

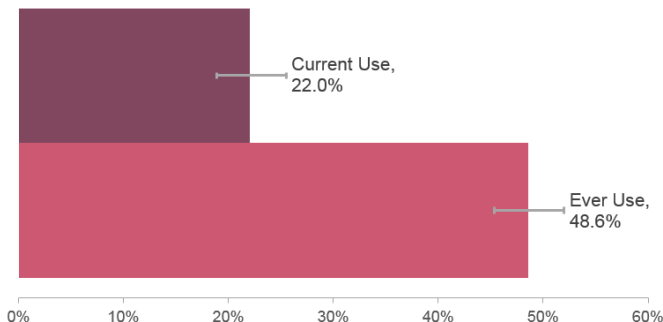
YOUTH VAPING AND MENTAL HEALTH IN KANSAS

Updated 2020

Nearly nine out of ten current smokers start smoking by age 18, and 98% start by age 26.¹ Youth tobacco use has negative health consequences including addiction and lifelong chronic disease.² More than 60,000 Kansans currently under 18 years of age will ultimately die prematurely from smoking.³ Although we have seen a decline in the use of conventional cigarettes among Kansas youth, 5.8 percent of Kansas high school students still smoke, and emerging products including electronic cigarettes (e-cigarettes) highlight the continued need for youth tobacco control and prevention programs.

E-Cigarette Use

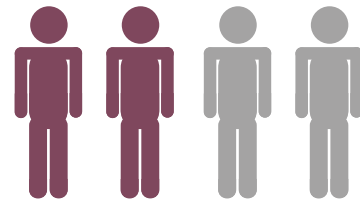
Nearly half (48.6%) of Kansas high school students have **ever tried** e-cigarettes, and **22.0% currently use** e-cigarettes.⁴



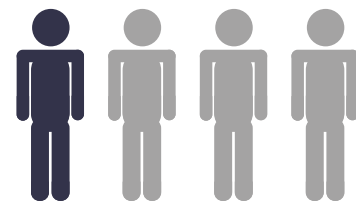
Kansas High School Students (%)

Depression

Almost half (44.4%) of Kansas high school students who **currently use** e-cigarettes report **symptoms of depression**.



Only **about a quarter** (26.4%) of Kansas high school students who have **never used** e-cigarettes report **symptoms of depression**.



Reasons Why Youth Use E-Cigarettes

When asked to report the main reason they have used e-cigarettes, the three most common reasons selected by Kansas high school students who have ever or currently use e-cigarettes were:⁴

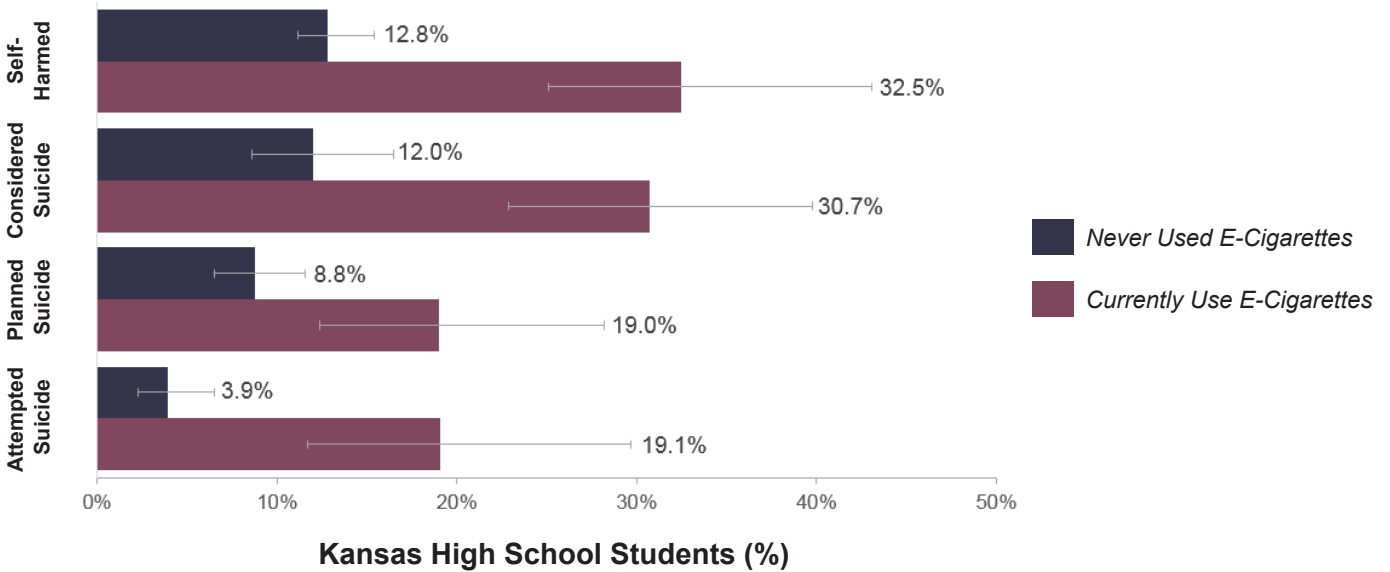
Friend or family member uses (40.2%)

