

1999 Tennessee Youth Tobacco Survey Report Four: Initiation, Prevention, and Cessation

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During the Spring of 1999, the TN Department of Health in cooperation with the TN Department of Education, the CDC and numerous partners from local health organizations and school districts, conducted the first comprehensive survey of tobacco use among Tennessee youth. Respondents were 1,348 middle school students (grades 6-8) and 1,501 high school students (grades 9-12). The data were weighted to adjust for non-response at the school and student level. Results are representative of all middle and high school students attending public schools in Tennessee.

The data collected by the 1999 Tennessee Youth Tobacco Survey (TnYTS) provides prevalence data on tobacco use at the state level. The survey instrument measured tobacco knowledge, attitudes, and use among Tennessee youth and will provide critical baseline data for development of tobacco use prevention programs.

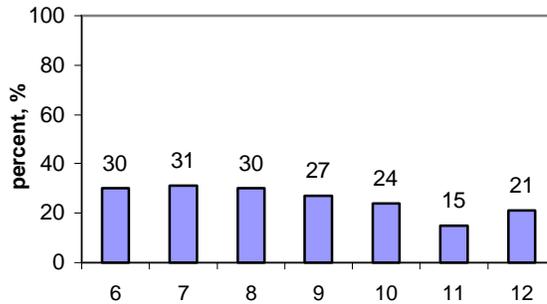
This report addresses susceptibility to cigarette use, social attitudes and health beliefs as well as tobacco prevention education, and quitting behaviors of current smokers.

Inside this issue:

<i>Tobacco Use Prevalence</i>	2
<i>Social Attitude & Health Beliefs</i>	3
<i>Exposure to Anti-Tobacco Campaigns</i>	4
<i>Quitting Behavior</i>	5

Susceptibility to Tobacco Use

Percent Susceptible to Smoking by Grade

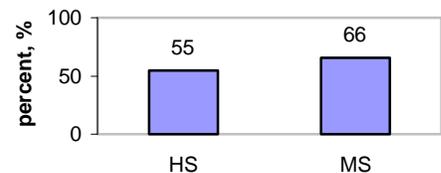


- Among Tennessee middle school students who have never smoked, 30% are susceptible to starting smoking while 23% of Tennessee non-smoking high school students are susceptible, the highest percentage among 9th graders at 27%.

Susceptible—Among never smokers, the percent who are likely to initiate smoking in the next year.

- 55% of Tennessee high school students and 66% of middle school students who are current smokers will likely be smoking 5 years from now.

Current smokers who will likely be smoking in five years



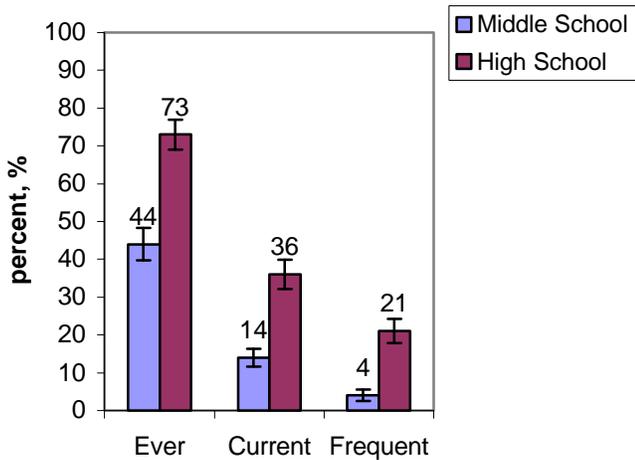
Initiation of Tobacco Use

- 24% of Tennessee middle school students smoked their first whole cigarette before age 11.
- 16% of Tennessee high school students smoked their first whole cigarette before age 11.
- 13% of Tennessee middle school students who have ever smoked reported smoking 100 or more cigarettes in their lifetime.
- 39% of Tennessee high school students who have ever smoked reported smoking 100 or more cigarettes in their lifetime.

Tobacco Use Prevalence

Cigarette Use

Overall Cigarette Use



- Among Tennessee high school students, 73% have tried cigarette smoking, 36% are current smokers, and 21% are frequent smokers.
- Among Tennessee middle school students, 44% have tried cigarette smoking, 14% are current smokers, and 4% are frequent smokers.

