

Chapter 2. Tobacco Use

Smoking is the most prevalent type of tobacco use; more than four million adolescents under 18 in the United States smoke cigarettes.^{1,2} In grades 9-12, over 21% are current smokers. Of the current smokers over 3% smoke 10 or more cigarettes a day. Nearly 7% of teens in grades 9-12 have tried smokeless tobacco and nearly 15% have tried cigars.³

In Wisconsin, teens are more likely to smoke than to use chewing tobacco. Thirty-three percent (33%) of teens grades 9-12 in Wisconsin smoke daily compared to 16% of those teens that use smokeless tobacco.⁴

Because smoking is the most prevalent type of tobacco use, it is of the greatest concern. The health risks associated with smoking are lung, larynx, esophagus, pharynx, and mouth cancer, cardiovascular diseases and nicotine addiction. Tobacco smoking is considered the most preventable cause of death.² The degree of addiction and disease risk increases with earlier initiation of smoking.⁵

Smoking has been linked to depression and risky behavior, including other drug use.^{2,5} Among teens who are repeat marijuana users, 60% tried cigarettes before experimenting with marijuana.⁶ Research has shown that school involvement, extracurricular activities, and positive peer and parental relationships are very important factors in teen cigarette use; preventing the onset of teen cigarette use can significantly reduce other risk factors such as other drug use and addiction.^{5,6}

Specific highlights addressed in this section are:

- How many teens in southwest Wisconsin are smoking?
- At what age did they start smoking?
- How often are other forms of tobacco used?
- What impact do parents and peers have on teen decisions regarding tobacco?

¹ Hoffman, J.H., Welte, J.W., Barnes, G.M. (2001). Co-occurrence of alcohol and cigarette use among adolescents. *Addictive Behaviors*, 26, 63-78.

² Brown, Geraldine. (2003). Tobacco Use: An Addiction. *Minority Nurse Newsletter*, 10, 4.

³ Center for Disease Control. (2005) Youth Risk Behavior Surveillance—United States.

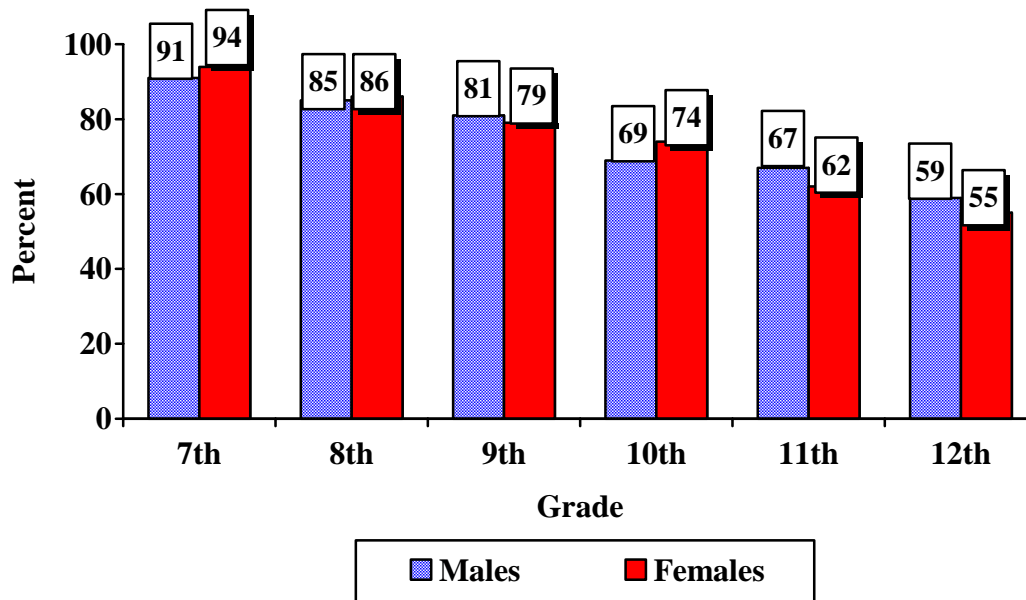
⁴ Wisconsin Youth Risk Behavior Survey: Executive Summary and Report (2005).

⁵ Lejuez, C.W., Aclin, Will M., Bornoalova, Marina A., Moolchan, Eric T., (2004). Differences in Risk-taking propensity across inner-city adolescent ever- and never-smokers. *Nicotine & Tobacco Research*, 7, 71-79.

⁶ Heaton, Cheryl G., Califano, Joseph A., (2003). Report on Teen Cigarette Smoking and Marijuana Use. *Columbia University, New York, NY, National Center on Addiction and Substance Abuse*.

TEENS WHO ABSTAIN FROM TRYING SMOKING TOBACCO BY GRADE AND GENDER

Teens who respond “never used ” to the statement, “Please tell us how old you were when you first...smoked a whole cigarette”:



Key Findings:

At every grade level, teens that have abstained from trying tobacco are in the majority.

More females than males report they have not tried smoking tobacco in 7th, 8th and 10th grade.

