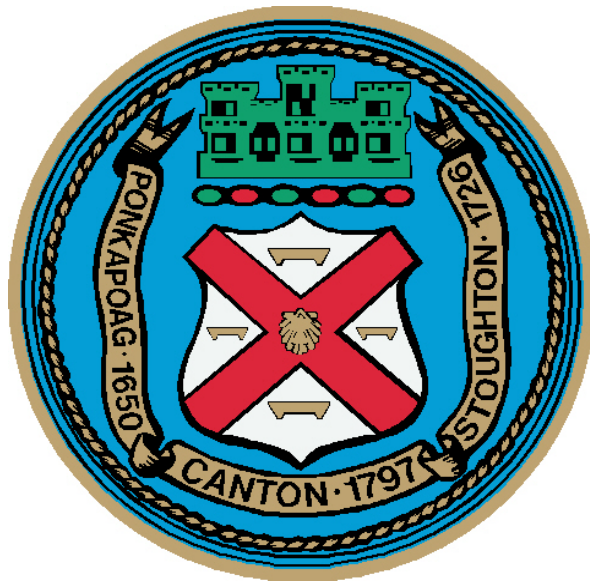


2016 Canton Youth Smoking Report

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Introduction

Even though scientists and policy makers have known for decades that smoking causes cancer and other serious health effects (US DHHS, 1989), cigarette smoking and the use of other tobacco and nicotine products remains a persistent public health problem. Each year, almost half a million Americans die prematurely from smoking, and more than 16 million Americans suffer from diseases caused by smoking (US DHHS, 2014). If the current trends continue, 5.6 million Americans younger than 18 are projected to die prematurely from smoking-related diseases (US DHHS, 2014). Reducing smoking among this population will have substantial impacts on overall disease and mortality rates in the US.

Almost 90% of adult smokers in the US began smoking by the age of 18 (US DHHS, 2012). Based on the most recent US Center for Disease Control and Prevention (CDC) National Youth Tobacco Survey (NYTS), 7.4% and 25.3% of middle and high school students, respectively, used a tobacco product in 2015. The NYTS also found that in 2013, 2014, and 2015, electronic cigarette (or e-cigarette) use increased significantly among middle school (1.1% to 3.9% to 5.3%) and high school (4.5% to 13.4% to 16%) students (CDC, 2015; 2016).

On January 1, 2014, the Canton Board of Health (BOH) enacted a regulation to ban the sale of cigarettes and e-cigarettes to anyone under 21 and completely ban most other tobacco products, except smoking cessation products. The goal of this regulation is not only to prevent adults between 18 and 21 from starting or continuing to smoke, but also to prevent smoking among Canton middle and high school students by making it more difficult for them to obtain tobacco and nicotine products. As part of the regulation, Canton high school and middle school students are being asked to complete a survey about their smoking and nicotine use for five consecutive years following the establishment of the regulation to determine its efficacy.

Methods

To determine whether the regulation banning the sale of cigarettes and e-cigarettes to people under 21 years of age is effective in preventing and/or reducing teenage smoking, BOH Director, John L. Ciccotelli, R.S., C.H.O., and BOH member, Julie E. Goodman, Ph.D., DABT, FACE, ATS, designed the 2013 Teen Smoking Survey ("the Canton survey"), based largely on the CDC 2012 NYTS (CDC, 2012, Appendix A). Students completed this initial survey in December 2013.

Several questions had more than five possible answers to choose from, but students were given bubble sheets with only five bubbles per question. Thus, for some answers, students had to fill in two bubbles (such as A *and* B, or A *and* C). We believe this caused confusion for some of the students and may have resulted in invalid responses to a few of the questions. Despite this, assuming students answered all questions honestly and accurately, we believe that the responses for these questions are likely to be reflective of those who took the survey because two of the questions with more than five possible answers were about age and grade, and almost all responses to those questions were what we expected them to be.

