



Tobacco Use Among Virginia's
Middle and High School Students

Results of the 2007 Youth Tobacco Survey
with comparisons to the 2001, 2003, and 2005 survey results

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Executive Summary

The 2007 Virginia Youth Tobacco Survey was conducted in the 2007-2008 school year. A total of 2,614 surveys were completed by Virginia's public school students in grades 6 through 12.

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 significant drop in rates of tobacco use for Virginia youth was seen from the 2005 to 2007. 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 has fallen from 56% in 2001 to 45% in 2003 and 2005 to 39% in 2007. Twenty-five percent (25%) of middle school students and 49% of high school students reported that they have ever used a tobacco product. (Tobacco products are defined as cigarettes, cigars, smokeless tobacco, pipes, bidis [leaf-wrapped, flavored cigarettes from India], and kreteks [clove cigarettes]).
- Eighteen percent (18%) of middle school students and 41% of high school students reported that they had ever smoked cigarettes. This is down from 23% and 49%, respectively, in 2005. Those who reported ever use of smokeless tobacco or cigars also declined from 2005 to 2007.
- Eighteen percent (18%) of all students surveyed report that they currently use tobacco products (one or more days during the past month), down slightly from 20% in 2005. Nine percent (9%) of Virginia's middle school students and 25% of high school students reported that they currently use tobacco products.
- Eleven percent (11%) of all students surveyed in 2007 report that they currently smoke cigarettes, down from 16% in 2005. Five percent (5%) of middle school students and 16% of high school students report that they currently smoke cigarettes. The rate of all students who reported currently using smokeless tobacco increased from 5% in 2005 to 6% in 2007. Three percent (3%) of Virginia's middle schools students and 8% 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 dropped from 20% in 2005 to 14% in 2007. The percentage of students who reported having smoked a whole cigarette before age 13 dropped to 9% in 2007 from 14% in both 2003 and 2005. The rate of students who reported using smokeless tobacco before they turned 13 dropped from 6% in 2005 to 4% in 2007.
- More than half (68%) of currently smoking Virginia students who tried to buy cigarettes in a store during the past month were not always asked for proof of age. In 2007, only 26% of students who tried to buy cigarettes in the past 30 days were refused every time. Thirty-two percent (32%) were refused part of the time, and 42% were never refused.

- The percentage of middle school students at a high risk for becoming established smokers remained relatively stable from 2005 to 2007, declining slightly from 21% to 19%. The percentage of high school students at high risk of becoming established smokers also declined slightly in the same time period, falling from 38% to 35%.
- Six percent 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 down from 9% in 2005. Roughly one percent (.9%) of middle school students were noted as established smokers. This is similar to 2005, when 1.4% 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 15% of middle school students were experimenters.
- The percentage of Virginia students who live with a smoker declined to its lowest level since beginning administration of the YTS in 2001. Overall, 36% of students taking the survey reported that they lived with someone who smoked, down from 38% in 2005.
- In 2007, 25.6%, 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, 11.2% report no longer having it, leaving 14.4% of students as having current asthma.
- The percentage of students who reported having an episode of asthma or an asthma attack in the 12 months preceding the survey was 13%. African-American students were more likely than other students to report having current asthma, with 18% having had an attack in the past twelve months. Fewer White (11%) and Hispanic (10%) students noted an asthma episode in the previous 12 months. Students who lived with a smoker had a rate of 17% as compared to 10% of those who did not live with a smoker.

Introduction

The Virginia Youth Tobacco Survey (Virginia YTS) is sponsored by the Virginia Tobacco Settlement Foundation, administered by Virginia Commonwealth University's Survey and Evaluation Research Laboratory (SERL) and Community Health Research Initiative (CHRI) offices, 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. This system is designed to assist states in developing and maintaining their state-based comprehensive tobacco prevention and control programs. The Youth Tobacco Surveillance and Evaluation System includes international, national, and state school-based surveys of middle and high school students.

The YTS is intended to enhance the capacity of state agencies and organizations to design, implement, and evaluate tobacco prevention and control programs. The aim of the Virginia YTS is to assess Virginia's youth tobacco use. The information obtained from the survey will provide the details which can then be used to more effectively target, plan and improve prevention and cessation programs. These data can also be compared to national data to assess where Virginia stands nationwide.

National youth data is collected utilizing the National Youth Tobacco Survey (NYTS), which was first conducted during fall 1999. The NYTS is representative of all students in the 50 states and the District of Columbia and is conducted every other year. State Youth Tobacco Surveys were first offered in 1998, when three states participated. There has been a gradual increase in state participation each year. Virginia first participated in 2001 and continued participation in 2003, 2005, and 2007. The Virginia Tobacco Settlement Foundation expects to sponsor the state survey every other year.

Asthma is known to be a leading chronic illness among children across the nation¹; therefore we can assume that it is in the Commonwealth. 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. 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.

The prevalence of cigarette smoking nationwide among high school students increased during the 1990s, peaking during 1996–1997, then began a gradual decline². 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 and has even halted in some cases, especially for younger students³. However, more recent reports note that the prevalence of smoking among high school students was unchanged between 2003 and 2007⁴. The latest available results from the 2006 National Youth Tobacco Survey show that the overall prevalence of any tobacco use did not change from 2004-06 for high school students. In 2006, 25.6% of high school students

¹ Adams PF, Hendershot GE, Marano MA. Current estimates from the National Health Interview Survey, 1996. Hyattsville, MD: US Department of Health and Human Services, Public Health Service, CDC, National Center for Health Statistics; 1999. DHHS publication no. (PHS) 99-1528. (Vital Health Statistics, series 10: data from the National Health Interview Survey, no. 200). In MMWR, August 12, 2005.

² Centers for Disease Control and Prevention. CDC Surveillance Summaries, November 2, 2001. MMWR 2001; 50 (No. SS-4).

³ Johnston, L. D., O'Malley, P. M., Bachman, J. G. & Schulenberg, J. E. (December 19, 2005). Decline in teen smoking appears to be nearing its end. University of Michigan News and Information Services: Ann Arbor, MI. [On-line]. Available: www.monitoringthefuture.org.

⁴ 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.

reported current use of any tobacco product. There were no significant declines overall among high school students in use of any tobacco product or the use of specific tobacco products from 2004 to 2006. These 2006 results also show that from 2004 to 2006 current use of any tobacco product declined significantly overall among middle school students from 11.8% to 9.5%. Current use of cigarettes, cigars and bidis declined significantly for this age group⁵.

Survey results from the 2007 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. However, in 2007, rates declined for current use of any tobacco product and for current use of cigarettes. Rates remained relatively stable from 2005-2007 for smokeless tobacco use and for use of cigars, bidis, and kreteks.

Over 2,600 students (1,675 middle school and 939 high school students) from across the state of Virginia participated in the 2007 Youth Tobacco Survey. This report provides a complete look at the results of the 2007 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.

⁵ Centers for Disease Control and Prevention. 2006 National Youth Tobacco Survey and Key Prevalence Indicators, 2006. [On-line]. Available: http://www.cdc.gov/tobacco/data_statistics/surveys/NYTS/00_pdfs/indicators.pdf.

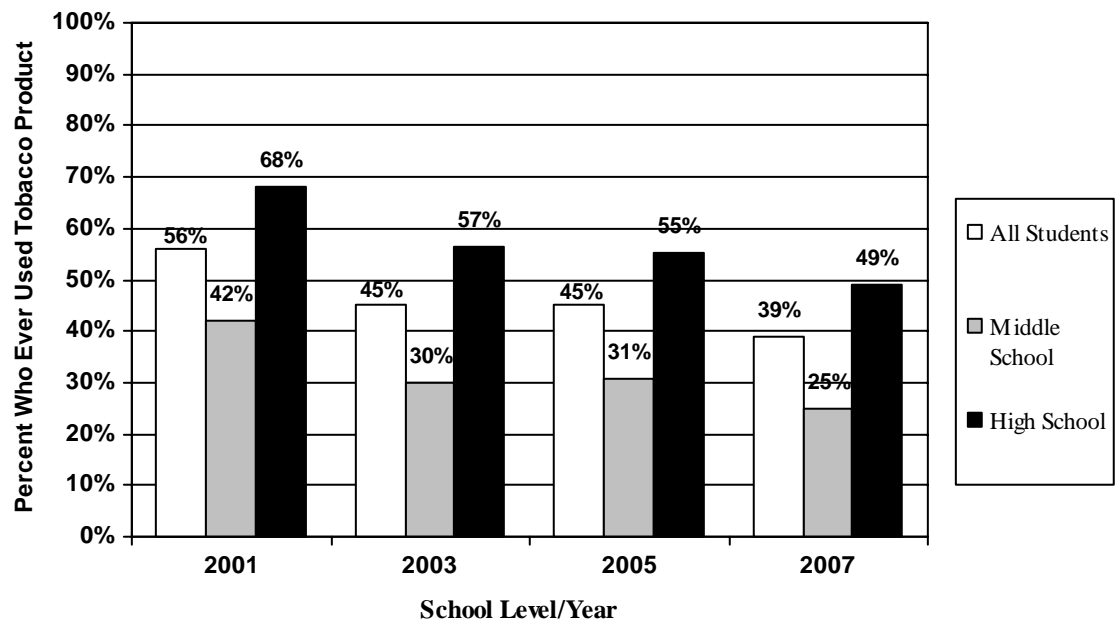
Results

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%. However, the rate of students in grades 6 through 12 reporting use of any tobacco product dropped to 39% in 2007 (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. When these two ways of using tobacco are included with the other types of tobacco use (cigarette smoking, smokeless tobacco use, cigar/cigarillo/little cigar use, bidi use, and kretek use), only slightly more students (41% vs. 39%) reported using a tobacco product in 2007.

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



Ever Use of Cigarettes

The percentage of students who had ever tried cigarettes dropped from 2005 to 2007: 37% of students reported they had tried cigarette smoking in both 2003 and 2005, while only 31% reported that they had tried cigarettes in 2007. The percentage of Virginia middle school students who have ever smoked cigarettes dropped between 2005 and 2007, from 23% to 18%. Virginia high school students also saw a drop from 49% to 41% within the same period (Figure 2). Figure 3 shows how the rate of middle school females who had ever tried smoking cigarettes dropped from 22% in 2005 to 16% in 2007; middle school males saw a decline from 24% to 19% during the same period. The percentage of high school females who reported ever having smoked cigarettes decreased from 47% to 40% since 2005, while the percentage of high school males decreased from 51% (in both 2003 and 2005) to 42% in 2007.

The 2007 survey results showed a sizable drop in the rate of students who had ever tried cigarette smoking across all races (Figure 5). Use among African-Americans showed the largest decline from 2005 to 2007: The rate of African-Americans who reported that they had ever smoked a cigarette dropped from 46% in 2005 to 33% in 2007. Hispanic students continue to show the highest rate (38%, compared to 29% for White students and 33% for African-American students).

Figure 2: Ever Smoked Cigarettes by Level and Year

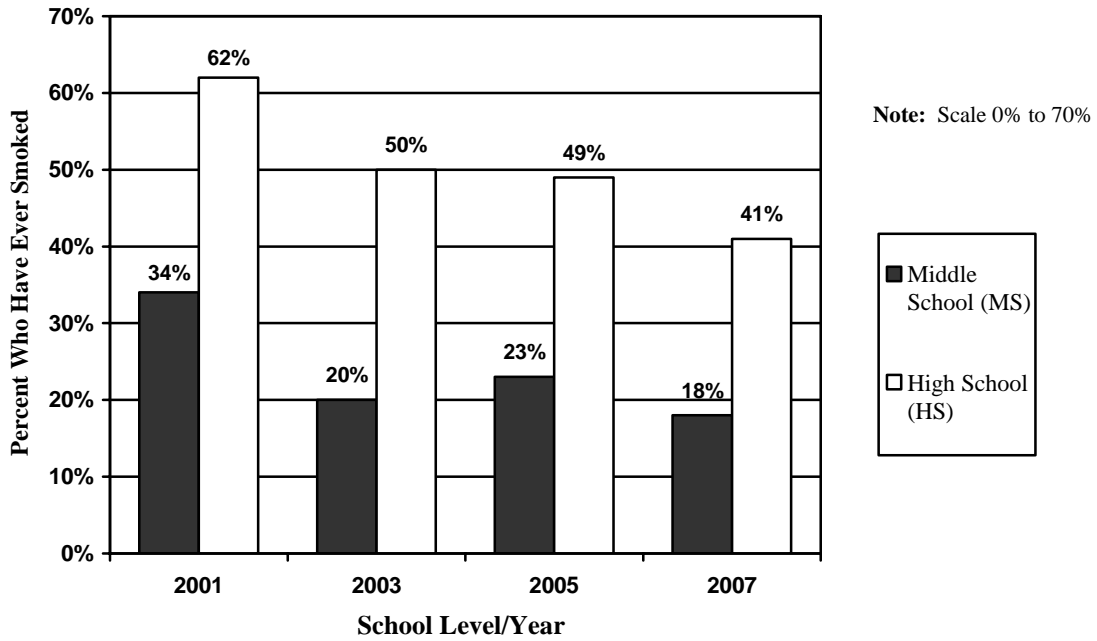


Figure 3: Ever Smoked Cigarettes by Gender, Level, and Year

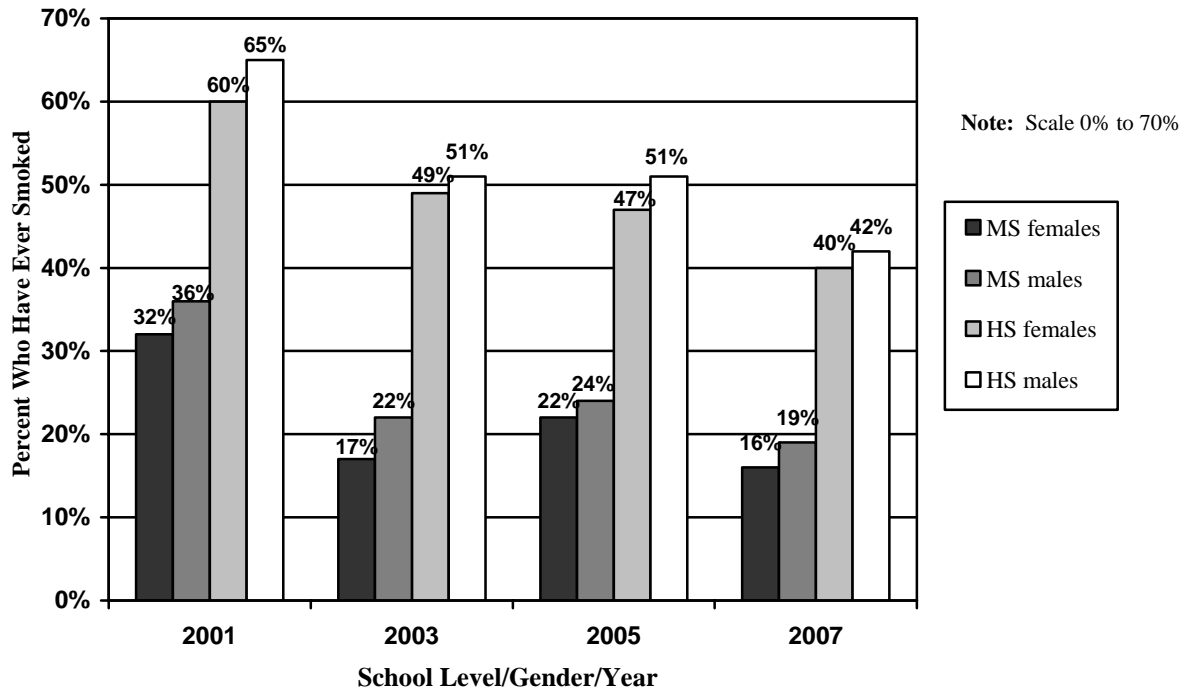
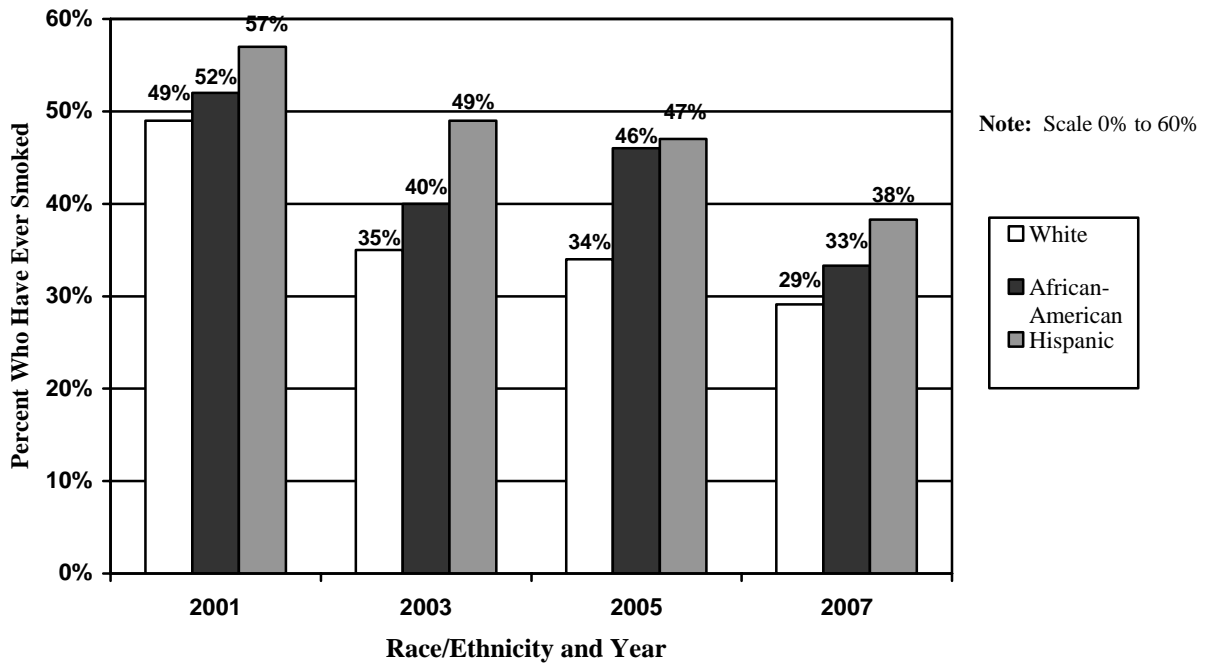


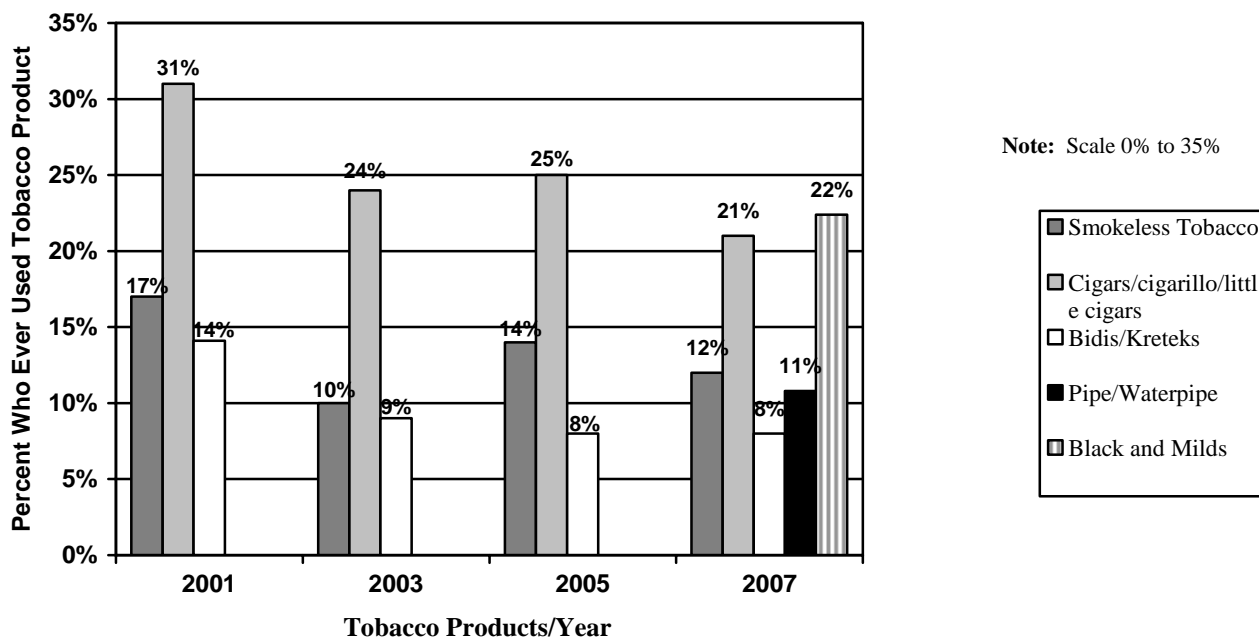
Figure 4: Ever Smoked Cigarettes by Race/Ethnicity and Year



Ever Use of Other Tobacco Products: Smokeless Tobacco, Cigars, Bidis, Kreteks, Pipes, Waterpipes, and Black and Milds

Virginia students reported increases from 2003 to 2005 in the percentages who had ever tried smokeless or chewing tobacco (from 10% to 14%), but as with smoking cigarettes, this rate dropped in 2007 (to 12%). Likewise, the rate of students who reported that they had ever tried cigars or cigarillos rose just slightly from 24% in 2003 to 25% in 2005, then dropped to 21% in 2007. The ever use of bidis or kreteks held constant from 2005 to 2007, at 8%. Eleven percent (11%) of students reported that they had tried smoking tobacco in a pipe or water pipe. Twenty-two percent (22%) reported that they had tried smoking a Black and Milds cigarillo. (Figure 5). Results from the 2007 Youth Tobacco Survey showed a decline in the use of each tobacco product included on the survey (from 2005).

