

# 2007 Arkansas Youth Tobacco Survey



**STAMP OUT SMOKING**  
ARKANSAS DEPARTMENT OF HEALTH  
1-800-QUIT-NOW



A Statewide Report

2007  
Arkansas  
Youth Tobacco Survey

Report Prepared by:

Wanda Simon, MS  
Senior Epidemiologist

Contributors and Reviewers:

Appathurai Balamurugan, MD, MPH  
Terri Wooten  
Gloria Gordon  
Gordon Reeve, PhD  
Carolyn Dresler, MD, MPA

Arkansas Department of Health

July 2009

---

# CONTENTS

Executive Summary .....	4
Introduction and Demographics .....	6
Current Cigarette Smoking .....	8
Frequent Cigarette Smoking .....	13
Current Use of Smokeless Tobacco .....	14
Current Use of Other Tobacco Products .....	17
Current Use on School Property .....	21
Lifetime Use of Tobacco .....	22
Age of Initiation .....	23
Access to Tobacco Products .....	25
Progression to Established Smoking .....	28
Cessation .....	29
Knowledge and Attitudes .....	30
Social Influences .....	31
Secondhand Smoke .....	33
Media .....	35
Asthma .....	36
Other Drugs .....	37
Conclusions and Program Implications .....	39
Appendices	
Methodology .....	40
Summary Tables .....	41
Questionnaire .....	42
Arkansas Demographics .....	52
References .....	53

---

# EXECUTIVE SUMMARY

Tobacco use remains the leading cause of preventable death and disease in the United States. Each year, over 400,000 people nationwide die from tobacco-related illnesses. In Arkansas, tobacco use claims more than 4,900 lives annually.

Early initiation of tobacco use has been shown to increase the likelihood of lifetime smoking and the risk for tobacco-related illness and mortality. Therefore it is important to prevent initiation of tobacco use and also promote cessation of tobacco use among young people in Arkansas.

At the forefront of the fight to keep Arkansas youth tobacco-free is the Tobacco Prevention and Cessation Program (TPCP) at the Arkansas Department of Health. Launched in 2001, the TPCP has several components aimed at reducing youth tobacco use. The Youth Tobacco Survey (YTS) is one tool the TPCP uses to monitor and measure outcomes related to the use of cigarettes and other tobacco products among young people in grades 6 through 12 in Arkansas.

## Key Findings from the 2007 YTS

### CIGARETTE SMOKING

- Approximately 27,103 or 20.4% of public high school students and approximately 9,774 or 9.5% of public middle school students in Arkansas are current cigarette smokers.
- There has been a significant decrease of 43% in smoking among high school students and a significant decrease of 40% among middle school students since 2000.
- Twenty-three percent (23.0%) of high school boys smoke while 17.8% of high school girls do. In middle school, more girls reported smoking (10.2%) in 2007 than boys (8.8%).
- Marlboro is the most popular brand of cigarettes among both high school students (51.3%) and middle school students (48.2%).
- The percent of frequent cigarette smoking increases as grade level increases; 1.7% of sixth graders are current frequent smokers while 15.5% of twelfth graders are.

### SMOKELESS TOBACCO

- Smokeless tobacco, generally known as chewing tobacco, snuff, or dip, is used by 17.8% of high school boys and 1.7% of high school girls. It is used by 7.8% of middle school boys and 2.7% of middle school girls.
- There has been a decrease, though not statistically significant, in the use of smokeless tobacco among high school students and middle school students. In 2007, 9.9% of high school students reported current use, compared to 11.9% in 2000. The numbers for middle school are 5.4% in 2007 and 7.9% in 2000.

## OTHER TOBACCO PRODUCTS

- The use of cigars decreased significantly in the past few years but remains high at 12.6% in high school and has been relatively unchanged in middle school at 6.4%.
- Bidi and kretek use is 3.6% in both high school and middle school.
- Smoking a pipe is reported by 5.0% of high school and 4.2% of middle school students.

## AGE OF CIGARETTE SMOKING INITIATION

- The age at which someone first smokes a whole cigarette is strongly related to that person's long-term smoking habits. Among all high school students, 17.4% first smoked a whole cigarette before age 13. Among current high school smokers, 41.2% first smoked a whole cigarette before age 13.

## ACCESS TO CIGARETTES

- The most common way for both high school and middle school current smokers to get their cigarettes was by giving the money to someone else to buy them (34.3% and 30.0% respectively).
- A little over half (57.1%) of high school students were asked to show proof of age when buying cigarettes in the past 30 days. Among middle school students, 46.1% were asked to show proof of age.

## CESSATION

- Many current smokers say they would like to quit; 47.7% of current high school smokers and 55.7% of current middle school smokers say they want to quit smoking.

## SECONDHAND SMOKE EXPOSURE

- Arkansas has seen a significant decrease in the number of youth exposed to secondhand smoke since 2000, although the number is still high. In 2007, 62.4% of high school and 50.9% of middle school students reported being in the same room as someone smoking cigarettes on one or more of the past seven days.
- The percent of those reporting being in a car with someone smoking cigarettes was 46.0% for high school and 41.8% for middle school.

## OTHER DRUG USE

- There were significant differences between current tobacco users and non-users in use of illegal drugs, like marijuana. In 2007, 71.1% of current smokers also reported use of marijuana, while 22.8% of nonsmokers used marijuana.

---

## INTRODUCTION AND DEMOGRAPHICS

The Youth Tobacco Survey (YTS) was developed by the Centers for Disease Control and Prevention (CDC) in 1998 to measure the tobacco-related beliefs, attitudes, and behavior of youth, and the pro- and anti-tobacco influences to which they are exposed. In 2000, baseline data was collected from middle and high school students across the nation for the first National Youth Tobacco Survey (NYTS).

The Arkansas Youth Tobacco Survey (YTS) is an anonymous, self-administered, school-based survey conducted by the Arkansas Department of Health in collaboration with the Arkansas Department of Education and the participating school districts. The YTS collects data on the prevalence of the use of cigarettes and other tobacco products among young people in grades 6 through 12. In addition, data is collected on: youth access to tobacco; attempts at cessation; knowledge and attitudes regarding the consequences of tobacco use and school tobacco prevention education; exposure to secondhand smoke (SHS); media messages; and student use of other drugs. The Arkansas YTS was conducted in 2000, 2005, and 2007.

The 2007 YTS was administered to a representative sample of all regular public middle and high school students in Arkansas. It was a joint effort by the Arkansas Department of Health and the CDC Office on Smoking and Health. Arkansas planned, coordinated, and implemented the survey and the CDC assisted with data processing, quality control, and data management. The survey was completed by 1,905 middle school students (grades 6-8) and 2,007 high school students (grades 9-12).

This report presents the findings of the 2007 Arkansas YTS, highlights areas of progress since 2000, and identifies critical areas for concern.

Tables 1 and 2 show the distribution of survey respondents according to age, gender, race/ethnicity, and grade level. Under each category, “missing” indicates the number of students who did not answer that question. Frequency is the number of students who completed the questionnaire. Unweighted percentage is the percentage of respondents in each category. The data was subsequently weighted to account for non-response and unequal probabilities of selection to make the data representative of public school students in Arkansas. The last column, weighted percentage, is the final distribution for each category after the weights are applied.

**Table 1. Demographic Characteristics of High School Respondents to the 2007 Arkansas YTS**

High School (Sample Size = 2,007)	Frequency	Unweighted Percentage	Weighted Percentage
<b>Age</b>			
14 years and under	174	29.2%	24.3%
15 years	587	29.8%	28.5%
16 years	599	21.4%	23.2%
17 years	429	10.8%	17.1%
18 years and over	217	8.7%	6.9%
Missing	1	<0.01%	--
<b>Gender</b>			
Female	1007	50.2%	49.2%
Male	997	49.7%	50.8%
Missing	3	0.1%	--
<b>Race/Ethnicity</b>			
White, non-Hispanic	1291	64.3%	68.8%
Black, non-Hispanic	435	21.7%	22.6%
Hispanic	162	8.1%	6.0%
Other, non-Hispanic	102	5.1%	2.6%
Missing	17	0.8%	--
<b>Grade</b>			
9th	705	35.1%	27.8%
10th	545	27.2%	26.6%
11th	491	24.5%	24.3%
12th	257	12.8%	21.2%
Missing	9	0.4%	--

**Table 2. Demographic Characteristics of Middle School Respondents to the 2007 Arkansas YTS**

Middle School (Sample Size = 1,905)	Frequency	Unweighted Percentage	Weighted Percentage
<b>Age</b>			
11 years and under	127	6.7%	6.2%
12 years	577	30.3%	31.2%
13 years	624	32.8%	32.5%
14 years	472	24.8%	24.7%
15 years and over	103	5.4%	5.5%
Missing	2	0.1%	--
<b>Gender</b>			
Female	960	50.4%	48.5%
Male	931	48.9%	51.5%
Missing	14	0.7%	--
<b>Race/Ethnicity</b>			
White, non-Hispanic	1158	60.8%	67.2%
Black, non-Hispanic	402	21.1%	21.8%
Hispanic	204	10.7%	7.7%
Other, non-Hispanic	123	6.5%	3.3%
Missing	18	0.9%	--
<b>Grade</b>			
6th	613	32.2%	32.7%
7th	651	34.2%	33.7%
8th	634	33.3%	33.6%
Missing	7	0.4%	--

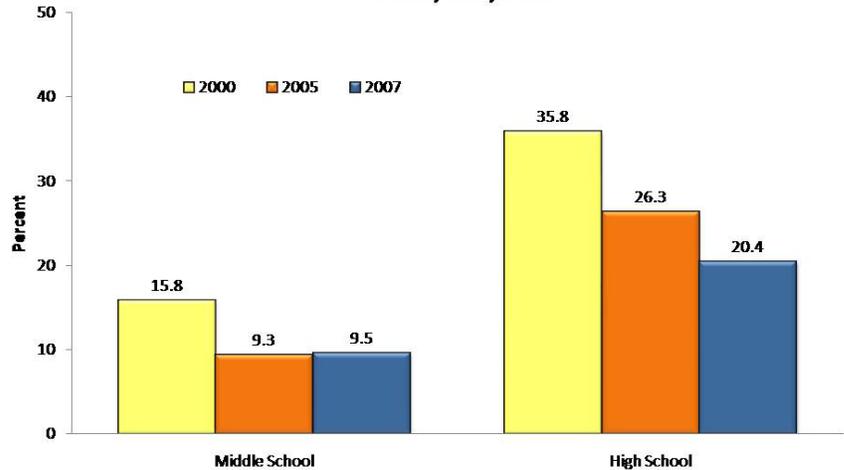
# CURRENT CIGARETTE SMOKING

**Definition:** Smoked cigarettes on one or more days in the past 30 days.

## High school students:

The prevalence of current cigarette smoking among high school students was 20.4% in 2007 compared to 35.8% in 2000 (Figure 1). This corresponds to approximately 27,103 current smokers in high school in 2007. This is a significant decrease of 43% since 2000.

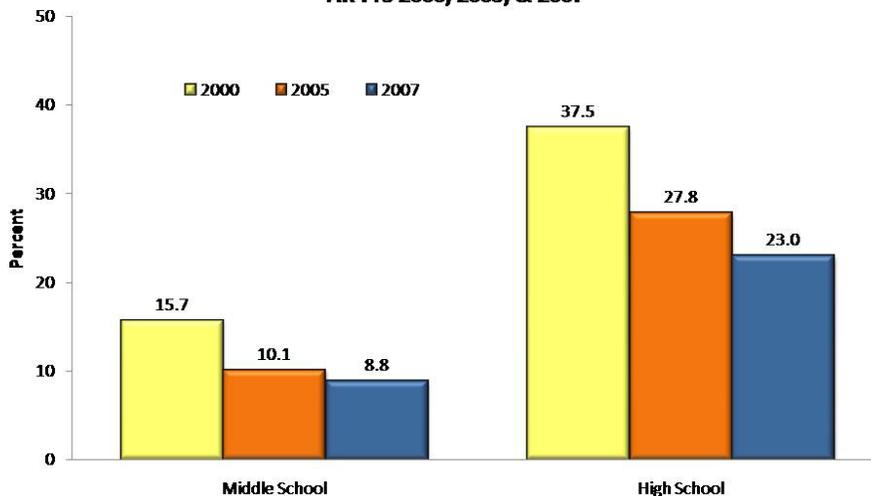
**Figure 1. Percentage of Students who are Current Users of Cigarettes  
ARYTS 2000, 2005, & 2007**



## Middle school students:

The prevalence of current cigarette smoking among middle school students was 9.5% in 2007 compared to 15.8% in 2000. This corresponds to approximately 9,774 current smokers in middle school in 2007, a significant decrease of 40% since 2000.

**Figure 2. Percentage of Boys who are Current Users of Cigarettes  
ARYTS 2000, 2005, & 2007**



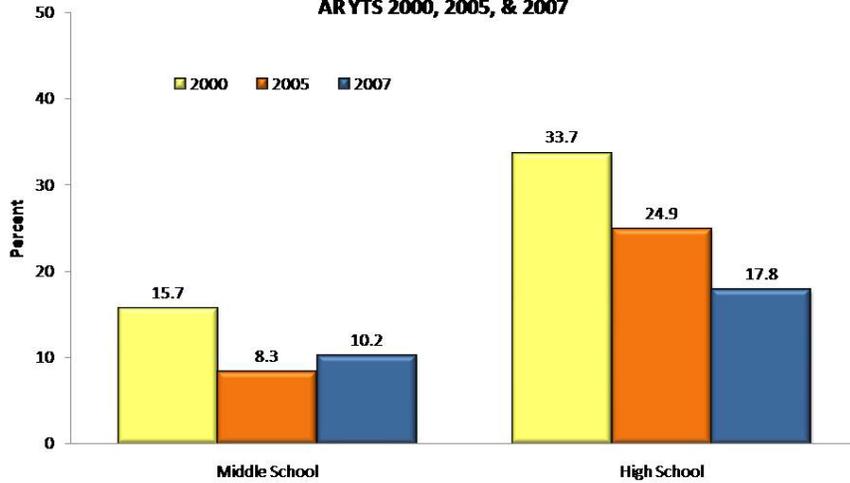
## High school boys:

Twenty-three percent (23.0%) of high school boys reported smoking cigarettes on one or more of the 30 days prior to the survey in 2007. This is a significant decrease from 37.5% in 2000. This is a decrease of 39% (Figure 2).

## Middle school boys:

A significant decrease (43%) was also seen among middle school boys. In 2007 the prevalence of current cigarette smoking was 8.8% compared to 15.7% in 2000.

**Figure 3. Percentage of Girls who are Current Users of Cigarettes  
ARYTS 2000, 2005, & 2007**



**High school girls:**

The prevalence of current cigarette smoking among high school girls was 17.8% in 2007, a significant decrease from 33.7% in 2000. This is a decline of 47% (Figure 3).

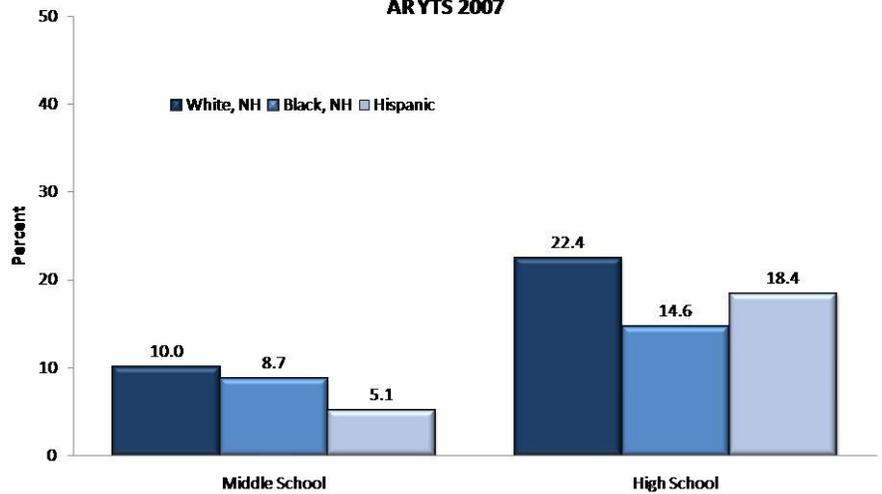
**Middle school girls:**

In 2007, 10.2% of middle school girls reported current cigarette smoking compared to 15.7% in 2000.

