

## Tobacco

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Nicotine, the drug in tobacco, is the most heavily used of all addictive drugs in the United States. The dangers of tobacco use are well publicized. According to the U.S. Surgeon General, nicotine is highly addictive and is a major cause of strokes and the third leading cause of death in the United States. Exposure to cigarette smoke increases one's risk for lung cancer, emphysema, and bronchial disorders. Use of tobacco among pregnant women has been associated with increased risk of having stillborn or premature infants or infants with low birth weight. For more information on cigarettes and other nicotine products go to: [www.cdc.gov/tobacco](http://www.cdc.gov/tobacco).

The *Hawaii Student Alcohol, Tobacco, and Other Drug Use Survey* assesses lifetime, 30-day, and daily prevalence of cigarettes; and lifetime, 30-day, and daily prevalence of smokeless tobacco (snuff or chewing tobacco). To assist in prevention planning efforts, the survey also assesses a variety of factors that are known to influence adolescent tobacco use.

### Hawaii Prevalence Rates

The majority of Hawaii students reported in 2003 that they had not tried tobacco products. In grade 6, only 7% of Hawaii students reported having tried tobacco, but the percentage triples by the 8th grade with 23% of Hawaii students having tried tobacco. Well over one third of the 10th (37%) and 12th graders (46%) have tried tobacco in Hawaii

**Cigarettes** are more prevalent than **smokeless tobacco**. Among students in grades 6, 8, 10, and 12, lifetime prevalence rates for smokeless tobacco are 1%, 3%, 4%, and 8%, respectively. On the other hand, lifetime prevalence rates for cigarettes are 7%, 23%, 36%, and 45%.

Peak initiation of cigarette use occurs at age 9 or younger, for all grade levels. However, cigarette use onset for students does not clearly taper off at any particular age. One-fifth of the 8th-, 10th-, and 12th-grade students reported that they had tried cigarettes by 12 years of age. Nearly one third of 10th and 12th graders reported they had tried cigarettes by 14 years of age.

Lifetime prevalence reports of cigarette and smokeless tobacco use are higher nationwide than in Hawaii. Lifetime prevalence reports of cigarette use are at least 5 percentage points higher among 8<sup>th</sup>-, 10<sup>th</sup>-, and 12<sup>th</sup>-grade students nationwide (28%, 43%, and 54%, respectively) than Hawaii students in the same grades (23%, 36%, and 45%, respectively). Tobacco differences are even more pronounced for smokeless tobacco with more than twice as many 8<sup>th</sup>-, 10<sup>th</sup>-, and 12<sup>th</sup>-grade students nationwide reporting trying smokeless tobacco (11%, 15%, and 17%, respectively) than Hawaii students in the same grades (3%, 4%, and 8%, respectively).

At least half of Hawaii students who reported trying tobacco at least once in their lifetime reported using tobacco in the past month. In Hawaii, 3% of 6th graders, 9% of 8th graders, 12% of 10th graders, and 17% of 12th graders had used tobacco in the past month. Nearly all monthly tobacco use is related to cigarette use, with less than 2% of Hawaii students reporting monthly smokeless tobacco use.

Monthly prevalence reports for cigarette use are higher nationwide in grades 8, 10, and 12 (10%, 17%, and 24%, respectively) than among students in the same grades in Hawaii (9%, 11%, and 16%, respectively). Monthly prevalence reports for smokeless tobacco use are at least three times as high nationwide as those noted in Hawaii.

Reports of daily cigarette use are also much higher nationwide than in Hawaii. In Hawaii, daily cigarette prevalence rates for grades 8, 10, and 12 are 2%, 3%, and 7%; nationwide reports in the same grades are 5%, 9%, and 16%. Thus, more than twice as many students nationwide reported daily cigarette use compared to students in Hawaii. Reports of daily smokeless tobacco use are less than 1% among Hawaii students in all grades; nationwide, 1% of 8th graders and 2% of 10th and 12th graders reported using smokeless tobacco on a daily basis.

### **Trends in Use**

Cigarette use among adolescents was at an all-time high in 1996, both in Hawaii and nationwide. An encouraging decline in cigarette use started in 1998 and has continued on that course over the years. Lifetime cigarette prevalence reports in 2003 have reached record lows. The continued decrease in lifetime prevalence reports of cigarette use corresponds to national trends.

