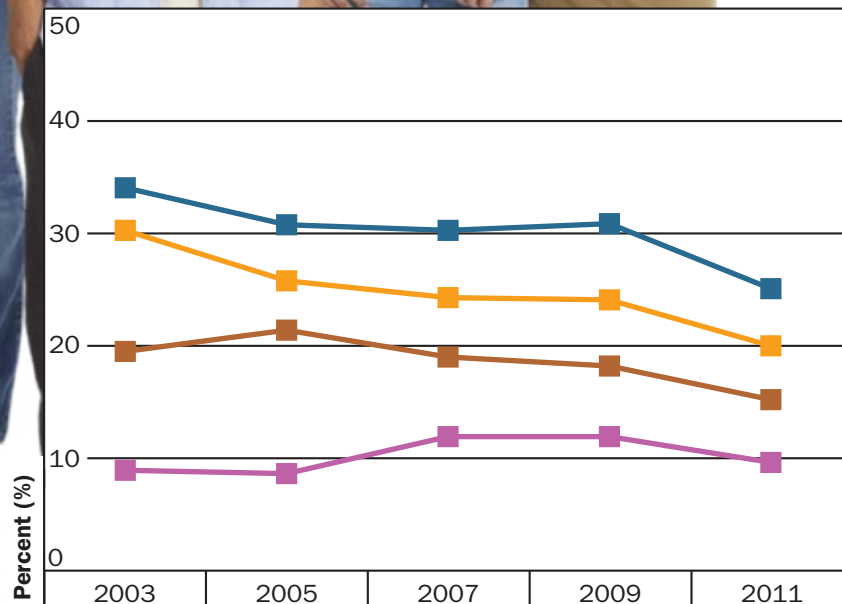


# 2011 SURVEY RESULTS REPORT

# TOBACCO USE

## AND RELATED BEHAVIORS



|                          | 2003        | 2005        | 2007        | 2009        | 2011        |
|--------------------------|-------------|-------------|-------------|-------------|-------------|
| <b>Any tobacco use</b>   | <b>34.0</b> | <b>30.7</b> | <b>30.2</b> | <b>30.8</b> | <b>25.0</b> |
| <b>Cigarette smoking</b> | <b>30.2</b> | <b>25.7</b> | <b>24.2</b> | <b>24.0</b> | <b>19.9</b> |
| <b>Cigar smoking</b>     | <b>19.4</b> | <b>21.3</b> | <b>18.9</b> | <b>18.1</b> | <b>15.1</b> |
| <b>Spit tobacco use</b>  | <b>8.8</b>  | <b>8.5</b>  | <b>11.8</b> | <b>11.8</b> | <b>9.5</b>  |

**Figure 1** ■ Trends in current tobacco use, Grades 9–12, New Mexico, 2003–2011

## HIGHLIGHTS

**Most rates for tobacco use decreased among high school students from 2003 to 2011.**

Current cigarette smoking decreased from **30.2%** to **19.9%**.

Current cigar smoking decreased from **19.4%** to **15.1%**.

Current use of any form of tobacco\* decreased from **34.0%** to **25.0%**.

Cigarette smoking on school property decreased from **13.6%** to **6.5%**.

\* Cigarettes, cigars, or spit tobacco

Ever smoked cigarettes decreased from **64.8%** to **53.5%**.

First cigarette before age 13 decreased from **24.7%** to **14.9%**.

Current spit tobacco use showed no statistically significant trend.

**In 2011, among NM high school students (grades 9–12):**

**53.5%** ever smoked cigarettes (16 students in a class of 30).

**19.9%** were current cigarette smokers (6 students in a class of 30).

**14.9%** smoked cigarettes before age 13 (4 students in a class of 30).

**5.8%** were frequent cigarette smokers (2 students in a class of 30).

**15.1%** were current cigar smokers (5 students in a class of 30).

**9.5%** were current spit tobacco users (3 students in a class of 30).

\*\* Cigarettes, cigars, spit tobacco, or hookah

**20.0%** were current hookah users (6 students in a class of 30).

**30.1%** were current users of any form of tobacco\*\* (9 students in a class of 30).

**74.3%** of attempts to quit cigarette smoking were unsuccessful (22 of every 30 students who tried to quit smoking cigarettes).

While American Indian students were more likely to be current cigarette smokers than other racial/ethnic groups, they were less likely to be frequent smokers or heavy smokers.

**In 2011, among NM middle school students (grades 6–8):**

**23.1%** ever smoked cigarettes (7 students in a class of 30).

**6.8%** were current cigarette smokers (2 students in a class of 30).

**5.3%** smoked cigarettes before age 11 (2 students in a class of 30).

Less than **1%** (0.8%) were frequent cigarette smokers (less than 1 student in a class of 30).

**5.8%** were current cigar smokers (2 students in a class of 30).

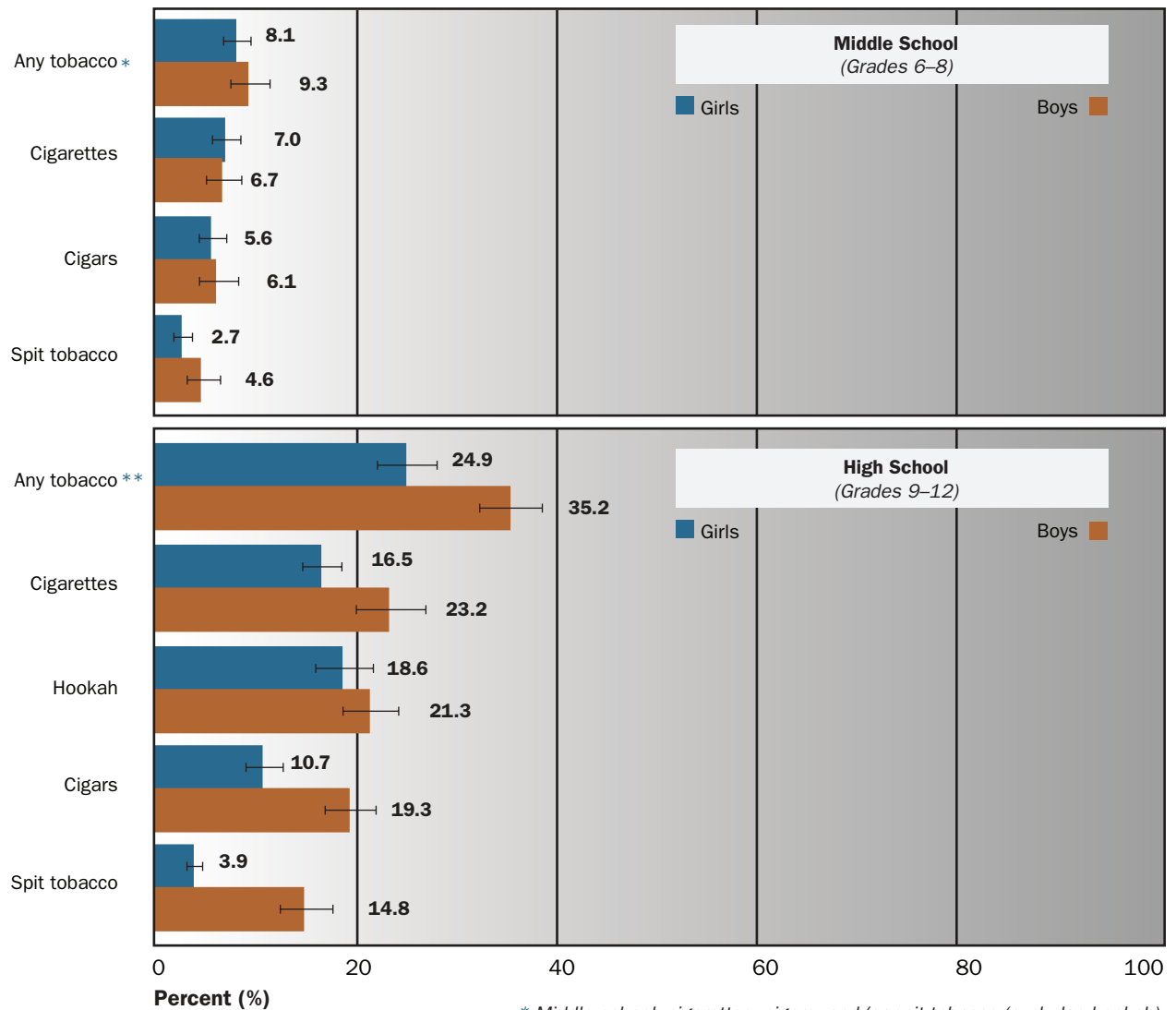
**3.7%** were current spit tobacco users (1 student in a class of 30).

