



The Tobacco Stats: Youth Edition

Over **3 million youth** are using tobacco products (NYTS 2022).

90% of adult daily smokers started **smoking by the age of 18.**

More than **2.5 million** high and middle school students currently **use e-cigarettes.**

Among current youth e-cigarette users:



The most commonly used device type is **disposables.**



More than **1 in 4** use e-cigarettes daily.



Almost **85%** use flavored e-cigarettes.



Resources to Help You Quit



Tobacco Free Adagio Health

tobaccofree.adagiohealth.org

Call **855.891.9989**

Text **Start My Quit** to **36072**

18 and under free and confidential way to quit smoking or vaping.

Text **QUIT** to **47848**

A program for teens aged 13-17 in the United States who are ready to quit smoking.

Text **DITCHVAPE**

to **88709**

This is Quitting is a free and anonymous text messaging program from Truth Initiative designed to help young people quit vaping.

FREE APPS

quitSTART – Create your own Quit Kit with customized tips and materials. The more information you add about your smoking habits, the better the app can personalize content to fit your needs.

My QuitBuddy – My QuitBuddy is quite literally a “companion” app to help you track the differences in your health and lifestyle when you quit smoking.

EasyQuit – With this app, you can watch all aspects of your health improve, from your blood circulation and oxygen levels to your senses of taste and smell.

SmokeFree – There are two ways to quit with SmokeFree. Choose the quit mode if you’re highly motivated, or use the reduce mode if you need more time.