



SAN MARINO 2022 COUNTRY REPORT
GLOBAL YOUTH TOBACCO SURVEY (GYTS)

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FOREWORD

WHO states that tobacco consumption is the most hazardous preventable cause for chronic non-communicable diseases and premature death. Tobacco kills more than 8 million people each year, including an estimated 1.3 million non-smokers who are exposed to second-hand smoke¹. In 2020, the total number of tobacco users amounted to 1.30 billion, of which 1.067 billion were males². To achieve reductions of tobacco related morbidity and mortality, the fight against tobacco use in young people is an important public health priority and mandatory element of a broader comprehensive prevention effort.

In this report, we present the data from the fourth stage of GYTS project, held in 2022, regarding tobacco use of adolescents, 13-15 years old, in San Marino, their knowledge, attitudes and beliefs towards tobacco use and are evaluated some other smoking determinants. Regardless of the number of favorable policy changes during the last two-decade the GYTS data give evidence that adolescent using tobacco remains a serious and priority public health issue in San Marino.

In San Marino Health Care and Social Care Plan 2021-2023, tobacco smoking is considered one of the most important risk factors for cardiovascular diseases, cancer and chronic obstructive pulmonary disease (COPD).

San Marino has developed several interventions to reduce tobacco products consumption and exposure to tobacco smoking and is interested in developing a national tobacco surveillance system necessary to understand the problem.

After the institution of a “Multidisciplinary and inter-sectorial table for the planning and coordination of health promotion and education in school” in 2013, the Health Authority has developed, in collaboration with Ministry of Health, Ministry of Instruction San Marino University (Education Department) and the Social Security Institute (ISS - Health and Social Security Provider), a working group on health education in the schools.

Since 2009, the Authority has carried out surveys on lifestyles of young people in primary and secondary schools, especially about alcohol, smoking and obesity (Childhood Obesity Surveillance Initiative (COSI) (2010, 2012, 2014, 2016, 2019), Health Behaviour in School-aged Children (HBSC) (2010, 2014, 2018) and Global youth tobacco survey (GYTS) (2010, 2014, 2018). In San Marino these initiatives have been developed to support actions to counteract incorrect lifestyles (alcohol, smoking, drugs, sexual habits) that can adversely affect the state of health. The introduction of the “Multidisciplinary and inter-sectorial table for the planning and coordination of health promotion and education in school” for the management of these issues has been an important step forward, even if more activities and actions need to be taken in the future.

¹ Global Burden of Disease – database Washington, DC: Institute of Health Metrics; 2019. IHME, accessed 17 July 2023

² WHO global report on trends in prevalence of tobacco use 2000-2025, fourth edition; WHO, Geneva, 2021

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SCHOOLS INVOLVED:

High School - Republic of San Marino:

- Classical High School
- Scientific High School
- Linguistic High School
- Economic High School
- Technical Institute

Lower Middle School - Republic of San Marino (Serravalle and Fonte dell'Ovo)

Professional Training Centre - Republic of San Marino

We would like to thank the Multidisciplinary and inter-sectorial table for the planning and coordination of health promotion and education in school, the School Managers, the Teachers and the young boys and girls who took part in the survey.

EXECUTIVE SUMMARY

Tobacco consumption is the most hazardous preventable cause for chronic non-communicable diseases and premature death. To achieve reductions in tobacco related morbidity and mortality, prevention of adolescent smoking is an important public health priority and mandatory element of a broader comprehensive smoking prevention effort.

OBJECTIVES

The aim of this report is to present the data from the GYTS survey held in 2022 on the tobacco use of San Marino adolescents aged 13-15 years, and evaluate changes in tobacco use, their knowledge, attitudes and beliefs towards tobacco use and some other determinants of smoking. Furthermore, it reveals adolescents' exposure to media messages on smoking and to environmental tobacco smoke, the access and availability of tobacco products and the presence of health education on tobacco smoking in the school practice. The San Marino GYTS includes data on prevalence of cigarette and other tobacco use as well as information on five determinants of tobacco use: access/availability and price, exposure to secondhand smoke (SHS), cessation, media and advertising, and school curriculum. These determinants are components that San Marino could include in a comprehensive tobacco control program.

SUBJECTS AND METHODS

The San Marino GYTS was a school-based survey of all students in four schools and 40 classes, grade 3 of middle school and grades 1 and 2 of high school conducted in 2022.

Data collection was carried out by using an internationally standardized questionnaire. This survey was conducted within the frame of the Global Youth Tobacco Survey (GYTS). The San Marino version of the GYTS multiple-choice questionnaire is composed of 68 questions that cover the following topics: tobacco use (smoking and smokeless), cessation, secondhand smoke (SHS), pro- and anti-tobacco media and advertising, access to and availability of tobacco products, and knowledge and attitudes regarding tobacco use. The questionnaire is self-administered; using scannable paper-based bubble sheets, and is anonymous to ensure confidentiality.

RESULTS

The school and class response rate was 100%.

The questionnaire was administered to 642 out of 697 students aged between 13 and 15 years: the overall response ratio was 92.1%.

Tobacco Use

13.7% of students (11.5% boys and 16.2% girls) currently used any tobacco products.

12.9% of students (10.2% boys and 15.9% girls) currently smoked tobacco.

10.8% of students (7.6% of boys and 14.3% of girls) was current cigarette smokers.

1.6% of students (2.4% of boys and 0.7% of girls) currently used smokeless tobacco.

16.1% of students (14.6% of boys and 17.8% of girls) currently used electronic cigarettes.

Cessation

Almost 5 in 10 (53.63%) current tobacco smokers tried to stop smoking in the past 12 months and almost 4 in 10 (36,4%) of them wanted to stop smoking now.

Secondhand Smoke

38.9% of students were exposed to tobacco smoke at home in the past 7 days and 47.7% of students were exposed to tobacco smoke inside enclosed public places.

Access & Availability

47.9% of current cigarette smokers purchase cigarettes from a store, shop, street vendor, or kiosk.

91.1% among current cigarette smokers who tried to buy cigarettes were not prevented from buying them because their age.

Media

More than 4 in 10 (41.4%) students noticed anti-tobacco messages in the media.

Almost 3 in 10 students (27.4%) noticed tobacco advertisements or promotions when visiting points of sale.

Almost 1 in 10 students (7.2%) owned with a tobacco brand logo on it.

Knowledge & attitudes

42.6% of students definitely thought other people's tobacco smoking is harmful to them.

Comparison to Previous Global Youth Tobacco Surveys

The widespread availability of tobacco products, coupled with aggressive marketing tactics, poses a considerable threat to the youth by encouraging tobacco use initiation.

From 2018 to 2022, the prevalence of overall tobacco product use, combustible tobacco product use, cigarettes, e-cigarettes, and the use of smokeless tobacco products have increased among 13-15 y.o. students in San Marino. The increase was larger among girls than boys.

In 2022, 13.7% of students (11.5 of boys and 16.2% of girls) used any tobacco product compared with 7.4% of students (7.3% of boys and 7.4% of girls) in 2018.

E-cigarettes have become the most popular product among the youth followed by cigarettes. The current use of e-cigarettes has increased from 8.9% (9.9% of boys and 7.6% of girls) in 2018 to 16.1% (14.6% of boys and 17.8% of girls) in 2022. The use of smokeless tobacco products has also increased, especially among boys. In 2022, 1.6% of students (2.4% of boys and 0.7% of girls) currently used smokeless tobacco compared to 0.6% (0.7% of boys and 0.4% of girls) in 2018.

In comparison with the past surveys, there was an increase of current tobacco users after a downward trend from 2010 to 2022. In particular the number of current cigarette smokers grew by 4.8 per cent compared to 2018. Likewise an upward trend is present in the use of electronic cigarettes that have almost

doubled (from 8.9% in 2018 to 16.1% in 2022). About cessation, there was an increase of current tobacco smokers who tried to stop smoking in the past 12 months after a downward trend in the previous surveys (51.5% in 2010, 42.1% in 2014 and 38.3% in 2018 and 53.6% in 2022). There was an increase in secondhand smoke compared to the last survey (students exposed to tobacco smoke at home and inside enclosed public place: from 33.2% in 2018 to 38.9% in 2022 and from 41.4% in 2018 to 47.7% respectively). The percentage of students that were not prevented from buying cigarettes because of their age increased from 74.8% in 2018 to 91.1% in 2022. The percentage of students noticed anti-tobacco messages in the media decreased progressively from 89.7% in 2010 to 41.4% in 2022. The data show a downward of students that definitely thought other people's tobacco smoking is harmful to them from 64.3% in 2010 to 54.4% in 2014, 49.3% in 2018 and 42.6% in 2022.

Based also on data analysis there is an urgent need to strengthen the implementation of tobacco control policies in line with the WHO Framework Convention on Tobacco Control. Robust and comprehensive tobacco control policies that cover novel and emerging nicotine and tobacco products have to be adopted and appropriately enforced.