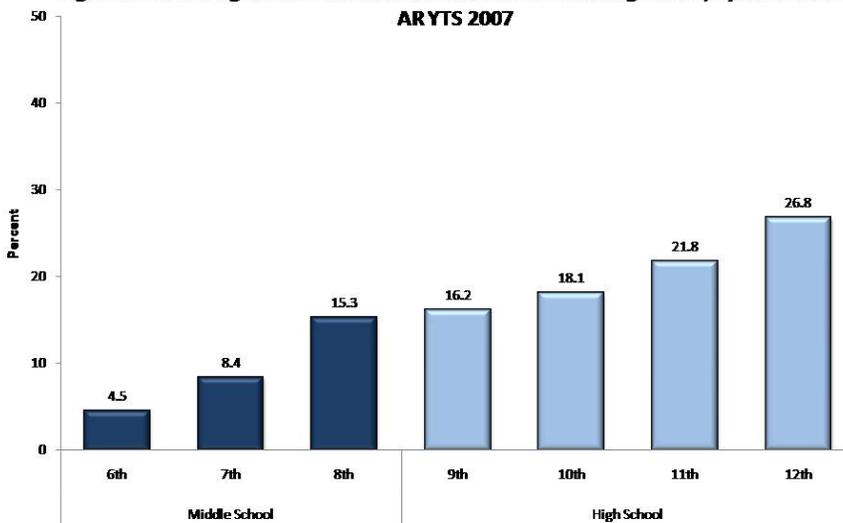
**Race/Ethnicity:**

Among high school students, whites smoked at a significantly higher rate (22.4%) than blacks (14.6%) (Figure 4). In 2000, 40.1% of whites, 21.6% of blacks, and 32.6% of Hispanics reported current use of cigarettes.

**Figure 4. Percentage of Students who are Current Users of Cigarettes, by Race/Ethnicity  
ARYTS 2007**



**Figure 5. Percentage of Students who are Current Users of Cigarettes, by Grade Level  
ARYTS 2007**



**Grade level:**

The use of cigarettes among high school and middle school students increases as grade level increases. In the sixth grade, 4.5% of students reported current cigarette smoking. In the twelfth grade, 26.8% of students reported current cigarette smoking (Figure 5).

## BRANDS OF CIGARETTES

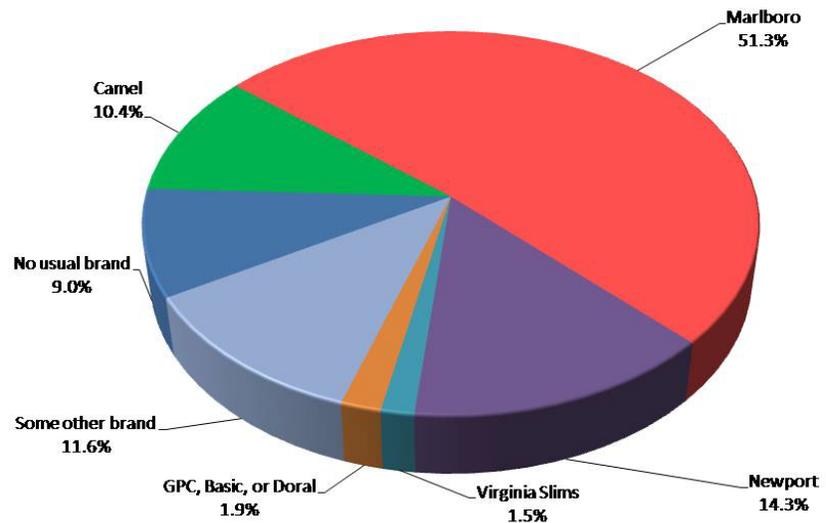
The most popular brand of cigarettes among both high school and middle school students who responded to the Arkansas 2007 Youth Tobacco Survey as current cigarette smokers was Marlboro, 51.3% for high school students and 48.2% for middle school students (Figures 6 and 7).

Newport was the second most popular brand with 14.3% of current high school smokers and 21.6% of current middle school smokers reporting Newport as their usual brand.

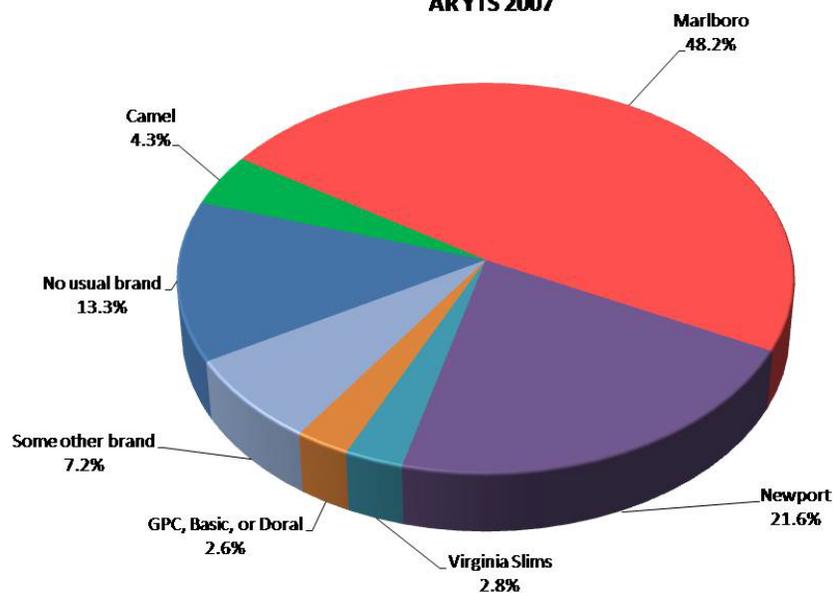
Marlboro is the most popular brand among whites and Hispanics. Newport is the most popular brand among blacks. (Note that the sample size is small when broken down by race/ethnicity).

Marlboro is the most heavily advertised cigarette brand in the United States. It is manufactured by Philip Morris USA, which controls more than 50% of the cigarette market share.<sup>1</sup>

**Figure 6. Brands of Cigarettes Usually Smoked During the Past 30 Days Among High School Students who were Current Users AR YTS 2007**



**Figure 7. Brands of Cigarettes Usually Smoked During the Past 30 Days Among Middle School Students who were Current Users AR YTS 2007**



## MENTHOL CIGARETTES

***Students were asked if the cigarettes they smoked are usually menthol cigarettes.***

### **High School Current Cigarette Smokers:**

Among current smokers in high school who answered the question, 40.3% said they usually smoke menthol cigarettes. The percent of boys who are current smokers who reported usually smoking menthols was 38.8% compared to 42.2% of the girls who are current smokers in high school.

### **Middle School Current Cigarette Smokers:**

Among current smokers in middle school who answered the question, 48.5% said they usually smoke menthol cigarettes. The percent of boys who are current smokers who reported usually smoking menthols was 46.4% compared to 50.4% of the girls who are current smokers in middle school.

## PRICE PER PACK

***Students were asked, "During the past 30 days, how much did you pay for the last pack of cigarettes you bought?"***

### **High School Current Cigarette Smokers:**

Of those current smokers who reported buying a pack of cigarettes in the past 30 days;

- 20.6% paid \$2.00-\$3.00
- 26.1% paid \$3.01-\$3.50
- 38.4% paid \$3.51-\$4.00
- 14.9% paid over \$4.00

### **Middle School Current Cigarette Smokers:**

Of those current smokers who reported buying a pack of cigarettes in the past 30 days;

- 25.4% paid \$2.00-\$3.00
- 21.4% paid \$3.01-\$3.50
- 32.9% paid \$3.51-\$4.00
- 20.2% paid over \$4.00

## MONEY AVAILABLE FOR SPENDING EACH WEEK

*Students were asked, "During the last 4 weeks, about how much money did you have each week to spend any way you want to?"*

<b>High School Students</b>			
	all students	current smokers	non-smokers
<b>none</b>	6.8%	4.3%	7.4%
<b>&lt; \$1</b>	0.5%	0.1%	0.6%
<b>\$1-\$5</b>	5.2%	6.2%	4.7%
<b>\$6-\$10</b>	7.9%	7.0%	8.3%
<b>\$11-\$20</b>	16.6%	11.6%	18.1%
<b>\$21-\$50</b>	21.7%	21.0%	22.2%
<b>more than \$50</b>	41.2%	49.6%	38.6%

<b>Middle School Students</b>			
	all students	current smokers	non-smokers
<b>none</b>	12.7%	8.7%	13.4%
<b>&lt; \$1</b>	1.6%	0.6%	1.7%
<b>\$1-\$5</b>	10.0%	10.5%	9.8%
<b>\$6-\$10</b>	10.8%	6.8%	11.2%
<b>\$11-\$20</b>	20.9%	20.1%	21.0%
<b>\$21-\$50</b>	20.7%	18.4%	21.1%
<b>more than \$50</b>	23.3%	34.8%	21.9%

---

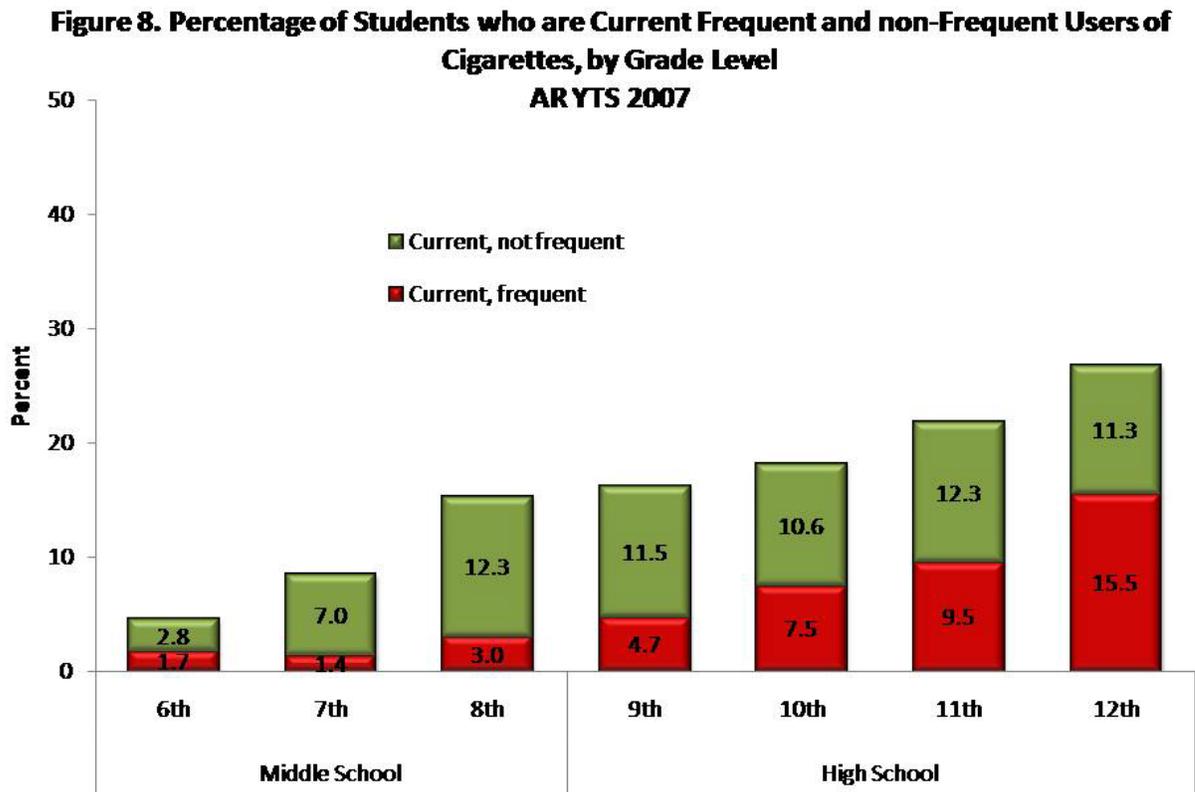
# FREQUENT CIGARETTE SMOKING

**Definition:** *Smoking on 20 or more of the 30 days preceding the survey.*

In addition to looking at students who report current cigarette smoking (which may include experimenters, occasional smokers, and other non-regular smokers), it is useful to look at those students who report frequent smoking.

Figure 8 compares current frequent and non-frequent smokers by grade level. For example, 26.8% of twelfth graders reported current cigarette smoking; 15.5% reported smoking on 20 or more days in the past month and 11.3% reported smoking on fewer than 20 days in the past month.

The percent of current frequent smokers increases as grade level increases, 1.7% of sixth graders are current frequent smokers while 15.5% of twelfth graders are.



# CURRENT USE OF SMOKELESS TOBACCO

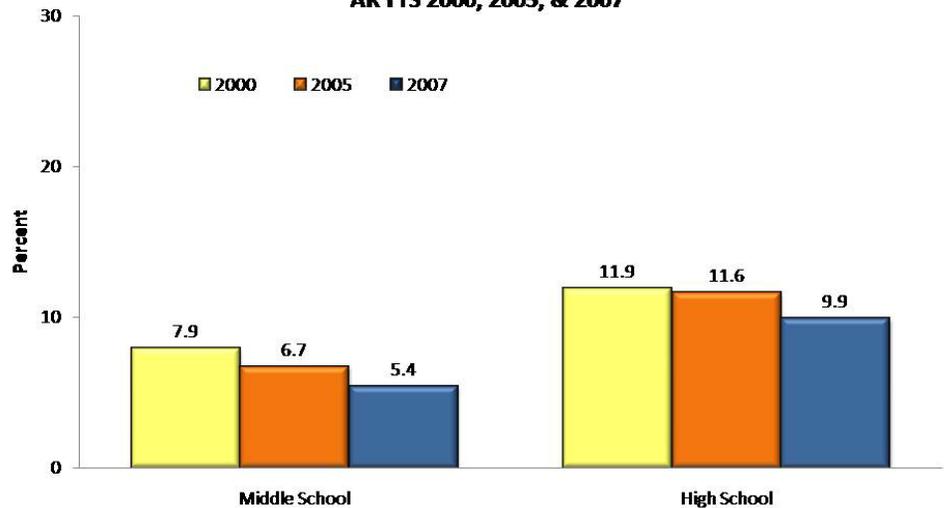
**Definition:** Used smokeless tobacco (chewing tobacco, snuff, or dip) on one or more days in the past 30 days.

## High school students:

The prevalence of current smokeless tobacco use among high school students in 2007 was 9.9% compared to 11.9% in 2000 (Figure 9).

There is a significant difference in smokeless tobacco use between boys and girls in high school. In 2007, 17.8% of boys reported current use of smokeless tobacco compared to 1.7% of girls (Figure 10).

**Figure 9. Percentage of Students who are Current Users of Smokeless Tobacco  
ARYTS 2000, 2005, & 2007**

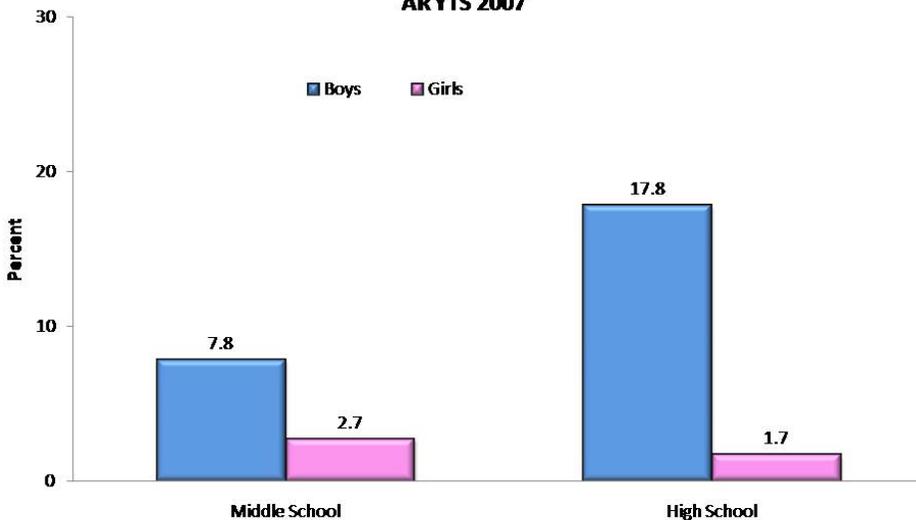


## Middle school students:

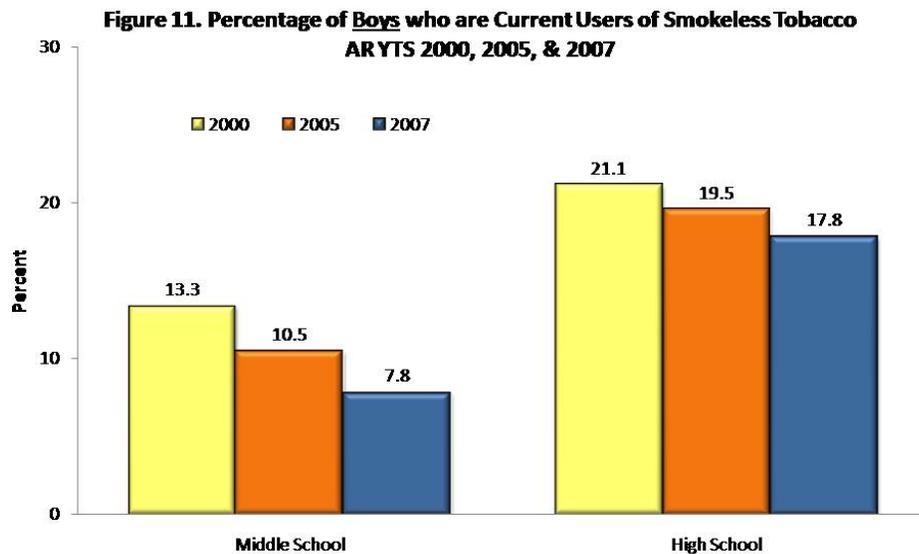
The prevalence of current smokeless tobacco use among middle school students in 2007 was 5.4% compared to 7.9% in 2000 (Figure 9).

