

# FEDERATED STATES OF MICRONESIA

## 2019 GLOBAL YOUTH TOBACCO SURVEY (GYTS)

### Country Report





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## ABBREVIATIONS

CDC	United States Centers for Disease Control and Prevention
CI	confidence interval
WHO FCTC	WHO Framework Convention on Tobacco Control
FSM	Federated States of Micronesia
GYTS	Global Youth Tobacco Survey
SHS	Second- hand smoke
WHO	World Health Organization

## FOREWORD



Tobacco use is a leading preventable risk factor of noncommunicable diseases (NCDs). It not only harms our health, but it also puts a tremendous burden on our economy, environment and overall development of the country. In the Federated States of Micronesia (FSM), all four states have declared a State of Emergency on NCDs given their alarming situations with NCDs; one third of the population in the FSM have diabetes, and much of the population are affected by other NCDs such as cancers -lung and oral cancers in particular, heart diseases and high blood pressure. All forms of tobacco use are risk factors to each of these NCDs.

The FSM 2019 Global Youth Tobacco Survey (GYTS) is the third round of this tobacco-specific school-based survey that the FSM conducted to monitor tobacco use and tobacco control efforts. The GYTS applies an internationally recognized standard methodology for sampling and data collection and analysis, which makes the results of the FSM GYTS comparable between states, with other countries and over time. Understanding gaps and opportunities, through the results, allows us to further drive tobacco control activities to maximize their impact through policy, systems and environmental approaches.

It is timely that the comprehensive results of the FSM GYTS are now available. While the general tobacco use declined between 2007 and 2019, tobacco use is still highly prevalent among students in the FSM. One in three students (34%) currently used some form of tobacco. Overall, 41% of students currently used betel nut, with 77% of them chewing it with tobacco. While exposure to second-hand smoke (SHS) declined between 2007 and 2019, it still poses a threat to students' health with one in three students (36%) exposed to SHS at home, nearly half of students in enclosed public places (48%), in outdoor public places (46%) and on public transport (41%).

The on-going COVID-19 pandemic highlights the importance of continued and strengthened efforts to reduce tobacco consumption and exposure to second-hand smoke because tobacco smoke damages the lungs which may increase risk of developing severe symptoms. Furthermore, spitting associated with betel nut chewing spreads droplets which transmit diseases including COVID-19.

We must remember that deaths and harms from tobacco are preventable if appropriate tobacco control measures are in place. At the recent 10th FSM Non-communicable diseases Summit in December 2021, the resolution called for support to NCD prevention bills including increasing the minimum age for tobacco sales from 18 to 21 years, as well as protection against the dangers of emerging tobacco products. The FSM GYTS data should inspire us to strengthen tobacco control efforts for the protection of our current and future generations.

Lastly, I would like to take this opportunity to thank our survey implementation teams, Governors of the 4 respective FSM States and their Directors of Education and Directors of Health Services, as well as our partners including the U.S. Centers for Disease Control and Prevention and the World Health Organization.

Kulo, Kalahngan, Kinisou, Kammagar and thank you,



Marcus Samo  
Secretary, FSM Department of Health & Social Affairs

## 1. INTRODUCTION

Tobacco use is the leading global cause of preventable death. WHO attributes nearly 8 million deaths a year to tobacco; 1.2 million of these deaths are due to exposure to secondhand smoke.<sup>1</sup> Most people begin using tobacco before the age of 18.<sup>2</sup>

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

### 1.1 Country Demographics

Federated States of Micronesia (FSM) is a Member State of the WHO Western Pacific Region. FSM is classified as lower-middle income country by the World Bank<sup>3</sup> and its population is one of the smallest in the world, estimated at 115,000 in 2020 based on the World Population Prospects.<sup>4</sup> FSM is comprised of more than 600 islands spread across 1.5 million square kilometers. The country consists of four states; approximately 49% of the population lives in Chuuk, 39% in Pohnpei, 11% in Yap and 8% in Kosrae.<sup>5</sup> Each state has their own governance systems and functions.

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

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

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<sup>1</sup> World Health Organization. WHO report on the global tobacco epidemic 2019: Offer help to quit tobacco use. Geneva: WHO; 2019 (<https://www.who.int/publications/i/item/9789241516204>, accessed 11 November 2021).

<sup>2</sup> U.S. Centers for Disease Control and Prevention (CDC). Preventing tobacco use among youth and young adults: a report of the Surgeon General. Atlanta: CDC; 2012.

<sup>3</sup> World Bank. World Bank Country and Lending Groups – World Bank Data Help Desk. (<https://datahelpdesk.worldbank.org/knowledgebase/articles/906519>, accessed 17 November 2021).

<sup>4</sup> United Nations, Department of Economic and Social Affairs, Population Division. World Population Prospects 2019, Online Edition. New York: United Nations; 2019 (<https://population.un.org/wpp/Download/Standard/Population/>, accessed 11 November 2021).

<sup>5</sup> World Health Organization Regional Office for the Western Pacific. WHO Country Cooperation Strategy 2018-2022: Federated States of Micronesia. Manila: WHO Regional Office for the Western Pacific; 2019 (<https://iris.wpro.who.int/handle/10665.1/13947>, accessed: 11 November 2021).

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

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

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

### 1.3 Purpose and Rationale

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

Monitoring tobacco use is key to sound policymaking. In FSM, GYTS is the only comprehensive population-based survey which looked at the status of tobacco use and impact of tobacco control policies among youth. The first GYTS was conducted in 2007 and the second one was in 2013. Rapid High School Survey is another health survey that include tobacco indicators. This survey was introduced between 2015 and 2017 with an intension to repeat every two years at the state level. So far, the survey was conducted once in Chuuk (2017) and Yap (2016), three times in Kosrae (2015, 2017 and 2021) and four times in Pohnpei (2015, 2017, 2019 and 2021) and Yap (2016 and). In addition, FSM collected tobacco use data through the National Outcome Measures Survey 2012 (age 12-98). According to the available data from the adult surveys, 69.1% of adult males (age 12-98) and 46.9% of adult females (age 12-98) are current cigarette smokers while no smokeless tobacco use data is available.<sup>6</sup> On the other hand, the last GYTS data shows a comprehensive picture of tobacco use among youth – according to the GYTS 2013, overall, 43.3% of students (age13-15) were current tobacco users. Smoking tobacco is more common among students than smokeless tobacco; 33.0% were current tobacco smokers and 23.8% were current smokeless tobacco users.<sup>7</sup>

Given the lack of national-level estimates of tobacco use among adults, youth data is a key to monitor tobacco use and progress made to date and identify gaps in tobacco control in FSM.

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<sup>6</sup> World Health Organization. WHO report on the global tobacco epidemic 2021: addressing new and emerging products. Geneva: WHO; 2019 (<https://www.who.int/teams/health-promotion/tobacco-control/global-tobacco-report-2021>, accessed 16 November 2021).

<sup>7</sup> U.S. Centers for Disease Control and Prevention (CDC). Global Tobacco Surveillance System Data. (<https://nccd.cdc.gov/GTSSDataSurveyResources/Ancillary/DataReports.aspx>, accessed 16 November 2021).

## 1.4 Current State of Policy

FSM ratified the WHO Framework Convention on Tobacco Control (FCTC) on 18 March 2005 and became a Party to the Convention on June 16, 2005.<sup>8</sup>

Tobacco control measures are implemented both at the national and state levels. At the national level, the Code of the Federated States of Micronesia, Title 41, Article 801, as amended by Law 18-69 in 2014, bans smoking in all national government owned offices and in all offices rented by them for more than 30 days. Further, Public Law No. 13-60 2004 amended the Code of the Federated States of Micronesia to change the import duties and designate use of revenues collected from certain products, including cigarettes and other tobacco products. Tobacco control is a key component of the National Strategic Plan for the Prevention and Control of Non-Communicable Diseases in the Federated States of Micronesia 2019-2024 which addresses tobacco use as one of the major lifestyle risk factors for NCDs in the country.

Smoke-free laws<sup>9</sup> and measures addressing tobacco advertising, promotion, and sponsorship<sup>10</sup> are in effect in all the states. Three states, namely Pohnpei, Kosrae and Yap, also have a policy banning use, possession electronic cigarettes.<sup>11</sup>

To further strengthen tobacco control efforts at the national level, the Family Safety Against Tobacco and Smoking Bill is currently being considered – this includes provision on raising the minimum age for tobacco use from 18 to 21.

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<sup>8</sup> WHO Framework Convention on Tobacco Control Secretariat website. Retrieved from <https://untobaccocontrol.org/impldb/micronesia-federated-states-of/>. Accessed 17 November 2021.

<sup>9</sup> Pohnpei Title 66 Chapter 3 and 3A; Yap State Law no 7.75 Section 404-407; Chuuk Indoor Clean Air Act 2011; Kosrae Clean Indoor Act 2010.

<sup>10</sup> Pohnpei Title 66 Chapter 1; Yap State Code 1994 Section 1301-1303; Chuuk Indoor Clean Air Act 2011 Article 7; Kosrae State Code (Title 13) Section 13.558.

<sup>11</sup> Pohnpei State Code (Title 66, Chapter 3B as added in 2019), and Kosrae State Code (section 13.557) as amended in 2014.

## 2. METHODOLOGY

### 2.1 Questionnaire

The GYTS questionnaire contained 81 multiple-choice questions. The survey included 43 questions from the GYTS Standard Core Questionnaire, 25 selected optional questions, and 13 country-specific questions. The 2019 Federated States of Micronesia questionnaire is provided in Appendix A.

### 2.2 Sampling Design

The 2019 Federated States of Micronesia GYTS is a school-based survey, implemented as a census with all school containing grades 7-12 in FSM. All students in all classes for grades 7-12 were surveyed. A total of 6,660 of the 7,560 eligible students participated.

### 2.3 Data Collection

Data collection took place from the end of 2018 to the beginning of 2019.

Survey procedures were designed to protect the students' privacy by allowing for anonymous and voluntary participation. The questionnaire was self-administered in the classroom. Students recorded their responses directly on an answer sheet that could be scanned by a computer.

### 2.4 Data Analysis

EpiInfo, 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 are considered key tobacco control indicators from the GYTS. Indicators are in accordance with the WHO FCTC and MPOWER technical package.

**Table 1** provides sample size and response rate information. The school response rate was 98.9%, the class response rate was 100.0% and the student response rate was 88.1%. The overall response rate was 87.1%.

**Table 1.** Sample sizes and response rates, by region (unweighted) – GYTS FSM, 2019.

	Total
<i>School Level</i>	
Number of Sampled Schools	89
Number of Participating Schools	88
School Response Rate (%)	98.9
<i>Class Level</i>	
Number of Sampled Classes	388
Number of Participating Classes	388
Class Response Rate (%)	100.0
<i>Student Level</i>	
Number of Sampled Students	7,560
Number of Participating Students	6,660
Student Response Rate (%)	88.1
Overall Response Rate (%) <sup>a</sup>	87.1

<sup>a</sup>Overall Response Rate = School Response Rate X Class Response Rate X Student Response Rate

### 3. RESULTS

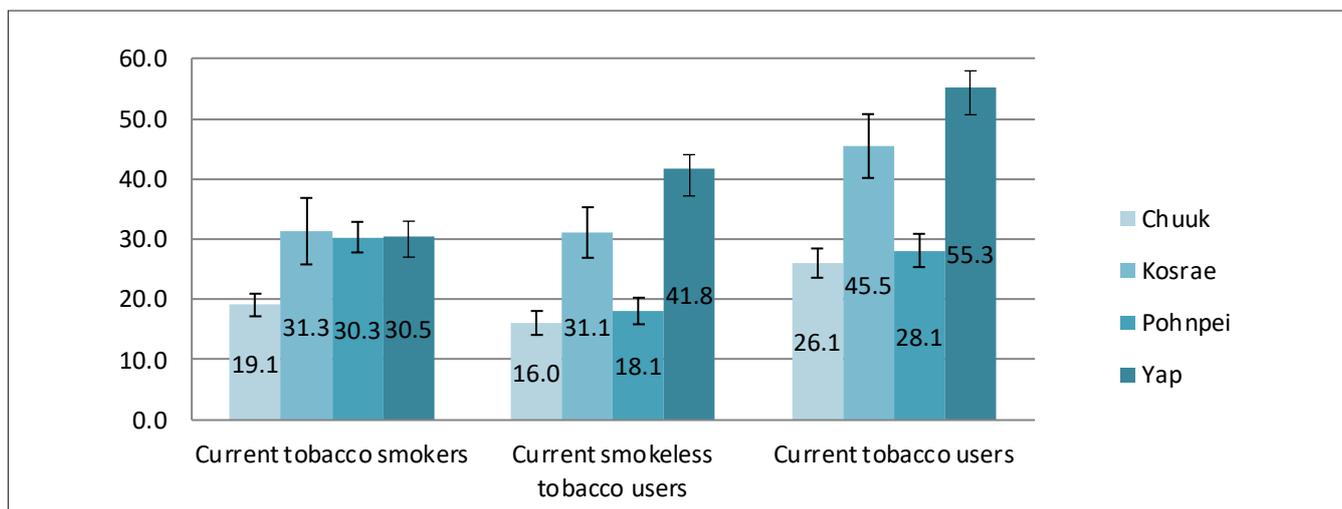
#### 3.1 Tobacco Use

**Table 2** shows the details of tobacco use status among students in Grades 7-12. One in three students (34.3%; 95% CI: 32.6–35.9) currently used some forms of tobacco. With regards to the form of tobacco, smoking was more common than smokeless tobacco with 26.6% (95% CI: 25.1–28.1) of students being current tobacco smokers. However, 21.3% of students reported currently using smokeless tobacco. Among the four states, Kosrae and Yap had the highest tobacco use prevalence at 40.3% (95% CI: 34.9–45.6) and 50.1% (95% CI: 45.4–54.7) respectively - around twice as high as the current tobacco use prevalence of Chuuk (26.1%; 95% CI: 23.6–28.5) which had the lowest prevalence (see **Chart 1**).

Prevalence of all tobacco use indicators were significantly higher among boys than among girls. Similarly, prevalence of all tobacco use indicators were significantly higher among high school students than among elementary school students.

Among all never smokers, one in three (34.4%; 95% CI: 32.1–36.7) were susceptible to future tobacco use. One in four never smokeless tobacco users (25.6%; 95% CI: 23.9–27.2) responded that they would use smokeless tobacco if their best friends offered. Overall, susceptibility to tobacco use was higher among high school students than elementary school students.

**Chart 1. Tobacco use status among students in Grades 7-12, by state – GYTS FSM, 2019**



**Table 3** shows the number of cigarettes usually smoked by current cigarette smokers in Grades 7-12 on the days they smoked. One in three cigarette smokers smoked less than one cigarette per day (33.4%; 95% CI: 30.8–36.0) and one in four smoked one cigarette per day (28.3%; 95% CI: 25.8–30.7). Only one in 20 (5.0%; 95% CI: 3.7–6.3) reported smoking more than 20 cigarettes per day. Girls are more likely to smoke much less than boys – 60.4% (95% CI: 52.9–67.9) of female current cigarette smokers smoked less than one per day, compared to 27.5% (95% CI: 24.1–31.0) of male current cigarette smokers. Boys are more likely to smoke 1 to 5 cigarettes per day than girls.

Similarly, majority of smokeless tobacco users used one or less smokeless tobacco per day. **Table 4** shows that one in three smokeless tobacco users used it less than once per day (32.1%; 95% CI: 28.7–35.4) and one in four used once per day (26.9%; 95% CI: 23.2–30.5). However, there was no significant difference between boys and girls; except boys were more likely to smoke 6 to 10 times per day than girls (10.3% (95% CI: 7.3–13.2) and 4.7% (95% CI: 2.6–6.8) respectively).

