Global Youth Tobacco Survey (GYTS)

Maldives 2019
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Foreword by H.E. Minister of Education, Maldives

Tobacco use is prevalent in Maldivian society and various surveys have indicated the prevalence rate. It is important for programming needs and for monitoring the effectiveness of the existing programmes that we have the latest data on the use and consumption of all kinds of tobacco products to inform the planning process.

The Global Youth Tobacco Survey (GYTS) is a school-based survey designed to enhance the capacity to monitor tobacco use among youth (13–15-year-olds) and to guide the implementation and evaluation of tobacco prevention and control programmes. This is the third such survey. Over the years GYTS has served as a valuable data source and baseline for the effective implementation of the School Health Programme that was established within the Ministry of Education in May 1986.

The Ministry of Education undertook the implementation of GYTS in collaboration with the World Health Organization (WHO), the US Centers for Disease Control and Prevention (US CDC), and the Ministry of Health and Heath protection Agency (HPA) of Maldives. We acknowledge the technical support provided by these agencies, and the financial support provided by WHO. We also thank everyone who contributed to the successful implementation of the survey, especially the WHO Country Office for Maldives.

The challenge now is to develop effective programming for tobacco use control; and this can only be achieved through coordination and collaboration of all stakeholders. Control of tobacco use can only be effective if we can target key behaviours prevalent within society as changing behaviours embedded within societal norms and attitudes can be extremely difficult.

We at the Ministry of Education are committed towards tobacco use prevention programmes as the health of our nation and building citizens who follow lifestyles that contribute to the health of the individual is of utmost importance if we are to have a healthy, productive workforce contributing actively and substantially to nation-building.

Thank you

Ms Aishath Ali
H.E. Minister of Education
Government of the Republic of Maldives, Malé
Message from the Regional Director

Tobacco use has a major impact on public health and sustainable social and economic development across the world as well as in the WHO South-East Asia Region. For most tobacco users, tobacco dependence begins during childhood or adolescence, which is why the implementation of evidence-informed prevention approaches that mitigate the susceptibility of youth is one of the most powerful ways to achieve the tobacco-free future to which we strive.

To implement such measures, which are aligned with Article 20 of the WHO Framework Convention on Tobacco Control, countries must establish institutionalized mechanisms aimed at robust surveillance of the prevalence, patterns and determinants of tobacco consumption among the youth. The Government of Maldives is to be commended for consistently monitoring the prevalence of tobacco use among youth by conducting Global Youth Tobacco Surveys (GYTS) in 2004, 2007, 2011, and now in 2019.

New tobacco products provide new challenges. To help address them, for the first time ever Maldives included the monitoring of electronic cigarette use among its youth in its 2019 survey, in addition to specific questions on the age of initiation of smokeless tobacco use, gudguda smoking, smokeless tobacco cessation and accessibility to smokeless tobacco products. Obtaining strong data on these and other areas of tobacco use among youth is crucial given the anecdotal evidence on the rising popularity of smokeless tobacco products, including arecanut, and gudguda smoking.

I am certain that the data, trends and policy recommendations highlighted in this survey will help Maldives sustain and accelerate progress on reducing tobacco use among youth, which will in turn help it achieve a tobacco-free future that is healthier and more sustainable in all sectors of social and economic development. WHO will continue to provide Maldives its full support as together we strive to achieve a tobacco-free Maldives, a tobacco-free Region, and a tobacco-free world.

Dr Poonam Khetrapal Singh
Regional Director
WHO South-East Asia
The Report of the Global Youth Tobacco Survey (GYTS) Maldives 2019 is developed by the Tobacco Free Initiative of the WHO Regional Office for South-East Asia under the overall guidance of Dr Thushara Iraj Indranath Fernando, Acting Director for Noncommunicable Diseases, and Dr Jagdish Kaur, Regional Adviser for Tobacco Control. Dr Arvind V. Rinkoo, Regional Data Coordinator, provided technical support for the report.

The GYTS Maldives 2019 was conducted by the Ministry of Education (MoE) in coordination with the Ministry of Health of the Government of Maldives.

In this regard, the overarching leadership of Ms Fathimath Azza, Director-General; Mr Hussain Rasheed Moosa, Deputy Director-General; Ms Sana Thaufeeq, Assistant Director; and Ms Shahula Wajeeh, Education Officer; of the Ministry of Education, is sincerely acknowledged.

The technical guidance of Dr Arvind Mathur, WHO Representative to Maldives, and coordinating support of Dr Shushil Pant, Medical Officer; and Ms Fathimath Hudha, National Professional Officer with the WHO Country Office for Maldives, is duly acknowledged.

The survey was conducted with technical and financial support of the United States Centers for Disease Control and Prevention (US CDC), Atlanta, USA.
LIST OF ACRONYMS

(US) CDC: (US) Centers for Disease Control and Prevention, Atlanta
CI: confidence interval
(WHO) FCTC: (WHO) Framework Convention on Tobacco Control
GYTS: Global Youth Tobacco Survey
IARC: International Agency for Cancer Research
LMIC: low- and middle-income countries
MPOWER: A package of six evidence-based tobacco demand reduction measures
SEA: South-East Asia
SHS: secondhand smoke
TAPS: tobacco advertising, promotion and sponsorship
TFI: Tobacco-Free Initiative
WHO: World Health Organization
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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. Apart from the standard GYTS questions, several country-specific questions were included in the GYTS Maldives 2019 questionnaire, especially on electronic cigarettes, and additional specific questions on smokeless tobacco consumption.

GYTS uses a global standardized methodology that includes a two-stage sample design. In Maldives, GYTS was conducted in 2019 by the Ministry of Education, under the coordination of the Ministry of Health. The overall response rate was 70%. A total of 4799 eligible students in grades 7–12 completed the survey, of which 2984 were aged 13–15 years. Data are reported for students aged 13–15 years.
Results

Tobacco use

Tobacco use remains high among youth in Maldives, with more than four out of 10 (45.7%) students currently using tobacco products. The majority of tobacco users among youth consumed smokeless tobacco products: 46.1% students currently consume smokeless tobacco products such as chewing tobacco, snuff, dip, supari, meeru bileygan’du and heera panna. In all, 8.3% of students were current tobacco smokers. The prevalence of current cigarette smoking was 4.7%. Shisha/gudguda smoking is becoming increasingly prevalent in Maldives with 3.1% students currently smoking these.

Susceptibility to tobacco use among youth appears worrisome. To put things in perspective, 18.7% students who had never consumed tobacco were found to be susceptible to tobacco use in the future. Also, 6.7% “never smokers” (5.7% boys and 7.5% girls) thought they may enjoy smoking a cigarette and 6.4% “never smokeless tobacco users” (6.2% boys and 6.5% girls) thought they may enjoy using smokeless tobacco. The fact that a total of 23.7% students (23.9% boys and 22% girls) who had “ever smoked” cigarettes, had tried their first cigarette before the age of 10 years should be an eyeopener for policy-makers and enforcement agencies alike.

In the case of smokeless tobacco, the numbers are even more alarming: a total of 46% students (48.6% boys and 43.4% girls) who were “ever smokeless tobacco users” had first tried smokeless tobacco before the age of 10 years. Among ever shisha/gudguda smokers, as many as 14.9% students (16% boys and 13% girls) first tried smoking gudguda before the age of 10 years.

Use of electronic cigarettes/E-cigarettes

This is the first instance in Maldives that GYTS has examined the use of electronic cigarettes among the youth. Unfortunately, the survey found that the consumption of these products is gaining momentum among youth in Maldives and thus needs to be addressed on priority. As many as 57% students (63.2% boys and 50.8% girls) had heard of electronic cigarettes or e-cigarettes. About 17.1% students (23.1% boys and 10.7% girls) had ever used electronic cigarettes.
Tobacco cessation

It is encouraging to note that 41.4% of current smokers wanted to stop smoking right away and 58.5% had tried to quit smoking in the past 12 months. Similarly, around 44.4% of current smokeless tobacco users wanted to stop using these products now and 40.1% students who currently consume smokeless tobacco actually tried to stop using it in the past 12 months.

Unfortunately, as many as 75.6% of current tobacco smokers thought that they would be able to stop smoking if they wanted to. Understandably, among current tobacco smokers, 68.9% students showed signs of smoking dependence. Notably, only 29.3% of current tobacco smokers and 24.2% of current smokeless tobacco users had ever received help/advice from a programme or professional to stop using these products. Thus, there is a pressing need to provide quality tobacco cessation services specifically aimed at youth, addressing both smoking as well as smokeless tobacco addiction.

Exposure to SHS

The survey reveals that just less than half of the students (47%) were exposed to secondhand smoke (SHS) in enclosed public places, and more than half (54.2%) of students were exposed to SHS at outdoor public places. Additionally, 36.4% students were exposed to SHS inside the school building or outside on the school premises. This indicates that smoke-free regulations are not well implemented in Maldives and exposure to SHS remains a major concern among youth. Interestingly, more than six out of 10 students (66.4%) thought that tobacco smoking by other people was harmful to them and 62% were in favour of banning smoking in outdoor public places.

Access and availability

The findings of the survey indicate that youth have easy access to tobacco products. More than half of the smokers (59.7%) who bought cigarettes in a store were not refused purchase despite being underage. In addition, 36.5% of current smokers among students bought cigarettes from a shop or a street vendor.

Additionally, as many as 39% of current smokers were able to purchase cigarettes in the form of individual sticks. Similarly, more than half of the current smokeless tobacco users (56.4%; 63.8% boys and 48.3% girls) bought smokeless tobacco from a shop or a street vendor. These findings indicate loopholes in law enforcement resulting in easy access to tobacco products for students.
Anti-tobacco messages and information

Anti-tobacco messages in the media were noticed by 60.3% of the students in the past 30 days. Most schools teach students about the harmful effects of smoking: 39.5% of the students were taught in school about the dangers of tobacco use in the past 12 months. Only 22.1% of current cigarette smokers had thought about quitting smoking because of the health warnings on cigarette packages. The corresponding figures among current smokeless tobacco users and current shisha/gudguda users were 18.7% and 17.4%, respectively.

Tobacco advertising and promotion

Aggressive tobacco advertisement and marketing are key deterrents of tobacco control. Youth are of a vulnerable age and could easily be lured by tobacco promotion. The findings show that a sizeable proportion (74.5%) of students had noticed someone using tobacco in the media, and 23.9% students had noticed tobacco advertising or promotion at the point of sale. Moreover, 11.7% students owned something with a tobacco brand logo on it. This indicates that despite legal interventions, tobacco companies manage to find ways and means to reach out and market tobacco products to the youth.

Knowledge, attitudes, perceptions and behaviour

As many as 17.4% 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 addressed. About 40.7% of students definitely thought that it is difficult to quit once someone starts smoking tobacco, and 32.3% of students thought that it is definitely difficult to quit once someone starts using smokeless tobacco.

More than six out of 10 students (66.4%) thought that tobacco smoking by other people is harmful to them and 62% were in favour of banning smoking in outdoor public places. As many as 20.1% of current cigarette smokers usually smoke at home whereas 4.5% of current cigarette smokers usually smoke in school. A total of 17.4% of current cigarette smokers reported usually smoking in a public place. Among current shisha/gudguda smokers, 24.9% usually smoke at home, 10.8% smoke in a coffee shop, 12.4% smoke in a restaurant and 8.3% smoke in a bar or club.
Trend analysis and discussions

Tobacco use

The prevalence of current tobacco use among youth in Maldives has increased from 5.9% in 2007 to 45.7% in 2019. The increase in prevalence of current tobacco use during this period among boys was from 8.5% in 2007 to 48% in 2019 and among girls was from 3.4% in 2007 to 43.2% in 2019. The prevalence of current cigarette smoking in Maldives among youth has increased from 3.8% in 2007 to 4.7% in 2019. Among boys, it has increased from 6.6% to 7.3% and among girls, it has increased from 0.9% to 1.8% during the period 2007–2019.

The prevalence of current smokeless tobacco use among youth in Maldives increased drastically from 6.2% in 2011 to 46.1% in 2019. The increase among boys was from 9.2% to 47.5% and among girls was from 2.9% to 44.6% during the period 2011–2019.

Susceptibility to tobacco use remains a serious concern in Maldives. As against 6.7% never tobacco users susceptible to tobacco use in 2007, 18.7% never tobacco users were found to be susceptible in 2019.

Tobacco cessation

Consistently over the years, a large number of current tobacco smokers would potentially benefit from quality tobacco cessation services in Maldives. 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 Maldives that specifically target youth in school settings.

