

Provincial Fact Sheets 2012-2013 New Brunswick Student Wellness Survey Grades 6 to 12 Tobacco and Other Substance Use



Introduction

Lower academic achievement and higher risk of dropping out of high school have been associated with smoking in students^{1,2}. Using tobacco at an early age has been associated with other risk behaviours, including problem alcohol and substance use^{3,4}. Additionally, the younger one starts to smoke, the more likely he/she is to become strongly dependent on nicotine⁵.

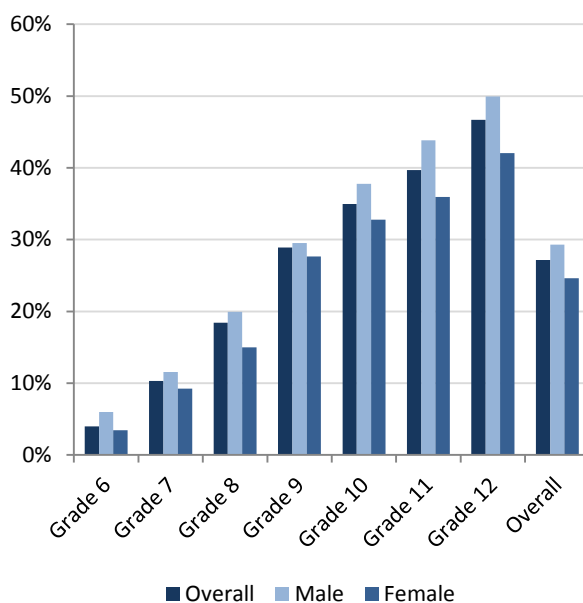
Rates of Tobacco Use

The graphs below illustrate the number of students at each grade level, by gender, who have tried smoking and those who are current smokers. Most established smokers start experimenting

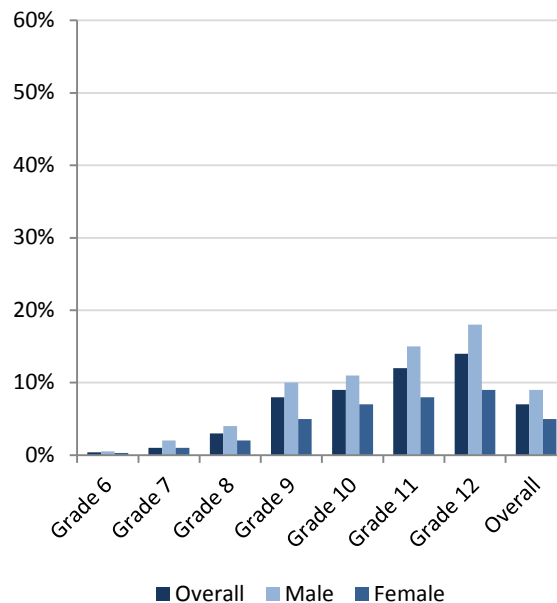
with cigarettes between the ages of 10 and 18. Students are considered *current smokers* if they smoked at least 100 cigarettes in their lifetime and have smoked in the 30 days preceding the survey. In New Brunswick, by grade 12, 9% of girls and 18% of boys are current smokers.

- 27% of all students reported that they had tried smoking
- 7% of all students were current smokers, and 12% reported having smoked in the 30 days preceding the survey
- 5% of all females and 9% of all males were current smokers

Students who have tried smoking



Students who are current smokers



How Students Obtain Cigarettes (Among Students Who Have Tried Smoking)

- 37% of students reported that cigarettes were given to them by their parents, siblings, friends, or someone else
- 14% of students reported asking someone else to buy cigarettes for them
- 16% of students reported buying cigarettes for themselves
- 13% of students reported obtaining cigarettes from other sources (bought them from a friend or someone else)

