



Comparison of
Vermont Tobacco Use and Quit Attempts
Among Adults and Youth
to Neighboring States and the United States Average

A report prepared by the Vermont Department of Health

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For more information on Vermont tobacco-related data:

<http://healthvermont.gov/health-statistics-vital-records/surveillance-reporting-topic/tobacco>

For more information on the Vermont Tobacco Control Program:

<http://healthvermont.gov/wellness/tobacco>

Executive Summary

Comparison of Vermont Tobacco Use to Neighboring States and to the United States Average

Background

Tobacco use remains the leading cause of preventable death and disease in the United States. In 2015, the smoking rate in Vermont was 17% among adults and 11% among youth. These are the same proportions reported by adults and youth nationally. Vermont is ranked 18th lowest in adult smoking prevalence among all states, with approximately \$348 million in medical expenses and 1,000 deaths attributed to smoking each year.^{1,2} This memo presents the most recent tobacco-related data for adults (cigarettes, smokeless tobacco, and quit attempts) and youth (cigarettes, smokeless tobacco, cigar products, e-vapor products, *any* tobacco product, and quit attempts) in Vermont, neighboring states (Connecticut, Maine, Massachusetts, New Hampshire, New York, and Rhode Island), and the U.S. in an effort to identify similarities and differences overall, as well as specific health disparities based on gender, race/ethnicity, age, education, and income.

Adults

The prevalence of cigarette smoking among adults in Vermont has decreased significantly from 20% in 2011 to 17% in 2015. This has resulted in a decrease in the estimated Vermonters who smoke from 95,000 in 2011 to 78,000 in 2015. While the 2015 smoking prevalence in Vermont is statistically similar to the U.S. prevalence overall, compared to neighboring states Vermonters report smoking cigarettes at a higher rate than Connecticut and lower than Maine. Vermonters report similar prevalence of quit attempts and use of smokeless tobacco products as those in the U.S. overall and neighboring states.

For adults, there are several disparities based on select demographic characteristics:

- Vermont and the U.S. have statistically similar rates of tobacco use based on gender: males are more likely to smoke cigarettes and use smokeless tobacco products than females, and females are more likely to report a quit attempt in the last year when compared to males.
- While there are significant differences in tobacco use and quit attempts based on race in the U.S., these differences are not found within Vermont. When comparing racial groups between

¹ Campaign for Tobacco-Free Kids. Key State-Specific Tobacco Related Data & Rankings – November 21, 2016.

² Centers for Disease Control and Prevention. Best Practices for Comprehensive Tobacco Control Programs—2014.

Vermont and the U.S., white, non-Hispanic adults are less likely to smoke cigarettes in Vermont than their counterparts in the U.S. Racial/ethnic minorities are more likely to use smokeless tobacco products and less likely to report a quit attempt in the last year in Vermont compared to racial/ethnic minorities in the U.S.

- Vermont and the U.S. have statistically similar rates of cigarette smoking and quit attempts based on age. While within group differences vary somewhat in Vermont and the U.S., overall cigarette smoking is highest among those ages 25-54, lowest among those ages 65 and older, and quit attempts decrease with age.
- In terms of smokeless tobacco use, young adults (18 to 24-year-olds) in Vermont report significantly higher rates compared to their counterparts in the U.S.
- In Vermont and the U.S., prevalence of cigarette and smokeless tobacco use decrease as education and income increase. The disparity in cigarette use is more pronounced in Vermont than in the U.S. For example, in VT those with the lowest income (<\$25K) are five times more likely to smoke cigarettes than those with the highest income (\$75K+), whereas in the U.S. those with the lowest income are three times more likely than those with the highest income to smoke cigarettes.
- Those with a high school education in Vermont are less likely to report a quit attempt in the last year when compared to their counterpart in the U.S. There is no significant difference between Vermont and the U.S. in quit attempts based on income.

High School Youth

The prevalence of cigarette smoking among youth in Vermont has decreased significantly in the last two years from 13% in 2013 to 11% in 2015. Vermont has also seen a significant decrease since 2005, when the youth smoking prevalence was 18%. While the 2015 youth smoking prevalence in Vermont is statistically similar to the U.S. overall, Vermont high school youth report smoking cigarettes at a higher rate than in neighboring states (Massachusetts, New Hampshire, and Rhode Island). Vermont youth report similar rates of use of smokeless tobacco and cigar products as the U.S. overall, but higher rates of smokeless tobacco use than in Maine, and higher rates of cigar product use than in Maine and Rhode Island. The converse is found for e-vapor and any tobacco product use in the last 30 days: youth in Vermont report significantly lower rates than the U.S. overall and several neighboring states, including Massachusetts, New Hampshire, New York, and Rhode Island. Vermont youth report similar prevalence of quit attempts as those in the U.S. overall and neighboring states.

Summary highlights for youth based on select demographic characteristics:

- Vermont and the U.S. have statistically similar rates of cigarette, smokeless, and cigar product use among youth based on gender: males are significantly more likely than females to use each of these tobacco products. Males and females in Vermont are significantly less likely to use e-vapor products and to report any tobacco product use than their counterparts in the U.S. Within VT and the U.S., males continue to report higher rates of use. Vermont female youth are significantly less likely than females nationally to report a quit attempt in the last year.
- When comparing youth in Vermont to the U.S. based on race/ethnicity, we see a more divergent trend than that found among adults. Prevalence of using cigarettes, smokeless tobacco, cigar products, and *any* tobacco product is higher among Hispanic youth in Vermont than among Hispanic youth nationally. Vermont Hispanic youth have significantly lower rates of quit attempts compared to their counterparts nationally. Interestingly, there is no significant difference in e-vapor product use between Hispanic youth in Vermont and the U.S. Instead, Asian, white non-Hispanic, and multi-racial youth appear to be driving the significantly lower rates of e-vapor product use in Vermont compared to the U.S.
- Within Vermont, Hispanic and American Indian/Native Alaskan youth are significantly more likely than all other races/ethnicities to report smoking cigarettes, smokeless tobacco, and *any* tobacco product. Vermont Hispanic youth are also more likely than youth of all other races/ethnicities in Vermont to report cigar and e-vapor product use. In Vermont and the U.S., Asian youth are least likely to report use of several tobacco products, including smokeless tobacco, cigar, and e-vapor products.

Data Sources & Notes

Data sources used in this memo:

- Vermont and U.S. Behavioral Risk Factor Surveillance System (BRFSS), 2015
- Vermont and U.S. Youth Risk Behavior Survey (YRBS), 2015

Adult data throughout this memo are age-adjusted to the U.S. 2000 population except for comparisons to neighboring states where age-adjusted data is not available. For a more accurate comparison, in all data tables with neighboring states crude rates are presented for Vermont. Figures are provided for all analyses by demographic characteristics. Bar graphs present the point estimate with error bars representing confidence intervals. Confidence intervals that *do not* overlap indicate a significant difference between groups.

Vermont Adult and High School Youth Demographics

Table 1. Adult Demographics, BRFSS 2015

	Percentage of Vermonters	Estimated Vermonters (rounded to nearest 1,000)
Gender		
Male	49%	248,000
Female	51%	259,000
Race/Ethnicity		
White, non-Hispanic	94%	469,000
Racial/Ethnic Minority	6%	29,000
Age		
18 – 24	13%	68,000
25 – 34	14%	71,000
35 – 44	14%	71,000
45 – 54	17%	86,000
55 – 64	19%	96,000
65+	22%	110,000
Education		
Less than High School	8%	42,000
High School	31%	155,000
Some College	29%	148,000
College or Higher	32%	162,000
Income		
Annual income < \$25K	23%	92,000
Annual income \$25 - < \$50K	26%	107,000
Annual income \$50 - < \$75K	20%	80,000
Annual income > \$75K	31%	128,000

Table 2. High School Youth Demographics, YRBS 2015

	Percentage of Vermonters	Estimated Vermonters (rounded to nearest 100)
Gender		
Male	51%	13,500
Female	49%	13,000
Race/Ethnicity		
American Indian/Alaskan Native [‡]	2%	500
Asian [‡]	3%	800
Black/African American [‡]	2%	600
Native Hawaiian/Pacific Islander	< 0.5%	100
White [‡]	84%	22,000
Hispanic	5%	1,200
Multiple Races [‡]	4%	900

[‡] Non-Hispanic

Adult Cigarette Smoking Prevalence

Overall

Table 3. Current adult cigarette smokers, Vermont and U.S. average

State	Prevalence (%)	Low Confidence Limit	High Confidence Limit
Vermont	16.8	15.5	18.2
United States	17.1	16.9	17.4

NOTE: Age-adjusted to the U.S. 2000 population.

- In 2015, 17% of Vermont adults reported being cigarette smokers. This is the same proportion reported by U.S. adults overall.

Table 4. Current adult cigarette smokers, Vermont and neighboring states

State	Prevalence (%)	Low Confidence Limit	High Confidence Limit
Vermont	16.0	14.8	17.2
Connecticut [†]	13.5	12.5	14.5
Maine [†]	19.5	18.1	20.9
Massachusetts	14.0	13.0	15.0
New Hampshire	15.9	14.6	17.2
New York	15.2	14.3	16.1
Rhode Island	15.5	14.0	17.0

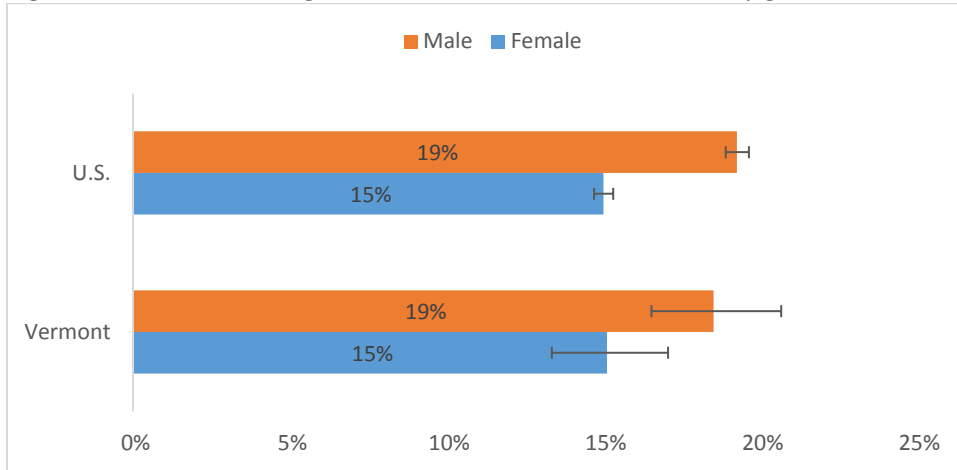
[†]Statistically different than Vermont

NOTE: Crude prevalence rates for Vermont (i.e., not age-adjusted) are presented because age-adjusted data is not available for neighboring states. This differs slightly from the analysis in Table 1.