To avoid possible confusion associated with the bubble sheets, we revised the survey for 2014 and subsequent years to have only five possible answers for each question (Appendix B). Although the 2014 and 2015 questions are not identical to the 2013 survey, they are designed so that we can compare answers between the two slightly different survey designs. For example, instead of asking for an exact age, possible responses to the question about age are 11 or younger, 12-13, 14-15, 16-17, and 18 or older. While changing the questions could result in different answers from the responses given on the 2013 survey, we believe that the risk of this is lower than the confusion from the bubble sheets.

The 2015 survey was completed by 758 Galvin Middle School (GMS) students and 850 Canton High School (CHS) students in December 2015 during an extended homeroom period. Michael Curry, a former mathematics teacher at CHS compiled the survey results, while Erin Kennedy, MPH, an Environmental Health Scientist at Gradient, conducted additional statistics.

GMS and CHS students will also complete surveys over the next two years so we can continue to track trends in smoking and the use of e-cigarettes and other tobacco products among teenagers in Canton.

Results

Approximately 95% of GMS (758/798) and 93% of CHS students (850/913) completed the survey. Table 1a and Table 1b show the 2013, 2014, and 2015 results for GMS and CHS students, respectively. Table 2 shows additional results only for CHS students because too few GMS students responded to those particular survey questions. In each table, both the number and percent of students giving a particular response and the total number of responses are shown. The total number of responses does not include invalid responses (that is, blanks or two answers selected).

Overall, the smoking rates and behaviors among GMS and CHS students remained stable, but the percent of high school students who ever tried smoking has steadily decreased. Also, the use of e-cigarettes is decreasing. Some key findings include the following:

- Compared to CHS students, GMS students were more likely to report that they found it difficult to obtain tobacco products. In 2015, 74% of GMS students and 31% of CHS students described the ease of obtaining tobacco products as "not easy at all." This result was similar to previous years, when GMS students also reported that it was more difficult for them to obtain tobacco products compared to CHS students.
- From 2014 to 2015, the percent of GMS students who said they used e-cigarettes in the 30 days prior to taking the survey decreased from 3% to 1%.
- CHS students who said they used e-cigarettes in the 30 days prior to taking the survey changed from 13% in 2013 and 12% in 2014, to 9% in 2015. Among CHS students who reported using e-cigarettes recently, the proportion using them to reduce tobacco intake increased from 11% in 2013 and 14% in 2014, to 16% in 2015. The proportion who vaped because they were addicted to nicotine increased from 6% in 2013 to 9% in both 2014 and 2015. The proportion of recent CHS e-cigarette users who vaped for pleasure changed from 57% in 2013 to 55% in 2014, and to 60% in 2015.
- GMS students who had ever tried smoking remained at 3% in 2015 (it was also 3% in 2013 and 2014); CHS students who had ever tried smoking decreased from 23% in 2013 to 20% in 2014, and to 16% in 2015.
- The percentage of current smokers (smoked in the 30 days prior to taking the survey) among GMS students changed from 1% in 2013 to 2% in 2014 and back to 1% in 2015. Among CHS students, the percent of current smokers changed from 7% in 2013 to 8% in 2014 and 2015.
- In 2015, about 38% of CHS students who had reported recently smoking cigarettes or using other tobacco or nicotine delivery products purchased the products themselves. This is compared to 42% of CHS students in 2014 and 57% of CHS students in 2013 who purchased these products themselves, as opposed to acquiring them from another source.
- In 2013, 14% of CHS students who had reported recently using a tobacco or nicotine delivery product, including cigarettes, received them from someone over age 18. In 2014, 63% of students who had smoked recently received his or her cigarettes from a person over age 18. In 2015, this figure was 51%.

- In 2015, about 40% of CHS students who bought cigarettes themselves did so at a store. This was a decrease from 55% in 2014. In 2013, 35% of CHS students who reported recently buying cigarettes purchased them from a store.
- In 2015, about 31% of CHS students who bought cigarettes purchased them from someone else. This was an increase from 16% in 2014 and 18% in 2013.

Discussion

Based on surveys conducted in 2013, 2014, and 2015, we found that smoking rates and behaviors among GMS and CHS students remained relatively stable, but the percent of high school students who ever tried smoking has steadily decreased, and, unlike what is happening nationally, the use of e-cigarettes is not increasing.

