

Adult Tobacco Use in Vermont

2023 Behavioral Risk Factor Surveillance System (BRFSS), July 2025

Reducing cigarette smoking continues to be a major public health priority, as approximately 1,000 Vermont adults die from a smoking-related illness each year.¹ In addition, the use of electronic vaping products (EVP) is increasing. EVPs are battery powered devices, such as e-cigarettes, vape pens, and e-cigars that usually contain nicotine and flavors such as fruit, mint or candy.² The Behavioral Risk Factor Surveillance System (BRFSS) uses the term “e-cigarette” to refer to all EVPs; we do the same. Smokeless tobacco includes chew, snuff and snus tobacco.

This brief summarizes tobacco measures from the 2023 Vermont BRFSS, a phone survey of non-institutionalized Vermont adults 18 and older.³ Prevalence of current cigarette smoking, e-cigarette use, and smoking quit attempts are presented by key demographic subgroups.

If you need help accessing or understanding this information, contact ahs.vdhpdpanalytics@vermont.gov.

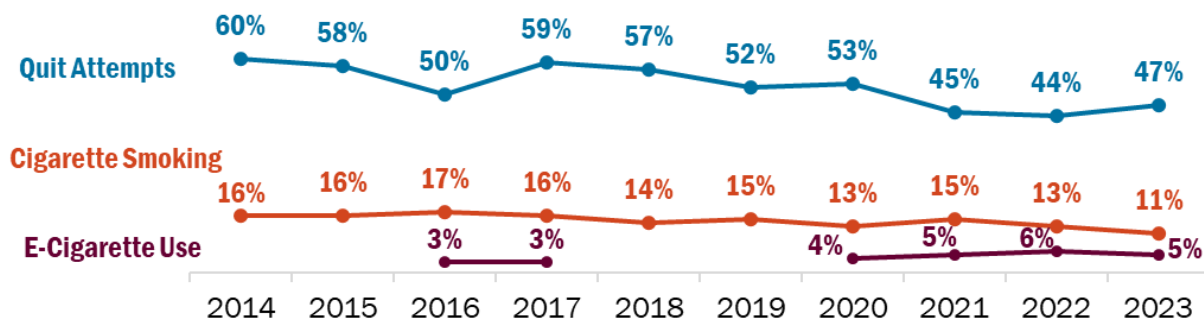
2023 Key Points

- **More than one in ten (11%) Vermont and U.S. adults smoke cigarettes.**
- **Vermont adults ages 45-54 smoke cigarettes at the highest rate of all age groups (17%).**
- **14% of young adults use e-cigarettes, nearly three times the state rate of 5%.**

Current Tobacco Use Trends

Eleven percent of Vermont adults smoke cigarettes and 5% use e-cigarettes. Among adults who currently smoke cigarettes, 47% tried to quit smoking in the past 12 months. Rates of cigarette use and smoking quit attempts in 2023 are statistically similar to 2022 rates but statistically lower than 2014 baseline rates. E-cigarette use rates are statistically similar to the 2022 rate and the 2016 baseline rate. In 2023, 2% of Vermont adults used smokeless tobacco. Statistically, this rate is similar to 2022 and lower than 2014.

