

# Tobacco Use Behaviors Among Indiana Youth



Tobacco Prevention and Cessation

August 2023

## Current Tobacco Use

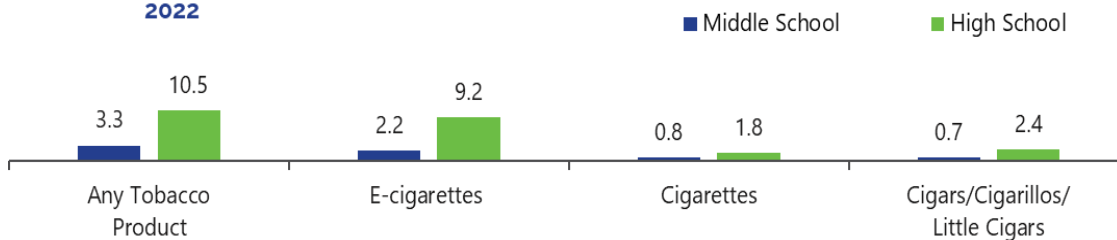
The 2022 Indiana Youth Tobacco Survey (IYTS) surveyed Indiana youth on tobacco use and found that more than 1 in 10 high school students and 1 in 30 middle school students reported current (past 30 day) use of any tobacco product.

**E-cigarettes were the most commonly used tobacco product among Indiana high school and middle school students** with more than 9% of high school students and more than 2% of middle school students having reported current use of these products. Cigarettes and cigars/little cigars/cigarillos were the second and third most commonly used tobacco products, after e-cigarettes. Additionally, among those that have tried tobacco products, e-cigarettes were the most common tobacco product that youth tried first. While current tobacco use among Indiana middle school youth was comparable to what was seen nationally, current tobacco use among high school youth was lower than what was seen nationally, including e-cigarette use.

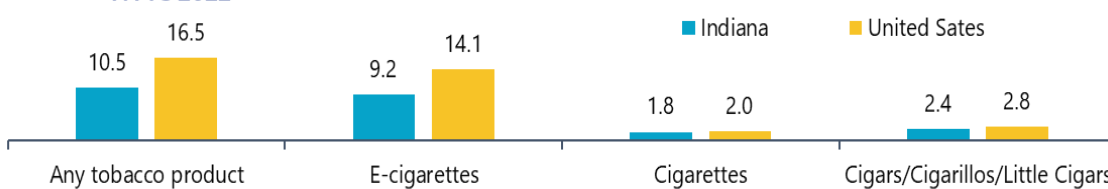
## Fast Facts

- **1 in 10** high school youth reported currently using tobacco
- **1 in 30** middle school youth reported currently using tobacco
- **Tobacco use has decreased over time** for both middle school and high school youth
- **E-cigarettes were the most commonly used tobacco product** in 2022.
- More than **3 in 4** youth who **use e-cigarettes use the flavored varieties** of these products.

Current Tobacco Use among Indiana Middle and High School Students, IYTS 2022



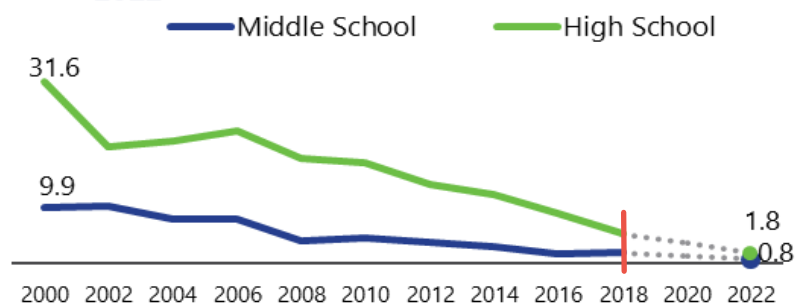
Current Tobacco Use among High School Youth – Indiana and the US, IYTS 2022, NYTS 2022



## Tobacco product use has decreased over time among both middle school and high school students.

Current use of cigarettes has reached the lowest level in the past 2 decades. Fewer than 1 in 100 middle school students and fewer than 1 in 50 high school students reported current use of cigarettes. Similarly, use of cigars/cigarillos/little cigars has also decreased.

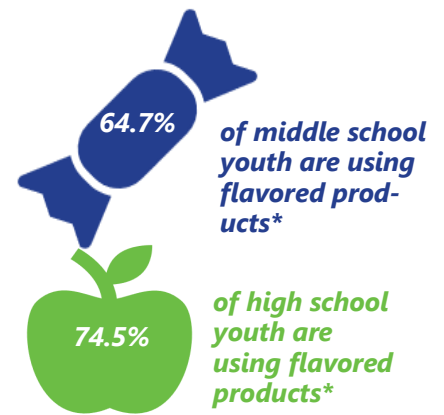
Current Cigarette Use among Indiana High School and Middle School Youth, IYTS 2000-2022



## Tobacco Use Behaviors: Flavors

While tobacco use has decreased, certain tobacco use behaviors continue to be a concern, for example the use of flavored products or use of multiple products.

Tobacco products like e-cigarettes, smokeless tobacco, cigars including little cigars and cigarillos, and nicotine pouches are available in a wide variety of flavors, including fruit or candy flavors that appeal to youth. In 2022, nearly 2 in 3 Hoosier middle school students (64.7%) and nearly 3 in 4 high school students (74.5%) who reported current use of tobacco used at least one flavored tobacco product.



