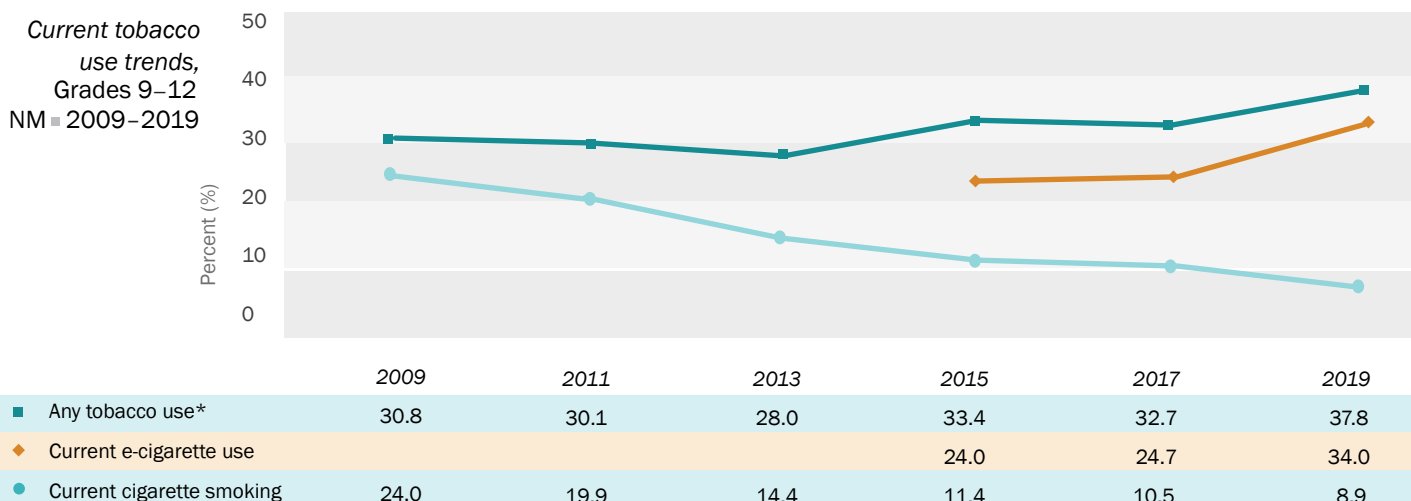


2019 NM-YRRS Results:

Tobacco Use Trends

Use of tobacco products during adolescence is associated with higher risk for adverse health effects and lifelong nicotine addiction. The 2019 NM-YRRS asked about current use (past 30-day use) of five tobacco products: cigarettes, cigars, spit tobacco, hookahs, and e-cigarettes (vaping). While use of cigarettes, cigars, hookahs and spit tobacco products have decreased over the past decade, current use of e-cigarettes has increased by 42% since the question was added to the NM-YRRS in 2015.



*Any tobacco use included cigarettes, cigars, and spit tobacco in 2009; cigarettes, cigars, spit tobacco and hookah in 2011 and 2013; and cigarettes, cigars, spit tobacco, hookah and e-cigarettes (vaping) from 2015-2019.

All trends in current tobacco use, Grades 9–12, NM, 2009–2019

- Current cigarette smoking decreased by 63%, from 24.0% in 2009 to 8.9% in 2019.
- Current cigar smoking decreased by 54%, from 18.1% in 2009 to 8.3% 2019.
- Current spit tobacco use decreased by 50%, from 11.8% in 2009 to 5.9% in 2019.
- Current hookah use decreased by 59%, from 20.0% in 2011 to 8.2% in 2019.
- Current e-cigarette use increased by 42%, from 24.0% in 2015 to 34.0% in 2019.
- Current use of any tobacco product increased by 23%, from 30.8% in 2009 to 37.8% in 2019.

E-cigarette use drove the increase in tobacco use

Current use of most types of tobacco products has decreased substantially over the past decade. However, the overall tobacco use rate among New Mexico high school students has increased, driven entirely by the introduction of and dramatic increase in e-cigarette use.

The NM Department of Health offers free services to quit using any form of tobacco through its 1-800-QUIT NOW and 1-855-DEJELO YA (Spanish) telephone helplines and www.QuitNowNM.com or www.dejeloanm.com. Specialized services are available to youth, including quit coaching and text messaging support.

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