

SERBIA 2013 COUNTRY REPORT

GLOBAL YOUTH TOBACCO SURVEY (GYTS)



Република Србија
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ИНСТИТУТ ЗА ЈАВНО ЗДРАВЉЕ СРБИЈЕ
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World Health
Organization



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FOREWORD

Tobacco smoking is one of the leading threats to health, being the main risk factor for the majority of non-communicable diseases in Serbia. Data from the National Health Survey in Serbia in 2006 demonstrated that 33.6% adults in Serbia are daily and occasional smokers, among them 38.1% men and 29.9% women aged 20–64. However, data from the National Health Survey in Serbia 2013 indicate that smoking prevalence in population from 15 to 64 years of age smoking prevalence is 34.7%, (37.9% among men, and 31.6% among women).

Prevention of smoking initiation of youth is therefore the priority for Serbian health policy. To get better insight of the smoking prevalence among youth aged 13 - 15 Serbia performed two rounds of GYTS, in 2003 and 2008. Data from 2008 showed that current cigarette smoking prevalence is somewhat lower than in 2003, 9.3% compared to 12.8% for total student population; 9.3% compared to 12.2% for boys and 8.9% compared to 13.1% for girls, respectively. Prevalence of students who ever smoked cigarettes decreased as well since 2003, from 51.8% to 42.7% for all students in 2008, from 53.2% to 41.4% for boys and from 50.3% to 43.3% for girls.

More than three-quarters of all students 13 - 15 years of age live in homes where someone smoke (76.9%), which is a reduction for 20.5% from 2003 when almost all lived in homes where someone smoked (97.7%). However, this is still unacceptably high. The second GYTS did not revealed a great difference in being taught or discussed in school about health hazards of smoking; a little more than a half of all students answered positively.

The third round of the GYTS in Serbia was conducted in 2013 through the Office for Smoking Prevention at the Institute of Public Health of Serbia “Dr. Milan Jovanović Batut”. All together 59 schools, 187 classes of 7th and 8th grades of primary schools and 1st grade of high schools were included, with 3,994 participating students. The overall response rate was high - 83.2%.

The World Health Organization, Regional Office for Europe and the Ministry of Health of the Republic of Serbia through the funds allocated to the Office for Smoking Prevention financially helped the study.

The results from the GYTS 2013 in Serbia will be a strong argument for policy makers, health professionals and teachers to fight against tobacco epidemic in youth more efficiently with the ultimate aim of reducing significantly initiation of smoking and prevalence of smoking in youth and consequently in adults as well.

ACKNOWLEDGEMENTS

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This report has been prepared by Srmena Krstev, MD, PhD, national coordinator for tobacco control and the Office for Smoking Prevention at the Institute of Public Health of Serbia “Dr. Milan Jovanovic Batut” and is based on the 2013 Global Youth Tobacco Survey findings in Serbia.

We would like to thank the Ministry of Health and the Ministry of Education and Science for their support in conducting the survey. We particularly appreciate the school managers for their willingness to include their schools in the survey and to enable students to be interviewed in the proposed manner. Last, but not least we would like to thank students for seriously participated in the study.

EXECUTIVE SUMMARY

The Global Youth Tobacco Survey (GYTS) is a nationally representative school-based survey of students in 7 and 8 grades of primary schools and 1 grade of high schools. It was conducted in 2013 and 3,994 eligible students completed the questionnaire, of which 3,076 were aged 13 - 15 years. The overall response rate was 83.2%.

Tobacco Use

- Cigarettes are still the most common tobacco product used in country;
- More than one in ten students currently smoke cigarettes (13%); girls are just as likely to be currently smoking cigarettes, as boys are (13.3% vs. 12.7%).

Cessation

- Six in ten current smokers tried to stop smoking in the past 12 months;
- Almost five in ten current smokers wanted to quit smoking;
- Only 7.6% of current smokers received professional help or advice in their attempts to quit smoking.

Secondhand Smoke

- 63.4% of students were exposed to tobacco smoke at home;
- 60.9% of students were exposed to tobacco smoke inside enclosed public places.

Access and Availability

- 68.6% of current smokers obtained cigarettes by buying them from a store, shop or kiosk;
- 81.2% of current smokers who bought cigarettes were not prevented from buying them because of their age.

Media

- More than five in ten students noticed anti-tobacco messages in the media;
- Five in ten students noticed tobacco advertisements or promotions at the point of sale;
- One in ten students owned something with a tobacco brand logo on it;
- Eight out of 10 students heard of e-cigarettes;
- Almost six out of ten students saw or heard advertisement or promotion on e-cigarettes in media.

Knowledge and Attitudes

- Almost seven out of ten students definitely thought other people's tobacco smoking is harmful to them;
- Eight out of ten students are in favor of banning smoking inside enclosed public places.

Comparison to Previous Global Youth Tobacco Surveys

- Since 2003 the prevalence of smoking has been similar;
- Fewer students have ever smoked cigarettes (42.7% in 2008 and 40.4% in 2013) and have smoked their first cigarette before the age of 10 (36.8% in 2008 and 27.3% in 2013);
- Exposure to SHS at home and in enclosed public places has significantly decreased, however 63.4% for homes and 60.9% for enclosed public places is still unacceptably high;
- Anti-smoking messages in media were noticed by a half of students (54.3%), which is significantly less than in 2003 (94.8%) and 2008 (92.1%);

The same percentage of students definitely thought that tobacco smoke is harmful for their health in 2008 and 2013 (65.0%, 65.2% respectively), but significantly more than in 2003 (51.2%).

Recommendations

- The Law that bans smoking should be updated to include whole hospitality sector and therefore prevent smoking and exposure to tobacco smoke of youth;
- Education on most effective tobacco control measures, including tobacco use prevention and health hazards due to smoking should be included in the regular school curricula in all grades, together with promotion of healthy life styles;

- Sale to minors which is banned and regulated by law and bylaw documents should be strongly enforced and infringement should be adequately penalized;
- All health professionals who are responsible for the health care of youth (in Serbia pediatricians) should ask for the smoking status and advice to stop at each doctor's appointment.
- Smoking cessation services should be adjusted so that can meet the needs of youth, together with introduction of user-friendly computer or internet based interventions or mobile phone applications;
- All kinds of indirect advertising should be strictly forbidden, including advertising and promotion at the point of sale. The same restrictions should be applied to electronic cigarettes and other forms of tobacco products.

1. INTRODUCTION

Tobacco use is the leading global cause of preventable death. WHO attributes nearly 6 million deaths a year to tobacco. That figure is expected to rise to more than 8 million deaths a year by 2030.¹ Most people begin using tobacco before the age of 18.²

The Global Youth Tobacco Survey (GYTS) was developed by the Tobacco Free Initiative (TFI), World Health Organization (WHO) and the Office on Smoking and Health (OSH) of the United States Centers for Disease Control and Prevention (CDC) in collaboration with a range of countries representing the six WHO regions to present comprehensive tobacco prevention and control information on young people. The GYTS provides a global standard to systematically monitor youth tobacco use and track key tobacco control indicators. GYTS is a nationally representative school-based survey of students aged 13-15 years, using a consistent and standard protocol across countries. Its intention is to generate comparable data within and across countries.

1.1 Country Demographics

Serbia is a Member State of the European WHO region and is considered a high middle-income country.

1.2 WHO Framework Convention on Tobacco Control and MPOWER

In response to the globalization of the tobacco epidemic, the 191 Member States of the World Health Organization unanimously adopted the WHO Framework Convention on Tobacco Control (FCTC) at the 56th World Health Assembly in May 2003. The FCTC is the world's first public health treaty on tobacco control. It is the driving force behind, and blueprint for the global response to the pandemic of tobacco-induced deaths and diseases. The treaty embodies a coordinated, effective, and urgent action plan to curb tobacco consumption and lays out cost-effective tobacco control strategies for public policies such as banning direct and indirect tobacco advertising, increasing tobacco tax and price, promoting smoke-free public places and workplaces, displaying prominent health messages on tobacco packaging, and tobacco surveillance, research, and exchange of information.

To help countries fulfill their WHO FCTC obligations, in 2008 WHO introduced MPOWER, a technical package of six evidence-based tobacco control measures that are proven to reduce tobacco use and save lives:

- Monitor tobacco use and prevention policies
- Protect people from tobacco smoke
- Offer help to quit tobacco use
- Warn about the dangers of tobacco
- Enforce bans on tobacco advertising, promotion and sponsorship
- Raise taxes on tobacco

The GYTS supports WHO MPOWER by monitoring country-specific data on key tobacco indicators, including prevalence, knowledge, and behavior.

1.3 Purpose and Rationale

GYTS enhances countries' capacity to monitor youth tobacco consumption and tobacco use initiation, guide national tobacco prevention and control programs, and facilitate comparison of tobacco-related data at the national, regional, and global levels. Results from the GYTS are also useful for documenting the changes in different variables of tobacco control measures for monitoring the implementation of different provisions of the tobacco control law and the relevant Articles of the WHO Framework Convention.

The rationale for Serbia's participation in the GYTS includes the following:

- Data from the National Health Survey showed that in Serbia 33.6% adults in Serbia were daily and occasional smokers, among them 38.1% of men and 29.9% of women aged 20–64 (2006)³;

- Data from 2008 GYTS showed that current cigarette smoking prevalence in youth was 9.3% for total student population; 9.3% for boys and 8.9% for girls;
- Data from 2011 ESPAD showed that for 16 year old students current cigarette smoking prevalence was 20% (boys 20%; girls 19%);
- Results from GYTS 2008 also showed that prevalence of students who ever smoked cigarettes was 42.7% for all students, 41.4% for boys and 43.3% for girls;
- More than three-quarters of all students lived in homes where others smoke (76.9%) (2008).

1.4 Current State of Policy

Currently, in Serbia, there are national tobacco policies in place. The Law on Protection of the Citizens from Tobacco Smoke bans smoking in all public and workplaces, and public transportation; however, hospitality sector is excluded. Tobacco Law bans sale of tobacco products to minors, sale of other products in the form of cigarettes and in the packages less than 20 cigarettes, and vending machines, and introduces textual health warning on all tobacco packages. Advertising Law bans direct and indirect advertising on all media, sponsorship by tobacco industry and free distribution of tobacco products. Moreover, there is also the Strategy of Tobacco Control in Serbia 2007 - 2015 adopted by the Government of Serbia, accompanied by the Action Plan.

