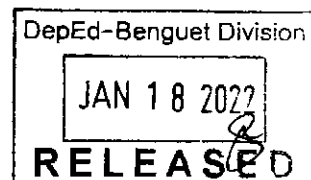




Republic of the Philippines
Department of Education
Cordillera Administrative Region
Schools Division of Benguet



Date: January 18, 2022

DIVISION MEMORANDUM

No. 19 s. 2022

**TO: All District Supervisors / Coordinating Principals
All School Heads
All others concerned**

**SUBJECT: CONDUCT OF SURVEY FOR THE PREVALENCE OF SMOKING AT
THE MUNICIPALITY AND THE PROVINCIAL LEVEL IN
BENGUET.**

1. In support of the initiative of Transcending Institution and Communities, Inc. (TICI) to gather data for the prevalence of smoking at the municipality and provincial level in Benguet as a basis for the program planning and possible policy formation, all district supervisors / coordinating principals and all school heads are enjoined to assist on the administration of the questionnaire through manual distribution or via online questionnaire through google forms.
2. The questionnaires will be provided by the Transcending Institution and Communities, Inc. (TICI).
3. The link for the online questionnaire is <https://tinyurl.com/SmokeFreeBenguet>.
4. For information and compliance.

GLORIA B. BUYA-AO
Schools Division Superintendent



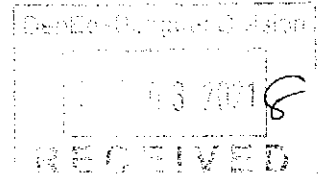
Address: Wangal, La Trinidad, Benguet
Telephone Number: (074) 422-6570
Email: benguet@deped.gov.ph
Facebook Page: DepEd Tayo Benguet





December 1, 2021

MS. GLORIA B. BUYA-AO
 Schools Division Superintendent
 Department of Education – CAR
 Schools Division of Benguet
 Wangal, La Trinidad, Benguet



Dear Mam Gloria,

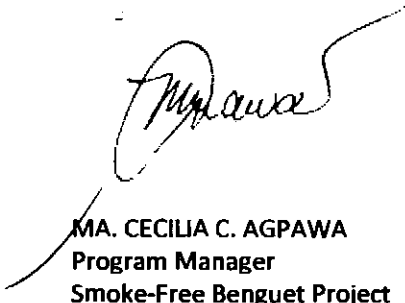
Transcending Institutions and Communities Inc., is a technical provider in the implementation of the smoke free program in the province of Benguet. We are working in close coordination with the Provincial Health Office and the 13 municipalities of Benguet. One of our commitment to the project is the conduct of survey among the youth of Benguet. The Survey aims to look at the prevalence of smoking at the municipal and the provincial level in Benguet. The data that will be gathered will be used as basis for the program planning and possible policy formation.

In this regard may we please request that you allow us to conduct the survey to students aged 13-15 years old. We will be bringing the questionnaires to the schools and pick them up as well. Our initial request of conducting the survey via Google Survey was granted however on 32 responses were received due to internet access challenges for our students.

Rest assured that all personal data will not be published and Transcend will report to your office once survey results are out.

Thank you so much and looking forward for a Smoke-Free Benguet!

Best regards,



MA. CECILIA C. AGPAWA
 Program Manager
 Smoke-Free Benguet Project

SMOKE-FREE BENGUET

Sample Size for Global Youth Tobacco Survey for Benguet

Municipality	Total Youth Population	Sample Size
Tuba	9,402	370
La Trinidad	33,684	380
Sablan	1,162	289
Itogon	11,154	372
Buguias	9,763	370
Kibungan	3,834	350
Kabayan	3,018	341
Kapangan	3,541	347
Bokod	2,751	338
Atok	3,945	351
Bakun	3,374	345
Mankayan	7,032	365
Tublay	3,294	345

Tuba

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Sample Size for Frequency in a Population

Population size (for finite population correction factor or fpc)(N): 9402
 Hypothesized % frequency of outcome factor in the population (p): 50%
 Confidence limits as % of 100 (absolute +/- %)(d): 5%
 Design effect (for cluster surveys-DEFF): 1
Sample Size(n) for Various Confidence Levels

