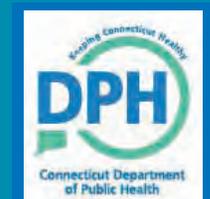


2009

# CONNECTICUT SCHOOL HEALTH SURVEY YOUTH TOBACCO COMPONENT



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TOBACCO USE PREVENTION & CONTROL

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**2009**

**CONNECTICUT SCHOOL HEALTH SURVEY  
YOUTH TOBACCO COMPONENT**

**OCTOBER 2010**

**CONNECTICUT DEPARTMENT OF PUBLIC HEALTH**

# 2009 YOUTH TOBACCO COMPONENT REPORT

Commissioner J. Robert Galvin, MD, MPH, MBA  
Connecticut Department of Public Health

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TOBACCO USE PREVENTION & CONTROL

# YOUTH TOBACCO COMPONENT ACKNOWLEDGMENTS

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# INTRODUCTION

*“Every day nearly 4,000 kids under 18 try their first cigarette and 1,000 kids under 18 become daily smokers. Many of these kids will become addicted before they are old enough to understand the risks and will ultimately die too young of tobacco-related diseases. This is an avoidable personal tragedy for those kids and their families as well as a preventable public health disaster for our country.” (US Food and Drug Administration (FDA), 2009)*

The Connecticut School Health Survey (CSHS) is a comprehensive survey that consists of two components: the Youth Tobacco Component (YTC) and the Youth Behavior Component (YBC). The YTC is a school-based state-level survey of young people in grades 6 through 12. This report covers the YTC only. Core questions assess students’ attitudes, perceptions, and behaviors related to tobacco use and exposure to environmental tobacco smoke (secondhand smoke), as well as their exposure to prevention curricula, community programs, and media messages aimed at preventing and reducing youth tobacco use. The YTC also collects information on the effectiveness of enforcement measures. The survey provides valuable data to guide and evaluate youth tobacco prevention efforts and cessation programs within our state. Between February and June 2009, the Connecticut Department of Public Health (DPH) conducted the CSHS in cooperation with Centers for Disease Control and Prevention (CDC), the Connecticut State Department of Education, and partners from school districts and local health departments. The survey was administered to a representative sample of all regular public middle school (grades 6-8) and high school (grades 9-12) students in Connecticut. This survey was previously administered in Connecticut in 2000, 2002, 2005, and 2007. In 2000 and 2002, the YTC of the CSHS was administered as the Connecticut Youth Tobacco Survey (CYTS). The CYTS consisted of the same core questions as the CSHS YTC but was administered to regular middle and high school students in public and private schools in Connecticut.

The 2009 YTC was made up of 79 questions developed by CDC and DPH. In total, 2,377 students from 42 middle schools and 2,239 students from 48 high schools completed the survey. Results are reported separately for middle school students (grades 6-8) and high school students (grades 9-12). When sample size and prevalence rates allow, results are presented by sex and race/ethnicity (white non-Hispanic, black non-Hispanic, and Hispanic).<sup>\*</sup> To help the reader discern true differences between comparison groups, findings that are statistically significant at the  $p < 0.05$  level are emphasized as “significant” differences. Unless otherwise noted, all data presented and discussed in this report are referring to regular public school students in middle school (grades 6-8) or high school (grades 9-12) in Connecticut.

In this report, a reference to *Healthy People 2010 (HP 2010)* objectives is made where appropriate. *HP 2010* is a US Department of Health and Human Services national strategy for improving the health of American people; it includes 21 specific objectives that are associated with reducing illness, disability, and death that result from tobacco use and environmental tobacco smoke (secondhand smoke) exposure. Most of the *HP 2010* youth tobacco objectives relate only to high school students. Some of the results from the 2009 National Youth Tobacco Survey (NYTS) are used for comparison in this report. All of the national data were taken from 2009 NYTS data and documentation; Office on Smoking and Health, National Center for Chronic Disease Prevention and Health Promotion; [www.cdc.gov/tobacco/data\\_statistics/surveys/nyts/index.htm](http://www.cdc.gov/tobacco/data_statistics/surveys/nyts/index.htm).

The next CSHS will be administered in the spring of 2011.

<sup>\*</sup>For the 2009 CSHS YTC, race/ethnicity was computed from one of the following questions: 1.) “How do you describe yourself?” (students could choose more than one response) or 2.) “Which one of these groups best describes you?” (students could choose only one response). Response options for both questions were “American Indian or Alaska Native,” “Asian,” “Black or African American,” “Hispanic or Latino,” “Native Hawaiian or Other Pacific Islander,” or “White.” Students who selected “Hispanic or Latino” for either question were classified as “Hispanic.” For students who did not choose “Hispanic or Latino,” their response to “Which group best describes you?” was used. Students were classified as “black, non-Hispanic” if they selected “Black or African American.” Students were classified as “white, non-Hispanic” if they selected “White.” Students were classified as “other, non-Hispanic” if they selected any of the other options except “Hispanic or Latino.” Data are presented only for black, non-Hispanic; Hispanic; and white, non-Hispanic students because the sample size of students from other racial/ethnic populations was too small for a meaningful analysis.

# CONNECTICUT YOUTH TOBACCO COMPONENT EXECUTIVE SUMMARY

The Connecticut School Health Survey was administered in the spring of 2009. The Youth Tobacco Component of the 2009 CSHS consisted of anonymous responses from a representative sample of 4,616 regular public school students in grades 6-12 in Connecticut. The data were weighted and analyzed for this report. These weighted results were used to make important inferences concerning tobacco use risk behaviors of all regular students in middle school (grades 6-8) and in high school (grades 9-12) in the state of Connecticut. The survey covered nine major areas of interest: demographics, prevalence, initiation, cessation, access to tobacco, school-related tobacco issues, attitudes and perceptions, mass media influences, protective factors, and environmental tobacco smoke. Many of these topic areas are discussed and presented in detail in this report.

## PREVALENCE

### CURRENT TOBACCO USE

In Connecticut, an estimated 6,300 middle school (4.9%) and 36,700 high school (20.8%) students had used some form of tobacco on at least 1 day during the 30 days before the survey (i.e., current tobacco use). Nationwide, the rate for middle school students was significantly higher (8.1%) than Connecticut's. Nationwide, the rate for high school students was 23.8%. Overall for Connecticut middle school students, the prevalence of current tobacco use was significantly higher in grade 8 (8.2%) than in grade 6 (1.9%) and grade 7 (4.5%); higher among boys (5.5%) than among girls (4.2%); and did not vary significantly among Hispanic (6.5%), black (4.9%), or white (4%) students. Overall for Connecticut high school students, the prevalence of current tobacco use was significantly higher among boys (25%) than among girls (16.3%); significantly higher in grade 10 (21.3%), 11 (23.1%), and 12 (27%) than in grade 9 (13%); and significantly higher among white (24.3%) and Hispanic (18.3%) students than among black (9.4%) students.

### EVER CIGARETTE SMOKING

In Connecticut, an estimated 15,000 middle school (11.7%) and 64,000 high school (37.1%) students had ever tried cigarette smoking, even one or two puffs (i.e., ever cigarette smoking). Nationwide, the rate for middle school students was significantly higher (18.2%) than Connecticut's. Nationwide, the rate for high school students was 42.7%. Overall for Connecticut middle school students, the prevalence of ever cigarette smoking was significantly higher in grade 8 (17.3%) than in grade 6 (6.4%); higher among boys (12.1%) than among girls (11.1%); and significantly higher among Hispanic (18.6%) and black (18.1%) students than among white (8.6%) students. Overall for Connecticut high school students, the prevalence of ever cigarette smoking was significantly higher in grade 12 (47.2%) than in grade 9 (28.7%) and 10 (34.3%); significantly higher in grade 11 (39.6%) than in grade 9 (28.7%); and did not vary significantly among Hispanic (43.9%), white (37.2%), and black (31%) students.

### CURRENT CIGARETTE SMOKING

In Connecticut, an estimated 4,200 middle school (3.3%) and 26,600 high school (15.3%) students had smoked cigarettes on at least 1 day during the 30 days before the survey (i.e., current cigarette smoking). Nationwide, the rate for middle school students was significantly higher (5.2%) than Connecticut's. Nationwide, the rate for high school students was 17.2%. Overall for Connecticut middle school students, the prevalence of current cigarette smoking was significantly higher in grade 8 (5.9%) than in grade 6 (1.2%); nearly equal among boys (3.3%) and girls (3.2%); and did not vary significantly among Hispanic (4.5%), black (3.1%), and white (2.9%) students. Overall for Connecticut high school students, the prevalence of current cigarette smoking was significantly higher in grade 12 (21.3%) than in grade 9 (9%); higher among boys (16%) than among girls (14.4%); and significantly higher among white (17.8%) and Hispanic (14%) students than among black (6.3%) students.

## CURRENT CIGAR SMOKING

In Connecticut, an estimated 2,600 middle school (2.1%) and 16,700 high school (9.6%) students had smoked cigars, cigarillos, or little cigars on at least 1 day during the 30 days before the survey (i.e., current cigar smoking). Nationwide, the rate for middle school students was significantly higher (3.9%) than Connecticut's. Nationwide, the rate for high school students was 10.9%. Overall for Connecticut middle school students, the prevalence of current cigar smoking was significantly higher in grade 8 (3.8%) than in grade 6 (0.6%); higher among boys (2.6%) than among girls (1.4%); and did not vary significantly among black (2.6%), Hispanic (2.2%), or white (1.7%) students. Overall for Connecticut high school students, the prevalence of current cigar smoking was significantly higher in grade 12 (12%) than in grade 9 (5.5%); significantly higher among boys (14.3%) than among girls (4.6%); and significantly higher among white (11.4%) students than among Hispanic (6.1%) and black (4.9%) students.

## CURRENT SMOKELESS TOBACCO USE

In Connecticut, an estimated 1,700 middle school (1.3%) and 9,600 high school (5.5%) students had used smokeless tobacco (chewing tobacco, snuff, or dip) on at least 1 day during the 30 days before the survey (i.e., current smokeless tobacco use). Nationwide, the rate for middle school students was significantly higher (2.6%) than Connecticut's. Nationwide, the rate for high school students was 6.7%. Overall for Connecticut middle school students, the prevalence of current smokeless tobacco use was higher among boys (1.9%) than among girls (0.6%); and higher among white (1.5%) students than among Hispanic (1%) students (data for black middle school students not available). Overall for Connecticut high school students, the prevalence of current smokeless tobacco use was significantly higher among boys (9.6%) than among girls (1.3%); and significantly higher among white (7%) students than among Hispanic (2.6%) and black (1.9%) students.

## EVER-DAILY CIGARETTE SMOKING

In Connecticut, an estimated 15,000 high school students (8.6%) had smoked at least one cigarette per day for 30 days in a row at some point during their lives (i.e., ever-daily smoking). Nationwide, the rate for high school students was 10.4%. Overall for Connecticut high school students, the prevalence of ever-daily smoking was significantly higher in grade 12 (13.4%) than in grade 9 (4.7%) and grade 10 (6.4%); significantly higher in grade 11 (10.5%) than in grade 9 (4.7%); higher among boys (9.7%) than among girls (7.5%); and significantly higher among white (9.8%) students than among black (1.4%) students.

## AGE OF INITIATION

### SMOKED FIRST WHOLE CIGARETTE BEFORE AGE 11 YEARS

In Connecticut, an estimated 3,100 middle school (2.5%) and 5,800 high school (3.3%) students had smoked their first whole cigarette before age 11 years. Nationwide, the rate was 4.3% for middle school students and 4.1% for high school students. Overall for Connecticut middle school students, the prevalence of having smoked their first whole cigarette before age 11 years was nearly equal among boys (2.5%) and girls (2.3%); and significantly higher among black (5.1%) and Hispanic (4%) students than among white (1.4%) students. Overall for Connecticut high school students, the prevalence of having smoked their first whole before age 11 years was higher among boys (4.4%) than among girls (2.1%), and did not vary significantly among black (5.1%), Hispanic (4.6%), and white (3.1%) students.

In Connecticut, 81% of high school ever smokers had ever smoked a whole cigarette, and of those, 11.2% had smoked their first whole cigarette before age 11 years. Nationwide, the rate was 12.6%. Overall in Connecticut, the prevalence of having smoked their first whole cigarette before age 11 years was higher among boys (14.4%) than among girls (7.3%); and did not vary significantly among black (15.5%), Hispanic (13.5%), and white (9.7%) students.

# SUSCEPTIBILITY

## SUSCEPTIBLE TO STARTING SMOKING

In Connecticut, an estimated 19,800 middle school (17.3%) and 25,500 high school (23.5%) students who had never smoked cigarettes, even one or two puffs, were susceptible to starting smoking. Overall for middle school never smokers, the prevalence of susceptibility was significantly higher in grade 7 (18.3%) and grade 8 (23.4%) than in grade 6 (11%); higher among girls (17.9%) than among boys (16.6%); and did not vary significantly among black (18.9%), Hispanic (18.3%), and white (17.1%) students. Overall for high school never smokers, the prevalence of susceptibility did not vary significantly by grade; was nearly equal among boys (23.2%) and girls (23.9%); and did not vary significantly among white (24.7%), Hispanic (21%), and black (19.7%) students.

# CESSATION

## ATTEMPTED TO QUIT SMOKING CIGARETTES

In Connecticut, among the 3.3% of middle school students who currently smoked cigarettes, 59.6% had attempted quit smoking cigarettes during the 12 months before the survey. Among the 15.3% of Connecticut high school students who currently smoked cigarettes, 51.7% had attempted to quit smoking cigarettes during the 12 months before the survey. Nationwide, the rate was 63.2% for middle school students and 53.7% for high school students. Overall for Connecticut high school students, the prevalence of having attempted to quit smoking cigarettes was equal among boys and girls (51.5%); and did not vary significantly among Hispanic (68.1%), white (49.2%), and black (37.2%) students.

## WANTED TO QUIT SMOKING CIGARETTES

In Connecticut, among the 15.3% of high school students who currently smoked cigarettes, 46.9% wanted to stop smoking cigarettes. Nationwide, the rate was 47.5%. Overall in Connecticut, the prevalence of wanting to quit smoking cigarettes was higher among boys (49.4%) than among girls (43.9%); and did not vary significantly among Hispanic (64.3%), black (44.6%), and white (43.8%) students.

# ACCESS TO TOBACCO PRODUCTS

## USUAL MEANS OF ACCESS TO CIGARETTES

In Connecticut, among the 3.3% of middle school students who currently smoked cigarettes, 53.1% usually obtained their own cigarettes in the past 30 days by bumming them from someone or by getting them "some other way." Among the 14.3% of high school students who currently smoked cigarettes and were aged <18 years, 54.4% usually obtained their own cigarettes by bumming them from someone or giving someone else money to buy them.

## BOUGHT CIGARETTES IN A STORE OR GAS STATION

In Connecticut, among the 14.3% of high school students who currently smoked cigarettes and were aged <18 years, 27.2% had purchased their last pack of cigarettes in a store (i.e., convenience store, grocery store, or drugstore) and 53.9% had purchased them at a gas station during the 30 days before the survey. Nationwide, the rate of having bought their own cigarettes in a store was 27% and at a gas station was 49.5%. Overall for Connecticut high school students, the prevalence of having bought their last pack of cigarettes in a store was higher among boys (30.9%) than among girls (23.4%); and did not vary significantly among black (54.5%), Hispanic (41.6%), and white (22.9%) students. The prevalence of having bought their last pack of cigarettes at a gas station was higher among girls (56%) than among boys (53%); and significantly higher among white (59.8%) students than among black (8%) students.

## **ID REQUEST**

In Connecticut, among the 3.3% of middle school students who currently smoked cigarettes, 28.7% had been asked to show proof of age when buying cigarettes in a store during the 30 days before the survey. Nationwide, the rate was 27.7%. Among the 15.3% of Connecticut high school students who currently smoked cigarettes, 52.8% had been asked to show proof of age when buying cigarettes in a store during the 30 days before the survey. Nationwide, the rate was 51.7%. Overall for Connecticut high school students, the prevalence of having been asked to show proof of age when buying cigarettes in a store was higher among girls (57.5%) than among boys (49.1%); and did not vary significantly among white (56.7%), Hispanic (44.3%), and black (32.5%) students.

## **SALE REFUSAL**

In Connecticut, among the 3.3% of middle school students who currently smoked cigarettes, 26.3% had been refused sale of cigarettes because of their age when trying to buy cigarettes in a store during the 30 days before the survey. Nationwide, the rate was 31.1%. Among the 14.3% of high school students who currently smoked cigarettes and were aged <18 years, 34.5% were refused sale of cigarettes because of their age when trying to buy cigarettes in a store during the 30 days before the survey. Nationwide, the rate was 37.8%. Overall for Connecticut high school students, the rate of refusal was nearly equal among boys (33.4%) and girls (34.3%).

# **ENVIRONMENTAL TOBACCO SMOKE (ETS)**

## **LIVED WITH SOMEONE WHO SMOKED CIGARETTES**

In Connecticut, an estimated 42,000 middle school (33%) and 59,000 high school (33.9%) students lived with someone who smoked cigarettes. Nationwide, the rate for middle school students was 35.1% and 33.9% for high school students. Overall for Connecticut middle school students, the prevalence of having lived with someone who smoked cigarettes was higher among girls (35.4%) than among boys (30.8%); and significantly higher among Hispanic (40.6%) students than among white students. Overall for Connecticut high school students, the prevalence of having lived with someone who smoked cigarettes was significantly higher among students in grade 12 (38%) than in grade 11 (27.5%); nearly equal among boys (34.6%) and girls (33.2%); and did not vary significantly among Hispanic (37.1%), black (34.3%), and white (33.5%) students.

## **RECENT EXPOSURE TO CIGARETTE SMOKE IN A ROOM**

In Connecticut, an estimated 47,000 middle school (37.1%) and 94,000 high school (53.9%) students had been in the same room with someone who was smoking cigarettes on one or more of the seven days before the survey (i.e., recent exposure). Nationwide the rate for middle school students was 34.3%. Nationwide, the rate for high school students was significantly lower (45.4%) than Connecticut's. Overall for Connecticut middle school students, the prevalence of having recently been in the same room with someone who was smoking cigarettes was lower in grade 6 (29.8%) than in grade 7 (40.1%) and 8 (41.3%); higher among girls (40.1%) than among boys (34.3%); and did not vary significantly among Hispanic (40.3%), black (36.9%), and white (36.8%) students. Overall for Connecticut high school students, the prevalence of having recently been in the same room with someone who was smoking cigarettes was significantly higher in grade 12 (62.4%) than in grade 10 (51.3%) and 11 (51.7%); higher among girls (95.6%) than among boys (52%); and significantly higher among white (56.5%) students than among black (52%) students.

## **RECENT EXPOSURE TO CIGARETTE SMOKE IN A CAR**

An estimated 33,000 middle school (25.6%) and 60,000 high school students (34.4%) had ridden in a car one or more times with someone who was smoking cigarettes during the seven days before the survey (i.e., recent exposure). Nationwide, the rate for middle school students was 25.3% and 33.3% for high school students. Overall for Connecticut middle school students, the prevalence of having recently ridden in a car with someone who was smoking cigar-

ettes was higher among girls (27.9%) than among boys (23.3%); and did not vary significantly among Hispanic (33%), white (24.6%), and black (24.5%) students. Overall for Connecticut high school students, the prevalence of having recently ridden in a car with someone who was smoking cigarettes was higher among girls (36.6%) than among boys (32.4%); and significantly higher among white (36.5%) and Hispanic (35.5%) students than among black (24.4%) students.

## TRENDS DURING 2000-2009

### TOBACCO USE

During 2000-2009, a significant decrease occurred in the percentage of middle (13.1%-4.9%) and high (32.4%-20.8%) school students who reported current tobacco use.

### CIGARETTE SMOKING

During 2000-2009, a significant decrease occurred in the percentage of middle (9.8%-3.3%) and high (25.6%-15.3%) school students who reported current cigarette smoking.

### CIGAR SMOKING

During 2000-2009, a significant decrease occurred in the percentage of middle school students who reported current cigar smoking (6.1%-2.1%). The percentage of high school students who reported current cigar smoking decreased (12.7%-9.6%), but not significantly.

### SMOKELESS TOBACCO USE

During 2000-2009, the percentage of middle school students who reported current smokeless tobacco use decreased (2.2%-1.3%), but not significantly. The percentage of high school students who reported current smokeless tobacco use increased (4.1%-5.5%), but not significantly.

### SUSCEPTIBILITY

During 2000-2009, a significant decrease occurred in the percentage of middle school never smokers who were susceptible to starting smoking (27.3%-17.3%). During 2000-2009, the percentage of high school never smokers who were susceptible to starting smoking did not vary significantly.

### QUIT ATTEMPTS

During 2000-2009, the percentage of middle and high school current smokers who reported at least one attempt to quit smoking cigarettes in the 12 months before the survey did not vary significantly.

### ENVIRONMENTAL TOBACCO SMOKE EXPOSURE AT HOME

During 2000-2009, the percentage of middle (41.1%-33%) and high (39.9%-33.9%) school students who reported living with someone who smoked cigarettes decreased, but not significantly.

### **ENVIRONMENTAL TOBACCO SMOKE EXPOSURE IN A ROOM**

During 2000-2009, a significant decrease occurred in the percentage of middle (54.6%-37.1%) and high (70.2%-53.9%) school students who reported having recently been in a room with someone who was smoking cigarettes.

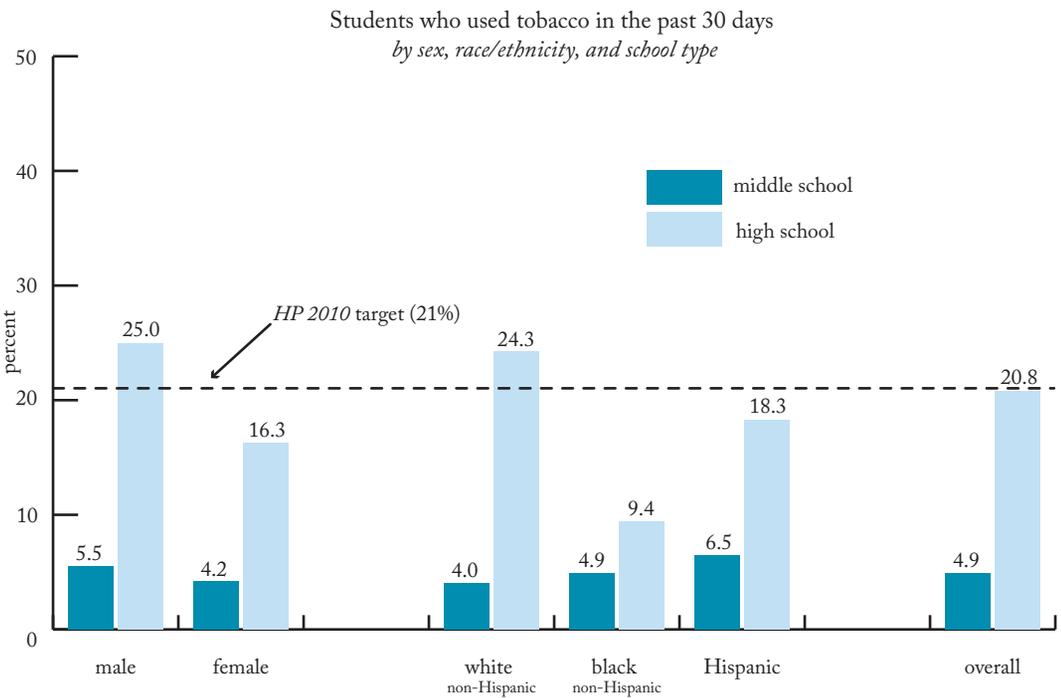
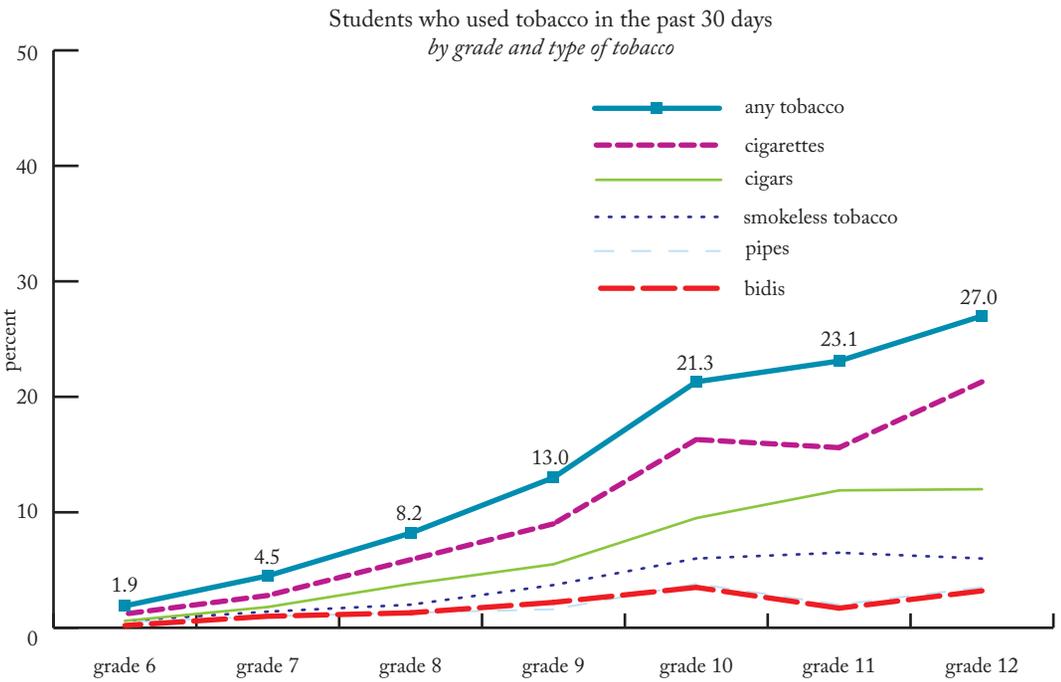
### **ENVIRONMENTAL TOBACCO SMOKE EXPOSURE IN A CAR**

During 2000-2009, a significant decrease occurred in the percentage of middle (39.5%-25.6%) and high (51.2%-34.4%) school students who had recently ridden in a car with someone who was smoking cigarettes.

# PREVALENCE

# ANY TOBACCO USE

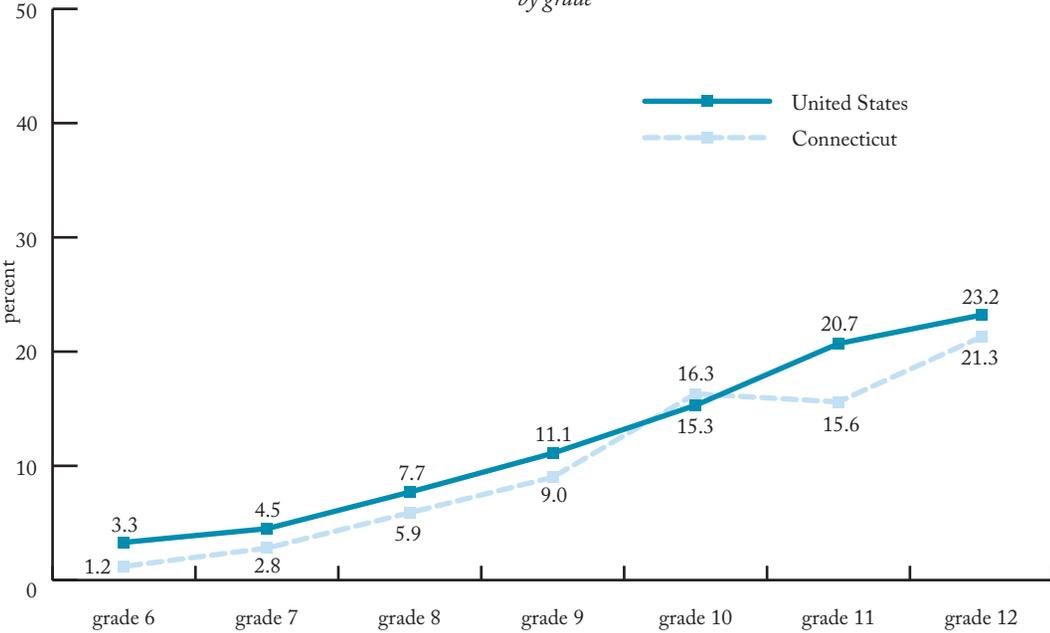
- An estimated 43,000 middle and high school students in Connecticut (20.8%) used tobacco (cigarettes, cigars, smokeless tobacco, pipes, or bidis) on 1 or more days of the past 30 days (current tobacco use)
  - 6,300 middle school students (4.9%)
  - 36,700 high school students (20.8%)
- Nationally, 8.1% of middle school and 23.8% of high school students are current tobacco users\*—*data not shown on graphs*
- Connecticut middle school students are significantly less likely than their national counterparts to currently use tobacco (4.9%, 8.1%)
- Between middle and high school, current tobacco use among boys more than quadruples (5.5%-25%), and among girls, it nearly quadruples (4.2%-16.3%)
- The rate of current tobacco use among white students increases six-fold between middle and high school (4%-24.3%). During that same time, it approximately doubles for black students (4.9%-9.4%) and nearly triples for Hispanic students (6.5%-18.3%)
- High school boys are significantly more likely than girls to currently use tobacco (25%, 16.3%)
- In high school, white and Hispanic students are significantly more likely than black students to currently use tobacco (24.3%, 18.3%, 9.4%, respectively)
- The *Healthy People 2010* objective for tobacco is to reduce its use among high school students to no more than 21%. **For high school students overall, Connecticut has reached this goal (20.8%).** However, current tobacco use among boys (25%), white students (24.3%), and the rates in grades 10, 11, and 12 (21.3%, 23.1%, 27%, respectively) exceed the objective



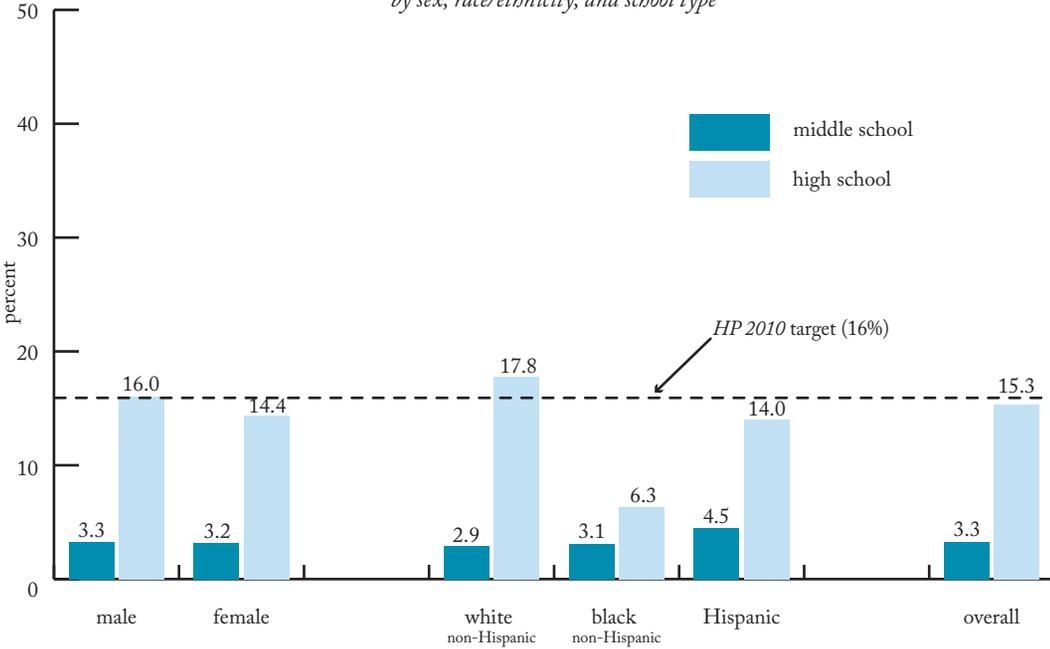
# CIGARETTE SMOKING

- An estimated 30,800 middle and high school students in Connecticut smoked cigarettes on 1 or more days of the past 30 days (current cigarette smoking)
  - 4,200 middle school students (3.3%)
  - 26,600 high school students (15.3%)
- Nationally, 5.2% of middle school and 17.2% of high school students currently smoke cigarettes—*data not shown on graphs*
- Connecticut middle school students are significantly less likely than their national counterparts to currently smoke cigarettes (3.3%, 5.2%)—*US data not shown on graphs*
- Current cigarette smoking among Connecticut high school students increases significantly from 9% in grade 9 to 21.3% in grade 12
- Between middle and high school, current cigarette smoking increases significantly among white students and Hispanic students
- In high school, white students and Hispanic students are significantly more likely than black students to be current cigarette smokers (17.8%, 14%, 6.3%, respectively)
- High school current smokers are significantly more likely than non-smokers to say that they have more than \$20 each week to spend any way they want to (71%, 57.1%); while non-smokers are significantly more likely than current smokers to say that they have only up to \$5 per week to spend (13.9%, 4.8%)—*data not shown on graphs*
- The *Healthy People 2010* objective for cigarettes is to reduce use among high school students to no more than 16%. **For high school students overall, Connecticut has reached this goal (15.3%).** However, the rate of current cigarette smoking among white students (17.8%), and the rates in grades 10 and 12 exceed the objective (16.3%, 21.3%, respectively)

Connecticut and US students who smoked cigarettes in the past 30 days by grade



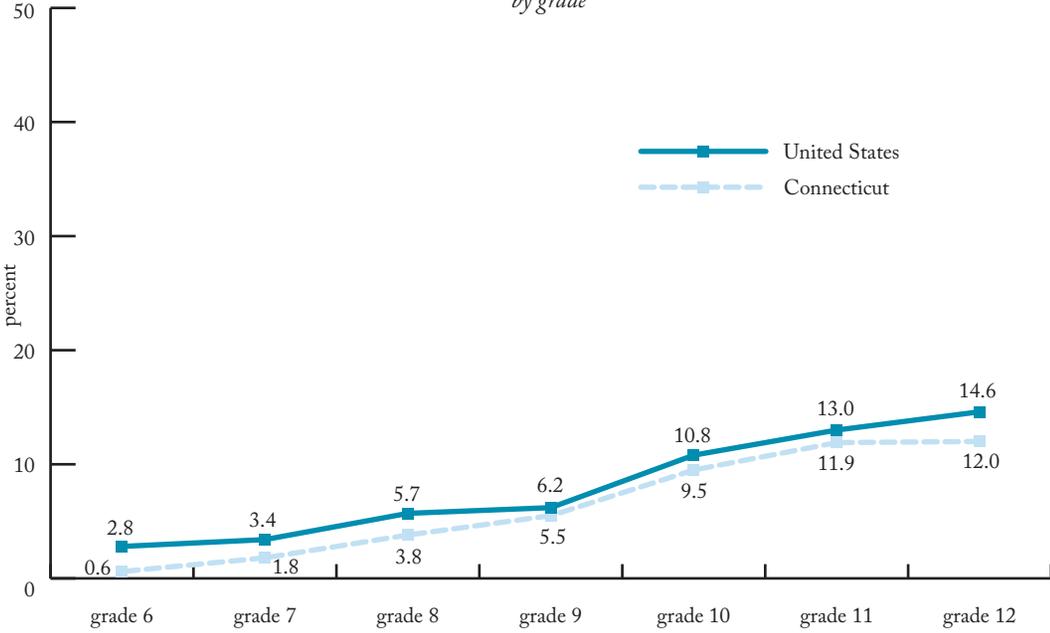
Students who smoked cigarettes in the past 30 days by sex, race/ethnicity, and school type



