

## Health: Smoking and vaping – Year 10

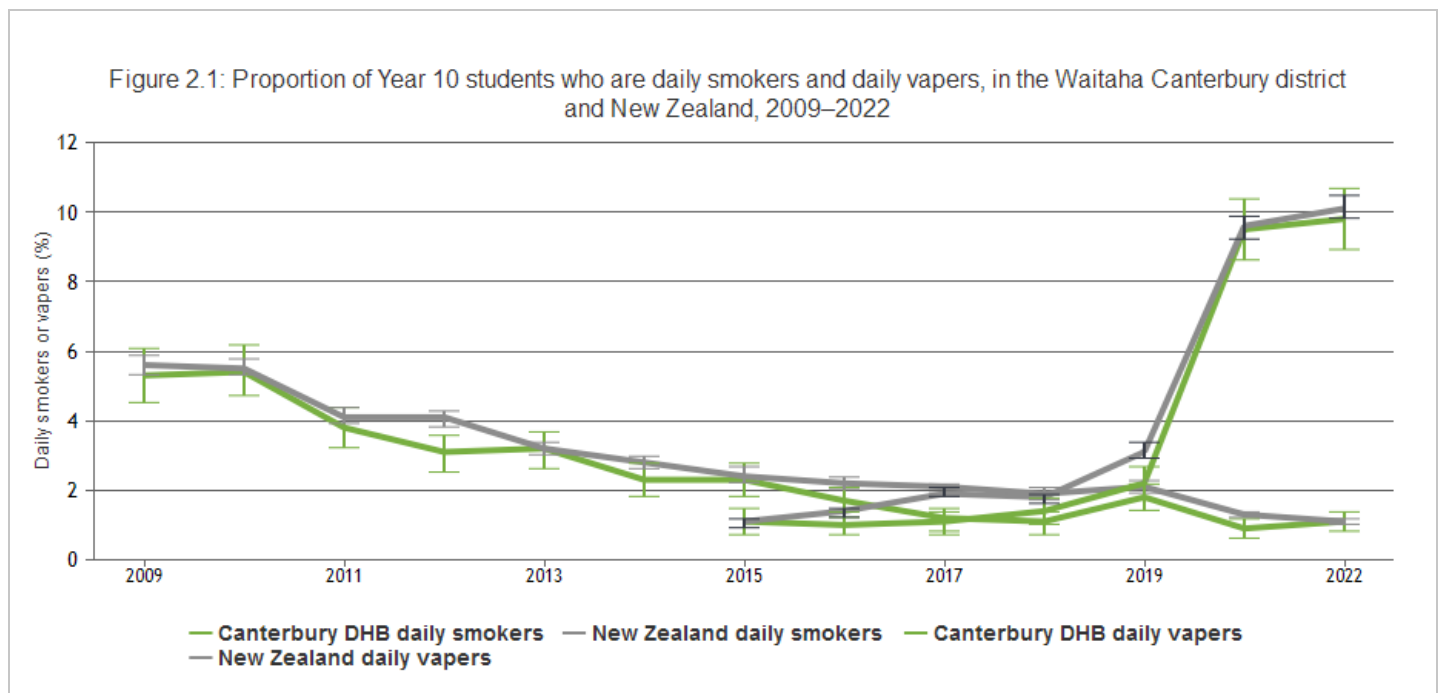
Downloaded from <https://www.canterburywellbeing.org.nz/our-wellbeing/health/smoking-and-vaping-year-10/> on 20/04/2024 1:11 AM

Almost all cigarette smoking begins before 18 years of age (on average, by 15 years of age in New Zealand) [12-16]. International evidence has found that virtually no progressions to daily smoking occur in adulthood [14,16].

Smoking causes more loss of health in New Zealand than any other risk factor [17] and up to two-thirds of regular smokers will die as a direct result of their smoking [18]. Smoking contributes to six of the eight leading causes of death worldwide (ischaemic heart disease, cerebrovascular disease, lower respiratory infections, chronic obstructive pulmonary disease, tuberculosis, and lung cancer) [19].

Reducing youth smoking initiation is a critical component of tobacco control strategies. Therefore, monitoring key patterns and trends in tobacco use among youth (as well as use of other new tobacco products) is critical to reducing the overall burden of tobacco-caused morbidity and mortality.

This indicator presents the proportion of Year 10 students (aged 14 or 15 years) who are daily smokers, in the Waitaha Canterbury district and for New Zealand overall. The indicator uses data from the ASH Year 10 Snapshot survey, part of the New Zealand Youth Tobacco Monitor. In addition, from 2015, the Snapshot survey has included questions about the frequency of use of e-cigarettes by Year 10 students. The proportion of Year 10 students who use e-cigarettes daily (daily vapers) has been incorporated into this indicator (2015-2022). Note that e-cigarettes may or may not contain nicotine.