Confidence Level(%)	Sample Size
95%	370
80%	162
90%	264
97%	449
99%	620
99.5%	972
99.99%	1305

Equation

Sample size $n = [DEFF * N * p(1-p)] / [(d^2 / Z^2 * 1.42 * (N-1) * p * (1-p))]$

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La Trinidad

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Sample Size for Frequency in a Population

Population size (for finite population correction factor or fpc)(N): 33684
 Hypothesized % frequency of outcome factor in the population (p): 50%
 Confidence limits as % of 100 (absolute +/- %)(d): 5%
 Design effect (for cluster surveys-DEFF): 1
Sample Size(n) for Various Confidence Levels

Confidence Level(%)	Sample Size
95%	380
80%	164
90%	269
97%	465
99%	653
99.5%	1050
99.99%	1450

Equation

Sample size $n = [DEFF * N * p(1-p)] / [(d^2 / Z^2 * 1.42 * (N-1) * p * (1-p))]$

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Sample Size for Frequency in a Population

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Sample Size for Frequency in a Population

Population size (for finite population correction factor or fpc)(N): 1162
 Hypothesized % frequency of outcome factor in the population (p): 50% = .5
 Confidence limits as % of 100 (absolute - + %)(d): 5%
 Design effect (for cluster surveys-DEFF): 1

Sample Size(n) for Various Confidence Levels

Confidence Level(%)	Sample Size
95%	289
80%	145
90%	220
97%	336
99%	423
99.99%	561
99.99%	658

Equation

Sample size $n = [DEFF * N * p * (1-p)] / [(d^2 / Z_{1-\alpha/2}^2 * (N-1) * p * (1-p))]$

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Sample Size for Frequency in a Population

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Sample Size for Frequency in a Population

Population size (for finite population correction factor or fpc)(N): 11154
 Hypothesized % frequency of outcome factor in the population (p): 50% = .5
 Confidence limits as % of 100 (absolute - + %)(d): 5%
 Design effect (for cluster surveys-DEFF): 1

Sample Size(n) for Various Confidence Levels

Confidence Level(%)	Sample Size
95%	372
80%	162
90%	265
97%	452
99%	627
99.99%	986
99.99%	1234

Equation

Sample size $n = [DEFF * N * p * (1-p)] / [(d^2 / Z_{1-\alpha/2}^2 * (N-1) * p * (1-p))]$

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Sample Size for Frequency in a Population

Buguias

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Sample Size for Frequency in a Population

Population size (for finite population correction factor or fpc)(N): 9762
 Hypothesized % frequency of outcome factor in the population (p): 50%
 Confidence limits as % of 100(absolute -- %)(G): 5%
 Design effect (for cluster surveys--DEFF): 1

Sample Size(n) for Various Confidence Levels

Confidence Level(%)	Sample Size
95%	370
80%	162
90%	264
97%	450
99%	622
99.9%	975
99.99%	1311

Equation

Sample size $n = [DEFF * N * p(1-p)] / [(d^2 / Z^2)_{1-\alpha/2} * (N-1) + p(1-p)]$

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Sample Size for Frequency in a Population

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Sample Size for Frequency in a Population

Population size (for finite population correction factor or fpc)(N): 2874
 Hypothesized % frequency of outcome factor in the population (p): 50%
 Confidence limits as % of 100(absolute -- %)(G): 5%
 Design effect (for cluster surveys--DEFF): 1

Sample Size(n) for Various Confidence Levels

Confidence Level(%)	Sample Size
95%	350
80%	158
90%	253
97%	420
99%	566
99.9%	845
99.99%	1086

Equation

Sample size $n = [DEFF * N * p(1-p)] / [(d^2 / Z^2)_{1-\alpha/2} * (N-1) + p(1-p)]$

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Sample Size for Frequency in a Population

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Sample Size for Frequency in a Population

Population size (for finite population correction factor or fpc)(N): 3018
 Hypothesized % frequency of outcome factor in the population (p): 50% = .5
 Confidence limits as % of 100(absolute) = % (d): 5%
 Design effect (for cluster surveys-DEFF): 1