**8.7%** were current users of tobacco in any form, excluding hookah (3 students in a class of 30).

**53.0%** of attempts to quit smoking were unsuccessful (16 of every 30 students who tried to quit smoking cigarettes).

DEMOGRAPHICS OF TOBACCO USE


Figure 2 ■ Tobacco use by gender, Grades 6–8 and 9–12, 2011



\* Middle school: cigarettes, cigars, and/or spit tobacco (excludes hookah)  
 \*\* High school: cigarettes, cigars, spit tobacco, and/or hookah

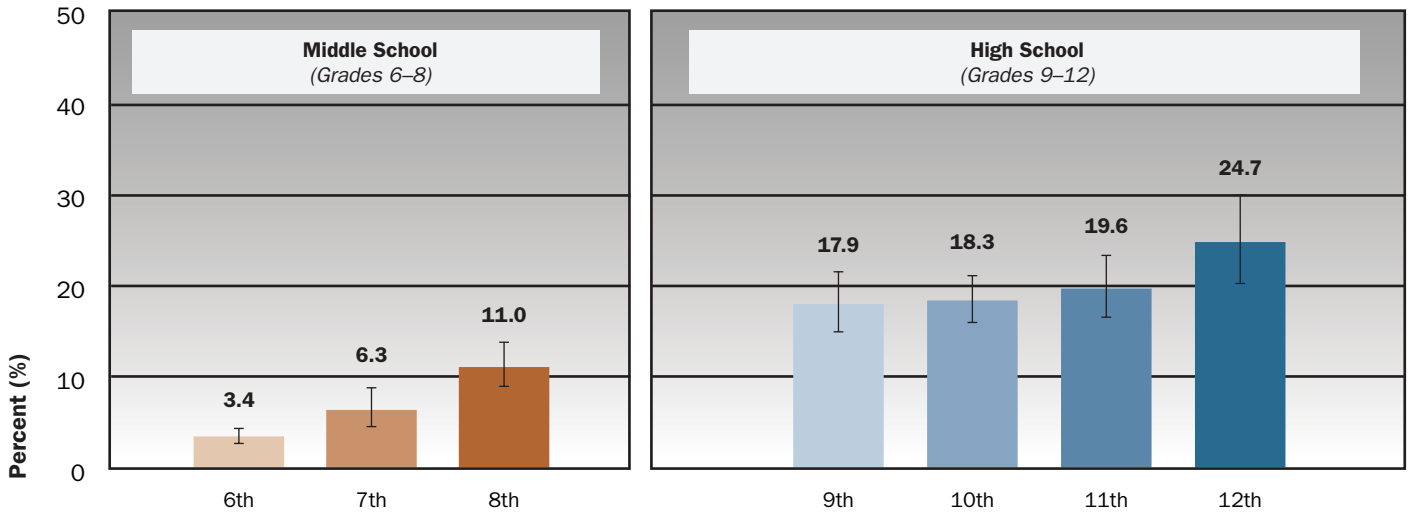


Among high school students, boys had a higher prevalence than girls for every form of current tobacco use except for hookah use (no statistically significant difference). The disparity between boys and girls was most extreme for spit tobacco use, where boys had a rate more than three times that of girls.

Among middle school students, there was no statistically significant difference between boys and girls for any form of tobacco use. 

DEMOGRAPHICS OF TOBACCO USE (cont.)


Figure 3 ■ Current cigarette smoking by grade level, Grades 6–8 and 9–12, 2011



Among middle school students, the rate of current cigarette smoking increased by grade level. In high school the increase in prevalence by grade level was not statistically significant.

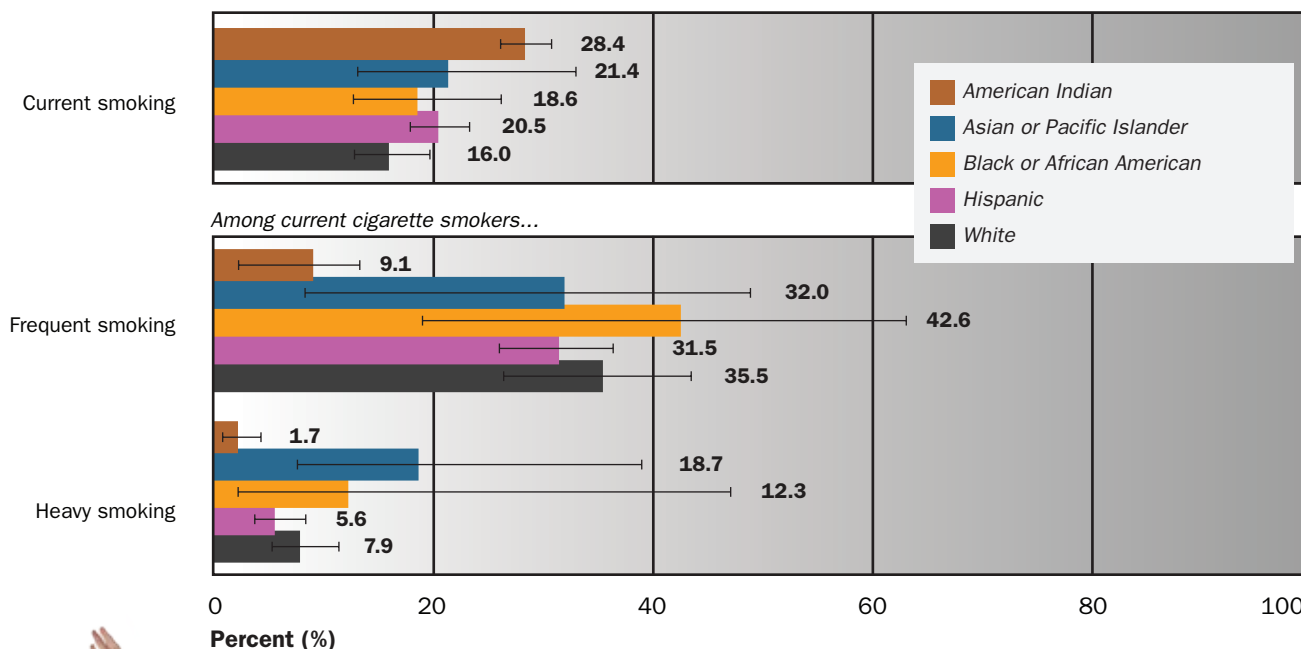
Current cigar smoking increased by grade level from **2.9%** in 6th grade to **9.6%** in 8th grade, and from **11.7%** in 9th grade to **19.1%** in 12th grade.

Current hookah use to smoke tobacco increased by grade level from **16.2%** in 9th grade to **23.1%** in 12th grade. The hookah use question was not asked of middle school students.

