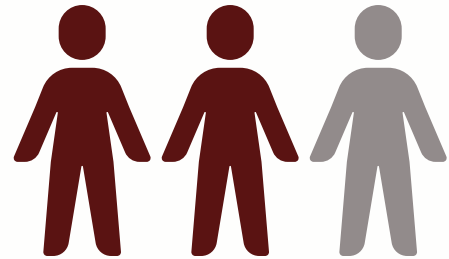
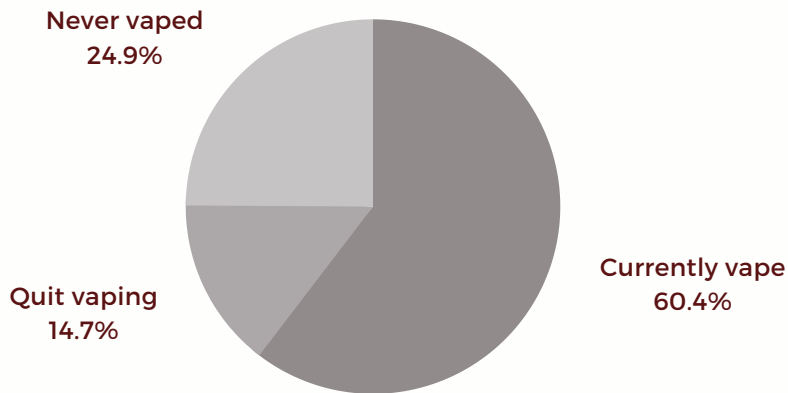


UNIVERSITY OF MINNESOTA VAPING SURVEY

In partnership with the Association for Nonsmokers-Minnesota (ANSR), three UMN undergraduate students working toward a minor degree in Leadership created and disseminated a survey about vaping trends and patterns on campus. These students promoted the survey through their own social media accounts on Instagram and Snapchat. As a convenience sample it is a snapshot that can provide insight to the trends and patterns of the students who participated in this survey. They developed a confidential online survey and promoted it through their friends and social media and were able to collect over 330 responses.

HOW MANY RESPONDENTS REPORTED VAPING?



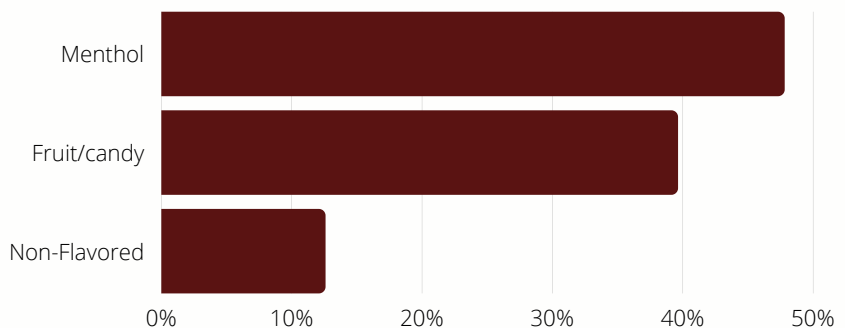
2 out of 3

respondents who reported
vaping **own at least one**
vape.

60.4% of survey respondents reported that they **currently vape**. **14.7%** of survey respondents reported they **used to vape, but have quit**.

HOW DID RESPONDENTS START VAPING?

87.4% of respondents who reported vaping started with either a **mint/menthol/wintergreen** flavored product or a **fruit/candy** flavored product.



86%

of respondents who reported vaping reported that **electronic cigarettes** were the **first tobacco product** they ever used.

UNIVERSITY OF MINNESOTA VAPING SURVEY

DID RESPONDENTS WHO QUIT VAPING SEE AN IMPROVEMENT IN THEIR HEALTH?

48.84%

48.84% of respondents who reported quitting vaping **reported an improvement in their mental health after quitting.**

Here's what some of them had to say about quitting vaping:

"I didn't realize how anxious/lazy [vaping] was making me until I actually quit"

"I didn't realize how bad the physical effects [of vaping] were on my body until quitting: a lot of coughing, headaches, and chest pain"

"Seeing my friends addicted made me want to quit"

WHAT DO RESPONDENTS WHO REPORTED VAPING BELIEVE IS WRONG WITH THE TOBACCO INDUSTRY?

(This was a "check all that apply" question)

- 21%** said **marketing to replacement smokers (youth)**
- 18%** said **misleading health claims**
- 17%** said **candy and fruit-flavored products**
- 15%** said **celebrity endorsements**
- 13%** said **the use of menthol products to target minorities**
- 13%** said **environmental impact of tobacco products**



Association for Nonsmokers-Minnesota
2395 University Ave. W Suite 310
St. Paul, MN 55114
651-646-3005 | www.ansrmn.org
molly@ansrmn.org

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