CONCLUSION AND RECOMMENDATIONS

Results of the 2022 "Global Youth Tobacco Survey, San Marino" provide information about the dynamic of this phenomenon among the San Marino students aged 13-15. Regardless of the number of favorable policy changes during the last decade, GYTS data ensure evidence, that children's smoking remains a serious problem and a priority of public health issue in San Marino. They outline the imperative need of development and implementation of qualitatively new approaches and preventive programs yet in the youngest school age, to prevent the "initial" use of cigarettes or to postpone maximally the start of smoking and to provide support for smokers willing to quit smoking in addition to preventing the great majority of high susceptible non-smokers from starting may be an important first step.

There is an urgent need to reduce smoking prevalence among young people. To achieve this, we need: to develop effective tobacco control prevention and cessation programs especially for youth, to disseminate existing good programs expansively, to give more information on tobacco use not only to students but also to their environment (e.g. the family).

1. INTRODUCTION

Tobacco use is the leading global cause of preventable death. WHO attributes more than 8 million people each year due to tobacco. Most people begin using tobacco before the age of 18. In 2020, 22.3% of the world's population used tobacco: 36.7% of men and 7.8% of women. To achieve reductions of tobacco related morbidity and mortality, the fight against tobacco use in young people is an important public health priority and mandatory element of a broader comprehensive prevention effort.

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

San Marino is a Member State of the WHO EUROPEAN REGION and is considered an high income country. San Marino is a small country with 33,812 inhabitants (as of 31/12/2022). It is one of the countries with the highest life expectancy at birth in the world (83.17 for males and 86.95 for females). The population by age group is composed of:

- 0 to 14 years 4,346 (12.85%)
- 15 to 64 years 22,224 (65.72%)
- 65 to 74 years 3,662 (10.83%)
- 75 years and over 3,580 (10.57%).

The ageing index is increasing and at 31/12/2022 it reached 166.63. Since 2017, the Net Births and Deaths Total has become negative due to a considerable contraction in births, largely due to a decrease in the number of women of childbearing age, and a decrease in the number of children per woman.

1.2 WHO Framework Convention on Tobacco Control and MPOWER

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

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

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

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

1.3 Purpose and Rationale

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

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

- 1) Among the causes of death, non-communicable diseases (cancers, cardiovascular diseases and respiratory diseases) account for about 80% of the total causes of death. The burden of diseases related to tobacco smoking such as Chronic Obstructive Pulmonary Disease (COPD), Cardiovascular Disease, Lung and Bladder cancer that affect the population of San Marino is very high, but we have no data about DALYs.

The following tables shows COPD data in San Marino patients classified for gender and smoke attitude in 2018 (number and percentage):

PATIENTS WITH COPD VISITED IN PMEUMOLOGY UNIT IN 2018	FEMALE	MALE	TOTAL
EX-SMOKERS	79	165	244
SMOKERS	45	49	94
NO-SMOKERS	7	8	15
TOTAL	131	222	353
PATIENTS WITH COPD VISITED IN PMEUMOLOGY UNIT IN 2018 (%)	FEMALE	MALE	TOTAL
EX-SMOKERS	60%	74%	69%
SMOKERS	34%	22%	27%
NO-SMOKERS	5%	4%	4%
	100%	100%	100%

The number of patients found to have chronic obstructive pulmonary disease (COPD) in 2018 was 353 and 63% of them were male and 96% of these patients were smokers or ex-smokers.

The following table shows a historical series from 2013 to 2022 of deaths from these specific causes related to tobacco use in absolute values and percentages.

Cancer										
bronchus and lung	21	18	15	15	11	10	12	14	18	8
bladder	3	4	5	3	5	3	9	3	1	5
Circulatory system diseases										
hypertensive diseases	8	11	3	6	16	14	18	24	18	12
ischemic cardiopathy	12	19	11	15	8	14	9	10	18	15
other forms of heart disease	28	39	28	38	34	29	26	34	28	23
cerebrovascular diseases	26	19	19	19	28	19	24	24	27	27
Diseases of the respiratory system										
Chronic lower respiratory tract diseases	12	15	23	18	21	19	24	17	19	12
Total mortality	247	252	235	253	278	244	251	343	312	263
	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022
Cancer										
bronchus and lung	8,5%	7,1%	6,4%	5,9%	4,0%	4,1%	4,8%	4,1%	5,8%	3,0%
bladder	1,2%	1,6%	2,1%	1,2%	1,8%	1,2%	3,6%	0,9%	0,3%	1,9%
Circulatory system diseases										
hypertensive diseases	3,2%	4,4%	1,3%	2,4%	5,8%	5,7%	7,2%	7,0%	5,8%	4,6%
ischemic cardiopathy	4,9%	7,5%	4,7%	5,9%	2,9%	5,7%	3,6%	2,9%	5,8%	5,7%
other forms of heart disease	11,3%	15,5%	11,9%	15,0%	12,2%	11,9%	10,4%	9,9%	9,0%	8,7%
cerebrovascular diseases	10,5%	7,5%	8,1%	7,5%	10,1%	7,8%	9,6%	7,0%	8,7%	10,3%
Diseases of the respiratory system										
Chronic lower respiratory tract diseases	4,9%	6,0%	9,8%	7,1%	7,6%	7,8%	9,6%	5,0%	6,1%	4,6%
Total mortality	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%

- 2) Public and family attitudes to smoking as a social activity, sale of tobacco products to minors, 13-15 years old non-smokers, susceptible to smoke in a very near future. GYTS 2022 enables the detection of specific mechanism and possibilities for overcoming this unfavorable tendency.
- 3) Further questions arise from the increasing use of electronic cigarettes. Only a representative international survey based on a common methodology, which will consequently allow comparative results between different countries, may reveal the full picture of such tendencies and provide qualitative data to develop fundamentally new interventions to prevent starting smoking and restrict the use of the tobacco products, different from the widespread ones.
- 4) Changes in attitudes towards tobacco smoking, the deliberately targeted recruitment of groups into the use of tobacco products and the transfer of risks and damages between generations constitute the main characteristics of the aforementioned dangerous self-sustaining process of active involvement in tobacco smoking that must be restricted and ceased.
- 5) The widespread distribution and commercialization of a physical dependence turns the problem into a complex multisectorial social process. It should be studied with sufficient number of specialized and at the same time universal tools.
- 6) Introduce the assessment of the economic impact among the revenue derived from the taxation of tobacco products and the costs to be incurred for premature mortality, the costs for care of diseases and absenteeism due to use of tobacco.

In this context the fourth stage of the *Global Youth Tobacco Survey 2022 San Marino* is of decisive importance for the continuous monitoring not only for the aim of studying generation trends, but to plan and develop adequate measures and interventions aiming to prevent the smoking initiation and reduce tobacco use among students.

1.4 Current State of Policy

Policy on Tobacco Control is one of the most effective means of lowering the trend in smoking prevalence and tobacco related morbidity and mortality. Currently, in San Marino, there is comprehensive legal frame of tobacco control policies aligned with the WHO Framework Convention on Tobacco Control and MPOWER recommendations. Specific directions on tobacco control include legislative acts associated with smoking in enclosed workplaces and public places; advertising and sponsorship of tobacco products; regulating the sale of tobacco products including minimum permissible age for purchase/sale; legal provisions defining the identification and legal regulation of the product, which, in turn, includes information for the consumer on the concentration of harmful and toxic substances in cigarettes (nicotine, tar, carbon monoxide), the negative health effects of tobacco use (health warnings). In addition to that, in the group of legislative acts are also comprised pricing policies, taxes and measures against illegal imports as well as others through which by the path of fiscal and legal-regulatory mechanisms are achieved availability restrictions on tobacco products.

Some laws are mentioned below:

- San Marino by Decree No 86 of 22 June 2004, that ratified the framework convention of the World Health Organization for tobacco control done in Geneva on 21 may 2003.
- Law No. 52 of 20 March 2008 "Protection of Public Health from Exposure to Tobacco Smoke" bans smoking in public places and also bans the sale of tobacco products (cigarettes, cigars and other products) to minors under the age of 18.
- Delegated Decree No 145 of 28 November 2008 imposes the "prohibition of advertisement, promotion and display of tobacco products".
- Delegated Decree No 76 of 6 July 2017 "Provisions on the sale and use of electronic cigarettes" that regulate the purchase of electronic cigarettes.
- Decree n. 26 of 4 June 2013 for the constitution of "Multidisciplinary and inter-sectorial table for the planning and coordination of health promotion and education in school".

San Marino is a small country and at this moment there are not tobacco producers and manufacturers. All tobacco products are imported and carry warnings on their packaging about dangers of smoking.

National program for the prevention of chronic non-communicable diseases described in San Marino Health Plan is focused on multiple NCD risk factors; uses an integrated approach and combines various strategies, including policy development, capacity building, partnership and information support at all levels. A combination of population and high-risk strategies that interconnects all components of health system, such as health promotion, public health services, primary care and hospital care, is applied. One of the main goals of the Program refers to reducing the level of the most common risk factors for NCDs by decreasing the prevalence of smoking, alcohol abuse, improving the nutrition and increasing the physical activity. The overall targets of reducing tobacco use consist in: reducing the percentage of cigarette smoking initiation in children aged 13 by 50%, Increasing the number of patients - regular smokers, who received advice from their doctor to quit using tobacco products, up to 50%; Reducing to zero the number of pregnant women, who smoke during pregnancy.

