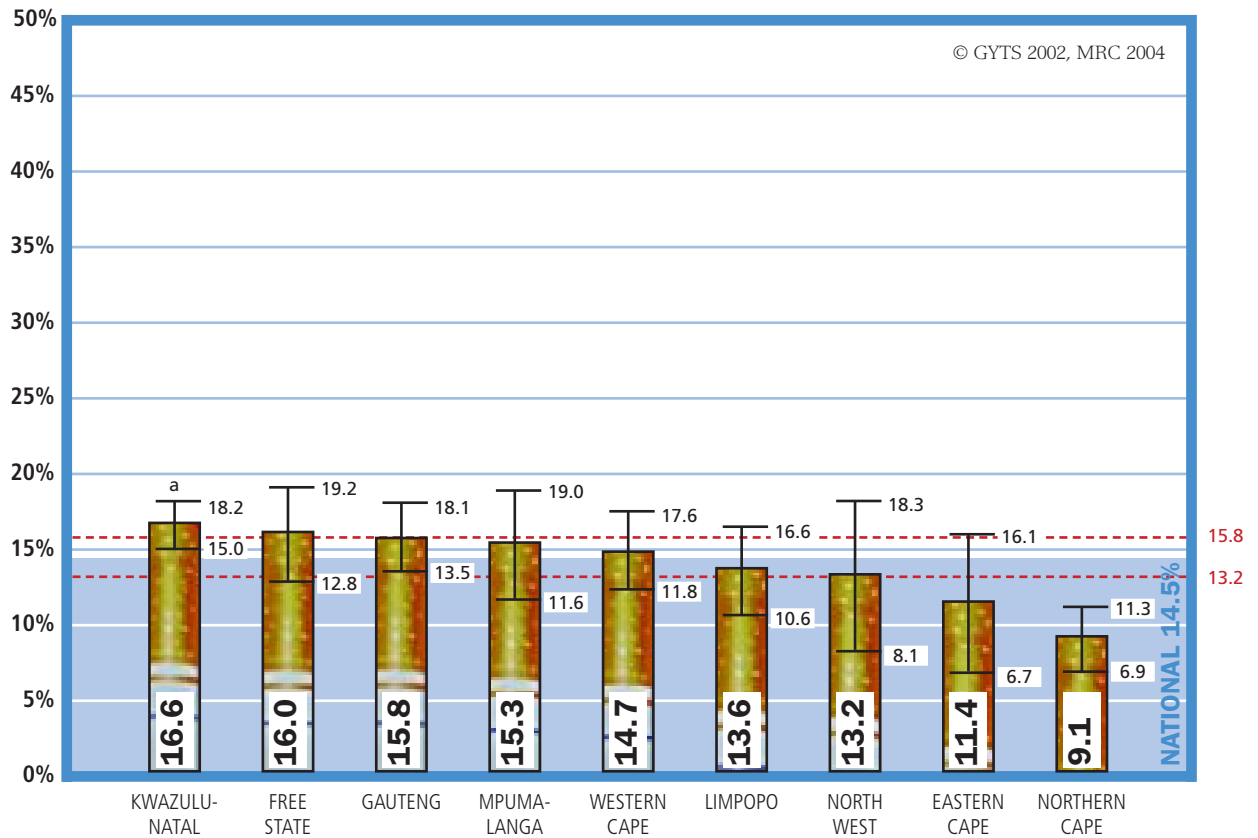
1. Smoked cigarettes, even if one or two puffs. a. 95% Confidence interval

