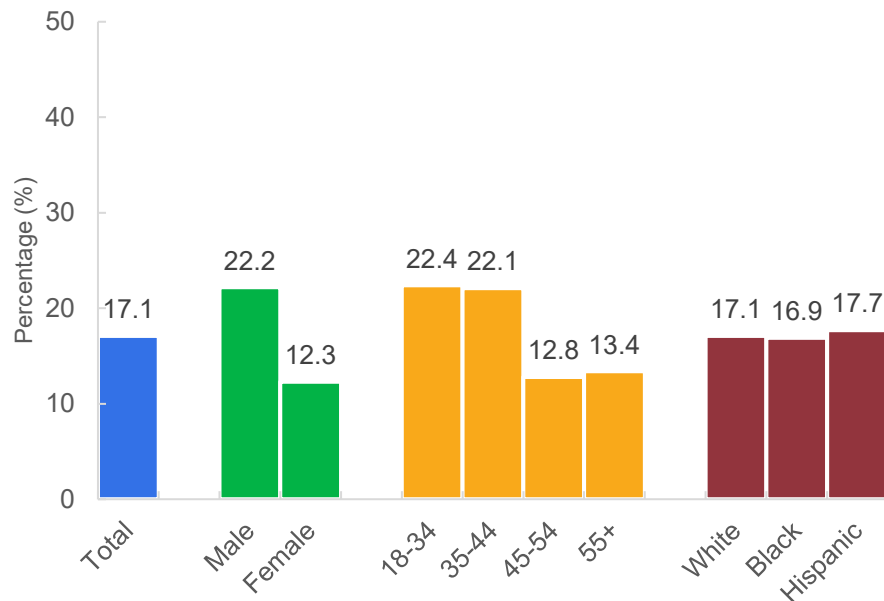




# Connecticut Adult and Youth Tobacco Data and Trends

April 2025

## Percentage of Adults Who Currently Use Tobacco,\* by Sex,† Years of Age,† and Race/Ethnicity, 2023



- Overall, the rate of adult current tobacco use is 17.1%, representing approximately 465,400 adults.
- Men (22.2%) are significantly more likely than women (12.3%) to use tobacco.
- Current tobacco use is significantly higher among adults aged 18-34 (22.4%) and 35-44 (22.1%) than among those aged 45-54 (12.8%) and 55+ (13.4%).

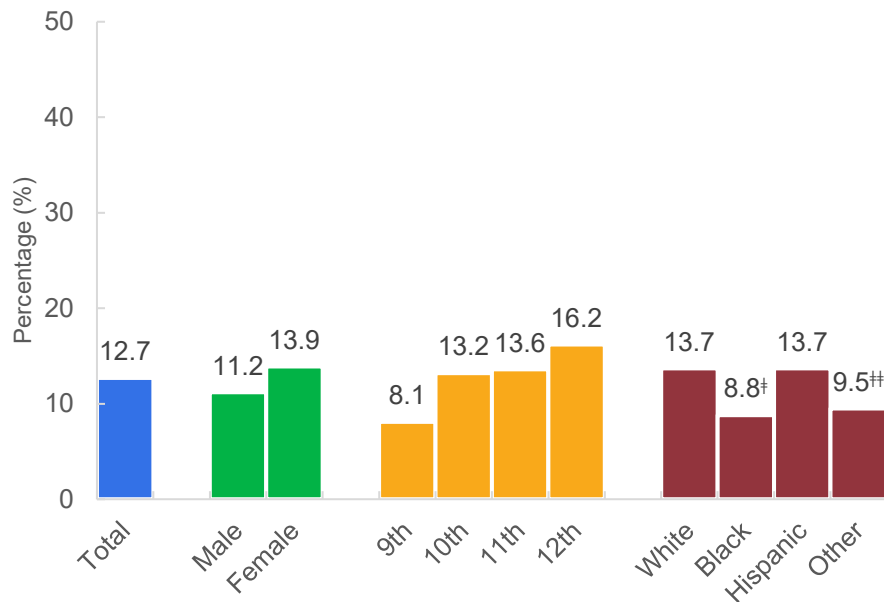
\*Some days or every day. Tobacco includes cigarettes, cigars, e-cigarettes and other electronic vapor products, hookahs (waterpipes), and smokeless tobacco.

†M>F; 18-34>45-54, 18-34>55+, 35-44>45-54, 35-44>55+ (Based on t-test analysis,  $p<0.05$ ).

Note: This graph contains weighted results.

Data source: 2023 Connecticut Behavioral Risk Factor Surveillance System.