- When compared to Vermont (16%), prevalence of cigarette smoking among adults was significantly lower in Connecticut (14%) and higher in Maine (20%).

Gender

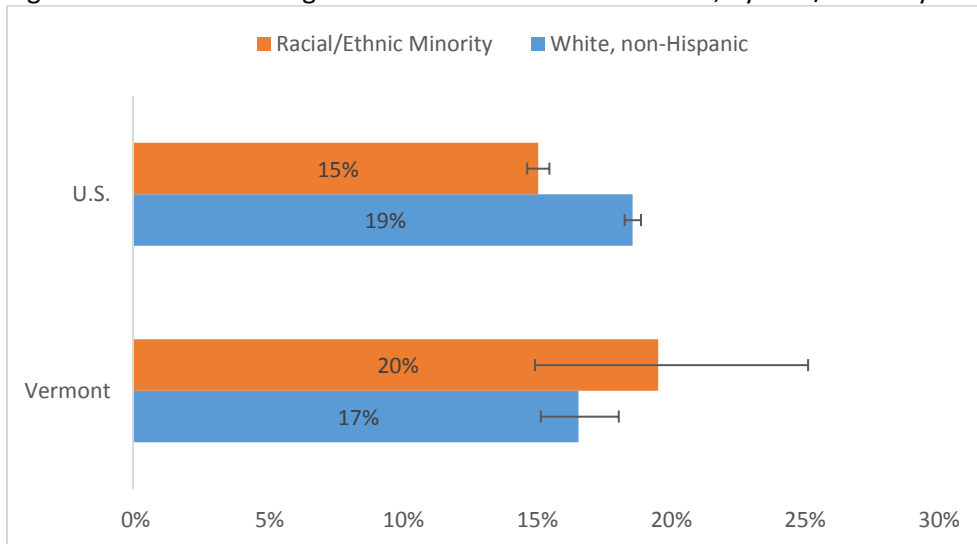
Figure 1. Current adult cigarette smokers in VT and the U.S., by gender



- Nationally, males smoked cigarettes at higher rates (19%) than females (15%). Vermont followed a similar trend as the U.S., although this was not statistically significant.

Race/Ethnicity

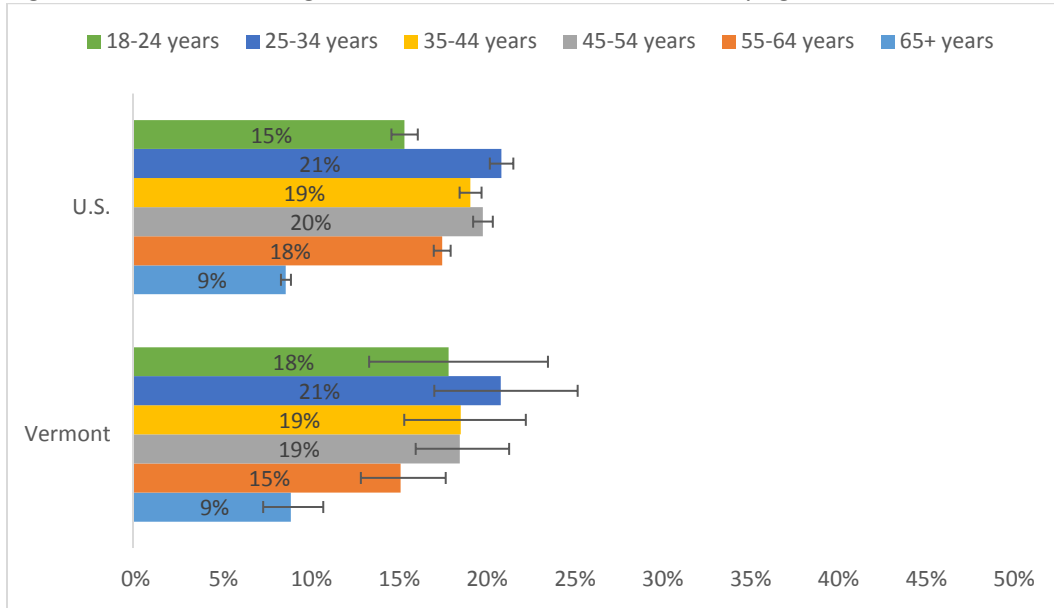
Figure 2. Current adult cigarette smokers in VT and the U.S., by race/ethnicity



- When compared to white, non-Hispanic adults in the U.S. (19%), Vermont white, non-Hispanic adults smoked at significantly lower rates (17%).
- While there was a significant difference in smoking between white, non-Hispanic adults and racial/ethnic minorities in the U.S., there was no such difference in Vermont.

Age

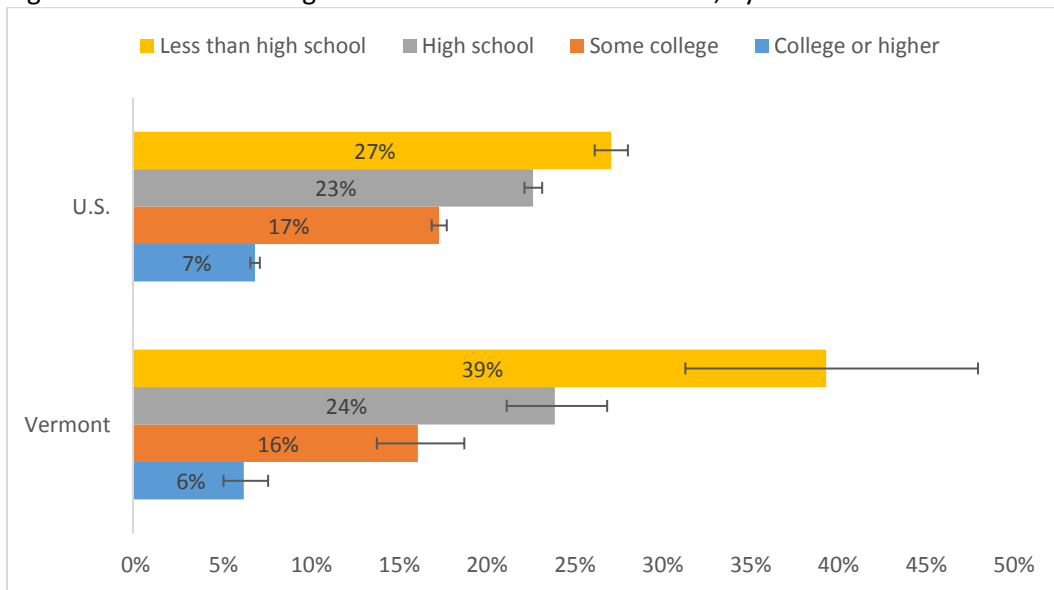
Figure 3. Current adult cigarette smokers in VT and the U.S., by age



- The rate of smoking by age group in Vermont did not differ significantly from the U.S. rates by age group.
- In Vermont and the U.S., those 65 years and older reported significantly lower rates of smoking than all other age groups (9%). In the U.S., there were several additional differences between age groups that were not found in VT.

Education

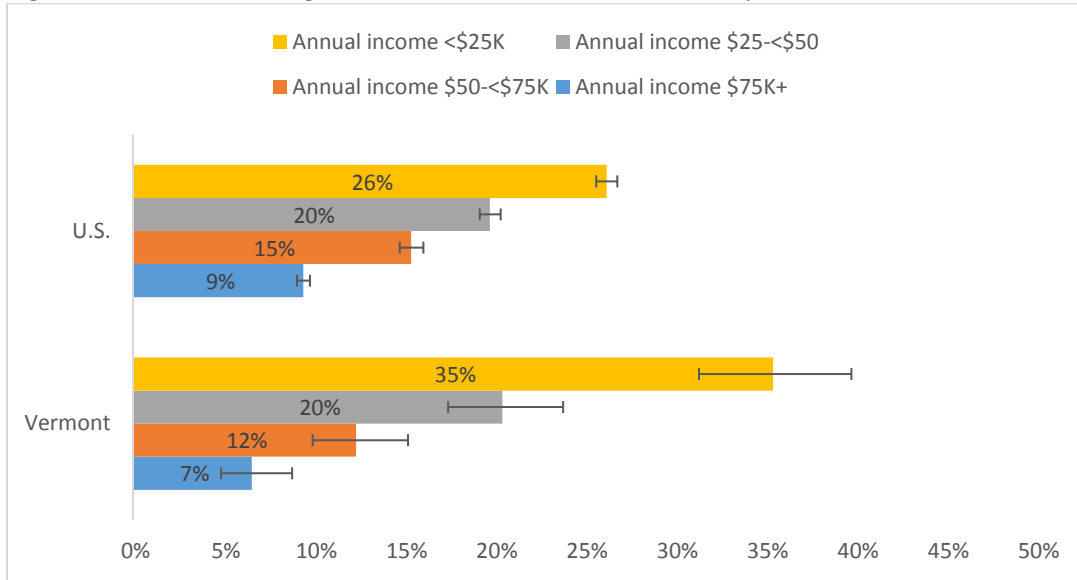
Figure 4. Current adult cigarette smokers in VT and the U.S., by education



- Adults with less education had significantly higher smoking rates than those with more education in both Vermont and the U.S. This disparity was more pronounced in Vermont.

Income

Figure 5. Current adult cigarette smokers in VT and the U.S., by income



- Adults with less household income had significantly higher smoking rates than those with more income in both Vermont and the U.S. This disparity was more pronounced in Vermont.

Adult Quit Attempts

Overall

Table 5. Quit attempts among adult cigarette smokers, Vermont and U.S. average

State	Prevalence (%)	Low Confidence Limit	High Confidence Limit
Vermont	56.9	52.6	61.1
United States	60.0	59.3	60.7

NOTE: Age-adjusted to the U.S. 2000 population.

- In 2015, 57% of Vermont adult cigarette smokers made an attempt to quit smoking in the last year. This was statistically similar to the 60% seen among all U.S. adult smokers.

