

TOBACCO USE

U.S. HEALTHY PEOPLE YEAR 2000 OBJECTIVES

- 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% or less

OREGON BENCHMARKS YEAR 2000 GOALS

- 49c Decrease the percentage of 8th grade students who report using cigarettes in the previous month to: 16% or less
-

The next 21 questions measure cigarette use, cigarette access, smoking on school property, and smoking attitudes and exposure rates among Oregon high school students.

Smoking is the leading cause of preventable death in the United States¹. Smoking causes heart disease; cancers of the lung, larynx, mouth, esophagus, and bladder; stroke; and chronic obstructive pulmonary disease.¹ The national yearly number of deaths attributable to tobacco use is greater than the combined toll of deaths from AIDS, motor vehicle crashes, alcohol, suicides, homicides, fires, and illegal drugs,² and in Oregon tobacco use causes over four times as many deaths as motor vehicle accidents, suicide, and homicide combined.³ In 1998, over 22 percent of Oregon deaths were linked to tobacco use.⁴ Smoking by young people also increases the number and severity of respiratory illnesses they experience, reduces the rate of lung growth and function, and creates physical fitness and blood cholesterol problems.¹

The younger people are when they begin smoking, the more likely it is that they will become addicted to nicotine.¹ Studies indicate that the majority of smokers begin smoking during childhood or adolescence, and lifetime smoking behavior generally starts with nicotine addiction in youth (Lynch & Bonnie, 1994). Nationally, 82 percent of people who try cigarettes do so before age eighteen.⁵ There is a considerable body of evidence that shows that although young people understand that lifetime smoking is harmful, they do not understand the nature of addiction, and they believe they will be able to avoid the harmful consequences. A recent report showed that although only 5 percent of high school seniors who smoked daily thought they would be smoking five years later, in actuality 75 percent of them were still smoking when followed up five years later.⁶

Nationally, youth tobacco use remained high throughout the 1980's and 1990's, even though trends indicated a possible decline for some grades and subgroups towards the end of the 1990's.^{2,7} Researchers agree that comprehensive, evidence-based prevention programs have the most potential to reduce smoking among youth, and thus limit the number of adults who become lifetime smokers in the future. School-based programs which begin before the onset of tobacco and other substance use are a central component of a comprehensive prevention strategy (Lynch & Bonnie, 1994, (Windle & Windle, 1999).^{2,5}

CIGARETTE SMOKING

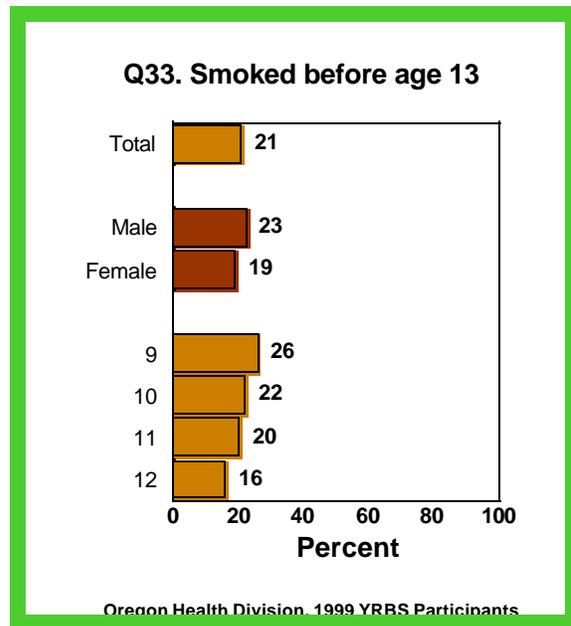
WHAT OREGON STUDENTS REPORTED

Q33. How old were you when you smoked a whole cigarette for the first time?

Twenty-one percent of Oregon 1999 YRBS participants first smoked a whole cigarette before they were thirteen years old, and 39 percent had done so by age 15.

In Oregon, more males than females first smoked before age 13 (23 vs. 19 percent). Over one-fourth of ninth graders, or 26 percent, smoked before age 13.

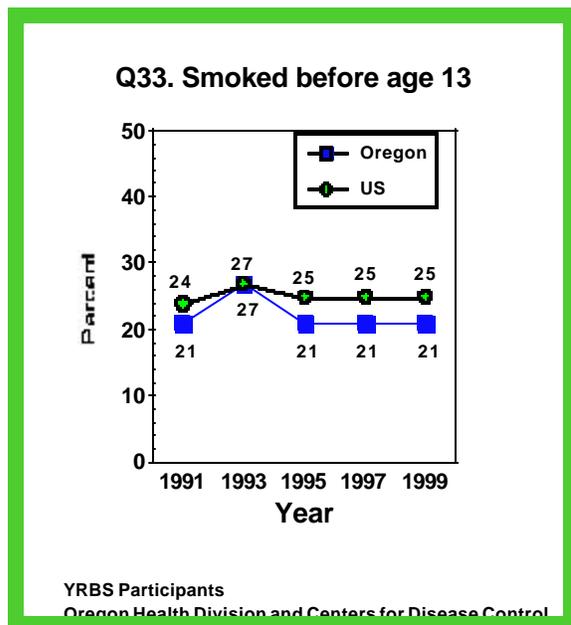
The proportion of 9th grade students who had smoked their first cigarette before age 13 was one and a half times higher than that of 12th graders (26 vs. 16 percent).



Q33. DATA TRENDS

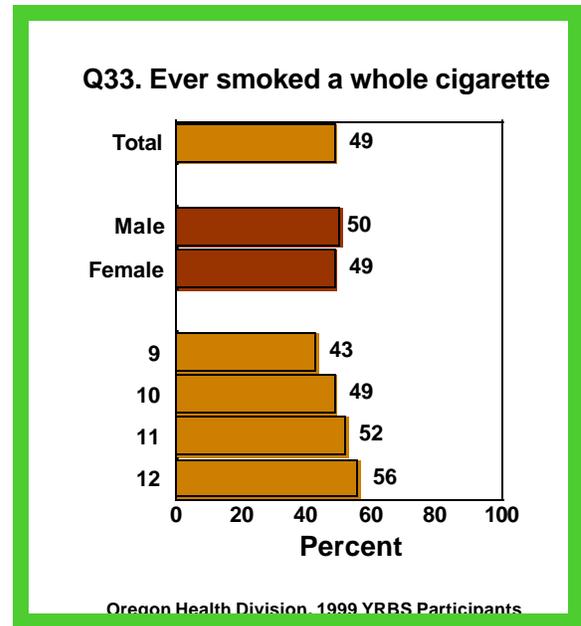
In the national 1999 YRBS, 25 percent of participants reported having smoked a whole cigarette before the age of 13.

Among Oregon 1999 YRBS **current smokers** (those who had smoked cigarettes on one or more days in the past 30 days), 45 percent had smoked their first cigarette before they turned 13, and 78 percent had smoked at least one cigarette by age 15.



Q33. DATA TRENDS-continued

Nearly half (49 percent) of 1999 Oregon YRBS participants had tried a whole cigarette at some point in their lives. Although Oregon percentages are on the low end of the national scale, Oregon has followed national trends with only a minimal change in the prevalence of teen smoking experimentation or increase in age of initiation.

