Tobacco use is the leading cause of preventable disease and death in the United States. Nearly all tobacco use begins during adolescence. In recent years, fewer U.S. middle and high school students used tobacco products; 3.6 million still do. Among these students, e-cigarettes have been the most commonly used tobacco product since 2014. It’s important for parents, teachers, and others who influence young people to emphasize the dangers of tobacco use and discourage them from using any form, including e-cigarettes. Preventing tobacco use early in life decreases the chances a person will suffer from tobacco-related disease as an adult.

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