

2019 New Jersey Student Health Survey

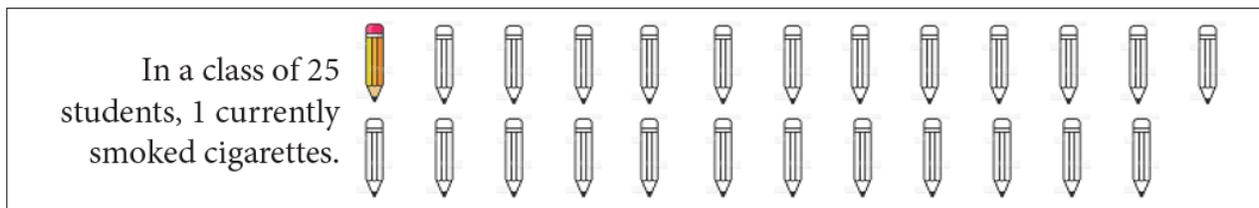
CIGARETTE USE

Cigarette smoking is the leading cause of preventable death in the United States and accounts for more than 480,000 deaths each year in the United States.⁽¹⁾ Smoking and smokeless tobacco use are initiated and established primarily during adolescence while nearly nine out of ten smokers started smoking by age 18.^(2,3) 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.^(3,4) 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.⁽³⁾ 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: <https://www.nj.gov/health/fhs/tobacco/research/>

3.8%

of NJ high school students currently smoked cigarettes

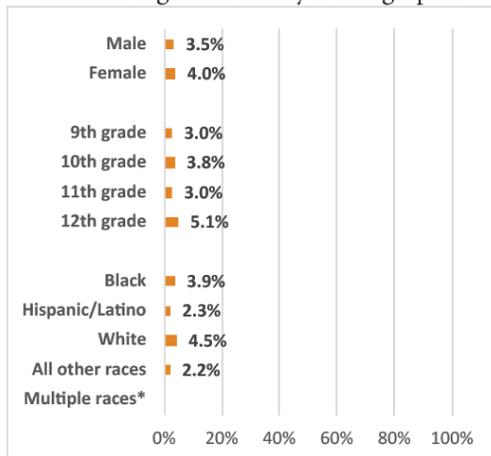
(on at least 1 day during the 30 days before the survey)



New Jersey Student Health Survey Highlights

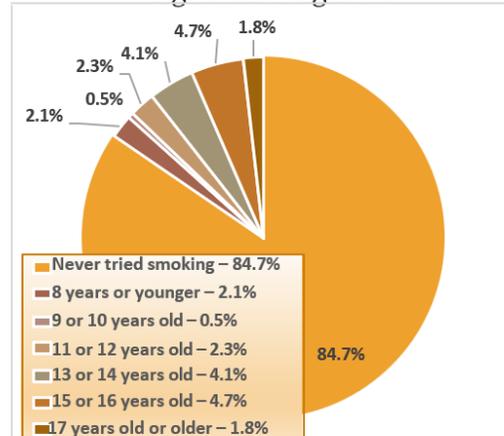
- 4.8% of students had their first drink of alcohol before the age of 13.
- Daily smoking was reported by 0.7% of students. 0.4% of males and 1.0% of females partake in daily smoking.
- The percentage of current smokers increased from about 3.3% for ages 17 and younger to 6.1% for students 18 or older.

Current Cigarette Use by Demographic



*Fewer than 100 students in this subgroup.

Age at First Cigarette



Definitions

- Current cigarette use is defined as smoking on at least one day during the 30 days before the survey.
- Frequent smoking is defined as smoking cigarettes on 20 or more days during the 30 days before the survey.
- Daily smoking is defined as smoking cigarettes on all 30 days during the 30 days before the survey.
- Trying a cigarette for the first time counts as smoking even with one or two puffs.

Additional Details

- The 2019 data show the same percentages in all categories for students smoking frequently and smoking daily.
- In 2009, 17.0% of high school students currently smoked cigarettes.
- In 2009, 5.5% of high school students frequently smoked cigarettes.
- In 2009, 3.8% of high school students smoked cigarettes daily.

Resources for Schools

- School Climate Strategy Resource Guide:
<https://www.nj.gov/education/students/safety/sandp/climate/SCTP%20Strategy%20Resource.pdf>
- Collaborative for Academic, Social, and Emotional Learning: 312-226-3770, <https://casel.org/>
- New Jersey Prevention Network: <https://www.njpn.org/regional-prevention-coalitions>
- Preventing Tobacco Use Fact Sheet: 1-877-696-6775,
<https://www.hhs.gov/surgeongeneral/reports-and-publications/tobacco/preventing-youth-tobacco-use-factsheet/index.html>
- FDA's Youth Tobacco Prevention Plan: 1-888-463-6332,
<https://www.fda.gov/tobacco-products/youth-and-tobacco/fdas-youth-tobacco-prevention-plan>

Resources for Parents

- Hazelden Betty Ford Foundation: 1-800-257-7810, <https://www.hazeldenbettyford.org/>
- Parent-To-Parent: 856-983-3328, <http://www.parent2parentnj.org/index.php>
- ReachNJ -- Facing Addiction Taskforce: 1-844-ReachNJ, <https://nj.gov/humanservices/reachnj/>
- Family Check Up: 800-662-4357,
<https://www.drugabuse.gov/publications/family-checkup/introduction>
- Partnership for Drug-Free Kids: Text CONNECT to 55753, <https://drugfree.org/>

References

1. Centers for Disease Control and Prevention. (2021). *Smoking & Tobacco Use: Fast Facts*. U.S. Department of Health and Human Services.
https://www.cdc.gov/tobacco/data_statistics/fact_sheets/fast_facts/index.htm#beginning. Accessed November 2021
2. U.S. Department of Health and Human Services. *The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General*. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014. Accessed November 2021
3. U.S. Department of Health and Human Services. *Preventing Tobacco Use Among Young People: A Report of the Surgeon General*. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Office on Smoking and Health, 2012. Accessed November 2021
4. U.S. Department of Health and Human Services. *How Tobacco Smoke Causes Disease: What It Means to You*. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2010. Accessed November 2021