

# Iowa Youth Vaping/E-Cigarette Use

Iowa Youth Survey (IYS), 2016-2018

## E-cigarettes are the most used tobacco product among Iowa youth.

- Approximately 1-in-4 (22.4%) 11<sup>th</sup> graders currently use e-cigarettes in 2018, which was four times greater than that of cigarettes (5.6%).
- Of Iowa 11<sup>th</sup> graders who report tobacco use, 93% reported vaping while significantly less (23%) reported traditional cigarette use.

## E-cigarettes are the tobacco product youth try first.

- Nearly 37% of Iowa 11<sup>th</sup> graders report trying e-cigarettes compared to 11% for cigarettes.
- The vast majority (83%) of youth who report any e-cigarette or cigarette use started with e-cigarettes.

## E-cigarette use among Iowa youth has increased dramatically in recent years.

- E-cigarette use among Iowa 11<sup>th</sup> graders increased from 9.1% in 2016 to 22.4% in 2018.
- E-cigarette and any tobacco use rates among Iowa 11<sup>th</sup> graders (22.4%, 24.0%) surpassed both alcohol (20%) and other drug use (15%) rates in 2018.

## Iowa youth are least likely to quit e-cigarettes.

- Youth who have ever tried e-cigarettes are less likely to have quit (39%) compared to cigarettes (50%) and smokeless tobacco (59%).

## Iowa youth e-cigarette use rates are similar by gender but display differences across race/ethnicity.

- E-cigarette use rates were 22.3% and 22.7% for females and males, respectively.
- E-cigarette use rates were highest among White (23.6%) and Native American (27.2%) youth followed by Multi-Race (22.0%), Any Race – Hispanic (20.3%), Black (15.7%) and Asian/Pacific Islander (11.5%).

# Iowa Adult and Young Adult Vaping/E-Cigarette Use

Iowa Behavioral Risk Factor Surveillance System (BRFSS), 2017

## Traditional cigarettes remain the most used and tried tobacco product among Iowa adults.

- In 2017, the cigarette use rate (17.1%) was more than double the use rate of any other tobacco product type – cigars (7.2%), smokeless tobacco (5.4%) and e-cigarettes (4.0%).
- Adult e-cigarette use did not change significantly between 2015 and 2017; the adult e-cigarette use rates were 5.2% in 2015, 4.2% in 2016 and 4.0% in 2017.
- In 2017, 41.7% of Iowa adults report trying cigarettes at least once, compared to 19.4% for e-cigarettes.

## Young adults were more likely to try e-cigarettes than traditional cigarettes.

- For adults aged 18-24 years, 41% report ever trying e-cigarettes compared to 19% for traditional cigarettes; for adults aged 25-34 years, 28% report having ever tried e-cigarettes.

