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SERVING GOD BY SERVING OTHERS

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GLOBAL YOUTH TOBACCO SURVEY FINDINGS

TABLE OF CONTENTS

1. BACK GROUND
1. EXECUTIVE SUMMARY
2. INTRODUCTION
3. METHOD
 - a. Data source
 - b. Sampling
 - c. Procedure
 - d. Analysis
4. RESULTS
5. DISCUSSIONS AND RECOMMENDATIONS
 - a. Discussions
 - b. Recommendations
6. CONCLUSIONS AND WAY FORWARD
7. APPENDIX

BACK GROUND

- i. The World Health Organization (WHO) and Centers for Disease Control and Prevention's (CDC's) Office on Smoking and Health developed the Global Youth Tobacco Survey (GYTS) to track tobacco use among young people across countries using a common methodology and core questionnaire. The GYTS surveillance system is intended to enhance the capacity of countries to design, implement, and evaluate tobacco control and prevention programs. The survey has been conducted in Cameroon by the African Renaissance Ambassador Corporation (ARA) partnering with the

EXECUTIVE SUMMARY

This study was mandated by the African Renaissance Ambassador Corp to assess the tobacco related behaviour and practices of both school and non school youths of the Cameroonian society in order to use in designing programs that identify and eliminate the elements of risk behaviour that chains individuals at a later age to non communicable diseases related tobacco consumption. This it hope to achieve by determining the discrepancy between “what is” the existing condition and “what ought to be”, the desired condition in planning and implementation, that will reduce or eliminate the risk behaviour associated with the spread of non communicable diseases especially cancer and tuberculosis. Without this information, awareness programs carried out will not be relevant to behaviour change and basic action such as planning and program design and implementation will not be informed and therefore will not respond to the existing challenges.

In order to satisfy the primary goal of the study, the investigators sought to review perceptions, behaviours and practices of youth tobacco consumption in Cameroon.

Precisely, this study will attempt to answer the following questions: -

- How old were you when you first tried a cigarette (even just one puff)? Answer ‘never’, if you have never tried a cigarette).
- During the past 30 days (one month), on the days you smoked, how many cigarettes did you usually smoke?
- During the past 30 days (one month), did anyone ever refuse to sell you cigarettes because of your age?
- During the past 30 days (one month), have you ever used any form of tobacco products other than cigarettes (e.g. chewing tobacco, snuff, dip, cigars, cigarillos, little cigars, pipe)?
- Where do you usually smoke (e.g. at home, school, night club, street corner, others, etc)?
- Do you ever have a cigarette or feel like having a cigarette first thing in the morning?

The next questions ask about your knowledge & attitudes towards tobacco:-

- Does any of your parents smoke?
- If one of your best friends offered you a cigarette, would you smoke it?
- Does smoking have some advantages?

- Has anyone in your family discussed the harmful effects of smoking with you?
- Do you think you'll be smoking cigarettes five years from now?
- Once someone has started smoking, do you think it will be difficult to quit?
- Do you think boys who smoke cigarettes have more or less friends?
- Do you think girls who smoke cigarettes have more or less friends?
- Does smoking cigarette help people feel more or less comfortable at celebrations, parties, or in other social gatherings? (More comfortable, Less comfortable, No difference from non-smokers).
- Do you think smoking cigarettes make you gain or lose weight?
- Do any of your closest friends smoke cigarettes smoke cigarettes? (None of them, some of them, Most of them, all of them). When you see a man smoking, what do you think of him?
- When you see a woman smoking, what do you think of her?
- Do you think it is safe to smoke for only a year or two as long as you quite after that?

The next questions ask about your exposure to other peoples' smoking:-

- Do you think the smoke from other peoples' cigarette is harmful to you? (yes, no, probably).
- During the past 7 days, on how many days have people smoked in your presence? (e.g. 0, 1-2 etc).
- Are you in favour of banning smoking in public places (such as in restaurants, in buses, in schools etc)?

The next questions ask about your attitudes towards stopping smoking:-

- Do you want to stop smoking now?
- Barack Obama the next African American US president is trying to stop smoking, do you think he will succeed?
- Do you think you would be able to stop smoking if you wanted to?
- Have you ever tried to stop smoking cigarettes?
- How long ago did you stop smoking?

- What was the main reason you decided to stop smoking?
- Have you ever received help or advice to help you stop smoking?

