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New Mexico Youth Risk & Resiliency 2015 Survey Results Report: Tobacco Use and Related Behaviors

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Recommended Citation

Healy, R; D Green; C FitzGerald; and L Penaloza. "New Mexico Youth Risk & Resiliency 2015 Survey Results Report: Tobacco Use and Related Behaviors." (2017). <https://digitalrepository.unm.edu/prc-reports-documents/25>

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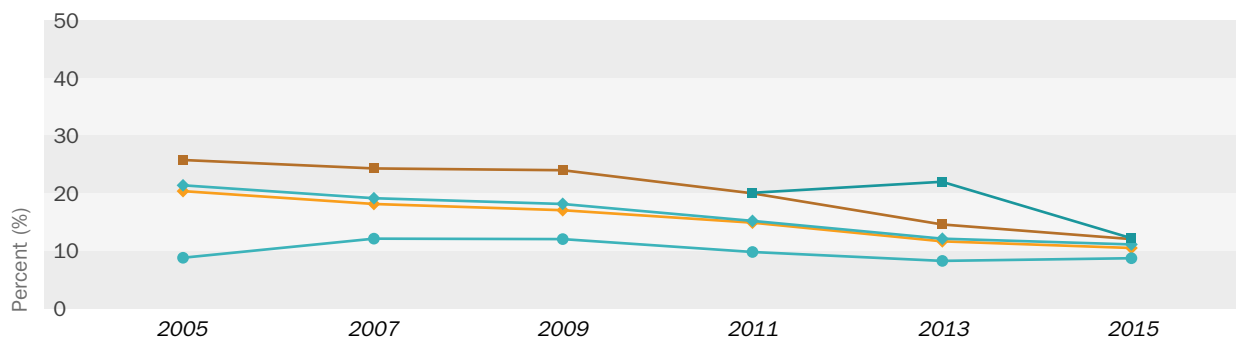
Tobacco and Related Behaviors

Tobacco use remains the leading cause of preventable disease in the US.¹ Tobacco use and nicotine addiction typically begin during adolescence and young adulthood, and nicotine exposure during adolescence can lead to addiction, may harm brain development,

and could lead to sustained tobacco use among youths.² The New Mexico Youth Risk & Resiliency Survey includes questions about tobacco use and other risk behaviors as well as protective (resiliency) factors that can help reduce these risk behaviors.

Tobacco Use Trends (High School)

Figure 1
 Trends in tobacco indicators
 Grades 9–12, NM
 2005–2015



| | | | |
|-----------------------------|------|------|------|
| ■ Current hookah use | 20.0 | 21.9 | 11.9 |
| ■ Current cigarette smoking | 25.7 | 24.2 | 24.0 |
| ◆ Current cigar smoking | 21.3 | 18.9 | 18.0 |
| ◆ Smoked before age 13 | 20.0 | 18.0 | 16.8 |
| ● Current spit tobacco use | 8.5 | 11.8 | 11.8 |
| | 9.5 | 8.0 | 8.7 |

Summary of high school trends, 2005–2015:

- Current cigarette smoking and current cigar smoking decreased by more than 50%.
- Current hookah use decreased by 46% from 2013–2015.
- The current spit tobacco use rate in 2015 (8.7%) was similar to the 2005 rate (8.5%). The rate reached a high of 11.8% in 2009 and has decreased by 26% since then.
- Smoked cigarettes before age 13 decreased by 49%.