Graph 2 GYTS 2002: Prevalence: current use of cigarettes² across the provinces



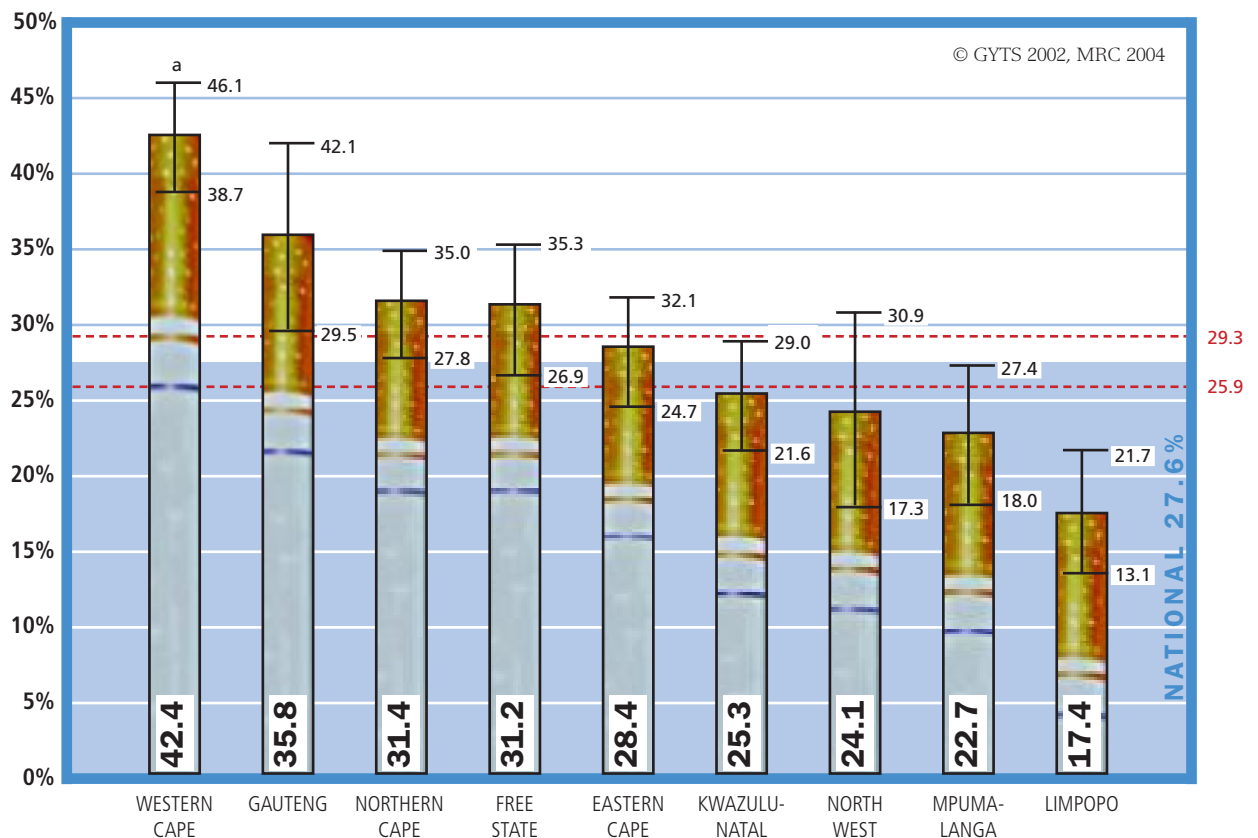
2. Smoked cigarettes on one or more days of the 30 days preceding the survey. a. 95% Confidence interval

Graph 3 GYTS 2002: Prevalence: current use of OTHER tobacco products³ across the provinces



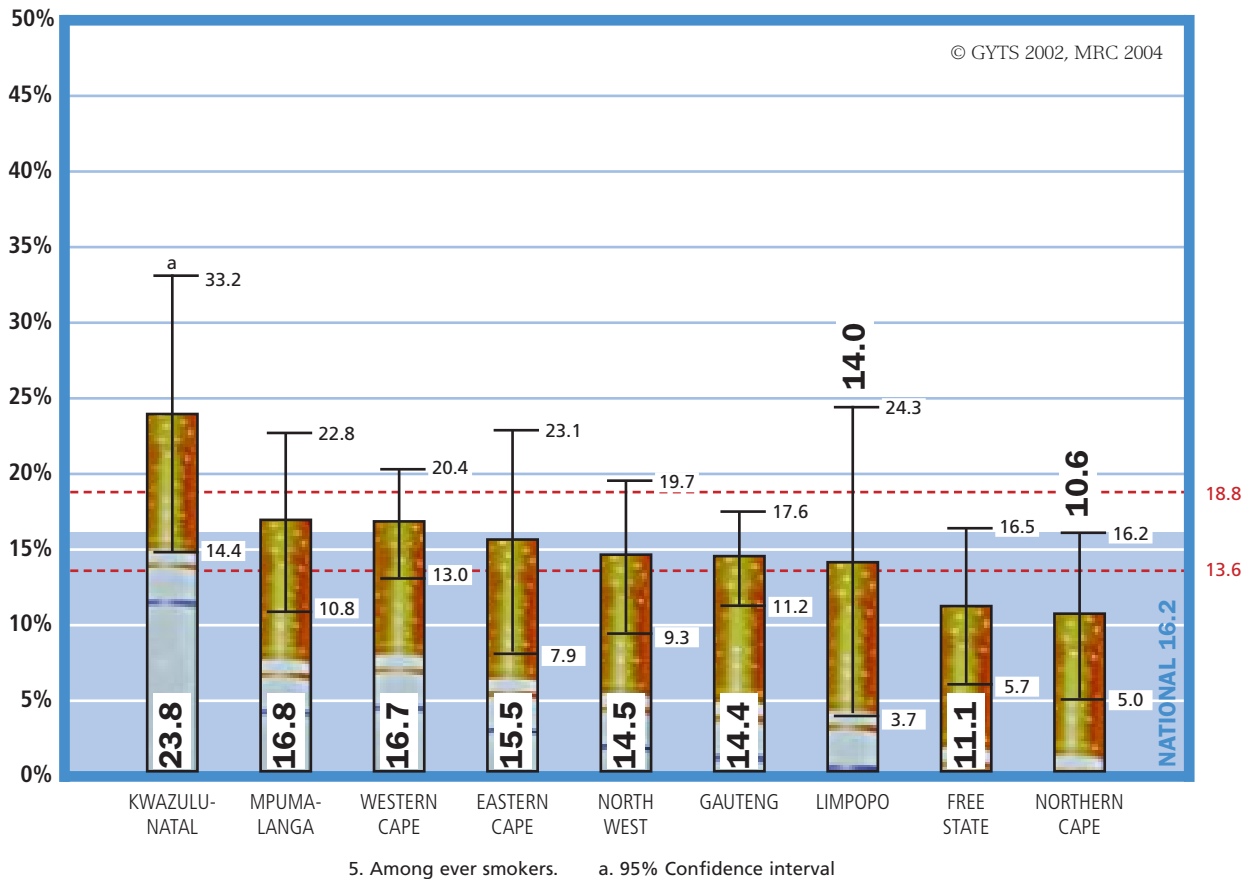
3. Used tobacco products other than cigarettes on one or more days of the 30 days preceding the survey. a. 95% Confidence interval