1.5 Other Tobacco Surveys

The GYTS was conducted in San Marino in 2010-2014-2018-2022. In addition to the GYTS, the following surveys were implemented in San Marino where smoking is investigated: HBSC 2010-2014-2018-2022,

1.6 Country Specific Objectives

- *Reduce the number of students 13-15 years old exposed to second-hand smoke at home from 38.9% in 2022 to 30% in 2026*
- *Reduce the number of students 13-15 years old exposed to second-hand smoke inside enclosed public place from 47.7% in 2022 to 35% in 2026*
- *Reduce current tobacco users in students 13-15 years old from 13.7% in 2022 to 9% in 2026*
- *Reduce current cigarettes users in students 13-15 years old from 10.8% in 2022 to 7% in 2026*
- *Reduce the use of electronic cigarette in students 13-15 years old from 16.1% in 2022 to 10% in 2026*
- *Increase tobacco use cessation attempts in students 13-15 from 53.6% in 2022 to 60% in 2026*
- *Reduce the number of never tobacco users susceptible to tobacco use in the future in San Marino in students 13-15 years old from 35% in 2022 to 30% in 2026*
- *Reduce the percentage of death caused by NCD from 85% in 2022 to 80% in 2026.*

2. METHODOLOGY

2.1 Questionnaire

The GYTS questionnaire contained 68 multiple-choice questions. The survey included 43 questions from the GYTS Standard Core Questionnaire, 15 selected optional questions, and 7 country-specific questions and 3 questions on electronic cigarettes. The final questionnaire was translated into Italian language and back-translated into English to check for accuracy. The 2022 San Marino questionnaire is provided in **Appendix A**.

2.2 Sampling Design

Since San Marino is a small country, a sample survey was not carried out, but all schools and all classes of middle and high schools in the territory were considered.

The 2022 San Marino GYTS is a school-based survey, all students attending middle and high schools in the Republic of San Marino are interviewed. Parents were asked whether they agreed to their child taking part in the survey and if so, whether they would like to do so.

The GYTS was conducted in all schools.

The questionnaire was administered to 642 out of 697 students aged between 13 and 15 years: the overall response ratio was 92.1%.

2.3 Data Collection

Data collection took place from 22/04/2022 to 28/05/2022, and was supported by 7 field staff.

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

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

Table 1 provides the number of schools, classes, students and response rate information. For the 2022 San Marino GYTS, 624 questionnaires were completed in 4 schools. A total of 642 students participated in the GYTS of which 558 were aged 13 to 15 years; Male: 288 (52%), Female: 268 (48%). The school response rate was 100%, the class response rate was 100%, and the student response rate was 92.1%. The overall response rate was 92.1%.

Table 1: School, Classes, Student and response rates – GYTS San Marino, 2022.

	San Marino
	A
<i>School Level</i>	
Number of Schools	4
Number of Participating Schools	4
School Response Rate (%)	100%
<i>Class Level</i>	
Number of Classes	40
Number of Participating Classes	40
Class Response Rate (%)	100%
<i>Student Level</i>	
Number of Students	697
Number of Participating Students	642
Student Response Rate (%)	92.1%
Overall Response Rate (%)¹	92.1%

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

3. RESULTS

3.1 Tobacco Use

Table 2: Detailed tobacco use status among students 13-15 years old, by gender – GYTS San Marino, 2022.

	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
Smoked Tobacco			
Current tobacco smokers ¹	12.9 (12.1 - 13.7)	10.2 (9.3 - 11.2)	15.9 (14.7 - 17.2)
Current cigarette smokers ²	10.8 (10.1 - 11.5)	7.6 (6.8 - 8.5)	14.3 (13.2 - 15.6)
Frequent cigarette smokers ³	3.0 (2.6 - 3.4)	1.6 (1.3 - 2.1)	4.6 (3.9 - 5.3)
Current smokers of other tobacco ⁴	4.1 (3.6 - 4.6)	3.9 (3.3 - 4.5)	4.3 (3.7 - 5.1)
Ever tobacco smokers ⁵	31.1 (30.0 - 32.2)	30.8 (29.3 - 32.3)	31.7 (30.1 - 33.3)
Ever cigarette smokers ⁶	28.8 (27.7 - 29.8)	28.0 (26.5 - 29.4)	29.9 (28.3 - 31.4)
Ever smokers of other tobacco ⁷	13.2 (12.4 - 14.0)	11.8 (10.8 - 12.9)	14.7 (13.6 - 16.0)
Smokeless Tobacco			
Current smokeless tobacco users ⁸	1.6 (1.3 - 1.9)	2.4 (1.9 - 2.9)	0.7 (0.5 - 1.1)
Ever smokeless tobacco users ⁹	3.8 (3.4 - 4.3)	4.1 (3.5 - 4.8)	3.5 (2.9 - 4.2)
Tobacco Use			
Current tobacco users ¹⁰	13.7 (13.0 - 14.6)	11.5 (10.5 - 12.6)	16.2 (15.0 - 17.5)
Ever tobacco users ¹¹	32.9 (31.8 - 34.0)	31.7 (30.2 - 33.3)	34.3 (32.7 - 35.9)
Susceptibility to Tobacco Use			
Never tobacco users susceptible to tobacco use in the future ¹²	35.0 (33.7 - 36.4)	32.9 (31.1 - 34.8)	37.7 (35.7 - 39.7)
Never tobacco smokers who thought they might enjoy smoking a cigarette ¹³	9.1 (8.3 - 9.9)	9.6 (8.5 - 10.8)	8.6 (7.6 - 9.8)
Electronic cigarette			
Current electronic cigarette users	16.1 (15.2 - 17.0)	14.6 (13.5 - 15.8)	17.8 (16.5 - 19.1)
Ever electronic cigarette users	35.1 (34.0 - 36.2)	37.9 (36.3 - 39.5)	32.3 (30.7 - 33.9)

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

The 2022 results (table 2) show that in San Marino:

TOBACCO USE

- 13.7% of students (boys 11.5%; girls 16.2%) currently used any tobacco products;
- 12.9% of the students are current tobacco smokers (boys 10.2%; girls 15.9%), 10.8% are current cigarettes smokers (7,6% boys; 14,3% girls) and 3% are frequent cigarettes smokers (1,6 % boys; 4,6% girls).
- Only 1.6% of students (boys 2.4%; girls 0.7%) currently used smokeless tobacco.
- The tobacco users among girls is higher than among boys.
- For all indicator, an age differences is found out between 13, 14 and 15 years old students increase with age.

ELECTRONIC CIGARETTES

- 16.1% of students (boys 14.6%; girls 17.8%) currently used electronic cigarettes.

SUSCEPTIBILITY TO TOBACCO USE

- 35% of never tobacco users are susceptible to tobacco use in the future, more among girls (37.7%) than among boys (32.9)
- 9.1 of never tobacco smokers 10.2% think they might enjoy smoking a cigarette, more among boys (9.6%) than girls (8.6%).

Table 3: Cigarettes smoked per day among current cigarette smokers 13-15 years old, by gender – GYTS San Marino 2022

Number of cigarettes usually smoked ¹	Overall	Boys		Girls
		Percentage (95% CI)		
Less than 1 per day	33.6 (30.3 - 37.1)	41.7 (36.0 - 47.6)*	28.9 (25.0 - 33.1)	
1 per day	19.4 (16.6 - 22.4)	14.5 (10.7 - 19.2)*	22.3 (18.7 - 26.3)	
2 to 5 per day	32.0 (28.8 - 35.5)	21.9 (17.4 - 27.0)*	38.0 (33.7 - 42.6)	
6 to 10 per day	10.0 (8.0 - 12.3)	17.8 (13.8 - 22.8)*	5.3 (3.6 - 7.8)	
11 to 20 per day	1.6 (0.9 - 2.7)	4.2 (2.4 - 7.1)*	0.0	
More than 20 per day	3.4 (2.3 - 5.0)	0.0*	5.5 (3.7 - 7.9)	
Total	100	100	100	

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

When studying the frequency of smoking per day among those who are currently smoking cigarettes, the results (see table 3) showed that 33.6% (boys 41.7%, girls 28.9%) smoke less than 1 cigarette, 19.4% (boys 14.5%, girls 22.3%) smoke 1 cigarette, 32% (boys 21.9%, girls 38%) smoke 2 to 5 cigarettes, 10% (boys 17.8%, girls 5.3%) smoke 6 to 10 cigarettes, 1,6% smoke 11 to 20 cigarettes and 3.4% smoke more than 20 cigarettes. If we consider the “Intensive smokers” (current cigarette smokers who smoke 6 or more

cigarettes per day), this group represents 15% of current smokers (boys 22%, girls 10.8%). The intensive smokers are more among 15-year-olds than other group.

Table 4: Age at cigarette smoking initiation among ever cigarette smokers 13-15 years old, by gender – GYTS San Marino 2022.

