



May 2024

**Prepared for:**

Idaho Tobacco Prevention and Control Program, Project Filter  
Bureau of Community Health  
Division of Public Health  
Idaho Department of Health and Welfare

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### **Acknowledgements**

We gratefully thank the Idaho school educators and students who agreed to participate in the Idaho Youth Vaping and Tobacco Survey. Great thanks also to the Idaho Project Filter team for their guidance, support, and encouragement which made this survey possible. The Washington State University Social and Economic Sciences Research Center team provided superb support in the development, implementation, and analysis of this study. To the team at the Health Equity Research and Evaluation (HERE) lab at the University of Idaho, thank you.

### **Suggested Citation:**

Brown, H., Stevens, C., Cox, E., Holbrook, E., and Pawelko, K. (2024). *Idaho Youth Tobacco and Vaping Survey*. University of Idaho. <https://modelingidahohealth.org/>

Funding for this project was supported by Project Filter through the Idaho Millennium Fund.

# Idaho Youth Vaping and Tobacco Survey

## Introduction

The University of Idaho and the Social and Economic Research Center of Washington State University, supported by Project Filter through the Idaho Millennium Fund, conducted a statewide Idaho Youth Vaping and Tobacco Survey from April to June 2023. The survey was conducted to help fill vaping and tobacco data gaps among youth ages 12-18. The survey explored nicotine use and themes around vape and tobacco exposure, interaction with health professionals, peer pressure, beliefs and attitudes about potential harm and nicotine addiction, behavioral health issues, reported grades, and participation in school and community activities.

## Methods

All schools in Idaho with grades 6<sup>th</sup> through 12<sup>th</sup> were invited to participate in an anonymous 25-item electronic or paper survey. School superintendents and principals were mailed a personal letter inviting them to participate in the survey, a copy of the survey, and a link to the survey website with supporting survey information. Twenty-five schools participated, and from these schools, 2,213 students (12-14 years n=677, 33%- and 15-18-years n=1351, 67%) responded to the online or paper survey. Students were not asked to identify their gender or sex, nor their sexual orientation. This report contains descriptive survey findings by age group and by total respondents. Chi-square tests were conducted to examine differences between youth who use nicotine and youth who do not use nicotine. Respondents who answered, "Every day," "Most days," or "Some days," to questions regarding use of any nicotine-containing products were classified as "those who use nicotine," while those who selected "Never" were categorized as "those who do not use nicotine." "Those who use nicotine" excludes respondents who identified sacred or ceremonial use. Given the methods used (non-probability), the results from this study are not generalizable for all youth in Idaho. The data are useful and instructive for identifying significant differences between vaping and tobacco exposure, attitudes and beliefs, behavioral health concerns, school grades and engagement between youth who use nicotine and youth who do not use nicotine.

## Results

### *Awareness of Anti-Vaping and Tobacco Ads*

Youth were asked if they have seen or heard anti-vaping or tobacco ads in the past 12 months.

- More than three-quarters of the youth (77.0% overall) in Idaho have seen or heard ads against using vapes or tobacco in the past 12 months.
- Among youth ages 12-14, 70.0% have seen or heard these ads. Among youth ages 15-18, a higher percentage (80.0%) have encountered such ads.
- Overall, 11.0% of youth do not remember whether they have seen or heard these ads.
- The higher percentage of awareness among youth ages 15-18 suggests that anti-vaping/tobacco campaigns are more effective in reaching older teenagers than younger ones.

### *Youth Nicotine Use*

Youth report if they use vapes, cigarettes, smokeless tobacco, cigars, cigarillos, hookah, bidis, or kreteks every day, most days, some days, or no days in a week.

- Most youth of all ages report *not* using vapes (91.4%), cigarettes (97.1%), smokeless tobacco (97.2%), and cigars, cigarillos, hookah, bidis, or kreteks (97.6%).