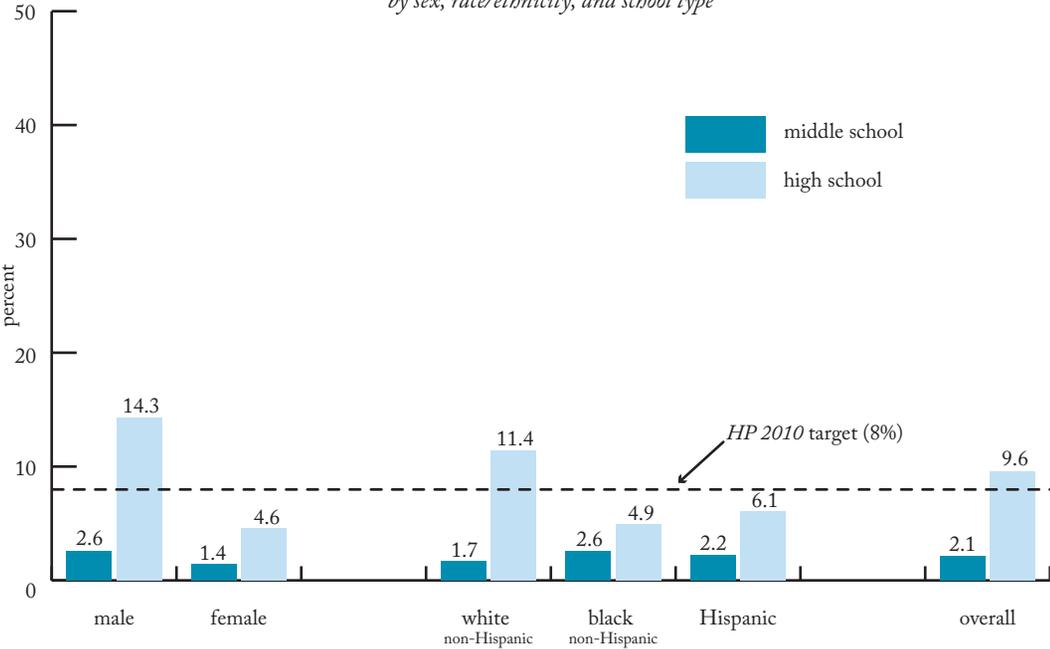
# CIGAR SMOKING

- An estimated 19,300 middle and high school students in Connecticut smoked cigars, cigarillos, or little cigars on 1 or more days of the past 30 days (current cigar smoking)
  - 2,600 middle school students (2.1%)
  - 16,700 high school students (9.6%)
- Nationally, 3.9% of middle school and 10.9% of high school students are current cigar smokers; the rate for US middle school students is significantly higher than Connecticut's rate—*US data not shown on graphs*
- Connecticut middle school students in grade 6 are significantly less likely than their US counterparts to currently smoke cigars (0.6%, 2.8%)
- Connecticut Hispanic middle school students are significantly less likely than their national counterparts to currently smoke cigars (2.2%, 6.2%); the same is true among middle school girls (1.4%, 3.2%)—*US data not shown on graphs*
- Between middle and high school, current cigar smoking among boys more than quintuples (2.6%-14.3%), and among girls, it approximately triples (1.4%-4.6%). Among white students, the rate increases nearly sevenfold (1.7%-11.4%); for black students, it nearly doubles (2.6%-4.9%); and for Hispanic students it about triples (2.2%-6.1%). The increases for boys, girls, and white students are statistically significant
- In high school, boys are significantly more likely than girls to currently smoke cigars (14.3%, 4.6%)
- In high school, white students are significantly more likely than Hispanic students and black students to currently smoke cigars (11.4%, 6.1%, 4.9%)
- Connecticut Hispanic high school students are significantly less likely than their national counterparts to currently smoke cigars (6.1%, 11.8%)—*US data not shown on graphs*
- The *Healthy People 2010* objective for cigars is to reduce their use among high school students to no more than 8%. In Connecticut, cigar smoking among high school students ranges from 5.5% in grade 9 to 12% in grade 12

Connecticut and US students who smoked cigars in the past 30 days by grade



Students who smoked cigars in the past 30 days by sex, race/ethnicity, and school type

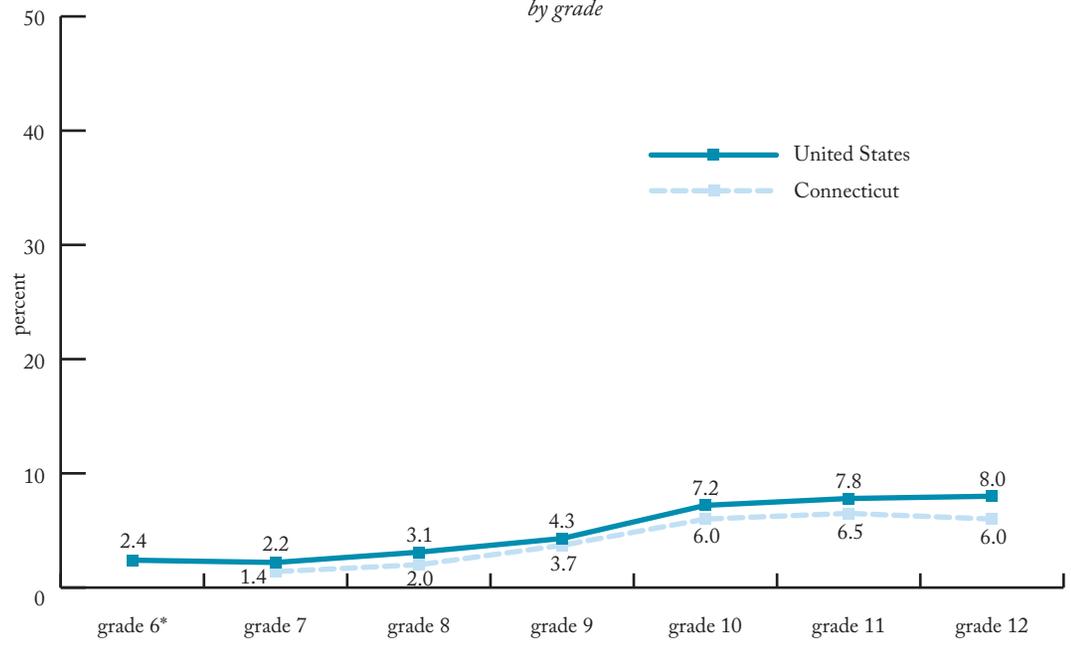


# SMOKELESS TOBACCO USE

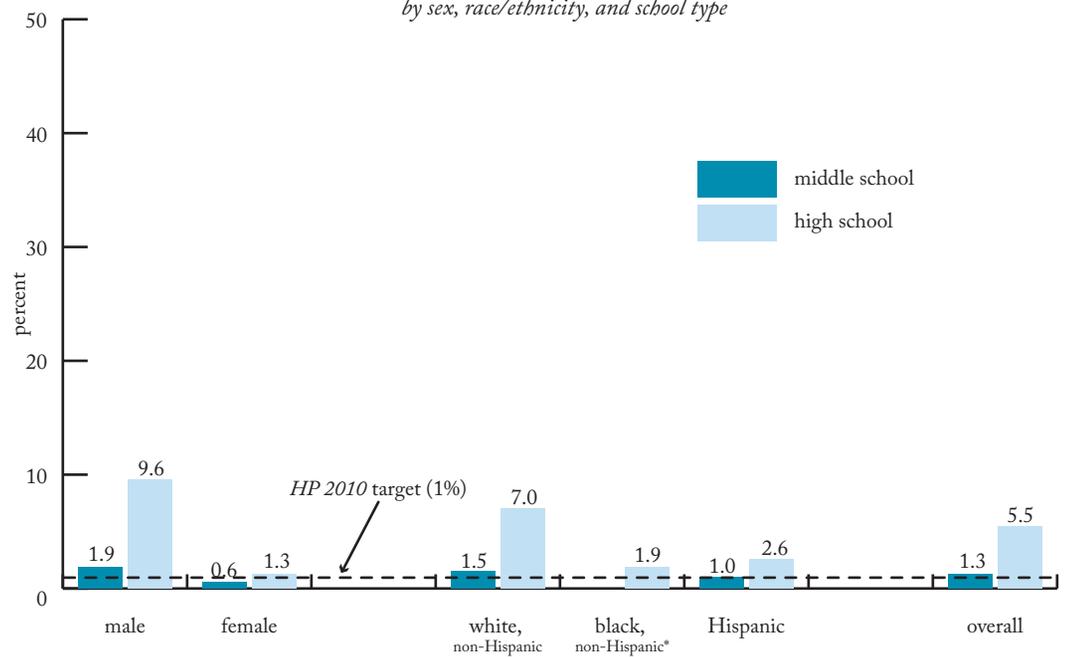
- An estimated 11,300 middle and high school students in Connecticut used smokeless tobacco (chewing tobacco, snuff, or dip) on 1 or more days of the past 30 days (current smokeless tobacco use)
  - 1,700 middle school students (1.3%)
  - 9,600 high school students (5.5%)
- Nationally, 2.6% of middle school and 6.7% of high school students currently use smokeless tobacco. The rate for US middle school students is significantly higher than Connecticut's rate—*US data not shown on graphs*
- Between middle and high school, the current smokeless tobacco use rate for boys quintuples (1.9%-9.6%); the increase is statistically significant
- Current smokeless tobacco use among white students more than quadruples between middle and high school (1.5%-7.0%); the increase is statistically significant
- In high school, boys are significantly more likely than girls to currently use smokeless tobacco (9.6%, 1.3%)
- Connecticut Hispanic middle school students are significantly less likely than their national counterparts to currently use smokeless tobacco (1%, 2.5%)—*US data not shown on graphs*
- White high school students are significantly more likely than Hispanic and black students to currently use smokeless tobacco (7%, 2.6%, 1.9%, respectively)
- High school students are four times more likely than middle school students to currently use smokeless tobacco (4.9%, 1.3%); the difference is statistically significant
- The *Healthy People 2010* objective for smokeless tobacco is to reduce its use among high school students to no more than 1%. In Connecticut, smokeless tobacco use among high school students varies by grade between 3.7% (grade 9) and 6.5% (grade 11)

\*Data not presented for Connecticut students in grade 6 and black, non-Hispanic middle school students because the sample size of students is too small for a meaningful analysis.

Connecticut and US students who used smokeless tobacco in the past 30 days  
by grade



Students who used smokeless tobacco in the past 30 days  
by sex, race/ethnicity, and school type

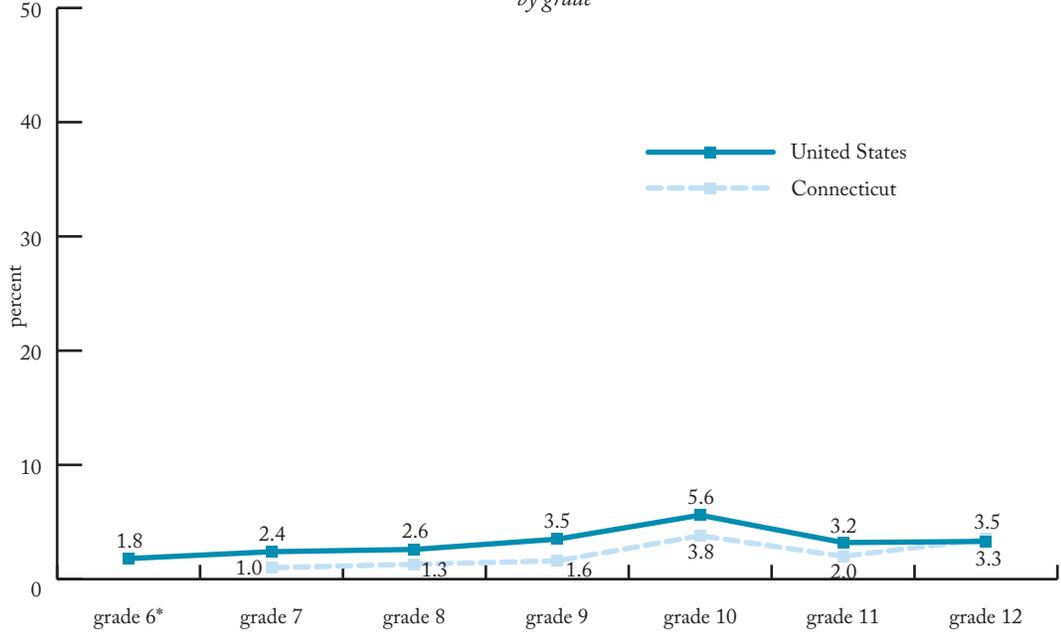


# PIPE SMOKING

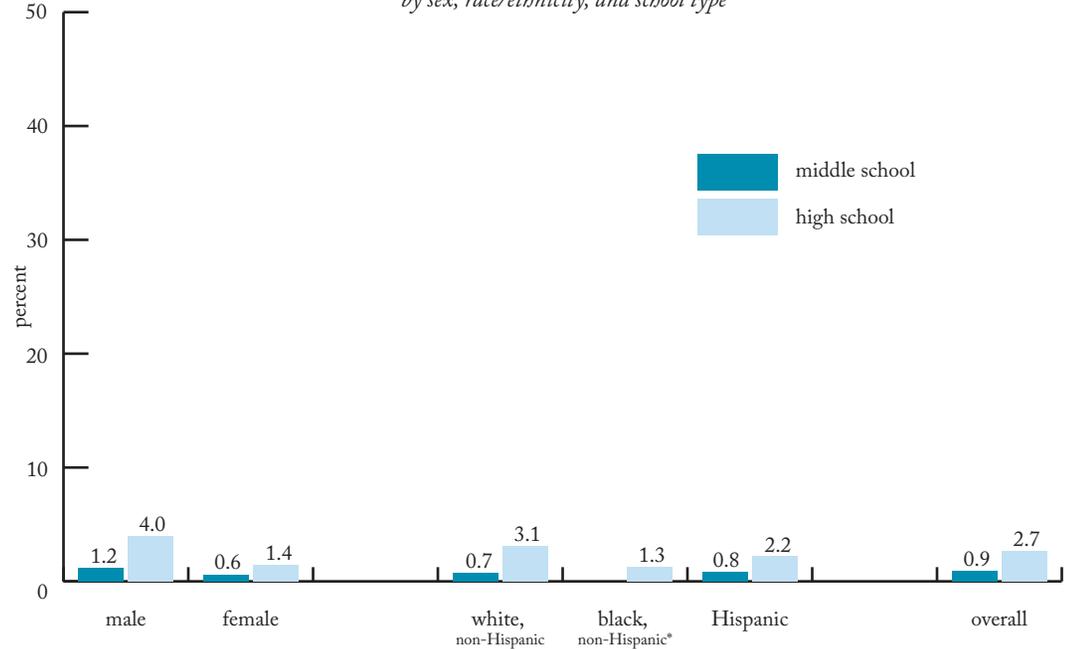
- An estimated 6,000 middle and high school students in Connecticut smoked tobacco in a pipe on 1 or more days of the past 30 days (current pipe smoking)
  - 1,200 middle school students (0.9%)
  - 4,800 high school students (2.7%)
- Nationally, 2.3% of middle school and 3.9% of high school students are current pipe smokers. The rates for US middle and high school students are significantly higher than Connecticut's rates—*US data not shown on graphs*
- Current pipe smoking rates among Connecticut students vary by grade between 1% (grade 7) and 3.8% (grade 10)
- Connecticut middle school boys are significantly less likely than their national counterparts to currently smoke pipes (1.2%, 2.7%); the same is true for girls (0.6%, 1.7%)—*US data not shown on graphs*
- In high school, boys are nearly three times more likely than girls to currently smoke pipes (4%, 1.4%); the difference is statistically significant
- Between middle and high school, the current pipe smoking rate among white students more than quadruples (0.7%-3.1%); the increase is statistically significant
- In middle school, Connecticut Hispanic students are significantly less likely than their US counterparts to currently smoke pipes (0.8%, 4.5%); the same is true for high school Hispanic students (2.2%, 6.8%)—*US data not shown on graphs*

\*Data not presented for Connecticut students in grade 6 and black, non-Hispanic middle school students because the sample size of students is too small for a meaningful analysis.

Connecticut and US students who smoked tobacco in a pipe in the past 30 days by grade



Students who smoked tobacco in a pipe in the past 30 days by sex, race/ethnicity, and school type

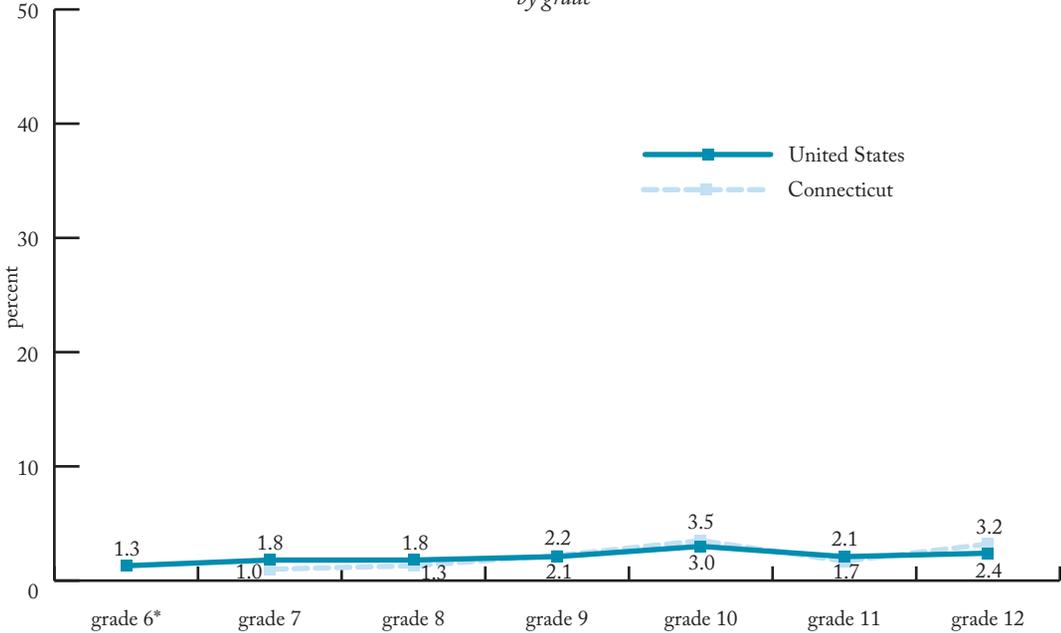


# BIDI SMOKING

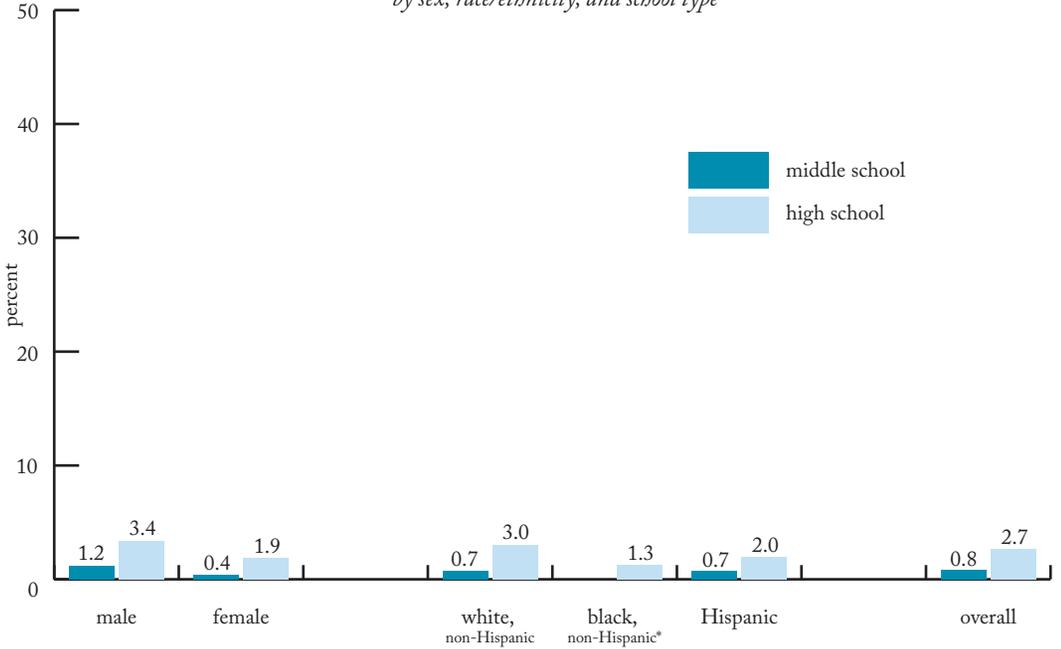
- An estimated 5,600 middle and high school students in Connecticut smoked bidis on 1 or more days in the past 30 days (current bidi smoking)
  - 1,000 middle school students (0.8%)
  - 4,600 high school students (2.7%)
- Nationally, 1.6% of middle school and 2.4% of high school students currently smoke bidis—*data not shown on graphs*
- Current bidi smoking rates among Connecticut students vary by grade between 1% (grade 7) and 3.5% (grade 10)
- Between middle and high school, the current bidi smoking rate among girls increases significantly (0.4%-1.9%)
- Between middle and high school, the current bidi smoking rate among white students more than quadruples (0.7%-3%); the increase is statistically significant
- Connecticut Hispanic middle school students are significantly less likely than their US counterparts to currently smoke bidis (0.7%, 2.6%)—*US data not shown on graphs*
- White students in high school are more likely than their Hispanic and black counterparts to currently smoke bidis (3%, 2%, 1.3%, respectively), although none of the differences are statistically significant
- Current bidi use increases significantly between middle and high school (0.8%-2.7%)

\*Data not presented for Connecticut students in grade 6 and black, non-Hispanic middle school students because the sample size of students is too small for a meaningful analysis.

Connecticut and US students who smoked bidis in the past 30 days  
*by grade*



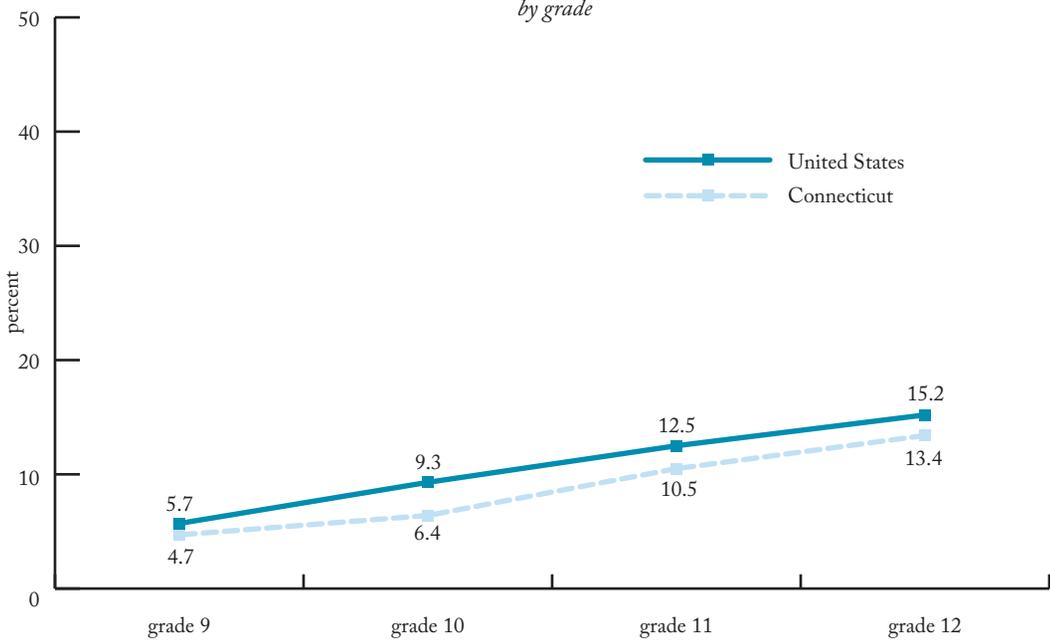
Students who smoked bidis in the past 30 days  
*by sex, race/ethnicity, and school type*



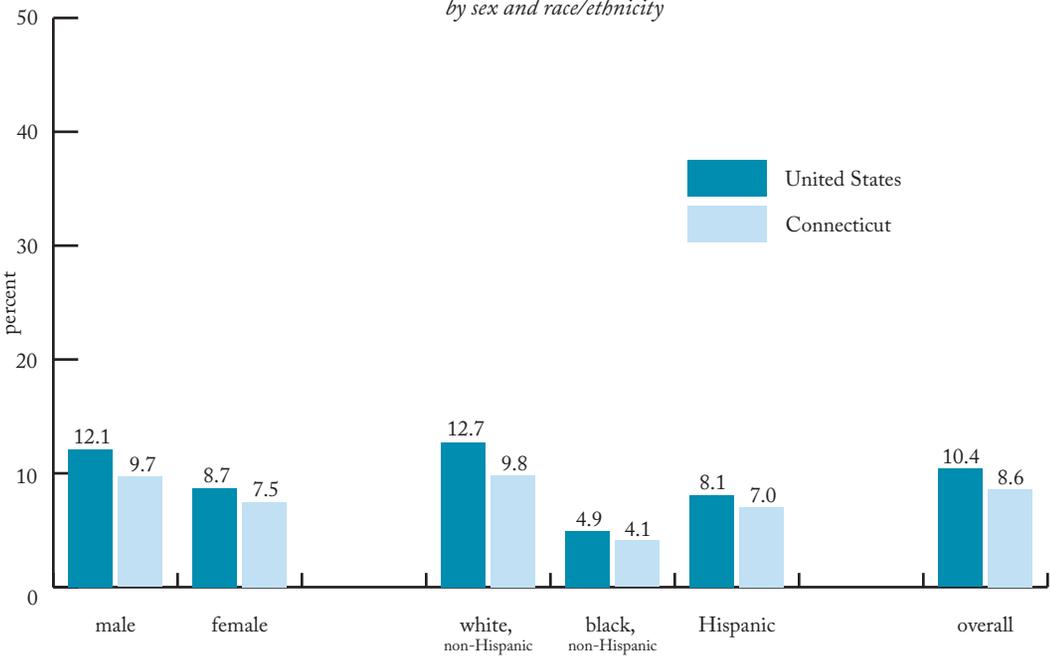
# EVER-DAILY CIGARETTE SMOKING

- An estimated 16,800 Connecticut middle and high school students have smoked at least one cigarette per day for 30 days in a row at some point during their lives (ever-daily smoking or ever smoked daily)
  - 1,800 middle school students (1.4%)—*data not shown on graphs*
  - 15,000 high school students (8.6%)
- Nationally, 10.4% of high school students ever smoked daily
- In Connecticut, between grade 9 and grade 12, the rate of ever-daily smoking nearly triples (4.7%-13.4%); nationally, the rate increases more than 2.5 times (5.7%-15.2%)
- In high school in Connecticut, white students are significantly more likely than black students to have ever smoked daily (9.8%, 4.1%)
- Nationally, white high school students are significantly more likely than Hispanic and black students to have ever smoked daily (12.7%, 8.1%, 4.9%, respectively)
- In Connecticut, 23% of current smokers in high school smoked at least one cigarette per day on all 30 of the 30 days prior to the survey (daily smoking)—*data not shown on graphs*

Connecticut and US students who ever smoked cigarettes daily by grade

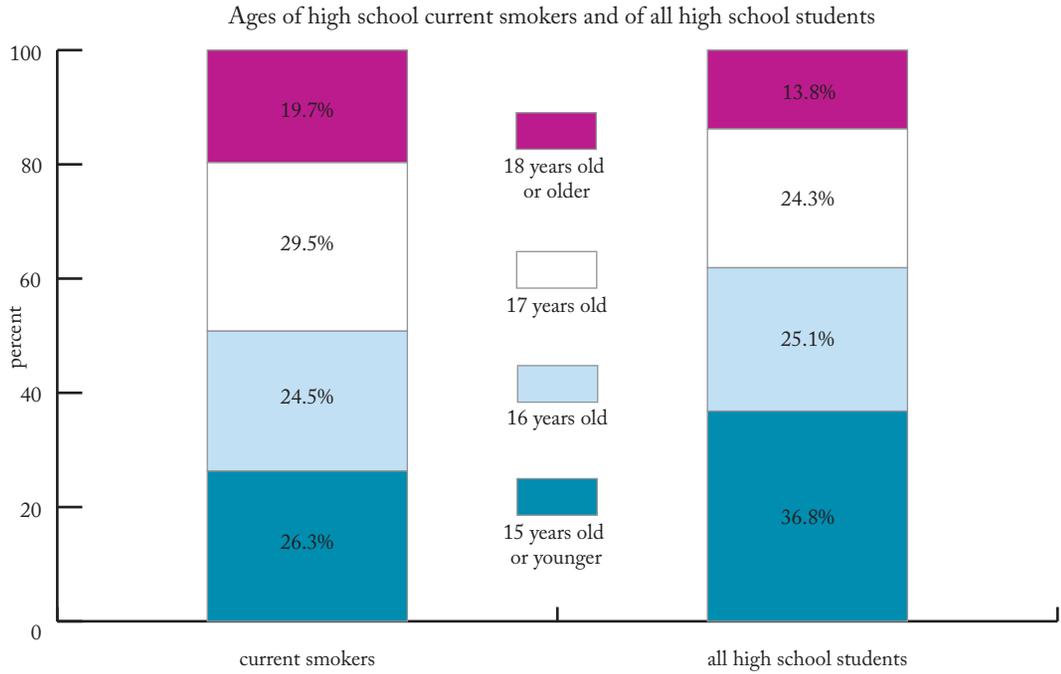


Connecticut and US students who ever smoked cigarettes daily by sex and race/ethnicity

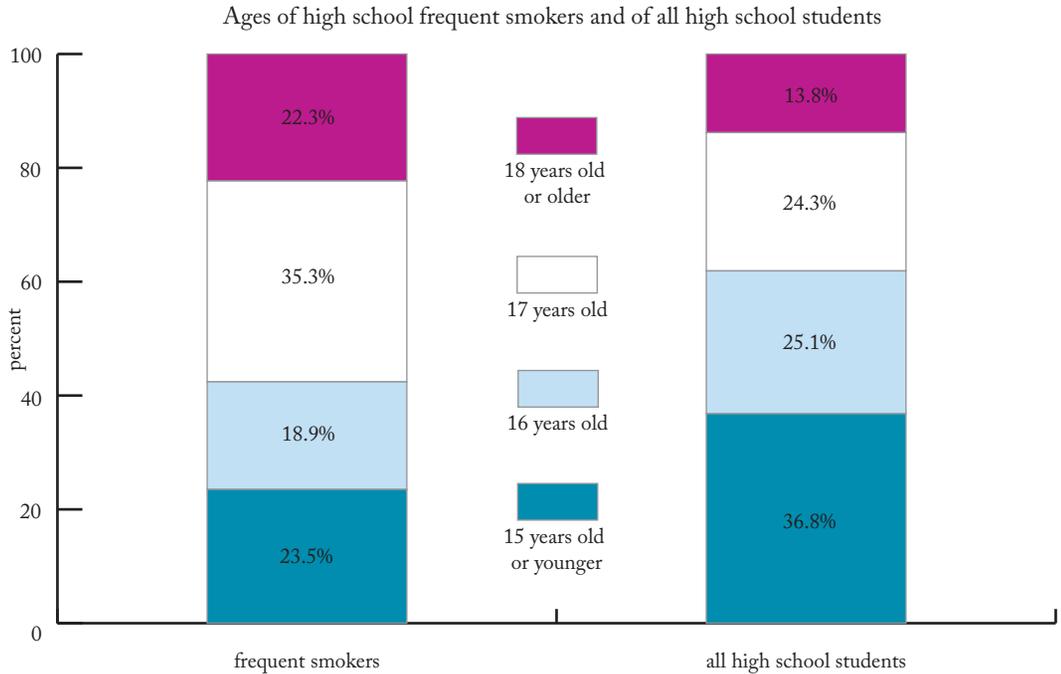


# AGES OF HIGH SCHOOL CIGARETTE SMOKERS AND OF ALL STUDENTS

- In Connecticut, 38.1% of all high school students are 17 years old or older, yet they make up nearly one-half (49.2%) of the current smokers in high school
- Of all high school current cigarette smokers, the greatest percentage of them is among 17 year-olds (29.5%), and the smallest is among those who are 18 years old or older (19.7%)
- Of all high school students, the following are current smokers: *(data not shown on graphs)*
  - 11% of those who are 15 years old or younger
  - 14.9% of those who are 16 years old
  - 18.6% of those who are 17 years old
  - 21.9% of those who are 18 years old or older
- Of the estimated 26,600 current cigarette smokers in high school, approximately
  - 26.3% or 7,000 of them are 15 years old or younger
  - 24.5% or 6,500 of them are 16 years old
  - 29.5% or 7,900 of them are 17 years old
  - 19.7% or 5,200 of them are 18 years old or older

