

Executive summary

Tobacco Intake Survey, Stark County Health Department

All schools

One aspect of the Stark County Health Department's grant from the Tobacco Use Prevention and Control Foundation is focused on tobacco prevention among Stark County's middle school students. Among the first tasks of this effort has been establishment of a baseline measurement, that is, an assessment of student attitudes toward tobacco and the extent to which these students use tobacco. This has been accomplished in the first year of the tobacco grant with administration of an intake survey, which is the subject of this report.

Schools were invited to participate and to establish their own method of sampling their student populations, that is, deciding to which students they wished to give the survey.

A total of 2,595 middle school students, primarily 7th and 8th graders, completed intake surveys. Data gathered in those surveys are presented herein.

Findings include:

- Of the 2,595 students who took the survey, 197 (or 7.6) percent said they smoke cigarettes.
- Nearly three percent admitted using smokeless tobacco
- The importance of peer pressure is evident. When asked why they began smoking cigarettes, 48 percent of those who admitted smoking said they started because their friends smoked. Among those who admitted using smokeless tobacco, over 38 percent of admitted users said they started because their friends used it.
- Family influence was also apparent. Nearly 16 percent of admitted smokers said they started because someone in their family did. Among smokeless tobacco users, nearly 24 percent said they started because family members used.
- The average age students said they started to smoke was 14.3 years. The average age of the students who took this survey was 12.9 years
- Nearly seven percent of the aggregated sample admitted they had smoked blunts, small cigars that are sometimes partially emptied and filled with marijuana.

- The percentage of those admitting to smoking blunts was much higher among those who admitted smoking cigarettes; over 59 percent of admitted cigarette smokers said they also smoke blunts.
- Nearly 89 percent said it was “false” that smoking cigarettes made “kids look cool and fit in better than those who don’t use tobacco.” However, among smokers, only 75 percent said the statement was false.
- Nearly 74 percent of the students indicated they believe that the tobacco industry “tries very hard to get teenagers to start using tobacco products like cigarettes or snuff;” among smokers, only 65 percent.
- Nearly 23 percent reported that people smoke everywhere in their home; among smokers, 55 percent.

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All schools**

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Tobacco Intake Survey, Stark County Health Department All schools

Introduction

In order to gauge attitudes about and the extent to which middle school students use tobacco products, an intake survey was developed for administration to middle school students in various Stark County schools. This report presents the findings of the analysis of data derived from the intake survey given to 2,595 students at middle schools from around Stark County.

Findings are reported in both narrative and tabular form. Missing or garbled responses are coded as valid and appear in tables in the “Missing” row.

Just how honest the young people who took this survey, or who take any survey, is an open question. Some students cannot resist the temptation to be humorous or shocking. For example, two students who identified themselves as female 6th graders indicated they started smoking at ages 6 and 7, because, as one wrote, “I thought it taste like chocolate.” They said they started chewing tobacco at ages 6 and 9, because, as one wrote, “I thought it taste like growned up beef jerky.” In response to the question asking if they had thought about quitting, both said “no” and one wrote “ it makes me feel good and i love It... gets me high ...I like Acid and Ectasy and oxy cotton too.” The other responded, “Heaks no because it it it it helps me. I am high right now.”

However, in a large data sample such as this, there is little concern for these few responses skewing the results. Further, because the surveys were confidential, there is little incentive to lie, which prompts the vast majority to be honest.

Demographics: school, age, gender, grade

The number of students who took the survey varied widely from school to school. Alliance Middle School’s 551 surveyed students comprised over 21 percent of the total of 2,595. Taft Middle School administered the survey to 49 students, or just under two percent of the total.

These schools represent a fair cross section of Stark County middle schools, representing urban, rural and suburban districts. Because they are such large schools and because they gave the survey to so many students, the urban middle schools (Alliance, Lorin Andrews, Longfellow) comprise almost 50 percent of the total sample of students who took the Middle School Tobacco Intake Survey.

Table 1: Demographics; participating schools

Schools	Number of students who took the survey	Percent of total
Alliance Middle School	551	21.2
East Canton Middle School	163	6.3
Fairless High School- Middle School	103	4.0
Jackson Middle School	401	15.5
Lorin Andrews Middle School	484	18.7
Longfellow Middle School	408	15.7
Louisville Middle School	198	7.6
Middlebranch Middle School	122	4.7
Taft Middle School	49	1.8
Tuslaw Middle School	116	4.5
TOTAL	2595	100.0

The mean age of the all schools sample was 12.9 years. Almost one percent of the students either declined to answer the age question or presented unintelligible responses.

