

TOBACCO USE

CIGARETTE SMOKING

OREGON BENCHMARKS ¹ YEAR 2000 GOALS

Reduce the percentage of eleventh graders who smoke to: 5%

U.S. HEALTHY PEOPLE ² YEAR 2000 GOALS

- 3.5 Reduce the initiation of cigarette smoking by children and youth so that no more than 15 percent have become regular cigarette smokers by age 20.
 - 3.8 Reduce the proportion of children aged 6 and younger who are regularly exposed to tobacco smoke at home to: 20%
 - 3.19 Increase by at least 1 year the average age of first use of cigarettes by adolescents aged 12-17.
 - 3.20 Reduce the proportion of people aged 12-17 who have used cigarettes in the past month to: 6%
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The next nine questions measure smoking experimentation, current smoking patterns, age of initiation, and attempts to quit smoking among Oregon high school students.

Tobacco use is considered the chief preventable cause of death in the United States, accounting for more than one of every five deaths.^{27, 28, 29} Smoking causes heart disease; cancers of the lung, larynx, mouth, esophagus, and bladder; stroke; and chronic obstructive pulmonary disease. In addition, smoking is related to poor academic performance and the use of alcohol and other drugs.³⁰

In 1995, 22 percent of Oregon deaths were linked to tobacco use.¹² (The Oregon death certificate asks "Did tobacco use contribute to the death?")

According to the 1996 adult Behavioral Risk Factor Survey (BRFS), 27 percent of Oregonians aged 18-24 were current smokers (smoked within the past 30 days) but 74 percent of these smokers reported they would like to quit smoking. In the same survey, 68 percent of 18- to 24-year-olds who had smoked 100 cigarettes in their life were current smokers.⁵

It is illegal for adults to give or sell tobacco to persons under 18 years (ORS 163.575) and violating this law can result in a fine of from \$100 to \$500.

WHAT OREGON STUDENTS REPORTED

Q34. How old were you when you smoked a whole cigarette for the first time?

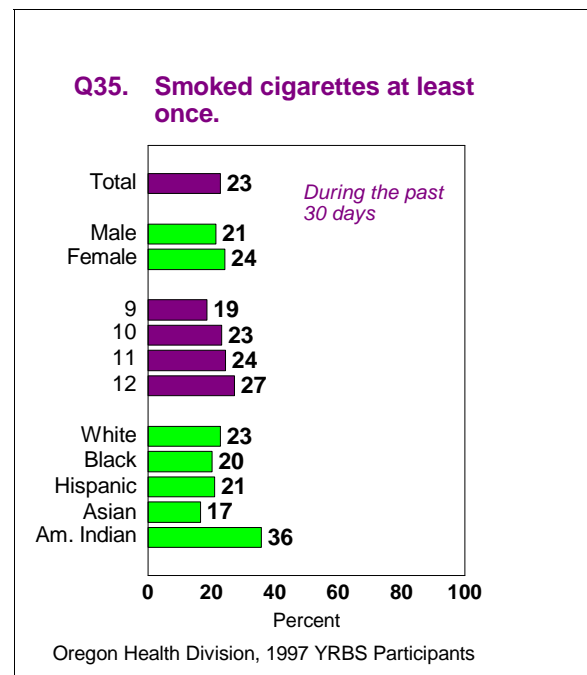
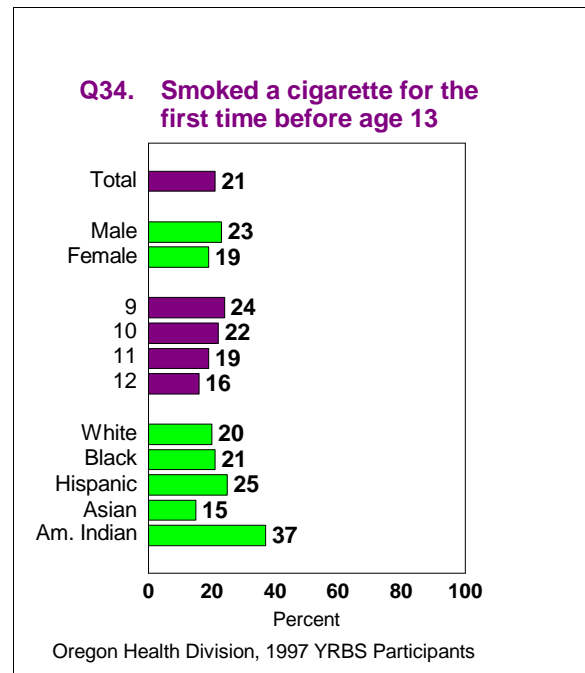
Twenty-one percent of YRBS participants smoked a whole cigarette for the first time prior to age 13. *Significantly* more males (23%) than females (19%) first smoked before age 13. One-fourth (24%) of ninth graders smoked before age 13: As grade increased, the percentage who smoked their first cigarette before age 13 *significantly* decreased. *Significantly* fewer Asian students (15%) and *significantly* more Hispanic (25%) and American Indian students (37%) tried smoking before their thirteenth birthday.

