

Alcohol & Tobacco Use Among Michigan Youth

2011 Michigan Youth Risk Behavior Survey

- 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

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

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 or www.michigan.gov/tobacco

For more information about the Michigan youth risk behavior survey, please visit: www.michigan.gov/vrbs

Centers for Disease Control and Prevention. Preventing Tobacco Use Among Youth and Young Adults: A Report of the Surgeon General. Accessed on February 6, 2013 at: <http://www.surgeongeneral.gov/library/reports/preventing-youth-tobacco-use/full-report.pdf>

Centers for Disease Control and Prevention. Adult Smoking in the US. Accessed on February 6, 2013 at: <http://www.cdc.gov/vitalsigns/AdultSmoking/>