



**2007
(3rd Round)**

global
youth
tobacco
survey

PHILIPPINES

The Final Report

YOUTH TOBACCO USE IN THE PHILIPPINES

**A COMPONENT OF THE
GLOBAL YOUTH TOBACCO SURVEY (GYTS)
3rd Round**

2007

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EXECUTIVE SUMMARY:

The Global Youth Tobacco Survey (GYTS) project was developed and established in 1999 by the World Health Organization-Tobacco Free Initiative and the U.S. Centers for Disease Control and Prevention-Office on Smoking and Health to track tobacco use among youth in countries across the world, using a common methodology and core questionnaire.

The Philippines GYTS includes data on prevalence of cigarette and other tobacco use, access/ availability and price, environmental tobacco smoke exposure (ETS), cessation, media and advertising, and school curriculum. These determinants are components the Philippines could include and utilize to evaluate a comprehensive tobacco control program.

The 1st Philippines' GYTS was conducted in 2000 and was repeated as a 2nd round in September to October 2003. The third round of GYTS was conducted in January-February 2007. A two-stage cluster sample design was used to produce representative data for all of the Philippines. At the first stage, schools were selected with probability proportional to enrollment size. At the second stage, classes were randomly selected and all students in selected classes were eligible to participate. The school response rate was 97.3%, the student response rate was 83.1%, and the overall response rate was 80.9%. A total of 5,919 students participated in the Philippines 3rd round of GYTS.

The results significantly showed that:

- 3 in ten of students aged 12-17 years currently use some form of tobacco
- 21.7% currently smoke cigarettes;
- 9.7% currently use tobacco other than cigarette;
- 67% were exposed to Environmental Tobacco Smoke in places other than home
- Almost seven in ten (68.8%) also think that exposure to smoke is harmful to them
- Majority of the students (56.7%) have admitted one or more parents smoke in their presence
- 9 in 10 students think smoking should be banned in public places
- 7 in 10 students think smoke from others is harmful to them.
- 9 in 10 smokers want to stop.
- 9 in 10 students saw anti-smoking media messages in the past 30 days;
- 9 in 10 students saw pro-cigarette ads in the past 30 days.

Introduction

Tobacco use is one of the chief preventable causes of death in the world. The World Health Organization (WHO) attributes some 4 million deaths a year to tobacco, a figure that is expected to rise to 8.4 million deaths a year by 2020 (1). By that time, 70% of these deaths will be occurring in developing countries. Studies in the developed countries show that most people begin using tobacco before the age of 18 years (2, 3). Recent trends indicate an earlier age of initiation and rising smoking prevalence rates among children and adolescents. If these patterns continue, tobacco use will result in the deaths of 250 million of the people who are children and adolescents today, many of them in the developing countries (4). Assessing tobacco use by youth through the GYTS forms an important part of the global tobacco surveillance system.

The WHO projects the numbers will continue to climb. Tobacco companies are aggressively marketing cigarettes to the children. This is to the extent of giving them sample packs for free, hoping to make them addicted to nicotine, and thus ensure a continuing market for tobacco.

The 1st and 2nd GYTS in the Philippines were conducted in 2000 and 2003 respectively.

The results significantly showed that in 2000 GYTS current cigarette smoking among young people in the Philippines is high, and use of other tobacco products is moderately high. That is 27% of students currently use some form of tobacco; 22% currently smoke cigarettes; 14% currently use some other form of tobacco.

In 2000 GYTS, Filipino boys are more likely than girls to use tobacco. Almost one-fifth of young people begin smoking before the age of ten (10) years. Over ¼ of never smokers are likely to start smoking this year.

Environmental Tobacco Smoke exposure is very high—6 in 10 students live in homes where others smoke; over 7 in 10 are exposed to smoke in public places; almost 6 in 10 have parents who smoke. About 3 in 4 are around others who smoke in places outside their homes. Filipino youth smokers usually smoke at home but majority of them prefer to smoke in a friend's home. Only 4 in 10 think smoking is harmful to their health. ETS exposure is 4 in 10 students think smoking should be banned in public places

The majority of young people currently smoking want to stop smoking and over two-thirds or 8 in 10 smokers want to stop.

Over half of them or 8 in 10 students saw anti-smoking media messages in the past 30 days; and 8 in 10 also saw pro-cigarette ads in the past 30 days

A majority of the young people has been taught in schools about the dangers of smoking.

On the other hand, the 2003 GYTS results showed that the prevalence of current cigarette smoking and use of other tobacco products among young people in the Philippines is below 30%. Comparing these with the reported data in 2000-2001, there is a 27.6% decrease in prevalence of current use of any tobacco product, a 30.0% reduction in current smoking, and a 40% cut in current use of tobacco products other than cigarettes. Filipino boys are still more likely than girls to use tobacco. Susceptibility of never smokers for uptake is cut by half.

Environmental Tobacco Smoke exposure is still high in own homes of the students, as over half of their parents smoke in their presence at home. Exposure to ETS in places outside their homes is now reduced. Almost all of the youth agree now that smoking should be banned in public places, as majority think that smoke from others is harmful to their health.

Cigarettes in the Philippines are more widely available and accessible. Almost half of the Filipino youth smokers can buy their cigarettes in the stores and this easy access had increased by 28.1% in 3 year period, and there is also increase by 34.7% in being able to buy their cigarettes without any prohibition of sale.

Majority of youth current smokers want to stop smoking. There is now improved access to smoking cessation help but no concrete programs available in schools among those who are already smoking.

There are rising in exposure to anti-smoking media messages as compared to exposure to pro-smoking media messages. The influence of advertising by the tobacco industry is still pronounced, and until enforcement provides support for total ban on advertisement, children and adolescents will continue to be influenced by these pro-smoking messages in the media.

A majority of young people had been taught in schools about the dangers of smoking and this had improved significantly by 16% over a 3-year period. The present survey does not include details about the content or quality of the curriculum, the preparation of the teachers on this topic, or the number or duration of the lessons taught.

The 3rd round of GYTS in the Philippines done in 2007 and future rounds thereafter, will evaluate the trends of tobacco use and their determinants among Filipino youth. Practically, GYTS will aid in monitoring the progress of the implementation of the national law, local policies and ordinances, and the Framework Convention on Tobacco Control as well. Therefore, we can now have sufficient evidence for action relative to effective tobacco control and regulation in the country by way of prioritizing and instituting appropriate interventions. Ultimately, policies and action

are expected that can bring positive impact to the health and welfare of the Filipino youth.

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Objectives

This survey was undertaken to monitor tobacco use among school-based adolescents, and to assess students' tobacco-related knowledge, attitudes and behaviors.

The major indicators include: Prevalence of tobacco use (cigarettes and other products), access to tobacco products, exposure to environmental tobacco smoke (ETS), exposure to media messages and school lessons, and beliefs and attitudes regarding tobacco use.

Methodology

The Philippines GYTS is a school-based tobacco specific survey, which targeted high school students in the 2nd to 4th year levels for the 2007 GYTS. It employed a self-administered multiple-choice questionnaire completed by 5,919 out of 7,123 sampled secondary school students nationwide in 2007.

Sampling Design

The 2007 GYTS in the Philippines is a national cross-sectional survey using a two-stage cluster sample design that produced representative samples of students aged 13-15 years.

The first-stage sampling frame included all secondary schools or high school that had 2nd, 3rd and 4th year levels with 40 or more students in each class. Schools were selected with probability proportional to school enrollment size. All classes in the selected schools were included in the second-stage sampling frame. The second sampling stage consisted of systematic equal probability sampling of classes using a random start. All students in the selected classes present during the survey were eligible to participate.

Seventy-two (72) out of the 74 sampled schools participated in the survey, and a total of 5,919 of the 7,123 sample students completed usable questionnaires. The school response rate was 97.3%; the student response rate was 83.1%; and the overall response rate (school rate * student rate) was 80.9%.

Data Collection and Analysis

The staff from the National Epidemiology Center, Regional Epidemiology and Surveillance Units, Program Coordinators of the Centers for Health Development and some research assistants from the Clinical Epidemiology Unit of the University of the Philippines-Manila participated in the survey. They were trained and implemented the standard survey protocol. The Philippines' GYTS emphasized for anonymous and voluntary student participation.

The students responded to the 62 multiple-choice questions on machine-scan able answer sheets. These answer sheets were scanned and data were encoded at the US Center for Disease Control and Prevention-Office for Smoking and Health GYTS Center in Atlanta, Georgia, USA. The final dataset was analyzed at the National Epidemiology Center of the Department of Health. Data gathered was analyzed using EPI INFO C-Sample.

Results

Demographics

There were 5,919 high school (public and private) students respondents out of the 7,123 sampled for the Philippines. The students' ages range from 12-18 years, with a median of 14 years. About 56.9% of them were females, and 43.1% were males. About 40.8% of the students were in the sophomore level, 31.8% were juniors, and 27.3% of them were in their senior year level.

