

Youth Tobacco Use in Delaware



**Delaware Health and Social Services
Division of Public Health**

**The statistics on tobacco use among youth in Delaware
from the 2008 Delaware Youth Tobacco Survey**

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I. KEY FINDINGS AND STUDY OVERVIEW OF YOUTH TOBACCO USE IN DELAWARE 2008

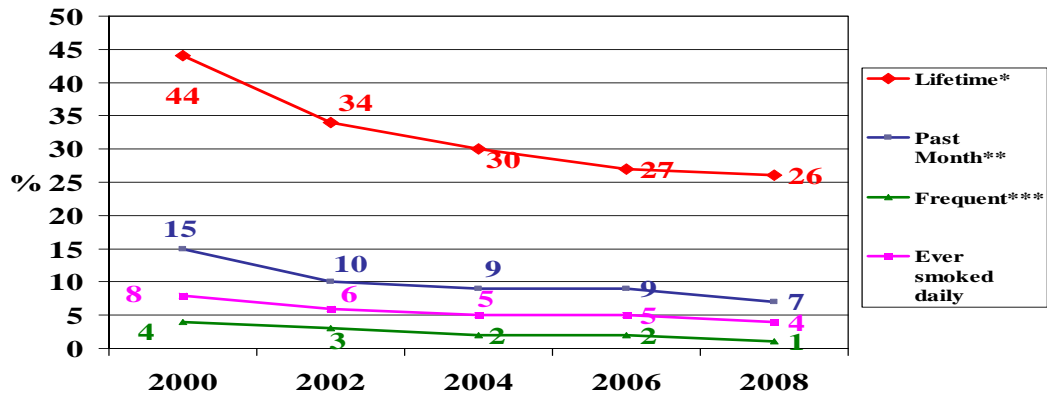
KEY FINDINGS

Delaware Youth Tobacco Survey 2000 - 2008

Overall, indicators of tobacco use have continued to decline among Delaware students since the first Youth Tobacco Survey (YTS) in Delaware in 2000 (Figures 1 and 2). These declines likely reflect the confluence of increased media campaigns, raises in tobacco prices and particularly the State ban on smoking in public places. The declines have continued through the 2008 survey data, though the rate of decline has slowed. Between 2000 and 2002, declines were more pronounced for Middle School students than for High School students. The decline for Middle School Students continues, but has flattened out particularly between 2006 and 2008. The pattern for High School students has shown a more steady decline, though there was a larger decline (8%) between 2004 and 2006. This probably reflects the movement of that 2004 Middle School cohort into High School. The decline for High School students flattened somewhat from 2006 to 2008, but was still substantial at a 3% decrease. The findings from the 2008 Youth Tobacco Survey in Delaware are consistent with the estimates and trends for tobacco use reported in our annual Delaware School Surveys of 8th and 11th graders (available at www.udel.edu/delawaredata).

Since 2000, past month cigarette use reported in the Delaware YTS has declined almost 60% for Middle School students and about a third for High School students, reflecting the impact of the individual and environmental strategies employed in the tobacco prevention efforts. There may be a floor to these declines. The Delaware School Survey results show that past month cigarette use is now substantially less than past month marijuana use for both 8th and 11th graders. From the perspective of future prevention needs, it appears that youth who are smoking and who are finding it harder to refrain from smoking are those who live in households where others smoke. The 2002 survey took place before the landmark state law prohibiting smoking in public places in Delaware went into effect, and the 2004 survey after the law had been widely applied and generally well accepted by the Delaware population. Yet even before the new law, it seems that, with the decrease in smoking rates and the decrease in public areas where smoking is allowed, current smokers are getting support for smoking mostly from the “home front.”

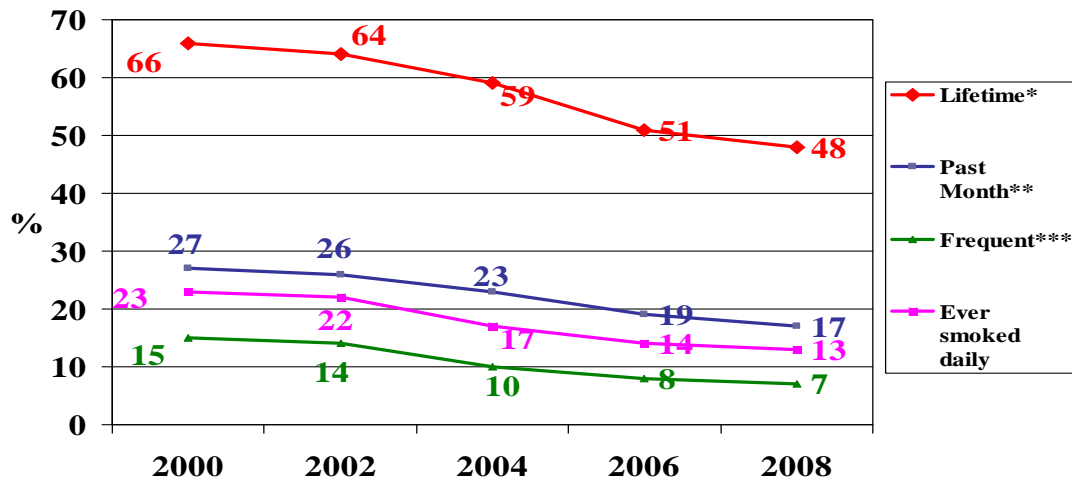
Figure 1. Trends in Cigarette Use Among Delaware Middle School Students 2000 - 2008



*Lifetime is defined as ever trying substance. **Past month is defined as using the substance on 1 or more days in past 30days. ***Frequent use is defined as using the substance on 20+days of last 30 days

Source: Delaware Youth Tobacco Survey, 2000-2008, Delaware Division of Public Health

Figure 2. Trends in Cigarette Use Among Delaware High School Students 2000 - 2008



*Lifetime is defined as ever trying substance. **Past month is defined as using the substance on 1 or more days in past 30days. ***Frequent use is defined as using the substance on 20+days of last 30 days

Source: Delaware Youth Tobacco Survey, 2000-2008, Delaware Division of Public Health

Whether they smoke or not, most Delaware students are well aware that cigarettes are highly addictive. However, there is some indication of the declining number of current smokers becoming more firmly established in their smoking behaviors and downplaying the health risks. One can expect that those most receptive to the health and other risks of tobacco are the ones who have stopped or curtailed their smoking. Remaining smokers may be harder to reach with health persuasion messages, though the messages must continue to dissuade nonsmokers from initiating use. Unfortunately, declines in seeing anti-smoking messages and declines in substance abuse education in general being reported in Delaware may create opportunities for backsliding on the real progress made in Delaware in the last 8 years. Prevention education in schools, as with other non core curricula, have suffered in the efforts to improve student performance on standardized statewide testing. And advertising has moved away from the anti-tobacco message to more health promotion. It is important to continue to monitor exposure to education and media and changes in tobacco attitudes and behaviors among Delaware youth in the future.

Trends in Cigarette Use:

Middle School Students:

- Lifetime use of cigarettes statewide for Middle School students decreased to 26% in 2008, compared to 27% in 2006 and 44% in 2000. When examining cigarette by race, lifetime use of cigarettes declined for all four racial groups again in 2008 (as it had in 2006): (Whites, from 43% in 2000 to 24% in 2008; Blacks, from 45% in 2000 to 27% in 2008; and Hispanics, from 54% in 2000 to 30% in 2008). Although the 2008 declines were not generally significant by race between 2006 and 2008, they continued the trend of decrease in cigarette use. As in 2006, Hispanic students again showed the largest percentage decrease in lifetime cigarette use in 2008 (36% to 30%). Although Hispanics still maintained the highest percentage use compared to other students, the rates are now statistically indistinguishable from those of Whites.

- Past 30-day cigarette use (defined as current smokers) for Middle School students also decreased from 15% in 2000 to 7% in 2008. The percentage of 2008 Middle School students who smoked a whole cigarette before age 11 declined to 3%, continuing a promising trend though not on par with the dramatic and statistically significant decrease from 27% in 2000 to 10% in 2002, but approaching a true floor. Racial disparities among Middle School current smokers are not statistically significant, but there is a pattern that has persisted since 2000 for Hispanics to be highest, followed by Whites, then Black students reporting somewhat lower rates.

- Among the declining group of Middle School students who are current smokers, there is some indication that this group is becoming more “hard core” in their smoking. In 2000, more than 60% of current smokers had tried to quit in the past year, while in 2008, it was 51%. Current smokers’ perception of cigarettes as highly addictive, noticeably decreased from 91% to 85% from 2000 to 2008. Although cigarette use among 2008 Delaware Middle School students continued to decline, those smoking reported much less interest in trying to stop. The percentage of current smokers who reported they wanted to stop smoking actually decreased from 63% in 2000 to 56% in 2002, 55% in 2004, 36% in 2006, and to only 27% in 2008. Current Middle School smokers less amenable to quitting are noticeably higher in Sussex County. These findings have implications for a possible change in emphasis for future prevention and cessation effort among younger students.

- One very encouraging decline among current smokers was noted in 2008. Those who smoked on 20 or more days in the past month continued to decline from 4% in 2000 to 3% in 2002 to 2% in 2004 and 2006 to 1% in 2008. In a similar manner, the percentage of current smokers who report smoking 6 or more cigarettes per day has declined from 22% in 2000 to 11% in 2008. It appears that the cost of cigarettes and the decreased availability of public places to smoke have led to a significant and welcome decline in the number of heavy smokers among Middle School students.

High School Students:

→ The sharp decline in ever smoking among middle school students observed from 2000 to 2002 seems to have carried into High School, as High School Students show little decline from 2000 to 2002, but then substantial declines from 64% to 58% from 2002 to 2004 and continuing to 51% in 2006. The decline has flattened somewhat between 2006 and 2008 but still declining to 48% in 2008. Past month use declined 2% from 19% to 17% between 2006 and 2008, while the percentage of High School students who smoked before age eleven declined from 8% in 2006 to 3% in 2008. Statewide, males lifetime cigarette use significantly and steadily decreased from 66% in 2000 to 62% in 2002, 55% in 2004, 51% in 2006 and 46% in 2008. Lifetime use by women also declined significantly from 67% in 2000 to 63% in 2002, 60% in 2004, 52% in 2006 and 51% in 2008. Cigarette use also declined significantly by race: for Blacks (62% in 2000 to 59% in 2002, 52% in 2004, 51% in 2006, and 44% in 2008); for Whites (68% in 2000 to 66% in 2002, 62% in 2004, 51% in 2006; and 50% in 2008); and for Hispanics (69% in 2000 to 66% in 2002, 58% in 2004, increasing to 59% in 2006, before declining to 52% in 2008).

→ Perceptions of risk of smoking among Delaware High School Students may have reached a plateau. The percentage of students who have never smoked who view cigarettes as highly addictive increased from 88% in 2002 to 92% in 2004, declined to 90% in 2006, but rebounded to 94% in 2008. Such non-significant “bouncing” at a high percentage is indicative of reaching a plateau. In similar fashion, students who never smoked were less likely to perceive smoking for only a year or two as safe in 2004 versus 2002 (7% vs. 10%), a figure that remains stable at 7% in 2008. So the potential risk perceived by non smokers increased between 2002 and 2004, the time period when Delaware’s Clean Indoor Air Act went into place, but has flattened since.

On the other hand, perceptions of current smokers also noticeably changed, indicating again a seemingly toughening mind set among a decreasing group of current smokers. For example, 22% of current smokers in 2002 perceived smoking for only a year or two as safe, while 27% of current smokers thought it safe in 2004 and a full 36% thought so in 2008. A similar pattern is seen in the percentage of current High School smokers who reported trying to quit (61% in 2002 vs. 54% in 2008).

→ Again, as with the Middle School students, a most encouraging finding was the significant decline of smokers who report smoking on 20 or more days in the past month or report using 6 or more cigarettes per day. Frequent smokers (20+ days) declined from 15% in 2000 to 14% in 2002, 9% in 2004, 8% in 2006, and to 7% in 2008. For those smoking 6 or more cigarettes per day, the percentage declined from 39% in 2002 to 25% in 2004 to 11% in 2008. Again, this is strong evidence

that the environmental impact of the increased cost of cigarettes and the decreased availability of public places to smoke has led to marked declines in the number of heavy smokers in High School and likely in the total number of cigarettes consumed by Delaware youth.

Other Trend Findings

Middle School:

→The lifetime cigar use for Middle School students' decreased from 20% in 2000 to 10% in 2008. Also, reports of "All" tobacco usage lifetime decreased statewide from 47% in 2000 to 37% in 2002, 33% in 2004, 30% in 2006, and 28% in 2008. The percentages of current (past month) Middle School users of tobacco did not change much between 2006 and 2008: it declined 1% for cigarettes, and did not change much at all for smokeless tobacco, cigars, or bidis/kreteks. It remains to be seen if the dramatic declines in Middle School Tobacco use observed in both the Delaware School Surveys and the YTS during the last 8 years have bottomed out, with a small but entrenched percentage of Middle School tobacco users remaining.

High School:

→As with Middle School students, the lifetime use of any tobacco declined in 2006 compared to 2008 from 55% to 53%. This is a marked decline from 69% in 2000. Bidi/Kretek noticeably decreased for High School students from 26% in 2000 to 7% in 2008, and the marked declines occurred for both males and females and in all racial categories. And for High School students, current (past month) users of cigarettes continued a steady decline from 2000 when 27% reported past month smoking. In 2008 17% reported past month smoking, down 2% from 2006. Declines of current use of other tobacco products (smokeless tobacco, cigars), however, were not observed. This suggests that other tobacco products have not quite followed the trends for cigarette use, perhaps because the cost of other tobacco products has not risen as much as the cost of cigarettes.

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Tobacco Use by Delaware Middle School and High School Students in Spring 2008

NOTE: Cigarette use reported in the CDC's Youth Tobacco Survey and Youth Risk Behavior Survey can be somewhat higher than estimates from other national surveys (such as Monitoring the Future and the National Household Survey on Drug Abuse) and in the Delaware School Surveys of 5th, 8th, and 11th

graders. This is because the CDC question includes “even a few puffs” in its measure of use. It does not require smoking a whole cigarette as do the estimates from the National Survey on Drug Use and Health (NSDUH), Monitoring the Future (MTF), and the Delaware School Surveys (DSS). Consequently, estimates of lifetime use can be as much as 20% higher in the YTS. The differences caused by the definition are much less pronounced for past month use.

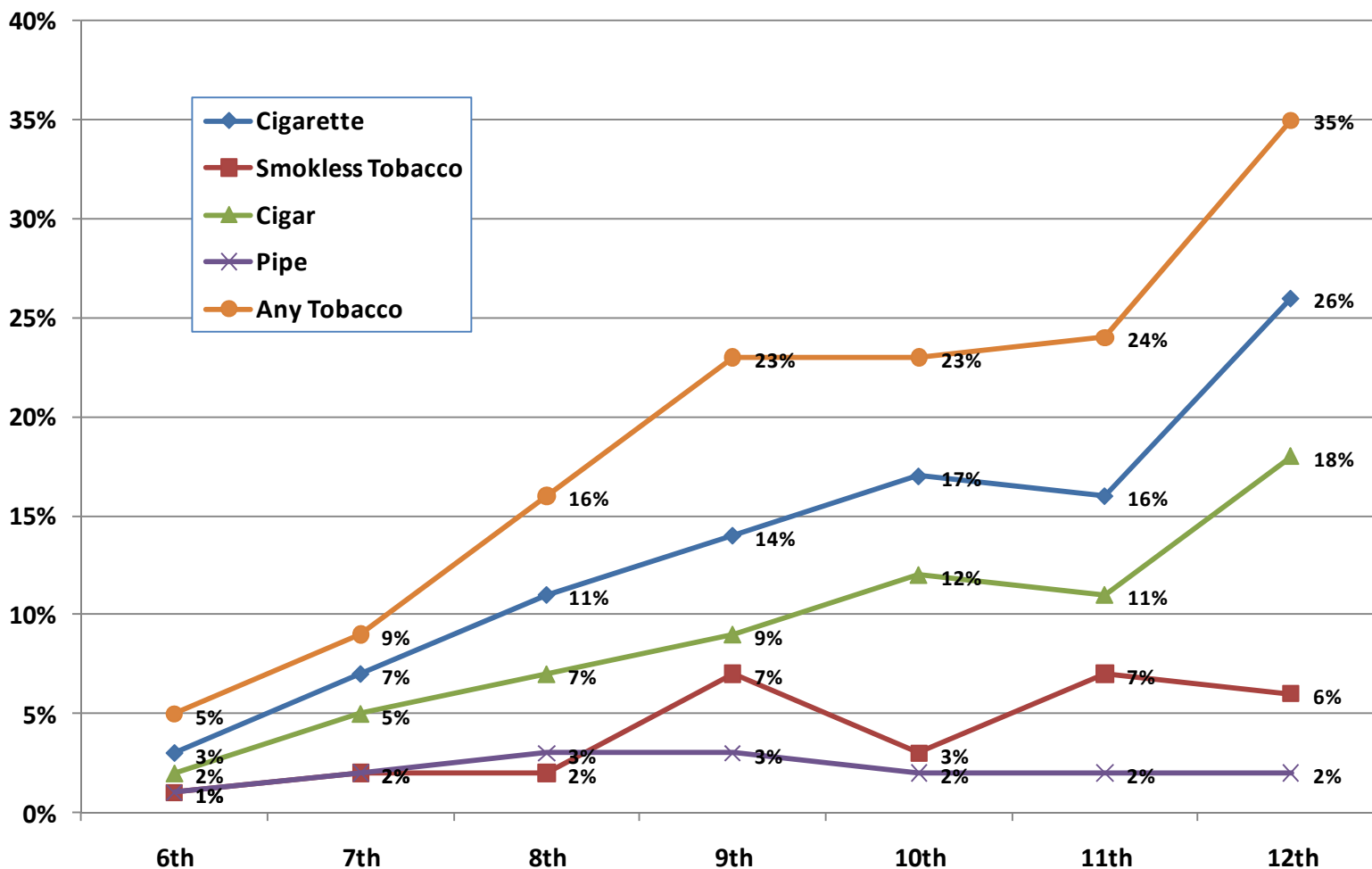
→Use of tobacco generally increases incrementally by grade between 6th and 12th grades (Figure 3). Cigarettes represent the majority of tobacco use for youth. There is a steep climb in rates between 7th and 9th grades for cigarettes and for cigars and smokeless tobacco as well. This seems associated with the transition to High School. There is also a jump for cigarette, cigar, and smokeless tobacco use between 11th and 12th grades when use of these products becomes legal for many students who are 18 in the spring of their senior year when surveys are administered.

→In general, prevalence of cigarette smoking does not differ appreciably by County for Middle School students, though in 2008 lifetime cigarette use was higher in Sussex County than in either New Castle or Kent Counties. On the other hand, for High School students in 2008, cigarette use (lifetime and past month) is noticeably higher in Sussex County than in New Castle or Kent Counties, and the difference is statistically significant.

→Among Middle School students, cigarettes have been tried by 26%, 7% are current (past month) smokers, and 1% are regular or heavy smokers (smoked on 20 or more days in the past month). Only a little more than one-quarter of Middle School students who have ever smoked are current smokers.

→Among High School students, cigarettes have been tried by 48%, 17% are current (past month) smokers, and 7% are regular or heavy smokers (smoked on 20 or more days in the past month). About 35% of High School students who have ever smoked are current smokers.

Figure 3. PAST 30 DAY TOBACCO USE* AMONG 2008 DELAWARE YOUTH BY GRADE AND TYPE OF TOBACCO PRODUCT



*Note: Indicates use of tobacco product(s) on 1 or more days the in past 30 days
 Source: Delaware Youth Tobacco Survey 2008, Delaware Division of Public Health

→Students were also asked about cigar use, smokeless tobacco, and bidis or kreteks, which are flavored Asian-type cigarettes designed to appeal to youth. All of these tobacco products have natural wrappings. They were not included in the former FDA restrictions on access to cigarettes by youth, and, consequently, they often are not subject to the same store restrictions on access as are regular cigarettes. For example, they are often displayed on open shelves in convenience stores. The use of these under regulated tobacco products by youth have only been adequately tracked in the past decade and needs to be considered in future trend analyses. Youth are not just smoking cigarettes; they are using other tobacco products as well. Now, there is a real potential as well for use of non tobacco nicotine inhalers, which are not yet regulated or tracked. Both epidemiologists and other health professionals need to be ready to track new products. In the case of bidis and kreteks, however and happily, use of these flavored Asian cigarettes seems to have continued to decline since 2000. Only 2% of Middle School students were current bidi/kretek users in 2008, down from 4% in 2000; and only 3% of High School students were current bidi/kretek users, down from 7% in 2000.

→Cigars are much more prevalent among Middle School students than either smokeless tobacco or bidis/kreteks. One out of ten Middle School students has tried cigars, and 5% have smoked a cigar in the past 30 days. It should be noted that past month cigar use is the most prevalent “other tobacco” product with prevalence more than 70% the rate of past month cigarette use.

→Most Middle School students who use other tobacco products also smoke cigarettes. However, about 30% of Middle School students who are current tobacco users are using only products other than cigarettes. Simply examining current cigarette use in the Middle School would significantly underestimate all tobacco users.

→Among High School students, 27% have tried cigars, 12% have tried smokeless tobacco, and 7% have tried bidis or kreteks. Past month use of cigars is 12%, of bidis and kreteks 3%, and smokeless tobacco is 6%.

→For High School students, estimates of all tobacco use lifetime are 5% higher than lifetime cigarette use alone. For past month use by High School students, the all tobacco estimate is about 8% higher than past month cigarette smoking alone. Simply examining current cigarette use in High School would underestimate all current tobacco use by almost a third.

Gender, Ethnicity and Age of First Use

→Middle School girls are about as likely to smoke cigarettes as are Middle School boys, but they are less likely to use other tobacco products. For High School students, girls are actually a little more likely than boys to have ever

smoked a cigarette, but they are less likely to be current users of other tobacco products. Still, 10% of girls report past month cigar use, only slightly less than the 14% of boys who smoke cigars.

→Differences in Middle School students' use of tobacco by ethnicity is not particularly pronounced for Whites, Hispanics, or African-Americans. This is true for either lifetime or current use. Current smoking shows little difference by ethnicity: African-American students (6%), Whites (8%), and Hispanics (10%).

