

2008 ALABAMA YOUTH TOBACCO SURVEY



ACKNOWLEDGEMENTS

The Alabama Youth Tobacco Survey (ALYTS) would not have been possible without the hard work and dedication of a great number of individuals from various organizations. First and foremost, we would like to thank the superintendents, principals, teachers, and students of Alabama public middle and high schools who participated in the 2008 ALYTS. Their participation made this research possible and has made a real contribution to youth tobacco control efforts in Alabama. We would also like to acknowledge the valuable assistance of the Alabama State Department of Education and Office on Smoking and Health, Centers for Disease Control and Prevention (CDC). Finally, we would like to thank the staff at ADPH for their untiring efforts to ensure the success of this project. The following staff members were involved with school recruitment, survey implementation, and review of this report.

Diane Beeson, Tobacco Prevention Branch Director
Tammie Burnette, Tobacco Prevention Coordinator
Laarni Cox, Youth Tobacco Cessation Coordinator
Clarice Davis, Tobacco Prevention Coordinator
Tina Findley, Tobacco Prevention Coordinator
Coretta Grant, Tobacco Prevention Coordinator
Elizabeth Jones, Youth Mini-Grant Coordinator
Corey Kirkland, Tobacco Prevention Coordinator
LaShondra Lewis, Administrative Assistant
Vontrese McGhee, Surveillance and Evaluation Coordinator
Demetra Peoples, Tobacco Prevention Coordinator
Niko Phillips, Tobacco Prevention Coordinator
Sondra Reese, Chronic Disease Epidemiologist
Joy Rhodes-Watkins, Tobacco Prevention Coordinator
Faye Royal, Tobacco Prevention Coordinator
Adrienne Tricksey, Tobacco Prevention Coordinator

INTRODUCTION AND METHODS

The Alabama Youth Tobacco Survey (ALYTS) is conducted by the Tobacco Prevention and Control Branch of the Alabama Department of Public Health (ADPH), through a grant from the Office on Smoking and Health, Centers for Disease Control and Prevention (CDC).

Alabama conducted the first ALYTS in 2000, and continues to administer the survey bi-annually. The ALYTS is a comprehensive survey of tobacco use, access, cessation, knowledge and attitudes, as well as exposure to secondhand smoke among middle school and high school students in Alabama. The ALYTS provides valuable baseline data to guide and evaluate youth prevention efforts and cessation campaigns within Alabama.

The 2008 ALYTS is a representative survey of public high school students in Alabama. The survey was administered to 1,384 high school students (grades 9-12) in 43 schools. The survey sample design is a two-stage cluster design. In the first stage, schools are selected randomly within the grade range specified with a probability proportional to enrollment size. At the second stage, classes are randomly selected from within the selected schools and all of the students within a selected class are surveyed. The school participation rate was 86% and the student participation rate was 83.12%, yielding an overall response rate of 71.49%.

The ALYTS is a voluntary, self-administered questionnaire consisting of 68 questions, which covered student use of various tobacco-related topics including prevalence of tobacco use, access to tobacco products, desire to quit, use of tobacco at school, knowledge and attitudes, media and advertising awareness, exposure to secondhand smoke, cessation, and general student demographics. Survey administration procedures are designed to protect student privacy and allow for anonymous participation.

Data gathered from the ALYTS are utilized to enhance Alabama's capacity to design, implement, and evaluate the youth component of its Tobacco Prevention and Control Program. Results are used to identify future priority areas and monitor progress toward state plan goals.

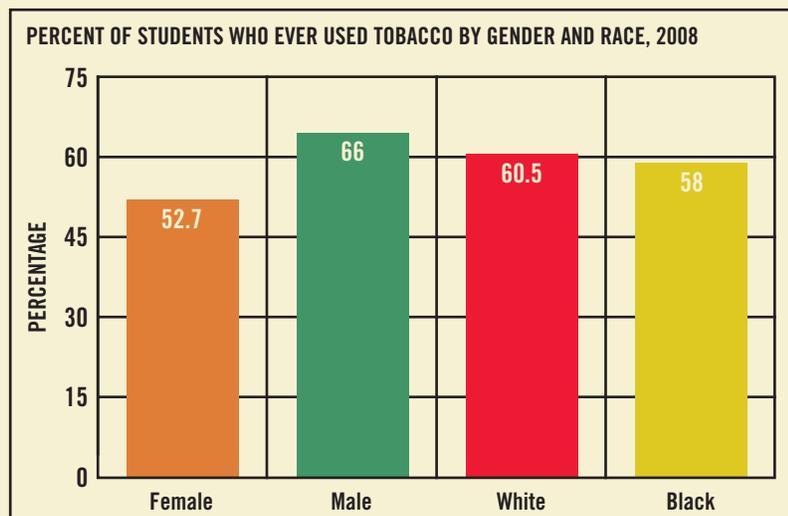
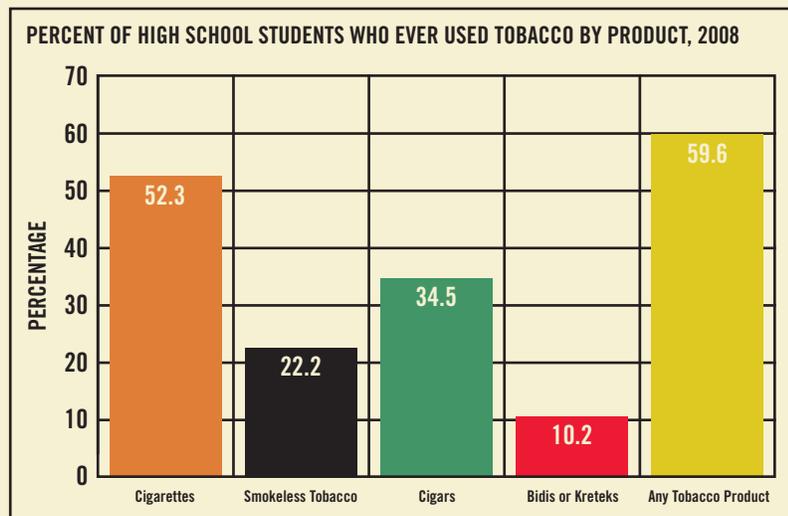
TABLE OF CONTENTS

Use of Any Form of Tobacco.....	1
Use of Cigarettes.....	2
Use of Smokeless Tobacco	4
Use of Cigars	6
Use of Bidis and Kreteks	8
Preferred Cigarette Brands	9
Usual Source and Place of Purchase	10
Attitudes toward Cessation and Quit Attempts	11
Social Beliefs about Smoking.....	12
Tobacco Use Discussion with Healthcare Professionals.....	13
Tobacco Use Discussion with Parents.....	14
School Education.....	15
Tobacco Influences in the Media	16
Receptiveness to Tobacco Advertising	17
Secondhand Smoke	18

USE OF ANY FORM OF TOBACCO

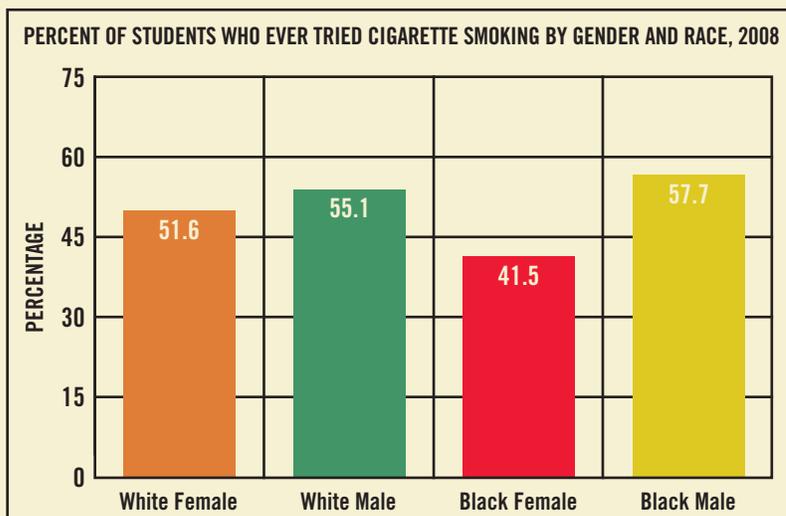
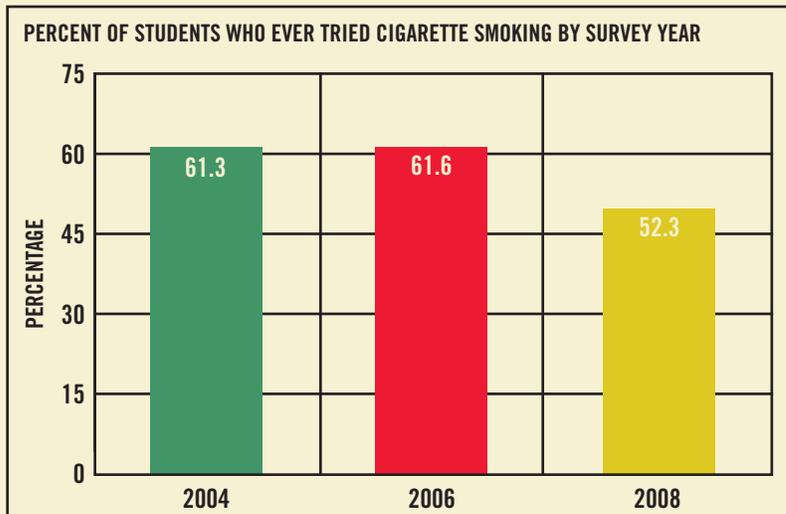
Students were asked about their use of different forms of tobacco including cigarettes, smokeless tobacco, cigars, bidis or kreteks, and pipes. Students were considered “ever tobacco users” if they ever tried any tobacco product in their lifetime.

