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Alabanna Vouth 'Iobacco Survey

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## What is in This Report?

The Alabama Youth Tobacco Survey (ALYTS) is conducted by the Tobacco Prevention and Control Division of the Alabama Department of Public Health, through a grant from the Office on Smoking and Health, Centers for Disease Control and Prevention (CDC).

The original Youth Tobacco Survey (YTS) was developed as a joint effort between several states and the CDC. The YTS was first administered in Florida, Mississippi, and Texas in 1998; and since that time, nearly all states have conducted their own YTS.

Alabama conducted the first ALYTS in 2000, and continues to administer the survey biannually in parallel with the National Youth Tobacco Survey (NYTS). Both the ALYTS and the NYTS are designed to document tobacco-related knowledge, attitudes, and behaviors among middle and high school students. The NYTS provides a national index against which Alabama can compare ALYTS results.

The purpose of the ALYTS is to gather state-based student data on the following tobaccorelated topics: prevalence of use (cigarettes, smokeless tobacco, cigars, pipes, bidis, and kreteks); knowledge and attitudes; media and advertising; minors' access and enforcement; school curriculum; exposure to environmental tobacco smoke (ETS); and cessation.

The survey is implemented using a 2 -stage sample design. A stratified, random sample of 50 public middle schools and 50 public high schools is selected; then from each selected school, up to three classes are randomly selected to participate. Statewide, the ALYTS is administered to approximately 3,000 students in grades 6 through 12 .

The ALYTS is a voluntary, self-administered questionnaire containing approximately 65 questions, and requiring one class period to conduct. Survey administration procedures are designed to protect student privacy and allow for anonymous participation. No sensitive questions are posed, and no personal identifiers are collected.

Data gathered from the ALYTS is utilized to enhance Alabama's capacity to design, implement, and evaluate the youth component of its Tobacco Prevention and Control Program. Results are used to identify future priority areas and monitor progress toward state plan goals.

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## Participants




The following graphs show the sex and race/ethnicity of participants



Percent of Students Who Reported Ever Using Any Form of Tobacco by Grade


The forms of tobacco that students were asked about included cigarettes, cigars, pipes, smokeless tobacco, bidis, and kreteks (bidis are small brown cigarettes from India consisting of tobacco wrapped in a leaf tied with a thread and kreteks are cigarettes containing tobacco and clove extract). The graphs show lifetime use of these combined products by sex, grade, and survey year.

- The percentage of middle school students who reported that they had tried a tobacco product in their lifetime decreased from $56.4 \%$ in 2002 to $46.6 \%$ in 2004, however, there was increase in 2006 to $50.3 \%$.

■ In 2006, one half of middle school students reported that they had tried tobacco products.

- For both middle school and high school students, males reported a higher rate of lifetime tobacco use.

■ In 2006, nearly seven out of ten high school students indicated that they had tried tobacco products.

- With increasing grade levels, the rate of lifetime tobacco use increased.
- In 2004 and 2006, there was an increase between 7th and 8th graders that had tried tobacco products.


## Use of Cigarettes





## Ever Tried Cigarette Smoking

Students were asked whether they had ever tried cigarette smoking (even one or two puffs) in their lifetime. The graphs show lifetime cigarette smoking by sex, type of school, grade, and survey year.
Experimentation with cigarettes has decreased slightly among high school students but has increased by $6 \%$ among middle school students from 2004 to 2006.

- In 2006, approximately four out of ten middle school students reported that they had experimented with cigarette smoking.

In the past three survey years, male middle school students reported higher rates of experimentation than female middle school students.

- The percentage of students who had ever smoked is $40.2 \%$ for middle school students and $61.6 \%$ for high school students in 2006.

In 2004 and 2006, female and male high school students reported comparable rates of experimentation with smoking.

- In 2004 and 2006, smoking experimentation increased between 7th and 8th grade.



## Use of Cigarettes

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## Current Cigarette Smoking

Students who reported that they smoked on one or more of the 30 days preceding the survey were considered current cigarette smokers. From 2002 to 2006, the reported rate of current smoking decreased among female middle and high school students, but has increased among male middle and high school students.

- Among middle school students, the reported rate of current smoking decreased from $15.6 \%$ in 2002 to 13\% in 2006.

Female middle school students reported a lower rate of current smoking than males in 2006.

- High school students reported an increase in current smoking from $25.7 \%$ in 2002 to $27 \%$ in 2006.
- The 2006 current smoking rate of high school students was more than double the rate of middle school students.