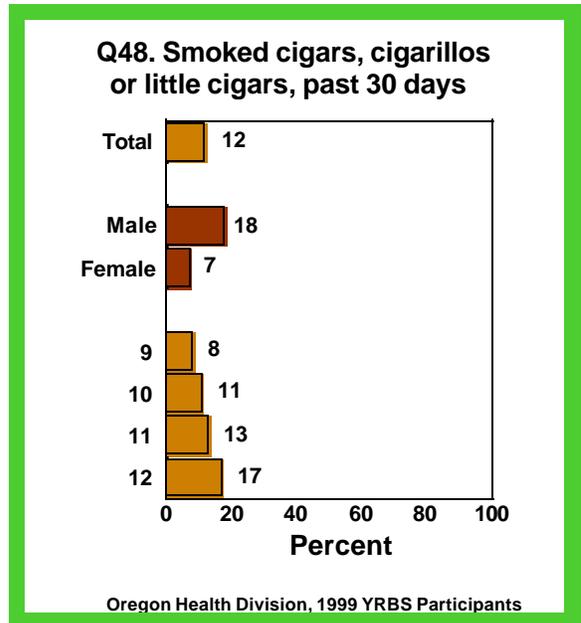


Q48. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?

Among Oregon 1999 YRBS participants, 12 percent reported having smoked cigars, cigarillos, or little cigars in the past 30 days.

Males were about two and a half times more likely than females to have smoked cigars, cigarillos or little cigars in the past 30 days (18 vs. 7 percent).

Twelfth graders were a little over twice as likely as 9th graders to have reported smoking cigars, cigarillos or little cigars in the past 30 days.

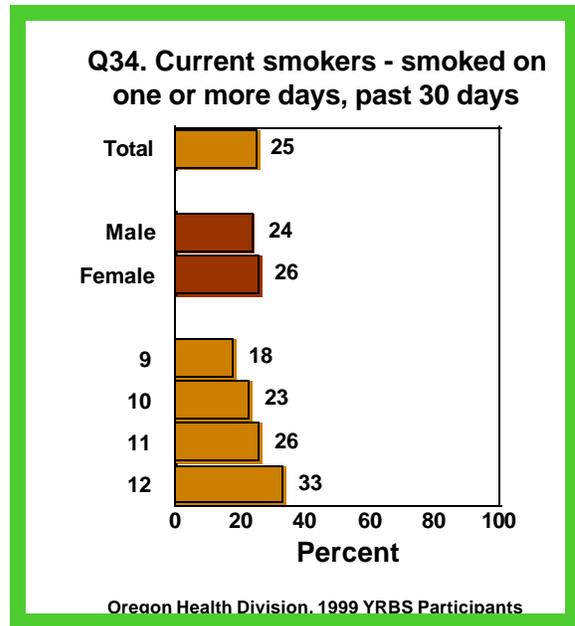


Q34. During the past 30 days, on how many days did you smoke cigarettes?

Twenty-five percent of Oregon 1999 YRBS participants were **current smokers**, defined as having smoked cigarettes on one or more days during the 30 days prior to the survey.

Only slightly more females than males reported that they currently use cigarettes (26 vs. 24 percent).

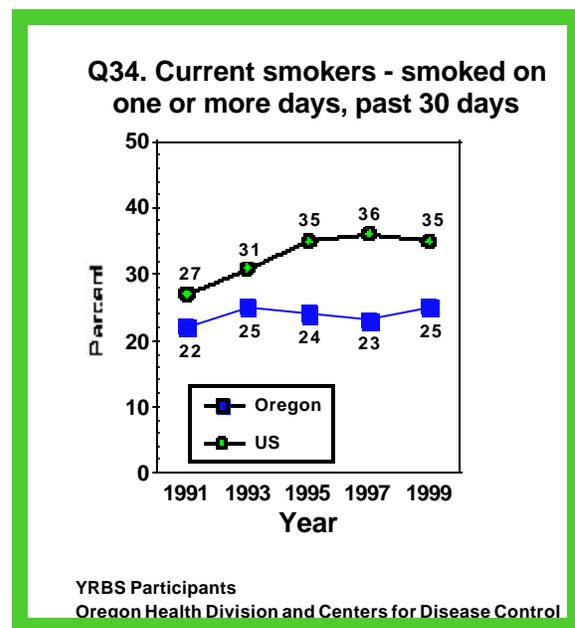
However, 12th graders were almost twice as likely as 9th graders to be current smokers. The proportion of students currently smoking increased by 27 percent between 11th and 12th grades.



Q34. DATA TRENDS

Less change appears to have occurred in the percent of current smokers among Oregon high school students than among students nationally. The national YRBS trend for the 1990's shows a rise not only in current cigarette use but also a rise in frequent cigarette use. As noted above, current smokers are defined as those who smoked one or more cigarettes in the past 30 days. Frequent cigarette smokers are defined as those who smoked 20 or more days out of 30.

While the overall proportion of current smokers among high school youth rose from 1991 to 1999, quadratic trends suggest leveling or possible decline in current smoking, at least for some groups and grades. However, among 12th graders, current smoking continued to rise, and frequent smoking rates (smoking on 20 or more of the past 30 days) rose for almost all groups and showed no pattern of leveling or declining.⁸

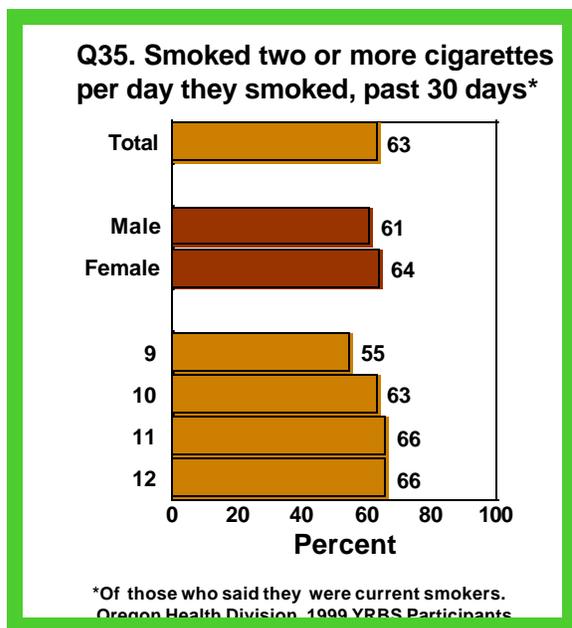


Q35. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day? [Of YRBS participants who were current smokers]

Of Oregon 1999 YRBS **current smokers**, 63 percent said that they smoked two or more cigarettes on the days that they had smoked.

Five percent more smoking females than males reported smoking two or more cigarettes per day on the days that they smoked (64 vs. 61 percent).

Among grade levels, more 11th and 12th graders than 9th graders reported smoking two or more cigarettes per day on the days that they smoked. This proportion was about 17 percent higher than that of 9th graders (66 vs. 55 percent).



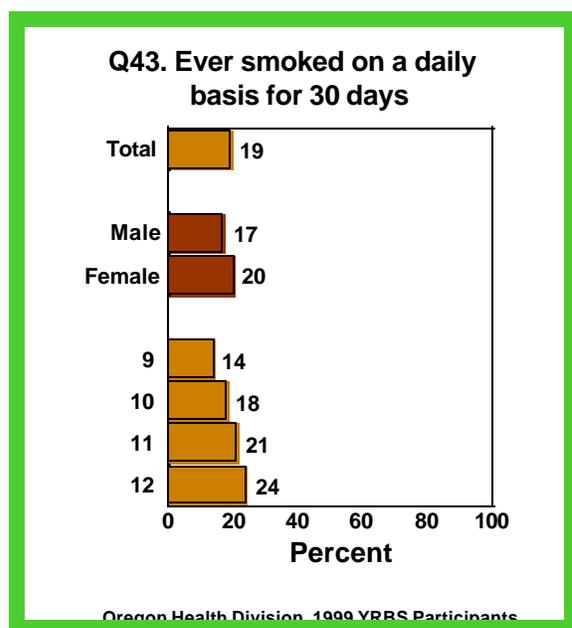
Q43. Have you ever smoked regularly, that is, at least one cigarette every day for 30 days?

