

YOUTH AND TOBACCO

Snohomish County Facts

- Compared to the state, 6th graders in Snohomish County were significantly less likely to have smoked a cigarette in the past month.
- 12th grade students, who have ever tried a cigarette decreased significantly since 2016, as did current use of cigarettes, hookah, and smokeless tobacco.
- There was a significant decrease in the percentage of 6th graders who think it is “very wrong” for someone their age to smoke cigarettes.
- There was a decrease from 2016 in the percentage of 10th grade students who think a person who smokes a pack a day or more is at “great risk” of physical harm.

CIGARETTES	6 TH GRADERS	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS
Have ever tried even one puff of a cigarette	~	11.2%	16.6%	22.6%
Currently* smoke cigarettes	0.5%	2.9%	4.9%	7.1%
Think it would be very easy to get cigarettes	4.9%	10.0%	16.1%	31.6%
Think it is harmful to smoke one or more packs of cigarettes a day	60.5%	71.5%	74.2%	75.7%
Think it is very wrong for someone their age to smoke cigarettes	86.7%	74.4%	63.9%	57.4%
CIGARS, CHEW, HOOKAH, & OTHER TOBACCO	6 TH GRADERS	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS
Currently* use cigars, cigarillos, or little cigars	~	1.2%	3.3%	5.6%
Currently* use chew, snuff or dip tobacco	1.2%	1.1%	2.2%	2.3%
Currently* use hookah to smoke tobacco or flavored tobacco	~	1.9%	3.5%	5.7%
OBTAINING TOBACCO	6 TH GRADERS	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS
Purchased from store or vending machine	~	0.9%	1.3%	3.9%
Gave someone else money to purchase for me	~	0.6%	1.9%	2.7%
Given/borrowed from someone else	~	0.6%	2.4%	2.8%
Took from a store/someone else	~	0.4%	0.6%	0.5%
<p>~ Not asked of students in this grade *Currently use = any use in the past 30 days (also called recent use). *Small, thin hand-rolled cigarettes imported to the United States primarily from India and other Southeast Asian countries. Bidis have higher concentrations of nicotine, tar, and carbon monoxide than conventional cigarettes sold in the United States.</p>				



YOUTH AND TOBACCO: WHAT WE CAN DO

Washington State Healthy Youth Survey Facts

- Survey questions focus on risk for injury, health behaviors and outcomes, alcohol and drug use.
- Results are used by communities to support youth and reduce risks.

More info available at: www.askhys.net

PARENTS

- Store all tobacco products securely out of sight and reach of anyone underage. Nicotine is especially toxic to young children.
- Talk to your children about how addictive nicotine is, and about the consequences of long-term tobacco use.
- Research methods of using tobacco like Snus and e-cigarettes/vapor devices. Vaping is not a safe alternative to smoking traditional cigarettes.
- If you smoke, and are not ready to quit, take it outside, no matter what the weather, and wear a designated jacket you can leave outside. Do not smoke in the car; toxins linger long after you finish smoking.
- Learn more about the health effects of tobacco use and find resources to quit on our website: www.snohd.org/smokefree

SCHOOLS AND COMMUNITY GROUPS

- Promote and enforce a consistent tobacco-free policy that includes vapor devices.
- Review and revise school tobacco policies to promote punishments other than out-of-school suspension, such as in-school suspension, participation in other groups and activities, or a research project on tobacco.
- Encourage students, parents, teachers, and other community members to report retailers who sell tobacco products to minors to the Liquor and Cannabis Board: <https://lcb.wa.gov/enforcement/report-violation>
- Integrate evidence-based substance use prevention curriculum into health classes. Teach about the dangers of alternative tobacco and nicotine delivery devices.
- Establish a peer-to-peer anti-tobacco health education group.

GOVERNMENT

- Increase the age of sale for all tobacco products to 21.
- Remove the use of flavors in all tobacco products.
- Provide funding for evidence-based prevention programs that target all substances, including nicotine and tobacco.

Participation by all of the Snohomish County school districts in the Healthy Youth Survey is much appreciated. School participation allows us to report on the current health status of our youth and track trends over time.

For more information about the Healthy Youth Survey, check out <http://www.askhys.net/> or to see Snohomish County Healthy Youth Survey Fact Sheets go to www.snohd.org.