

2019 North Carolina Youth Tobacco Survey (YTS) Middle School Questionnaire

This survey is about tobacco. We would like to know about you and things you do that may affect your health. Your answers will be used for programs for young people like yourself.

DO NOT write your name on this survey. The answers you give will be kept private.

NO one will know what you write. Answer the questions based on what you really do and know.

Completing the survey is voluntary. Whether or not you answer the questions will not affect your grade in this class. Try to answer all the questions. If you do not want to answer a question, just leave it blank. There are no wrong answers.

The questions that ask about your background will only be used to describe the types of students completing this survey. The information will not be used to find out your name. No names will ever be reported.

Please read every question. Try to answer all the questions. Fill in the circles on the answer sheet completely. When you are finished, follow the instructions of the person giving you the survey.

Thank You Very Much For Your Help.

The first six questions ask some background information about you.

1. How old are you?
- A. 9 years old
 - B. 10 years old
 - C. 11 years old
 - D. 12 years old
 - E. 13 years old
 - F. 14 years old
 - G. 15 years old
 - H. 16 years old
 - I. 17 years old
 - J. 18 years old
 - K. 19 years old or older

2. What is your sex?
- A. Female
 - B. Male

3. What grade are you in?
- A. 6th
 - B. 7th
 - C. 8th
 - D. 9th
 - E. 10th
 - F. 11th
 - G. 12th
 - H. Ungraded or other grade

4. Are you Hispanic or Latino?
- A. No
 - B. Yes, I am Mexican, Mexican American, or Chicano
 - C. Yes, I am Puerto Rican
 - D. Yes, I am Cuban or Cuban American
 - E. Yes, I am some other Hispanic or Latino not listed here

5. What race or races do you consider yourself to be? (**Select one or more**)
- A. American Indian or Alaska Native
 - B. Asian
 - C. Black or African American
 - D. Native Hawaiian or Other Pacific Islander
 - E. White

The next several sections ask about your use of particular kinds of tobacco products, such as e-cigarettes, cigarettes, cigars, smokeless tobacco, hookah, pipe, snus, dissolvable tobacco, bidis, and heated tobacco products.

The first several questions are about e-cigarettes or vapor products. Some brand examples include **JUUL, Suorin, Smok, Vuse alto, Kandypens and myBlu.**

E-cigarettes are battery powered devices that usually contain a nicotine-based liquid that is vaporized and inhaled. You may know them as e-cigs, vapes, vape-pens, e-hookahs, or mods. We will refer to them as e-cigarettes below

6. Have you **ever used** an e-cigarette, even once or twice?
- A. Yes
 - B. No

<p>7. Do you think that you will try an e-cigarette soon?</p> <ul style="list-style-type: none"> A. Definitely yes B. Probably yes C. Probably not D. Definitely not
<p>8. Do you think you will use an e-cigarette in the next year?</p> <ul style="list-style-type: none"> A. Definitely yes B. Probably yes C. Probably not D. Definitely not
<p>9. If one of your best friends were to offer you an e-cigarette, would you use it?</p> <ul style="list-style-type: none"> A. Definitely yes B. Probably yes C. Probably not D. Definitely not
<p>10. During the past 30 days, on how many days did you use e-cigarettes?</p> <ul style="list-style-type: none"> A. 0 days B. 1 or 2 days C. 3 to 5 days D. 6 to 9 days E. 10 to 19 days F. 20 to 29 days G. All 30 days
<p>11. Which e-cigarette flavors have you used in the past 30 days? (Select one or more)</p> <ul style="list-style-type: none"> A. Tobacco-flavored B. Menthol or mint C. Fruit D. Candy, desserts, or other sweets E. Some other flavor F. Don't know G. I have not used an e-cigarette in the past 30 days
<p>12. Which of the following best describes the type of e-cigarette you have used in the past 30 days? If you have used more than one type, please think about the one you use most often.</p> <ul style="list-style-type: none"> A. A disposable e-cigarette B. An e-cigarette that uses pre-filled pods or cartridges, (e.g. JUUL) C. An e-cigarette with a tank that you refill with liquids D. A mod system (an e-cigarette that can be customized by the user with their own combination of batteries or other parts) E. I don't know the type F. I have not used an e-cigarette in the past 30 days
<p>13. What brand of e-cigarette have you used in the past 30 days? (Select one or more)</p> <ul style="list-style-type: none"> A. Bo B. JUUL C. Kandypen D. myBlu E. Myle' F. Phix G. Smok H. Suorin Air I. Sourin Drop J. Vuse alto K. Other L. I have not used an e-cigarette in the past 30 days

