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# New Mexico Youth Risk & Resiliency 2013 Survey Results Report: Tobacco Use and Related Behaviors

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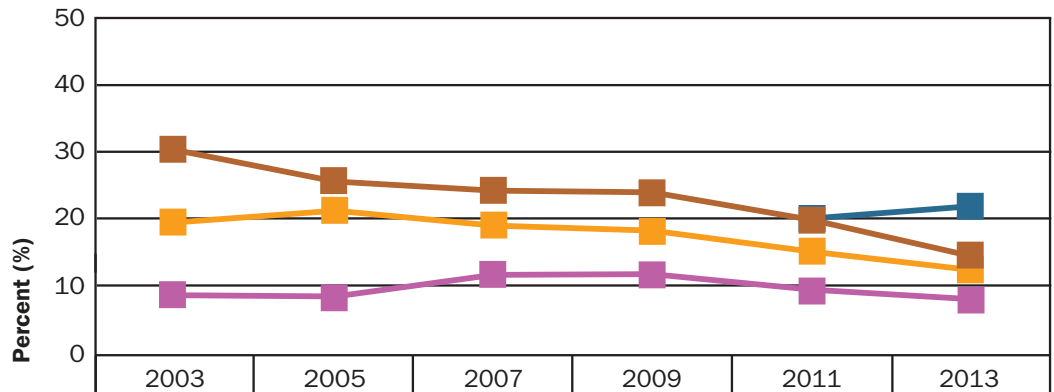
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# Tobacco Use and Related Behaviors

The negative effects of tobacco use are well documented: cigarette smoking has been linked to cancer, heart disease, and chronic obstructive pulmonary disease (COPD). The earlier a person initiates smoking, the greater their risk for long-term health problems and nicotine addiction.<sup>1</sup> The Centers for Disease Control and Prevention (CDC) estimates that 1 in 5 high school students currently uses some form of tobacco.<sup>2</sup> NM-YRRS measures tobacco use, attitudes, and behaviors among New Mexico students in grades 6–12.

**Figure 1**  
Trends in tobacco indicators  
Grades 9–12 ■ NM ■ 2003–2013



Current hookah use					20.0	21.9
Current cigarette smoking	30.2	25.7	24.2	24.0	19.9	14.4
Current cigar smoking	19.4	21.3	18.9	18.0	15.1	12.3
Current spit tobacco use	8.8	8.5	11.8	11.8	9.5	8.0

### Summary of Trends

- Current cigarette smoking has decreased by more than 50% since 2003.
- Current cigar smoking has decreased by more than 35% since 2003.
- Spit tobacco use remained fairly stable between 2003 and 2013.
- The increase in hookah use from 2011 to 2013 was not statistically significant.

### In 2013, among high school students (grades 9–12) in New Mexico:

- 28.0% used any form of tobacco (cigarettes, cigars, spit tobacco, or hookah) in the past 30 days
- 21.9% smoked tobacco from a hookah in the past 30 days
- 45.7% ever smoked a whole cigarette
- 5.4% of current cigarette smokers were heavy smokers
- 39.9% of current smokers smoked their first whole cigarette before age 13
- 25.2% of current smokers were frequent smokers

**Table 1**

NM rank among Youth Risk Behavior Surveillance System (YRBSS) participating states  
Grades 9–12 ■ 2013

	NM %	US %	NM compared to US	NM RANK
Ever smoked a cigarette	45.7	41.1	higher	6th (of 34 states)
Smoked a whole cigarette before age 13	11.4	9.3	ns*	8th (of 39 states)
Current cigarette smoking	14.4	15.7	ns	16th (of 41 states)
Frequent cigarette smoking	3.6	5.6	ns	32th (of 41 states)
Heavy cigarette smoking**	5.4	8.6	lower	26th (of 30 states)
Current spit tobacco use	8.0	8.8	ns	24th (of 38 states)
Current cigar use	12.3	12.6	ns	19th (of 36 states)

