

Highlights from the Indiana Youth Tobacco Survey



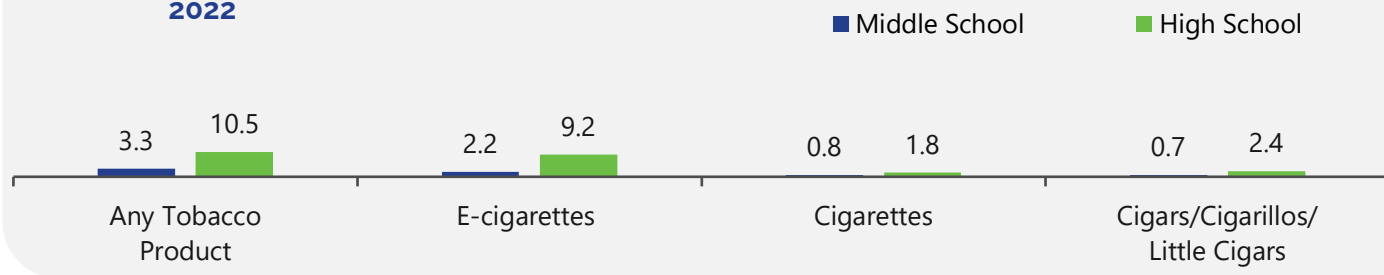
Tobacco Prevention and Cessation

The Indiana Youth Tobacco Survey (IYTS) has been administered since 2000 to monitor youth tobacco use, cessation, social and environmental factors related to tobacco use, and secondhand smoke exposure. The 2022 IYTS^a was administered in the fall of 2022 to over 5,400 students enrolled in Indiana public middle and high schools. New questions on the 2022 IYTS included nicotine pouches, Delta THC products, psychological distress, and family affluence. This document provides an overview of the key findings from the survey.

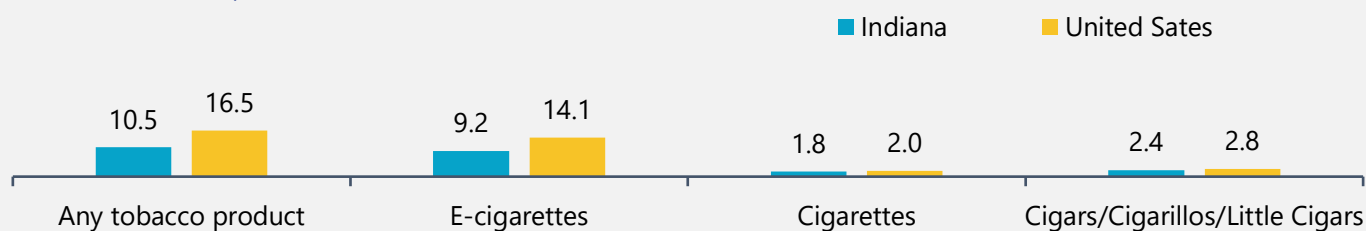
Current Tobacco Use among Indiana Youth

- In 2022, more than 1 in 10 Indiana high school students and 1 in 30 Indiana middle school students reported current (past 30 day) use of any tobacco product.^b
- Electronic cigarettes (e-cigarettes) were the most commonly used tobacco product among Hoosier youth, followed by cigars and cigarettes.
- Among Indiana high school and middle school students who have ever tried a tobacco product, e-cigarettes were the most frequent product tried first, with cigarettes being second most frequent.
- Current tobacco use was comparable among middle school students in Indiana and nationwide in 2022. Use of tobacco products among Hoosier high school students however was lower than what was measured nationally, including the use of e-cigarettes.¹

Current Tobacco Use among Indiana Middle and High School Students, IYTS 2022



Current Tobacco Use among High School Youth – Indiana and the US, IYTS 2022, NYTS 2022



