

# INSIGHTS IN YOUR INBOX

Thought-provoking findings from KDHC's analysis of original data with new reports shared bi-weekly. Today's findings are from the VAYPS (Vaping Attitudes Youth Perspectives Survey) dataset.



## QUESTION

How is vaping status associated with healthier everyday behaviors?

## THE BOTTOM LINE

Never-users report healthier everyday behaviors compared to youth who vape.

## QUICK FINDINGS

Using a sample of survey data collected in May 2020 from 1,100 youth, aged 13 to 17, across the United States, we found that never-users reported healthier everyday behaviors like brushing teeth, refraining from soda, and taking vitamins.

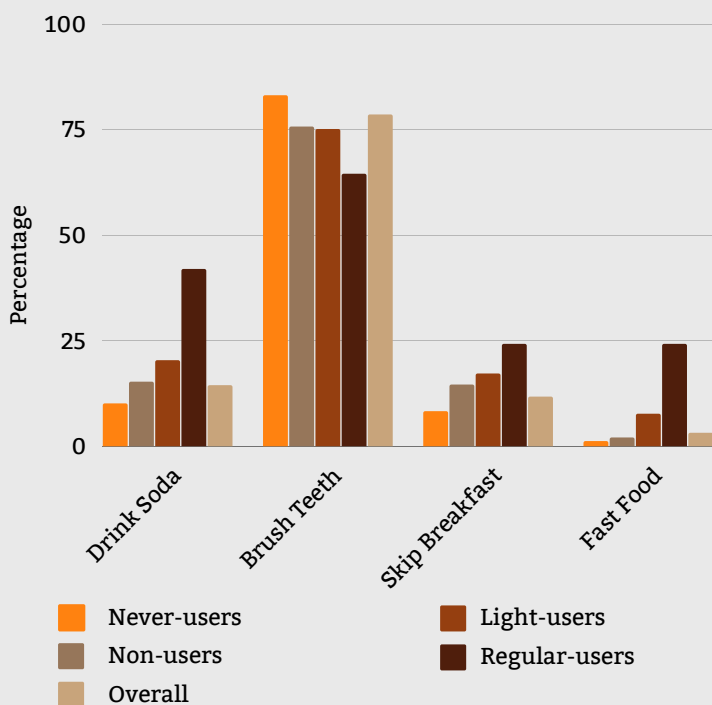
- A higher percentage of regular-users (42%) shared that they had soda every day compared to light-users (20%), non-users (15%), and never-users (10%).
- Never-users skipped breakfast significantly less and brushed their teeth every day significantly more than any other groups.
- Regular-users reported eating fast food every day significantly more than never-users.

## WHY IS THIS IMPORTANT?

Healthier everyday behaviors, or habits, like brushing teeth, limiting fast food, and avoiding soda may relate to a lower likelihood of vaping among youth. Our previous Insights (Vol. 6) showed that never-users were more likely to be concerned about risking good health if they vaped. Unsurprisingly, this volume reports related findings -- larger percentages of never-users report healthier everyday behaviors compared to regular-users. While more never-users drink less soda, eat breakfast, and avoid fast food every day, more regular-users exercised for at least 30 minutes, perhaps due to sport involvement.

Parents should encourage their children to incorporate healthier everyday behaviors into their daily life, starting with simpler habits like brushing teeth. By monitoring everyday behaviors, parents can ensure that teens take their health seriously -- and early messages about the overall importance of health may translate to avoiding substances later in life. It may be fruitful to use language in tobacco prevention ads that overtly focuses on overall health and wellness and positions avoiding vapes as another healthy everyday behavior.

YOUTH PERCENTAGE OF EVERYDAY BEHAVIORS BY VAPE PROFILE



## ABOUT KDHC RESEARCH & COMMUNICATION

KDH Research & Communication provides timely dissemination of new research in public health and social services fields. Our mission is to produce and disseminate creative, science-based programs that improve the health and well-being of the nation's youth, family, and communities.

To learn more about the methodology behind the VAYPS project, please review the title page found [here](#). For more information about methodology or findings, contact our data analyst Andrew Simkus at [asimkus@kdhrc.com](mailto:asimkus@kdhrc.com). To read other findings, go to <https://www.kdhrc.com/news>.