

# CDC Vitalsigns™

## Tobacco Use By Youth Is Rising E-cigarettes are the main reason



Want to learn more?  
[www.cdc.gov/vitalsigns/youth-tobacco-use](http://www.cdc.gov/vitalsigns/youth-tobacco-use)

**1.5M**

There were 1.5 million **more** current youth e-cigarette users in 2018 than 2017.

**4.9M**

4.9 million youth were current tobacco product users in 2018.

**38.3%**

Use of any tobacco product grew by 38.3% among high school students (2017-2018).

### Overview:

Tobacco product use among US youth is increasing. More than 1 in 4 high school students and about 1 in 14 middle school students in 2018 had used a tobacco product in the past 30 days. This was a considerable increase from 2017, which was driven by an increase in e-cigarette use. E-cigarette use increased from 11.7% to 20.8% among high school students and from 3.3% to 4.9% among middle school students from 2017 to 2018. No change was found in the use of other tobacco products, including cigarettes, during this time.

### Among youth:

- E-cigarettes are still the most commonly used tobacco product, ahead of cigarettes, cigars, smokeless tobacco, hookah, and pipes.
- E-cigarettes are the most commonly used product in combination with other tobacco products.
- E-cigarette use is highest for boys, whites, and high school students.



### PROBLEM:

## Nearly all tobacco product use begins in adolescence.

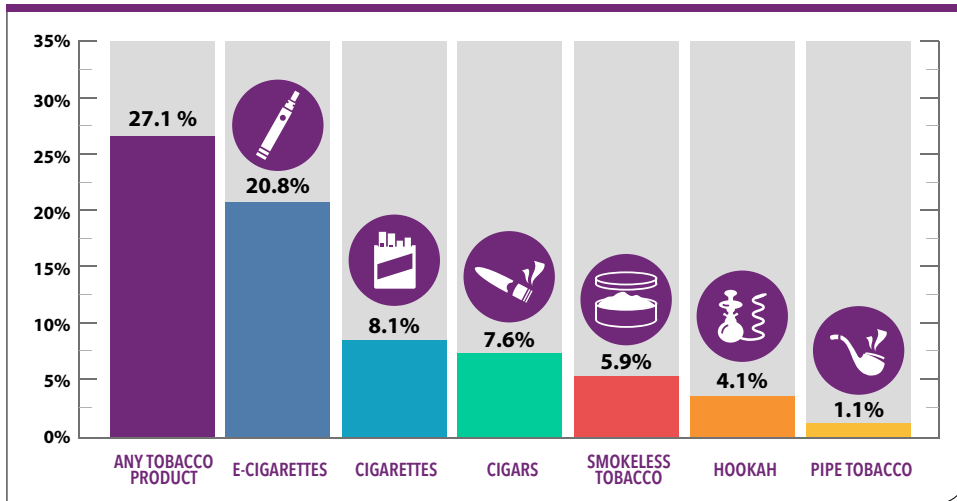
### Any tobacco product use among youth is unsafe, including e-cigarettes.

- Cigarette smoke contains over 7,000 chemicals, including about 70 that cause cancer.
- Nearly all tobacco products, including e-cigarettes, contain nicotine.
- Youth nicotine use can lead to addiction and can harm the developing brain, impacting learning, memory, and attention.

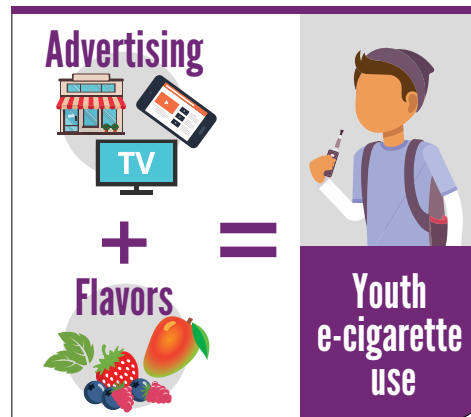
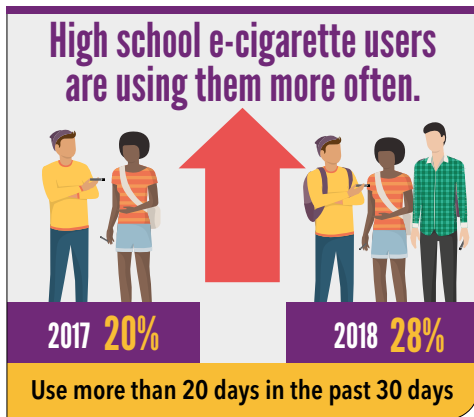


**Centers for Disease Control and Prevention**  
National Center for Chronic Disease Prevention and Health Promotion

# Tobacco product use among high school students—2018



SOURCE: Tobacco Product Use Among Middle and High School Students — United States, 2011-2018. Morbidity and Mortality Weekly Report (MMWR), February 2019.



## JUUL is now the most commonly sold e-cigarette in the US.

- JUUL is an e-cigarette shaped like a USB flash drive and is easy to conceal.
- JUUL uses liquid nicotine refills called “pods,” which contain at least as much nicotine as a pack of cigarettes and are available in flavors that appeal to youth.
- JUUL devices are being used by youth in schools, including inside bathrooms and classrooms.

## THE WAY FORWARD

### PARENTS AND EDUCATORS CAN:

- Set a positive example by not using tobacco products themselves.
- Learn about different types and risks of tobacco products, including e-cigarettes.

### HEALTHCARE PROVIDERS CAN:

- Ask specifically about e-cigarettes when screening for tobacco product use.
- Warn youth about the risks of all tobacco product use, including e-cigarettes.

### SCHOOLS CAN:

- Adopt and enforce tobacco-free campus policies that include e-cigarettes.
- Reject tobacco industry-sponsored prevention programs, which are proven not to work.

### STATES AND COMMUNITIES CAN:

- Prohibit smoking and e-cigarette use inside workplaces and public places.
- Increase the minimum age of sale of tobacco products to 21 years.
- Prohibit the sale of flavored tobacco products.

#### For more information

1-800-CDC-INFO (232-4636)  
TTY: 1-888-232-6348 | Web: [www.cdc.gov](http://www.cdc.gov)

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