<p>14. How often do you find it hard to get through the school day without vaping/using an e-cigarette?</p> <p>A. Never B. Rarely C. Sometimes D. Often E. Almost always</p>
<p>15. Have you ever vaped marijuana or cannabis (including concentrates, waxes, or hash oils)?</p> <p>A. I have never used an electronic vapor product B. Yes C. No</p>
<p><i><u>The next six questions are about smoking conventional cigarettes (ones that are lit and burned).</u></i></p> <p>16. Have you ever tried cigarette smoking, even one or two puffs?</p> <p>A. Yes B. No</p>
<p>17. Do you think that you will try a cigarette soon?</p> <p>A. Definitely yes B. Probably yes C. Probably not D. Definitely not</p>
<p>18. Do you think you will smoke a cigarette in the next year?</p> <p>A. Definitely yes B. Probably yes C. Probably not D. Definitely not</p>
<p>19. If one of your best friends were to offer you a cigarette, would you smoke it?</p> <p>A. Definitely yes B. Probably yes C. Probably not D. Definitely not</p>
<p>20. During the past 30 days, on how many days did you smoke cigarettes?</p> <p>A. 0 days B. 1 or 2 days C. 3 to 5 days D. 6 to 9 days E. 10 to 19 days F. 20 to 29 days G. All 30 days</p>
<p>21. Menthol cigarettes are cigarettes that taste like mint. During the past 30 days, were the cigarettes that you usually smoked menthol?</p> <p>A. I did not smoke cigarettes during the past 30 days B. Yes C. No D. Not sure</p>
<p><i><u>The next 2 questions are about the use of cigars, cigarillos or little cigars such as Black and Mild, Swisher Sweets, Dutch Masters, White Owl, or Phillies Blunts.</u></i></p> <p>22. Have you ever tried smoking cigars, cigarillos, or little cigars, such as Black and Milds, Swisher Sweets, Dutch Masters, White Owl, or Phillies Blunts, even one or two puffs?</p> <p>A. Yes B. No</p>

23. During the **past 30 days**, on how many days did you smoke cigars, cigarillos, or little cigars?

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

The next two questions are about the use of cigars, cigarillos, or little cigars that had **marijuana** in them (often known as "blunts")?

24. Have you **ever** smoked a blunt (a cigar, cigarillo, or little cigar that had **marijuana** in it)?

- A. Yes
- B. No

25. During the **past 30 days**, did you smoke a blunt (a cigar, cigarillo, or little cigar that had **marijuana** in it)?

- A. Yes
- B. No

The next two questions are about the use of chewing tobacco, snuff, or dip. **Do not think about snus or dissolvable tobacco products when you answer these questions.**

26. Have you **ever used** chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen, even just a small amount?

- A. Yes
- B. No

27. During the **past 30 days**, on how many days did you use chewing tobacco, snuff, or dip?

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

The next two questions are about smoking tobacco in a hookah, which is a type of waterpipe. Shisha (or hookah tobacco) is smoked in a hookah.

28. Have you **ever tried** smoking tobacco in a hookah or waterpipe, even one or two puffs?

- A. Yes
- B. No

29. During the **past 30 days**, on how many days did you smoke tobacco in a hookah or waterpipe?

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

The next two questions are about the use of other tobacco products, not described in the previous sections.

