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

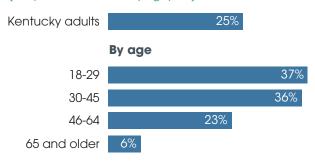
An electronic nicotine delivery system, also known as an electronic cigarette or e-cigarette, uses a battery and a heating element to deliver nicotine vapor to the user. Using such a device is widely known as "vaping." The 2016 **Kentucky Health Issues Poll (KHIP)** asked Kentucky adults about their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

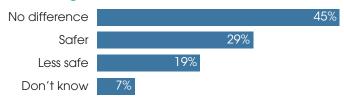
# Younger adults, adults with less income more likely to use e-cigarette

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

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

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>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.

These findings, unless otherwise noted, are from the Kentucky Health Issues Poll, funded by the Foundation for a Healthy Kentucky and Interact for Health. The Kentucky Health Issues Poll was conducted Sept. 11-Oct. 19, 2016, by the Institute for Policy Research at the University of Cincinnati. A random sample of 1,580 adults from throughout Kentucky was interviewed by telephone. This included 827 landline interviews and 753 cell phone interviews with cell phone users. In 95 of 100 cases, the statewide estimates will be accurate to ±2.5%. There are other sources of variation inherent in public opinion studies, such as nonresponse, question wording, or context effects that can introduce error or bias. For more information about the Kentucky Health Issues Poll, please visit <a href="https://www.healthy-ky.org">www.interactforhealth.org/kentucky-health-issues-poll</a>.

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.")