- Cigarettes were the most commonly tried tobacco product among high school students, followed by cigars, smokeless tobacco, and bidis/kreteks.
- In 2008, 59.6% of high students in Alabama have ever tried any form of tobacco. That was a decline from 2006 at 68.4%.
- Male students were more likely than females to have ever tried any form of tobacco (66% and 52.7% respectively) and whites (60.5%) were more likely than blacks (58%).



¹ Bidis are small brown cigarettes from India consisting of tobacco wrapped in a leaf tied with thread and kreteks are cigarettes containing tobacco and clove extract.

USE OF CIGARETTES: EVER TRIED CIGARETTE SMOKING



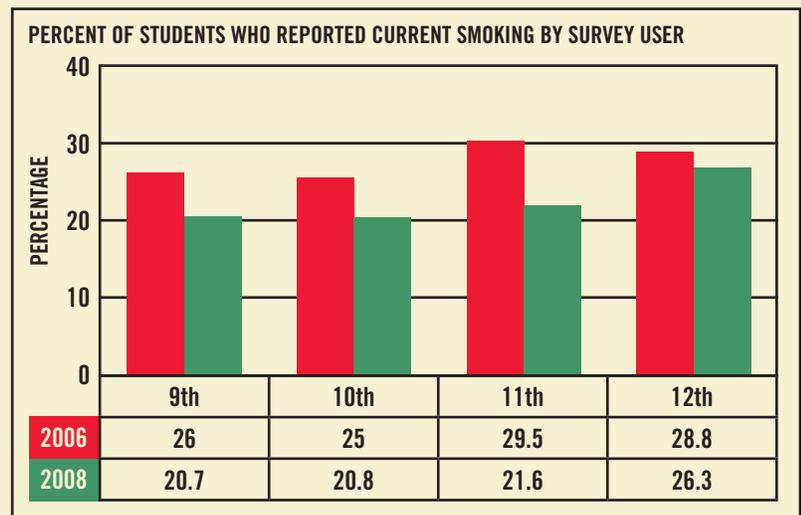
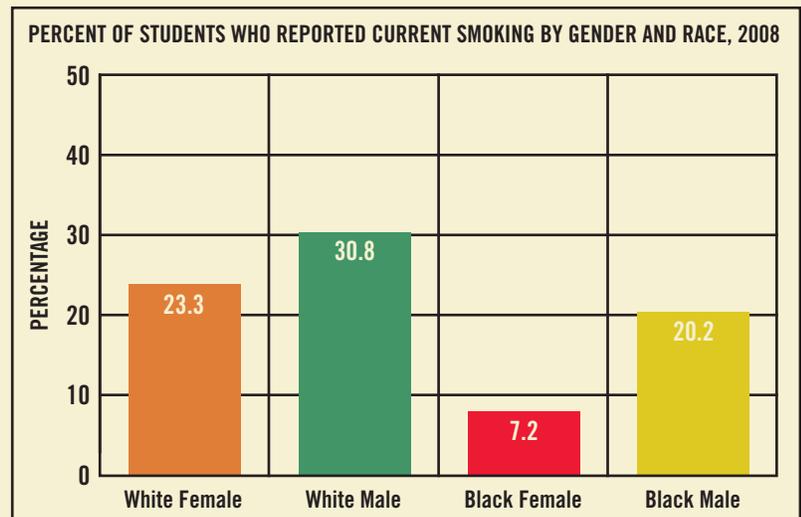
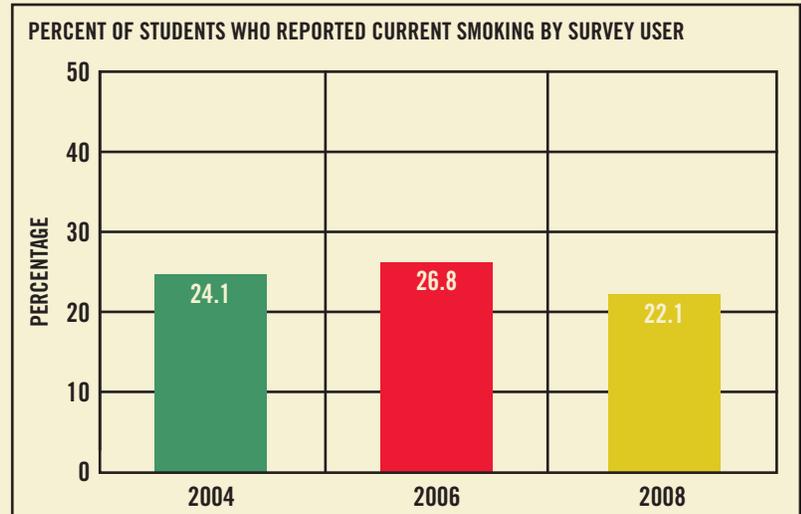
Students were asked whether they had ever tried cigarette smoking (even one or two puffs) in their lifetime.

- Experimentation with cigarettes decreased among high school students from 2004 to 2008.
- Male high school students reported higher rates of experimentation than female high school students.
- Black males had the highest rate of experimentation (57.7%) while black females had the lowest experimentation rate (41.5%).

CURRENT CIGARETTE SMOKERS

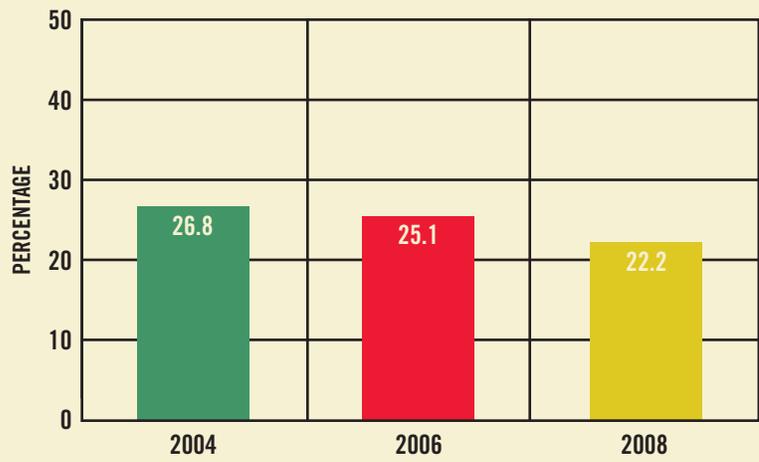
Students were asked about their use of cigarette during the past 30 days. Students were considered “current smokers” if they reported smoking cigarettes at least once within the past 30 days.

- From 2006 to 2008, the reported rate of current smoking decreased among high school students from 26.8% to 22.1%.
- The reported current smoking rates among Whites were higher than Blacks for both males and females.
- The lowest reported rate of current smoking was 7.2% among black females and the highest is white males at 30.8%.
- In 2008, the reported rate of current smoking was comparable among students in grades 9th through 11th. The rate increased among 12th graders to 26.3%.
- There was a decrease in the current smoking rate among all grades (9th through 12th) from 2006 to 2008.

