

Tobacco Harm Reduction 101

United States 2025

Lawmakers are often bombarded with misinformation on the products used by adults in their state. This annual analysis provides up-to-date data on the adults who use cigarettes and e-cigarette products in the United States. This information also includes data on youth use, impacts of e-cigarettes and analyses of existing tobacco monies.

Key Points:

- In 2023, 31.7 million U.S. adults (12.1 percent) were currently smoking. This is an 11.5 percent decrease from 2022 and represents 3.9 million fewer adults smoking.
- Among all smoking adults in the United States in 2023, 6.9 percent were 18 to 24 years old, 46.5 percent were 25 to 44 years old, 25.1 percent were 45 to 64 years old, and 21.5 percent were 65 years or older.
- Among all adults earning \$25,000 or less in 2023, 23.9 percent were currently smoking compared to 7.5 percent of adults earning \$50,000 or more.
- Among all smoking adults in the United States in 2023, 72.9 percent were White, 10.1 percent were Hispanic, 7.7 percent were Black, 4.3 percent Multiracial, 2 percent were American Indian/Alaska Native, 1.5 percent were adults identifying as “Other,” and 1.4 percent were Asian.
- In 2023, 20.3 million U.S. adults (7.79 percent) were currently using e-cigarettes. This is a 0.4 percent increase from 2022 and represents 2.9 million additional adults vaping.
- Among all vaping adults in the United States in 2023, 30.4 percent were 18 to 24 years old, 49.2 percent were 25 to 44 years old, 16.8 percent were 45 to 64 years old and 3.6 percent were 65 years or older. In 2023, for every one United States high school student who was smoking, more than 41 adults were currently using cigarettes.
- In 2023, for every one U.S. high school student who was vaping, more than 16 adults were currently using e-cigarettes.
- The introduction of e-cigarettes has not led to increases in cigarette smoking, but rather, correlates with significant declines in smoking rates among young adults.
- Between 2007 and 2023, smoking rates among U.S. adults aged 18 to 24 years old decreased by 81.8 percent.
- E-cigarette use has decreased among U.S. young adults. Between 2022 and 2023, e-cigarette use among 18- to 24-year-olds decreased by 9.8 percent.
- Cigarette excise taxes in United States disproportionately impact low income and low education persons, while failing to significantly reduce smoking rates among that class.
- Among U.S. adults earning \$25,000 or less, smoking rates decreased on average by 1.1 percent annually between 2003 and 2023, while rates among adults earning \$50,000 or more decreased by 3.7 percent during the same period.
- In 2023, low-income adults were 3.2 times more likely to smoke than high income earners.
- In 2023, among U.S. adults who did not graduate high school, 24.8 percent were currently smoking, while only 4.7 percent of college graduates were smoking.
- In 2023, adults lacking a high school diploma were 5.2 times more likely to smoke than college graduates.
- The United States woefully underfunds programs to prevent youth use of tobacco and/or vapor products and help adults quit smoking, while simultaneously receiving millions of dollars from the pockets of the adults who smoke. In 2023, for every \$1 U.S. states and Washington, DC received in tobacco monies, they spent only \$0.03 on tobacco control efforts.

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Adult Combustible & E-Cigarette Use

In 2023, according to data from the annual Behavioral Risk Factor Surveillance System survey, conducted by the Centers for Disease Control and Prevention, an estimated 31.7 million adults (or 12.1 percent of U.S. adults) were currently smoking. This is an 11.5 percent decrease from 2022 when 13.7 percent reported current cigarette use. There were 3.9 million fewer adults smoking in 2023 compared to 2022.

In 2023 (among all U.S. adults), 5.6 percent of 18- to 24-year-olds, 14.4 percent of 25–44-year-olds, 15.5 percent of 45–64-year-olds, and 8.8 percent of adults aged 65 years or older were currently smoking combustible cigarettes. Among all smoking adults in 2023, 6.9 percent were 18 to 24 years old, 46.5 percent were 25 to 44 years old, 25.1 percent were 45 to 64 years old, and 21.5 percent were 65 years or older.

Between 2022 and 2023, smoking rates decreased among 18- to 24-year-olds by 23.5 percent, among 25–44-year-olds by 13 percent, among 45–64-year-olds by 7 percent, and among adults aged 65 years or older by 2.3 percent.

Among all adults earning \$25,000 annually or less in 2023, 23.9 percent reported currently smoking, compared to 7.5 percent of adults who earned \$50,000 or more per year. Low-income adults were 3.2 times more likely to smoke.

