

2023 Idaho Youth Vaping and Tobacco Survey Data Kit

Funded by Project Filter and the Idaho Millennium Fund

See numbered data, infographic jpeg files, and their corresponding description of findings

The University of Idaho and the Social and Economic Research Center of Washington State University, supported by Project Filter and the Idaho Millennium Fund, conducted a statewide Idaho Youth Vaping and Tobacco Survey over April-June 2023. All schools in Idaho with grades 6th through 12th were contacted, and 25 schools participated. From these schools, 2,213 students responded to the online or paper survey. The survey explored exposure, interaction with health professionals, peer pressure, beliefs and attitudes, cigarette, vape, and other tobacco use, behavioral health issues, grades, and participation in school and community activities. While the results from this study are not generalizable for all youth in Idaho, they are useful for identifying actionable approaches to reduce exposure, decrease the age of initiation and use, and promote cessation. The findings for each statistic, along with their corresponding infographics, can be downloaded as JPEG files from Modeling Idaho Health.



1 Awareness of Anti-Vaping and Tobacco Ads

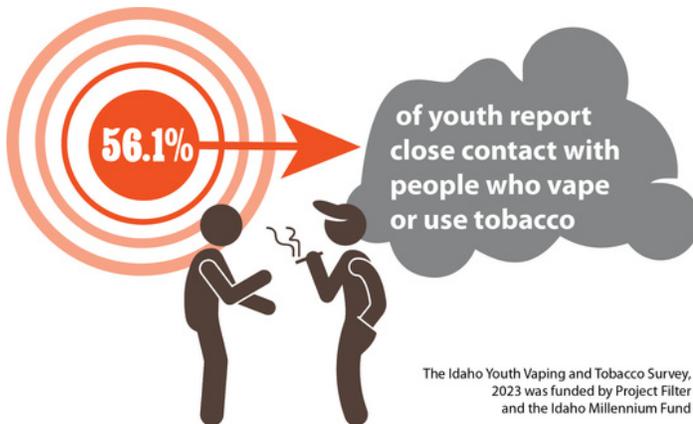


Youth who have seen or heard ads against using vapes or tobacco

The Idaho Youth Vaping and Tobacco Survey, 2023 was funded by Project Filter and the Idaho Millennium Fund

Description of Findings: In Idaho, 77.0% of youth have seen or heard ads against using vapes or tobacco in the past 12 months. Awareness varies by age group, with 70.0% of youth ages 12-14 and 80.0% of youth ages 15-18 encountering these ads. Additionally, 11.0% of youth do not recall whether they have seen or heard such ads. The higher percentage of awareness among older teenagers suggests that anti-vaping and tobacco campaigns have been more effective in reaching this age group compared to younger adolescents.

2 Youth with close contacts who use vapes or tobacco

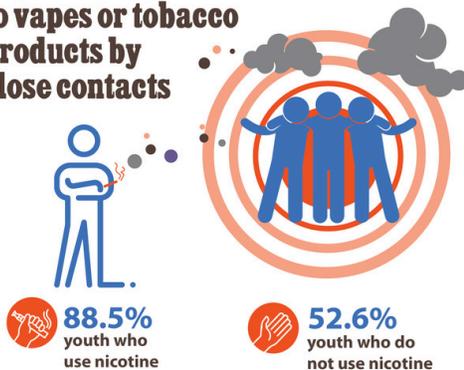


The Idaho Youth Vaping and Tobacco Survey, 2023 was funded by Project Filter and the Idaho Millennium Fund

Description of Findings: Most Idaho youth report having close contacts who use vapes or tobacco products. Youth who use nicotine are more likely to have close contact with others who also use nicotine than youth who do not use nicotine.

3 Youth with close contacts who use vapes or tobacco and youth nicotine use

Idaho youth are regularly exposed to vapes or tobacco products by close contacts



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Description of Findings: Most Idaho youth report having close contacts who use vapes or tobacco products. Youth who use nicotine are more likely to have close contact with others who also use nicotine than youth who do not use nicotine.

