

### Background

- ▶ According to the Centers for Disease Control and Prevention, "Tobacco use and addiction most often begin during youth and young adulthood. Youth use of tobacco in any form is unsafe and might have lasting adverse consequences on their developing brains."<sup>1</sup>
- ▶ Each year in Connecticut, about 2,100 kids (under 18) become new daily smokers, and they buy or smoke 5.6 million packs of cigarettes.<sup>2</sup>
- ▶ From the US Surgeon General, "Tobacco use by youth and young adults causes both immediate and long-term damage. One of the most serious health effects is nicotine addiction, which prolongs tobacco use and can lead to severe health consequences. The younger youth are when they start using tobacco, the more likely they will be addicted."<sup>3</sup>
- ▶ Approximately 56,000 children alive in Connecticut today will ultimately die prematurely from smoking-related diseases.<sup>2</sup>

### 2015 Estimates of Current Tobacco Use Among Youth<sup>4</sup>

- ▶ An estimated 27,800 Connecticut youths, including 14.3% or 24,000 high school and 3.0% or 3,800 middle school students, reported current use (use on 1 or more days of the past 30 days) of any tobacco product, including cigarettes, cigars, chewing tobacco, snuff, dip, pipes, bidis, kreteks, hookahs, and e-cigarettes. (Table 1)
- ▶ Cigarettes (5.6%) are the second most prevalent form of tobacco used in high school. (Table 1)
- ▶ For the first time, current e-cigarette use surpassed current use of every other tobacco product, including cigarettes. (Table 2)
- ▶ Nearly one-third (32.1%) of current cigarette smokers in high school smoked on 20 or more of the 30 days prior to the survey (i.e., frequent cigarette smoking).

#### Key Points:

- ▶ In 2015, 3.0% of CT middle school and 14.3% of high school students used some form of tobacco in the past 30 days.
- ▶ E-cigarettes are the most prevalent form of tobacco product used among CT middle and high school students.
- ▶ Cigar smoking among high school students is mostly male behavior.



- ▶ High school males (6.5%) are significantly more likely than their female counterparts (2.5%) to currently smoke cigars. (Table 3)
- ▶ The prevalence of smoking tobacco from a hookah or water pipe is 1.0% among middle school and 3.3% among high school students. (Table 4)

Table 1—2015 Prevalence of Current Tobacco Use Among Connecticut Middle and High School Students

| Demographic Characteristics | Current Tobacco Use |                  |             |                    | Current Cigarette Smoking |                  |             |                  |
|-----------------------------|---------------------|------------------|-------------|--------------------|---------------------------|------------------|-------------|------------------|
|                             | Middle School       |                  | High School |                    | Middle School             |                  | High School |                  |
|                             | %                   | 95% CI           | %           | 95% CI             | %                         | 95% CI           | %           | 95% CI           |
| <b>Overall</b>              | <b>3.0</b>          | <b>(2.0-4.0)</b> | <b>14.3</b> | <b>(11.3-17.3)</b> | <b>0.8</b>                | <b>(0.4-1.2)</b> | <b>5.6</b>  | <b>(3.5-7.8)</b> |
| Sex                         |                     |                  |             |                    |                           |                  |             |                  |
| Male                        | 2.7                 | (1.6-3.8)        | 16.3        | (12.9-19.6)        | —**                       | —                | 5.6         | (3.3-7.8)        |
| Female                      | 3.2                 | (2.1-4.4)        | 12.1        | (8.6-15.6)         | 1.0                       | (0.4-1.5)        | 5.6         | (2.8-8.4)        |

\*\*These estimates are suppressed because the data are statistically unreliable.