In 1995, 25 percent of students participating in the national YRBS had initiated smoking at an early age.

Q35. During the past 30 days, on how many days did you smoke cigarettes?

On one or more of the 30 days prior to the survey, 23 percent of YRBS participants smoked cigarettes (i.e., were *current smokers*). *Significantly* more females (24%) than males (21%) smoked during the prior month. Approximately one-fifth (19%) of ninth graders were current smokers and the percentage increased *significantly* with grade level. *Significantly* fewer Asian students (17%) and *significantly* more American Indian students (36%) smoked during the 30 days prior to the survey.

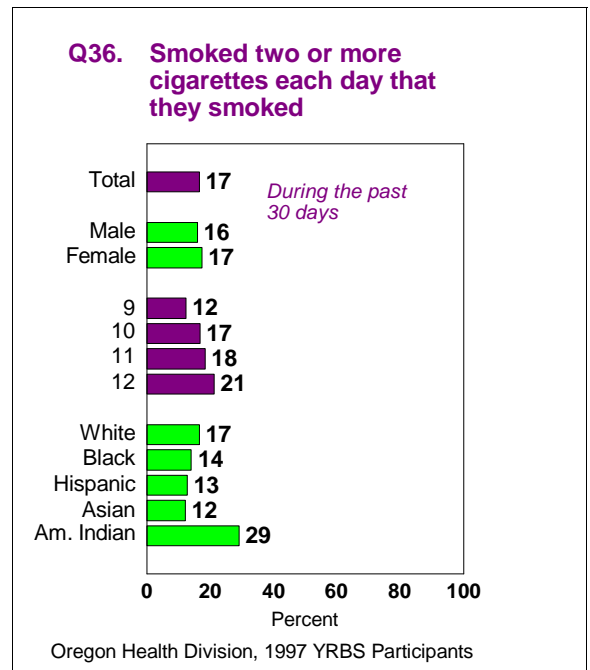
In 1995, 35 percent of students participating in the national YRBS reported current tobacco use.



Q36. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?

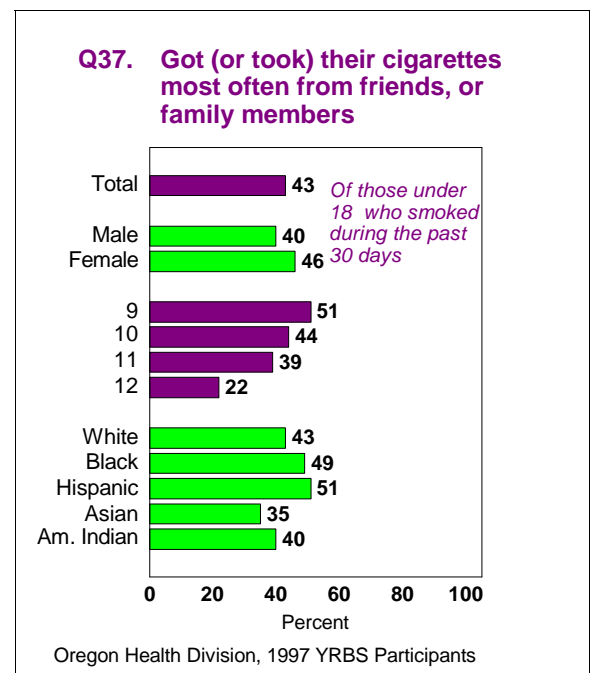
Seventeen percent of YRBS participants smoked during the past 30 days and smoked two or more cigarettes each day that they smoked. There was no statistical differences between genders for this question. The percentage of students who smoked two or more cigarettes per day significantly increased as grade increased. Significantly fewer Hispanic (13%) and Asian (12%) students, and significantly more American Indian students (29%) smoked two or more cigarettes a day.

