Tobacco use is the most serious yet preventable health crisis facing lesbian, gay, bisexual, and transgender (LGBT) youth in their teens and twenties.  

- 40% of LGB high school students actively use at least one type of tobacco product, a rate that is 33% higher than among heterosexual students.\(^1\)  
- 19% of LGB high school students smoke cigarettes, which is nearly double the rate of heterosexual students, while 31% of transgender youth smoke cigarettes.\(^1,2\)  
- LGB youth are twice as likely to be daily smokers and more likely to use multiple tobacco products than are heterosexual youth.\(^1,3\)

LGB youth also use other tobacco products at higher rates:

- **E-cigarettes**: 3 in 10 LGB youth currently use electronic vapor products like e-cigs, which is 25% higher than heterosexual youth. More than half of LGB youth have tried e-cigs.\(^1\)

- **Hookah**: Black LGB youth use hookah at double the rate of their heterosexual peers, while white and Hispanic LGB youth use hookah at a 50% higher rate than their heterosexual peers.\(^5\)

- **Cigars and clove cigarettes**: Black LGB youth use cigars and cloves at three times the rate of heterosexual black youth; multiracial LGB youth use cigars and cloves at a 60% higher rate than multiracial heterosexual youth.\(^5\)

Tobacco-related health disparities follow LGBT youth throughout their lifetimes:

- LGBT youth smokers have higher rates of acute respiratory illnesses (e.g., strep throat, sinus infection, and asthma) than other youth smokers.\(^6\)

- High rates of LGBT youth smoking results in similarly high rates among adults.\(^7\) Smoking is the most preventable cause of cancer and death,\(^8,9\) killing 30,000+ LGBT people per year.\(^10\)
LGBT tobacco disparities are exacerbated by the discrimination LGBT youth face

✓ Gay college students are more likely to smoke when they have to conceal their orientation.\(^{(11)}\)
✓ Increased victimization of LGB youth is correlated with increased smoking.\(^{(12)}\)
✓ In contrast, LGBT youth who live in more supportive communities (e.g., where schools have LGBT-friendly policies and student groups) face lower risk of smoking.\(^{(13)}\)

LGBT youth can break the cycle with proper support

✓ LGBT people are less likely than others to intend to use Quitlines,\(^{(15)}\) and only 28% use nicotine replacement therapy\(^{(14)}\) even though it is generally covered by insurance.
✓ However, LGBT youth respond to targeted, appropriate messaging. A campaign at LGBT nightlife venues resulted in up to 48% reduced odds of smoking.\(^{(17)}\)
✓ LGBT people who are comfortable asking their doctor for help are 80% more likely to prepare to quit smoking,\(^{(14)}\) so healthcare providers can help end these disparities by reaching out to LGBT youth in a culturally-competent and inclusive way.\(^{(18)}\)

References for this document can be found at:
http://hlthlnk.lgbt/fact-sheets