

**TOBACCO PRODUCTS & MISSOURI COLLEGE STUDENTS**

The following data is taken from the Missouri College Health Behavior Survey (MCHBS), an annual survey implemented at 21 college and universities in Missouri. The MCHBS asks students about their use of a variety of tobacco products, including hookah, e-cigarettes and tobacco cigarettes. Students are asked to report all tobacco products used in the past year, and the two tables below attempt to paint a complete picture of tobacco product usage. On the left, is the self-reported frequency of tobacco products conveyed by PIP students. The table on the right shows that of these students reporting tobacco usage, nearly half of them report using more than one type of tobacco product. The poly use of tobacco causes the first table to not add to 100%, but instead captures all tobacco use by students.

TOBACCO PRODUCTS USED (Past Year)	PIP21 ALL STUDENTS (n=9151)
Cigarettes	18%
Hookah	14%
Cigars	12%
Smokeless	5%
E-Cigarettes	3%
Pipes	2%
None	57%

NUMBER OF PRODUCTS USED (Past Year)	PIP21 TOBACCO USERS* (n=2760)
1	54%
2	26%
3	12%
4	5%
5+	3%

\* Percentages are taken from students reporting to have used at least one tobacco product in the past year.

**DISCUSSION**

The most common forms of tobacco usage by students are cigarettes and hookah use (18% and 14%, respectively). Fifty-seven percent (57%) of students reported not using any tobacco products in the past year. Of those who smoke cigarettes, 31% would be defined as 'regular smokers' (smoking everyday), with an additional 7% who reported smoking 3-6 times per week. Approximately half (52%) of Missouri students who used cigarettes in the past year reported a quit attempt since entering college.

Hookah usage in the past year was reported by 14% of students, with an overwhelming majority (80%) using only a few times a year. Smokeless forms of tobacco (e.g., chew, spit, dip) were used by 5% of the students surveyed, but nearly half of those users (47%) used it at least weekly.

Poly use of tobacco, defined as using more than one type of tobacco product in the past year, was reported by 46% of all tobacco users. The table above shows the

percentages of students who reported using at least one type of tobacco product. Of the students who reported using two or more types of tobacco (n=1279), 78% of them smoked cigarettes and 67% smoked hookah in the past year. Other frequencies of tobacco types fell in the same order of usage as statewide percentages (cigars 62%, smokeless 28%, e-cigarettes 18%, followed by pipes 16%).

**SUMMARY**

As many campuses consider the move towards a smoke free or tobacco free environments, it is important to realize the prevalence of tobacco usage on each campus. Statewide, only 18% of college students report using cigarettes in the past year, while a majority of students report not using any tobacco products.

Contact Partners in Prevention at (573) 884-7551

Report prepared by Kathleen Anderson, Partners in Prevention Staff

Funded by the Missouri Department of Mental Health's Division of Alcohol and Drug Abuse