Exposure to SHS

It is encouraging to note that exposure to SHS has consistently decreased over the years in Maldives. However, as of 2019, almost half of the students (47%) continue to be exposed to SHS in enclosed public places. Therefore, exposure to SHS remains a major concern among youth in Maldives and rigorous enforcement of extant smoke-free regulations may be the best way forward for the country.

Access and availability

Prevalence of current cigarette smokers who bought cigarettes from a shop or a street vendor increased from 34% in 2007 to 36.5% in 2019. On a positive note,
the percentage of current cigarette smokers who were not prevented from buying cigarettes because of their age decreased from 83.2% in 2007 to 59.7% in 2019. However, easy access to tobacco products among students remains a serious problem in Maldives.

**Tobacco advertising and promotion**

The prevalence of students who owned something with a tobacco brand logo on it increased from 8.1% in 2007 to 11.7% in 2019 – a relative increase of around 44%. Tobacco advertising, promotion and sponsorship (TAPS) remains a major threat to effective tobacco control in the country.

**Anti-tobacco messages and information**

The trend analysis suggests that the prevalence of youth in Maldives who noticed tobacco control messages in the media has substantially decreased over the period 2007–2019. There is a relative decrease of 33% (from 90% in 2007 to 60.3% in 2019) in the prevalence of students who noticed anti-tobacco messages in the media in the past 30 days. This is worrisome, particularly in the light of the fact that the prevalence of current tobacco use among youth in Maldives has increased drastically during the same period.

**Knowledge, attitudes, perceptions and behaviour**

The percentage of students who were taught in school about the dangers of tobacco use in the past 12 months decreased from 43.8% in 2007 to 39.5% in 2019. The trend in percentage of students who definitely thought that other people’s tobacco smoking is harmful to them decreased from 78% in 2007 to 66.4% in 2019. Likewise, the percentage of students who favoured banning smoking inside enclosed public places in Maldives has consistently decreased over the period from 90.5% in 2007 to 62.9% in 2019.

**Conclusions and recommendations**

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

- Enhanced, effective and sustained implementation of the relevant provisions of the WHO FCTC and national tobacco control laws, encompassing the
demand as well as the supply side tobacco control measures, should be the way forward.

- Apart from tobacco smoking, smokeless tobacco products and their consumption among youth should be a matter of utmost concern for the country. Likewise, it is time to consider youth as the prime target audience and roll out customized tobacco control measures tailored to the specific needs of tobacco-susceptible youth and children in the country.

- Though Maldives is not a tobacco cultivator, supply-side tobacco control issues very much come into play. Implementation of relevant provisions of the national tobacco control law need to be bolstered to preclude access to tobacco products for youth. Also, Maldives 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.

- Measures need to be taken to discourage the use of electronic cigarettes among youth.

- Tobacco cessation services, particularly at the population level aimed at youth, need to be strengthened across Maldives. A national tobacco cessation strategy must be in place. Emerging technologies such as mTobaccoCessation should be leveraged. Quality counselling services and brief advice should be made available in school settings.

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

- It is imperative that effective tobacco control mass media national campaigns, primarily aimed at youth, are conducted and sustained.

- It is essential to engage ALL stakeholders (all health and relevant non-health government departments, nongovernmental 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 to prevent and reduce tobacco consumption, nicotine addiction and exposure to tobacco smoke among youth in Maldives.
1. INTRODUCTION

Each year, tobacco use is responsible for approximately 8 million deaths worldwide, including 7 million deaths among persons who use tobacco and 1.2 million deaths among non-smokers exposed to secondhand smoke (SHS). 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.

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. To put things in perspective, approximately 80% of the 1.1 billion persons who smoke tobacco worldwide live in LMICs.

Every year in the WHO South-East Asia (SEA) Region, nearly 1.6 million persons die as a result of consuming tobacco products. There are about 237 million adult smokers in the Region, or one fifth of all smokers worldwide. Besides, the Region has by far the largest number of smokeless tobacco users (301 million), representing 82% of all users globally.

Markedly, young people in the Region have the highest prevalence of use of smokeless tobacco (7.3%) and the highest prevalence among both boys (9.5%) and girls (4.8%), globally. These users account for nearly 60% of all smokeless tobacco users aged 13–15 years in the world.

The Global Youth Tobacco Survey (GYTS) was developed by the Tobacco-Free Initiative (TFI) of the World Health Organization and the Office on Smoking and Health of the United States Centers for Disease Control and Prevention (CDC), Atlanta, United States of America, 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

Maldives is a Member State of the WHO South-East Asia Region.

Maldives, officially the Republic of Maldives, is a small island nation in South Asia, located in the Arabian Sea of the Indian Ocean. It lies southwest of Sri Lanka and India, about 1000 kilometres from the Asian continental mainland.

The demographics and related statistics of the country are as under:

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<tbody>
<tr>
<td>Total population (2016)</td>
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</tr>
<tr>
<td>Gross national income per capita (PPP international in US$, 2013)</td>
<td>9890</td>
</tr>
<tr>
<td>Life expectancy at birth m/f (years, 2016)</td>
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<tr>
<td>Probability of dying under five (per 1000 live births, 2018)</td>
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<td>Probability of dying between 15 and 60 years m/f (per 1000 population, 2016)</td>
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<td>Total expenditure on health per capita (US$, 2014)</td>
<td>1996</td>
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<tr>
<td>Total expenditure on health as % of GDP (2014)</td>
<td>13.7</td>
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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 had been 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.

Maldives had previously conducted three rounds of GYTS in 2004, 2007 and 2011. Therefore, GYTS 2019 is crucial to track 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 the country.

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

Tobacco control in Maldives is guided by the WHO FCTC, which the country ratified on 20 May 2004. Enacted in 2010, the Tobacco Control Act (Act No. 15 of 2010) is
the primary piece of legislation on tobacco control in Maldives. This Act regulates the import, export, wholesale and retail sale of tobacco products; regulates packaging and labelling of tobacco products; lays down a framework for taxation of tobacco products; and enumerates smoke-free places, health education and provision of cessation resources. The regulations for designating places where tobacco consumption is prohibited provide further details on smoke-free places.

Recently, regulation 2019/R158 on the “Packaging and labelling of tobacco products” sets out the requirements for packaging and labelling, with further details and illustrations about health warnings to be provided in the design and the layout requirements for such warnings.

1.5 Country-specific objectives

General objectives

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

Specific objectives

The specific objectives were to:

- assess the prevalence of tobacco use, including of smoked tobacco and smokeless tobacco, among students aged 13–15 years;
- assess exposure to SHS among youth;
- assess the effect of media on tobacco use among youth;
- explore attitudes towards and perceptions of youth regarding tobacco use; and
- track the progress on key indicators from GYTS 2007 to GYTS 2019, and to identify some of the high-impact and achievable action points for effective tobacco control among youth in Maldives.
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 Maldives is placed in Annexure 1. Apart from standard GYTS questions, several country-specific questions were included in the questionnaire, especially on electronic cigarettes and the consumption of smokeless tobacco. 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 12 that contained 40 or more students. Schools were selected with the probability 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 Maldives, GYTS was conducted in 2019 by the Ministry of Education, in coordination with the Ministry of Health. The overall response rate was 70% (refer to Table 1 for details). A total of 4799 eligible students in grades 7–12 completed the survey, of which 2984 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 Maldives 2019

<table>
<thead>
<tr>
<th></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>61</td>
</tr>
<tr>
<td>Number of participating schools</td>
<td>61</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>350</td>
</tr>
<tr>
<td>Number of participating classes</td>
<td>344</td>
</tr>
<tr>
<td>Class response rate</td>
<td>98.3%</td>
</tr>
<tr>
<td><strong>Student-level</strong></td>
<td></td>
</tr>
<tr>
<td>Number of sampled students</td>
<td>6737</td>
</tr>
<tr>
<td>Number of participating students</td>
<td>4799</td>
</tr>
<tr>
<td>Student response rate</td>
<td>71.2%</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 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 non-response. The weight used for estimation is given by:

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

where,

\[ W_1 = \text{the inverse of the probability of selecting the school.} \]
\[ W_2 = \text{the inverse of the probability of selecting the class within the school.} \]
\[ f_1 = \text{a school-level non-response adjustment factor calculated by school size category (small, medium, large).} \]
\[ f_2 = \text{a class adjustment factor calculated by school.} \]
\[ f_3 = \text{a student-level nonresponse adjustment factor calculated by class.} \]
\[ f_4 = \text{a post stratification adjustment factor calculated by gender and grade.} \]
The weighted results can be used to make important inferences concerning tobacco use risk behaviours of students in grades 7 to 12 in Maldives.

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

- 45.7% of students, 48% of boys and 43.2% of girls, currently used any tobacco products.
- 8.3% of students, 12% of boys and 4.4% of girls, currently smoked tobacco.
- 4.7% of students, 7.3% of boys and 1.8% of girls, currently smoked cigarettes.
- 3.1% of students, 4.2% of boys and 1.7% of girls, currently smoked shisha/gudguda.
- 46.1% of students, 47.5% of boys and 44.6% of girls, currently used smokeless tobacco.
- 23.7% of ever cigarette smokers tried their first cigarette before the age of 10 years.
- 46% of ever smokeless tobacco users first tried smokeless tobacco before the age of 10 years.
- 14.9% of ever shisha/gudguda smokers tried their first gudguda before the age of 10 years.

Current use

Overall, the prevalence of current tobacco use among students was 45.7%. Current tobacco use was higher among boys (48%) than girls (43.2%). In all, 8.3% of students were current tobacco smokers. The prevalence of current cigarette smoking was 4.7%. Notably, 46.1% students currently consume smokeless tobacco products such as chewing tobacco, snuff, dip, supari, meeru bileygan’du and heera panna. Like smoking, current smokeless tobacco use was higher among boys (47.5%) than girls (44.6%) (for details see Table 2).
**Ever use**

Overall, 63.4% of students had ever used tobacco products. Boys were more likely than girls to have ever used tobacco products (64.3% and 62.5% respectively). While 16.3% students reported that they had ever smoked cigarettes, 14.2% reported having ever smoked tobacco products other than cigarettes such as *bidi, shisha/gudguda*, etc. Markedly, 61.3% students had ever used smokeless tobacco products (for details see Table 2).

**Susceptibility to tobacco use**

Overall, 18.7% students, who never consumed tobacco, were susceptible to tobacco use in the future. Also, 6.7% never smokers (5.7% boys and 7.5% girls) thought they may enjoy smoking a cigarette and 6.4% never smokeless tobacco users (6.2% boys and 6.5% girls) thought they may enjoy using smokeless tobacco (for details see Table 2).