- The nicotine-containing product most used was vapes (8.6%) at the following frequency:
  - *Every day* (3.5%), *Most days* (1.3%), and *Some days* (3.8%).
- Vape use overall was higher among youth ages 15-18 than youth ages 12-14 (9.0% vs. 7.3%).
- More youth ages 12-14 report smoking cigarettes (3.5% vs. 2.6%), using smokeless tobacco (3.6% vs. 2.3%), and smoking cigars, cigarillos, hookah, bidis, and kreteks (3.9% vs. 1.6%) than youth ages 15-18.
- Reported daily use of all nicotine products was higher among youth ages 12-14 vs. 15-18: vapes (3.5% vs 3.4%), cigarettes (1.9% vs. 0.8%), smokeless tobacco (2.4% vs. 0.9%), and other products such as cigars, cigarillos, hookah, etc. (2.1% vs. 0.6%).

#### **Tobacco use for sacred or ceremonial purposes**

- Most of the youth (90.3%) report not using tobacco for sacred or ceremonial reasons. Only 2.7% use tobacco for such purposes, while 6.9% of youth do not know if they use tobacco for sacred or ceremonial reasons.

#### **Youth Vape and Tobacco Exposure**

The survey included three questions about youth vape and tobacco exposure: 1) if all, most, some, or none of their closest contacts use vapes or tobacco, 2) the frequency of the exposure to vape aerosol or cigarette smoke, and 3) the location of the exposure. An overall vaping or tobacco exposure variable was created by combining responses to the questions about close contacts and exposure frequency to determine overall exposure and differences in exposure by youth who use nicotine and youth who do not use nicotine.

#### **Youth with close contacts who use vapes or tobacco**

- Over half of the youth surveyed (56.0%) report that at least some of the people closest to them use vapes or tobacco products.
- Of the 56.0%, 2.2% of youth report that all their close contacts use, 11.7% report most use, 42.2% report some use vapes or tobacco.
- Only 33.3% of youth report that none of their close contacts use vapes or tobacco and 10.6% do not know the vaping or tobacco use status of the people closest to them.
- A higher percentage of youth ages 15-18 (58.2%) are exposed to vapes or tobacco use by the people close to them than youth ages 12-14 (51.7%).

#### **Youth with close contacts who use vapes or tobacco by youth nicotine use**

- *All of the people closest to them*: 17.1% of youth who use nicotine vs. 0.6% of those who do not use nicotine.
- *Most of the people closest to them*: 40.7% of youth who use nicotine vs. 8.6% of those who do not use nicotine.
- *Some of the people closest to them*: 30.7% of youth who use nicotine vs. 43.4% of those who do not use nicotine.
- *None of the people closest to them*: 6.0% of youth who use nicotine vs. 36.3% of those who do not use nicotine.
- *Do not know vaping or tobacco use status of the people closest to them*: 5.5% of youth who use nicotine vs. 11.1% of those who do not use nicotine.

#### **Exposure to vape aerosol or cigarette smoke**

- More than half of youth (57.0% overall) are exposed to vape aerosol or cigarette smoke at least some days of the week; among those, 12.0% report that they are exposed every day.
- 43.5% report not being exposed on any day.

- Youth ages 15-18 report more vape aerosol or cigarette smoke exposure than youth ages 12-14.

#### Nicotine use vs. exposure to vape aerosol or cigarette smoke

- Daily vape aerosol or cigarette smoke exposure is higher among youth who use nicotine (42.2%) than youth who do not use nicotine (8.9%).
- The respondents who use nicotine are significantly more likely to report frequent exposure to vape aerosol or cigarette smoke (91.0%) compared to those who do not use nicotine (52.8%) ( $p < .001$ ).

#### Overall vape and tobacco exposure

- Among all youth, (70.6%) report exposure to vapes or tobacco in their daily life. Less than one-third (29.4%) are not exposed to vapes and tobacco use.
- Youth ages 15-18, report a higher percentage (72.1%) of vape or tobacco exposure compared to the youth ages 12-14.

