Tobacco Use Among High School Youth in Vermont: 2015 YRBS Data Highlights

VTERB Meeting
April 6, 2016

Erin Singer: erin.singer@vermont.gov
Cigarette Smoking Prevalence

Initiation, Current Use, and Lifetime Use

Vermont Department of Health, High School Youth Risk Behavior Survey, 2015
Initiation before age 13 declines over last decade

Cigarette smoking initiation among Vermont high school youth

Vermont Department of Health, High School Youth Risk Behavior Survey, 2015
Current smoking among youth significantly decreases since 2013

Cigarette smoking initiation & current use among Vermont high school youth

- Before Age 13
- Current Use

Vermont Department of Health, High School Youth Risk Behavior Survey, 2015
Lifetime tobacco use declines over last decade

Cigarette smoking initiation, current use, and lifetime use among Vermont high school youth

- Before Age 13
- Current Use
- Ever Smoked

Vermont Department of Health, High School Youth Risk Behavior Survey, 2015
Vermont youth smoking prevalence compared to the national average

Percent of students who used cigarettes one or more times in the past 30 days, Vermont compared to US.

<table>
<thead>
<tr>
<th>Year</th>
<th>US</th>
<th>Vermont</th>
</tr>
</thead>
<tbody>
<tr>
<td>2005</td>
<td>23%</td>
<td>18%</td>
</tr>
<tr>
<td>2007</td>
<td>20%</td>
<td>18%</td>
</tr>
<tr>
<td>2009</td>
<td>19%</td>
<td>18%</td>
</tr>
<tr>
<td>2011</td>
<td>18%</td>
<td>15%</td>
</tr>
<tr>
<td>2013</td>
<td>16%</td>
<td>13%</td>
</tr>
<tr>
<td>2015</td>
<td>11%</td>
<td></td>
</tr>
</tbody>
</table>

Vermont Department of Health, High School Youth Risk Behavior Survey, 2015
Current cigarette use by county (2015 YRBS)

*Statistically different than state average

Vermont Department of Health, High School Youth Risk Behavior Survey, 2015
Significant decline in quit attempts among youth when comparing 2015 to 2011

Percentage of current smokers that tried to quit in the past 12 months

<table>
<thead>
<tr>
<th>Year</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td>47%</td>
</tr>
<tr>
<td>2013</td>
<td>44%</td>
</tr>
<tr>
<td>2015</td>
<td>42%</td>
</tr>
</tbody>
</table>

Vermont Department of Health, High School Youth Risk Behavior Survey, 2015
Comparisons with Marijuana, Alcohol, and Prescription Drug Use
Prevalence of cigarette smoking is lowest when compared to marijuana use and binge drinking.
Attitudes and perceptions regarding substance use versus cigarette use

Parental and peer disapproval, and perceived harm of substance use among Vermont high school youth (2015 YRBS)

Vermont Department of Health, High School Youth Risk Behavior Survey, 2015
Access to Cigarettes
Over half of high school youth are exposed to tobacco ads most of the time or always at stores and gas stations.

High school youth that saw an advertisement for cigarettes or other tobacco products at a convenience store, supermarket, or gas station (2015 YRBS)

- Never/Rarely: 21%
- Sometimes: 27%
- Most of the time/Always: 52%
Most high school youth under age 18 get their cigarettes from a social source

Source of cigarettes among current smokers under age 18 (2015 YRBS)

- Borrowed/Bummed or Person over 18: 39%
- Someone Else Bought Them: 29%
- Other: 16%
- Store/Gas Station: 9%
- Took them from store/family: 8%
Other Tobacco Products
Tobacco use is more than cigarettes: An emerging challenge

Percent of Vermont students who have used electronic vapor products or flavored tobacco products

- Lifetime use
- Current use

Electronic vapor products: 30% lifetime use, 15% current use
Flavored tobacco products: 24% lifetime use, NA current use
An emerging challenge: US students reporting e-cigarette use

Percent of US students who have ever used or currently use e-cigarettes

- **Ever Used**
  - 2011: 5%
  - 2012: 10%
  - 2013: 12%
  - 2014: 27%

- **Current Use**
  - 2011: 2%
  - 2012: 3%
  - 2013: 5%
  - 2014: 13%

During the past 30 days, a quarter of high school students have used at least one tobacco product.
Use of any tobacco product among youth by county

30 day any tobacco product use (cigarettes, cigars or little cigars, used smokeless tobacco, or electronic vapor products), by county (2015 YRBS)

- Addison: 22%
- Bennington: 24%
- Caledonia*: 33%
- Chittenden: 21%
- Essex*: 34%
- Franklin: 27%
- Grand Isle: 19%
- Lamoille: 22%
- Orange: 24%
- Orleans: 25%
- Rutland*: 21%
- Washington: 23%
- Windham: 24%
- Windsor: 25%
- Statewide: 25%

*Statistically different than state average
Find statewide as well as local reports, questionnaires, data briefs and more on the Health Department YRBS website!
Resources

- Vermont Youth Risk Behavior Survey
  - [http://healthvermont.gov/research/yrbs.aspx](http://healthvermont.gov/research/yrbs.aspx)

- With questions please contact:
  - Erin Singer
    - [erin.singer@vermont.gov](mailto:erin.singer@vermont.gov)
    - 802-865-7783