



## **Tobacco Use Among Virginia's Middle and High School Students**

**Results of the 2009 Youth Tobacco Survey:  
Including comparisons to the 2001, 2003, 2005, and 2007 survey results**

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Richmond, Virginia  
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## Executive Summary

The 2009 Virginia Youth Tobacco Survey was conducted in the 2009-2010 school year. A total of 3,928 surveys were completed by Virginia's public school students in grades 6 through 12. Surveys were collected from 2,101 middle school students and 1,827 high school students.

Students were asked about tobacco use, availability of tobacco products, environmental tobacco smoke, tobacco prevention education, tobacco advertisements, and depictions of tobacco in media. In addition to these sections, students were asked about lifetime and current prevalence of asthma, as well as use of an emergency room for asthma-related illness. Survey results indicate that a slight increase in rates of tobacco use for Virginia youth was seen from the 2007 to 2009. Some of the findings of this survey include (numbers have been rounded to facilitate ease of reading, specific numbers can be found in the appendices).

- The proportion of students reporting having ever used any tobacco products was 45% in 2009. Thirty percent (30%) of middle school students and 57% of high school students reported that they have ever used a tobacco product. (For 2009, tobacco products are defined as cigarettes, cigars, smokeless tobacco, bidis [leaf-wrapped, flavored cigarettes from India], kreteks [clove cigarettes], Black and Milds, hookahs [waterpipe, shisha, narghile], and SNUS [tobacco that comes in a small pouch similar to snuff]. SNUS [tobacco that comes in a small pouch, similar to snuff] were included for the first time in 2009.)
- Of all students, 33% reported that they had ever smoked cigarettes. This is up slightly from 2007, when 31% reported that they had ever smoked cigarettes. Seventeen percent (17%) of middle school students and 45% of high school students reported that they had ever smoked cigarettes. This rate dropped slightly for middle school students and rose for high school students since 2007. Rates from 2007 were 18% for middle school students and 41% for high school students. Those who reported ever use of smokeless tobacco or cigars rose slightly from 2007 to 2009 for both middle and high school students.
- Twenty-six percent (26%) of all students surveyed report that they currently use tobacco products (one or more days during the past month). Fourteen percent (14%) of Virginia's middle school students and 34% of high school students reported that they currently use tobacco products. (Tobacco products are defined as cigarettes, cigars, smokeless tobacco, pipes, bidis [leaf-wrapped, flavored cigarettes from India], hookahs, Black and Milds, and SNUS [tobacco that comes in a small pouch, similar to snuff].)
- Thirteen percent (13%) of all students surveyed in 2009 report that they currently smoke cigarettes, up slightly from 11% in 2007. Four percent (4%) of middle school students and 20% of high school students report that they currently smoke cigarettes. The high school rate rose from 16% in 2007, while the middle school rate dropped slightly from 5%. The rate of all students who reported currently using smokeless tobacco decreased from 6% in 2007 to 5% in 2009. Two percent (2%) of Virginia's middle schools students and 7% of high school students reported that they currently use smokeless tobacco.
- The rate of students who reported use of any tobacco product (cigarettes, smokeless or cigars) before the age of 13 rose slightly from 14% in 2007 to 15% in 2009. The percentage of students who reported having smoked a whole cigarette before age 13 rose slightly to 10% in 2009 from 9% in 2007. The rate of students who reported using smokeless tobacco before they turned 13 rose slightly from 4% in 2007 to 5% in 2009.

- In 2009, only 24% of students, aged 17 or younger, who tried to buy cigarettes in the past 30 days were refused because of their age.
- In 2009, 27% of students were deemed to be at high risk for becoming an established smoker, down slightly from 29% in 2007. The percentage of middle school students at a high risk for becoming established smokers dropped slightly from 2007 to 2009, from 19% to 16%. The percentage of high school students at high risk of becoming established smokers stayed the same, at 35%.
- Five percent (5%) of all students were established smokers in 2009, up slightly from 4% in 2007. Eight percent (8%) of high school students were established smokers, having smoked over 100 cigarettes in their lifetime and on 20 or more of the past 30 days. This is up from 6% in 2007. Less than one percent (.4%) of middle school students were noted as established smokers. This is similar to 2007, when .9% were found to be established smokers.
- Students who have tried smoking cigarettes, but have smoked less than 100 cigarettes in their lifetime, were considered experimenters. Thirty percent (30%) of high school students and 14% of middle school students were experimenters.
- Overall, 37% of students taking the survey reported that they lived with someone who smoked, up only slightly from 36% in 2007.
- In 2009, 26% of Virginia's youth in grades 6 through 12 reported that they have been told by a doctor or a nurse that they had asthma at some point in their lives. Of these, 40% report that they don't have asthma currently.
- The percentage of students who reported having an episode of asthma or an asthma attack in the 12 months preceding the survey was 11%. African-American students were more likely than other students to report having current asthma, with 14% having had an attack in the past twelve months. Fewer White (10%) and Hispanic (10%) students noted an asthma episode in the previous 12 months.

## Introduction

The Virginia Youth Tobacco Survey (Virginia YTS) is sponsored by the Virginia Foundation for Healthy Youth, and administered by Virginia Commonwealth University's Survey and Evaluation Research Laboratory (SERL), with guidance from the Center for Disease Control and Prevention (CDC). The Youth Tobacco Survey (YTS) was designed by the CDC as part of its Youth Tobacco Surveillance and Evaluation System.

The purpose of the YTS is to provide states with the data needed to design, implement, and evaluate comprehensive tobacco control programs that work to prevent youth from initiating tobacco use and help those who have already started using tobacco to quit. State Youth Tobacco Surveys were first offered in 1998, when three states participated. There has been a gradual increase in state participation each year. Currently, YTS is conducted in 50 states and the District of Columbia every other year, an effort that began in the fall of 1999. Virginia first participated in 2001 and continued participation in 2003, 2005, 2007 and 2009.

The aim of the Virginia YTS is to assess Virginia's youth tobacco use among individuals in grades 6 through 12. The information obtained from the survey provides details that can be used to more effectively target, plan and improve prevention and cessation programs throughout the state. Additionally, the data collected through conducting this survey can be compared to the national data collected on youth smoking to provide a more complete understanding of youth smoking in Virginia. The Virginia Tobacco Settlement Foundation has sponsored this data collection in the past and expects to continue sponsoring this state survey effort every other year.

The prevalence of cigarette smoking nationwide among high school students increased during the 1990s, peaking during 1996–1997, then began a gradual decline<sup>1</sup>. Published reports regarding national youth surveys have found that the rate of decline in teens' use of cigarettes has been decelerating over the past several years

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<sup>1</sup> Bloom B, Cohen RA, Freeman G. Summary health statistics for U.S. children: National Health Interview Survey, 2008. National Center for Health Statistics. Vital Health Stat 10(244). 2009.

and has even halted in some cases, especially for younger students<sup>2</sup>. Results from the 2008 Monitoring the Future Study (using a nationally representative sample of approximately 46,000 8th-, 10th-, and 12th-grade students) show that in 2008, the rates of current smoking among teenagers were the lowest observed since the initiation of the survey (1975 for 12th graders and 1991 for 8th and 10th graders)<sup>3</sup>.

In 2008, SAMHSA's National Survey on Drug Use and Health found that 2% of 12-13 year olds, 7.6% of 14-15 year olds, and 16.8% of 16-17 year olds were current smokers.<sup>4</sup> Additionally, national reports found rates of smoking to be similar between males and females, with both genders decreasing in their cigarette usage (though decreases for females were not statistically significant).<sup>4 5 6</sup> During adolescence differences in smoking rates have been found between racial/ethnic groups as well (i.e. Whites, African Americans, Hispanics). In 2009, Monitoring the Future found significantly higher rates for whites, than either Hispanics or African Americans, with African Americans reporting the lowest rate of use.<sup>5</sup> Other changes noted about adolescents nationally include a decrease in the availability of cigarettes and an increase in rates of "disapproval of smoking" and "risk in smoking a pack or more a day".<sup>5</sup>

Though a steady decline in the use of tobacco among adolescents has been reported (both Nationally and within Virginia), 46% of high school students nationally continue to report that they have tried cigarette smoking.<sup>7</sup> Research conducted by the CDC indicates that nationally about 1,000 adolescents each day become regular smokers.<sup>6</sup> Other research has found correlations between early smoking initiation and adult smoking behaviors,

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<sup>2</sup> Centers for Disease Control and Prevention. Cigarette Use Among High School Students – United States, 1991—2007, June 27, 2008. MMWR 2008; 57(25); 689-691.

<sup>3</sup> Johnston LD, O'Malley PM, Bachman JG, Schulenberg JE. Various stimulant drugs show continuing gradual declines among teens in 2008, most illicit drugs hold steady [news release]. Ann Arbor, MI: University of Michigan News Service; December 11, 2008. <http://www.monitoringthefuture.org/pressreleases/08drugpr.pdf>.

<sup>4</sup> Results from the 2008 National Survey on Drug Use and Health: National Findings. U.S. Department of Health and Human Services; Substance Abuse and Mental Health Services Administration; Office of Applied Studies. <http://oas.samhsa.gov/NSDUH/2k8NSDUH/2k8results.cfm>

<sup>5</sup> Johnston, L.D., O'Malley, P.M., Bachman, J.G., Schulenberg, J.E. (2009). Monitoring the Future: National Results on Adolescent Drug Use: Overview of Key Findings 2009. U.S. Department of Health and Human Services; National Institutes of Health.. <http://monitoringthefuture.org/data/data.html>

<sup>6</sup> Summary Health Statistics for U.S. Children: National Health Interview Survey, 2009. U.S. Department of Health and Human Services; Centers for Disease Control and Prevention. [http://www.cdc.gov/nchs/data/series/sr\\_10/sr10\\_244.pdf](http://www.cdc.gov/nchs/data/series/sr_10/sr10_244.pdf)

<sup>7</sup> YRBS: 2009 National Youth Risk Behavior Survey of 9<sup>th</sup> through 12<sup>th</sup> grade students in both public and private schools in the United States. Available: [http://www.cdc.gov/HealthyYouth/yrbs/pdf/us\\_overview\\_yrbs.pdf](http://www.cdc.gov/HealthyYouth/yrbs/pdf/us_overview_yrbs.pdf)

specifically individuals who start smoking earlier in life tend to be heavier smokers and peak in their smoking behavior sooner.<sup>8</sup> These findings indicate that though significant strides have been made towards eradicating tobacco usage among adolescence, prevention, intervention and education programs concerning tobacco use are still greatly needed for individuals within this age group. Thus, it is still crucial to collect data that will help us to refine and target these efforts.

Asthma is known to be a leading chronic illness among children across the nation; therefore we can assume that it is in the Commonwealth. In 2008, thirteen percent of children in the U.S. had ever been diagnosed with asthma, and 9.4% of U.S. children currently have asthma.<sup>1</sup> Asthma attacks, also referred to as episodes, can be caused by irritants, such as tobacco smoke, or allergens, such as dust, animal dander, and certain molds, chemicals, and strong odors. The only data collection instrument used in Virginia that addresses asthma at this time is the Centers for Disease Control and Prevention's Behavioral Risk Factor Surveillance System (BRFSS) which only captures information on adults, not children. Given the desire to know just how Virginia's youth fit within the national scope, questions related to asthma were added to the Virginia Youth Tobacco Survey in 2007 and repeated again in 2009. The questions added were designed to map to the BRFSS questions and addressed lifetime and current prevalence as well as use of an emergency room.

Since 2001, survey results from the Virginia YTS reported the following outcomes: declines were seen in the percentage of students using tobacco products from 2001 (initial state participation in the YTS) to 2003, and these percentages generally remained stable from 2003 to 2005. In 2007, we saw rates decline for current use of any tobacco product and for specifically for current use of cigarettes. The 2009 YTS showed a slight increase in both current use of any tobacco product and specifically for current use of cigarettes. Rates remained relatively stable from 2005-2009 for smokeless tobacco use and for use of cigars, bidis, and kreteks.

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<sup>8</sup> Hoffman, B.R., Sussman, S., Unger, J.B., Valente, T.W. (2006). Peer influences on adolescent cigarette smoking: A theoretical review of the literature. *Substance Use and Misuse*, 41. 103-155.

Over 3,900 students (middle school and high school students) from across the state of Virginia participated in the 2009 Youth Tobacco Survey. This report provides a complete look at the results of the 2009 Youth Tobacco Survey and describes changes in prevalence since the initial participation in this statewide effort. Please note that the calculated margin of sampling error for this survey ranged from +/- 1% to +/- 5% on individual items.

## Results

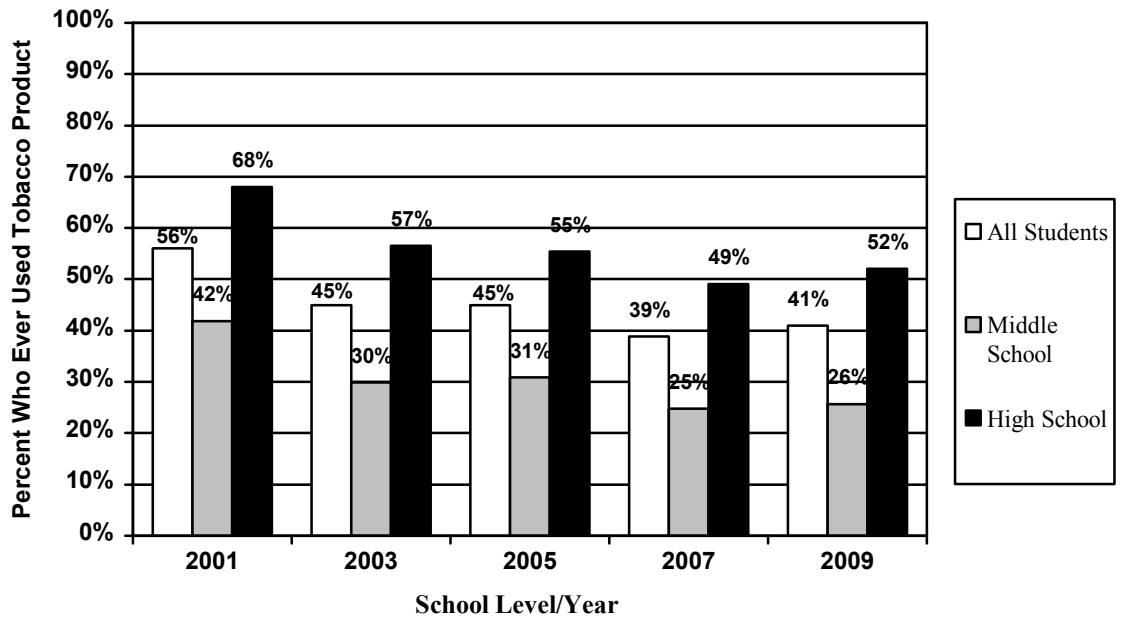
### Ever Use of Any Tobacco Product

Students reporting ever having used any tobacco products (cigarettes, smokeless tobacco, cigars, bidis or kreteks) fell from 56% to 45% from 2001 to 2003. This result was unchanged in 2005, with the percentage of students using any tobacco products remaining at 45%. The rate of students in grades 6 through 12 reporting use of any tobacco product dropped to 39% in 2007 and rose slightly in 2009 to 41% (Figure 1).

In 2007, two new ways of using tobacco were added to the survey: Smoking tobacco in a pipe or water pipe and smoking Black and Milds. In 2009, hookah was substituted for water pipe, and SNUS were added. When hookahs, Black and Milds, and SNUS are included with the other types of tobacco use (cigarette smoking, smokeless tobacco use, cigar/cigarillo/little cigar use, bidi use, and kretek use), slightly more students (45% vs. 41%) reported using a tobacco product in 2009.

# Figure 1: Ever Tried Any Tobacco Products by School Level and Year

Tobacco products include cigarettes, smokeless tobacco, cigars, bidis or kreteks

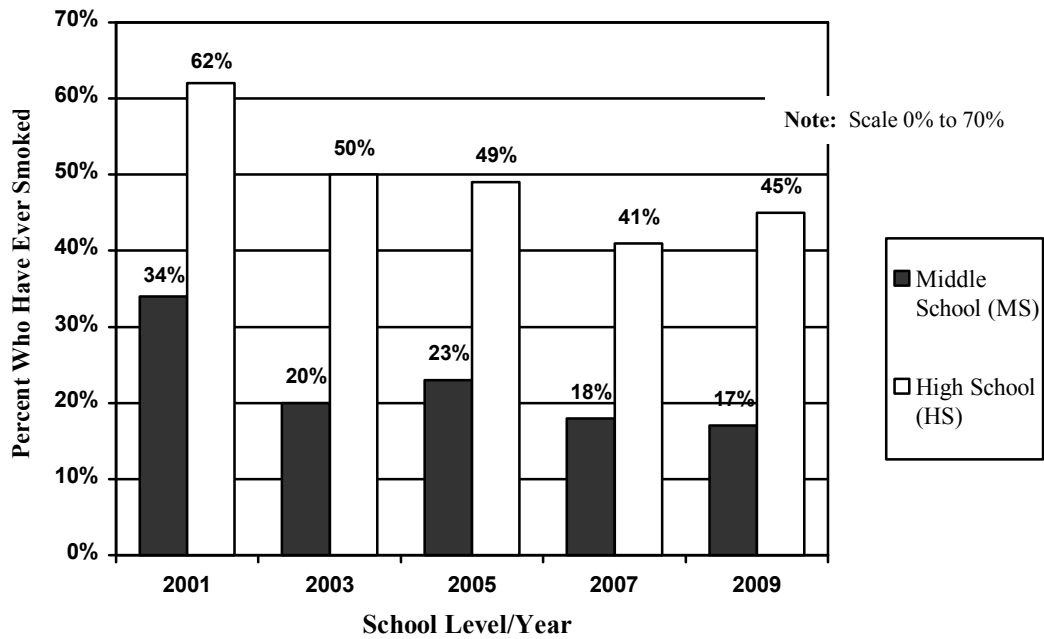


## **Ever Use of Cigarettes**

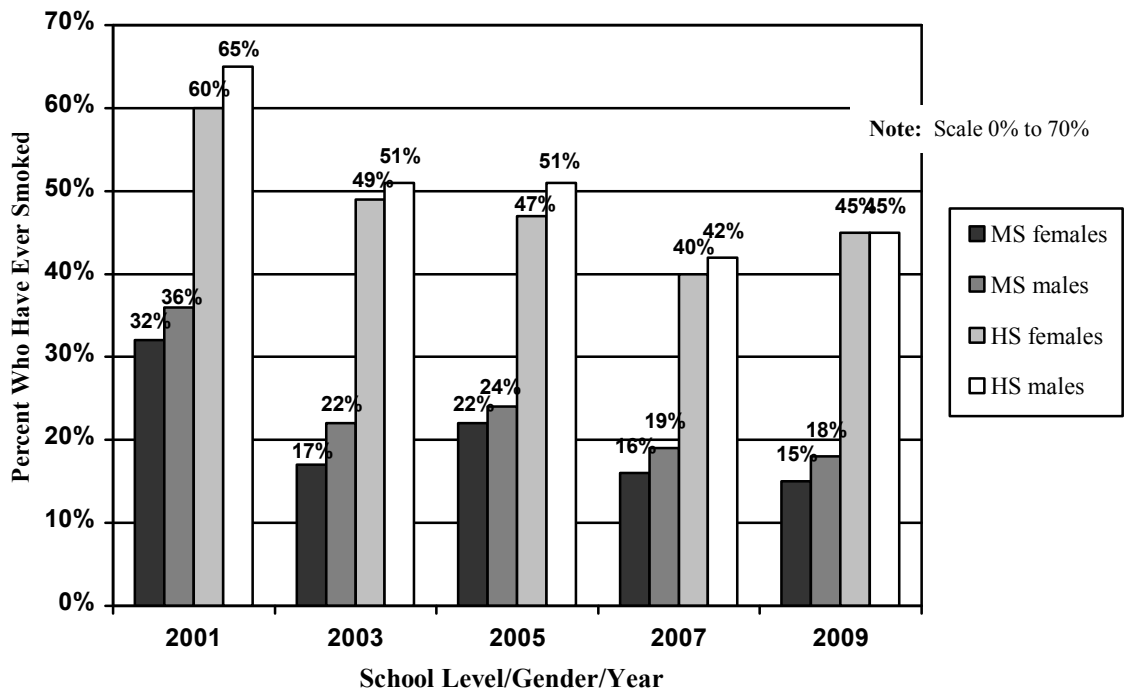
The percentage of students who had ever tried cigarettes rose slightly from 2007 to 2009: 31% of students reported they had tried cigarette smoking in 2007, while 33% reported that they had tried cigarettes in 2009. The percentage of Virginia middle school students who have ever smoked cigarettes dropped very slightly between 2007 and 2009, from 18% to 17%. This rate has been cut in half from a high of 34% in 2001. Virginia high school students saw a rise from 41% to 45% between 2007 and 2009. As Figure 2 shows, the 2009 ever use of cigarettes rate for high school students is still lower than the rates from 2001-2005. The National Youth Risk Behavior Survey shows the national rate for high school students who have ever tried cigarettes to be at 46%. Figure 3 shows how the rate of middle school females who had ever tried smoking cigarettes dropped very slightly from 16% in 2007 to 15% in 2009; middle school males saw a similar decline from 19% to 18% during the same period. The percentage of high school females who reported ever having smoked cigarettes increased from 40% to 45% since 2007, while the percentage of high school males increased from 42% in 2007 to 45% in 2009.