In twelfth grade one in five (21%) students smoke two cigarettes a day.



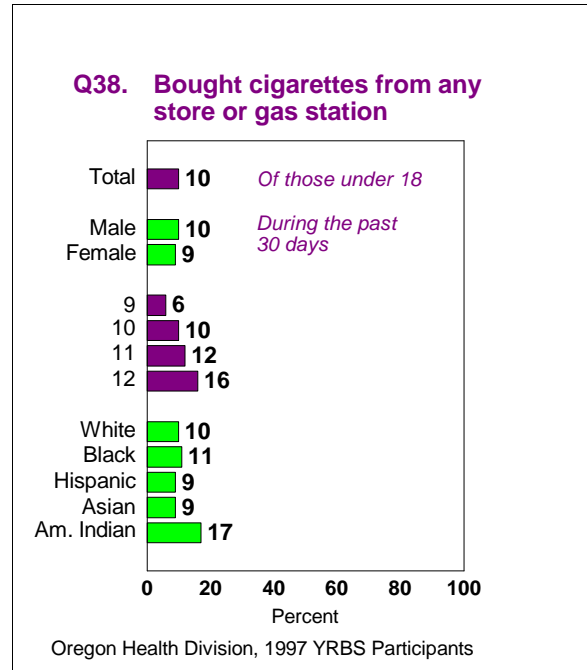
Q37. During the past 30 days, where have you most often gotten your cigarettes? [Of YRBS participants under age 18 who smoked during the 30 days preceding the survey]

Forty-three percent of YRBS participants under age 18 got (or took) their cigarettes most often from friends, parents, or family members. *Significantly* more females (46%) than males (40%) who smoked got their cigarettes from family and friends. Getting cigarettes from friends and family decreased *significantly* with grade level. There was no statistically significant difference between racial and ethnic groups. Other methods of getting cigarettes included giving someone money to buy them (26%), buying from a gas station, convenience or grocery store (18%) and stealing (3%).



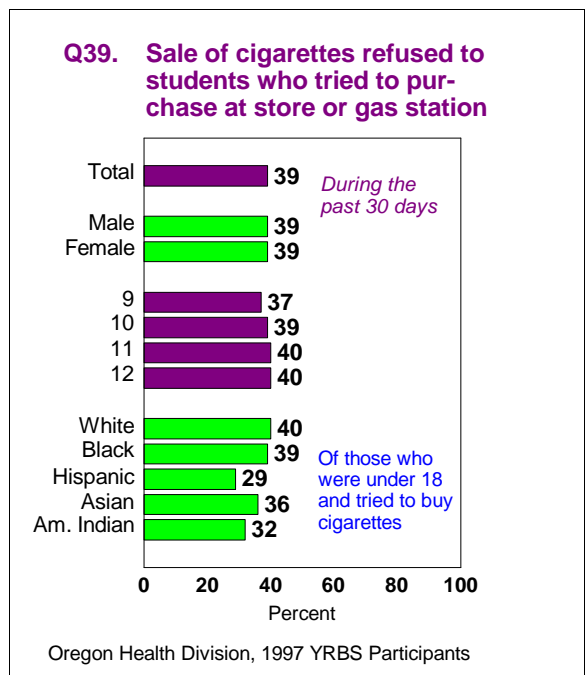
Q38. During the previous 30 days, how many times have you bought cigarettes from any store or gas station? [Of YRBS participants who were under 18]

Ten percent of YRBS participants who were under 18 bought cigarettes from a store or gas station one or more times during the 30 days preceding the survey. *Significantly* more males (10%) than females (9%) bought cigarettes from a grocery store, gas station or convenience store. Buying cigarettes increased *significantly* as grade increased. *Significantly* more American Indian students (17%) purchased cigarettes from a commercial establishment.