Age when first trying a cigarette ¹	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
7 years old or younger	0.0	0.0	0.0
8 or 9 years old	1.9 (1.4 - 2.6)	2.7 (1.8 - 3.9)	1.1 (0.7 - 2.0)
10 or 11 years old	6.2 (5.2 - 7.3)	2.5 (1.7 - 3.7)	9.6 (8.0 - 11.5)
12 or 13 years old	57.7 (55.5 - 59.8)	64.9 (61.9 - 67.9)	50.8 (47.7 - 53.8)
14 or 15 years old	34.3 (32.2 - 36.4)	29.9 (27.0 - 32.8)	38.5 (35.5 - 41.5)
Total	100	100	100

¹ Among those that have ever tried a cigarette.

The majority of students (92%) started smoking after the age of 12 years.

Table 5: Current tobacco smokers 13-15 years old who are showing signs of smoking dependence, by gender – GYTS San Marino 2022.

	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
Signs of smoking dependence ¹	42.2 (38.8 - 45.5)	42.1 (36.9 - 47.5)*	42.2 (38.0 - 46.6)

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

About 42% of smokers show signs of tobacco addiction, with no difference between boys and girls.

3.2 Cessation

Table 6: Smoking tobacco cessation indicators among current tobacco smokers 13-15 years old, by gender – GYTS San Marino 2022.

	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
Current tobacco smokers who...			
Tried to stop smoking in the past 12 months	53.6 (49.8 - 57.3)	55.2 (49.0 - 61.2)*	52.6 (47.8 - 57.3)*
Want to stop smoking now	36.5 (32.0 - 41.2)*	56.4 (47.1 - 65.2)*	29.3 (24.4 - 34.7)*
Thought they would be able to stop smoking if they wanted to	80.1 (76.8 - 83.1)	88.4 (83.4 - 92.0)*	76.2 (71.9 - 80.0)*
Have ever received help/advice from a program or professional to stop smoking	5.3 (3.9 - 7.2)	4.6 (2.7 - 7.8)*	5.7 (3.9 - 8.3)

About half of the current tobacco smokers (53,6%) tried quitting smoking in the past 12 months, without differences between boys and girl, 36.5% wanted to stop smoking now (more boys - 56,4% - than girls - 29,3) and only a low percentage (5.3%) had received help or advice from a program or professional to stop smoking. About 80% think that they would be able to stop if they wanted to (more boys - 88.4% - than girls - 76.2%).

3.3 Second-hand Smoke SHS)

Table 7: Students 13-15 years old who were exposed to tobacco smoke, by gender – GYTS San Marino 2022.

	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
Exposed to tobacco smoke at home in the past 7 days	38.9 (37.7 - 40.0)	34.7 (33.2 - 36.3)	42.9 (41.2 - 44.6)
Exposed to tobacco smoke inside any enclosed public place in the past 7 days	47.7 (46.5 - 48.8)	43.7 (42.1 - 45.4)	52.2 (50.6 - 53.9)
Exposed to tobacco smoke at any outdoor public place in the past 7 days in	71.5 (70.4 - 72.5)	65.1 (63.5 - 66.6)	78.5 (77.1 - 79.8)
Saw anyone smoking inside the school building or outside on school property in the past 30 days	NA	NA	NA

When asking the student about the exposure to second-hand smoking, 38.9% (more girls – 42.9% - than boys – 34.7%) reported exposure to secondhand smoke at home, 47.7% (more girls - 52.2% - than boys – 43.7%) are exposed to SHS in enclosed any public spaces and 71.5% of students (more girls - 78.5% - than boys - 65.1%) reported exposure to secondhand smoke at any outdoor public place.

3.4 Access and Availability

Table 8: Source for obtaining cigarettes among cigarette smokers 13-15 years old, by gender – GYTS San Marino 2022.

Source ¹	Overall	Boys	Girls
		<i>Percentage (95% CI)</i>	
Purchased from a store or shop	47.9 (44.2 - 51.6)	46.1 (40.2 - 52.1)*	49.0 (44.3 - 53.7)*
Purchased from a vending machine	12.7 (10.5 - 15.4)	10.5 (7.2 - 15.1)*	14.1 (11.1 - 17.6)
Got them from someone else	10.5 (8.5 - 13.0)	5.2 (3.0 - 8.8)*	13.8 (10.9 - 17.2)
Got them some other way	28.8 (25.6 - 32.3)	38.2 (32.5 - 44.2)*	23.2 (19.4 - 27.4)
Total	100	100	100

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

About access and availability for obtaining cigarettes, 47.9% (boys 46.1%, girls 49%) of the current smokers indicated to purchase cigarettes from a store or shop. The second most prevalent source was “got them some other way” (28.8% with 38.2 among the boys and 23.2 among the girls). The third source was vending machine (12.7% with 10.5%, among boys and 14.1% among girls) while 10.5% (boys 5.2%, girls 13.8%) got them from someone else.

Table 9: Current cigarette smokers 13-15 years old who were not prevented from buying cigarettes because of their age, by gender – GYTS San Marino 2022.

	Overall	Boys	Girls
		<i>Percentage (95% CI)</i>	
Current cigarette smokers who were not prevented from buying cigarettes because of their age ¹	91.1 (87.9 - 93.4)*	69.8 (61.3 - 77.2)*	100.0*

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

Results showed that 91.1% of current smokers were not prevented for buying cigarettes because of their age (more girls - 100% - than boys - 69.8%).

Table 10: Unit of cigarette purchase among current cigarette smokers 13-15 years old, by gender – GYTS San Marino 2022.

Unit of purchase ¹	Overall	Boys	Girls
		<i>Percentage (95% CI)</i>	
Pack	56.7 (52.0 - 61.3)	41.4 (33.9 - 49.4)*	64.5 (58.8 - 69.8)*
Carton	8.6 (6.3 - 11.6)	16.7 (11.5 - 23.5)*	4.4 (2.6 - 7.5)*
Loose tobacco for hand-rolled cigarettes	34.7 (30.4 - 39.3)	41.9 (34.3 - 49.9)*	31.1 (26.0 - 36.7)*
Total	100	100	100

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

About the forms of cigarettes bought, the most frequent form was the pack (56.7%, more among girls with 64.5% than among boys with 41.4%) followed by loose tobacco for hand-rolled cigarettes (34.7%, more among boys than among girls).

Table 11: Cost of cigarettes among students 13-15 years old, by gender – GYTS San Marino 2022.

Cost of a pack (20 cigarettes)¹	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
Less than 3 euros	7.2 (6.6 - 7.9)	6.7 (5.9 - 7.6)	7.8 (7.0 - 8.8)
3-5 euros	58.5 (57.3 - 59.6)	60.3 (58.7 - 61.9)	56.6 (54.9 - 58.3)
6-10 euros	29.4 (28.4 - 30.5)	28.1 (26.6 - 29.6)	30.7 (29.2 - 32.3)
More than 10 euros	4.8 (4.4 - 5.4)	4.9 (4.3 - 5.7)	4.8 (4.1 - 5.6)
Total	100	100	100

Considering the cost of a pack of 20 cigarettes between 4 and 6 euros, the majority of respondents (87.9%) know the price of cigarettes.

3.5 Media

3.5.1 Anti-Tobacco

Table 12: Noticing anti-tobacco information among students 13-15 years old, by gender – GYTS San Marino 2022.

	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
Noticed anti-tobacco messages in the media ¹ in the past 30 days ²	41.4 (40.2 - 42.5)	41.6 (40.0 - 43.2)	41.1 (39.5 - 42.8)
<i>Noticed anti-tobacco messages at sporting or community events</i>			
Among all students in the past 30 days	20.8 (19.8 - 21.7)	23.2 (21.8 - 24.6)	18.3 (17.1 - 19.7)
Among those who attended sporting or community events in the past 30 days	41.2 (39.6 - 42.8)	39.2 (37.2 - 41.3)	44.2 (41.6 - 46.8)
Taught in school about the dangers of tobacco use in the past 12 months ²	61.3 (60.2 - 62.5)	58.1 (56.5 - 59.7)	64.5 (62.9 - 66.1)

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

² Among all students aged 13-15 years old.

In the past 30 days, 41.4 % saw anti-tobacco media messages, with no gender differences, while 61.3% (boys 58.1%, girls 64.5%) have been taught in school about the dangers of smoking in the last 12 months. In the past 30 days 20.8% (boys 23.2%, girls 18.3%) among all students saw or heard anti-tobacco messages at sporting or community events, while the percentage of those who attended sporting or community events that saw or heard anti-tobacco messages was 41.2% (boys 39.2%, girls 44.2%).

Table 13: Noticing of health warnings on cigarette packages among current and never tobacco smokers 13-15 years old, by gender – GYTS San Marino 2022.