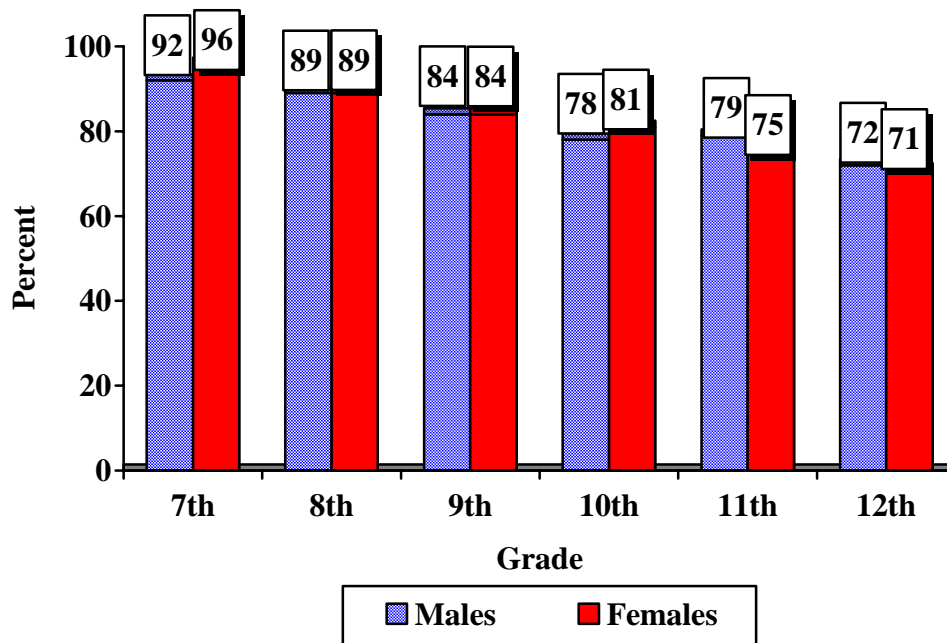
Other Notable Findings:

Overall 75% of males and 74% of females report they have **not** tried smoking.

Overall 10% of males and 12% of females report they had smoked a half a pack of cigarettes or more per day at some point in their lives.

TEENS WHO DID NOT SMOKE TOBACCO IN THE PAST 30 DAYS BY GRADE AND GENDER

Teens who respond “none” when asked, “During the past 30 days how many times did you...smoke a whole cigarette?”:



Key Findings:

The percentage of males and females that report smoking cigarettes in the past 30 days is nearly identical.

Ninety-two percent (92%) of 7th grade males and 96% of 7th grade females report they did not smoke cigarettes in the past 30 days.

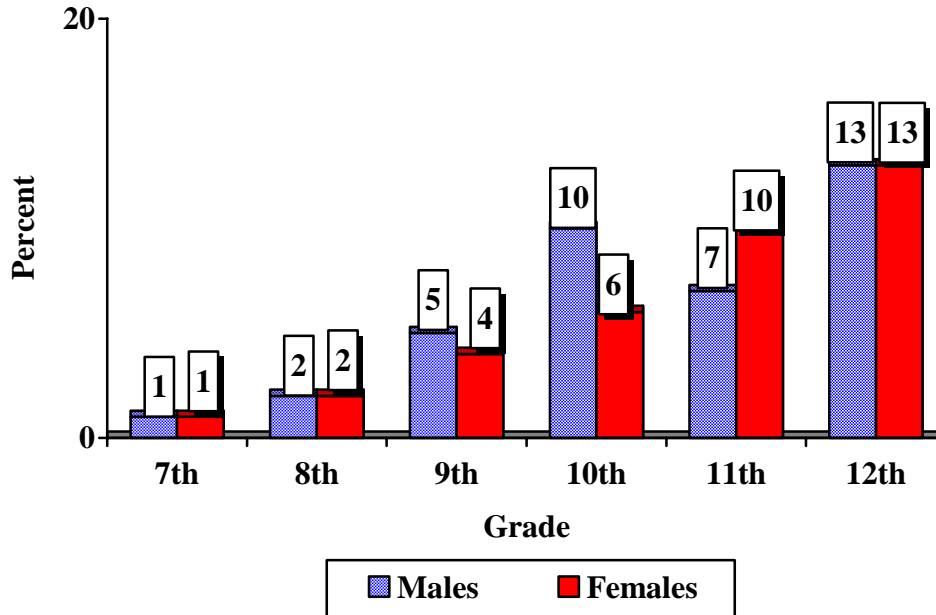
Other Notable Findings:

Overall, 18% of males and 18% of females report they smoked at least one cigarette in the past month.

One in twenty (5%) of males and 4% of females report they smoked a whole cigarette on “1-2 times” in the past 30 days.

REGULAR TOBACCO SMOKERS BY GRADE AND GENDER

Teens who respond “40 or more times” to the question, “During the past 30 days how many times did you...smoke a whole cigarette?”:



Key Findings:

One percent (1%) of 7th grade males and females report that they smoked a whole cigarette “40 or more times” in the past 30 days.

Only 10th grade males, 11th grade females and 12th graders report double-digit rates of regular tobacco use in the past 30 days.

