### Figure 1

Trends in current tobacco use, Grades 9–12, New Mexico, 2003–2011

<table>
<thead>
<tr>
<th></th>
<th>Any tobacco use</th>
<th>Cigarette smoking</th>
<th>Cigar smoking</th>
<th>Spit tobacco use</th>
</tr>
</thead>
<tbody>
<tr>
<td>2003</td>
<td>34.0</td>
<td>30.2</td>
<td>19.4</td>
<td>8.8</td>
</tr>
<tr>
<td>2005</td>
<td>30.7</td>
<td>25.7</td>
<td>21.3</td>
<td>8.5</td>
</tr>
<tr>
<td>2007</td>
<td>30.2</td>
<td>24.2</td>
<td>18.9</td>
<td>11.8</td>
</tr>
<tr>
<td>2009</td>
<td>30.8</td>
<td>24.0</td>
<td>18.1</td>
<td>11.8</td>
</tr>
<tr>
<td>2011</td>
<td>25.0</td>
<td>19.9</td>
<td>15.1</td>
<td>9.5</td>
</tr>
</tbody>
</table>
Most rates for tobacco use decreased among high school students from 2003 to 2011.

- Current cigarette smoking decreased from 30.2% to 19.9%.
- Current cigar smoking decreased from 19.4% to 15.1%.
- Current use of any form of tobacco* decreased from 34.0% to 25.0%.
- Cigarette smoking on school property decreased from 13.6% to 6.5%.

* Cigarettes, cigars, or spit tobacco

In 2011, among NM high school students (grades 9–12):

- 53.5% ever smoked cigarettes (16 students in a class of 30).
- 19.9% were current cigarette smokers (6 students in a class of 30).
- 14.9% smoked cigarettes before age 13 (4 students in a class of 30).
- 5.8% were frequent cigarette smokers (2 students in a class of 30).
- 15.1% were current cigar smokers (5 students in a class of 30).
- 9.5% were current spit tobacco users (3 students in a class of 30).

- 20.0% were current hookah users (6 students in a class of 30).
- 30.1% were current users of any form of tobacco** (9 students in a class of 30).
- 74.3% of attempts to quit cigarette smoking were unsuccessful (22 of every 30 students who tried to quit smoking cigarettes).

While American Indian students were more likely to be current cigarette smokers than other racial/ethnic groups, they were less likely to be frequent smokers or heavy smokers.

In 2011, among NM middle school students (grades 6–8):

- 23.1% ever smoked cigarettes (7 students in a class of 30).
- 6.8% were current cigarette smokers (2 students in a class of 30).
- 5.3% smoked cigarettes before age 11 (2 students in a class of 30).
- Less than 1% (0.8%) were frequent cigarette smokers (less than 1 student in a class of 30).

- 5.8% were current cigar smokers (2 students in a class of 30).
- 3.7% were current spit tobacco users (1 student in a class of 30).
- 8.7% were current users of tobacco in any form, excluding hookah (3 students in a class of 30).
- 53.0% of attempts to quit smoking were unsuccessful (16 of every 30 students who tried to quit smoking cigarettes).
Among high school students, boys had a higher prevalence than girls for every form of current tobacco use except for hookah use (no statistically significant difference). The disparity between boys and girls was most extreme for spit tobacco use, where boys had a rate more than three times that of girls.

Among middle school students, there was no statistically significant difference between boys and girls for any form of tobacco use.
Among middle school students, the rate of current cigarette smoking increased by grade level. In high school the increase in prevalence by grade level was not statistically significant.

Current cigar smoking increased by grade level from 2.9% in 6th grade to 9.6% in 8th grade, and from 11.7% in 9th grade to 19.1% in 12th grade.

Current hookah use to smoke tobacco increased by grade level from 16.2% in 9th grade to 23.1% in 12th grade. The hookah use question was not asked of middle school students.