Sample Size(n) for Various Confidence Levels

Confidence Level(%)	Sample Size
95%	341
80%	156
90%	249
97%	408
99%	545
99.9%	798
99.99%	1009

Equation

Sample size $n = (DEFF * N * p(1-p)) / ((d^2 / Z_{1-\alpha/2}^2 * (N-1) + p * (1-p))$

Results from OpenEpi, Version 3, open source calculator--SSPropor
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Sample Size for Frequency in a Population

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Start Enter **Results** Examples Help

Sample Size for Frequency in a Population

Population size (for finite population correction factor or fpc)(N): 3541
 Hypothesized % frequency of outcome factor in the population (p): 50% = .5
 Confidence limits as % of 100(absolute) = % (d): 5%
 Design effect (for cluster surveys-DEFF): 1

Sample Size(n) for Various Confidence Levels

Confidence Level(%)	Sample Size
95%	347
80%	157
90%	252
97%	416
99%	559
99.9%	830
99.99%	1061

Equation

Sample size $n = (DEFF * N * p(1-p)) / ((d^2 / Z_{1-\alpha/2}^2 * (N-1) + p * (1-p))$

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Sample Size for Frequency in a Population

Bakun

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Sample Size for Frequency in a Population

Population size (for finite population correction factor or fpc)(N): 3374
 Hypothesized % frequency of outcome factor in the population (p): 50%
 Confidence limits as % of 100(absolute -- %)(d): 5%
 Design effect (for cluster surveys-DEFF): 1

Confidence Level(%)	Sample Size
95%	345
80%	157
90%	251
97%	414
99%	555
99.9%	820
99.99%	1046

Equation

Sample size $n = [DEFF * N * p(1-p)] / [(d^2 / Z^2) * 1 - d^2 * (N-1) * p * (1-p)]$

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Sample Size for Frequency in a Population

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Start Enter **Results** Examples Help

Sample Size for Frequency in a Population

Population size (for finite population correction factor or fpc)(N): 7032
 Hypothesized % frequency of outcome factor in the population (p): 50%
 Confidence limits as % of 100(absolute -- %)(d): 5%
 Design effect (for cluster surveys-DEFF): 1

Confidence Level(%)	Sample Size
95%	365
80%	161
90%	261
97%	442
99%	607
99.9%	939
99.99%	1247

Equation

Sample size $n = [DEFF * N * p(1-p)] / [(d^2 / Z^2) * 1 - d^2 * (N-1) * p * (1-p)]$

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Sample Size for Frequency in a Population

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Sample Size for Frequency in a Population

Population size (for finite population correction factor or fpc)(N): 3294
 Hypothesized % frequency of outcome factor in the population (p): 50% → .5
 Confidence limits as % of 100(absolute + - %)(d): 5%
 Design effect (for cluster surveys-DEFF): 1

Sample Size(n) for Various Confidence Levels

Confidence Level(%)	Sample Size
95%	345
80%	157
90%	251
97%	413
99%	553
99.9%	816
99.99%	1038

Equation

$$\text{Sample size } n = \frac{[DEFF \cdot N \cdot p(1-p)]}{[(d^2/Z_{1-\alpha/2}^2 \cdot (N-1) + p(1-p))]}$$

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Sample Size for Frequency in a Population

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Age: _____

Municipality: _____

Student Out of School Youth

Gender: Male Female

Barangay: _____

Directions:

Encircle the letter of your choice clearly. If you change your answer, erase your old answer completely.

CONSENT:

This survey is completely voluntary. There are no negative consequences if you don't want to take it. Your participation is completely voluntary. If you start the survey, you can always change your mind and stop at any time. The Survey aims to look at the prevalence of smoking at the municipal and the provincial level in Benguet. The data that will be gathered will be used as basis for the program planning and possible policy formation. Rest assured that your personal data will not be published. By answering the requested data you will help us to see the current status of the youth in the province of Benguet in terms of smoking, vaping and use of momma. Thank you

Do you agree to participate in the survey?