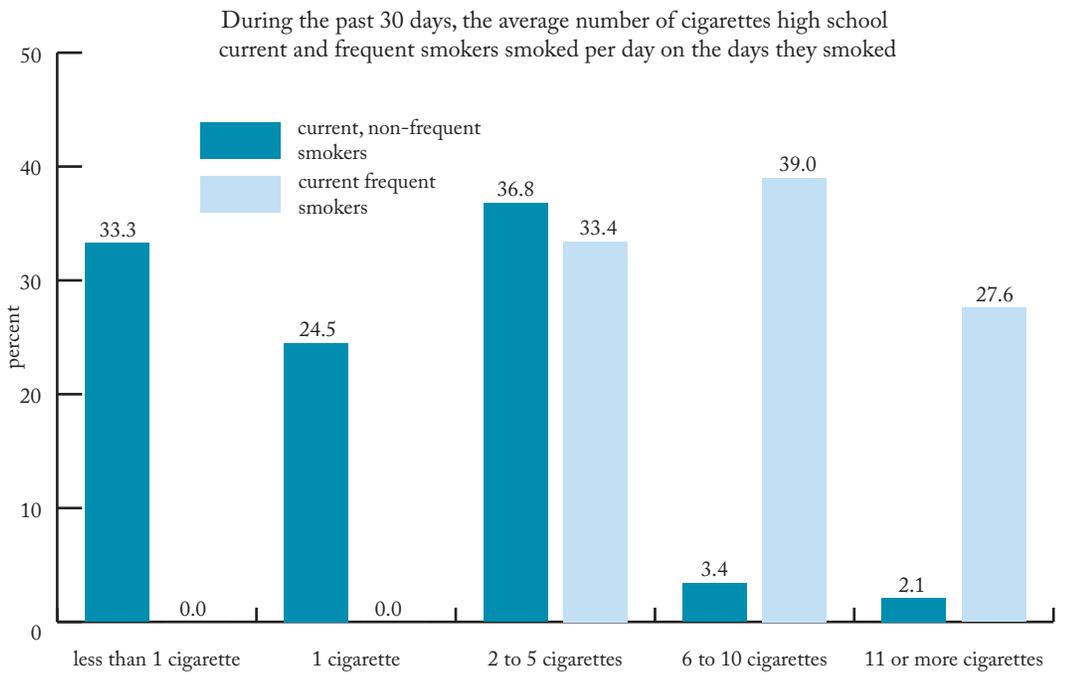
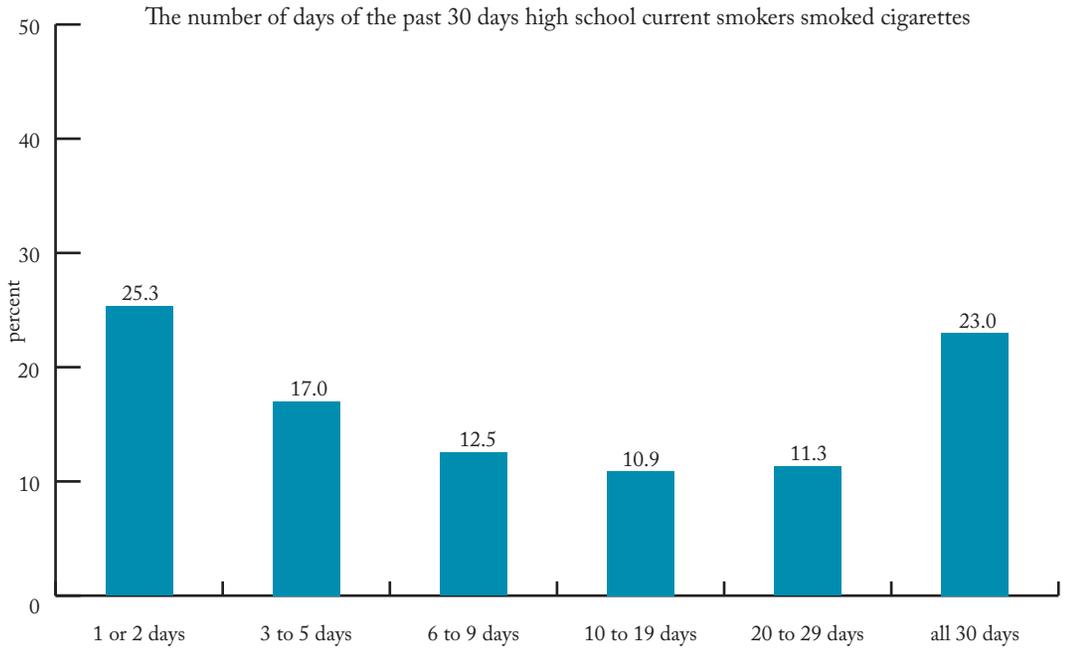


- In Connecticut, 38.1% of all high school students are 17 years old or older, yet they make up 57.5% of the frequent smokers in high school
- Of all high school frequent cigarette smokers, the highest percentage of them is among 17 year-olds (35.3%), and the lowest is among 16 year-olds (18.9%)
- Of all high school students, the following are frequent smokers: *(data not shown on graphs)*
  - 3.4% of those who are 15 years old or younger
  - 3.9% of those who are 16 years old
  - 7.6% of those who are 17 years old
  - 8.5% of those who are 18 years old or older
- Of the estimated 9,000 frequent cigarette smokers in high school, approximately
  - 23.5% or 2,100 of them are 15 years old or younger
  - 18.9% or 1,700 of them are 16 years old
  - 35.3% or 3,200 of them are 17 years old
  - 22.3% or 2,000 of them are 18 years old or older



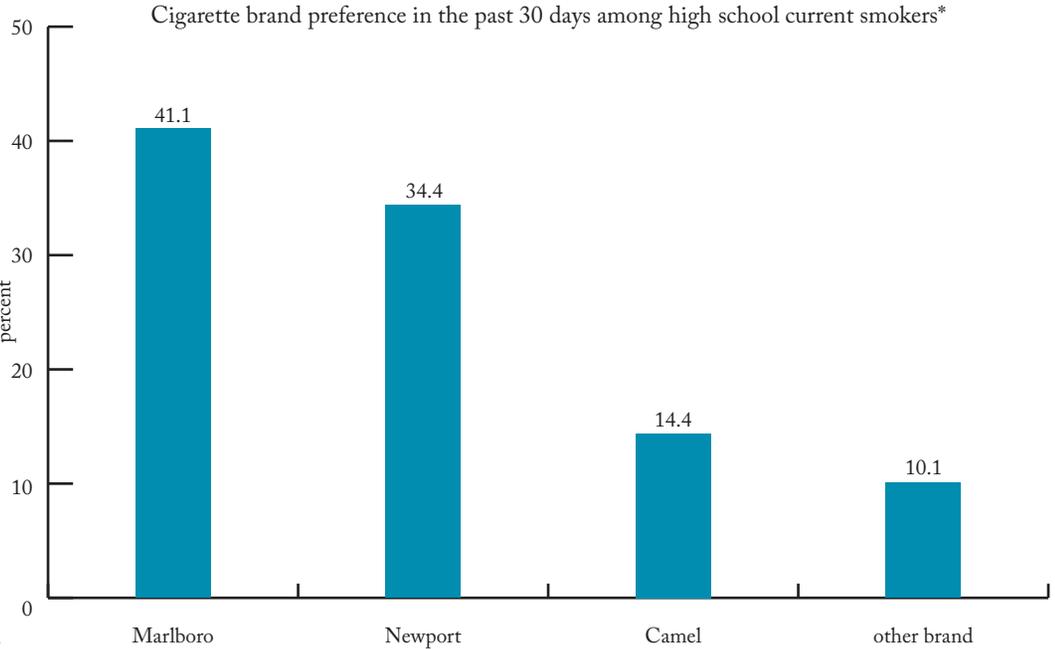
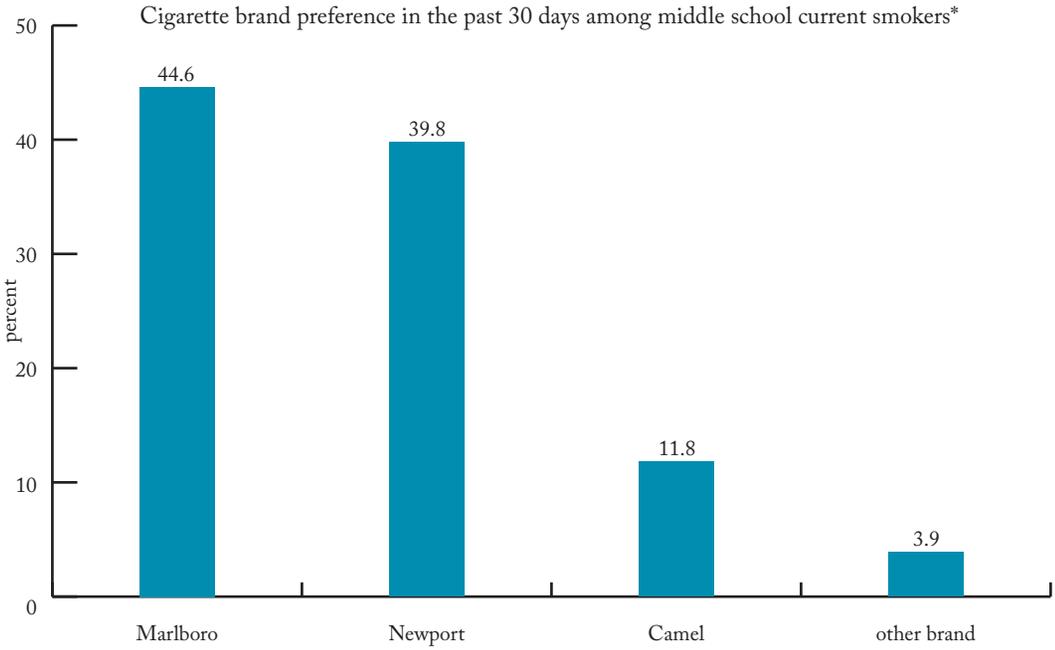
# NICOTINE ADDICTION

- Nearly one-half of high school current smokers either smoked on only 1 or 2 days (25.3%) in the past month, or they smoked on all 30 days (23%)
- Nearly 60% of non-frequent current smokers in high school, on average during the past 30 days, smoked one cigarette or fewer on the days that they smoked, while 76.6% of frequent smokers smoked six or more cigarettes on the days they smoked
- In high school, slightly more than one-third (33.3%) of non-frequent current smokers averaged less than one cigarette per day on the days they smoked in the past month
- None of the high school frequent smokers report smoking fewer than two cigarettes on the days they smoked



# BRAND PREFERENCES\*

- In middle and high school, the most popular usual brand of cigarettes among current smokers is Marlboro, followed by Newport and Camel
- Among current smokers in high school, white students are significantly more likely than Hispanic and black students to report that their usual brand is Marlboro (42.8%, 18.9%, 8.1%, respectively)—*data not shown on graphs*
- Among current smokers in high school, Hispanic and black students are significantly more likely than white students to report that their usual brand is Newport (62.7%, 60.7%, 23.8%, respectively)—*data not shown on graphs*
- In middle school, slightly more than 1 in 10 current smokers say their usual brand is Camel; in high school, it is about 1 in 7
- About 6% of middle school current smokers and 10% of high school current smokers say they do not have a usual brand of cigarettes—*data not shown on graphs*
- Approximately 4% of middle school smokers and 10% of high school smokers usually smoke a brand of cigarettes other than Marlboro, Newport, or Camel



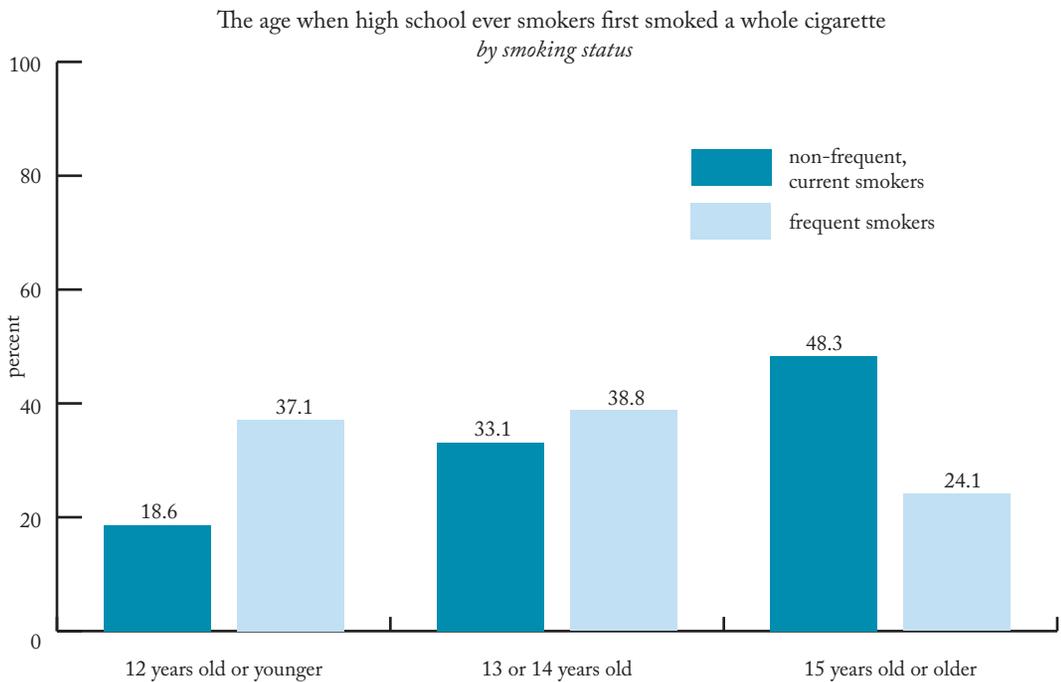
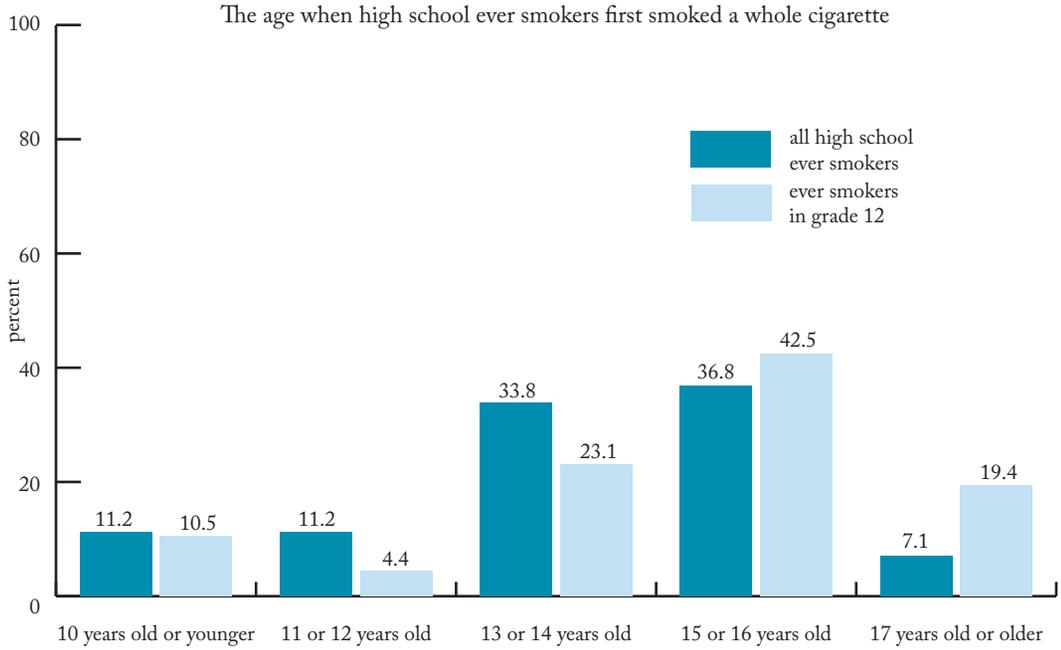
\*Among those who have a usual brand

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# INITIATION

# AGE OF INITIATION OF CIGARETTE SMOKING

- An estimated 8,900 middle and high school students in Connecticut smoked their first whole cigarette before the age of 11 years—*data not shown on graphs*
  - 3,100 middle school students (2.5%)
  - 5,800 high school students (3.3%)
- 81% of high school ever smokers have smoked a whole cigarette (*data not shown on graphs*). Of these, at the time of initiation,
  - 11.2% were less than 11 years old
  - 11.2% were 11 to 12 years old
  - 70.6% were 13 to 16 years old
  - 7.1% were 17 years old or older
- 86% of ever smokers in grade 12 have smoked a whole cigarette (*data not shown on graphs*). Of these, at the time of initiation,
  - 10.5% were less than 11 years old
  - 4.4% were 11 to 12 years old
  - 65.6% were 13 to 16 years old
  - 19.4% were 17 years old or older
- More than 75% of high school frequent smokers smoked their first whole cigarette before 15 years of age, compared to 51.7% of high school non-frequent smokers
- High school students who are frequent smokers are about twice as likely as students who are non-frequent smokers to have smoked their first whole cigarette when they were 12 years old or younger
- High school non-frequent smokers are significantly more likely than frequent smokers to have been 15 years old or older when they smoked a whole cigarette for the first time (48.3%, 24.1%)



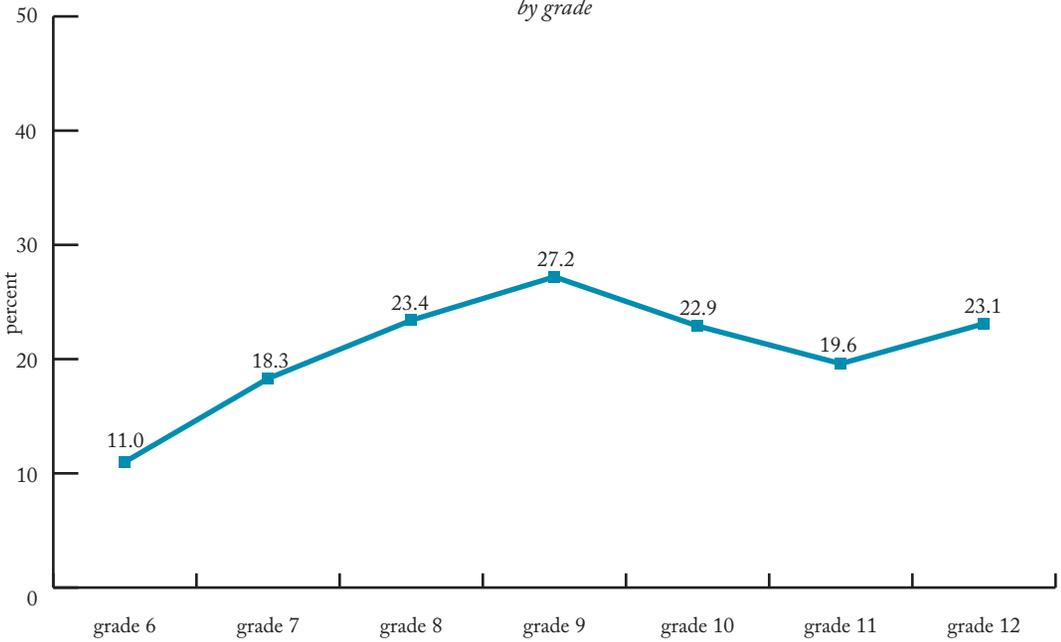
# SUSCEPTIBILITY TO STARTING SMOKING

Never smokers who answered on the survey that they **would not** smoke a cigarette soon; AND they will definitely not smoke in the next year; AND they would **definitely not** smoke if their best friend offered them a cigarette are defined as **NOT** being susceptible to starting smoking. ALL OTHER NEVER SMOKERS ARE CLASSIFIED AS BEING SUSCEPTIBLE TO STARTING SMOKING.\*

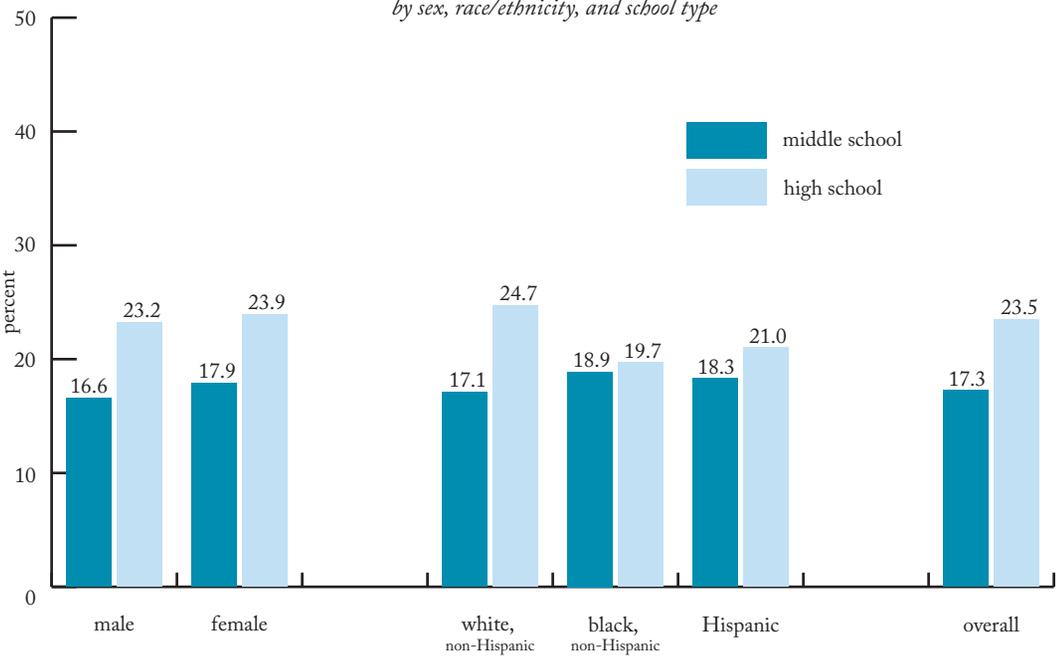
- An estimated 45,300 middle and high school students in Connecticut who have never smoked are susceptible to starting smoking
  - 19,800 middle school students (17.3%)
  - 25,500 high school students (23.5%)
- Susceptibility varies by grade between 11% in grade 6 and 27.2% in grade 9
- Among middle school never smokers, susceptibility to starting smoking increases significantly between grades 6 and 7 (11%-18.3%)
- Susceptibility is highest in grade 9 (27.2%), but in high school, none of the differences between any of the grades are statistically significant
- By grade 12, about 47% of students have taken at least one puff on a cigarette—*data not shown on graphs*
- By the age of 18, about 51% of students have taken at least one puff on a cigarette—*data not shown on graphs*
- The susceptibility rate for students overall increases significantly between middle and high school (17.3%-23.5%)
- Between middle and high school, the susceptibility rate for white students increases significantly (17.1%-24.7%)

\*Centers for Disease Control and Prevention. *CDC Surveillance Summaries*, October 13, 2000. *MMWR* 2000; 49 (NO. SS-10), p. 14

Never smokers who are susceptible to starting smoking by grade



Never smokers who are susceptible to starting smoking by sex, race/ethnicity, and school type



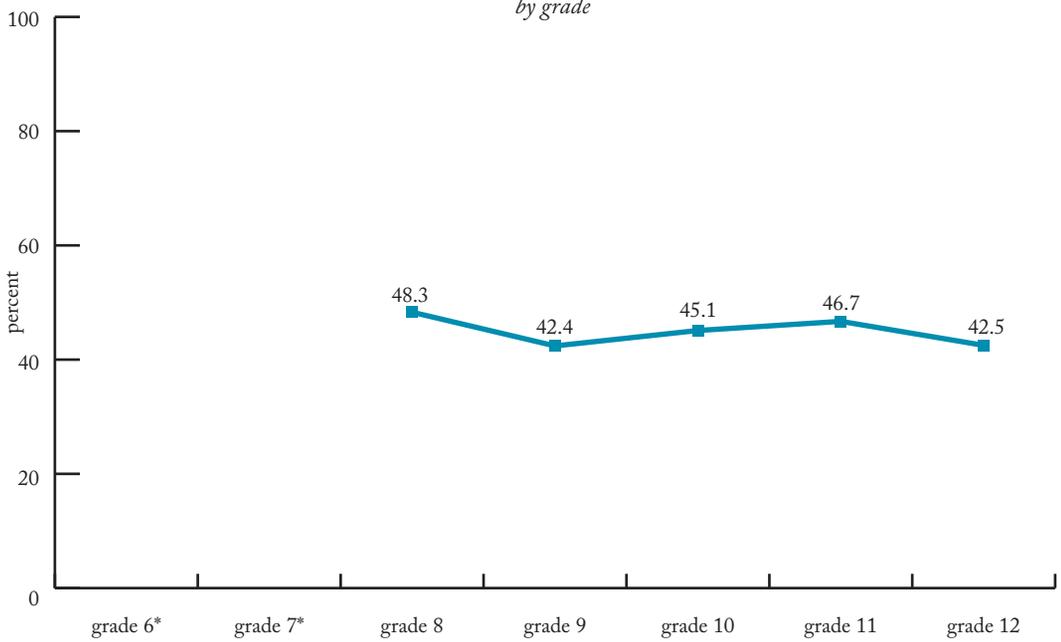
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CESSATION

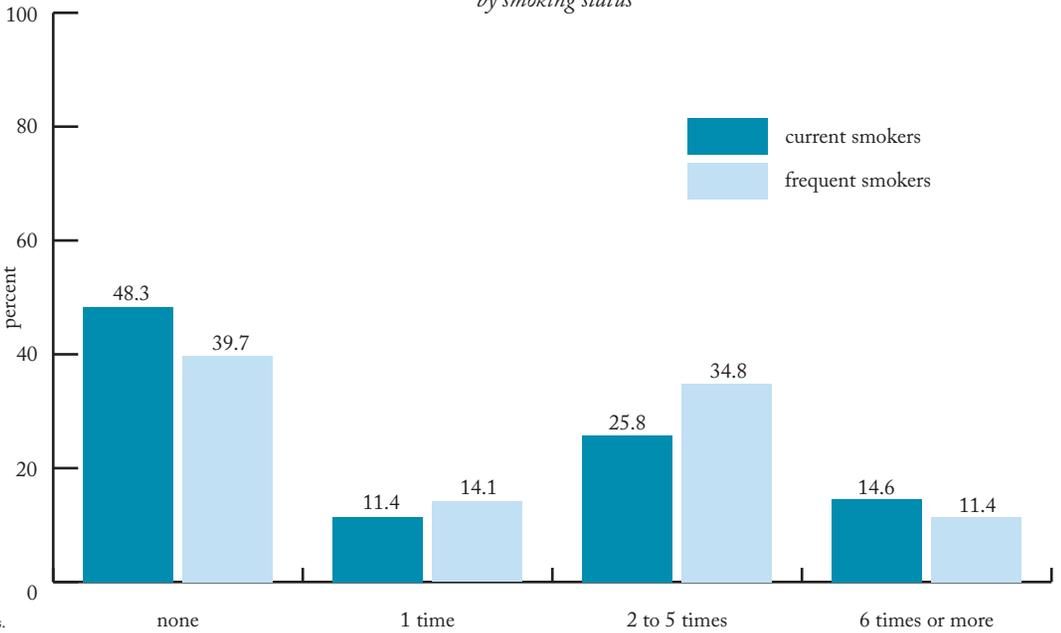
# QUIT ATTEMPTS AMONG CURRENT CIGARETTE SMOKERS

- In high school, current smokers in all grades (9-12) were about as equally likely to have tried to quit smoking in the past 12 months
- 59.6% of middle school current smokers tried to quit smoking cigarettes at least once during the past 12 months—*data not shown on graphs*
- About 52% of high school current smokers tried to quit smoking cigarettes at least once during the past 12 months
- Of the high school current smokers who tried to quit at least once during the past year,
  - 11.4% tried 1 time
  - 25.8% tried 2 to 5 times
  - 14.6% tried 6 times or more
- 60.3% of high school frequent smokers tried to quit at least once during the past year,
  - 14.1% tried 1 time
  - 34.8% tried 2 to 5 times
  - 11.4% tried 6 times or more
- *The Healthy People 2010* objective for cessation is to increase quit attempts among high school students to 84%. In Connecticut, the rate of quit attempts among high school current cigarette smokers who tried to quit in the past year varies by grade between 42.4% (grade 9) and 46.7% (grade 11)

Current smokers who tried to quit smoking cigarettes in the past 12 months by grade



Number of quit attempts in the past 12 months among high school current smokers by smoking status



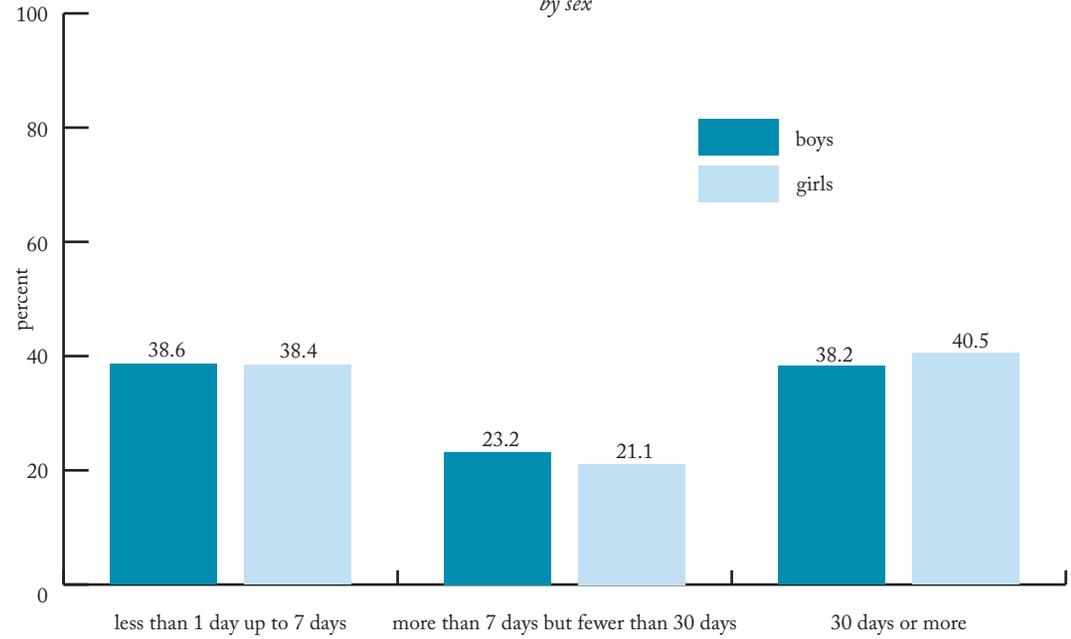
\*Data are not presented for this population because the sample size of students is too small for a meaningful analysis.

# LENGTH OF LAST QUIT ATTEMPT\*

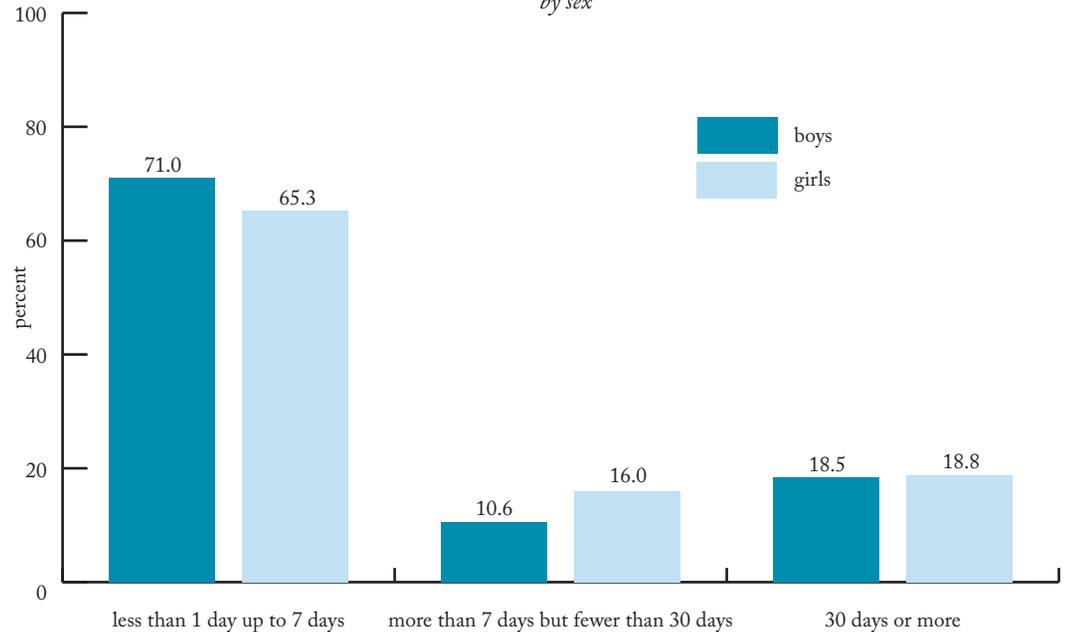
- Among current smokers in high school, 46.3% of the boys tried to quit smoking cigarettes in the past 12 months (*data not shown on graphs*); 61.4% of them had a quit attempt that lasted more than seven days
- Among current smokers in high school, 42.7% of the girls tried to quit smoking cigarettes in the past 12 months (*data not shown on graphs*); 61.6% of them had a quit attempt that lasted more than seven days
- Among frequent smokers in high school, 51.1% of the boys tried to quit smoking cigarettes in the past 12 months (*data not shown on graphs*); about 29% of them had a quit attempt that lasted more than seven days
- Among frequent smokers in high school, 45.2% of the girls tried to quit smoking cigarettes in the past 12 months (*data not shown on graphs*); about 35% of them had a quit attempt that lasted more than seven days
- Among current smokers in high school who are not frequent smokers, nearly 43% of the boys tried to quit smoking cigarettes in the past 12 months; 90% of them had a quit attempt that lasted more than seven days—*data not shown on graphs*
- Among current smokers in high school who are not frequent smokers, 41.4% of the girls tried to quit smoking cigarettes in the past 12 months; more than 77.7% of them had a quit attempt that lasted more than seven days—*data not shown on graphs*

\*All of the data presented here are only for the students' most recent quit attempt.

