



## **2018 Washington State Healthy Youth Survey**

### ***Data Brief: Tobacco and Vapor Products***

*In fall 2018, over 230,000 students participated in the Healthy Youth Survey. Over 900 schools administered the survey, representing all 39 Washington counties and 228 school districts.*

#### **The vaping epidemic has reversed decades of progress reducing youth nicotine use; we have failed to prevent a new generation of nicotine use.**

- Good News: The percentage of teens reporting cigarette smoking in 2018 is less than half of what it was a decade ago in 2008.
  - 8<sup>th</sup> graders, down from 7% to 3%
  - 10<sup>th</sup> graders, down from 14% to 5%
  - 12<sup>th</sup> graders, down from 20% to 8%
- Bad News: E-cigarette/vapor product use increased significantly between 2016 and 2018.
  - 8<sup>th</sup> grade, up from 6% to 10%
  - 10<sup>th</sup> grade, up from 13% to 21%
  - 12<sup>th</sup> grade, up from 20% to 30%

#### **Youth who vape are more likely to smoke cigarettes and use marijuana.**

- 9 out of 10 people who smoke start by age 18.
- Among 10<sup>th</sup> graders who reported using vapor products in the past 30 days, 56% of reported vaping nicotine; and about 21% reported vaping THC (marijuana)
- 55% of 10<sup>th</sup> grade youth who vaped also reported using marijuana in 2018, compared to 7% of those who do not vape.
- 16% of 10<sup>th</sup> grade youth who vaped also reported smoking cigarettes, compared to 1% of those who do not vape.

#### **Youth do not perceive vapor product use as risky for their health, and find them accessible.**

- Only about one-third (35%) of 10<sup>th</sup> grade youth perceived great risk of harm from using electronic cigarettes regularly, although 74% perceived great risk from smoking one or more packs of cigarettes daily.
- 68% of 10<sup>th</sup> graders reported borrowing their vapor products, asking someone to purchase them, or getting them from a family member.

#### **Students want to quit using nicotine.**

- Among 10<sup>th</sup> graders who report using tobacco, 40% want to stop using tobacco “right now.”
- During the past 12 months, 41% of 10<sup>th</sup> graders who use tobacco tried to quit.

#### **Youth and young adults in Washington State can access the following cessation programs, for free:**

- Telephone counseling: Call 1-800-QUIT-NOW to quit tobacco and/or vapor products.
- Text message program (vapor products): Text “QUIT” to 202-804-9884 to access text message-based support for quitting vapor products, courtesy of Truth Initiative®.
- Text message program (tobacco products): Text “TEEN” to 47848 to access SmokefreeTeen.

**Educators, parents/guardians, and anyone who works with youth can access the following resources:**

- Tobacco Prevention Toolkit (Stanford Univ.) - [med.stanford.edu/tobaccopreventiontoolkit.html](http://med.stanford.edu/tobaccopreventiontoolkit.html)
- The Real Cost of Vaping (Scholastic; FDA) - [scholastic.com/youthvapingrisks](http://scholastic.com/youthvapingrisks)

For more Healthy Youth Survey fact sheets and reports, visit [www.AskHYS.net](http://www.AskHYS.net).