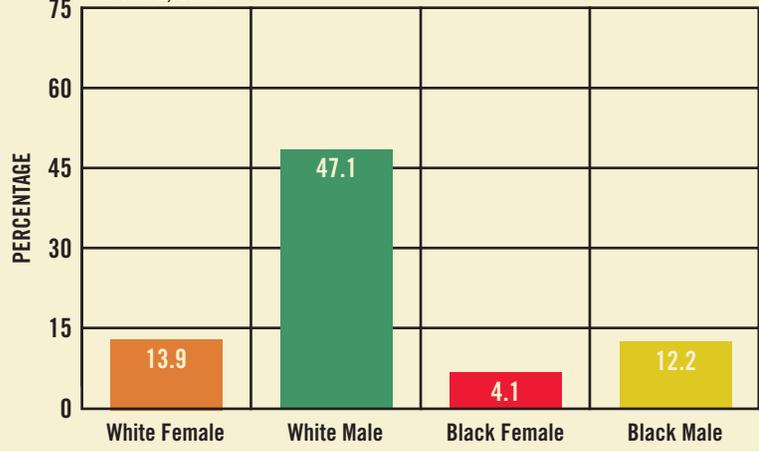


USE OF SMOKELESS TOBACCO: EVER USED SMOKELESS TOBACCO

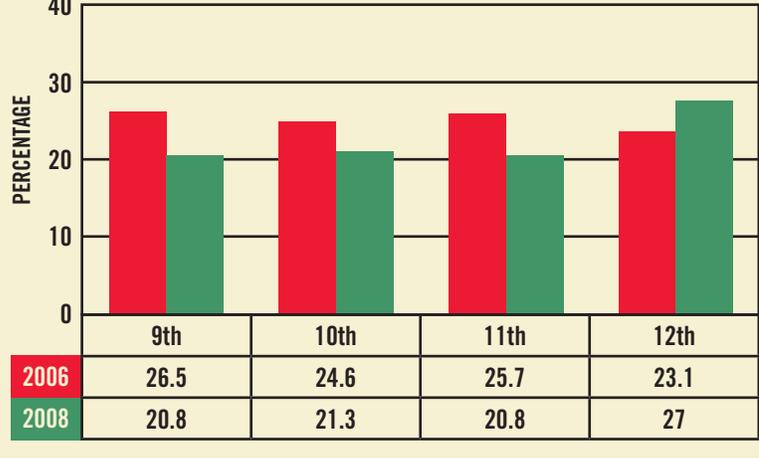
PERCENT OF STUDENTS WHO REPORTED EVER USING SMOKELESS TOBACCO BY SURVEY YEAR



PERCENT OF STUDENTS WHO REPORT EVER USING SMOKELESS TOBACCO BY GENDER AND RACE, 2008



PERCENT OF STUDENTS WHO REPORTED EVER USING SMOKELESS TOBACCO BY GRADE AND SURVEY YEAR



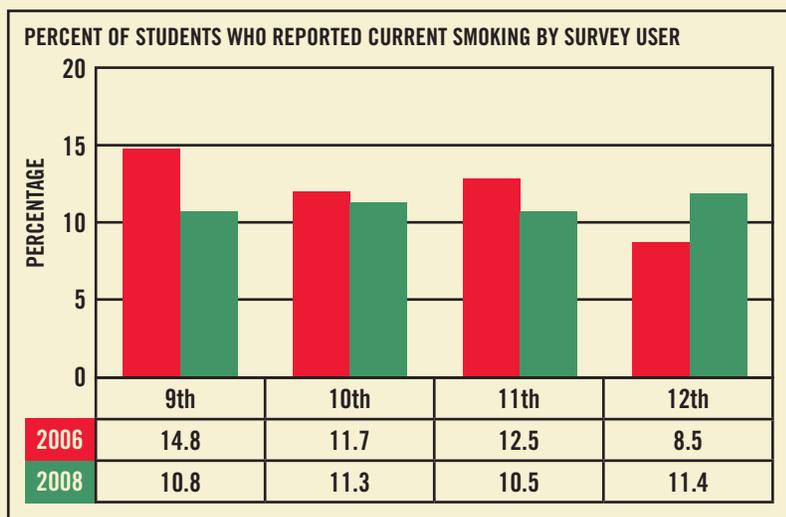
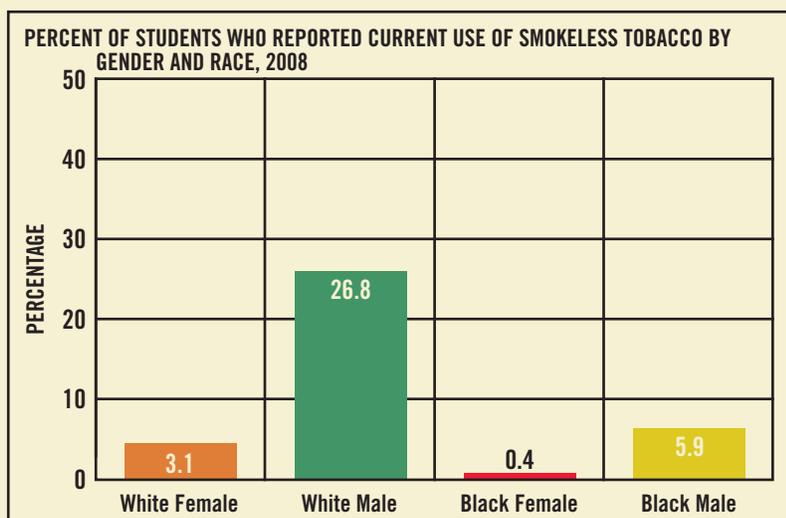
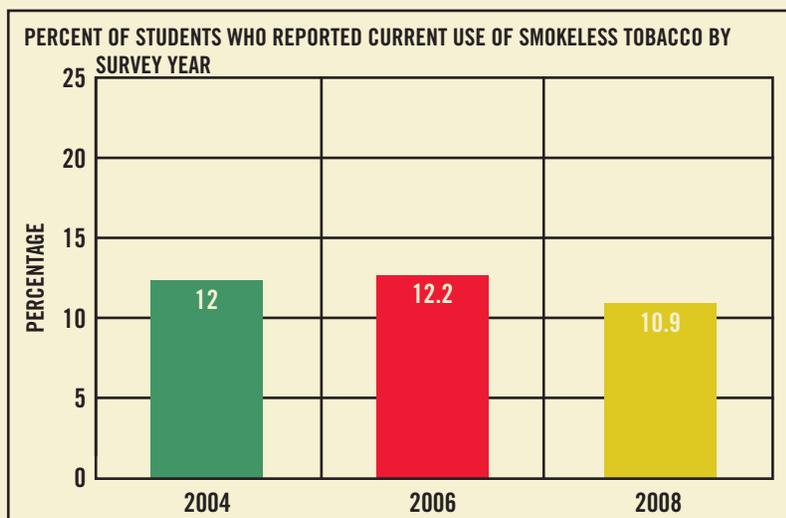
Students were asked whether they had ever used chewing tobacco, snuff, or dip.

- The rate of experimentation of smokeless has decreased from 2004 (26.8%) to 2008 (22.2%).
- White males (47.1%) were significantly more likely to have tried smokeless tobacco when compared to others.
- Whites (30.5%) experiment with smokeless tobacco at a much higher rate than blacks (8%).
- The prevalence rate among high school students who have experimented with smokeless tobacco decreased from 2006 to 2008 in all grades with the exception of 12th grade.

CURRENT USE OF SMOKELESS TOBACCO

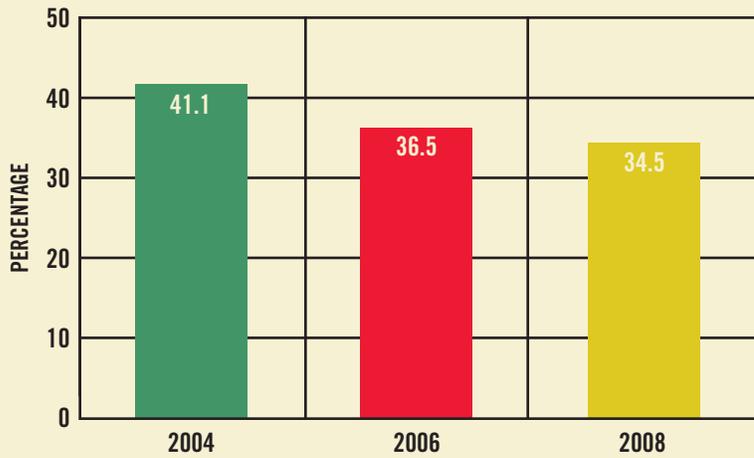
Students were asked about their use of smokeless tobacco during the past 30 days. Students were considered current smokeless tobacco users if they reported using smokeless tobacco at least once within the past 30 days.

- The usage of smokeless tobacco has decreased from 12% in 2004 to 10.9% in 2008.
- The percent of current smokeless tobacco users is significantly greater among white males, with a rate of 26.8%.
- Male students (19.7%) are significantly more likely than female students (2%) to currently use smokeless tobacco.
- There was a decrease in current smokeless tobacco usage among 9th through 11th grade students from 2006 to 2008. However, there was an increase from 8.5% to 11.4% among 12th grade students.



USE OF CIGARS: EVER USED CIGARS

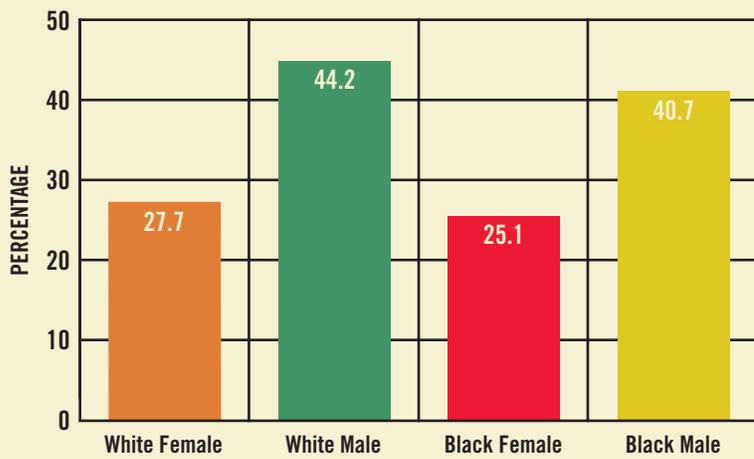
PERCENT OF STUDENTS WHO REPORTED EVER USING CIGARS BY SURVEY YEAR



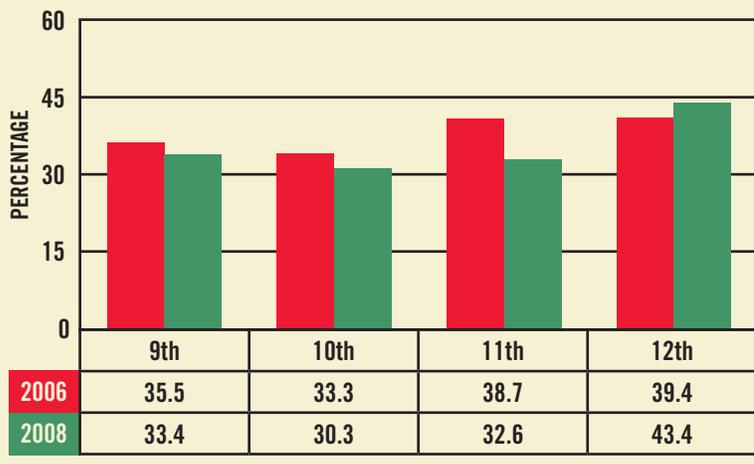
Students were asked whether they had ever tried cigars, cigarillos, or little cigars (even one or two puffs) in their lifetime.

