

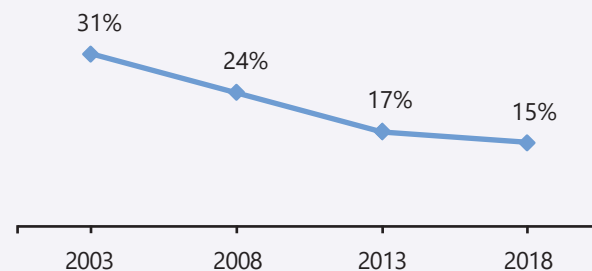
# VAPING AND TOBACCO USE IN FRASER

This poster shares results from the report *Understanding tobacco use and vaping among BC youth: Findings from the BC Adolescent Health Survey*.



There has been a decrease in youth who have ever smoked tobacco. In 2018, 15% of students in Fraser had tried smoking, which was similar to the rate in Vancouver Coastal and lower than in the Northern (28%), Interior (26%), and Vancouver Island (24%) regions. Smoking rates were generally similar in Fraser North, Fraser South, and Fraser East.

Youth in Fraser who had ever smoked tobacco



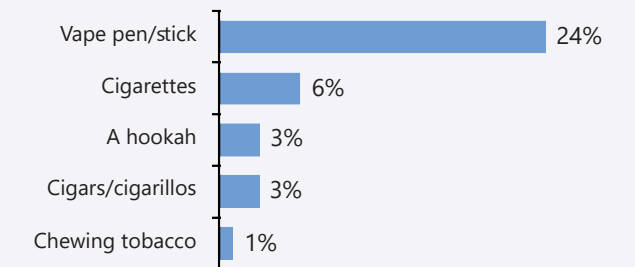
Among youth who had smoked tobacco, 44% had smoked in the past month and 5% smoked daily.

Among youth who had smoked in the past month, 44% had been smoking for at least two years.



In the past month, youth were more likely to vape than use any other nicotine-related product. Also during this time, 2% had used a product to help them stop smoking.

Nicotine-related products Fraser youth used in the past month

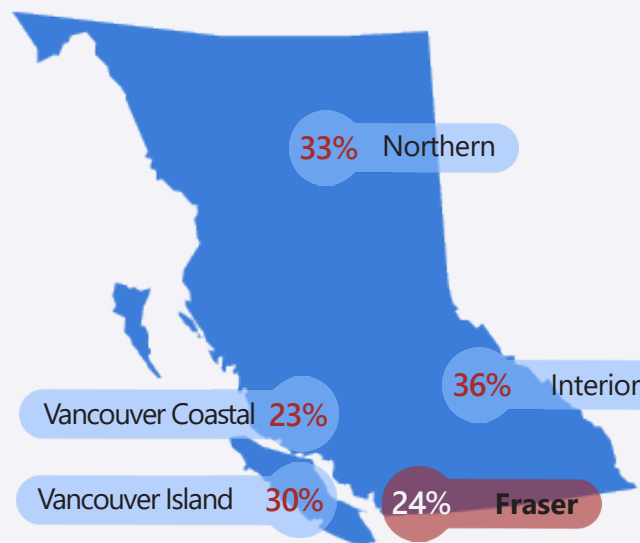


Note: Youth could choose more than one response.



The percentage of Fraser youth who vaped was similar to that in Vancouver Coastal and lower than in the other BC regions.

Youth who vaped in the past month

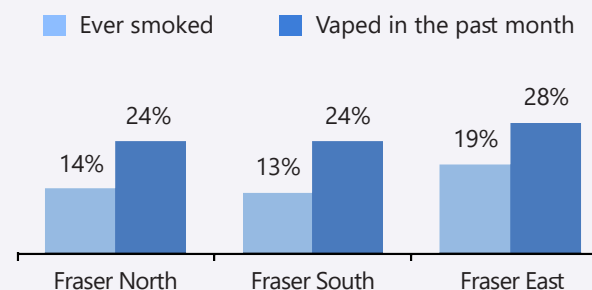


Note: The difference between Fraser and Vancouver Coastal was not statistically significant.



Youth were more likely to have vaped in the past month than they were to have ever smoked tobacco (24% vs. 15%).

Youth who had ever smoked tobacco in comparison to youth who had vaped in the past month



Youth across BC were more likely to smoke and/or vape when they:

- Had a disability or health challenges.
- Were addicted to alcohol or another substance.
- Experienced poverty and deprivation.
- Had been bereaved.
- Had been physically and/or sexually abused.
- Had a mental health condition (such as Anxiety Disorder, Depression, or PTSD).
- Reported they did not manage stress well.

Youth were less likely to smoke and/or vape when they felt connected to their family, school, and community.



Youth who had smoked recently were less likely to become daily smokers when they had caring adults and friends in their life, and when they found the activities they engaged in to be meaningful.



To download the full report, visit [www.mcs.bc.ca](http://www.mcs.bc.ca).

If you want help to quit smoking or vaping, visit [quitnow.ca](http://quitnow.ca) or call HealthLinkBC 8-1-1.



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