PREVALENCE

In many countries, people begin smoking at younger ages, with median age of under 15 years in many countries. Moreover, the prevalence of smoking is frequently very high among adolescents. It is widely known that tobacco is the most important preventable cause of premature death in many countries. Cigarette smoking is

responsible for heart disease, cancers of the lung, larynx, mouth esophagus, and bladder; stroke, and chronic obstructive pulmonary disease. Starting to smoke at younger ages increases the risk of death from a smoking-related cause, and lowers the age at which death is likely to occur. Young people who start smoking early in life will often find it difficult to quit smoking. Half of the persistent smokers who start smoking in adolescence will die from their use of tobacco. The questions in this section measured smoking experimentation, current smoking patterns, age of initiation, and other tobacco use. Data are collected on cigarette smoking and use of other tobacco products.

Table 1. Prevalence (%) at 95% CI of tobacco use and susceptibility to tobacco use, Philippines, GYTS 2007

	Total (%)	Gender		Years		
		Boy	Girl	2 nd	3 rd	4 th
Ever smoke cigarettes	46.2 (43.0; 49.4)	58.2 (55.1;61.3)	34.7 (30.6;39.0)	40.8 (34.8;47.0)	45.0 (39.7;50.5)	52.7 (47.0;58.3)
Currently use any tobacco product	27.3 (24.4;30.3)	34.4 (31.2;37.8)	19.6 (16.4;23.3)	25.7 (21.6;30.2)	27.4 (23.7;31.3)	27.9 (23.2;33.2)
Currently smoke cigarettes	21.7 (18.8;25.0)	29.3 (25.8;33.1)	13.8 (11.0;17.2)	19.5 (15.4;24.4)	21.7 (18.6;25.1)	23.2 (18.4;28.9)
Currently use tobacco products other than cigarettes	9.7 (8.5; 11.1)	10.6 (9.0; 12.4)	8.3 (6.8; 10.1)	10.4 (8.8; 12.4)	9.4 (7.2; 12.2)	8.5 (7.0; 10.3)
Never smokers, susceptibility	13.6 (12.0; 15.3)	16.9 (14.2;20.0)	11.7 (10.0;13.8)	13.5 (10.9;16.5)	14.0 (10.4;18.5)	13.6 (10.9;16.9)

Five in ten (46.2%) of the students have ever smoked cigarettes (Table 1), with ever smoking significantly higher for boys than girl students.

Almost three in ten students (27.3%) currently uses any tobacco product, and it is significantly higher in boys than in girls.

More than a fifth of students (21.7) currently smoke cigarettes, and it is significantly higher in boys than in girls.

Almost one in ten (9.7%) currently uses tobacco products other than cigarettes.

Over one in ten of never smokers (13.6%) indicated they were likely to initiate cigarette smoking during the next year (index of susceptibility) with susceptibility among boys is significantly higher than in girls.

KNOWLEDGE AND ATTITUDE

These questions measure general knowledge, attitudes, and intentions which have been linked in research studies with risk of smoking onset and transitions toward more regular smoking. Several concepts are specifically addresses including susceptibility to smoking which is a measure of firm of never smoking youth regarding their intention to remain a nonsmoker. Parental involvement, attitudes toward the social benefits of smoking, knowledge and attitudes toward risk of tobacco use, and potential peer pressure to use tobacco are concepts also specifically addressed.

The acquisition of such information could help monitor the broader or more general impact of media counter-advertising and deglamorization campaigns, school curriculum, and youth empowerment efforts. Moreover, increases in positive attitudes toward tobacco use and decreased agreement with statements about the risks of tobacco use have been related to increases in youth tobacco use rates. Questions regarding susceptibility predict the risk of future smoking experimentation, as do those about the number of friends, who smoke, and attitudes and knowledge about tobacco.

Table 2. Proportion (%) at 95% CI of knowledge and attitude on tobacco use, Philippines, GYTS 2007

Category of Responses	Gender			Years		
	Total (%)	Boy	Girl	2 nd	3 rd	4 th
Think boys who smoke have more friends	33.1 (30.6;35.7)	34.4 (30.5 ; 38.6)	31.3 (28.7 ; 34.1)	34.6 (32.3 ; 36.9)	33.6 (29.7; 37.9)	30.7 (26.4 ; 35.3)
Think girls who smoke have more friends	19.4 (16.7 ; 22.1)	21.5 (17.9 ; 25.1)	16.7 (13.8 ;19.5)	18.7 (15.6 ; 21.7)	18.6 (14.3; 22.9)	14.1 (11.8; 16.3)
Think smoking makes boys look more attractive	18.2 (16.6 ; 19.8)	19.4 (17.6 ;21.3)	16.6 (14.6 ;18.9)	19.7 (17.0 ; 22.8)	19.6 (17.0; 22.5)	14.5 (11.8; 17.7)
Think smoking makes girls look more attractive	15.1 (13.7 ; 16.6)	16.1 (14.3; 18.1)	13.8 (12.3 ; 15.5)	15.7 (13.2 ; 18.6)	16.5 (14.5; 18.7)	12.1 (10.1; 14.6)

About one third of the students (33.1%) think that boys who smoke have more friends, with boys more likely than girls to have thought so (Table 2).

Only 19% of them think that girls who smoke have more friends.

Almost a fifth of students (18.2%) think that smoking makes boys look more attractive, with boys more likely than girls to have thought so; and the 4th year students being less likely than the lower year levels to have thought so.

Only 15.1% of students think smoking makes girls look more attractive, with boys more likely than girls to have thought so; and the 3rd year students being more than the 2nd and 4th year students to have thought so.

ACCESS AND AVAILABILITY – Current Smokers
DEPENDENCY – Current Smokers

Enforcement of tobacco control policies enhances their efficacy both by deterring violators and by sending a message to the public that the community leadership believes the policies are important. Numerous studies have shown that the combination of enforcing laws that restrict tobacco sales to minors and education of merchants can reduce illegal sales of tobacco to minors. In addition, providing comprehensive merchant education, including information on health effects, can deter retail violators.

**Table 3. Proportion (%) at 95% CI of Access and Availability
 Philippines, GYTS 2007**

Category of Responses	Total (%)	Gender		Years		
		Boy	Girl	2 nd	3 rd	4 th
Usually smoke at home	18.6 (15.1;22.9)	16.5 (13.3;20.4)	22.4 (16.7;29.3)	15.8 (11.6;21.2)	14.8 (10.5;20.5)	23.3 (18.0;29.7)
Buy cigarettes in a store	56.0 (50.5;61.4)	60.4 (54.8;65.6)	47.5 (38.4;56.8)	46.9 (40.2;53.8)	55.1 (46.2;63.6)	64.7 (57.2;71.6)
Buy cigarettes in a store, NOT refused purchase because of age	64.0 (59.3;68.4)	67.9 (63.5;72.0)	53.1 (42.2;63.6)	53.3 (43.7;62.6)	61.2 (52.3;69.5)	72.5 (65.5;78.5)
Dependency (cigarette first thing in the morning)	3.3 (2.1; 5.2)	3.3 (1.8; 6.0)	1.9 (0.7; 4.8)	2.2 (1.0; 4.7)	3.4 (1.5; 7.6)	3.7 (1.7; 7.9)

Almost one fifth (18.6%) of current smokers usually smoke at home (Table 3).

Over half of the current smokers (56.0%) buy their cigarettes in a store, with current smokers in 4th year students significantly more than those in 2nd year.

Majority (64.0%) of current smokers who bought cigarettes in a store were not refused purchase because of their age, with current smokers in 4th year students who purchased cigarettes is significantly higher than those 2nd year current smokers who purchased cigarettes.

Only 3.3% of current smokers looked for cigarettes first thing in the morning. This is one index of dependency or nicotine addiction.

ENVIRONMENTAL TOBACCO SMOKE (ETS)

These questions measure exposure to environmental tobacco smoke (ETS). Since ETS is a significant risk factor for lung cancer, heart disease, asthma exacerbation and induction, respiratory infections, and adverse reproduction outcomes, it is important to assess exposure in youth. The questions in this section measure exposure during the past seven days and assess general knowledge or attitude about the harmful effects of ETS. Although there have been few studies on the economic costs of ETS, those which have examined this issue have found annual costs ranging from \$200 million to \$8 billion. Thus, the current literature indicates that the detrimental economics and health impact of ETS is very large and in need of further study.

Table 4. Proportion (%) at 95% CI of Environmental Tobacco Smoke, Philippines, GYTS 2007

Category of Responses	Gender			Years		
	Total	Boy	Girl	2 nd	3 rd	4 th
Exposure at home	57.8 (55.6 ; 60.0)	60.5 (57.8 ; 63.1)	55.4 (52.8 ; 57.9)	56.2 (51.8 ; 60.4)	57.1 (53.7 ; 60.5)	60.3 (56.6 ; 63.9)
Exposure in places other than home	67.9 (65.7 ; 70.0)	71.2 (68.4 ; 73.8)	65.0 (62.5 ; 67.4)	63.5 (60.0 ; 66.9)	68.1 (63.0 ; 72.7)	72.5 (68.9 ; 75.9)
One or more parents smoke	56.7 (54.5 ; 58.9)	56.0 (53.3 ; 58.6)	57.1 (53.9 ; 60.2)	55.5 (52.5 ; 58.5)	55.2 (51.6 ; 58.7)	59.4 (55.3 ; 63.4)
Most friends smoke	15.0 (12.6 ; 17.7)	20.1 (17.2 ; 23.3)	9.7 (7.4 ; 12.6)	13.4 (10.4 ; 17.0)	15.0 (12.4 ; 18.0)	16.3 (11.6 ; 22.3)
Think smoking should be banned in public places	89.4 (88.2 ; 90.5)	87.5 (85.9 ; 88.9)	91.9 (90.4 ; 93.1)	88.7 (86.8 ; 90.3)	89.8 (87.7 ; 91.6)	90.4 (87.9 ; 92.4)
Think smoke from others is harmful to them	68.8 (66.6 ; 71.0)	65.1 (62.1 ; 68.0)	72.9 (70.2 ; 75.4)	65.5 (62.3 ; 68.7)	68.9 (66.1 ; 71.7)	72.8 (69.1 ; 76.3)

Over half (57.8%) of students were exposed to environmental tobacco smoke (ETS) at home (Table 4).

