

# At a Glance:

## E-Cigarette Use, Mental Health & Well-Being

According to the 2020 Missouri Assessment of College Health Behaviors (MACHB) survey, 22% of college students used e-cigarettes (including JUUL) in the past year. Over six percent (6.6%) of students used on a daily basis. The following charts show the relationship between mental health and well-being among students who do not use e-cigarettes and students who do use e-cigarettes (daily and not daily).

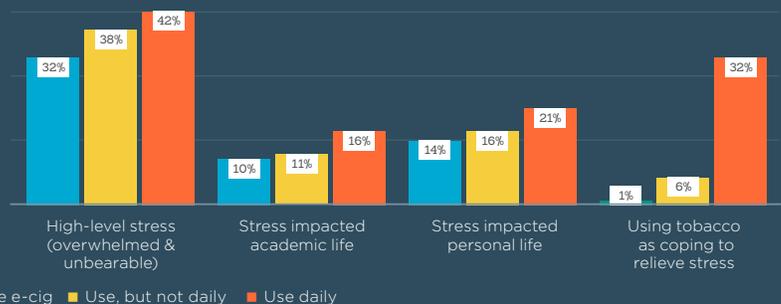
### E-Cigarette Use Rate

The e-cigarette use rate among students who experienced high-level stress, a mental health concern, or suicidal thoughts in the past year is higher than the average.



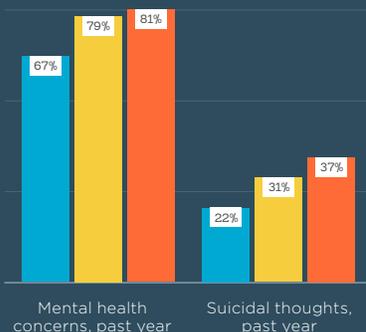
### Stress

Students who use e-cigarettes daily report the highest rates of high stress, stress impacting their academic and personal life, and using tobacco as a coping mechanism to relieve stress.



### Mental Health & Suicidal Ideation

Students who use e-cigarettes daily reported the highest rates of experiencing a mental health concern or suicidal thoughts in the past year.



### Flourishing (click here for definition)

Students who do not use e-cigarettes report higher flourishing scores than students who use e-cigarettes, and students who use daily report the lowest flourishing scores among all groups.