**Table 2.** Detailed tobacco use status among students in Grades 7-12, by state, gender, grade and age – GYTS FSM, 2019

	Overall	State				Gender		Grade		Age
		Chuuk	Kosrae	Pohnpei	Yap	Boys	Girls	7-8 Elementary	9-12 High School	13-15
<i>Percentage (95% CI)</i>										
<i>Smoked Tobacco</i>										
Current tobacco smokers <sup>a</sup>	26.6 (25.1–28.1)	19.1 (17.1–21.0)	31.3 (25.8–36.8)	30.3 (27.8–32.8)	30.5 (27.0–34.0)	32.0 (29.8–34.2)	21.9 (20.2–23.6)	21.3 (19.0–23.5)	30.1 (28.2–32.0)	23.5 (21.7–25.3)
Current cigarette smokers <sup>b</sup>	23.6 (22.0–25.2)	14.1 (12.2–16.0)	29.2 (24.0–34.3)	28.3 (25.6–31.1)	28.1 (24.1–32.0)	29.4 (27.1– 31.8)	18.9 (17.2–20.6)	17.8 (15.5–20.0)	27.6 (25.6–29.7)	20.6 (18.7–22.5)
Frequent cigarette smokers <sup>c</sup>	5.2 (4.5–5.9)	3.7 (2.7–4.6)	9.1 (6.0–12.1)	5.8 (4.7–6.9)	3.1 (1.3–4.9)	8.6 (7.4–9.9)	0.5 (0.0–1.0)	2.7 (2.0–3.4)	6.8 (5.8–7.8)	4.0 (3.2–4.8)
Current smokers of other tobacco <sup>d</sup>	11.8 (10.7–12.8)	9.6 (8.1–11.2)	14.9 (10.8–19.1)	11.7 (10.2–13.3)	15.7 (12.6–18.8)	15.1 (13.5–16.7)	8.8 (7.8–10.0)	9.2 (7.9–10.4)	13.5 (12.0–14.9)	9.7 (8.5–10.9)
Ever tobacco smokers <sup>e</sup>	43.3 (41.6–45.0)	32.6 (30.0–35.1)	49.6 (44.9–54.3)	46.1 (43.3–49.0)	59.5 (54.5–64.5)	49.1 (46.7–51.6)	38.5 (36.4–40.5)	33.7 (31.1–36.2)	49.6 (47.6–51.7)	38.8 (36.7–41.0)
Ever cigarette smokers <sup>f</sup>	40.5 (38.6–42.3)	28.4 (25.9–30.8)	46.5 (41.8–51.2)	43.2 (39.9–46.4)	59.4 (54.3–64.5)	46.8 (44.1–49.5)	35.2 (33.1–37.3)	29.9 (27.2–32.6)	47.3 (45.0–49.6)	35.5 (33.2–37.7)
Ever smokers of other tobacco <sup>g</sup>	20.5 (19.2–21.8)	16.9 (15.0–19.0)	26.7 (21.9–31.5)	19.4 (17.4–21.4)	30.1 (25.2–34.9)	25.2 (23.1–27.3)	16.5 (15.0–18.1)	16.1 (14.4–17.8)	23.4 (21.6–25.2)	17.8 (16.3–19.3)
<i>Smokeless Tobacco</i>										
Current smokeless tobacco users <sup>h</sup>	21.3 (19.9–22.7)	16.0 (14.0–18.0)	31.1 (26.8–35.4)	18.1 (15.9–20.3)	41.8 (37.1–46.6)	26.2 (24.3–28.1)	17.4 (15.7–19.0)	12.6 (11.0–14.3)	27.0 (25.1–28.9)	16.0 (14.3–17.6)
Ever smokeless tobacco users <sup>i</sup>	32.1 (30.5–33.8)	26.1 (23.4–28.6)	45.5 (41.0–49.9)	28.1 (25.4–30.8)	55.3 (50.8–59.7)	36.7 (34.7–38.8)	28.3 (26.2–30.4)	20.6 (18.4–22.8)	39.7 (37.5–41.8)	26.8 (24.7–28.8)
<i>Tobacco Use</i>										
Current tobacco users <sup>j</sup>	34.3 (32.6–35.9)	26.1 (23.6–28.5)	40.3 (34.9–45.6)	35.4 (32.8–38.1)	50.1 (45.4–54.7)	40.4 (38.1–42.7)	29.0 (27.2–30.9)	25.6 (23.1–28.2)	39.9 (37.9–42.0)	29.2 (27.1–31.2)
Ever tobacco users <sup>k</sup>	50.0 (48.2–51.7)	39.5 (36.5–42.4)	55.7 (51.2–60.1)	51.9 (49.1–54.7)	70.4 (66.6–74.1)	55.5 (53.2–57.9)	45.4 (43.3–47.5)	38.5 (35.7–41.3)	57.6 (55.6–59.5)	44.8 (42.5–47.0)
<i>Susceptibility to Tobacco Use</i>										
Never tobacco users susceptible to tobacco use in the future <sup>l</sup>	34.4 (32.1–36.7)	37.1 (32.7–41.5)	23.5 (18.3–28.7)	35.2 (32.3–38.1)	26.9 (21.0–32.7)	37.6 (34.2–40.9)	32.1 (29.6–34.6)	30.7 (27.1–34.3)	37.8 (35.0–40.6)	34.6 (31.8–37.3)
Never smokers who thought they might enjoy smoking a cigarette <sup>m</sup>	15.6 (13.8–17.5)	19.2 (15.7–22.7)	6.5 (2.9–10.1)	16.5 (13.8–19.2)	6.1 (2.8–9.5)	18.1 (15.5–20.6)	14.0 (11.7–16.3)	12.1 (10.0–14.2)	18.6 (15.7–21.6)	14.0 (11.9–16.2)
Never smokeless tobacco users who would use smokeless tobacco if their best friends offered	25.6 (23.9–27.2)	24.4 (21.2–27.5)	20.2 (15.3–25.1)	27.5 (25.4–29.6)	25.5 (21.0–30.1)	28.5 (26.1–30.9)	23.4 (21.5–25.2)	22.5 (20.3–24.6)	28.4 (26.0–30.8)	25.0 (22.8–27.2)

<sup>a</sup> Smoked tobacco anytime during the past 30 days. <sup>b</sup> Smoked cigarettes anytime during the past 30 days. <sup>c</sup> Smoked cigarettes on 20 or more days of the past 30 days. <sup>d</sup> Smoked tobacco other than cigarettes anytime during the past 30 days. <sup>e</sup> Ever smoked any tobacco, even one or two puffs. <sup>f</sup> Ever smoked cigarettes, even one or two puffs. <sup>g</sup> Ever smoked tobacco other than cigarettes, even one or two puffs. <sup>h</sup> Used smokeless tobacco anytime during the past 30 days. <sup>i</sup> Ever used smokeless tobacco. <sup>j</sup> Smoked tobacco and/or used smokeless tobacco anytime during the past 30 days. <sup>k</sup> Ever smoked tobacco and/or used smokeless tobacco. <sup>l</sup> Susceptible to future tobacco use includes those who answered “Definitely yes”, “Probably yes”, or “Probably not” to using tobacco if one of their best friends offered it to them or those who answered “Definitely yes”, “Probably yes”, or “Probably not” to using tobacco during the next 12 months. <sup>m</sup> Those who answered “Agree” or “Strongly agree” to the statement: “I think I might enjoy smoking a cigarette”.

**Table 3.** Cigarettes smoked per day among current cigarette smokers in Grades 7-12, by state, gender, grade and age – GYTS FSM, 2019

Number of cigarettes usually smoked <sup>a</sup>	Overall	State				Gender		Grade		Age
		Chuuk	Kosrae	Pohnpei	Yap	Boys	Girls	7-8 Elementary	9-12 High School	13-15
				<i>Percentage (95% CI)</i>						
Less than 1 per day	33.4 (30.8–36.0)	29.3 (24.3–34.3)	21.3 (15.1–27.4)	35.5 (31.8–39.3)	44.0 (38.1–49.9)	27.5 (24.1–31.0)	60.4 (52.9–67.9)	38.8 (34.4–43.2)	31.0 (27.8–34.1)	36.2 (32.3–40.2)
1 per day	28.3 (25.8–30.7)	31.2 (26.8–35.6)	24.9 (17.4–32.4)	28.7 (25.3–32.2)	25.3 (18.9–31.7)	45.5 (19.9–26.3)	34.4 (30.8–38.0)	33.4 (29.0–37.7)	26.2 (23.3–29.1)	28.6 (24.9–32.3)
2 to 5 per day	23.6 (21.0–26.1)	20.8 (15.4–26.1)	36.1 (28.1–44.1)	21.3 (18.2–24.5)	23.5 (15.2–31.8)	29.4 (25.9–32.9)	16.7 (13.6–19.7)	13.8 (10.2–17.4)	27.8 (24.5–31.1)	20.5 (17.3–23.7)
6 to 10 per day	6.7 (5.3–8.0)	7.9 (4.4–11.5)	10.0 (6.0– 13.9)	5.8 (4.1–7.5)	4.7 (1.3–8.1)	9.4 (7.1–11.7)	3.2 (1.9–4.5)	5.4 (3.2–7.5)	7.3 (5.5–9.0)	5.6 (3.6–7.6)
11 to 20 per day	3.1 (2.1–4.1)	4.9 (2.1–7.6)	4.2 (0.5–7.9)	2.8 (1.6–4.0)	0.5 (0.0–1.5)	4.7 (3.1–6.3)	1.0 (0.1–1.9)	4.0 (2.2–5.8)	2.6 (1.4–3.8)	3.6 (2.1–5.0)
More than 20 per day	5.0 (3.7–6.3)	5.9 (3.0–8.9)	3.6 (0.3–6.7)	5.8 (3.8–7.8)	2.0 (0.1–3.8)	5.9 (4.1–7.8)	3.9 (2.4–5.3)	4.7 (2.6–6.7)	5.2 (3.6–6.9)	0.4 (0.0–1.1)
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0

<sup>a</sup> On the days that current cigarette smokers smoked cigarettes during the past 30 days.

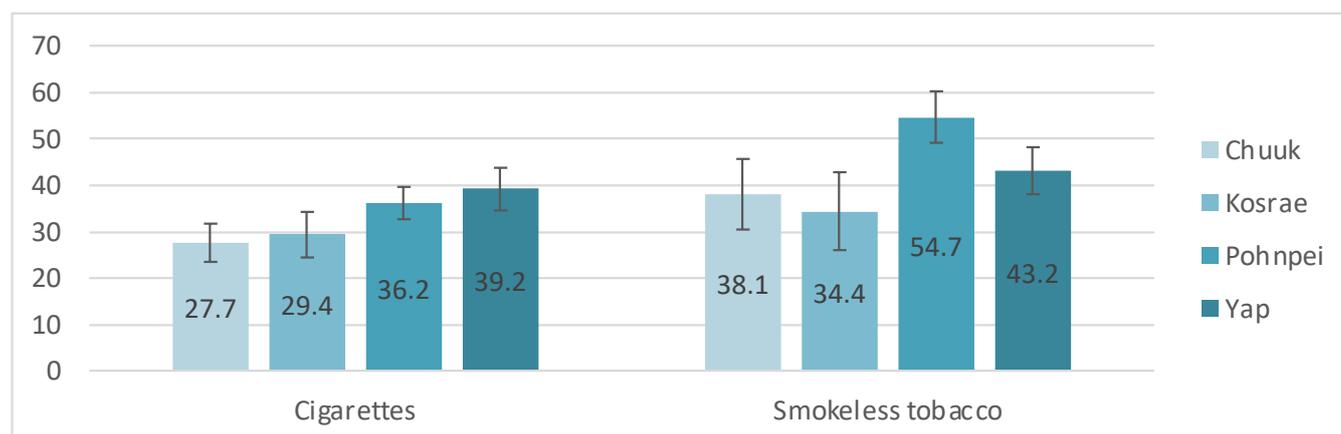
**Table 4.** Smokeless tobacco used per day among current smokeless tobacco users in Grades 7-12, by state, gender, grade and age – GYTS FSM, 2019

Frequencies of smokeless tobacco use <sup>a</sup>	Overall	State				Gender		Grade		Age
		Chuuk	Kosrae	Pohnpei	Yap	Boys	Girls	7-8 Elementary	9-12 High School	13-15
				<i>Percentage (95% CI)</i>						
Less than once per day	32.1 (28.7–35.4)	28.6 (21.4–35.9)	20.4 (14.3–26.6)	41.2 (35.2–47.2)	28.7 (21.8–35.5)	29.5 (25.1–33.8)	36.0 (30.9–41.2)	35.9 (30.1–41.7)	31.0 (26.9–35.1)	35.4 (30.2–40.5)
Once per day	26.9 (23.2–30.5)	31.8 (24.9–38.6)	30.1 (22.9–37.2)	23.9 (18.6–29.2)	24.6 (13.9–35.2)	27.7 (23.4–32.0)	25.4 (20.1–30.6)	26.1 (19.7–32.4)	27.1 (22.6–31.5)	30.8 (25.1–36.5)
2 to 5 times per day	22.9 (19.9–25.9)	25.0 (17.8–32.2)	24.5 (17.8–31.3)	20.3 (15.4–25.1)	24.4 (18.2–30.5)	20.9 (17.6–24.1)	26.2 (21.3–31.2)	24.5 (19.1–29.9)	22.6 (19.1–26.1)	19.7 (15.1–24.2)
6 to 10 times per day	8.0 (1.0–6.0)	4.9 (1.9–8.0)	17.5 (10.6–24.4)	5.4 (2.9–7.8)	7.9 (3.1–12.7)	10.3 (7.3–13.2)	4.7 (2.6–6.8)	5.5 (2.7–8.3)	8.6 (6.1–11.0)	7.1 (4.3–9.9)
11 to 20 times per day	4.4 (2.9–5.8)	3.2 (0.9–5.5)	4.1 (0.6–7.6)	4.2 (2.1–6.4)	6.0 (2.2–10.0)	4.8 (2.9–6.7)	3.4 (1.5–5.2)	4.1 (1.3–6.8)	4.4 (2.8–6.1)	3.1 (1.3–5.0)
More than 20 times per day	5.8 (4.3–7.3)	6.4 (3.6–9.3)	3.4 (0.0–6.8)	5.0 (3.0–7.1)	8.5 (3.9–13.2)	6.9 (4.7–9.1)	4.3 (2.4–6.2)	3.9 (1.5–6.3)	6.3 (4.5–8.2)	4.0 (2.1–5.9)
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0

<sup>a</sup> Among smokeless tobacco users.

**Tables 5 and 6** shows the distribution of age of initiation of cigarette or smokeless tobacco among ever cigarette smokers or smokeless tobacco users, respectively. Early initiation was higher for smokeless tobacco than cigarettes – 44.9% (95% CI: 41.5–48.2) of ever smokeless tobacco user trying their first at 11 years or younger while 34.0% (95% CI: 31.9–36.2) of ever cigarette smokers tried their first at 11 years or younger. When comparing across the four states, Pohnpei had particularly early initiation, especially of smokeless tobacco use, with more than half (54.7%; 95% CI: 49.3–60.1) reported trying their first smokeless tobacco at 11 years or younger (see **Chart 2**).

**Chart 2.** Early initiation of tobacco use (at age 11 or younger) among ever cigarette smokers/smokeless tobacco users in Grades 7-12, by state – GYTS FSM, 2019.

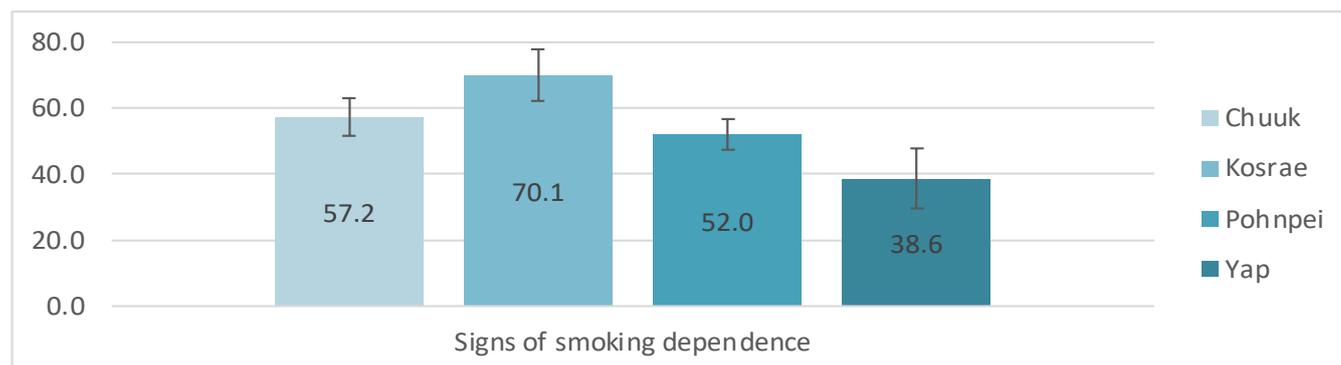


**Table 7** shows the proportion of current tobacco smokers with signs of smoking dependence. More than half of current smokers (53.9%; 95% CI: 50.7–57.1) showed signs of smoking dependence. As shown in Chart 3, this was particularly higher in Kosrae at 70.1% (95% CI: 62.3–77.8) – nearly twice as high as Yap (38.6%; 95% CI: 29.5–47.7). In addition, the boys were more likely to show signs of smoking dependence than girls (58.9%; 95% CI: 55.0–62.9 vs 46.9%; 95% CI: 42.1–51.8).

**Table 8** presents the distribution of places where current tobacco smokers usually smoked. Majority of students usually smoked at friends' houses (26.7%; 95% CI: 24.4–29.1) or own home (26.8%; 95% CI: 24.3–29.4). Nearly one in seven (15.0%; 95% CI: 13.0–17.1) reported smoking at school.

As shown in **Table 9**, approximately two out of every five students (39.2%; 95% CI: 37.8–40.6) had parents who smoke. Current smokers were more likely to have parents who smoke than non-smokers (47.5%; 95% CI: 44.7–50.2 vs 36.2%; 95% CI: 34.7–37.7). Proportion of students who have parents who smoked was highest in Chuuk where 44.3% (95% CI: 42.0–46.5) of students reported having parents who smoked.