Almost seven in ten (67.9%) were exposed to ETS in places other than their homes with boys significantly more than girls to be exposed. The 4th year students were significantly more than the 2nd year student to be exposed to ETS in places other than their homes.

Majority of the students (56.7%) have admitted one or more parents smoke in their presence in their homes.

Over one in ten students (15.0%) have most or all of their friends smoke in their presence, with boys significantly more than girls to be exposed.

Almost nine in ten students (89.4%) think smoking should be banned in public places, with girls significantly more than boys to have approved of banning smoking in public places.

Almost seven in ten (68.8%) also think that exposure to smoke is harmful to them, with girls significantly more than boys to have thought so and the 4th year student being significantly more than the 2nd year students to have thought so.

CESSATION – Current Smokers

Many smokers, including youth, are addicted to nicotine and need assistance in quitting. To comprehensively address tobacco use among youth, the focus must be on both prevention and cessation.

Recently in tobacco control, there has been an increased demand for cessation programs for youth. A primary reason for this increased demand is recognition in the community that many youth who are regular tobacco users are interested in quitting and that they frequently try to quit but most are unsuccessful. To monitor the potential impact of tobacco control policies and diversion and cessation programs it is important to measure cessation among youth.

Table 5. Proportion (%) at 95% CI of Cessation, Philippines GYTS 2007

Category of Responses	Gender		Years			
	Total (%)	Boy	Girl	2 nd	3 rd	4 th
Want to stop now	86.0 (83.4;88.3)	86.6 (83.8;89.0)	87.1 (81.5;91.2)	92.8 (88.6;95.5)	82.0 (74.1;88.0)	85.5 (81.2;89.0)
Tried to stop in past year	87.1 (84.4;89.4)	87.4 (83.9;90.2)	86.1 (77.2;91.9)	88.8 (84.6;91.9)	84.5 (78.4;89.1)	86.9 (82.8;90.2)
Received help to stop	85.9 (81.6;89.3)	84.3 (78.3;88.9)	87.8 (83.1;91.3)	83.6 (76.9;88.6)	86.9 (80.0;91.7)	86.5 (79.0;91.6)

Over eight in ten (86.0%) who currently smoke cigarette stated that they want to stop smoking. The 2nd year students significantly more than the 3rd year students want to stop smoking.

Likewise, almost nine in ten (87.1%) said that they had tried to stop in the past year but failed (Table 5).

Over eight in ten of current smokers (85.9%) have ever received help to stop smoking. There were no significant differences by gender.

MEDIA AND ADVERTISING

These questions measure the exposure of young people to both pro- and anti-tobacco use messages in the mass media.

Pro-Use Messages: Children buy the most heavily advertised brands and are three times more affected by advertising than are adults. The average youth has already been exposed to billions of dollars in imagery advertising and promotions creating a “friendly familiarity” for tobacco products—and environment in which smoking is seen as glamorous, social and normative. Young people are able to recall virtually no anti-smoking messages on television or in the movies, yet they are able to recall specific movies that portray smoking and are able to identify actors and actresses who smoke in their entertainment roles.

Anti-Use Messages: An intensive mass media campaign can produce significant declines in both adult and youth smoking and demonstrate that comprehensive efforts, combining media, school-based, and community-based activities can postpone or prevent smoking onset in adolescents.

Table 6. Proportion (%) at 95% CI of Media and Advertising, Philippines, GYTS 2007

Category of Responses	Gender			Years		
	Total (%)	Boy	Girl	2 nd	3 rd	4 th
Saw anti-smoking media messages	87.3 (85.9 ; 88.6)	86.9 (85.3 ; 88.3)	88.1 (86.5 ; 89.5)	85.8 (82.5;88.6)	88.4 (86.9;89.8)	88.0 (85.8 ;89.8)
Saw pro-cigarette ads on billboards	87.9 (86.3 ; 89.2)	88.7 (86.5 ; 90.6)	87.6 (85.8 ; 89.2)	84.0 (80.5;87.0)	89.0 (87.1 ;90.7)	90.6 (88.3 ;92.5)
Saw pro-cigarette messages in newspapers or magazines	84.8 (83.2 ; 86.3)	85.1 (83.1 ; 87.0)	84.7 (82.6 ; 86.5)	81.3 (78.7;83.7)	85.7 (83.0 ;88.1)	87.0 (83.7 ; 89.8)
Have an object with tobacco company logo on it	12.6 (11.2 ; 14.0)	14.9 (13.3 ; 16.5)	10.2 (8.7 ; 11.8)	12.7 (10.4;15.4)	13.7 (11.8 ;15.9)	11.0 (9.1 ; 13.3)
Ever offered “free” cigarettes by tobacco company representative	8.5 (7.3 ; 9.8)	10.8 (9.0 ; 12.9)	5.8 (4.6 ; 7.3)	9.3 (7.6 ; 11.4)	8.9 (6.9 ;11.3)	6.7 (5.3 ;8.4)

Almost nine in ten students (87.3%) saw anti-smoking media messages in the past 30 days (Table 6), with girls more likely than boys to have been exposed to.

Nine in ten students (87.9%) saw pro-cigarette advertisement on billboards and saw messages in magazines and newspapers during the past 30 days, with the 4th year and 3rd students significantly higher than the 2nd year students.

Over one in ten (12.6%) have an object with a tobacco company logo on it and one in almost one in ten (8.5%) to have offered “free cigarettes”, with boys significantly more than girls.

SCHOOL CURRICULUM

These questions measure student perception of tobacco use prevention education. Schools are an ideal setting in which to provide tobacco use prevention education. School-based tobacco prevention education programs that focus on skills training have proven effective in reducing the onset of smoking. School-based health programs should enable and encourage children and adolescents who have not experimented with tobacco to continue to abstain from any use. For young persons who have experimented with tobacco use, or who are regular tobacco users, school tobacco prevention education programs may enable them to immediately stop all use.

Table 7. Proportion (%) at 95% CI of School Curriculum, Philippines, GYTS 2007

Category of Responses	Total (%)	Gender		Years		
		Boy	Girl	2 nd	3 rd	4 th
Taught dangers of smoking	69.6 (66.9;72.2)	66.6 (63.2;69.7)	73.6 (70.5;76.5)	66.2 (62.2;70.0)	71.2 (67.2;74.9)	72.9 (69.3;76.3)
Discussed reasons	61.3 (57.7;64.7)	58.2 (54.3;62.1)	64.2 (60.6;67.8)	58.1 (54.1;62.0)	62.5 (57.7;67.0)	63.2 (57.6;68.4)
Taught effects	69.3 (66.4;72.0)	66.8 (63.9;69.6)	72.3 (69.1;75.3)	66.9 (63.3;70.3)	69.2 (65.1;73.0)	72.9 (67.5;77.7)

Almost seven in ten students (69.6%) had been taught in school during the past year about dangers of smoking (Table 7), with girls significantly more than boys to have been taught in school.

Slightly over six in ten students (61.3%) had discussed in class during the past year about the reasons why people their age smoke and about seven in ten students (69.3%) had been taught in school during the past year about effects of smoking and or tobacco use.