---

**Table 2.** Prevalence of tobacco use among students aged 13–15 years, by sex, GYTS Maldives 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><strong>Smoked tobacco</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Current tobacco smokers¹</td>
<td>8.3 (6.9–10.1)</td>
<td>12.0 (9.6–14.8)</td>
<td>4.4* (3.3–5.8)</td>
</tr>
<tr>
<td>Current cigarette smokers²</td>
<td>4.7 (3.6–6.3)</td>
<td>7.3 (5.4–9.9)</td>
<td>1.8* (1.2–2.7)</td>
</tr>
<tr>
<td>Frequent cigarette smokers³</td>
<td>1.4 (0.8–2.4)</td>
<td>2.3 (1.2–4.3)</td>
<td>0.3* (0.1–0.8)</td>
</tr>
<tr>
<td>Current smokers of other tobacco⁴</td>
<td>6.1 (5.0–7.6)</td>
<td>8.5 (6.6–11.0)</td>
<td>3.6* (2.7–5.0)</td>
</tr>
<tr>
<td>Current <em>shisha/gudguda</em> smokers⁴</td>
<td>3.1 (2.3–4.1)</td>
<td>4.2 (2.8–6.2)</td>
<td>1.7* (1.2–2.5)</td>
</tr>
<tr>
<td>Ever tobacco smokers⁵</td>
<td>22.1 (19.0–25.6)</td>
<td>28.8 (24.7–33.4)</td>
<td>15.1* (12.3–18.4)</td>
</tr>
<tr>
<td>Ever cigarette smokers⁶</td>
<td>16.3 (13.8–19.1)</td>
<td>22.7 (19.1–26.9)</td>
<td>9.6* (7.6–11.9)</td>
</tr>
<tr>
<td>Ever smokers of other tobacco⁷</td>
<td>14.2 (12.3–16.5)</td>
<td>18.3 (15.3–21.7)</td>
<td>10.0* (8.2–12.2)</td>
</tr>
<tr>
<td>Ever <em>gudguda</em> smokers⁷</td>
<td>12.9 (10.9–15.2)</td>
<td>16.9 (13.8–20.6)</td>
<td>8.6 (6.9–10.7)</td>
</tr>
<tr>
<td>Indicators</td>
<td>Overall</td>
<td>Boys</td>
<td>Girls</td>
</tr>
<tr>
<td>-----------------------------------------------------</td>
<td>-----------</td>
<td>-----------</td>
<td>-----------</td>
</tr>
<tr>
<td><strong>Smokeless tobacco</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Current smokeless tobacco users(^8)</td>
<td>46.1</td>
<td>47.5</td>
<td>44.6</td>
</tr>
<tr>
<td></td>
<td>(43.2–49.1)</td>
<td>(43.8–51.3)</td>
<td>(40.8–48.5)</td>
</tr>
<tr>
<td>Ever smokeless tobacco users(^9)</td>
<td>61.3</td>
<td>60.4</td>
<td>62.1</td>
</tr>
<tr>
<td></td>
<td>(58.1–64.4)</td>
<td>(56.3–64.4)</td>
<td>(58.5–65.6)</td>
</tr>
<tr>
<td><strong>Any tobacco use</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Current tobacco users(^10)</td>
<td>45.7</td>
<td>48.0</td>
<td>43.2*</td>
</tr>
<tr>
<td></td>
<td>(42.8–48.6)</td>
<td>(44.5–51.5)</td>
<td>(39.5–47.0)</td>
</tr>
<tr>
<td>Ever tobacco users(^11)</td>
<td>63.4</td>
<td>64.3</td>
<td>62.5</td>
</tr>
<tr>
<td></td>
<td>(60.1–66.7)</td>
<td>(60.0–68.4)</td>
<td>(58.8–66.1)</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</td>
<td>18.7</td>
<td>21.9</td>
<td>15.8*</td>
</tr>
<tr>
<td>the future(^12)</td>
<td>(16.0–21.8)</td>
<td>(17.7–26.9)</td>
<td>(12.4–19.8)</td>
</tr>
<tr>
<td>Never smokers who thought they may enjoy smoking a</td>
<td>6.7</td>
<td>5.7</td>
<td>7.5</td>
</tr>
<tr>
<td>cigarette(^13)</td>
<td>(5.4–8.2)</td>
<td>(4.2–7.7)</td>
<td>(5.7–9.7)</td>
</tr>
<tr>
<td>Never smokeless tobacco users who thought they may</td>
<td>6.4</td>
<td>6.2</td>
<td>6.5</td>
</tr>
<tr>
<td>enjoy using smokeless tobacco(^14)</td>
<td>(4.9–8.3)</td>
<td>(4.1–9.2)</td>
<td>(4.6–9.1)</td>
</tr>
</tbody>
</table>

\(^1\)Smoked cigarettes or other type of tobacco anytime during the past 30 days.  
\(^2\)Smoked cigarettes anytime during the past 30 days.  
\(^3\)Smoked cigarettes on 20 or more days of the past 30 days.  
\(^4\)Smoked tobacco other than cigarettes/gudguda 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/gudguda, 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”.  
\(^14\)Those who answered “Agree” or “Strongly agree” to the statement: “I think I might enjoy using smokeless tobacco”.  
*Gender comparisons are significant at p<0.05.
Number of cigarettes smoked per day/number of times smokeless tobacco is consumed per day

Among current cigarette smokers, more than 70% smoked one or more than one cigarette per day. A total of 27.6% of current cigarette smokers smoked less than one cigarette per day. Among current smokeless tobacco users, more than 60% consumed these products one or more than one time per day; and 38.9% of current smokeless tobacco users consumed these products less than one time per day (refer to Table 3 for details).

Table 3. Cigarettes smoked per day among current cigarette smokers/number of times smokeless tobacco is consumed per day among current smokeless tobacco users aged 13–15 years, by sex, GYTS Maldives 2019

<table>
<thead>
<tr>
<th>Number of cigarettes usually smoked</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>Less than 1 per day</td>
<td>27.6 (17.3–41.1)</td>
<td>29.0 (17.2–44.7)</td>
<td>–</td>
</tr>
<tr>
<td>1 per day</td>
<td>27.3 (20.1–35.9)</td>
<td>23.4 (16.0–32.8)</td>
<td>–</td>
</tr>
<tr>
<td>2 to 5 per day</td>
<td>24.6 (16.8–34.4)</td>
<td>23.9 (14.8–36.1)</td>
<td>–</td>
</tr>
<tr>
<td>6 to 10 per day</td>
<td>6.9 (3.4–13.3)</td>
<td>8.0 (3.5–17.1)</td>
<td>–</td>
</tr>
<tr>
<td>11 to 20 per day</td>
<td>0.8 (0.1–5.4)</td>
<td>0.0</td>
<td>–</td>
</tr>
<tr>
<td>More than 20 per day</td>
<td>12.9 (4.9–29.9)</td>
<td>15.7 (5.8–36.0)</td>
<td>–</td>
</tr>
</tbody>
</table>

Estimates based on unweighted cases less than 35 are not presented

<table>
<thead>
<tr>
<th>Times smokeless tobacco is consumed</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>Less than 1 time per day</td>
<td>38.9 (35.3–42.5)</td>
<td>31.4 (26.4–36.9)</td>
<td>47.2 (43.0–51.4)</td>
</tr>
<tr>
<td>1 time per day</td>
<td>16.4 (14.2–18.9)</td>
<td>16.3 (13.0–20.1)</td>
<td>16.4 (13.0–20.4)</td>
</tr>
<tr>
<td>2 to 5 times per day</td>
<td>29.4 (26.3–32.7)</td>
<td>33.0 (29.0–37.2)</td>
<td>25.4 (21.1–30.2)</td>
</tr>
<tr>
<td>6 to 10 times per day</td>
<td>7.2 (5.4–9.5)</td>
<td>8.1 (5.7–11.3)</td>
<td>6.4 (4.2–9.6)</td>
</tr>
<tr>
<td>11 to 20 times per day</td>
<td>3.2 (1.9–5.2)</td>
<td>4.0 (2.3–6.9)</td>
<td>2.4 (1.2–4.5)</td>
</tr>
<tr>
<td>More than 20 times per day</td>
<td>4.9 (4.0–6.0)</td>
<td>7.3 (5.6–9.5)</td>
<td>2.3 (1.3–4.0)</td>
</tr>
</tbody>
</table>
Age at initiation of tobacco use

Among ever cigarette smokers, more than four out of 10 (41%) initiated smoking at the age of 12–13 years. A total of 23.7% students (23.9% boys and 22% girls), who had ever smoked cigarettes, had tried their first cigarette before the age of 10 years (details are in Table 4).

Among ever smokeless tobacco users, as many as 25.9% students first tried smokeless tobacco at the age of 10–11 years. A total of 46% students (48.6% boys and 43.4% girls) who were ever smokeless tobacco users had first tried smokeless tobacco before the age of 10 years, as shown in Table 4.

In contrast, among ever gudguda users, as many as 14.9% students (16% boys and 13% girls) first tried smoking gudguda before the age of 10 years.

Table 4. Percentage of ever tobacco users by age at which they first tried a tobacco product, GYTS Maldives 2019

<table>
<thead>
<tr>
<th>Age at initiation of cigarette smoking</th>
<th>Overall</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>In % (95% CI)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7 years old or younger</td>
<td>11.6 (8.6–15.5)</td>
<td>11.7 (8.2–16.3)</td>
<td>11.5 (6.5–19.3)</td>
</tr>
<tr>
<td>8 or 9 years old</td>
<td>12.0 (8.5–16.8)</td>
<td>12.2 (8.3–17.7)</td>
<td>10.5 (5.9–17.8)</td>
</tr>
<tr>
<td>10 or 11 years old</td>
<td>14.5 (11.5–18.2)</td>
<td>15.4 (11.6–20.2)</td>
<td>12.6 (8.0–19.3)</td>
</tr>
<tr>
<td>12 or 13 years old</td>
<td>41.0 (35.0–47.3)</td>
<td>43.0 (36.7–49.6)</td>
<td>35.3 (25.5–46.4)</td>
</tr>
<tr>
<td>14 or 15 years old</td>
<td>20.8 (15.8–26.9)</td>
<td>17.6 (12.7–23.9)</td>
<td>30.2 (21.2–41.0)</td>
</tr>
</tbody>
</table>

| Age at initiation of smokeless tobacco use | Overall | Boys | Girls |
| In % (95% CI)                              |         |      |       |
| 7 years old or younger                     | 24.7 (22.0–27.6) | 25.7 (21.4–30.5) | 23.6 (19.7–28.0) |
| 8 or 9 years old                          | 21.3 (18.7–24.1) | 23.0 (18.9–27.6) | 19.8 (17.0–22.9) |
| 10 or 11 years old                        | 25.9 (23.5–28.5) | 25.2 (21.6–29.2) | 26.4 (23.2–29.9) |
| 12 or 13 years old                        | 22.3 (19.8–24.9) | 20.8 (18.0–23.8) | 24.0 (19.9–28.7) |
| 14 or 15 years old                        | 5.5 (4.2–7.2) | 5.1 (3.7–7.0) | 5.9 (4.0–8.7) |
3.2 Electronic cigarette use

Key findings

- 57.0% students had heard of electronic cigarettes or e-cigarettes.
- 17.1% students had ever used electronic cigarettes.

As many as 57% students (63.2% boys and 50.8% girls) had heard of electronic cigarettes or e-cigarettes. About 17.1% students (23.1% boys and 10.7% girls) had ever used electronic cigarettes.

3.3 Tobacco cessation

Key findings

- 58.5% students who currently smoke tobacco tried to stop smoking in the past 12 months.
- 41.4% students who currently smoke tobacco wanted to stop smoking now.
- Four in 10 (40.1%) students who currently consume smokeless tobacco tried to stop using it in the past 12 months.
- More than four in 10 (44.4%) current smokeless tobacco users wanted to stop using these products now.

Signs of smoking dependence

Among current tobacco smokers, 68.9% students showed signs of smoking dependence.

Cessation

A total of 58.5% students who currently smoke tobacco tried to stop smoking in the past 12 months. Likewise, 41.4% students who currently smoke tobacco wanted to stop smoking now. Notably, as many as 75.6% of current tobacco smokers thought that they would be able to stop smoking if they wanted to (refer to Table 5 for details).

A total of 40.1% students who currently consume smokeless tobacco tried to stop using it in the past 12 months. Also, around four in 10 (44.4%) current smokeless tobacco users wanted to stop using these products now. Notably, only 24.2% of current smokeless tobacco users had ever received help/advice from a programme or professional to stop using smokeless tobacco (refer to Table 5 for details).
**Table 5.** Indicators of tobacco cessation among current tobacco users aged 13–15 years, by sex, GYTS Maldives 2019

<table>
<thead>
<tr>
<th>Indicators</th>
<th>Overall In % (95% CI)</th>
<th>Boys In % (95% CI)</th>
<th>Girls In % (95% CI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tried to stop smoking in the past 12 months</td>
<td>58.5 (49.7–66.8)</td>
<td>62.5 (50.4–73.1)</td>
<td>47.3 (33.4–61.6)</td>
</tr>
<tr>
<td>Want to stop smoking now</td>
<td>41.4 (33.9–49.3)</td>
<td>42.9 (34.3–52.0)</td>
<td>–</td>
</tr>
<tr>
<td>Thought they would be able to stop smoking if they wanted to</td>
<td>75.6 (66.1–83.2)</td>
<td>77.2 (65.7–85.6)</td>
<td>72.8 (59.1–83.2)</td>
</tr>
<tr>
<td>Have ever received help/advice from a programme or professional to stop smoking</td>
<td>29.3 (22.2–37.5)</td>
<td>31.1 (23.6–39.7)</td>
<td>19.1 (10.1–33.2)</td>
</tr>
<tr>
<td>Tried to stop using smokeless tobacco in the past 12 months</td>
<td>40.1 (36.4–44.0)</td>
<td>36.8 (32.1–41.9)</td>
<td>43.9 (37.9–50.2)</td>
</tr>
<tr>
<td>Want to stop using smokeless tobacco now</td>
<td>44.4 (38.1–50.9)</td>
<td>41.5 (33.4–50.1)</td>
<td>48.1 (40.8–55.5)</td>
</tr>
<tr>
<td>Have ever received help/advice from a programme or professional to stop using smokeless tobacco</td>
<td>24.2 (20.6–28.1)</td>
<td>23.4 (18.8–28.9)</td>
<td>25.1 (21.1–29.5)</td>
</tr>
</tbody>
</table>

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

### 3.4 Exposure to SHS

**Key findings**

- About 24.9% of students were exposed to tobacco smoke at home.
- Overall 47% of students were exposed to tobacco smoke inside enclosed public places.