Of Oregon 1999 YRBS participants, 19 percent said that they had smoked daily for thirty days. Seventy-seven percent of those who had ever smoked regularly were current smokers.

Females were more likely than males to have ever smoked regularly. (20 vs. 17 percent).

The proportion of students reporting having ever smoked regularly increased by grade. Twelfth graders were almost twice as likely as 9th graders to have ever smoked regularly (24 vs. 14 percent).

Nationally, 25 percent of YRBS participants said they had smoked at least one cigarette on a daily basis for 30 days.



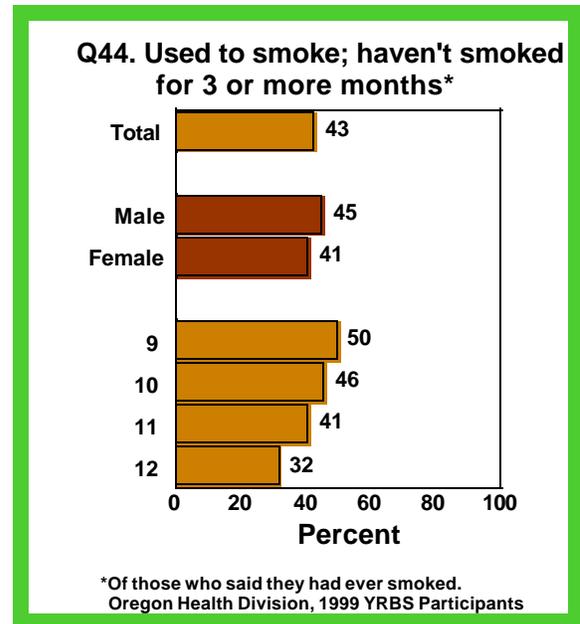
Q44. Have you ever succeeded in quitting smoking cigarettes for at least three months?
[Of YRBS participants who had ever smoked (Q44)]

Of Oregon 1999 YRBS participants who reported in this question that they had ever smoked, 43 percent said that they used to smoke but had quit, and hadn't smoked for three or more months.

Slightly more males than females said that they had quit smoking (45 vs. 41 percent).

The percentage of those who reported being successful at quitting smoking for at least three months decreased as grade increased.

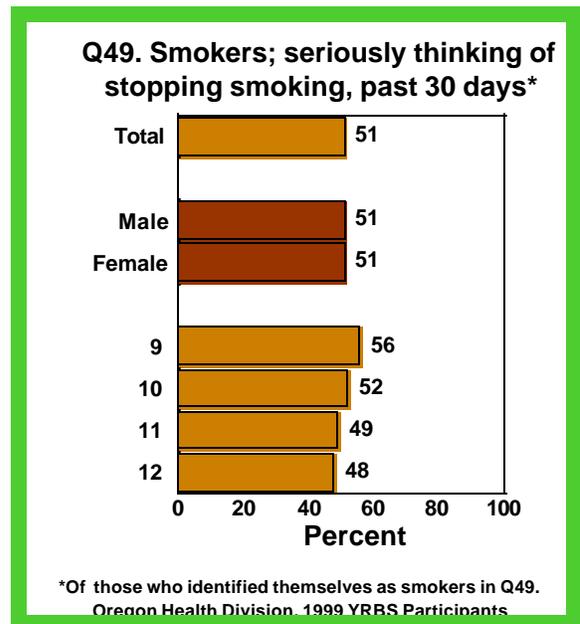
In total, three quarters (75 percent) of those who reported in this questions that they had ever smoked also reported quitting for at least three months at some time. However, 33 percent had quit smoking at one time but were now smoking again.



Q49. Are you seriously thinking of stopping smoking in the next 30 days?
[Of YRBS participants who identified themselves as smokers (Q49)]

Of Oregon 1999 YRBS participants who identified as smokers, over half (51 percent), said they were seriously thinking about stopping smoking within the next 30 days. About 1100 students who fit the definition of current smokers--smoked cigarettes on at least one day in the past 30 days--did not identify themselves as smokers, and therefore are not included in the graphing of this question. The majority of these students (86 percent) had smoked cigarettes on 1 to 5 days in the past 30 days.

Among grade levels, a smaller proportion of 11th and 12th grade smokers were planning on quitting than among 9th graders.



WHAT OREGON STUDENTS WROTE

I smoke but I have gone eleven days without smoking. I want to quit, but all my friends smoke.

I think it is unhealthy that I smoke, but I don't have the money to get help.

Cigarettes are not cool – they kill. We need more support and medical help to quit smoking.

I would like to quit smoking.

Information that Teens could get to help them quit smoking. I have never seen any help except for threats which make you want to smoke more.

I know I shouldn't smoke, but it's a habit I got into on my own. My whole family smokes, and I'm always around it.

I would like to quit smoking, but I don't have the will power. I've been smoking for five years, and it's hard for me to even think about quitting.

Keep kids from smoking cigarettes. I regret ever smoking the first one.

My most unhealthy habit is smoking – I know it is wrong and unhealthy, but I am addicted. When I feel ready to quit, I will. Nobody else can help me but me.

Even though I have drank and smoke – it doesn't mean I am a bad student or person.

Wanting to play sports for the school really stops me from drinking, smoking, and other activities.

I used to smoke, but I started going to church and youth group. And now I don't need to smoke.

Smoking is appealing because it is illegal and you'd get in trouble if you got caught. Some people thrive on that.

First of all, we just need to stop making tobacco!

CIGARETTE ACCESS

Oregon statute (ORS 163.575) provides that it is illegal for adults to give or sell tobacco to persons under 18 years of age. (ORS 163.580) Signs stating the law must be posted. Violating the law can result in a fine of from \$100 to \$500. Tobacco use is prohibited on Oregon public school property at all times. The Food and Drug Administration requires that all retailers verify age with a photo for any person under 26 years of age who is attempting to purchase tobacco.

