

Indiana Youth Smoking



Tobacco Prevention
and Cessation

September 2022

Preventing tobacco companies from aggressively marketing their products to youth should be a priority for everyone. Early use of cigarettes or other combustible tobacco products including cigars, cigarillos, pipe or hookah has been shown to lead to nicotine addiction. About half of adults who smoke report starting before the age of 18. In Indiana, an estimated 2,300 new Hoosier youth will smoke daily each year.

Indiana has made substantial progress with youth cigarette smoking

Fewer youth reported ever trying cigarettes in 2018 than ever before.

High School students: **65.3%** in 2000 → **22.1%** in 2018

Middle School students: **34.1%** in 2000 → **9.5%** in 2018

Fewer students reported current use (within 30 days) of cigarettes.

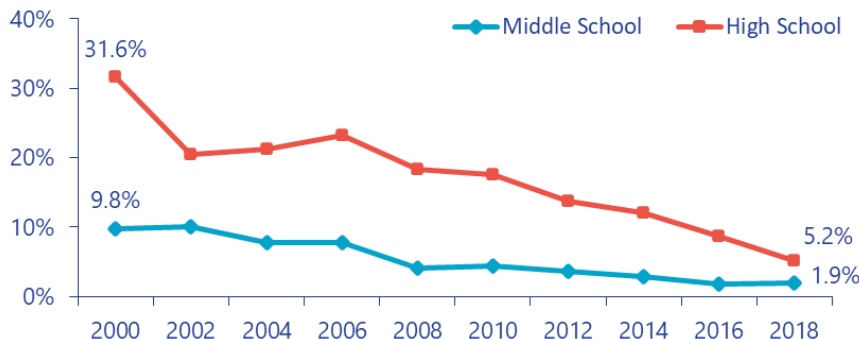
High School students: **31.6%** in 2000 → **5.2%** in 2018

Middle School students: **9.8%** in 2000 → **1.9%** in 2018.

More recently in 2021, the Indiana Youth Risk Behavior Survey was conducted in Indiana, and measured rates of substance use among high school student as well as other high-risk behaviors. Based on findings from the YRBS, Hoosier high school students reported currently smoking (past 30 days) at a rate of 4.2%.

Across the U.S., current use of cigarettes has declined to **1.0% among middle school students and 1.9% among high school students.**

Indiana Youth Smoking Prevalence,
IYTS 2000-2018



Changes in Smoking Behaviors

In addition to declines in smoking prevalence overall, fewer youth are reporting behaviors that indicate regular, established smoking.

- The percentage of Indiana high school students who frequently smoke **decreased by more than 40% between 2000 and 2018**, from 54.3% to 31.6%.

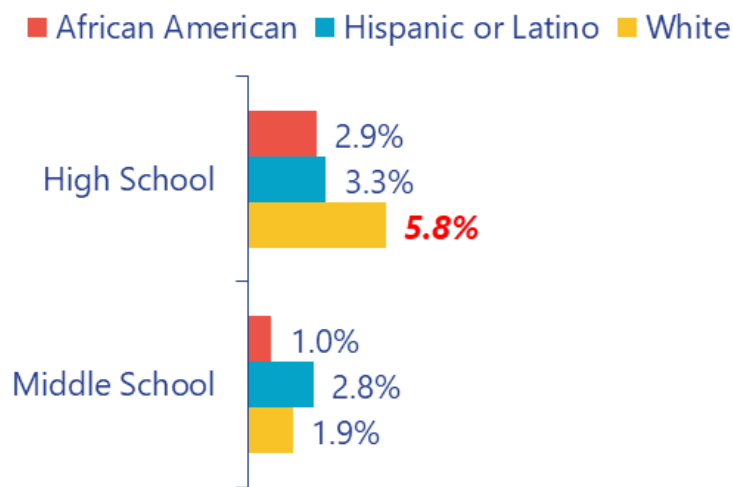
Fast Facts

- An estimated **2,600 new Hoosier youth** become youth who smoke daily each year.
- 5.2%** of Hoosier high school students and **1.9%** of Hoosier middle school students reported current smoking 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.

Demographics of Cigarette Smoking among Youth

- In 2021 among high school students across the US, smoking rates were not significantly different across races. Additionally in 2021, high school students in the US reported rates of smoking as low as what was seen among middle school students. Smoking among high school students was reported at a rate of 1.9% compared to middle school students who reported smoking at a rate of 1.1%.
- In 2018, among Indiana 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%) students. Additionally, Indiana high school students reported smoking at significantly higher rates compared to middle school students (5.2% and 1.9% respectively).

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



Other Combustible Tobacco Use

Other combustible tobacco, such as cigars, cigarillos, hookahs, and pipes, pose many of the same health risks as cigarettes. Nationally, in 2021, cigars including little cigars or cigarillos were used at rates similar to traditional cigarettes and use of any combustible tobacco remained high, 4.4% among high school students in the US.

Among Indiana high school students, use of cigars including little cigars or cigarillos was similar to cigarettes (6.7% versus 5.2%). Combustible tobacco use was quite common among high school youth with 1 in 10 (10.1%) reporting current use of a combustible tobacco product. Many of these other combustible tobacco products are also available in flavors (cigars/cigarillos/hookah) which are intended to make tobacco products more appealing to youth.

This is what you can do to make change

Due to the tailored marketing of the tobacco industry, thousands of Hoosier youth continue to smoke cigarettes and other combustible tobacco products. Reducing youth smoking will require sustained efforts including:



Promoting **tobacco-free environments** including public spaces



Providing evidence-based assistance for youth to quit commercial tobacco, such as:

- **Quit Now Indiana** (1-800-QUIT-NOW), a free service for anyone 13 years and older
- **Live Vape Free**, a text-based resource for teens addicted to vaping as well as caregivers (text INDIANA to 873373)
- **Vape Free Indiana** (in.gov/vapefreeindiana)



Encouraging youth to join Indiana's youth empowerment initiative, VOICE, which promotes and celebrates tobacco-free lifestyles. VOICEIndiana.org