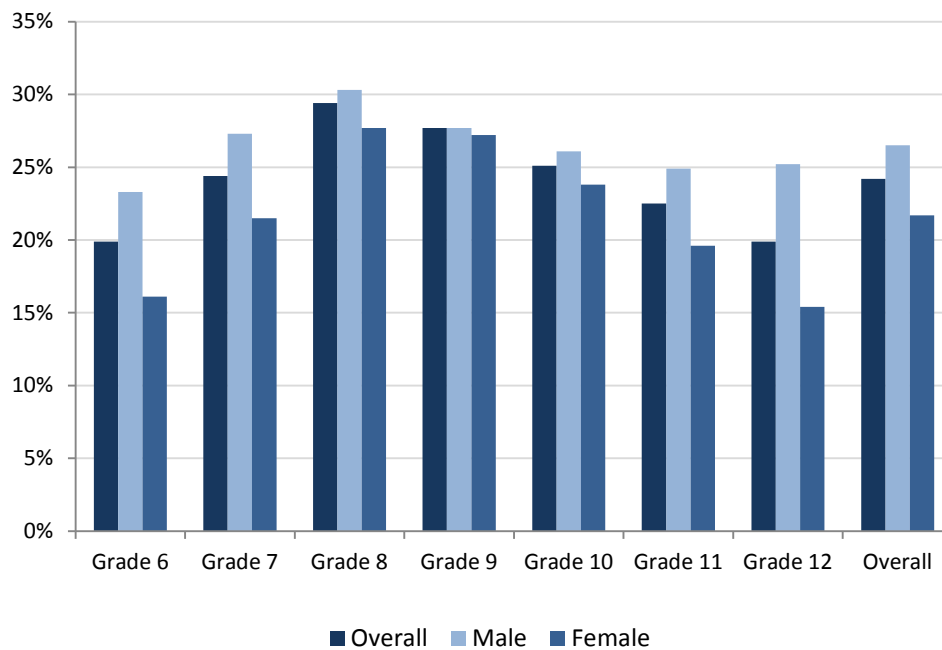
Students at risk of future smoking (Susceptibility to Smoking)

Students who have never smoked (73%) were asked about their intentions to remain smoke-free and their confidence in resisting peer-pressure to smoke.

Overall, 24% of students who have never smoked a cigarette demonstrated being at risk of future smoking. The highest susceptibility to smoking occurs in grades 8 (29%), 9 (28%) and 10 (25%).

The rates of susceptibility to smoking varied across grades and by sex, with the biggest difference between males and females demonstrated in grade 12. Females were almost as susceptible to smoking as males in grades, 8, 9 and 10 (grades where susceptibility to smoking is most prevalent)

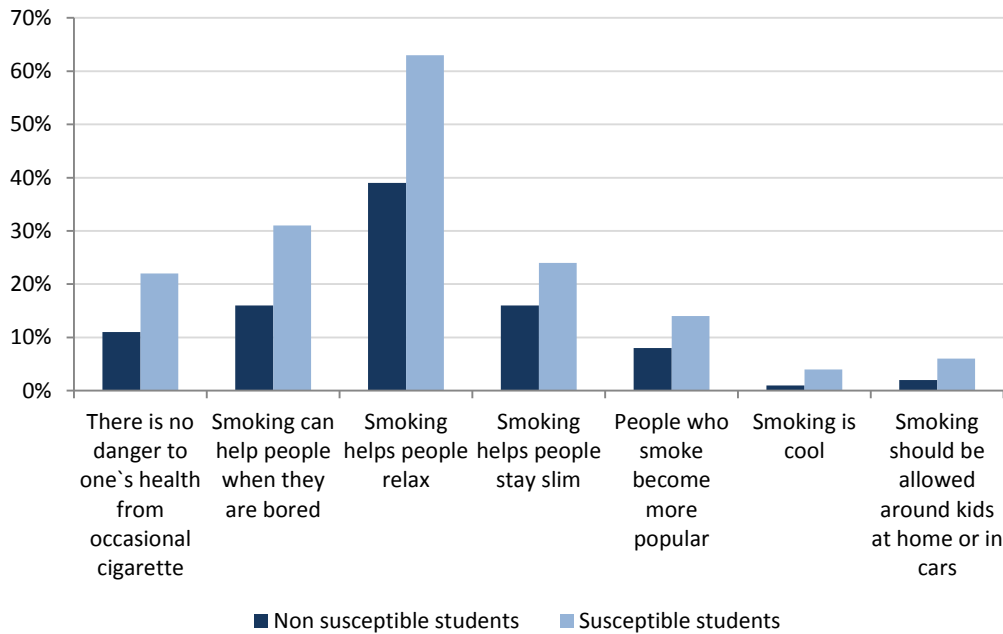
Susceptibility to smoking in New Brunswick students



Perceptions and attitudes around smoking

Notable differences in perceptions and attitudes around smoking were reported between susceptible and non-susceptible students. Students susceptible to future smoking were more likely to have pro-smoking attitudes as compared to non-susceptible students. The graph on the next page shows differences between susceptible and non-susceptible students for several perceptions and attitudes.

Perceptions and attitudes around smoking



Other Substance Use (Grades 9-12)

Using tobacco at an early age has been associated with other risk behaviours, including problem alcohol and substance use⁶.

