

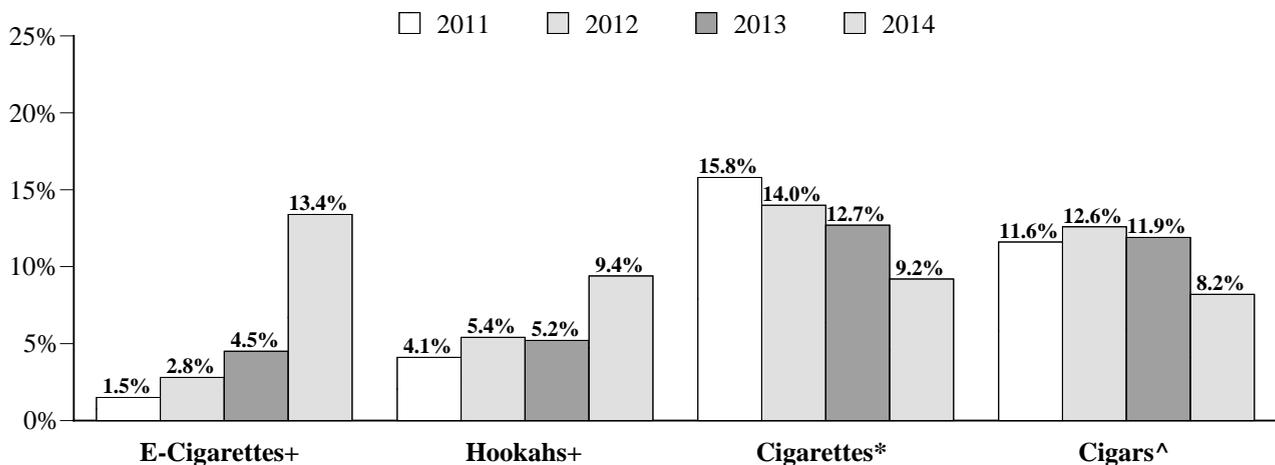
A Weekly FAX from the Center for Substance Abuse Research

University of Maryland, College Park

## *E-Cigarette and Hookah Use Increase Among U.S. High School Students, as Cigarette and Cigar Use Decrease*

The use of e-cigarettes by U.S. high school students tripled and the use of hookahs doubled from 2013 to 2014, according to data from the National Youth Tobacco Survey. The percentage of U.S. high school students reporting past month e-cigarette use increased from 4.5% to 13.4%, while the percentage reporting hookah use increased from 5.2% to 9.4%. Similar results were found for middle school students—e-cigarette use increased from 1.1% to 3.9% and hookah use from 1.1% to 2.5% (data not shown). At the same time, past month cigarette and cigar use decreased (see figure below). According to the authors, “Youth use of tobacco in any form . . . is unsafe; regardless of mode of delivery, nicotine exposure during adolescence, a critical time for brain development, might have lasting adverse consequences for brain development, causes addiction, and might lead to sustained use of tobacco products. Rapid changes in use of traditional and emerging tobacco products among youth underscore the importance of enhanced surveillance of all tobacco use” (p. 385).

**Percentage of High School Students Reporting Tobacco Use in the Past 30 Days, by Tobacco Product, 2011-2014**



+nonlinear increase from 2011 to 2014 ( $p < 0.05$ ); \*linear decrease from 2011 to 2014 ( $p < 0.05$ ); ^nonlinear decrease from 2011 to 2014 ( $p < 0.05$ )

NOTE: Changes between 2013 and 2014 in the wording and placement of questions about the use of e-cigarettes and hookahs might have affected responses about use of the products, but overall prevalence estimates are comparable to findings from other nationally representative surveys such as Monitoring the Future (see *CESAR FAX*, Volume 24, Issue 5) and the National Survey on Drug Use and Health.

SOURCE: Adapted by CESAR from Arrazola, R.A., et al., “Tobacco Use Among Middle and High School Students—United States, 2011-2014,” *Morbidity and Mortality Weekly Report* 64(14):381-385. Available online at <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6414a3.htm>. For more information, contact René A. Arrazola at [rarrazola@cdc.gov](mailto:rarrazola@cdc.gov) or 770-488-2414.

•• 301-405-9770 (voice) •• 301-403-8342 (fax) •• [cesar@umd.edu](mailto:cesar@umd.edu) •• [www.cesar.umd.edu](http://www.cesar.umd.edu) ••

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