



Teen Tobacco Use: Wyoming, 2011

Wyoming Department of Health

2014

Tobacco Use Among Wyoming Teens

Overview

Tobacco is the leading cause of preventable and premature death in the U.S. An estimated 88% of adult tobacco users in the U.S. start before they turn 18. The younger the age someone starts smoking, the more likely that person is to become a regular smoker.¹ Consequently, teen smoking rates have a large impact on the overall burden of tobacco related disease.

Prevalence

Wyoming teens in 9th through 12th grade were significantly more likely to be current smokers (defined as smoking at least once in the past 30 days) compared to teens nationally (22.0% vs. 18.1% nationally). Wyoming teens were also significantly more likely to smoke consistently (every day of the past 30) and heavily (more than 10 cigarettes per day) than teens nationally.

Other Tobacco Products

Wyoming teens are significantly more likely to use chewing tobacco (15.1%) than are teens nationally (7.7%). Additionally, 30.0% of Wyoming teens report using any form of tobacco including cigarettes, cigars, and chewing tobacco in the past 30 days.

Initiation and Quitting

Two ways to reduce teen tobacco use are to decrease the number of teens who start smoking and to help current teen tobacco users to quit. In Wyoming, 13.7% of teens report smoking an entire cigarette for the first time before age 13. Of current teen tobacco users in Wyoming, 54.7% report that they tried to quit within the past 12 months. Wyoming teens who want help quitting can contact the Wyoming Quitline online at QuitWyo.org or call **1.800.Quit.Now**.

Reported Tobacco Use of 9th to 12th Graders– YRBS 2011



Smoked cigarettes in the past 30 days*

- Wyoming: 22.0% National: 18.1%



Current smokers who tried to quit in the past year

- Wyoming: 54.7% National: 49.9%



Used chewing tobacco in the past 30 days*

- Wyoming: 15.1% National: 7.7%



Used any type of tobacco in the past 30 days*

- Wyoming: 30.0% National: 23.4%

*Indicates difference is statistically significant

Evidence-Based Strategies

Targeting interventions to address tobacco use among teens requires an understanding of what influences teens. Factors associated with teen tobacco use include: social norms portrayed in advertising, peer use, parental smoking, low socioeconomic status, and the availability and pricing of tobacco products.² While all of these factors represent potential points for intervention, the evidence for specific intervention varies as does the feasibility of implementing specific strategies. Two evidence-based strategies are presented below: one targeting teens through school-based programs and the other targeting the availability of tobacco products.

Strategy: School-based programs to prevent smoking

Facts:

- 48.1% of Wyoming teens have ever tried cigarette smoking
- 13.7% of Wyoming teens smoked a cigarette before age 13

Interventions:

- Curricula combining social competence and social influences training were most effective in the short term
- Curricula focused only on preventing tobacco use were effective in studies that followed teens for more than one year

Impact: Six studies found that students who received interventions containing social competence and social influences components were half as likely to begin smoking compared to the control group.³

Cochrane Review: School-based programs for preventing smoking

Strategy: Community Mobilization to Restrict Minors' Access to Tobacco

Fact::

- 11.3% of Wyoming teens buy their own tobacco

Interventions:

- Stronger restrictions on retailer sales of tobacco products
- Restrictions directed at youth purchase, possession or use
- Active enforcement of tobacco sales laws
- Retailer education

Impact: Nine studies found a 33.5% median decrease of retail tobacco sales to teens. Self-reported tobacco use among teens at 12-24 month follow up showed a median decrease of 5.8%.⁴

Thecommunityguide.org:
Tobacco Interventions



What is YRBS?

The Youth Risk Behavior Survey (YRBS) is a surveillance project of the Wyoming Department of Education and the Centers for Disease Control and Prevention. Wyoming YRBS collects population-based data on health risk behaviors among students. Data from this report includes surveys of 9th-12th graders. To learn more about YRBS, please visit: <http://www.cdc.gov/HealthyYouth/yrbs/index.htm>

References:

- 1) U.S. Department of Health and Human Services. Preventing Tobacco Use Among Youth and Young Adults: A Report of the Surgeon General. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Office on Smoking and Health, 2012 [accessed 2013 September 27].
- 2) Centers for Disease Control and Prevention. Current Tobacco Use Among Middle and High School Students—United States, 2011. Morbidity and Mortality Weekly Report 2012;61 (31):581–5 [accessed 2013 September 27].



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