The increase in the rate of current spit tobacco use was not statistically significant (**2.8%** in 6th grade to **4.4%** in 8th grade, and from **7.3%** in 9th grade to **12.6%** in 12th grade). 

DEMOGRAPHICS OF TOBACCO USE (cont.)

Figure 4 ■ Current, frequent, and heavy cigarette smoking by race/ethnicity, Grades 9–12, 2011



The current cigarette smoking rate was higher among American Indian high school students than among other racial/ethnic groups. American Indians had a higher rate than Hispanic or White students, but there were no statistically significant differences between them and Asian or Pacific Islanders or African American students.

Among the 19.9% of all high school students who were current cigarette smokers, American Indian students were less likely to be frequent smokers or heavy smokers than other racial/ethnic groups. For frequent smoking, this relationship was not statistically significant for Asians or Pacific Islanders. For heavy smoking, this relationship was not statistically significant for African American or Hispanic students.

Current cigar smoking was more common among Hispanic (16.6%) than White high school students (11.7%).

American Indian (9.1%) and Hispanic (7.6%) middle school students were more likely than White students (4.0%) to be current cigarette smokers.

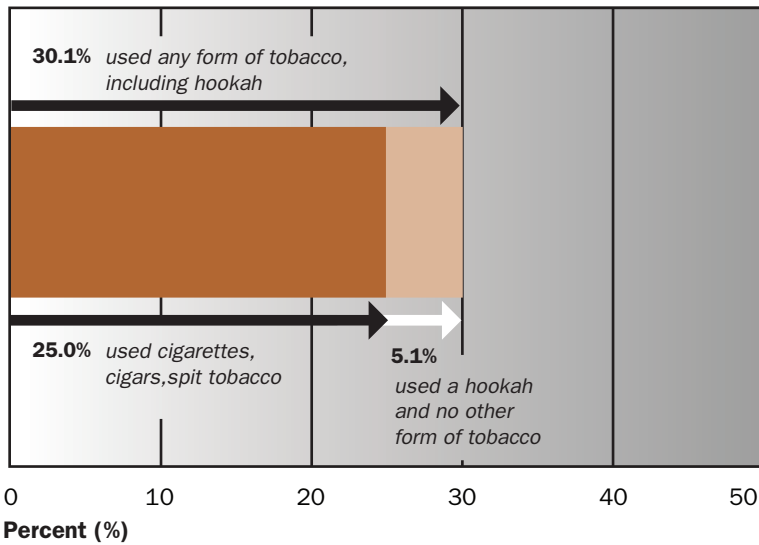
Asian or Pacific Islander (14.9%), American Indian (8.4%) and Hispanic (6.8%) middle school students were more likely than White students (2.1%) to be current cigar smokers.

There were no statistically significant differences by race/ethnicity for current spit tobacco use.



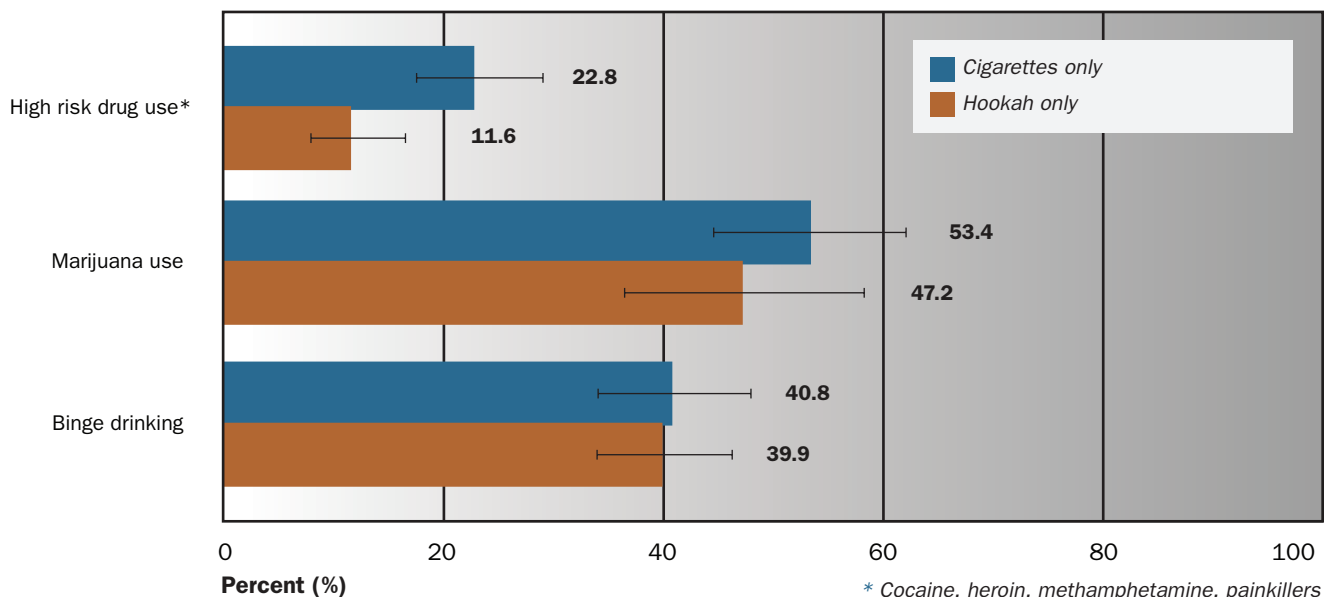
HOOKAH USE

**Figure 5** ■ Any form of tobacco use, including hookah only use, Grades 9–12, 2011



A *hookah* is a large waterpipe used for smoking tobacco. Hookahs are commonly found in commercial establishments known as hookah lounges. In 2011, the first year a question about hookah use was included in the YRRS, the prevalence of current hookah use among high school students (**20.0%**) was roughly equivalent to that of cigarette smoking (**19.9%**). The inclusion of hookah use increased the rate for any form of tobacco use from **25.0%** (excluding hookah) to **30.1%** (including hookah). This increase is accounted for by the **5.1%** of students who used a hookah, but no other form of tobacco.

**Figure 6** ■ Current substance use by hookah only vs. cigarette only tobacco users, Grades 9–12, 2011




\* Cocaine, heroin, methamphetamine, painkillers

**HOW TO READ THIS CHART**

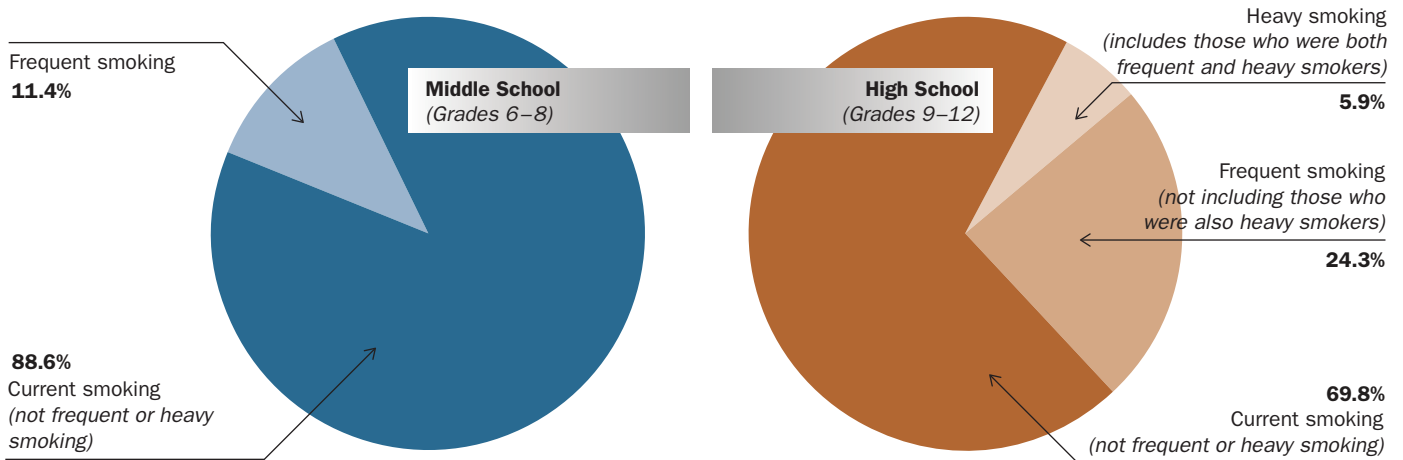
- Among 'cigarette only' users, **22.8%** used high risk drugs.
- Among 'hookah only' users, **11.6%** used high risk drugs.




