

Health: Smoking – Year 10

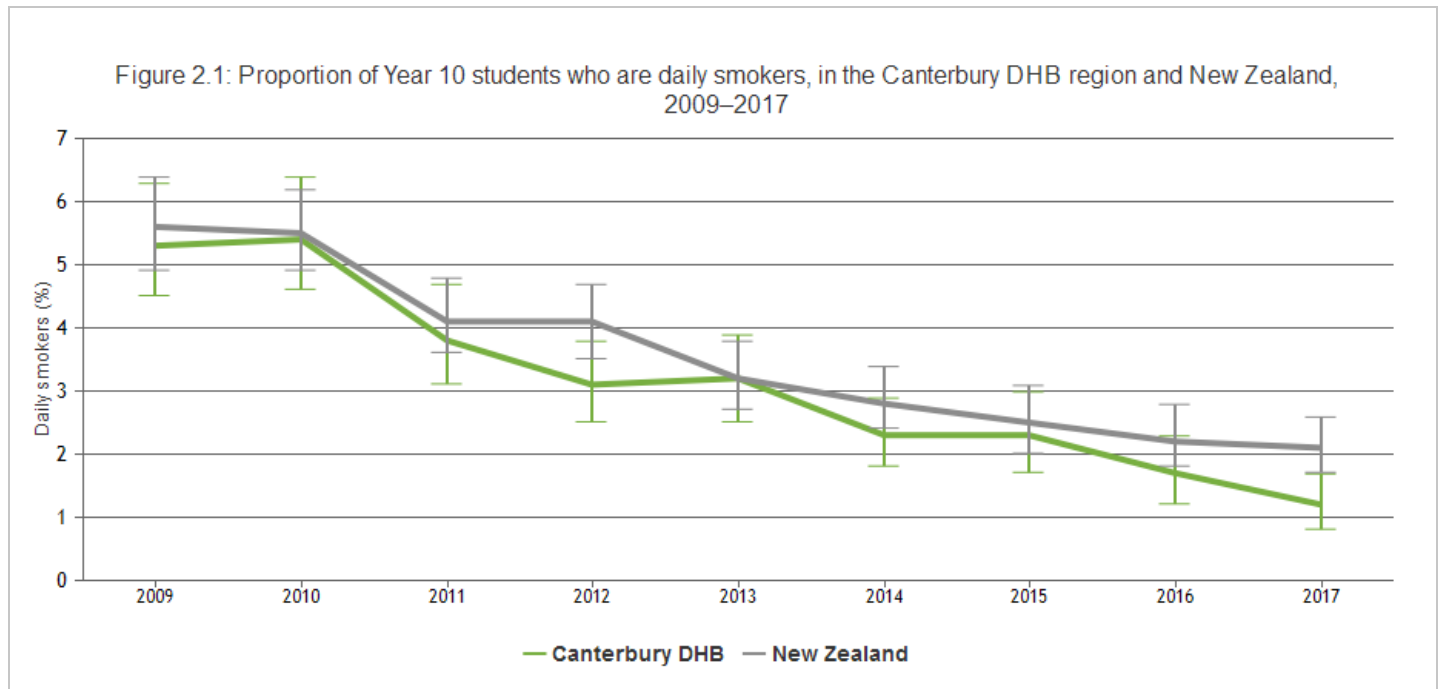
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Almost all cigarette smoking begins before 18 years of age (on average, by 15 years of age in New Zealand) [12-16]. International evidence has found that virtually no progressions to daily smoking occur in adulthood [14,16].

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 Canterbury DHB region and for New Zealand overall. The indicator uses data from the ASH Year 10 Snapshot survey, part of the New Zealand Youth Tobacco Monitor.



The figure shows that the proportion of Year 10 students (aged 14 or 15 years) in the Canterbury DHB region who smoke every day has declined steadily over time. The decline in Canterbury is consistent with the national trend to 2015, but the proportion in Canterbury is statistically significantly lower than the national figure in 2017 (1.2% for Canterbury and 2.1% for New Zealand). By this measure, the proportion of Year 10 students (aged 14 or 15 years) in the Canterbury DHB region who smoke every day is low by both national and international standards [9].

Data Sources

Source: Action on Smoking and Health (ASH).

Survey/data set: ASH Year 10 Snapshot survey to 2017. Custom data request for Canterbury DHB region.
Source data frequency: Annually.

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

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