The 2009 survey results showed an increase in the rate of students who had ever tried cigarette smoking among African-Americans, but not among White or Hispanic students (Figure 4). Ever-use among African-Americans increased from 33% in 2007 to 41% in 2009. The rate of Hispanic students who reported that they had ever smoked a cigarette dropped from 38% in 2007 to 32% in 2009. White students stayed steady at roughly 30%. For the first time since beginning the survey in 2001, African-Americans show the highest rate of students who have ever tried smoking cigarettes.

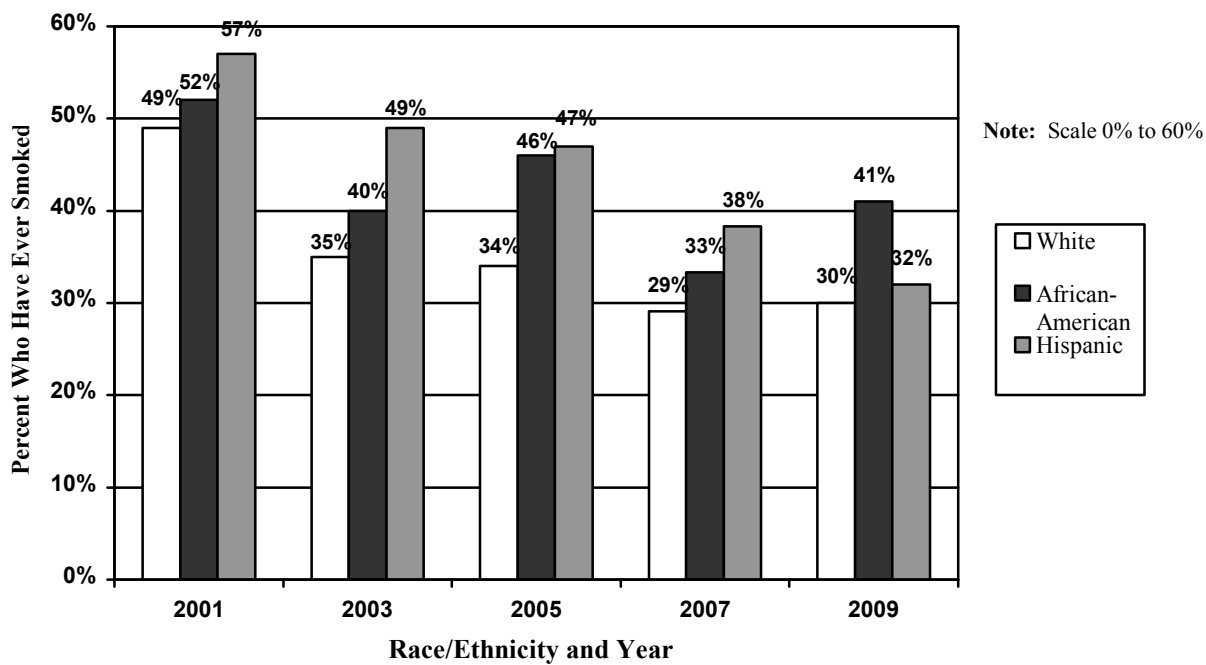
**Figure 2: Ever Smoked Cigarettes by Level and Year**



**Figure 3: Ever Smoked Cigarettes by Gender, Level, and Year**



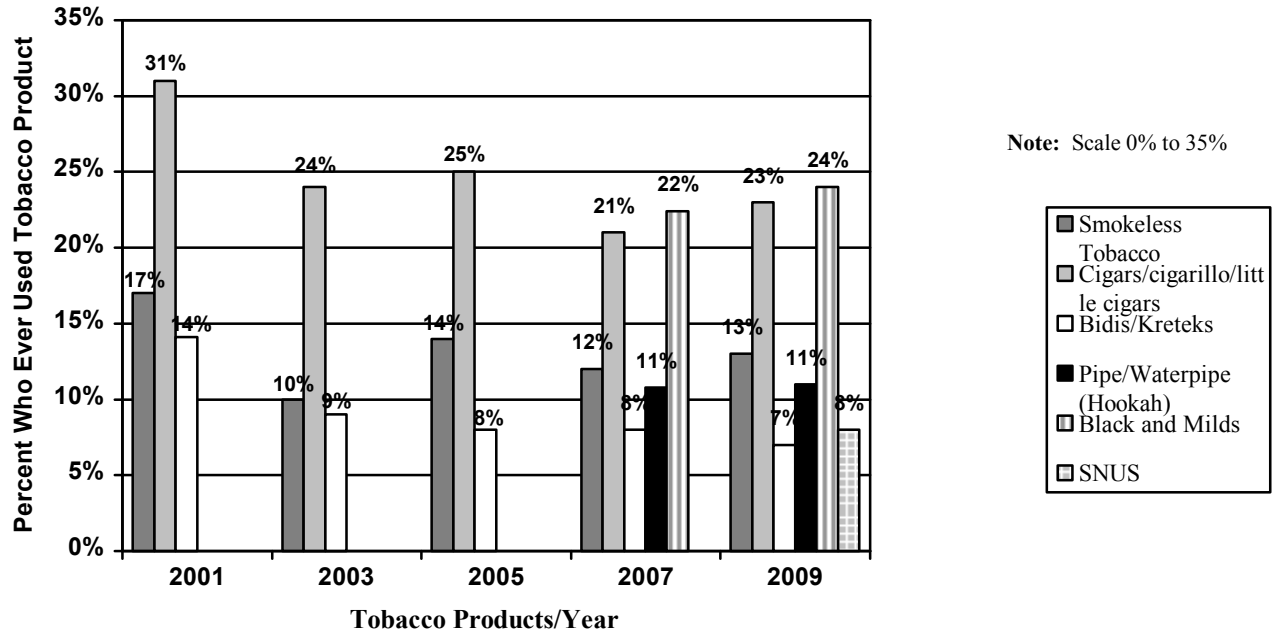
**Figure 4: Ever Smoked Cigarettes by Race/Ethnicity and Year**



## **Ever Use of Other Tobacco Products: Smokeless Tobacco, Cigars, Bidis, Kreteks, Pipes, Waterpipes/Hookas, Black and Milds and SNUS**

Virginia students reported decreases from 2005 to 2007 in the rate of students who had ever tried smokeless or chewing tobacco (from 14% to 12%), but as with smoking cigarettes, this rate increased slightly in 2009 (to 13%). Likewise, the rate of students who reported that they had ever tried cigars or cigarillos declined from 25% in 2005 to 21% in 2007, then rose slightly to 23% in 2009. The ever use of bidis or kreteks dropped very slightly from 2007 (8%) to 2009 (7%). In 2007 Eleven percent (11%) of students reported that they had ever tried smoking tobacco in a pipe or water pipe. In 2009 hookah was substituted for pipe and water pipe, and the rate held steady at 11%. The rate of students reporting that they had ever tried smoking a Black and Mild cigarillo rose slightly from 22% in 2007 to 24% in 2009. Eight percent (8%) of students reported that they had ever used SNUS (Figure 5). Results from the 2009 Youth Tobacco Survey showed a small increase in the use of each of the tobacco products included on the survey except for water pipes/hookahs and bidis and kreteks (from 2007).

**Figure 5: Ever Use of Other Tobacco Products by Year**

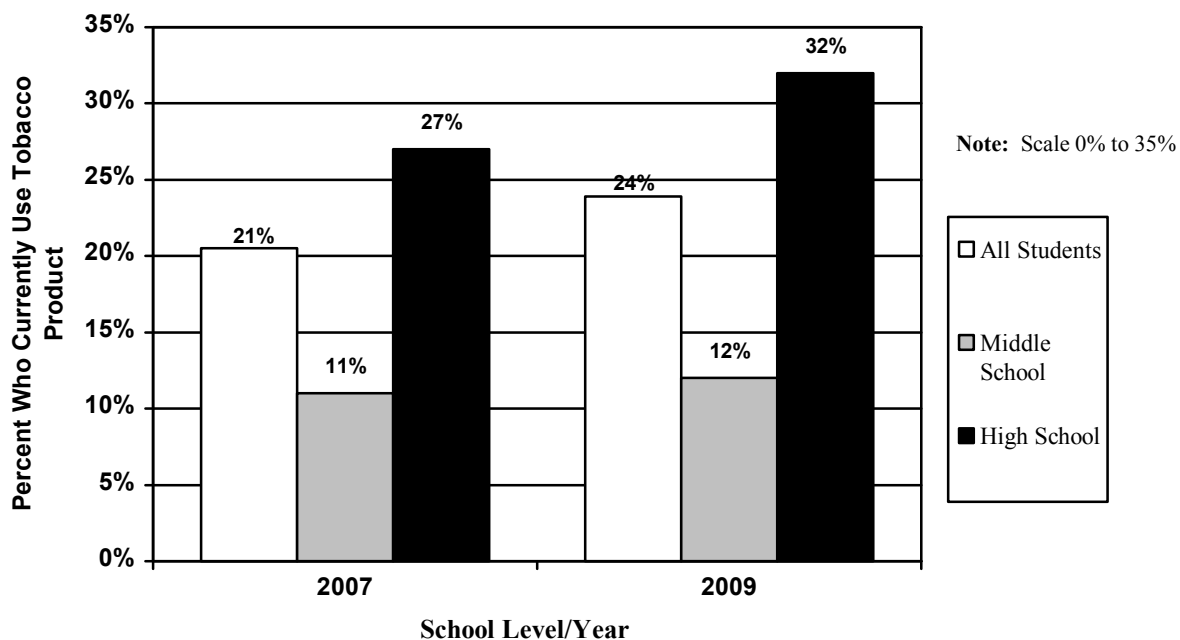


## **Current Use of Any Tobacco Products**

Students who reported using a tobacco product on one or more days during the past 30 days were considered to be current users. When considering the 6 types of tobacco products that the YTS has included on the survey in both 2007 and 2009 (cigarettes, smokeless tobacco, cigars, waterpipes, Black and Milds, and pipes), 24% of Virginia students report that they currently use a tobacco product, slightly higher than the 21% reported in 2007. The percentage of middle school students using these tobacco products remained fairly consistent from 2007 to 2009 (11% and 12%, respectively). High school responses from 2009 indicate that 32% of students were currently using a tobacco product, up from 27% in 2007. (Figure 6).

The 2009 survey included current use of cigarettes, cigars, smokeless tobacco, pipes, bidis, hookahs, Black and Milds, and SNUS. YTS results show the rate of all students currently using one or more of these 8 tobacco products is 26%. Thirty-four percent (34%) of high schools students report that they currently use of at least one of these products, compared to 14% of middle school students.

**Figure 6: Current Use of Any of 6 Tobacco Products (Cigarettes, Smokeless Tobacco, Cigars, Waterpipes, Black and Milds, and Pipes) by School Level and Year**



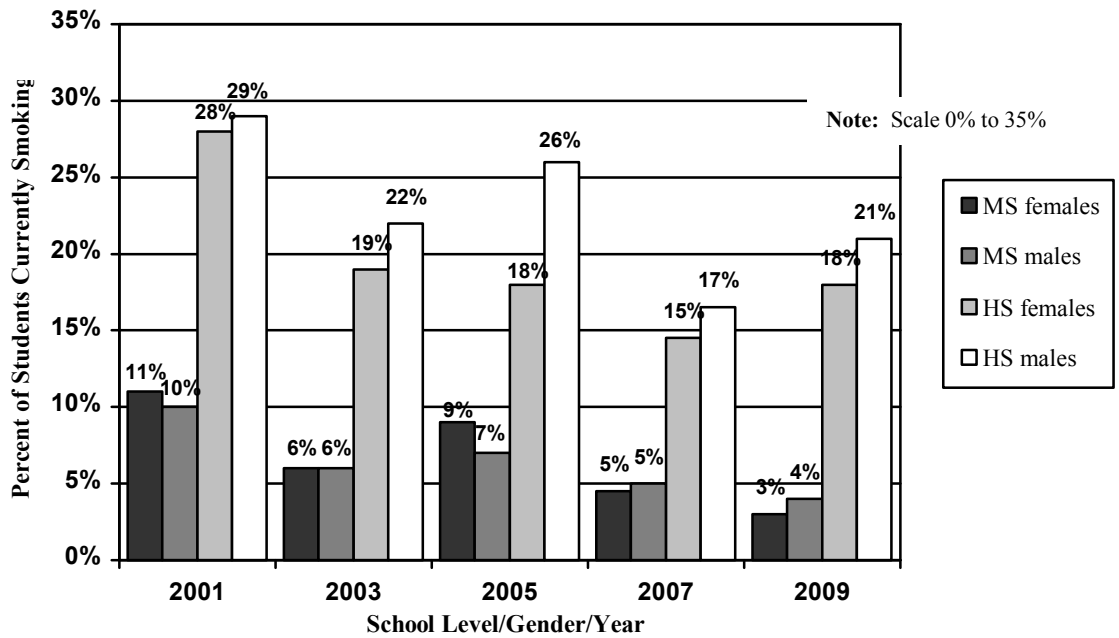
## **Current Use of Cigarettes**

In 2007, the percentage of current cigarette smokers in Virginia schools was reported at 11%, down from 16% in 2005. This rate rose slightly in 2009 to 13% of all students. The percentage of middle school students who are current smokers declined very slightly from 2007 to 2009 (from 5% to 4%), while the percentage of high school smokers rose (from 16% in 2007 to 20% in 2009). When reviewed by gender, the percentage of male and female middle school students who currently smoked cigarettes dropped from 5% for each gender in 2007 to 3% for female middle school students and 4% for male middle school students. This is the lowest rate for both sexes since the inception of the YTS in Virginia in 2001. Both male and female high school students realized a small increase in the rates of current smoking from 2007 to 2009. For female high school students the rate rose from 15% to 18%; while male high school students showed an increase from 17% to 21% (Figure 7).

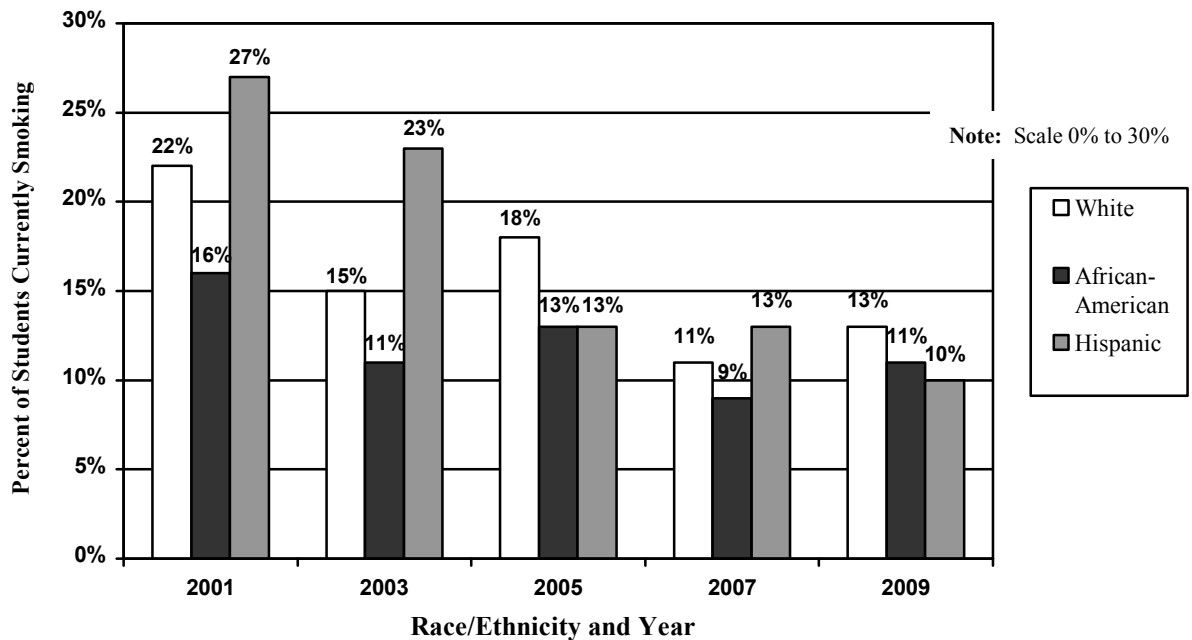
When examining the data by race/ethnicity, it was found that current smoking among Hispanic students continued to show a decline. The rate dropped from a high of 27% in 2001 to 10% in 2009. Hispanic students showed the lowest rate of current smoking among all races for the first time since Virginia began conducting the YTS in 2001. Both African-American and White students saw the percentage of current smokers rise between 2007 and 2009. African-American students reported an increase from 9% to 11%, and the percent of White students who reported currently using cigarettes rose from 11% to 13% during this time period (Figure 8).

In 2007, additional items were added to the YTS requesting information about what types of cigarettes current smokers usually smoke. The most popular brand continued to be Marlboro in 2009 (41% in 2007 and 40% in 2009), followed by Newport (28% in 2007 and 35% in 2009) and Camel (14% in 2007 and 9% in 2009). Most currently smoking students reported that the cigarettes that they usually smoked during the past 30 days were menthol (59% in 2009, up from 48% in 2007).

**Figure 7: Current Smoking (1 or More Days During Past Month) by Gender, Level, and Year**



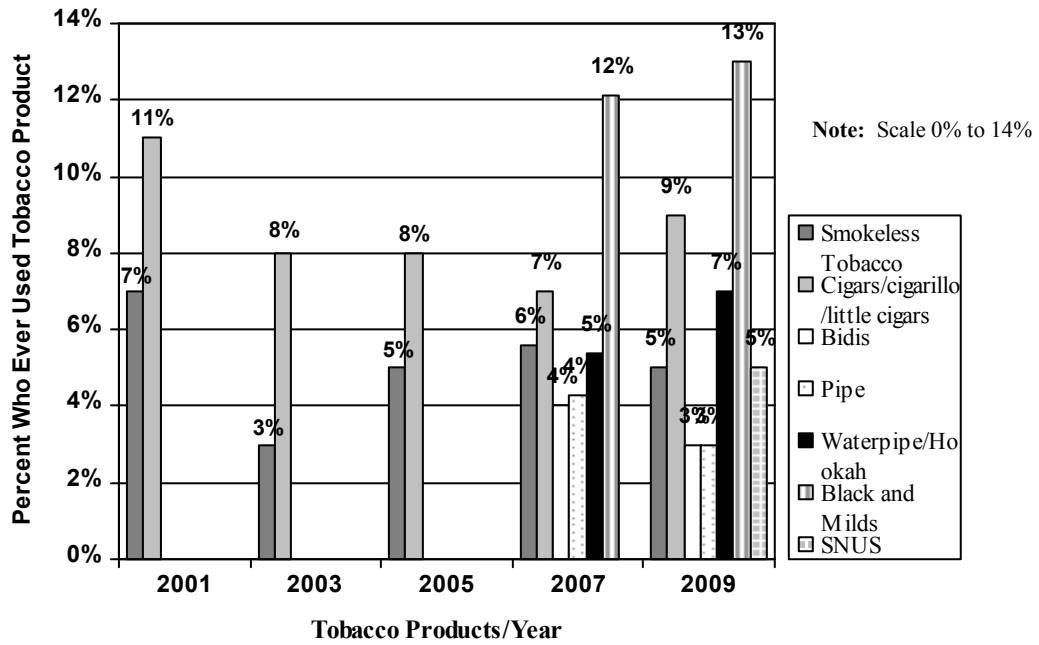
**Figure 8: Current Smoking by Race/Ethnicity and Year**



## **Current Use of Other Tobacco Products (Smokeless Tobacco, Cigars, Bidis, Kreteks, Pipes, Waterpipes, and Black and Milds)**

Virginia students reported a modest increase from 2003 to 2005 to 2007 in the rate currently using smokeless or chewing tobacco (from 3% to 5% to 6%). In 2009 the rate dropped slightly to the 2005 rate of 5%. The rate of students who reported that they currently use cigars or cigarillos rose slightly from 7% in 2007 to 9% in 2009. In 2009, 13% of all students reported that they were currently smoking Black and Milds brand cigarillos. Current use of bidis dropped slightly from 4% in 2007 to 3% in 2009. Three percent (3%) of students reported that they currently smoked tobacco in a pipe in 2009, down very slightly from 4% in 2007. In 2007 students were asked about their current use of a water pipe, while in 2009 wording was changed to hookah. The rate reporting current use of a water pipe in 2007 was 5%, while 7% reported that they had used a hookah in the past 30 days on the 2009 survey. Finally, 5% of students reported that they had used SNUS in the past 30 days (Figure 9).