→For High School students, the pattern of cigarette use by ethnicity shows African-Americans are less likely to be lifetime users of cigarettes than are Whites or Hispanics, and African-Americans are particularly less likely to be current cigarette smokers. In the High School sample, 22% of Whites, 28% of Hispanics, and 12% of African-Americans are current smokers. African-Americans in Delaware High Schools are the least likely racial category to use any type of tobacco product lifetime or in the past month.

→Most Middle School students in the sample are 12-14 years old. Among those Middle School students who ever smoked, 12% first smoked before age 11 (3% of the total Middle School sample). This is a substantial decline from earlier years. It suggests that not only are fewer Middle School students smoking, fewer are smoking first before age 11. Most High School students are 15-17 years old. Among those High School students who ever smoked, less than 7% first smoked before age 11 (3% of the total High School sample). Retrospective data are often unreliable, but these findings suggest that about the same percentage of Middle and High School Students started smoking before age 11. It is likely that early smoking is related to other delinquent behaviors and that a disproportionate number of early smokers drop out of school and are less reflected in the High School sample.

Attitudes about Tobacco Use: Risk and Protective Factors

→As with most smoking behaviors, attitudes about tobacco use do not differ appreciably by county in Delaware.

→Whether they smoke or not, Delaware students are well aware that cigarettes are highly addictive. Ninety percent of Middle School students who have never smoked say cigarettes are highly addictive while 85% of current smokers report cigarettes are highly addictive. The difference between smokers and non smokers is also 5% for High School students where 94% who have never smoked say that cigarettes are highly addictive and fully 89% of current High School Smokers say cigarettes are highly addictive.

→However, when it comes to a more limited risk perception, smokers are much more likely than those who never smoked to say that it is safe to smoke for only a year or two. In Middle School only 8% of those who have never smoked say it is safe to smoke for a year or two while 31% of current smokers say it is safe to smoke for a year or two. For those in High School, 7% of those who have never smoked say its is safe to smoke while 36% of the current smokers say it is safe to smoke for a year or two.

→Among Middle School students who have never smoked, most students do not suggest they are likely to be influenced by peer pressure. Only 7% of Middle School non smokers think smoking makes you cool, only 2% say they would smoke if a friend offered them a cigarette, and only 4% think they will try a cigarette soon. Only 14% of Middle School non smokers think young people who smoke have more friends, while 50% of current smokers think smokers have more friends. Still, this means that even half of Middle School smokers do not think smokers have more friends.

→High School students who have never smoked are similar to Middle School students in terms of susceptibility to these influences. Only 6% of these non smokers think cigarettes make young people look cool, and only 2% of non smokers would smoke if offered a cigarette by a friend or 3% think they will try a cigarette soon. Fourteen percent of High School non smokers think young people who smoke have more friends, while 36% of current smokers think smokers have more friends. High School students who are current smokers appear to be somewhat less susceptible to issues of smoking and popularity than do Middle School current smokers.

→Current smokers are 2 to 4 times more likely than those who never smoked to think that smokers look cool. However, even among current smokers, less than one in three Middle School smokers think smokers are cool, and only about one in five High School smokers think smokers are cool.

Dependence and Cessation Efforts

→In contrast with most other behaviors and attitudes about tobacco use, feelings of dependence on cigarettes and efforts to quit among current Middle School smokers do appear to be less in Sussex County than in New Castle or Kent County. This County difference is not observed for the High School smokers. It may indicate more impact of youth anti-tobacco programs in New Castle and Kent County Middle Schools.

→Seven percent of Delaware Middle School students are current smokers. Among these current smokers – those who have smoked at least one cigarette in the past month – 27% percent say they want to stop smoking cigarettes, and

51% have tried to quit in the past year. Although over half of the current smokers have tried to quit in the past year, only 9% have been in a program to help them quit. More girls than boys in Middle School want to or have tried to quit smoking, but there are no gender differences in the percentage who have participated in a program to help them quit.

→Seventeen percent of Delaware High School students are current smokers. Among these current smokers, 40% want to stop smoking. This seems like a large percentage of students who realize their dependency, but it is a 50% reduction from what High School students in Delaware reported in 2002. Either current smokers are becoming more hard core in their “rejection” of their dependency or the increased cost and decreased availability of cigarettes have led to a de facto circumstance of having to be less dependent. Either interpretation is consistent with more effective environmental tobacco controls leading to less smoking. Fifty percent of these current High School smokers say they have tried to quit in the past year. However, although 40% of High School smokers want to quit and half have tried, only 8% have been in a program to help them quit.

→Among current smokers, either in Middle School or in High School, about half of these current smokers report they have tried to quit. Over 35% have tried to quit more than once in their lives and have never been able to quit for at least 30 days. The High School and Middle School numbers for each of these variables have virtually identical percentages. This suggests that, although current smoking is less prevalent in Middle School, Middle School students who smoke are just as susceptible to dependence and difficulties in quitting as are High School students.

Access to Tobacco and Exposure to Advertising and Prevention Efforts

→Among Middle School current smokers, 7% report they usually get cigarettes from a store; among High School current smokers the percentage who usually get cigarettes from a store rises to 17%. Both these percentages are substantial reductions from the percentages reported in 2000 and 2002. The reductions likely represent the efforts of venter education and enforcement, as reflected in the excellent Synar compliance record in the State in the past few years. For the 17% of High School smokers who get cigarettes from a store, however, 65% were not asked for proof of age.

→Seventy-six percent of Middle School students in Delaware report that they have seen anti-smoking advertising in the past 30 days. On the other hand, even more (83%) report they have seen actors on TV and in the movies smoking, almost a quarter (24%) have seen athletes smoking on TV, and 37% of Delaware Middle School students have seen tobacco ads on the Internet. Overall, 86% of

all Middle School students see tobacco ads “most or some” of the time. The prevalence rates for High School students are similar: 82% have seen anti-smoking commercials, while as far as pro tobacco messages: 85% actors on TV or in the movies, 22% athletes, 42% on the Internet, and 91% see tobacco ads “most or some of the time.” Not surprisingly, media exposure does not differ much between the Middle School and High School samples.

→Interestingly, awareness of these tobacco ads does not vary appreciably across never smoked, ever smoked, or current smoker groups. Nor do the 2008 Delaware estimates for these ads vary appreciably from the 2006 estimates.

→About 17% of Delaware Middle School students and 26% of High School students say they are receptive to tobacco advertising. These numbers have increased since 2004, and receptivity to advertising does not seem to vary greatly by County. The increase in advertising receptivity is a troublesome finding that suggests some erosion in prevention efforts.

→Receptivity to advertising does vary considerably by smoking status: for Middle School students 26% of current smokers are receptive while only 2% of those who never smoked are receptive; for High School students 20% of current smokers are receptive while only 2% of those who never smoked are receptive. As with exposure to ads, receptivity to advertising does not vary greatly between Middle and High School students. Still, even for the most receptive group -- current Middle School smokers – only about one in four is receptive to tobacco advertising.

→For both Middle School students and High School students, those who never smoked are more likely to have practiced ways to say “No” to tobacco at school; however, there is not much difference between those who have never smoked and current smokers in having participated in a community event to discourage tobacco use. The differences are not as large as may have been expected, and many current smokers have participated in prevention and anti-tobacco efforts.

Exposure to Environmental Tobacco Smoke

→Current tobacco users are much more likely to be exposed to environmental tobacco smoke from others smoking than are non smokers. For example, 69% of Middle School current smokers rode in a car with a smoker in the past week compared to 28% of Middle School students who never smoked. The comparable numbers for High School students are 72% and 31%. Also, 64% of current Middle School smokers live in a house with other smokers, compared to 28% of Middle School students who never smoked; and 69% of current High School smokers live in a house with other smokers, compared to 36% of High School students who never smoked. A positive note here is that both riding in a car with a smoker and living in a house with smokers have declined since 2002.

→Among current smokers, Middle School students mostly likely smoke in the open (38%), at a friend's house (49%), or at home (32%). In two of the few County differences observed, it appears that Middle School smokers in Sussex County are more likely to smoke in houses (their's or a friend's) than are smokers in New Castle or Kent County, and New Castle smokers are more likely to smoke in open places than smokers in Kent or Sussex County. For High School smokers, in a car (50%) joins friend's house (53%), own home (50%) and in public (50%) as the most common places to smoke. Smoking at school and work are the least common locales for smokers in Middle School or High School.

→The vast majority of both Middle School and High School students think other people's cigarette smoke is harmful to them. Even 81% of Middle School current smokers and 88% of High School current smokers "definitely or probably" think other people's smoke is harmful to them.

Comparison with National Estimates of Tobacco Use

The CDC began supporting state Youth Tobacco Surveys beginning in 1998 and Delaware first participated in 2000. A few state studies were conducted in 1998, more in 1999 resulting in a total of 16 state survey efforts which were reported in the October 13, 2000 *Morbidity and Mortality Weekly Report*. That report also published findings from the first National YTS Probability sample, conducted in fall 1999, which included over 15,000 respondents nationally in grades 6-12. Another national sample was conducted in spring 2000 and many more states have conducted their own studies. A report including all the available Year 2000 data, including that of the Delaware surveys reported earlier, was published in *MMWR* in fall 2001. The national report from the 2002 data was released in a limited format by the CDC in fall 2003, and national reports since then have been intermittent. Since the available YTS data from other states and nationally is for earlier years and sometimes for fall administrations versus spring survey administrations, strict comparisons have not been possible except for a few variables, and a more exact comparison must await the full national reporting from the CDC of the 2008 YTS data. However, a few charts of Spring 2008 Delaware data compared to 2004 and 2006 national data from the National Youth Tobacco Survey (*MMWR* 54:298-301, 2005; *MMWR* 58, 2008) are presented. It is expected that a more complete report of national data from the 2008 Youth Tobacco Survey will be available in fall/spring 2010, and more direct comparisons can then be made. The data available, however, suggest that Delaware tobacco prevalence estimates, media exposure, access to tobacco in stores are similar to or a little better than national averages. This is a change from 8 years ago when Delaware prevalence estimates often exceeded national estimates.

STUDY DESIGN AND SAMPLE FOR THE DELAWARE YOUTH TOBACCO SURVEY FOR 2008

The State of Delaware participated in the CDC's Youth Tobacco Survey for the fifth time in the Spring of 2008. Previous surveys had been completed in even years in the Spring since 2000. The survey was sponsored by the Division of Public Health in the Delaware Department of Health and Social Services with funding from the Centers for Disease Control and Prevention. The survey was conducted by staff from the Center for Drug and Alcohol Studies at the University of Delaware.

The objectives of the Year 2008 Delaware Youth Tobacco Survey were:

- a. To provide estimates of Delaware students in Grades 6-12 use of tobacco products, their attitudes toward tobacco use, and their exposure to media and programming related to tobacco use as requested by the Centers for Disease Control and Prevention;
- b. To provide estimates, using the YTS protocol, of student tobacco incidence, prevalence, abuse, and other tobacco indicators for state assessment and planning purposes related to the state's Tobacco Health Fund programming and future state and federal funding purposes;
- c. To provide data that can be used for tracking future trends in tobacco related social indicators comparable with other data collected in Delaware as well as data collected nationally and in other states by the CDC and SAMHSA; and
- d. To provide a means to track other health related indicator data for youth in Delaware.

Year 2008 was the fifth time the YTS was administered to Delaware students. Plans are to administer the survey every other year in the spring of even years. The YTS alternates with administration of the Youth Risk Behavior Survey (YRBS), which is administered to 6-12 graders in the spring of odd-numbered years. The original target sample for the survey was 2,000 in each of the public middle schools (grades 6-8) and the public high school (grades 9-12) in Delaware. This sample size was slightly exceeded for the Middle School sample and slightly low for the High School sample (see Table 1). The survey was conducted from January into June, 2008 as an anonymous classroom administration, using a form that could be completed in less than one class period. Question comprehension for 6-12 graders was established by the CDC. Classroom administrations were conducted by University of Delaware personnel, rather than by teachers, to reduce teacher burden and to help increase students' perceptions that the results were not seen by school personnel. The protocol seeks to coordinate classroom administrations with the other two surveys administered in Delaware Schools asking about substance use: the Centers for Disease Control and Prevention (CDC) Youth Risk Behavior Survey (YRBS), which is administered in odd years and the Delaware School Survey of 5th, 8th, and 11th graders, which is

administered annually. This is done so that no classroom has to complete more than one survey in any year. Parental notification was done by letters sent home, and active student assent was obtained in class at the time of the survey. Students could decide not to participate, but the vast majority chose to be included. Procedures were reviewed and approved by the University of Delaware’s Institutional Review Board. The numbers of completed interviews with usable data were 2,151 Middle School in grades 6-8 and 1,867 High School students in grades 9-12. Sample description by selected demographics is as follows.

Table 1. SAMPLE DESCRIPTION – YOUTH TOBACCO SURVEY 2008

	MIDDLE SCHOOL (N=2,151)	HIGH SCHOOL (N=1,867)
RESPONSE RATE	56 of 56 schools 84% of students	34 of 34 schools 81% of students
GENDER (%)		
Males	50	50
Females	50	50
ETHNICITY (%)		
White	53	58
Black	30	29
Latino	11	8
Other	6	5
BY COUNTY: sample size		
New Castle	1,126	1,011
Kent	513	479
Sussex	512	377

Delaware Youth Tobacco Survey 2008, Delaware Division of Public Health

Surveys were completed in all 19 school districts in the State and in all public Middle and High Schools. The State asked for large samples for each of Middle and High School students in each County. Since our arrangements with the schools call for no classroom to have more than one survey administration, classrooms included in the CDC Youth Tobacco Survey were not asked to complete the Delaware School Survey. Both the Middle School and High School samples were chosen randomly, and, after checks for non response bias, they are representative of the state and of all the counties.

The CDC were able to certify and weight both the Middle and High School samples. Weighting is a procedure to reflect the likelihood of sampling for each student and to reduce bias by compensating for differing patterns of nonresponse. The CDC weight variable was applied in calculating the percentage responses in this report.

Moreover, an approximate design effect for the sample framework was applied in making tests of significance in the trend tables (tables 2 and 3). Although the CDC applied a weight variable not adjusted for County, the sampling procedures and the relatively large sample size for each County was sufficient to provide for good sample sizes and stable estimates by County. With one exception, the relative sample sizes for each County reflect well the relative student populations in each County, and the application of the CDC weights allow for increased precision. So the response rate was good, and the data produced weighted samples from the CDC. Even with school absentees on any given day, which generally amount to 12%-15% in Middle School and 17%-20% in High Schools, the sample response rates overall and by County were more than adequate. As an added precaution, the gender and race distributions in the samples were compared to enrollment figures, and no major discrepancies were found. Since these cross checks reveal no unexpected variations or biases, it appears that the samples are adequate for inclusion in both current point and future trend estimates. Separately and together, they allow for statewide and county estimates with reliability commensurate with that from the 2000 - 2006 samples for youth in grades 6 - 12.

The cooperation and assistance of the participating school districts have been essential to completing the study, and we are very grateful for their help. The results should prove useful and important for the state agencies involved, for legislative initiatives, and for the communities statewide who are dealing with the problems of tobacco use among youth. Also, the ongoing social indicator results from the Delaware Youth Tobacco Survey are providing empirical validation of some of the recent successes of tobacco prevention and intervention initiatives in Delaware. Moreover, going beyond the CDC requirements for statewide data to provide County samples will provide for useful comparisons with the earlier survey results and thus assist in assessing current and future tobacco prevention and control efforts directed at youth in Delaware. Data from the 2008 survey will be used for reporting to the Delaware Health Fund Advisory Committee, the Division of Public Health, and other State agencies. Data will also be used for Federal reporting requirements to the Department of Health and Human Services, the Centers for Disease Control, and the Department of Education. We hope to continue this collaboration between the schools, state agencies and the University in the future.

The Report includes some Key Findings from the survey results, followed by tables and graphs on 1) incidence and prevalence, 2) attitudes, 3) dependence and efforts at quitting, and 4) access to cigarettes and advertising influences. Separate detailed tables for all of the survey questions for each Middle School and High School samples were previously provided to the Division of Public Health by the Centers for Disease Control and Prevention and can be considered an appendix to this report. Requests for additional information should be made through the Division of Public Health, Delaware Health and Social Services.

DELAWARE YOUTH TOBACCO SURVEY 2008

II. TRENDS IN YOUTH TOBACCO USE AND ATTITUDES 2000-2008

Table 2. TRENDS IN THE DELAWARE MIDDLE SCHOOL YOUTH TOBACCO SURVEY

	2000	2002	2004	2006	2008
Have you ever tried a cigarette, even one or two puffs?	44%	34%	30%	27%	26%*
Percent smoked cigarettes on 1 or more days of the past 30 days	15%	10%	9%	9%	7%*
Percent smoked cigarettes on 20+ days of the past 30 days	4%	3%	2%	2%	1%*
Percent ever used Smokeless Tobacco (SLT)	8%	6%	5%	5%	4%*
Percent current SLT users - used on 1+ days in past 30 days	3%	2%	2%	2%	2%
Percent who used SLT 20+ days of the past 30 days	1%	1%	>1%	>1%	>1%
Percent ever smoked cigar	20%	15%	13%	15%	10%* **
Percent current cigar smoker -- smoked a cigar 1+ days of the past 30 days	8%	4%	5%	5%	5%*
Percent frequent cigar smoker -- smoked a cigar 20+ days of the past 30 days	1%	>1%	>1%	>1%	1%
Percent ever smoked bidis or kreteks	10%	5%	4%	4%	3%*
Percent ever tobacco use -- those who have ever used any form of tobacco	47%	37%	33%	30%	28%*
Percent current tobacco use -- those who have use any form of tobacco in the past 30 days	18%	13%	12%	12%	10%*
Percent ever smoked daily	8%	6%	4%	5%	4%*
Percent of current smokers who smoked 6+ cigarettes per day on the days they smoked	22%	13%	9%	13%	<u>11%*</u>
Percent of current smokers who tried to quit smoking during the past 12 months	60%	55%	49%	56%	51%↓* **
Percent who think people can get addicted to using tobacco just like getting addicted to cocaine or heroin	90%	90%	92%	89%	89%
Percent of current smokers who think people can get addicted to using tobacco just like getting addicted to cocaine or heroin	91%	85%	84%	86%	85%↓*
Percent who never smoked who think people get addicted to using tobacco just like getting addicted to cocaine or heroin	90%	92%	94%	90%	90%

	2000	2002	2004	2006	2008
Percent who at school this year practiced ways to say 'NO' to tobacco	40%	43%	48%	44%	37%↓*
Percent who participated in any community event to discourage people from using tobacco	24%	26%	18%	10%	9%↓*
Percent who have seen or heard anti-smoking commercials during the past 30 days	81%	84%	76%	70%	67%↓*
Percent of current tobacco users who bought or received anything with a tobacco company name or picture on it	42%	40%	37%	29%	Not asked
Percent who have never smoked who bought or received anything with a tobacco company name or picture on it	11%	8%	8%	7%	Not asked
Percent of current tobacco users who would ever use or wear anything with a tobacco company name or picture on it	51%	54%	48%	50%	59%↑* **
Percent who have never smoked who would ever use or wear anything with a tobacco company name or picture on it	13%	10%	9%	10%	10%*
Percent who definitely or probably think smoke from other people's cigarettes is harmful to them	91%	93%	93%	92%	92%
Percent of current tobacco users who live with someone who currently smokes cigarettes	68%	74%	72%	70%	69%
Percent who have never smoked who live with someone who currently smokes cigarettes	40%	39%	35%	39%	36%*
Percent who rode in a car or were in the same room with some-one who was smoking cigarettes during the past 7 days	67%	60%	56%	66%	<u>50%*</u> **
Percent who are receptive to tobacco advertising	11%	7%	6%	Not	Asked

* Indicates difference is statistically significant 2000 – 2008

** Indicates difference is statistically significant 2006 – 2008

↓ or ↑ Indicates a significant change in other than the desired direction

Red indicates a significant and meaningful change that may be positive or negative

Table 3. TRENDS IN THE DELAWARE HIGH SCHOOL YOUTH TOBACCO SURVEY

	2000	2002	2004	2006	2008
Have you ever tried a cigarette, even one or two puffs?	66%	64%	58%	51%	48%*
Percent smoked cigarettes on 1 or more days in past 30 days	27%	26%	22%	19%	17%*
Percent smoked cigarettes on 20+ days of the past 30 days	15%	14%	9%	8%	7%*
Percent ever used Smokeless Tobacco (SLT)	12%	14%	9%	10%	12%
Percent current SLT users - used on 1+ days in past 30 days	3%	5%	5%	6%	6%↑*
Percent who used SLT 20+ days of the past 30 days	1%	1%	1%	2%	2%
Percent ever smoked cigar	38%	35%	30%	28%	27%*
Percent current cigar smoker -- smoked a cigar 1+ days of the past 30 days	13%	10%	11%	12%	12%
Percent frequent cigar smoker -- smoked a cigar 20+ days of the past 30 days	2%	>1%	1%	1%	1%
Percent ever smoked bidis or kreteks	26%	16%	9%	8%	<u>7%*</u>
Percent ever tobacco use -- those who have ever used any form of tobacco	69%	66%	63%	55%	<u>53%*</u>
Percent current tobacco use -- those who have use any form of tobacco in the past 30 days	31%	31%	28%	28%	25%*
Percent ever smoked daily	23%	22%	17%	14%	13%*
Percent of current smokers who smoked 6+ cigarettes per day on the days they smoked	38%	39%	25%	25%	<u>24%*</u>
Percent of current smokers who tried to quit smoking during the past 12 months	60%	61%	50%	51%	49%↓*
Percent who think people can get addicted to using tobacco just like getting addicted to cocaine or heroin	90%	89%	91%	89%	92%
Percent of current smokers who think people can get addicted to using tobacco just like getting addicted to cocaine or heroin	88%	88%	90%	84%	89% **
Percent who have never smoked who think people can get addicted to tobacco just like addicted to cocaine or heroin	93%	89%	92%	90%	94% **
Percent who at school this year practiced ways to say 'NO' to tobacco	16%	20%	19%	21%*	18%