Monthly cigarette use also reached its peak in 1996 in grades 6, 8, and 10, and in 1998 in grade 12; reports of use in the past 30 days have been dramatically dropping ever since and have reached record lows in the upper grades. Nearly half as many seniors reported monthly cigarette use in 2003 (16%), compared to 1998 (29%). Monthly cigarette prevalence reports have also been on the decline nationwide, but remain higher than those reported in Hawaii.

Daily cigarette use rates dropped drastically across all grades in 2000 and continued to drop through 2003. In 1996, daily cigarette prevalence rates in grades 6, 8, 10, and 12 were 1%, 7%, 11%, and 14%, respectively; daily cigarette prevalence rates in grades 6, 8, 10, and 12 are currently 0%, 2%, 3%, and 7%.

Smokeless tobacco use has been declining fairly consistently over the years in Hawaii. Lifetime prevalence reports for smokeless tobacco use in 2003 are nearly three times lower than 1987 reports in grade 6, 8, and 10 and at least 50% lower in grade 12.

### **Hawaii Subgroup Differences**

Sex differences for lifetime cigarette prevalence rates among Hawaii students are quite pronounced in grades 8, 10, and 12 with more females in these grades reporting they have tried cigarettes at least once (26%, 39%, and 48%, respectively) than males in the same grades (19%, 32%, and 43%). These sex differences are consistent with previous years. Monthly cigarette use is also higher among females in grades 8, 10, and 12 (11%, 13%, and 17%, respectively) than males in the same grades (5%, 10%, and 16%). Reports of daily cigarette use by males and females are quite similar to one another.

Cigarette prevalence rates among Chinese and Japanese students are much lower, across all grade levels, than cigarette prevalence rates among students from other ethnic groups. Native Hawaiian students have among the highest lifetime cigarette prevalence rates. In grade 10, Filipino students have similar lifetime cigarette prevalence rates as Native Hawaiian students; in grade 12, White students have similar lifetime cigarette prevalence rates as Native Hawaiians.

Lifetime cigarette prevalence reports are among the lowest in the City & County of Honolulu, although Kauai County has the lowest cigarette prevalence reports in grades 10 and 12. In grades 6, 10, and 12, Hawaii County has the highest percentages of students having tried cigarettes; Maui County has the highest percentage of students having tried cigarettes in grade 8.

Lifetime cigarette prevalence reports are substantially higher among public school students in grades 6, 8, 10, and 12 (8%, 26%, 39%, and 48%, respectively) than among private or charter school students in the same grades (3%, 11%, 24%, and 35%, respectively).

## **Harmfulness**

Perceptions of harm associated with cigarette smoking increase at each grade level, with 65% of 6th graders, 69% of 8th graders, 72% of 10th graders, and 77% of 12th graders associating a lot of harm with smoking a pack or more of cigarettes daily. The lower percentages of 6th- and 8th- grade students associating harm with cigarette smoking are partially a result of a greater proportion of these students reporting that they are uncertain of the harms; 18% of 6th graders and 13% of 8th graders reported that they didn't know how harmful it was to smoke a pack or more of cigarettes a day, compared to 11% of 10th graders and 8% of 12th graders.

Perceptions of harm associated with smoking a pack or more of cigarettes a day are higher among 8th-, 10th-, and 12th grade students in Hawaii (69%, 72%, and 77%, respectively) than students in the same grades nationwide (58%, 66%, and 72%, respectively).

The proportion of students associating a lot of harm with cigarette smoking was climbing fairly consistently over the years, but dropped in 2000 and continued to drop in 2002 for grades 8, 10, and 12. In 2003, the proportion of students associating a lot of harm with cigarette smoking rose in grades 6 and 8, but decreased again in grades 10 and 12. The percentages of students associating harm with cigarette smoking in 2003 are higher across all grades than the percentages in 1993.

## **Availability**

Cigarettes are seen as readily available by the majority of 10th and 12th graders in Hawaii. However, cigarettes are perceived as harder to obtain by Hawaii students in grades 8 (43%) and 10 (68%) than by students nationwide in grades 8 (63%) and 10 (81%). Nationwide, seniors were not asked if cigarettes are easy to obtain. Less than one fifth of Hawaii students in grade 6 (18%) reported that cigarettes are "very easy" or "fairly easy" to obtain.