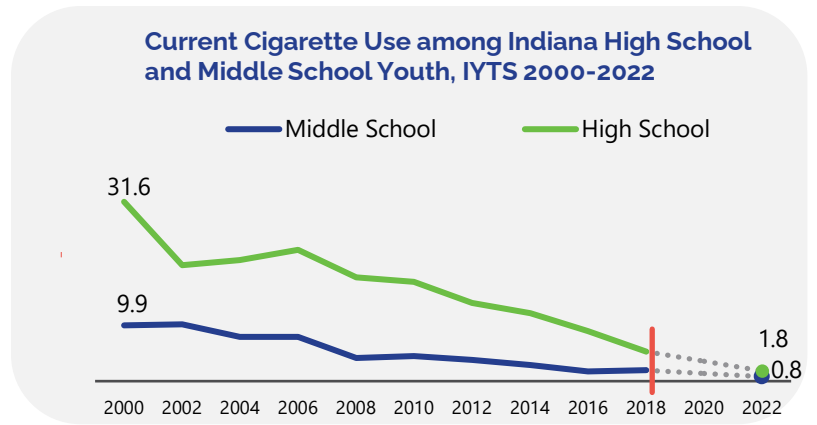
^a Due to the change in survey format (paper/pencil to electronic) in 2020, the ability to compare data from 2022 to previous years (2018 and prior) is limited; differences between estimates might result from changes in methodology (data collection), actual behavior, or both.

^b High School: Defined as past 30-day use of cigarettes, cigars, smokeless tobacco, e-cigarettes, hookah, tobacco pipes, snus, dissolvable tobacco, nicotine pouches and heated tobacco products

Middle School: Defined as past 30-day use of cigarettes, cigars, smokeless tobacco, e-cigarettes, hookah, tobacco pipes, snus, dissolvable tobacco, and nicotine pouches.

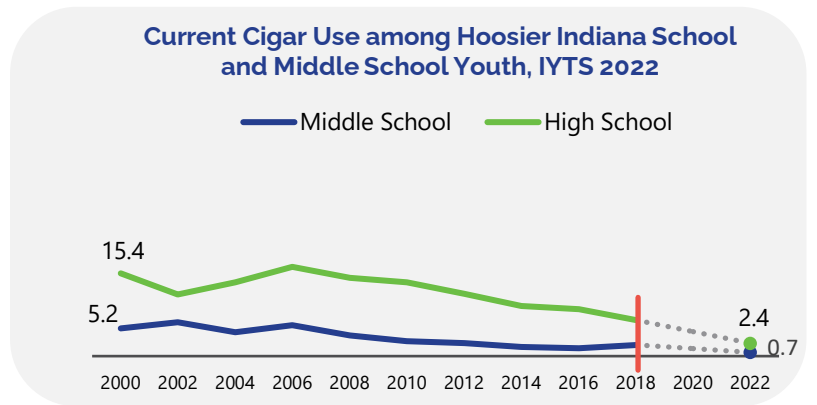
Current Cigarette Use Trends:

- In 2022, fewer than 1 in 100 Indiana middle school students and about 1 in 50 high school students reported current use of cigarettes.
- Cigarette smoking among Hoosier youth was the lowest measured in the past two decades.



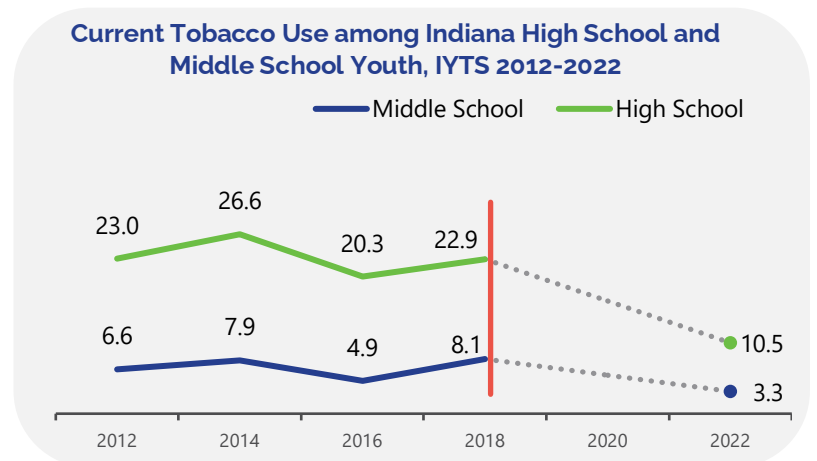
Current Cigar Use Trends:

- Cigar use has declined over time for both middle school and high school students.
- In 2022, current use of cigars among high school students was the lowest it has been in two decades.
- While cigar use has declined, in 2022, high school youth were more likely to smoke cigars than cigarettes.

