



# New York State Behavioral Risk Factor Surveillance System Brief

The Behavioral Risk Factor Surveillance System is an annual telephone survey of adults developed by the Centers for Disease Control and Prevention conducted in all 50 States, the District of Columbia, and several United States Territories. The New York Behavioral Risk Factor Surveillance System is administered by the New York State Department of Health to provide statewide and regional information on behaviors, risk factors, and use of preventive health services related to the leading causes of chronic and infectious diseases, disability, injury, and death.

## Electronic Cigarette Use New York State Adults, 2023

### Introduction

Electronic cigarettes (e-cigarettes or vapes) heat nicotine liquid or other substances and produce an aerosol (mix of small particles). A person using an e-cigarette (vaping) inhales the aerosol into their lungs. There are many types of e-cigarettes including disposable, refillable and pre-filled cartridges and they are often made to resemble familiar objects like USB flash drives, pens, smartphones, highlighters, toys and other types of products.<sup>1</sup> The Food and Drug Administration (FDA) has not approved e-cigarettes for smoking cessation and regulates e-cigarettes as a tobacco product.

The long-term health risks of e-cigarettes are largely unknown; however, vaping is not hazard-free as the aerosol may contain heavy metals, volatile organic compounds, ultrafine particles, and other toxins.<sup>1</sup> Nicotine itself is a highly addictive chemical. Nicotine is toxic to developing fetuses and is a health danger for pregnant women.<sup>2</sup> Exposure to nicotine during adolescence can cause addiction and can harm the developing brain which continues to develop throughout adolescence and into the early to mid-20s.<sup>3</sup> Acute nicotine exposure can be toxic for children and adults.<sup>4</sup> Finally, e-cigarette use can undermine social norms about tobacco and increase the risk of youth and young adults using combustible tobacco cigarettes.<sup>3</sup>

### Health Equity

The New York State Department of Health is committed to reducing the burden of all tobacco product use, including e-cigarettes, and addressing tobacco-related disparities to advance health equity. Although the state has taken steps to address e-cigarettes, such as banning flavored e-cigarettes, raising the legal purchase age to 21, and expanding clean indoor air laws to include e-cigarettes, these products still pose disproportionate risks to young adults.<sup>5</sup> Targeted marketing and continued availability of youth-appealing flavors contribute to ongoing use, especially among young people and in communities with fewer supports. Addressing these inequities requires a comprehensive, evidence-based, policy-driven, and cost-effective approach that protects young people and all groups disproportionately harmed by commercial tobacco products.

