

《美国疾控中心：超10%美国年轻人经常吸食电子烟》

根据美国疾病控制与预防中心的一份新报告，美国超过十分之一的年轻人经常使用电子烟。



Over 1 in 10 young adults in the United States regularly use e-cigarettes, according to a new report from the US Centers for Disease Control and Prevention.

根据美国疾病控制和预防中心的一份新报告，在美国，超过十分之一的年轻人经常吸食电子烟。

The study, conducted by the CDC ' s National Center for Health Statistics, provides a snapshot of e-cigarette use in 2021. Based on data from the National Health Interview Survey, the report identified that e-cigarette use generally declined as family income increased. Adults under 44 were more likely to be dual users of both cigarettes and e-cigarettes.

该研究由美国疾病控制与预防中心的国家卫生统计中心进行，提供了2021年电子烟使用情况的快照。根据全国健康访谈调查的数据，该报告发现，随着家庭收入的增加，电子烟的使用普遍下降。44岁以下的成年人更有可能是香烟和电子烟的双重使用者。

Previous findings from the National Health Interview Survey have shown that cigarette use has fallen to record lows. E-cigarettes, however, have flared in popularity.

此前美国国民健康访问调查称，香烟的吸食情况已经降至历史最低水平。然而电子烟却开始流行起来。

From 2020 to 2022, e-cigarette sales jumped in the United States, to 22.7 million products sold each month, according to previous CDC research. More brands – particularly of disposable e-cigarette products – entered the market, while fruit and candy flavors that appeal to younger audiences surged in popularity.

据美疾控中心之前的研究，从2020年到2022年，美国的电子烟销量增速迅猛，月销量达到2270万支。越来越多的品牌进入市场，尤其是一次性的电子烟，而水果味和糖果味的电子烟备受年轻人的青睐。

The new data indicates that a little under 1 in 20 adults reported in 2021 that they were current e-cigarette users, with slightly higher rates among men than women. Young adults, between the ages of 18 and 24, used e-cigarettes the most, with 11% indicating that they actively consumed the products.

新的数据表明，2021年，每20个成年人中有不到1位电子烟的使用者，并且男性使用者的比例略高。而处于18至24岁的年轻人是电子烟的最大使用群体，11%的人表示他们积极消费电子烟。

As people got older, the study found, rates of e-cigarette use dropped – but traditional cigarette use steadily climbed. About 11.4% of survey respondents over 45 said they currently smoked cigarettes.

研究发现，人们随着年龄的增长，对于电子烟的使用率会下降，但是传统香烟的使用率却稳步上升。在45岁以上的受访者中，约有11.4%的人表示他们目前吸烟。

For Dr. Joanna Cohen, director of the Institute for Global Tobacco Control at Johns Hopkins University, the young demographic of e-cigarette users is worrying. Young

people who have never smoked cigarettes — rather than older cigarette users trying to break the habit — make up the bulk of e-cigarette consumers.

美国约翰霍普金斯大学全球烟草控制研究所主任乔安娜·科恩博士认为，电子烟的用户群体低龄化令人担忧。从未吸过烟的年轻人——而非尝试戒烟的年长烟民——成为电子烟的主要消费群体。

“ If e-cigarettes were being used as we would hope, the only people who should use them are those who are using them to quit smoking, ” said Cohen, who was not involved with the new research. “ You would see very different patterns. ”

科恩并未参与这项新的研究，但她表示：“ 如果电子烟以我们所希望的方式来使用，那么唯一的适用者就是用它们来戒烟的人。这样你将会看到不同的模式。 ”

According to the new report, adults with higher family incomes also used e-cigarettes less, with those making over four times the federal poverty level reporting the lowest e-cigarette use rates.

报告称，家庭收入较高的成年人会更少吸食电子烟，收入超过联邦贫困水平四倍的群体是电子烟使用率最低的群体。

White adults were the most likely to be current e-cigarette users of any racial group, with over double the rates of Black survey respondents.

白人成年人更倾向于吸食电子烟，其比例是黑人受访者的两倍多。

“ Tobacco companies are masters of targeted marketing as well as manipulation, ” Cohen said. “ They want to make products that are attractive and appealing to a variety of demographics and ages. They also heavily promote their products ... to particularly what we might call vulnerable populations. ”

“ 烟草公司十分擅长目标营销和市场操纵， ” 科恩说。 “ 他们想制造有吸引力的产品，吸引各种人口和年龄的人。他们还大力推销自己的产品，特别是我们所说的弱势群体。 ”

The CDC report arrives days after the American Heart Association released a statement warning of the health risks of e-cigarette use.