The next questions ask about your knowledge of media messages about smoking:-

- During the past 30 days (one month), how many anti smoking media messages (e.g. television, radio, bill boards, posters, newspapers, magazines, movies) have you seen? (A lot, never, sometimes).
- When you go to sports events, fairs, concerts, community events, or social gatherings, how often do you see anti smoking messages?
- When you watch TV, videos, or movies how often do you see actors smoking?
- Has a cigarette representative ever offer you a free cigarette?

The next questions ask about what you were taught about smoking in school:-

- Where you taught in any of your classes about the dangers of smoking (yes, no)?

The last three questions ask for some background information about yourself:-

- How old are you? (12years old or younger,13_15, 16-17, older than17) What is your ? (Male, Female). If you are a student, in what class/form are you?

These questions were used as a basis for interviewing respondents as well as collecting and analyzing data. Sub questions were further asked in some cases as a follow up to the main questions in order to get to the root of the findings expected. The recommendations given at the close of this report are given by the authors, and do not necessarily reflect the view of the motive for which this study was commissioned.

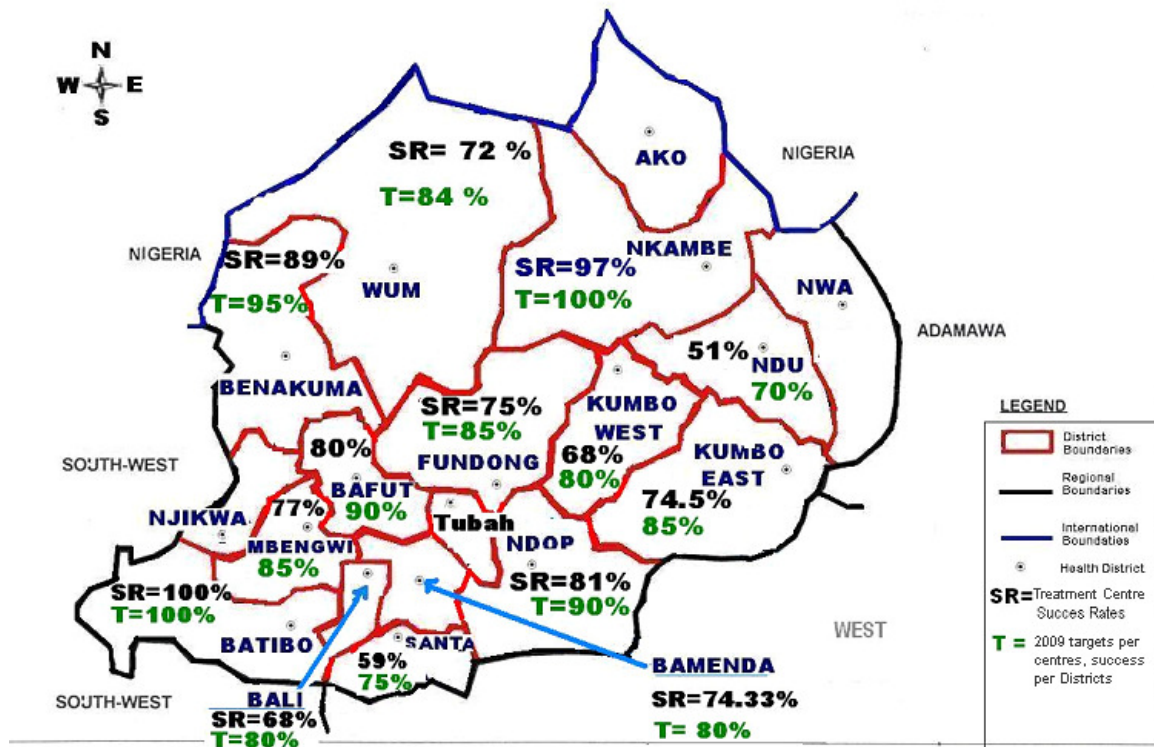
INTRODUCTION

Tobacco use among young people is the leading cause of Cancer and tuberculosis at a later stage in life. These are deadly opportunistic diseases having tobacco consumption as the leading risk behaviour. According to the World Health Organization, a cancer epidemic is brewing in Africa, with a grim projection of more than 1 million new cases annually by 2015. "Cancer is one of the greatest untold health crises of the developing world," said Dr. Douglas Blayney, president-elect of the American Society of Clinical Oncology." Few are aware that cancer already kills more people in poor countries than HIV, malaria and tuberculosis combined..."