Other Notable Findings:

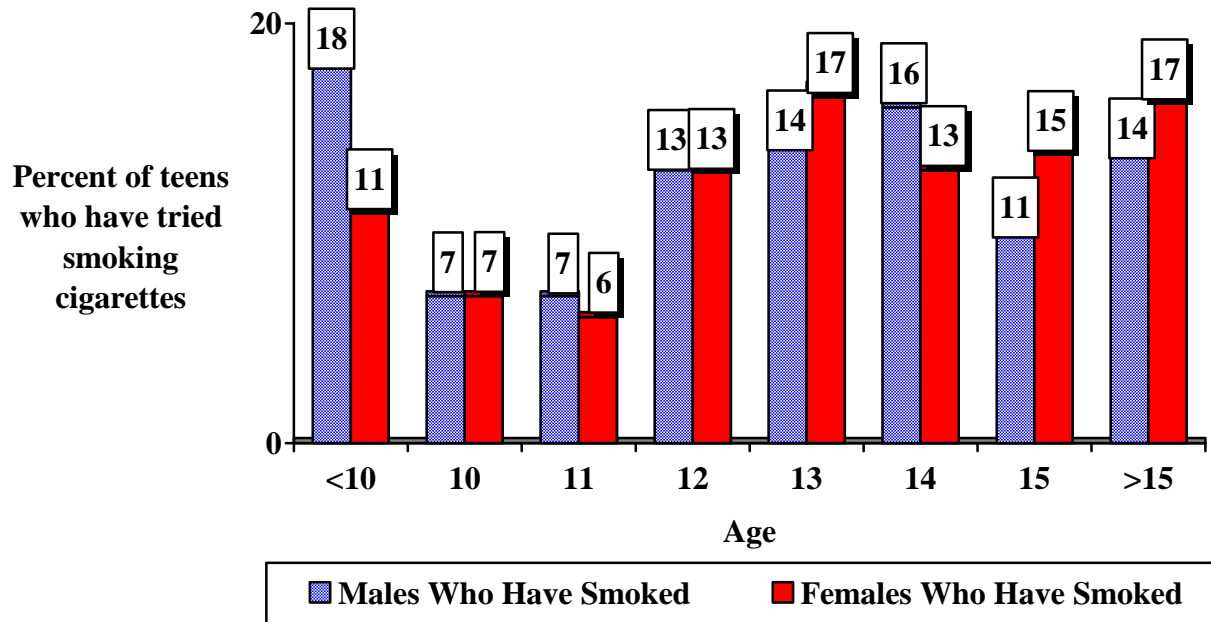
Overall, about 6% of males and females report they smoked a whole cigarette “40 or more times” in the past 30 days, while 4% of teens report smoking a whole cigarette “10-39” in the past 30 days.

Seven percent (7%) of teens report they smoked a whole cigarette “6-9 times” in the past 30 days.

Although it is not a finding of the survey, it is important to point out that the legal age to purchase cigarettes in Wisconsin is 18.

AGE OF FIRST CIGARETTE SMOKING BY GRADE AND GENDER

Responses of teens who have tried tobacco to the statement, “Please tell us how old you were when you first...smoked a whole cigarette”:



Key Finding:

Almost 1 in 5 (18%) males and 1 in 10 females (11%) who have tried smoking did so before the age of 10.

Other Notable Findings:

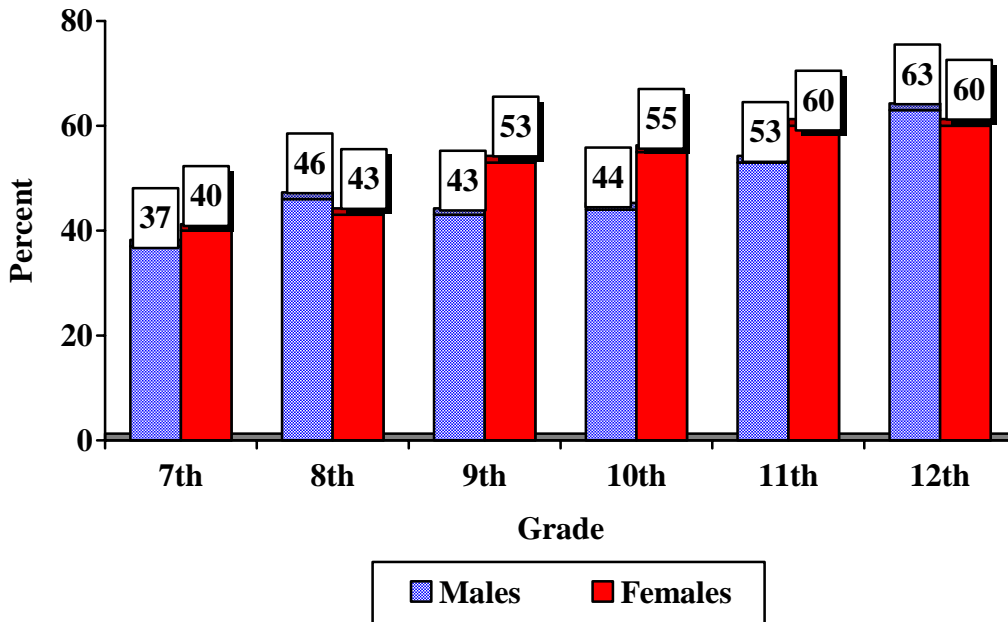
Overall, 14% of teens that have tried smoking did so before the age of 10.

