

Released: JANUARY 2017

# Nearly 4 in 10 Kentucky young adults have tried an e-cigarette

An electronic nicotine delivery system, also known as an electronic cigarette or e-cigarette, uses a battery and a heating element to deliver nicotine vapor to the user. Using such a device is widely known as “vaping.” The 2016 **Kentucky Health Issues Poll (KHIP)** asked Kentucky adults about their experiences with e-cigarettes and opinions about their safety.

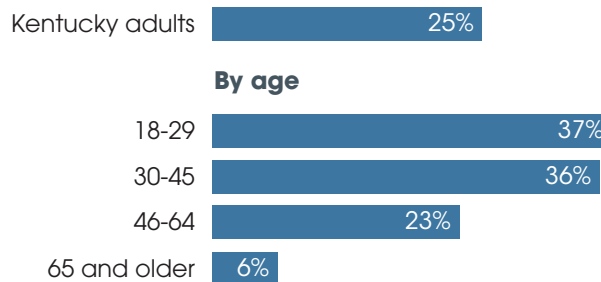
One in 4 Kentucky adults (25%) said that they had ever used an e-cigarette. This is about the same as in 2014 (24%).

## Younger adults, adults with less income more likely to use e-cigarette

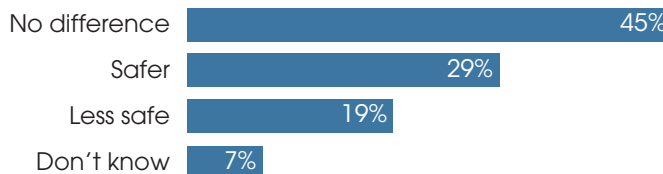
E-cigarette use was much more common among adults ages 45 and younger. About 4 in 10 adults ages 18 to 29 (37%) and 30 to 45 (36%) had ever tried an e-cigarette. This compares with 2 in 10 adults ages 46 to 64 (23%), and fewer than 1 in 10 adults ages 65 and older (6%).

Adults with lower incomes were more likely to have tried an e-cigarette. About 3 in 10 adults earning 200% or less of the Federal Poverty Guidelines (FPG)<sup>1</sup>

## Have you ever used an electronic cigarette or e-cigarette? (Graph shows those saying “yes.”)



## From what you have seen and heard, would you say that e-cigarettes are safer to use than tobacco cigarettes, less safe to use than tobacco cigarettes or there is no difference?



had tried an e-cigarette (33%). That compares with 2 in 10 adults earning more than 200% FPG (19%). (See graph on next page.)

## Some nonsmokers have tried e-cigarette

There is some evidence that e-cigarette use among young adults can lead to use of tobacco cigarettes.<sup>2</sup> Other research suggests that current smokers

may use e-cigarettes as an aid to cut down on traditional tobacco use.<sup>3</sup> KHIP found that 7% of adults who had never smoked tobacco cigarettes said that they had tried an e-cigarette. In

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<sup>1</sup> In 2015, 200% of the Federal Poverty Guidelines was \$48,500 for a family of four.

<sup>2</sup> Primack, B.A., Soneji, S., Stoolmiller, M., Fine, M.J., & Sargent, J.D. (2015). Progression to traditional cigarette smoking after electronic cigarette use among US adolescents and young adults. *JAMA Pediatrics*, 169 (11), 1018-1023.

<sup>3</sup> Hartmann-Boyce, J., McRobbie, H., Bullen, C., Begh, R., Stead, L.F., & Hajek, P. (2016). Electronic cigarettes for smoking cessation. *Cochrane Database of Systematic Reviews*, 2016, (9), 1-96. doi: 10.1002/14651858.CD010216.pub3.

addition, 6 in 10 current smokers (61%) and 2 in 10 previous smokers (21%) had tried an e-cigarette.

## Opinions about safety of e-cigarettes vary

KHIP asked adults whether they would say that e-cigarettes were safer, less safe or about the same as tobacco cigarettes. Three in 10 Kentucky adults (29%) said e-cigarettes were safer than tobacco cigarettes. About 2 in 10 (19%) said they were less safe. Almost half (45%) said there was no difference between the two. (See graph on first page.)

More than 4 in 10 adults who had tried an e-cigarette (44%) said they were safer than tobacco cigarettes. That compares with 2 in 10 adults who had never used an e-cigarette (24%). Adults who had never used an e-cigarette (50%) were more likely than adults who had tried e-cigarettes (31%) to say there was no safety difference between the two.

## Have you ever used an electronic cigarette or e-cigarette? (Graph shows those saying "yes.")