**Chart 3.** Signs of smoking dependence among current tobacco smokers in Grades 7-12, by state – GYTS FSM, 2019



**Table 5.** Age at cigarette smoking initiation among ever cigarette smokers in Grades 7-12, by state and gender – GYTS FSM, 2019

Age when first trying a cigarette	Overall	State				Gender	
		Chuuk	Kosrae	Pohnpei	Yap	Boys	Girls
		<i>Percentage (95% CI)</i>					
11 years old or younger	34.0 (31.9–36.2)	27.7 (23.5–31.9)	29.4 (24.4–34.4)	36.2 (32.7–39.6)	39.2 (34.6–43.7)	36.3 (33.5–39.2)	31.1 (28.1–34.2)
12 years old or older	66.0 (63.8–68.1)	72.3 (68.1–76.5)	70.6 (65.6–75.6)	63.8 (60.4–67.3)	60.8 (56.3–65.4)	63.7 (60.8–66.5)	68.9 (65.8–71.9)
12 or 13 years old	30.3 (28.2–32.4)	27.1 (22.4–31.8)	27.2 (22.5–31.9)	33.8 (30.5–37.0)	26.3 (21.6–31.1)	29.7 (27.0–32.4)	31.1 (27.8–34.3)
14 or 15 years old	23.5 (21.4–25.6)	26.2 (21.9–30.4)	29.4 (25.2–33.5)	22.0 (18.7–25.3)	20.0 (14.9–25.0)	22.8 (19.9–25.6)	24.4 (21.3–27.5)
16 years old or older	12.2 (10.1–14.3)	19.1 (13.2–24.9)	14.0 (8.8–19.3)	8.1 (5.5–10.7)	14.5 (8.6–20.3)	11.1 (8.8–13.4)	13.4 (10.3–16.5)
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0

**Table 6.** Age at smokeless tobacco use initiation among ever smokeless tobacco users in Grades 7-12, by state and gender – GYTS FSM, 2019

Age when first trying smokeless tobacco	Overall	State				Gender	
		Chuuk	Kosrae	Pohnpei	Yap	Boys	Girls
		<i>Percentage (95% CI)</i>					
11 years old or younger	44.9 (41.5–48.2)	38.1 (30.6–45.6)	34.4 (26.1–42.7)	54.7 (49.3–60.1)	43.2 (38.0–48.3)	50.0 (45.6–54.5)	38.3 (34.0–42.7)
12 years old or older	55.2 (51.8–58.5)	61.9 (54.4–69.4)	65.6 (57.3–73.9)	45.3 (38.6–50.7)	56.8 (51.7–62.0)	50.0 (45.5–54.4)	61.7 (57.3–66.0)
12 or 13 years old	22.9 (20.3–25.4)	20.7 (15.3–26.1)	22.7 (17.3–28.2)	22.8 (18.2–27.5)	25.8 (20.9–30.6)	20.6 (17.5–23.9)	25.9 (22.2–29.6)
14 or 15 years old	19.7 (17.2–22.2)	22.5 (16.8–28.1)	28.2 (21.0–35.4)	14.1 (11.1–17.1)	19.7 (14.4–25.0)	17.1 (14.1–20.0)	22.8 (18.7–26.8)
16 years old or older	12.6 (9.8–15.3)	18.8 (12.6–24.9)	14.7 (8.1–21.3)	8.4 (5.2–11.6)	11.4 (3.8–18.9)	12.2 (9.2–15.2)	13.0 (9.4–16.7)
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0

**Table 7.** Current tobacco smokers in Grades 7-12 who are showing signs of smoking dependence, by state, gender, grade and age – GYTS FSM, 2019

	Overall	State				Gender		Grade		Age
		Chuuk	Kosrae	Pohnpei	Yap	Boys	Girls	7-8 Elementary	9-12 High School	13-15
		<i>Percentage (95% CI)</i>								
Signs of smoking dependence <sup>a</sup>	53.9 (50.7–57.1)	57.2 (51.6–62.9)	70.1 (62.3–77.8)	52.0 (47.3–56.7)	38.6 (29.5–47.7)	58.9 (55.0–62.9)	46.9 (42.1–51.8)	50.1 (44.8–55.5)	55.6 (51.6–59.6)	51.3 (46.6–55.9)

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

**Table 8.** Place where current tobacco smokers within Grades 7-12 usually smoke, by state, gender, grade and age – GYTS FSM, 2019

Place where students usually smoke	Overall	State				Gender		Grade		Age
		Chuuk	Kosrae	Pohnpei	Yap	Boys	Girls	7-8 Elementary	9-12 High School	13-15
		<i>Percentage (95% CI)</i>								
Friends' houses	26.7 (24.4–29.1)	32.9 (27.7–38.2)	27.5 (21.3–33.8)	24.4 (21.2–27.7)	25.0 (19.8–30.2)	27.5 (24.2–30.9)	26.0 (22.3–29.8)	28.4 (24.0–32.9)	26.1 (23.3–28.8)	27.7 (24.3–31.2)
Home	26.8 (24.3–29.4)	27.7 (22.0–33.4)	12.6 (8.5–16.6)	29.8 (25.9–33.7)	28.9 (24.0–33.8)	23.5 (20.2–26.8)	30.8 (26.7–34.8)	28.9 (24.6–33.2)	25.8 (22.7–28.9)	24.6 (21.1–28.2)
Public places	12.9 (11.0–14.9)	10.6 (6.4–14.8)	16.1 (11.7–20.5)	13.5 (10.6–16.4)	11.2 (7.2–15.2)	14.1 (11.5–16.7)	11.7 (9.1–14.3)	11.0 (6.4–15.5)	13.8 (11.5–16.2)	13.5 (10.8–16.3)
School	15.0 (13.0–17.1)	10.9 (6.9–14.8)	19.2 (14.1–24.4)	15.3 (12.4–18.2)	16.3 (10.1–22.4)	13.6 (11.1–16.1)	16.4 (13.3–19.5)	12.9 (9.4–16.4)	16.0 (13.5–18.6)	14.6 (11.7–17.5)
Social events	1.7 (1.1–2.5)	0.6 (0.0–1.4)	3.4 (0.7–6.0)	2.1 (1.1–3.2)	0.6 (0.0–1.8)	1.8 (0.9–2.8)	1.5 (0.5–2.6)	1.6 (0.4–2.8)	1.8 (0.9–2.6)	2.2 (1.0–3.4)
Work	2.1 (1.3–2.9)	6.0 (2.9–9.0)	1.5 (0.0–3.1)	0.6 (0.1–1.1)	2.4 (0.4–4.3)	2.6 (1.5–3.6)	1.4 (0.6–2.2)	3.0 (1.1–4.9)	1.7 (0.9–2.5)	2.5 (1.2–3.7)
Other places	14.6 (12.7–16.5)	11.3 (7.6–15.0)	19.7 (13.1–26.3)	14.3 (11.9–16.8)	15.7 (10.2–21.2)	16.8 (14.3–19.4)	12.2 (9.4–14.5)	14.2 (10.5–17.8)	14.8 (12.6–17.0)	14.8 (1.5–11.8)
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0

**Table 9.** Parents' smoking status among students in Grades 7-12, by own smoking status – GYTS FSM, 2019

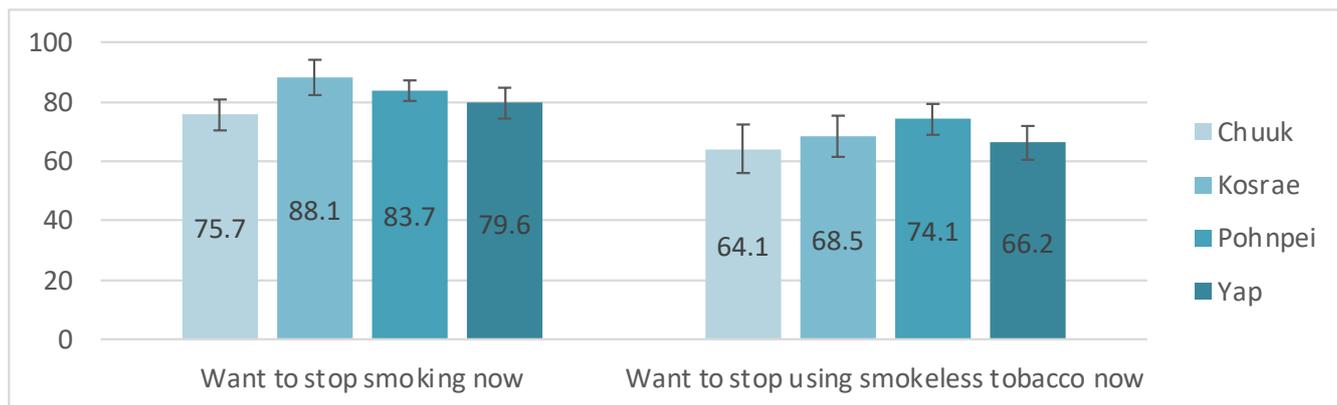
	Overall	Smoking status	
		Current Smokers	Non-Smokers
	<i>Percentage (95% CI)</i>		
Students who have parents that smoke <sup>a</sup>	National	39.2 (37.8–40.6)	36.2 (34.7–37.7)
	Chuuk	44.3 (42.0–46.5)	42.3 (39.9–44.6)
	Kosrae	29.6 (25.7–33.5)	26.4 (22.2–30.5)
	Pohnpei	38.6 (36.3–40.8)	34.1 (31.7–36.7)
	Yap	35.7 (32.1–39.3)	32.1 (27.7–36.6)

<sup>a</sup> Reported that one or both of their parents smoke(s) tobacco.

### 3.2 Cessation

**Table 10** provides data on smoking tobacco cessation among current tobacco smokers in Grades 7-12. Four in five current smokers (79.3%; 95% CI: 76.7–81.9) tried to quit smoking in the past 12 months. Despite this, only one third of current smokers (35.4%; 95% CI: 32.7–38.1) reported that they received help or advice from a programme or professional to stop smoking. Generally, current smokers had high desire and confidence to stop smoking. Over four in five current smokers (82.1%; 95% CI: 79.7–84.6) stated that they want to stop smoking now, and 81.3% (95% CI: 78.9–83.7) thought they would be able to stop if they wanted to. There was no statistical difference among the states regarding the desire to quit smoking (see **Chart 4**).

**Chart 4.** Desire to quit smoking and smokeless tobacco use among current smokers/smokeless tobacco users in Grades 7-12, by state – GYTS FSM, 2019.



**Table 11** provides data on smokeless tobacco cessation among current smokeless tobacco users in Grades 7-12. Seven out of 10 current smokeless tobacco users (72.0%; 95% CI: 68.7–75.4), tried to stop using it in the past 12 months, but only two in five (39.5%; 95% CI: 36.2–42.8) had ever received help or advice from a programme or professional to stop using smokeless tobacco. Overall, desire to quit smoking was higher among current smokers than to stop the use of smokeless tobacco among smokeless tobacco users (82.1%; 95% CI: 79.7–84.6 vs 68.6%; 95% CI: 65.5–71.8).

**Table 12** shows time since quitting among former tobacco users in Grades 7-12. Among those who quit, one third (36.2%; 95% CI: 31.3–41.0) had stayed quit for 3 years or longer.

For the reasons for quitting, as shown in **Table 13**, nearly half (47.9%; 95% CI: 45.0–50.8) of the students indicated health as their reason for quitting, followed by being in trouble with their family (19.1%; 95% CI: 16.9–21.3). As shown in **Chart 5**, boys were more likely to identify improving their health as the reason for quitting (53.9%; 95% CI: 50.0–57.9 vs 42.5%; 95% CI: 38.8–46.1).

**Chart 5.** Reasons for quitting tobacco among former tobacco users in Grades 7-12, by gender – GYTS FSM, 2019



**Table 10.** Smoking tobacco cessation indicators among current tobacco smokers in Grades 7-12, by state, gender, grade and age – GYTS FSM, 2019

Current smokers who...	Overall	State				Gender		Grade		Age
		Chuuk	Kosrae	Pohnpei	Yap	Boys	Girls	7-8 Elementary	9-12 High School	13-15
<i>Percentage (95% CI)</i>										
Tried to stop smoking in the past 12 months	79.3 (76.7–81.9)	75.6 (68.7–82.6)	80.8 (74.1–87.5)	80.2 (76.7–83.8)	79.7 (74.2–85.3)	78.2 (74.9–81.6)	80.8 (77.0–84.6)	78.0 (73.0–83.1)	79.8 (76.8–82.8)	79.2 (75.4–82.9)
Want to stop smoking now	82.1 (79.7–84.6)	75.7 (69.6–81.8)	88.1 (82.1–94.2)	83.7 (80.4–87.1)	79.6 (74.5–84.8)	82.6 (79.3–85.9)	81.7 (78.1–85.4)	78.8 (74.0–83.7)	83.5 (80.6–86.4)	81.4 (77.7–85.1)
Thought they would be able to stop smoking if they wanted to	81.3 (78.9–83.7)	78.1 (73.0–83.1)	80.3 (72.5–88.1)	81.1 (77.7–84.5)	88.1 (83.6–92.6)	78.8 (75.4–82.2)	84.8 (81.8–87.8)	79.2 (74.8–83.7)	82.2 (79.3–85.1)	80.7 (76.9–84.4)
Have ever received help/advice from a programme or professional to stop smoking	35.4 (32.7–38.1)	28.2 (23.8–32.5)	43.3 (34.5–52.0)	37.8 (33.8–41.9)	29.5 (24.4–34.6)	34.1 (30.8–37.3)	37.2 (33.0–41.5)	27.9 (23.8–31.8)	38.7 (35.3–42.1)	33.4 (29.3–37.4)

**Table 11.** Smokeless tobacco cessation indicators among current smokeless tobacco users in Grades 7-12, by state, gender, grade and age – GYTS FSM, 2019

Current smokeless tobacco users who...	Overall	State				Gender		Grade		Age
		Chuuk	Kosrae	Pohnpei	Yap	Boys	Girls	7-8 Elementary	9-12 High School	13-15
<i>Percentage (95% CI)</i>										
Tried to stop using smokeless tobacco in the past 12 months	72.0 (68.7–75.4)	66.3 (59.1–73.4)	71.9 (65.9–77.2)	76.5 (71.0–82.0)	71.8 (63.9–79.6)	69.6 (65.4–73.7)	75.9 (71.2–80.6)	74.3 (68.2–80.4)	71.6 (67.6–75.6)	70.8 (65.0–76.5)
Want to stop using smokeless tobacco now	68.6 (65.5–71.8)	64.1 (55.9–72.2)	68.5 (61.7–75.4)	74.1 (69.0–79.3)	66.2 (60.7–71.7)	64.1 (59.4–68.9)	75.0 (70.8–79.3)	75.6 (69.6–81.7)	66.6 (63.0–70.3)	70.5 (64.6–76.3)
Have ever received help/advice from a programme or professional to stop using smokeless tobacco	39.5 (36.2–42.8)	31.3 (24.3–38.3)	43.7 (37.4–50.0)	47.5 (41.8–53.3)	31.3 (25.4–37.3)	40.2 (35.9–44.5)	38.5 (33.5–43.4)	38.1 (31.7–44.4)	40.0 (36.3–43.8)	38.1 (32.7–43.6)

**Table 12.** Time since quitting tobacco among former tobacco users in Grades 7-12, by state, gender, grade and age – GYTS FSM, 2019

Time since quitting tobacco	Overall	State				Gender	
		Chuuk	Kosrae	Pohnpei	Yap	Boys	Girls
		<i>Percentage (95% CI)</i>					
1-3 months	20.9 (17.6–24.2)	26.2 (21.0–31.3)	15.8 (7.2–24.4)	21.2 (15.2–27.1)	16.5 (10.9–22.2)	22.0 (16.8–27.2)	20.3 (15.6–25.0)
4-11 months	13.9 (10.9–16.9)	12.0 (6.3–17.8)	14.8 (6.3–23.2)	16.9 (11.9–21.8)	8.8 (2.7–14.8)	11.0 (7.1–15.0)	16.5 (12.1–20.8)
1 year	14.7 (11.6–17.9)	16.0 (9.2–22.8)	20.3 (10.6–30.0)	14.1 (9.6–18.7)	10.0 (3.8–16.2)	10.8 (6.5–15.1)	18.1 (13.3–22.9)
2 years	14.3 (10.8–17.8)	16.6 (9.2–24.0)	9.6 (2.8–16.4)	14.0 (8.2–19.7)	15.5 (8.7–22.3)	17.3 (12.4–22.1)	11.5 (6.7–16.4)
3 years or longer	36.2 (31.3–41.0)	29.2 (20.4–38.0)	39.5 (26.2–52.7)	33.9 (25.6–42.1)	49.2 (39.3–59.0)	38.9 (31.8–45.9)	33.6 (27.5–39.7)
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0

**Table 13.** Reasons for quitting among former tobacco users in Grades 7-12, by state, gender, grade and age – GYTS FSM, 2019

Reasons for quitting	Overall	State				Gender		Grade	Age	
		Chuuk	Kosrae	Pohnpei	Yap	Boys	Girls	7-8 Elementary	9-12 High School	13-15
		<i>Percentage (95% CI)</i>								
To improve health	47.9 (45.0–50.8)	39.6 (34.0–45.2)	50.8 (44.6–57.0)	47.2 (42.6–51.8)	59.8 (53.9–65.7)	53.9 (50.0–57.9)	42.5 (38.8–46.1)	49.1 (43.6–54.6)	47.6 (44.1–51.0)	47.3 (43.1–51.5)
To save money	8.3 (6.8–9.9)	12.9 (9.6–16.3)	8.6 (4.3–13.0)	7.6 (5.0–10.2)	3.3 (1.7–4.8)	9.5 (7.2–11.7)	6.9 (4.6–9.2)	9.2 (6.7–11.7)	8.0 (6.0–10.0)	8.5 (6.1–10.8)
Because I got in trouble with my family	19.1 (16.9–21.3)	20.6 (16.0–25.2)	20.8 (14.9–26.8)	19.8 (16.4–23.2)	13.5 (9.1–17.9)	17.7 (14.7–20.6)	20.5 (17.4–23.6)	24.7 (20.2–29.2)	17.1 (14.5–19.7)	21.4 (18.2–24.6)
Because my friends do not like it	6.9 (5.7–8.1)	7.1 (4.6–9.6)	6.2 (2.8–9.7)	7.5 (5.6–9.4)	5.5 (3.8–7.2)	5.9 (4.5–7.4)	7.7 (5.7–9.6)	6.7 (4.9–8.6)	7.0 (5.5–8.5)	8.0 (6.0–10.0)
Other	17.7 (15.6–19.8)	19.8 (14.6–24.9)	13.5 (8.1–19.0)	17.9 (15.1–20.6)	18.0 (12.4–23.5)	13.0 (10.3–11.7)	22.5 (19.3–25.6)	10.2 (7.2–13.3)	20.4 (17.7–23.0)	14.9 (12.2–17.5)
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0

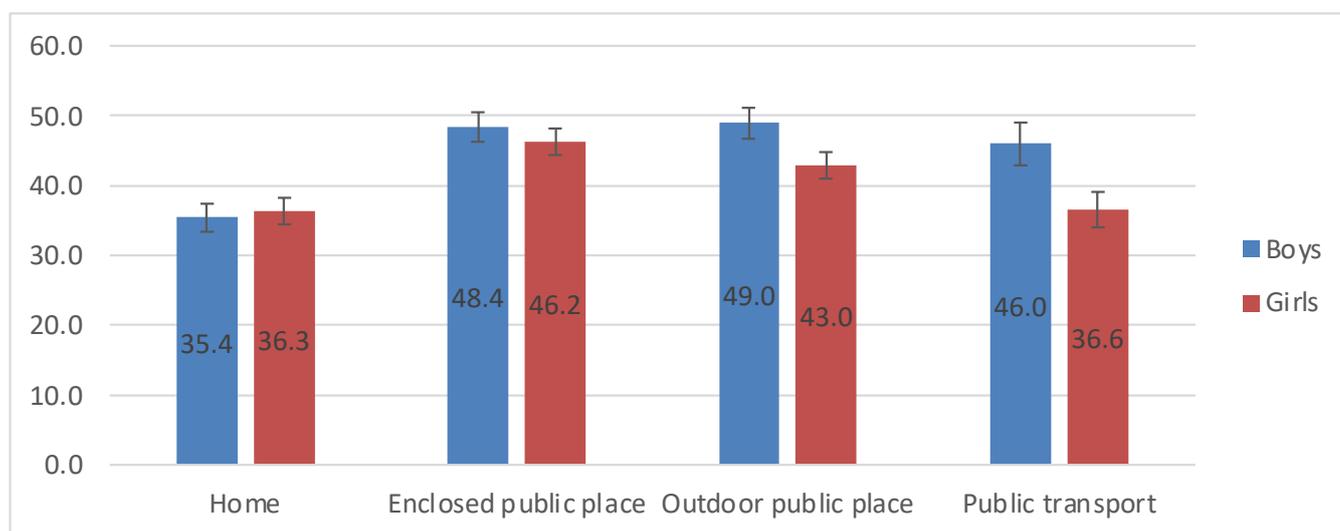
### 3.3 Secondhand Smoke

**Table 14** shows the proportion of students in Grades 7-12 who were exposed to secondhand smoke (SHS). One in three students (35.9%; 95% CI: 34.4–37.5) were exposed to SHS at home and nearly half of students (47.1%; 95% CI: 45.6–48.7) in enclosed public places within the past seven days.