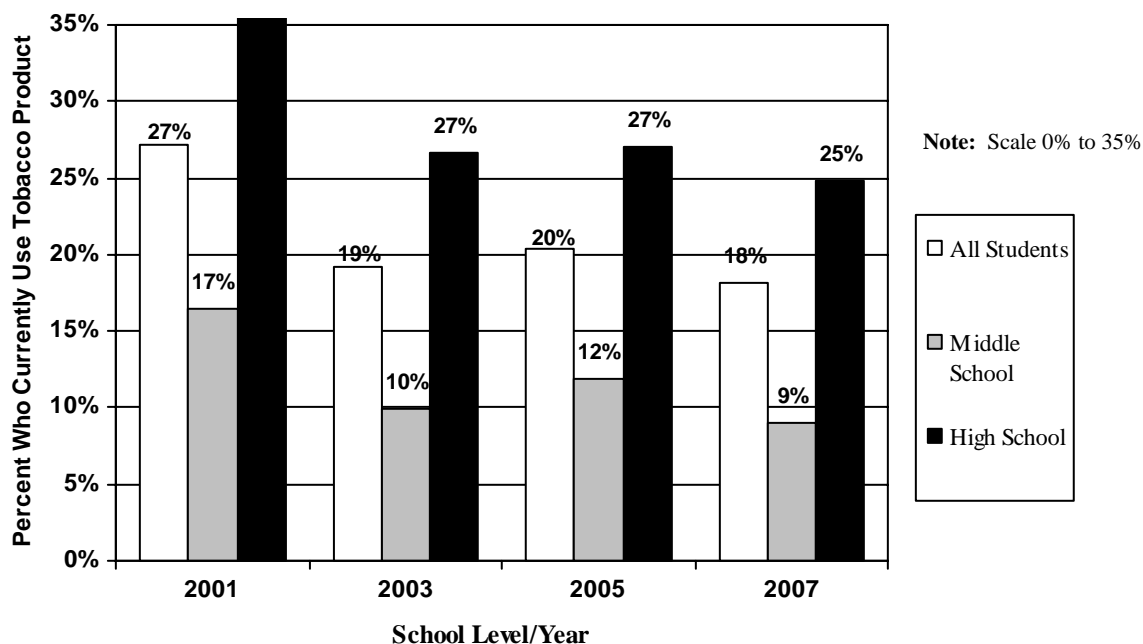
Figure 5: Ever Use of Other Tobacco Products by Year



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 since 2001 (cigarettes, smokeless tobacco, cigars, bidis, kreteks, and pipes), 18% of Virginia students report that they currently use a tobacco product, slightly lower than the 20% reported in 2005. While the percentage of high school students using these tobacco products remained constant from 2003 to 2005 (27%), it dropped slightly in 2007, to 25%. Middle school responses from 2005 indicated that 12% of students were currently using a tobacco product, up from 10% in 2003. The 2007 YTS results show this rate to have dropped to less than 9% (8.5%), the lowest since Virginia began conducting the survey in 2001 (Figure 6).

Figure 6: Current Use of Any Tobacco Products by School Level and Year



Current Use of Cigarettes

In 2005, the percentage of current cigarette smokers in Virginia schools was reported at 16%, up from 14% in 2003. This rate dropped even further in 2007 to 11% of all students. The percentage of middle school students who are current smokers declined slightly from 2005 to 2007 (from 8% to 5%), while the percentage of high school smokers dropped more sharply (from 22% to 16%). When separated by gender, some noteworthy results were seen (Figure 7). In 2005, the percentage of male and female middle school students who currently smoked cigarettes was 9% and 7%, respectively. In 2007, this rate dropped to 5% for both male and female middle school students. Female high school students saw a decrease in the rates of current smoking from 2005 to 2007 (from 18% to 15%); while male high school students showed a sharper decrease in current cigarette use (from 26% to 17%). These current smoking rates are lower than Virginia has seen since beginning the survey in 2001.

When examining the data by race/ethnicity, it was found that current smoking among Hispanic students did not continue to steadily decline as it had from 2001 – 2005. In 2007, the current smoking rate among Hispanic students remained at 13% as it had been in 2005. Both African-American and White students saw the percentage of current smokers drop slightly during the same time period. African-American students reported a decrease from 13% to 9%, and the percent of White students who reported currently using cigarettes dropped from 18% to 11% since 2005 (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 was Marlboro (41%), followed by Newport (28%) and Camel (14%). Nearly half (48%) of currently smoking students reported that the cigarettes that they usually smoked during the past 30 days were menthol.

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

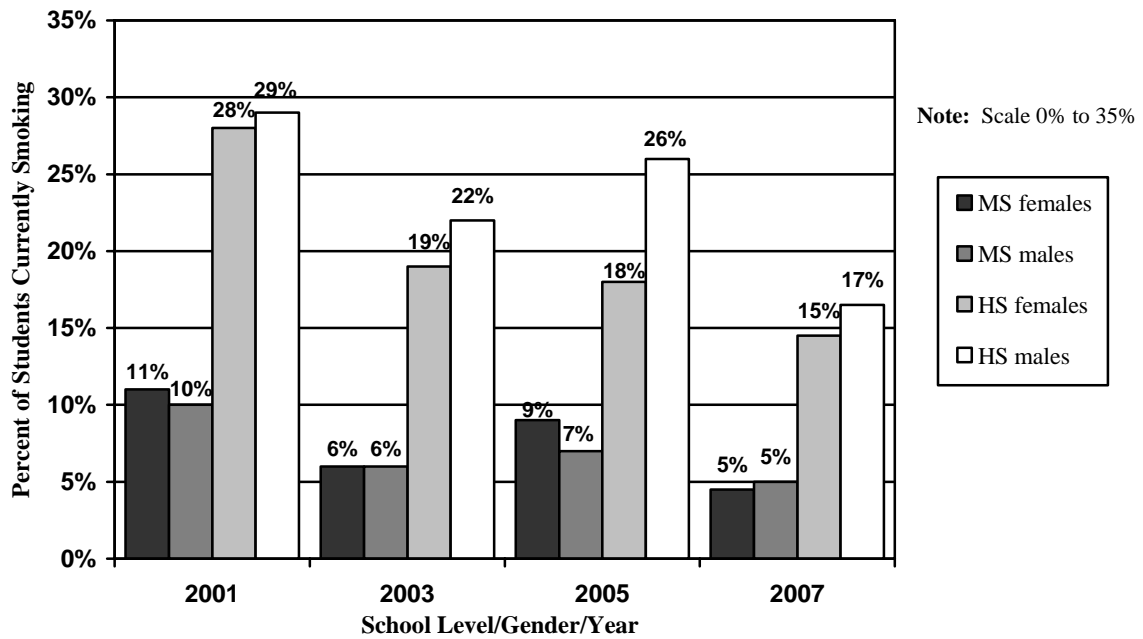
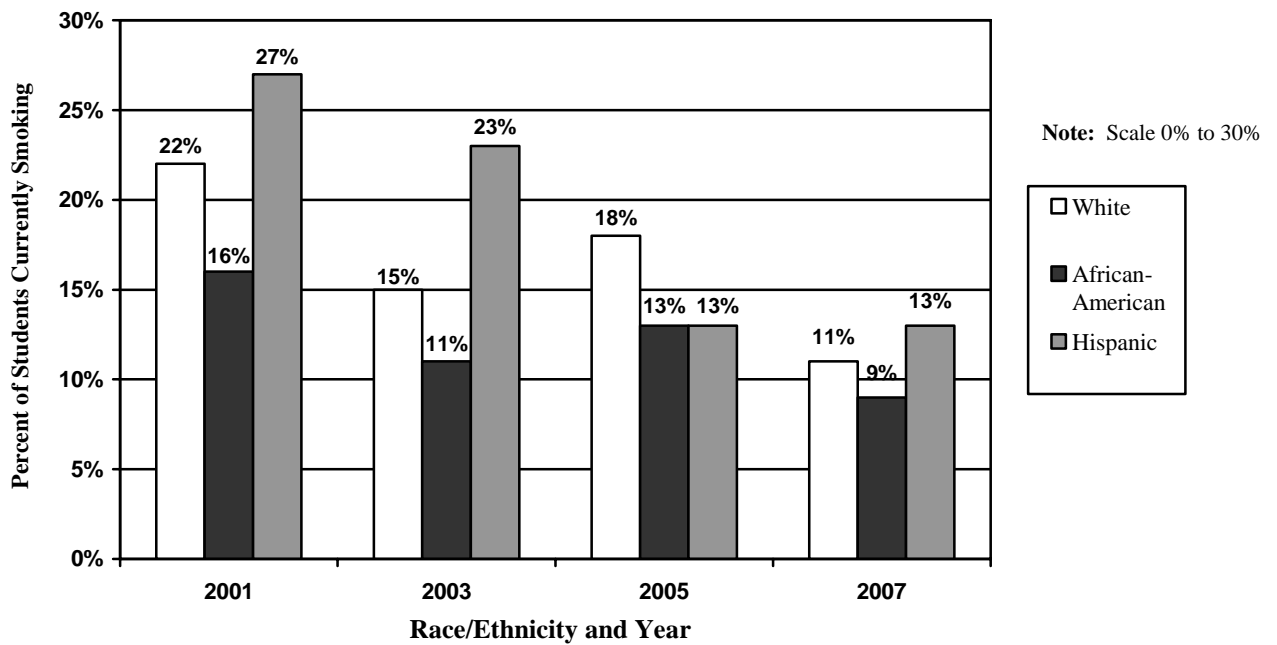


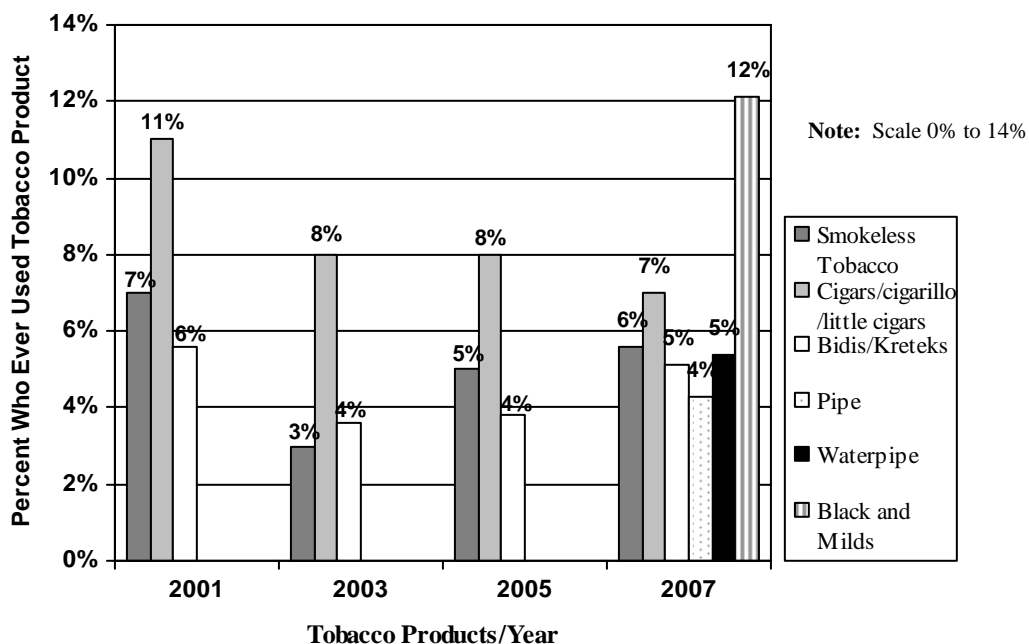
Figure 8: Current Smoking by Race/Ethnicity and Year



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 in the rate currently using smokeless or chewing tobacco (from 3% to 5%), this rate also rose slightly in 2007 (to 6%). The rate of students who reported that they currently use cigars or cigarillos remained at 8% from 2003 to 2005, then dropped slightly to 7% in 2007. However, twelve percent (12%) reported that they were currently smoking Black and Milds brand cigarillos. Current use of bidis and kreteks remained constant at 4% from 2003 to 2005 and then rose to 5% in 2007. Four percent (4%) of students reported that they currently smoked tobacco in a pipe in 2007, and 5% reported currently smoking tobacco in a water pipe. (Figure 9).

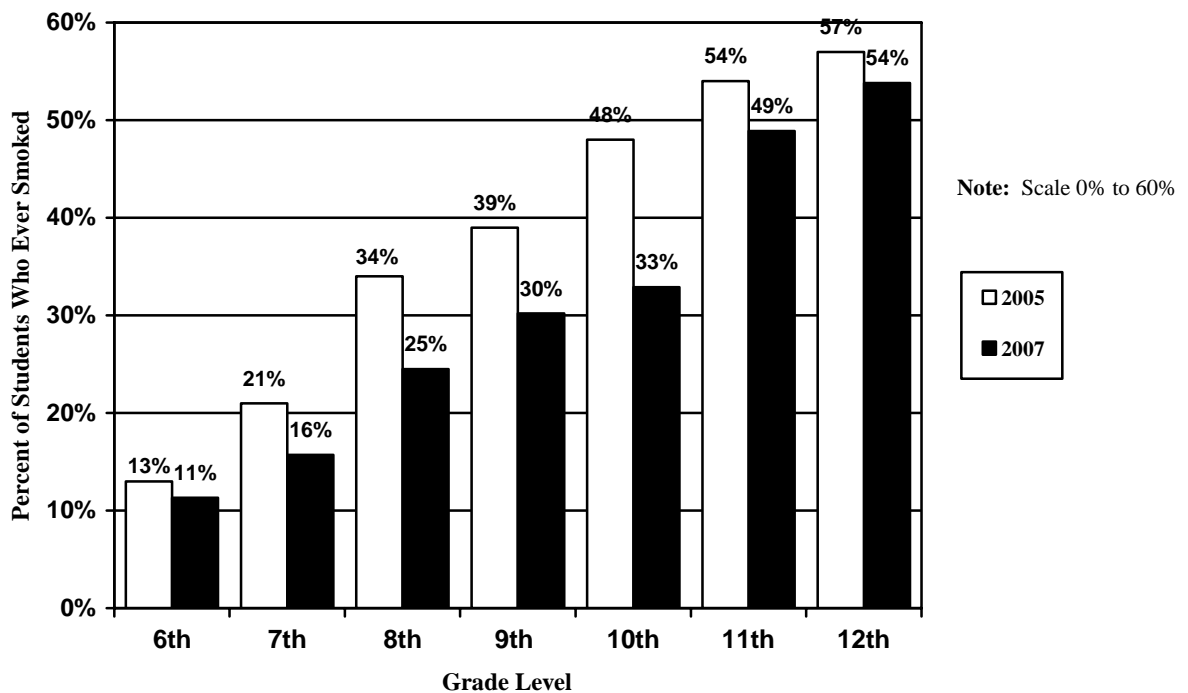
Figure 9: Current Use of Other Tobacco Products by Year



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 6th to 12th grade in 2005 (Figure 10). In 2007, the largest jump in the rate of students who have ever tried smoking occurred between 10th and 11th grade. The rate of ever use among 10th graders was 32.9%, and the rate of ever use among 11th graders was 48.9%, a full 16% increase. Also notable, the ever use of cigarettes dropped for every grade level from 2005 to 2007.

