

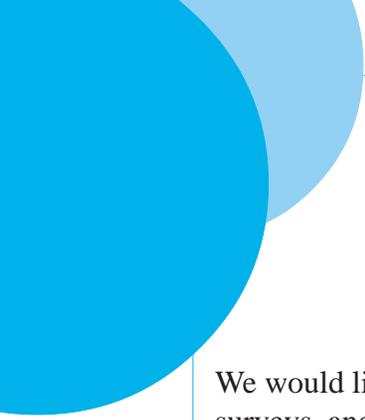
2003 Utah Youth Tobacco Survey



Summary Report

Utah Department of Health
Tobacco Prevention and Control Program





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This report was prepared by the Tobacco Prevention and Control Program (TPCP) at the Utah Department of Health.

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Tobacco use remains the leading cause of preventable death and disease in the United States. Each year more than 440,000 people nationwide die from tobacco-related illnesses. In Utah, tobacco use claims more than 1,200 lives annually.

Approximately 80 percent of adult smokers start smoking before the age of 18. Early initiation of tobacco use has been shown to increase the likelihood of lifetime smoking and the risk for tobacco-related illnesses and mortality. Consequently, preventing initiation of tobacco use among youth is crucial for reducing tobacco-related human and economic costs over time.

The tobacco industry spends an estimated \$90.8 million in Utah each year to entice people to use their products. Their strategies include event sponsorship; counter displays; merchandise; product placement in movies and on TV; and ads in magazines, on billboards, and on the Internet. Despite restrictions in marketing tobacco to youth, teens continue to buy the most heavily advertised brands.

To counter these tobacco industry activities and help Utah youth remain tobacco-free, the Tobacco Prevention and Control Program (TPCP) at the Utah Department of Health and its partners use comprehensive and proven methods of tobacco prevention. These efforts have been significantly expanded since the Utah Legislature provided additional program funding through the Master Settlement Agreement (State Fiscal Year 2001) and the Cigarette Tax Restricted Account (State Fiscal Year 2003). TPCP-funded programs addressing youth include The TRUTH anti-tobacco media campaign, initiatives to introduce and strengthen comprehensive school tobacco policies, prevention education in schools and local communities, enforcement of youth access laws, and statewide and local teen tobacco cessation programs.

The 2003 Utah Youth Tobacco Survey (UYTS) is intended to provide information on tobacco use behaviors among middle and high school students throughout the state. Data collected through the UYTS will help the TPCP and its partners to plan, implement, and evaluate tobacco use prevention and cessation programs and tailor future programs to the needs of Utah's students.

To reduce the survey burden on schools, the TPCP partnered with the Utah State Office of Education and the Division of Substance Abuse and Mental Health at the Department of Health and Human Services to plan and conduct one combined school survey project every other year. The SHARP (School Health and Risk Prevention) survey project, which includes the UYTS, the Utah Youth Risk Behavior Survey, and the Prevention Needs Assessment, was completed for the first time in the spring of 2003. Summary data for the UYTS portion of the SHARP project are presented in this report.

Executive Summary

Major Findings

Prevalence of Tobacco Use

- Almost one out of five middle school students (17.5%) and one out of three high school students (33.9%) had used tobacco products during their lifetime.
- 5.3% of middle school students and about one out of eight high school students (13.1%) used some form of tobacco during the month preceding the survey.
- 3.3% of middle school students and 8.8% of high school students had smoked cigarettes during the past month.
- 1.8% of middle school students and 4.1% of high school students had used chewing tobacco during the past month.
- 1.4% of middle school students and 6.8% of high school students had smoked cigars during the past month.

Access to Cigarettes

- Among high school students, most smokers (71%) listed social sources as their primary means of obtaining cigarettes.
- Less than 5% of high school smokers reported buying their cigarettes in a store.

Attitudes Toward Tobacco Use

- More than 90% of all middle and high school students believed that tobacco use is addictive and harmful. Current smokers were less likely to hold these beliefs than students who reported that they had never smoked.
- Overall, only 5% of middle and high school students believed that smoking makes young people look cool or fit in. However, approximately 25% of high school smokers and 40% of middle school smokers held this belief.

Quitting

- About 60% of high school smokers and 30% of middle school smokers reported that they wanted to quit smoking.
- Similarly, about 60% of high school smokers and about 30% of middle school smokers reported that they had tried to quit smoking during the past year.
- More than 85% of current smokers were confident that they would be able to quit smoking if they wanted to.

Exposure to Tobacco Smoke

- More than 80% of current smokers and about 25% of non-smokers reported indoor exposure to tobacco smoke during the week preceding the survey.
- Approximately 80% of current smokers and 10% of non-smokers reported exposure to tobacco smoke in cars during the week preceding the survey.

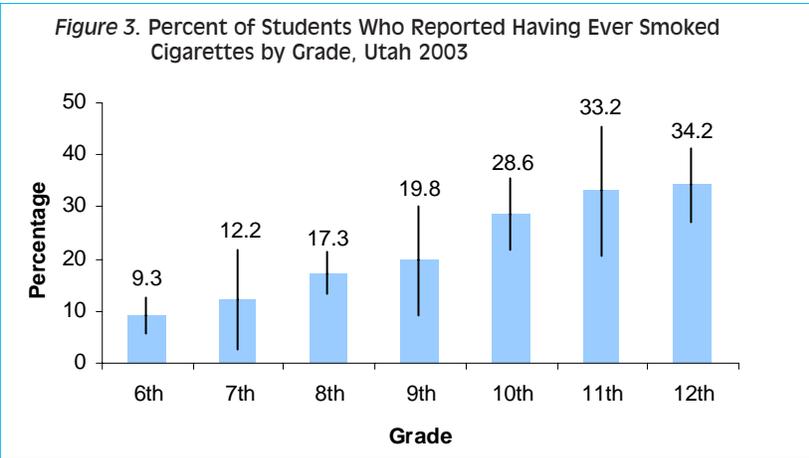
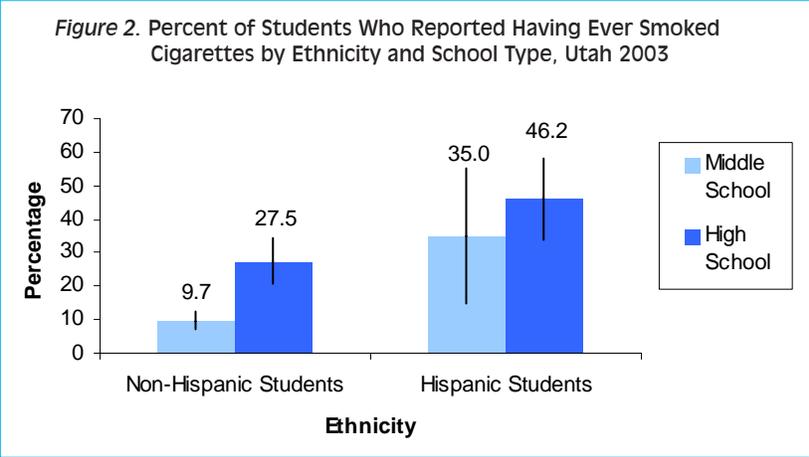
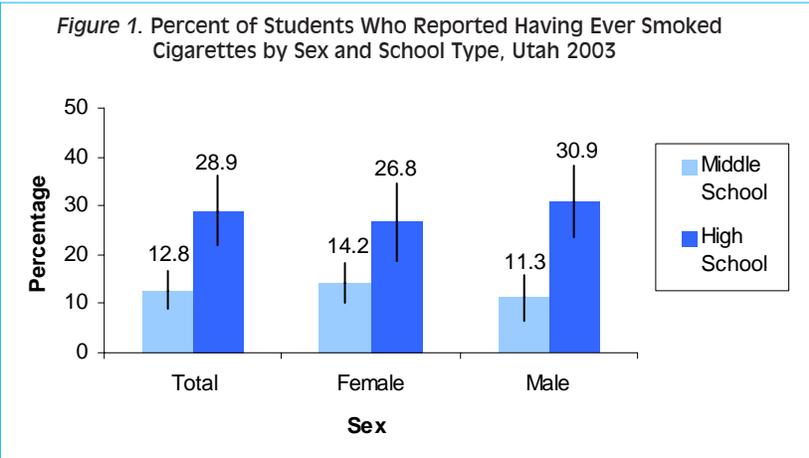
Influence of Friends and Family

- Middle schools students who reported smoking were eight times more likely than non-smokers to have smokers among their four closest friends. High school smokers were six times more likely to have friends who smoke.
- One third of middle school smokers and more than half of high school smokers reported that they lived with someone who smoked.



