

# VOICES OF HEALTH

2020



## Tobacco and E-Cigarette Health Access and Experience

Rainbow Health Minnesota's Voices of Health survey is the only annual LGBTQ community health and wellness survey in Minnesota. In 2020, 2,806 Minnesotans completed the Voices of Health survey.

**33%**

of all LGBTQ respondents are current smokers

**14%**

are former smokers

**53%**

of LGBTQ respondents have never smoked

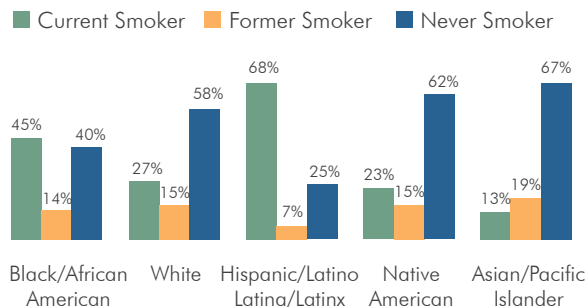
**31%**

of LGBTQ people who have ever smoked have quit smoking

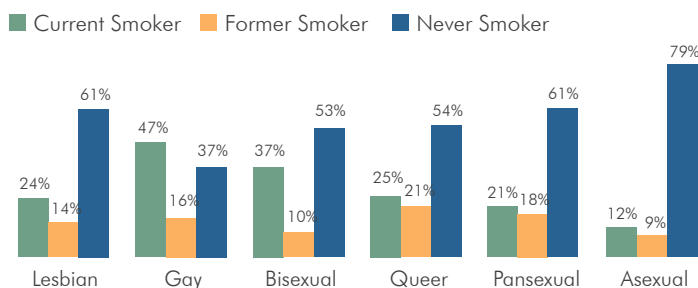
### DATA

Gay and bisexual respondents smoke at higher rates than other LGBTQ people. Cisgender men and transgender women also smoke at higher rates. Hispanic/Latino/Latina/Latinx and Black/African American LGBTQ respondents smoke at higher rates than White, Asian/Pacific Islander, or Native American respondents.

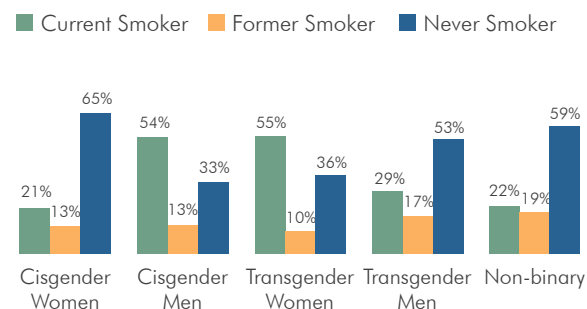
#### Rates of Smoking by Race Ethnicity



#### Rates of Smoking by Sexual Orientation



#### Rates of Smoking by Gender



## Current LGBTQ smokers

- 30%** reported smoking daily in the past month
- 12%** reported smoking 1-3 days
- 24%** reported smoking 3-9 days
- 20%** reported smoking 10-19 days
- 14%** reported smoking 20-29 days

## Current LGBTQ smokers and quitting smoking

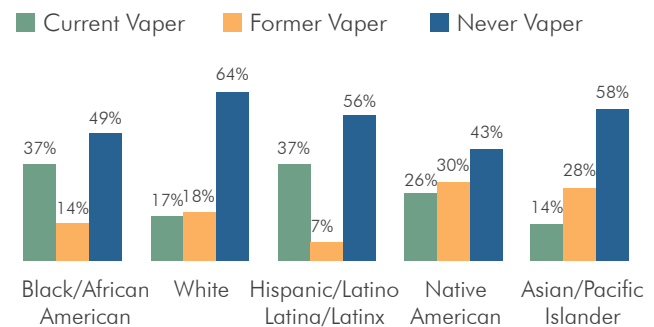
- 8%** of LGBTQ smokers plan to quit in the next month
- 21%** plan to quit in the next 6 months
- 17%** plan to quit sometime in the future
- 31%** think about quitting, but don't have a plan
- 22%** don't intend to quit smoking
- 18-24 year old smokers are more likely to think about quitting but not have a plan (**41%**) than 25-44 year olds (**31%**) and smokers 45 and up (**13%**)

## E-Cigarette/Vaping

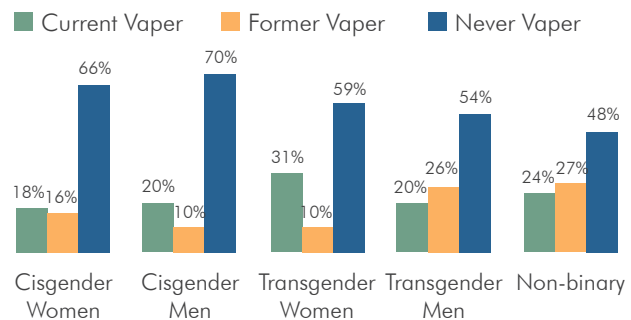
- 37%** of LGBTQ respondents have ever tried an e-cigarette or vaped.
- 20%** of LGBTQ respondents currently use e-cigarettes/vape
- 17%** previously vaped but don't anymore.
- 63%** have never vaped or used an e-cigarette.
- 46%** of people who have ever vaped have quit vaping.