Available in flavors, such as mint, candy, fruit, or chocolate (10.7%)

Less harmful than other forms of tobacco (7.7%)



Suicidal Behavior



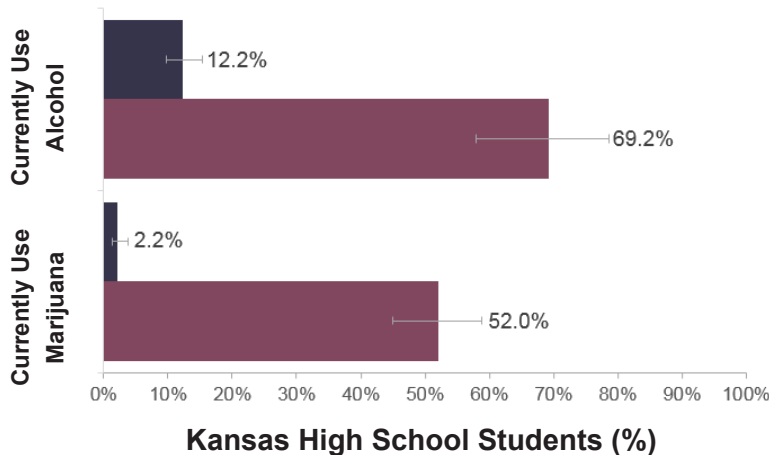
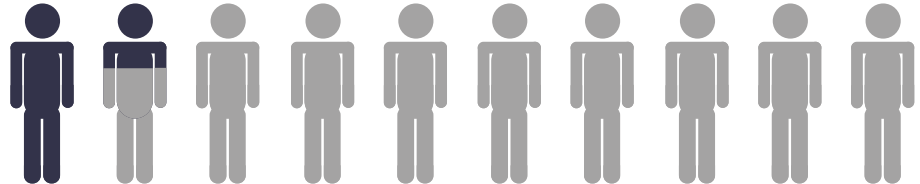
Youth who currently use e-cigarettes are more likely to **self-harm** (32.5%), **consider** (30.7%), **plan** (19.0%), and **attempt** (19.1%) suicide than youth who have never used e-cigarettes.

Current Substance Use

Nearly **eight out of ten** (79.1%) Kansas high school students who **currently use** e-cigarettes also report **substance use**, such as alcohol or marijuana.



More than **one in ten** (13.6%) Kansas high school students who **have never used** e-cigarettes report **substance use**.



Youth who currently use e-cigarettes are more likely to **use alcohol** (69.2%) and **use marijuana** (52.0%) than youth who have never used e-cigarettes.

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- 1 Office of the Surgeon General. The Health Consequences of Smoking – 50 Years of Progress: A Report of the Surgeon General. Rockville, MD: U.S. Department of Health and Human Services, 2014.
- 2 Office of the Surgeon General. Preventing Tobacco Use Among Youth and Young Adults: A Report of the Surgeon General. Rockville, MD: U.S. Department of Health and Human Services, 2012.
- 3 Campaign for Tobacco-Free Kids. The Toll of Tobacco in Kansas. Washington, DC: Campaign for Tobacco-Free Kids, 2019.
- 4 2019 Kansas Youth Risk Behavior Survey, Kansas State Department of Education.