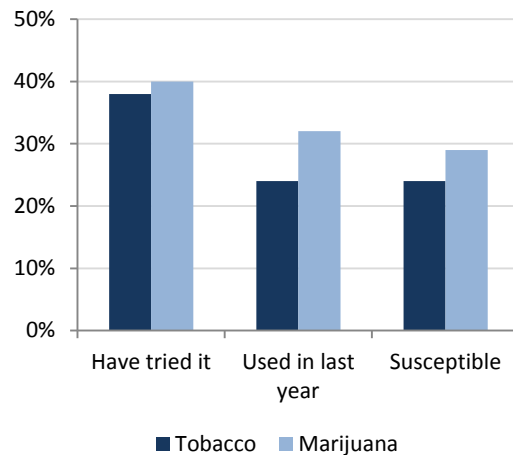
Among students in grades 9 to 12, 96% of those who are current smokers had tried drinking alcohol and 91% had tried using marijuana. In contrast, 73% of those who are not current smokers had drunk alcohol and 34% had tried using marijuana.

- 95% of students who reported trying cigarettes (even just a few puffs) also indicated they had tried alcohol, whereas 63% of other students reported trying alcohol.
- 76% of students who reported trying cigarettes (even just a few puffs) also claimed to have tried marijuana, whereas 17% of other students reported trying marijuana.

Although tobacco use rates are in decline⁷, the following graph indicates that a significant number of New Brunswick youth continue to use or be susceptible to (at higher risk of) the use of tobacco products. In addition to tobacco use, the use of marijuana and being susceptible to the use of marijuana (at risk of future use) was also



explored using the same definition as research methods previously established with tobacco use⁸. Marijuana seems to be even more popular than tobacco among youth in New Brunswick, with more students using it in the past year. Even among non-users, almost 1 in 3 students who never tried marijuana is at risk of future use, in comparison to about 1 in 4 students who never tried tobacco being at risk of future smoking.

Substance use behaviour among students in grades 9 to 12



Comparison of Results

The following provides a comparison of 2009-2010 and 2012-2013 outcomes of selected New Brunswick Wellness Strategy indicators and targets related to tobacco use:

Wellness indicator	2009-2010	2012-2013	Progress
Youth who have never smoked by grade 12	60%	53%	
Youth who have smoked in the last 30 days	12%	12%	--
Youth reporting susceptibility to starting to use tobacco	27%	24%	

* Previous values recalculated due to methodology change

The New Brunswick Student Wellness Survey (NBSWS) is a provincial initiative of the Department of Healthy and Inclusive Communities in cooperation with the Department of Education and Early Childhood Development. Data collection and analysis is conducted by the New Brunswick Health Council. The purpose of the survey is to examine the health and wellness attitudes and behaviours of students in grades 6 to 12, and to share data to promote action around wellness. The data was collected from 35,954 students across 177 schools in New Brunswick. The fact sheets are available at <http://www2.gnb.ca/content/gnb/en/departments/dhlc/wellness/content/research.html>

¹ Tucker, J.S, Martínez, J.F., Ellickson, P.L., Edelen, M.O. (2008). Temporal associations of cigarette smoking with social influences, academic performance, and delinquency: A four-wave longitudinal study from ages 13-23. *Psychology of Addictive Behaviors*, 22(1), 1-11

² Townsend, L., Flisher, A.J., King, G. (2007). A systematic review of the relationship between high school dropout and substance use. *Clinical Child and Family Psychology*, 10(4), 295-317

³ CDC (Centers for Disease Control and Prevention), 2006. Youth risk behavior surveillance—United States, 2005. *Surveillance Summaries*, June 9, 2006. *MMWR* 2006; 55 (No. SS-5)

⁴ Ellickson, P.L., Tucker, J.S., Klein, D.J. (2008). Reducing early smokers' risk for future smoking and other problem behavior: Insights from a five-year longitudinal study. *Journal of Adolescent Health*, 43(4), 394-400

⁵ Johnston, L. D., O'Malley, P. M., Bachman, J. G., Schulenberg, J. E. (2008). *Monitoring the Future national survey results on drug use, 1975-2007: Volume I, Secondary school students* (NIH Publication No. 08-6418A). Bethesda, MD: National Institute on Drug Abuse. http://monitoringthefuture.org/pubs/monographs/vol1_2007.pdf

⁶ Health Canada. (2002). Youth Smoking Survey Technical Report. Retrieved from <http://www.hc-sc.gc.ca/hc-ps/pubs/tobac-tabac/yss-etj-2002/index-eng.php>

⁷ Health Canada. (2012). Canadian Tobacco Use Monitoring Survey (CTUMS) 2012. Retrieved from http://www.hc-sc.gc.ca/hc-ps/tobac-tabac/research-recherche/stat/_ctums-esutc_2012/ann_summary-sommaire-eng.php

⁸ Health Canada. (2002). Youth Smoking Survey Technical Report. Retrieved from <http://www.hc-sc.gc.ca/hc-ps/pubs/tobac-tabac/yss-etj-2002/index-eng.php>