Ever Smoked Cigarettes

Utah students were asked whether they had ever tried cigarette smoking (even one or two puffs) in their lifetime. The graphs below show lifetime cigarette smoking by gender, ethnicity, and grade.



- Overall, the percentage of students who had ever smoked cigarettes more than doubled from middle school to high school.
- In middle schools, female students were more likely to have tried smoking.
- In high schools, male students were more likely to have tried smoking.
- Among middle and high school students, Hispanic students were more likely to have tried cigarette smoking than non-Hispanic students.
- With each increasing grade level, the percentage of students who had ever smoked cigarettes increased significantly, nearly quadrupling from 6th grade to 12th grade.
- By 12th grade, more than one third of high school students had tried cigarette smoking.

Current Cigarette Smoking

Current cigarette smoking is defined as having smoked cigarettes on one or more days during the 30 days preceding the survey.

- 3.3% of middle school students and 8.8% of high school students reported that they currently smoked cigarettes.
- Among high school students, smoking rates were higher for male students than for female students. Among middle school students, there was no significant difference in smoking rates between male and female students.
- 6.6% of Hispanic middle school students and 13.4% of Hispanic high school students reported that they currently smoked cigarettes.
- Hispanic middle and high school students had higher rates of current smoking than non-Hispanic students.
- Rates of current cigarette smoking more than doubled between middle school and high school.
- Among 6th graders, 1.4% reported smoking during the past 30 days. By 12th grade, this rate increased to 11.7%.

Figure 4. Percent of Students Who Reported Current Smoking by Sex and School Type, Utah 2003

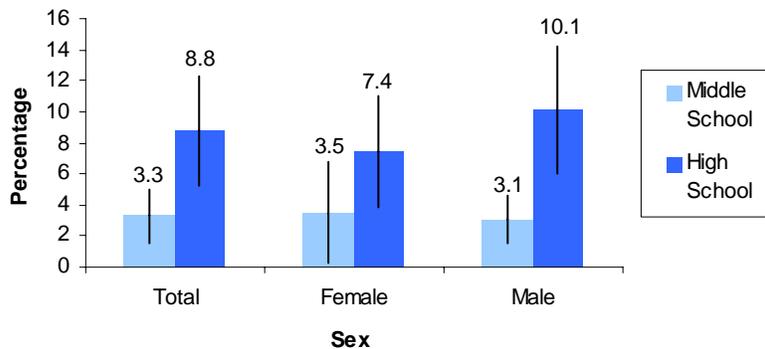


Figure 5. Percent of Students Who Reported Current Smoking by Ethnicity and School Type, Utah 2003

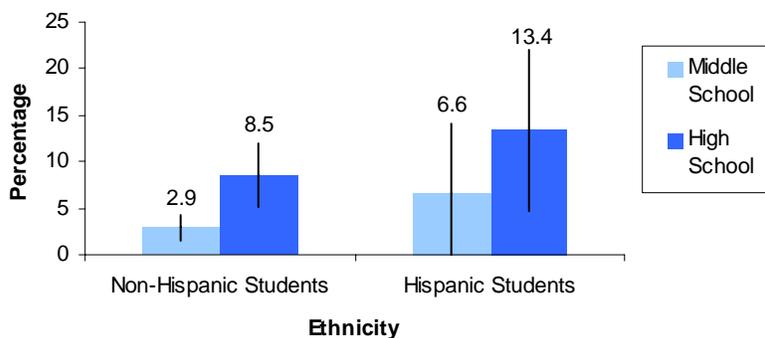
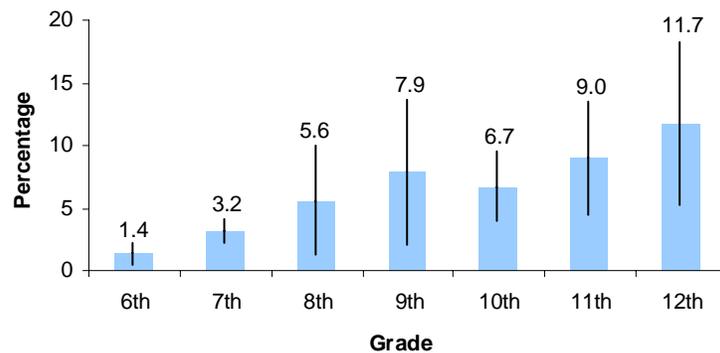
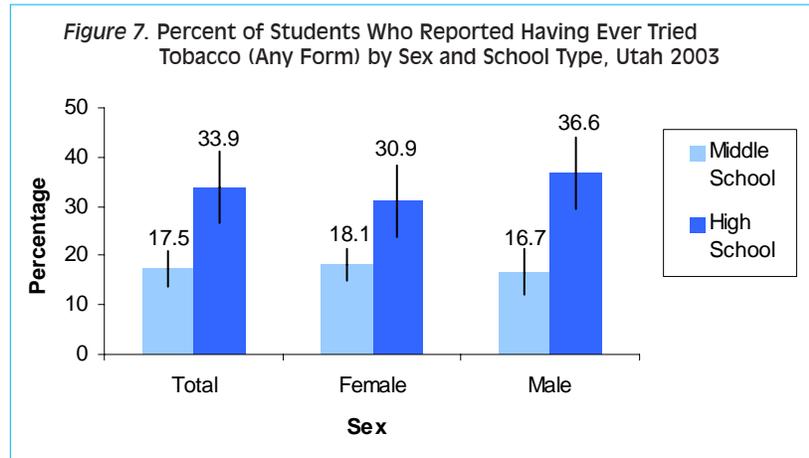


