

## RECOMMENDATIONS

Best practices to reduce tobacco and alcohol use include:

- Stronger enforcement of existing laws that regulate youth access to alcohol and tobacco products including electronic cigarettes and other vape products
- Stronger enforcement of laws prohibiting adults from providing alcohol to youth
- Encouraging parents to talk to their kids about alcohol and set clear rules about no underage drinking
- Price increases for electronic cigarettes and other vape products
- Restricting locations where tobacco products can be sold
- Further restricting tobacco advertising directed toward youth
- Maintaining comprehensive statewide tobacco prevention and control
- Supporting local coalition work to prevent underage drug use
- Increasing collaboration between programs addressing substance abuse and health to support joint data collection and intervention planning

## BACKGROUND

The SHARP (Student Health and Risk Prevention) survey was designed to assess adolescent health, substance abuse, and anti-social behavior, and the risk and protective factors that predict these behaviors. The SHARP Survey is overseen by the Division of Substance Abuse and Mental Health (DSAMH) at the Utah Department of Human Services (DHS), the Utah Department of Health (UDOH), and the Utah State Board of Education. The survey project is conducted in Utah public schools in the spring of odd-numbered years. Students in grades 6, 8, 10, and 12 are eligible to participate in the survey.

## ANALYSIS

The data were weighted to account for probability of selection and to adjust to the demographic distribution of students enrolled in Utah public schools. Design weights were constructed to account for district, school, and classroom sampling rates. Iterative proportional fitting (raking) further adjusted the design weights to account for additional demographic information (grade, race, district, grade by school district, sex by school district, race/ethnicity by school district).

## CITATION

Utah Tobacco Prevention and Control Program. *Student Health and Risk Prevention (SHARP) Survey Report: Tobacco and Alcohol Use Among Utah Students*. 2016. Salt Lake City: Utah Department of Human Services, Utah Department of Health, and Utah State Office of Education.

# SHARP REPORT

## TOBACCO AND ALCOHOL USE AMONG UTAH STUDENTS - 2015

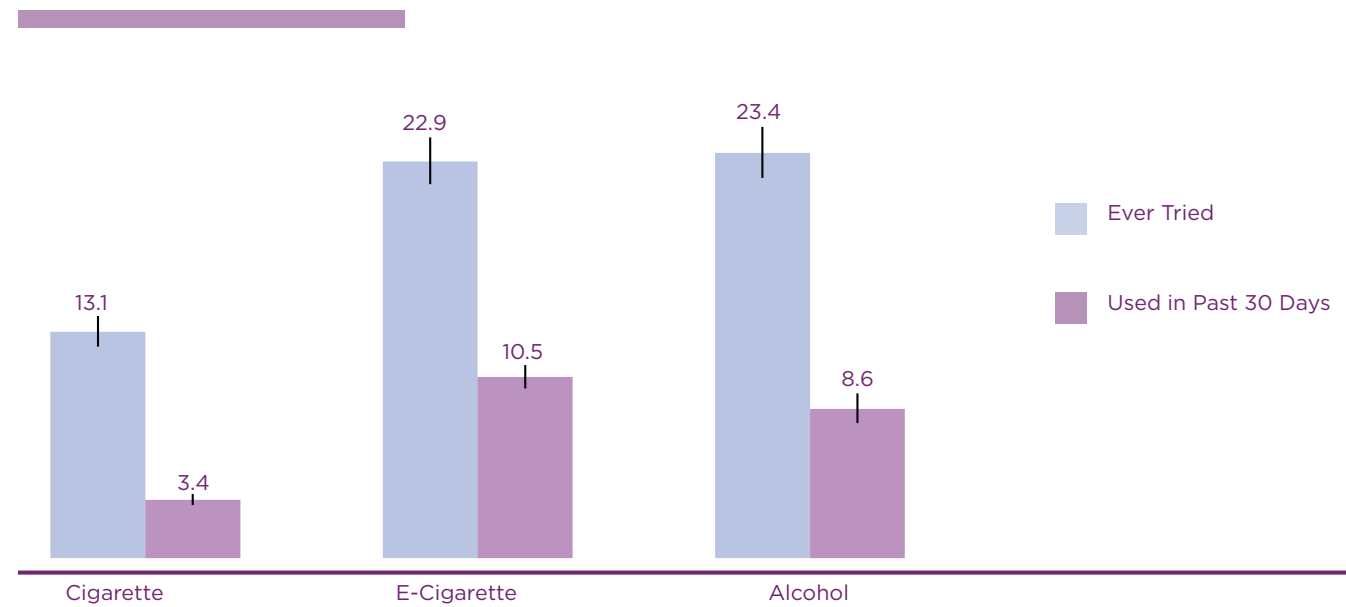
This data update includes:

- Experimentation and use of alcohol, cigarettes, and electronic cigarettes (or vape products) among Utah students in grades 8, 10 and 12
- Use of alcohol, cigarettes, and electronic cigarettes by local health district
- Dual use of alcohol and cigarettes & alcohol and electronic cigarettes
- Source of alcohol, cigarettes, and electronic cigarettes
- Recommendations to reduce tobacco and alcohol use among Utah youth

utah department of  
human services

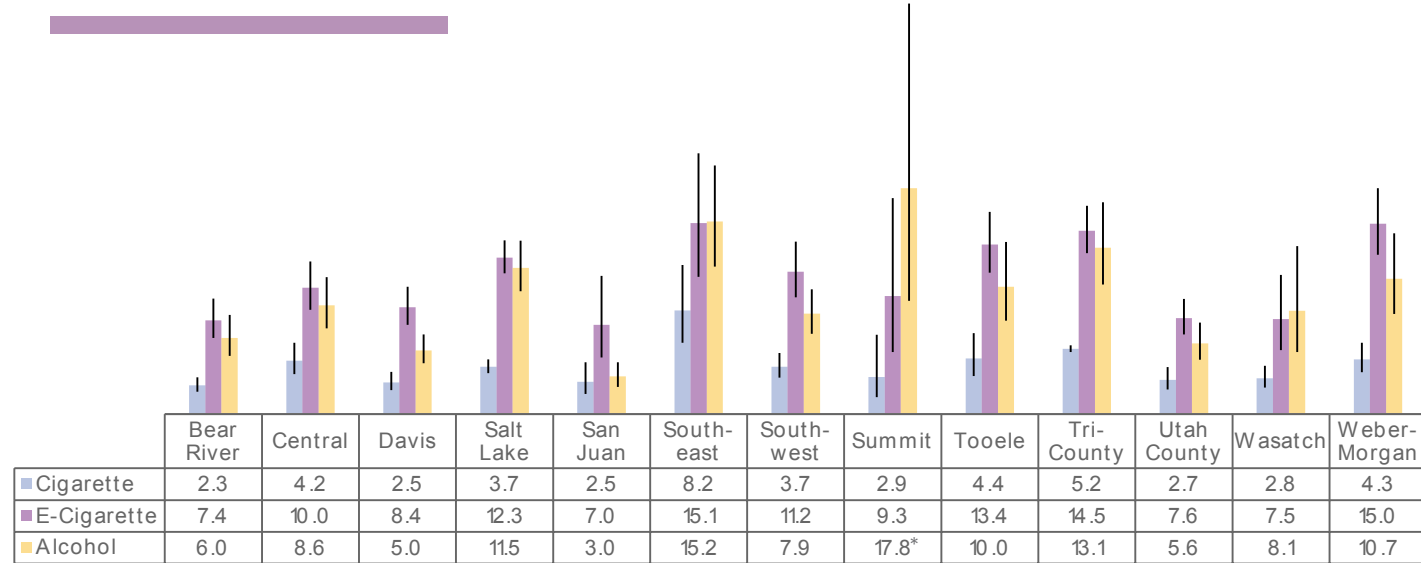


**PERCENT OF UTAH STUDENTS IN GRADES 8, 10, AND 12 WHO TRIED TOBACCO OR ALCOHOL OR USED TOBACCO OR ALCOHOL IN THE PAST 30 DAYS BY TYPE OF PRODUCT, 2015**



- **Lifetime Use.** In 2015, Utah students were significantly more likely to report ever trying alcohol (23.4%) and e-cigarettes (22.9%) than conventional cigarettes (13.1%).
- **Current Use.** More than 10% of Utah students reported current use of e-cigarettes, followed by alcohol use (8.6%), and cigarette smoking (3.4%).
- **E-Cigarettes.** The reported rate of current e-cigarette use is significantly higher than current alcohol use and cigarette smoking among Utah students.

