



## What is the problem?

The 2007 Iowa Youth Risk Behavior Survey indicates that among high school students:

### Cigarette Use

- 43% ever tried cigarette smoking, even one or two puffs.
- 19% currently smoked cigarettes. (1)
- 8% smoked cigarettes on 20 or more days during the 30 days before the survey.
- 5% smoked cigarettes on school property. (2)
- Among students who currently smoked cigarettes, 57% tried to quit smoking cigarettes during the 12 months before the survey.

### Other Tobacco Use

- 8% currently used smokeless tobacco. (3)
- 4% used smokeless tobacco on school property. (2)
- 12% currently smoked cigars, cigarillos, or little cigars. (4)

### Any Tobacco Use

- 26% reported current cigarette use, current smokeless tobacco use, or current cigar use.

## What are the solutions?

Better health education • More family and community involvement • Healthier school environments

## What is the status?

The 2006 Iowa School Health Profiles indicates that among middle schools and high schools:

### Health Education

- 37% required students to take two or more health education courses.
- 38% taught 17 tobacco-use prevention topics in a required health education course.
- 17% had a lead health education teacher who received staff development during the past two years on tobacco-use prevention.

### Family and Community Involvement

- 60% had a school health council.
- 62% provided families with information on school health education.
- 17% met with a parents' organization to discuss school health education.
- 22% invited family members to attend health education classes.

### School Environment

- 25% prohibited all tobacco use in all locations. (5)
- Among schools with a policy prohibiting tobacco use, 38% sometimes, almost always, or always required students who were caught smoking cigarettes to participate in an assistance, education, or cessation program.
- 87% prohibited all tobacco advertising. (6)
- 48% provided referrals to tobacco cessation programs for students.
- 60% posted signs marking a tobacco-free school zone.

1. Smoked cigarettes on at least 1 day during the 30 days before the survey.
2. On at least 1 day during the 30 days before the survey.
3. Used chewing tobacco, snuff, or dip on at least 1 day during the 30 days before the survey.
4. Smoked cigars, cigarillos, or little cigars on at least 1 day during the 30 days before the survey.
5. Prohibited all tobacco use by students, faculty and school staff, and visitors; in school buildings, outside on school grounds (including parking lots and playing fields), on school buses or other vehicles used to transport students, and at off-campus, school-sponsored events.
6. Prohibited tobacco advertising in school buildings, on school grounds, on school buses or other vehicles, in school publications, and through sponsorship of school events, and prohibited students from wearing tobacco brand name apparel or carrying merchandise with tobacco company names, logos, or cartoon characters.

Where can I get more information? Visit [www.cdc.gov/healthyyouth](http://www.cdc.gov/healthyyouth) or call 800 CDC-INFO (800-232-4636).