Figure 6. Percent of Students Who Reported Current Smoking by Grade, Utah 2003

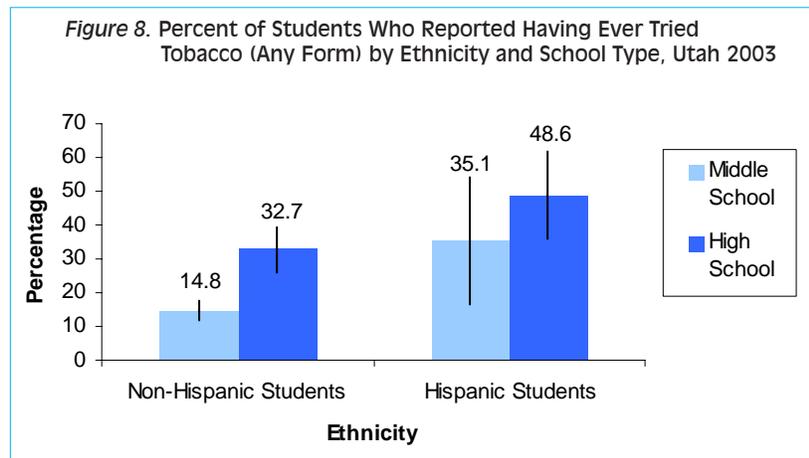


Ever Tried Any Form of Tobacco

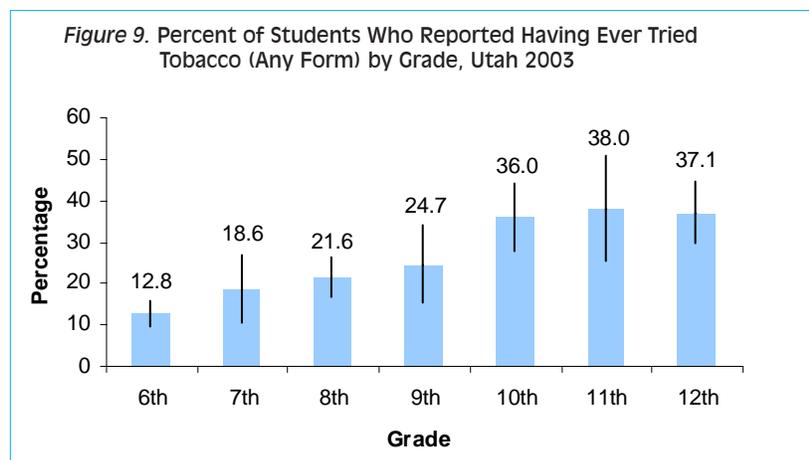
The forms of tobacco that students were asked about included cigarettes, cigars, pipes, smokeless tobacco, bidis, and kreteks. The graphs below show lifetime use of these combined products by gender, ethnicity, and grade.



- Overall, the rate of tobacco use nearly doubled from middle school to high school.
- In middle schools, female students were more likely to have used a tobacco product, whereas in high schools male students were more likely to have used a tobacco product.



- Hispanic students in middle school were more than twice as likely to have used a tobacco product as non-Hispanic students.
- Almost 50% of Hispanic high school students had tried tobacco products.



- With increasing grade levels, the rate of lifetime tobacco use increased significantly.
- By 12th grade, almost 40% of students reported using some form of tobacco in their lifetime.

Current Use of Other Tobacco Products

Current use of other tobacco products is defined as having used these products on one or more days during the 30 days preceding the survey. Other tobacco products shown in the graphs below include cigars, pipes, bidis, and smokeless tobacco.

- 5.3% of Utah's middle school students and 13.1% of Utah's high school students had used some form of tobacco during the month preceding the survey.

- Other than cigarettes, cigars were the most frequently used tobacco product among high school students.

- For all tobacco products, male high school students were more likely to report current use than female high school students.

- About one out of seven male high school students and one out of ten female high school students reported that they currently used a tobacco product.

- Among middle school students, differences in tobacco use between male and female students were not significant.

Figure 10. Percent of Students Who Reported Current Use of Tobacco Products by School Type and Tobacco Product, Utah 2003

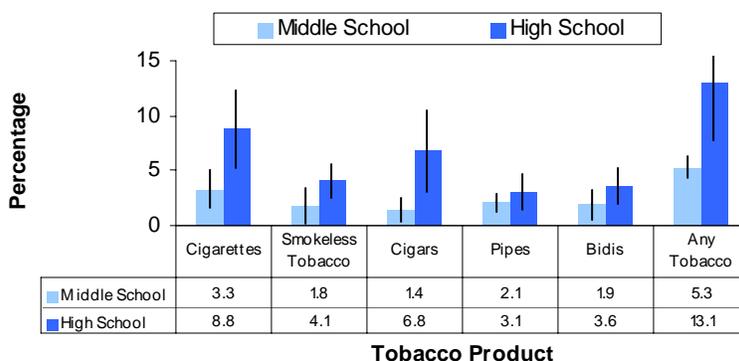


Figure 11. Percent of High School Students Who Reported Current Use of Tobacco Products by Gender and Tobacco Product, Utah 2003

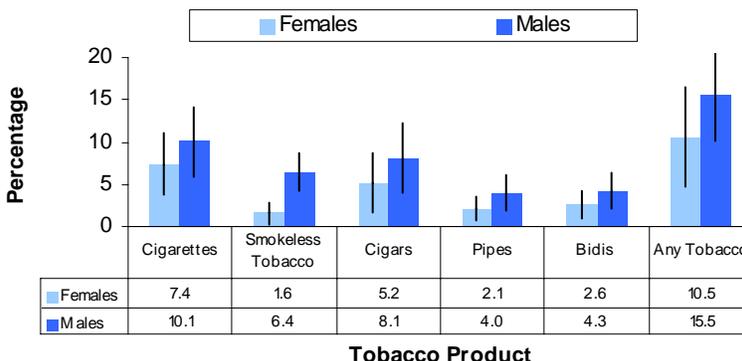
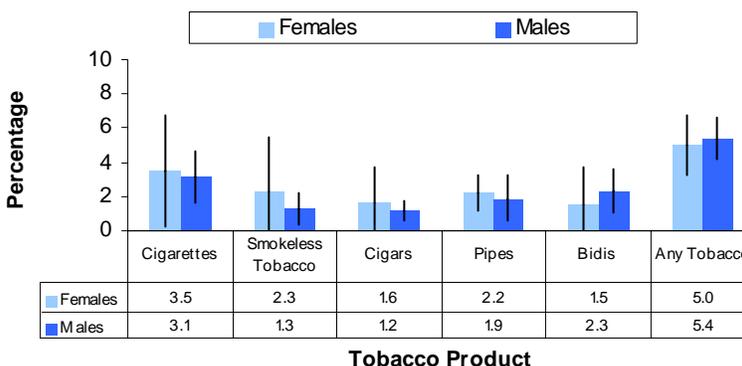
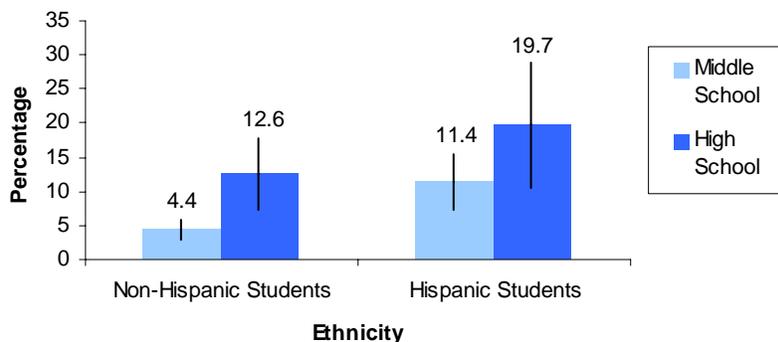


Figure 12. Percent of Middle School Students Who Reported Current Use of Tobacco Products by Gender and Tobacco Product, Utah 2003



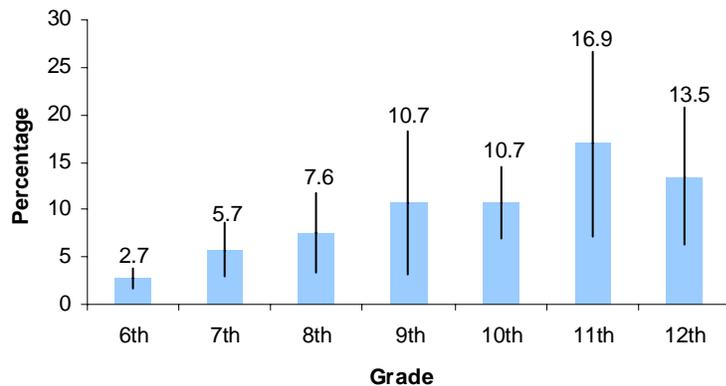
Current Use of Other Tobacco Products (Cont.)

