

PUBLIC HEALTH NEWS

April 15, 2019

Health officer responds to rise in youth vaping

Parents should take action to prevent children from using vapor products.



Dr. Susan Turner

Use of vapor products among Kitsap youth increased significantly in recent years, even as use of traditional cigarettes declined.

Nearly one in three high school seniors reported using a vapor product or e-cigarette in the previous 30 days in 2018, compared with about one in five in 2016, according to the state [Healthy Youth Survey](#).

Research shows vapor products expose young people to harmful chemicals, while putting them at risk for nicotine addiction and long-term health problems related to tobacco use. Nearly all e-cigarettes contain nicotine but many teens who report using vapor products are unaware nicotine is present.

Kitsap Public Health District Health Officer Dr. Susan Turner called on parents to take action to prevent youth vaping in a recent guest column for the Kitsap Sun. Read the full column on the [Kitsap Sun website](#).

Additional vaping prevention resources

1. smokefree.gov
2. Kitsap Public Health vapor ordinance: kitsappublichealth.org/information/vaping.php
3. Washington State Department of Health's Quitline: 1-800-QUIT-NOW
4. Washington State Department of Health's 2MorrowHealth Quit App: doh.wa.gov/quit
5. The Truth Initiative's E-Cigarette Quitline for Teens (Text "Quit" to 202-804-9884)