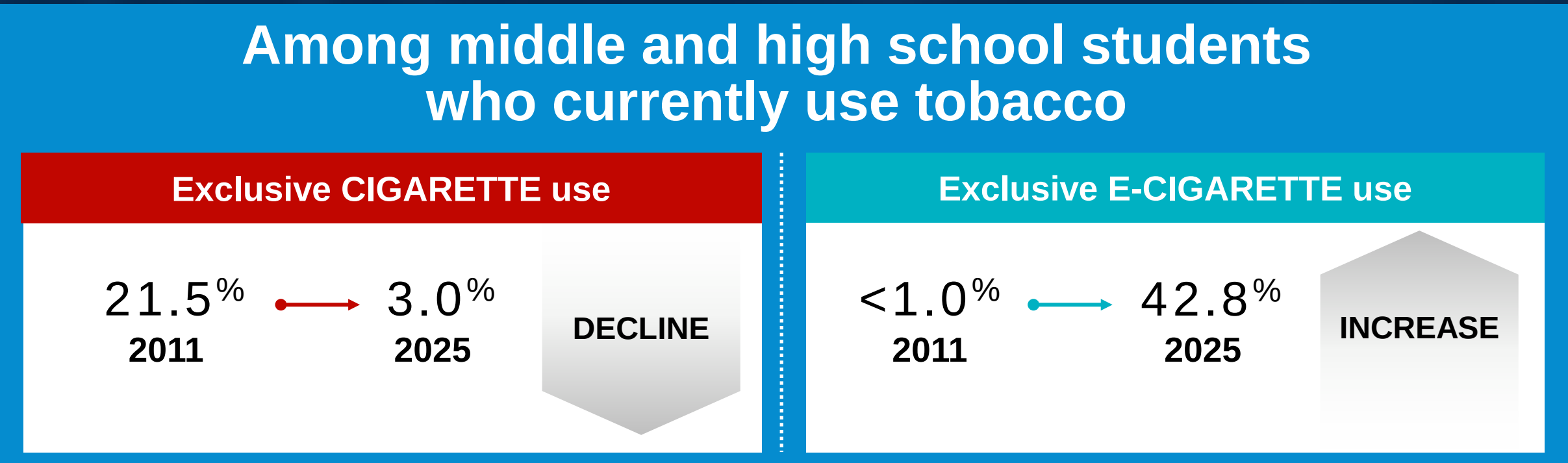


National Trends in Exclusive and Multiple Tobacco and Nicotine Product Use Among U.S. Youth and Underage Adults

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INTRODUCTION

- Tobacco and nicotine product use among underage individuals has changed substantially over the past decade
- Current use of any tobacco product among middle- and high-school students declined from 16.8% in 2011 to 7.0% in 2025, while current cigarette smoking declined from 10.8% to 1.4%
- As cigarette smoking declined, emerging noncombustible products, including e-cigarettes and nicotine pouches, reshaped patterns of exclusive, dual-, and poly-product use
- Examining product use patterns among current users provides insights beyond overall prevalence estimates alone
- Characterizing these changes provides important context for surveillance and underage use prevention efforts

AIM

- To characterize trends in exclusive and multiple tobacco and nicotine product use among U.S. middle- and high-school students and underage adults aged 18–20 years

METHODS

- Survey-weighted estimates were generated using data from the National Youth Tobacco Survey (NYTS; 2011–2025) and the ALCS Underage Tobacco Use Survey (UTUS; 2020–2025)
- NYTS is an annual, cross-sectional, school-based survey that uses nationally representative samples of U.S. middle- and high-school students (grades 6–12)
- UTUS is a repeated cross-sectional household survey that draws probability samples of non-institutionalized individuals aged 13–20 years living in the U.S. (Cheng et al., 2023). UTUS is fielded quarterly; annual estimates presented here combine data across all four quarters
- Analyses are among respondents reporting past-30-day use of at least one assessed tobacco or nicotine product (current users)
- NYTS analyses examined exclusive and multiple-product use among current users in middle and high school, while UTUS analyses provided complementary estimates among current users aged 18–20 years
- Product categories reflected products assessed in each survey year. Categories not assessed in a given year should not be interpreted as having zero prevalence

