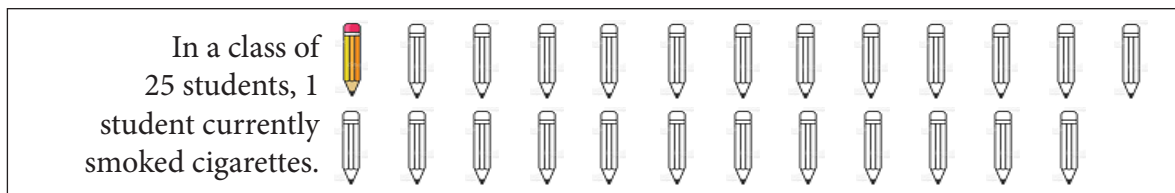


2021 New Jersey Student Health Survey

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⁾

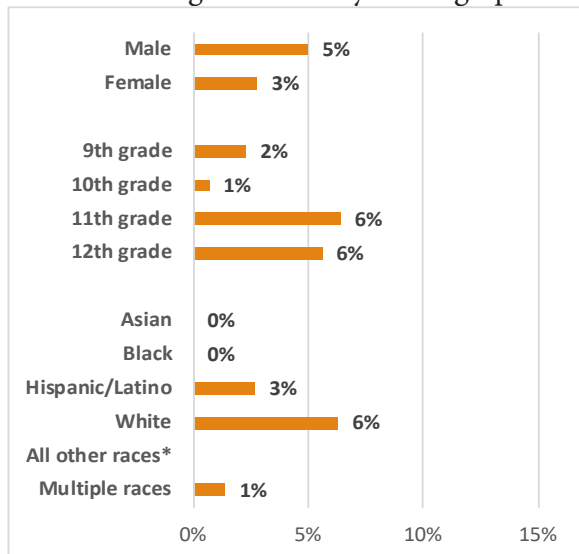
4%
of high school students currently smoked cigarettes
(on at least 1 day during the 30 days before the survey)
10-Year Linear Trend: Decreasing ↘



New Jersey Student Health Survey Highlights

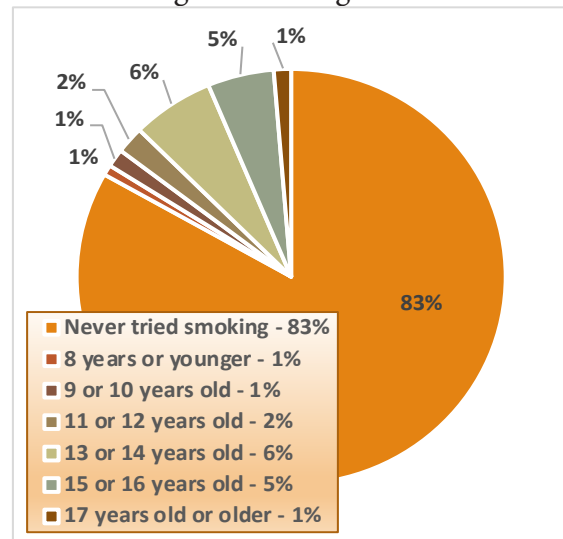
- *Current Cigarette Use:* 4% smoked at least one cigarette on one or more of the past 30 days.
- *Frequent Cigarette Use:* 1% smoked on 20 or more of 30 days before the survey.
- *Daily Cigarette Use:* 1% smoked cigarettes daily.
- *Cigarette Before Age 13:* 4% had their first cigarette before the age of 13.

Current Cigarette Use by Demographic












*Fewer than 30 students in this subgroup.

Age at First Cigarette



NJSHS 10-Year Trend Analysis: 2011-2021 Cigarette Use

Percentage of New Jersey Youth Who:	2011	2013	2019	2021	Trend Analysis 2011-2021
First tried cigarette smoking before age 13 (even one or two puffs)	—	—	5%	4%	
Currently smoked cigarettes	16%	13%	4%	4%	
Currently smoked cigarettes frequently	5%	5%	1%	1%	
Currently smoked cigarettes daily	4%	4%	1%	1%	
Increase in negative behavior	Decrease in 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 2011 to 2021 to determine which differences across years were statistically significant. For questions not asked in all survey years, the trend analysis was performed from 2021 back to the last consecutive year in which the question was asked.					

Additional New Jersey Student Health Survey Findings

- Daily smoking was most frequently seen in 11th and 12th grades (1%). 9th and 10th grade students had a reported daily smoking frequency of 0%.
- Current smoking was reported by 5% of males compared to 3% of females.
- The percentage of current smokers increased from about 1% for ages 15 or younger to 5% for students 16 or older.

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.

Resources

- ReachNJ - Facing Addiction Taskforce: 1-844-ReachNJ (New Jersey's 24/7 Addiction Helpline), <https://nj.gov/humanservices/reachnj/>
- New Jersey Prevention Network: <https://www.njpn.org>
- Partnership for Drug-Free Kids: <https://drugfree.org/>
- Parent-To-Parent: <http://www.parent2parentnj.org/index.php>
- FDA's Youth Tobacco Prevention Plan: <https://www.fda.gov/tobacco-products/youth-and-tobacco/fdas-youth-tobacco-prevention-plan>