More than half of the students (54.1%; 95% CI: 52.3–55.9) saw someone smoking inside the school building or outside on school property, indicating exposure to SHS. This is particularly high in Kosrae and Pohnpei with 69.0% (95% CI: 65.4–72.6) and 60.1% (95% CI: 57.7–62.6) of the students, respectively, reported that they saw anyone smoking at school during the past 30 days.

As shown in **Chart 6**, boys were more likely to be exposed to SHS than girls in outdoor public places (49.0%; 95% CI: 46.7–51.2 vs 43.0%; 95% CI: 41.1–44.9) and in public transport (46.0%; 95% CI: 43.0–49.0 vs 36.6%; 95% CI: 34.1–39.1). Among the four states, Kosrae had the highest prevalence of SHS exposure in enclosed and outdoor public places (61.0%; 95%CI: 57.1–64.9, and 62.3%; 95%CI: 57.9–66.7).

**Chart 6.** Students in Grades 7-12 who were exposed to tobacco smoke, by gender – GYTS FSM, 2019



**Table 14.** Students in Grades 7-12 who were exposed to tobacco smoke, by state, gender, grade and age – GYTS FSM, 2019

	Overall	State				Gender		Grade		Age
		Chuuk	Kosrae	Pohnpei	Yap	Boys	Girls	7-8 Elementary	9-12 High School	13-15
<i>Percentage (95% CI)</i>										
<i>Exposed to tobacco smoke...</i>										
At home <sup>a</sup>	35.9 (34.4–37.5)	34.1 (31.0–37.3)	29.3 (25.4–33.2)	37.2 (35.1–39.3)	43.2 (40.5–45.9)	35.4 (33.4–37.4)	36.3 (34.3–38.2)	33.5 (30.9–36.1)	37.6 (35.7–39.4)	35.6 (33.7–37.5)
Inside any enclosed public place <sup>a</sup>	47.1 (45.6–48.7)	36.7 (33.6–39.9)	61.0 (57.1–64.9)	51.1 (48.9–53.3)	49.6 (47.1–52.1)	48.4 (46.3–50.5)	46.2 (44.3–48.1)	40.4 (37.8–43.0)	51.5 (49.6–53.4)	45.0 (43.0–47.0)
At any outdoor public place <sup>a</sup>	45.7 (44.0–47.4)	39.1 (35.9–42.2)	62.3 (57.9–66.7)	47.3 (44.8–49.8)	43.7 (40.5–47.0)	49.0 (46.7–51.2)	43.0 (41.1–44.9)	41.1 (38.3–43.8)	48.8 (46.7–50.9)	43.7 (41.6–45.9)
In public transport <sup>a</sup>	40.9 (38.7–43.0)	46.5 (42.5–50.4)	40.8 (34.1–47.5)	42.9 (39.6–46.2)	21.7 (17.6–25.8)	46.0 (43.0–49.0)	36.6 (34.1–39.1)	44.0 (40.3–47.6)	39.4 (36.7–42.1)	39.6 (36.4–42.9)
Saw anyone smoking inside the school building or outside on school property <sup>b</sup>	54.1 (52.3–55.9)	44.1 (40.5–47.7)	69.0 (65.4–72.6)	60.1 (57.7–62.6)	44.8 (40.4–49.2)	54.3 (52.0–56.7)	54.3 (52.2–56.4)	51.3 (48.3–54.2)	56.0 (53.7–58.3)	51.7 (49.2–54.2)

<sup>a</sup> During the past 7 days. <sup>b</sup> During the past 30 days.

### 3.4 Access and Availability

**Table 15** shows sources for obtaining cigarettes among current cigarette smokers. More than one fourth (27.0%; 95% CI: 23.8–30.2) of current cigarette smokers bought their cigarettes from a store/shop. Boys were more likely to buy from a store/shop than girls (31.3%; 95% CI: 27.6–35.1 vs 21.6%; 95% CI: 17.4–25.8). When comparing between elementary school students and high school students, elementary school students were less likely to buy their cigarettes from a store/shop (16.1%; 95% CI: 12.3–19.9 vs 31.4%; 95% CI: 27.3–35.5). More than half of current cigarette smokers reported obtaining cigarettes from peers (following two responses combined: 25.0% from someone else older than 18 years old and 28.6% from someone else younger than 18 years old).

**Table 16** shows that, while majority of students (62.0%; 95% CI: 60.2–63.9) saw signs that sales minors are banned, nearly half of current cigarette smokers (49.3%; 95% CI: 45.7–53.0) and smokeless tobacco users (46.6%; 95% CI: 42.5–50.8), respectively, were not prevented from buying cigarettes/smokeless tobacco. High school students in grades 9-12 were more likely to notice the signs than elementary school students in grades 7-8 (65.3%; 95% CI: 63.0–67.5 vs 57.3%; 95% CI: 54.3–60.2).

One in three students (32.7%; 95% CI: 30.3–35.0) responded that tobacco can be purchased near school. Larger proportion of high school students reported availability of tobacco near school (38.4%; 95% CI: 35.1–41.7) than elementary school students (24.6%; 95% CI: 21.7–27.5). Yap had the lowest proportion of students who responded that they could purchase tobacco near school (23.5%; 95% CI: 19.4–27.6).

Unit of purchase, based on the last purchase among those who bought cigarettes in the past 30 days, is summarized in **Table 17**. Most current cigarette smokers purchased cigarettes as individual sticks (36.9%; 95% CI: 33.2–40.5) or a pack (43.7%; 95% CI: 40.2–47.3). Boys were more likely to buy a pack than individual sticks (46.1%; 95% CI: 41.4–50.8 vs 34.5%; 95% CI: 30.2–38.8) while no difference was observed between the proportions of girls who purchased single sticks or packs. Furthermore, elementary school students were more likely to buy a pack than individual sticks (43.5%; 95% CI: 37.7–49.3 vs 31.7%; 95% CI: 26.0–37.4).

**Table 18** shows how much students thought a pack of 20 cigarettes costs. In Chuuk and Pohnpei, one third of students thought a pack would cost less than \$3 while only small proportion of students thought it was more than \$5. On the other hand, in Kosrae and Yap, majority of students thought a pack would cost more than \$5.

**Table 15.** Source for obtaining cigarettes among cigarette smokers in Grades 7-12, by state, gender, grade and age – GYTS FSM, 2019

Source <sup>a</sup>	Overall	State				Gender		Grade		Age
		Chuuk	Kosrae	Pohnpei	Yap	Boys	Girls	7-8 Elementary	9-12 High School	13-15
<i>Percentage (95% CI)</i>										
Purchased from a store/shop	27.0 (23.8–30.2)	33.3 (25.3–41.3)	24.4 (17.2–31.7)	27.2 (23.1–31.4)	20.6 (10.6–30.5)	31.3 (27.6–35.1)	21.6 (17.4–25.8)	16.1 (12.3–19.9)	31.4 (27.3–35.5)	19.1 (15.7–22.6)
Got them from someone else older than 18 years old	25.0 (22.1–27.8)	14.9 (8.8–21.0)	28.8 (21.7–35.9)	24.7 (20.7–28.7)	35.5 (27.7–43.3)	24.5 (21.2–27.8)	25.4 (21.3–29.5)	25.1 (20.5–29.7)	24.9 (21.3–28.5)	25.8 (21.6–30.1)
Got them from someone else under 18 years old	28.6 (25.4–31.8)	30.6 (23.2–37.9)	33.6 (23.2–44.1)	28.6 (24.2–33.0)	20.2 (14.0–26.4)	26.0 (21.9–30.1)	32.3 (28.1–36.5)	36.1 (30.1–42.0)	25.7 (22.1–29.4)	33.4 (28.8–37.9)
Stole them	5.5 (4.2–6.9)	7.3 (3.6–11.1)	4.5 (1.1–8.0)	5.1 (3.4–6.9)	5.9 (3.2–8.6)	4.6 (3.0–6.1)	6.9 (4.7–9.1)	9.3 (6.2–12.5)	4.0 (2.6–5.5)	5.9 (3.7–8.0)
Got them some other way	13.9 (11.8–15.9)	13.9 (9.3–18.5)	8.6 (4.0–13.2)	14.4 (11.3–17.5)	17.8 (13.8–21.9)	13.7 (10.9–16.4)	13.9 (11.0–16.7)	13.4 (9.9–16.9)	13.9 (11.4–16.4)	15.8 (12.6–19.0)
<b>Total</b>	<b>100.0</b>									

<sup>a</sup> How cigarette smokers obtained the cigarette they last smoked during the past 30 days.

**Table 16.** Accessibility of tobacco among students in Grades 7-12, by state, gender, grade and age – GYTS FSM, 2019

	Overall	State				Gender		Grade		Age
		Chuuk	Kosrae	Pohnpei	Yap	Boys	Girls	7-8 Elementary	9-12 High School	13-15
<i>Percentage (95% CI)</i>										
Seeing signs stating that adolescents are not allowed to buy tobacco	62.0 (60.2–63.9)	50.4 (46.5–54.3)	67.9 (62.8–72.9)	66.6 (64.3–68.8)	73.8 (70.6–76.9)	60.5 (58.3–62.7)	63.6 (61.3–65.9)	57.3 (54.3–60.2)	65.3 (63.0–67.5)	61.2 (59.0–63.5)
Current cigarette smokers who were not prevented from buying cigarettes because of their age <sup>a</sup>	49.3 (45.7–53.0)	43.5 (36.2–50.8)	49.0 (40.5–57.6)	51.0 (45.7–56.4)	53.3 (42.2–64.3)	48.1 (43.6–52.6)	51.2 (45.6–56.7)	52.3 (46.3–58.3)	48.2 (43.6–52.7)	46.7 (41.4–51.9)
Current smokeless tobacco users who were not prevented from buying smokeless tobacco because of their age <sup>b</sup>	46.6 (42.5–50.8)	49.1 (41.5–56.8)	36.6 (26.8–46.5)	45.4 (38.4–52.5)	56.9 (49.5–64.3)	42.4 (37.7–47.2)	52.7 (45.9–59.6)	46.0 (38.3–53.7)	46.6 (41.8–51.4)	47.0 (41.1–53.0)
Being able to purchase tobacco near school	32.7 (30.3–35.0)	34.0 (29.9–38.2)	37.5 (31.3–43.7)	32.4 (28.6–36.1)	23.5 (19.4–27.6)	35.3 (32.3–38.3)	29.4 (26.5–32.3)	24.6 (21.7–27.5)	38.4 (35.1–41.7)	29.3 (26.6–32.1)

<sup>a</sup> Among those who tried to buy cigarettes during the past 30 days. <sup>b</sup> Among those who tried to buy smokeless tobacco during the past 30 days.

**Table 17.** Unit of cigarette purchase among current cigarette smokers in Grades 7-12, by state, gender, grade and age – GYTS FSM, 2019

Unit of purchase <sup>a</sup>	Overall	State				Gender		Grade		Age
		Chuuk	Kosrae	Pohnpei	Yap	Boys	Girls	7-8 Elementary	9-12 High School	13-15
				<i>Percentage (95% CI)</i>						
Individual sticks	36.9 (33.2–40.5)	41.8 (35.0–48.5)	39.6 (28.8–50.4)	35.8 (30.6–41.1)	28.1 (19.0–37.2)	34.5 (30.2–38.8)	41.0 (35.0–46.9)	31.7 (26.0–37.4)	38.7 (34.2–43.2)	39.7 (34.2–45.2)
Carton	6.2 (4.6–7.8)	8.4 (4.0–12.7)	3.4 (0.7–6.2)	6.2 (4.0–8.5)	6.0 (2.3–9.7)	5.1 (3.2–7.1)	7.7 (5.0–10.5)	8.6 (5.5–11.6)	5.4 (3.5–7.3)	8.7 (5.9–11.5)
Pack	43.7 (40.2–47.3)	36.3 (29.6–42.9)	46.7 (37.8–55.7)	44.6 (39.4–49.8)	49.5 (38.2–60.7)	46.1 (41.4–50.8)	40.1 (34.3–10.5)	43.5 (37.7–49.3)	43.9 (39.4–48.2)	38.9 (33.6–44.2)
Rolls	5.7 (4.3–7.2)	7.0 (3.7–10.4)	4.1 (1.4–6.8)	5.4 (3.3–7.5)	7.3 (2.8–11.7)	5.3 (3.5–7.1)	6.3 (3.8–8.7)	6.2 (3.4–8.9)	5.5 (3.7–7.2)	4.5 (2.8–6.1)
Roll-your-own	7.5 (5.6–9.4)	6.5 (3.4–9.7)	6.1 (1.3–10.9)	8.0 (5.2–10.7)	9.1 (2.4–15.8)	8.9 (6.5–11.3)	4.9 (2.5–7.3)	10.0 (6.2–13.8)	6.6 (4.5–8.8)	8.2 (5.4–11.1)
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0

<sup>a</sup> Based on the last purchase, among those who bought cigarettes during the past 30 days.

**Table 18.** Cost of cigarettes among students in Grades 7-12, by state, gender, grade and age – GYTS FSM, 2019

Cost of a pack (20 cigarettes) <sup>a</sup>	Overall	State				Gender		Grade		Age
		Chuuk	Kosrae	Pohnpei	Yap	Boys	Girls	7-8 Elementary	9-12 High School	13-15
				<i>Percentage (95% CI)</i>						
Less than \$3	31.8 (30.2–33.4)	35.8 (32.5–39.1)	14.6 (11.4–17.9)	37.5 (35.3–39.7)	10.5 (7.5–13.6)	31.5 (29.5–33.4)	32.0 (30.0–34.0)	35.4 (33.0–37.9)	29.5 (27.4–31.6)	33.1 (31.0–35.3)
\$3 to \$3.99	24.7 (23.2–26.1)	17.0 (13.9–20.0)	4.7 (2.8–6.6)	38.7 (36.6–40.8)	8.2 (6.6–9.8)	23.9 (22.0–25.8)	25.5 (23.6–27.3)	36.5 (19.7–25.7)	25.9 (24.3–27.5)	24.8 (22.9–26.8)
\$4 to \$4.99	15.9 (14.6–17.1)	31.1 (27.7–34.4)	7.1 (4.8–9.3)	6.1 (5.2–7.0)	18.0 (14.8–21.2)	15.9 (14.5–17.4)	15.6 (14.0–17.3)	19.2 (16.6–21.8)	13.7 (12.2–15.1)	16.2 (14.5–17.9)
\$5 to \$5.99	12.0 (11.1–12.9)	5.0 (4.1–6.0)	45.6 (41.9–49.3)	3.9 (3.2–4.6)	36.6 (32.3–40.1)	14.7 (13.4–16.0)	9.9 (8.7–11.1)	8.5 (7.4–9.5)	14.4 (13.1–15.6)	10.8 (9.2–12.3)
\$6 to \$6.99	3.1 (2.7–3.6)	1.6 (1.1–2.1)	8.0 (5.5–10.4)	2.1 (1.4–2.8)	8.0 (6.3–9.6)	3.2 (2.4–3.9)	3.1 (2.5–3.7)	2.3 (1.6–3.0)	3.7 (3.0–4.3)	2.6 (2.0–3.2)
\$7 or more	12.5 (11.5–13.5)	9.4 (8.1–10.8)	20.1 (16.5–23.7)	11.7 (10.1–13.3)	18.7 (14.9–22.4)	10.8 (9.6–12.1)	13.9 (12.6–15.2)	11.9 (10.1–13.7)	12.9 (11.7–14.1)	12.5 (11.1–14.0)
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0

<sup>a</sup> On average, how much students think a pack of 20 cigarettes costs.