1.5 Other Tobacco Surveys

The GYTS was conducted in Serbia in 2013. In addition to the GYTS, the following surveys were implemented in Serbia: National Health Survey (2000, 2006 and 2013), GYTS (2003 and 2008), ESPAD (2008 and 2011), Opinion polls on the implementation of the Law on Protection of the Citizens from Exposure to Tobacco Smoke (2010, 2011, 2012), and National Survey of Life Styles of the Citizens of Serbia (2014).

1.6 Country Specific Objectives

Based on the Strategy of Tobacco Control in Serbia 2007 – 2015 there are several objectives related to the prevalence of smoking:

- To reduce current tobacco use in Serbia in students grade 7 of the primary school to grade 1 of high school in Serbia from 16% in 2013 to 11% in 2018;
- To reduce current cigarette use in Serbia in students grade 7 of the primary school to grade 1 of high school in Serbia from 13% in 2013 to 9% in 2018;
- To increase the smoking cessation attempts in Serbia in students grade 7 of the primary school to grade 1 of high school in Serbia from 59.7% in 2013 to 80% in 2018;
- To reduce the exposure to SHS smoke inside any enclosed public places from 61% in 2013 to less than 30% in 2018; and
- To reduce the exposure to SHS at home from 63% in 2013 to less than 35% in 2018.

2. METHODOLOGY

2.1 Questionnaire

The GYTS questionnaire contained 57 multiple-choice questions. The survey included 43 core questions from the GYTS Standard Core Questionnaire, 12 selected optional questions, and 2 country-specific questions. The final questionnaire was translated into Serbian language and back translated into English to check for accuracy. The 2013 Serbia questionnaire is provided in *Appendix A*.

2.2 Sampling Design

The 2013 Serbia GYTS is a school-based survey, which employed a two-stage cluster sample design to produce a national representative sample of students in grades 7 and 8 of primary school and grade 1 of high school. The sampling frame consisted of all primary and high schools containing grades 7, 8 and 1. In the first stage, schools were selected with probability proportional to school enrollment size. The second sampling stage consisted of systematic equal probability sampling (with a random start) of classes from each school selected during the first stage. The GYTS was conducted in 59 schools and 187 classrooms. A total of 3,994 students participated in the GYTS. The grades that were sampled for the 2013 GYTS were grade 7 of primary school, grade 8 of primary school and 1 high school.

2.3 Data Collection

Data collection took place from May 8, 2013 to June 7, 2013, and was supported by 40 field staff.

Survey procedures were designed to protect the students' privacy by allowing for anonymous and voluntary participation. The Ethical Committee of the Institute of Public Health of Serbia approved the methodology of the survey.

The questionnaire was self-administered in the classroom. Students recorded their responses directly on an answer sheet that could be scanned by a computer.

2.4 Data Analysis

A weighting factor was applied to each student record to adjust for probability of selection, non-response, and post-stratification adjustment to population estimates. SUDAAN, a software package for statistical analysis of complex survey data, was used to calculate weighted prevalence estimates and standard errors (SE) of the estimates (95% confidence intervals [CI] were calculated from the SEs). Frequency tables were developed for the survey questions that are considered key tobacco control indicators from the GYTS. Indicators are in accordance with the WHO FCTC and MPOWER technical package.

Table 1 provides sample size and response rate information. For the 2013 Serbia GYTS, 3,994 questionnaires were completed in 59 participated schools. A total of 3,994 students participated in the GYTS of which 3072 were aged 13 to 15 years (males: 1,558, females: 1514). The school response rate was 98.3%, the class response rate was 99.5%, and the student response rate was 85.1%. The overall response rate was 83.2%.

Table 1: Sample sizes and response rates, by region (unweighted) – GYTS Serbia, 2013

<i>School Level</i>	
Number of Sampled Schools	60
Number of Participating Schools	59
School Response Rate (%)	98.3%
<i>Class Level</i>	
Number of Sampled Classes	188
Number of Participating Classes	187
Class Response Rate (%)	99.5%
<i>Student Level</i>	
Number of Sampled Students	4,694
Number of Participating Students	3,994
Student Response Rate (%)	85.15
Overall Response Rate (%)¹	83.2%

¹Overall Response Rate = School Response Rate X Class Response Rate X Student Response Rate

3. RESULTS

3.1 Tobacco Use

Overall prevalence of current tobacco smokers is 15.0%, almost the same in boys (15.3%) and girls (14.6%). Prevalence of current cigarettes smokers is 13.0%, the point estimate is higher in girls (13.3%) than in boys (12.7%) but there is no significant difference. Among all students, 5.6% are frequent cigarette smokers, with no significant difference between boys and girls (5.1% vs. 6.0). Around 4.0% of all students reported that they smoke other tobacco products (pipe, cigars, cigarillos, water pipe), and 4.1% reported that they ever used smokeless tobacco (snuff and chewing tobacco). Therefore, 16.0% are current tobacco users, boys 16.4% and girls 15.4%.

Less than a half of all students ever smoked cigarettes (40.4%), boys more than girls (43.0% vs. 37.9%), while 45.3% ever used any tobacco product, more boys 48.2% than girls 42.3%. Among never smokers, 6.2% think that they might enjoy smoking cigarettes (boys 7.6%; girls 5.0%).

Table 2: Detailed tobacco use status among students 13-15 years old, by gender – GYTS Serbia, 2013

	Overall	Boys	Girls
		<i>Percentage (95% CI)</i>	
Current tobacco smokers	15.0 (12.4 – 18.0)	15.3 (12.9 – 18.0)	14.6 (11.1 – 18.9)
Current cigarette smokers	13.0 (10.5 – 16.1)	12.7 (10.3 – 15.5)	13.3 (9.8 – 17.8)
Frequent cigarette smokers	5.6 (4.1 – 7.6)	5.1 (3.7 – 7.0)	6.0 (4.0 – 9.0)
Current smokers of other tobacco	4.0 (3.1 – 5.0)	4.8 (3.9 – 6.0)	3.0 (2.1 – 4.4)
Ever tobacco smokers	43.5 (39.7 – 47.3)	46.5 (42.5 – 50.5)	40.4 (35.8 – 45.1)
Ever cigarette smokers	40.4 (36.6 – 44.4)	43.0 (39.2 – 46.8)	37.9 (33.1 – 43.0)
Ever smokers of other tobacco	12.0 (10.0 – 14.2)	15.1 (12.6 – 18.1)	8.8 (6.7 – 11.4)
Current smokeless tobacco users	1.6 (1.2 – 2.1)	1.7 (1.1 – 2.7)	1.4 (0.9 – 2.2)
Ever smokeless tobacco users	4.1 (2.8 – 6.0)	4.9 (3.4 – 6.9)	3.2 (1.9 – 5.5)
Current tobacco users	16.0 (13.3 – 19.1)	16.4 (13.9 – 19.3)	15.4 (11.9 – 19.8)
Ever tobacco users	45.3 (41.6 – 49.0)	48.2 (44.7 – 51.8)	42.3 (37.6 – 47.0)
Never tobacco users susceptible to tobacco use in the future	17.5 (14.0 – 21.6)	15.0 (11.0 – 20.1)	19.7 (15.9 – 24.1)
Never smokers who thought they might enjoy smoking a cigarette	6.2 (4.4 – 8.6)	7.6 (4.7 – 11.8)	5.0 (3.6 – 7.0)

¹ Smoked tobacco anytime during the past 30 days. ² Smoked cigarettes anytime during the past 30 days. ³ Smoked cigarettes on 20 or more days of the past 30 days. ⁴ Smoked tobacco other than cigarettes anytime during the past 30 days. ⁵ Ever smoked any tobacco, even one or two puffs. ⁶ Ever smoked cigarettes, even one or two puffs. ⁷ Ever smoked tobacco other than cigarettes, even one or two puffs. ⁸ Used smokeless tobacco anytime during the past 30 days. ⁹ Ever used smokeless tobacco. ¹⁰ Smoked tobacco and/or used smokeless tobacco anytime during the past 30 days. ¹¹ Ever smoked tobacco and/or used smokeless tobacco. ¹² Susceptible to future tobacco use includes those who answered “Definitely yes”, “Probably yes”, or “Probably not” to using tobacco if one of their best friends offered it to them or those who answered “Definitely yes”, “Probably yes”, or “Probably not” to using tobacco during the next 12 months. ¹³ Those who answered “Agree” or “Strongly agree” to the statement: “I think I might enjoy smoking a cigarette”.

One third of current smokers reported that they smoke on average 2 to 5 cigarettes per day (33.1%), similarly girls and boys (34.3% vs. 32.1%). More than a half smokes 2 to 10 cigarettes per days - 52.0%, little more girls (54.5%) than boys (49.6%). However, higher percentage of boys smokes more than a package of cigarettes per day than girls (10.5% vs. 2.8%).

Table 3: Cigarettes smoked per day among current cigarette smokers 13-15 years old, by gender– GYTS Serbia, 2013

Number of cigarettes usually smoked ¹	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
Less than 1 per day	16.1 (12.0 - 21.3)	17.8 (12.9 - 24.0)	14.7 (9.0 - 22.9)
1 per day	13.1 (9.6 - 17.7)	11.1 (7.0 - 17.3)	15.1 (10.5 - 21.3)
2 to 5 per day	33.1 (27.1 - 39.7)	32.1 (25.4 - 39.6)	34.3 (26.5 - 42.9)
6 to 10 per day	18.9 (15.6 - 22.6)	17.5 (12.5 - 24.1)	20.2 (15.5 - 25.9)
11 to 20 per day	12.0 (9.1 - 15.6)	11.1 (6.9 - 17.2)	12.9 (9.6 - 17.1)
More than 20 per day	6.8 (4.2 - 10.8)	10.5 (6.4 - 16.6)	2.8 (0.9 - 8.5)

¹ On the days that current cigarette smokers smoked cigarettes during the past 30 days

Among students who have ever tried a cigarette almost two third were 12 years of age or older when they smoked the first cigarette. More boys than girls have had their first cigarette before the age of 12 (Table 4). Surprisingly, high percentage of students tried their first cigarettes at the age of 7 or less – 17.8%, more boys (20.8%) than girls (14.5%).