Although less pronounced than among high school students, there is a significant difference in smokeless tobacco use between boys and girls in middle school. In 2007, 7.8% of

**Figure 10. Percentage of Students who are Current Users of Smokeless Tobacco, by Gender  
ARYTS 2007**



boys and 2.7% of girls reported current use of smokeless tobacco (Figure 10).



**High school boys:**

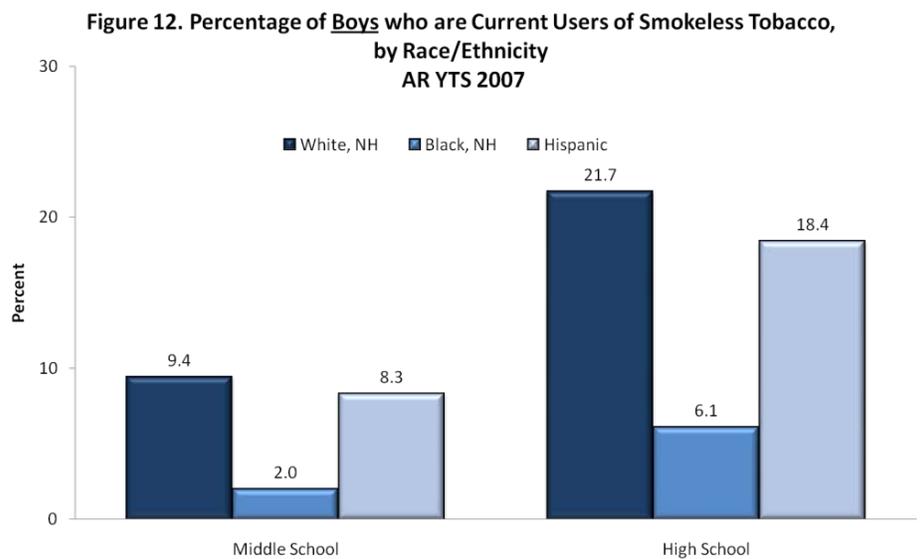
In 2007, 17.8% of high school boys reported current use of smokeless tobacco products compared to 21.1% in 2000 (Figure 11).

**Middle school boys:**

In 2007, 7.8% of middle school boys reported current use of smokeless tobacco products compared to 13.3% in 2000.

**Race/Ethnicity (boys only):**

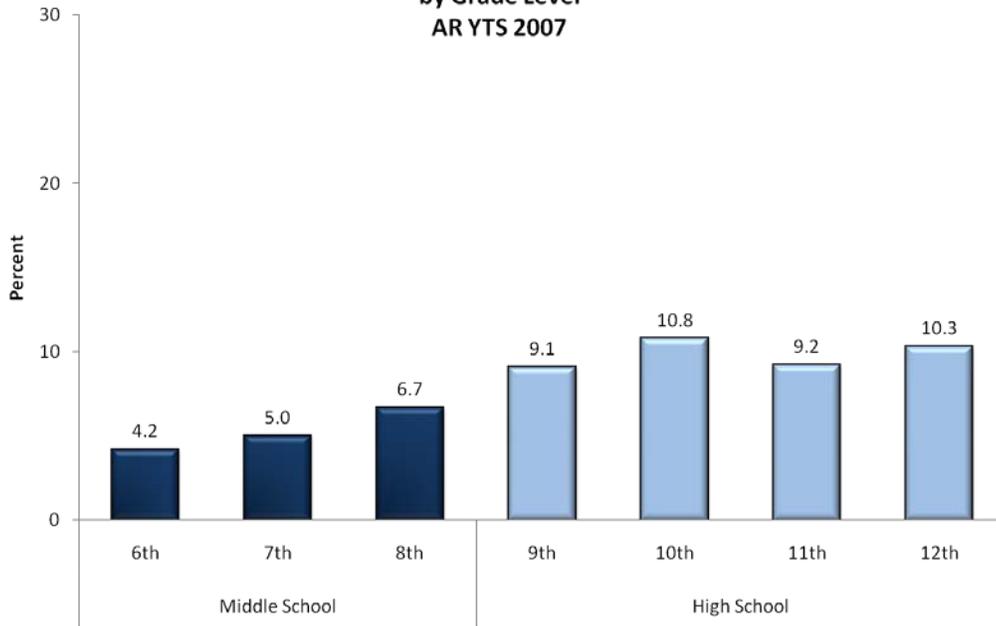
In both high school and middle school, current smokeless tobacco use is significantly higher among whites than blacks. In high school, the prevalence was 21.7% among whites, 6.1% among blacks, and 18.4% among Hispanics. In middle school, it was 9.4% among whites, 2.0% among blacks, and 8.3% among Hispanics (Figure 12).



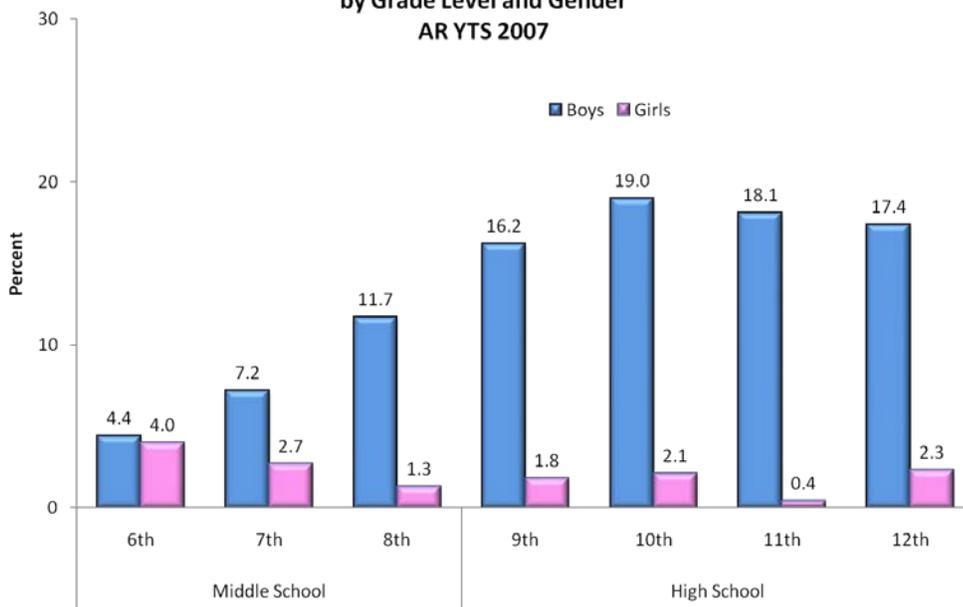
**Grade level:**

The prevalence of current smokeless tobacco use among high school and middle school students generally increases with increasing grade level until 10<sup>th</sup> grade, when it appears to level off. Among sixth grade students, the prevalence was 4.2%, compared to 10.3% among twelfth grade students (Figures 13a, 13b).

**Figure 13a. Percentage of Students who are Current Users of Smokeless Tobacco, by Grade Level  
AR YTS 2007**



**Figure 13b. Percentage of Students who are Current Users of Smokeless Tobacco, by Grade Level and Gender  
AR YTS 2007**



# CURRENT USE OF OTHER TOBACCO PRODUCTS

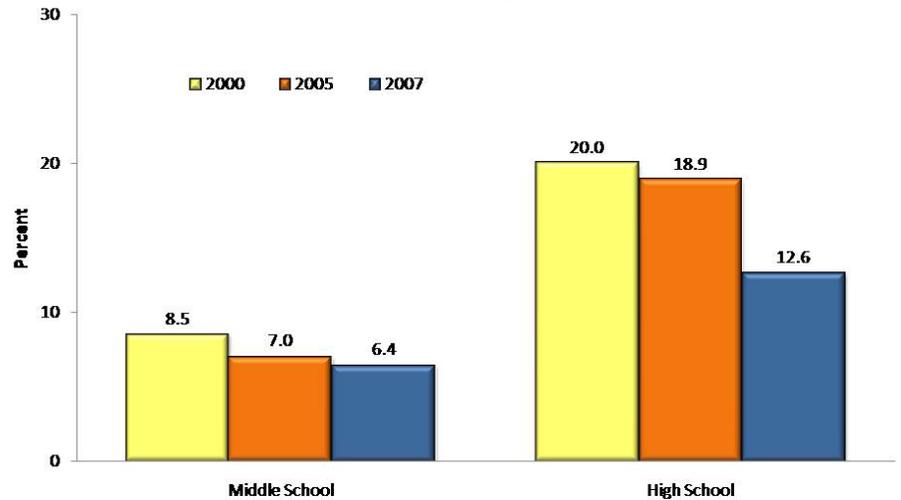
## CIGARS AND CIGARILLOS

*Definition: Smoked cigars and/or cigarillos (little cigars) on one or more of the past 30 days.*

### High school students:

The current use of cigars/cigarillos among high school students was 12.6% in 2007. This was a significant decline from 18.9% in 2005 and 20.0% in 2000. This represents a decline of 37% between 2000 and 2007 (Figure 14).

**Figure 14. Percentage of Students who are Current Users of Cigars and Cigarillos ARYTS 2000, 2005, & 2007**

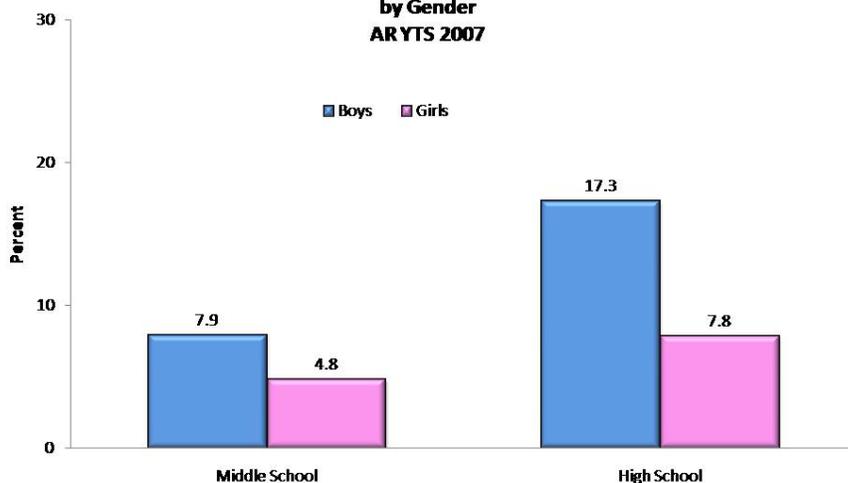


### Middle school students:

Current cigar/cigarillo use among middle school students was 6.4% in 2007 and 8.5% in 2000 (Figure 14).

### Gender:

**Figure 15. Percentage of Students who are Current Users of Cigars and Cigarillos, by Gender ARYTS 2007**

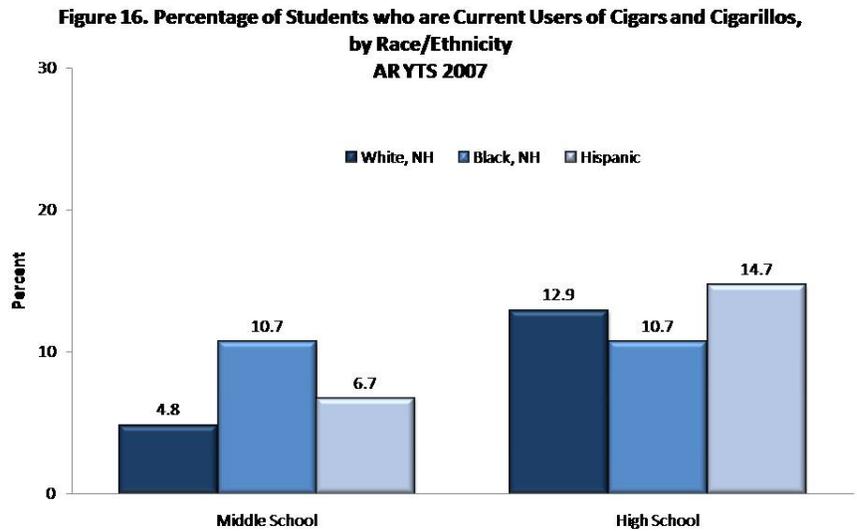


In high school, boys smoked cigars/cigarillos at a significantly higher rate than girls in 2007. The prevalence was 17.3% among high school boys and 7.8% among high school girls (Figure 15).

In middle school, the difference between boys who smoked cigars/cigarillos (7.9%) and girls (4.8%), was not significantly different (Figure 15).

### Race/Ethnicity:

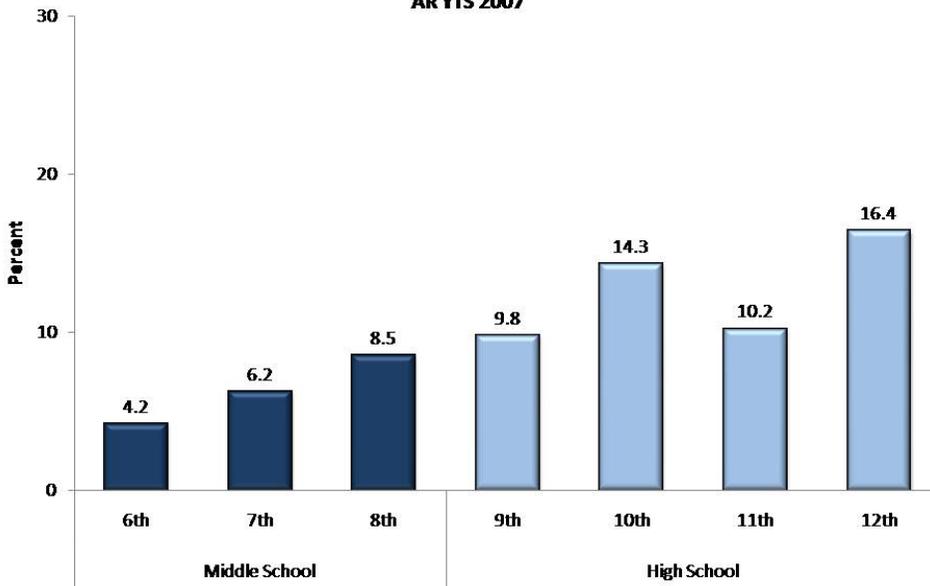
Figure 16 shows the current use of cigars and cigarillos by race/ethnicity. For whites, the prevalence was 12.9% in high school and 4.8% in middle school. For blacks, it was 10.7% in both high school and middle school. For Hispanics, it was 14.7% in high school and 6.7% in middle school.



### Grade level:

The prevalence of current use of cigars and cigarillos among sixth grade students was 4.2% compared to 16.4% among twelfth grade students. Prevalence generally increased with grade level, except for a non-significant decrease in the eleventh grade (Figure 17).

**Figure 17. Percentage of Students who are Current Users of Cigars and Cigarillos, by Grade AR YTS 2007**



## BIDIS AND KRETEKS

**Definition: Smoked bidis and/or kreteks at least one of the past 30 days.**

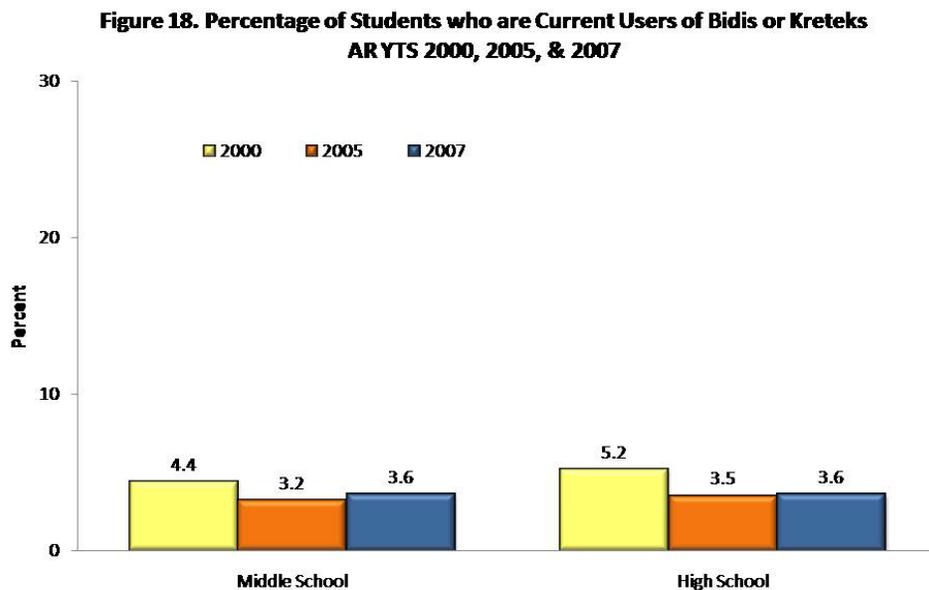
Bidis are small brown hand-rolled cigarettes primarily made in India and other Southeast Asian countries. Bidis are low-price tobacco products that come in a variety of flavors, such as fruit (i.e. strawberry) and licorice, which makes them appealing to the youth market. Kreteks (or clove cigarettes) are cigarettes containing tobacco and clove extract.

