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E-cigarette and tobacco use on a tobacco-free UVM campus

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Authors

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Introduction

- The prevalence of e-cigarette use has significantly increased in recent years. In the US, e-cigarettes are now the most common nicotine products used by adolescents.
- The CDC reported 1299 cases of lung injury correlating to the use of e-cigarette and vaping products; the current recommendation is to refrain from using e-cigarette products that contain THC and/or nicotine.
- In 2015, a LCOM Public Health Project evaluated tobacco use and attitudes in the UVM community.

Objective

To compare how use and attitudes towards e-cigarettes have changed over the past 4 years and to identify current perceptions of use in the UVM community.

Methods

- Lime Survey ® was used to administer the survey to undergraduates, graduates, and faculty at the University of Vermont in October 2019.
- Survey was based off prior survey constructed in 2015.
- E-cigarette and tobacco use was compared among respondents in 2014, 2015, and 2019.
- Attitudes & risk perception were assessed using several questions with a 10-point Likert scale.

Data Analysis

- Data was analyzed using SPSS.
- Regression analysis/ T tests ($P < 0.05$).

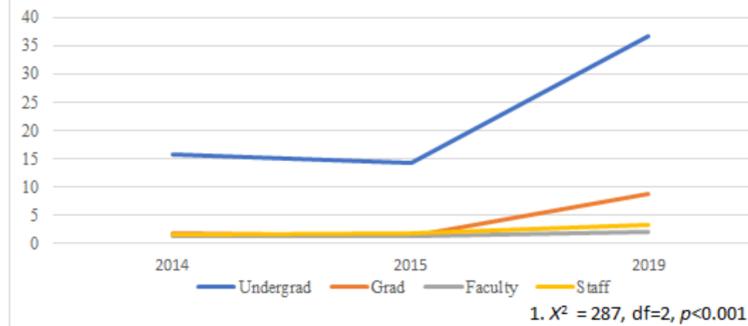
Definitions

Definitions of E-cigarette & Tobacco Use

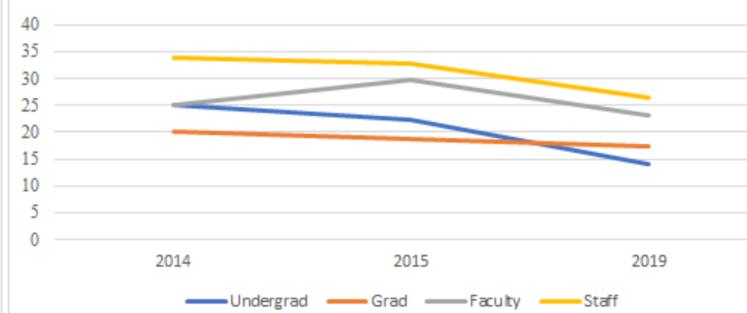
- Current E-cigarette user: Current e-cigarette user = Now uses e-cigarettes "every day" or "some days."
- Current smoker = Has smoked at least 100 cigarettes in their lifetime, and now smokes cigarettes "every day" or "some days."

Results

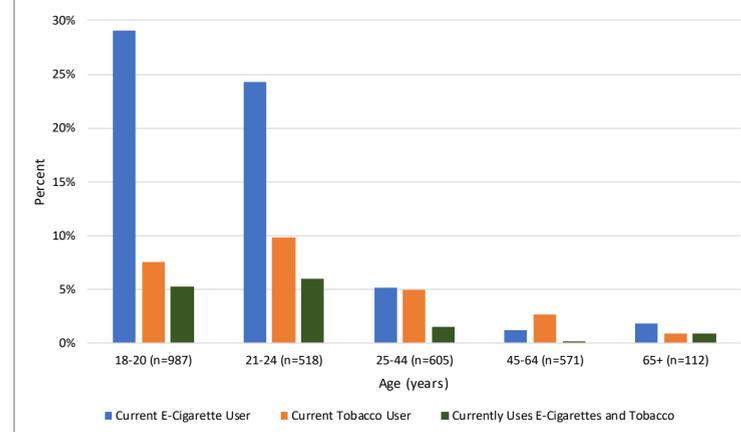
E-Cigarette Use in Past 30 Days¹



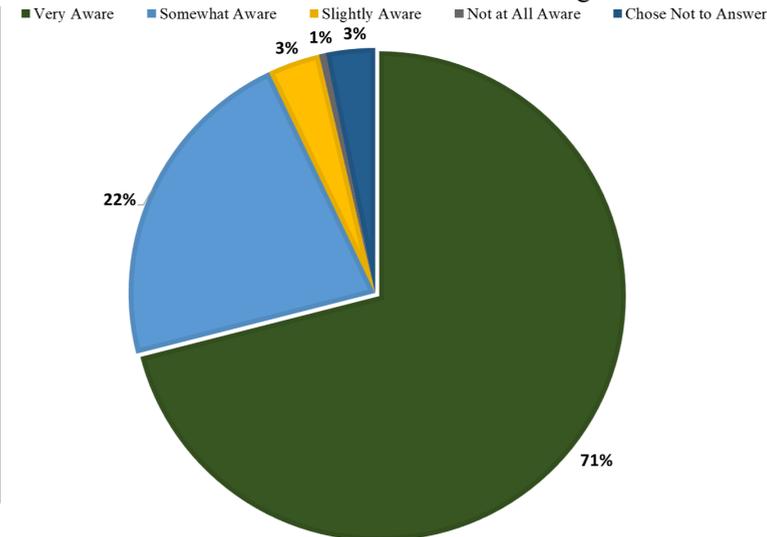
Smoked 100 Cigarettes in Lifetime



Smoking Status By Age



Awareness of Risk Associated with E-cig Use



Discussion

- Prevalence of current cigarette users among survey respondents was 6 percent. Current e-cigarette use was 16 percent.
- The prevalence of e-cigarette use increased by 131 percent from 2014 and 2019 among UVM undergraduates. Analysis also showed an increase of e-cigarette use among graduate students.
- The change was most drastic between 2015 and 2019.
- The prevalence of cigarette use declined from 2014-2019.
- When asked about knowledge of health risks, we found that 71 percent of e-cigarette users were "very aware" of recent reports of associated risk. 41 percent of people who have ever used e-cigarettes said they have changed their vaping habits in the last 30 days due to recent media reports.
- Most common reason that respondents indicated for why they use e-cigarettes is "Out of curiosity, just to try it." (30 percent of people who have ever used).
- The percentage of students who reported using e-cigarettes is greater than what has been reported by the Vermont Department of Health.

Conclusion

Despite an overall increase in e-cigarette use over the last 4 years on UVM campus, survey respondents are aware of the health risks, and are reducing their usage.

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