	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
Current tobacco smokers who noticed health warnings on cigarette packages [†]	85.6 (83.1 - 87.7)	89.4 (85.7 - 92.2)*	83.0 (79.6 - 86.0)
<i>Thought about quitting smoking because of health warnings on cigarette packages[†]</i>			
Among current tobacco smokers	25.1 (22.4 - 28.0)	30.7 (26.2 - 35.6)*	21.4 (18.1 - 25.1)
Among current tobacco smokers who noticed health warnings	29.3 (26.2 - 32.6)	34.3 (29.4 - 39.6)*	25.8 (21.9 - 30.1)
Never tobacco smokers who thought about not starting smoking because of health warnings on cigarette packages ^{†,1}	52.5 (50.8 - 54.3)	46.6 (44.1 - 49.1)	58.4 (56.0 - 60.8)

[†] During the past 30 days.

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

Regarding health warning on cigarette packages, 85.6% (boys 89.4%, girls 83%) had noticed health warnings on cigarette packs, but only 29.3% (Boys 34.3%, girls 25.8%) among current tobacco smokers

believe that they could stop smoking in relation to these warning signs. Among the non-smokers, 52.5% believe that they would not start smoking because of these health warnings.

3.5.2 Tobacco Marketing

Table 14: Noticing tobacco marketing among students 13-15 years old, by gender – GYTS San Marino 2022.

	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
<i>Noticed tobacco advertisements or promotions at points of sale</i>			
Among all students in the past 30 days	17.0 (16.2 - 17.9)	18.9 (17.6 - 20.2)	15.2 (14.1 - 16.4)
Among those who visited a point of sale in the past 30 days	27.4 (26.1 - 28.8)	28.4 (26.6 - 30.2)	26.4 (24.5 - 28.4)
<i>Noticed anyone using tobacco on television, videos, or movies</i>			
Among all students in the past 30 days	71.7 (70.7 - 72.8)	67.5 (66.0 - 69.1)	76.4 (74.9 - 77.8)
Among those who watched television, videos, or movies in the past 30 days	81.5 (80.5 - 82.4)	78.2 (76.7 - 79.7)	85.0 (83.7 - 86.3)
Ever offered a free tobacco product from a tobacco company representative	5.9 (5.4 - 6.5)	6.2 (5.5 - 7.0)	5.7 (4.9 - 6.5)

In the past 30 days, 81% (boys 78.2%, girls 85%), among students who watched television, saw promotional messages on cigarettes on TV. In the group of those who have accessed points of sale, 27.4% (boys 28.4%, girls 26.4%) saw tobacco advertisements. About 6% of students have been offered a free tobacco product from a tobacco company representative.

Table 15: Ownership and receptivity to tobacco marketing among students 13-15 years old, by gender – GYTS San Marino 2022.

	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
Students who owned something with a tobacco brand logo on it ¹	7.2 (6.6 - 7.9)	8.2 (7.3 - 9.1)	6.2 (5.4 - 7.1)
Never tobacco users who owned something with a tobacco brand logo on it or might in the future ^{2,3}	37.4 (36.0 - 38.7)	43.9 (42.0 - 45.9)	30.4 (28.6 - 32.3)

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

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

³ Considered highly receptive to tobacco marketing (at risk for future tobacco use).

The 7.2% of students (boys 8.2%, girls 6.2%) have something with a tobacco brand logo on it and 37.4% (boys 43.9%, girls 30.4%) of never tobacco users reported that they own something with a tobacco product brand logo.

3.6 Knowledge and Attitudes

Table 16: Knowledge and attitudes towards smoking cessation and social smoking among students 13-15 years old, by gender – GYTS San Marino 2022.

	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
Students who...			
Definitely thought it is difficult to quit once someone starts smoking tobacco	33.3 (32.2 - 34.4)	32.5 (31.0 - 34.0)	33.8 (32.2 - 35.4)
Thought smoking tobacco helps people feel more comfortable at celebrations, parties, and social gatherings	50.8 (49.7 - 52.0)	51.2 (49.5 - 52.8)	50.8 (49.1 - 52.5)

The table 16 show that 33.3% of students think that it is difficult to stop smoking tobacco and 50.8% believe that smoking tobacco helps people feel more comfortable at events.

Table 17: Knowledge and attitudes towards secondhand smoke among students 13-15 years old, by gender – GYTS San Marino 2022.

	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
Students who...			
Definitely thought other people's tobacco smoking is harmful to them	42.6 (41.4 - 43.7)	43.2 (41.6 - 44.8)	41.9 (40.2 - 43.5)
Favored banning smoking at outdoor public places	61.3 (60.2 - 62.4)	64.2 (62.6 - 65.8)	58.2 (56.6 - 59.9)

The 42.6% of respondents believe that the smoke of others is dangerous for them and 61.3% would be in favor of the ban on smoking in outdoor public places.

4. DISCUSSION

The Global Youth Tobacco Survey (GYTS) is an important tool to provide data about the trends of tobacco consumption among youth in school (13-15 years old).

In San Marino, a total of fourth rounds of GYTS have been done since 2010, every 4 years, including this round. Now it is a great opportunity to monitor the trends during this period of 10 years of tobacco use and other aspects about tobacco, including knowledge and attitudes, second-hand smoking and marketing. It also provides a chance to compare data with other countries in the European Region and in the World.

4.1 Discussion of Survey Findings

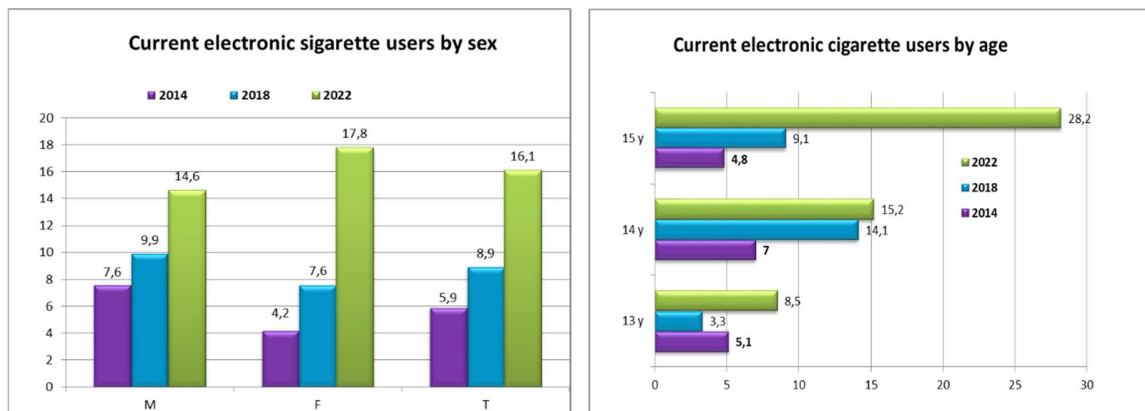
Tobacco Use

- Overall, 13.7% of students currently used any tobacco products.
- One in ten (10.8%) students currently smoked cigarettes (e.g., smokeless tobacco, and electronic cigarettes).



The graphs above show an increase in cigarette smokers from 2018 to 2022, with a greater increase in females, even compared to previous periods (2010 - 2014). If we compare 2022 with 2014 there is a reduction in smokers in males. There is also an increase of smokers in all age groups, 15-year-old students smoke more than 13- and 14-year-olds.

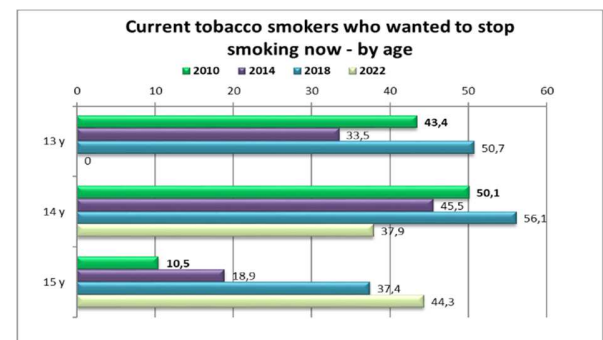
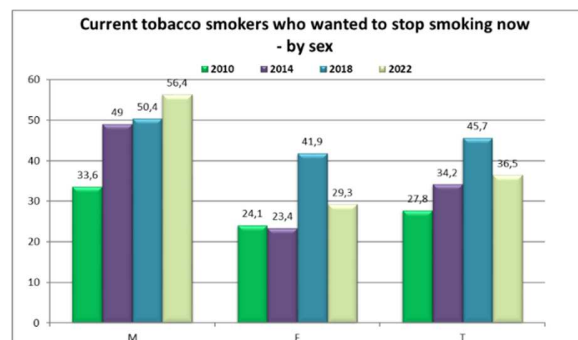
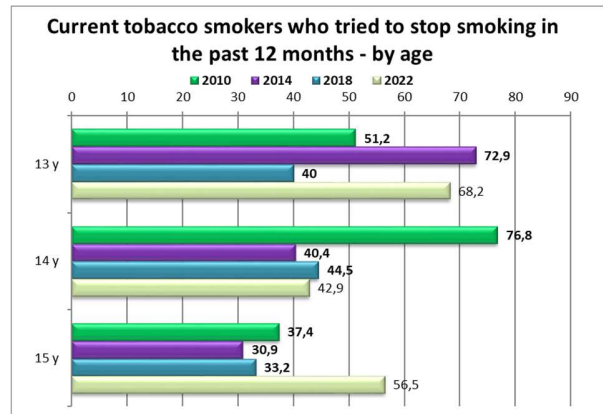
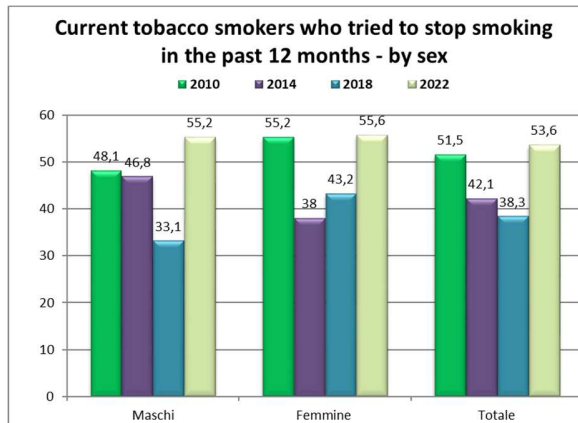
- *The electronics cigarettes use (16.1%) is higher than the other tobacco products.*



A comparison of the 3 surveys (see graphs above) shows an increase in the use of electronic cigarettes, especially in female (from 4% in 2014 to 17% in 2022). It is underlined a significant increase of e-cigarette users in young students 13 year-old (from 3.3% in 2018 to 8.5% in 2022) and 15 year-old (from 4.8% in 2014 to 28.2% in 2022).

