

Youth and Young Adult Tobacco Users - 2022

41,980

estimated number of tobacco users
ages 12 to 24 in SD*

0.65%

271

SD youth and young adult
tobacco users enrolled into SD
QuitLine services.

Reasons for Relapse



26.7% reported "Stress"
17.8% reported "Others Around Me Use"
15.6% reported "Habit"

PHONE SERVICE



92
Enrollees

Up to 12 phone coaching
sessions, up to 12 weeks of
Nicotine Replacement
Therapy (NRT), Zyban or
Chantix, and a Quit Guide

KICKSTART KIT



179
Enrollees

A two or four-week
supply of NRT with a
Quit Guide

The **SD QuitLine** offers a
variety of options for
quitting.

The **KickStart Kit** was the most
popular option among
youth and young adults in 2022.

*If you are smoking a pack a day....
Quitting will save you*

Cost Savings



\$292.50
in just **ONE**
month!



That's



you could pay for just by **QUITTING!**

Smoking is Expensive!

What could YOU do with some extra cash?

To enroll, visit www.SDQuitLine.com/enroll or call 1-866-SDQuits!

Youth and Young Adult Tobacco Users- 2022

KEY ACTIONS FOR HEALTH PROFESSIONALS

In South Dakota, the average age for youth and young adults to report first use is 15.5.*

When asked the type of tobacco they use, 80.8% of youth and young adult enrollees reported e-cigarette use, 41.0% of enrollees reported cigarette use only, and 35.4% reported other types of tobacco. Use of tobacco at an early age can lead to long-term health consequences. Cessation for those who are using tobacco products at a young age can mitigate the long-term health consequences of tobacco use. During a follow-up survey, SD Quitline participants enrolled in services are asked if they have made a serious quit attempt since the start of services (e.g., intentionally quit for at least 24 hours). Among those responding, 55.4% of youth and young adult participants had made at least one serious quit attempt. Those who reported use of tobacco were asked why they were not able to quit or stay quit. 27.6% of tobacco users ages 12 to 24 reported daily stress being their reason for relapse. Among youth and young adults who use tobacco in South Dakota, 61.9% of participants reported having a behavioral health condition.

The SD QuitLine offers a variety of options for **QUITTING!**

The **Phone Coaching Program** includes up to twelve telephone coaching sessions along with cessation medication and a Quit Guide.

The **Kickstart Kit** includes cessation medication only, as well as a Quit Guide.

The **2QuitSD** program offers texting with a health coach and up to 8 weeks cessation medication and a Quit Guide.

The **Quit Guide** only, a self-directed cessation workbook, available for download or order on the SD QuitLine website.

Most young adult enrollees using the SD QuitLine enrolled themselves through the SD QuitLine website. Only 1.8% were directly referred by healthcare professionals in 2022.

When comparing quit rates, young adults stay quit at a rate of 55.4% compared to enrollee ages 25 and older at 42.8%.

SD QuitLine Quit Rate Comparisons 2021-2022



TAKE ACTION TODAY!

- **Take time to make direct referrals**
Share patient/client information with the SD QuitLine to facilitate enrollment in cessation services. A referral can be made via fax, Electronic Health Record (EHR), or a warm transfers. Visit <https://quittobaccosd.com/quit-tobacco/healthcare-providers/referral-options>
- **Encourage enrollment in phone coaching services, either by phone OR SMS text message**
Enroll patients in phone coaching services with the SD Quitline to deliver another support system to help them quit and stay quit. Phone coaching can help participants develop alternative coping skills as well as deliver another support system to reach out to when daily stressors occur.