

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 do daily youth activities over three hours differ by vape profile?

THE BOTTOM LINE

Youth who report more unsupervised free time are also more likely to 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 the likelihood of vaping among participants increased as independence increased.

- 61% of regular-users reported that they spent more than three hours per day of free time with friends, compared to 29% of never-users, 28% of non-users, and 46% of light-users.
- Regarding free time alone, regular-users (61%) had at least three hours per day of free time alone, which was significantly more than light-users (55%), non-users (47%), and never-users (47%).
- While a higher percentage of never-users (31%) and non-users (32%) reported they spent more than three hours per day on homework, there was not a significant difference between them and light-users (30%) and regular-users (23%).
- Perhaps surprisingly, though, compared to all other profiles, more regular-users spent more than three hours each day for the following activities: organized sports, academic clubs, jobs and chores, and service activities.

ABOUT KDH 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. To read other findings, go to <https://www.kdhrc.com/news>.

WHY IS THIS IMPORTANT?

Understanding the difference in activities between never-users and youth who vape is instrumental in vape and cigarette prevention, and the findings are nuanced. A greater proportion of regular-users and light-users reported having more than 3 hours/day of unsupervised alone time and 3 hours/day of unsupervised free time with friends compared to non-users and never-users. Having more time without direct parent/guardian supervision, especially among friend groups, may correlate with vaping among youth.

While unsupervised time was higher among regular-users, there also appears to be a segment of regular-users in this study who are involved in after-school activities such as sports (24%) and academic clubs (16%), which was higher than never-users at 17% and 6%, respectively. Keeping youth and adolescents busy after school may not necessarily prevent them from vaping, but limiting unsupervised time may have a protective effect.

YOUTH PERCENTAGE OF 3 HOURS/DAY ON DIFFERENT ACTIVITIES