Cigarette smoking and quit rates are decreasing while e-cigarette use holds



Data Source: VT BRFSS 2014-2023



HealthVermont.gov
802-863-7200



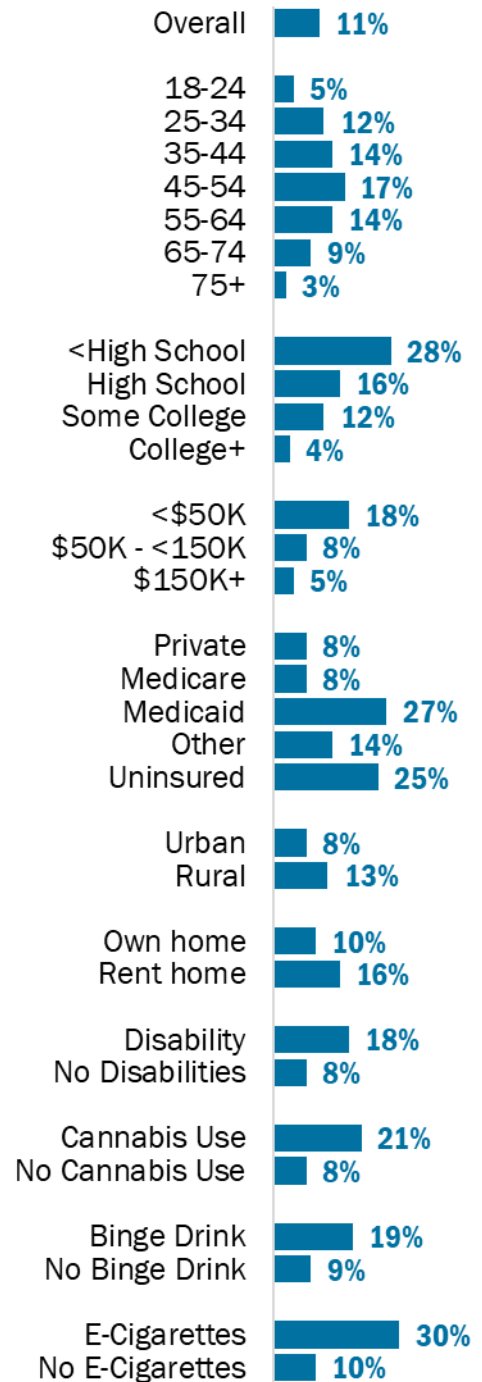
Cigarette Smoking – Demographics

For this analysis, adults who have smoked at least 100 cigarettes and who now use them every day or some days are classified as “currently smoke cigarettes.”

Cigarette smoking rates among Vermont adults statistically differ by age, education, household income, insurance type, home ownership, geography, disability status, cannabis use, binge drinking and e-cigarette use.

- Current smoking is significantly higher among adults ages 45-54 (17%) than those 18-24 (8%), 65-74 (9%), and 75 and older (3%).
- Adults with less than a high school education smoke at the highest rate (28%), while adults with a college education smoke at the lowest rate (4%).
- Adults living in households with incomes of less than \$50,000 a year smoke at higher rates than those in households with higher incomes.
- Current smoking rates are higher among uninsured Vermonters (25%) and those insured by Medicaid (27%) than those with private or Medicare insurance.
- Vermonters who rent their homes smoke at a higher rate (16%) than those who own their home (10%).
- Adults who live in a rural area smoke at a higher rate (13%) than those who live in an urban area (8%).
- Adults with any disability smoke at a higher rate than those without a disability (18% vs. 8%).
- Vermonters who binge drink smoke at more than twice the rate (19%) than those who do not binge drink (9%).
- Vermonters who use e-cigarettes smoke at three times the rate (30%) of those who do not use e-cigarettes (10%).
- There are no statistical differences in smoking rates by sex, race and ethnicity, sexual orientation and gender identity, or veteran status.