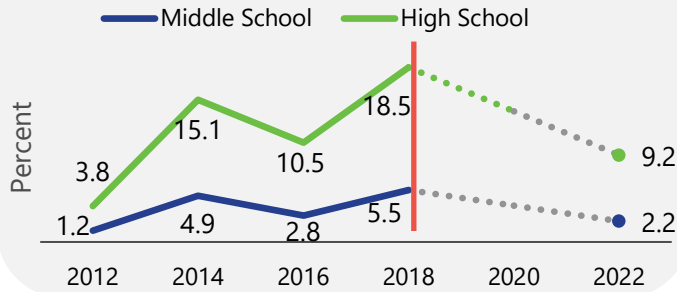


Current Tobacco Use Trends:

- Current tobacco use declined in 2022 among both middle and high school youth.
- The decline in current tobacco use can be attributed to the decline in e-cigarette use but also the decline in use of other tobacco products such as cigars, cigarettes, and smokeless tobacco.



Current E-cigarette Use among Indiana Middle and High School Youth, IYTS 2012-2022

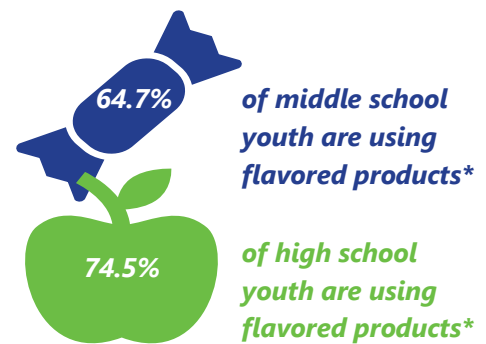


E-cigarettes

Between 2016 and 2018, current e-cigarette use nearly doubled among Indiana youth. In 2022, fewer than 1 in 10 high school students and more than 1 in 50 middle school students reported current use of e-cigarettes. However, e-cigarettes have remained the most commonly used tobacco product among Hoosier youth and youth nationwide.¹

Flavored Tobacco Use

Tobacco products including e-cigarettes, smokeless tobacco, cigars including little cigars and cigarillos, and nicotine pouches are available in a wide variety of flavors, including fruit or candy flavors that appeal to youth.^{2,3} In 2022, nearly 2 in 3 Hoosier middle school students (64.7%) and nearly 3 in 4 high school students who reported current use of tobacco (74.5%) used at least one flavored tobacco product. Flavored products such as cigars and e-cigarettes continue to be popular. Among those that reported current use of e-cigarettes, more than 3 in 4 (76%) middle school and high school students reported using flavored e-cigarette products. One of the more common reasons reported for middle school students to use e-cigarettes is the availability of flavors including mint, candy, fruit, or chocolate. While flavors other than menthol have been banned in cigarettes, menthol cigarettes still remain readily available and quite common among youth who smoke. Nearly half (46%) of high school students who reported current use of cigarettes reported usually smoking menthol cigarettes.



*Among youth currently using tobacco

Poly-tobacco Use

Poly-tobacco use (use of two or more tobacco products) is common among youth who use tobacco.¹ In 2022, nearly 1 in 4 Hoosier middle school students currently using tobacco (24.6%) and about 3 in 10 high school students currently using tobacco (30.6%) reported the use of two or more tobacco products.

Marijuana Use

In 2022, about 2% of middle school students and 9% of high school students reported current use of marijuana (use in the past 30 days). About double the rate of middle school students (4%) and high school students (18%) reported ever trying marijuana. Dual use of tobacco and marijuana was common - nearly 30% of middle school students who use e-cigarettes and nearly 58% of high school students who use e-cigarettes reported currently using marijuana too.

While marijuana is not legal in Indiana, other THC products known as Delta-8, -9, and -10 are legal and readily available at vape shops and other retailers. In 2022, nearly 2% of middle school students and more than 10% of high school students reported having tried Delta THC products.



