

Menthol Tobacco Use among Vermont Adults

Menthol makes it easier to initiate tobacco use and harder to quit



Menthol enhances the effects of nicotine on the brain

Menthol is a chemical compound widely used as a characterizing flavor in tobacco products to reduce the harshness of tobacco smoke and irritation of nicotine.

In 2022, the VT Adult Tobacco Survey asked respondents if they used any type of menthol product in the last 30 days and the VT Behavioral Risk Factor Surveillance System asked if the cigarettes or e-cigarettes usually used contain menthol.



Many Vermonters use menthol tobacco products

2 in 5 VT adults who use tobacco **used a menthol flavored product in the past 30 days (41%).**

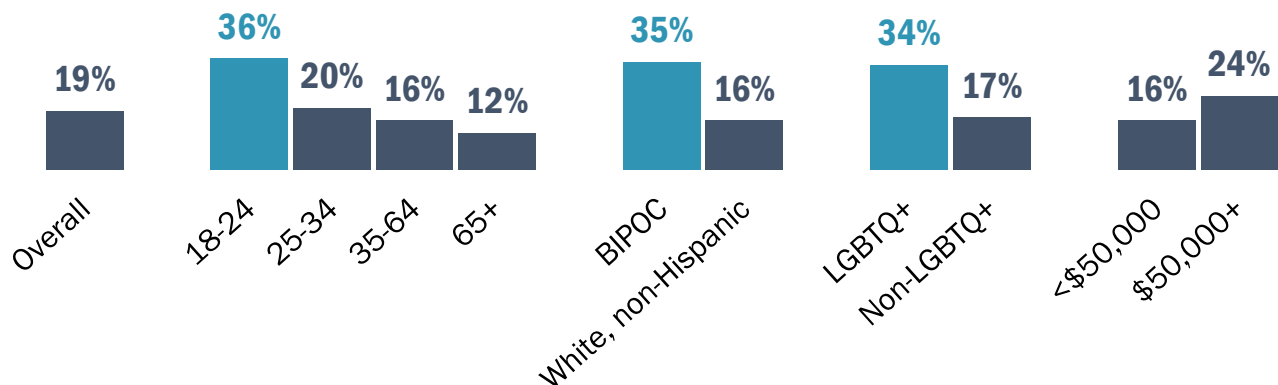
1 in 5 VT adults who use cigarettes or e-cigarettes usually use a menthol-flavored cigarette (18%) or e-cigarette (20%).



Select subpopulations use menthol tobacco at 2x the state rate

Menthol use is significantly higher among 18-24 year old, BIPOC and LGBTQ+ Vermonters and trends higher with increasing household income.

Percent of VT adults currently using cigarettes or e-cigarettes who usually use a menthol cigarettes or e-cigarette, 2022 VT BRFSS.



Data Sources: 2022 VT Adult Tobacco Survey (VT ATS);
2022 VT Behavioral Risk Factor Surveillance System (VT BRFSS).
March 2024

Learn more at www.healthvermont.gov/health-statistics-vital-records/surveillance-reporting-topic/tobacco

@healthvermont



DEPARTMENT OF HEALTH