

Tobacco 21



Research shows raising the legal sale age from 18 to 21, known as “Tobacco 21,” would reduce youth tobacco use and prevent kids from starting to smoke by increasing the age gap between kids and those who can legally buy tobacco.

Why raise the age?

Most tobacco users start before age 21

Raising the minimum tobacco sale age to 21 would limit youth access to tobacco until the brain’s ability for rational decision-making is more developed.

Many underage kids know someone 18-20, but fewer know someone 21 or older willing to supply them with tobacco.

Raising the tobacco sale age would keep Minnesota kids from starting

One in four Minnesota students use tobacco products of some kind. Tobacco use kills more Minnesotans than alcohol, homicides, car accidents, AIDS, illegal drugs, and suicide combined.

Teens are especially susceptible to addiction and the harmful effects of nicotine on the developing brain

- Nicotine permanently alters the brain's chemistry and has negative implications for learning, memory, attention, and future addiction.
- Nicotine can be toxic, even deadly.
- No amount of nicotine is safe for youth.

Minnesota communities are taking action to protect kids

The Minnesota Department of Health supports statewide efforts to raise the legal sale age to 21. Nationally, more than 475 communities in 29 states have adopted a Tobacco 21 policy, and many states have raised their minimum tobacco sale age to 21 statewide.

For more information

- [Minnesota Department of Health](http://www.health.mn.gov/tobacco21)
<http://www.health.mn.gov/tobacco21>



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