



SMOKING AND VAPING

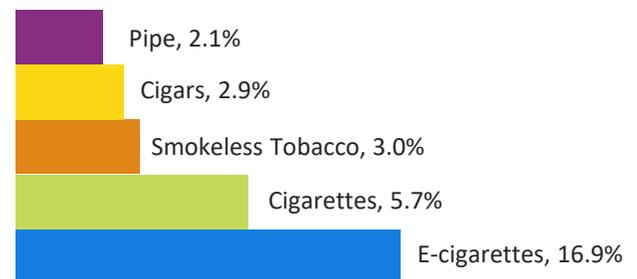
Hoosier youth health is threatened by the harmful effects of tobacco use. Youth vaping is on the rise and is associated with a likelihood of increasing the use of both e-cigarettes and cigarettes in the future.¹

Harmful Effects

The use of any type of tobacco product is unsafe for young people. Tobacco use is the leading cause of preventable disease in the United States. All types of tobacco products are harmful and any exposure to tobacco smoke can cause immediate and long-term damage.²

- 3,700 Hoosier children under 18 become new daily smokers each year.³ Nearly 9 out of 10 smokers start before age 18.⁴
- Youth are sensitive to nicotine addiction and feel dependence earlier than adults. Nicotine addiction prolongs tobacco use and leads to severe health consequences.
- As the brain continues developing until age 25, adolescent use of e-cigarettes containing nicotine can harm the part of the brain responsible for mood, learning and impulse control.⁵

E-cigarettes are the most commonly used tobacco product among teens, *Indiana 2018*

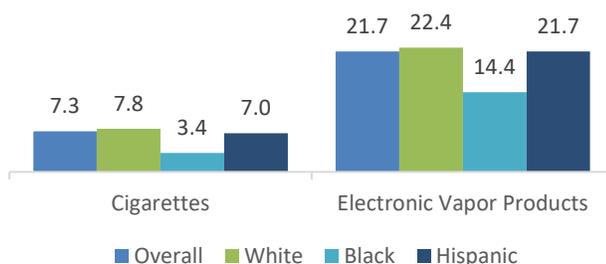


Monthly Use 7th-12th Graders, Source: Indiana Youth Survey

Youth Smoking

- For 9th to 12th graders, cigarette use is higher for white (7.8%) and Hispanic (7.0%) than for black (3.4%).
- 7.3% of Indiana high school students used cigarettes in the past month, down from 11.5% in 2015.
- 6 in 10 Indiana high school seniors say it would be "very easy" to get cigarettes.⁶

White youth are more likely to use cigarettes and e-cigarettes among peers in grades 9-12, *Indiana 2018*

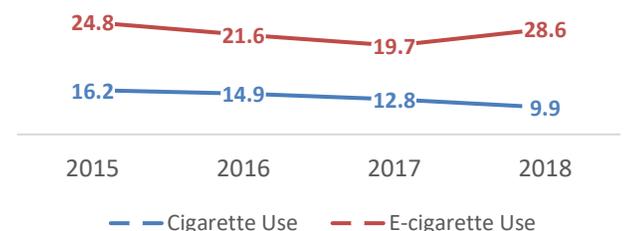


Past 30-Day Percentage Use by Race, Source: Indiana Youth Survey

Youth Vaping

- E-cigarette aerosol can contain cancer-causing chemicals, nicotine, and volatile organic compounds.⁷
- Vaping increased for all 7th to 12th graders in 2018.
- For 9th to 12th graders, e-cigarette use is highest among white (22.4%) compared to black (14.4%).
- 12th grade males use vaping products at 5.5 times the rate of females.⁸

Nicotine consumption by vaping increased sharply in 2018 for 12th graders, *Indiana 2018*



Percentage Use of Tobacco Products Grade 12, Source: Indiana Youth Survey

Why Youth Choose Vaping

When adolescents use vaping products, they are both more likely to use cigarettes, and more likely to increase their use of cigarettes and vaping products over time.⁹

- Teens who would otherwise be deterred from tobacco cigarettes may be attracted to e-cigarettes because of their unique qualities such as flavorings, design, and perceived social acceptance.¹⁰
- Research indicates that exposing adolescents to cigarette and tobacco-related advertising may increase their likelihood to use e-cigarette products in the future.¹¹
- The top reasons why teens use e-cigarettes are the use of the product by a friend or family member (39%), availability of flavors (31%), and the belief that vaping is less harmful than other forms of tobacco (17.1%).¹²

Maternal Smoking

Maternal smoking is associated with a higher risk of miscarriage, low birthweight, premature birth, some birth defects, and Sudden Infant Death Syndrome (SIDS).¹³

- Indiana has a higher maternal smoking rate than half of our neighboring states: Illinois (6.4%), Kentucky (18.4%), Michigan (11.7%), and Ohio (14.4%).
- The rate of smoking while pregnant in Indiana (13.5%) is 6.3 percentage points higher than the national rate (7.2%).¹⁴
- Annually, more than 900 low-weight births in Indiana are attributed to secondhand smoke.¹⁵

Percentage of Mothers who Smoked During Pregnancy: 2016			
10 Highest Counties		10 Lowest Counties	
Grant	31.4%	Hamilton	2.4%
Orange	30.5%	Hendricks	7.2%
Jefferson	30.4%	LaGrange	7.9%
Crawford	29.8%	Boone	8.1%
Lawrence	29.2%	Hancock	8.2%
Scott	29.2%	Adams	8.9%
Owen	27.4%	Lake	9.2%
Blackford	27.1%	Allen	9.6%
Fayette	26.4%	Dubois	9.9%
Jennings	25.6%	Marion	9.9%

Source: Indiana State Department of Health

Prevention

The CDC recommends coordinated efforts to establish smoke-free social norms, assist tobacco users in quitting, and prevent the initiation of any tobacco use.

- Health communication should deliver culturally appropriate messages that target youth to counter all types of tobacco product advertisements.
- Communities can work to reduce all tobacco advertising, promotions, and availability of tobacco products.
- Tobacco-free environments and lifestyles can also be encouraged by community programs.¹⁶
- Research indicates school-based tobacco prevention skill-building programs that focus on problem solving and dealing with peer pressure reduce smoking among youth. Project Towards No Drug Abuse, Positive Action and Good Behavior Game are school-based programs that have been proven to decrease substance use. Programs that focus on social influences, such as D.A.R.E., do not affect youth smoking rates.¹⁷

Sources

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