



YOUTH AND TOBACCO

Snohomish County Facts

- 6th, 8th, and 10th graders have been reporting every year that it's less easy for them to get cigarettes. This may be one reason why the number of 8th and 10th graders saying they currently smoke has been cut in half in the last six years!
- More students across all grades use vapor devices than traditional cigarettes
- Of those in 8th grade who have tried even one puff of a cigarette, more than one-third did so for the first time at age of 10 or younger

CIGARETTES	6 TH GRADERS	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS
Have ever tried even one puff of a cigarette	~	12.2	18.6	31.9
Currently* smoke cigarettes	1.1	3.1	7.2	14.6
Think it would be very easy to get cigarettes	5.4	10.9	18.5	44.5
Think it is harmful to smoke one or more packs of cigarettes a day	76.1	90.3	92.9	92.4
Think it is very wrong for someone their age to smoke cigarettes	87.9	75.6	63.4	49.2
CIGARS, VAPING, HOOKAH, & OTHER TOBACCO	6 TH GRADERS	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS
Currently* use cigars, cigarillos, or little cigars	~	1.8	4.1	9.3
Currently* use electronic cigarettes or vape pens	~	9.1	16.6	22.1
Currently* use tobacco that tastes like candy, fruit, or alcohol (tobacco includes little cigars, bidis [†] , cloves, chew, spit, snus, hookah)	~	4.6	9.5	16.2
Currently* use hookah to smoke tobacco or flavored tobacco	~	5.7	11.8	17.4
CHEW, SNUFF OR DIP	6 TH GRADERS	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS
Currently* use chew, snuff or dip tobacco	1.6	1.1	3.2	4.2
SECONDHAND SMOKE	6 TH GRADERS	8 TH GRADERS	10 TH GRADERS	12 TH GRADERS
Smoking is allowed inside their house	~	13.9	11.5	11.0
Lives with someone who smokes cigarettes	~	27.3	25.6	24.9
<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>				

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YOUTH AND TOBACCO: WHAT WE CAN DO

Washington State Healthy Youth Survey Facts

- Students participate across the state representing all 39 counties
- All 14 school districts in Snohomish County take part in the survey
- 75% of students across the four grades took the survey—that's 11,852 students!
- 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. Vapor devices are unregulated and pose 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.

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 tobacco-free campus policy 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 ban 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.