## Percentage of High School Students Who Currently Use Tobacco,\* by Sex,<sup>†</sup> Grade,<sup>†</sup> and Race/Ethnicity, 2023



- Overall, the rate of youth current tobacco use is 12.7%, representing approximately 19,800 high school students.
- Females (13.9%) are significantly more likely than males (11.2%) to use tobacco.
- Current tobacco use is significantly higher in grades 10 (13.2%), 11 (13.6%), and 12 (16.2%) than in grade 9 (8.1%).

\*On at least 1 day during the 30 days before the survey. 'Tobacco' includes cigarettes, cigars, e-cigarettes or other electronic vapor products, hookahs (waterpipes), chewing tobacco, snuff, snus, dip, and dissolvables.

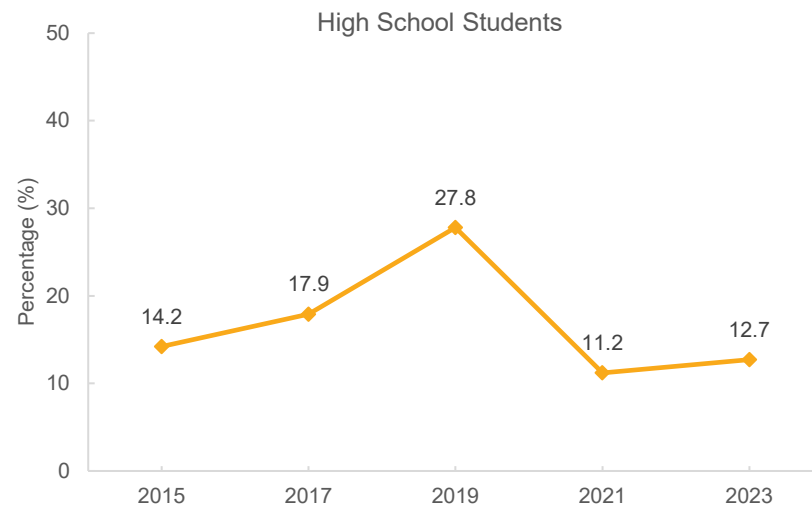
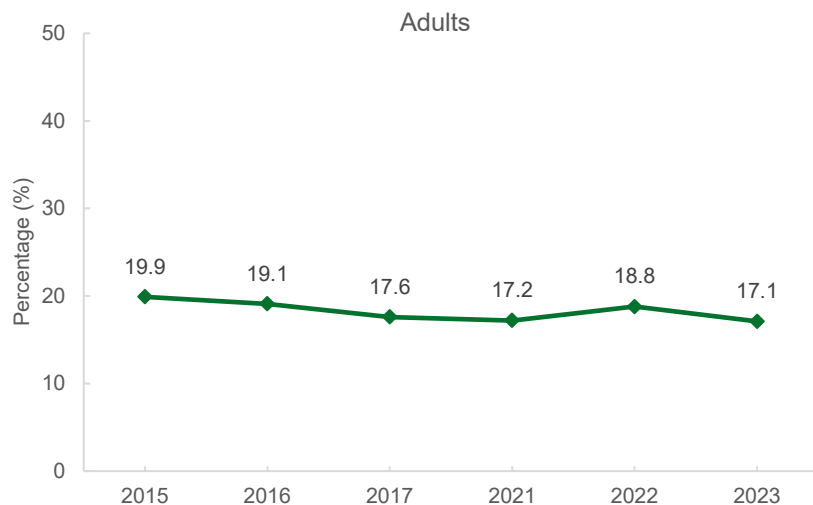
<sup>†</sup>F>M; 10th>9th, 11th>9th, 12th>9th (Based on t-test analysis, p<0.05).

<sup>†</sup>15.0%<CV<=20.0; <sup>††</sup>20.0%>CV<=30.0%--estimates may be of limited statistical validity due to a high coefficient of variation (CV); use caution when interpreting.

Note: This graph contains weighted results.

Data Source: 2023 CT Youth Risk Behavior Survey.