Figure 13. Percent of Students Who Reported Current Use of Any Form of Tobacco by Ethnicity and School Type, Utah 2003



- Hispanic middle school students were twice as likely as non-Hispanic middle school students to report being current users of some form of tobacco.
- Almost 20% of Hispanic high school students reported current use of tobacco products, compared to 13% of non-Hispanic students.

Figure 14. Percent of Students Who Reported Current Use of Any Form of Tobacco by School Grade, Utah 2003



- In middle school, current use of any form of tobacco increased with each grade level.
- In high school, current use of any tobacco steadily increased from 9th to 12th grade with the exception of 11th graders. Eleventh graders most frequently reported using tobacco products during the past month.

Access to Cigarettes

Current cigarette smokers were asked to identify the most common source for obtaining cigarettes. Options for accessing cigarettes included direct purchases, social sources, and other sources.

- Most high school smokers (about 70%) relied on social sources for obtaining cigarettes (giving someone money to purchase cigarettes, borrowing them, or getting them from someone older than 18).
- Less than 5% of high school smokers reported buying cigarettes in a store.
- Middle school students reported taking cigarettes from a store or family member, unidentified sources, or direct purchases (stores and vending machines) as their most common methods of obtaining cigarettes.*
- Among high school students, male smokers were more likely to buy cigarettes in a store than female students. Female students were more likely to borrow cigarettes or to give someone money to buy them. For both male and female students, social sources were the primary method of obtaining cigarettes.

Figure 15. Usual Source of Cigarettes For High School Students Who Reported Smoking During the Past 30 Days, Utah 2003

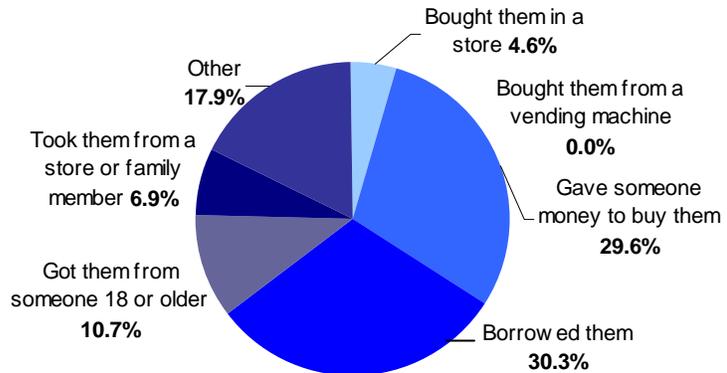


Figure 16. Usual Source of Cigarettes For Middle School Students Who Reported Smoking During the Past 30 Days, Utah 2003

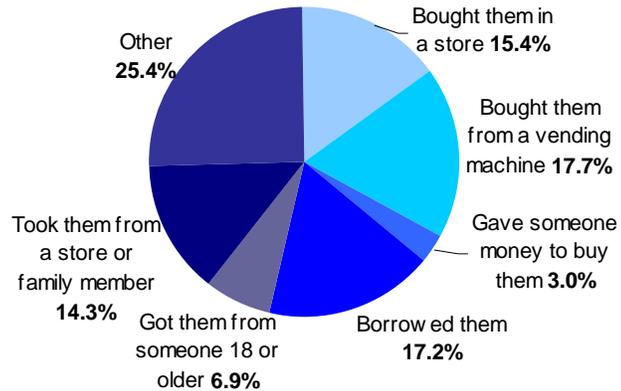
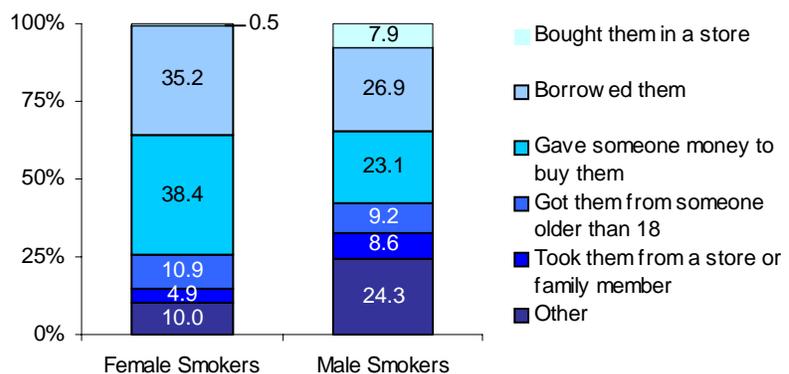


Figure 17. Usual Source of Cigarettes For High School Students Who Reported Smoking During the Past 30 Days by Sex, Utah 2003



* Results for middle school students need to be interpreted with caution due to small numbers of current smokers. Furthermore, middle school students' access to cigarettes through vending machines needs to be explored, since Utah law does not permit vending machines in locations accessible to minors.

Smoking Cessation

Quitting smoking is often a difficult and lengthy process even among smokers who would like to quit. The graphs below show interest in quitting, quit attempts, and confidence in being able to quit among Utah students who currently smoke.

Figure 18. Percent of Current Smokers Who Reported Wanting to Stop Smoking Cigarettes by School Type and Sex, Utah 2003

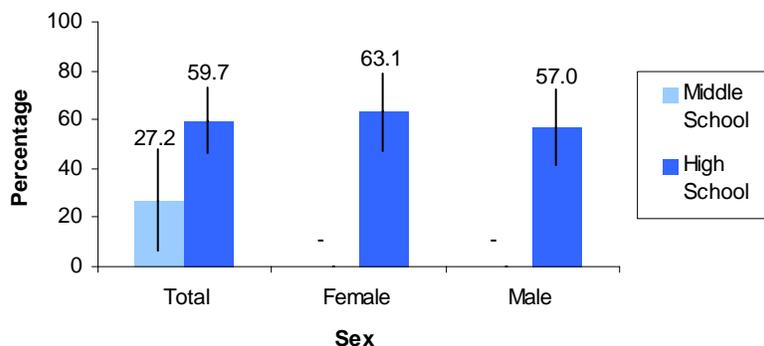


Figure 19. Percent of Current Smokers Who Reported Trying to Quit Smoking During the Past 12 Months by School Type and Sex, Utah 2003

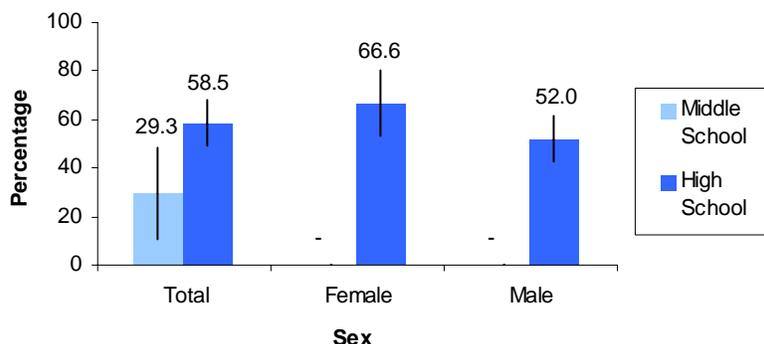
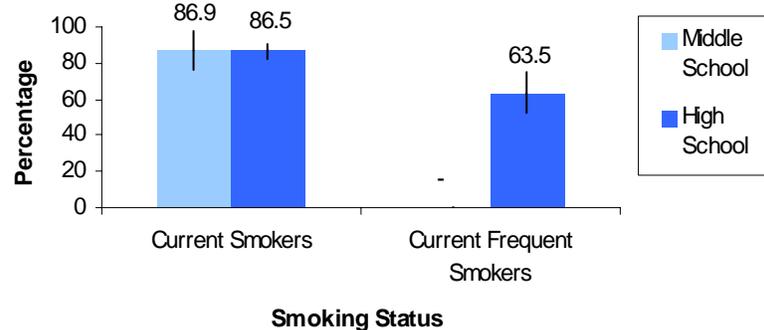


Figure 20. Percent of Smokers Who Reported Thinking They Would Be Able To Quit Now If They Wanted To by School Type and Frequency of Smoking, Utah 2003



- Current smokers' desire to quit differed by school type. The majority of Utah high school students who smoked (60%) reported a desire to stop smoking. In comparison, only 27% of middle school students indicated a desire to quit.
- Female high school smokers were somewhat more likely to indicate that they wanted to quit than male high school smokers.
- More than half of all high school smokers had made an attempt to quit during the past year, compared to only 29% of middle school smokers.
- About half of male high school smokers and about two thirds of female high school smokers reported attempting to quit.
- Frequent smokers⁺ were more likely to doubt their ability to quit if they wanted to compared to all current smokers.