Cessation

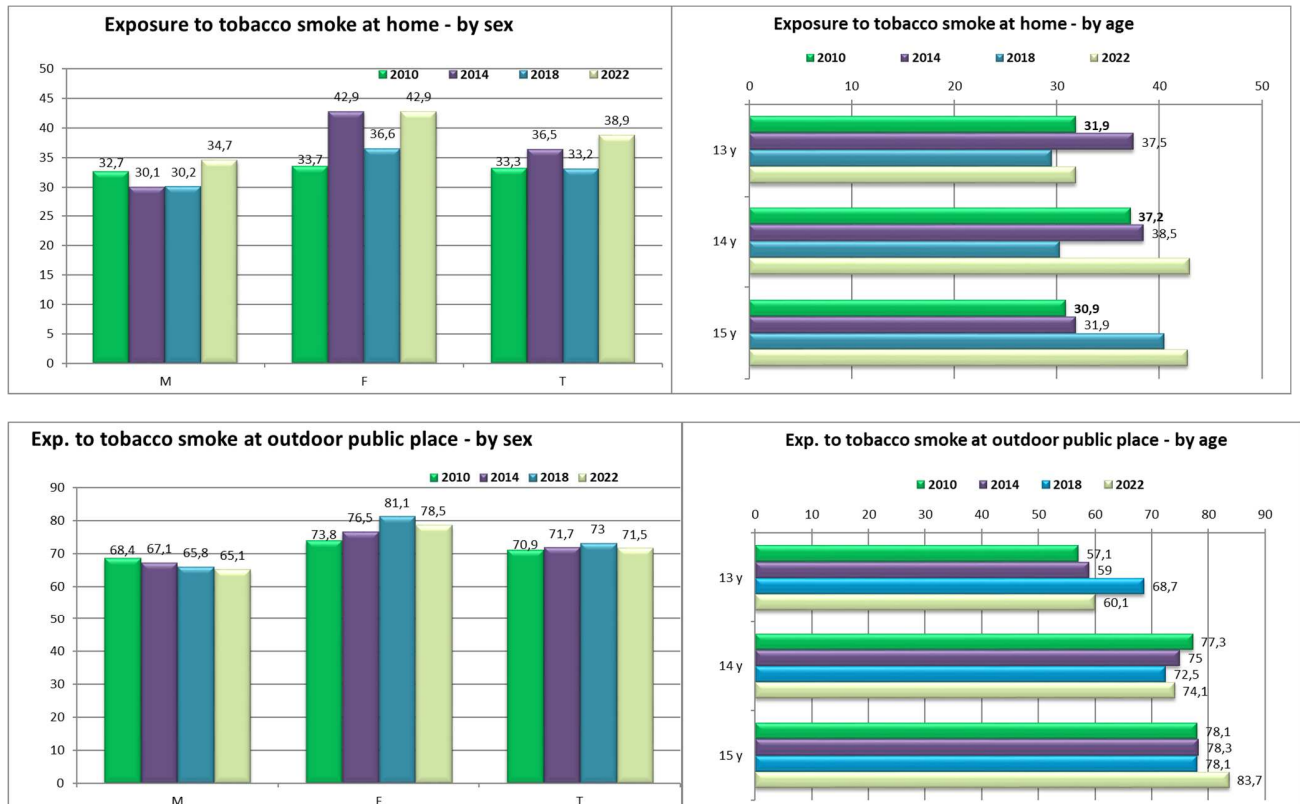
- Overall, more than 5 in 10 (53.6%) students who currently smoke cigarettes reported that they tried to stop smoking in the past 12 months and almost 4 in 10 (36.5%) of them wanted to stop smoking now.



The graphs above show an increase of current smoker who tried to stop smoking in the past 12 months and a decrease of smokers who wanted stop smoking from 2018 to 2022. There are more boys who want to quit smoking than girls in all years of survey, while there is an increase of fifteen year olds who want to quit smoking.

Secondhand Smoke

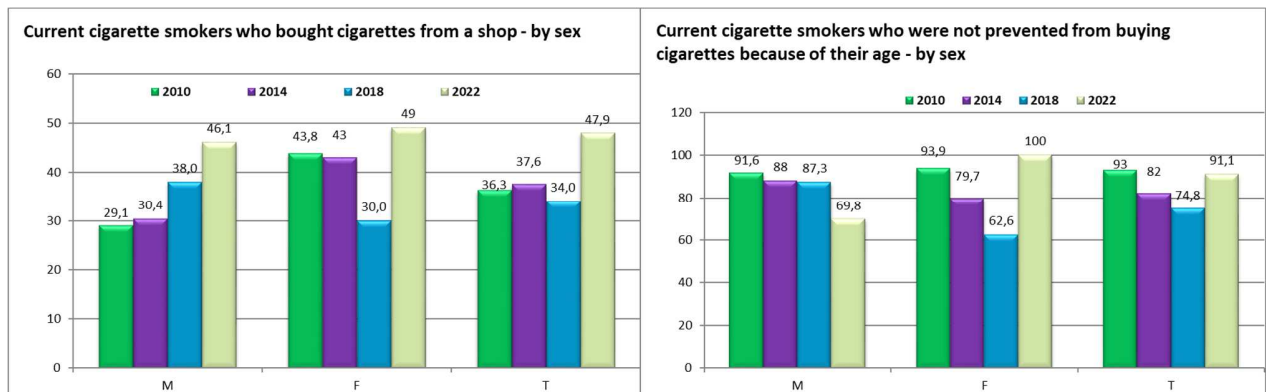
- Overall, approximately four in 10 students (38.9%) were exposed to smoke in their home.
- Approximately five in 10 (47.7%) of all students were exposed to SHS in public places.
- About seven in 10 (71.5%) of students reported exposure to secondhand smoke at any outdoor public place.



There is an increase of exposure to tobacco smoke at home (from 33.2% in 2018 to 38.9% in 2022) and a slight decrease to SHS at outdoor public places (from 73% in 2018 to 71.5% in 2022). There is more exposure of SHS in female and in 15-year-olds (similar differences in all years of survey).

Access and Availability

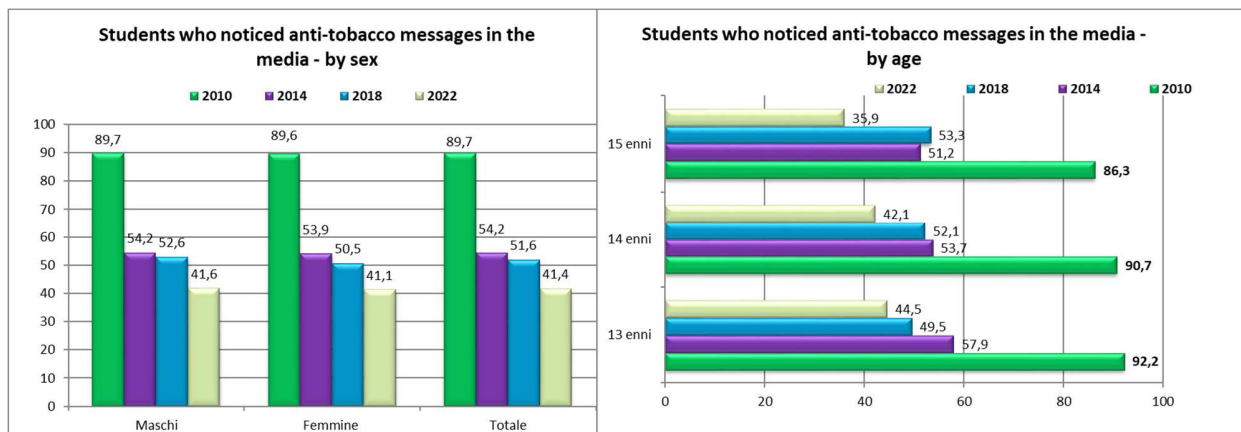
- Overall, five in 10 (47.9%) students who currently smoke cigarettes usually purchased their cigarettes in stores or shops.
- Nine in 10 (91.1%) students who bought cigarettes in a store were not refused purchase of cigarettes because of their age.