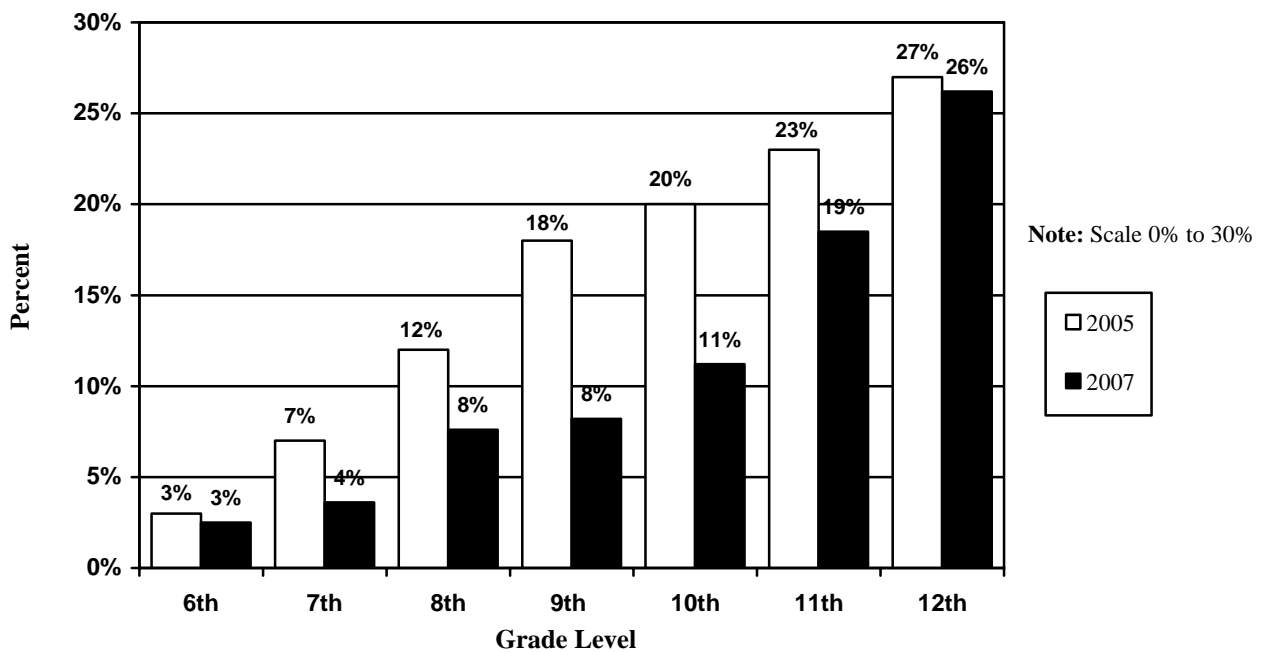
Figure 10: Ever Smoked Cigarettes by Grade for 2005 and 2007



Current Use of Cigarettes by Grade

The percentage of students who identify themselves as current smokers also increases gradually by grade from 3% of 6th grade students to 26% of high school seniors (Figure 11). The largest increase in percentages of those who currently smoke cigarettes is between the 11th and 12th grade (from 19% to 26%). As with the ever use of cigarettes, current use dropped for every grade level from 2005 to 2007.

Figure 11: Current Use of Cigarettes by Grade for 2005 and 2007



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 dropped from 20% in 2005 to 14% in 2007. The percentage of students who reported having smoked a whole cigarette before age 13 dropped to 9% in 2007 from 14% in 2003 and 2005. The rates for both middle school and high school students declined during this period. The largest decrease in smoking cigarettes before age 13 was seen for high school males, where the rate dropped from 19% in 2005 to 11% in 2007 (Figure 12). Rates for initiation of smokeless tobacco use and cigar/cigarillo/little cigar smoking by age 13 also dropped (slightly) from 2005 to 2007 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

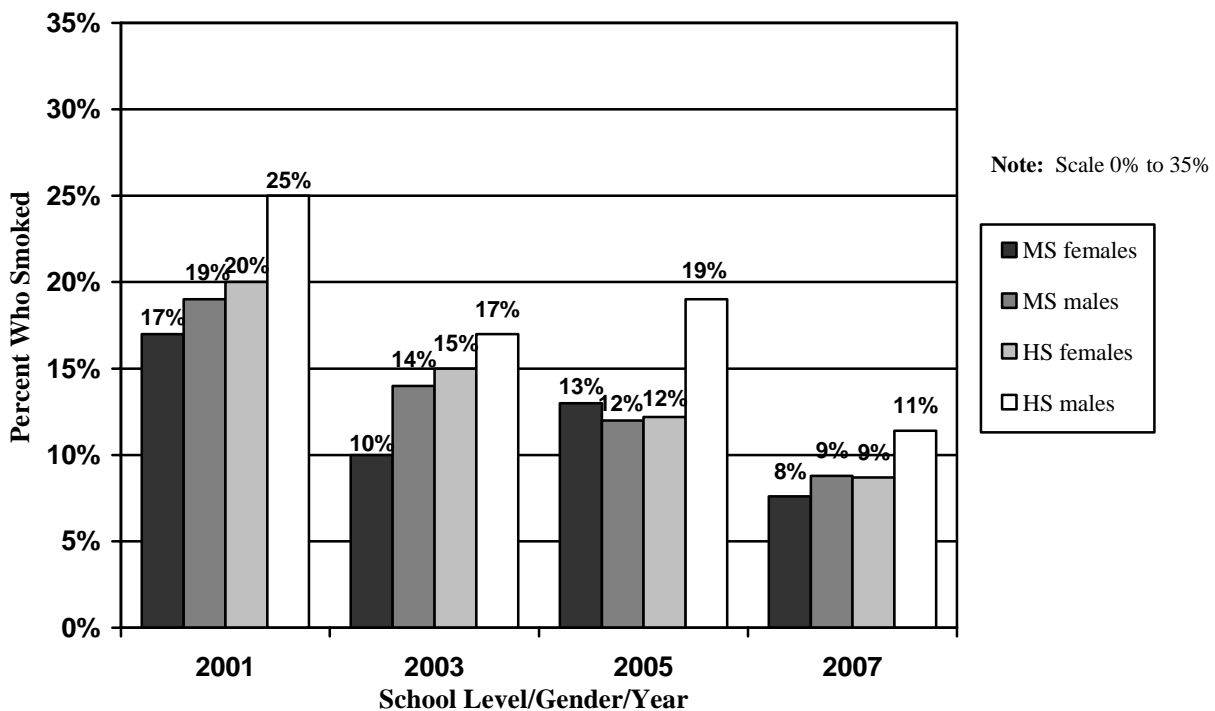


Figure 13: Initiation of Chewing Tobacco, Snuff or Dip Before Age 13 by Level and Year

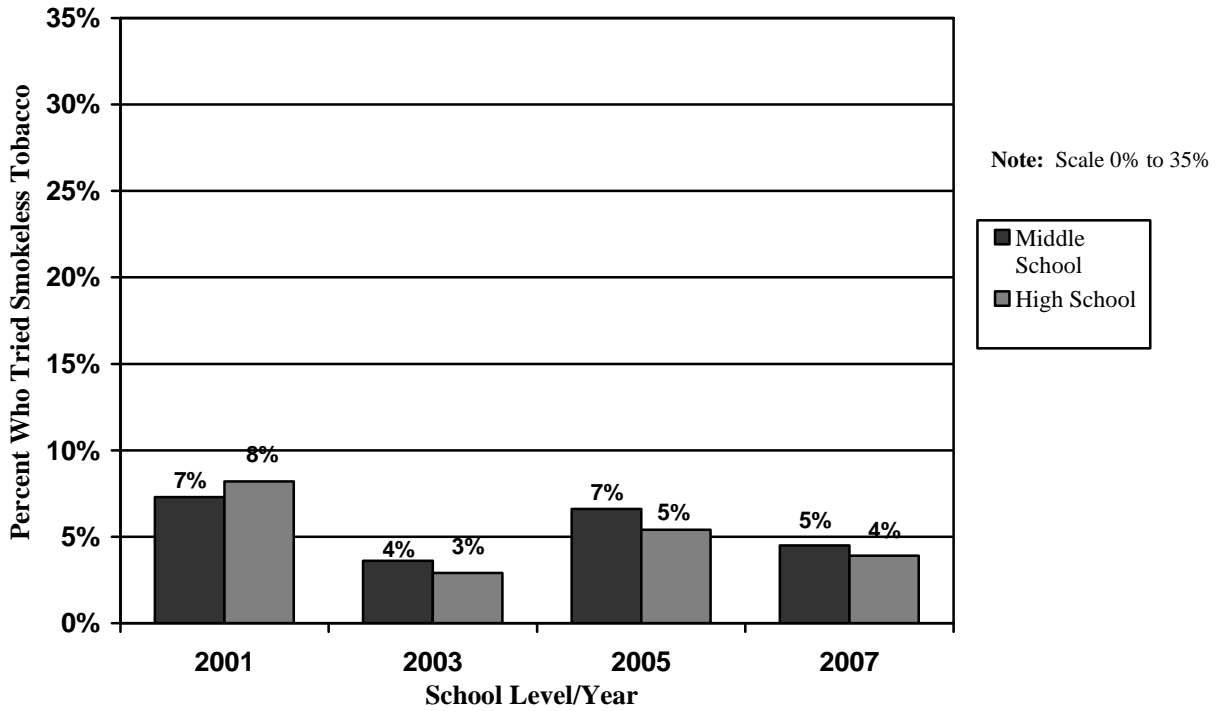


Figure 14: Initiation of Cigar, Cigarillo, or Little Cigar Smoking Before Age 13 by Level and Year

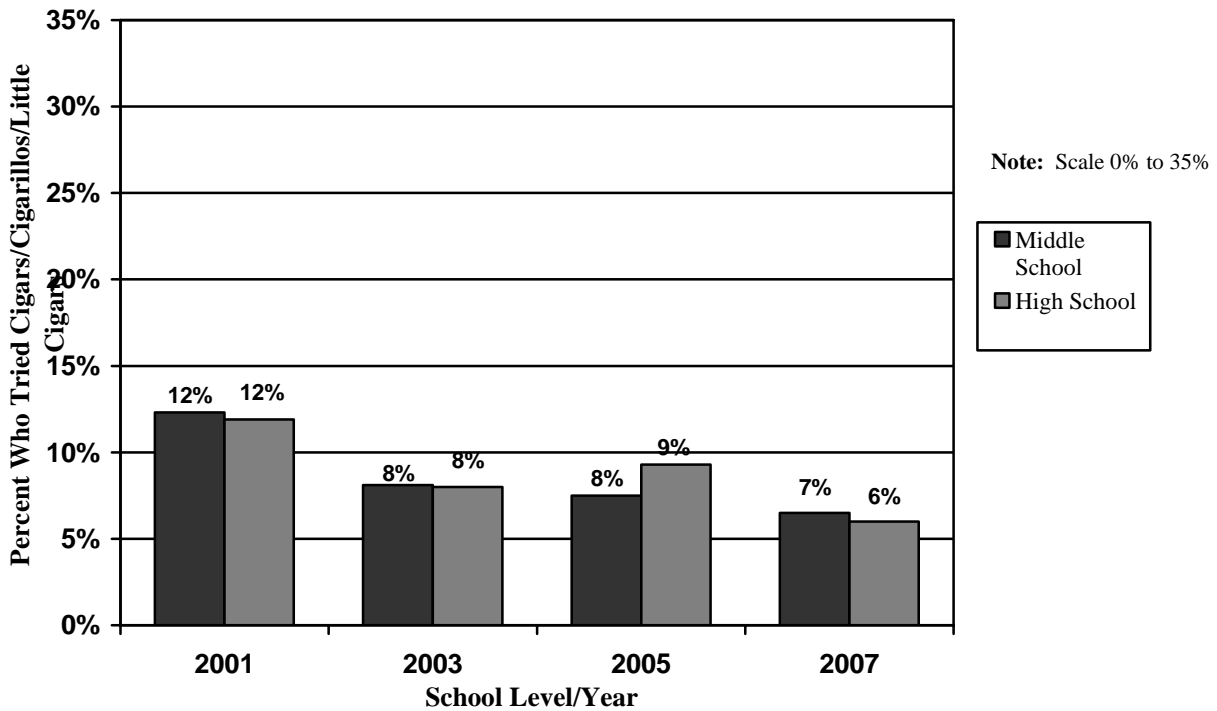
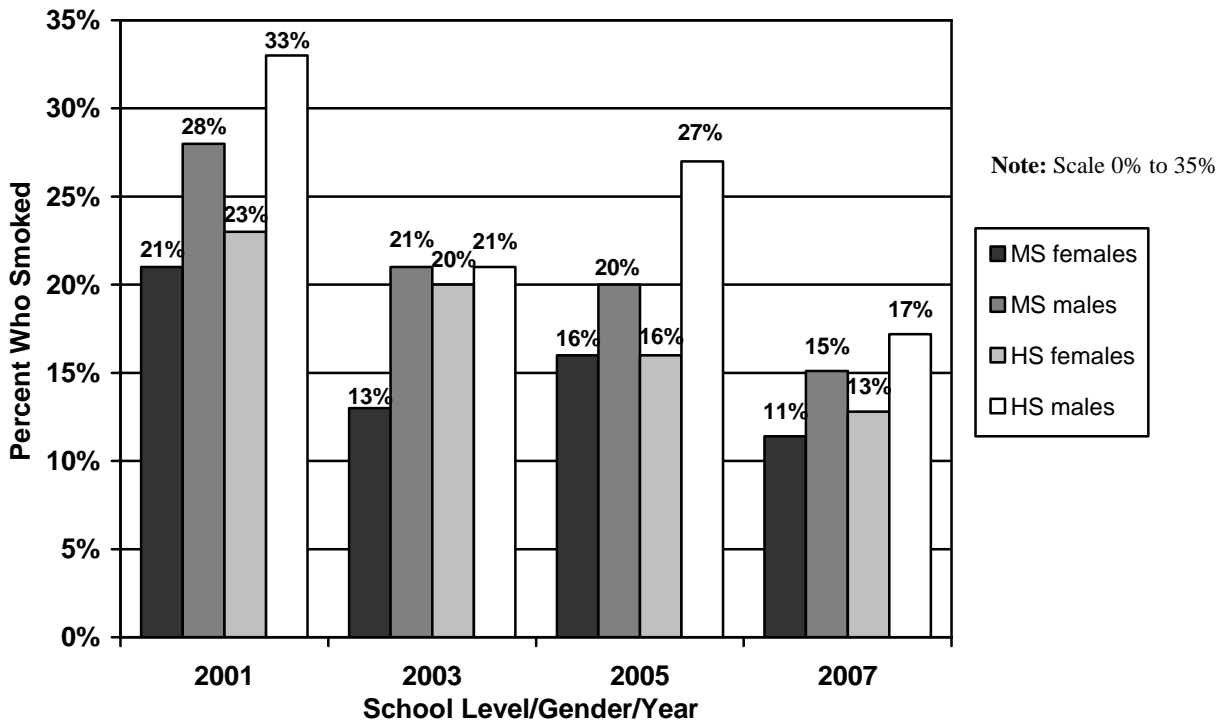


Figure 15: Initiation of Tobacco Use Before Age 13 by Gender, Level, and Year



Initiation of Any Tobacco Use Before Age 13 (Race)

In 2007, Hispanic and African-American students were more likely to try smoking before the age of 13 than White students (11% for Hispanics and African-Americans, and 8% for Whites). Smoking before the age of 13 dropped across all races from 2005 to 2007, however (Figure 16). White and Hispanic students were more likely to report using smokeless tobacco before the age of 13, with 5% of Whites and Hispanics reporting initiation before age 13 and 3% of African Americans reporting initiation before age 13. Hispanic students were nearly twice as likely as White or African American students to try cigars, cigarillos, or little cigars before the age of 13 (African Americans: 6.7%, Whites: 5.1%, Hispanics: 11.5%).

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

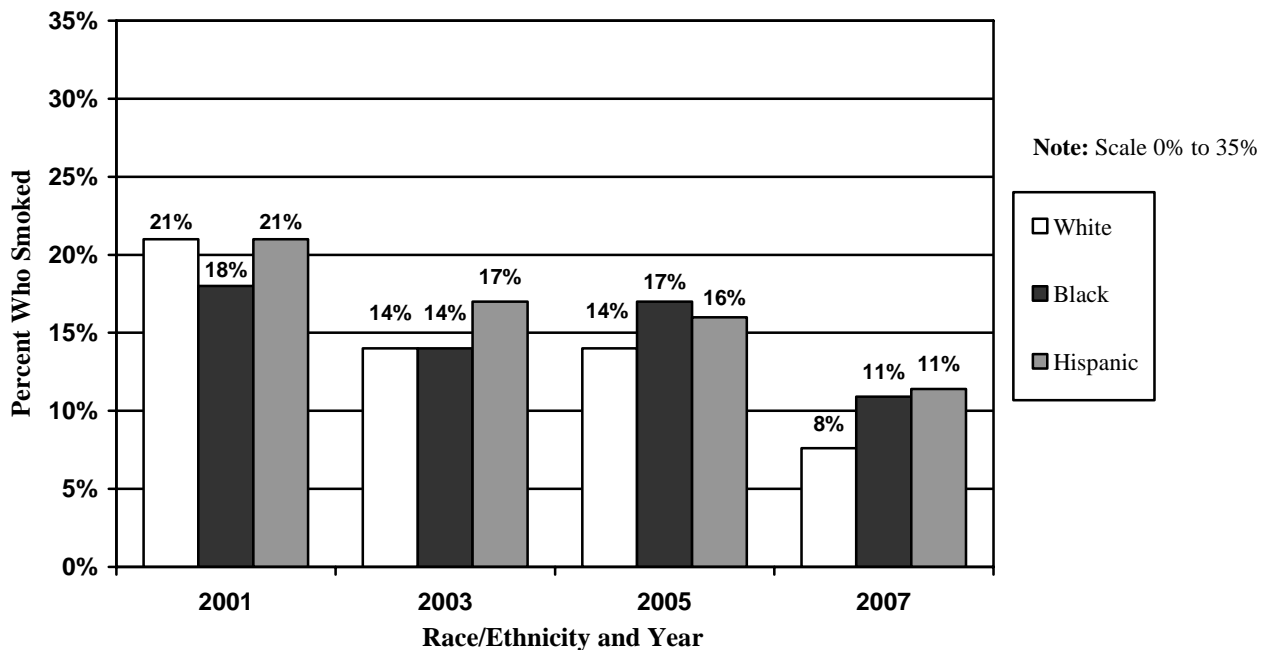
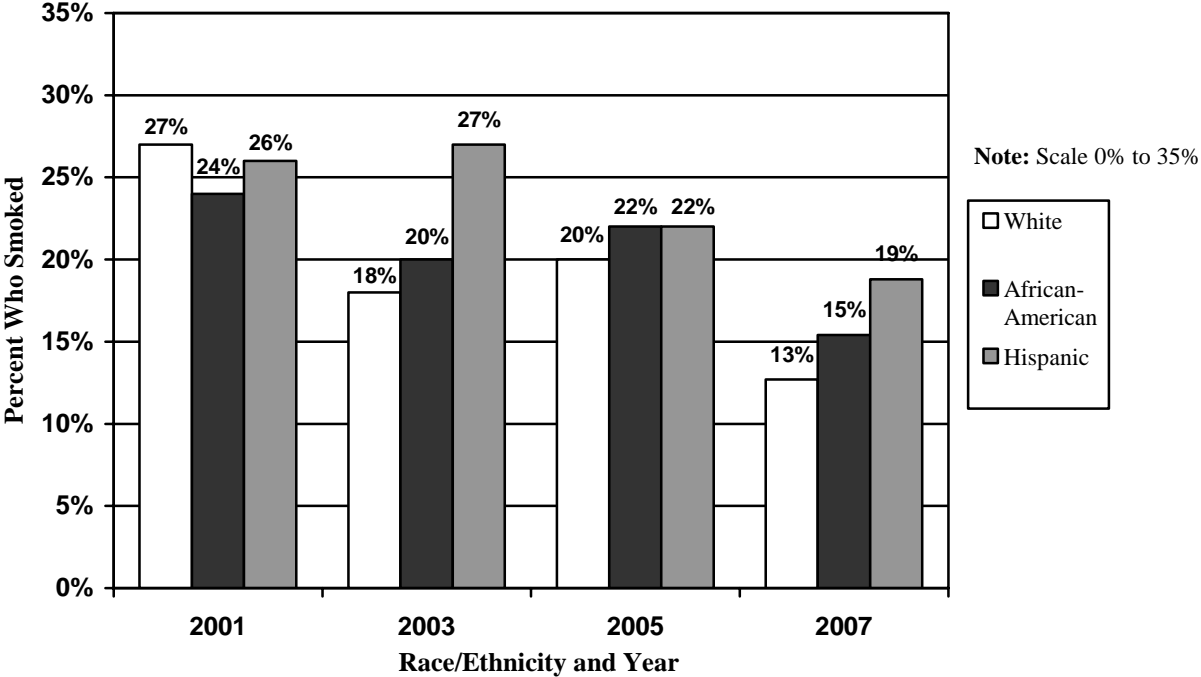


