Global Youth Tobacco Survey (GYTS) 
Timor-Leste 2019
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Foreword by H.E. Minister of Health, Ministry of Health, Democratic Republic of Timor-Leste

Adolescence (age 10 to 19 years) is a critical period during which the foundations for developing healthy, productive citizens and future leaders are built. It is also a phase of development where one is highly vulnerable to adopting unhealthy behaviours such as tobacco use, which has devastating health consequences at this stage as well as in adulthood.

With over 65% of the total population of Timor-Leste being under the age of 24 years, adolescents and young people are central to the country’s health and socioeconomic development. Therefore, the Government of Timor-Leste continues to accord top priority to the healthy development of young people as is evident in the National Youth Policy (2016) that includes the promotion of healthy lifestyles among youths as one of its five focus areas.

Tobacco use in any form, smoked and smokeless, affects almost every organ of the human body. It is one of the most potent risk factors for noncommunicable diseases and a leading cause of death in the world. With nearly 70% of adult males smoking cigarettes and 27% of adult females using some form of smokeless tobacco, Timor-Leste is one of the countries with the highest tobacco use rates in the world. The prevalence of tobacco is also high among adolescents in the country.

The third Global Youth Tobacco Survey (GYTS) in Timor-Leste was conducted in 2019 among a nationally representative sample of students aged 13–15 years. While it is encouraging to note a drop in the overall prevalence of tobacco use in any form (smoked and smokeless) from 42% in 2013 to 30.9% in 2019, the figures are still very high. The overall smoking prevalence of 22.5% estimated by the 2019 GYTS ranks Timor-Leste as the country with the highest smoking prevalence among youths in the South-East Asia Region. The 2019 GYTS also found, among others, that about 63% of current smokers were able to buy cigarettes from a local shop/store. These findings clearly highlight the need for our continued prioritization and intensification of collective national efforts informed by local scientific evidence to protect our young people and future leaders from the menace of tobacco use.
I am, therefore, very pleased to present this survey report. I am hopeful that the report will enable the Ministry of Health and our valued national and international partners involved with different aspects of tobacco prevention and control to guide the development and implementation of cohesive and effective tobacco control interventions for our youth.

I take this opportunity, on behalf of the Ministry of Health, to extend our sincere gratitude to the World Health Organization, and the Centers for Disease Control and Prevention, Atlanta, United States of America, for their unwavering support for this survey, including the production of this report. I also express my sincere gratitude for the extraordinary support and cooperation extended by the Ministry of Education, students, teachers and everyone involved with the preparation and administration of the survey.

dr. Odete Maria Freitas Belo, MPH
H.E. Minister of Health
Democratic Republic of Timor-Leste
Message from the Regional Director

The results of the Global Youth Tobacco Survey (GYTS) Timor-Leste 2019 show that more than four of every 10 students aged 13–15 years consume tobacco products. The tobacco smoking prevalence among youth in the country stands at around 37% – the highest among all countries in the WHO South-East Asia Region. Immediate and focused action is needed to protect Timorese youth from the menace of tobacco consumption.

Early- through middle-adolescence is the developmental stage in which tobacco consumption usually commences. Young adolescents cannot fully comprehend the consequences of using tobacco products. Adolescence is probably the only developmental stage during which tobacco use could be viewed as “functional”. Tobacco smoking can be seen by adolescents as serving key developmental tasks, such as establishing independence, identity, autonomy and intimacy. Adolescents can become addicted to tobacco products and find it difficult to quit. Attracting young people to use a particular brand of tobacco products is critical to the future of the tobacco industry. Young people tend to use the same brand as they grow older.

According to the GYTS 2019, in Timor-Leste, around 66% of students noticed tobacco advertisements or promotions at points of sale. About 70% of students saw tobacco use on television, videos or movies. More than 25% of students have been offered a free tobacco product from a tobacco company representative. More than 20% of students had something with a tobacco brand logo on it.

I note with appreciation that the Ministry of Health of the Democratic Republic of Timor-Leste has consistently monitored the prevalence of tobacco use among youth. Timor-Leste has conducted GYTSs in the years 2006, 2009 and 2013, and now in 2019. Timor-Leste’s ongoing commitment to implement effective tobacco control measures is commendable, particularly with regard to graphic health warnings on tobacco packaging.

There is significantly more to do. Priority “best buys” include raising tax on tobacco, applying a comprehensive ban on TAPS (tobacco advertising, promotion and sponsorship), and strengthening country capacity for tobacco cessation. I am certain
that the trends and results highlighted in this survey will help Timor-Leste plan for success. By integrating the recommendations of this report into national tobacco control plans, Timor-Leste will continue to implement an evidence-informed approach to achieving a tobacco-free society. WHO will continue to provide its full support to that endeavour, for a healthier and more sustainable future for all.

Dr Poonam Khetrapal Singh
Regional Director
WHO South-East Asia
ACKNOWLEDGEMENTS

The Global Youth Survey Report 2019 for Timor-Leste is developed by the Department of Healthier Populations and Noncommunicable Diseases at the World Health Organization’s (WHO) Regional Office for South-East Asia, under the guidance of Dr Thushara Erald Indranath Fernando, Acting Director. Dr Jagdish Kaur, Regional Adviser, Tobacco Free Initiative, WHO SEARO, and Dr Arvind V Rinkoo, Regional Data Coordinator, wrote the report with inputs from the Ministry of Health of the Democratic Republic of Timor-Leste.

Dr Rajesh Pandav, the then WHO Representative to Timor-Leste, provided the overarching support. Coordination for implementation of the Global Youth Tobacco Survey, 2019, was executed by Mr Leoneto Pinto, National Professional Officer, Noncommunicable Diseases, and the NCD Team at the WHO Country Office for Timor-Leste.

The World Health Organization and the United States Centers for Disease Control and Prevention (CDC), Atlanta, USA, provided technical and financial support for conducting the survey and developing this report.

The Global Youth Tobacco Survey was successfully implemented with coordination and support of collaborating organizations including the National Institute of Health, Ministry of Health, National Directorate of School Health Support and the General Director for Planning and Partnership of the Ministry of Education of Timor-Leste. The implementation of the survey was supported by the kind participation and cooperation of school-teachers, administrative staff and students of the schools in which the survey was conducted.
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<tr>
<td>(US) CDC</td>
<td>(United States) Centers for Disease Control and Prevention, Atlanta</td>
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<tr>
<td>CI</td>
<td>confidence interval</td>
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<td>(WHO) FCTC</td>
<td>(WHO) Framework Convention on Tobacco Control</td>
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<td>GYTS</td>
<td>Global Youth Tobacco Survey</td>
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<td>IARC</td>
<td>International Agency for Cancer Research</td>
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<td>LMIC</td>
<td>Low- and middle-income countries</td>
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<td>MPOWER</td>
<td>A package of six evidence-based tobacco demand reduction measures</td>
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EXECUTIVE SUMMARY

Introduction

The Global Youth Tobacco Survey (GYTS) was developed by the Tobacco-Free Initiative (TFI) of the World Health Organization (WHO) and the Office on Smoking and Health of the United States Centers for Disease Control and Prevention (CDC), Atlanta, in collaboration with a number of countries representing the six WHO regions to generate comprehensive tobacco prevention and control information on young people.

It enables countries to systematically monitor tobacco use among the youth and track key tobacco control indicators using globally standardized tools. The GYTS is a nationally representative school-based survey of students aged 13–15 years, which uses consistent and standard protocols across countries. It is intended to generate comparable data within and across countries.

Methodology

The survey uses a standard “core questionnaire” with a set of optional questions that countries can adapt to measure and track key tobacco control indicators. The standard questionnaire covers the following topics: tobacco use (smoking and smokeless), cessation, secondhand smoke (SHS), pro- and anti-tobacco media and advertising, access to and availability of tobacco products, and knowledge and attitudes regarding tobacco use.

GYTS uses a global standardized methodology that includes a two-stage sample design. In Timor-Leste, GYTS was conducted in 2019 by the National Health Institute, with the overall coordination of the Ministry of Health. The overall response rate was 83.7%. A total of 3474 eligible students in grades/classes 7–11 completed the survey, of which 1653 were aged 13–15 years. Data are reported for students aged 13–15 years.
Results

Tobacco use

Tobacco use remains high among youth in Timor-Leste, with the prevalence of current tobacco use among students at 30.9%. Current tobacco use was higher among boys (42%) than girls (20.9%). In all, 22.5% of students were current tobacco smokers. The prevalence of current cigarette smoking was 20.4%. In addition, 13.9% students currently consumed smokeless tobacco products. The susceptibility to tobacco use among youth appears worrisome. As many as 43.6% students, who never consumed tobacco, were found susceptible to tobacco use in the future. A total of 13.2% students, who had ever smoked cigarettes, had tried their first cigarette before the age of 10 years.

Tobacco cessation

Encouragingly, more than seven out of 10 (73%) current smokers wanted to stop smoking right away and around 66% had tried to quit smoking in the past 12 months. Alarmingly, as many as 68.6% of current tobacco smokers thought that they would be able to stop using these products if they wanted to. Understandably, among current tobacco smokers, 59.5% students showed signs of smoking dependence. Glaringly, only 37.2% of current tobacco smokers had ever received help/advice from a programme or professional to stop smoking.

Exposure to secondhand smoke (SHS)

As many as 71% students were exposed to SHS in enclosed public places and 63.1% of students were exposed to SHS at outdoor public places. Additionally, around seven out of every 10 students (67.2%) were exposed to SHS at home and around 57.4% students were exposed to SHS inside their school building or outside on the school premises. Exposure to tobacco smoke inside any public transportation vehicle among youth stood at 32.8%.

Access and availability

It seems youth have easy access to tobacco products in Timor-Leste. Overall, more than six out of every 10 current cigarette smokers (63.1%; 64.6% boys and 51.4% girls) bought cigarettes from a store, a shop, kiosk or street vendor. As many as 49.2% of current cigarette smokers were not prevented from buying cigarettes
Despite being underaged. Markedly, 15.2% of current tobacco users reported that they could purchase tobacco/cigarettes near their school. Additionally, 21.3% of current cigarette smokers were able to purchase cigarettes as individual sticks.

**Anti-tobacco messages and information**

Overall, 70.3% had noticed anti-tobacco messages in the media in the past 30 days, while 57.7% of those who attended sporting or community events in the past 30 days had noticed anti-tobacco information. About half of the students (49.5%) mentioned that they were taught about the dangers of tobacco use in the past 12 months in school. Among current smokers, more than eight in 10 (83.4%) had noticed health warnings on cigarette packages and around six in 10 (67.1%) thought of quitting smoking because of the health warnings. More than four out of every 10 never smokers (40.8%) had thought about not starting smoking because of the health warnings on cigarette packages.

**Tobacco advertising and promotion**

Findings suggest that a sizeable proportion (69.2%) of students had noticed someone using tobacco in the media, and more than six out of every 10 students (66%) had noticed tobacco advertising or promotion at the point of sale. Moreover, more than 25% students were ever offered a free tobacco product from a tobacco company representative and more than 21% students had something with a tobacco brand logo on it.

**Knowledge, attitudes, perceptions and behaviour**

As many as 39.3% of students thought that smoking tobacco helps people feel more comfortable at celebrations, parties and social gatherings. Only 17.9% of students definitely thought that it is difficult to quit once someone starts smoking tobacco. Only 21.4% of students thought that tobacco smoking by other people is harmful to them and 58.5% were in favour of banning smoking inside enclosed public places.

**Trend analysis and discussions**

**Tobacco use**

The prevalence of current tobacco use among youth in Timor-Leste has remained almost static over a decade. It was 31.1% in 2009 and 30.9% in 2019. However, current tobacco use among girls has reduced during this period (from 23.8% in
2009 to 20.9% in 2019). On the other hand, during this period (2009–2019), the prevalence of current tobacco use among boys increased from 39.7% to 42% – a relative increase of nearly 6% (5.8%).

The prevalence of current cigarette smoking among youth in Timor-Leste has decreased from 24.6% in 2009 to 20.4% in 2019, a relative decrease of around 17.1%. Again, this is mainly on account of decrease in prevalence of current cigarette smoking among girls during this period (from 14.6% in 2009 to 6.4% in 2019). During 2009–2019, the prevalence of current cigarette smoking among boys increased from 38.2% to 39.4%.

The prevalence of current smokeless tobacco use among youth in Timor-Leste increased drastically during the period 2013–2019, from 8.4% in 2013 to 13.9% in 2019, a staggering relative increase of more than 65% in the last six years. Notably, the current use of smokeless tobacco was higher among girls (14.8%) compared with boys (12.2%).

**Tobacco cessation**

Over the years, there has been a strong and consistent need for quality tobacco cessation services among current tobacco/cigarette smokers in Timor-Leste. More than seven smokers out of every 10 would potentially benefit from such services. The fact that an astronomical proportion of current tobacco smokers wrongly think that they would be able to stop using these products if they wanted to further underscores the need for quality tobacco cessation services in Timor-Leste that specifically targets youth and is preferably in school settings.

**Exposure to SHS**

It is a matter of great concern that the exposure to secondhand smoke (SHS) among Timorese youth has consistently increased over the last 10 years. To put things in perspective, as of 2019, more than seven out of every 10 students (71%) continue to be exposed to SHS in enclosed public places. Therefore, exposure to SHS remains a major concern among youth in Timor-Leste and rigorous enforcement of extant smoke-free regulations may be the best way forward for the country.

**Access and availability**

Throughout the decade 2009–2019, around half of the current cigarette smokers among those who tried to buy cigarettes during the past 30 days were not prevented from buying because of their age. The figures were 64%, 46.7% and 49.2% of all
current cigarette smokers in 2009, 2013 and 2019, respectively. Similarly, more than half of the current cigarette smokers during this period bought cigarettes from a store, shop, street vendor or small shop (kiosk): 55%, 82.7% and 63.1% in 2009, 2013 and 2019, respectively

**Tobacco advertising and promotion**

Though the depiction of tobacco products on television, videos or movies has decreased over the last decade, it remained a public health malady with as many as 69.2% of all youth in Timor-Leste exposed to tobacco depiction on such entertainment media. Likewise, the prevalence of students who owned something featuring a tobacco brand logo on it remained consistently high during the last 10 years – at 23.1%, 12.8% and 21.2% in 2009, 2013 and 2019, respectively. Thus, tobacco advertising, promotion and sponsorship (TAPS) remains a major threat to effective tobacco control in Timor-Leste.

