

RECOMMENDATIONS

Best practices to reduce tobacco and alcohol use include:

- Limit locations where flavored tobacco and alcohol products can be sold
- Restrict point-of-sale advertising for tobacco and alcohol targeting youth
- Increase the price of electronic cigarettes and other vape products
- Stronger enforcement of laws prohibiting adults from providing alcohol to youth
- Restricting locations where tobacco products can be sold
- Maintain comprehensive statewide tobacco and alcohol prevention and education programs
- Increase collaboration between programs, coalitions, and organizations addressing youth substance abuse and health to support joint data collection and intervention planning
- Encourage parents to talk to their children and set clear rules about tobacco and alcohol use

BACKGROUND

The SHARP (Student Health and Risk Prevention) survey was designed to assess adolescent health, substance abuse, anti-social behavior, and the risk and protective factors that predict these behaviors. The SHARP survey is overseen by the Utah Department of Human Services (DHS), the Utah Department of Health (UDOH), and the Utah State Board of Education. The survey project is conducted in Utah public schools in the spring of odd-numbered years. Students in grades 6, 8, 10, and 12 are eligible to participate in the survey.

ANALYSIS

The data were weighted to account for probability of selection and to adjust to the demographic distribution of students enrolled in Utah public schools. Design weights were constructed to account for district, school, and classroom sampling rates. Iterative proportional fitting (raking) further adjusted the design weights to account for additional demographic information (grade, race, district, grade by school district, sex by school district, race/ethnicity by school district).

CITATION

Utah Tobacco Prevention and Control Program. *Student Health and Risk Prevention (SHARP) Survey Report: Tobacco and Alcohol Use Among Utah Students, 2017*. Salt Lake City: Utah Department of Human Services, Utah Department of Health, and Utah State Office of Education.

SHARP REPORT

TOBACCO AND ALCOHOL USE AMONG UTAH STUDENTS - 2017

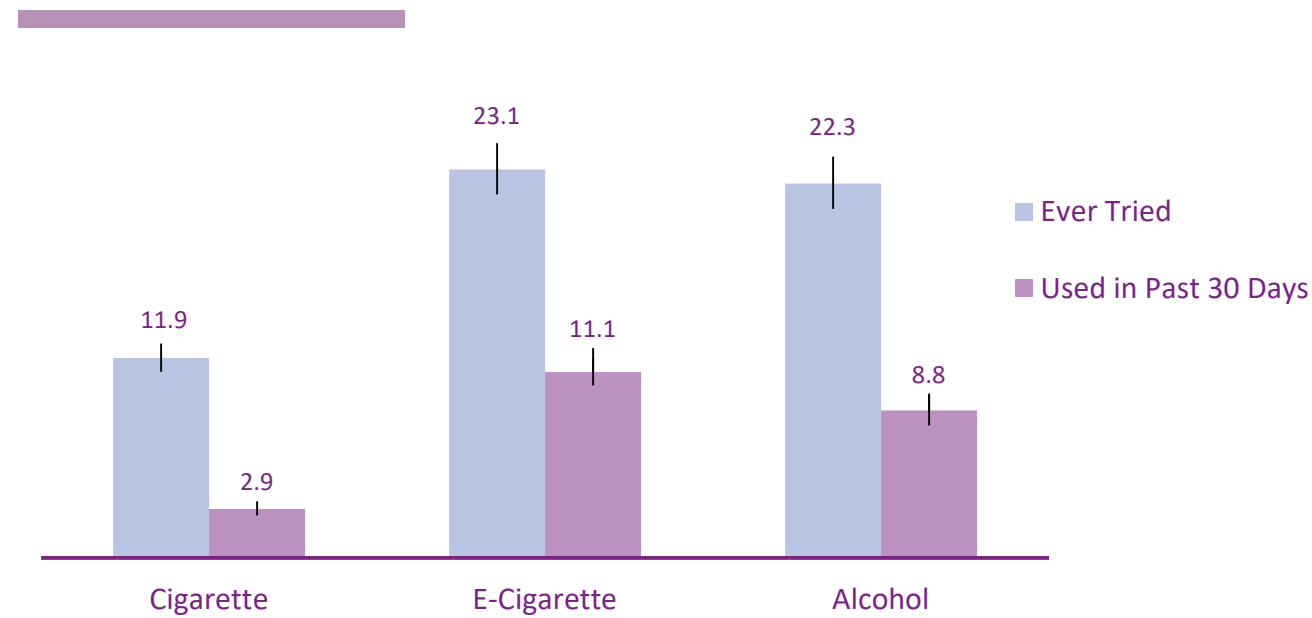
This data update includes:

- Experimentation and use of alcohol, cigarettes, and electronic cigarettes (or vape products) among Utah students in grades 8, 10, and 12
- Use of alcohol, cigarettes, and electronic cigarettes by local health district
- Dual use of alcohol and cigarettes & alcohol and electronic cigarettes
- Source of cigarettes and electronic cigarettes
- Common places where alcohol is consumed
- Recommendations to reduce tobacco and alcohol use among Utah youth

utah department of
human services

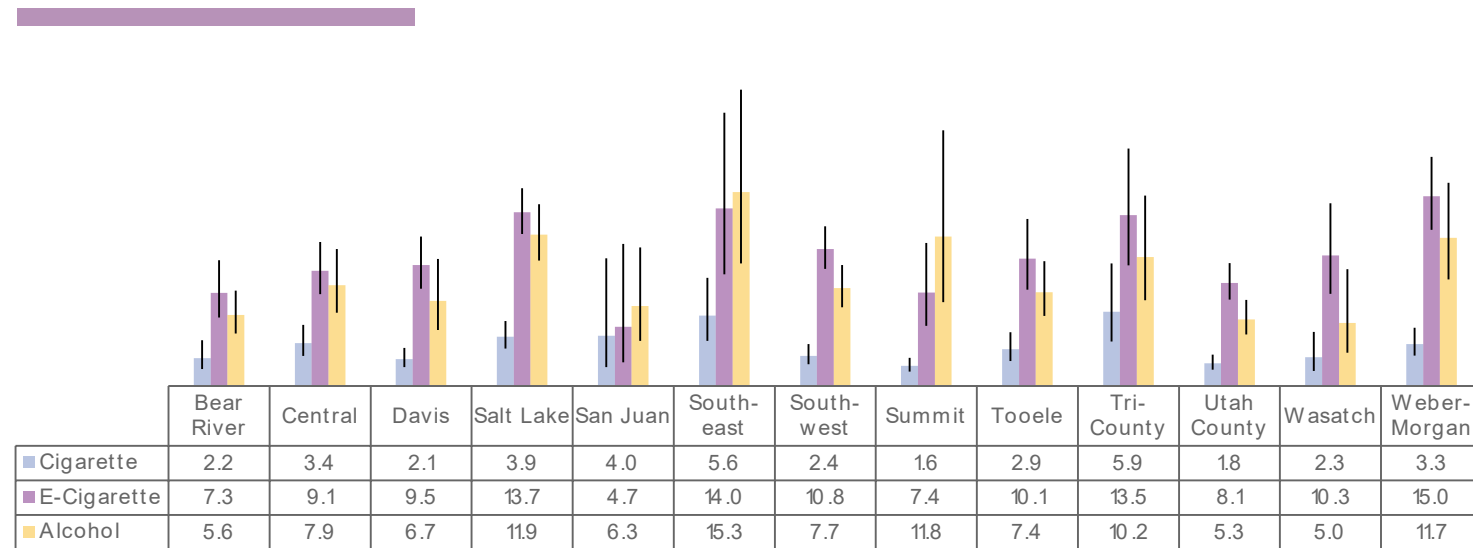


PERCENT OF UTAH STUDENTS IN GRADES 8, 10, AND 12 WHO TRIED TOBACCO OR ALCOHOL OR USED TOBACCO OR ALCOHOL IN THE PAST 30 DAYS BY TYPE OF PRODUCT, 2017



- **Lifetime Use.** In 2017, Utah students were significantly more likely to report ever trying alcohol (22.3%) and e-cigarettes (23.1%) than conventional cigarettes (11.9%).
- **Current Use.** More than 10% of Utah students reported current use of e-cigarettes, followed by alcohol use (8.8%), and cigarette smoking (2.9%).
- **E-Cigarettes.** The reported rate of current e-cigarette use is significantly higher than current alcohol use and cigarette smoking among Utah students.

