

# Indiana Youth Smoking

Tobacco use is the leading preventable cause of death and disease in the United States.<sup>1</sup> An estimated 2,600 Hoosier youth become new daily smokers each year, and unless smoking rates are further reduced, an estimated 151,000 Indiana youth currently under age 18 will ultimately die prematurely from smoking.<sup>1,2</sup> Indiana has made substantial progress, however, in reducing smoking among Hoosier youth.

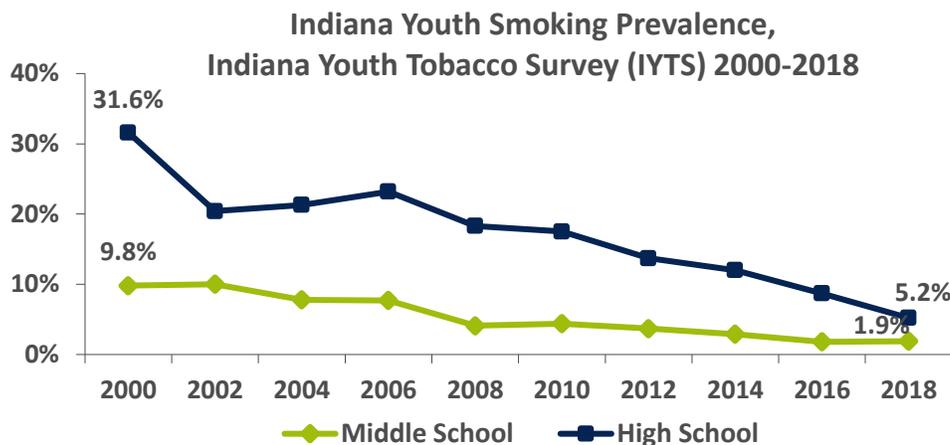
## Cigarette Smoking among Indiana Youth - 2018<sup>3</sup>

### Ever Smoking

- In 2018, 22.1% of Hoosier high school students had ever tried smoking cigarettes – down from 65.3% in 2000.
- In 2018, 9.5% of Hoosier middle school students had ever tried smoking cigarettes – down from 34.1% in 2000.

### Current Smoking\*

- In 2018, 5.2% of Hoosier high school students were current smokers – down from 31.6% in 2000.
- In 2018, 1.9% of Hoosier middle school students were current smokers – down from 9.8% in 2000.



## Changes in Smoking Behaviors

In addition to declines in smoking prevalence overall, fewer Hoosier youth in 2018 reported behaviors that indicate regular, established smoking.

- The percentage of high school smokers who frequently smoke<sup>†</sup> dropped from 54.3% in 2000 to 31.6% in 2018.
- Among students who have ever smoked, the proportion who have smoked 100 or more cigarettes (5 or more packs) in their lifetime dropped from 11.1% to 3.2% among middle school ever smokers and from 40.8% to 16.7% among high school ever smokers.

\* Defined as smoking cigarettes on one or more of the past 30 days.

† Defined as smoking cigarettes on 20 or more of the past 30 days.

## Quick Facts

- Over **1 in 5** Hoosier high school students have ever tried cigarettes.
- Nearly **1 in 10** Hoosier middle school students have ever tried cigarettes.
- An estimated **2,600 Hoosier youth** become new daily smokers each year.<sup>2</sup>
- **5.2%** of Hoosier high school students and **1.9%** of Hoosier middle school students were current smokers in 2018.
- Current smoking has declined **81%** among middle school students and **84%** among high school students since 2000.
- Youth who do smoke are smoking less frequently and smoking fewer cigarettes.
- **Over half** of Hoosier youth who smoke tried to quit in the past year.

