



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.
 - 8th graders, down from 7% to 3%
 - 10th graders, down from 14% to 5%
 - 12th graders, down from 20% to 8%
- Bad News: E-cigarette/vapor product use increased significantly between 2016 and 2018.
 - 8th grade, up from 6% to 10%
 - 10th grade, up from 13% to 21%
 - 12th 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 10th 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 10th grade youth who vaped also reported using marijuana in 2018, compared to 7% of those who do not vape.
- 16% of 10th 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 10th 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 10th 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 10th graders who report using tobacco, 40% want to stop using tobacco “right now.”
- During the past 12 months, 41% of 10th 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
- The Real Cost of Vaping (Scholastic; FDA) - scholastic.com/youthvapingrisks

For more Healthy Youth Survey fact sheets and reports, visit www.AskHYS.net.