According to Cameroon's Poverty Reduction Strategy Papers (PRSPs) some non-communicable diseases constitute major public health problems. Accordingly, the government intends to strengthen the non-communicable diseases program by implementing the following measures: (i) develop an operational epidemiological surveillance system for non-communicable diseases; (ii) developing systematic screening for breast, cervical, and prostate cancer; (iii) restructure the National Tuberculosis Control Program by creating a GTC (*Groupe Technique Central /Central Technical Group*) with a permanent Secretariat and regional units. The program uses HIPC funds to acquire drugs and the government has been able to reduce the cost of treatment from an average of CFAF 30,000 to CFAF 5,000 per month. It has also formulated and adopted a National Tuberculosis Control Program covering all the 10 regions, (iv) the government created a diagnosis and Treatment Center (DTC) for every 50,000 to 100,000 inhabitants by using the "DOT" diagnosis and treatment strategy; (ii) enhanced technical supervision by involving regional hospitals; and (iii) built the capacities of other health workers outside DTCs to effectively handle cases especially Non Governmental Organizations. These measures have similarly been carried out for the National Cancer Control Program but the results have consistently experiences relapses evidence of the unsustainable frame work of the current strategies.

**BELOW IS A TUBERCULOSIS TREATMENT MAP OF NORTH WEST REGION FOR
THE 2008 ACTIVITY YEAR**

REGIONAL HEALTH MAP OF THE NORTH WEST 2008



Source: North West Regional Delegation of Public Health, Bamenda, Regional Office for Tobacco and Tuberculosis Control.

These lofty measures cannot certainly achieve the much expected results as the risk behaviour associated with the prevalence of these illnesses notably tobacco consumption remains predominant. From the analysis indicated in the map above, interventions are mostly curative and in special centres while absolutely nothing are done at the level of the local community to prevent the spread of the diseases or sensitizing the community on risk behaviours like cigarette use. The problem must be traced at its roots instead of investing in the very expensive treatment interventions which is just like throwing water on a ducks back. Without a comprehensive community approach, all the health facility attempts will be futile.

Aging, infectious diseases and rising tobacco use in developing countries is increasing Africa's cancer and tuberculosis burden, with little human capacity, resources and infrastructure to confront the problem.

In Cameroon, substantial progress has been made in public health development for over one decade. Treatment costs has been ameliorated to an unprecedented rate, and its educational and awareness programs has extended its reach to areas previously un-served. To a great extend, however, research continue to face problems that complicate development despite this impressive achievements. There is also a serious form of external inefficiency in that a large number of health programs, especially awareness and treatment can neither meet up with the expected results nor make a substantial contribution to the prevailing situations because enough studies were not carried out or too limited to health facility and not really community based so does not actually represent the actual trends. Those who benefit from existing treatment programs are usually re-infected because not enough measures are put in place to sustain a permanent behaviour change.

As a respond to this continuing need for tailored approaches in solving the problems which are related to tobacco consumption in Cameroon, the African Renaissance Ambassador Corp carried out this study. Its primary mission is to contribute to the identification of the root causes of the increasing prevalence of the non communicable diseases associated with tobacco consumption notably Cancer and Tuberculosis and design programs that will assist public health authorities to resolve the problems or most of the problems at a rather preventive level which makes the whole package more cost effective and appropriate for the poverty stricken African realities. Without an appropriate linkage between causes and consequences of these non communicable killer diseases which are taking a new toll in African Communities including Cameroon, as initiated by the present study, treatment efforts will be wasted and the number of new cases will continue to grow.

METHODOLOGY

DATA COLLECTION

Data collection for this study was limited to school and non school youths. Investigators equally covered rural, semi urban and urban areas which were randomly chosen in the North West and South West and Littoral Regions of Cameroon. These Regions were chosen for their high population density and the high rates of prevalence of the targeted opportunistic diseases related to tobacco consumption notably cancer. GENERALLY, THE following standards were observed

- School-based survey of students aged 13–15 years
- Included public and private schools
- Multistage sample design with schools selected proportional to enrolment size
- Classrooms chosen randomly within selected schools

- All students in selected classes eligible for participation
- Anonymous and confidential self-administered questionnaire
- Sub questions added to the questionnaire for better clarification
- Computer-scannable answer sheets available
- Each questionnaire Required only 30–40 minutes to administer
- Fieldwork conducted in 8 weeks (two months)
- Country-level data with regional-level stratification possible
- Core questionnaire (standard set of survey questions used in all locations)

SAMPLING

A random-drawn stratified sampling was made from the selected regions which led the investigators to visit the towns of Tiko and Mutengene in the South West Region, Bafut, Bamenda, Nkambe, Bambili and Njinikom in the North West Region and Douala in the Littoral Region of Cameroon. In each of these towns, all the categories of respondents were randomly sampled for their responses.