Proportion of Indiana Youth who Believe it is Easy to get Tobacco Products

3 in 10 Middle School Youth



Over 5 in 10 High School Youth



Access to Tobacco

- In July 2020, the legal purchasing age for tobacco changed from 18 to 21 in Indiana. In 2022, more than 3 in 10 of middle school students (30.7%) and more than 5 in 10 high school students (53.9%) thought it would be somewhat or very easy to get tobacco products if they wanted some.
- The majority of youth who reported use of tobacco products obtained them from social sources, such as having someone else buy tobacco for them or borrowing the products from a friend/family member.
- Underage youth who purchased tobacco most commonly reported purchasing tobacco from gas stations or convenience stores.

Tobacco Cessation

In 2022, nearly 3 in 4 middle school students who reported current use of tobacco (74.6%) and more than half of high school students who reported current use of tobacco (55.9%) tried to quit in the past year. Approximately 2 in 3 or 66.7% of middle school students and more than half of high school students (53.9%) who reported current use of e-cigarettes have attempted to quit in the past year. Students who attempted to quit tobacco, including e-cigarettes, largely reported quitting tobacco without any assistance. Those quitting with assistance reported using school or community programs, having friends or family help them, using the Indiana Tobacco Quitline, or nicotine gum/patches in their attempts to quit.

Exposure to Tobacco Marketing

Exposure to tobacco marketing increases the likelihood that youth will use tobacco products.⁴ The tobacco industry spends an estimated \$308 million marketing its products in Indiana each year.⁵

In 2022:

- Approximately **6 in 10** Hoosier youth were exposed to tobacco ads (excluding e-cigarettes) in convenience stores, gas stations, or supermarkets.
- More than **4 in 10** Hoosier youth were exposed to tobacco ads (excluding e-cigarettes) on the internet.
- About **1 in 10** Hoosier youth were exposed to tobacco ads (excluding e-cigarettes) in newspapers or magazines.
- More than **2 in 10** Hoosier youth reported seeing actors using tobacco (excluding e-cigarettes) on TV or in movies, including streaming platforms.

Retailers



Internet



Newspaper/Magazines



TV/Movies/Streaming Platforms



There were similar responses when students were asked about e-cigarettes ads. More than 5 in 10 Hoosier youth reported seeing e-cigarette advertisements in retailers including convenience stores and gas stations. Retailers continue to be the most common point of contact for tobacco advertising including advertisements for e-cigarettes.

Social Influences Related to Tobacco Use



Having friends or family members who use tobacco can influence youth to start using tobacco.⁵ In 2022, more than 1 in 3 Hoosier middle school students (33.9%) and high school students (34.0%) lived with someone who used tobacco. Middle school students who live with someone using tobacco were four times more likely to currently use tobacco while high school students were three times more likely to use tobacco.

6 in 10 Hoosier middle school youth strongly agreed that all tobacco products are dangerous



7 in 10 Hoosier middle school youth strongly agreed that all tobacco products are dangerous



1 in 4 Hoosier youth who have never smoked are susceptible to trying cigarettes.



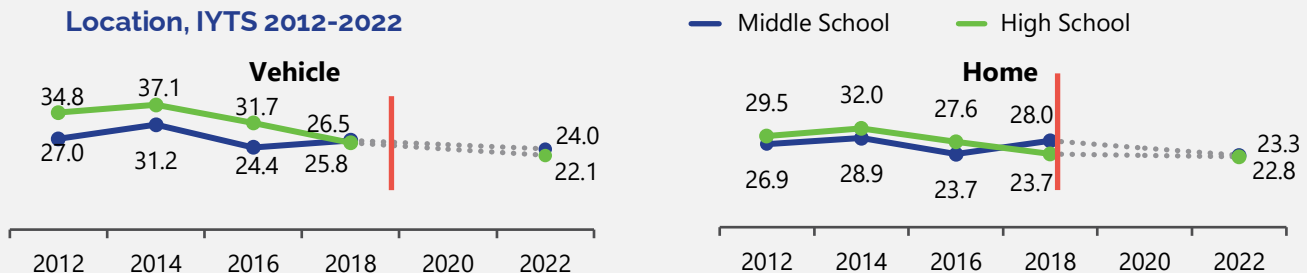
Attitudes, Perceptions, and Beliefs

- Nearly 6 in 10 middle school students and nearly 5 in 10 high school students strongly agreed that all tobacco products are dangerous.
- High school and middle school students who use e-cigarettes were almost five times more likely to believe e-cigarettes were less addictive than cigarettes.
- About 1 in 4 middle and high school youth who had never smoked were susceptible to smoking, as they indicated they might be open to trying cigarettes in the near future.
- More than 6 in 10 middle school students and nearly 7 in 10 high school students indicated that they believe tobacco companies try to get people under 18 to use tobacco products.