\* difference is not statistically significant

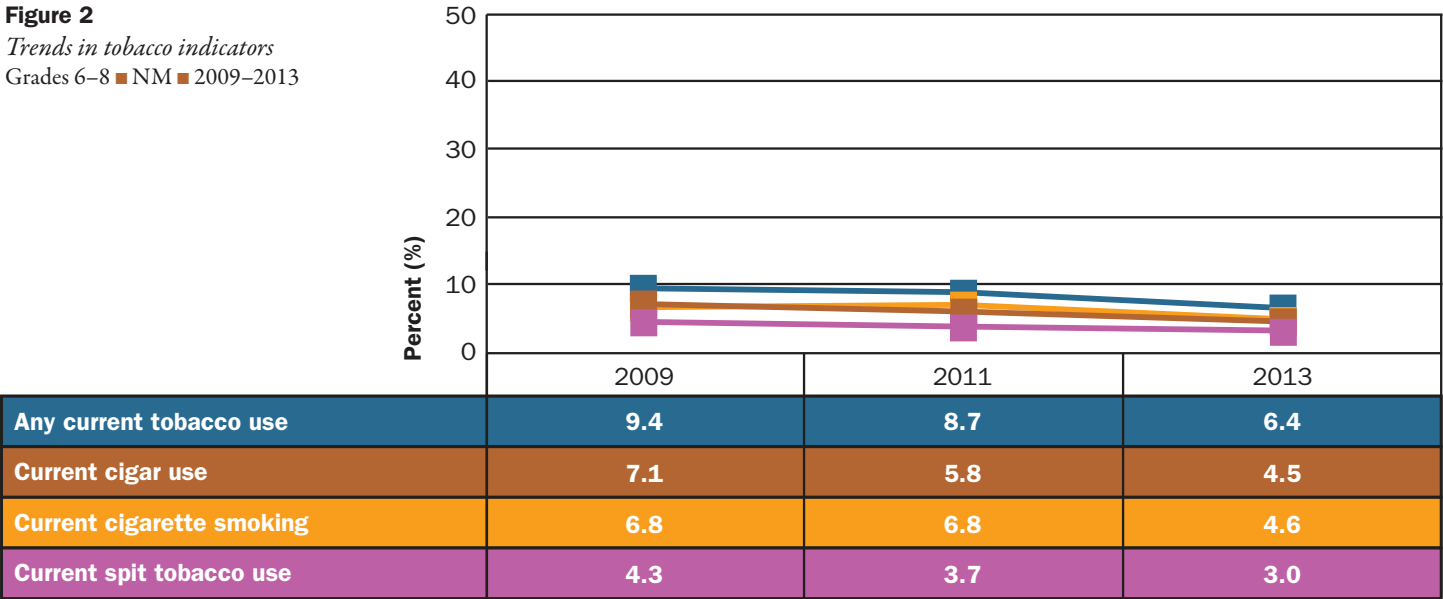
\*\* among current smokers

## Tobacco Indicators in 2013 NM-YRRS, grades 6–8 and 9–12

Indicator	YRRS Question
Ever smoked a cigarette	Answered <b>yes</b> to the question, “Have you ever tried cigarette smoking, even one or two puffs?”
Smoked before age 13 (11 for middle school)	Answered <b>12 years or younger</b> (high school) or <b>10 years or younger</b> (middle school) to question, “How old were you when you smoked a whole cigarette for the first time?”
Current cigarette smoking	Answered <b>at least 1 day</b> to the question, “During the past 30 days, on how many days did you smoke cigarettes?”
Frequent cigarette smoking	Answered <b>20 or more days</b> to the question, “During the past 30 days, on how many days did you smoke cigarettes?”
Heavy cigarette smoking	Answered <b>11 or more cigarettes</b> to the question, “During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?”
Smoked on school property	Answered <b>at least one day</b> to the question, “During the past 30 days, on how many days did you smoke cigarettes on school property?”
Tried to quit smoking	Answered <b>yes</b> to the question, “During the past 12 months, did you ever try to quit smoking cigarettes?”
Current spit tobacco use	Answered <b>at least 1 day</b> to the question, “During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits or Copenhagen?”
Current cigar use	Answered <b>at least 1 day</b> to the question, “During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?”
Current hookah use (high school only)	Answered <b>at least 1 day</b> to the question, “During the past 30 days, on how many days did you smoke tobacco or flavored tobacco in a hookah, even just a puff?”
Any current tobacco use	Used cigarettes, cigars, spit tobacco, or hookah in the past 30 days (high school), or used cigarettes, cigars, or spit tobacco in the past 30 days (middle school).

