

2017 ASH Year 10 Snapshot

E-cigarettes

Electronic cigarettes, also known as vaporisers, are battery-powered devices that release flavoured vapour as people inhale from them. They may or may not contain nicotine. Vaping poses only a small fraction of the risks of smoking and switching completely from smoking to vaping conveys substantial health benefits.¹

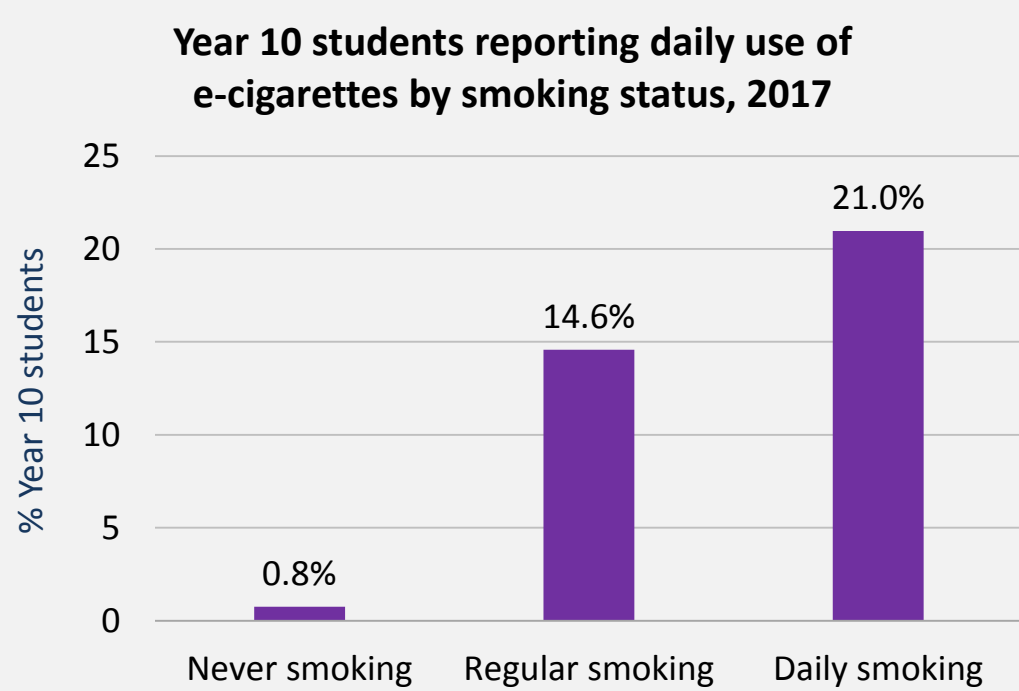
Key findings

- 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 5 times more likely to have tried an e-cigarette than students who never smoked
- Fewer than 3 in 10 Year 10 students reported having tried an e-cigarette

Summary

These findings do not support the concern that e-cigarettes are a route into smoking among young people. 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