Secondhand Smoke Exposure

- In 2022, approximately 3 in 10 Hoosier middle school (31.4%) and high school (28.6%) youth were exposed to secondhand smoke on one or more of the past seven days in their homes or cars. Additionally, 38% of high school and middle school students were exposed to secondhand smoke in outdoor public places.
- The proportion of students who reported that smoking is never allowed inside their home has increased since 2004.^c In 2022, 83.1% of middle school students and 83.2% of high school students reported that smoking is never allowed in their home.
- In 2022, youth who lived with adults who smoked were significantly more likely to be exposed to secondhand smoke at home or in vehicles. Additionally, youth who lived with adults who smoked were significantly less likely to have rules against smoking at home or in family vehicles.
- The U.S. Surgeon General has concluded that there is no safe level of exposure to secondhand smoke.⁶

Percentage of Indiana Middle and High School Youth Exposed to Secondhand Smoke, by Location, IYTS 2012-2022



^c Due to the change in survey format (paper/pencil to electronic) in 2020, the ability to compare data from 2022 to previous years (2018 and prior) is limited; differences between estimates might result from changes in methodology (data collection), actual behavior, or both.



Psychological Distress and E-cigarette Use

In 2022, the IYTS asked high school students about their mental health. Students were asked how often in the past two weeks they have been bothered by the following problems:

1. Little interest or pleasure in doing things
2. Feeling down, depressed, or hopeless
3. Feeling nervous, anxious or on edge
4. Not being able to stop or control worrying.

Students who provided responses to these questions were categorized by their level of distress (None, Mild, Moderate, Severe). Among Indiana high school students, the majority (69.9%) reported mild or no psychological distress. However, nearly 1 in 5 high school students reported moderate psychological distress and more than 1 in 10 students reported severe psychological distress. Additionally, those experiencing psychological distress were more likely to use tobacco. Nearly 1 in 6 (15.9%) high school students that reported experiencing severe psychological distress also reported current use of e-cigarettes. The most common reason reported for using e-cigarettes for both middle school and high school students was feeling anxious, stressed, or depressed.

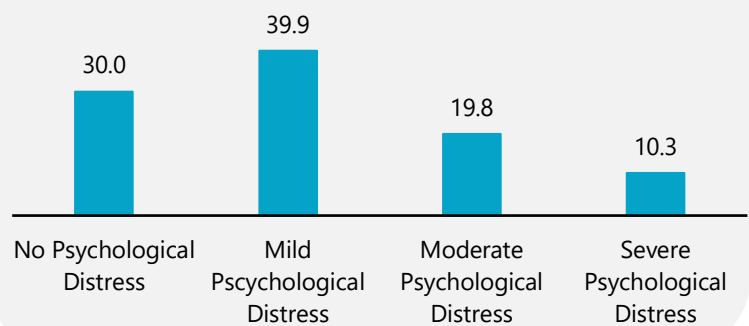
Tobacco Use and Family Affluence

Family affluence or wealth was assessed on the 2022 IYTS. Wealth, meant to be a proxy measure for socio-economic status (education attainment/income) which is used for adults, can provide additional insight into youth tobacco use behaviors. Responses to a series of questions were scored and categorized (Low, Medium, High). The following questions were asked only of high school students:

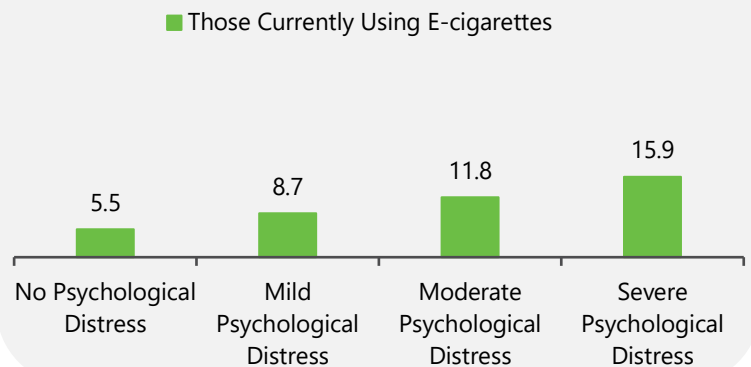
1. Does your family own a vehicle?
2. Do you have your own bedroom?
3. How many computers does your family own?
4. During the past 12 months, how many times did you travel on vacation with your family?

High school students that indicated a high level of family affluence reported lower rates of current tobacco use and lower rates of e-cigarette use. Rates of tobacco use were similar among those that experienced low or medium family affluence. These findings reflect similar patterns seen in the 2022 National Youth Tobacco Survey.

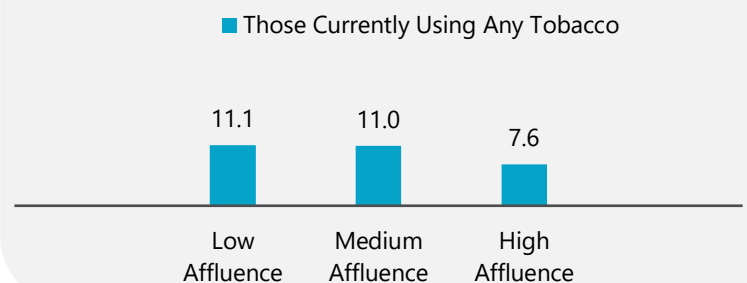
Psychological Distress Among Indiana High School Youth, IYTS 2022



Psychological Distress and E-cigarette Use Among Indiana High School Youth, IYTS 2022



Tobacco Use and Family Affluence Among Indiana High School Youth, IYTS 2022



Protecting Hoosier Youth from Tobacco

While there has been progress in reducing youth tobacco use in recent years, tobacco continues to threaten the health of young people in Indiana. Protecting Hoosier youth from tobacco will require coordinated and sustained interventions, including:

- Efforts to reduce the accessibility and attractiveness of tobacco to youth
- Strong school-based tobacco-free policies and programs
- State and community changes supporting tobacco-free environments and social norms.⁵

Note about 2022 Data:

The IYTS survey shifted from a paper and pencil format to an online survey (REDCAP) in 2020, however even with an electronic survey, the COVID-19 pandemic still created unfavorable circumstances for data collection and representative data were not collected. In 2022, the electronic format was used again. Because of this change in survey format, the ability to compare data from 2022 to previous years (2018 and prior) is limited; differences between estimates might result from changes in methodology (data collection), actual behavior, or both.

To view additional resources on the 2022 Youth Tobacco Survey, or for more information about commercial tobacco control in Indiana, please visit [in.gov/health/tpc](https://www.in.gov/health/tpc).

¹ Park-Lee E, Ren C, Cooper M, Cornelius M, Jamal A, Cullen KA. *Tobacco Product Use Among Middle and High School Students — United States, 2022*. *MMWR Morb Mortal Wkly Rep* 2022;71:1429–1435.

² Hoffman AC, Salgado RV, Dresler C, et al. Flavour preferences in youth versus adults: a review. *Tobacco Control*. 2016; 25: ii32-ii39.

³ Ambrose BK, Day HR, Rostron B, et al. Flavored tobacco product use among US youth aged 12-17 years, 2013-2014. *JAMA*. 2015; 314(17):1871-1873.

⁴ U.S. Department of Health and Human Services. *Preventing Tobacco Use Among Youth and Young Adults: A Report of the Surgeon General*. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2012.

⁵ Campaign for Tobacco-Free Kids. *The Toll of Tobacco in Indiana*. May 2, 2023. Accessed May 22, 2023 from https://www.tobaccofreekids.org/facts_issues/toll_us/indiana.

⁶ U.S. Department of Health and Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2006.

