



## **A MINUTE OF HEALTH WITH CDC**

### *Teens and Tobacco*

*Tobacco Use Among Middle and High School Students – United States, 2011-2016*

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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, and most tobacco product use begins during adolescence. Between 2015 and 2016, there was a decline in overall tobacco use among youth. However, about one in five high school students still report using some form of tobacco product. Use of any tobacco product among youth, including e-cigarettes, is unsafe.

Parents, teachers, and mentors: Inform young people about the dangers of tobacco use. Helping youth avoid tobacco products can result in longer, healthier lives.

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

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