**Anti-tobacco messages and information**

There is a relative decrease of more than 15% (from 82.9% in 2009 to 70.3% in 2019) in the prevalence of students who noticed anti-tobacco messages in the media in the past 30 days. Similarly, the prevalence of students who noticed anti-tobacco messages at sporting or community events in the past 30 days decreased from 69.2% in 2009 to 57.7% in 2019. This is a cause for concern.

**Knowledge, attitudes, perceptions and behaviour**

The percentage of students who definitely thought other people’s tobacco smoking is harmful to them decreased from 34% in 2009 to 21.4% in 2019 – a considerable relative decrease of more than 37%. The percentage of students who favoured banning smoking inside enclosed public places in Timor-Leste decreased from 56.6% in 2009 to 19.6% in 2013; however, it increased to 58.5% in 2019.

**Conclusions and recommendations**

Nearly one-and-a-half decades since Timor-Leste ratified the WHO FCTC on 22 December 2004, tobacco use prevalence among youth remains high across the country. Based on the findings of GYTS 2019, some of the high-impact and achievable action points for effective tobacco control among Timorese youth to realize the dream of a truly tobacco-free society are enumerated below:
○ **Enhanced, comprehensive and sustained tobacco control implementation**: At 22.5%, the prevalence of current tobacco smoking among youth in the country is the highest in the SEA Region. Thus, enhanced, effective and sustained implementation of the relevant provisions of the WHO FCTC and national tobacco control laws, encompassing demand- as well as supply-side tobacco control measures, is the way forward. Also, it is imperative for Timor-Leste to take holistic and all-inclusive measures to mitigate tobacco use among youth. Apart from tobacco smoking, smokeless tobacco products and their consumption among youth is an emerging concern for the country. Current use of smokeless tobacco was higher among girls than among boys. Likewise, it is high time to consider youth as the prime target audience and roll out customized tobacco control measures tailored as per the specific needs of the tobacco-susceptible youth and children in the country.

○ **Renewed efforts to curb access of tobacco products to youth**: Though Timor-Leste is not a major tobacco cultivator, supply-side tobacco control issues do come into play. In fact, implementation of relevant provisions of the national tobacco control law to preclude access of tobacco products for youth should be a priority. Also, Timor-Leste should ratify the Illicit Trade Protocol of the WHO FCTC at the earliest as the issue of illicit tobacco trade is of immense significance in the context of effective tobacco control.

○ **Effective implementation of smoke-free laws**: GYTS 2019 found that smoke-free regulations are not well implemented in Timor-Leste and exposure to secondhand smoke (SHS) remains a major concern among youth.

○ **Accelerate implementation of efficient and quality tobacco cessation services**: As per the survey, more than seven smokers out of every 10 would be potentially benefited from provisioning quality tobacco cessation services. The fact that a large number of current tobacco smokers (68.6%) wrongly think that they would be able to stop using these tobacco products if they wanted to further underscores the need to address this issue. Tobacco cessation services, particularly at the population level aimed at youth, need to be strengthened across Timor-Leste. Nicotine replacement therapy should be made available in the public health system. A national tobacco cessation strategy must be in place to support the setting up of tobacco cessation clinics and a national toll-free quitline. Innovative technologies such as mTobaccoCessation should be leveraged. Quality counselling services and brief advice should be made available in school settings.
- **Complete and comprehensive TAPS ban**: The GYTS data indicate high exposure of students to TAPS. Robust implementation of tobacco control laws pertaining to the ban on TAPS should be prioritized. There must be zero tolerance on any type of promotion – direct or indirect – by the tobacco industry to save the youth of the country from the harmful effects of tobacco.

- **Increased efforts to communicate tobacco health risks among youth**: Trend analysis suggests that the proportion of youth in Timor-Leste who noticed tobacco control messages in the media or at sporting and community events has decreased over the period 2009–2019. This is worrisome as susceptibility to tobacco use among youth is a major concern. A total of 43.6% students, who never consumed tobacco, were found susceptible to tobacco use in the future, which remains a glaring fact calling for policy reforms and strict enforcement of the tobacco control law to protect the health of youth. It is imperative to develop and implement effective and customized mass media national campaigns on tobacco control, primarily aimed at youth.

- **Multistakeholder engagement for effective tobacco control governance in the country**: ALL stakeholders must be engaged (all health and all relevant non-health government departments, nongovernment organizations, academia, and the community including students, teachers and parents, to name a few) by adopting “whole-of-government” and “whole-of-society” approaches in framing and implementing appropriate legislative, policy, regulatory and administrative tobacco control measures to reduce the overall demand and supply of all types of tobacco products.
1. INTRODUCTION

Tobacco in any form sickens and kills millions of people. Each year, tobacco use is responsible for a large number of deaths across the globe. To put things in perspective, around 8 million people died from a tobacco-related disease in 2017. The number of annual deaths can be expected to keep growing even after rates of tobacco use start to decline, because tobacco-related diseases take time to become apparent. The situation is exacerbated by marked rates of youth initiation, and the introduction of new tobacco products and extensive marketing by the tobacco industry aimed at youth. Furthermore, with the continuing decline in tobacco use in high-income countries, low- and middle-income countries (LMICs) have become a prime market for the tobacco industry because of their economic and demographic contexts.

The South-East Asia (SEA) Region of the World Health Organization (WHO), with about one-fourth of the world’s population, has around 241 million smokers and 248 million smokeless tobacco users. Besides, around 14.8 million adolescents aged 13–15 years use tobacco in the Region. Notably, around 7.5% of adolescents (9.4% of boys and 4.8% of girls) in the Region consume smokeless tobacco products. Thus, effective tobacco control is of utmost significance to the Region.

The Global Youth Tobacco Survey (GYTS) was developed by the Tobacco-Free Initiative (TFI) of WHO and the Office on Smoking and Health of the United States Centers for Disease Control and Prevention (CDC), Atlanta, in collaboration with several countries representing the six WHO regions to generate comprehensive tobacco prevention and control information on young people. It enables countries to systematically monitor tobacco use among the youth and track key tobacco control indicators using globally standardized tools. The GYTS is a nationally representative school-based survey of students aged 13–15 years, which uses consistent and standard protocols across countries. It is intended to generate comparable data within and across countries.

1.1 Country demographics

Timor-Leste is one of the world’s newest nations and became an independent democracy in 2002. The island nation is located at coordinates between 8°50’S and 125°55’E, and covers a total area of 14 919 sq. km. Administratively, Timor-Leste is divided into 13 districts, 65 subdistricts, 442 sucos and 2225 aldeias. The local climate is tropical and generally hot and humid, characterized by distinct rainy and dry seasons.
The population of Timor-Leste was about 1,269,000 in 2016. Adolescents (aged 10–19 years) represented a large proportion (23.3%) of the total population, making it an important demographic group in Timor-Leste. In addition, the adolescent subpopulation of 13–17 years accounted for 11.7% of the total population. The majority of 13–17-year-olds are enrolled in secondary schools. Life expectancy at birth is 66 years for men and 70 years for women (2016). Total expenditure on health as a percentage of the gross domestic product is about 1.48 (2014). Agriculture and fishery are the backbone of the Timorese economy, and coffee plantations are of major significance. Ranked 150 out of 177 in the 2007 United Nations Development Programme’s (UNDP) Human Development Index, the country’s health indicators are quite poor.

Tobacco cultivation is done in Bobonaro, Covalima and Baucau districts of Timor-Leste.

### 1.2 WHO Framework Convention on Tobacco Control and MPOWER

In response to the globalization of the tobacco epidemic, 191 Member States of WHO unanimously adopted the WHO Framework Convention on Tobacco Control (WHO FCTC) at the Fifty-sixth World Health Assembly in May 2003. The Convention entered into force on 27 February 2005 and in the next 90 days it was approved by 40 Member States. The WHO FCTC is the world’s first public health treaty on tobacco control. It is the driving force behind, and a 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 outlines cost-effective tobacco control strategies for public policies, such as banning direct and indirect tobacco advertising, increasing tobacco taxes and prices, promoting smoke-free public places and workplaces, displaying prominent health messages on tobacco packaging, and tobacco surveillance, research and exchange of information.

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

- 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 the WHO MPOWER package by monitoring country-specific data on key tobacco indicators, including prevalence, knowledge and behaviour.

1.3 Purpose and rationale

The GYTS enhances countries’ capacity to monitor tobacco consumption and initiation of tobacco use among youth, guides national tobacco prevention and control programmes, and facilitates comparison of tobacco-related data at the national, regional and global levels. Results from the GYTS are also useful for documenting changes in different variables of tobacco control measures to monitor the implementation of different provisions of the tobacco control law and relevant Articles of the WHO FCTC.

Timor-Leste had previously conducted three rounds of GYTS in 2006, 2009 and 2013. Over this period (2006–2013), the prevalence of current cigarette smokers decreased from 32.4% to 28.9%, while the prevalence of ever cigarette use among youth increased from 41.5% to 46.4%. However, no GYTS round has been conducted in Timor-Leste since 2013. Therefore, GYTS 2019 would be crucial to track the progress on key tobacco control indicators and to come out with specific recommendations on how to effectively implement the tobacco control programme among youth in Timor-Leste.

GYTS provides important information and an evidence base for developing policy measures and guiding suitable interventions and strategies for tobacco-free initiatives. It also provides data for monitoring and evaluating tobacco control programmes to assess progress towards achieving global targets on reducing tobacco use.

1.4 Current state of policy

Currently, tobacco control in Timor-Leste is guided by the WHO FCTC, which it ratified on 22 December 2004.

In 2015, Timor-Leste introduced a comprehensive tobacco-related legislation to reduce tobacco use as one of the commitments under the WHO FCTC. However, implementation remains weak as the country is not yet conducting regular monitoring or evaluation of tobacco control measures. MPOWER measures and WHO FCTC policies need to be truly implemented across the country to fight tobacco use and
importation. Current implementation of tobacco control legislation remains weak, and activities, resources and results are not appropriately coordinated and monitored among the Ministry of Health, other partner ministries and civil society. However, civil society has a strong commitment to support the government through advocacy and enforcement of tobacco control legislation.

Tobacco industry interference is a major challenge for Timor-Leste, which imports its cigarettes mostly from Indonesia (tobacco is grown only in selected municipalities for local consumption). Cigarette companies exploit the weak laws and target young people through advertising, sponsorship and promotion, which are very evident in some public places near schools, the university and hospitals.

Timor-Leste has been consistently monitoring the prevalence of tobacco use among youth at regular intervals by conducting GYTS in the years 2006, 2009, 2013, and now in 2019. The fact that Timor-Leste has joined the exclusive list of countries with the highest levels of achievement in placing health warnings on cigarette packages as listed in the WHO *Report on the Global Tobacco Epidemic 2019* deserves special mention.

### 1.5 Country-specific objectives

#### General objective

To explore the current situation of tobacco use among youth in Timor-Leste and strengthen national capacity for conducting youth tobacco surveillance.

#### Specific objectives

The specific objectives were to:

1. assess the prevalence of tobacco use, including smoked tobacco and smokeless tobacco, among students aged 13–15 years;
2. assess exposure to SHS among youth;
3. assess the effect of media on tobacco use among youth;
4. explore attitudes towards and perceptions of youth regarding tobacco use; and
5. track the progress on key indicators from GYTS-2009 to GYTS-2019, and to identify some of the high-impact and achievable action points for effective tobacco control among youth in Timor-Leste.
2. METHODOLOGY

2.1 Questionnaire

The survey uses a standard “core questionnaire” with a set of optional questions that countries can adapt to measure and track key tobacco control indicators. The standard questionnaire covers the following topics: tobacco use (smoking and smokeless), cessation, SHS, pro- and anti-tobacco media and advertising, access to and availability of tobacco products, and knowledge and attitudes regarding tobacco use.

The questionnaire used for GYTS 2019 in Timor-Leste contains 64 questions and is placed in Annexure 1. Apart from standard GYTS questions, several country-specific questions were included in the questionnaire such as those on availability of tobacco/cigarettes near schools and exposure to tobacco smoke inside public transports. The questionnaire was in English.

2.2 Sampling design

GYTS uses a global standardized methodology that includes a two-stage sample design:

- **School-level:** The first-stage sampling frame consisted of all schools with grades 7 to 11 that contained 40 or more students in each grade. Schools were selected based on probability calculations proportional to school enrolment size.

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

In Timor-Leste, GYTS was conducted in 2019 by the National Health Institute, under the overall coordination of the Ministry of Health. The response rate was 83.7%. A total of 3474 eligible students in grades/class 7–11 completed the survey, of which 1653 were aged 13–15 years. Data are reported only for students aged 13–15 years in this report.
Table 1: Sample sizes and response rates, by level (unweighted)—GYTS
Timor-Leste, 2019

<table>
<thead>
<tr>
<th>Level</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>School level</strong></td>
<td></td>
</tr>
<tr>
<td>Number of sampled schools</td>
<td>32</td>
</tr>
<tr>
<td>Number of participating schools</td>
<td>32</td>
</tr>
<tr>
<td>School response rate</td>
<td>100%</td>
</tr>
<tr>
<td><strong>Class level</strong></td>
<td></td>
</tr>
<tr>
<td>Number of sampled classes</td>
<td>100</td>
</tr>
<tr>
<td>Number of participating classes</td>
<td>100</td>
</tr>
<tr>
<td>Class response rate</td>
<td>100%</td>
</tr>
<tr>
<td><strong>Student level</strong></td>
<td></td>
</tr>
<tr>
<td>Number of sampled students</td>
<td>4150</td>
</tr>
<tr>
<td>Number of participating students</td>
<td>3474</td>
</tr>
<tr>
<td>Student response rate</td>
<td>83.7%</td>
</tr>
<tr>
<td><strong>Overall response rate:</strong> 83.7%</td>
<td></td>
</tr>
</tbody>
</table>

*Overall response rate = school response rate x class response rate x student response rate

2.3 Data collection

Processes were in place to protect the students’ privacy, allowing for anonymous and voluntary participation. The questionnaire was self-administered in a classroom setting. Students recorded their responses directly on a scannable paper-based bubble sheets.