Table 6. Quit attempts among adult cigarette smokers, Vermont and neighboring states

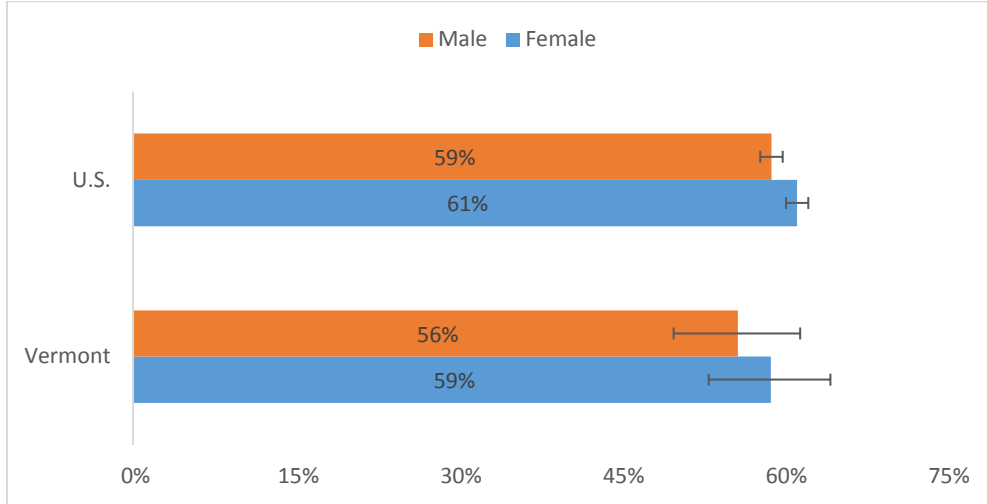
State	Prevalence (%)	Low Confidence Limit	High Confidence Limit
Vermont	50.5	45.6	55.4
Connecticut	52.7	48.0	57.4
Maine	51.6	47.0	56.2
Massachusetts	53.1	48.2	58.0
New Hampshire	51.1	45.5	56.7
New York	54.5	50.4	58.6
Rhode Island	48.6	42.3	54.9

NOTE: Crude prevalence rates for Vermont (i.e., not age-adjusted) are presented because age-adjusted data is not available for neighboring states. This differs slightly from the analysis in Table 3.

- The Vermont rate (51%) of quit attempts among adult smokers did not differ significantly from the rate of quit attempts in any neighboring states.

Gender

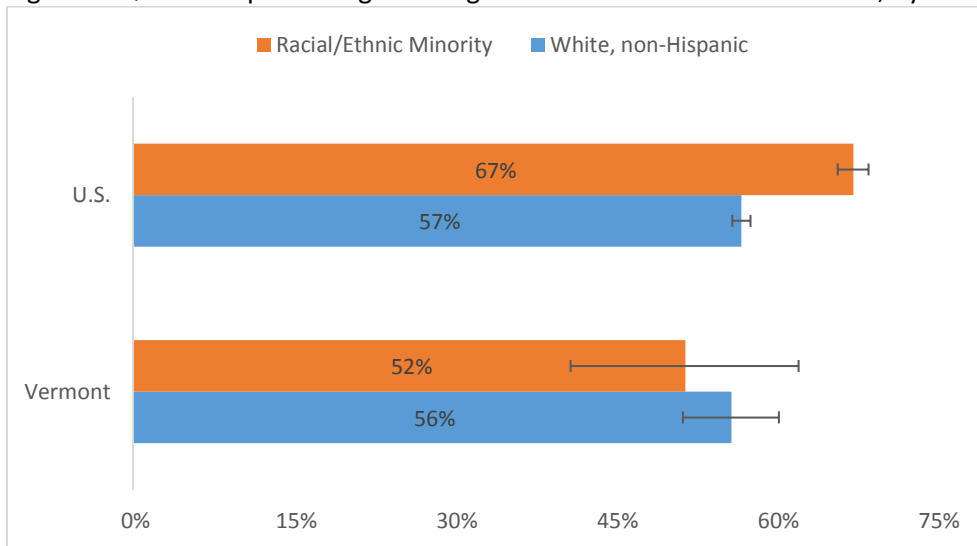
Figure 6. Quit attempts among adult cigarette smokers in VT and the U.S., by gender



- The rate of quit attempts by gender in Vermont did not differ significantly from the U.S. rates.
- Nationally, female smokers (61%) had a statistically higher rate of quit attempts than males (59%). Vermont followed a similar trend as the U.S., although this was not statistically significant (59% versus 56%, respectively).

Race/Ethnicity

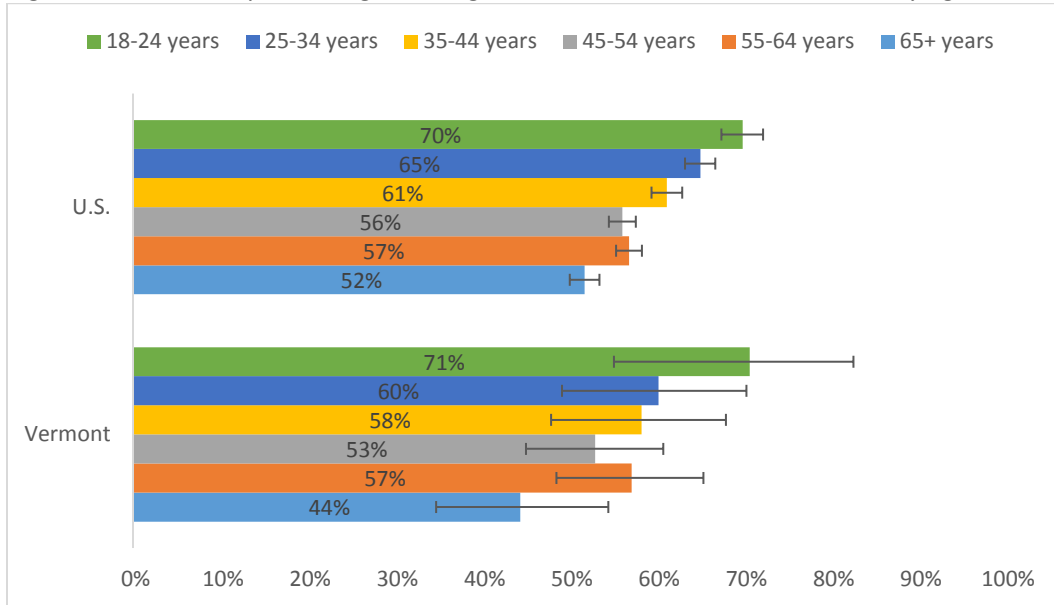
Figure 7. Quit attempts among adult cigarette smokers in VT and the U.S., by race/ethnicity



- Vermont racial/ethnic minorities had a significantly lower rate of quit attempts in the last year (52%) compared to the quit attempts among racial/ethnic minority adult smokers in the U.S. (67%).
- While there was a significant difference in quit attempts between white, non-Hispanic adults and racial/ethnic minorities in the U.S., there was no such difference in Vermont.

Age

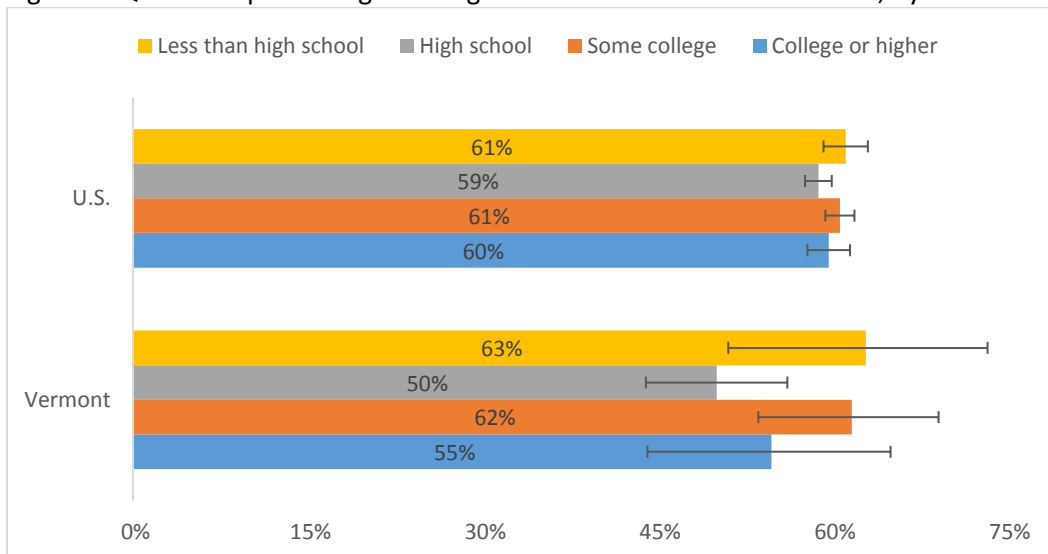
Figure 8. Quit attempts among adult cigarette smokers in VT and the U.S., by age



- The rate of quit attempts by age group in Vermont did not differ significantly from the U.S. rates by age group.
- In Vermont and the U.S., those 65 years and older reported significantly lower rates of quit attempts than those ages 18-24 (52% versus 70% in the U.S., and 44% versus 71% in VT). In the U.S., there were several additional differences between age groups that were not found in VT.

