

TOBACCO USE

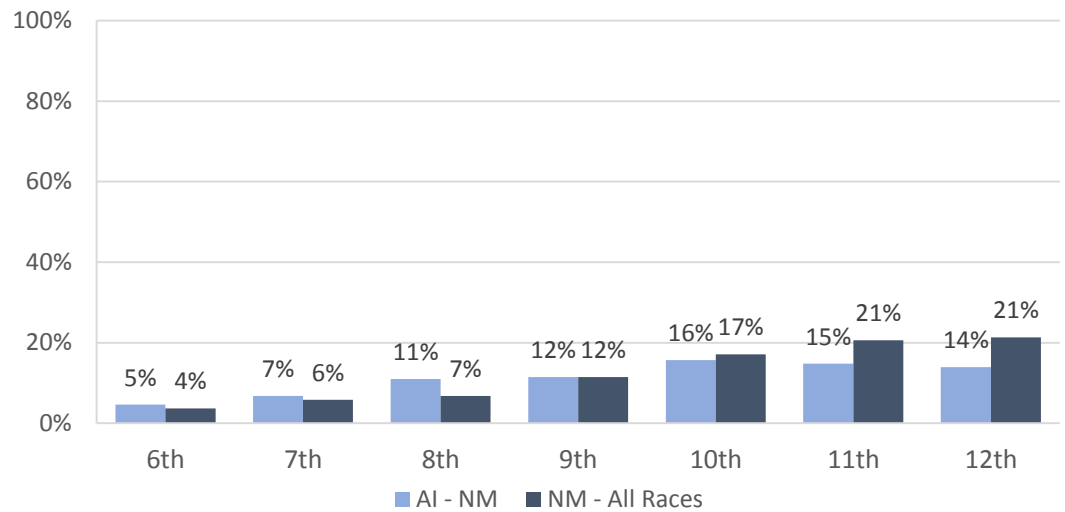
among American Indian Youth in NEW MEXICO 2013



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 2013 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 2013, the percentage of smokers among American Indian middle school students (grades 6-8) was higher than the percentage of smokers in the NM statewide student population. However, in high school (grades 9-12) this trend reverses, where the percentage of smokers among AI students was lower than the NM statewide student population.



Three Key Findings:

- 1) American Indian middle school students who have never smoked are **TWICE AS LIKELY** to say they will try cigarettes soon as New Mexico middle school students of all other races
- 2) Overall, American Indian students are **44% LESS LIKELY** to report exposure to secondhand smoke than New Mexico students of all other races
- 3) American Indian high school students who try cigarettes before age 13 are **7 TIMES MORE LIKELY** to become smokers compared to American Indian high school students who do not try cigarettes before age 13

*SMOKER

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

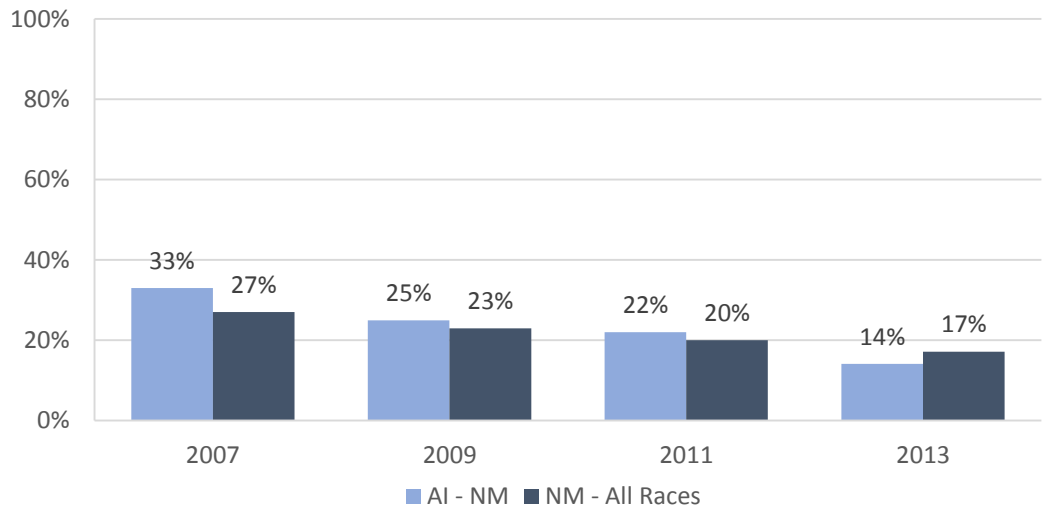
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Percentage of Smokers among High School Students from 2007 - 2013

Since 2007 there has been a significant decrease in smoking prevalence across all NM high school students. In 2013, the percentage of American Indian high school smokers (14%) was significantly less than the percentage of smokers among the NM statewide high school student population (17%). Note: this survey did not ask about e-cigarette usage.