Table 4: Age at cigarette smoking initiation among ever cigarette smokers 13-15 years old, by gender – GYTS Serbia, 2013

Age when first trying a cigarette ¹	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
7 years old or younger	17.8 (14.6 - 21.6)	20.8 (16.9 - 25.3)	14.5 (10.6 - 19.5)
8 or 9 years old	9.5 (7.1 - 12.6)	11.1 (7.7 - 15.8)	7.7 (5.5 - 10.7)
10 or 11 years old	13.1 (11.2 - 15.3)	16.4 (14.0 - 19.1)	9.5 (6.8 - 13.2)
12 or 13 years old	30.4 (26.3 - 34.8)	27.6 (22.4 - 33.6)	33.5 (27.7 - 40.0)
14 or 15 years old	29.1 (23.5 - 35.5)	24.1 (18.3 - 31.0)	34.7 (27.4 - 42.8)
Total	100	100	100

¹ Among those that have ever tried a cigarette

Current smokers reported that they more often smoked at different social events, as 28.0% reported that as their usual place of smoking, and this is similar among boys (29.6%) and girls (26.7%), as is presented at Table 5. Girls reported that they smoked more often at home (22.5%), than boys (18.0%), while boys more often smoke at public places 21.7% vs. 17.1%. Percentage of students who smoked in the school premises was 15.6% (17.8% of girls and 12.6% of boys).

Table 5: Place where current smokers usually smoke by gender - GYTS Serbia, 2013

Place of smoking ¹	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
At home	20.3 (15.3 - 26.4)	18.0 (11.4 - 27.2)	22.5 (16.5 - 30.1)
At school	15.6 (10.2 - 23.1)	12.6 (6.3 - 23.8)	17.8 (11.5 - 26.7)
At a friend's house	6.8 (3.9 - 11.5)	5.7 (3.4 - 9.2)	7.8 (3.1 - 18.6)
At social events	28.0 (22.5 - 34.3)	29.6 (21.6 - 39.2)	26.7 (20.3 - 34.1)
In public places	19.3 (13.0 - 27.6)	21.7 (12.7 - 34.5)	17.1 (10.1 - 27.4)

¹ Among current smoker

More than a half of students who are current smokers have signs of smoking dependence, measured by feeling like smoking first thing in the morning. This is similar in boys and girls (Table 6.)

Table 6: Current smokers 13-15 years old who are showing signs of smoking dependence, by gender – GYTS Serbia, 2013

	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
Signs of smoking dependence ¹	57.0 (49.3 – 64.3)	57.8 (46.9 – 68.0)	56.0 (47.7 – 64.0)

¹ Those who answered: 1) they sometimes or always smoke tobacco or feel like smoking tobacco first thing in the morning, or they start to feel a strong desire to smoke again within one full day after smoking.

3.2 Cessation

More than a half of all current smokers tried to stop smoking in the previous year – 59.7%, similarly boys – 61.2% and girls – 58.4% (Table 7). Half of boys who currently smoke reported that they would like to stop now – 49%, which is more than among girls – 43.4%. Four-fifth of all current smokers thinks that they will be able to stop if they wanted to, girls more often (88.8%) than boys (82.5%). Very low percentage of students has ever received any help or advice from professionals to help them to stop smoking – 7.6%.

Table 7: Smoking tobacco cessation indicators among current smokers 13-15 years old, by gender – GYTS Serbia, 2013

	Overall	Boys	Girls
	Percentage (95% CI)		
Current smokers who...			
Tried to stop smoking in the past 12 months	59.7 (51.5 – 67.4)	61.2 (49.9 – 71.3)	58.4 (47.7 – 68.4)
Want to stop smoking now	45.9 (38.9 – 53.1)	49.0 (39.4 - 58.6)	43.4 (34.7 – 52.4)
Thought they would be able to stop smoking if they wanted to	85.8 (80.7 – 89.8)	82.5 (74.5 - 88.4)	88.8 (80.5 – 93.8)
Have ever received help/advice from a program or professional to stop smoking	7.6 (5.0 – 11.6)	7.4 (4.1 – 12.7)	7.9 (4.2 – 14.2)

3.3 Secondhand Smoke

High percentage of all students (63.4%) is exposed to second-hand smoke at home (girls 65.4% and boys 61.5%), as is presented on Table 8. Similar percentage of students is exposed to environmental tobacco smoke at any enclosed public places (60.9%) and any other outdoor public places (66%). Two-third of all students saw someone smoking inside the school building or on the schools' backyard.

3.3 Secondhand Smoke

High percentage of all students (63.4%) is exposed to second-hand smoke at home (girls 65.4% and girls 61.5%), as is presented on Table 8. Similar percentage of students is exposed to environmental tobacco smoke at any enclosed public places (60.9%) and any other outdoor public places (66%). Two-third of all students saw someone smoking inside the school building or on the schools' backyard.

Table 8: Students 13-15 years old exposed to tobacco smoke during the past 30 days, by gender – GYTS Serbia, 2013

	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
Exposed to tobacco smoke at home	63.4 (60.9 - 65.9)	61.5 (58.7 - 64.3)	65.4 (61.8 - 68.7)
Exposed to tobacco smoke inside any enclosed public place	60.9 (56.7 - 64.9)	53.6 (49.7 - 57.4)	68.1 (63.3 - 72.6)
Exposed to tobacco smoke at any outdoor public place	66.0 (62.8 - 69.1)	60.3 (56.9 - 63.6)	71.8 (68.0 - 75.4)
Saw anyone smoking inside the school building or outside on school property	66.3 (59.7 - 72.3)	65.2 (58.6 - 71.3)	67.5 (60.2 - 73.9)

3.4 Access and Availability

Those students who smoke usually buy the cigarettes either from the store or from the kiosk, which sells newspapers and cigarettes (Table 9). However, a quarter of them got them from someone else. No difference between was noticed between boys and girls in the way they obtain cigarettes.

Table 9: Source for obtaining cigarettes among cigarette smokers 13-15 years old, by gender – GYTS Serbia, 2013

Source ¹	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
Purchased from a store or shop	31.0 (23.9 - 39.1)	30.6 (21.9 - 41.0)	31.3 (22.8 - 41.3)
Purchased from a kiosk	37.6 (30.6 - 45.1)	38.0 (27.7 - 49.5)	37.2 (28.1 - 47.3)
Got them from someone else	26.2 (21.1 - 32.0)	23.3 (16.2 - 32.2)	28.8 (22.0 - 36.8)
Got them some other way	5.2 (3.2 - 8.4)	8.1 (4.5 - 14.4)	2.6 (0.9 - 7.4)
Total	100	100	100

¹How cigarette smokers obtained the cigarette they last smoked during the past 30 days

The Law on Tobacco specifically bans selling tobacco products to those who are less than 18. Despite that, a very high percentage of all students who wanted to buy cigarettes were not prevented to do so (Table 10).

Table 10: Current cigarette smokers 13-15 years old who were not prevented from buying cigarettes because of their age, by gender – GYTS Serbia, 2014

	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
Current cigarette smokers who were not prevented from buying cigarettes because of their age ¹	81.2 (75.7 - 85.7)	75.3 (66.1 - 82.6)	87.3 (81.1 - 91.7)

¹Among those who tried to buy cigarettes during the past 30 days

A great majority of the students who smoke and who buy the cigarettes bought them in packages of 20 cigarettes (89.8%), as presented on Table 11. Although selling of individual cigarettes is banned by the Tobacco Law, 4.2% reported that they both them in that form.

Table 11: Unit of cigarette purchase among current cigarette smokers 13-15 years old, by gender – GYTS Serbia, 2014

Unit of purchase ¹	Overall	Boys	Girls
<i>Percentage (95% CI)</i>			
Individual sticks	4.2 (2.5 - 7.0)	2.9 (1.3 - 6.4)	5.5 (3.0 - 9.8)
Pack	89.8 (86.1-92.6)	86.8 (81.0-91.1)	92.5 (87.4-95.7)
Carton	3.4 (2.0 - 5.6)	6.2 (3.5 - 10.9)	0.6 (0.1 - 5.0)
Rolls	0.4 (0.1 - 1.9)	0.9 (0.2 - 3.8)	0.0
Loose tobacco for hand-rolled cigarettes	2.2 (0.9 - 5.0)	3.1 (1.1 - 8.8)	1.3 (0.3 - 5.6)
Total	100	100	100

¹Based on the last purchase, among those who bought cigarettes during the past 30 days

More than a half of students (56.0%) correctly estimated the price of cigarettes (Table 12). The price of most popular and the most sold domestic cigarettes in 2013 were 170 dinars. A quarter of students think that cigarettes are cheaper and that their price is in the range of 101 to 150 dinars.

Table 12: Cost of cigarettes among students 13-15 years old, by gender – GYTS Serbia, 2014

Cost of a pack (20 cigarettes) ¹	Overall	Boys	Girls
Less than 100 dinars	3.5 (2.9 - 4.2)	4.4 (3.4 - 5.8)	2.5 (2.0 - 3.2)
101 to 150 dinars	24.4 (22.0 - 27.0)	25.0 (22.2 - 28.0)	23.9 (20.7 - 27.4)
151 to 200 dinars	56.0 (53.0 - 59.0)	53.2 (50.4 - 56.1)	58.8 (54.4 - 63.1)
201 to 250 dinars	11.9 (10.0 - 14.2)	13.1 (11.0 - 15.7)	10.7 (8.4 - 13.6)
251 to 300 dinars	2.3 (1.7 - 3.2)	2.0 (1.3 - 3.1)	2.6 (1.8 - 3.8)
More than 300 dinars	1.8 (1.4 - 2.3)	2.2 (1.5 - 3.0)	1.5 (1.1 - 2.0)
Total	100	100	100

3.5 Media

3.5.1 Anti-Tobacco

Anti-tobacco messages were noticed in the media by a half of all students – 54.3%, equally in boys and girls (Table 13). The similar number of students who actually attended sporting or community events noticed such a message at these events (52.8%), little more boys (54.7%) than girls (50.9%).

Only 62% of all students reported that they learned in school about the dangers of tobacco use in the previous year.

