

TOBACCO, ALCOHOL, AND OTHER DRUG USE

TOBACCO

Smoking remains the leading cause of preventable death¹⁷ and has negative health impacts on people at all stages of life. The list of diseases caused by smoking has been expanded to include abdominal aortic aneurysm, acute myeloid leukemia, cataract, pneumonia, periodontitis, and cervical, kidney, pancreatic, and stomach cancers. These are in addition to diseases previously known to be caused by smoking, including bladder, esophageal, laryngeal, lung, oral, and throat cancers, chronic lung diseases, coronary heart and cardiovascular diseases, as well as reproductive effects and sudden infant death syndrome.¹⁸ There is evidence that cigarette smokers are more likely to drink alcohol and use marijuana and cocaine, engage in physical fights, carry weapons, and attempt suicide as compared to nonsmokers,¹⁹ and smoking has been found to be related to poor academic performance.²⁰

In 1995, the Food and Drug Administration issued regulations to implement the 1993 law which restricts the sale and distribution of cigarettes and smokeless tobacco to children and teenagers under age 18.²¹ Approximately 46 percent of school districts in the United States prohibit tobacco use by students, staff, and visitors in buildings, on all school property, in school vehicles, and during school events on or off campus.²²

RELATED NATIONAL HEALTH OBJECTIVES FOR THE YEAR 2010

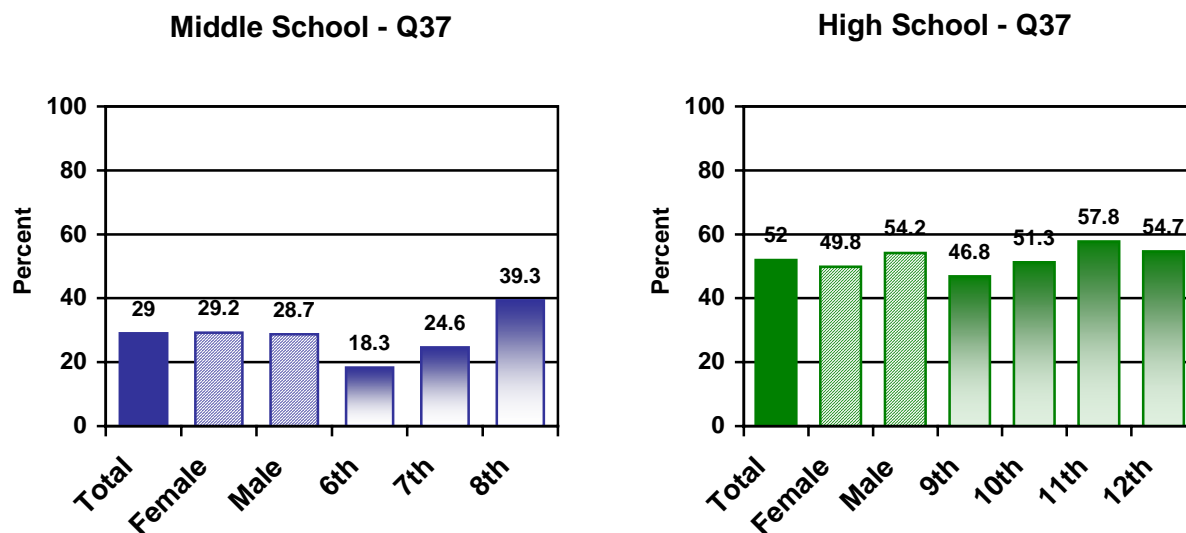
27-02a Reduce use of tobacco products in the past month by adolescents to 21%.

27-02b Reduce use of cigarettes in the past month by adolescents to 16%.

27-07 Increase tobacco use cessation attempts by adolescent smokers to 84%.

Response to the survey items that measure smoking experimentation, current smoking patterns, age of initiation, adherence to Federal regulations regarding the sale of cigarettes, smoking on school property, and attempts to quit smoking can be seen below.

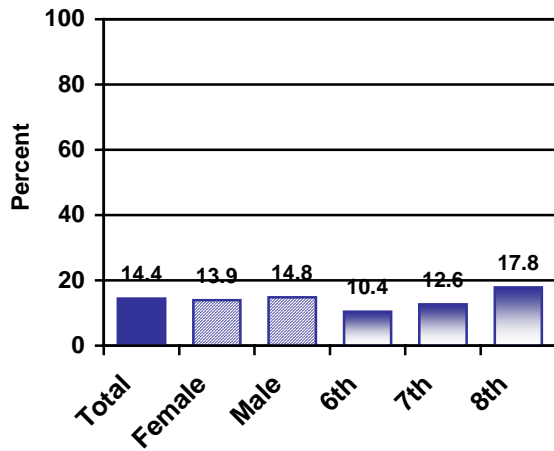
Percentage of students who ever tried cigarette smoking, even one or two puffs:



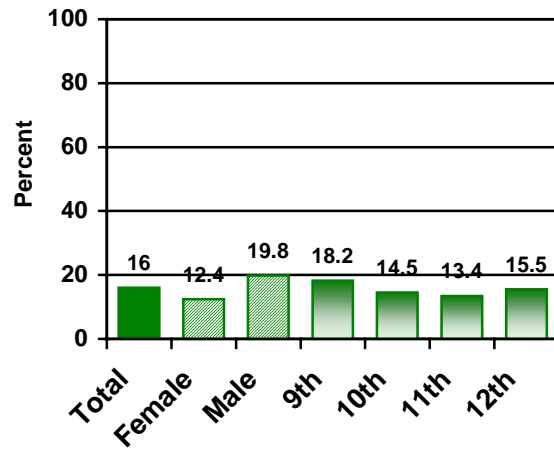
2005 Nevada YRBS

Percentage of students who smoked a whole cigarette for the first time before age 13:

Middle School - Q38

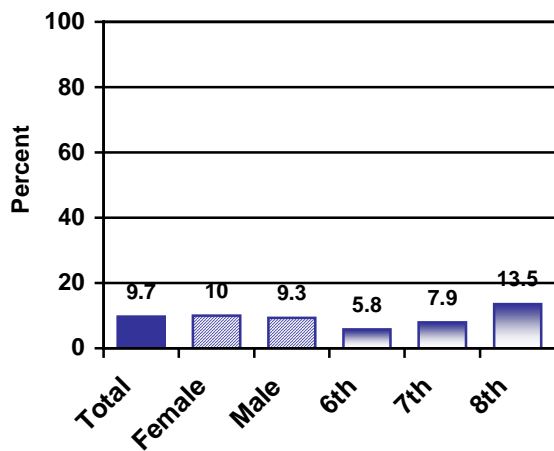


High School - Q38

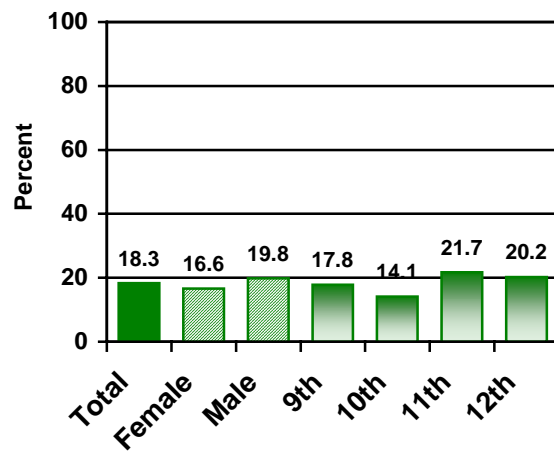


Percentage of students who smoked cigarettes on one or more of the past 30 days:

Middle School - Q39



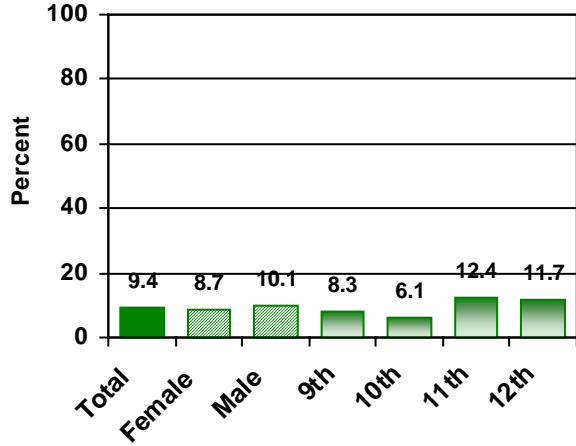
High School - Q39



Percentage of students who smoked 2 or more cigarettes per day on the days they smoked:

