



Facts About Tobacco Use Among U.S. College Students

- 27% of young adults are current smokers, representing the highest smoking rates among all age groups. (Behavior Risk Factor Survey Study, 2006)
- In addition to picking up tobacco use in college, current users increase their rate of tobacco use from high school to college (Hayes, et al, 2007)
- Almost 40% of college-aged smokers either began smoking (11%) or became regular smokers (28%) after starting college. (Wechsler, et al, 1998)
- According to a recent report, 2 out of 5 young adults aged 18-24 years intend to quit smoking within the next 30 days. (A Closer Look, 2007)
- Half of current college smokers have tried unsuccessfully to quit in the previous year. (Ibid.)

It's Not Just Cigarettes Anymore

- Most college students who use tobacco use more than one tobacco product, with cigars and cigarettes being the most common combination. (Rigotti et al, 2000)
- According to Smokeshop Magazine, 200-300 hookah bars have opened nationwide since 2000, many near college campuses. (www.antismoke.org)
- While many hookah smokers consider this practice less harmful than smoking cigarettes, water pipe smoke delivers the addictive drug nicotine and is at least as toxic as cigarette smoke—possibly causing oral cancer, esophageal cancer, gastric carcinoma, lung cancer, reduced pulmonary function and decreased fertility. (CDC, Hookahs)
- Due to the mode of smoking, including frequency of puffing, depth of inhalation and length of the smoking session, hookah smokers may absorb higher concentrations of the toxins found in cigarette smoke. (CDC, Hookahs)