Table 13: Noticing anti-tobacco information among students 13-15 years old, by gender – GYTS Serbia, 2013

	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
Noticed anti-tobacco messages in the media ¹ in the past 30 days ²	54.3 (51.0 - 57.6)	54.5 (50.7 - 58.2)	54.1 (49.9 - 58.3)
<i>Noticed anti-tobacco messages at sporting or community events</i>			
Among all students in the past 30 days	30.4 (27.3 - 33.7)	32.4 (28.7 - 36.3)	28.5 (25.1 - 32.1)
Among those who attended sporting or community events in the past 30 days	52.8 (48.1 - 57.5)	54.7 (49.5 - 59.9)	50.9 (45.4 - 56.4)
Taught in school about the dangers of tobacco use in the past 12 months ²	61.7 (57.0 - 66.2)	59.7 (54.5 - 64.6)	63.7 (58.0 - 69.1)

¹ For example, television, radio, internet, billboards, posters, newspapers, magazines, movies

² Among all students aged 13-15 years old

Almost all students who smoke noticed the health warnings on cigarettes packages in the last 30 days (88.3%), more girls (91.1%) than boys (85.5%) (Table 14). However, only one-quarter of all current smokers (24.1%) considered quitting smoking because of the health warnings on cigarette packages, similarly as current smokers who noticed the health warning on cigarette packages 27.3% of . The similar percentage of non-smoking students (24.8%) will not start smoking because of these health warnings.

Table 14: Noticing of health warnings on cigarette packages among current and never smokers 13-15 years old, by gender – GYTS Serbia, 2013

	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
Current smokers who noticed health warnings on cigarette packages [†]	88.3 (82.5 – 92.4)	85.5 (77.8 – 90.8)	91.1 (82.8 – 95.6)
<i>Thought about quitting smoking because of health warnings on cigarette packages[†]</i>			
Among current smokers	24.1 (19.4 – 29.5)	22.4 (15.8 – 30.7)	25.9 (20.4 – 32.3)
Among current smokers who noticed health warnings	27.3 (22.4 – 32.8)	26.2 (19.1 – 34.8)	28.5 (22.7 – 35.1)
Never smokers who thought about not starting smoking because of health warnings on cigarette packages ^{†,1}	24.8 (21.8 – 28.0)	24.6 (21.4 - 28.2)	24.9 (20.6 – 29.8)

[†] During the past 30 days.

¹ Among never smokers who noticed health warnings on cigarette packages in the past 30 days.

3.5.2 Tobacco Marketing

More students reported that they saw anyone using tobacco in television, videos or movies (76.7%), and even more of those students who watched television in last month – 89.5%. Although banned by the Law on Advertising, 5.5% students were offered a free tobacco product from tobacco company representatives. Around 41% of all students noticed tobacco advertisements or promotions on the point of sale, similarly between boys and girls (Table 15). This percentage is somewhat higher for those students who visited a point of sale 51.8%.

Table 15: Noticing tobacco marketing among students 13-15 years old, by gender – GYTS Serbia, 2013

	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
<i>Noticed tobacco advertisements or promotions at points of sale</i>			
Among all students in the past 30 days	41.4 (38.8 - 44.0)	41.8 (39.0 - 44.6)	41.0 (37.3 - 44.8)
Among those who visited a point of sale in the past 30 days	51.8 (48.8 - 54.7)	52.7 (49.0 - 56.3)	50.9 (47.0 - 54.9)
<i>Noticed anyone using tobacco on television, videos, or movies</i>			
Among all students in the past 30 days	76.7 (73.8 - 79.5)	75.4 (71.5 - 78.9)	78.2 (75.0 - 81.0)
Among those who watched television, videos, or movies in the past 30 days	89.5 (87.9 - 90.9)	90.1 (88.1 - 91.8)	89.0 (86.6 - 91.0)
Ever offered a free tobacco product from a tobacco company representative	5.5 (3.9 - 7.8)	7.7 (5.5 - 10.6)	3.3 (2.0 - 5.5)

Around 12% of all students already had some clothes or other things with tobacco brand on it (boys 14.5%; girls 9.3%) (Table 16). One-third of all students already has or will have and might use in the future something with tobacco logo on it (33.3%), again more boys than girls (39.7% vs. 27.7%).

Table 16: Ownership and receptivity to tobacco marketing among students 13-15 years old, by gender – GYTS Serbia, 2013

	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
<i>Students who...</i>			
Owned something with a tobacco brand logo on it ¹	11.9 (10.0 - 14.1)	14.5 (12.4 - 16.9)	9.3 (7.2 - 11.9)
Own something with a tobacco brand logo on it or might in the future ²	33.3 (30.8 – 35.9)	39.7 (36.3 – 43.2)	27.7 (24.2 – 31.4)

¹ For example, a t-shirt, pen, backpack.

² Those who might use or wear something that has a tobacco company or product name or picture on it.

High percentage of students (81.3%) has heard of electronic cigarettes so called e-cigarette or e-cig as can be seen on Table 17. No difference between boys and girls has been found. Almost 60% have heard or seen the advertisement or promotion for e-cigarettes on TV, radio, internet or in pharmacy.

Table 17: Percentage of students 13-15 years old who have heard or seen of electronic cigarettes or have seen advertisements in media or other places, by gender – GYTS Serbia, 2013

	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
<i>Students who...</i>			
Have ever heard of electronic cigarette before this survey	81.3 (78.6-83.7)	80.6 (77.9-83.1)	81.9 (78.1-85.2)
Have ever seen or heard any advertisement or promotion of e-cigarettes on TV, radio, internet or in pharmacy during the past 30 days	57.6 (54.3-60.8)	57.8 (53.9-61.6)	57.5 (53.3-61.6)

3.6 Knowledge and Attitudes

Only one third of students think that it is difficult to quit once someone started to smoke (Table 18). Girls are slightly more aware of how difficult it is to quit (35.6%) than boys (31%). However, more than half of all students (53.3%) has an opinion that smoking is desirable behavior to socialize and feel more comfortable while on parties, celebrations etc.

Table 18: Knowledge and attitudes towards smoking cessation and social smoking among students 13-15 years old, by gender – GYTS Serbia, 2014

	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
Students who...			
Definitely thought it is difficult to quit once someone starts smoking tobacco	33.3 (31.3 - 35.3)	31.0 (28.4 - 33.9)	35.6 (32.5 - 38.7)
Thought smoking tobacco helps people feel more comfortable at celebrations, parties, and social gatherings	53.3 (50.6 - 56.0)	54.2 (50.5 - 57.8)	52.3 (48.7 - 56.0)

Two-third of students are aware that exposure to other people's tobacco smoke is harmful for their health (Table 19). In a high percentage (81.2%), they support smoking ban inside enclosed spaces. Fewer students are in favor of smoking ban at outdoor public places – 61.8%.

Table 19: Knowledge and attitudes towards secondhand smoke among students 13-15 years old, by gender – GYTS Serbia, 2013

	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
Students who...			
Definitely thought other people's tobacco smoking is harmful to them	65.2 (62.2 - 68.1)	65.1 (61.4 - 68.6)	65.4 (61.5 - 69.0)
Favored banning smoking inside enclosed public places	81.2 (79.0 - 83.2)	79.5 (77.0 - 81.8)	82.8 (80.0 - 85.3)
Favored banning smoking at outdoor public places	61.8 (59.1 - 64.5)	63.0 (60.1 - 65.8)	60.6 (56.7 - 64.4)

3.7. Trends in smoking prevalence and factors influencing tobacco use

Table 20 presents changes in tobacco use prevalence, cessation, exposure to secondhand smoke, access and availability of tobacco products, media and knowledge and attitude among students 13 -15 in Serbia. The findings will be discussed in the next section.

Table 20. Change tables in Serbia GYTS - 2003, 2008 and 2013

Prevalence	Serbia2003			Serbia2008			Serbia2013		
TOBACCO USE	Overall	Boys	Girls	Overall	Boys	Girls	Overall	Boys	Girls
Smoked Tobacco									
Current tobacco smokers	NA	NA	NA	NA	NA	NA	15.0 (12.4 - 18.0)	15.3 (12.9 - 18.0)	14.6 (11.1 - 18.9)
Current cigarette smokers	12.8 (10.8-15.2)	12.2 (10.1-14.6)	13.1 (10.5-16.2)	9.3 (6.9 - 12.5)	9.3 (6.3 - 13.4)	8.9 (6.6 - 11.9)	13.0 (10.5-16.1)	12.7 (10.3-15.5)	13.3 (9.8-17.8)
Frequent cigarette smokers	4.4 (3.3 - 6.0)	4.4 (3.5 - 5.7)	4.0 (2.5 - 6.6)	1.9 (1.1 - 3.2)	2.7 (1.5 - 4.7)	1.3 (0.7 - 2.3)	5.6 (4.1 - 7.6)	5.1 (3.7 - 7.0)	6.0 (4.0 - 9.0)
Current smokers of other tobacco	NA	NA	NA	NA	NA	NA	4.0 (3.1 - 5.0)	4.8 (3.9 - 6.0)	3.0 (2.1 - 4.4)
Ever tobacco smokers	NA	NA	NA	NA	NA	NA	43.5 (39.7-47.3)	46.5 (42.5-50.5)	40.4 (35.8-45.1)
Ever cigarette smokers	51.8 (47.0-56.5)	53.2 (47.9-58.5)	50.3 (45.2-55.4)	42.7 (37.8-47.7)	41.4 (35.6 -47.4)	43.3 (38.5 - 48.2)	40.4 (36.6-44.4)	43.0 (39.2-46.8)	37.9 (33.1-43.0)
Ever smokers of other tobacco	NA	NA	NA	NA	NA	NA	12.0 (10.0-14.2)	15.1 (12.6-18.1)	8.8 (6.7 - 11.4)
Smokeless Tobacco									
Current smokeless tobacco users¶	0.6 (0.4 - 1.1)	0.7 (0.3 - 1.3)	0.6 (0.3 - 1.2)	1.2 (0.7 - 2.1)	1.6 (0.9 - 2.9)	0.7 (0.3 - 1.6)	1.6 (1.2 - 2.1)	1.7 (1.1 - 2.7)	1.4 (0.9 - 2.2)
Ever smokeless tobacco users	NA	NA	NA	NA	NA	NA	4.1 (2.8 - 6.0)	4.9 (3.4 - 6.9)	3.2 (1.9 - 5.5)
Tobacco Use									
Current tobacco users	13.5 (11.4-15.8)	12.8 (10.8-15.2)	13.7 (11.1-16.9)	10.4 (8.0 - 13.4)	10.8 (7.7 - 15.0)	9.6 (7.6 - 12.2)	16.0 (13.3-19.1)	16.4 (13.9-19.3)	15.4 (11.9-19.8)
Ever tobacco users	NA	NA	NA	NA	NA	NA	45.3 (41.6-49.0)	48.2 (44.7-51.8)	42.3 (37.6-47.0)
Susceptibility									
Never tobacco users susceptible to tobacco use	19.2 (16.7-21.9)	16.5 (13.1-20.6)	21.8 (18.4-25.7)	19.0 (16.8-21.4)	16.2 (12.8 - 20.3)	20.9 (18.1 - 24.0)	17.5 (14.0-21.6)	15.0 (11.0-20.1)	19.7 (15.9-24.1)
Never smokers who thought they might enjoy smoking a cigarette	NA	NA	NA	NA	NA	NA	6.2 (4.4 - 8.6)	7.6 (4.7 - 11.8)	5.0 (3.6 - 7.0)