More than half (57%) of teens that have tried smoking did so before the age of 14.

Forty-two percent (42%) of males and 45 % of females who tried smoking cigarettes went on to smoke a 1/2 a pack or more per day.

PERCEPTION OF RISK ASSOCIATED WITH TOBACCO USE

Teens who respond “*moderate risk*” or “*great risk*” when asked, “*how much do you think people risk harming themselves (physically and other ways) if they...smoke one or two cigarettes per day?*”:



Key Findings:

Teens in later grades are more likely to associate moderate to great risk with smoking one or two cigarettes a day.

With the exceptions of 8th and 12th grade, females are more likely than males to associate moderate to great risk with smoking one or two cigarettes a day.

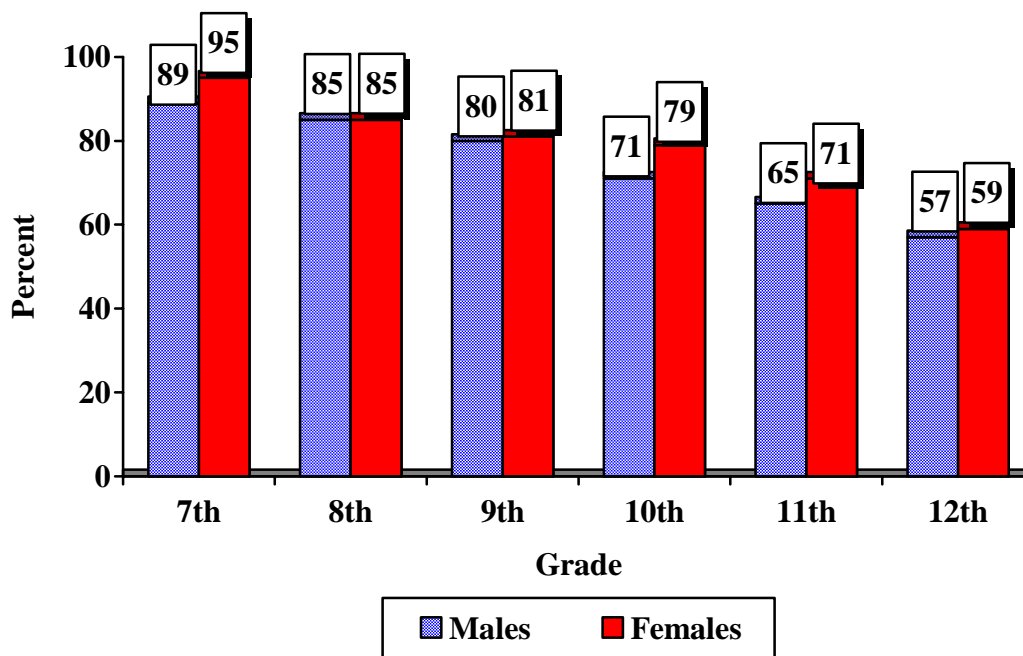
Other Notable Findings:

Half (50%) of all teens associate moderate to great risk with smoking one or two cigarettes a day.

Three out of four (74%) teens associate moderate to great risk with smoking half a pack or more of cigarettes per day.

TEEN VALUES ASSOCIATED WITH TOBACCO USE

Teens who respond “wrong” or “very wrong” when asked, “how wrong do think it is for teens your age to smoke cigarettes?”:



Key Findings:

Ninety-five percent (95%) of 7th grade females think it is “wrong” or “very wrong” for teens their age to smoke cigarettes.

A significant majority of teens at every grade level feel it is “wrong” or “very wrong” for teens their age to smoke cigarettes.

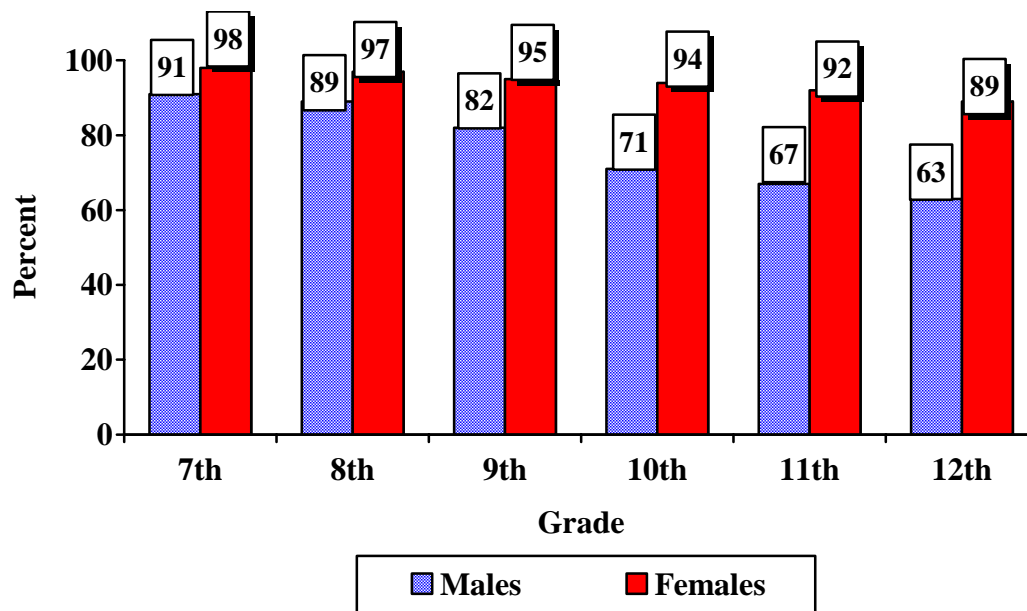
Other Notable Findings:

Nine out of ten (90%) teens feel that it is at least “a little wrong” for teens their age to smoke cigarettes.