At home, 24.9% of students were exposed to SHS (23.3% of boys and 26.5% of girls). Just less than half of the students (47%) were exposed to SHS in enclosed public places and more than half (54.2%) of students were exposed to SHS in outdoor public places. A total of 36.4% students were exposed to SHS inside the school building or outside on the school premises (refer to Table 6 for details). Boys were more likely to be exposed to SHS than girls at school.
### Table 6. Exposure to tobacco smoke among students aged 13–15 years, by sex, GYTS Maldives 2019

<table>
<thead>
<tr>
<th>Indicators</th>
<th>Overall</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exposed to tobacco smoke at home¹</td>
<td>24.9 (22.4–27.5)</td>
<td>23.3 (20.0–27.0)</td>
<td>26.5 (23.8–29.4)</td>
</tr>
<tr>
<td>Exposed to tobacco smoke inside any enclosed public place¹</td>
<td>47.0 (44.5–49.5)</td>
<td>44.9 (41.5–48.3)</td>
<td>49.2* (46.1–52.2)</td>
</tr>
<tr>
<td>Exposed to tobacco smoke in any outdoor public place¹</td>
<td>54.2 (51.4–56.9)</td>
<td>52.1 (47.8–56.4)</td>
<td>56.3 (53.1–59.4)</td>
</tr>
<tr>
<td>Saw anyone smoking inside the school building or outside on school property²</td>
<td>36.4 (33.7–39.1)</td>
<td>39.0 (35.0–43.2)</td>
<td>33.4* (30.5–36.4)</td>
</tr>
</tbody>
</table>

¹During the past 7 days. ²During the past 30 days. *Gender comparisons are significant at p<0.05.

### 3.5 Access and availability

#### Key findings

- A total of 36.5% of students who currently smoke cigarettes bought cigarettes from a store, shop, street vendor or *gaadiyaa*.
- Among students who currently smoke cigarettes and who tried to buy them, 59.7% were not prevented from buying cigarettes because of their age.
- About 56.4% of current smokeless tobacco users bought smokeless tobacco from a store, shop or street vendor.

Table 7 shows the percentage distribution of current cigarette smokers by source of purchase of last cigarette. Overall, more than three out of 10 students (36.5%) bought cigarettes from a store, shop, street vendor or *gaadiyaa*. As many as 59.7% of current cigarette smokers were not prevented from buying them despite being underage.
**Table 7.** Access to tobacco products among current cigarette smokers aged 13–15 years, by sex, GYTS Maldives 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>Purchased from a store or shop</td>
<td>23.0 (15.9–32.0)</td>
<td>26.0 (17.4–36.9)</td>
<td>–</td>
</tr>
<tr>
<td>Purchased from a street vendor</td>
<td>7.6 (3.1–17.9)</td>
<td>9.0 (3.3–22.3)</td>
<td>–</td>
</tr>
<tr>
<td>Got them from someone else</td>
<td>37.8 (28.5–48.0)</td>
<td>33.1 (22.9–45.2)</td>
<td>–</td>
</tr>
<tr>
<td>Got them some other way</td>
<td>17.9 (11.8–26.3)</td>
<td>15.4 (8.4–26.6)</td>
<td>–</td>
</tr>
<tr>
<td>Purchased from a <em>gaadiyaa</em></td>
<td>5.8 (2.1–15.0)</td>
<td>7.6 (2.8–19.2)</td>
<td>–</td>
</tr>
<tr>
<td>Obtained from a peer</td>
<td>7.9 (3.7–16.0)</td>
<td>8.9 (3.8–19.4)</td>
<td>–</td>
</tr>
<tr>
<td>Smokers who were not prevented from buying</td>
<td>59.7 (46.5–71.7)</td>
<td>59.7 (43.3–74.2)</td>
<td>–</td>
</tr>
<tr>
<td>cigarettes because of their age</td>
<td></td>
<td></td>
<td></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.

Table 8 shows that more than half of the students (56.4%; 63.8% boys and 48.3% girls) bought smokeless tobacco from a store, shop or street vendor.

**Table 8.** Access to tobacco products among current smokeless tobacco users aged 13–15 years, by sex, GYTS Maldives 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>Purchased from a store, a shop or a street vendor</td>
<td>56.4 (52.1–60.6)</td>
<td>63.8 (57.7–69.5)</td>
<td>48.3 (42.7–54.0)</td>
</tr>
</tbody>
</table>

1Outlet from which current smokeless tobacco users bought smokeless tobacco the last time they consumed these in the past 30 days.
Table 9 shows the unit of purchase of cigarettes among current cigarette smokers. A total of 43.6% of these students purchased cigarettes in a pack. However, as many as 39% of current cigarette smokers purchased cigarettes in the form of individual sticks.

**Table 9.** Unit of purchase of cigarettes among current cigarette smokers aged 13–15 years, by sex, GYTS Maldives 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>Individual sticks</td>
<td>39.0 (29.0–50.1)</td>
<td>41.5 (31.1–52.7)</td>
<td>–</td>
</tr>
<tr>
<td>Pack</td>
<td>43.6 (32.0–56.0)</td>
<td>39.8 (27.6–53.4)</td>
<td>–</td>
</tr>
<tr>
<td>Carton</td>
<td>8.8 (2.8–24.5)</td>
<td>10.2 (3.2–27.7)</td>
<td>–</td>
</tr>
<tr>
<td>Rolls</td>
<td>2.6 (0.6–10.6)</td>
<td>1.5 (0.2–11.9)</td>
<td>–</td>
</tr>
<tr>
<td>Loose tobacco for hand-rolled cigarettes</td>
<td>6.1 (2.2–15.8)</td>
<td>7.0 (2.5–18.2)</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.

### 3.6 Anti-tobacco messages and information

**Key findings**

- Six in 10 (60.3%) students had noticed anti-tobacco messages in the media.
- Almost four in 10 (39.5%) students were taught in school about the dangers of tobacco use in the past 12 months.
- About 22.1% current cigarette smokers thought about quitting smoking because of health warnings on cigarette packages.
- Overall, 18.7% current smokeless tobacco users thought about quitting smokeless tobacco because of health warnings on smokeless tobacco packages.
- A total of 17.4% current *shisha/gudguda* smokers thought about quitting *shisha/gudguda* because of health warnings on *gudguda* packages.

Table 10 shows the extent to which students noticed anti-tobacco messages in the media and other events in the past 30 days. Overall, 60.3% noticed such messages...
in the media in the past 30 days, while 37.4% of those who attended sporting or community events in the past 30 days noticed anti-tobacco information. About four in 10 students (39.5%) mentioned that they were taught about the dangers of tobacco use in the past 12 months in school.

**Table 10.** Exposure to anti-tobacco information among students aged 13–15 years, by sex, GYTS Maldives 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>60.3 (57.7–62.8)</td>
<td>60.9 (57.2–64.5)</td>
<td>59.9 (56.8–62.9)</td>
</tr>
<tr>
<td>Noticed anti-tobacco messages at sporting or community events (among all students)</td>
<td>24.5 (22.3–26.8)</td>
<td>27.8 (24.5–31.4)</td>
<td>21.0 (18.4–23.8)</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>37.4 (33.9–41.1)</td>
<td>40.7 (35.5–46.1)</td>
<td>33.7* (30.0–37.6)</td>
</tr>
<tr>
<td>Were taught in school about the dangers of tobacco use in the past 12 months</td>
<td>39.5 (36.6–42.4)</td>
<td>39.8 (36.3–43.3)</td>
<td>39.6 (35.9–43.4)</td>
</tr>
</tbody>
</table>

*Gender comparisons are significant at p<0.05.

Table 11 provides details of students who noticed health warnings on cigarette packages. Among current smokers, more than seven in 10 (72.5%) noticed health warnings on cigarette packages. More than two in 10 (22.1%) of current cigarette smokers thought of quitting smoking because of the health warnings (the corresponding figures among current smokeless tobacco users and among current *shisha/gudguda* smokers were 18.7% and 17.4%, respectively). More than one third of the never smokers (36.2%) thought about not starting smoking because of the health warnings on cigarette packages.
Table 11. Exposure to health warnings on tobacco packages among current and never tobacco users aged 13–15 years, by sex, GYTS Maldives 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>Current smokers who noticed health warnings on cigarette packages</td>
<td>72.5 (64.1–79.6)</td>
<td>70.4 (61.2–78.2)</td>
<td>76.5 (63.9–85.6)</td>
</tr>
<tr>
<td>Thought about quitting smoking because of health warnings on cigarette packages (among current smokers)</td>
<td>22.1 (17.4–27.7)</td>
<td>22.3 (16.2–30.0)</td>
<td>19.7 (11.1–32.5)</td>
</tr>
<tr>
<td>Thought about quitting smoking because of health warnings on cigarette packages (among current smokers who noticed health warnings)</td>
<td>30.5 (24.2–37.6)</td>
<td>31.7 (23.4–41.4)</td>
<td>25.8 (14.8–40.9)</td>
</tr>
<tr>
<td>Never smokers who thought about not starting smoking because of health warnings on cigarette packages</td>
<td>36.2 (32.3–40.3)</td>
<td>40.5 (34.6–46.7)</td>
<td>31.9 (27.2–37.0)</td>
</tr>
<tr>
<td>Thought about quitting smokeless tobacco because of health warnings on smokeless tobacco packages (among current smokeless tobacco users)</td>
<td>18.7 (15.8–21.9)</td>
<td>19.3 (14.9–24.7)</td>
<td>18.2 (13.6–23.8)</td>
</tr>
<tr>
<td>Thought about quitting <em>shisha/gudguda</em> because of health warnings on <em>gudguda</em> packages (among current <em>shisha/gudguda</em> smokers)</td>
<td>17.4 (11.8–24.8)</td>
<td>13.9 (8.0–23.0)</td>
<td>27.4 (12.5–49.8)</td>
</tr>
</tbody>
</table>

1In the past 30 days.
3.7 Tobacco advertising and promotion

Key findings

- More than two in 10 (23.9%) students noticed tobacco advertisements or promotions when visiting points of sale.
- More than one in 10 (11.7%) students possessed something with a tobacco brand logo on it.
- More than seven in 10 (74.5%) noticed anyone using tobacco when watching television, videos or movies.

Table 12 shows the details of students who noticed tobacco marketing. Among those who visited a point of sale in the past 30 days, 23.9% of students had noticed tobacco advertisements or promotions. Among those who watched television, videos or movies in the past 30 days, as many as 74.5% of them had noticed anyone using tobacco on television, videos or movies. Out of 100, seven students (7%) had been offered free tobacco products by tobacco company representatives.

Table 12. Exposure to tobacco marketing and promotion among students aged 13–15 years, by sex, GYTS Maldives 2019

<table>
<thead>
<tr>
<th>Indicators</th>
<th>Overall In % (95% CI)</th>
<th>Boys In % (95% CI)</th>
<th>Girls In % (95% CI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Noticed tobacco advertisements or promotions at points of sale (among all students in the past 30 days)</td>
<td>17.1 (15.5–18.8)</td>
<td>17.8 (15.7–20.1)</td>
<td>16.6 (14.2–19.3)</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>23.9 (21.6–26.3)</td>
<td>24.0 (21.2–27.1)</td>
<td>23.9 (20.5–27.7)</td>
</tr>
<tr>
<td>Noticed anyone using tobacco on television, videos or movies (among all students in the past 30 days)</td>
<td>66.4 (63.9–68.8)</td>
<td>67.1 (63.5–70.5)</td>
<td>65.9 (63.1–68.6)</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>Noticed anyone using tobacco on television, videos or movies (among those who watched television, videos or movies in the past 30 days)</td>
<td>74.5 (71.7–77.1)</td>
<td>76.3 (72.4–79.9)</td>
<td>72.8 (69.8–75.5)</td>
</tr>
<tr>
<td>Ever offered a free tobacco product from a tobacco company representative</td>
<td>7.0 (5.9–8.2)</td>
<td>8.9 (7.1–11.0)</td>
<td>4.6* (3.6–5.8)</td>
</tr>
<tr>
<td>Owned something with a tobacco brand logo on it</td>
<td>11.7 (10.0–13.7)</td>
<td>15.7 (12.9–18.8)</td>
<td>7.6* (6.1–9.4)</td>
</tr>
<tr>
<td>Owned something with a tobacco brand logo on it or may in the future</td>
<td>27.3 (24.2–30.7)</td>
<td>28.8 (23.6–34.6)</td>
<td>26.0 (22.8–29.6)</td>
</tr>
</tbody>
</table>

*Gender comparisons are significant at p<0.05.

