

IN THIS ISSUE: 2020 WASHOE COUNTY YOUTH VAPING REPORT HIGHLIGHTS

2020 Washoe County Youth Vaping

Introduction

To increase understanding of the use of Electronic Vaping Products (EVPs) among local youth, the Washoe County Health District’s Chronic Disease Prevention Program facilitated a youth vaping survey (YVS). The [2020 Washoe County Youth Vaping Data Report](#) presents the YVS data of EVP-related trends, knowledge, beliefs, and behaviors among Washoe County youth. Data is compared to information from the Nevada Youth Risk Behavior Survey (YRBS) which is given every two years to monitor health-related behaviors among middle and high school aged youth, including tobacco and other substance use. The use of EVPs was added to the NV YRBS survey in 2015 and includes basic info on rates of product use and purchasing.

Youth Vaping Survey Results

Data from the YVS is from a convenience sample of 79 Washoe County youth. The majority of the respondents were 18-year-old white females (Table 1).

Table 1. Demographics of YVS Respondents

| Total | 79 | 100.0% |
|-----------------------------------|----|--------|
| Gender | | |
| Female | 58 | 73.4% |
| Male | 21 | 26.6% |
| Age | | |
| 13 years old | 2 | 2.5% |
| 14 years old | 6 | 7.6% |
| 15 years old | 16 | 20.3% |
| 16 years old | 10 | 12.7% |
| 17 years old | 13 | 16.5% |
| 18 years old | 32 | 40.5% |
| Race/ethnicity | | |
| Asian* | 2 | 2.5% |
| Black/African American* | 1 | 1.3% |
| Hispanic/Latino | 21 | 26.6% |
| Native Hawaiian/Pacific Islander* | 1 | 1.3% |
| White/Caucasian* | 45 | 57.0% |
| Two or more races* | 9 | 11.4% |

*non-Hispanic

Due to rounding, the sum of certain categories exceed 100%. American Indian/Alaskan Native and Other data is not available.

Youth were asked whether they had ever tried vaping EVPs, even one or two puffs. Results were consistent among YRBS and YVS (Table 2). However, the percentage of past 30-day EVP use reported in 2019 YRBS (23.1%) was higher than the 2017 YRBS (15.6%). There was a small difference between past 30-day use in 2019 YRBS (23.1%) and 2020 YVS (20.3%).

Table 2. Use of Electronic Vapor Products among Youth in Washoe County

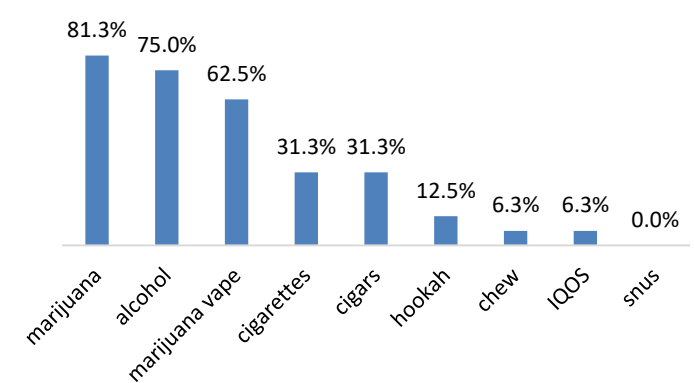
| | 2017 YRBS | 2019 YRBS | 2020 YVS |
|----------------------------|--------------|--------------|-------------|
| Ever vaped EVPs | 35.2% | 38.9% | 35.4% |
| Past 30-day EVP use | 15.6% | 23.1% | 20.3%* |

Data sources: 2017 & 2019 Washoe County YRBS

*Percentage of past 30-day EVP use might have been reduced due to stay-at-home orders during COVID-19 resulting in reduced access and increased parental supervision.

Figure 1 illustrates EVP users were more likely to report using marijuana (81.3%), followed by alcohol (75.5%) and vaping marijuana (62.5%) during the past 30 days before the survey. Cigarettes and cigars (31.3%) were equally the most common tobacco products used among EVP users.