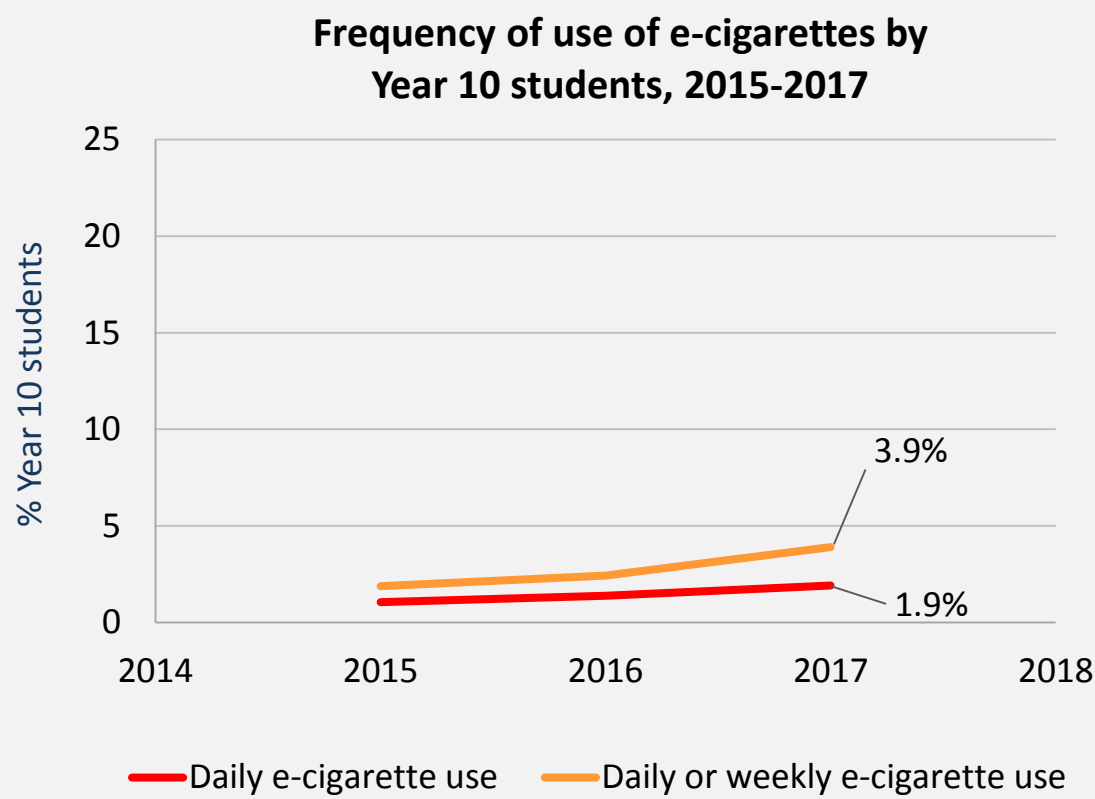
Fewer than 1% of Year 10 students who reported never smoking used e-cigarettes daily.

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

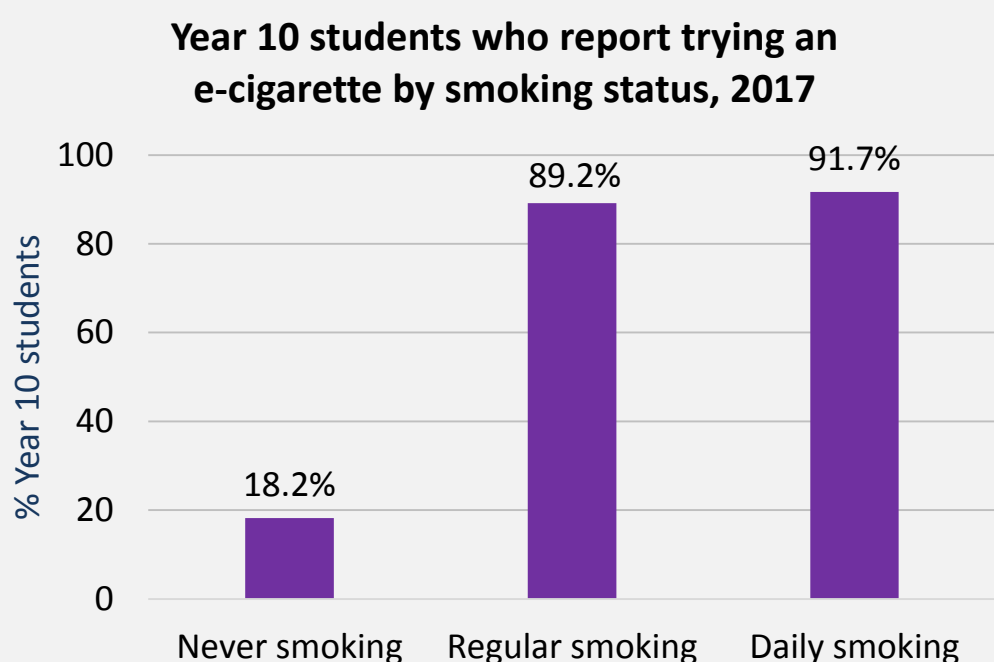
Fewer than 2% of Year 10 students reported using e-cigarettes daily

While daily or weekly e-cigarette use has increased since 2015, fewer than 2% of Year 10 students reported using them daily in 2017.

Fewer than 4% of participants reported daily or weekly use of e-cigarettes. These figures are consistent with findings in the UK² and USA³.



