New Study Shows Young Adults Who Smoke Are Higher Risk for Severe COVID-19

A new study done by the University of California showed that 1 in 3 young adults is at risk for severe COVID-19, and smoking plays a big role in determining that risk.

Researchers looked at more than 8,000 participants between the ages of 18-25 and found that 32% of the total survey population fell into the high-risk category.

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The participants answered the National Health Interview Survey to determine what their medical vulnerability was to severe COVID-19. Results were determined based on risk indicators laid out by the CDC.

> *Recent evidence indicates that smoking is associated with a higher likelihood of COVID-19 progression, including increased illness severity, ICU admission or death," said Sally Adams, lead author of the study and a specialist at University of California, San Francisco's National Adolescent and Young Adult Health Information Center, in a press release. "Smoking may have significant effects in young adults, who typically have low rates for most chronic diseases."*
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> *1 in 3 young adults vulnerable to severe Covid-19 – and smoking plays a big part, research finds*

Within the study, 1 in 10 young adults reported smoking within the last 30 days, and 1 in 14 young adults reported E-cigarette usage. When you remove smokers from the analysis, the percentage of young people medically vulnerable to

COVID-19 drops to 16%.

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Young men were at a higher risk for COVID-19 than women. However, women had higher rates of asthma and immune conditions, making them a higher risk for COVID-19 when you remove smokers from the analysis.