- Due to low numbers of current smokers among middle school students, these indicators could not be calculated.

⁺ Frequent smokers are defined as smokers who smoked on 20 or more days during the 30 days preceding the survey.

Attitudes Toward Tobacco Use

Students were asked a series of questions concerning perceived benefits and harmful effects of smoking.

- Very few high school and middle school non-smokers (less than 5%) perceived having more friends or looking cool or fitting in as benefits of smoking.
- Current high school and middle school smokers were significantly more likely than non-smokers to view smoking as beneficial. However, less than 50% of smokers reported thinking that smokers had more friends or that smoking made young people look cool or fit in.
- Overall, students in middle and high school had sound knowledge of the harmful effects of smoking. More than 95% of non-smokers recognized the addictiveness of tobacco use, and more than 90% considered smoking harmful.
- Among non-smokers, there was no difference between middle school and high school students in perceived harmfulness of smoking.
- Current high school smokers were significantly more likely than current middle school smokers to recognize that smoking was addictive and harmful.

Figure 21. Percent of High School Students Who Reported Perceived Benefits of Smoking by Smoking Status, Utah 2003

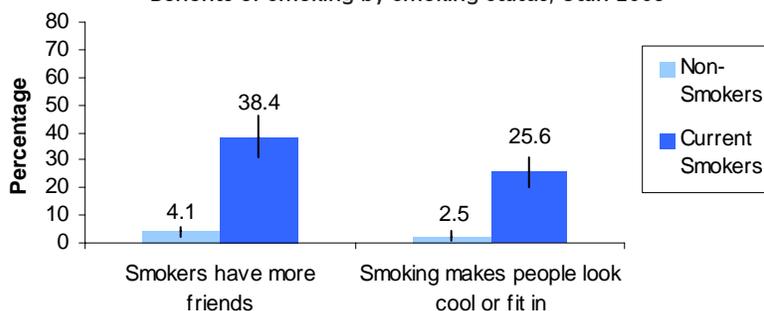


Figure 22. Percent of Middle School Students Who Reported Perceived Benefits of Smoking by Smoking Status, Utah 2003

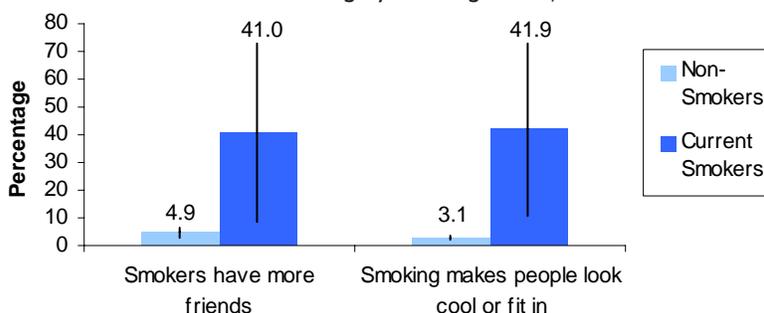


Figure 23. Percent of High School Students Who Reported Perceived Harmful Effects of Smoking by Smoking Status, Utah 2003

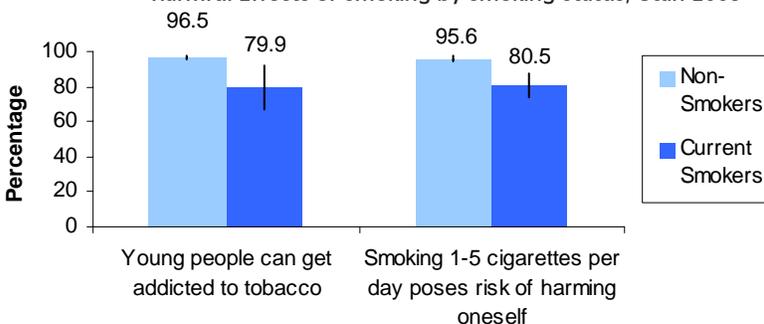
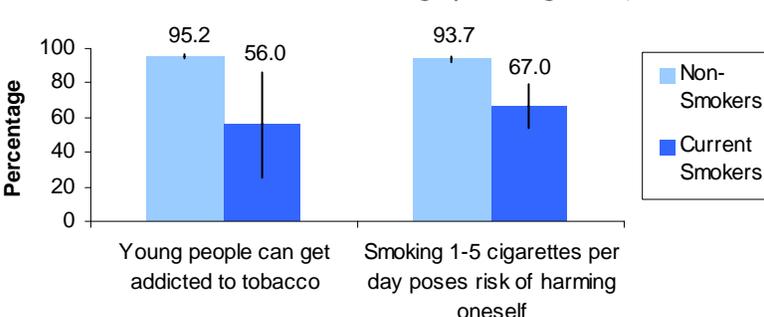
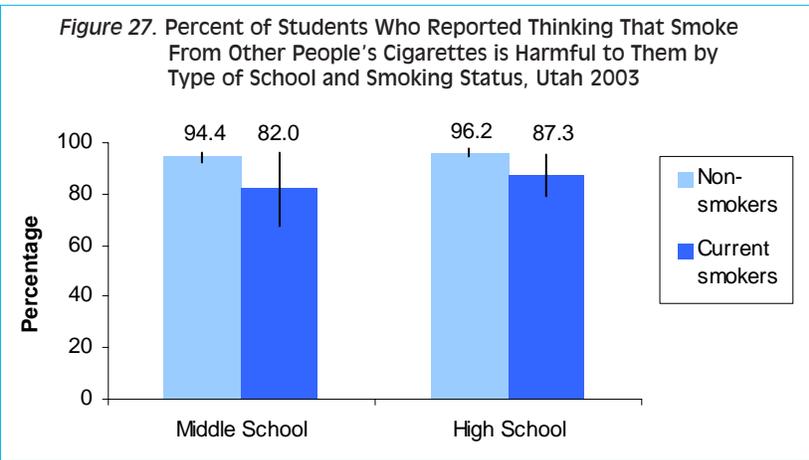
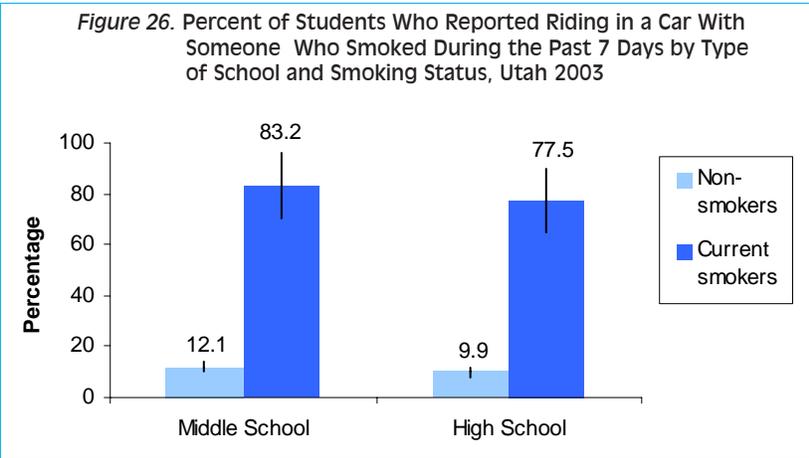
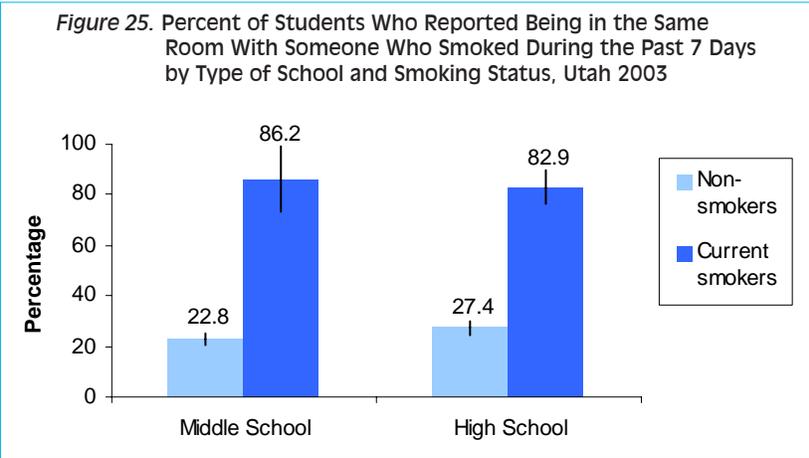