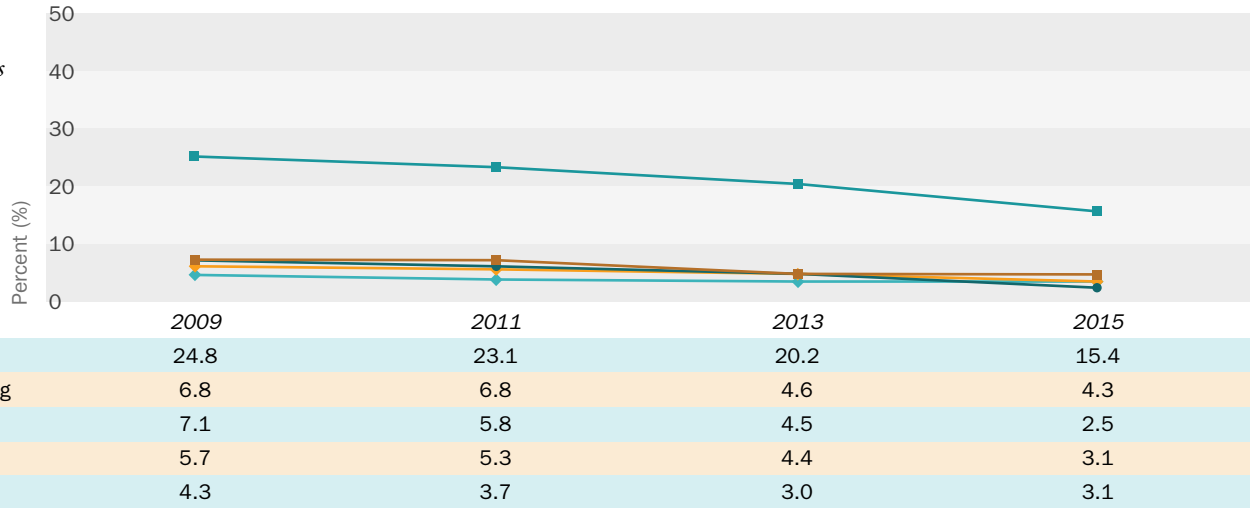
Summary of 2015 NM high school tobacco use with NM-U.S. comparison (grades 9–12):

| | NM% | U.S.% | at higher risk | NM rank |
|---|------|-------|----------------|-------------------|
| Smoked a cigarette before age 13 | 10.3 | 6.6 | NM | 6 (of 35 states) |
| Current cigarette smoking | 11.4 | 10.8 | – | 14 (of 37 states) |
| Frequent cigarette smoking | 2.7 | 3.4 | – | 26 (of 37 states) |
| Heavy cigarette smoking (among current smokers) | 6.5 | 7.9 | – | 23 (of 30 states) |
| Current cigar smoking | 10.5 | 10.3 | – | 15 (of 33 states) |
| Current spit tobacco use | 8.7 | 7.3 | – | 17 (of 34 states) |
| Current e-cigarette use | 24.0 | 24.1 | – | 14 (of 35 states) |

– = no statistically significant difference

Tobacco Use Trends (Middle School)

Figure 2
Trends in tobacco indicators
Grades 6–8, NM
2009–2015



Summary of middle school trends, 2009–2015:

- Current cigarette smoking decreased by 37%.
- Current cigar smoking decreased by 54%.
- Smoked before age 11 decreased by 46%.
- There was no statistically significant change in the rate of current spit tobacco use.

Summary of 2015 middle school tobacco use:

- 4.3% were current cigarette smokers.
- Fewer than 1% (0.4%) were frequent cigarette smokers.
- 6.8% currently used cigarettes, cigars, or spit tobacco.
- 12.0% currently used an e-cigarette.
- 15.4% currently used any form of tobacco (cigarette, cigar, spit tobacco, hookah, or e-cigarettes)

NEW for 2015: e-cigarette use (vaping)

The 2015 NM-YRRS included two new questions about e-cigarette use, also known as *vaping*, or inhaling vapor produced by an electronic cigarette or similar device such as blu, NJOY, or Starbuzz. Electronic vapor products include e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens. The questions were:

Have you ever used an electronic vapor product?

During the past 30 days, on how many days did you use an electronic vapor product?

Among NM high school students:

- 54.4% ever used an electronic vapor product.
- 24.0% used an electronic vapor product in the past 30 days.

Among NM middle school students:

- 25.4% ever used an electronic vapor product.
- 12.0% used an electronic vapor product in the past 30 days.

Tobacco Use and Student Characteristics

Tobacco Use by Sex

Grades 9–12:

- Boys were more likely than girls to use all types of tobacco, except hookah:
 - Cigarettes – 12.8% vs. 9.8%
 - Cigars – 13.5% vs. 7.3%
 - E-cigarettes – 26.9% vs. 21.9%
 - Spit tobacco – 14.2% vs. 2.9%
- By grade 12, more than half of boys (51.6%) were current users of at least one form of tobacco.

