

# Summer Youth Vaping Survey Results

Vaping among high school students exploded in recent years, wiping out a decade of progress and reversing declining tobacco use rates among youth. COVID-19 abruptly altered teen's lives often leaving them isolated, frustrated and without the traditional structures of school, church, and organized sports. Did that impact youth vaping rates? A group of Ramsey County students wanted to know. They developed a confidential online survey and promoted it through their friends, youth groups and adult leaders. 620 responses were collected during two survey runs with students from 13 counties. The majority of surveys were from Ramsey County. 369 responded to the spring survey and 281 responded in the summer survey.

The convenience survey found that students reported vaping more following the start of COVID-19 and fewer of them wanted to quit. They perceived that their peers were vaping more than they had previously. Most youth get their vape products from other youth but many reported purchasing their vape products from retail outlets. Youth felt that stress was a major reason for vaping. Many youth who vape nicotine also vape marijuana.

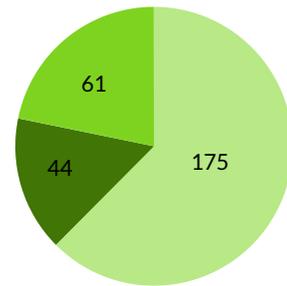
## About the Survey

Seven high school students from Mounds View High School in Ramsey County worked with adult leaders to create the survey and develop a dissemination plan. They promoted the survey through their own social media accounts and through a diverse group of organizations working on tobacco use prevention. As a convenience sample it is a snapshot that can provide insight into the feelings and behaviors of the youth who participated in this survey.

**Did youth perceive peers to be vaping more?**

More than half of respondents perceived that peers were vaping more during the summer than in the spring, compared to those who perceived peers were vaping less.

## Youth Vaping Perceptions

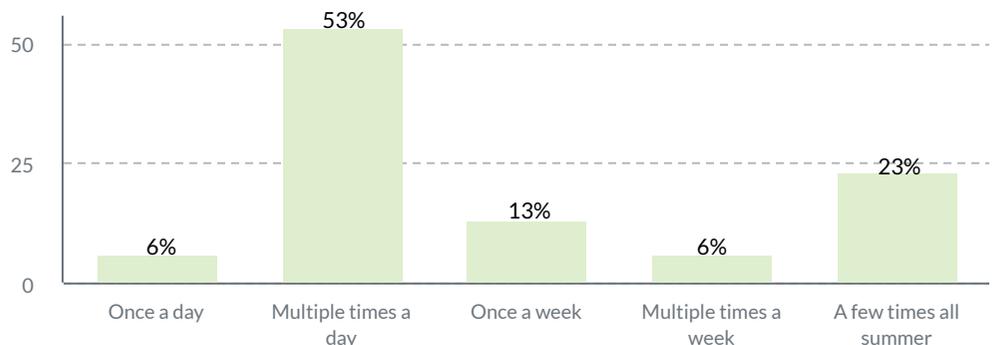


- Perceived peers were vaping more during the summer (62.5%)
- Perceived peers were vaping less during the summer (15.71%)
- No Opinion (21.79%)

**How often were youth vaping?**

Of those who reported vaping over the summer, 52.8% reported vaping multiple times a day during the summer.