Cigarette availability perceptions were on the decline since 1996, but increased in 2002. In 2003, cigarette availability perceptions are down across all grades and are currently at, or near, record-low levels in grades 8, 10, and 12.

In 1997, the State of Hawaii initiated several tobacco "stings" in an effort to decrease merchant sales of cigarettes to minors. The efforts have been paying off, with the reported ability to purchase tobacco decreasing drastically over the years. In 2003, ability to purchase tobacco stabilized at 1% in grade 6, but decreased to 3%, 7%, and 13% in grades 8, 10, and 12. The percentages of students reporting that they are able to buy tobacco in 2003 are lower than all previous survey years. The primary source of tobacco purchases is from a store employee; however, the percentages able to buy tobacco from a store employee have been consistently declining over the years – particularly among upper-grade students.

The second most prevalent source of tobacco purchases is from a vending machine, with 1% of 6th and 8th graders, 2% of 10th graders, and 4% of 12th graders reporting that they have been able to buy tobacco from a vending machine. These percentages are lower than previous survey years.

## Disapproval

Cigarette disapproval ratings have been increasing over the years and continue to increase in 2003. More than three-quarters of the 6th (88%), 8th (83%), 10th (81%), and 12th graders (80%) indicated that their close friends would disapprove or strongly disapprove of them smoking one or more packs of cigarettes per day.

## Tobacco Exposure

To determine if adolescents are frequently exposed to tobacco use and, if so, by whom, students were asked how frequently they are exposed to tobacco use by parents, brothers or sisters, other relatives, their closest friends, and other people in the environment. More students are frequently exposed to tobacco use (once or more a week) than to alcohol or illicit drug use. The proportions frequently exposed to tobacco use increase by grade level and are down across all grade levels. In 2003, 33% of 6th graders, 43% of 8th graders, 51% of 10th graders, and 56% of 12th graders reported that they are frequently exposed to at least one person who uses tobacco.

Parents are frequent sources of tobacco exposure. Approximately one fourth of the students in grades 8 (24%), 10 (24%), and 12 (25%) reported that they are frequently exposed to tobacco from parents. Parents are the most likely source of frequent tobacco exposure for students in grades 6 (18%) and 8 (24%). For students in grades 10 and 12, frequent exposure is primarily from other people in their environment (32% and 36%).

One of the strongest influential forces in the adolescent's environment are friends. To assess the degree of exposure to friends' alcohol use, students were asked how many of their best friends have smoked cigarettes in the past year. The majority of 10th (61%) and 12th graders (68%) reported having at least one best friend who has smoked

cigarettes, but the proportions are less than those noted for having at least one best friend who has tried alcohol. Most 6th and 8th graders do not have at least one best friend who has smoked cigarettes (14% and 46%, respectively). On average, 8th graders only have one best friend who has smoked cigarettes ( $M = 1.1$ ), and 10th and 12th graders have two best friends who have smoked cigarettes ( $M = 1.7$ ,  $M = 2.1$ ).

## Sources of Tobacco Offers and Ability to Resist

To gain an understanding of where adolescents are getting tobacco, students were asked if they have ever been offered tobacco from various people in their environment and, if so, whether they accepted the offers. The most common source of tobacco offers was from friends in grades 8, 10, and 12 (28%, 48%, and 58%, respectively), followed by strangers (15%, 22%, and 22%). In previous years, friends were also the most common source of tobacco offers for 6th-grade students, but in 2003, offers by strangers (9%) were more common than offers by friends (7%). Although offers from parents, siblings, and other relatives are less common, nearly one tenth of the students in grades 10 and 12 have received tobacco offers from one or more relatives.

