Tobacco Use and Virginia Students

What is the problem?

The 2011 Virginia Youth Risk Behavior Survey indicates that among high school students:

Cigarette Use

- 41% ever tried cigarette smoking. (1)
- 15% smoked cigarettes on at least 1 day during the 30 days before the survey.
- 5% smoked cigarettes on 20 or more days during the 30 days before the survey.
- 4% smoked cigarettes on school property on at least 1 day during the 30 days before the survey.
- 53% did not try to quit smoking cigarettes. (2)

Other Tobacco Use

- 8% used chewing tobacco, snuff, or dip on at least 1 day during the 30 days before the survey.
- 4% used chewing tobacco, snuff, or dip on school property on at least 1 day during the 30 days before the survey.
- 12% smoked cigars, cigarillos, or little cigars on at least 1 day during the 30 days before the survey.

Any Tobacco Use

- 21% smoked cigarettes; smoked cigars, cigarillos or little cigars; or used chewing tobacco, snuff, or dip 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 Virginia School Health Profiles indicates that among high schools:

Health Education

- 90% required students to take 2 or more health education courses.
- 81% had a health education curriculum that addresses all 8 national standards for health education.
- 59% taught 15 key tobacco-use prevention topics in a required course.
- 19% 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

- 25% provided families with health information to increase parent and family knowledge of tobacco-use prevention.

School Environment

- 44% prohibited all tobacco use at all times in all locations. (3)
- 53% sometimes, almost always, or always required students who were caught smoking cigarettes to participate in an assistance, education, or cessation program.
- 30% provided tobacco cessation services for students, faculty, and staff at school or through arrangements with providers not on school property.
- 80% posted signs marking a tobacco-free school zone.
- 36% 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. Among students who currently smoked cigarettes, during the 12 months before the survey.
3. 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).

National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention
Division of Adolescent and School Health