Table 1: Demographics; age

Responses	Percent of students who gave this answer
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11	7.7
12	26.8
13	37.4
14	23.4
15	3.7
Missing	0.9

Boys represented just over 50 percent of the sample, girls 49 percent. Fifteen students, or 0.6 percent, declined to answer this question.

Table 1a: Demographics; gender

Responses	Percent of students who gave this answer
Girl	49.0
Boy	50.4

The mean grade of this very large sample was 7.04.

Table 1b: Demographics; grade

Responses	Percent of students who gave this answer
7	28.4
8	38.0
9	32.3
Missing	0.9

True or false? Awareness and attitudes

The next section of the survey was comprised of statements that assess awareness and attitudes about tobacco. Students were asked about tobacco industry efforts to market products to youths and were asked their opinion on whether smoking makes “kids look cool and fit in better than those who don’t use tobacco.”

Over 73 percent of the aggregated sample said they think it's "true" that the tobacco industry "tries very hard to get teenagers to start using tobacco products like cigarettes or snuff." Nearly 22 percent indicated that statement was "false."

Table 2: True or false? The tobacco industry tries very hard to get teenagers to start using tobacco products like cigarettes or snuff

Responses	Percent of students who gave this answer
True	73.5
False	21.9
Missing	4.6

The results were not all that different among the small percentage of middle school students who admit that they smoke. Nearly 29 percent of admitted smokers indicated that it is "false" that the tobacco industry targets teenagers, 65.5 percent stated it is "true."

Table 2a: True or false? The tobacco industry tries very hard to get teenagers to start using tobacco products like cigarettes or snuff:

smokers only

Responses	Percent of admitted smokers who gave this answer
True	65.5
False	28.9
Missing	5.6

Fewer than seven percent stated they think it's "true" that smoking cigarettes made "kids look cool and fit in better than those who don't use tobacco." Over 88 percent replied that the statement was "false" and nearly five percent declined to answer. The results are depicted in graphic form in Table 2a, below.

Table 2b: True or false? Smoking cigarettes makes kids look cool and fit in better than those who don't use tobacco

Responses	Percent of students who gave this answer
True	6.7
False	88.5
Missing	4.8

The percentage of those who think that smoking “makes kids look cool and fit in better” is considerably higher among those who admit to being smokers. Among those who admit smoking, 18 percent said they think the statement is true, not quite three times more than among nonsmokers.

Table 2c: True or false? Smoking cigarettes makes kids look cool and fit in better than those who don’t use tobacco:

smokers only

Responses	Percent of admitted smokers who gave this answer
True	18.3
False	75.1
Missing	6.6

Do you smoke cigarettes?

Asked, “Do you smoke cigarettes?” nearly 92 percent replied “no” and 7.6 percent admitted that they do. One half of one percent of the sample declined to answer the question.

Table 3: Do you smoke cigarettes?

Responses	Percent of students who gave this answer
No	91.9
Yes	7.6
Missing	0.5

There were more boys than girls among the admitted smokers. Boys comprised over 54 percent of those who answered yes to “Do you smoke cigarettes?” Girls were just over 45 percent of this group.

Table 3a: Gender of students who admit smoking cigarettes

Responses	Percent of admitted smokers
Girl	45.2
Boy	54.3
Missing	0.5

How old were you when you started smoking cigarettes?

Asked the age at which they commenced smoking, the 2,595 middle school students provided a wide range of responses, although one suspects that these younger ages are attempts at humor or surprise. The mean age at which these students said they started smoking was 14.3.

Table 4: How old were you when you started smoking cigarettes?

Responses	Percent of students who gave this answer
Age 6 and younger	0.5
7	0.5
8	0.5
9	0.7
10	1.0
11	1.4
13	1.1
14	0.5
I don't smoke cigarettes	91.3
Missing	0.7

Among admitted smokers, just over 40 percent said they began smoking when they were age 10 or younger.

Table 4a: How old were you when you started smoking cigarettes?

Smokers only

Responses	Percent of students who gave this answer
Age 6 and younger	5.8
7	5.6
8	5.6
9	9.1
10	12.7
11	15.7
12	18.3
13	12.7
14	6.6
I don't smoke cigarettes	4.1
Missing	5.6

Why did you start smoking cigarettes?

