

PERCEPTIONS OF SMOKING AND VAPING ON WEIGHT CONTROL AMONG ADULT AMERICAN INDIANS WHO SMOKE.

Many American Indians who smoke also use electronic cigarettes (EC). ECs use batteries to heat liquid to make a vapor to breathe in. This is also called vaping. People who smoke might use e-cigs to cut down on smoking. EC use has not been studied very much among American Indians. So, we conducted a study called “Vaping among Smokers: A Cherokee Nation Cohort Study”.

WHY IT MATTERS

Researchers do not yet know if ECs will help control weight if people use them to stop smoking. American Indians who smoke will need more information about possible benefits or harms of ECs.

This report looks at whether American Indians think that smoking and vaping help keep weight down. Some non-Indian studies suggest that other people do think that vaping helps keep weight down. We also see if views differ between people who ever vaped or not. We also want to know if views are different between men and women. We also look at the effect of age and education.

HOW WAS IT DONE

In 2016, 375 adults who smoke took part in this study. All people who took part said they were American Indian. The study took place at the Hastings outpatient building in Tahlequah, OK. Everyone took a survey. They were asked if they believed that smoking helps to keep weight down. They were also asked if they believed that vaping helps to keep weight down.

WHAT WAS FOUND

Few people believed that smoking or vaping helps to keep weight down. Almost one-half of the people who took part did not know if vaping helps or not. Compared to never vapers, people who ever vaped more often thought that vaping helps keep weight down. Men and women did not significantly differ in their beliefs about vaping and weight. Older and younger age groups did not significantly differ. People who did not graduate from high school also did not differ from people who did graduate.

WHAT IT MEANS

Many American Indians who smoke do not know if smoking or vaping helps to control weight. Overall, few did think that these help to control weight.

For more information about this study, please contact Dr. Ashley Comiford, epidemiologist for Cherokee Nation at ashley-comiford@cherokee.org. The study was supported by the National Cancer Institute, National Institutes of Health, grant numbers P20CA202923 and P20CA20291. The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institutes of Health or Cherokee Nation.

Reference: Rhoades, D.A., Comiford, A.L., Dvorak, J.D., Ding, K., Hopkins, M., Spicer, P., Wagener, T.L. and Doescher, M.P., 2019. Perceptions of Smoking and Vaping on Weight Control Among Adult American Indians Who Smoke. *Journal of community health*, pp.1-7.