#### Locations where youth are exposed to vape aerosol and cigarette smoke

- Youth ages 15-18 are more likely to be exposed to vape aerosol or cigarette smoke in all locations than youth ages 12-14: outdoors (59.9% vs. 53.2%), in homes (27.5% vs. 23.8%), in cars (25.5% vs. 16.8%), at school (23.9% vs. 16.2%), indoors (18.5% vs. 15.5%), and at work (13.5% vs. 3.4%).

**Findings:** Youth who report nicotine use are significantly more likely to have close contacts who use vapes or tobacco than youth who do not use nicotine ( $p < .001$ ). Youth who use nicotine are significantly more likely to have more frequent vape aerosol or cigarette smoke exposure than youth who do not use nicotine ( $p < .001$ ). Respondents who were exposed to nicotine were more likely than those not exposed to use nicotine ( $p < .001$ ). Overall, a high percentage of youth are exposed to vapes and tobacco.

#### *Health Professionals Asking and Advising Against Vape and Tobacco Use*

Health professionals (doctors, nurses, dentists, and others) play a key role in assessing youth vape and tobacco use and advising against use. Youth identified if they were asked about vaping or tobacco use and if they were advised against vaping or tobacco by a health professional in the last 12 months.

#### Asked if using tobacco or vapes

- Most youth (39.0%) do not recall if they were asked about their vape or tobacco product use by a doctor, dentist, nurse, or other health professional, especially youth ages 12-14 (50.0%).
- Youth report being asked about smoking (37.3%), vaping (34.1%), chewing tobacco (15.7%).
- Of all youth, 12.9% report not visiting a health professional in the past 12 months.

#### Advised against using tobacco or vapes

- 39.8% of youth report they received advice from health professionals against vaping or tobacco use, 32.0% were not advised, 18.8% did not know if they were advised, and 9.3% did not visit a health professional in the past 12 months.
- The youth ages 12-14 were less likely to report being advised not to use these vapes or tobacco products than youth 15-18 (36.5% and 33.7%).
- 18.8% of the youth do not know if they were advised not to use vapes or tobacco.

#### Nicotine use vs. asking and advising against vapes or tobacco use

- Youth who use nicotine report being asked about cigarette use (47.5%) more than youth who do not use nicotine (36.5%).
- Youth who use nicotine report being asked about vaping more than youth who do not use nicotine (44.2% vs. 33.2%).

- Youth report being asked about chewing tobacco, dip, snuff, or snus use least often; 22.1% of those who use nicotine compared to 15.5% of those who do not use nicotine.
- Among youth who use nicotine, 46.5% report being advised to not vape or use tobacco compared to 39.5% of youth who do not use nicotine.
- Youth who do not use nicotine more often report they were not advised against vape or tobacco product use than youth who do use nicotine (32.5% vs. 27.8%).
- Among all youth, 31.2%, (12.1% of those who use nicotine and 19.1% who do not use nicotine) did not know if their health professional asked or advised them about vapes or tobacco.
- Some youth report they did not visit a health professional in the past 12 months (13.6% of those who use nicotine and 8.9% of those who do not use nicotine).

**Findings:** Most youth do not report being asked about or advised against vape and tobacco use by health professionals. More youth report being asked about their use of cigarettes than vapes and a low percentage report being asked about smokeless tobacco use. Youth using nicotine were more often asked and advised against tobacco use than youth who do not use nicotine.

#### ***Beliefs and Attitudes About Vape Addictiveness and Health Impacts***

Youth responded to a question about peer pressure to use vapes if offered by a friend. Youth were also asked their level of agreement that vaping is bad for their health and their beliefs about the addictiveness of vaping compared to smoking. Comparisons were made between youth who use nicotine and youth who do not.

#### **Willing to try a vape if it is offered by friends**

- Most youth (79.4%) state that they would not try a vape if offered by a friend, 9.4% report they would, and 11.2% did not know if they would try an offered vape.
- Younger youth were more likely than older youth (83.0% compared to 78.0%) to report they would not try an offered vape.