2.4 Data analysis

A “weight” has been associated with each participating student record to reflect the likelihood of sampling each student and to reduce bias by compensating for differing patterns of nonresponse. The weight used for estimation is given by:

\[ W = W_1 \times W_2 \times f_1 \times f_2 \times f_3 \times f_4 \]

where,

\( W_1 = \) the inverse of the probability of selecting the school

\( W_2 = \) the inverse of the probability of selecting the class within the school
\( f1 \) = a school-level non-response adjustment factor calculated by school size category (small, medium, large) \\
\( f2 \) = a class adjustment factor calculated by school \\
\( f3 \) = a student-level nonresponse adjustment factor calculated by class \\
\( f4 \) = a post stratification adjustment factor calculated by gender and grade.

The weighted results can be used to make important inferences concerning tobacco use risk behaviours of students in grades 7 to 11 in Timor-Leste.

SUDAAN, a software package for statistical analysis of complex survey data, was used to calculate weighted prevalence estimates and standard errors of the estimates (95% confidence intervals [CI] were calculated from the standard errors). Frequency tables were developed for the survey questions that were considered key tobacco control indicators from the GYTS. The indicators were in accordance with the WHO FCTC and MPOWER technical package.

Data are weighted to be nationally representative of all students aged 13–15 years who are enrolled in school. Percentages, as depicted in the results in this report, reflect the prevalence of each indicator in each group, and not the distribution across groups.
3. RESULTS

3.1 Tobacco use

Key findings

- 30.9% of students, 42% of boys and 20.9% of girls, currently used any tobacco products.
- 22.5% of students, 37% of boys and 9.8% of girls, currently smoked tobacco.
- 13.9% of students, 12.2% of boys and 14.8% of girls, currently used smokeless tobacco.

Current use

Overall, the prevalence of current tobacco use among students was 30.9%. Current tobacco use was higher among boys (42%) than girls (20.9%). In all, 22.5% of students were current tobacco smokers. The prevalence of current cigarette smoking was 20.4%. In addition, 13.9% students currently consume smokeless tobacco products. Unlike smoking, current smokeless tobacco use was higher among girls (14.8%) than boys (12.2%) (refer to Table 2 for details).

Ever use

Overall, 48.8% of students had ever used tobacco products. Boys were more likely than girls to have ever used tobacco products (62.2% and 36.8%, respectively). While 33.3% students reported that they had ever smoked cigarettes, 16.7% reported having ever smoked tobacco products other than cigarettes. Additionally, 24.5% students had ever used smokeless tobacco products (refer to Table 2 for details)

Susceptibility to tobacco use

Overall, 43.6% of students who had never consumed tobacco were susceptible to tobacco use in the future. Also, 18.1% never smokers (22.9% boys and 15.8% girls) thought they may enjoy smoking a cigarette (refer to Table 2 for details).
**Table 2: Prevalence of tobacco use among students aged 13–15 years, by sex – GYTS Timor-Leste, 2019**

<table>
<thead>
<tr>
<th>Indicators</th>
<th>Overall</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Smoked tobacco</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Current tobacco smokers¹</td>
<td>22.5</td>
<td>37.0</td>
<td>9.8*</td>
</tr>
<tr>
<td></td>
<td>(18.5–27.2)</td>
<td>(30.4–44.1)</td>
<td>(7.8–12.4)</td>
</tr>
<tr>
<td>Current cigarette smokers²</td>
<td>20.4</td>
<td>39.4</td>
<td>6.4*</td>
</tr>
<tr>
<td></td>
<td>(16.4–25.1)</td>
<td>(31.3–48.1)</td>
<td>(4.5–9.0)</td>
</tr>
<tr>
<td>Frequent cigarette smokers³</td>
<td>1.6</td>
<td>3.1</td>
<td>0.2*</td>
</tr>
<tr>
<td></td>
<td>(0.8–3.2)</td>
<td>(1.5–6.2)</td>
<td>(0.1–0.9)</td>
</tr>
<tr>
<td>Current smokers of other tobacco⁴</td>
<td>8.4</td>
<td>12.4</td>
<td>4.8*</td>
</tr>
<tr>
<td></td>
<td>(6.6–10.8)</td>
<td>(9.3–16.2)</td>
<td>(3.5–6.8)</td>
</tr>
<tr>
<td>Ever tobacco smokers⁵</td>
<td>37.9</td>
<td>58.0</td>
<td>20.0*</td>
</tr>
<tr>
<td></td>
<td>(32.8–43.2)</td>
<td>(50.5–65.1)</td>
<td>(15.8–25.0)</td>
</tr>
<tr>
<td>Ever cigarette smokers⁶</td>
<td>33.3</td>
<td>57.6</td>
<td>13.3*</td>
</tr>
<tr>
<td></td>
<td>(28.3–38.6)</td>
<td>(49.4–65.5)</td>
<td>(9.5–18.4)</td>
</tr>
<tr>
<td>Ever smokers of other tobacco⁷</td>
<td>16.7</td>
<td>23.4</td>
<td>10.5*</td>
</tr>
<tr>
<td></td>
<td>(14.0–19.8)</td>
<td>(18.8–28.7)</td>
<td>(8.3–13.1)</td>
</tr>
<tr>
<td><strong>Smokeless tobacco</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Current smokeless tobacco users⁸</td>
<td>13.9</td>
<td>12.2</td>
<td>14.8</td>
</tr>
<tr>
<td></td>
<td>(11.5–16.7)</td>
<td>(8.8–16.8)</td>
<td>(12.4–17.6)</td>
</tr>
<tr>
<td>Ever smokeless tobacco users⁹</td>
<td>24.5</td>
<td>21.0</td>
<td>26.9</td>
</tr>
<tr>
<td></td>
<td>(20.9–28.6)</td>
<td>(16.0–27.0)</td>
<td>(22.3–32.1)</td>
</tr>
<tr>
<td><strong>Any tobacco use</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Current tobacco users¹⁰</td>
<td>30.9</td>
<td>42.0</td>
<td>20.9*</td>
</tr>
<tr>
<td></td>
<td>(26.4–35.9)</td>
<td>(35.0–49.3)</td>
<td>(17.6–24.6)</td>
</tr>
<tr>
<td>Ever tobacco users¹¹</td>
<td>48.8</td>
<td>62.2</td>
<td>36.8*</td>
</tr>
<tr>
<td></td>
<td>(43.6–54.1)</td>
<td>(54.9–68.9)</td>
<td>(30.8–43.2)</td>
</tr>
<tr>
<td><strong>Susceptibility</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Never tobacco users susceptible to tobacco use in the future¹²</td>
<td>43.6</td>
<td>41.8</td>
<td>44.3</td>
</tr>
<tr>
<td></td>
<td>(38.4–49.0)</td>
<td>(33.8–50.3)</td>
<td>(38.9–49.8)</td>
</tr>
<tr>
<td>Never smokers who thought they might enjoy smoking a cigarette¹³</td>
<td>18.1</td>
<td>22.9</td>
<td>15.8</td>
</tr>
<tr>
<td></td>
<td>(15.2–21.5)</td>
<td>(16.5–30.9)</td>
<td>(12.9–19.3)</td>
</tr>
</tbody>
</table>

¹ Smoked cigarettes or other type of tobacco anytime during the past 30 days.
² Smoked cigarettes on 20 or more days of the past 30 days.
³ Smoked tobacco other than cigarettes anytime during the past 30 days.
⁴ Ever smoked cigarettes or other type of tobacco, even one or two puffs.
⁵ Ever smoked cigarettes, even one or two puffs.
⁶ Ever smoked tobacco other than cigarettes, even one or two puffs.
⁷ Ever smoked tobacco, even one or two puffs.
⁸ Used smokeless tobacco anytime during the past 30 days.
⁹ Ever used smokeless tobacco.
¹⁰ Smoked cigarettes, smoked other type of 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 “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”.

*Gender comparisons are significant at p<0.05.
**Number of cigarettes smoked per day**

Among current cigarette smokers, around 27% smoked more than one cigarette per day, and 45.7% of current cigarette smokers smoked less than one cigarette per day (refer to Table 3 for details).

**Table 3:** Cigarettes smoked per day among current cigarette smokers aged 13–15 years of age, by sex – GYTS Timor-Leste, 2019

<table>
<thead>
<tr>
<th>Number of cigarettes usually smoked</th>
<th>Overall In % (95% CI)</th>
<th>Boys In % (95% CI)</th>
<th>Girls In % (95% CI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 1 per day</td>
<td>45.7 (39.8–51.8)</td>
<td>44.1 (37.6–50.9)</td>
<td>53.4 (35.9–70.1)</td>
</tr>
<tr>
<td>1 per day</td>
<td>26.9 (22.2–32.2)</td>
<td>25.4 (19.9–31.9)</td>
<td>34.0 (19.6–52.2)</td>
</tr>
<tr>
<td>2 to 5 per day</td>
<td>16.1 (12.0–21.4)</td>
<td>16.9 (12.1–23.0)</td>
<td>10.9 (3.7–28.0)</td>
</tr>
<tr>
<td>6 to 10 per day</td>
<td>7.1 (4.2–11.6)</td>
<td>8.9 (5.2–14.8)</td>
<td>0</td>
</tr>
<tr>
<td>11 to 20 per day</td>
<td>2.4 (0.6–8.6)</td>
<td>3.0 (0.8–10.7)</td>
<td>0</td>
</tr>
<tr>
<td>More than 20 per day</td>
<td>1.8 (0.7–4.4)</td>
<td>1.6 (0.5–5.5)</td>
<td>1.7 (0.2–12.7)</td>
</tr>
</tbody>
</table>

**Age at initiation of tobacco use**

Among ever cigarette smokers, around four of 10 (37.8%) initiated smoking at the age of 12–13 years. A total of 13.2% students (13.7% boys and 8.8% girls) who had ever smoked cigarettes had tried their first cigarette before the age of 10 years. One in 20 ever cigarette smokers (5.7%) had tried their first cigarette at the age of 7 years or younger as shown in Table 4.

**Table 4:** Percentage of ever cigarette smokers by age at which they first tried a cigarette – GYTS Timor-Leste, 2019

<table>
<thead>
<tr>
<th>Age at initiation of cigarette smoking</th>
<th>Overall In % (95% CI)</th>
<th>Boys In % (95% CI)</th>
<th>Girls In % (95% CI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 years old or younger</td>
<td>5.7 (3.2–10.0)</td>
<td>5.9 (3.2–10.5)</td>
<td>3.0 (0.8–10.4)</td>
</tr>
<tr>
<td>8 or 9 years old</td>
<td>7.5 (5.5–10.2)</td>
<td>7.8 (5.6–10.7)</td>
<td>5.8 (3.0–10.8)</td>
</tr>
<tr>
<td>10 or 11 years old</td>
<td>12.1 (8.8–16.3)</td>
<td>11.3 (8.1–15.6)</td>
<td>15.6 (7.6–29.4)</td>
</tr>
<tr>
<td>12 or 13 years old</td>
<td>37.8 (28.6–48.0)</td>
<td>38.3 (29.4–48.0)</td>
<td>37.0 (25.7–49.9)</td>
</tr>
<tr>
<td>14 or 15 years old</td>
<td>36.9 (28.7–46.0)</td>
<td>36.8 (29.4–44.8)</td>
<td>38.6 (22.3–58.0)</td>
</tr>
</tbody>
</table>
3.2 Tobacco cessation

Key findings

- More than six in 10 (66%) students who currently smoke tobacco tried to stop smoking in the past 12 months.
- More than seven in 10 (73%) students who currently smoke tobacco wanted to stop smoking now.

Signs of smoking dependence

Among current tobacco smokers, 59.5% students showed signs of smoking dependence. The figure was higher in case of boys (61.5%) than girls (49.1%).

Cessation

More than six in 10 (66%) students who currently smoke tobacco tried to stop smoking in the past 12 months. Likewise, more than seven in 10 (73%) students who currently smoke tobacco wanted to stop smoking now. As many as 68.6% of current tobacco smokers thought that they would be able to stop smoking if they wanted to. Notably, only 37.2% of current tobacco smokers have ever received help/advice from a programme or professional to stop smoking (refer to Table 5 for details).

Table 5: Indicators of smoking cessation among current tobacco smokers aged 13–15 years, by sex – GYTS Timor-Leste, 2019

<table>
<thead>
<tr>
<th>Indicators</th>
<th>Overall</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>In % (95% CI)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tried to stop smoking in the past 12 months</td>
<td>66.0 (57.2–73.9)</td>
<td>65.2 (55.9–73.5)</td>
<td>71.5 (49.4–86.5)</td>
</tr>
<tr>
<td>Want to stop smoking now</td>
<td>73.0 (61.8–81.9)</td>
<td>69.9 (57.3–80.1)</td>
<td>–</td>
</tr>
<tr>
<td>Thought they would be able to stop smoking if they wanted to</td>
<td>68.6 (55.8–79.1)</td>
<td>68.3 (54.1–79.7)</td>
<td>–</td>
</tr>
<tr>
<td>Have ever received help/advice from a programme or professional to stop smoking</td>
<td>37.2 (28.8–46.5)</td>
<td>36.3 (27.2–46.5)</td>
<td>37.0 (20.2–57.7)</td>
</tr>
</tbody>
</table>

- Estimates based on unweighted cases less than 35 are not presented.
3.3 Exposure to SHS

Key findings

- 67.2% of students were exposed to tobacco smoke at home.
- 71% of students were exposed to tobacco smoke inside enclosed public places.

At home, as many as 67.2% of students were exposed to SHS (68.4% of boys and 66.1% of girls). More than seven in 10 students (71%) were exposed to SHS in enclosed public places and 63.1% of students were exposed to SHS at outdoor public places. More than half of the students (57.4%) were exposed to SHS inside the school building or outside on the school premises, and 32.8% were exposed to SHS inside any public transport (refer to Table 6 for details). Boys were more likely to be exposed to SHS than girls at all these public places except on public transport.