Q39. During the previous 30 days, how many times has any store or gas station refused to sell you cigarettes? [Of YRBS participants who were under 18 and tried to buy cigarettes from a store or gas station during the prior 30 days.]

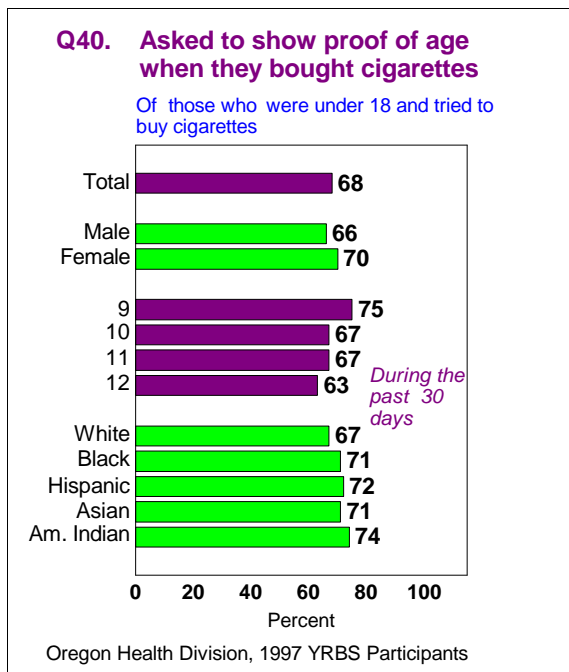
Thirty-nine percent of YRBS participants who were under 18 and tried to buy cigarettes from a store or gas station were refused one or more times. There was no statistically significant difference between genders, by grade or by racial/ethnic group.



Q40. When you bought cigarettes in a store during the past 30 days, were you ever asked to show proof of age? [Of YRBS participants under 18 who tried to buy cigarettes in a store during the 30 days preceding the survey.]

Sixty-eight percent of YRBS participants under 18 who tried to buy cigarettes in a store during the previous month were asked to show proof of age. There was no statistically significant difference between genders or by race/ethnicity. As grade increased, *significantly* fewer students were asked to show proof of age when they tried to buy cigarettes.

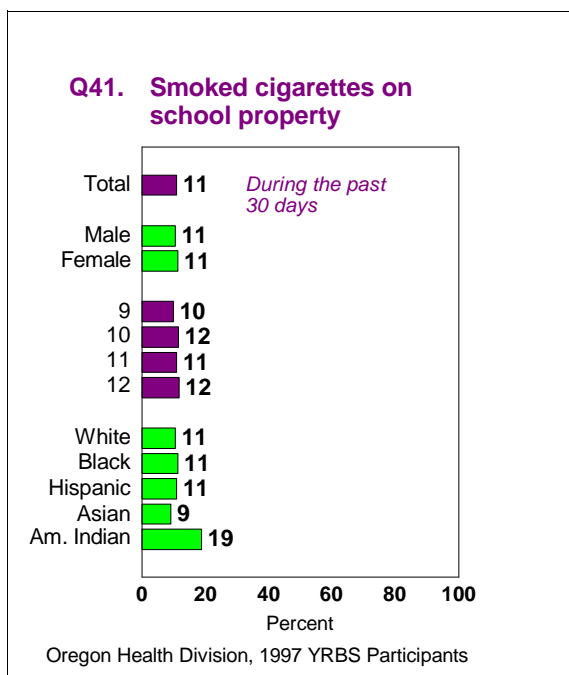
In 1995, 23 percent of students participating in the national YRBS were asked to show proof of age.



Q41. During the past 30 days, on how many days did you smoke cigarettes on school property?