#### **Belief about vapes' impact on health**

- Most youth believe vaping is bad for their health (89.1%).
- Youth ages 15-18 reported not knowing if vaping was bad for their health more often than youth ages 12-14 (7.3% vs. 5.5%).

#### **Nicotine use vs. beliefs about vaping's impact on health**

- *Strongly Agree:* 24.6% strongly agree that vaping is bad for their health, while among youth who do not use nicotine, this percentage is higher at 71.3%.
- *Agree:* 35.2% of youth who use nicotine agree that vaping is bad for their health, whereas among youth who do not use nicotine, 21.1% agree.
- *Disagree:* A small proportion, 14.1% of youth who use nicotine, disagree with the statement, while only 1.1% of those who do not use nicotine disagree.
- *Strongly Disagree:* 9.5% of youth who use nicotine strongly disagree with the statement that vaping is bad for their health, while 1.0% of youth who do not use nicotine strongly disagree.
- *Do Not Know:* 16.6% of youth who use nicotine and 5.6% of youth who do not use nicotine do not know whether vaping is bad for their health.

**Findings:** A majority of both age groups agree or strongly agree with the statement that vaping is bad for their health, a smaller percentage disagree or strongly disagree. The perception of vaping's impact on health varies significantly between youth who use nicotine and those who do not use nicotine with youth using nicotine more likely to disagree that vaping is bad for their health. ( $p < .001$ ).

### Beliefs about vape addiction

- Few youths believe that vapes are less addictive than cigarettes (5.0%).
- Youth are closely divided in their beliefs that vapes are equally addictive (36.0%) or more addictive (38.0%) than cigarettes.
- A notable proportion of the youth (21.0%) do not know if vapes are more, less, or equally addictive than cigarettes.
- Youth ages 12-14 more often report not knowing if vapes are more, less, or equally addictive than cigarettes than youth ages 15-18 (24.0% vs 20.0%).

### Nicotine use vs. beliefs about vape addiction

- *Less addictive*: Among those who use nicotine, 18.1% believe that vapes are less addictive than cigarettes, compared to 4.0% of those who do not use nicotine.
- *Equally addictive*: 35.2% of those who use nicotine and 35.7% of those who do not use nicotine believe that vapes are equally addictive as cigarettes.
- *More addictive*: 32.2% of those who use nicotine and 38.4% of those who do not use nicotine believe that vapes are more addictive than cigarettes.
- *Do not know*: 14.6% of those who use nicotine and 21.8% of those who do not use nicotine do not know if vapes are more or less addictive than cigarettes.

**Findings:** A high percentage of those who use nicotine believe that vapes are either equally addictive or less addictive than cigarettes, while a smaller percentage think that vapes are more addictive. A higher proportion of those who use nicotine report that vapes are less addictive compared to cigarettes than those who do not use nicotine. The association between these two variables was significant ( $p < .001$ ).

### Experience and Perceptions About Nicotine Addiction

Youth were asked about their daily craving to use vapes or tobacco, how many days they feel they need to use vapes or tobacco to feel okay, and if they believe they are addicted to nicotine.

- Most youth believe that they are not addicted to nicotine (81.8%). Few youth believe that they are addicted to nicotine (3.7%). Over 10.0% of youth do not know if they are addicted or not, and 2.6% indicated that they may be addicted.
- A slightly higher percentage of youth reported a strong craving to use vapes and tobacco (9.1%), compared to the percentage of youth who report use of vapes and tobacco (8.6%).
- Of those 9.1% with strong nicotine craving: 3.0% reported that they have a strong craving every day; 1.6%, most days; 4.5%, some days.
- Fewer youth (7.5%) reported that they needed to use vapes or tobacco to feel okay (2.8% every day, 1.7% most days, and 3.0% some days) than reported strong nicotine cravings.
- Consistently, more youth ages 12-14 reported everyday cravings (3.8% vs. 2.5%) and a need to use vapes or tobacco to feel okay (3.7% vs. 2.4%) than youth ages 15-18.
- A higher percentage of youth ages 15-18 believe that they are addicted to vapes or tobacco (4.2% vs. 2.8%), may be addicted (2.9% vs. 2.2%), and do not know if they are addicted (12.5% vs. 11.0%), compared to youth ages 12-14.

