



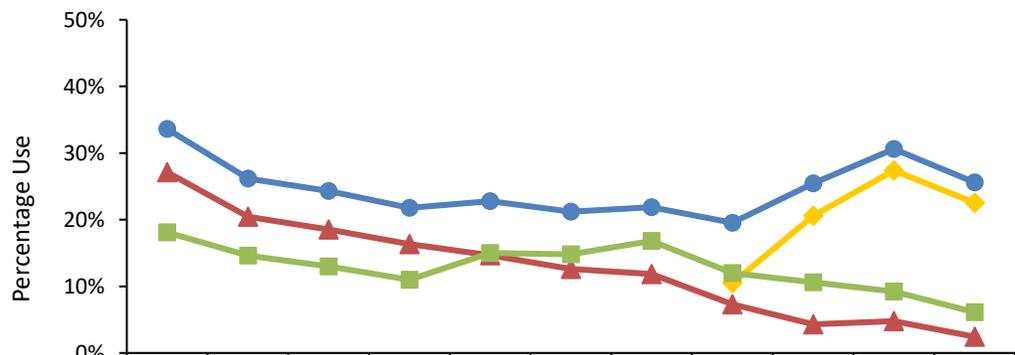
## Milestones in Tobacco Control: Youth Tobacco Use Declines Across All Product Types in 2020, Lowest Youth Smoking Rate on Record

In 2020, New York State achieved two major milestones in tobacco control: youth tobacco use was down across all product categories, and the youth smoking rate reached an all-time low – less than 3% of high school age youth smoke cigarettes. It is well established that tobacco use among youth and young adults in any form is not safe. Nicotine exposure during adolescence can cause addiction and can harm the developing adolescent brain.<sup>1</sup> In 2019, the e-cigarette or vaping product use-associated lung injury (EVALI) outbreak further underscored public health concern regarding e-cigarette use among young people. After staggering increases in youth tobacco use between 2014 and 2018, primarily driven by electronic cigarettes (also referred to as e-cigarettes, Electronic Nicotine Delivery Systems or ENDS), new data from the NY Youth Tobacco Survey (NY-YTS) indicate that tobacco use among high school age youth has declined across all product categories from 30.6% to 25.6% between 2018 and 2020.<sup>2</sup> According to the data:

- Cigarette smoking among high school youth is at an all-time low: only 2.4% of high school youth are current smokers, representing a 91% decline in the youth smoking rate since 2000 when 27.1% of high school age youth were current smokers.
- E-cigarette use among high school youth decreased in 2020, a first since NY has monitored use of these products, from 27.5% in 2018 to 22.5% in 2020. However, ENDS are still the most commonly used tobacco products among youth.
- Other tobacco product use, including cigars, smokeless tobacco, pipe tobacco, and hookah, also decreased among high school youth, from 9.2% in 2018 to 6.1% in 2020.

Continued surveillance of all tobacco product use among youth is important, especially to monitor the use of emergent products in this population, particularly given the recent and ongoing policy changes at the state and local levels.

### Trends in Any Tobacco Product Use among High School Students<sup>3</sup> in NYS, NY-YTS 2000-2020



|                        | 2000  | 2002  | 2004  | 2006  | 2008  | 2010  | 2012  | 2014  | 2016  | 2018  | 2020  |
|------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Any Tobacco Products   | 33.6% | 26.2% | 24.3% | 21.8% | 22.8% | 21.2% | 21.8% | 19.5% | 25.4% | 30.6% | 25.6% |
| Cigarettes             | 27.1% | 20.4% | 18.5% | 16.3% | 14.7% | 12.6% | 11.9% | 7.3%  | 4.3%  | 4.8%  | 2.4%  |
| ENDS                   | n/a   | 10.5% | 20.6% | 27.4% | 22.5% |
| Other Tobacco Products | 18.1% | 14.6% | 13.0% | 11.0% | 15.0% | 14.8% | 16.8% | 12.0% | 10.6% | 9.2%  | 6.1%  |

1. U.S. Department of Health and Human Services. E-Cigarette Use Among Youth and Young Adults. A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention (CDC), National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2016.

2. Based on methods developed by CDC, the YTS is a school-based survey of a representative sample of high school students in NYS. The average sample size of high school students in the YTS, for all years excluding 2008 and 2020, is 8,000. In 2008, a special study was conducted, and the sample was increased to 23,133. In 2020, due to school closures during the COVID-19 pandemic, approximately half the sample was collected (n=3895); non-response bias analyses were performed which concluded data quality and representativeness were not impacted by reduced sample size.

3. “Any Tobacco Product” refers to the products that were asked about in the YTS year. Cigarettes, cigars, and smokeless tobacco have been monitored since 2000. Bidis and kreteks were included from 2000 to 2010. Pipe was included from 2000 to 2008, and again in 2014. Hookah was included beginning in 2008 and ENDS were included beginning in 2014. “Other Tobacco Product” refers to any product other than cigarettes or ENDS. Current tobacco use is defined as use on one or more days in the past 30 days.