CESSATION	Overall	Boys	Girls	Overall	Boys	Girls	Overall	Boys	Girls
Tried to stop smoking in the past 12 months§	80.5 (74.7-85.1)	82.1 (73.6-88.3)	80.2 (73.2-85.8)	52.5 (41.2-63.5)	40.4 (29.7-52.2)	68.9 (54.0-80.7)	59.7 (51.5-67.4)	61.2 (49.9-71.3)	58.4 (47.7-68.4)
Want to stop smoking now§	54.2 (48.1-60.1)	59.0 (50.6-66.9)	50.6 (42.4-58.7)	47.5 (37.3-57.9)	51.7 (36.4-66.6)	44.1 (30.0 - 59.3)	45.9 (38.9-53.1)	49.0 (39.4-58.6)	43.4 (34.7-52.4)
Thought they would be able to stop§	NA	NA	NA	57.6 (34.9-77.5)	66.2 (28.6-90.5)*	47.3 (25.0-70.7)*	85.8 (80.7-89.8)	82.5 (74.5-88.4)	88.8 (80.5-93.8)
Received help/advice from a program or professional to stop smoking	NA	NA	NA	NA	NA	NA	7.6 (5.0 - 11.6)	7.4 (4.1 - 12.7)	7.9 (4.2 - 14.2)
SECONDHAND SMOKE									
Exposed to tobacco smoke at home	97.7 (97.0-98.2)	97.0 (95.9-97.8)	98.4 (97.5-99.0)	76.9 (74.0-79.6)	73.4 (70.6-76.0)	80.0 (75.5-83.9)	63.4 (60.9-65.9)	61.5 (58.7-64.3)	65.4 (61.8-68.7)
Exposed to tobacco smoke inside any enclosed public place†	90.6 (89.3-91.7)	89.0 (87.0-90.7)	92.1 (90.5-93.5)	71.9 (69.5-74.2)	68.1 (64.9-71.1)	74.8 (72.0-77.5)	60.9 (56.7-64.9)	53.6 (49.7-57.4)	68.1 (63.3-72.6)
Exposed to tobacco smoke at any outdoor public place	NA	NA	NA	NA	NA	NA	66.0 (62.8-69.1)	60.3 (56.9-63.6)	71.8 (68.0-75.4)
Saw anyone smoking inside the school building or outside on school property	NA	NA	NA	NA	NA	NA	66.3 (59.7-72.3)	65.2 (58.6-71.3)	67.5 (60.2-73.9)
ACCESS & AVAILABILITY									
Buying them from a store††	69.4 (62.4-75.7)	66.5 (56.2-75.3)	72.2 (62.7-80.0)	76.4 (66.7-84.0)	79.1 (64.8-88.6)	74.6 (63.5-83.3)	68.6 (62.8-73.8)	68.6 (59.4-76.5)	68.6 (59.7-76.2)
Not prevented from buying cigarettes because of their age	94.4 (91.0-96.6)	93.2 (84.7-97.2)	95.7 (89.3-98.4)	78.7 (67.9-86.6)	67.7 (49.7-81.6)	89.1 (79.5-94.5)	81.2 (75.7-85.7)	75.3 (66.1-82.6)	87.3 (81.1-91.7)
Individual sticks	NA	NA	NA	NA	NA	NA	4.2 (2.5 - 7.0)	2.9 (1.3 - 6.4)	5.5 (3.0 - 9.8)

MEDIA									
Tobacco Industry Advertising									
Noticed tobacco advertisements or promotions at points of sale	NA	NA	NA	NA	NA	NA	51.8 (48.8-54.7)	52.7 (49.0-56.3)	50.9 (47.0-54.9)
Noticed anyone using tobacco on television, videos, or movies	NA	NA	NA	97.3 (96.2-98.1)	96.3 (94.1-97.7)	98.4 (97.5-99.0)	89.5 (87.9-90.9)	90.1 (88.1-91.8)	89.0 (86.6-91.0)
Ever offered a free tobacco product from a tobacco company	22.2 (20.3-24.2)	24.9 (21.6-28.5)	19.5 (17.4-21.9)	4.8 (3.8 - 6.1)	5.9 (4.4 - 7.8)	3.9 (2.9 - 5.2)	5.5 (3.9 - 7.8)	7.7 (5.5 - 10.6)	3.3 (2.0 - 5.5)
Owned something with a tobacco brand logo on it§§	29.1 (27.4-30.8)	30.3 (27.5-33.2)	27.9 (24.8-31.2)	16.1 (14.3-18.0)	18.4 (15.8-21.4)	13.8 (11.8-16.1)	11.9 (10.0-14.1)	14.5 (12.4-16.9)	9.3 (7.2 - 11.9)
Anti-Tobacco Advertising									
Anti-tobacco messages in the media	94.8 (93.9-95.6)	94.8 (93.3-96.0)	94.8 (93.9-95.6)	92.1 (90.9-93.1)	92.0 (90.8-93.1)	92.1 (89.7-94.0)	54.3 (51.0-57.6)	54.5 (50.7-58.2)	54.1 (49.9-58.3)
Anti-tobacco messages at sporting or community events	69.5 (66.9-71.9)	70.2 (66.5-73.7)	68.6 (65.1-71.9)	76.6 (73.9-79.2)	77.4 (73.3-81.0)	76.1 (72.6-79.3)	52.8 (48.1-57.5)	54.7 (49.5-59.9)	50.9 (45.4-56.4)
Thought about quitting smoking because a warning label	NA	NA	NA	NA	NA	NA	27.3 (22.4-32.8)	26.2 (19.1-34.8)	28.5 (22.7-35.1)
Taught in school about the dangers of tobacco use	64.1 (60.9-67.2)	63.6 (60.2-66.9)	64.7 (60.5-68.7)	58.0 (52.2-63.7)	55.1 (48. 61.8)	60.9 (54.1-67.2)	61.7 (57.0-66.2)	59.7 (54.5-64.6)	63.7 (58.0-69.1)

KNOWLEDGE & ATTITUDES	Overall	Boys	Girls	Overall	Boys	Girls	Overall		
Definitely thought it is difficult to quit once someone starts smoking tobacco	NA	NA	NA	NA	NA	NA	33.3 (31.3 - 35.3)	31.0 (28.4 - 33.9)	35.6 (32.5 - 38.7)
Thought smoking tobacco helps people feel more comfortable at celebrations, parties, and social gatherings	NA	NA	NA	NA	NA	NA	53.3 (50.6 - 56.0)	54.2 (50.5 - 57.8)	52.3 (48.7 - 56.0)
Definitely thought other people's tobacco smoking is harmful to them	51.2 (47.5-54.8)	53.1 (48.4-57.6)	49.3 (45.3-53.3)	65.0 (62.1-67.8)	64.3 (60.3-68.1)	66.1 (62.7-69.3)	65.2 (62.2-68.1)	65.1 (61.4-68.6)	65.4 (61.5 - 69.0)
Favored banning smoking inside enclosed public places†	79.0 (76.2-81.5)	80.1 (76.3 - 83.4)	78.1 (74.7 - 81.2)	86.5 (84.0 - 88.7)	85.1 (81.6 - 88.0)	88.0 (84.5 - 90.8)	81.2 (79.0 - 83.2)	79.5 (77.0 - 81.8)	82.8 (80.0 - 85.3)
Favored banning smoking at outdoor public places	NA	NA	NA	NA	NA	NA	61.8 (59.1 - 64.5)	63.0 (60.1 - 65.8)	60.6 (56.7 - 64.4)

4. DISCUSSION

4.1 Discussion of Survey Findings

In 2013, Serbia completed its third GYTS focusing on the wide range of issues related to tobacco use among school children aged 13 to 15. The GYTS sample selection methodology, assure the representatives of the target population, as well as explored the behavior and the personal perspective of this population group on tobacco use. Additionally, GYTS investigated the aspects behind the motivation to smoke and the factors that affect the tobacco-related behavior of smokers and non-smokers alike. This information is vital for the development of scientifically based tobacco control policy and intervention programs, evaluation of the past campaigns and enforcement of tobacco control legislation.

Tobacco Use

The results of the tobacco use of the 2013 GYTS confirmed the fact that cigarette smoking is the most common tobacco product used in country. More than one in ten students currently smoked cigarettes (13%), similar as in 2003 (12.8%) and higher than in 2008 (9.3%). As was reported in 2003 and 2008, in 2013 girls were as likely to smoke cigarettes as boys, indicating that the epidemic and high prevalence of women smoking cigarettes can be expected in the future. The smoking prevalence among women in Serbia is already very high - more than one third of women in Serbia are current smokers.⁴ This high prevalence is followed with the sharp increase in lung cancer mortality in women, which is now the second most common cause of death due to cancers.⁵ Current use of other tobacco products besides cigarettes such as pipes, water pipes was 4%, as was a current use of smokeless tobacco 1.6%.

Most commonly, students smoke 2 - 5 cigarettes daily (33.1%); however, a disturbing fact is that almost one in ten boys smoke more than a package of cigarettes per day (20 cigarettes). Even more discouraging fact is that more than three in ten boys started smoking before the age of 10 (31.9%) and 2 in 10 girls (22.2%). Although the percentage among students that started to smoke so early in the life in 2013 is around 10% less than in 2008, it still indicates that the dependence on nicotine is already established and cessation would need more attention and professional help. Moreover, this is a sign that smoking is still widely present and socially accepted behavior. Almost half of students who currently smoke usually smoke at social event and public places. It is disturbing that a fifth of all students who currently smoke do that in their own home and 15.6% in school.

On the other hand, it is encouraging the number of student who ever experimented with cigarettes is decreasing since 2003, so that four in 10 students were ever cigarette smokers (40.4%) compared to 42.7% in 2008, and 51.8% in 2003.

