

TOBACCO USE

RESULTS FROM THE

OKLAHOMA YOUTH RISK BEHAVIOR SURVEY (YRBS) 2009

What is the problem?

The 2009 Oklahoma Youth Risk Behavior Survey indicates that among high school students:

Cigarette Use

- 49% ever tried cigarette smoking.¹
- 23% smoked cigarettes on at least 1 day during the 30 days before the survey.
- 9% smoked cigarettes on 20 or more days during the 30 days before the survey.
- 5% smoked cigarettes on school property during the 30 days before the survey.
- 48% did not try to quit smoking cigarettes.²

Other Tobacco Use

- 10% used chewing tobacco, snuff, or dip on at least 1 day during the 30 days before the survey.
- 5% used chewing tobacco, snuff, or dip on school property on at least 1 day during the 30 days before the survey.
- 14% smoked cigars, cigarillos, or little cigars on at least 1 day during the 30 days before the survey.
- 30% smoked cigarettes; smoked cigars, cigarillos or little cigars; or used chewing tobacco, snuff, or dip on at least 1 day during the 30 days before the survey.

What is the status of Oklahoma schools?

The 2008 Oklahoma School Health Profiles³ report indicates that among high schools:

- 9% required students to take two or more health education courses.
- 40% taught 15 key tobacco use prevention topics in a required course.
- 47% had a lead health education teacher who received professional development on tobacco use prevention.⁴
- 47% provided families with health information to increase parent and family knowledge of tobacco use prevention.
- 35% gathered and shared information with students and families about media or community based tobacco use prevention efforts.⁴
- 46% worked with local agencies or organizations on efforts to reduce tobacco use.⁴
- 34% prohibited all tobacco use at all times in all locations.⁵
- 14% sometimes, almost always, or always required students who were caught smoking cigarettes to participate in an assistance, education, or cessation program.
- 14% provided tobacco cessation services for students, faculty, and staff at school or through arrangements with providers not on school property.
- 75% posted signs marking a tobacco free school zone.
- 39% used the School Health Index or a similar self assessment tool to assess their policies, activities, and programs in tobacco use prevention.

What are the solutions?

- Implement a two-pronged approach, in which prevention and intervention measures are employed for successful tobacco reduction.
- Support legislation which increases the unit price for tobacco products through state and federal excise taxes.⁶
- Develop a comprehensive media campaign to encourage prevention and cessation with information about cessation programs.⁶
- Develop and support laws and regulations which ban the use of tobacco products in workplaces, schools, school-related events, and various public places.⁶
- Implement and support 24/7 Tobacco – Free campus programs for schools in the community.⁶
- Provide telephone counseling and support service information to those wishing to quit using tobacco products.⁶
- Encourage schools to participate in surveys, such as the YRBS, that assess risk-taking behaviors among youth.

1. Even one or two puffs.

2. Among students who currently smoked cigarettes, during the 12 months before the survey.

3. Brener ND, McManus T, Foli K, Shanklin SL, Hawkins J, Kann L, Speicher N. *School Health Profiles 2008: Characteristics of Health Programs Among Secondary Schools in Oklahoma*. Atlanta: Centers for Disease Control and Prevention; 2009. Available at URL: <http://www.cdc.gov/healthyyouth/profiles/>

4. During the two years before the survey.

5. Prohibited the use of all tobacco, including cigarettes, smokeless tobacco, cigars, and pipes; by students, faculty and school staff, and visitors; in school buildings; outside on school grounds; on school buses or other vehicles used to transport students; and at off-campus, school-sponsored events; during school hours and non-school hours.

6. Guide to Community Preventive Services: State and Local Opportunities for Tobacco Use Reduction. <http://www.thecommunityguide.org/tobacco/tobac-ajpm-c-opportunities-for-reduction.pdf>.

For more information contact the Maternal and Child Health Service, MCH Assessment at (405) 271-6761 or visit URL: <http://yrbs.health.ok.gov>