



Tulare County Office of Education | CHOICES TUPE Newsletter

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Facts about tobacco use

The CHOICES TUPE program helps students understand the consequences of unhealthy decisions such as choosing to use tobacco, alcohol, and other drugs. Through the program, students discover information and build skills they can use to successfully transition through important life milestones.



Fast Facts

- Smoking leads to disease and disability, and harms nearly every organ of the body.
- The tobacco industry spends billions of dollars each year on marketing tobacco products.
- About four of every 100 middle school students (4.0%) and about 13 of every 100 high school students (13.4%) reported current use of a tobacco product.
- In 2021, 80.2% of high school students and 74.6% of middle school students who used tobacco products in the past 30 days reported using a flavored tobacco product during that time.
- E-cigarettes have been the most commonly used tobacco product among youth since 2014.



How much?

Nearly 40 million U.S. adults still smoke cigarettes, and an estimated 2.55 million middle and high school students use at least one tobacco product, including e-cigarettes. Every day, about 1,600 U.S. youth younger than 18 years smoke their first cigarette.




Video Resources

[youtube.com/watch?v=WbjlrUvgBwk](https://www.youtube.com/watch?v=WbjlrUvgBwk) (Dangers of tobacco)
[cdc.gov/tobacco/data_statistics/index.htm](https://www.cdc.gov/tobacco/data_statistics/index.htm) (Information on tobacco)

“Nicotine is extremely fast-acting. Just one cigarette is enough to get an adult hooked and one puff to get an ex-smoker hooked again.” – Unknown

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