

2019 Minnesota Student Survey: E-cigarette and Cigarette Findings

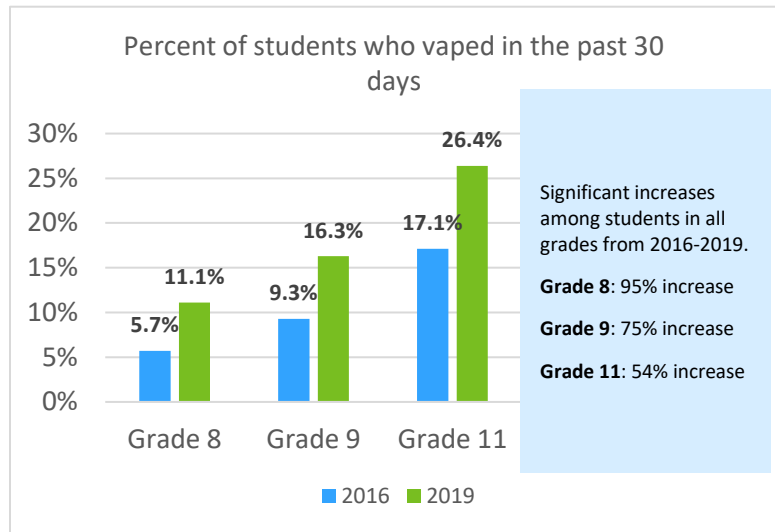
E-cigarette use continues to escalate among youth

Data from the 2019 Minnesota Student Survey shows a steep rise in e-cigarette use among students.

Among 8th grade students, e-cigarette use nearly doubled from 2016 to 2019, and one in four 11th graders now use e-cigarettes. Students in all grades surveyed use e-cigarettes and vapes at five times the rate of conventional cigarettes.

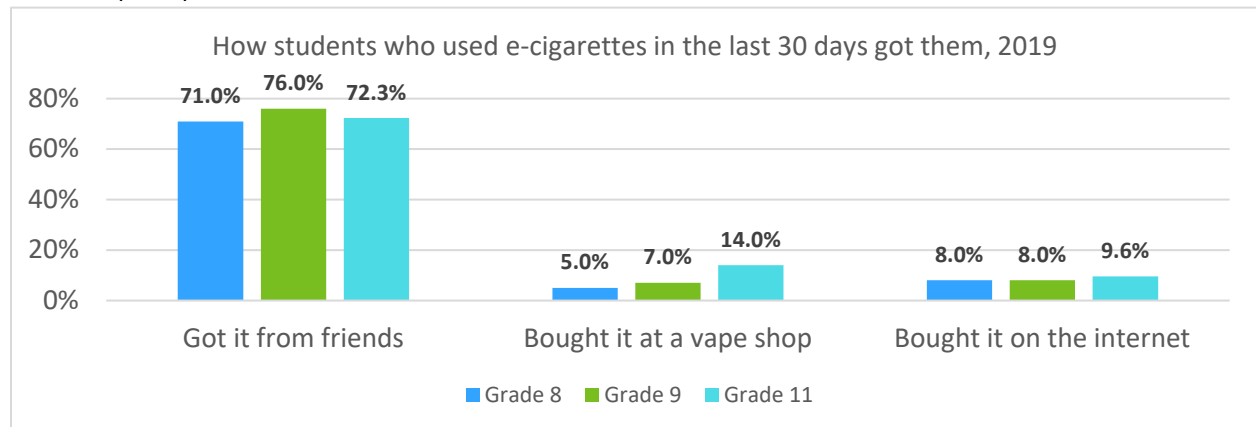
Products like e-cigarettes, vapes, and e-hookahs typically contain nicotine, which is highly addictive and can

harm brain development as teens grow. No amount of nicotine is safe for youth as there may be long-term, damaging effects on learning, memory, attention, behavior problems, and future addiction.



Most students who use e-cigarettes get them from friends

11th grade students responding to the student survey said that the top ways they got e-cigarettes included getting products from friends (72.3%), getting products at a vape shop (14.0%), and on the Internet (9.6%).



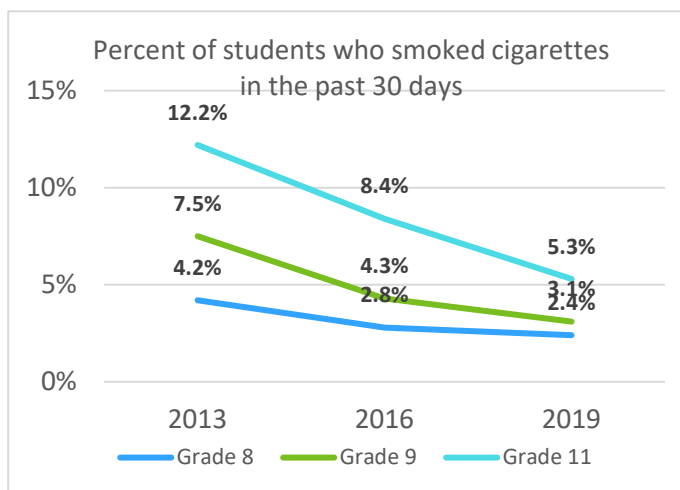
Many students aren't aware of the dangers of e-cigarette use

The survey also found that Minnesota youth are ill-informed about the health risks of e-cigarettes with 76% of 11th graders saying there is either no, slight, or a moderate risk to using e-cigarettes.

Conventional cigarette use continues to decline

Results from the 2019 Minnesota Student Survey showed that conventional cigarette smoking continued to fall among 8th, 9th, and 11th grade students. These are the lowest rates ever recorded by the survey, with only 5.3% of 11th graders, and 3.1% of 9th graders, and 2.4% of 8th graders reporting they had smoked cigarettes in the past 30 days.

Results also showed declines in student use of cigars and smokeless tobacco among 11th grade students.



Many people have a role in protecting youth

Minnesotans across the state are working to reduce the use of commercial nicotine and tobacco products in a variety of ways.

Parents

Know the risks of tobacco use and the different types of products kids are using. E-cigarettes are the most commonly used tobacco product among U.S. youth since 2014. Most e-cigarettes contain nicotine, which is highly addictive. Talk to your kids about these risks and set firm expectations that they do not use any type of commercial tobacco product, including e-cigarettes and vapes. Understand that e-cigarette use is commonly called vaping, and it is not harmless.

Health care providers

Talk to young patients about the risks of commercial tobacco use and provide education about the harms to their health. Screen all patients, including parents, for use of tobacco products, including e-cigarettes and vapes. Encourage them to quit, and refer patients to services for help quitting.

School staff

School administrators, health services staff, teachers, and coaches can all play a part in reducing youth e-cigarette use. The Minnesota Department of Health has free tools and resources online, including a toolkit outlining opportunities for action within schools along with free resources to help.

Learn more: www.health.mn.gov/ecigarettes

About the survey

The Minnesota Student Survey is conducted every three years among Minnesota public schools. The survey asks questions about wide variety of youth behaviors. In 2019, more than 170,000 public school students participated in the survey.

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