	2000	2002	2004	2006	2008
Percent who participated in any community event to discourage people from using tobacco	13%	15%	13%	9%	8%↓*
Percent who have seen or heard anti-smoking commercials during the past 30 days	86%	89%	86%	77%	82%* **
Percent of current tobacco users who bought or received anything with a tobacco company name or picture on it	31%	33%	26%	28%	Not Asked
Percent who have never smoked who bought or received anything with a tobacco company name or picture on it	10%	6%	6%	7%	Not Asked
Percent of current tobacco users who would ever use or wear anything with a tobacco company name or picture on it	49%	48%	52%	47%	54%↑*
Percent who have never smoked who would ever use or wear anything with a tobacco company name or picture on it	16%	11%	14%	12%	16% ↑**
Percent who definitely or probably think smoke from other people's cigarettes is harmful to them	94%	94%	95%	92%	94%
Percent of current tobacco users who live with someone who currently smokes cigarettes	62%	66%	60%	61%	64%
Percent who have never smoked who live with someone who currently smokes cigarettes	31%	37%	32%	33%	28% **
Percent who rode in a car or were in the same room with someone who was smoking cigarettes during the past 7 days	78%	75%	68%	64%	<u>59%*</u> **
Percent who are receptive to tobacco advertising	10%	10%	8%	Not	Asked

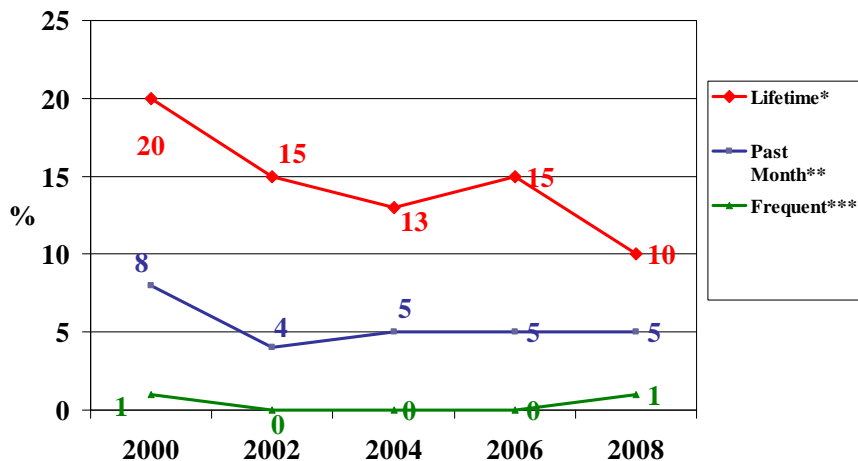
* Indicates difference is statistically significant 2000 – 2008

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↓ or ↑ Indicates a significant change in other than the desired direction

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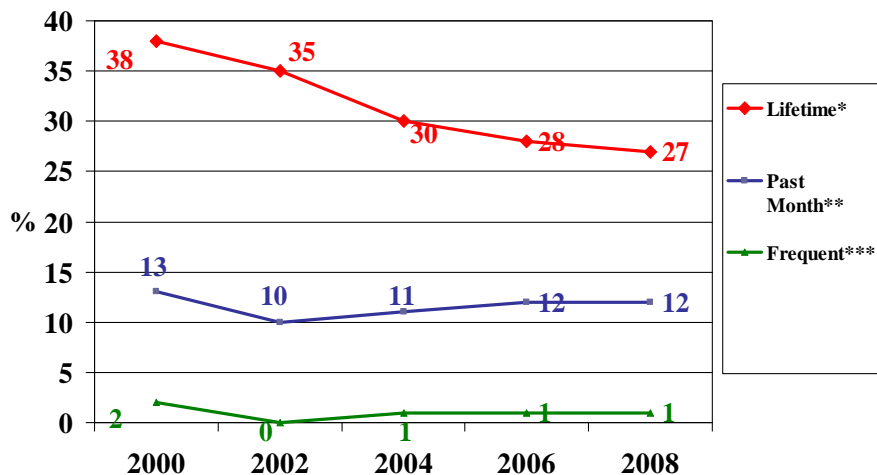
Figure 4. Trends in Cigar Use Among Delaware Middle School Students 2000 - 2008



*Lifetime is defined as ever trying a cigar. **Past month is defined as using cigars on 1 or more days in past 30days. ***Frequent use is defined as using cigars on 20+ days of last 30 days

Source: Delaware Youth Tobacco Survey, 2000-2008, Delaware Division of Public Health

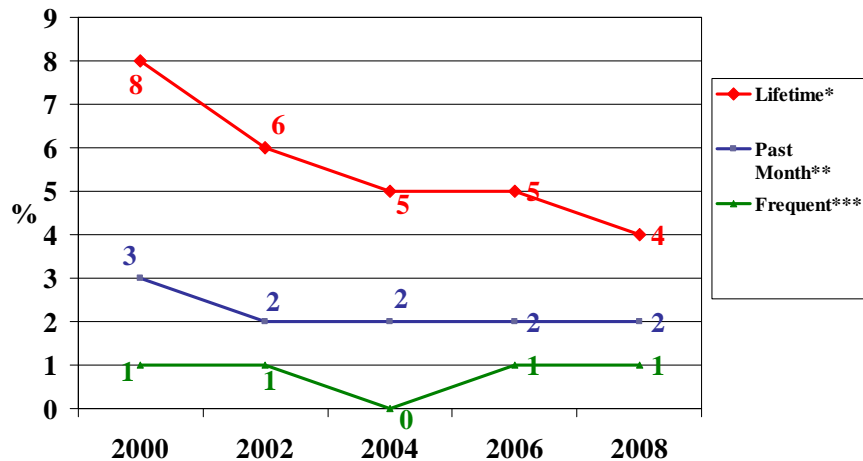
Figure 5. Trends in Cigar Use Among Delaware High School Students 2000 - 2008



*Lifetime is defined as ever trying a cigar. **Past month is defined as using cigars on 1 or more days in past 30days. ***Frequent use is defined as using cigars on 20+ days of last 30 days

Source: Delaware Youth Tobacco Survey, 2000-2008, Delaware Division of Public Health

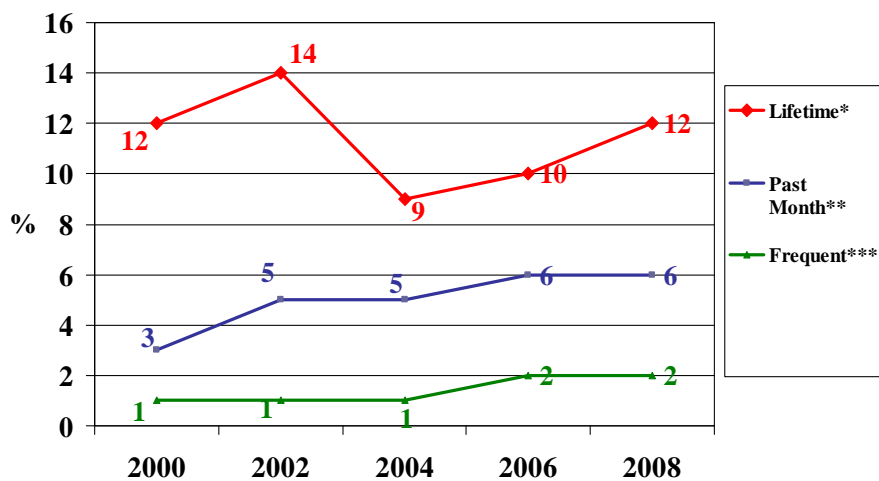
Figure 6. Trends in Smokeless Tobacco Use Among Delaware Middle School Students 2000 - 2008



*Lifetime is defined as ever trying smokeless tobacco. **Past month is defined as using smokeless tobacco on 1 or more days in past 30 days. ***Frequent use is defined as using smokeless tobacco on 20+ days of last 30 days

Source: Delaware Youth Tobacco Survey, 2000-2008, Delaware Division of Public Health

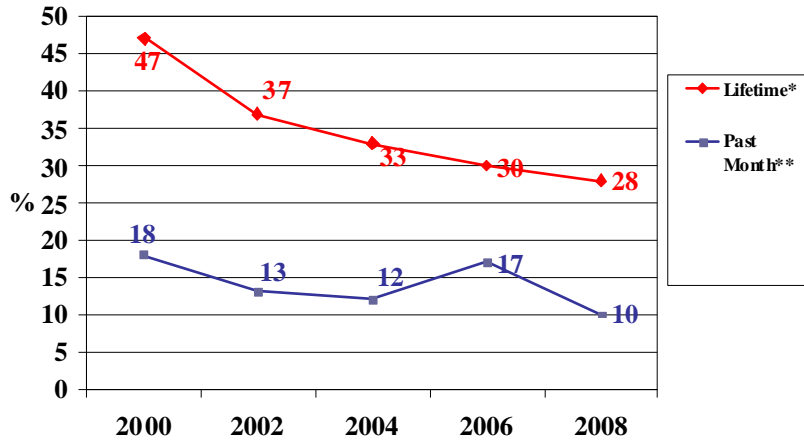
Figure 7. Trends in Smokeless Tobacco Use Among Delaware High School Students 2000 - 2008



*Lifetime is defined as ever trying smokeless tobacco. **Past month is defined as using smokeless tobacco on 1 or more days in past 30 days. ***Frequent use is defined as using smokeless tobacco on 20+ days of last 30 days

Source: Delaware Youth Tobacco Survey, 2000-2008, Delaware Division of Public Health

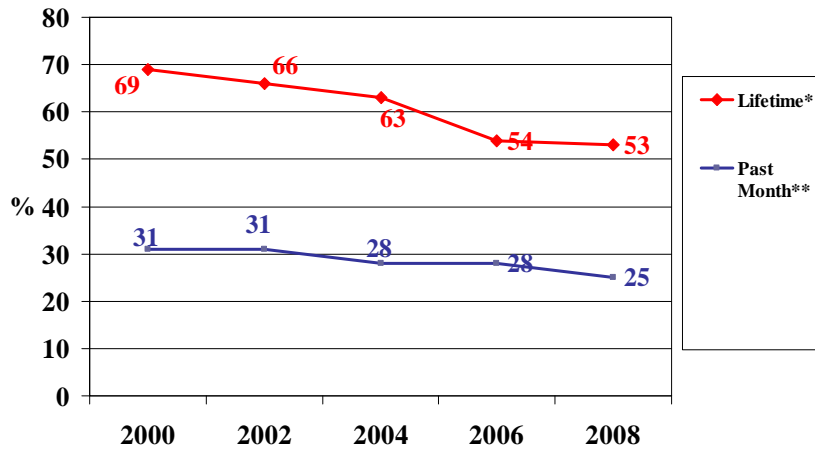
Figure 8. Trends in Any Tobacco Use Among Delaware Middle School Students 2000 - 2008



*Includes cigarettes, cigars, smokeless tobacco, bidis and kreteks.

Source: Delaware Youth Tobacco Survey, 2000-2008, Delaware Division of Public Health

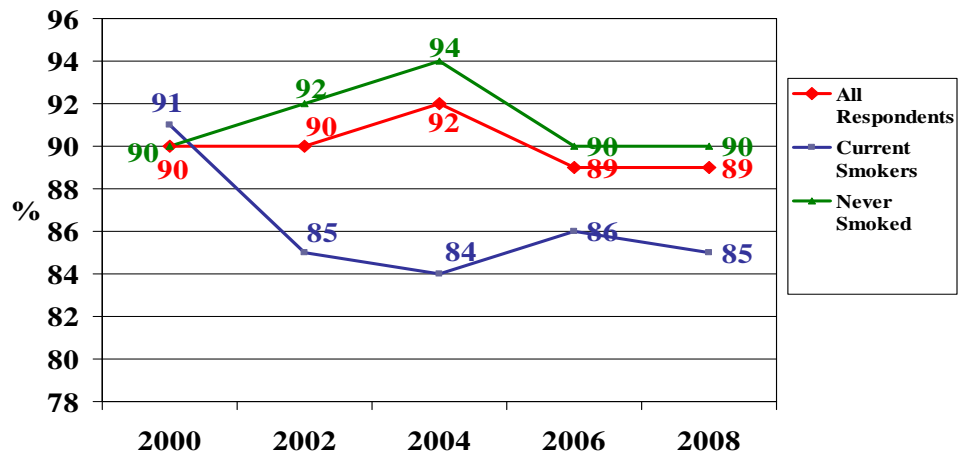
Figure 9. Trends in Any Tobacco Use Among Delaware High School Students 2000 - 2008



*Includes cigarettes, cigars, smokeless tobacco, bidis and kreteks.

Source: Delaware Youth Tobacco Survey, 2000-2008, Delaware Division of Public Health

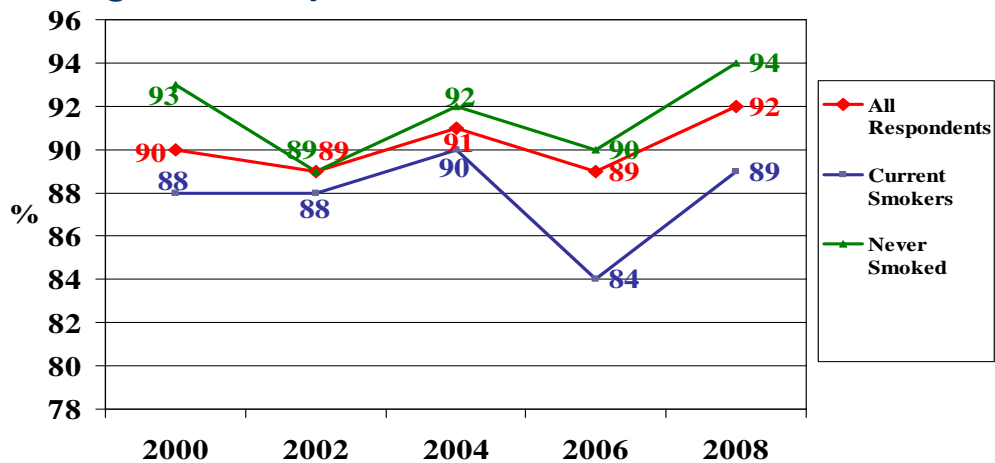
Figure 10. Trends Among Delaware Middle School Students Who Agree that “people can get addicted to using tobacco just like to cocaine or heroin”



*Current smokers have smoked within the past 30 days

Source: Delaware Youth Tobacco Survey, 2000-2008, Delaware Division of Public Health

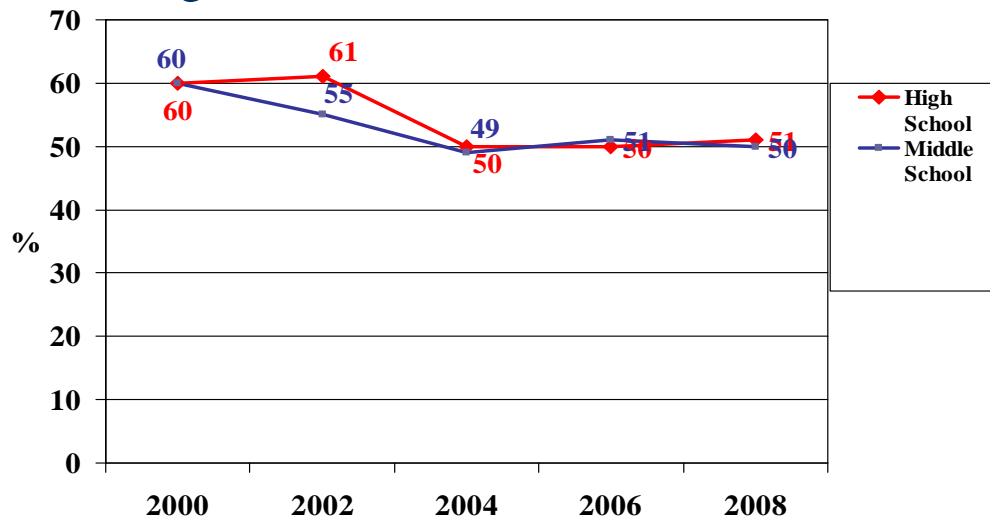
Figure 11. Trends Among Delaware High School Students Who Agree that “people can get addicted to using tobacco just like to cocaine or heroin”



*Current smokers have smoked within the past 30 days

Source: Delaware Youth Tobacco Survey, 2000-2008, Delaware Division of Public Health

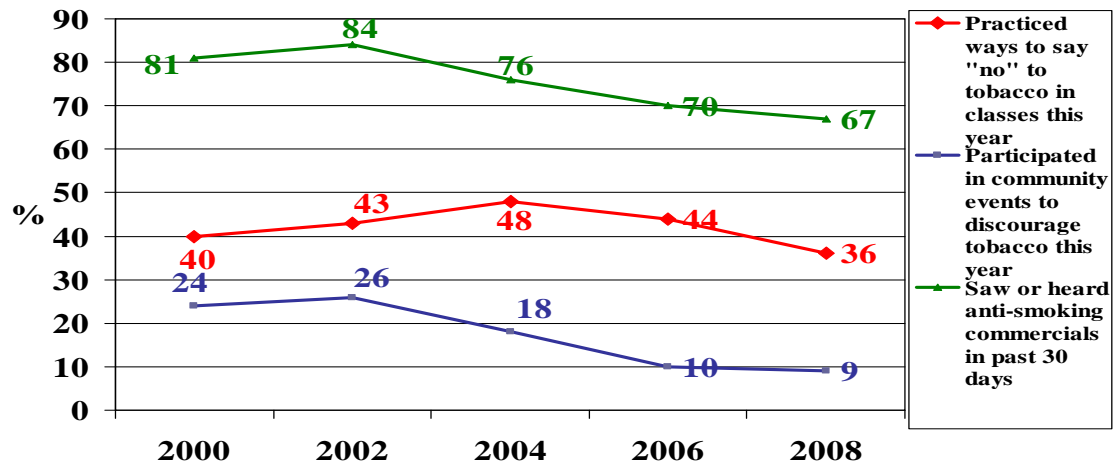
Figure 12. Trends in Current Smokers* Who Tried to Quit Smoking in Last 12 Months 2000-2008



*Current Smokers are those who have smoked in past 30 days

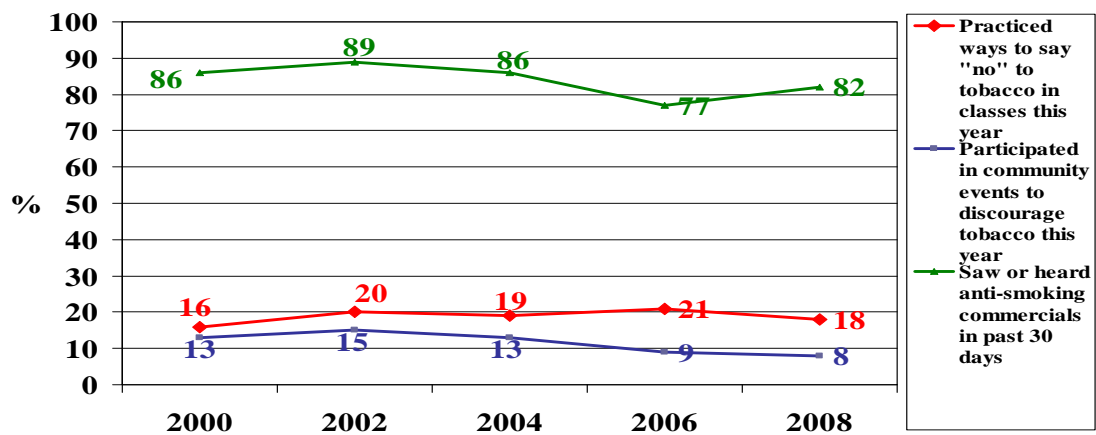
Source: Delaware Youth Tobacco Survey, 2000-2008, Delaware Division of Public Health

Figure 13. Trends in Percent of Delaware Middle School Students Who Report Exposure to Various forms of Anti-Tobacco Campaigns



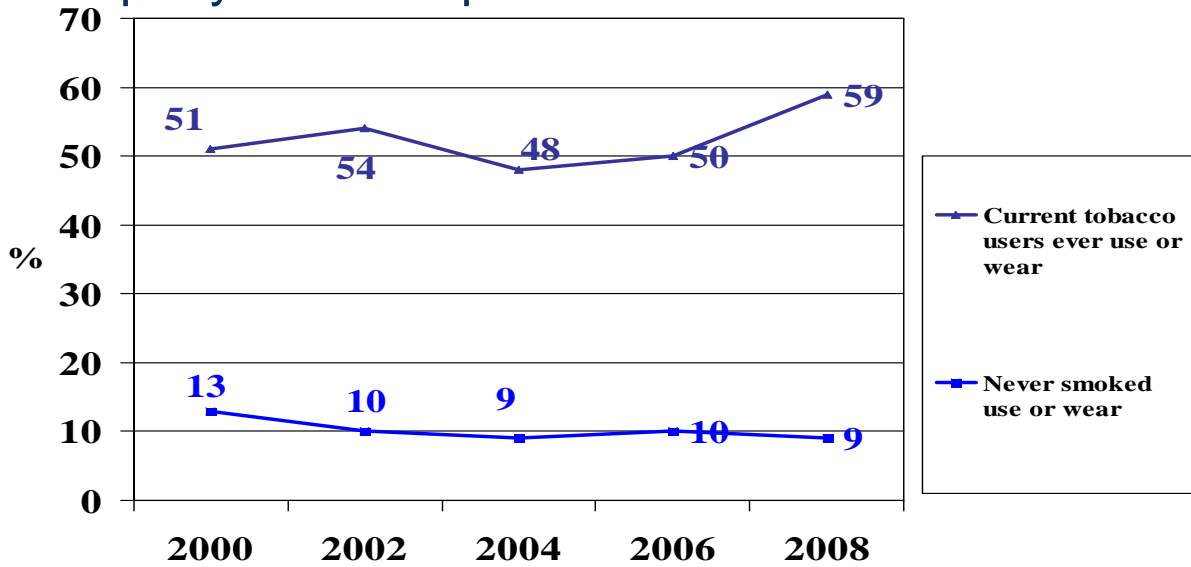
Source: Delaware Youth Tobacco Survey, 2000-2008, Delaware Division of Public Health

Figure 14. Trends in Percent of Delaware High School Students Who Report Exposure to Various forms of Anti-Tobacco Campaigns