**Findings:** Youth who use nicotine are more likely to believe they are addicted, while most who do not use nicotine do not share this belief. Some participants in both groups express uncertainty or do not know whether they are addicted to nicotine.

### *Nicotine Use vs. Feeling Addicted to Nicotine*

#### **Nicotine use vs. frequency of a strong craving for vapes or tobacco**

- A significantly higher proportion of those who use nicotine experience strong cravings compared to those who do not use nicotine, with the majority of those who do not use nicotine reporting no strong cravings at all, ( $p < .001$ ).

#### **Nicotine use vs. feeling of using vapes or tobacco to feel okay**

- A significantly higher proportion of those who use nicotine experience strong needs to use vapes or tobacco compared to those who do not use nicotine.

#### **Nicotine use vs. feeling addicted to nicotine**

- A 'feeling addicted to nicotine' variable was created including strong cravings, the need to use vapes or tobacco to feel ok, and a belief that the respondent is addicted to nicotine.
- A chi-square test was performed to test associations between nicotine use the variable, 'feeling addicted to nicotine.' The association was significant.

**Findings:** Strong cravings for vapes or tobacco and needing to use nicotine to feel 'okay' among youth who use nicotine were both significant ( $p < .001$ ), as was nicotine use and the created variable, 'feeling addicted to nicotine.' Some confusion about addiction is evident as some youth report strong cravings and needing vapes or tobacco to feel okay but do not believe they are addicted to nicotine.

### *Attempts to Quit Vapes or Tobacco and Quit Attempt Methods*

Youth were asked if they ever tried quitting any nicotine containing products in the past 12 months, and if they had tried to quit, they were asked what they tried.

#### **Overall results of attempts to quit vapes or tobacco and quit attempt methods**

- Of all youth, 8.8% reported trying to quit using nicotine-containing products. The attempt to quit is slightly higher among youth ages 15-18 (10.0%) compared to youth ages 12-14 (6.2%). A notable portion of youth reported not knowing if they tried to quit (19.8%), with more youth ages 12-14 (24.0%) than youth ages 15-18 (17.8%) reporting such uncertainty.
- Students who tried to quit in the past 12 months were asked what they did to try to quit. The most reported method was talking to an adult (6.2%), a friend (6.1%), looking up quitting information online (3.6%), and calling or texting a Quitline number (1.6%).
- Youth ages 12-14 were more likely to talk to an adult (6.9%) over a friend (6.4%), while youth ages 15-18 reported talking to a friend (6.1%) over an adult (5.8%).

#### **Nicotine use vs. attempts to quit vapes or tobacco and quit attempts methods**

- Among the youth you use nicotine, the most frequent approach they tried was talking to a friend (20.8%) and looking up quitting information online (14.7%). Only 13.7% talked to an adult, and 11.2% tried other approaches.
- The pattern was different among youth who did not report nicotine use. A higher proportion of youth who report no nicotine use tried other cessation methods (7.4%), or spoke to an adult (5.4%), compared to talking to a friend (4.5%), or looking for quitting information online (2.5%).

**Findings:** The percentage of youth reporting a quit attempt is higher than the percentage of youth who report any nicotine use. Some youth who did not report nicotine use report trying to quit. Study responses may identify that youth quit attempts were successful or that nicotine use is underreported.



### ***Behavioral Health Issues and Nicotine Use***

Youth were asked two nationally validated questions used to indicate behavioral health, one question asking how many days of the week they feel sad or hopeless and another asking how many days in a week they feel stress or anxiety.