A significant increase is seen between middle school and high school student tobacco use.

Ever Smoked Daily

- 28% of Tennessee high school students report that they have smoked daily.
- 8% of Tennessee middle school students report that they have smoked daily.

Smokeless Tobacco, Cigar/Cigarillo, and Pipe Use

Smokeless Tobacco Use

- 13% of Tennessee high school students and 6% of Tennessee middle school students are *current* smokeless tobacco users.

Cigar/Cigarillo Use

- 19% of Tennessee high school students and 9% of Tennessee middle school students are *current* cigar/cigarillo users.

Pipe Use

- 5% of Tennessee high school students and 4% of Tennessee middle school students are *current* pipe users.

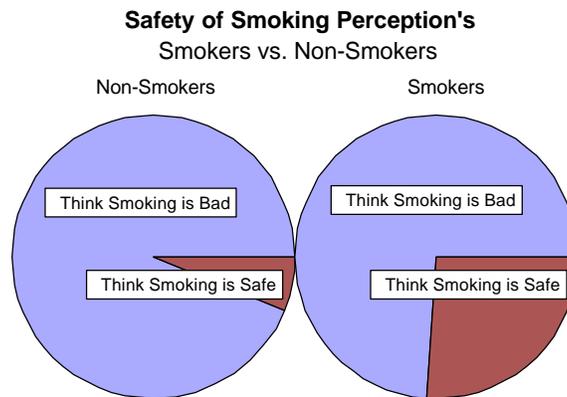
Tobacco use prevention efforts should focus attention to adolescents at the middle school level since such disparities in prevalence rates are seen between the middle school and high school years.

Social Attitudes and Health Beliefs

- Approximately 9 out of 10 Tennessee students who are current smokers think people risk harming themselves if they smoke 1 or more packs per day.

- 85% of Tennessee middle school students and 81% of high school students who are current smokers think that smokers have shorter lives than nonsmokers, decreasing from 86% with 9th graders to 77% with 12th graders.

- Approximately 9 out of 10 Tennessee middle school students think people can get addicted to cigarette smoking.



- While only 6% of Tennessee non-smoking students think it is safe to smoke a year or two as long as you quit after that, almost one-third of Tennessee students who are current smokers think it is safe to smoke.

- 91% of Tennessee high school students and 88% of Tennessee middle school students think that smoke from other people's cigarettes is harmful to them.

- 94% of Tennessee high school students who have never smoked think people can get addicted to cigarette smoking, while only 86% of high school current smokers think people can get addicted to cigarette smoking.

Tennessee students know that smoking is harmful. Future efforts toward reducing adolescent tobacco use must include both cessation efforts and community-based initiatives that are linked with tobacco use reduction education.

Parental Use and Acceptance of Cigarettes

- Of those Tennessee middle school students who are current smokers, 32% say their parents *know* they smoke cigarettes.
- Of those Tennessee middle school students who are current smokers, 20% report that their parents *approve* of their smoking.

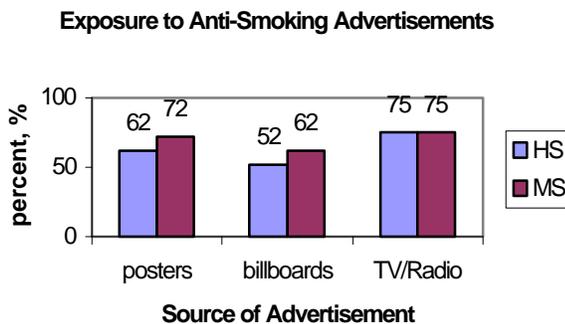
Over half of all Tennessee students live with someone who smokes cigarettes.

- Of those Tennessee high school students who are current smokers, 51% say their parents *know* they smoke cigarettes.
- Of those Tennessee high school students who are current smokers, 22% report that their parents *approve* of their smoking.

