

2007 New Orleans Youth Risk Behavioral Survey (YRBS) Results

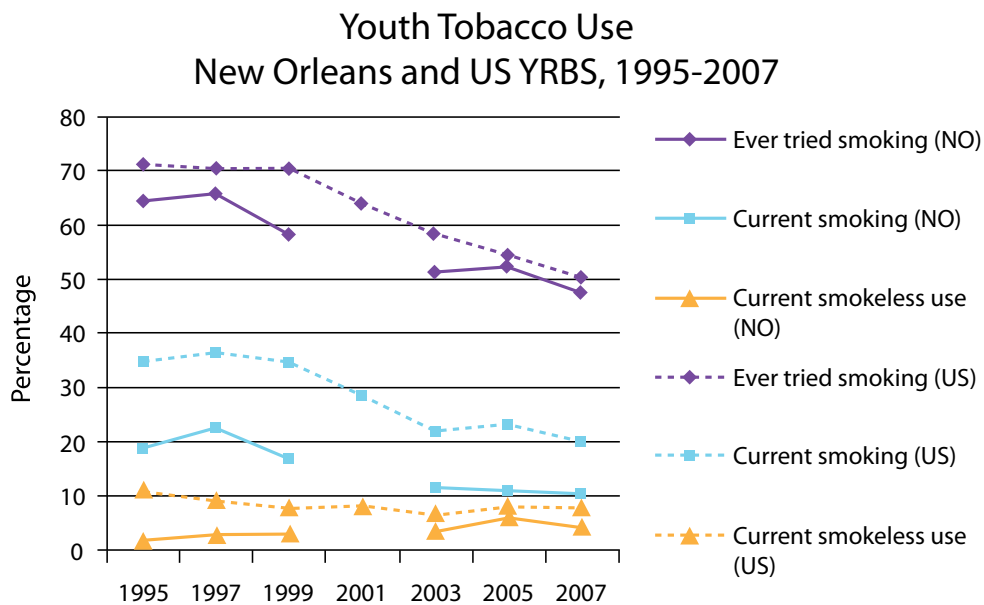
TOBACCO USE

About Tobacco

Ninety percent of adult smokers begin smoking in their teens (or earlier). About one third of youth smokers will die prematurely from diseases caused by smoking. Thus prevention of youth tobacco use is critical to the health of any community.

New Orleans

- For the first time since the New Orleans YRBS began tracking youth smoking in 1995, fewer than half of New Orleans public school students have tried smoking.



- New Orleans students were more likely to smoke cigars, cigarillos or little cigars (other tobacco) than cigarettes. Of those surveyed, 14.4% had smoked other tobacco during the previous 30 days, while only 9.9% who had smoked cigarettes. Those who smoked other tobacco smoked cigarettes as well.
- The majority of youth who smoke try to quit. In 2007, 54.7% of the New Orleans students who smoked had stopped smoking for at least one day in the previous year in an attempt to quit.
- High school students who smoke are usually not yet addicted to nicotine. Only 3.6% of New Orleans students had smoked on at east 20 of the 30 days prior to answering the YRBS.
- 7.6% smoked 10 or more cigarettes on the days they smoked.

EVIDENCE-BASED STRATEGIES

(from <http://www.cdc.gov/healthyyouth/tobacco/guidelines/summary.htm>)

School programs to prevent tobacco use and addiction will be most effective if they:

- Prohibit tobacco use at all school facilities and events.
- Encourage and help students and staff to quit using tobacco.
- Provide developmentally appropriate instruction in grades K–12 that addresses the social and psychological causes of tobacco use.
- Are part of a coordinated school health program through which teachers, students, families, administrators, and community leaders deliver consistent messages about tobacco use.
- Are reinforced by communitywide efforts to prevent tobacco use and addiction.

The CDC developed the following recommendations for schools to prevent tobacco use and tobacco-related illnesses among young people.

1. Policy

Develop and enforce a school policy on tobacco use. The policy, developed in collaboration with students, parents, school staff, health professionals, and school boards, should:

- Prohibit students, staff, parents, and visitors from using tobacco on school premises, in school vehicles, and at school functions.
- Prohibit tobacco advertising (e.g., on signs, T-shirts, or caps or through sponsorship of school events) in school buildings, at school functions, and in school publications.
- Require that all students receive instruction on avoiding tobacco use.
- Provide access and referral to cessation programs for students and staff.
- Help students who violate tobacco-free policies to quit using tobacco rather than just punishing them.

2. Instruction

Provide instruction about the short- and long-term negative physiologic and social consequences of tobacco use, social influences on tobacco use, peer norms regarding tobacco use, and refusal skills. This instruction should:

- Decrease the social acceptability of tobacco use and show that most young people do not smoke.
- Help students understand why young people start to use tobacco and identify more positive activities to meet their goals.
- Develop students' skills in assertiveness, goal setting, problem solving, and resisting pressure from the media and peers to use tobacco.

Programs that only discuss tobacco's harmful effects or attempt to instill fear do not prevent tobacco use.

3. Curriculum

Provide tobacco-use prevention education in grades K–12.

- This instruction should be introduced in elementary school and intensified in middle/ junior high school, when students are exposed to older students who typically use tobacco at higher rates.
- Reinforcement throughout high school is essential to ensure that successes in preventing tobacco use do not dissipate over time.

4. Training

Provide program-specific training on tobacco-use prevention for teachers. The training should include reviewing the curriculum, modeling instructional activities, and providing opportunities to practice implementing the lessons. Well-trained peer leaders can be an important adjunct to teacher-led instruction.

5. Family Involvement

Involve parents or families in supporting school-based programs to prevent tobacco use. Schools should:

- Promote discussions at home about tobacco use by assigning homework and projects that involve families.
- Encourage parents to participate in community efforts to prevent tobacco use and addiction.

6. Tobacco-Use Cessation Efforts

Support cessation efforts among students and school staff who use tobacco. Schools should provide access to cessation programs that help students and staff stop using tobacco rather than punishing them for violating tobacco-use policies.

7. Evaluation

Assess the tobacco-use prevention program at regular intervals. Schools can use CDC's Guidelines for School Health Programs to Prevent Tobacco Use and Addiction to assess whether they are providing effective policies, curricula, training, family involvement, and cessation programs.

The New Orleans Youth Risk Behavioral Survey (NOYRBS) is part of a national survey program conducted at a parish/city level by the Louisiana Public Health Institute and the City of New Orleans Health Department. The NOYRBS is a representative sample of 9th through 12th grade students in Orleans Parish public schools.

REFERENCES AND RESOURCES

CDC Information on Tobacco Use: <http://www.cdc.gov/healthyyouth/tobacco/>

School Health Policies and Programs Study Report on Tobacco Use Prevention: http://www.cdc.gov/healthyyouth/shpps/2006/factsheets/pdf/FS_Tobacco_SHPPS2006.pdf

The Louisiana Campaign for Tobacco-Free Living: <http://www.tobaccofreeliving.org>

Louisiana Tobacco Control Program: <http://www.dhh.louisiana.gov/offices/?ID=248>

American Legacy Foundation: <http://www.americanlegacy.org/>

Campaign for Tobacco Free Kids: <http://www.tobaccofreekids.org>

Cessation Resources • Quit With Us Louisiana: <http://www.quitwithusla.org> • 1-800-QUIT NOW

Youth Risk Behavior Survey: <http://www.cdc.gov/healthyyouth/yrbs/index.htm>

Steps to a Healthier US: <http://www.cdc.gov/steps/>