- Female students had a much lower experimentation rate with cigar smoking than male students.
- Rate of experimentation with cigars has decreased from 41.1% in 2004 to 34.5% in 2008.
- The rate of experimentation is highest among white males and lowest among black females.
- The rate of experimentation decreased among 9th, 10th, and 11th graders, while 12th graders increased their experimentation rate.

PERCENT OF STUDENTS WHO REPORT EVER USING CIGARS BY GENDER AND RACE, 2008



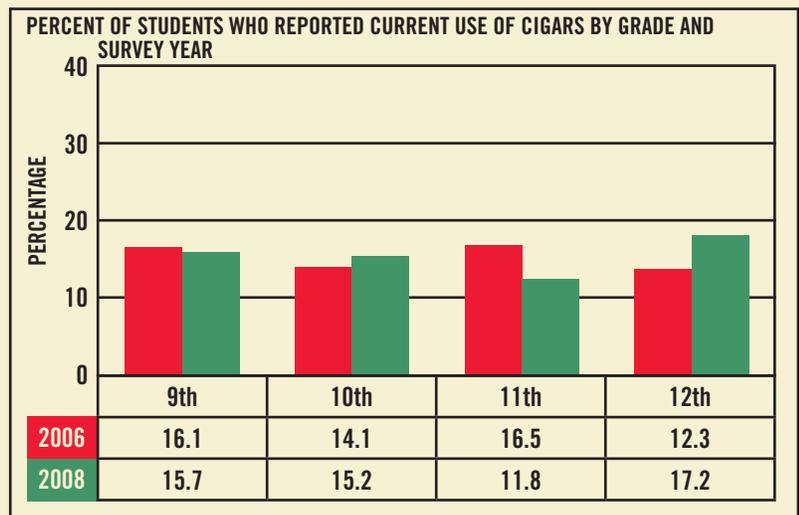
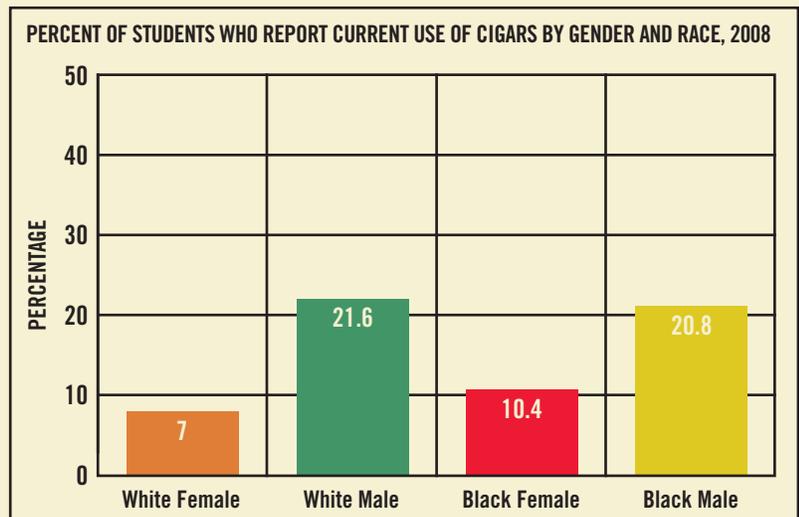
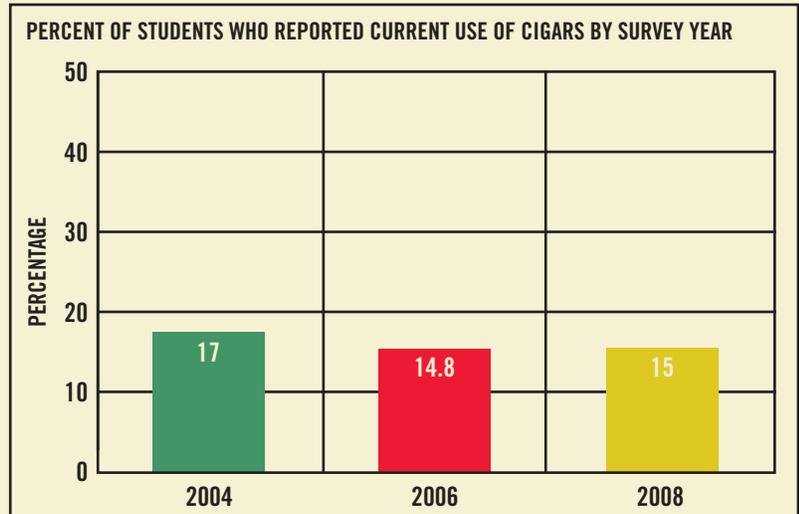
PERCENT OF STUDENTS WHO REPORTED EVER USING CIGARS BY GRADE AND SURVEY YEAR



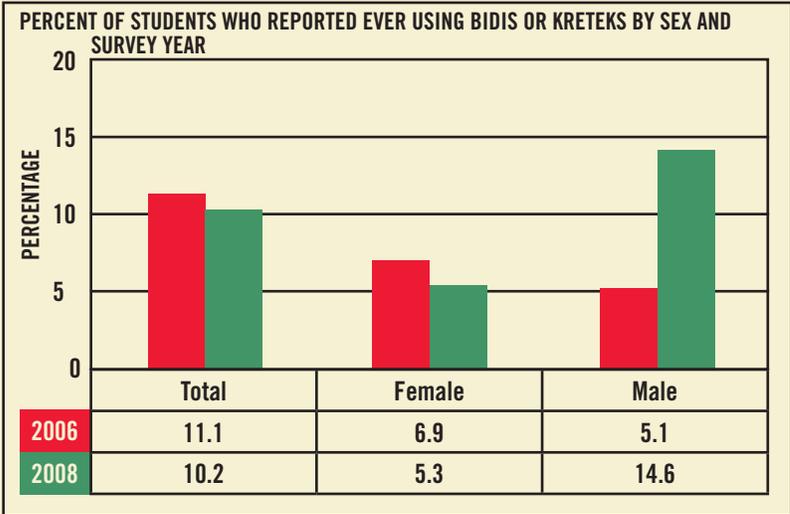
CURRENT USE OF CIGARS

Students were asked about their use of cigars, cigarillos, or little cigars during the past 30 days. Students were considered “current cigar smokers” if they reported smoking cigars at least once within the past 30 days.

- The rate of current cigar use among students remained stable from 2004 to 2008.
- Cigar use among female students (8.4%) is much less than cigar use among male students (21.3%).
- The rate reported among white (21.6%) and black (20.8%) males is comparable.
- Current cigar use decreased from 16.5% in 2006 to 11.8% in 2008 among 11th graders and increased from 12.3% to 17.2% among 12th graders.



USE OF BIDIS OR KRETEKS



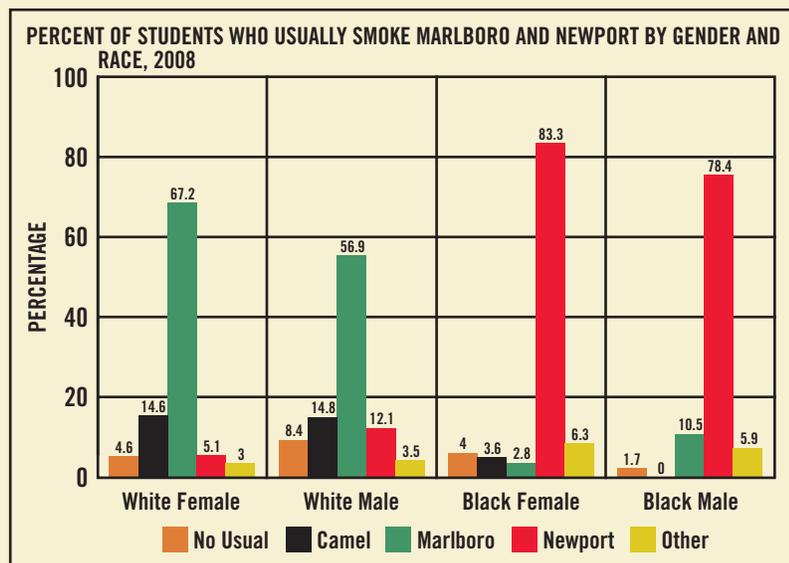
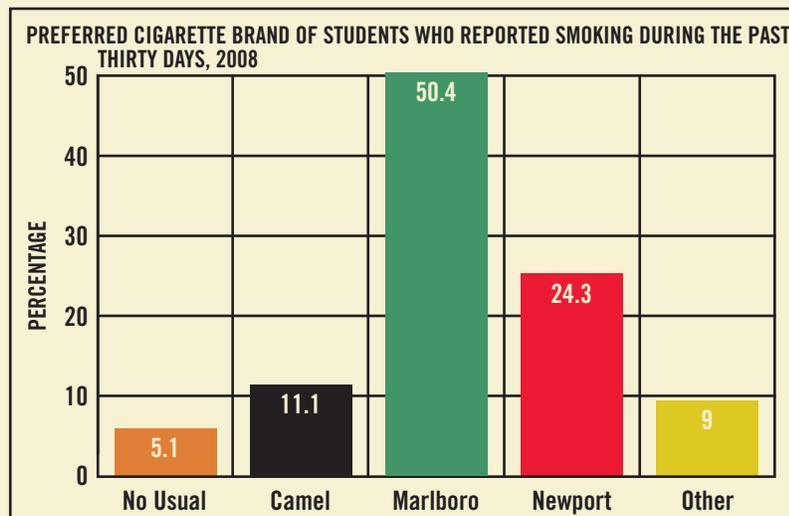
Students were asked whether they had ever tried bidis or kreteks¹ (even one or two puffs) in their lifetime.