Length of last quit attempt among high school current smokers who tried to quit smoking in the past 12 months  
*by sex*



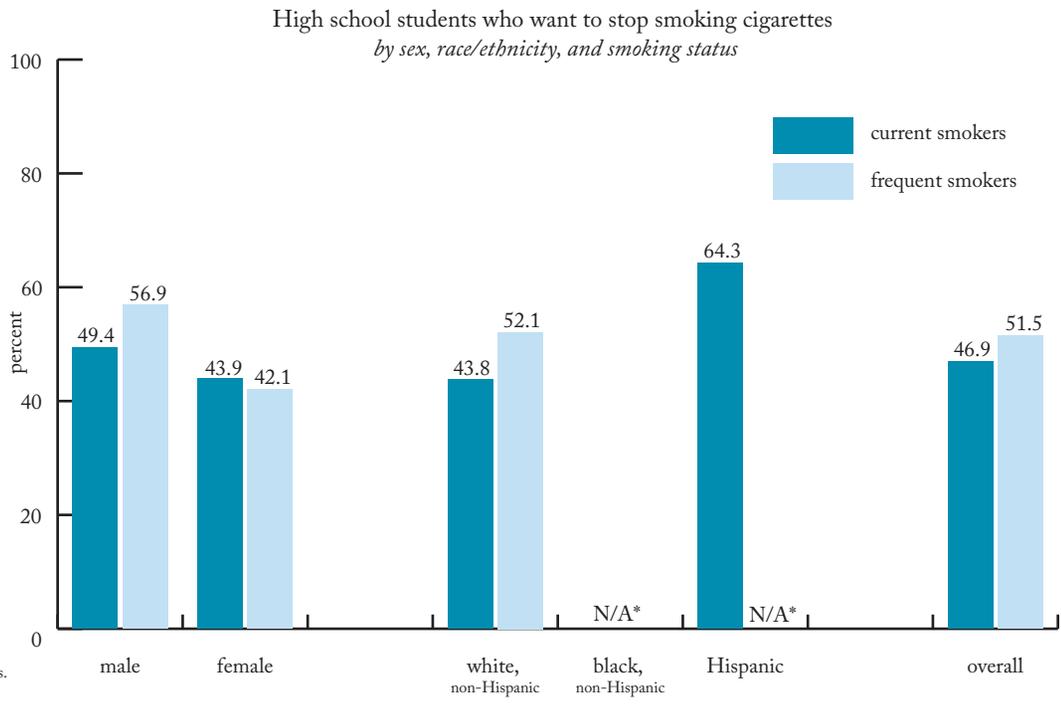
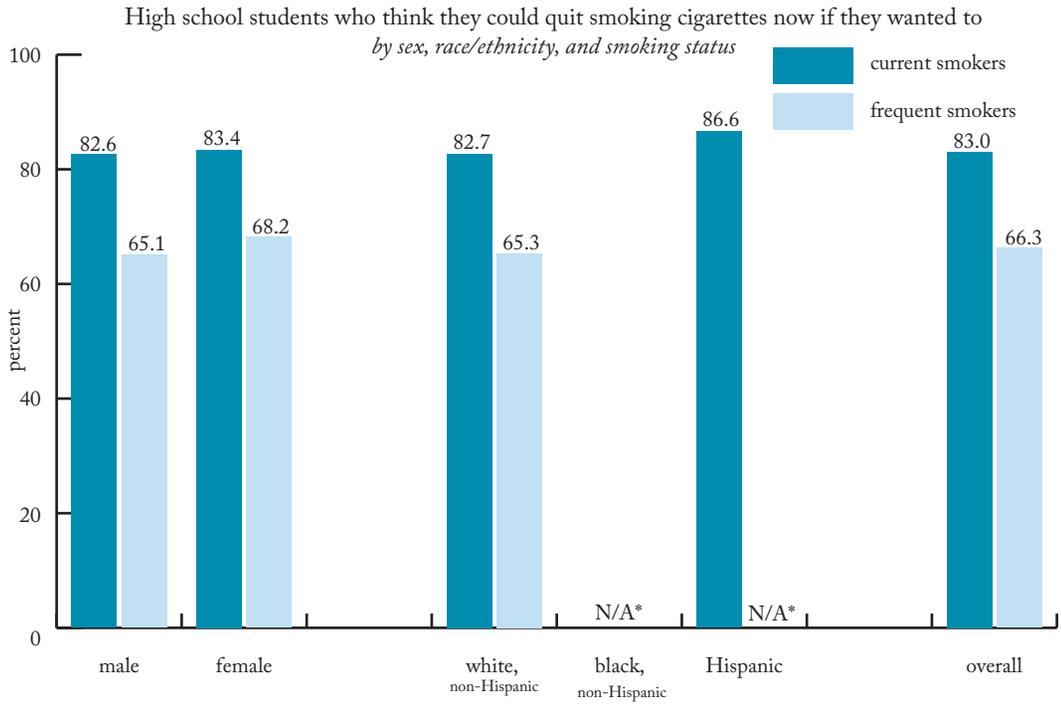
Length of last quit attempt among high school frequent smokers who tried to quit smoking in the past 12 months  
*by sex*



# CESSATION BELIEFS

- In high school, male and female current smokers are about as equally likely to believe that they could quit smoking cigarettes now if they wanted to; the same is true among frequent smokers
- Slightly more than 8 out of 10 high school current smokers believe they could quit smoking now if they wanted to
- Among high school frequent smokers, about two-thirds (66.3%) believe they could quit smoking now if they wanted to
- Nearly 94% of high school current smokers who are not frequent smokers say that they would be able to quit smoking cigarettes now if they wanted to—*data not shown on graphs*
- Among high school current smokers, boys are more likely than girls to want to stop smoking cigarettes (49.4%, 43.9%)
- Among high school frequent smokers, boys are more likely than girls to want to stop smoking cigarettes (56.9%, 42.1%)
- High school Hispanic current smokers are more likely than high school white current smokers to want to stop smoking cigarettes (64.3%, 43.8%)
- Less than one-half (46.9%) of high school current smokers want to quit smoking cigarettes
- Slightly more than one-half (51.5%) of high school frequent smokers want to quit smoking cigarettes

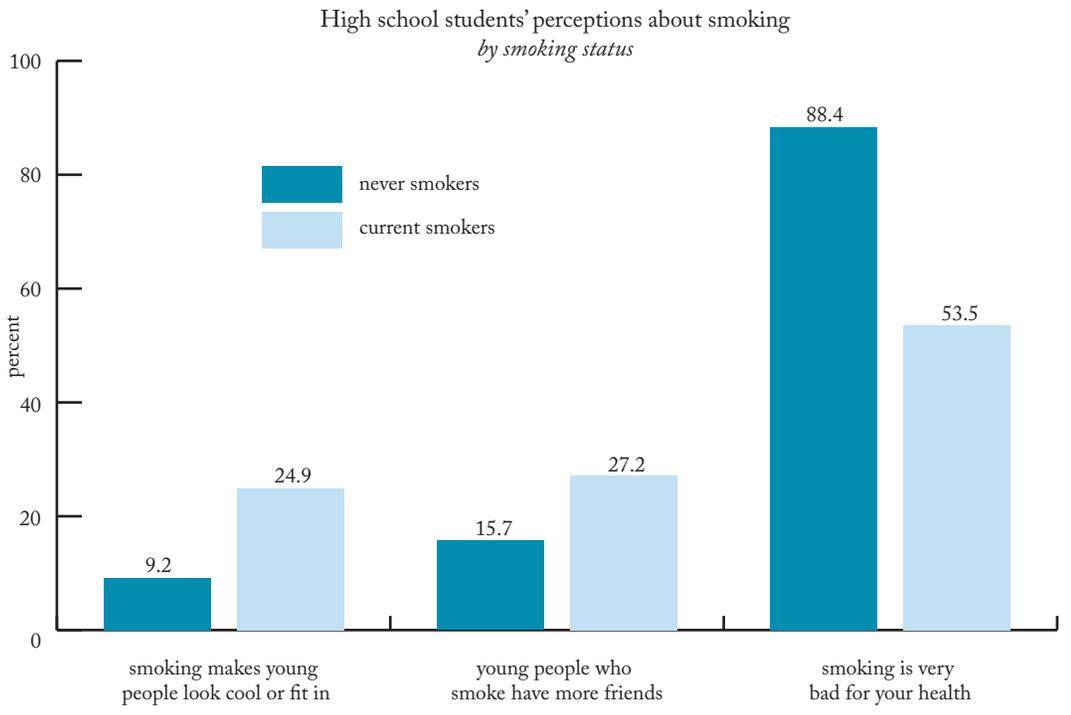
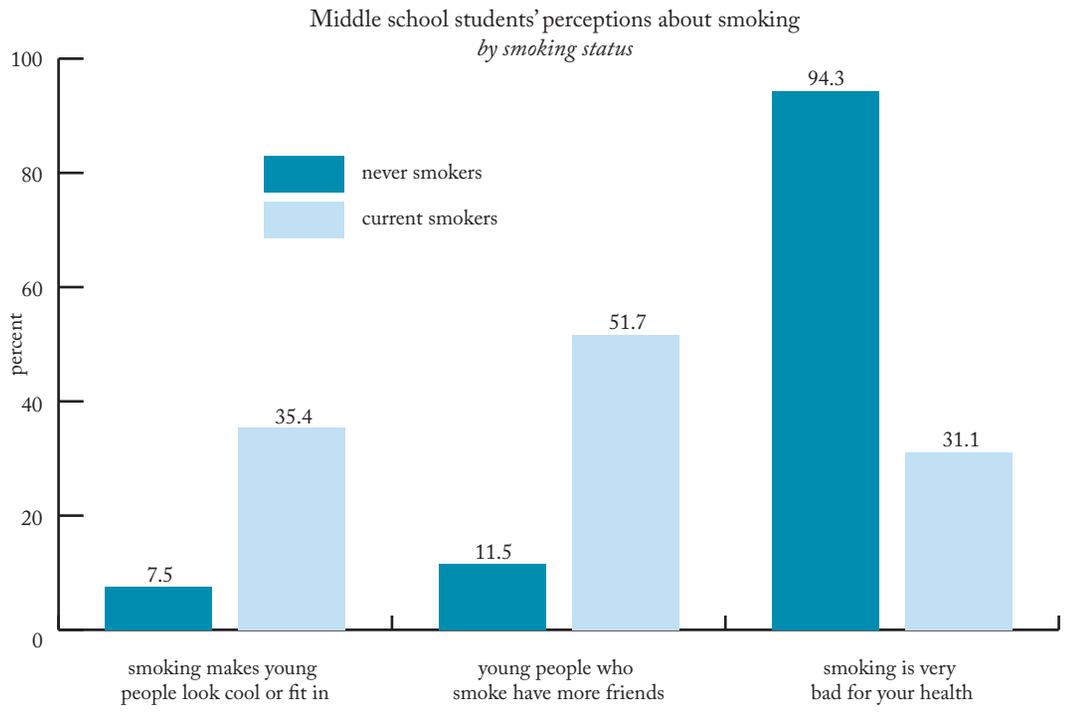
\*Data are not presented for this population because the sample size of students is too small for a meaningful analysis.



# PERCEPTIONS

# PERCEPTIONS ABOUT SMOKING

- In middle school, current smokers are nearly five times more likely than never smokers to believe that smoking makes young people look cool or fit in (35.4%, 7.5%); and in high school, current smokers are about three times more likely than never smokers to feel that way (24.9%, 9.2%). The differences are statistically significant
- In middle school, boys who are current smokers are significantly more likely than their counterparts who have never smoked to believe that smoking makes young people look cool or fit in (46%, 8.1%); the same is true for girls in middle school (22.1%, 6.8%)—*data not shown on graphs*
- Middle school current smokers are 4.5 times more likely than never smokers to believe that smokers have more friends (51.7%, 11.5%). By high school, the margin narrows to less than two times (27.2%, 15.7%). The differences are statistically significant
- Boys in middle school who are current smokers are significantly more likely than their counterparts who have never smoked to believe that young people who smoke have more friends (52.9%, 10.9%); the same is true in high school (30.7%, 16.8%)—*data not shown on graphs*
- In middle school, never smokers are three times more likely than current smokers to believe that smoking is very bad for your health (94.3%, 31.1%). The difference is statistically significant
- Between middle and high school, the belief that smoking is very bad for your health increases by more than 70% among current smokers. Despite this increase, never smokers in high school are still significantly more likely than their peers who are current smokers to believe that smoking is very bad for your health (88.4%, 53.5%)

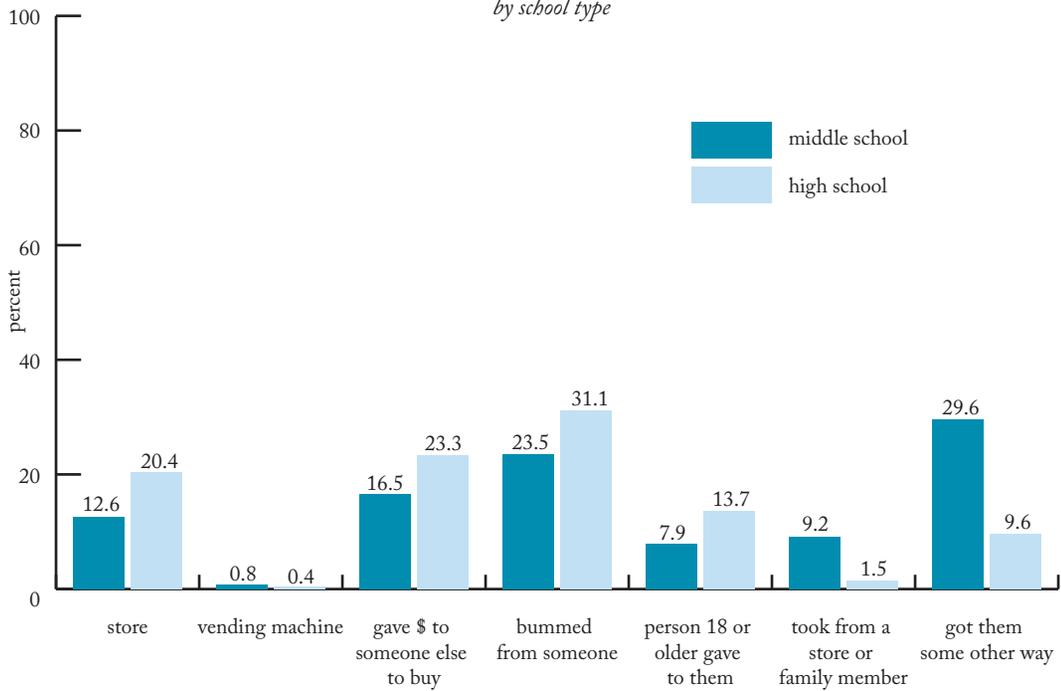


ACCESS

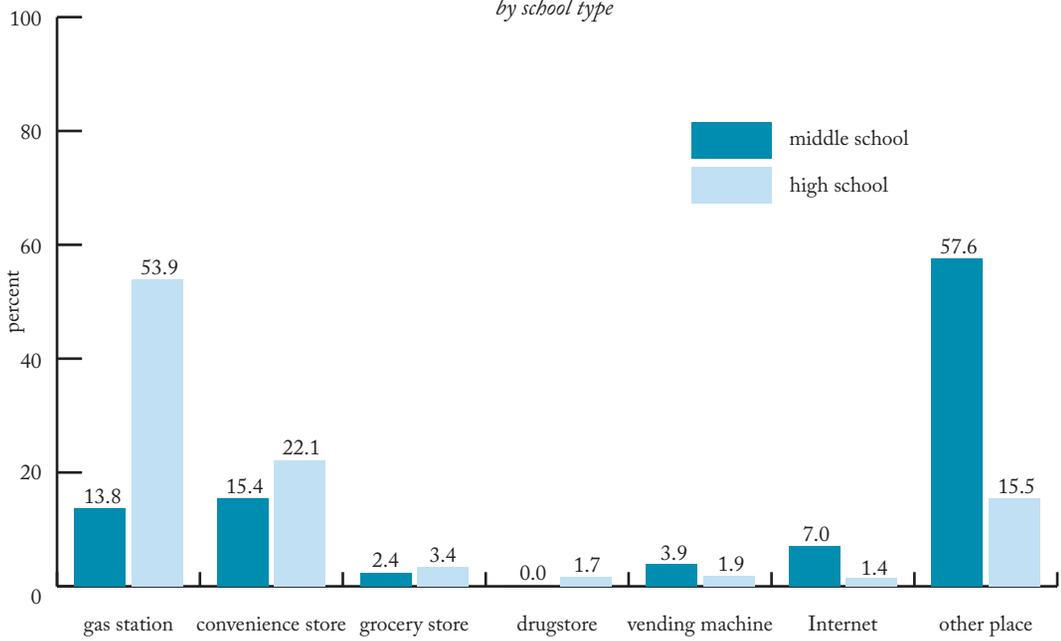
# MINORS' ACCESS TO CIGARETTES

- The majority of middle school smokers said that, in the past 30 days, their usual means of access to cigarettes was bumming them from someone or getting them some other way (23.5%, 29.6%)
- The majority of high school smokers said that, in the past 30 days, their usual means of access to cigarettes was bumming them from someone or by giving money to someone else to buy them (31.1%, 23.3%)
- When current smokers were asked where they bought their last pack of cigarettes, the majority of those in middle school said they bought them in some other place, and those in high school said at a gas station (57.6%, 53.9%)
- None of the middle school current smokers said they bought their last pack of cigarettes at a grocery store

Usual means of access to cigarettes in the past 30 days for current smokers under age 18 by school type



Place of purchase of last pack of cigarettes in the past 30 days\* by school type

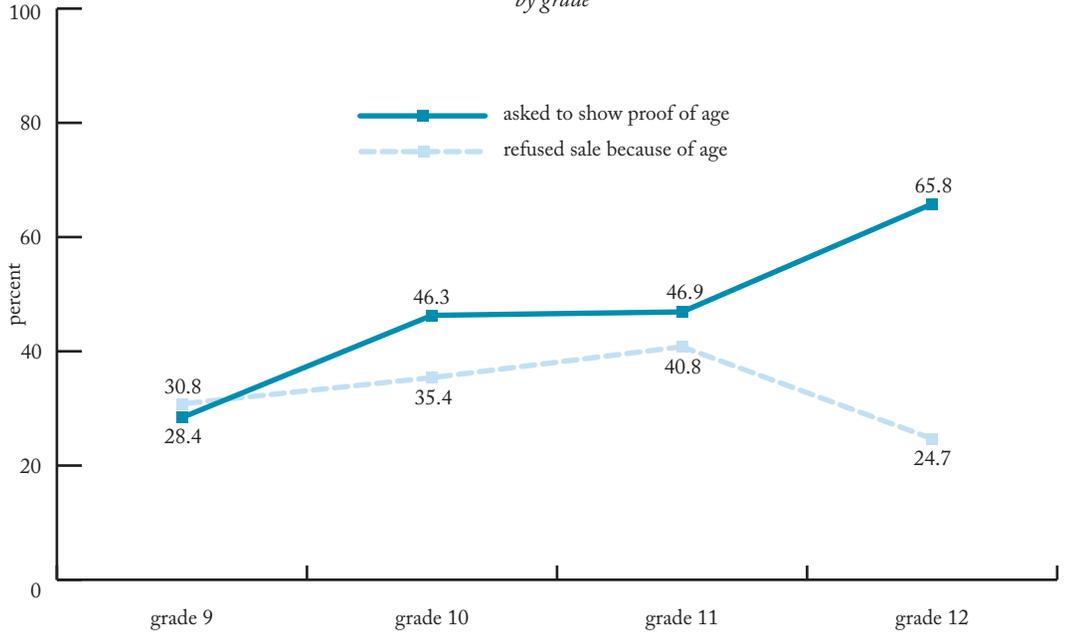


\*Among current smokers under age 18 who bought cigarettes in the past 30 days

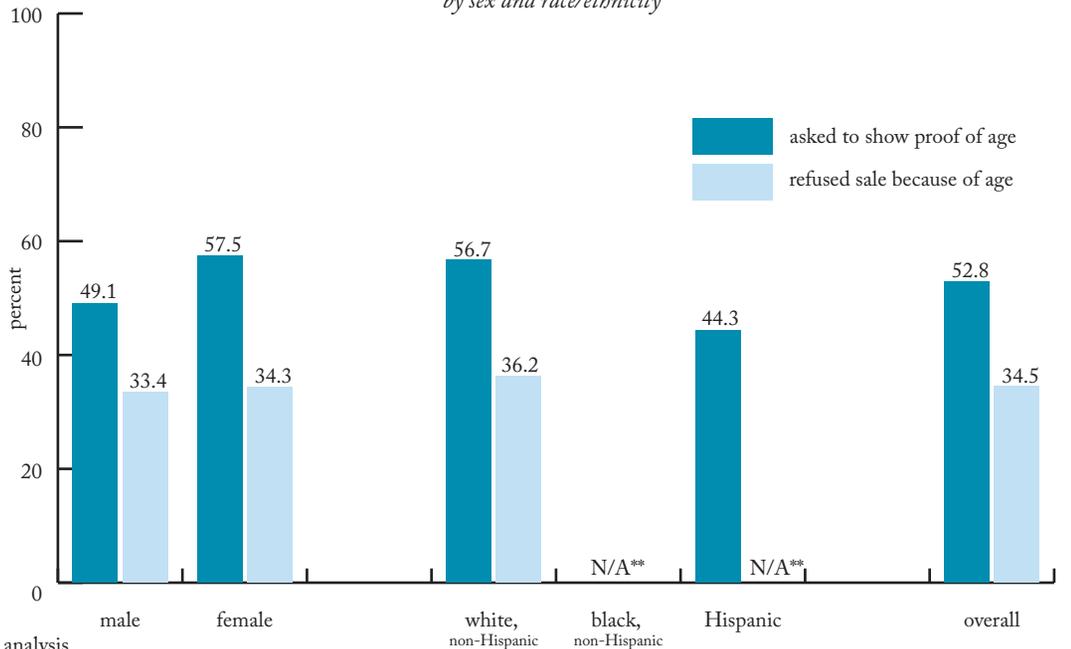
# ID REQUEST & SALE REFUSAL TO MINORS\*

- Only about one-quarter of current smokers in grade 9 were asked to show proof of age when trying to buy cigarettes in a store, compared to nearly two-thirds of those in grade 12 (28.4%, 65.8%)
- Those who were refused sale because of age ranges from 24.7% in grade 12 to 40.8% in grade 11
- Roughly one-half of high school boys, girls, and white students who are current smokers were asked to show proof of age when trying to buy cigarettes in a store; about one-third in each of those groups were denied sale because of their age. The same is true for high school smokers overall

High school current smokers who tried to buy cigarettes in a store in the past 30 days and were asked to show proof of age, and those under age 18 who were refused sale in a store in the past 30 days because of their age



High school current smokers who tried to buy cigarettes in a store in the past 30 days and were asked to show proof of age, and those under age 18 who were refused sale in a store in the past 30 days because of their age



\*Current smokers under the age of 18 who tried to buy cigarettes in a store during the 30 days prior to the survey. In Connecticut, it is illegal to sell cigarettes to minors (under age 18), and it is illegal for minors to buy or possess them. It is also illegal to smoke on public grounds.

\*\*Data are not presented for this population because the sample size of students is too small for a meaningful analysis.

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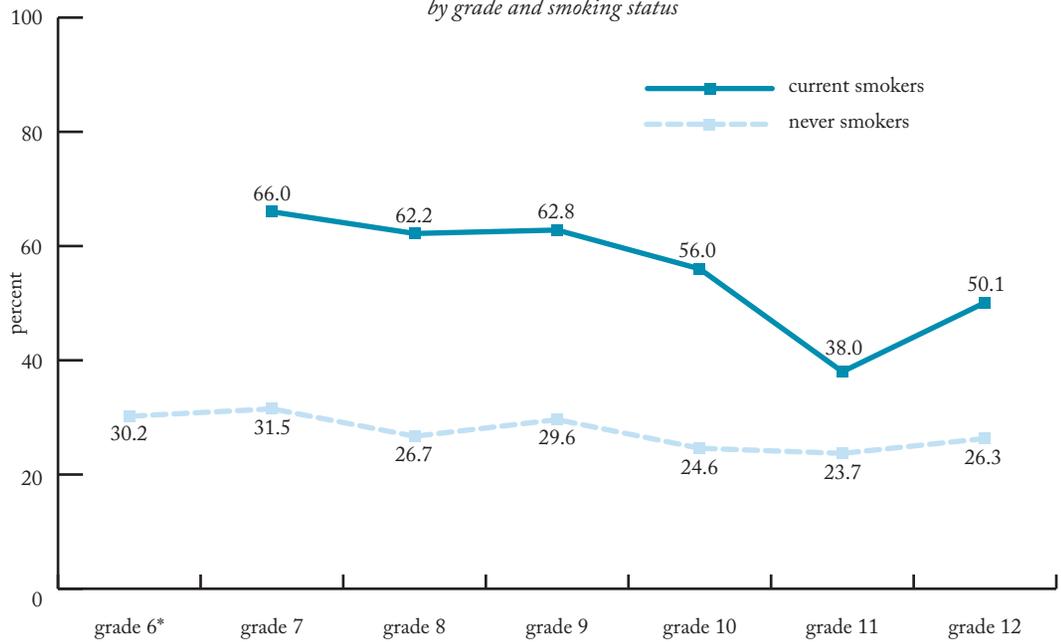
# ENVIRONMENTAL TOBACCO SMOKE EXPOSURE

# RECENT ENVIRONMENTAL TOBACCO SMOKE EXPOSURE AT HOME

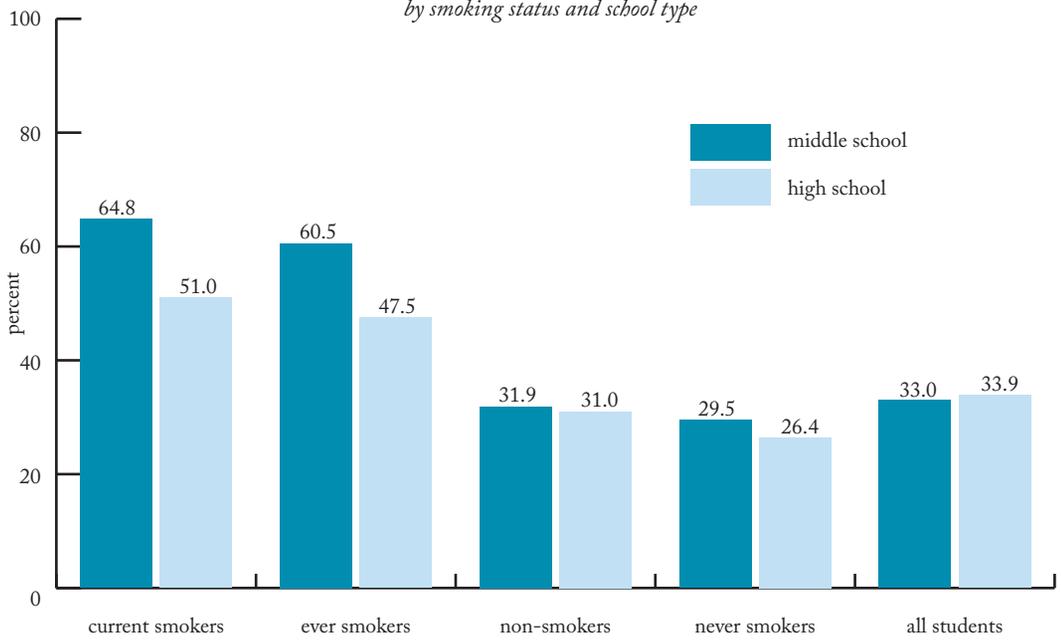
- An estimated 101,000 middle and high school students in Connecticut live with someone who currently smokes cigarettes
  - 42,000 middle school students (33%)
  - 59,000 high school students (33.9%)
- The percentage of current smokers who live with someone who currently smokes cigarettes varies by grade from 38% in grade 11 to 66% in grade 7
- The percentage of never smokers who live with someone who currently smokes cigarettes varies by grade from 23.7% in grade 11 to 31.5% in grade 7
- Current smokers in grades 7 through 10 and in grade 12 are significantly more likely than never smokers to live with someone who currently smokes cigarettes
- An estimated 33,000 Connecticut middle school students (29.5%) and 28,000 high school students (26.4%) who have never smoked are possibly being exposed to environmental tobacco smoke in their homes because they live with someone who smokes cigarettes
- In middle school, non-smokers and never smokers are significantly less likely than current smokers to live with someone who smokes cigarettes (31.9%, 29.5%, 64.8%, respectively); the same is true in high school (31%, 26.4%, 51.0%, respectively)

\*Data are not presented for this population of current smokers because the sample size of students is too small for a meaningful analysis.

Students who live with someone who currently smokes cigarettes by grade and smoking status

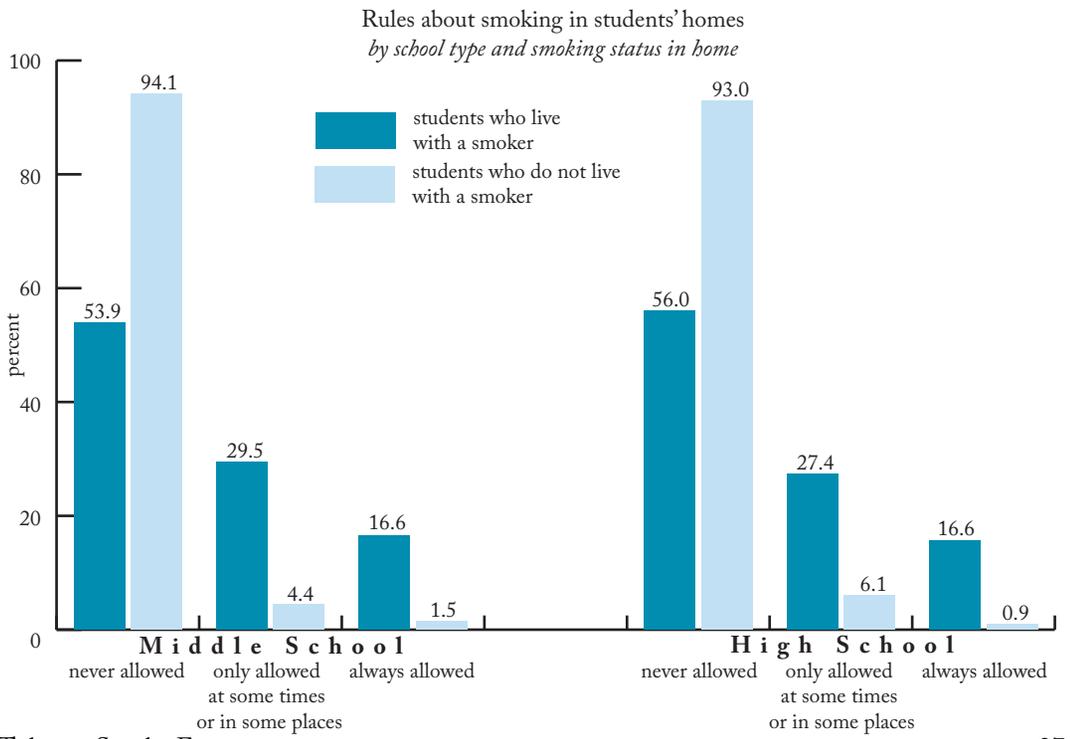
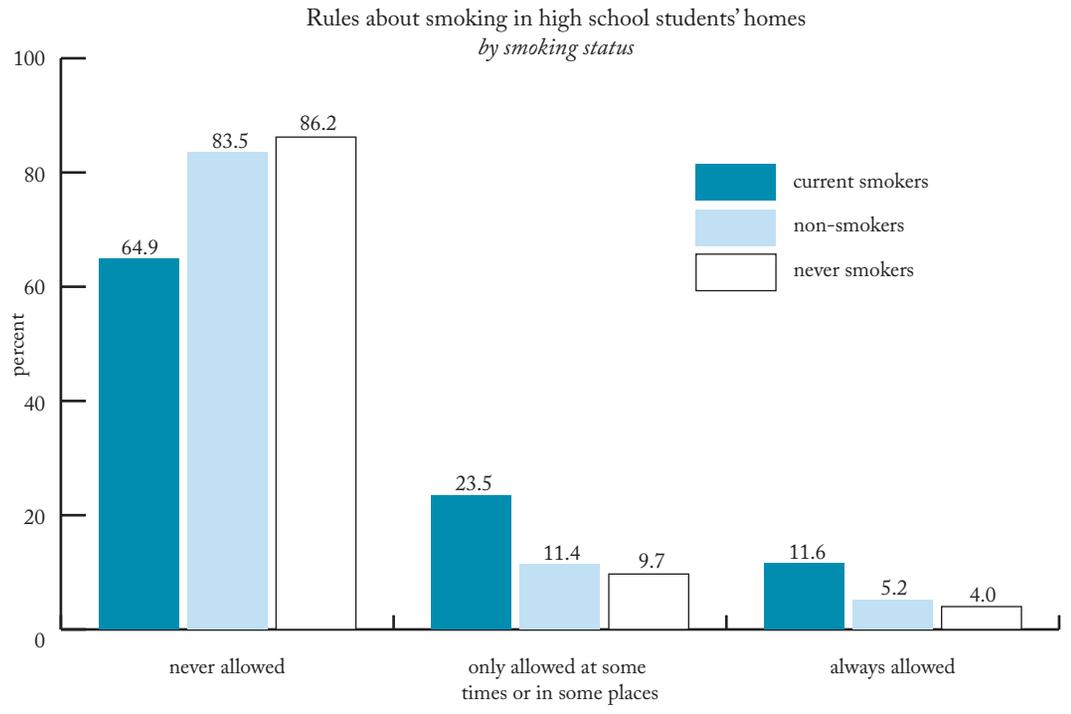


Students who live with someone who currently smokes cigarettes by smoking status and school type



# RULES ABOUT SMOKING AT HOME

- High school non-smokers and never smokers are significantly more likely than current smokers to say that smoking is never allowed in their homes (83.5%, 86.2%, 64.9%, respectively)
- Current smokers in high school are significantly more likely than non-smokers and never smokers to say that smoking is allowed in their homes at some times or in some places (23.5%, 11.4%, 9.7%, respectively)
- High school current smokers are significantly more likely than their counterparts who are non-smokers or never smokers to say that smoking is always allowed in their homes (11.6%, 5.2%, 4%, respectively)
- Students in both middle and high school who do not live with a smoker are significantly more likely than their counterparts who do live with a smoker to say that smoking is never allowed in their homes
- Middle school students who live with a smoker are significantly more likely than those who do not to say that smoking is allowed in their homes at some times or in some places (29.5%, 4.4%); the same is true in high school (27.4%, 6.1%)
- Students in middle school who live with a smoker are about 11 times more likely than those who do not live with a smoker to say that smoking is always allowed in their homes (16.6%, 1.5%); in high school, they are 18 times more likely (16.6%, 0.9%). All of the differences are statistically significant



