

# new zealand youth tobacco monitor

## New Zealand Youth Tobacco Monitor 2018: Information for people working with schools

### What is the NZYTM?

The New Zealand Youth Tobacco Monitor (NZYTM) is a national school-based monitor that comprises the ASH Year 10 Snapshot Survey and the Health Promotion Agency's Youth Insights Survey (YIS). It is used to gain smoking prevalence data for Year 10 students, in-depth information on smoking behaviours, attitudes and associated risk factors, as well as youth culture and lifestyles. The NZYTM forms part of the Ministry of Health's public health monitoring programme and in recent years has informed evidence-based policies such as banning tobacco retail displays and increasing tobacco tax.

In 2018, the NZYTM comprises two parts

- The **ASH Year 10 Snapshot**, an annual survey of around 30,000 Year 10 students throughout New Zealand.
- HPA's **Youth Insights Survey (YIS)**, conducted every two years with around 3,000 Year 10 students throughout New Zealand.

#### **ASH Year 10 Snapshot**

- Has been running since 1999.
- Provides a valuable and robust insight into youth smoking to help us better understand youth tobacco use and attitudes.
- Conducted annually.
- 30,000 Year 10 students take part.
- One-page (two-sided) questionnaire.
- Takes approximately 10 minutes to complete.
- Administered in class by the class teacher.

#### **Youth Insights Survey (YIS)**

- Has been running since 2006.
- Collects data on smoking-related knowledge, attitudes and behaviour, as well as students' interests and lifestyles. It monitors the broad spectrum of risk and protective factors that relate to smoking uptake among young people.
- Conducted every two years.
- 3,000 year 10 students take part.
- 28-page booklet-style questionnaire.
- Takes one class period to administer.
- Administered in the class by a fieldworker from Research New Zealand.

## **What is the information used for?**

The NZYTM helps to inform and evaluate policy and activities to reduce tobacco use, such as recent laws to ban tobacco retail displays and increase tobacco tax. Each year, ASH provides school-level smoking prevalence figures to schools participating in the ASH Year 10 Snapshot and provides regional breakdowns where possible. The results are widely reported by media and in published research in New Zealand and internationally.

Findings from previous surveys are available at <http://www.ash.org.nz/the-evidence/we-produce/ash-year-10-snapshot-survey/> and <http://www.hpa.org.nz/research-library/research-publications>.

## **Which survey do schools get invited to participate in?**

All schools with Year 10 students are invited to participate in the ASH Year 10 Snapshot. Instructions for administering the survey are provided to class teachers who then run it in a way that works for the school. Teachers administer the survey with all Year 10 classes in the school. For the Youth Insights Survey, a random selection of schools throughout New Zealand has been invited to participate.

## **How can health promoters encourage schools in their area to participate?**

Please speak with your main contact at each school to follow up with the principal about the NZYTM letter sent out in early April 2018. When schools consent to participate they can choose to share their school-level ASH Snapshot data with public health workers in their regions. You may wish to encourage principals to participate in the Snapshot survey so that their school's information can be released to you.

## **Can you find out about which schools are participating?**

To protect confidentiality and meet ethical obligations, it is not possible to disclose the names of participating schools and which survey they have been invited to take part in. If you want to know whether a school in your region is participating in the survey you will need to speak with the school directly. ASH can advise on which schools they have not heard back from yet regarding whether or not they consent to participate. You can then encourage those schools to return their consent forms.

## How do schools and students consent to take part?

ASH will be in touch to gain written consent from principals or deputy principals to participate in the ASH Year 10 Snapshot. Schools selected to take part in the Youth Insights Survey will be contacted by a fieldwork provider.

Reminders will be sent to schools that have not returned consent forms. If a school has not received, or has lost the letter of invite, ask them to contact Sicily Sunseri at the Health Promotion Agency.

Parental consent is not sought as the questionnaires are anonymous. On the day, students can choose whether or not to participate.

Schools are given an insert for their school newsletters that provides information about the survey to parents. It is recommended that this notice be included in a newsletter at least two weeks before the school undertakes the survey.

Ethical approval for this study has been granted by the Ministry of Health's Health and Disability Ethics Committee (Number MEC/07/10/141).

## Key dates

- April 2018: Principals of all New Zealand schools with year 10 students receive a letter informing them of the upcoming NZYTM.
- April to May 2018: Schools are contacted to ask for consent to participate.
- April to May 2018: Questionnaire packs are delivered to consenting schools.
- 21 May to 6 July 2018: Schools undertake the ASH Year 10 Snapshot and/or the Youth Insights Survey.
- 1 August 2018: Last date to return completed questionnaires.

Schools will receive their school-level smoking data from ASH in early 2017, provided that they have returned the surveys to ASH by the due date. If there are fewer than ten students in Year 10 at a school, the school-level prevalence figures are not provided to protect the anonymity of those students.

## More information

If you would like any other information, or copies of information provided to schools, please contact the NZYTM Project Manager, Sicily Sunseri, at HPA by email [s.sunseri@hpa.org.nz](mailto:s.sunseri@hpa.org.nz).