The **5.1%** of students who were current hookah users but used no other form of tobacco had a lower rate of high risk drug use (cocaine, heroin, methamphetamine, or painkillers) than those who used tobacco by only smoking cigarettes (**11.6%** vs. **22.8%**). They did not have statistically different rates of marijuana use or binge drinking. 

FREQUENCY AND DOSE OF CIGARETTE SMOKING

**Figure 7** ■ Heavy and frequent cigarette smoking among current smokers, Grades 6–8 and 9–12, 2011

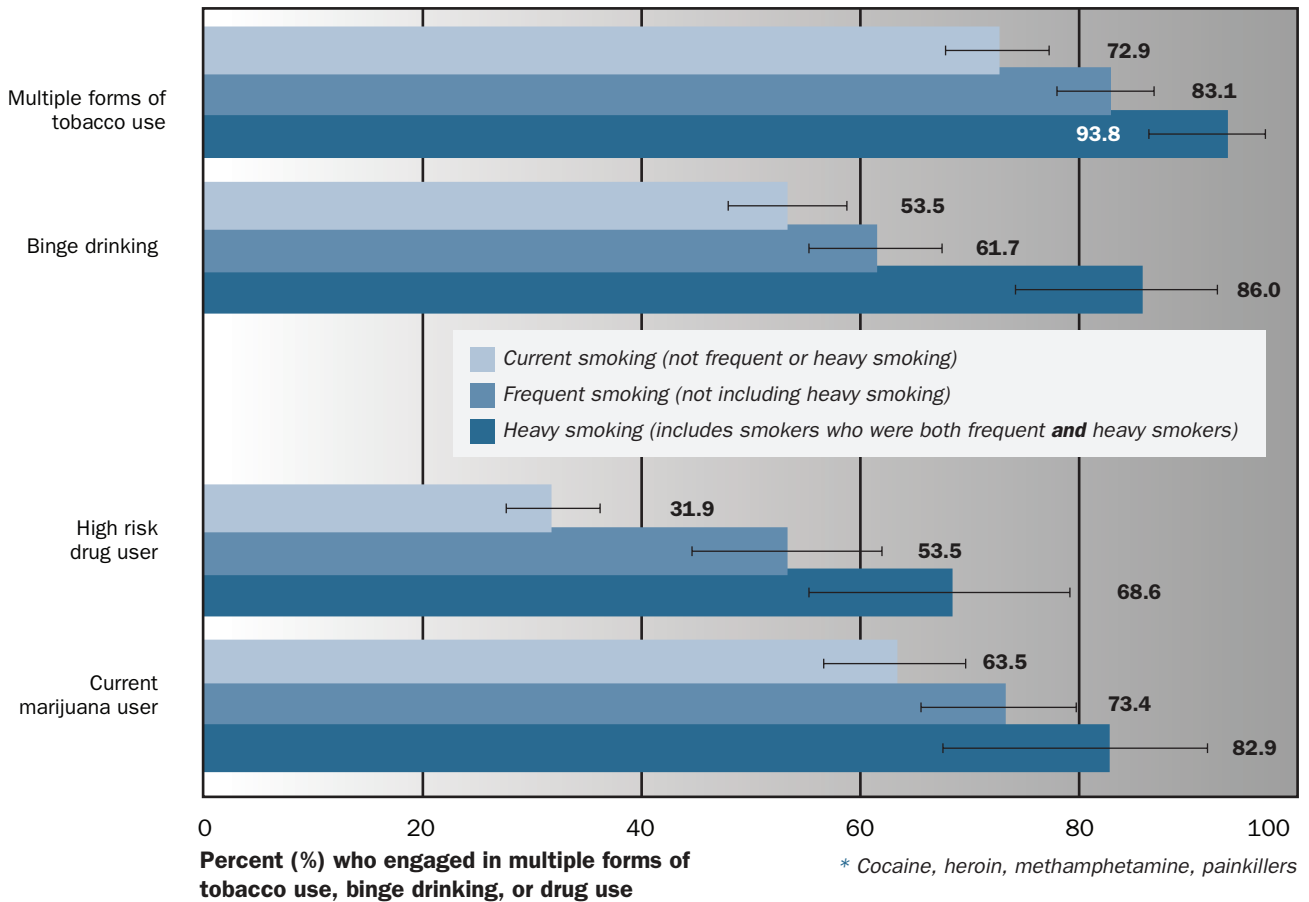


Among the **6.8%** of middle school students who were current cigarette smokers, **11.4%** were frequent smokers. Data on heavy smoking are not available for middle school students.

Among the **19.9%** of high schoolers who were current cigarette smokers, almost one quarter (**24.3%**) were frequent smokers, and **5.9%** were heavy smokers. 

FREQUENCY AND DOSE OF CIGARETTE SMOKING (cont.)

Figure 8 ■ Prevalence of substance use by dose and frequency of cigarette smoking, Grades 9–12, 2011




HOW TO READ THIS CHART

- Among current smokers, **72.9%** used multiple forms of tobacco.
- Among frequent smokers, **83.1%** used multiple forms of tobacco.
- Among heavy smokers, **93.8%** used multiple forms of tobacco.



Cigarette smokers were more likely to engage in other substance use as the frequency (frequent cigarette smoking) and dose (heavy cigarette smoking) of cigarette smoking increased.

