

Smoking and Vaping around Youth who have Asthma

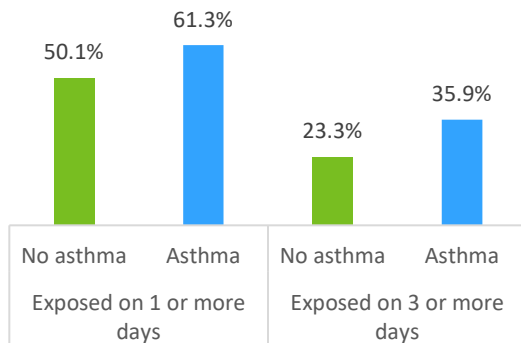
Smoke triggers asthma

Tobacco smoke contains over 7,000 chemicals and is a common trigger for asthma attacks. The Centers for Disease Control and Prevention advises people who have asthma to stay away from tobacco smoke.

Youth with asthma experience greater exposure to secondhand smoke

On the 2017 Minnesota Youth Tobacco Survey (MYTS), one in five students in grades 6-12 reported they have asthma. Two in five students who have asthma inhaled secondhand smoke in the past 7 days, a higher percentage than students without asthma (**Figure 1**).

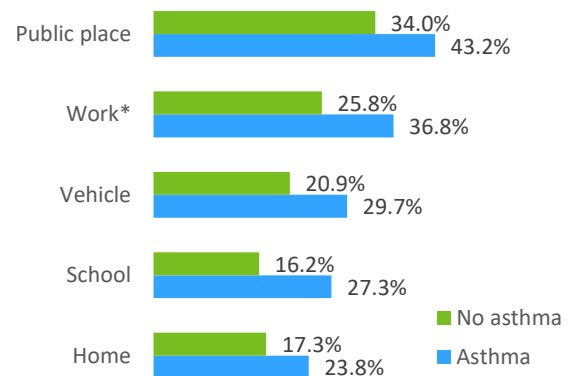
Figure 1. Exposure to secondhand smoke in the past 7 days



Source: 2017 MYTS; differences are statistically significant; weighted percentages

Students who have asthma were more likely than those who do not have asthma to report someone smoked near them in all five locations assessed by the survey (**Figure 2**).

Figure 2. Exposure to secondhand smoke in past 7 days, by location of exposure



*Source: 2017 MYTS; differences are statistically significant; weighted percentages; *among students who worked*

Youth with asthma experience greater exposure to secondhand e-cigarette aerosol

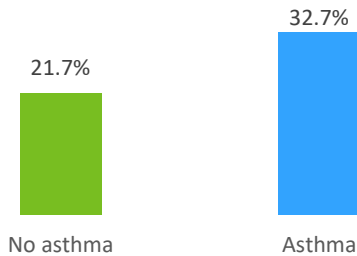
Scientists are only beginning to understand the health effects of using e-cigarettes or vapes. Even less is known about the impact of secondhand exposure to e-cigarette aerosol (exhaled vapor) on nonusers, especially on vulnerable populations like youth who have asthma.



The 2017 MYTS asked students for the first time whether they had in the past 30 days breathed in secondhand aerosol from someone who was using an e-cigarette in a home, car, or indoor public place. Students who have asthma were

more likely than those who do not have asthma to report they had recently been exposed to secondhand aerosol (**Figure 3**).

Figure 3. Exposure to secondhand aerosol in the past 30 days

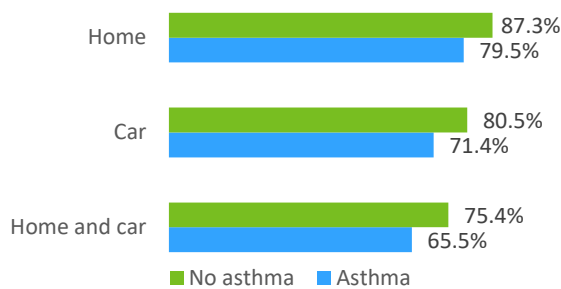


Source: 2017 MYTS; difference is statistically significant; weighted percentages

Families of youth with asthma are less likely to have rules against smoking

The primary place youth experience prolonged exposure to secondhand smoke is at home. The 2017 MYTS asked students whether smoking is always, sometimes, or never allowed in their family’s homes and vehicles. Students who do not have asthma were more likely to report smoking is never allowed in their home, car, or both (**Figure 4**).

Figure 4. Smoking is never allowed in home, car, or both



Source: 2017 MYTS; difference is statistically significant; weighted percentages

Community members can take action to protect youth.

Parents and Caregivers

- Protect youth who have asthma by setting rules against smoking and using e-cigarettes in homes and vehicles.
- Work with your health care provider to create and maintain an asthma action plan for your child and share it with the school health services staff.

Health Care Professionals

Assess parents’ use of tobacco products and advise them to quit.

Community Leaders

Local Minnesota communities are bringing cleaner, safer air to residents by working with local property managers to implement smoke-free housing policies.

Learn more: health.mn.gov/secondhandsmoke

Minnesota Department of Health
 PO Box 64882
 St. Paul, MN 55164-0882
 651-201-3535
tobacco@state.mn.us
www.health.mn.gov/tobaccodata

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For questions or to request Minnesota Youth Tobacco Survey data, contact the Minnesota Center for Health Statistics.

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To obtain this information in a different format, call: 651-201-3535.