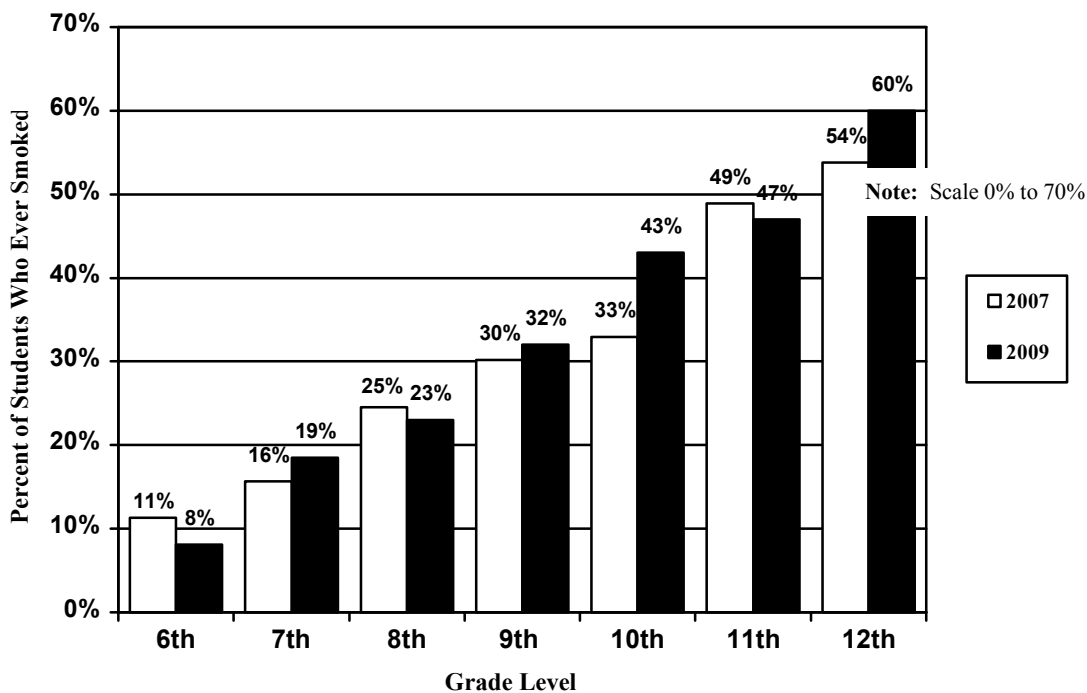
**Figure 9: Current Use of Other Tobacco Products by Year**



## Ever Smoked Cigarettes by Grade

As found in all previous Youth Tobacco Surveys in Virginia, the percentage of students who have ever smoked cigarettes increased gradually from 6<sup>th</sup> to 12<sup>th</sup> grade in 2009 (Figure 10). In 2009, the largest jump in the rate of students who have ever tried smoking occurred between 11<sup>th</sup> and 12<sup>th</sup> grade. The rate of ever use among 11<sup>th</sup> graders was 47%, and the rate of ever use among 12<sup>th</sup> graders was 60%, a full 13% increase. Also notable, the ever use of cigarettes dropped for grades 6, 8, and 11 from 2007 to 2009.

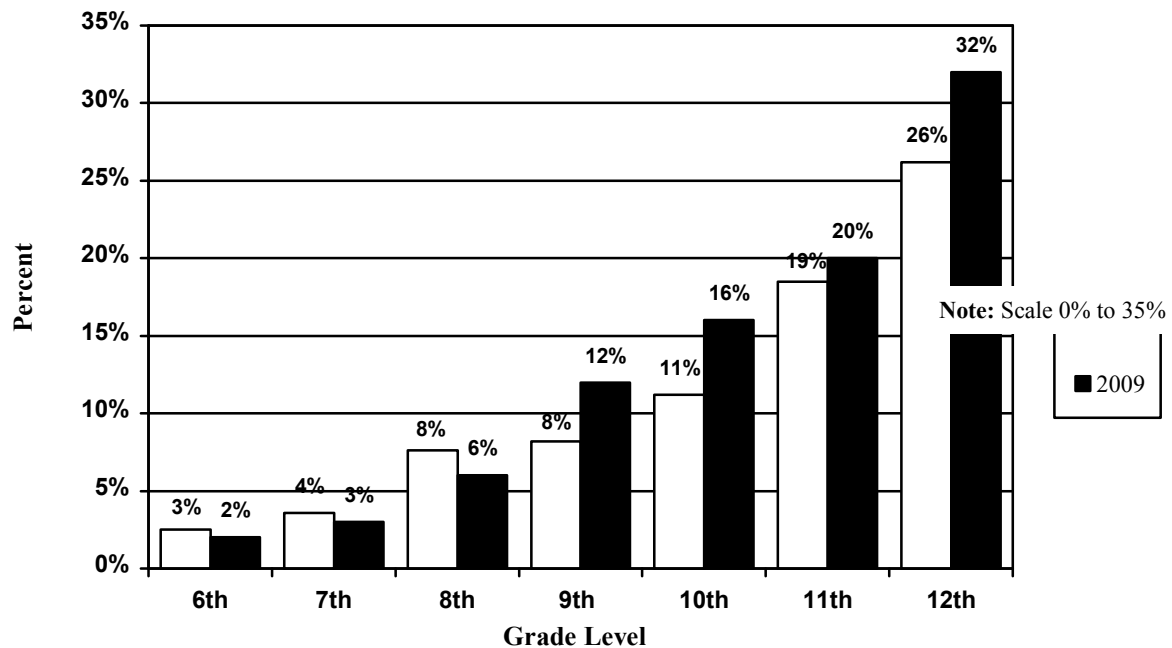
**Figure 10: Ever Smoked Cigarettes by Grade for 2007 and 2009**



## Current Use of Cigarettes by Grade

The percentage of students who identify themselves as current smokers also increases gradually by grade from 2% of 6<sup>th</sup> grade students to 32% of high school seniors (Figure 11). The largest increase in percentages of those who currently smoke cigarettes is between the 11<sup>th</sup> and 12<sup>th</sup> grade (from 20% to 32%). Current use dropped for every grade level in middle school from 2007 to 2009, but rose for every grade level in high school from 2007 to 2009.

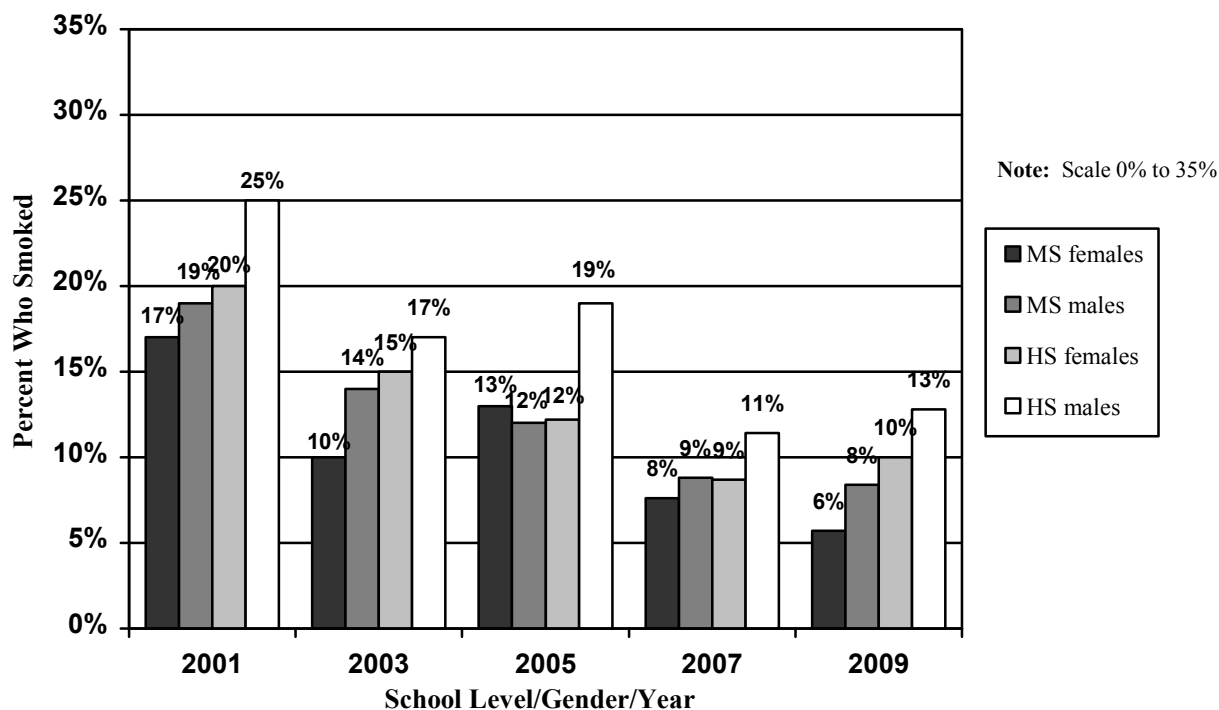
Figure 11: Current Use of Cigarettes by Grade for 2007 and 2009



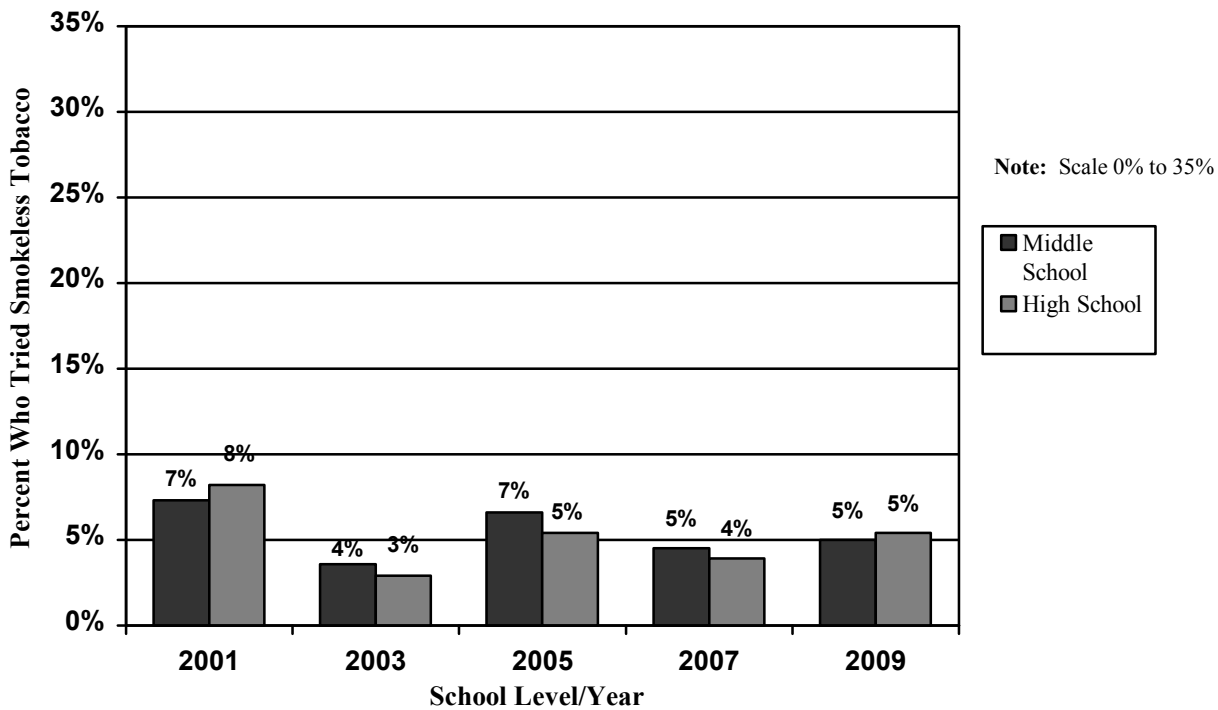
## Initiation of Tobacco Use Before Age 13

The rate of students who reported use of any tobacco product (cigarettes, smokeless or cigars) before the age of 13 rose only slightly from 14% in 2007 to 15% in 2009. The percentage of students who reported having smoked a whole cigarette before age 13 rose only slightly to 10% in 2009 from 9% in 2007. The rate for middle school students declined slightly during this period from 8% to 7%. The rate for high school students rose slightly from 10 % to 11%. Rate fluctuations for males and females were fairly similar from 2007 to 2009 (Figure 12). Rates for initiation of smokeless tobacco use stayed the same for middle school students from 2007 to 2009 (5%) and rose slightly from 4% to 5% for high school students. However, rates for cigar/cigarillo/little cigar smoking by age 13 rose slightly from 2007 to 2009 for *both* middle school and high school students (Figure 13 and Figure 14).

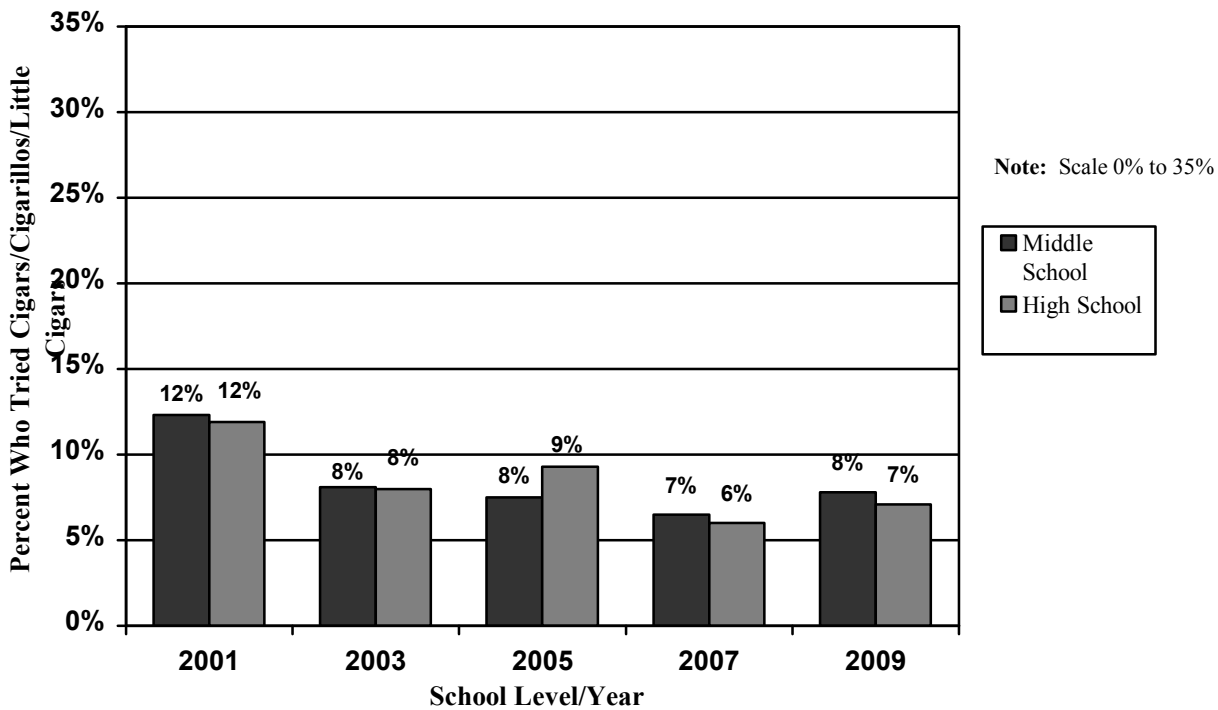
**Figure 12: Initiation of Cigarette Use Before Age 13 by Gender, Level, and Year**



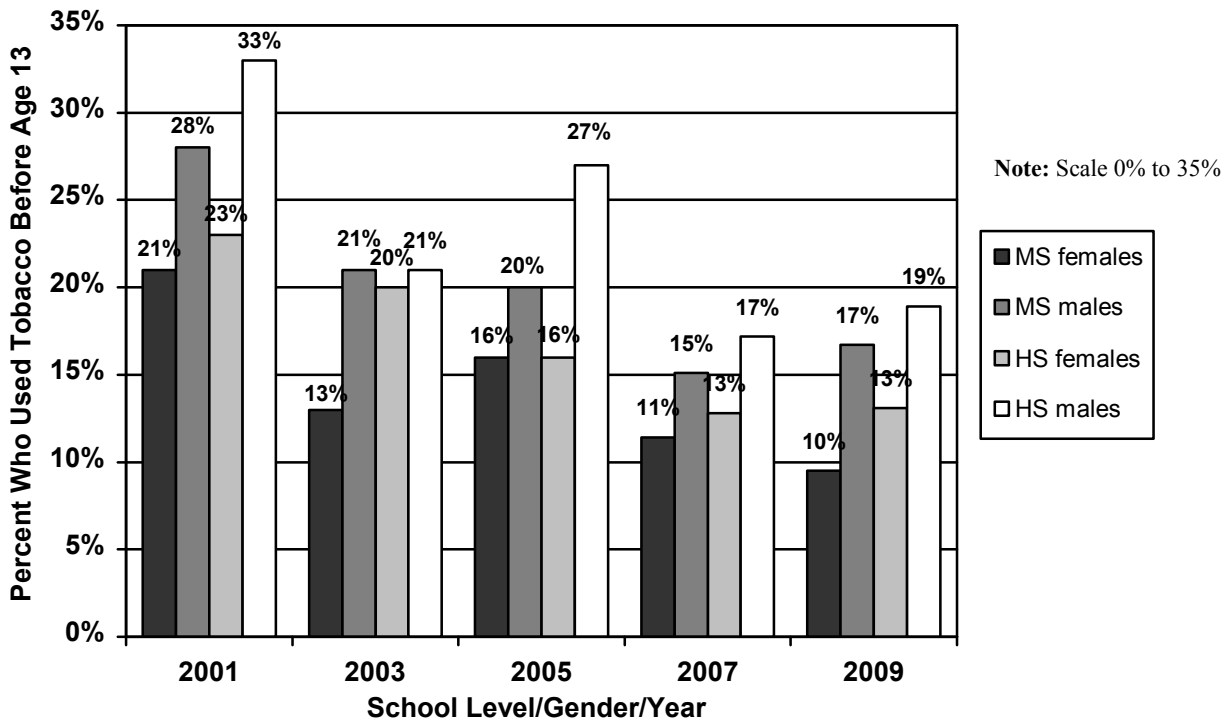
**Figure 13: Initiation of Chewing Tobacco, Snuff or Dip Before Age 13 by Level and Year**