Cessation

Regarding smoking cessation, no progress has been found since 2003. Six out of ten students who smoke cigarettes (59.7%) attempted to stop smoking, which is less than in 2003, when eight out of 10 smokers tried to cease smoking (80.5%). Although the percentage of smokers who would like to stop smoking now is decreasing since 2003, still more than a half of smokers (54.1%) did not consider quitting smoking soon. More than eight out of ten smokers thought that it would be easy for them to stop smoking if they would like to do so.

Very disturbing fact is that only very small percentage of smokers reported getting any help or advice from professionals in their attempts to quit smoking. This implicates that the range of smoking among young boys and girls are not well recognized either in family or in school and health care system. The need for raising awareness and knowledge among adults responsible for youth is a priority.

Secondhand Smoke

Exposure to second-hand smoke still represents a significant risk for students. According to the actual Law on Protection of the Citizens from Exposure to Tobacco Smoke, smoking is banned at all public and workplaces; however, hospitality sector is exempted. Youth spend some free time in cafes or discos in which smoking is allowed. Although significant reduction in exposure to SHS at public places has been recorded since 2003, it is still high. While in 2003 almost all student aged 13 - 15 were exposed to ETS at public places (90.6%), in 2008 it was more than 7 in 10 (71.9%). In 2013, 6 in 10 students (60.9%) were exposed to ETS at enclosed public places.

We observed a similar trend regarding exposure to ETS at homes, the number of children who were exposed to tobacco smoke at homes had been decreasing since 2003. In 2003 all student 13 to 15 years of age were exposed to tobacco smoke at home (97.7%), in 2008 almost eight out of ten were exposed (76.9%), and in 2013 more than 6 out of 10 (63.4%). Small but significant behavior change regarding exposure to tobacco smoke at both public places and homes is evident. The revision of the current Law on Protection of the Citizens from Exposure to Tobacco Smoke in the way that smoking would be totally banned at all public places, including hospitality sector is needed.

The actual Law on Protection of the Citizens from Exposure to Tobacco Smoke (2005) bans smoking inside all educational institutions, including background and front doors. However, more than 6 out of 10 students reported that they saw someone smoking inside school building or outside on school property. The efforts should also be directed toward teachers, as we know from other studies that the smoking prevalence among them is quite high.⁶

Access and Availability

Among students who smoke, more two third (68.6%) buy cigarettes in stores or kiosks, e.g. legally. Very high percentage of smokers (81.2%) was not refused to purchase cigarettes because of their age. More girls (87.3%) than boys (75.3%) were not prevented to purchase cigarettes. According to the actual Tobacco Law (2005), selling tobacco products to minors is not allowed. Although the Tobacco Law has been enforced quite good, selling tobacco products to minors is not. It is very rare that sellers ask young customers about their age and ask for identity card. We need more efforts for better enforcement of the Law, for strengthening existing inspections to better control and penalize the infringement of the Law.

Almost all students that smoke buy cigarettes as packages of 20 cigarettes (89.8%). Other ways (sticks, cartons, rolls or loose tobacco for hand-rolled cigarettes) are not very common. Interestingly, students are quite well aware of the cigarettes price. More than a half (56.0%) thinks that the usual price of a package of cigarettes is in the range 150 - 200 Serbian dinars (RSD). According to actual data, a most sold brand costs 170 RSD, the second most popular costs 200 RSD. A quarter of students think that average price is in the range of 101 - 150 RSD, however, the cheapest packages of cigarettes fit there (125 RSD).

Exposure to Anti-Tobacco Information

We observed a steep decrease in the number of students who noticed anti-tobacco messages in the media, e.g. only a half of all students notice them (54.3%), compared to 2008 and 2003 (92.1% and 94.8%, respectively). This is obvious consequence of the fact that earmarking from tobacco products (so called "tobacco dinar") introduced in 2005 according to the Tobacco Law, was removed from the same Law in 2012. Even before, since 2010 less and less funds from earmarking were allocated to preventive tobacco control activities. For anti-tobacco advertisements, full market price has to be paid, and apart from that, new anti-tobacco messages were not produced and released in media. Strong media messages are in our opinion very important and efficient in preventing smoking among youth.

High percentage of students (88.3%) noticed textual health warning on cigarettes packages. Among them, only one quarter of current smokers (27.3%) consider quitting smoking because of health warnings. Similar percentage of never smokers thinks that they will not start smoking because of the health warning (24.8%).

percentage of never smokers thinks that they will not start smoking because of the health warning (24.8%). The Tobacco Law requires only textual health warnings and the messages cover 35% of front side of the cigarette packages. There are initiatives that the Law should be changed in the sense to introduce large pictorial health warning covering at least 65% of both front and backside of the packages, as was proposed of the new EU Tobacco Directive that entered into force on May 2014.

Since 2003, there is no significantly increase in percentage of students who reported they were taught about the health hazards of smoking in past 12 months (2003 - 64.1%; 2008 - 58.0%; 2013 - 61.7%). More efforts are needed to introduce lectures on smoking and its health hazards in primary and high schools.

Awareness and Receptivity to Tobacco Marketing

The Advertising Law (2005) bans direct and indirect tobacco advertising on all media, including TV, radio, billboards, printed media, domestic internet, etc. The same Law also bans sponsorship by tobacco industry and free distribution of tobacco products. While direct advertisements cannot be seen anywhere, this is not the case with indirect advertisements. Therefore, half of all students (51.8%) who ever visited stores or shops where cigarettes could be purchased, noticed tobacco advertisements or promotions there, as it is now one of the major ways of tobacco advertisement. Almost all students who watch TV, video, or movies noticed someone smoking cigarettes (89.5%), and this is another way of indirect advertising of tobacco products. Fortunately, few students (5.5%) reported that they were offered a free tobacco product from tobacco company representative (offered usually by young girls). Twelve percent of students owned something with the tobacco brand logo on it.

Although e-cigarettes are only recently at the market in Serbia, they are increasing tremendously and eight out of ten students heard about them. High percentage of them also saw or heard e-cigarette advertisements or promotions on TV, radio, internet or in pharmacies. The trade, use and advertisement of e-cigarettes are not regulated at all in Serbia, and there is an explosion of their free advertisement.

They are sometimes promoted as cessation aid, and therefore sold in pharmacies. However, they are usually promoted as cigarettes that can be used in places where smoking is banned.

Knowledge and Attitudes

Only one third of all students (33.3%) think that it is difficult to quit smoking. This means that they are not aware and do not know enough about the addictiveness of cigarettes smoking, and that it is far from being easy to stop. On the other hand, more than half of students think that smoking generally helps people to feel more comfortable at parties, celebrations and social gatherings, indicating that smoking is still socially accepted, especially among youth who could feel uncomfortable and uncertain attending these events.

Two third students (65.2%) know for sure that exposure to environmental tobacco smoke coming from other people smoking is harmful for them and others who are non-smokers. This is the same as in 2008, but higher than in 2003 (51.2%). Quite stable percentage of student supports smoking ban in enclosed public places in all three periods of survey (2003 - 79%, 2008 - 86.5%, 2013 - 81.2%), similar as the adults according to the opinion poll.⁷ Less students are in favor of banning smoking at outside public places (61.8%), such as at playgrounds, sidewalks, entrances, parks, swimming pools, etc.

4.2 Comparison to Previous Tobacco Surveys

To summarize, cigarette smoking is still the most frequent use of tobacco products among youth in Serbia. There is no increase in use of other tobacco products. The prevalence of current cigarette smoking is similar as it was in 2003, and somewhat higher than in 2008. The same is evident for smoking among girls who are likely to smoke as boys. However, fewer students ever smoked cigarettes, particularly comparing to 2003.

Although more than one quarters of students tried their first cigarette before the age of 10 (27.3%), it is a decrease comparing to 2003 (33.5%) and particularly 2008 (36.8%).

The results do not indicate the significant change in the number of smokers who tried to stop smoking (59.7%) compared to the survey in 2008 (52.5%). However, it is much less than in 2003 (80.5%). Less than a half of all smokers wanted to stop smoking now (45.9%) similar to 2008 (47.5%), but less than in 2003 (54.2%).

We notice the substantial decrease in exposure to tobacco smoke, although it is still unacceptably high. Now, almost two third smokers (63.4%) are exposed to tobacco smoke at home, less than in 2008 (76.9%), and particularly than in 2003, when almost all were exposed to ETS at home (97.7%). Similar has been found for exposure to tobacco smoke at public places (enclosed 60.9% in 2013 vs. 71.9% in 2008 vs. 90.6% in 2003).

In 2013 almost all students who smoke, buy cigarettes from the store or kiosk (68.6%) similar as in 2008 (76.4%) and 2003 (69.4%) when only stores were included. The Tobacco Law bans selling tobacco products to minors less than 18, and was introduced in 2005; however a majority of students were not prevented of buying them due to their age (81.2%), similar to 2008 (78.7%). The percentage was much higher in 2003 (94.9%), before the above-mentioned Law was implemented.

Only half of all students saw or heard the anti-tobacco messages in the media in the last month (54.3%), which is substantial decrease since 2008 and 2003 (92.1%; 94.8%). The reason is the fact that the funding of preventive activities, including production of messages that promote smoke-free environment and smoking cessation, has been significantly reduced since 2011. There were very limited funds even for financing broadcasting of previously produced messages, which lead to the low percentage of students that saw or heard anti-tobacco messages. The consequences are that prevention of tobacco use is not in the focus of population. We think that this is a reason that we did not notice the increase in percentage of students who are aware of the harmfulness of ETS. Moreover, the same percentage of students favored smoking ban inside public places in 2013 (81.2% enclosed) as in 2008 (86.5%) and 2003 (79.0%)

Tobacco smoking is still very prevalent on television, videos or movies, as a way of indirect advertising.

4.3 Relevance to FCTC

The results of this GYTS are critical for gauging progress toward WHO FCTC and MPOWER implementation and uptake.

