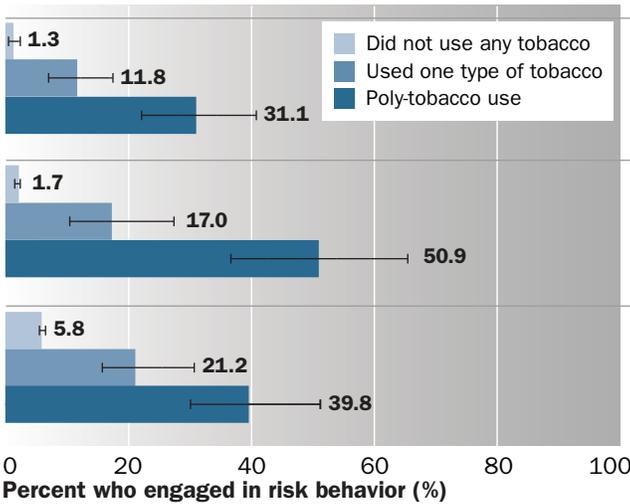


2013 NM-YRRS Results: Poly-Tobacco Use

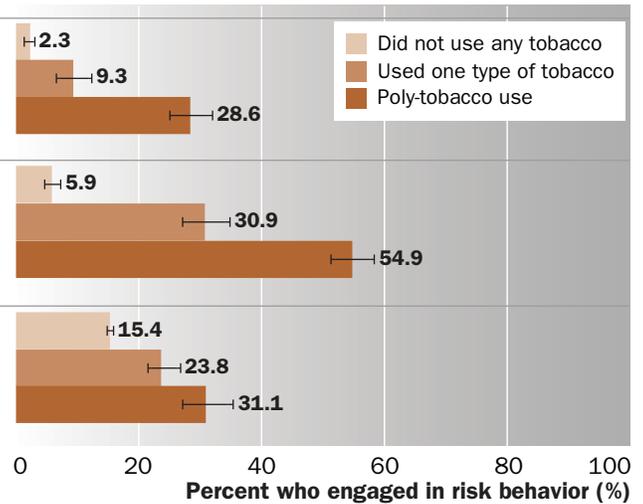
The use of tobacco products during adolescence increases the risk for adverse health effects and lifelong nicotine addiction. Symptoms of nicotine dependence are increased for multiple tobacco product users (poly-tobacco) compared with single-product users. Poly-tobacco use is associated with increased prevalence of

alcohol use, drug use, and mental health issues. The NM-YRRS asks middle and high school students about cigarette, cigar, and spit tobacco use. The high school survey also includes a question about hookah use.

Health Risk Behaviors by Tobacco Use
Grades 6–8 ■ NM ■ 2013



Health Risk Behaviors by Tobacco Use
Grades 9–12 ■ NM ■ 2013



How to read these charts: Among high school students (grades 9–12) in New Mexico, among those who used more than one type of tobacco product (poly-tobacco users), **28.6%** used painkillers to get high in the past 30 days, compared to **9.3%** of students who used only one type of tobacco, and only **2.3%** of students who did not use any tobacco.

* In the past 30 days.

** Middle School (grades 6-8) question: "Have you ever tried to kill yourself?"
High School (grades 9-12) question: "During the past 12 months, how many times did you actually attempt suicide?"

Among middle school students...

- 93.6% did not use any tobacco in the past 30 days
- 3.2% used a single type of tobacco
- 3.2% used more than one type of tobacco (poly-tobacco use)
- Boys and girls were equally likely to engage in poly-tobacco use

Among high school students...

- 72.0% did not use any tobacco in the past 30 days
- 14.2% used a single type of tobacco
- 13.8% used more than one type of tobacco (poly-tobacco use)
- Boys (17.1%) were more likely than girls (10.3%) to engage in poly-tobacco use

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