## 3.5 Media

### 3.5.1 Anti-Tobacco

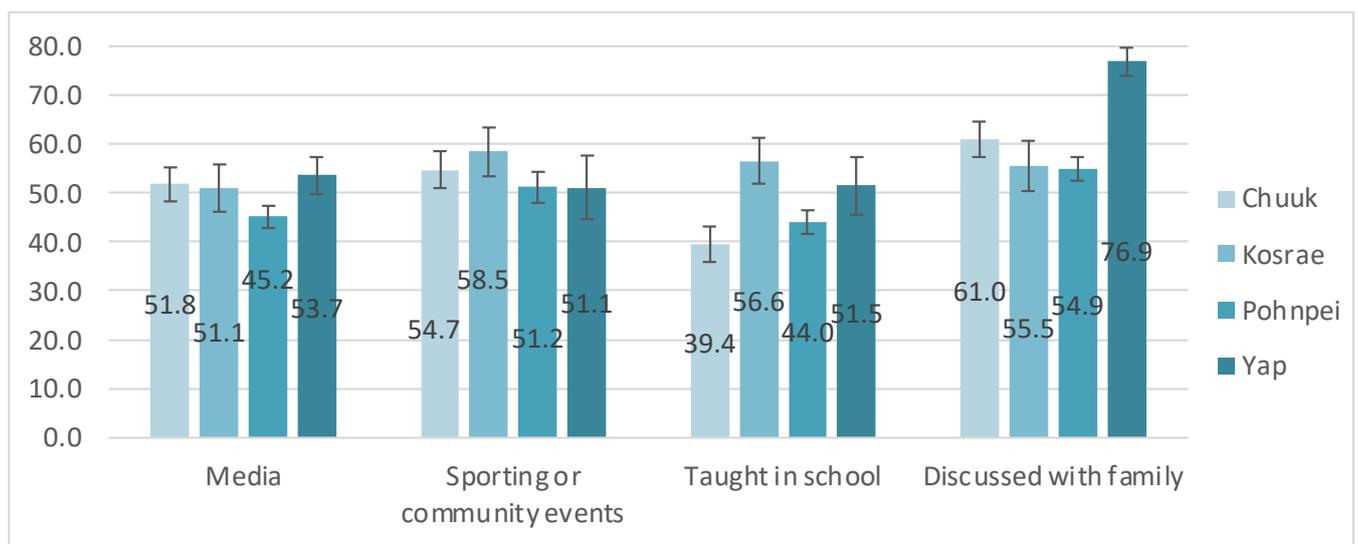
**Table 19** provides data on indicators around students' exposure to anti-tobacco information. In the past 30 days prior to the survey, nearly half (48.9%; 95% CI: 47.3–50.6) of the students noticed anti-tobacco messages in the media (e.g., television, radio, internet, billboards, posters, newspapers, magazines, and movies).

Among those who attended sporting or community events, more than half (53.2%; 95% CI: 51.1–55.4) noticed anti-tobacco messages at those events. There was no significant difference among states or between gender or grade groups.

Nearly half of students (44.5%; 95% CI: 42.7–46.4) were taught in school about the dangers of tobacco use. (see **Chart 7**).

Home was the most common place where students receive anti-tobacco messages; three in five students (59.3%; 95% CI: 57.6–61.1) reported having discussed about the harmful effects of smoking with a family member. Yap had the highest prevalence (76.9%; 95% CI: 74.1–79.7) among the four states.

**Chart 7.** Exposure to anti-tobacco messages at various venues among students in Grades 7-12 – GYTS FSM, 2019



**Table 20** provides data on various indicators around students' exposure to health warnings. The majority (72.2%; 95% CI: 69.9–74.5) of current smokers noticed health warnings on cigarette packages in the past 30 days, which made 55.6% (95% CI: 52.4–58.8) of them to consider quitting smoking.

Among never smokers, more than one third (38.1%; 95% CI: 34.5–41.7) thought about never starting smoking because of health warnings on cigarette packages.

**Table 19.** Noticing anti-tobacco information among students in Grades 7-12, by state, gender, grade and age – GYTS FSM, 2019

	Overall	State				Gender		Grade		Age
		Chuuk	Kosrae	Pohnpei	Yap	Boys	Girls	7-8 Elementary	9-12 High School	13-15
				<i>Percentage (95% CI)</i>						
Noticed anti-tobacco messages in the media <sup>a,b,c</sup>	48.9 (47.3–50.6)	51.8 (48.4–55.1)	51.1 (46.1–56.0)	45.2 (43.0–47.5)	53.7 (49.9–57.5)	47.1 (45.1–49.2)	50.3 (48.2–52.5)	50.2 (47.2–53.3)	48.1 (46.2–50.0)	48.6 (46.5–50.7)
<i>Noticed anti-tobacco messages at sporting or community events</i>										
Among all students <sup>b,c</sup>	30.7 (29.2–32.3)	32.9 (29.7–36.0)	36.3 (32.5–40.1)	27.7 (25.6–29.8)	31.3 (26.8–35.8)	33.6 (31.6–35.5)	28.3 (26.3–30.3)	28.9 (26.1–31.7)	31.9 (30.0–33.7)	29.5 (27.6–31.3)
Among those who attended sporting or community events <sup>c</sup>	53.2 (51.1–55.4)	54.7 (50.9–58.5)	58.5 (53.5–63.5)	51.2 (48.0–54.4)	51.1 (44.6–57.6)	54.6 (52.0–57.1)	51.8 (48.9–54.7)	50.3 (46.7–53.8)	55.2 (52.5–57.8)	52.4 (49.9–55.0)
Taught in school about the dangers of tobacco use in the past 12 months <sup>b</sup>	44.5 (42.7–46.4)	39.4 (35.8–43.1)	56.6 (52.0–61.3)	44.0 (41.5–46.5)	51.5 (45.7–57.3)	46.7 (44.5–49.0)	42.8 (40.5–45.1)	42.2 (39.4–45.0)	46.1 (43.6–48.5)	44.6 (42.3–46.8)
Discussed about the harmful effects of smoking tobacco with a family member	59.3 (57.6–61.1)	61.0 (57.5–64.6)	55.5 (50.5–60.6)	54.9 (52.6–57.3)	76.9 (74.1–79.7)	59.8 (57.5–62.1)	58.9 (56.7–61.1)	55.9 (53.3–58.6)	61.5 (59.3–63.8)	58.9 (56.5–61.2)

<sup>a</sup> For example, television, radio, Internet, billboards, posters, newspapers, magazines, movies. <sup>b</sup> Among all students aged 13–17 years old. <sup>c</sup> In the past 30 days.

**Table 20.** Noticing of health warnings on cigarette packages among current and never tobacco smokers in Grades 7-12, by state, gender, grade and age – GYTS FSM, 2019

	Overall	State				Gender		Grade		Age
		Chuuk	Kosrae	Pohnpei	Yap	Boys	Girls	7-8 Elementary	9-12 High School	13-15
				<i>Percentage (95% CI)</i>						
Current smokers who noticed health warnings <sup>a</sup>	72.2 (69.9–74.5)	68.6 (64.4–72.9)	79.5 (72.9–86.1)	72.9 (69.7–76.1)	68.4 (61.0–75.8)	72.2 (69.2–75.3)	72.3 (68.7–75.9)	68.9 (65.2–72.6)	73.6 (70.6–76.5)	73.6 (70.4–76.9)
<i>Thought about quitting smoking because of health warnings on cigarette packages<sup>a</sup></i>										
Among current smokers	40.2 (37.5–42.8)	39.7 (35.1–44.2)	51.2 (42.3–60.2)	38.8 (35.0–42.5)	35.2 (28.4–42.1)	42.4 (39.0–45.7)	37.5 (33.7–41.3)	36.3 (31.9–40.7)	42.0 (38.8–45.2)	39.3 (35.3–43.2)
Among current smokers who noticed health warnings	55.6 (52.4–58.8)	57.8 (51.6–64.0)	64.5 (56.1–72.8)	53.1 (48.4–57.9)	51.5 (43.1–59.8)	58.7 (54.7–62.7)	51.9 (47.3–56.5)	52.7 (46.8–58.6)	57.1 (53.2–60.9)	53.3 (48.6–58.1)
Never smokers who thought about not starting smoking because of health warnings <sup>a,b</sup>	38.1 (34.5–41.7)	40.5 (33.1–48.0)	31.7 (25.2–38.2)	37.5 (33.2–41.9)	37.7 (31.3–44.0)	40.6 (35.7–45.4)	36.4 (32.5–40.3)	37.1 (30.8–43.5)	38.9 (34.9–42.9)	38.0 (33.9–42.0)

<sup>a</sup> During the past 30 days. <sup>b</sup> Among never smokers who noticed health warnings on cigarette packages in the past 30 days.

### 3.5.2 Tobacco Marketing

**Table 21** shows indicators on students' exposure to tobacco marketing. Almost one third (29.8%; 95% CI: 28.3–31.2) of students noticed tobacco advertisements or promotions at points of sale.

Taking into consideration only those visiting points of sales during the past 30 days, the proportion of those who noticed tobacco advertisements or promotions reaches almost half of them (44.3%; 95% CI: 42.3–46.3). When comparing across states, students in Kosrae were more likely to notice tobacco advertisements or promotions when they visited points of sale than in three other states.

Majority (62.8%; 95% CI: 61.3–64.2) of students reported to notice tobacco use on television, videos or movies during the past 30 days.

Overall, nearly one fifth (17.6%; 95% CI: 16.4–18.9) had ever been offered a free tobacco product from a company representative; boys encountered this more than girls (21.7%; 95% CI: 19.8–23.6 vs 14.3%; 95% CI: 13.0–15.7). High school students are more likely to be offered such compared to elementary students (19.1%; 95% CI: 17.4–20.8 vs 15.5%; 95% CI: 13.7–17.2). Yap had the lowest proportion of students reporting having offered a free tobacco product at 10.5% (95% CI: 8.2–12.7).

**Table 21:** Noticing tobacco marketing among students in Grades 7-12, by state, gender, grade and age – GYTS FSM, 2019

	Overall	State				Gender		Grade		Age
		Chuuk	Kosrae	Pohnpei	Yap	Boys	Girls	7-8 Elementary	9-12 High School	13-15
<i>Percentage (95% CI)</i>										
<i>Noticed tobacco advertisements or promotions at points of sale</i>										
Among all students <sup>a</sup>	29.8 (28.3–31.2)	27.4 (24.3–30.4)	42.0 (37.8–46.2)	29.6 (27.8–31.5)	25.6 (21.2–30.1)	30.8 (28.9–32.8)	28.9 (27.0–30.8)	27.6 (25.0–30.3)	31.2 (29.5–33.0)	29.5 (27.5–31.5)
Among those who visited a point of sale <sup>a</sup>	44.3 (42.3–46.3)	40.9 (36.4–45.4)	56.2 (51.4–61.1)	45.9 (43.3–48.5)	35.4 (30.8–40.1)	45.4 (42.8–48.1)	43.4 (40.8–46.0)	40.7 (37.0–44.4)	46.8 (44.5–49.1)	44.5 (41.7–47.3)
<i>Noticed anyone using tobacco on television, videos, or movies</i>										
Among all students <sup>a</sup>	62.8 (61.3–64.2)	56.6 (53.4–59.8)	77.9 (74.5–81.2)	62.2 (60.2–64.2)	70.2 (67.7–72.7)	61.3 (59.0–63.5)	64.4 (62.5–66.3)	60.9 (58.2–63.5)	64.0 (62.2–65.7)	63.2 (61.1–65.2)
Among those who watched television, videos or movies <sup>a</sup>	76.0 (74.7–77.4)	72.6 (69.8–75.4)	89.2 (86.9–91.5)	74.4 (72.4–76.3)	79.5 (76.3–82.7)	75.9 (74.0–77.9)	76.3 (74.5–78.1)	74.1 (71.8–76.4)	77.3 (75.6–78.9)	76.4 (74.6–78.2)
Ever offered a free tobacco product from a tobacco company representative	17.6 (16.4–18.9)	17.0 (15.0–18.9)	17.4 (13.4–21.5)	19.9 (17.8–21.9)	10.5 (8.2–12.7)	21.7 (19.8–23.6)	14.3 (13.0–15.7)	15.5 (13.7–17.2)	19.1 (17.4–20.8)	16.6 (14.8–18.3)
Had something with a tobacco brand logo on it	21.3 (20.1–22.5)	19.5 (17.4–21.7)	25.3 (21.1–29.5)	21.0 (19.2–22.7)	24.4 (21.2–27.6)	24.9 (23.1–26.6)	18.2 (16.8–19.6)	19.0 (17.2–20.7)	22.9 (21.3–24.5)	19.9 (18.3–21.6)

<sup>a</sup> During the past 30 days.

### 3.6 Knowledge and Attitudes

**Table 22** presents various indicators on knowledge and attitudes around tobacco. One out of four students (25.3%; 95% CI: 23.9–26.7) thought that it would be difficult to quit once one started smoking tobacco. This was particularly high in Kosrae where 36.2% (95% CI: 32.3–40.0) thought it would be difficult to quit once started.

One third of students thought that smoking tobacco and smokeless tobacco (32.5%; 95% CI: 31.1–33.8 and 33.4%; 95% CI: 31.9–34.9, respectively) helps people feel more comfortable at celebrations, parties, and social gatherings. There was no significant difference among the states for these indicators.

Nearly half (48.1%; 95% CI: 45.9–50.3) of students thought using tobacco is harmful to one's health. The awareness was highest in Yap at 71.5% (95% CI: 68.1–75.0) and higher among girls than boys (50.9%; 95% CI: 48.3–53.5 vs 45.1%; 95% CI: 42.4–47.8).

Two in five students (42.4%; 95% CI: 40.4–44.4) thought other people's tobacco smoking is harmful to them. This was particularly high in Yap where 62.6% (95% CI: 59.0–66.2) thought other people's tobacco smoking is harmful to them.

**Table 23** presents students' opinion around various tobacco control measures. Overall, approximately half of students favored banning smoking inside enclosed public places and at outdoor public places (51.6%; 95% CI: 49.8–53.5 and 47.7%; 95% CI: 45.9–49.5, respectively). In Yap, where students' awareness on the harms of tobacco was high, support for smoking ban in both enclosed public places and at outdoor public places was the highest, among the four states, at 70.4% (95% CI: 64.3–76.5) and 62.5% (95% CI: 56.0–69.0), respectively.

More than half of students thought that the price of tobacco products should be increased (51.3%; 95% CI: 49.5–53.2), and that tobacco advertising should be banned (59.7%; 95% CI: 58.1–61.3). There was no significant different between gender or age groups for any of the indicators on support for tobacco control measures.

**Table 22.** Knowledge and attitudes towards smoking cessation and social smoking among students in Grades 7-12, by state, gender, grade and age – GYTS FSM, 2019

	Overall	State				Gender		Grade		Age
		Chuuk	Kosrae	Pohnpei	Yap	Boys	Girls	7-8 Elementary	9-12 High School	13-15
<i>Percentage (95% CI)</i>										
<i>Students who...</i>										
Definitely thought it is difficult to quit once someone starts smoking tobacco	25.3 (23.9–26.7)	24.2 (21.2–27.2)	36.2 (32.3–40.0)	23.4 (21.8–25.1)	26.5 (23.2–29.7)	23.4 (21.5–25.3)	27.0 (25.2–28.7)	25.9 (23.5–28.3)	24.9 (23.2–26.6)	24.8 (23.1–26.6)
Thought smoking tobacco helps people feel more comfortable at celebrations, parties and social gatherings	32.5 (31.1–33.8)	32.0 (29.3–34.7)	36.0 (32.6–39.4)	32.8 (30.9–34.7)	28.9 (26.1–31.7)	33.9 (31.9–35.9)	31.2 (29.5–33.0)	30.5 (28.0–33.1)	33.7 (32.2–35.2)	33.2 (31.3–35.1)
Thought using smokeless tobacco helps people feel more comfortable at celebrations, parties, and social gatherings	33.4 (31.9–34.9)	31.2 (28.7–33.6)	34.7 (30.7–38.7)	35.7 (33.4–38.0)	28.9 (24.2–33.6)	35.9 (33.8–37.9)	31.3 (29.4–33.1)	29.4 (27.2–31.6)	35.9 (33.9–37.9)	32.3 (30.4–34.3)
Thought young people who smoke tobacco have more friends	50.8 (49.1–52.5)	45.3 (42.7–47.9)	58.6 (54.3–62.9)	56.3 (53.8–58.8)	36.5 (30.6–42.4)	48.8 (46.8–50.9)	52.7 (50.7–54.8)	49.2 (47.0–51.4)	52.0 (49.6–54.3)	50.8 (48.6–53.0)
Thought smoking tobacco makes young people look more attractive	27.5 (26.0–29.0)	27.5 (24.7–30.4)	22.1 (17.8–26.4)	31.3 (29.0–33.5)	16.5 (12.7–20.3)	28.1 (25.9–30.3)	27.1 (25.4–28.8)	28.6 (26.1–31.1)	26.8 (24.9–28.7)	27.9 (25.8–30.0)
Definitely thought using tobacco is harmful to their health	48.1 (45.9–50.3)	45.2 (40.6–49.8)	53.0 (45.1–60.8)	43.9 (41.1–46.8)	71.5 (68.1–75.0)	45.1 (42.4–47.8)	50.9 (48.3–53.5)	47.4 (43.9–50.8)	48.6 (45.6–51.5)	48.2 (45.1–51.3)
Definitely thought other people’s tobacco smoking is harmful to them	42.4 (40.4–44.4)	39.9 (35.6–44.2)	46.8 (40.4–53.1)	38.7 (36.0–41.3)	62.6 (59.0–66.2)	40.3 (37.8–42.8)	44.5 (42.0–47.0)	40.2 (36.7–43.7)	43.9 (41.3–46.4)	41.7 (39.1–44.3)
Believed that tobacco companies try to get minors to use tobacco products	40.4 (38.9–41.9)	37.7 (35.1–40.3)	41.4 (37.5–45.4)	43.3 (41.1–45.6)	35.1 (30.7–39.5)	41.3 (39.2–43.4)	39.6 (37.7–41.5)	38.6 (36.0–41.1)	41.6 (39.8–43.5)	39.2 (37.4–40.9)

**Table 23.** Attitudes towards tobacco control measures among students in Grades 7-12, by state, gender, grade and age – GYTS FSM, 2019