The figure shows that the proportion of Year 10 students (aged 14 or 15 years) in Waitaha Canterbury district who smoke every day has declined steadily over time. The decline in Waitaha Canterbury was consistent with the national trend to 2015, before declining further to a statistically significantly lower level than the national figure in 2017 and 2018 (1.1% for Waitaha Canterbury and 1.9% for New Zealand in 2018). However, the proportion of daily smokers in Waitaha Canterbury then increased between 2018 and 2019 to a level similar to New Zealand, and the proportions are the same for Waitaha Canterbury and New Zealand in 2022 (1.1%). By this measure, the proportion of Year 10 students (aged 14 or 15 years) in Waitaha

Canterbury who smoke every day is low by international standards [19].

The figure also shows that the proportion of Year 10 students (aged 14 or 15 years) in Waitaha Canterbury who vape every day increased dramatically (and statistically significantly) from 1.1 percent in 2015 to 9.5 percent in 2021, before the rate of increase eased notably between 2021 and 2022 (specifically, a non-statistically significant increase from 9.50% to 9.79% between 2021 and 2022; similar to New Zealand overall).

Note: the ASH Year 10 Snapshot survey was not undertaken in 2020 due to COVID-19 restrictions.

## Data Sources

**Source:** Action on Smoking and Health (ASH).

**Survey/data set:** ASH Year 10 Snapshot survey to 2022. Custom data request for Te Whatu Ora Waitaha Canterbury region.

**Source data frequency:** Annually. Note: The ASH 10 Year 10 Snapshot survey was not conducted in 2020 due to COVID-19 restrictions.

Metadata for this indicator is available at <https://www.canterburywellbeing.org.nz/our-wellbeing/index-data>

## REFERENCES

---

This is the full reference list for **Health**.

- 1 Marmot M, Allen J, Bell R, Bloomer E, Goldblatt P (2012) WHO European review of social determinants of health and the health divide. *Lancet* 380: 1011-1029.
- 2 Keefe V, Reid P, Ormsby C, Robson B, Purdie G, et al. (2002) Serious health events following involuntary job loss in New Zealand meat processing workers. *International Journal of Epidemiology* 31: 1155-1161.
- 3 Howden-Chapman P, Matheson A, Crane J, Viggers H, Cunningham M, et al. (2007) Effect of insulating existing houses on health inequality: cluster randomised study in the community. *BMJ* 334: 460.
- 4 Ross CE, Wu C-I (1995) The Links Between Education and Health. *American Sociological Review* 60: 719-745.
- 5 McKee-Ryan F, Song Z, Wanberg CR, Kinicki AJ (2005) Psychological and physical well-being during unemployment: a meta-analytic study. *J Appl Psychol* 90: 53-76.
- 6 Cormack DM, Harris RB, Stanley J (2014) Investigating the Relationship between Socially-Assigned Ethnicity, Racial Discrimination and Health Advantage in New Zealand. *PLoS ONE* 8: e84039.
- 7 Robson B, Harris R (2007) *Hauora: Māori Standards of Health IV. A study of the years 2000–2005*; Robson B, Harris R, editors. Wellington: Te Rōpū Rangahau Hauora a Eru Pōmare.
- 8 Hider P (1998) *Acute medical admissions: a critical appraisal of the literature*. New Zealand Health Technology Assessment Clearing House.
- 9 Peter M. Fayers, Hays RD, editors (2005) *Assessing Quality of Life in Clinical Trials: Methods and Practice*. 2 ed. Oxford: UK: Oxford University Press. 467 p.
- 10 Idler EL, Benyamini Y (1997) Self-rated health and mortality: a review of twenty-seven community studies. *J Health Soc Behav* 38: 21-37.
- 11 CDHB (2017) *Canterbury Wellbeing Survey, June 2017: Report prepared by Nielsen for the Canterbury District Health Board and partnering agencies*. Christchurch: Canterbury District Health Board.
- 12 Health Promotion Agency (2020) Smokefree facts and figures. Retrieved from <https://www.smokefree.org.nz/smoking-its-effects/facts-figures>.
- 13 Ministry of Health (2019) *Annual Data Explorer 2018/19: New Zealand Health Survey* [Data File]. Retrieved from <https://minhealthnz.shinyapps.io/nz-health-survey-2018-19-annual-data-explorer/>.
- 14 National Center for Chronic Disease Prevention and Health Promotion (US) (2014) *The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General. Patterns of Tobacco Use Among U.S. Youth, Young Adults, and Adults*. Atlanta (GA): Office on Smoking and Health, Centers for Disease Control and Prevention (US).
- 15 U.S. Department of Health and Human Services (USDHHS) (1994) *A report of the Surgeon General: Preventing tobacco use among young people*. Atlanta, GA: Department of Health and Human Services, Public Health Service, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health.
- 16 U.S. Department of Health and Human Services (USDHHS) (2012) *Preventing Tobacco Use Among Youth and Young Adults: A Report of the Surgeon General*. Atlanta (GA): Centers for Disease Control and Prevention (US).
- 17 Ministry of Health (2013) *Health Loss in New Zealand: A report from the New Zealand Burden of Diseases, Injuries and Risk Factors Study, 2006–2016*. Wellington: Ministry of Health.
- 18 Banks E, Joshy G, Weber MF, Liu B, Grenfell R, et al. (2015) Tobacco smoking and all-cause mortality in a large Australian cohort study: findings from a mature epidemic with current low smoking prevalence. *BMC Medicine* 13: 38.
- 19 World Health Organization (2015) *WHO report on the global tobacco epidemic, 2015: Raising taxes on tobacco*. Geneva: WHO. ISBN 978 92 4 069460 6.
- 20 Ministry of Health (2018) *Regional Data Explorer 2014–17: New Zealand Health Survey* [Data File].
- 21 Ministry of Health (2017) *Methodology Report 2016/17: New Zealand Health Survey*. Wellington: Ministry of Health.
- 22 WHO (2007) *Global Database on Body Mass Index*. Geneva: World Health Organization.
- 23 Ministry of Health (2017) *Clinical Guidelines for Weight Management in New Zealand Adults*. Wellington: Ministry of Health, Clinical Trials