- The rate of experimentation of bidis or kreteks among male students was nearly three times that of female students.
- In 2008, male students' experimentation rate was 14.6% compared to female students at 5.3%.
- The experimentation rate among males increased from 5.1% in 2006 to 14.6% in 2008.

PREFERRED CIGARETTE BRANDS

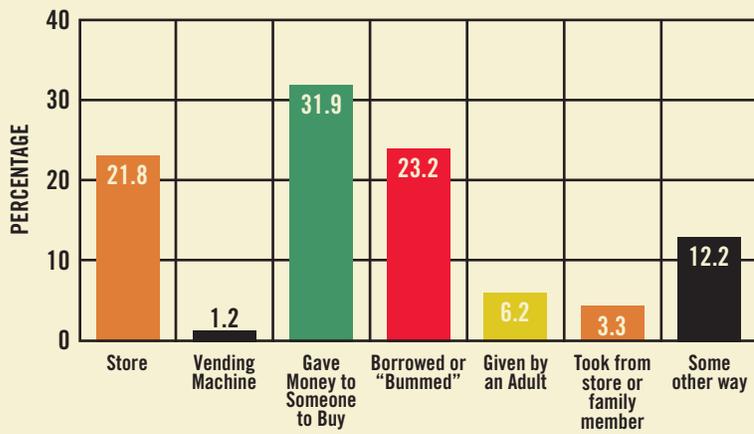
Students who are current smokers (had smoked a cigarette on at least one of the past 30 days) were asked which brand of cigarettes they usually smoked in the past 30 days. Promotion, advertising, and product placement play an important role in determining which brand students typically smoked.

- Marlboro (50.4%) is listed as the most frequently smoked brand of cigarettes among students.
- Approximately 85% of high school smokers reported that they usually smoke one of the most heavily advertised brands (Camel, Marlboro, or Newport).
- Marlboro was preferred by 63.2% of white smokers and Newport was preferred by 81.6% of black smokers.

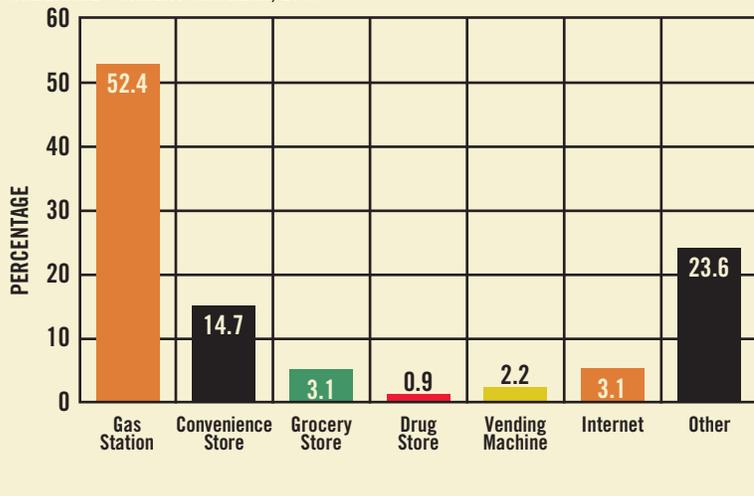


USUAL SOURCE AND PLACE OF PURCHASE

USUAL SOURCE OF CIGARETTES DURING THE PAST THIRTY DAYS AMONG UNDERAGE CURRENT SMOKERS, 2008



PLACE OF PURCHASE OF LAST PACK OF CIGARETTES DURING THE PAST 30 DAYS AMONG UNDERAGE CURRENT SMOKERS, 2008



Students were asked about their usual source of cigarettes in the past 30 days. Students also were asked about where they purchased their last pack of cigarettes within the past 30 days.

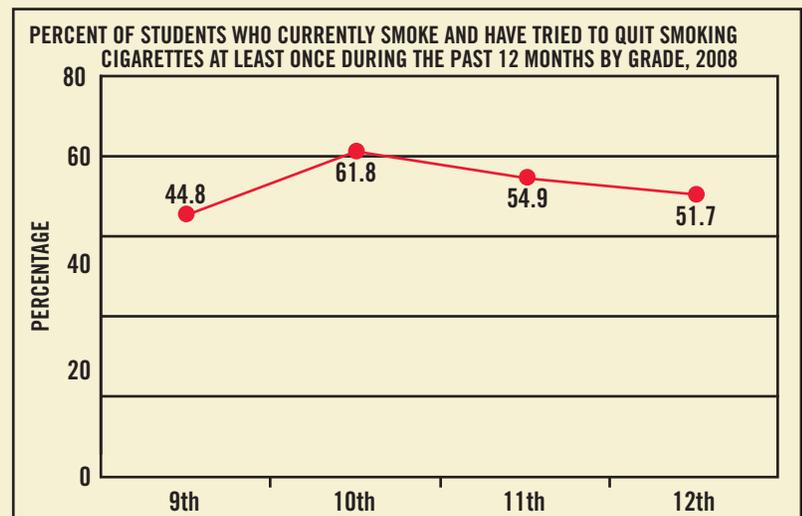
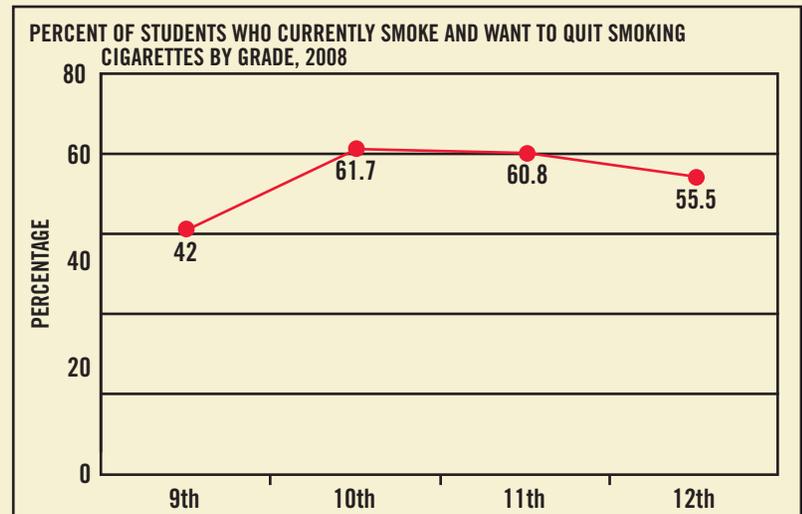
- More than one-half of students (64.6%) who currently smoke obtain their cigarettes from social sources, rather than buying them directly from a store or vendor.
- The most common ways to obtain cigarettes among students who smoke are by giving money to someone else to buy them (31.9%) or by “bumming” them from someone else (23.2%); 21.8% of students reported that they usually bought their cigarettes from a store.
- Gas stations and “other” sources are the most common places of purchases for students who currently smoke (52.4% and 23.6% respectively).

² Social sources include giving money to other people to purchase cigarettes, “bumming” them from someone else, being given cigarettes by an adult, or taking them from a store or family member.

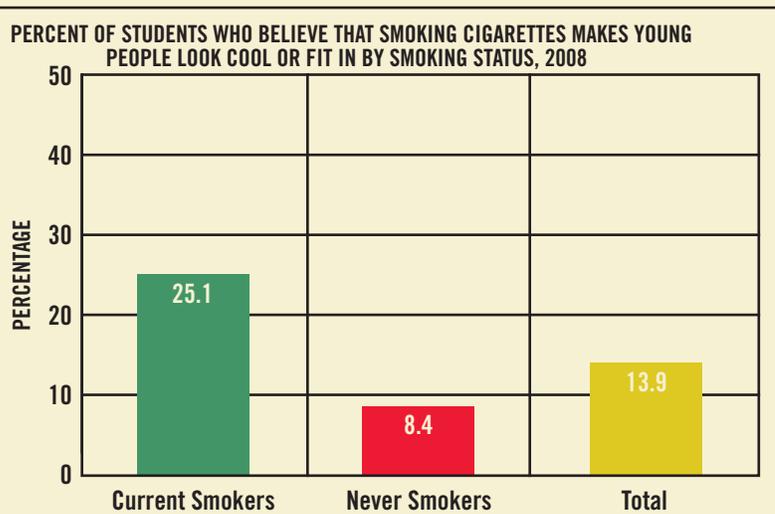
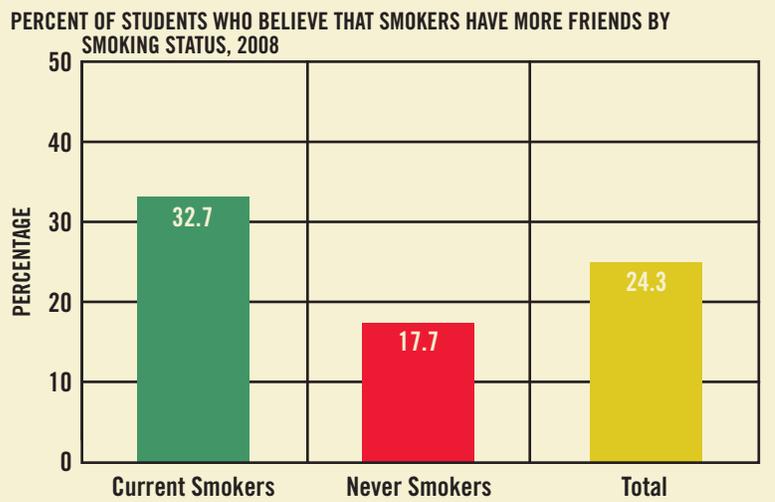
ATTITUDES TOWARD CESSATION AND QUIT ATTEMPTS

Students were asked if they want to quit smoking cigarettes. Students were also asked about their attempts to quit smoking. Students were considered to be current smokers if they reported smoking cigarettes at least once within the past 30 days.