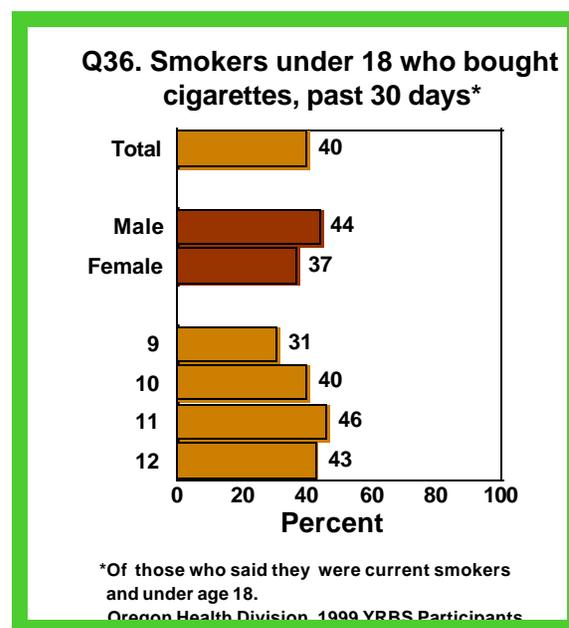
The 1997/1998 fiscal year Oregon Tobacco Sales to Minors Inspection Report (Synar) shows a breakdown of the types of stores that sold to minors as follows:⁹

Percentage of Stores that Sold to Minors by Type of Store	
Grocery Stores	27%
Markets/Small Grocery Stores	28%
Mini Marts	26%
Mini Marts with Gas Stations	41%
Drug Stores	33%
Department Stores	11%
Other	44%
All Stores	29%

Q36. During the past 30 days, have you bought cigarettes from ANY of the following sources? Mark all that apply. [Of YRBS participants who are current smokers and under age 18]

Of Oregon 1999 YRBS participants, 40 percent of the **current smokers under age 18** bought cigarettes from a gas station, grocery store, convenience store or vending machine. Convenience stores were the most often reported source, followed by gas stations and then grocery stores.

More males than females who smoked bought their cigarettes (44 vs. 37 percent). Eleventh and 12th grade underage smokers were almost one and a half times more likely than ninth graders to report buying cigarettes from any of these sources.



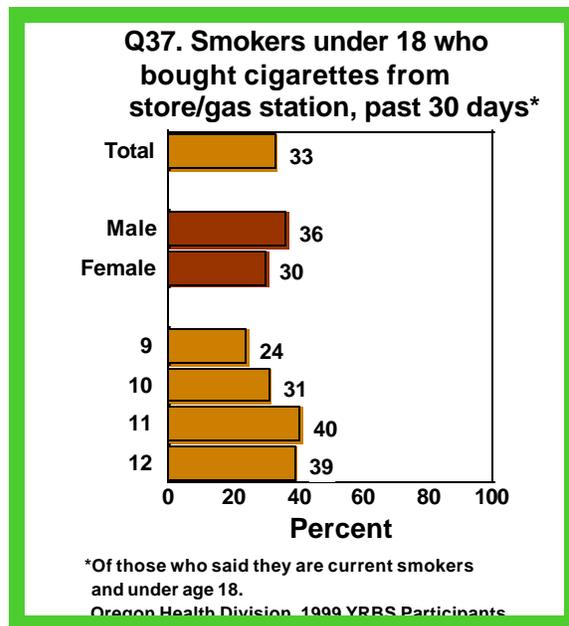
Q37. During the previous 30 days, how many times have you bought cigarettes from any store or gas station? [Of YRBS participants who are current smokers and under age 18]

One third of currently-smoking Oregon 1999 YRBS participants who were under age 18 (33 percent) reported buying cigarettes from a store or gas station on one or more occasions in the month prior to the survey.

More males than females bought cigarettes from a grocery store or gas station (36 vs. 30 percent).

Underage 11th and 12th graders were over one and a half times more likely than 9th graders to have bought cigarettes from a store or gas station.

In the national 1999 YRBS survey, 24 percent of participants said that they had bought cigarettes from a store or gas station during the past 30 days.

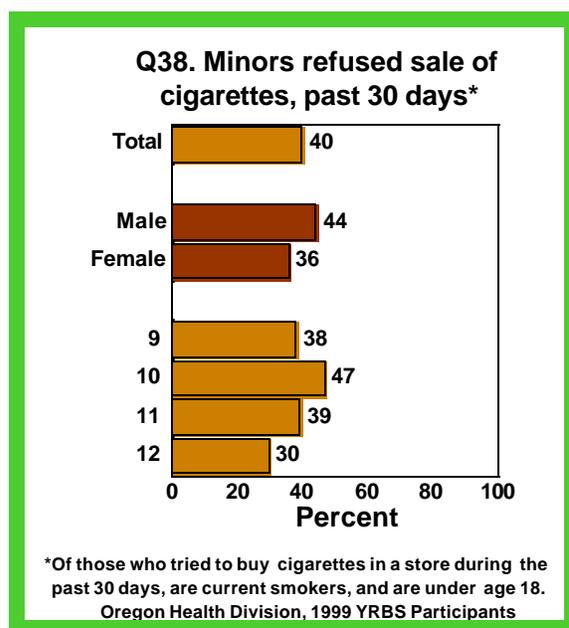


Q38. During the previous 30 days, how many times has any store or gas station refused to sell you cigarettes? [Of YRBS participants who are underage, current smokers and tried to buy cigarettes in the past 30 days]

Among Oregon 1999 YRBS participants who were **underage current smokers and who tried to buy cigarettes** from a store or gas station, 40 percent were refused sale one or more times in the 30 days prior to the survey.

Sixteen percent more males than females were refused the sale of cigarettes (44 vs. 36 percent).

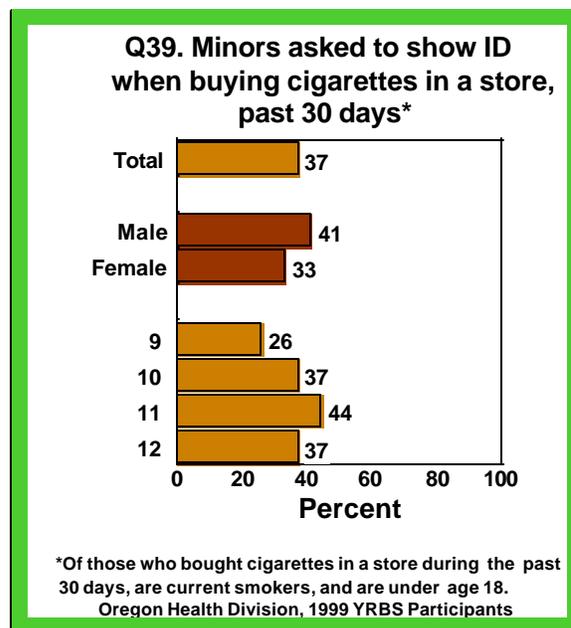
Tenth graders were most likely to report having had store or gas station personnel refuse to sell them cigarettes.



Q39. When you bought cigarettes in a store during the past 30 days, were you ever asked to show proof of age? [Of YRBS participants who said they were current smokers, are under age 18, and who have bought cigarettes in the past 30 days]

Among underage current smokers who participated in the Oregon 1999 YRBS and who tried to buy cigarettes in a store during the past 30 days, only 37 percent reported that they were asked to show proof of age.

Males were more likely than females to be asked for ID when they tried to buy cigarettes in a store (41 vs. 33 percent). Of those who reported trying to buy cigarettes in the past 30 days, 11th and 12th graders were more likely to report being asked for proof of age than were 9th graders (44 and 37 vs. 26 percent).