Grades 6–8:

- There was no statistically significant difference between boys and girls for current cigarette smoking (4.9% vs. 3.7%), ever smoked cigarettes (15.4% vs. 15.6%), current e-cigarette use (13.9% vs. 10.0%), or current hookah use (4.2% vs. 2.4%).
- Boys were more likely than girls to currently smoke cigars (4.2% vs. 2.4%) and to currently use spit tobacco (4.2% vs. 1.9%).

Tobacco Use by Grade Level

Grades 9–12:

With the exception of e-cigarette use, the prevalence of all forms of tobacco use increased significantly as grade level increased. Compared to 9th graders, 12th grade students were:

- more than two times as likely to *currently smoke cigarettes* as 9th graders (15.8 vs. 7.2%)
- 2.4 times as likely to *currently smoke cigars* as 9th graders (16.0% vs. 6.6%)
- 1.5 times as likely to *currently use hookahs* as 9th graders (14.4% vs. 9.5%)
- 1.8 times as likely to *currently use spit tobacco* as 9th graders (11.9% vs. 6.6%)

Grades 6–8:

All tobacco use indicators increased in prevalence with grade level. Compared to 6th graders, 8th grade students were:

- 3 times as likely to have *ever smoked cigarettes* (23.6% vs. 7.8%)
- 2 times as likely to *currently smoke cigarettes* (5.5% vs. 2.6%)
- 2.4 times as likely to *currently smoke cigars* (4.4% vs. 1.8%)
- 2.5 times as likely to *currently use hookahs* (6.1% vs. 2.4%)
- 4.7 times as likely to *currently use spit tobacco* (5.6% vs. 1.2%)
- 3 times as likely to *currently use e-cigarettes* (17.6% vs. 5.8%)
- 2.8 times as likely to *currently use any form of tobacco* (22.5% vs. 8.0%)

TERMINOLOGY

Current use: Throughout the report, “current” refers to behaviors that took place within the past 30 days.

Spit tobacco: Spit tobacco is a type of smokeless tobacco such as chewing tobacco, snuff, or dip.

Frequent smoker: A frequent smoker has smoked on 20 of the past 30 days.

Heavy smoker: A heavy smoker has smoked 11 or more cigarettes per day on the days that they smoked cigarettes.

Tobacco Use and Student Characteristics

Tobacco Use by Grade and Sex

Among both middle school and high school students, any current tobacco use (using at least one of the following: cigarettes, cigars, hookah, e-cigarettes, or spit tobacco) increased with grade level.

■ *Any current tobacco use* among 8th graders was 2.8 times that of 6th graders (22.5% vs. 8.0%).

■ *Any current tobacco use* among 12th graders was 1.4 times that of 9th graders (40.9% vs. 28.5%).

This increase by grade level was not the same for girls as it was for boys. Among boys, the increase in tobacco use with grade level continued through all grades, from 6th to 12th grade. Among girls, the increase by grade level had almost leveled out by high school. The disparity between boys and girls for the rate of any tobacco use was very slight from 7th grade to 10th grade, but by the 12th grade, the rate among boys (51.6%) was 1.7 times the rate among girls (30.1%).

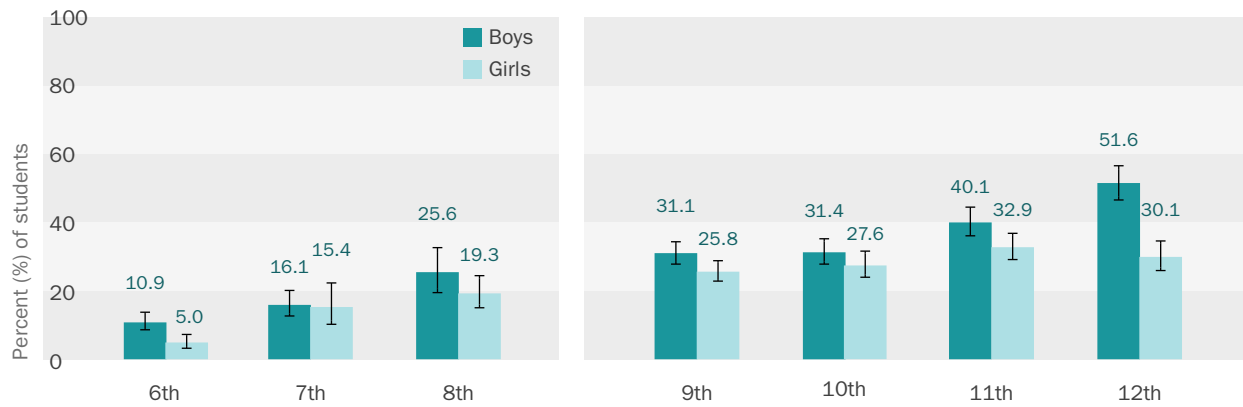


Figure 4
Any current tobacco use by sex and grade level
Grades 6–8 and
Grades 9–12, NM
2015

