Nearly one-third of teenagers vaped within the last year, with many vaping nicotine or marijuana on a daily basis, according to a new study. An estimated 31% of adolescents in eighth, 10th or 12th grades reported using an e-cigarette, or vape, sometime in the last year, according to the 45th annual “Monitoring the Future” study released Wednesday by the University of Michigan.
About 27% of respondents said they vaped nicotine in the last year, while 15% said they vaped marijuana. About 22% said they vaped in the last 30 days, including 18% vaping nicotine and 10% vaping marijuana. Overall vaping use has increased 48% since 2017, the first year the Michigan researchers included it in the survey.

The Monitoring the Future study has surveyed adolescents — those in eighth, 10th and 12th grades — about drug use for 45 years. Students are asked about their lifetime, annual and daily drug use, from alcohol or marijuana to heroin, steroids and amphetamines.

The 2019 study comes as many states, including New Jersey, have considered laws prohibiting the sale of flavored vape cartridges or blanket bans on the practice altogether after the Centers for Disease Control and Prevention reported over 2,400 cases of lung injuries due to vaping use. Fifty-two fatalities have been linked to the illness, according to the CDC.

Across all grade levels, the spike in vaping use represented the largest or second-largest year-over-year increase among any substance the Michigan researchers have every surveyed.

But the spike in vaping didn’t lead to an uptick in annual marijuana use across all age groups. According to the study, 25.2% of adolescents reported using marijuana in the last year, up from 24.3% last year and 22.9% a decade ago. Students in 8th and 10th grade did use marijuana more frequently. About 4.8% of 10th graders reported daily marijuana use, up from 3.5%. And 1.3% of 8th graders admitted daily marijuana use, up from 0.7%. Both represent record high among those age groups.

The 2019 study also reported that just 35.9% of respondents admitted to drinking alcohol in the last year, an all-time low. Cigarette smoking also hit a record low among 12th graders at 5.7%. "This pattern of change is consistent with a cohort effect still working its way up the age spectrum as younger, lighter-smoking cohorts replace older ones," the researchers said.
Anaphylaxis (ana-fil-akses) is a severe allergic reaction resulting from contact with allergy triggers. It is rapid in onset and can cause death. Food allergies are the most common cause of anaphylaxis in children, and they are on the rise. An estimated six million children have food allergies and between 16% and 18% of children have had an anaphylactic reaction at school. Twenty-five percent of allergic reactions at school happen to kids who didn’t know they had a food allergy.

Did You Know:
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- Up to 3% of the US population may experience anaphylaxis due to insect stings.
- Roughly 40 to 100 anaphylactic deaths in the US result from insect stings each year.
- Of all medication allergy triggers, penicillin is the most frequent cause of anaphylaxis and accounts for about 75% of fatal anaphylactic cases in the US each year.
- As many as 16 million people may be allergic to latex.

Protect Your Children:
The signs and symptoms of an anaphylactic reaction may include one or more of the following:
- Sudden hives
- Lip swelling
- Trouble breathing
- Dizziness
- Nausea
NEED SUPPORT INSIDE SCHOOL?
KNOW WHO TO CALL.

SAC: Christine Black  x2526
School Nurse: Fran Taylor  x2707
School Counselor: Heather Frederick (6th grade)  x2630
School Counselor: Jill Maline (7th grade)  x2650
School Counselor: Jacki Silvestri (8th grade)  x2626
School Psychologist: Erin Herman (CST)  x2727
School Social Worker: Michelle Merola (CST)  x2729
LDT-C: Dawn Pakrul (CST)  x2728

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