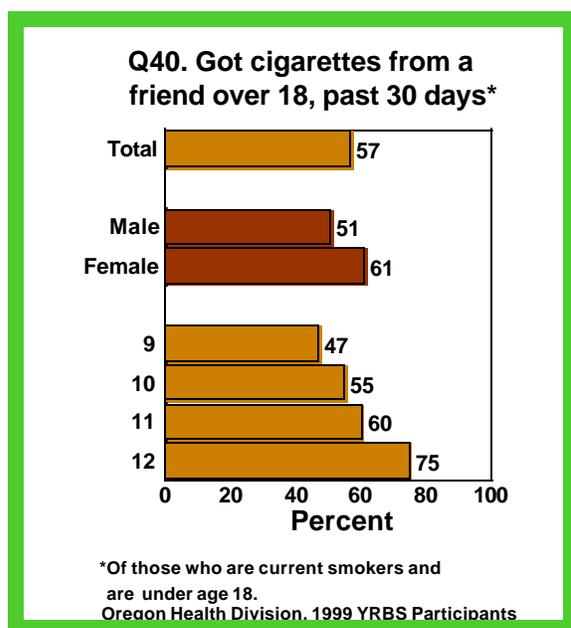


Q40. During the past 30 days, have you gotten cigarettes from ANY of the following sources? Mark all that apply. [Of YRBS participants who are current smokers and under age 18]

Among underage current smokers who participated in the Oregon 1999 YRBS, 57 percent reported getting cigarettes from both underage friends as well as friends who were 18 or older. The graph shows the percentage of students who got cigarettes in the 30 days prior to the survey, from friends who were 18 or older. Over half of underage current smokers reported getting cigarettes from friends 18 or older.

Females were more likely than males to get cigarettes from older friends (61 vs. 51 percent).

Underage, current smoker 12th graders were one and a half times more likely than their 9th grade counterparts to report getting cigarettes from friends who were 18 or older.

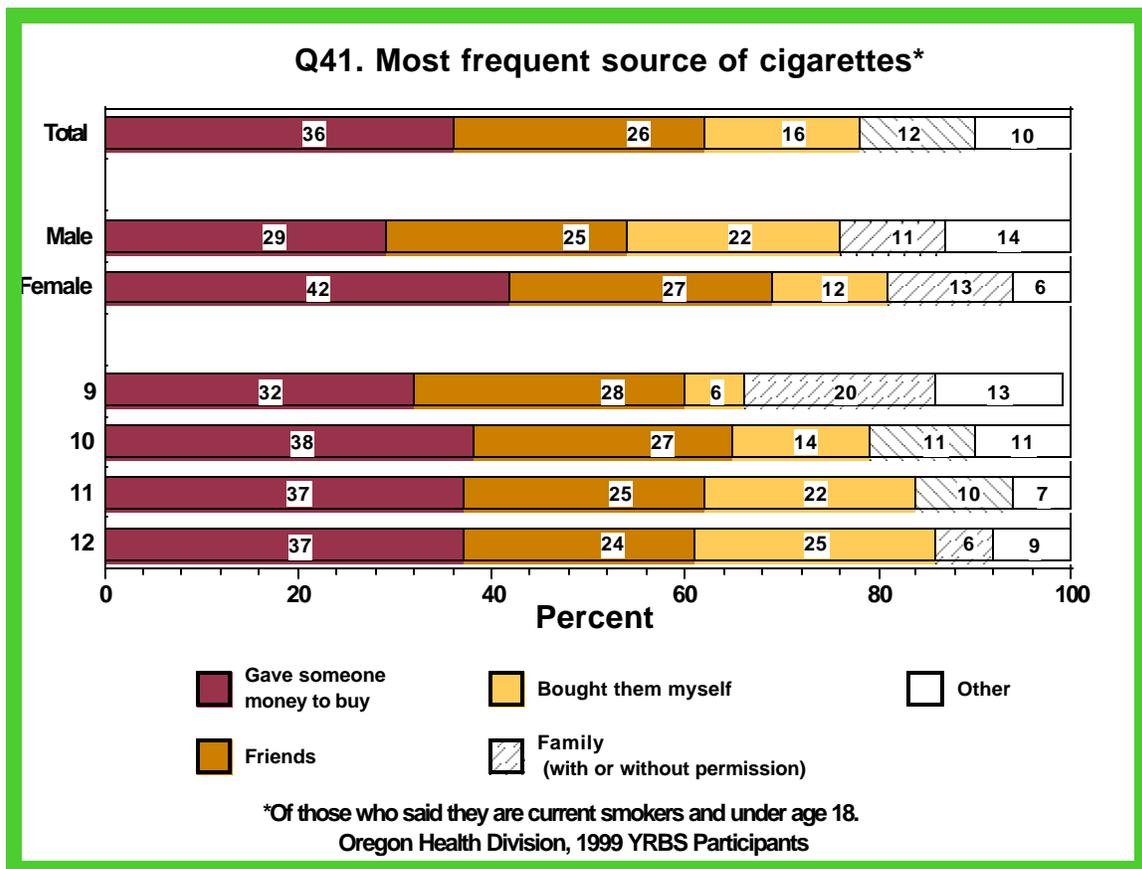


Q41. During the past 30 days, where have you most often gotten your cigarettes? (Select only one response). [Of YRBS participants under age 18 who smoked during the 30 days preceding the survey.]

For underage and current smoker Oregon 1999 YRBS participants, the most frequently reported method of getting cigarettes was to give someone else money to buy them (36 percent). Friends were the next most common source (26 percent), followed by purchasing (16 percent), family members (12 percent). Only a small proportion of students reported that they most often got cigarettes by stealing them (2 percent).

Females were more likely than males to give someone else money to buy cigarettes, while males were more likely to buy cigarettes themselves.

Ninth graders were most likely of all grades to most often get their cigarettes from family members. Twelfth graders were most likely of all grades to buy their own cigarettes.



WHAT OREGON STUDENTS WROTE

I have a family member buy [cigarettes] for me.

I think cigarettes are too easy for kids to get.

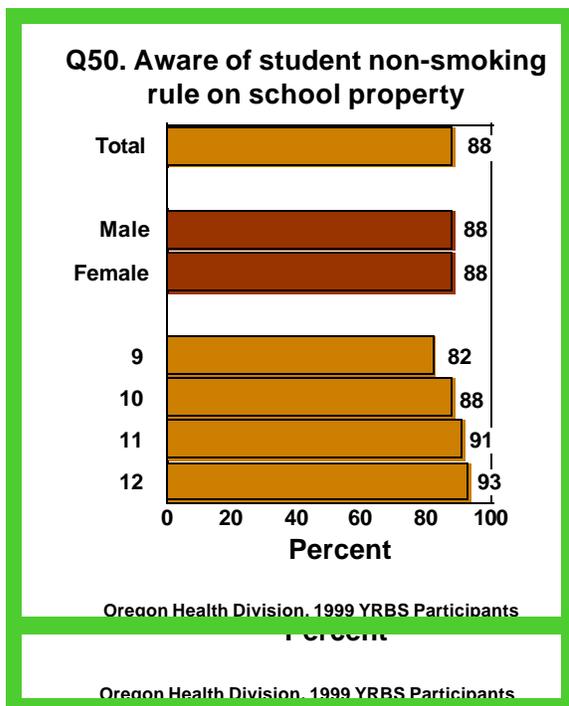
I wish that it would be impossible for 17 years old and younger to buy cigarettes.

SMOKING ON SCHOOL PROPERTY

Q42. During the past 30 days, on how many days did you smoke cigarettes on school property?

Among Oregon 1999 YRBS participants overall, 8 percent reported that they had smoked cigarettes on school property on one or more days in the 30 days preceding the survey. Among those who were current smokers, 29 percent smoked cigarettes on school property at least once during those 30 days.