Table 2—2015 Prevalence of Current Tobacco Use Among Connecticut Middle and High School Students

| Demographic Characteristics | Current E-Cigarette Use |                  |             |                  | Current Bidi Smoking |          |             |                  |
|-----------------------------|-------------------------|------------------|-------------|------------------|----------------------|----------|-------------|------------------|
|                             | Middle School           |                  | High School |                  | Middle School        |          | High School |                  |
|                             | %                       | 95% CI           | %           | 95% CI           | %                    | 95% CI   | %           | 95% CI           |
| <b>Overall</b>              | <b>1.4</b>              | <b>(0.7-2.0)</b> | <b>7.2</b>  | <b>(4.7-9.7)</b> | <b>—**</b>           | <b>—</b> | <b>0.4</b>  | <b>(0.2-0.7)</b> |
| Sex                         |                         |                  |             |                  |                      |          |             |                  |
| Male                        | 1.2                     | (0.6-2.4)        | 8.3         | (5.5-11.1)       | —                    | —        | —           | —                |
| Female                      | 1.6                     | (0.8-2.4)        | 6.0         | (3.2-8.9)        | —                    | —        | —           | —                |

\*\*These estimates are suppressed because the data are statistically unreliable.

Table 3—2015 Prevalence of Current Tobacco Use Among Connecticut Middle and High School Students

| Demographic Characteristics | Current Cigar Smoking |          |             |                  | Current Smokeless Tobacco Use |          |             |                  |
|-----------------------------|-----------------------|----------|-------------|------------------|-------------------------------|----------|-------------|------------------|
|                             | Middle School         |          | High School |                  | Middle School                 |          | High School |                  |
|                             | %                     | 95% CI   | %           | 95% CI           | %                             | 95% CI   | %           | 95% CI           |
| <b>Overall</b>              | <b>—**</b>            | <b>—</b> | <b>4.5</b>  | <b>(3.3-5.8)</b> | <b>—</b>                      | <b>—</b> | <b>2.8</b>  | <b>(1.7-3.8)</b> |
| Sex                         |                       |          |             |                  |                               |          |             |                  |
| Male                        | —                     | —        | 6.5         | (4.3-8.6)        | —                             | —        | 4.7         | (3.1-6.3)        |
| Female                      | —                     | —        | 2.5         | (1.7-3.2)        | —                             | —        | —           | —                |

\*\*These estimates are suppressed because the data are statistically unreliable.

Table 4—2015 Prevalence of Current Tobacco Use Among Connecticut Middle and High School Students

| Demographic Characteristics | Current Pipe Smoking |                  |             |                  | Current Hookah Smoking |                  |             |                  |
|-----------------------------|----------------------|------------------|-------------|------------------|------------------------|------------------|-------------|------------------|
|                             | Middle School        |                  | High School |                  | Middle School          |                  | High School |                  |
|                             | %                    | 95% CI           | %           | 95% CI           | %                      | 95% CI           | %           | 95% CI           |
| <b>Overall</b>              | <b>0.9</b>           | <b>(0.5-1.4)</b> | <b>2.3</b>  | <b>(1.6-3.1)</b> | <b>1.0</b>             | <b>(0.5-1.6)</b> | <b>3.3</b>  | <b>(2.5-4.1)</b> |
| Sex                         |                      |                  |             |                  |                        |                  |             |                  |
| Male                        | —**                  | —                | 2.5         | (1.5-3.4)        | —                      | —                | 3.7         | (2.7-4.7)        |
| Female                      | 1.1                  | (0.4-1.7)        | 2.2         | (1.4-3.0)        | —                      | —                | 2.9         | (1.8-4.0)        |

\*\*These estimates are suppressed because the data are statistically unreliable.

## For Further Information

Connecticut Department of Public Health  
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Phone: 860-509-8251  
Or Visit: [www.ct.gov/dph/tobacco](http://www.ct.gov/dph/tobacco)

## References

- <sup>1</sup>Tobacco Use Among Middle and High School Students—United States, 2011-2014. MMWR 2015; 64(381).
- <sup>2</sup>Campaign for Tobacco Free Kids. [www.tobaccofreekids.org/facts\\_issues/toll\\_us/Connecticut](http://www.tobaccofreekids.org/facts_issues/toll_us/Connecticut); accessed 2016 Mar 3.
- <sup>3</sup>US Dept. of HHS; [www.surgeongeneral.gov/library/reports/preventing-youth-tobacco-use/factsheet.html](http://www.surgeongeneral.gov/library/reports/preventing-youth-tobacco-use/factsheet.html); accessed 2016 Mar 3.
- <sup>4</sup>Results from the Connecticut Youth Tobacco Survey (YTS); 2015.