Table 6: Exposure to tobacco smoke among students aged 13–15 years, by sex – GYTS Timor-Leste, 2019

<table>
<thead>
<tr>
<th>Indicators</th>
<th>Overall</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>In % (95% CI)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Exposed to tobacco smoke at home¹</td>
<td>67.2 (63.1–71.2)</td>
<td>68.4 (62.3–74.0)</td>
<td>66.1 (61.2–70.6)</td>
</tr>
<tr>
<td>Exposed to tobacco smoke inside any enclosed public place¹</td>
<td>71.0 (66.9–74.9)</td>
<td>72.9 (65.7–79.1)</td>
<td>70.2 (65.4–74.5)</td>
</tr>
<tr>
<td>Exposed to tobacco smoke in any outdoor public place¹</td>
<td>63.1 (58.9–67.0)</td>
<td>64.9 (58.6–70.8)</td>
<td>61.7 (56.9–66.3)</td>
</tr>
<tr>
<td>Saw anyone smoking inside the school building or outside on school property²</td>
<td>57.4 (51.2–63.4)</td>
<td>58.6 (50.1–66.7)</td>
<td>56.4 (50.0–62.5)</td>
</tr>
<tr>
<td>Exposure to tobacco smoke inside any public transportation vehicle¹</td>
<td>32.8 (28.0–38.0)</td>
<td>32.2 (26.1–39.1)</td>
<td>33.7 (29.0–38.7)</td>
</tr>
</tbody>
</table>

¹ During the past 7 days. ² During the past 30 days.

3.4 Access and availability

Key findings

- A total of 63.1% of students who currently smoke cigarettes bought cigarettes from a shop or a street vendor or kiosk.
Among students who currently smoke cigarettes and who tried to buy cigarettes, 49.2% were not prevented from buying them because of their age.

15.2% of students can purchase tobacco/cigarettes near their school.

Table 7 shows the percentage distribution of current cigarette smokers by source of purchase of last cigarette. Overall, more than six out of every 10 current cigarette smokers (63.1%; 64.6% boys and 51.4% girls) bought cigarettes from a store, a shop, kiosk or street vendor. As many as 49.2% of the current cigarette smokers were not prevented from buying cigarettes despite being underaged. A 15.2% of current tobacco users reported that they can purchase tobacco/cigarettes near their school.

Table 7: Access to tobacco products among current cigarette smokers aged 13–15 years, by sex – GYTS Timor-Leste, 2019

<table>
<thead>
<tr>
<th>Indicators</th>
<th>Overall</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>Purchased from a store or shop¹</td>
<td>13.1 (7.3–22.4)</td>
<td>10.8 (5.8–19.2)</td>
<td>13.4 (6.1–27.0)</td>
</tr>
<tr>
<td>Purchased from a street vendor¹</td>
<td>5.4 (2.4–11.6)</td>
<td>4.2 (1.5–11.6)</td>
<td>10.1 (3.3–27.2)</td>
</tr>
<tr>
<td>Purchased from a kiosk¹</td>
<td>44.6 (36.1–53.4)</td>
<td>49.6 (39.9–59.4)</td>
<td>27.9 (13.0–50.0)</td>
</tr>
<tr>
<td>Got them from someone else¹</td>
<td>33.1 (23.8–43.9)</td>
<td>32.3 (23.7–42.2)</td>
<td>43.1 (27.1–60.7)</td>
</tr>
<tr>
<td>Got them some other way¹</td>
<td>3.9 (2.1–7.1)</td>
<td>3.1 (1.6–5.9)</td>
<td>5.5 (1.2–21.4)</td>
</tr>
<tr>
<td>Smokers who were not prevented from buying cigarettes because of their age²</td>
<td>49.2 (42.8–55.7)</td>
<td>46.3 (39.3–53.4)</td>
<td>–</td>
</tr>
<tr>
<td>Students who can purchase tobacco/cigarettes near their school</td>
<td>15.2 (12.3–18.7)</td>
<td>22.4 (17.1–28.9)</td>
<td>8.6* (6.9–10.8)</td>
</tr>
</tbody>
</table>

¹Outlet from which current cigarette smokers bought cigarettes the last time they smoked cigarettes in the past 30 days. ²Among those who tried to buy cigarettes during the past 30 days.

–Estimates based on unweighted cases less than 35 are not presented.
*Gender comparisons are significant at p<0.05.

Table 8 shows the unit of purchase of cigarettes among current cigarette smokers. A total of 46% of these students purchased cigarettes in a pack. However, more than two out of every 10 current cigarette smokers (21.3%) purchased cigarettes as individual sticks.
Table 8: Unit of purchase of cigarettes among current cigarette smokers aged 13–15 years, by sex – GYTS Timor-Leste, 2019

<table>
<thead>
<tr>
<th>Indicators</th>
<th>Overall</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>In % (95% CI)</td>
<td>In % (95% CI)</td>
<td>In % (95% CI)</td>
</tr>
<tr>
<td>Individual sticks</td>
<td>21.3 (13.1–32.7)</td>
<td>20.4 (12.2–32.2)</td>
<td>–</td>
</tr>
<tr>
<td>Pack</td>
<td>46.0 (35.3–57.0)</td>
<td>46.2 (35.5–57.3)</td>
<td>–</td>
</tr>
<tr>
<td>Carton</td>
<td>17.4 (10.2–28.2)</td>
<td>17.1 (10.2–27.2)</td>
<td>–</td>
</tr>
<tr>
<td>Rolls</td>
<td>13.5 (8.8–20.1)</td>
<td>14.2 (9.0–21.8)</td>
<td>–</td>
</tr>
<tr>
<td>Loose tobacco for hand-rolled cigarettes</td>
<td>1.7 (0.4–6.7)</td>
<td>2.1 (0.5–7.6)</td>
<td>–</td>
</tr>
</tbody>
</table>

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

–Estimates based on unweighted cases less than 35 are not presented.

3.5 Anti-tobacco messages and information

Key findings

- Around seven in 10 (70.3%) students noticed anti-tobacco messages in the media.
- Half (49.5%) of the students were taught in school about the dangers of tobacco use in the past 12 months.
- More than eight in 10 (83.4%) current smokers had noticed health warnings on cigarette packages.

Table 9 shows the extent to which students had noticed anti-tobacco messages in the media and other events in the past 30 days. Overall, 70.3% noticed such messages in the media in the past 30 days, while 57.7% of those who attended sporting or community events in the past 30 days noticed anti-tobacco information. About half of the students (49.5%) mentioned that they were taught about the dangers of tobacco use in the past 12 months in school.
Table 9: Exposure to anti-tobacco information among students aged 13–15 years, by sex – GYTS Timor-Leste, 2019

<table>
<thead>
<tr>
<th>Indicators</th>
<th>Overall</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>Noticed anti-tobacco messages in the media in the past 30 days</td>
<td>70.3 (65.6–74.6)</td>
<td>70.0 (63.5–75.7)</td>
<td>70.5 (66.0–74.6)</td>
</tr>
<tr>
<td>Noticed anti-tobacco messages at sporting or community events (among all students)</td>
<td>32.2 (27.9–36.8)</td>
<td>39.3 (33.5–45.4)</td>
<td>26.2 (22.2–30.6)</td>
</tr>
<tr>
<td>Noticed anti-tobacco messages at sporting or community events (among those who attended sporting or community events in the past 30 days)</td>
<td>57.7 (51.6–63.6)</td>
<td>62.3 (55.1–69.1)</td>
<td>52.4* (46.2–58.6)</td>
</tr>
<tr>
<td>Were taught in school about the dangers of tobacco use in the past 12 months</td>
<td>49.5 (43.6–55.3)</td>
<td>48.3 (41.7–55.0)</td>
<td>51.2 (45.3–57.1)</td>
</tr>
</tbody>
</table>

*Gender comparisons are significant at p<0.05.

Table 10 provides details of students who had noticed health warnings on cigarette packages. Among current smokers, more than eight in 10 (83.4%) noticed health warnings on cigarette packages and around six in 10 (67.1%) thought of quitting smoking because of the health warnings. More than four out of every 10 never smokers (40.8%) thought about not starting smoking because of the health warnings on cigarette packages.

Table 10: Exposure to health warnings on cigarette packages among current and never smokers aged 13–15 years, by sex – GYTS Timor-Leste, 2019

<table>
<thead>
<tr>
<th>Indicators</th>
<th>Overall</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current smokers who noticed health warnings on cigarette packages</td>
<td>83.4 (78.9–87.1)</td>
<td>83.6 (77.7–88.1)</td>
<td>82.3 (71.9–89.4)</td>
</tr>
<tr>
<td>Thought about quitting smoking because of health warnings on cigarette packages (among current smokers)</td>
<td>56.0 (47.1–64.5)</td>
<td>59.7 (49.8–68.8)</td>
<td>45.6 (31.5–60.3)</td>
</tr>
</tbody>
</table>
### Indicators

<table>
<thead>
<tr>
<th>Indicators</th>
<th>Overall</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thought about quitting smoking because of health warnings on cigarette</td>
<td>67.1 (58.0–75.1)</td>
<td>71.4 (62.3–79.1)</td>
<td>55.4 (39.7–70.1)</td>
</tr>
<tr>
<td>packages (among current smokers who noticed health warnings)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Never smokers who thought about not starting smoking because of health</td>
<td>40.8 (37.2–44.5)</td>
<td>44.1 (36.2–52.3)</td>
<td>38.9 (34.5–43.4)</td>
</tr>
<tr>
<td>warnings on cigarette packages</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1 In the past 30 days.

### 3.6 Tobacco advertising and promotion

**Key findings**

- More than six in 10 (66%) students noticed tobacco advertisements or promotions when visiting points of sale.
- More than two in 10 (21.2%) students had something with a tobacco brand logo on it.
- Around seven in 10 (69.2%) noticed anyone using tobacco when watching television, videos or movies.

Table 11 shows the details of students who noticed tobacco marketing. Among those who visited a point of sale in the past 30 days, as many as 66% of students noticed tobacco advertisements or promotions. Among those who watched television, videos or movies in the past 30 days, as many as 69.2% noticed anyone using tobacco on television, videos or movies. As many as 25.1% students had been offered free tobacco products by tobacco company representatives.
Table 11: Exposure to tobacco marketing and promotion among students aged 13–15 years, by sex–GYTS Timor-Leste, 2019

<table>
<thead>
<tr>
<th>Indicators</th>
<th>Overall</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>In % (95% CI)</td>
<td>(95% CI)</td>
<td>(95% CI)</td>
</tr>
<tr>
<td>Noticed tobacco advertisements or promotions at points of sale (among all students in the past 30 days)</td>
<td>47.8 (43.6–52.0)</td>
<td>44.0 (39.0–49.2)</td>
<td>50.6 (46.0–55.2)</td>
</tr>
<tr>
<td>Noticed tobacco advertisements or promotions at points of sale (among those who visited a point of sale in the past 30 days)</td>
<td>66.0 (61.8–70.0)</td>
<td>63.4 (55.3–70.8)</td>
<td>67.8 (63.4–72.0)</td>
</tr>
<tr>
<td>Noticed anyone using tobacco on television, videos, or movies (among all students in the past 30 days)</td>
<td>46.0 (39.8–52.3)</td>
<td>49.0 (41.5–56.6)</td>
<td>43.6 (38.3–49.1)</td>
</tr>
<tr>
<td>Noticed anyone using tobacco on television, videos, or movies (among those who watched television, videos, or movies in the past 30 days)</td>
<td>69.2 (63.6–74.3)</td>
<td>72.1 (64.0–78.9)</td>
<td>66.9 (61.5–71.9)</td>
</tr>
<tr>
<td>Ever offered a free tobacco product from a tobacco company representative</td>
<td>25.1 (22.1–28.4)</td>
<td>30.4 (25.4–36.1)</td>
<td>20.3* (16.9–24.1)</td>
</tr>
<tr>
<td>Owned something with a tobacco brand logo on it</td>
<td>21.2 (17.6–25.3)</td>
<td>25.6 (21.1–30.8)</td>
<td>17.3* (13.5–21.9)</td>
</tr>
<tr>
<td>Owned something with a tobacco brand logo on it or may in the future</td>
<td>46.3 (42.5–50.2)</td>
<td>46.9 (39.7–54.2)</td>
<td>46.2 (40.8–51.6)</td>
</tr>
</tbody>
</table>

*Gender comparisons are significant at p<0.05.

3.7 Knowledge, attitudes, perceptions and behaviour

Key findings

- Less than two out of every 10 (17.9%) students definitely thought that it is difficult to quit once someone starts smoking tobacco.
- Only two out of every 10 (21.4%) students definitely thought other people’s tobacco smoking is harmful to them.
- As many as 58.5% of students favoured prohibiting smoking inside enclosed public places.
Table 12 shows the level of knowledge and attitudes of students towards smoking and tobacco use. Overall, less than two out of every 10 (17.9%) students definitely thought that it is difficult to quit once someone starts smoking tobacco, and as many as 39.3% thought that smoking tobacco helps people feel more comfortable at celebrations, parties and social gatherings. In addition, only two out of every 10 (21.4%) students thought that tobacco smoking by other people was harmful to them and 59.2% were in favour of banning smoking at outdoor public places.

Table 12: Attitudes towards tobacco addiction, social smoking and SHS among students aged 13–15 years, by sex – GYTS Timor-Leste, 2019

<table>
<thead>
<tr>
<th>Indicators</th>
<th>Overall</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>Definitely thought it is difficult to quit once someone starts smoking</td>
<td>17.9 (15.0–21.2)</td>
<td>17.5 (13.9–21.8)</td>
<td>18.1 (14.5–22.4)</td>
</tr>
<tr>
<td>tobacco</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thought smoking tobacco helps people feel more comfortable at celebrations,</td>
<td>39.3 (36.3–42.5)</td>
<td>38.0 (33.8–42.4)</td>
<td>40.4 (36.2–44.7)</td>
</tr>
<tr>
<td>parties and social gatherings</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Definitely thought other people’s tobacco smoking is harmful to them</td>
<td>21.4 (17.3–26.1)</td>
<td>21.9 (16.9–27.8)</td>
<td>21.4 (16.7–26.9)</td>
</tr>
<tr>
<td>Favoured banning smoking inside enclosed public places</td>
<td>58.5 (53.5–63.4)</td>
<td>56.2 (49.7–62.4)</td>
<td>60.3 (55.1–65.4)</td>
</tr>
<tr>
<td>Favoured banning smoking from outdoor public places</td>
<td>59.2 (54.3–63.9)</td>
<td>58.7 (51.3–65.7)</td>
<td>59.0 (53.6–64.1)</td>
</tr>
</tbody>
</table>

4.1 Discussion of survey findings

Tobacco use

Tobacco use remains high among the youth in Timor-Leste, with around three out of every 10 students currently using tobacco products. The majority of tobacco users among youth smoked tobacco; however, a sizeable proportion (around 12% boys and 15% girls) consumed smokeless tobacco products. Notably, current use of smokeless tobacco was higher among girls than among boys.