Table 8. Percent changes in Prevalence of tobacco use and other factors- Philippines Global Youth Tobacco Survey 2000, 2003 and 2007

VARIABLE	2000	2003	2007	PERCENT CHANGE (2007,2003)
	Total %	Total %	Total%	
Prevalence				
Ever smoked cigarettes	42.8 (39.6;46.0)	41.9 (38.7;45.1)	46.2 (43.0; 49.4)	10.3
Currently use any tobacco product	27.1 (24.8;29.4)	19.6 (16.9;22.3)	27.3 (24.4;30.3)	39.3*
Currently smoke cigarettes	21.6 (19.1;24.1)	15.0 (12.1;17.1)	21.7 (18.8;25.0)	44.7*
Currently use other tobacco products	13.6 (12.4;14.8)	8.2 (7.0;9.4)	9.7 (8.5; 11.1)	18.3
Susceptibility- Never smokers likely to initiate smoking in the next year	26.5 (24.2;28.8)	13.8 (12.1;15.5)	13.6 (12.0; 15.3)	-1.4
Knowledge and Attitudes				
Think boys who smoke have more friends	35.1 (32.2;38.0)	29.6 (27.6;31.6)	33.1 (30.6;35.7)	11.8
Think girls who smoke have more friends	19.0 (16.6;21.4)	15.4 (13.4;17.4)	19.4 (16.7 ; 22.1)	30.0
Think boys who smoke look more attractive	19.0 (16.2;21.8)	17.9 (15.5;20.3)	18.2 (16.6 ; 19.8)	1.7
Think girls who smoke look more attractive	10.8 (9.0;12.6)	11.8 (10.2;13.4)	15.1 (13.7 ; 16.6)	28.0*
Access and Availability				
Usually smoke at home	18.5 (16.4;20.6)	21.3 (17.4;25.2)	18.6 (15.1;22.9)	-12.7
Buy cigarettes in store	44.8 (41.8;47.8)	57.4 (53.3;61.5)	56.0 (50.5;61.4)	-2.3
Not refused purchase	45.4 (41.6;49.2)	62.8 (55.4;70.2)	64.0 (59.3;68.4)	1.9
Dependency	7.2 (5.6;8.8)	3.8 (2.3;5.3)	3.3 (2.1; 5.2)	-13.2
Environmental Tobacco Smoke				
ETS in homes	60.1 (58.2;62.0)	57.6 (55.6;59.6)	57.8 (55.6 ; 60.0)	0.3
ETS in public places	74.6 (72.8;76.4)	59 (56.9;61.1)	67.9 (65.7 ; 70.0)	15.1*
Think smoking should be banned in public places	39.2 (35.0;43.4)	88.7 (87.1;90.3)	89.4 (88.2 ; 90.5)	0.8
Think smoke from others is harmful to them	37.6 (33.0;42.2)	71.7 (69.0;74.4)	68.8 (66.6 ; 71.0)	-4.0
Have one or more parents smoke	56.3 (54.7;57.9)	55.7 (53.8;57.6)	56.7 (54.5 ; 58.9)	1.8
Have most or all friends smoke	10.6 (8.9;12.3)	12.2 (10.3;14.1)	15.0 (12.6 ; 17.7)	22.9
Cessation				
Want to stop smoking	84.8 (81.8;87.8)	88.2 (84.8;91.6)	86.0 (83.4;88.3)	-2.5
Tried to stop smoking during the past year	84 (80.9;87.1)	86.9 (82.9;91.3)	87.1 (84.4;89.4)	0.2

Have ever received help to stop smoking	90.5 (88.9;92.1)	90.4 (87.5;93.3)	85.9 (81.6;89.3)	-5.0
Media and Advertising				
Saw anti-smoking media messages, in the past 30 days	83.4 (81.5;85.3)	90.3 (89.3;91.3)	87.3 (85.9;88.6)	-3.3*
Saw pro-cigarette ads on billboards, in the past 30 days	84.4 (82.6;86.2)	87.6 (86.3;88.9)	87.9 (86.3;89.2)	0.3
Saw pro-cigarette ads in print media	80.4 (78.6;82.2)	81.7 (80.4;83.0)	84.8 (83.2;86.3)	3.8*
Have an object with cig.brand logo	17.8 (16.4;19.2)	16.4 (13.5;19.3)	12.6 (11.2;14.0)	-23.2
Were offered free cig by tobacco company/ representative	17.6 (16.3;18.9)	13.9 (11.6;16.2)	8.5 (7.3 ; 9.8)	38.8*
School				
Had been taught in class dangers of smoking	58.6 (55.9;61.3)	68.0 (65.2;70.8)	69.6 (66.9;72.2)	2.4
Had discussed in class reasons why people their age smoke	57.7 (55.3;60.1)	62.2 (59.3;65.1)	61.3 (57.7;64.7)	-1.4
Taught in class effects of smoking	64.1 (61.6;66.6)	67.5 (64.6;70.4)	69.3 (66.4;72.0)	2.7

*Statistically significant at 95% CI

DISCUSSION:

Prevalence:

The prevalence of current use of any tobacco product and current cigarette smoking had increased significantly by 39.3% and 44.7% respectively over a 4-year period, 2003-2007 (Table 8). Among current smokers, it is consistently and significantly higher for boys than with girls. There is an increasing trend in smoking among the girls. In 2003, the proportion of girls currently using any tobacco product was 13% and 19.6% in 2007. While, the proportion of girls currently smoking cigarettes was 8.8% in 2003 compared to 13.8% in 2007.

This could probably be due to exposure to media advertisement on tobacco showing girls smoking cigarettes and young girls being influenced by older women who smokes (e.g. women working in call center). Ban on smoking in public places is not enforced. There was delay in implementation on the provision on the packaging and labeling of the textual warning from July 1, 2006 to December 2006. This has deprived the youth on the information of the hazards of smoking from that textual warning.

However, likelihood of never smokers to initiate smoking in the next year slightly declined from 13.8% in 2003 to 13.6% in 2007. This rate should be maintained and even be reduced because once a person started smoking that would be the determinant of addiction to tobacco.

Knowledge and Attitude:

Students' general knowledge and attitude toward tobacco use do not significantly differ by gender and by year in school. Results of comparative analysis of 2003 and 2007 GYTS revealed an increase in the percentage of students who think that boys or girls who smoke have more friends and look more attractive. Significantly, more students in 2007 GYTS think that girls who smoke look more attractive. The noted increase in the positive attitude toward tobacco use could have been brought about by the continuous proliferation of pro-tobacco advertisements as an aggressive marketing strategy of tobacco industries amidst the existing laws restricting such advertisements. It should also be noted that although there is already an existing law in 2007, monitoring guidelines are not yet in place at that time. Thus, counter-advertising and deglamorization campaigns need to be intensified and stricter enforcement of existing laws on the restrictions on tobacco advertisements be observed.

Access and availability:

There's a decrease in proportion of current smokers who buy cigarettes in store because of increasing numbers of street vendors selling cigarettes, accessibility or affordability- wise. These smokers usually buy cigarettes by stick and not by pack because many cannot afford the price of cigarette packs.

There's also a decrease in proportion of current smokers who usually smoke at home. There might be an increase in awareness that smoking should not be done inside the house because of its hazardous effect in health of family member exposed to smoke. Mothers are more aware of the ill-effects of smoking; thus, they make some rules inside home against smoking.

However, proportion of cigarette vendors allowing minors to purchase cigarette had increased by 1.9%. This shows that cigarettes can easily be accessed by minors due to lack of awareness of cigarette retailers about RA 9211 prohibiting the sale or distribution, as well as the purchase from, any minor of cigarettes and other tobacco products and that ignorance of real age of minor not a defense. Many retailers are still profit oriented. Raising the price of tobacco and tobacco products through tax increases is the most effective way to reduce smoking. Higher cigarette prices reduce the number of smokers and induce those who continue to smoke to consume fewer cigarettes per day. It is estimated that for each 10% increase in retail prices, consumption is reduced by about 8% in low-and middle-income countries. Higher tobacco taxes are particularly effective in preventing or reducing tobacco use among teenagers and the poor.

Environmental Tobacco Smoke (ETS):

Exposure to environmental tobacco smoke (ETS) in public places significantly increased by 15.1% over a four year period (2003-2007). Results of the 2007 GYTS showed that boys and higher year level students are significantly more exposed to ETS in public places. Weak enforcement of the regulatory provisions embodied in Section 5 of RA 9211- *Promoting Healthful Environment wherein* Smoking is absolutely prohibited in public places such as centers of youth activity, schools and universities and recreational facilities, public conveyances and public facilities including transport terminals and stations, restaurants and conference halls seems to contribute to the observed increase in ETS exposure in public places. Thus, there is an urgent need to put in place the monitoring guidelines that would ensure strict enforcement of the law.

Alarmingly, a lesser number of youth now think smoke from others is harmful to them. The result may be an offshoot of the lack of education campaign on the harmful effects of smoking. Nonetheless, more youth now think that smoking should be banned in public places. Therefore; anti-smoking education campaign must be strengthened.

Cessation

Results show that there's a need to promote access to professional help of those smokers who want to stop smoking. The decrease in proportion of smokers who want to stop smoking and had ever received help to stop smoking demand for an access to smoking cessation clinic at the primary health care unit. Although there are factors which facilitated the implementation of the Smoking Cessation clinic such as: discussion with the local health board, integration of tobacco screening in risk assessment form health lifestyle, there are also restraining factors which hindered the implementation such as: inadequate willingness of smokers, no standard operating procedures, unavailability of a "clinic" space/human resource, inadequate role modeling and inadequate skills, time and awareness of health personnel

Media and Advertising:

Tobacco industries massive advertisements seem to be effective as evident in the results of the survey which showed significantly greater exposure of youth to pro-tobacco ads in print media than anti-smoking media messages. Unfortunately, the modest impact of the regulatory effect of the national law (Section 15, *Restricting on Advertising*) felt in 2003 GYTS was not sustained. Thus, counter anti-tobacco campaign must be intensified and strict enforcement of the existing law be observed. Law enforcers and civil society must be more vigilant to counter the aggressive pro tobacco advertisements of the tobacco industries. Initiatives on graphic health warnings must be supported. Efforts from tobacco control advocates are currently being undertaken to have graphic health warnings placed on tobacco packs apart from text warnings. Studies have shown that use of pictures with graphic depictions of disease and other negative images has greater impact than words alone, and is

critical in reaching the large number of people worldwide who cannot read. The graphic health warning bill is still pending in Congress.