30. Which of the following tobacco products have you **ever tried**, even just one time? (**Select one or more**)

- A. Roll-your-own cigarettes
- B. Pipes filled with tobacco (not waterpipe)
- C. Snus, such as Camel, Marlboro, or General Snus
- D. Dissolvable tobacco products such as Ariva, Stonewall, Camel orbs, Camel sticks, Marlboro sticks, or Camel strips
- E. Bidis (small brown cigarettes wrapped in a leaf)
- F. Nicotine toothpicks, such as Pixotine
- G. Tobacco-Free Nicotine Pouches, such as Zyn, On! Or Lyft
- H. I have never tried any of the products listed above

31. In the **past 30 days**, which of the following products have you used on **at least one day**? (**Select one or more**)

- A. Roll-your-own cigarettes
- B. Pipes filled with tobacco (not waterpipe)
- C. Snus, such as Camel, Marlboro, or General Snus
- D. Dissolvable tobacco products such as Ariva, Stonewall, Camel orbs, Camel sticks, Marlboro sticks, or Camel strips
- E. Bidis (small brown cigarettes wrapped in a leaf)
- F. Nicotine toothpicks, such as Pixotine
- G. Tobacco-Free Nicotine Pouches, such as Zyn, On!, or Lyft
- H. I have not used any of the products listed above in the past 30 days

The next section is about "heated tobacco products". Some people refer to these products as "heat-not-burn" tobacco products. "Heated tobacco products" heat tobacco sticks or capsules to produce a vapor. They are different from e-cigarettes, which heat a liquid to produce a vapor. Some brands of "heated tobacco products" include iQOS, glo, and Eclipse.

32. Before today, have you heard of "heated tobacco products"?

- A. Yes
- B. No
- C. Don't know/ Not sure

33. Have you ever tried a "heated tobacco product", even just one time?

- A. Yes
- B. No
- C. Don't know/ Not sure

Now think about your responses to the questions about past 30 day use of e-cigarettes, cigarettes, cigars, smokeless tobacco, hookah, pipe, snus, dissolvable tobacco, bidis, and heated tobacco products.

The next question is about the urge to use tobacco products, including e-cigarettes and all products asked about in this survey.

34. How soon after you wake up do you want to use a tobacco product?

- A. I do not want to use tobacco products
- B. Within 5 minutes
- C. From 6 to 30 minutes
- D. From more than 30 minutes to 1 hour
- E. After more than 1 hour but less than 24 hours
- F. I rarely want to use tobacco products

The next two questions are about getting tobacco products, including e-cigarettes and all products asked about in this survey

35. During the **past 30 days**, how did you **get** your own tobacco products? (**Select one or more**)

- A. I did not use tobacco products in the past 30 days
- B. I bought them myself
- C. I had someone else buy them for me
- D. I asked someone to give me some
- E. Someone offered them to me
- F. I bought them from another person
- G. I got them in some other way

36. During the **past 30 days**, where did you **buy** your own tobacco products? (**Select one or more**)

- A. I did not buy tobacco products during the past 30 days
- B. A gas station or convenience store
- C. A grocery store
- D. A drugstore
- E. A vending machine
- F. On the internet
- G. Through the mail
- H. A vape shop or tobacco shop
- I. Some other place not listed here

The next three questions ask about quitting tobacco products, including e-cigarettes and all products asked about in this survey.

37. Do you want to stop using tobacco products for good?

- A. I do not use any tobacco products now
- B. Yes
- C. No

38. During the **past 12 months**, how many times have you stopped using tobacco products for **one day or longer** because you were trying to quit **for good**?

- A. I did not use tobacco products during the past 12 months
- B. I did not try to quit during the past 12 months
- C. 1 time
- D. 2 times
- E. 3 to 5 times
- F. 6 to 9 times
- G. 10 or more times

39. In the past 12 months, did you do any of the following to help you quit using tobacco of any kind for good? (**Select one or more**)

- A. I did not use tobacco of any kind during the past 12 months
- B. I did not try to quit during the past 12 months
- C. Attended a program at my school
- D. Attended a program in the community
- E. Called a telephone help line or telephone quit line
- F. Used nicotine gum
- G. Used nicotine patch
- H. Used any medicine to help quit
- I. Visited an Internet quit site
- J. Got help from family or friends
- K. Used another method such as hypnosis or acupuncture
- L. Tried to quit on my own or quit "cold turkey"

The next 7 questions ask about your thoughts on tobacco products.