Tobacco Use and Student Characteristics

Tobacco Use by Race/Ethnicity

Grades 9–12:

- Asian/Pacific Islander students were more likely than Hispanic and White students to currently smoke cigars (18.2% vs. 10.3% and 9.5%) and more likely than Hispanic students to currently use spit tobacco (16.3% vs. 7.5%).
- Hispanic students (26.3%) were more likely than White (20.9%) or Asian/Pacific Islander (16.6%) students to currently use e-cigarettes.
- American Indian/Alaska Native students (16.4%) were more likely than White (10.7%) or Hispanic (10.3%) students to currently smoke cigarettes, but were the least likely to be frequent or heavy smokers.

Grades 6–8:

- There were no statistically significant differences by race/ethnicity for current use of cigarettes, cigars, hookah, e-cigarettes, or spit tobacco.

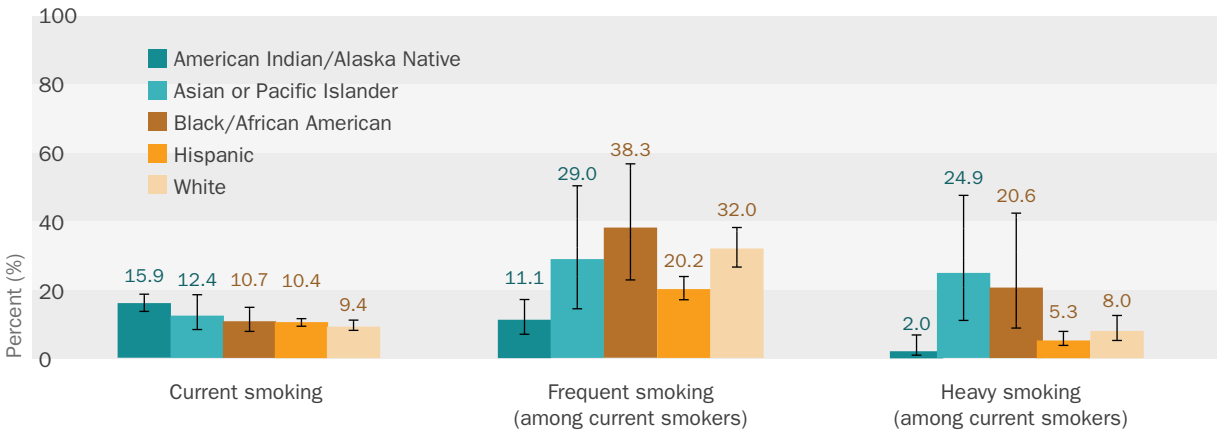


Figure 5
Current cigarette smoking and frequent and heavy smoking (among current smokers) by race/ethnicity
 Grades 9–12, NM
 2015

Tobacco Use and Risk Behaviors

Current Tobacco Use and Associated Risks (High School)

Most NM high school students (67.3%) did not use any tobacco products in the past 30 days. Among the students who used a single type of tobacco, e-cigarettes were by far the most common tobacco product used.