In the United States, American Indian/Alaska Native adults reported smoking at a greater percentage of their identified race at 22.2 percent. This is compared to 17.4 percent of Multiracial adults, 15.1 percent of adults identifying as “Other,” 13 percent of Black adults, 12 percent of White adults, 11.1 percent of Hispanic adults, and 6 percent of Asian adults.

Yet, White adults made up a significantly larger percentage of United States’ total adult smoking population. In 2023, White adults accounted for 72.9 percent of United States’ current smoking population, compared to American Indian/Alaska Native adults, who made up 2 percent. Hispanic adults accounted for 10.1 percent, Black adults made up 7.7 percent, Multiracial adults accounted for 4.3 percent, adults identifying as “Other” made up 1.5 percent, and Asian adults accounted for 1.4 percent of United States’ adult smoking population in 2023.

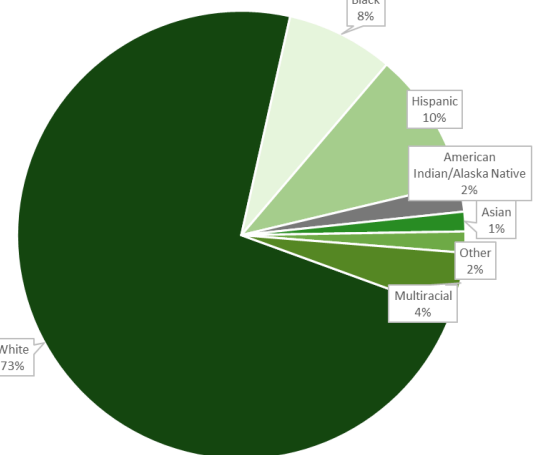
In 2023, an estimated 20.3 million U.S. adults (or 7.79 percent) were currently using e-cigarettes. This is a 0.4 percent increase from 2022 when 7.76 percent reported current e-cigarette use. There were an estimated 2.9 million additional adults vaping in 2023 compared to 2022. There has been a 68.6 percent increase in adults vaping between 2016 and 2023. Further, there were an additional 8.9 million U.S. adults vaping in 2023 compared to 2016.

Among U.S. adults currently using e-cigarettes in 2023, 30.4 percent were 18 to 24 years old, 49.2 percent were 25 to 44 years old, 16.8 percent were 45 to 64 years old and 3.6 percent were 65 years or older. Among adult e-cigarette users in United States in 2023, 69.6 percent were 25 years or older.

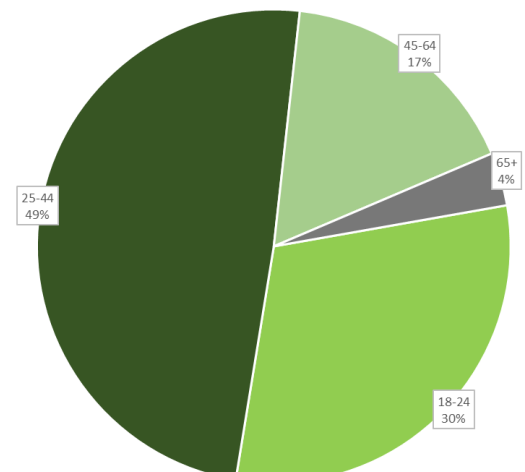
Adult Smoking Rates by Age
United States



Adults Who Smoke, by Race
United States 2023



Adults Who Vape, by Age
United States 2023



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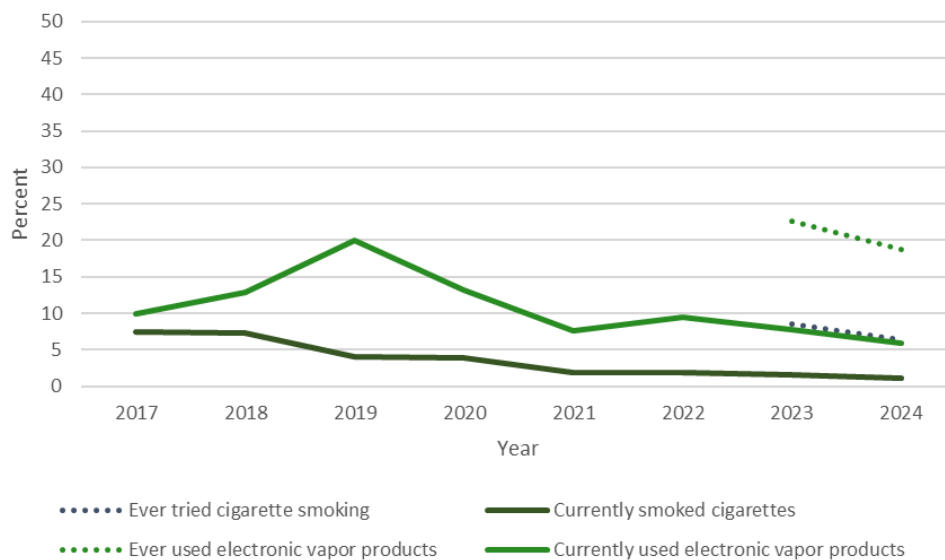
United States 2025

