

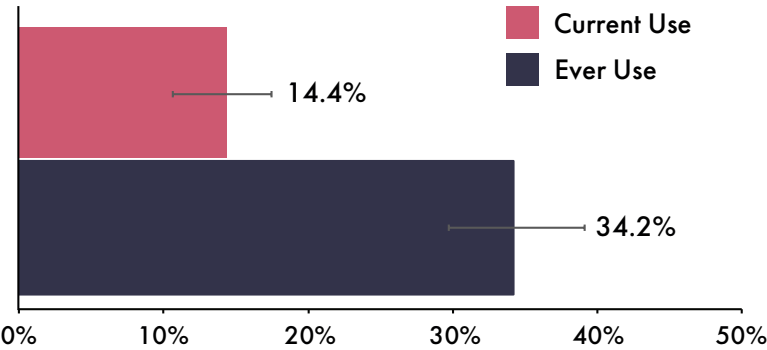
# YOUTH VAPING AND MENTAL HEALTH IN KANSAS

Updated 2023

Nearly nine out of ten current smokers start smoking by age 18, and 98 percent start by age 26.<sup>1</sup> Youth tobacco use has negative health consequences including addiction and lifelong chronic disease.<sup>2</sup> More than 60,000 Kansans currently under 18 years of age will ultimately die prematurely from smoking.<sup>3</sup> Although we have seen a decline in the use of conventional cigarettes among Kansas youth, 4.6 percent of Kansas high school students still smoke,<sup>4</sup> and products targeting youth, including **electronic vapor products (EVPs)**, highlight the continued need for youth tobacco control and prevention programs.

## EVP Use<sup>4</sup>

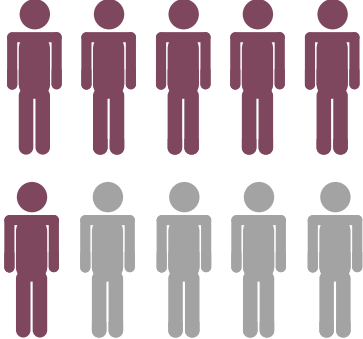
Over a third (34.2%) of Kansas high school students have **ever tried** EVPs, and **14.4%** **currently use** e-cigarettes.



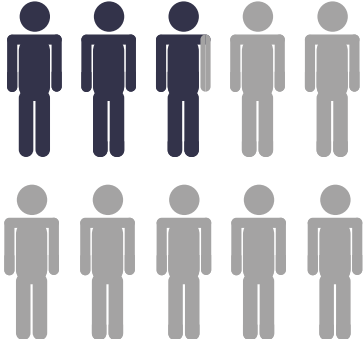
Kansas High School Students (%)

## Depression<sup>4</sup>

More than half (60.4%) of Kansas high school students who **currently use** EVPs report **symptoms of depression**.



Between a quarter to a third (29.1%) of Kansas high school students who have **never used** EVPs report **symptoms of depression**.



## Most Common EVP Flavors<sup>4</sup>

When asked which EVP flavor was used to initiate use, the three most common flavors selected by Kansas high school students who have ever or currently use EVPs were:

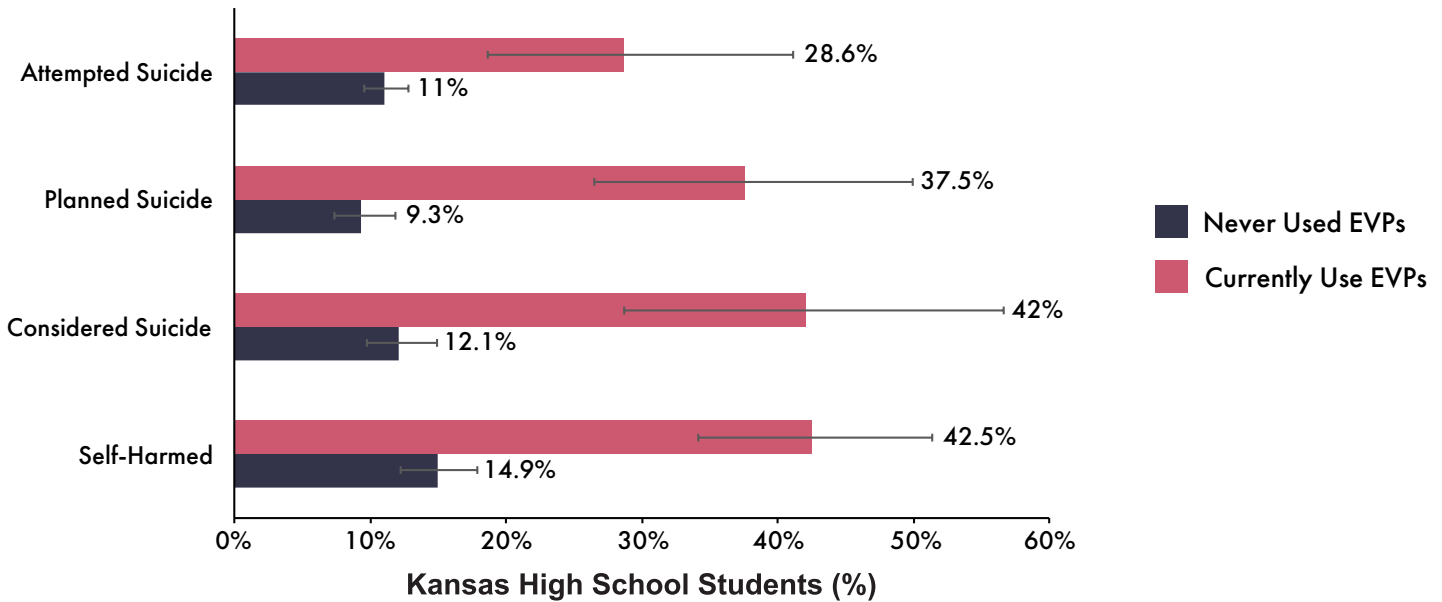
**Fruit (14.3%)**

**Menthol (7.5%)**

**Mint (5.1%)**

# Suicidal Behavior<sup>4</sup>

Youth who currently use e-cigarettes are more likely to **self-harm** (42.5%), **consider** (42%), **plan** (37.5%), and **attempt** (28.6%) suicide than youth who have never used e-cigarettes.

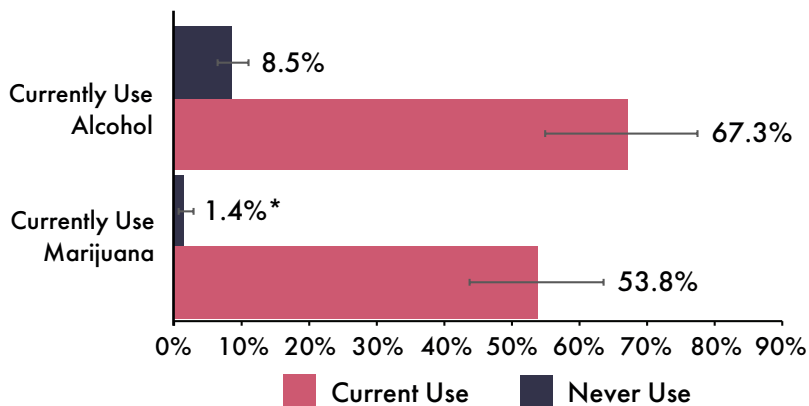


# Current Substance Use<sup>4</sup>

Nearly **eight out of ten** (77%) Kansas high school students who **currently use** e-cigarettes also report **substance use**, such as alcohol or marijuana.



Almost **one in ten** (9%) 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** (67.3%) or **use marijuana** (53.8%) than youth who have never used e-cigarettes.

\*This percentage may be statistically unreliable. Interpret with caution.

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