



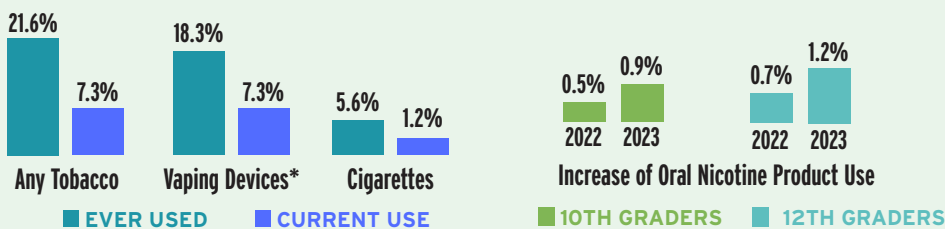
California Youth Tobacco Use

Summary of Findings from the 2023 CA Youth Tobacco Survey

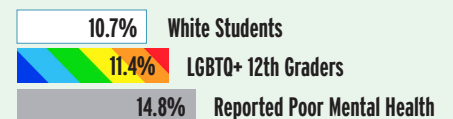
Tobacco use remains a serious public health threat among youth populations as a result of tobacco industry tactics, including the development of new and addictive products. The United States Surgeon General declared a youth vaping epidemic in 2018 following a 78% increase in high school student e-cigarette use from the year prior.¹ In 2019, 31% of high school-aged youth reported tobacco use during the past 30 days.²

Fortunately, rates of tobacco use among youth in California have decreased since 2019. While the change in prevalence is promising, the California Youth Tobacco Survey (CYTS) offers insight into youth behavior. **This fact sheet highlights key findings from the 2023 CYTS.** The CYTS is administered annually to 8th, 10th, and 12th grade students from California middle and high schools since 2021 and prior to 2021, once every two years.³

PREVALENCE AMONG HIGH SCHOOL STUDENTS

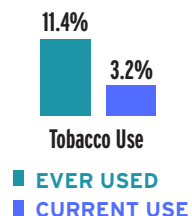


Highest Tobacco Use Among High School Students



*41.5% of youth who use a vaping device do so 20-30 days a month.

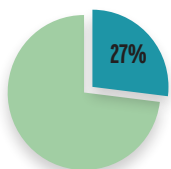
PREVALENCE AMONG MIDDLE SCHOOL STUDENTS



- Tobacco use among middle schoolers is lower than older students.
- Similar to high school students, vaping (2.5%) is the most common form of tobacco use followed by use of nicotine pouches (0.6%).

Current tobacco use among 8th graders is highest among youth who identified their gender as "something else" or "I'm not sure yet" (6.8%) and multiracial students (5.9%).

USING MORE THAN ONE PRODUCT



Approximately 27% of high school students who report current tobacco use state that they use more than one tobacco product. Poly use of tobacco products is higher among 10th graders (30.4%), LGBTQ+ youth (31.1%), young people who identified their gender another way (50.6%), and youth who identify as multiracial (34.3%).

Students also reported co-use of a tobacco product and marijuana. In 2023, 4.9% of youth who shared they currently use marijuana, co-use with tobacco. This is a slight increase from 4.2% of respondents in 2022.

REASONS FOR VAPING

High school students were asked to share why they vape. The top four reasons for current vaping were:

- To relax or relieve stress and anxiety (35.2%)
- For the nicotine buzz (20.6%)
- To have a good time with friends (9.8%)
- Addiction (because I'm hooked) (5.6%)

1. Cullen et al. (2018). Use of electronic cigarettes and any tobacco product among middle and high school students - United States, 2011-2018. MMWR Morb Mortal Wkly Rep, 67:1276-1277.

2. Wang, et al. (2019). Tobacco product use and associated factors among middle and high school students - United States, 2019. MMWR Surveil Summ, 68:1-22.

3. Clodfelter et al. (2023). Annual results report for the California Youth Tobacco Survey 2023. RTI International.

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