

Tobacco 21 works

Local policies reduce reported tobacco use among teens

A study by researchers from the University of Minnesota Medical School and the Minnesota Department of Health, published in *Nicotine & Tobacco Research*, November 2021, found that eighth- and ninth-grade students in communities with Tobacco 21 policies were significantly less likely to report that they used tobacco products, including cigarettes, e-cigarettes and flavored tobacco, than those in communities without Tobacco 21 policies. The researchers did not observe a significant relationship between locally administered Tobacco 21 policies and tobacco product use among 11th-grade students.



with Tobacco 21 policies were significantly less likely to report that they used tobacco products, including cigarettes, e-cigarettes and flavored tobacco, than those in communities without Tobacco 21

The study used data from the 2016 and 2019 Minnesota Student Survey, which is conducted every three years among fifth-, eighth-, ninth- and 11th-grade students in all school districts, looking at risk behaviors, including tobacco use. Although schools aren't required to administer the survey, 85 percent of Minnesota Schools did so in 2016 and 81 percent in 2019.

Eighth- and ninth-grade students in Tobacco 21 communities were less likely to report any tobacco use in the past 30 days in both 2016 and 2019: 9.2 percent vs. 13.4 percent in 2016 and 13.6 percent vs. 18.2 percent in 2019. E-cigarettes were the main form of tobacco use in both surveys and the increase in tobacco use during this period was largely driven by increases in e-cigarette use.

“Our findings suggest that Tobacco 21 policies are an effective strategy to reduce adolescent tobacco use, particularly among middle school- and early high school-age adolescents,” says April Wilhelm, MD, MPH, a family physician with the University of Minnesota Medical School and M Health Fairview. “It’s crucial to better understand the underlying reasons for the age-related differences in Tobacco 21 policy effects that we observed so that the policies can be optimized for a broader range of adolescents.”

Wilhelm says more studies should be done to determine if additional flavored tobacco or menthol restrictions and differences in implementation influence the effects of Tobacco 21 policies. **MM**

“MPA is a place where creativity is sewn like seeds in a garden, and as a parent, I’m always amazed at what pops out of that soil.”

— Dr. Lashonda Soma, St. Paul Radiology, MPA Parent



29
AVERAGE
ACT SCORE



7:1
STUDENT
TEACHER
RATIO

RIGOR
WITH MEANING
AND PURPOSE

#1
RANKED PRIVATE
SCHOOL IN
MINNESOTA ON
NICHE.COM

COLLABORATION
OVER
COMPETITION



PREK-12 MPA PREVIEW

JOIN US! SUNDAY, NOVEMBER 7

RSVP today at moundsparkacademy.org/preview

MoundsPark
A C A D E M Y