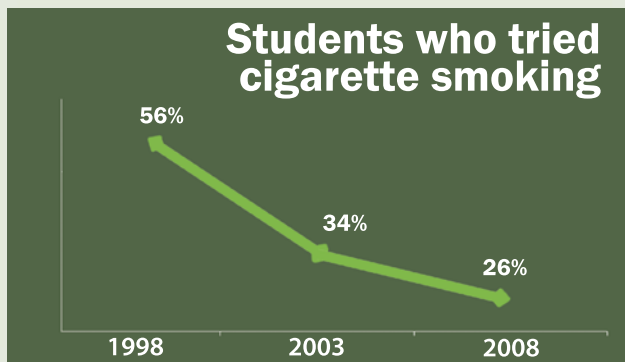


# The number of students who tried cigarettes has decreased over the past decade



“I am having repetitive coughing as a result from smoking cigarettes & marijuana”

This is one of a series of 12 pamphlets sharing the results of the BC Adolescent Health Survey with young people. Other pamphlets in the series include: Nutrition, Injuries, Sexual Behaviour, Weight & Body Image, Health & Accessing Health Care, School & Work, Sport & Leisure Activities, Abuse & Violence, Mental & Emotional Health, Building Protective Factors and Substance Use.



Information presented here is taken from the 2008 BC Adolescent Health Survey which was completed by 30,000 youth in grades 7-12. The results of this survey are published in *A Picture of Health*, as well as other youth friendly reports and fact sheets. These are available free on our website. If you are interested in learning more about the results, or how to use the results to improve youth health in your community, visit [www.mcs.bc.ca](http://www.mcs.bc.ca).



McCreary Centre Society  
3552 Hastings Street East  
Vancouver, BC V5K 2A7  
[www.mcs.bc.ca](http://www.mcs.bc.ca)

# A Picture of Health:



# Smoking

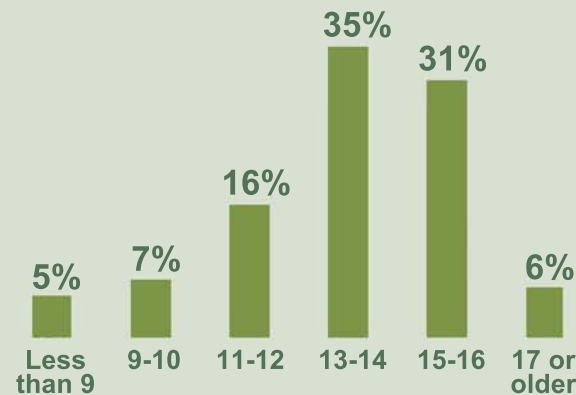
Results of BC Adolescent Health Survey





Unlike in 2003, when females were more likely to have smoked a cigarette, this time males and females were equally likely to have smoked. Males were more likely than females to have used chewing tobacco.

### Age when first smoked a whole cigarette (among students who had tried smoking)



As well as less youth smoking in 2008 than 2003 and 1998, youth also waited longer to start smoking. Among students who smoked, the percentage who had smoked a whole cigarette before they were 9 years old decreased from 8% in 2003 to 5% in 2008. In contrast, the percent of youth who smoked their first cigarette at age 15 or 16 years old rose from 18% to 31%.

## Did you know?

28% of youth were regularly exposed to tobacco smoke inside their home or family vehicle, and 10% were exposed on a daily or almost daily basis. Youth regularly exposed to second hand smoke were more likely to try smoking themselves.

## Resources

### HealthLink BC

Anywhere in BC: 8-1-1

TTY (Deaf and hearing-impaired): 7-1-1

[www.healthlinkbc.ca](http://www.healthlinkbc.ca)

Easy access to non-emergency health information and services.

### Local Youth Clinic

Search online for youth clinics in your area.

They are free, confidential and full of professional doctors and nurses who are happy to help.

### Kids Help Phone

1-800-668-6868

[www.kidshelpphone.ca](http://www.kidshelpphone.ca)

Free and anonymous phone and web counselling that is confidential, non-judgemental and available 24/7 for both children and teenagers.

### Youth In BC

604.872.3311 (Greater Vancouver)

1.866.661.3311 (Toll-Free)

[www.youthinbc.com](http://www.youthinbc.com)

A volunteer driven organization committed to helping people help themselves and others deal with crisis.