

Indiana Youth Smoking



Tobacco Prevention
and Cessation

Preventing tobacco companies from aggressively marketing their products to youth should be a priority for everyone. Early use of cigarettes or other combustible tobacco products including cigars, cigarillos, pipe or hookah has been shown to lead to nicotine addiction. About half of adults who smoke report starting before the age of 18. In the U.S. more than 1,100 youth under the age of 18 try smoking for the first time each day.^{1,2}

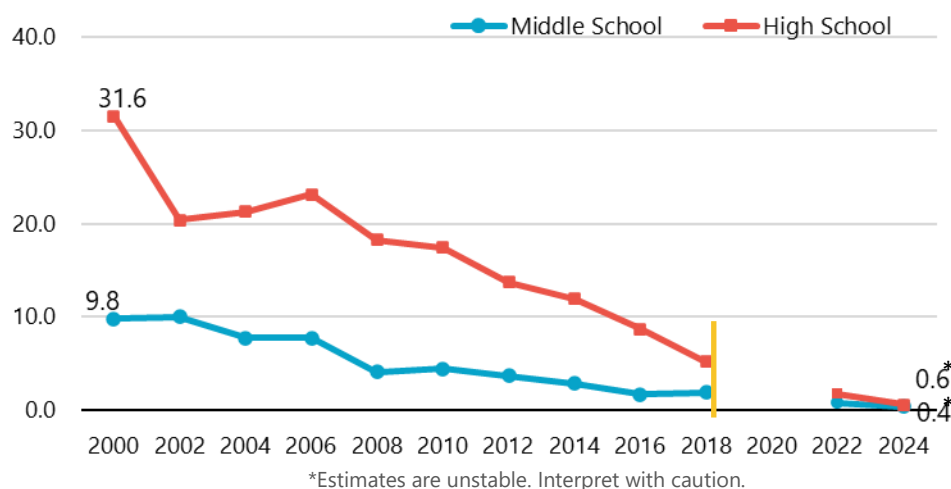
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Indiana has made substantial progress with youth cigarette smoking

Cigarette smoking rates among Indiana youth in 2024 were the lowest they have ever been. Fewer than 1% of Indiana high school students reported currently smoking (past 30 days). Even fewer Indiana middle school youth reported smoking (0.4%). Cigarette smoking among youth nationally has also declined.

In 2024, youth in the U.S. reported similar rates of smoking compared to Indiana. Current cigarette smoking dropped to 1.1% among middle school students nationally compared to 0.4% among Indiana youth. Additionally, cigarette smoking decreased to 1.7% among high school students nationally compared to 0.6% among Indiana youth.^{4,5}

Smoking Among Indiana High School and Middle School Youth, IYTS 2000-2024



Fast Facts

Less than 1% of Hoosier high school and middle school students reported current cigarette smoking in 2024

- Middle school youth in Indiana are smoking at similar rates compared to youth nationally.
0.4% vs. 1.1%
- High School youth in Indiana are smoking at similar rates compared to youth nationally.
0.6% vs. 1.7%
- Youth who do smoke cigarettes are smoking less frequently and smoking fewer cigarettes

Changes in Smoking Behaviors

In addition to declines in smoking prevalence overall, fewer youth are reporting behaviors that indicate regular, established smoking.

- The percentage of Indiana high school students who frequently smoke (use in 20 of the past 30 days) **decreased by 76% between 2000 and 2022***, from 54% to 30%.⁴