American Indian high school students who describe themselves as **gay, lesbian or bisexual** are **2 x's MORE LIKELY** to smoke than AI high school students who describe themselves as heterosexual

American Indian **male** high school students are **75% MORE LIKELY** to smoke than AI female HS students

Protective factors – High School Students*

- Plans to go to college or other school after high school
- Thinks there are clear rules at school
- Parents know where student is and with whom
- There is a parent, teacher or other adult who believes the student will be a success
- Gets mostly A's or B's in school
- Participates in sports/clubs/activities at, or outside of school
- At home there is a parent or other adult who is interested in the student's school work
- At school there is a teacher or other adult who listens

Risk factors – High School Students*

- Has ever used any drugs**
- Is a current drinker
- Is a current marijuana user
- Tried first cigarette before age 13
- Was in the same room as someone who was smoking cigarettes in the past week
- Skipped school at least once per month
- Gets mostly D's or F's in school
- Knows adults who use drugs
- Felt so sad or hopeless that s/he stopped doing some usual activities

* All risk and protective factors are statistically significant and are listed in order from strongest to weakest association with tobacco behavior

** Any drug use includes: marijuana, synthetic marijuana, cocaine, heroin, methamphetamines, ecstasy, prescription drugs, painkillers, inhalants, and injectable drugs

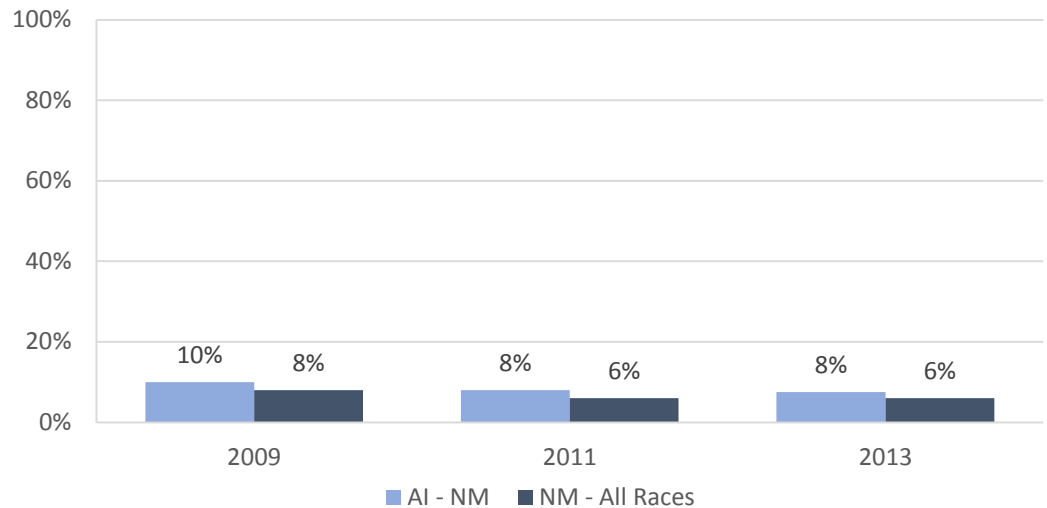
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Percentage of Smokers among Middle School Students from 2009 - 2013

In 2013, smoking prevalence among American Indian middle school students and NM statewide middle school students did not change compared to 2011. The percentage of smokers among AI middle school students (8%) remains significantly higher than the percentage of smokers among the NM middle school students statewide (6%).



40% of American Indian middle school smokers smoke on school property

3 out of 5 American Indian middle school smokers tried to quit smoking in the past year

Protective factors – Middle School Students*

- Parents know where student is and with whom
- Gets mostly A's or B's in school
- Thinks secondhand smoke is harmful
- At home there is a parent or other adult who is interested in the student's school work
- Participates in clubs, sports teams, church, temple or other group activities outside of school

Risk factors – Middle School Students*

- Binge drank in the past 30 days
- Is a current marijuana user
- Tried first cigarette before age 11
- Is a current drinker
- Has ever used any drugs**
- Was in the same room as someone who was smoking cigarettes in the past week
- Gets mostly D's or F's in school
- Has friends who get into a lot of trouble

* All risk and protective factors are statistically significant and are listed in order from strongest to weakest association with tobacco behavior