- A. Yes
- B. No

1. Are you aware that you have an anti-smoking ordinance or law?

- A. Yes
- B. No

THE NEXT QUESTIONS ASK ABOUT YOUR USE OF TOBACCO

2. Have you ever tried cigarette smoking, even one or two puffs?

- C. Yes
- D. No

3. How old were you when you first tried a cigarette?

- A. I have never smoked cigarettes
- 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

4. During the past 30 days (one month), 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

4. During the past 30 days (one month), on the days you smoked, how many cigarettes did you usually smoke?

- A. I did not smoke cigarettes during the past 30 days (one month)
- 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

6. During the past 30 days (one month), how did you get your own cigarettes most often? (SELECT ONLY ONE RESPONSE)

- A. I did not smoke cigarettes during the past 30 days (one month)
- B. I bought them in a store or a shop
- C. I gave someone else money to buy them for me
- D. I borrowed them from someone else
- E. I stole them
- F. An older person gave them to me
- G. I got them some other way

7. During the past 30 days (one month), what brand of cigarettes did you smoke most often? (SELECT ONLY ONE RESPONSE)

- A. I did not smoke cigarettes during the past 30 days
- B. Mixture of various brands
- C. Marlboro
- D. Hope
- E. Winston
- F. Fortune
- G. Black Bat
- H. DJ Mix
- I. Others, pls. specify (_____)

8. During the past 30 days (one month), did you buy cigarettes by yourself for your own use?

- A. I did not buy cigarettes during the past 30 days
- B. Generally I buy 1 cigarette at a time

- C. Generally I buy 2-3 cigarettes at a time
- D. Generally I buy 4-5 cigarettes at a time
- E. Generally I buy a pack of 10 cigarettes at a time
- F. Generally I buy a pack of 20 cigarettes at a time

9. How much do you usually pay for a pack of 20 cigarettes that you smoke?

- A. I don't smoke cigarettes
- B. I only buy cigarettes per stick
- C. 20-30 pesos for 1 pack of 20 cigarettes
- D. 30-40 pesos for 1 pack of 20 cigarettes
- E. 40-50 pesos for 1 pack of 20 cigarettes
- F. 50- 60 pesos for 1 pack of 20 cigarettes
- G. More than 60 pesos for 1 pack of 20 cigarettes

10. During the past 30 days (one month) how much did you spend on cigarettes?

- A. I don't smoke cigarettes
- B. I smoke cigarettes but I don't buy my cigarettes
- C. Less than 10 pesos
- D. 10 to 20 pesos
- E. 21 to 40 pesos
- F. 41 to 60 pesos
- G. 61 to 100 pesos
- H. More than 100 pesos

11. In a usual month (30 days) how much allowance (baon) do you get?

- A. I don't receive any allowance (baon)
- B. Less than 50 pesos
- C. 50 to 80 pesos
- D. 80 to 100 pesos
- E. 100 to 150 pesos
- F. 150 to 200 pesos
- G. More than 200 pesos

12. During the past 30 days (one month), did any storeowner/keeper refused to sell you cigarettes because of your age?

- A. I did not try to buy cigarettes during the past 30 days
- B. I tried to buy cigarettes at a store but the storeowner/keeper refused to sell me cigarettes because of my age
- C. I tried to buy cigarettes at a store but the storeowner/keeper sold it to me

12. During the past 30 days (one month), have you ever used any form of tobacco products other than cigarettes (e.g. chewing tobacco, "ped-ped" snuff, dip, cigars, cigarillos, little cigars, pipe)?

- A. Yes
- B. No

13. Where do you smoke most often? (SELECT ONLY ONE RESPONSE)

- A. I have never smoked cigarettes
- B. At home
- C. Inside school premises
- D. Outside school premises
- E. At friends' places
- F. At social events (e.g. clubs, bars, café's)
- G. In public places (e.g. in town, streets, beach, near shops)
- H. Other

14. Do you ever smoke a cigarette or feel like smoking a cigarette first thing in the morning?

- A. I have never smoked cigarettes
- B. I no longer smoke cigarettes
- C. No, I don't smoke or feel like smoking a cigarette first thing in the morning
- D. Yes, I sometimes smoke or feel like smoking a cigarette first thing in the morning
- E. Yes, I always smoke or feel like smoking a cigarette first thing in the morning

THE NEXT 17 QUESTIONS ASK ABOUT YOUR KNOWLEDGE AND ATTITUDES TOWARD TOBACCO.