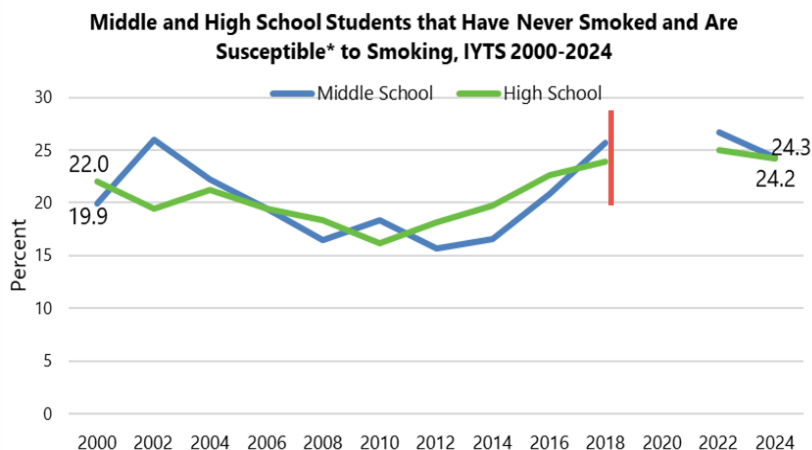
*Due to low rates of cigarette smoking in 2024, data are unavailable

Other Combustible Tobacco Use

Other combustible tobacco, such as cigars, cigarillos, hookahs, and pipes, pose many of the same health risks as cigarettes.^{3,6} Nationally, use of combustible tobacco among high school students was higher than what we saw in Indiana in 2024 (3.3% versus 1.1%).^{4,5} Many of these other combustible tobacco products are also available in flavors (cigars/cigarillos/hookah) which are intended to make tobacco products more appealing to youth.

Youth are Still At Risk

Significant progress has been made in reducing the youth cigarette smoking rates in Indiana, so much so that data are limited due to lower number of students using these products. However, approximately 1 in 4 middle school and high school youth who have never smoked a cigarette are susceptible to smoking cigarettes. Susceptibility to smoking was first measured in 2000 and since then has increased slightly among both middle school and high school youth.⁴



*Susceptibility is a measure that can help identify the potential for future tobacco product experimentation and use. This measure relies on multiple questions about whether a student intends to try a tobacco product. For cigarette smoking, those questions include:

- Do you think you will smoke a cigarette in the next year?
- Do you think that you will try a cigarette soon?
- If one of your best friends offered you a cigarette, would you smoke it?

What Can You Do?

Due to the tobacco industry's targeted marketing, Hoosier youth continue to smoke cigarettes and other combustible tobacco products.

Reducing youth smoking will require sustained efforts including:



Promoting **tobacco-free environments** including public spaces



Providing evidence-based assistance for youth to quit commercial tobacco, such as the **Indiana Tobacco Quitline**.
1-800-QUIT-NOW or **QuitNowIndiana.com**



Encouraging youth to join Indiana's youth empowerment initiative, VOICE, which promotes and celebrates tobacco-free lifestyles. **VOICEIndiana.org**

**Due to unexpected challenges during the COVID-19 pandemic, data for 2020 are unavailable for the IYTS. Additionally, in 2020, the IYTS became an electronic survey; because of this change in methodology, data collected in 2022 and 2024 should not be directly compared to data from 2018 and prior years.

References:

1. Sharapova, S., Reyes-Guzman, C., Singh, T., Phillips, E., Marynak, K. L., & Agaku, I. (2020). Age of tobacco use initiation and association with current use and nicotine dependence among US middle and high school students, 2014-2016. *Tobacco control*, 29(1), 49–54. <https://doi.org/10.1136/tobaccocontrol-2018-054593>
2. Ali FRM, Agaku IT, Sharapova SR, Reimels EA, Homa DM. (2020). Onset of Regular Smoking Before Age 21 and Subsequent Nicotine Dependence and Cessation Behavior Among US Adult Smokers. *Prev Chronic Dis* 2020;17:190176. <http://dx.doi.org/10.5888/pcd17.190176>external icon
3. U.S. Department of Health and Human Services (USDHHS). The Health Consequences of Smoking: 50 Years of Progress. 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, 2014.
4. Indiana Youth Tobacco Survey, 2000-2024.
5. National Youth Tobacco Survey, 2024
6. Centers for Disease Control and Prevention. Hookahs. December 1, 2016. Accessed June 5, 2025 from https://www.cdc.gov/tobacco/data_statistics/fact_sheets/tobacco_industry/hookahs/.