

YOUTH VAPING + e-CIG USE



Minnesota Data

Among Minnesota High School students, the rate of e-Cig use is now double that of conventional cigarette use: 19.2% vs. 9.6%. The percent of students reporting past-month e-Cig use increased 50% from 2014 to 2017. Among High School students who used e-Cigs in the past-month, 1 out of 3 have ever used an e-Cig device to vape marijuana or THC (2017 Minnesota Youth Tobacco Survey).

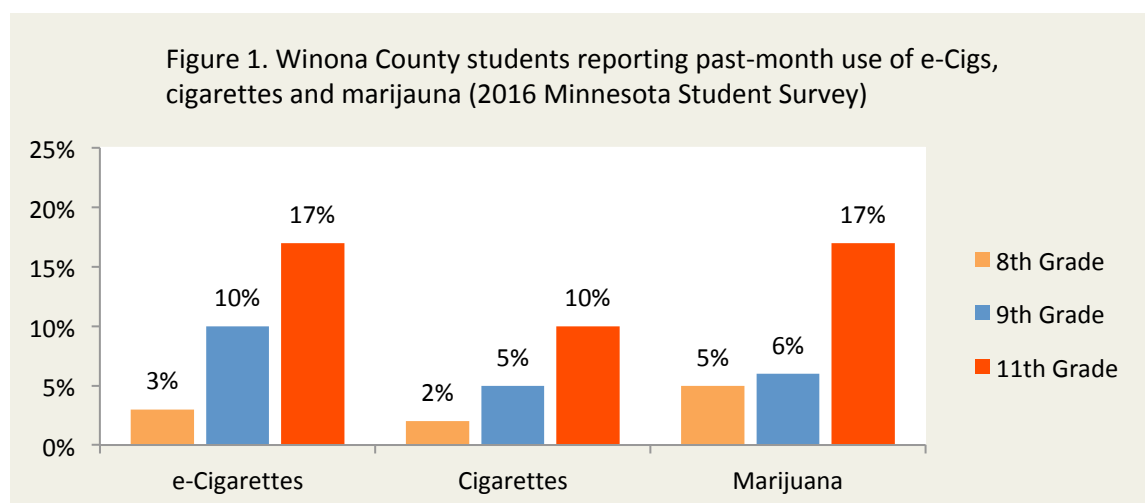
Nearly all e-cigarettes contain nicotine. Nicotine is highly addictive and can harm the developing adolescent brain. No amount of nicotine is safe for youth. Youth who have tried e-cigarettes are twice as likely to start smoking conventional cigarettes in the future. E-cigarettes are NOT proven to help people quit smoking. www.health.state.mn.us/divs/hpcd/tpc

Winona County Data

One out of ten Winona County 8th, 9th and 11th graders reported past-month e-cigarette use (2016 Minnesota Student Survey). Among 11th graders, rates of e-Cig use were similar to marijuana use and nearly double rates of conventional cigarette use (see Figure 1).

While Winona County's 2016 Minnesota Student Survey data don't show whether or not students used an e-Cig to vape marijuana or THC, it does show that:

- 44% of students who reported past-month e-Cig use *also* reported past-month marijuana use
- 48% of students who reported past-month marijuana use *also* reported past-month use of e-Cigs



Listening Sessions

Winona County Alliance for Substance Abuse Prevention (ASAP) is in the process of conducting listening sessions with students in order to better understand factors that contribute to youth vaping and e-cigarette use, and learn about youth-recommended prevention strategies. So far, listening sessions have been held with 79 tenth graders at Lewiston-Altura High School and Winona Senior High School.

What are students experiencing?

- 7 out of 10 students think vaping is a great or moderate problem in their school.
- Vaping is common on social media (Instagram, Snapchat, YouTube), both advertisements and pictures/videos showing youth using.
- Vaping devices can be easily purchased online.
- Vaping is common at school. Vaping occurs in bathrooms, locker rooms, classrooms, on buses and in parking lots.
- Youth are influenced by e-cigarette use and vaping among their friends and family members.
- Students agreed that there is a lack of information about the negative consequences of vaping.

What prevention strategies do students recommend?

- Increase monitoring at school by regularly checking bathrooms, and having students empty pockets and backpacks.
- Strengthen the consequences of use to include confiscating devices and contacting parents.
- Provide more education and information on the health consequences associated with vaping.
- Increase communication between youth and teachers, and youth and parents, about the importance of not vaping.
- Provide support and cessation services for students who want to quit vaping.
- Reduce promotion of vaping both in the community and via social media.
- Reduce access to e-Cigs and vaping devices by increasing the legal age to purchase, increasing ID checks at stores, and strengthening consequences for retailer non-compliance.



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