There are 22 vendors in Canton that are permitted to sell tobacco products to the general public. During a recent compliance check, eight of these vendors sold cigarettes to a 19-year-old volunteer (Ciccotelli, 2016), leading us to conclude that the restriction on the sale of products to anyone under 21 is not being followed uniformly by all vendors. With more consistent compliance throughout the town, GMS and CHS students will have even less access to cigarettes, e-cigarettes, and other tobacco products.

Since 2013, there have been few substantial changes in smoking behaviors among GMS and CHS students. Overall, the responses remained relatively stable from 2013 to 2015, which included the period when the ban on the sale of cigarettes, e-cigarettes, and other tobacco products to people younger than 21 became effective in Canton. Ninety-five percent of GMS and ninety-three percent of CHS students completed the survey, indicating that results are likely representative of the student body as a whole.

It is possible that changes made to the 2013 survey affected responses on the 2014 and 2015 surveys, so we aimed to make only small changes in the wording and placement of questions, in the hopes of minimizing this potential limitation. Although we did not conduct analyses to determine the reliability of the answers of the survey, in general, there was internal consistency in the responses to related questions. The few minor discrepancies we observed are unlikely to affect the overall interpretation of the results. For example, the number of GMS students who said that they had ever smoked was 20, yet the total number that responded to a question asking whether they had ever tried to quit smoking (if they had smoked in the past 30 days) was 39.

The most promising difference we observed is that far fewer CHS students who used cigarettes, other tobacco products, or nicotine delivery products purchased the products themselves. At the same time, there was an increase in the portion of CHS students who recently used these products and received them from a person older than 18. Because the overall rate of smoking has changed little over the past two years, these modest changes in purchasing behaviors suggest that CHS students who use tobacco products may be shifting away from store purchases and instead are seeking out adults to provide these products for them. The increase in the percent of students who are acquiring cigarettes and other products from people over 18 is troubling and indicates that other initiatives aimed at decreasing this practice are necessary.

As of August 2016, the US Food and Drug Administration (US FDA) gained the authority to regulate electronic nicotine delivery products, including e-cigarettes (US FDA, 2016). There is currently a large national controversy regarding e-cigarettes, which were previously not subject to the same US FDA regulations that govern traditional tobacco products. Although some evidence suggests that e-cigarettes can help people decrease cigarette consumption (*e.g.*, Polosa *et al.*, 2013), some argue that they may be a gateway to nicotine addiction for non-smokers. For example, based on the NYTS, researchers at the

University of California, San Francisco, reported that adolescents who used e-cigarettes were more likely to start smoking or continue smoking (Dutra and Glantz, 2014).

The most recent NYTS CDC survey (2011-2015) found that e-cigarette use among middle and high school students more than tripled between 2011 and 2015 (CDC, 2015, 2016). E-cigarette use in Canton has decreased modestly over the past two years; it is encouraging that the use of these products among GMS and CHS students is not following the national trend and suggests that this regulation is having a positive impact on public health.

The NYTS found that, even though e-cigarette use increased in the US, the use of traditional cigarette products decreased. In Canton, the prevalence of current smoking remained nearly the same between 2013, 2014, and 2015 for GMS students (1% vs. 2% vs. 1%) and CHS students (7% vs. 8% vs. 8%). Still, compared to rates in Canton, national rates of smoking were slightly higher for middle school students (2.3% in 2015) and high school students (9.3% in 2015) (CDC, 2015).

Canton is among the more than 100 communities in Massachusetts that have raised the tobacco purchasing age from 18 to 21 (Tobacco.org, 2016). In April 2016, the Massachusetts Senate passed a bill that would increase the minimum age for buying tobacco products to 21 statewide (Lannan, 2016). If the bill, which is currently under review by the House and governor, passes, Massachusetts would become the third state (following Hawaii and California) to increase the minimum purchasing age to 21 (Tobacco.org, 2016).