### High school students:

The use of bidis and kreteks among high school students in 2007 was 3.6%. It was 5.2% in 2000 (Figure 18).

### Middle school students:

The use of bidis and kreteks in 2007 among middle school students was 3.6%. It was 4.4% in 2000.



## PIPE SMOKING

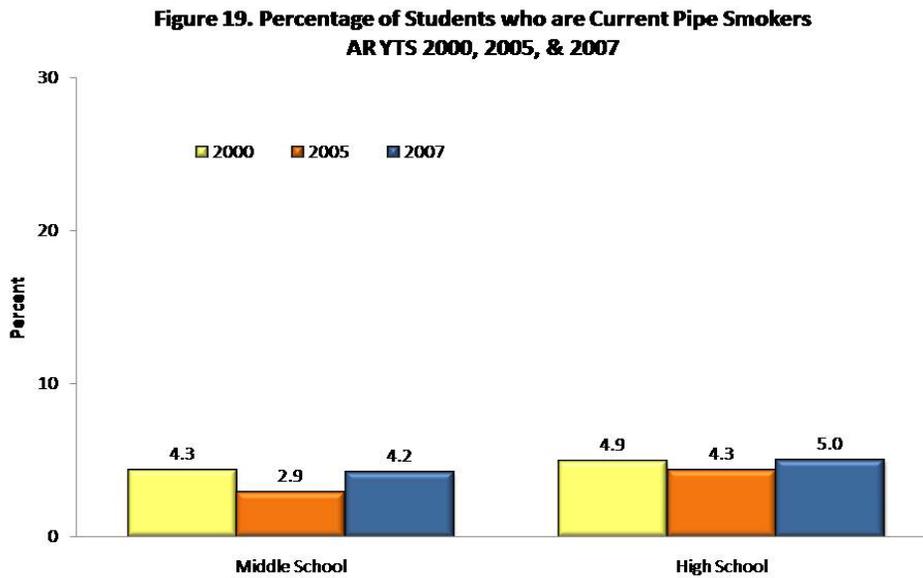
**Definition:** *Smoked tobacco in a pipe at least one of the past 30 days.*

### High school students:

In 2007, 5.0% of high school students reported smoking tobacco in a pipe, compared to 4.9% in 2000 (Figure 19).

### Middle school students:

In 2007, 4.2% of middle school students reported smoking tobacco in a pipe, compared to 4.3% in 2000.



# CURRENT USE ON SCHOOL PROPERTY

**Definition:** Reported tobacco use on school property at least one of the past 30 days.

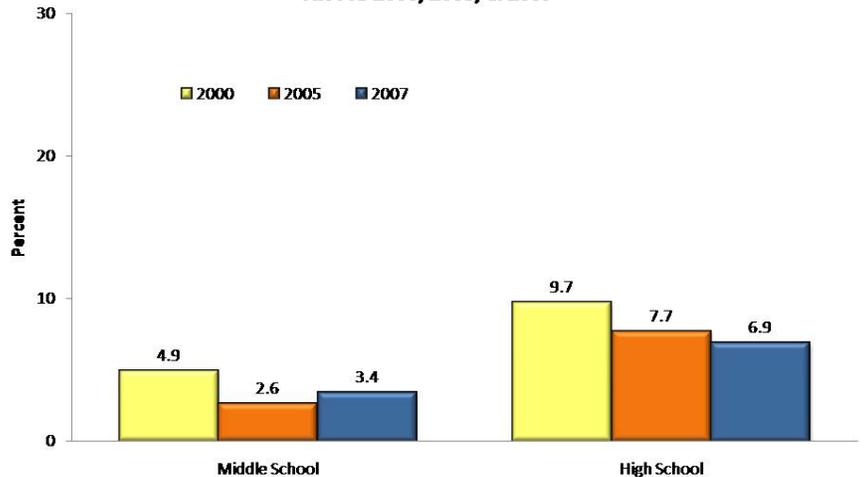
In Arkansas, smoking or use of tobacco in enclosed areas, buildings, or facilities of a public elementary or secondary school is prohibited.

## High school students:

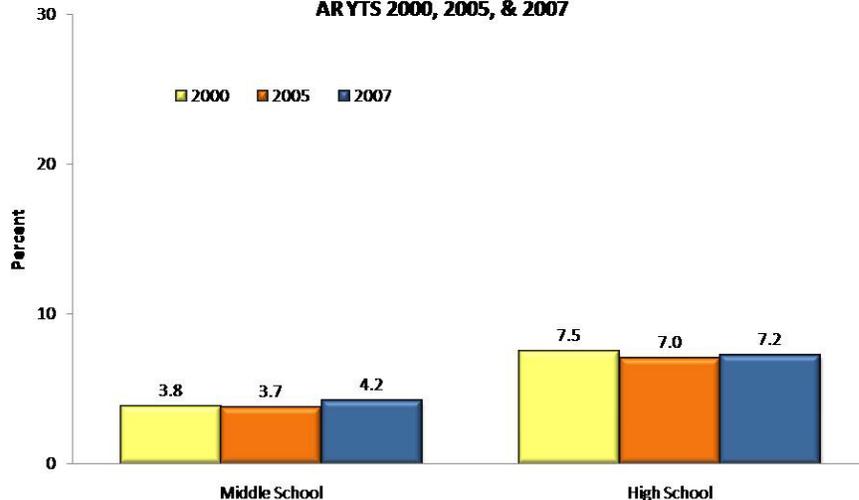
In 2007, 6.9% of high school students reported current cigarette use on school property. This is a non-significant decrease from 9.7% in 2000 (Figure 20).

The use of smokeless tobacco on school property has remained around 7% among high school students. In 2007, it was 7.2% compared to 7.5% in 2000 (Figure 21).

**Figure 20. Percentage of Students who Currently Smoke Cigarettes on School Property AR YTS 2000, 2005, & 2007**



**Figure 21. Percentage of Students who Currently Use Smokeless Tobacco on School Property AR YTS 2000, 2005, & 2007**



## Middle School students:

In 2007, 3.4% of middle school students reported current cigarette use on school property. This is a non-significant decrease from 4.9% in 2000 (Figure 20).

The use of smokeless tobacco on school property by middle school students was 4.2% in 2007 compared with 3.8% in 2000 (Figure 21).

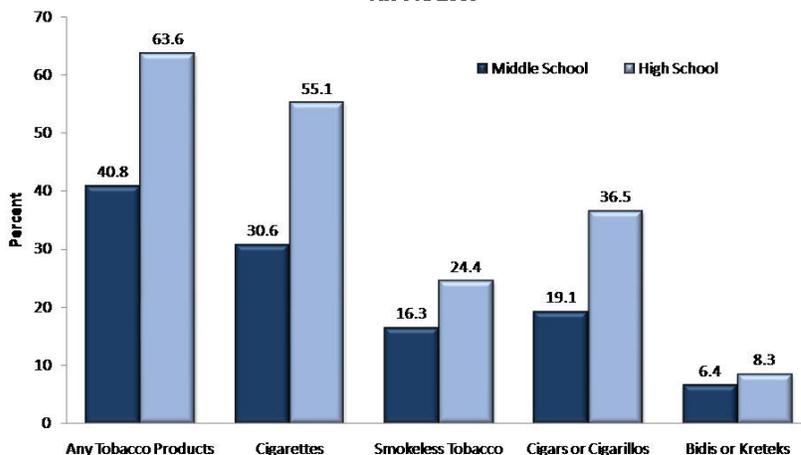
# LIFETIME USE OF TOBACCO

**Definition:** *Have you ever tried any tobacco product...*

## High school students:

Of all high school students in the 2007 survey, 63.6% have tried a tobacco product in their lifetime. The percentage of use by product is: 55.1% have tried cigarettes, 24.4% have tried smokeless tobacco, 36.5% have tried cigars/cigarillos, and 8.3% have tried bidis/kreteks (Figure 22).

**Figure 22. Percentage of Students who Ever Tried Tobacco by Tobacco Product AR YTS 2007**



## Middle school students:

Of all middle school students in the survey, 40.8% have tried a tobacco product in their lifetime. The percentage of use by product is: 30.6% have tried cigarettes, 16.3% have tried smokeless tobacco, 19.1% have tried cigars/cigarillos, and 6.4% have tried bidis/kreteks.

**Figure 23. Percentage of Students who Ever Tried Tobacco by Tobacco Product AR YTS 2000, 2005, & 2007**

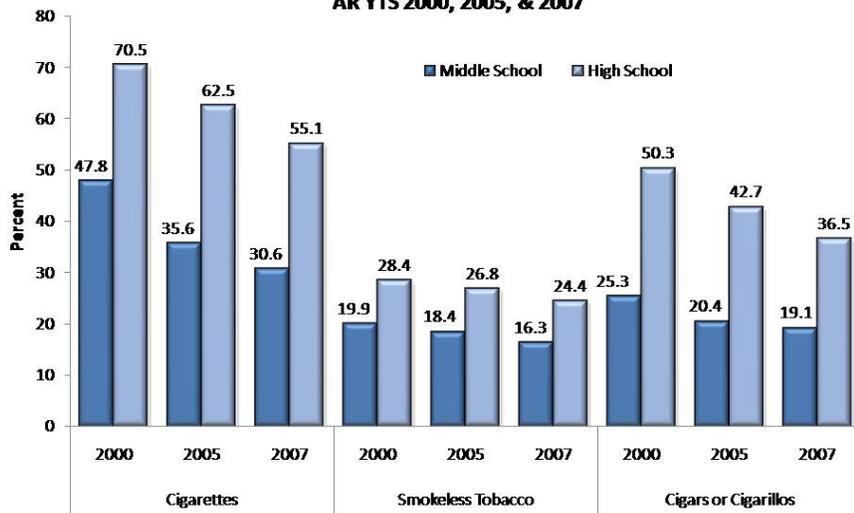


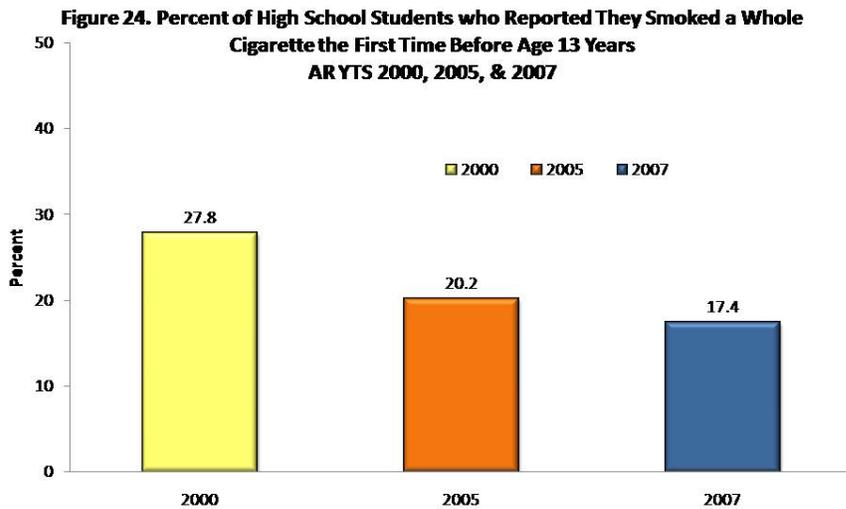
Figure 23 shows the percentages of high school and middle school students who ever used cigarettes, smokeless tobacco, and cigars/cigarillos in 2000, 2005, and 2007.

# AGE OF INITIATION

The age at which someone first smokes a whole cigarette is significantly related to that person’s long-term smoking habits. According to a 1994 report from the Surgeon General: *Preventing Tobacco Use among Young People*, the younger a person is when they start using tobacco, the more likely they are to use tobacco products as adults. Students were asked how old they were when they first smoked a whole cigarette.

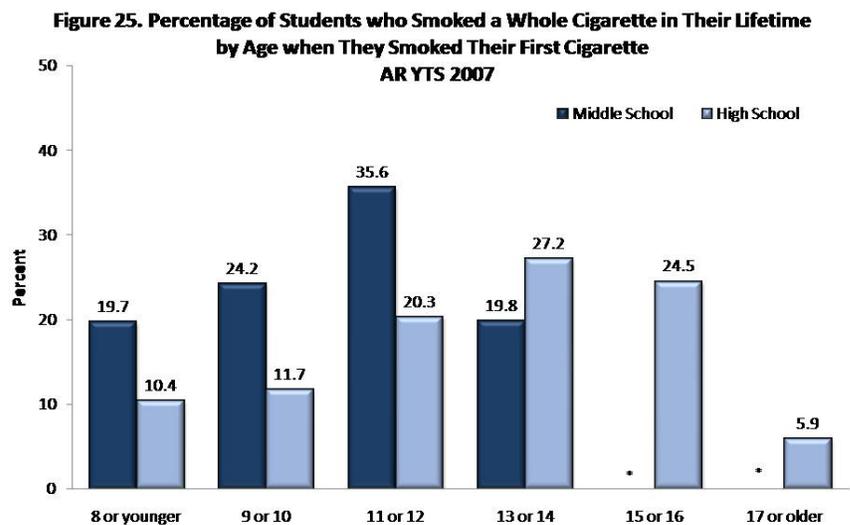
## High school students:

The percentage of high school students who reported that they were under the age of 13 when they first smoked a whole cigarette was 17.4% in the 2007 survey and 27.8% in 2000 (Figure 24). This is a significant decline from 2000 to 2007.



## High school and Middle school:

Figure 25 shows the ages at which students in high school and middle school reported they first smoked a whole cigarette.

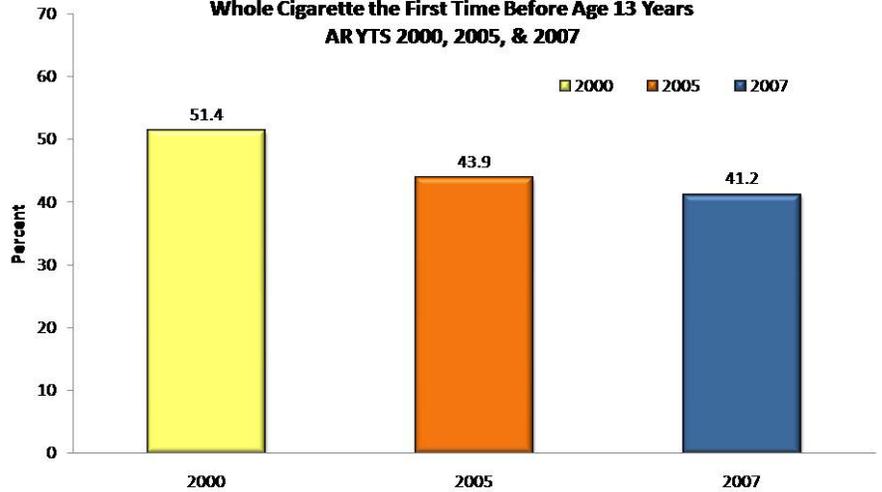


\*Not applicable

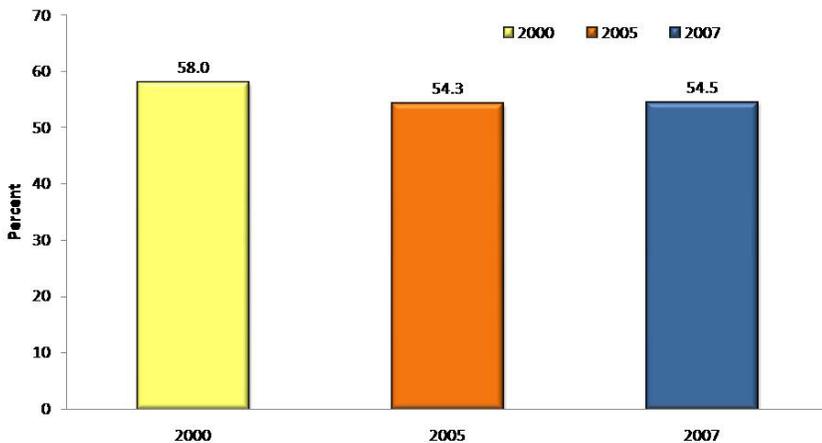
**High school current smokers:**

The percentage of high school current smokers in 2007 who reported that they first smoked a whole cigarette before the age of 13 was 41.2%, compared to 51.4% in 2000. (Figure 26).