## Usage During the Summer

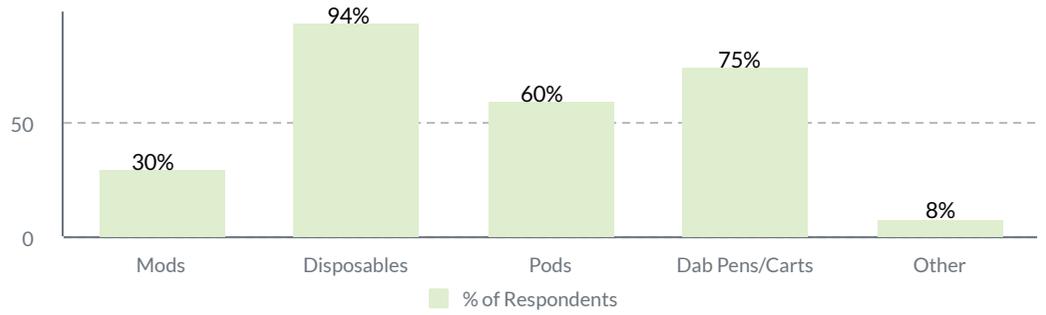


% of Respondents

## What were the most popular products among youth who vaped?

Of those who reported vaping over the summer, 94.3% reported using disposable vaping products, 75.5% reported using dab pens/carts and 60.4% reported using pod products. Dab pens/carts refers to vaping marijuana.

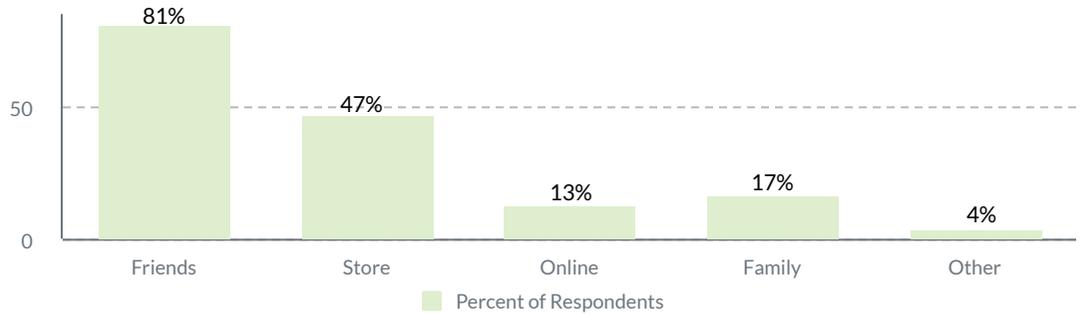
Most Popular Products Used



## Where were youth getting their products?

Of those who reported vaping over the summer, 81.1% reported receiving products from their friends, 47.2% reported buying them at the store, 17% reported receiving them from their parents and 13.2% reported buying them online.

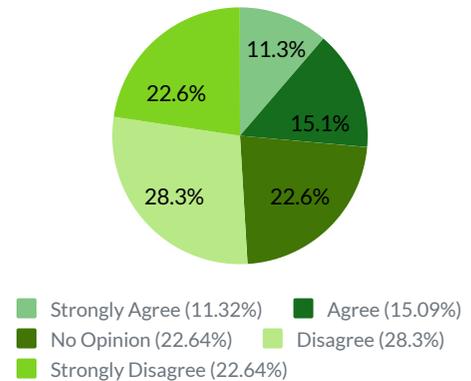
Where Youth Received Their Products



## Did youth want to quit?

Of those who reported vaping over the summer, 73.6% reported they do not want to quit or do not have an opinion about quitting. This is a difference from the spring survey sample, where 64% reported not wanting to quit or did not have an opinion about quitting.

Since the Beginning of Summer, I Have Wanted to Quit Vaping.



## Stress and Its Role in Vaping

Youth who vape and those who do not reported they are under a great deal of stress from COVID-19, changes in the way they attend school, separation from friends, home confinement, and challenges of work. Of those who vape, 49% said they increased their use in response to stress. Other ways youth coped with stress include cooking or baking, sleep, drawing, yoga, exercise, hiking, outside activities, listening to music, talking with family and friends, meditation and breathing exercises, reading, and therapy.



Minnesota's Quit Partner has launched a youth-specific cessation service called My Life, My Quit. This service provides free, confidential quit coaching via text, chat or call.

Text 'Start My Quit' to 855-891-9989 or visit the website at [www.mylifemyquit.com](http://www.mylifemyquit.com) to learn more and get started.