When asked why they began smoking, students taking the survey were presented with a listing of possible reasons and were instructed to “check as many as are true for you.” Numerous students checked more than one response, which means that the total of the percentage column is greater than 100.

The number who stated they do not smoke dipped somewhat in response to this question, with only 90.8 percent denying they smoke, down from over 91 percent in the previous question. It is not uncommon for such a decline to occur, as youth tend to post a denial to an initial question about a risk behavior and then admit to the behavior in subsequent questioning.

However, among those who admitted smoking, almost four percent indicated they started because their friends did and another nearly four percent

because someone in their families smoked. The responses are presented in Table 5, below.

Respondents were given an opportunity to write in the other reasons and, in this instance, more students that checked “other” did so. Several of the responses were disturbing, like the student who wrote that her mother’s boyfriend forced her to smoke. Again, there were apparent attempts at humor.

A surprising number of students indicated that they smoke to relieve stress, while others said they smoke because they like it. All the responses are listed below in Table 5.

Table 5: Why did you start smoking cigarettes?
smokers only

Responses	Percent of students who gave this answer
My friends smoked, so I started too	48.7
I thought it seemed cool	12.6
Members of my family smoked, so I did too	22.7
Other	23.9*

* as listed below

Why did you start smoking cigarettes? Other reasons, SMOKERS ONLY (in their own words and spelling):

Stress relief/mood elevation:

- because I got streas out
- Calm me down
- Calms the nerves
- cause I was really stressed out
- Get stressed
- I am around it and I get stressed out sometimes
- I don't no I needed somethin 2 clam me down.
- I thought it would take away stress and it does.
- I was depressed
- I was stressed

- I was stressed out
- I was stressed out & it helps
- I was under stress
- It makes me feel calm
- My life is so hard, it's the only way to keep me calm
- My life seemed so hard that smoking would help
- relaxing
- Stress (written twice)
- Stress and pressure
- Stressed
- To off of hard things on me
- to relieve strease
- when I get frustrated
- when you get angrey

Enjoyment, preference

- I just like to
- It feels good
- It makes me happy when I'm sad
- I just wanted to
- Don't know. Just tried it
- Feel like it
- felt like it
- because I want to
- I feel like it (written twice)
- I just did
- I like them
- I thought it fit me
- I want to
- I wanted to
- Smells good

Family influence

- my sister looked cool
- I lit one for my mom
- I was forced abusively by my mother's boyfriend
- My cousin had me try and I can't get off
- Just to dispite family fights made me more
- My sister & friends wouldn't hang out with me until I started

- My sister made me try it & I got addicted

Other

- can't remember
- It's Gangsta
- i was stupid
- I was tired of being alone
- Iti Fon

Drug references:

- to get off other drugs
- weed blunts
- i like high

Boredom:

- because I want to
- got bored
- bord

Experimentation

- wanted to try
- I tried it and kept on doing it
- I just felt like trying a cigarette
- I just want to try
- I want to try it
- I wanted to see if you choked, and now I am hooked.
- I wanted to try it
- I wanted to try it. I don't do it that often
- Just to try I got hooked
- Now it's a habit

Peer pressure

- To fit in with people
- My friend's sister smokes & she is fine
- Peer pressure
- To get the "OK" from people

Have quit:

- but don't smoke no more
- I don't smoke cigarettes anymore

Humor?

- I had to stop smoking crack
- I thought it taste like chocolate

How many cigarettes do you smoke (on average) a day?

The honesty issue arises again in response to this next question. When asked to disclose the number of cigarettes smoked per day on average, over seven percent of the 197 middle school students who previously said they smoke denied that they smoke. This perhaps was construed by them as indicating that they don't smoke on a daily basis.

Over 56 percent reported that they smoke five or less cigarettes a day, while 8.6 percent (17 students) said they smoke a pack a day. Six students said they smoke two packs or more on a daily basis. Results are presented in Table 6, below.

Table 6: If you do smoke, how many cigarettes do you smoke (on average) a day?

smokers only

Responses	Percent of students who gave this answer
0	1.8
1	16.7
2	12.7
3 or 4	14.8
5 or 6	11.7
7 or 8	3.5
10	7.6
11 to 19	5.0
20	8.6
21 to 30	15
40 or more	3.0
I don't smoke	7.1
Missing	6.6

If you do smoke, when do you usually smoke?