**Figure 26. Percent of High School Current Smokers who Reported They Smoked a Whole Cigarette the First Time Before Age 13 Years AR YTS 2000, 2005, & 2007**



**Figure 27. Percent of High School Current Frequent Smokers who Reported They Smoked a Whole Cigarette the First Time Before Age 13 Years AR YTS 2000, 2005, & 2007**



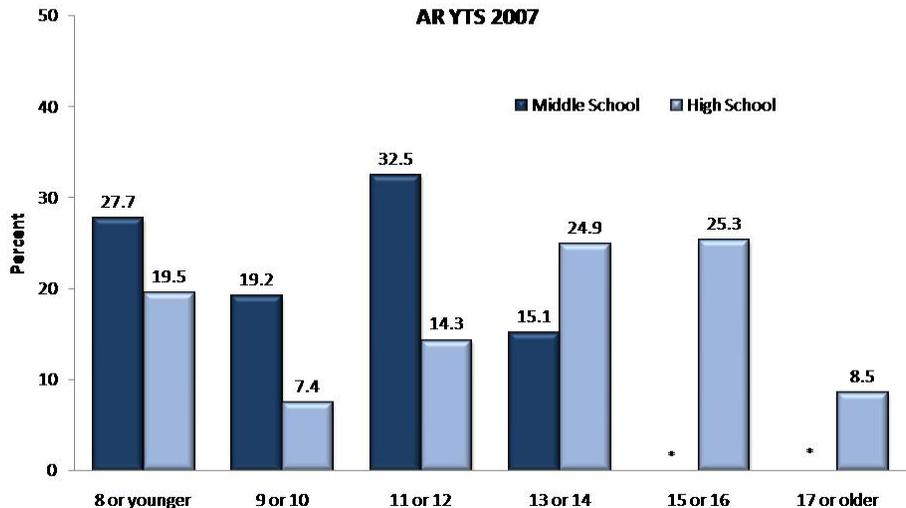
**High school frequent smokers:**

The percentage of current frequent smokers in high school who reported that they first smoked a whole cigarette before the age of 13 was 54.5% in 2007, compared to 58.0% in 2000 (Figure 27).

**SMOKELESS TOBACCO**

Figure 28 shows the ages at which both high school and middle school students reported that they first used smokeless tobacco.

**Figure 28. Percentage of Students who Used Smokeless Tobacco by the Age They First Used Smokeless Tobacco AR YTS 2007**



\*Not applicable

---

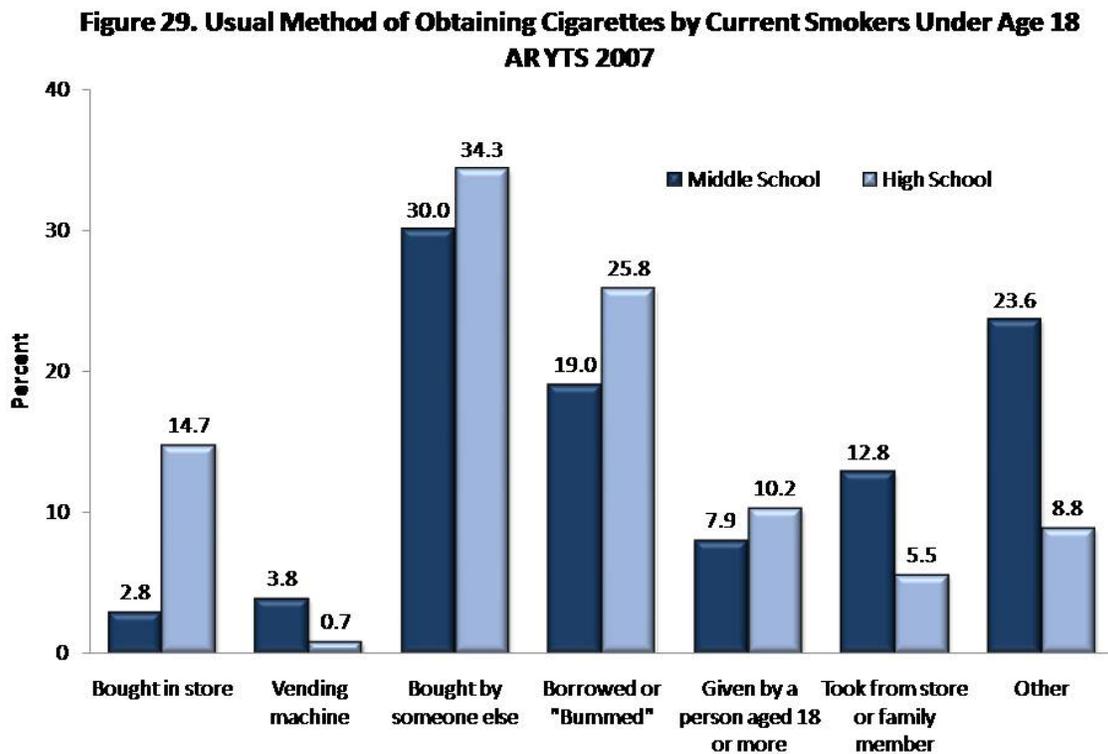
## ACCESS TO TOBACCO PRODUCTS

Restricting the access to tobacco products by adolescents is an essential element in tobacco prevention. Communities that have adopted tighter restrictions achieved reductions in purchases by minors.<sup>2</sup> Enforcement of minors' access laws is a state and federal mandate, as well as a CDC-recommended best practice.<sup>3</sup> Yet, current smokers under the age of 18 still manage to obtain cigarettes through a variety of methods, including social and retail sources.<sup>4</sup>

***Students were asked "During the past 30 days, how did you usually get your own cigarettes?"***

For both high school and middle school students, the most common way of obtaining cigarettes was to *give money to someone else to buy them*. In 2007, this was the case for 34.3% of high school students and 30.0% of middle school students.

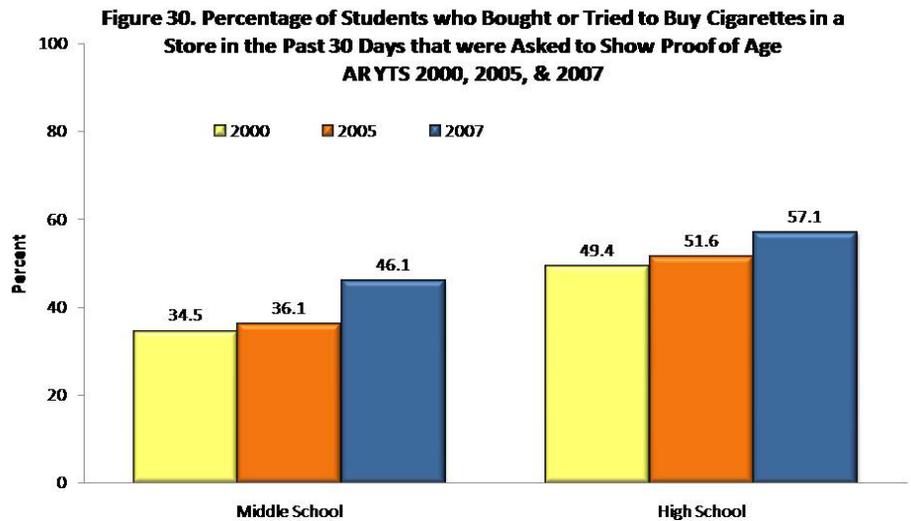
The next most common way to obtain cigarettes for high school students was by *borrowing or bumming* them (25.8%), and for middle school students (23.6%) it was some other way (Figure 29).



**Students were also asked “When you bought or tried to buy cigarettes in a store during the past 30 days, were you ever asked to show proof of age?”**

**High school students:**

In 2007 57.1% of high school students reported that they were asked to show proof of age when they tried to buy cigarettes. This is a non-significant increase from 49.4% in 2000 (Figure 30).



**Middle school students:**

Among middle school students, 46.1% were asked to show proof of age when buying cigarettes in 2007 compared to 34.5% in 2000.

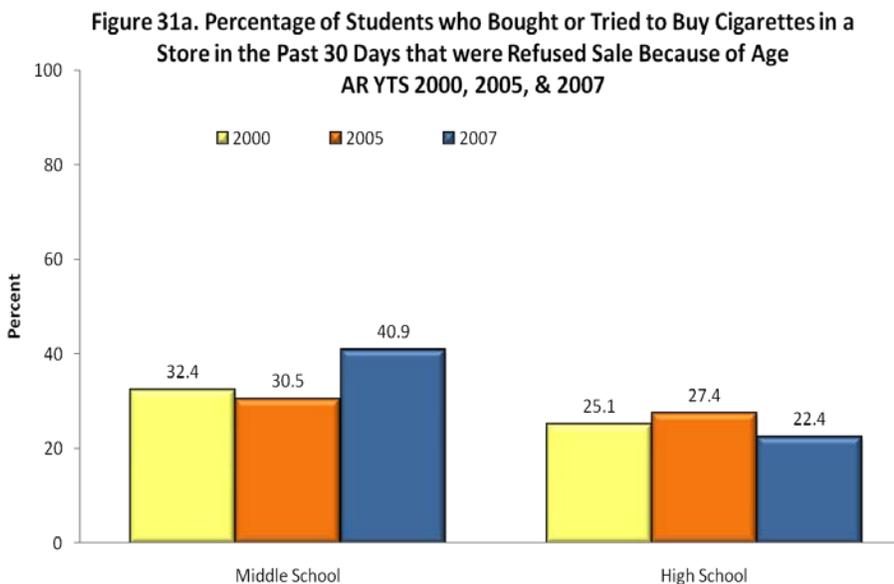
**Students were then asked “During the past 30 days, did anyone ever refuse to sell you cigarettes because of your age?”**

**High school students:**

The prevalence of being refused the sale of cigarettes due to age among high school students was 22.4% in 2007, compared to 25.1% in 2000 (Figure 31).

**Middle school students:**

The prevalence of being refused the sale of cigarettes due to age among middle school students was 40.9% in 2007 compared to 32.4% in 2000.

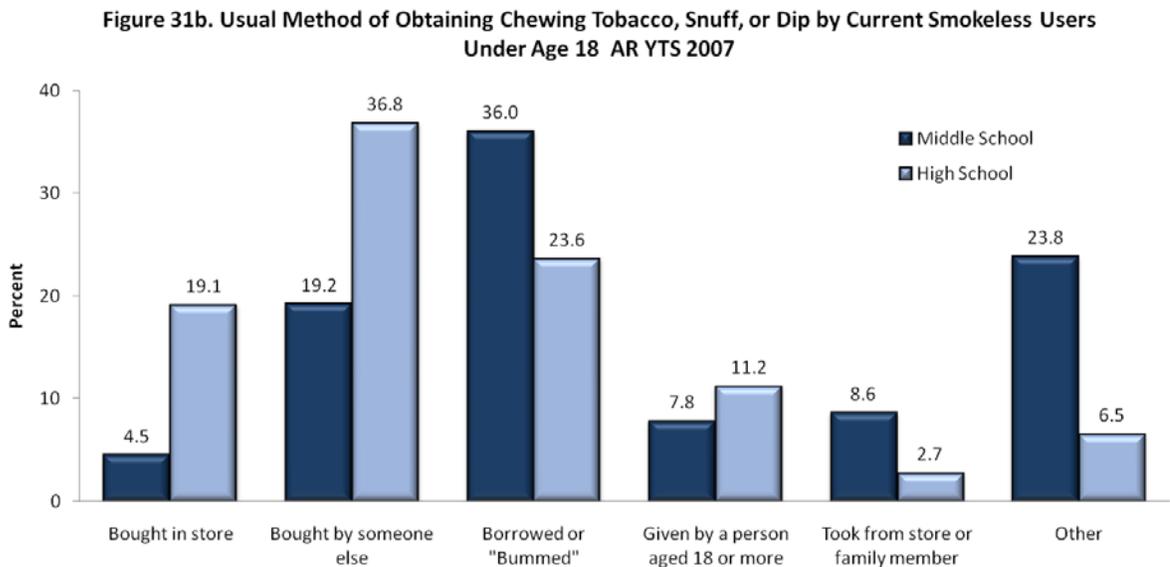


Caution:

Findings in the previous section do not represent the rate of retailer non-compliance with Arkansas laws prohibiting the sale of tobacco to minors and, therefore, should be interpreted carefully. As seen in Figure 29, only 14.7% of high school current smokers and 2.8% of middle school current smokers usually obtained their cigarettes by buying them in a store. According to the Arkansas Synar reports,<sup>5</sup> an annual survey conducted in all states under federal Synar regulations,<sup>6</sup> the weighted retailer violation rates in the state were 4.2%, 2.2%, 4.7%, and 4.2% for Federal Fiscal Years (FFY) 2005, 2006, 2007, and 2008 respectively.

**Method of obtaining smokeless tobacco products:**

The most common way for high school students to obtain smokeless tobacco was to give money to someone else to buy it for them (36.8%), borrowing or bumming it (23.6%), or to buy it in a store (19.1%). The most common way for middle school students to obtain smokeless tobacco was to borrow or bum it (36.0%). (Note: sample sizes are small). See Figure 31b.



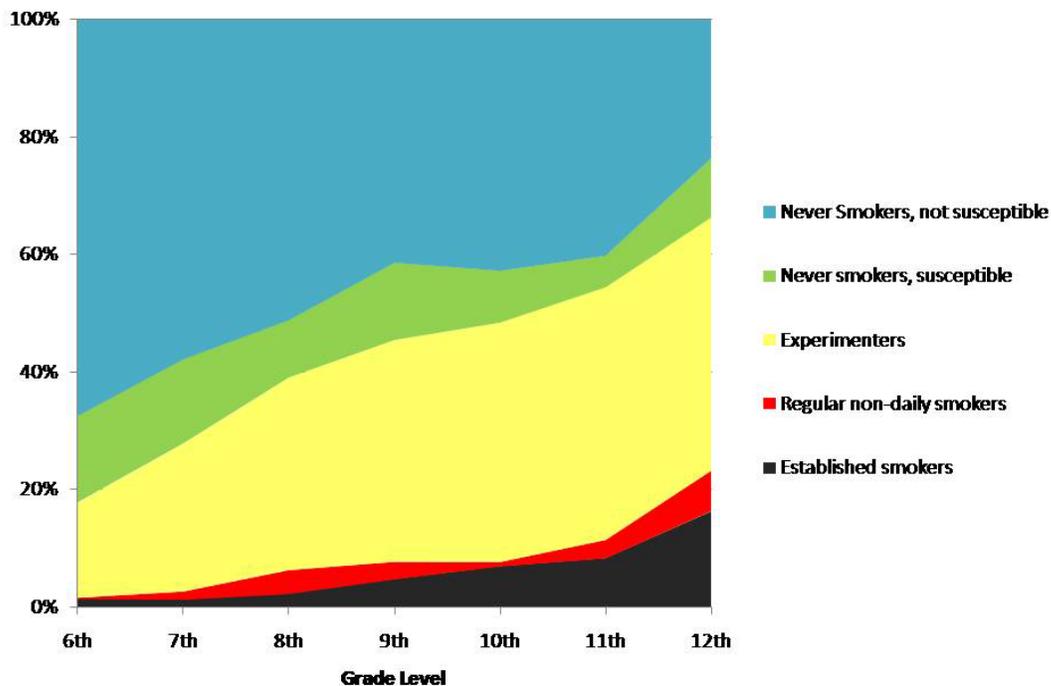
\*Note: Sample sizes are small, use caution in interpreting.

# PROGRESSION TO ESTABLISHED SMOKING

An established young smoker is one who has smoked at least 100 cigarettes in his/her lifetime, and smoked on at least 20 of the 30 days preceding survey administration. Stages to established smoking are defined in Table 3 and graphically presented in Figure 32.

