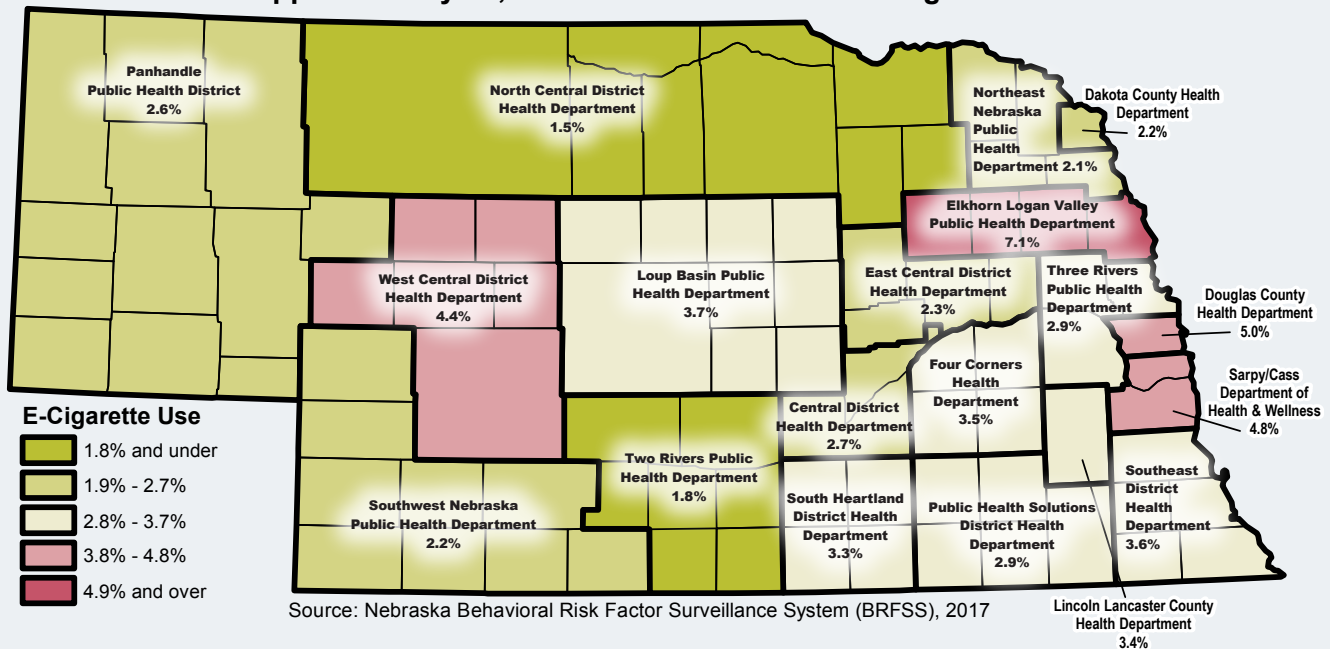


2017: ADULT E-CIGARETTE PREVALENCE

2017 Statewide Electronic Cigarette Prevalence = 3.8%
Approximately 54,900 Nebraska Adults Use E-Cigarettes



Electronic cigarettes (E-cigarettes) come in many shapes and sizes but typically include a battery, a heating element, and a place to hold a liquid (often referred to as “juice”). E-cigarettes produce an aerosol (sometimes referred to as vapor). Users inhale the aerosol into their lungs and bystanders can also inhale this aerosol when the user exhales. Using an e-cigarette is sometimes called “vaping.”

E-cigarettes have the potential to benefit adult smokers if the e-cigarette is used as a complete substitute for regular cigarettes and other smoked tobacco products. However, e-cigarettes are not safe for use by anyone, particularly youth and young adults and pregnant women. E-cigarettes are fairly new products, so scientists have a lot to learn about how e-cigarettes affect health or whether they are effective for quitting smoking.

E-cigarette use rates are well below conventional cigarette use in Nebraska, with the statewide average approximately 4% of the adult population (3.8%). This is a decrease of approximately one point since 2016. However, there is variation in use with a prevalence of 7.1% in Elkhorn Logan Valley Public Health Department counties and a low of 1.5% in the North Central District Health Department counties.²

¹ Centers for Disease Control and Prevention. Electronic Cigarette webpage: https://www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm Accessed 10/17/2018.

² Nebraska BRFSS, 2017