Education

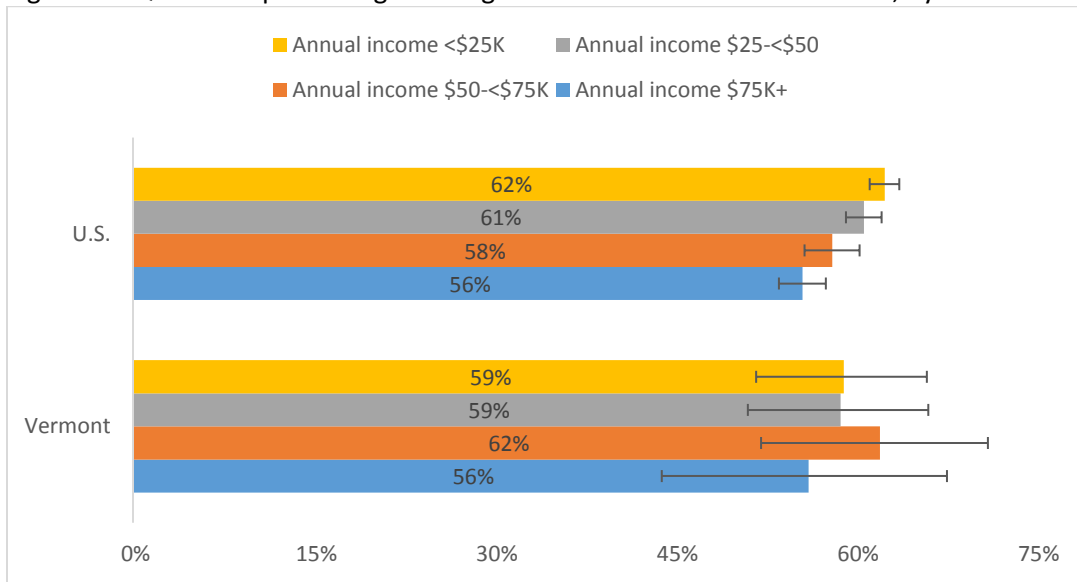
Figure 9. Quit attempts among adult cigarette smokers in VT and the U.S., by education



- The rate of quit attempts among adult smokers with a high school education was significantly lower in Vermont (50%) when compared to quit attempts among their counterpart in the U.S. (59%).
- There were no other significant differences in quit attempts based on education.

Income

Figure 10. Quit attempts among adult cigarette smokers in VT and the U.S., by income



- There were no statistically significant differences in quit attempts by income between Vermont and U.S. adult smokers.
- In the U.S., those with the highest income (\$75K+) had a significantly lower rate of quit attempts than those with the lowest income (<\$25K) (56% versus 62%, respectively).

Adult Smokeless Prevalence

Overall

Table 7. Prevalence of adult smokeless tobacco use, Vermont and U.S. average

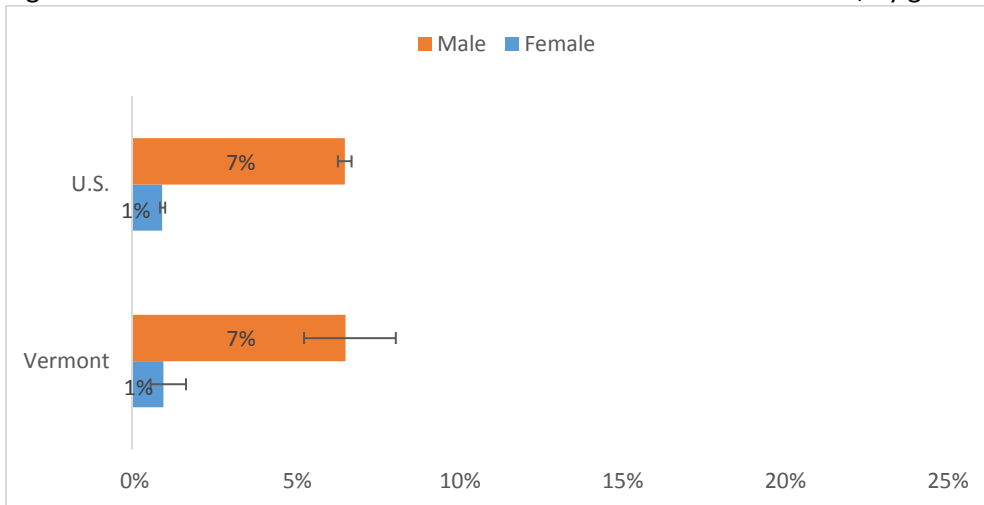
State	Prevalence (%)	Low Confidence Limit	High Confidence Limit
Vermont	3.7	3.0	4.5
United States	3.7	3.6	3.8

Note: Neighboring state-level data not available for smokeless tobacco use.

- In 2015, a similar percent of adults reported using smokeless tobacco products in Vermont and the U.S. (4%).

Gender

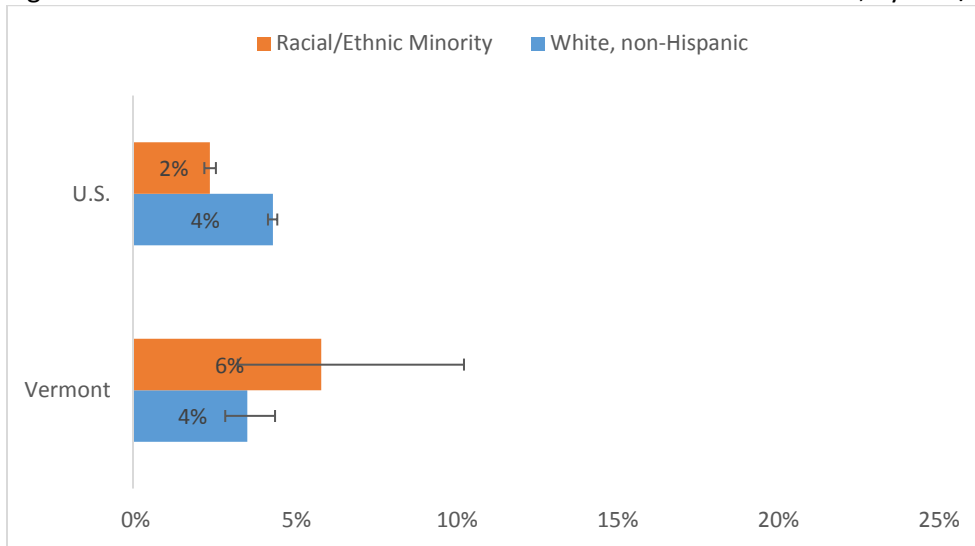
Figure 11. Prevalence of adult smokeless tobacco use in VT and the U.S., by gender



- The rate of adult smokeless tobacco use by gender was similar in Vermont and the U.S.
- Males had a significantly higher rate of smokeless tobacco use (7%) than females (1%) in Vermont and nationally.

Race/Ethnicity

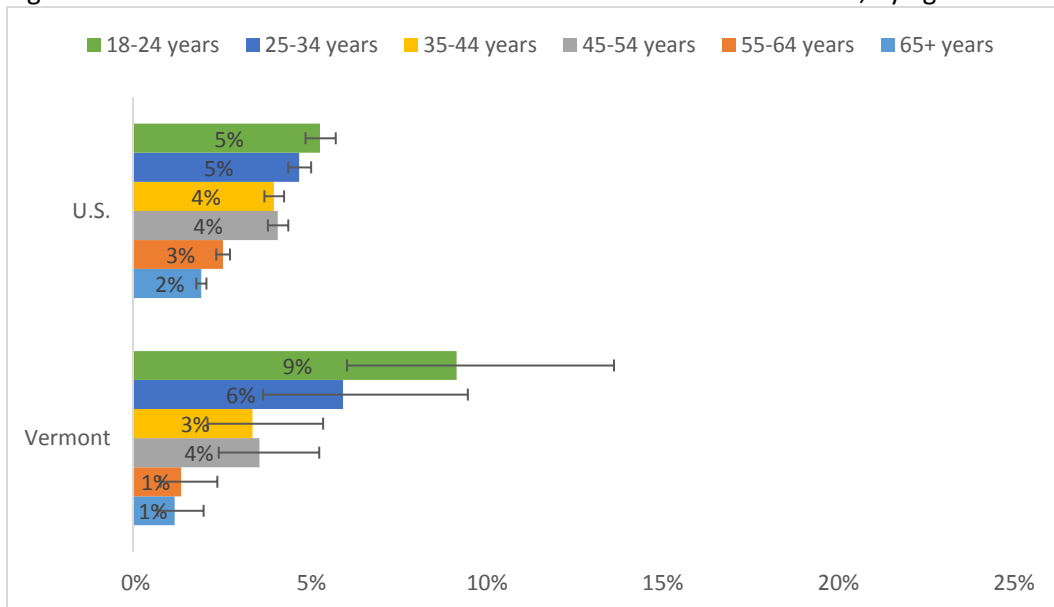
Figure 12. Prevalence of adult smokeless tobacco use in VT and the U.S., by race/ethnicity



- When compared to racial/ethnic minority adult smokeless tobacco users in the U.S. (2%), Vermont racial/ethnic minorities had a significantly higher rate of smokeless tobacco use (6%).
- While there was a significant difference in smokeless tobacco use between white, non-Hispanic adults and racial/ethnic minorities in the U.S., there was no such difference in Vermont.

Age

Figure 13. Prevalence of adult smokeless tobacco use in VT and the U.S., by age

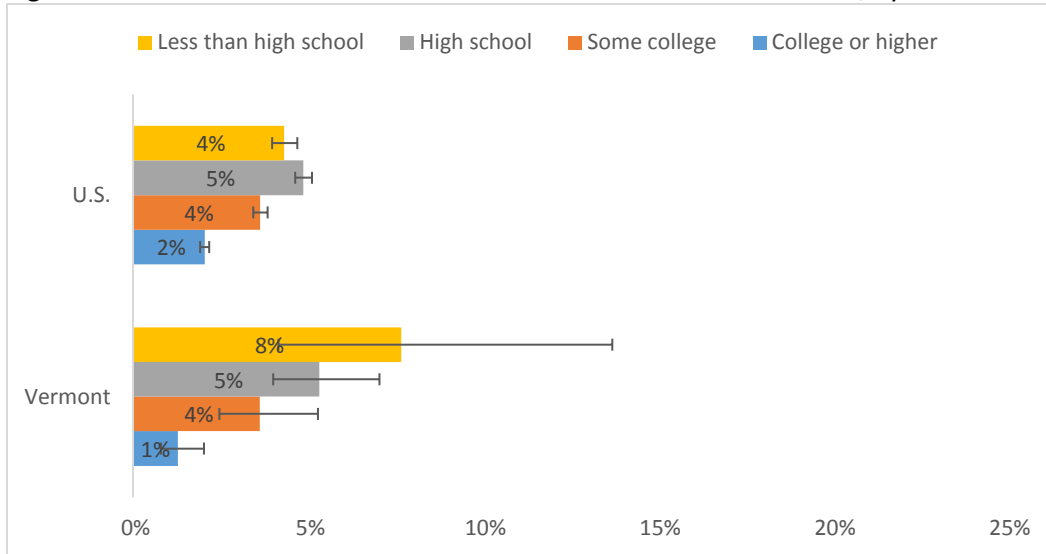


- When compared to U.S. young adults (18-24 years), Vermont young adults had significantly higher rates of smokeless tobacco use (9% versus 5%).