<b>Stage</b>	<b>Definition</b>
1. Never smokers, not susceptible to smoking	<ul style="list-style-type: none"> <li>- Never tried a cigarette, not even one or two puffs;</li> <li>- Answered “no”, will not try a cigarette soon;</li> <li>- Answered “definitely not”, will not smoke a cigarette in the next year, and</li> <li>- Answered “definitely not”, would not smoke a cigarette if best friend offered one</li> </ul>
2. Never smokers, susceptible	Never tried a cigarette, not even one or two puffs, but whose answers to susceptibility questions were anything other than in stage 1
3. Experimenters	Smoked less than 100 cigarettes in lifetime
4. Regular non-daily smokers	Smoked 100 or more cigarettes in lifetime and smoked on 1-19 days in the 30 days preceding the survey
5. Established smokers	Smoked 100 or more cigarettes in lifetime and smoked on 20 or more days in the 30 days preceding the survey

**Figure 32. Youth Progression to Established Smoking (Susceptibility Index)  
AR YTS 2007**



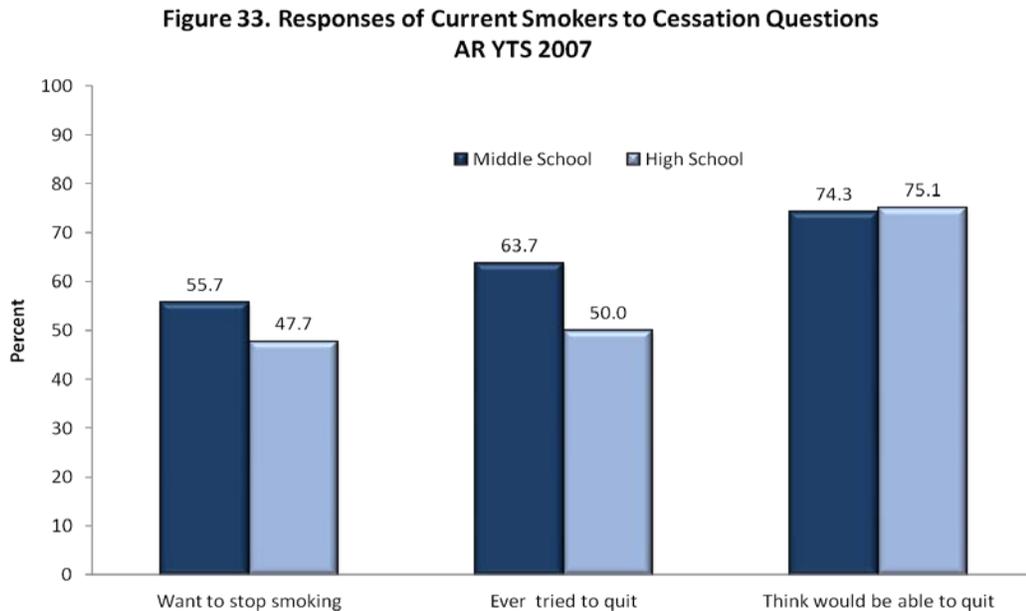
---

## CESSATION

***Students were asked: “Do you want to stop smoking cigarettes?”***

***“During the past 12 months, did you ever try to quit smoking cigarettes?”***

***“Do you think you would be able to quit smoking cigarettes now if you wanted to?”***



High school students – 47.7% of current smokers answered that they want to stop smoking, 50% have tried to quit, and 75.1% think they would be able to quit.

Middle school students – 55.7% of current smokers answered that they want to stop smoking, 63.7% have tried to quit, and 74.3% think they would be able to quit.

***“When you last tried to quit, how long did you stay off cigarettes?”***

The majority of students who tried to quit smoking cigarettes only stayed off cigarettes for less than a month the last time they tried to quit (27.2% high school and 65.1% middle school). (Note: sample sizes are small).

***“Have you ever participated in a program to help you quit using tobacco?”***

High school students – 7.8% of current smokers answered that they have participated in a program to quit.

Middle school students – 11.9% of current smokers answered that they have participated in a program to quit.

---

## KNOWLEDGE AND ATTITUDES

Students were asked some questions concerning their thoughts about tobacco.

***“Do you think young people who smoke cigarettes have more friends?”***

	<u>High School</u>	<u>Middle School</u>
Definitely yes	4.0%	5.4%
Probably yes	14.2%	11.9%
Probably not	49.3%	40.9%
Definitely not	32.5%	41.8%

***“Do you think smoking cigarettes makes young people look cool or fit in?”***

	<u>High School</u>	<u>Middle School</u>
Definitely yes	4.3%	4.8%
Probably yes	6.0%	6.6%
Probably not	21.6%	13.4%
Definitely not	68.1%	75.3%

***“Do you think young people risk harming themselves if they smoke from 1-5 cigarettes per day?”***

	<u>High School</u>	<u>Middle School</u>
Definitely yes	71.2%	71.9%
Probably yes	18.6%	14.5%
Probably not	3.9%	3.7%
Definitely not	6.4%	10.0%

***“Do you think it is safe to smoke for only a year or two, as long as you quit after that?”***

	<u>High School</u>	<u>Middle School</u>
Definitely yes	4.9%	4.6%
Probably yes	7.2%	7.1%
Probably not	27.2%	18.6%
Definitely not	60.7%	69.8%

---

# SOCIAL INFLUENCES

## EDUCATION

***“During this school year, were you taught in any of your classes about the dangers of tobacco use?”***

Among high school students, 57.2% said they had been taught about the dangers of tobacco in this school year (2006-2007). In middle school, 75.6% said they had been taught about the dangers of tobacco.

***“During this school year, did you practice ways to say NO to tobacco in any of your classes (for example by role-playing)?”***

Only 27.5% of high school and 50.0% of middle school students reported that they had practiced ways to say ‘no’ to tobacco in any of their classes this school year (2006-2007).

## HEALTH CARE

***Students were asked two questions about their experience with health care professionals. They were asked: “During the past 12 months, did any doctor, dentist, nurse, or other health professional ask you if you smoke?” and “During the past 12 months, did any doctor, dentist, nurse, or other health professional advise you not to smoke?”***

- High school students – 26.9% reported that they had been asked about smoking and 27.0% had been advised not to smoke.
- Middle school students – 17.6% reported that they had been asked about smoking and 30.0% had been advised not to smoke.

## PARENTS/GUARDIANS

***Students were asked “In the past 12 months, how often have your parents or guardians discussed the dangers of tobacco use with you?”***

Among high school students, 62.4% reported “never or rarely” and 37.6% reported “sometimes, often, or very often”. In middle school, 45.7% reported “never or rarely” and 54.3% reported “sometimes, often, or very often”.

***Students were also asked if their parents know that they smoke cigarettes.***

Do your parents know that you smoke cigarettes?

- High school students who are current smokers: 45% said 'yes', 36.1% said 'no', and 18.9% said that they 'don't know or are not sure' if their parents know.
- Middle school students who are current smokers: 28.6% said 'yes', 47.6% said 'no', and 23.8% said that they 'don't know or are not sure' if their parents know.

## COMMUNITY ACTIVITIES

***“During the past 12 months, have you participated in any community activities to discourage people your age from using cigarettes, chewing tobacco, snuff, dip, or cigars?”***

Among high school students, 17.7% reported that during the past 12 months, they participated in community activities to discourage young people from using cigarettes, chewing tobacco, snuff, dip, or cigars. Among middle school students 25.4% reported participating in such activities.

## FAMILY AND FRIENDS

- Current smokers are more likely to live with someone who now smokes cigarettes. Among high school students, 59.9% of current smokers and 39.2% of nonsmokers report that someone who lives with them now smokes cigarettes. These numbers are 79.2% and 41.0% respectively among middle school students.
- Among high school students, 22.4% live with someone who now uses chewing tobacco, snuff, or dip compared to 24.7% of middle school students. The difference between current tobacco users and non-users is not statistically significant among high school students (25.3% and 21.2%). However, there is a significant difference among middle school students where 35.8% of current tobacco users report living with someone who uses smokeless tobacco compared to 22.6% of non-users.
- Approximately 87.1% of current smokers in high school reported that at least one of their four closest friends smoke cigarettes, compared to 38.3% of nonsmokers. Approximately 77.2% of current smokers in middle school reported that at least one of their four closest friends smoke cigarettes, compared to 15.6% of nonsmokers.
- Among high school students who are current smokeless tobacco users, 83.3% report that at least one of their four closest friends also use chewing tobacco, snuff, or dip compared to only 23.4% of non-users. Among middle school students who are current smokeless tobacco users, 81.0% report that at least one of their four closest friends also use smokeless tobacco, compared to only 14.2% of non-users.

# SECONDHAND SMOKE

*“During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?”*

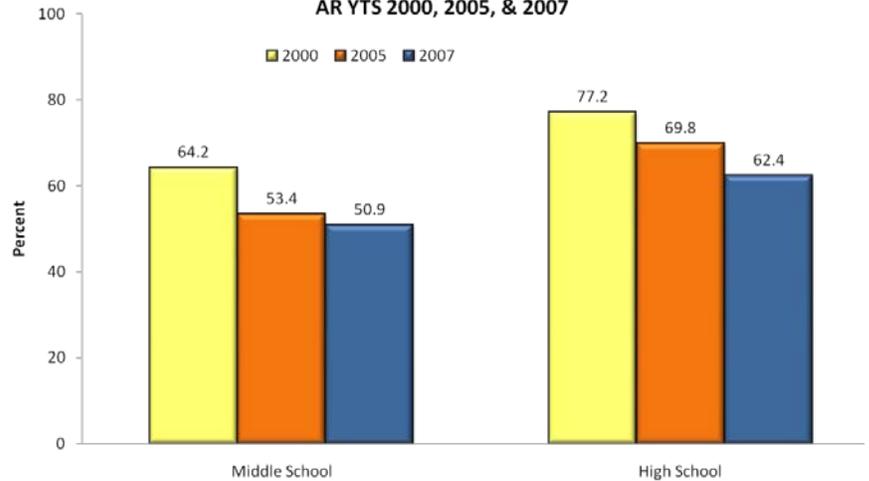
## High school students:

In 2007, 62.4% of high school students said they were in the same room as someone smoking cigarettes during the week prior to the survey. This is a significant decrease from 77.2% in 2000 and 69.8% in 2005 (Figure 34).

## Middle school students:

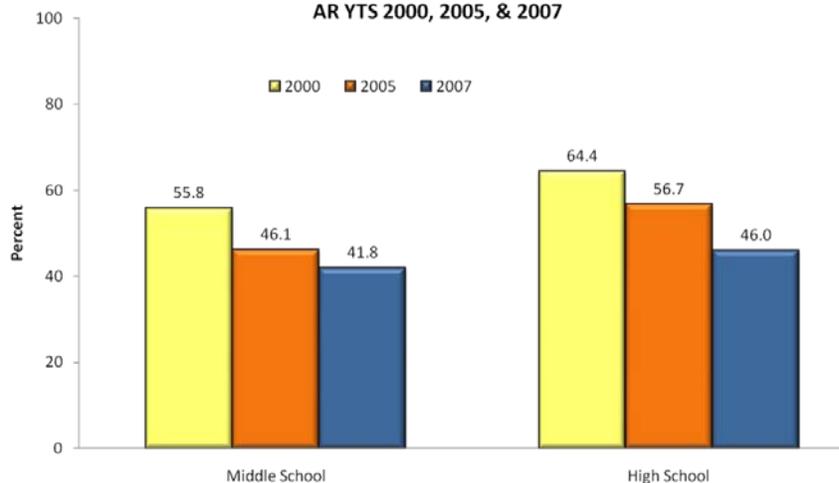
In 2007, 50.9% of middle school students said they were in the same room as someone smoking cigarettes during the week prior to the survey, a significant decrease from 64.2% in 2000.

Figure 34. Percentage of Students who were in the Same Room as Someone Smoking Cigarettes on 1 or more of the Past 7 Days  
AR YTS 2000, 2005, & 2007



*“During the past 7 days, on how many days did you ride in a car with someone who was smoking cigarettes?”*

Figure 35. Percentage of Students who Rode in a Car with Someone Smoking Cigarettes on 1 or more of the Past 7 Days  
AR YTS 2000, 2005, & 2007



## High school students:

Forty-six percent, (46%), of high school students in 2007 said they rode in a car with someone who was smoking cigarettes during the week prior to the survey. This is a significant decrease from 64.4% in 2000 and 56.7% in 2005 (Figure 35).

## Middle school students:

In 2007, 41.8% of middle school students said they rode in a car with someone who was smoking cigarettes during the week prior to the survey, a significant decrease from 55.8% in 2000.

***Which best describes the rules about smoking in the house where you live?***

- High school students: 20.5% reported that smoking is always allowed. Among current smokers, 35.2% reported that smoking is always allowed, compared to 16.7% among nonsmokers.
- Middle school students: 17.2% reported that smoking is always allowed. Among current smokers, 35.4% reported that smoking is always allowed, compared to 14.9% among nonsmokers.

***Which best describes the rules about smoking in the vehicle you drive or ride in the most?***

- High school students: 21.2% reported that smoking is always allowed. Among current smokers, 45.2% reported that smoking is always allowed, compared to 15.0% among nonsmokers.
- Middle school students: 18.0% reported that smoking is always allowed. Among current smokers, 39.2% reported that smoking is always allowed, compared to 15.6% among nonsmokers.

***Students were asked to think about indoor public places such as malls, movie theaters, clubs or restaurants and what best described what they think about smoking in indoor public places.***

- Among high school students, 73.6% reported that smoking should never be allowed in indoor public places. Among middle school students, 80.6% reported that smoking should never be allowed in indoor public places.
- Nonsmokers are more likely to say that smoking should never be allowed in public places than current smokers, (81.1% and 45.8% respectively among high school students).

***“Do you think the smoke from other people’s cigarettes is harmful to you?”***

Seventy-five percent (75.2%) of all high school and 74.0% of all middle school students said ‘Definitely Yes’, that smoke from other people’s cigarettes is harmful to them. However, a difference is seen between current smokers and nonsmokers who answered this question. While 80.4% of high school nonsmokers said it was ‘Definitely Yes’ only 57.2% of current smokers did. This is seen among middle school students also with 76.8% and 51.1% respectively.

---

# MEDIA

***“During the past 30 days, have you seen or heard commercials on TV, the Internet, or on the radio about the dangers of cigarette smoking?”***

Among high school students, 78.6% reported that they had. Among middle school students, 66.0% reported that they had. These percentages did not vary significantly among current smokers and non-smokers.

## **Tobacco Industry Advertising:**

- When watching TV or movies, 89.0% of high school students and 81.1% of middle school students had seen actors using tobacco at least some or most of the time.
- When watching TV, 32.4% of high school students and 27.4% of middle school students had seen athletes using tobacco at least some or most of the time.
- When using the Internet, 43.6% of high school students and 43.2% of middle school students had seen ads for tobacco products at least some or most of the time.

## **Receptivity:**

Receptivity of students to tobacco industry advertising was measured by asking students if they had bought or received, or would ever buy or receive (definitely or probably) any item with a tobacco company name, logo, or picture printed on it - such as a lighter, t-shirt, hat, or sunglasses.

- 36.1% of all students were receptive to tobacco company merchandise.
- 41.7% of high school students were receptive to tobacco company merchandise.
- 28.7% of middle school students were receptive to tobacco company merchandise.

---

# ASTHMA

*“During the past 12 months, have you had an episode of asthma or an asthma attack?”*

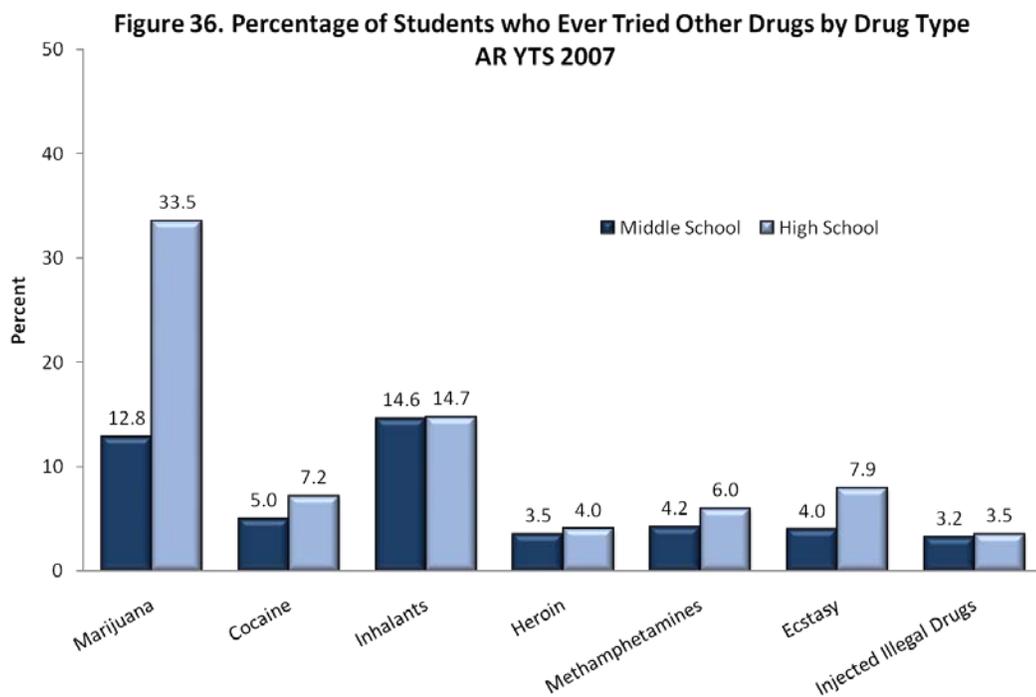
- Twelve percent (12.0%) of high school students and 16.2% of middle school students reported having had an episode of asthma or an asthma attack in the past 12 months.
- Among current smokers this number was 9.2% compared to 12.4% among nonsmokers in high school. In middle school, 14.4% of current smokers reported an episode of asthma compared to 16.2% of nonsmokers.
- It is possible that current smokers had frequent asthma attacks and therefore the frequency of smoking decreased. It is also possible that because of asthma, the current smokers decreased the frequency of smoking. However, the cross-sectional nature of the study does not elucidate a cause for this pattern.