The majority of students in grades 6, 8, 10, and 12 have resisted tobacco offers from strangers (94%, 88%, 82%, and 74%, respectively) and from friends (66%, 55%, 56%, and 50%, respectively). Offers from parents, siblings, and other relatives are more difficult for students to resist than from friends and strangers. For instance, of the students who have been offered tobacco from parents, only 50% of 6th graders, 48% of 8th graders, 43% of 10th graders, and 30% of 12th graders have refused the offers. Offers from siblings are the most difficult to resist by students. Of the students who have been offered tobacco from siblings, only 46% of 6th

graders, 31% of 8th graders, 36% of 10th graders, and 26% of 12th graders have refused the offers

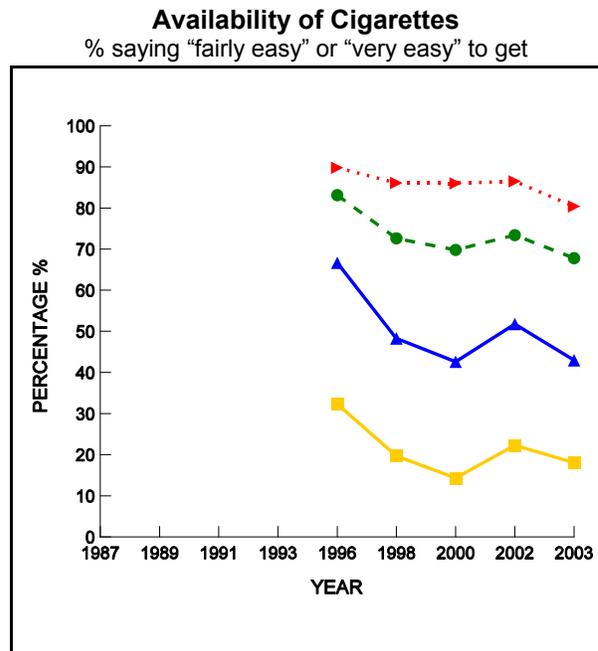
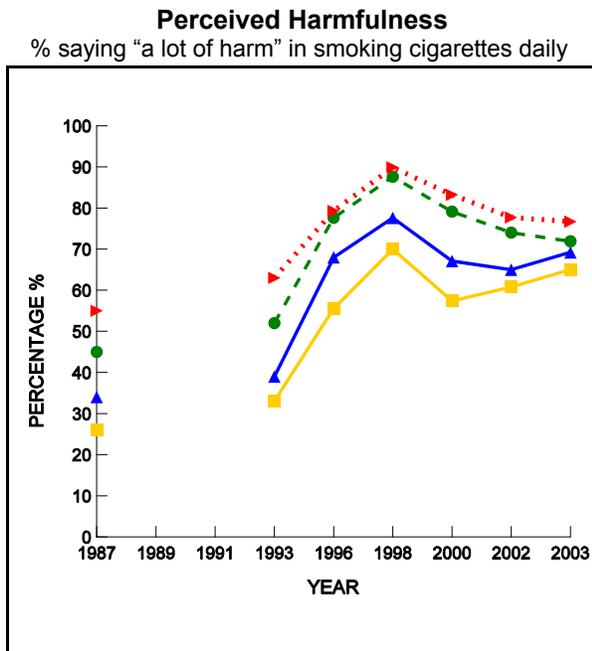
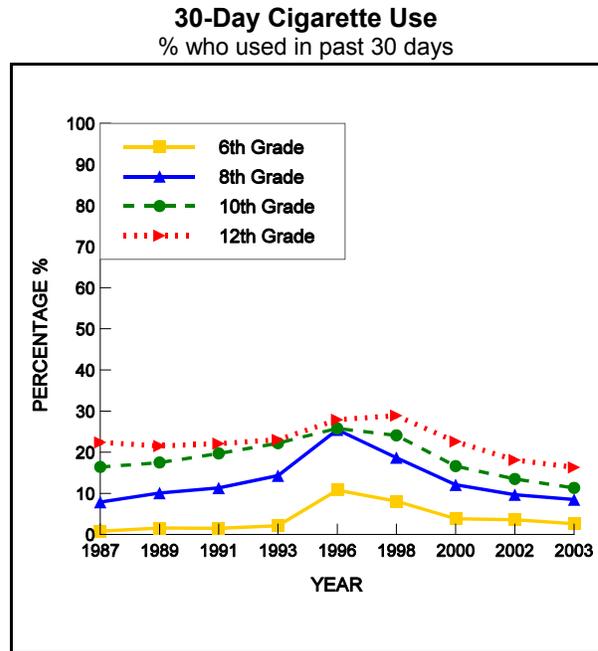
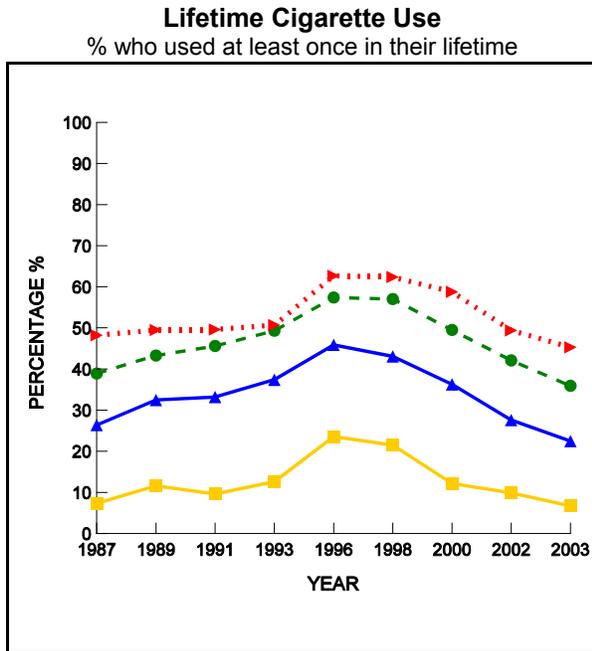
### **Parents' Attitudes Toward Smoking**

