



TOBACCO AND OTHER SUBSTANCE USE

The New Brunswick Student Wellness Survey (NBSWS) is a provincial initiative of the Department of Wellness, Culture and Sport (WCS). Data collection and analysis is conducted by the Health and Education Research Group (University of New Brunswick and Université de Moncton) in collaboration with WCS, and in cooperation with the Department of Education. The purpose of the survey is to examine the health and wellness attitudes and behaviours of students in grades 6-12.

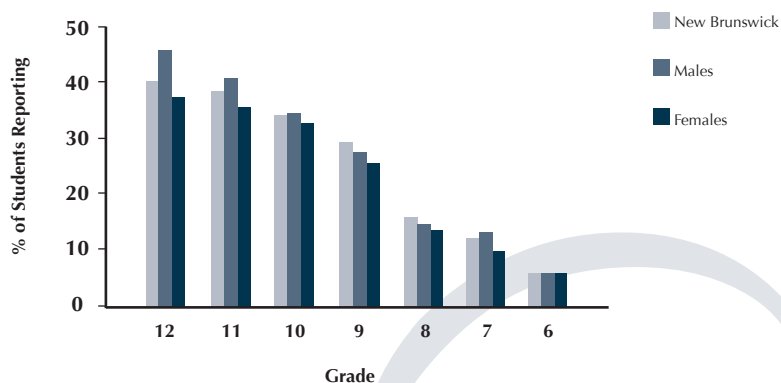
Low academic achievement and motivation have been associated with smoking behaviours in students. Twenty-two percent of all deaths in Canada are attributable to tobacco use. Half of all long-term smokers will die or be disabled by a smoking-related illness (Health Canada, 2007).

Rates of Tobacco Use

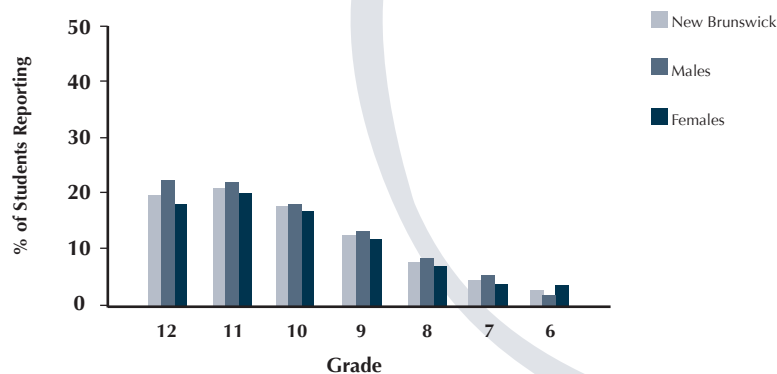
The following graphs illustrate the number of students at each grade level who have ever tried smoking, or who smoked in the 30 days before the survey. Most established smokers start experimenting with cigarettes between the ages of 10 and 18.

- 26% of all students reported that they had “ever tried” smoking.
- 12% of all students reported that they had smoked in the last 30 days.
- 10% of all females and 14% of all males reported having smoked in the 30 days preceding the survey.
- 5% of students in grades 6-8 reported having smoked in the 30 days preceding the survey.
- 16% of students in grades 9-12 reported having smoked in the 30 days preceding the survey.

Students who have ever tried smoking



Students who have smoked in the last 30 days



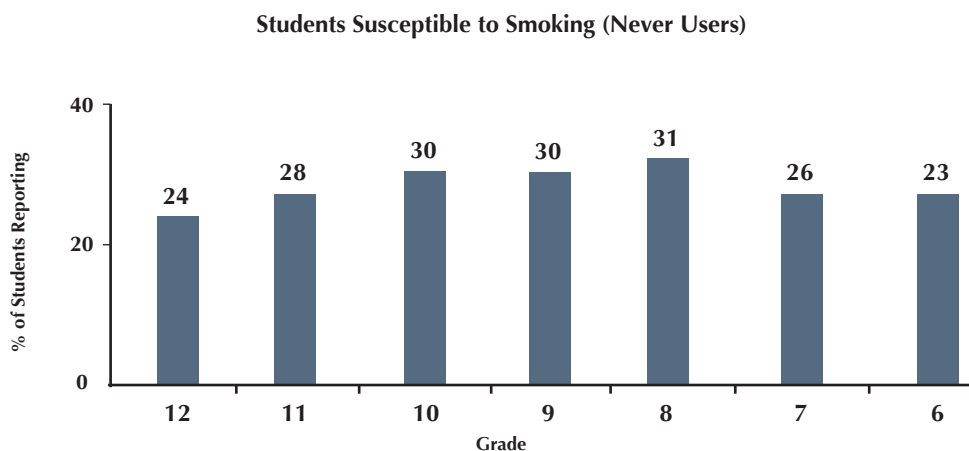
Obtaining Cigarettes

- 33% of students reported that cigarettes were given to them by their parents, siblings, friends, or someone else.
- 17% of students reported asking someone else to buy cigarettes for them.
- 24% of students reported buying cigarettes for themselves.
- 11% of students reported obtaining cigarettes from other sources.