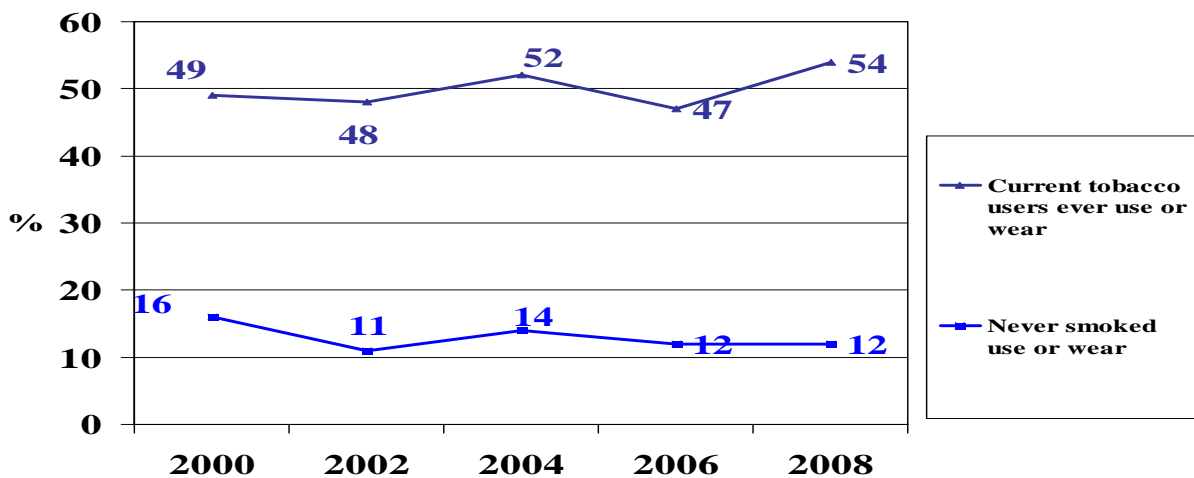
Source: Delaware Youth Tobacco Survey, 2000-2008, Delaware Division of Public Health

Figure 15. Percent of Middle School Students who would use/wear anything with a tobacco company name or picture on it



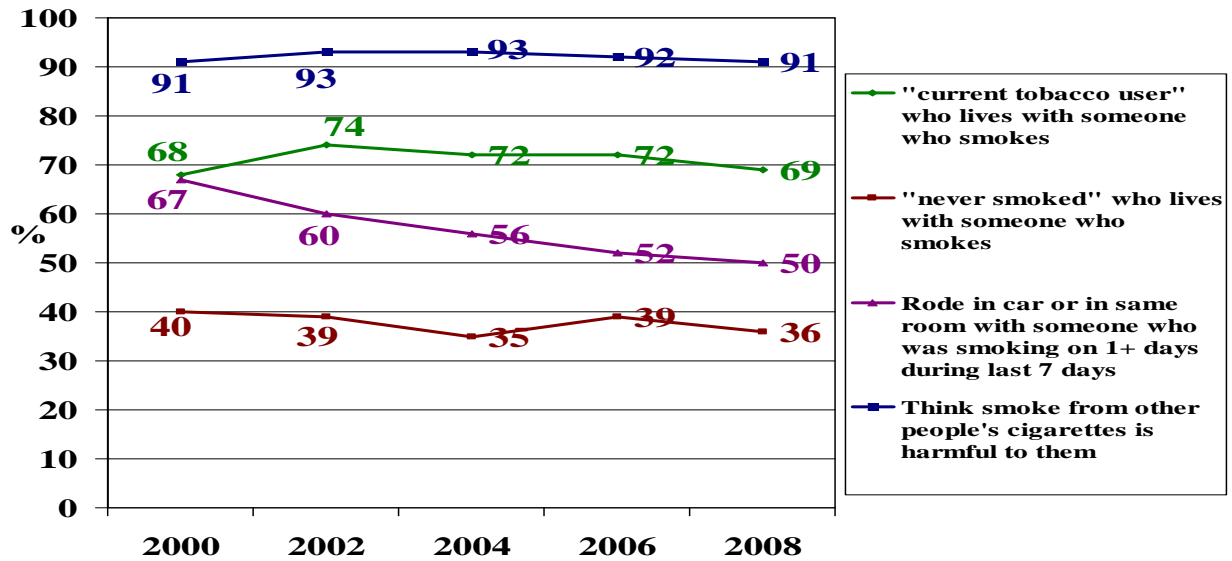
Source: Delaware Youth Tobacco Survey, 2008, Delaware Division of Public Health

Figure 16. Percent of High School Students who would use/wear anything with a tobacco company name or picture on it



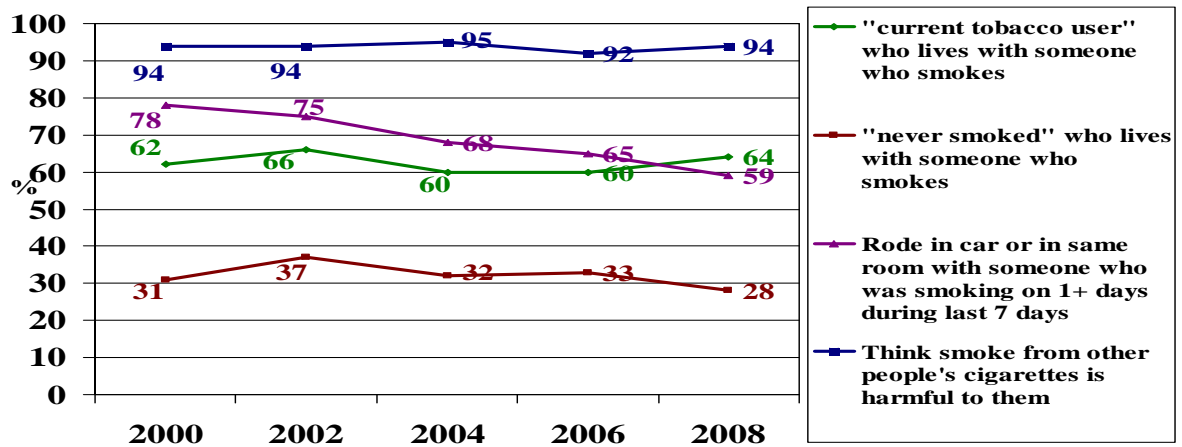
Source: Delaware Youth Tobacco Survey, 2008, Delaware Division of Public Health

Figure 17. Trends in Exposure to Smoke Among Delaware Middle School Students 2000 - 2008



Source: Delaware Youth Tobacco Survey, 2008, Delaware Division of Public Health

Figure 18. Trends in Exposure to Smoke Among Delaware High School Students 2000 - 2008



Source: Delaware Youth Tobacco Survey, 2008, Delaware Division of Public Health

DELAWARE YOUTH TOBACCO SURVEY 2008

III. INCIDENCE AND PREVALENCE OF YOUTH TOBACCO USE IN DELAWARE 2008

Table 4. CIGARETTE USE AMONG 2008 DELAWARE MIDDLE SCHOOL STUDENTS (percentages)

	LIFETIME USE	PAST MONTH USE	REGULAR USE ^a	SMOKED FIRST WHOLE CIGARETTE BEFORE AGE ELEVEN
<u>Statewide</u>	26	7	1	3
<u>Males</u>	26	7	2	4
<u>Females</u>	25	7	1	2
<u>New Castle</u>	23	6	1	2
<u>Males</u>	24	6	2	3
<u>Females</u>	22	6	1	2
<u>Kent</u>	26	8	1	3
<u>Males</u>	29	9	1	2
<u>Females</u>	33	6	2	3
<u>Sussex</u>	31	10	2	4
<u>Males</u>	34	9	6	6
<u>Females</u>	28	10	1	2

Note: ^aRegular use is defined as smoking 20 or more days in the past month

Source: Delaware Youth Tobacco Survey, 2008, Delaware Division of Public Health

Table 5. OTHER TOBACCO USE AMONG 2008 DELAWARE MIDDLE SCHOOL STUDENTS
(percentages)

	LIFETIME USE				PAST MONTH			
	Smokeless	Cigar	Bidi/Kretek	All ^a	Smokeless	Cigar	Bidi/Kretek	All ^a
<u>Statewide</u>	4	10	3	28	2	5	2	10
<u>Male</u>	6	12	4	29	3	6	2	9
<u>Female</u>	2	8	2	27	1	4	1	12
<u>New Castle</u>	3	10	4	26	1	5	2	9
<u>Male</u>	4	13	4	28	2	6	3	7
<u>Female</u>	2	7	3	24	-	3	1	11
<u>Kent</u>	6	9	2	29	2	4	1	10
<u>Male</u>	9	12	4	28	4	4	2	9
<u>Female</u>	3	7	1	30	1	3	1	11
<u>Sussex</u>	6	12	3	32	3	6	2	14
<u>Male</u>	8	13	4	34	5	6	2	14
<u>Female</u>	4	11	2	30	2	6	2	14

Note: ^aAll includes smokeless tobacco, cigars, cloves, **and** cigarettes.

Source: Delaware Youth Tobacco Survey, 2008, Delaware Division of Public Health

Table 6. CIGARETTE USE AMONG 2008 DELAWARE HIGH SCHOOL STUDENTS (percentages)

	LIFETIME USE	PAST MONTH USE	REGULAR USE ^a	SMOKED FIRST WHOLE CIGARETTE BEFORE AGE ELEVEN
<u>Statewide</u>	48	17	7	3
<u>Males</u>	46	17	8	3
<u>Females</u>	51	18	7	2
<u>New Castle</u>	44	14	6	3
<u>Males</u>	41	12	6	3
<u>Females</u>	47	16	6	2
<u>Kent</u>	45	12	6	2
<u>Males</u>	45	19	8	1
<u>Females</u>	45	16	4	2
<u>Sussex</u>	62	25	13	4
<u>Males</u>	68	25	12	3
<u>Females</u>	57	25	13	4

Note: ^aRegular use is defined as smoking 20 or more days in the past month

Source: Delaware Youth Tobacco Survey, 2008, Delaware Division of Public Health

Table 7. OTHER TOBACCO USE AMONG 2008 DELAWARE HIGH SCHOOL STUDENTS
(percentages)

	LIFETIME USE				PAST MONTH			
	Smokeless	Cigar	Bidi/Kretek	All ^a	Smokeless	Cigar	Bidi/Kretek	All ^a
<u>Statewide</u>	12	27	7	53	6	12	3	25
<u>Male</u>	17	32	8	52	9	14	4	27
<u>Female</u>	6	23	7	53	2	10	2	23
<u>New Castle</u>	7	26	7	49	3	11	3	20
<u>Male</u>	9	28	7	47	5	11	4	21
<u>Female</u>	4	23	6	50	1	10	2	20
<u>Kent</u>	15	25	7	51	8	10	2	24
<u>Male</u>	23	33	8	53	13	14	2	19
<u>Female</u>	6	16	6	49	3	6	1	28
<u>Sussex</u>	20	36	9	66	10	20	4	37
<u>Male</u>	28	38	11	65	15	23	6	32
<u>Female</u>	10	33	7	67	2	16	2	42

Note: ^aAll includes smokeless tobacco, cigars, cloves, **and** cigarettes

Source: Delaware Youth Tobacco Survey, 2008, Delaware Division of Public Health

Figure 19. PERCENTAGES OF 2008 DELAWARE MIDDLE SCHOOL STUDENTS WHO HAVE USED TOBACCO PRODUCTS, BY RACE AND TOBACCO TYPE

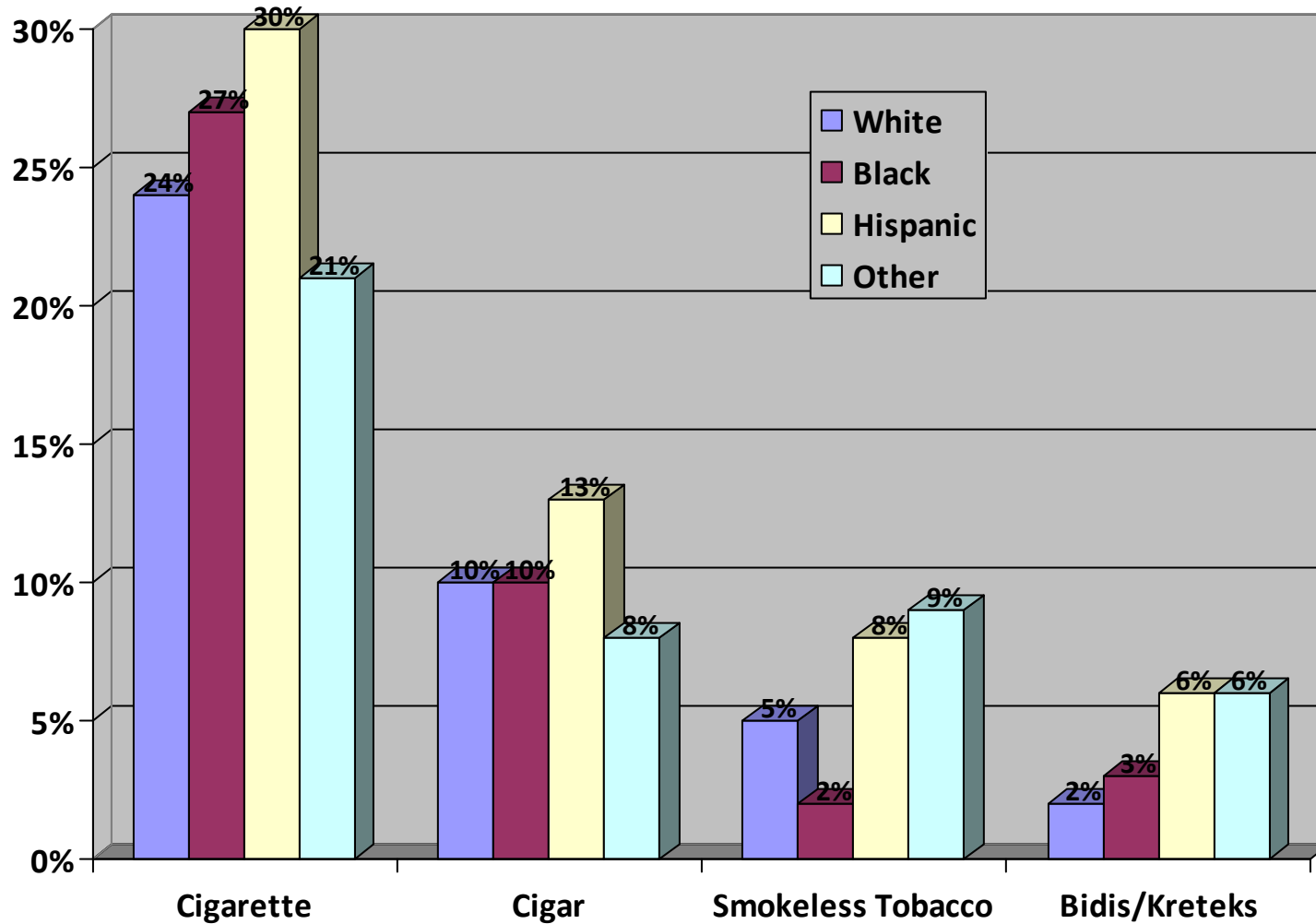


Figure 20. PERCENTAGES OF 2008 DELAWARE HIGH SCHOOL STUDENTS WHO HAVE USED TOBACCO PRODUCTS, BY RACE AND TOBACCO TYPE

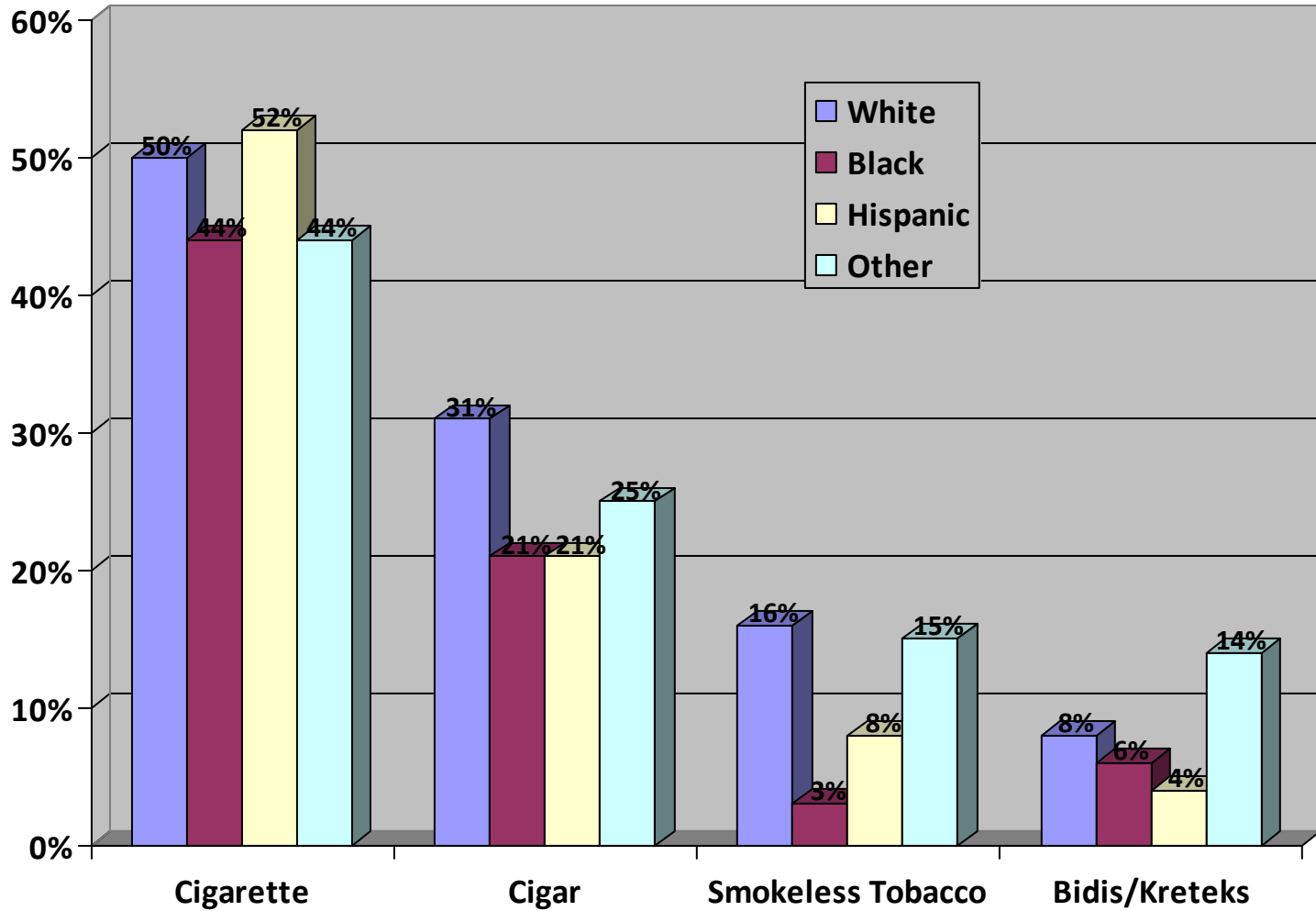


Figure 21. PERCENTAGE OF 2008 DELAWARE MIDDLE SCHOOL STUDENTS WHO USED TOBACCO PRODUCTS IN PAST 30 DAYS, BY RACE AND TOBACCO TYPE