Although it is encouraging that teen smoking and nicotine use in Canton is not increasing, it is discouraging that not all vendors are complying with the BOH regulation that prohibits the sale of cigarettes and other tobacco products to anyone under 21. In conjunction with increased US FDA regulation of e-cigarettes, and a potential statewide ban on the sale of tobacco products and e-cigarettes to anyone under 21, increased compliance with the BOH regulation within the town of Canton will likely help achieve the goal of eliminating the use of tobacco and other smoking products by GMS and CHS students.

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Tables

Table 1a Galvin Middle School Smoking Statistics

	2013			2014			2015		
	Number	Responses	Percent (%)	Number	Responses	Percent (%)	Number	Responses	Percent (%)
Total Student Responses:	731	731	100	749	749	100	758	758	100
Males	274	568	48	358	745	48	366	752	49
Ever tried smoking ^a	15	589	3	23	745	3	20	750	3
Ever smoked daily	10	660	2	13	734	2	14	744	2
Ever tried to quit (if smoked)	18	38	47	19	57	33	13	39	33
In the last 30 days:									
Smoked cigarettes	3	552	1	12	746	2	7	756	1
Smoked cigarettes on school property	2	548	0.4	8	747	1	4	754	1
Used chewing tobacco, snuff, dip, snus, or similar product	4	525	1	15	741	2	11	750	1
Used chewing tobacco, snuff, dip, snus, or similar product on school property	2	510	0.4	6	746	1	3	755	0
Smoked cigars, cigarillos, or "little cigars"	1	482	0.2	9	743		5	750	1
Used a "tobaccoless" product or nicotine delivery product	3	476	1	15	745	2	11	752	1
Used an e-cigarette	17	571	3	19	745	3	10	748	1
If used e-cigarette, reason:									
Reduce use of tobacco products	2	17	12	3	22	14	2	18	11
Pleasure	9	17	53	12	22	55	12	18	67
Addicted to nicotine	0	17	0	3	22	14	0	18	0
Other	6	17	35	4	22	18	4	18	22
Ease of obtaining tobacco products:									
Very easy	47	593	8	85	730	12	69	734	9
Somewhat easy	130	593	22	131	730	18	125	734	17
Not easy at all	416	593	70	514	730	70	540	734	74

Note:
(a) In 2013, only 15 students replied that they ever tried smoking, but 18 replied that they tried to quit smoking in the last 12 months. The reason for this discrepancy is unclear.

Table 1b Canton High School Smoking Statistics

	2013			2014			2015		
	Number	Responses	Percent (%)	Number	Reponses	Percent (%)	Number	Reponses	Percent (%)
Total Student Responses	806	806	100	859	859	100	850	850	100
Males	304	603	50	408	841	49	400	829	48
Ever tried smoking	137	602	23	172	847	20	135	838	16
Ever smoked daily	43	714	6	60	836	7	55	826	7
Ever tried to quit (if smoked)	25	63	40	40	132	30	44	133	33
In the last 30 days:									
Smoked cigarettes	41	604	7	72	852	8	66	843	8
Smoked cigarettes on school property	19	606	3	50	853	6	46	844	5
Used chewing tobacco, snuff, dip, snus, or similar product	65	575	11	73	850	9	59	837	7
Used chewing tobacco, snuff, dip, snus, or similar product on school property	33	585	6	46	850	5	44	843	5
Smoked cigars, cigarillos, or "little cigars"	45	560	8	101	849	12	75	843	9
Used a "tobaccoless" product or nicotine delivery product	42	575	7	92	853	11	67	843	8
Used an e-cigarette	87	653	13	101	852	12	75	841	9
If used e-cigarette, reason:									
Reduce use of tobacco products	10	87	11	15	110	14	12	77	16
Pleasure	50	87	57	60	110	55	46	77	60
Addicted to nicotine	5	87	6	10	110	9	7	77	9
Other	22	87	25	25	110	23	12	77	16
Ease of obtaining tobacco products:									
Very easy	261	682	38	311	766	41	293	825	36
Somewhat easy	235	682	34	257	766	34	277	825	34
Not easy at all	186	682	27	198	766	26	255	825	31