---

## OTHER DRUGS

It has been reported that tobacco is a gateway drug to other risky behaviors and drug use. The Arkansas YTS asked students about other drug use including marijuana, cocaine, inhalants, heroin, methamphetamines, ecstasy, and injected illegal drugs.

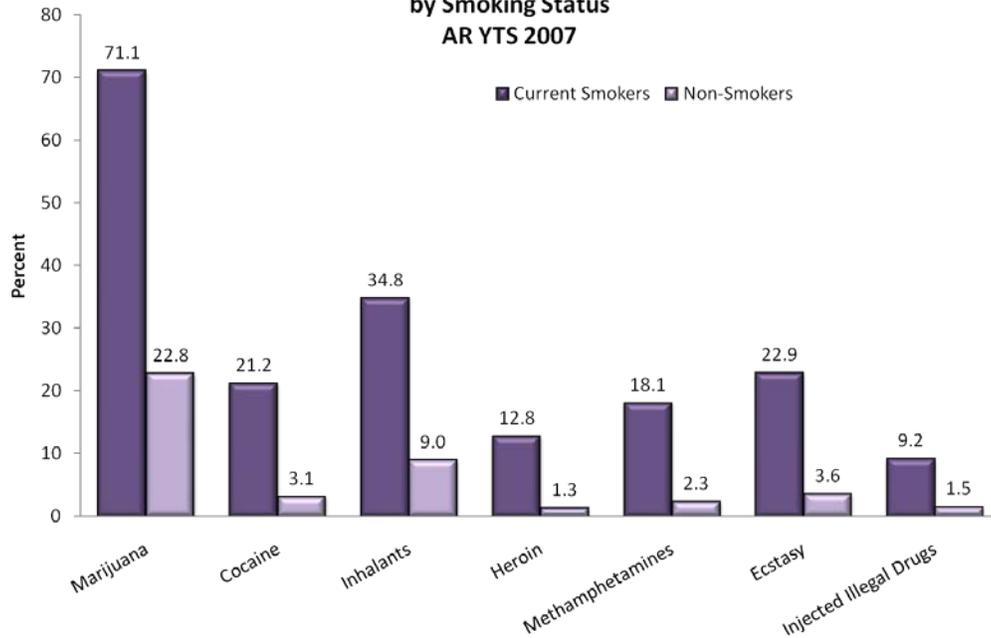
Figure 36 shows the percentage of all middle school and high school students who reported having used one of the above mentioned drugs at least one time during their life. Many students reported using more than one or two times.



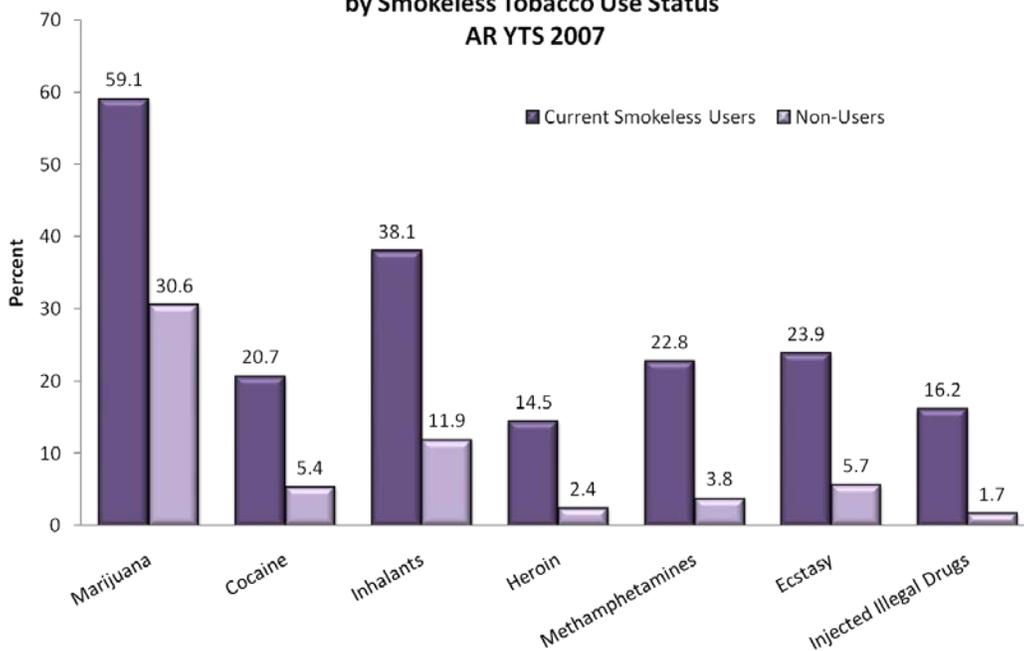
- Among high school students, marijuana was the most used drug, followed by inhalants.
- Among middle school students, inhalants were the most used drug, followed by marijuana.
- The question on inhalants includes: *sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high.*

Since tobacco is a gateway drug, a further assessment of other drug use among high school students was conducted (Figures 37, 38). In all cases the difference between the percentage of use of a current smoker or smokeless user was significantly higher than non-users.

**Figure 37. Percentage of High School Students who Ever Tried Other Drugs by Drug Type, by Smoking Status AR YTS 2007**



**Figure 38. Percentage of High School Students who Ever Tried Other Drugs by Drug Type, by Smokeless Tobacco Use Status AR YTS 2007**



---

## CONCLUSIONS AND PROGRAM IMPLICATIONS

The Tobacco Prevention and Cessation Program (TPCP) at the Arkansas Department of Health was created by the Arkansas Tobacco Settlement Proceeds Act of 2000. As required by the Act, the TPCP includes the following components:

1. Community prevention programs that reduce youth tobacco use;
2. Local school programs for education and prevention in grades K-12 that should include school nurses, where appropriate;
3. Enforcement of youth tobacco control laws;
4. Statewide programs with youth involvement to increase local coalition activities;
5. Tobacco cessation programs;
6. Tobacco-related disease prevention programs;
7. A comprehensive public awareness and health promotion campaign; and
8. Grants and contracts funded pursuant to this chapter for monitoring and evaluation, as well as data gathering.

The importance of collecting and analyzing youth tobacco data is evident in the above components of the TPCP. Also, the TPCP is an evidence-based program that follows the Centers for Disease Control and Prevention's (CDC) Best Practices for Comprehensive Tobacco Control Programs, which was updated in 2007. Many of the outcome indicators for this program rely on data from the Youth Tobacco Survey (YTS).

### **Progress toward Reducing Tobacco Use among Youth and Areas of Need**

The TPCP monitors the progression of youth smoking from initiation to established smoking. One of the long-term goals of the TPCP is to decrease or halt Arkansas youth progression to established smoker.

Findings from the Arkansas YTS indicate that smoking rates have significantly declined among high school and middle school students. However, with current levels of smoking among high school students being 20.4% and middle school students being 9.5% there is still work to be done.

Smokeless tobacco is a harmful alternative to cigarette smoking. It is primarily used by boys, but with the introduction of new products girls are likely to take up the habit. This is certainly one area highlighted by the YTS that needs long-term attention by the tobacco control program.

With approximately 7% of students still using cigarettes and smokeless tobacco on school property improved compliance with tobacco-free school policy is important in reducing not only students' exposure to secondhand smoke, but also in reinforcing anti-tobacco social norms.

---

## APPENDIX A: METHODOLOGY

### Instrument:

Students selected for the 2007 Arkansas Youth Tobacco Survey (YTS) were surveyed using 78 standardized core and supplemental questions developed by the United States Centers for Disease Control and Prevention (CDC).

### Sampling:

Data collected for the Arkansas 2007 YTS is a representative sample of all regular public middle (grades 6-8) and high school (grades 9-12) students in the state. The YTS uses a two-stage cluster sampling design to select a representative sample of public school students. There were two sampling frames; one for middle schools and one for high schools. At the first sampling stage schools were selected with probability proportional to enrollment size. The second stage of the sampling involved systematic equal probability sampling of classes from participating schools. All second period classes in selected schools were included in the sampling frames. All students enrolled in selected classes were eligible to participate in the survey.

### Data collection:

The 2007 Arkansas YTS was administered during the spring of the 2006-2007 school year. Student participation was anonymous and voluntary. Before students in selected classes were allowed to participate, passive parental permissions were obtained. Students completed YTS questionnaires and recorded their answers on an answer sheet in their classrooms.

### Response rates:

Overall participation rates are calculated by multiplying the school participation rate by the student participation rate. The rates were 70% in middle schools and 72% in high schools.

	Schools		Students		Overall Response Rate
	Sampled	Participated	Sampled	Participated	
<b>Middle Schools</b>	55	42	2,078	1,905	70.01%
<b>High Schools</b>	55	43	2,184	2,007	71.85%

### Data Analysis:

Data were weighted to adjust for non-response and unequal probabilities of selection. SAS<sup>®</sup> statistical software Version 9.1 was used to generate 95% confidence intervals (CIs). Differences between estimates were considered statistically significant at the  $p=.05$  level if the 95% CIs did not overlap.

## APPENDIX B: SUMMARY TABLES

**Table 4. Percent of high school students who were current users of tobacco products\***

	Any	Cigarettes	Smokeless	Cigars or cigarillos	Pipes	Bidis or kreteks
<b>High school</b>	<b>%±95%CI**</b>	<b>%±95%CI</b>	<b>%±95%CI</b>	<b>%±95%CI</b>	<b>%±95%CI</b>	<b>%±95%CI</b>
<b>Gender</b>						
Male	36.6±4.8	23.0±3.5	17.8±4.3	17.3±3.4	7.9±2.8	4.9±1.5
Female	21.0±2.4	17.8±2.9	1.7±0.8	7.8±1.6	1.8±0.8	2.3±1.1
<b>Race/Ethnicity</b>						
White, NH	30.9±3.9	22.4±3.4	11.8±2.9	12.9±2.5	4.5±1.6	3.0±1.1
Black, NH	23.0±4.0	14.6±3.9	4.3±2.4	10.7±3.8	4.5±2.6	3.5±2.1
Hispanic	28.5±9.5	18.4±7.6	10.2±5.4	14.7±6.6	11.1±6.5	9.2±6.3
<b>Grade</b>						
9th	25.4±5.2	16.2±4.1	9.1±4.6	9.8±3.2	4.2±2.0	3.8±2.0
10th	26.4±5.5	18.1±4.9	10.8±3.7	14.3±2.7	6.3±2.6	5.3±2.8
11th	29.1±3.0	21.8±3.6	9.2±3.9	10.2±2.9	4.5±2.1	2.4±1.7
12th	36.3±8.5	26.8±8.8	10.3±5.1	16.4±5.5	4.7±3.0	2.1±1.6

**Table 5. Percent of middle school students who were current users of tobacco products\***

	Any	Cigarettes	Smokeless	Cigars or cigarillos	Pipes	Bidis or kreteks
<b>Middle school</b>	<b>%±95%CI**</b>	<b>%±95%CI</b>	<b>%±95%CI</b>	<b>%±95%CI</b>	<b>%±95%CI</b>	<b>%±95%CI</b>
<b>Gender</b>						
Male	18.2±2.7	8.8±1.8	7.8±2.7	7.9±1.6	5.3±1.6	4.5±1.7
Female	14.6±3.6	10.2±3.6	2.7±1.4	4.8±1.7	3.2±1.0	2.7±1.3
<b>Race/Ethnicity</b>						
White, NH	16.2±3.2	10.0±2.6	6.3±2.2	4.8±1.1	3.7±1.0	3.2±1.3
Black, NH	18.0±5.7	8.7±5.8	2.0±1.4	10.7±3.3	5.4±3.3	4.0±1.6
Hispanic	11.9±5.7	5.1±3.6	4.9±3.3	6.7±3.3	5.1±3.6	5.6±3.7
<b>Grade</b>						
6th	10.6±4.7	4.5±3.2	4.2±2.9	4.2±2.3	3.7±2.1	3.8±1.9
7th	16.0±3.6	8.4±2.6	5.0±1.8	6.2±2.7	3.4±1.9	3.1±1.7
8th	22.6±6.4	15.3±5.4	6.7±3.0	8.5±2.5	5.7±2.0	4.0±2.3

\*Used cigarettes, smokeless tobacco, cigars, pipes, or bidis/kreteks on one or more of the preceding 30 days

\*\*CI stands for confidence interval

---

## APPENDIX C: QUESTIONNAIRE

Arkansas Department of Health and Human Services

Division of Health

Tobacco Prevention & Cessation Branch

### **2007 Arkansas Youth Tobacco Survey**

This survey is about tobacco use. This is NOT a test! It will help us **develop better tobacco education programs** for young people like you.

**DO NOT WRITE YOUR NAME ON THE SURVEY OR ANSWER SHEET.** Your answers will be kept private. **No one will know what you write.** Answer the questions based on what you really know or do.

Taking part in this survey is voluntary. Your grades will not be affected, and no one will ever know your answers.

The questions about your background will only be used to describe the types of students completing this survey. **The information will not be used to find out your name.** No names will ever be reported.

Make sure you read every question on the survey. Be as honest as you can with your answers. **USE THE PENCIL PROVIDED. Be sure you fill in the circles on the answer sheet completely.** When you are finished, sit quietly and wait for instructions from the person giving the survey.

**THE FIRST QUESTIONS ASK FOR SOME BACKGROUND INFORMATION ABOUT YOU.**

1. **How old are you?**
  - a. 11 years old or younger
  - b. 12 years old
  - c. 13 years old
  - d. 14 years old
  - e. 15 years old
  - f. 16 years old
  - g. 17 years old
  - h. 18 years old or older
  
2. **What is your sex?**
  - a. Female
  - b. Male
  
3. **What grade are you in?**
  - a. 6th
  - b. 7th
  - c. 8th
  - d. 9th
  - e. 10th
  - f. 11th
  - g. 12th
  - h. Ungraded or other grade
  
4. **How do you describe yourself? (You can CHOOSE ONE ANSWER, or MORE THAN ONE)**
  - a. American Indian or Alaskan Native
  - b. Asian
  - c. Black or African American
  - d. Hispanic or Latino
  - e. Native Hawaiian or Other Pacific Islander
  - f. White
  
5. **Which one of these groups BEST describes you? (CHOOSE ONLY ONE ANSWER)**
  - a. American Indian or Alaskan Native
  - b. Asian
  - c. Black or African American
  - d. Hispanic or Latino
  - e. Native Hawaiian or Other Pacific Islander
  - f. White

6. **During the last 4 weeks, about how much money did you have each week to spend any way you want to?**
  - a. None
  - b. Less than \$1
  - c. \$1 to \$5
  - d. \$6 to \$10
  - e. \$11 to \$20
  - f. \$21 to \$50
  - g. More than \$50

**THE NEXT GROUP OF QUESTIONS ASKS ABOUT TOBACCO USE.**

**Cigarette Smoking**

7. **Have you ever tried cigarette smoking, even one or two puffs?**
  - a. Yes
  - b. No
  
8. **How old were you when you smoked a whole cigarette for the first time?**
  - a. I have never smoked a whole cigarette
  - b. 8 years old or younger
  - c. 9 or 10 years old
  - d. 11 or 12 years old
  - e. 13 or 14 years old
  - f. 15 or 16 years old
  - g. 17 years old or older
  
9. **About how many cigarettes have you smoked in your entire life?**
  - a. None
  - b. 1 or more puffs but never a whole cigarette
  - c. 1 cigarette
  - d. 2 to 5 cigarettes
  - e. 6 to 15 cigarettes (about 1/2 a pack total)
  - f. 16 to 25 cigarettes (about 1 pack total)
  - g. 26 to 99 cigarettes (more than 1 pack, but less than 5 packs)
  - h. 100 or more cigarettes (5 or more packs)

**10. During the past 30 days, on how many days did you smoke cigarettes?**

- a. 0 days
- b. 1 or 2 days
- c. 3 to 5 days
- d. 6 to 9 days
- e. 10 to 19 days
- f. 20 to 29 days
- g. All 30 days

**11. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?**

- a. I did not smoke cigarettes during the past 30 days
- b. Less than 1 cigarette per day
- c. 1 cigarette per day
- d. 2 to 5 cigarettes per day
- e. 6 to 10 cigarettes per day
- f. 11 to 20 cigarettes per day
- g. More than 20 cigarettes per day

**12. During the past 30 days, what brand of cigarettes did you usually smoke? (CHOOSE ONLY ONE ANSWER)**

- a. I did not smoke cigarettes during the past 30 days
- b. I do not have a usual brand
- c. Camel
- d. Marlboro
- e. Newport
- f. Virginia Slims
- g. GPC, Basic, or Doral
- h. Some other brand

**13. Are the cigarettes you usually smoke menthol cigarettes?**

- a. I do not smoke cigarettes
- b. Yes
- c. No

**14. During the past 30 days, how did you usually get your own cigarettes? (CHOOSE ONLY ONE ANSWER)**

- a. I did not smoke cigarettes during the past 30 days
- b. I bought them in a store such as a convenience store, supermarket, discount store, or gas station
- c. I bought them from a vending machine
- d. I gave someone else money to buy them for me
- e. I borrowed (or bummed) them from someone else
- f. A person 18 years old or older gave them to me
- g. I took them from a store or family member
- h. I got them some other way

