

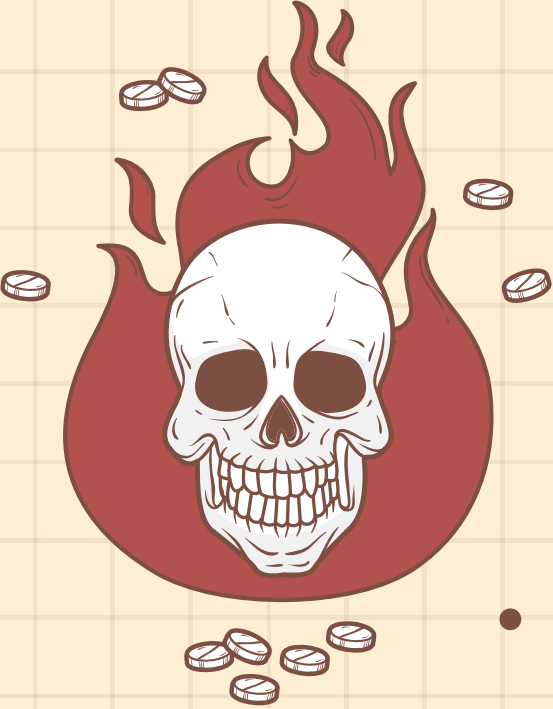


Asking Questions About Nicotine



By: Huiwen Chen





- *Nicotine is the primary psychoactive component in tobacco*
- *Tobacco plant (Nicotiana) was grown in North & South America.*
 - *Typical cigarette: 1-2mg nicotine*
 - *Chew, snuff ranges from 4-14mg*

About Nicotine





History of Nicotine Use

- Fossilized tobacco leaves have been found in Peru that are 2.5 million years old!
- Indigenous peoples in Americas smoked tobacco in religious ceremonies
- European explorers brought it back to Europe & use spread quickly by 16th century.
- 1st tobacco crop in Jamestown, VA in 1612



- Early 1800s nicotine isolated as key ingredient
- 1938 study reported smoking reduced life expectancy
- 1988 U.S. Surgeon General – nicotine is physically addictive
- By 1990s, health effects well-characterized



Other forms of administration

Hookah – water pipe



Snuff



Dissolvable strips or sticks



e-cigarette





Highest rate of initiation is among those <18 yrs. (3 fold higher than >18)

Why?

Biological factors:

- *Animal research shows adolescent rats more sensitive to reinforcing effects of nicotine than older rats.*

Initiation of smoking in adolescents

Psychological factors:

- *Increased novelty seeking associated with receptivity to tobacco advertising*



Continuation of smoking

Once initiated, most people keep smoking.

- *90% of 1st year college students who reported daily smoking were still smoking 4 years later.*
- *50% of college students who reported occasional smoking were still smoking four years later.*



Wetter et al. (2004)

Example Research Question

Are there ethnicity-based differences in the rates and patterns of nicotine usage?

Useful Dataset

 Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

Click Here

[Home](#)

[Office on Smoking and Health \(OSH\)](#)

[Quit Smoking](#)

[Basic Information](#)

[Commercial Tobacco and Health Equity](#)

[Secondhand Smoke](#)

[Surgeon General's Reports on Smoking and Tobacco Use](#)

[Data and Statistics](#)

[Fast Facts and Fact Sheets](#)

Smoking and Cigarettes

[Diseases and Death](#)

[Health Effects of Cigarette Smoking](#)

[Tobacco-Related Mortality](#)

[Cigarette Smoking in the U.S.](#)

What to Look at



Steps

 Centers for Disease Control and Prevention
CDC 24/7: Saving Lives. Protecting People™

Smoking & Tobacco Use

Surgeon General's Reports on Smoking and Tobacco Use +

Data and Statistics -

Fast Facts and Fact Sheets -

Surveys

National and international survey results, as well as survey guides and manuals.

