

Apr. 14, 2016

YOUTH TOBACCO & NICOTINE USE CONTINUES TO RISE

Statement from the Bureau of Tobacco Free Florida



Contact:

Communications Office

NewsMedia@flhealth.gov

850-245-4111

Tallahassee, Fla. – New data from the Centers for Disease Control and Prevention shows that the use of e-cigarettes among youth in the United States increased from 2014 to 2015. Three million middle and high school students were current users of e-cigarettes in 2015, up from 2.46 million in 2014. Results from the 2015 National Youth Tobacco Survey (NYTS) show that e-cigarettes were the most commonly used tobacco product among middle school students (5.3 percent) and high school students (16 percent) for the second consecutive year.

The new report also shows another troubling trend among youth. About half of middle school and high school students who used tobacco products in 2015 were current users of two or more tobacco products. Youth who use multiple tobacco products are at higher risk for developing nicotine dependence and might be more likely to continue using tobacco into adulthood.¹

Florida has made significant progress in reducing the number of young people who use conventional cigarettes. In fact, youth cigarette smoking rates in Florida are at an all-time low.² Conventional cigarette use among Florida high school students dropped to 6.9 percent in 2015, which was well below the 9.3 percent prevalence rate among high school students nationwide.

Yet, Florida has experienced some of these similar alarming trends. Current use of e-cigarettes among Florida high school students also increased – from 5.4 percent in 2013 to 15.8 percent in 2015 – according to the 2015 Florida Youth Tobacco Survey (FYTS).³ In just two years, the number of Florida youth who reported ever trying e-cigarettes tripled from 12.2 percent in 2013 to 37.6 percent in 2015. That means one in three high students has tried e-cigarettes.

Nicotine use among young people is a serious public health issue. Because the adolescent brain is still developing, nicotine use during adolescence can disrupt the formation of brain circuits that control attention, learning, and susceptibility to addiction.⁴ We know that nicotine addiction is the fundamental reason people persist in using tobacco,⁵ which remains the leading cause of preventable disease and death.⁶

Tobacco use and addiction most often begin during youth and young adulthood.^{7,8} Nearly 9 out of 10 cigarette smokers start by age 18.⁹ Preventing nicotine addiction among young people is critical to ending the tobacco epidemic.¹⁰

The Florida Department of Health and the Bureau of Tobacco Free Florida are awaiting regulation and guidance from the Food and Drug Administration as the agency works to establish their regulation of e-cigarettes.

About Tobacco Free Florida

The department's Tobacco Free Florida campaign is a statewide cessation and prevention campaign funded by Florida's tobacco settlement fund. Tobacco users interested in quitting are encouraged to use one of the state's three ways to quit. Since 2007, more than 137,000 Floridians have successfully quit, using one of these free services. To learn more about Tobacco Free Florida and the state's free quit resources, visit www.tobaccofreeflorida.com or follow the campaign on Facebook at www.facebook.com/TobaccoFreeFlorida or on Twitter at www.twitter.com/tobaccofreefla.

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts. Follow us on Twitter at [@HealthyFla](https://twitter.com/HealthyFla) and on [Facebook](https://www.facebook.com/HealthyFla). For more information about the Florida Department of Health please visit www.floridahealth.gov.

###

¹ Centers for Disease Control and Prevention. Tobacco Use Among Middle and High School Students—United States, 2013. Morbidity and Mortality Weekly Report, 2014;63(45):1021–6 [accessed 2015 Oct 14].

² Florida Youth Tobacco Survey (FYTS), Florida Department of Health, Bureau of Epidemiology, 2015

³ Florida Youth Tobacco Survey (FYTS), Florida Department of Health, Bureau of Epidemiology, 2015

⁴ England, L. et al. Nicotine and the Developing Human: A Neglected Element of the E -cigarette Debate. Am J Prev Med. 2015 Mar 7. [Epub ahead of print].

⁵ U.S. Department of Health and Human Services. How Tobacco Smoke Causes Disease: The Biology and Behavioral Basis for Smoking-Attributable Disease: A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2010.

⁶ U.S. Department of Health and Human Services. The Health Consequences of Smoking: 50 Years of Progress. A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014. Printed with corrections, January 2014.

⁷ U.S. Department of Health and Human Services. Preventing Tobacco Use Among Young People: A Report of the Surgeon General. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Office on Smoking and Health, 1994 [accessed 2015 Oct 14].

⁸ U.S. Department of Health and Human Services. Preventing Tobacco Use Among Youth and Young Adults: A Report of the Surgeon General. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2012 [accessed 2015 Oct 14].

⁹ U.S. Department of Health and Human Services. Preventing Tobacco Use Among Youth and Young Adults: A Report of the Surgeon General. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2012 [accessed 2015 Oct 14].

¹⁰ U.S. Department of Health and Human Services. The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014