Figure 24. Percent of Middle School Students Who Reported Perceived Harmful Effects of Smoking by Smoking Status, Utah 2003



Exposure to Tobacco Smoke

Despite low smoking rates among Utah students, exposure to tobacco smoke remains a serious public health problem. Students were asked to identify whether they were exposed to tobacco smoke indoors or in cars and whether they perceived tobacco smoke from other people's cigarettes as harmful.



- Indoor exposure to tobacco smoke was strongly associated with student smoking behavior. More than 80% of middle and high school students who currently smoked reported being exposed to tobacco smoke indoors in the past week.
- Approximately one fourth of middle school students (23%) and high school students (28%) who did not smoke indicated being in the same room with someone who smoked during the past week.
- Approximately 80% of smokers and 10% of non-smokers reported riding in a car during the past week with someone who was smoking.
- Approximately 95% of non-smokers and 85% of current smokers reported that they were aware of the harmful effects of secondhand smoke.

Tobacco Use Among Friends and Family

Having friends or family members who use tobacco is strongly associated with tobacco use among students. As shown in the graphs below, this is true for both cigarette smoking and using smokeless tobacco (SLT).

- Compared to middle school students who did not smoke, middle school students who smoked were eight times more likely to have smokers among their four closest friends.
- High school smokers were six times more likely than non-smokers to have friends who smoked.
- Living with a smoker increased students' likelihood of being a smoker. One third of current middle school smokers and half of current high school smokers reported living with a smoker.
- In comparison, only 16% of middle school non-smokers and 12% of high school non-smokers reported living with a smoker.
- About one third of middle school students and about half of all high school students who used smokeless tobacco (SLT) reported living with an SLT user.
- In comparison, less than 10% of all non-SLT users in middle and high schools reported living with an SLT user.

Figure 28. Percent of Students Who Reported That One or More of Their Four Closest Friends Smoked Cigarettes by Type of School and Smoking Status, Utah 2003

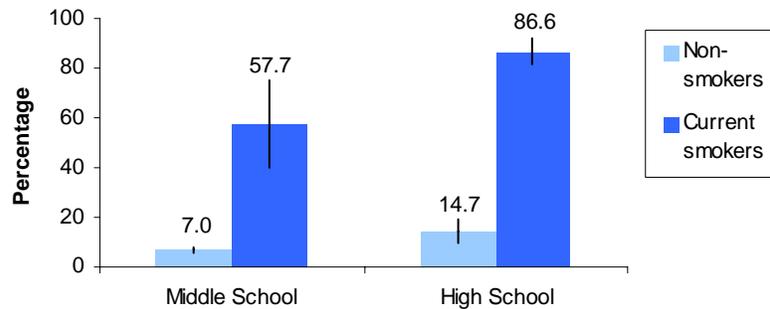


Figure 29. Percent of Students Who Reported Living With Someone Who Currently Smokes Cigarettes by Type of School and Smoking Status, Utah 2003

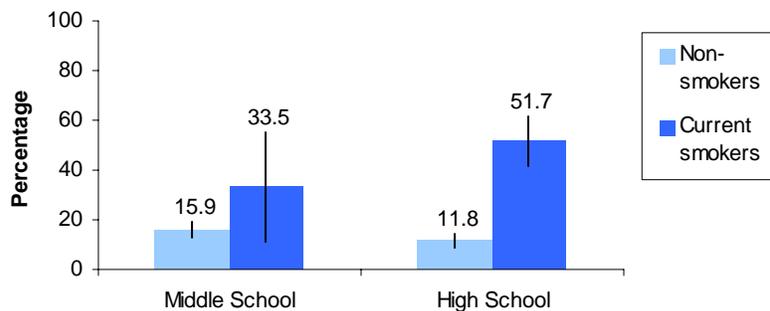
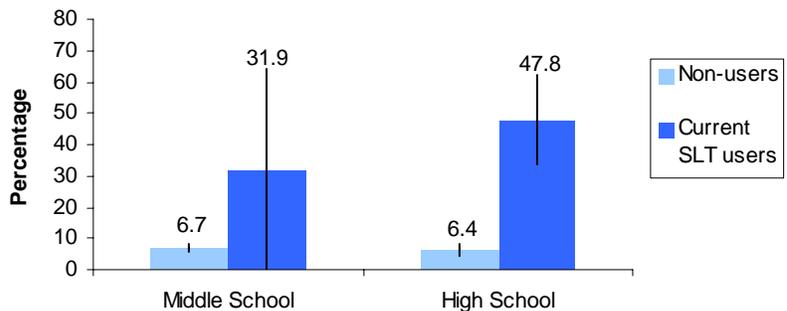


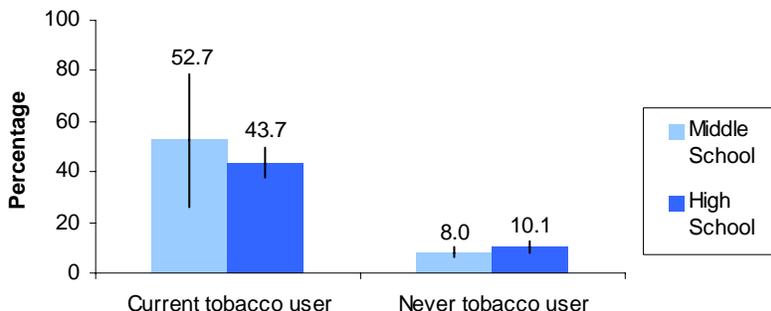
Figure 30. Percent of Students Who Reported Living With Someone Who Uses SLT by Type of School and SLT Use, Utah 2003



Exposure to Tobacco Promotions and Tobacco Use in the Media

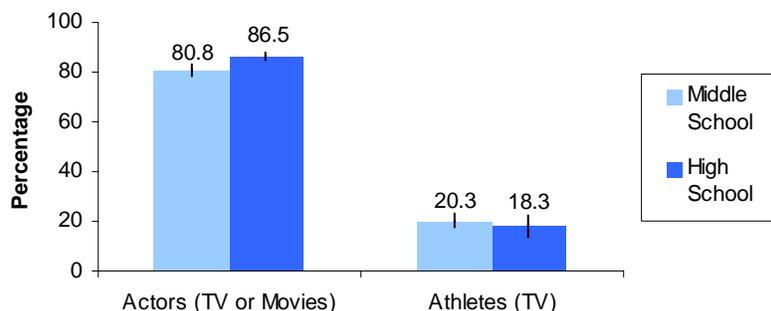
While direct advertising of tobacco products to youth is restricted, tobacco companies have invested heavily in distributing promotional items. In addition, tobacco use is being modeled and promoted in the entertainment industry, sports, and on the Internet.