On This Page

Historical NYTS Data and Documentation

National and State Surveys

National Youth Tobacco Survey (NYTS)

Youth Risk Behavior Surveillance System (YRBSS)

National Adult Tobacco Survey (NATS) [archived]

National Health and Nutrition Examination Survey (NHANES)

Youth Tobacco Survey (YTS) [archived]

Monitoring the Future Surveys (MTF) [↗](#)

National Health Interview Survey (NHIS)

National Survey on Drug Use and Health (NSDUH) [↗](#)

Behavior Risk Factor Surveillance System (BRFSS)

Current Population Survey (CPS) [↗](#)

Download NYTS 2011-2022 and earlier data



Codebook:

QN4A: Are you Hispanic, Latino, Latina, or of Spanish origin?(No, not of Hispanic, Latino, Latina or Spanish origin).....84

QN4B: Are you Hispanic, Latino, Latina, or of Spanish origin?(Yes, Mexican, Mexican American, Chicano, or Chicana)84

QN4C: Are you Hispanic, Latino, Latina, or of Spanish origin?(Yes, Puerto Rican)85

QN4D: Are you Hispanic, Latino, Latina, or of Spanish origin?(Yes, Cuban).....85

QN4E: Are you Hispanic, Latino, Latina, or of Spanish origin?(Yes, Another Hispanic, Latino, Latina, or Spanish origin)85

QN5A: What race or races do you consider yourself to be?(American Indian or Alaska Native)86

QN5B: What race or races do you consider yourself to be?(Asian)86

QN5C: What race or races do you consider yourself to be?(Black or African American)86

QN5D: What race or races do you consider yourself to be?(Native Hawaiian or Other Pacific Islander).....86

QN5E: What race or races do you consider yourself to be?(White).....87

QN4A	QN4B	QN4C	QN4D	QN4E	QN5A	QN5B	QN5C	QN5D	C
1						1			
1						1			
1						1			
1						1			
1						1			
1									
1						1			
1						1		1	
	1								
1								1	
1			1					1	
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1		1			1				1
					1			1	
1								1	
					1	1	1	1	
1								1	

Datasets

Example Research Question

How do young people perceive the relative addictiveness of various nicotine products?

Useful Dataset



Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

Click Here

Follow the same steps and
download useful datasets &
codebooks

On This Page

[Historical NYTS Data and Documentation](#)

Codebook:

QN117: Do you believe that e-cigarettes are (LESS ADDICTIVE, EQUALLY ADDICTIVE, or MORE ADDICTIVE) than cigarettes?.....311

QN118: How much do you think people harm themselves when they smoke tobacco in a hookah or waterpipe some days but not every day?312

QN119: Do you believe that smoking tobacco in a hookah or waterpipe is (LESS ADDICTIVE, EQUALLY ADDICTIVE, or MORE ADDICTIVE) than cigarettes?.....312

Datasets:

QN117	QN118	QN119	
5	4	5	5
2	1	2	2
3	4	3	3
5	3	3	3
5	3	5	5
3	3	5	5
5	4	5	5
5	4	5	5
1	4	3	3
5	4	4	4
1	2	1	1
2	4	2	2
5	4	5	5
3	4	3	3
3	3	2	2
2	4		
3	3	2	2
1	3	5	5
3	4	3	3
5	2	1	1
3	3	1	1
3	3	5	5
5	4	5	5
2	4	4	4

Additional Datasets

**Youth Risk Behavior
Surveillance System
(YRBSS)**



If you are interested in YRBSS Datasets, click the link and request specific datasets you are willing to analyze.

Email *

Name: *

YRBSS Data Request/Question: *

If you are interested in International Data...

 Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

[Click Here](#)

International Surveys (Global Tobacco Control)

Global Youth Tobacco Survey (GYTS)

Global Adult Tobacco Survey (GATS)

Global School Personnel Survey (GSPS)

Global Health Professions Student Survey
(GHPSS)

Survey Resources



Fact Sheets



Country Reports



Datasets



Publications



Partners



Survey Documents



Help & Glossary

Find interesting datasets for your research:

Search for available datasets.

[Fact Sheets](#) [Country Reports](#) **[Datasets](#)**

Population (Survey)

Select One



WHO Region:

Select one



Country or Location:

Select one



Survey Site:

Select one



Go

Other factors that may affect youth tobacco use include:

Here are other topics to research on:

Factors

- socioeconomic status
- support or involvement from parents
- accessibility, availability, and price of tobacco products
- school performance
- self-image or self-esteem
- tobacco product advertising



Additional Resources

SAMHSA National Helpline: 1-800-662-4357

Confidential free help, from public health agencies, to find substance use treatment and information.