Youth Combustible Cigarette and E-Cigarette Use

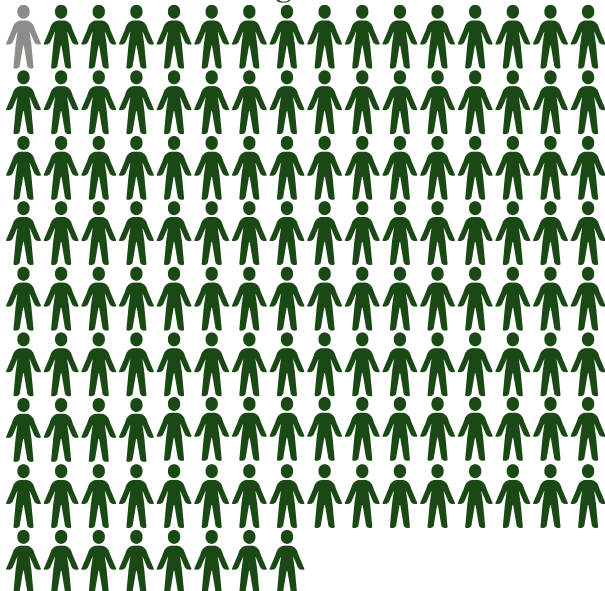
Youth smoking rates are at historic lows in the United States. In 2023, 6.4 percent of high school students reported ever trying combustible cigarettes, while 1.1 percent reported currently smoking, or having used the product on at least one occasion in the 30 days prior. In 2023, approximately 234,000 U.S. high school students were smoking, compared to an estimated 31.7 million U.S. adults aged 18 and over who were currently smoking. For every one high school student smoking in 2023 in United States, more than 135 adults were currently smoking.

Youth vaping continues to decline in the United States. In 2023, 22.6 percent of U.S. high school students reported ever using an e-cigarette, and 7.7 percent reported current use. Between 2019 and 2023, ever-use of e-cigarettes decreased by 51.8 percent, while current use declined by 61.5 percent. In 2023, approximately 1.2 million U.S. high school students were vaping, compared to 20.3 million U.S. adults aged 18 and over who were currently vaping. For every one high schooler vaping in 2023 in United States, more than 16 adults were using e-cigarettes.

High School Cigarette and E-Cigarette Use
United States



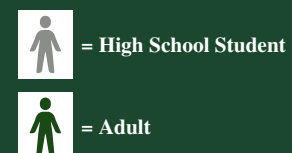
Youth to Adult Smoking Ratio United States 2023



Youth to Adult Vaping Ratio United States 2023



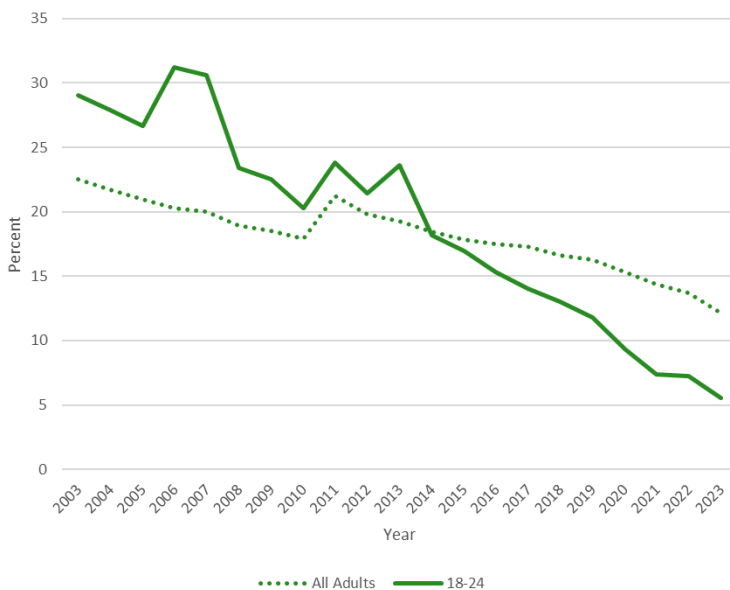
Key



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Young Adult Smoking Rates
United States



Young Adult Cigarette Use

The introduction of e-cigarettes has not led to increases in young adult cigarette smoking, but rather, correlates with significant declines.