Twenty percent (20%) of 12th grade males and 18% of 12th grade females feel it is “not wrong” for teens their age to smoke cigarettes.

TEENS WHO ABSTAIN FROM TRYING CHEWING TOBACCO BY GRADE AND GENDER

Teens who respond “never used ” to the statement, “Please tell us how old you were when you first...chewed tobacco, dip or snuff”:



Key Findings:

At every grade level except 12th, more than 90% of females report that they have never tried chewing tobacco.

Ninety-one percent (91%) of 7th grade males report that they have not tried chewing tobacco.

Thirty-seven percent (37%) of 12th grade males have tried chewing tobacco, dip or snuff.

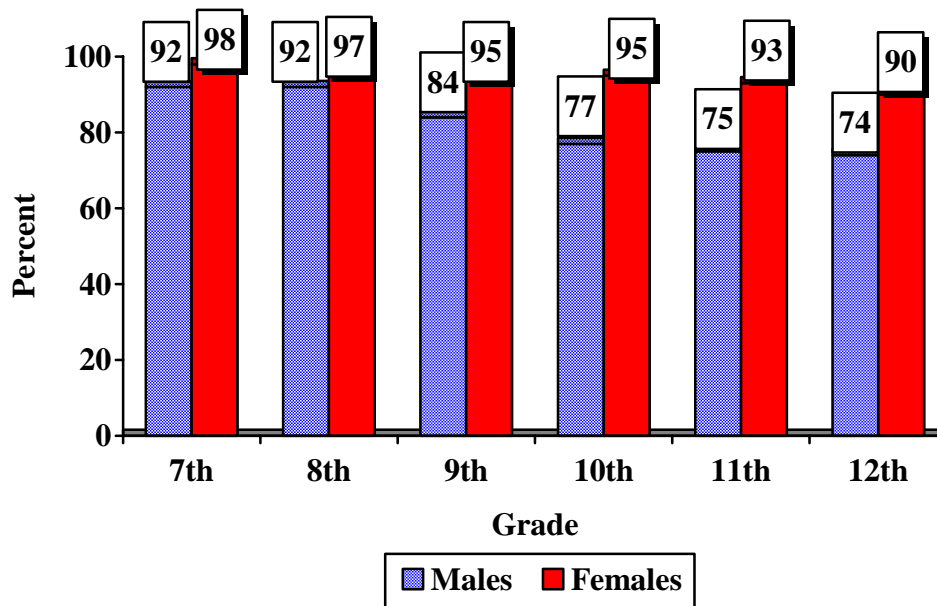
Other Notable Findings:

Ninety-four percent (94%) of females report that they have never tried chewing tobacco.

Seventy-seven percent (77%) of males report that they have never tried chewing tobacco.

TEENS WHO DID NOT USE CHEWING TOBACCO IN THE PAST 30 DAYS BY GRADE AND GENDER

Teens who respond “none” when asked, “During the past 30 days how many times did you...chew tobacco, dip or snuff?”:



Key Findings:

For males, 30-day use of chewing tobacco increases significantly from 8th to 9th and 9th to 10th grades.

At no grade level do more than 10% of females report using chewing tobacco in the past 30 days.

Other Notable Findings:

Ninety-four percent (94%) of females report they did not use chewing tobacco in the past 30 days.