- Approximately one-half of students (54.2%) who currently smoke cigarettes want to quit.
- The rates of current smokers who want to quit are comparable across grades 10th, 11th, and 12th.
- Approximately one-half of students (52.7%) who currently smoke have tried to quit smoking in the past 12 months.
- The rate of students who currently smoke and have tried to quit smoking in the past 12 months is higher among 10th graders (61.8%).



SOCIAL BELIEFS ABOUT SMOKING



Students were asked to rate a series of statements about the perceived social benefits of smoking. They were asked if they believed that young people who smoke have more friends and if smoking made young people look cool or fit in.

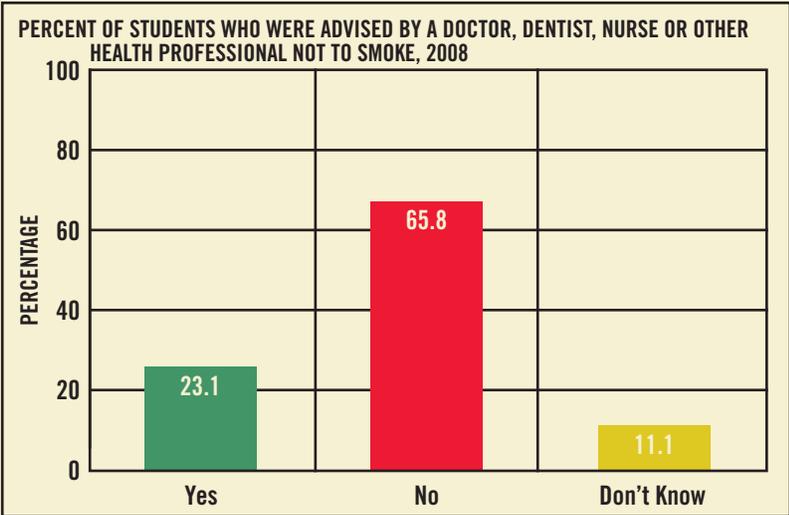
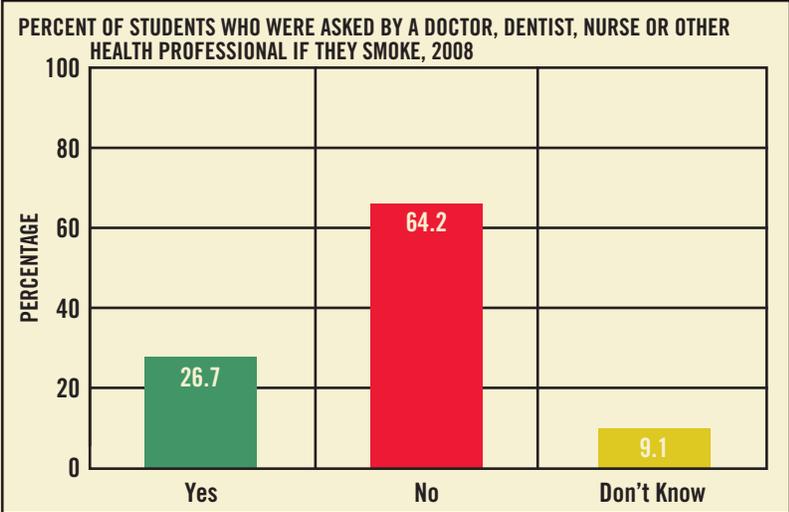
Students were considered to be current smokers if they reported smoking cigarettes at least once within the past 30 days. Students were considered to have never smoked if they have never tried cigarette smoking, even one or two puffs.

- Current smokers (32.7%) are more likely than never smokers (17.7%) to believe that smokers have more friends.
- Current smokers (25.1%) are significantly more likely than never smokers (8.4%) to believe that smoking cigarettes makes young people look cool or fit in.

TOBACCO USE DISCUSSION WITH HEALTHCARE PROFESSIONALS

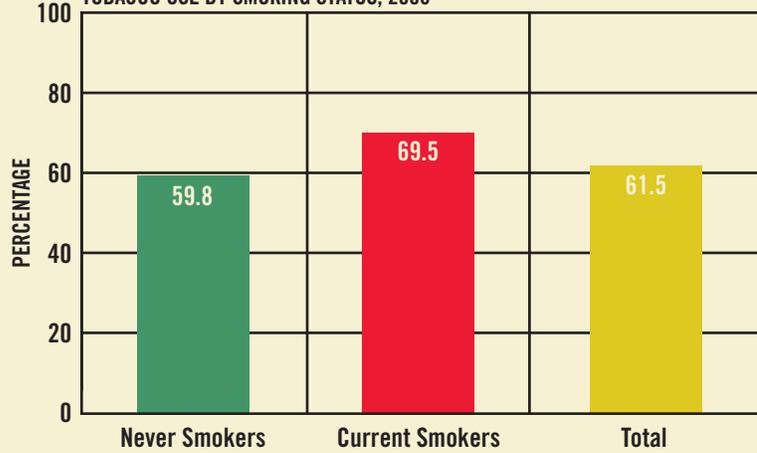
Students were asked whether a doctor, dentist, nurse, or other health professional had asked if they smoked within the past 12 months. Students were also asked whether a doctor, dentist, nurse, or other health professional had advised them not to smoke within the past 12 months.

- Approximately one out of four students was asked by a doctor, dentist, nurse, or other health professional if they smoke.
- 23.1% of students were advised by a doctor, dentist, nurse, or other health professional not to smoke.

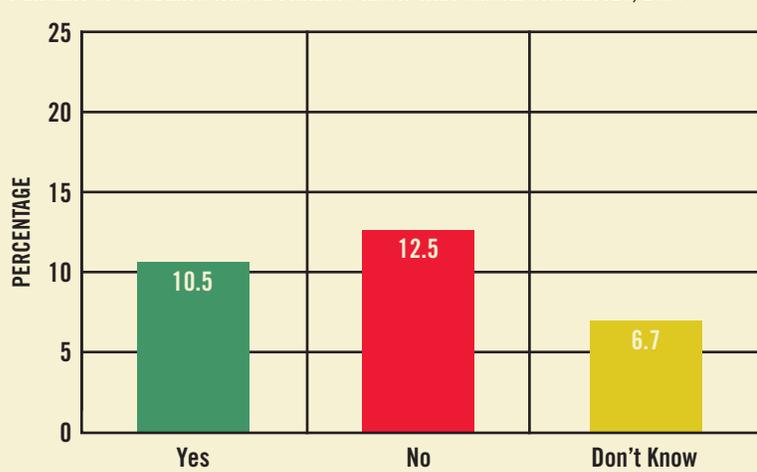


TOBACCO USE DISCUSSION WITH PATIENTS

PERCENT OF STUDENTS WHO HAVE DISCUSSED WITH THEIR PARENTS THE DANGERS OF TOBACCO USE BY SMOKING STATUS, 2008



PERCENT OF STUDENTS WHOSE PARENTS KNOW THEY SMOKE CIGARETTES, 2008



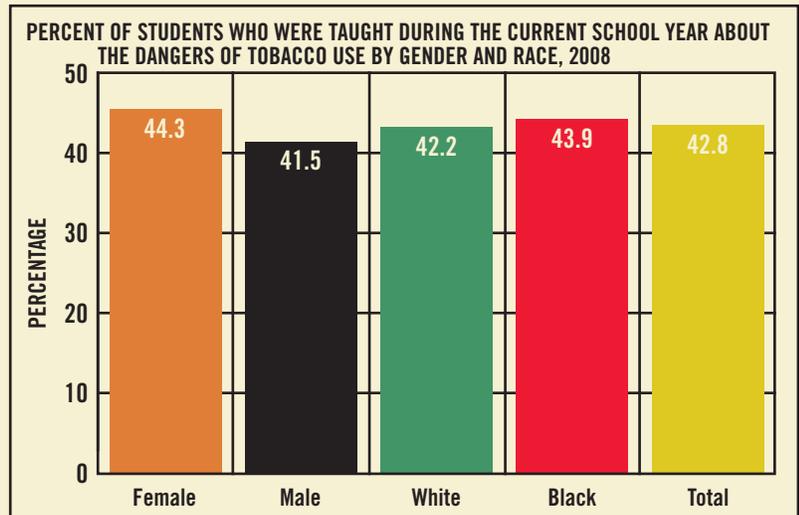
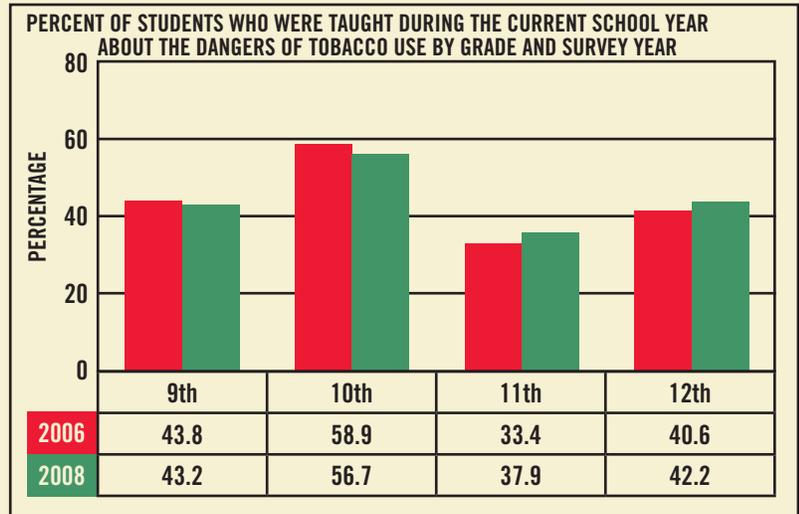
Students were asked if their parents or guardians discussed the dangers of tobacco use with them within the past 12 months. Students were also asked whether their parents knew they smoke cigarettes.