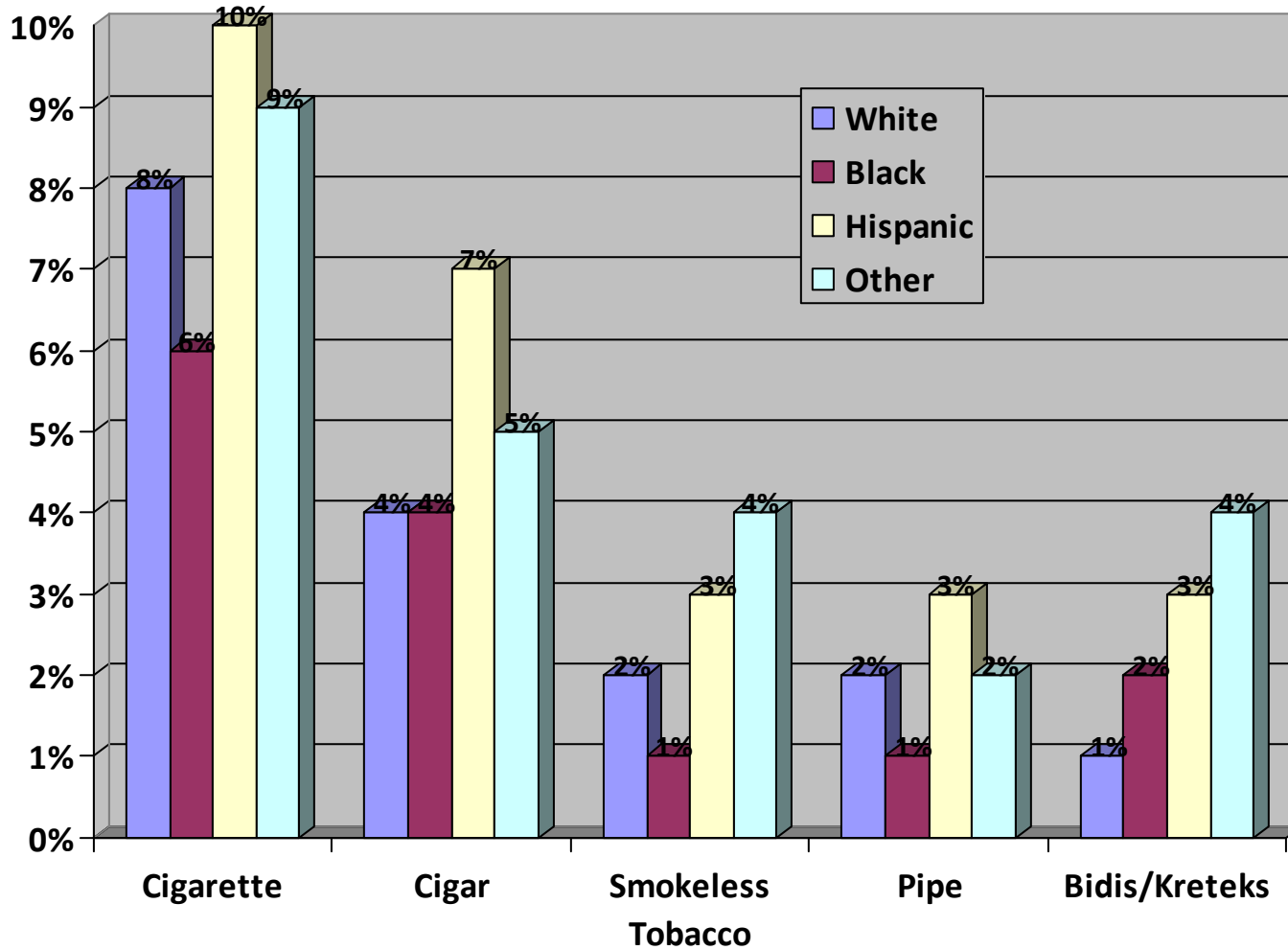
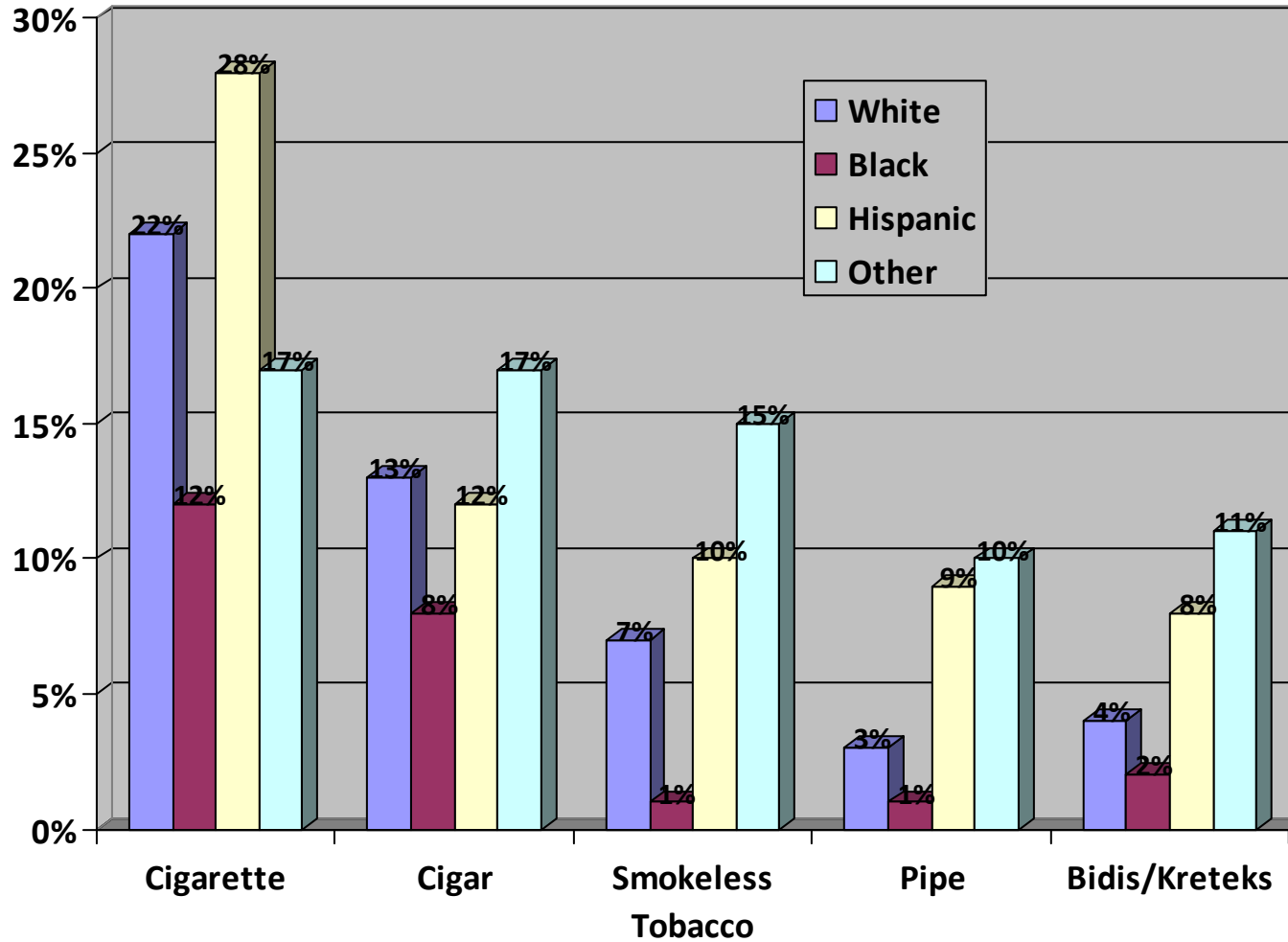


Figure 22. PERCENTAGE OF 2008 DELAWARE HIGH SCHOOL STUDENTS WHO USED TOBACCO PRODUCTS IN PAST 30 DAYS, BY RACE AND TOBACCO TYPE



DELAWARE YOUTH TOBACCO SURVEY 2008

IV. STUDENTS' ATTITUDES ABOUT TOBACCO USE: Selected Findings from the 2008 YTS in Delaware

Table 8. RISK PERCEPTIONS OF CIGARETTE USE
AMONG 2008 DELAWARE MIDDLE SCHOOL STUDENTS (percentages)

	NEVER SMOKED		CURRENT SMOKERS ⁺	
	Cigarettes are Highly Addictive*	Young People harm themselves with a pack or more a day *	Cigarettes are Highly Addictive*	Young People harm themselves with a pack or more a day*
<u>Statewide</u>	90	93	85	88
<u>Males</u>	86	91	75	83
<u>Females</u>	95	95	95	94
<u>New Castle</u>	89	92	80	88
<u>Males</u>	85	90	70	80
<u>Females</u>	93	94	91	98
<u>Kent</u>	90	93	92	86
<u>Males</u>	83	89	79	86
<u>Females</u>	97	97	99	86
<u>Sussex</u>	96	96	87	91
<u>Males</u>	93	96	78	85
<u>Females</u>	99	96	95	96

*"Definitely" or "Probably" Yes

⁺Current Smokers are those who have smoked in past 30 days

Source: Delaware Youth Tobacco Survey, 2008, Delaware Division of Public Health

Table 9. MORE RISK PERCEPTIONS OF CIGARETTE USE
 AMONG 2008 DELAWARE MIDDLE SCHOOL STUDENTS (percentages)

	NEVER SMOKED		CURRENT SMOKERS ⁺	
	It is Safe to Smoke for only a Year or Two*	Other People's Smoke is Harmful to You*	It is Safe to Smoke for only a Year or Two*	Other People's Smoke is Harmful to You*
<u>Statewide</u>	8	93	31	81
<u>Males</u>	9	91	34	70
<u>Females</u>	7	96	29	90
<u>New Castle</u>	9	92	30	81
<u>Males</u>	8	89	28	68
<u>Females</u>	9	94	21	94
<u>Kent</u>	7	93	26	82
<u>Males</u>	9	89	16	80
<u>Females</u>	5	97	34	83
<u>Sussex</u>	7	98	37	80
<u>Males</u>	10	98	41	67
<u>Females</u>	4	98	34	91

*"Definitely" or "Probably" Yes

⁺Current Smokers are those who have smoked in past 30 days

Source: Delaware Youth Tobacco Survey, 2008, Delaware Division of Public Health

Table 10. RISK PERCEPTIONS OF CIGARETTE USE
AMONG 2008 DELAWARE HIGH SCHOOL STUDENTS (percentages)

	NEVER SMOKED		CURRENT SMOKERS ⁺	
	Cigarettes are Highly Addictive*	Young People harm themselves with a pack or more a day *	Cigarettes are Highly Addictive*	Young People harm themselves with a pack or more a day *
<u>Statewide</u>	94	97	89	93
<u>Males</u>	92	96	80	39
<u>Females</u>	97	98	91	96
<u>New Castle</u>	92	96	88	90
<u>Males</u>	89	96	82	88
<u>Females</u>	96	96	88	95
<u>Kent</u>	98	98	92	96
<u>Males</u>	97	97	89	97
<u>Females</u>	99	99	96	94
<u>Sussex</u>	94	96	92	91
<u>Males</u>	91	95	94	85
<u>Females</u>	97	98	91	98

*"Definitely" or "Probably" Yes

⁺Current Smokers are those who have smoked in past 30 days

Source: Delaware Youth Tobacco Survey, 2008, Delaware Division of Public Health

Table 11. MORE RISK PERCEPTIONS OF CIGARETTE USE
AMONG 2008 DELAWARE HIGH SCHOOL STUDENTS (percentages)

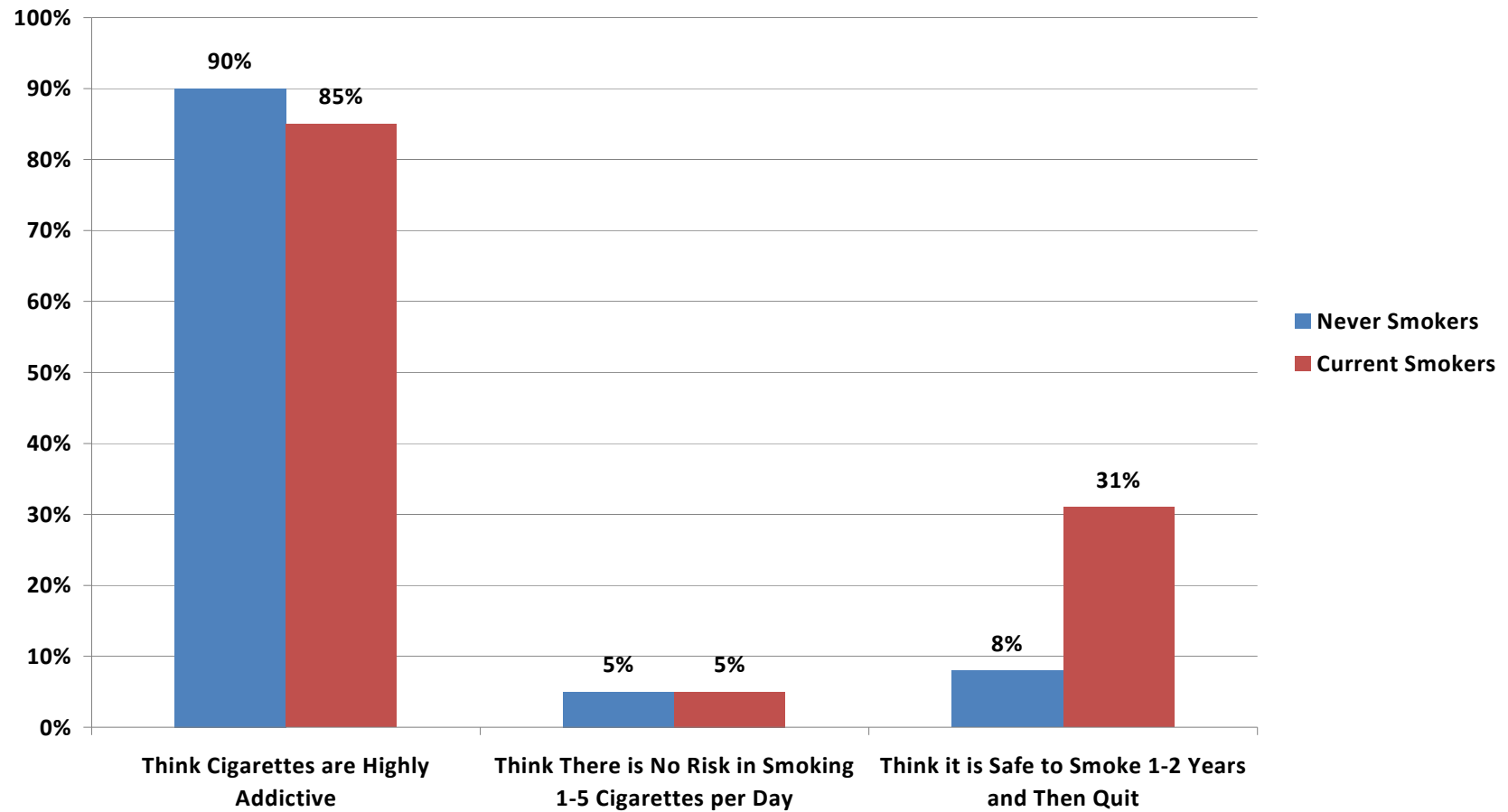
	NEVER SMOKED		CURRENT SMOKERS ⁺	
	It is Safe to Smoke for only a Year or Two*	Other People's Smoke is Harmful to You*	It is Safe to Smoke for only a Year or Two*	Other People's Smoke is Harmful to You*
<u>Statewide</u>	7	96	36	88
<u>Males</u>	8	95	47	86
<u>Females</u>	5	97	25	91
<u>New Castle</u>	8	95	30	85
<u>Males</u>	9	94	44	86
<u>Females</u>	6	96	19	85
<u>Kent</u>	5	97	39	94
<u>Males</u>	6	96	43	91
<u>Females</u>	4	98	19	96
<u>Sussex</u>	7	96	40	88
<u>Males</u>	9	95	39	82
<u>Females</u>	2	99	40	94

*"Definitely" or "Probably" Yes

⁺Current Smokers are those who have smoked in past 30 days

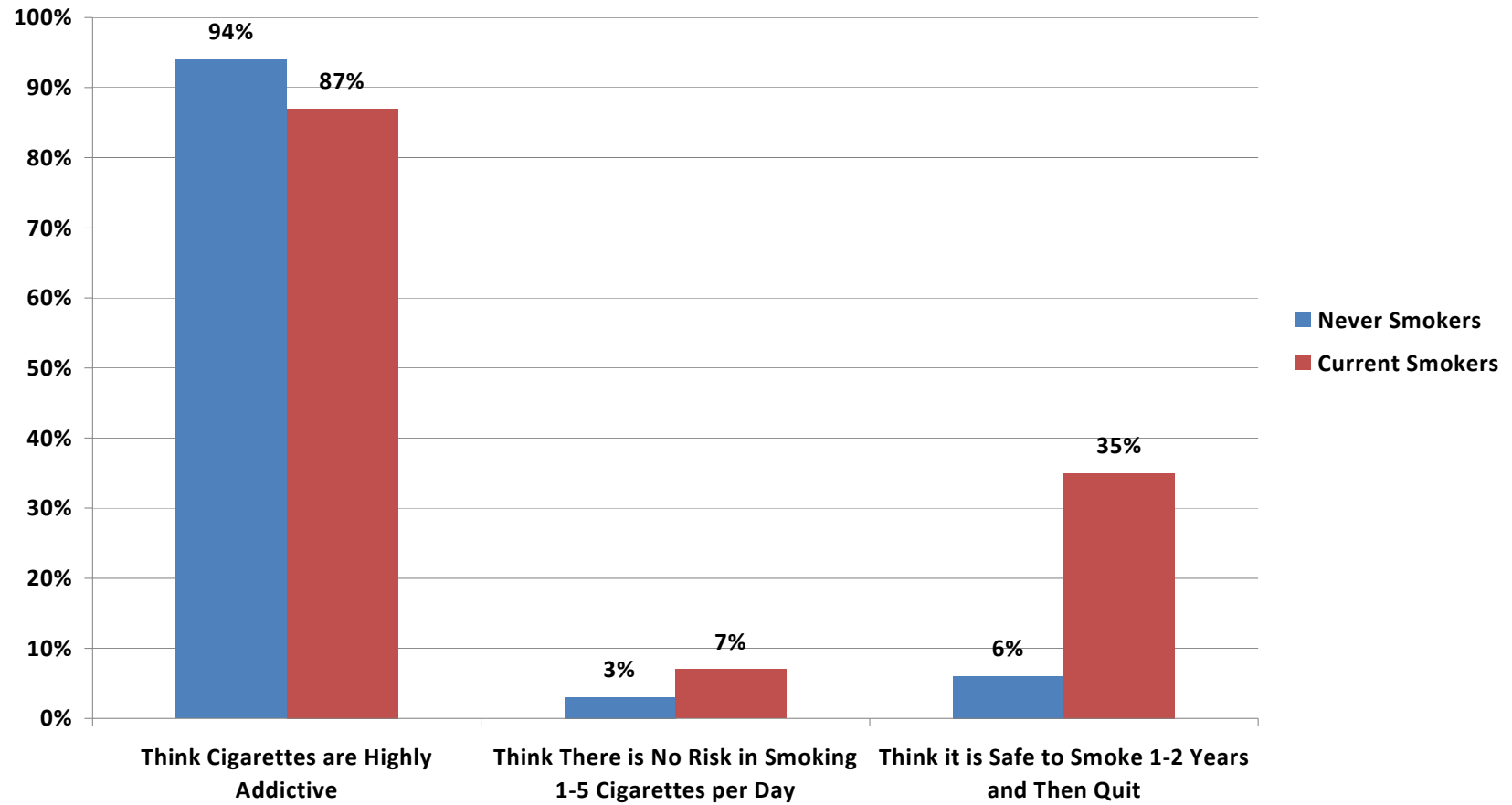
Source: Delaware Youth Tobacco Survey, 2008, Delaware Division of Public Health

Figure 23. PERCEPTIONS OF RISK AMONG 2008 DELAWARE MIDDLE SCHOOL STUDENTS



Source: Delaware Youth Tobacco Survey, 2008, Delaware Division of Public Health

Figure 24. PERCEPTIONS OF RISK AMONG 2008 DELAWARE HIGH SCHOOL STUDENTS



Source: Delaware Youth Tobacco Survey, 2008, Delaware Division of Public Health

Table 12. PERCENT OF 2008 DELAWARE MIDDLE SCHOOL STUDENTS WHOM HAVE NEVER SMOKED WHO: (percentages)

	Think Smoking Cigarettes Makes Young People Look Cool or Fit In*	Think They Would Smoke if a Friend Offered them a Cigarette*	Will Try a Cigarette Soon
<u>Statewide</u>	7	2	4
<u>Males</u>	9	1	3
<u>Females</u>	6	2	6
<u>New Castle</u>	9	2	5
<u>Males</u>	10	1	4
<u>Females</u>	8	2	8
<u>Kent</u>	5	1	3
<u>Males</u>	7	1	1
<u>Females</u>	3	2	6
<u>Sussex</u>	6	2	4
<u>Males</u>	7	1	2
<u>Females</u>	5	3	5

**"Definitely" or "Probably" Yes

- Indicates less than one-half of one percent.

Source: Delaware Youth Tobacco Survey, 2008, Delaware Division of Public Health

Table 13. PERCENT OF 2008 DELAWARE HIGH SCHOOL STUDENTS WHOM HAVE NEVER SMOKED WHO: (percentages)

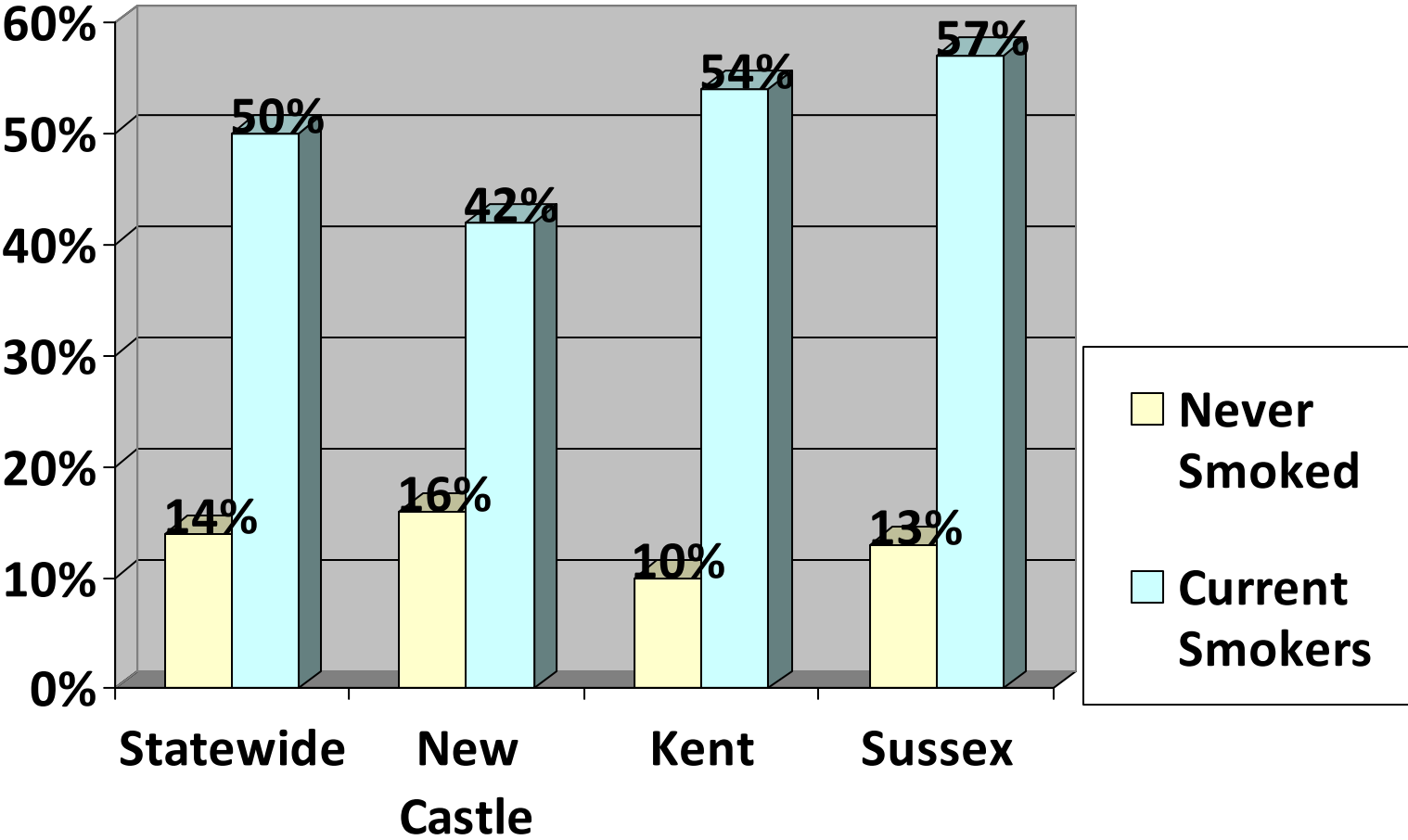
	Think Smoking Cigarettes Makes Young People Look Cool or Fit In*	Think They Would Smoke if a Friend Offered them a Cigarette*	Will Try a Cigarette Soon
<u>Statewide</u>	6	2	3
<u>Males</u>	7	1	2
<u>Females</u>	6	2	3
<u>New Castle</u>	8	2	4
<u>Males</u>	9	1	2
<u>Females</u>	6	3	5
<u>Kent</u>	4	-	1
<u>Males</u>	5	1	2
<u>Females</u>	4	-	1
<u>Sussex</u>	5	3	1
<u>Males</u>	5	4	2
<u>Females</u>	5	2	-

**"Definitely" or "Probably" Yes

- Indicates less than one-half of one percent.

