

# Alcohol & Tobacco Use Among Michigan Youth

## 2011 Michigan Youth Risk Behavior Survey

- About 88% of adult smokers begin smoking before 18 years of age.<sup>1</sup>
- 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

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