

How often do Washington young adults smoke nicotine?

BACKGROUND

A research study conducted during the COVID-19 pandemic, within a sample of 13-24 year olds, found that the likelihood of getting COVID-19 was 5 times higher among those who use e-cigarettes, and 7 times higher among those who smoke cigarettes and vape ([Gaiha et al., 2020](#)). To understand more about the prevalence of smoking amongst young adults, who are at increased risk for substance use ([White et al., 2019](#)), researchers from the University of Washington analyzed data from 2021 that was collected from 1,756 Washington young adults who took the Washington Young Adult Health Survey ([more info here](#)).

RESULTS

100%

75%

50%

25%

16.88%

47.71%

Cigarette Use

E-Cigarette Use, Nicotine
Vaping, or Juuling

The graph below shows the percentage of 18-25 year olds that reported using any cigarette, e-cigarette/nicotine vape, or Juul in the past year (2021).

MAIN POINTS

In 2021, almost 50% of young adults in Washington used an e-cigarette, nicotine vape, or Juul at least once in the past year.

Those who smoke nicotine should take precautions against getting COVID-19, as they are 5-7 times more likely to get COVID-19 than those who do not. Because of this and other health risks associated with smoking, those who smoke nicotine should consider quitting smoking.

HOW CAN I USE THIS INFORMATION?

YOUNG ADULTS

Young adults who smoke should consider the [benefits](#) of quitting smoking. Learn more about how to quit [here](#).

Young adults who smoke should take precautions to avoid getting COVID-19, as they are more likely to get it and COVID-19 will more severely impact them. Learn more [here](#).

A total of 1,756 participants from 2021 are included for the purpose of this brief. To ensure data were as representative as possible, post-stratification weights were applied to data, and unweighted findings were similar to weighted findings. The **Washington Young Adult Health Survey** is funded by the **Division of Behavioral Health & Recovery** in **Washington's Health Care Authority**.

Gaiha, S. M., Cheng, J., & Halpern-Felsher, B. (2020). Association Between Youth Smoking, Electronic Cigarette Use, and COVID-19. <https://doi.org/10.1016/j.jadohealth.2020.07.002>

White, H. R., Kilmer, J. R., Fossos-Wong, N., Hayes, K., Sokolovsky, A. W., & Jackson, K. M. (2019). Simultaneous Alcohol and Marijuana Use Among College Students: Patterns, Correlates, Norms, and Consequences. *Alcoholism*. <https://doi.org/10.1111/acer.14072>

Published August, 2022

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