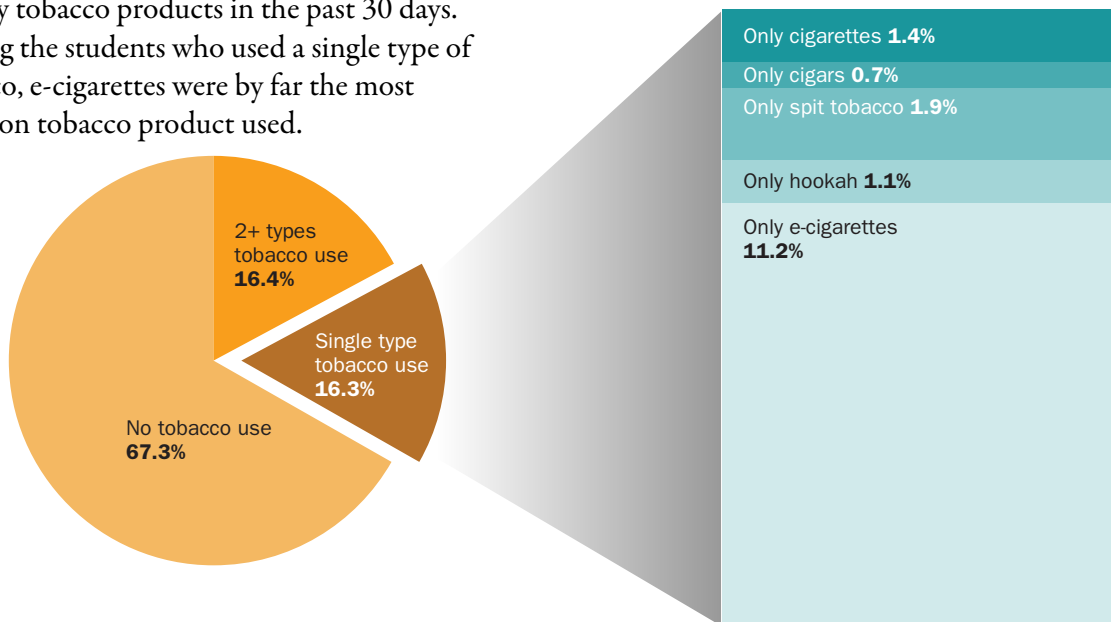


Figure 6
Current tobacco use
Grades 9–12, NM
2015

Current use of multiple tobacco products was associated with a higher prevalence of risk behaviors than use of one single form of tobacco. Current use of a single tobacco product was associated with a higher prevalence of risk behaviors than no current tobacco use.