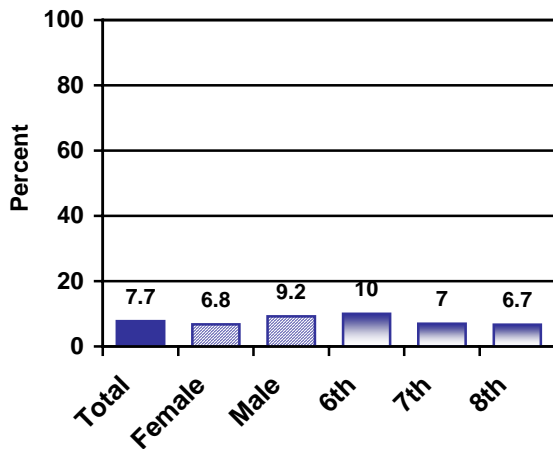
Every day, more than 4,000 young people (aged 12-17) try cigarettes for the first time.
Centers of Disease Control and Prevention. Facts on Quitting Smoking, Health Consequences, etc, 2005

High School - Q40

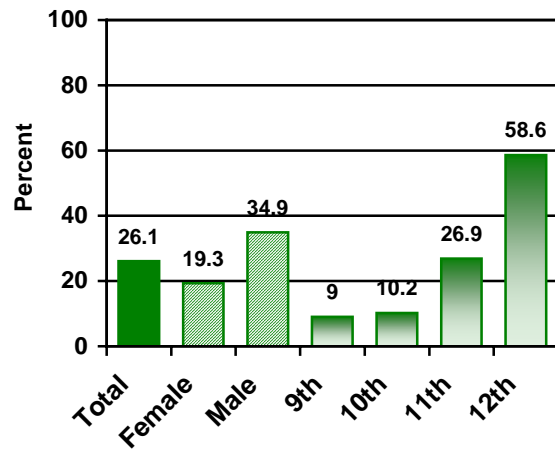


Of students who smoked during the 30 days prior to the survey, the percentage who usually got their own cigarettes by buying them in a store:

Middle School - Q40



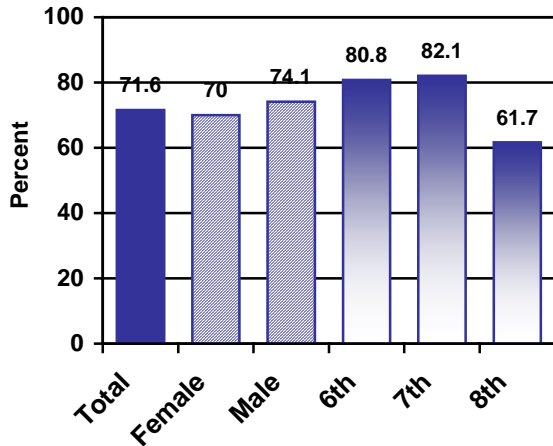
High School - Q41



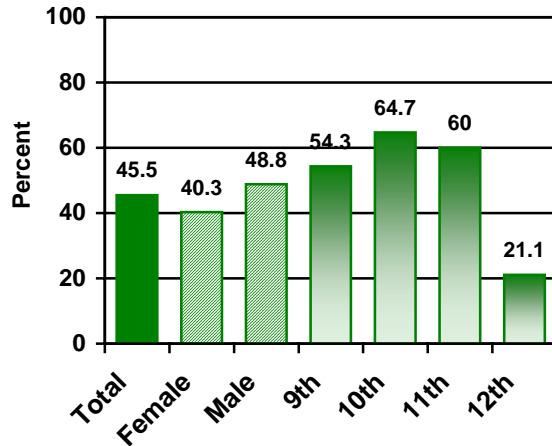
2005 Nevada YRBS

Percentage of students who bought cigarettes in a store in the past 30 days and were not asked to show proof of age:

Middle School - Q41

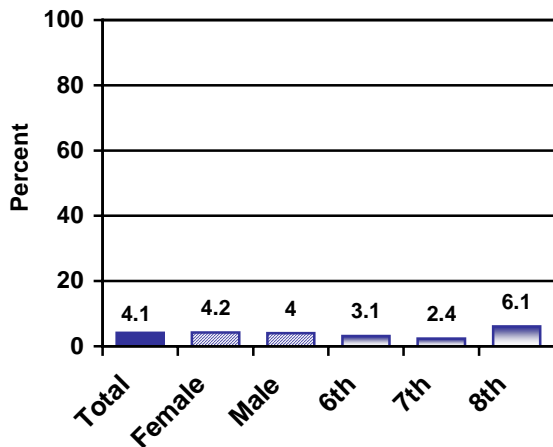


High School - Q42

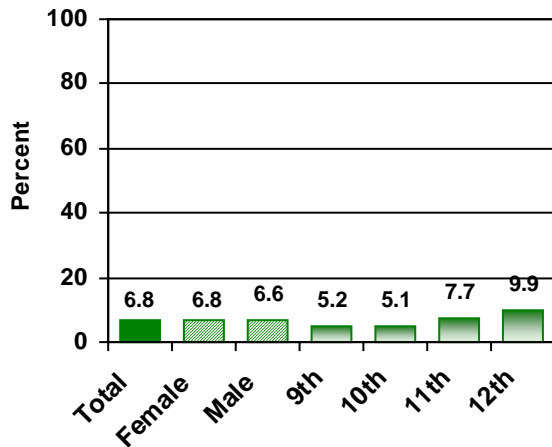


Percentage of students who smoked cigarettes on school property on one or more of the past 30 days:

Middle School - Q42



High School - Q43



SMOKELESS TOBACCO

Use of smokeless tobacco causes cancers of the mouth, pharynx, and esophagus; gum recession; and an increased risk for heart disease and stroke.²³ Smokeless tobacco use frequently begins in early adolescence.²⁴ One study in the 1980's reported an 11 percent usage rate among 8 to 9-year-olds, and a U.S. Inspector General's national survey during that time period reported the overall average age at first use to be 10.4 years of age—in the 5th grade.²⁵ In 1999, the National Household Survey on Drug Abuse reported an average age of initiation of 16.7 years.²⁴

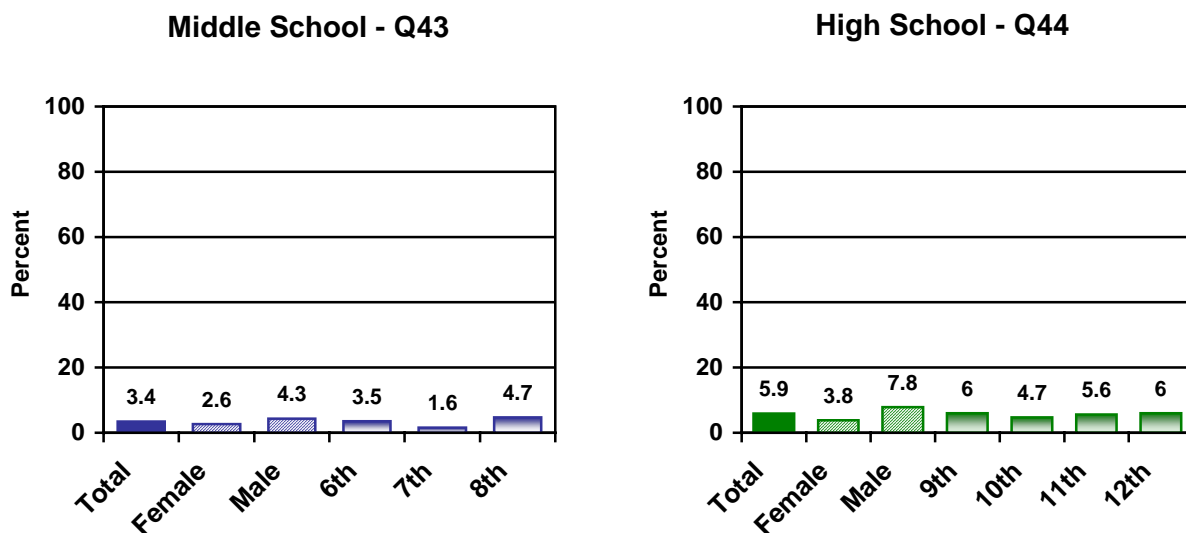
In 2003, 11 percent of high school males nationally reported current smokeless tobacco use, and 9 percent reported use on school property in the past 30 days.²⁵ In Nevada, the 2003 figures were 6.1 percent and 4.8 percent, respectively.

RELATED NATIONAL HEALTH OBJECTIVES FOR THE YEAR 2010

27-02c Reduce use of spit tobacco in the past month by adolescents to 1%.

