



What is the problem?

The 2007 Iowa Youth Risk Behavior Survey indicates that among high school students:

Cigarette Use

- 43% ever tried cigarette smoking, even one or two puffs.
- 19% currently smoked cigarettes. (1)
- 8% smoked cigarettes on 20 or more days during the 30 days before the survey.
- 5% smoked cigarettes on school property. (2)
- Among students who currently smoked cigarettes, 57% tried to quit smoking cigarettes during the 12 months before the survey.

Other Tobacco Use

- 8% currently used smokeless tobacco. (3)
- 4% used smokeless tobacco on school property. (2)
- 12% currently smoked cigars, cigarillos, or little cigars. (4)

Any Tobacco Use

- 26% reported current cigarette use, current smokeless tobacco use, or current cigar use.

What are the solutions?

Better health education • More family and community involvement • Healthier school environments

What is the status?

The 2008 Iowa School Health Profiles indicates that among middle schools and high schools:

Health Education

- 46% required students to take two or more health education courses.
- 44% taught 15 key tobacco-use prevention topics in a required course.
- 21% had a lead health education teacher who received professional development during the two years before the survey on tobacco-use prevention.

Family and Community Involvement

- 35% provided families with health information to increase parent and family knowledge of tobacco-use prevention.
- 50% gathered and shared information with students and families about media or community-based tobacco-use prevention efforts during the two years before the survey.
- 60% worked with local agencies or organizations on efforts to reduce tobacco use during the two years before the survey.

School Environment

- 40% prohibited all tobacco use at all times in all locations. (5)
- 34% sometimes, almost always, or always required students who were caught smoking cigarettes to participate in an assistance, education, or cessation program.
- 20% provided tobacco cessation services for students, faculty, and staff at school or through arrangements with providers not on school property.
- 73% posted signs marking a tobacco-free school zone.
- 20% used the School Health Index or a similar self-assessment tool to assess their policies, activities, and programs in tobacco-use prevention.

1. Smoked cigarettes on at least 1 day during the 30 days before the survey.
2. On at least 1 day during the 30 days before the survey.
3. Used chewing tobacco, snuff, or dip on at least 1 day during the 30 days before the survey.
4. Smoked cigars, cigarillos, or little cigars on at least 1 day during the 30 days 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.

Where can I get more information? Visit www.cdc.gov/healthyouth or call 800 CDC INFO (800 232 4636).