Table 2 Canton High School Smoking Behaviors

	2013			2014			2015		
	Number	Responses	Percent (%)	Number	Responses	Percent (%)	Number	Responses	Percent (%)
Canton High School Smokers									
Ever tried smoking	137	602	23	172	847	20	135	838	16
Started smoking before age 13 (If tried)	15	124	12	35	190	18	49	151	32
Smoked >10 days in the last 30 days	16	41	39	42	72	58	50	66	76
Number of cigarettes smoked per day in last 30 days (on the days smoked)									
<1	10	41	24	16	76	21	12	55	22
1-5	15	41	37	29	76	38	21	55	38
6-20	10	41	24	6	76	8	8	55	15
More than 20	6	41	15	25	76	33	14	55	25
Obtained cigarettes, other tobacco, or nicotine delivery products									
Bought from any source	29	51	57 ^a	43	102	42 ^a	31	81	38 ^a
Bought from store	18	51	35 ^a	31	56	55 ^b	18	45	40 ^b
Bought from vending machine	2	51	4 ^a	16	56	29 ^b	13	45	29 ^b
Bought by someone else	9	51	18 ^a	9	56	16 ^b	14	45	31 ^b
"Bummed" them off someone	5	51	10 ^a	34	102	33 ^a	23	81	28 ^a
Received from someone 18 or older	7	51	14 ^a	43	68	63 ^b	32	63	51 ^b
Took them from store or family member	3	51	6 ^a	13	102	13 ^a	12	81	15 ^a
Other	7	51	14 ^a	12	102	12 ^a	15	81	19 ^a
If obtained cigarettes from person 18 or older:									
Paid for cigarettes	11	25	44 ^a	24	43	56 ^b	16	32	50 ^b
Got cigarettes from parent or sibling	2	19	11 ^a	35	96	36 ^a	39	81	48 ^a

Notes:

(a) Question refers to cigarettes and other tobacco or nicotine delivery products.

(b) Question refers to cigarettes only.

Appendix A

Canton Youth Smoking Survey, 2013

Canton Youth Smoking Survey 2013

This survey is about tobacco. We would like to know about you and the things you do that may affect your health. Your answers will be used for programs for young people like yourself.

Completing the survey is voluntary. Whether or not you answer the questions will not affect your grade in this class. Try to answer all the questions.

This Survey is anonymous. You will not be able to be identified as an individual. Therefore, your name is not required on this survey.

INSTRUCTIONS:

- DO NOT write your name on this survey. The answers you give will be kept private.
- Answer the questions based on what you really do and know. NO ONE will know what you write.
- The questions that ask about your background will only be used to describe the type of students who are completing this survey and you will not be able to be identified by answering any of these questions. The information cannot be used to find out your name. No names will ever be asked or reported.
- Please circle or check, as appropriate, the letter(s) that correspond to your answers.
- There are no wrong answers.
- When you are finished, follow the instructions of the person giving you the survey.

NOTE:

People can be exposed to nicotine in many ways. This includes smoking cigarettes or cigars, using nicotine gum, chewing tobacco, a nicotine patch, and any other alternative nicotine delivery products like "electronic cigarettes", snus, nicotine containing gums or candy, or smokeless tobacco. In this survey, we use the term, "nicotine delivery product," to mean any of these things as long as they were not prescribed by a doctor to quit smoking.

****This is your opportunity to have direct influence in the decision-making of your Town officials.***



Please choose one answer for each question. You may need to fill in two ovals.

THE SURVEY

1. What is your age?

- AB. 10
- AC. 11
- AD. 12
- AE. 13
- BC. 14
- BD. 15
- BE. 16
- CD. 17
- CE. 18 or older

2. What grade are you in?

- AB. 6th
- AC. 7th
- AD. 8th
- AE. 9th
- BC. 10th
- BD. 11th
- BE. 12th

3. Are you Male or Female?

- A. Male
- B. Female

4. Have you ever tried cigarette smoking, even one or two puffs?

- A. Yes
- B. No

5. How old were you when you smoked a whole cigarette or other tobacco product or used a nicotine delivery product for the first time?