- In Vermont and the U.S., young adults were significantly more likely to use smokeless tobacco products compared to those ages 65 and older. Additional differences between age groups in VT and the U.S. were found but were dissimilar in each geographic area.

Education

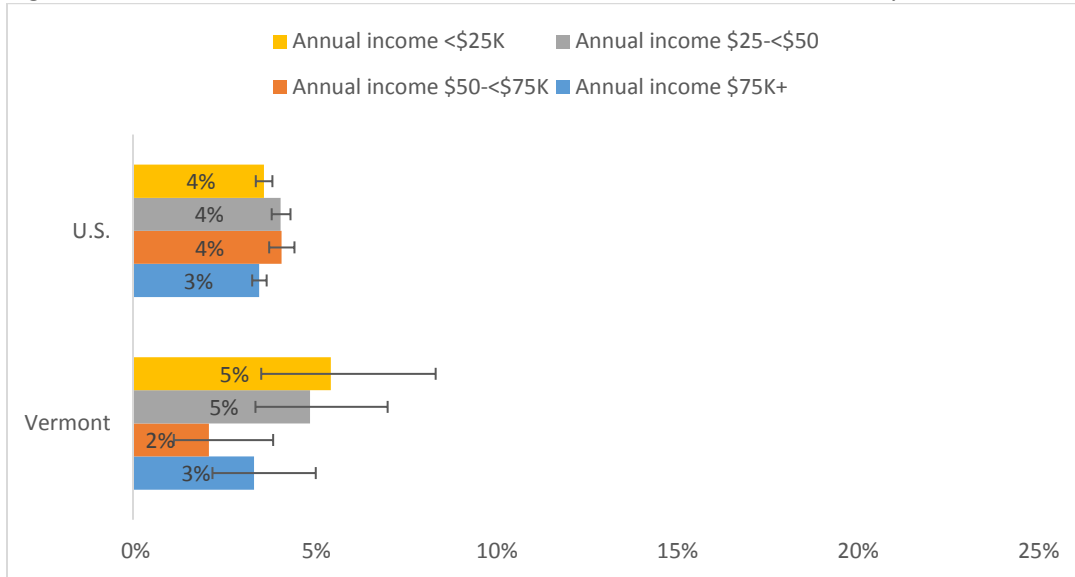
Figure 14. Prevalence of adult smokeless tobacco use in VT and the U.S., by education



- The rate of adult smokeless tobacco use by education was statistically similar in Vermont and the U.S.
- In Vermont and the U.S., those with a college education or higher reported significantly lower rates of smokeless tobacco use than those with some college education or less. In the U.S., there were several additional differences between education groups that were not found in VT.

Income

Figure 15. Prevalence of adult smokeless tobacco use in VT and the U.S., by income



- There were no statistically significant differences in smokeless tobacco use by income between Vermont and U.S. adults.
- In the U.S., those with the highest income (\$75K+) had a significantly lower rate of smokeless tobacco use than those with annual incomes between \$25-<\$75K (3% versus 4%, respectively).

Youth Cigarette Smoking Prevalence

Overall

Table 8. Current youth (grades 9-12) cigarette smokers, Vermont, U.S., and neighboring states

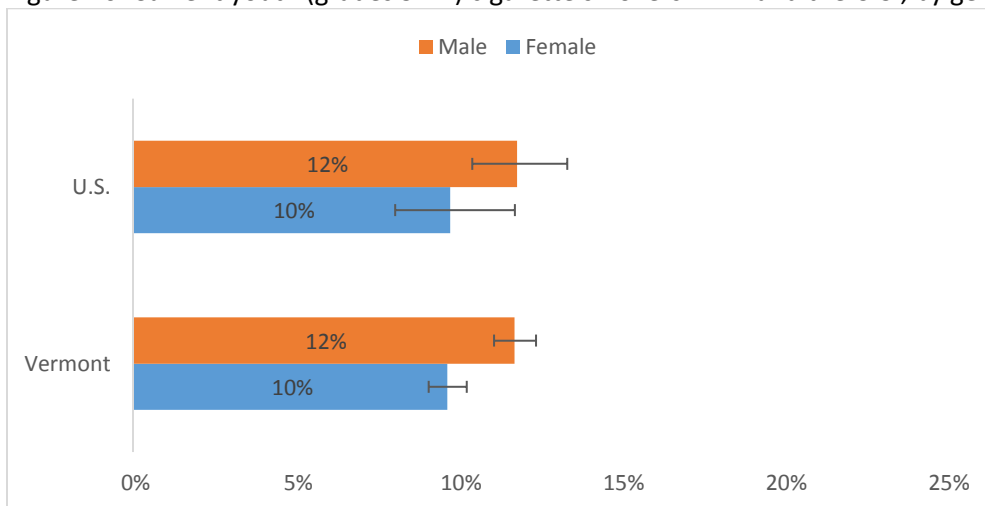
State	Prevalence (%)	Low Confidence Limit	High Confidence Limit
Vermont	10.8	10.4	11.2
United States	10.8	9.4	12.4
Connecticut	10.3	8.6	12.3
Maine	11.2	10.1	12.4
Massachusetts [†]	7.7	6.2	9.7
New Hampshire [†]	9.3	8.6	10.0
New York	8.8	7.1	10.9
Rhode Island [†]	4.8	3.9	5.92

[†]Statistically different than Vermont

- In 2015, 11% of Vermont high school youth said they smoked a cigarette in the past 30 days. This was the same proportion reported by high school youth nationally.
- Prevalence of cigarette smoking among high school youth was significantly higher in Vermont when compared to Massachusetts (8%), New Hampshire (9%), and Rhode Island (5%).

Gender

Figure 16. Current youth (grades 9-12) cigarette smokers in VT and the U.S., by gender

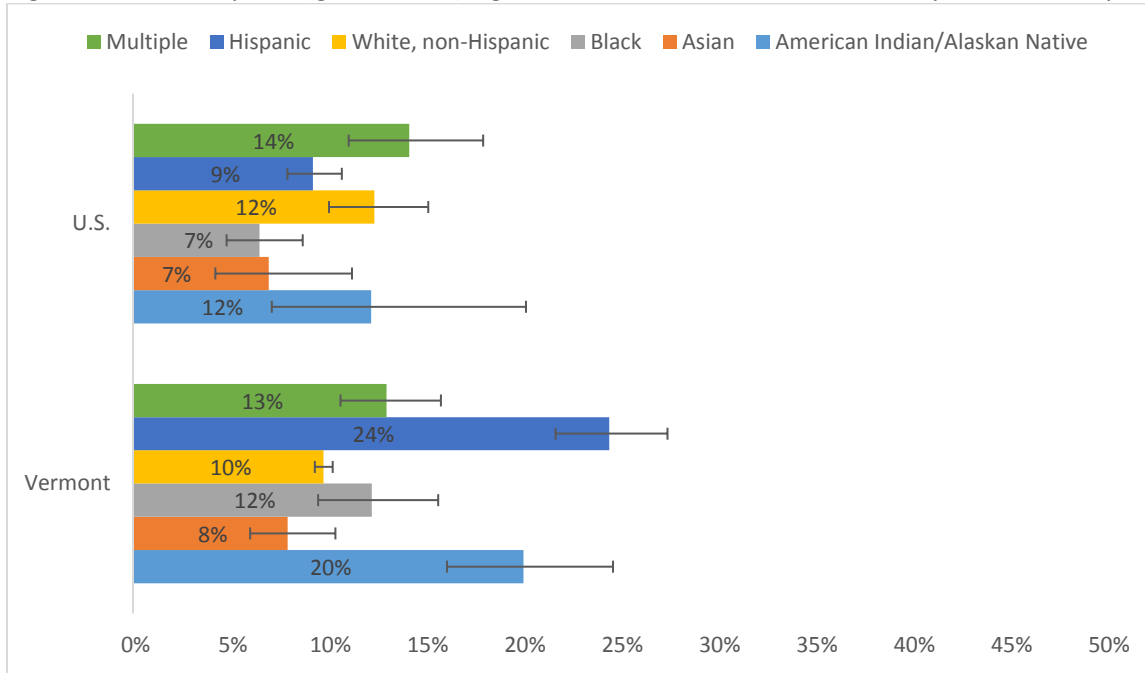


- The rate of current cigarette use by gender among high school youth was the same in Vermont and the U.S.

- In Vermont, male youth report significantly higher rates of cigarette use than females. National prevalence follows this trend, although it was not statistically significant.

Race/Ethnicity

Figure 17. Current youth (grades 9-12) cigarette smokers in VT and the U.S., by race/ethnicity



Note: Native Hawaiian or Pacific Islander sample is not reported because of small sample size.

- When compared to U.S. Black (7%) and Hispanic (9%) youth, Vermont Black (12%) and Hispanic (24%) youth had significantly higher rates of current cigarette use.
- In Vermont, Hispanic and American Indian/Alaskan Native youth had significantly higher rates of current cigarette use when compared to all other race/ethnicities in VT. Nationally, differences between race/ethnicity groups were less defined.

Youth Quit Attempts

Overall

Table 9. Quit attempts among current youth (grades 9-12) cigarette smokers, Vermont, U.S., and neighboring states

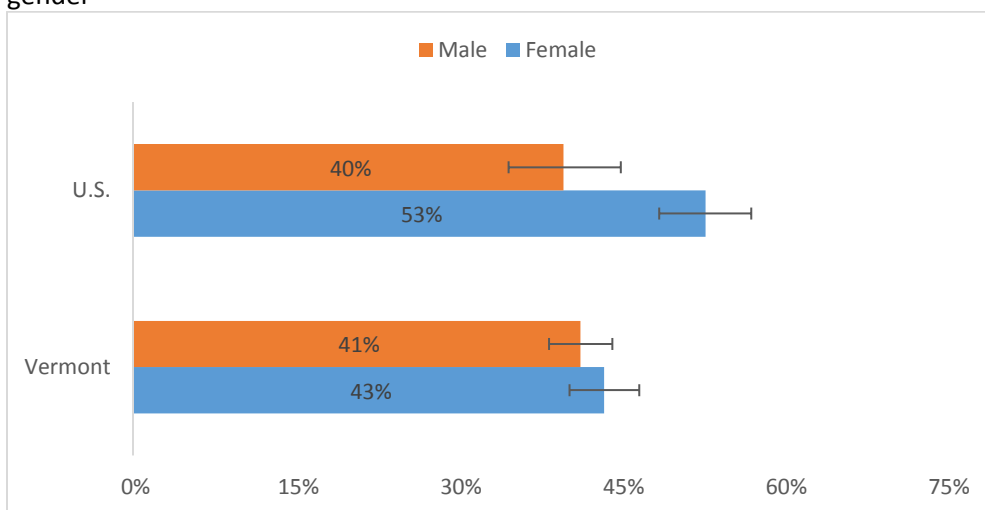
State	Prevalence (%)	Low Confidence Limit	High Confidence Limit
Vermont	42.2	40.1	44.4
United States	45.4	41.3	49.5
Connecticut	--	--	--
Maine	--	--	--
Massachusetts	--	--	--
New Hampshire	46.2	43.3	49.1
New York	--	--	--
Rhode Island	46.0	32.9	59.6

-- Data not available

- In 2015, 42% of Vermont high school youth who currently smoke cigarettes reported a quit attempt in the last year. This was statistically similar to the 45% of high school youth who currently smoke and reported a quit attempt nationally.
- The Vermont rate of quit attempts among youth smokers did not differ significantly from the rate of quit attempts in any neighboring states (only two neighboring states with available data).