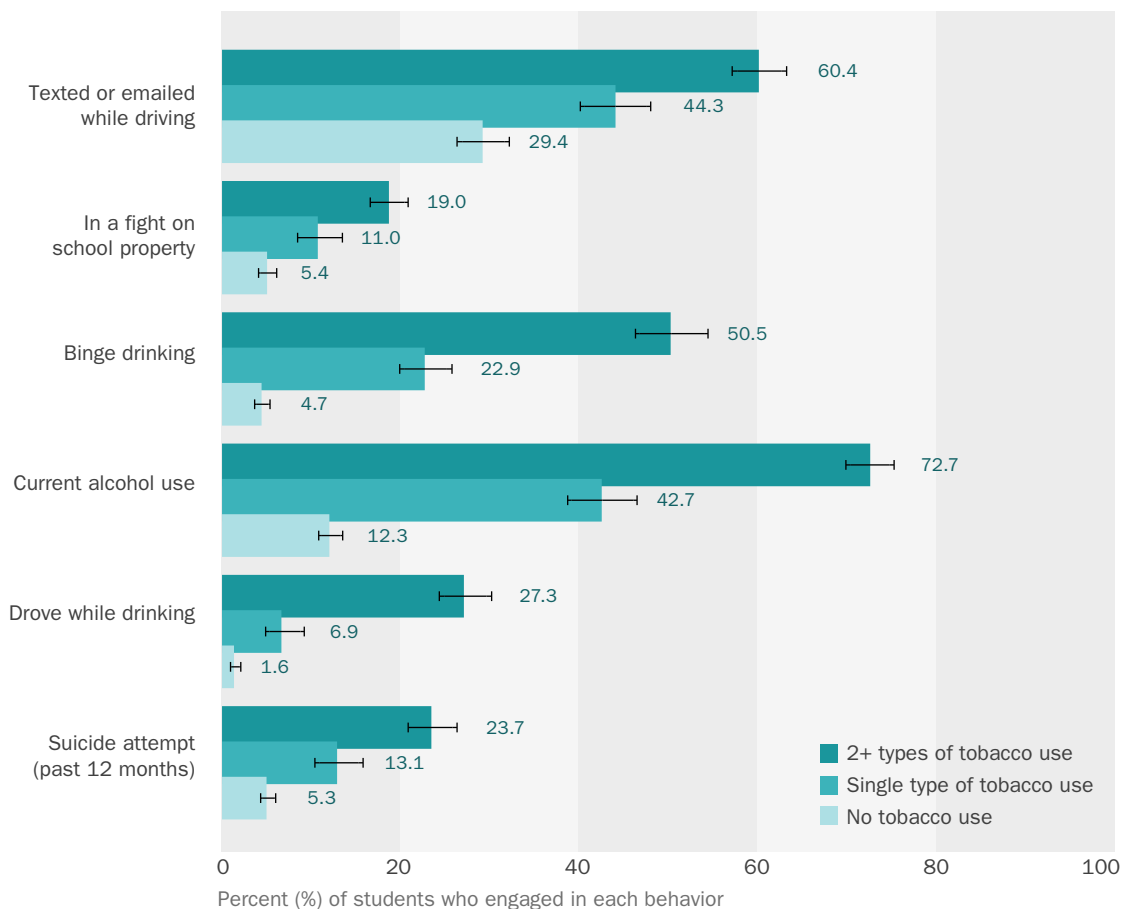


Figure 7
Selected risk behaviors by
current tobacco use
Grades 9–12, NM
2015

Tobacco Use and Risk Behaviors

Current Tobacco Use and Associated Risks (Middle School)

Most NM middle school students (84.9%) did not use any tobacco products in the past 30 days. Among students who used a single type of tobacco, most students used e-cigarettes.

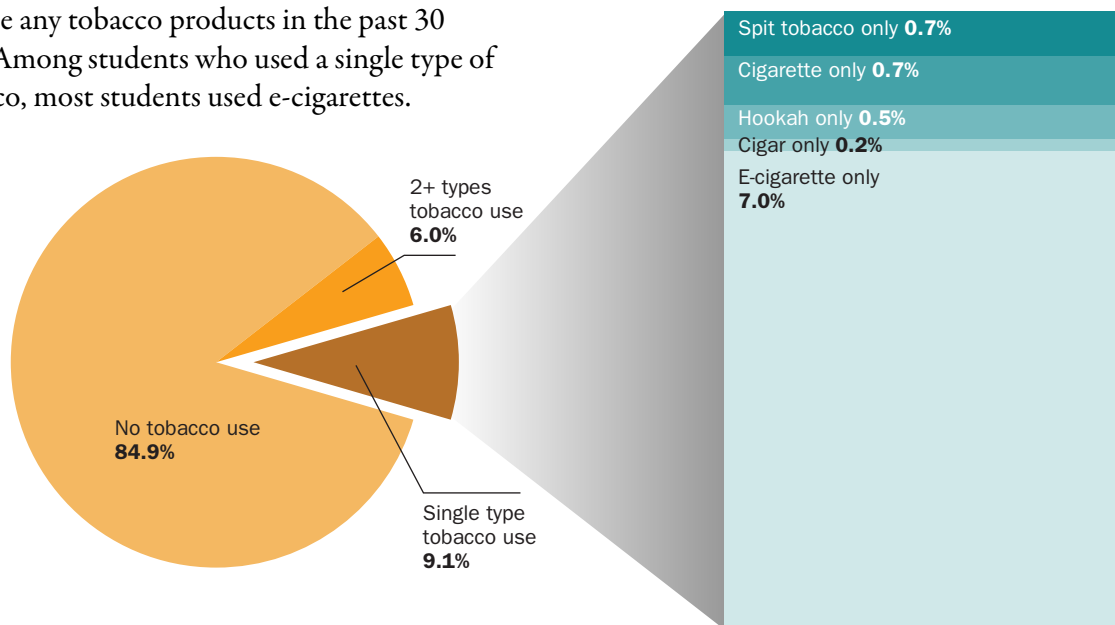


Figure 8
Current tobacco use
Grades 6–8, NM
2015

As with high school students, among middle school students current use of multiple tobacco products was associated with higher prevalence of other risk factors than use of a single tobacco product. Use of a single tobacco product was associated with higher prevalence of risk factors than no tobacco use.