4 Regular youth exposure to vape aerosol or cigarette smoke

Idaho youth are regularly exposed to tobacco smoke or vape aerosol

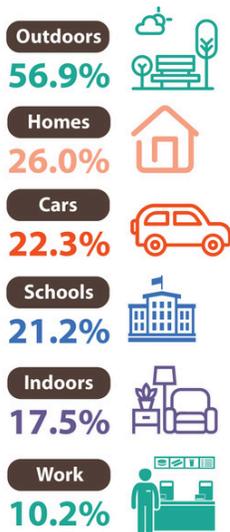


The Idaho Youth Vaping and Tobacco Survey, 2023 was funded by Project Filter and the Idaho Millennium Fund

Description of Findings: A majority of Idaho youth are exposed to tobacco smoke or vape aerosol from other people. Of the youth who report nicotine use, 91% are exposed to smoke or vape aerosol from others compared to 53.0% of youth who do not use nicotine.

5 Locations of youth exposure to cigarette smoke and vape aerosol

Locations of youth exposure to cigarette smoke or vape aerosol



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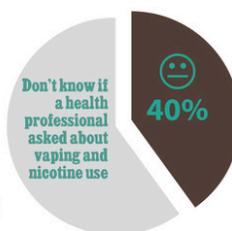
Description of Findings: Idaho youth are most exposed to cigarette smoke or vape aerosol outdoors, in homes, in cars, and at school. Youth ages 15-18 are more often exposed to nicotine in all locations than youth ages 12-14 years. Only 18% of youth report no exposure to nicotine.

6 Health professionals asking about vape and tobacco usage

Health professionals asked youth about vapes or tobacco use



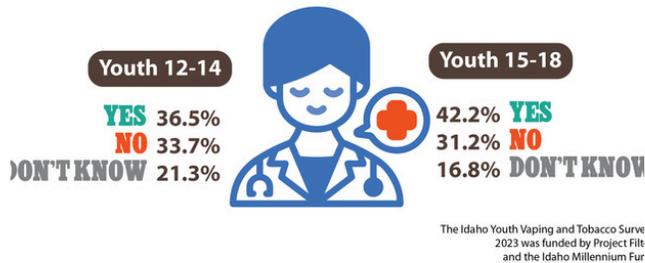
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Description of Findings: Most youth were not asked if they used any form of nicotine during a visit to a health professional. Youth ages 12-14 were less likely to report being asked than youth ages 15-18. Youth were most often asked about cigarette use over vaping use, and least often asked about chewing tobacco, dip, snuff, and snus. Over 50% of youth ages 12-14 do not know if they were asked about their nicotine use.

7 Health professionals advising against vape and tobacco usage

Health professionals advised youth not to use vapes or tobacco



Description of Findings: Most youth do not report that a health professional advised them not to use vapes or tobacco. Youth ages 12-14 were less likely to report being advised not to use nicotine and more likely not to know if they were advised by a health professional to not use nicotine. Youth who use nicotine were advised more often than youth who do not use nicotine. Almost 20% of youth did not know if they were advised not to use nicotine products and nearly 10% did not visit a health provider in the past 12 months.

8 Youth report no advice against vape or tobacco use from health professionals

Over 1/3 of youth report no advice from health professionals to not use vapes or tobacco



Description of Findings: Over one-third of Idaho youth report not receiving advice from health professionals to avoid using vapes or tobacco. Specifically, 38.9% of youth do not recall being asked about their tobacco and nicotine use during visits with health professionals. This lack of inquiry is more pronounced among younger adolescents, with 50.2% of youth aged 12-14 reporting they were not asked about their nicotine use.

9 Belief that vaping is bad for health

Vaping is bad for my health



youth who use nicotine



youth who do not use nicotine



Description of Findings: Youth who use all forms of nicotine are statistically less likely to agree that vaping is bad for their health than youth who do not use nicotine. Those who use nicotine report that they do not know if vaping is bad for their health three times more than those who do not use nicotine.

