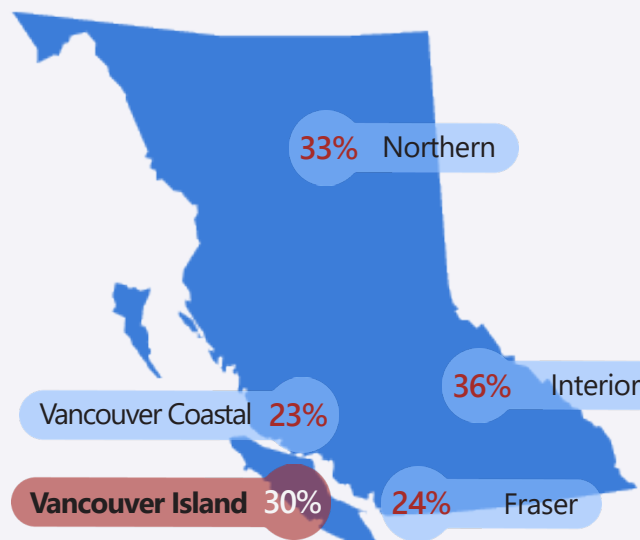


VAPING AND TOBACCO USE ON VANCOUVER ISLAND

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

Youth in this region were less likely to have vaped than those in the Interior and North, and were more likely to have done so than those in Fraser and Vancouver Coastal.

Youth who vaped in the past month

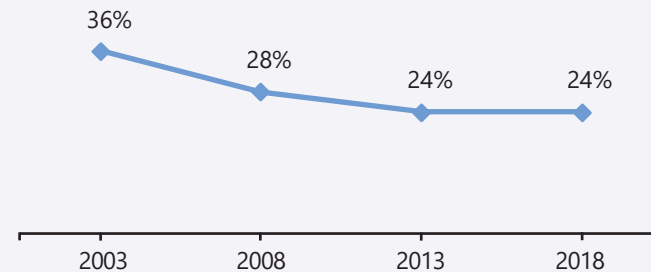


Note: The difference between Fraser and Vancouver Coastal was not statistically significant.



In 2018, 24% of students had tried smoking, which was similar to the rate in 2013 and lower than 10 and 15 years earlier. The percentage of youth who had ever smoked was similar to the rate in the Interior, below the rate in the North (28%), and above the rates in Fraser (15%) and Vancouver Coastal (14%).

Youth on Vancouver Island who had ever smoked tobacco



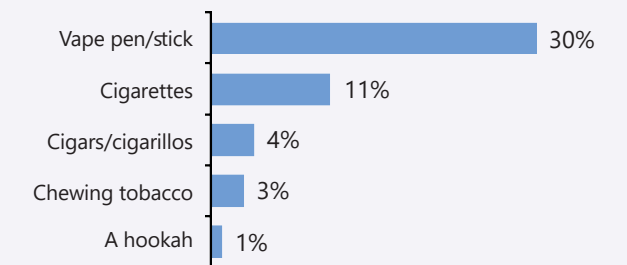
Among youth who had ever smoked tobacco, 48% had smoked in the past month and 7% smoked daily. The percentage of youth who smoked daily was similar in North, Central, and South Vancouver Island.

Among youth who smoked in the past month, 48% 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 Vancouver Island youth used in the past month

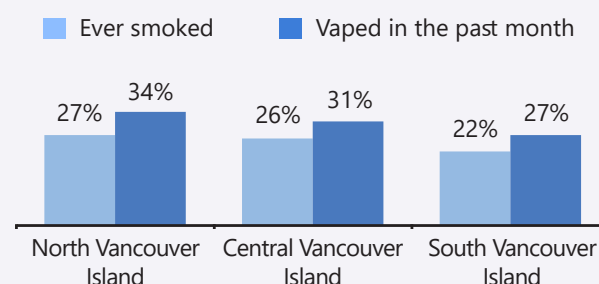


Note: Youth could choose more than one response.



Vaping rates ranged from 27% in South Vancouver Island to 34% in North Vancouver Island. Youth were more likely to have vaped in the past month than to have ever smoked tobacco (30% vs. 24%).

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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