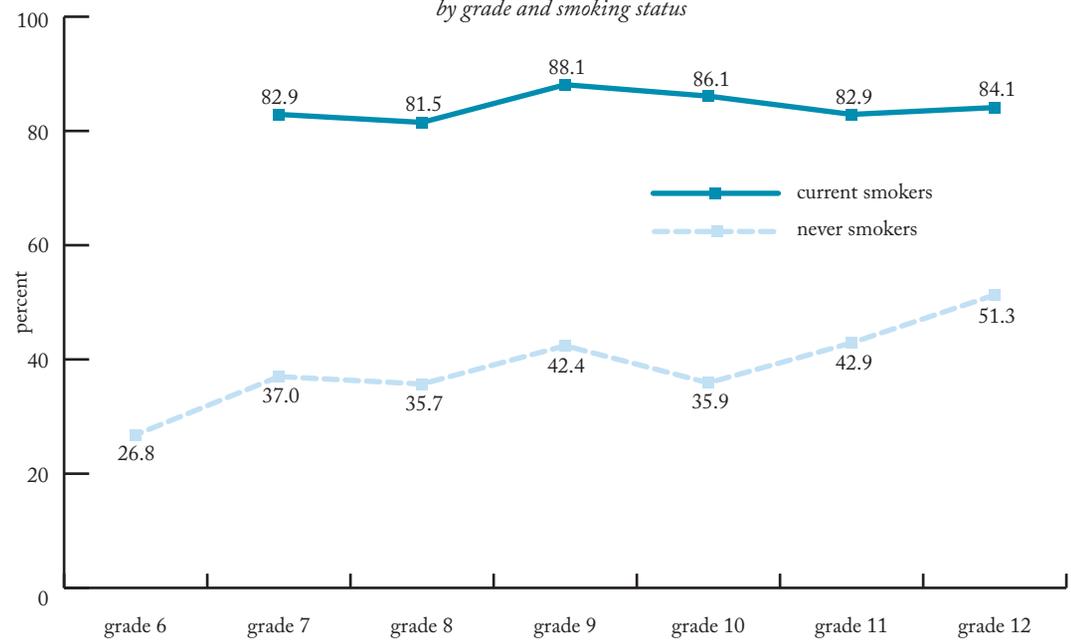
# RECENT ENVIRONMENTAL TOBACCO SMOKE EXPOSURE IN A ROOM

- More than 140,000 Connecticut middle and high school students are estimated to have been in the same room with someone who was smoking cigarettes on one or more of the past seven days (recent exposure)
  - 47,000 middle school students (37.1%)
  - 94,000 high school students (53.9%)
- The percentage of never smokers who were recently in a room with someone who was smoking cigarettes varies by grade from 26.8% in grade 6 to 51.3% in grade 12
- An estimated 83,000 middle and high school students who have never smoked were exposed to environmental tobacco smoke (ETS) in a room in the week preceding the survey
- Middle school current smokers are about 2.5 times more likely than their counterparts who have never smoked to have had recent exposure to ETS in a room (82.7%, 33.1%); and in high school, current smokers are twice as likely as never smokers to have been recently exposed to ETS in a room (85%, 42.6%). The differences are statistically significant

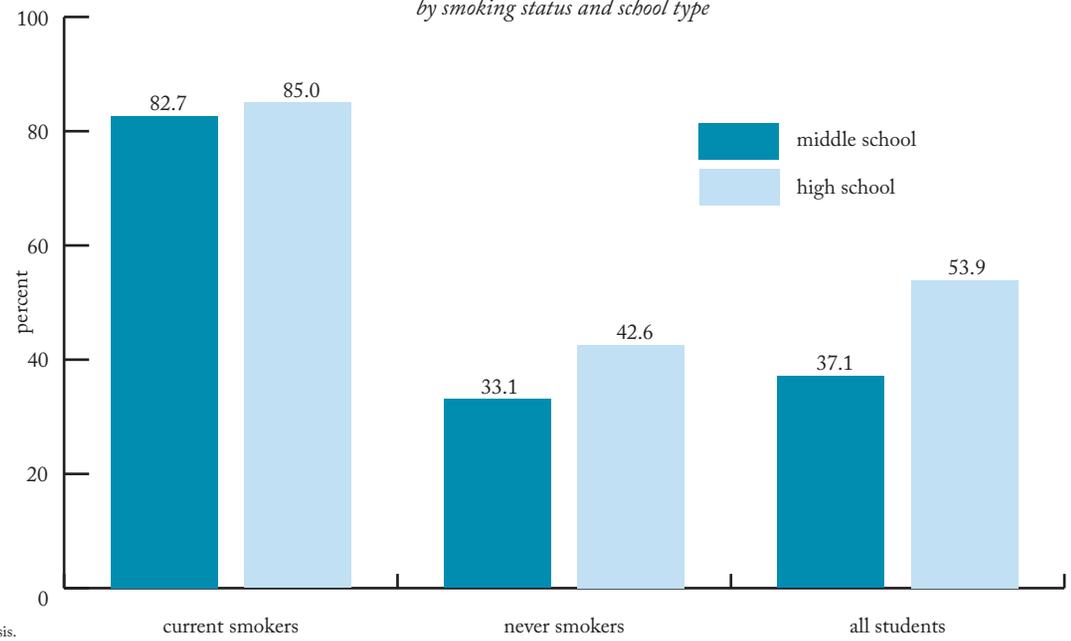
*Students were asked, "Do you think the smoke from other people's cigarettes is harmful to you?" (data not shown on graphs)*

- Middle school never smokers were more than twice as likely as current smokers to answer "definitely yes" (82.1%, 40.6%); the difference is statistically significant
- High school never smokers were significantly more likely than their counterparts who currently smoke to answer "definitely yes" (79.1%, 59.8%)

Students who were in the same room with someone who was smoking cigarettes on one or more of the past seven days by grade and smoking status



Students who were in the same room with someone who was smoking cigarettes on one or more of the past seven days by smoking status and school type

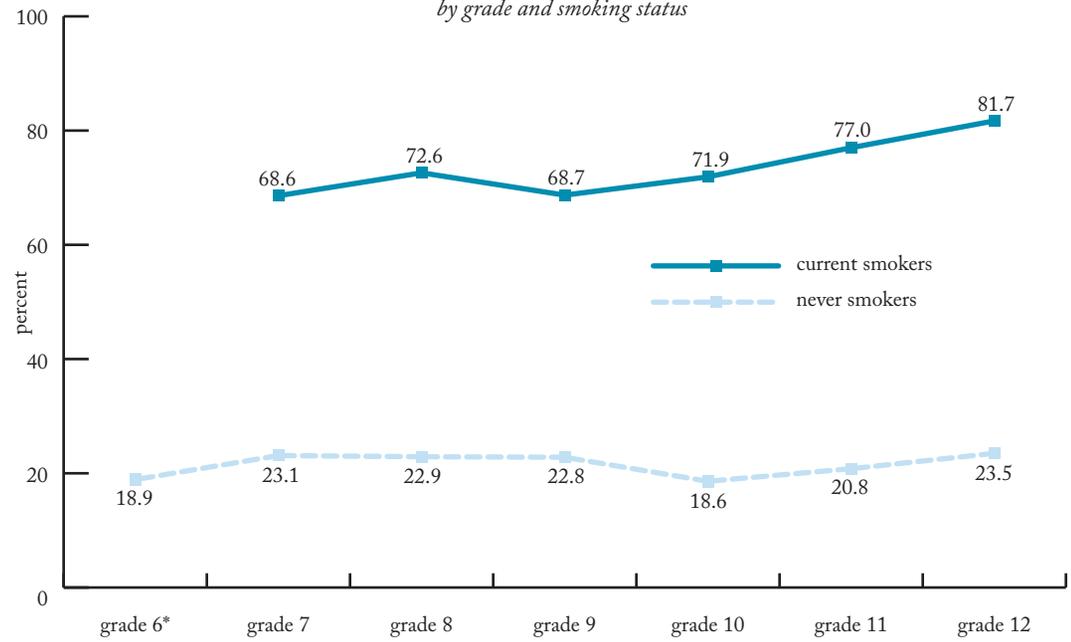


\*Data are not presented for this population of current smokers because the sample size of students is too small for a meaningful analysis.

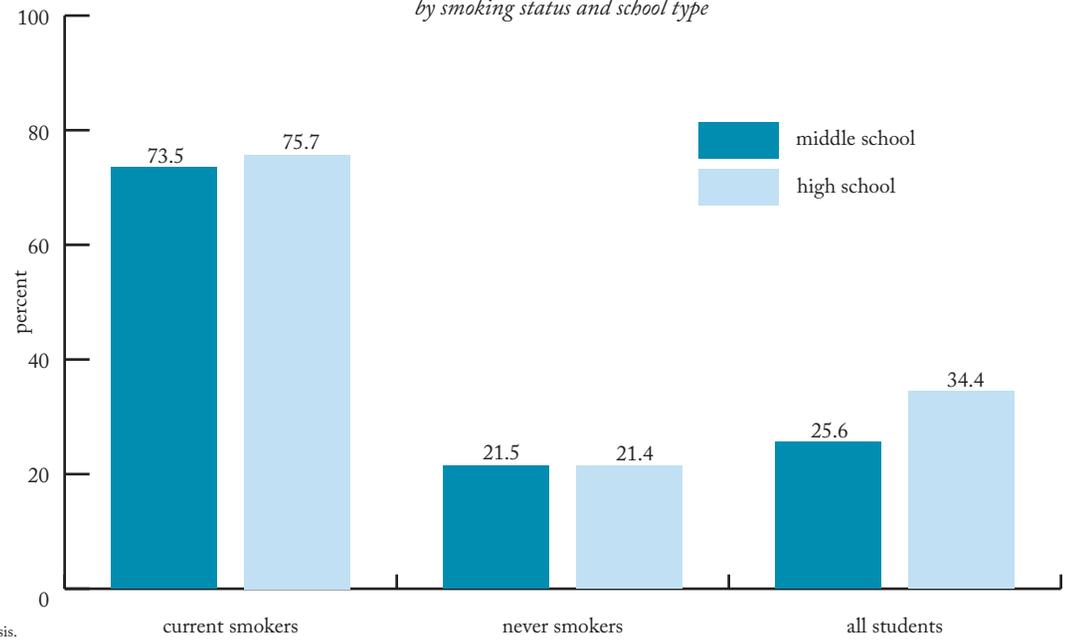
# RECENT ENVIRONMENTAL TOBACCO SMOKE EXPOSURE IN A CAR

- An estimated 93,000 Connecticut middle and high school students rode in a car during the past seven days with someone who was smoking cigarettes (recent exposure)
  - 33,000 middle school students (25.6%)
  - 60,000 high school students (34.4%)
- From grade 8 through grade 12, current smokers are significantly more likely than never smokers to have recently ridden in a car with someone who was smoking cigarettes
- The percentage of never smokers who have recently been in a car with someone who was smoking cigarettes varies by grade from 18.6% in grade 10 to 23.5% in grade 12
- An estimated 24,000 middle school students (21.5%) and 23,000 high school students (21.4%) who have never smoked were exposed to environmental tobacco smoke (ETS) in a car during the week preceding the survey
- Middle and high school current smokers are approximately 3.5 times more likely than their counterparts who have never smoked to have had recent exposure to ETS in a car

Students who rode in a car during the past seven days with someone who was smoking cigarettes by grade and smoking status



Students who rode in a car during the past seven days with someone who was smoking cigarettes by smoking status and school type

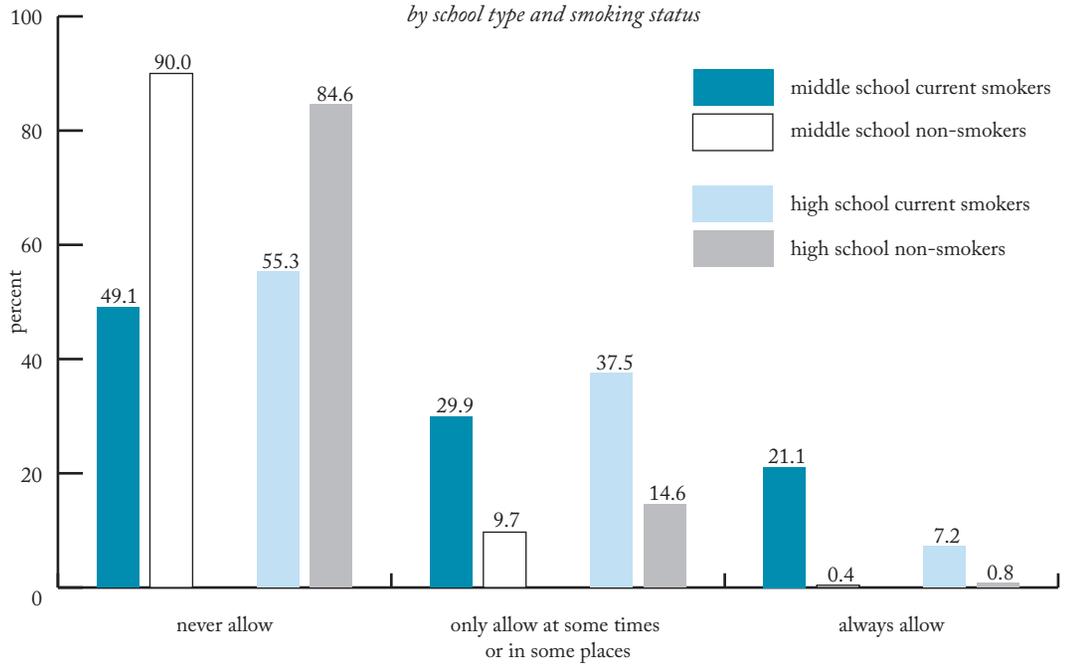


\*Data are not presented for this population of current smokers because the sample size of students is too small for a meaningful analysis.

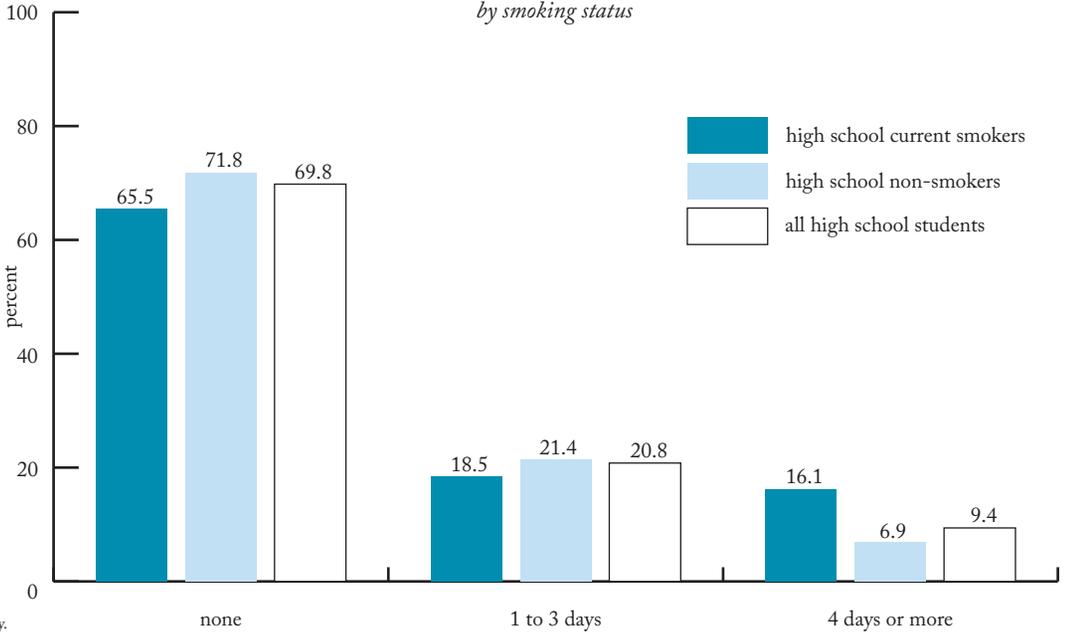
# ENVIRONMENTAL TOBACCO SMOKE EXPOSURE AT WORK

- Middle school non-smokers are about 84% more likely than current smokers to believe that smoking should never be allowed in indoor work areas; the difference is statistically significant
- High school non-smokers are 53% more likely than current smokers to believe that smoking should never be allowed in indoor work areas; the difference is statistically significant
- Middle school current smokers are three times more likely than non-smokers to think that smoking should be allowed in indoor work areas at some times or in some places (29.9%, 9.7%); the difference is statistically significant
- High school current smokers are about 2.5 times more likely than non-smokers to think that smoking should be allowed in indoor work areas at some times or in some places (37.5%, 14.6%); the difference is statistically significant
- Slightly more than 1 in 5 middle school current smokers think that smoking should always be allowed in indoor work areas; among high school current smokers, the number drops to about 1 in 14
- An estimated 15,000 (30.2%) Connecticut high school students, who have a job and worked in the seven days prior to the survey, breathed smoke from someone who was smoking in their work area on at least one day during the past week
- About 16% of high school current smokers who worked in the past week were exposed to environmental tobacco smoke at work on at least four of the seven days

Students' opinions about allowing smoking in indoor work areas by school type and smoking status



The number of days in the past week high school students were exposed to secondhand smoke at work\* by smoking status



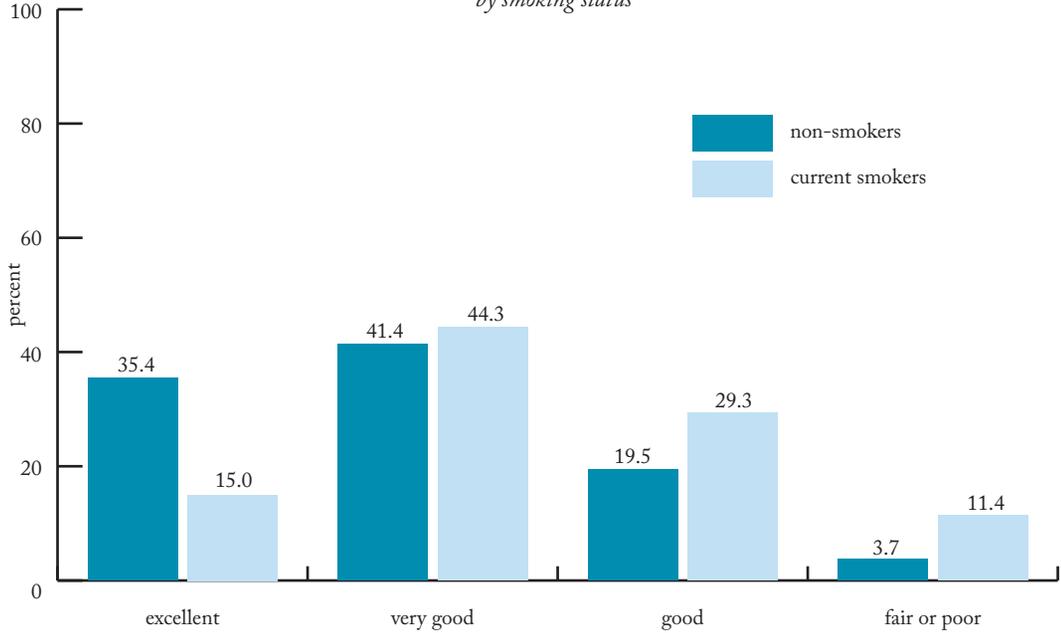
\*Among high school students who have a job and worked in the seven days prior to the survey.

PROTECTIVE FACTORS  
AND  
OTHER HEALTH-RELATED TOPICS

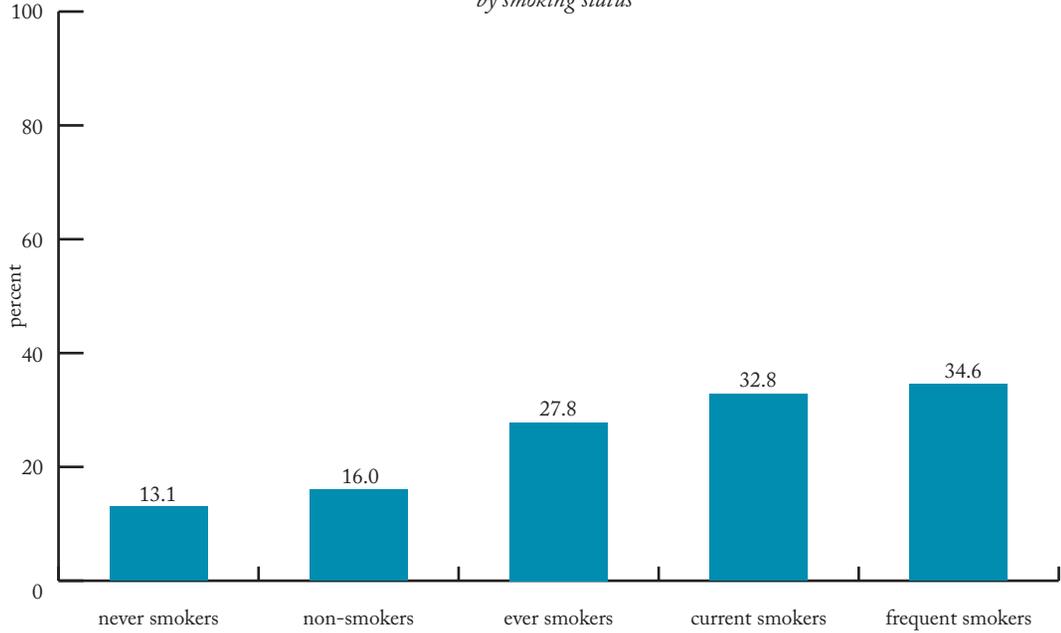
# PHYSICAL AND MENTAL HEALTH

- High school non-smokers are more than twice as likely as current smokers to describe their general health as excellent (35.4%, 15%); the difference is statistically significant
- Nearly 77% of non-smokers in high school describe their general health as either excellent or very good, compared to about 59% of current smokers
- Current smokers in high school are three times more likely than non-smokers to say that their general health is fair or poor (11.4%, 3.7%); the difference is statistically significant
- Data collected from the 2009 Connecticut Youth Behavior Component (YBC) show similar differences between high school current smokers and non-smokers: *(data not shown on graphs)*
  - About 25% of non-smokers describe their general health as excellent, compared to slightly more than 16% of current smokers; the difference is statistically significant
  - About 13% of current smokers describe their general health as fair or poor, compared to about 6% of non-smokers; the difference is statistically significant
  - About 68% of non-smokers describe their general health as excellent or very good, compared to 54% of current smokers
- In high school, never smokers (13.1%) and non-smokers (16%) are significantly less likely than ever smokers (27.8%), current smokers (32.8%), and frequent smokers (34.6%) to have felt so sad or hopeless for two weeks or more in a row in the past year that they stopped doing some usual activities
- Data collected from the 2009 YBC show similar findings: *(data not shown on graphs)*
  - High school non-smokers are significantly less likely than current smokers and frequent smokers to have felt sad or hopeless for two weeks or more in a row in the past year (22.1%, 39%, 44.1%, respectively)

General health description among high school students by smoking status

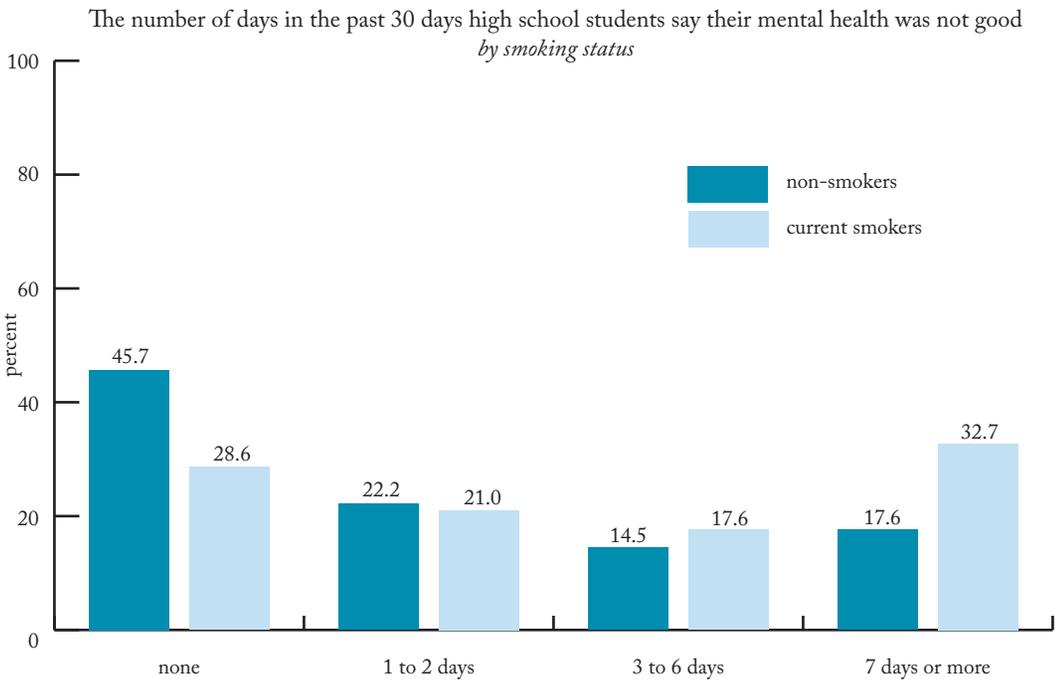
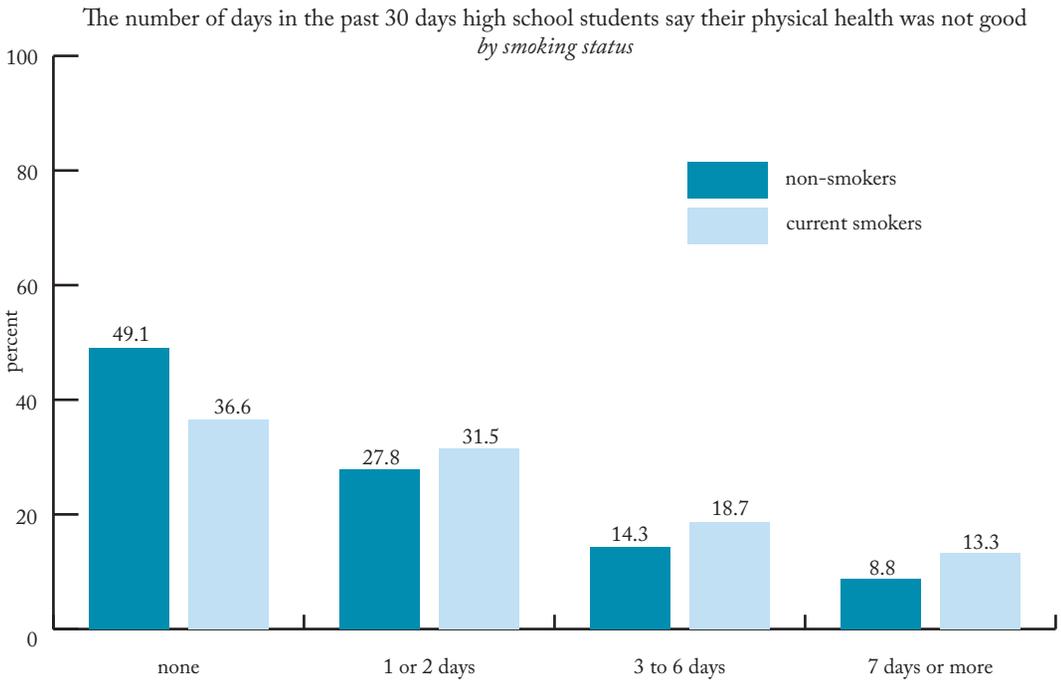


High school students who report feeling sad or hopeless for two weeks or more in a row in the past 12 months by smoking status



# PHYSICAL AND MENTAL HEALTH, *continued*

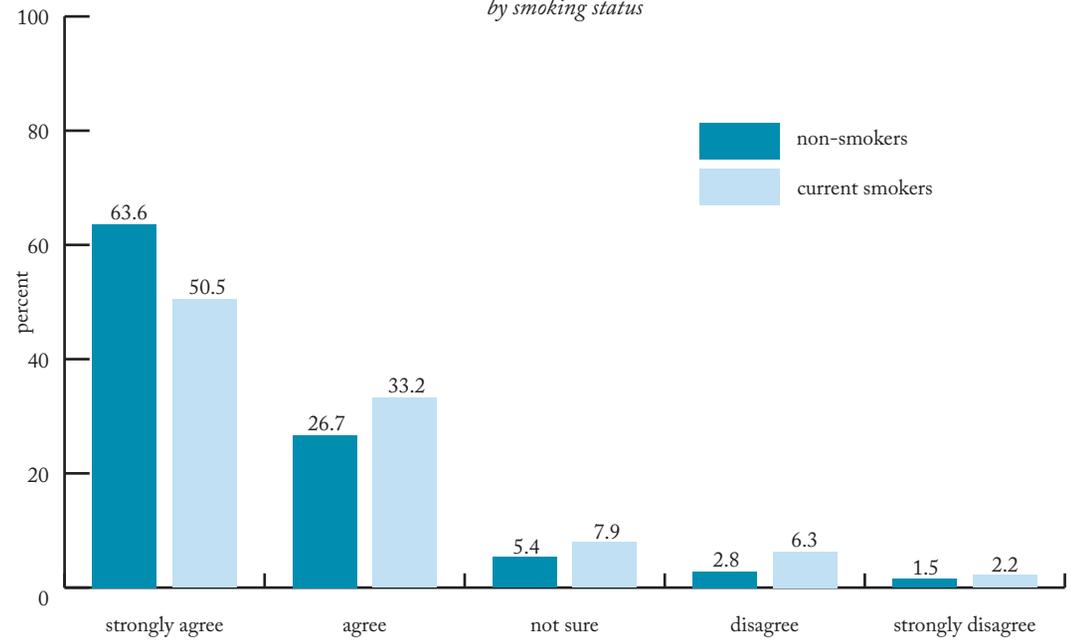
- Non-smokers are significantly more likely than current smokers to say that their physical health was good on all 30 of the past 30 days (49.1%, 36.6%), while current smokers are more likely than non-smokers to say that their physical health was not good on 7 or more of the past 30 days (13.3%, 8.8%)
- Data collected from the 2009 Connecticut Youth Behavior Component (YBC) show the following: *(data not shown on graphs)*
  - High school current smokers are significantly more likely than non-smokers to have been hit, slapped, or physically hurt on purpose by a boyfriend or girlfriend in the past 12 months (19.3%, 8%)
  - High school current smokers are significantly more likely than non-smokers to have ever been forced to have sexual intercourse when they did not want to (16.1%, 5.5%)
- High school non-smokers are significantly more likely than current smokers to say that their mental health was good on all of the past 30 days (45.7%, 28.6%), while current smokers are significantly more likely than non-smokers to say that, during the past 30 days, their mental health was not good on 7 days or more (32.7%, 17.6%)
- Data collected from the 2009 YBC show that high school current smokers are significantly more likely than non-smokers to have attempted suicide one or more times during the past year (17.4%, 5.2%)—*data not shown on graphs*



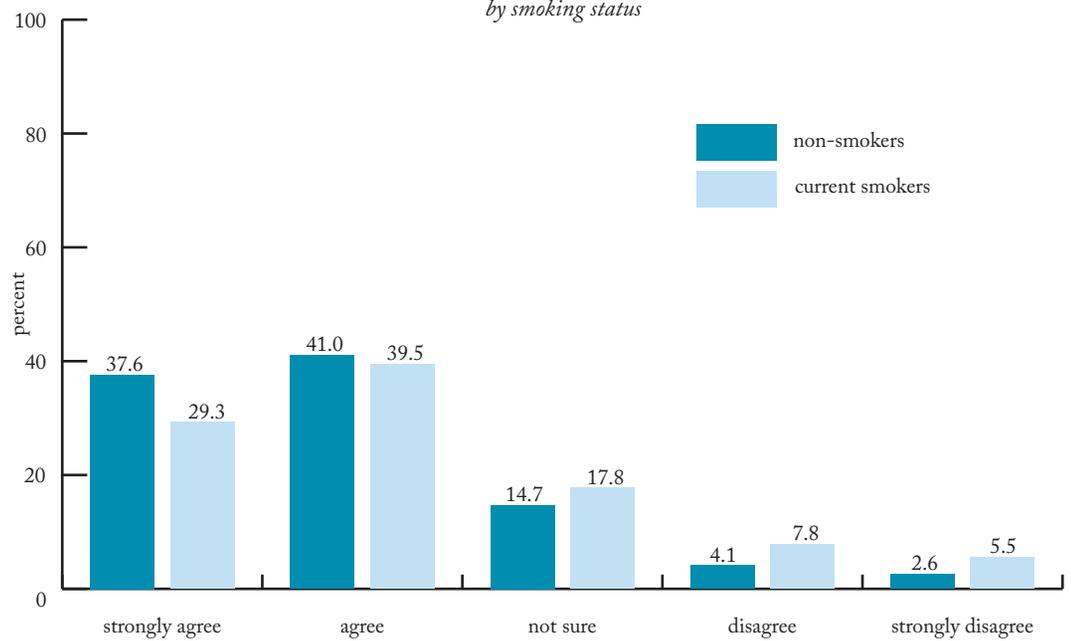
# FAMILY SUPPORT AND SELF-CONFIDENCE

- Non-smokers in high school are significantly more likely than current smokers to strongly agree that their family loves them and gives them help and support when they need it (63.6%, 50.5%)
- About 90% of high school non-smokers strongly agree or agree that they get love and support from their family when they need it, compared to slightly more than 80% of current smokers
- Non-smokers in high school are significantly more likely than current smokers to strongly agree that they feel good about themselves (37.6%, 29.3%)
- In high school, nearly 8 in 10 non-smokers and 7 in 10 current smokers either strongly agree or agree that they feel good about themselves
- About twice as many high school current smokers as non-smokers either disagree or strongly disagree that they feel good about themselves (13.3%, 6.7%)

How strongly high school students believe their family loves them and gives them help and support when they need it  
*by smoking status*



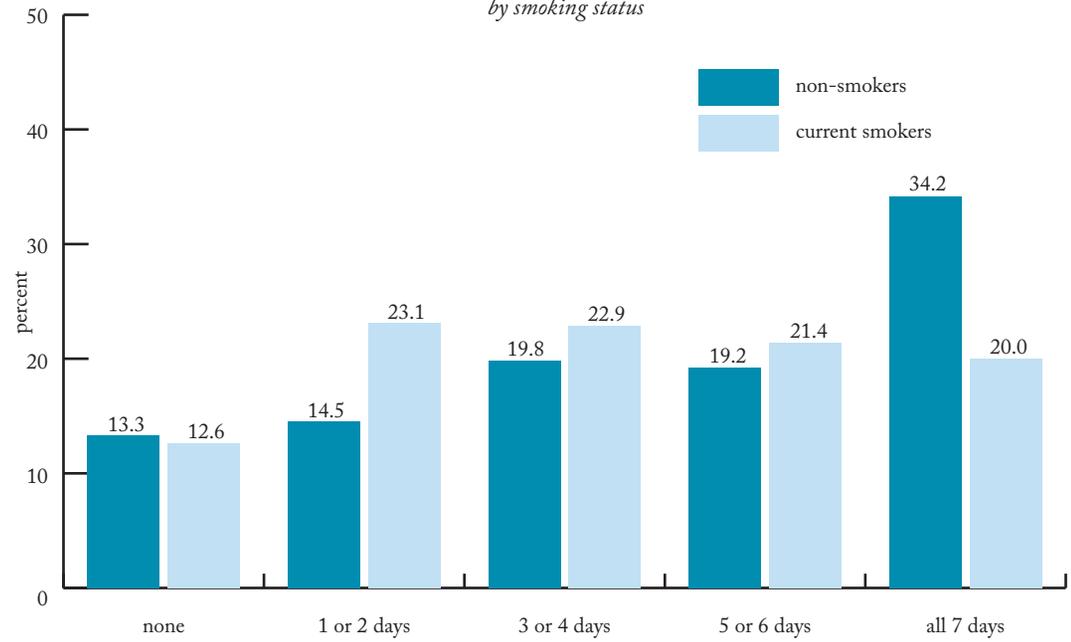
How strongly high school students agree or disagree that they feel good about themselves  
*by smoking status*



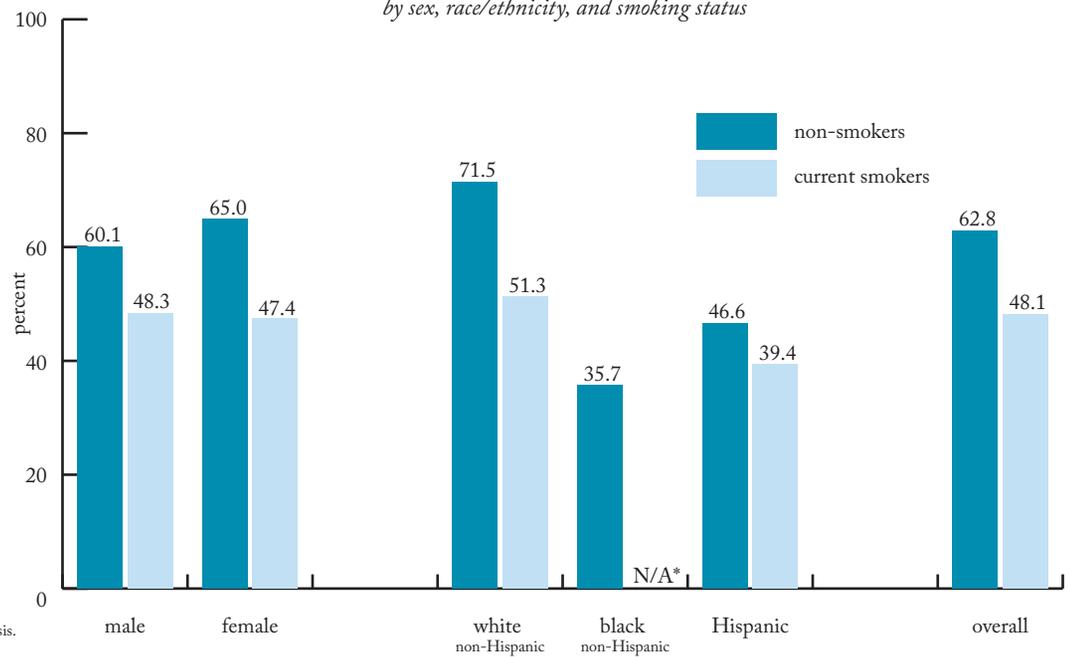
# FAMILY

- High school non-smokers are 70% more likely than current smokers to have eaten at least one meal with their family on all seven of the past seven days; the difference is statistically significant
- More than 50% of high school non-smokers had at least one meal with their family on five or more of the past seven days, compared to about 40% of current smokers
- Girls in high school who are non-smokers are significantly more likely to live with two parents most of the time than are their counterparts who are current smokers (65%, 47.4%)
- White non-smokers in high school are significantly more likely than white current smokers to live with two parents most of the time (71.5%, 51.3%)
- High school students who are non-smokers are significantly more likely to live with two parents most of the time than are those who are current smokers (62.8%, 48.1%)

The number of days in the past seven days high school students report having at least one meal with their family by smoking status



High school students who live with two parents most of the time by sex, race/ethnicity, and smoking status



\*Data are not presented for this population because the sample size of students is too small for a meaningful analysis.