Figure 17: Initiation of Tobacco Use (Cigarettes, Smokeless, or Cigars) Before Age 13 by Race/Ethnicity and Year



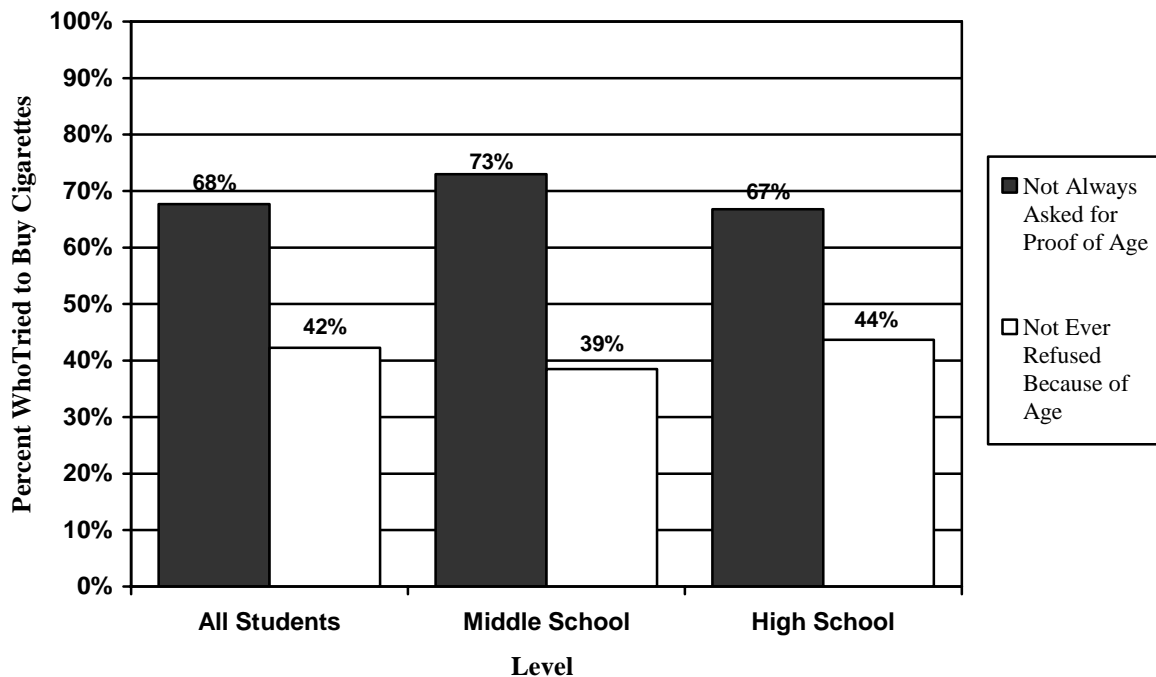
Proof of Age for Buying Cigarettes

(Note: Because of wording changes to the 2007 survey, it is not possible to compare responses on these items across years.)

More than half (68%) of currently smoking Virginia students who tried to buy cigarettes in a store during the past month were not always asked for proof of age (Figure 18). Seventy-three percent (73%) of middle school students reported that they were not always asked to provide proof of age in 2007, compared to 66% of high school students.

In 2007, only 26% of students who tried to buy cigarettes in the past 30 days were refused every time. Thirty-two percent (32%) were refused part of the time, and 42% were never refused. Sixty-one percent (61%) of middle school students and 56% of high school students who tried to buy cigarettes in the past 30 days report that they were refused cigarettes in a store because of their age.

Figure 18: Proof of Age for Buying Cigarettes by Level

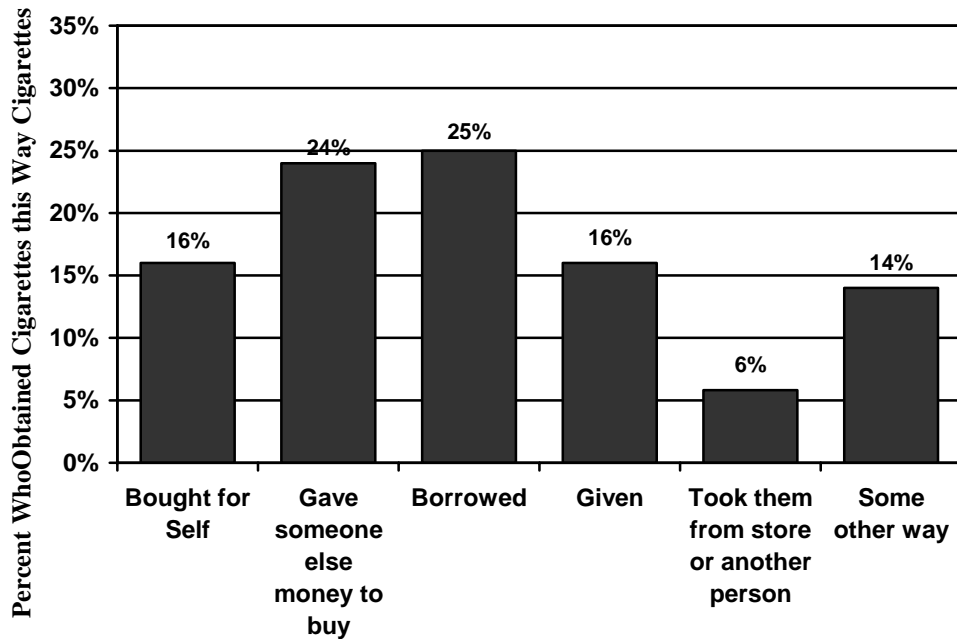


Obtaining Cigarettes

Students were asked how they usually got cigarettes in the past 30 days. Most often, students reported that they borrowed or bummed them (25%) or gave someone else money to buy the cigarettes for them (24%). Sixteen percent (16%) said that they usually bought them by themselves, and another 16% said that someone gave the cigarettes to them (Figure 19).

In 2007, students who reported that they had never smoked were asked how easy they believed it would be to obtain cigarettes if they wanted to. Thirty-one percent (31%) reported that they felt it would be very easy, and another 29% reported that it would be somewhat easy. Forty percent (40%) said that it would not be easy at all.

Figure 19: Obtaining Cigarettes



Note: Scale 0% to 35%

Smoking and Health Care

In 2007, currently smoking students were asked whether a doctor, dentist, nurse, or other health professional asked if they smoked in the past 12 months. Nearly half (47%) reported that they had been asked by a health professional whether or not they smoked. 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-nine percent (39%) of current smokers reported that they were advised not to smoke by a health professional.

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 remained relatively stable from 2005 to 2007, declining very slightly from 21% to 19% (Figure 20). The percentage of high school students at high risk of becoming established smokers also declined slightly in the same time period, falling from 38% to 35%. Female middle school students showed the largest decrease in the percentage of those at high risk (from 21% to 16%). Male high school students also showed a slight decline in those who were at high risk of becoming an established smoker; their rate dropped from 37% in 2005 to 34% in 2007. Male middle school students and female high school students showed relatively stable responses from 2005 to 2007.

In 2007, Virginia Hispanic (38%) and African-American (35%) students were more likely than White (25%) students to be at a high risk of becoming established smokers (Figure 21). However, while the rate of White students who were deemed to be at high risk of becoming an established smoker remained the same, rates for African-American and Hispanic students dropped considerably since 2005: the percentage of both Hispanic students who were considered to be at high risk dropped from 47% to 38% and the rate of African-American students dropped from 42% to 35%.

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

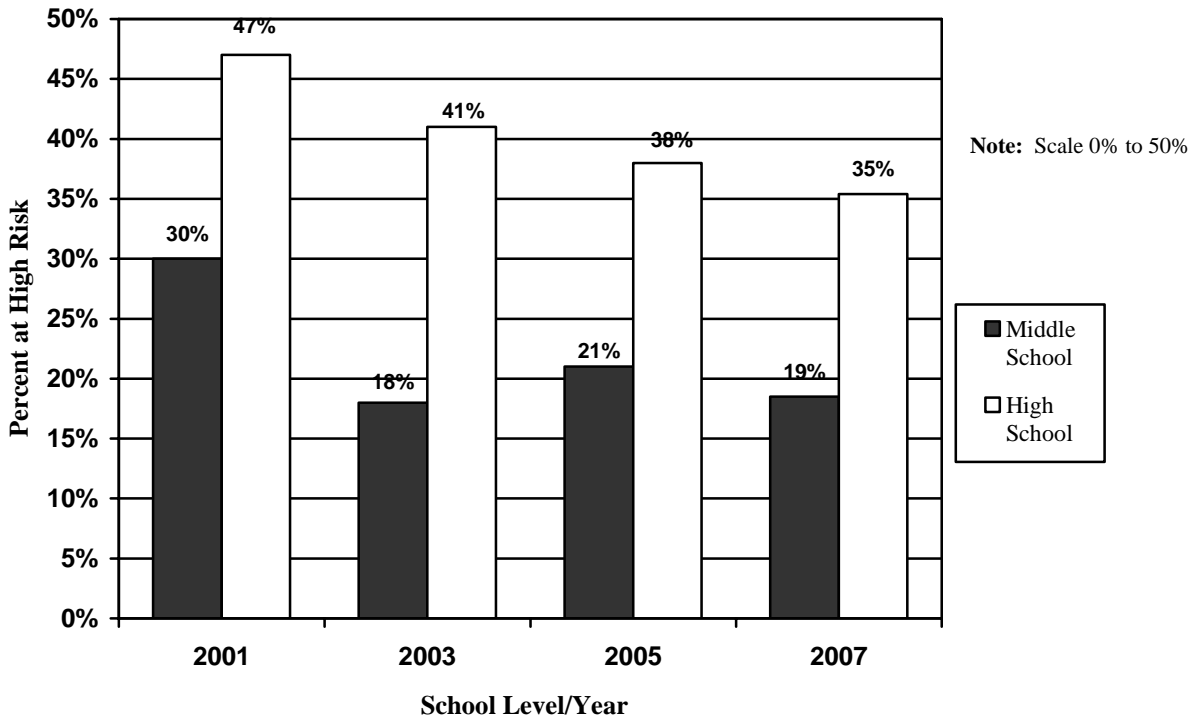
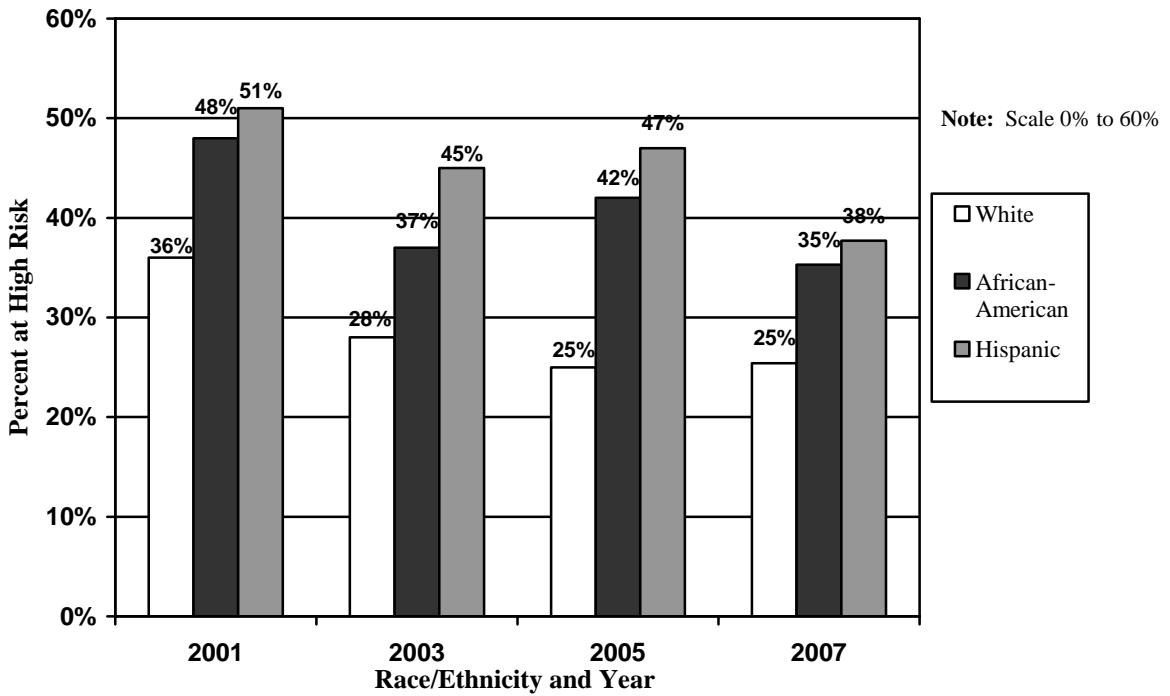


Figure 21: Risk of Becoming an Established Smoker by Race and Year



Desire to Quit Smoking Cigarettes

The rate of middle school students who are current cigarette smokers and who want to quit smoking rose between 2005 and 2007, from 43% to 50%. The rate of current smokers in high school who indicated they want to quit smoking stayed relatively stable (37% in 2005 and 39% in 2007). While rates remained the same for both male middle school and male high school students (48% for MS males and 40% for HS males) from 2005 to 2007, an increase was seen in the rate of female middle school students and female high school students who indicated that they want to quit smoking (Figure 22). The rate of African-American students who are current smokers and who indicated that they want to quit smoking increased from 41% in 2005 to 58% in 2007, while the rate of Hispanic students who currently smoked and indicated a desire to quit dropped from 58% in 2005 to 43% in 2007. White students who currently smoke and desired to quit remained relatively stable from 2005 to 2007 (37% and 36%, respectively) (Figure 23).

Figure 22: Desire to Quit Cigarette Smoking by Gender, Level and Year

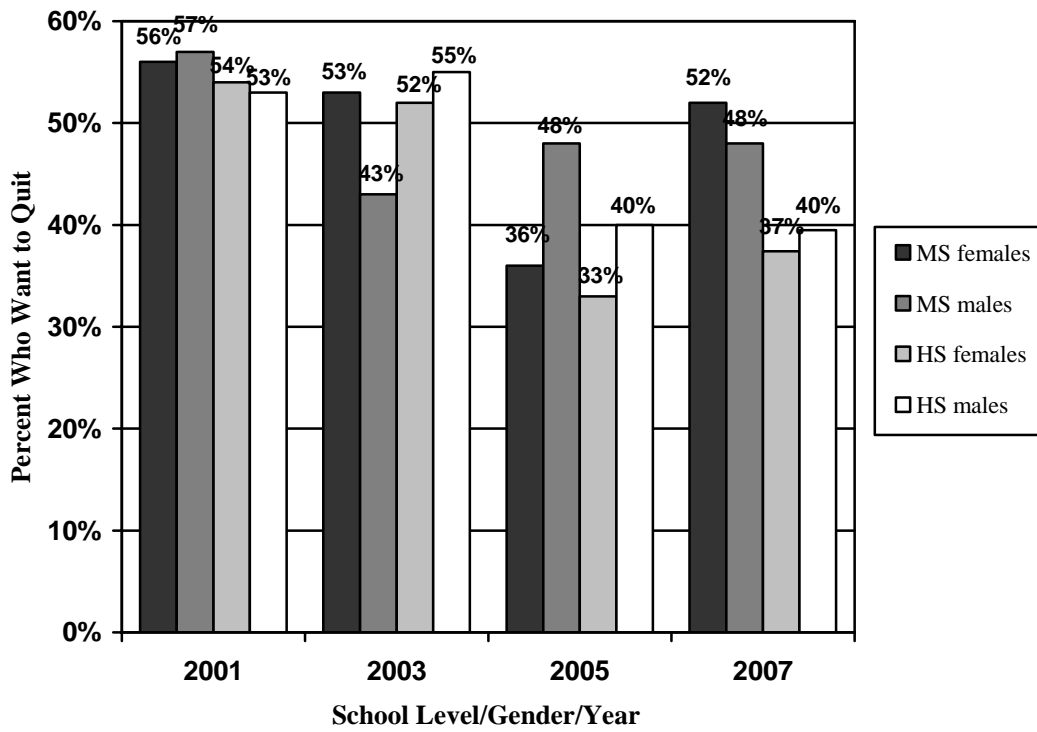
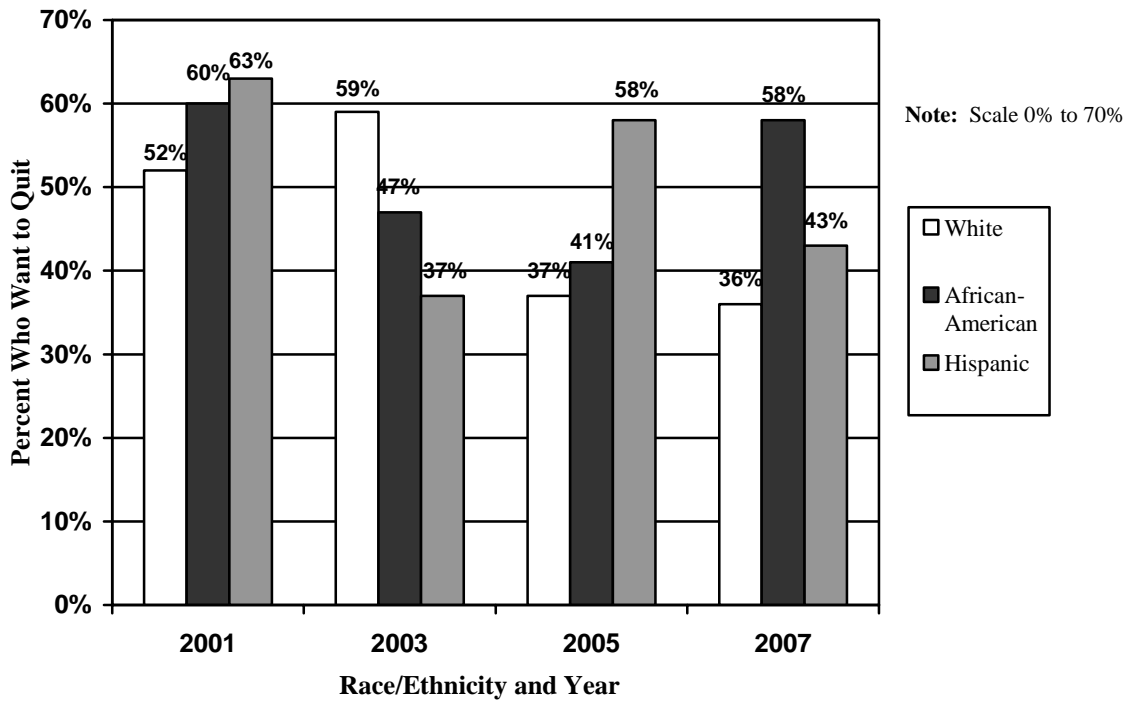


Figure 23: Desire to Quit Cigarette Smoking by Race/Ethnicity and Year



Attempts to Quit Smoking Cigarettes

The percentage of current smokers who tried to quit smoking cigarettes increased from 49% in 2005 to 58% in 2007. Both male and female high school students were more likely to attempt to quit smoking in 2007 than their middle school counterparts. The rate of high school females who tried to quit smoking in the past year rose from 55% in 2005 to 64% in 2007. Likewise, the percentage of high school males who reported that they tried to quit rose from 41% in 2005 to 56% in 2007. The percentage of middle school females who tried to quit smoking dropped from 58% in 2005 to 49% in 2007, while the percentage of middle school males who tried to quit remained relatively stable (53% in 2005 and 52% in 2007) (Figure 24).