The increase in the rate of current spit tobacco use was not statistically significant (2.8% in 6th grade to 4.4% in 8th grade, and from 7.3% in 9th grade to 12.6% in 12th grade).
### Tobacco Use and Related Behaviors

#### DEMOGRAPHICS OF TOBACCO USE (cont.)

**Figure 4** Current, frequent, and heavy cigarette smoking by race/ethnicity, Grades 9–12, 2011

<table>
<thead>
<tr>
<th></th>
<th>American Indian</th>
<th>Asian or Pacific Islander</th>
<th>Black or African American</th>
<th>Hispanic</th>
<th>White</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Current smoking</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>28.4%</td>
<td>21.4%</td>
<td>18.6%</td>
<td>20.5%</td>
<td>16.0%</td>
<td></td>
</tr>
<tr>
<td>9.1%</td>
<td>32.0%</td>
<td>31.5%</td>
<td>35.5%</td>
<td>42.6%</td>
<td></td>
</tr>
<tr>
<td><strong>Frequent smoking</strong></td>
<td>1.7%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Heavy smoking</strong></td>
<td>5.6%</td>
<td></td>
<td>18.7%</td>
<td>12.3%</td>
<td></td>
</tr>
</tbody>
</table>

The current cigarette smoking rate was higher among American Indian high school students than among other racial/ethnic groups. American Indians had a higher rate than Hispanic or White students, but there were no statistically significant differences between them and Asian or Pacific Islanders or African American students.

Among the 19.9% of all high school students who were current cigarette smokers, American Indian students were less likely to be frequent smokers or heavy smokers than other racial/ethnic groups. For frequent smoking, this relationship was not statistically significant for Asians or Pacific Islanders. For heavy smoking, this relationship was not statistically significant for African American or Hispanic students.

Current cigar smoking was more common among Hispanic (16.6%) than White high school students (11.7%).

American Indian (9.1%) and Hispanic (7.6%) middle school students were more likely than White students (4.0%) to be current cigarette smokers.

Asian or Pacific Islander (14.9%), American Indian (8.4%) and Hispanic (6.8%) middle school students were more likely than White students (2.1%) to be current cigar smokers.

There were no statistically significant differences by race/ethnicity for current spit tobacco use.
**Tobacco Use and Related Behaviors**

**Hookah Use**

A hookah is a large waterpipe used for smoking tobacco. Hookahs are commonly found in commercial establishments known as hookah lounges. In 2011, the first year a question about hookah use was included in the YRRS, the prevalence of current hookah use among high school students (20.0%) was roughly equivalent to that of cigarette smoking (19.9%). The inclusion of hookah use increased the rate for any form of tobacco use from 25.0% (excluding hookah) to 30.1% (including hookah). This increase is accounted for by the 5.1% of students who used a hookah, but no other form of tobacco.

**Figure 5** Any form of tobacco use, including hookah only use, Grades 9–12, 2011

- 30.1% used any form of tobacco, including hookah
- 25.0% used cigarettes, cigars, spit tobacco
- 5.1% used a hookah and no other form of tobacco

**Figure 6** Current substance use by hookah only vs. cigarette only tobacco users, Grades 9–12, 2011

- **High risk drug use**
  - Cigarettes only: 22.8%
  - Hookah only: 11.6%

- **Marijuana use**
  - Cigarettes only: 40.8%
  - Hookah only: 39.9%

- **Binge drinking**
  - Cigarettes only: 53.4%
  - Hookah only: 47.2%

**HOW TO READ THIS CHART**

- Among ‘cigarette only’ users, **22.8%** used high risk drugs.
- Among ‘hookah only’ users, **11.6%** used high risk drugs.

The 5.1% of students who were current hookah users but used no other form of tobacco had a lower rate of high risk drug use (cocaine, heroin, methamphetamine, or painkillers) than those who used tobacco by only smoking cigarettes (11.6% vs. 22.8%). They did not have statistically different rates of marijuana use or binge drinking.
Tobacco Use and Related Behaviors

Figure 7 • Heavy and frequent cigarette smoking among current smokers, Grades 6–8 and 9–12, 2011

Among the 6.8% of middle school students who were current cigarette smokers, 11.4% were frequent smokers. Data on heavy smoking are not available for middle school students.