STRATEGY

The investigators contacted offices of the National Tuberculosis Control program as well as the National cancer Control program to identify the state of the problems as well as the studies so far done. The investigators then contacted the Regional Delegates of Public Health of the Regions sampled for the study and in each Health District, the District Medical officer was contacted for his first hand opinion on the subject of study. With their advice the investigators proceeded to the field investigations which took them to the streets and schools depending on where the target population could be found. In each school visited, the investigators were assisted by the school authorities in randomly selecting the respondents.

ANALYSIS

The responses were summarized by summing common responses which were categorized and reported parallel to the study questions presented in the executive summary of this report.

FINDINGS/RESULTS

The findings present the main and sub study questions, the sum up of the responses and the analysis that serve as conclusions. E.g. in main question one, respondents were asked if **they have ever tried a cigarette even just one puff? If yes how old were they when they first tried a cigarette?**

The tables were used as follows:

	Yes	No	Age (years)					
			0<7	8-9	10-11	12-13	14-15	16<
Urban youths								
Rural youths								

For the analysis the investigators did not differentiate the school youths from the non school youths since the investigators realized that the trend of responses were similar amongst the both. They focused on the Urban and the rural youth's analysis which had more interesting differences in their trend of responses.

SECTION ONE: Tobacco Use

Question 1 (a)

Have you ever tried a cigarette even just one puff? If yes how old were you when you first tried a cigarette?

	Yes	No	Age (years)					
			0<7	8-9	10-11	12-13	14-15	16<
Urban youths	159	407	12	11	21	18	34	63
Rural youths	113	299	07	04	17	12	27	46

159 respondents accepted having tried a cigarette before in the urban areas and 113 respondents have actually tried a cigarette before in the rural areas. 407 respondents have never tried a cigarette in their life time in the urban areas and 299 respondents in the rural areas have never tried a cigarette in their life time.

The age range of the period a cigarette was tried before ranges from 7 years and the highest age group that have tried a first cigarette is between the ages of 15 and 16 years old.

Questions 1 (b)

How many days did you smoke during the past thirty days, and on the days you smoked, how many cigarettes did you usually smoked?

	No of cigarettes smoked per day					
	0>1	1	2-5	6-10	11-20	20>
Urban youths	6	14	25	12	18	18
Rural youths	06	18	27	03	09	04

A total of 73 respondents have at least smoked in the urban areas and 67 youths who responded have at least smoked cigarette in the rural areas during the past thirty days.

The total quantity of cigarettes smoked range from less than one per day where 6 youths responded having smoked in rural areas and 6 other respondents smoked same in urban areas to more than 20 cigarettes per day where 18 youths said they smoked in the urban areas and 04 youths respondents having smoked in the rural areas.

Question 1 (c)

During the past thirty days, did any one ever refused to sell you cigarettes because of your age?

	Yes	No
Urban youths	59	504
Rural youths	45	367

59 youths who responded in the urban areas said some one have onced refused selling them cigarettes because of their age and 504 others said they have never been refused being sold cigarettes because of their age. In the rural areas, 45 youths said they have been refused being sold cigarettes because of their age before and 367 said they have never been refused from being sold cigarettes despite their age.

Question 1 (d)

During the past thirty days, have you ever used any form of tobacco products other than cigarettes (e.g. chewing tobacco, snuff, dip, cigars, cigarillos, little cigars, pipes) ?

	Yes	No
Urban youths	75	485
Rural youths	34	378

75 youths said they have used other forms of tobacco other than cigarettes and 485 said they only used cigarettes during the past 30 days in urban areas. 34 youths in rural areas said they have used other forms of tobacco other than cigarettes and 378 said they have not used other forms of tobacco during the past thirty days.

Question 1 (e)

Where do you usually smoke e.g. at home, school, night club, street corners, others, etc

	Venue					
	Home	School,	Night club	Street corner	Work place	Others
Urban youths	52	11	57	47	21	25
Rural youths	29	18	49	33	-	29

The majority of urban youths, 57, said that they smoked at a night club and the least number of urban youths, 11 smoked at school. The majority of the rural youths, 49 said they smoke at night clubs and no rural youths actually smoked at the work place. However, all the youths in both urban and rural areas smoke in other areas such as at home, at school, at street corners and at other places.

