



E-CIGARETTE USE IN MINNESOTA

SUMN.org FACT SHEET

2016

Why is e-Cigarette Use a Concern?

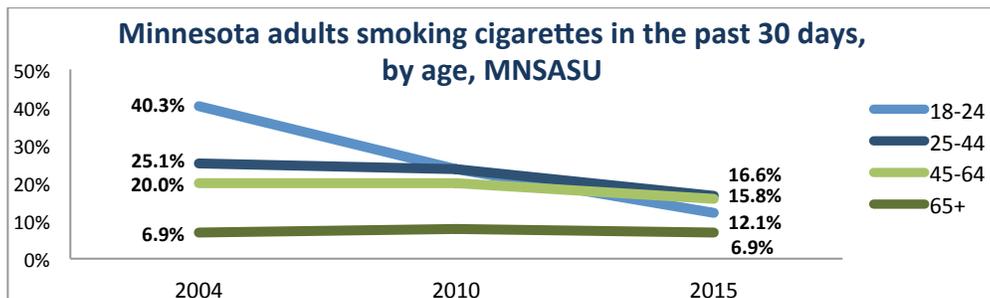
Cigarette use by Minnesota adults is declining, with the greatest declines among young adults. However, e-cigarette use is on the rise, which is especially concerning given the lack of data on the safety of their use. E-cigarettes contain nicotine, which, according to the Centers for Disease Control and Prevention, is addictive, can negatively affect young people's brain growth, and is dangerous for pregnant women. Second-hand exposure is also a concern: the vapors may contain harmful chemicals that have not been tested for safety as inhalants.¹

How Do e-Cigarette Use and Cigarette Use Compare?

According to the 2014 Behavioral Risk Factor Surveillance System (BRFSS), the rate of current smokers in Minnesota (those who have used in the past 30 days) is very close to the national average (16.3% vs. 18.1%).

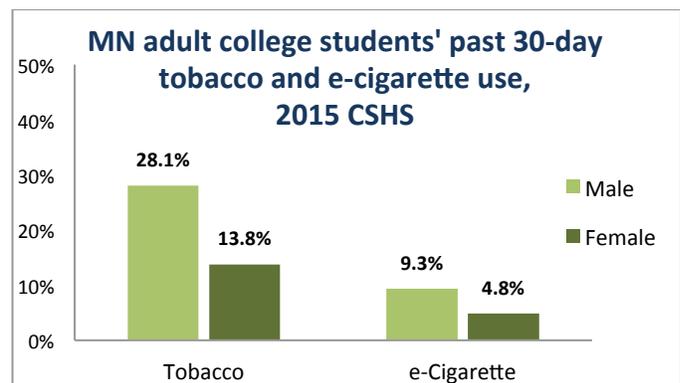
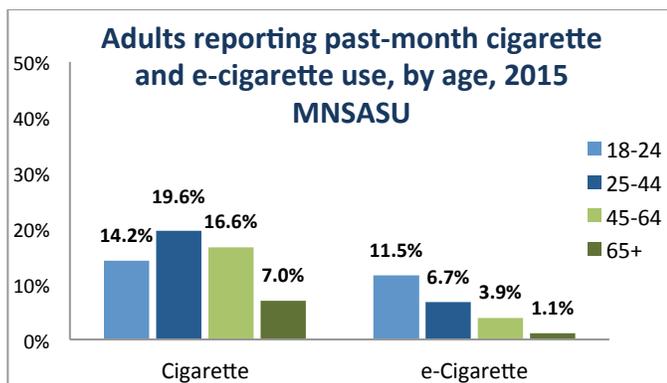
- The Minnesota Survey on Adult Substance Use (MNSASU) found that cigarette use in Minnesota is declining, especially by young adults.

For more information on alcohol, tobacco, and other drug use, consequences, contributing factors, and treatment, as well as mental health data, visit SUMN.org



While total tobacco use is declining, according to the Minnesota Adult Tobacco Survey (MATS), use of e-cigarettes has increased from 0.7% of adults in 2010, to 5.9% in 2014.

