



A MINUTE OF HEALTH WITH CDC

New Tobacco Trends

Tobacco Product Use Among Adults — United States 2013-2014

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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Cigarette smoking in the United States has been on a steady decline over the past 50 years. However, new tobacco products are becoming increasingly popular. A recent study found that nearly one in five U.S. adults use a tobacco product either every day or some days. Cigarettes are still the most commonly used tobacco products among all adults, however, newer forms of tobacco products, such as e-cigarettes and water pipes, are most popular among younger adults aged 18 to 24. Rather than choosing a new form of tobacco product, the safest and healthiest choice is to quit using *all* tobacco products completely.

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