Graph 4 GYTS 2002: Prevalence: current use of ANY tobacco product⁴ across the provinces

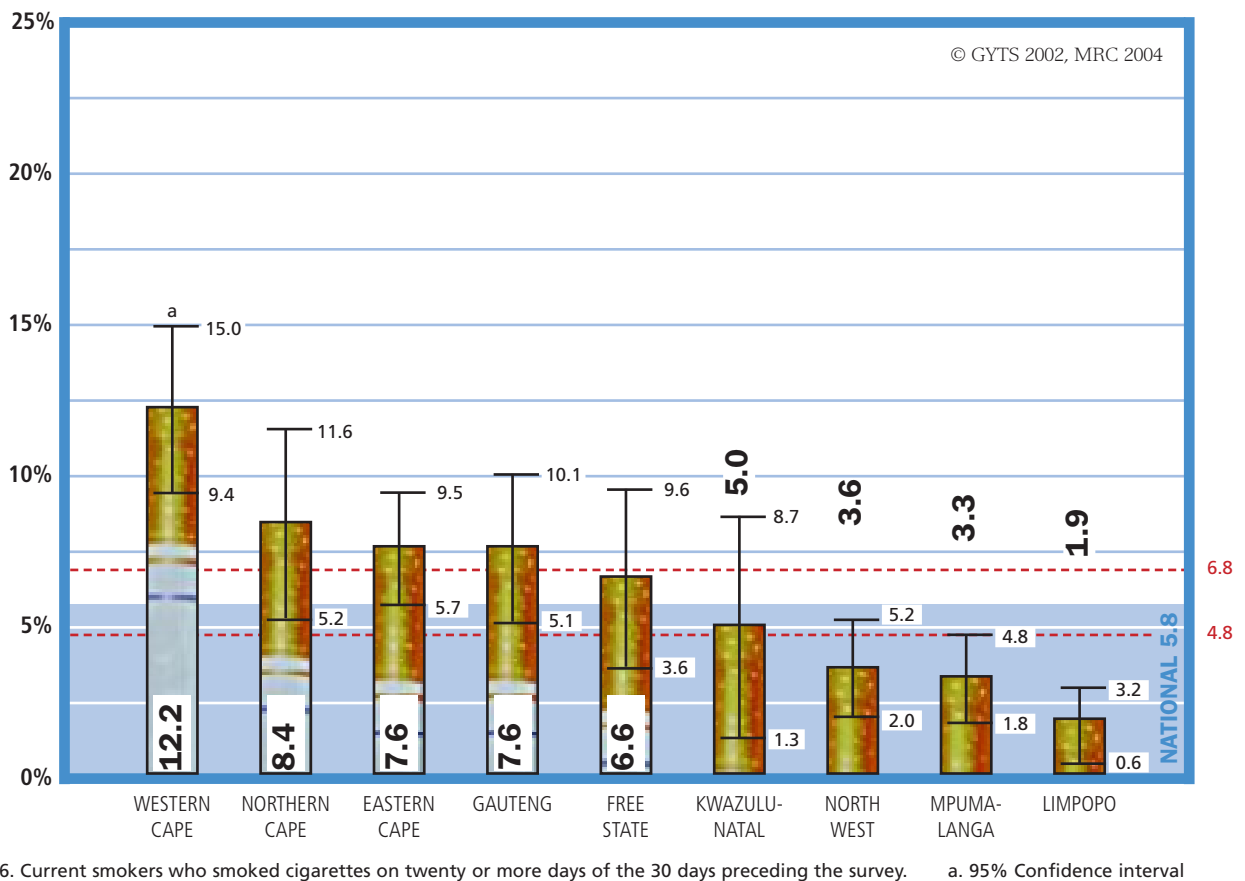


4. Used ANY tobacco product on one or more days of the 30 days preceding the survey. a. 95% Confidence interval

Graph 5 GYTS 2002: Prevalence: first smoked cigarettes before age 10⁵ across the provinces