CONCLUSIONS

- Among current users, tobacco and nicotine product-use patterns shifted markedly away from exclusive cigarette use and toward exclusive e-cigarette use
- By 2025, among both middle- and high-school students and underage adults, exclusive e-cigarette use was the most common use pattern, although several dual-use combinations persisted
- Among middle- and high-school students, exclusive nicotine pouch use increased following the introduction of nicotine pouch measures in NYTS in 2021, while nicotine pouch-related dual-use patterns varied across years
- Among underage adults, exclusive modern oral nicotine product use was higher in 2025 than in earlier UTUS survey years
- The UTUS findings extend the assessment into underage adulthood and show that, despite the predominance of exclusive e-cigarette use, some underage adults dual use or use other combinations of tobacco products
- Continued surveillance should assess both overall product prevalence and the composition of use among current users to monitor evolving tobacco and nicotine product-use patterns and inform underage use prevention efforts

RESULTS

Figure 1: Trends Over Time – Product Use Patterns Among Current Tobacco or Nicotine Product Users in U.S. Middle and High School Students, NYTS 2011-2025

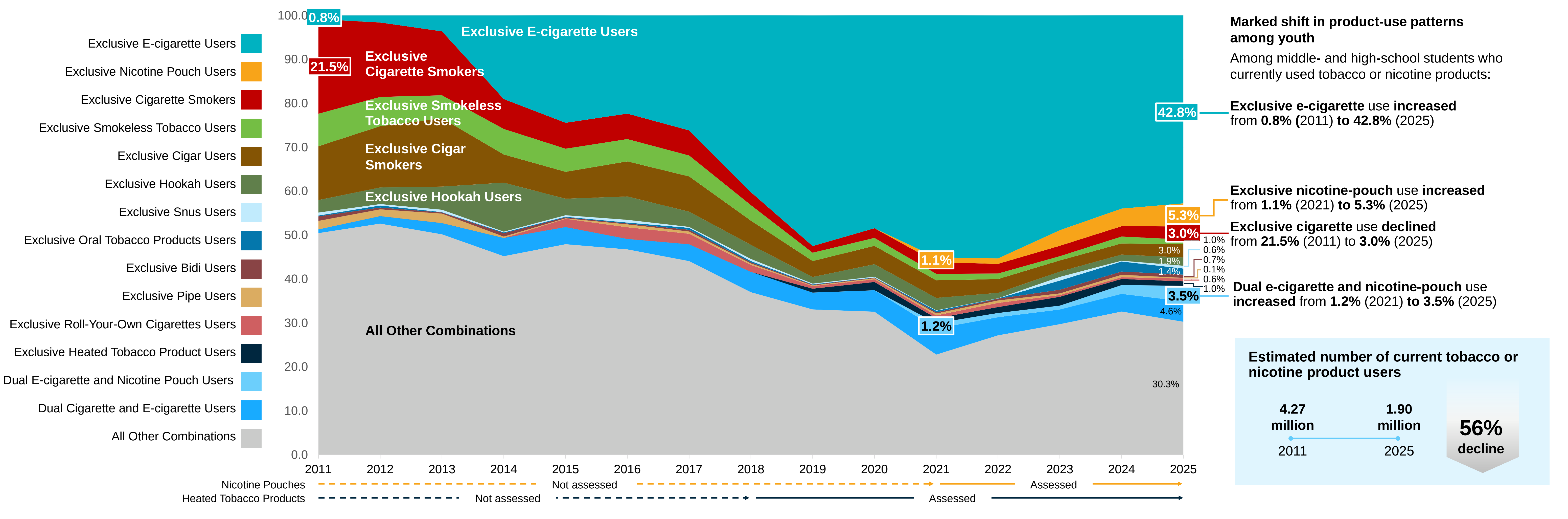
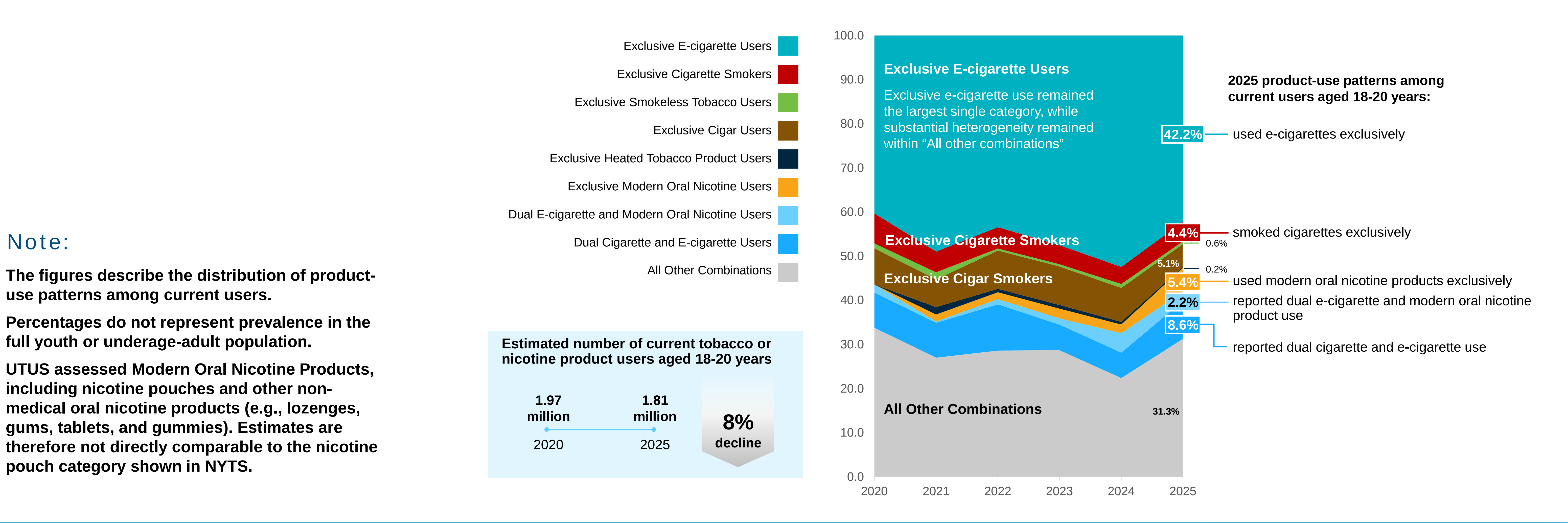


Figure 2: Product Use Patterns Among Underage Adults Aged 18-20 Years, UTUS 2020-2025



Note:

The figures describe the distribution of product-use patterns among current users. Percentages do not represent prevalence in the full youth or underage-adult population. UTUS assessed Modern Oral Nicotine Products, including nicotine pouches and other non-medical oral nicotine products (e.g., lozenges, gums, tablets, and gummies). Estimates are therefore not directly comparable to the nicotine pouch category shown in NYTS.

REFERENCES

Cheng, H.G., Vansickel, A.R. and Largo, E.G., 2023. Awareness and use of tobacco products among underage individuals: findings from the altria client services underage tobacco use survey 2020–2022. *BMC Public Health*, 23(1), p.662. DOI: 10.1186/s12889-023-15610-1



[U.S. Food & Drug Administration. National Youth Tobacco Survey \(NYTS\).](#)
◀ NYTS information



[Altria Client Services LLC. Underage Tobacco Use Survey \(UTUS\).](#)
◀ UTUS information



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