Conclusions:

There's a significant increase in the prevalence of "current" use of cigarettes. The use of any tobacco product has also increased from 10.6% in 2003 to 27.3% in 2007 (39.3% change). Exposure to second-hand smoke at home remains high; it is also noted that significant increase to Second-hand smoke at home remains high. It was also noted that there is a significant increase of Second-hand smoke exposure in public places and around peers. However, there's a high desire and support among students for ban of smoking in public places.

With regards to media and advertising, a decreased percentage of students have seen anti-smoking media messages.

A high intention to stop smoking among current users was also seen. There's a low index of nicotine addiction but it rose among current users.

Over half of current smokers who usually buy their cigarettes in the store **were not** refused purchase because of their age. Sale and distribution to or purchase by minors of tobacco products is unlawful. RA 9211 has been in place since 2003, but most of its provisions remain poorly implemented. In 2007 the Department of Health established the National Tobacco Prevention Control Program (Administrative Order 2001-004). As of July 2008, prohibition of all forms of tobacco advertising in mass media, except point of sale advertisement, are not yet fully complied with and enforced.

In summary, there is "poor" enforcement by the local government units of the National Tobacco Laws and the WHO- Framework Convention on Tobacco Control in the Philippines despite significant gains in 2003 GYTS results.

Lack of political will, coupled with lack of monitoring and reporting guidelines for offenders of the laws, in spite of strong national government and NGO's efforts to advocate full implementation of the tobacco control laws has not improved the control initiatives in the Philippines.

Recommendations:

MONITORING

1. Sustain the Global Tobacco Surveillance System (GTSS) through the Global Youth Tobacco Survey (GYTS). In this case, to monitor progress or pitfalls of FCTC or National Laws Enforcement and translate surveillance results into relevant policy and program actions especially for the welfare and safety of Filipino youth from the harmful effects of tobacco use, which is a “gateway” for other substance use.
2. Finalize local monitoring and reporting guidelines of implementation and enforcement. (also Enforcement)

PROTECTION:

3. DOH and stakeholders should come up with a harmonized and intensified media campaign to highlight the ill-effects of tobacco use and second hand smoke.

OFFER TO QUIT:

4. Strengthen and ensure the implementation of the National Smoking Cessation Program (NCSP) and utilize facility-based and “opportunistic” approaches for counseling and cessation services.
5. Integrate cessation services into primary health care settings.

WARNING:

6. Sustain and strengthen public awareness and access to information regarding the adverse health, economics, and environmental consequences of tobacco production and consumption.
7. Integrate anti-smoking lessons in school curriculum and strengthen anti-tobacco messages in school.
8. Strengthen and expand health promotion and advocacy activities especially on the dangers of tobacco use and second hand smoke.

ENFORCEMENT:

9. Prioritize the enforcement issues at the sub-national jurisdictions, local government units which still need to pass local ordinances and/or resolutions to implement the national tobacco control laws and FCTC.
10. The DOH should strongly advocate for the amendment of Section 29 of RA 9211 on the creation of the Inter-Agency Committee on Tobacco. DOH and NGO partners should lead the way in advocating for the effective implementation of the National Law.
11. The local government units should ensure that the law is enforced within the area of jurisdiction.
12. Sustain smoking ban or absolute prohibition on indoor work places, public places, and other public places.
13. Encourage local government units to pass ordinances to support local implementation of RA 9211 towards phasing out of designated smoking areas in enclosed places.
14. Enforce complete ban on advertising, promotion, and sponsorship to neutralize lack of anti-smoking media messages.
15. Strongly advocate for the immediate passage of the Graphic Health Warning Bill (House Bill 3364 and Senate Bill 2377) and ensure strict enforcement on ban on advertising of all forms.
16. Increase awareness and access on RA 9211 IRR Provision Section 33-h "...If a smoker-minor voluntarily submits himself for treatment, counseling or rehabilitation in a smoking withdrawal clinic located in any medical institution in the Philippines, or through his parents/guardian, the expenses incurred shall be a reimbursable out-patient service of the Phil Health." A smoking cessation package especially for minors should be developed by Phil Health in accordance with Section 33 of RA 92111.
17. Advocate for the enforcement of prohibition of sales of tobacco products to minors.
18. Advocate for total ban on selling of cigarettes by sticks particularly in streets.

RAISE TAXES:

19. Advocate for the raise of taxes on all tobacco products to a level that will make cigarettes unaffordable to the youth.

Weighting & Variance Estimation

School, classroom and students data were weighted to produce total population estimated. The weighting factor reflects the probability of selection, non-response, and post-stratification (gender and year level). Variances were estimated using the general linear variance estimators. This method of computing variances takes into account the complex nature of the design and the classroom effect. It also accounts for sampling with the probability proportional to measure size. SUDAAN was used to compute standard errors for the estimates.

Statistical Testing for Differences Confidence Interval

A percent and its estimated standard error may be used to construct confidence intervals (C.I.) about the percent. The C.I. is expressed as a range (upper and lower) around the percent. The C.I. range contains the average value of the percent, which would result if all possible samples were produced. The 95% C.I. suggests that if 100 samples were drawn and C.I.s were calculated for each, then the average value of the percent would be contained in 95 of the 100 C.I.s

The test of statistical significance is done by comparing the 95% C.I. for two percentages. If the C.I.s do not overlap, then the percentages are significantly different.

E.g., in the table on prevalence, 57 % males and 32 % females had ever tried smoking.

* The 95% C.I. for each percent is calculated by multiplying the standard error (SE) by 1.96, giving 4.0 and 2.9 for males and females respectively.

- Therefore the lower and upper bounds for the two percentages are
- Males 57.0% (53.0, 61.0)
- Females 32.0% (29.1, 34.9)

*Statistical difference is determined by comparing the upper bound, for the smaller % and lower bound, for the larger %.

- If the two ranges do not overlap, then the two %s are statistically (significantly) different at 95% C.I.
- If the two ranges overlap, then there is no statistical (significant) difference between the two %s, at the 95% C.I.
- In this example, the percentages 57.0% (53.0, 61.0) and 32.0% (29.1, 34.9) do not overlap. Males are significantly twice more likely than females to have ever smoked cigarettes.

APPENDIX B: DEFINITIONS and ACRONYMS

Definitions

Current smoker	those who smoked cigarettes on 1 or more days in the past 30 days
Never smoker	A person who had never tried or experimented with cigarette smoking, even one or two puffs.
Passive smoking	the inhalation of environmental tobacco smoke
Population	A set of people or entities to which findings is to be generalized
Region	There are 16 main administrative regions in the Philippines, where one region is comprised of an average of 5 provinces
Sample	A collection of units, selected to draw conclusions about a population
Significance	The percent chance that a relationship found in the data is just due to an unlucky sample. And if we took another sample we might find nothing.
Youth	Aged between 10-24

Acronyms

Ads	Advertisement
C.I.	Confidence Interval
CDC	U.S. Centers for Disease Control and Prevention
ETS	Environmental Tobacco Smoke
GYTS	Global Youth Tobacco Survey
NGO	Non-Governmental Organization
TFI	Tobacco Free Initiative
UN	United Nations
WHO	World Health Organization

Appendix C : REFERENCES:

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Global Youth Tobacco Survey (GYTS)
3rd Round
Philippines
2007 Questionnaire



INSTRUCTIONS

- Please read each question carefully before answering it. (*Siguraduhing basahin at unawain muna ang bawat katanungan bago sagutin*).
- Choose the answer that best describes what you believe and feel to be correct. (*Piliin and sagot ayon sa paniwala mo na yon ang tamang sagot*)
- Choose only **one** answer for each question. (*Pumili lamang ng isang sagot bawat tanong*).
- In the answer sheet, locate the circle that corresponds to your answer and fill it in completely with the pencil that was provided to you. (*Sa answer sheet na may mga bilog, punuan ng lapis ang bilog na katugma ng iyong sagot*)
- Correctly fill in the bubbles: (*Dapat buo ang bilog o shade ng iyong lapis*)

☺ Like this: ●
- If you have to change your answer, don't worry, just erase it completely, without leaving marks. (*Pag nagpalit ka ng sagot, burahin lang ng maayos at punuan ulio i-shade ng lapis ang napiling katugmang bilog*)
- Remember, each question only has one answer. (*Isa lang ang sagot bawat tanong*)

Example:

- | | |
|--|--|
| <p>Questionnaire</p> <p>24. Do you believe that fish live in water? (Naniniwala ka ba na isda ay nakatira sa tubig)
Definitely yes (Talagang OO)
Probably yes (Siguro)
Probably not (Hinde siguro)
Definitely not (Hinde talaga)</p> | <p>24. ● (B) (C) (D) (E) (F) (G) (H)</p> |
|--|--|

THE FIRST 11 QUESTIONS ASK ABOUT YOUR USE OF TOBACCO.

Ang susunod na 11 na katungan ay tungkol sa inyong paggamit ng sigarilyo/tabako.