- 24 Ministry of Health (2018) Obesity. Retrieved from [www.health.govt.nz/our-work/diseases-and-conditions/obesity](http://www.health.govt.nz/our-work/diseases-and-conditions/obesity)
- 25 Ministry of Health (2016) *Annual Update of Key Results 2015/16: New Zealand Health Survey*. Wellington: Ministry of Health.
- 26 Swinburn BA, Sacks G, Hall KD, McPherson K, Finegood DT, et al. (2011) The global obesity pandemic: shaped by global drivers and local environments. *Lancet* 378: 804-814.
- 27 Drewnowski A (2009) Obesity, diets, and social inequalities. *Nutr Rev* 67 Suppl 1: S36-39.
- 28 Physical Activity Guidelines Advisory Committee (2018) *2018 Physical Activity Guidelines Advisory Committee Scientific Report*. Washington, DC: U.S. Department of Health and Human Services.
- 29 McLean G, Tobias M (2004) *The New Zealand Physical Activity Questionnaire: Report on the validation of the NZPAQ-long and NZPAQ-short form physical activity questionnaires*. Wellington: Sport and Recreation New Zealand.
- 30 Craig CL, Marshall AL, Sjostrom M, Bauman AE, Booth ML, et al. (2003) International physical activity questionnaire: 12-country reliability and validity. *Med Sci Sports Exerc* 35: 1381-1395.
- 31 Ministry of Health (2018) Annual Data Explorer 2017/18: New Zealand Health Survey [Data File].
- 32 Babor TF, Higgins-Biddle JC, Saunders JB, Monteiro MG, World Health Organization (2001) *AUDIT: the alcohol use disorders identification test: guidelines for use in primary health care*. Geneva: World Health Organization.
- 33 Ministry of Health (2013) Hazardous drinking in 2011/12: Findings from the New Zealand Health Survey. Retrieved from [www.moh.govt.nz/NoteBook/nbbooks.nsf/0/81BF301BDCF63B94CC257B6C006ED8EC/\\$file/12-findings-from-the-new-zealand-health-survey.pdf](http://www.moh.govt.nz/NoteBook/nbbooks.nsf/0/81BF301BDCF63B94CC257B6C006ED8EC/$file/12-findings-from-the-new-zealand-health-survey.pdf)
- 34 Braillon A, Dubois G (2005) Alcohol and public health. *Lancet* 365: 1387.
- 35 Health Promotion Agency (2016) *Alcohol – the Body and Health Effects: A brief overview*. Wellington: Health Promotion Agency.
- 36 GBD 2016 Alcohol Collaborators (2018) Alcohol use and burden for 195 countries and territories, 1990-2016: a systematic analysis for the Global Burden of Disease Study 2016. *Lancet* 392: 1015-1035.
- 37 Connor, J., Kydd, R., Shield, K., & Rehm, J. (2015). The burden of disease and injury attributable to alcohol in New Zealanders under 80 years of age: marked disparities by ethnicity and sex. *N Z Med J*, 128(1409), 15-28.
- 38 Hall JJ, Taylor R (2003) Health for all beyond 2000: the demise of the Alma-Ata Declaration and primary health care in developing countries. *Med J Aust* 178: 17-20.
- 39 Winnard D, Crampton P, Cumming J, Sheridan N, Neuwelt P, et al. (2008) *Population Health – Meaning in Aotearoa New Zealand? A discussion paper to support implementation of the Primary Health Care Strategy*. Auckland: Auckland Regional Public Health Service.
- 40 Neuwelt P, Matheson D, Arroll B, Dowell A, Winnard D, et al. (2009) Putting population health into practice through primary health care. *NZ Med J* 122: 98-104.
- 41 Schluter PJ, Hamilton GJ, Deely JM, Ardagh MW (2016) Impact of integrated health system changes, accelerated due to an earthquake, on emergency department attendances and acute admissions: a Bayesian change-point analysis. *BMJ Open* 6: e010709.
- 42 Galenkamp H, Deeg DJH, de Jongh RT, Kardaun JWP, Huisman M (2016) Trend study on the association between hospital admissions and the health of Dutch older adults (1995–2009). *BMJ Open* 6: e011967.
- 43 Mordal J, Bramness JG, Holm B, Mørland J. (2008) Drugs of abuse among acute psychiatric and medical admissions: laboratory based identification of prevalence and drug influence. *Gen Hosp Psychiatry* 30(1):55-60.
- 44 Kessler RC, Angermeyer M, Anthony JC, R DEG, Demyttenaere K, et al. (2007) Lifetime prevalence and age-of-onset distributions of mental disorders in the World Health Organization's World Mental Health Survey Initiative. *World Psychiatry* 6: 168-176.
- 45 Ministry of Health (2017) *Office of the Director of Mental Health Annual Report 2016*. Wellington: Ministry of Health.
- 46 Ministry of Health (2018) PRIMHD: Mental health data. Retrieved from [www.health.govt.nz/nz-health-statistics/national-collections-and-surveys/collections/primhd-mental-health-data](http://www.health.govt.nz/nz-health-statistics/national-collections-and-surveys/collections/primhd-mental-health-data)
- 47 Oakley Browne MA (2006) Lifetime prevalence and lifetime risk of DSM-IV disorders. In: Oakley Browne MA, Wells JE, Scott KM, editors. *Te Rau Hinengaro: The New Zealand Mental Health Survey*. Wellington: Ministry of Health.
- 48 Kessler RC, Foster CL, Saunders WB, Stang PE (1995) Social consequences of psychiatric disorders, I: Educational attainment. *American Journal of Psychiatry* 152: 1026–1032.
- 49 The Mental Health Commission (1998) *Blueprint for Mental Health services in New Zealand. How things need to be*. Wellington: The Mental Health Commission.