# PARENTAL SUPERVISION

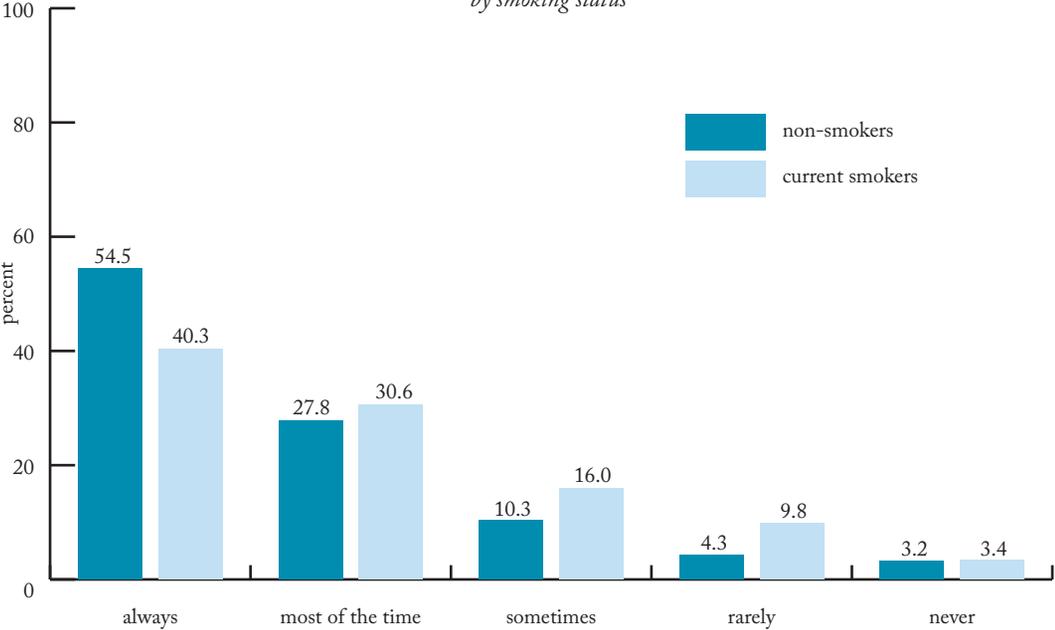
*Students were asked, "How often do your parents or other adults in your family ask where you are going or who you will be with?"*

- Non-smokers in high school are significantly more likely than current smokers to answer "always" (54.5%, 40.3%)
- High school current smokers are significantly more likely than non-smokers to answer "sometimes" (16%, 10.3%)
- Current smokers in high school are nearly 80% more likely than non-smokers to answer "rarely" or "never" (13.2%, 7.5%)

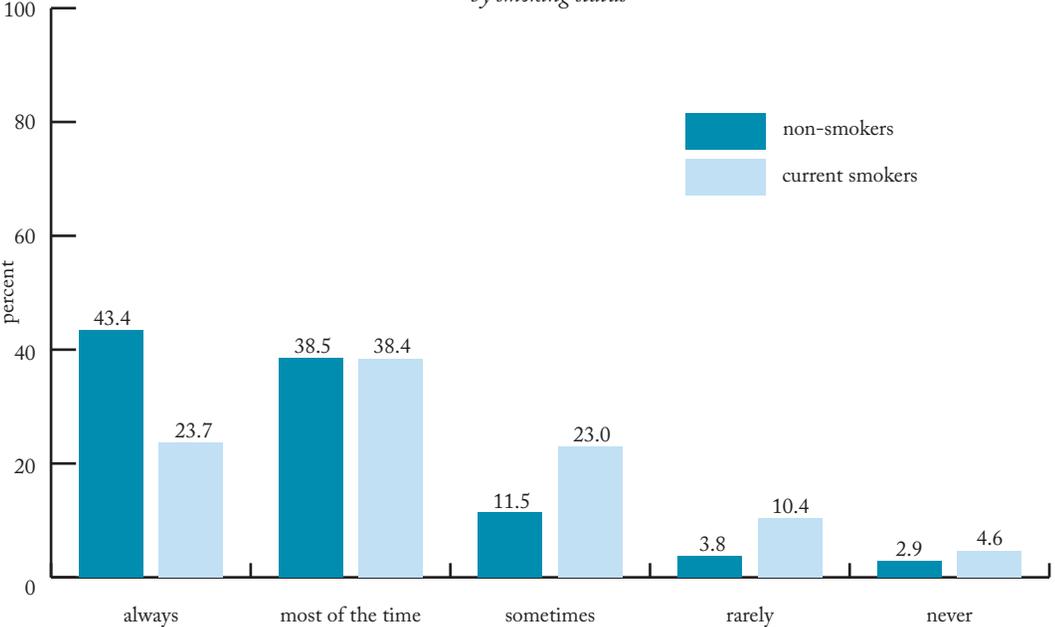
*Students were asked, "How often do your parents or other adults in your family know where you are after school?"*

- High school current smokers were significantly more likely than non-smokers to answer "rarely" or "never" (15%, 6.7%)
- High school non-smokers (43.4%) were significantly more likely than current smokers (23.7%) to answer "always"
- Approximately 8 out of 10 high school non-smokers say that their parents always or most of the time ask them where they will be after school, compared to about 6 out of 10 current smokers
- Although not directly comparable, the same type of question was asked on the 2009 Youth Behavior Component, and some of the findings were similar: *High school students were asked, "When you are away from home how often do your parents or other adults in your family know where you are?" (data not shown on graphs)*
  - Current smokers were significantly more likely than non-smokers to answer "never," "rarely," or "sometimes" (46.3%, 18.4%)
  - Non-smokers were significantly more likely than current smokers to answer "always" (37.5%, 11.6%)

How often high school students say their parents or other adults in their family ask them where they are going or who they will be with by smoking status



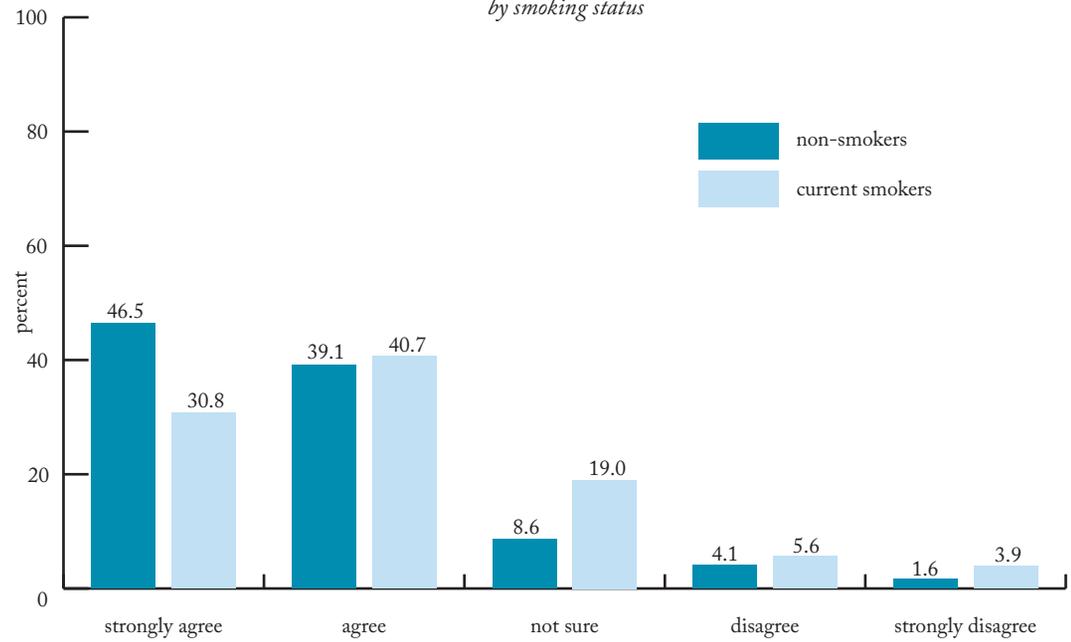
How often high school students say their whereabouts after school are known by their parents or other adults in the family by smoking status



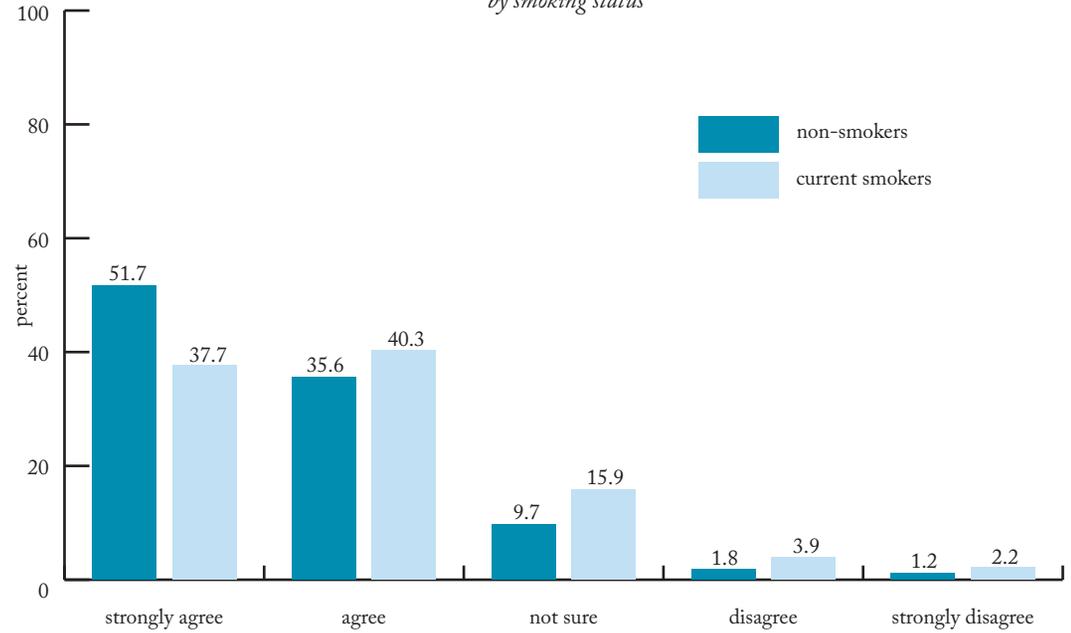
# RULES AND STANDARDS FOR BEHAVIOR

- High school non-smokers are significantly more likely than current smokers to strongly agree that they have clear rules and standards for their behavior that their parents have set for them (46.5%, 30.8%)
- Current smokers in high school are significantly more likely than non-smokers to be unsure if they have clear rules and standards for their behavior (19%, 8.6%)
- High school current smokers are nearly 2.5 times more likely than non-smokers to strongly disagree that they have clear rules and standards for their behavior (3.9%, 1.6%)
- High school non-smokers are significantly more likely than current smokers to strongly agree that they can resist negative peer pressure and dangerous situations (51.7%, 37.7%)
- Nearly 90% of non-smokers in high school either strongly agree or agree that they can resist negative peer pressure and dangerous situations, compared to about 80% of current smokers
- About twice as many high school current smokers as non-smokers either disagree or strongly disagree that they are able to resist negative peer pressure and dangerous situations (6.1%, 3%)

How strongly high school students agree or disagree that they have clear rules and standards for their behavior that their parents have set for them  
*by smoking status*



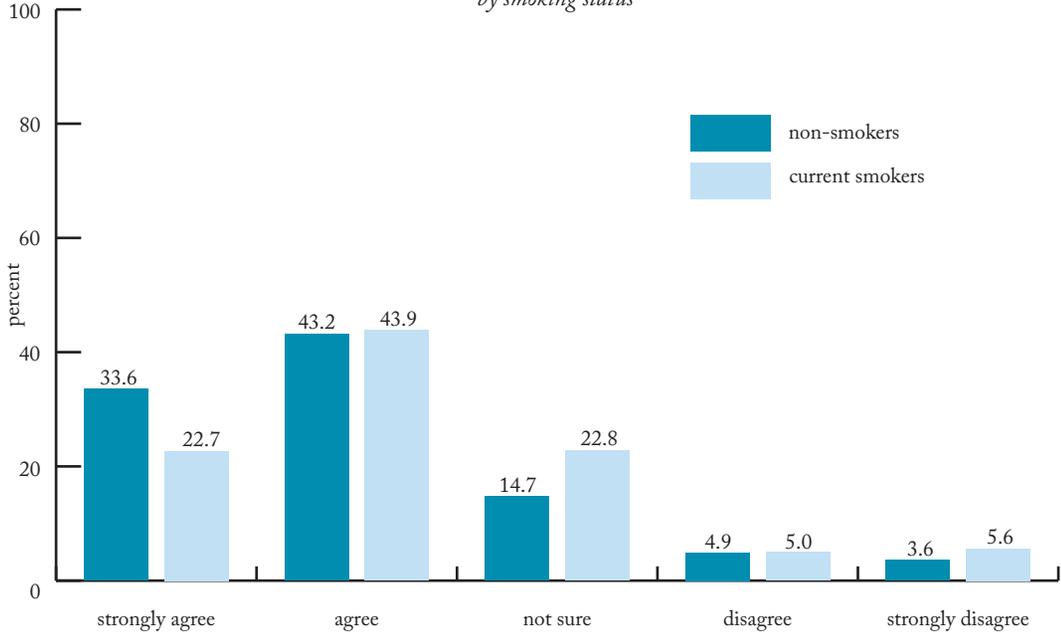
How strongly high school students believe they can resist negative peer pressure and dangerous situations  
*by smoking status*



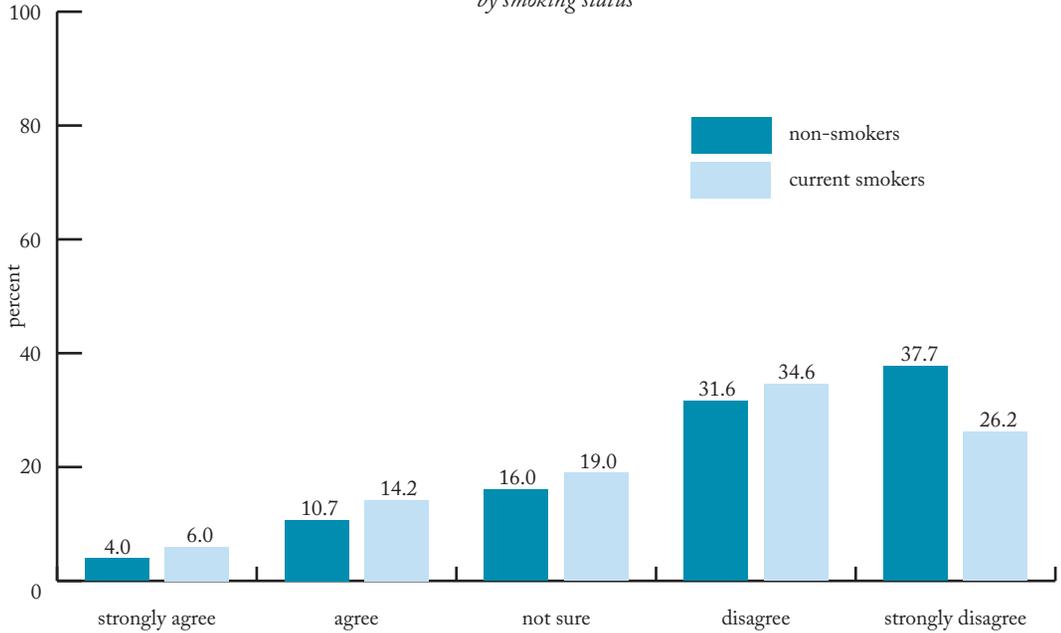
# SOCIAL INTERACTION

- High school non-smokers are significantly more likely than current smokers to strongly agree that they feel like they belong at their school (33.6%, 22.7%)
- About 3 in 4 high school non-smokers and 2 in 3 current smokers either strongly agree or agree that they feel like they belong at their school
- Although only slightly more current smokers than non-smokers disagree or strongly disagree that they feel like they fit in at their school (10.6%, 8.5%), significantly more current smokers than non-smokers were not sure how they felt about it (22.8%, 14.7%)
- Non-smokers in high school are significantly more likely than current smokers to strongly disagree that they feel alone in life (37.7%, 26.2%)
- High school current smokers are nearly 30% more likely than non-smokers to either strongly agree or agree that they feel alone in life

How strongly high school students believe they belong at their school by smoking status



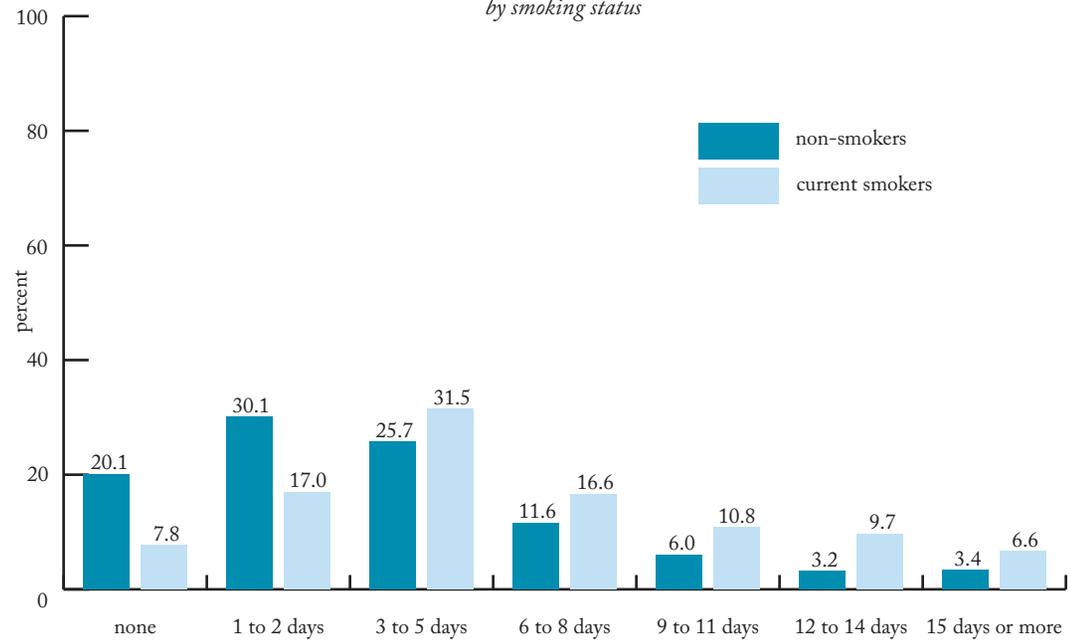
How strongly high school students feel they are alone in life by smoking status



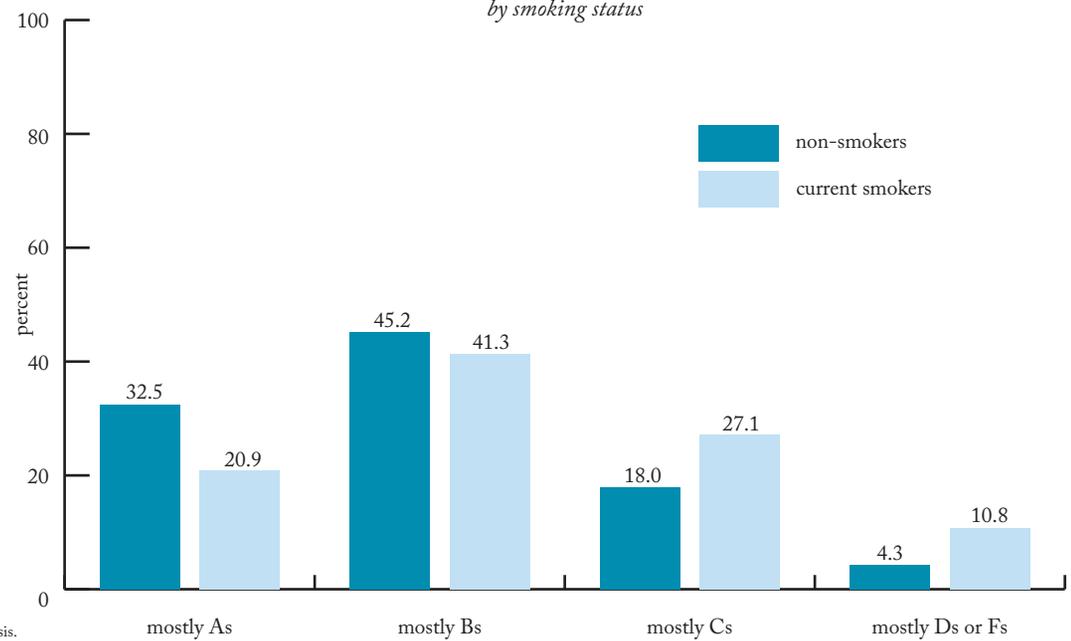
# SCHOOL ABSENCES AND GRADES

- High school non-smokers are significantly more likely than current smokers to have had no absences from school in the past six months (20.1%, 7.8%)
- Non-smokers in high school are significantly more likely than current smokers to have been absent only one or two days in the past six months (30.1%, 17%)
- Slightly more than one-half (50.2%) of high school non-smokers were absent two days or fewer in the past six months, compared to slightly less than one-quarter (24.8%) of current smokers
- Current smokers in high school are significantly more likely than non-smokers to have been absent 9 to 11 days in the past six months (10.8%, 6%); the same is true for 12 to 14 days (9.7%, 3.2%)
- Current smokers are almost twice as likely as non-smokers to have been absent from school for 15 days or more in the past six months, although the difference is not statistically significant (6.6%, 3.4%)
- High school non-smokers are significantly more likely than current smokers to have received mostly As in school in the past 12 months (32.5%, 20.9%)
- High school current smokers are significantly more likely than non-smokers to have received mostly Cs (27.1%, 18%) or mostly Ds/Fs (10.8%, 4.3%) during the past year
- The same question was asked on the 2009 Youth Behavior Component, and the findings were similar: *(data not shown on graphs)*
  - High school non-smokers are significantly more likely than current smokers to have received mostly As in school in the past 12 months (32.4%, 18%)
  - High school current smokers are significantly more likely than non-smokers to have received mostly Cs (32.4%, 17%) or mostly Ds/Fs (9.1%, 4.1%) during the past year

Days of absence from school in the past six months among high school students by smoking status



High school students' grades in the past 12 months\* by smoking status



\*Students who answered "none of these grades" or "not sure" were excluded from this analysis.

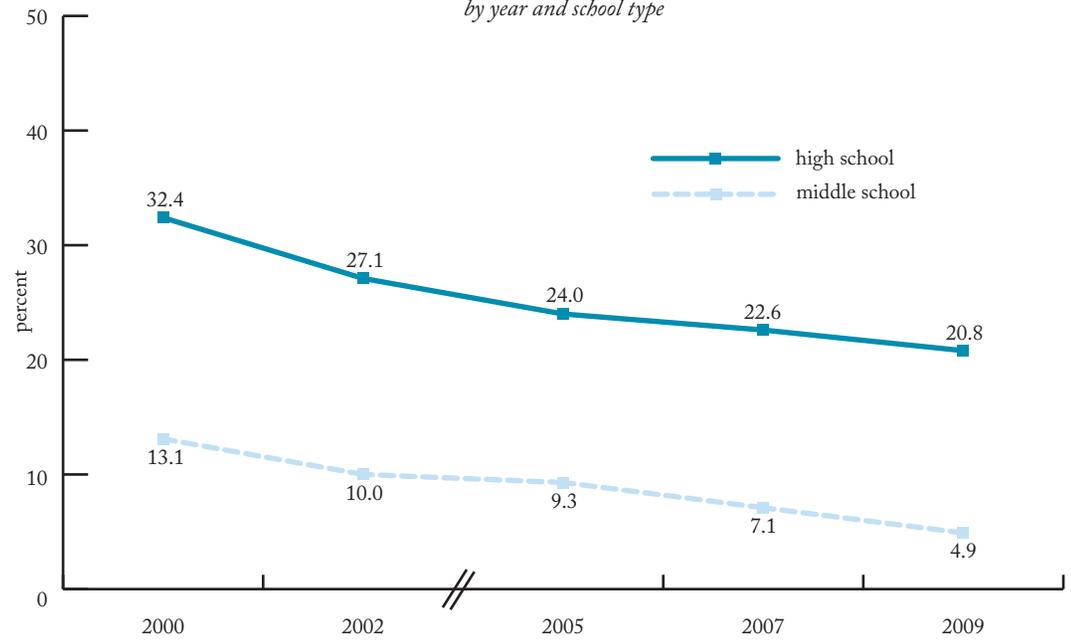
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# TRENDS DURING 2000-2009

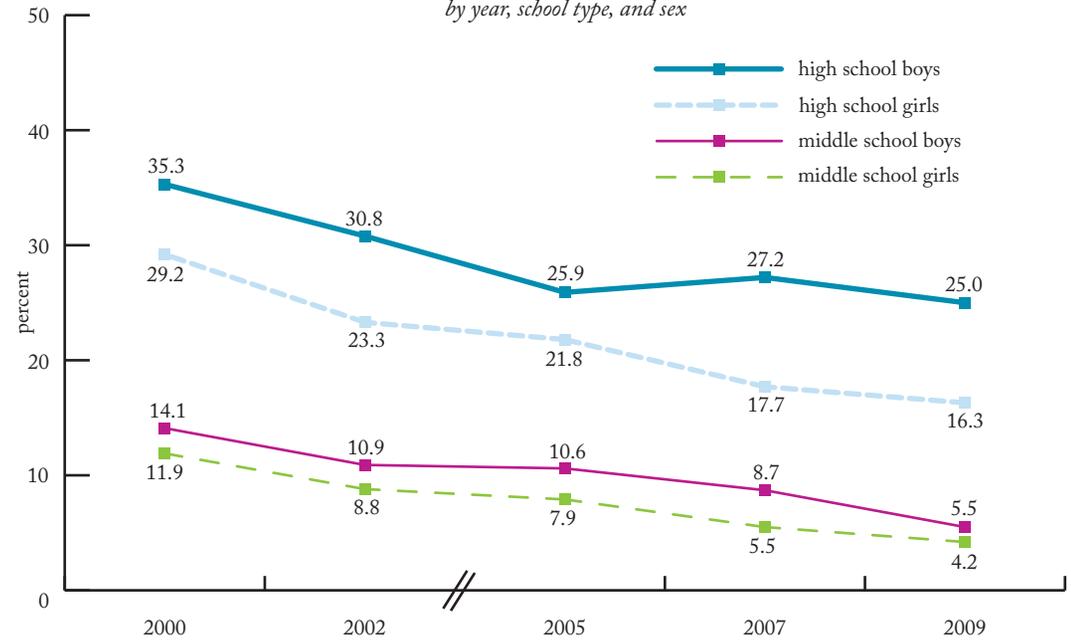
# TRENDS IN TOBACCO USE

- During 2000-2009, a significant decrease (13.1%-4.9%) occurred in the percentage of middle school students who had used tobacco on 1 or more days of the past 30 days (current tobacco use)
- During 2000-2009, a significant decrease occurred in the percentage of high school students who had currently used tobacco (32.4%-20.8%)
- During 2000-2009, a significant decrease occurred in the percentage of middle school boys (14.1%-4.2%) and girls (11.9%-4.2%) who had currently used tobacco
- During 2000-2009, a significant decrease occurred in the percentage of high school boys (35.3%-25%) and girls (29.2%-16.3%) who had currently used tobacco
- High school girls in Connecticut have reached the *Healthy People 2010* objective for tobacco, which is to reduce its use among high school students to no more than 21%

Trend in the percentage of students who had used tobacco in the past 30 days  
by year and school type



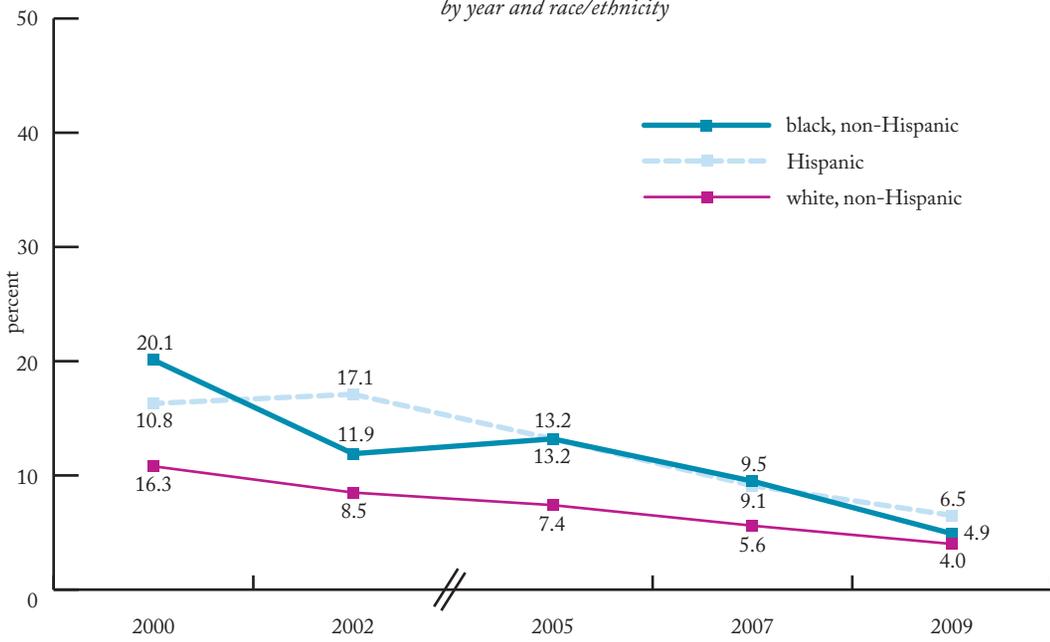
Trend in the percentage of students who had used tobacco in the past 30 days  
by year, school type, and sex



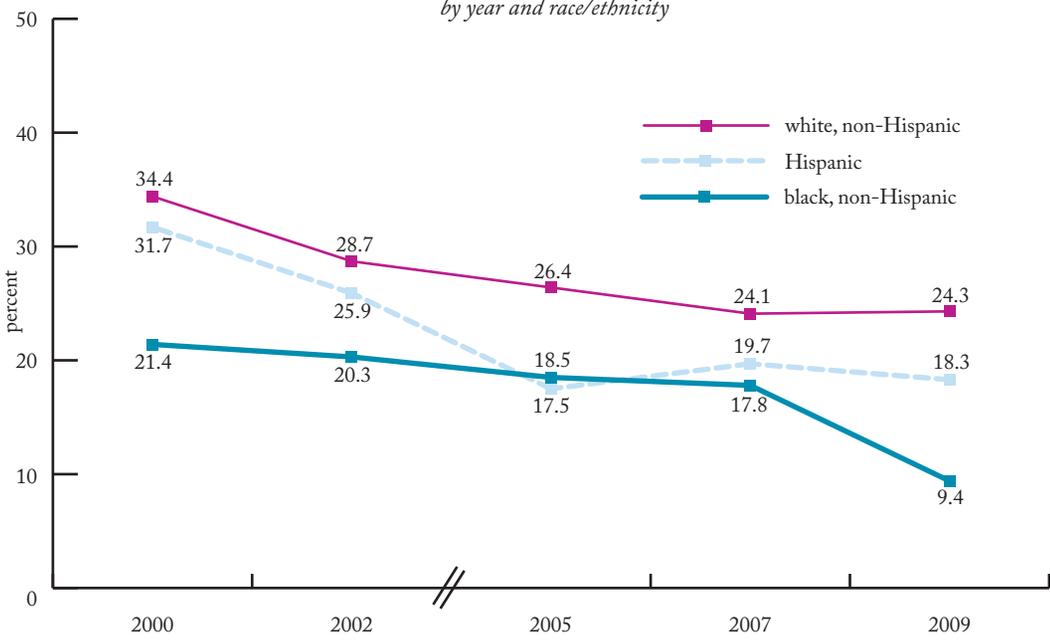
# TRENDS IN TOBACCO USE, *continued*

- During 2000-2009, a significant decrease occurred in the percentage of middle school white (10.8%-4%), black (20.1%-4.9%), and Hispanic (16.3%-6.5%) students who had currently used tobacco
- During 2000-2009, a significant decrease occurred in the percentage of high school white (34.4%-24.3%) and black (21.4%-9.4%) students who had currently used tobacco
- During 2000-2009, the percentage high school Hispanic students who had currently used tobacco decreased (31.7%-18.3%), but not significantly
- In Connecticut, black and Hispanic high school students have reached the *Healthy People 2010* objective for tobacco, which is to reduce its use among high school students to no more than 21%