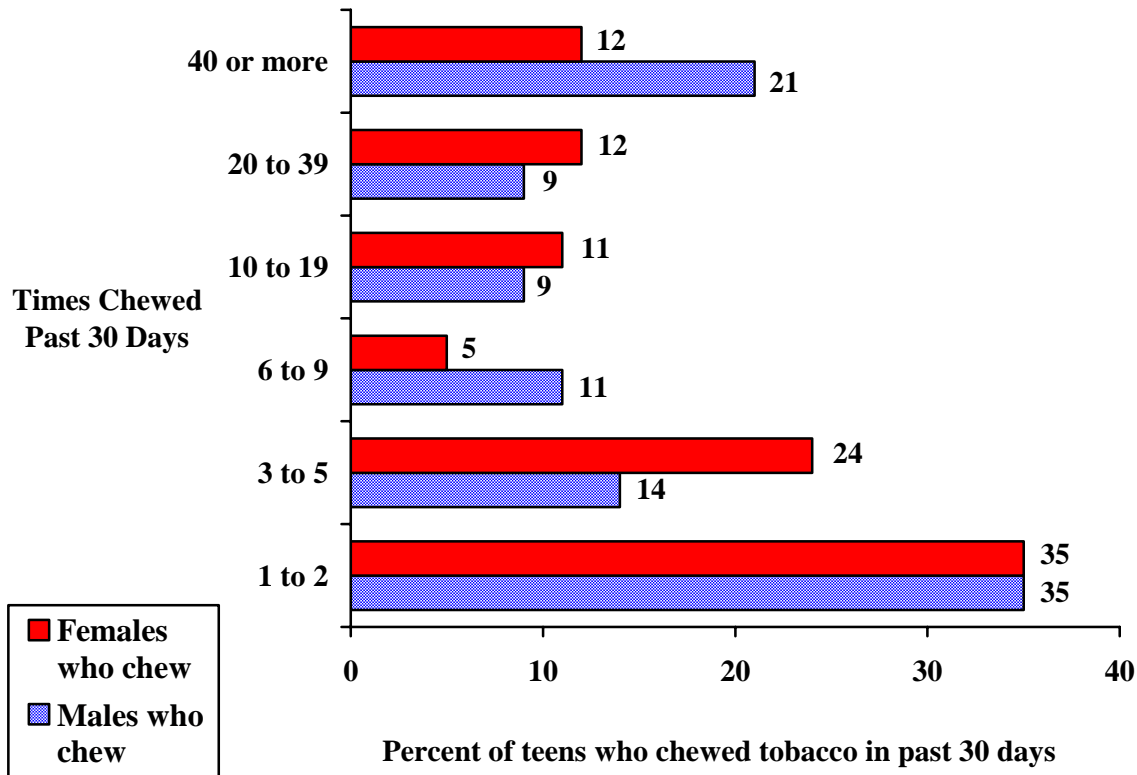
Eighty-two percent (82%) of males report they did not use chewing tobacco in the past 30 days.

Seven percent (7%) of 11th and 12th grade males report they used chewing tobacco at least 40 times in the past 30 days.

Fourteen percent (14%) of 12th grade males report they used chewing tobacco at least 10 times in the past 30 days.

FREQUENCY OF USE AMONG TOBACCO CHEWERS BY GENDER

Responses of teens who used chewing tobacco in the past 30 days to the question, “During the past 30 days how many times did you...chew tobacco, dip or snuff?”



Key Findings:

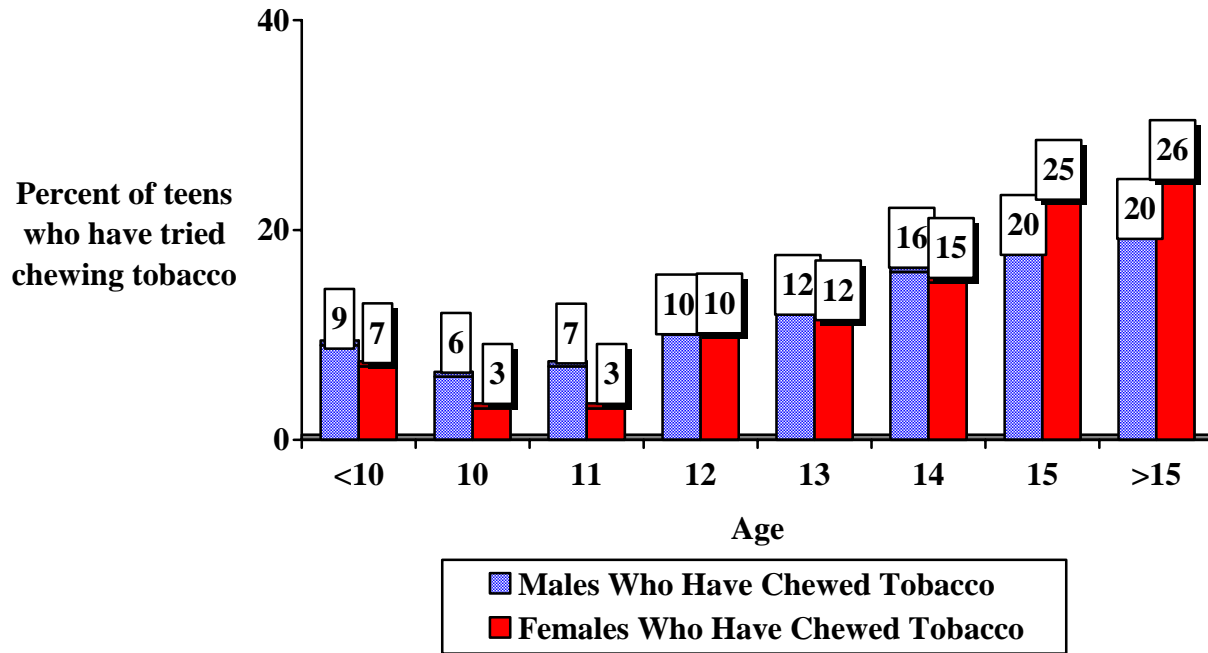
About one in three (35%) males and females who chewed tobacco in the past 30 days did so one or two times in the past 30 days.

Twelve percent (12%) of females and 21% males who chewed tobacco in the past 30 days did so 40 or more times in the past 30 days.

The majority of females (59%) who chewed tobacco in the past 30 days did so five or fewer times in the past 30 days.