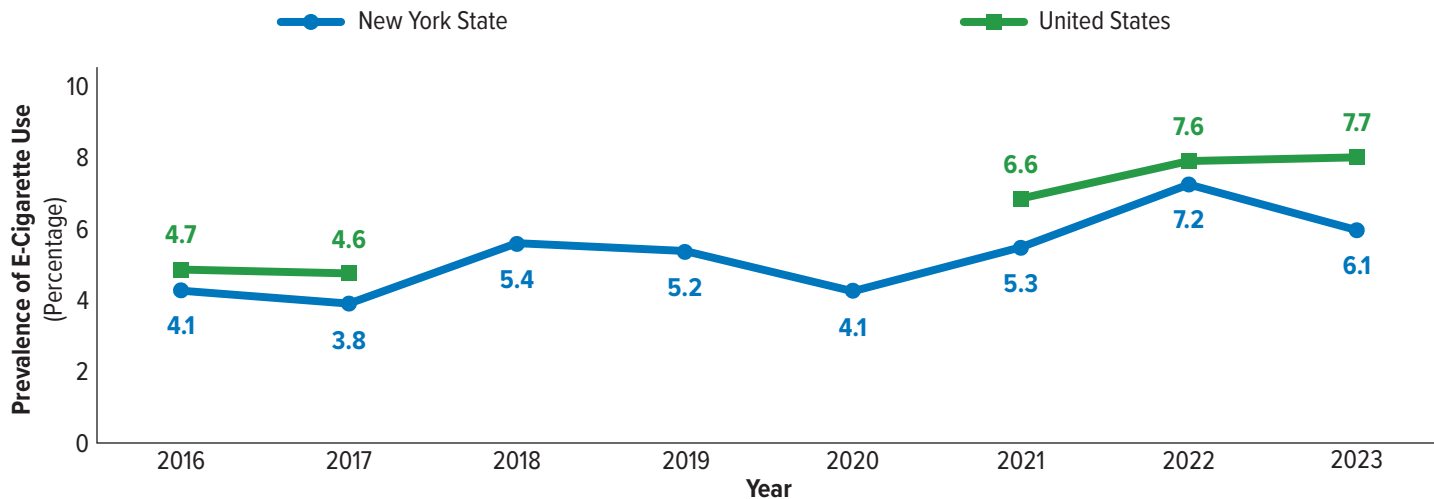


### Key Findings

- The prevalence of e-cigarette use among adults in New York in 2023 was 6.1% (Figure 1). Approximately 881,00 New York adults currently use e-cigarettes (Table 1).
- E-cigarette use in New York State was lower than the national average of 7.7% in 2023 (Figure 1).
- Statewide, e-cigarette use was highest among people: reporting past 30-day cannabis use (20-30 days: 26.6%; 1-19 days: 16.3%); between the ages of 18-24 (16.2%); who currently smoke (14.7%); reporting excessive alcohol use (14.3%); reporting frequent mental distress (13.8%); who identify as LGBTQI (14.0%) (Figure 2).
- Multiple-race adults (12.7%) and White, non-Hispanic adults (6.8%) had significantly higher e-cigarette use rates compared to Asian, Native Hawaiian, or other Pacific Islander, non-Hispanic adults (4.1%). Multiple-race adults also had significantly higher use rates compared to Hispanic adults (5.2%) and Black, non-Hispanic adults (5.1%) (Table 1).