1. **Have you ever tried or experimented with cigarette smoking, even one or two puffs?** (*Nasubukan mo na ba ang magsigarilyo, kahit isa o dalawang hitit lang?*)
 - a. Yes (*Oo*)
 - b. No (*Hindi*)

2. **How old were you when you first tried a cigarette?** (*Ilang taon ka noong una kang sumubok manigarilyo?*)
 - a. I have never smoked cigarettes (*Hindi pa ako nanigarilyo kailanman*)
 - b. 7 years old or younger (*7 taong gulang pababa*)
 - c. 8 or 9 years old (*8 o 9 taong gulang*)
 - d. 10 or 11 years old (*10 o 11 taong gulang*)
 - e. 12 or 13 years old (*12 o 13 taong gulang*)
 - f. 14 or 15 years old (*14 o 15 taong gulang*)
 - g. 16 years old or older (*16 taong gulang pataas*)

3. **During the past 30 days (one month), on how many days did you smoke cigarettes?** (*Nitong nakaraang 30 araw (1 buwan), ilang araw kang nanigarilyo?*)
 - a. 0 days (*wala*)
 - b. 1 or 2 days (*1 hanggang 2 araw*)
 - c. 3 to 5 days (*3 hanggang 5 araw*)
 - d. 6 to 9 days (*6 hanggang 9 araw*)
 - e. 10 to 19 days (*10 hanggang 19 araw*)
 - f. 20 to 29 days (*20 hanggang 29 araw*)
 - g. All 30 days (*30 araw (araw-araw)*)

4. **During the past 30 days (one month), how many cigarettes per day do you usually smoke?** (*Nitong nakaraang 30 araw (1 buwan), ilang sigarilyo ang kadalasang nasisigarilyo mo?*)
 - a. I did not smoke cigarettes during the past 30 days (one month) (*Hindi ako nanigarilyo nitong nakaraang 30 araw (1 buwan)*)
 - b. Less than 1 cigarette per day (*Mababa sa 1 sigarilyo kada araw*)
 - c. 1 cigarette per day (*1 sigarilyo sa isang araw*)
 - d. 2 to 5 cigarettes per day (*2 hanggang 5 sigarilyo kada araw*)
 - e. 6 to 10 cigarettes per day (*6 hanggang 10 sigarilyo kada araw*)
 - f. 11 to 20 cigarettes per day (*11 hanggang 20 sigarilyo kada araw*)
 - g. More than 20 cigarettes per day (*higit sa 20 sigarilyo kada araw*)

5. **During the past 30 days (one month), how did you usually get your own cigarettes? (SELECT ONLY ONE RESPONSE)** (*Nitong nakaraang 30 araw (1 buwan), paano ka karaniwang kumukuha ng sigarilyo mo? (PUMILI LAMANG NG ISANG SAGOT)*)
 - a. I did not smoke cigarettes during the past 30 days (one month) (*Hindi ako nanigarilyo nitong nakaraang 30 araw (1 buwan)*)
 - b. I bought them in a store, shop or from a street vendor (*Binili ko sa tindahan/palengke/grocery/naglalako sa kalye*)

- c. I bought them from a vending machine (*Binili ko sa vending machine*)
 - d. I gave someone else money to buy them for me (*Nagpabili ako ng sigarilyo sa iba*)
 - e. I borrowed them from someone else (*Humingi ako sa iba*)
 - f. I stole them (*Ninakaw ko*)
 - g. An older person gave them to me (*Binigyan ako ng sigarilyo ng taong mas nakatatanda*)
 - h. I got it in some other way (*Nakuha ko sa iba pang paraan*)
- 6. During the past 30 days (one month), what brand of cigarettes did you usually smoke? (SELECT ONLY ONE RESPONSE)** (*Nitong nakaraang 30 araw (1 buwan), anong brand o pangalan ng sigarilyo ang palagi mong sinisigarilyo? (PUMILI LAMANG NG ISANG SAGOT)*)
- a. I did not smoke cigarettes during the past 30 days (*Hindi ako nanigarilyo nitong nakaraang 30 araw (1 buwan)*)
 - b. No usual brand (*Walang particular na pangalan o brand*)
 - c. Marlboro
 - d. Philip Morris
 - e. Winston
 - f. Hope
 - g. Memphis
 - h. Others (*Iba*)
- 7. During the past 30 days (one month), did anyone ever refuse to sell you cigarettes because of your age?** (*Sa nakalipas na 30 araw (1 buwan), meron bang tumangging magbenta ng sigarilyo dahil sa iyong edad?*)
- a. I did not try to buy cigarettes during the past 30 days (one month) (*Hindi ko sinubukang bumili ng sigarilyo nitong nakalipas na 30 araw (1 buwan)*)
 - b. Yes, someone refused to sell me cigarettes because of my age (*Oo, may tumangging magbenta sa akin ng sigarilyo dahil sa edad ko*)
 - c. No, my age did not keep me from buying cigarettes (*Walang tumangging magbenta sa akin ng sigarilyo dahil sa edad ko*)
- 8. During the past 30 days (one month), have you ever used any form of smoked-tobacco products other than cigarettes (e.g. cigars, pipes)?** (*Sa nakalipas na 30 araw (1 buwan), gumamit ka ba ng ibang produktong tabako maliban sa sigarilyo*)
- a. Yes (Oo)
 - b. No (Hindi)
- 9. During the past 30 days (one month), have you ever used any form of smokeless- tobacco products (e.g. chewing tobacco,)?** (*Sa nakalipas na 30 araw (1 buwan), gumamit ka ba ng ibang produktong tabako na hindi hinihithit?*)
- a. Yes (Oo)
 - b. No (Hindi)
- 10. Where do you usually smoke? (SELECT ONLY ONE RESPONSE)** (*Saan ka madalas nanigarilyo?*)(*PUMILI LAMANG NG ISANG SAGOT*)
- I have never smoked cigarettes (*Hindi pa ako nanigarilyo kailanman*)
 - At home (*Sa bahay*)
 - At school (*Sa paaralan*)
 - At work (*Sa trabaho*)
 - At friends' houses (*Sa bahay ng kaibigan*)

At social events (*Sa mga pagtitipon*)

- g. In public spaces (e.g. parks, shopping centres, street corners)
(*Sa mga pampublikong lugar (park, sa shopping center o mall, kanto)*)
- h. Other (*Iba pa*)

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

(*Paninigarilyo ba ang una mong ginagawa o gustong gawin pagkagising sa umaga?*)

- a. I have never smoked cigarettes (*Hindi pa ako nanigarilyo kailanman*)
- b. I no longer smoke cigarettes (*Hindi na ako naninigarilyo*)
- c. No, I don't have or feel like having a cigarette first thing in the morning
(*Hindi paninigarilyo o ang kagustuhang manigarilyo ang una kong ginagawa pagkagising sa umaga*)
- d. Yes, I sometimes feel like having a cigarette first thing in the morning
(*Oo, may mga panahon na gusto kong manigarilyo pagkagising sa umaga*)
- e. Yes, I always feel like having a cigarette first thing in the morning
(*Oo, lagi akong naninigarilyo o gustong manigarilyo pagkagising sa umaga*).

THE NEXT 17 QUESTIONS ASK ABOUT YOUR KNOWLEDGE AND ATTITUDES TOWARD TOBACCO *Ang sumusunod na 17 katanungan ay tungkol sa inyong kaalaman at kaugalian hinggil sa tabako.*

12. Do your parents smoke? (Naninigarilyo ba ang inyong mga magulang?)

- a. None (*wala sa kanila*)
- b. Both (*pareho*)
- c. Father only. (*tatay lang*)
- d. Mother only (*nanay lang*)
- e. I don't know (*hindi ko alam*)

13. If one of your best friends offered you a cigarette, would you smoke it? (Kung ang isa sa inyong matatalik na kaibigan ang nag-alok sa iyo ng sigarilyo, maninigarilyo ka ba?)

- a. Definitely not (*Tiyak na hindi*)
- b. Probably not (*Hindi marahil*)
- c. Probably yes (*Oo marahil*)
- d. Definitely yes (*Tiyak na Oo*)

14. Has anyone in your family discussed the harmful effects of smoking with you? (Mayroon ba sa inyong pamilya ang nakapagsabi tungkol sa masamang epektong idinudulot ng paninigarilyo?)

- a. Yes (*Oo*)
- b. No (*Hindi*)

15. At any time during the next 12 months do you think you will smoke a cigarette? (Sa tingin mo ba'y makakapagsigarilyo ka sa susunod na 12 buwan?)

- a. Definitely not (*Tiyak na hindi*)
- b. Probably not (*Hindi marahil*)
- c. Probably yes (*Oo marahil*)
- d. Definitely yes (*Tiyak na Oo*)

16. Do you think you will be smoking cigarettes 5 years from now? (Sa inyong palagay maninigarilyo ka ba 5 taon simula ngayon?)