## Percentage of Adults and High School Youth Who Currently Use Tobacco, 2015-2023

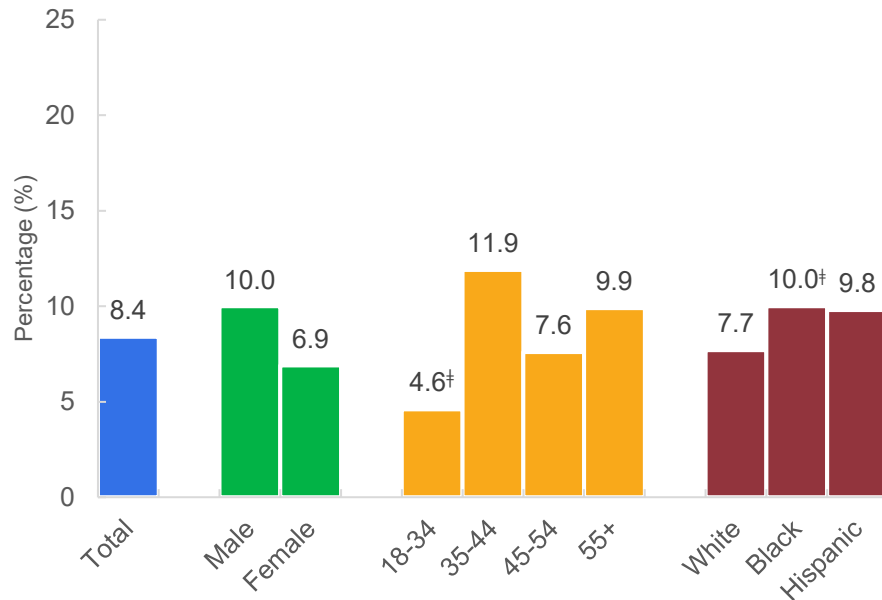


- For adults, tobacco use decreased significantly between 2015 and 2023 (19.9% to 17.1%); there was no significant change between 2022 and 2023.
- For high school youth, there was no significant change in the rate of use between 2015 and 2023 or between 2021 and 2023.

\*Notes: These graphs contain weighted results. For adults, questions on use of every tobacco product are not asked on an annual-basis; therefore, estimates are shown for the years when all questions were asked (i.e., for use of cigarettes, cigars, e-cigarettes and other electronic vapor products, hookahs, and smokeless tobacco).

Data sources: 2015-2023 CT Behavioral Risk Factor Surveillance System; 2015-2017 CT Youth Tobacco Survey and 2019-2023 CT Youth Risk Behavior Survey.

## Percentage of Adults Who Currently Smoke Cigarettes,\* by Sex,† Years of Age,† and Race/Ethnicity, 2023



- Overall, the rate of adult current cigarette smoking is 8.4%, representing approximately 226,800 adults.
- Men (10.0%) are significantly more likely than women (6.9%) to use smoke cigarettes.
- Current cigarette smoking is significantly higher among adults aged 35-44 (11.9%) than among those aged 45-54 (7.6%).

\*Some days or every day.

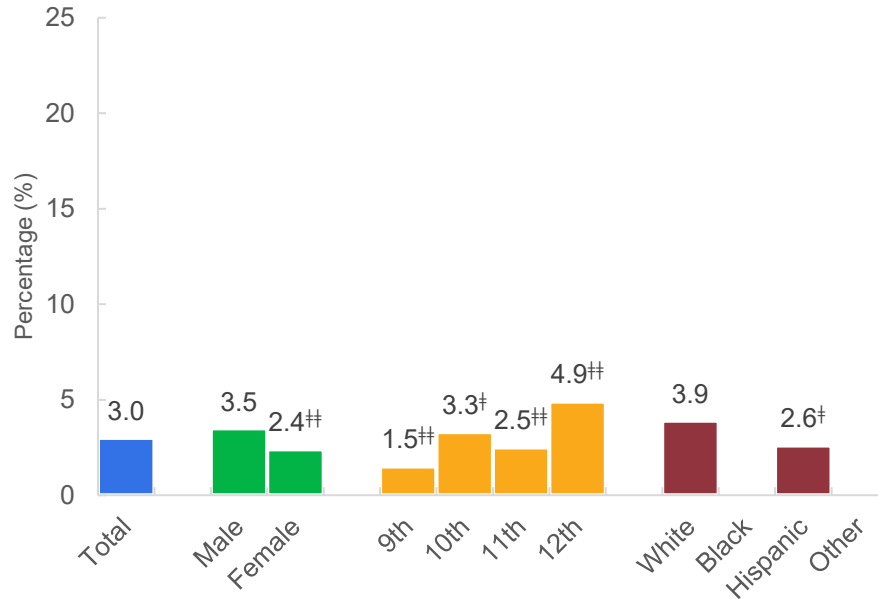
†M>F; 35-44>45-54 (Based on t-test analysis,  $p<0.05$ ).

\*15.0%<CV≤20.0--estimate may be of limited statistical validity due to a high coefficient of variation (CV), use caution when interpreting.

