



## A MINUTE OF HEALTH WITH CDC

### *Youth and Tobacco*

*Tobacco Product Use Among Middle and High School Students — United States, 2011-2017*

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*[Announcer] This program is presented by the Centers for Disease Control and Prevention.*

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.

Thank you for joining us on *A Minute of Health with CDC*.

*[Announcer] For the most accurate health information, visit [cdc.gov](http://cdc.gov) or call 1-800-CDC-INFO.*