

# Clearing the Air

## A youth-led research project about vaping

Over 2 days in June 2019, 19 young people aged 16–24 came together to do a research project about vaping among BC youth. We analyzed data from the BC Adolescent Health Survey (BC AHS), shared key findings, and made recommendations to support youth to make informed decisions about vaping. Here is what we found:

### Who vapes in BC?



Youth aged 14 or younger were more likely to vape without nicotine than to vape with nicotine.



Youth who had used substances, including cigarettes, marijuana and alcohol, were more likely to have vaped with nicotine in the past month compared to those who had not used these substances.

Youth aged 15 or older were generally more likely to vape with nicotine than to vape without nicotine.



Youth who missed out on needed mental health services were more likely to have vaped with and without nicotine in the past month than those who did not miss out on these services.

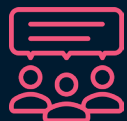


Youth who slept fewer hours the night before the survey were more likely to have vaped with and without nicotine.



Youth who took part in weekly organized, informal, and extreme sports were more likely to have vaped in the past month than youth who took part in these activities less frequently.

### Who is less likely to vape?



Youth whose friends would be upset with them if they used substances.



Youth who asked adults for help and found the support helpful.



Youth who felt quite a bit or very connected to their community.



Youth who found spirituality important in their lives.

### How can I find reliable info on vaping?

**BC LUNG ASSOCIATION**  
[bc.lung.ca/how-we-can-help/vaping](http://bc.lung.ca/how-we-can-help/vaping)

**HEALTHLINKBC**  
[healthlinkbc.ca/health-feature/vaping](http://healthlinkbc.ca/health-feature/vaping)

**GOVERNMENT OF CANADA**  
[canada.ca/vaping](http://canada.ca/vaping)

### Can I see more of the survey results?

Read the full report from the youth-led research project about vaping: [mcs.bc.ca/clearing\\_the\\_air](http://mcs.bc.ca/clearing_the_air)

Find out more about the BC AHS and download reports and resources: [mcs.bc.ca](http://mcs.bc.ca)

### What would young people like to see happen?

- ★ Teach youth healthy coping skills, stress management, and how to get into a healthy sleep pattern.
- ★ Target information to youth aged 11–12 before they start vaping to allow them to make informed choices.
- ★ Find new ways to connect youth with information about vaping such as through snapchat or in-class discussions.
- ★ Educate coaches and school staff about vaping, and educate adults to be open and non-judgemental.
- ★ Adults should not vape in front of youth as it normalizes vaping.
- ★ Connect young people with youth workers who are relatable and understand what youth are going through.
- ★ Provide young people with balanced information about vaping.

The BC AHS is completed by students in Grades 7–12 in public schools across BC every 5 years. In 2018, over 38,000 students in 58 of 60 BC school districts completed the survey. The survey is voluntary and anonymous and contains 140 questions including questions about vaping.

McCreary Centre Society is a BC-based not-for-profit organization committed to promoting the health of BC youth through community-based research, evaluation and youth-led projects.



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