Note: This graph contains weighted results.

Data source: 2023 Connecticut Behavioral Risk Factor Surveillance System.

## Percentage of High School Students Who Currently Smoke Cigarettes,\* by Sex, Grade, and Race/Ethnicity, 2023



- Overall, the rate of youth current cigarette smoking is 3.0%, representing approximately 4,700 high school students.
- Due to a low confidence in data reliability (i.e., high coefficient of variation (CV)), comparisons by sex, grade, and race/ethnicity are not made.

\*On at least 1 day during the 30 days before the survey.

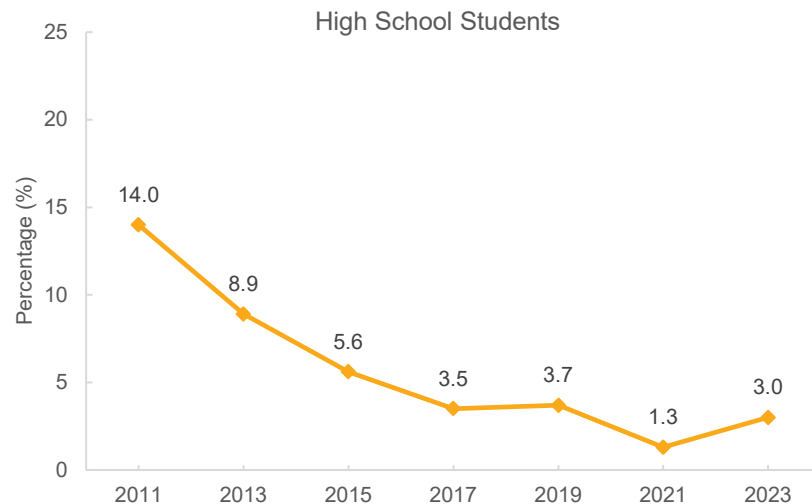
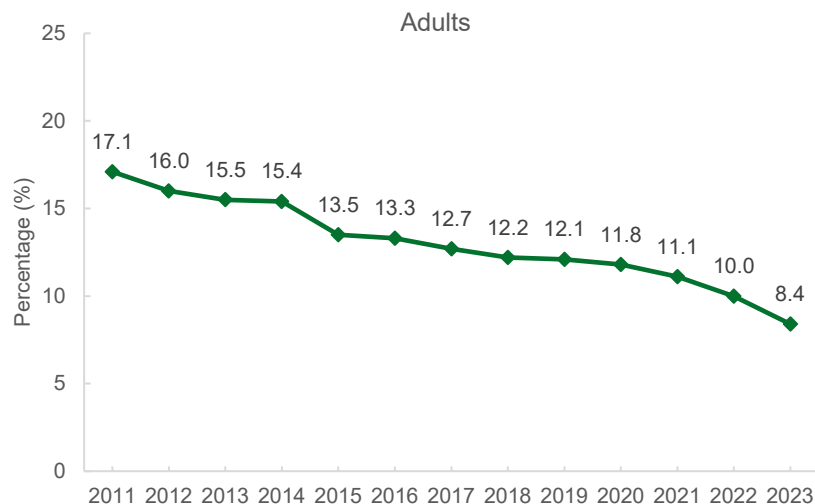
†15.0%<CV≤20.0; ‡20.0%>CV≤30.0--estimates may be of limited statistical validity due to a high coefficient of variation (CV), use caution when interpreting.

Missing bar indicates fewer than 30 students or CV>30% (i.e., data suppressed due to poor validity).

Note: This graph contains weighted results.

Data Source: 2023 CT Youth Risk Behavior Survey.