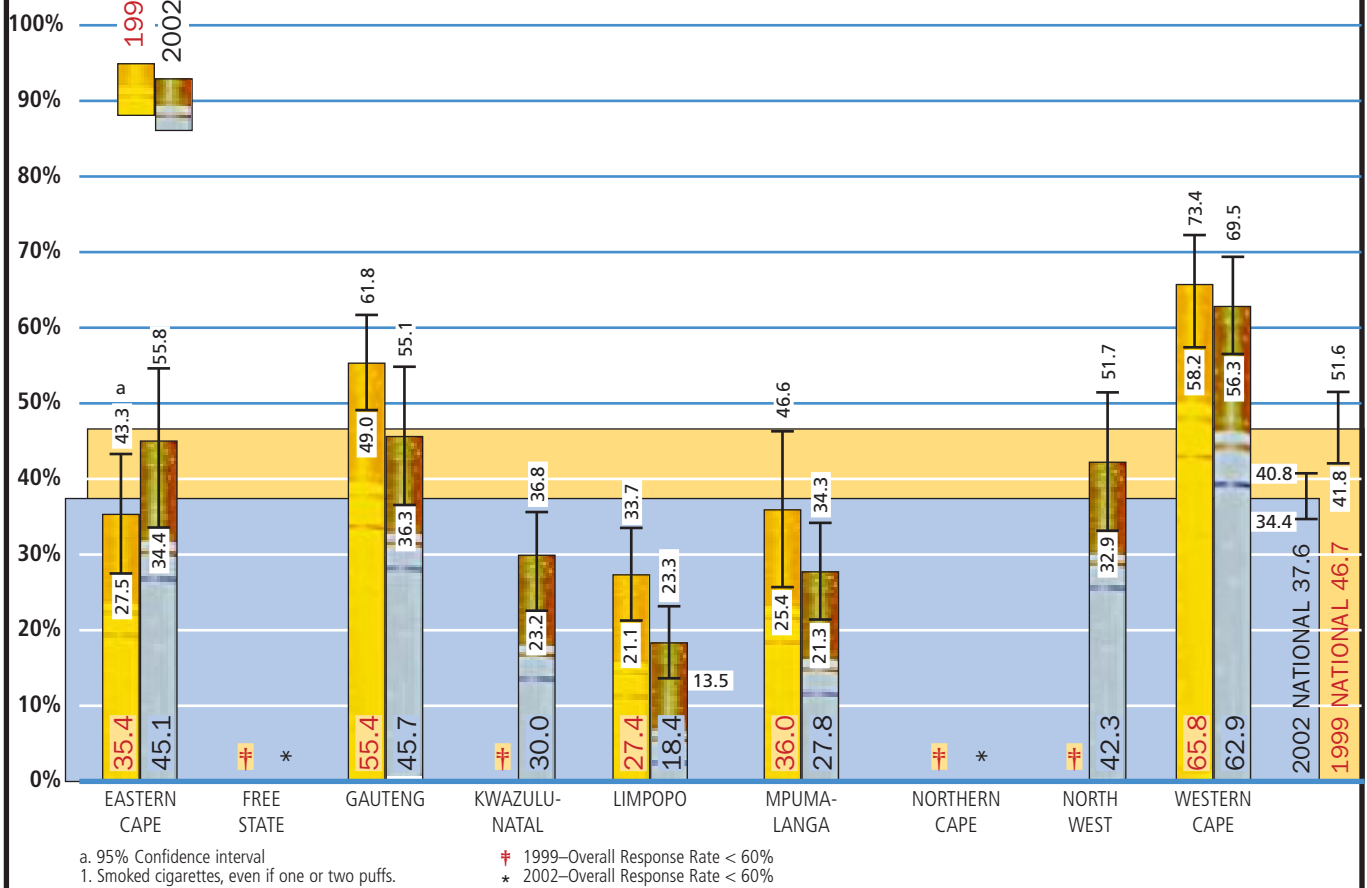


Graph 6 GYTS 2002: Prevalence: current frequent smokers⁶ across the provinces



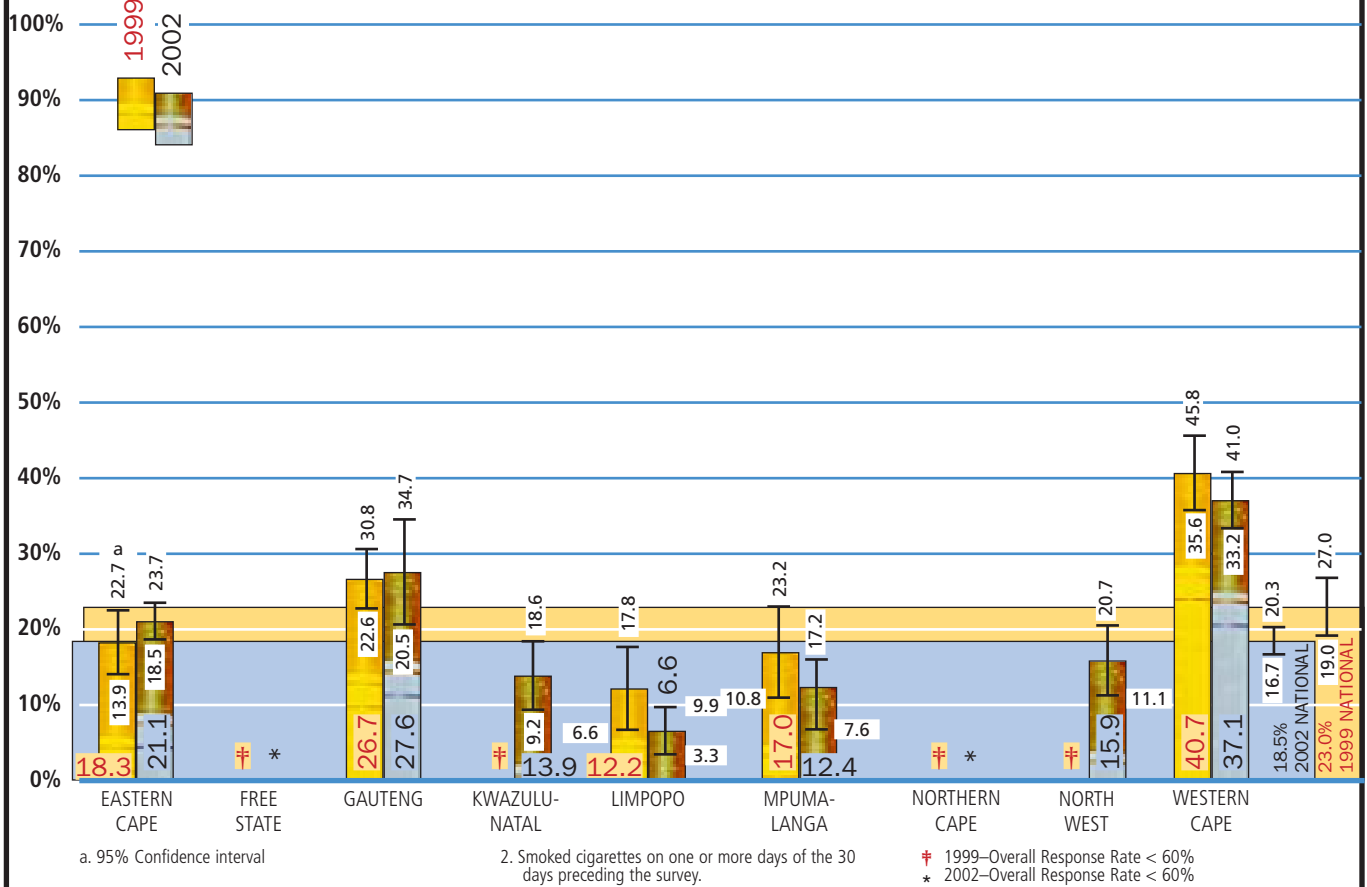