美国疾控中心发布了美国心脏协会的一份声明，声明中警告人们吸食电子烟的健康风险。

The statement sounded an alarm about the harmful properties of ingredients used in e-cigarettes, including nicotine — the addictive chemical in the products — and flavoring

agents. It notes that those compounds have been shown to carry risks for heart and lung disease in animal studies and that they could pose “ dangerous health risks ” in humans.

该声明对电子烟中所含成分的有害性发出警告，包括具有成瘾性的尼古丁和调味剂。声明指出，在动物研究中，这些物质已被证实存在引发心脏及肺部疾病的风险，并可能对人类健康构成威胁。

“ There is research indicating that nicotine-containing e-cigarettes are associated with acute changes in several hemodynamic measures, including increases in blood pressure and heart rate, ” Dr. Jason J. Rose, chair of the American Heart Association ’ s scientific statement writing committee and an associate professor of medicine at the University of Maryland School of Medicine, said in a news release.

美国心脏协会科学声明撰写委员会主席、马里兰大学医学院医学副教授杰森·J·罗斯博士在新闻发布会上表示：“ 研究表明，含有尼古丁的电子烟与几种血液动力学指标的急性变化有关，包括血压以及心率的升高。 ”

The group also warned that e-cigarette products can contain other substances, including THC, the psychoactive chemical in cannabis, methamphetamine, methadone and vitamins.

该组织还警告说，电子烟产品可能含有其他物质，包括大麻中的精神活性化学物质四氢大麻酚、甲基苯丙胺、美沙酮和维生素。

According to the statement, comprehensive research on e-cigarettes is limited, but some studies have linked use to the development of respiratory diseases like asthma, emphysema and COPD.

据该声明称，对于电子烟的全面研究依然有限，但一些研究已经表明吸食电子烟可能会引发哮喘、肺气肿和慢性阻塞性肺病。

The American Heart Association recommended further research on the long-term consequences of e-cigarettes on the heart, blood vessels and lungs.

美国心脏协会建议进一步研究电子烟对心脏、血管以及肺部的长期影响。

“ The long-term risks of using e-cigarettes are unknown, but if the risks of chronic use are like combustible cigarettes ... we may not observe them for decades, ” Rose said.

“ It is necessary for us to expand this type of research since the adoption of e-cigarettes has grown exponentially. ”

罗斯说：“ 吸食电子烟的长期风险尚不清楚，但如果这种风险像传统香烟一样……那我们可能几十年都无法观察到。由于电子烟的吸食量呈指数式增长，我们有必要扩大

这类研究。”

However, research on e-cigarettes can pose challenges. Unlike traditional cigarettes, e-cigarettes have been on the market for only about 15 years, and the types of products consumers prefer change frequently. According to Cohen, a lot of research focuses on e-cigarettes that were popular about five years ago, which are different from those preferred now.

然而，对于电子烟的研究可能会面临挑战。与传统的香烟不同，电子烟进入市场只有15年左右的时间，并且消费者所喜欢的产品种类也在不断地变化。据科恩的说法，许多研究都集中在大约五年前所流行的电子烟上，而那些电子烟已经与现在所受欢迎的电子烟不同了。

Given the limited body of evidence, the American Heart Association does not recommend e-cigarettes as a tool to quit smoking, it said in the statement. Neither the US Food and Drug Administration nor any international regulatory agency has approved e-cigarettes for smoking cessation.

美国心脏协会在声明中表示，鉴于证据有限，该协会不建议将电子烟作为戒烟工具。美国食药监局和任何国际监管机构也都没有批准电子烟用于戒烟。

重点词汇

United States 美国；美利坚合众国；依宪法而联合起来的州的总称

according to 根据；按照；按；依照；据

Disease Control and Prevention 疾病控制和预防；疾病防控；疾病控制及预防中心

conducted by 指挥

Health Statistics 卫生统计；卫生统计学

data from 数据来自；抽样调查

National Health 国民健康；全民健康；英国国民健康服务；健保费

Interview Survey 访问调查；访谈法；访谈调查法

family income 家庭收入

more likely 很可能的；适当的；有希望的；很像真事的；多半

英文来源：CNN