10 Addiction Beliefs

Addiction Beliefs



youth who use nicotine



youth who do not use nicotine

Vapes are **LESS** addictive than cigarettes

18.1% 4.0%

Vapes are **EQUALLY** addictive as cigarettes

35.2% 35.7%

Vapes are **MORE** addictive than cigarettes

32.0% 38.4%

DON'T KNOW

14.6% 21.8%

Description of Findings: Youth who use nicotine are statistically less likely to agree that vaping is bad for their health than youth who do not use nicotine. Those who use nicotine report that they do not know if vaping is bad for their health three times more than those who do not use nicotine.

11 Youth Nicotine Use

Youth Nicotine Use

Youth 12-14

VAPES 9.0%

CIGARETTES 2.6%

CHEW, SNUFF, SNU 2.3%

CIGARS, CIGARILLOS, HOOKAH 1.6%



Youth 15-18

7.3% **VAPES**

3.5% **CIGARETTES**

3.6% **CHEW, SNUFF, SNU**

3.9% **CIGARS, CIGARILLOS, HOOKAH**

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Description of Findings: Most youths in Idaho abstain from using nicotine products, with over 90% reporting no use of vapes, cigarettes, smokeless tobacco, or other tobacco forms. However, vaping is the most common form of nicotine use, particularly among older teens, with 9.0% of those aged 15-18 engaging in vaping compared to 7.3% of younger adolescents. Interestingly, daily use of all nicotine products is slightly higher among youth aged 12-14.

12 Youth report trying to quit nicotine



Youth report trying to quit nicotine

Youth 12-14

6.2%

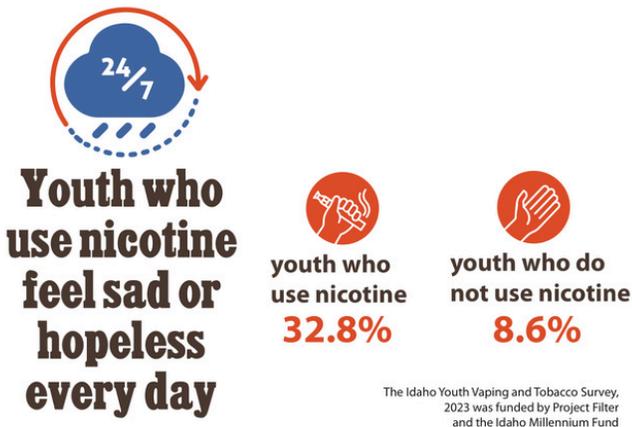
Youth 15-19

10.0%

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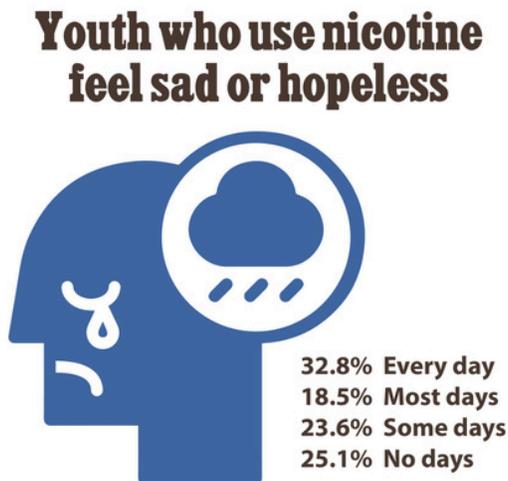
Description of Findings: Youth ages 15-19 are more likely to report trying to quit nicotine than youth ages 12-14. More youth report trying to quit nicotine than reporting using nicotine.

13 Nicotine use and feeling sad or hopeless



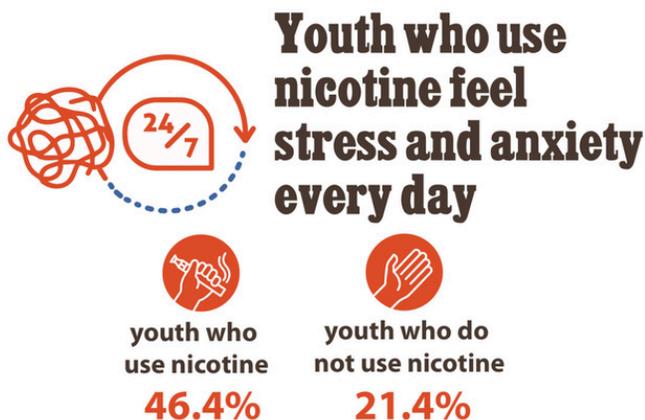
Description of Findings: A higher percentage of youths who use nicotine experience feelings of sadness or hopelessness every day compared to youths who do not. A lower percentage of youths who use nicotine report no days of feeling sad or hopeless compared to youths who do not use nicotine.