- a. Definitely not (*Tiyak na hindi*)
 - b. Probably not (*Hindi marahil*)
 - c. Probably yes (*Oo marahil*)
 - d. Definitely yes (*Tiyak na Oo*)
17. **Once someone has started smoking, do you think it would be difficult to quit ?** (*Kapag sinimulan na ng isang tao ang manigarilyo, sa tingin mo ba'y mahihirapan na siyang tumigil?*)
- a. Definitely not (*Tiyak na hindi*)
 - b. Probably not (*Hindi marahil*)
 - c. Probably yes (*Oo marahil*)
 - d. Definitely yes (*Tiyak na Oo*)
18. **Do you think boys who smoke cigarettes have more or less friends?** (*Sa iyong palagay, ang mga lalaking naninigarilyo ba ay mas marami o mas kaunti ang nagiging kaibigan?*)
- a. More friends (*mas maraming kaibigan*)
 - b. Less friends (*mas kaunting kaibigan*)
 - c. No difference from non-smokers(*walang kaibahan sa mga di-naninigarilyo*)
19. **Do you think girls who smoke cigarettes have more or less friends?** (*Sa iyong palagay, ang mga babaeng naninigarilyo ba ay mas marami o mas kaunti ang nagiging kaibigan?*)
- a. More friends (*mas maraming kaibigan*)
 - b. Less friends (*mas kaunting kaibigan*)
 - d. No difference from non-smokers(*walang kaibahan sa mga di-naninigarilyo*)
20. **Does smoking cigarettes help people feel more or less comfortable at celebrations, parties, or in other social gatherings?** (*Nakakatulong ba ang paninigarilyo para maging maginhawa ang pakiramdam ng isang tao sa mga pagdiriwang, mga party o iba pang mga pagtitipon?*)
- a. More comfortable (*mas nagpapaginhawa*)
 - b. Less comfortable (*mas di nagiging maginhawa*)
 - c. No difference from non-smokers (*walang kaibahan sa mga di-naninigarilyo*)
21. **Do you think smoking cigarettes makes boys look more or less attractive?** (*Sa iyong palagay, ang mga lalaking naninigarilyo ba ay mas o hindi nakakadagdag ng personalidad?*)
- a. More attractive (*mas nakakadagdag ng personalidad*)
 - b. Less attractive (*di nakakadagdag ng personalidad*)
 - No difference from non-smokers (*walang kaibahan sa mga di-naninigarilyo*)
22. **Do you think smoking cigarettes makes girls look more or less attractive?** (*Sa iyong palagay, ang mga babaeng naninigarilyo ba ay mas o hindi nakakadagdag ng personalidad?*)
- a. More attractive (*mas nakakadagdag ng personalidad*)
 - b. Less attractive (*di nakakadagdag ng personalidad*)
 - c. No difference from non-smokers (*walang kaibahan sa mga di-naninigarilyo*)
23. **Do you think that smoking cigarettes makes you gain or lose weight?** (*Sa iyong palagay, ang paninigarilyo ba ay nagpapabigat o nagpapagaan ng timbang?*)
- a. Gain weight (*nagpapabigat ng timbang*)

- b. Lose weight (*nagpapagaan ng timbang*)
 - c. No difference (*walang kaibahan sa mga di-naninigarilyo*)
- 24. Do you think cigarette smoking is harmful to your health?** (*Sa iyong palagay, ang paninigarilyo ba ay nakakasama sa iyong kalusugan?*)
- a. Definitely not (*Tiyak na hindi*)
 - b. Probably not (*Hindi marahil*)
 - c. Probably yes (*Oo marahil*)
 - d. Definitely yes (*Tiyak na Oo*)
- 25. Do any of your closest friends smoke cigarettes?** (*May naninigarilyo ba sa mga matalik mong kaibigan?*)
- a. None of them (*wala sa kanila*)
 - b. Some of them (*ilan sa kanila*)
 - c. Most of them (*karamihan sa kanila*)
 - d. All of them (*lahat sila*)
- 26. When you see a man smoking what do you think of him? (SELECT ONLY ONE RESPONSE)**
Kapag may nakikita kang lalaking naninigarilyo, ano ang tingin mo sa kanya? (PUMILI LAMANG NG ISANG SAGOT)
- a. Lacks confidence (*kulang ng tiwala sa sarili*)
 - b. Stupid (*tanga*)
 - c. Loser (*talo*)
 - d. Successful (*mahusay*)
 - e. Intelligent (*matalino*)
 - e. Macho (*macho*)
 - f. Others (*Iba*)
- 27. When you see a woman smoking what do you think of her? (SELECT ONLY ONE RESPONSE)**
Kapag may nakikita kang babaeng naninigarilyo, ano ang tingin mo sa kanya? (PUMILI LAMANG NG ISANG SAGOT)
- a. Lacks confidence (*kulang ng tiwala sa sarili*)
 - b. Stupid (*tanga*)
 - c. Loser (*talo*)
 - d. Successful (*mahusay*)

- e. Intelligent (*matalino*)
- f. Sophisticated (*sosyal*)
- g. Others (*Iba*)

- 28. Do you think it is safe to smoke for only a year or two as long as you quit after that?** (*Sa iyong palagay ay ligtas ka sa mga sakit na dulot ng paninigarilyo kapag naninigarilyo ka lamang sa loob ng 1 o 2 taon?*)
- a. Definitely not (*Tiyak na hindi*)
 - b. Probably not (*Hindi marahil*)
 - c. Probably yes (*Oo marahil*)
 - d. Definitely yes (*Tiyak na Oo*)

THE NEXT 4 QUESTIONS ASK ABOUT YOUR EXPOSURE TO OTHER PEOPLE'S SMOKING
Ang susunod na 4 na tanong ay tungkol sa iyong karanasan sa paninigarilyo ng ibang tao.

- 29. Do you think the smoke from other people's cigarettes is harmful to you?** (*Sa iyong palagay, ang usok mula sa sigarilyo ng iba ay nakasama sa iyo?*)
- a. Definitely not (*Tiyak na hindi*)
 - b. Probably not (*Hindi marahil*)
 - c. Probably yes (*Oo marahil*)
 - d. Definitely yes (*Tiyak na Oo*)
- 30. During the past 7 days, on how many days have people smoked in your home, in your presence?** (*Nitong nakaraang 7 araw, ilang araw naninigarilyo ang iyong mga kasambahay na naroon ka?*)
- a. 0 (*Wala*)
 - b. 1 to 2 (*1 hanggang 2*)
 - c. 3 to 4 (*3 hanggang 4*)
 - d. 5 to 6 (*5 hanggang 6*)
 - e. 7 (*pito*)
- 31. During the past 7 days, on how many days have people smoked in your presence, in places other than in your home?** (*Nitong nakaraang 7 araw, ilang araw mong naranasan na may nanigarilyo sa harapan mo maliban sa inyong bahay?*)
- a. 0 (*Wala*)
 - b. 1 to 2 days (*1 hanggang 2*)
 - c. 3 to 4 days (*3 hanggang 4*)
 - d. 5 to 6 days (*5 hanggang 6*)
 - e. 7 days (*pito*)
- 32. Are you in favor of banning smoking in public places (such as in restaurants, in buses, streetcars, and trains, in schools, on playgrounds, in gyms and sports arenas, in discos)?** (*Sang-ayon ka ba na ipagbawal ang paninigarilyo sa mga pampublikong lugar (hal. Sa restaurant/kainan, bus, sidecar, tren, paaralan, gym at sports arena, sa mga disco?)*)
- a. Yes (*Oo*)
 - b. No (*Hindi*)

THE NEXT 6 QUESTIONS ASK ABOUT YOUR ATTITUDES TOWARD STOPPING SMOKING
Ang susunod na 6 na katanungan ay tungkol sa iyong Kaisipan ukol sa pagtigil sa paninigarilyo

33. **Do you want to stop smoking now?** (*Gusto mo na bang tumigil sa paninigarilyo?*)
- a. I have never smoked cigarettes (*Hindi pa ako naninigarilyo kailanman*)
 - b. I did not smoke during the past year (*Hindi na ako naninigarilyo ngayon*)
 - c. Yes (*Oo*)
 - d. No (*Hindi*)
34. **During the past year, have you ever tried to stop smoking cigarettes?** (*Nitong nakaraang taon, sinubukan mo bang tumigil maninigarilyo?*)
- a. I have never smoked cigarettes (*Hindi pa ako naninigarilyo kailanman*)
 - b. I do not smoke now (*Hindi na ako naninigarilyo ngayon*)
 - c. Yes (*Oo*)
 - d. No (*Hindi*)
35. **How long ago did you stop smoking?** (*Gaano katagal ka nang tumigil sa paninigarilyo?*)
- a. I have never smoked cigarettes (*Hindi pa ako naninigarilyo kailanman*)
 - b. I have not stopped smoking (*Hindi pa ako tumitigil sa paninigarilyo*)
 - c. 1-3 months (*1-3 buwan*)
 - d. 4-11 months (*4-11 buwan*)
 - e. One year (*1 taon*)
 - f. 2 years (*2 taon*)
 - g. 3 years or longer (*3 taon o mahigit pa*)
36. **What was the main reason you decided to stop smoking? (SELECT ONE ONLY)** (*Ano ang pangunahing dahilan kung bakit ka tumigil maninigarilyo?*)(PUMILI LAMANG NG ISANG SAGOT))
- a. I have never smoked cigarettes (*Hindi pa ako naninigarilyo kailanman*)
 - b. I have not stopped smoking (*Hindi pa ako tumitigil maninigarilyo*)
 - c. To improve my health (*Upang mapabuti ang aking kalusugan*)
 - d. To save money (*Upang makatipid*)
 - e. Because my family does not like it (*Dahil ayaw ng pamilya ko ang aking paninigarilyo*)
 - f. Because my friends don't like it (*Dahil ayaw ng mga kaibigan ko ang aking paninigarilyo*)
 - g. Others (*Iba pa*)
37. **Do you think you would be able to stop smoking if you wanted to?** (*Sa iyong palagay, kaya mo bang humintong maninigarilyo kung gugustuhin mo?*)
- a. I have never smoked cigarettes (*Hindi pa ako naninigarilyo kailanman*)
 - b. I have already stopped smoking cigarettes (*Hindi na ako naninigarilyo ngayon*)
 - c. Yes (*Oo*)
 - d. No (*Hindi*)
38. **Have you ever received help or advice to help you stop smoking? (SELECT ONLY ONE RESPONSE)** (*Ikaw ba ay tinulungan o pinayuhan ng iba na tumigil maninigarilyo?*) (PUMILI LAMANG NG ISANG SAGOT)