# Middle School Results

**Figure 2**  
Trends in tobacco indicators  
Grades 6–8 ■ NM ■ 2009–2013



### Summary of Trends

- There was a significant downward trend for “any current tobacco use,” “current cigar use,” and “current cigarette smoking.”
- There was no significant trend for spit tobacco use between 2009 and 2013.

### In 2013, among middle school students (grades 6–8) in New Mexico:

- 85.8% thought that secondhand smoke is harmful
- 30.7% were exposed to secondhand smoke in the past 7 days
- 20.2% ever smoked a whole cigarette
- 21.8% of students who ever smoked cigarettes smoked their first cigarette before age 11
- 1.5% ever smoked cigarettes daily

### Among the 4.6% of middle school students who were current smokers:

- 58.9% tried to quit smoking in the past 12 months
- 50.4% usually smoked Marlboro brand cigarettes
- 13.3% were frequent smokers
- 6.8% bought their own cigarettes in a store

Current cigarette smokers (**63.2%**) were less likely than nonsmokers (**87.4%**) to agree that secondhand smoke is harmful.

Among middle school students who never smoked a cigarette, **98.0%** said they would “probably not” or “definitely not” smoke a cigarette if one of their best friends offered it to them.

### COMING SOON: new questions for 2015 NM-YRRS

The 2015 NM-YRRS high school and middle school surveys will include two new questions about electronic vapor products, including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens. Watch for the 2015 NM-YRRS Tobacco Report in fall 2016.

# Tobacco Use and Student Characteristics

## by GENDER

### Among middle school students:

- Current spit tobacco use (3.9% vs. 2.1%) and current cigar use (5.6% vs. 3.4%) were more common among boys than girls. No other differences between boys and girls were statistically significant.

### Among high school students:

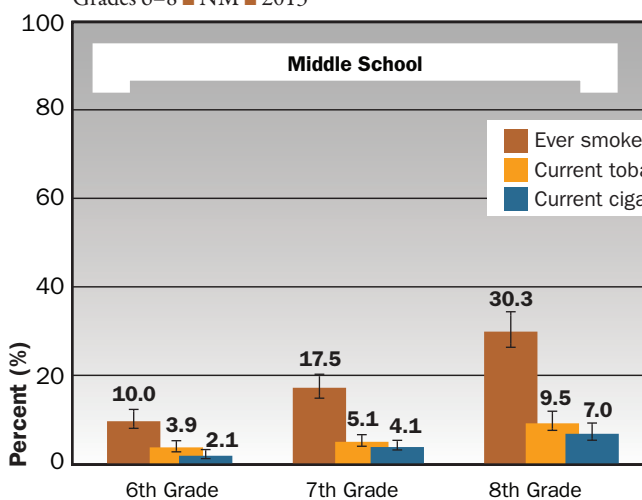
- Among current cigarette smokers, heavy smoking was more common among boys (8.1%) than among girls (1.9%).
- Current cigar use was more common among boys (16.3%) than girls (8.1%), as was current spit tobacco use (12.8% vs. 2.9%).
- The differences between boys and girls for current cigarette smoking (16.4% vs. 12.3%), current hookah use (22.3% vs. 21.4%), and any tobacco use (31.1% vs. 24.8%) were not statistically significant.

## by GRADE

The prevalence of ever smoking cigarettes, current cigarette smoking, and current use of any form of tobacco (excluding hookah) increased with grade level.