- AB. I have never smoked a whole cigarette, or other tobacco product or nicotine delivery device
- AC. 8 years old or younger
- AD. 9 or 10 years old
- AE. 11 or 12 years old
- BC. 13 or 14 years old
- BD. 15 or 16 years old
- BE. 17 years old or older

6. During the past 30 days, on how many days did you smoke cigarettes?

- AB. 0 days**
- AC. 1 or 2 days**
- AD. 3 to 5 days**
- AE. 6 to 9 days**
- BC. 10 to 19 days**
- BD. 20 to 29 days**
- BE. All 30 days**

7. During the past 30 days, on the days you smoked, how many cigarettes, or other tobacco or nicotine delivery products did you smoke or use per day?

- AB. I did not smoke cigarettes during the past 30 days**
- AC. Less than 1 cigarette per day**
- AD. 1 cigarette per day**
- AE. 2 to 5 cigarettes per day**
- BC. 6 to 10 cigarettes per day**
- BD. 11 to 20 cigarettes per day**
- BE. More than 20 cigarettes per day**

8. During the past 30 days, how did you usually get your own cigarettes, or other tobacco product or nicotine delivery product? (You may select more than one response.)

- AB. I did not smoke cigarettes during the past 30 days**
- AC. I bought them in a store such as a convenience store, supermarket, discount store, or gas station**
- AD. I bought them from a vending machine**
- AE. I gave someone else money to buy them for me**
- BC. I borrowed (or bummed) them from someone else**
- BD. A person 18 years old or older gave them to me**
- BE. I took them from a store or family member**
- CD. I got them some other way**

9. If you answered BD, “A person 18 years old or older gave them to me” to question 7, did you give that person money or other compensation to purchase the cigarettes, or other tobacco product or nicotine delivery product?

- A. I did not answer, “A person 18 years old or older gave them to me”**
- B. Yes**
- C. No**

10. If you answered, BD, “A person 18 years old or older gave them to me” to question 7, was that person who gave you the cigarette, or other tobacco product or nicotine delivery product a close relative such as a parent or sibling (brother, sister, step-brother, step sister, foster brother, or foster sister)?

- A. I did not answer, “A person 18 years old or older gave them to me”**
- B. Yes, that person was a parent**
- C. Yes, that person as a sibling (brother, sister, step-brother, step sister, foster brother, foster sister)**
- D. No, that person was not a close relative**

11. During the past 30 days, on how many days did you smoke cigarettes on school property?

- AB. 0 days**
- AC. 1 or 2 days**
- AD. 3 to 5 days**
- AE. 6 to 9 days**
- BC. 10 to 19 days**
- BD. 20 to 29 days**
- BE. All 30 days**

12. Have you ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days?

- A. Yes**
- B. No**

13. During the past 12 months, did you ever try to quit smoking cigarettes?

- A. I did not smoke during the past 12 months**
- B. Yes**
- C. No**

14. During the past 30 days, on how many days did you use chewing tobacco, snuff, dip, snus, or similar product?

- AB. 0 days**
- AC. 1 or 2 days**
- AD. 3 to 5 days**
- AE. 6 to 9 days**
- BC. 10 to 19 days**
- BD. 20 to 29 days**
- BE. All 30 days**

15. During the past 30 days, on how many days did you use chewing tobacco, snuff, dip, snus, or similar product *on school property*?

- AB. 0 days**
- AC. 1 or 2 days**
- AD. 3 to 5 days**
- AE. 6 to 9 days**
- BC. 10 to 19 days**
- BD. 20 to 29 days**
- BE. All 30 days**

16. During the past 30 days, on how many days did you smoke cigars, cigarillos, or “little cigars”?

- AB. 0 days**
- AC. 1 or 2 days**
- AD. 3 to 5 days**
- AE. 6 to 9 days**
- BC. 10 to 19 days**
- BD. 20 to 29 days**
- BE. All 30 days**

17. During the past 30 days, on how many days did you smoke or use a “tobaccoless” product or nicotine delivery product, excluding “electronic cigarettes”?