Gender

Figure 18. Quit attempts among current youth (grades 9-12) cigarette smokers in VT and the U.S., by gender

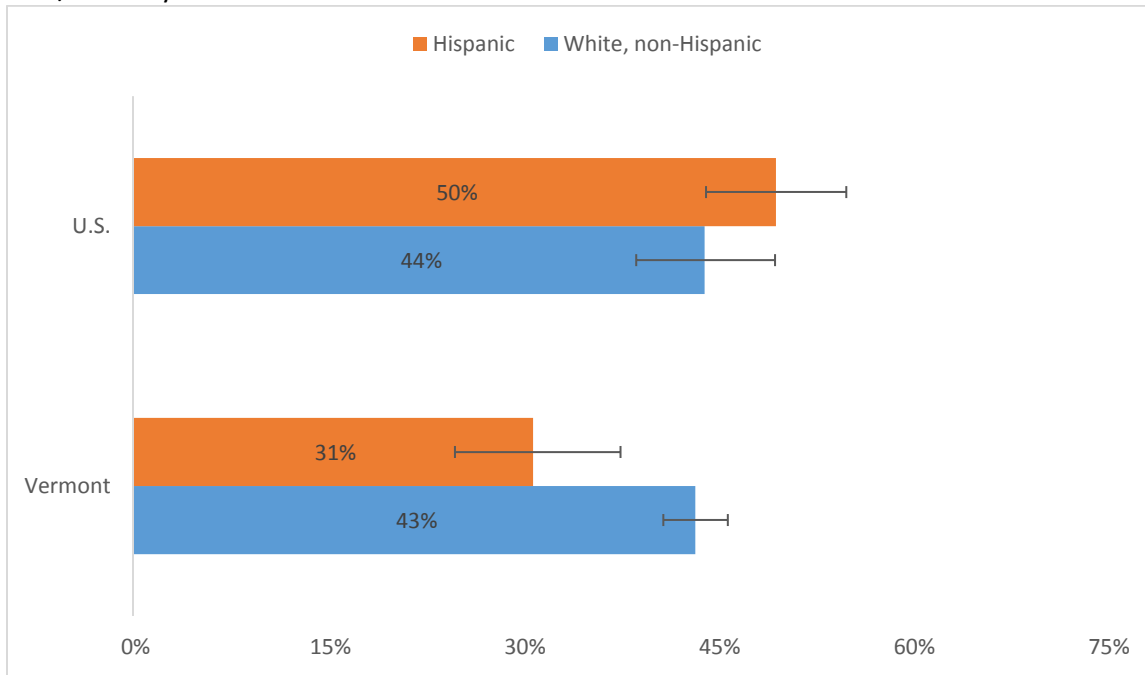


- Female youth smokers in Vermont reported a significantly lower rate of quit attempts (43%) when compared to their counterparts in the U.S. (53%).

- Nationally, female youth smokers (53%) reported a significantly higher rate of quit attempts compared to male youth smokers (40%). In Vermont, males (41%) and females (43%) reported statistically similar quit attempts.

Race/Ethnicity

Figure 19. Quit attempts among current youth (grades 9-12) cigarette smokers in VT and the U.S., by race/ethnicity



Note: American Indian/Alaskan Native, Black, Native Hawaiian or Pacific Islander, and those reporting multiple races are not reported because of small sample size.

- When compared to U.S. Hispanic youth smokers (50%), Vermont Hispanic youth smokers (31%) had a significantly lower rate of quit attempts.
- In Vermont, Hispanic youth smokers (31%) reported a significantly lower rate of quit attempts compared to white, non-Hispanic youth smokers (43%). In the U.S., Hispanic and white, non-Hispanic youth smokers reported statistically similar quit attempts.

Youth Smokeless Prevalence

Overall

Table 10. Prevalence of smokeless tobacco use among youth (grades 9-12), Vermont, U.S., and neighboring states

State	Prevalence (%)	Low Confidence Limit	High Confidence Limit
Vermont	6.9	6.5	7.2
United States	7.3	6.1	8.6
Connecticut	--	--	--
Maine [†]	5.1	4.5	5.9
Massachusetts	5.5	4.4	7.0
New Hampshire	6.0	5.3	6.7
New York	6.7	5.9	7.6
Rhode Island	5.3	3.9	7.2

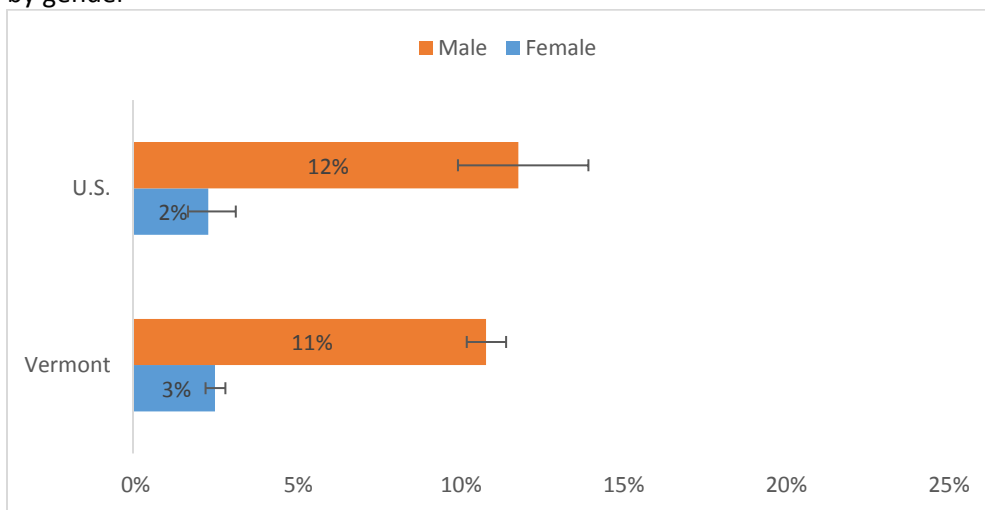
[†]Statistically different than Vermont

-- Data not available

- In 2015, 7% of high school youth in VT said they used smokeless tobacco in the past 30 days. This was statistically similar to the proportion reported by high school youth nationally.
- Prevalence of smokeless tobacco use among high school youth was significantly higher in Vermont when compared to Maine (5%).

Gender

Figure 20. Prevalence of current smokeless tobacco use among youth (grades 9-12) in VT and the U.S., by gender

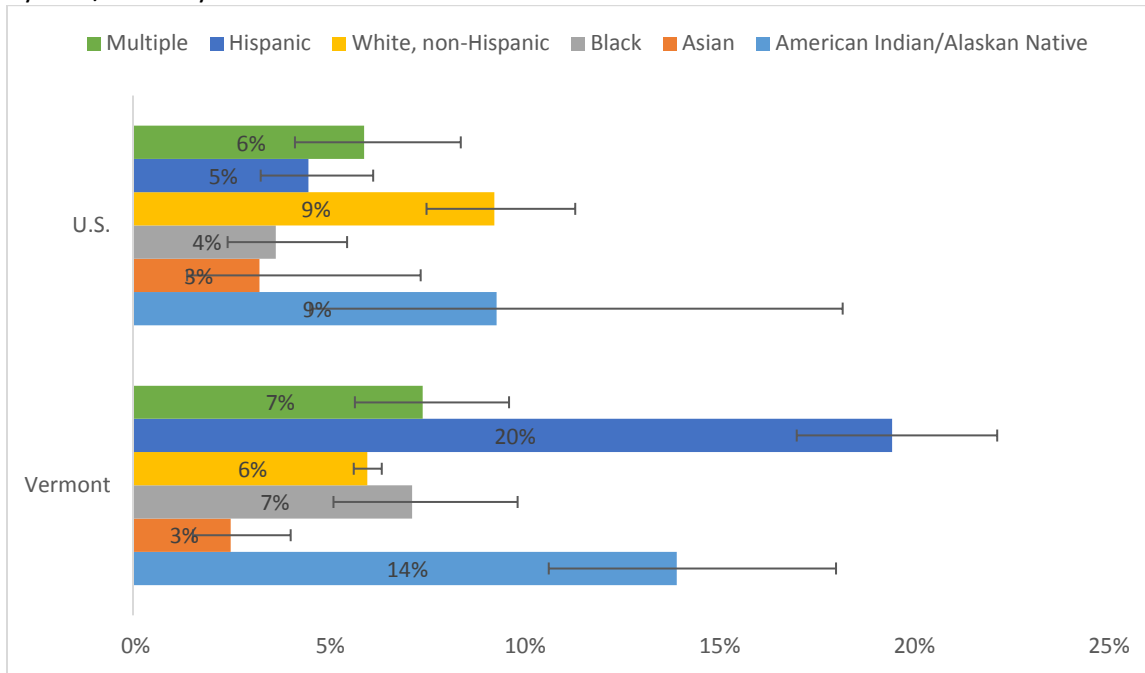


- The rate of smokeless tobacco use by gender among high school youth was the same in Vermont and the U.S.

- In Vermont and the U.S., male youth (11% and 12%, respectively) reported significantly higher rates of smokeless tobacco use than females (3% and 2%, respectively).

Race/Ethnicity

Figure 21. Prevalence of current smokeless tobacco use among youth (grades 9-12) in VT and the U.S., by race/ethnicity



Note: Native Hawaiian or Pacific Islander sample is not reported because of small sample size.