Students were asked if they would be in trouble if their parents caught them smoking cigarettes and how wrong their parents feel it would be for them to smoke cigarettes. The majority of students in grade 6, 8, 10, and 12 reported that they would be in a lot of trouble if their parents caught them smoking cigarettes (93%, 90%, 84%, and 72%, respectively) and the percentages are often higher than those who reported they would be in trouble if their parents caught them drinking alcohol (93%, 84%, 75%, and 61%, respectively).

More students in grades 6, 8, 10, and 12 reported that their parents would think it was very wrong for them to smoke cigarettes (97%, 93%, 89%, and 82%, respectively) than reported that there would be repercussions if caught smoking cigarettes by their parents (93%, 90%, 84%, and 72%).

## Cigarettes

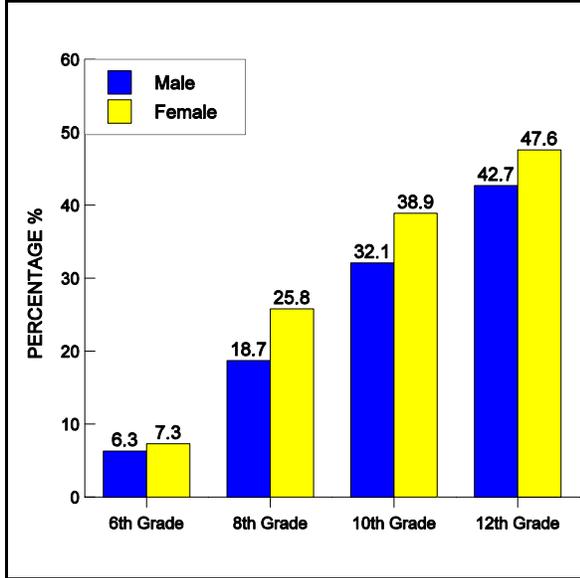
### Hawaii Trends in Prevalence, Harmfulness, and Availability Sixth, Eighth, Tenth, and Twelfth Graders, 1987-2003



**Cigarettes**  
**Hawaii Subgroup Differences in Lifetime Prevalence Reports, by Grade, 2003**  
 (Entries are percentages %)