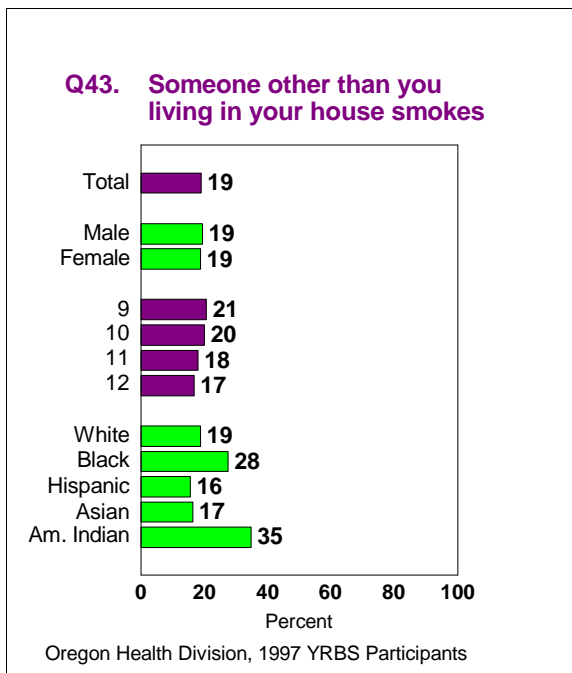
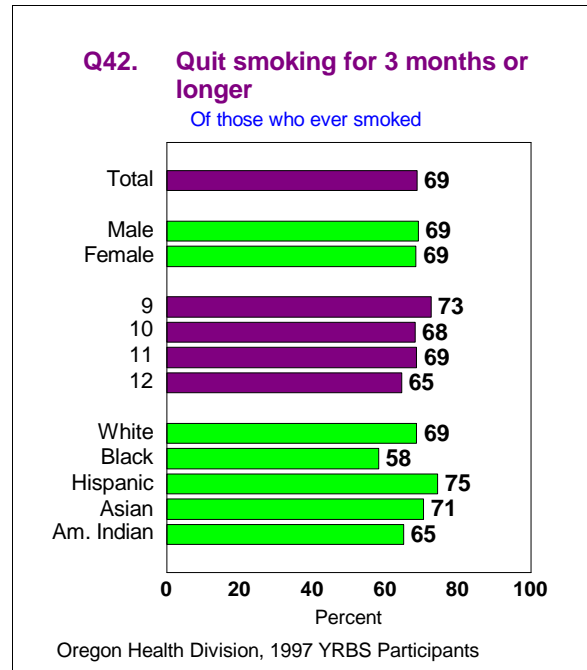
Eleven percent of Oregon YRBS participants smoked cigarettes on school property, during the past 30 days. There was no statistically significant difference by gender, but as grade level increased, *significantly* more students smoked on school property. *Significantly* more American Indian students (19%) smoked cigarettes on school property.

In 1995, 16 percent of students participating in the national YRBS reported smoking on school property.



Q42. Have you ever quit smoking cigarettes for three months or longer? [Of YRBS participants who ever smoked.]

Sixty-nine percent of Oregon YRBS participants who ever smoked were not currently smoking or had quit for at least three months at some time. There was no statistically significant difference by gender or racial/ethnic group. As grade level increased, the number of smokers who had ever quit smoking cigarettes for three months or longer *significantly* decreased.

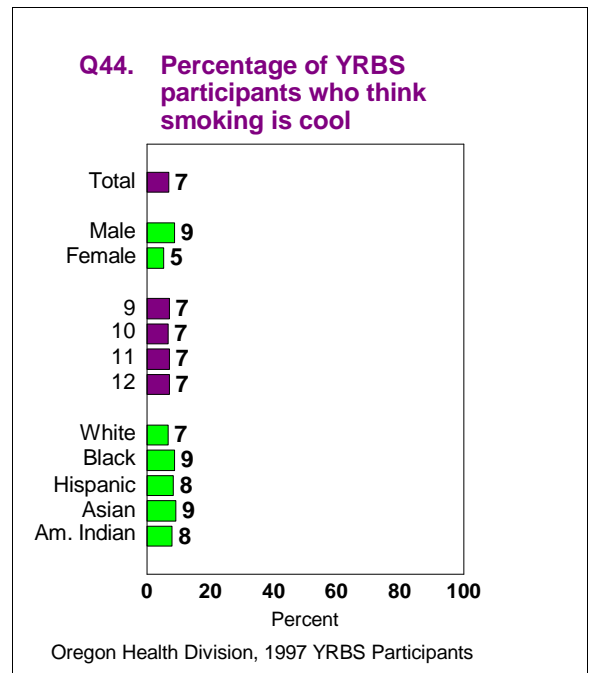


Q43. Does someone living in your house (other than you) smoke cigarettes?