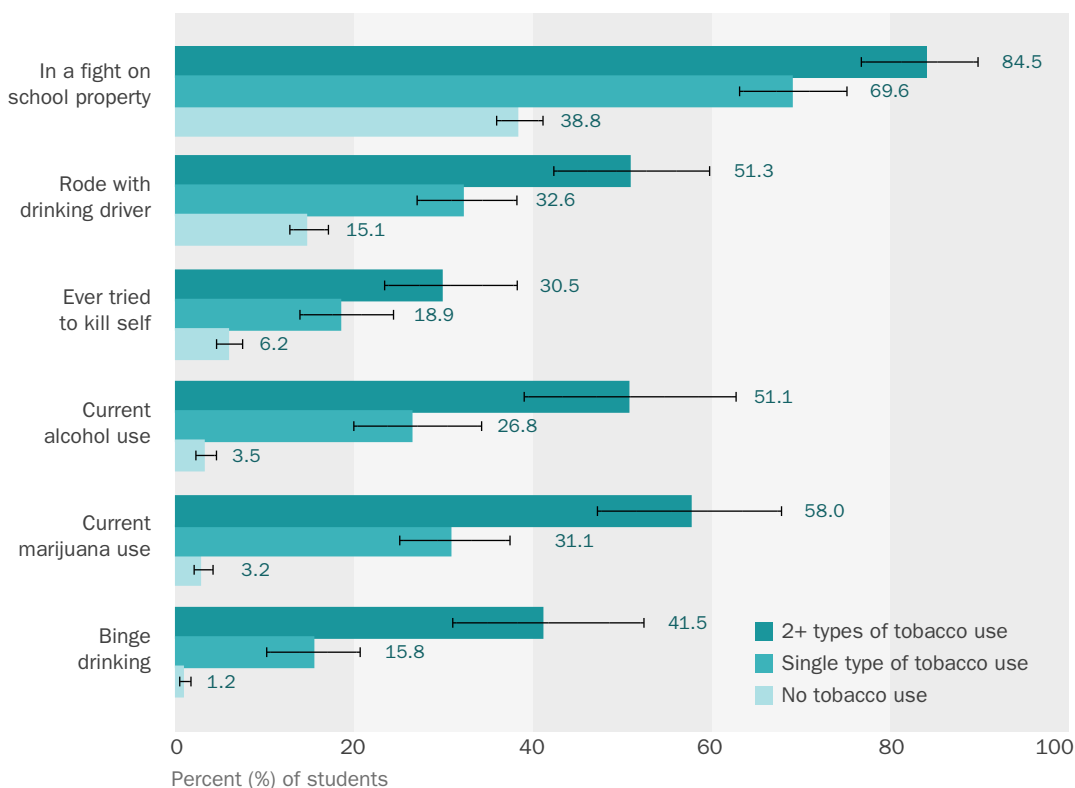


Figure 9
Selected risk behaviors
by tobacco use
Grades 6–8, NM
2015

Risk and Resiliency

Resiliency Factors and Current Tobacco Use (High School)

Students with supportive families, teachers, peers, and adults in the community were less likely to use any form of tobacco than those who did not have these protective (resiliency) factors.