	Overall	State				Gender		Grade		Age
		Chuuk	Kosrae	Pohnpei	Yap	Boys	Girls	7-8 Elementary	9-12 High School	13-15
<i>Percentage (95% CI)</i>										
<i>Students who...</i>										
Favoured banning smoking inside enclosed public places	51.6 (49.8–53.5)	49.2 (45.8–52.7)	49.1 (42.9–55.3)	49.8 (47.2–52.5)	70.4 (64.3–76.5)	53.9 (51.7–56.1)	49.8 (47.5–52.2)	48.7 (45.6–51.8)	53.6 (51.1–56.1)	49.4 (46.7–52.2)
Favoured banning smoking at outdoor public places	47.7 (45.9–49.5)	47.1 (43.9–50.3)	49.1 (43.3–54.9)	44.5 (42.0–47.0)	62.5 (56.0–69.0)	49.2 (47.0–51.4)	46.4 (44.2–48.7)	47.4 (44.3–50.5)	47.9 (45.6–50.2)	46.5 (43.9–49.1)
Thought the price of tobacco products should be increased	51.3 (49.5–53.2)	49.1 (45.5–52.7)	57.0 (52.4–61.6)	49.8 (47.2–52.4)	59.5 (55.1–63.9)	51.6 (49.3–53.8)	51.2 (48.8–53.6)	51.2 (48.2–54.3)	51.5 (49.2–53.8)	52.6 (50.2–55.0)
Thought tobacco advertising should be banned	59.7 (58.1–61.3)	54.3 (51.0–57.7)	62.5 (58.3–66.7)	62.3 (60.3–64.3)	63.2 (59.6–66.7)	60.6 (58.6–62.6)	59.1 (56.9–61.2)	61.7 (58.9–64.5)	58.4 (56.5–60.3)	61.3 (59.2–63.5)

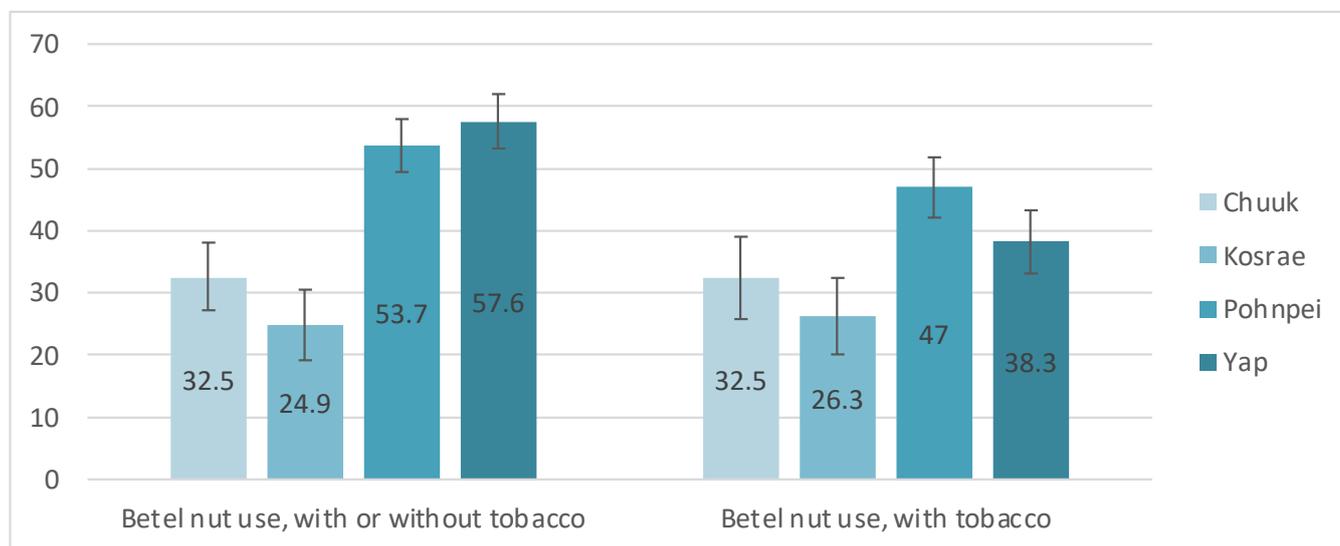
### 3.7 Betel nut

**Table 24** provides the details of betel nut use and access among students in Grades 7-12. Overall, two in five students (40.4%; 95% CI: 38.7–42.2) used betel nut currently. Majority of them (77.2%; 95% CI: 75.3–79.0) chewed betel nut with tobacco. Among the four states, Yap had the highest rate of current betel nut use at 66.0% (95% CI: 63.1–69.0) - more than double the prevalence in Chuuk which has the lowest prevalence rate (31.7%; 95% CI: 29.0–34.5). Boys were more likely to use betel nut and add tobacco than girls (46.9%; 95% CI: 44.6–49.2 vs 34.8%; 95% CI: 32.8–36.8 and 80.2%; 95% CI: 77.8–82.6 vs 74.1%; 95% CI: 71.2–76.9, respectively). The betel nut use prevalence rate was also higher among high school students than elementary school students (47.0%; 95% CI: 44.6–49.3 vs 30.6%; 95% CI: 28.1–33.1) and so was the proportion of current betel nut users who add tobacco (80.3%; 95% CI: 78.0–82.6 vs 69.9%; 95% CI: 66.7–73.0).

Overall, nearly half of betel nut users (48.5%; 95% CI: 45.6–51.5) were not prevented from buying betel nut because of their age. Yap had the highest rate for this indicator at 77.2% (95% CI: 70.1–84.3), compared to other states.

As shown in **Table 25**, nearly half of students (45.5%; 95% CI: 42.9–48.0) had their first betel nut at or before the age of 11 years old. Boys were more likely to initiate early than girls (49.8%; 95% CI: 46.1–53.5 vs 41.3%; 95% CI: 38.1–44.4). Betel nut users in general started adding tobacco after they initiated betel nut use – among ever betel users, 38.3% (95% CI: 35.5–41.1) first added tobacco in their betel nut. Among the four states, Yap and Pohnpei had greater rates of early initiation with or without tobacco, nearly twice as high as those of Chuuk and Kosrae (see Chart 8). When comparing specifically the rates of early initiation of betel nut with tobacco, Pohnpei had the highest rate at 47.0% (95% CI: 35.5–41.1) and Kosrae had the smallest at 26.3% (95% CI: 20.2–32.4) while the remaining two states had the rates similar to the national estimate.

**Chart 8.** Early initiation of betel nut use (at age 11 or younger) among ever betel nut users in Grades 7-12, by state – GYTS FSM, 2019



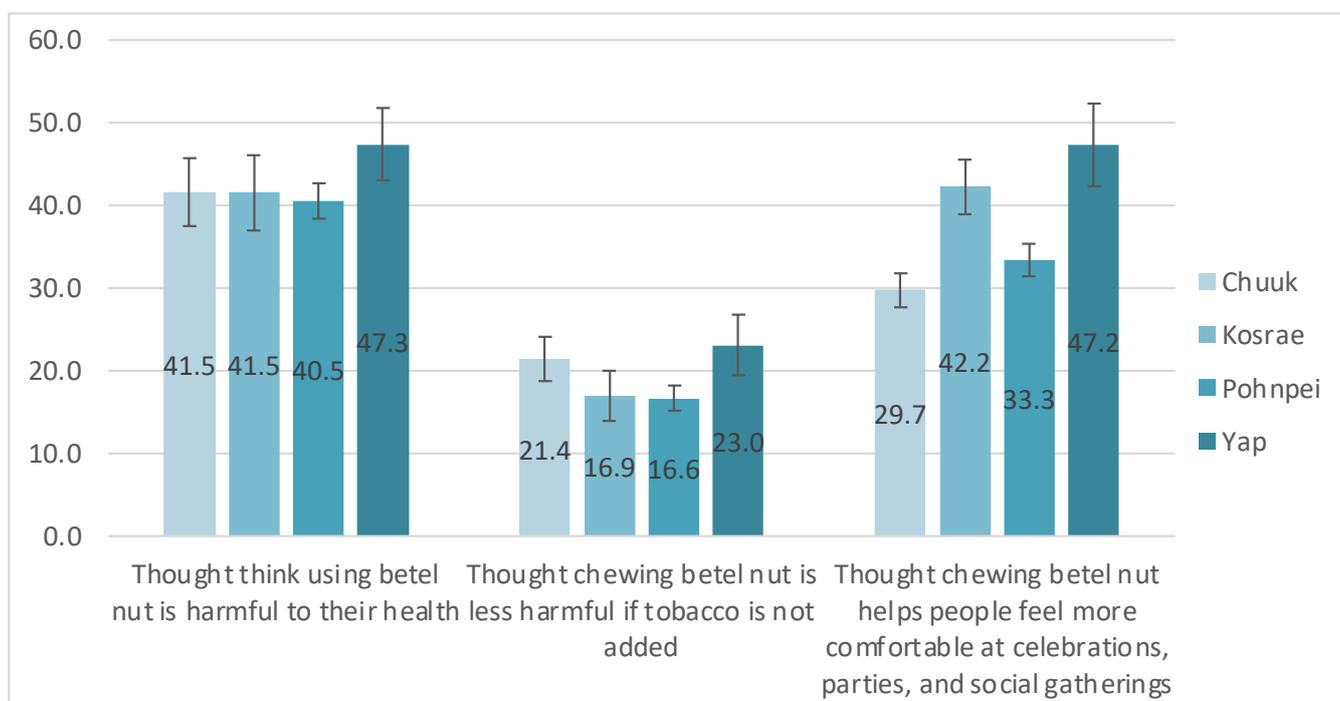
**Table 26** shows that majority of betel nut users want to quit – two in three betel nut users tried or wanted to stop using betel nut (67.7%; 95% CI: 65.2–70.2 and 63.7%; 95% CI: 60.9–66.4 respectively).

**Table 27** presents data on various indicators around knowledge and perceptions of betel nut. Nearly half of students (46.9%; 95% CI: 45.3–48.5) of students saw health warnings on betel nut at points of sale – proportion of students who saw health warnings were higher in Kosrae and Pohnpei than in Chuuk and Yap.

Only two out of five students (41.7%; 95% CI: 39.7–43.6) thought using betel nut was harmful to their health. Girls were more likely to be aware of the harms than boys (44.4%; 95% CI: 42.0–46.8 vs 38.5%; 95% CI: 36.2–40.9). Almost one in five students (18.9%; 95% CI: 17.7–20.1) thought chewing betel nut is less harmful without tobacco.

One in three students (34.5%; 95% CI: 33.2–35.8) thought chewing betel nut helps people feel more comfortable at social settings. Boys were more likely to have this belief than girls (37.3%; 95% CI: 35.3–39.2 vs 32.3%; 95% CI: 30.7–33.9), and so were high school students than elementary school students (38.1%; 95% CI: 36.4–39.8 vs 29.0%; 95% CI: 27.0–31.0). The social acceptance was much higher in Yap and Kosrae than in Chuuk and Pohnpei (see **Chart 9**).

**Chart 9.** Perceptions on betel nut among students in Grades 7-12, by state – GYTS FSM, 2019



**Table 24.** Betel nut use and access among students in Grades 7-12, by state, gender, grade and age – GYTS FSM, 2019

	Overall	State				Gender		Grade		Age
		Chuuk	Kosrae	Pohnpei	Yap	Boys	Girls	7-8 Elementary	9-12 High School	13-15
<i>Percentage (95% CI)</i>										
Current betel nut users <sup>a</sup>	40.4 (38.7–42.2)	31.7 (29.0–34.5)	43.5 (37.4–49.6)	40.5 (37.7–43.3)	66.0 (63.1–69.0)	46.9 (44.6–49.2)	34.8 (32.8–36.8)	30.6 (28.1–33.1)	47.0 (44.6–49.3)	36.3 (34.0–38.5)
Ever betel nut users	43.0 (41.3–44.8)	36.6 (33.3–39.9)	48.9 (44.7–53.0)	40.5 (37.8–43.2)	69.2 (64.0–74.5)	46.5 (44.3–48.8)	40.2 (38.1–42.3)	33.4 (30.5–36.4)	49.4 (47.3–51.6)	37.3 (35.1–39.6)
Current betel nut users who chew betel nut with tobacco	77.2 (75.3–79.0)	80.3 (77.0–83.5)	89.8 (86.0–93.6)	72.4 (69.3–75.6)	76.6 (73.0–80.2)	80.2 (77.8–82.6)	74.1 (71.2–76.9)	69.9 (66.7–73.0)	80.3 (78.0–82.6)	74.3 (71.7–76.9)
Current betel nut users who were not prevented from buying betel nut because of their age <sup>b</sup>	48.5 (45.6–51.5)	49.4 (44.1–54.8)	43.1 (34.9–51.3)	40.7 (35.7–45.7)	77.2 (70.1–84.3)	47.5 (43.8–51.3)	49.8 (45.3–54.3)	44.8 (40.3–49.3)	50.0 (46.3–53.8)	44.8 (40.7–48.9)

<sup>a</sup> Used betel nut anytime during the past 30 days, with or without tobacco. <sup>b</sup>In the past 30 days.

**Table 25.** Age at betel nut initiation among ever betel nut users in Grades 7-12, by state and gender – GYTS FSM, 2019

	Overall	State				Gender	
		Chuuk	Kosrae	Pohnpei	Yap	Boys	Girls
<i>Percentage (95% CI)</i>							
Age when first using betel nut, with or without tobacco							
11 years old or younger	45.5 (42.9–48.0)	32.5 (27.1–38.0)	24.9 (19.2–30.6)	53.7 (49.4–58.0)	57.6 (53.2–61.9)	49.8 (46.1–53.5)	41.3 (38.1–44.4)
12 years old or older	54.5 (52.0–57.1)	67.5 (62.0–72.9)	75.1 (69.4–80.8)	46.3 (42.1–50.6)	42.4 (38.1–46.8)	50.2 (46.5–53.9)	58.7 (55.6–61.9)
12 or 13 years old	22.6 (20.7–24.4)	21.2 (17.4–25.0)	30.1 (25.7–34.4)	24.0 (20.6–27.3)	16.5 (13.7–19.2)	20.7 (18.1–23.2)	24.4 (21.8–26.9)
14 or 15 years old	20.1 (17.9–22.3)	27.0 (22.0–31.9)	30.9 (24.1–37.7)	14.8 (12.1–17.5)	15.6 (10.4–20.7)	17.8 (15.0–20.6)	22.3 (19.5–25.2)
16 years old or older	11.9 (10.1–13.8)	19.3 (14.6–23.9)	14.1 (9.8–18.5)	7.6 (5.1–10.1)	10.4 (6.6–14.2)	11.7 (9.5–14.0)	12.1 (9.6–14.5)
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Age when first using betel nut with tobacco							
11 years old or younger	38.3 (35.5–41.1)	32.5 (26.9–38.1)	26.3 (20.2–32.4)	47.0 (42.1–51.9)	38.3 (33.2–43.4)	43.3 (39.4–47.2)	32.7 (29.5–35.9)
12 years old or older	61.7 (58.9–64.5)	67.5 (61.9–73.1)	73.7 (67.6–79.8)	53.0 (48.1–57.9)	61.7 (56.6–66.8)	56.7 (52.8–60.6)	67.3 (64.1–70.5)
12 or 13 years old	24.1 (21.9–26.3)	19.3 (16.1–22.6)	27.2 (21.9–32.5)	27.1 (23.2–31.1)	22.3 (17.3–27.3)	21.4 (18.6–24.3)	27.2 (24.1–30.3)
14 or 15 years old	22.9 (20.6–25.3)	26.9 (21.9–31.9)	32.0 (26.0–38.0)	16.0 (13.2–18.8)	24.3 (18.4–30.3)	21.6 (18.6–24.7)	24.4 (21.3–27.5)
16 years old or older	14.7 (12.4–16.9)	21.3 (16.4–26.2)	14.5 (9.3–19.8)	9.8 (6.6–13.1)	15.1 (9.9–20.3)	13.7 (11.1–16.3)	15.7 (12.5–18.9)
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0

**Table 26.** Betel nut cessation among current tobacco smokers in Grades 7-12, by state, gender, grade and age – GYTS FSM, 2019

	Overall	State				Gender		Grade		Age
		Chuuk	Kosrae	Pohnpei	Yap	Boys	Girls	7-8 Elementary	9-12 High School	13-15
<i>Percentage (95% CI)</i>										
<i>Current betel nut users who...</i>										
Tried to stop using betel nut in the past 12 months	67.7 (65.2–70.2)	65.0 (60.3–69.6)	67.4 (62.3–72.5)	72.2 (67.8–76.6)	64.0 (58.1–69.9)	65.9 (62.2–69.5)	69.5 (66.1–72.9)	71.3 (67.4–75.1)	66.4 (63.1–69.6)	70.5 (66.9–74.0)
Want to stop using betel nut now	63.7 (60.9–66.4)	63.8 (58.9–68.7)	60.8 (53.2–68.5)	71.0 (66.1–75.9)	53.5 (47.8–59.1)	62.3 (58.6–65.9)	65.0 (61.2–68.9)	71.5 (66.7–76.4)	60.5 (57.2–63.8)	67.1 (63.0–71.3)

**Table 27.** Knowledge and attitudes around betel nut among students in Grades 7-12, by state, gender, grade and age – GYTS FSM, 2019

	Overall	State				Gender		Grade		Age
		Chuuk	Kosrae	Pohnpei	Yap	Boys	Girls	7-8 Elementary	9-12 High School	13-15
<i>Percentage (95% CI)</i>										
<i>Students who...</i>										
Saw health warnings on betel nut at points of sale in the past 30 days	46.9 (45.3–48.5)	40.1 (37.0–43.2)	55.3 (50.7–59.9)	52.4 (50.2–54.7)	36.1 (31.7–40.5)	45.7 (43.5–48.0)	47.9 (45.8–50.0)	44.6 (42.0–47.2)	48.5 (46.5–50.5)	46.9 (44.7–49.1)
Thought think using betel nut is harmful to their health	41.7 (39.7–43.6)	41.5 (37.4–45.6)	41.5 (35.1–47.9)	40.5 (38.0–43.1)	47.3 (43.1–51.5)	38.5 (36.2–40.9)	44.4 (42.0–46.8)	44.5 (41.3–47.8)	39.7 (37.1–42.3)	41.8 (39.2–44.3)
Thought chewing betel nut is less harmful if tobacco is not added	18.9 (17.7–20.1)	21.4 (18.7–24.0)	16.9 (13.8–19.9)	16.6 (15.1–18.1)	23.0 (19.4–26.7)	20.2 (18.5–21.9)	17.9 (16.3–19.4)	20.1 (17.9–22.3)	18.0 (16.5–19.4)	18.9 (17.3–20.5)
Thought chewing betel nut helps people feel more comfortable at celebrations, parties, and social gatherings	34.5 (33.2–35.8)	29.7 (27.7–31.8)	42.2 (38.9–45.6)	33.3 (31.4–35.3)	47.2 (42.1–52.3)	37.3 (35.3–39.2)	32.3 (30.7–33.9)	29.0 (27.0–31.0)	38.1 (36.4–39.8)	32.2 (30.6–33.9)

### 3.8 Electronic cigarette

**Table 28** provides the details of electronic cigarette use status among students in Grades 7-12. One third (35.3%; 95% CI: 33.7–37.0) of students had ever heard of electronic cigarettes, with boys more likely to have heard of e-cigarettes than girls (41.6%; 95% CI: 39.4–43.7 vs 30.4%; 95% CI: 28.0–32.1).

