

Helping Youth Thrive

**A *Kansas Youth Tobacco Use* fact sheet is available from the Kansas Department of Health and Environment and has recently been updated for 2020.**

**The data reflects that nearly one in four (24.8%) Kansas high school students have ever tried conventional cigarettes (even one or two puffs) and 5.8% currently smoke conventional cigarettes while nearly half (48.6%) Kansas high school students have ever tried e-cigarettes, and 22.0% currently use e-cigarettes.**

**Nearly nine out of ten current smokers start by age 18, and 98% start by age 26 according to the Office of the Surgeon General. Research has shown that raising the minimum legal sale age for tobacco products from 18-21 will likely prevent or delay the use of tobacco among youth. Tobacco-21 was enacted at the federal level in December 2019.**

**The KDHE fact sheet can be found at  
[http://www.kdheks.gov/tobacco/tobacco\\_facts.html](http://www.kdheks.gov/tobacco/tobacco_facts.html).**

**Adverse Childhood Experiences (ACEs) are potentially traumatic events that occur in childhood. ACEs can include violence, abuse, and growing up in a family with mental health or substance use problems.**

**Toxic stress from ACEs can change brain development and affect how the body responds to stress. ACEs are linked to chronic health problems, mental illness, and substance misuse in adulthood.**

**Preventing ACSs can help children and adults thrive and potentially lower risk for conditions like depression, asthma, cancer, and diabetes in adulthood; reduce risky behaviors like smoking and heavy drinking; improve education and job potential, and stop ACEs from being passed from one generation to the next.**

**Want to learn more? [www.cdc.gov/vitalsigns/aces/](http://www.cdc.gov/vitalsigns/aces/).**