

Youth Tobacco Use: Results from the National Youth 2019 E-Cigarette Data

FDA and CDC released findings from the 2019 National Youth Tobacco Survey. The results show disturbing rates of e-cigarette use among both middle and high school students in 2019, with more than 5 million youth reporting having used e-cigarettes in the past 30 days and nearly one million reporting daily use. While cigarette smoking is at an all-time low among high school students, increases in e-cigarette use have reversed progress made in the decline of overall youth tobacco use. [Download PDF](#)

2019 NATIONAL YOUTH TOBACCO SURVEY SHOWS YOUTH e-cigarette use at ALARMING LEVELS

OVER 5 Million
youth are currently using e-cigarettes



NEARLY 1 Million
used the product daily



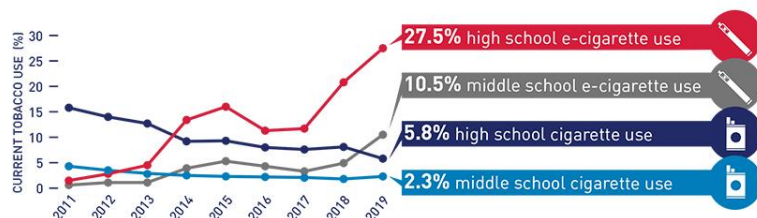
ABOUT 1.6 MILLION
youth used the product frequently
(on 20 or more days per month)

MAJORITY of the current
e-cigarette users reported



as their usual brand

Current e-cigarette use has **INCREASED DRAMATICALLY**, while current cigarette use has dropped, **UNDERMINING PROGRESS** toward reducing overall tobacco use



Why is this concerning?

The use of e-cigarettes, particularly those with high levels of nicotine, places youth at risk for developing nicotine addiction. Nicotine exposure during adolescence could harm brain development. Additionally, youth who use e-cigarettes are more likely to start smoking cigarettes. Further, e-cigarette aerosol may expose users to other harmful substances such as heavy metals, volatile organic compounds, and ultrafine particles that could harm the lungs.

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Source: 1) Cullen KA, Gentzke AS, Sawley MD, et al. E-cigarette Use Among Youth in the United States, 2019. JAMA. 2019; 321: Gentzke AS, Creamer M, Cullen KA, et al. Vital Signs: Tobacco Product Use Among Middle and High School Students—United States, 2011–2018. MMWR Morb Mortal Wkly Rep 2019.

Note: All numbers presented here are estimates.

CTP-136

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Read the full reports:

- [e-Cigarette Use Among Youth in the United States, 2019](#)[External Link Disclaimer](#)
- [Vital Signs: Tobacco Product Use Among Middle and High School Students — United States, 2011–2018](#)

Learn about the [Youth Tobacco Prevention Plan](#) and FDA's ongoing strategies to reduce youth access and use of e-cigarettes.

Understanding Why Students Use E-Cigarettes

CDC and FDA analyzed data from NYTS 2016 to assess reasons youth use e-cigarettes. Among those who had ever used an e-cigarette, the most commonly selected reasons for use were:

- Use by "friend or family member" (39.0%)
- Availability of "flavors such as mint, candy, fruit, or chocolate" (31.0%)
- The belief that "they are less harmful than other forms of tobacco such as cigarettes" (17.1%)

Read the full report: [Reasons for Electronic Cigarette Use Among Middle and High School Students—National Youth Tobacco Survey, United States, 2016](#)

Goals of NYTS

FDA is committed to a science-based approach that addresses public health issues associated with tobacco use. We collaborate with CDC on this nationally representative survey of middle and high school students that focuses exclusively on tobacco use. NYTS was designed to provide national data on long-term, intermediate, and short-term indicators key to the design, implementation, and evaluation of comprehensive tobacco prevention and control programs.

Additional Resources

- [Statement from FDA Commissioner Scott Gottlieb, M.D., on new data demonstrating rising youth use of tobacco products and the agency's ongoing actions to confront the epidemic of youth e-cigarette use](#)
- [Vital Signs: Tobacco Product Use Among Middle and High School Students — United States, 2011–2018](#)
- [CDC Press Release: Results from 2018 National Youth Tobacco Survey show dramatic increase in e-cigarette use among youth over past year](#)
- [MMWR: Tobacco Use Among Middle and High School Students—United States, 2011-2017](#)
- [Press Release: Results from 2018 National Youth Tobacco Survey show dramatic increase in e-cigarette use among youth over past year](#)
- [2018 NYTS Data: A Startling Rise in Youth E-Cigarette Use](#)
- [2018 NYTS Infographic](#)[External Link Disclaimer](#)
- [2017 NYTS Infographic](#)[External Link Disclaimer](#)
- [2016 NYTS Infographic](#)[External Link Disclaimer](#)
- [2015 NYTS Infographic](#)[External Link Disclaimer](#)
- [MMWR: Reasons for Electronic Cigarette Use Among Middle and High School Students — National Youth Tobacco Survey, United States, 2016](#)
- [CDC Historical NYTS Data and Documentation](#)
- [National Youth Tobacco Survey at CDC](#)
- [Informing Tobacco Regulation through Research](#)