Youth move through several stages of smoking initiation before becoming established smokers.

- **Committed non-smokers**: These youth have not tried even one or two puffs, would not smoke a cigarette soon, definitely would not smoke during the next year, and definitely would not smoke a cigarette if their best friend offered them one.

- **Susceptible non-smokers**: These youth do not have a clear resolve to not smoke. Susceptible youth do not rule out the possibility of smoking in the next year or might accept a cigarette if their best friend offered it to them. Youth who have tried even one or two puffs but have not smoked a whole cigarette are also susceptible even though they may be confident they will not smoke in the next year.

- **Experimenters**: These youth have moved one more step on the continuum by both trying smoking and not ruling out smoking in the next year.

- **Established smokers**: These youth have smoked at least 100 cigarettes since they first started smoking.

**Note**: As fewer youth experiment with tobacco, the proportion of committed non-smokers and susceptible non-smokers increases.

**Grades 6-8**

- There continues to be an increase in committed nonsmokers. (1999: 41.4%, 2002: 52.5%, 2005: 54.5%, 2007: 59.0%)


- There has been a steady decline in experimenters (1999: 37.3%, 2002: 31.5%, 2005: 26.6%, 2007: 21.6%)

- There was little change in established smokers between 1999 and 2005 but dropped in 2007 (1999: 6.8%, 2002: 3.9%, 2005: 3.8%, 2007: 2.8%)

**Grades 9-12**

- Committed nonsmokers increased from 1999 to 2002 and remained relatively constant in 2005 and 2007 (1999: 25.5%, 2002: 33.3%, 2005: 34.3%, 2007: 36.6%)


- The proportion of experimenters has decreased slightly each year (1999: 42.6%, 2002: 40.5%, 2005: 38.8%, 2007: 36.4%)

- There was a steady decrease in established smokers from 1999 to 2005 (1999: 25.1%, 2002: 19.4%, 2005: 16.0%, 2007: 16.7%)

**Smoking Continuum Among Oklahoma Students**

**Middle School**

**High School**


For additional information, please contact:
Tobacco Use Prevention Service
(405) 271-3619
http://www.ok.gov/health/Disease_Prevention_Preparedness/Tobacco_Use_Prevention_Service/