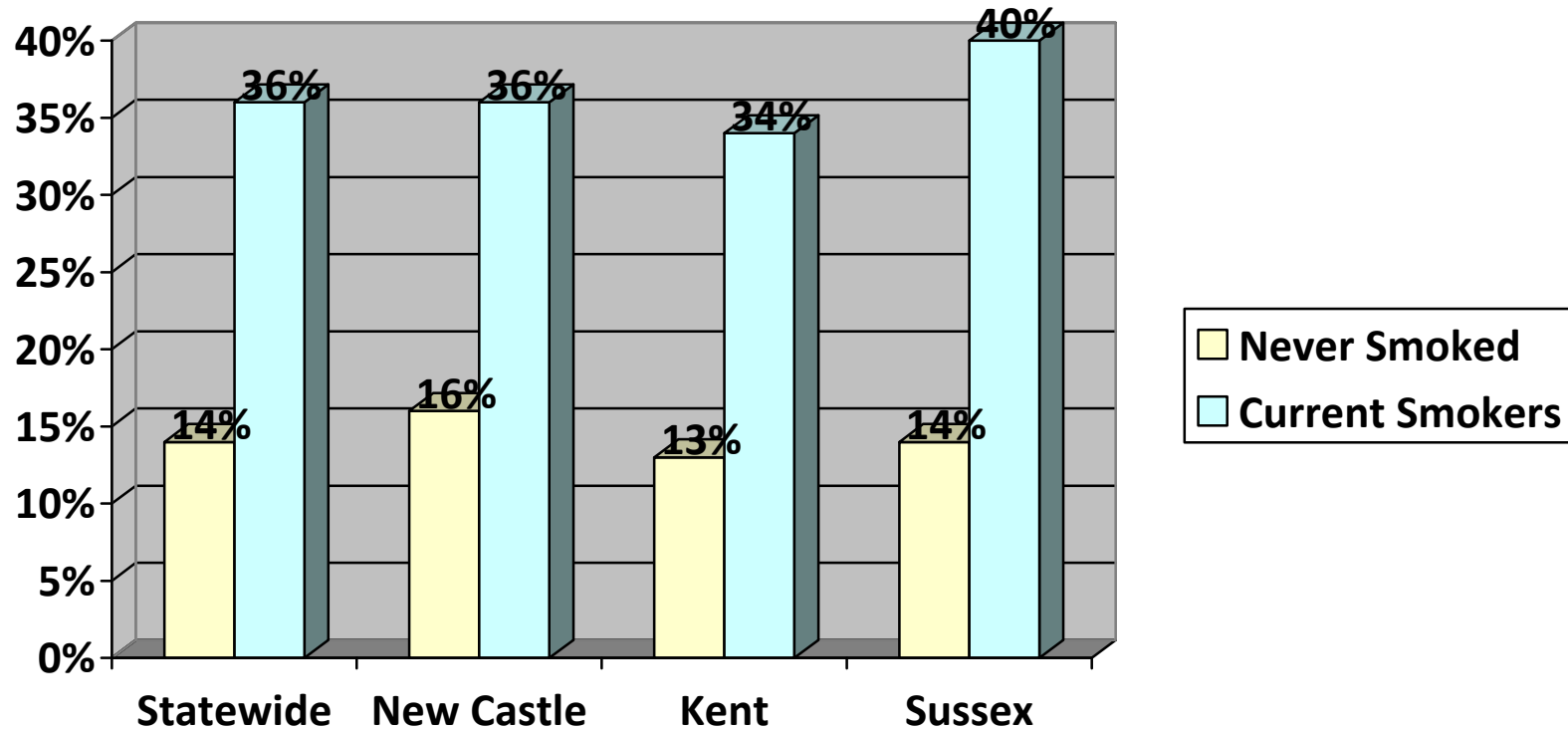
Source: Delaware Youth Tobacco Survey, 2008, Delaware Division of Public Health

Figure 25. PERCENT OF 2008 DELAWARE MIDDLE SCHOOL STUDENTS WHO THINK YOUNG PEOPLE WHO SMOKE HAVE MORE FRIENDS



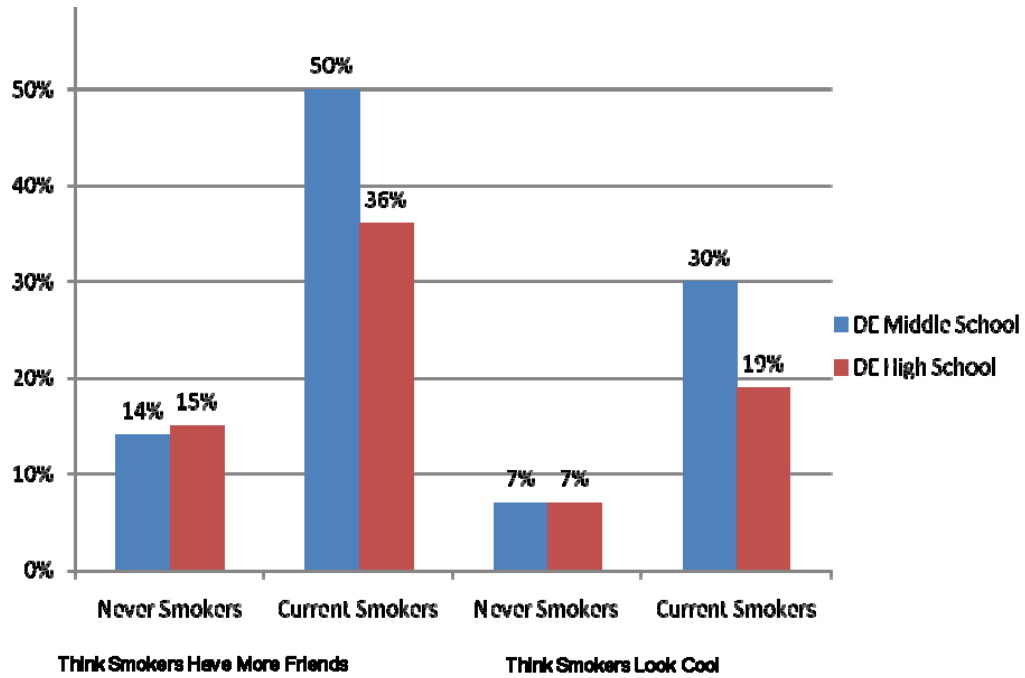
Source: Delaware Youth Tobacco Survey 2008, Delaware Division of Public Health

Figure 26. PERCENT OF 2008 DELAWARE HIGH SCHOOL STUDENTS WHO THINK YOUNG PEOPLE WHO SMOKE HAVE MORE FRIENDS



Source: Delaware Youth Tobacco Survey 2008, Delaware Division of Public Health

Figure 27. PERCENTAGE OF 2008 DELAWARE MIDDLE AND HIGH SCHOOL STUDENTS WITH SOCIAL PERCEPTIONS ABOUT CIGARETTE USE, BY SMOKING



Source: Delaware Youth Tobacco Survey, 2008 Delaware Division of Public Health

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V. STUDENTS' PERCEPTIONS OF DEPENDENCE AND THEIR EFFORTS TO QUIT CIGARETTE USE

Table 14. PERCENT OF CURRENT SMOKERS⁺
IN DELAWARE MIDDLE SCHOOLS 2008 WHO: (percentages)

	Want to Stop Smoking Cigarettes	Tried to Quit Smoking During the Past Year	Have Participated in a Program to help them quit
<u>Statewide</u>	27	51	9
<u>Males</u>	19	46	9
<u>Females</u>	34	56	8
<u>New Castle</u>	28	55	13
<u>Males</u>	18	47	9
<u>Females</u>	40	64	17
<u>Kent</u>	30	52	7
<u>Males</u>	25	55	9
<u>Females</u>	34	50	5
<u>Sussex</u>	22	45	5
<u>Males</u>	18	38	10
<u>Females</u>	27	52	-

⁺Current Smokers are those who have smoked in past 30 days

Source: Delaware Youth Tobacco Survey, 2008, Delaware Division of Public Health

Table 15. PERCENT OF CURRENT SMOKERS⁺
IN DELAWARE HIGH SCHOOLS 2008 WHO: (percentages)

	Want to Stop Smoking Cigarettes	Tried to Quit Smoking During the Past Year	Have Participated in a Program to help them quit
<u>Statewide</u>	40	50	8
<u>Males</u>	36	52	10
<u>Females</u>	44	48	7
<u>New Castle</u>	40	53	8
<u>Males</u>	34	56	11
<u>Females</u>	44	49	7
<u>Kent</u>	40	46	5
<u>Males</u>	40	45	3
<u>Females</u>	40	46	7
<u>Sussex</u>	41	50	11
<u>Males</u>	35	51	15
<u>Females</u>	47	48	6

⁺Current Smokers are those who have smoked in past 30 days

Source: Delaware Youth Tobacco Survey, 2008, Delaware Division of Public Health

FIGURE 28: PERCENTAGE OF 2008 DELAWARE MIDDLE SCHOOL STUDENTS WHO ARE CURRENT SMOKERS AND WHO WANT TO QUIT SMOKING BY WHETHER THEY HAVE TRIED TO QUIT AND WHETHER THEY HAVE PARTICIPATED IN A PROGRAM TO HELP THEM QUIT.

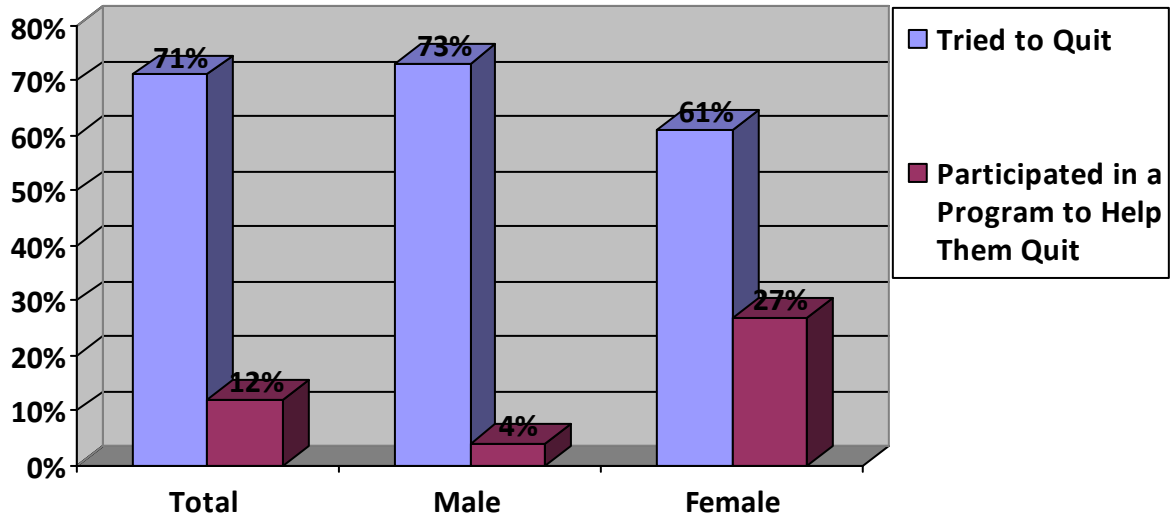
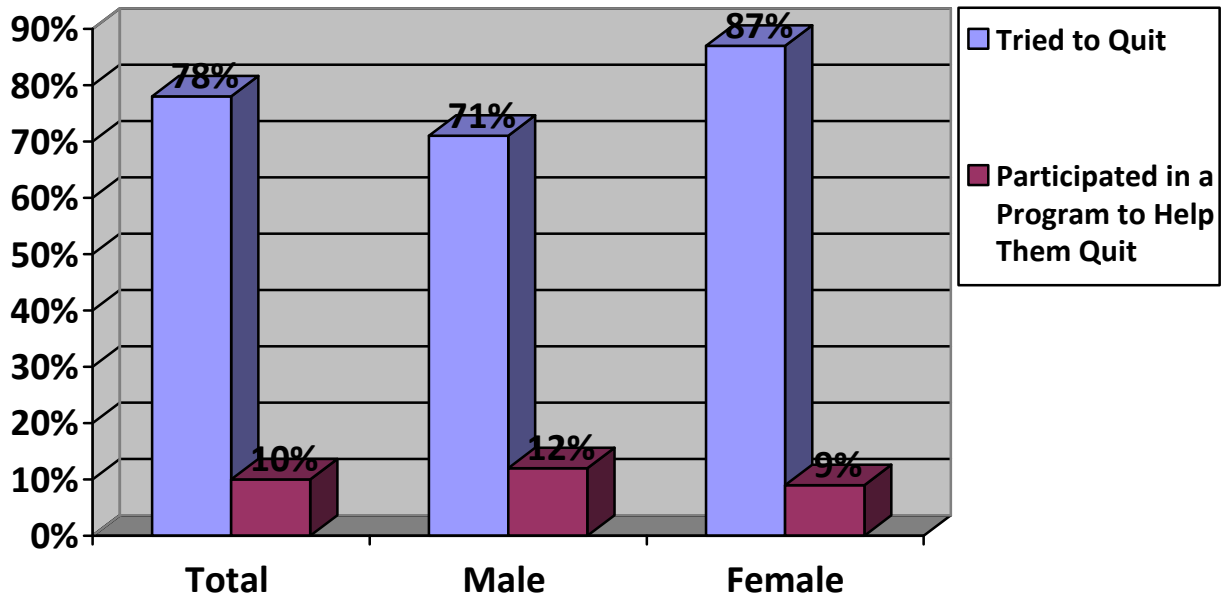


FIGURE 29: PERCENTAGE OF 2008 DELAWARE HIGH SCHOOL STUDENTS WHO ARE CURRENT SMOKERS AND WHO WANT TO QUIT SMOKING BY WHETHER THEY HAVE TRIED TO QUIT AND WHETHER THEY HAVE PARTICIPATED IN A PROGRAM TO HELP THEM QUIT.



Source: Delaware Youth Tobacco Survey, 2008, Delaware Division of Public Health

FIGURE 30: PERCENT OF DELAWARE STUDENTS WHO ARE CURRENT SMOKERS AND WANT TO QUIT.

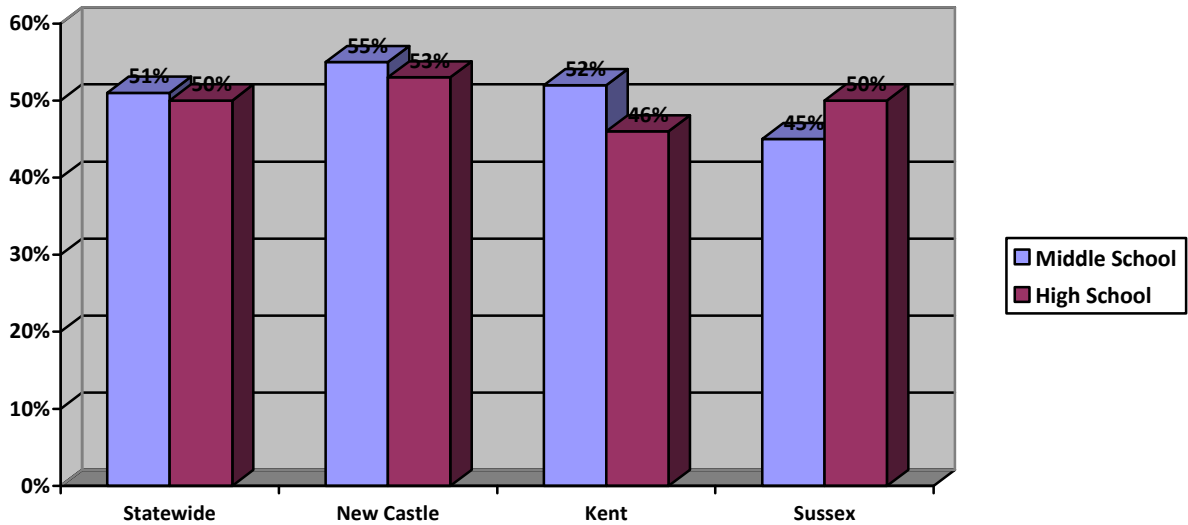
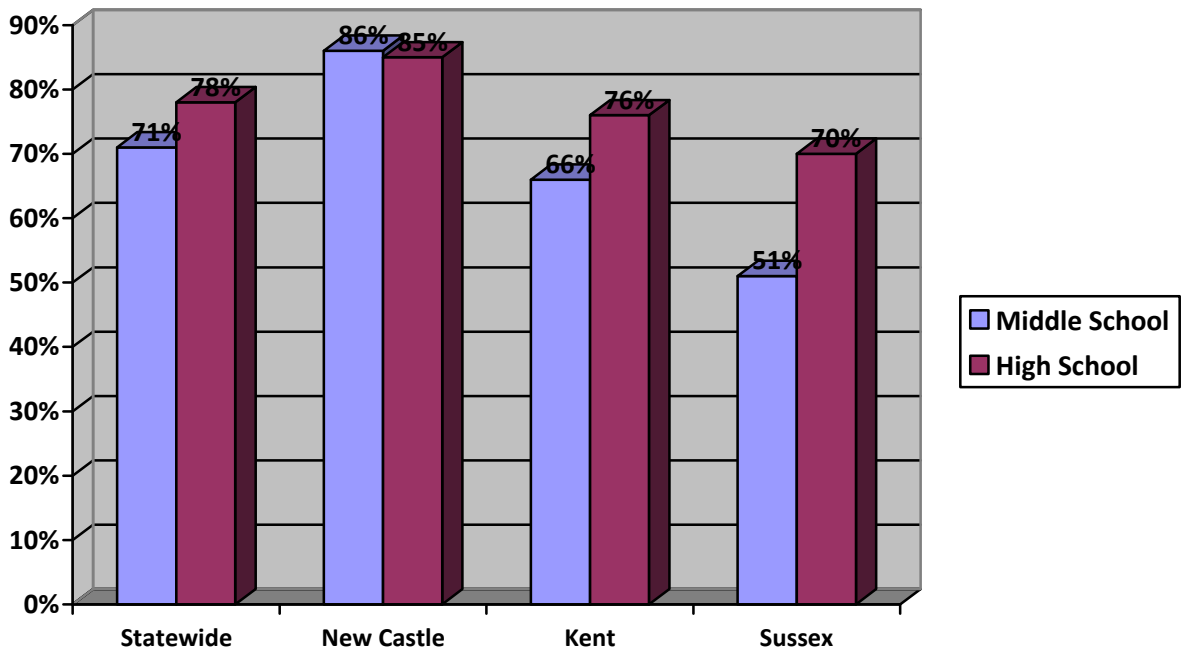


FIGURE 31: PERCENT OF DELAWARE STUDENTS WHO ARE CURRENT SMOKERS AND WANT TO QUIT AND HAVE TRIED TO



Source: Delaware Youth Tobacco Survey, 2008, Delaware Division of Public Health

FIGURE 32: PERCENTAGE OF DELAWARE SCHOOL STUDENTS WHO HAVE SMOKED DAILY FOR 30 DAYS IN THE PAST BUT HAVE NOT SMOKED IN THE PAST 30 DAYS BY GENDER.

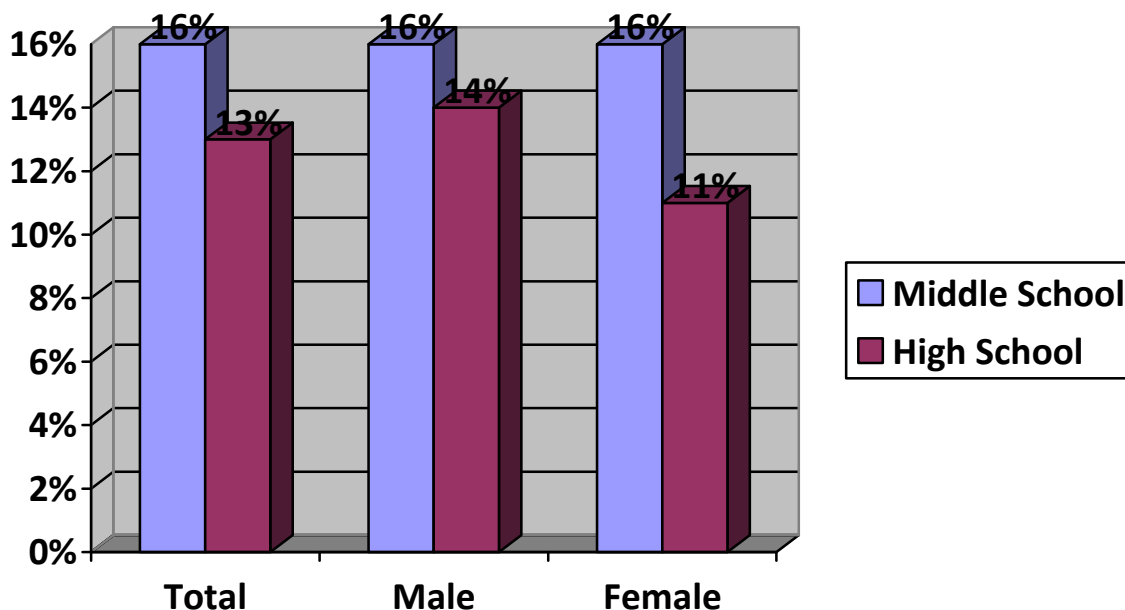
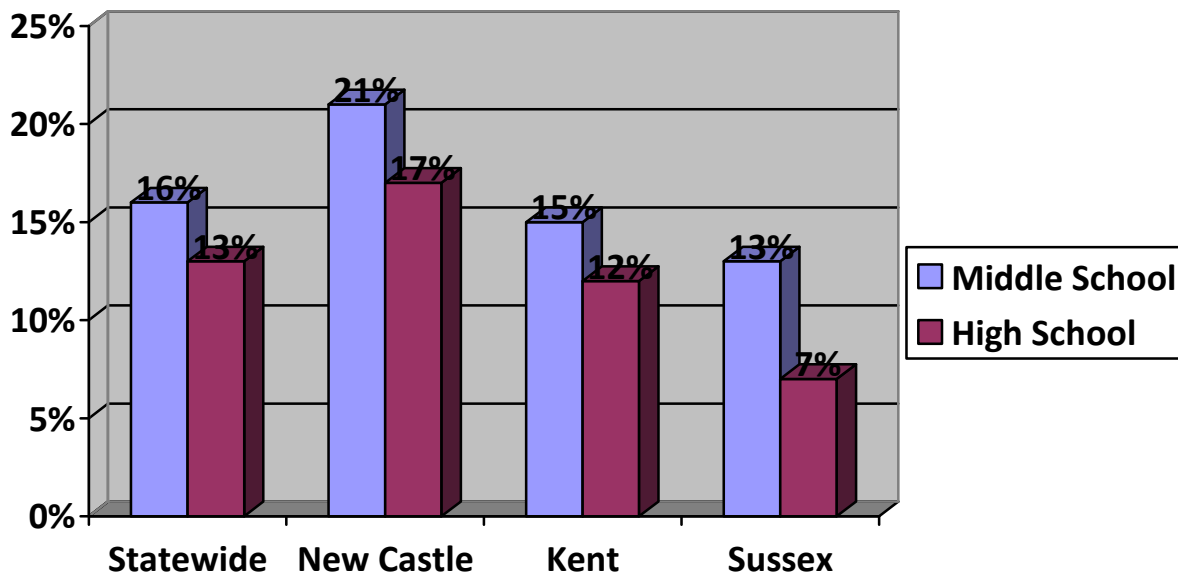


FIGURE 33: PERCENTAGE OF DELAWARE SCHOOL STUDENTS WHO HAVE SMOKED DAILY FOR 30 DAYS IN THE PAST BUT HAVE NOT SMOKED IN THE PAST 30 DAYS BY COUNTY.