E-cigarettes first entered the U.S. market in 2007, when 30.6 percent of 18- to 24-year-olds were currently smoking. Between 2007 and 2023, smoking rates among young adults in the United States decreased by 81.8 percent. Comparatively, among all U.S. adults, smoking rates decreased by 39.5 percent during the same period.

E-cigarette use has decreased among young U.S. adults. In 2023, 18.9 percent of 18- to 24-year-olds were currently using e-cigarettes, which was a 9.8 percent decrease from 2022.

Given the epic lows in young adult smoking rates, lawmakers must refrain from policies that restrict access to alternatives to smoking.

Effects of Cigarette Excise Taxes

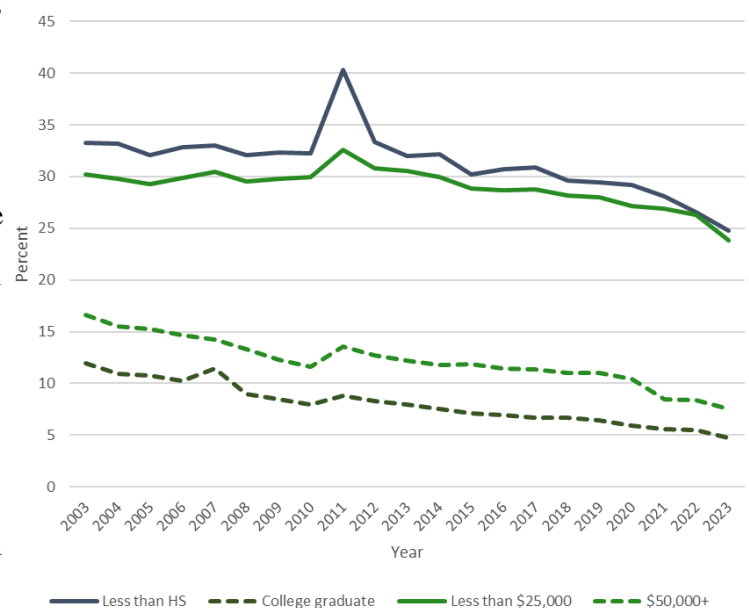
United States currently imposes a \$1.01-per-pack state cigarette excise tax. Lawmakers often justify excise taxes on cigarettes to deter persons from using combustible cigarettes. These taxes not only disproportionately harm lower income and lower educated adults; the taxes also fail to significantly reduce smoking rates among those persons.

Among U.S. adults earning \$25,000 or less, smoking rates decreased on average by 1.1 percent annually between 2003 and 2023, while rates among adults earning \$50,000 or more decreased by 3.7 percent during the same period. In 2023, low-income adults were 3.2 times more likely to smoke than high income earners.

Among U.S. adults who did not graduate high school, 24.8 percent were currently smoking in 2023, compared to 4.7 percent of college graduates who were smoking. In 2023, adults lacking a high school diploma were 5.2 times more likely to smoke than college graduates.

Lawmakers should refrain from enacting further increases in cigarette taxes given their disproportionate effect on low-income persons, while failing to reduce smoking rates.