Trend in the percentage of middle school students who had used tobacco in the past 30 days by year and race/ethnicity



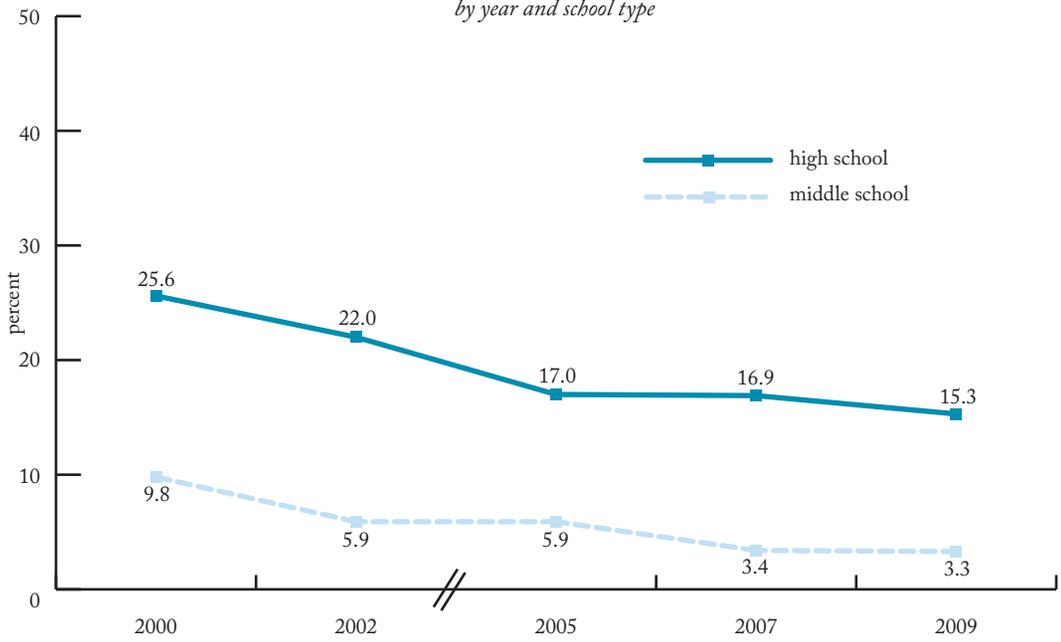
Trend in the percentage of high school students who had used tobacco in the past 30 days by year and race/ethnicity



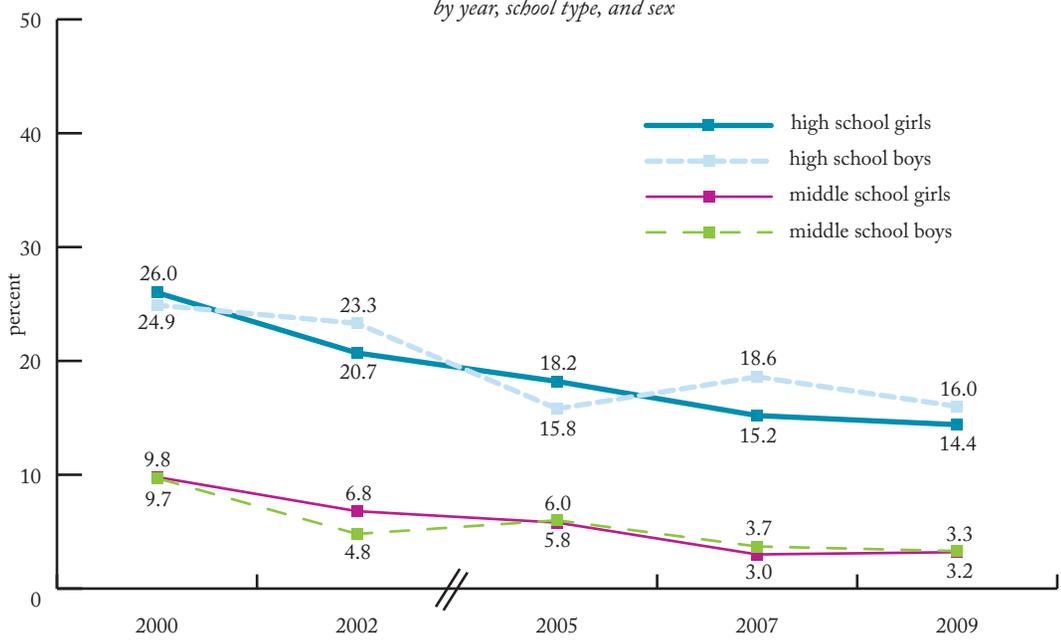
# TRENDS IN CIGARETTE SMOKING

- During 2000-2009, a significant decrease (9.8%-3.3%) occurred in the percentage of middle school students who had smoked cigarettes on 1 or more days of the past 30 days (current cigarette smoking)
- During 2000-2009, a significant decrease occurred in the percentage of high school students who had currently smoked cigarettes (25.6%-15.3%)
- During 2009-2009, a significant decrease occurred in the percentage of middle school boys (9.7%-3.2%) and girls (9.8%-3.2%) who had currently smoked cigarettes
- During 2009-2009, a significant decrease occurred in the percentage of high school boys (24.9%-16%) and girls (26%-14.4%) who had currently smoked cigarettes
- In Connecticut, high school boys, girls, and students overall have reached the *Healthy People 2010* objective for cigarettes, which is to reduce their use among high school students to no more than 16%

Trend in the percentage of students who had smoked cigarettes in the past 30 days by year and school type



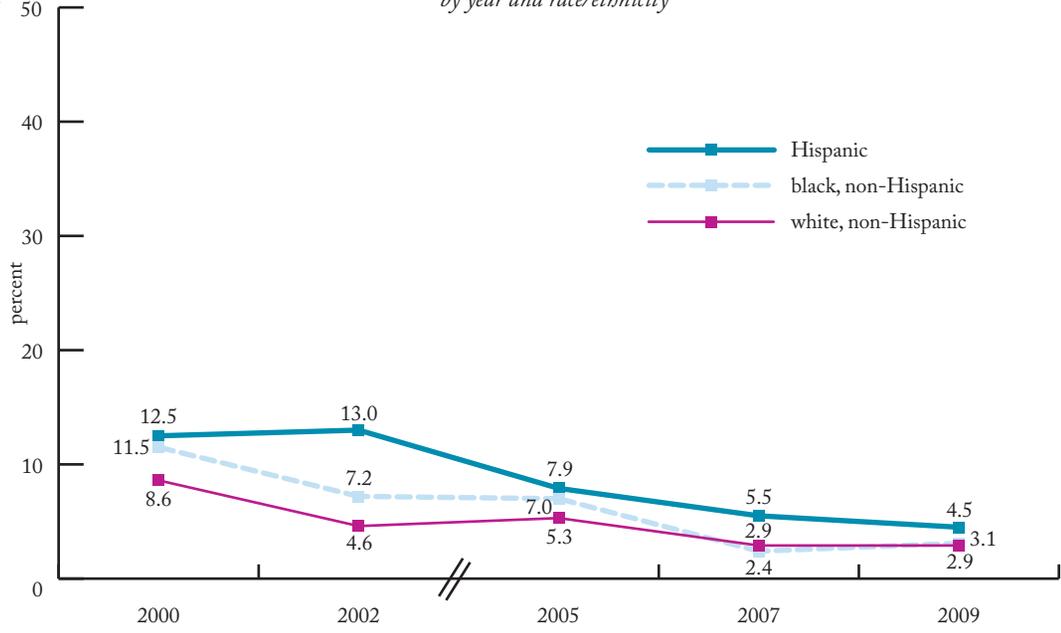
Trend in the percentage of students who had smoked cigarettes in the past 30 days by year, school type, and sex



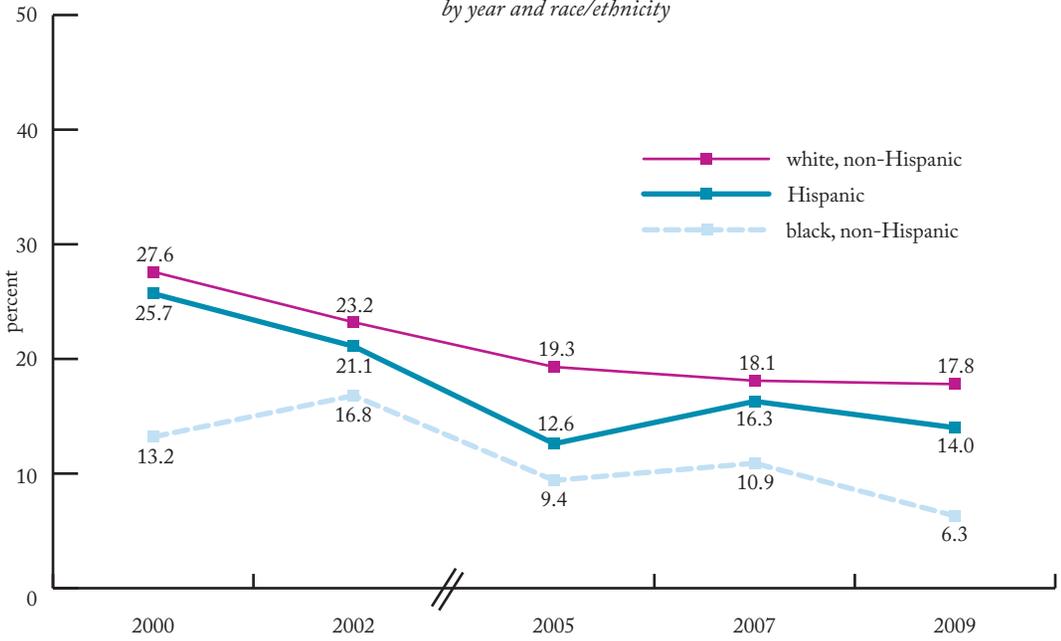
# TRENDS IN CIGARETTE SMOKING, *continued*

- During 2000-2009, a significant decrease occurred in the percentage of middle school white (8.6%-2.9%) and Hispanic (12.5%-4.5%) students who had currently smoked cigarettes
- During 2000-2009, a significant decrease occurred in the percentage of high school students who had currently smoked cigarettes (27.6%-17.8%)
- During 2000-2009, the percentage of high school black (13.2%- 6.3%) and Hispanic (25.7%-14%) students who had currently smoked cigarettes decreased, but not significantly
- In Connecticut, black and Hispanic high school students have reached the *Healthy People 2010* objective for cigarettes, which is to reduce their use among high school students to no more than 16%

Trend in the percentage of middle school students who had smoked cigarettes in the past 30 days by year and race/ethnicity



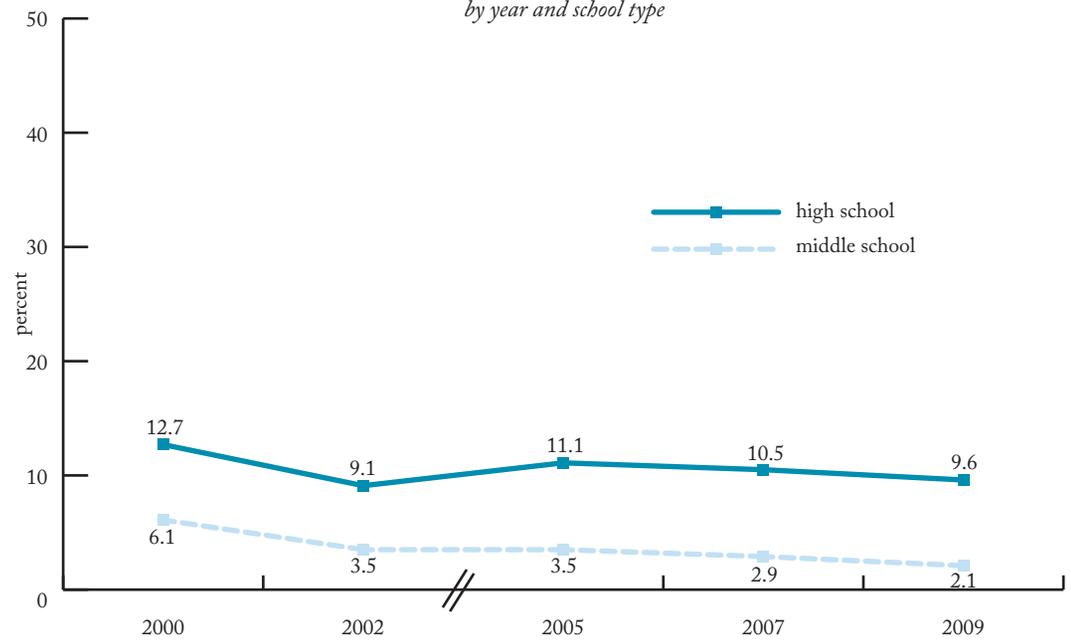
Trend in the percentage of high school students who had smoked cigarettes in the past 30 days by year and race/ethnicity



# TRENDS IN CIGAR SMOKING

- During 2000-2009, a significant decrease (6.1%-2.1%) occurred in the percentage of middle school students who had smoked cigars, cigarillos, or little cigars on 1 or more days of the past 30 days (current cigar smoking)
- During 2000-2009, the percentage of high school students who had currently smoked cigars decreased (12.7%-9.6%), but not significantly
- During 2000-2009, a significant decrease occurred in the percentage of middle school boys (7.3%-2.6%) and girls (4.7%-1.4%) who had currently smoked cigars
- During 2000-2009, the percentage of high school boys (18.2%-14.3%) and girls (6.7%-4.6%) who had currently smoked cigars decreased, but neither change was statistically significant
- High school girls in Connecticut have reached the *Healthy People 2010* objective for cigars, which is to reduce their use among high school students to no more than 8%

Trend in the percentage of students who had smoked cigars in the past 30 days by year and school type



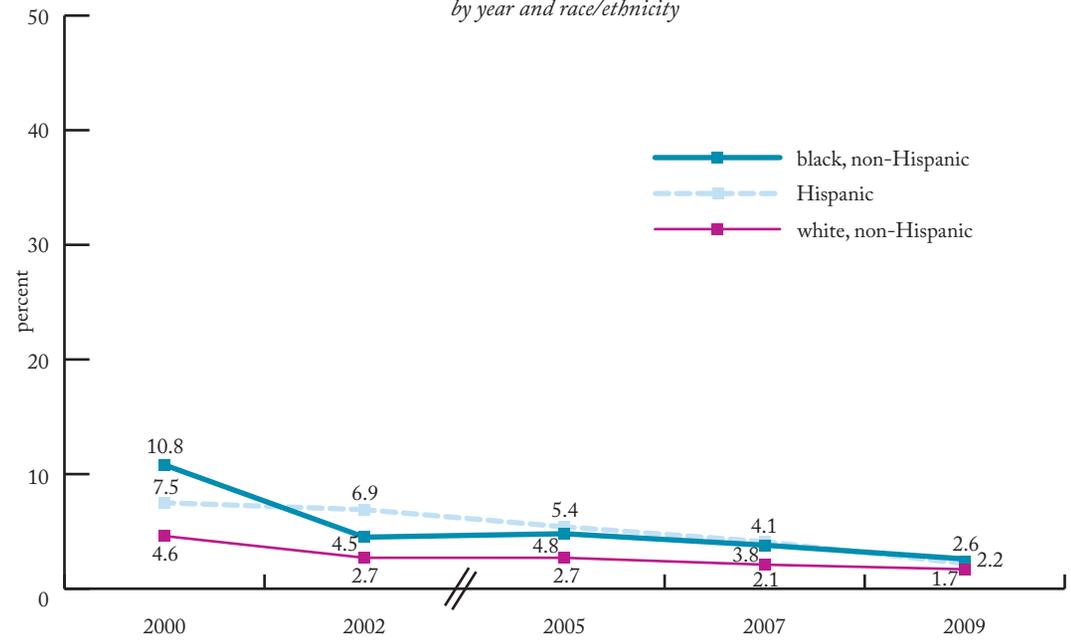
Trend in the percentage of students who had smoked cigars in the past 30 days by year, school type, and sex



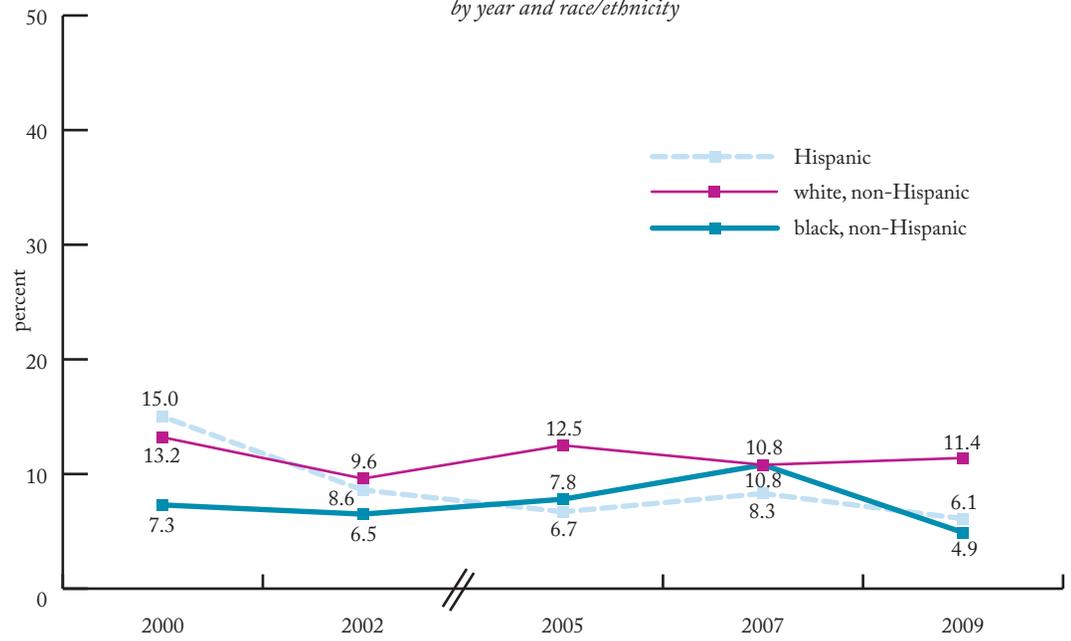
# TRENDS IN CIGAR SMOKING, *continued*

- During 2000-2009, a significant decrease occurred in the percentage of middle school white (4.6%-1.7%) and black students (10.8%-2.6%) who had currently smoked cigars
- During 2000-2009, the percentage of high school white (13.2%-11.4%), black (7.3%-4.9%), and Hispanic (15.0%-6.1%) students who had currently smoked cigars decreased, but none of the changes were statistically significant
- Both black and Hispanic high school students in Connecticut have reached the *Healthy People 2010* objective for cigars, which is to reduce their use among high school students to no more than 8%

Middle school students who had smoked cigars in the past 30 days  
by year and race/ethnicity



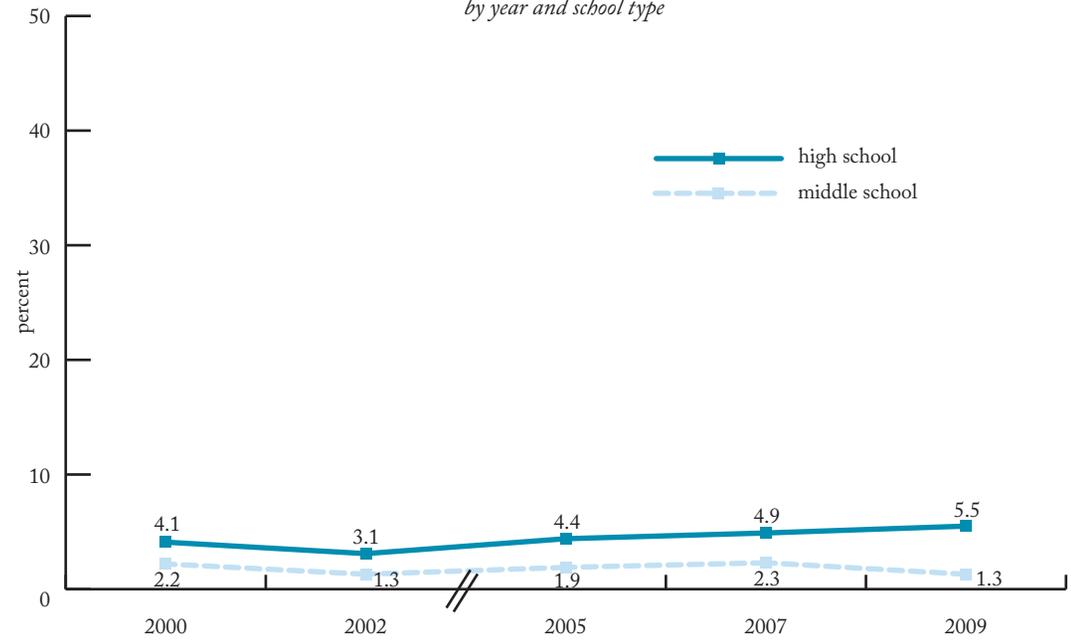
High school students who had smoked cigars in the past 30 days  
by year and race/ethnicity



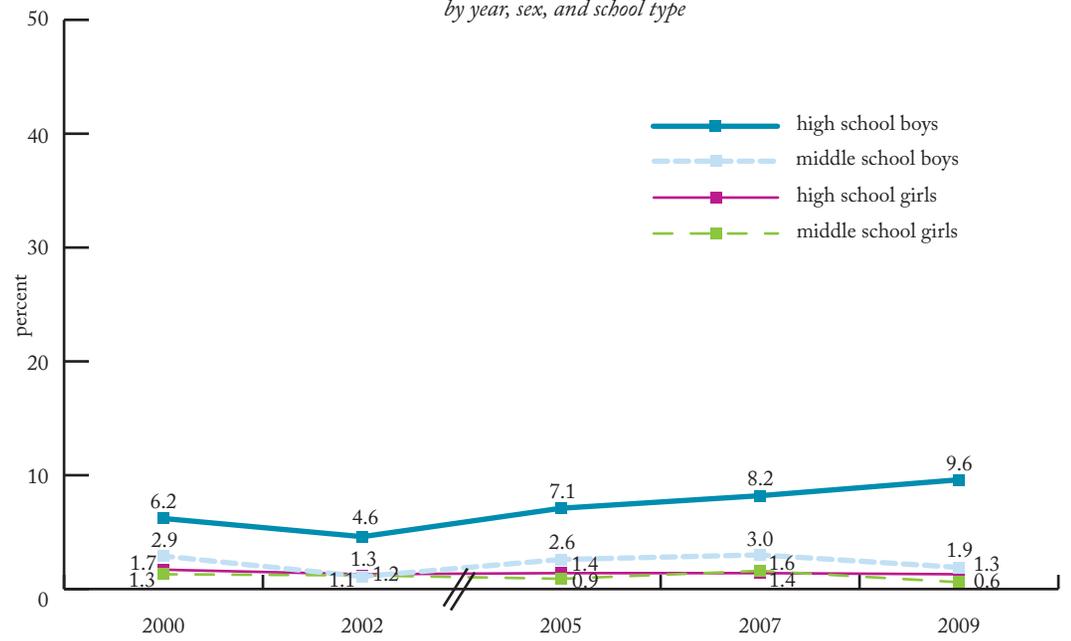
# TRENDS IN SMOKELESS TOBACCO USE

- During 2000-2009, the percentage of middle school students who had used smokeless tobacco (chewing tobacco, snuff, or dip) on 1 or more days of the past 30 days (current smokeless tobacco use) decreased (2.2%-1.3%), but not significantly
- During 2000-2009, current smokeless tobacco use among high school students increased (4.1%-5.5%), but not significantly. The increase was due to a higher use rate among boys
- During 2000-2009, the percentage of middle school boys (2.9%-1.9%), middle school girls (1.3%-0.6%), and high school girls (1.7%-1.3%) who had currently used smokeless tobacco decreased, but none of the changes were statistically significant
- During 2000-2009, the percentage of high school boys who had currently used smokeless tobacco increased (6.2%-9.6%), but not significantly

Students who had used smokeless tobacco in the past 30 days  
by year and school type



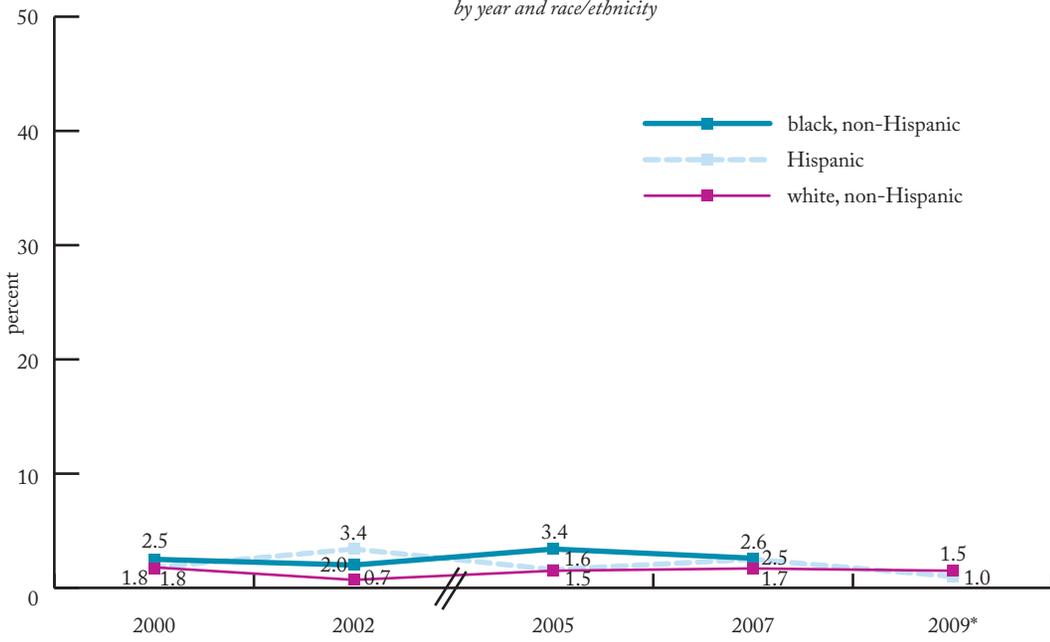
Students who had used smokeless tobacco in the past 30 days  
by year, sex, and school type



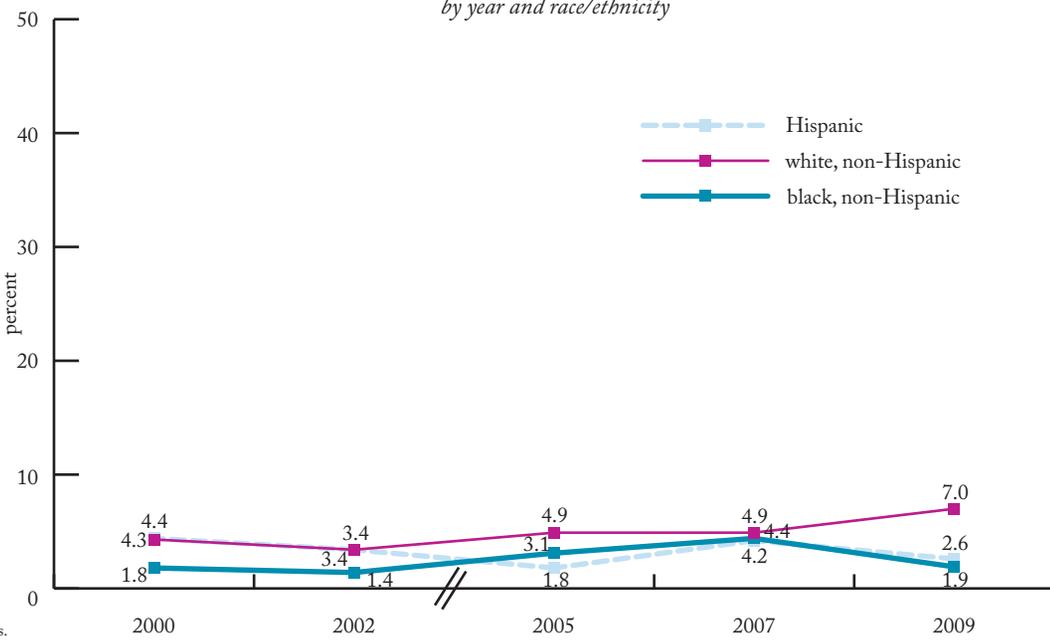
# TRENDS IN SMOKELESS TOBACCO USE, *continued*

- During 2000-2009, the percentage of white students and Hispanic students in middle school who had currently used smokeless tobacco did not vary significantly
- During 2000-2007, the percentage of black middle school students who had currently used smokeless tobacco did not vary significantly
- During 2000-2009, the percentage of white high school students who had currently used smokeless tobacco increased (4.3%-7%), but not significantly
- During 2000-2009, the percentage of black high school students who had currently used smokeless tobacco did not vary significantly
- During 2000-2009, the percentage of Hispanic high school students who had currently used smokeless tobacco decreased (4.4%-2.6%), but not significantly

Middle school students who used smokeless tobacco in the past 30 days  
*by year and race/ethnicity*



High school students who used smokeless tobacco in the past 30 days  
*by year and race/ethnicity*



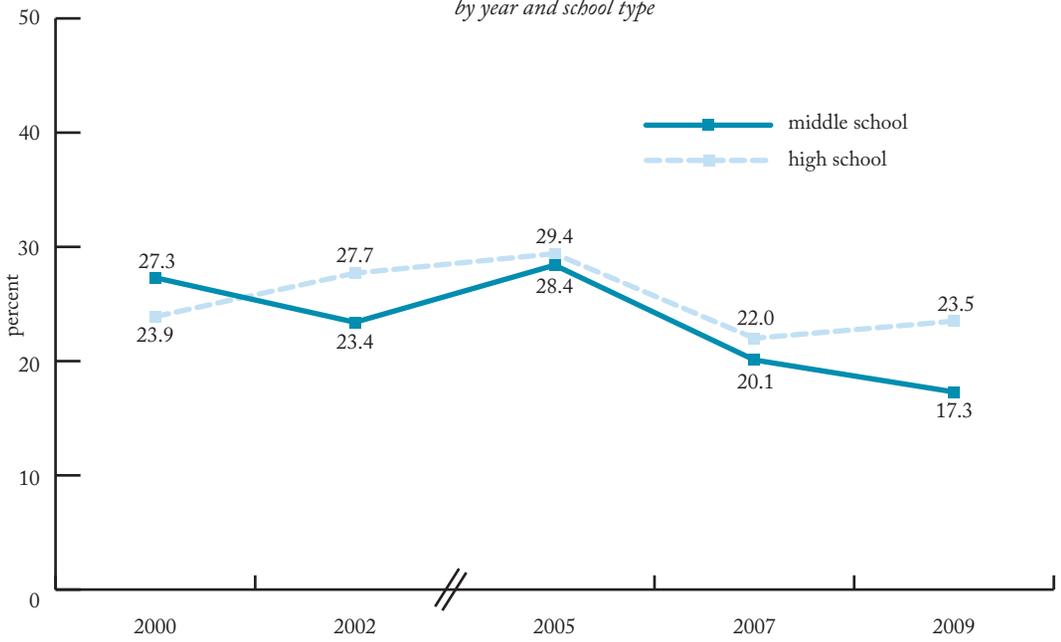
\*Data are not presented for black, non-Hispanic middle school students in 2009 because the sample size is too small for a meaningful analysis.

