



A MINUTE OF HEALTH WITH CDC

No Good Alternatives to Cigarettes

Consumption of Cigarettes and Combustible Tobacco — United States, 2000–2011

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

For the past 50 years, cigarette smoking has steadily declined in the US, but people are now smoking other forms of tobacco in record numbers. The trend is especially noticeable in youth and young adults. The use of cigarette-like cigars and loose tobacco for roll-your-own use has increased 123 percent over the past decade. They often cost less, but they contain the same toxic chemicals that can lead to cancer, heart disease, and other smoking-related illnesses. Parents, teachers, and other mentors should talk with young people about the dangers of *all* forms of tobacco use.

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