- AB. 0 days**
- AC. 1 or 2 days**
- AD. 3 to 5 days**
- AE. 6 to 9 days**
- BC. 10 to 19 days**
- BD. 20 to 29 days**
- BE. All 30 days**

18. During the past 30 days, on how many days did you smoke or use an “electronic cigarette”?

- AB. 0 days**
- AC. 1 or 2 days**
- AD. 3 to 5 days**
- AE. 6 to 9 days**
- BC. 10 to 19 days**
- BD. 20 to 29 days**
- BE. All 30 days**

19. If you did *not* answer “AB” to question 17, what was the reason you used “electronic cigarettes”?

- A. I did not use “electronic cigarettes” in the last 30 days.**
- B. I used “electronic cigarettes” in helping me reduce the use of tobacco products.**
- C. I used “electronic cigarettes” for pleasure only.**
- D. I think I may be addicted to nicotine and can’t stop using a nicotine product.**
- E. Other.**

20. Whether or not you use them, how easy would it be for you to get tobacco products if you wanted some?

- A. Very easy**
- B. Somewhat easy**
- C. Not easy at all**

THANK YOU FOR HELPING US EVALUATE HOW TOBACCO AND ITS RELATED PRODUCTS
ARE BEING USED IN THE TOWN OF CANTON.

Sincerely,
The Canton Board of Health



Appendix B

Canton Youth Smoking Survey, 2014 and 2015



Canton Youth Smoking Survey

This survey is about tobacco. We would like to know about you and the things you do that may affect your health. Your answers will be used for programs for young people like you.

This is your opportunity to have direct influence in the decision-making of your Town officials.

Completing the survey is voluntary. If you do not complete the survey, it will not affect your class grade. If you do complete the survey, your answers to the questions will not affect your class grade. Please try to answer all of the questions.

Your name is not required on this survey. This survey is anonymous. No one will be able to identify you.

INSTRUCTIONS:

- DO NOT write your name on this survey. The answers you give will be kept private.
- Answer the questions based on what you really do and know. NO ONE will know what you write.
- The questions that ask about your background will only be used to describe the type of students completing this survey and no one will be able to identify you based on your answers to these questions. The information cannot be used to find out your name. No names will ever be asked or reported.
- For each question, please circle or check, as appropriate, the letter that corresponds to your answer.
- There are no wrong answers.
- When you are finished, follow the instructions of the person giving you the survey.

NOTE:

People can be exposed to nicotine in many ways. This includes smoking cigarettes or cigars and using nicotine gum, chewing tobacco, a nicotine patch, or any other alternative nicotine delivery products like "electronic" cigarettes, snus, nicotine-containing gum or candy, or smokeless tobacco. In this survey, we use the term "nicotine delivery product" to mean any of these things as long as they were not prescribed by a doctor to quit smoking.

Please choose one answer for each question.

THE SURVEY

1. What is your age?
 - A. 11 or younger
 - B. 12 or 13
 - C. 14 or 15
 - D. 16 or 17
 - E. 18 or older

2. What grade are you in?
 - A. 6, 7, or 8
 - B. 9
 - C. 10
 - D. 11
 - E. 12

3. Are you male or female?
 - A. Male
 - B. Female

4. Have you ever tried cigarette smoking, even one or two puffs?
 - A. Yes
 - B. No

5. How old were you when you smoked a whole cigarette or other tobacco product or used a nicotine delivery product for the first time?
 - A. 12 or younger
 - B. 13 or 14
 - C. 15 or 16
 - D. 17 or older
 - E. I have never smoked a whole cigarette or other tobacco product, or used a nicotine delivery product

6. During the past 30 days, on how many days did you smoke cigarettes?
 - A. 0 days
 - B. 1 to 9 days
 - C. 10 to 19 days
 - D. 20 to 29 days
 - E. All 30 days