Adult Cigarette Smoking Prevalence



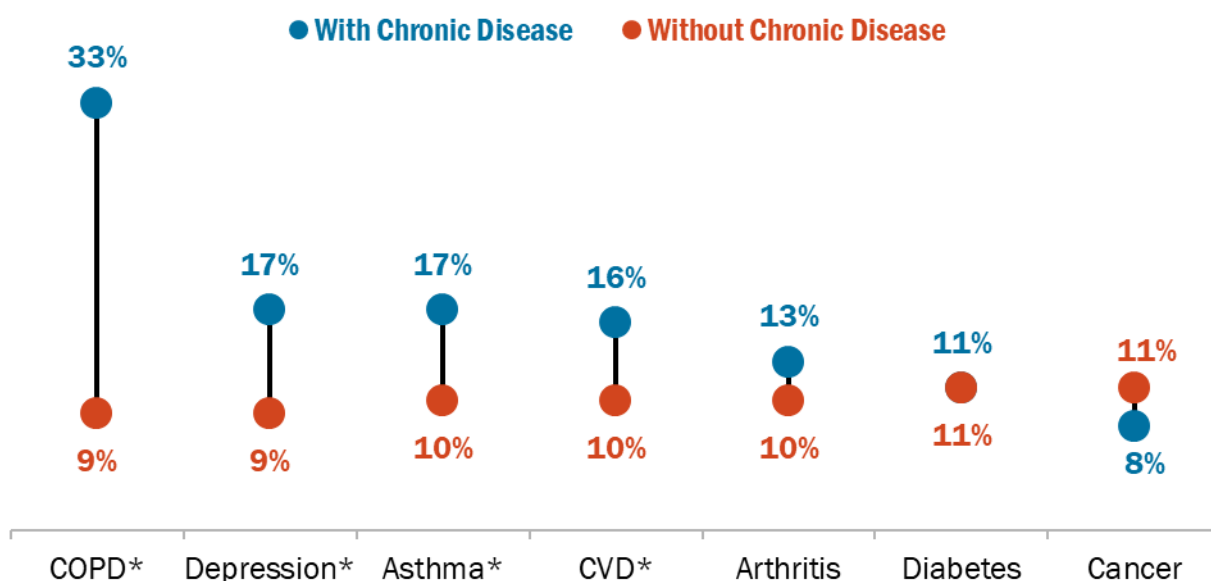
Data Source: VT BRFSS, 2023

Chronic Conditions and Health Status

Adults with certain chronic conditions smoke at higher rates than those without these chronic conditions:

- Adults with chronic obstructive pulmonary disease (COPD) smoke at three times the rate of those without COPD.
- Smoking rates among those **with** COPD, depression, asthma, or cardiovascular disease (CVD) are statistically **higher** than those without those conditions.
- Smoking does not statistically differ by chronic kidney disease (CKD), diabetes, cancer or arthritis. (CKD rate is not shown because relative standard error (RSE) is > 30.)

Cigarette Smoking Rates are Highest Among People with COPD



Data Source: VT BRFSS, 2023; * Indicates statistical significance

Adults who currently smoke are more than twice as likely to report fair or poor general health (29% vs. 12%), poor physical health (23% vs. 11%), or poor mental health (29% vs. 14%) compared to adults who do not smoke.

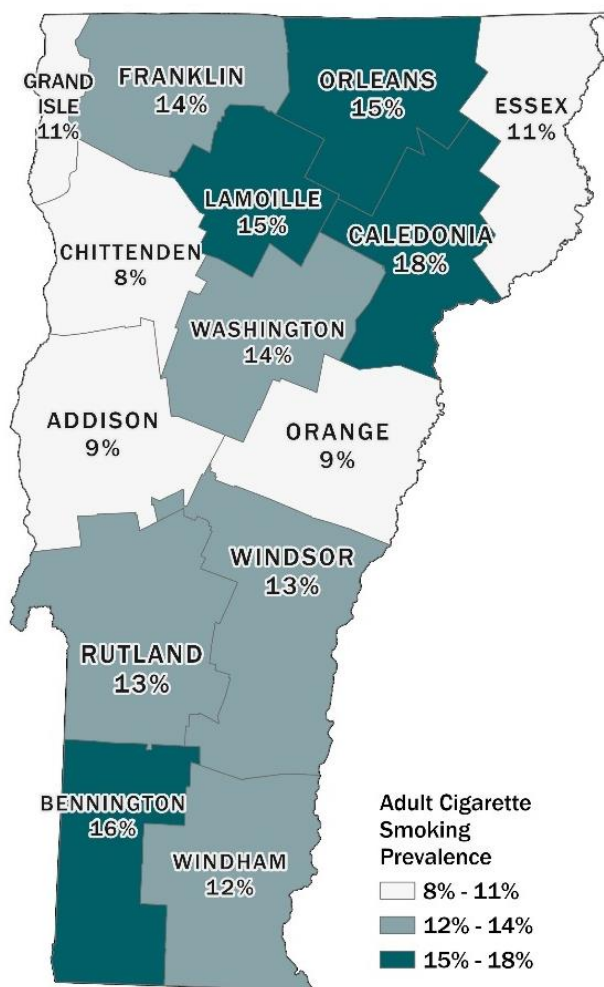
Quit Attempts - Demographics

There are no statistical differences in quit attempt rates by age, education, household income, insurance, home ownership, geography, disability status, cannabis use, binge drinking, e-cigarette use, sex, race and ethnicity, sexual orientation and gender identity, or veteran status. The percentage of adults who smoke cigarettes and have tried to quit is statistically similar to 2022, but statistically lower than 2014. Rates can be found on page 6.