GRAPH 7: Prevalence: Ever Smokers¹ - GYTS 1999 vs 2002

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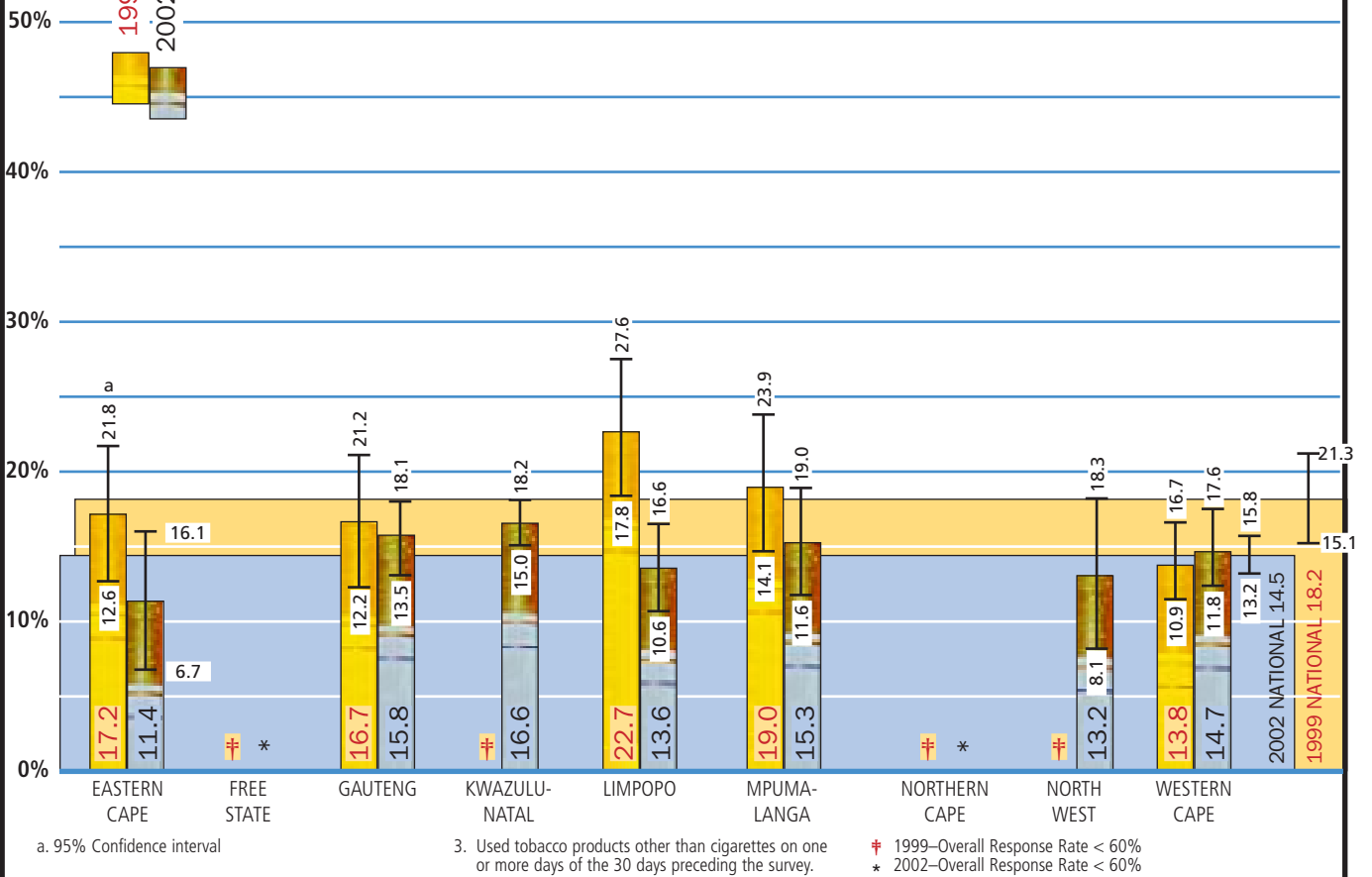
GRAPH 8: Prevalence: Current use² of cigarettes - GYTS 1999 vs 2002

