



# NICOTINE / VAPING



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## There is reason to be hopeful...

SINCE 2016

- **MOST** Rye youth **DO NOT USE** vapes in a typical month, including **87%** of HS teens
- Past month vaping by 12th graders **DECREASED** by nearly **50%** since 2016 and is below peers nationally; past month vaping by 11th graders has **DECREASED** by more than **50%** since 2016
- **MOST** Rye youth **DO NOT** smoke cigarettes, including **95%** of HS youth
- In 2023, **MORE** Rye HS teens reported **NO USE** of vapes and marijuana than in 2021, 2018, and 2016

### Why does early initiation of use matter?

"The earlier someone starts to use substances (including nicotine) the greater their chances of developing a substance use disorder (SUD), and the more severe their illness is likely to be." (Sources: Addiction Policy Forum, National Institutes of Health)

Substance use disorder (SUD) is a pediatric-onset disease. **90%** of adults with a SUD (addiction) started using substances before age 18; Nicotine is often the first drug teens try. Early use of nicotine primes the brain for other substance use.

(Source: CASA Columbia)

### And did you know?

Youth who use cigarettes/nicotine are...

**4x** more likely to use alcohol

**6x** more likely to binge drink

**10x** more likely to drink heavily (repeated binge drinking)

**7x** more likely to use marijuana/THC

**8x** more likely to use other illicit drugs

...compared to their peers who did not use cigarettes/nicotine in the past month.

(Source: DuPont, et al)

## There is cause for concern...

- Anecdotal data suggests synthetic nicotine products such as Zyn are replacing vapes; these products contain extremely high nicotine content compared to traditional cigarettes
- Nicotine is one of the most addictive substances, and often one of the most difficult to quit
- Despite being lower than in 2016, 8th grade past month use **TRIPLED** since 2021 and is almost 2x higher than peers nationally
- While lower than in 2016, 9th grade past 30-day use also increased since 2021
- Despite a decline compared to past years, 10th grade past month use rate is almost 3x higher than peers nationally
- High 10th grade use rates (compared to national peers), and increases among 8th & 9th graders suggest early initiation of use

### Past 30-Day Vaping

GRADE	Rye 2016	Rye 2018	Rye 2021	Rye 2023	MTF 2022 (Nat'l)
7	1.2%	.8%	.5%	0	---
8	6.9%	8.2%	1.5%	4.6%	2.7%
9	14%	14.5%	4.3%	6.6%	---
10	24.6%	30.5%	14.6%	12.2%	4.2%
11	33.7%	38.1%	14.8%	12.4%	---
12	42.3%	47.7%	25.7%	21.9%	25.6%