There is an increase of current smokers who bought cigarettes in a shop (from 34% in 2018 to 47.9% in 2022) and of those who were not prevented for buying cigarettes because of their age (from 74.8% to 91.1% in 2022), more in female.

Exposure to Anti-Tobacco Information

- Overall, In the past 30 days four to 10 (41.4 %) saw anti-tobacco media messages and more than half of the students (61.3%) have been taught in school about the dangers of smoking) reported having been taught in school about the dangers of tobacco in the last 12 months.
- Regarding health warning on cigarette packages, approximately eight in 10 (85.6%) had noticed health warnings on cigarette packs, but only three in 10 (29.3%) among current tobacco smokers believe that they could stop smoking in relation to these warning signs. On the other hand, among the non-smokers, half (52.5%) of the students believe that they would not start smoking because of these health warnings.



The graphs above show that there is a decrease of students noticed anti-tobacco messages in the media from 89.7% in 2010, to 54.2% in 2014, 51.6% in 2018 and 41.4% in 2022, without relevant gender and age differences.

Awareness and Receptivity to Tobacco Marketing

- *Overall, In the past 30 days, 81% among students who watched television, saw promotional messages on cigarettes on TV and 27.4% who had access to points of sale saw tobacco advertisements.*
- *About 6% of students have been offered a free tobacco product from a tobacco company representative.*
- *Overall, 7.2% of students owned an object with a cigarette brand logo on it.*

There is a decrease of student owned an object with a cigarette brand logo on it (from 10.2% in 2010 to 7.2% in 2022).

Knowledge and Attitudes

- *Overall, four in 10 (42.6%) of students thought other people's tobacco smoking is harmful to them.*

There is a decrease of students that definitely thought other people's tobacco smoking is harmful to them (from 64.3% in 2010 to 54.4% in 2014, 49.3% in 2018 and 42.6% in 2022).

4.3 Relevance to FCTC

The results of this GYTS are critical for gauging progress toward WHO FCTC and MPOWER implementation and uptake. They provide comprehensive information on the basic indicators, related to various provisions of the WHO FCTC and the MPOWER measures, thus helping to evaluate the effectiveness of the policies on tobacco control to protect young people from tobacco smoke.

San Marino's participation in GYTS addresses the first element of MPOWER (Monitor tobacco use and prevention policies) regarding youth monitoring tobacco use. In addition, the GYTS findings are directed towards several other provisions of the FCTC, targeting the role of health professionals, school personnel and the comprehensive school tobacco control policy. GYTS asks students a range of questions that spans many of the remaining elements of MPOWER. The resulting data are critical for gauging San Marino's progress toward fully implementing the elements of MPOWER among its youth.

The findings that meet MPOWER measures are as follows

- Protect people from tobacco smoke: the GYTS data show that 47.7% of students were exposed to tobacco smoke inside enclosed public places and 38.9% of students were exposed at home.
- Offer help to quit tobacco use: results from GYTS show that students who currently smoke are interested in quitting. Of students who currently smoke:
 - 36.5% want to stop smoking.
 - 53.6% tried to stop smoking in the past year.
- Warn about the dangers of tobacco: during the past year, 61.3% of students had been taught in class about the dangers of smoking.
- Enforce bans on tobacco advertising, promotion, and sponsorship: the GYTS data show that 41.4% of students saw anti-smoking media messages in the past 30 days. In the past 30 days, 81.5% of all students saw promotional messages on tobacco on television, videos or movies. . Further, 7.2% of students have an object with a cigarette brand logo and 5.9% were offered free cigarettes by a tobacco company representative.

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

4.4 Relevance to Country

- The data suggests an early age of initiation of cigarette usage among adolescents in San Marino. Tobacco control education therefore needs to start at a very young age. However, coverage of tobacco-related prevention and issues is currently very limited in the formal school curriculum.
- Considering the increase of e-cigarette smokers in students, it is important to regulate the electronic cigarette market and inform young consumers will also have to be informed about the risks of this type of product. Despite the existence of information on tobacco and health, a significant public informational gap exists on newly emerging tobacco products, specifically around electronic cigarettes.

- The majority of youths in San Marino report exposure to secondhand smoke in multiple venues. Given that there is no safe level of exposure to secondhand smoke, policies that will protect youth from possible exposure must be strengthened.
- Regarding the access and availability of cigarettes, approximately half of the students purchase cigarettes from store or shop. More attention should be paid to compliance with the rules already in force, especially on banning the sale of cigarettes to persons under 18 years of age. Regardless of the existence of comprehensive tobacco control legislation, a significant gap in its adequate enforcement exists.
- Students in San Marino are still reporting being exposed to pro-smoking media campaigns. Controlling this exposure has been shown to reduce youth initiation.
- Many youth report wanting to quit in San Marino, but cessation services are limited.

5. CONCLUSION AND RECOMMENDATIONS

Conclusion

Based on the GYTS findings, the youth tobacco continues to be a major public health issue for public health in San Marino and expanded comprehensive tobacco control measures should be implemented, including evidence-based interventions and further studies or enhanced surveillance if needed.

Recommendations

- About a third of students who smoke expressed the desire to quit smoking (36,5%) and approximately half of smokers have even attempted to quit (53.6%). With the proper assistance and tools, those students could stop smoking forever. Institutions and Nongovernmental organizations could play a vital role as a resource for youth interested in quitting.
- Youth were exposed to pro-cigarette advertising. There is an urgent need to police more strictly the existing law banning all forms of advertisement of tobacco products and paraphernalia in San Marino.
- School rules and policies should be framed for the prevention and control of tobacco use. A comprehensive health promotion strategy and effective and comprehensive tobacco cessation programs need to be implemented to prevent tobacco use and assist school personnel and the general community in quitting. It is important to work with the “Multidisciplinary and inter-sectorial table for the planning and coordination of health promotion and education in school” to expand school-based anti-smoking education in all grades of primary and secondary school, founded on preceding and systematic need assessment, new participation, interactive and “peer to peer” teaching methods, together with establishment of supportive environment and direct-link feedback on program effectiveness. The findings of GYTS San Marino 2022 outline the imperative need of development and implementation of qualitatively new approaches and preventive programs yet in the earlier school age, to prevent the “initial” use of cigarettes or to postpone maximally the start of smoking and to provide support for smokers willing to quit smoking. Collaborative work with the school should be confirmed and strengthened to disseminate information on smoking harm and continue to use educational activities.
- Focus the tobacco control efforts on implementation and enforcement of policies already in place, as well as additional efforts in development of new tobacco control programs. Those programs need to be comprehensive, broad-based, gender-specific and oriented to different age groups. Encouraging with the proper assistance and support young smokers to quit in addition to preventing the great majority of high susceptible non-smokers from starting may be an important first step.
- Introduce effective family-based interventions, aimed to teach parents to maintain smoke-free households, to set early on non-smoking expectations, and to build up skills to overcome peer influence and pressure. Parents should limit adolescent’s exposure to adult media and use family television time to discuss the effect of seeing screen depiction of smoking on adolescent behavior.
- Develop and establish a combination of strategies to reinforce the ban of sales to minors in terms of creating awareness of the regulations and the rationale that underpins them; lobby the community and suitable agencies to reinforce the principles of and prosecute offenders of the law.
- A significant number of students were exposed to tobacco smoke at home and public places, and 73% of students believe smoking in public places should be banned. There is a need to enforce laws that ban tobacco *smoking in public places*.
- To maintain a current understanding of tobacco use and other key indicators among youth and to gauge trends in WHO FCTC and MPOWER uptake and implementation, this survey should be completed at least every four years.

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APPENDIX A: QUESTIONNAIRE

Global Youth Tobacco Survey

Instructions

- Please read each question carefully before answering it.
- Choose the answer that best describes what you believe and feel to be correct.
- Choose only **one** answer for each question.
- On the answer sheet, locate the circle that corresponds to your answer and fill it in completely with the pencil that was provided to you.
- Correctly fill in the bubbles like this:
- If you have to change your answer, don't worry, just erase it completely, without leaving marks.

Example:

24. Do you believe that fish live in water?

- Definitely yes
- Probably yes
- Probably not
- Definitely not

24. (A) (B) (C) (D) (E) (F) (G) (H)

Introduction

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

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

Any Tobacco Use	
Smoking Tobacco includes:	Smokeless Tobacco includes:
Cigarettes — Manufactured cigarettes — Hand-rolled cigarettes Other types of smoked tobacco: — Pipes — Cigars, mini-cigars/cigarillos — Hookah/Water pipes — Bidis	— Snuff — Dip — Chewing tobacco — Snus
Use of nicotine containing products:	
— Electronic cigarettes, which are also called e-cigarettes, and other vaping devices such as JUUL, Vype, IQOS MESH	

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

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 20 euros
- c. 20-50 euros
- d. 51-100 euros
- e. More than 100 euros

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 smoking 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. During the past 30 days, how often did you smoke hand-rolled cigarettes?