Susceptibility to tobacco use among the youth remains a major concern. To put things in perspective, 43.6% students, who never consumed tobacco, were susceptible to tobacco use in the future. Also, 18.1% never smokers (22.9% boys and 15.8% girls) thought they may enjoy smoking a cigarette. The fact that a total of 13.2% students (13.7% boys and 8.8% girls) who had ever smoked cigarettes had tried their first cigarette before the age of 10 years should be an eye-opener for policy-makers and enforcement agencies alike.

Tobacco cessation

It is encouraging to note that more than seven out of 10 current smokers wanted to stop smoking right away and around 66% had tried to quit smoking in the past 12 months.

The fact that as many as 68.6% of current tobacco smokers thought that they would be able to stop using these products if they wanted to calls for providing support to them for quitting tobacco use. Understandably, among current tobacco smokers, 59.5% students showed signs of smoking dependence. It was striking to note that 37.2% of current tobacco smokers had ever received help/advice from a programme or professional to stop smoking. Thus, there is a pressing need to provide quality tobacco cessation services specifically aimed at youth, preferably in school settings.
**Exposure to SHS**

The survey reveals that as many as 71% of the students were exposed to SHS in enclosed public places and 63.1% were exposed to SHS in outdoor public places. In addition, about seven out of every 10 students (67.2%) were exposed to SHS at home and about 57.4% students were exposed to SHS inside the school building or outside on the school premises.

Exposure to tobacco smoke among youth inside any public transportation vehicles stands at 32.8%. This indicates that smoke-free regulations are not well implemented in Timor-Leste, and exposure to SHS remains a major concern among youth. Interestingly, only 21.4% of the students thought that tobacco smoking by other people is harmful to them and 59.2% were in favour of banning smoking from outdoor public places.

**Access and availability**

The findings of the survey indicate that youth have easy access to tobacco products. Around half of the smokers (49.2%) who bought cigarettes in a store were not refused purchase despite being underage. In addition, more than six out of 10 (63.1%) current cigarette smokers among students bought cigarettes from a shop or a street vendor or kiosk. Also, 21.3% of the current cigarette smokers were able to purchase cigarettes as individual sticks and 15.2% of the students could purchase tobacco/cigarettes near their school.

**Anti-tobacco messages and information**

Timor-Leste has a number of effective anti-tobacco communication initiatives in place, resulting in high exposure of students to anti-tobacco messages. Moreover, most schools teach students about the harmful effects of smoking. In addition, health warnings provided on tobacco products appear to have had a strong impact, resulting in a good proportion of current smokers getting encouraged to think about quitting and never smokers being discouraged from starting smoking.

**Tobacco advertising and promotion**

Aggressive tobacco advertisement and marketing are key deterrents of tobacco control. Youth are at a vulnerable age and could be easily lured by tobacco promotion. The findings show that a sizeable proportion of students had noticed someone using tobacco in the media, and more than six out of every 10 students (66%) had noticed tobacco advertising or promotion at the point of sale. Moreover, more than 25% of
the students had ever been offered a free tobacco product from a tobacco company representative and more than 21% students had something featuring a tobacco brand logo on it. This indicates that despite legal interventions, tobacco companies manage to find mechanisms to reach out and market tobacco products to the youth.

Knowledge, attitudes, perceptions and behaviour

As many as 39.3% of students thought that smoking tobacco helps people feel more comfortable at celebrations, parties and social gatherings. These perceptions among youth are incorrect and need to be rectified. As few as 17.9% of students definitely thought that it is difficult to quit once someone starts smoking tobacco. Only 21.4% of the students thought that tobacco smoking by other people is harmful to them and 58.5% were in favour of banning smoking inside enclosed public places.

4.2 Comparison with previous rounds of GYTS (2009–2019)

Tobacco use

Figures 1 to 5 depict the trends in prevalence of current use of various tobacco products among students aged 13–15 years in Timor-Leste based on the GYTS of 2009, 2013 and 2019.

**Fig. 1:** Prevalence of current tobacco use among students aged 13–15 years, by sex – GYTS Timor-Leste 2009, 2013 and 2019

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>GYTS 2009</td>
<td>31.1</td>
<td>39.7</td>
<td>23.8</td>
</tr>
<tr>
<td>GYTS 2013</td>
<td>42.4</td>
<td>65.5</td>
<td>23.9</td>
</tr>
<tr>
<td>GYTS 2019</td>
<td>30.9</td>
<td>42.0</td>
<td>20.9</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>GYTS 2009</th>
<th>GYTS 2013</th>
<th>GYTS 2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>31.1</td>
<td>42.4</td>
<td>30.9</td>
</tr>
<tr>
<td>Boys</td>
<td>39.7</td>
<td>65.5</td>
<td>42.0</td>
</tr>
<tr>
<td>Girls</td>
<td>23.8</td>
<td>23.9</td>
<td>20.9</td>
</tr>
</tbody>
</table>
The prevalence of current tobacco use among youth in Timor-Leste has decreased slightly from 31.1% in 2009 to 30.9% in 2019. This is mainly because of a decrease in the prevalence of current tobacco use among girls during this period (from 23.8% in 2009 to 20.9% in 2019). In fact, during the period 2009–2019, the prevalence of current tobacco use among boys actually increased from 39.7% to 42% – a relative increase of around 5.8%.

**Fig. 3:** Prevalence of current cigarette smokers among students aged 13–15 years, by sex – GYTS Timor-Leste 2009, 2013 and 2019
As is clear from Figures 3 and 4, the prevalence of current cigarette smoking among youth in Timor-Leste has decreased from 24.6% in 2009 to 20.4% in 2019 – a relative decrease of around 17.1%. Again, this is mainly on account of decrease in prevalence of current cigarette smoking among girls during this period (from 14.6% in 2009 to 6.4% in 2019). In fact, during the period 2009–2019, the prevalence of current cigarette smoking among boys slightly increased from 38.2% to 39.4%.

Figure 5 shows the trend in prevalence of current smokeless tobacco use among youth during the period 2013–2019. The prevalence of current smokeless tobacco use among youth in Timor-Leste increased drastically during the period 2013–2019, from 8.4% in 2013 to 13.9% in 2019 – a staggering relative increase of more than 65% in the last six years.
**Tobacco cessation**

Figures 6 to 8 depict the trends in various tobacco cessation behaviours and related determinants among students aged 13–15 years in Timor-Leste, based on GYTS of 2009, 2013 and 2019.

**Fig. 6:** Prevalence of tobacco smokers who tried to stop smoking in the past 12 months among students aged 13–15 years, by sex – GYTS Timor-Leste 2009, 2013 and 2019

**Fig. 7:** Prevalence of tobacco smokers who want to stop smoking now among students aged 13–15 years, by sex – GYTS Timor-Leste 2009, 2013 and 2019

**Fig. 8:** Prevalence of tobacco smokers who thought they would be able to stop smoking if they wanted to, among students aged 13–15 years, by sex – GYTS Timor-Leste 2009, 2013 and 2019
As these figures depict, there is a strong and consistent need for quality tobacco cessation services among current tobacco users/cigarette smokers in Timor-Leste. More than seven smokers out of every 10 would be potentially benefited from such services. The fact that a very large proportion of current tobacco smokers wrongly think that they would be able to stop smoking if they wanted to further underscores the need for quality tobacco cessation services in Timor-Leste that specifically targets youth and preferably in school settings.

**Exposure to SHS**

**Fig. 9:** Prevalence of exposure to tobacco smoke at home during the past seven days among students aged 13–15 years, by sex – GYTS Timor-Leste 2009, 2013 and 2019

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>GYTS 2009</td>
<td>59.4</td>
<td>66.7</td>
<td>52.1</td>
</tr>
<tr>
<td>GYTS 2013</td>
<td>66.0</td>
<td>69.6</td>
<td>62.1</td>
</tr>
<tr>
<td>GYTS 2019</td>
<td>67.2</td>
<td>68.4</td>
<td>66.1</td>
</tr>
</tbody>
</table>

**Fig. 10:** Prevalence of exposure to tobacco smoke in any enclosed public place during the past seven days among students aged 13–15 years, by sex – GYTS Timor-Leste 2009, 2013 and 2019

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>GYTS 2009</td>
<td>61.3</td>
<td>66.7</td>
<td>56.0</td>
</tr>
<tr>
<td>GYTS 2013</td>
<td>69.9</td>
<td>72.3</td>
<td>67.3</td>
</tr>
<tr>
<td>GYTS 2019</td>
<td>71.0</td>
<td>72.9</td>
<td>70.2</td>
</tr>
</tbody>
</table>

Figures 9 and 10 depict the trends in prevalence of exposure to SHS among youth in Timor-Leste based on GYTS of 2009, 2013 and 2019. It is a matter of great concern that exposure to SHS has consistently increased over the last 10 years. To put
things in perspective, as of 2019, more than seven out of every 10 students (71%) continue to be exposed to SHS in enclosed public places. Therefore, exposure to SHS remains a major concern among youth in Timor-Leste and rigorous enforcement of extant smoke-free regulations may be the best way forward for the country.

### Access and availability

**Fig. 11:** Prevalence of current cigarette smokers who bought from a shop or a street vendor among students aged 13–15 years, by sex – GYTS Timor-Leste 2009, 2013 and 2019

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>GYTS 2009</td>
<td>55.0</td>
<td>82.7</td>
<td>63.1</td>
</tr>
<tr>
<td>GYTS 2013</td>
<td>49.8</td>
<td>84.2</td>
<td>64.6</td>
</tr>
<tr>
<td>GYTS 2019</td>
<td>64.4</td>
<td>77.9</td>
<td>51.4</td>
</tr>
</tbody>
</table>

Fig. 11 depicts the trend in prevalence of current cigarette smokers among youth in Timor-Leste who bought cigarettes from a shop or a street vendor, based on GYTS of 2009, 2013 and 2019. It is worrisome to note that more than half of the current cigarette smokers among students are freely buying these products from the shops. Figure 12 corroborates this trend since about half the current cigarette smokers among those who tried to buy cigarettes during the past 30 days were not prevented from buying cigarettes because of their age.

**Fig. 12:** Prevalence of current cigarette smokers* who were not prevented from buying cigarettes because of their age among students aged 13–15 years, by sex – GYTS Timor-Leste 2009, 2013 and 2019 (*among those who tried to buy cigarettes during the past 30 days)

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>GYTS 2009</td>
<td>64.0</td>
<td>46.7</td>
<td>49.2</td>
</tr>
<tr>
<td>GYTS 2013</td>
<td>63.6</td>
<td>46.3</td>
<td>46.3</td>
</tr>
<tr>
<td>GYTS 2019</td>
<td>63.2</td>
<td>49.0</td>
<td>60.4</td>
</tr>
</tbody>
</table>
Tobacco advertising and promotion

Figures 13 to 15 depict the trend in the indicators and determinants related to tobacco advertisement and promotion among students aged 13–15 years in Timor-Leste based on GYTS of 2009, 2013 and 2019. Though the depiction of tobacco products on television, videos or in movies has decreased over the last decade, it still remains a public health malady with as many as 69.2% of youth in the country exposed to tobacco depiction on these entertainment media.

**Fig. 13:** Prevalence of students* aged 13–15 years who noticed anyone using tobacco on television, videos or in movies (*among those who watched television, videos or movies in the past 30 days), by sex – GYTS Timor-Leste 2009, 2013 and 2019

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>GYTS 2009</td>
<td>92.7</td>
<td>69.2</td>
<td>92.0</td>
</tr>
<tr>
<td>GYTS 2013</td>
<td>93.9</td>
<td>72.1</td>
<td>84.6</td>
</tr>
<tr>
<td>GYTS 2019</td>
<td>91.9</td>
<td>66.9</td>
<td></td>
</tr>
</tbody>
</table>

The prevalence of students who owned something with a tobacco brand logo on it remains high. Thus, tobacco advertising, promotion and sponsorship (TAPS) is a major threat to effective tobacco control in Timor-Leste.

**Fig. 14:** Prevalence of students aged 13–15 years who owned something with a tobacco brand logo on it, by sex – GYTS Timor-Leste 2009, 2013 and 2019

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>GYTS 2009</td>
<td>23.1</td>
<td>12.8</td>
<td>19.6</td>
</tr>
<tr>
<td>GYTS 2013</td>
<td>27.1</td>
<td>14.2</td>
<td>11.2</td>
</tr>
<tr>
<td>GYTS 2019</td>
<td>25.6</td>
<td>17.3</td>
<td></td>
</tr>
</tbody>
</table>
Fig. 15: Trend in prevalence of students aged 13–15 years who owned something with a tobacco brand logo on it, by sex – GYTS Timor-Leste (2009–2019)

Anti-tobacco messages and information

Figures 16 and 17 suggest that the prevalence of youth in Timor-Leste who had noticed tobacco control messages in the media or at sporting and community events has decreased over the period 2009–2019. There is a relative decrease of more than 15% (from 82.9% in 2009 to 70.3% in 2019) in the prevalence of students who had noticed anti-tobacco messages in the media in the past 30 days. Similarly, the prevalence of students who noticed anti-tobacco messages at sporting or community events in the past 30 days decreased from 69.2% in 2009 to 57.7% in 2019.

