

Youth Vaping, 2018

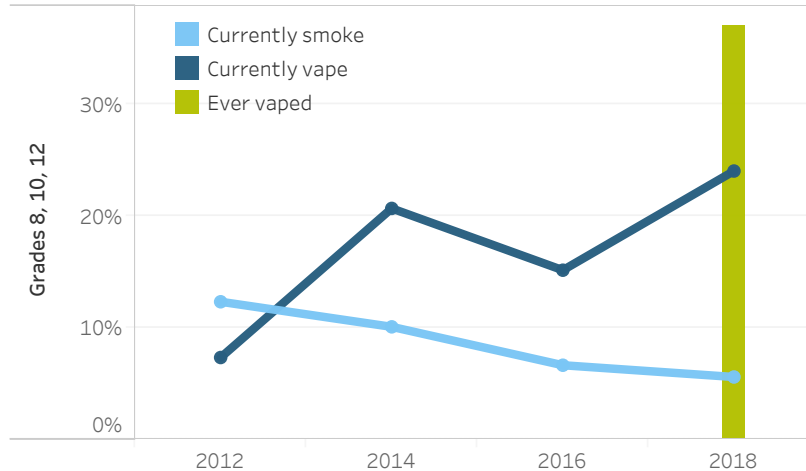
Spokane County, Washington



In Spokane County, smoking significantly decreased, but vaping increased by three times.

1 in 4
currently vape.

2 in 5
have ever vaped.



Percent of Vaping, 10th grade

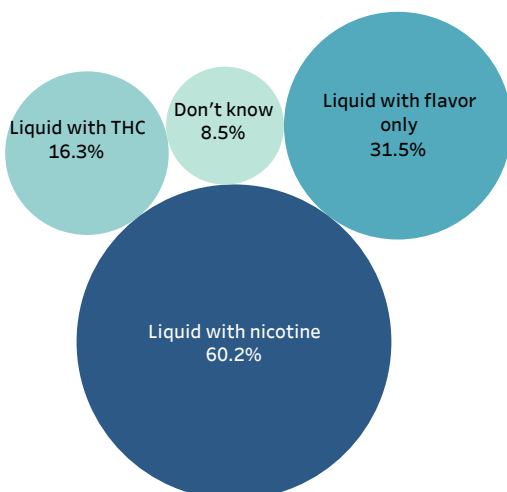


What are the risks of youth vaping?*

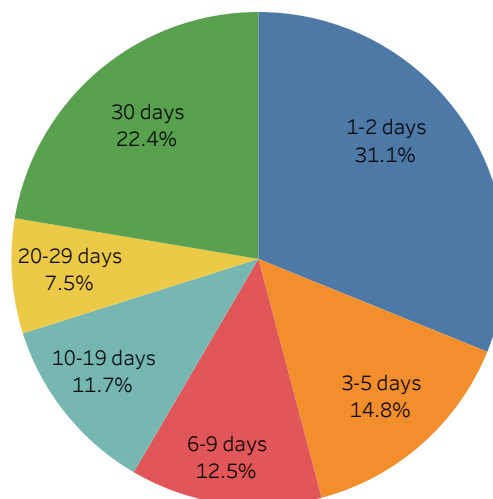
- Most e-cigarettes contain nicotine, which is highly addictive and can harm adolescent brain development.
- Youth who use e-cigarettes are more likely to go on to use regular cigarettes or other substances.
- E-cigarette aerosol can contain harmful substances such as heavy metals, cancer-causing chemicals, or flavorings that have been linked to lung cancer.
- E-cigarette use with nicotine affects psychosocial health, especially in those with mental health disorders.
- Youth caught using vaping products on school campuses can face discipline including suspension.

Among youth who vaped:

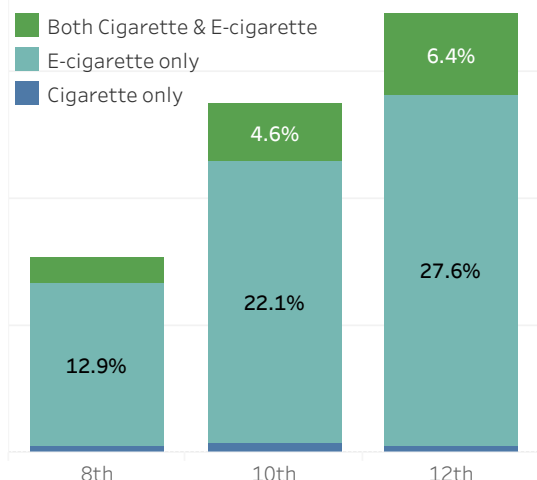
Type of Substance used



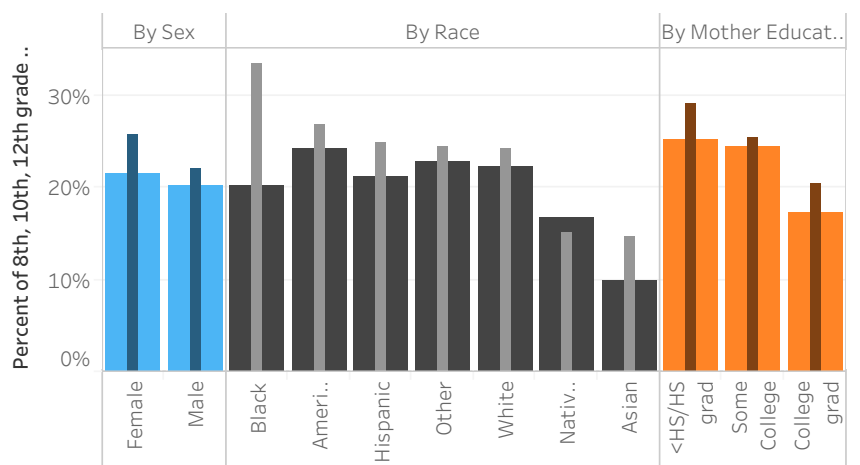
Frequency



Older youth were more likely to vape than younger youth.



Female, Black youth and youth whose mother has high school degree or less were more likely to vape.



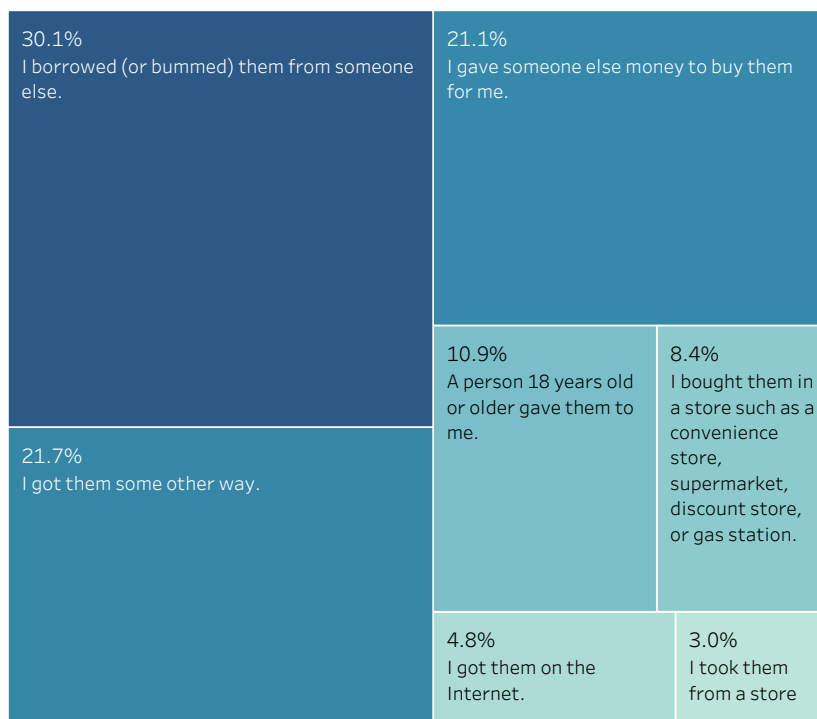
Who are at a higher risk of using e-cigarettes?

- * Using other substance(s) and smoking
- * Sensation seeking
- * Perception of low harm of e-cigarette use
- * Academic failure
- * Having family using e-cigarettes and cigarettes
- * Having friends using/ with positive attitudes toward e-cigarettes and cigarettes

Who are at a lower risk of using e-cigarettes?

- * Youth with parental support
- * Academic involvement
- * Behavioral/Emotional self-control
- * Social competence

Most of youth got their vaping device from a personnel.



What are the risks for youth to use vaping products?

- * Most e-cigarettes contain nicotine, which is highly addictive and can harm adolescent brain development.
- * Young people who use e-cigarettes may be more likely to go on to use regular cigarettes.
- * E-cigarette aerosol can contain harmful substances (e.g. cancer-causing chemicals, flavorings that have been linked to lung cancer).