

# TOBACCO USE

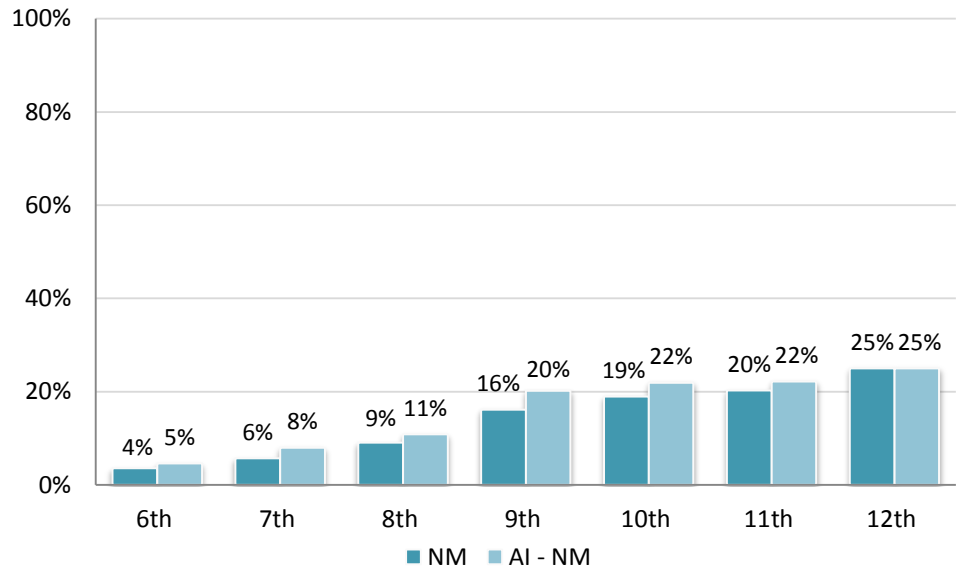
among American Indian Youth in NEW MEXICO 2011



This fact sheet presents data on tobacco use among American Indian (AI) middle and high school students in New Mexico. Comparisons are also made with the all-race student population of New Mexico. The data come from the 2011 NM Youth Risk and Resiliency Survey (YRRS), which explores health risk behaviors and protective factors among youth in New Mexico. This survey does not distinguish between commercial and ceremonial uses of tobacco.

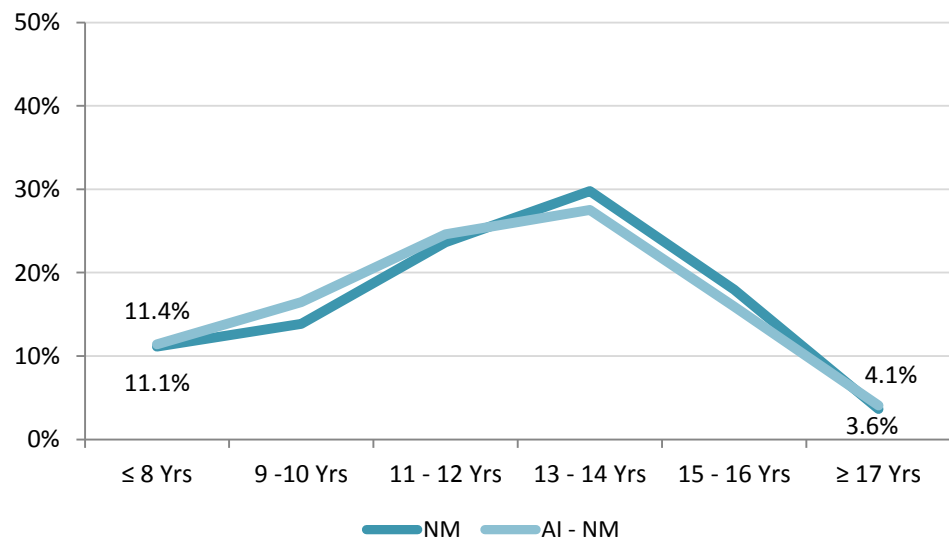
## Percentage of Smokers\* across Middle and High School Students

In 2011, **American Indian (NM) students across all grades were more likely to be smokers when compared to the NM statewide population.** In addition, there was a statistically significant increase in AI smokers (9%) and in the statewide population (7%) from 8<sup>th</sup> to 9<sup>th</sup> grade.



