



## 2016 Washington State Healthy Youth Survey

### Data Brief: Tobacco and Vapor Products

In fall 2016, over 230,000 students participated in the Healthy Youth Survey. Over 1,000 schools administered the survey, representing all 39 Washington counties and 236 school districts.

#### Cigarette smoking remains the single most preventable cause of disease and death in Washington.

- Nearly all tobacco use begins during youth and young adulthood. Specifically, 9 out of 10 smokers start by age 18 and 99% start by age 26.
- In 2016, about 3% of 8<sup>th</sup> graders, 6% of 10<sup>th</sup> graders, and 11% of 12<sup>th</sup> graders reported smoking cigarettes in the past month.
- While these rates have declined since 2002, about 28,000 youth age 11 to 17 statewide smoked cigarettes in the past month and about 2,800 youth under 18 become new daily smokers each year.

#### Smoking continues to be higher in certain groups in Washington

- American Indian/Alaska Native 10<sup>th</sup> grade students have more than double the smoking prevalence of White 10<sup>th</sup> grade students (13% compared to 6%).

#### E-cigarette/vapor product use significantly dropped from 2014 to 2016, but remains a concern because of its prevalence and association with other tobacco and substance use.

- E-cigarette use in the past month among 10<sup>th</sup> graders dropped from 18% in 2014 to 13% in 2016.
- In addition, over twice as many 10<sup>th</sup> graders reported vaping (13%) as smoking cigarettes (6%).
- 6% of 10<sup>th</sup> graders reported using e-cigarettes or vape pens on school property in the past 30 days.
- 32% of 10<sup>th</sup> grade youth *who vaped* also reported smoking cigarettes.
- 65% of 10<sup>th</sup> grade youth *who vaped* also reported using marijuana.

#### Youth do not perceive e-cigarette use as risky for their health, and find them accessible.

- Only about one-third of 10<sup>th</sup> grade youth perceived great risk in using electronic cigarettes regularly.
- 27% of 10<sup>th</sup> graders *who* used electronic vapor products in the past 30 days borrowed them from someone else and 16% gave someone else money to buy the products for them.

#### State, local, and community tobacco prevention and control work is critical for ending tobacco addiction and related morbidity. Current strategies include:

- Efforts to raise the minimum age for purchasing tobacco and vapor products to 21
- Supporting the development of local bans on vaping in public places
- Other strategies are available in the [WA Tobacco Prevention and Control Statewide Strategic Plan](#).

#### Resources:

<http://www.doh.wa.gov/YouandYourFamily/Tobacco>

<http://www.doh.wa.gov/YouandYourFamily/Tobacco/HowtoQuit>

<http://www.fda.gov/TobaccoProducts/PublicHealthEducation/PublicEducationCampaigns/TheRealCostCampaign/default.htm>

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