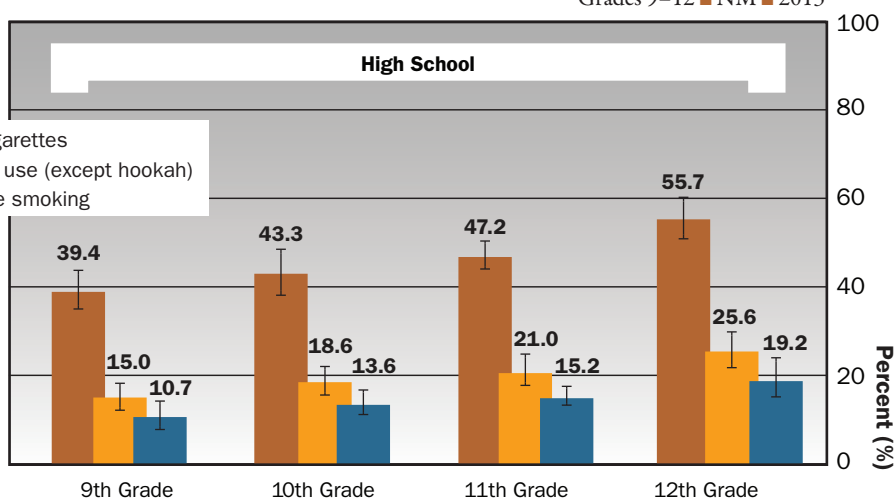
**Figure 3**

Prevalence of tobacco use behaviors by grade  
Grades 6–8 ■ NM ■ 2013



**Figure 4**

Prevalence of tobacco use behaviors by grade  
Grades 9–12 ■ NM ■ 2013



# Tobacco Use and Student Characteristics (cont.)

## by RACE/ETHNICITY

### Among middle school students:

- Hispanic (22.7%) and American Indian (22.4%) students were more likely than White (13.9%) students to have ever smoked a cigarette. The rate among Black or African American (22.7%) students and Asian or Pacific Islander (15.3%) students was not statistically different from the other groups.
- Current cigarette smoking was more common among American Indian (7.7%) than Hispanic (4.9%) and White (2.3%) students. The rate among Black or African American (7.4%) students was higher than among White (2.3%) students. The rate among Asian or Pacific Islander (7.4%) students was not statistically different from the other groups.
- American Indian (10.7%) students were more likely than Hispanic (6.3%) and White (4.6%) students to use any tobacco in the past 30 days. The rate among Black or African American (8.3%) students and among Asian or Pacific Islander (10.2%) students was not statistically different from the other groups.

### Among high school students:

- Hispanic (50.5%) and American Indian (49.6%) students were more likely than White (34.9%) students to have ever smoked a cigarette. The rate among Black or African American (48.5%) students and Asian or Pacific Islander (32.4%) students was not statistically different from the other groups.
- Hispanic (26.2%) students were more likely than White (15.5%) and American Indian (15.0%) students to have smoked tobacco from a hookah in the past 30 days. The rate among Black or African American (22.2%) students and Asian or Pacific Islander (18.2%) students was not statistically different from the other groups.
- Hispanic (31.9%) students were more likely than White (22.6%) students to engage in any current tobacco use. The rate among American Indian (22.5%) students, Black or African American (30.5%) students, and Asian or Pacific Islander (16.0%) students was not statistically different from the other groups.
- There were no statistically significant differences by race/ethnicity for current cigarette use, current cigar use, or current spit tobacco use.

## Poly Tobacco Use

The use of tobacco products during adolescence increases the risk for adverse health effects and lifelong nicotine addiction. Symptoms of nicotine dependence are increased for **multiple tobacco product users (poly-tobacco)** compared with single-product users. Poly-tobacco use is associated with increased prevalence of alcohol use, drug use, and mental health issues.<sup>3</sup>

### Among middle school students:

- **93.6%** did not use any tobacco in the past 30 days.
- **3.2%** used a single type of tobacco.
- **3.2%** used more than one type of tobacco.
- Boys and girls were equally likely to engage in poly-tobacco use.
- American Indian (**3.9%**) and Hispanic students (**3.7%**) were more likely than White students (**1.6%**) to engage in poly-tobacco use.

