



What is the problem?

The 2013 Utah Youth Risk Behavior Survey indicates that among high school students:

Cigarette Use

- 18% ever tried cigarette smoking. (1)
- 4% smoked cigarettes on at least 1 day during the 30 days before the survey.
- 1% smoked cigarettes on 20 or more days during the 30 days before the survey.
- 1% smoked cigarettes on school property on at least 1 day during the 30 days before the survey.
- 3% ever smoked at least one cigarette every day for 30 days.

Other Tobacco Use

- 3% used smokeless tobacco (e.g., chewing tobacco, snuff, or dip) on at least 1 day during the 30 days before the survey.
- 4% smoked cigars, cigarillos, or little cigars on at least 1 day during the 30 days before the survey.

Any Tobacco Use

- 6% used cigarettes, smokeless tobacco, or cigars on at least 1 day during the 30 days before the survey.

What are the solutions?

Better health education • More family and community involvement • Healthier school environments

What is the status?

The 2012 Utah School Health Profiles indicates that among high schools:

Health Education

- 47% required students to take 2 or more health education courses.
- 80% had a health education curriculum that addresses all 8 national standards for health education.
- 63% taught 15 key tobacco-use prevention topics in a required course.
- 44% had a lead health education teacher who received professional development during the 2 years before the survey on tobacco-use prevention.

Family and Community Involvement

- 36% provided families with health information to increase parent and family knowledge of tobacco-use prevention.

School Environment

- 71% prohibited all tobacco use at all times in all locations. (2)
- 67% sometimes, almost always, or always required students who were caught smoking cigarettes to participate in an assistance, education, or cessation program.
- 34% provided tobacco cessation services for students, faculty, and staff at school or through arrangements with providers not on school property.
- 78% posted signs marking a tobacco-free school zone.
- 46% used the School Health Index or a similar self-assessment tool to assess their policies, activities, and programs in tobacco-use prevention.

1. Even one or two puffs.
2. Prohibited the use of all tobacco, including cigarettes, smokeless tobacco, cigars, and pipes; by students, faculty and school staff, and visitors; in school buildings; outside on school grounds; on school buses or other vehicles used to transport students; and at off-campus, school-sponsored events; during school hours and non-school hours.

Where can I get more information? Visit www.cdc.gov/yrbss or call 800-CDC-INFO (800-232-4636).