### 3.8 Knowledge, attitudes, perceptions and behaviour

#### Key findings

- Four in 10 (40.7%) students definitely thought that it is difficult to quit once someone starts smoking tobacco.
- More than three in 10 (32.3%) students definitely thought that it is difficult to quit once someone starts using smokeless tobacco products.
- Overall, 66.4% of students definitely thought other people’s tobacco smoking is harmful to them.
- About 62.9% of students favoured prohibiting smoking inside enclosed public places.

Table 13 shows the level of knowledge and attitude of students towards smoking and tobacco use. Overall, 40.7% of students definitely thought that it is difficult to quit once someone starts smoking tobacco, and 17.4% thought that smoking tobacco helps people feel more comfortable at celebrations, parties and social gatherings. In addition, more than six out of 10 students (66.4%) definitely thought that tobacco smoking by other people is harmful to them and 62% were in favour of banning smoking at outdoor public places.
**Table 13.** Attitudes towards tobacco addiction, social smoking and SHS among students aged 13–15 years, by sex, GYTS Maldives 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>Definitely thought it is difficult to quit once someone starts smoking tobacco</td>
<td>40.7 (38.2–43.4)</td>
<td>38.0 (35.1–41.1)</td>
<td>43.4* (39.9–47.0)</td>
</tr>
<tr>
<td>Definitely thought it is difficult to quit once someone starts using smokeless tobacco</td>
<td>32.3 (29.7–35.0)</td>
<td>30.5 (27.1–34.0)</td>
<td>34.2 (30.9–37.6)</td>
</tr>
<tr>
<td>Thought smoking tobacco helps people feel more comfortable at celebrations, parties and social gatherings</td>
<td>17.4 (15.4–19.6)</td>
<td>20.1 (16.9–23.6)</td>
<td>14.4* (12.4–16.7)</td>
</tr>
<tr>
<td>Definitely thought other people’s tobacco smoking is harmful to them</td>
<td>66.4 (63.8–69.0)</td>
<td>62.3 (58.6–65.8)</td>
<td>71.2* (68.1–74.1)</td>
</tr>
<tr>
<td>Favoured banning smoking inside enclosed public places</td>
<td>62.9 (59.4–66.3)</td>
<td>62.8 (58.5–66.8)</td>
<td>62.8 (58.7–66.8)</td>
</tr>
<tr>
<td>Favoured banning smoking from outdoor public places</td>
<td>62.0 (58.8–65.1)</td>
<td>61.9 (57.7–65.9)</td>
<td>62.0 (58.3–65.7)</td>
</tr>
</tbody>
</table>

*Gender comparisons are significant at p<0.05.

As many as 20.1% of current cigarette smokers usually smoke at home, whereas 4.5% of current cigarette smokers usually smoke in school. Overall 17.4% of current cigarette smokers usually smoke in a public place (refer to Table 14 for details).
Table 14. Percentage of current cigarette smokers aged 13–15 years by place where they usually smoke, GYTS Maldives 2019

<table>
<thead>
<tr>
<th>Place where they usually smoke</th>
<th>Overall In % (95% CI)</th>
<th>Boys In % (95% CI)</th>
<th>Girls In % (95% CI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>At home</td>
<td>20.1 (13.3–29.2)</td>
<td>16.4 (9.3–27.3)</td>
<td>29.8 (14.9–50.8)</td>
</tr>
<tr>
<td>In school</td>
<td>4.5 (1.8–10.6)</td>
<td>4.5 (1.5–12.9)</td>
<td>0</td>
</tr>
<tr>
<td>At work</td>
<td>0.7 (0.1–4.8)</td>
<td>0.9 (0.1–6.2)</td>
<td>0</td>
</tr>
<tr>
<td>At a friend’s house</td>
<td>6.5 (3.4–11.9)</td>
<td>3.5 (1.1–10.4)</td>
<td>20.1 (9.2–38.4)</td>
</tr>
<tr>
<td>During social events</td>
<td>5.4 (2.0–14.1)</td>
<td>7.0 (2.5–18.5)</td>
<td>0</td>
</tr>
<tr>
<td>In a public place</td>
<td>17.4 (11.7–25.0)</td>
<td>19.6 (13.0–28.6)</td>
<td>6.6 (1.5–24.3)</td>
</tr>
</tbody>
</table>

Among current *shisha/gudguda* smokers, 24.9% usually smoke at home, 10.8% smoke at a coffee shop, 12.4% smoke in a restaurant and 8.3% smoke in a bar or a club.

4.1 Discussion of survey findings

Tobacco use

Tobacco use remains high among the youth in Maldives, with more than four out of 10 (45.7%) students currently using tobacco products. The majority of tobacco users among youth consumed smokeless tobacco products – 47.5% of boys and 44.6% of girls are current users of smokeless tobacco products. *Shisha/gudguda* smoking is also prevalent in Maldives with 3.1% students currently smoking these.

Susceptibility to tobacco use among the youth appears worrisome. To put things in perspective, 18.7% students, who never consumed tobacco, were susceptible to tobacco use in the future. Also, 6.7% never smokers (5.7% boys and 7.5% girls) thought they may enjoy smoking a cigarette, and 6.4% never smokeless tobacco users (6.2% boys and 6.5% girls) thought they may enjoy using a smokeless tobacco product.

The fact that a total of 23.7% students (23.9% boys and 22% 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. In case of smokeless tobacco, the numbers are even more alarming: a total of 46% students (48.6% boys and 43.4% girls) who were ever smokeless tobacco users had first tried smokeless tobacco before the age of 10 years. Among ever *shisha/gudguda* smokers, as many as 14.9% students (16% boys and 13.0% girls) first tried smoking *gudguda* before the age of 10 years.

Electronic cigarette/e-cigarette use

This is the first instance in Maldives that GYTS has examined the use of electronic cigarettes among the youth. Unfortunately, the survey found that the consumption of these products is gaining momentum among youth in Maldives and thus needs

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1 The operational definition of smokeless tobacco use has changed in 2019
to be addressed on priority. As many as 57% students (63.2% boys and 50.8% girls) had heard of electronic cigarettes or e-cigarettes. Overall, 17.1% students (23.1% boys and 10.7% girls) had ever used electronic cigarettes.

**Tobacco cessation**

It is encouraging to note that 41.4% current smokers wanted to stop smoking right away and 58.5% had tried to quit smoking in the past 12 months. Similarly, around 44.4% current smokeless tobacco users wanted to stop using these products now and 40.1% students who currently consume smokeless tobacco actually tried to stop using it in the past 12 months.

Unfortunately, as many as 75.6% of current tobacco smokers thought that they would be able to stop smoking if they wanted to. Understandably, among current tobacco smokers, 68.9% students showed signs of smoking dependence. Notably, only 29.3% of current tobacco smokers and 24.2% of current smokeless tobacco users had ever received help/advice from a programme or professional to stop using these products. Thus, there is the pressing need to provide quality tobacco cessation services specifically aimed at youth, addressing both smoking as well as smokeless tobacco addiction.

**Exposure to SHS**

The survey reveals that just less than half of the students (47%) were exposed to SHS in enclosed public places and more than half (54.2%) were exposed to SHS at outdoor public places. Additionally, 36.4% students were exposed to SHS inside the school building or outside on the school premises.

This indicates that smoke-free regulations are not well implemented in Maldives and exposure to SHS among youth remains a major concern. Interestingly, more than six out of 10 students (66.4%) thought that tobacco smoking by other people is harmful to them and 62% were in favour of banning smoking at outdoor public places.

**Access and availability**

The findings of the survey indicate that youth have easy access to tobacco products. More than half of the smokers (59.7%) who bought cigarettes in a store were not refused purchase despite being underage. In addition, 36.5% of current smokers among students bought cigarettes from a shop or a street vendor.
Additionally, as many as 39% of current smokers were able to purchase cigarettes as individual sticks. Similarly, more than half of the current smokeless tobacco users (56.4%; 63.8% boys and 48.3% girls) bought smokeless tobacco from a shop or a street vendor. These findings indicate loopholes in law enforcement resulting in easy access to tobacco products for students.

**Anti-tobacco messages and information**

Maldives has a number of effective anti-tobacco communication initiatives in place, resulting in high exposure of students to anti-tobacco messages. Overall, 60.3% of the students had noticed anti-tobacco messages in the media in the past 30 days. Moreover, most schools teach students about the harmful effects of smoking.

In the past 12 months, 39.5% of the students were taught in school about the dangers of tobacco use. Only 22.1% current cigarette smokers thought about quitting smoking because of health warnings on cigarette packages. The corresponding figures among current smokeless tobacco users and current *shisha/gudguda* users were 18.7% and 17.4%, respectively.

**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 (74.5%) had noticed someone using tobacco in the media, and 23.9% students had noticed tobacco advertising or promotion at the point of sale. Moreover, 11.7% of students owned something with a tobacco brand logo. 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 17.4% 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. Additionally, 40.7% of students definitely thought that it is difficult to quit once someone starts smoking tobacco and 32.3% of students definitely thought that it is difficult to quit once someone starts using smokeless tobacco. More than six out of 10 students (66.4%) thought that tobacco smoking by other people is harmful to them and 62% were in favour of banning smoking at outdoor public places.
As many as 20.1% of current cigarette smokers usually smoke at home whereas 4.5% of current cigarette smokers usually smoke in school. Additionally, 17.4% of current cigarette smokers usually smoke in a public place. Among current shisha/gudguda smokers, 24.9% usually smoke at home, 10.8% smoke at coffee shops, 12.4% smoke in restaurants and 8.3% smoke at a bar or a club.

4.2 Comparison with previous rounds of GYTS (2007–2019)

Tobacco use

Figures 1 to 5 depict the trend in prevalence of current use of various tobacco products among students aged 13–15 years in Maldives based on the GYTS of 2007, 2011 and 2019.

**Figure 1:** Prevalence of current tobacco use among students aged 13–15 years, by sex, GYTS Maldives 2007, 2011 and 2019

![Bar chart showing prevalence of current tobacco use among students aged 13–15 years by sex, GYTS Maldives 2007, 2011, and 2019.]

**Figure 2:** Trend in prevalence of current tobacco use among students aged 13–15 years, by sex, GYTS Maldives (2007–2019)

![Line graph showing trend in prevalence of current tobacco use among students aged 13–15 years by sex, GYTS Maldives 2007–2019.]

The prevalence of current tobacco use among youth in Maldives has increased from 5.9% in 2007 to 45.7% in 2019. The increase in prevalence of current tobacco use during this period among boys was from 8.5% in 2007 to 48% in 2019 and among girls from 3.4% in 2007 to 43.2% in 2019.
As is clear from figures 3 and 4, the prevalence of current cigarette smoking in Maldives among youth has increased from 3.8% in 2007 to 4.7% in 2019. Among boys, it has increased from 6.6% to 7.3% and, among girls it has increased from 0.9% to 1.8% during the period 2007–2019.

As is clear from figures 3 and 4, the prevalence of current cigarette smoking in Maldives among youth has increased from 3.8% in 2007 to 4.7% in 2019. Among boys, it has increased from 6.6% to 7.3% and, among girls it has increased from 0.9% to 1.8% during the period 2007–2019.
Figure 5 shows the change in prevalence of current smokeless tobacco use among youth during the period 2011–2019. The prevalence of current smokeless tobacco use among youth in Maldives increased drastically during this period, from 6.2% in 2011 to 46.1% in 2019. The increase among boys was from 9.2% to 47.5%, and among girls was from 2.9% to 44.6%, during the period 2011–2019.

Susceptibility to tobacco use remains a serious concern in Maldives. As compared with 6.7% never tobacco users susceptible to tobacco use in 2007, 18.7% never tobacco users were found to be susceptible in 2019.