When looking at attempts to quit smoking across race/ethnicity, rates rose across the board. The largest increase was seen for African-Americans, where 50% reported that they had tried to quit in 2005, 65% reported attempts to quit in 2007. There was only a slight increase for Hispanic students: rates rose from 50% in 2005 to 52% in 2007 (Figure 25).

Figure 24: Attempt to Quit Cigarette Smoking by Gender, Level, and Year

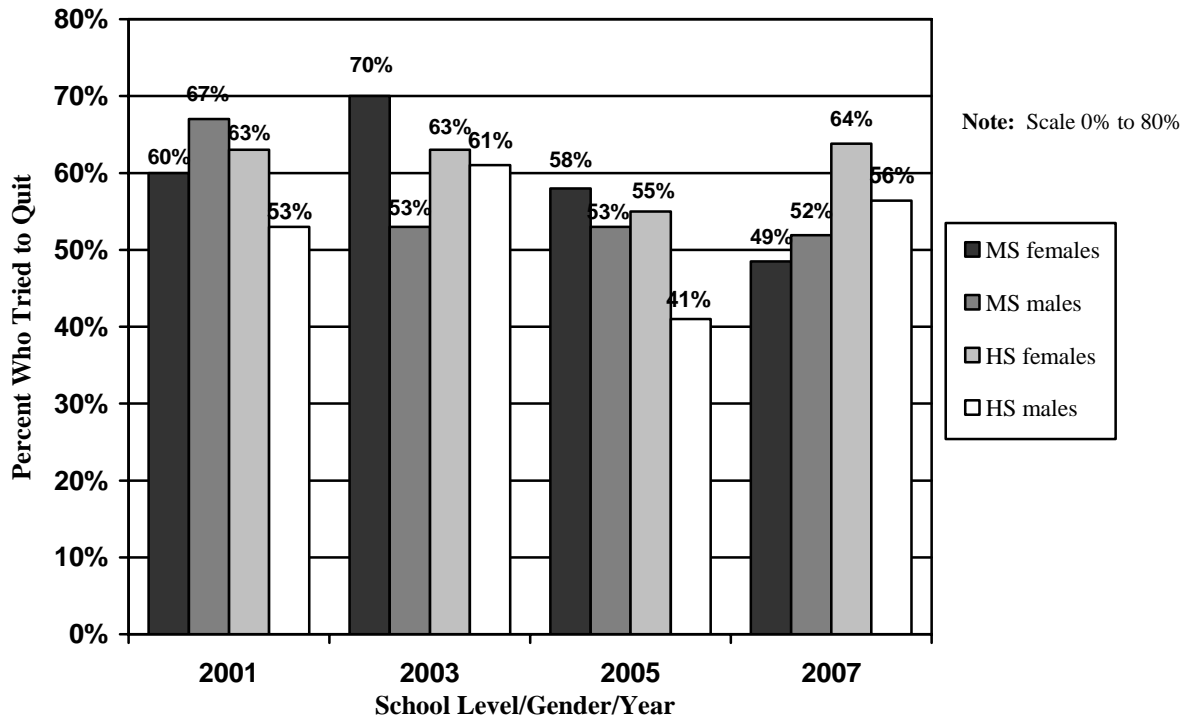
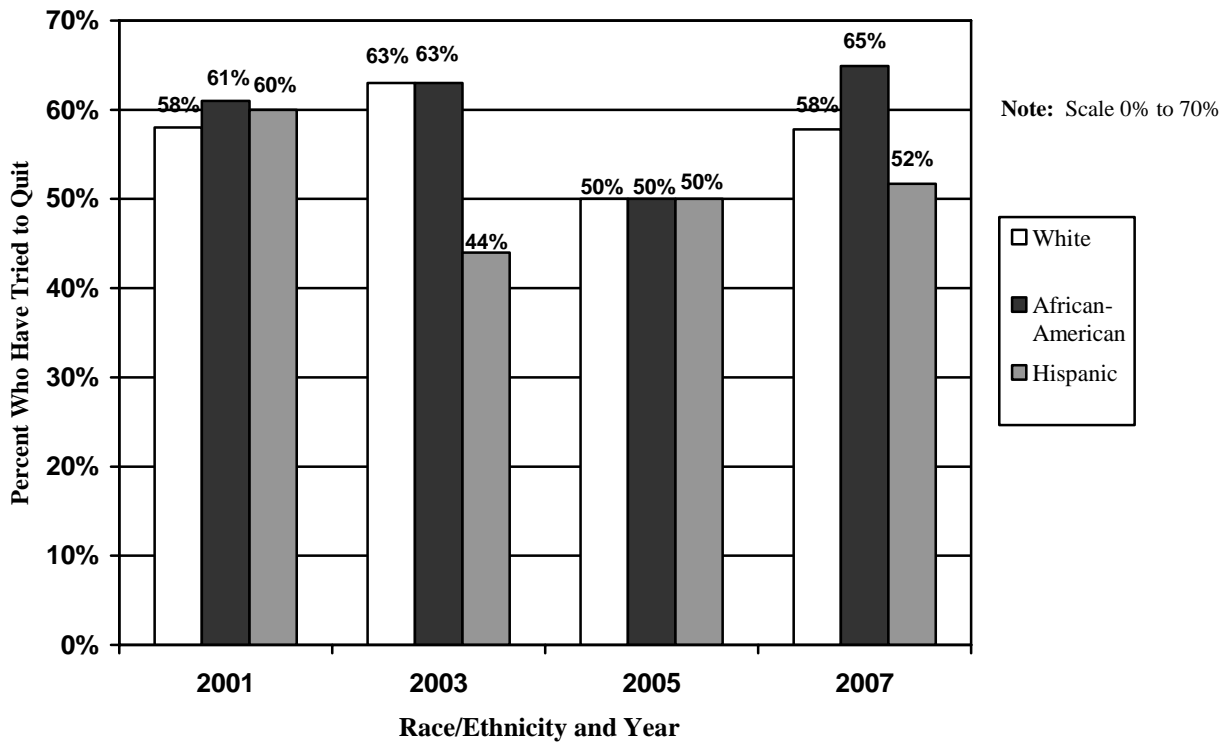


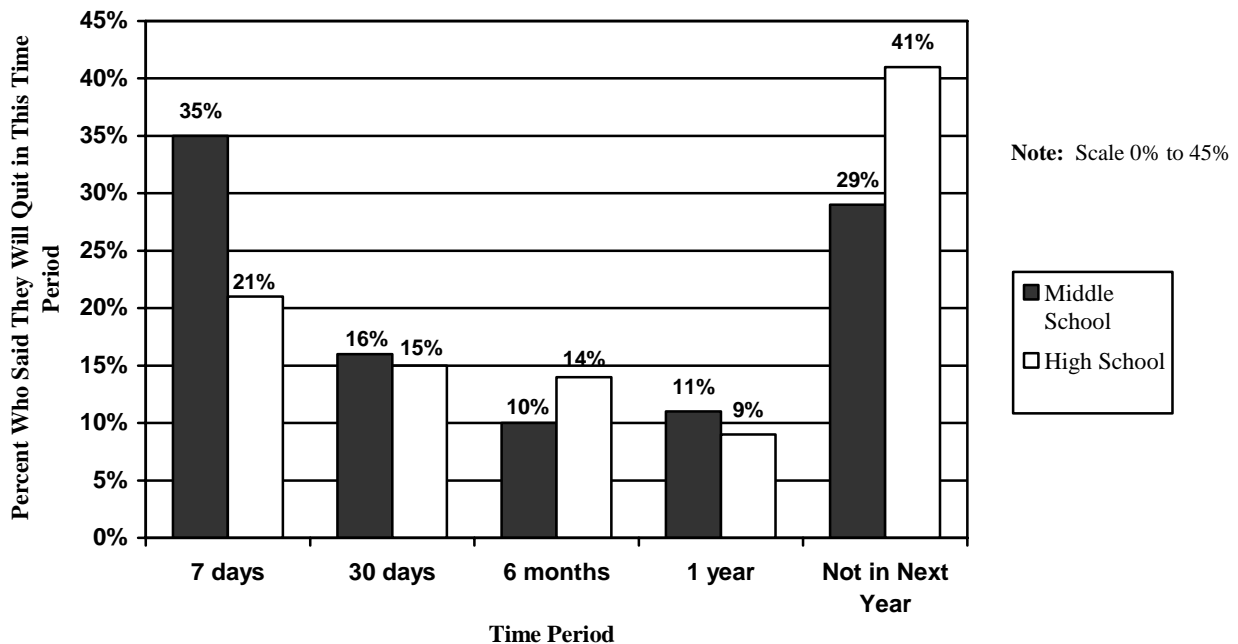
Figure 25: Attempt to Quit Cigarette Smoking by Race/Ethnicity and Year



Plans to Quit Smoking

In 2007, a new item was included for current smokers: “I expect to stop smoking cigarettes for good within the next...” Thirty-eight percent (38%) of students reported that they did not plan to quit smoking within the next year. A quarter (25%) of smokers reported that they planned to quit in the next 7 days. High school smokers (41.2%) were more likely than middle school smokers (28.7%) to indicate that they did not plan to quit in the next year. Conversely, middle school smokers reported that they planned to quit smoking in the next 7 days 35% of the time, compared to 21% of high school smokers (Figure 26). When analyzed by race/ethnicity, White smokers (47%) are much more likely than African American (21%) or Hispanic smokers (35%) to say that they did not plan to quit smoking in the next year.

Figure 26: Plans to Quit Smoking by Level



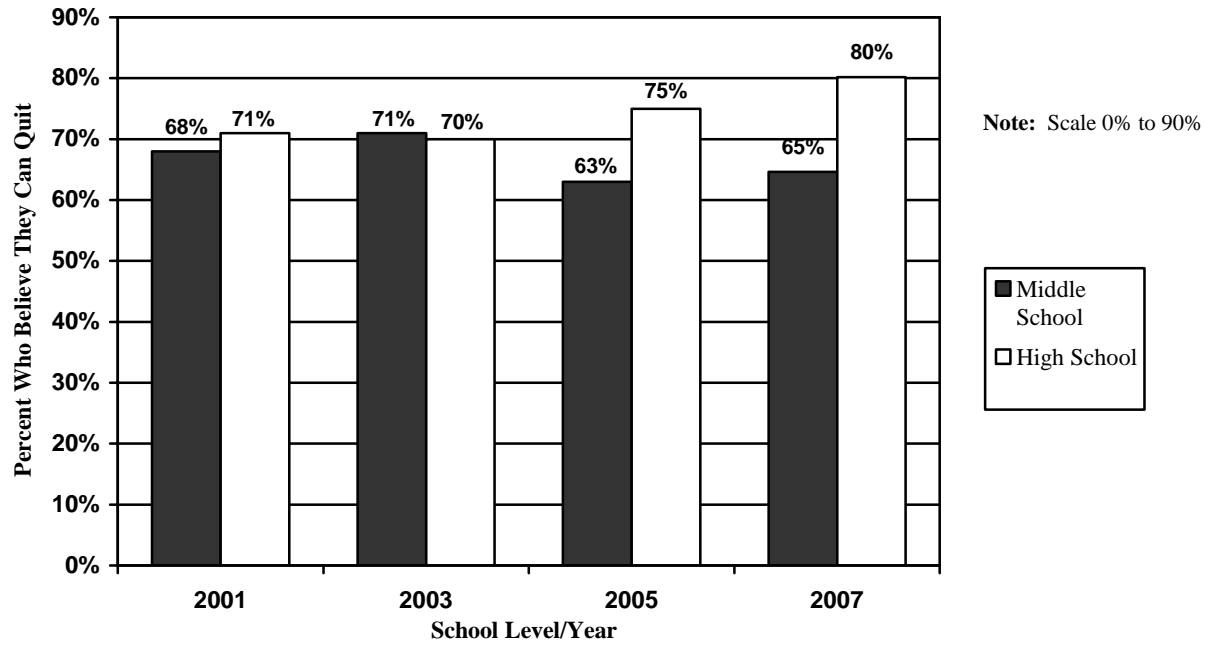
Belief in the Ability to Quit Smoking

In 2007, 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 76%. This was up from a high of 71% in 2005.

While the rate for middle school current smokers who believed they would be able to quit smoking now if they wanted to remained relatively stable (63% in 2005 vs. 65% in 2007), the percentage of high school students rose from 75% in 2005 to 80% in 2007 (Figure 27). While middle school boys and girls look very similar on this variable (66% of girls and 64% of boys believe that they could quit smoking now if they wanted to), some differences arose when looking at the results by gender across years. Middle school girls were more likely to believe that they could quit in 2007 (66%) than they were in 2005 (58%). Conversely, middle school boys were *less* likely to believe that they could quit smoking (64% in 2007 vs. 67% in 2005). High school males and females were close on this variable: 82% of males and 78% of females believed that they could quit smoking if they wanted to in 2007. This is up more for males than females from 2005, when 74% of males believed that they could quit if they wanted to and 77% of females believed that they could quit if they desired.

Hispanic students were the least likely to believe that they could quit smoking if they wanted to. In 2007, 81% of White students, 79% of African-American students, and 73% of Hispanic students believed that they could quit smoking if they wanted to. This rate for Hispanic students is up from 64% in 2005, however.

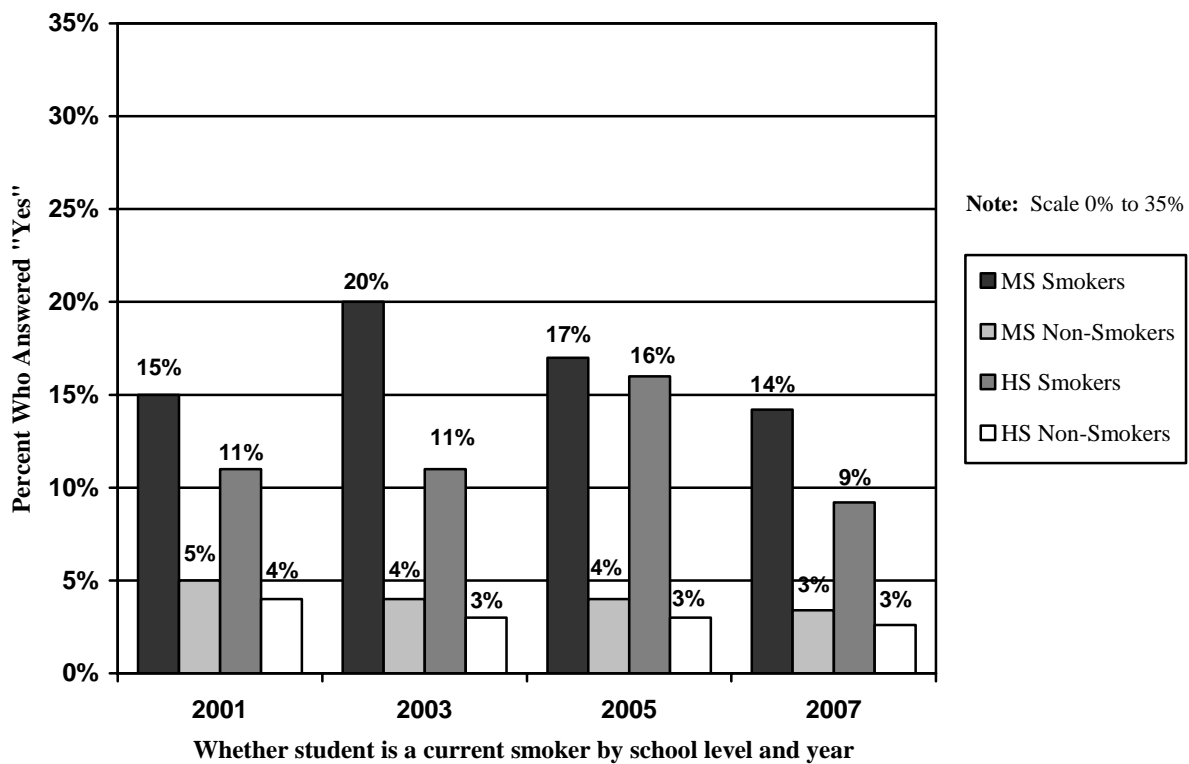
Figure 27: Belief in the Ability to Quit Smoking by Smoking Status, Level, and Year



Belief that Smokers Have More Friends

Since beginning the survey in 2001, relatively few Virginia students believed that young people who smoke cigarettes definitely have more friends (Figure 28). Students who currently smoke were more likely than non-smoking students to believe this. Between 2005 and 2007, the percentage of middle school smokers with this belief decreased from 17% to 14%, and the percentage of high school smokers with this belief decreased from 16% to 9%. Males in both middle school and high school were more likely than females to believe that young people who smoke definitely have more friends. Hispanic students were more likely than their African-American or White counterparts to believe that individuals who smoked definitely have more friends.