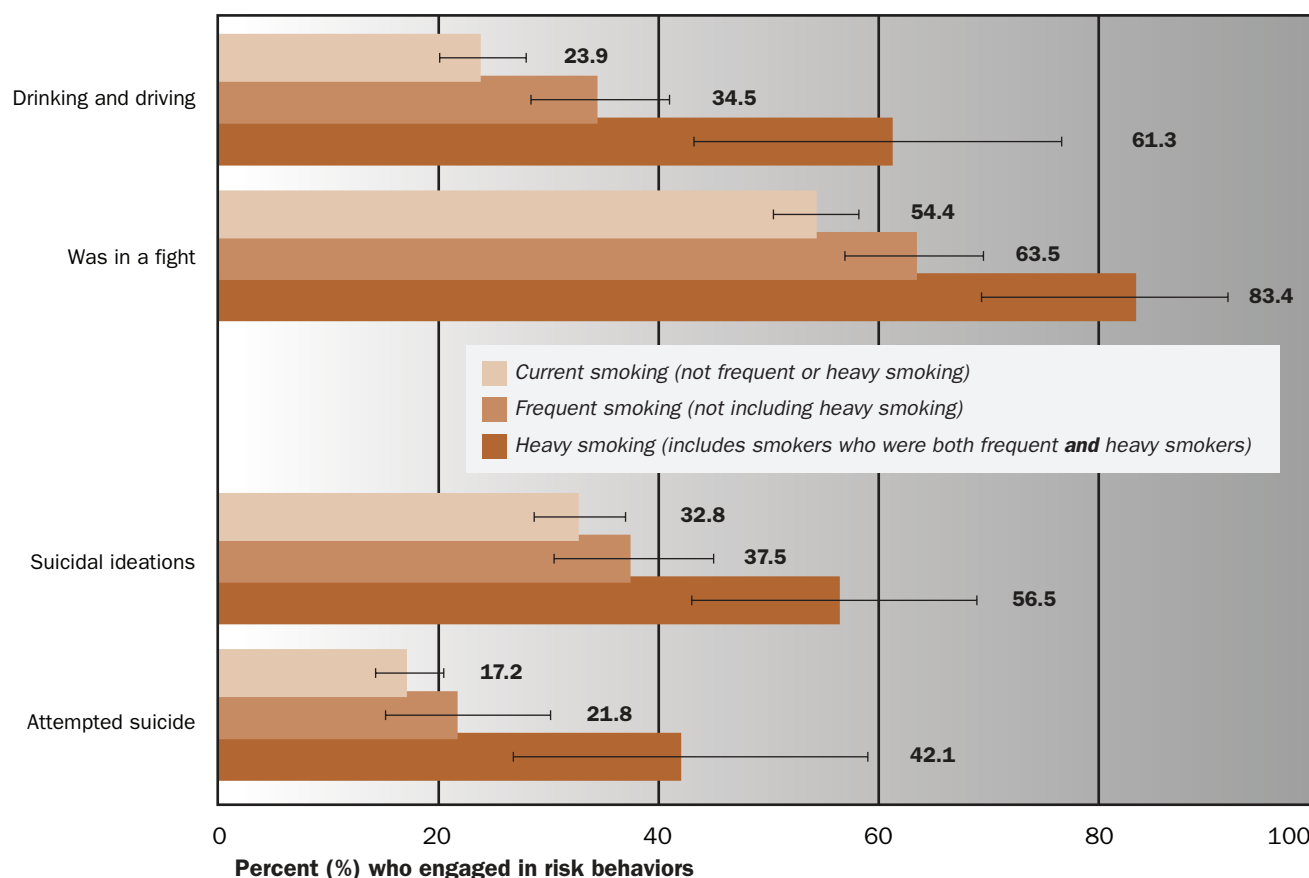
Heavy cigarette smokers were more likely than current smokers or frequent smokers to be binge drinkers. They were more likely than current smokers to engage in multiple types of tobacco use and high risk drug use. Frequent smokers were more likely than current smokers to engage in multiple types of tobacco use and high risk drug use.

The relationship between current marijuana use and frequency and dose of smoking was not statistically significant. 



FREQUENCY AND DOSE OF CIGARETTE SMOKING (cont.)


Figure 9 ■ Prevalence of selected risk behaviors by dose and frequency of cigarette smoking, Grades 9–12, 2011



HOW TO READ THIS CHART

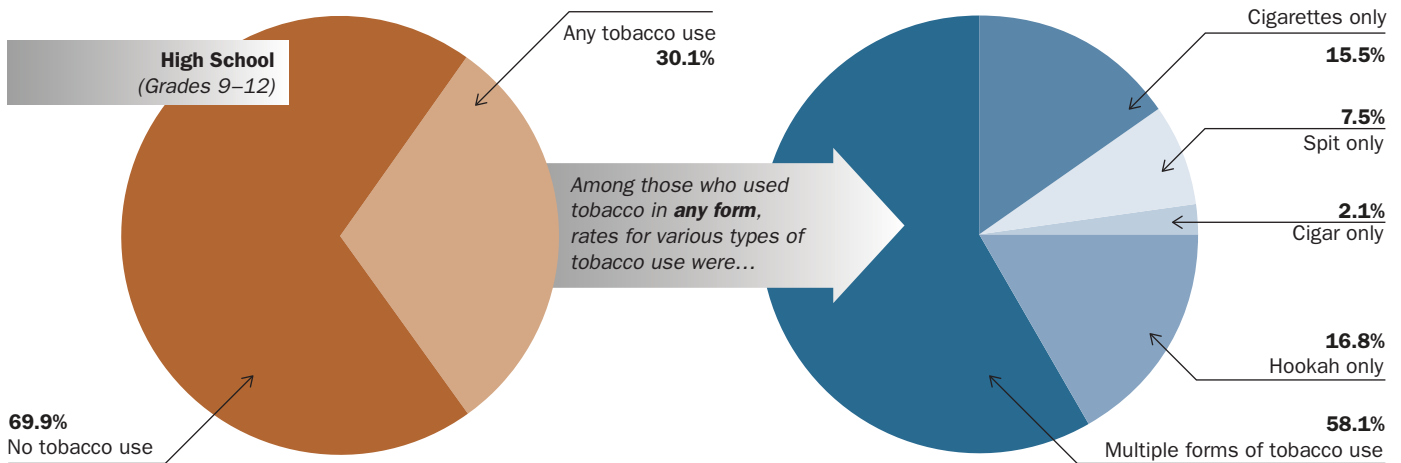
- Among current smokers, **23.9%** drove when they had been drinking.
- Among frequent smokers, **34.5%** drove when they had been drinking.
- Among heavy smokers, **61.3%** drove when they had been drinking.



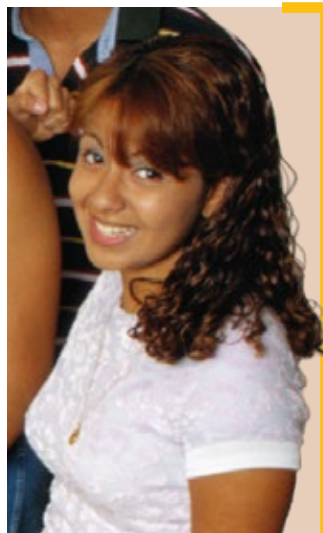
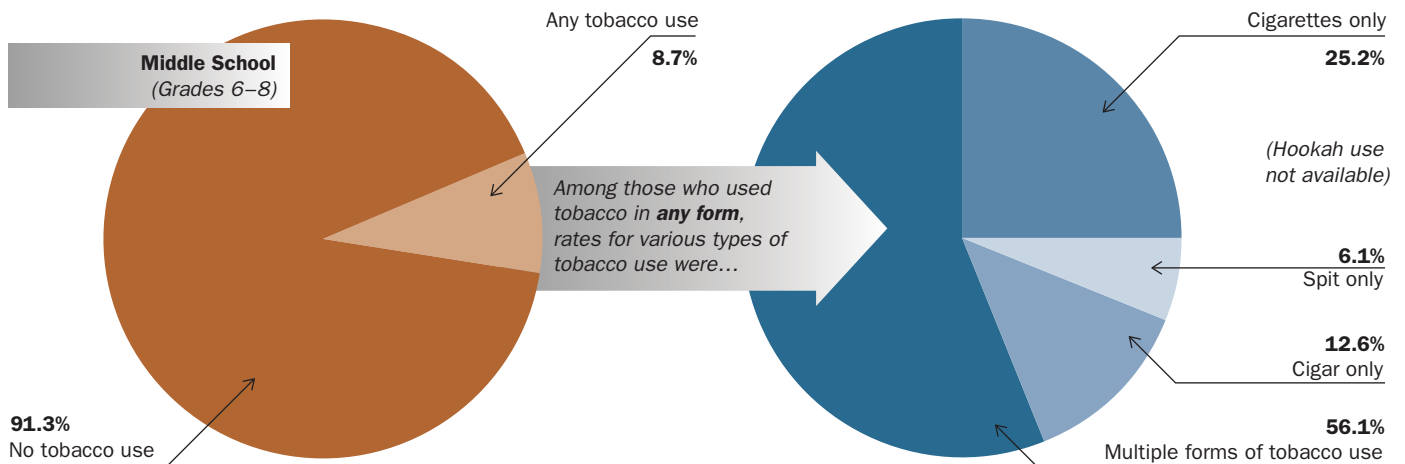
Other risk behaviors were also associated with dose and frequency of cigarette smoking. Heavy cigarette smokers were more likely than current smokers or frequent smokers to drink and drive or to be in a physical fight. They were more likely than current smokers to have suicidal ideations and to attempt suicide. Frequent smokers were more likely than current smokers to drink and drive. 


