

2006 SPORT AND RECREATION SURVEY: YOUTH

246 Survey Participants

- ★ 52% Boys
- ★ 48% Girls

Age: 15 years (range 11-18)

- 36% Grades 6-9
- 64% Grades 10-12
- ✓ 65% played on one of the hockey teams selected for the study
- ✓ 35% played on one of the basketball teams

Most (90%) participated in more than one sport and recreational activity:

- 10% 1 activity
- 58% 2-5 activities
- 24% 6-10 activities
- 8% 11+ activities.

On average, the youth participated in 4.9 sport and recreational activities (range=1-22).

- 50% of hockey players and 37% of basketball players participated in 1-3 activities *sig

Participation in sport and recreational activities:

- 67% hockey
- 56% basketball
- 43% soccer
- 35% badminton
- 30% volleyball
- 26% golf
- 25% downhill skiing or snow boarding
- 21% baseball
- 20% softball

Experimentation With Tobacco Products

- ▶ 33 youth (13%) had tried tobacco products:
 - 15% of boys versus 12% of girls (ns)
 - 13% of hockey players versus 14% of basketball players (ns)
- 23 (9%) had tried cigarettes (12.8 years of age)
- 24 (10%) had tried cigars (14.3 years of age)
- 15 (6%) had tried smokeless tobacco (12.2 years of age)

Respondents were significantly more likely to have tried tobacco products if...

- ✓ Friends used tobacco products (32% versus 7%)
- ✓ Parents used tobacco products (24% versus 9%)
- ✓ Others in household used tobacco products (23% versus 8%)

Current Tobacco Use (During Past Month)

- ▶ 13 (5%) used tobacco products (10 boys and 3 girls).
- 7 (3%) smoked cigarettes;
- 7 (3%) smoked cigars, cigarillos, or little cigars;
- 7 (3%) used smokeless tobacco.

Average Tobacco Use During Past Month:

Cigarettes: 20 days (8-30 days) and 5.6 times per day (1-20 times)

Cigars: 6 days (2-20 days) and 1.6 times per day (1-3 times)

Smokeless tobacco: 16 days (3-30 days) and 1.8 times per day (1-3)

Youth were significantly more likely to have used tobacco products if..

- ✓ Boys (8% versus 3% of girls)
- ✓ Hockey players (8% versus 1% of basketball players)
- ✓ Friends used tobacco products (15% versus 1% with friends who didn't)
- ✓ Parents used tobacco products (11% versus 3% with parents who didn't)
- ✓ Others in household used tobacco products (12% versus 1% who didn't)

Sources of Tobacco Products

62% buy them myself in a store

54% get them from friends

39% get someone to buy them for me

23% buy them from someone else

23% take them from someone without their permission

15% steal them

Reasons for starting to smoke cigarettes or cigars:

- Peer pressure/everyone else was 5
- Don't know 2
- Curiosity/wanted to experience it 2
- At a party and wanted to try it 2
-

Reasons for deciding not to smoke cigarettes or cigars were:

- Health reasons/unhealthy/dangerous/lethal/causes cancer 78
- Disgusting/gross 29
- Stupid 21
- Affects sports performance/athletic ability 16
- Stinks/makes you smell bad 12

Reasons for starting to use smokeless tobacco were:

- Friends used it 3
- Don't know 2
- Tasted good/tried it and liked it 2

Reasons for deciding not to use smokeless tobacco were:

- Unhealthy/harmful/causes cancer 53
- Disgusting/gross 32
- Stupid/senseless 20
- Affects ability to play sports/endurance 7
- Financial cost 6

Intention to Quit Using Tobacco Products

- Of the 13 current users of tobacco products:
- 10 (77%) had tried to quit (8 boys and 2 girls)
 - 9 (69%) now wanted to quit (8 boys and 1 girl)

- Of the 7 cigarette smokers:
- 8 (all) had tried to quit (1 succeeded)
 - 6 (86%) wanted to quit

- Of the 7 cigar smokers:
- 5 (71%) had tried to quit
 - 3 (43%) wanted to quit

- Of the 7 smokeless tobacco users:
- 4 (57%) had tried to quit;
 - 2 (29%) wanted to quit.

Sport and Recreational Activities and Tobacco Use

Percentages of participants who had tried tobacco products (ns):

14% hockey
13% basketball
11% soccer
11% badminton
11% volleyball
18% golf
12% downhill skiing or snow boarding
12% baseball
13% softball
6% skateboarding

Percentages of participants who currently use tobacco products:

7% hockey
2% basketball
4% soccer
4% badminton
1% volleyball
5% golf
5% downhill skiing or snow boarding
6% baseball
4% softball

- Hockey players were significantly more likely than non-players to use tobacco products
- Basketball players were significantly less likely than non-players to use tobacco products
- Participants of canoe/kayaking (17%) and lawn bowling (33%) were significantly more likely than non-participants to use tobacco products

Activities with the highest proportion of tobacco users (ns):

33% lawn bowling
33% Taekwondo
20% Fencing
13% Gymnastics
13% Dancing
10% Bowling
10% Equestrian

Youth who participated in fewer activities (i.e., less than 4) were more likely to have experimented with, and to currently use tobacco products

- 50% of youth participating in fewer (i.e., less than four) activities and 40% of those participating in more (four or more) had tried tobacco products (ns)
- 67% of youth participating in fewer activities and 40% of those participating in more activities had used tobacco products during the past month (ns)

TOBACCO USE AMONG OTHERS

66 (27%) said one or more close friends used tobacco products:

- 43 (17%) cigarettes
- 48 (20%) cigars
- 34 (14%) smokeless tobacco

83 (34%) said others in their household used tobacco products:

- 67 (27%) one or both parents
- 43 (18%) others in the household

TOBACCO-FREE POLICY

Asked if their team (i.e., either basketball or hockey) had a tobacco-free policy:

50% said yes
 17% said no
 31% uncertain

Asked whether they thought their team should have a tobacco-free policy:

81% said yes
 14% said no
 5% no response

Those significantly more likely to support a tobacco-free policy for their team:

- ✓ 93% of basketball players and 74% of non-players

Those significantly less likely to support a tobacco-free policy for their team:

- ✓ Boys (22% of boys versus 7% of girls)
- ✓ Hockey players (19% of those who played hockey versus 7% of those who did not);
- ✓ Youth who experimented with tobacco (40% of those who had tried tobacco products versus 11% of those who hadn't);
- ✓ Tobacco users (75% of tobacco users versus 12% of non-users);
- ✓ Youth with close friends who used tobacco products (25% of respondents with friends who were tobacco users versus 10% with friends who were not)