Question 1 (f)

Do you ever have a cigarette or feel like having a cigarette first thing in the morning

	Yes	No
Urban youths	59	100
Rural youths	30	83

59 youths in urban areas said they feel like having a cigarette or actually have a cigarette first thing in the morning and 100 rban youths said they do not feel like having a cigarette or actually have a cigarette first thing in the morning. 30 rural youth also have a cigarette or actually feel as having a cigarette first thing inn the morning and 83 rural youths said they do not have a cigarette or feel like having cigarette first thing in the morning.

SECTION TWO: Knowledge \$ Attitude towards Tobacco.

Question 2 (a)

Does any of your parents smoke?

	Yes	No
Urban youths	117	449
Rural youths	103	309

117 urban youths said one of their parents actually smoke. 449 urban youths said none of their parents actually smoke. 103 rural youths said one of their parents smoke and 309 rural youths responded that none of their parents actually smoke.

Question 2 (b)

If one of your best friends offered you a cigarette, would you smoke it?

	Yes	No
Urban youths	84	482
Rural youths	54	358

84 youths said if one of their parents best friends offered them cigarettes they will smoke and 482 said they will not smoke while 54 rural youths said if one of their parent's best friends gave them a cigarette they will smoke and 358 said they will not smoke if they are given a cigarette by their friend's best friends.

Question 2 (c)

Does smoking have some advantages?

	Yes	No
Urban youths	160	406
Rural youths	109	303

160 urban youths said smoking have some advantages and 406 youths said smoking cigarette have no advantages. 109 youths said that smoking had some advantages and 303 youths said smoking has no advantages in the rural areas.

Question 2 (d)

Has any one in your family discussed the harmful effects of smoking with you?

	Yes	No
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Urban youths	449	117
Rural youths	328	83

449 urban youths said some one in their family has discussed the harmful effects of smoking with them and 117 of them said no one has discussed the harmful effects of smoking with them. 328 rural youths in the rural areas said someone in their family has actually discussed the harmful effects of smoking with them and 83 said no one in their familky has done this.

Question 2 (e)

Do you think you will be smoking cigarettes five years from today?

	Yes	No
Urban youths	46	520
Rural youths	27	384

46 youths responded that they will be smoking five years from now and 520 said they will not be smoking five years from now in the ruban areas. In the rural areas, 27 youths said they will be smoking five years from now and 384 said that they will not be smoking in the next five years from now in the rural areas.

Question 2 (f)

Once some one has started smoking, do you think it will be difficult to quit?

	Yes	No
Urban youths	394	172

Rural youths	294	117
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In the urban areas, 394 youths said once they have started smoking it will be difficult to quit and 172 of them said it is not difficult to quit. In the rural areas, 294 youths said once they have started smoking it will be difficult to quit and 117 youths said it is not difficult to quit once some one has started smoking.

Question 2 (g)

Do you think that boys who smoke cigarettes have more or less friends?

	More	Less
Urban youths	231	335
Rural youths	144	267

231 urban youths said they think boys who smoke have more friends and 335 said boys who smoke have less friends. In the rural areas, 144 youths said they think boys who smoke have more friends and 267 youths said they think boys who smoke have less friends.

Question 2 (h)

Do you think that girls who smoke cigarettes have more or less friends?

	More	Less
Urban youths	98	467
Rural youths	53	368

98 urban youths said they think girls who smoke have more friends and 469 said girls who smoke have fewer friends. In the rural areas, 53 youths said they think girls who smoke have more friends and 368 youths said they think girls who smoke have fewer friends.

Question 2 (i)

Does smoking cigarettes help people feel more or less comfortable at celebrations, parties, or in other social gatherings?

	More comfortable	Less comfortable	Indifferent
Urban youths	58	393	115
Rural youths	44	275	90

58 urban youths said smoking cigarettes help people feel more comfortable 393 said they feel less comfortable and 115 feel indifferent at celebrations, parties, or in other social gathering while 44 rural youths said smoking cigarettes help people feel more comfortable 275 said they feel less comfortable and 90 feel indifferent at celebrations, parties, or in other social gathering.

Question 2 (j)

Do you think smoking cigarettes makes you gain or lose weight?