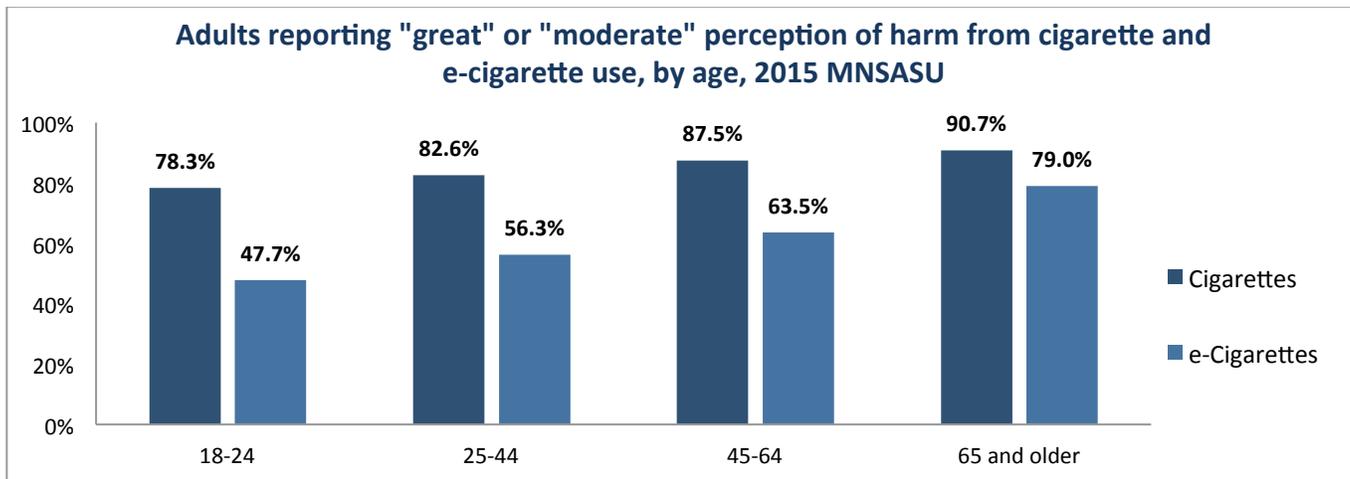
- The MNSASU found higher rates of e-cigarette use reported by younger people.
- The College Student Health Survey (CSHS) found that male adult students were more likely to report e-cigarette use, as well as tobacco use in general.



How Does Perception of Harm Influence e-Cigarette Use?

There are a number of factors associated with increased risk of substance use. Low perceived risk of harm is one such factor. Generally, as perceived risk of harm increases, use decreases, and this risk factor is associated with tobacco use.

- According to MATS, 74.8% of adults consider occasional cigarette use to be harmful. However, 47.5% believe e-cigarettes to be less harmful than cigarettes. Of e-cigarette users themselves, 51.2% cite lower risk of harm as a reason to use e-cigarettes.
- Respondents to the MNSASU also report lower perceptions of risk of e-cigarettes than of cigarettes.
- Lower perception of harm may lead tobacco users to attempt to use e-cigarettes as a cessation tool, although the FDA has not approved them for such use, and evidence does not support their use in this way; according to the MNSASU, 72.5% of the adults using e-cigarettes reported using them as a tobacco-cessation strategy.
- Flavorings in e-cigarettes attract young people, who may associate e-cigarettes more closely with treats than tobacco. According to MATS, 51.4% of those respondents aged 18-24 reported using e-cigarettes because they come in flavors other than menthol. However, the flavorings may include chemicals that lead to cell death in lung tissue.²



1. Dual Use of Tobacco Products. Accessed June 24, 2016. <http://www.cdc.gov/tobacco/campaign/tips/diseases/dual-tobacco-use.html>
2. Lee, Shernita, Robert Tarran, and T. Rowell. "Select e-cigarette flavors alter calcium signaling, cell viability and proliferation in lung epithelia." *American Journal of Respiratory Critical Care Medicine* 191 (2015): A2896.

State Epidemiological Outcomes Workgroup

Minnesota's SEOW has been monitoring substance abuse trends since 2007. The Workgroup helps guide prevention planning at the state level, and provides training and technical assistance to communities. In, 2008 the SEOW launched the Substance Use in Minnesota (SUMN) website to ensure quick and easy access to data for prevention professionals.

SUMN.org

SUMN is a one-stop-shop for data, tools, and prevention resources. Visitors can search county, regional, and state level data by topic, by location, and by demographic producing tables, charts, graphs, and maps. View and download data products, such as this fact sheet, and find tips on finding, analyzing, translating, using, and disseminating data.

Funded by the Minnesota Department of Human Services Alcohol and Drug Abuse Division

Contact Us

For questions or more information regarding the State Epidemiological Outcomes Workgroup or SUMN.org, please email: info@sumn.org

To contact the Regional Prevention Coordinator for your region, please visit: www.rpcmn.org