

2019 ASH Year 10 Snapshot

Vaping and E-cigarettes

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

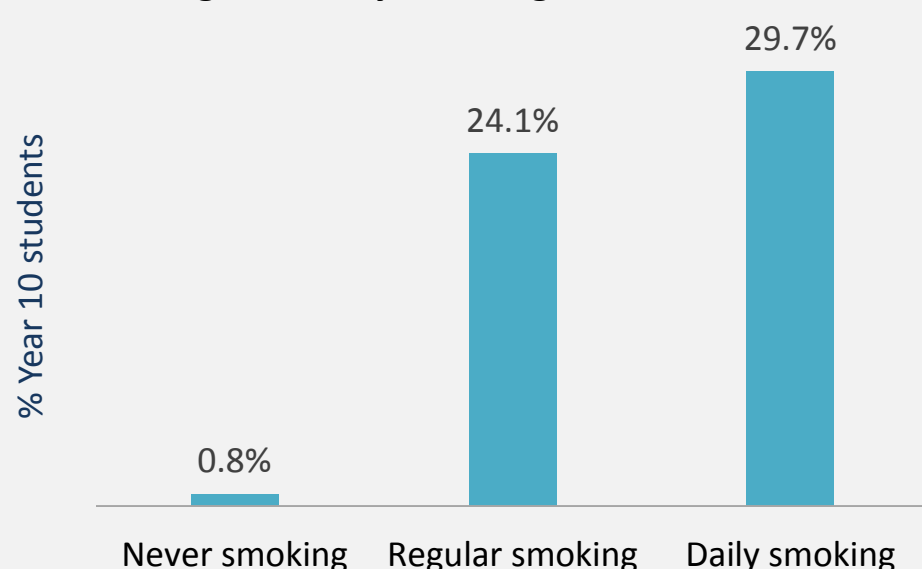
- Fewer than 1% of Year 10 students who never smoked reported using e-cigarettes daily
- 3% of Year 10 students reported using e-cigarettes daily
- Students who smoke were almost 4 times more likely to have tried an e-cigarette (even a single puff or vape) than students who never smoked
- Over a third of Year 10 students reported trying an e-cigarette (even a single puff or vape)

Summary

These results, coupled with the decline in daily smoking over the same period (2014-2019), indicate that vaping may be displacing smoking. Daily use is important to monitor as a sign that young people are dependent on vaping. Whilst students are experimenting, daily use remains low.

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, 2019



Of the Year 10 students who reported never smoking tobacco cigarettes, fewer than 1% reported used e-cigarettes daily.

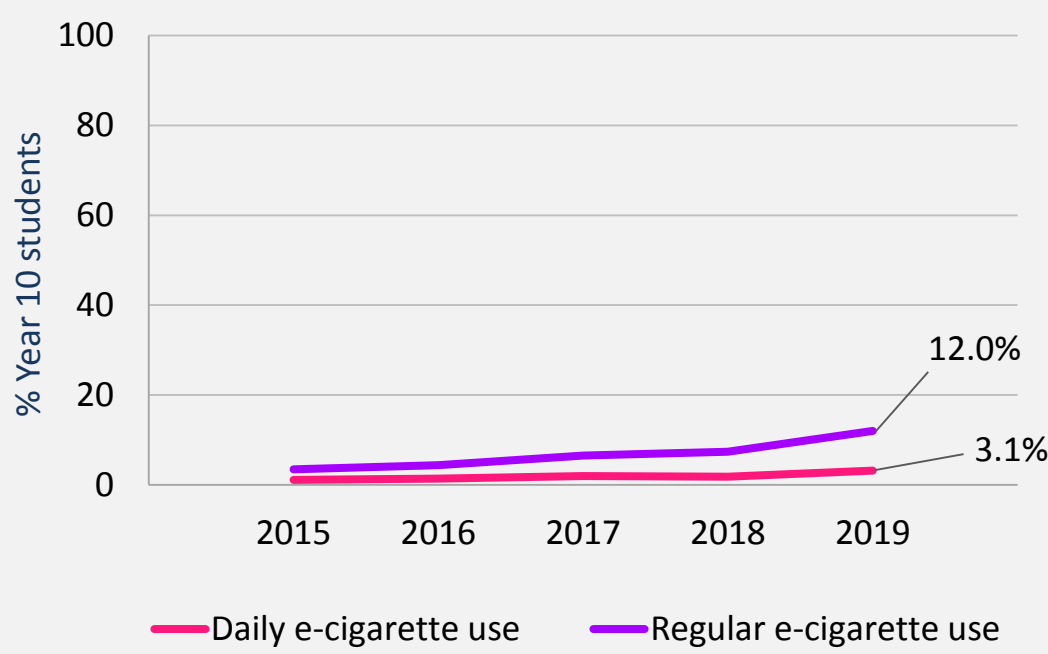
Those who reported daily smoking or regular smoking (i.e. daily, weekly, or monthly smoking) were much more likely to report using e-cigarettes daily.

3% of Year 10 students reported using e-cigarettes daily

While daily or weekly e-cigarette use has shown an overall increase since 2015, only 3% of Year 10 students reported using them daily in 2019.