The next question was posed only for those students who admitted smoking. Students were asked when they generally smoke cigarettes and they were provided space in which to write their responses.

Many students misunderstood the question and wrote where rather than when they smoke. Their answers provide insight into their thinking. Many said the smoke out of view of their parents, even some who say they smoke at home.

After school:

- after school (written twice)
- After school & when I wake up
- after school at night
- after school in my room
- after school or at home in my closet
- After school or on the weekends
- after school when my mom's not home
- after school, before school, party's, at home, on walk's.
- After school, walks, with friends, bedtime

Often:

- all da time
- All day
- all day every day
- all the time (written twice)
- all the time 'cep at school
- Always
- anytime
- as many times as I can

At friends' houses:

- At a friend's house or gone
- At friend's house

At home:

- at home
- At home and at friend's houses
- At home when mom is gone
- at my house or someone elses
- In my room or anywhere else. just not in front of my parents

Night time, party-time

- At night (written twice)
- At night sometimes
- At parties with my friends
- at party's in my back yard
- evening
- late night
- Night
- Night time

Other:

- at the resivor
- I don't know
- Day
- depends
- in bed
- never
- No one is home & when my cousin is there
- on a daily basis
- On a walk
- Outside
- When I can steal one
- When I get bored
- socially

Not at school:

- Before & after school
- before and after school
- before school
- Before school & at friend's house
- before school after school and when ever.
- before, after school during the night wake up
- Before, after, and in my free time
- summer

Frequently:

- every 2 mins.
- every two hours
- Everyday (written twice)

Infrequently:

- Every once & awhile. I'm not addicted yet
- every once in a while
- every other day
- every other six months
- Hardly ever
- I only did it 1 time frinds
- I try not to
- not very often
- Once every 3 years
- once in a while
- one time every month
- one when I get home and one at nigh
- only every three months
- Rarely ever
- Twice every week

At school:

- in between classes

Morning:

- in the morning
- in the morning before school & after school & 2 at night
- morning
- Morning and after school
- Morning, after school, & before bed
- morning/after school

Week-ends:

- On weekends (twice)
- on weekends and some weekdays
- once a month
- once a week
- Weekends

In emotionally charged situations:

- when I'm nervous, upset scared.

- When I'm really mad
- When I'm stressed
- When I'm very very sad but that is when someone or something I love dies
- when I get mad frustrated or sad
- when I get mad or stresst out
- When I get stressed
- when mad or sad
- when I need one (written three times)
- When I need one
- when my friends are over

Socially:

- when I'm with my friends (written six times))
- when I around my big brother's friends
- when I get home from school
- When I see my cousin
- With friends- not often
- with friends or when I'm depressed
- with my brothers

In parents' absence

- when mom's not home
- When my parents are gone
- When my parents aren't there

Anytime:

- Whenever (written twice)
- Whenever I can
- whenever I want
- you just do it whenever

Do you use spit or chew?

Students taking the tobacco intake survey were next asked about their use of smokeless tobacco, also known as “spit” or “chew. Almost 95 percent of the aggregated sample of 2,595 middle school students indicated they did not use smokeless tobacco. Sixty-eight students, or 2.6 percent, admitted using smokeless tobacco.

Table 7: Do you use spit or chew?

Responses	Percent of students who gave this answer
No	94.8
Yes	2.6
Missing	2.6

How old were you when you started using spit or chew?

The responses to the next question underscore reliability issues inherent in such an endeavor. When they were asked how old they were when they began using smokeless tobacco, 19 percent of those who had previously indicated they use smokeless tobacco checked the “I don’t use spit or chew” response.

In addition, four of the 68 who admitted using smokeless tobacco said they began using it at ages 1 through 5, which appear to be attempts at humor. These were assigned to “missing,” thus boosting that category substantially. However, over 10 percent said they were age 9 or less when they began using smokeless tobacco.

Table 8: How old were you when you started using spit or chew?
Smokeless tobacco users only

Responses	Percent of students who gave this answer
6	7.4
7	2.9
9	2.9
10	7.4
11	11.8
12	19.1
13	10.3
14	1.5
15	1.5
I don't use spit or chew	19.1
Missing	16.2

Why did you start using spit or chew?

