

DATA BRIEF | BOULDER COUNTY YOUTH TOBACCO USE 2019

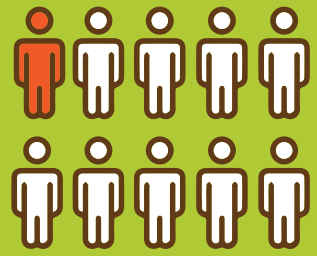


The Healthy Kids Colorado Survey is the state's only comprehensive survey on the health and well-being of young people. In 2019, the survey sampled approximately 53,500 youth from 195 randomly selected middle and high schools statewide. The voluntary, biennial survey collects a wide range of health and behavioral information that helps public, private and community organizations better understand the youth they serve and support them in making healthy choices. The data included are from a sample of approximately 2,200 local high school youth in Boulder County.

CURRENT USE



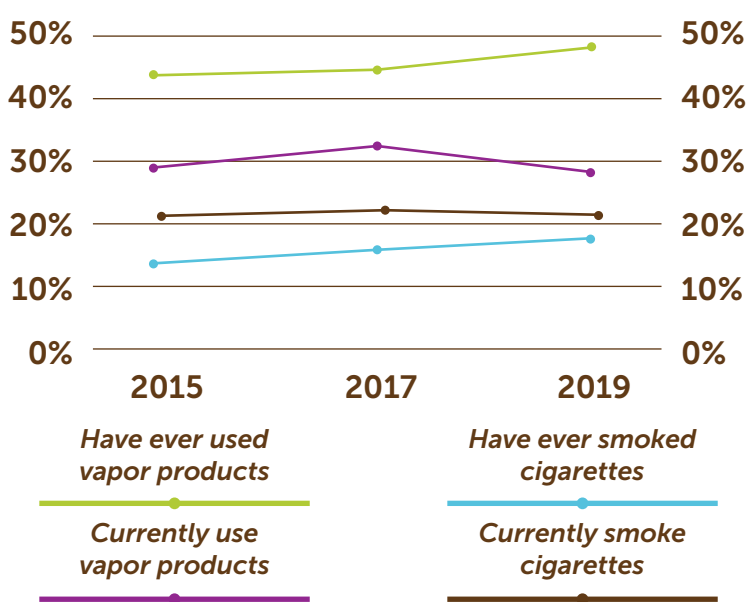
More than **1 IN 4** local youth use vapor products



Less than **1 IN 10** local youth smoke cigarettes

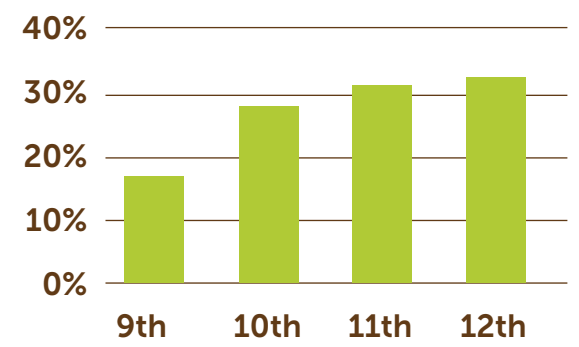
MORE YOUTH HAVE TRIED VAPOR PRODUCTS THAN CIGARETTES

Use of tobacco products has remained relatively stable.



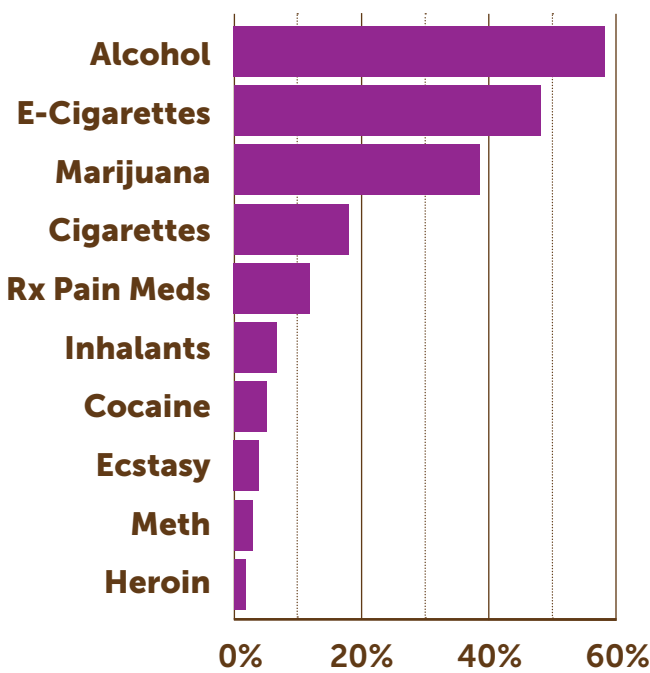
11TH AND 12TH GRADERS ARE MORE LIKELY TO BE USING VAPOR PRODUCTS

Percentage of students (by grade) who used an electronic vapor product in the past 30 days

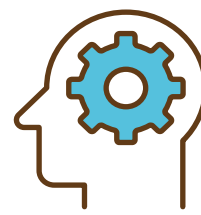


E-CIGARETTES ARE THE SECOND-MOST TRIED SUBSTANCE AMONG LOCAL YOUTH

Percent of local youth who have tried the substance



YOUTH PERCEPTIONS

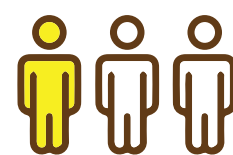


E-cigarettes are perceived as **LESS RISKY AND EASIER TO GET** than cigarettes

Percent of students who think...

- Smoking is risky 91%
- Vaping is risky.....80%
- Cigarettes are easy to get 56%
- Vape products are easy to get....71%

SOME YOUTH ARE TRYING TO QUIT



1 OF 3 youth who currently smoke cigarettes are trying to quit.

SOME YOUTH ARE EXPOSED AT HOME



12% of local youth are exposed to second-hand smoke at home.

PROTECTIVE FACTORS

All data on behaviors or health outcomes should be considered alongside the upstream factors that influence them, such as feeling safe at school. Social, economic and environmental inequities result in adverse health outcomes and have a greater impact than individual choices. Reducing health disparities through systems change can help improve opportunities for all Coloradans.

PARENTS CAN HELP PREVENT YOUTH TOBACCO USE



Youth whose families have clear rules about drug and alcohol use are **9% LESS LIKELY** to vape.

PRO SOCIAL ACTIVITIES

Students who participate in extracurricular activities are **8% LESS LIKELY** to smoke cigarettes than those who do not.



Youth who have an adult to go to with a serious problem are **9% LESS LIKELY** to use vapor products than those who do not.