#### **Feeling sad or hopeless, reports of stress or anxiety**

- Students report feeling sad or hopeless every day (10.9%), most days (13.8%), some days (39.2%), and no days (36.1%).
- Overall, students report stress or anxiety every day (23.8%), most days (24.2%), some days (34.75%), and no days (17.3%).
- Students were overall more likely to report feeling stress or anxiety (82.7%) than feeling sad or hopeless (63.9%) at least some days.
- Youth ages 12-14 report less behavioral health issues than youth ages 15-18, with no days feeling sad or hopeless (37.4% vs. 35.4%), and no days feeling stress or anxiety (19.8% vs. 16.2%).

#### **Nicotine use vs. frequency of feeling sad or hopeless:**

- Among the respondents who use nicotine, 32.8% report feeling sad or hopeless every day, 18.5% most days, 23.6% some days, and 25.1% report no days of feeling sad or hopeless.
- Among those who do not use nicotine, 8.6% feel sad or hopeless every day, 13.3% most days, 40.9% some days, and 37.3% report no days of feeling sad or hopeless.

**Findings:** A higher percentage of those who use nicotine experience feelings of sadness or hopelessness every day compared to those who do not use nicotine. A lower percentage of those who use nicotine report no days of feeling sad or hopeless compared to those who do not use nicotine. The association between nicotine use and feeling sad or hopeless was significant ( $p < .001$ ).

#### **Nicotine use vs. frequency of feeling stress or anxiety:**

- Among the respondents who use nicotine, 46.4% report feeling stress or anxiety every day, 22.9% most days, 16.1% some days, and 14.6% report no days of feeling stress or anxiety.
- Among those who do not use nicotine 21.4% feel stress or anxiety every day, 24.4% most days, 36.6% some days, and 17.6% report no days of feeling stress or anxiety.

**Findings:** Overall, the data suggests that a higher percentage of those who use nicotine experience feelings of stress or anxiety every day compared to those who do not use nicotine, while a lower percentage of those who use nicotine report no days of feeling sad or hopeless compared to those who do not use nicotine. The association between these two variables was significant ( $p < .001$ ).

### ***Nicotine Use by Reported Grades and Out-of-School Participation***

Youth were asked to report if the grades they received were mostly A's, B's, C's, D's, or F's and about their participation in school sports, clubs, church, or other youth activities. Comparisons were made between youth who use nicotine (excluding ceremonial or sacred use) and youth who do not use nicotine.

#### **Nicotine use vs. reported grades**

- "Mostly A's," in school, 20.7% use nicotine, while 44.9% do not use nicotine.
- "Mostly B's," 26.1% use nicotine, and 30.0% do not use nicotine.
- "Mostly C's", 26.1% use nicotine, and 30.0% do not use nicotine.
- "Mostly D's", 8.5% use nicotine, and 3.5% do not use nicotine.
- "Mostly F's," 11.2% use nicotine, and 1.9% do not use nicotine.
- In the "Do not know" category, 3.7% use nicotine and 4.3% do not use nicotine.

- For those who selected "None of these grades," 1.6% use nicotine and 1.8% do not use nicotine.

#### Nicotine use vs. out of school participation

- A higher proportion of nicotine users (35.4%) reported they did not participate in school sports, clubs, church, or other youth activities compared to non-nicotine users (19.1%).

**Findings:** The respondents who used tobacco products tended to have lower grades (Mostly D's or Mostly F's) than those who did not use any tobacco products for non-ceremonial purposes. The association between non-participation and nicotine use was significant ( $p < .001$ ).

#### Nicotine Use by Race/Ethnicity

The Idaho Youth Vaping and Tobacco Survey used the revised U.S. Office of Management and Budget standards for determining race/ethnicity. The new standards combine one question for race and ethnicity and encourage respondents to select as many options as apply to how they identify. Survey respondents were asked to choose between the following categories: White, Hispanic, Black or African American, Asian, American Indian or Alaska Native, Middle Eastern or North African, Native American or Other Pacific Islander or Some other race, ethnicity, or origin.