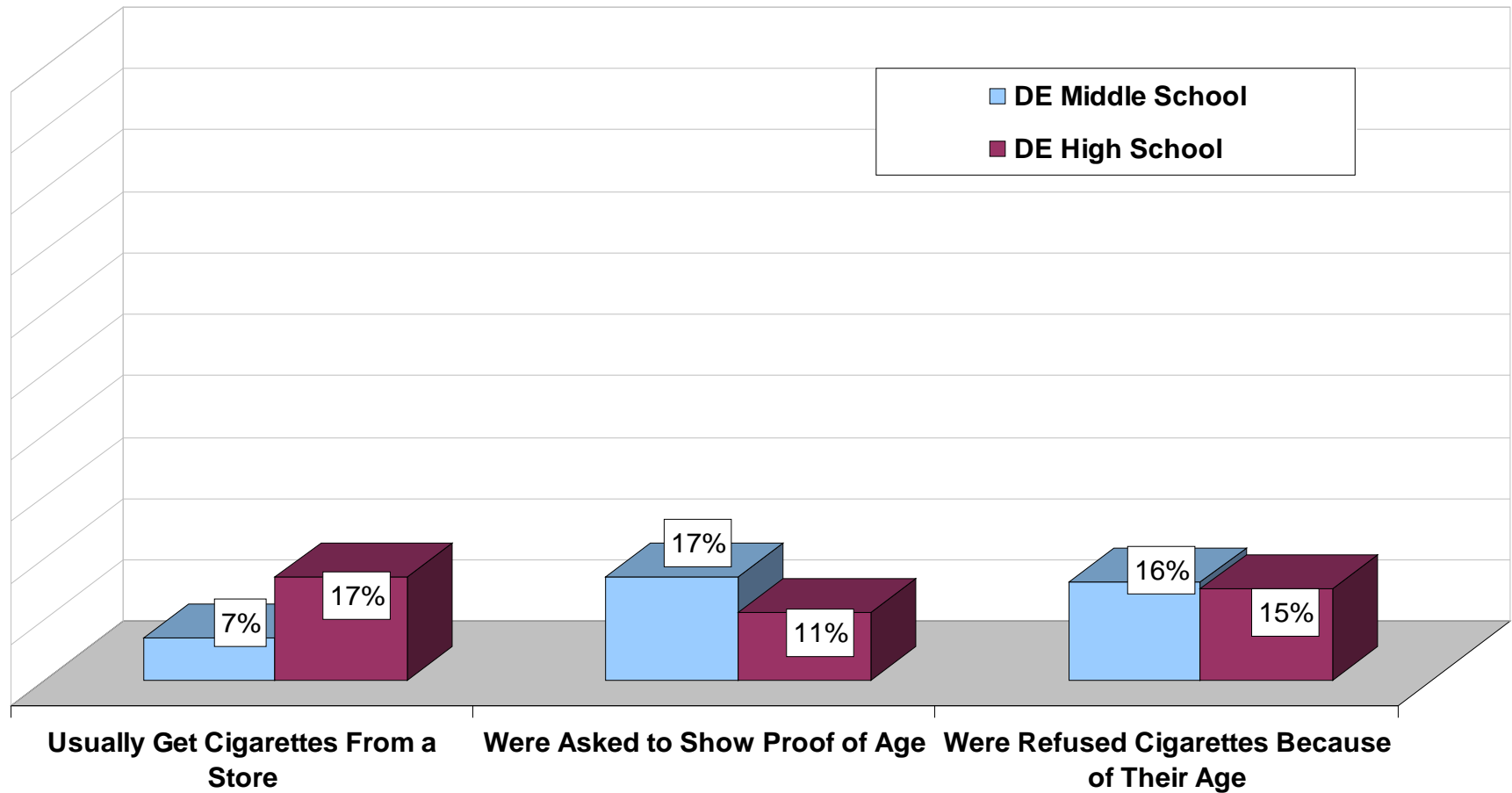


Source: Delaware Youth Tobacco Survey, 2008, Delaware Division of Public Health

DELAWARE YOUTH TOBACCO SURVEY 2008

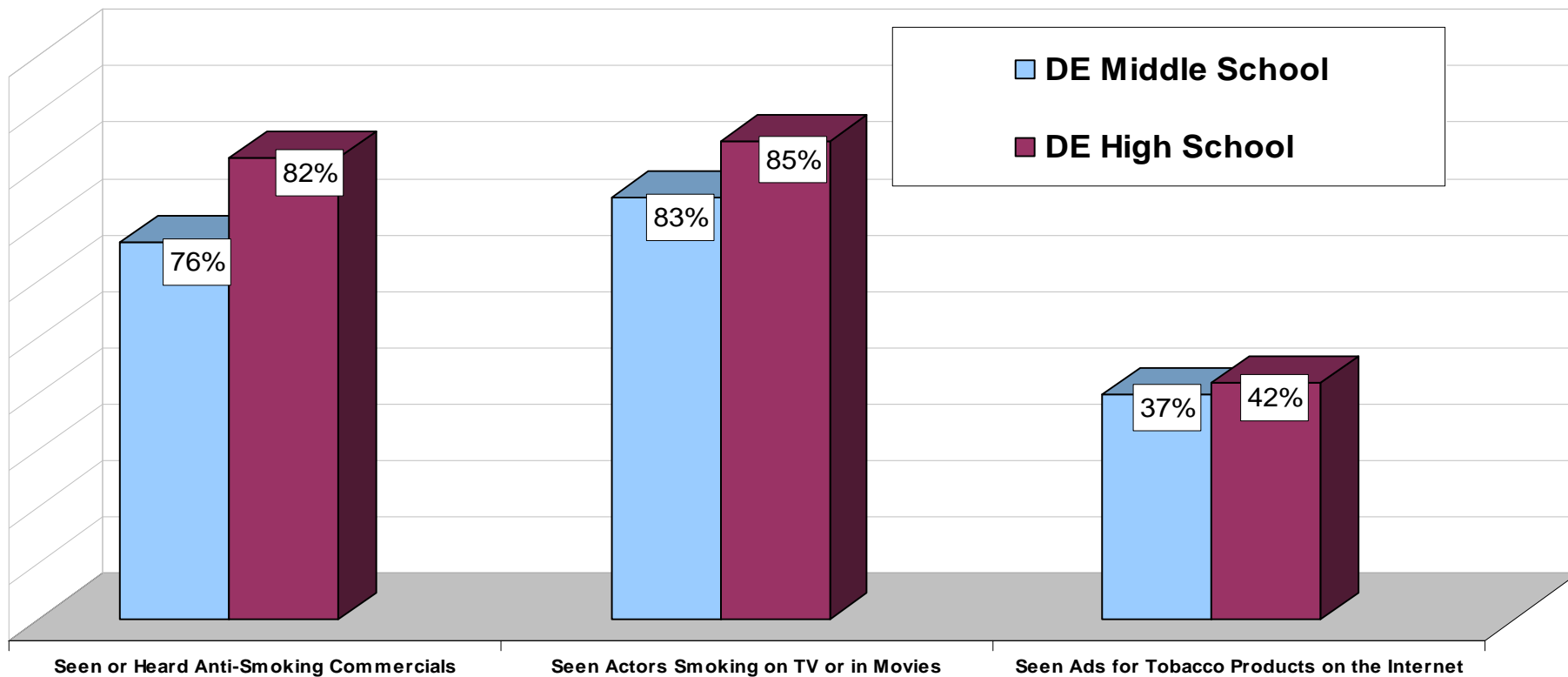
VI. STUDENTS' ACCESS TO TOBACCO AND EXPOSURE TO ADVERTISING AND PREVENTION EFFORTS

Figure 34. PERCENTAGE OF 2008 DELAWARE MIDDLE SCHOOL AND HIGH SCHOOL STUDENTS UNDER AGE 18 WHO ARE CURRENT SMOKERS AND USUALLY GET CIGARETTES FROM A STORE



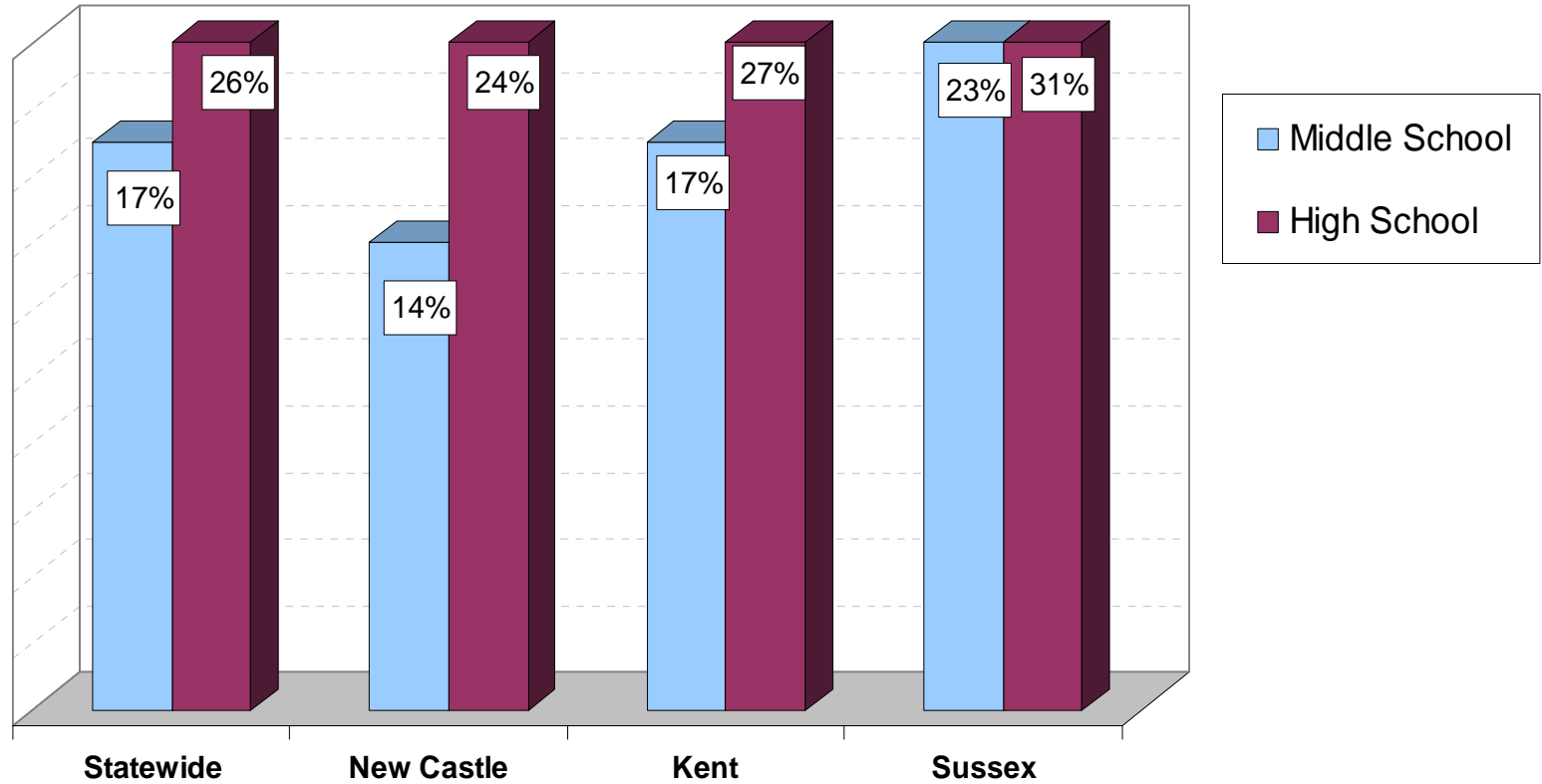
Source: Delaware Youth Tobacco Survey, 2008, Delaware Division of Public Health

Figure 35. PERCENTAGE OF 2008 DELAWARE MIDDLE AND HIGH SCHOOL STUDENTS WHO WERE INFLUENCED BY MEDIA AND ADVERTISING REGARDING TOBACCO



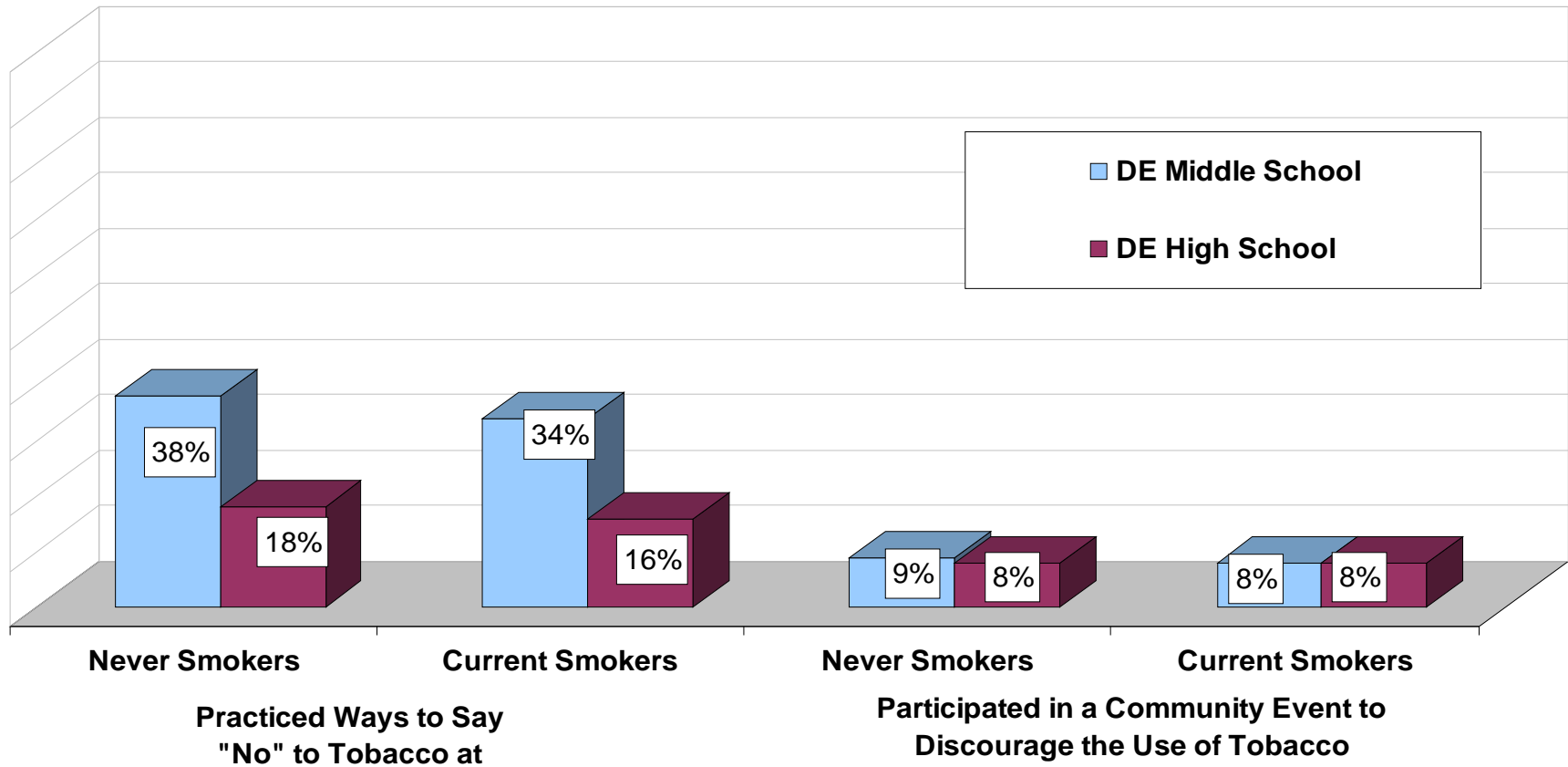
Source: Delaware Youth Tobacco Survey 2008, Delaware Division of Public Health

Figure 36. PERCENT OF 2008 DELAWARE MIDDLE SCHOOL AND HIGH SCHOOL STUDENTS WHO SAY THEY ARE RECEPTIVE TO TOBACCO ADVERTISING



Source: Delaware Youth Tobacco Survey 2008, Delaware Division of Public Health

Figure 37. PERCENTAGE OF 2008 DELAWARE MIDDLE SCHOOL AND HIGH SCHOOL STUDENTS WHO HAVE PARTICIPATED IN ANTI-TOBACCO EVENTS, BY TOBACCO USE STATUS

