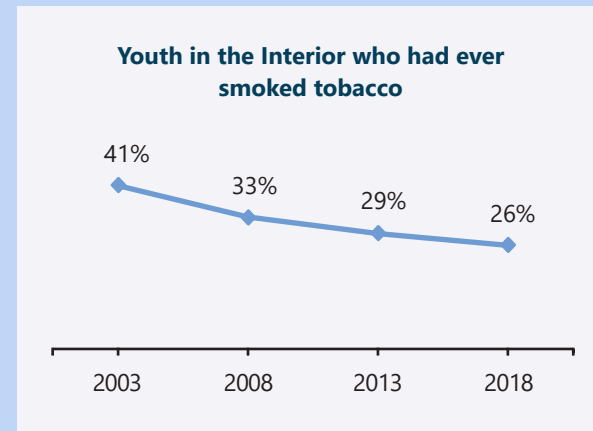


VAPING AND TOBACCO USE IN THE INTERIOR

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, 26% of students in the Interior had tried smoking, which was higher than in Fraser (15%) and Vancouver Coastal (14%), and similar to the rates in the Northern and Vancouver Island regions.



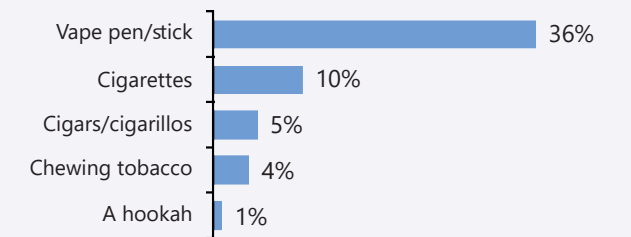
Among youth who had smoked tobacco, 44% had smoked in the past month and 6% smoked daily. East Kootenay youth were more likely than those in other parts of the region to have smoked daily (e.g., 12% vs. 5% of those in Okanagan and Kootenay Boundary).

Among Interior youth who smoked in the past month, 51% had been smoking for at least two years (with similar rates across the region).



In the past month, youth were more likely to vape than use any other nicotine-related product. Also during this time, 3% had used a product to help them stop smoking.

Nicotine-related products Interior youth used in the past month

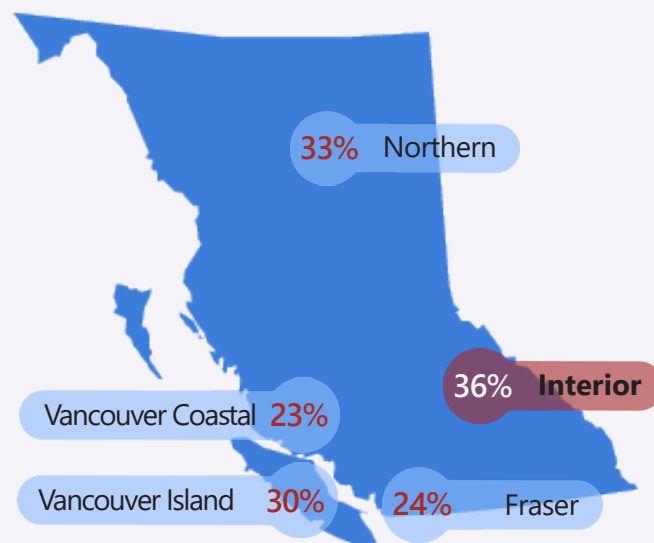


Note: Youth could choose more than one response.
Note: The difference between 'Cigars/cigarillos' and 'Chewing tobacco' was not statistically significant.



Youth in the Interior were more likely to have vaped in the past month than youth in other parts of BC.

Youth who vaped in the past month

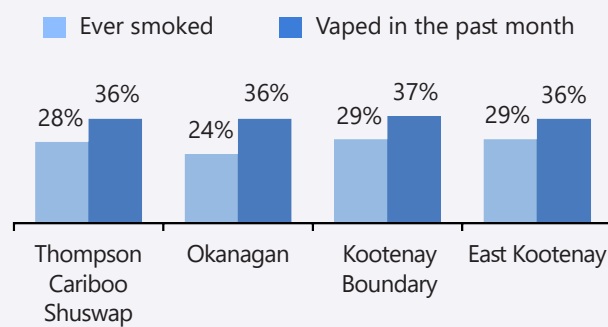


Note: The difference between Fraser and Vancouver Coastal was not statistically significant.



Across the Interior, youth were more likely to have vaped in the past month than they were to have ever smoked tobacco (36% vs. 26%).

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.



McCreary Centre Society

To download the full report, visit www.mcs.bc.ca.

If you want help to quit smoking or vaping, visit quitnow.ca or call HealthLinkBC 8-1-1.



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