Exposure to Anti-Tobacco Campaigns

- During the 30 days prior to the survey, 72% of Tennessee middle school students and 58% of high school students reported going to sport events, fairs, concerts, or community events and seeing ads about NOT using cigarettes, chewing tobacco or snuff.
- 72% of Tennessee middle school students and 62% of high school students reported seeing posters about NOT smoking cigarettes in the past 30 days.

- 62% of Tennessee middle school students and 52% of high school students reported having seen messages on billboards about NOT smoking cigarettes during the past 30 days.



- Approximately three-quarters of all Tennessee students reported having seen anti-smoking commercials on TV or hearing them on the radio in the past 30 days.

Tobacco Use Prevention Education

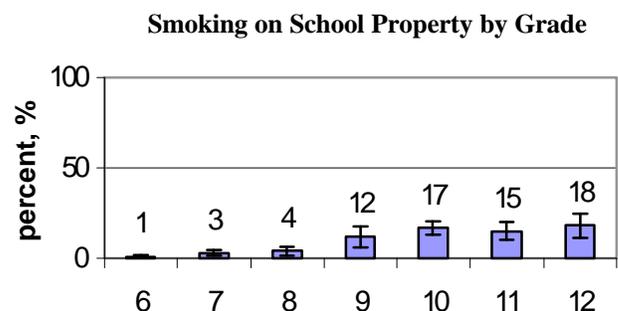
- Overall, 25% of Tennessee middle school students and 13% of Tennessee high school students were taught in any class that most people their age do not smoke cigarettes.
- 44% of Tennessee middle school students and 31% of Tennessee high school students were taught in any of their classes the reasons why people their age smoke cigarettes, varying from 40% among 9th graders to 19% among 12th graders.

- Although 37% of Tennessee middle school students reported they practiced ways to say “no” to tobacco at school, only 13% of Tennessee high school students reported practicing ways to say “no” to tobacco at school.
- Approximately one-fourth of all Tennessee students have been to a doctor’s or dentist’s office and been told about the dangers of tobacco use.

Tobacco education in Tennessee reaches less than half of middle school and high school students.

Smoking on School Property

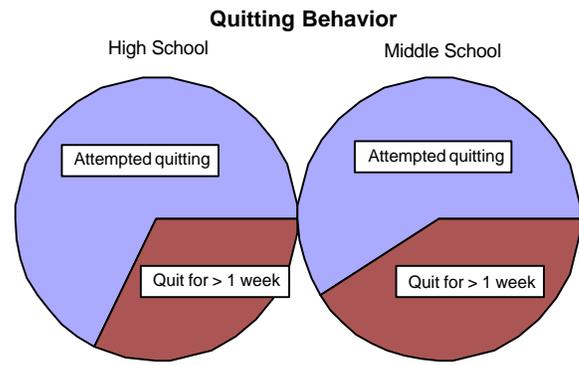
- 15% of Tennessee high school students smoked cigarettes on school property in the 30 days prior to the survey.
- 3% of Tennessee middle school students smoked cigarettes on school property in the 30 days prior to the survey.



Quitting Behavior

- Among Tennessee students who are current smokers, 68% of middle school students and 63% of high school students have tried to quit smoking, while only 41% of middle school students and 32% of high school students reported quitting for more than one week the last time they tried to quit.
- Of those Tennessee high school and middle school students who smoke, over one-half of them seriously tried to quit smoking during the past 12 months.
- 16% of Tennessee middle school students and 8% of high school students who are current tobacco users reported that they have attended a program to help them quit using tobacco.

More than half of all Tennessee students who smoke report that they want to completely stop smoking.



- 75% of Tennessee high school students and 57% of middle school students who are frequent current smokers think they would be able to quit smoking cigarettes if they wanted to, yet less than a third of Tennessee students reported that they stayed off cigarettes for more than a week when they last tried to quit.

Community Event Participation to Discourage Tobacco Use

- Only 1 in 10 Tennessee high school students reported having participated in any community event to discourage people from using tobacco.
- Approximately 17% of Tennessee middle school students reported having participated in any community event to discourage people from using tobacco.

More middle school students report participating in community events to discourage tobacco use than high school students.

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Acknowledgements

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