**Figure 14: Initiation of Cigar, Cigarillo, or Little Cigar Smoking Before Age 13 by Level and Year**



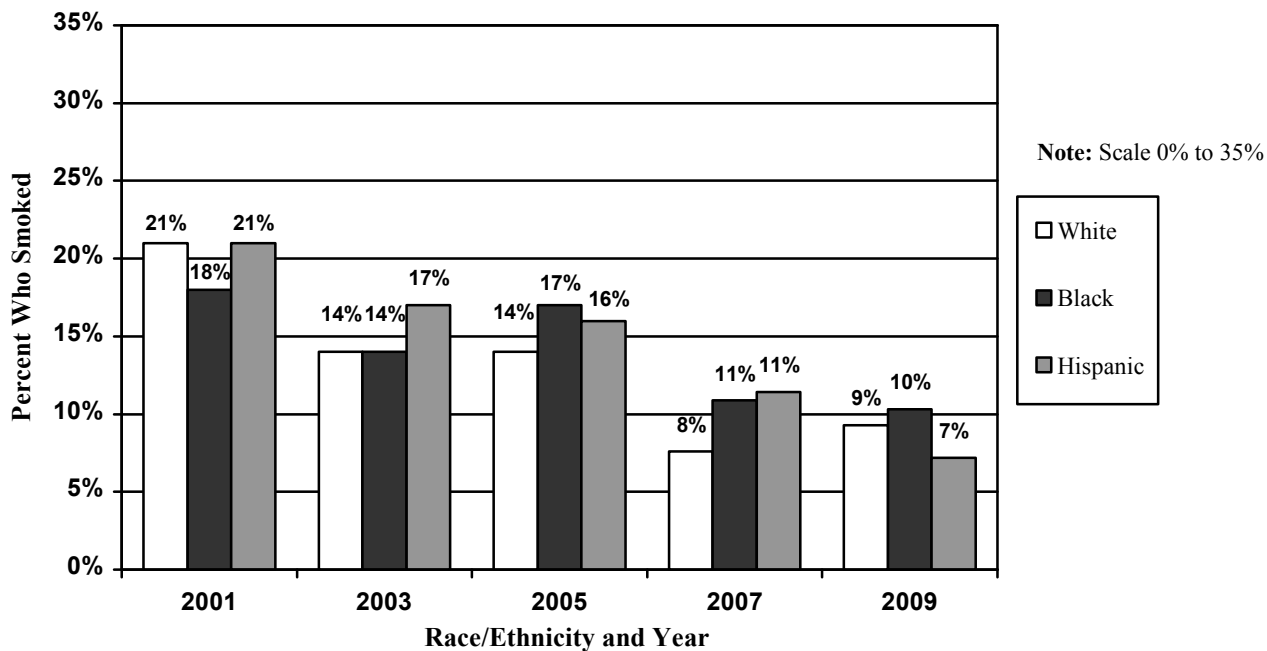
**Figure 15: Initiation of Tobacco Use (Cigarettes, Smokeless Tobacco or Cigars) Before Age 13 by Gender, Level, and Year**



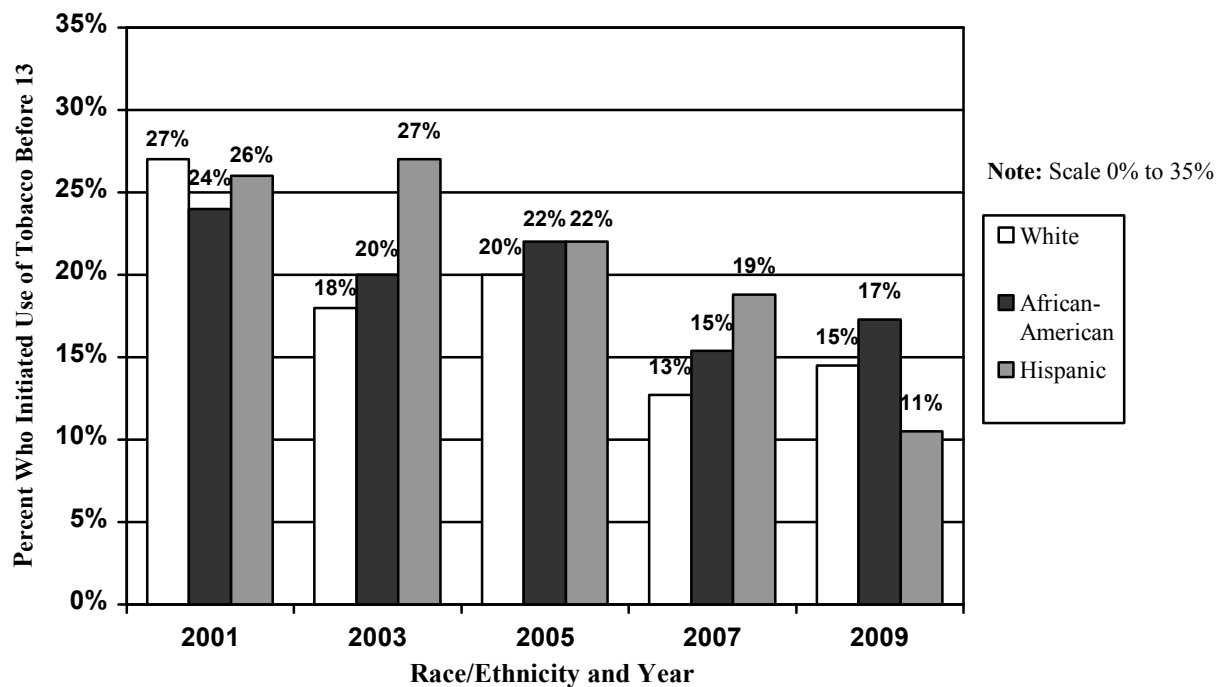
### Initiation of Any Tobacco Use Before Age 13 (Race)

In 2009, Hispanic students (7%) were less likely to try smoking before the age of 13 than White students (9%) and African-American students (10%). Smoking before the age of 13 dropped for African American and Hispanic students from 2007 to 2009, and rose slightly for White students. (Figure 16). White and African American students were twice as likely as Hispanic students to report using smokeless tobacco before the age of 13, with 5% of Whites and African American students reporting initiation before age 13 and 2.5% of Hispanic students reporting initiation before age 13. Hispanic students (4%) were also less likely than both African American students (10%) and White students (7%) to try cigars, cigarillos, or little cigars before the age of 13.

**Figure 16: Initiation of Cigarette Smoking Before Age 13 by Race/Ethnicity and Year**



**Figure 17: Initiation of Tobacco Use (Cigarettes, Smokeless, or Cigars) Before Age 13 by Race/Ethnicity and Year**



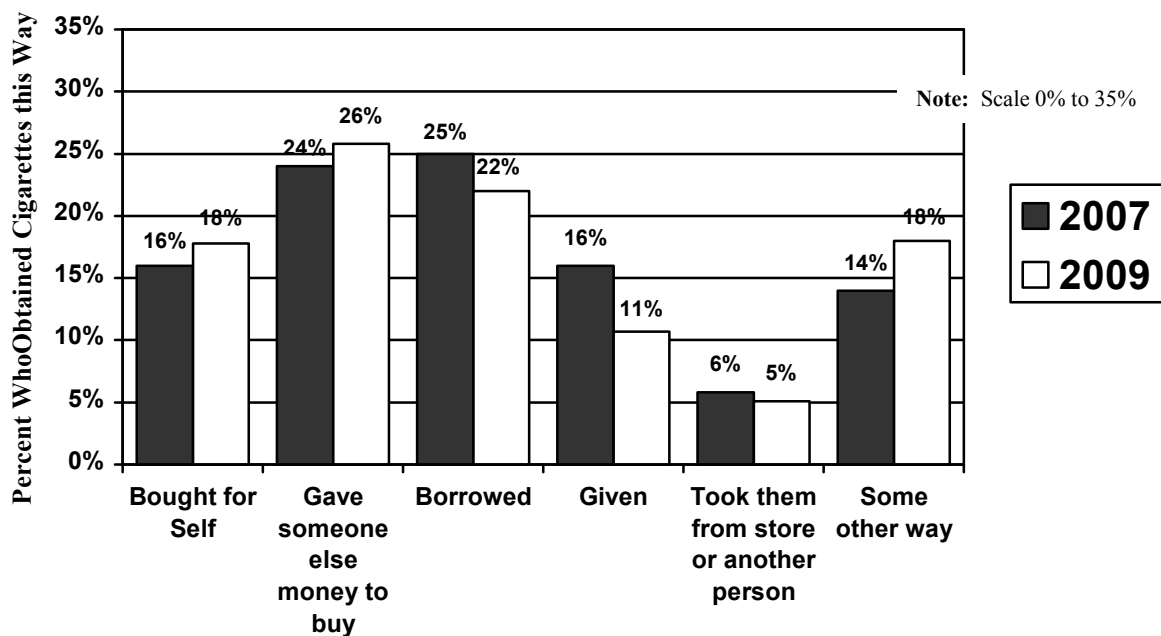
## Refused Cigarettes Because of Age

In 2009 only 24% of currently smoking students (aged 17 or under) had someone refuse to sell them cigarettes because of their age.

## Obtaining Cigarettes

Current smokers were asked how they usually got cigarettes in the past 30 days. Most often, students reported that they gave someone else money to buy cigarettes for them for them (26%) or borrowed or bummed them (22%). Eighteen percent (18%) said that they usually bought them by themselves, and another 11% said that someone over 18 gave the cigarettes to them (Figure 18).

**Figure 18: Obtaining Cigarettes**



## **Smoking and Health Care**

Currently smoking students were asked whether a doctor, dentist, nurse, or other health professional asked if they smoked in the past 12 months. More than half (51%) reported that they had *not* been asked by a health professional whether or not they smoked. Thirty-eight percent (38%) reported that they had been asked in the past 12 months, and 11% did not know or were not sure. Current smokers were also asked whether they had been advised by a doctor, dentist, nurse, or other health professional not to smoke in the past 12 months. Thirty-two percent (32%) of current smokers reported that they were advised not to smoke by a health professional, and 59% were not. The remaining 9% of current smokers did not know or were not sure whether they had been advised against smoking or not.

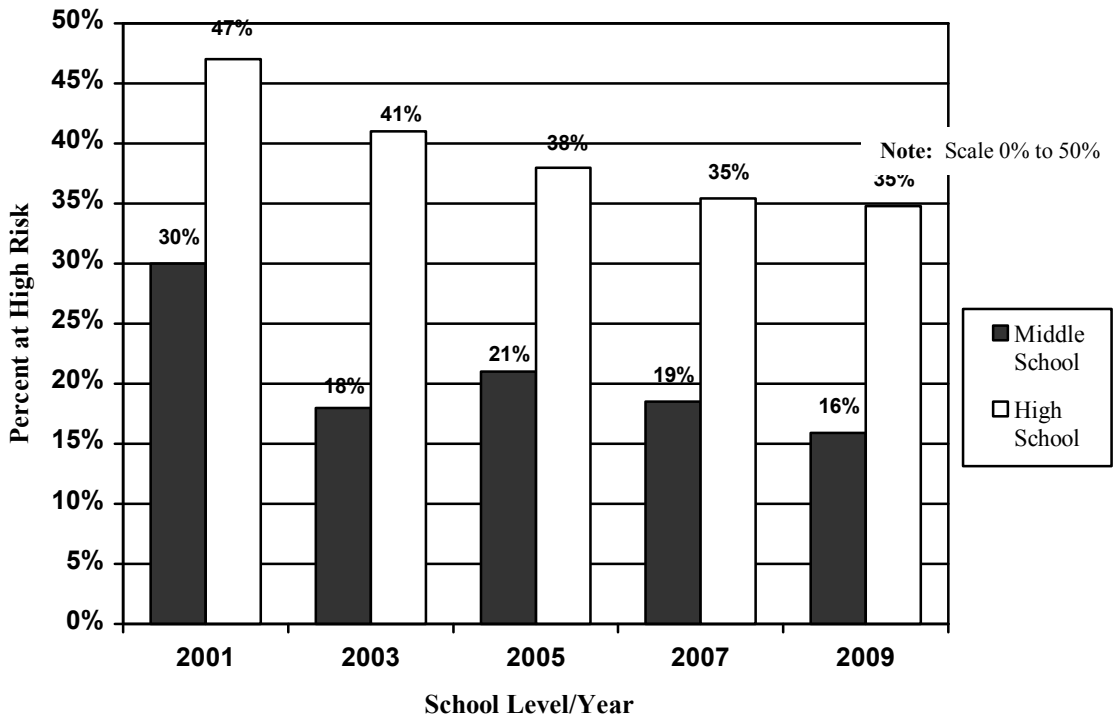
## **Risk of Becoming an Established Smoker**

Students who had tried cigarettes, but smoked less than 100 during their lifetimes were considered “experimenters.” Those who had both smoked 100 or more during their lifetimes and smoked on 1-19 of the past 30 days were classified as “non-daily current smokers.” Students were considered at high risk of becoming established smokers if they were either “experimenters” or “non-daily current smokers.”

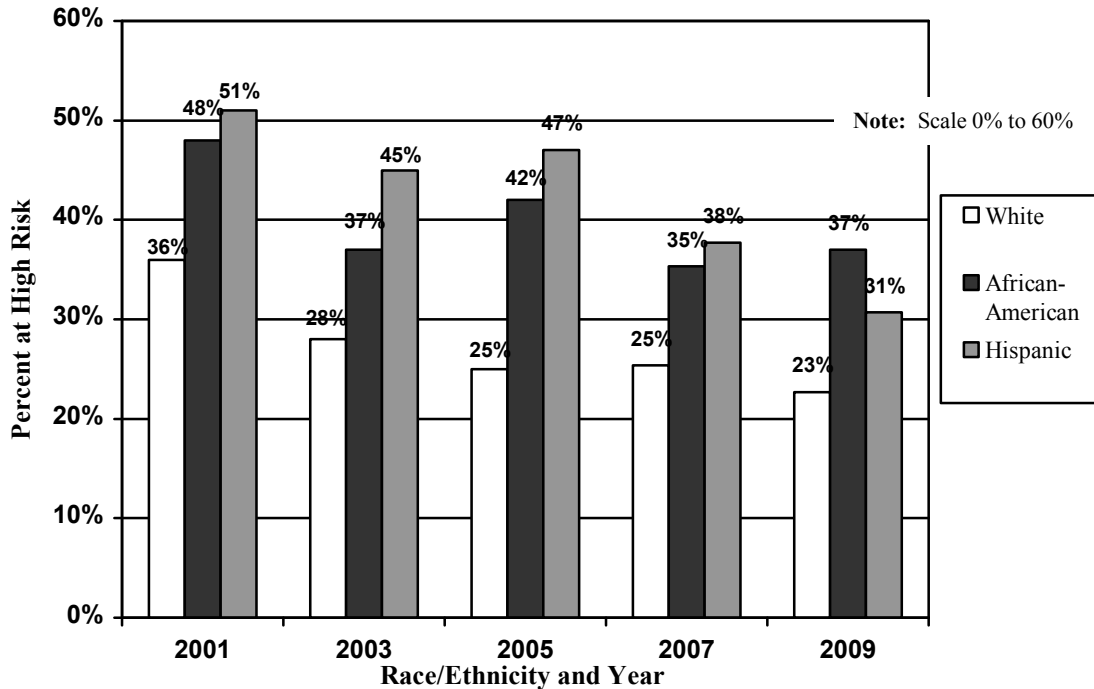
The percentage of middle school students at a high risk for becoming established smokers dropped slightly from 2007 to 2009, from 19% to 16% (Figure 19). The percentage of high school students at high risk of becoming established smokers remained at 35% from 2007 to 2009.

In 2009, Virginia African-American (37%) students were more likely than White (23%) or Hispanic (31%) students to be at a high risk of becoming established smokers (Figure 20). However, while the rates of White and African American students who were deemed to be at high risk of becoming an established smoker remained roughly the same, the rate for Hispanic students dropped since 2007: the percentage of Hispanic students who were considered to be at high risk dropped from 38% to 31% from 2007 to 2009.

**Figure 19: Risk of Becoming an Established Smoker by Level and Year**



**Figure 20: Risk of Becoming an Established Smoker by Race and Year**

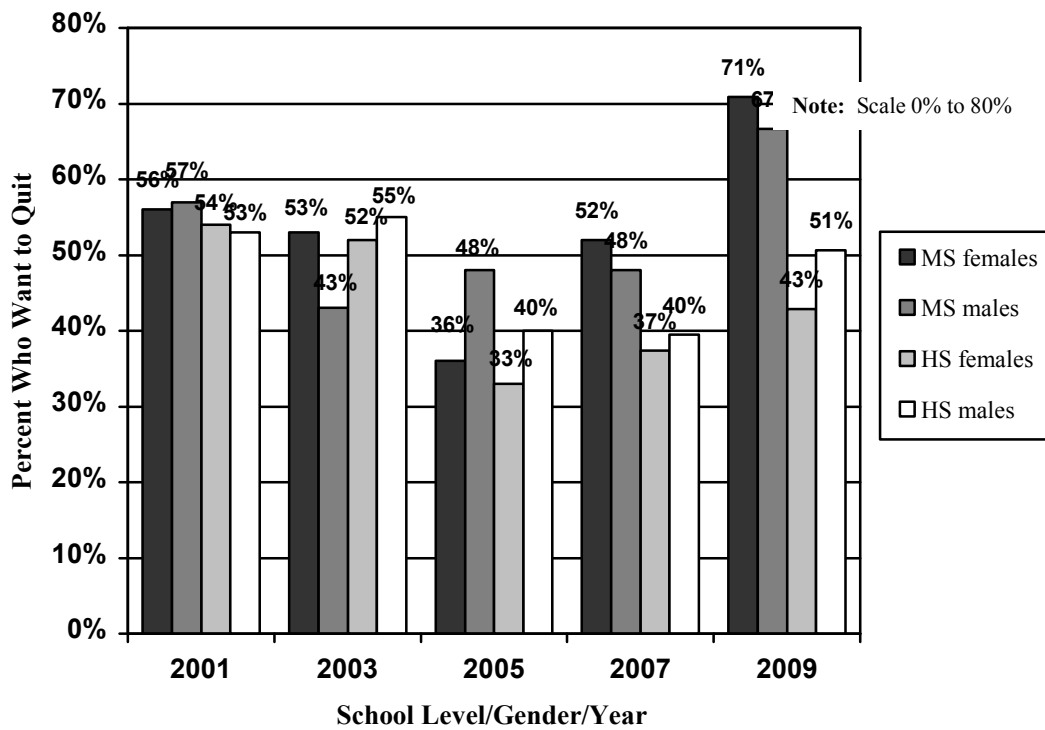


## **Desire to Quit Smoking Cigarettes**

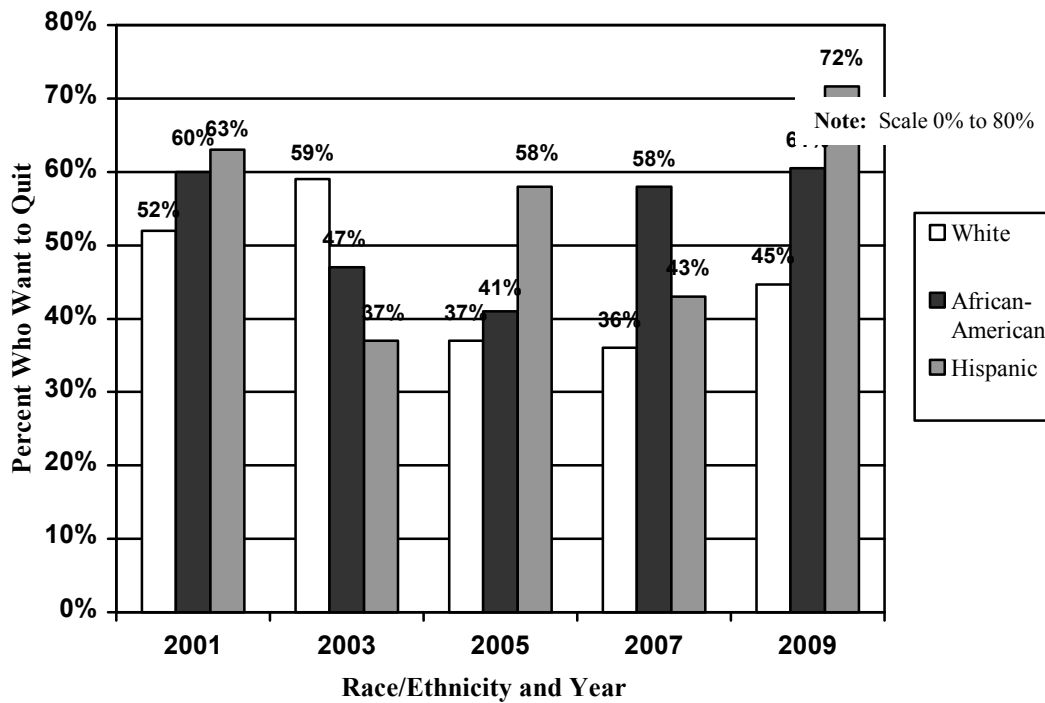
The rate of middle school students who are current cigarette smokers and who want to quit smoking rose between 2007 and 2009, from 50% to 69% (Note: Please note that the number of middle school students in the YTS sample who currently smoke is relatively small: 93 in 2009 and 65 in 2007. Therefore these changes should be viewed with some caution). The rate of current smokers in high school who indicated they want to quit smoking rose from 39% in 2007 to 48% in 2009. While rates rose for female smokers from 41% to 48%, they rose even more dramatically for male smokers: rates rose from 41% in 2007 to 53% in 2009, such that male smokers were more inclined to quit than female smokers. Middle school males and females indicated that they wanted to stop smoking at much higher rates than high school males and females (Figure 21).