- Approximately six out of ten students reported they have discussed with their parents the dangers of tobacco use.
- There is no significant difference between students who currently smoke (69.5%) and those who have never smoked (59.8%) in the percentage who have discussed the dangers of tobacco with their parents in the past 12 months.
- 10.5% of current students who report that their parents know they smoke cigarettes.

SCHOOL EDUCATION

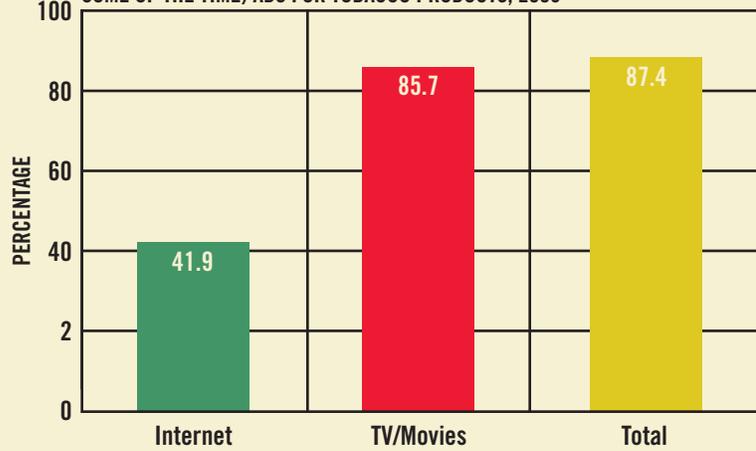
Students were asked about the education they received during the current school year regarding the dangers of tobacco use.

- The percentage of students in 9th through 12th grade who report they were taught about the dangers of tobacco use during the current school year has remained constant for the past two survey years.
- Nearly one-half of students (42.8%) report they were taught about the dangers of tobacco use during the current school year.

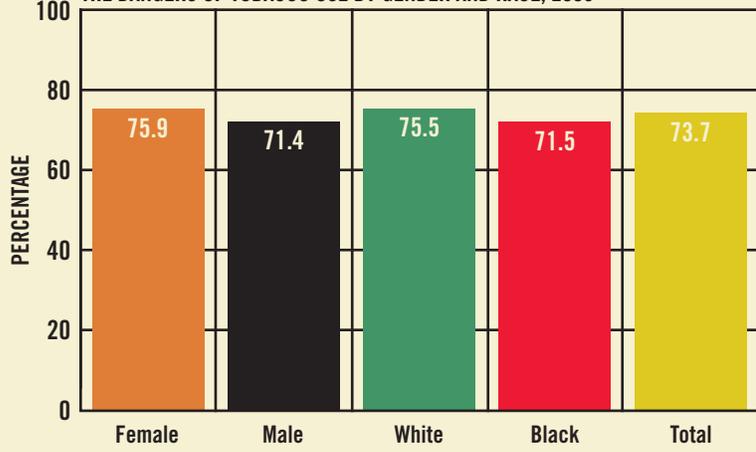


TOBACCO INFLUENCES IN THE MEDIA

PERCENT OF STUDENTS WHO USE THE INTERNET OR GO TO MOVIES WHO SEE (MOST OF SOME OF THE TIME) ADS FOR TOBACCO PRODUCTS, 2008



PERCENT OF STUDENTS WHO WERE TAUGHT DURING THE CURRENT SCHOOL YEAR ABOUT THE DANGERS OF TOBACCO USE BY GENDER AND RACE, 2008



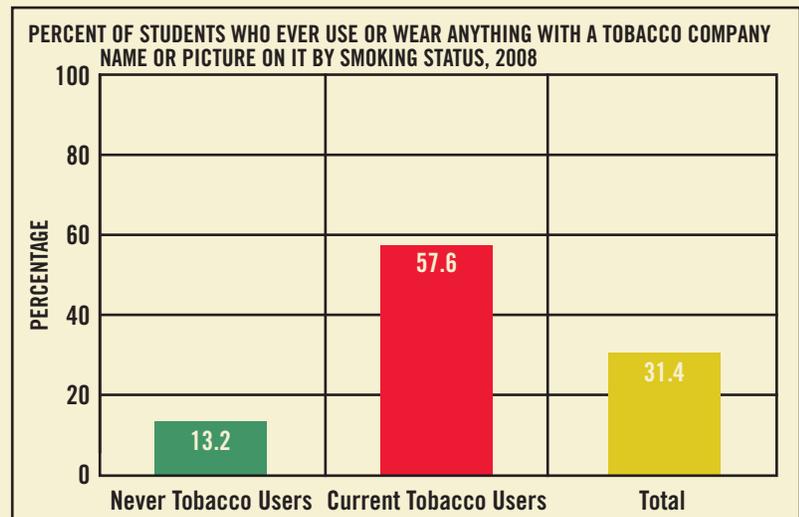
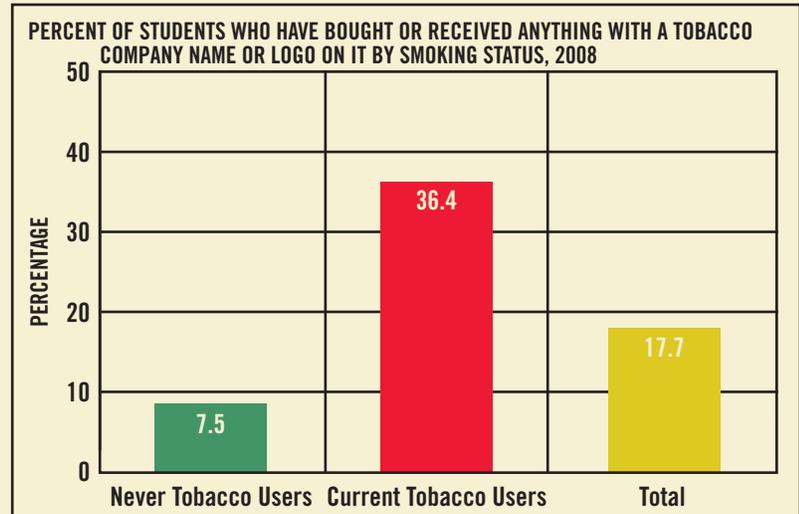
Students continue to be exposed to tobacco use and promotions through media outlets although direct advertising of tobacco products to youth is restricted. Students were asked how often they saw actors using tobacco on TV or in movies and how often they saw tobacco ads on the Internet. Students were also asked about their exposure to anti-tobacco messages in the media in the past 30 days.

- There is no significant difference between male (71.4%) and female (75.9%) students in the rates of exposure to anti-tobacco messages in the media.
- There is no significant difference among white (75.5%) and black (71.5%) students in the rates of exposure to anti-tobacco messages.

RECEPTIVENESS TO TOBACCO ADVERTISING

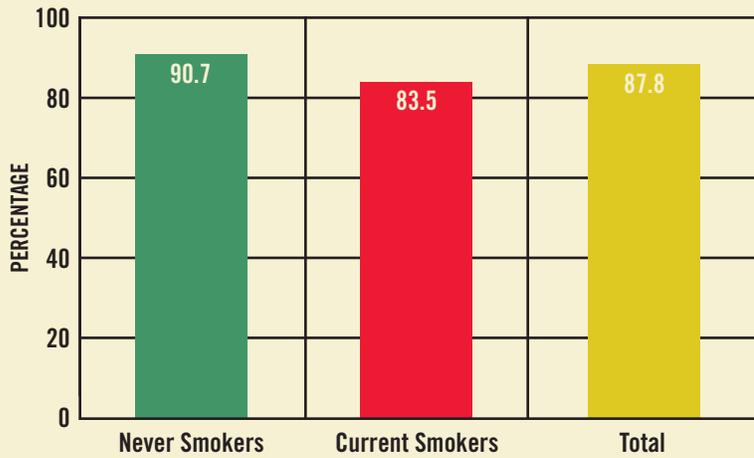
Students were asked if they have received or bought items with tobacco company names or logos. Students were also asked if they would ever use or wear something that has a tobacco company name or picture on it such as a lighter, t-shirt, hat, or sunglasses.

