Examining and Addressing Vaping on Sacred Heart University’s Campus

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Agenda

• Background
• Phase I
  – Survey Methods
  – Survey Findings
• Phase II
  – SHU Intervention
• Next Steps
Background

• Vaping on the rise among adolescents & young adults\textsuperscript{1}

• Vaping is not risk free\textsuperscript{2}

• Vaping associated with smoking\textsuperscript{3}
PHASE I: SURVEY RESEARCH
PHASE I: Survey Research

- Purposive Sampling
- Email and In-Person Questionnaires
- Questionnaire
  - Vaping Use
    - Never Used
    - Used but not in prior 30 days
    - Used in prior 30 days

Never User
Irregular User
Recent User
Ever-User
Phase 1: Survey Research

• Questionnaire continued
  – All Respondents
    • Demographics, Campus activities, Perceived Vape Use, Perceived Approval, SHU Policy
  – Never Users Only
    • Vaping Perceptions
  – Ever Users Only
    • Vape Device, Alternative Vape Use, Vape Use and Alcohol, Age of Initiation, Reason for Initiation, Vaping Perceptions, Location for Vaping
SURVEY RESEARCH FINDINGS
Respondent Characteristics

• 1229 respondents (25% response rate)

• Students were mostly white (81.1%), females (67.3%) with an average age of 19.73 years (SD=1.39)

• Over one third (32.3%) of those who completed the questionnaire were freshmen, 24.1% were sophomores, 19.9% were juniors, and 23.3% were seniors
SHU Student Vape Use

- **SHU Vape Use**
  - 41% of respondents reported vaping in past 30 days
  - 26.8% reported use but not in past 30 days
  - 32.3% reported never vaping

- **Among Irregular Users (use but not in past 30 days)**
  - 19.5% described themselves as someone who had quit vaping
  - 74.8% described themselves as someone who doesn’t vape on a regular basis
  - 5.7% said they were unsure which category they would fit in.

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**Literature estimates:**
- past 30 days ranges from 6-16%\(^4-5\)
- lifetime vape use ranges from 40-46%\(^5-6\)

67.8% ever users
Demographic Characteristics & Vape Use

- A significantly greater proportion of vape users:
  - Were **male** than female (p<.001)
  - Were **white** than nonwhite (p<.001)
  - had a **lower average age** than non-users (p<.001)

- There was no significant difference in perceived relative wealth and vaping status (p=.196).
Vape Use and Campus Activities

SHU Activity Involvement by Vape Use

*\(p<.05\) for all associations
Vape Devices among Ever-Users

- Among ever-users, the most common type of device used was a Juul (82.9%)

- Over one-third (39.8%) of ever-users reporting owning a vape device
  - A greater proportion of recent users (62.3%) than irregular users (8.3%) reported owning their own device ($X^2=229.262$, $df=1$, $p<.001$).

- Most ever users (64.8%) also reported not knowing the concentration of nicotine in their device.
  - A greater proportion of irregular users (77.7%) than recent users (54.8%) reported not knowing the concentration of nicotine in their device ($X^2=41.116$, $df=1$, $p<.001$).
Alternative Vape Behaviors

• Among ever users:
  – 46.1% had used their vape device to do smoke tricks
    • More common among recent than irregular users (p<.001)
  – 32.4% had posted photos and videos of themselves vaping
    • More common among recent than irregular users (p<.001)
  – 9.8% had engaged in dripping
  – 24.6% had used THC in their vape device
Alcohol and Vape Use

• Among ever-users:
  – 53.5% reported vaping when drinking and not drinking alcohol
    • More often reported by regular users (73.6%, p<.001)
  – 34.5% reported vaping only when drinking
    • More often reported among irregular users (49.7%, p<.001)
  – 12.0% reported only vaping when not drinking
Age of Initiation

• On average, ever-users reported first trying vaping when they were 17.95 (SD=1.88) years of age.
  – Irregular users average age of initiation (M=18.26, SD=1.71) was later than recent users age of initiation (M=17.75, SD=1.96) \([t(824)=3.767, p<.001]\).
Reason for Vape Initiation

- Curious: Irregular User (70%) vs. Current User (60%)
- Looked cool: Irregular User (50%) vs. Current User (40%)
- Good flavors: Irregular User (30%) vs. Current User (20%)
- No smell: Irregular User (20%) vs. Current User (10%)
- Easily hidden: Irregular User (10%) vs. Current User (5%)
- Low cost: Irregular User (5%) vs. Current User (0%)
- Friends use it: Irregular User (60%) vs. Current User (50%)
- Avoid smoke smell: Irregular User (40%) vs. Current User (30%)
- Family members use it: Irregular User (30%) vs. Current User (20%)
- Can use it anywhere: Irregular User (20%) vs. Current User (10%)
- To quit smoking: Irregular User (10%) vs. Current User (5%)
- Healthier than cigarettes: Irregular User (5%) vs. Current User (0%)
- Try smoke kicks: Irregular User (0%) vs. Current User (5%)
- Someone gave it to me at a party: Irregular User (0%) vs. Current User (5%)
- Someone gave it to me elsewhere: Irregular User (0%) vs. Current User (5%)
- More acceptable in public: Irregular User (0%) vs. Current User (5%)

*p<.05
Vape Use Location

Note: CT Law!

*Note: *p* < .05
Perceived Vape Use

- On average, students reported that:
  - 70.20% (SD=18.84) of students have tried vaping at least once
  - 60.88% (SD=22.04) of students have vaped in the past 30 days

![Perceived Percent of Those that Have Tried Vaping](chart1.png)

![Perceived Percent of Past 30-day Users](chart2.png)

p<.001
Perceived Approval

- Among respondents,
  - 62.1% reported that their friends would be OK with them vaping
  - 24.6% reported that their family would be OK with them vaping
  - 22.9% professors would be OK with them vaping
  - 36.2% reported that people that they care about would be OK with them vaping.
SHU INTERVENTION

know the risks.
know the resources.
KNOW Vape.
Intervention Targets & Goals

**Students**
- Prevent Initiation
- Reduce Use

**Faculty**
- Awareness of State Policy
- Conversations with Students

**Administration**
- Awareness of State Policy
- New Comprehensive Policy
Student Strategies

- Tabling Events
- Messaging:
  - “Stall Street”
  - Lunch room fliers
- Colloquia
- Quit Kits
- Resident Success Assistants (RSAs)
Faculty Strategies

- Awareness of State Policy
  - University Governance Syllabus Language
  - Messaging – faculty lunch room fliers

- Student Conversations
  - Classroom lecture materials
Administration Strategies

• One-on-one meetings
  – Housing
  – Student Life
  – Provost
  – Human Resources
Next Steps
Questions?

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References