**Tobacco cessation**

Figure 6 depicts the trend in tobacco cessation behaviour among students aged 13–15 years in Maldives based on the GYTS of 2007, 2011 and 2019.

Figure 6: Prevalence of tobacco smokers who want to stop smoking now among students aged 13–15 years, by sex, GYTS Maldives 2007, 2011 and 2019

As the figure depicts, more than four out of every 10 current tobacco smokers would be potentially benefited from quality tobacco cessation services in Maldives. 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 Maldives that specifically target youth and are preferably in school settings.

**Exposure to SHS**

Figure 7: Prevalence of exposure to tobacco smoke at home during the past seven days among students aged 13–15 years, by sex, GYTS Maldives 2007, 2011 and 2019
**Figure 8:** 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 Maldives 2007, 2011 and 2019

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>GYTS 2007</td>
<td>68.0</td>
<td>70.6</td>
<td>65.4</td>
</tr>
<tr>
<td>GYTS 2011</td>
<td>43.0</td>
<td>50.7</td>
<td>44.9</td>
</tr>
<tr>
<td>GYTS 2019</td>
<td>47.0</td>
<td>34.8</td>
<td>49.2</td>
</tr>
</tbody>
</table>

Figures 7 and 8 depict the trend in prevalence of exposure to SHS among youth in Maldives based on the GYTS of 2007, 2011 and 2019. It is encouraging to note that the exposure to SHS has consistently decreased over the years.

However, as of 2019, nearly half the students (47%) continue to be exposed to SHS in enclosed public places. Therefore, exposure to SHS among youth in Maldives remains a major concern and rigorous enforcement of extant smoke-free regulations may be the best way forward for the country.

**Access and availability**

**Figure 9:** Prevalence of current cigarette smokers who bought from a shop or a street vendor among students aged 13–15 years, by sex, GYTS Maldives 2007, 2011 and 2019

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>GYTS 2007</td>
<td>34.0</td>
<td>38.4</td>
<td>23.5</td>
</tr>
<tr>
<td>GYTS 2011</td>
<td>34.0</td>
<td>38.9</td>
<td>19.2</td>
</tr>
<tr>
<td>GYTS 2019</td>
<td>36.5</td>
<td>42.6</td>
<td>18.7</td>
</tr>
</tbody>
</table>

Figures 9 and 10 depict the trend in prevalence of current cigarette smokers among youth in Maldives who bought cigarettes from a shop or a street vendor, based on the GYTS of 2007, 2011 and 2019. It is worrisome to note that more than one third of the current cigarette smokers among students are freely buying these products from the shops. Figure 11 corroborates this trend as more than half of the current cigarette smokers (59.7%) among those who tried to buy cigarettes during the past 30 days were not prevented from buying cigarettes because of their age.
**Figure 10:** Trend in prevalence of current cigarette smokers who bought from a shop or a street vendor among students aged 13–15 years, by sex, GYTS Maldives (2007–2019)

![Trend in prevalence of current cigarette smokers who bought from a shop or a street vendor among students aged 13–15 years, by sex, GYTS Maldives (2007–2019)](chart)

**Figure 11:** 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 Maldives 2007, 2011 and 2019 (*among those who tried to buy cigarettes during the past 30 days)

![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 Maldives 2007, 2011 and 2019 (*among those who tried to buy cigarettes during the past 30 days)](chart)

**Tobacco advertising and promotion**

Figures 12 and 13 depict the trend in the indicator related to tobacco advertisement and promotion among students aged 13–15 years in Maldives based on the GYTS of 2007, 2011 and 2019.

The prevalence of students who owned something with a tobacco brand logo on it increased from 8.1% in 2007 to 11.7% in 2019, a relative increase of around 44%. Tobacco advertising, promotion and sponsorship (TAPS) remains a major threat to effective tobacco control in Maldives.
Figure 12: Prevalence of students aged 13–15 years who owned something with a tobacco brand logo on it, by sex, GYTS Maldives 2007, 2011 and 2019

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>2007</td>
<td>8.1</td>
<td>10.0</td>
<td>6.4</td>
</tr>
<tr>
<td>2011</td>
<td>9.6</td>
<td>12.0</td>
<td>7.6</td>
</tr>
<tr>
<td>2019</td>
<td>15.7</td>
<td>11.7</td>
<td>7.6</td>
</tr>
</tbody>
</table>

Figure 13: Trend in prevalence of students aged 13–15 years who owned something with a tobacco brand logo on it, by sex, GYTS Maldives 2007, 2011 and 2019

Anti-tobacco messages and information

The trend analysis suggests that the prevalence of youth in Maldives who noticed tobacco control messages in the media has substantially decreased over the period 2007–2019. There is a relative decrease of 33% (from 90% in 2007 to 60.3% in 2019) in the prevalence of students who noticed anti-tobacco messages in the media in the past 30 days. This is worrisome, particularly due to the fact that the prevalence of current tobacco use among youth in Maldives has increased substantially during the same period.
**Figure 14:** Prevalence of students aged 13–15 years who noticed anti-tobacco messages in the media in the past 30 days, by sex, GYTS Maldives 2007, 2011 and 2019

![Graph showing prevalence of anti-tobacco messages noticed in media](image)

Knowledge, attitudes, perceptions and behaviour

Figures 15 to 18 depict the trend in indicators and determinants related to knowledge, attitudes, perceptions and behaviour in respect of tobacco use among the students aged 13–15 years in Maldives based on the GYTS of 2007, 2011 and 2019. The percentage of students who were taught in school about the dangers of tobacco use in the past 12 months decreased from 43.8% in 2007 to 39.5% in 2019 (refer to Figure 15).

The trend in percentage of students who definitely thought other people’s tobacco smoking is harmful to them decreased from 78% in 2007 to 66.4% in 2019. Likewise, the percentage of students who favoured banning smoking inside enclosed public places in Maldives has consistently decreased over the period from 90.5% in 2007 to 62.9% in 2019 (Figure 18).

**Figure 15:** Prevalence of students aged 13–15 years who were taught in school about the dangers of tobacco use in the past 12 months, by sex, GYTS Maldives 2007, 2011 and 2019

![Graph showing prevalence of school teaching](image)
**Figure 16:** Prevalence of students aged 13–15 years who definitely thought other people’s tobacco smoking is harmful to them, by sex, GYTS Maldives 2007, 2011 and 2019

**Figure 17:** Trend in prevalence of students aged 13–15 years who definitely thought other people’s tobacco smoking is harmful to them, by sex–GYTS Maldives 2007, 2011 and 2019

**Figure 18:** Prevalence of students aged 13–15 years who favoured banning smoking inside enclosed public places, by sex, GYTS Maldives 2007, 2011 and 2019
4.3 Relevance to the WHO FCTC

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

Monitor tobacco use

Maldives 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 2004, 2007, 2011 and now in 2019. Information generated from these surveys is critical to assess Maldives’s progress towards tobacco control among youth.

For the first time, GYTS 2019 examined the use of electronic cigarettes among the youth in the country. Also, several questions on smokeless tobacco products were asked for the first time in GYTS 2019 to comprehend the nature and drivers of the ongoing smokeless tobacco epidemic.

Tobacco use remains high among the youth in Maldives, with more than four out of 10 (45.7%) students currently using tobacco products. Susceptibility of youth to tobacco use continues to remain a serious concern in Maldives. Also, the survey found that the consumption of novel tobacco products (electronic cigarettes) is gaining momentum among youth in Maldives and thus needs to be addressed on priority. As many as 57% students (63.2% boys and 50.8% girls) had heard of electronic cigarettes or e-cigarettes. A total of 17.1% students (23.1% boys and 10.7% girls) are ever users of electronic cigarettes.

Protect people from tobacco smoke

Owing to the sustained efforts and commitment of the Government of Maldives, the exposure to SHS among youth has decreased over the years. However, as of 2019, almost half of the students (47%) continue to be exposed to SHS in enclosed public places. Therefore, exposure to SHS remains a major concern among youth in Maldives and strict 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 a large number of students who currently use tobacco are interested in quitting. The fact that a conspicuous proportion of current tobacco smokers and current smokeless tobacco users wrongly think that they would be able to stop using these tobacco products if they wanted to complicates the situation. Therefore, tobacco cessation services, particularly at the population level aimed at
youth, need to be strengthened across Maldives. Nicotine replacement therapy should be made available within the public health system. A national tobacco cessation strategy should also be in place. mTobaccoCessation should be leveraged to address the unmet needs of cessation support among youth in Maldives.

**Warn about the dangers of tobacco**

The trend analysis suggests that the prevalence of youth in Maldives who noticed tobacco control messages in the media has substantially decreased over the period 2007–2019. There is a relative decrease of 33% (from 90% in 2007 to 60.3% in 2019) in the prevalence of students who noticed anti-tobacco messages in the media in the past 30 days. This is worrisome, particularly since the prevalence of current tobacco use among youth in Maldives has increased substantially during the same period.

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

The GYTS data indicate that a sizeable proportion (74.5%) of students had noticed someone using tobacco in the media, and 23.9% students had noticed tobacco advertising or promotion at the point of sale. Moreover, 11.7% of the students owned something with a tobacco brand logo. This indicates that despite legal interventions, tobacco companies manage to find mechanisms to reach out and market tobacco products to the youth.

In fact, the prevalence of students who owned something with a tobacco brand logo printed on it increased from 8.1% in 2007 to 11.7% in 2019, a relative increase of around 44%. Tobacco advertising, promotion and sponsorship remains a major threat to effective tobacco control in Maldives. 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.

**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; however, school health coordinators and teachers in Maldives are not adequately trained in tobacco cessation counselling and its related aspects. Also, there is a shortage of quality cessation services, especially at the population level, that are specifically targeted towards youth. Provisioning comprehensive and quality cessation services, aiming at both smoking as well as smokeless tobacco addiction and preferably in school settings, should be a priority for the country.

The evidence emerging out of this report suggests that susceptibility to initiating tobacco use begins at an early age in most cases: a total of 23.7% students (23.9% boys and 22% girls) who had ever smoked cigarettes had tried their first cigarette before the age of 10 years. Furthermore, among the ever smokeless tobacco users, a total of 46% students (48.6% boys and 43.4% girls) had first tried smokeless tobacco before the age of 10 years. Thus, effective tobacco control measures need to be instituted in school settings.

The findings of the survey also indicate that youth have easy access to tobacco products in Maldives. More than half of the smokers (59.7%) who bought cigarettes in a store were not refused purchase despite being underage. Additionally, as many as 39% of current smokers were able to purchase cigarettes in the form of individual sticks.

Similarly, more than half of the current smokeless tobacco users (56.4%; 63.8% boys and 48.3% girls) bought smokeless tobacco from a shop or a street vendor. Thus, a more holistic and institutionalized approach towards tobacco control encompassing both the supply- and demand-side issues may be the need of the hour for the country.
5. CONCLUSIONS & RECOMMENDATIONS

Nearly one and a half decades since Maldives ratified the WHO Framework Convention on Tobacco Control (on 20 May 2004) and almost a decade since the country enacted the Tobacco Control Act (Act No. 15 of 2010), the tobacco use prevalence among youth remains high across the country.

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

- The prevalence of current tobacco use among youth in Maldives has increased from 5.9% in 2007 to 45.7% in 2019. Thus, enhanced, effective and sustained implementation of relevant provisions of the WHO FCTC and national tobacco control laws, encompassing the demand- as well as supply-side tobacco control measures, should be the way forward.

- It is crucial for Maldives to comprehend the issue of tobacco consumption en bloc in the national context and, thereafter, take holistic and all-inclusive measures to mitigate tobacco use among youth. Apart from tobacco smoking, smokeless tobacco products and their consumption among youth should be a matter of utmost concern for the country and its policy-makers. 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.

- Though Maldives is not a tobacco cultivator, supply-side tobacco control issues significantly come into play. Tobacco products are easily available and accessible to youth. Despite the ban on sales of tobacco products to minors, more than half of the smokers (59.7%) who bought cigarettes in a store were not refused purchase despite being underage. Implementation of relevant provisions of the national tobacco control law ought to be bolstered to preclude access of tobacco products to youth. Also, Maldives should ratify the WHO FCTC’s Illicit Trade Protocol at the earliest since the issue of illicit tobacco trade is of immense significance in the context of effective tobacco control for the country.
GYTS 2019 found that the consumption of electronic cigarettes is gaining momentum among youth in Maldives and thus needs to be addressed on a priority basis. As many as 57% students (63.2% boys and 50.8% girls) had heard of electronic cigarettes or e-cigarettes. Additionally, 17.1% students (23.1% boys and 10.7% girls) had ever used electronic cigarettes. Thus, measures need to be taken urgently to discourage the use of electronic cigarettes among youth.