The rate of Hispanic students who are current smokers and who indicated that they want to quit smoking increased from 43% in 2007 to 72% in 2009, while the rate of White students who currently smoked and indicated a desire to quit rose from 36% in 2007 to 45% in 2009. African American students who currently smoke and desired to quit remained relatively stable from 2007 to 2009 (58% and 61%, respectively) (Figure 22).

**Figure 21: Desire to Quit Cigarette Smoking by Gender, Level and Year**



**Figure 22: Desire to Quit Cigarette Smoking by Race/Ethnicity and Year**

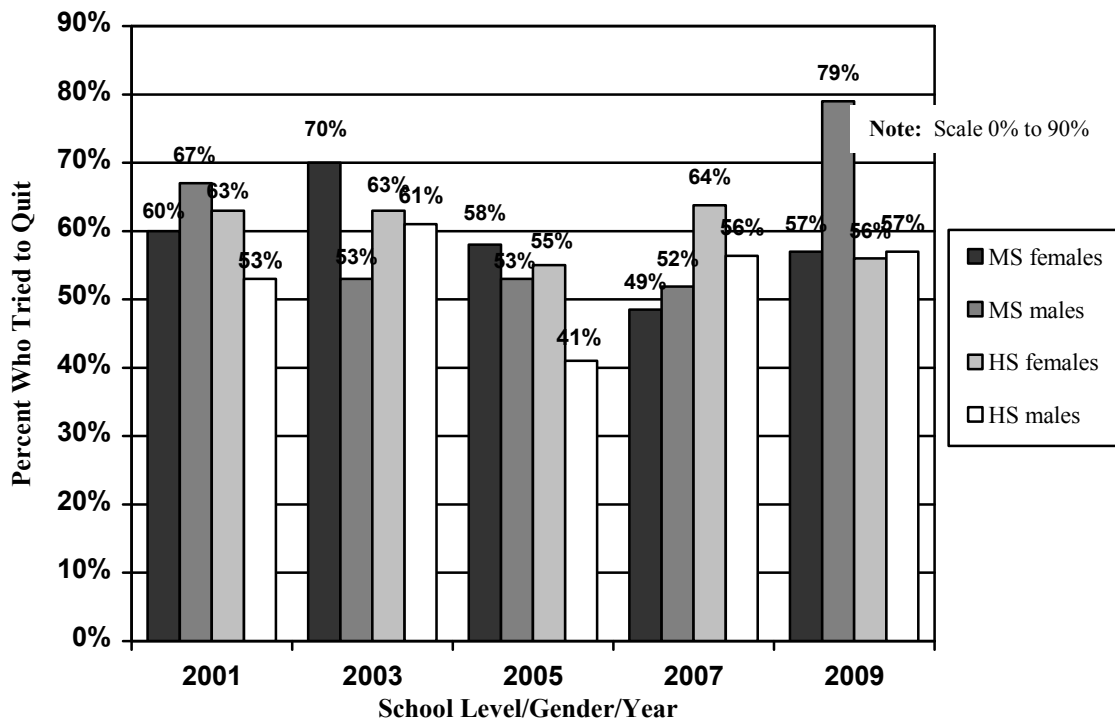


## **Attempts to Quit Smoking Cigarettes**

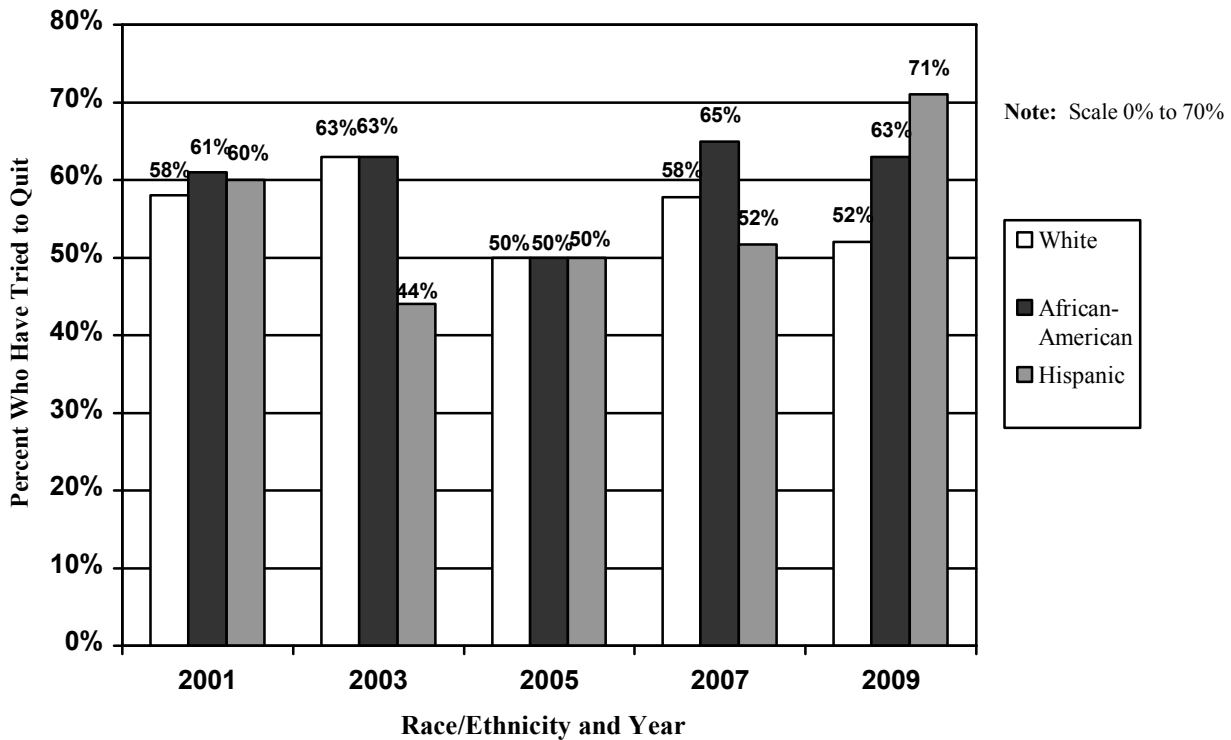
The percentage of current smokers who tried to quit smoking cigarettes in the past 12 months remained at 58% from 2007 to 2009. Among high school smokers both male and females tried to quit at about the same rate: 56-57%. Middle school males (79%) were more likely to report that they tried to quit smoking in the past 12 months than middle school females (57%) (such that middle school females look more like high school smokers on this variable). The rate of high school females who tried to quit smoking in the past year dropped from 64% in 2007 to 56% in 2009. The percentage of high school males who reported that they tried to quit remained in the 56% - 57% range from 2007 to 2009. The percentage of middle school females who tried to quit smoking rose from 49% in 2007 to 56% in 2009, while the percentage of middle school males who tried to quit rose from 52% in 2007 to 79% in 2009 (Figure 23).

When looking at attempts to quit smoking across race/ethnicity, rates rose across the board. The largest increase was seen for Hispanic students, where 65% reported that they had tried to quit in 2007, and 71% reported attempts to quit in 2009. There was a decrease in attempts to quit for African American and White students (Figure 24).

**Figure 23: Attempt to Quit Cigarette Smoking by Gender, Level, and Year**



**Figure 24: Attempt to Quit Cigarette Smoking by Race/Ethnicity and Year**



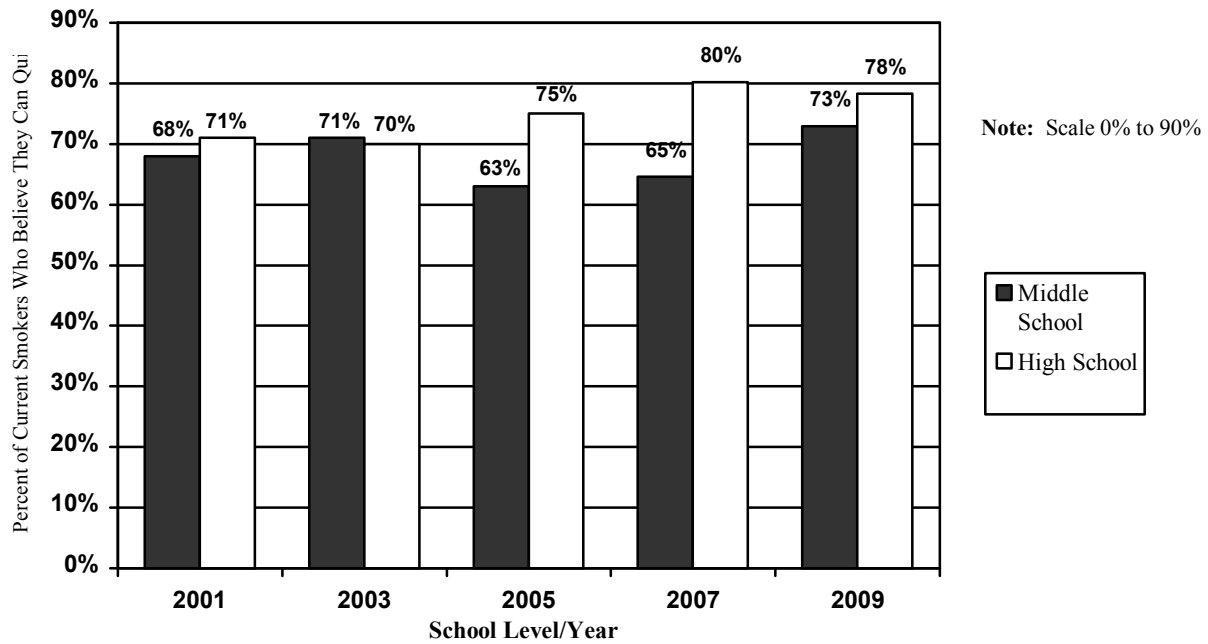
## **Belief in the Ability to Quit Smoking**

In 2009, the percentage of current smokers who believed that they could quit smoking now if they wanted to rose to its highest level since Virginia began conducting the Youth Tobacco Survey in 2001, to 77%. This was up slightly from a high of 76% in 2007.

While the rate for high school current smokers who believed they would be able to quit smoking now if they wanted to remained relatively stable (80% in 2007 vs. 78% in 2009), the percentage of middle school students rose from 65% in 2007 to 73% in 2009 (Figure 25). When looking at these results by gender, it was noted that middle school girls are more likely than middle school boys to believe that they could quit smoking now if they wanted to (81% vs. 66%). Conversely, high school girls are *less* likely than high school boys to believe that they could quit smoking now if they wanted to (74% vs. 82%).

Hispanic students were slightly more likely than White or African American students to believe that they could quit smoking if they wanted to. In 2009, 83% of Hispanic students, 80% of White students, and 78% of African American students believed that they could quit smoking if they wanted to. This rate for Hispanic students is up from 73% in 2007.

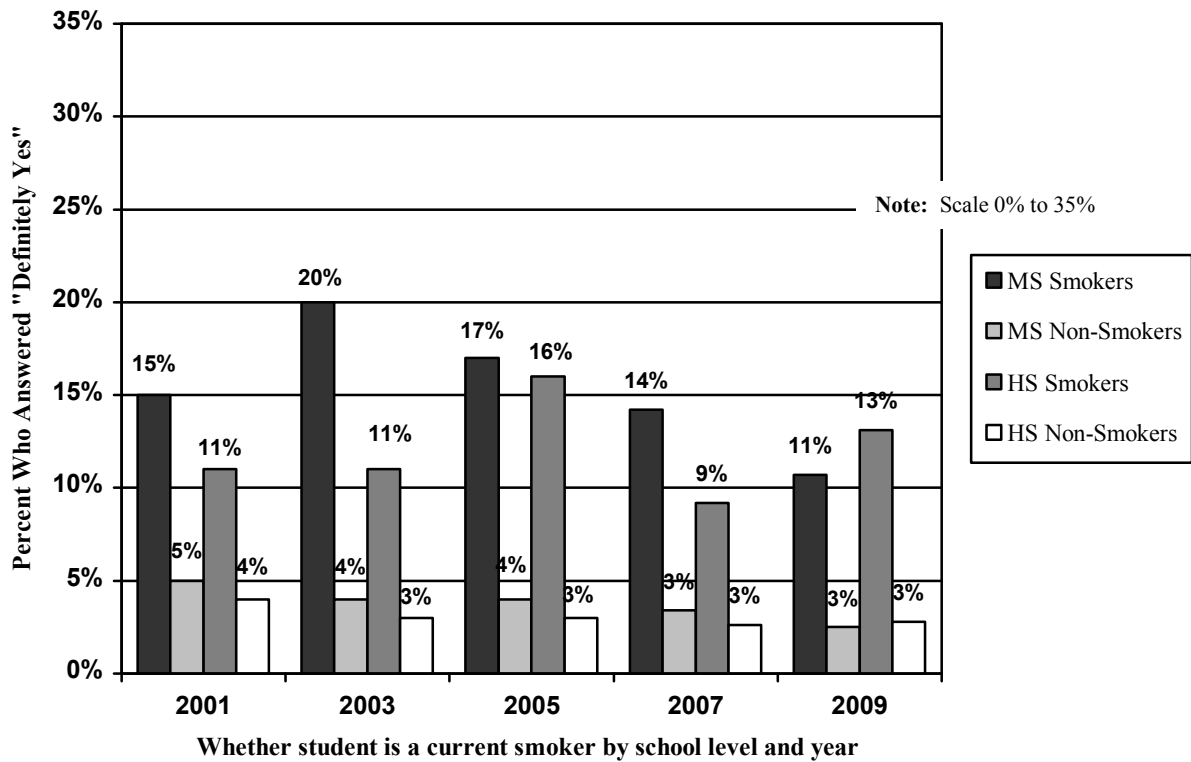
**Figure 25: Belief in the Ability to Quit Smoking by Level, and Year**



## Belief that Smokers Have More Friends

Since beginning the survey in 2001, relatively few Virginia students believed that young people who smoke cigarettes have more friends (Figure 26). Not surprisingly, students who currently smoke were more likely than non-smoking students to believe this. Between 2007 and 2009, the percentage of middle school smokers with this belief decreased from 14% to 11%, and the percentage of high school smokers with this belief increased from 9% to 13%. Males and females did not differ on this variable (Overall, 22% of males and 22% of females agreed that young people who smoke cigarettes have more friends. White (16%) students were less likely than their Hispanic (27%) or African American (33%) counterparts to agree that individuals who smoke have more friends.

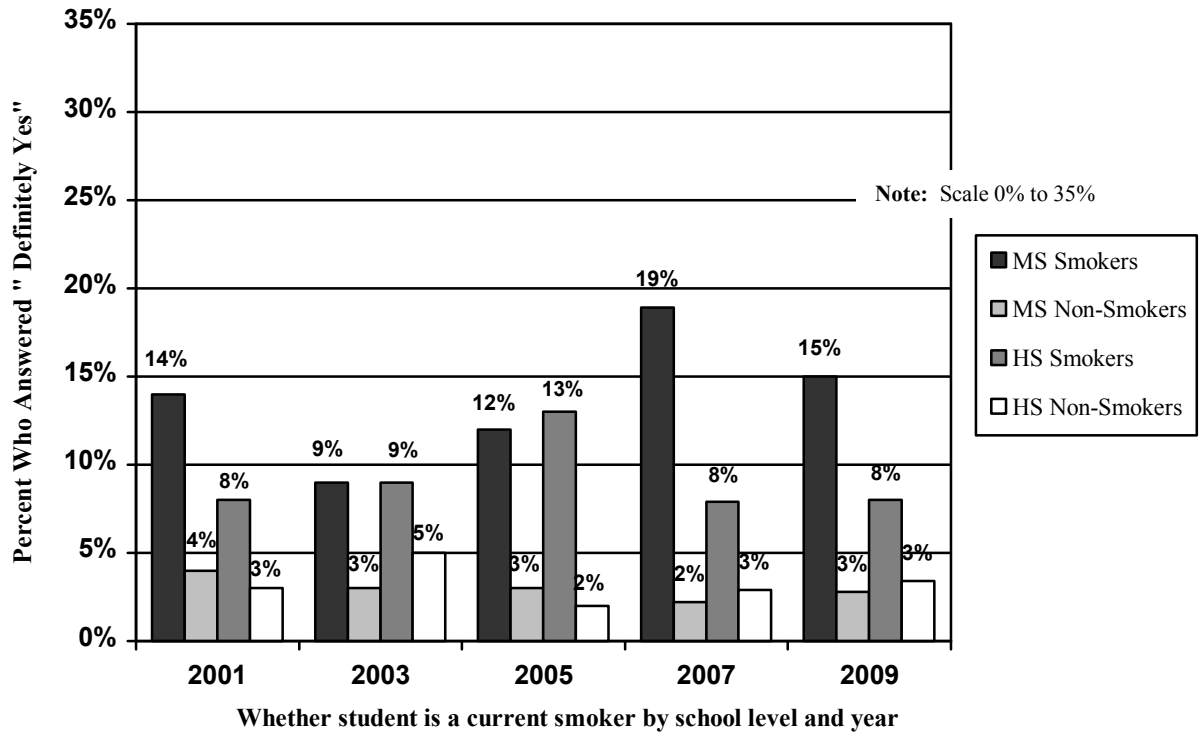
**Figure 26: Belief in Smokers Having More Friends by Smoking Status, Level, and Year**



## **Belief That Smoking Cigarettes Makes People Look Cool or Fit In**

Since Virginia began conducting the YTS in 2001, currently smoking students were more likely than non-smoking students to believe that smoking cigarettes definitely makes young people fit in or look cool. However, relatively few students believed this (Figure 27). Middle school smokers were more likely to believe that smoking definitely makes people look cool or fit in at a higher rate than other students. This rate dropped from 19% of current middle school smokers in 2007 to 15% of current middle school smokers in 2009. The rate remained the same for high school smokers from 2007 to 2009 (8%). Finally, in 2009, African American (18%) students were more likely than White (11%) or Hispanic (12%) students to think that smoking makes young people look cool or fit in.

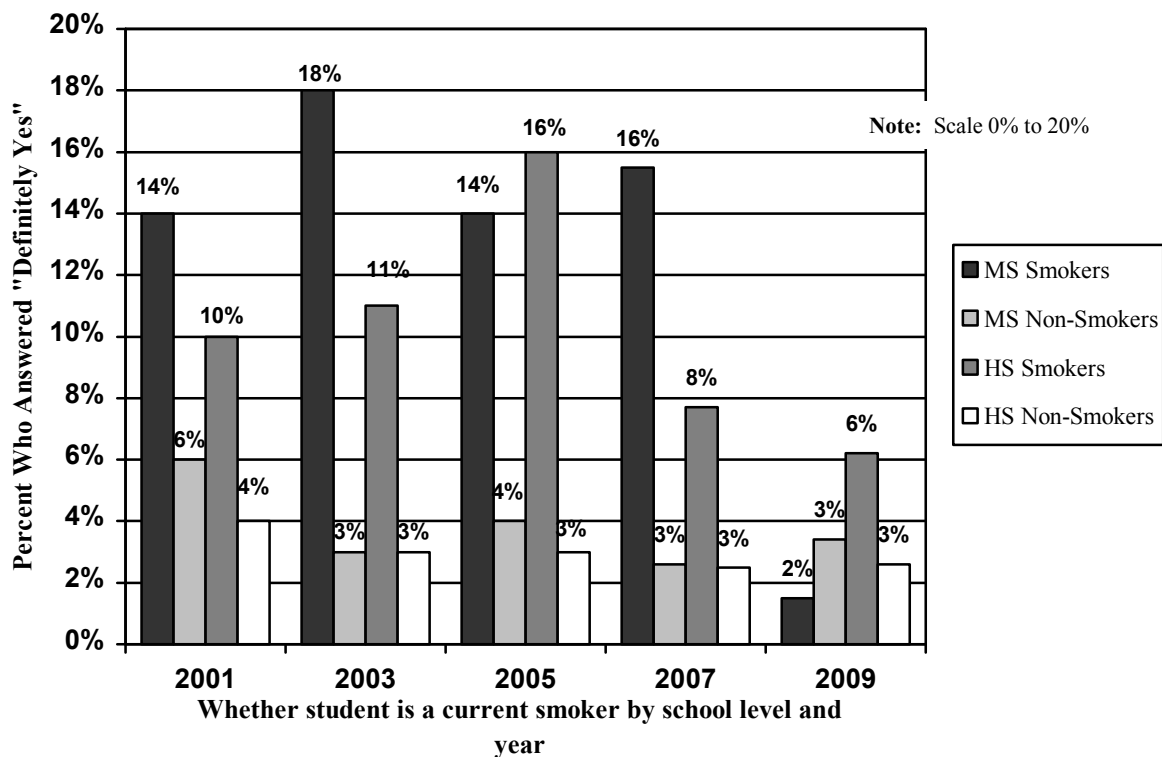
**Figure 27: Belief in Smokers Looking Cool by Smoking Status, Level, and Year**



## Belief that it is Safe to Smoke for Only a Year or Two

During the years the YTS has been conducted in Virginia, relatively few students believed that smoking cigarettes for a year or two is definitely safe as long as you quit after that. Even current smokers are not likely to believe this (Figure 28).