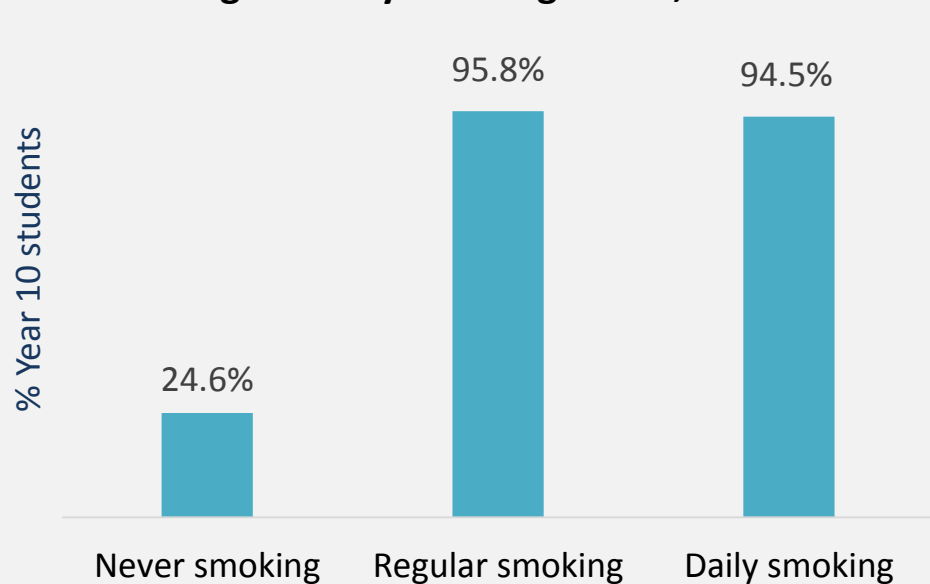
Twelve percent of students reported regular use (i.e. daily, weekly or monthly use) of e-cigarettes.

Frequency of use of e-cigarettes by Year 10 students, 2015-2019



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

Year 10 students who report trying an e-cigarette by smoking status, 2019



Students who smoke were almost 4 times more likely to have tried an e-cigarette (even a single puff or vape) than those who reported never smoking.

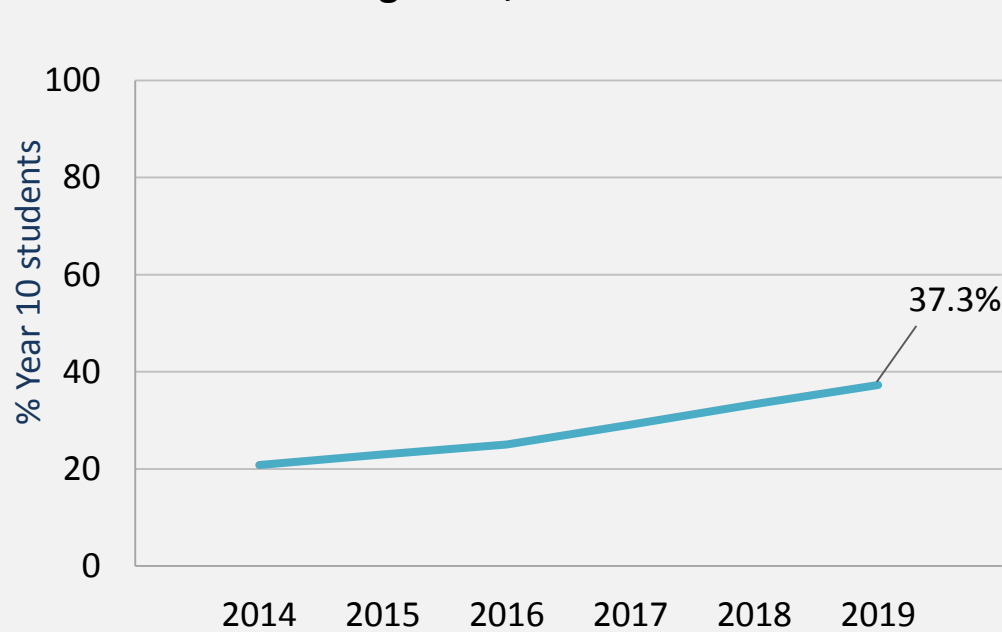
Just under 1 in 4 Year 10 students who reported never smoking had tried an e-cigarette. However, very few – fewer than 1 in 100 – Year 10 students who reported never smoking used e-cigarettes daily.

Over a third of Year 10 students reported having tried an e-cigarette in 2019

Over a third of students reported having tried an e-cigarette in 2019. '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, 2014-2019



E-cigarette use – ASH Year 10 Snapshot 2019

2019	n	% Ever tried an e-cigarette	% Daily use of an e-cigarette	% Regular use of an e-cigarette
All	28,433	37.3	3.1	12.0
- Boys	13,446	40.6	3.7	12.8
- Girls	14,987	33.4	2.4	10.8
By smoking status				
- Never smoking	23,078	21.1	0.8	4.7
- Regular smoking	1,400	95.8	24.1	62.8
- Daily smoking	533	94.5	29.7	59.3

Ever tried: Students who reported trying an e-cigarette, even just a single puff or vape.

Daily use: Students who reported using an e-cigarette at least once a day.

Regular use: Students who reported using an e-cigarette daily, weekly, or monthly.

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>