- 50 The Mental Health Commission (2012) *Blueprint II Improving mental health and wellbeing for all New Zealanders. How things need to be*. Wellington: The Mental Health Commission.
- 51 Cerdá M, Tracy M, Galea S (2011) A prospective population based study of changes in alcohol use and binge drinking after a mass traumatic event. *Drug & Alcohol Dependence* 115: 1-8.
- 52 Fergusson DM, Horwood J, Boden JM, Mulder RT (2014) Impact of a Major Disaster on the Mental Health of a Well-Studied Cohort. *JAMA Psychiatry* 71: 1025-1031.
- 53 Galea S, Nandi A, Vlahov D (2005) The epidemiology of post-traumatic stress disorder after disasters. *Epidemiol Rev* 27: 78-91.
- 54 Gluckman P (2011) *The psychological consequences of the Canterbury earthquakes*. Wellington: Office of the Prime Minister's Science Advisory Committee.
- 55 Kessler RC, McLaughlin KA, Koenen KC, Petukhova M, Hill ED, et al. (2012) The importance of secondary trauma exposure for post-disaster mental disorder. *Epidemiology and Psychiatric Sciences* 21: 35-45.
- 56 Lock S, Rubin GJ, Murray V, Rogers MB, Amlot R, et al. (2012) Secondary stressors and extreme events and disasters: a systematic review of primary research from 2010-2011. *PLoS Curr* 4.
- 57 Kerdemelidis M, Reid MC. (2019) *Wellbeing recovery after mass shootings: information for the response to the Christchurch mosque attacks 2019. Rapid literature review*. Christchurch, New Zealand: Planning and Funding, Canterbury District Health Board.