In 2006, 5\% of 6th graders reported smoking during the past 30 days. By 12th grade this rate had increased to 28.8\%

There is an increase in current smoking between 8th grade ( $17.4 \%$ ) and 9 th grade (26\%) in 2006.

## Use of Smokeless tobace





## Ever Used Smokeless Tobacco

Students were asked whether they had ever used chewing tobacco, snuff, or dip. The graphs show lifetime smokeless tobacco use by sex, type of school, survey year, and grade. Experimentation with smokeless tobacco is much greater with males than females in both middle and high school

In the past three survey years, male middle school students reported much higher rates of experimentation with smokeless tobacco than female middle school students.

- The rate of experimentation among female middle school students has increased from $7.6 \%$ in 2002 to $11.4 \%$ in 2006. The rate of experimentation among male middle school students has decreased from 2002 (33.5\%) to 2006 (29.3\%).
- The prevalence rate among high school students who have experimented with smokeless tobacco has remained stable for the past three survey years.
$\square$ Approximately one out of ten female high school students have experimented with smokeless tobacco, while four out of ten male high school students have.

In 2006, smokeless tobacco experimentation increased between 7th and 8th grade.

## Use of Smekeless tobace comtinued



Percent of High School Students Who Reported Current Use of Smokeless Tobacco by Sex



## Current Use of Smokeless Tobacco

Students who reported that they used smokeless tobacco on one or more of the 30 days preceding the survey were considered current smokeless tobacco users.

- The percentage of males who reported using smokeless tobacco was five times greater than females in both middle and high school in 2006.

The usage of smokeless tobacco in middle school students has increased from $7.1 \%$ in 2004 to $8.4 \% 2006$.

- The usage of smokeless tobacco in high school students has remained stable since 2004.
- The percentage rate among high school male students increased from $16.9 \%$ in 2002 to $20.3 \%$ in 2004 , but remained stable in 2006.
$\square$ Ninth graders reported the greatest percentage of current smokeless tobacco users. Eleventh graders reported the greatest decrease in current tobacco users from $16.9 \%$ in 2004 to $12.5 \%$ in 2006.


## Use of Cigars





## Ever Used Cigars

Students were asked whether they had ever tried cigars, cigarillos, or little cigars (even one or two puffs) in their lifetime. The graphs show lifetime cigar smoking by sex, type of school, survey year, and grade. In 2006, the rate of experimentation increased among middle school students and decreased among high school students

- In all survey years, female middle school students had a much lower rate of experimentation with cigar smoking than male middle school students.
$\square$ Rate of experimentation increased in middle school students from $22.5 \%$ in 2004 to $25.6 \%$ in 2006.

In 2006, the percentage of students who had ever smoked a cigar is $25.6 \%$ in middle school students and $36.5 \%$ in high school students.
$\square$ The rate among female high school experimenters decreased from $34.3 \%$ in 2004 to $25.4 \%$ in 2006.

The rate of experimentation increased in 2006 for 7th, 8th, and 9th graders, while all others grades rate of experimentation decreased.

- In 2006, cigar smoking experimentation increased between 6th and 7th grade and 7th and 8th grade and continued to increase throughout most of high school.



## Use of Cigars

 continued



## Current Use of Cigars

Students who reported that they smoked cigars, cigarillos, or little cigars on one or more of the 30 days preceding the survey were considered current cigar smokers. From 2002 to 2006, the reported rate of current smoking decreased among middle school students and female high school students, but remained stable among male high school students.

- The rate of current cigar use among middle school students remained stable from 2004 to 2006.
- In 2006, male middle school students reported a rate more than double that of female middle school students for current cigar use.
- Cigars use among female high school students increased by from $9.7 \%$ in 2002 to $12.4 \%$ in 2004 . There was a decrease to $7.8 \%$ in 2006.
- The rate reported among high school males has remained stable for the past three survey years.

In 2006, current cigar use increased from $3.2 \%$ in 6th grade to $9.9 \%$ in 7 th grade. There was decrease in current cigar use between 11th grade ( $16.5 \%$ ) and 12th grade (12.3\%).

## Use of Bidts \& Kreteks




## Ever Used Bidis or Kreteks

Students were asked whether they had ever tried bidis or kreteks in their lifetime. The graphs show lifetime smoking of bidis or kreteks by sex, type of school, survey year, and grade.

Male middle school students reported a much higher rate of experimentation of bidis or kreteks than female middle school students.

