

Health Effects of Tobacco Use: Youth and Adults

According to the Centers for Disease Control and Prevention (CDC), preventing tobacco product use among youth is critical to ending the youth tobacco epidemic in the United States.

Tobacco use is the #1 preventable cause of premature death in the United States. Tobacco use is primarily started during adolescence. In 2024, approximately two in five students who have ever used a tobacco product currently use them.



Electronic Cigarettes have gained popularity among youth and young adults, making them the most commonly used product among youth since 2014. In 2024, about 1 in every 29 middle school students and 1 in every 13 high school students reported using electronic cigarettes in the past 30 days.

Many young people use two or more tobacco products and are at a higher risk for developing nicotine dependence and might be more likely to continue using tobacco into adulthood.



Tobacco use, including other tobacco products and e-cigarettes, harms nearly every organ of the body and affects a person's overall health.

Cigarettes, other tobacco products, and e-cigarettes include nicotine, an addictive drug that can harm adolescent brain development and impact mood, focus, learning, and impulse control.

E-cigarettes can contain other harmful chemicals substances besides nicotine such as:

- Ultrafine particles that can be inhaled deep into the lungs
- Flavorings such as diacetyl, a chemical linked to serious lung disease
- Volatile organic compounds
- Cancer-causing chemicals
- Heavy metals such as nickel, tin, and lead



The liquid used in e-cigarettes has poisoned children and adults by swallowing, breathing or absorbing the liquid through their skin. Nationally, approximately 80% of calls to poison control centers for e-cigarettes are for kids under 5 years of age or younger.

Smoking is known to cause multiple cancers including:

Lung	Kidney
Bladder	Acute Myeloid Leukemia
Mouth & Throat	Larynx
Esophagus	Stomach
Pancreas	Cervix
Liver	Colon & Rectum

Smoking is known to cause multiple lung related illnesses including:

Chronic Bronchitis	Pneumonia
Reduced Lung Function for Smokers	Reduced Lung Function in adults, youth, & infants from Secondhand Smoke
Asthma	Other Respiratory Symptoms
Chronic Obstructive Pulmonary Disease	Emphysema

Smoking is known to cause several other health problems, and some that can lead to death:

Periodontal Disease	Adverse Surgical Outcomes
Cataracts	Age-related Macular Degeneration
Heart Attacks	Stroke
Aortic Aneurysm	Peptic Ulcer Disease
Type 2 Diabetes	Rheumatoid Arthritis
Alzheimer's Disease	Reduced Fertility in Men's Sperm
Decreased Immune Function	Negative Impact on Bone Health

Women who smoke also have a higher risk of the following:

Experiencing Reduced Fertility	Giving Birth Prematurely
Facing Sudden Infant Death Syndrome with their Baby	Giving Birth to a Low-Birth-Weight Baby
Experiencing Hip Fractures	Osteoporosis



Nevada Youth Tobacco Statistics

The following data was captured from the 2023 Nevada High School Youth Risk Behavior Survey (YRBS) Report.

Tobacco Use	2023
Percentage of high school students who ever smoked cigarettes (even one or two puffs)	15.3%
Percentage of high school students who smoked cigarettes for the first time before age 13 years (even one or two puffs)	7.4%

Percentage of high school students who thought it would be Fairly/Very Easy to get cigarettes if they wanted some	40.2%
Percentage of high school students who used smokeless tobacco during the 30 days before the survey	3.4%

Electronic Vapor Product Use	2023
Percentage of high school students who ever used electronic vapor products (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens such as 'JUUL', 'Vuse', NJOY', 'Puff Bar', 'blu', or 'Bidi Stick')	33.6%
Percentage of high school students who tried electronic vapor products for the first time before age 13 years (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens such as 'JUUL', 'Vuse', NJOY', 'Puff Bar', 'blu', or 'Bidi Stick')	9.0%
Percentage of high school students who thought it would be Fairly/Very Easy to get electronic vapor products if they wanted some	50.2%

Bottom Line – Youth use of tobacco products is unsafe in any form. One way to prevent the significant adverse consequences of tobacco use is to prevent youth from purchasing cigarettes, smokeless tobacco, and other tobacco products.

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Training Module:

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Tobacco Control Program
Division of Public and Behavioral Health

This publication is supported by the Nevada State Division of Public and Behavioral Health. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Division.