Connecticut Department of Public Health Fact Sheet
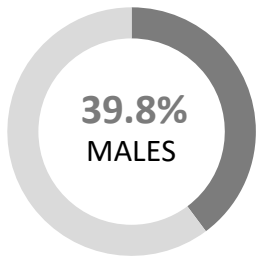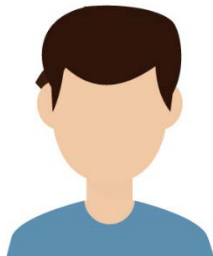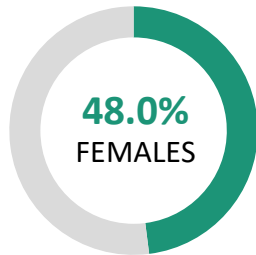## Tobacco Control Program | January 2023

2021 Tobacco Use Cessation Among High School Youth

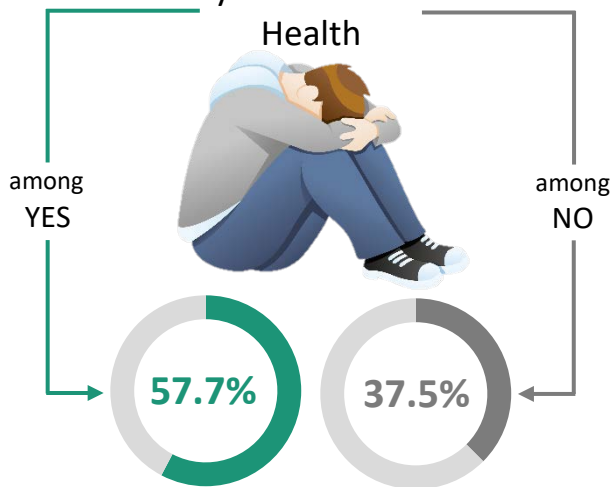**By Gender**

48.0% FEMALES
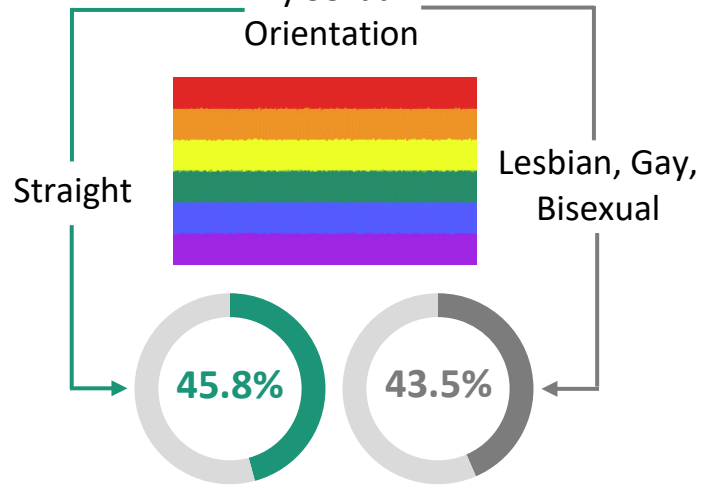
39.8% MALES

TOBACCO
PAST 12 MONTH QUIT RATE

44.1% of tobacco users tried to quit using tobacco for good

By Poor Mental Health

among YES

among NO

57.7%

37.5%

By Sexual Orientation

Straight

Lesbian, Gay, Bisexual

45.8%

43.5%

More than 11,000 high school students quit using tobacco for a day or longer in the past 12 months because they were trying to stop for good

Key Facts

- Results from the 2021 Youth Risk Behavior Survey estimate that among Connecticut high school students who used some form of tobacco, including cigarettes, cigars, electronic vapor products, hookahs, smokeless tobacco and pipes, approximately 11,300 or 44.1% tried to quit using all tobacco products for one day or longer in the past 12 months because they were trying to stop using tobacco for good (tobacco use cessation)

- In high school, female tobacco users (48.0%) were more likely than their male counterparts (39.8%) to have tried to quit using tobacco, but the difference between the two groups is not statistically significant

- High school tobacco users who reported their mental health was most of the time or always not good, including stress, anxiety, and depression, during the 30 days before the survey (57.7%) were significantly more likely than those who did not suffer from mental health problems (37.5%) to have tried to stop using tobacco

- The cessation rate was slightly higher among high school tobacco users who identify as heterosexual/straight (45.8%) than it was among their lesbian, gay or bisexual counterparts (43.5%), although the difference is not statistically significant