Queer respondents reported vaping at slightly higher rates than other sexual orientations. Transgender women reported the highest rates of vaping by gender. Black/African-American and Hispanic/Latino/Latina/Latinx respondents vape at higher rates than Native respondents. White and Asian/Pacific Islander respondents report lower rates of vaping.

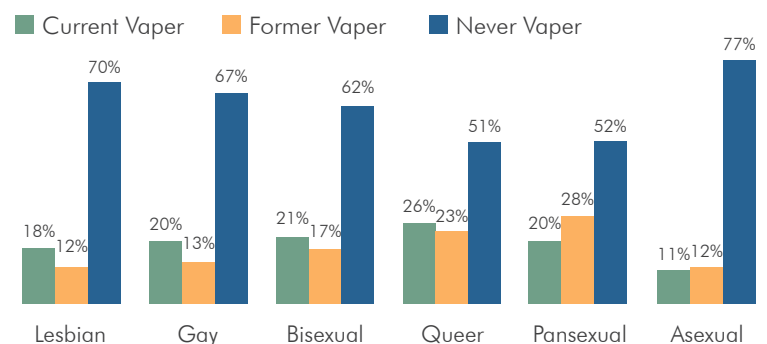
## Rates of Vaping by Race Ethnicity



## Rates of Vaping by Gender



## Rates of Vaping by Sexual Orientation



## Current LGBTQ vapers

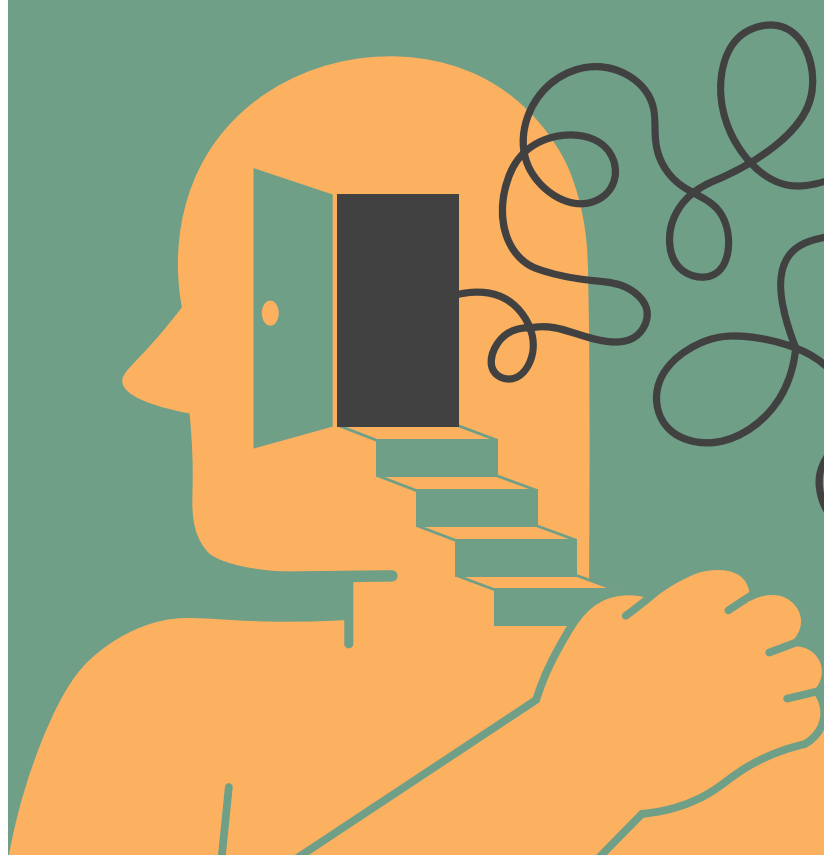
**11%** reported vaping daily in the past month

**10%** reported vaping 1-3 days

**17%** reported vaping 3-9 days

**12%** reported vaping 10-19 days

**4%** reported vaping 20-29 days



## Current LGBTQ vapers and quitting vaping

**12%** of LGBTQ vapers plan to quit in the next month

**22%** plan to quit in the next 6 months

**18%** plan to quit sometime in the future

**27%** think about quitting, but don't have a plan

**21%** don't intend to quit vaping

18-24 year old vapers are more likely to think about quitting but not have a plan (41%) compared to 25-44 year old vapers (20%) and 45+ vapers (4%).