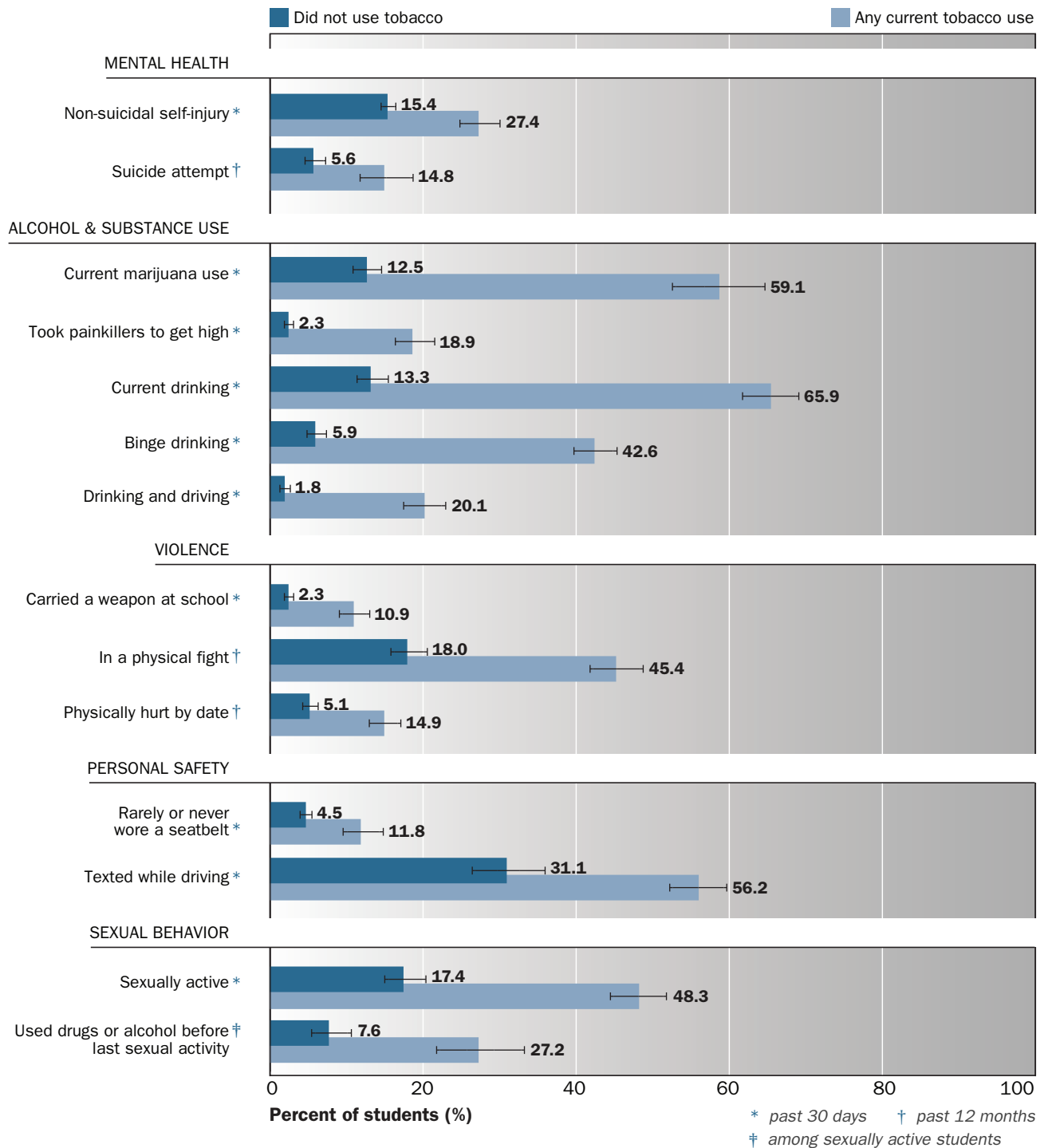
### Among high school students:

- **72.0%** did not use any tobacco in the past 30 days.
- **14.2%** used a single type of tobacco.
- **13.8%** used more one type of tobacco.
- Boys (**17.1%**) were more likely than girls (**10.3%**) to engage in poly-tobacco use.
- No statistically significant difference was found for poly-tobacco use by race/ethnicity.

# Tobacco Use and Associated Risk Behaviors: High School

In general, the prevalence of other risk behaviors was significantly higher among students who currently used any kind of tobacco than among students who did not use any tobacco in the past 30 days.

