

# new zealand youth tobacco monitor

## New Zealand Youth Tobacco Monitor 2020: Information for people working with schools

### What is the NZYTM?

The 2020 New Zealand Youth Tobacco Monitor (NZYTM) is a national school-based monitor that comprises the ASH Year 10 Snapshot Survey. It is used to get, for Year 10 students, smoking and vaping (e-cigarette use) prevalence data and information on access to tobacco and e-cigarettes/vapes, smoking susceptibility and exposure to second-hand smoke. The NZYTM forms part of the HPA'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 2020, the NZYTM involves the **ASH Year 10 Snapshot**, an annual survey of around 30,000 Year 10 students throughout New Zealand.

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

- Provides a valuable and robust insight into youth smoking to help us better understand youth tobacco use and attitudes.
- Conducted annually.
- Has been running since 1999.
- 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.

### 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 [https://www.ash.org.nz/ash\\_year\\_10](https://www.ash.org.nz/ash_year_10) and <https://www.hpa.org.nz/our-work/research/publications>.

### **Which schools get invited to participate?**

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.

### **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 2020. 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. Sally Wong at ASH (contact details below) 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.

ASH sends reminders to schools that have not returned consent forms. If a school has not received, or has lost the invitation letter, ask them to contact Niveditha Gurram at HPA (contact details below).

Parental consent is not sought for the ASH Year 10 Snapshot as the questionnaires are anonymous and confidential, and because the consent of the principals as 'responsible adults' is considered sufficient.

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.

Students can choose whether or not to take part.

At an individual level, the questionnaires remain anonymous and confidential to protect the privacy of students' responses. The results may also be shared with local Public Health Unit (PHU) if consent is obtained (this is part of the consent form process). The only exception is for schools with fewer than 10 students completing the questionnaire (in order to protect anonymity). Schools participating in the research will not be named or identified in any form in any published reports.

Ethical approval for this study has been granted by the Ministry of Health's Health and Disability Ethics Committee.

### **Key dates**

- March to April 2020: Principals of all New Zealand schools with Year 10 students receive a letter informing them of the upcoming NZYTM.
- April to May 2020: Schools are contacted to ask for consent to participate.
- May 2020: Questionnaire packs are delivered to consenting schools.
- 25 May to 3 July 2020: Schools undertake the ASH Year 10 Snapshot.
- 5 August 2020: Last date to return completed questionnaires.

Schools will receive their school-level smoking results from ASH in early 2020, provided that they have returned the surveys to ASH by the due date.

### **More information**

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For more information on the New Zealand Youth Tobacco Monitor (NZYTM) visit [www.hpa.org.nz/what-we-do/nzytm](http://www.hpa.org.nz/what-we-do/nzytm)