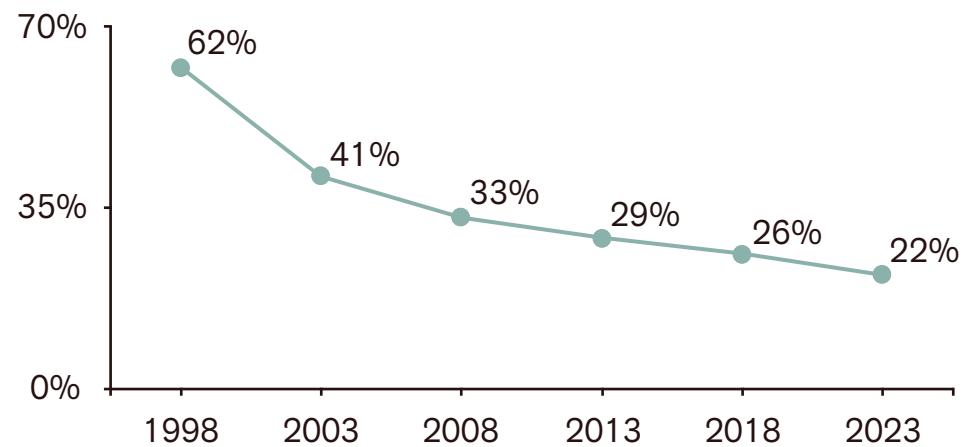


VAPING AND TOBACCO USE IN THE INTERIOR

This infographic shares BC Adolescent Health Survey results for the Interior. To read the provincial report, visit mcs.bc.ca/pdf/nicotine_use_among_bc_youth.pdf.

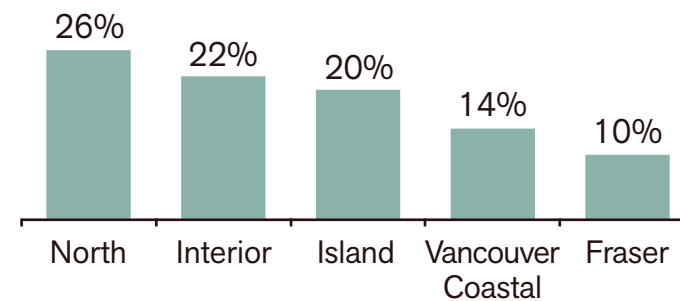
In 2023, **38%** of youth in the Interior had used nicotine (i.e., had vaped or smoked excluding the use of ceremonial tobacco). This included **22%** who smoked tobacco and **36%** who vaped.

Percentage of Interior students who had ever smoked tobacco decreased



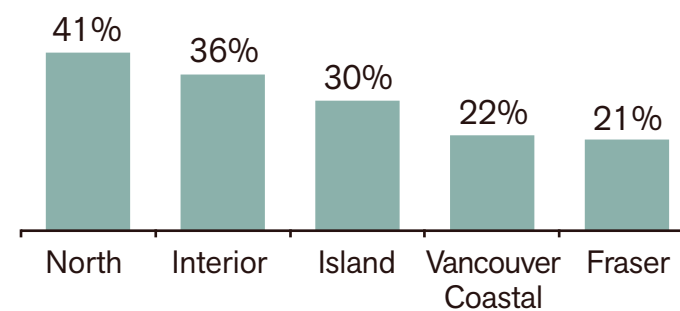
The percentage of Interior youth who had ever smoked tobacco was lower than in the North, comparable to the Island, and higher than in Vancouver Coastal and Fraser.

Youth who had ever smoked tobacco



The percentage of Interior youth who had ever vaped was lower than in the North, and higher than in the Island, Vancouver Coastal, and Fraser regions.

Youth who had ever vaped



Note: The difference between Vancouver Coastal and Fraser was not statistically significant.

Within the Interior, rates of youth who had ever smoked and/or vaped ranged from **36%** in the Okanagan to **42%** in East Kootenay.

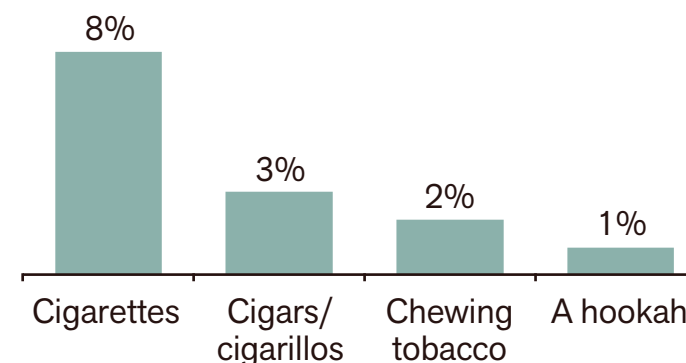


Among Interior youth who had smoked tobacco, **42%** smoked in the past month, including **3%** who smoked daily.

Among Interior youth who had vaped, **58%** vaped in the past month, including **17%** who vaped daily.

Overall, most Interior youth had **NOT** used cigarettes, cigars/cigarillos, chewing tobacco, or a hookah the past month.

Tobacco products Interior youth used in the past month



7% of youth who vaped in the past month used a product to help them quit in that time, and **11%** of those who smoked in the past month used a product to help them quit (excluding vapes).

Youth across BC were less likely to smoke and vape when they:



Had approachable and helpful adults in their lives



Felt connected to their family



Felt connected to their community



Had access to needed medical services



Felt their caregivers knew what they were doing in their free time



Had positive school experiences and plans for the future



Participated in extracurricular activities that felt meaningful

If you want help to quit smoking/vaping: quitnow.ca

Indigenous youth can also contact Talk Tobacco: 1-833-998-TALK (8255) | talktobacco@cancer.ca

For additional resources: mcs.bc.ca/pdf/nicotine_use_among_bc_youth.pdf



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