AGE OF FIRST CHEWING TOBACCO EXPERIMENTATION BY GENDER

Responses of teens who have tried tobacco to the statement, “Please tell us how old you were when you first...chewed tobacco, dip or snuff”:



Key Findings:

Nearly 1 out of every 10 males (9%) who experimented with chewing tobacco tried chewing tobacco before age 10.

The majority of females (51%) who experimented with chewing tobacco tried chewing tobacco at age 15 or older.

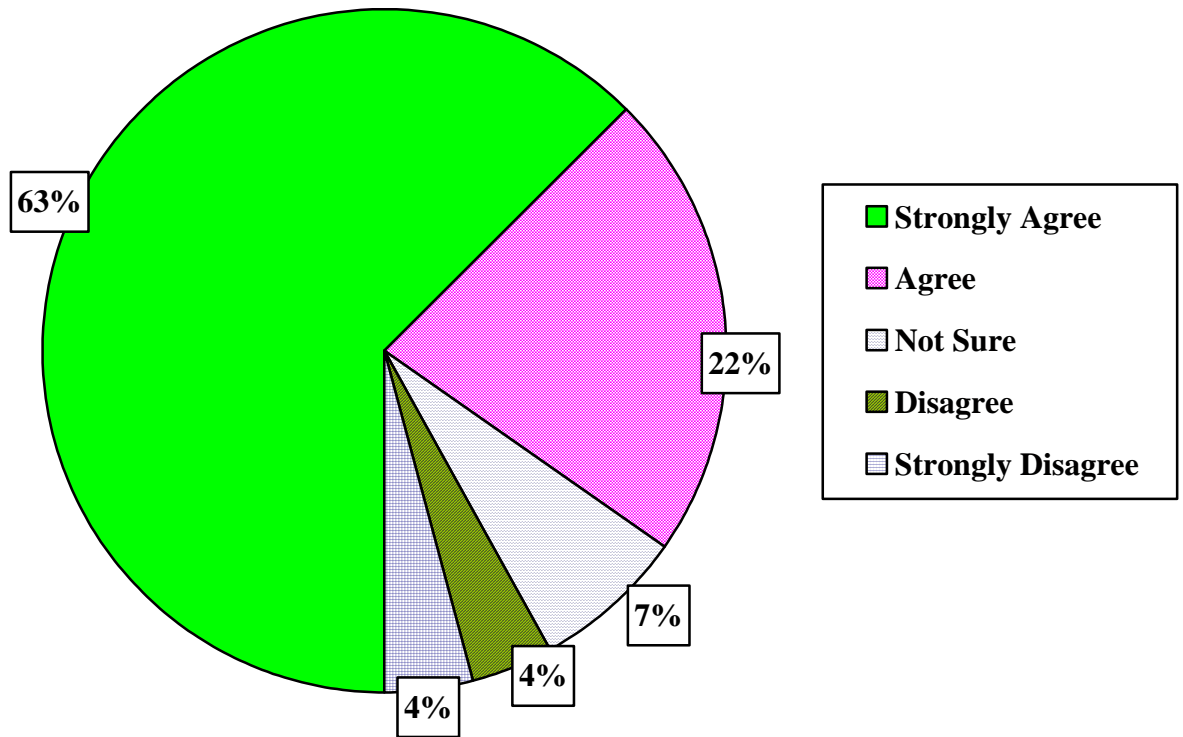
Other Notable Findings:

Twenty-three percent (23%) of all males and 6% of all females report that they have experimented with chewing tobacco, dip or snuff.

One out of 20 males (5%) have experimented with chewing tobacco, dip or snuff by age 12.

PERCEIVED PARENTAL ATTITUDES REGARDING TEENS SMOKING CIGARETTES

Teen responses to the statement, “My parent(s)/guardian(s) think it is wrong for teens my age to smoke cigarettes”:



Key Finding:

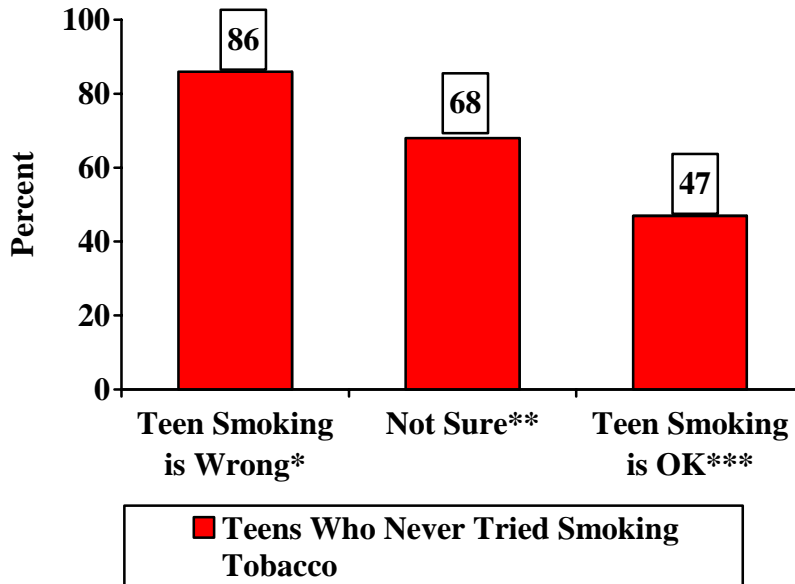
Eighty-five percent (85%) of students either “agree” or “strongly agree” that their parent(s)/guardian(s) think it is wrong for teens their age to smoke cigarettes.