- a. I did not smoke hand-rolled cigarettes during the past 30 days
- b. Less than once a week
- c. At least once a week but not every day
- d. Every day

10. Have you ever tried or experimented with any form of smoked tobacco products other than cigarettes (such as pipes, cigars, narghilè, waterpipes, bidis)?

- a. Yes
- b. No

11. During the past 30 days, did you use any form of smoked tobacco products other than cigarettes (such as pipes, cigars, hookah, etc.)?

- a. Yes
- b. No

12. Do you ever smoke tobacco or feel like smoking tobacco first thing in the morning?

- a. I don't smoke tobacco
- b. No, I don't smoke tobacco or feel like smoking tobacco first thing in the morning
- c. Yes, I sometimes smoke tobacco or feel like smoking tobacco first thing in the morning
- d. Yes, I always smoke tobacco or feel like smoking tobacco first thing in the morning

13. How soon after you smoke tobacco do you start to feel a strong desire to smoke again that is hard to ignore?

- a. I don't smoke tobacco
- b. I never feel a strong desire to smoke again after smoking tobacco
- c. Within 60 minutes
- d. 1 to 2 hours
- e. More than 2 hours to 4 hours
- f. More than 4 hours but less than one full day
- g. 1 to 3 days
- h. 4 days or more

14. Where do you usually smoke?

(SELECT ONLY ONE RESPONSE)

- a. I do not smoke
- b. At home
- c. At school
- d. At work
- e. At friends' houses
- f. At social events
- g. In public spaces (e.g. parks, shopping centers, street corners)
- h. Other

15. Have you ever tried or experimented with any form of smokeless tobacco products (such as chewing tobacco, snuff, dip, snus)?

- a. Yes
- b. No

16. During the past 30 days, did you use any form of smokeless tobacco products (such as

chewing tobacco, snuff, dip, snus)?

- a. Yes
- b. No

17. Are you smoking tobacco or using smokeless tobacco more often, about the same, or less often than you did before the COVID-19 pandemic?

- a. I never smoked tobacco or used smokeless tobacco
- b. I do not smoke tobacco or use smokeless tobacco now
- c. More often than before
- d. About the same as before
- e. Less often than before

The next questions ask about using electronic cigarettes.

Electronic cigarettes, or e-cigarettes as they are often called, 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.

18. Have you ever tried or experimented with electronic cigarettes or e-cigarettes?

- a. Yes
- b. No

19. 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

20. How many electronic cigarettes (number of fluid cartridges) have you used in your lifetime?

- a. 0
- b. Less than 1
- c. 1 or 2
- d. 3 to 10
- e. 11 to 20
- f. 21 to 50
- g. More than 50

21. Are you using e-cigarettes more, about the same, or less than you did before the COVID-19 pandemic?

- a. I never used e-cigarettes
- b. I do not use e-cigarettes now
- c. More than before
- d. About the same as before
- e. Less than before

The next questions ask about your feelings toward stopping smoking.

22. Do you want to stop smoking now?

- a. I have never smoked
- b. I don't smoke now
- c. Yes

d. No

23. Are you thinking about quitting smoking tobacco or using smokeless tobacco more, about the same, or less than you did before the COVID-19 pandemic?

- a. I never smoked tobacco or used smokeless tobacco
- b. I do not smoke tobacco or use smokeless tobacco now
- c. More than before
- d. About the same as before
- e. Less than before

24. 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

25. What are the reasons you decided to stop smoking? (Select all that apply)

- a. I have never smoked
- b. I have not stopped smoking
- c. To improve my health
- d. To save money
- e. Because my family does not like it
- f. Because my friends do not like it
- g. Because of COVID-19
- h. Another reason

26. 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

27. 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.

28. 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

29. 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, shopping malls, movie theaters, cafe, sport-hall)?

- a. 0 days

- b. 1 to 2 days
- c. 3 to 4 days
- d. 5 to 6 days
- e. 7 days

30. During the past 7 days, on how many days has anyone smoked in your presence, at any outdoor public place (such as playgrounds, sidewalks, entrances to buildings, parks, beaches, stadiums)?

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

31. During the past 30 days, did you see teachers or school personnel smoke inside the school building or outside on school property?

- a. Yes
- b. No

32. During the past 30 days, did you see students smoke inside the school building or outside on school property?

- a. Yes
- b. No

33. 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

34. Are you in favor of banning smoking at outdoor public places (such as playgrounds, sidewalks, entrances to buildings, parks, beaches, stadiums)?

- a. Yes
- b. No

The next questions ask about getting cigarettes.

35. The last time you smoked cigarettes during the past 30 days, how did you get them? (SELECT ONLY ONE RESPONSE)

- a. I did not smoke any cigarettes during the past 30 days
- b. I bought them in a store or shop or bar
- c. I bought them from a street vendor or kiosk
- d. I bought them from a vending machine
- e. Someone else bought them for me
- f. I got them some other way

36. During the past 30 days, did anyone refuse to sell you cigarettes because of your age?

- a. I did not try to buy cigarettes during the past 30 days
- b. Yes, someone refused to sell me cigarettes because of my age
- c. No, my age did not keep me from buying cigarettes

37. The last time you bought cigarettes during the past 30 days, how did you buy them?

- a. I did not buy cigarettes during the past 30 days

- b. I bought them in a pack
- c. I bought them in a carton
- d. I bought tobacco and rolled my own

38. Can you purchase tobacco (including cigarettes, other smoked tobacco, and smokeless tobacco) near your school?

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

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

- a. Less than 3 euros
- b. 3-5 euros
- c. 6-10 euros
- d. More than 10 euros

40. Do you think the price of tobacco products (including cigarettes, other smoked tobacco, and smokeless tobacco) should be increased?

- a. Yes
- b. No

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

41. 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

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

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

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

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

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

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

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

45. During the past 30 days, did you see any people using tobacco when you watched TV, videos, or movies?

- a. I did not watch TV, videos, or movies in the past 30 days
- b. Yes
- c. No

46. During the past 30 days, did you see any advertisements or promotions for tobacco products at points of sale (such as stores, shops, kiosks, etc.)?

- a. I did not visit any points of sale in the past 30 days
- b. Yes
- c. No

47. 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

48. Do you have something (for example, t-shirt, pen, backpack) with a tobacco product brand logo on it?

- a. Yes
- b. No

49. Has a person working for a tobacco company ever offered you a free tobacco product?

- a. Yes
- b. No

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

50. If one of your best friends offered you a tobacco product, would you use it?

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

51. At anytime during the next 12 months do you think you will use any form of tobacco?

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

52. Once someone has started smoking tobacco, do you think it would be difficult for them to quit?

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

53. Do you think smoking tobacco helps people feel more comfortable or less comfortable at celebrations, parties, or in other social gatherings?

- a. More comfortable
- b. Less comfortable
- c. No difference whether smoking or not

54. Do your parents smoke tobacco?

- a. None
- b. Both
- c. Father only
- d. Mother only
- e. Don't know

55. Does your father (stepfather or mother's partner) smoke tobacco or use smokeless tobacco more often, about the same, or less often than he did before the COVID-19 pandemic?

- a. He never smoked tobacco or used smokeless tobacco
- b. He does not smoke tobacco or use smokeless tobacco now
- c. More often than before
- d. About the same as before
- e. Less often than before

56. Does your mother (stepmother or father's partner) smoke tobacco or use smokeless tobacco more often, about the same, or less often than she did before the COVID-19 pandemic?

- a. She never smoked tobacco or used smokeless tobacco
- b. She does not smoke tobacco or use smokeless tobacco now
- c. More often than before
- d. About the same as before
- e. Less often than before

57. Do any of your closest friends smoke tobacco?

- a. None of them
- b. Some of them
- c. Most of them
- d. All of them

58. 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

59. 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

60. Do you think smoking tobacco is harmful to your health?

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

61. Do you think it is safe to smoke tobacco for only a year or two as long as you quit after that?

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

d. Definitely yes

62. Has anyone in your family discussed the harmful effects of smoking tobacco with you?

- a. Yes
- b. No

63. Do you think tobacco smokers are more at risk or less at risk of becoming infected with COVID-19?

- a. More at risk
- b. Less at risk
- c. No difference whether smoking tobacco or not

64. Do you think COVID-19 is more severe or less severe in people who smoke tobacco?

- a. More severe
- b. Less severe
- c. No difference whether smoking tobacco or not

65. During the past 12 months, did you discuss in any of your classes the reasons why people your age use tobacco?

- a. Yes
- b. No
- c. Not sure

66. Do you think the sale of tobacco products to minors should be banned?

- a. Yes
- b. No

67. Do you believe that tobacco companies try to get young people under age 18 to use tobacco products?

- a. Yes
- b. No

68. Do you agree or disagree with the following: "I think I might enjoy smoking a cigarette."

- a. Strongly agree
- b. Agree
- c. Disagree
- d. Strongly disagree

Thank you for participating in the survey!

