



YOUTH AND TOBACCO

Snohomish County Facts

- 6th grade current cigarette and smokeless tobacco use have both been cut in half since 2006
- Across all grades surveyed, recent hookah use declined significantly compared to 2014—but this could be due to popularity in vaping, which is less conspicuous
- 8th grade current cigar use has declined by 80% in the last decade. It significantly decreased for 10th and 12th graders in that same time period as well

CIGARETTES	6 TH GRADERS	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS
Have ever tried even one puff of a cigarette	~	9.8%	17.7%	29.5%
Currently* smoke cigarettes	0.6%	3.2%	6.7%	10.6%
Think it would be very easy to get cigarettes	4.5%	8.4%	17.8%	36.1%
Think it is harmful to smoke one or more packs of cigarettes a day	78.7%	88.4%	90.8%	90.1%
Think it is very wrong for someone their age to smoke cigarettes	90.4%	77.7%	62.8%	49.3%
CIGARS, CHEW, HOOKAH, & OTHER TOBACCO	6 TH GRADERS	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS
Currently* use cigars, cigarillos, or little cigars	~	1.3%	4.2%	8.0%
Currently* use chew, snuff or dip tobacco	0.7%	1.6%	2.7%	5.0%
Currently* use hookah to smoke tobacco or flavored tobacco	~	2.4%	5.0%	8.8%
OBTAINING TOBACCO	6 TH GRADERS	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS
Purchased from store or vending machine	~	0.9%	2.1%	6.7%
Got someone else money to purchase for me	~	0.8%	1.5%	1.9%
Given/borrowed from someone else	~	1.3%	1.6%	3.6%
Took from a store/someone else	~	0.6%	1.0%	0.4%
<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

- Questions ask about 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

- Do not smoke in your car. Toxins remain in the vehicle long *after* you finish a cigarette, and rolling the windows down does not eliminate them.
- Secure all tobacco products to avoid under-age access. Nicotine is especially toxic to young children.
- Talk to your children about nicotine addiction and the consequences of long-term tobacco use.
- Research newer methods of using tobacco like Snus and e-cigarettes/vapor devices. New vapor device regulations are slowly taking effect. Vaping poses health risks and are 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.
- Learn more about the health effects of tobacco use and find resources to quit on our website:
 - <http://www.snohd.org/Healthy-Living/Smoke-Free-Living>

SCHOOLS AND COMMUNITY GROUPS

- Provide education about the dangers of alternative tobacco and nicotine delivery devices. Many teens view smokeless tobacco, hookah, and e-cigarettes or vapor devices to be “safe” compared to cigarettes.
- Establish a peer-to-peer anti-tobacco health education group
- Promote and enforce a consistent tobacco-free campus policy district-wide and update the policy to include vapor devices.

GOVERNMENT

- Update city and county codes, ordinances, and policies to include tobacco-free grounds, parks, and all public places.
- Continue to enforce the 25-foot restriction on smoking near public entrances, exits, and windows.

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.

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