Figure 31. Percent of Students Who Reported Buying or Receiving Something With a Tobacco Company Name or Picture on It by School Type, Utah 2003



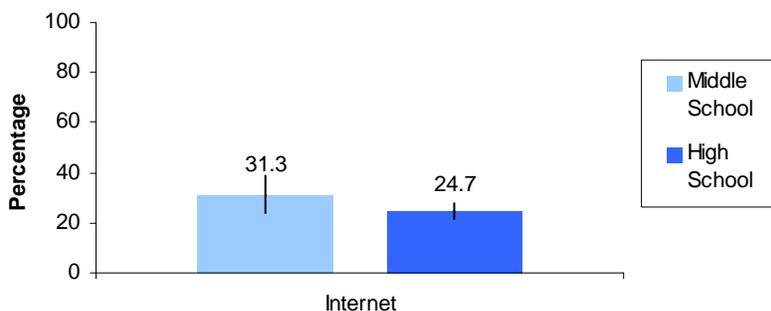
- Approximately half of all current tobacco users in middle and high schools reported purchasing or receiving promotional items from tobacco companies.
- About one in ten students who never used tobacco had bought or received such promotional items.

Figure 32. Percent of Students Who Reported Watching TV or Movies and Seeing Actors and/or Athletes Using Tobacco Most or Some of the Time by School Type, Utah 2003



- More than 80% of students reported seeing actors in movies or on TV use tobacco some or most of the time.
- Approximately 20% of students reported seeing athletes use tobacco some or most of the time.

Figure 33. Percent of Students Who Reported Using the Internet and Seeing Tobacco Advertising Most or Some of the Time by School Type, Utah 2003



- About one third of middle school students and one fourth of high school students noticed tobacco advertising most or some of the time when using the Internet.

Preferred Cigarette Brands

Promotion, advertising, and product placement play an important role in determining which brands students typically smoke. The graphs below show preferred brands of current smokers by school type and gender.

- More than 75% of current high school smokers reported usually smoking one of the most heavily advertised brands (Camel, Marlboro, and Newport).
- Marlboro was listed as the most frequently smoked brand (49%), followed by Camel (21%).

- About half of the middle school students who smoked in the past 30 days reported Marlboro or Camel as their preferred brands.*
- Almost 40% of middle school smokers indicated that they smoked other (not identified) brands.*

- Among high school students, sex affected brand preferences. Almost two thirds of female smokers usually smoked Marlboro, compared to 38% of male students.
- Male students were more likely than female students to list other (unidentified) brands or no usual brand.

Figure 34. Preferred Cigarette Brand of High School Students Who Reported Smoking During the Past 30 Days, Utah 2003

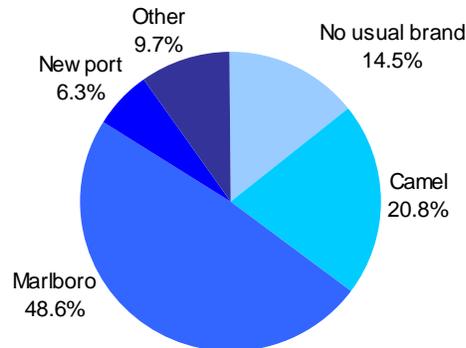


Figure 35. Preferred Cigarette Brand of Middle School Students Who Reported Smoking During the Past 30 Days, Utah 2003

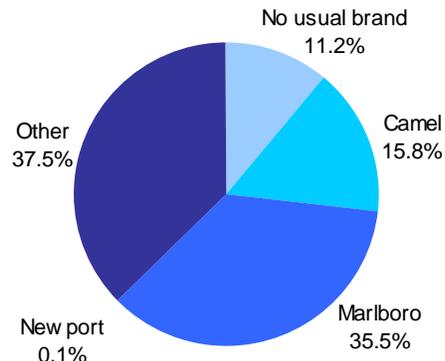
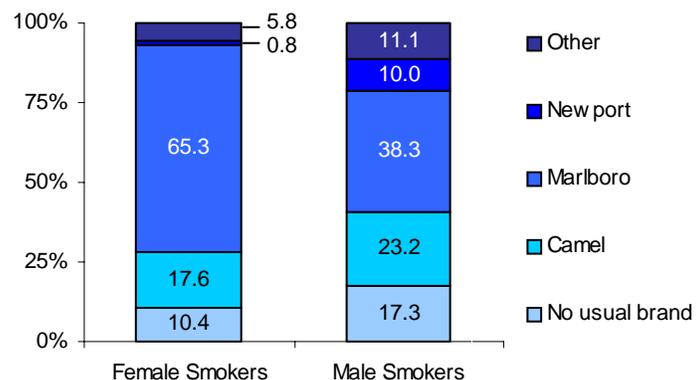


Figure 36. Preferred Cigarette Brand of High School Students Who Reported Smoking During the Past 30 Days by Sex, Utah 2003

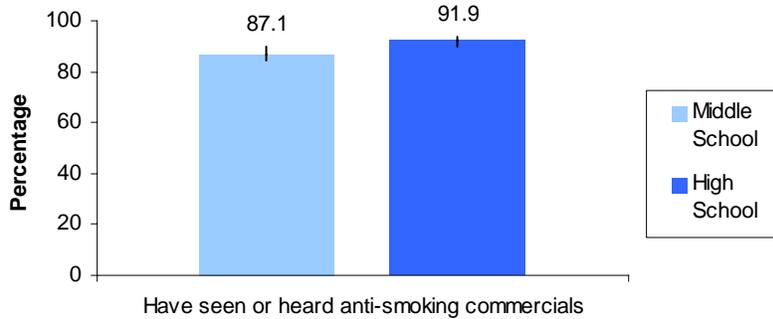


* Note: Results for middle school students need to be interpreted with caution due to small numbers of current smokers.

Exposure to Utah's "The TRUTH" Anti-Tobacco Media Campaign

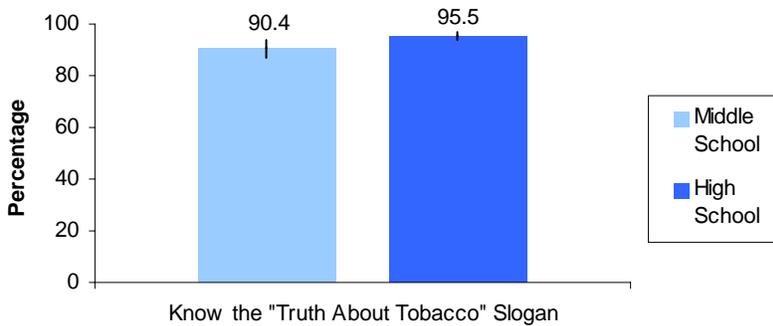
The TRUTH anti-tobacco media campaign is the central element of Utah's Tobacco Prevention and Control Program. Its youth-oriented goals include deglamorization of tobacco, countering tobacco industry advertising, and providing information about the risks of tobacco use and secondhand smoke.