Susceptibility to Smoking

Students who have never smoked were asked about their intentions to remain smoke-free and their confidence in resisting peer-pressure to smoke.

Overall, 27% of students who have never smoked a cigarette reported low confidence in their ability to remain smoke-free in the future. The highest susceptibility to smoking occurs in grades 8 (31%), 9 and 10 (30% each).

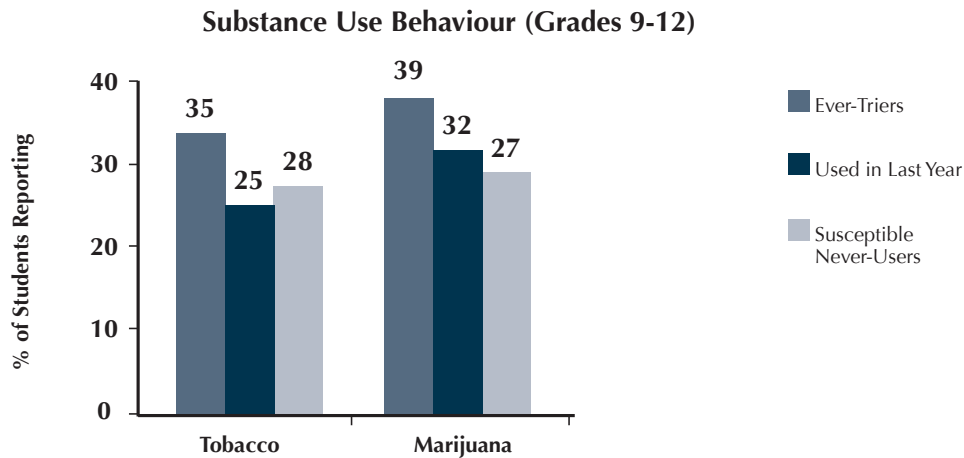


Other Substance Use (Grades 9-12)

Using tobacco at an early age has been associated with other risk behaviours, including problem alcohol and substance use (Health Canada, 2002).

- 95% of students who reported trying cigarettes (even just a few puffs), also indicated that they had tried alcohol; whereas 69% of other students reported trying alcohol.
- 97% of those who reported smoking in the last 30 days also indicated that they had tried alcohol; whereas 73% of other students reported trying alcohol.
- 77% of students who reported trying cigarettes (even just a few puffs), also claimed to have tried marijuana; whereas 23% of other students reported trying marijuana.
- 90% of those who reported smoking in the last 30 days also claimed to have tried marijuana; whereas only 31% of other students reported trying marijuana.

Although tobacco use rates are in decline (Health Canada, 2009), the following graph indicates that a significant number of New Brunswick youth continue to use or be susceptible to the use of tobacco products. In addition to tobacco use, the use of marijuana (or being susceptible to the use of marijuana) was also explored using the same definition as research methods previously established with tobacco use (Health Canada, 2002). Levels of susceptibility to marijuana use are similar to susceptibility rates for tobacco.



Comparison of NB Student Wellness Survey Results

The following provides a comparison of 2006-2007 and 2009-2010 outcomes of selected New Brunswick Wellness Strategy Indicators and Targets related to tobacco use.

Target	Wellness Indicator	2006-2007 Baseline	2009-2010 Results	Progress
↑	Youth who have never smoked by grade 12	46%	60%	👍
↓	Youth who have smoked in the last 30 days	12%	12%	—
↓	Youth reporting susceptibility to starting to use tobacco	24%	27%	👎

References

- Health Canada. (2002). *Youth Smoking Survey Technical Report*. Retrieved from <http://www.hc-sc.gc.ca/hc-ps/pubs/tobac-tabac/yss-etj-2002/index-eng.php>
- Health Canada. (2007). *Smoking Attributable Mortality Data: Tobacco Research*. Retrieved from <http://hc-sc.gc.ca/hc-ps/tobac-tabac/research-recherche/mortal/index-eng.php>
- Health Canada. (2009). *Canadian Tobacco Use Monitoring Survey (CTUMS) 2009*. Retrieved from http://www.hc-sc.gc.ca/hc-ps/tobac-tabac/research-recherche/stat/_ctums-esutc_2009-eng.php



The New Brunswick Student Wellness Survey Provincial Fact Sheets are available at www.unbf.ca/education/herg and www.gnb.ca/wellness

- 127 schools participated in the 2009-2010 New Brunswick Student Wellness Survey.
- The survey data was collected from 21,078 students across New Brunswick.
- The students surveyed were in grades 6 to 12.

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