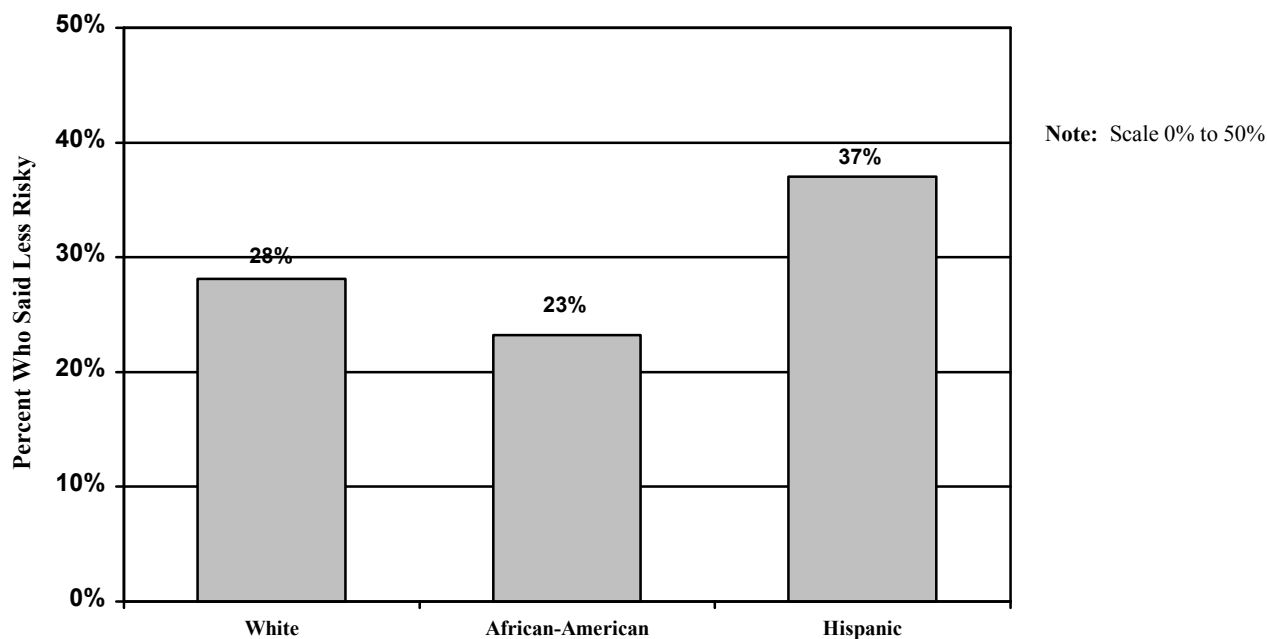
**Figure 28: Belief in Safety of Short Smoking Period by Smoking Status, Level, and Year**



## Belief that it is Less Risky to Smoke Low/Light Tar Cigarettes

In 2007, the YTS included another new item regarding the safety of smoking low or light tar cigarettes. In 2009, 66% (down from 74% in 2007) of the students surveyed believe that low tar cigarettes pose the same risk as regular (full-flavor) cigarettes. Middle school students who are current smokers (49%) are much more likely than middle school students who are non-smokers (31%) to believe that low tar cigarettes are less risky than regular cigarettes. Likewise, high school students who are current smokers (34%) are more likely than high school students who are not current smokers (20%) to believe this. Male students are more likely to believe that low tar cigarettes are less risky than female students (32% and 23%, respectively). Hispanic students (37%) are more likely than White (28%) or African American (23%) students to believe that low tar cigarettes are less risky than full-flavor cigarettes (Figure 29).

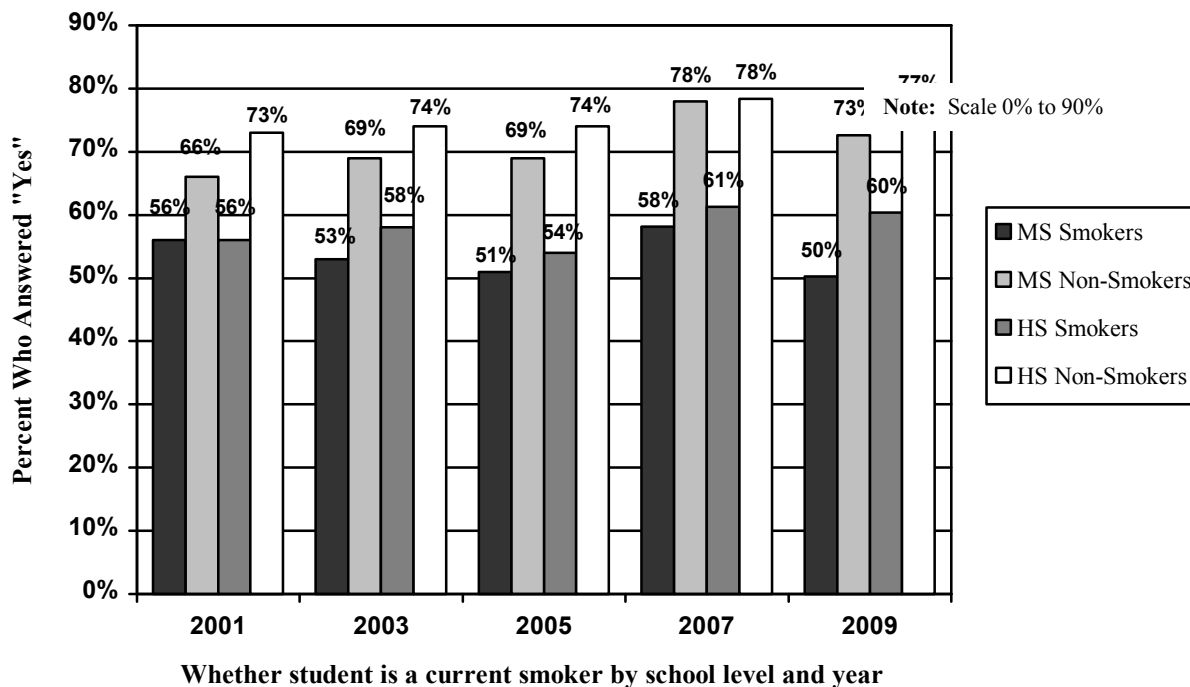
**Figure 29: Belief That it is Less Risky to Smoke Low Tar Cigarettes by Ethnicity**



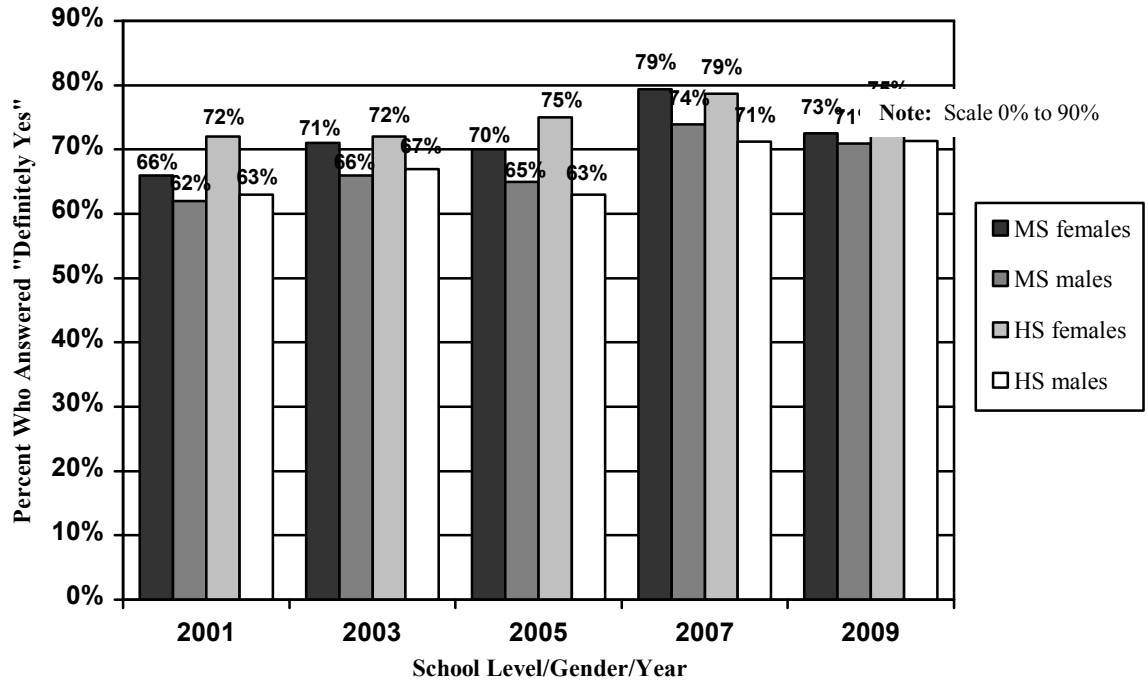
## Belief that Environmental Smoke is Harmful

As with previous administrations of the Youth Tobacco Survey, current smokers were less likely to believe that second-hand smoke was definitely harmful to them than non-smokers (Figure 30). The percentage of female middle school and high school students who believed this was slightly higher than their male counterparts in 2009 (Figure 31).

**Figure 30: Belief in Environmental Smoke Harm by Smoking Status, Level, and Year**



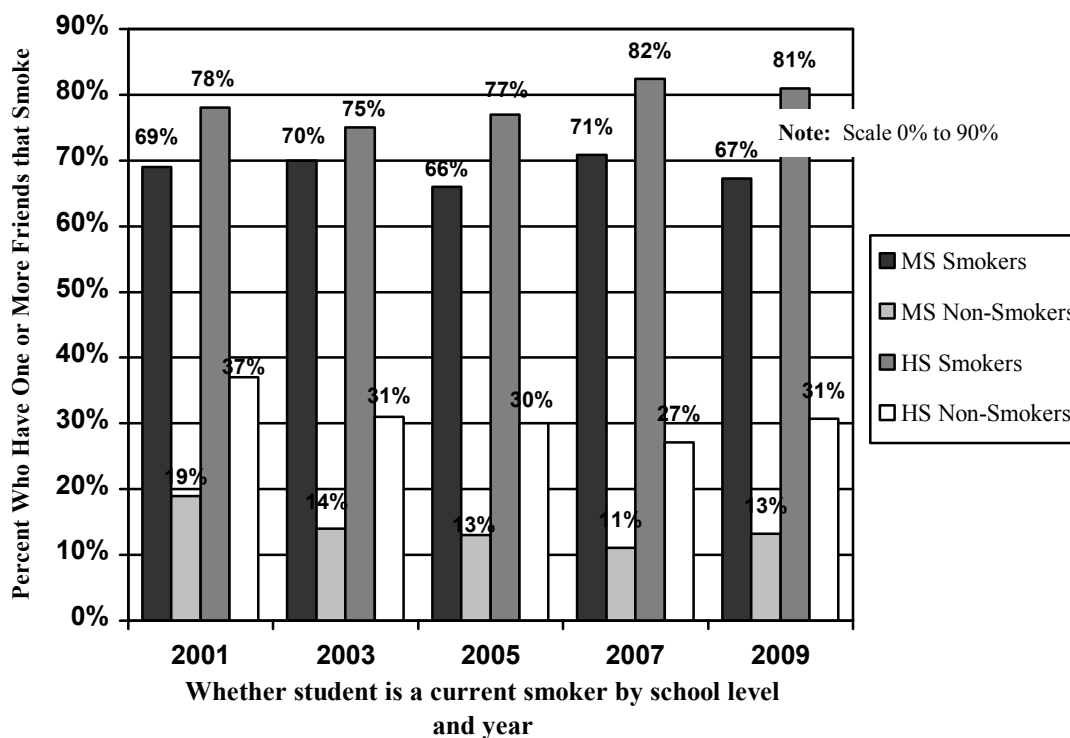
**Figure 33: Belief in Environmental Smoke Harm by Gender, Level, and Year**



## One or More Friends Who Smoke Cigarettes

Students were asked to respond as to how many of their four closest friends smoked cigarettes (Figure 32). As with previous years, most smokers report that at least one of their four closest friends also smoke, and most non-smokers report that none of their four closest friends smoke. This holds true for both middle and high school students.

**Figure 32: Friends Smoking by Smoking Status, Level, and Year<sup>9</sup>**

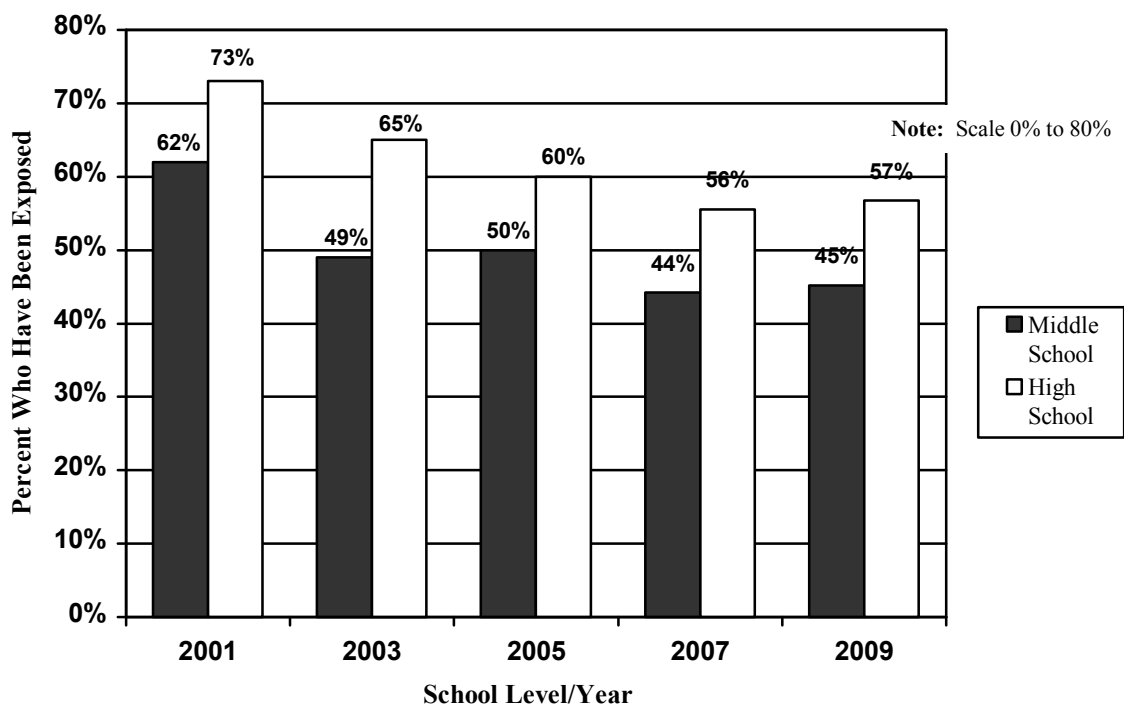


<sup>9</sup> Note: the percentages for 2001 and 2003 are different from those presented in the 2009 YTS report due to a different method of analysis used. Unlike those in the 2003 report, the percentages presented above do not include students that responded “not sure” to this question.

## Exposure to Environmental Smoke in the Past Week

The number of middle and high school students who were exposed to second-hand smoke in a car or room within the past week stayed roughly the same from 2007 to 2009 (Figure 33). As in 2001- 2007, Hispanic students (39%) were least likely to be exposed to second-hand smoke and White students (54%) were most likely to be exposed.

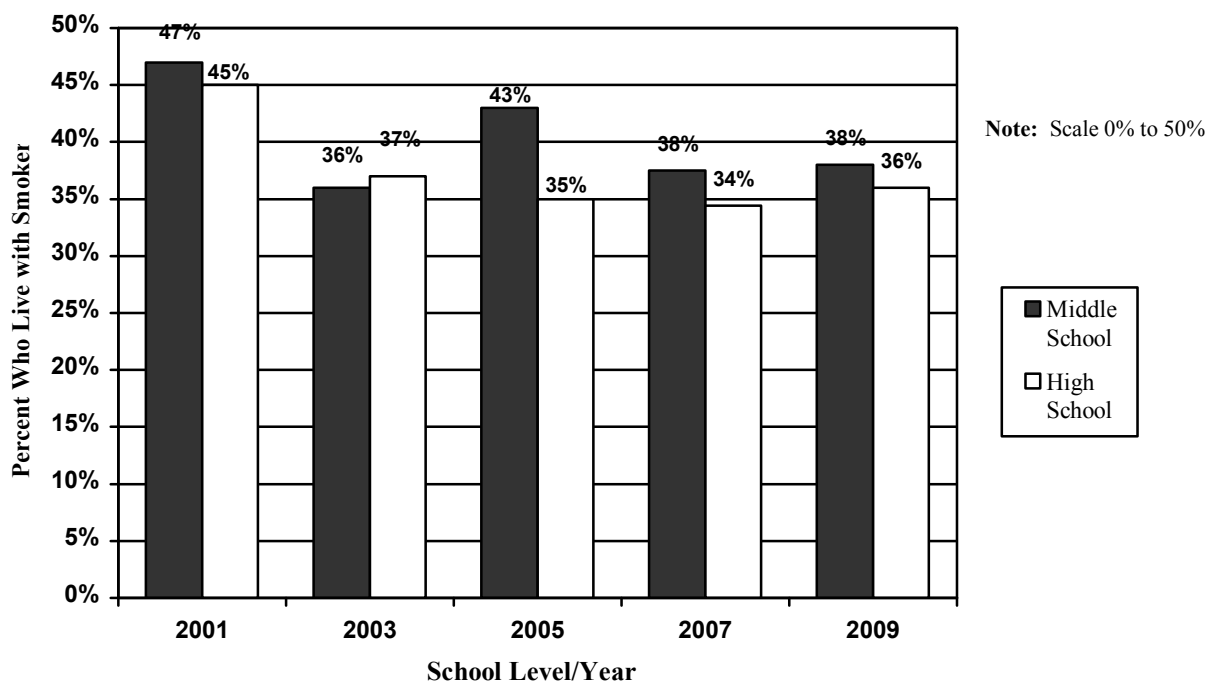
**Figure 33: Exposure to Environmental Smoke by Level and Year**



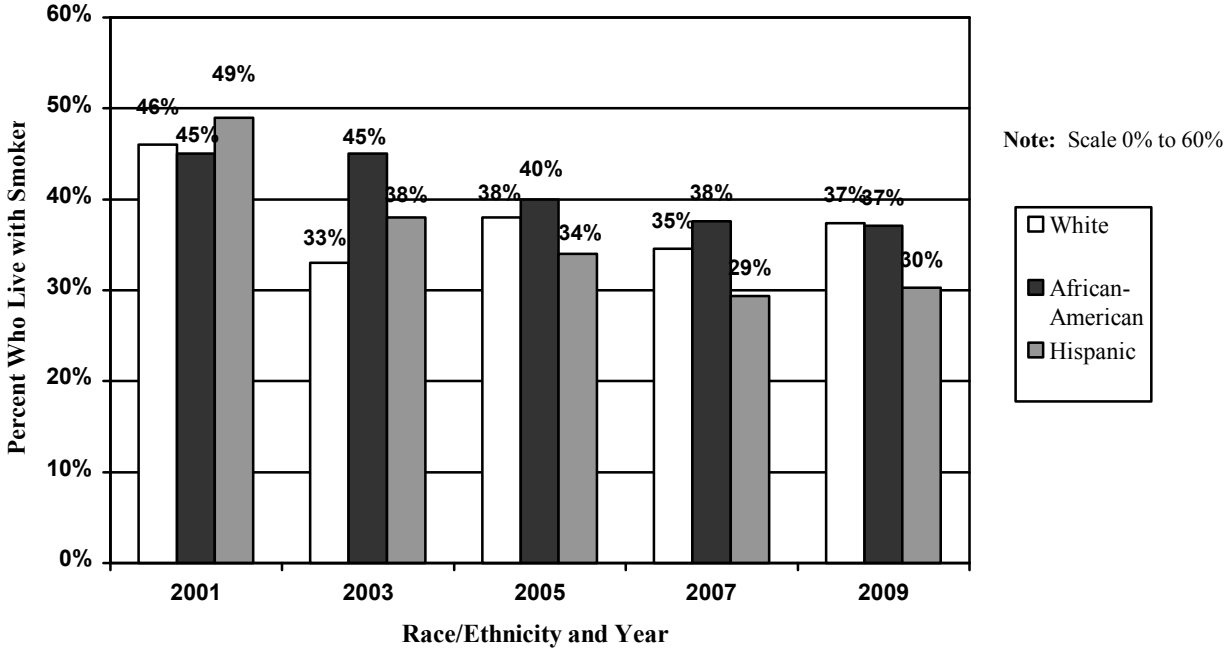
## Living With a Smoker

Overall, 37% of students taking the survey reported that they lived with someone who smoked, up very slightly from 36% in 2007. The percentage of high school students who currently live with a smoker rose slightly, moving from 34% in 2007 to 36% in 2009, while the percentage of middle school students currently living with a smoker remained stable at 38% (Figure 34). The proportion of students who live with a smoker stayed relatively stable from 2007-2009 across all races, with Hispanic students reporting the lowest rate (30%) of students living with a smoker (Figure 35).