# TRENDS IN SUSCEPTIBILITY TO STARTING SMOKING

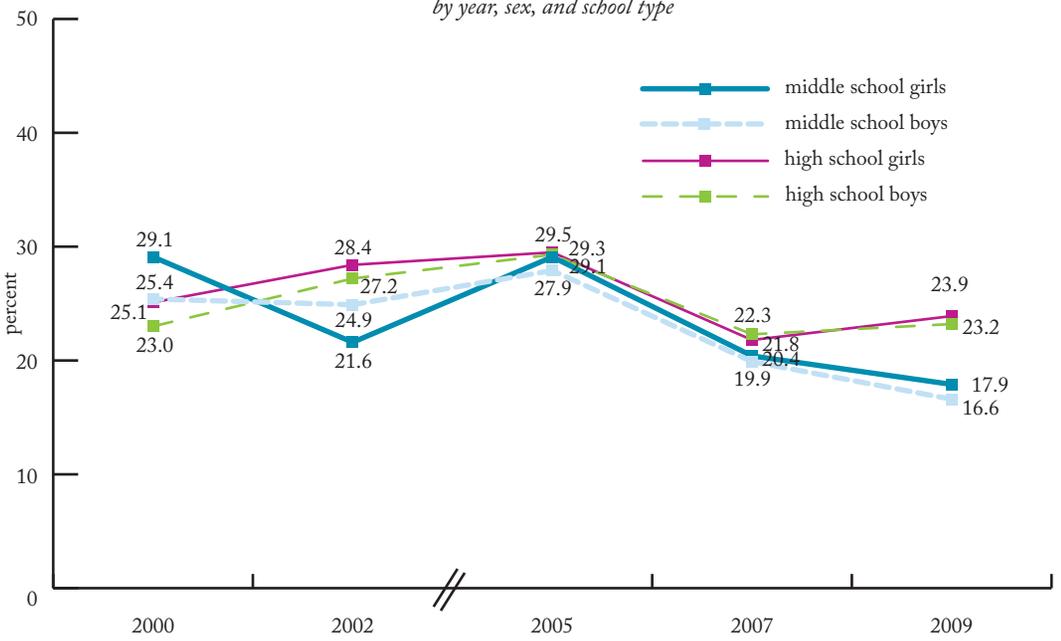
Never smokers who answered on the survey that they *would not* smoke a cigarette soon; *AND* they will *definitely not* smoke in the next year; *AND* they would *definitely not* smoke if their best friend offered them a cigarette are defined as *NOT* being susceptible to starting smoking. **ALL OTHER NEVER SMOKERS ARE CLASSIFIED AS BEING SUSCEPTIBLE TO STARTING SMOKING.\***

- During 2000-2009, a significant decrease occurred in the percentage of middle school never smokers who were susceptible to starting smoking (27.3%-17.3%)
- During 2000-2009, the percentage of high school never smokers who were susceptible to starting smoking did not vary significantly
- During 2000-2009, a significant decrease occurred in the percentage of male (25.4%-16.6%) and female (29.1%-17.9%) middle school never smokers who were susceptible to starting smoking
- During 2000-2009, the percentage of male and female high school never smokers who were susceptible to starting smoking did not vary significantly

Never smokers who were susceptible to starting smoking by year and school type



Never smokers who were susceptible to starting smoking by year, sex, and school type

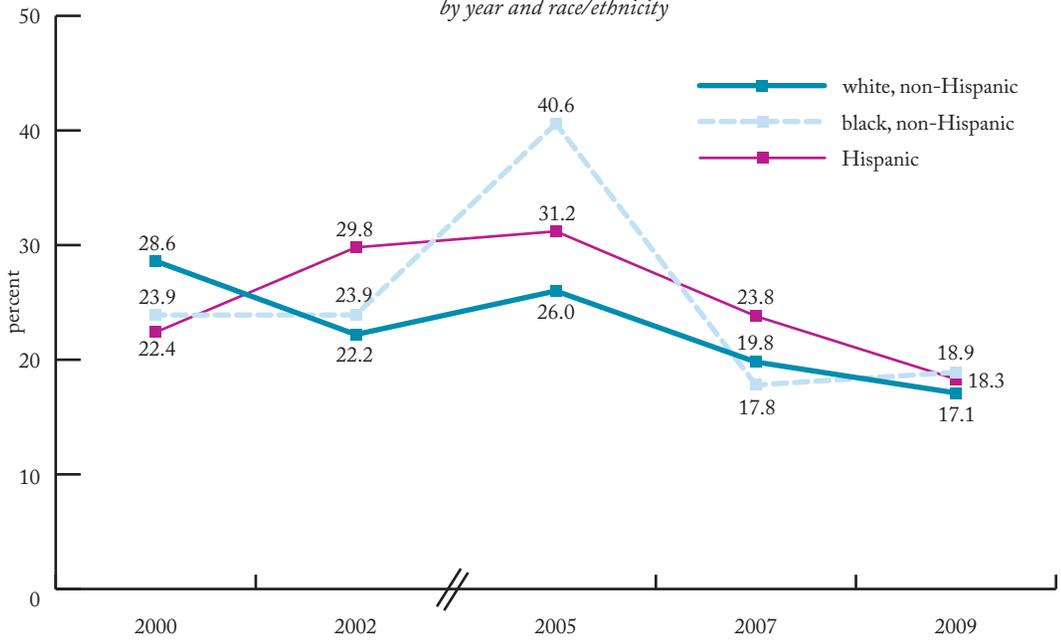


\*Centers for Disease Control and Prevention. *CDC Surveillance Summaries*, October 13, 2000. *MMWR* 2000; 49 (NO. SS-10), p. 14

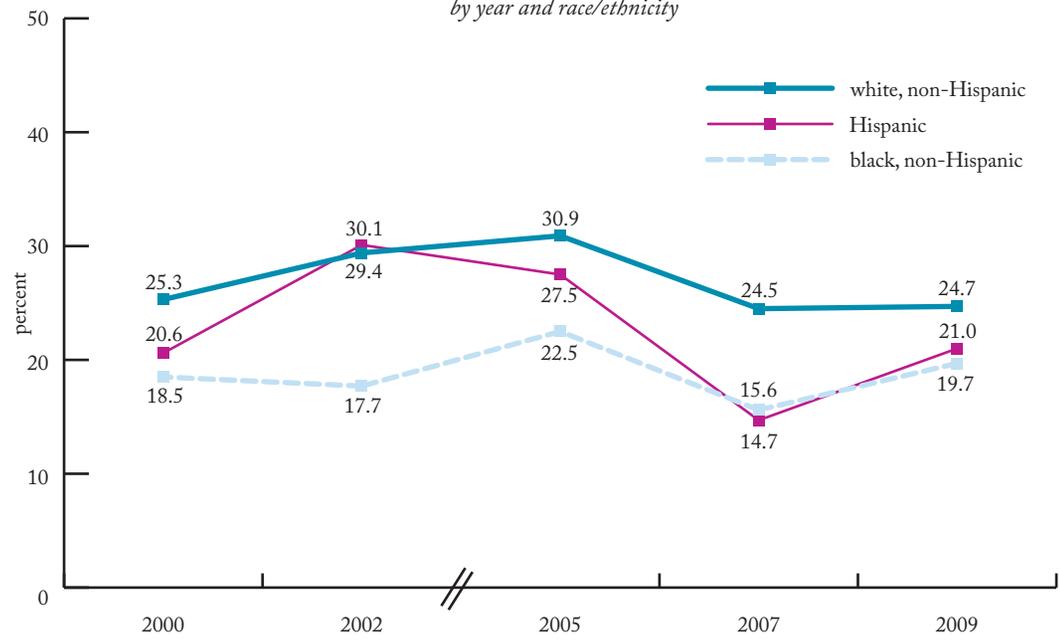
# TRENDS IN SUSCEPTIBILITY TO STARTING SMOKING, *continued*

- During 2000-2009, a significant decrease occurred in the percentage of white middle school never smokers who were susceptible to starting smoking (28.6%-17.1%)
- During 2005-2009, a significant decrease occurred in the percentage of black middle school never smokers who were susceptible to starting smoking (40.6%-18.9%)
- During 2000-2009, the percentage of white never smokers and black never smokers in high school who were susceptible to starting smoking did not vary significantly
- During 2000-2007, a significant decrease occurred in the percentage of Hispanic high school never smokers who were susceptible to starting smoking (30.1%-14.7%), and then the rate increased during 2007-2009 (14.7%-21%), but not significantly

Middle school never smokers who were susceptible to starting smoking  
*by year and race/ethnicity*

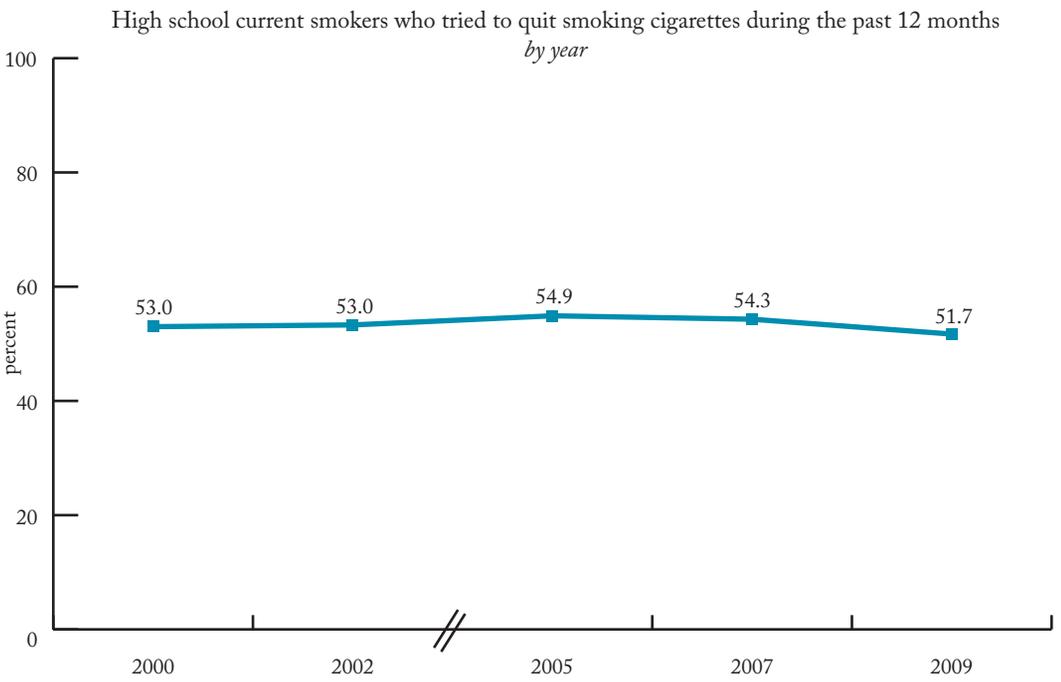
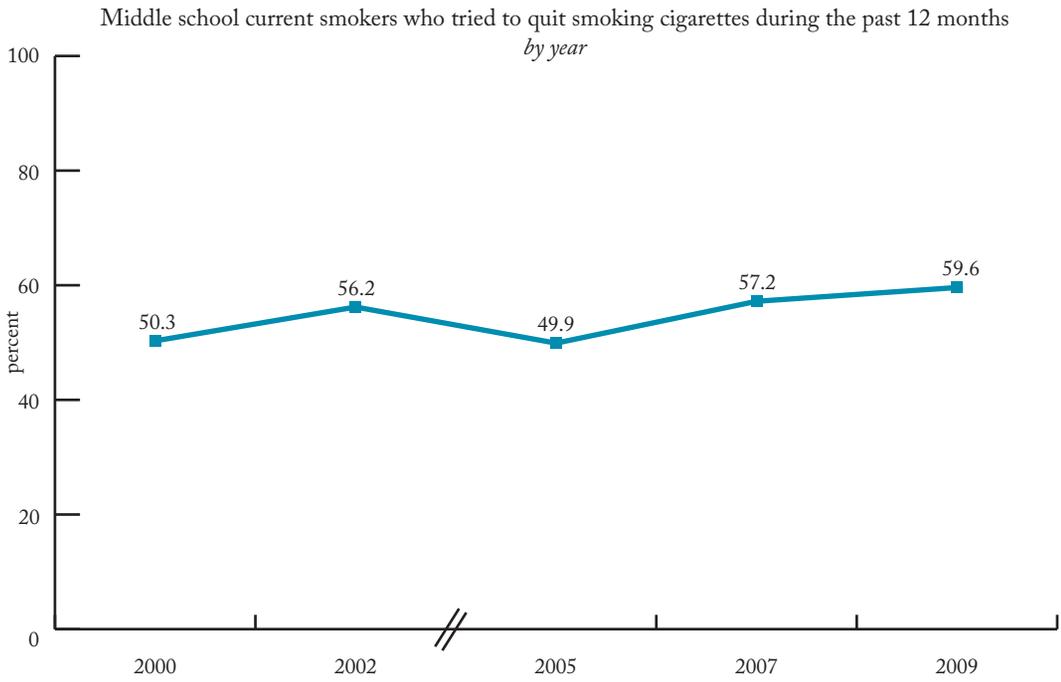


High school never smokers who were susceptible to starting smoking  
*by year and race/ethnicity*



# TRENDS IN QUIT ATTEMPTS

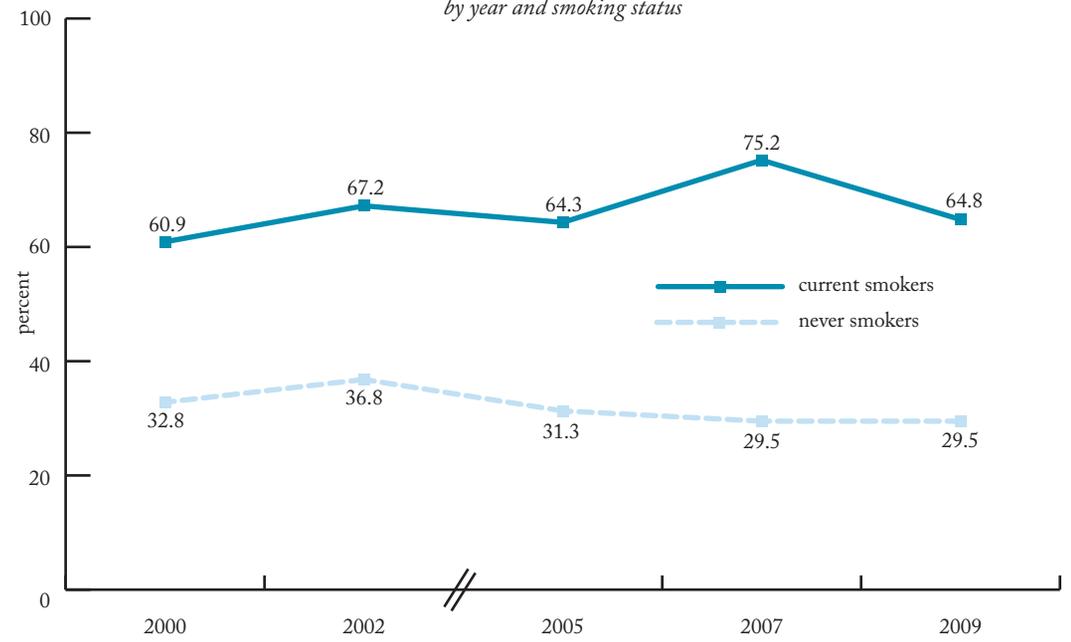
- During 2000-2009, the percentage of middle school current smokers who tried to quit smoking cigarettes in the past 12 months did not vary significantly
- During 2000-2009, the percentage of high school current smokers who tried to quit smoking cigarettes in the past 12 months did not vary significantly



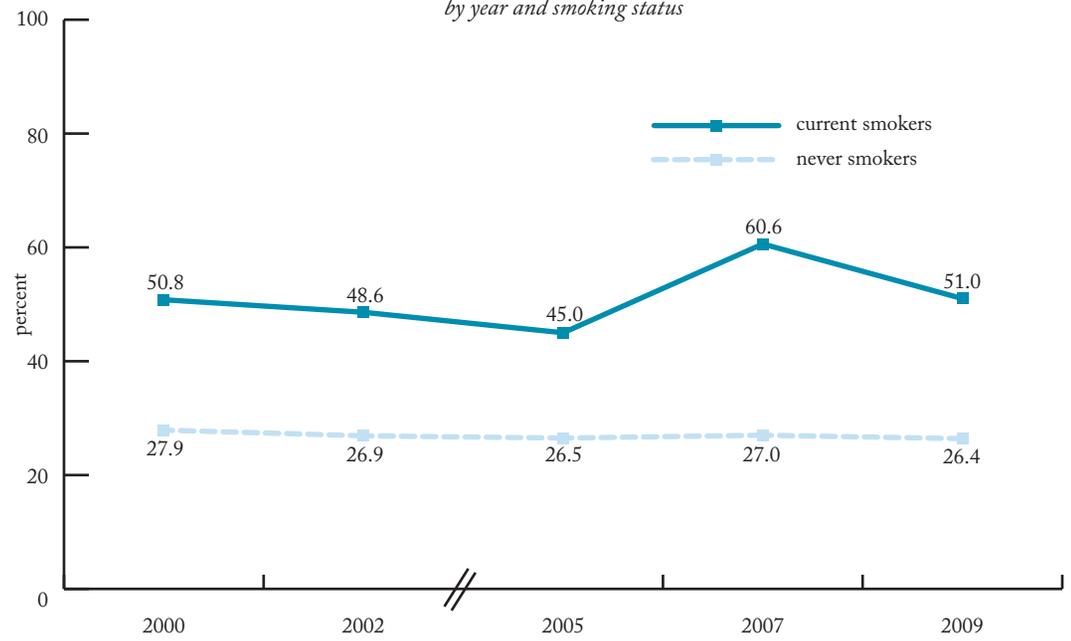
# TRENDS IN ENVIRONMENTAL TOBACCO SMOKE EXPOSURE AT HOME

- During 2000-2009, the percentage of current smokers and never smokers in middle school who lived with someone who currently smoked cigarettes did not vary significantly
- During 2000-2009, the percentage of current smokers and never smokers in high school who lived with someone who currently smoked cigarettes did not vary significantly
- During 2000-2009, a significant decrease occurred in the percentage of Connecticut adults who were current cigarette smokers (19.9%-15.4%); yet, during 2000-2009, the percentage of middle school (41.1%-33%) and high school (39.9%-33.9%) students who reported living with a current cigarette smoker did not change significantly—*data not shown on graphs*

Middle school students who lived with someone who currently smoked cigarettes by year and smoking status



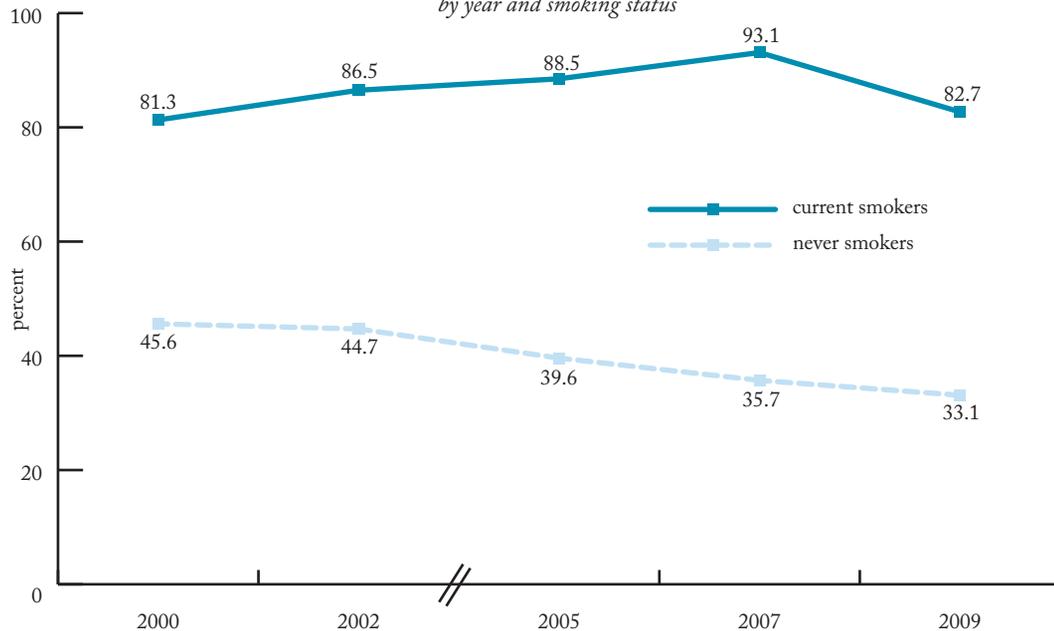
High school students who lived with someone who currently smoked cigarettes by year and smoking status



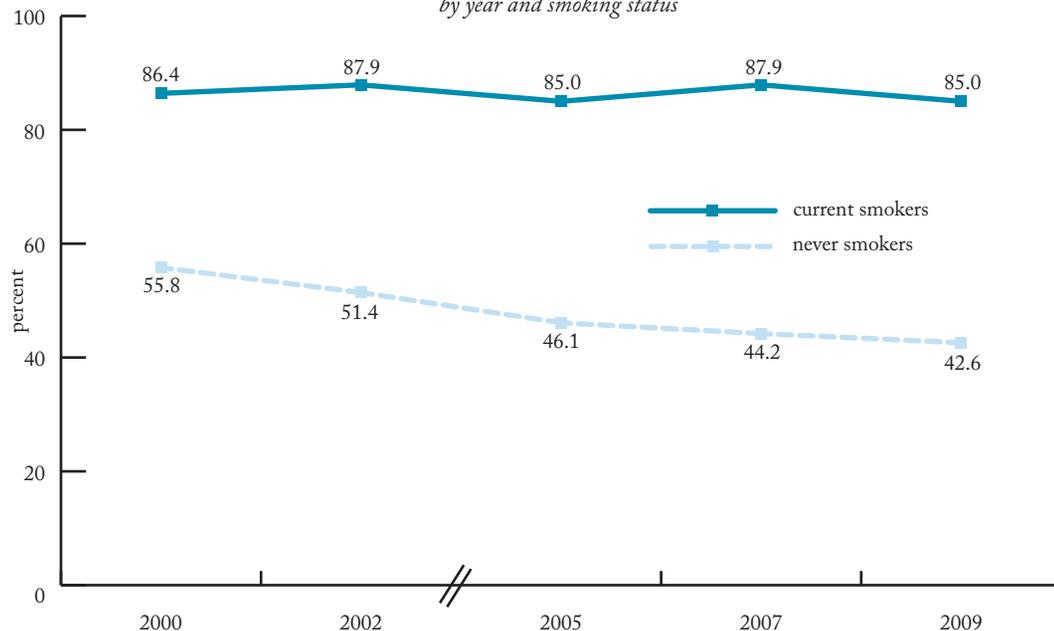
# TRENDS IN ENVIRONMENTAL TOBACCO SMOKE EXPOSURE IN A ROOM

- During 2000-2009, a significant decrease occurred in the percentage of middle (45.6%-33.1%) and high school (55.8%-42.6%) never smokers who had been in the same room with someone who was smoking cigarettes on one or more of the past seven days
- During 2000-2009, the percentage of middle and high school current smokers who had been in the same room with someone who was smoking cigarettes on one or more of the past seven days did not vary significantly
- During 2000-2009, a significant decrease occurred in the percentage of middle school (54.6%-37.1%) and high school (70.2%-53.9%) students who had been in the same room with someone who was smoking cigarettes on one or more of the past seven days—*data not shown on graphs*

Middle school students who had been in the same room with someone who was smoking cigarettes on one or more of the past seven days by year and smoking status



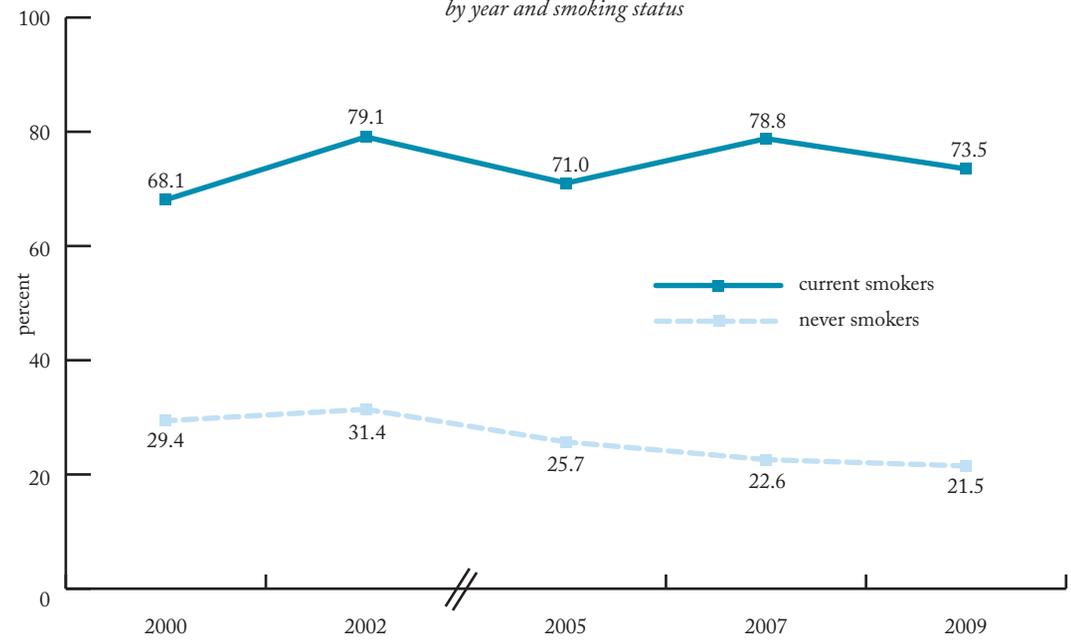
High school students who had been in the same room with someone who was smoking cigarettes on one or more of the past seven days by year and smoking status



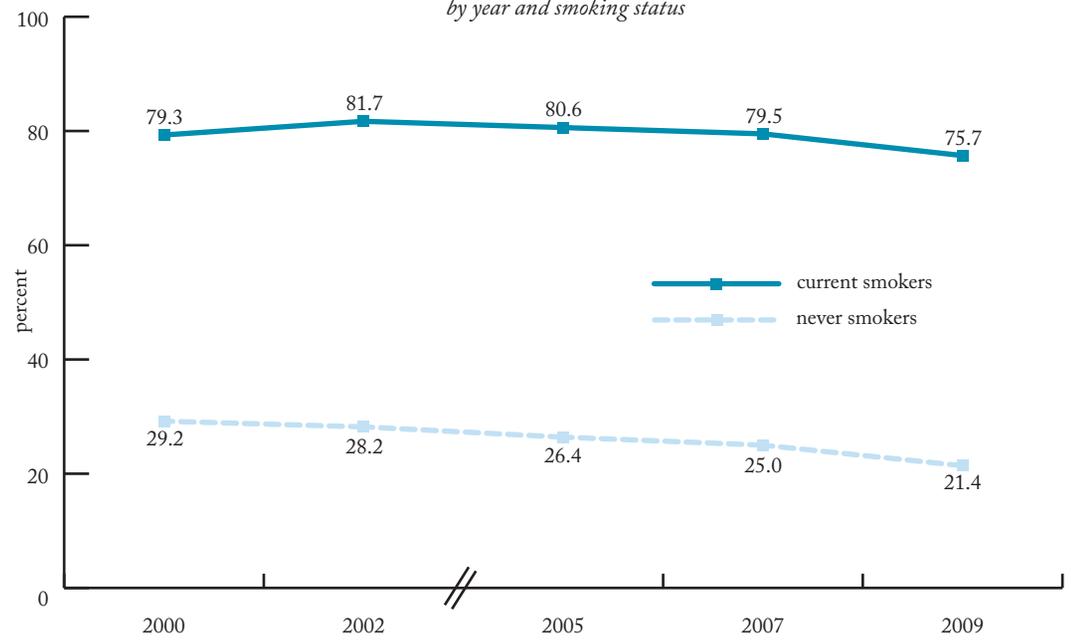
# TRENDS IN ENVIRONMENTAL TOBACCO SMOKE EXPOSURE IN A CAR

- During 2000-2009, the percentage of current smokers in middle school who had ridden in a car one or more times in the past seven days with someone who was smoking cigarettes (recent exposure) increased (68.1%-73.5%), but not significantly
- During 2000-2009, the percentage of middle school never smokers who had had recent exposure to cigarette smoke in a car decreased (29.4%-21.5%), but not significantly
- During 2000-2009, the percentage of high school current smokers who had had recent exposure to cigarette smoke in a car decreased (79.3%-75.7%), but not significantly
- During 2000-2009, the percentage of high school never smokers who had had recent exposure to cigarette smoke in a car decreased (29.2%-21.4%), but not significantly
- During 2000-2009, a significant decrease occurred in the percentage of middle school (39.5%-25.6%) and high school (51.2%-34.4%) students who had had recent exposure to cigarette smoke in a car—*data not shown on graphs*

Middle school students who had ridden in a car during the past seven days with someone who was smoking cigarettes by year and smoking status



High school students who had ridden in a car during the past seven days with someone who was smoking cigarettes by year and smoking status



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TECHNICAL NOTES  
&  
TABLES

# SURVEY INSTRUMENT & SAMPLING DESIGN

The Youth Tobacco Component (YTC) of the 2009 Connecticut School Health Survey (CSHS) is based on the core questionnaire from the National Youth Tobacco Survey administered federally by the Centers for Disease Control and Prevention (CDC). The Connecticut instrument contains 79 questions that collect demographic information about the student, as well as data on current and lifetime use of tobacco products including cigarettes, smokeless tobacco, cigars, pipes, and bidis; initiation, and cessation attempts; access to tobacco; attitudes and perceptions about tobacco; exposure to tobacco advertising; exposure to environmental tobacco smoke; and information relating to several other health topics. Many states are using CDC's core questions and procedures for their statewide assessments. This survey provides a good source of comparison data to complement national data.

The 2009 CSHS was conducted in public middle and high schools across Connecticut. For the YTC, a two-stage cluster design was used to produce a representative sample of all regular public school students in grades 6-8 and in grades 9-12 in Connecticut. In the first stage, schools are selected randomly within the grade range specified with a probability proportional to enrollment size. In all, 60 middle schools and 63 high schools were chosen. The second sampling stage consisted of systematic equal probability sampling (with a random start) of classes from each of the selected schools. All of the students within a selected class are eligible to take the survey; however, participation is voluntary. No individual identifying information is collected. A total of 2,377 students from 42 middle schools and 2,239 students from 49 high schools completed usable questionnaires. For middle schools, the school response rate was 70%, and the student response rate was 90.9%, yielding an overall response rate of 63.6%.\* For high schools, the school response rate was 77.8%, and the student response rate was 86.1%, yielding an overall response rate of 67%.

Once collected, the survey data were weighted by CDC's Office on Smoking and Health to reflect the likelihood of sampling each student and to reduce bias by compensating for differing patterns of non-response, and a post-stratification adjustment factor was calculated based on grade, sex, and race/ethnicity distribution among Connecticut students. Therefore, the data in this report are representative of all non-institutionalized, public middle and high school students in Connecticut, and these weighted results can be used to make important inferences concerning tobacco use health-risk behaviors of all regular public school students in grade 6 through 12. The sampling design does not allow for analysis at the school or district level. The CDC and DPH analyzed the data using SUDAAN® (Software for the Statistical Analysis of Correlated Data) software.

\*Overall response rate is computed as (number of participating schools/number of eligible sampled schools)\*(number of usable questionnaires/number of eligible students sampled in participating schools), rounded to the nearest integer.

DEMOGRAPHIC CHARACTERISTICS OF RESPONDENTS YOUTH TOBACCO COMPONENT				
CATEGORY	MIDDLE SCHOOL		HIGH SCHOOL	
	N	%	N	%
<b>SEX</b>				
MALE	1,168	49.3%	1,065	47.9%
FEMALE	1,200	50.7%	1,160	52.1%
MISSING	9	-	14	-
<b>RACE/ETHNICITY</b>				
WHITE, NON-HISPANIC	1,370	58.0%	1,322	59.4%
BLACK, NON-HISPANIC	280	11.8%	319	14.3%
HISPANIC	567	24.0%	472	21.2%
OTHER, NON-HISPANIC	146	6.2%	113	5.1%
MISSING	14	-	13	-
<b>GRADE</b>				
6	622	26.2%	-	-
7	925	39.0%	-	-
8	827	34.8%	-	-
9	-	-	527	23.6%
10	-	-	645	28.9%
11	-	-	620	27.8%
12	-	-	440	19.7%
MISSING	3	-	7	-
<b>AGE</b>				
12 OR YOUNGER	1,014	42.7%	4	0.2%
13	858	36.1%	3	0.1%
14	451	19.0%	230	10.3%
15	47	2.0%	541	24.2%
16	1	0.04%	638	28.5%
17	1	0.04%	548	24.5%
18 OR OLDER	4	0.2%	273	12.2%
MISSING	1	-	2	-
<b>TOTAL # PARTICIPANTS</b>		2,377	2,239	

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# GLOSSARY OF TERMS

# GLOSSARY OF TERMS

**BIDIS:** brown, leaf-wrapped cigarettes made primarily in India, which are available in different flavors such as chocolate and cherry.

**CURRENT:** engaging in a behavior, such as tobacco use, at least once in the 30 days prior to the survey.

**CURRENT CIGARETTE SMOKING:** smoking cigarettes on 1 or more days of the 30 days prior to the survey.

**CURRENT TOBACCO USE:** using any form of tobacco on 1 or more days of the 30 days prior to the survey.

**DAILY SMOKING:** smoking at least one cigarette per day on all 30 of the 30 days prior to the survey.

**ENVIRONMENTAL TOBACCO SMOKE (ETS)** (also known as secondhand smoke) is a complex mixture of gases and particles that come from a burning cigarette, cigar, bidi, or pipe tip (side stream smoke) and exhaled as mainstream smoke. ETS is a known human carcinogen (cancer-causing agent). More than 50 compounds in ETS have been identified as known or reasonably anticipated human carcinogens. ETS contains at least 250 chemicals that are known to be toxic or carcinogenic.

**EVER:** having ever used a product, such tobacco, or having ever engaged in a behavior at least once during their life.

**EVER CIGARETTE SMOKING:** having ever smoked cigarettes during their life, even one or two puffs.

**EVER-DAILY SMOKING:** having ever smoked at least one cigarette per day for 30 days in a row at anytime during their life.

**EVER TOBACCO USE:** having used cigarettes, smokeless tobacco, cigars, pipes, or bidis at anytime during their life.

**FEELING SAD OR HOPELESS:** having felt so sad or hopeless almost every day for two or more weeks in a row during the past 12 months that they stopped doing some usual activities.

**FREQUENT CIGARETTE SMOKING:** smoking cigarettes on 20 or more days of the 30 days prior to the survey.

**HIGH SCHOOL:** grades 9, 10, 11, and 12.

**MIDDLE SCHOOL:** grades 6, 7, and 8.

**NEVER CIGARETTE SMOKING:** having never tried a cigarette, even one or two puffs.

**NON-FREQUENT CURRENT SMOKING:** having smoked cigarettes on at least 1, but on fewer than 20, of the 30 days prior to the survey.

**NON-SMOKERS:** having not smoked at all during the 30 days prior to the survey.

**OVERALL:** the entire group of students in middle or high school.

**RACE/ETHNICITY:** computed from one of the following questions: 1.) "How do you describe yourself?" (students could choose more than one response) or 2.) "Which one of these groups best describes you?" (students could choose only one response). Response options for both questions were "American Indian or Alaska Native," "Asian," "Black or African American," "Hispanic or Latino," "Native Hawaiian or Other Pacific Islander," or "White." Students who selected "Hispanic or Latino" for either question were classified as "Hispanic." For students who did not choose "Hispanic or Latino," their response to "Which group best describes you?" was used. Students were classified as "white, non-Hispanic" if they selected "White." Students were classified as "black, non-Hispanic" if they selected "Black or African American." Students were classified as "other" if they selected any of the other options except "Hispanic or Latino." Data are presented only for black, non-Hispanic; Hispanic; and white, non-Hispanic students because the sample sizes of students from other racial/ethnic populations were too small for meaningful analyses.

**SIGNIFICANT DIFFERENCES:** reflect a statistical probability of  $p < 0.05$  that the difference seen between categories is due to chance. Conversely, when the term "no significant difference" or "insignificant" is used, the 95% confidence intervals around the point estimates overlap, making it impossible to tell whether a true difference exists.

**SUSCEPTIBLE TO STARTING SMOKING:** never smokers were classified as not being susceptible to smoking cigarettes if they responded that a) they would not smoke a cigarette soon; AND b) they would definitely not smoke in the next year; AND c) they would definitely not smoke if their best friend offered them a cigarette. All other never smokers were classified as being susceptible to starting cigarette smoking in the next year. (Centers for Disease Control and Prevention. *CDC Surveillance Summaries*, October 13, 2000. *MMWR* 2000; 49 (No. SS-10), p. 14)



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