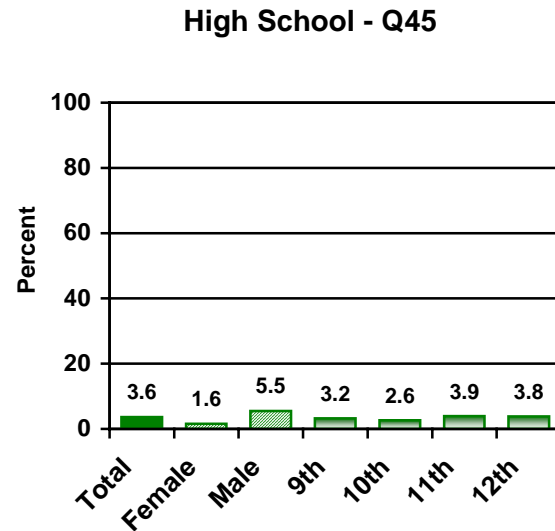
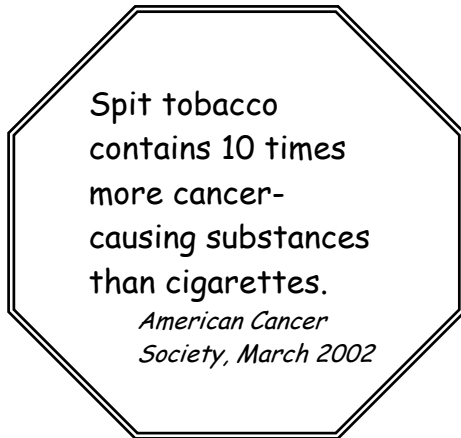
Response to the survey items that measure smokeless tobacco use and smokeless tobacco use on school property appears below.

Percentage of students who used chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen, on one or more of the past 30 days:



2005 Nevada YRBS

Percentage of students who used chewing tobacco, snuff, or dip on school property on one or more of the past 30 days:



ALCOHOL

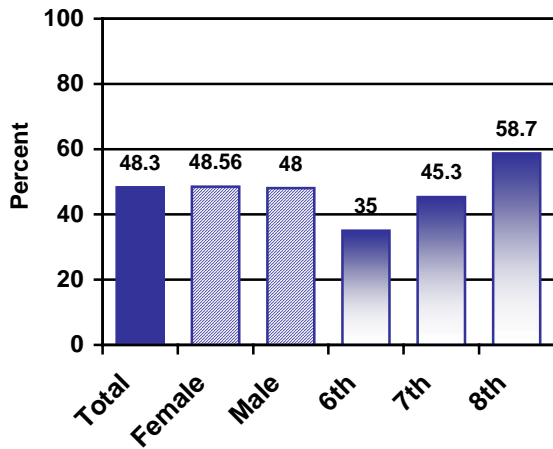
Alcohol abuse is the third leading preventable cause of death in the United States and accounted for 4 percent of the total deaths in 2000.²⁶ Approximately 41 percent of all deaths from motor vehicle crashes are alcohol related.²⁷ Among youth, the use of alcohol and other drugs has also been linked to unintentional injuries, physical fights, academic and occupational problems, and illegal behavior.²⁸ Adolescents who drink heavily are 7.5 times more likely than non-drinkers to report that they have been arrested and charged with breaking the law. In 2003, 28 percent of high school students reported heavy drinking.²⁹

Nationally, after remaining steady for nearly a decade, current alcohol use among high school students decreased significantly from 50 percent in 1999 to 45 percent in 2003.²⁸ Among Nevada youth, current alcohol use, which peaked at 53 percent in 1999, declined to 43 percent by 2003 and now stands at 41 percent.³⁰

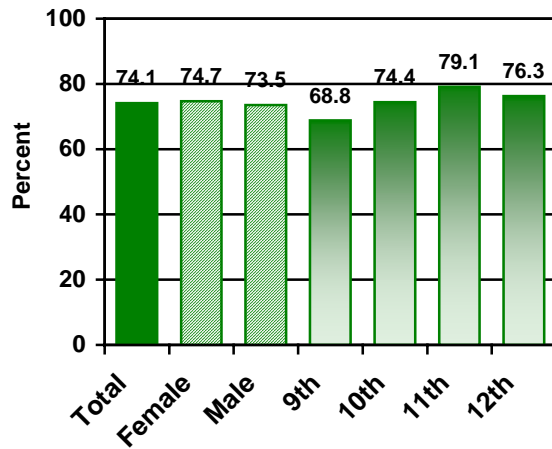
Response to the survey items that measure the frequency of alcohol use among Nevada students, along with age of initiation of drinking, heavy drinking, drinking on school property, and the usual source of alcoholic beverages, is shown on the following pages.

Percentage of students who have had at least one drink of alcohol on one or more days during their life:

Middle School - Q44

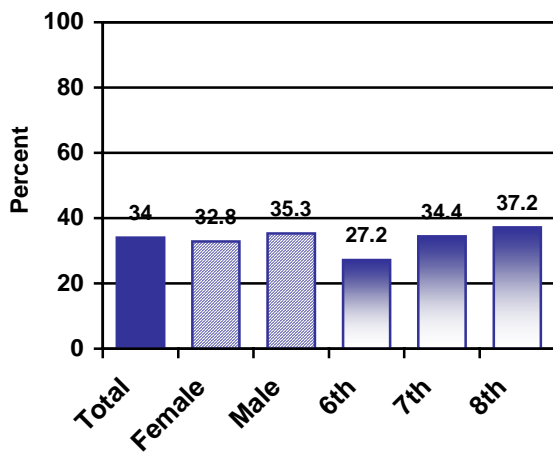


High School - Q46

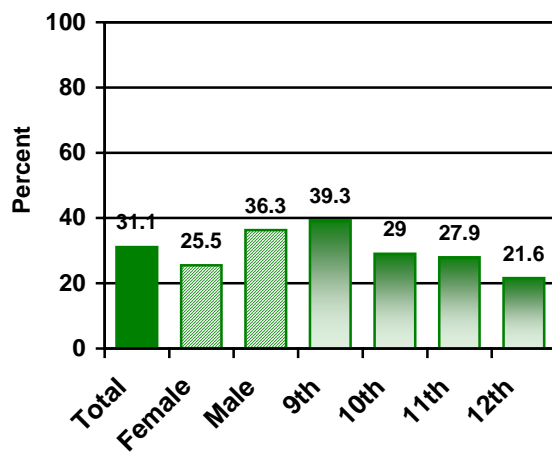


Percentage of students who had their first drink of alcohol other than a few sips before age 13:

Middle School - Q45



High School - Q47

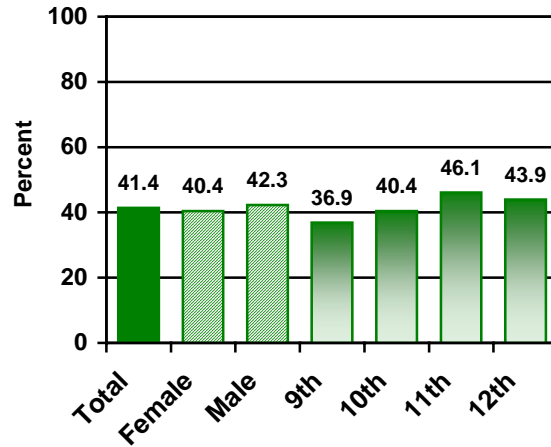


2005 Nevada YRBS

Percentage of students who had at least one drink of alcohol on one or more of the past 30 days:

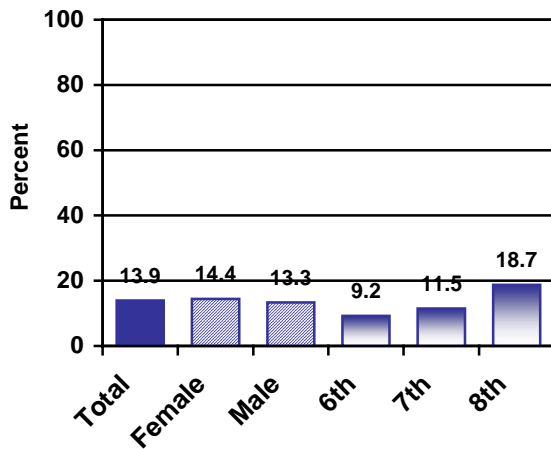
Current alcohol use among high school students decreased significantly from 50 percent in 1999 to 45 percent in 2003.
 SAMSHA Press Release
 2005

High School - Q48

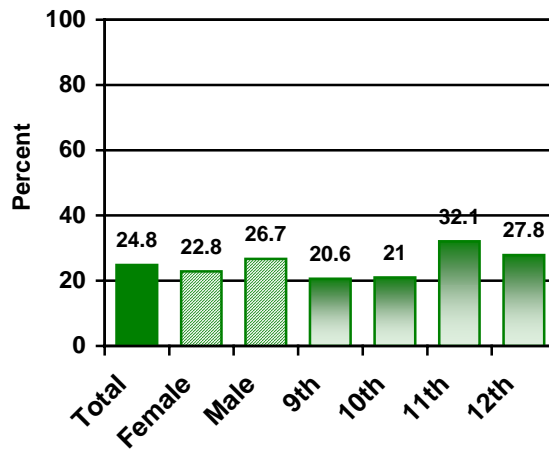


Percentage of students who had 5 or more drinks of alcohol in a row, that is within a couple of hours, on one or more of the past 30 days:

Middle School - Q46

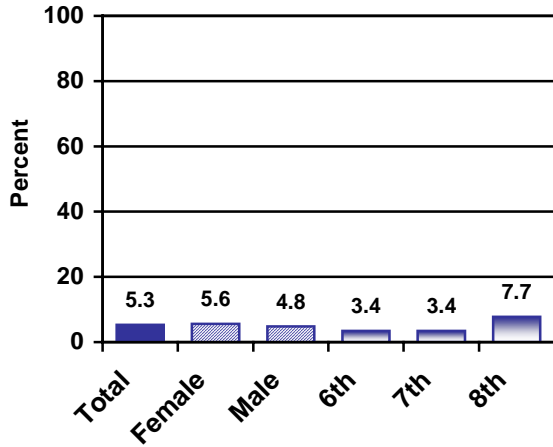


High School - Q49

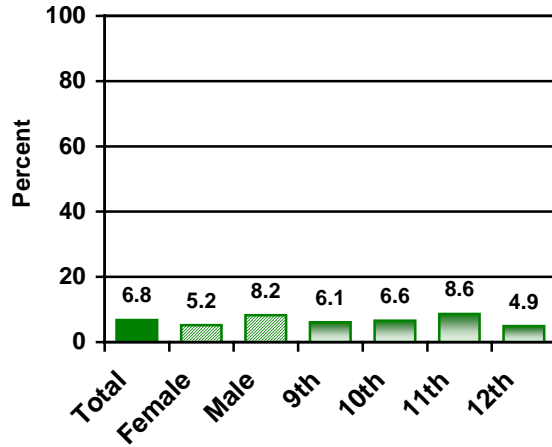


Percentage of students who had at least one drink of alcohol on school property on one or more of the past 30 days:

Middle School - Q47

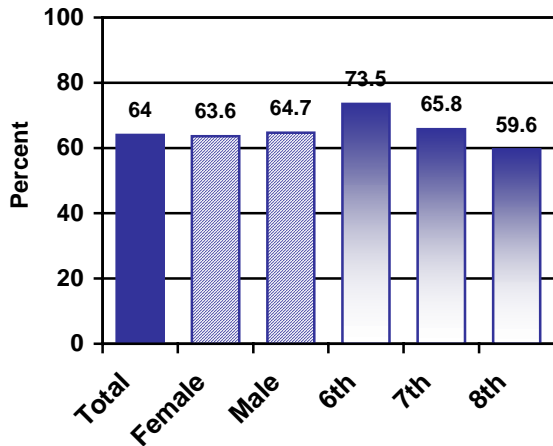


High School - Q50

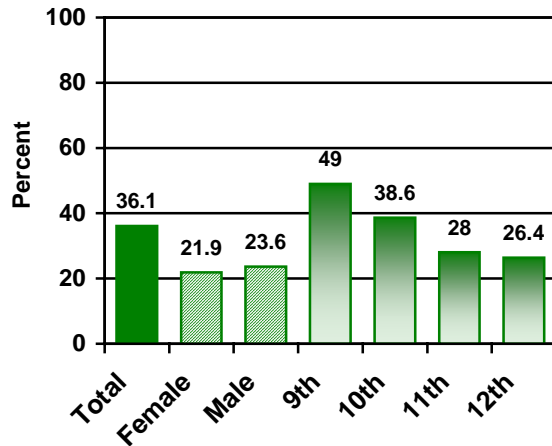


Of students who have ever had a drink, the percentage who usually get their alcoholic beverages from home:

Middle School - Q48



High School - Q51



2005 Nevada YRBS

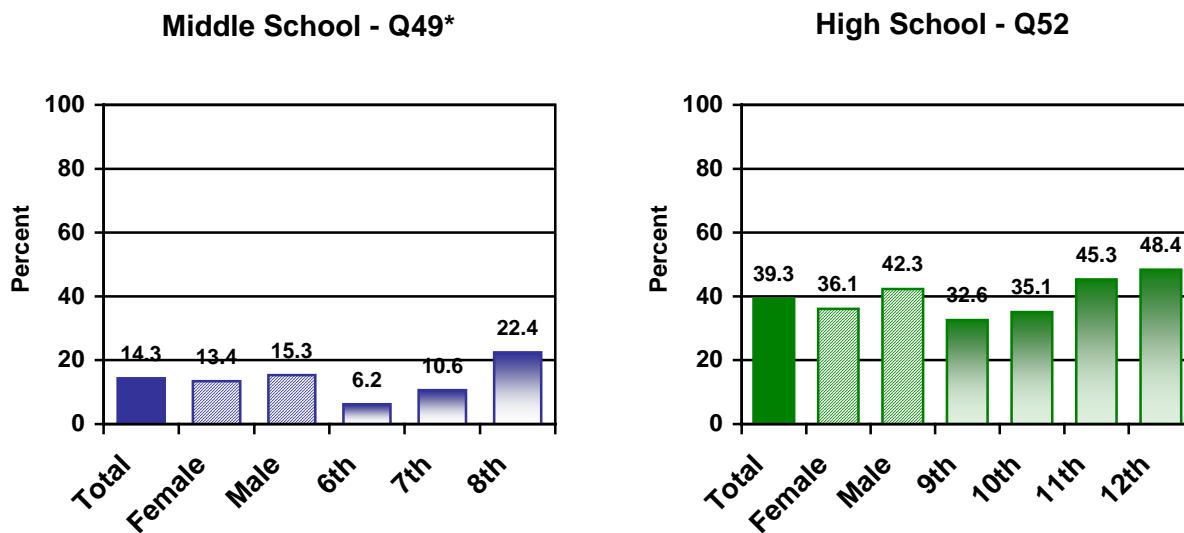
MARIJUANA, COCAINE, AND OTHER DRUGS

Drug use is related to suicide, early unwanted pregnancy, school failure, delinquency, and transmission of sexually transmitted diseases (STDs) including human immunodeficiency virus (HIV) infection.³¹ Despite improvements in recent years, drug use is greater among high school students and other young adults in the U.S, than has been documented in any other industrialized nation in the world.³²

In 2003, 40 percent of high school students in the U.S. had used marijuana in their lifetime and 9 percent had used some form of cocaine.³³ Current marijuana use among high school students increased from 15 percent in 1991 to 26 percent in 1997 and then decreased to 22 percent in 2003.³⁴ During that same time period, the percentage of high school students who used cocaine during the past 30 days increased significantly from 2 percent to 4 percent.³³

Response to the survey items that measure the frequency of marijuana, cocaine, inhalant, and other drug use and the prevalence of drug transactions on school property, is summarized below. Also included is response to items regarding peer use, perceived risk, and parent attitudes regarding tobacco, alcohol, and other drugs.

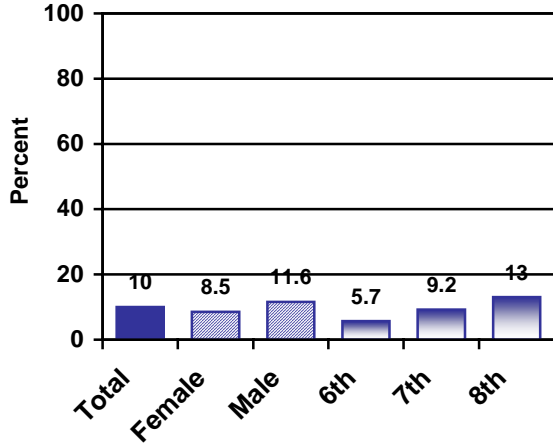
Percentage of students who have used marijuana one or more times during their life:



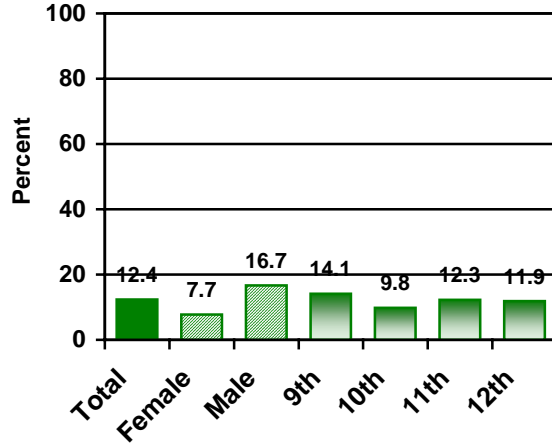
*Lifetime use extrapolated from item on initiation.