7. During the past 30 days, on how many days did you smoke cigarettes on school property?
- A. 0 days
 - B. 1 to 9 days
 - C. 10 to 19 days
 - D. 20 to 29 days
 - E. All 30 days
8. During the past 30 days, on the days you smoked them, how many cigarettes did you smoke per day?
- A. I did not smoke cigarettes during the past 30 days
 - B. Fewer than 1 cigarette per day
 - C. 1 to 5 cigarettes per day
 - D. 6 to 20 cigarettes per day
 - E. More than 20 cigarettes per day
9. During the past 30 days, how did you usually get cigarettes, other tobacco products, or nicotine delivery products?
- A. I did not smoke cigarettes or other tobacco products or use nicotine delivery products in the past 30 days
 - B. I bought them
 - C. I was given them or "bummed them" from someone else
 - D. I took them from a store or a family member
 - E. I got them some other way
10. If you bought cigarettes in the last 30 days, where did you usually get them?
- A. I did not buy cigarettes in the past 30 days
 - B. I bought them in a store such as a convenience store, supermarket, discount store, or gas station
 - C. I bought them from a vending machine
 - D. I gave another person money to buy them for me
 - E. I got them some other way
11. If you bought or bummed them, which best describes how you obtained cigarettes?
- A. I did not buy or bum cigarettes in the past 30 days
 - B. I gave someone younger than 18 money for them
 - C. I "bummed" them from someone younger than 18
 - D. I gave someone 18 or older money for them
 - E. I "bummed" them from someone 18 or older

12. If you received these products in the last 30 days from another person, was that person who gave you the cigarettes, other tobacco products, or other nicotine delivery products a close relative such as a parent or sibling (brother, sister, step-brother, step-sister, foster brother, or foster sister)?
- A. I did not receive these products from another person
 - B. Yes, that person was a parent
 - C. Yes, that person was a sibling (brother, sister, step-brother, step-sister, foster brother, foster sister)
 - D. No, that person was not a close relative
13. Have you ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days?
- A. Yes
 - B. No
14. During the past 12 months, did you ever try to quit smoking cigarettes?
- A. Yes
 - B. No
 - C. I did not smoke during the past 12 months
15. During the past 30 days, on how many days did you use chewing tobacco, snuff, dip, snus, or a similar product?
- A. 0 days
 - B. 1 to 9 days
 - C. 10 to 19 days
 - D. 20 to 29 days
 - E. All 30 days
16. During the past 30 days, on how many days did you use chewing tobacco, snuff, dip, snus, or a similar product *on school property*?
- A. 0 days
 - B. 1 to 9 days
 - C. 10 to 19 days
 - D. 20 to 29 days
 - E. All 30 days
17. During the past 30 days, on how many days did you smoke cigars, cigarillos, or "little cigars"?
- A. 0 days
 - B. 1 to 9 days
 - C. 10 to 19 days
 - D. 20 to 29 days
 - E. All 30 days

18. During the past 30 days, on how many days did you use a "tobaccoless" product or a nicotine delivery product, excluding "electronic" cigarettes?

- A. 0 days**
- B. 1 to 9 days**
- C. 10 to 19 days**
- D. 20 to 29 days**
- E. All 30 days**

19. During the past 30 days, on how many days did you use an "electronic" cigarette?

- A. 0 days**
- B. 1 to 9 days**
- C. 10 to 19 days**
- D. 20 to 29 days**
- E. All 30 days**

20. If you used an "electronic" cigarettes in the last 30 days, what was the main reason why?

- A. I did not use an "electronic" cigarette" in the last 30 days**
- B. To help me reduce the use of tobacco products**
- C. For pleasure only**
- D. I think I may be addicted to nicotine and can't stop using a nicotine product**
- E. Other**

21. Whether or not you use them, how easy would it be for you to get tobacco products, including cigarettes, if you wanted some?

- A. Very easy**
- B. Somewhat easy**
- C. Not easy at all**

THANK YOU FOR HELPING US EVALUATE HOW CIGARETTES AND RELATED PRODUCTS ARE BEING USED IN THE TOWN OF CANTON.

Sincerely,
The Canton Board of Health