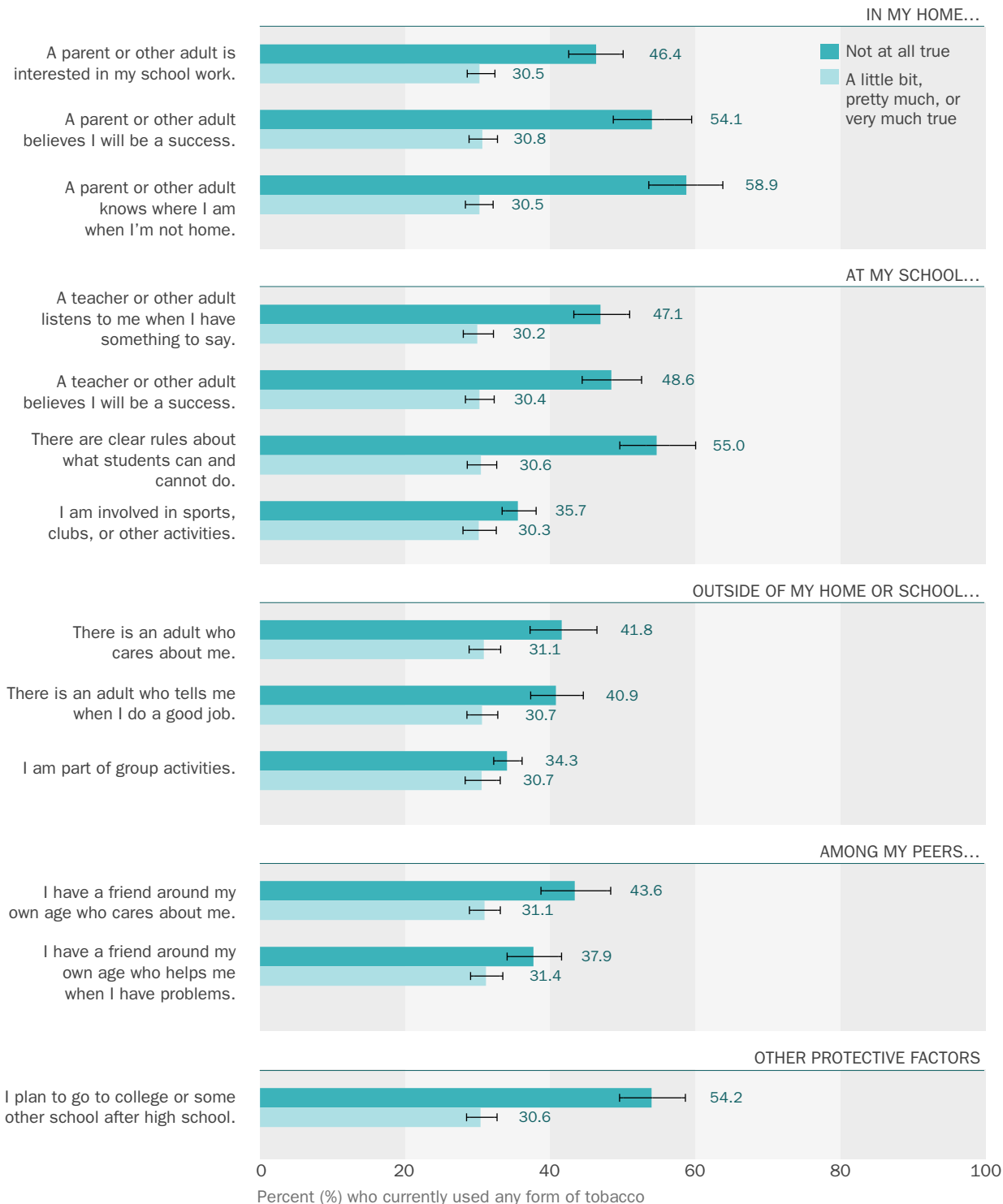


Figure 10
Any current tobacco use by resiliency factors
 Grades 9–12, NM
 2015

How to read this chart:

Each colored bar represents the rate of current tobacco use among high school students.

For example: Among students who said it was not at all true that “I plan to go to college or some other school after high school,” 54.2% used tobacco (dark blue). Among those said it was a little bit, pretty much, or very much true, 30.6% used tobacco.

Notes

1. U.S. Department of Health and Human Services. The Health Consequences of Smoking—50 Years of Progress. A Report of the Surgeon General. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014 [accessed 2016 Jul 7]
2. Singh T. Tobacco use among middle and high school students—United States, 2011–2015. MMWR. Morbidity and mortality weekly report, 2016;65.

This report was produced by the NM Department of Health, the NM Public Education Department, and the University of New Mexico Prevention Research Center. The NM-YRRS receives support from the Centers for Disease Control and Prevention in cooperation with the NM PED through Grant number 1U87PS004195-01. For more information about the YRRS, see www.youthrisk.org or www.nmhealth.org/go/youth. For more information about tobacco use in NM, contact James Padilla, Tobacco Epidemiologist at james.padilla@state.nm.us or 505.841.5839.

Want to cite this report? We suggest you use this citation:

Healy R, Green D, FitzGerald C, and Peñaloza L. 2017. New Mexico Youth Risk & Resiliency 2015 Survey Results Report: Tobacco Use and Related Behaviors. Epidemiology and Response Division, New Mexico Department of Health, School and Family Support Bureau, New Mexico Public Education Department, and the University of New Mexico Prevention Research Center.