

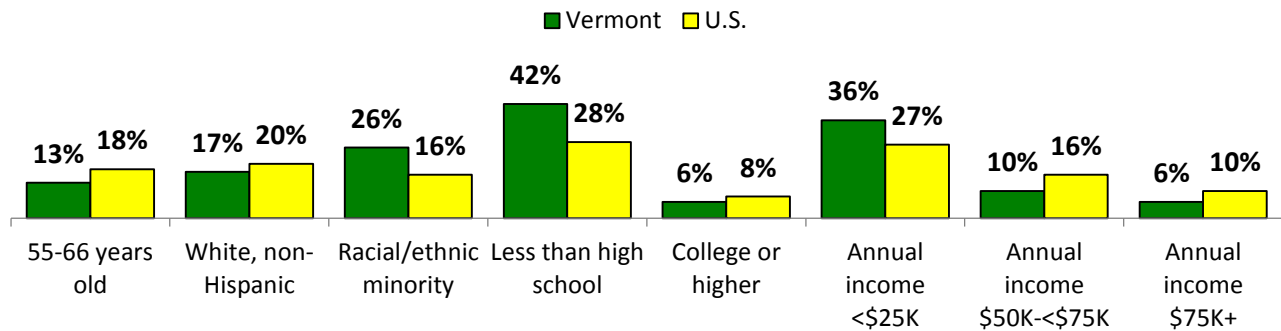
Tobacco Use Among Adults and Youth In Vermont and United States

Adult Smoking & Quit Attempts

The prevalence of cigarette smoking among Vermont adults was the same as the overall U.S. average (18%). Differences in the Vermont and U.S. adult smoking prevalence among sub-groups shared similar patterns. In general, young adults, males, those with less education and those with lower income had a higher smoking prevalence. Differences in smoking prevalence by race/ethnicity were the main exception to this pattern. In Vermont, white, non-Hispanic Vermonters were significantly less likely to smoke compared to racial or ethnic minority Vermonters. In the U.S., white, non-Hispanic adults were significantly more likely to smoke compared to racial or ethnic minority adults (Table 1 & Figure 1).

When Vermonters were compared to their U.S. counterparts, smoking prevalence differed significantly for several subpopulations. Specifically, white, non-Hispanic Vermonters, those who were older (55 – 64), those who had a higher education (college or higher) and those with an annual income higher than \$50K were significantly less likely to smoke compared to the U.S. population. Racial or ethnic minorities, those with less education (less than high school) and those with lower incomes (<\$25K) in Vermont were significantly more likely to smoke compared to the U.S. population (Figure 1). There were no significant differences between Vermont and the U.S. for quit attempts in the overall population or sub-groups (Table 1).

Figure 1: Adult Current Cigarette Smoking Prevalence
Statistical Differences between Vermont and the U.S.