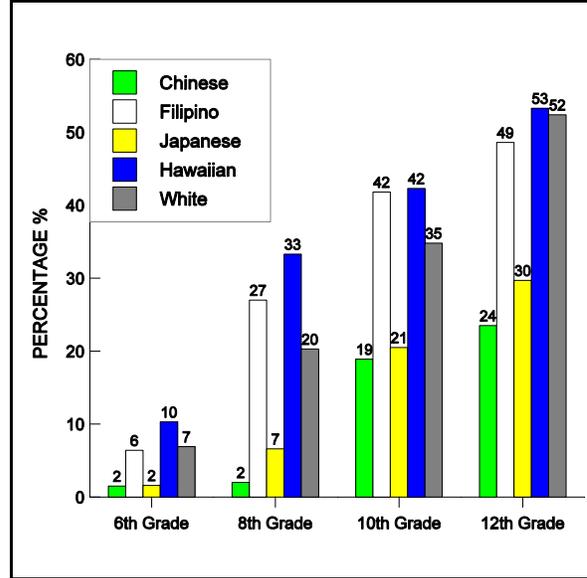
**Sex Differences**

% who used Cigarettes at least once in their lifetime



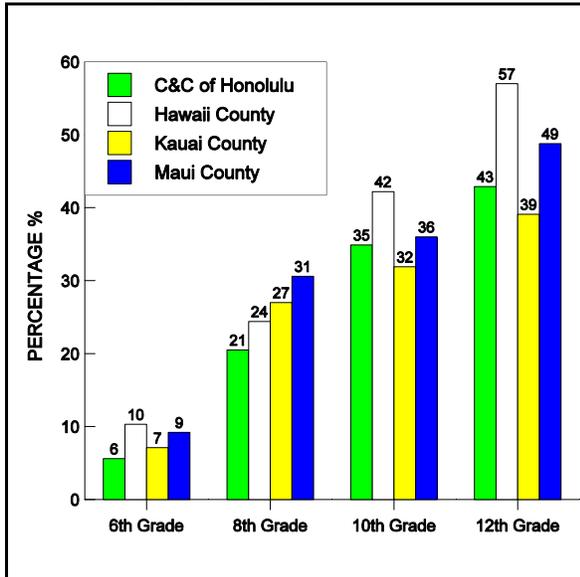
**Ethnic Differences**

% who used Cigarettes at least once in their lifetime



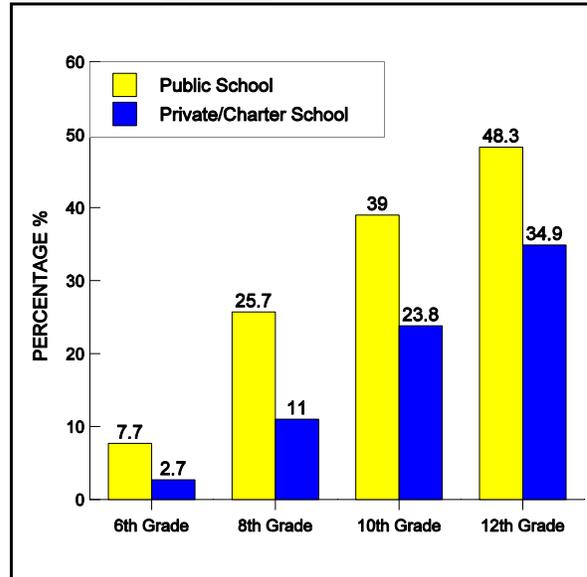
**County Differences (Place of Residence)**

% who used Cigarettes at least once in their lifetime



**School Type Differences**

% who used Cigarettes at least once in their lifetime



Notes: County includes public, private, and charter school students who reside in that particular county.

**Tobacco Table**  
**Hawaii Trends in Prevalence, Attitudes, Ability to Buy, and Exposure**  
**Grades 6 through 12, 1987-2003**

(Entries are percentages %)