**Figure 34: Living with a Smoker by Level and Year**



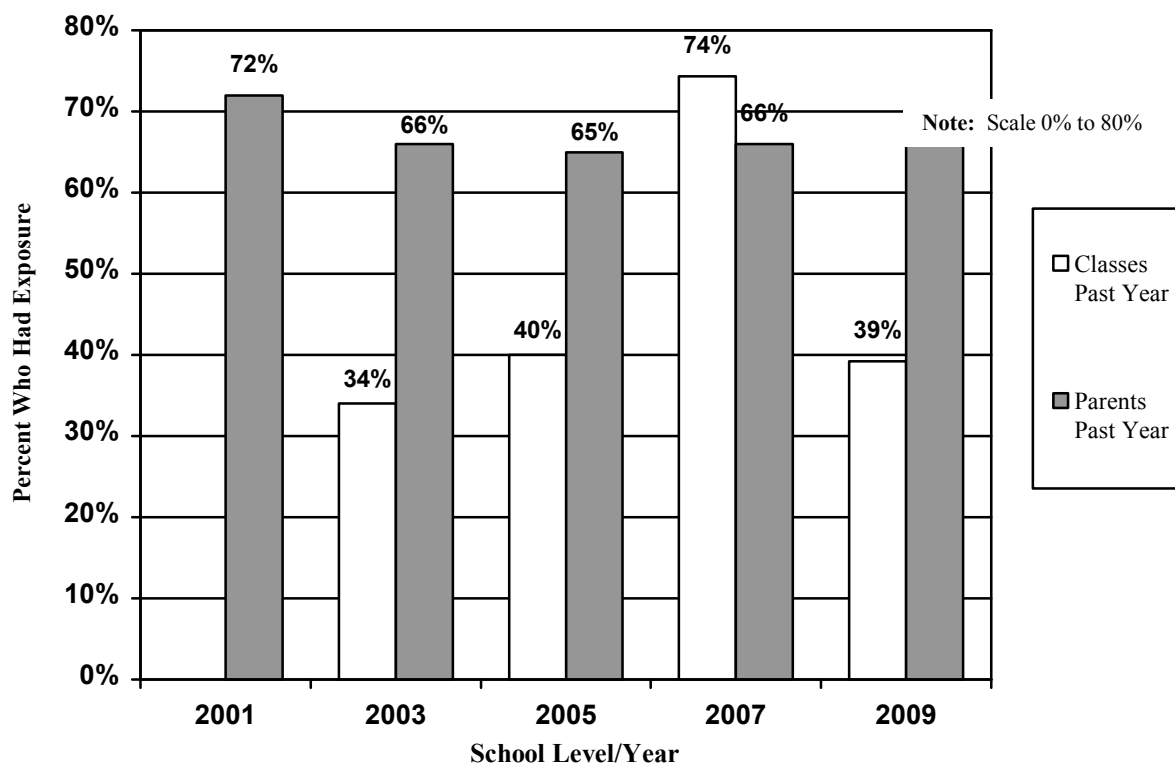
**Figure 35: Living with a Smoker by Race/Ethnicity and Year**



## Exposure to Pro-Health Messages

In 2009, 39% of all students reported that they were taught about the dangers of tobacco use in classes during the school year.<sup>10</sup> In 2009, 66% of students reported having discussed the dangers of tobacco use with one or more of their parents/guardians during the past year (Figure 36).

**Figure 36: Exposure to Pro-Health Messages by Year**

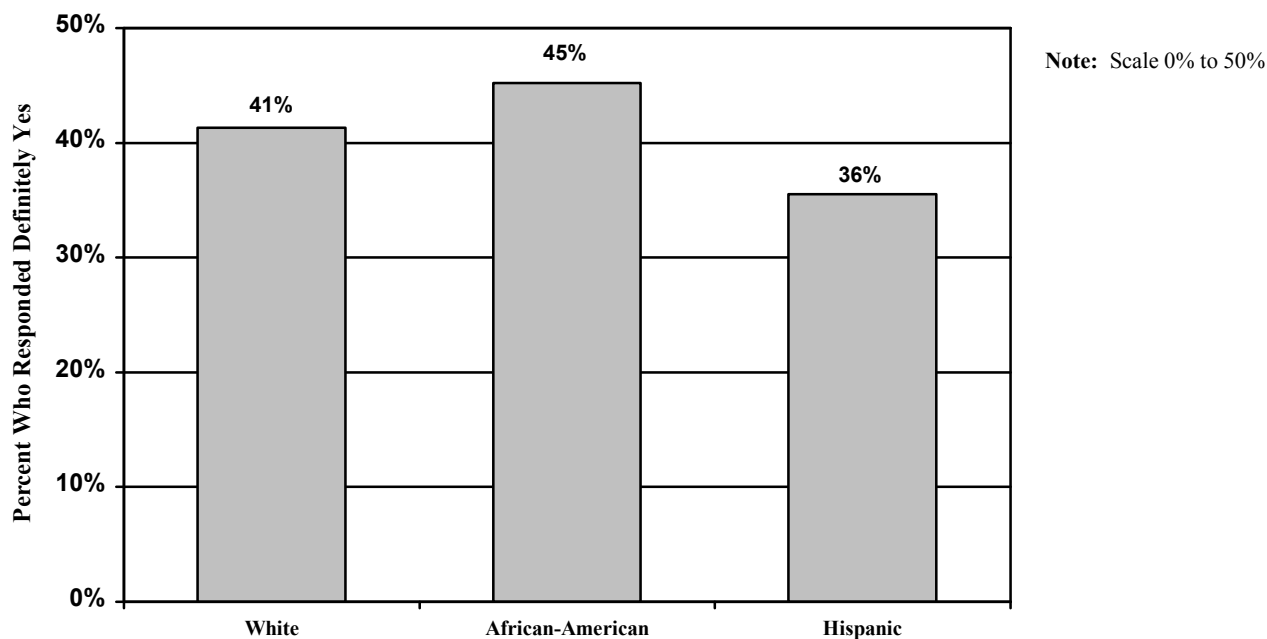


<sup>10</sup> It should be noted that this survey was administered at the start of the school year; therefore the way the question was worded in years 2003, 2005 and 2009 “in this school year” implies “in the past 1-6 months of instruction. The 2007 question was worded “during last school year” implying the previous 12 months of school. The question about parental discussions stated within the past 12 months.

## Tobacco Company Advertising

In 2009, students were asked if they thought that tobacco companies have tried to mislead young people to buy their products more than other companies. Most students agreed that they had, with 42% indicating that they ‘definitely’ had and 39% indicating that they ‘probably’ had. Students did appear to have differing views in terms of magnitude of their opinions. Thirty-six percent (36%) of Hispanic students responded ‘definitely’ yes when asked if they believed that tobacco companies have tried to mislead young people to buy their products more than other companies, as compared to 41% of Whites and 45% of African Americans (Figure 37).

**Figure 37: Belief That Tobacco Companies Have Tried to Mislead Young People to Buy Their Products More than Other Companies by Ethnicity**



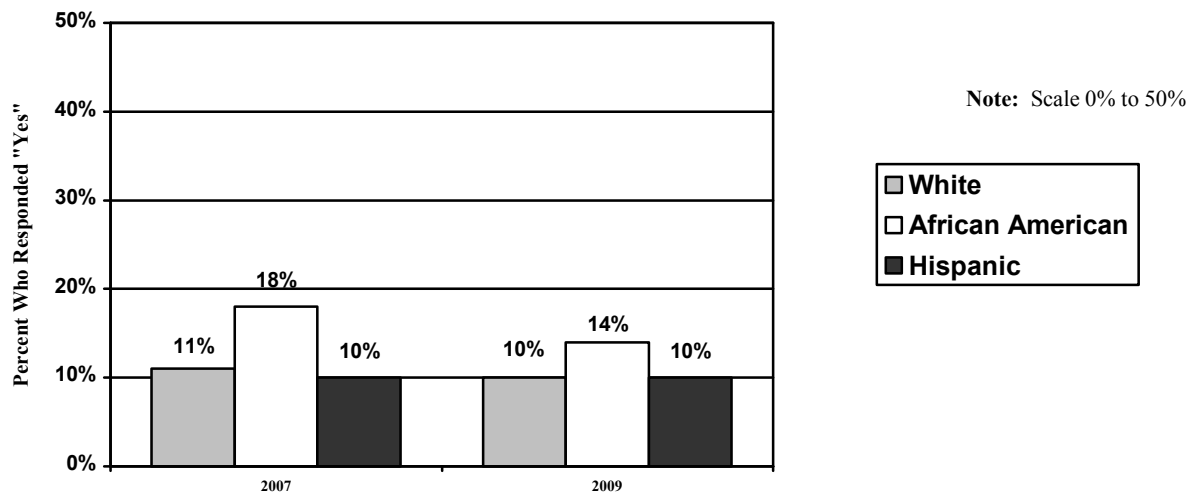
## **Asthma and Virginia's Youth**

In 2009, 26%, or one out of every four, of Virginia's youth in grades 6 through 12 reported that they have been told by a doctor or a nurse that they had asthma. Of these, 11% report no longer having it, and 16% of students report that they still have it. Nationally 16.6% of adolescents, aged 12 to 17, reported they had been told by a doctor or a nurse that they had asthma.<sup>12</sup> Virginia reports a higher percentage with 27% of Virginia's high school students reporting having ever been told that they had asthma and 16% noting that they still have it. Slightly fewer middle school students reported having been told by a doctor or nurse that they had asthma; 25% reported that they had ever been told that they had asthma, with 16% reporting they still have it.

The percentage of students who reported having an episode of asthma or an asthma attack in the 12 months preceding the survey was 11%. African-American students were more likely than other students to report having current asthma, with 14% having had an attack in the past twelve months. Fewer White (10%) and Hispanic (10%) students noted an asthma episode in the previous 12 months (Figure 38).

Students were asked "During the past 12 months, about how many times did you have to visit an emergency room or urgent care center because of asthma?" The majority, 92%, reported that at no time did they have to go get emergency care because of asthma. Six percent (6%) of the student population had to receive emergency care for their asthma one to three times in the year. One percent (1%) had gone to the emergency room 4 to 12 times per year and another one percent (1%) had to go to receive urgent care more than 12 times in the past year.

**Figure 38: Had an Episode of Asthma in Past Year by Ethnicity**



Appendix A

2009 Youth Tobacco Survey Questionnaire



**Virginia  
Youth Tobacco Survey  
2009-2010**

# Virginia Youth Tobacco Survey

## 2009-2010 Questionnaire

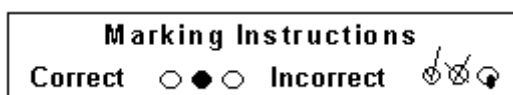
### Instructions

The Virginia Tobacco Settlement Foundation is conducting this school survey. One of the many responsibilities of the Virginia Tobacco Settlement Foundation is to help schools provide students with information about behaviors that increase the risk of health problems now or in the future.

Participating in this survey is voluntary and your grade in this class will not be affected whether or not you answer the questions. However, only a limited number of students like you are participating in this survey in schools all over the state. The answers you give are very important. Please read each question carefully and answer it based on what you really know or do. This is not a test of you or this school.

Strict procedures will be maintained to protect your privacy and allow for your anonymous participation. Please do not write your name on the questionnaire or Answer Sheet. Your answers are private. Results of this survey will never be reported by name, class, or school.

Use the No. 2 pencil you have been given to fill out the answer sheet. Do not use a pen or some other pencil. Notice that for each question there are a series of circles on the Answer Sheet. For each question that you answer on the survey, choose the answer (or answers) that best fits what you know or do, then fill in the corresponding circle(s) on the Answer Sheet. If you must change an answer, erase your old answer completely.



Please be sure to answer every question. When you are finished, look over your Answer Sheet to make sure you have not skipped any items.

It is important that you answer the survey based on what you really know or do. Do not pick a response just because you think that it is what someone wants you to say.

Thank you for participating in this survey! The information you have provided will be used to develop better health education programs for students like you all around the state.

**START HERE**

**THE FIRST QUESTIONS ASK FOR SOME BACKGROUND INFORMATION ABOUT YOU.**

1. **How old are you?**
  - a. 11 years old or younger
  - b. 12 years old
  - c. 13 years old
  - d. 14 years old
  - e. 15 years old
  - f. 16 years old
  - g. 17 years old
  - h. 18 years old or older
  
2. **What is your gender?**
  - a. Female
  - b. Male
  
3. **What grade are you in?**
  - a. 6th
  - b. 7th
  - c. 8th
  - d. 9th
  - e. 10th
  - f. 11th
  - g. 12th
  - h. Ungraded or other grade
  
4. **How do you describe yourself? (You can CHOOSE ONE ANSWER or MORE THAN ONE)**
  - a. American Indian or Alaskan Native
  - b. Asian
  - c. Black or African American
  - d. Hispanic or Latino
  - e. Native Hawaiian or Other Pacific Islander
  - f. White

5. **Which one of these groups BEST describes you? (CHOOSE ONLY ONE ANSWER)**
  - a. American Indian or Alaska Native
  - b. Asian
  - c. Black or African American
  - d. Hispanic or Latino
  - e. Native Hawaiian or Other Pacific Islander
  - f. White
  - g. None of the above
  
6. **During the last 4 weeks, about how much money did you have each week to spend any way you want to?**
  - a. None
  - b. Less than \$1
  - c. \$1 to \$5
  - d. \$6 to \$10
  - e. \$11 to \$20
  - f. \$21 to \$50
  - g. More than \$50

**THE NEXT GROUP OF QUESTIONS ASKS ABOUT TOBACCO USE.**

**Cigarette Smoking**

7. **Have you ever tried cigarette smoking, even one or two puffs?**
  - a. Yes
  - b. No
  
8. **How old were you when you smoked a whole cigarette for the first time?**
  - a. I have never smoked a whole cigarette
  - b. 8 years old or younger
  - c. 9 or 10 years old
  - d. 11 or 12 years old
  - e. 13 or 14 years old
  - f. 15 or 16 years old
  - g. 17 years old or older

9. **About how many cigarettes have you smoked in your entire life?**
- None
  - 1 or more puffs but never a whole cigarette
  - 1 cigarette
  - 2 to 5 cigarettes
  - 6 to 15 cigarettes (about 1/2 a pack total)
  - 16 to 25 cigarettes (about 1 pack total)
  - 26 to 99 cigarettes (more than 1 pack, but less than 5 packs)
  - 100 or more cigarettes (5 or more packs)
10. **Have you ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days?**
- Yes
  - No
11. **During the past 30 days, on how many days did you smoke cigarettes?**
- 0 days
  - 1 or 2 days
  - 3 to 5 days
  - 6 to 9 days
  - 10 to 19 days
  - 20 to 29 days
  - All 30 days
12. **During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?**
- I did not smoke cigarettes during the past 30 days
  - Less than 1 cigarette per day
  - 1 cigarette per day
  - 2 to 5 cigarettes per day
  - 6 to 10 cigarettes per day
  - 11 to 20 cigarettes per day
  - More than 20 cigarettes per day
13. **During the past 30 days, what brand of cigarettes did you usually smoke? (CHOOSE ONLY ONE ANSWER)**
- I did not smoke cigarettes during the past 30 days
  - I do not have a usual brand
  - Camel
  - Marlboro
  - Newport
  - Virginia Slims
  - GPC, Basic or Doral
  - Some other brand
14. **Are the cigarettes that you usually smoke menthol cigarettes?**
- I do not smoke cigarettes
  - Yes
  - No
15. **During the past 30 days, how did you usually get your own cigarettes? (CHOOSE ONLY ONE ANSWER)**
- I did not smoke cigarettes during the past 30 days
  - I bought them in a store such as a convenience store, supermarket, discount store, or gas station
  - I bought them from a vending machine
  - I gave someone else money to buy them for me
  - I borrowed (or bummed) them from someone else
  - A person 18 years old or older gave them to me
  - I took them from a store or family member
  - I got them some other way

**16. During the past 30 days, where did you buy the last pack of cigarettes you bought? (CHOOSE ONLY ONE ANSWER)**

- a. I did not buy a pack of cigarettes during the past 30 days
- b. A gas station
- c. A convenience store
- d. A grocery store
- e. A drugstore
- f. A vending machine
- g. I bought them over the Internet
- h. Other

**17. During the past 30 did anyone ever refuse to sell you cigarettes because of your age?**

- a. I did not try to buy cigarettes in a store during the past 30 days
- b. Yes, someone refused to sell me cigarettes because of my age
- c. No, no one refused to sell me cigarettes because of my age

**18. During the past 30 days, on how many days did you smoke cigarettes on school property?**

- a. 0 days
- b. 1 or 2 days
- c. 3 to 5 days
- d. 6 to 9 days
- e. 10 to 19 days
- f. 20 to 29 days
- g. All 30 days

**19. When was the last time you smoked a cigarette, even one or two puffs?**

- a. I have never smoked even one or two puffs
- b. Earlier today
- c. Not today but sometime during the past 7 days
- d. Not during the past 7 days but sometime during the past 30 days
- e. Not during the past 30 days but sometime during the past 6 months
- f. Not during the past 6 months but sometime during the past year
- g. 1 to 4 years ago
- h. 5 or more years ago

**20. Do you want to stop smoking cigarettes?**

- a. I do not smoke now
- b. Yes
- c. No

**28. During the past 12 months, did any doctor, dentist, nurse, or other health professional ask you if you smoke?**

- a. Yes
- b. No
- c. Don't know / Not sure

**29. During the past 12 months, did any doctor, dentist, nurse, or other health professional advise you not to smoke?**

- a. Yes
- b. No
- c. Don't know / Not sure

23. **During the past 12 months, have you had an episode of asthma or an asthma attack?**
- Yes
  - No
24. **How many times during the past 12 months have you stopped smoking for one day or longer because you were trying to quit smoking?**
- I have not smoked in the past 12 months
  - I have not tried to quit
  - 1 time
  - 2 times
  - 3 to 5 times
  - 6 to 9 times
  - 10 or more times
32. **When you last tried to quit, how long did you stay off cigarettes?**
- I have never smoked cigarettes
  - I have never tried to quit
  - Less than a day
  - 1 to 7 days
  - More than 7 days but less than 30 days
  - 30 days or more but less than 6 months
  - 6 months or more but less than a year
  - 1 year or more

27. **How old were you when you used chewing tobacco, snuff, or dip for the first time?**
- I have never used chewing tobacco, snuff, or dip
  - 8 years old or younger
  - 9 or 10 years old
  - 11 or 12 years old
  - 13 or 14 years old
  - 15 or 16 years old
  - 17 years old or older

28. **During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip?**
- 0 days
  - 1 or 2 days
  - 3 to 5 days
  - 6 to 9 days
  - 10 to 19 days
  - 20 to 29 days
  - All 30 days

29. **During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip on school property?**
- 0 days
  - 1 or 2 days
  - 3 to 5 days
  - 6 to 9 days
  - 10 to 19 days
  - 20 to 29 days
  - All 30 days

**Smokeless Tobacco: Chewing Tobacco, Snuff, or Dip**

33. **Have you ever used chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?**
- Yes
  - No

**Cigars**

30. **Have you ever tried smoking cigars, cigarillos, or little cigars, even one or two puffs?**
- Yes
  - No