## Percentage of Adults and Youth Who Currently Smoke Cigarettes, 2011-2023

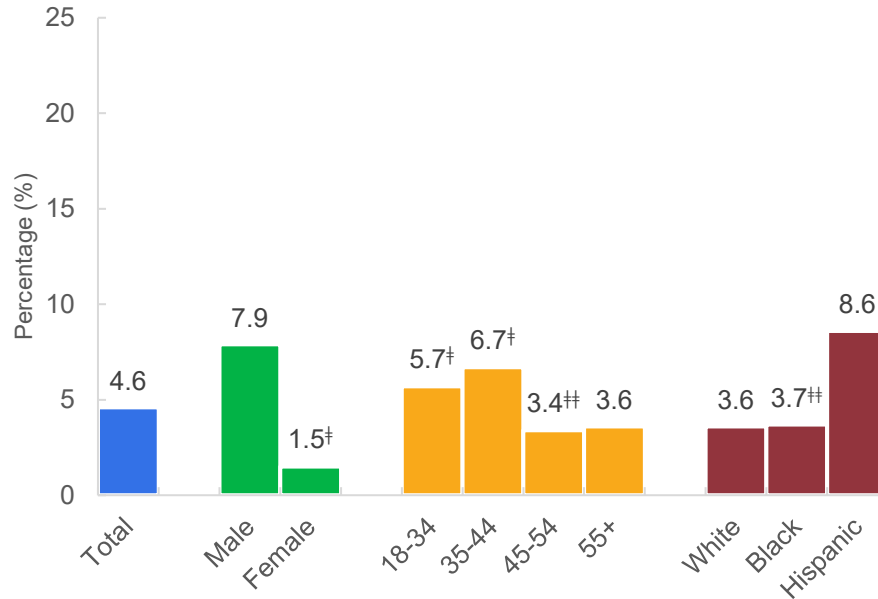


- For adults, the rate of cigarette smoking decreased significantly between 2011 and 2023 (17.1% to 8.4%) and did not change significantly between 2022 and 2023.
- For high school youth, cigarette smoking decreased significantly between 2011 and 2023 (14.0% to 3.0%) and increased significantly between 2021 and 2023 (1.3% to 3.0%).

Note: These graphs contain weighted results.

Data sources: 2011-2023 CT Behavioral Risk Factor Surveillance System; 2011-2017 CT Youth Tobacco Survey and 2019-2023 CT Youth Risk Behavior Survey.

## Percentage of Adults Who Currently Smoke Cigars,\* by Sex, Years of Age, and Race/Ethnicity,† 2023



- Overall, the rate of adult current cigar smoking is 4.6%, representing approximately 120,400 adults.
- Hispanic adults (8.6%) are significantly more likely than their White counterparts (3.6%) to smoke cigars.
- Due to a low confidence in data reliability (i.e., high coefficient of variation (CV)), comparisons by sex and age are not made.

\*Some days or every day.

†H>W (Based on t-test analysis,  $p<0.05$ ).

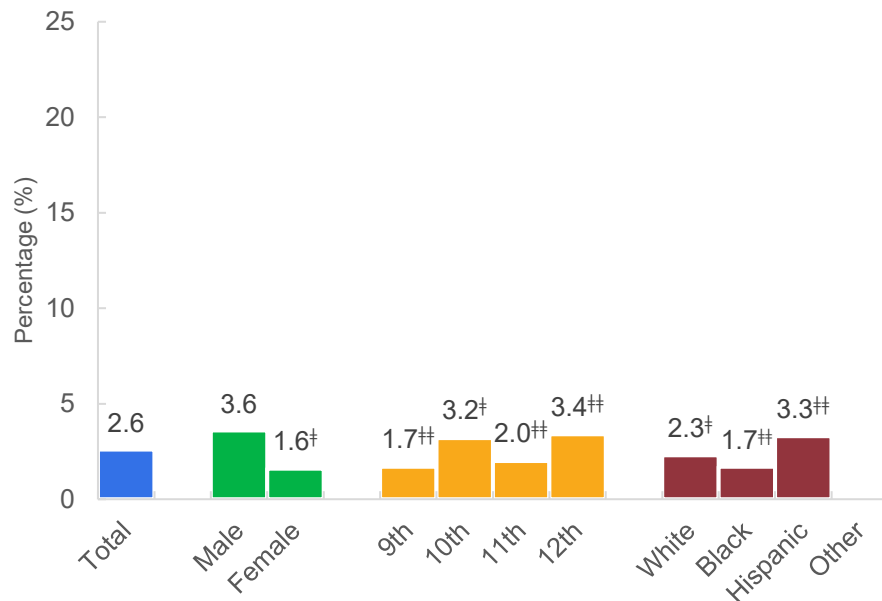
\*15.0%<CV≤20.0; \*\*20.0%>CV≤30.0%--estimates may be of limited statistical validity due to a high coefficient of variation (CV); use caution when interpreting.

Note: This graph contains weighted results.

Data source: 2023 Connecticut Behavioral Risk Factor Surveillance System.



## Percentage of High School Students Who Currently Smoke Cigars,\* by Sex, Grade, and Race/Ethnicity, 2023



- Overall, the rate of youth current cigar smoking is 2.6%, representing approximately 3,900 high school students.
- Due to a low confidence in data reliability (i.e., high coefficient of variation (CV)), comparisons by sex, grade, and race/ethnicity are not made.

\*On at least 1 day during the 30 days before the survey.