15. Do your parents (or step parents/guardians who stay at your home) smoke?

- A. None
- B. All
- C. Father or stepfather only
- D. Mother or stepmother only
- E. I don't know

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

- A. Definitely not
- B. Probably not
- C. Probably yes
- D. Definitely yes

17. Has anyone in your family discussed the harmful effects of smoking with you?
- Yes
 - No
18. Do you think you will smoke a cigarette at any time during the next 12 months?
- Definitely not
 - Probably not
 - Probably yes
 - Definitely yes
19. Do you think you will be smoking cigarettes 5 years from now?
- Definitely not
 - Probably not
 - Probably yes
 - Definitely yes
20. Do you think it would be difficult to quit once someone has started smoking?
- Definitely not
 - Probably not
 - Probably yes
 - Definitely yes
21. Do you think boys who smoke cigarettes have more or less friends?
- More friends
 - Less friends
 - No difference from non-smokers
22. Do you think girls who smoke cigarettes have more or less friends?
- More friends
 - Less friends
 - No difference from non-smokers
23. Does smoking cigarettes help people feel more or less comfortable at celebrations, parties, or in other social gatherings?
- More comfortable
 - Less comfortable
 - No difference from non-smokers
24. Do you think smoking cigarettes makes boys look more or less attractive?
- More attractive
 - Less attractive
 - No difference from non-smokers

25. Do you think smoking cigarettes makes girls look more or less attractive?
- More attractive
 - Less attractive
 - No difference from non-smokers
26. Do you think that smoking cigarettes makes you gain or lose weight?
- Gain weight
 - Lose weight
 - No difference
27. Do you think cigarette smoking is harmful to your health?
- Definitely not
 - Probably not
 - Probably yes
 - Definitely yes
28. Do any of your closest friends smoke cigarettes?
- None of them
 - Some of them
 - Most of them
 - All of them
29. When you see a man smoking what do you think of him? (SELECT ONLY ONE RESPONSE)
- He lacks confidence
 - He is stupid
 - He is a loser
 - He is successful
 - He is intelligent
 - He is a 'real man'
 - He is a victim
30. When you see a woman smoking, what do you think of her? (SELECT ONLY ONE RESPONSE)
- She lacks confidence
 - She is stupid
 - She is a loser
 - She is successful
 - She is intelligent
 - She is sophisticated
 - She is a victim

st year, have you ever tried to stop sm
ever smoked cigarettes
t smoke during the past year

did you stop smoking?
ever smoked cigarettes
ot stopped smoking
opped smoking 1-3 months ago
opped smoking 4-11 months ago
opped smoking 1 year ago
opped smoking 2 years ago
opped smoking 3 years ago or longer

main reason you decided to stop smokin
ever smoked cigarettes
ot stopped smoking
ove my health
money
my family does not like it
my friends don't like it

ou would be able to stop smoking if you
ever smoked cigarettes
ready stopped smoking cigarettes

received help or advice to help you stop s
ever smoked cigarettes
a program or professional
a friend
a family member
both programs or professionals and from

31. Do you think it is safe to smoke 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

THE NEXT 4 QUESTIONS ASK ABOUT YOUR EXPOSURE TO OTHER PEOPLE'S SMOKING

32. Do you think the smoke from other people's cigarettes is harmful to you?
- A. Definitely not
 - B. Probably not
 - C. Probably yes
 - D. Definitely yes
33. During the past 7 days, on how many days have people smoked in your home, in your presence?
- A. 0
 - B. 1 to 2
 - C. 3 to 4
 - D. 5 to 6
 - E. 7
34. During the past 7 days, on how many days have people smoked in your presence, outside your home?
- A. 0
 - B. 1 to 2
 - C. 3 to 4
 - D. 5 to 6
 - E. 7