	Gain weight	Lose weight	Indifferent
Urban youths	14	481	115
71Rural youths	06	371	30

14 urban youths said they think smoking cigarettes help people gain weight, 481 said they think smoking cigarettes help people lose weight and 115 were indifferent while 06 rural youths said they think smoking cigarettes help people gain weight, 371 said they think smoking cigarettes help people lose weight and 30 were indifferent.

Question 2 (k)

Do any of your closest friends smoke cigarettes?

	None of them	some of them	most of them	all of them
Urban youths	316	201	32	17
Rural youths	166	207	30	07

316 urban youths said none of their friends smoke cigarettes, 201 youths said some of their friends smoke cigarettes, 32 youths said most of their friends smoke cigarettes and 17 youths said all of their friends smoke cigarettes. In the rural areas, 166 rural youths said none of their friends smoke cigarettes, 207 youths said some of their friends smoke cigarettes, 30 youths said most of their friends smoke cigarettes and 07 youths said all of their friends smoke cigarettes.

Question 2 (l)

When you see a man smoking, what do you think of him?

	Addiction	courageous	Normal	Intelligent	Irresponsible	Depression	Ignorant	Frustration	Pride	Bandit	Dangerous	Pity	Hunger	Abnormal
Urban youths	28	4	45	12	88	74	129	70	49	43	75	9	7	1
Rural youths	18	10	54	21	58	68	211	68	21	25	42	3	9	6

28 urban youths said they think men who smoke are addicted 4 are courageous 45 are normal, 12 are intelligent, 88 are irresponsible, 74 are depressed, 129 are ignorant, 70 are frustrated, 49 are pride, 43 are bandits, 75 are dangerous, 9 out of pity, 7 because of hunger and 01 thinks it abnormal, and 18 rural youths said they think men who smoke are addicted 10 are courageous 54 are normal, 21 are intelligent, 58 are irresponsible, 68 are depressed, 211 are ignorant, 68 are frustrated, 21 are proud, 25 are bandits, 42 are dangerous, 3 out of pity, 9 because of hunger and 6 thinks it abnormal.

Question 2 (m)

When you see a woman smoking, what do you think of her

	Normal	Habit	Gender equality	Prostitute	Depression	Ignorant	frustration	pride	Bandit	irresponsible	Dangerous	Pity	Abnormal
Urban youths	35	18	14	132	110	104	49	49	2	56	78	12	6
Rural youths	17	4	1	216	88	112	74	26	2	48	37	18	23

35 urban youths said they think women who smoke are normal 18 think it is a habit, 14 think for gender equality, 132 think they are prostitutes, 56 are irresponsible, 110 are depressed, 104 are ignorant, 49 are frustrated, 49 are pride, 02 are bandits, 78 are dangerous, 12 out of pity, and 06 think it abnormal, and 17 rural youths said they think women who smoke are normal 04 think it is a habit, 1 thinks for gender equality, 216 think they are prostitutes, 48 are irresponsible, 88 are depressed, 112 are ignorant, 74 are frustrated, 26 are proud, 02 are bandits, 37 are dangerous, 18 out of pity and 23 think it abnormal

Question 2 (n)

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

	Safe	Unsafe
Urban youths	79	487
Rural youths	28	384

79 Urban youths said it is safe to smoke for only a year or two as long as you quit after that and 487 Rural youths it is safe to smoke for only a year or two as long as you quit after that

SECTION Three: your exposure to other people smoking.

Question 3 (a)

Do you think the smoke from other people’s cigarettes is harmful to you?

	Yes	No	Probably
Urban youths	459	46	61

Rural youths	366	19	25
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459 Urban youths think the smoke from other people's cigarettes is harmful 46 do not think so and 61 think it is probable. 366 Rural Youths think the smoke from other people's cigarettes is harmful 19 do not think so and 25 think it is probable.

Question 3 (b)

During the past seven days, on how many days have people smoked in your presence?

Days	One	Two	Three	Four	Five	Six	Seven	None
Urban youths	169	40	140	15	09	04	05	175
Rural youths	121	47	89	14	08	11	06	106

169 Urban youths said during the past seven days, on one day has people smoked in their presence, 40 said on two days have people smoked in their presence, 140 said on three days have people smoked in their presence, 15 said on four days have people smoked in their presence, nine said on five days have people smoked in their presence, four said on six days have people smoked in their presence, five said on seven days have people smoked in their presence and 175 said on none of the days have people smoked in their presence. 121 Rural youths said during the past seven days, on one day has people smoked in their presence, 47 said on two days have people smoked in their presence, 89 said on three days have people smoked in their presence, 14 said on four days have people smoked in their presence, 08 said on five days have people smoked in their presence, 11 said on six days have people smoked in their presence, 06 said on seven days have people smoked in their presence and 106 said on none of the days have people smoked in their presence.

