

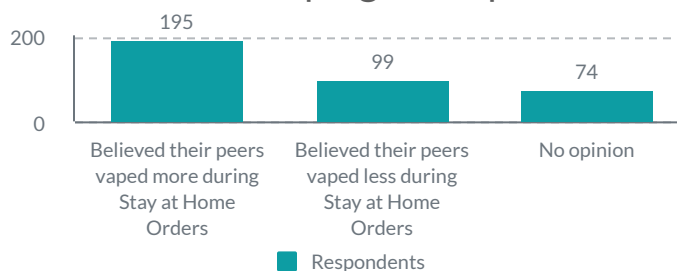
Youth Tobacco Use During COVID-19

In the early stages of the COVID-19 pandemic, there was an overwhelming amount of research regarding COVID-19 and health outcomes for tobacco users. Knowing there are negative health impacts intertwined with COVID-19 and tobacco users, we were curious to see if young people changed their usage due to the pandemic. In addition to learning the impacted usage due to the pandemic, we wanted to see if usage rates had changed or if it mirrored rates found in the 2019 Minnesota Student Survey Data that showed increased use of electronic cigarettes by more than 50% for ages surveyed (1). With this information, we created a convenience survey to tie together the lifestyle of COVID-19 and youth tobacco usage.

Did young people perceive peers vaping more?

More than half of respondents perceived that people were vaping **more** since the Stay at Home Order (SAHO) began, compared to 26% who perceived people were vaping **less**.

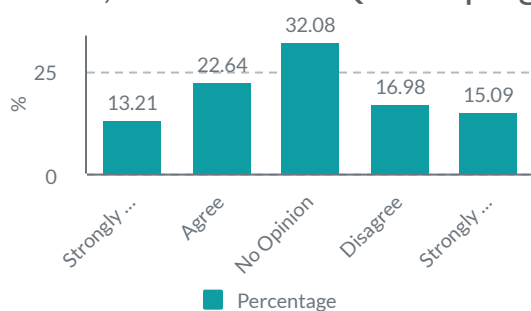
Youth Vaping Perceptions



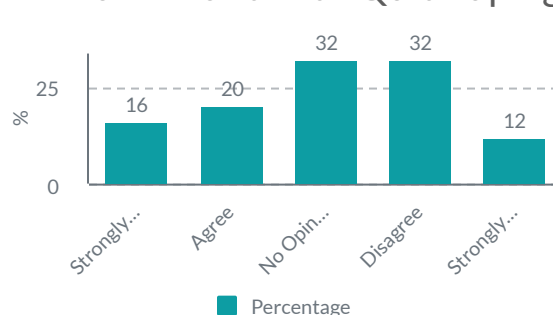
Did the motivation to quit change?

Before the COVID-19 pandemic, a majority of respondents expressed they were interested or had no preference in quitting. Once the SAHO began, a majority of respondents said they were no longer interested in quitting.

Before the SAHO Went into Effect, I Wanted to Quit Vaping



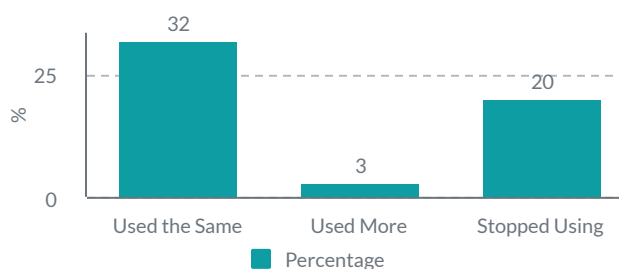
Since the SAHO Went into Effect, I Have Wanted to Quit Vaping



How often did students use tobacco products?

Of the 369 respondents, 53 said they had vaped before the SAHO. Of those respondents, 32% used products the same amount before and during the SAHO compared to the 3% who used more often since the SAHO began, and 20% who stopped using products.

Product Usage During SAHO



(1) Minnesota Department of Health (2019). *Minnesota Student Survey*. Retrieved from <https://www.health.state.mn.us/data/mchs/surveys/mss/index.html>

Youth Tobacco Use During COVID-19

Survey Successes

Youth Led

This survey was fully organized by a group of Ramsey County high school students. The students put together and reviewed questions, as well as conducted outreach via social media.

We are leading the effort

We know there isn't a lot of research around youth tobacco use and tobacco control during the COVID-19 pandemic. This allowed us to gather information on the topic.

Responses

During the planning stage of this survey, we had anticipated having about 50 respondents. By the time the survey closed, there were 369 respondents, all thanks to youth outreach and leadership.

Challenges

Convenience Survey

It is important to note this survey was a convenience survey. This option worked best for our youth to disseminate. We also understand that further analysis would require a more in-depth, scientific approach.

Clarity of questions

A challenge that arose after putting the survey together was the phrasing and branching of questions.

Products Asked

In communicating the survey, a majority of the language was around the usage of "vaping" products but ended up including combustible cigarettes and other non-vaping products.



Minnesota's Quit Partner has launched a youth-specific cessation service called My Life My Quit. This service provides free, confidential quit coaching via text, chat or call.

Text 'Start My Quit' to 855-891-9989 or visit the website at www.mylifemyquit.com to learn more and get started.