Among the 19.9% of high schoolers who were current cigarette smokers, almost one quarter (24.3%) were frequent smokers, and 5.9% were heavy smokers.
Figure 8: Prevalence of substance use by dose and frequency of cigarette smoking, Grades 9–12, 2011

- Among current smokers, 72.9% used multiple forms of tobacco.
- Among frequent smokers, 83.1% used multiple forms of tobacco.
- Among heavy smokers, 93.8% used multiple forms of tobacco.

Cigarette smokers were more likely to engage in other substance use as the frequency (frequent cigarette smoking) and dose (heavy cigarette smoking) of cigarette smoking increased.

Heavy cigarette smokers were more likely than current smokers or frequent smokers to be binge drinkers. They were more likely than current smokers to engage in multiple types of tobacco use and high risk drug use. Frequent smokers were more likely than current smokers to engage in multiple types of tobacco use and high risk drug use.

The relationship between current marijuana use and frequency and dose of smoking was not statistically significant.
Other risk behaviors were also associated with dose and frequency of cigarette smoking. Heavy cigarette smokers were more likely than current smokers or frequent smokers to drink and drive or to be in a physical fight. They were more likely than current smokers to have suicidal ideations and to attempt suicide. Frequent smokers were more likely than current smokers to drink and drive.
Among middle school students, 8.7% were current users of at least one form of tobacco, while 30.1% of high school students were current tobacco users. Among both MS and HS students, those who were current users of tobacco in any form were likely to use multiple forms of tobacco (MS=56.1%; HS=58.1%). Among tobacco users, the most common single forms of use for HS students were hookah (16.8%) and cigarettes (15.5%), followed by spit tobacco (7.5%) and cigars (2.1%); and for MS students were cigarettes (25.2%), cigars (12.6%), and spit tobacco (6.1%). Hookah use was not assessed among middle school students.
Tobacco Use and Related Behaviors

MULTIPLE FORMS OF TOBACCO USE

Figure 12  Multiple forms of tobacco use by type of current tobacco use, Grades 9–12, 2011

Current cigar smokers were more likely than other current tobacco users to use multiple forms of tobacco. Most cigar smokers (82.4%) also currently smoked cigarettes, while 67.6% smoked tobacco with a hookah, and 35.0% used spit tobacco.
Tobacco Use and Related Behaviors

**Figure 13** Selected risk behaviors by number of types of current tobacco use, Grades 9–12, 2011

<table>
<thead>
<tr>
<th>Behavior</th>
<th>No tobacco use</th>
<th>One type of tobacco use</th>
<th>Multiple forms of tobacco use</th>
</tr>
</thead>
<tbody>
<tr>
<td>In a physical fight</td>
<td>20.7%</td>
<td>38.9%</td>
<td>60.9%</td>
</tr>
<tr>
<td>Suicidal ideation</td>
<td>14.9%</td>
<td>22.7%</td>
<td>34.3%</td>
</tr>
<tr>
<td>Attempted suicide</td>
<td>4.8%</td>
<td>10.5%</td>
<td>18.3%</td>
</tr>
<tr>
<td>Drinking and driving</td>
<td>2.5%</td>
<td>12.6%</td>
<td>30.0%</td>
</tr>
<tr>
<td>Binge drinking</td>
<td>8.9%</td>
<td>36.6%</td>
<td>60.4%</td>
</tr>
<tr>
<td>Current marijuana use</td>
<td>12.2%</td>
<td>44.3%</td>
<td>69.4%</td>
</tr>
<tr>
<td>High risk drug use *</td>
<td>4.2%</td>
<td>15.7%</td>
<td>41.4%</td>
</tr>
<tr>
<td>Gets mostly D’s or F’s in school</td>
<td>4.9%</td>
<td>10.4%</td>
<td>17.6%</td>
</tr>
</tbody>
</table>

* Cocaine, heroin, methamphetamine, painkillers

**HOW TO READ THIS CHART**

- Among those who did not use tobacco, **20.7%** were in a physical fight.
- Among those who used only one form of tobacco, **38.9%** were in a physical fight.
- Among those who used more than one form of tobacco, **60.9%** were in a physical fight.