Serbia's participation in GYTS addresses the first element of MPOWER (Monitor tobacco use and prevention policies) for youth, and GYTS asks students a range of questions that spans many of the remaining elements of MPOWER. The resulting data are critical for gauging Serbia's progress toward fully implementing the elements of MPOWER among its youth. The information provided by GYTS can address several provisions of the FCTC that relate to the role of school personnel and the comprehensive school tobacco control policy. The results in meeting the other MPOWER measures are as follows:

- PROTECT PEOPLE FROM TOBACCO SMOKE - There is a progress since 2003 when the first GYTS was performed; however, the number of student 13 -15 exposed to ETS is still unacceptably high. Today two third students (63.4%) are exposed to other people's tobacco smoke at home and 60.9% in enclosed public places. In spite of the fact that behavior regarding smoking in the presence of other people has been changing, it is still quite slow process. There is a need to revise the existing Law on Protection of the Citizens from Tobacco Smoke introducing the total smoking ban in hospitality sector. More than 80% of all students are in favor of total smoking ban at all indoor public places, similar to the percentage of adult population

- **OFFER HELP TO QUIT TOBACCO USE** - Among students who are current smokers only a minority received any professional help or advice to stop smoking (7.6%), in spite of the fact that almost half of them are interested to quit (45.9%), and almost two third actually tried to do so in the past 12 months. Boys who are current smokers more often reported that they would like to cease smoking than girls (49% vs. 43.4%), and they more often attempted to stop than girls (61.2% vs. 58.4%) did. The pediatricians that are responsible for the health surveillance of children should be much more aware of the smoking prevalence of children and should be additionally educated to ask them at each appointment about smoking and help them in an appropriate way, as to achieve best results. Introduction of computer or internet based interventions or mobile phone application can be accessed by a large percentage of young people. They are cheap to deliver and, probably, would be accepted well by youth.
- **WARN ABOUT THE DANGERS OF TOBACCO** - During the past year, 61.7% of students had been taught in class about the dangers of smoking. This is almost the same percentage recorded in the previous GYTS in 2003 and 2008, and the improvement has not been noticed. We definitely think that more lectures should deal with the health hazards of smoking and promotion of health life styles, and this should start very early in the life. There is a need for more evidence based media campaigns to continue to warn population of all health hazards from tobacco use. The fact that more than 20% of students 13 - 15 years of age smoke at home is a strong argument for this. High percentage of current smokers noticed text health warning on cigarette packages (88.3%). However, only textual health warnings are not sufficient and pictorial health warning should be introduced. The Law on Tobacco should be updated to meet this requirement. This will be in accordance with the new EU Directive on Tobacco Products that proposed pictorial health warning on at least 65% of the both sides of tobacco products.
- **ENFORCE BANS OF ON TOBACCO ADVERTISING AND PROMOTION** - The GYTS data show that half of all students (54.3%) noticed some anti-tobacco messages in the media in the past 30 days and at sporting or community events when they attended them (52.8%). This is much less than in previous years when almost all students noticed them. As mentioned before, the reason is lack of appropriate funding of anti-tobacco preventive activities. In the past 30 days, more than half of students who visited point of sale of cigarettes saw pro-cigarette ads that were placed there. Much higher percentage of youth who watched television, video or movies in the past 30 days (about nine in ten) noticed someone smoking or using other tobacco product. Since tobacco advertising is banned according to the Advertising Law, this is currently the most frequent way of indirect tobacco promotion. Small number of student reported that they were offered free tobacco products from a tobacco company representative (5.5%), although it is also a popular way of tobacco advertising. E-cigarettes are new and emerging problem that should be resolved as soon as possible and regulated according to the law, as its trade, use and promotion directly undermine all effort in public health to make smoking socially unacceptable behavior.
- **RAISE TAXES ON TOBACCO PRODUCTS** - In previous two years, Serbia has increased the taxes and excise duties on tobacco products, so that the total tax burden, excise and VAT, in the weighted average retail-selling price of cigarettes is 75.47%. The average price of the most sold brand is 170 RSD; the second one costs 200 RSD. More than a half of all students are well informed and responded that the average price is between 151 and 200 RSD. However, those students who currently smoke are not prevented of buying regularly cigarettes at that price.

GYTS methodology provides an excellent framework for monitoring and guiding the implementation of school tobacco control programs while making it compliant with the requirements of FCTC. The results of this survey will be disseminated broadly, and ideally, used to adopt and implement effective legislative measures for preventing and reducing tobacco consumption, nicotine addiction, and exposure to tobacco smoke.

4.4 Relevance to Country

To summarize the findings that are specifically applicable in Serbia we highlight the following:

- Smoking cigarettes is still the most frequent tobacco product in country. The data suggests an early age of initiation of cigarette use among Serbian adolescents, e.g. 27.3% of current smokers tried their first cigarette before the age of 10. Tobacco control education therefore needs to start at a very young age. However, coverage of tobacco-related prevention in the formal school curriculum is currently limited and should be improved. A fifth of all students smoke at home, and 15.6% at school premises. Taking into account the global voluntary target to reduce NCDs that was agreed by the member states our aim would be a 30% reduction in tobacco use until 2025.
- Susceptibility to begin smoking in the next year is high among boys and even higher among girls (15% vs. 19.7%), which should be an alarm of continuation of smoking epidemic in the future. Law on Protection of Citizens from Exposure to Tobacco Smoke bans smoking inside the school and on the school-grounds, and Tobacco Law bans sale of tobacco products to minors, but both laws should be better enforced. This is particularly true for sale to minors, as more than 80% of current smokers are not prevented from buying cigarettes because of age.
- Many students report that they want to quit in Serbia now (45.9%), but teachers and health professionals are not adequately trained to prevent tobacco use among their students, and cessation services are very limited, particularly to meet the needs of youth.
- The majority of youth report exposure to secondhand smoke in their own homes, at indoors and outdoors public places. Given that there is no safe level of exposure to secondhand smoke, policies that will protect youth from possible exposure should be better enforced and the laws should be updated in the way to totally ban smoking in all public places, including hospitality sector.
- Despite the existence of information on tobacco use prevalence in Serbia, we still need data on health consequences of tobacco use, exposure to tobacco smoke and strength of addiction due to tobacco use for monitoring and planning as well as providing evidence for decision makers why it is necessary to allocate more financial resources for tobacco control.

Students in Serbia are still reporting being exposed to pro-smoking advertisement at the point of sale and to smoking at television, videos or movies. Controlling this exposure has been shown to reduce youth initiation.

5. RECOMMENDATIONS

Based on the most pressing GYTS findings Serbia should consider rapidly implementing expanded comprehensive tobacco control measures. Such action will save lives, reduce illness, and help reduce the economic burden associated with tobacco-related illness and lost productivity. The following measures should be included:

- Better enforcement of the Law on Protection of the Citizens from Exposure to Tobacco Smoke, which bans tobacco smoking in all enclosed public places, including school-ground. The Law should be updated as well, including total smoking ban in the whole hospitality sector, bars and cafes where youth is heavily exposed to tobacco smoke. The evidence for this measure lays among others in the findings that a significant number of students were exposed to tobacco smoke at home and public places, and high percent of students believe that smoking in public places should be banned.
- Better education and training of paediatrician and re-orientation of health system to enforce prevention is necessary. A half of students who smoke expressed the desire to quit smoking and many have even attempted to quit. With the proper assistance and tools, those students could stop smoking forever, and become long-life non-smokers in the future. Non-governmental organizations could play an important role as a resource for youth interested in quitting. Implementation on web-based internet programs and mobile application for quitting is promising.
- There is an urgent need to stricter implementation of the existing Advertising Law banning also all indirect advertisement of tobacco products, promotion via international internet and other products in the form of tobacco in Serbia. A half of students were exposed to pro-cigarette advertising at the point of sale and even more saw someone smoking on television, videos or movies.
- A trade, sale and advertisement of e-electronic cigarettes should be as soon as possible regulating by law, at least in the way that new EU Tobacco Directive propose. It should be regulate as any other tobacco product
- Provision of resources for regular implementation of GYTS at least every four to five years. This is necessary for maintaining a current understanding of tobacco use and other key indicators among youth and to gauge trends in WHO FCTC and MPOWER uptake and implementation.
- A comprehensive health promotion strategy and effective and comprehensive tobacco cessation programs need to be implemented to prevent tobacco use and assist school personnel and the general community in quitting.
- School management should better enforce existing Law on Protection of the Citizens from Tobacco Smoke to prevent tobacco use inside the school and at the school-ground.

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APPENDIX A: QUESTIONNAIRE

Ministry of Health of the Republic of Serbia
Ministry of Education, Science and Technological Development
World Health Organization
Institute of Public Health of Serbia
“Dr. Milan Jovanović Batut”
Office for Smoking Prevention

Global Youth Tobacco Survey (GYTS)
Core Questionnaire with
Optional Questions

April 2013

Global Core Questionnaire

Instructions

- Please read each question carefully before answering it.
- Choose the answer that best describes what you believe and feel to be correct.
- Choose only one answer for each question.
- On the answer sheet, locate the circle that corresponds to your answer and fill it in completely with the pencil that was provided to you.
- Correctly fill in the bubbles:



Like this:



- If you have to change your answer, don't worry, just erase it completely, without leaving marks.

Example:

24. Do you believe that fish live in water?

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

24.



Introduction

Thank you for participating in this survey. Before you start, please read the following information that will help you to answer the questions.

- Some of the questions will ask about smoking cigarettes.
- Other questions may ask about smoking tobacco in general that includes cigarettes and other types of smoked tobacco products.
- Other questions may ask about using smokeless tobacco, which is tobacco that is not smoked, but is sniffed through the nose, held in the mouth, or chewed.
- Finally, other questions may ask about any tobacco use or any tobacco products – this includes smoking cigarettes, smoking tobacco other than cigarettes, and using smokeless tobacco.
- Here is a chart that provides examples of various tobacco products:

Any Tobacco Use	
Smoking Tobacco includes:	Smokeless Tobacco includes:
Cigarettes <ul style="list-style-type: none"> • Manufactured cigarettes • Hand-rolled cigarettes Other types of smoked tobacco: <ul style="list-style-type: none"> • Pipes • Cigars, mini cigars/cigarillos • Waterpipes/hookah/shisha/narguileh/hubble-bubble 	<ul style="list-style-type: none"> • Snuff • Chewing tobacco

The first few 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 or older
2. **What is your sex?**
 - a. Male
 - b. Female
3. **In what grade/form are you?**
 - a. VI grade of elementary school
 - b. VII grade of elementary school
 - c. I grade of high school
4. **During an average week, how much money do you have that you can spend on yourself, however you want?**
 - a. I usually don't have any spending money
 - b. Less than 500 dinars
 - c. 501 - 1000 dinars
 - d. 1001 - 1500 dinars
 - e. 1501 - 2000 dinars
 - f. More than 2000 dinars
5. **Do your parents work?**
 - a. Father (stepfather or mother's partner) only
 - b. Mother (stepmother or father's partner) only
 - c. Both
 - d. Neither
 - e. Don't know

The next questions ask about your use of tobacco.