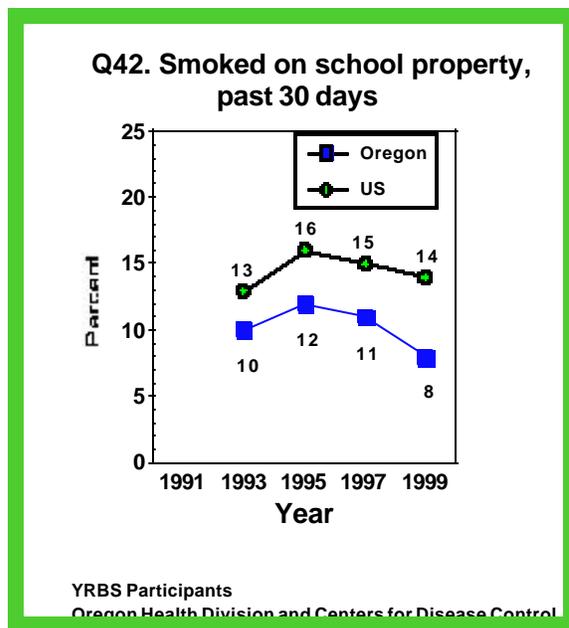
The proportion of students who smoked on school property did not vary by gender. Among grade levels, 12th graders were more likely to smoke on school property than 9th graders (10 vs. 6 percent).



Q42. DATA TRENDS

Both Oregon and the national YRBS participants, the proportion of students who report smoking on school property appears to be following a similar downward pattern. However, trend analysis has not been conducted because there are fewer than 5 years of data.

Since 1995, the percentage of Oregon YRBS participants who report smoking on school property has been lower than that of the U.S.



Q50. Is there a rule at your school that students are not allowed to smoke on school

property?

The majority of Oregon 1999 YRBS participants (88 percent) reported that there are rules at their schools against smoking on school property.

Both males and females had the same percentage of awareness of non-smoking rules on school property.

Among the grade levels, 12th graders were most likely (93 percent), and 9th graders were least likely (82 percent) to report being aware of these rules.

More current smokers were aware of the non-smoking rules than non-smokers (those who had 0 cigarettes in the past 30 days):

	Aware	Unaware
Current Smoker	94%	6%
Non-smokers	86%	14%

Q51. How strictly are the non-smoking rules for students enforced at your school?

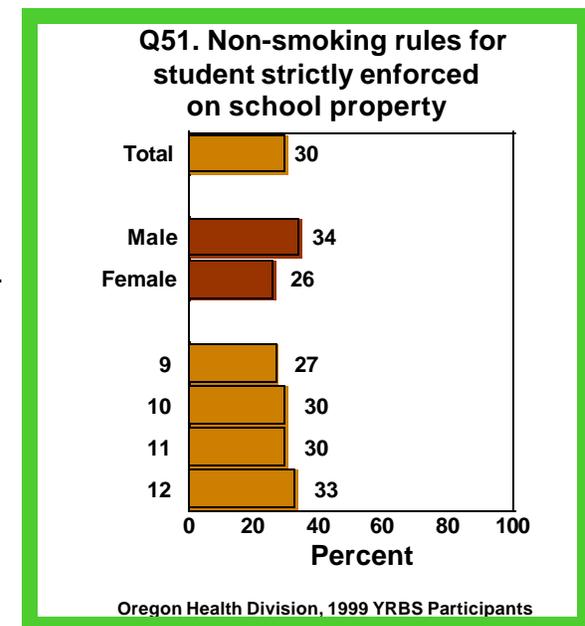
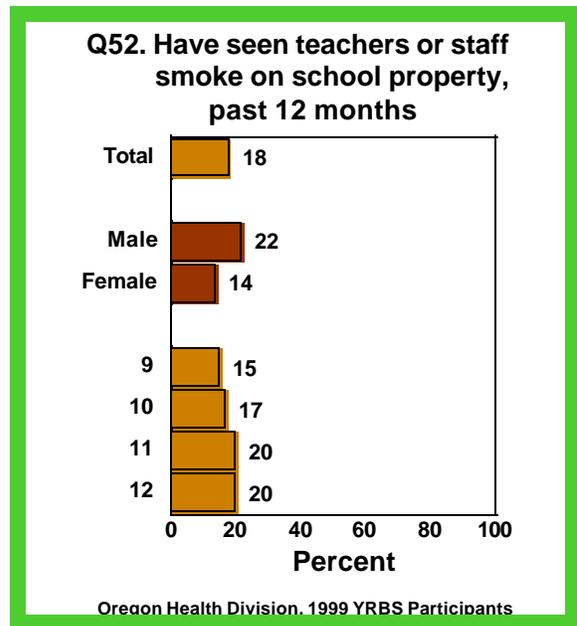
Of Oregon 1999 YRBS participants, 30 percent felt that the non-smoking rules on school property were very strictly enforced.

More males than females felt that the non-smoking rules were very strictly enforced (34 vs. 26 percent).

Twelfth graders were more likely than 9th graders to report that non-smoking rules were strictly enforced (33 vs. 27 percent).

More current smokers than non-smokers felt that the non-smoking rules were very strictly enforced:

	Strict	Not Strict
Current Smoker	38%	62%
Non Smoker	27%	73%



Q52. During the past school year, have you seen teachers or staff smoke on school property?

Of Oregon 1999 YRBS participants, 18 percent have seen teachers or staff smoking on school property.

About one and a half times more males than females said that they have seen teachers or staff smoking on school property (22 vs. 14 percent).

Eleventh and 12th graders were more likely than 9th and 10th graders to report having seen teachers and staff smoking on school property.

WHAT OREGON STUDENTS WROTE

I think we should have designated areas to smoke at school.

Put more "Stop Smoking" programs in the schools.

SMOKING ATTITUDES AND EXPOSURE

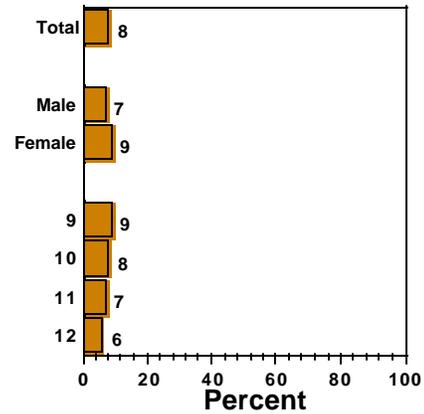
Q32. If one of your best friends were to offer you a cigarette, would you try it? [Of YRBS participants who have not had any cigarettes in the past 30 days (Q34)]

Among Oregon 1999 YRBS participants who hadn't smoked any cigarettes in the past 30 days, 8 percent said they would definitely or probably try a cigarette if it was offered by a friend.

Similar proportions of currently non-smoking males and females said they would probably try a cigarette from a friend (7 vs. 9 percent).

Ninth graders were more likely than 12th graders to report that they would try a cigarette offered by a friend (9 vs. 6 percent).

Q32. Would probably or definitely try cigarette offered by best friend*



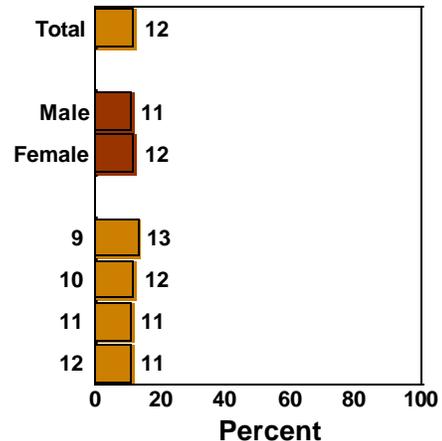
*Of those who did not smoke any cigarettes in the past 30 days.
Oregon Health Division, 1999 YRBS Participants

Q53. During the past school year, have you participated in any organized activities, outside the classroom, to prevent tobacco use (for example, after school or in the community)?