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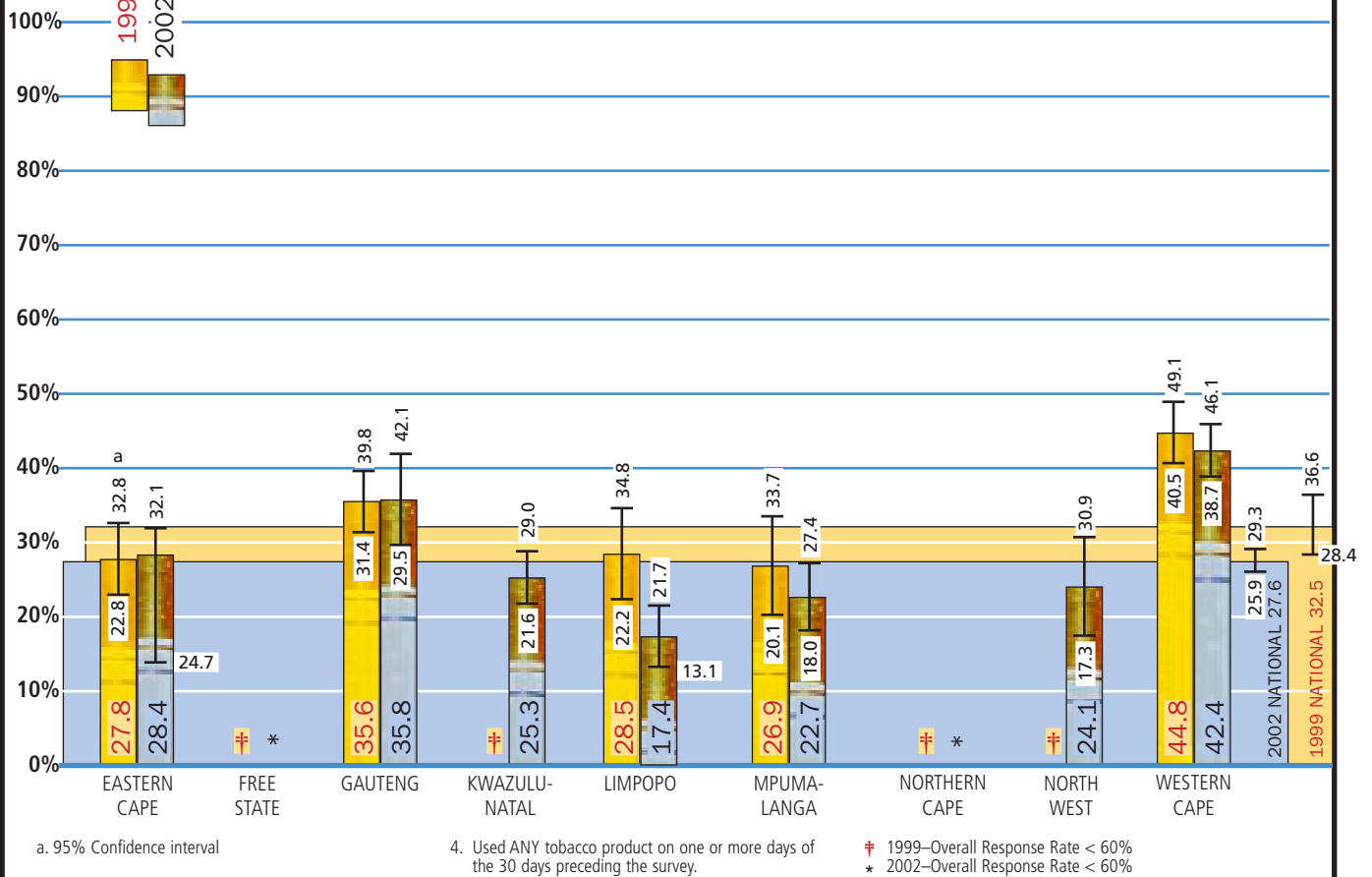
GRAPH 9: Prevalence: current use of OTHER³ tobacco products—GYTS 1999 vs 2002