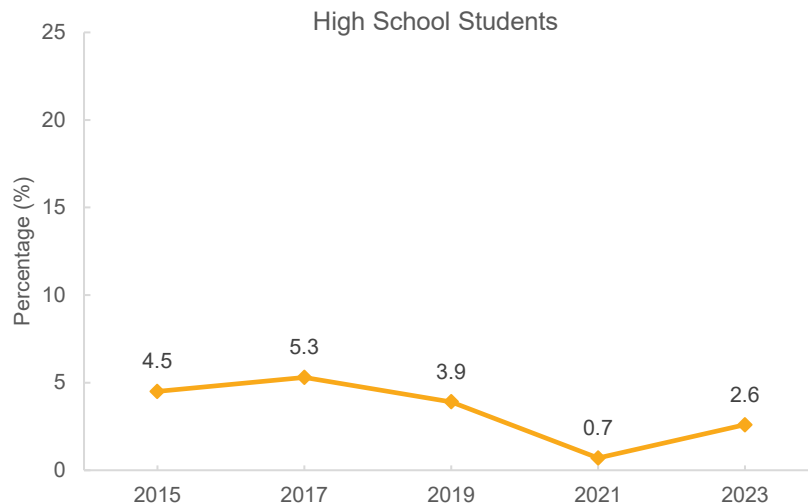
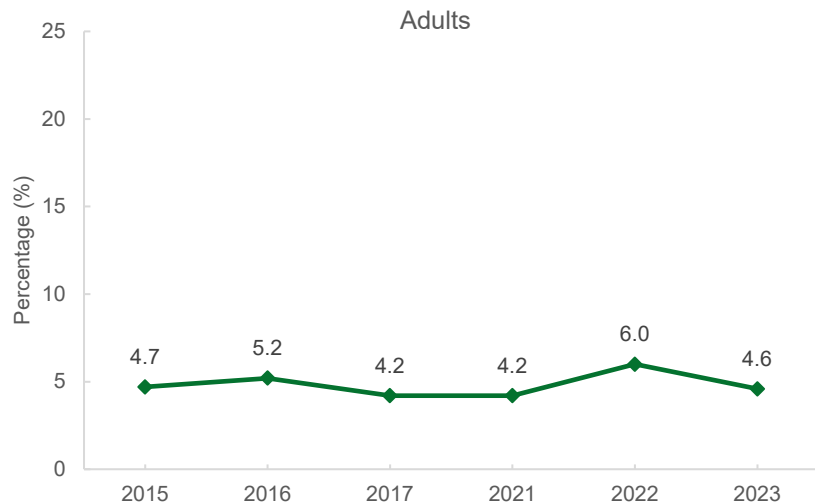
†15.0%<CV≤20.0; ‡20.0%>CV≤30.0%--estimates may be of limited statistical validity due to a high coefficient of variation (CV), use caution when interpreting.

Missing bar indicates fewer than 30 students or CV>30% (i.e., data suppressed due to poor validity).

Note: This graph contains weighted results.

Data Source: 2023 CT Youth Risk Behavior Survey.

## Percentage of Adults and Youth Who Currently Smoke Cigars, 2015-2023

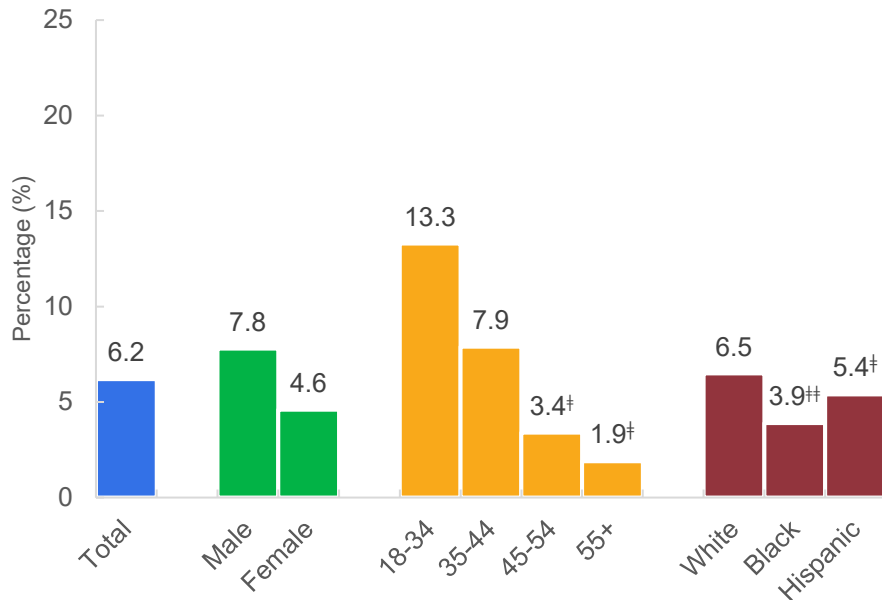


- For adults, the rate of cigar smoking did not change significantly between 2015 and 2023 or between 2022 and 2023.
- For high school youth, cigar smoking decreased significantly between 2015 and 2023 (4.5% to 2.6%) and increased significantly between 2021 and 2023 (0.7% to 2.6%).