Fig. 16: Prevalence of students aged 13–15 years who noticed anti-tobacco messages in the media in the past 30 days, by sex – GYTS Timor-Leste 2009, 2013 and 2019
**Fig. 17:** Prevalence of students* aged 13–15 years who noticed anti-tobacco messages at sporting or community events
(*among those who attended sporting or community events in the past 30 days), by sex – GYTS Timor-Leste 2009, 2013 and 2019

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>GYTS 2009</td>
<td>69.2</td>
<td>53.2</td>
<td>57.7</td>
</tr>
<tr>
<td>GYTS 2013</td>
<td>67.8</td>
<td>51.0</td>
<td>62.3</td>
</tr>
<tr>
<td>GYTS 2019</td>
<td>69.8</td>
<td>56.3</td>
<td>52.4</td>
</tr>
</tbody>
</table>

**Knowledge, attitudes, perceptions and behaviour**

Figures 18 and 19 depict the trends in indicators and determinants related to knowledge, attitudes, perceptions and behaviour in respect of tobacco use among students aged 13–15 years in Timor-Leste based on GYTS of 2009, 2013 and 2019. The percentage of students who definitely thought other people’s tobacco smoking is harmful to them decreased from 34% in 2009 to 21.4% in 2019 – a substantial relative decrease of more than 37% (refer to Figure 18). The percentage of students who favoured banning smoking inside enclosed public places in Timor-Leste decreased from 56.6% in 2009 to 19.6% in 2013; however, it increased to 58.5% in 2019 (refer to Figure 19).

**Fig. 18:** Prevalence of students aged 13–15 years who definitely thought other people’s tobacco smoking is harmful to them, by sex – GYTS Timor-Leste 2009, 2013 and 2019

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>GYTS 2009</td>
<td>34.0</td>
<td>21.4</td>
<td></td>
</tr>
<tr>
<td>GYTS 2013</td>
<td>34.6</td>
<td>29.1</td>
<td>21.9</td>
</tr>
<tr>
<td>GYTS 2019</td>
<td>33.5</td>
<td>41.1</td>
<td>21.4</td>
</tr>
</tbody>
</table>
4.3 Relevance to the WHO FCTC

The results of GYTS strategically inform the implementation of various relevant provisions of the WHO FCTC and MPOWER measures as outlined below.

Monitor tobacco use

Timor-Leste has been consistently monitoring the prevalence of tobacco use among youth at regular intervals over the last two decades. The country has conducted the GYTS in the years 2006, 2009, 2013, and now in 2019. Information generated from these surveys is critical to assess the country’s progress towards tobacco control among the youth. In GYTS 2019, several country-specific questions such as those on the availability of tobacco/cigarettes near schools and exposure to tobacco smoke inside public transport had been included for the first time.

The trend analysis depicts that tobacco use remains high in Timor-Leste and youth start using tobacco at a very young age. Susceptibility of youth to tobacco use continues to remain a serious concern in the country. Smokeless tobacco use among youth should be an area of emerging concern for policy-makers in the country.

Protect people from tobacco smoke

The exposure to SHS among youth is high in the country. As of 2019, more than seven out of 10 students (71%) were exposed to SHS in enclosed public places and 63.1% of students were exposed to SHS at outdoor public places. More than half of the students (57.4%) had seen people smoking inside the school building or outside in the school premises. Exposure to tobacco smoke at home among youth stands
at 67.2%. Therefore, exposure to SHS remains a major concern among youth in Timor-Leste and strong enforcement of extant smoke-free regulations may be the best way forward for the country.

**Offer help to quit tobacco use**

GYTS 2019 shows that the majority of students who currently use tobacco are interested in quitting. In fact, trend analysis suggests that there has always been a strong and consistent need for quality tobacco cessation services among current tobacco users/cigarette smokers in Timor-Leste. More than seven smokers out of every 10 would be potentially benefitted from such services. The fact that a large proportion of current tobacco smokers mistakenly think that they would be able to stop using these tobacco products if they wanted to confounds the situation.

Tobacco cessation services, particularly at the population level aimed at youth, need to be strengthened across Timor-Leste. Nicotine replacement therapy should be made available in the public health system. A national tobacco cessation strategy should also be in place.

**Warn about the dangers of tobacco**

As per this survey, seven in 10 (70.3%) students noticed anti-tobacco messages in the media; around half (49.5%) of the students were taught in school about the dangers of tobacco use in the past 12 months; and about seven in 10 (67.1%) current tobacco smokers had thought about quitting because of a warning label on tobacco packs.

However, trend analysis presents a different picture. The prevalence of youth in Timor-Leste who noticed tobacco control messages in the media or at sporting and community events has decreased over the period 2009–2019. There is a relative decrease of more than 15% (from 82.9% in 2009 to 70.3% in 2019) in the prevalence of students who noticed anti-tobacco messages in the media in the past 30 days. It is imperative that effective tobacco control mass media national campaigns, primarily aimed at youth, are conducted and sustained.

**Enforce bans on tobacco advertising, promotion and sponsorship**

The GYTS data indicate high exposure of students to TAPS. Among those who visited a point of sale in the past 30 days, as many as 66% of students noticed tobacco advertisements or promotions. Among those who watched television, videos or movies in the past 30 days, as many as 69.2% noticed anyone using tobacco on
television, videos or movies. Out of every 100, more than 25 students (25.1%) had been offered free tobacco products by tobacco company representatives.

Robust implementation of tobacco control laws pertaining to the TAPS ban should be the way forward. There must be zero tolerance on any type of promotion – direct or indirect – by the tobacco industry.

Supply-side issues

This survey shows that tobacco products are easily available and accessible to youth in Timor-Leste. To put things in perspective, GYTS 2019 shows that as many as 15.2% surveyed students (22.4% boys and 8.6% girls) can purchase tobacco/cigarettes near their school.

More than six out of every 10 (63.1%) current cigarette smokers bought these tobacco products from a shop or a street vendor or kiosk. As many as 49.2% of the current cigarette smokers were not prevented from buying these tobacco products despite being underage. Thus, there is a pressing need to effectively implement the relevant provisions of the national tobacco control law and curtail access of tobacco products to youth in Timor-Leste.

4.4 Relevance to the country

The GYTS provides an excellent avenue for monitoring and guiding the implementation of tobacco control interventions, specifically aimed at youth, while also making them aligned with the relevant provisions and implementation guidelines of the WHO FCTC. The results of this survey must be widely disseminated and, ideally, leveraged to adopt and implement effective legislative, policy, regulatory and administrative measures for preventing and reducing tobacco consumption, nicotine addiction, and exposure to tobacco smoke among youth.

Many of the students who participated in this survey wanted to quit tobacco use (more than seven in 10 [73%] students who currently smoke tobacco wanted to stop smoking now). However, school health coordinators and teachers are not adequately trained in tobacco cessation counselling and related aspects in Timor-Leste. Also, there is a dearth of quality cessation services, especially at the population level, specifically targeted towards youth. Provisioning comprehensive quality cessation services, aiming at both smoking as well as smokeless tobacco addiction and preferably in school settings, should be a priority for Timor-Leste.
The evidence emerging out of this report suggests that tobacco use begins at an early age in most cases. Among ever cigarette smokers, around four out of 10 (37.8%) initiated smoking at the age of 12–13 years. Thus, effective tobacco control measures need to be instituted in school settings. It is immensely encouraging that around half of the surveyed students (49.5%) were taught about the dangers of tobacco use in the past 12 months in school. However, susceptibility to tobacco use among Timorese youth remains high. To put things in perspective, 43.6% students, who never consumed tobacco, were found susceptible to tobacco use in the future. Thus, a more holistic and institutionalized approach encompassing both the supply-and demand-side issues is the need of the hour.
5. CONCLUSIONS AND RECOMMENDATIONS

Nearly one and a half decades since Timor-Leste ratified the WHO Framework Convention on Tobacco Control on 22 December 2004, tobacco use prevalence among youth remains high across the country.

Based on the findings of GYTS 2019, some of the high-impact and achievable action points for effective tobacco control among Timorese youth to realize the dream of a truly tobacco-free society are enumerated below:

- Enhanced, comprehensive and sustained tobacco control implementation: At 22.5%, the prevalence of current tobacco smoking among youth in the country is the highest in the SEA Region. Thus, enhanced, effective and sustained implementation of relevant provisions of the WHO FCTC and national tobacco control laws, encompassing demand- as well as supply-side tobacco control measures, is the way forward. Also, it is imperative for Timor-Leste to take holistic and all-inclusive measures to mitigate tobacco use among youth. Apart from tobacco smoking, smokeless tobacco products and their consumption among youth is an emerging concern for the country. In fact, the prevalence of current smokeless tobacco use among youth in Timor-Leste increased drastically during the period 2013–2019, from 8.4% in 2013 to 13.9% in 2019, or a relative increase of more than 65%. Current use of smokeless tobacco was found higher among girls than among boys. Likewise, it is high time to consider youth as the prime target audience and roll out customized tobacco control measures tailored as per the specific needs of the tobacco-susceptible youth and children in the country.

- Renewed efforts to curb access of tobacco products to youth: Though Timor-Leste is not a major tobacco cultivator, supply-side tobacco control issues come into play considerably. Around half of the smokers (49.2%) who bought cigarettes in a store were not refused purchase despite being underaged. As many as 21.3% of the current cigarette smokers were able to purchase cigarettes as individual sticks and 15.2% of the students could purchase tobacco/cigarettes near their school. Thus, implementation of relevant provisions of the national tobacco control law to preclude access...
of tobacco products for youth should be a priority. Also, Timor-Leste should ratify the WHO FCTC’s Illicit Trade Protocol at the earliest as the issue of illicit tobacco trade is of immense significance in the context of effective tobacco control for the country.

- Effective implementation of smoke-free laws: GYTS 2019 found that as many as 71% students were exposed to SHS in enclosed public places and 63.1% of students were exposed to SHS at outdoor public places. This indicates that smoke-free regulations are not well implemented in Timor-Leste and exposure to SHS remains a major concern among youth.

- Accelerate implementation of efficient and quality tobacco cessation services: As per the survey, more than seven smokers out of every 10 would be potentially benefited from provisioning quality tobacco cessation services. The fact that a large number of current tobacco smokers (68.6%) wrongly think that they would be able to stop using these tobacco products if they wanted to further underscores the need to address this issue. Tobacco cessation services, particularly at the population level aimed at youth, need to be strengthened across Timor-Leste. Nicotine replacement therapy should be made available in the public health system. A national tobacco cessation strategy must be initiated. Emerging technologies such as mTobaccoCessation should be leveraged. Quality counselling services and brief practical advice should be made available in school settings.

- Complete and comprehensive TAPS ban: The GYTS data indicate high exposure of students to TAPS. Robust implementation of tobacco control laws pertaining to the ban on TAPS should be prioritized. There must also be zero tolerance for any type of promotion, both direct or indirect, by the tobacco industry of its products.

- Increased efforts to communicate tobacco health risks among youth: Trend analysis suggests that the number of youth in Timor-Leste who noticed tobacco control messages in the media or at sporting and community events have decreased over the period 2009–2019. In fact, there is a relative decrease of more than 15% (from 82.9% in 2009 to 70.3% in 2019) in the prevalence of students who noticed anti-tobacco messages in the media over the past 30 days. This is worrisome as susceptibility to tobacco use among youth is a major concern for the country. To put things in perspective, 43.6% students, who never consumed tobacco, were found susceptible to tobacco use in the future during the survey. Thus, it is imperative that effective mass media national campaigns on tobacco control, primarily aimed at the youth, are conducted and sustained.
Multistakeholder engagement for effective tobacco control governance in the country: It is essential to engage ALL stakeholders (all health and all relevant non-health government departments, nongovernment organizations, academia and the community including students, teachers and parents to name a few) in framing and implementing effective legislative, policy, regulatory and administrative tobacco control measures for preventing and reducing tobacco consumption, nicotine addiction, and exposure to tobacco smoke among Timorese youth.
6. BIBLIOGRAPHY


ANNEXES
ANNEXURE ONE

GYTS Timor-Leste 2019 questionnaire

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. ● B C D E F G H
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:

<table>
<thead>
<tr>
<th>Any Tobacco Use</th>
<th>Smoking Tobacco includes:</th>
<th>Smokeless Tobacco includes:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Cigarettes</td>
<td></td>
</tr>
<tr>
<td></td>
<td>— Manufactured cigarettes (LA, Marlboro, Surya, Dunhill, Joker,)</td>
<td>— Chewing tobacco</td>
</tr>
<tr>
<td></td>
<td>— Hand-rolled cigarettes</td>
<td>— Betel quid with tobacco</td>
</tr>
<tr>
<td></td>
<td>— Kretek cigarettes /Joker</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Other types of smoked tobacco:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>— Pipes</td>
<td></td>
</tr>
<tr>
<td></td>
<td>— Cigars, mini cigars/cigarillos</td>
<td></td>
</tr>
<tr>
<td></td>
<td>— Waterpipes/Kajumba</td>
<td></td>
</tr>
</tbody>
</table>
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. Grade 7 or Class 7
   b. Grade 8 or Class 8
   c. Grade 9 or Class 9
   d. Grade 10 or Class 10
   e. Grade 11 or Class 11

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 1 USD
   c. US$ 1
   d. US$ 2
   e. US$ 3
   f. US$ 4
   g. US$ 5

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. Have you ever tried or experimented with any form of smoked tobacco products other than cigarettes (such as pipes, cigars, mini cigars/cigarillos, and waterpipes/Kaijumba)?
    a. Yes
    b. No

11. During the past 30 days, did you use any form of smoked tobacco products other than cigarettes (such as pipes, cigars, mini cigars/cigarillos, and waterpipes/Kaijumba)?
    a. Yes
    b. No

12. 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
13. 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

14. 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

15. Have you ever tried or experimented with any form of smokeless tobacco products (such as Chewing tobacco and Betel quid with tobacco “moma no songue”)?
   a. Yes
   b. No

16. During the past 30 days, did you use any form of smokeless tobacco products (such as Chewing tobacco and Betel quid with tobacco “moma no songue”)?
   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. 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 a teacher or school counselor
   f. Yes, from programs or professionals and from friends, family members, teachers, or school counselors
   g. No

