

2018 ASH Year 10 Snapshot

E-cigarettes and Vaping

E-cigarettes (also known as e-cigs, vaporisers, and vapes) refer to devices that release flavoured vapour as people inhale from them. They may or may not contain nicotine. Vaping refers to the use of these devices. Evidence shows that vaping poses only a small fraction of the risks of smoking and switching completely from smoking to vaping conveys substantial health benefits.¹

Key findings

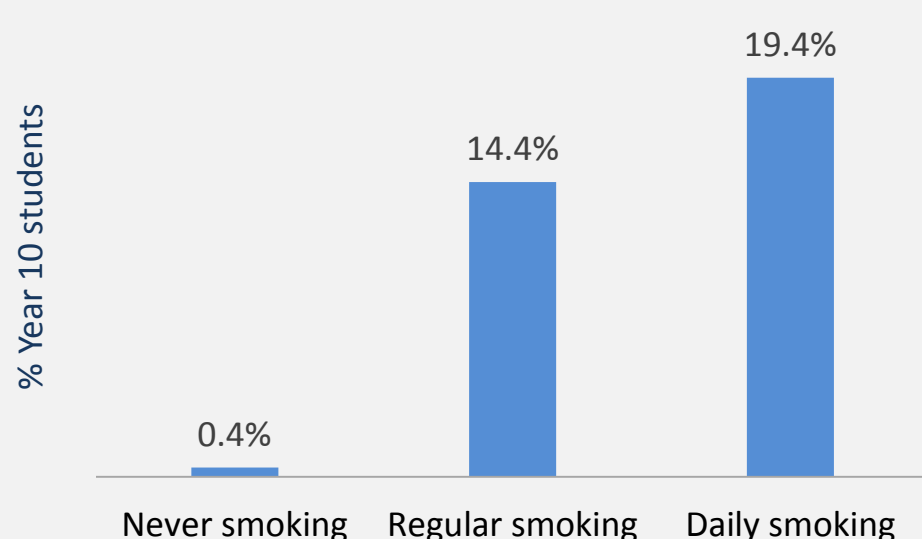
- Fewer than 1% of Year 10 students who never smoked reported using e-cigarettes daily
- Fewer than 2% of Year 10 students reported using e-cigarettes daily
- Students who smoke were over 4 times more likely to have tried an e-cigarette (even a single puff or vape) than students who never smoked
- A third of Year 10 students reported having tried an e-cigarette (even a single puff or vape)

Summary

Youth smoking rates continue to decline, daily use of e-cigarettes is rare and is largely confined to those who have smoked.

Fewer than 1% of students who never smoked reported using e-cigarettes daily

Year 10 students reporting daily use of e-cigarettes by smoking status, 2018



Fewer than 1% of Year 10 students who reported never smoking reported used e-cigarettes daily.

Those who reported daily smoking or regular smoking (i.e. daily, weekly, or monthly smoking), were much more likely to report using e-cigarettes daily.

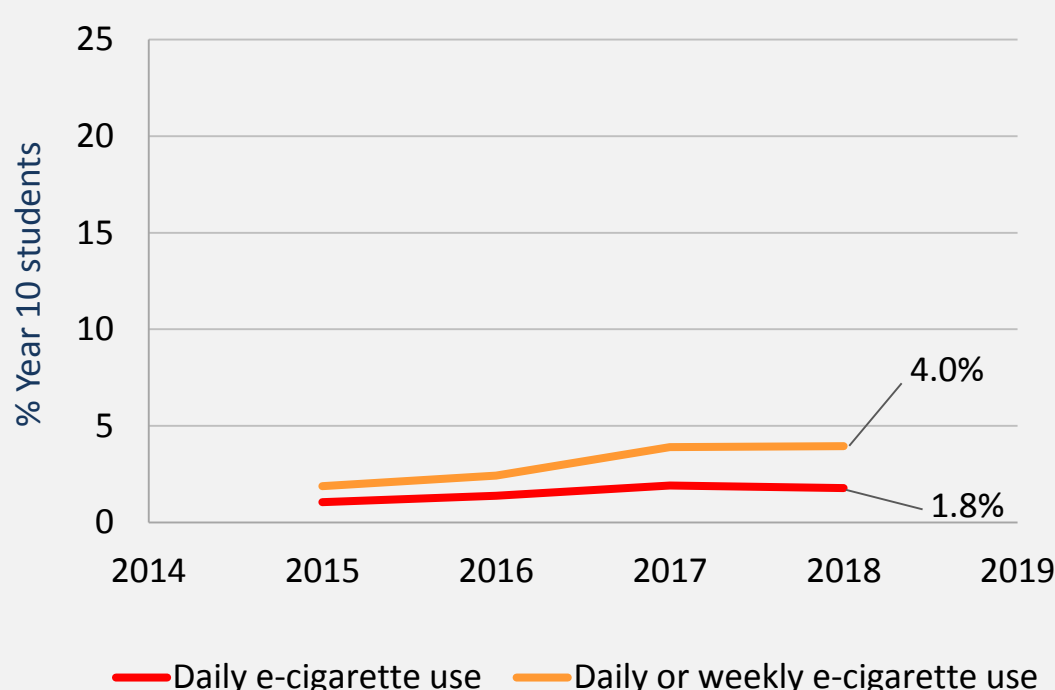
Fewer than 2% of Year 10 students reported using e-cigarettes daily

While daily or weekly e-cigarette use has shown an overall increase since 2015, fewer than 2% of Year 10 students reported using them daily in 2018.

Four percent of participants reported daily or weekly use of e-cigarettes.