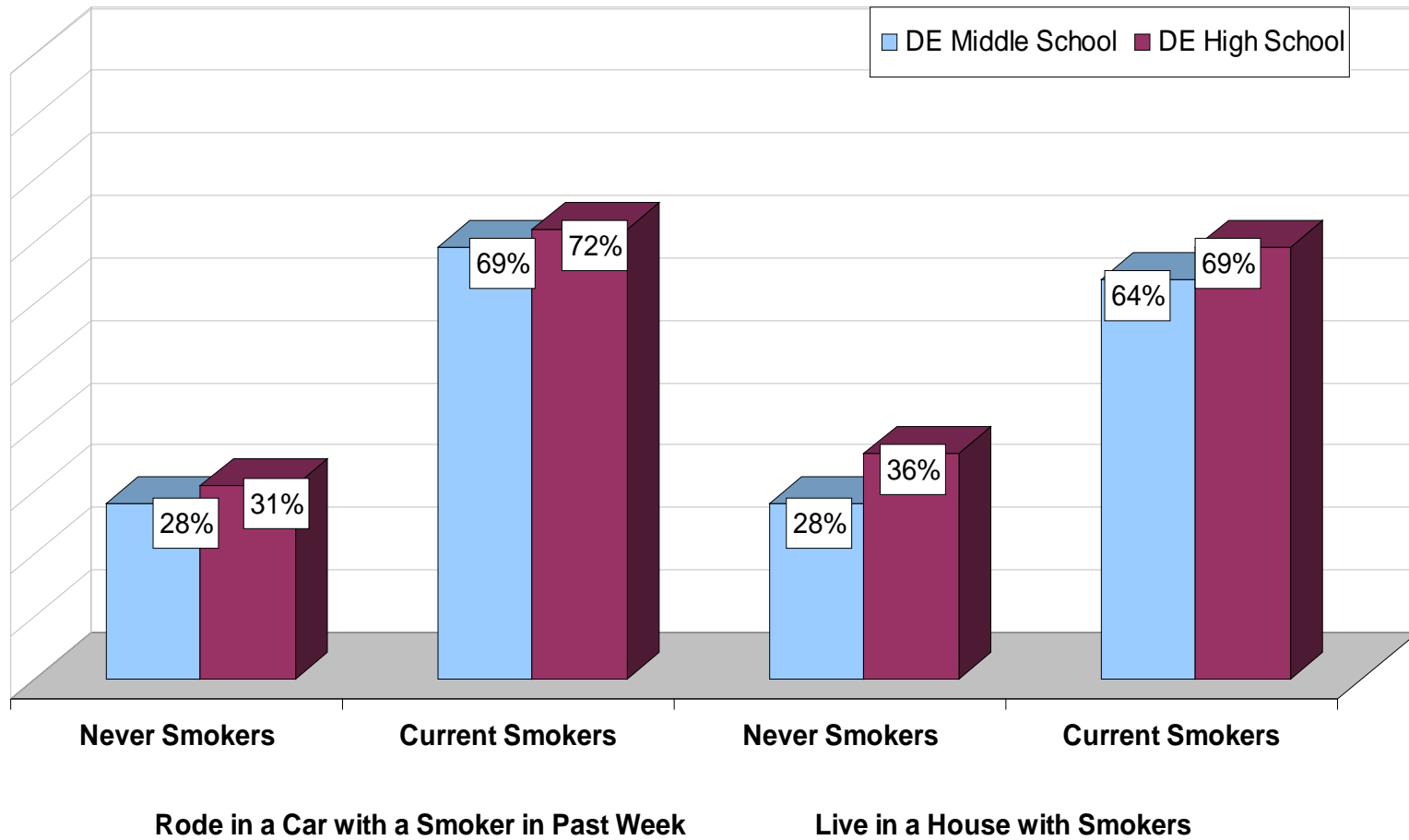


Source: Delaware Youth Tobacco Survey, 2008, Delaware Division of Public Health

DELAWARE YOUTH TOBACCO SURVEY 2008

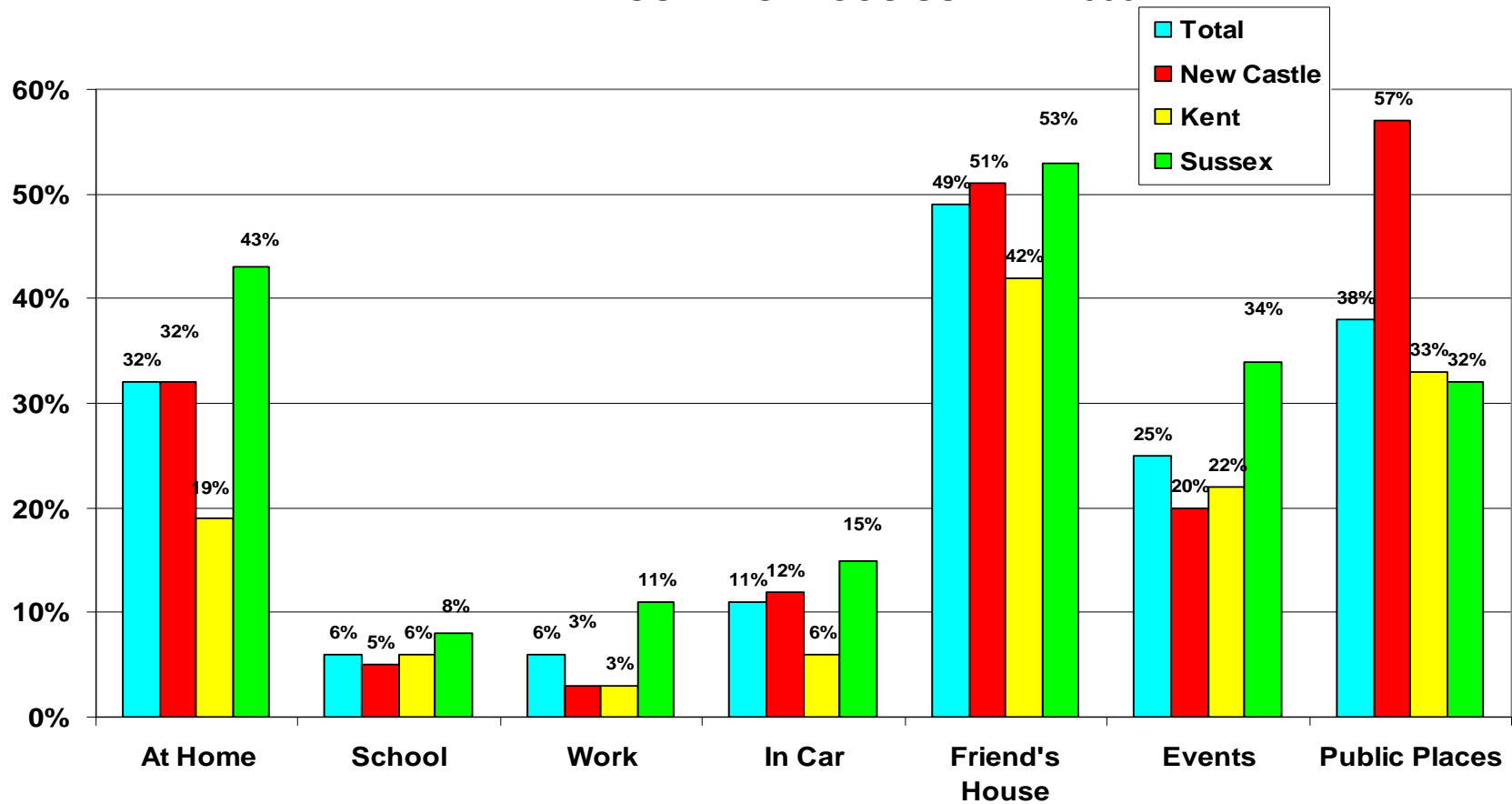
VII. ENVIRONMENTAL EXPOSURE TO TOBACCO

Figure 38. PERCENTAGE OF 2008 DELAWARE MIDDLE SCHOOL AND HIGH SCHOOL STUDENTS WHO ARE EXPOSED TO CIGARETTE SMOKE IN CARS AND AT HOME



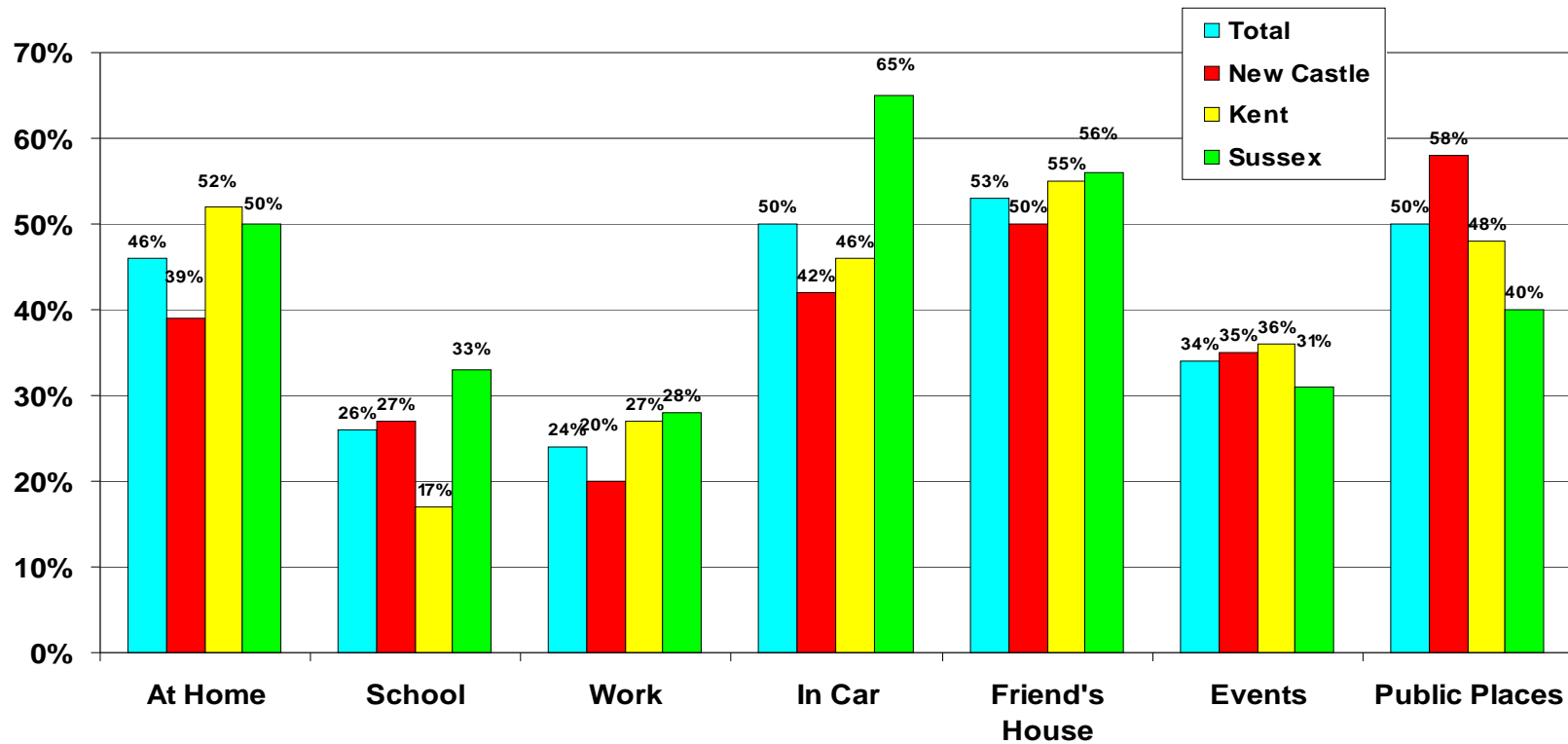
Source: Delaware Youth Tobacco Survey, 2008, Delaware Division of Public Health

**Figure 39. WHERE CURRENT MIDDLE SCHOOL SMOKERS GO TO SMOKE
DELAWARE YOUTH TOBACCO SURVEY 2008**



Source: Delaware Youth Tobacco Survey, 2008, Delaware Division of Public Health

**Figure 40. WHERE CURRENT HIGH SCHOOL SMOKERS GO TO SMOKE
DELAWARE YOUTH TOBACCO SURVEY 2008**

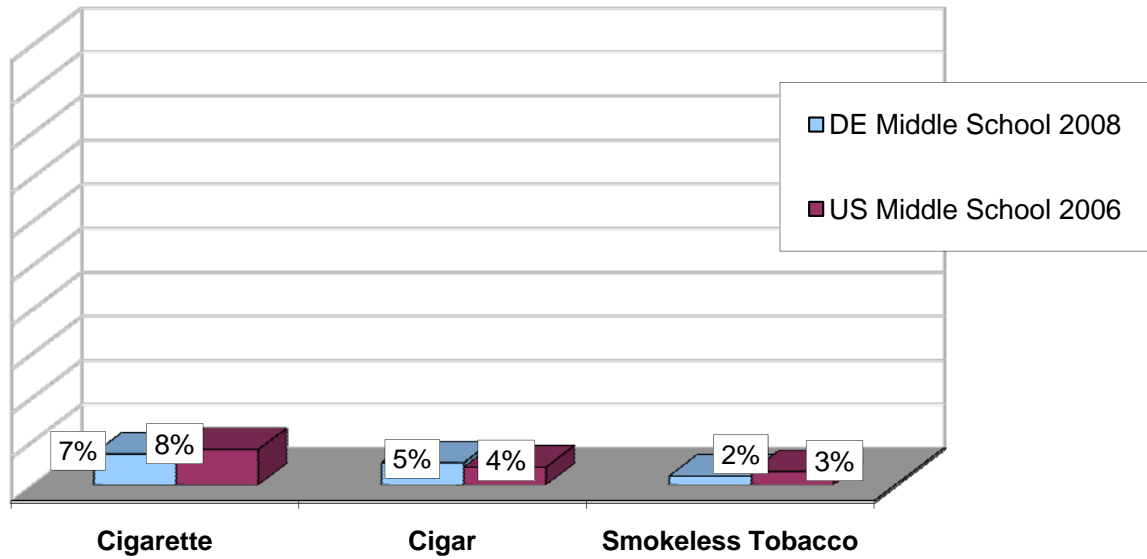


Source: Delaware Youth Tobacco Survey, 2008, Delaware Division of Public Health

DELAWARE YOUTH TOBACCO SURVEY 2008

VIII. COMPARISON WITH NATIONAL YTS ESTIMATES: Some Preliminary Findings

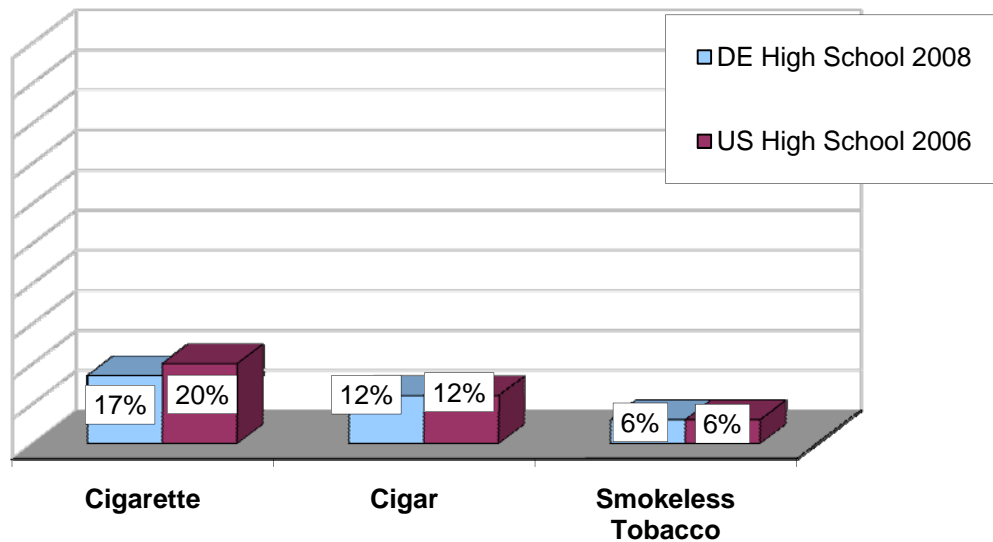
Figure 41. PERCENTAGE OF DELAWARE AND UNITED STATES MIDDLE SCHOOL STUDENTS WHO WERE CURRENT USERS^a OF TOBACCO PRODUCTS, BY TYPE OF TOBACCO PRODUCT



Note: ^aCurrent use is defined as use on at least 1 day of the 30 days preceding the survey

Source: Delaware Youth Tobacco Survey, 2008, Delaware Division of Health; National Youth Tobacco Surveys, 2006. CDC.

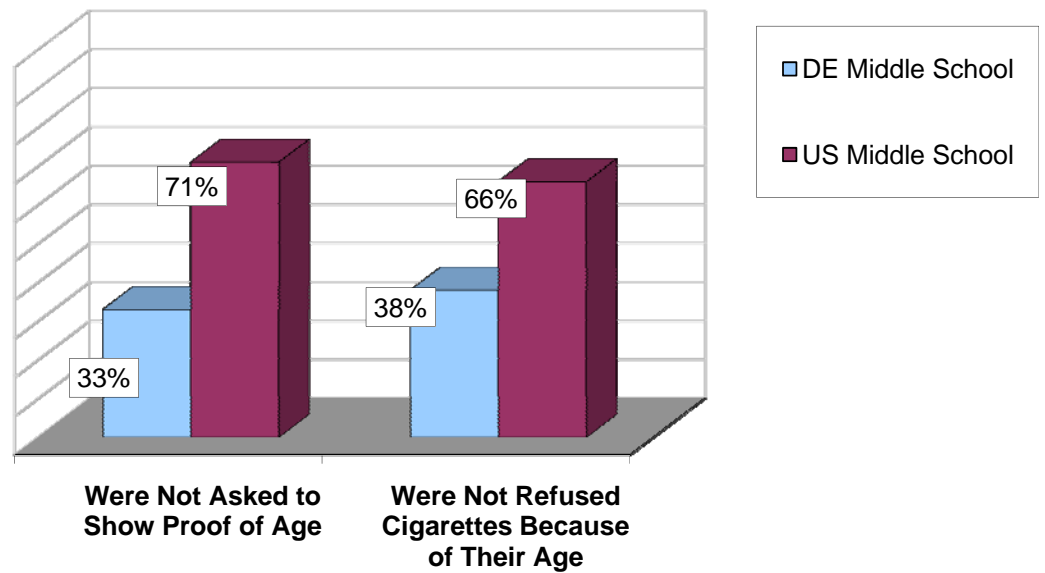
Figure 42. PERCENTAGE OF DELAWARE AND UNITED STATES HIGH SCHOOL STUDENTS WHO WERE CURRENT USERS^a OF TOBACCO PRODUCTS, BY TYPE OF TOBACCO PRODUCT



Note: ^aCurrent use is defined as use on at least 1 day of the 30 days preceding the survey

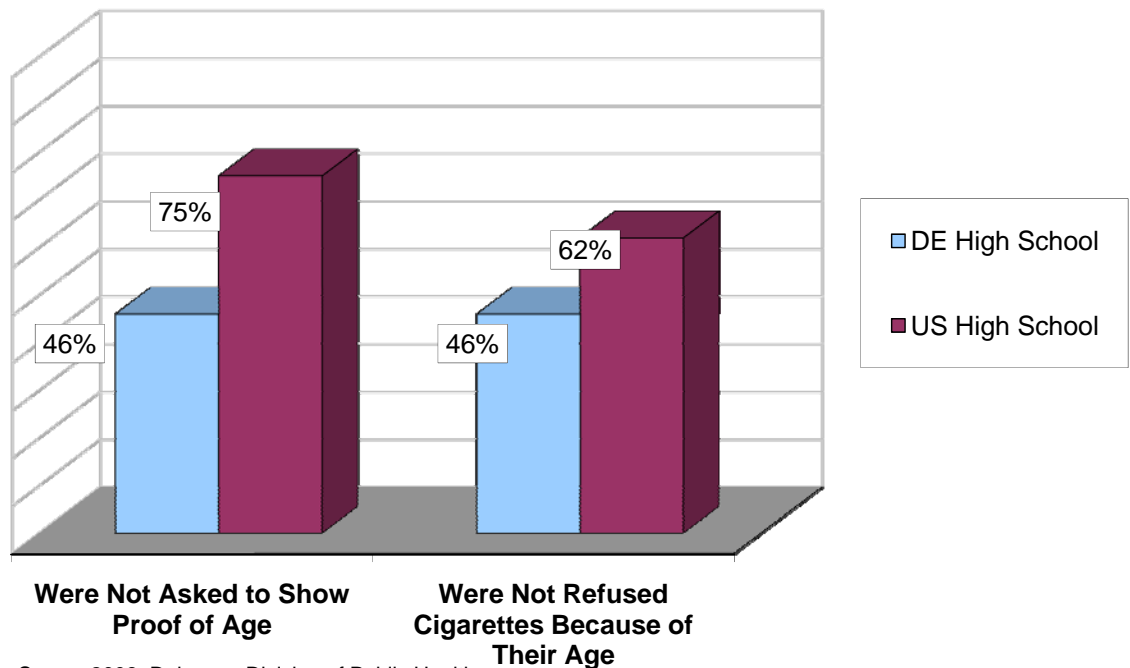
Source: Delaware Youth Tobacco Survey, 2008, Delaware Division of Health; National Youth Tobacco Surveys, 2006. CDC.

Figure 43. PERCENTAGE OF 2008 DELAWARE AND UNITED STATES MIDDLE SCHOOL STUDENTS UNDER AGE 18 WHO PURCHASED CIGARETTES IN A STORE AND WERE NOT ASKED TO SHOW PROOF OF AGE OR WHO WERE NOT REFUSED PURCHASE BECAUSE OF THEIR AGE



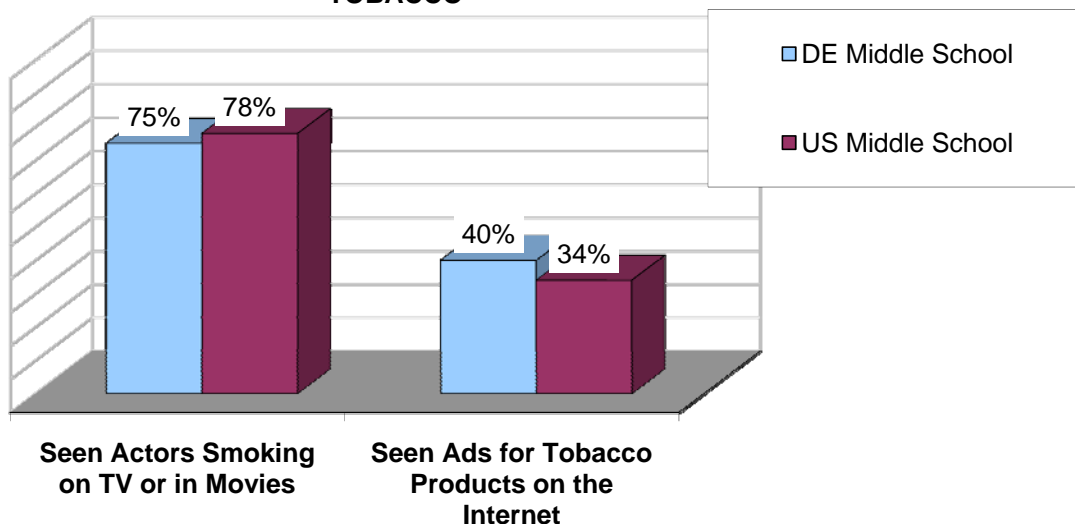
Source: Delaware Youth Tobacco Survey 2008, Delaware Division of Public Health;
National Youth Tobacco Survey, 2004, CDC, Morbidity and Mortality Weekly Report, April 1, 2005:298-301

Figure 44. PERCENTAGE OF 2008 DELAWARE AND UNITED STATES HIGH SCHOOL STUDENTS UNDER AGE 18 WHO PURCHASED CIGARETTES IN A STORE AND WERE NOT ASKED TO SHOW PROOF OF AGE OR WHO WERE NOT REFUSED PURCHASE BECAUSE OF THEIR AGE



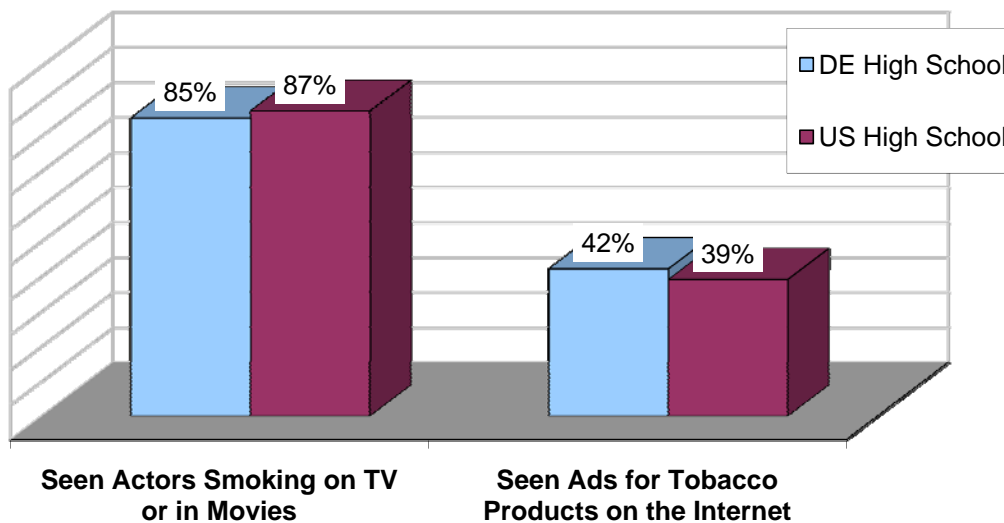
Source: Delaware Youth Tobacco Survey 2008, Delaware Division of Public Health;
National Youth Tobacco Survey, 2004, CDC, Morbidity and Mortality Weekly Report, April 1, 2005:298-301

Figure 45. PERCENTAGE OF 2008 DELAWARE AND UNITED STATES MIDDLE SCHOOL STUDENTS WHO WERE INFLUENCED BY MEDIA AND ADVERTISING REGARDING TOBACCO



Source: Delaware Youth Tobacco Survey 2008, Delaware Division of Public Health;
National Youth Tobacco Survey, 2004, CDC, Morbidity and Mortality Weekly Report, April 1, 2005:298-301

Figure 46. PERCENTAGE OF 2008 DELAWARE AND UNITED STATES HIGH SCHOOL STUDENTS WHO WERE INFLUENCED BY MEDIA AND ADVERTISING REGARDING TOBACCO



Source: Delaware Youth Tobacco Survey 2008, Delaware Division of Public Health;
National Youth Tobacco Survey, 2004, CDC, Morbidity and Mortality Weekly Report, April 1, 2005:298-301