Figure 28: Belief in Smokers Having More Friends by Smoking Status, Level, and Year

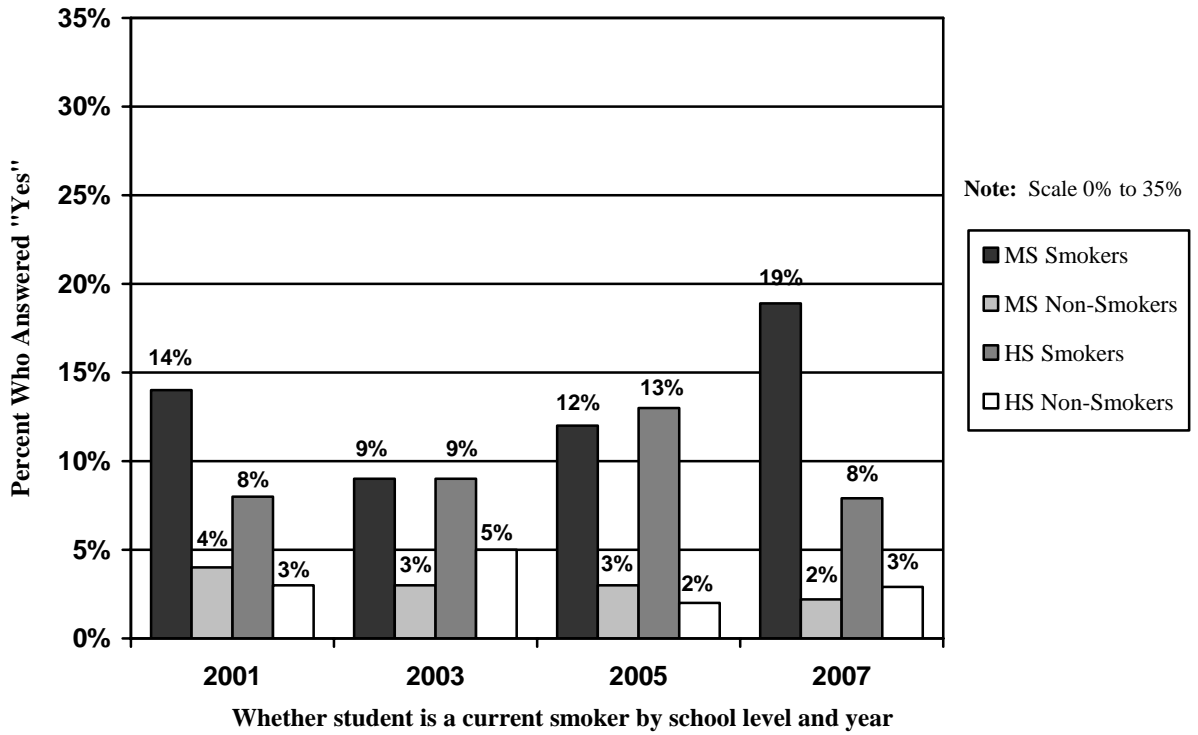


Belief That Smoking Cigarettes Makes People Look Cool or Fit In

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. Again however, in both years, relatively few students believed this (Figure 29). Middle school smokers were more likely to believe that smoking definitely makes people look cool or fit in at a higher rate than high school smokers. This rate jumped from 12% of current middle school smokers in 2005 to 19% of current middle school smokers in 2007. The rate dropped for high school smokers, from 13% in 2005 to 8% in 2007. Additionally, Hispanic students in 2007 were more likely than White or African-American students to think that smoking definitely makes young people look cool or fit in.

Since 2005, students were asked “who sets the standard for what is considered cool?” A slight majority of students in 2007 (62%) at both the middle and high school level agreed that boys set this standard for what is cool. This is similar to results from 2005, where 61% believed that boys set the standard. As might be expected, females are less likely than males to report that boys set the standard for what is cool (45% of females believe that boys set the standard for cool, while 78% of males believe that boys set the standard).

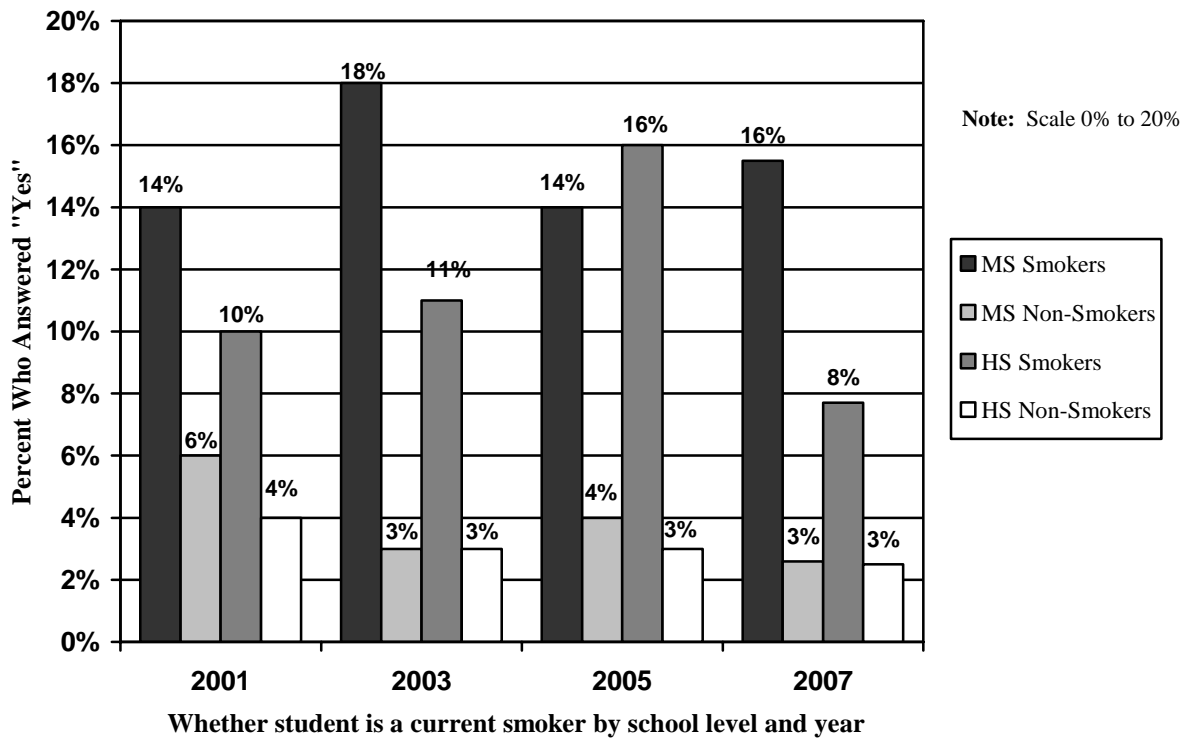
Figure 29: Belief in Smokers Looking Cool by Smoking Status, Level, and Year



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 (Figure 30). Currently smoking students are more likely than non-smoking students to believe this. Middle school males are the most likely to believe that it is safe to smoke so long as you quit after a year or two (16%).

Figure 30: Belief in Safety of Short Smoking Period by Smoking Status, Level, and Year



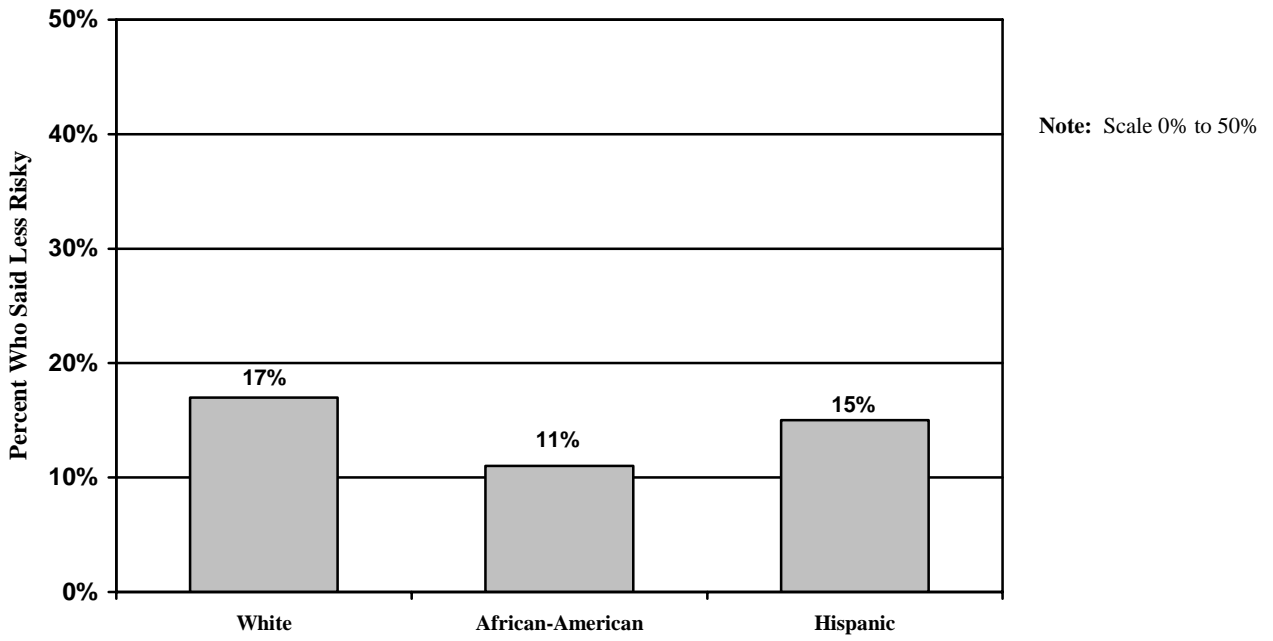
Belief that it is Safe to Smoke if Not Every Day

In 2007, the YTS included a new item regarding the safety of smoking intermittently (not every day). Less than 3% of students of all students believed that this is definitely a safe practice. Smokers are more likely to report that they believe that it is definitely safe so long as you don't smoke every day (12% of smokers vs. 1% of non-smokers).

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. Nearly three-fourths (74%) of the students surveyed believe that low tar cigarettes pose the same risk as regular (full-flavor) cigarettes. Students who are current smokers (28%) are twice as likely as those who are non-smokers (14%) to believe that low tar cigarettes are less risky than regular cigarettes. Male students are more likely to believe that low tar cigarettes are less risky than female students (19% and 12%, respectively). African American (11%) students are less likely than White (17%) or Hispanic (15%) students to believe that low tar cigarettes are less risky than full-flavor cigarettes (Figure 31).

Figure 31: 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 32). In 2007, current smokers, both male and female and in both middle and high school, were slightly more likely to believe that secondhand smoke was harmful to them than in 2005. In fact, levels were higher in 2007 than any other year on this variable. The percentage of female middle school and high school students who believed this was slightly higher than their male counterparts in 2007 (Figure 33).

Figure 32: Belief in Environmental Smoke Harm by Smoking Status, Level, and Year

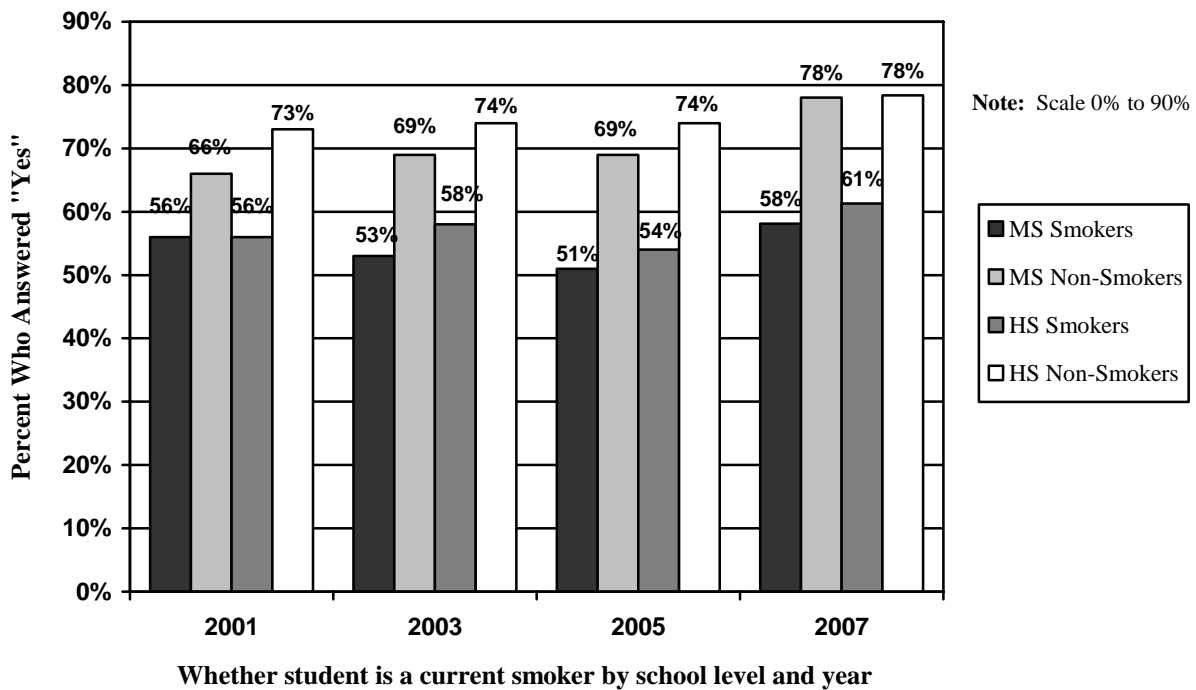
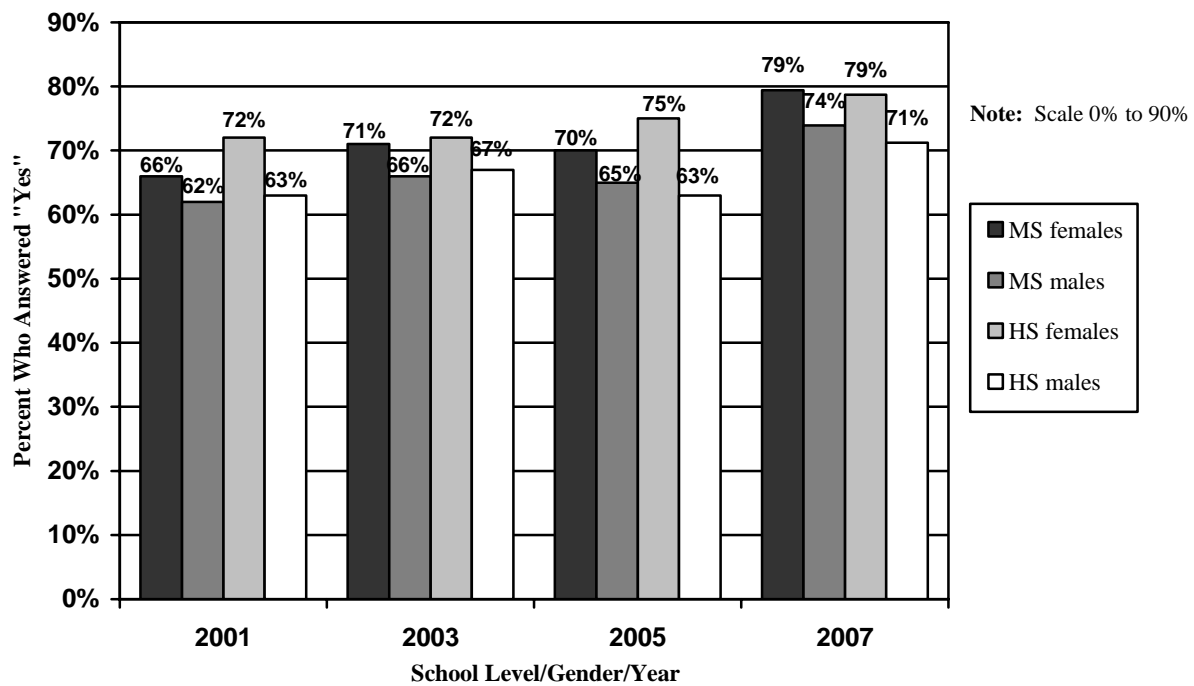


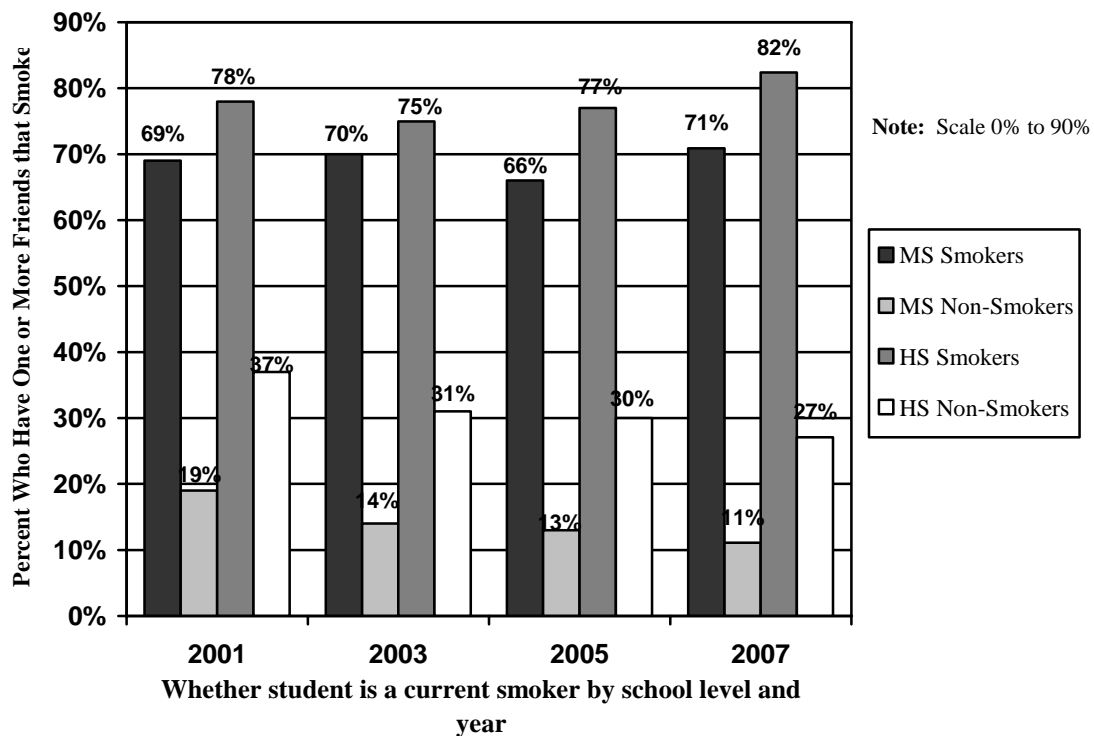
Figure 33: Belief in Environmental Smoke Harm by Gender, Level, and Year



One or More Friends Who Smoke Cigarettes

Students were asked to respond as to how many of their four closest friends smoked cigarettes (Figure 34). 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 34: Friends Smoking by Smoking Status, Level, and Year⁶

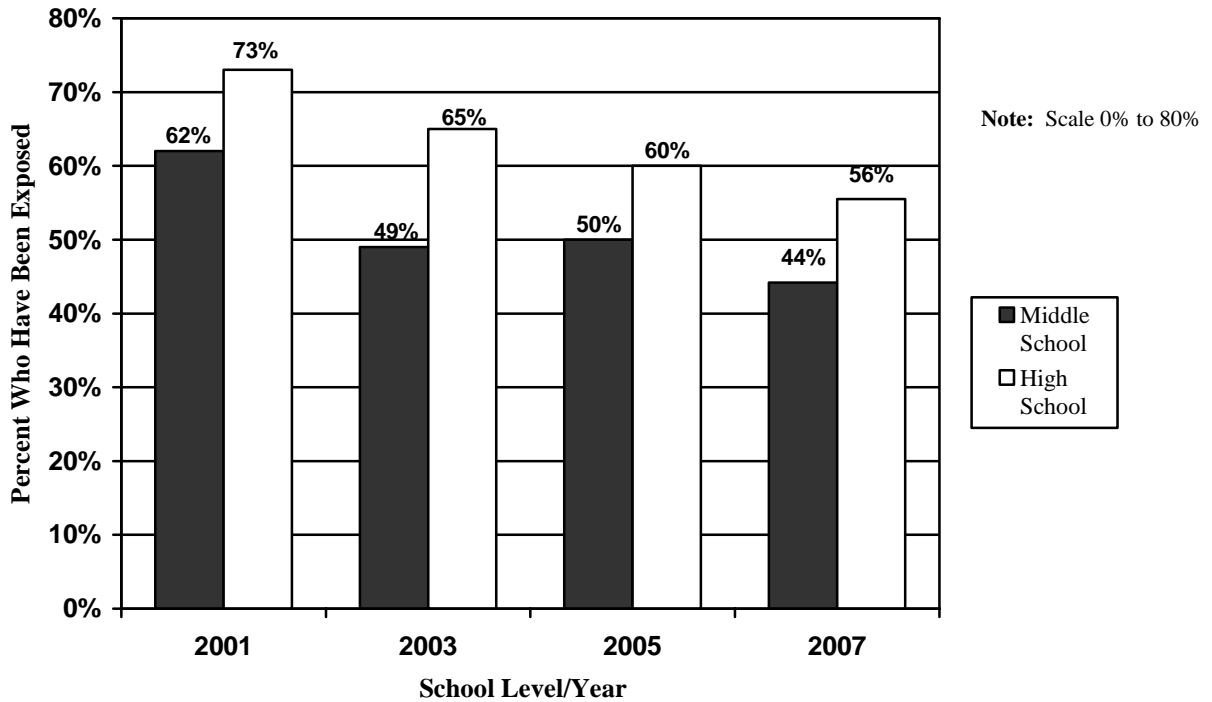


⁶ Note: the percentages for 2001 and 2003 are different from those presented in the 2003 YTS report due to a different method of analysis used. Unlike those in the 2003 report, the percentages presented above do not include students that responded “not sure” to this question.

