

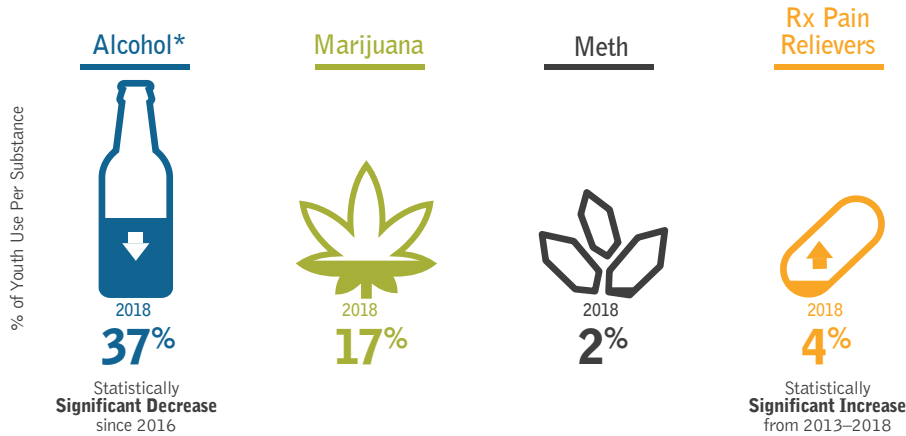
2018 RISE ABOVE COLORADO YOUTH SURVEY

The Rise Above Colorado Youth Survey (RACYS) is a data source for behavioral health and substance use attitudes and behaviors among Colorado youth ages 12–17. The 2018 data of more than 600 youth is based on a representative sample of the entire state. For more information and complete survey data, visit www.riseaboveco.org.



SUBSTANCE USE – COLORADO YOUTH 2018

Surveyed youth were asked, “During your life, how many times have you used (substance)?”:



PERCEIVED RISK

Youth’s perceived risk in alcohol and marijuana use is **decreasing**

Youth’s perceived risk in prescription drug use is **increasing**



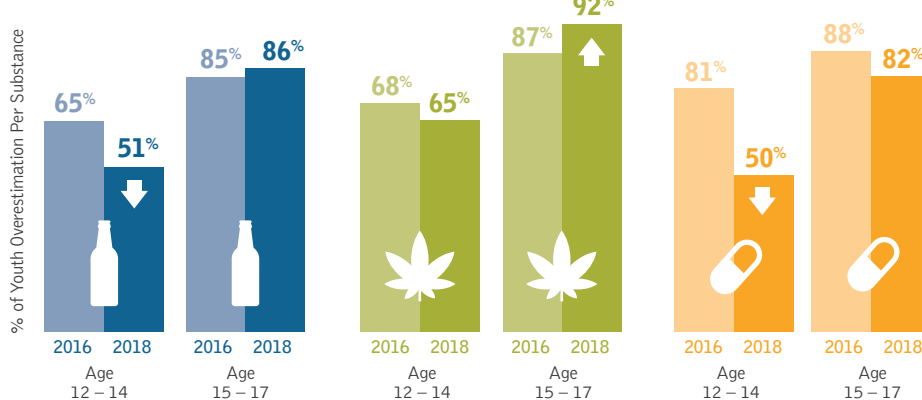
ACCESS

Ease of access, curiosity to try and direct offers are all increasing around ages 14–15 when many youth transition from middle to high school.

Ages **14 to 15**

SOCIAL NORMS: PERCEPTION VS. REALITY 2016 – 2018

Overestimation of schoolmates’ substance use has decreased amongst Middle School Aged Youth (12–14):



Since 2016,

Middle School Aged Youth (12–14) reported **SIGNIFICANTLY DECREASED MISPERCEPTIONS**

of their schoolmates’ **recent use of alcohol, prescription drugs and meth**, which offers us hope for impact among this younger age group.

High School Aged Youth (15–17) reported

SIGNIFICANTLY INCREASED MISPERCEPTIONS

(i.e. overestimation) of their schoolmates’ **recent use of marijuana** by 5%, a cause for concern.



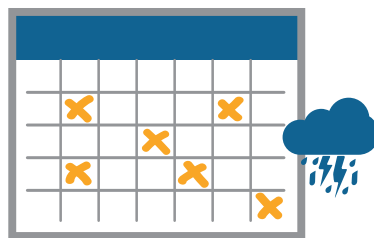
MENTAL HEALTH AND SUBSTANCES

Youth reporting **6 or more difficult mental health days in a month** are significantly **more likely to have tried alcohol, marijuana and prescription pain relievers** than those who have no difficult mental health days:



1 in 4 Youth

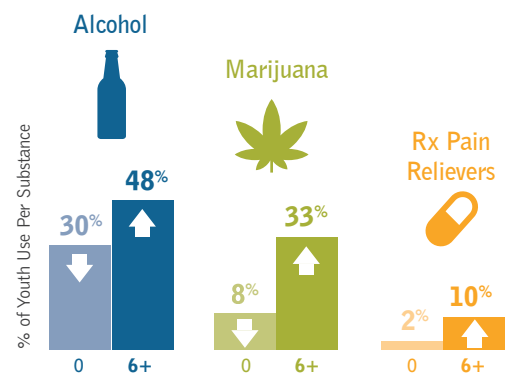
said they had **6 or more difficult mental health days** in the last month.



