

MIN YOUTH TOBACCO SURVEY



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NICOTINE DEPENDENCE IS UP.

The share of students who reported 20+ days of recent use **increased 165%** since 2017. About seven in 10 students who vape want to quit, and nearly two-thirds have tried to quit - with some trying to quit as many as 10 or more times.

NICOTINE AFFECTS MENTAL HEALTH.

Nicotine dependence can cause **stress** and **mood fluctuations**, which can lead to **poor mental health**, despite the common misperception that nicotine can help relieve stress, anxiety, or depression. In Minnesota, **56%** of students who currently vape report symptoms of **anxiety or depression** compared to 31% than students overall.

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THE TOBACCO INDUSTRY LURES TEENS TO VAPING WITH FLAVORS AND EASY ACCESS.

More than **90%** of teens who vape use a **flavored product**. And, **19.6%** of teens who vape but cannot legally purchase due to their age reported they **bought vapes from a store** (including online stores).

THERE'S STILL WORK TO BE DONE TO PREVENT YOUTH USE AND HELP THOSE WHO MIGHT ALREADY BE HOOKED.

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MORE INFO:

WWW.HEALTH.STATE.MN.US/DATA/MCHS/SURVEYS/TOBACCO/INDEX.HTML