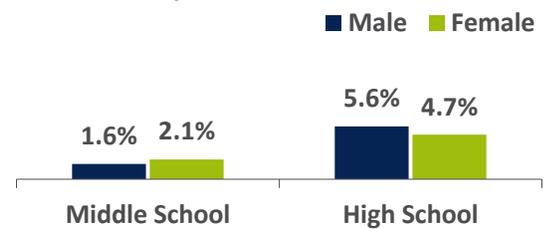


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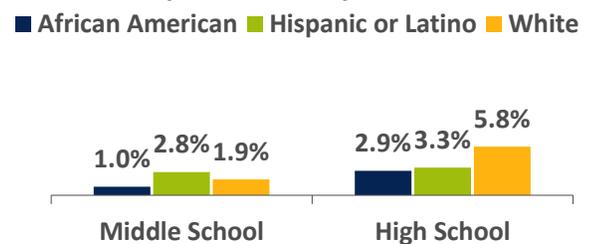
## Demographics of Cigarette Smoking among Indiana Youth, 2018

- In 2018, youth smoking prevalence was comparable among males and females.
- Among middle school students, current smoking did not differ significantly by race or ethnicity.
- Among high school students, current smoking was significantly higher among white students (5.8%) compared to Hispanic or Latino (3.3%) and African American (2.9%).
- Smoking prevalence increased dramatically with grade level in school, from 0.8% among 6<sup>th</sup> grade students to 8.8% among 12<sup>th</sup> grade students.

Current Smoking among Indiana Youth, by Gender, IYTS 2018



Current Smoking among Indiana Youth, by Race/Ethnicity, IYTS 2018



## Other Combustible Tobacco Use – 2018

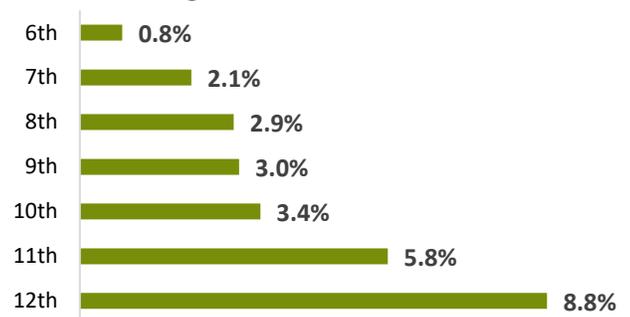
Other combustible tobacco, such as cigars, cigarillos, hookahs, and pipes, pose many of the same health risks as cigarettes.<sup>4,5</sup> In 2018, 10.1% of high school students and 3.6% of middle school students currently used any combustible tobacco.<sup>‡</sup>

## Reducing Youth Smoking

While smoking has declined substantially among Indiana youth, thousands of Hoosier youth continue to smoke cigarettes and other combustible tobacco products. Reducing youth smoking will require sustained efforts including:

- Reducing the accessibility and attractiveness of tobacco to youth
- Promoting tobacco-free environments
- Providing evidence-based assistance for youth to quit tobacco, such as the Indiana Tobacco Quitline (1-800-QUIT-NOW)
- Sustained implementation of comprehensive tobacco control programs.

Percentage of students who are current smokers increases with grade level. IYTS, 2018



More information on e-cigarette devices can be found [here](#).

<sup>1</sup> U.S. Department of Health and Human Services (USDHHS). The Health Consequences of Smoking: 50 Years of Progress. A Report of the Surgeon General. Atlanta, GA: 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.

<sup>2</sup> Campaign for Tobacco Free Kids. The Toll of Tobacco in Indiana. October 24, 2019. Accessed December 4, 2019 from [https://www.tobaccofreekids.org/facts\\_issues/toll\\_us/indiana](https://www.tobaccofreekids.org/facts_issues/toll_us/indiana).

<sup>3</sup> Indiana Youth Tobacco Survey, 2000-2018.

<sup>4</sup> Burns, David M. Cigar smoking: overview and current state of the science. In *Smoking and tobacco control monographs, monograph 9* (Chapter 1). National Cancer Institute, Division of Cancer Control and Population Sciences, 1998. Accessed September 13, 2017 from <https://cancercontrol.cancer.gov/brp/tcrb/monographs/>.

<sup>5</sup> Centers for Disease Control and Prevention. Hookahs. December 1, 2016. Accessed June 1, 2017 from [https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/tobacco\\_industry/hookahs/](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/tobacco_industry/hookahs/).

‡Combustible tobacco products are burned to produce a smoke that users inhale. In 2018, students who used cigarettes, cigars, hookah, or pipe on one or more of the past 30 days were considered to currently use combustible tobacco.

Updated 12/4/2019