Youth who reported experiencing

6 or more

difficult mental health days in a month are significantly more likely to have tried **alcohol, marijuana and prescription pain relievers**.



Number Of Mentally Difficult Days Per Month

↑ Denotes Statistically Significant Difference

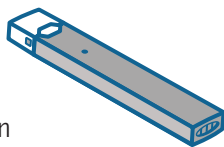
*QUESTION WORDING CHANGED SLIGHTLY IN 2018 TO DEFINE ALCOHOL CONSUMPTION AS “AT LEAST ONE DRINK RATHER THAN JUST A FEW SIPS.”

Emerging Issue: Youth Vaping

WHAT WE KNOW

What Is Vaping?

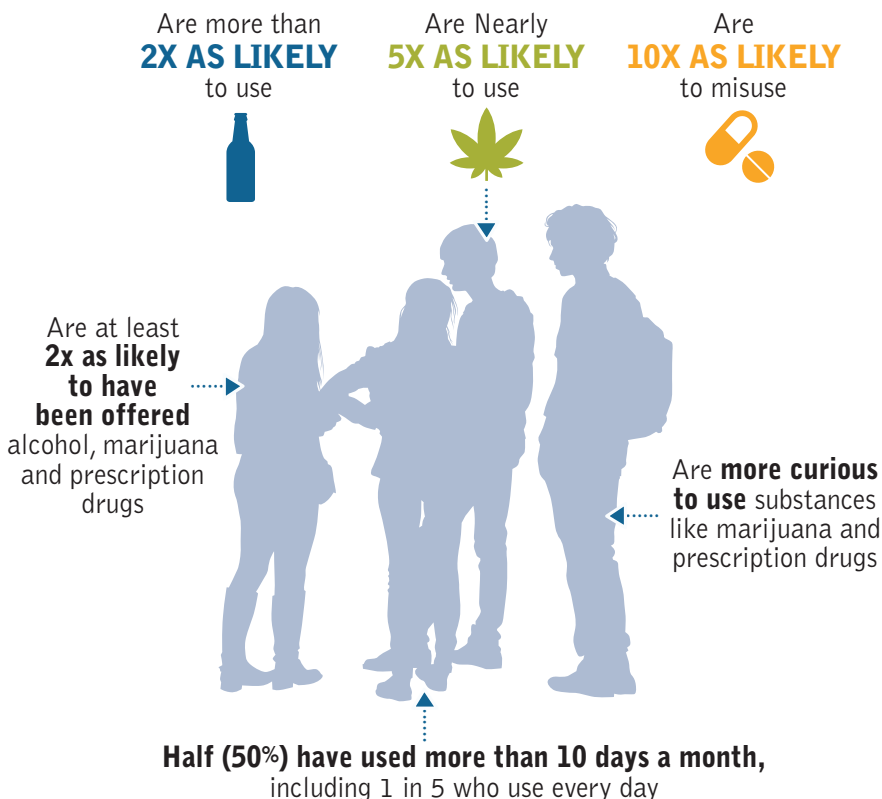
Vaping is the act of inhaling and exhaling an **aerosol made up of fine particles**, also known as vapor. This vapor is produced by a **battery operated device known as an e-cigarette**.



In the 2018 Rise Above Colorado Youth Survey, participants were asked for the first time if they smoke, including using a vape pen or some other form of e-cigarette, due to growing concern about this behavior among youth:

The vast majority of youth (92%) said they don't smoke, use a vape pen, or other form of e-cigarette.

Those Youth Who Smoke Or Vape

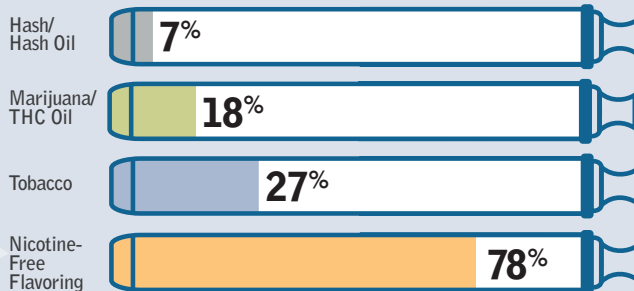


WHAT WE CAN LEARN

What Are Youth Vaping?

Surveyed youth were asked, "What do you use in your vape pen?"

Out of the youth who vape, **78%** reported using **nicotine-free flavoring** in their vape pens.



Did You Know?

- Although many youth who vape report they are using nicotine-free products, **almost all vape products sold in convenience stores—including all JUUL products—DO CONTAIN NICOTINE**, even if the label doesn't say so.¹
- The "vapor" of an e-cigarette is often mistaken for water mist, but is in fact an aerosol containing minute particles.²
- Diacetyl, a chemical sometimes found in vaping liquids, is linked to "Popcorn Lung," a serious lung disease.³
- Colorado youth lead the nation in use of vape/e-cigarette products. **To learn more, visit www.iriseaboveco.org.**

¹"Vape-Free November," Colorado Department of Public Health and Environment, 2018.

²"What is Vaping?," Center on Addiction, 2018.

³"E-Cigarette Use Among Youth and Young Adults, A Report of the Surgeon General—Executive Summary," U.S. Department of Health and Human Services, 2016.