	Hawaii Results									Nationwide Results
	1987	1989	1991	1993	1996	1998	2000	2002	2003	2003
<b>Lifetime Cigarettes Prevalence <sup>a</sup></b>										
6th Grade	7.3	11.6	9.6	12.6	23.6	21.5	12.2	9.9	6.7	–
7th Grade	–	–	–	–	–	–	–	–	13.6	–
8th Grade	26.4	32.5	33.2	37.4	45.9	43.1	36.3	27.6	22.5	28.4
9th Grade	–	–	–	–	–	–	–	–	29.3	–
10th Grade	38.9	43.3	45.6	49.3	57.4	57.0	49.5	42.1	35.9	43.0
11th Grade	–	–	–	–	–	–	–	–	38.7	–
12th Grade	48.2	49.5	49.6	50.7	62.7	62.4	58.8	49.4	45.3	53.7
<b>Lifetime Smokeless Tobacco Prevalence <sup>a</sup></b>										
6th Grade	3.2	2.8	2.8	3.1	3.5	3.1	1.2	1.3	0.9	–
7th Grade	–	–	–	–	–	–	–	–	2.2	–
8th Grade	8.2	6.2	6.8	7.1	8.1	5.9	3.6	3.5	3.0	11.3
9th Grade	–	–	–	–	–	–	–	–	4.0	–
10th Grade	13.3	10.5	10.0	10.1	10.6	10.2	5.3	5.9	4.4	14.6
11th Grade	–	–	–	–	–	–	–	–	4.7	–
12th Grade	17.5	14.4	13.7	13.0	16.8	15.9	10.0	8.0	7.5	17.0
<b>30-Day Cigarette Prevalence <sup>b</sup></b>										
6th Grade	0.8	1.6	1.5	2.1	10.8	8.1	3.8	3.6	2.6	–
7th Grade	–	–	–	–	–	–	–	–	5.7	–
8th Grade	7.9	10.1	11.3	14.3	25.5	18.7	12.1	9.7	8.5	10.2
9th Grade	–	–	–	–	–	–	–	–	11.2	–
10th Grade	16.4	17.5	19.7	22.2	25.8	24.1	16.6	13.5	11.3	16.7
11th Grade	–	–	–	–	–	–	–	–	13.0	–
12th Grade	22.4	21.5	22.1	23.0	27.9	28.9	22.6	18.1	16.3	24.4
<b>30-Day Smokeless Tobacco Prevalence <sup>b</sup></b>										
6th Grade	0.4	0.4	0.5	0.5	1.9	1.5	0.5	0.6	0.6	–
7th Grade	–	–	–	–	–	–	–	–	1.0	–
8th Grade	1.0	1.5	1.7	2.0	4.5	2.9	1.5	1.5	1.4	4.1
9th Grade	–	–	–	–	–	–	–	–	1.6	–
10th Grade	2.1	2.6	2.7	2.8	3.7	3.0	1.4	1.8	0.9	5.3
11th Grade	–	–	–	–	–	–	–	–	1.2	–
12th Grade	3.8	3.3	3.5	3.6	5.2	3.1	2.0	2.2	1.6	6.7

(Table continued on next page)

**Tobacco Table (continued)**  
**Hawaii Trends in Prevalence, Attitudes, Ability to Buy, and Exposure**  
**Grades 6 through 12, 1987-2003 (continued)**

(Entries are percentages %)

	Hawaii Results									Nationwide Results
	1987	1989	1991	1993	1996	1998	2000	2002	2003	2003
<b>Daily Cigarette Prevalence <sup>c</sup></b>										
6th Grade	-	-	-	-	1.1	0.9	0.4	0.3	0.2	-
7th Grade	-	-	-	-	-	-	-	-	0.6	-
8th Grade	-	-	-	-	6.5	4.8	2.2	1.8	1.5	4.5
9th Grade	-	-	-	-	-	-	-	-	3.2	-
10th Grade	-	-	-	-	10.6	10.4	6.1	4.5	3.4	8.9
11th Grade	-	-	-	-	-	-	-	-	4.8	-
12th Grade	-	-	-	-	14.3	14.2	11.8	8.2	6.9	15.8
<b>Daily Smokeless Tobacco Prevalence <sup>c</sup></b>										
6th Grade	-	-	-	-	0.2	0.1	0.1	0.0	0.1	-
7th Grade	-	-	-	-	-	-	-	-	0.1	-
8th Grade	-	-	-	-	1.1	0.7	0.3	0.2	0.1	0.8
9th Grade	-	-	-	-	-	-	-	-	0.2	-
10th Grade	-	-	-	-	0.8	0.7	0.3	0.3	0.1	1.8
11th Grade	-	-	-	-	-	-	-	-	0.4	-
12th Grade	-	-	-	-	1.4	0.5	0.4	0.5	0.4	2.2
<b>Perceived Harmfulness <sup>d</sup></b>										
6th Grade	26.0	-	-	33.0	55.6	70.0	57.4	60.8	65.0	-
7th Grade	-	-	-	-	-	-	-	-	66.1	-
8th Grade	34.0	-	-	39.0	68.0	77.6	67.1	65.0	69.2	57.7
9th Grade	-	-	-	-	-	-	-	-	69.1	-
10th Grade	45.0	-	-	52.0	77.6	87.6	79.1	74.0	71.9	65.7
11th Grade	-	-	-	-	-	-	-	-	77.4	-
12th Grade	55.0	-	-	63.0	79.3	89.9	83.2	77.7	76.7	72.1
<b>Perceived Availability <sup>e</sup></b>										
6th Grade	-	-	-	-	32.3	19.7	14.3	22.3	18.0	-
7th Grade	-	-	-	-	-	-	-	-	30.3	-
8th Grade	-	-	-	-	66.7	48.3	42.6	51.8	43.0	63.1
9th Grade	-	-	-	-	-	-	-	-	58.2	-
10th Grade	-	-	-	-	83.1	72.6	69.8	73.4	67.8	80.7
11th Grade	-	-	-	-	-	-	-	-	73.1	-
12th Grade	-	-	-	-	89.8	86.1	86.0	86.5	80.4	-

