



YOUTH AND VAPING

Snohomish County Facts

- The amount of 10th grade students who reported vaping in the past month significantly decreased compared to 2014, but still almost twice as many students are vaping as are smoking cigarettes
- Our 10th grade students were significantly more likely to find daily-vaping to be of 'great risk' to a person's health compared to the state average

E-CIGARETTE AND VAPE PEN USE	6TH GRADERS	8TH GRADERS	10TH GRADERS	12TH GRADERS
Currently* use e-cigarette or vape pen	1.5%	6.8%	11.3%	20.2%
Currently* use liquid with nicotine	~	1.5%	2.3%	8.7%
Currently* use liquid with THC (marijuana)	~	1.0%	2.0%	2.3%
Currently* use liquid advertised as flavor only (no nicotine)	~	2.9%	3.9%	5.4%
Think it is harmful to vape or use an e-cigarette regularly	~	65.3%	64.6%	56.3%
Current use* on school property	~	3.6%	5.0%	8.3%
OBTAINING VAPOR PRODUCTS				
	6TH GRADERS	8TH GRADERS	10TH GRADERS	12TH GRADERS
Purchased from store	~	0.9%	1.3%	5.8%
Purchased from internet	~	0.3%	1.1%	1.2%
Got someone else money to purchase for me	~	1.0%	1.5%	1.7%
Given/borrowed from someone else	~	1.9%	2.9%	6.8%
Took from a store/someone else	~	0.3%	0.6%	0.3%
<p>~ Not asked of students in this grade *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

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 nicotine addiction and 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. Vapor devices are slowly becoming regulated and potentially pose health risks. They are not a risk-free alternative to smoking traditional cigarettes.
 - <http://www.snohd.org/Healthy-Living/Smoke-Free-Living/Vaping-Vapor-Products>

SCHOOLS AND COMMUNITY GROUPS

- Provide education about the dangers of alternative tobacco and nicotine delivery devices. Many teens view smokeless tobacco, hookah, and e-cigarettes or vapor devices to be “safe” compared to cigarettes.
- Have a vapor device educator visit your school or youth group! Email us at HealthyCommunities@SnoHD.org
- Create a peer-to-peer health education group to promote smoke and vape-free living
- Promote and enforce a consistent tobacco-free campus policy district-wide and update the policy to include vapor devices.

GOVERNMENT

- Update city and county codes, ordinances, and policies to include tobacco-free and vape-free grounds, parks, and all public places.
- Continue to enforce the 25-foot restriction on smoking near public entrances, exits, and windows.

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.

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