Students who smoke were 5 times more likely to have tried an e-cigarette



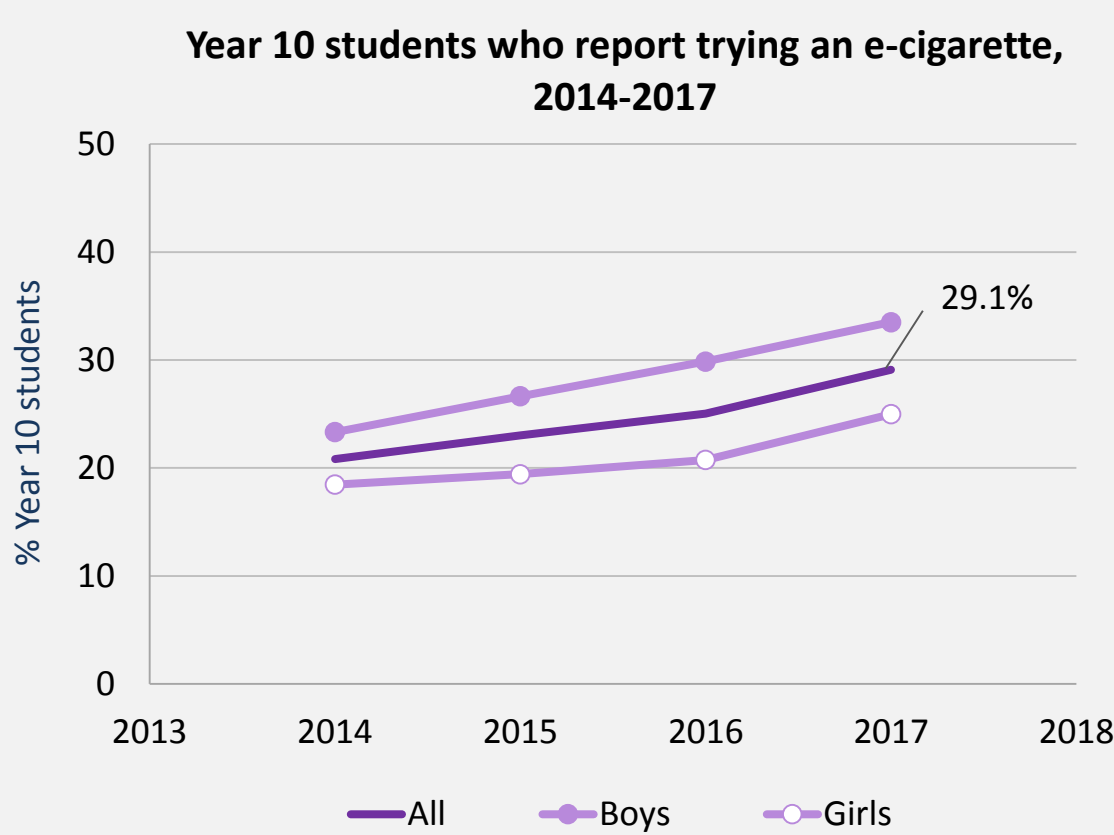
Fewer than 1 in 5 Year 10 students who reported never smoking had tried an e-cigarette. 'Tried' includes students who had tried an e-cigarette only once.

However, very few – fewer than 1 in 100 – Year 10 students who reported never smoking used e-cigarettes daily.

Fewer than 3 in 10 Year 10 students reported having tried an e-cigarette in 2017

Fewer than 3 in 10 students reported having tried an e-cigarette in 2017. 'Tried' includes students who had tried an e-cigarette only once.

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



E-cigarette use – ASH Year 10 Snapshot 2017

| 2017 | n* | % Tried e-cigarettes | % Use e-cigarettes daily | % Use e-cigarettes daily or weekly |
|--------------------------|--------|----------------------|--------------------------|------------------------------------|
| All | 26,720 | 29.1 | 1.9 | 3.9 |
| - Boys | 12,910 | 33.5 | 2.5 | 4.9 |
| - Girls | 13,810 | 25.0 | 1.4 | 3.0 |
| By smoking status | | | | |
| - Never smoking | 21,933 | 18.2 | 0.8 | 1.4 |
| - Regular smoking | 1,254 | 89.2 | 14.6 | 30.8 |
| - Daily smoking | 530 | 91.7 | 21.0 | 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 DC 2018. Historical NYTS data and documentation, 2017. Retrieved from <https://www.cdc.gov>