- In 2006, the rate among middle school male students was more than double that of middle school female students.
- The percentage of high school students who reported ever tried bidis or kreteks has increased from 2004 (9.2\%) to 2006 (11.1\%).
- High school male students have had a decrease from 14.1\% in 2002 to 5.1\% in 2006.



## Susceptibility to Smeking and tobacco Ads





Students were considered susceptible to smoking if they confirmed that they would try a cigarette soon, OR if they reported that they might smoke during the next year, OR if they indicated they would smoke if their best friend offered it to them. Students were considered receptive to tobacco advertising if they reported that they would use or wear something that has a tobacco company name or picture on it

- The prevalence rate among middle school students who had never smoked and were susceptible has remained comparable from 2004 to 2006.
- Susceptibility to smoking was comparable for both male and female never smokers.
- The percentage of high school students who had never smoked and were susceptible to smoking increased from $2.9 \%$ in 2002 to $4.8 \%$ in 2006.

The susceptibility rate for high school female never smokers decreased from $5.1 \%$ in 2004 to $2.6 \%$ in 2006. However, the rate of susceptibility male never smokers increased from 3.9\% in 2004 to $7.1 \%$ in 2006.

The percentage of middle school students who had never smoked and reported that they will definitely not smoke during the next year increased slightly from $83.6 \%$ in 2004 to $86 \%$ in 2006.




- The percentage of high school students who had never smoked and reported that they will definitely not smoke during the next year increased slightly from $83.3 \%$ in 2004 to $85.1 \%$ in 2006.
- Reported intention to not smoke was similar among male and female high school students.
- In 2006, approximately $13 \%$ of middle school students were considered receptive to tobacco advertising.
- The percentage among male middle school students ( $16.2 \%$ ) who reported that they were receptive to tobacco advertising was greater than female middle school students (9.2\%) in 2006.
- Receptiveness to tobacco advertising remained stable among high school students for all three survey years; although a decrease was noted in male students.


# Expesure to tobacce Use in the Media 





Although direct advertising of tobacco products to youth is restricted, students continue to be exposed to tobacco use and tobacco promotions through the entertainment industry, sports, and the Internet.

In 2006, more than $75 \%$ of middle school students and more than $80 \%$ of high school students reported that they saw actors in movies or on TV use tobacco most or some of the time.

- Middle school students' exposure to tobacco use in film decreased from $80.5 \%$ in 2002 to $76.4 \%$ in 2006. High school students' exposure decreased from $85.8 \%$ in 2002 to $82.4 \%$ in 2006.
- Approximately 30-35\% of middle and high school students reported that they saw athletes use tobacco on TV most or some of the time.
- In 2006, 38\% of middle school students and $41 \%$ of high school students noticed tobacco advertising most or some of the time they used the internet.

■ Reported exposure to tobacco advertising showed an increase in both middle and high school students.

# Perceived Benetits of Tebacce Use 





To assess whether students thought that smoking provided social benefits, they were asked if they believed that 'young people who smoke have more friends' and if 'smoking make young people look cool or fit in.'

- Over the past three survey years, nearly $30 \%$ of middle school students reported that they believed that young people who smoked had more friends.
- The percentage of male middle school students who considered smoking beneficial to having friends was greater than female middle school students from 2002 to 2006.
- The rate among middle school students and high school students who reported that they believed that young people who smoked had more friends increased from 2002 to 2006.
- Approximately 20\% of middle school students reported that smoking made young people look cool or fit in.
- The percentage of middle school students who believed smoking made young people look cool or fit in has increased from 2002 (15.9\%) to 2006 (20.8\%).


# Perceived Benetits of tebacce Use centinued 

Percent of High School Students Who Reported Thinking That Smoking Cigarettes Made Young People Look Cool or Fit in by Sex


Male high school students were more likely than female high school students to believe that smoking was cool or helped young people fit in.

- The rate of high school students who reported thinking that smoking cigarettes made young people look cool or fit in has slightly increased from 15.5\% in 2002 to $16 \%$ in 2006.


# Liarmitul Eifects of tebacco Use 





Sound knowledge of the addictiveness and other harmful effects of tobacco may help students in their decision to avoid tobacco products. In the past three survey years a majority of middle and high school students reported that they were aware of the dangers of tobacco and the addictiveness of smoking.

In the past three survey years, more than $80 \%$ of middle school students reported thinking that people can get addicted to using tobacco just like they can get addicted to using cocaine or heroin.

Middle and high school female students reported a slightly higher rate of awareness of the addictiveness of tobacco use than males.