Notes: This graph contains weighted results. For adults, the question on cigar use is not asked annually.

Data sources: 2015-2023 CT Behavioral Risk Factor Surveillance System; 2015-2017 CT Youth Tobacco Survey and 2019-2023 CT Youth Risk Behavior Survey.

## Percentage of Adults Who Currently Use E-Cigarettes or Other Electronic Vapor Products,\* by Sex,<sup>†</sup> Years of Age,<sup>†</sup> and Race/Ethnicity, 2023



- Overall, the rate of adult e-cigarette use is 6.2%, representing approximately 166,600 adults.
- Men (7.8%) are significantly more likely than women (4.6%) to use e-cigarettes.
- Adults aged 18-34 (13.3%) are significantly more likely than those aged 35-44 (7.9%) to use e-cigarettes.
- Due to a low confidence in data reliability (i.e., high coefficient of variation (CV)), comparisons race/ethnicity are not made.

\*Some days or every day.

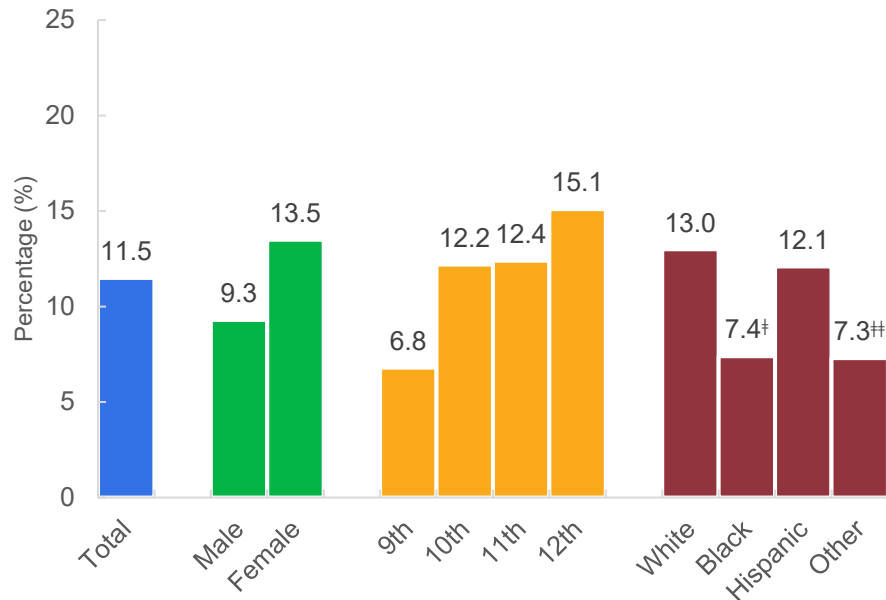
<sup>†</sup>M>F; 18-34>35-44 (Based on t-test analysis, p<0.05).

<sup>‡</sup>15.0%<CV<=20.0; <sup>‡‡</sup>20.0%>CV<=30.0%--estimates may be of limited statistical validity due to a high coefficient of variation (CV), use caution when interpreting.

Note: This graph contains weighted results.

Data source: 2023 Connecticut Behavioral Risk Factor Surveillance System.

## Percentage of High School Students Who Currently Used E-Cigarettes or Other Electronic Vapor Products,\* by Sex,† Grade,† and Race/Ethnicity, 2023



- Overall, the rate of youth current e-cigarette use is 11.5%, representing approximately 16,600 high school students.
- Females (13.5%) are significantly more likely than males (9.3%) to use e-cigarettes.
- Students in grades 10 (12.2%), 11 (12.4%), and 12 (15.1%) are significantly more likely than those in grade 9 (6.8%) to use e-cigarettes.

\*On at least 1 day during the 30 days before the survey.