35. Are you in favor of **banning smoking in enclosed public places** (such as in restaurants, buses, schools, gyms and sports arenas, discos)?
- A. Yes in all enclosed places without exceptions
 - B. Yes in all enclosed places, but allowing for designated areas for smokers
 - C. No

THE NEXT 6 QUESTIONS ASK ABOUT YOUR ATTITUDE TOWARDS STOPPING SMOKING

36. Do you want to stop smoking now?
- A. I have never smoked cigarettes
 - B. Yes
 - C. No

37. During the past year, have you ever tried to stop smoking cigarettes?
- A. I have never smoked cigarettes
 - B. I did not smoke during the past year
 - C. Yes
 - D. No

38. How long ago did you stop smoking?
- A. I have never smoked cigarettes
 - B. I have not stopped smoking
 - C. I have stopped smoking 1-3 months ago
 - D. I have stopped smoking 4-11 months ago
 - E. I have stopped smoking 1 year ago
 - F. I have stopped smoking 2 years ago
 - G. I have stopped smoking 3 years ago or longer

39. What was the main reason you decided to stop smoking? (SELECT ONE RESPONSE ONLY)
- A. I have never smoked cigarettes
 - 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 don't like it
 - G. Other

40. Do you think you would be able to stop smoking if you wanted to?
- A. I have never smoked cigarettes
 - B. I have already stopped smoking cigarettes
 - C. Yes
 - D. No

41. Have you ever received help or advice to help you stop smoking? (SELECT ONLY ONE RESPONSE)
- A. I have never smoked cigarettes
 - 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

42. Do your parents know that you smoke cigarettes?

- A. I do not smoke cigarettes
- B. Yes
- C. No

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

43. During the past 30 days (one month), how many anti-smoking media messages (e.g., on the Internet, social media, TV, radio, Billboards, posters, newspapers, magazines, movies) have you seen or heard?

- A. A lot
- B. A few
- C. None

44. When you go to sports events, fairs, concerts, community events, or social gatherings, how often do you see anti-smoking messages?

- A. I never go to sports events, fairs, concerts, community events, or social gatherings
- B. A lot
- C. Sometimes
- D. Never

45. When you watch TV, videos, or movies, how often do you see actors smoking?

- A. I never watch TV, videos, or movies
- B. A lot
- C. Sometimes
- D. Never

46. Do you have something (t-shirt, pen, backpack, etc.) with a cigarette brand logo on it?

- A. Yes
- B. No

47. During the past 30 days (one month), when you watched sports events or other programs on TV how often did you see cigarette brand names (e.g. marlboro)?

- A. I never watch TV
- B. A lot
- C. Sometimes
- D. Never

48. During the past 30 days (one month), how many advertisements for cigarettes have you seen in Benguet (painted on cars, posted on stores, in newspapers or magazines)?

- A. A lot
- B. A few
- C. None

49. During the past 30 days (one month), how many advertisements or promotions for cigarettes have you seen in newspapers or magazines in Baguio?

- A. A lot
- B. A few
- C. None

50. When you go to sports events, fairs, concerts, or community events in Baguio how often do you see advertisements for cigarettes?

- A. I never attend sports events, fairs, concerts, or community events
- B. A lot
- C. Sometimes
- D. Never

51. Has someone working for cigarette companies ever offered you a free cigarette?

- A. Yes
- B. No

THE NEXT 4 QUESTIONS ASK ABOUT WHAT WAS IS DISCUSSED ABOUT SMOKING IN SCHOOL

52. In school, has a teacher or any other person ever talked in class about the dangers of smoking?

- A. Yes
- B. No
- C. Not sure

53. Was there any discussion in any of your classes about the reasons why people of your age smoke?

- A. We did not have lessons on smoking
- B. Yes, we had lessons on smoking and were told on reasons why young people smoke
- C. We had lessons on smoking but were not told on reasons why young people smoke
- D. Not sure

(one month), on the days you vaped, I

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vape and vape juice?

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