## Age When 1<sup>st</sup> Smoked a Cigarette - Middle and High School Students

Among students who smoked a cigarette, most AI students smoked their first cigarette at 13 – 14 years old (28%). **Overall, AI students are more likely to first smoke cigarettes at a younger age than the statewide population.**



### \*SMOKER

Defined as a student who in the past 30 days smoked at least one cigar or smoked cigarettes for more than 5 days.

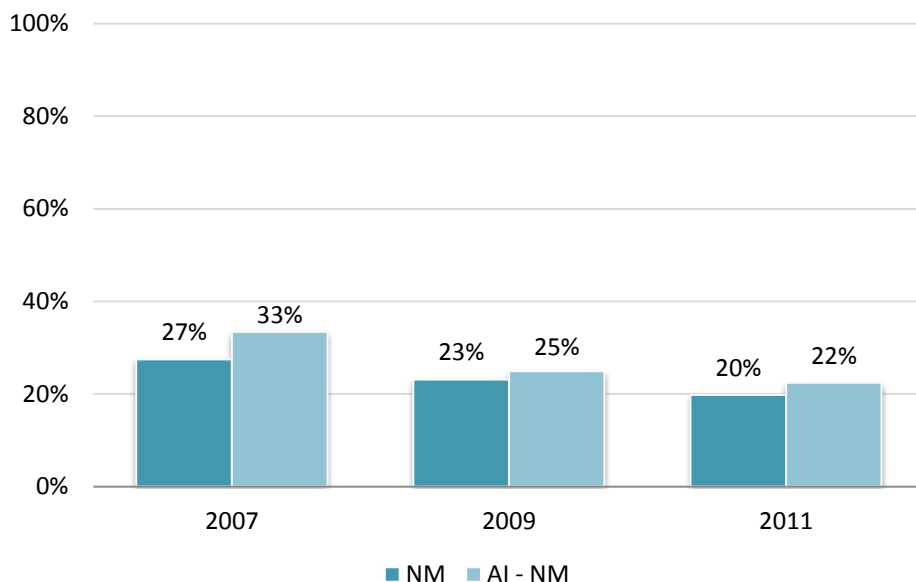
# TOBACCO USE

among American Indian Youth in NEW MEXICO 2011



## Percentage of Smokers among High School Students from 2007 - 2011

In 2011, both American Indian (NM) high school students and the NM statewide population had reduced smoking rates in comparison to previous years' rates. Overall, **the smoking rate among AI high school students decreased by 11% over the past 5 years.** Although AI students continue to smoke at higher rates than the NM statewide population, this difference also decreased from 2007 to 2011.



### Protective Factors – High School Students\*

- Never skipped school
- Parents think it is wrong for student to smoke
- A parent believes student will be a success
- Student believes smoking a pack a day is a health risk
- Parents know where student is and with whom
- Parent is interested in the student's school work

### Risk Factors – High School Students\*

- Drank alcohol in their lifetime
- Current marijuana user
- Have ever tried cocaine
- Most or all of their friends drink at least once a week
- Fought on school property in the last 12 months
- Bullied on school property in the last 12 months
- Skipped school at least once a month or more

\*All risk and protective factors were statistically significant and are listed in order from strongest to weakest influence on tobacco smoking behavior