Other Notable Findings:

Ten percent (10%) of 12th grade females and 13% of 12th grade males “disagree” or “strongly disagree” with the statement “My parent(s)/guardian(s) think it is wrong for teens my age to smoke cigarettes.”

Eleven percent (11%) of 12th grade females and 13% of 12th grade males are “unsure” about their parents attitudes regarding whether it is wrong for teens their age to smoke cigarettes.

TEENS WHO DID NOT SMOKE TOBACCO IN THE PAST 30 DAYS AND PERCEIVED PARENTAL ATTITUDES REGARDING TEENS SMOKING CIGARETTES



* Teens who perceive their parents think it is wrong for teens their age to smoke.

** Teens who are unsure of their parent's attitude toward teen smoking.

*** Teens who perceive their parents think it is not wrong for teens their age to smoke.

Key Findings:

Teens who “strongly agree” or “agree” that their parent(s)/guardian(s) think it is wrong for teens their age to smoke cigarettes, are less likely to report that they have smoked tobacco in the past 30 days.

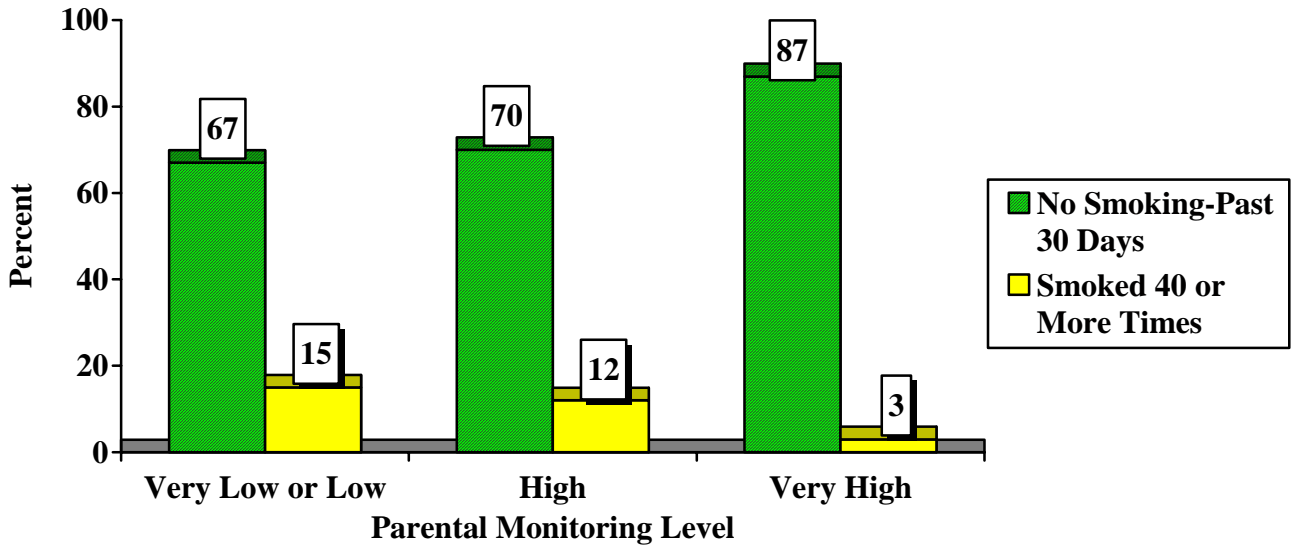
Eighty-six percent (86%) of students who either “agree” or “strongly agree” that their parent(s)/guardian(s) think it is wrong for teens their age to smoke cigarettes did not smoke tobacco in the past 30 days. This compares with 68% of those who are unsure of their parent(s)/guardian(s)’ attitudes toward teen smoking and report they did not smoke in the past 30 days, and 47% who say their parent(s)/guardian(s) do not think it is wrong for teens their age to smoke cigarettes and report they had smoke in the past 30 days.

Other Notable Finding:

Ninety percent (90%) of teens who “strongly agree” that their parent(s)/guardian(s) think it is wrong for teens their age to smoke cigarettes report they did not smoke in the past 30 days.

PARENTAL MONITORING AND TOBACCO USE

Parental monitoring scores* compared with 30 day tobacco use:



**The parental monitoring scale sums the responses from several questions related to parental monitoring. Higher scores correspond to teen's responding that their parents had a greater awareness of the teen's ongoing behaviors.*

Key Findings:

Eighty-seven percent (87%) of teens whose parent(s) practice “*very high*” levels of parental monitoring report that they did not smoke tobacco in the past 30 days and only 3% smoked on 40 or more occasions.

Among the teens whose parent(s) practice “*very low or low*” levels of parental monitoring 67% did not smoke tobacco in the past 30 days and 15% smoked on 40 or more occasions.

Other Notable Findings:

Data from the survey indicates that parents influence tobacco use through parental monitoring, communication of values, consistent communication and enforcement of consequences for violating family rules, supporting school codes, providing family love and support and sharing meals as a family.

For more details see the chapter on family relationships.