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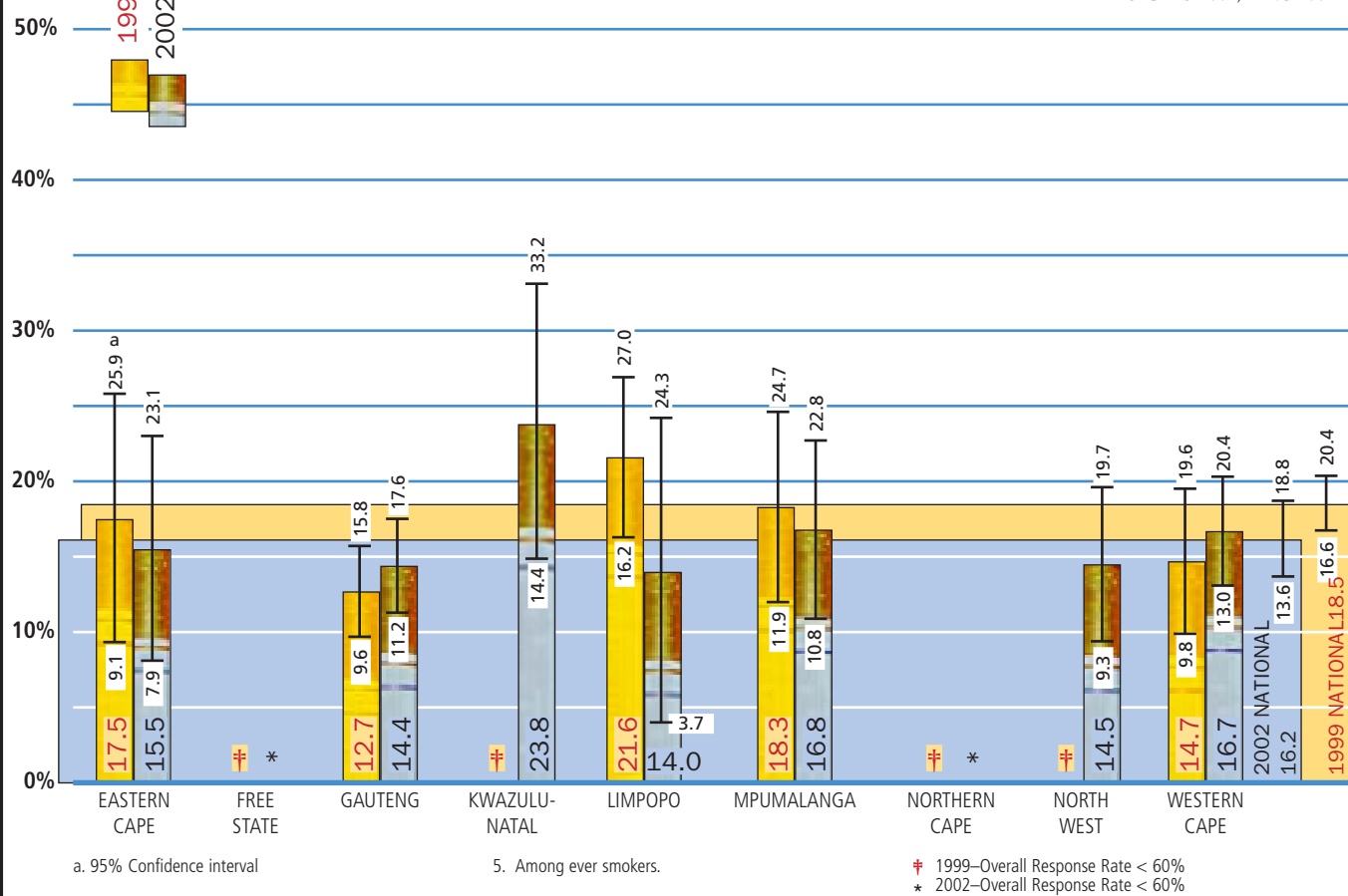
GRAPH 10: Prevalence: current use of ANY⁴ tobacco product—GYTS 1999 vs 2002