Question 3 (c)

Are you in favour of banning smoking in public places?

	Yes	No
Urban youths	497	69
Rural youths	380	32

497 Urban Youths said they are in favour of banning smoking in public places and 69 said they were not in favour of it. 380 Rural Youths said they are in favour of banning smoking in public places and 32 said they were not in favour of it.

SECTION FOUR: Attitudes towards stopping smoking.

Question 4(a)

Do you want to stop smoking now?

	Yes	No	Others
Urban youths	87	34	38
Rural youths	64	09	40

87 Urban Youths said they were in favour of stopping smoking 34 were not in favour of it and 38 other youths had other opinion about stopping smoking. 64 Urban Youths said they were in favour of stopping smoking 09 were not in favour of it and 40 other youths had other opinion about stopping smoking.

Question 4(b)

Barack Obama the new African American US president is trying to stop smoking, do you think he will succeed?

	Yes	No	Indifferent
Urban youths	322	244	00
Rural youths	229	174	09

322 urban youths said Barack Obama the new African American president will succeed to stop smoking 244 said he will not succeed and none was indifferent while 229 rural youths said Barack Obama the new African American president will succeed to stop smoking 174 said he will not succeed and 09 were indifferent.

Question 4(c)

Do you think you will be able to stop smoking if you wanted to?

	Yes	No	Indifferent
Urban youths	97	28	34
Rural youths	90	08	15

97 urban youths said they think they can stop smoking if they wanted to, 28 think they cannot be able to stop even if they wanted to and 34 were indifferent. 90 rural youths said they think they can stop smoking if they wanted to, 08 think they cannot be able to stop even if they wanted to and 15 were indifferent.

Question 4(d)

Have you ever tried to stop smoking?

	Yes	No	Others
Urban youths	82	30	47
Rural youths	66	15	32

82 urban youths said they have tried to stop smoking, 30 said they have not and 47 others had diverse opinion about trying to stop smoking. 66 rural youths said they have tried to stop smoking, 15 said they have not and 32 others had diverse opinion about trying to stop smoking

Question 4(e)

How long ago did you stop smoking?

Months	>One	One	Two	Three	Four	Five	Six	Seven	Eight	Nine	Ten	Eleven	twelve >	Others
Urban youths	13	05	07	03	-	-	06	-	01	-	01	-	53	70
Rural youths	09	02	04	02	02	03	02	01	-	-	-	-	36	52

13 Urban youths said they stopped smoking less than a month ago, 05 said just a month ago, 07 said two months ago, 03 said three months ago none said four, five, seven, nine and eleven months ago, 06 said six months ago, 01 said 08 months ago, 01 said 10 months ago 53 said twelve months ago, 70 said twelve months ago and 70 had other opinions about stopping to smoke. 09 rural youths said they stopped smoking less than a month ago, 02 said just a month ago, 04 said two months ago, 02 said three months ago 02 said

four months ago 03 said 05 months ago, 02 said 06 months ago, one said 07 months ago, none said 08, 09, 10 and 11 months ago, 36 said 12 months ago and 52 had other opinions about stopping to smoke.

Question 4(f)

What was the main reason you decided to stop smoking?

Months	Not stopped	Improve health	Save money	Family	Advice	Personal	Others
Urban youths	28	46	04	05	06	15	14
Rural youths	23	54	32	33	11	19	17

28 urban youths said they have not stopped smoking 46 said they their reasons for deciding to stop smoking was to improve on their health, 04 said to save money, 05 said for family reasons, 06 said because of advice, 15 said for personal reasons and 14 have other reasons. 23 urban youths said they have not stopped smoking 54 said they their reasons for deciding to stop smoking was to improve on their health, 32 said to save money, 33 said for family reasons, 11 said because of advice, 19 said for personal reasons and 17 have other reasons.

Question 4(g)

Have you ever received an advice to help you stop smoking?

	Yes	No
Urban youths	87	27
Rural youths	113	37

87 urban youths said they have received an advice to help them stop smoking and 27 said they have not received any advice. 113 urban youths said they have received an advice to help them stop smoking and 37 said they have not received any advice.

SECTION Five: KNOWLEDGE OF MEDIA MESSAGES ON SMOKING

Question 5 (a)

During the past 30 days, how many anti smoking media messages have you seen either in TV, bill boards, posters, magazines, radios, etc?