21. How easy or difficult would you find it to go without smoking for as long as a week?
   a. I do not smoke now
   b. Very difficult
   c. Fairly difficult
   d. Fairly easy
   e. Very easy

22. How easy or difficult would you find it to give up smoking altogether if you wanted to?
   a. I do not smoke now
   b. Very difficult
   c. Fairly difficult
   d. Fairly easy
   e. Very easy

23. How long ago did you stop smoking?
   a. I have never smoked
   b. I have not stopped smoking
   c. 1-3 months
   d. 4-6 months
   e. 7 months-One year
   f. More than one year

24. 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. School does not allow it
   h. Other (ban on smoking in public places, etc.)
25. When you stopped smoking, how did you feel about it?
   a. I have never smoked
   b. I have not stopped smoking
   c. It was very difficult
   d. It was rather difficult
   e. It was rather easy
   f. It was very easy

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

26. 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

27. How often do you see other people smoking in your home?
   a. Don’t have/don’t see this person
   b. About every day
   c. Sometimes
   d. Never

28. 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 as schools, shops, public transport, restaurants, shopping malls, airport, station and markets, and movie theaters)?
   a. 0 days
   b. 1 to 2 days
   c. 3 to 4 days
   d. 5 to 6 days
   e. 7 days

29. During the past 7 days, on how many days has anyone smoked in your presence, inside any public transportation vehicles, such as trains, buses, or taxicabs?
   a. I did not use public transportation during the past 7 days
   b. I used public transportation, but no one smoked in my presence
   c. 1 to 2 days
   d. 3 to 4 days
   e. 5 to 6 days
   f. 7 days
30. 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, beaches and stadium)?
   a. 0 days
   b. 1 to 2 days
   c. 3 to 4 days
   d. 5 to 6 days
   e. 7 days

31. During the past 30 days, did you see anyone smoke inside the school building or outside on school property?
   a. Yes
   b. No

32. Do you think the smoke from other people’s tobacco smoking is harmful to you?
   a. Definitely not
   b. Probably not
   c. Probably yes
   d. Definitely yes

33. Are you in favor of banning smoking inside enclosed public places (such as schools, shops, restaurants, shopping malls, airport, movie theaters, stations and markets)?
   a. Yes
   b. No

34. Are you in favor of banning smoking at outdoor public places (such as playgrounds, sidewalks, entrances to buildings, parks, beaches and stadium)
   a. Yes
   b. No

The next questions ask about getting cigarettes.

35. The last time you smoked cigarettes during the past 30 days, how did you get them?
   (SELECT ONLY ONE RESPONSE)
   a. I did not smoke any cigarettes during the past 30 days
   b. I bought them in a store or shop
   c. I bought them from a street vendor
   d. I bought them at a small shop (kiosk)
   e. I got them from someone else
   f. I got them some other way

36. During the past 30 days, did anyone refuse to sell you cigarettes because of your age?
   a. I did not try to buy cigarettes during the past 30 days
   b. Yes, someone refused to sell me cigarettes because of my age
   c. No, my age did not keep me from buying cigarettes
37. The last time you bought cigarettes during the past 30 days, how did you buy them?
   a. I did not buy cigarettes during the past 30 days
   b. I bought them in a pack
   c. I bought individual sticks (singles)
   d. I bought them in a carton
   e. I bought them in rolls
   f. I bought tobacco and rolled my own

38. On average, how much do you think a pack of 20 cigarettes costs?
   a. US$ 1
   b. US$ 1.50
   c. US$ 2
   d. US$ 2.5
   e. US$ 3
   f. US$ 3.5
   g. US$ 4 or more
   h. I don’t know

39. Can you purchase tobacco/cigarettes near your school?
   a. Yes
   b. No
   c. 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).

40. 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

41. During the past 30 days, how many anti-smoking media messages have you seen on television?
   a. A lot
   b. A few
   c. None
   d. don’t know

42. 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
43. 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

44. 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).

45. 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

46. During the past 30 days, did you see any tobacco product brand names when you watched sports events or any other programs on TV?
   a. I did not watch TV in the past 30 days
   b. Yes
   c. No
   d. Don’t know

47. During the past 30 days, did you see any advertisements or promotions for tobacco products at points of sale (such as stores, shops, kiosks, etc.)?
   a. I did not visit any points of sale in the past 30 days
   b. Yes
   c. No

48. 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

49. Do you have something (for example, t-shirt, pen, backpack) with a tobacco product brand logo on it?
   a. Yes
   b. No

50. Has anyone working for a tobacco company ever offered you a free tobacco product?
   a. Yes
   b. No
The next questions ask about your attitudes and beliefs about using tobacco.

51. 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

52. At any time 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

53. 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

54. 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

55. 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

56. Do your parents smoke tobacco?
   a. None
   b. Both
   c. Father only
   d. Mother only
   e. Don’t know

57. Do any of your close friend’s smoke tobacco?
   a. None of them
   b. Some of them
   c. Most of them
   d. All of them
58. About how many students in your grade smoke tobacco?
   a. Most of them
   b. About half of them
   c. Some of them
   d. None of them

59. Do you think smoking tobacco is harmful to your health?
   a. Definitely not
   b. Probably not
   c. Probably yes
   d. Definitely yes

60. Has anyone in your family discussed the harmful effects of smoking tobacco with you?
   a. Yes
   b. No

61. During the past 12 months, did you read in your school texts or books about the health effects of tobacco?
   a. Yes
   b. No
   c. I do not have school texts or books

62. Do you know smoke from other people’s smoking (second-hand smoke) is harmful to your health?
   a. Yes
   b. No

63. 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

64. 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
ANNEXURE TWO

GYTS Timor-Leste 2019 indicators

Core GYTS indicators

The core GYTS indicators are described in detail in this chapter. This includes the indicators provided in the GYTS factsheet and GYTS country report.

The GYTS factsheet is intended to provide an overview of the key findings and highlights of the survey for a broad audience. The GYTS country report provides an opportunity to examine the core indicators and other findings in more detail, and to describe the results in the context of each country’s unique tobacco control environment.

Tobacco use

Ever tobacco smokers

Indicator: Percentage of youth who ever smoked any tobacco product.

Numerator: Number of respondents who ever smoked cigarettes or other type of tobacco, even one or two puffs.

Denominator: Total number of respondents.

Ever cigarette smokers

Indicator: Percentage of youth who ever smoked cigarettes.

Numerator: Number of respondents who ever smoked cigarettes, even one or two puffs.

Denominator: Total number of respondents.

Ever smokers of other tobacco products

Indicator: Percentage of youth who ever smoked tobacco other than cigarettes.

Numerator: Number of respondents who ever smoked tobacco other than cigarettes, even one or two puffs.
Denominator: Total number of respondents.

**Ever smokeless tobacco users**
Indicator: Percentage of youth who ever used smokeless tobacco.

Numerator: Number of respondents who ever used (tried or experimented with) smokeless tobacco.

Denominator: Total number of respondents.

**Ever tobacco users**
Indicator: Percentage of youth who ever used any tobacco product.

Numerator: Number of respondents who ever smoked tobacco and/or used smokeless tobacco.

Denominator: Total number of respondents.

**Current tobacco smokers**
Indicator: Percentage of youth who currently smoke any tobacco product.

Numerator: Number of respondents who smoked cigarettes or other type of tobacco anytime during the past 30 days.

Denominator: Total number of respondents.

**Current cigarette smokers**
Indicator: Percentage of youth who currently smoke cigarettes.

Numerator: Number of respondents who smoked cigarettes anytime during the past 30 days.

Denominator: Total number of respondents.

**Frequent cigarette smokers**
Indicator: Percentage of youth who smoked cigarettes on 20 or more of the past 30 days.

Numerator: Number of respondents who smoked cigarettes on 20 or more of the past 30 days.

Denominator: Total number of respondents.
**Current smokers of other tobacco**

Indicator: Percentage of youth who currently smoke tobacco other than cigarettes.

Numerator: Number of respondents who smoked tobacco other than cigarettes anytime during the past 30 days.

Denominator: Total number of respondents.

**Current smokeless tobacco users**

Indicator: Percentage of youth who currently use smokeless tobacco.

Numerator: Number of respondents who used smokeless tobacco anytime during the past 30 days.

Denominator: Total number of respondents.

**Current tobacco users**

Indicator: Percentage of youth who currently use any tobacco product.

Numerator: Number of respondents who smoked cigarettes, smoked other type of tobacco, and/or used smokeless tobacco anytime during the past 30 days.

Denominator: Total number of respondents.

**Susceptibility to future tobacco use**

Indicator: Percentage of never tobacco users susceptible to tobacco use in the future.

Numerator: Number of respondents who have never used any tobacco product who answered: 1) “Definitely yes”, “Probably yes”, or “Probably not” to using tobacco if one of their best friends offered it to them, or 2) “Definitely yes”, “Probably yes”, or “Probably not” to using tobacco during the next 12 months.

Denominator: Number of never tobacco users.

**Susceptibility to cigarette smoking**

Indicator: Percentage of never smokers who think they might enjoy smoking a cigarette.

Numerator: Number of respondents who have never smoked tobacco and who strongly agree or agree with the statement “I think I may enjoy smoking a cigarette”.

Denominator: Number of never smokers.
**Number of cigarettes smoked per day**

Indicator: Percentage of current cigarette smokers who usually smoke [less than 1; 1; 2 to 5; 6 to 10; 11 to 20; more than 20] cigarettes per day, on the days they smoke.

Numerator: Number of current cigarette smokers who reported usually smoking [less than 1; 1; 2 to 5; 6 to 10; 11 to 20; more than 20] cigarettes per day on the days they smoked in the past 30 days.

Denominator: Number of current cigarette smokers.

**Age at initiation of cigarette smoking**

Indicator: Percentage of ever cigarette smokers who first tried a cigarette at the age of [7 or younger; 8 or 9; 10 or 11; 12 or 13; 14 or 15] years.

Numerator: Number of ever cigarette smokers who reported trying a cigarette at the age of [7 or younger; 8 or 9; 10 or 11; 12 or 13; 14 or 15] years.

Denominator: Number of ever cigarette smokers.

**Tobacco cessation**

**Smoking dependence**

Indicator: Percentage of current smokers who are showing signs of smoking dependence.

Numerator: Number of current smokers who sometimes or always smoke or feel like smoking tobacco first thing in the morning OR start to feel a strong desire to smoke again within one full day after quitting smoking.

Denominator: Number of current smokers.

**Attempt to stop using tobacco in the past 12 months**

Indicator: Percentage of current smokers/current smokeless tobacco users who tried to stop using these tobacco products during the past 12 months.

Numerator: Number of current smokers/current smokeless tobacco users who tried to stop using these tobacco products during the past 12 months.

Denominator: Number of current smokers/current smokeless tobacco users.
Desire to stop using tobacco
Indicator: Percentage of current smokers/current smokeless tobacco users who want to stop using these tobacco products.
Numerator: Number of current smokers/current smokeless tobacco users who want to stop using these tobacco products now.
Denominator: Number of current smokers/current smokeless tobacco users.

Ability to stop using tobacco
Indicator: Percentage of current smokers/current smokeless tobacco users who think they would be able to stop using these tobacco products.
Numerator: Number of current smokers/current smokeless tobacco products who think they would be able to stop using these tobacco products if they wanted to.
Denominator: Number of current smokers/current smokeless tobacco products.

Secondhand smoke

Exposure to secondhand smoke at home
Indicator: Percentage of youth who were exposed to tobacco smoke at home in the past seven days.
Numerator: Number of respondents who reported that smoking occurred in their presence inside their home on one or more days in the past seven days.
Denominator: Total number of respondents.

Exposure to secondhand smoke in enclosed public places
Indicator: Percentage of youth who were exposed to tobacco smoke in enclosed public places in the past seven days.
Numerator: Number of respondents who reported that smoking occurred in their presence in any enclosed public place other than their home (such as schools, shops, restaurants, shopping malls, and movie theatres) in the past seven days.
Denominator: Total number of respondents.
**Exposure to secondhand smoke at outdoor public places**

Indicator: Percentage of youth who were exposed to tobacco smoke at outdoor public places in the past seven days.

Numerator: Number of respondents who reported that smoking occurred in their presence at any outdoor public place other than their home (such as playgrounds, sidewalks, entrance of buildings, parks, and beaches) in the past seven days.

Denominator: Total number of respondents.

**Exposure to secondhand smoke at school**

Indicator: Percentage of youth who saw anyone smoking inside the school building or outside on school property in the past 30 days.

Numerator: Number of respondents who saw someone smoke inside the school building or outside on school property during the past 30 days.

Denominator: Total number of respondents.

**Access and Availability**

**Source for obtaining cigarettes**

Indicator: Percentage of current cigarette smokers/current smokeless tobacco users who last obtained these tobacco products from various sources in the past 30 days.

Numerator: Number of current cigarette smokers/current smokeless tobacco users who last obtained these tobacco products by [purchasing from a store or shop; purchasing from a street vendor; getting them from someone else; getting them some other way; getting from other’s house].

Denominator: Number of current cigarette smokers/current smokeless tobacco users.

**Obtained tobacco products through a person-to-person retail purchase**

Indicator: Percentage of current cigarette smokers/current smokeless tobacco users who last obtained these tobacco products by purchasing them from a store, shop, street vendor, or kiosk in the past 30 days.
Numerator: Number of current cigarette smokers/current smokeless tobacco users who last obtained these tobacco products by purchasing them from a store, shop, or street vendor in the past 30 days.

Denominator: Number of current cigarette smokers/current smokeless tobacco users.

Access to minors

Indicator: Percentage of current cigarette smokers/current smokeless tobacco users who were not prevented from buying these products in the past 30 days because of their age.

Numerator: Number of current cigarette smokers/current smokeless tobacco users who were not prevented from buying cigarettes in the past 30 days because of their age.

Denominator: Number of current cigarette smokers/current smokeless tobacco users who tried to buy cigarettes in the past 30 days.

Unit of purchased cigarettes

Indicator: Percentage of current cigarette smokers who last bought cigarettes as [individual sticks; packs, cartons; rolls; loose tobacco for hand-rolled cigarettes] in the past 30 days.

