

People's Health

Outcomes • Planning • Evaluation



Know the Facts: Smoking Among Adolescents

DID YOU KNOW?

- In Shasta County in 2010, 66.1% of regular smokers were younger than 18 years old when their smoking habits began.
- The legal age to smoke tobacco or e-cigarettes in California is 21, as of 2016.
- Economic studies show that a 10% increase in cigarette price reduces teen smoking by 7% and that a 61.66-cent-per-pack tax increase reduced smoking by middle and high school students by up to 13%.
- Every day in the United States, an estimated 3,800 adolescents start smoking. Of these, about 2,100 will become regular smokers—or more than 766,000 new adolescent smokers each year.
- Nearly one-third of the adolescents who continue to smoke regularly will eventually die from a smoking-related illness.

WHERE WE WERE (BASELINE):

11% of Shasta County 9th graders and 14% of 11th graders reported smoking a cigarette in the past 30 days in the 2006-07 school year.

WHERE WE ARE AIMING (HEALTHY PEOPLE 2020 GOAL):

Reduce the use of cigarettes in the past month by adolescents in grades 9 through 12 to 16.0%.

DEFINITION:

Percentage of Shasta County adolescents in grades 9 through 12 who reported smoking cigarettes in the past 30 days.

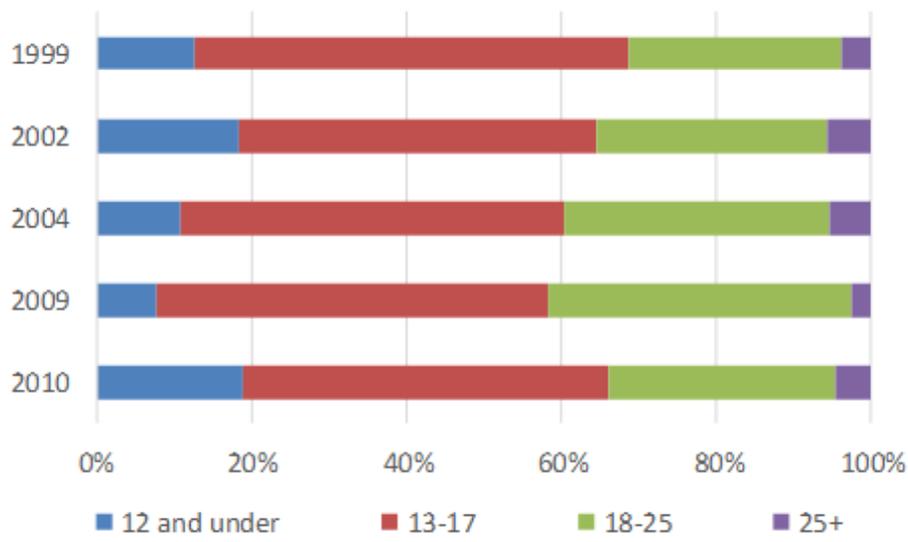
Smoking Behaviors Among 7th, 9th, and 11th Grade Students, Shasta County and California

Indicator	Percent Shasta County Students, 2010-11			Percent California Students, 2009-11		
	Grade 7	Grade 9	Grade 11	Grade 7	Grade 9	Grade 11
Ever smoked a whole cigarette	7.8%	21.7%	31.3%	7.0%	20.0%	29.0%
Smoked in past 30 days	4.0%	11.4%	18.3%	5.0%	10.0%	13.0%

Contributing Staff: Jeff Van Ausdall. Last updated October 2016.

Find more health information at www.shastahhsa.net. Click on "Health and Safety," then "Current Health Concerns." Questions? Email shastahealthdata@co.shasta.ca.us

Age at Which Adult Smokers Began Smoking Regularly, Shasta County



KEY POINTS:

- In the 2010-11 school year, 18% of Shasta County 11th graders reported smoking one or more cigarettes in the past 30 days, compared to 13% for California.
- In the 2010-11 school year, Shasta County adolescents were slightly less likely than California adolescents to perceive cigarettes as difficult to get.
- In the 2010-11 school year, 30% of seventh graders, 65% of ninth graders and 79% of eleventh graders thought that it was either “very easy” or “fairly easy” to obtain cigarettes.

PRIMARY PREVENTION ACTIVITIES:

- Increase the price of tobacco products, including e-cigarettes.
- Ban tobacco advertisements and promotions in magazines and in stores, and sponsorship of events by tobacco companies.
- Encourage media venues, such as TV shows and movies, to provide more positive non-smoking role models.
- Increase media campaigns to provide information on adverse effects of tobacco use, including exposure to second-hand smoke, and also youth access to cigarettes from family, friends, and retailers.
- Report violations in tobacco sales to minors to the Shasta County Tobacco Violation and Information Hotline at (530) 225-5052.
- Encourage retirement plans and individual investors to divest tobacco stock holdings.
- Decrease or eliminate federal subsidies for tobacco growers.

**From the Desk of
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Shasta County
Public Health Officer



Smoking is hazardous to people’s health, and the large majority of today’s smokers started when they were younger than 18. That’s why it’s so important to protect adolescents from ever adopting this deadly habit.

Recent California laws to increase the tobacco age to 21, raise the tobacco tax, define e-cigarettes as tobacco products and reduce exposure to secondhand smoke should all help to lower the prevalence of adolescent smoking.

Shasta County needs to continue to pursue more effective tobacco policies in order to prevent youth from smoking.

To your health!