**Figure 7**  
Any tobacco use by other risk behaviors  
Grades 9–12 NM 2013

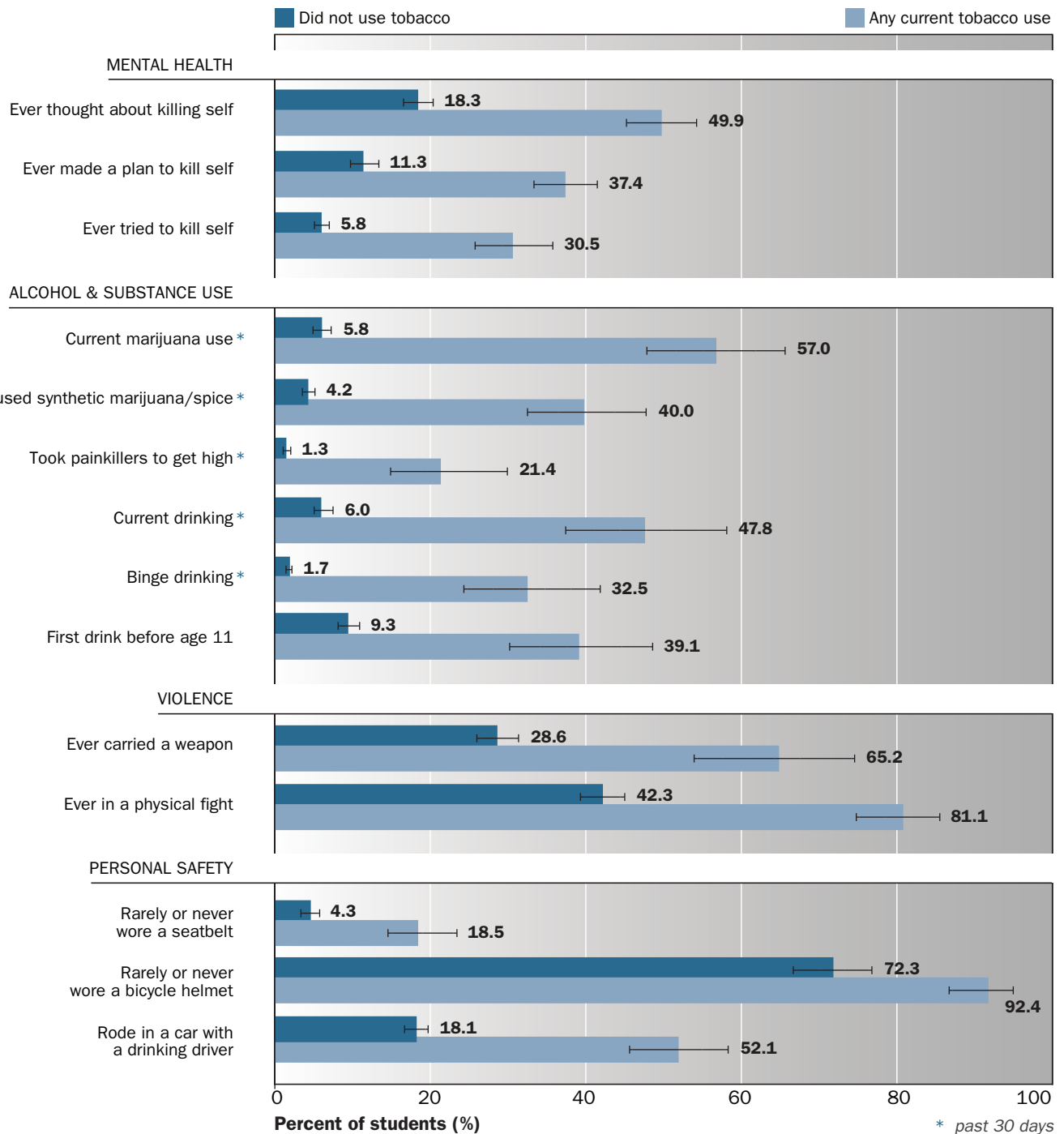


**How to read this chart:** Among high school students who currently used any tobacco, **27.4%** engaged in non-suicidal self injury. Among students who did not use any tobacco in the past 30 days, the rate of non-suicidal self injury was **15.4%**.

# Tobacco Use and Associated Risk Behaviors: Middle School

As in high school, the prevalence of other risk behaviors was significantly higher among students who currently used any kind of tobacco than among students who did not use any tobacco in the past 30 days.

**Figure 8**  
Any tobacco use by other risk behaviors  
Grades 6–8 NM 2013



**How to read this chart:** Among middle school students who currently used any tobacco, **49.9%** ever thought about killing themselves, compared with only **18.3%** of students who did not use any tobacco.

1 American Lung Association, Smoking Facts: Kids and Addiction. [ <http://www.lung.org/stop-smoking/smoking-facts/kids-and-smoking.html> ]

2 Centers for Disease Control and Prevention, Smoking and Tobacco Use: Youth Tobacco Prevention. [ [http://www.cdc.gov/tobacco/basic\\_information/youth](http://www.cdc.gov/tobacco/basic_information/youth) ]

3 Bombard JM, Rock VJ, Pederson LL, and Asman KJ. Monitoring polytobacco use among adolescents: do cigarette smokers use other forms of tobacco? *Nicotine & Tobacco Research* 10.11 (2008): 1581–1589.

