Vaping Prevalence on College Campuses

BSN Students: Emma Kamp, Kayleigh Willett, Madison Ling, Keegan Maris, Isabella Portugal, Alaina Meyer, Lexi Przybylski, Kaylinn Woolever
Theresa A. Kessler, PhD, RN, ACNS-BC
Lynette Rayman, DNP, RN, CNE
College of Nursing & Health Professions

Sample Characteristics (n = 489)

<table>
<thead>
<tr>
<th>Year in College</th>
<th>freshman</th>
<th>sophomore</th>
<th>junior</th>
<th>senior</th>
<th>other</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female:</td>
<td>66%</td>
<td>30%</td>
<td>3%</td>
<td>1%</td>
<td></td>
</tr>
<tr>
<td>White:</td>
<td>82%</td>
<td>20%</td>
<td>10%</td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td>Greek-affiliated:</td>
<td>23%</td>
<td>20%</td>
<td>18%</td>
<td>16%</td>
<td>12%</td>
</tr>
<tr>
<td>Student athlete:</td>
<td>23%</td>
<td>18%</td>
<td>16%</td>
<td>12%</td>
<td>6%</td>
</tr>
<tr>
<td>Vaped:</td>
<td>18%</td>
<td>13%</td>
<td>12%</td>
<td>10%</td>
<td>6%</td>
</tr>
</tbody>
</table>

Percent of Vaping Use by College

- Arts & Sciences: 30%
- Business: 20%
- Engineering: 15%
- Nursing & Health Professions: 35%

Campus Policy:
- 63% of students saw vaping on campus
- 76% reported receiving information about the tobacco free policy (includes vaping)

Description of Vaping Use

Social Aspect
- Alone & with others: 48%
- With others: 45%
- Alone: 8%

Most Common Places of Use
- Social gatherings: 72%
- Friend’s residence: 60%
- At home: 46%

Characteristics of Those Who Reported Ever Using Vaping Devices

- Year in school provided differences in vaping use
  - Freshmen: 39%
  - Sophomore: 53%
  - Junior: 61%
  - Senior: 52%
  - $X^2 = 8.523, p = .074$
- GPA demonstrated significant differences in vaping use
  - GPA < 2.49: 64%, 2.5 – 2.99: 66%, 3.0 – 3.49: 61%, 3.5 – 3.99: 35%, 4.0: 30%, $X^2 = 23.586, p < .000$
- 30% of those in Greek life, fraternity or sorority, used significantly more vaping devices than those not in Greek life (18%), $X^2 = 6.344, p = .012$

Stages of Change
- Already quit: 21%
- Quitting in 30 days: 14%
- Have plan to quit in 6 months: 12%
- Think of quitting, no plan: 10%
- Think of cutting back: 12%
- Do not want to stop: 19%
- Not a problem, not quitting: 12%

Vaping Behaviors

Reasons for Use
- “Relax and enjoy” 41%
- “Curiosity” 20%
- “Cigarette cessation” 16%

Vaping Perceptions
- “I will feel more relaxed” 71%
- “I will become less healthy” 69%
- “I will lose friends” 8%
- “I am disappointed if a friend vapes” 65%

Usage in last 30 days
- Used daily: 41%
- Used between 6 – 29 days: 25%
- Used only between 1 – 5 days: 27%

Vaping Exposure

- 63% of students reported they were exposed to someone who uses an electronic vaping device
- Most prevalent vaping exposures:
  - Friends: 86%
  - Students on campus: 64%
  - Peers: 62%
- Location of exposure:
  - Social settings: 84%
  - Someone else’s home: 59%
  - Outside campus buildings: 52%

Conclusions

- Those in Greek life reported higher rates of vaping use
- Students with a lower GPA reported more vaping use than those with a higher GPA
- Half of the participants in the survey have tried a vaping device
- Vaping use differed significantly by college
- Students used vaping devices due to curiosity and to feel more relaxed
- 41% were unaware of the university’s vaping policy
- 31% of current vapers do not want to quit or do not see vaping as harmful

Recommendations

- Putting an emphasis on university smoking and vaping policies may help to spread awareness about vaping use
- More research is needed about the long-term effects of vaping use
- Nurses are well-suited to provide health promotion and education about vaping use