Those who used more than one form of tobacco in the past 30 days (i.e., cigarettes, cigars, hookah, and/or spit tobacco) had a higher prevalence for many risk behaviors than those who used only one form of tobacco in the past 30 days. Those who used only one form of tobacco had a higher prevalence for the same risk behaviors than students who used no tobacco at all. Behaviors associated with violence, suicide attempts and ideation, substance use, and poor grades all increased in prevalence with the number of tobacco types used.
Among high school students, half (49.6%) of all current cigarette smokers tried to quit smoking in the past 12 months. Of these, 74.3% were unsuccessful in quitting (i.e., they were still current smokers).

Unsuccessful quit attempts were more likely among binge drinkers (87.0%) than those who didn’t binge drink (62.7%), and among those who used painkillers to get high (90.3%) than among those who did not (68.7%). Unsuccessful quit attempts were also associated with other drug use, suicide attempts, and behaviors associated with violence.
Figure 16 ■ Source of cigarettes among cigarette smokers under 18 years of age, Grades 9–12, 2011

While students under 18 are prohibited by law from buying cigarettes, **12.0%** of current smokers under the age of 18 usually bought their cigarettes in a store. Boys under 18 were more than two times as likely as girls to buy cigarettes in a store (**15.7%** vs. **6.9%**). Most current cigarette smokers under 18 (**59.3%**) obtained their cigarettes from their own social contacts (“Borrowed or bummed them,” **28.8%**; “Gave someone else money to buy them,” **21.2%**; “Someone over 18 gave them to me,” **9.3%**).
Students were less likely to use any form of tobacco if they had higher levels of resiliency or protective factors. For instance, among those who said it was “Not at all true” that their parents were interested in their homework, 40.8% used at least one form of tobacco in the past 30 days, while among those who responded “A little bit true” or “Pretty much true,” 34.6% used tobacco, and among those who said “Very true,” only 25.1% used tobacco. There was a similar relationship for each of the resiliency factors in the chart.
Definitions

**Any tobacco use** for middle school students refers to cigarette, cigar, and/or spit tobacco. For high school students any tobacco use includes hookah use in 2011 only, unless otherwise noted.

**Attempted suicide:** answered “1 time” or more to the question “During the past 12 months, how many times did you actually attempt suicide?”

**Binge drinking:** 5 or more drinks on a single occasion at least once in the past 30 days.

**Cigar:** cigars, cigarillos, or little cigars.

**Current use** of tobacco, alcohol, or other substances refers to use on at least one occasion in the past 30 days.

**Drinking and driving:** answered “1 time” or more to the question “During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?”

**Frequent cigarette smoking:** smoking on at least 20 of the past 30 days.

**Heavy cigarette smoking:** smoking at least 11 cigarettes per day on days the respondent smoked cigarettes.

**High risk drug use:** use of any form of cocaine, heroin, methamphetamines, or painkillers to get high on at least one time in the past 30 days.

**Hookah:** a large waterpipe. Hookahs are widely available for use in hookah bars or lounges. A questionnaire item about use of a hookah to smoke tobacco was added to the 2011 high school YRRS. Earlier data are unavailable. The hookah question was not used on the middle school survey.

**In a physical fight:** answered “1 time” or more to the question “During the past 12 months, how many times were you in a physical fight?”

**Multiple forms of tobacco use:** use of two or more types of tobacco within the past 30 days.

**Spit tobacco:** chewing tobacco, snuff, or dip.

**Suicidal ideations:** either seriously considered attempting suicide, or made a plan to attempt suicide, or both, in the past 12 months.

**Unsuccessful attempt to quit smoking:** within 12 months of an attempt to quit smoking, was still a current smoker.

TOPICS

<table>
<thead>
<tr>
<th>Highlights</th>
<th>Demographics of Tobacco Use</th>
<th>Hookah Use</th>
<th>Frequency and Dose of Cigarette Smoking</th>
<th>Any Tobacco Use</th>
<th>Multiple Forms of Tobacco Use</th>
<th>Attempts to Quit Smoking Cigarettes</th>
<th>Access to Cigarettes</th>
<th>Resiliency Factors and Tobacco Use</th>
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For more information about the YRRS, including methodology, comprehensive state level reports, or county level reports, and more, see www.youthrisk.org.