Figure 1. Dual Use of Electronic Vapor Products and Other Substances among Washoe Youth, 2020



Of the 79 youth surveyed, 16 of them were current users (reported using EVPs during the past 30 days

before the survey). Those using EVPs were asked about their preference of flavored products (Table 3).

Table 3. Use of Flavored Electronic Vapor Products

| Flavor Type | |
|---------------------|-------|
| Menthol or mint | 68.8% |
| Fruit or candy | 68.8% |
| Tobacco flavored | 12.5% |
| Don't know/not sure | 12.5% |
| Clove or spice | 6.3% |
| Other* | 6.3% |

*Other flavor: piña colada

Approximately eight in 10 current youth EVP users in the U.S used flavored EVPs such as fruit, candy, mint or menthol according to the 2020 National Youth Tobacco Survey (NYTS). EVPs such as prefilled cartridges, disposables and tanks have come in a variety of youth-friendly flavors like gummi bear, bubblegum, crème brulee and cotton candy. Beginning in early 2020, the FDA prohibited the sale of prefilled cartridge-based devices in flavors other than tobacco and menthol. As a result, the popularity of the prefilled cartridge-based devices, like Juul, shifted to the disposable EVPs such as Puff Bar which were not impacted by the flavor ban at the time. The sale of menthol-flavored EVPs also grew significantly. The YVS data yielded similar results as the NYTS in that the Puff Bar brand (81.3%) and flavors like menthol/mint and fruit/candy (68.8%) were the top choices of current EVP users.

It was reported that 68.9% of youth users wanted to quit using EVPs. 43.8% of youth reported that they had tried to stop using EVPs for more than 10 times (Table 4).

Table 4. Washoe Youth Intent to Quit using EVPs

| | |
|------------------------------------------|-------|
| Within the next 30 days | 18.8% |
| Within the next 6 months | 6.3% |
| Want to quit smoking but don't know when | 43.8% |

Current users were generally less concerned about their health than non-EVP users. Youth users of EVPs surveyed understood the addictive nature of EVPs compared to non-EVP users (Table 5).

Table 5. Perceived Health-Related Risks of Electronic Vapor Product Use among Youth

| If I were to use an EVP, I would... | Current users (n=16) | Non-Users (n=63) |
|-------------------------------------|----------------------|------------------|
| Health concern | | |
| worry about my health | 43.8% | 69.8% |
| harm my lungs | 62.5% | 71.4% |
| wonder what I was inhaling | 37.5% | 63.5% |
| get sick | 6.3% | 41.3% |
| Addiction | | |
| get addicted | 62.5% | 27.0% |
| start craving nicotine | 62.5% | 28.6% |

Recommendations

Healthcare professionals can refer to the following evidence-based cessation programs and/or educational resources about vaping and options to quit tobacco, including EVPs.

[My Life My Quit](#) - A free and confidential program for teens ages 13-17. Teens can text, chat with a real-time coach, or call for support to quit EVPs.

[Let's Talk Vaping](#) provides adults information they need about EVPs to support youth to resist those products, or quit if they are already using.

[Nevada Tobacco Quitline](#) (1-800-QUIT-NOW or 1-800-784-8669) is a telephonic cessation program that offers professional coaching sessions, nicotine replacement therapy (NRT), and customized educational materials free of charge to support the needs of those seeking to quit tobacco and nicotine use. For more information on ways to refer patients to cessation resources in your practice, visit [GetHealthyWashoe.com](#)

Resources For Parents - text "QUIT" to 202-899-7550 to receive text messages designed specifically for parents of youth who use EVPs.

EVP Educational Materials - Healthcare providers can reach out to the Washoe County Health District to receive youth tobacco educational materials and quit cards at no cost. Please contact us at GetHealthy@washoecounty.us

References

¹ CDC. [E-cigarette Use Among Middle and High School Students, 2020](#)