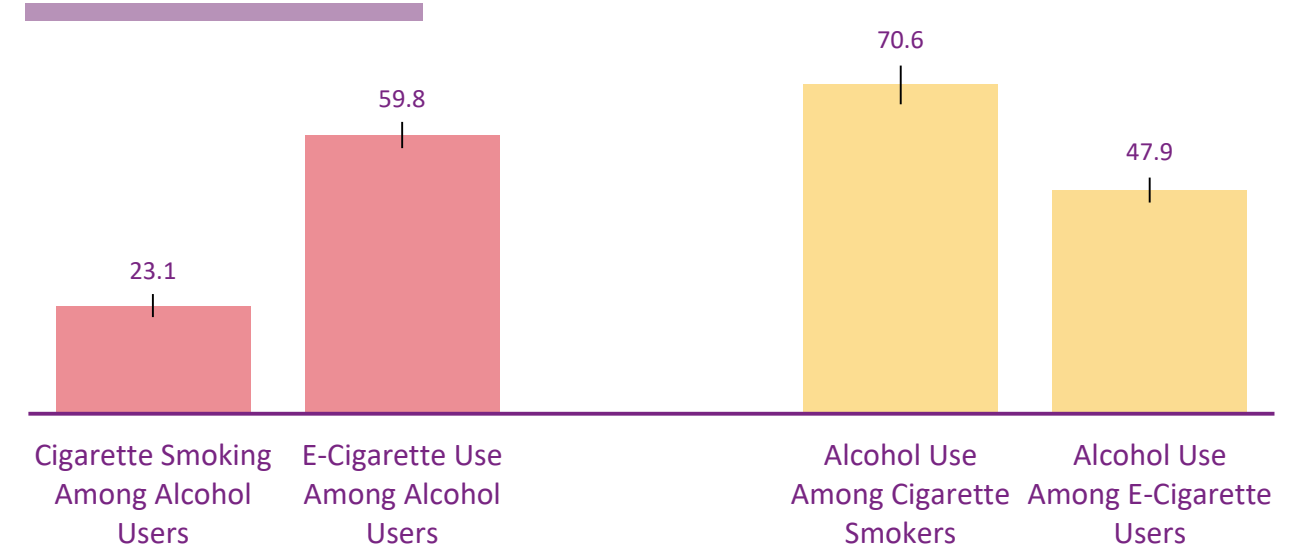
PERCENT OF UTAH STUDENTS IN GRADES 8, 10, AND 12 WHO REPORTED CURRENT USE OF TOBACCO OR ALCOHOL BY TYPE OF PRODUCT AND LOCAL HEALTH DISTRICT, 2017



*This estimate has a relative standard error of >30% and does not meet UDOH standards for reliability.