- The percentage of high school students who reported that tobacco was addictive declined from $88.5 \%$ in 2002 to $85 \%$ in 2006.
- Middle and high school students reported comparable levels of awareness of addictiveness of tobacco use.
- High school students were more likely than middle school students to report that they believed that smoking was harmful.


## Addiction and Quit Attempts





Smokers were asked about their interests in quitting, quit attempts, and the belief that one could be successful with quitting.

Current middle school smokers' desire to quit was comparable among both female and male students.

- The percentage of middle school students who reported that they wanted to stop smoking has increased from 42.5\% in 2004 to $56 \%$ in 2006.
- The percentage of high school students who reported that they wanted to stop smoking has decreased from $61.4 \%$ in 2002 to $47.3 \%$ in 2006.
- In the past three survey years, female high school smokers were more likely to indicate that they wanted to stop smoking than male smokers.
- In 2006, half of all middle school students had made an attempt to quit during the past year.



## Addiction and Quit Attempts

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Percent of Curent Middle School Smokers Who Reported That They Would Be Able to Quit Smoking Cigarettes Now if They Wanted to by Sex


- The percentage of high school smokers who reported that they tried to quit during the past year decreased from $59.6 \%$ in 2004 to $54.9 \%$ in 2006.
- The percentage of current middle school smokers who believed in their ability to quit decreased from $77.3 \%$ in 2002 to $66.3 \%$ in 2006.

The rate was comparable among female and male current smokers who believed that they would be able to quit smoking now.

- A greater amount of high school smokers reported that they could quit smoking now if they wanted to than middle school smokers.
- In 2006, $73 \%$ of both female and male high students indicated that they would be able to quit if they wanted to.


## Access to Cigarettes




Current cigarette smokers were asked to identify their usual source for obtaining cigarettes.

- $57 \%$ of current middle and high school smokers relied upon social contacts for obtaining cigarettes (giving someone money to purchase cigarettes, borrowing them, or getting them from someone older than 18).
- Only $9.4 \%$ of middle school smokers reported that they usually bought their cigarettes from a store.
- Nearly 30\% of middle school smokers gave someone money to purchase cigarettes and $22 \%$ borrowed them from someone.
- $20 \%$ of high school smokers reported that they usually bought their cigarettes from a store.
- $36 \%$ of high school smokers gave someone money to buy them cigarettes and $17 \%$ borrowed them from someone else.


## Preferred Cigarette Brands




Promotion, advertising, and product placement play an important role in determining which brands students typically smoked.

- In 2006, Marlboro was listed as the most frequently smoked brand among both middle school smokers (36.9\%) and high school smokers (41.3\%).

■ 13\% of current middle school smokers indicated that they had no usual brand.

- Nearly 70\% of middle school smokers reported that they usually smoke one of the most heavily advertised brands (Camel, Marlboro, or Newport).
- The percentage of high school students who preferred Camel increased from $3.6 \%$ in 2004 to $7.6 \%$ in 2006. The percentage of students who preferred Newport increased from $29.3 \%$ in 2004 to $36.4 \%$ in 2006. The percentage of students who preferred Marlboro decreased from 51\% in 2004 to $41.3 \%$ in 2006


## Expesule to tobacce Sincke





Students were asked to identify whether they were exposed to tobacco smoke indoors or in cars and if they perceived tobacco smoke from other people's cigarettes as being harmful.

In the past three survey years, high school students were more likely to report indoor exposure to tobacco smoke than middle school students.

- Over half of all middle and high school students reported indoor exposure to tobacco smoke.
- In 2006, the percentages of students reporting exposure to tobacco smoke in cars decreased for both middle and high school.

The rate of students who reported that they rode in a car with someone who smoked during the seven days preceding the survey decreased from 2002 to 2006 in both middle and high school.

In 2006, more than $80 \%$ of middle and high school students reported that they believed that smoke from other people's cigarettes was harmful to them.

- From 2002 to 2006, the percentages of students who indicated that they were aware of the harmfulness of secondhand remained stable.


# Tebacce Use Ameng Fitiends and leamily 





Friends and family members who smoke influence students' decision to start smoking. They may share risk factors and they may encourage experimentation and serve as a source for obtaining cigarettes.

- Nearly four out of ten middle school students reported that their one or more of their four closet friends smoked cigarettes.
- The percentage of middle and high school students that reported that one or more of their four closest friends smoked cigarettes remained stable from 2004 to 2006.
- Current smokers in middle and high school were more likely to report that they had smokers among their four closest friends.

More than $80 \%$ of current smokers in middle and high school reported that they had smokers among their four closest friends.