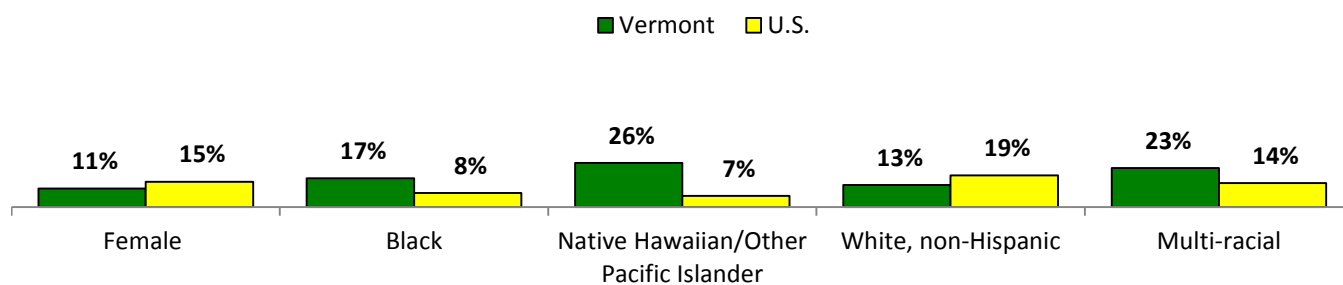


Youth Smoking

The prevalence of cigarette smoking among Vermont youth (high school students) was lower than that in the U.S. (13% vs. 16%), though this difference was not statistically significant. Among sub-groups, there were few differences in Vermont and U.S. youth smoking prevalence. In Vermont, males were statistically more likely than females to be smokers. White, non-Hispanic Vermont youth were less likely to smoke compared to several racial or ethnic minority groups in Vermont. In the U.S., white, non-Hispanic youth were significantly more likely to smoke than racial or ethnic minority youth (Table 2).

When comparing Vermont youth to their U.S. counterparts, female and white, non-Hispanic youth in Vermont were significantly less likely to smoke. Black, Native Hawaiian and Other Pacific Islander, and multi-racial Vermont youth were significantly more likely to smoke than their U.S. counterparts (Figure 2).

**Figure 2: Youth Current Cigarette Smoking Prevalence
Statistical Differences between Vermont and the U.S.**

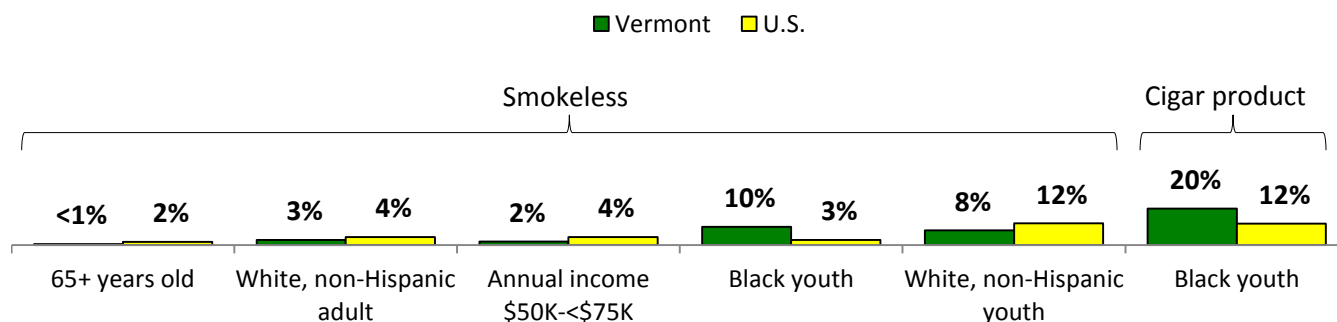


Prevalence of Other Tobacco Product (OTP) Use Among Adults and Youth

The prevalence of smokeless tobacco use among Vermont and U.S. adults was low, with Vermont being significantly lower than the U.S. (3% vs. 4%). Among Vermont adults, prevalence of smokeless tobacco use was significantly lower among older adults (65+), females and those with more education (college or higher) (Table 1). When compared to their U.S. counterparts, older Vermonters (65+), white, non-Hispanic adults and those with higher incomes (\$50 - <\$75) were significantly less likely to use a smokeless product (Figure 3).

In Vermont, youth were more likely than adults to use OTP: 8% reported use of smokeless tobacco. In addition, 13% reported use of a cigar product. Neither value was significantly different when compared to U.S. youth. In Vermont and the U.S., young males were significantly more likely to use smokeless tobacco or a cigar product than females. In Vermont, white, non-Hispanic Vermont youth were less likely to use smokeless tobacco or a cigar product compared to most other racial or ethnic minority youth. Conversely, in the U.S., white, non-Hispanic U.S. youth were more likely to use smokeless tobacco or cigar products compared to several other racial or ethnic minority youth (Table 2). Compared to their U.S. counterparts, Black youth in Vermont were more likely to use smokeless or cigar products and white, non-Hispanic youth in Vermont were less likely to use smokeless tobacco (Figure 3).