## AMERICAN INDIAN MALE HIGH SCHOOL STUDENTS ARE 2XS MORE LIKELY TO SMOKE THAN AI FEMALES

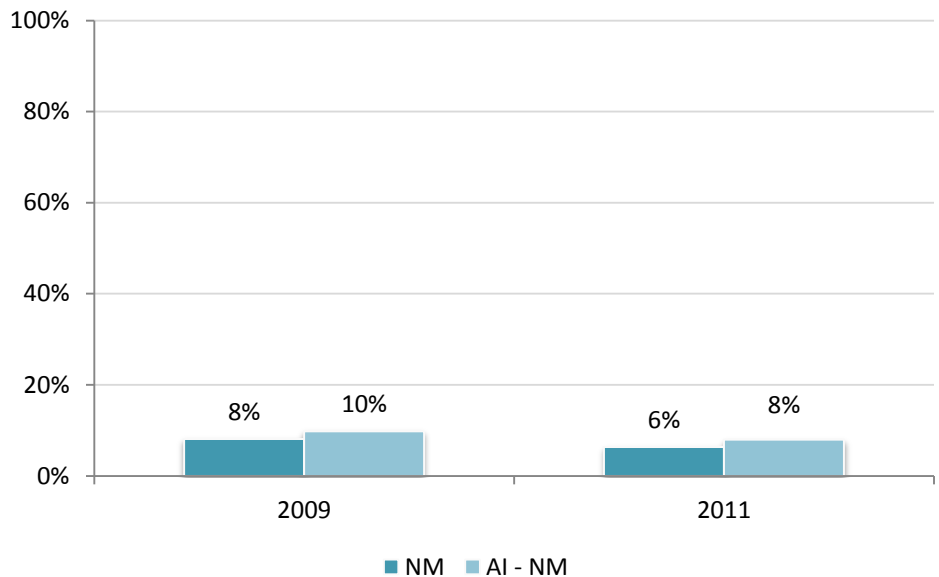
# TOBACCO USE

among American Indian Youth in NEW MEXICO 2011



## Percentage of Smokers among Middle School Students 2009 - 2011

In 2011, smoking rates decreased among both American Indian (NM) middle school students and the NM statewide population in comparison to the 2009 rate. Overall, **AI middle school students remain 2% more likely to smoke** than the statewide middle school population both in 2009 and 2011.



### Protective Factors – Middle School Students\*

- Parents knows where student is and with whom
- Student believes smoke from other people's cigarettes is harmful to them
- Grades are mostly A's and B's
- Outside of the home, there is an adult who really cares about the student.

### Risk Factors – Middle School Students\*

- Tried marijuana before 11 years old
- Binge drank in the past 30 days
- Current marijuana user
- Have ever used a prescription drug recreationally
- Would smoke a cigarette offered by their best friend
- In past week, has been in the same room as a smoker

*\*All risk and protective factors were statistically significant and are listed in order from strongest to weakest influence on tobacco smoking behavior*

## THE MOST COMMON METHOD FOR AMERICAN INDIAN STUDENTS TO GET CIGARETTES IS FROM FRIENDS.

# TOBACCO USE

among American Indian Youth in NEW MEXICO 2011



## Hookah: An Emerging Smoking Trend

**Hookah:** A water pipe used to smoke tobacco, which can come in different flavors.

### Health Concerns:

- Hookah is perceived as less harmful than cigarettes; however it shares many of the same health risks.
- Even after passing through water, **the smoke from a hookah contains significant levels of toxic agents, such as tar, nicotine and heavy metals.**
- An hour-long hookah session involves **approximately 200 puffs of smoke** compared to 20 puffs from 1 cigarette. Therefore hookah smokers may absorb more toxic substances than cigarettes smokers.
- The charcoal used to heat the pipe releases high levels of carbon monoxide, metals and cancer-causing chemicals.
- Infections are easily passed to others by sharing a hookah pipe's mouthpiece.

---

## 1 IN 5 AMERICAN INDIAN HIGH SCHOOL STUDENTS SMOKE TOBACCO WITH A HOOKAH.

---

### Recommendations and Resources:

- RAISE AWARENESS** American Indian youth appear to be at an increased risk of smoking commercial tobacco for recreational purposes.
- ADVOCATE** Keep tobacco sacred. Culturally appropriate education about the harms of recreational uses of commercial tobacco should begin early among American Indian youth, before ages 9-14.
- STAY INFORMED** Know about the rise in the use of hookah and the health risks associated with it. Include hookah in your conversations about tobacco use and anti-tobacco education efforts.
- LEARN MORE** Contact smoking cessation programs and anti-tobacco efforts in your community. Or call the New Mexico Quit Now Hotline at 1-800-784-8669 for more assistance.

### Sources:

*The NM YRRS is a joint project of the New Mexico Department of Health (NMDOH), the University of New Mexico Prevention Research Center (UNM PRC), the Albuquerque Area Southwest Tribal Epidemiology Center (AASTEC), the Division of Adolescent and School Health, and Centers for Disease Control and Prevention (CDC-DASH). For more information on the NM YRRS visit [www.Youthrisk.org](http://www.Youthrisk.org).*

*CDC Fact Sheet – Hookah. [http://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/tobacco\\_industry/hookahs/](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/tobacco_industry/hookahs/)*