40. How strongly do you agree with the statement 'All tobacco products are dangerous'?
- A. Strongly agree
 - B. Agree
 - C. Disagree
 - D. Strongly disagree

41. Do you think that breathing smoke from other people's cigarettes or other tobacco products is...
- A. Very harmful to one's health
 - B. Somewhat harmful to one's health
 - C. Not very harmful to one's health
 - D. Not harmful at all to one's health

42. Do you think that breathing vapor from other people's electronic cigarettes or e-cigarettes is...?
- A. Very harmful to one's health
 - B. Somewhat harmful to one's health
 - C. Not very harmful to one's health
 - D. Not harmful at all to one's health

43. How harmful are combustible tobacco products (such as cigarettes, cigars, cigarillos, and little cigars) to your health?
- A. Not at all harmful
 - B. Somewhat harmful
 - C. Very harmful
 - D. Extremely harmful
 - E. Not sure

44. How harmful are electronic cigarettes or e-cigarettes to your health?
- A. Not at all harmful
 - B. Somewhat harmful
 - C. Very harmful
 - D. Extremely harmful
 - E. Not sure

45. Do you believe that **e-cigarettes** are (LESS ADDICTIVE, EQUALLY ADDICTIVE, or MORE ADDICTIVE) than cigarettes?
- A. Less addictive
 - B. Equally addictive
 - C. More addictive
 - D. Not sure

The next six questions ask about you being around other people's tobacco smoke. Do not include exposure to vapor from e-cigarettes.

46. During the past 7 days, on how many days did someone smoke tobacco products in your home while you were there?
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 days
 - E. 4 days
 - F. 5 days
 - G. 6 days
 - H. 7 days

47. During the past 7 days, on how many days did you ride in a vehicle when someone was smoking a tobacco product?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

48. During the past 7 days, on how many days did you breathe the smoke from someone who was smoking a tobacco product at your school, including school buildings, school grounds, and school parking lots?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

49. During the past 7 days, on how many days did you breathe the smoke from someone who was smoking tobacco products in an indoor or outdoor public place? Examples of indoor public places are school buildings, stores, restaurants, and sports arenas. Examples of outdoor public places are school grounds, parking lots, stadiums and parks.

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

50. Inside your home (not counting decks, garages, or porches) is smoking...

- A. Always allowed
- B. Allowed only at some times or in some places
- C. Never allowed

51. In the vehicles that you and family members who live with you own or lease, is smoking...

- A. Always allowed
- B. Sometimes allowed
- C. Never allowed

*The next two questions ask about being around other people's e-cigarette vapor. Some e-cigarette brands include **JUUL, Suorin, Smok, Vuse alto, Kandypens and myblu**. Do not include exposure to smoke from tobacco products.*

52. During the past 7 days, on how many days did someone use an e-cigarette in your home while you were there?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

53. During the past 7 days, on how many days did you breathe the vapor from someone who was using an e-cigarette in an indoor or outdoor public place? Examples of indoor public places are school buildings, stores, restaurants, and sports arenas. Examples of outdoor public places are school grounds, parking lots, stadiums and parks.
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 days
 - E. 4 days
 - F. 5 days
 - G. 6 days
 - H. 7 days

The last two questions ask about your experiences at home and at school.

54. Have you ever seen anyone using an e-cigarette in any locations in or around your school? **(Select one or more)**
- A. No
 - B. Yes, inside a school bathroom or locker room
 - C. Yes, inside a classroom
 - D. Yes, inside some other area of the school (hallway, cafeteria)
 - E. Yes, outside of the school, such as in the parking lot, sidewalk, or other school grounds
 - F. Yes, somewhere else not listed here

55. Does anyone who lives with you now...? **(Select one or more)**
- A. Smoke cigarettes
 - B. Smoke cigars, cigarillos, or little cigars
 - C. Use chewing tobacco, snuff, or dip
 - D. Use e-cigarettes
 - E. Smoke tobacco in a hookah or waterpipe
 - F. Smoke pipes filled with tobacco (not waterpipes)
 - G. Use snus
 - H. Use dissolvable tobacco products
 - I. Smoke bidis (small brown cigarettes wrapped in a leaf)
 - J. No one who lives with me now uses any form of tobacco

END OF SURVEY

THANK YOU FOR COMPLETING THE YOUTH TOBACCO SURVEY!!