

CIGARETTE USE

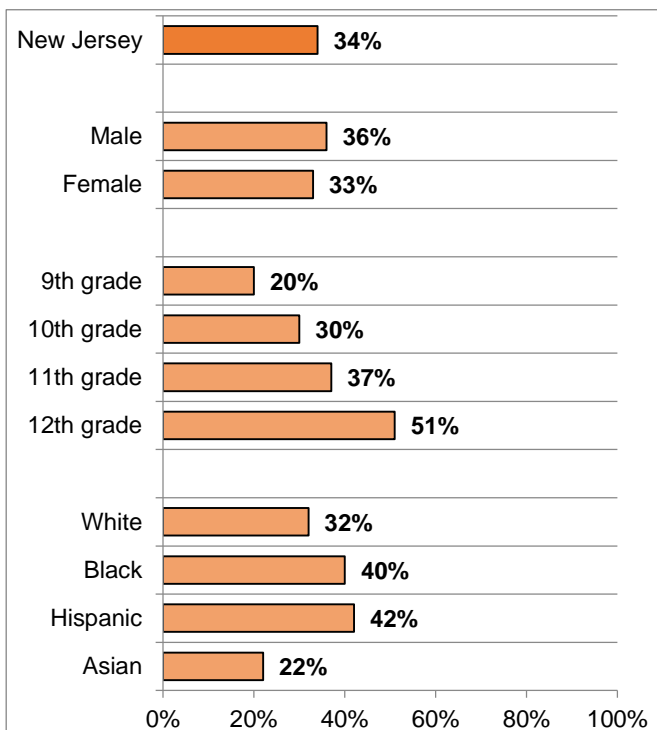
Cigarette smoking is the leading cause of preventable death in the United States⁽¹⁾ and accounts for more than 480,000 deaths each year in the United States.⁽²⁻⁵⁾ Smoking and smokeless tobacco use are initiated and established primarily during adolescence.⁽⁶⁻⁸⁾ Nearly nine out of ten smokers started smoking by age 18.⁽⁶⁻⁹⁾ Cigarette smoking increases risk for heart disease, chronic obstructive pulmonary disease (COPD), acute respiratory illness, stroke, and cancers of the bladder, blood, cervix, colon, larynx, liver, lung, oral cavity, pancreas, pharynx, and stomach.^(1,3,4,10) In addition, as compared to nonsmokers, cigarette smokers are more likely to drink alcohol, use marijuana and cocaine, engage in risky sexual behaviors, engage in physical fighting, carry a weapon and attempt suicide.⁽¹⁰⁻¹²⁾ More information about New Jersey students and tobacco use can be found by reading the New Jersey Youth Tobacco Survey report produced by the New Jersey Department of Health. The latest report can be found at the following website: <http://www.state.nj.us/health/as/ctcp/research.htm>.

2013 New Jersey Student Health Survey (NJSHS) Highlights

- *Lifetime Cigarette Use:* 34% tried cigarette smoking, even one or two puffs, on one or more days during their life.
- *Recent Cigarette Use:* 13% smoked a cigarette on one or more of the past 30 days.
- *Cigarette Use Before Age 13:* 6% smoked a whole cigarette for the first time before the age of 13.

Cigarette Use by Demographic Subgroup

Lifetime Cigarette Use



While only minor variation in cigarette use by gender was observed for lifetime and recent use, males were more likely than females to have tried smoking before the age of 13 (8% vs. 4%).

The greatest variation in cigarette use was across student grade level as just 20% of ninth graders had smoked during their life compared to 51% of twelfth graders. Ninth graders had lower rates of recent (6%) and early (3%) smoking than twelfth graders, 21% and 8%, respectively.

In terms of race/ethnicity, the clearest differences were in the area of lifetime cigarette use, where Hispanic (42%) and Black students (40%) exhibited higher rates than White (32%) and Asian (22%) students. (Due to small sample sizes, conclusions in terms of race/ethnicity should be made with caution.)

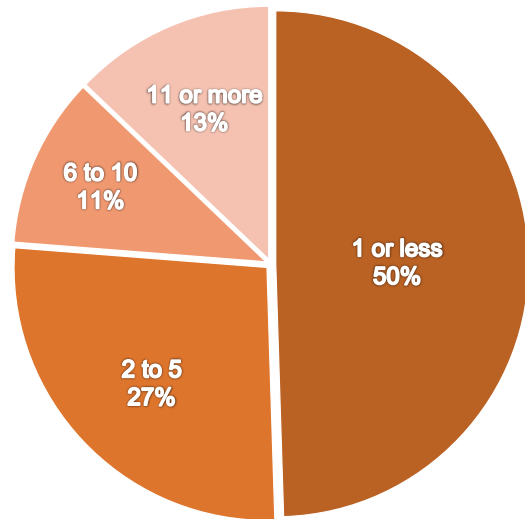
Additional 2013 NJSHS Highlights: Cigarette Use

Among all New Jersey students, one in twenty (5%) smoked regularly, which is defined as having smoked a cigarette on at least 20 of the 30 days before the survey. A total of 3% of all students smoked six or more cigarettes per day when they smoked.

While few students overall smoked recently, those who had were more likely to have smoked heavily. Among the 13% of students who had smoked during the past 30 days, a total of 13% smoked heavily, which is defined as smoking 11 or more cigarettes per day on the days they smoked.

Cigarettes Per Day

among recent smokers



NJSHS Trend Analysis: 2001-2013 Cigarette Use

Percentage of New Jersey Youth Who:	2001	2005	2009	2011	2013	Trend Analysis
Lifetime Cigarette Use <i>tried cigarette smoking on 1+ days (lifetime)</i>	63%	49%	43%	41%	34%	↘
Recent Cigarette Use <i>smoked a cigarette on 1+ days (past 30 days)</i>	29%	20%	17%	16%	13%	↘
Cigarette Use Before Age 13 <i>smoked their first cigarette before the age of 13</i>	22%	9%	7%	5%	6%	↘
Regular Cigarette Use <i>smoked cigarettes (on at least 20 of the previous 30 days)</i>	15%	7%	6%	5%	5%	↘
Heavy Cigarette Use - Among All Students <i>smoked 6+ cigarettes each day they smoked (past 30 days)</i>	9%	3%	3%	3%	3%	↘
Heavy Cigarette Use - Among Recent Smokers <i>smoked 11+ cigarettes each day they smoked (past 30 days)</i>	13%	6%	6%	7%	13%	●
Increase in a negative behavior	Decrease in a negative behavior	Increase in a positive behavior	Decrease in a positive behavior	No change in behavior	Trend not reported by CDC	
↗	↘	↗	↘	●	--	

Trend analysis was performed by the CDC on data from 2001 to 2013 to determine which differences across years were statistically significant. For questions not asked in all survey years, the trend analysis was performed from 2013 back to the last consecutive year in which the question was asked.

Summary of Trend: Between 2001 and 2013, the number of New Jersey students who smoked cigarettes has dropped significantly as evidenced by the decline in lifetime (63% vs. 34%), recent (29% vs. 13%), early (22% vs. 6%), regular (15% vs. 5%) and heavy cigarette use (9% vs. 3%). Conversely, while there was no change from 2001 to 2013 in the overall trend for heavy smoking among recent smokers (13% vs 13%), heavy cigarette use dropped from 2001 to 2005 (13% to 6%) but then increased from 2011 to 2013 (7% to 13%).

For a complete set of fact sheets on all 2013 NJSHS topics and [citations](http://www.state.nj.us/education/students/yrebs/index.html/), visit: <http://www.state.nj.us/education/students/yrebs/index.html/>.