

Tobacco Use and Vaping

Among Public High School Students in Oklahoma



What do the data say?

Data from the **2023 Oklahoma Youth Risk Behavior Survey (YRBS)** indicate that:

Cigarette and Other Tobacco Use

- **75.5%** of students had never tried cigarette smoking, even one or two puffs¹
- **95.7%** of students had not smoked cigarettes recently²
- **6.2%** recently smoked cigars, cigarillos, or little cigars²
- **3.8%** recently used smokeless tobacco products²

Electronic Vapor Product (EVP) Use

- **46.0%** have ever used an EVP¹
- **21.8%** recently used an EVP²

75.5%

of students had never tried cigarette smoking, even one or two puffs¹

95.7%

of students had not smoked cigarettes recently¹

46.0%

Have ever used an EVP

Recommendations:

- **Conduct a comprehensive review** of your Tobacco Free Policies and provide additional training to staff, students and parents about the policy "24-7-tobacco-free-schools".³
- **Promote both My Life My Quit and/or the Oklahoma Tobacco Helpline** to students. Depending on the age, MLMQ is for ages 13-17; OTH for students over 17.
- **Consider incorporating the CATCH My Breath curriculum**, a free, evidence-based vaping prevention program for youth, proven to reduce the likelihood of students starting to vape. Aligned with both national and state education standards, the program is designed for use with students in grades 5-12. It can be delivered by educators, public health professionals, government agencies, and community volunteers who work with youth. <https://catch.org>

For questions regarding these recommendations, please email OnlyAir@health.ok.gov.

1. During their lifetime
2. During the 30 days before the survey
3. Oklahoma State Department of Health, Tobacco Prevention. 24/7 Tobacco-Free Schools. <https://oklahoma.gov/health/health-education/community-outreach/community-development-services/office-of-chronic-disease/tobacco-prevention/breathe-easy/24-7-tobacco-free-schools.html>

For more information, contact the Family Support and Prevention Service, Assessment Division, at **(405) 426-8092** or visit oklahoma.gov/health/yrbs.



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