Figure 37. Percent of Students Who Reported Seeing or Hearing Anti-Smoking Advertisements During the Past 30 Days by Type of School, Utah 2003



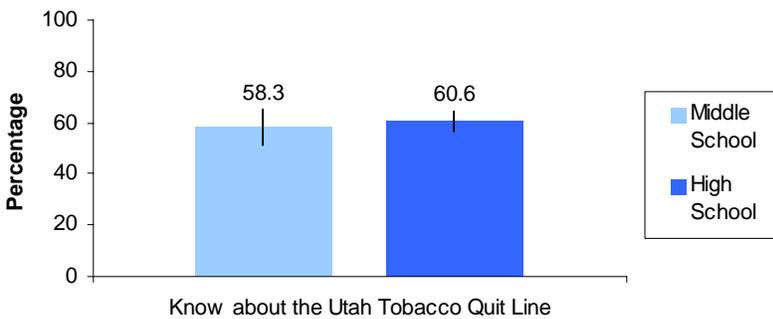
- Approximately 90% of middle and high school students reported seeing or hearing anti-smoking advertisements during the past month.

Figure 38. Percent of Students Who Reported Knowing the "Truth About Tobacco" Slogan by Type of School, Utah 2003



- More than 90% of students were aware of the statewide campaign slogan "The Truth About Tobacco."

Figure 39. Percent of Students Who Reported Knowing About the Tobacco Quit Line by Type of School, Utah 2003



- Many of Utah's anti-tobacco advertisements encourage tobacco users to call the Utah Tobacco Quit Line. About 60% of students confirmed that they were aware of the Utah Tobacco Quit Line.

Survey Participation and Tobacco Use Prevalence by Local Health District

Table 1: Survey Participation Rates by Local Health District, Utah 2003

| Sample | Middle Schools | | | | High Schools | | | |
|------------------|----------------|---------------|---------------|----------------------|---------------|---------------|---------------|----------------------|
| | School PR* | Student PR* | Overall PR* | | School PR* | Student PR* | Overall PR* | |
| Statewide | 94.34% | 77.00% | 72.64% | W⁺ | 92.78% | 69.34% | 64.33% | W⁺ |
| Bear River | 100.00% | 87.01% | 87.01% | W ⁺ | 80.00% | 73.09% | 58.47% | U ^o |
| Central | 91.67% | 70.47% | 64.60% | W ⁺ | 90.00% | 70.99% | 63.90% | W ⁺ |
| Davis | 100.00% | 85.07% | 85.07% | W ⁺ | 100.00% | 90.65% | 90.65% | W ⁺ |
| Salt Lake Valley | 100.00% | 81.78% | 81.78% | W ⁺ | 90.00% | 65.51% | 58.96% | U ^o |
| Southeastern | 100.00% | 69.53% | 69.53% | W ⁺ | 100.00% | 58.04% | 58.04% | U ^o |
| Southwest | 100.00% | 80.83% | 80.83% | W ⁺ | 100.00% | 52.46% | 52.46% | U ^o |
| Summit | 100.00% | 56.18% | 56.18% | U ^o | 100.00% | 69.46% | 69.46% | W ⁺ |
| Tooele | 100.00% | 77.40% | 77.40% | W ⁺ | 100.00% | 89.50% | 89.50% | W ⁺ |
| TriCounty | 62.50% | 75.73% | 47.33% | U ^o | 62.50% | 51.50% | 32.19% | U ^o |
| Utah County | 100.00% | 80.85% | 80.85% | W ⁺ | 100.00% | 74.35% | 74.35% | W ⁺ |
| Wasatch | 100.00% | 71.83% | 71.83% | W ⁺ | 100.00% | 77.14% | 77.14% | W ⁺ |
| Weber-Morgan | 80.00% | 69.33% | 55.46% | U ^o | 100.00% | 70.32% | 70.32% | W ⁺ |

Data was weighted and analyzed for districts that achieved an overall participation rate of 60% or higher.

*Participation Rate

+ Weighted Data

o Unweighted Data

Table 2: Current Use of Cigarettes and Smokeless Tobacco (SLT) by Local Health District, Utah 2003 (Weighted Data Only)

| Sample | Middle Schools | | | | High Schools | | | |
|------------------|----------------|-------------|-------------|-------------|--------------|-------------|-------------|-------------|
| | Cigarettes | 95% C.I. | SLT | 95% C.I. | Cigarettes | 95% C.I. | SLT | 95% C.I. |
| Statewide | 3.3% | 1.7% | 1.8% | 1.6% | 8.8% | 3.5% | 4.1% | 1.5% |
| Bear River | 3.2% | 1.7% | 1.9% | 1.7% | - | - | - | - |
| Central | 1.7% | 2.0% | 1.0% | 1.4% | 17.4% | 5.0% | 11.8% | 4.0% |
| Davis | 2.7% | 1.0% | 1.0% | 1.2% | 8.0% | 4.4% | 2.7% | 1.6% |
| Salt Lake Valley | 4.1% | 4.3% | 2.4% | 4.3% | - | - | - | - |
| Southeastern | 3.1% | 3.4% | 2.3% | 2.6% | - | - | - | - |
| Southwest | 4.5% | 2.3% | 2.2% | 1.5% | - | - | - | - |
| Summit | - | - | - | - | 9.5% | 12.0% | 5.0% | 5.5% |
| Tooele | 4.7% | 2.1% | 1.0% | 1.7% | 6.4% | 6.0% | 2.7% | 2.8% |
| TriCounty | - | - | - | - | - | - | - | - |
| Utah County | 1.5% | 1.3% | 1.2% | 2.1% | 4.4% | 2.8% | 3.9% | 2.2% |
| Wasatch | 0% | 0% | 0% | 0% | 4.9% | 4.9% | 2.0% | 3.0% |
| Weber-Morgan | - | - | - | - | 9.4% | 4.5% | 6.1% | 5.4% |

Technical Notes

Survey Methods

The Utah Student Health and Risk Prevention (SHARP) Survey Project

To decrease the survey burden on schools and improve survey response rates, the Utah Department of Health's Tobacco Prevention and Control Program, the Utah State Office of Education, and the Utah Department of Human Services' Division of Substance Abuse and Mental Health partnered to conduct three school-based surveys in a joint survey project. The SHARP project included the following three surveys: the Youth Tobacco Survey, the Youth Risk Behavior Survey, and Utah's Prevention Needs Assessment. The U.S. Centers for Disease Control and Prevention (CDC) developed a sample that accommodated all three surveys. Sampled classes were assigned to one of the three surveys. All three surveys received response rates higher than 60% and were weighted to reflect the student population in Utah's public middle and high schools.

UYTS Survey Instrument

The 2003 Utah Youth Tobacco Survey (UYTS) used 63 standardized core questions developed by the CDC and 18 state-specific questions. These questions covered tobacco use prevalence; access to tobacco products; addiction; cessation; tobacco-related knowledge, attitudes, and intentions; tobacco prevention education; counter-marketing; industry strategies; secondhand smoke; and asthma surveillance.

Sampling

The UYTS used a two-stage cluster sampling design to select a representative sample of public schools and students in Utah. Schools were selected to allow for analysis at the health district level. The first stage sampling frame was constructed from public middle schools (schools containing any of the grades 6-8) and high schools (schools containing any of the grades 9-12) for a total of 106 middle schools and 97 high schools. The second sampling stage involved randomly selecting second-period classes within each school. All students in selected classes received a parental consent form that informed parents about the purpose of the survey and asked for active consent to allow students to participate. Only students who returned positive parental consent forms before surveys were administered were allowed to participate in the surveys. Overall participation rates (school participation rate x student participation rate) for the UYTS were 73% in middle schools and 64% in high schools. The data were weighted to adjust for varying probabilities of selection and non-response.

Analysis

Survey responses were received from 2,796 middle school students in 100 middle schools and 2,587 high school students in 90 high schools. The CDC calculated and provided sample weights, frequencies, and 95% confidence intervals for each question. Results are reported separately for middle and high school students.

Limitations

The UYTS did not include certain youth segments, such as students in private or alternative schools, school drop-outs, or youth in correctional facilities and treatment centers. Due to Utah's active consent law for school-based surveys, students who did not return their consent forms were not represented.