Numerator: Number of current cigarette smokers who last purchased cigarettes as [individual sticks; packs, cartons; rolls; loose tobacco for hand-rolled cigarettes] in the past 30 days.

Denominator: Number of current cigarette smokers.

Anti-tobacco messages and information

Exposed to anti-tobacco information in the media

Indicator: Percentage of youth who saw or heard any anti-tobacco messages in the media in the past 30 days.

Numerator: Number of respondents who saw or heard any anti-tobacco messages in the media (e.g. television, radio, internet, billboards, posters, newspapers, magazines, or movies) in the past 30 days.

Denominator: Total number of respondents.
Exposed to anti-tobacco messages at sporting or community events

Indicator: Percentage of youth who attended sporting or other community events in the past 30 days who saw or heard any anti-tobacco messages at the events.

Numerator: Number of respondents who saw or heard any anti-tobacco messages at sporting events, fairs, concerts, community events, or social gatherings in the past 30 days.

Denominator: Number of respondents who attended sporting or other community events in the past 30 days.

Exposed to anti-tobacco information at school

Indicator: Percentage of youth who were taught about the dangers of tobacco use in school during the past 12 months.

Numerator: Number of respondents who were taught in any classes at school about the dangers of tobacco use during the past 12 months.

Denominator: Total number of respondents.

Noticed health warnings on cigarette packages

Indicator: Percentage of current smokers who noticed health warnings on cigarette packages in the past 30 days.

Numerator: Number of current smokers who answered “Yes, but I didn’t think much of them,” or “Yes, and they led me to think about quitting smoking or not starting smoking” to seeing health warnings on cigarette packages in the past 30 days.

Denominator: Number of current smokers.

Thought about quitting smoking because of health warnings on cigarette packages

Indicator: Percentage of current smokers who noticed health warnings on cigarette packages in the past 30 days, and who thought about quitting smoking because of the health warnings.

Numerator: Number of current smokers who reported that seeing health warnings on cigarette packages in the past 30 days led them to think about quitting smoking.
Denominator: Number of current smokers who saw health warnings on cigarette packages in the past 30 days.

**Thought about not starting smoking because of health warnings on cigarette packages**

Indicator: Percentage of never smokers who thought about not starting smoking in the past 30 days because of health warnings on cigarette packages.

Numerator: Number of never smokers who reported that seeing health warnings on cigarette packages in the past 30 days led them to think about not starting smoking.

Denominator: Number of never smokers who saw health warnings on cigarette packages in the past 30 days.

**Tobacco advertising and promotion**

**Noticed tobacco advertisements or promotions at point of sale**

Indicator: Percentage of youth who visited points of sale in the past 30 days and who noticed any tobacco marketing at the points of sale.

Numerator: Number of respondents who saw any advertisements or promotions for tobacco products at point of sale (such as stores, shops, kiosks, etc.) in the past 30 days.

Denominator: Number of respondents who visited points of sale in the past 30 days.

**Noticed anyone using tobacco on television, videos, or movies**

Indicator: Percentage of youth who watched television, videos, or movies in the past 30 days who saw someone using tobacco on television, videos, or movies.

Numerator: Number of respondents who saw someone using tobacco on television, videos, or movies in the past 30 days.

Denominator: Number of respondents who watched television, videos, or movies in the past 30 days.

**Exposed to tobacco promotion**

Indicator: Percentage of youth who were ever offered a free tobacco product from a tobacco company representative.
Numerator: Number of respondents who were ever offered a free tobacco product from a tobacco company representative.

Denominator: Total number of respondents.

**Owned something with a tobacco brand logo**

Indicator: Percentage of youth who had something with a tobacco product brand logo on it.

Numerator: Number of respondents who had something (e.g. T-shirt, pen, backpack, etc.) with a tobacco product brand logo on it.

Denominator: Total number of respondents.

**High receptivity to tobacco marketing**

Indicator: Percentage of youth who owned something with a tobacco product brand logo or who might use or wear something that has a tobacco company or product name or picture on it.

Numerator: Number of respondents who owned something with a tobacco product brand logo on it or answered “Yes” or “Maybe” to would they 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, sunglasses, etc.).

Denominator: Total number of respondents.

**Knowledge, attitudes, perceptions and behaviour**

**Knowledge on tobacco addiction**

Indicator: Percentage of youth who definitely think that once someone starts smoking tobacco/using smokeless tobacco, it is difficult to quit.

Numerator: Number of respondents who answered “Definitely yes” to thinking that it would be difficult to quit smoking tobacco/using smokeless tobacco once someone starts using these tobacco products.

Denominator: Total number of respondents.

**Perceptions on tobacco availability (near school)**

Indicator: Percentage of youth who felt they can purchase tobacco products/cigarettes near their school.
Numerator: Number of respondents who felt they can purchase tobacco products/cigarettes near their school.

Denominator: Total number of respondents.

**Perceptions on smoking tobacco in social gatherings**

Indicator: Percentage of youth who think that smoking tobacco helps people feel more comfortable at celebrations, parties and other social gatherings.

Numerator: Number of respondents who think smoking tobacco helps people feel more comfortable at celebrations, parties or in other social gatherings.

Denominator: Total number of respondents.

**Knowledge on dangers of secondhand smoke**

Indicator: Percentage of youth who think other people’s tobacco smoking is harmful to them.

Numerator: Number of respondents who answered “Definitely yes” when asked if smoke from other people’s tobacco smoking is harmful to them.

Denominator: Total number of respondents.

**Attitudes towards banning smoking inside enclosed public places**

Indicator: Percentage of youth who are in favour of banning smoking in enclosed public places.

Numerator: Number of respondents who favour banning smoking in enclosed public places (such as schools, shops, restaurants, shopping malls and movie theatres).

Denominator: Total number of respondents.

**Attitudes towards banning smoking at outdoor public places**

Indicator: Percentage of youth who are in favour of banning smoking at outdoor public places.

Numerator: Number of respondents who favour banning smoking at outdoor public places (such as playgrounds, sidewalks, entrances to buildings, parks and beaches).

Denominator: Total number of respondents.
ANNEXURE THREE

GYTS Timor-Leste 2019 factsheet
**GYTS Objectives**

The Global Youth Tobacco Survey (GYTS), a component of the Global Tobacco Surveillance System (GTSS), is a global standard for systematically monitoring youth tobacco use (smoking and smokeless) and tracking key tobacco control indicators. GYTS is a cross-sectional, nationally representative school-based survey of students in grades associated with ages 13 to 15 years. GYTS uses a standard core questionnaire, sample design, and data collection protocol. It assists countries in fulfilling their obligations under the World Health Organizations Framework Convention on Tobacco Control (WHO FCTC) to generate comparable data within and across countries. WHO has developed MPower, a technical package of selected demand reduction measures contained in the WHO FCTC.

**GYTS methodology**

GYTS uses a global standardized methodology that includes a two-stage sample design with schools selected with a probability proportional to enrollment size. The classes within selected schools are chosen randomly and all students in selected classes are eligible to participate in the survey. The survey uses a standard core questionnaire with a set of optional questions that countries can adapt to measure and track key tobacco control indicators. The questionnaire covers the following topics: tobacco use (smoking and smokeless), cessation, secondhand smoke (SHS), pre- and anti-tobacco media and advertising, access to and availability of tobacco products, and knowledge and attitudes regarding tobacco use. The questionnaire is self-administered, using scannable paper-based bubble sheets; and it is anonymous to ensure confidentiality.

In Timor-Leste, GYTS was conducted in 2019 by the National Health Institute, under the coordination of the Ministry of Health. The overall response rate was 83.7%. A total of 34,744 eligible students in grades 7-11 completed the survey, of which 16,53 were aged 13–15 years. Data are reported for students aged 13–15 years.

**GYTS highlights**

<table>
<thead>
<tr>
<th>TOBACCO USE</th>
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<tbody>
<tr>
<td>• 30.9% of students, 42.0% of boys, and 20.9% of girls currently used any tobacco products</td>
</tr>
<tr>
<td>• 22.5% of students, 37.0% of boys, and 9.9% of girls currently smoked tobacco</td>
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<tr>
<td>• 20.4% of students, 39.4% of boys, and 64.4% of girls currently smoked cigarettes</td>
</tr>
<tr>
<td>• 13.9% of students, 12.2% of boys, and 14.8% of girls currently used smokeless tobacco</td>
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<table>
<thead>
<tr>
<th>CESSATION</th>
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<tbody>
<tr>
<td>• Almost 7 in 10 (66.0%) students who currently smoke tobacco tried to stop smoking in the past 12 months</td>
</tr>
<tr>
<td>• More than 7 in 10 (73.0%) students who currently smoke tobacco wanted to stop smoking now</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>SECONDHAND SMOKE</th>
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</thead>
<tbody>
<tr>
<td>• 67.2% of students were exposed to tobacco smoke at home</td>
</tr>
<tr>
<td>• 71.0% of students were exposed to tobacco smoke inside enclosed public places</td>
</tr>
<tr>
<td>• 57.4% of students saw anyone smoking inside the school building or outside on school property</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>ACCESS &amp; AVAILABILITY</th>
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</thead>
<tbody>
<tr>
<td>• 63.1% of students who currently smoke cigarettes bought cigarettes from a store, shop, street vendor, or small shop (kiosk)</td>
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<tr>
<td>• Among students who currently smoke cigarettes who tried to buy cigarettes, 49.2% were not prevented from buying them because of their age</td>
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<tr>
<td>• 15.2% of students can purchase tobacco/cigarettes near their school</td>
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<thead>
<tr>
<th>MEDIA</th>
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<tbody>
<tr>
<td>• About 7 in 10 (70.3%) students noticed anti-tobacco messages in the media</td>
</tr>
<tr>
<td>• Almost 7 in 10 (66.0%) students noticed tobacco advertisements or promotions when visiting points of sale</td>
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<tr>
<td>• More than 2 in 10 (21.2%) students had something with a tobacco brand logo on it</td>
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<table>
<thead>
<tr>
<th>KNOWLEDGE &amp; ATTITUDES</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 21.4% of students definitely thought other people’s tobacco smoking is harmful to them</td>
</tr>
<tr>
<td>• 58.5% of students favored prohibiting smoking inside enclosed public places</td>
</tr>
</tbody>
</table>
TOBACCO USE

SMOKED TOBACCO

- Current tobacco smokers\(^1\): 22.5%
- Current cigarette smokers\(^2\): 20.4%
- Frequent cigarette smokers\(^3\): 1.6%
- Ever tobacco smokers\(^4\): 37.9%
- Ever cigarette smokers\(^5\): 33.3%
- Ever smokers of other tobacco\(^6\): 16.7%

- Current5 smokeless tobacco users\(^7\): 13.9%
- Ever smokeless tobacco users\(^7\): 24.5%
- Current5 any tobacco use (smoked and/or smokeless): 30.9%
- Current5 ever tobacco users\(^7\): 48.8%

SUSCEPTIBILITY

- Never tobacco users susceptible to tobacco use in the future\(^8\): 43.6%
- Never tobacco smokers who thought they may enjoy smoking a cigarette\(^9\): 18.1%

ACCESS & AVAILABILITY

- Current cigarette smokers who bought cigarettes from a store, shop, street vendor or small shop (kiosk)\(^10\): 63.1%
- Current cigarette smokers who were not prevented from buying cigarettes because of their age\(^11\): 49.2%
- Current cigarette smokers who bought cigarettes as individual sticks\(^12\): 21.3%
- Students who can purchase tobacco/cigaretes near their school: 15.2%

MEDIA

- Tobacco advertisements (overall\(^13\)): 66.0%
- Students who noticed tobacco advertisements or promotions at points of sale\(^14\): 69.2%
- Students who were ever offered a free tobacco product from a tobacco company representative: 25.1%
- Students who had something with a tobacco brand logo on it: 21.2%

KNOWLEDGE & ATTITUDES

- Students who definitely thought it is difficult to quit once someone starts smoking tobacco: 17.9%
- Students who thought smoking tobacco helps people feel more comfortable at celebrations, parties and social gatherings: 39.3%
- Students who were taught in school about the dangers of tobacco use in the past 12 months: 49.5%

**Current tobacco use among students aged 13–15 years, Timor-Leste, GYTS 2013 & 2019**

**CESSATION**

- Current tobacco smokers who tried to stop smoking in the past 12 months: 66.0%
- Current tobacco smokers who wanted to stop smoking now: 73.0%
- Current tobacco smokers who thought they would be able to stop smoking if they wanted to: 68.6%
- Current5 tobacco smokers who have ever received help/advice from a programme or professional to stop smoking: 37.2%

**SECONDHAND SMOKE**

- Exposure to tobacco smoke at home\(^16\): 67.2%
- Exposure to tobacco smoke inside any enclosed public place\(^17\): 71.0%
- Exposure to tobacco smoke at any outdoor public place\(^18\): 63.1%
- Exposure to tobacco smoke inside any public transportation vehicles\(^19\): 32.8%
- Students5 who saw anyone smoking inside the school building or outside on school property\(^20\): 57.4%

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\(^1\) Smoked cigarettes or other type of tobacco anytime during the past 30 days.
\(^2\) Smoked cigarettes anytime during the past 30 days.
\(^3\) Smoked tobacco 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 cigarettes or other type of 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.
\(^8\) Ever smoked tobacco other than cigarettes.
\(^9\) Ever used smokeless tobacco.
\(^10\) Smoked cigarettes, smoked other type of tobacco, and/or used smokeless tobacco anytime during the past 30 days.
\(^11\) Ever smoked tobacco and/or used smokeless tobacco.
\(^12\) Smokeless tobacco.
\(^13\) 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 “definitely yes,” “probably yes,” or “probably not” to using tobacco during the next 12 months.
\(^14\) Those who answered “Agree” or “Strongly Agree” to the statement: “I think I may enjoy smoking a cigarette.”
\(^15\) The past 7 days.
\(^16\) The past 30 days.
\(^17\) From which current cigarette smokers bought cigarettes last time they smoked cigarettes in the past 30 days.
\(^18\) Among those who tried to buy cigarettes during the past 30 days.
\(^19\) Among those who bought cigarettes during the past 30 days.
\(^20\) Among those who watched television, videos, or movies in the past 30 days.

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Last updated 15 May 2020