As per the survey, a large number of students – girls and boys alike – would be potentially benefited from quality tobacco cessation services that address both smokeless and smoking tobacco addiction. The fact that a very large proportion of current tobacco smokers (75.6%) wrongly think that they would be able to stop using these tobacco products if they wanted to reiterates the immediate need to address this issue. Tobacco cessation services, particularly at the population level aimed at the youth, need to be strengthened across Maldives. Nicotine replacement therapy should be made available in the public health system. A national tobacco cessation strategy must be initiated and implemented. Emerging technologies such as mTobaccoCessation should be leveraged. Quality counselling services and brief practical advice should be made available in school settings.

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 for any type of promotion, both direct and indirect, by the tobacco industry of its products.

Trend analysis suggests that the prevalence of youth in Maldives who noticed tobacco control messages in the media has substantially decreased over the period 2007–2019. There is a relative decrease of 33% (from 90% in 2007 to 60.3% in 2019) in the prevalence of students who noticed anti-tobacco messages in the media in the past 30 days. This is worrisome, particularly in the light of the fact that the prevalence of current tobacco use among youth in Maldives increased during this period. It is therefore imperative that effective mass media national campaigns on tobacco control, primarily aimed at the youth, are conducted and sustained.

It is essential to engage ALL stakeholders (all health and all relevant non-health government departments, nongovernmental 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 youth in Maldives.
6. BIBLIOGRAPHY


ANNEXES
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>
</tr>
</thead>
<tbody>
<tr>
<td>Smoking Tobacco includes:</td>
</tr>
</tbody>
</table>
| Cigarettes
  — Manufactured cigarettes
  — Hand-rolled cigarettes |
| Other types of smoked tobacco:
  — Pipes
  — Cigars, mini cigars/cigarillos
  — Shisha
  — Bidi
  — Gudugudaa |
| Snuff
| Chewing tobacco
| Dip
| Supari
| Meelu bileygan’du |
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. 7
   b. 8
   c. 9
   d. 10
   e. 11
   f. 12

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 30
   c. 30 - 50
   d. 51 - 80
   e. 81 - 100
   f. 101 - 200
   g. 201 - 500
   h. More than 500

5. Have you ever tried or experimented with cigarette smoking, even one or two puffs?
   a. Yes
   b. No

6. How old were you when you first tried a cigarette?
   a. I have never 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
7. 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

8. 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

9. Have you ever tried or experimented with any form of smoked tobacco products other than cigarettes (such as cigars, pipes, bidi, shisha or gudugudaa)?
   a. Yes
   b. No

10. During the past 30 days, did you use any form of smoked tobacco products other than cigarettes (such as cigars, pipes, bidi, shisha or gudugudaa)?
    a. Yes
    b. No

11. Have you ever tried or experimented with shisha / gudugudaa smoking, even one or two puffs?
    a. Yes
    b. No

12. How old were you when you first tried smoking shisha / gudugudaa?
    a. I have never tried smoking shisha / gudugudaa
    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
13. During the past 30 days, on how many days did you smoke shisha / guduguda?  
   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  

14. Do you want to stop smoking shisha / guduguda now?  
   a. I have never smoked shisha / guduguda  
   b. I don’t smoke shisha / guduguda now  
   c. Yes  
   d. No  

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

16. The last time you smoked shisha / guduguda during the past 30 days, where did you smoke it?  
   (SELECT ONLY ONE RESPONSE)  
   a. I did not smoke shisha / guduguda during the past 30 days  
   b. At home  
   c. At a coffee shop  
   d. At a restaurant  
   e. At a bar or club  
   f. Other  

17. During the past 30 days, did you see any health warnings on shisha / guduguda tobacco packages?  
   a. Yes, but I didn’t think much of them  
   b. Yes, and they led me to think about quitting shisha / guduguda smoking or not starting shisha / guduguda smoking  
   c. No  

18. Once someone has started smoking shisha / guduguda, do you think it would be difficult for them to quit?  
   a. Definitely not  
   b. Probably not  
   c. Probably yes  
   d. Definitely yes
19. How old were you when you first tried smoking a bidi?
   a. I have never tried smoking a bidi
   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

20. Please think about the days you smoked bidis during the past 30 days. How many bidis did you usually smoke per day?
   a. I did not smoke bidis during the past 30 days
   b. Less than 1 bidi per day
   c. 1 bidi per day
   d. 2 to 5 bidis per day
   e. 6 to 10 bidis per day
   f. 11 to 20 bidis per day
   g. More than 20 bidis per day

21. Do you want to stop smoking bidis now?
   a. I have never smoked bidis
   b. I don’t smoke bidis now
   c. Yes
   d. No

22. Once someone has started smoking bidis, do you think it would be difficult for them to quit?
   a. Definitely not
   b. Probably not
   c. Probably yes
   d. Definitely yes

23. 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

24. 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

25. 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

26. Have you ever tried or experimented with any form of smokeless tobacco products (such as chewing tobacco, Snuff, Chewing tobacco, Dip, Supari and Meeru bileygan'du)?
   a. Yes
   b. No

27. During the past 30 days, did you use any form of smokeless tobacco products (such as chewing tobacco Snuff, Chewing tobacco, Dip, Supari and Meeru bileygan'du)?
   a. Yes
   b. No

28. How old were you when you first tried using smokeless tobacco?
   a. I have never tried using smokeless tobacco
   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

29. Please think about the days you used smokeless tobacco during the past 30 days. How many times did you usually use smokeless tobacco per day?
   a. I did not use smokeless tobacco during the past 30 days
   b. Less than once per day
   c. Once per day
   d. 2 to 5 times per day
   e. 6 to 10 times per day
   f. 11 to 20 times per day
   g. More than 20 times per day
30. How soon after you use smokeless tobacco do you start to feel a strong desire to use it again that is hard to ignore?
   a. I don’t use smokeless tobacco
   b. I never feel a strong desire to use it again after using smokeless 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

31. Do you want to stop using smokeless tobacco now?
   a. I have never used smokeless tobacco
   b. I don’t use smokeless tobacco now
   c. Yes
   d. No

32. During the past 12 months, did you ever try to stop using smokeless tobacco?
   a. I have never used smokeless tobacco
   b. I did not use smokeless tobacco during the past 12 months
   c. Yes
   d. No

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

34. The last time you used smokeless tobacco during the past 30 days, how did you get it?
   (SELECT ONLY ONE RESPONSE)
   a. I did not use smokeless tobacco during the past 30 days
   b. I bought it in a store or shop
   c. I bought it from a street vendor
   d. I got it from someone else
   e. I got it some other way

35. During the past 30 days, did you see any health warnings on smokeless tobacco packages?
   a. Yes, but I didn’t think much of them
   b. Yes, and they led me to think about quitting smokeless tobacco or not starting smokeless tobacco
   c. No
36. If one of your best friends offered you smokeless tobacco, would you use it?
   a. Definitely not
   b. Probably not
   c. Probably yes
   d. Definitely yes

37. Once someone has started using smokeless tobacco, do you think it would be difficult for them to quit?
   a. Definitely not
   b. Probably not
   c. Probably yes
   d. Definitely yes

38. Do you agree or disagree with the following: “I think I might enjoy using smokeless tobacco.”
   a. I currently use smokeless tobacco
   b. Strongly agree
   c. Agree
   d. Disagree
   e. Strongly disagree

Electronic cigarettes, or e-cigarettes, are electronic devices that usually contain a nicotine-based liquid that is vaporized and inhaled. You may also know them as vape-pens, hookah-pens, electronic hookahs (e-hookahs), electronic cigars (e-cigars), electronic pipes (e-pipes), or e-vaporizers. Some look like cigarettes and others look like pens or small pipes. These are battery-powered devices that produce vapor instead of smoke.

39. Before today, had you ever heard of electronic cigarettes or e-cigarettes?
   a. Yes
   b. No

40. In total, on how many days have you used an electronic cigarette or e-cigarette in your entire life?
   a. 0 days
   b. 1 day
   c. 2 to 10 days
   d. 11 to 20 days
   e. 21 to 50 days
   f. 51 to 100 days
   g. More than 100 days
41. Do you want to stop smoking now?
   a. I have never smoked
   b. I don't smoke now
   c. Yes
   d. No

42. 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

43. 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

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

45. 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

46. How often do you see others (father, mother, step father, step mother, brother sister, etc.) smoking in your home?
   a. Don't have/don't see this person
   b. About every day
   c. Sometimes
   d. Never
47. 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 school, shops, restaurants, ferry terminals, shopping malls, movie theaters, markets, etc.)?
   a. 0 days  
   b. 1 to 2 days  
   c. 3 to 4 days  
   d. 5 to 6 days  
   e. 7 days  

48. 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)?
   a. 0 days  
   b. 1 to 2 days  
   c. 3 to 4 days  
   d. 5 to 6 days  
   e. 7 days  

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

50. 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  

51. Are you in favor of banning smoking inside enclosed public places (such as: schools, shops, restaurants, ferry terminals, shopping malls, movie theaters, markets)?  
   a. Yes  
   b. No  

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

53. 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 it from a “gaadiyas”  
   e. I got them from someone else  
   f. I got them some other way  
   g. I got them from a peer
54. 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

55. 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

56. On average, how much do you think a pack of 20 cigarettes costs (in MVR)?
   a. < 30
   b. 30-60
   c. 51-60
   d. 61-65
   e. 66-70
   f. 71-75
   g. Above 75
   h. I don't know

57. During the past 30 days, what brand of cigarettes did you usually smoke?
   (SELECT ONLY ONE RESPONSE)
   a. I did not smoke cigarettes during the past 30 days
   b. No usual brand
   c. Marlboro
   d. American Legend
   e. Camel Light
   f. Camel Hard
   g. Benson & Hedges
   h. Other

58. 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

59. 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
60. During the past 30 days, how many anti-smoking media messages have you seen on television?
   a. A lot
   b. A few
   c. None

61. 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

62. 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

63. During the past 30 days, did you see any people using tobacco on TV, in videos, or in movies?
   a. I did not watch TV, videos, or movies in the past 30 days
   b. Yes
   c. No

64. During the past 30 days, did you see any advertisements for tobacco products in newspapers or magazines?
   a. I did not read any newspapers or magazines in the past 30 days
   b. Yes
   c. No

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

66. 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

67. Do you have something (for example, t-shirt, pen, backpack, key tag) with a tobacco product brand logo on it?
   a. Yes
   b. No
68. Has a person working for a tobacco company ever offered you a free tobacco product?
   a. Yes
   b. No

69. 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

70. At anytime during the next 12 months do you think you will use any form of tobacco?
   a. Definitely not
   b. Probably not
   c. Probably yes
   d. Definitely yes

71. 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

72. 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

73. 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

Thank you for participating in the survey!
ANNEXURE TWO

GYTS Maldives 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 may 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.

Susceptibility to smokeless tobacco use

**Indicator:** Percentage of never smokeless users who think they may enjoy using smokeless tobacco.

**Numerator:** Number of respondents who have never used smokeless tobacco and who strongly agree or agree with the statement “I think I may enjoy using smokeless tobacco”.

**Denominator:** Number of never smokeless tobacco users.
**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.

**Age at initiation of smokeless tobacco use**

**Indicator:** Percentage of ever smokeless tobacco users who first tried smokeless tobacco at the age of [7 or younger; 8 or 9; 10 or 11; 12 or 13; 14 or 15] years.

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

**Denominator:** Number of ever smokeless tobacco users.

**Electronic cigarette use**

Electronic cigarettes, or e-cigarettes, are electronic devices that usually contain a nicotine-based liquid that is vaporized and inhaled. One may also know them as vape-pens, hookah-pens, electronic hookahs (e-hookahs), electronic cigars (e-cigars), electronic pipes (e-pipes), or e-vaporizers. Some look like cigarettes and others look like pens or small pipes. These are battery-powered devices that produce vapour instead of smoke.

**Ever electronic cigarette use**

**Indicator:** Percentage of youth who ever used electronic cigarettes in their entire life.

**Numerator:** Number of respondents who ever used (experimented with or tried) electronic cigarettes in their entire life.

**Denominator:** Total number of respondents.
**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 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/smokeless tobacco in the past 30 days because of their age.