- a. I have never smoked cigarettes (*Hindi pa ako nanigarilyo kailanman*)
- b. Yes, from a program or professional (*Oo, mula sa isang programa o propesyonal*)
- c. Yes, from a friend (*Oo, mula sa kaibigan*)
- e. Yes, from both programs or professionals and from friends or family members (*Oo, parehong mula sa isang programa o propesyonal at kaibigan/kapamilya*)
- f. None (*Wala*)
- g. Others (*Iba*)

THE NEXT 9 QUESTIONS ASK ABOUT YOUR KNOWLEDGE OF MEDIA MESSAGES ABOUT SMOKING

Ang susunod na 9 na katanungan ay tungkol sa iyong kaalaman sa mga mensahe galing media tungkol sa paninigarilyo

- 39. During the past 30 days (one month), how many anti-smoking media messages (e.g., television, radio, billboards, posters, newspapers, magazines, movies) have you seen?** (*Nitong nakaraang 30 araw (1 buwan), ilang mga mensahe galing sa iba't ibang sangay ng media (hal. Telebisyon, radyo, mga karatula, poster, diyaryo, magasin o pelikula) ang nakita o narinig mo na tungkol sa di-paninigarilyo?*)
- a. A lot (*marami*)
 - b. A few (*kaunti*)
 - c. None (*Wala*)
- 40. When you go to sports events, fairs, concerts, community events, or social gatherings, how often do you see anti-smoking messages?** (*Sa pagdalo mo sa mga palaro, konsyerto o mga gawaing pangkomunidad, gaano kadalas kang nakakakita ng patalastas tungkol sa di-paninigarilyo?*)
- a. I never go to sports events, fairs, concerts, community events, or social gatherings (*Hindi kailanman ako dumalo sa mga palaro, perya, konsyerto o mga gawaing pang-komunidad*)
 - b. A lot (*Madalas*)
 - c. Sometimes (*Minsan*)
 - d. None (*Wala*)
- 41. When you watch tv, videos, or movies, how often do you see actors smoking?** (*Kapag nanonood ka ng telebisyon, video o sine, gaano kadalas ka nakakakita ng artistang naninigarilyo?*)
- a. I never watch tv, videos, or movies (*Hindi ako nanonood ng telebisyon, sine o video*)
 - b. A lot (*Madalas*)
 - c. Sometimes (*Minsan*)
 - d. I never see actors smoking when ever I watch tv, video, or movies (*Sa aking panonood, wala pa akong nakikitang naninigarilyo*)
- 42. Do you have something (t-shirt, pen, backpack, etc.) with a cigarette brand logo on it?** (*Mayroon ka bang gamit katulad ng t-shirt, panulat, bag, atbp. na may nakasulat/nakaukit/nakatahi na logo ng sigarilyo?*)
- a. Yes (*Oo*)
 - b. No (*Hindi*)
- 43. During the past 30 days (one month), when you watched sports events or other programs on TV how often did you see cigarette brand names?** (*Nitong nakaraang 30 araw (1 buwan), gaano ka kadalas nakakita ng brand ng sigarilyo sa tuwing nanonood ka ng programang pampalakasan at iba pang palabas sa telebisyon.*)
- a. I never watch TV (*Hindi ako nanonood ng telebisyon*)
 - b. A lot (*Madalas*)

- c. Sometimes (*Minsan*)
- d. Never seen (*Wala*)

44. During the past 30 days (one month), how many advertisements for cigarettes have you seen on billboards? (*Nitong nakaraang 30 araw (1 buwan), ilang anunsiyo para sa sigarilyo ang nakita mo sa mga karatula o billboard?*)

- a. We don't have any billboards (*Walang karatula sa amin*)
- b. A lot (*marami*)
- c. A few (*kaunti*)
- d. Never seen cigarette ads (*Wala*)

45. During the past 30 days (one month), how many advertisements or promotions for cigarettes have you seen in newspapers or magazines? (*Nitong nakaraang 30 araw (1 buwan), ilang patalastas para sa sigarilyo ang nakita mo sa diyaryo o magasin?*)

- a. We do not have newspaper or magazines (*Wala kaming diyaryo or magasin*)
- b. A lot (*Madalas*)
- c. A few (*Minsan*)
- d. Never seen advertisement or promotions for cigarettes (*Wala*)

46. When you go to sports events, fairs, concerts, or community events, how often do you see advertisements for cigarettes? (*Sa pagdalo mo ng mga torneong pampalakasan, perya, konsyerto o gawaing pangkomunidad, gaano kadalas kang nakakakita ng mga patalastas para sa sigarilyo?*)

- a. I never attend sports events, fairs, concerts, or community events (*Hindi ako dumadalo sa mga torneong pampalakasan, perya, konsyerto o gawaing pangkomunidad*)
- b. A lot (*Madalas*)
- c. Sometimes (*Minsan*)
- d. Never (*Wala*)

47. Has a cigarette sales representative ever offered you a free cigarette? (*May taga - kumpanya ba o ahente ng sigarilyo na nag-alok sa iyo ng libreng sigarilyo?*)

- a. Yes (*Oo*)
- b. None (*Wala*)

THE NEXT 4 QUESTIONS ASK ABOUT WHAT YOU WERE TAUGHT ABOUT SMOKING IN SCHOOL

Ang susunod na 4 na katanungan ay tungkol sa mga Natutunan mo sa paaralan tungkol sa paninigarilyo

48. During this school year, were you taught in any of your classes about the dangers of smoking? (*Nitong kasalukuyang schoolyear, tinuruan ba kayo sa klase tungkol sa panganib na idinudulot ng paninigarilyo?*)

- a. Yes (*Oo*)
- b. No (*Hindi*)
- c. Not sure (*Hindi tiyak*)

49. During this school year, did you discuss in any of your classes the reasons why people your age smoke? (*Nitong kasalukuyang schoolyear, napag-usapan ba sa klase ninyo ang mga dahilan kung bakit naninigarilyo ang mga kabataang kaedad mo?*)

- a. Yes (*Oo*)
- b. No (*Hindi*)

- c. Not sure (Hindi tiyak)

50. During this school year, were you taught in any of your classes about the effects of smoking like it makes your teeth yellow, causes wrinkles, or makes you smell bad? (*Nitong kasalukuyang schoolyear, naituro ba sa inyong klase ang mga epekto ng paninigarilyo sa katawan katulad ng paninilaw ng mga ngipin, pangungulubot ng balat at pagbaho ng amoy?*)

- a. Yes (*Oo*)
- b. No (*Hindi*)
- c. Not sure (*Hindi tiyak*)

51. How long ago did you last discuss smoking and health as part of a lesson? (*Kailan ang huling talakayan ninyo sa klase tungkol sa paninigarilyo at kalusugan?*)

- a. Never (*Hindi pa ito natatalakay sa klase*)
- b. This term (*Itong quarter na ito*)
- c. Last term (*Noong nakaraang quarter*)
- d. 2 terms ago (*2 quarter na ang nakaraan*)
- e. 3 terms ago (*3 quarter na ang nakaraan*)
- f. More than a year ago (*1 taon na ang nakalipas*)

THE NEXT 4 QUESTIONS ASK FOR SOME BACKGROUND INFORMATION ABOUT YOURSELF.

Ang huling 3 katanungan ay humingi ng kaunting impormasyon tungkol sa iyo

52. How old are you? (*Ilang taon ka na?*)

- a. 11 years old or younger (*11 taong gulang o pababa*)
- b. 12 years old (*12 taong gulang*)
- c. 13 years old (*13 taong gulang*)
- d. 14 years old (*14 taong gulang*)
- e. 15 years old (*15 taong gulang*)
- f. 16 years old (*16 taong gulang*)
- g. 17 years old or older (*17 taong gulang pataas*)

53. What is your sex? (*Ano ang iyong kasarian?*)

- a. Male (*Lalaki*)
- b. Female (*Babae*)

54. What year are you in now? (*Ano ang iyong antas ngayon?*)

- a. Second Year (*pangalawang taon*)
- b. Third Year (*pangatlong taon*)
- c. Fourth Year (*pang-apat na taon*)

55. Are you in public school or private school now?

- a. Public school (*Pampublikong eskwelahan*)
- b. Private school (*Pribadong eskwelahan*)

End of Survey. Thank you very much for your cooperation (Tapos na po ang survey at maraming salamat!).