Most Tobacco Use Begins in Adolescence:

■ Youth nicotine use can lead to addiction and impact learning, memory and attentiveness by harming brain development.

■ Tobacco products contain harmful chemicals including nicotine; about 70 could cause cancer.

■ Flavored e-cigarettes have become the most commonly used tobacco product among youths; highest for middle school boys and high school students.

Want to learn more? Source: www.cdc.gov/vitalsigns/youth-tobacco-use/

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

PROBLEM

Youth and Tobacco

■ 6% of Portage County youth in grades 6-12 were smokers, increasing to 10% of those ages 17 and older. 17% of youth vaped e-cigarettes. Source: 2016 Portage County Community Health Assessment

E-cigarette use increasing
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.

Want to learn more? Source: www.cdc.gov/vitalsigns/youth-tobacco-use/

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

BY THE NUMBERS

7 out of 10 middle and high school students who currently use tobacco have used a FLAVORED product.

63% of students who currently use e-cigarettes have used flavored e-cigarettes (1.6 million).

61% of students who currently use hookah have used flavored hookah (1 million).

64% of students who currently use cigars have used flavored cigars (910,000).

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

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

4.9M A reported 4.9 million youth were current tobacco product users in 2018.

Symptoms of nicotine poisoning

Eye exposure
Irritation
Abrasions
Pain
Redness
Blurred vision
Headache
Excessive salivation
High blood pressure
Increased heart rate
Pallor
Sweating
Abdominal pain
Nausea
Vomiting

Lack of coordination
Twitching
Tremor

WHAT CAN BE DONE?

Everyone can:

■ Parents and educators can set a positive example by not using tobacco products: www.smokefree.gov

■ Learn about the different types of risks of using tobacco products to young people, including e-cigarettes: https://e-cigarettes.surgeongeneral.gov/

Want to learn more? Source: www.cdc.gov/vitalsigns/youth-tobacco-use/

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

Resource:
www.cdc.gov
T-800-CDC-INFO(232-4636)
TTY: 1-888-232- 6348

www.medicalnewstoday.com/articles

Until about age 25, the brain is still growing.