

2015 NM-YRRS Results:

Important Tobacco Use Trends

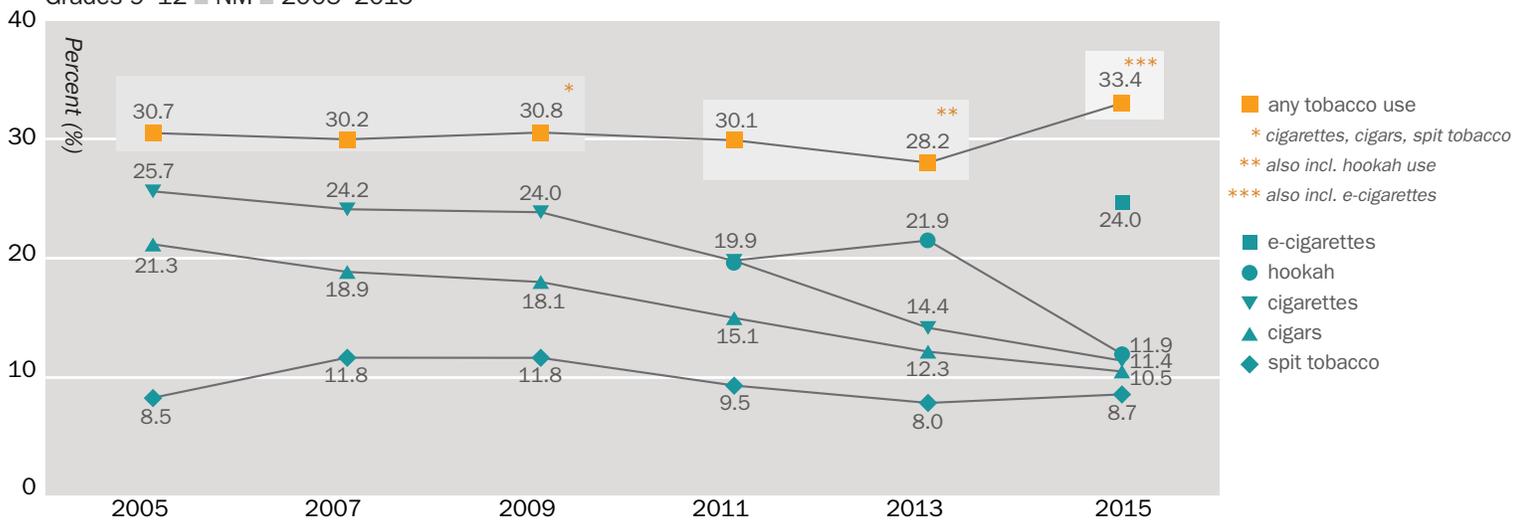
The use of tobacco products during adolescence increases the risk for adverse health effects and lifelong nicotine addiction. The 2015 NM-YRRS asked about current use (past 30 day use) of five tobacco products: cigarettes, cigars, spit tobacco, hookah, and e-cigarettes. While use of some forms of tobacco have decreased over the past decade, the addition of YRRS questions about newer forms of tobacco (hookah and e-cigarettes) has presented a more complicated picture of tobacco use trends.

Among New Mexico high school students, from 2005 to 2015:

- Current cigarette smoking decreased by more than 50%, from 25.7% to 11.4%.
- Current cigar use decreased by more than 50%, from 21.3% to 10.5%.
- Spit tobacco use has remained fairly consistent.

Current tobacco use trends

Grades 9–12 ■ NM ■ 2005–2015



New question for the 2015 NM-YRRS:

During the past 30 days, on how many days did you use an electronic vapor product?

Tobacco questions in the survey have evolved over time. A question about hookah use was added in 2011. During that year, prevalence of current hookah use was the same as prevalence of cigarette smoking (19.9%). Hookah use has decreased from a high of 21.9% in 2013 to 11.9% in 2015. In 2015, a question was added to the survey that assessed the prevalence of the use of electronic vapor products, or e-cigarettes.

- In 2015, 24.0% of New Mexico high school students had used a vaping device (e-cigarettes) in the past 30 days.
- In 2015, the prevalence of e-cigarette use was higher than all other forms of tobacco use, combined (21.6%).

In 2015, approximately one third (33.4%) of high school students were current users of at least one the five forms of tobacco (any tobacco use). Although the prevalence of current cigarette and cigar use have declined among New Mexico high school students over the past 10 years, emerging tobacco products such as hookah

and e-cigarettes mean there is no evidence of a decrease in “any tobacco use.” Indeed, when all forms of tobacco use are included, there may be an increase in any tobacco use.

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