The importance of peer pressure is evident again in the response to the motivations to begin using smokeless tobacco. When students were next asked why they began using smokeless tobacco, over 38 percent of admitted users said it was because their friends did.

As with a similar question regarding cigarette smoking, the most frequent reasons given were because friends did, followed by family members. Nearly 24 percent of these students said they started using smokeless tobacco because family members did.

The survey presented a list of possible reasons and students were instructed to “check as many as are true for you.” Therefore, the response column totals more than 100 percent, as many of the 689 admitted smokeless tobacco users checked more than one response.

Space was provided for students to write a response that was not offered in the list. Those responses are listed after Table 9, below.

Table 9: Why did you start using spit or chew?
Smokeless tobacco users only

Responses	Percent of students who gave this answer
My friends did, so I started too	38.2
I thought it seemed cool	16.3
Members of my family used spit or chew, so I did too	16.2
I don't use spit or chew	16.2
Other	11.8
Missing	7.4

The students who said they use smokeless tobacco provided these “other” responses:

- can't remember
- I want to
- I asked my grandpa
- I felt like it
- I thought it taste like growned up beef jerky
- I wanted to
- It is normal to
- My friend dared me
- So I didn't get caught smoking
- So I don't get in trouble when I need a cigarette
- some of the spit & chew taste good
- something else to use during school
- When I ran out of cigarettes

Do you smoke blunts?

The next section of the survey asked about blunts, which are small cigar-like (or cigarillo) tobacco products. The tobacco is sometimes removed or partially removed from blunts and replaced with marijuana.

Nearly seven percent of the aggregated sample admitted they had smoked blunts. Almost 91 percent said they do not and almost three percent declined to answer.

Table 10: Do you smoke blunts?

Responses	Percent of students who gave this answer
No	90.6
Yes	6.7
Missing	2.7

Interestingly, the percentage of those admitting to smoking blunts was much higher among the 197 middle school students who admitted smoking cigarettes. Over 59 percent of admitted cigarette smokers said they also smoke blunts.

Table 10a: Do you smoke blunts?
Those who admitted smoking cigarettes only

Responses	Percent of students who gave this answer
No	38.1
Yes	59.4
Missing	2.5

How old were you when you started smoking blunts?

The next question inquired about the age at which students began smoking blunts. The data reported below are only for those students who admitted in response to the previous question that they do smoke blunts. Again, some who previously admitted smoking blunts denied it in response to this question.

Of the 174 who admitted previously that they do smoke blunts, 45 (or nearly 26 percent) said they started at age 13, another 35 (just over 20 percent) at age 12.

Table 11: How old were you when you started smoking blunts?
Blunts smokers only

Responses	Percent of students who gave this answer
6 or younger	4.5
7 or 8	4.6
9	5.2
10	8.6
11	12.1
12	20.1
13	25.9
14 or 15	8.0
I don't smoke blunts	4.6
Missing	6.3

Does anyone living in your house smoke?

Students were asked about exposure to smoke in their homes. Nearly 43 percent stated “no one smokes at my house” while over 23 percent of the aggregated sample of 2,595 middle school students said “they smoke everywhere in my house.”

The results are presented in Table 12, below. Table 12a presents the same information, but only for the 197 students who admitted that they smoke cigarettes. The differences are marked.

Table 12: Does anyone living in your house smoke?

Responses	Percent of students who gave this answer
No, no one smokes at my home	42.7
Yes, some people smoke, but they smoke outside only	11.5
Yes, some people smoke, but they mostly smoke outside	6.8
Yes, some people smoke, but they only smoke in one room or area of the house	11.7
Yes, they smoke everywhere in the house	23.4
Missing	3.8

When considering only those students who admitted smoking cigarettes, the percentage of those who live in house here people everywhere more than doubles - from just over 23 percent to about 55 percent. Less than 13 percent of admitted smokers said they live in houses where persons are not permitted to smoke.

Table 12a: Does anyone living in your house smoke?
Cigarette smokers only

Responses	Percent of students who gave this answer
No, no one smokes at my home	12.7
Yes, some people smoke, but	9.1

they smoke outside only	
Yes, some people smoke, but they mostly smoke outside	9.1
Yes, some people smoke, but they only smoke in one room or area of the house	9.1
Yes, they smoke everywhere in the house	54.8
Missing	5.1

Have you ever thought about quitting cigarettes, spit/chew or blunts?