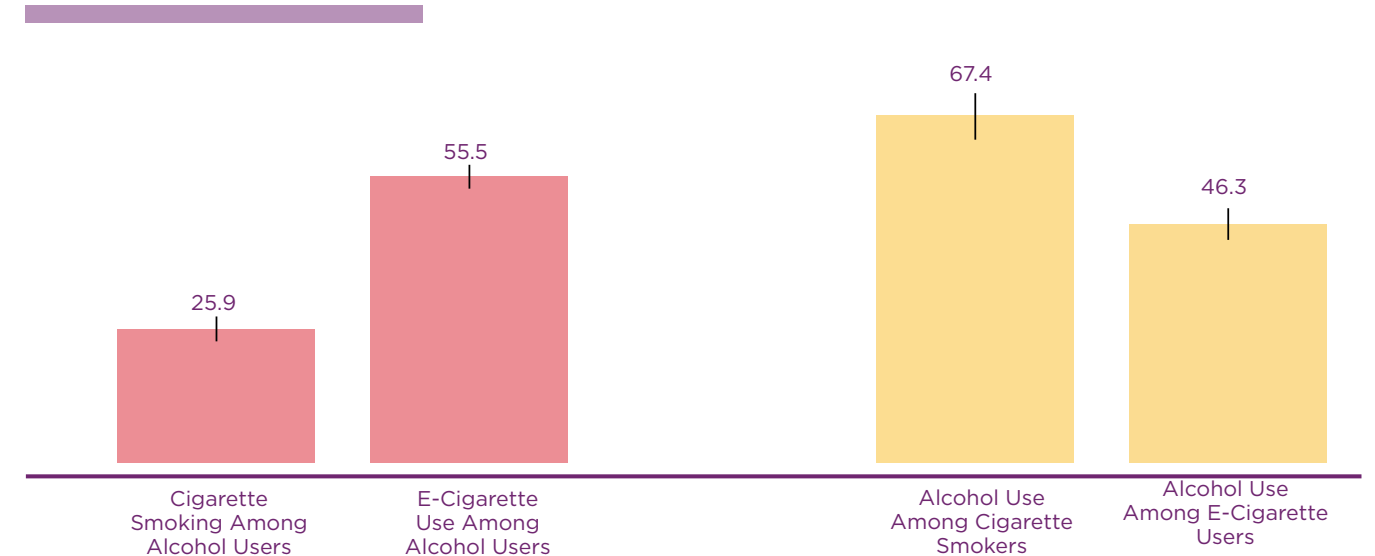
**PERCENT OF UTAH STUDENTS IN GRADES 8, 10, AND 12 WHO REPORTED CURRENT USE OF TOBACCO OR ALCOHOL BY TYPE OF PRODUCT AND LOCAL HEALTH DISTRICT, 2015**



\*This estimate has a relative standard error of >30% and does not meet UDOH standards for reliability.

- **Cigarette Smoking.** Students in Southeast Utah health district reported the highest cigarette smoking rate (8.2%), followed by Tri-County (5.2%), Tooele County (4.4%), and Weber-Morgan (4.3%) health districts.
- **E-Cigarette Use.** One in seven students in Southeast Utah and Weber-Morgan health districts reported current use of e-cigarettes, followed by Tri-County (14.5%), and Tooele County (13.4%) health districts.
- **Alcohol Use.** Nearly 18% of students in Summit County health district reported current alcohol use (17.8%) followed by Southeast Utah (15.2%), Tri-County (13.1%), and Salt Lake County (11.5%) health districts.

**PERCENT OF UTAH STUDENTS IN GRADES 8, 10, AND 12 WHO REPORTED CURRENT USE OF TOBACCO AND ALCOHOL PRODUCTS BY TYPE OF USE, 2015**



- **Tobacco Use Among Alcohol Users.** About one-fourth of Utah students who drank alcohol in the past 30 days reported that they also smoked conventional cigarettes. In comparison, more than half of youth who drank alcohol (55.5%) were using electronic cigarettes.
- **Alcohol Use Among Tobacco Users.** More than two-thirds of students who smoked cigarettes reported that they drank alcohol. Alcohol use among e-cigarette users was slightly less common at 46.3%.

**SOURCE OF TOBACCO PRODUCTS AMONG UTAH STUDENTS IN GRADES 8, 10, AND 12 BY TYPE OF PRODUCT AND SOURCE, 2015**



- **Cigarette Sources.** Nearly 38% of Utah youth smokers reported buying cigarettes at a convenience store/supermarket followed by borrowing or bumming them from someone else or getting them from someone aged 18 or older (22.3%).
- **E-Cigarette Sources.** One-third of Utah students reported borrowing or bumming e-cigarettes from someone else or getting them from someone aged 18 or older. Another 33% reported buying them at a convenience store/supermarket or tobacco/vape shop.
- **Alcohol Sources.** The most common source for obtaining alcohol products among Utah students was parties (67.9%), followed by getting it from someone aged 21 or older (63.5%), and giving someone else money to buy it (44.6%). Note: alcohol sources were not included in the graph above due to comparability issues with the answer selections for tobacco products.