If I were asked that question, it would be pretty hard for me to answer definitely. In case if "throw away" should be understood literally as eject or toss out, I'd rather say no, but if the phrase is considered as "get rid of something", I would have load of doubts answering.

To my mind, people doesn't emit things easily. Talking about food, clothes or gadgets, such things are hard to be thrown away, regardless the time of usage. Most of us are likely to find a way to give them a second chance: to give them relatives, friends, sell by trade exchange services or swap for something useful. People consider some things as a rubbish only when they're broken and can't be repaired and used again, only thrown away or recycled. The simple explanation is that it's uneasy to toss out a good stuff we bought for our own money just because we don't like or want it anymore. And sometimes it could even lead to hoarding, that is supposed to be a serious disease.

But, as for the second meaning "get rid of things", it is true. Nowadays there are a lot of brands, which announce new products every month, 6 months or year. For example, your iPhone X still works properly, but how can you resist a new iPhone XS Max? New characteristics, technologies, a better sized display... Oh, sounds very temping, doesn't it? And it can be applied to clothes, cars, food, shoes and etc. The market is oversaturated, and companies make efforts to assure us that their new products are much better, and people buy them, even if old ones are still good. Of course, these things are hard to be thrown away, but likely to be changed by a new perfected model.

To sum up, I would like to say yes, people throw away things too quickly, but the tendency to purchase something new doesn't mean that things can be easily ejected.