Among Oregon 1999 YRBS participants, 12 percent reported that they have participated in organized activities or programs to prevent tobacco use.

The proportion of students who reported participating in tobacco prevention activities outside the classroom was similar between genders and by grade.

Q53. Participated in an organized activity to prevent tobacco use, outside the classroom



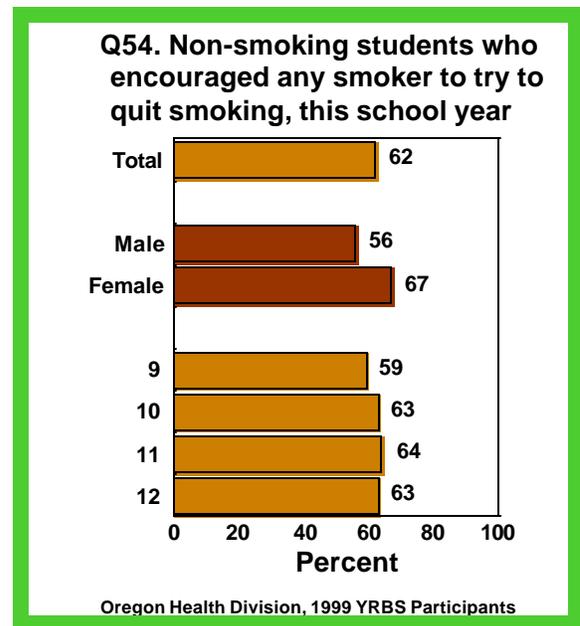
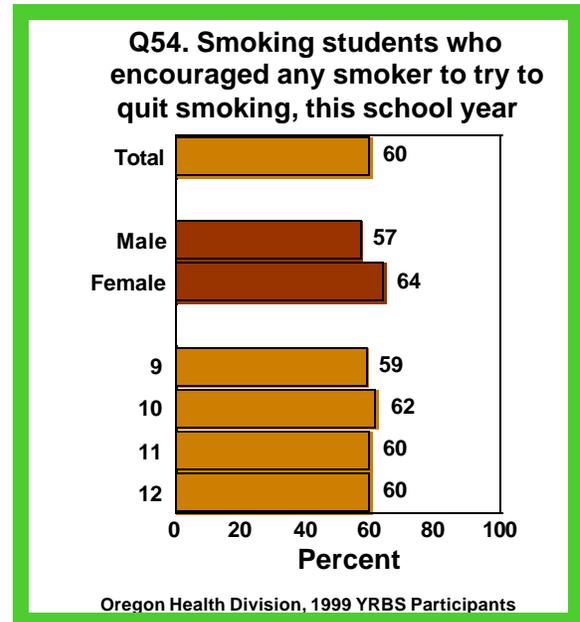
Oregon Health Division, 1999 YRBS Participants

Q54. During this school year, have you encouraged any smoker (for example, family or friends) to try to quit smoking?

Almost two thirds of all Oregon 1999 YRBS participants (61 percent) reported that they had encouraged a smoker to quit smoking during the past school year. Among students who had themselves smoked in the past 30 days, 60 percent reported encouraging someone else to try quitting. This proportion was similar to that of non-smoking students (62 percent).

By gender, patterns among smoking and non smoking students were also similar. Among smokers, twelve percent more females than males had encouraged another smoker to quit smoking (64 vs. 57 percent). Among nonsmokers, this proportion was nineteen percent more females than males (67 vs. 56 percent).

The proportion of students encouraging smokers to quit didn't vary greatly by grade, although both smoking and non-smoking 9th graders were somewhat less likely than older students to have encouraged someone to quit smoking. Among tenth, eleventh and twelfth grade students, non-smoking students were slightly more likely than smoking students to report having encouraged a smoker to quit.



Q45. Does anyone living in your house (other than you) smoke cigarettes?

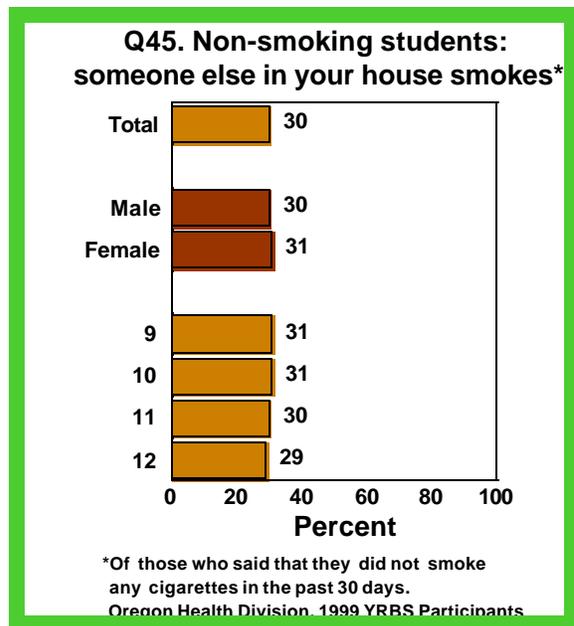
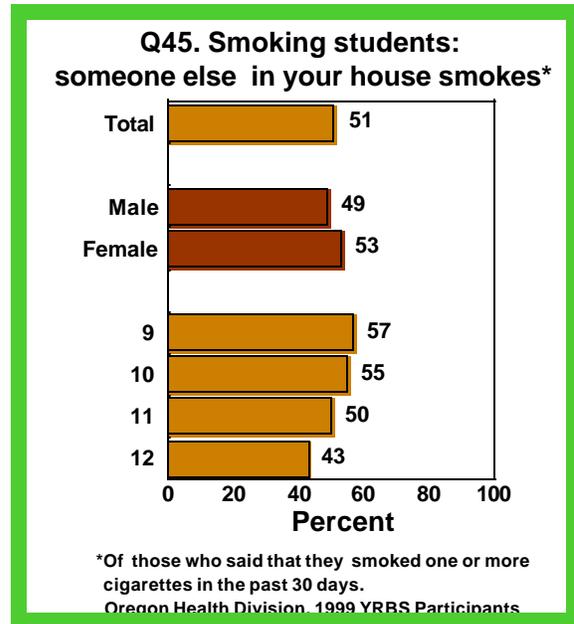
Among all Oregon 1999 YRBS participants, a little over a third (36 percent) reported living with someone else who smoked cigarettes. Of these household smokers, 20 percent smoked outside the house, while 16 percent smoked inside the house.

In 1997, 37 percent of Oregon YRBS participants reported living with a smoker in the household. 1997 YRBS participants reported that 18 percent of these household smokers smoked outside the house, while 19 percent smoked inside the house.

Among students who had themselves smoked in the past 30 days, over half (51 percent) reported living with at least one other smoker. Among non-smoking students, only 30 percent lived with someone who smoked.

Overall, slightly more females than males reported living with a smoker in the household (37 vs. 35 percent). Among smoking students, females were more likely than males to live with another smoker (53 vs. 49 percent), whereas among non-smoking students, females and males were almost equally likely to report living with a smoker (31 vs. 30 percent).

The proportion of all students reporting a smoker in their household decreased slightly between 9th and 12th grades (37 vs 34 percent). The most notable differences occurred among smoking students. Smoking ninth graders were one and a third times more likely than smoking twelfth graders (57 vs 43 percent) and almost 84 percent more likely than non-smoking ninth graders (57 vs 31 percent) to live with someone else who smoked.