Flavored products such as cigars and e-cigarettes continue to be popular. Among those that reported current use of e-cigarettes, more than 3 in 4 (76%) middle school and high school students reported using flavored e-cigarette products. One of the more common reasons reported for middle school students to use e-cigarettes is the availability of flavors including mint, candy, fruit, or chocolate.

### Flavored Product Use Among High School Students Using Tobacco Products



Other flavored product use was less common, though more than 3 in 10 high school students that use cigars (including cigarillos and little cigars) reported using the flavored varieties of these products. Additionally, cigars/cigarillos/little cigars can be found relatively cheaply across Indiana with more than 80% of retailers selling cigarillos/little cigars for less than one dollar. While flavors other than menthol have been banned for cigarettes, menthol cigarettes are still available. Nearly half (46%) of high school students who reported current use of cigarettes reported usually smoking menthol cigarettes.

## Tobacco Use Behaviors: Frequent Use, Poly-Tobacco and Dual Use

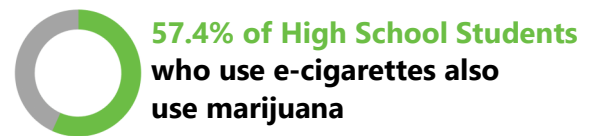
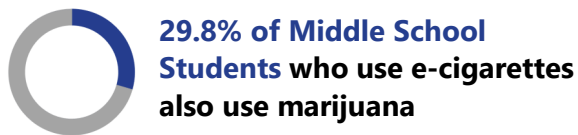
**Frequent tobacco use**, or use of tobacco on at least 20 of the past 30 days, was common among youth who use e-cigarettes. Nearly 1 in 7 middle school students (15.2%) and more than 4 in 10 high school students (44.0%) that use e-cigarettes reported frequent use of these products. Frequent use of e-cigarettes among Indiana high school students was similar to what was observed nationally, where more than 4 in 10 high school students using e-cigarettes reported frequent use. Frequent use of cigarettes was less common, yet nearly 3 in 10 Indiana high school students that smoke cigarettes, reported frequent use of these products.

**Dual use**, or the current use of two tobacco products, was common among those using tobacco. Among those currently using e-cigarettes, more than 1 in 5 middle school students (20.5%) and more than 1 in 6 high school students (16.9%) also reported current use of cigarettes. While e-cigarette use and cigarette use have declined, the use of multiple products or poly-tobacco use continues to be common. In 2022, more than 1 in 4 Indiana middle school students currently using tobacco (24.6%) and about 3 in 10 high school students currently using tobacco (30.6%) reported the use of two or more tobacco products. Poly-tobacco use or the use of two or more tobacco products among youth has increased over time.

# Tobacco Use Behaviors: Dual Use of Tobacco and Marijuana

In 2022, about 2% of middle school students and 9% of high school students reported current use of marijuana (use in the past 30 days) and about double the rate of middle school students (4%) and high school students (18%) reported ever trying marijuana. Dual use of tobacco and marijuana was common -nearly 30% of middle school students who use e-cigarettes and nearly 58% of high school students who use e-cigarettes reported currently using marijuana too.

While marijuana is not legal in Indiana, other THC products known as Delta-8, -9, and -10 are legal and available at vape shops and other retailers. In 2022, nearly 2% of middle school students and more than 10% of high school students reported having tried Delta THC products.

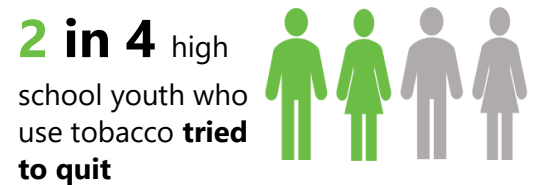


## Tobacco Use Behaviors: Susceptibility to Tobacco Use

Overall, use of tobacco has declined among both middle and high school students in Indiana, and nationally as well, however, tobacco use behaviors such as the use of flavored tobacco and current use of multiple tobacco products was common among those that used tobacco. Additionally, youth in Indiana remain susceptible to tobacco products. Approximately 1 in 4 middle school and high school students who have never tried cigarettes are susceptible to smoking cigarettes. Similarly, more than 1 in 4 of youth who have never used e-cigarettes are susceptible to using these products .

## Youth Want to Quit Tobacco

Among those reporting current tobacco use, more than half indicated they are seriously thinking about quitting tobacco in the next 12 months. Nearly 3 in 4 middle school students who reported current use of tobacco (74.6%) and more than half of high school students who reported current use of tobacco (55.9%) tried to quit in the past year. Approximately 2 in 3 or 66.7% of middle school students and more than half of high school students (53.9%) who reported current use of e-cigarettes have attempted to quit in the past year. Students who attempted to quit tobacco, including e-cigarettes, largely reported quitting tobacco without any assistance. Those quitting with assistance reported using school or community programs, having friends or family help them, using the Indiana Tobacco Quitline, or nicotine gum/patches in their attempts to quit.



**Note about 2022 Data:** The IYTS survey shifted from a paper and pencil format to an online survey (REDCAP) in 2020. However, even with an electronic survey, the COVID-19 pandemic still created unfavorable circumstances for data collection and representative data were not collected. In 2022, the electronic format was used again. Because of this change in survey format, the ability to compare data from 2022 to previous years (2018 and prior) is limited; differences between estimates might result from changes in methodology (data collection), actual behavior, or both.

For additional information on the Indiana Youth Tobacco Survey or commercial tobacco control in Indiana: [in.gov/health/tpc](https://in.gov/health/tpc).



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