Smoking Rates by County

Adult cigarette smoking rates range from 8% in Chittenden County to 18% in Caledonia County. The smoking rate in **Chittenden County** (8%) is **significantly lower** than the 2022-2023 state average, while the rate for **Caledonia County** (18%) is **statistically higher** than the Vermont rate. There are no statistical differences by county for e-cigarette use, smokeless tobacco use, or smoking quit attempts.

Smoking rates are highest in Caledonia and lowest in Chittenden County



Data Source: VT BRFSS, 2022 -2023

Any Tobacco Use and Menthol-Flavored Tobacco Use

One in six (16%) adults, an estimated 79,900 Vermonters, currently smoke cigarettes, use e-cigarettes or use smokeless tobacco. One in six (16%) adults who smoke cigarettes usually smoke menthol flavored cigarettes. One in six (17%) adults who use e-cigarettes usually use a menthol flavored e-cigarette.

E-Cigarette Use - Demographics

In the BRFSS survey, adults are asked if they have ever used e-cigarettes and if so, whether they currently use them some days or every day. The question focuses on consumption of e-cigarettes containing nicotine, not cannabis.

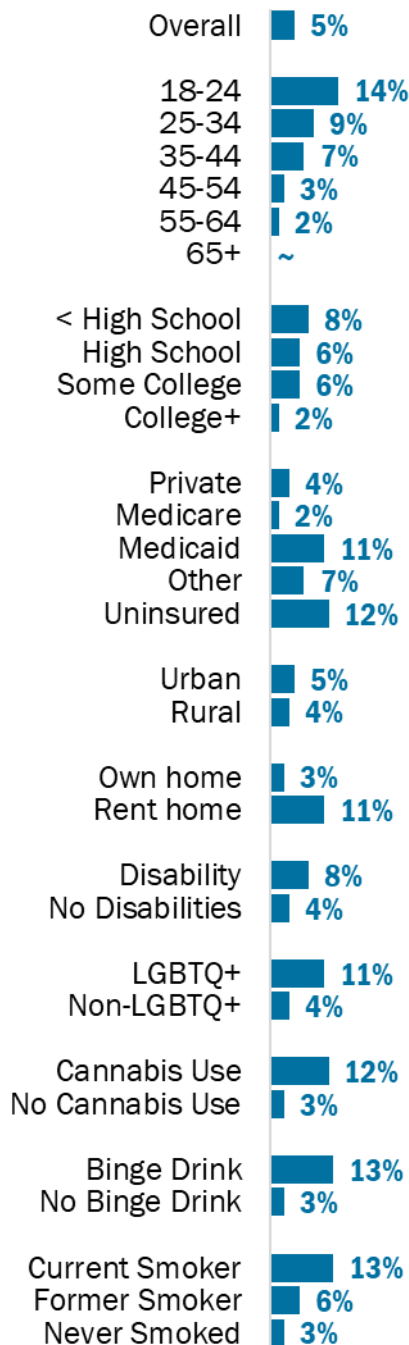
Use of e-cigarettes among Vermont adults differs significantly by age, sexual orientation and gender identity, education, insurance type, home ownership, cannabis use, binge drinking, and smoking status.

- LGBTQ+ Vermonters use e-cigarettes at nearly three times the rate of non-LGBTQ+ Vermonters (11% vs. 4%).
- Uninsured adults (12%) and those insured by Medicaid (11%) use e-cigarettes at a higher rate than those insured privately (4%) or by Medicare (2%).
- Adults who rent their home use e-cigarettes at nearly four times the rate of those who own their home (11% vs. 3%).
- Adults who use cannabis use e-cigarettes at four times the rate of those who do not use cannabis (12% vs. 3%).
- Adults who binge drink (13%) use e-cigarettes at a rate more than four times the rate of those who do not binge drink (3%).
- E-cigarette use does not statistically differ by sex, race and ethnicity, household income, veteran status, or geography. Rates can be found on page 6.