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 declined from 2005 to 2007 (Figure 35). Middle and high school males showed the greatest decrease, falling from 48% and 60% respectively in 2005 to 40% and 53% in 2007. As in 2001- 2005, Hispanic students were least likely to be exposed to second-hand smoke and White students were most likely to be exposed.

Figure 35: Exposure to Environmental Smoke by Level and Year



Living With a Smoker

The percentage of Virginia students who live with a smoker declined to its lowest level since beginning administration of the YTS in 2001. Overall, 36% of students taking the survey reported that they lived with someone who smoked, down from 38% in 2005. The percentage of high school students who currently live with a smoker remained relatively stable, moving only from 35% in 2005 to 34% in 2007, while the percentage of middle school students currently living with a smoker dropped from 43% to 38% (Figure 36). The proportion of students who live with a smoker dropped from 2005-2007 across all races, with African-Americans reporting the highest rate (38%) of students living with a smoker (Figure 37).

Figure 36: Living with a Smoker by Level and Year

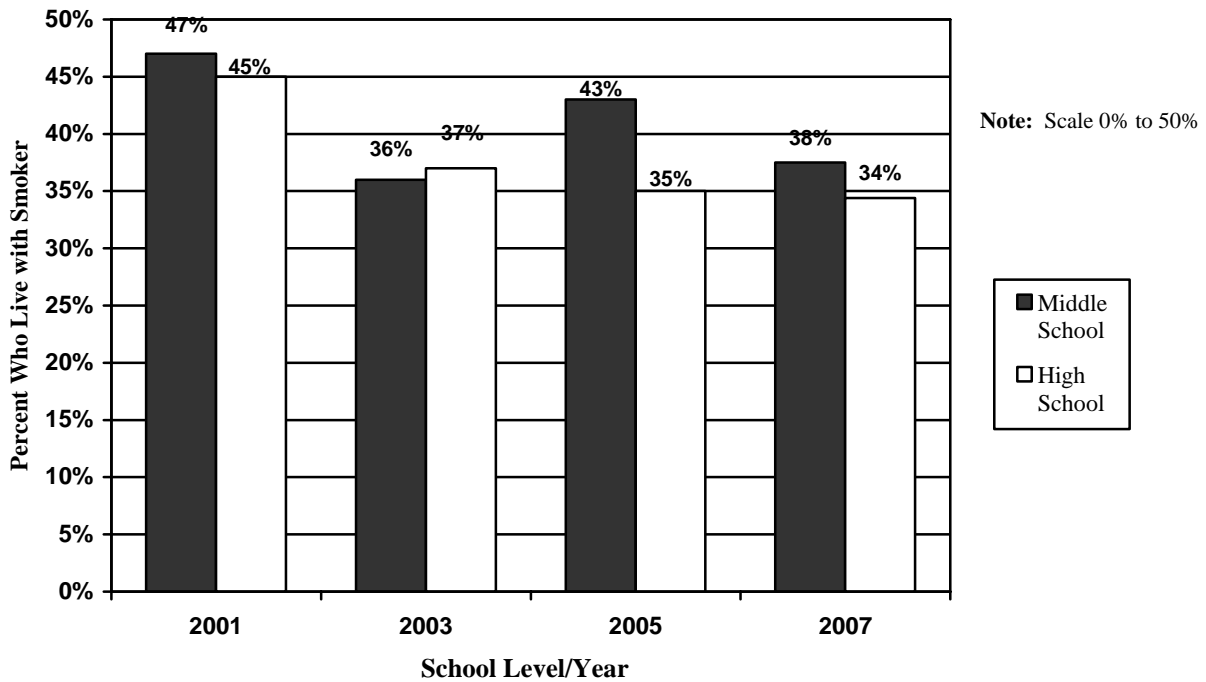
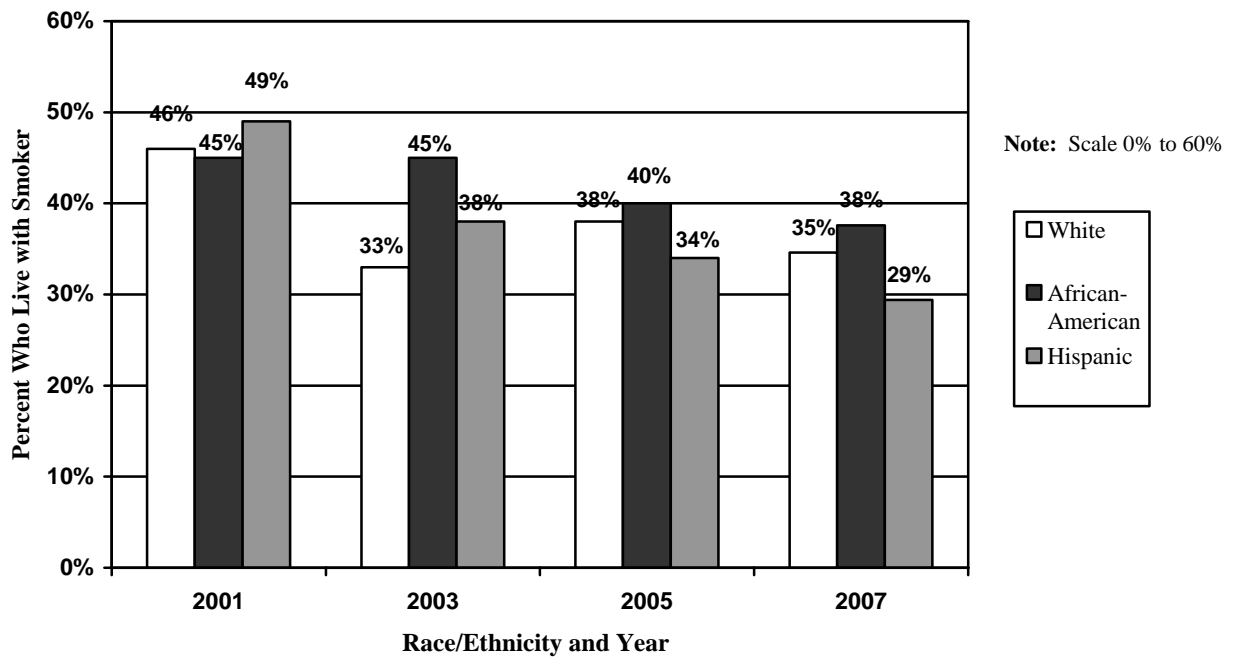


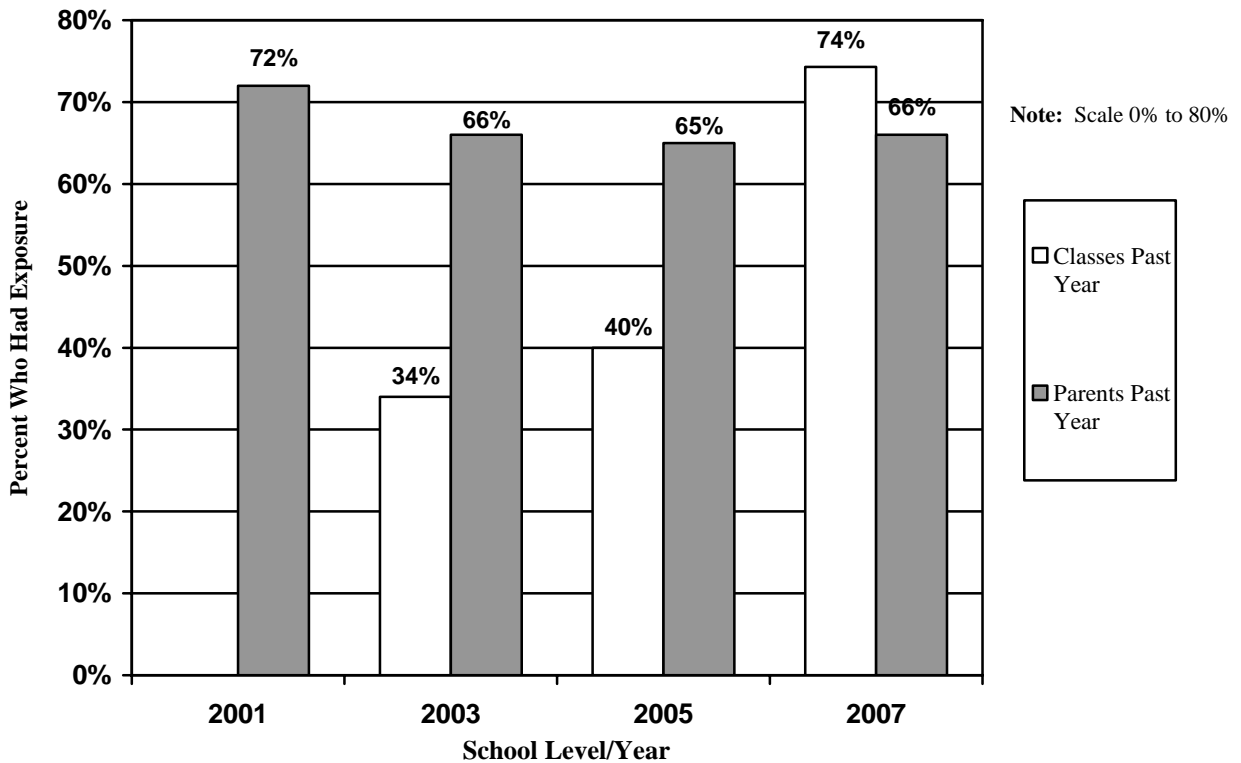
Figure 37: Living with a Smoker by Race/Ethnicity and Year



Exposure to Pro-Health Messages

In 2007, nearly three-quarters of students, 74%, reported that they were taught about the dangers of tobacco use in classes during the school year.⁷ This was up from 40% in 2005. In 2007, 66% of students reported having discussed the dangers of tobacco use with one or more of their parents/guardians during the past year (Figure 38).

Figure 38: Exposure to Pro-Health Messages by Year



⁷ It should be noted that this survey was administered at the start of the school year; therefore the way the question was worded “in this school year” implies “in the past 1-6 months of instruction. The question about parental discussions stated within the past 12 months.

Use of Tobacco Company Promotional Items

The percentage of students who bought or received items with tobacco company names or logos decreased slightly from 2005 (18%) to 2007 (16%). This decrease was seen for both middle and high school students (Figure 39) as well as for both male and female students. As with previous years, high school students were more likely than middle school students to buy or receive items with tobacco company names.

All three racial/ethnic groups saw lower rates of students who reported buying or receiving items with tobacco names and logos than in 2005. Students were also asked how likely they were to wear or use something that has a tobacco company name or picture on it. The rates for students who reported that they definitely would wear something with a tobacco company logo dropped for both middle and high school students from 2005 to 2007. In 2007, African American and White students were twice as likely as Hispanic students to report that they definitely would use or wear a product with a tobacco company logo (Figure 40).

Students were asked if they thought that tobacco companies tried to get young people to use tobacco products. Three-quarters (75%) responded probably or definitely yes. Students did appear to have differing views in terms of magnitude of their opinions. Forty-four percent (44%) of African American students responded definitely yes that companies were trying to influence young people with advertising, as compared to 38% of Whites and 34% of Hispanics (Figure 41).

Figure 39: Use of Tobacco Company Items by Level and Year

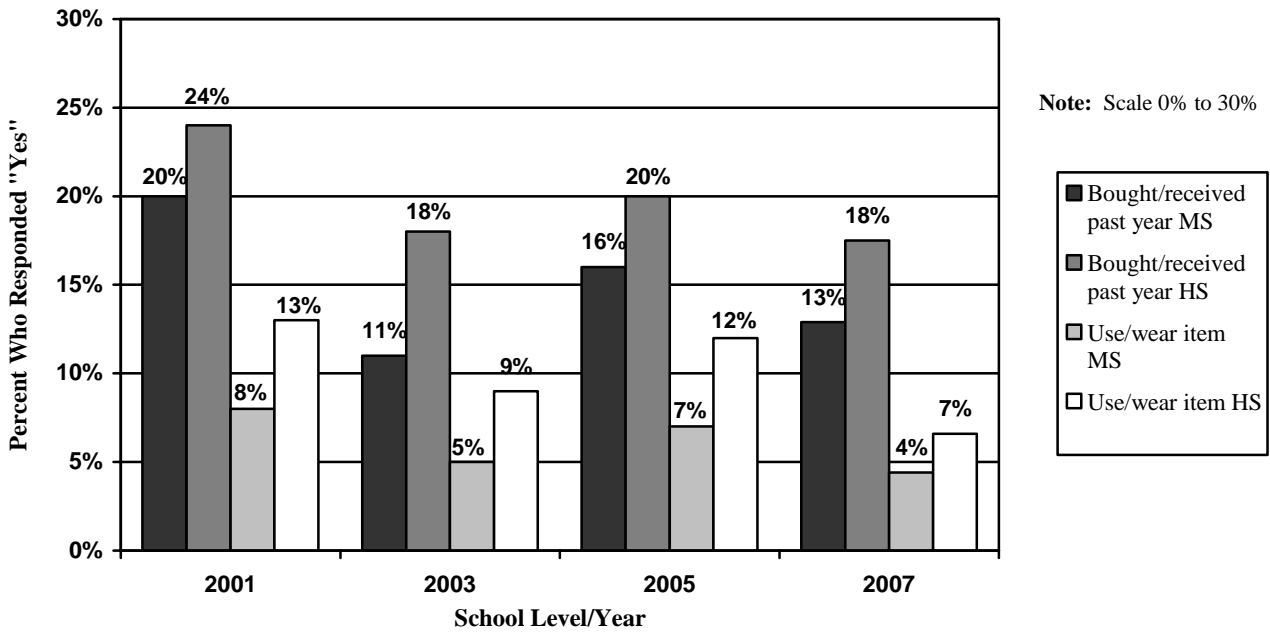


Figure 40: Use of Tobacco Company Items by Race/Ethnicity and Year

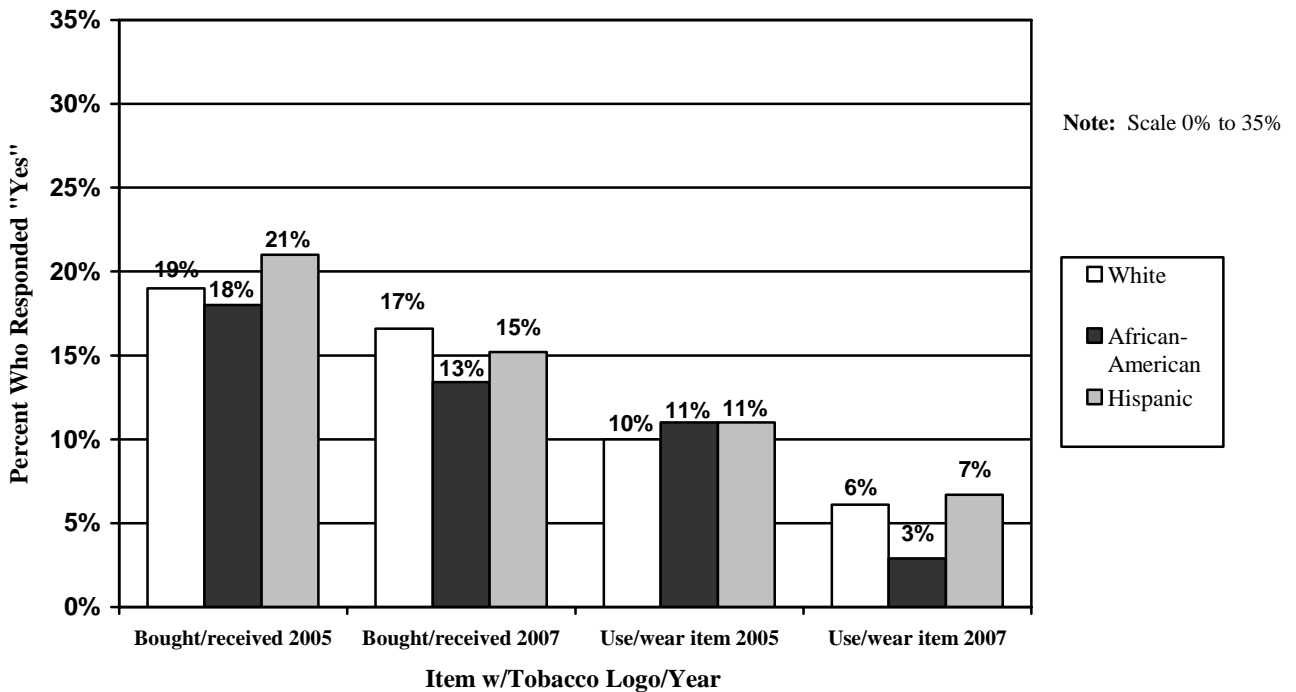
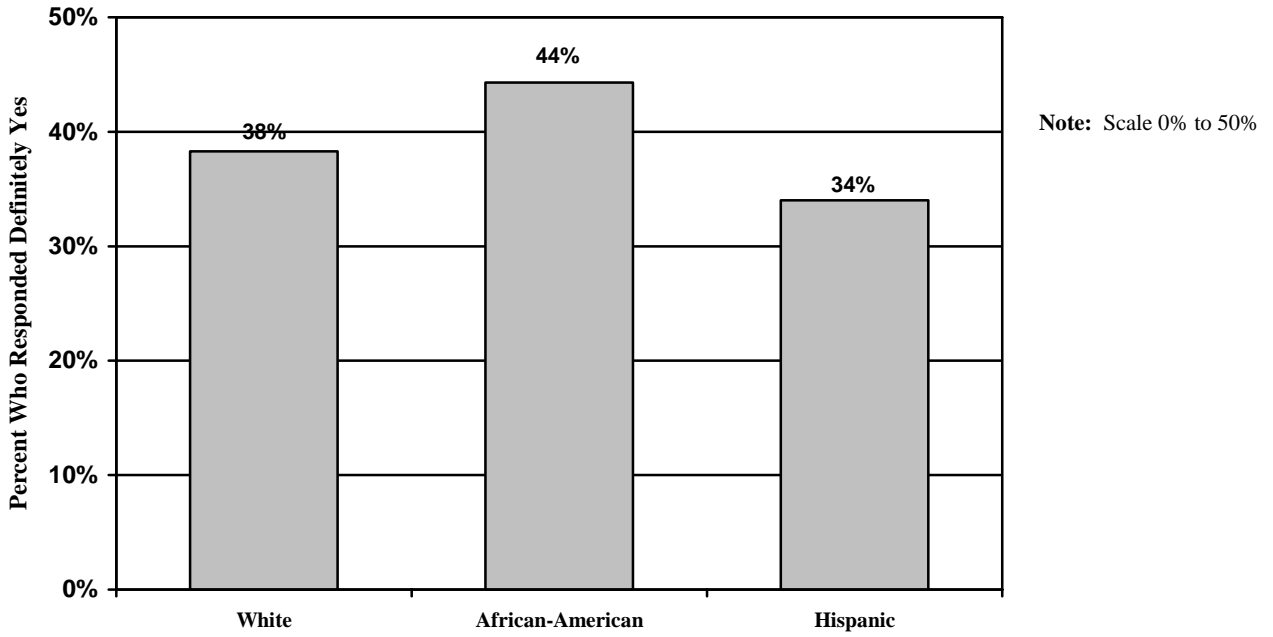


