Smoking More Prevalent in Teenagers

Women are more likely to start smoking in their early teen years, with 52 percent of girls and 41 percent of boys starting smoking by age 17, according to the Surgeon General’s report on smoking and health. An estimated 9 percent of 13-year-olds smoke, and this number increases to 12 percent by age 18. **Note:** This is based on self-reports by youth and is not based on public health data.

**Source:** Created by the NHIS (National Health Interview Survey). The findings are updated on an annual basis.

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**Prevention Strategies**
- **Focus on Early Intervention:** Targeting young children and teenagers can help prevent smoking before it starts.
- **School-based Programs:** Implementing programs that address the social and academic pressures faced by young people can reduce the likelihood of starting smoking.
- **Parental Influence:** Encouraging parents to be non-smokers and role models can significantly influence their children’s smoking habits.

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**Key Points**
- Smoking among teenagers is a significant public health issue.
- Women are more likely to start smoking in their early teen years.
- One in five 13-year-olds smokes, and this increases to one in four by age 18.
- Preventing smoking among teenagers is crucial for reducing the nicotine addiction cycle.

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**Key Statistics**
- 9% of 13-year-olds smoke.
- 12% of 18-year-olds smoke.
- Women are more likely to start smoking in their early teen years.
- Smoking prevalence increases from 9% at age 13 to 12% at age 18.