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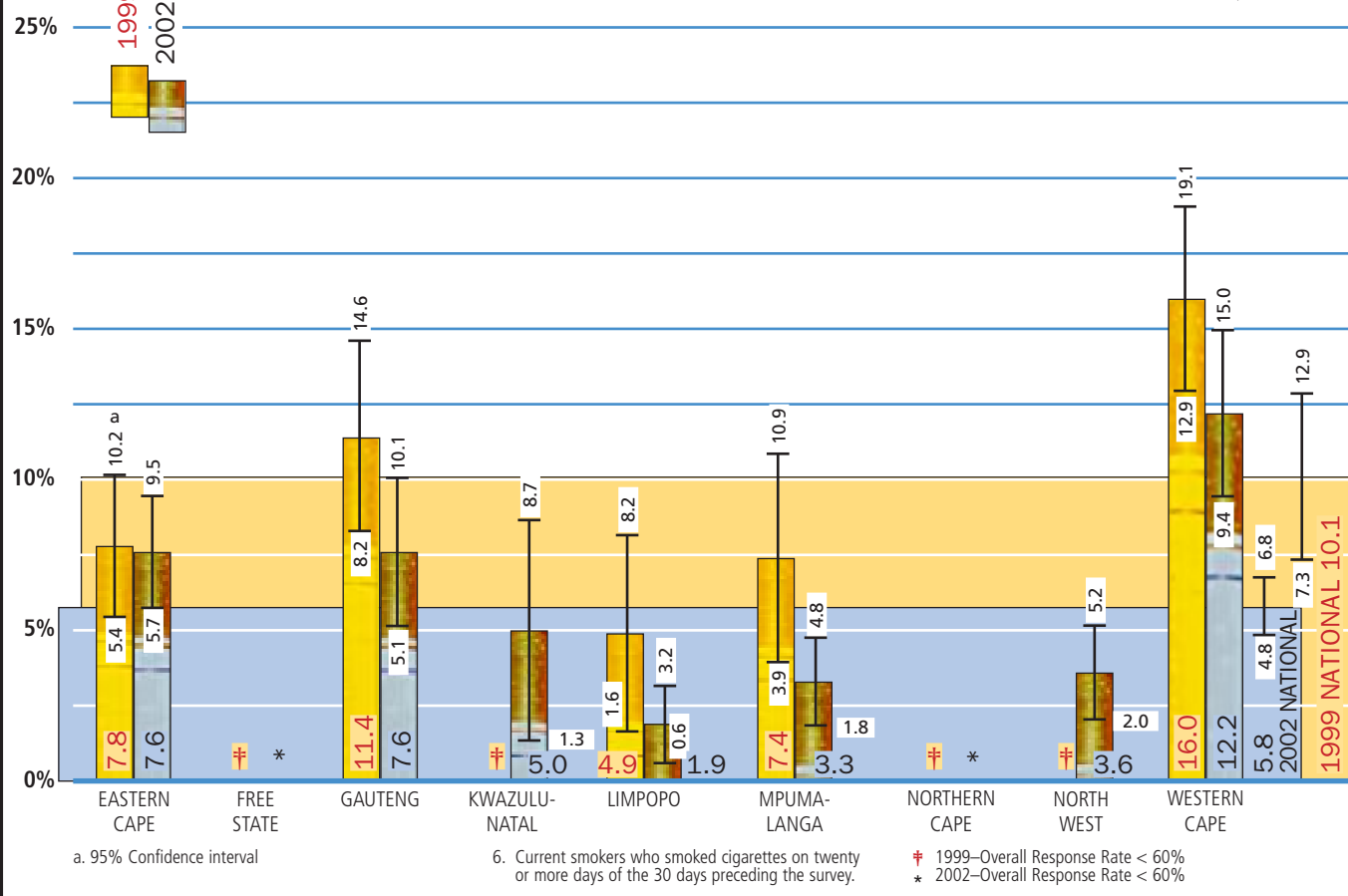
GRAPH 11: Prevalence: first smoked⁵ cigarettes before age 10–GYTS 1999 vs 2002

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GRAPH 12: Prevalence: current frequent smokers⁶–GYTS 1999 vs 2002

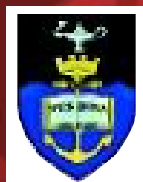
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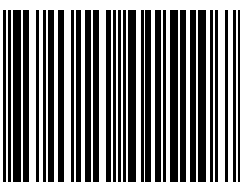
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The 2002 Global Youth Tobacco Survey SOUTH AFRICA

The 2002 Global Youth Tobacco Survey (GYTS) is testimony to how thorough tobacco legislation and excise duty policies, well crafted on the basis of research information, are able to dramatically influence the environments and behaviours that will determine the health of an entire generation of children. A better advertisement for the science of health promotion could surely not be found. Here in this second GYTS, remarkable advances in the smoking habits and environments of school children since the first GYTS of 1999 are documented. Rigorous methodology is used to assess the knowledge, attitudes and behaviours of 13 to 15 year old South Africans across all nine provinces of the country, utilising all eleven official languages of the land. Amongst the 8 935 school children sampled, the proportion who had ever smoked declined from 46.7% to 37.6% between 1999 and 2002; whilst current frequent smokers fell from 10.1% to 5.8% in the same period. Yet the numbers of smokers who expressed a desire to quit remained fairly constant between 73 and 77% - further evidence of the highly addictive nature of nicotine amongst children who smoke only a few cigarettes a day. The numbers of children who had been offered cigarettes, purchased them from stores, been exposed to environmental tobacco smoke, or seen billboards advertising tobacco products all showed consistent declines – indicating the success of measures to ban tobacco advertising, and smoking in public places.



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