Percentage of students who tried marijuana for the first time before age 13:

Middle School - Q49

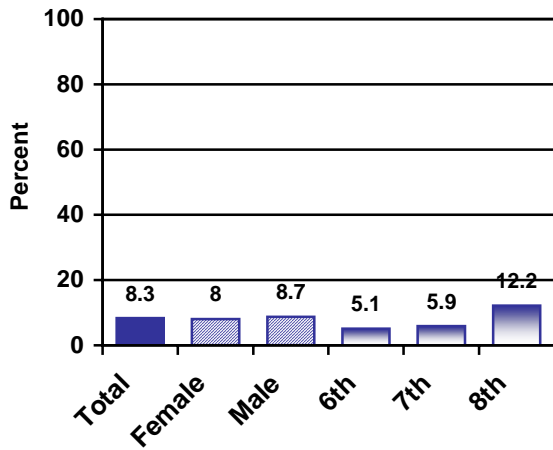


High School - Q53

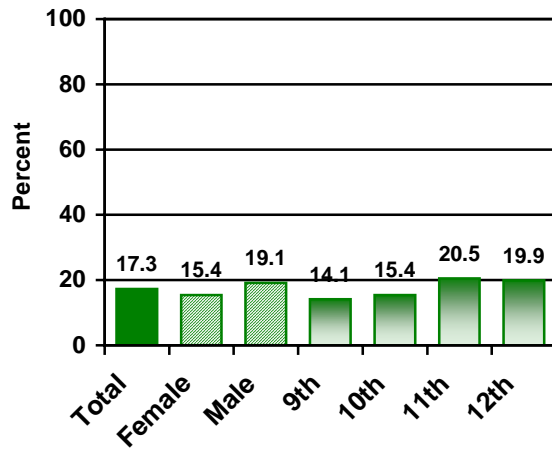


Percentage of students who used marijuana one or more times during the past 30 days:

Middle School - Q50



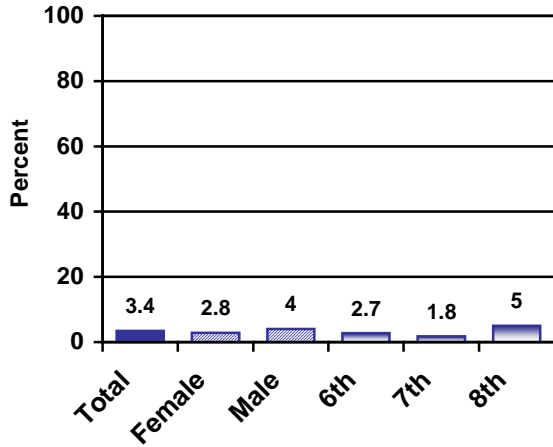
High School - Q54



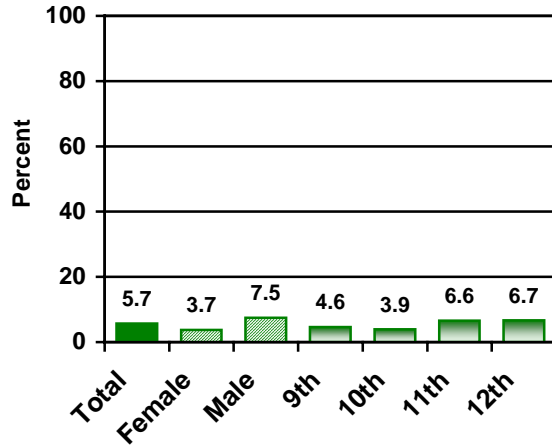
2005 Nevada YRBS

Percentage of students who used marijuana on school property one or more times during the past 30 days:

Middle School - Q51

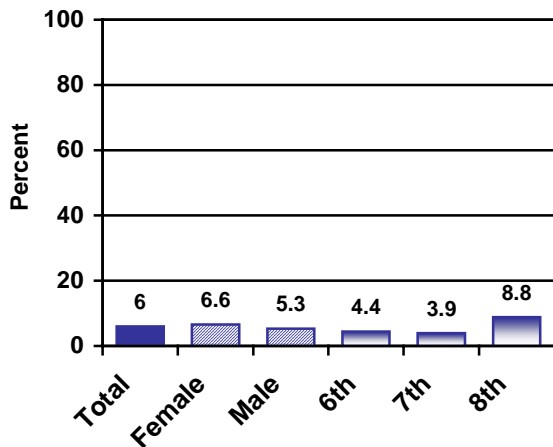


High School - Q55

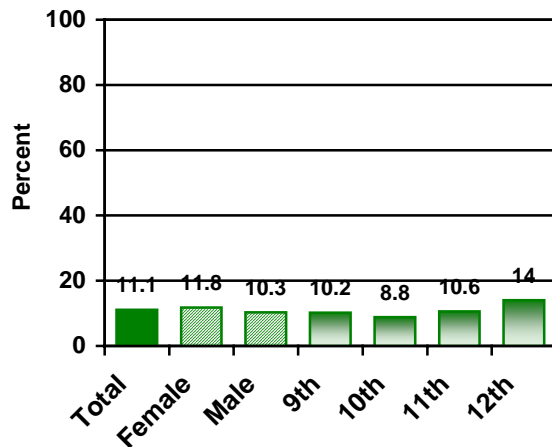


Percentage of students who have used any form of cocaine, including powder, crack, or freebase, during their life:

Middle School - Q52



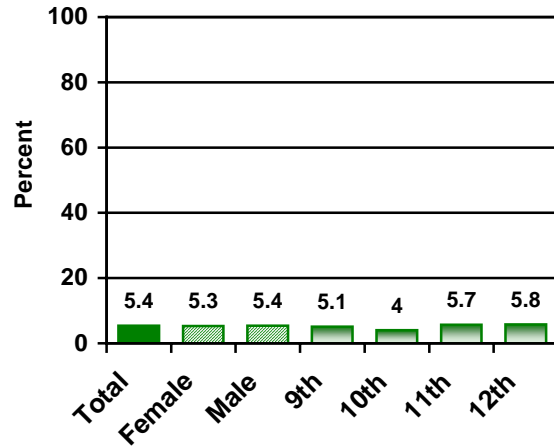
High School - Q56



Percentage of students who used any form of cocaine, including powder, crack, or freebase, one or more times during the past 30 days:

Nationally, 4.1% of high school students have used cocaine in the past 30 days.
United States Youth Risk Behavior Survey, 2003

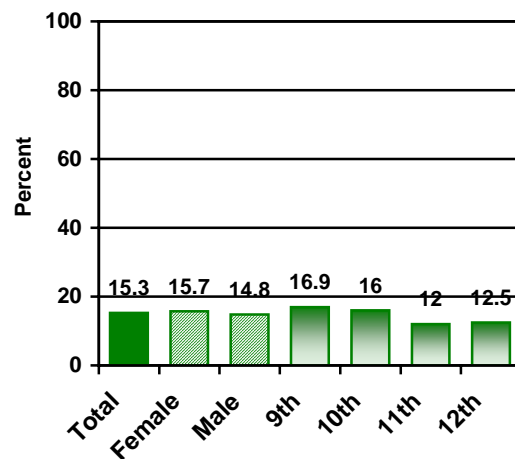
High School - Q57



Percentage of students who have sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life:

Using inhalants even one time can kill you. This is called Sudden Sniffing Death Syndrome.
National Institute on Drug Abuse Hotline

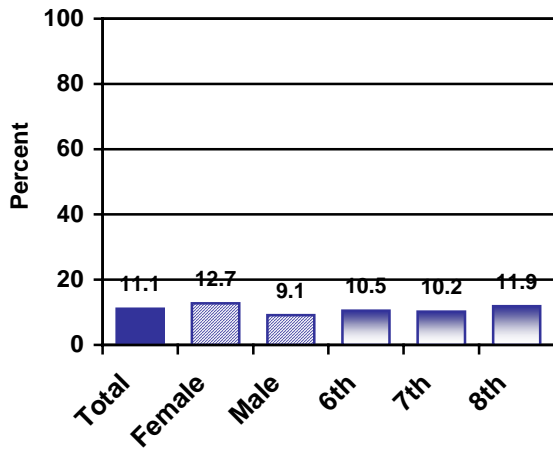
High School - Q58



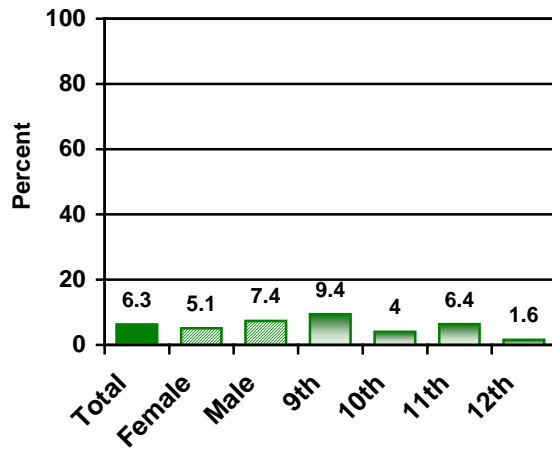
2005 Nevada YRBS

Percentage of students who sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high during the past 30 days:

Middle School - Q53

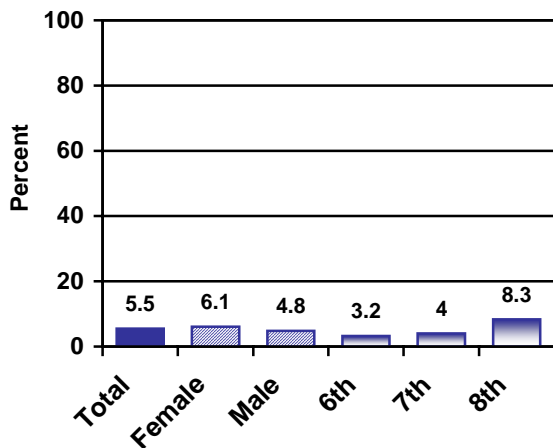


High School - Q59

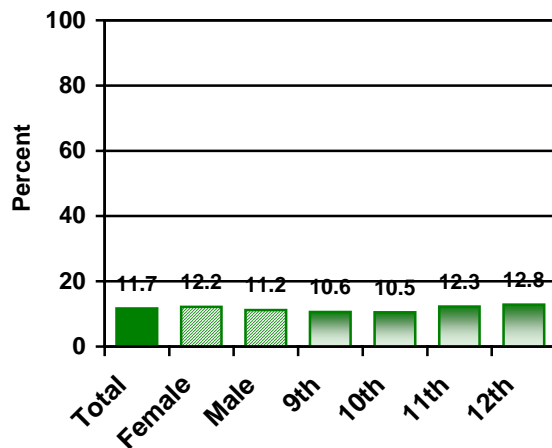


Percentage of students who have used methamphetamines (also called speed, crystal, crank, or ice) one or more times during their life:

Middle School - Q54

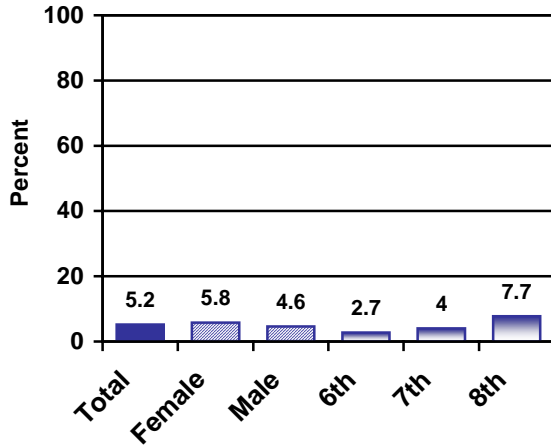


High School - Q60

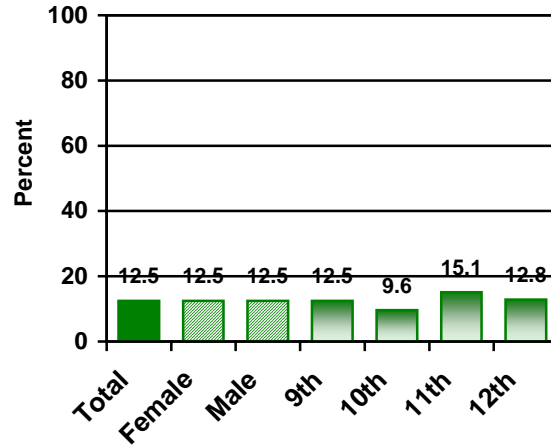


Percentage of students who have used other illegal drugs, such as heroin, hallucinogens, depressants, or tranquilizers, one or more times during their life:

Middle School - Q55



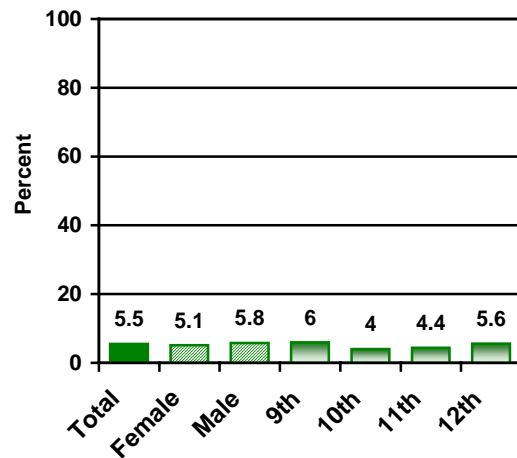
High School - Q61



Percentage of students who have taken steroid pills or shots without a doctor's prescription one or more times during their life:

Nationwide, 6.1% of students have taken steroid pills or shots without a doctor's prescription.
United States YRBS, 2003

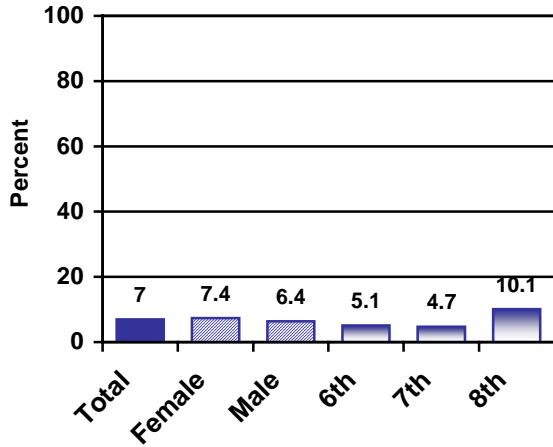
High School - Q62



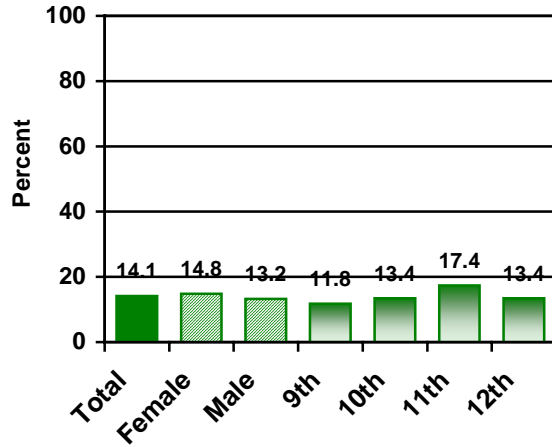
2005 Nevada YRBS

Percentage of students who have taken over-the-counter drugs to feel high one or more times during their life:

Middle School - Q56

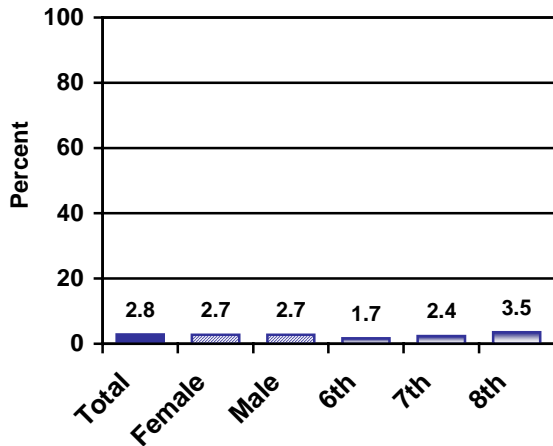


High School - Q63

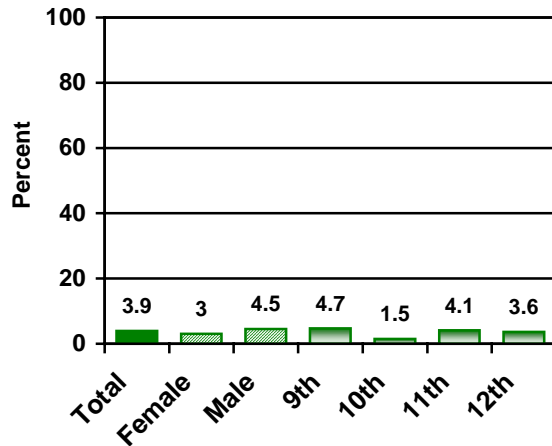


Percentage of students who have used a needle to inject any illegal drug into their body one or more times during their life:

Middle School - Q57

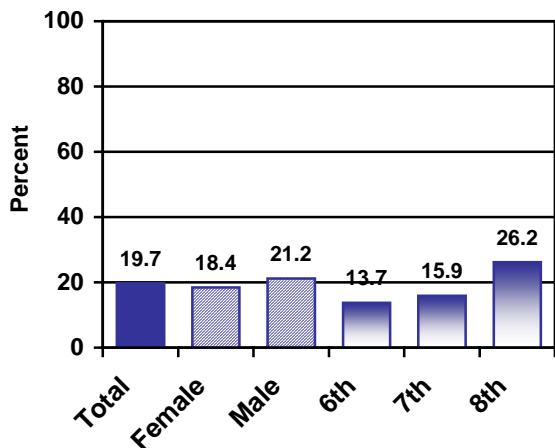


High School - Q64

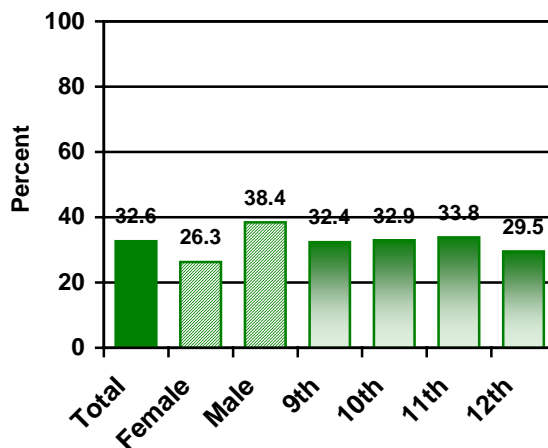


Percentage of students who were offered, sold, or given an illegal drug on school property during the past 12 months:

Middle School - Q58

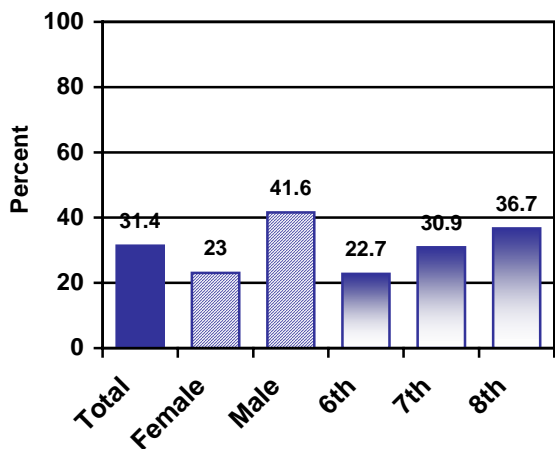


High School - Q65

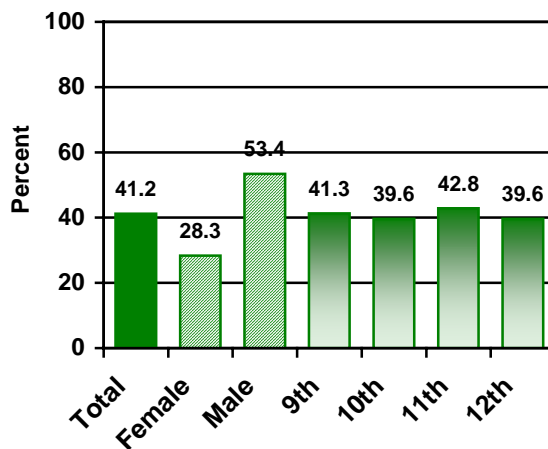


Percentage of students who gambled; such as betting money on cards, games of personal skills or sports teams, buying lottery tickets, or gambling in a casino; during the past 12 months:

Middle School - Q59



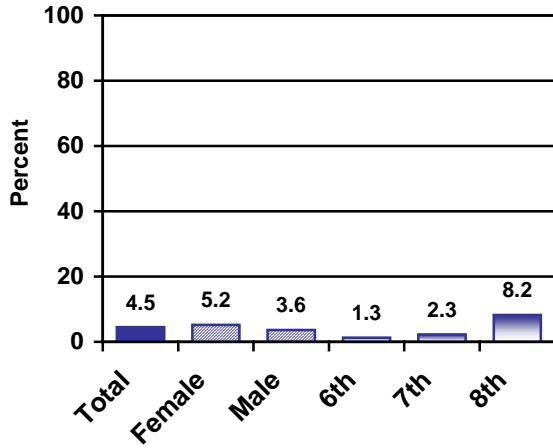
High School - Q66



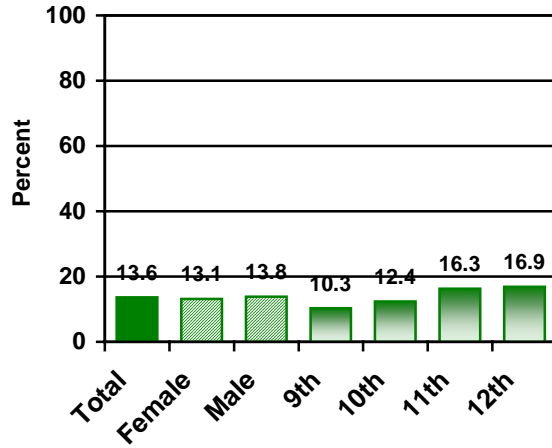
2005 Nevada YRBS

Percentage of students who report that all or most of their friends use tobacco almost every day:

Middle School - Q60

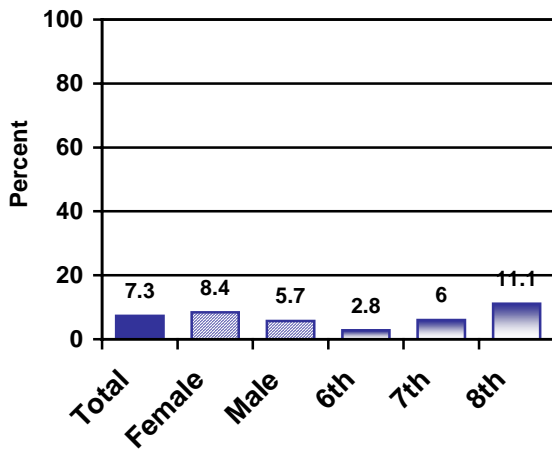


High School - Q67

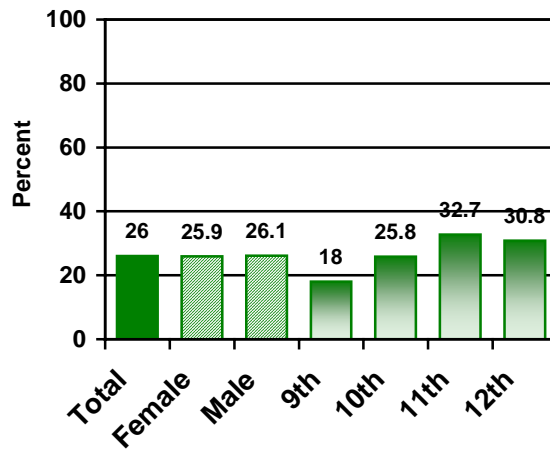


Percentage of students who report that all or most of their friends use alcohol at least monthly:

Middle School - Q61

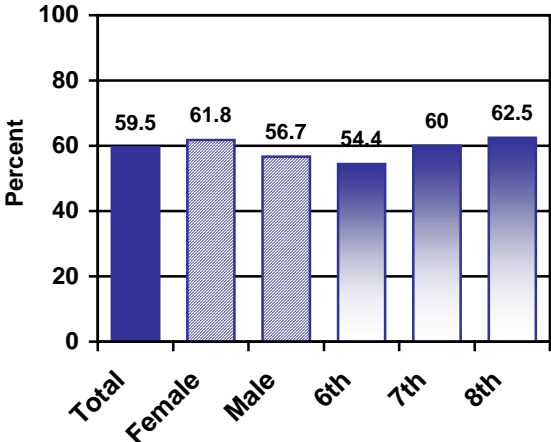


High School - Q68

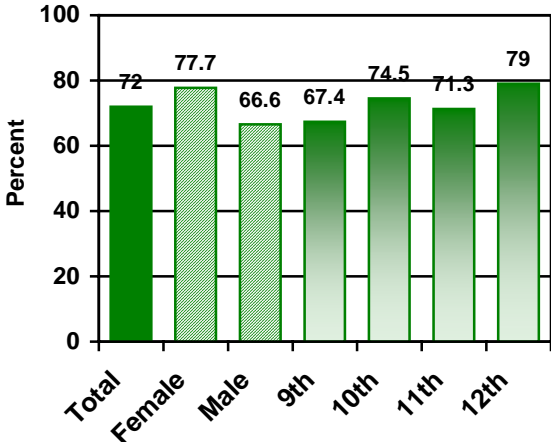


Percentage of students who believe there is great risk in smoking one or more packs of cigarettes a day:

Middle School - Q62

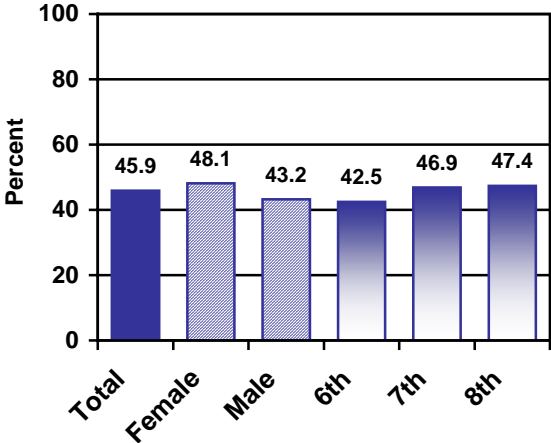


High School - Q69

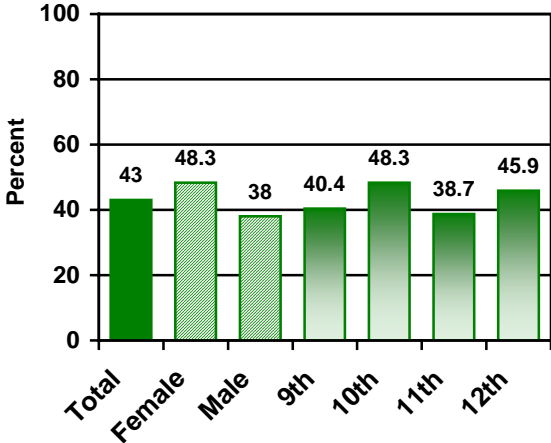


Percentage of students who believe there is great risk in having five or more drinks of alcohol in a row, that is, within a couple of hours:

Middle School - Q63



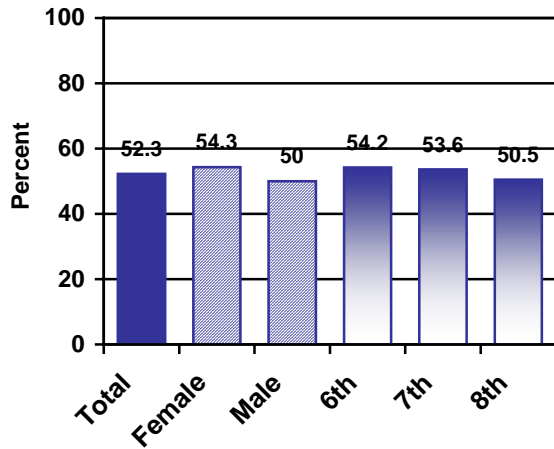
High School - Q70



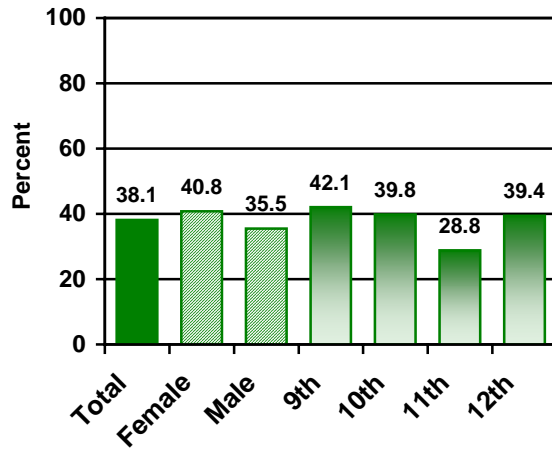
2005 Nevada YRBS

Percentage of students who believe there is great risk in smoking marijuana occasionally:

Middle School - Q64

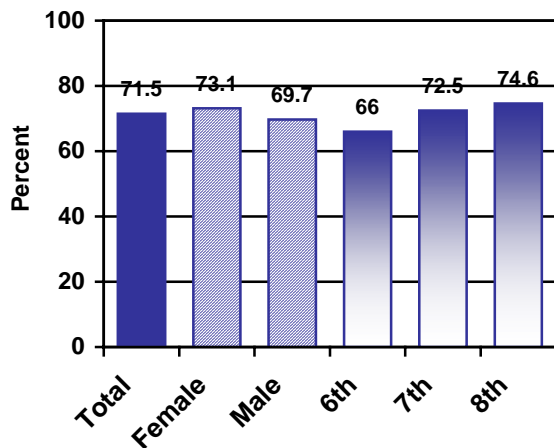


High School - Q71

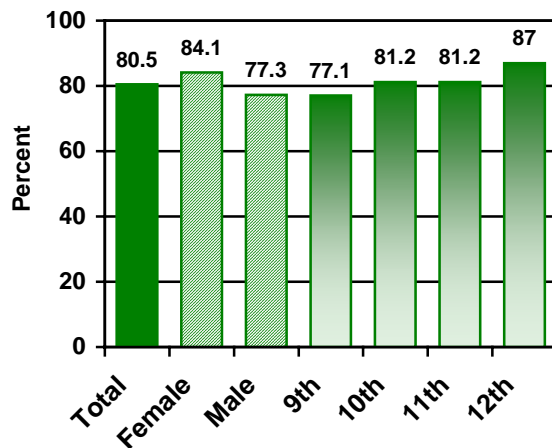


Percentage of students who believe there is great risk in using illegal drugs such as cocaine, heroin, crystal, methamphetamines, or hallucinogens:

Middle School - Q65



High School - Q72

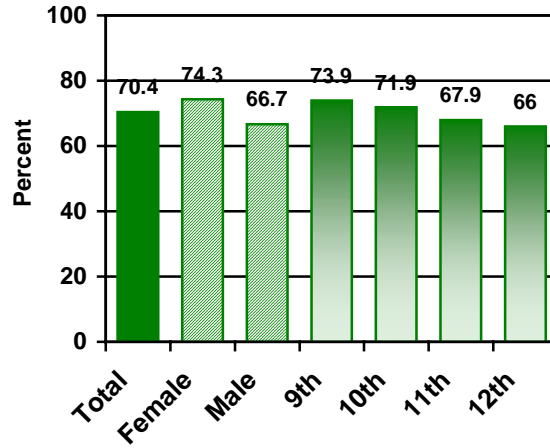


Percentage of students who believe their parents would disapprove or greatly disapprove if they attended a party where alcoholic beverages were available:

Teens (41%) are nearly twice as likely as adults (24%) to have tried "alcopops," the newer, sweeter alcoholic malt beverages.

Alcohol Policies Project, May 2001

High School - Q73

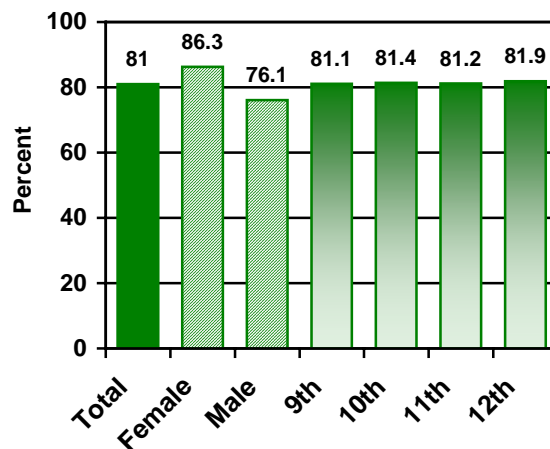


Percentage of students who believe their parents would disapprove or greatly disapprove if they had five or more drinks of alcohol in a row, that is, within a couple of hours:

Beer accounts for 81% of all the alcohol consumed in hazardous amounts.

ETR Associates
Incredible Alcohol Facts,
2002

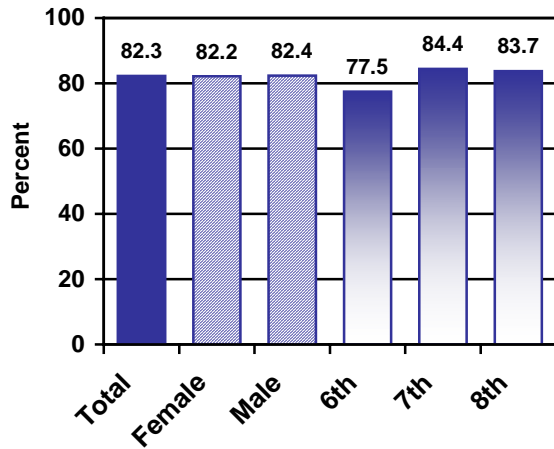
High School - Q74



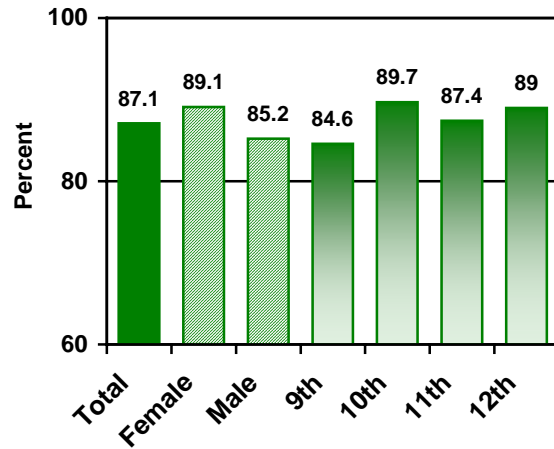
2005 Nevada YRBS

Percentage of students who believe their parents would disapprove or greatly disapprove if they smoked marijuana:

Middle School - Q66

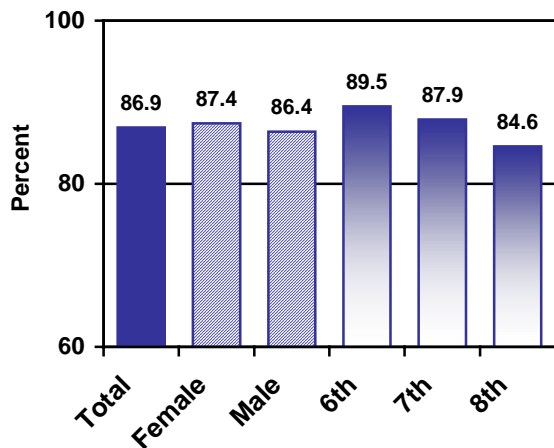


High School - Q75



Percentage of students who believe it is important or very important for schools to help students address the problems of today (substance abuse, violence, AIDS/HIV, teen pregnancy, abuse, suicide, etc.):

Middle School - Q67



High School - Q76