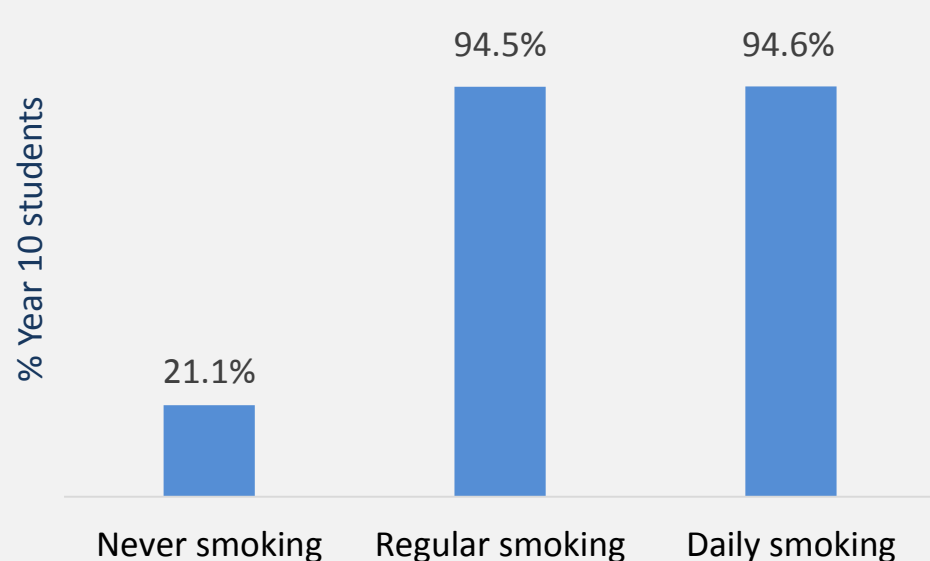
The 2018 results are consistent with findings in the UK² and USA³.

Frequency of use of e-cigarettes by Year 10 students, 2015-2018



Students who smoke were over 4 times more likely to have tried an e-cigarette

Year 10 students who report trying an e-cigarette by smoking status, 2018



Students who smoke were over 4 times more likely to have tried an e-cigarette. 'Tried' includes students who had tried an e-cigarette only once (even a single puff or vape).

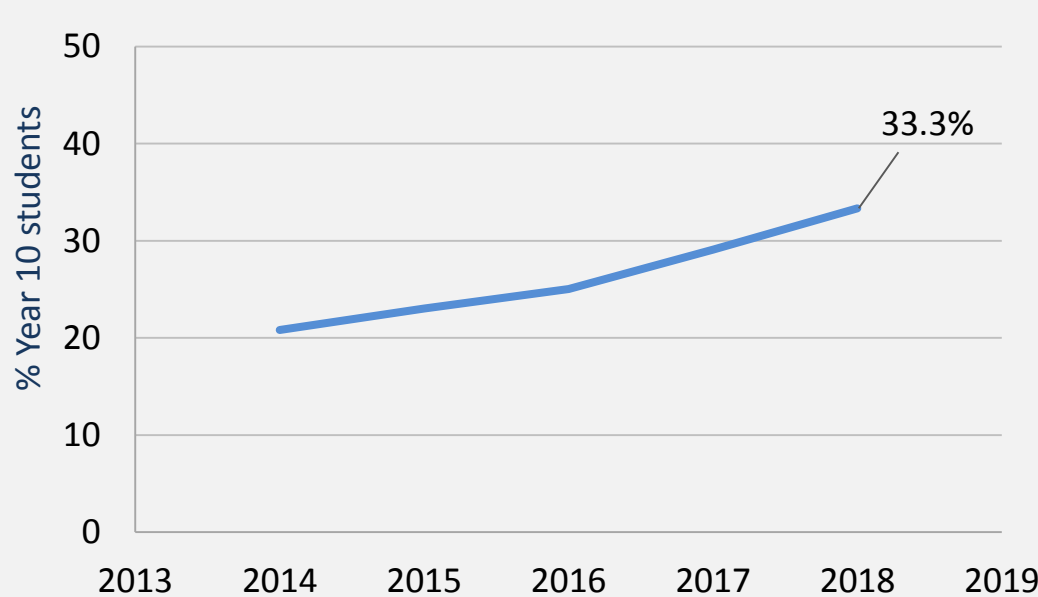
Just over 1 in 5 Year 10 students who reported never smoking had tried an e-cigarette. However, very few – fewer than 1 in 100 – Year 10 students who reported never smoking used e-cigarettes daily.

A third of Year 10 students reported having tried an e-cigarette in 2018

A third of students reported having tried an e-cigarette in 2018. 'Tried' includes students who had tried an e-cigarette only once (even a single puff or vape).

Although the proportion trying e-cigarettes has increased since 2014, this has not been accompanied by a comparable increase in daily use.

Year 10 students who report trying an e-cigarette, 2014-2018



E-cigarette use – ASH Year 10 Snapshot 2018

2018	n*	% Tried e-cigarettes	% Use e-cigarettes daily	% Use e-cigarettes daily or weekly
All	28,433	29.1	1.8	4.0
- Boys	13,446	33.5	2.3	4.8
- Girls	14,987	25.0	1.3	3.2
By smoking status				
- Never smoking	23,078	21.1	0.4	1.1
- Regular smoking	1,400	94.5	14.4	30.7
- Daily smoking	533	94.6	19.4	34.8

* n is the number of participants

¹ McNeill et al. 2018. E-cigarettes and heated tobacco products: evidence review. Retrieved from <https://www.gov.uk>

² Bauld et al. 2017. Young people's use of e-cigarettes across the United Kingdom: Findings from five surveys 2015-2017. Int. J. Environ. Res. Public Health 14(9): 973. doi:10.3390/ijerph14090973

³ CDC 2019. Historical NYTS data and documentation, 2018. Retrieved from <https://www.cdc.gov>