

## YOUTH AND VAPING

### Snohomish County Facts

- Vaping has increased for all grades since 2016.
- Vaping e-juice that has nicotine in it has increased fivefold for 10th graders, and tripled for 8th graders.
- Underground markets for vapes have exploded— borrowing someone else's pen and giving others money to purchase vapes increased in all grades .
- 10th grade students were less likely compared to the state to think there was “no risk” in using e-cigarettes regularly.
- Since 2016, 8th and 12th grade students who think a person is at “great risk” of physical harm from regular use of an e-cigarette increased.

| E-CIGARETTE AND VAPE PEN USE   | 6 <sup>TH</sup> GRADERS | 8 <sup>TH</sup> GRADERS | 10 <sup>TH</sup> GRADERS | 12 <sup>TH</sup> GRADERS |
|--|-------------------------|-------------------------|--------------------------|--------------------------|
| Ever tried e-cigarette or vape pen   | ~                       | 19.2%                   | 35.4%                    | 48.5%                    |
| Currently* use e-cigarette or vape pen   | 3.0%                    | 10.5%                   | 22.6%                    | 30.4%                    |
| Currently* use liquid with nicotine  | ~                       | 4.6%                    | 13.5%                    | 17.3%                    |
| Currently* use liquid with THC (marijuana)   | ~                       | 1.1%                    | 2.0%                     | 3.5%                     |
| Currently* use liquid advertised as flavor only (no nicotine)  | ~                       | 5.4%                    | 4.8%                     | 5.6%                     |
| Think it is harmful to vape or use an e-cigarette regularly  | ~                       | 46.3%                   | 37.5%                    | 32.2%                    |
| Current use* on school property  | ~                       | 3.9%                    | 10.8%                    | 12.5%                    |
| <b>OBTAINING VAPOR PRODUCTS</b>  |                         |                         |                          |                          |
|  | 6 <sup>TH</sup> GRADERS | 8 <sup>TH</sup> GRADERS | 10 <sup>TH</sup> GRADERS | 12 <sup>TH</sup> GRADERS |
| Purchased from store   | ~                       | 0.7%                    | 1.9%                     | 7.4%                     |
| Purchased from internet  | ~                       | 0.6%                    | 0.7%                     | 1.2%                     |
| Gave someone else money to purchase for me   | ~                       | 2.2%                    | 5.0%                     | 6.1%                     |
| Given/borrowed from someone else   | ~                       | 5.9%                    | 11.8%                    | 11.7%                    |
| Took from a store/someone else   | ~                       | 1.2%                    | 0.5%                     | 0.5%                     |
| <p>~ Not asked of students in this grade<br/>           *Currently use = any use in the past 30 days (also called recent use).</p> |                         |                         |                          |                          |



## YOUTH AND VAPING: WHAT WE CAN DO

### Washington State Healthy Youth Survey Facts

- Questions ask about risk for injury, health behaviors and outcomes, alcohol and drug use.
- Results are used by communities to support youth and reduce risks.

More info available at: [www.askhys.net](http://www.askhys.net)

### PARENTS

- Secure all e-juice and nicotine-containing products to avoid under-age access. Nicotine is especially toxic to young children.
- Talk to your children about how addictive nicotine is, and about the consequences of long-term tobacco use.
- Even e-juice labeled “nicotine-free” often still contains nicotine and can be addicting.
- Learn more about vapor devices. They are not a risk-free alternative to smoking traditional cigarettes, though many teens believe they are safe. Find information at [www.snohd.org/vaping](http://www.snohd.org/vaping).

### SCHOOLS AND COMMUNITY GROUPS

- Promote and enforce a consistent tobacco-free policy that includes vapor devices.
- Review and revise school tobacco policies to promote punishments other than out-of-school suspension, such as in-school suspension, participation in other groups and activities, or a research project on tobacco.
- Encourage students, parents, teachers, and other community members to report retailers who sell tobacco products to minors to the Liquor and Cannabis Board: <https://lcb.wa.gov/enforcement/report-violation>
- Integrate evidence-based substance use prevention curriculum into health classes. Teach about the dangers of alternative tobacco and nicotine delivery devices.
- Establish a peer-to-peer anti-tobacco health education group.

### GOVERNMENT

- Increase the age of sale for all tobacco products to 21.
- Remove the use of flavors in all tobacco products.
- Provide funding for evidence-based prevention programs that target all substances, including nicotine and tobacco.

**Participation by all of the Snohomish County school districts in the Healthy Youth Survey is much appreciated. School participation allows us to report on the current health status of our youth and track trends over time.**

For more information about the Healthy Youth Survey, check out <http://www.askhys.net/> or to see Snohomish County Healthy Youth Survey Fact Sheets go to [www.snohd.org](http://www.snohd.org).