Nineteen percent of Oregon YRBS participants reported living with someone else who smoked cigarettes. There was no statistically significant difference by gender. As grade level increased, *significantly* fewer students reported living with a cigarette smoker. *Significantly* fewer Hispanic students (16%) and more African American (28%) and American Indian students (35%) lived with a smoker.

Q44. Do you think smoking is “cool”?

Seven percent of Oregon YRBS participants think smoking is cool. *Significantly* more males (9%) than females (5%) thought smoking is cool. There was no statistical difference by grade or race/ethnicity.



SMOKELESS TOBACCO USE

U.S. HEALTHY PEOPLE²

YEAR 2000 GOALS

3.9 Reduce the use of smokeless tobacco by males aged 12 to 24 to: no more than 4%

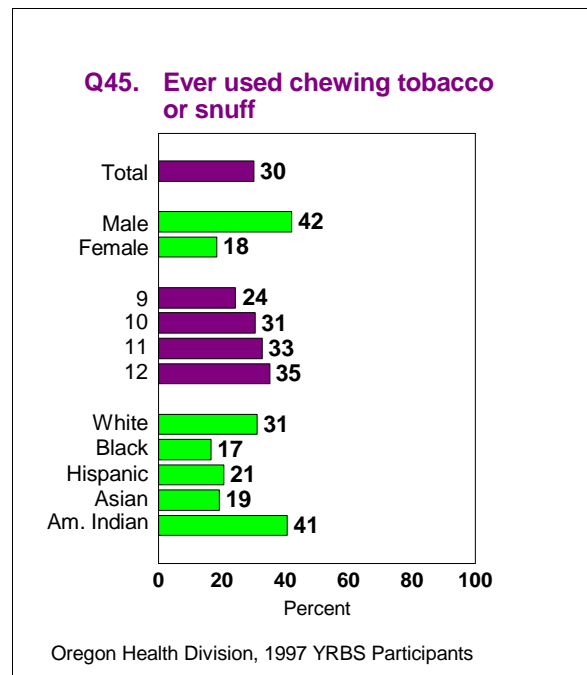
The next two questions measure the occurrence and frequency of smokeless tobacco use among Oregon high school students.

Smokeless tobacco use by adolescents is associated with gum degeneration, discoloration of teeth and fillings, nicotine dependence, and various forms of oral cancer.³¹ Among 1995 Oregon YRBS participants, male adolescent smokeless tobacco users were *significantly* more likely to use cigarettes (more than three times as likely), marijuana (more than two times), or alcohol (more than two times) than nonusers. According to the 1996 BRFs, 10 percent of 18 to 24 year olds chewed tobacco or snuff in the previous 30 days⁵.

WHAT OREGON STUDENTS REPORTED

Q45. Have you ever used chewing tobacco or snuff, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?

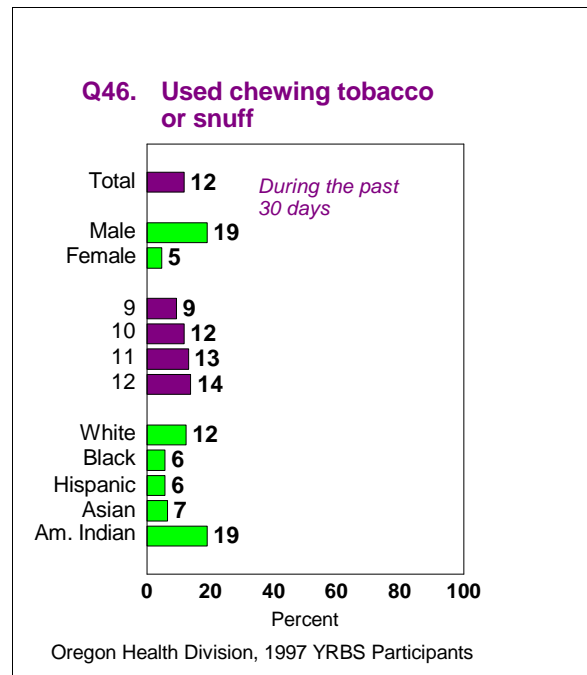
Thirty percent of Oregon YRBS participants had ever used chewing tobacco or snuff. *Significantly* more males (42%) than females (18%) had ever used chewing tobacco or snuff. The use of chewing tobacco or snuff *significantly* increased as grade level increased. *Significantly* fewer African American (17%), Hispanic (21%) and Asian (19%) students and *significantly* more American Indian students (41%) had ever used chewing tobacco or snuff.