One in seven students (14.9%; 95% CI: 13.6–16.1) currently used electronic cigarettes, with more boys using electronic cigarette than girls (19.7%; 95% CI: 18.0–21.4 vs 10.6%; 95% CI: 9.3–11.9). Similarly, more boys than girls had ever used electronic cigarettes in their entire life (30.9%; 95% CI: 28.9–33.0 vs 17.4%; 95% CI: 15.8–19.1).

High school students were more likely to have heard of e-cigarettes compared to elementary school students (39.8%; 95% CI: 37.4–42.2 vs 28.6%; 95% CI: 26.3–30.9). Similarly, electronic cigarette use was higher among high school students than among elementary school students (16.6%; 95% CI: 14.9–18.4 vs 12.2%; 95% CI: 10.6–13.8).

**Table 29** presents the prevalence of electronic cigarette users by tobacco use and smoking status. Current tobacco users and smokers were more likely to be using e-cigarettes than non-tobacco users and non-smokers.

**Table 28.** Detailed electronic cigarette use status among students in Grades 7-12, by state, gender, grade and age – GYTS FSM, 2019

	Overall	State				Gender		Grade		Age
		Chuuk	Kosrae	Pohnpei	Yap	Boys	Girls	7-8 Elementary	9-12 High School	13-15
<i>Percentage (95% CI)</i>										
Ever heard of electronic cigarettes	35.3 (33.7–37.0)	35.9 (33.4–38.4)	30.1 (26.3–33.8)	34.9 (32.2–37.5)	41.1 (34.0–48.2)	41.6 (39.4–43.7)	30.1 (28.0–32.1)	28.6 (26.3–30.9)	39.8 (37.4–42.2)	33.6 (31.4–35.9)
Current electronic cigarette users <sup>a</sup>	14.9 (13.6–16.1)	14.7 (12.8–16.7)	11.2 (8.1–14.4)	16.6 (14.6–18.6)	11.5 (8.2–14.9)	19.7 (18.0–21.4)	10.6 (9.3–11.9)	12.2 (10.6–13.8)	16.6 (14.9–18.4)	13.9 (12.3–15.5)
Frequent electronic cigarette users <sup>b</sup>	2.2 (1.8–2.6)	2.7 (1.9–3.4)	1.8 (0.8–2.7)	2.0 (1.5–2.6)	1.8 (0.7–3.0)	3.0 (2.3–3.6)	1.6 (1.1–2.0)	2.0 (1.4–2.6)	2.4 (1.8–2.9)	2.0 (1.5–2.5)
Ever electronic cigarette users <sup>c</sup>	23.7 (22.2–25.2)	23.8 (21.2–26.3)	18.3 (14.0–22.7)	26.2 (23.8–28.6)	18.0 (14.4–21.6)	30.9 (28.9–33.0)	17.4 (15.8–19.1)	18.3 (16.4–20.3)	27.3 (25.2–29.4)	22.4 (20.4–24.4)

<sup>a</sup> Used electronic cigarettes anytime during the past 30 days. <sup>b</sup> Used electronic cigarettes on 20 or more days of the past 30 days. <sup>c</sup> Ever used electronic cigarettes in their entire life.

**Table 29.** Electronic cigarette use status among students in Grades 7-12, by tobacco use and smoking status – GYTS FSM, 2019

		Tobacco use status		Smoking status	
		Current users	Non-Users	Current Smokers	Non-Smokers
		<i>Percentage (95% CI)</i>			
Current electronic cigarette users	National	29.5 (27.2–31.8)	7.1 (6.2–8.1)	32.9 (30.4–35.5)	7.5 (6.6–8.5)
	Chuuk	34.7 (30.7–38.7)	7.8 (6.1–9.6)	40.7 (35.7–45.7)	8.6 (7.0–10.2)
	Kosrae	21.6 (15.8–27.5)	4.3 (1.9–6.6)	24.6 (18.6–30.6)	4.6 (2.5–6.8)
	Pohnpei	32.6 (28.8–36.5)	7.6 (6.2–8.9)	32.8 (29.1–36.6)	8.0 (6.5–9.4)
	Yap	18.3 (13.8–22.8)	4.9 (2.2–7.7)	27.0 (19.4–34.5)	4.9 (3.0–7.0)

## 4. DISCUSSION

### 4.1 Discussion of Survey Findings

#### Tobacco use

- Tobacco use was highly prevalence among students in FSM. One in three students (34.3%) currently used tobacco, with smoked tobacco products being more common than smokeless (current smoking status 26.6% vs current smokeless tobacco use 21.3%).
- Tobacco use prevalence was highest in Yap among the states, higher among boys than girls and among high school students than elementary school students.
- Even among never tobacco smokers, susceptibility to future tobacco use was high as 34.4 of never smokers were considered susceptible.
- Most smokers smoked one or less cigarette per day. Girls were more likely to smoke less than one cigarette per day than boys (32.1% vs 26.9%).
- Early initiation of tobacco use, at 11 years or younger, was common, as reported by 44.9% of ever smokeless tobacco user and 34.0% of ever cigarette smokers. In Pohnpei, more than half (54.7%) of smokeless tobacco users had their first on or before the age of 11.
- One in two (53.9%) of current smokers showed signs of smoking dependence; boys were more likely to show the signs of dependence than girls.
- Parents' smoking status was associated with the students' smoking status – 47.5% of current smokers had parents who smoke while 36.2% of non-smokers had parents who smoke.

#### Cessation

- Most tobacco users tried and wanted to quit; 79.3% of current smokers and 72.0% of current smokeless tobacco users tried to quit and 82.1% of current smokers wanted to quit now.
- Despite the high demand, slightly more than one in three smokers/smokeless tobacco users received help. Low access to help may be due to the high self-efficacy in quitting (i.e. 81.3% of smokers thought they would be able to stop if they wanted to) or due to the limited availability of cessation support.
- Own health was the most common reason for quitting, as reported by 47.9% of former tobacco users.

#### Secondhand smoke

- SHS poses a threat to students' health and increases social acceptability of smoking. One in three students (35.9%) were exposed to SHS at home, nearly half of students in enclosed public places (47.9%), in outdoor public places (45.7%) and on public transport (40.9%). More than half of the students (54.1%) saw someone smoking on school property where smoking is banned by law.
- One in four students (26.8%) were exposed to SHS at home.
- Gender difference was significant with SHS exposure in outdoor public places and in public transport, with boys more likely to be exposed to SHS.
- Prevalence of SHS exposure varied across states; Kosrae, despite having a comprehensive smoke-free law, had the highest proportion of students reporting SHS exposure in enclosed and outdoor public places.

### **Access and availability**

- Nearly half of tobacco users (49.3%) of current cigarette smokers and 46.6% of smokeless tobacco users) were not prevented from purchasing tobacco despite the ban on sales to minors.
- Tobacco is often available near schools – one in three students (32.7%) reported they could buy tobacco near school.
- Availability of loose cigarettes make tobacco more accessible to students. In the absence of the ban or restriction over cigarettes sold in individual sticks or in small quantity, one in three (36.9%) of students bought cigarettes as individual sticks. Students in grades 7-8 were more likely to purchase individual sticks than those in grades 9-12, which may be because younger students in general have less pocket money than older ones.

### **Exposure to anti-tobacco information**

- Overall, roughly half of students noticed anti-tobacco messages in the media (48.9%) and at sporting or community events (53.2%).
- Students were more likely to learn about dangers of tobacco at home than in schools (59.3% vs 44.5%).
- While health warnings are not introduced in FSM, nearly three out of four (72.2%) of current smokers noticed health warnings on cigarette packages, and 55.6% of them to consider quitting smoking because of the warnings. Further, more than one third (38.1%) thought about never starting smoking because of the health warnings on cigarette packs they saw.

### **Awareness and receptivity to tobacco marketing**

- Overall, 29.8% of students, and 44.3% of those who visited points of sale, saw tobacco advertisements or promotions there. Similarly, high prevalence was reported at the state level despite the ban of point-of-sale advertisements in some states.
- Three out of four students (72.0%) saw someone using tobacco on TV, videos or movies.

### **Knowledge and attitudes**

- Overall, knowledge on the harms of tobacco was low – 25.3% of students thought it would be difficult to quit once one started smoking, 32.5% thought smoking tobacco helps people feel more comfortable at social events, 48.1% of students thought using tobacco was harmful, 42.4% thought other people's tobacco smoke was harmful. Students in Yap were more likely to be aware of the harm than those in other states.
- Despite existing policies, smoking ban in enclosed and outdoor public places were supported by roughly half of students only. Similarly, price increase and tobacco advertising bans were supported by a little more than half of students.

### **Betel nut**

- Overall, 40.9% of students currently used betel nut, with 77.2% of them chewing it with tobacco. The betel nut use prevalence was highest in Yap and lowest in Chuuk. Boys were more likely to use betel nut and add tobacco than girls.
- Betel nut use starts early – 45.5% of ever betel nut user had their first one at or before the age of 11. Early initiation was particularly common in Yap and Pohnpei than in Chuuk and Kosrae.
- Only 41.7% of students thought using betel nut was harmful to their health. Boys were less likely to be aware of the harm than girls.

### **Electronic cigarette**

- Overall, 14.9% of students currently used electronic cigarettes. Boys were more likely to use or have experimented with electronic cigarettes than girls.
- Current tobacco use and smoking were associated with electronic cigarette use.

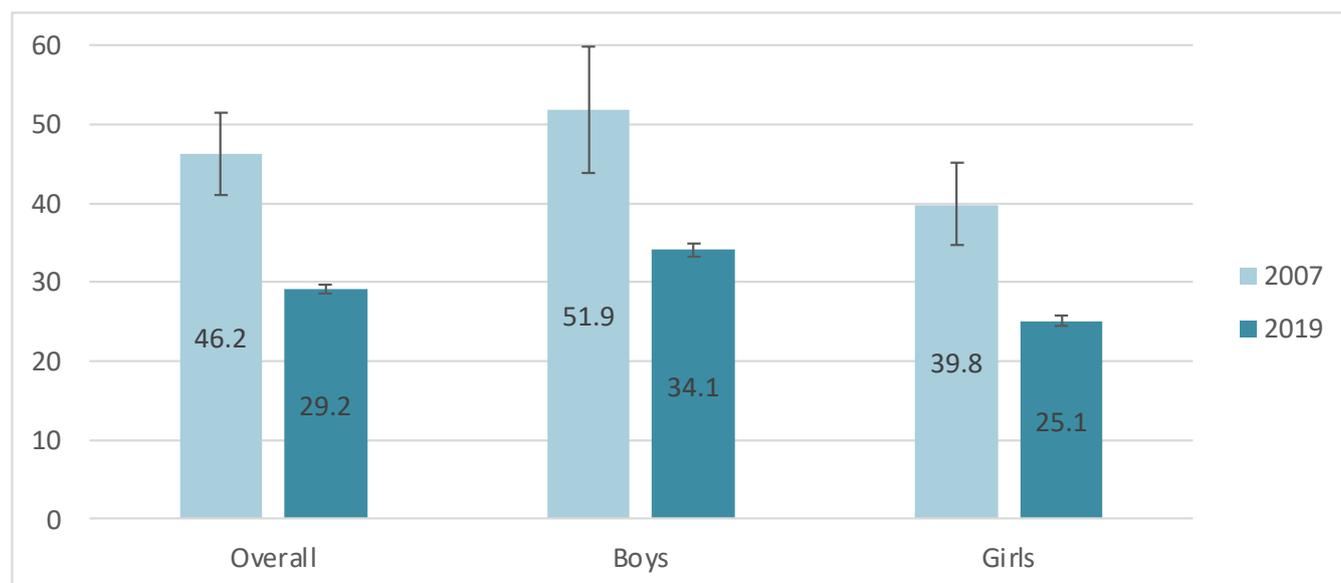
## 4.2 Comparison to the Previous Tobacco Survey

**Table 31** compares the results of the GYTS in 2007 and 2019. For the comparison purpose, this table presents the data of students aged 13-15 only. While FSM conducted a GYTS in 2013, the 2013 survey results are unweighted due to the low response rate hence are not used for the comparison.

### Tobacco use

Tobacco use is on a downward trend since 2007. Between 2007 and 2019, prevalence of current tobacco use had an absolute decline of 17% point. **Chart 10** presents the tobacco use prevalence reported by each year, by sex.

**Chart 10.** Tobacco use among students aged 13-15 years, by sex and year – GYTS FSM, 2007 and 2019



### Susceptibility

Susceptibility to tobacco use among never tobacco users remained stable between the two surveys.

### Cessation

The proportion of smokers who wanted to stop smoking now declined – since 2007, overall prevalence declined by 6%. On the other hand, the proportion of students who thought they would be able to stop smoking remained the same.

### Secondhand smoke

Overall, exposure to SHS declined significantly. Between 2007 and 2019, the proportion of students who were exposed to SHS at home and in enclosed public places declined by 41% and 37% respectively.

### Access and availability

The proportion of current cigarette smokers who purchased their cigarettes from stores declined from 25.2% in 2007 to 19.1% in 2019. However, more current cigarette smokers reported not being declined to purchase cigarettes despite being minors; between 2007 and 2019, the proportion for this indicator increased from 31.3% to 46.7%.

**Media**

Exposure to tobacco advertising decreased overall. The proportion of students noticing anyone using tobacco on TV, videos or movies declined by 19% between 2007 and 2019. Less proportion of the students had ever been offered a free tobacco product (21.7% in 2007 and 16.6% in 2019) and owned something with a tobacco brand logo on it (25.1% in 2007 and 19.9% in 2019).

Proportion of students noticing anti-tobacco messages also declined over the years. For instance, 70.0% of students noticed anti-tobacco messages in the media in 2007, but 48.6% in 2019.

**Knowledge and attitudes**

Support for smoking ban in enclosed public places increased from 32.5% in 2007 to 49.4% in 2019.

**Table 30.** Comparison of key indicators, among students aged 13–15 – GYTS FSM, 2007 and 2019

Prevalence	2007			2019		
<b>TOBACCO USE</b>	Overall	Boys	Girls	Overall	Boys	Girls
<b>Smoked Tobacco</b>						
Current cigarette smokers	28.3 (23.9–33.2)	36.9 (29.9–44.5)	19.8 (15.9–24.5)	20.6 (20.1–21.1)	25.2 (24.4–26.0)	17.0 (16.4–17.7)
Frequent cigarette smokers	3.7 (2.7– 5.0)	4.4 (2.7– 7.1)	2.4 (1.6– 3.7)	4.0 (3.8– 4.2)	6.8 (6.3– 7.3)	1.9 (1.7– 2.1)
Ever cigarette smokers	45.6 (41.4–49.8)	56.2 (49.7–62.6)	34.7 (29.9–39.7)	35.5 (34.8–36.1)	41.4 (40.5–42.4)	30.7 (29.9–31.5)
<b>Tobacco Use</b>						
Current tobacco users	46.2 (41.1–51.5)	51.9 (43.8–59.9)	39.8 (34.7–45.1)	29.2 (28.6–29.7)	34.1 (33.2–34.9)	25.1 (24.4–25.8)
<b>Susceptibility</b>						
Never tobacco users susceptible to tobacco use <sup>1</sup>	30.1 (26.3–34.3)	34.1 (25.9–43.5)	27.4 (23.9–31.3)	34.6 (33.8–35.3)	38.3 (37.0–39.5)	32.0 (31.0–33.0)
<b>CESSATION</b>						
Want to stop smoking now <sup>2</sup>	86.5 (82.8–89.4)	86.4 (78.8–91.6)	91.7 (85.1–95.5)	81.4 (80.1–82.6)	81.8 (80.2–83.4)	81.4 (79.3–83.3)
Thought they would be able to stop <sup>2</sup>	81.3 (75.9–85.6)	80.3 (73.6–85.5)	85.6 (77.3–91.2)	80.7 (79.4–81.8)	78.8 (77.1–80.5)	82.8 (80.9–84.5)
<b>SECONDHAND SMOKE</b>						
Exposed to tobacco smoke at home <sup>3</sup>	60.7 (56.6–64.5)	60.4 (55.2–65.4)	59.6 (55.1–63.9)	35.6 (35.0–36.2)	33.9 (33.0–34.8)	36.7 (35.9–37.5)
Exposed to tobacco smoke inside any enclosed public place <sup>3,4</sup>	71.3 (68.8–73.6)	73.3 (68.5–77.6)	68.7 (65.7–71.6)	45.0 (44.4–45.6)	45.7 (44.8–46.7)	44.6 (43.8–45.4)
<b>ACCESS &amp; AVAILABILITY</b>						
Buying them from a store <sup>5</sup>	25.2 (20.7–30.3)	26.3 (20.0–33.8)	19.9 (14.9–26.2)	19.1 (18.0–20.4)	26.0 (24.2–27.8)	11.8 (10.5–13.3)
Not prevented from buying cigarettes because of their age	31.3 (20.8–44.3)	38.2 (26.7–51.1)	--	46.7 (44.9–48.5)	45.2 (42.9–47.5)	49.3 (46.5–52.1)
<b>MEDIA</b>						
<b>Tobacco Industry Advertising</b>						
Noticed anyone using tobacco on television, videos, or movies	94.3 (92.1–95.9)	93.8 (89.9–96.3)	94.7 (92.5–96.4)	76.4 (75.9–77.0)	75.9 (75.0–76.7)	77.0 (76.2–77.7)
Ever offered a free tobacco product from a tobacco company <sup>6</sup>	21.7 (18.8–24.8)	23.4 (19.6–27.8)	18.5 (15.3–22.3)	16.6 (16.1–17.0)	20.5 (19.7–21.2)	13.3 (12.8–13.9)
Owned something with a tobacco brand logo on it	25.1 (20.9–29.8)	28.8 (24.3–33.9)	21.7 (17.3–26.8)	19.9 (19.4–20.4)	23.1 (22.4–23.9)	17.1 (16.4–17.7)
<b>Anti-Tobacco Advertising</b>						
Anti-tobacco messages in the media	70.0 (64.7–74.9)	71.1 (63.2–77.9)	69.1 (64.2–73.6)	48.6 (48.0–49.3)	46.7 (45.8–47.6)	50.1 (49.3–50.9)
Anti-tobacco messages at sporting or community events	80.4 (77.2–83.2)	79.2 (73.6–83.9)	79.7 (75.8–83.2)	52.4 (51.6–53.3)	54.2 (53.0–55.4)	50.7 (49.6–51.8)
Taught in school about the dangers of tobacco use	41.4 (37.2–45.8)	44.4 (40.1–48.7)	40.8 (34.7–47.2)	44.6 (44.0–45.2)	47.2 (46.2–48.1)	42.5 (41.7–43.3)
<b>KNOWLEDGE &amp; ATTITUDES</b>						
Definitely thought other people's tobacco smoking is harmful to them	37.0 (31.2–43.2)	38.0 (32.0–44.5)	37.4 (31.0–44.2)	41.7 (41.1–42.3)	39.9 (39.0–40.8)	43.5 (42.7–44.3)
Favored banning smoking inside enclosed public places <sup>4</sup>	32.5 (27.2–38.3)	36.7 (31.0–42.8)	27.7 (21.3–35.3)	49.4 (48.8–50.1)	52.4 (51.4–53.3)	47.0 (46.2–47.8)

