



Tobacco Use and

North Carolina Students

What is the problem?

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

Cigarette Use

- — ever tried cigarette smoking, even one or two puffs.
- 22% currently smoked cigarettes. (1)
- 9% smoked cigarettes on 20 or more days during the 30 days before the survey.
- — smoked cigarettes on school property. (2)
- Among students who currently smoked cigarettes, 55% tried to quit smoking cigarettes during the 12 months before the survey.

Other Tobacco Use

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

Any Tobacco Use

- — 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 North Carolina School Health Profiles indicates that among middle schools and high schools:

Health Education

- 50% required students to take two or more health education courses.
- 58% taught 15 key tobacco-use prevention topics in a required course.
- 40% 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

- 32% provided families with health information to increase parent and family knowledge of tobacco-use prevention.
- 56% gathered and shared information with students and families about media or community-based tobacco-use prevention efforts during the two years before the survey.
- 57% worked with local agencies or organizations on efforts to reduce tobacco use during the two years before the survey.

School Environment

- 66% prohibited all tobacco use at all times in all locations. (5)
- 48% sometimes, almost always, or always required students who were caught smoking cigarettes to participate in an assistance, education, or cessation program.
- 48% provided tobacco cessation services for students, faculty, and staff at school or through arrangements with providers not on school property.
- 88% posted signs marking a tobacco-free school zone.
- 41% 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.
- Data not available.

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



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