WHAT OREGON STUDENTS WROTE

Most of the people I'm around smoke, and I don't really see why they like it. They always say that they want to quit, and I always have to tell them that I don't want a cigarette. It's frustrating.

Just because we smoke doesn't mean that we don't know it's bad for us or that we don't want to quit. And with all those commercials and stuff, you people act like we don't realize it.

I know that smoking is bad for me, but I kinda had the feeling that I would die from second-hand smoke since I'm around it all the time – so why not enjoy it myself?

I think cigarettes should be banned for all users – kids and adults.

Smoking is a very unhealthy and gross habit, and second hand smoke is deadly. I don't like being around people that smoke, and I don't want my lungs filling up. I don't know how to make people stop it.

I've never even taken a single drag of a cigarette. The thing that helps me do that is that all my friends smoke, and they are a constant reminder that cigarettes SUCK. So in some cases having friends who smoke could be helpful.

You could help by taking tobacco and alcohol ads out of the media. Put more helpful health news in the media.

The teenagers need to see the anti-smoking ad that showed how they were being used by the tobacco companies.

SMOKELESS TOBACCO USE

U.S. HEALTHY PEOPLE YEAR 2000 OBJECTIVES

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 is associated with leukoplakia (white, thickened patches on cheek, gum, or tongue), oral cancers, tooth and gum disease, and increase risk for heart disease and stroke.¹

Tobacco is addictive whether it is smoked or smokeless, and patterns of addiction are commonly established during adolescence. Nationally, about 75 percent of high school seniors who use smokeless tobacco began using it before the ninth grade. In addition, studies have shown that adolescents who use smokeless tobacco are more likely than non-users to become cigarette smokers.¹

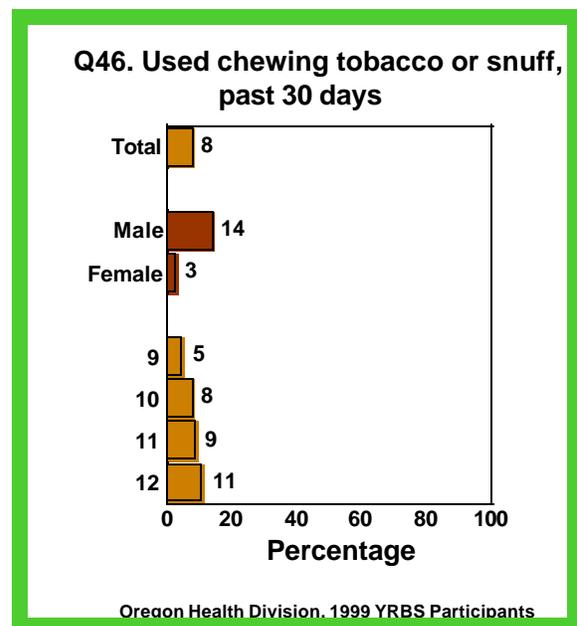
WHAT OREGON STUDENTS REPORTED

Q46. During the past 30 days, on how many days did you use chewing tobacco or snuff, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?

Eight percent of Oregon 1999 YRBS participants reported that they had used chewing tobacco or snuff in the month prior to taking the survey.

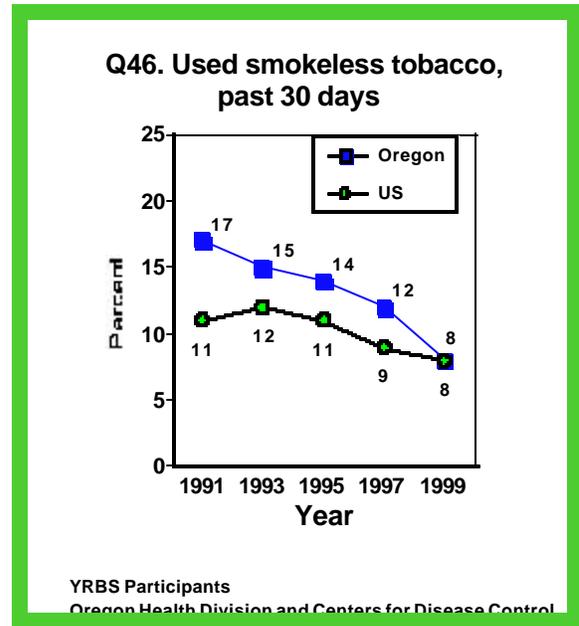
Over four times as many males than females had chewed tobacco or used snuff (14 vs. 3 percent).

Chewing tobacco or snuff use increased as grade increased. Twelfth graders were twice as likely as 9th graders to have used chewing tobacco or snuff (11 vs. 5 percent).



Q46. DATA TRENDS

For the past several YRBS survey years, the proportion of students who report using smokeless tobacco has been higher among Oregon participants than students nationally. However, use in Oregon has decreased dramatically. The national percentage of smokeless tobacco has decreased by 11 percent since 1991, while Oregon's has decreased by 53 percent.



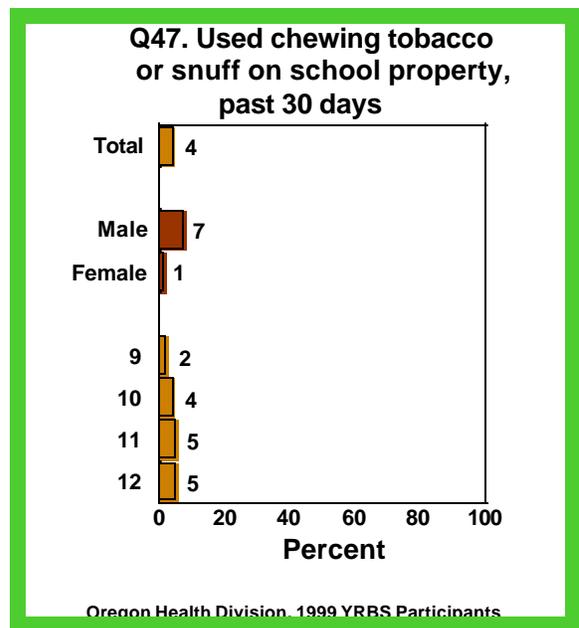
Q47. During the past 30 days, on how many days did you use chewing tobacco or snuff on school property?

Of Oregon 1999 YRBS participants, 4 percent used chewing tobacco or snuff on school property on one or more of the 30 days prior to the survey.

Seven times more males than females used chewing tobacco or snuff on school property in the past 30 days (7 vs. 1 percent).

More than two and a half times as many 11th and 12th graders as 9th graders used chewing tobacco or snuff on school property (5 vs. 2 percent).

National percentages were similar to Oregon's; 4 percent of the national YRBS participants reported using chewing tobacco on school property.



WHAT OREGON STUDENTS WROTE

It doesn't matter how old you look, you can get chew from anyone.

I chewed every day for about 3 years, and I finally figured out it wasn't worth it!! It costs too much, and your body starts to depend on it.

I think my chewing habit is very unhealthy, but the only thing that would help is not making these unhealthy things available to people.

I think that our school has a lot of tobacco issues that are getting very disgusting. I don't know what you could do – video cameras above the drinking fountains or something – its disgusting.

Chew is a huge problem! Much more than any other drug!

I think that chewing tobacco should be known about more. It is just as big a problem as cigarettes.

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