

VAPING AND TOBACCO USE IN NORTHERN BC

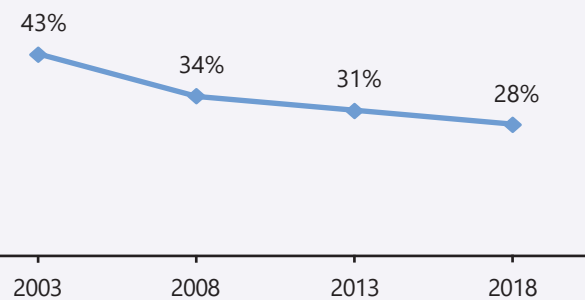
This poster shares results from the report *Understanding tobacco use and vaping among BC youth: Findings from the BC Adolescent Health Survey*.



There has been a decrease in youth who have ever smoked tobacco. In 2018, 28% of students in the North had tried smoking, which was similar to the rate in the Interior and higher than in the Vancouver Island (24%), Fraser (15%), and Vancouver Coastal (14%) regions.



Youth in the North who had ever smoked tobacco



Among youth who had ever smoked tobacco, 43% had smoked in the past month and 7% smoked daily. Daily smoking rates ranged from 6% in the Northeast and Northwest to 9% in the Northern Interior.

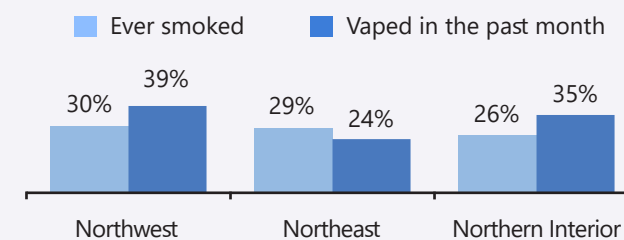
Among youth who smoked in the past month, over half (55%) had been smoking for at least two years. Within the region, rates ranged from 43% in the Northeast to 58% in the Northern Interior and 62% in the Northwest.



Youth in the North were less likely to have vaped than youth in the Interior, and were more likely to have vaped than those in the other regions of the province.

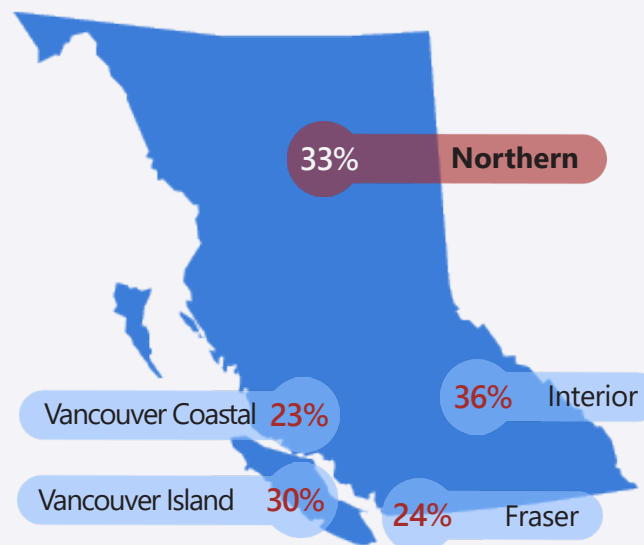
Generally, youth in the North were more likely to have vaped in the past month than to have ever smoked tobacco (33% vs. 28%). However, this was not the case in the Northeast, where vaping rates were lower than in the Northwest and Northern Interior.

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



Youth in the North were more likely to have vaped in the past month than youth in most other parts of BC. However, they were less likely to vape than those in the Interior.

Youth who vaped in the past month

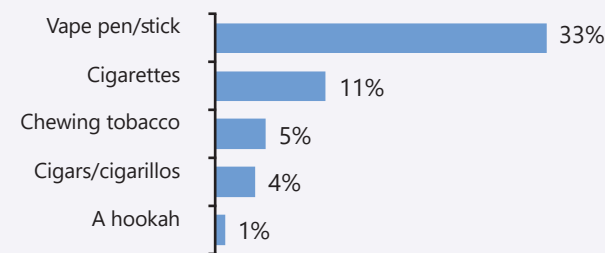


Note: The difference between Fraser and Vancouver Coastal was not statistically significant.



In the past month, a vape pen or stick was the most commonly used nicotine-related product by youth in the North. Also during this time, 3% of youth had used a product to help them stop smoking.

Nicotine-related products Northern youth used in the past month



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

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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