Figure 41: Belief That Tobacco Advertising is Targeted to Youth by Ethnicity



Asthma and Virginia's Youth

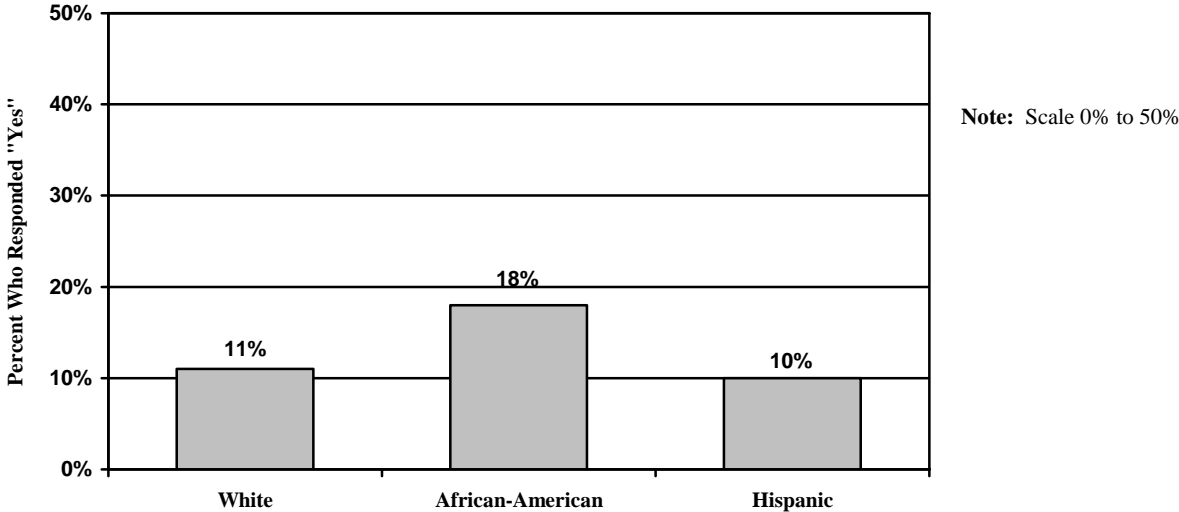
In 2007, 25.6%, or one out of every four, of Virginia's youth in grades 6 through 12 reported that they have been told by a doctor or a nurse that they had asthma. Of these, 11.2% report no longer having it, leaving 14.4% of students as having current asthma. Nationally, 19% of high school students report having been told by a doctor or a nurse that they had asthma⁸. Virginia reports a higher percentage with 26.7% of Virginia's high school students reporting having ever been told that they had asthma and 14% noting that they still have it. Slightly fewer middle school students reported having been told by a doctor or nurse that they had asthma; 23.7% reported this, with 15% 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 13%. African-American students were more likely than other students to report having current asthma, with 18% having had an attack in the past twelve months. Fewer White (11%) and Hispanic (10%) students noted an asthma episode in the previous 12 months (Figure 42).

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. Two percent had gone to the emergency room 4 to 12 times per year and less than one percent had had to go to receive urgent care more than 12 times in the past year.

⁸ Adams PF. In MMWR, August 12, 2005.

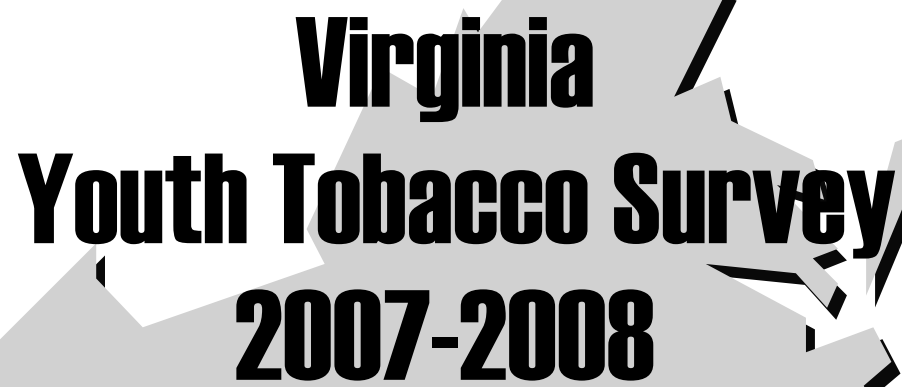
Figure 42: Had an Episode of Asthma in Past Year by Ethnicity



The student’s own smoking behavior appears to have an influence on having a prognosis of asthma. In 2007, the percentage of students with current asthma who report also being current smokers was reported at 25%, which is higher than the 13% of youth reporting current asthma in the total student population.

Appendix A

2007 Youth Tobacco Survey Questionnaire



Virginia
Youth Tobacco Survey
2007-2008

Virginia Youth Tobacco Survey

2007-2008 Questionnaire

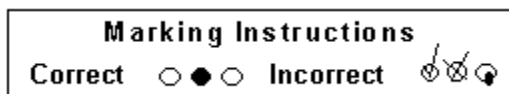
Instructions

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 sex?**
 - 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?**
- I have never smoked, not even a puff
 - 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 brands of cigarettes did you smoke? (You can CHOOSE ONE ANSWER or MORE THAN ONE ANSWER)**
- I did not smoke cigarettes during the past 30 days
 - American Spirit
 - Camel
 - GPC, Basic or Doral
 - Kool
 - Marlboro
 - Newport
 - Some other brand not listed here
14. **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
 - American Spirit
 - Camel
 - GPC, Basic or Doral
 - Kool
 - Marlboro
 - Newport
 - Some other brand not listed here
15. **During the past 30 days, were the cigarettes that you usually smoked menthol?**
- I have not smoked cigarettes in the last 30 days
 - Yes
 - No

16. **During the past 30 days, how did you get cigarettes? (You can CHOOSE ONE ANSWER or MORE THAN ONE ANSWER)**
- I did not smoke cigarettes during the past 30 days
 - I bought them myself
 - I gave someone else money to buy them for me
 - I borrowed (or bummed) them
 - Someone gave them to me
 - I took them from a store or another person
 - I got them some other way
17. **During the past 30 days, how did you usually get cigarettes? (CHOOSE ONLY ONE ANSWER)**
- I did not smoke cigarettes during the past 30 days
 - I bought them myself
 - I gave someone else money to buy them for me
 - I borrowed (or bummed) them
 - Someone gave them to me
 - I took them from a store or another person
 - I got them some other way
18. **During the past 30 days, where did you buy the last pack of cigarettes you bought? (You can CHOOSE ONE ANSWER or MORE THAN ONE ANSWER)**
- I have not bought cigarettes during the past 30 days
 - A gas station
 - A convenience store
 - A grocery store
 - A drugstore
 - A vending machine
 - I bought them over the Internet
 - Some other place not listed here
19. **When you bought or tried to buy cigarettes in a store during the past 30 days, were you always asked to show proof of age?**
- I did not try to buy cigarettes in a store during the past 30 days
 - Yes, I was always asked
 - No, I was not always asked
20. **During the past 30 days, how often did someone refuse to sell you cigarettes because of your age?**
- I did not try to buy cigarettes during the past 30 days
 - Every time I tried to buy cigarettes
 - Some of the times I tried to buy cigarettes
 - Never, no one refused to sell me cigarettes because of my age
21. **In the area where you live, do you know of any places that sell single or loose cigarettes?**
- Yes
 - No
22. **During the past 30 days, to your knowledge, has anyone, including yourself, smoked a tobacco product, such as cigarettes or cigars, on school property when he or she was not supposed to?**
- Yes
 - No
23. **During the past 30 days, to your knowledge, has anyone, including yourself, used a smokeless tobacco product, such as chewing tobacco, snuff, or dip, on school property when he or she was not supposed to?**
- Yes
 - No

- 24. When was the last time you smoked a cigarette, even one or two puffs?**
- I have never smoked even one or two puffs
 - Earlier today
 - Not today but sometime during the past 7 days
 - Not during the past 7 days but sometime during the past 30 days
 - Not during the past 30 days but sometime during the past 6 months
 - Not during the past 6 months but sometime during the past year
 - 1 to 4 years ago
 - 5 or more years ago
- 25. How long can you go without smoking before you feel like you need a cigarette?**
- I have never smoked cigarettes
 - I do not smoke now
 - Less than an hour
 - 1 to 3 hours
 - More than 3 hours but less than a day
 - A whole day
 - Several days
 - A week or more
- 26. Do you want to stop smoking cigarettes?**
- I do not smoke now
 - Yes
 - No
- 27. I expect to stop smoking cigarettes for good within the next ... (PLEASE CHOOSE THE FIRST ANSWER THAT FITS)**
- 7 days
 - 30 days
 - 6 months
 - 1 year
 - I do not expect to stop smoking cigarettes within the next year.
 - I do not smoke now
- 28. During the past 12 months, did any doctor, dentist, nurse, or other health professional ask you if you smoke?**
- Yes
 - No
- 29. During the past 12 months, did any doctor, dentist, nurse, or other health professional advise you not to smoke?**
- Yes
 - No
- 30. During the past 12 months, did you ever try to quit smoking cigarettes?**
- I did not smoke during the past 12 months
 - Yes
 - No

31. 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 in the last 12 months
 - 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

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

34. 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

35. 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

36. 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

37. During the past 30 days, how did you get chewing tobacco, snuff, or dip? (You can CHOOSE ONE ANSWER or MORE THAN ONE ANSWER)

- a. I did not use chewing tobacco, snuff, or dip during the past 30 days
- b. I bought it myself
- c. I gave someone else money to buy it for me
- d. I borrowed (or bummed) it
- e. Someone gave it to me
- f. I took it from a store or another person
- g. I got it another way

38. During the past 30 days, how did you usually get chewing tobacco, snuff, or dip? (CHOOSE ONLY ONE ANSWER)

- a. I did not use chewing tobacco, snuff, or dip during the past 30 days
- b. I bought it myself
- c. I gave someone else money to buy it for me
- d. I borrowed (or bummed) it
- e. Someone gave it to me
- f. I took it from a store or another person
- g. I got it some other way

Cigars

39. Have you ever tried smoking cigars, cigarillos, or little cigars, even one or two puffs?

- a. Yes
- b. No

40. 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

41. 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

42. During the past 30 days, how did you get cigars, cigarillos, or little cigars? (You can CHOOSE ONE ANSWER or MORE THAN ONE ANSWER)

- a. I did not smoke cigars, cigarillos, or little cigars during the past 30 days
- b. I bought them myself
- c. I gave someone else money to buy them for me
- d. I borrowed (or bummed) them
- e. Someone gave them to me
- f. I took them from a store or another person
- g. I got them some other way

43. During the past 30 days, how did you usually get cigars, cigarillos, or little cigars? (CHOOSE ONLY ONE ANSWER)

- a. I did not smoke cigars, cigarillos, or little cigars during the past 30 days
- b. I bought them myself
- c. I gave someone else money to buy them for me
- d. I borrowed (or bummed) them
- e. Someone gave them to me
- f. I took them from a store or another person
- g. I got them some other way

Pipe

44. Have you ever tried smoking tobacco in a pipe or water pipe?

- a. Pipe
- b. Water pipe
- c. Both
- d. I have never smoked tobacco in a pipe or water pipe

45. During the past 30 days, on how many days did you smoke tobacco in a water 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

46. During the past 30 days, on how many days did you smoke tobacco in a pipe? Do not include water pipes.

- 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

48. 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

49. **During the past 30 days, on how many days did you smoke kreteks?**
- 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.

50. **Do you think that you will try a cigarette soon?**
- a. I have already tried smoking cigarettes
 - b. Yes
 - c. No
51. **Do you think you will smoke a cigarette at anytime during the next year?**
- a. Definitely yes
 - b. Probably yes
 - c. Probably not
 - d. Definitely not
52. **If one of your best friends offered you a cigarette, would you smoke it?**
- a. Definitely yes
 - b. Probably yes
 - c. Probably not
 - d. Definitely not
53. **In the past 12 months, how often have your parents or guardians discussed the dangers of tobacco use with you?**
- a. Never
 - b. Rarely
 - c. Sometimes
 - d. Often
 - e. Very often

54. **Do you think young people who smoke cigarettes have more friends?**
- a. Definitely yes
 - b. Probably yes
 - c. Probably not
 - d. Definitely not
55. **Do you think smoking cigarettes makes young people look cool or fit in?**
- a. Definitely yes
 - b. Probably yes
 - c. Probably not
 - d. Definitely not
56. **Do you think it is safe for young people to smoke cigarettes as long as they don't smoke every day?**
- a. Definitely yes
 - b. Probably yes
 - c. Probably not
 - d. Definitely not
57. **Do you believe that light (low tar) cigarettes are somewhat less risky than regular (full flavor) cigarettes?**
- a. Yes, they are somewhat less risky
 - b. No, they pose the same risk
 - c. No, they are more risky
58. **Do you think you would be able to quit smoking cigarettes now if you wanted to?**
- a. I do not smoke now
 - b. Yes
 - c. No
59. **Have you ever participated in a program to help you quit using tobacco?**
- a. I have never used tobacco
 - b. Yes
 - c. No

60. During last school year were you taught in any of your classes about the dangers of tobacco use?
- a. Yes
 - b. No

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

61. 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?
- a. Yes
 - b. No
 - c. I did not know about any activities
62. When you watch TV or go to movies, how often do you see actors using tobacco?
- a. I don't watch TV or go to movies
 - b. Most of the time
 - c. Some of the time
 - d. Hardly ever
 - e. Never
63. When you are using the Internet, how often do you see ads for tobacco products?
- a. I don't use the Internet
 - b. Most of the time
 - c. Some of the time
 - d. Hardly ever
 - e. Never

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

64. During the past 12 months, did you buy or receive anything that has a tobacco company name or picture on it?
- a. Yes
 - b. No
65. 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?
- a. Definitely yes
 - b. Probably yes
 - c. Probably not
 - d. Definitely not
66. Do you think that tobacco companies try to get young people to use tobacco products?
- a. Definitely yes
 - b. Probably yes
 - c. Probably not
 - d. Definitely not
67. How easy would it be for you to get cigarettes if you wanted some?
- a. Very easy
 - b. Somewhat easy
 - c. Not easy at all

THE NEXT QUESTIONS ASK ABOUT YOUR EXPOSURE TO TOBACCO USE.

68. Is it OK for people to smoke cigarettes where other people can breathe their smoke?
- a. Yes
 - b. No

69. **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
70. **Where and when is smoking allowed inside your home? Do not include decks, garages, or porches. Smoking is ...**
- Never allowed inside my home
 - Allowed only at some times or in some places
 - Always allowed inside my home
71. **What do you think people should do about smoking inside their home? People should ...**
- Never allow smoking inside their home
 - Allow smoking at some times or in some places
 - Always allow smoking inside their home
72. **When is smoking allowed in the vehicle you drive or ride in the most? Do not count school buses or other public vehicles. Smoking is ...**
- Never allowed
 - Sometimes allowed
 - Always allowed
73. **What do you think people should do about smoking in their vehicles? People should ...**
- Never allow smoking in their vehicles
 - Allow smoking at some times in their vehicles
 - Always allow smoking in their vehicles
74. **During the past 7 days, on how many days did you ride in a vehicle with someone who was smoking cigarettes? Do not count school buses or other public vehicles.**
- 0 days
 - 1 or 2 days
 - 3 or 4 days
 - 5 or 6 days
 - 7 days
75. **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
76. **On how many of the past 7 days did you breathe the smoke from someone who was smoking at your school?**
- 0 days
 - 1 to 3 days
 - 4 to 6 days
 - all 7 days

77. Do you think the smoke from other people's cigarettes is harmful to you?

- a. Definitely yes
- b. Probably yes
- c. Probably not
- d. Definitely not

78. Does anyone who lives with you now smoke cigarettes?

- a. Yes
- b. No

79. Does anyone who lives with you now use chewing tobacco, snuff, or dip?

- a. Yes
- b. No

80. How many of your four closest friends smoke cigarettes?

- a. None
- b. One
- c. Two
- d. Three
- e. Four
- f. Not sure

81. 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

THE LAST QUESTIONS ASK ABOUT HOW YOU FEEL.

82. During the past 12 months, have you had an episode of asthma or an asthma attack?

- a. Yes
- b. No

83. 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

84. 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

85. Have you ever tried smoking a Black and Mild, even one or two puffs?

- a. Yes
- b. No

86. 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

87. Who sets the standard for what is considered cool?

- a. Boys
- b. Girls

88. Do you think you will be smoking cigarettes 5 years from now?

- a. I definitely will
- b. I probably will
- c. I probably will not
- d. I definitely will not

89. Do you think it is safe to smoke for only a year or two, as long as you quit after that?

- a. Definitely yes
- b. Probably yes
- c. Probably not
- d. Definitely not

90. 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?

- a. Not in the past 30 days
- b. 1-3 times in the past 30 days
- c. 1-3 times per week
- d. Daily or almost daily
- e. More than once a day

**THANK YOU VERY MUCH FOR
YOUR COOPERATION!!**

Appendix B

Technical Report on Methodology

Youth Tobacco Survey, 2007

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, a list of the 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, as well as 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 2nd period classes. If a school was not able to use 2nd 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. 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 at 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 2007 through April of 2008. 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. If forms were determined to be inaccurately completed they were discarded. 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 2007 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 2007 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 2007 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.

At the high school level, 50 schools were selected and 30 agreed to participate (60.00%). Within the selected classes at those schools there were 1,376 eligible students, of whom 939 (68.2%) returned usable questionnaires. The overall response rate for high schools in the 2007 Virginia YTS is 40.9% ($60.00\% * 68.2\% = 40.9\%$).

At the middle school level, 50 schools were selected and 39 agreed to participate (78.00%). Within the selected classes at those schools there were 1,856 students, of whom 1,675 (90.2%) returned usable questionnaires. The overall response rate for middle schools in the 2007 Virginia YTS is 70.3% ($78.00\% * 90.2\% = 70.3\%$). Overall, Virginia's response rate was 55.8%. This was determined based on a school-level response rate of 69% multiplied by the student-level response rate of 80.9%.

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 2007 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.

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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