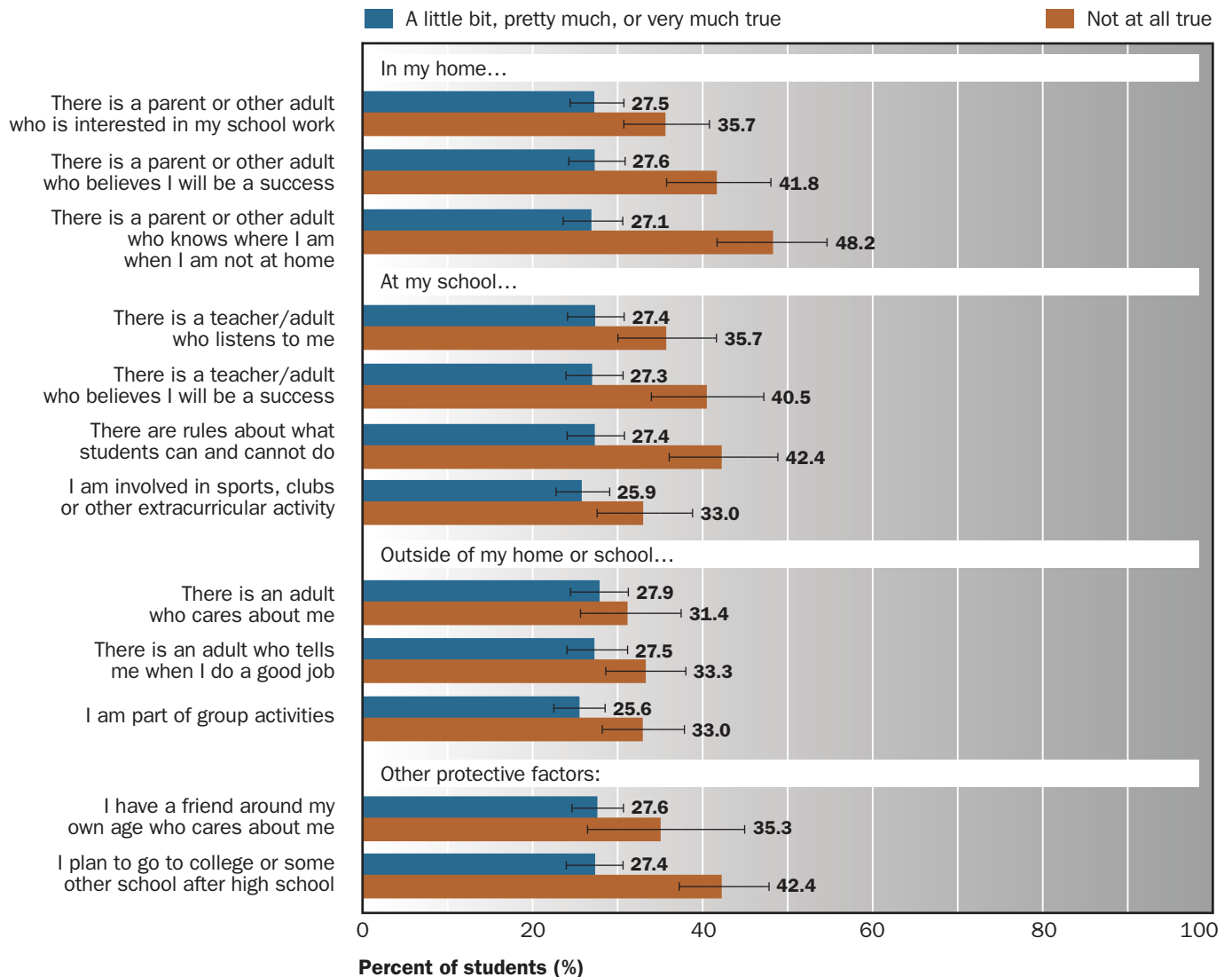


# Current Tobacco Use by Resiliency Factors: High School

Protective factors at home and school were more closely associated with lower rates of current tobacco use than factors in the community. These relationships were similar to those found among middle school students.

**Figure 9**

Prevalence of current tobacco use by resiliency factors – Grades 9–12 • NM • 2013



**How to read this chart:** Among students who said it was not at all true that a parent is interested in their school work, **35.7%** used any form of tobacco in the past 30 days, compared to **27.5%** of students who said it was a little bit, pretty much, or very much true.

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