31. **How old were you when you smoked a cigar, cigarillo, or little cigar for the first time?**
- a. I have never smoked a cigar, cigarillo or little cigar
  - b. 8 years old or younger
  - c. 9 or 10 years old
  - d. 11 or 12 years old
  - e. 13 or 14 years old
  - f. 15 or 16 years old
  - g. 17 years old or older

32. **During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?**
- a. 0 days
  - b. 1 or 2 days
  - c. 3 to 5 days
  - d. 6 to 9 days
  - e. 10 to 19 days
  - f. 20 to 29 days
  - g. All 30 days

### Pipe

33. **During the past 30 days, on how many days did you smoke tobacco in a pipe?**
- a. 0 days
  - b. 1 or 2 days
  - c. 3 to 5 days
  - d. 6 to 9 days
  - e. 10 to 19 days
  - f. 20 to 29 days
  - g. All 30 days

### Bidis and Kreteks

**THE NEXT QUESTIONS ARE ABOUT BIDIS (OR “BEEDIES”) AND KRETEKS (ALSO CALLED “CLOVE CIGARETTES”). BIDIS ARE SMALL BROWN CIGARETTES FROM INDIA CONSISTING OF TOBACCO WRAPPED IN A LEAF TIED WITH A THREAD. KRETEKS ARE CIGARETTES CONTAINING TOBACCO AND CLOVE EXTRACT.**

47. **Have you ever tried smoking any of the following:**
- a. Bidis
  - b. Kreteks
  - c. I have tried both bidis and kreteks
  - d. I have never smoked bidis or kreteks

35. **During the past 30 days, on how many days did you smoke bidis?**
- a. 0 days
  - b. 1 or 2 days
  - c. 3 to 5 days
  - d. 6 to 9 days
  - e. 10 to 19 days
  - f. 20 to 29 days
  - g. All 30 days

**THE NEXT QUESTIONS ASK ABOUT YOUR THOUGHTS ABOUT TOBACCO.**

36. **Do you think that you will try a cigarette soon?**
- a. I have already tried smoking cigarettes
  - b. Yes
  - c. No

37. **Do you think you will smoke a cigarette at anytime during the next year?**
- Definitely yes
  - Probably yes
  - Probably not
  - Definitely not
38. **If one of your best friends offered you a cigarette, would you smoke it?**
- Definitely yes
  - Probably yes
  - Probably not
  - Definitely not
39. **Do you think you will be smoking cigarettes 5 years from now?**
- I definitely will
  - I probably will
  - I probably will not
  - I definitely will not
40. **In the past 12 months, how often have your parents or guardians discussed the dangers of tobacco use with you?**
- Never
  - Rarely
  - Sometimes
  - Often
  - Very often
41. **Do you think young people who smoke cigarettes have more friends?**
- Definitely yes
  - Probably yes
  - Probably not
  - Definitely not
42. **Do you think smoking cigarettes makes young people look cool or fit in?**
- Definitely yes
  - Probably yes
  - Probably not
  - Definitely not
43. **Do you think young people risk harming themselves if they smoke from 1 – 5 cigarettes per day?**
- Definitely yes
  - Probably yes
  - Probably not
  - Definitely not
44. **Do you think it is safe to smoke for only a year or two, as long as you quit after that?**
- Definitely yes
  - Probably yes
  - Probably not
  - Definitely not
45. **Do you believe that light (low tar) cigarettes are somewhat less risky than regular (full flavor) cigarettes?**
- I have never smoked cigarettes
  - Yes, they are somewhat less risky
  - No, they pose the same risk
  - No, they are more risky
46. **Do you think you would be able to quit smoking cigarettes now if you wanted to?**
- I do not smoke now
  - Yes
  - No
47. **During this school year were you taught in any of your classes about the dangers of tobacco use?**
- Yes
  - No
  - Not sure

48. **During this school year, did you practice ways to say NO to tobacco in any of your classes (for example by role-playing)?**
- Yes
  - No
  - Not sure

**THE NEXT QUESTIONS ASK ABOUT EVENTS YOU MAY HAVE ATTENDED OR WHAT YOU HAVE SEEN ON TV, AT THE MOVIES, OR ON THE INTERNET.**

49. **During the past 12 months, have you participated in any community activities to discourage people your age from using cigarettes, chewing tobacco, snuff, dip, or cigars?**
- Yes
  - No
  - I did not know about any activities

50. **During the past 30 days, have you seen or heard commercials on TV, the Internet, or on the radio about the dangers of cigarette smoking?**
- Not in the past 30 days
  - 1-3 times in the past 30 days
  - 1-3 times per week
  - Daily or almost daily
  - More than once a day

51. **When you are using the Internet, how often do you see ads for tobacco products?**
- I don't use the Internet
  - Most of the time
  - Some of the time
  - Hardly ever
  - Never

**SOME TOBACCO COMPANIES MAKE ITEMS LIKE SPORTS GEAR, T-SHIRTS, LIGHTERS, HATS, JACKETS, AND SUNGLASSES THAT PEOPLE CAN BUY OR RECEIVE FREE.**

52. **Would you ever use or wear something that has a tobacco company name or picture on it such as a lighter, t-shirt, hat, or sunglasses?**
- Definitely yes
  - Probably yes
  - Probably not
  - Definitely not

53. **Do you think that tobacco companies have tried to mislead young people to buy their products more than other companies?**
- Definitely yes
  - Probably yes
  - Probably not
  - Definitely not

**THE NEXT QUESTIONS ASK ABOUT YOUR EXPOSURE TO TOBACCO USE.**

54. **During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?**
- 0 days
  - 1 or 2 days
  - 3 or 4 days
  - 5 or 6 days
  - 7 days

55. **Which of these best describes the rules about smoking inside the house where you live? Smoking is...**
- Never allowed inside my home
  - Allowed only at some times or in some places
  - Always allowed inside my home
56. **Which of the following best describes the rules about smoking in the vehicle you drive or ride around in the most? Smoking is...**
- Never allowed inside the vehicle
  - Sometimes allowed inside the vehicle
  - Always allowed inside the vehicle
57. **During the past 7 days, on how many days did you ride in a car with someone who was smoking cigarettes?**
- 0 days
  - 1 or 2 days
  - 3 or 4 days
  - 5 or 6 days
  - 7 days
58. **What do you think Employers should do about smoking in indoor areas in places where people work? Employers should...**
- Never allow smoking in places where people work
  - Allow smoking only at some times or in some places
  - Always allow smoking in places where people work
59. **Which of these best describes smoking where you work? Smoking is...**
- I do not have a job
  - Never allowed where I work
  - Allowed but only at some times or in some places
  - Always allowed where I work
60. **On how many of the past 7 days did you breathe the smoke from someone who was smoking in the place where you work?**
- I do not have a job
  - I have a job but did not work in the past 7 days
  - 0 days
  - 1 to 3 days
  - 4 to 6 days
  - all 7 days
61. **Now think about indoor public places such as malls, movie theaters, clubs or restaurants. Which of these best describes what you think about smoking in indoor public places? Smoking should...**
- Never be allowed in indoor public places
  - Be allowed in indoor public places but only at some times or in some areas
  - Always be allowed in indoor public places
62. **Do you think the smoke from other people's cigarettes is harmful to you?**
- Definitely yes
  - Probably yes
  - Probably not
  - Definitely not

63. **Does anyone who lives with you now smoke cigarettes?**  
 a. Yes  
 b. No
64. **Does anyone who lives with you now use chewing tobacco, snuff, or dip?**  
 a. Yes  
 b. No
65. **How many of your four closest friends smoke cigarettes?**  
 a. None  
 b. One  
 c. Two  
 d. Three  
 e. Four  
 f. Not sure
66. **How many of your four closest friends use chewing tobacco, snuff, or dip?**  
 a. None  
 b. One  
 c. Two  
 d. Three  
 e. Four  
 f. Not sure

**THESE QUESTIONS ASK ABOUT HOOKAH USE, AN INDIAN WATER PIPE AND BLACK AND MILDS, A TYPE OF CIGAR THAT USES PIPE TOBACCO.**

67. **Have you ever smoked tobacco from a hookah (waterpipe, shisha, narghile), even one or two puffs?**  
 a. Yes  
 b. No
68. **Have you smoked tobacco from a hookah (waterpipe, shisha, narghile) in the past year, even one or two puffs?**  
 a. Yes  
 b. No

69. **Have you ever tried smoking a Black and Mild, even one or two puffs?**  
 a. Yes  
 b. No
70. **During the past 30 days, on how many days did you smoke Black and Mild's?**  
 a. 0 days  
 b. 1 or 2 days  
 c. 3 to 5 days  
 d. 6 to 9 days  
 e. 10 to 19 days  
 f. 20 to 29 days  
 g. All 30 days

**THE LAST QUESTIONS ASK ABOUT HOW YOU FEEL.**

71. **Has a doctor or nurse ever told you that you have asthma?**  
 a. Yes, and I still have it  
 b. Yes, but I don't have asthma anymore  
 c. No  
 d. Not sure
72. **During the past 12 months, about how many times did you have to visit an emergency room or urgent care center because of asthma?**  
 a. 0 (none)  
 b. 1-3 times  
 c. 4-12 times  
 d. More than 12 times
73. **Have you smoked tobacco from a hookah (waterpipe, shisha, narghile) in the past 30 days, even one or two puffs?**  
 a. Yes  
 b. No

74. **I intend to smoke tobacco from a hookah (waterpipe, shisha, narghile) some time in the rest of my life.**
- a. Definitely yes
  - b. Probably yes
  - c. Probably not
  - d. Definitely not

75. **Have you ever heard of SNUS, tobacco that comes in a small pouch, similar to snuff?**
- a. Yes
  - b. No

76. **Have you ever used SNUS?**
- a. Yes
  - b. No

77. **During the past 30 days, on how many days did you use SNUS?**
- a. 0 days
  - b. 1 or 2 days
  - c. 3 to 5 days
  - d. 6 to 9 days
  - e. 10 to 19 days
  - f. 20 to 29 days
  - g. All 30 days

**THANK YOU VERY MUCH FOR  
YOUR COOPERATION**

## Appendix B

### Technical Report on Methodology

# Youth Tobacco Survey, 2009

## Technical Report

### Methodology

Survey Administration and Quality Control. Following receipt of the list of randomly selected schools from the CDC, an Access database was constructed that included and linked all contact information for the selected schools at the division and school level. The information included in this database was downloaded from Virginia's Department of Education (VDOE) website and/or obtained directly from VDOE. This database was updated with additional information that came directly from a division's superintendent's office or from the selected schools. It was then utilized for all subsequent phone, e-mail, or mailing contact to the superintendents or school principals. It was also used to track communications with both division superintendents and schools. A status review of school responses was reviewed weekly.

Contact began at the division level. All division superintendents from selected schools were sent a packet of information that included several items: a copy of the YTS, a cover letter addressed to the superintendent detailing the study and a letter from the Centers of Disease Control's Office on Smoking and Health (both containing the names of schools selected from their division), a copy of the parental notification form, a FAQ sheet, a form that the division could send back to indicate whether or not they were willing to participate, letters of support from Virginia's Secretary of Health and Human Resources and Virginia's Superintendent of Public Instruction, and finally a self-addressed, stamped envelope that they could use to return the form. Packets were sent via Federal Express. If we did not receive the completed form indicating agreement to participate, we followed up with a phone call and/or e-mail within 1-2 weeks.

After receiving consent at the division level to include a school(s) in the study, a packet was sent to each school principal to notify them of their inclusion in the study and to provide relevant information about the YTS. (Note: in some cases a school division would elect to appoint a coordinator within the school system to handle coordination with their schools. In these cases we had very little contact with the schools until it was time to confirm administration). School packets included the same information and forms as the division level packets. Packets were again sent via FedEx, and were followed up with a phone call and/or e-mail within a week to the school principal. Most principals provided the name of a school coordinator, who then provided a list of classes. CDC guidelines encouraged the use of 2<sup>nd</sup> period classes. If a school was not able to use 2<sup>nd</sup> period classes, they could provide us with some other class list that would include each eligible student once and only once. For example, in some schools all children are required to take Physical Education (PE). In those schools we could select from all PE classes, and eliminate the need to take class time from core classes or classes that were focusing on the State's Standards of Learning (SOL) exams. Once a class list was received, eligible classes were numbered and were then randomly selected using a list of numbers provided by the CDC that was based on the size of the school. It was expected that we would select an average of 2 classes per school for this study.

Principals or their designated school coordinators were advised of the classes that were selected at their school and were asked to select a date and time for administration. Once a date and time were selected, the school coordinator was e-mailed a confirmation of the date(s), times and

classes included in the survey effort, as well as a reminder of the school's responsibilities prior to survey administration. This e-mail included an electronic copy of the parental notification letter and a one page fact sheet about the Youth Tobacco Survey. The letter notified the parents of the survey and provided a brief description of the survey instrument and its intended use, as well as the address to the website where further information could be obtained and contact information for key individuals on the project. The letter explained that participation of their student was voluntary and that no action would be taken against the school, the parent, or the child, if the child chose not to take part. The letter also explained how each child's anonymity would be protected and that no name or other identifying information would be placed on the survey instrument. These letters were to be sent home with students before the survey administration date.

Once a school had selected a date and time, the scheduling coordinator would notify VCU survey administrators, who would be scheduled to go out to the school. Survey packets to be taken to the schools were assembled and checked for accuracy. Two days prior to administration the school coordinator was contacted to verify time of arrival and to ensure that the parental notification letters were sent out to parents of the students in the selected classrooms. In some cases this had not yet been done and administration was rescheduled. As a measure of quality assurance, packets were rechecked by the survey administrators prior to leaving for administration.

Survey administrators were recruited from experienced interviewers within SERL and from the University's employment website, seeking upper-level undergraduates or graduate students with experience in an educational setting. After applications were accepted, screened, and interviews were held, selected administrators participated in a comprehensive training session. This training session included an overview of the Youth Tobacco Survey project, the importance of confidentiality, the specifics on how to document school and class participation, protocol on the presentation and administration of the YTS to the students, materials needed for survey administration, and instructions on how to complete all related forms.

The survey was administered from September of 2009 through April of 2010. These dates were selected in order to accommodate as many schools as possible, and to avoid dates for SOL or other standardized testing. Before administering the survey, all students who declined to participate were identified and separated from those who would be taking the survey. Administrators provided students with a survey, an answer sheet and a No. 2 pencil. All administrators read a prepared script aloud which included information about survey, instructions on how to correctly complete the survey, and a sentence that stated that the student could skip any questions that they did not want to answer. Students were instructed not to place their name anywhere on the survey or answer sheet, and no information was placed or asked on the survey that could link it to an individual. After completing the survey, students brought the answer sheet up and placed it in an envelope themselves. This procedure was designed to ensure the anonymity of all participants. When all students had returned their answer sheets, the administrator recorded the number of participating students on a Classroom-Level Reporting Form. They were instructed to wait until the students had left the room to count the answer sheets, and then they completed a Header Sheet for each selected class. Administrators verified total enrollment for the classroom with the teacher. If this number varied from the enrollment number given to us by the school coordinator, the administrator would find out the reason for the difference and record this information on the form.

Header sheets and all completed surveys were returned to the Survey and Evaluation Research Laboratory at Virginia Commonwealth University for processing and submission to the CDC. All surveys were reviewed by staff in order to ensure that all forms were filled out completely and correctly. VCU staff made no attempt to determine a response in the situations where it was unclear, choosing to leave items blank. YTS scan sheets were sent directly to the CDC's contractor for scanning. VCU received case level data from CDC, which was analyzed by VCU staff members.

### *Sampling and Weighting*

The 2009 Virginia Youth Tobacco Survey (YTS) was conducted by Virginia Commonwealth University (VCU) according to guidance issued by the Centers for Disease Control and Prevention (CDC). The samples were selected and provided by the CDC and were based off of the State Department of Education's public school enrollment data. The data were weighted by the CDC to account for unequal chances of selection, differential non-response, and demographics (grade, race, and gender) so as to better represent middle school and high school children in Virginia.

Essentially, two separate samples were selected, one consisting of high school students, and one comprised of middle school students. For the high school sample in the 2009 Virginia YTS, all regular schools containing grades 9, 10, 11, or 12 were included in the sampling frame. For the middle school sample in the 2009 Virginia YTS, all regular schools containing grades 6, 7, or 8 were included in the sampling frame.

A two-stage cluster sample design was used to produce a representative sample of students in grades 6-8 and for those in grades 9-12.

The first-stage (school level) sampling frame consisted of all schools containing any of grades 9-12 for the high school sample and grades 6-8 for the middle school sample. Schools were selected with probability proportional to school enrollment size. The second sampling stage (class level) consisted of systematic equal probability sampling (with a random start) of classes from each school that participated in the survey. Second period classes were targeted for inclusion in the sampling frames for selected schools, but in some cases other class periods or types of classes were substituted. Substitutions occurred when schools declined to make second period classes available (e.g., because they did not want to lose SOL-related instruction time) or their second period classes would not have included all students in the sampling frame. All students in the selected classes were eligible to participate in the survey.

The sampling and weighting procedures for the Virginia YTS involve a clustered and stratified design. Such complex sample designs require special approaches to calculating sampling variances. Because sampling variances underlie the calculation of confidence intervals for survey statistics (such as sampling errors and tests of statistical significance), it is critical to calculate them correctly by taking into account the effects of the complex sample design.

In general, the confidence intervals on these estimates are 1.5 to 2 times as wide as confidence intervals that would be calculated by assuming this was a simple random sample (that is, by ignoring the sample design information in the file). Sampling errors for many items in the 2009

Virginia YTS are approximately +/- 1% to +/- 5% but can range much higher than that in some cases. The proper calculations should be carried out on each item of interest to make sure what the correct confidence intervals are.

Readers should keep in mind that surveys may have other errors besides sampling error. Every effort was made to minimize all sources of error in this survey, but errors other than sampling error can be difficult or impossible to measure.

### *School Response Rates*

At the middle school level, 50 schools were selected by the CDC. Of these, two schools were determined to be ineligible to participate (One of these was a high school which no longer included an 8<sup>th</sup> grade and the 2<sup>nd</sup> school had been closed) . Of these 48 middle schools, 34 agreed to participate (70.08%). Within the selected classes at those schools there were 2,368 selected students, of whom 2,101 (88.72%) returned usable questionnaires. The overall response rate for middle schools in the 2009 Virginia YTS is 62.81% (70.08% \* 88.72% = 62.81%).

At the high school level, 50 schools were selected and 36 agreed to participate (72.00%). Within the selected classes at those schools there were 2,232 eligible students, of whom 1,827 (81.85%) returned usable questionnaires. The overall response rate for high schools in the 2009 Virginia YTS is 58.94% (72.00% \* 81.85% = 58.94%).

Overall, Virginia’s response rate was 60.99%. This was determined based on a school-level response rate of 71.43% multiplied by the student-level response rate of 85.39%.

### **Response Rates for 2009:**

<b>School Level</b>	<b>% of Selected Schools that Participated</b>	<b>% of Possible Students that Participated</b>	<b>Overall Response Rate</b>
Middle School	70.08% (34:48)	88.72% (2,101 : 2,368)	62.81%
High School	72.00% (36:50)	81.85% (1,827 :2,232)	58.94%
Combined	71.43% (70:98)	85.39% (3,928 : 4600)	60.99%

## Appendix C

### Glossary of Terms

# Glossary of Terms

**Established smokers** - students who have smoked at least 100 cigarettes in their lifetime **and** smoked on at least 20 of the past 30 days.

**Experimenters** – students who have smoked at least one cigarette, but have not yet smoked 100 or more cigarettes.

**Nondaily current smokers** – students who have smoked 100 or more cigarettes in their lifetime, but do not yet smoke every day or almost every day (smoked on 1-19 of the past 30 days).

**Former smokers** – students who have smoked 100 or more cigarettes in their lifetime, but did not smoke in the past 30 days.

**Not Open to smoking** - students who have never tried a cigarette and:

- (1) said they would not try a cigarette soon **and**
- (2) would definitely not smoke at any time during the next year **and**
- (3) would definitely not smoke a cigarette if one of their best friends offered it to them.

**Open to smoking** - students who answered 'yes' or 'probably yes' or 'probably no' to any of the 3 questions listed above are considered open to smoking.

The risk variable used in this report is a computed variable based on the way students responded to a number of questions on the survey. Students are classified as one of the following designations:

**High Risk** – students who are identified as experimenters or nondaily current smokers.

**Moderate Risk** – students who have never smoked, but said that they were open to it.

**Low Risk** – students who have never smoked and are not open to smoking.

# Appendix D

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