**15. During the past 30 days, where did you buy the last pack of cigarettes you bought? (CHOOSE ONLY ONE ANSWER)**

- a. I did not buy a pack of cigarettes during the past 30 days
- b. A gas station
- c. A convenience store
- d. A grocery store
- e. A drugstore
- f. A vending machine
- g. I bought them over the Internet
- h. Other

**16. During the past 30 days, how much did you pay for the last pack of cigarettes you bought?**

- a. I did not buy a pack of cigarettes during the past 30 days
- b. \$2 to \$3
- c. More than \$3 to \$3.50
- d. More than \$3.50 to \$4
- e. More than \$4

- 17. When you bought or tried to buy cigarettes in a store during the past 30 days, were you ever asked to show proof of age?**
- I did not try to buy cigarettes in a store during the past 30 days
  - Yes, I was asked to show proof of age
  - No, I was not asked to show proof of age
- 18. During the past 30 days, did anyone ever refuse to sell you cigarettes because of your age?**
- I did not try to buy cigarettes in a store during the past 30 days
  - Yes, someone refused to sell me cigarettes because of my age
  - No, no one refused to sell me cigarettes because of my age
- 19. During the past 30 days, on how many days did you smoke cigarettes on school property?**
- 0 days
  - 1 or 2 days
  - 3 to 5 days
  - 6 to 9 days
  - 10 to 19 days
  - 20 to 29 days
  - All 30 days
- 20. When was the last time you smoked a cigarette, even one or two puffs?**
- I have never smoked even one or two puffs
  - Earlier today
  - Not today but sometime during the past 7 days
  - Not during the past 7 days but sometime during the past 30 days
  - Not during the past 30 days but sometime during the past 6 months
  - Not during the past 6 months but sometime during the past year
  - 1 to 4 years ago
  - 5 or more years ago
- 21. How long can you go without smoking before you feel like you need a cigarette?**
- I have never smoked cigarettes
  - I do not smoke now
  - Less than an hour
  - 1 to 3 hours
  - More than 3 hours but less than a day
  - A whole day
  - Several days
  - A week or more
- 22. Do you want to stop smoking cigarettes?**
- I do not smoke now
  - Yes
  - No
- 23. During the past 12 months, did any doctor, dentist, nurse, or other health professional ask you if you smoke?**
- Yes
  - No
  - Don't know / not sure
- 24. During the past 12 months, did any doctor, dentist, nurse, or other health professional advise you not to smoke?**
- Yes
  - No
  - Don't know / not sure
- 25. During the past 12 months, have you had an episode of asthma or an asthma attack?**
- Yes
  - No
- 26. During the past 12 months, did you ever try to quit smoking cigarettes?**
- I did not smoke during the past 12 months
  - Yes
  - No

**27. How many times during the past 12 months have you stopped smoking for one day or longer because you were trying to quit smoking?**

- a. I have not smoked in the past 12 months
- b. I have not tried to quit
- c. 1 time
- d. 2 times
- e. 3 to 5 times
- f. 6 to 9 times
- g. 0 or more times

**28. When you last tried to quit, how long did you stay off cigarettes?**

- a. I have never smoked cigarettes
- b. I have never tried to quit
- c. Less than a day
- d. 1 to 7 days
- e. More than 7 days but less than 30 days
- f. 30 days or more but less than 6 months
- g. 6 months or more but less than a year
- h. 1 year or more

**Smokeless Tobacco: Chewing Tobacco, Snuff, or Dip**

**29. Have you ever used chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?**

- a. Yes
- b. No

**30. How old were you when you used chewing tobacco, snuff, or dip for the first time?**

- a. I have never used chewing tobacco, snuff, or dip
- b. 8 years old or younger
- c. 9 or 10 years old
- d. 11 or 12 years old
- e. 13 or 14 years old
- f. 15 or 16 years old
- g. 17 years old or older

**31. During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip?**

- a. 0 days
- b. 1 or 2 days
- c. 3 to 5 days
- d. 6 to 9 days
- e. 10 to 19 days
- f. 20 to 29 days
- g. All 30 days

**32. During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip on school property?**

- a. 0 days
- b. 1 or 2 days
- c. 3 to 5 days
- d. 6 to 9 days
- e. 10 to 19 days
- f. 20 to 29 days
- g. All 30 days

**33. During the past 30 days, how did you usually get your own chewing tobacco, snuff, or dip? (CHOOSE ONLY ONE ANSWER)**

- a. I did not use chewing tobacco, snuff, or dip during the past 30 days
- b. I bought them in a store such as a convenience store, supermarket, discount store, or gas station
- c. I gave someone else money to buy them for me
- d. I borrowed (or bummed) them from someone else
- e. A person 18 years old or older gave them to me
- f. I took them from a store or family member
- g. I got them some other way

**Cigars**

**34. Have you ever tried smoking cigars, cigarillos, or little cigars, even one or two puffs?**

- a. Yes
- b. No

35. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?
- a. 0 days
  - b. 1 or 2 days
  - c. 3 to 5 days
  - d. 6 to 9 days
  - e. 10 to 19 days
  - f. 20 to 29 days
  - g. All 30 days

### Pipe

36. During the past 30 days, on how many days did you smoke tobacco in a pipe?
- a. 0 days
  - b. 1 or 2 days
  - c. 3 to 5 days
  - d. 6 to 9 days
  - e. 10 to 19 days
  - f. 20 to 29 days
  - g. All 30 days

### Bidis and Kreteks

**THE NEXT QUESTIONS ARE ABOUT BIDIS (OR “BEEDIES”) AND KRETEKS (ALSO CALLED “CLOVE CIGARETTES”). BIDIS ARE SMALL BROWN CIGARETTES FROM INDIA CONSISTING OF TOBACCO WRAPPED IN A LEAF TIED WITH A THREAD. KRETEKS ARE CIGARETTES CONTAINING TOBACCO AND CLOVE EXTRACT.**

37. Have you ever tried smoking any of the following:
- a. Bidis
  - b. Kreteks
  - c. I have tried both bidis and kreteks
  - d. I have never smoked bidis or kreteks

38. During the past 30 days, on how many days did you smoke bidis or kreteks?
- a. 0 days
  - b. 1 or 2 days
  - c. 3 to 5 days
  - d. 6 to 9 days
  - e. 10 to 19 days
  - f. 20 to 29 days
  - g. All 30 days

### **THE NEXT QUESTIONS ASK ABOUT YOUR THOUGHTS ABOUT TOBACCO.**

39. Do you think that you will try a cigarette soon?
- a. I have already tried smoking cigarettes
  - b. Yes
  - c. No
40. Do you think you will smoke a cigarette at anytime during the next year?
- a. Definitely yes
  - b. Probably yes
  - c. Probably not
  - d. Definitely not
41. If one of your best friends offered you a cigarette, would you smoke it?
- a. Definitely yes
  - b. Probably yes
  - c. Probably not
  - d. Definitely not
42. In the past 12 months, how often have your parents or guardians discussed the dangers of tobacco use with you?
- a. Never
  - b. Rarely
  - c. Sometimes
  - d. Often
  - e. Very often

**43. Do your parents know that you smoke cigarettes?**

- a. I do not smoke cigarettes
- b. Yes
- c. No
- d. Don't know / not sure

**44. Do you think young people who smoke cigarettes have more friends?**

- a. Definitely yes
- b. Probably yes
- c. Probably not
- d. Definitely not

**45. Do you think smoking cigarettes makes young people look cool or fit in?**

- a. Definitely yes
- b. Probably yes
- c. Probably not
- d. Definitely not

**46. Do you think young people risk harming themselves if they smoke from 1 - 5 cigarettes per day?**

- a. Definitely yes
- b. Probably yes
- c. Probably not
- d. Definitely not

**47. Do you think it is safe to smoke for only a year or two, as long as you quit after that?**

- a. Definitely yes
- b. Probably yes
- c. Probably not
- d. Definitely not

**48. Do you think you would be able to quit smoking cigarettes now if you wanted to?**

- a. I do not smoke now
- b. Yes
- c. No

**49. Have you ever participated in a program to help you quit using tobacco?**

- a. I have never used tobacco
- b. Yes
- c. No

**50. During this school year, were you taught in any of your classes about the dangers of tobacco use?**

- a. Yes
- b. No
- c. Not sure

**51. During this school year, did you practice ways to say NO to tobacco in any of your classes (for example by role-playing)?**

- a. Yes
- b. No
- c. Not sure

**THE NEXT QUESTIONS ASK ABOUT EVENTS YOU MAY HAVE ATTENDED OR WHAT YOU HAVE SEEN ON TV, AT THE MOVIES, OR ON THE INTERNET.**

**52. During the past 12 months, have you participated in any community activities to discourage people your age from using cigarettes, chewing tobacco, snuff, dip, or cigars?**

- a. Yes
- b. No
- c. I did not know about any activities

**53. During the past 30 days, have you seen or heard commercials on TV, the Internet, or on the radio about the dangers of cigarette smoking?**

- a. Not in the past 30 days
- b. 1-3 times in the past 30 days
- c. 1-3 times per week
- d. Daily or almost daily
- e. More than once a day

- 54. When you watch TV or go to movies, how often do you see actors using tobacco?**
- I don't watch TV or go to movies
  - Most of the time
  - Some of the time
  - Hardly ever
  - Never
- 55. When you watch TV, how often do you see athletes using tobacco?**
- I don't watch TV
  - Most of the time
  - Some of the time
  - Hardly ever
  - Never
- 56. When you are using the Internet, how often do you see ads for tobacco products?**
- I don't use the Internet
  - Most of the time
  - Some of the time
  - Hardly ever
  - Never

**SOME TOBACCO COMPANIES MAKE ITEMS LIKE SPORTS GEAR, T-SHIRTS, LIGHTERS, HATS, JACKETS, AND SUNGLASSES THAT PEOPLE CAN BUY OR RECEIVE FREE.**

- 57. During the past 12 months, did you buy or receive anything that has a tobacco company name or picture on it?**
- Yes
  - No
- 58. Would you ever use or wear something that has a tobacco company name or picture on it such as a lighter, t-shirt, hat, or sunglasses?**
- Definitely yes
  - Probably yes
  - Probably not
  - Definitely not

**THE NEXT QUESTIONS ASK ABOUT YOUR EXPOSURE TO TOBACCO USE.**

- 59. During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?**
- 0 days
  - 1 or 2 days
  - 3 or 4 days
  - 5 or 6 days
  - 7 days
- 60. Which of these best describes the rules about smoking inside the house where you live? Smoking is...**
- Never allowed inside my home
  - Allowed only at some times or in some places
  - Always allowed inside my home
- 61. Which of the following best describes the rules about smoking in the vehicle you drive or ride in the most? Smoking is ...**
- Never allowed inside the vehicle
  - Sometimes allowed inside the vehicle
  - Always slowed inside the vehicle.
- 62. During the past 7 days, on how many days did you ride in a car with someone who was smoking cigarettes?**
- 0 days
  - 1 or 2 days
  - 3 or 4 days
  - 5 or 6 days
  - 7 days
- 63. Now think about indoor public places such as malls, movie theaters, clubs or restaurants. Which of these best describes what you think about smoking in indoor public places? Smoking should...**
- Never be allowed in indoor public places
  - Be allowed in indoor public places but only at some times or in some areas
  - Always be allowed in indoor public places

**64. Do you think the smoke from other people's cigarettes is harmful to you?**

- a. Definitely yes
- b. Probably yes
- c. Probably not
- d. Definitely not

**65. Does anyone who lives with you now smoke cigarettes?**

- a. Yes
- b. No

**66. Does anyone who lives with you now use chewing tobacco, snuff, or dip?**

- a. Yes
- b. No

**67. How many of your four closest friends smoke cigarettes?**

- a. None
- b. One
- c. Two
- d. Three
- e. Four
- f. Not sure

**68. How many of your four closest friends use chewing tobacco, snuff, or dip?**

- a. None
- b. One
- c. Two
- d. Three
- e. Four
- f. Not sure

**THE NEXT 3 QUESTIONS ASK ABOUT MARIJUANA USE. MARIJUANA IS ALSO CALLED GRASS OR POT.**

**69. During your life, how many times have you used marijuana?**

- a. 0 times
- b. 1 or 2 times
- c. 3 to 9 times
- d. 10 to 19 times
- e. 20 to 39 times
- f. 40 to 99 times
- g. 100 or more times

**70. How old were you when you tried marijuana for the first time?**

- a. I have never tried marijuana
- b. 8 years old or younger
- c. 9 or 10 years old
- d. 11 or 12 years old
- e. 13 or 14 years old
- f. 15 or 16 years old
- g. 17 years old or older

**71. During the past 30 days, how many times did you use marijuana?**

- a. 0 times
- b. 1 or 2 times
- c. 3 to 9 times
- d. 10 to 19 times
- e. 20 to 39 times
- f. 40 or more times

**THE NEXT 7 QUESTIONS ASK ABOUT OTHER DRUGS.**

- 72. During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?**
- a. 0 times
  - b. 1 or 2 times
  - c. 3 to 9 times
  - d. 10 to 19 times
  - e. 20 to 39 times
  - f. 40 or more times
- 73. During the past 30 days, how many times did you use any form of cocaine, including powder, crack, or freebase?**
- a. 0 times
  - b. 1 or 2 times
  - c. 3 to 9 times
  - d. 10 to 19 times
  - e. 20 to 39 times
  - f. 40 or more times
- 74. During your life, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?**
- a. 0 times
  - b. 1 or 2 times
  - c. 3 to 9 times
  - d. 10 to 19 times
  - e. 20 to 39 times
  - f. 40 or more times
- 75. During your life, how many times have you used heroin (also called smack, junk, or China White)?**
- a. 0 times
  - b. 1 or 2 times
  - c. 3 to 9 times
  - d. 10 to 19 times
  - e. 20 to 39 times
  - f. 40 or more times

- 76. During your life, how many times have you used methamphetamines (also called speed, crystal, crank, or ice)?**
- a. 0 times
  - b. 1 or 2 times
  - c. 3 to 9 times
  - d. 10 to 19 times
  - e. 20 to 39 times
  - f. 40 or more times
- 77. During your life, how many times have you used ecstasy (also called MDMA)?**
- a. 0 times
  - b. 1 or 2 times
  - c. 3 to 9 times
  - d. 10 to 19 times
  - e. 20 to 39 times
  - f. 40 or more times
- 78. During your life, how many times have you used a needle to inject any illegal drug into your body?**
- a. 0 times
  - b. 1 time
  - c. 2 or more times

**THANK YOU VERY MUCH FOR YOUR COOPERATION!!**

---

## APPENDIX D: ARKANSAS DEMOGRAPHICS

According to the 2007 U.S. Census estimates, Arkansas has a population of 2.8 million people.

- Total population      2,834,797
  - Females            51.0%
  - Males              49.0%
- Age Distribution
  - Persons under 20 years      27.4%
  - Persons 20-44 years        33.3%
  - Persons 45-64 years        25.2%
  - Persons 65 years and older   14.0%
- Racial/Ethnic distribution
  - Whites                    81.1%
  - Blacks                    16.1%
  - Asian                     1.3%
  - American Indian/Native American   1.5%
  - Other                     0.2%
- Number of schools<sup>7</sup>
  - Elementary                579
  - Middle/Jr. High            207
  - High Schools              301
  - Alternative                10
  - Charter                    18
- Enrollment
  - Grades 6-8                106,828
  - Grades 9-12              139,689

---

## APPENDIX E: REFERENCES

1. American Legacy Foundation. Philip Morris USA and Cigarettes.
2. Centers for Disease Control and Prevention. Preventing tobacco use among young people: a report of the Surgeon General (Executive Summary) MMWR 1994;43 (No. RR-4):9
3. Centers for Disease Control and Prevention. *Best Practices for Comprehensive Tobacco Control Programs – 2007*. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health; October 2007.
4. Arkansas Department of Health. *2005 Arkansas Youth Tobacco Survey, A Statewide Report*. Available online at [http://www.healthylarkansas.com/stats/yts/2005\\_yts\\_surveillance\\_report.pdf](http://www.healthylarkansas.com/stats/yts/2005_yts_surveillance_report.pdf). Accessed June 17, 2009.
5. Arkansas Department of Human Services, Alcohol and drug Abuse Prevention (ADAP). Arkansas Annual Synar Reports. Available at <http://www.arkansas.gov/dhs/dmhs/AR%20Synar%20Reports09.htm>. Accessed June 17, 2009.
6. United States Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMSHA), center for Substance Abuse Prevention. SAMSHA tobacco Regulation for the Substance Abuse Prevention and Treatment Block Grant.
7. Arkansas Department of Education Data Center.

*Arkansas Youth Tobacco Survey (YTS)*  
*Arkansas Department of Health*  
*4815 West Markham, Slot 32*  
*Little Rock, AR 72205*

*Published July 2009*