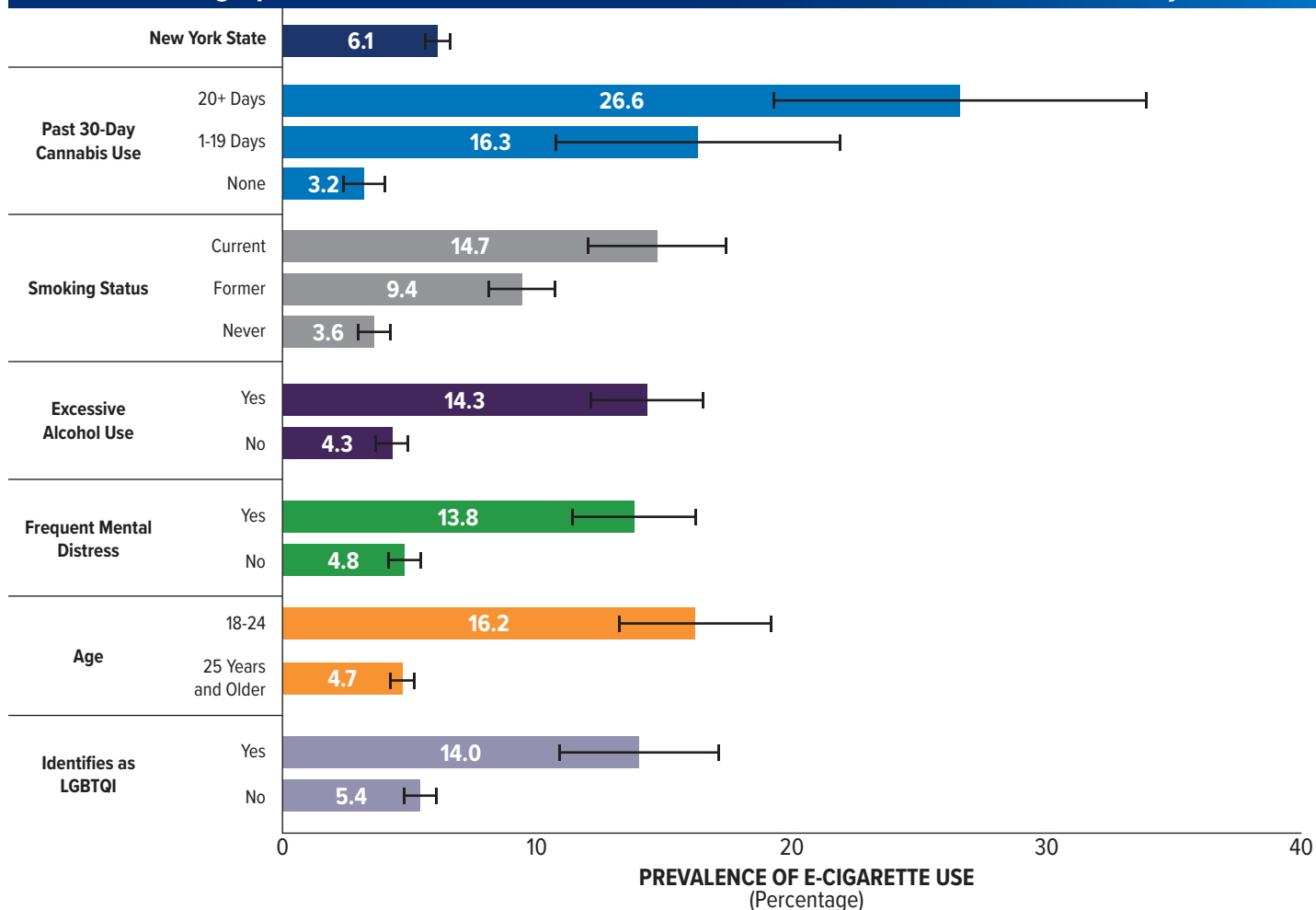


**Figure 1. Prevalence of Current E-cigarette Use among Adults in New York State and United States\*, Behavioral Risk Factor Surveillance Survey, 2016-2023**



\*Prevalence of e-cigarette use in the US from BRFSS is not available from 2018-2020 on the CDC public site.

**Figure 2. Percent of Current E-Cigarette Use among Adults 18 Years of Age and Older by Select Demographic and Behavioral Indicators, Behavioral Risk Factor Surveillance Survey, 2023**



Note: Error bars represent 95% confidence intervals.

**Table 1. Prevalence of Current E-Cigarette Smoking by Demographic Groups in New York State, Behavioral Risk Factor Surveillance Survey, 2023**

New York State (NYS) [n=16,187]	Percent <sup>a</sup> 6.1	95% CI <sup>b</sup> 5.5 - 6.6	Weighted Frequency 881,000
<b>Region</b>			
NYS excluding New York City (NYC) (Rest of State)	7.1	6.2 - 8.0	594,000
NYC	4.7	4.0 - 5.3	287,000
<b>Sex</b>			
Male	6.9	6.0 - 7.8	483,000
Female	5.3	4.5 - 6.0	398,000
<b>Race/ethnicity</b>			
Asian, Native Hawaiian, or other Pacific Islander, non-Hispanic	4.1	2.5 - 5.8	61,000
Black, non-Hispanic	5.1	3.5 - 6.7	96,000
Hispanic	5.2	4.0 - 6.5	144,000
Multiracial, non-Hispanic	12.7	7.1 - 18.3	36,000
White, non-Hispanic	6.8	5.9 - 7.6	508,000
All other race groups combined, non-Hispanic <sup>c</sup>	5.4	2.5 - 8.4	15,000
<b>Age (Years)</b>			
18-24	16.2	13.2 - 19.2	282,000
25-34	10.5	8.9 - 12.2	267,000
35-44	7.0	5.4 - 8.5	160,000
45-54	4.5	3.1 - 5.9	88,000
55-64	2.0	1.1 - 3.0	48,000
65+	0.8	0.5 - 1.1	27,000
<b>Educational attainment</b>			
Less than high school	5.3	3.5 - 7.0	92,000
High school or GED	8.8	7.4 - 10.2	319,000
Some college	6.5	5.2 - 7.7	245,000
College graduate	4.2	3.5, 4.9	220,000
<b>Annual household income</b>			
Less than \$25,000	6.1	4.7 - 7.5	126,000
\$25,000 to \$34,999	6.1	4.3 - 7.9	80,000
\$35,000 to \$49,999	6.9	5.3 - 8.6	86,000
\$50,000 to \$74,999	5.9	4.3 - 7.5	94,000
More than \$75,000	5.8	4.9 - 6.8	310,000
<b>Health care coverage type</b>			
Private	6.6	5.6 - 7.5	426,000
Medicare	2.2	1.6 - 2.8	63,000
Medicaid	9.3	7.4 - 11.3	192,000
No Insurance	6.9	4.7 - 9.1	87,000
Other	5.9	3.8 - 8.0	43,000

**Table 1. Prevalence of Current E-Cigarette Smoking by Demographic Groups in New York State, Behavioral Risk Factor Surveillance Survey, 2023**