14 Nicotine use and frequency of feeling sad or hopeless



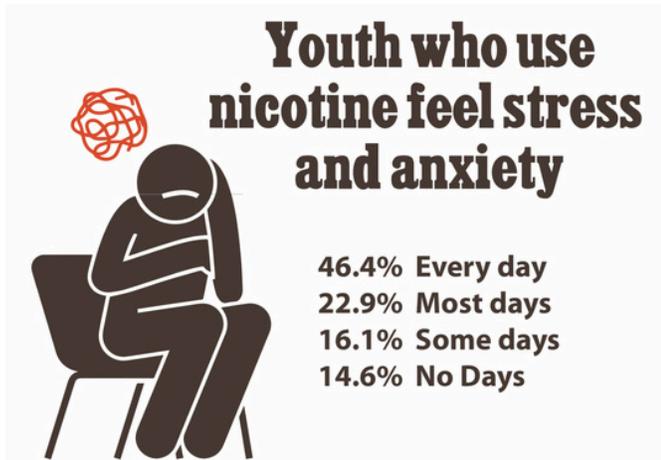
Description of Findings: Youth who use nicotine are much more likely to report feeling sad or hopeless every day, most days, or some days compared to youth who do not use nicotine. Only 25.1% of youth who use nicotine report no days feeling sad or hopeless.

15 Nicotine use and feeling stress or anxiety



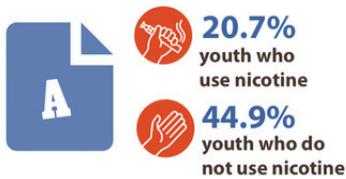
Description of Findings: Idaho youth who use nicotine are significantly more likely to experience daily stress and anxiety compared to their peers who do not use nicotine. Specifically, 46.4% of youth who use nicotine report feeling stress and anxiety every day, whereas only 21.4% of non-nicotine users report the same levels of daily stress and anxiety.

16 Nicotine use and frequency of feeling stress or anxiety

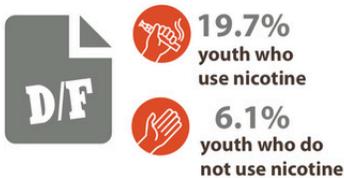


Description of Findings: Youth who use nicotine experience stress or anxiety more frequently, with a higher percentage reporting experiencing these feelings every day compared to youth who do not use nicotine. A higher percentage of youth who do not use nicotine report no days of feeling stress or anxiety.

17 Nicotine use and self-reported grades



Self-reported grades by nicotine use



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Description of Findings: Youth who use nicotine reported higher instances of having Ds or Fs in academic courses than youth who do not use nicotine.

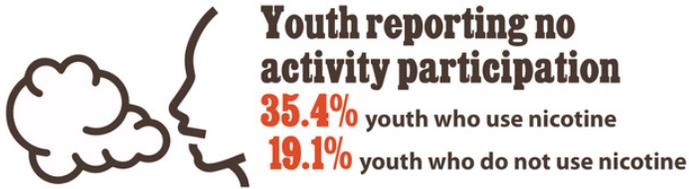
18 Nicotine use and participation in school sports, clubs, church, and other youth activities



Description of Findings: Youth who use nicotine report much less participation in after-school activities than youth who do not use nicotine. Over 35% of youth who use nicotine report no days of after-school activity participation compared to 19% of youth who do not use nicotine.

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19 Nicotine use and lack of participation in school sports, clubs, church, and other youth activities



Description of Findings: Youth who use nicotine are significantly more likely to report no participation in school sports, clubs, church, and other youth activities compared to youth who do not use nicotine.

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