

2014 Washington State Healthy Youth Survey Facts about Tobacco, E-cigarettes and Secondhand Smoke

We know that we can prevent substance abuse among teens. We have done good work to reduce alcohol and tobacco use, but as the landscape changes, substance use by teens continues to be a serious problem.

A decade of tobacco prevention work yields positive results.

The overall progress in reducing youth tobacco use continues because of prevention work—including media campaigns, higher cigarette prices and a comprehensive smoke-free indoor air law. Today, youth smoking is no longer the norm.

Washington is on track to meet Results WA indicator 1.2.Y.d: Decrease the percentage of 10th graders who report smoking cigarettes in the past 30 days from 10 percent in 2012 to 9 percent by 2017.

The overall rate of smoking among youth dropped significantly in the past 12 years. Specifically, smoking by:

- 8th-graders is about 4 percent (down from about 9 percent in 2002).
- 10th-graders is about 8 percent (down from about 15 percent in 2002).
- 12th-graders is about 13 percent (down from about 23 percent in 2002).

This fiscal year, the state dedicated \$1.5 million of general funds towards preventing youth from using tobacco, e-cigarettes and marijuana. The Governor's budget includes the same funding level to prevent e-cigarette and tobacco use per year during the upcoming biennium. This is in addition to the funds in the dedicated marijuana account to prevent youth from using marijuana. Schools continue to struggle with a changing landscape where more students are using e-cigarettes and marijuana. We will continue to collaborate with schools to create policies that prevent substance use, and help identify and support students who are struggling with substance abuse.

Too many youth still begin to smoke.

Statewide, about 40,000 youth aged 11-17 currently smoke, and about 32 youth start smoking each day.

National data from the CDC indicates that many youth try e-cigarettes for the first time without ever trying tobacco—and that these youth are more likely to begin smoking cigarettes later.

Although kids continue to start smoking, state funding has declined for the Student Assistance Program (SAP). From 1990-2008, the SAP served between 16,000-23,000 students each year. In the 2013-2014 school year, the program served just over 2,000 students. Student Assistance Professionals are the primary resource for assessing and referring students to mental health and substance abuse treatment as well as providing school based counseling or intervention for kids impacted by mental health and substance abuse issues.

Smoking continues to be higher among certain groups in Washington.

American Indian/Alaska Native youth have almost double the prevalence of White youth (14 percent compared to 8 percent). These youth are also more likely to be exposed to secondhand smoke. More than 40 percent of American Indian/Alaskan Native students report they are exposed to secondhand smoke, compared with about 24 percent of White youth. Grouping of diverse populations can mask important differences in some groups, as is commonly the case among Asian American youth. For such groups, we do not have data. This does not mean that there are not disparities.

- About 3 percent of Asian or Asian American 10th grade youth report smoking.
- About 9 percent of Black or African American 10th grade youth report smoking.
- About 9 percent of Hispanic or Latino/Latina 10th grade youth report smoking.

- About 9 percent of Native Hawaiian or other Pacific Islander 10th grade youth report smoking.

With the rise of e-cigarettes, new prevention work must begin.

There is a connection between the drop of cigarette use and the rise in e-cigarette use. E-cigarettes have not been included in the intensive tobacco prevention and control work conducted in Washington during the last decade. To keep these products out of the hands of kids, we need to make renewed efforts based on proven best practices in youth prevention.

Use of e-cigarettes is already very high across the entire youth population.

Prevalence of e-cigarette use among youth in our state is very high with almost 1 in 5 tenth graders saying they used in the past 30 days.

- About 23 percent of 12th graders used an e-cigarette/vapor product in the last 30 days.
- About 18 percent of 10th graders used an e-cigarette/vapor product in the last 30 days.
- About 8 percent of 8th graders used an e-cigarette/vapor product in the last 30 days.
- About 13 percent of 10th graders who do not smoke cigarettes reported using e-cigarettes in the past 30 days.

Many 10th grade youth use more than one substance.

- 17 percent of tenth graders report using more than one substance (cigarettes, e-cigarettes, marijuana, alcohol, prescription painkillers) in the past 30 days.
- Of youth who smoke cigarettes, about 76 percent also used e-cigarettes, about 71 percent used marijuana and about 68 percent used alcohol in the past 30 days.

This dual use raises concern. Students who use more than one substance are at risk of becoming addicted to all of those substances. There is also risk of higher impairment when substances are used together.

Tobacco and e-cigarette prevention matters.

Tobacco use remains the leading cause of preventable death and chronic disease. Nationwide, more than 480,000 people died from tobacco last year. Kids who start smoking are more likely to become addicted and smoke into adulthood.

Tobacco and smoke-free policies protect kids.

Although the percent of youth saying that they were exposed to someone smoking in the same room has been steadily declining for the past decade, nearly a third of high school students say that they were in a room while someone smoked in the last 30 days.

Parent involvement makes a difference.

The role of a parent in preventing teen substance use is critical. Parents can visit StartTalkingNow.org for help talking to their kids about substance use.

Keep dangerous substances away from children.

Washington State needs to do more to protect young kids from nicotine poisoning by keeping tobacco, e-cigarettes and vapor products out of reach. Alcohol and marijuana are less likely to be used by teens if it is not accessible at home.

Statewide resources connect people with help.

Access the Washington State Quitline for free, confidential counseling and coaching, call 1-800-Quit-Now or visit www.quitline.com.

Visit www.doh.wa.gov/SmartQuit to gain free access to the SmartQuit tobacco cessation app.