

# Data Highlights from the 2020 Minnesota Youth Tobacco Survey

## Any tobacco use

- Current Use: 20.5% of high school and 4.1% of middle school students reported having used a tobacco product in the past 30 days, a statistically significant decline from 26.4% (high school) and 5.2% (middle school) in 2017. An estimated 65,050 students in grades 6 through 12 used a tobacco product in the past 30 days, 12,740 fewer than in 2017.
- Ever Use: 37.9% of high school and 12.4% of middle school students reported having ever used a tobacco product, a statistically significant decline from 2017 (47.1% and 16.2%, respectively).

## Flavored tobacco use (e-cigarettes, little cigars, smokeless, hookah, and menthol cigarettes)

- Among students who currently use tobacco (past 30-day): 81.8% of students (84.4% of high school and 62.5% of middle school students) used a flavored tobacco product (menthol or other flavors) in the past 30 days.
- Among students that currently smoke (past 30-day): 32.8% of high school and middle school students reported having smoked a menthol cigarette in the past 30 days. In 2018, 27.5% of adult smokers regularly smoked menthols.
- Among students that currently use e-cigarettes (past 30-day): 87.1% of high school and middle school students reported having used a flavored (menthol or other flavored) e-cigarette in the past 30 days.
- Among students that currently use cigars (past 30-day): 26.1% of students (15.5% of high school and 42.9% of middle school students) reported having smoked a flavored (menthol or other flavored) cigar in the past 30 days.
- 78.4% of high school and middle school students reported that the first tobacco product they ever tried was flavored.

## E-cigarette use

- Current Use: 19.3% of high school and 2.9% of middle school students reported having used an e-cigarette in the past 30 days, not statistically different from the percentages in 2017 (19.2% and 3.1%, respectively).
- Ever Use: 35.4% of high school and 7.9% of middle school students reported ever using an e-cigarette, not statistically different from the percentages in 2017 (37.7% and 9.9%, respectively).

## E-cigarettes and recreational marijuana use

- 18.2% of high school students reported having ever vaped marijuana, a significant increase from 11.4% among high school students in 2017. 2.5% of middle school students reported having ever vaped marijuana, a marginally statistically significant increase from 2017 (1.5%).

- Among students currently using e-cigarettes (past 30-day), 65.1% of high school and 71.7% of middle school students had ever vaped marijuana, a statistically significant increase from 2017 (33.4% and 15.5%, respectively).

## Signs of dependence

- 70.4% of students who used an e-cigarette in the past 30 days reported signs of e-cigarette dependence (78.0% of middle school and 69.7% of high school current e-cigarette users).
- 42.8% of current tobacco users reported having had a strong craving or feeling like they really needed to use a tobacco product in the past 30 days.
- 33.6% of current e-cigarette users are frequent users (used on 20+ days in past 30), a significant increase from 2017 (18.7%).

## Cigarette use

- Current Use: 3.2% of high school students reported having smoked a cigarette in the past 30 days (current smoking), a steep decline from 9.6% in 2017; 2.0% of middle school students reported current smoking, not statistically different from 1.9% in 2017.

## Cigar and cigarillo use

- Current Use: 3.3% of high school students reported having smoked a cigar in the past 30 days (current use), a steep decline from 2017 (10.6%); 1.1% of middle school students reported current cigar use, not statistically different from the percentage in 2017 (1.4%).

## Smokeless tobacco use

- Current Use: 1.3% of high school students reported having used smokeless tobacco in the past 30 days, a steep decline from 6.0% in 2017. 0.9% of middle school students reported having used smokeless tobacco in the past 30 days, statistically unchanged from 2017.

## Polytobacco use

- 5.4% of students reported having used more than one type of tobacco in the past 30 days, a dramatic decline from 2017 (13.5%). Nationally, this statistic dropped only one percentage point in the same time period from 9.2% to 8.2%.
- The most prevalent combination of tobacco products used among students who used more than one product type was e-cigarettes and cigarettes (28.3%), followed by e-cigarettes and cigars (19.3%) and cigarettes, cigars, and e-cigarettes (10.2%).

## Youth access

- Students age 17 or younger who used an e-cigarette in the past 30 days (but could not legally buy tobacco products in any jurisdiction) most commonly reported they got the e-cigarettes they used from social sources: 49.2% reported “someone offered them to me,” 30.6% reported they “asked

someone to give me some,” and 27.8% reported “I bought them from another person.” [This question changed from 2017 to 2020; difficult to trend]

- 8.0% of high school students under age 18 reported they bought e-cigarettes from a store (including online stores), which is a substantial decline from 30.5% in 2017.
- [Note: deleted purchase source – too few respondents]

## Cessation

- 57.3% of students who currently use tobacco reported having intentions to quit within the next 30 days or later, while 42.7% did not.
- 63.4% of students who were currently using tobacco reported having stopped using all tobacco for one day or longer in the past year because they were trying to quit for good. Only 36.6% of students who are current tobacco users reported not having tried to quit in the past year.
- 52.4% of students who currently use tobacco were interested in receiving help to quit if offered at no cost.

## Secondhand smoke

- 46.9% of middle and high school students reported they had been exposed to secondhand smoke during the past 7 days at one or more locations, a significant decrease from 2017 (52.2%).
- 32.1% of middle and high school students reported they had been exposed to secondhand smoke in an indoor or outdoor public place; 22.6% at work; 17.5% at school; 17.5% in a vehicle; and 16.1% at home.

## Secondhand aerosol

- 28.3% of middle and high school students reported they had been exposed to secondhand aerosol during the past 7 days at one or more location, a significant increase from 2017 (23.9%).
- 14.0% of middle and high school students reported they had been exposed to secondhand aerosol in an indoor public place, a statistically significant increase from 2017 (8.6%); 12.5% at home or in someone else’s home; and 16.1% in a vehicle.

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