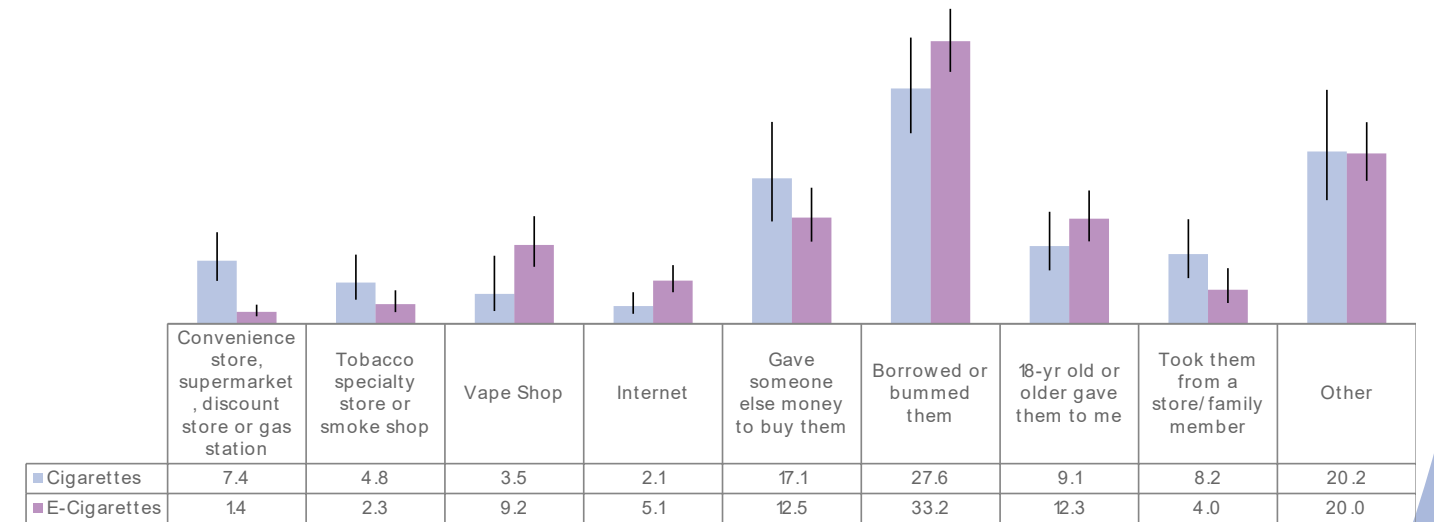
- **Cigarette Smoking.** Students in TriCounty health district reported the highest cigarette smoking rate (5.9%), followed by Southeast Utah (5.6%), San Juan (4.0%), and Salt Lake County (3.9%) health districts.
- **E-Cigarette Use.** One in seven students in Weber-Morgan, Southeast Utah, Salt Lake County, and TriCounty health districts reported current use of e-cigarettes.
- **Alcohol Use.** 15% of students in Southeast Utah health district reported current alcohol use followed by Salt Lake County, (11.9%), Summit County (11.8%), and Weber-Morgan (11.7%) health districts.

PERCENT OF UTAH STUDENTS IN GRADES 8, 10, AND 12 WHO REPORTED CURRENT USE OF TOBACCO AND ALCOHOL PRODUCTS BY TYPE OF USE, 2017



- **Tobacco Use Among Alcohol Users.** Less than one-fourth of Utah students who drank alcohol in the past 30 days reported that they also smoked conventional cigarettes. In comparison, nearly 60% of youth who drank alcohol were using electronic cigarettes.
- **Alcohol Use Among Tobacco Users.** About 70% of students who smoked cigarettes reported that they drank alcohol. Alcohol use among e-cigarette users was slightly less common at 47.9%.

SOURCE OF TOBACCO PRODUCTS AMONG UTAH STUDENTS IN GRADES 8, 10, AND 12 BY TYPE OF PRODUCT AND SOURCE, 2017



- **Cigarette Sources.** Utah students are most likely to get cigarettes from social sources. Nearly 30% of Utah youth smokers reported borrowing or bumming cigarettes from someone else and 17.1% report that they usually give someone money to buy them.
- **E-Cigarette Sources.** One-third of Utah students reported borrowing or bumming e-cigarettes from someone else, 12.5% reported giving someone money to buy them, 12.3% received them from someone age 18 or older, and another 9.2% reported usually buying e-cigarettes at a vape shop.
- **Places Where Alcohol was Consumed.** The most common places where Utah students who drank alcohol in the past 30 days consumed alcohol were at someone else's home without parental permission (73.0%), followed by someone else's home with their parents' permission (41.7%), someplace outside of town (41.3%), and their own home with their own parents' permission (36.1%).