ANY TOBACCO USE

**Figure 10** ■ Any tobacco use and type of tobacco use, Grades 9–12, 2011



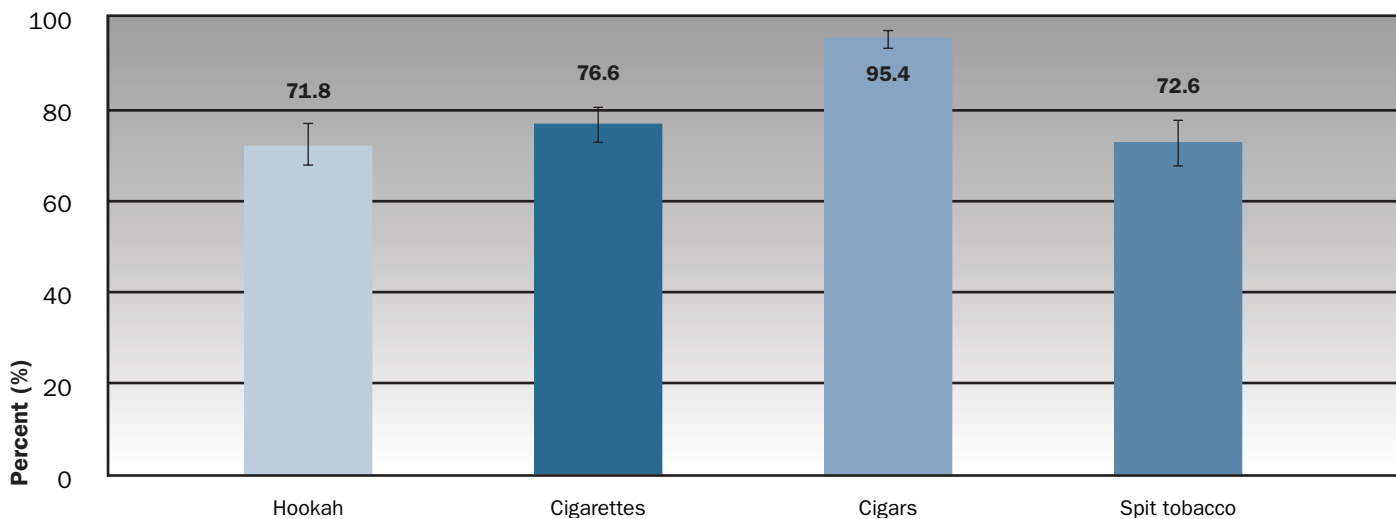
**Figure 11** ■ Any tobacco use and type of tobacco use, Grades 6–8, 2011




Among middle school students, **8.7%** were current users of at least one form of tobacco, while **30.1%** of high school students were current tobacco users. Among both MS and HS students, those who were current users of tobacco in any form were likely to use multiple forms of tobacco (MS=**56.1%**; HS=**58.1%**). Among tobacco users, the most common single forms of use for HS students were hookah (**16.8%**) and cigarettes (**15.5%**), followed by spit tobacco (**7.5%**) and cigars (**2.1%**); and for MS students were cigarettes (**25.2%**), cigars (**12.6%**), and spit tobacco (**6.1%**). Hookah use was not assessed among middle school students. 

MULTIPLE FORMS OF TOBACCO USE

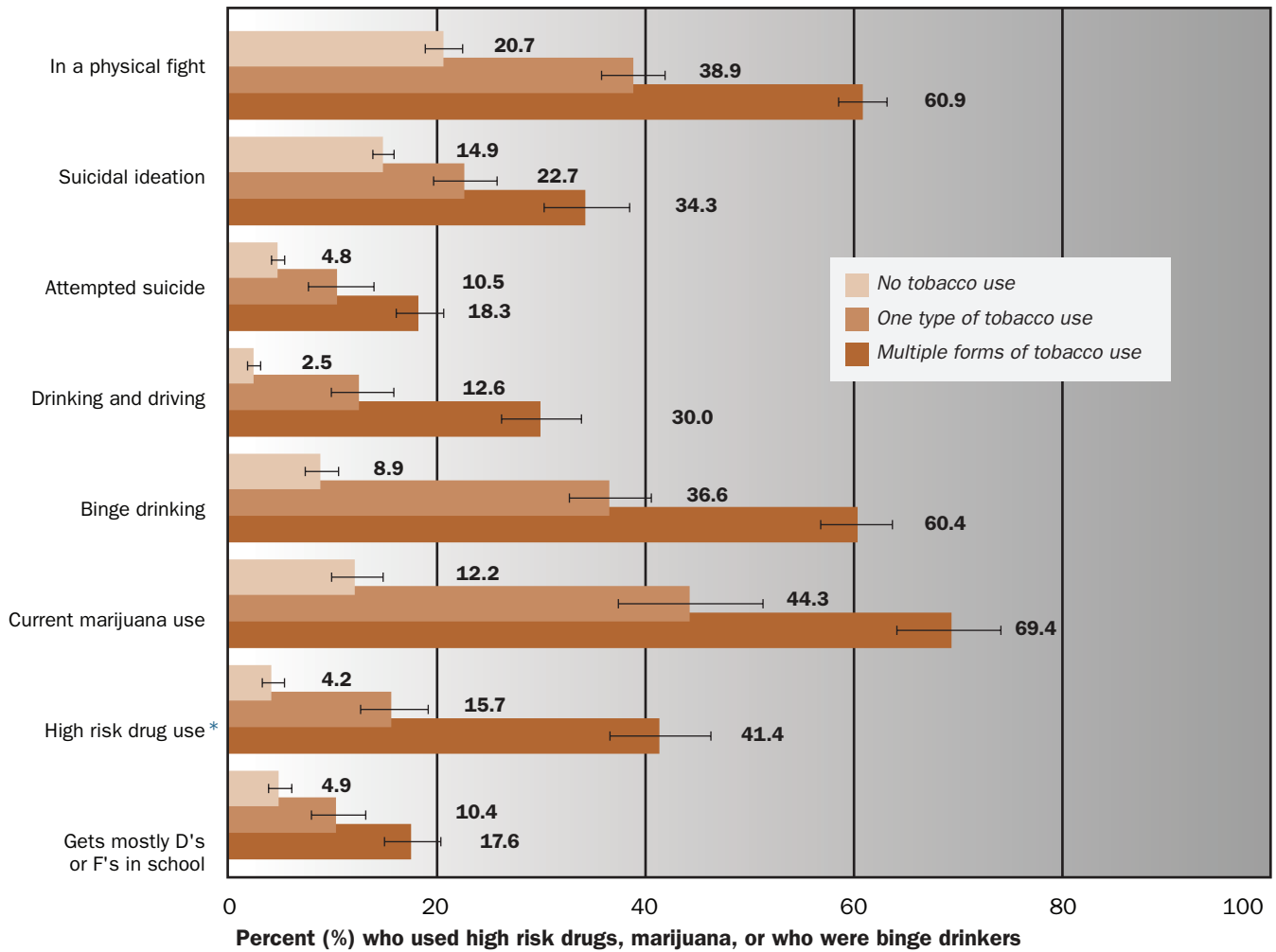
**Figure 12** ■ Multiple forms of tobacco use by type of current tobacco use, Grades 9–12, 2011



Current cigar smokers were more likely than other current tobacco users to use multiple forms of tobacco. Most cigar smokers (**82.4%**) also currently smoked cigarettes, while **67.6%** smoked tobacco with a hookah, and **35.0%** used spit tobacco. 