Table 10: Have you ever thought about quitting cigarettes, spit/chew or blunts?

Responses	Percent of students who gave this answer
Yes	6.1
No	2.5
I don't smoke cigarettes, blunts or use smokeless tobacco	87.9
Missing	3.5

Of the 197 admitted smokers, however, nearly 55 percent said they have considered quitting cigarettes, smokeless tobacco or blunts.

Table 10a Have you ever thought about quitting cigarettes, spit/chew or blunts? If yes, why? If no, why not?

Cigarette smokers only

Responses	Percent of students who gave this answer
Yes	54.8
No	26.9
I don't smoke cigarettes, blunts or use smokeless tobacco	8.1
Missing	10.2

Those who answered “no” wrote:

- (Because) its very cool and awesome feeling
- because I know that their not good for me but I am addicted to them so its hard
- because it is cool
- because me and my sister always smoke together
- (Because) I like weed and cigs boost my high
- I don't know
- I don't want to (written twice)
- No (written twice)
- It's fun (written twice)
- I feel like it
- I find it fun and it relaxes me
- It is bad for my health
- Heaks no because it it it it helps me. I anm high right now
- Hell no
- I am always stressed out
- I can't
- I can easily. I am not addicted
- I don't get in fights even if it's on my mind. It still keeps me out of trouble
- I don't smoke all the time
- I dont do it alot, so its not a problem
- i find it fun and it relaxes me
- I haven't thought about it
- I just started inhaling so my health isn't so bad
- I never thought about it
- I only do it every other week
- I only smoke around my friends
- It's fun & it helps me relieve stress
- It calms me down
- it makes me feel good
- it makes me feel good and i love It... gets me high ...I like Acid and Ecstasy and oxy cotton too
- It makes you feel good
- never i'm addicted and i love it
- no because i feel like it
- no because I like it
- no because I need to stop smoking crack
- no because I think its cool

- no because its too hard
- no cuz I dont care about my health
- no sir I have not
- no, because I don't want to
- no, because I like it
- no, because the chew has all kinds of flavor
- no, i'm addicted
- no, I don't (written twice)
- no, I don't think about thing while I smoke + any other time I'm not thinking about it.
- no, I have never thought about quitting cause I like doing it
- no, it helps take stress away.
- no, its FUN!
- no, their aint nothing else to do
- nope
- not really cause it's my life
- When I'm in a really bad mood, I'll smoke cigarettes or pot

Those who answered “yes” wrote answers that clustered as follows:

Health reasons/ Bad for health

- because I didn't want to do it any more
- because i see the results
- Because it is bad for you (written five times)
- because its bad for your health I did quit
- because of what I learned in health
- I almost fell down the stairs
- I am tired of being in bad shape
- I could get cancer
- I don't want to die
- I don't want to die when I am 20 or 40 years old
- It's bad for my health (written eight times)
- I know it is bad for me
- I got asthma from it
- if I don't I have a greater chance of dieing young or getting cancer
- It's a bad habit
- It's dangerous and the more I smoke the harder it is to quit
- It's not cool anymore. I found out what it can do to my body
- It's not good for you
- It's not good for your health
- It can give me cancer & kill me

- It can hurt my lungs
- It can kill you (written twice)
- I like sports & I need to breathe
- I like to run but can't when I smoke
- I know it is horrible for your health
- I know what it can do to me
- It is bad for my health (written twice)
- It will give you cancer
- It will kill you faster
- makes your teeth brown
- ya it can kill
- yes because I don't want to die from lung cancer
- yes because I know that they are very very bad.
- yes kinda cuz It taste good but its bad for me.
- yes, b/c its dangerous
- yes, cuz they R bad 4 my health
- yes, it makes your teeth yellow
- yes. smoking because I thought about my lungs

Family reasons:

- My grandpa died from it & I loved him very much
- My mom is allergic
- My mom says it's bad and I can't breathe
- My mom wants me to
- People get hurt by it and my grandma is in the hospital for this
- sometimes, cuz my moms gonna die + I watch her have trouble
- because my grandpa has lung cancer
- yes because my grandma was in the hospital 4 2 weeks because of smoking
- yes, because my mom don't like it
- yes, I don't anymore, because I want to be clean I dont want to end up dying like my aunt

Sports:

- because I'm into sports it is going to kill me
- Football
- I play alot of sports and it messes me up
- I play sports
- I run out of breath after I run
- I want to play sports

- It can hurt you when you play sports
- It is too expensive & it slows you down
- It is very bad for me especially since I play sports
- So it doesn't mess up my sports
- Sports
- yes because I'm active
- yes, because I am in sports I haven't done it for like 8 months
- yes, because I am very involved with sports
- yes, because I love playing sports so I quit
- yes, because of football
- yes, but I did not but I'm thinking about it, because its hard for me to run
- yes, can't run far

Trying (or wanting to try) but having difficulty:

- but I am addicted
- But my friends do it so when I'm with them, I start again
- but then I changed my mind
- Cigarettes & black and milds are not good for you but they calm me down when I'm stressed
- cigaretts because its bad for you and I play sports blunts I like I don't know when I'll quit
- I think it is nasty but I can't stop because I'm used to it
- I want to stop but my friends wanted me to do it
- It gets old but it helps me when I get yelled at or in a fight
- yes and no I mean I want to because It's bad for me and I don't because I'm around it 24' 7.
- yes, but I really just don't want to espailly with every thing that happen in my family
- yes, I have consiterd quitting cause its hard for me!

Addiction or fear of addiction:

- Don't want to get real addicted
- I can't
- I coarge But it is to good to stop
- I do want to but I'm hooked
- I don't want to get addicted
- I know it is bad for you, but I am addicted

Was successful or didn't use to begin with:

- I did quit
- I hate it. I am quitting. I'm down to once a month

- I don't smoke or chew, spit blunts leave me alone
- I quit last year
- I stopped already
- I stopped because I play sports
- It is very very bad so I quit
- Yes and I did, I went on to stand on-line and got involved
- Yes I quit 1st time I did it
- yes I use to but not now
- yes, I have really cut back and am now trying to stop.
- yes, I quit because I knew it was harmful
- yes, but I stop

Ready (or nearly ready) to try:

- I think it's been long enough
- I thought about it and Im trying to
- I tried but it's not easy. I know I can if I put my mind to it

It's foolish:

- It's pointless to smoke
- It's stupid
- It gets me nowhere
- It is a waste of money
- It is bad (written twice)
- Too much money
- We shouldn't smoke
- yes because it is bad
- yes because its bad + my boyfriend doesnt want me to
- yes because its bad habbit
- yes it's pointless
- yes, because I did not like it.
- yes, cus I don't like it sometimes
-

Other:

- I have a true career to look after
- I got pregnant
- I kept getting caught
- I never considered quitting
- I only did smoked a blunts once so yes.
- I ONLY TRIED ONCE

- I see all the Stand commercials & how they talk about replacements. I don't want a replacement
- I want to make mom feel bad
- yes because I was winded (that went away) but never quit
- yes because ive only tried it so I'm not addicted
- yes Blunt's & ciggeret
- Yes I made the mask wing when I cred

Getting in trouble:

- yes, because I don't want to get in trouble or caught
- yes, because whenever I get caught I get in trouble.

Other who said they do not smoke provided the following comments:

- I don't smoke at all. I'm not that stupid
- I don't do drugs. Drugs are for idiots
- I don't smoke. I don't spit or chew and I don't smoke blunts. I'm drug free
- I think it's stupid to get cancer over cigarettes. Don't smoke!
- I want to be smoke free and have fun
- I never wanted to smoke, spit/chew because it is all dumb
- No, I don't do any of those because you could die and it is bad for your health

Summary and conclusions

There are few tobacco users among this large group of middle school students. However, those that do use tobacco in various forms are a different group than those who do not. Those who smoke, in particular, have different behaviors. They are more likely to live in houses where people smoke in some or all areas of the home, they are less likely to be knowledgeable of the efforts of the tobacco industry to lure youth into tobacco use and more likely than their non-using counterparts to see smoking as "cool" and helpful in terms of "fitting in."

Those who do use tobacco cite various reasons for doing so – including peer pressure, family tobacco use and stressful lives.

Many of those who want to quit say they do so because they fear the effects on their health, because they've seen the negative effects in their family, or because tobacco use is negatively impacting their athletic performance.

Therefore, middle school administrators who are concerned about the use of tobacco on the part of their students can have better success in targeting these

few youth with multiple risk factors by utilizing the cited motivations to cease tobacco use.