

Tobacco Use



Tobacco use is considered the leading preventable cause of death in the United States with an estimated 18% of all deaths attributed to tobacco use. If current patterns of smoking behavior persist, an estimated 24,000 Idaho youth are projected to die prematurely from

smoking-related illnesses.

2015 was the first year that questions were asked about electronic vapor products (e-cigarettes). Electronic vapor products do not contain tobacco, but do provide nicotine to the user in the form of a vapor or mist. Currently, one in four Idaho high school students (25%) are current e-cigarette users. One in three students (30%) used some form of tobacco or an e-cigarette during the past 30 days indicating that some students are using both e-cigarettes and tobacco products.

Tobacco use questions in the 2015 Idaho Youth Risk Behavior Survey (YRBS) measured smoking experimentation, current smoking patterns, age of initiation, and attempts to quit smoking. In addition to questions about cigarette smoking, the YRBS includes measures associated with chewing tobacco, cigars and for the first time, electronic vapor products (e-cigarettes).

Although the proportion of students who have ever tried smoking decreased in 2015, 31% of students have tried smoking at least once during their lifetime (Chart 1). On a positive note, current smoking (defined as having smoked on one or more of the previous 30 days) prevalence among Idaho teens continues

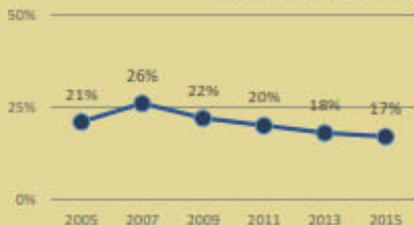
Chart 1: Percentage of Idaho students who ever tried cigarette smoking, even one or two puffs (2005-2015 Idaho YRBS)



Chart 2: Percentage of Idaho students who smoked cigarettes on one or more of the past 30 days (i.e., Current Smoker) (2005-2015 Idaho YRBS)



Chart 3: Percent of Idaho students who used any form of tobacco (cigarettes, cigars, or smokeless tobacco) during the past 30 days (2005-2015 Idaho YRBS)



to decrease significantly from 19% in 2001 to 10% in 2015 (Chart 2). The proportion of high school students in Idaho who smoked on 20 or more of the previous 30 days (i.e., frequent smokers) decreased slightly from 4% in 2013 to 3% in 2015.

Among students who currently smoke, 48% tried to quit at least once during the past 12 months. The use of chewing tobacco decreased significantly from 12% in 2007 to 8% in 2015. While chewing tobacco is predominately used by male students (14% of male students used chewing tobacco in the previous 30 days), 2% of female students also used chewing tobacco in the previous month. In addition to cigarettes and chewing tobacco, 8% of students smoked a cigar, and 17% of students used some form of tobacco during the previous 30 days (includes cigarettes, chew, snuff, dip, cigars, cigarillos, or little cigars) (Chart 3).

The following questions can be used to start a conversation in the school community about ways to prevent tobacco use among the student population.

- 1) How do these rates compare with what we see among our own students?
- 2) Is tobacco use a key discipline or attendance issue in our school or district?
- 3) How strong are our tobacco use policies? Are these policies properly implemented, enforced, and communicated to the school community?
- 4) How can we better educate our students and staff on tobacco use, prevention, and cessation?
- 5) Do we take part in tobacco prevention events, such as Kick Butts Day or the Great American Smokeout?
- 6) How can we improve our tobacco cessation services to students and staff?
- 7) How can we better educate families about tobacco use and inform them about community resources around prevention and cessation?
- 8) What are our goals around tobacco use and how can we achieve them?

For
additional
information or
a full copy of the
2015 Idaho YRBS
Report contact
Lisa Kramer at
208.332.6947

2015 Idaho YRBS Results Tobacco Use

Among Idaho students ...

E-cigarette Use

25% used an electronic vapor product during the previous 30 days (includes e-cigarettes, e-cigars, e-pipes, vapo pipes, vaping pens, e-hookahs, and hookah pens)

Ever Tried Smoking

- 31% have tried cigarette smoking, even one or two puffs, at least once during their lifetime

Age of Initiation

- 6% smoked a whole cigarette for the first time before age 13

Current Smoking

(Current smoking is defined as having smoked cigarettes on one or more of the previous 30 days)

- 10% are current smokers with no difference between the smoking rate among male and female students

Frequent Smoking

(Frequent smoking is defined as having smoked cigarettes on 20 or more of the previous 30 days)

- 3% are considered frequent smokers

Youth Access

- 12% of students (under age 18 who report current cigarette use) usually got their own cigarettes by purchasing them in a store or gas station

Smoking Cessation

- Who reported current cigarette use, 48% tried to quit smoking at least once during the previous 12 months

Chewing Tobacco

- 14% of male students used chewing tobacco one or more of the previous 30 days

Any Tobacco Use

- 17% used some form of tobacco during the previous 30 days (includes cigarettes, chew, snuff, dip, cigars, cigarillos, or little cigars)

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