MULTIPLE FORMS OF TOBACCO USE (cont.)

Figure 13 ■ Selected risk behaviors by number of types of current tobacco use, Grades 9–12, 2011




\* Cocaine, heroin, methamphetamine, painkillers

HOW TO READ THIS CHART

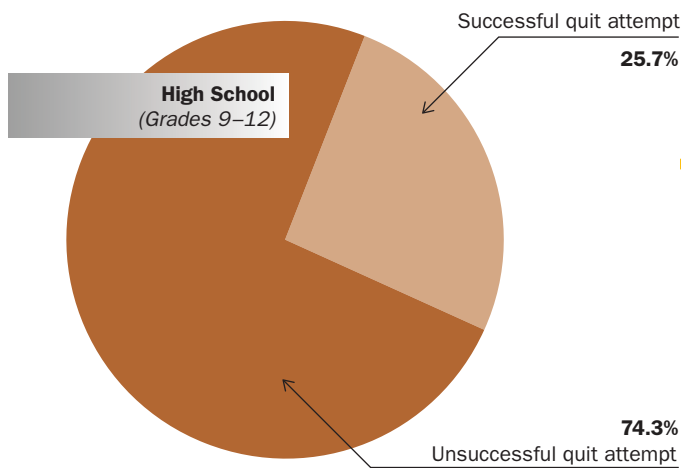
- Among those who did not use tobacco, **20.7%** were in a physical fight.
- Among those who used only one form of tobacco, **38.9%** were in a physical fight.
- Among those who used more than one form of tobacco, **60.9%** were in a physical fight.



Those who used more than one form of tobacco in the past 30 days (i.e., cigarettes, cigars, hookah, and/or spit tobacco) had a higher prevalence for many risk behaviors than those who used only one form of tobacco in the past 30 days. Those who used only one form of tobacco had a higher prevalence for the same risk behaviors than students who used no tobacco at all. Behaviors associated with violence, suicide attempts and ideation, substance use, and poor grades all increased in prevalence with the number of tobacco types used. 

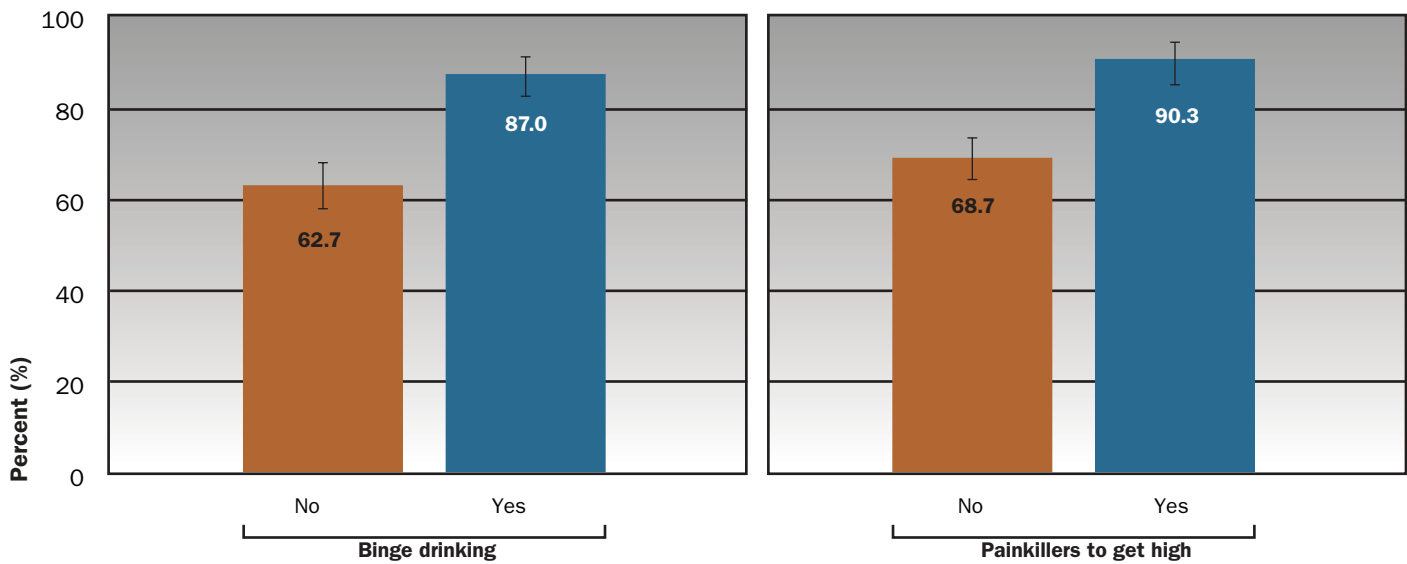
ATTEMPTS TO QUIT SMOKING CIGARETTES

**Figure 14** ■ *Attempts to quit smoking cigarettes, Grades 9–12, 2011*



Among high school students, half (**49.6%**) of all current cigarette smokers tried to quit smoking in the past 12 months. Of these, **74.3%** were unsuccessful in quitting (i.e., they were still current smokers).

**Figure 15** ■ *Unsuccessful quit attempts among cigarette smokers who tried to quit smoking by current binge drinking and painkiller use, Grades 9–12, 2011*



**HOW TO READ THIS CHART**

- Among binge drinkers, **87.0%** of those who attempted to quit smoking cigarettes were unsuccessful.
- Among those who were not binge drinkers, **62.7%** of those who attempted to quit smoking cigarettes were unsuccessful.

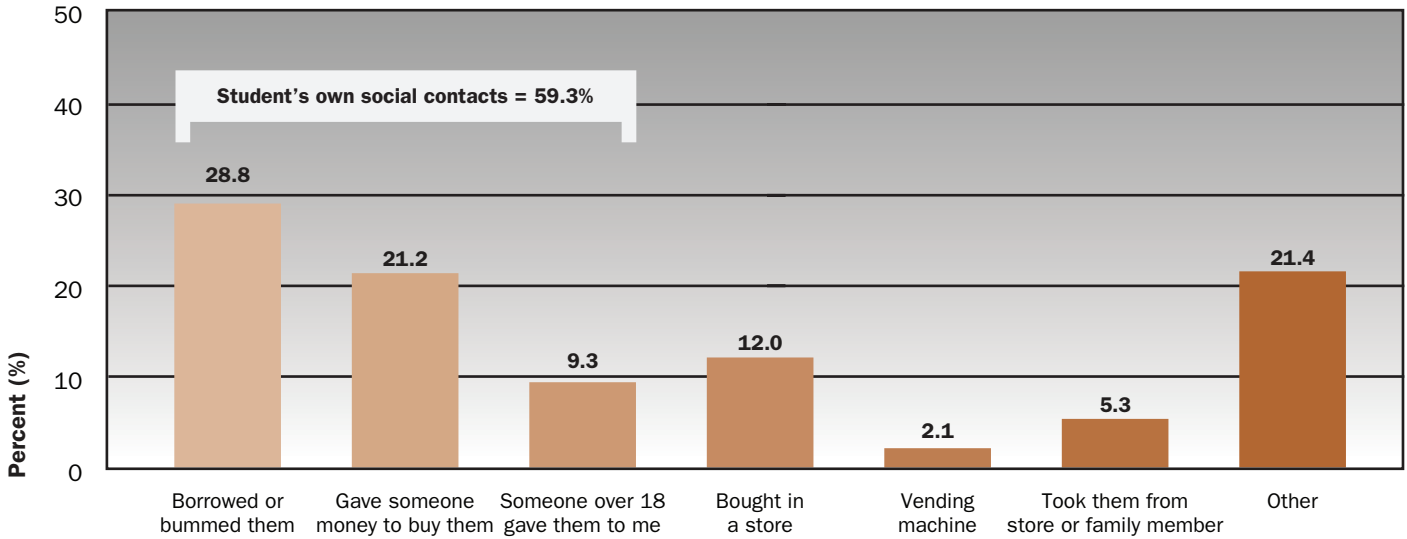



Unsuccessful quit attempts were more likely among binge drinkers (**87.0%**) than those who didn't binge drink (**62.7%**), and among those who used painkillers to get high (**90.3%**) than among those who did not (**68.7%**). Unsuccessful quit attempts were also associated with other drug use, suicide attempts, and behaviors associated with violence.