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**Tobacco Table (continued)**  
**Hawaii Trends in Prevalence, Attitudes, Ability to Buy, and Exposure**  
**Grades 6 through 12, 1987-2003 (continued)**

(Entries are percentages %)

	Hawaii Results									Nationwide Results
	1987	1989	1991	1993	1996	1998	2000	2002	2003	2003
<b>Ability to Purchase Tobacco<sup>f</sup></b>										
6th Grade	-	-	-	-	4.2	2.4	1.2	1.3	1.0	-
7th Grade	-	-	-	-	-	-	-	-	1.9	-
8th Grade	-	-	-	-	13.5	8.5	5.3	4.4	3.0	-
9th Grade	-	-	-	-	-	-	-	-	5.7	-
10th Grade	-	-	-	-	19.7	18.8	11.7	9.2	6.5	-
11th Grade	-	-	-	-	-	-	-	-	8.4	-
12th Grade	-	-	-	-	24.4	33.5	26.1	20.9	13.1	-
<b>Peer Disapproval<sup>g</sup></b>										
6th Grade	-	-	-	-	80.2	80.6	85.4	86.9	88.4	-
7th Grade	-	-	-	-	-	-	-	-	84.9	-
8th Grade	-	-	-	-	71.2	71.9	75.6	80.1	83.4	-
9th Grade	-	-	-	-	-	-	-	-	81.1	-
10th Grade	-	-	-	-	70.9	69.9	76.6	77.4	80.9	-
11th Grade	-	-	-	-	-	-	-	-	82.2	-
12th Grade	-	-	-	-	69.6	67.1	74.9	75.7	79.8	-
<b>Frequent Exposure to At Least One Person Who Uses Tobacco<sup>h</sup></b>										
6th Grade	-	-	-	-	31.8	30.6	25.4	35.3	33.0	-
7th Grade	-	-	-	-	-	-	-	-	38.8	-
8th Grade	-	-	-	-	42.7	45.3	37.3	43.4	42.6	-
9th Grade	-	-	-	-	-	-	-	-	48.8	-
10th Grade	-	-	-	-	58.5	60.6	50.5	56.0	51.2	-
11th Grade	-	-	-	-	-	-	-	-	55.1	-
12th Grade	-	-	-	-	60.8	66.7	59.4	58.7	56.4	-

- (a) Lifetime Prevalence is the % using tobacco at least once in their lifetime.
- (b) 30-Day Prevalence is the % using tobacco at least once in the past 30 days.
- (c) Daily Prevalence is the % using tobacco on 20 or more occasions in the past 30 days.
- (d) Perceived Harmfulness is the % reporting a "lot of harm" associated with smoking 1+ packs of cigarettes a day.
- (e) Perceived Availability is the % reporting "fairly easy" or "very easy" to get cigarettes.
- (f) Ability to Purchase Tobacco is the % reporting they were able to buy tobacco from either a store employee, bar, restaurant, or vending machine.
- (g) Peer Disapproval is the % reporting friends would "disapprove" or "strongly disapprove" of them smoking 1+ packs of cigarettes a day.
- (h) Frequent Exposure is the % who have been exposed to tobacco use at least once a week by someone in their environment.