- White individuals make up the largest racial group, comprising 58.6% of the total respondents, Hispanic 19.8%, multiple races 16.6%, some other race 1.5%, Black or African-American 1.4%, American Indian or Alaska Native 0.9%, Asian 0.7%, Middle Eastern or North African 0.4%, and Native Hawaiian or Other Pacific Islander 0.2%.
- The respondents who used any nicotine products were less likely to be Asian (7.1%) or White (7.4%) and more likely to be African-American (29.6%), Native Hawaiian or Other Pacific Islander (25.0%), some other race (20.0%), multiple races (13.5%), American Indian or Alaska Native (11.1%), or Hispanic (8.7%).

**Findings:** Overall, the majority of respondents in the survey are White, followed by Hispanics and individuals identifying as multiple races. The differences in nicotine use across these racial groups are notable with variations in nicotine usage percentages. It's important to note that the sample size for the other racial categories, including Black or African-American, Asian, American Indian or Alaska Native, Middle Eastern or North African, Native Hawaiian or Other Pacific Islander, and Some other race, is relatively small, with sample sizes equal to or below 30 individuals in each category. The findings for these smaller racial categories should be interpreted cautiously due to the limited sample size.

#### Conclusions and Opportunities

This survey collection was impacted by the perception that Senate Bill No, 1099 (enacted in July 2023, after the close of the survey) would negatively affect schools' survey participation. The limited participation of schools precluded obtaining sufficient responses to report of tobacco use patterns with confidence. The indepth analysis comparing differences between youth who use tobacco and youth who do not use tobacco provides important insight into the drivers of vape and tobacco use.

Among the many important findings, significant findings include:

- Most youth do not report vape or tobacco use, more youth report vaping than use of any other tobacco product. Youth ages 12-14 report greater tobacco use than youth ages 15-18 except for vapes. Youth identifying as multiple races reported higher nicotine use.
- The majority of youth are exposed to vape and tobacco products in their daily lives including youth who do not use these products.
- Most youth do not recall being asked about using vapes or tobacco products, nor advised to not use vapes or tobacco by health professionals.

- Confusion exists about the addictiveness and health harms of vapes. Youth who use nicotine report the greatest uncertainty about the health impacts of vapes.
- Nicotine use is significantly associated with sadness and hopelessness, stress and anxiety.
- Youth report quit attempts; of those who attempt to quit, they more often seek out help from friends than evidence-based resources.
- Youth who use nicotine are more likely to report poorer grades and limited engagement in school and community activities.
- Students identifying as other than Asian or White report higher nicotine use rates. This data should be interpreted with caution given sample sizes.

The Idaho Youth Vaping and Tobacco Survey findings support the need for strong and comprehensive vape and tobacco education and control efforts throughout Idaho. Examples of opportunities supported by this study include:

- Clear and comprehensive nicotine, vape, tobacco, and addiction education from K-12<sup>th</sup> grades.
- Supportive youth-tailored quit services that are widely accessible and meet the language and cultural needs of all Idaho youth.
- Encouragement for policies supporting vape and tobacco free workplaces, schools, youth serving venues, and indoor and outdoor settings.
- On-going education and support for vape and tobacco free homes and reducing youth exposure to vape aerosol and cigarettes smoke.
- Integrated approaches addressing youth nicotine use and youth mental health services.
- Increased health professional awareness to ask and advise youth against all forms of nicotine use.
- Education and information for parents and guardians about the harms of youth vape and tobacco exposure.
- On-going and robust youth vaping and tobacco use surveillance to monitor nicotine use trends, demographic use patterns, youth vape and tobacco exposure, relationships between vape and tobacco use and behavioral health issues, and youth vape and tobacco knowledge, attitudes, and beliefs to inform successful tobacco control prevention and programming.

For more information, please contact Helen Brown, Principal Investigator at [helenb@uidaho.edu](mailto:helenb@uidaho.edu)  
Findings from the Idaho Youth Vaping and Tobacco Survey and the Idaho Tobacco Retail Study are available at: <https://modelingidahohhealth.org/>