# $f==$ Tobacco Use Ameng Fitiends and leamily continued 





- In 2006, nearly $60 \%$ of students in high school reported that they lived with someone who smoked cigarettes.
- In 2006, percentages of current smokers in middle school who reported that they lived with someone who smoked cigarettes were much greater than never smokers.

■ $61.9 \%$ of current male smokers and 71.9 \% of current female smokers reported living with someone who smoked cigarettes.

In 2006, 57.6\% of high school smokers reported living with someone who smoked cigarettes.

- Approximately 61\% of current female smokers reported living with someone who smoked cigarettes and $55 \%$ of current male smokers reported living with someone who smoked cigarettes among high school students.
- Current smokers were more likely to report living with someone who smoked more frequently than never smokers.


# Participation in tobacco Prevention by Schoal type 





Comprehensive tobacco prevention programs that combine mass media education with school and community-based programs are considered most effective in reducing tobacco use initiation. Students were asked if they participated in schooland community-based prevention during the past school year.

- In the past three survey years, middle school students were more likely than high school students to have received tobacco prevention education in school.
- In 2006, approximately $63 \%$ of middle school students and $45 \%$ of high school students reported that they were taught about the dangers of smoking.

More than $40 \%$ of middle school students reported that they practiced refusal skills.

- The percentage of middle school students who reported participation in community-based anti-tobacco activities declined slightly from 2004 (17.5\%) to 2006 ( $16.1 \%$ ). The percentage of high school remained stable from 2004 to 2006.
- Middle school students were more likely than high school students to report participation in community activities.


# Participation in tobacce Prevention by Erade 

Percent of Students Who Reported That They Were Taught About the Dangers of Tobacco During the Past School Year by School Type




The graphs show Alabama participation rates in preventions programs by grade level.

- The percentage of students who reported receiving tobacco education generally declined with increasing grades.
- In the past three survey years, 6th graders were most likely to have received tobacco prevention education in school.
- Among high school students, 10th graders were most likely to have participated in school tobacco education.

Sixth graders were twice as likely to have practiced refusal skills than 9th graders.

- In 2006, all high school grades reported an increase in practicing refusal skills.
- Among high school students, more 12th graders participated in community anti-tobacco events in 2004 and 2006 than any other grades.


# Tobacce Use by liace/(Ethutcity 





The graphs show differences in tobacco use experimentation and current use of tobacco products among racial/ethnic groups. However, due to small numbers of participating Hispanics, most differences are not statistically significant and estimates need to be interpreted with caution

- Hispanics reported the largest increase of experimentation with cigarette smoking from 2004 (31.1\%) to 2006 (67.4\%).

In 2006, the rate of experimentation among White and Black middle school students was comparable.

Blacks have the greatest experimentation rate among high school students in 2004 (63.5\%) and 2006 (64.5\%).

Hispanics have the greatest increase in experimentation with cigarettes among high school students.

- In 2006, Blacks in middle school have the smallest percentage of cigarette smoking ( $9.5 \%$ ) and Hispanics have the largest percentage (19.5\%).

The rate of cigarette smoking among White high school students has remained stable for the past two survey years.

# Tobacce Use by liace/(Ethutcity continued 





Whites have had the highest rate of current smoking among high school students for the past three survey years.

The rate of cigarette smoking among Blacks has increased form 14.8\% in 2004 to $21.4 \%$ in 2006.

The rate of cigarette smokers among Hispanic high school students has remained stable for the past two survey years.

- Middle School--Current use of smokeless tobacco (SLT) and pipes was most frequently reported by Whites. Current use of cigars was most frequently reported by Hispanics. And bidis were most often used by Blacks.
- High School--Current use of smokeless tobacco was frequently reported by Whites. Cigars, pipes, and bidis were most often used by Hispanics.


## Tobace Attitudes by liace/(Ethutcity





Students' belief in social benefits of tobacco use and in tobacco use addiction serves as predictors of their susceptibility to experimentation with tobacco products.

- In 2006, approximately one out four Black and Hispanic middle school students considered smoking to be cool or beneficial to fitting in.
- There was an increase among Hispanics from 2002 (7\%) to 2006 (24.6\%) in believing that smoking was cool or helped young people fit in.

There was an increase in 2006 in the percentage of White high school students who reported believing smoking made young people look cool or fit in.

More than three quarters of students in all groups were well informed about the addictive potential of tobacco. White and Hispanic students reported recognition of the addictive nature of tobacco at a higher rate than Black students.

# ADPR. <br> Alabama Department of Public Health 

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