About 88% of adult smokers begin smoking before 18 years of age.\(^1\)

Underage drinking is associated with many adverse consequences, including poor academic performance, interpersonal violence, injuries, risky sexual behavior and unplanned pregnancies.

Students who report drinking alcohol and using smokeless tobacco may be at higher risk for throat and mouth cancers.

**Alcohol and Tobacco Use among Michigan High School Students:**

- Students who reported binge drinking are at a higher risk of smoking:
  - Almost 60,000 9th-12th grade students reported smoking in the past month and more than 16,000 youth reported smoking cigarettes daily.
  - About one in two binge drinkers reported smoking in the past month and more than one in seven reported smoking every day in the past 30 days.
  - Binge drinkers were almost two times more likely and six times more likely to start

<table>
<thead>
<tr>
<th>30-day use</th>
<th>Nondrinkers (69.5%)</th>
<th>Non-Binge Drinkers (12.7%)</th>
<th>Binge Drinkers (17.8%)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Estimated Number % (95% CI)</td>
<td>Estimated Number % (95% CI)</td>
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</tr>
<tr>
<td>Current smoking</td>
<td>11,807 3.7 (2.3-5.1)</td>
<td>9,641 18.7 (14.6-22.8)</td>
<td>38,134 48.1 (42.7-53.5)</td>
</tr>
<tr>
<td>Daily cigarette use</td>
<td>3,432 1.1 (0.4-1.8)</td>
<td>1,202 2.3 (0.8-3.9)</td>
<td>12,075 15.2 (11.9-18.5)</td>
</tr>
<tr>
<td>Cigarette use before 13 years</td>
<td>10,129 3.3 (2.3-4.3)</td>
<td>5,543 10.5 (6.1-14.9)</td>
<td>16,338 19.7 (16.0-23.3)</td>
</tr>
<tr>
<td>Current smokeless tobacco use</td>
<td>6,435 2.0 (1.3-2.7)</td>
<td>4,165 7.5 (4.2-10.9)</td>
<td>20,313 23.8 (19.5-28.1)</td>
</tr>
<tr>
<td>Current cigarillo use</td>
<td>12,474 3.9 (3.0-4.7)</td>
<td>7,397 13.4 (8.2-18.6)</td>
<td>32,500 37.5 (33.7-41.3)</td>
</tr>
</tbody>
</table>

Current smoking and smokeless tobacco use are defined as using on 1 or more of the 30 days preceding the survey. In the past 30 days, nondrinkers did not consume alcohol, non-binge drinkers consumed at least 1 drink of alcohol, but did not drink 5 or more drinks on an occasion, binge drinkers had 5 or more drinks on an occasion. Estimated number is the approximate total number of 9th-12th grade Michigan public school students engaging in this behavior.
smoking before the age of 13 than non-binge drinkers and nondrinkers.

- Binge drinkers were more likely to use smokeless tobacco and cigarillos in the past month compared to non-binge drinkers and nondrinkers.
- Males were more likely than females to report 30-day cigarette use, daily cigarette use, smokeless tobacco use and smoking cigarillos.
- There were no significant differences by grade or age for self-reported current smoking, daily smoking or smokeless tobacco.

**Prevention — What can be done?**

**Parents can:**
- Start the dialog about tobacco and alcohol use at age 5 or 6 and continue through their high school years. Talk about ways to refuse tobacco, alcohol and other drugs.
- Don't use tobacco in your children's presence, don't offer it to them, and don't leave it where they can easily get it. Lock up alcohol.
- Do not allow or host underage drinking on your premises and property.

**Schools can:**
- Provide interactive anti-smoking and anti-drinking programs that teach refusal and life skills practice.

**Retailers can:**
- Learn the new Food and Drug Administration restrictions on youth access to tobacco products and tobacco marketing to youth, and closely follow them.
- Never sell any tobacco product to customers younger than 18 years of age or alcohol to anyone under the age of 21.
- Check the photo ID of any customer trying to buy tobacco or alcohol products.

**Michigan and Local Communities can:**
- Reduce alcohol & tobacco advertising.
- Limit the commercial availability of alcohol & tobacco products.
- Increase alcohol & tobacco excise taxes.

**Assistance for Quitting**

MDCH offers a free quitline to Michigan residents who are current smokers to help them quit, call **1-800-784-8669**.

You may qualify for free nicotine replacement patches or gum.

For more information on alcohol and tobacco use among Michigan youth, please visit: [www.michigan.gov/substanceabuseepi](http://www.michigan.gov/substanceabuseepi) or [www.michigan.gov/tobacco](http://www.michigan.gov/tobacco)

For more information about the Michigan youth risk behavior survey, please visit: [www.michigan.gov/yrbs](http://www.michigan.gov/yrbs)