	A lot	Never	Sometimes
Urban youths	247	96	231
Rural youths	183	121	190

247 Urban youths said During the past 30 days, they have seen a lot of anti smoking media messages either in TV, bill boards, posters, magazines, radios, etc, 96 said they have never seen any thing and 231 said they sometimes they have seen. 183 rural youths said During the past 30 days, they have seen a lot of anti smoking media messages either in TV, bill boards, posters, magazines, radios, etc, 121 said they have never seen any thing and 190 said they sometimes they have seen.

Question 5 (b)

When you go for sport events, fairs, concerts, community events or social gatherings, how often do you see anti smoking messages?

	A lot	Never	Sometimes
Urban youths	156	176	242
Rural youths	170	166	196

156 Urban youths said when they go for sport events, fairs, concerts, community events or social gatherings, .they do see a lot of anti smoking messages, 176 never seen any and 242 sometimes see a lot of anti smoking messages. 170 Rural youths said when they go for sport events, fairs, concerts, community events or social gatherings, .they do see a lot of anti smoking messages, 166 never seen any and 196 sometimes see a lot of anti smoking messages

Question 5 (c)

When you watch TV, video or movies, how often do you see actors smoking?

	A lot	Never	Sometimes
Urban youths	306	47	209
Rural youths	263	40	199

306 Urban youths said when they watch TV, video or movie, .they do see a lot of actors smoking, 47 never seen any and 209 sometimes see actors smoking. 263 Urban youths said when they watch TV, video or movie, .they do see a lot of actors smoking, 47 never seen any and 209 sometimes see actors smoking

Question 5 (d)

Has a cigarette representative ever offered you a free cigarette?

	Yes	No
Urban youths	131	432
Rural youths	102	396

131 urban youths said a cigarette representative has offered them a free cigarette and 432 said no cigarette representative ever offered them a free cigarette. 102 rural youths said a cigarette representative has offered them a free cigarette and 396 said no cigarette representative ever offered them a free cigarette.

SECTION SIX: KNOWLEDGE ABOUT SMOKING IN SCHOOL

Question 6 (a)

Were you taught in any of your classes about the dangers of smoking?

	Yes	No
Urban youths	478	85
Rural youths	365	43

478 urban youths said they have been taught in some of their classes about the dangers of smoking and 85 said they have never been taught. 365 rural youths said they have been taught in some of their classes about the dangers of smoking and 43 said they have never been taught

SECTION SEVEN: BACKGROUND INFORMATION

Question 7 (a)

How old are you?

	Age (years)			
	>12	13-15	16	17<
Urban youths	11	73	221	374
Rural youths	09	29	183	273

11 urban youths said they were less than 12 years old, 73 said they were between 13 and 15 years old, 221 said they were 16 years old and 374 said they were 17 years old or above. 09 rural youths said they were less than 12 years old, 29 said they were between 13 and 15 years old, 183 said they were 16 years old and 273 said they were 17 years old or above.

Question 7 (b)

What is your sex?

	Male	Female
Urban youths	296	265
Rural youths	291	199

296 respondents of the urban youths were males and 265 were female while 291 of the rural youths were males and 199 were females.

Question 7 (c)

If you are a student, in what class/form are you?

	Classes /form			
	1-4	4-5	6	7
Urban youths	71	50	80	251
Rural youths	38	31	79	170

71 urban youths said they were between classes 1-4, 50 said they were between classes 4 and 5, 80 said they were in class six and 251 were in the 7th form. 38 rural youths said they were between classes 1-4, 31 said they were between classes 4 and 5, 79 said they were in class six and 170 were in the 7th form

Question 7 (d)

If you are not a student, what do you do in life?

	Activity							Technicians
	Traders	others	Farmers	Craft men	Teachers	Drivers	Officers	
Urban youths	11	34	-	-	12	20	07	24
Rural youths	22	62	11	9	21	13	25	49

11 urban youths said they were traders, none said they were farmers or craft men, 12 said they were teachers, 20 said they were drivers, 7 were officers, 24 said they were technicians and there were 34 other respondents from different professions. 22 rural youths said they were traders, 11 were farmers, 09 were craft men, 21 said they were teachers, 13 said they were drivers, 25 were officers, 49 said they were technicians and 62 others also responded to the questionnaires in rural areas.

DISCUSSIONS AND RECOMMENDATIONS