

# Kittitas County Healthy Youth Survey

## COMMERCIAL TOBACCO PRODUCT USE

# Fact Sheet



Year: 2021

Grade: 10

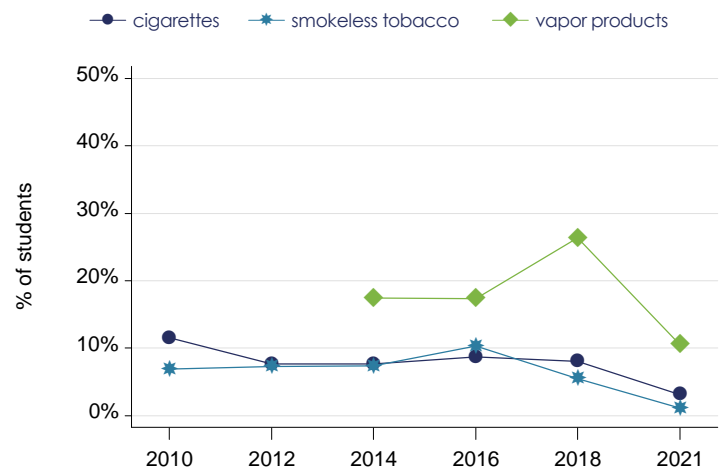
Sex: All

Number of Students Surveyed: 209

### BACKGROUND

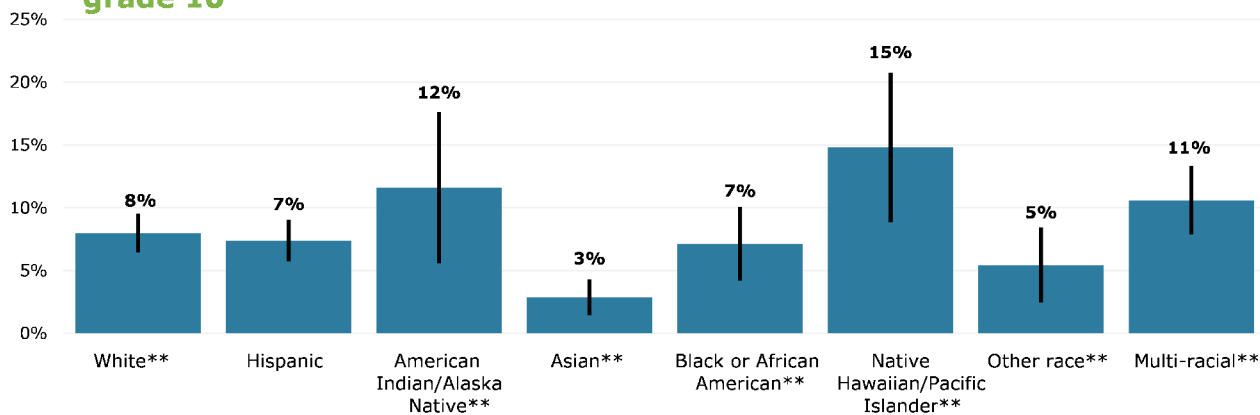
- Tobacco use remains the leading cause of preventable death and disease in Washington.
- Preventing youth initiation of tobacco and other nicotine use is critical to stem the tide of tobacco-related mortality, morbidity, and economic costs.
- Youth and young adults under age 18 are far more likely to start using tobacco than adults; nearly 9 out of 10 adults who smoke started by age 18.
- 104,000 Washington youth alive today will ultimately die prematurely from smoking.
- The emergence of vapor products (also called electronic cigarettes) has raised serious concern. Nicotine use can adversely affect brain development.
- The effects of nicotine exposure during youth and young adulthood can be long-lasting and can include lower impulse control and mood disorders. The nicotine in vapor products can prime young brains for tobacco use and addiction to other drugs.

### Current (past 30-day) use trends, grade 10



Prevalence	2010	2012	2014	2016	2018	2021
cigarettes	12% ±4	8% ±3	8% ±3	9% ±4	8% ±4	3% ±3*
smokeless tobacco	7% ±3	7% ±3	7% ±4	10% ±6	5% ±5	1% ±2
vapor products	N/S	N/S	17% ±6	17% ±8	26% ±9	11% ±4*

### Statewide current [past 30 day] vapor product use and race/ethnicity, grade 10



\*\*Non-Hispanic

Among 10th grade students, vaping varies by race and ethnicity. The highest rate of vaping is reported among Non-Hispanic Native Hawaiian/Pacific Islander students and the lowest is among Non-Hispanic Asian students. However, rates for some of these race/ethnicity sub-groups can vary widely.

#### missing codes

S = result suppressed due to insufficient reporting from students of schools;  
 N/G = grade not available; N/S = question was not surveyed this year;  
 N/A = question was not asked of this grade;

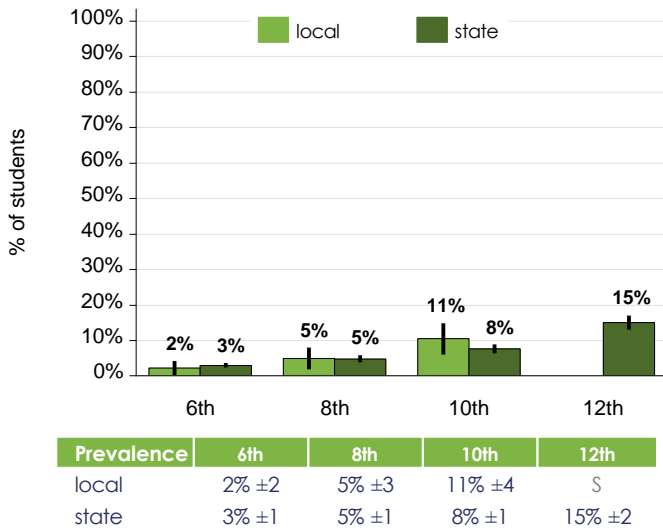
prevalence is displayed with 95% confidence intervals (ast or black bar | )