**Figure 3: Adult and Youth OTP Use Prevalence
Statistical Differences between Vermont and the U.S.**



Conclusion

Overall, smoking and OTP use in Vermont is not substantially different than across the country. Disparities in the use of these products are apparent for both populations. Youth, males, those with less education and lower income tend to have a higher prevalence of smoking or OTP use. The disparity in smoking prevalence by education and income is particularly pronounced in Vermont as compared to the U.S. Differences in prevalence of smoking and OTP use between white, non-Hispanic and racial or ethnic minorities in Vermont contrast those found in the U.S. In Vermont, racial or ethnic minorities tend to have higher prevalence than white, non-Hispanic adults and youth, whereas the converse is true in the U.S. When compared to their U.S. counterparts, several racial or ethnic minority groups in Vermont are more likely to smoke cigarettes or use OTP, while white, non-Hispanic Vermonters have significantly lower prevalence than their U.S. counterparts.

Table 1: Vermont and U.S. adult prevalence of cigarette smoking, quit attempts and smokeless tobacco use

	Smoking Prevalence [§]		Quit Attempts [§]		Smokeless Prevalence	
	VT	U.S.	VT	U.S.	VT	U.S.
Overall	18%	18%	56%	59%	3%	4%
Age Group	*	*		*	*	*
18-24 years old	19%	19%	72%	67%	5%	6%
25-34 years old	24%	24%	53%	63%	3%	5%
35-44 years old	21%	19%	62%	61%	4%	4%
45-54 years old	19%	22%	49%	57%	2%	4%
55-64 years old	13%	18%	52%	56%	2%	2%
65+ years old	7%	9%	51%	50%	<1%	2%
Gender				*	*	*
Female	16%	16%	58%	61%	<1%	1%
Male	19%	21%	54%	58%	5%	7%
Race-Ethnicity	*	*		*		*
White, non-Hispanic	17%	20%	56%	56%	3%	4%
Racial/Ethnic Minority	26%	16%	56%	66%	2%	2%
Education	*	*	*	*	*	*
Less than high school	42%	28%	51%	59%	2%	4%
High school	25%	24%	52%	58%	4%	5%
Some college	17%	19%	63%	61%	2%	3%
College or higher	6%	8%	66%	58%	2%	2%
Income	*	*		*		*
Annual income <\$25K	36%	27%	61%	62%	2%	3%
Annual income \$25K-<\$50K	21%	20%	62%	58%	4%	4%
Annual income \$50K-<\$75K	10%	16%	50%	56%	2%	4%
Annual income \$75K+	6%	10%	63%	55%	3%	4%

*Statistically significant difference within sub-group; Statistically significant differences between Vermont and U.S. are shaded

[§]Age-adjusted to the U.S. 2000 population, except that broken down by age

Table 2: Vermont and U.S. youth (high school) prevalence of cigarette smoking, quit attempts and smokeless tobacco use

	Smoking Prevalence		Smokeless Prevalence		Cigar Prevalence	
	VT	U.S.	VT	U.S.	VT	U.S.
Overall	13%	16%	8%	9%	13%	13%
Gender	*		*	*	*	*
Female	11%	15%	2%	3%	7%	9%
Male	15%	16%	13%	15%	19%	17%
Race-Ethnicity	*	*	*	*	*	*
American Indian	28%	25%	18%	10%	22%	18%
Asian	8%	10%	3%	4%	6%	6%
Black	17%	8%	10%	3%	20%	12%
NHOPI	26%	7%	22%	7%	34%	11%
White, non-Hispanic	13%	19%	8%	12%	13%	13%
Hispanic	15%	14%	12%	6%	22%	12%
Multiple	23%	14%	14%	9%	21%	17%

*Statistically significant difference within sub-group; Statistically significant differences between Vermont and U.S. are shaded