Young Adults Move Toward E-Cigarette Use

- **The rate of Vermont young adults (those age 18 – 24) currently smoking cigarettes is 5%, significantly lower than the state rate of 11%.**
- **14% of young adults in Vermont use e-cigarettes, nearly three times the state rate of 5%.**
- **BRFSS does not currently capture quit attempts among e-cigarette users. However, young adults use e-cigarettes at a significantly higher rate than they smoke cigarettes.**

Adult E-Cigarette Use Prevalence



Data Source: VT BRFSS, 2023
 ~ Value suppressed due to RSE >30

Adult Smoking Prevalence, Quit Attempts, and E-Cigarette Use by Demographic Characteristics (1)

	Smoking (%)	Estimated Vermonters	Differ from State Rate?	Quit Attempts* (%)	Estimated Vermonters	E-cigarette Use (%)	Estimated Vermonters	Differ from State Rate?
Overall	11	55,862	N/A	47	25,985	5	25,055	N/A
Age Group								
18-24 years	5 ^{AD}	3,119	✓	-	-	14 ^A	8,385	✓
25-34 years	12 ^{BC}	7,756		58	4,408	9 ^{AB}	6,295	✓
35-44 years	14 ^B	10,712		51	5,218	7 ^B	5,122	
45-54 years	17 ^B	12,131	✓	49	5,776	3 ^c	2,087	
55-64 years	14 ^{BC}	12,248		46	5,616	2 ^c	2,176	✓
65-74 years	9 ^{AC}	7,467		39	2,878	-	-	-
75+ years	3 ^D	1,635	✓	-	-	-	-	-
Sex								
Male	12 ^A	29,755		47	13,613	6 ^A	14,244	
Female	10 ^A	26,107		48	12,372	4 ^A	10,811	
Race/Ethnicity								
White, non-Hispanic	11 ^A	47,885		46	21,772	5 ^A	21,596	
BIPOC	13 ^A	6,664		55	3,690	6 ^A	2,822	

A, B, C, D Groups within demographic categories that share a common letter are statistically similar to each other. For example, smoking among adults who own their home and rent their home is significantly different, while quit attempts is similar.

-- Indicates data has been suppressed due to small numbers.

Statistical comparison to the state rate column is not included for quit attempts because quit attempt rates for all subgroups are statistically similar to the state rate.

Adult Smoking Prevalence, Quit Attempts, and E-Cigarette Use by Demographic Characteristics (2)

	Smoking (%)	Estimated Vermonters	Differ from State Rate?	Quit Attempts* (%)	Estimated Vermonters	E-cigarette Use (%)	Estimated Vermonters	Differ from State Rate?
Education								
Less than high school	28 ^A	8,564	✓	43	3,490	8 ^A	2,586	
High school	16 ^B	22,474	✓	44	9,814	6 ^A	9,083	
Some college	12 ^B	16,125		55	8,790	6 ^A	8,623	
Household Income								
Lower <\$50K	18 ^A	27,071	✓	56	14,700	6 ^A	8,708	
Middle \$50 - <150K	8 ^B	17,191	✓	41	6,988	5 ^A	10,110	
Upper \$150K+	5 ^B	2,760	✓	43	1,197	4 ^A	2,211	
Sexual Orientation and Gender Identity								
LGBTQ+	11 ^A	6,047		63	3,825	11 ^A	5,974	✓
Heterosexual/Cisgender	11 ^A	47,980		46	21,818	4 ^B	17,198	
Veteran Status								
Veteran	10 ^A	4,239		37	1,552	4 ^A	1,930	
Non-veteran	11 ^A	51,374		48	24,208	5 ^A	22,835	

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Adult Smoking Prevalence, Quit Attempts, and E-Cigarette Use by Demographic Characteristics (3)