- When compared to U.S. Hispanic (5%) and white, non-Hispanic (9%) youth, Vermont Hispanic (20%) youth had significantly higher rates of smokeless tobacco use and white, non-Hispanic (6%) youth had significantly lower rates.
- In Vermont, Hispanic (20%) and American Indian/Alaskan Native youth (14%) had significantly higher rates of smokeless tobacco use when compared to all other race/ethnicities. Vermont Asian youth (3%) had significantly lower rates of smokeless tobacco use when compared to all other races/ethnicities. Nationally, differences between race/ethnicity groups were less defined.

Youth Cigar Product Prevalence

Overall

Table 11. Prevalence of cigar product use among youth (grades 9-12), Vermont, U.S., and neighboring states

State	Prevalence (%)	Low Confidence Limit	High Confidence Limit
Vermont	10.4	10.0	10.9
United States	10.3	9.0	11.8
Connecticut	--	--	--
Maine [†]	8.8	7.9	9.9
Massachusetts	10.4	8.6	12.5
New Hampshire	11.0	10.0	12.0
New York	10.2	8.6	12.1
Rhode Island [†]	8.4	7.3	9.8

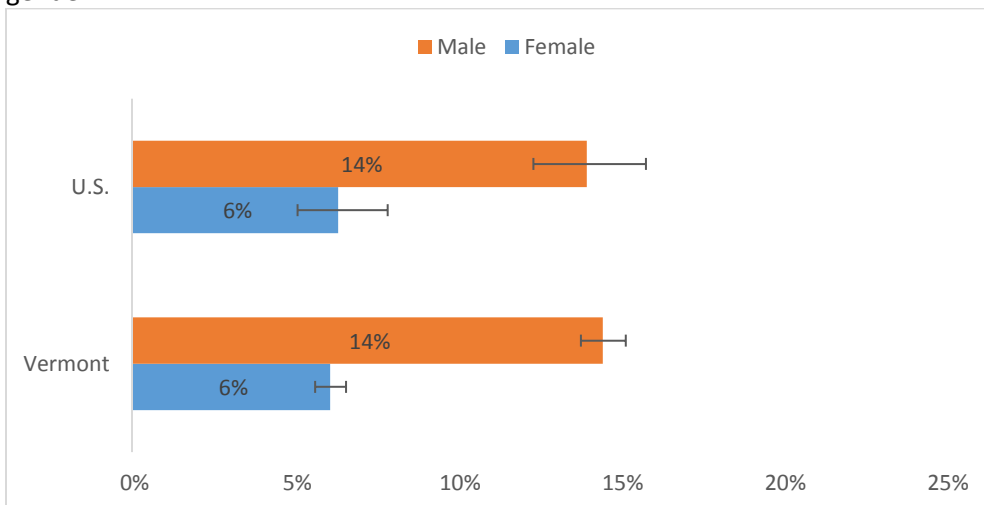
[†]Statistically different than Vermont

-- Data not available

- In 2015, 10% of Vermont high school youth said they used a cigar product (cigars, cigarillos, or little cigars) in the past 30 days. This was the same proportion reported by high school youth nationally.
- Compared to Vermont, prevalence of cigar product use among high school youth was significantly lower in Maine (9%) and Rhode Island (8%).

Gender

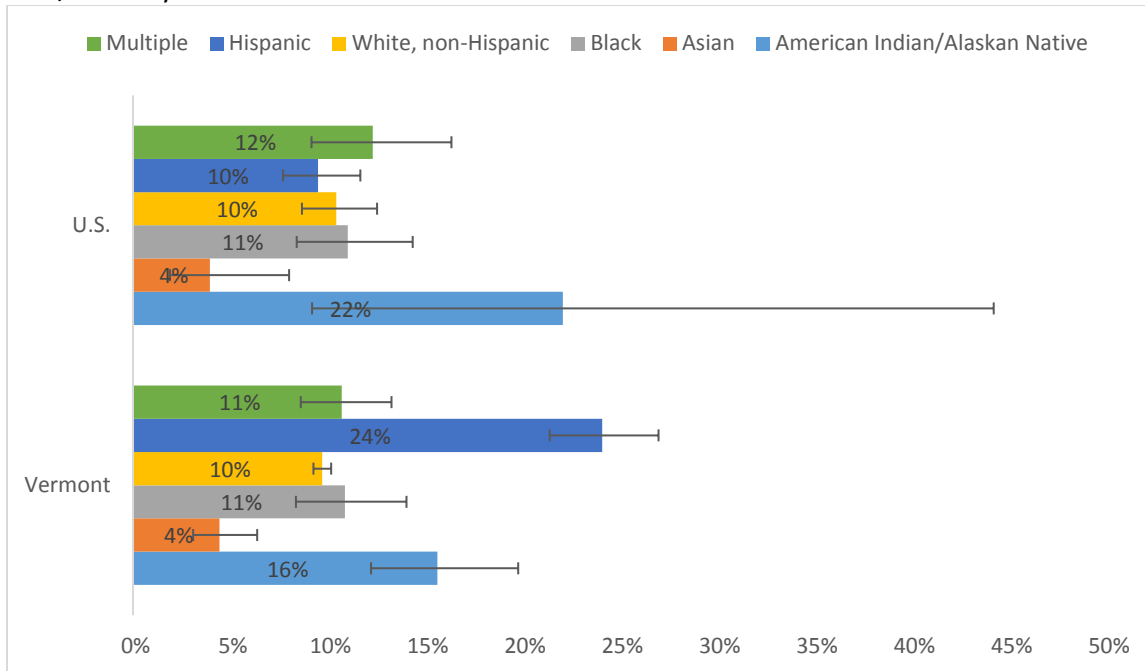
Figure 22. Prevalence of current cigar product use among youth (grades 9-12) in VT and the U.S., by gender



- The rate of cigar product use by gender among high school youth was the same in Vermont and the U.S.
- In Vermont and the U.S., male youth (14%) reported significantly higher rates of cigar product use than females (6%).

Race/Ethnicity

Figure 23. Prevalence of current cigar product use among youth (grades 9-12) in VT and the U.S., by race/ethnicity



Note: Native Hawaiian or Pacific Islander sample is not reported because of small sample size.

- When compared to U.S. Hispanic youth (10%), Vermont Hispanic youth (24%) had significantly higher rates of cigar product use.
- In Vermont, Hispanic youth had significantly higher rates of cigar product use when compared to all other race/ethnicities. Vermont Asian youth (4%) had significantly lower rates of cigar product use when compared to all other races/ethnicities. Nationally, Asian youth (4%) had significantly lower rates of cigar product use compared to all other race/ethnicities except for Hispanic youth (10%).

Youth E-Vapor Product Prevalence

Overall

Table 12. Prevalence of e-vapor product³ use among youth (grades 9-12), Vermont, U.S., and neighboring states

State	Prevalence (%)	Low Confidence Limit	High Confidence Limit
Vermont	15.3	14.8	15.8
United States [†]	24.1	22.1	26.2
Connecticut	--	--	--
Maine	16.8	15.5	18.3
Massachusetts [†]	23.7	21.1	26.5
New Hampshire [†]	25.0	23.6	26.4
New York [†]	21.7	19.5	24.0
Rhode Island [†]	19.3	16.1	22.8

[†]Statistically different than Vermont

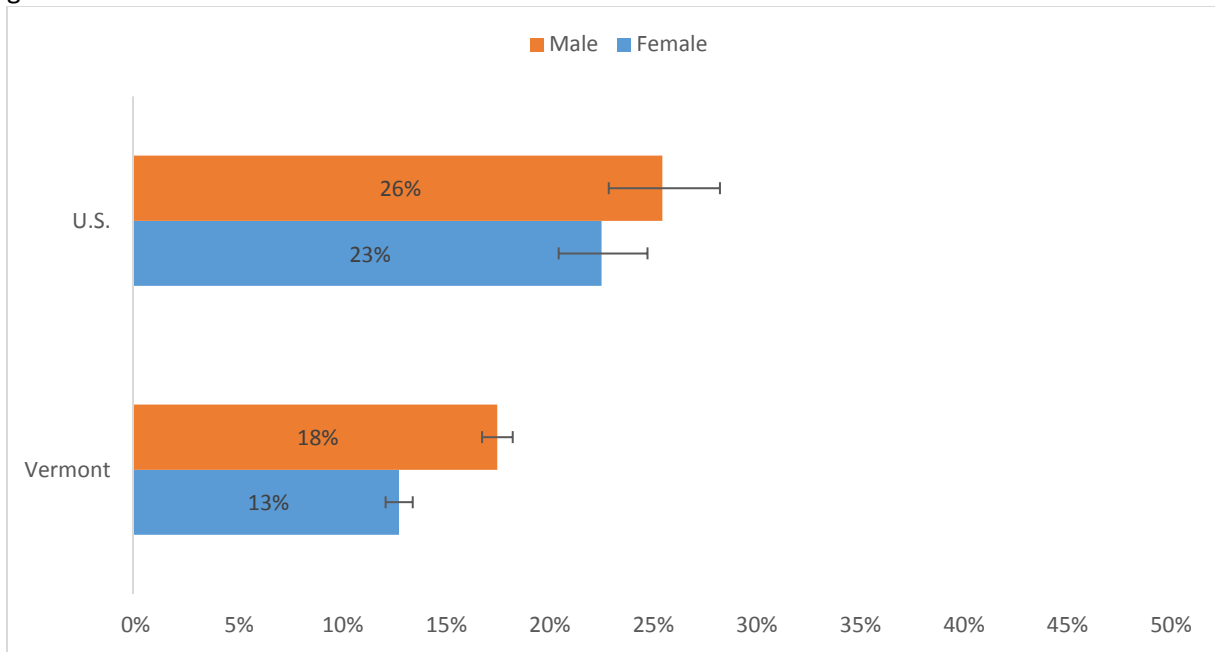
-- Data not available

- Compared to e-vapor product use among high school youth nationally (24%), Vermont youth reported a significantly lower rate of e-vapor product use in the past 30 days (15%).
- Prevalence of e-vapor product use among high school youth was significantly lower in Vermont compared to Massachusetts (24%), New Hampshire (25%), New York (22%), and Rhode Island (19%).

³ E-vapor product is defined as e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens such as blue, NJOY, or Starbuzz.

