



## What is the problem?

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

### Cigarette Use

- 49% ever tried cigarette smoking, even one or two puffs.
- 21% currently smoked cigarettes. (1)
- 10% smoked cigarettes on 20 or more days during the 30 days before the survey.
- 6% 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

- 12% currently used smokeless tobacco. (3)
- 6% used smokeless tobacco on school property. (2)
- 11% currently smoked cigars, cigarillos, or little cigars. (4)

### Any Tobacco Use

- 27% 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 Dakota School Health Profiles indicates that among middle schools and high schools:

### Health Education

- 67% required students to take two or more health education courses.
- 54% taught 15 key tobacco-use prevention topics in a required course.
- 46% 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

- 51% provided families with health information to increase parent and family knowledge of tobacco-use prevention.
- 54% gathered and shared information with students and families about media or community-based tobacco-use prevention efforts during the two years before the survey.
- 64% worked with local agencies or organizations on efforts to reduce tobacco use during the two years before the survey.

### School Environment

- 41% prohibited all tobacco use at all times in all locations. (5)
- 27% sometimes, almost always, or always required students who were caught smoking cigarettes to participate in an assistance, education, or cessation program.
- 33% provided tobacco cessation services for students, faculty, and staff at school or through arrangements with providers not on school property.
- 71% posted signs marking a tobacco-free school zone.
- 54% 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](http://www.cdc.gov/healthyouth) or call 800 CDC INFO (800 232 4636).