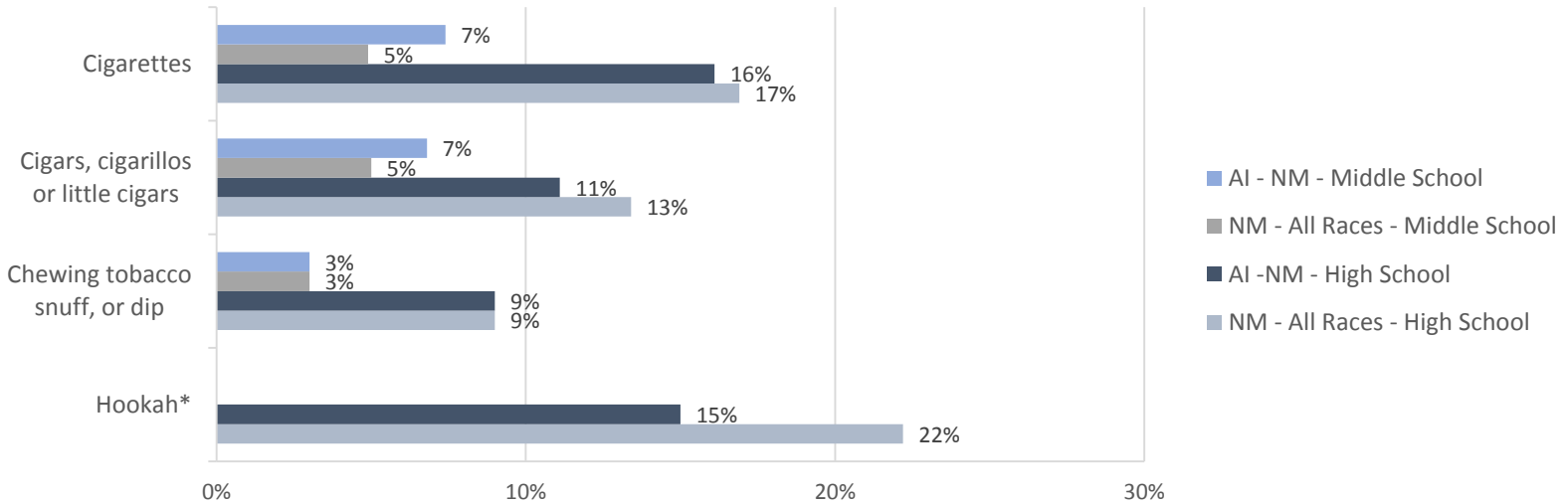
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Types of tobacco used among New Mexico Middle and High School Students

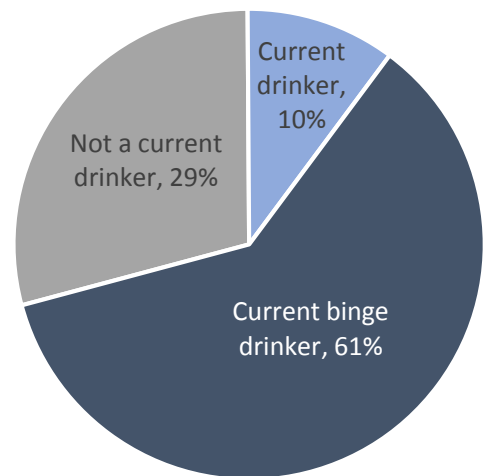


In 2013, the percentages of cigarette and cigar use within the past 30 days among middle school students were significantly higher among American Indian students compared to all NM students statewide. Among high school students the percentages of cigar and hookah use within the past 30 days were significantly lower for AI students compared to all NM students statewide.

*Hookah not measured in Middle School survey

Drinking behavior among **American Indian High School Students who smoke hookah**

In 2013, American Indian high school students who smoke hookah, a water pipe used to smoke tobacco, which can come in different flavors, showed some concerning drinking habits. Nearly $\frac{3}{4}$'s of these students, at a minimum, were current drinkers (drank in the past 30 days). Furthermore, 61% of hookah smokers reported binge drinking (having 5 or more drinks in a row) at least once in the past month.



The New Mexico Youth Risk and Resiliency Survey (YRRS) is a collaborative project of the New Mexico Department of Health (NMDOH) and the New Mexico Public Education Department (PED) with support and technical assistance from the University of New Mexico Prevention Research Center (UNM PRC), the Albuquerque Area Southwest Tribal Epidemiology Center (AASTEC), and the Division of Adolescent and School Health at the Centers for Disease Control and Prevention (CDC-DASH). For more information on the NM YRRS visit www.Youthrisk.org.