Gender

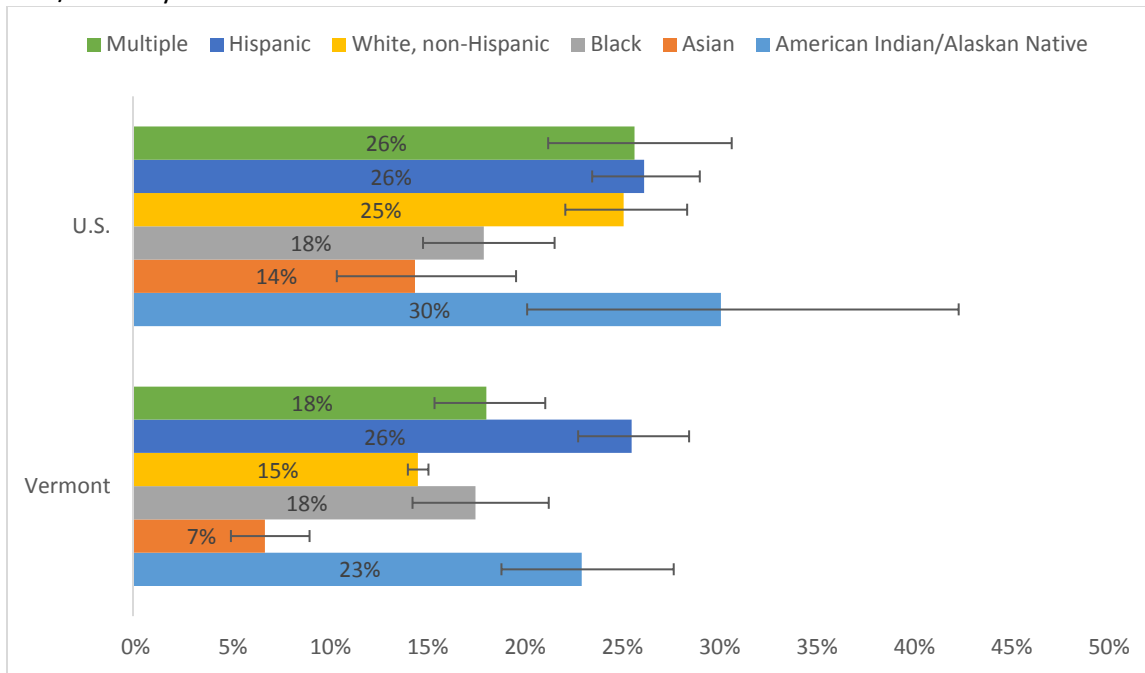
Figure 24. Prevalence of current e-vapor product use among youth (grades 9-12) in VT and the U.S., by gender



- Compared to both male and female youth nationally (26% and 23%, respectively), Vermont male and female youth reported significantly lower rates of e-vapor product use (18% and 13%, respectively).
- In Vermont, male youth report significantly higher rates of e-vapor product use than females. The U.S. followed a similar trend as Vermont, although this was not statistically significant.

Race/Ethnicity

Figure 25. Prevalence of current e-vapor product use among youth (grades 9-12) in VT and the U.S., by race/ethnicity



Note: Native Hawaiian or Pacific Islander sample is not reported because of small sample size.

- When compared to U.S. Asian (14%), white, non-Hispanic (25%), and multi-racial youth (26%), Vermont Asian (7%), white, non-Hispanic (15%), and multi-racial youth (18%) reported significantly lower rates of e-vapor product use. Hispanic, Black, and American Indian/Alaskan Native youth reported statistically similar rates of e-vapor product use in Vermont and nationally.
- In Vermont, Hispanic youth (26%) had significantly higher rates of e-vapor product use when compared to all other races/ethnicities (except for American Indian/Alaskan Native youth). Vermont Asian youth (7%) had significantly lower rates of e-vapor product use when compared to all other races/ethnicities. Nationally, Asian youth (14%) had significantly lower rates of e-vapor product use compared to all other race/ethnicities (except for Black youth).

Youth Any Tobacco Product Prevalence

Overall

Table 13. Prevalence of any tobacco product use among youth (grades 9-12), U.S. average and neighboring states

State	Prevalence (%)	Low Confidence Limit	High Confidence Limit
Vermont	24.7	24.1	25.3
United States [†]	31.4	29.1	33.8
Connecticut	--	--	--
Maine	24.5	23.0	26.2
Massachusetts [†]	29.3	26.2	32.7
New Hampshire [†]	30.4	28.8	32.0
New York [†]	28.8	26.3	31.5
Rhode Island	25.1	22.0	28.5

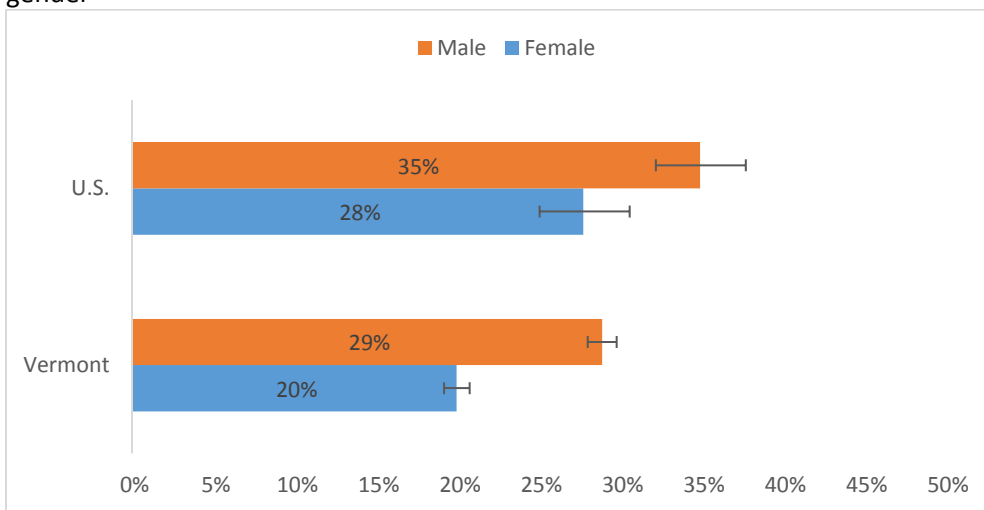
[†]Statistically different than Vermont

-- Data not available

- Compared to any tobacco product use among high school youth nationally (31%), Vermont youth reported a significantly lower rate of any tobacco product use in the past 30 days (25%).
- Prevalence of any tobacco product use among high school youth was significantly lower in Vermont compared to Massachusetts (29%), New Hampshire (30%), and New York (29%).

Gender

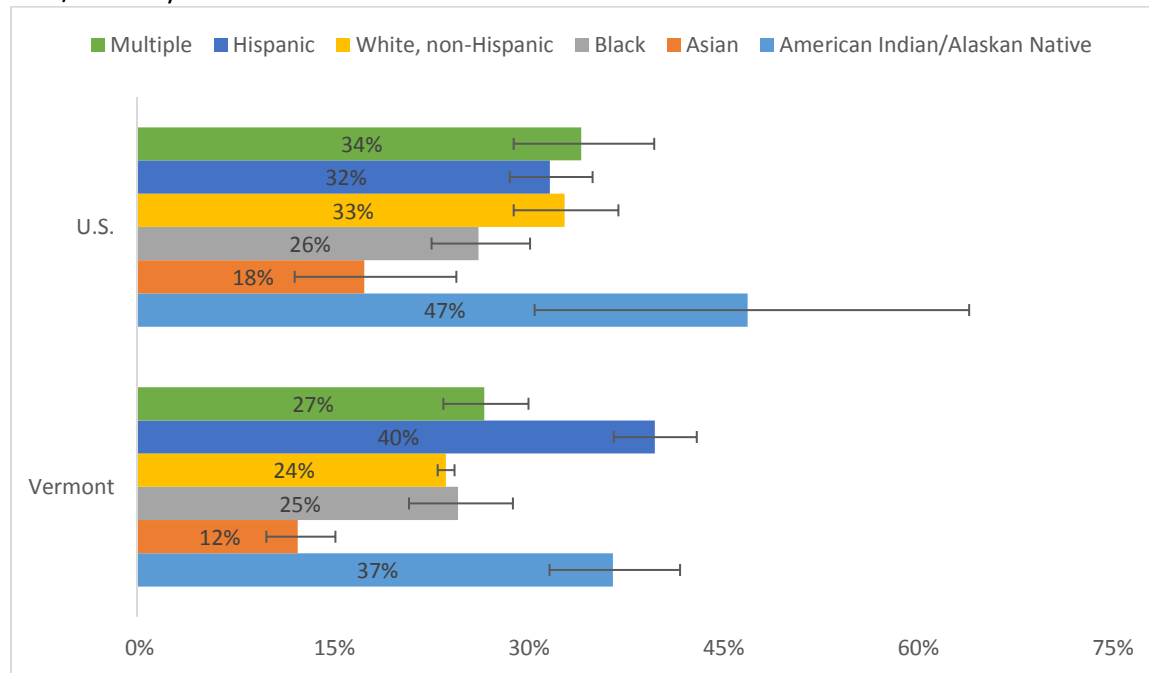
Figure 26. Prevalence of any tobacco product use among youth (grades 9-12) in VT and the U.S., by gender



- Compared to both male and female youth nationally (35% and 28%, respectively), Vermont male and female youth reported significantly lower rates of any tobacco product use (29% and 20%, respectively).
- In Vermont and the U.S., male youth reported significantly higher rates of any tobacco product use compared to female youth.

Race/Ethnicity

Figure 27. Prevalence of any tobacco product use among youth (grades 9-12) in VT and the U.S., by race/ethnicity



Note: Native Hawaiian or Pacific Islander sample is not reported because of small sample size.

- When compared to U.S. white, non-Hispanic youth (33%), Vermont white, non-Hispanic youth (24%) reported significantly lower rates of any tobacco product use. The converse is true with Hispanic youth: those in Vermont reported a significantly higher rate of any tobacco product use when compared to their U.S. counterparts (40% versus 32%)
- In Vermont, Hispanic (40%) and American Indian/Alaskan Native youth (37%) had significantly higher rates of any tobacco product use when compared to all other races/ethnicities. Vermont Asian youth (12%) had significantly lower rates of any tobacco product use when compared to all other races/ethnicities. Nationally, Asian youth (18%) had significantly lower rates of any tobacco product use compared to all other race/ethnicities (except for Black youth).