ACCESS TO CIGARETTES

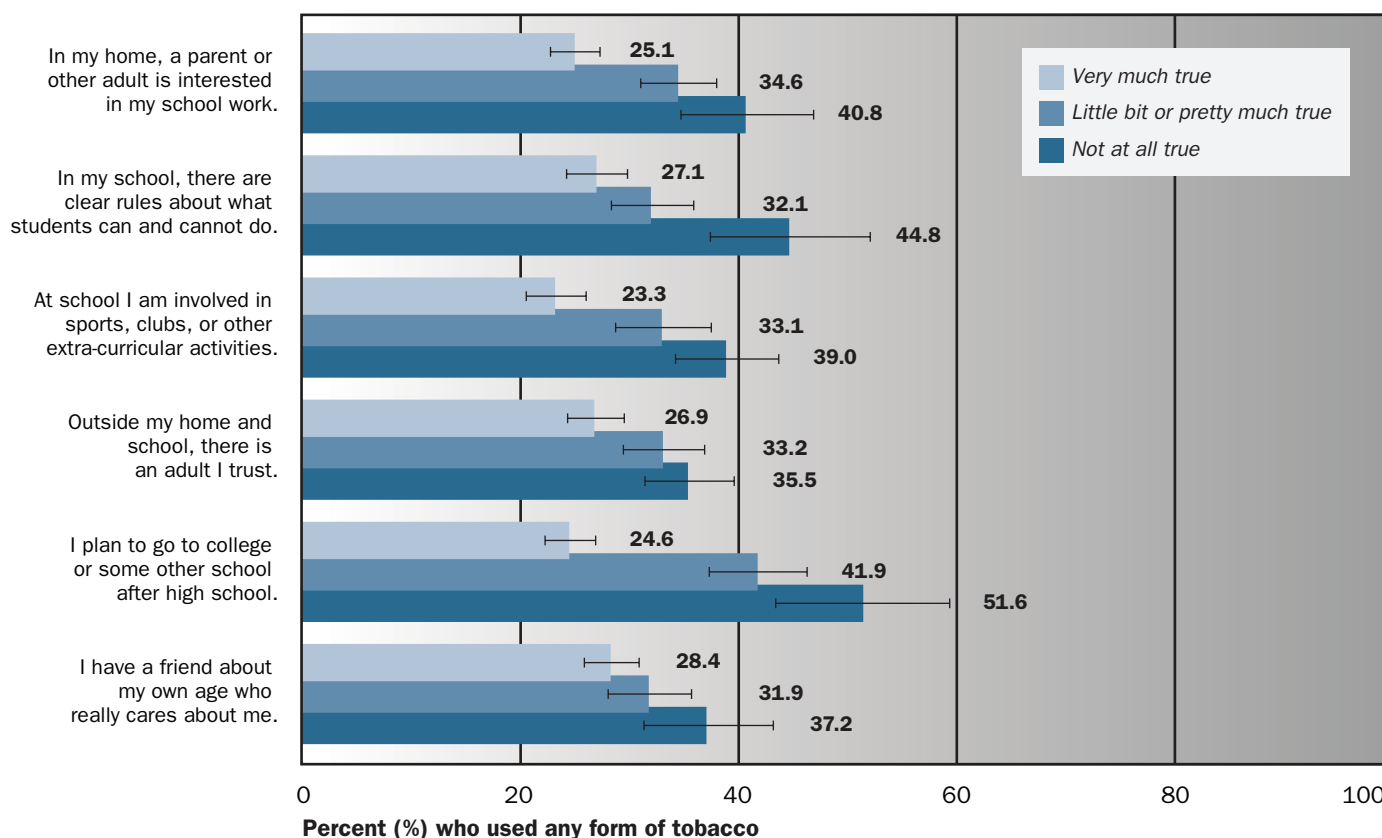
Figure 16 ■ Source of cigarettes among cigarette smokers under 18 years of age, Grades 9–12, 2011



While students under 18 are prohibited by law from buying cigarettes, **12.0%** of current smokers under the age of 18 usually bought their cigarettes in a store. Boys under 18 were more than two times as likely as girls to buy cigarettes in a store (**15.7%** vs. **6.9%**). Most current cigarette smokers under 18 (**59.3%**) obtained their cigarettes from their own social contacts (“Borrowed or bummed them,” **28.8%**; “Gave someone else money to buy them,” **21.2%**; “Someone over 18 gave them to me,” **9.3%**). 

RESILIENCY FACTORS AND TOBACCO USE


Figure 17 ■ Current use of any form of tobacco by resiliency factors, Grades 9–12, 2011



HOW TO READ THIS CHART

- Among those who said it was “Very much true” that “In my home, a parent or other adult is interested in my school work,” **25.1%** used tobacco.
- Among those who said “A little bit true” or “Pretty much true,” **34.6%** used tobacco.
- Among those who said “Not at all true,” **40.8%** used tobacco.



Students were less likely to use any form of tobacco if they had higher levels of resiliency or protective factors. For instance, among those who said it was “Not at all true” that their parents were interested in their homework, **40.8%** used at least one form of tobacco in the past 30 days, while among those who responded “A little bit true” or “Pretty much true,” **34.6%** used tobacco, and among those who said “Very true,” only **25.1%** used tobacco. There was a similar relationship for each of the resiliency factors in the chart. 

**Definitions**

**Any tobacco use** for middle school students refers to cigarette, cigar, and/or spit tobacco. For high school students any tobacco use includes hookah use in 2011 only, unless otherwise noted.

**Attempted suicide:** answered “1 time” or more to the question “During the past 12 months, how many times did you actually attempt suicide?”

**Binge drinking:** 5 or more drinks on a single occasion at least once in the past 30 days.

**Cigar:** cigars, cigarillos, or little cigars.

**Current use** of tobacco, alcohol, or other substances refers to use on at least one occasion in the past 30 days.

**Drinking and driving:** answered “1 time” or more to the question “During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?”

**Frequent cigarette smoking:** smoking on at least 20 of the past 30 days.

**Heavy cigarette smoking:** smoking at least 11 cigarettes per day on days the respondent smoked cigarettes.

**High risk drug use:** use of any form of cocaine, heroin, methamphetamines, or painkillers to get high on at least one time in the past 30 days.

**Hookah:** a large waterpipe. Hookahs are widely available for use in hookah bars or lounges. A questionnaire item about use of a hookah to smoke tobacco was added to the 2011 high school YRRS. Earlier data are unavailable. The hookah question was not used on the middle school survey.

**In a physical fight:** answered “1 time” or more to the question “During the past 12 months, how many times were you in a physical fight?”

**Multiple forms of tobacco use:** use of two or more types of tobacco within the past 30 days.

**Spit tobacco:** chewing tobacco, snuff, or dip.

**Suicidal ideations:** either seriously considered attempting suicide, or made a plan to attempt suicide, or both, in the past 12 months.

**Unsuccessful attempt to quit smoking:** within 12 months of an attempt to quit smoking, was still a current smoker.

**TOPICS**

|   |           |   |           |
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For more information about the YRRS, including methodology, comprehensive state level reports, or county level reports, and more, see [www.youthrisk.org](http://www.youthrisk.org)