\*indicates a significant change from the previous year, <0.05

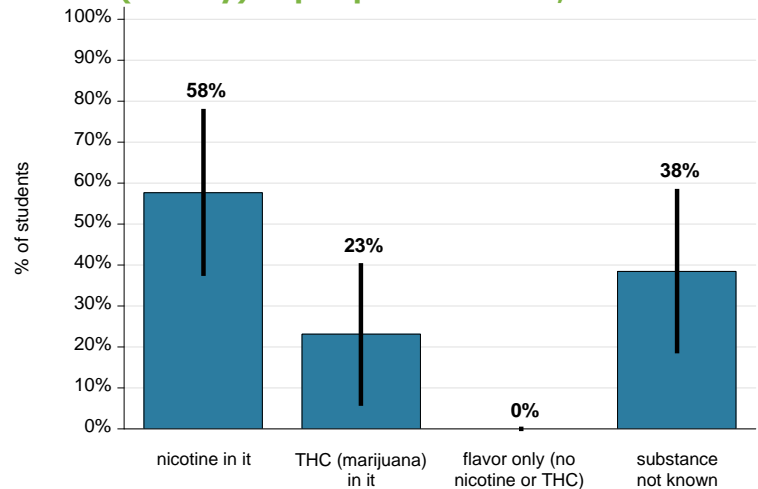
results generated at [www.askhys.net](http://www.askhys.net) on 03/09/2022

- Vapor products are the most common nicotine product used by youth.
- Youth and young adults under age 18 are far more likely to start tobacco use than adults: 4 out of 5 smokers started during adolescence. According to the U.S. Surgeon General, there is a strong association between the use of e-cigarettes, cigarettes, and the use of other burned tobacco products by young people.
- The minimum age of purchase for tobacco and vapor products is 21, but youth can get these products from their older friends and classmates.
- In 2016, Washington State passed a Vapor Products law, establishing a statewide licensing system and important protections to reduce illegal youth access to vapor products. This law applies to any vapor product, whether or not it contains nicotine.

### Current (past 30-day) vapor product use compared to the state, all grades

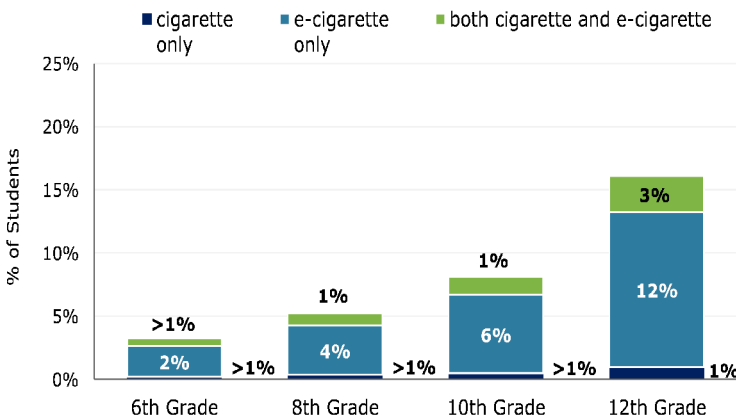


### Reported substance "vaped" among current (30-day) vapor product users, Grade 10

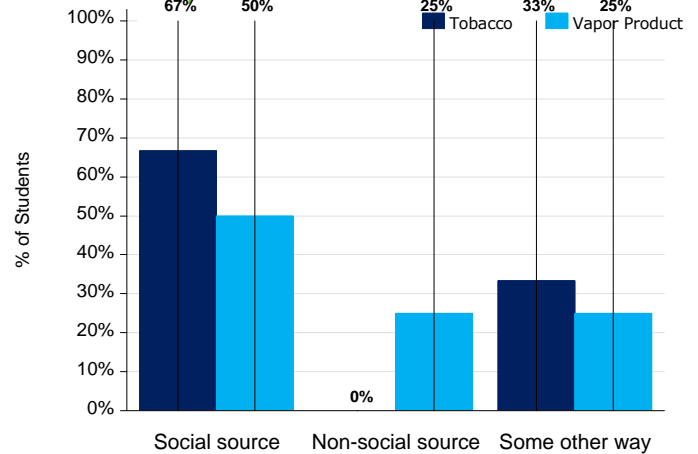


\*Students can select more than one type of substance

### Statewide prevalence of past 30 day e-cigarette, cigarette, and use of both among youth by grade



### Source of tobacco and vapor products among those who use them, Grade 10



\*\*Social sources include: giving money to someone, "bumming", from a person 18 or older, and taking from a store or family. Non-social sources include buying from a store, the internet, or a vending machine.

### MORE INFORMATION...

- Through key partnerships, the Commercial Tobacco Prevention Program addresses youth access to tobacco and the growth in the use of electronic cigarettes and vapor products in Washington State. Find out more here: <https://www.doh.wa.gov/YouandYourFamily/Tobacco>
- For help quitting vaping, teens can text VAPEFREEWA to 88709 to sign up for This is Quitting, a program from Truth Initiative. For help quitting any commercial tobacco use, teens can download an app at <https://doh.wa.gov/quit> or call 1-800-QUIT-NOW to receive support from a Quit Coach. All services are free and confidential.
- For 24-hour help with mental health, substance abuse, and problem gambling, call 1-866-789-1511 or visit <http://www.warecoveryhelpline.org>.