**Tobacco**

Many smokers keep smoking to avoid withdrawal. If you smoke at least 15 cigarettes a day or smoke your first cigarette of the day within 30 minutes of getting up, you may be addicted and are likely to go through nicotine withdrawal when quitting.

**Nicotine withdrawal feels like this:** (from the DSM-IV-TR)

- dysphoric or depressed mood
- insomnia
- irritability, frustration, or anger
- anxiety
- difficulty concentrating
- restlessness
- decreased heart rate
- increased appetite or weight gain

Nicotine withdrawal can last from three days to four weeks, but the craving for a cigarette can last for months.

Quitting tobacco is hard, but with help you can do it. And quitting is worth it. Who wants to be addicted? Who wants to let something like a cigarette control their lives?

**Youth and Tobacco Use: Current Estimates (updated December 2006)**

**Cigarette Smoking**

- Twenty-three percent of high school students in the United States are current cigarette smokers—23% of females and 22.9% of males.¹
- Approximately 26% of whites, 22% of Hispanics, and 13% of African Americans in high school are current cigarette smokers.¹
- Eight percent of middle school students in this country are current cigarette smokers,² with estimates slightly higher for females (9%) than males (8%).²
- Nine percent of whites, 10% of Hispanics, 8% of African Americans, and 3% of Asian Americans in middle school are current cigarette smokers.²
- Each day in the United States, approximately 4,000 young people between the ages of 12 and 17 years initiate cigarette smoking, and an estimated 1,140 young people become daily cigarette smokers.³

**Other Tobacco Use**

- Thirteen percent of high school students are current cigar smokers, with estimates higher for males (18%) than for females (8%).² Nationally, an estimated 5% of all middle school students are current cigar smokers, with estimates of 7% for males and 4% for females.²
- An estimated 10% of males in high school are current smokeless tobacco users,² as are an estimated 4% of males in middle school.²
• An estimated 3% of high school students are current users of bidis; bidi use is more common among males (4%) than females (2%). An estimated 2% of middle school students are bidi users, with estimates of 3% for males and 2% for females.

Factors Associated with Tobacco Use among Youth

• Factors associated with youth tobacco use include low socioeconomic status, use and approval of tobacco use by peers or siblings, smoking by parents or guardians, accessibility, availability and price of tobacco products, a perception that tobacco use is normative, lack of parental support or involvement, low levels of academic achievement, lack of skills to resist influences to tobacco use, lower self-image or self-esteem, belief in functional benefits of tobacco use, and lack of self-efficacy to refuse offers of tobacco.

• Tobacco use in adolescence is associated with many other health risk behaviors, including higher risk sexual behavior and use of alcohol or other drugs.

References