6. **Have you ever tried or experimented with cigarette smoking, even one or two puffs?**
 - a. Yes
 - b. No
7. **How old were you when you first tried a cigarette?**
 - a. I have never tried smoking a cigarette
 - 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

- 8. During the past 30 days, 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. Please think about the days you smoked cigarettes during the past 30 days. How many cigarettes did you usually smoke per day?**
- a. I did not smoke cigarettes during the past 30 days
 - 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. Where do you usually smoke?**
(SELECT ONLY ONE RESPONSE)
- a. I do not smoke
 - b. At home
 - c. At school
 - d. At work
 - e. At friends' houses
 - f. At social events
 - g. In public spaces (e.g. parks, shopping centers, street corners)
 - h. Other
- 11. Have you ever tried or experimented with any form of smoked tobacco products other than cigarettes (such as cigars, cigarillos, pipe, waterpipes /hookah /shisha/ narguileh)?**
- a. Yes
 - b. No
- 12. During the past 30 days, did you use any form of smoked tobacco products other than cigarettes (such as cigars, cigarillos, pipe, waterpipes /hookah /shisha/ narguileh)?**
- a. Yes
 - b. No
- 13. Do you ever smoke tobacco or feel like smoking tobacco first thing in the morning?**
- a. I don't smoke tobacco
 - b. No, I don't smoke tobacco or feel like smoking tobacco first thing in the morning
 - c. Yes, I sometimes smoke tobacco or feel like smoking tobacco first thing in the morning
 - d. Yes, I always smoke tobacco or feel like smoking tobacco first thing in the morning

- 14. How soon after you smoke tobacco do you start to feel a strong desire to smoke again that is hard to ignore?**
- a. I don't smoke tobacco
 - b. I never feel a strong desire to smoke again after smoking tobacco
 - c. Within 60 minutes
 - d. 1 to 2 hours
 - e. More than 2 hours to 4 hours
 - f. More than 4 hours but less than one full day
 - g. 1 to 3 days
 - h. 4 days or more
- 15. Have you ever tried or experimented with any form of smokeless tobacco products (such as snuff or chewing tobacco)?**
- a. Yes
 - b. No
- 16. During the past 30 days, did you use any form of smokeless tobacco products (such as snuff or chewing tobacco)?**
- a. Yes
 - b. No

The next questions ask about your feelings toward stopping smoking.

- 17. Do you want to stop smoking now?**
- a. I have never smoked
 - b. I don't smoke now
 - c. Yes
 - d. No
- 18. During the past 12 months, did you ever try to stop smoking?**
- a. I have never smoked
 - b. I did not smoke during the past 12 months
 - c. Yes
 - d. No
- 19. Do you think you would be able to stop smoking if you wanted to?**
- a. I have never smoked
 - b. I don't smoke now
 - c. Yes
 - d. No
- 20. What was the main reason you decided to stop smoking? (SELECT ONE RESPONSE ONLY)**
- a. I have never smoked
 - 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 do not like it
 - g. Other

- 21. Have you ever received help or advice to help you stop smoking?**
(SELECT ONLY ONE RESPONSE)
- a. I have never smoked
 - b. Yes, from a program or professional
 - c. Yes, from a friend
 - d. Yes, from a family member
 - e. Yes, from both programs or professionals and from friends or family members
 - f. No

The next questions ask about your exposure to other people's smoking.

- 22. During the past 7 days, on how many days has anyone smoked inside 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
- 23. How often do you see your father (stepfather or mother's partner) smoking in your home?**
- a. Don't have/don't see this person
 - b. About every day
 - c. Sometimes
 - d. Never
- 24. How often do you see your mother (stepmother or father's partner) smoking in your home?**
- a. Don't have/don't see this person
 - b. About every day
 - c. Sometimes
 - d. Never
- 25. How often do you see your brother/sister smoking in your home?**
- a. Don't have/don't see this person
 - b. About every day
 - c. Sometimes
 - d. Never
- 26. During the past 7 days, on how many days has anyone smoked in your presence, inside any enclosed public place, other than your home (such school, shops, cafes, restaurants, shopping malls, etc)?**
- a. 0 days
 - b. 1 to 2 days
 - c. 3 to 4 days
 - d. 5 to 6 days
 - e. 7 days

27. During the past 7 days, on how many days has anyone smoked in your presence, at any outdoor public place (such as playgrounds, sidewalks, entrances to buildings, parks, swimming pools, etc.)?
- 0 days
 - 1 to 2 days
 - 3 to 4 days
 - 5 to 6 days
 - 7 days
28. During the past 30 days, did you see anyone smoke inside the school building or outside on school property?
- Yes
 - No
29. Do you think the smoke from other people's tobacco smoking is harmful to you?
- Definitely not
 - Probably not
 - Probably yes
 - Definitely yes
30. Are you in favor of banning smoking inside enclosed public places (such as schools, shops, cafes, restaurants, shopping malls, etc)?
- Yes
 - No
31. Are you in favor of banning smoking at outdoor public places (such as playgrounds, sidewalks, entrances to buildings, parks, swimming pools, etc.)?
- Yes
 - No

The next questions ask about getting cigarettes.

32. The last time you smoked cigarettes during the past 30 days, how did you get them?
(SELECT ONLY ONE RESPONSE)
- I did not smoke any cigarettes during the past 30 days
 - I bought them in a store or shop
 - I bought them at a kiosk
 - I get them from someone else
 - I got them some other way
33. During the past 30 days, did anyone refuse to sell you cigarettes because of your age?
- I did not try to buy cigarettes during the past 30 days
 - Yes, someone refused to sell me cigarettes because of my age
 - No, my age did not keep me from buying cigarettes
34. The last time you bought cigarettes during the past 30 days, how did you buy them?
- I did not buy cigarettes during the past 30 days
 - I bought them in a pack
 - I bought individual sticks (singles)
 - I bought them in a carton
 - I bought them in rolls
 - I bought tobacco and rolled my own

35. On the whole, do you find it easy or difficult to buy cigarettes from a shop?

- a. I do not usually buy cigarettes from a shop
- b. Very difficult
- c. Fairly difficult
- d. Fairly easy
- e. Very easy

36. Can you purchase cigarettes near your school?

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

37. On average, how much do you think a pack of 20 cigarettes costs?

- a. Less than 100 dinars
- b. 101 to 150 dinars
- c. 151 to 200 dinars
- d. 201 to 250 dinars
- e. 251 to 300 dinars
- f. More than 300 dinars
- g. I don't know

The next questions ask about your knowledge of messages that are against using tobacco (might include cigarettes, other smoked tobacco, and smokeless tobacco).

38. During the past 30 days, did you see or hear any anti-tobacco media messages on television, radio, internet, billboards, posters, newspapers, magazines, or movies?

- a. Yes
- b. No

39. During the past 30 days, did you see or hear any anti-tobacco messages at sports events, fairs, concerts, or community events, or social gatherings?

- a. I did not go to sports events, fairs, concerts, or community events, or social gatherings in the past 30 days
- b. Yes
- c. No

40. During the past 30 days, did you see any signs stating that adolescents are not allowed to buy any tobacco products?

- a. Yes
- b. No

41. During the past 30 days, did you see any health warnings on cigarette packages?

- a. Yes, but I didn't think much of them
- b. Yes, and they led me to think about quitting smoking or not starting smoking
- c. No

42. During the past 12 months, were you taught in any of your classes about the dangers of tobacco use?

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

The next questions ask about your knowledge of advertisements or promotions for tobacco (might include cigarettes, other smoked tobacco, and smokeless tobacco).

43. During the past 30 days, did you see any people using tobacco when you watched TV, videos, or movies?
 - a. I did not watch TV, videos, or movies in the past 30 days
 - b. Yes
 - c. No
44. During the past 30 days, did you see any advertisements or promotions for tobacco products at points of sale (such as grocery stores, shops, kiosks, etc.)?
 - a. I did not visit any points of sale in the past 30 days
 - b. Yes
 - c. No
45. Would you ever use or wear something that has a tobacco company or tobacco product name or picture on it such as a lighter, t-shirt, hat, or sunglasses?
 - a. Yes
 - b. Maybe
 - c. No
46. Do you have something (for example, t-shirt, pen, backpack) with a tobacco product brand logo on it?
 - a. Yes
 - b. No
47. Has a person working for a tobacco company ever offered you a free tobacco product?
 - a. Yes
 - b. No
48. Before today, had you ever heard of electronic cigarettes or e-cigarettes? (Electronic cigarettes or e-cigarettes are battery-operated devices that simulate smoking a cigarette, but do not involve the burning of tobacco. The heated vapor produced by an e-cigarette often contains nicotine)
 - a. Yes
 - b. No
49. During the past 30 days, did you see or hear any advertisements or promotions for electronic cigarettes on TV, radio, internet or in the pharmacy?
 - a. Yes
 - b. No

The next questions ask about your attitudes and beliefs about using tobacco.

50. If one of your best friends offered you a tobacco product, would you use it?
 - a. Definitely not
 - b. Probably not
 - c. Probably yes
 - d. Definitely yes

51. **At anytime during the next 12 months do you think you will use any form of tobacco?**
- a. Definitely not
 - b. Probably not
 - c. Probably yes
 - d. Definitely yes
52. **Once someone has started smoking tobacco, do you think it would be difficult for them to quit?**
- a. Definitely not
 - b. Probably not
 - c. Probably yes
 - d. Definitely yes
53. **Do you think smoking tobacco helps people feel more comfortable or less comfortable at celebrations, parties, or in other social gatherings?**
- a. More comfortable
 - b. Less comfortable
 - c. No difference whether smoking or not
54. **Do you agree or disagree with the following: "I think I might enjoy smoking a cigarette."**
- a. I currently smoke cigarettes
 - b. Strongly agree
 - c. Agree
 - d. Disagree
 - e. Strongly disagree
55. **Do you think smoking tobacco is harmful to your health?**
- a. Definitely not
 - b. Probably not
 - c. Probably yes
 - d. Definitely yes
56. **During school hours, how often do you see teachers smoking in the school building?**
- a. About every day
 - b. Sometimes
 - c. Never
 - d. Don't know
57. **During school hours, how often do you see teachers smoking outdoors on school premises?**
- a. About every day
 - b. Sometimes
 - c. Never
 - d. Don't know

Thank you for participating in the survey!

