



# Adolescents knowledge about vaping and attitudes toward quitting.



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## Introduction:

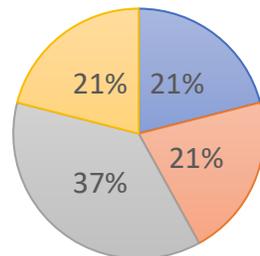
The current use of e-cigarettes (known as vaping) among adolescents has increased significantly over the past decade and became a public health concern and current efforts by the vaping industry, government agencies and schools have thus far proved insufficient to stop the vaping among adolescents. Nicotine adversely affects the developing brain and causes addiction. Adolescent exposure to nicotine is associated with an increased risk of mood and attention problems. To further understand the knowledge of adolescents about vaping and their attitudes toward quitting we performed this survey.

## Methods:

In September 2019 we surveyed 300 high school students from hazard high school in Kentucky from grade 9 to 12. The survey included questions about their knowledge of vaping before starting and why did they start vaping and also included their intention to quit and if they were able to quit. Data was collected and analyzed using SPSS Version 26.



Adolescents knowledge about vaping



- Some knowledge
- No Knowledge
- Little knowledge from friends
- A lot of knowledge

## Results:

A total of 286 students answered the survey. 151(52%) reported ever using vaping (Male 26%/Female 27%). Median age = 16. Among the students who vape more than half of them had little or no knowledge about vaping before starting. 56 (37%) had little knowledge through friends about vaping and 32(21%) of them had no knowledge at all and 33(21%) had some knowledge but did not know every component of the vaping. About 40 students (26%) started vaping because they enjoyed the flavor and 33(22%) because their friends are using it. In regards to quitting vaping, 95 students (63%) answered that they are intending to quit and 29 (19%) of them have tried to quit but could not.

## Conclusion:

According to the results of this survey programs need to be implemented to increase the awareness of vaping content and their risks among adolescents and young adults. New efforts are needed to protect youth from using nicotine during adolescence when the developing brain is particularly susceptible to permanent changes from nicotine use and when almost all nicotine addiction is established and programs and interventions are needed to help them quit vaping.