<sup>1</sup> Among current cigarette smokers/2019: Among current tobacco users. <sup>2</sup> Among current cigarette smokers/2019: Among current tobacco smokers. <sup>3</sup> During the past 7 days. <sup>4</sup> 2007: Public places. <sup>5</sup> 2019: Bought cigarettes from a store, or shop. <sup>6</sup> 2007: Offered free cigarettes from a cigarette representative  
 --Cell size is less than 35

## 5. RECOMMENDATIONS

This is the third GYTS conducted in the FSM; the first GYTS took place in 2007 and the second took place in 2013. The GYTS should be completed every four to five years to have a current understanding of tobacco use and other key indicators among youth, and to gauge trends and changes in prevalence of risk and protective factors against tobacco, as well as the uptake and implementation of the WHO FCTC and MPOWER. Based on the latest GYTS findings, combined with data from the past two surveys, following recommendations are made.

- Legislation plays an important role in tobacco control. FSM should accelerate the adoption of the Family Safety Against Tobacco and Smoking Bill and Regulations into law in order to provide a minimum standard of law to protect all states.
  - o Several indicators, including those related to tobacco use and exposure to SHS, showed difference across states. This may be due to the different levels of laws and enforcement at the state level.
  - o 55.6% of current smokers who noticed health warnings on cigarette packages thought about quitting, and 38.1% of never smokers thought about not starting smoking because of health warnings. A national law requiring health warnings (including pictures/graphics) should be adopted to further support warning about the dangers of tobacco use.
- Legislation and enforcement to ensure smoke-free environments should be strengthened. Smoke-free environments will not only prevent SHS exposure, but also promote a tobacco-free norm and discourages students from initiating tobacco use.
  - o While there has been a decline over the years, a significant number of students were still exposed to tobacco smoke at home (35.9%), inside any enclosed public place (47.1%), and in public transport (40.9%). Measures banning smoking in restaurants, cafes, pubs, and bars should be adopted, while existing smoke-free policy in other indoor public places should be strictly enforced.
  - o Strengthen monitoring, enforcement, and compliance of the ban of smoking on school grounds – smoking is banned in schools but 54.1% of the students saw anyone smoking inside the school building or outside on school property. In addition, 15.0% of current smokers usually smoked in schools despite being prohibited. Build capacity of teachers and school authorities to make schools a place for prevention and control of tobacco use. Teachers have crucial role in creating awareness on the harms of tobacco use
- Strict enforcement of existing laws to prevent minors from accessing tobacco and nicotine products.
  - o Yap, Kosrae, and Pohnpei ban the sale of tobacco to persons below 18 years old, however, nearly half of current cigarette smokers (49.3%) and smokeless tobacco users (46.6%), respectively, were not prevented from buying cigarettes and smokeless tobacco
  - o Pohnpei and Kosrae ban the sale of electronic cigarettes, however, 16.6% and 11.2% of the students, respectively, currently use these products, with Pohnpei having higher figure than the national average at 14.9%
  - o 32.7% of students reported tobacco can be purchased near school. Schools and its premises should be kept tobacco free and ensure that students do not have easy access to tobacco products. Where possible, tobacco-free environments should be encouraged in surrounding areas of schools.

- Implement and enforce a law to make tobacco further inaccessible to students.
  - o The sale of single sticks of cigarettes is banned in Kosrae and Chuuk; however, most current cigarette smokers purchased cigarettes as individual sticks (39.6% and 41.8%, respectively). State authorities should ensure that this policy is enforced. The government should also adopt a ban at the national level as 36.9% current cigarette smokers purchased cigarettes as individual sticks.
- Implement a comprehensive tobacco cessation programme which is tailored to and made accessible to students.
  - o Many students who currently smoke want to quit (82.1%) and many even attempted to stop smoking (79.3%). Similarly, majority of smokeless tobacco users tried and wanted to quit tobacco use. Yet, only a few of them had received professional support. With proper support and tools, these students can quit successfully. Counselling and brief tobacco interventions should be available in schools so students who want to quit can easily access these services.
  - o Health and family are the main reasons for students to quit tobacco use. Messaging tailored to the needs and interest of students must be used to create and ensure an enabling environment for them to seek help in quitting.
- Develop and implement a comprehensive health promotion and communication campaign to raise awareness on the harms of using tobacco products, including betel nut, electronic cigarette, second-hand smoke, and tobacco industry tactics that specifically target the youth.
  - o Only 41.7% of the students thought using betel nut was harmful to their health. Betel nut use is higher than current tobacco use (40.4% vs 34.3%)
  - o Extend communication efforts to parents/guardians and advocate for smoke-free homes as 26.8% of students usually smoke at home and 34.0% of the ever cigarette smokers and 44.9% of ever smokeless tobacco users had their first tobacco at the age of 11 or younger. Students whose parent(s) smoke are more likely to smoke themselves. Further, many students have discussed about the harms of tobacco at home. Parents have an important role in shaping the attitude of children in this regard.
- The Family Safety Against Tobacco and Smoking Bill should include a comprehensive ban on tobacco advertising, promotion, and sponsorship.
  - o Advertising at point of sale is banned in Chuuk, Pohnpei, and Yap; however, many students noticed tobacco advertisements when they visited a point of sale: 40.9% in Chuuk, 45.9% in Pohnpei, 35.4% in Yap. Measures should be taken to ensure that this ban is effectively enforced.
  - o Where possible, consider banning or restricting imagery of tobacco use on the media. Majority of the students were exposed to tobacco use on television (76.0%). Tobacco use being portrayed on the media affects the perception of tobacco use among youth.
- Interventions should address gender disparities in tobacco use, which is more prevalent among boys.
  - o Boys were more likely to use tobacco but less aware of the harms of tobacco use than girls. Similar patterns were observed with betel nut use as well as electronic cigarettes.

# Global Youth Tobacco Survey (GYTS) Federated States of Micronesia 2019

## Student Questionnaire

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### 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, just erase it completely, without leaving marks.
  - Please do not write anything on this questionnaire.
- 

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)

## 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 include smoking cigarettes, smoking tobacco other than cigarettes, and using smokeless tobacco.
- Here is a chart that provides examples of various tobacco products:

<b>Any Tobacco Use</b>	
<b>Smoking Tobacco includes:</b>	<b>Smokeless Tobacco includes:</b>
Cigarettes <ul style="list-style-type: none"><li>• Manufactured cigarettes</li><li>• Hand-rolled cigarettes</li></ul> Other types of smoked tobacco: <ul style="list-style-type: none"><li>• Pipes</li><li>• Cigars</li><li>• Local tobacco</li></ul>	<ul style="list-style-type: none"><li>• Snuff</li><li>• Chewing tobacco</li><li>• Dip</li><li>• Betel nut with tobacco</li></ul>

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. 7th Grade
  - b. 8th Grade
  - c. 9th Grade
  - d. 10th Grade
  - e. 11th Grade
  - f. 12th Grade
  
- 4. During an average week, how much money do you have that you can spend on yourself, however you want?**
  - a. I usually don't have any spending money
  - b. Less than \$1.00
  - c. \$1.00-4.99
  - d. \$5.00-9.99
  - e. \$10.00 or more

The next questions ask about your use of tobacco.

- 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 pipes, cigars and local tobacco)?**
- a. Yes
  - b. No
10. **During the past 30 days, did you use any form of smoked tobacco products other than cigarettes (such as pipes, cigars and local tobacco)?**
- a. Yes
  - b. No
11. **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, street corners)
  - h. Other
12. **Do you ever smoke tobacco or feel like smoking tobacco first thing in the morning?**
- a. I don't smoke tobacco
  - b. No, I don't smoke tobacco or feel like smoking tobacco first thing in the morning
  - c. Yes, I sometimes smoke tobacco or feel like smoking tobacco first thing in the morning
  - d. Yes, I always smoke tobacco or feel like smoking tobacco first thing in the morning
13. **How soon after you smoke tobacco do you start to feel a strong desire to smoke again that is hard to ignore?**
- a. I don't smoke tobacco
  - b. I never feel a strong desire to smoke again after smoking tobacco
  - c. Within 60 minutes
  - d. 1 to 2 hours
  - e. More than 2 hours to 4 hours
  - f. More than 4 hours but less than one full day
  - g. 1 to 3 days
  - h. 4 days or more

14. **Have you ever tried or experimented with any form of smokeless tobacco products (such as snuff, chewing tobacco, dip and betel nut with tobacco)?**  
a. Yes  
b. No
15. **During the past 30 days, did you use any form of smokeless tobacco products (such as snuff, chewing tobacco, dip and betel nut with tobacco)?**  
a. Yes  
b. No

**The next questions ask about your feelings toward stopping smoking.**

16. **Do you want to stop smoking now?**  
a. I have never smoked  
b. I don't smoke now  
c. Yes  
d. No
17. **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
18. **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
19. **How long ago did you stop using tobacco (including cigarettes, other smoked tobacco products, smokeless tobacco products, betel nut with tobacco)?**  
a. I have never used tobacco  
b. I have not stopped using tobacco  
c. 1-3 months  
d. 4-11 months  
e. One year  
f. 2 years  
g. 3 years or longer
20. **What was the main reason you decided to stop using tobacco? (SELECT ONE RESPONSE ONLY)**  
a. I have never used tobacco  
b. I have not stopped using tobacco  
c. To improve my health  
d. To save money  
e. Because I got in trouble with my family  
f. Because my friends do not like it  
g. Other

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

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

- 22. During the past 7 days, on how many days has anyone smoked inside your home, in your presence?**
- a. 0 days
  - b. 1 to 2 days
  - c. 3 to 4 days
  - d. 5 to 6 days
  - e. 7 days
- 23. 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, stores, movie theaters, gyms)?**
- a. 0 days
  - b. 1 to 2 days
  - c. 3 to 4 days
  - d. 5 to 6 days
  - e. 7 days
- 24. During the past 7 days, on how many days has anyone smoked in your presence, inside any public transportation vehicles, such as buses, ships or taxicabs?**
- a. I did not use public transportation during the past 7 days
  - b. I used public transportation but no one smoked in my presence
  - c. 1 to 2 days
  - d. 3 to 4 days
  - e. 5 to 6 days
  - f. 7 days
- 25. 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, ballparks)?**
- a. 0 days
  - b. 1 to 2 days
  - c. 3 to 4 days
  - d. 5 to 6 days
  - e. 7 days
- 26. During the past 30 days, did you see anyone smoke inside the school building or outside on school property?**
- a. Yes
  - b. No

27. **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
28. **Are you in favor of banning smoking inside enclosed public places (such as schools, shops, restaurants, stores, movie theaters, gyms, meeting houses)?**  
a. Yes  
b. No
29. **Are you in favor of banning smoking at outdoor public places (such as playgrounds, sidewalks, entrances to buildings, parks, beaches, ballparks)?**  
a. Yes  
b. No

The next questions ask about getting cigarettes.

30. **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 got them from someone else under 18  
d. I got them from someone else over 18  
e. I stole them  
f. I got them some other way
31. **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
32. **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 (hand-rolled cigarettes)  
f. I bought tobacco and rolled my own
33. **On average, how much do you think a pack of 20 cigarettes costs?**  
a. Less than \$3.00  
b. \$3.00-3.99  
c. \$4.00-4.99  
d. \$5.00-5.99  
e. \$6.00-6.99  
f. \$7.00 or more

34. **Can you purchase tobacco near your school (within 2-minute walking distance from school)?**  
a. Yes  
b. No  
c. I don't know
35. **Do you think the price of tobacco products should be increased?**  
a. Yes  
b. No

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

36. **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
37. **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
38. **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
39. **During the past 30 days, did you see any signs stating that minors (under 18) are not allowed to buy any tobacco products?**  
a. Yes  
b. No
40. **During the past 12 months, were you taught in any of your classes about the dangers of tobacco use?**  
a. Yes  
b. No  
c. I don't know

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

41. **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

42. **During the past 30 days, did you see any advertisements or promotions for tobacco products at points of sale (such as stores, shops, pop-up shops, etc.)?**  
a. I did not visit any points of sale in the past 30 days  
b. Yes  
c. No
43. **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
44. **Do you have something (for example, t-shirt, pen, backpack) with a tobacco product brand logo on it?**  
a. Yes  
b. No
45. **Has a person working for a tobacco company ever offered you a free tobacco product?**  
a. Yes  
b. No
46. **Do you think tobacco advertising should be banned?**  
a. Yes  
b. No

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

47. **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
48. **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
49. **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
50. **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

51. **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
52. **Do your parents smoke tobacco?**
- a. None
  - b. Both
  - c. Father only
  - d. Mother only
  - e. Don't know
53. **Do you think young people who smoke tobacco have more or less friends?**
- a. More friends
  - b. Less friends
  - c. No difference from non-smokers
54. **Do you think smoking tobacco makes young people look more or less attractive?**
- a. More attractive
  - b. Less attractive
  - c. No difference from non-smokers
55. **Do you think using tobacco (smoked or smokeless) is harmful to your health?**
- a. Definitely not
  - b. Probably not
  - c. Probably yes
  - d. Definitely yes
56. **Has anyone in your family discussed the harmful effects of smoking tobacco with you?**
- a. Yes
  - b. No
57. **Do you believe that tobacco companies try to get young people under age 18 to use tobacco products?**
- a. Yes
  - b. No

**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.**

- 58. Before today, had you ever heard of electronic cigarettes or e-cigarettes?**
- a. Yes
  - b. No
- 59. During past 30 days, on how many days did you use electronic cigarettes?**
- a. 0 days
  - b. 1 or 2 days
  - c. 3 to 5 days
  - d. 6 to 9 days
  - e. 10 or 19 days
  - f. 20 to 29 days
  - g. All 30 days
- 60. 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

**The next questions ask about use of betel nut with or without tobacco.**

- 61. Have you ever tried or experimented with betel nut chewing with or without tobacco, even once or twice?**
- a. Yes
  - b. No
- 62. How old were you when you first chewed betel nut with or without tobacco?**
- a. I have never chewed betel nut
  - 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

- 63. How old were you when you first added tobacco to your betel nut?**
- a. I have never chewed betel nut with 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
- 64. During the past 30 days, on how many days did you chew betel nut with tobacco?**
- 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
- 65. During the past 30 days, on how many days did you chew betel nut without tobacco?**
- 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
- 66. Do you want to stop chewing betel nut now?**
- a. I have never chewed betel nut
  - b. I don't chew betel nut now
  - c. Yes
  - d. No
- 67. During the past 12 months, did you ever try to stop chewing betel nut?**
- a. I have never chewed betel nut
  - b. I did not chew betel nut during the past 12 months
  - c. Yes
  - d. No
- 68. Do you think chewing betel nut is harmful to you?**
- a. Definitely not
  - b. Probably not
  - c. Probably yes
  - d. Definitely yes
- 69. Do you think chewing betel nut is less harmful if tobacco is not added?**
- a. Definitely not
  - b. Probably not
  - c. Probably yes
  - d. Definitely yes
- 70. During the past 30 days, did anyone refuse to sell you betel nut because of your age?**
- a. I did not try to buy betel nut during the past 30 days
  - b. Yes, someone refused to sell me betel nut because of my age
  - c. No, my age did not keep me from buying betel nut

71. **Do you think chewing betel nut 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 chewing betel nut or not
72. **During the past 30 days, did you see any health warnings on betel nut at points of sale (such as stores)?**
- a. Yes
  - b. No

**The next questions ask about smokeless tobacco. This includes snuff, chewing tobacco, dip, and betel nut with tobacco.**

73. **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
74. **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
75. **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
76. **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

77. **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
78. **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 smoke any cigarettes during the past 30 days
  - b. I bought them in a store or shop
  - c. I got them from someone else under 18
  - d. I got them from someone else over 18
  - e. I stole them
  - f. I got them some other way
79. **During the past 30 days, did anyone refuse to sell you smokeless tobacco because of your age?**
- a. I did not try to buy smokeless tobacco during the past 30 days
  - b. Yes, someone refused to sell me smokeless tobacco because of my age
  - c. No, my age did not keep me from buying smokeless tobacco
80. **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
81. **Do you think using smokeless 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 using smokeless tobacco or not

**Thank you for participating in the survey!**