**Denominator:** Number of current cigarette smokers/current smokeless tobacco users who tried to buy cigarettes/smokeless tobacco 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 class 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 start 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 may 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 the question whether they would 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 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 from outdoor public places**

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

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

**Denominator:** Total number of respondents.

**Smoking behaviour (by place where they usually smoke)**

**Indicator:** Percentage of current cigarette smokers by place where they usually smoke cigarettes.

**Numerator:** Number of current cigarette smokers who usually smoke [at home; in school; at work; at a friend’s house; during social events; in a public place].

**Denominator:** Number of current cigarette smokers.
ANNEXURE THREE

GYTS Maldives 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 Organization (WHO) Framework Convention on Tobacco Control (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:

- Monitor tobacco use & 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, & sponsorship
- Raise taxes on tobacco

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), pro- 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, it is anonymous to ensure confidentiality.

In Maldives, GYTS was conducted in 2019 by the Ministry of Education, under the coordination of the Ministry of Health. The overall response rate was 70.0%. A total of 4,799 eligible students in grades 7-12 completed the survey, of which 2,984 were aged 13-15 years. Data are reported for students aged 13-15 years.

GYTS Highlights

<table>
<thead>
<tr>
<th>TOBACCO USE</th>
</tr>
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<tbody>
<tr>
<td>• 45.7% of students, 48.0% of boys, and 43.2% of girls currently used any tobacco products.</td>
</tr>
<tr>
<td>• 8.3% of students, 12.0% of boys, and 4.4% of girls currently smoked tobacco.</td>
</tr>
<tr>
<td>• 4.7% of students, 7.3% of boys, and 1.8% of girls currently smoked cigarettes.</td>
</tr>
<tr>
<td>• 46.1% of students, 47.5% of boys, and 44.6% 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 6 in 10 (58.5%) students who currently smoke tobacco tried to stop smoking in the past 12 months.</td>
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<tr>
<td>• More than 4 in 10 (41.4%) students who currently smoke tobacco wanted to stop smoking now.</td>
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</tbody>
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<table>
<thead>
<tr>
<th>SECONDHAND SMOKE</th>
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<tbody>
<tr>
<td>• 24.9% of students were exposed to tobacco smoke at home.</td>
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<tr>
<td>• 47.0% of students were exposed to tobacco smoke inside enclosed public places.</td>
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<thead>
<tr>
<th>ACCESS &amp; AVAILABILITY</th>
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<tbody>
<tr>
<td>• 36.5% of students who currently smoke cigarettes bought cigarettes from a store, shop, street vendor, or gaadiyaa.</td>
</tr>
<tr>
<td>• Among students who currently smoke cigarettes who tried to buy cigarettes, 59.7% were not prevented from buying them because of their age.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MEDIA</th>
</tr>
</thead>
<tbody>
<tr>
<td>• More than 6 in 10 (60.3%) students noticed anti-tobacco messages in the media.</td>
</tr>
<tr>
<td>• More than 2 in 10 (23.9%) students noticed tobacco advertisements or promotions when visiting points of sale.</td>
</tr>
<tr>
<td>• More than 1 in 10 (11.7%) students had something with a tobacco brand logo on it.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>KNOWLEDGE &amp; ATTITUDES</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 66.4% of students definitely thought other people’s tobacco smoking is harmful to them.</td>
</tr>
<tr>
<td>• 62.9% of students favored prohibiting smoking inside enclosed public places.</td>
</tr>
</tbody>
</table>
TOBACCO USE

<table>
<thead>
<tr>
<th>Smoked Tobacco</th>
<th>Overall (%)</th>
<th>Boys (%)</th>
<th>Girls (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current tobacco smokers</td>
<td>8.3</td>
<td>12.0</td>
<td>4.4</td>
</tr>
<tr>
<td>Current cigarette smokers</td>
<td>4.7</td>
<td>7.3</td>
<td>1.8</td>
</tr>
<tr>
<td>Current smokers of other tobacco</td>
<td>6.1</td>
<td>8.5</td>
<td>3.6</td>
</tr>
<tr>
<td>Current shisha/guduguda smokers</td>
<td>3.1</td>
<td>4.2</td>
<td>1.7</td>
</tr>
<tr>
<td>Ever tobacco smokers</td>
<td>22.1</td>
<td>28.0</td>
<td>15.1</td>
</tr>
<tr>
<td>Ever cigarette smokers</td>
<td>16.3</td>
<td>22.7</td>
<td>9.6</td>
</tr>
<tr>
<td>Ever smokers of other tobacco</td>
<td>14.2</td>
<td>18.3</td>
<td>10.0</td>
</tr>
<tr>
<td>Ever shisha/guduguda smokers</td>
<td>12.9</td>
<td>16.9</td>
<td>8.6</td>
</tr>
<tr>
<td>Ever shisha/guduguda smokers that first tried shisha/guduguda before 14 years of age</td>
<td>64.3</td>
<td>64.8</td>
<td>62.4</td>
</tr>
</tbody>
</table>

SMOKELESS TOBACCO

<table>
<thead>
<tr>
<th>Smokeless tobacco users</th>
<th>Overall (%)</th>
<th>Boys (%)</th>
<th>Girls (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current smokeless tobacco users</td>
<td>46.1</td>
<td>47.5</td>
<td>44.6</td>
</tr>
<tr>
<td>Ever smokeless tobacco users</td>
<td>61.3</td>
<td>60.4</td>
<td>62.1</td>
</tr>
<tr>
<td>Ever smokeless tobacco users that first tried smokeless tobacco before 14 years of age</td>
<td>94.5</td>
<td>94.9</td>
<td>94.1</td>
</tr>
</tbody>
</table>

ANY TOBACCO USE (smoked and/or smokeless)

<table>
<thead>
<tr>
<th>Current tobacco users</th>
<th>Overall (%)</th>
<th>Boys (%)</th>
<th>Girls (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current tobacco users</td>
<td>45.7</td>
<td>48.0</td>
<td>43.2</td>
</tr>
<tr>
<td>Ever tobacco users</td>
<td>63.4</td>
<td>64.3</td>
<td>62.5</td>
</tr>
</tbody>
</table>

Susceptibility

- Never tobacco users susceptible to tobacco use in the future | 18.7 | 21.9 | 15.8 |
- Never tobacco users who thought they might enjoy smoking a cigarette | 6.7 | 5.7 | 7.5 |

ELECTRONIC CIGARETTES

<table>
<thead>
<tr>
<th>Electronic cigarette users</th>
<th>Overall (%)</th>
<th>Boys (%)</th>
<th>Girls (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current electronic cigarette users</td>
<td>17.1</td>
<td>23.1</td>
<td>10.7</td>
</tr>
</tbody>
</table>

CESSATION

<table>
<thead>
<tr>
<th>Current smokeless tobacco users who tried to stop using smokeless tobacco in the past 12 months</th>
<th>Overall (%)</th>
<th>Boys (%)</th>
<th>Girls (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current tobacco smokers who thought they would be able to stop smoking if they wanted to</td>
<td>75.6</td>
<td>77.2</td>
<td>72.8</td>
</tr>
<tr>
<td>Current tobacco smokers who have ever received help/advice from a program or professional to stop smoking</td>
<td>29.3</td>
<td>31.1</td>
<td>19.1</td>
</tr>
</tbody>
</table>

SECONOHAND SMOKE

<table>
<thead>
<tr>
<th>Exposure to tobacco smoke at home</th>
<th>Overall (%)</th>
<th>Boys (%)</th>
<th>Girls (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exposure to tobacco smoke inside any enclosed public place</td>
<td>24.9</td>
<td>23.3</td>
<td>26.5</td>
</tr>
<tr>
<td>Exposure to tobacco smoke at any outdoor public place</td>
<td>47.0</td>
<td>44.9</td>
<td>49.2</td>
</tr>
<tr>
<td>Students who saw anyone smoking inside the school building or outside on school property</td>
<td>36.4</td>
<td>39.0</td>
<td>33.4</td>
</tr>
</tbody>
</table>

ACCESS & AVAILABILITY

| Current cigarette smokers who bought cigarettes from a store, shop, street vendor, or vendor's stall | 36.5 | 42.6 | -- |
| Current cigarette smokers who were not prevented from buying cigarettes because of their age | 59.7 | 59.7 | -- |
| Current cigarette smokers who bought cigarettes as individual sticks | 39.0 | 41.5 | -- |
| Current cigarette smokers who usually smoke at home | 28.1 | 16.4 | -- |

MEDIA

<table>
<thead>
<tr>
<th>Students who noticed tobacco advertisements or promotions at points of sale</th>
<th>Overall (%)</th>
<th>Boys (%)</th>
<th>Girls (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Students who saw someone using tobacco on television, videos, or movies</td>
<td>23.9</td>
<td>24.0</td>
<td>23.9</td>
</tr>
<tr>
<td>Students who were ever offered a free tobacco product from a tobacco company representative</td>
<td>74.5</td>
<td>76.3</td>
<td>72.8</td>
</tr>
<tr>
<td>Students who had something with a tobacco brand log on it</td>
<td>7.0</td>
<td>8.9</td>
<td>4.6</td>
</tr>
<tr>
<td>Students who noticed anti-tobacco messages in the media</td>
<td>60.3</td>
<td>60.9</td>
<td>59.9</td>
</tr>
<tr>
<td>Students who noticed anti-tobacco messages at sporting or community events</td>
<td>37.4</td>
<td>40.7</td>
<td>33.7</td>
</tr>
<tr>
<td>Current tobacco smokers who thought about quitting because of a warning label</td>
<td>38.5</td>
<td>31.7</td>
<td>25.8</td>
</tr>
<tr>
<td>Students who were taught in school about the dangers of tobacco use in the past 12 months</td>
<td>39.5</td>
<td>39.8</td>
<td>39.6</td>
</tr>
</tbody>
</table>

KNOWLEDGE & ATTITUDES

<table>
<thead>
<tr>
<th>Students who definitely think it is difficult to quit once someone starts smoking tobacco</th>
<th>Overall (%)</th>
<th>Boys (%)</th>
<th>Girls (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Students who thought smoking tobacco helps people feel more comfortable at celebrations, parties, and social gatherings</td>
<td>40.7</td>
<td>38.0</td>
<td>43.4</td>
</tr>
<tr>
<td>Students who definitely thought other people’s tobacco smoking is harmful to them</td>
<td>17.4</td>
<td>20.1</td>
<td>14.4</td>
</tr>
<tr>
<td>Students who favored prohibiting smoking inside enclosed public places</td>
<td>66.4</td>
<td>62.3</td>
<td>71.2</td>
</tr>
<tr>
<td>Students who favored prohibiting smoking at outdoor public places</td>
<td>62.9</td>
<td>62.8</td>
<td>62.8</td>
</tr>
<tr>
<td>Students who favored prohibiting smoking in schools</td>
<td>62.0</td>
<td>61.9</td>
<td>62.0</td>
</tr>
</tbody>
</table>

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 shisha/guduguda 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 shisha/guduguda. 8 Ever smokeless tobacco anytime during the past 30 days, includes areas not open to tobacco. 9 Ever used smokeless tobacco, includes areas not open to tobacco. 10 Ever used smokeless tobacco and/or used smokeless tobacco, includes areas not open to tobacco. 11 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 no,” “Probably no,” or “Probably not” to using tobacco during the past 12 months. 12 Those who answered “Agreed” or “Strongly Agreed” to the statement: “I think I might enjoy smoking a cigarette.” 13 Ever used electronic cigarettes in their entire life. 14 During the past 7 days. 15 During the past 30 days. 16 Outlet from which current cigarette smokers bought cigarettes the last time they smoked cigarettes in the past 30 days. 17 Among those who tried to buy cigarettes during the past 30 days. 18 Based on the last purchase, among those who bought cigarettes during the past 30 days. 19 Those who answered “Home” to the question: “Where do you usually smoke?” 20 Among those who visited a restaurant, video, or movie in the past 30 days. 21 Among those who watched television, video, or movies in the past 30 days. 22 Among those who watched television, video, or movies in the past 30 days. 23 Data are weighted to be nationally representative of all students in grades associated with ages 13-15 who were enrolled in school. Percentages reflect the prevalence of each indicator in each group, not the distribution across groups. 24 Estimates based on unweighted cases less than 35 are not presented. 25 Gender comparisons are significant at p < 0.05. 26 Comparison of rates between years is significant at p < 0.05. 27 The operational definition for the indicator has changed between 2011 and 2019.
Global Youth Tobacco Survey (GYTS)

Maldives, 2019