



# Tobacco Use

## and Montana Students



### What is the problem?<sup>1</sup>

#### Among high school students. . .

##### Cigarettes

- 8% currently smoked cigarettes during the past 30 days
- 6% smoked more than 10 cigarettes per day<sup>2</sup>

##### Electronic Vapor Products

- 58% had ever used electronic vapor products in their lifetime<sup>3</sup>
- 30% currently used an electronic vapor product during the past 30 days
- 19% used an electronic vapor product on school property during the past 30 days
- 13% used electronic vapor products frequently (20 or more of the past 30 days)
- 9% used an electronic vapor product daily (each of the past 30 days)
- 24% used an electronic vapor product because a friend or family member used them<sup>4</sup>

##### Smokeless Tobacco and Cigar Use

- 6% used chewing tobacco, snuff, dip, snus, or dissolvable tobacco products (such as Copenhagen, Grizzly, Skoal, or Camel Snus) during the past 30 days
- 8% smoked cigars, cigarillos, or little cigars during the past 30 days

##### Any Tobacco Product Use

- 34% had smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products during the past 30 days

### What are the solutions?<sup>5</sup>

#### Among middle/junior and senior high schools. . .

##### Policy

- 100% of schools have adopted a policy prohibiting tobacco use
- 94% of schools have a tobacco-use prevention policy that specifically prohibits tobacco use during non-school hours for students, 86% have policy for faculty/staff, and 86% have policy for visitors
- 98% of schools prohibit tobacco use by students at off-campus, school-sponsored events
- 62% of schools follow a policy that mandates a “tobacco-free environment.”<sup>6</sup>

##### Health Education

- 94% of schools tried to increase student knowledge on tobacco-use prevention
- 90% of schools taught students about identifying short- and long-term health consequences of tobacco product use

- 84% of schools taught students about the effects of nicotine on the adolescent brain
- 89% of schools taught students about the effects of second-hand smoke and benefits of a smoke-free environment
- 79% of schools taught students about using goal-setting and decision-making skills related to not using tobacco products
- 85% of schools taught students about school policies and community laws related to the sale and use of tobacco products
- 51% of schools taught all 19 tobacco-use prevention topics
- 90% of schools taught students about electronic vapor products
- 75% of schools’ health education teacher would like to receive professional development on tobacco-use prevention

<sup>1</sup> 2019 Youth Risk Behavior Survey data representative of high school students in Montana.

<sup>2</sup> Among students who currently smoked cigarettes.

<sup>3</sup> E-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens (such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo).

<sup>4</sup> Main reason given among students who currently used an electronic vapor product.

<sup>5</sup> 2020 School Health Profiles data representative of middle/junior and senior high schools in Montana.

<sup>6</sup> A “tobacco-free environment” is one that prohibits tobacco use by students, staff, and visitors in school buildings, at school functions, in school vehicles, on school grounds, and at off-site school events, applicable 24 hours a day and seven days a week.