

NPM 16: TOBACCO USE

GOAL

To reduce the percent of adolescents who currently use tobacco products.

SIGNIFICANCE

Tobacco product use in any form is unsafe, and tobacco product use is typically established during adolescence. Tobacco product use in youths is associated with depression, anxiety, and stress.¹ In 2022, 16.5 percent of high school students reported using any tobacco product, 14.1 percent reported using e-cigarettes.² Youth who are more likely to use tobacco products include American Indian/Alaskan Native youth, those identifying as LGB or transgender, those reporting severe psychological distress, those with low family affluence, and those with low academic achievement.

DEFINITION

Numerator: Number of adolescents in grades 9 through 12 who reported any use of tobacco products (including electronic vapor products, cigarettes, cigars, or smokeless tobacco) in the past 30 days.

Denominator: Number of adolescents in grades 9 through 12.

HEALTHY PEOPLE 2030 OBJECTIVE

Related to Tobacco Use (TU) Objective 04: Reduce current tobacco use in adolescents.

(Baseline: 18.3 percent of students in grades 6 through 12 used cigarettes, e-cigarettes, cigars, smokeless tobacco, hookah, pipe tobacco, and/or bidis in the past 30 days in 2018, Target: 11.3 percent).

STATUS

As shown in Table 1, the percentage of high school age adolescents reportedly using tobacco products was similar across the nation and Delaware in each category assessed.

Table 1. Percentage of Adolescents Grades 9-12 Who Report Using Tobacco Products by Selected Race/Ethnicities, YRBS 2021.

	Nation	Delaware
High school students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products.	18.7%	18.3%
High school students who currently smoked cigarettes.	3.8%	2.7%
High school students who currently used electronic vapor products.	18.1%	17.9%
High school students who currently used smokeless tobacco.	2.5%	1.6%

¹ Centers for Disease Control and Prevention. Youth and Tobacco Use. 2022 November 10.

² Park-Lee E, Ren C, Cooper M, Cornelius M, Jamal A, Cullen KA. Tobacco Product Use Among Middle and High School Students - United States, 2022. MMWR Morb Mortal Wkly Rep. 2022;71(45):1429-1435.