	Smoking (%)	Estimated Vermonters	Differ from State Rate?	Quit Attempts* (%)	Estimated Vermonters	E-cigarette Use (%)	Estimated Vermonters	Differ from State Rate?
Insurance Type								
Private	8 ^A	18,530	✓	43 ^A	7,937	4 ^A	10,599	
Medicare	8 ^A	10,561		52 ^A	5,432	2 ^B	2,582	✓
Medicaid	27 ^B	14,210	✓	51 ^A	6,956	11 ^C	5,791	✓
Other insurance	14 ^C	6,143		42 ^A	2,543	7 ^{Ac}	2,976	
Uninsured	25 ^{BC}	4,076	✓	55 ^A	2,253	12 ^C	1,980	✓
Geographic Status								
Urban	8 ^A	13,622	✓	47 ^A	6,128	5 ^A	9,644	
Rural	13 ^B	40,815		49 ^A	19,577	4 ^A	14,062	
Housing Status								
Own home	10 ^A	36,247		48 ^A	17,294	3 ^A	11,096	✓
Rent home	16 ^B	19,462	✓	46 ^A	8,587	11 ^B	13,690	✓
Disability Status								
Any disability	18 ^A	24,956	✓	52 ^A	12,838	8 ^A	11,241	✓
No disability	8 ^B	30,142	✓	43 ^A	12,860	4 ^B	13,420	

A, B, C, D Groups within demographic categories that share a common letter are statistically similar to each other. For example, smoking among adults who own their home and rent their home is significantly different, while quit attempts is similar.

Adult Smoking Prevalence, Quit Attempts, and E-Cigarette Use by Demographic Characteristics (4)

	Smoking (%)	Estimated Vermonters	Differ from State Rate?	Quit Attempts* (%)	Estimated Vermonters	E-cigarette Use (%)	Estimated Vermonters	Differ from State Rate?
Cannabis Use								
Cannabis	21 ^A	24,084	✓	54 ^A	13,027	12 ^A	13,274	✓
No cannabis	8 ^B	29,119	✓	43 ^A	12,307	3 ^B	9,575	✓
Binge Drinking								
Binge drink	19 ^A	15,565	✓	43 ^A	6,623	13 ^A	10,690	✓
No binge drink	9 ^B	37,767		50 ^A	18,486	3 ^B	13,471	✓
E-cigarette Use								
E-Cigarettes	30 ^A	7,396	✓	54 ^A	3,752	N/A	N/A	N/A
No e-cigarettes	10 ^B	47,860		47 ^A	22,145	N/A	N/A	N/A
Smoking Status								
Current smoker	N/A	N/A	N/A	N/A	N/A	13 ^A	7,396	✓
Former smoker	N/A	N/A	N/A	N/A	N/A	6 ^B	9,303	
Never smoked	N/A	N/A	N/A	N/A	N/A	3 ^C	8,341	✓

Data Source: Vermont BRFSS 2023

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Statistical comparison to the state rate column is not included for quit attempts because quit attempt rates for all subgroups are statistically similar to the state rate.

-- Indicates data has been suppressed due to small numbers.

Data Notes

Sex refers to sex assigned at birth; BIPOC is Black, Indigenous, or people of color; LGBTQ+ is lesbian, gay, bisexual, transgender and other sexual orientations; Urban is those living in Chittenden, Grand Isle and Franklin counties; Renting home includes those with other accommodations; Cannabis use is in past 30 days; Binge drinking is defined as having 5 or more drinks in one sitting for a male or a 4 or more drinks in one sitting for a female in the past 30 days; Estimated counts of Vermonters have been rounded to the nearest hundred; Cancer does not include non-melanoma skin cancer.

References

¹ Extinguishing the Tobacco Epidemic in Vermont:

<https://www.cdc.gov/tobacco/stateandcommunity/state-fact-sheets/vermont/index.html>

² Vermont State Health Improvement Plan 2019-2023:

https://www.healthvermont.gov/sites/default/files/documents/pdf/ADM_State_Health_Improvement_Plan_2019-2023.pdf

³ Vermont Behavioral Risk Factor Surveillance System (BRFSS):

www.healthvermont.gov/brfss

For More Information

Vermont Tobacco Data: [Tobacco Data | Vermont Department of Health](#)

Vermont Tobacco Control Program: tobaccovt@vermont.gov;

www.healthvermont.gov/wellness/tobacco