Q46. During the past 30 days, on how many days did you use chewing tobacco or snuff?

Twelve percent of Oregon YRBS participants used chewing tobacco or snuff, during the 30 days prior to the survey. *Significantly* more male (19%) than female students (5%) reported using chewing tobacco or snuff. As grade increased, use in the past thirty days *significantly* increased. *Significantly* fewer African American (6%), Hispanic (6%), and Asian (7%) students used chewing tobacco or snuff but was used *significantly* more by American Indian students (19%).

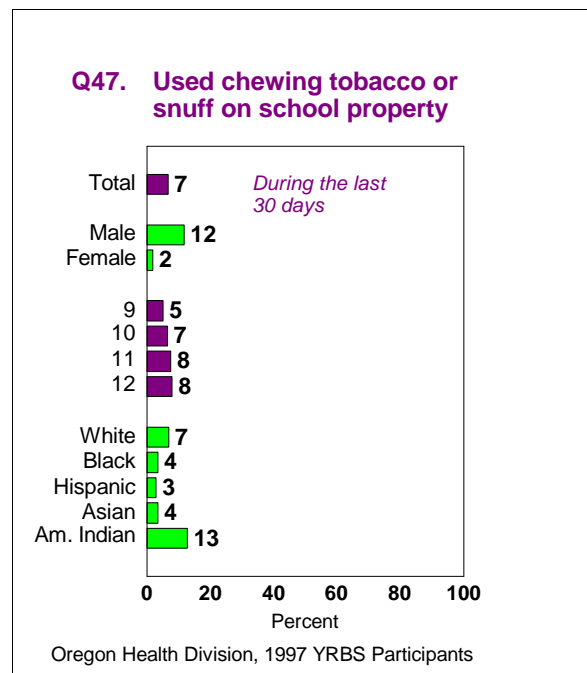
In 1995, 11 percent of students participating in the national YRBS reported using chewing tobacco.



Q47. During the past 30 days, on how many days did you use chewing tobacco or snuff on school property?

Seven percent of Oregon YRBS participants used chewing tobacco or snuff on school property, during the 30 days preceding the survey, including *significantly* more male students (12%) than female students (2%). As grade level increased, use on school property *significantly* increased. *Significantly* fewer African-American (4%), Hispanic (3%) and Asian (4%) students, and *significantly* more American Indian students (13%) used chewing tobacco or snuff at school.

In 1995, six percent of students participating in the national YRBS used chewing tobacco on school property.



WHAT OREGON STUDENTS WROTE

We don't have great security; kids basically smoke pot and cigarettes on school property every day.

I smoke because I have to have the nicotine, not because I think its cool.

It's expensive, addictive, and disgusting; why would you want to do it?

At lunch the only thing to do for most people is to go and have a cigarette. I think that if the school opened the gym more at lunch to play basketball or put some courts outside it would give people things to do other than smoke and hang out. Also at my school I see people all the time light up a cigarette and smoke it right by the doors to the school and no teachers do anything. If the school really was trying to stop people from smoking they would catch these people and punish them.

I see students probably on an everyday basis at school with cigarettes or chew and have never seen any adult talk to them! They shouldn't be ignored.

Tobacco use is an increasing problem. Teachers seem to take no notice when kids are using snuff and other chewing tobaccos, or when they notice, they make no effort to stop the act. This goes on IN class DURING school, and is a serious health issue. Last year, I refused to drink from the fountains at the school they were so filled with that crap.

I want something to be done to help keep kids from smoking. That's the most important thing right now, next to marijuana. I know of kids ten and eleven years old who smoke cigarettes and pot.

It makes me sad to know that they don't even know what's going to happen to them - especially their lungs. I had to find out the hard way, and now I'm struggling to quit smoking.

I think my school is fine. I don't do anything "bad" except for smoke. I am planning to quit, but every time I try school stresses me out so much I don't want to.

Smoking is a bad habit and you shouldn't do it. I don't think I would do it if my friends didn't and my family didn't.