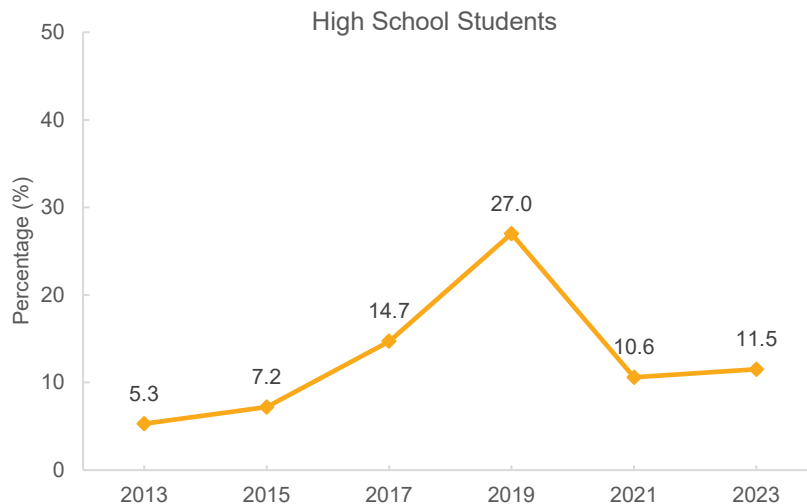
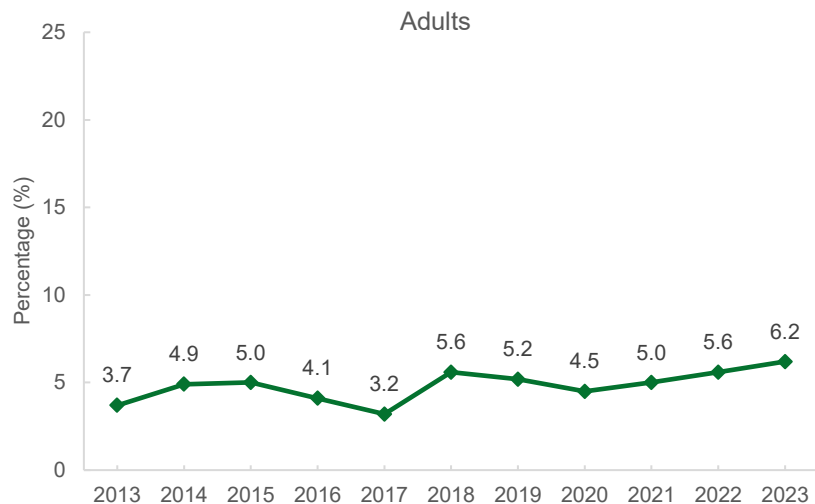
†F>M; 10th>9th, 11th>9th, 12th>9th (Based on t-test analysis,  $p<0.05$ ).

\*15.0%<CV<=20.0; \*\*20.0%>CV<=30.0%--estimates may be of limited statistical validity due to a high coefficient of variation (CV), use caution when interpreting.

Note: This graph contains weighted results.

Data Source: 2023 CT Youth Risk Behavior Survey.

## Percentage of Adults and Youth Who Currently Use E-Cigarettes or Other Electronic Vapor Products, 2013-2023



- For adults, the rate of e-cigarette increased significantly between 2013 and 2023 (3.7% to 6.2%) and did not change significantly between 2022 and 2023.
- For high school youth, e-cigarette use increased significantly between 2013 and 2023 (5.3% to 11.5%) and did not change significantly between 2021 and 2023.

Notes: These graphs contain weighted results.

Data sources: 2013-2023 CT Behavioral Risk Factor Surveillance System; 2013-2017 CT Youth Tobacco Survey and 2019-2023 CT Youth Risk Behavior Survey.

## Summary

- In 2023 in Connecticut, 17.1% of adults and 12.7% of high school youth currently used some form of tobacco, including cigarettes, cigars, e-cigarettes, smokeless tobacco, and hookahs (waterpipes).
- Since 2015, tobacco use among adults has decreased significantly, while among high school students, the rate of use has not changed significantly.
- Among adults in 2023, cigarettes were the most prevalent form of tobacco used (8.4%); among high school youth, e-cigarettes and other electronic vapor products were the most popular tobacco product (11.5%).
- For both adults and youth, current use of cigarettes has decreased significantly since 2011. Among adults, it decreased 51% (17.1% to 8.4%) and among youth, it decreased 79% (14.0% to 3.0%).
- In 2023, cigars were the second most prevalent form of tobacco used by adults (4.6%). The rate of cigar smoking has not changed significantly since 2015 (4.7%).
- For both adults and youth, e-cigarette use has increased significantly since 2013.