- Students who currently use tobacco (36.4%) are significantly more likely than students who have never used tobacco (7.5%) to have bought or received an item with a tobacco company name or logo.
- Students who currently use tobacco (57.6%) are significantly more likely than students who have never used tobacco (13.2%) to ever use or wear anything with a tobacco company name or picture on it.

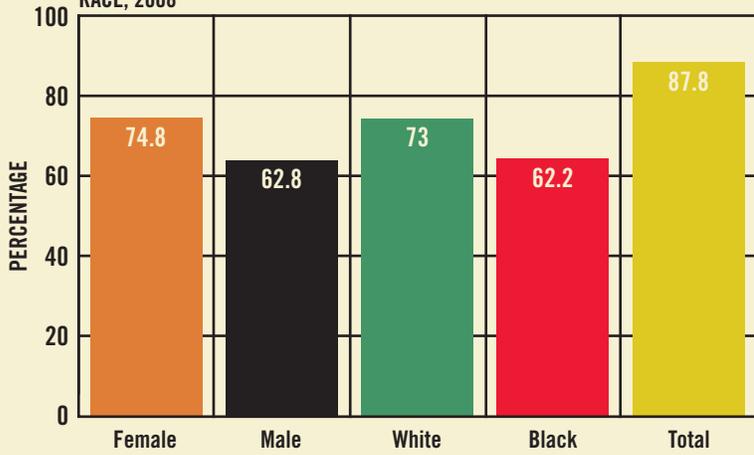


SECONDHAND SMOKE: HARMFUL EFFECTS OF SECONDHAND SMOKE

PERCENT OF STUDENTS WHO THINK SECONDHAND SMOKE IS HARMFUL BY SMOKING STATUS, 2008



PERCENT OF STUDENTS WHO THINK SECONDHAND SMOKE IS HARMFUL BY GENDER AND RACE, 2008



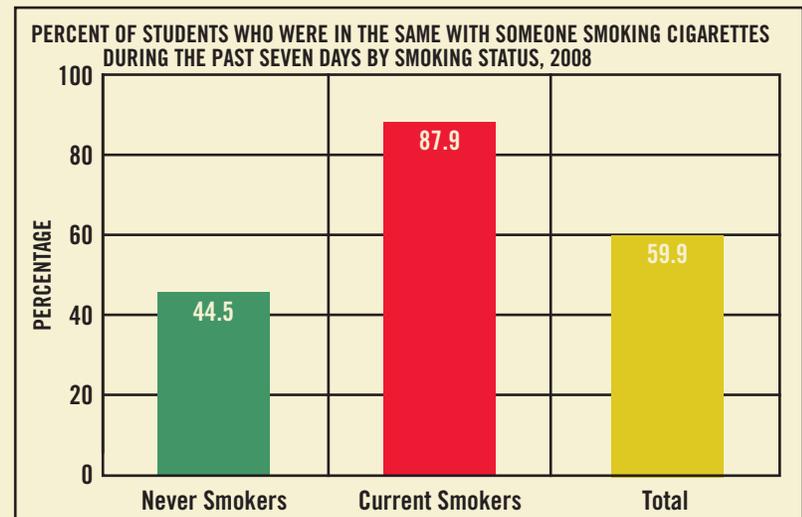
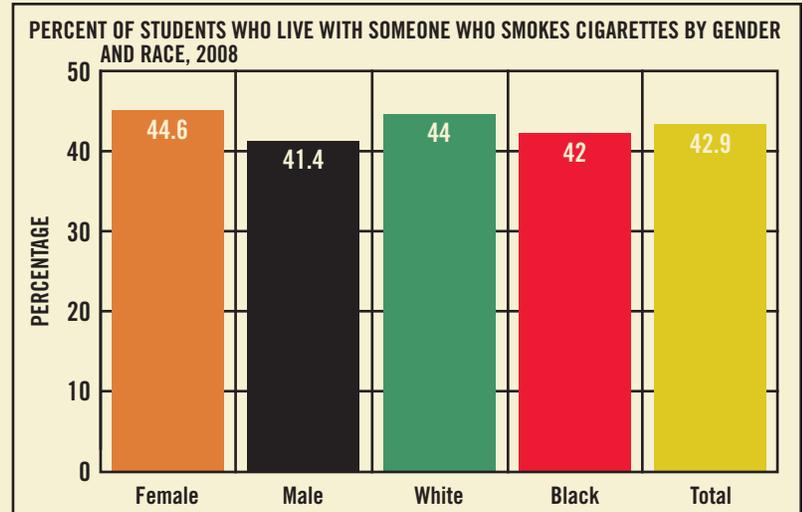
Students were asked if they think secondhand smoke is harmful. Sound knowledge of the harmful effects of tobacco may help students in their decision to avoid cigarette smoking.

- Nearly nine out of 10 students believe secondhand smoke is harmful to them.
- Students who have never smoked (90.7%) are more likely than those who currently smoke (83.5%) to believe that secondhand smoke is harmful.
- Female students (74.8%) are more likely than males (62.8%) to believe that secondhand smoke is harmful to them.
- White students (73%) are more likely than blacks (62.2%) to believe that secondhand smoke is harmful.

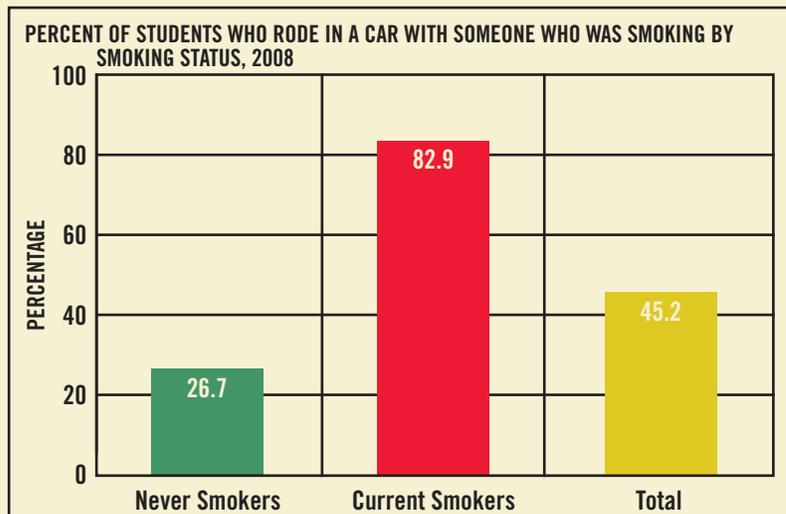
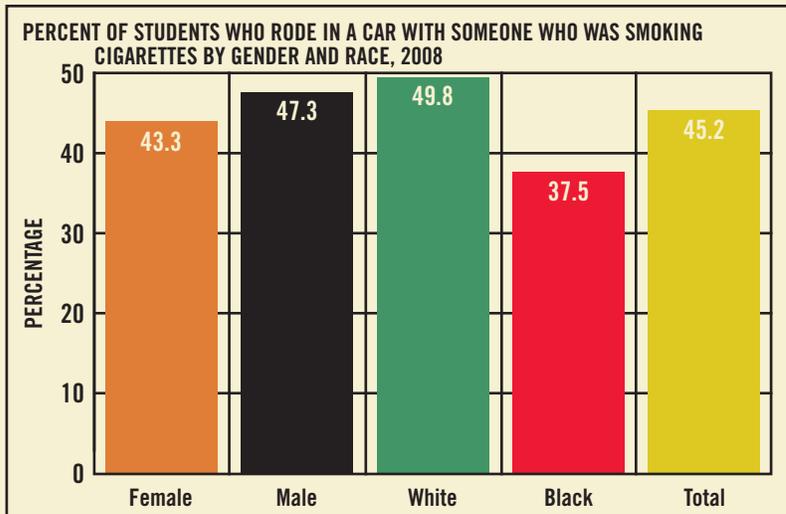
EXPOSURE TO SECONDHAND SMOKE IN THE HOME

To assess how many students are being exposed to cigarette smoke at home, students were asked if they live with someone who smokes cigarettes. Students were also asked if they were in the same room with someone who was smoking cigarettes during the past seven days.

- Overall, 42.9% of students live with someone who smokes cigarettes.
- There is no significant difference between white students (44%) and black students (42%) who live with someone who smokes cigarettes.
- Students who currently smoke (87.9%) are significantly more likely than students who have never smoked (44.5%) to have been in the same room with someone smoking cigarettes during the past seven days.
- Approximately six out of 10 students reported being in the same room with someone smoking cigarettes during the past seven days.



EXPOSURE TO SECONDHAND SMOKE IN THE CAR



Students were asked if they had ridden in a car with someone who was smoking cigarettes during the past seven days.

- White students (49.8%) were more likely than black students (37.5%) to have been exposed to secondhand smoke in a car.
- The percentage of students who reported recent exposure to secondhand smoke in a car remains relatively stable across genders.
- Current smokers (82.9%) are significantly more likely than students who have never smoked (26.7%) to have ridden in a car with someone who was smoking.

Funding for this project was provided
through a Cooperative Agreement with the
Centers for Disease Control and
Prevention/Office on Smoking and Health

Requests for additional copies should be directed to:
Alabama Department of Public Health
Tobacco Prevention and Control Program
P. O. Box 303017
Montgomery, Alabama 36130-3017
(334) 206-2777



Alabama Department of Public Health
Tobacco Prevention and Control Branch
Bureau of Health Promotion and Chronic Disease
Alabama Department of Public Health
July 2009