New York State (NYS) [n=16,187]	Percent <sup>a</sup> 6.1	95% CI <sup>b</sup> 5.5 - 6.6	Weighted Frequency 881,000
<b>Frequent mental distress<sup>d</sup></b>			
Yes	13.8	11.5 - 16.2	219,000
No	4.9	4.3 - 5.4	546,000
<b>Disability status<sup>e</sup></b>			
Yes	8.2	6.9 - 9.6	315,000
No	5.3	4.6 - 5.9	560,000
<b>Identifies as LGBTQI<sup>f</sup></b>			
Yes	14.0	11.0 - 17.1	192,000
No	5.4	4.8 - 6.0	608,000
<b>Smoking status</b>			
Current	14.7	12.0 - 17.4	196,000
Former	9.4	8.1 - 10.7	312,000
Never	3.6	3.0 - 4.2	353,000
<b>Past 30-day cannabis use</b>			
20+ days	26.6	19.2 - 33.9	80,000
1-19 days	16.3	10.7 - 21.9	57,000
None	3.2	2.4 - 4.0	123,000
<b>Excessive alcohol use<sup>g</sup></b>			
Yes	14.3	12.2 - 16.5	324,000
No	4.5	3.9 - 5.0	531,000

**Notes:** <sup>a</sup>Percentages are weighted to population characteristics. <sup>b</sup>Confidence Interval. <sup>c</sup>Includes individuals who identify as other race categories that are not of Hispanic origin. <sup>d</sup>Frequent mental distress is defined as yes if respondents report problems with stress, depression, or emotions on at least 14 of the previous 30 days. <sup>e</sup>Disability status is defined as yes if respondents report having at least one type of disability (cognitive, independent living, self-care, mobility, vision, or hearing). <sup>f</sup>Identifies as LGBTQI is defined as yes if respondents identified as being lesbian, gay, bisexual, intersex, or other sexual orientation OR transgender. <sup>g</sup>Respondents who reported either binge or heavy drinking. Binge drinking is defined as consuming 4 or more drinks for women and 5 or more drinks for men on a single occasion. Heavy drinking is defined as consuming 8 or more drinks per week for women and 15 or more drinks per week for men.

## References



1. Centers for Disease Control and Prevention. About E-Cigarettes (Vapes). 2024. Accessed August 5, 2025. <https://www.cdc.gov/tobacco/e-cigarettes/about.html>.
2. National Center for Chronic Disease Prevention and Health Promotion (US) Office on Smoking and Health. *E-Cigarette Use Among Youth and Young Adults: A Report of the Surgeon General*. Centers for Disease Control and Prevention (US); 2016. Accessed August 6, 2025. <http://www.ncbi.nlm.nih.gov/books/NBK538680/>.
3. Centers for Disease Control and Prevention. E-Cigarette Use Among Youth. 2022. Accessed August 5, 2025. [https://www.cdc.gov/tobacco/e-cigarettes/youth.html?CDC\\_AAref\\_Val=https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html](https://www.cdc.gov/tobacco/e-cigarettes/youth.html?CDC_AAref_Val=https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html).
4. Centers for Disease Control and Prevention. Health Effects of Vaping. Smoking and Tobacco Use. January 31, 2025. Accessed August 6, 2025. <https://www.cdc.gov/tobacco/e-cigarettes/health-effects.html>.
5. New York State Department of Health. New York State Tobacco Control Laws. Updated 2024. Accessed September 10, 2025. [https://www.health.ny.gov/prevention/tobacco\\_control/current\\_policies.htm](https://www.health.ny.gov/prevention/tobacco_control/current_policies.htm).

## Behavioral Risk Factor Surveillance System Questions



### Current E-Cigarette User

- Do you now use e-cigarettes or other electronic vaping products every day, some days, or not at all?

BRFSS defines “current e-cigarette user” as an adult aged 18 years or older that currently uses e-cigarettes or other electronic vaping products every day or some days.

## Suggested Citation



Hunter, L. Battles, H. BRFSS Brief: Electronic Cigarette Smoking, New York State Adults, 2023. No. 2025-26. Albany, NY: New York State Department of Health, Division of Chronic Disease Prevention, Bureau of Chronic Disease Evaluation and Research, 2025.

## Program Contributions



New York State Department of Health

Bureau of Chronic Disease Evaluation and Research

Bureau of Tobacco Control



## Contact Information

### Contact us by

**Phone:** (518) 473-0673

**Email:** [BRFSS@health.ny.gov](mailto:BRFSS@health.ny.gov)

**Visit:** [health.ny.gov](https://health.ny.gov)



**Department  
of Health**