Smoking Rates by Education and Income
United States



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United States 2025

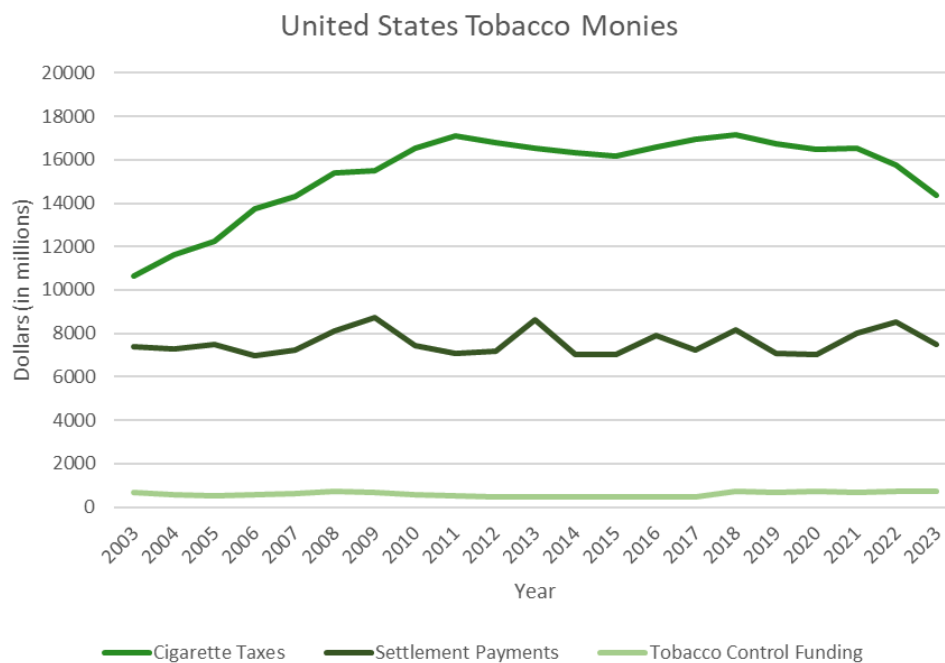
Tobacco Monies

Each year, U.S. states receive billions of dollars borne out of the lungs of persons who smoke. This revenue includes excise cigarette taxes and settlement payments. Yet, each year, states spend miniscule amounts of tobacco-related monies on programs to help adults quit smoking and prevent youth use.

In 2023, the U.S. states and Washington, D.C. collected \$14.3 billion in state excise tax revenue from combustible cigarettes. This was a 9.1 percent decrease from 2022's \$15.8 billion, or \$1.4 billion less. Between 2003 and 2023, U.S. states and Washington, D.C. collected more than \$323 billion in cigarette taxes.

Since the 2000s, U.S. states and Washington, D.C. have collected annual payments from tobacco manufacturers based on the percentage of cigarettes and tobacco products sold in the states in that year, after successfully suing manufacturers for smoking-related health care costs. U.S. states and Washington, D.C. collected \$7.5 billion in settlement payments in 2023, a 12 percent decrease from 2022's \$8.5 billion, or \$1 billion less. Since 2003, U.S. states and Washington, D.C. collected more than \$159 billion in tobacco settlement payments.

While U.S. states and Washington, D.C. collected \$21.8 billion in tobacco-related monies in 2023, they allocated only \$732.6 million in state funding towards tobacco control programs, including cessation, education, and youth prevention efforts, which was an 8 percent increase funding from 2022's \$718.6 million, or an additional \$14 million. This amounts to 5.1 percent of taxes and 9.8 percent of settlement payments. In 2023, for every \$1 the state received in tobacco monies, it spent only \$0.03 on tobacco control efforts. Between 2003 and 2023, U.S. states and Washington, D.C. collected more than \$485 billion in tobacco monies, yet spent only \$12.5 billion (or 2.5 percent) on tobacco control efforts during the same period.



References

1. Data on adult smoking rates comes from the Centers for Disease Control's Behavioral Risk Factor Surveillance Survey including sections on "Demographics - Race," Tobacco Use - All Categories," and "E-Cigarette Use." Accessed August, 2024. <https://www.cdc.gov/brfss/brfssprevalence/>.
2. Data on race and age was compiled using population data from the Annie E. Casey Foundation (<https://datacenter.kidscount.org/>) and Demographic data from the CDC to cross reference the racial population. Then, data from Smoking and Race, and E-Cigarettes and Age, was used to determine the percent of adults who were smoking in 2023.
3. Data on youth tobacco and vapor product use comes from the CDC's National Youth Tobacco Survey. Accessed December, 2024. <https://www.cdc.gov/tobacco/about-data/surveys/national-youth-tobacco-survey.html>.
4. Data on tax information comes from Orzechowski and Walker, "The Tax Burden on Tobacco Historical Compilation Volume 59, 2024, Print.
5. Data on tobacco settlement payments is from Campaign for Tobacco-Free Kids, "Actual Annual Tobacco Settlement Payments Received by the States, 1998-2024. Accessed December, 2024. <https://assets.tobaccofreekids.org/factsheets/0365.pdf>.
6. Data on tobacco control funding is from Campaign for Tobacco-Free Kids, "Appendix A: A History of Spending for State Tobacco." Accessed December, 2024, <https://assets.tobaccofreekids.org/factsheets/0209.pdf>.