



# **Vaping in Children and Young People in Wales**

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# ASH Wales Position Statement

- If you don't smoke, don't vape; as vaping is not risk-free.
- Vaping is not recommended for children and never smokers.
- Vaping is a significantly less harmful alternative to smoking and should be promoted as a smoking cessation tool.



# Legalities around vaping

## Age restrictions

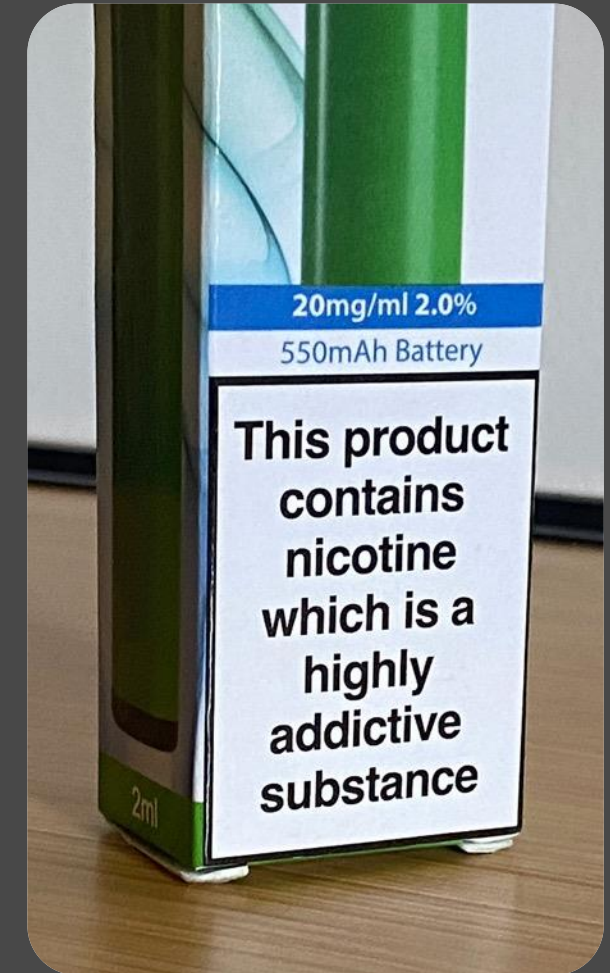
- **Illegal to sell vapes to U18s in Wales since 2011**

## Licenses

- **No legal requirement for a license to sell vapes or tobacco**

## Product Regulations

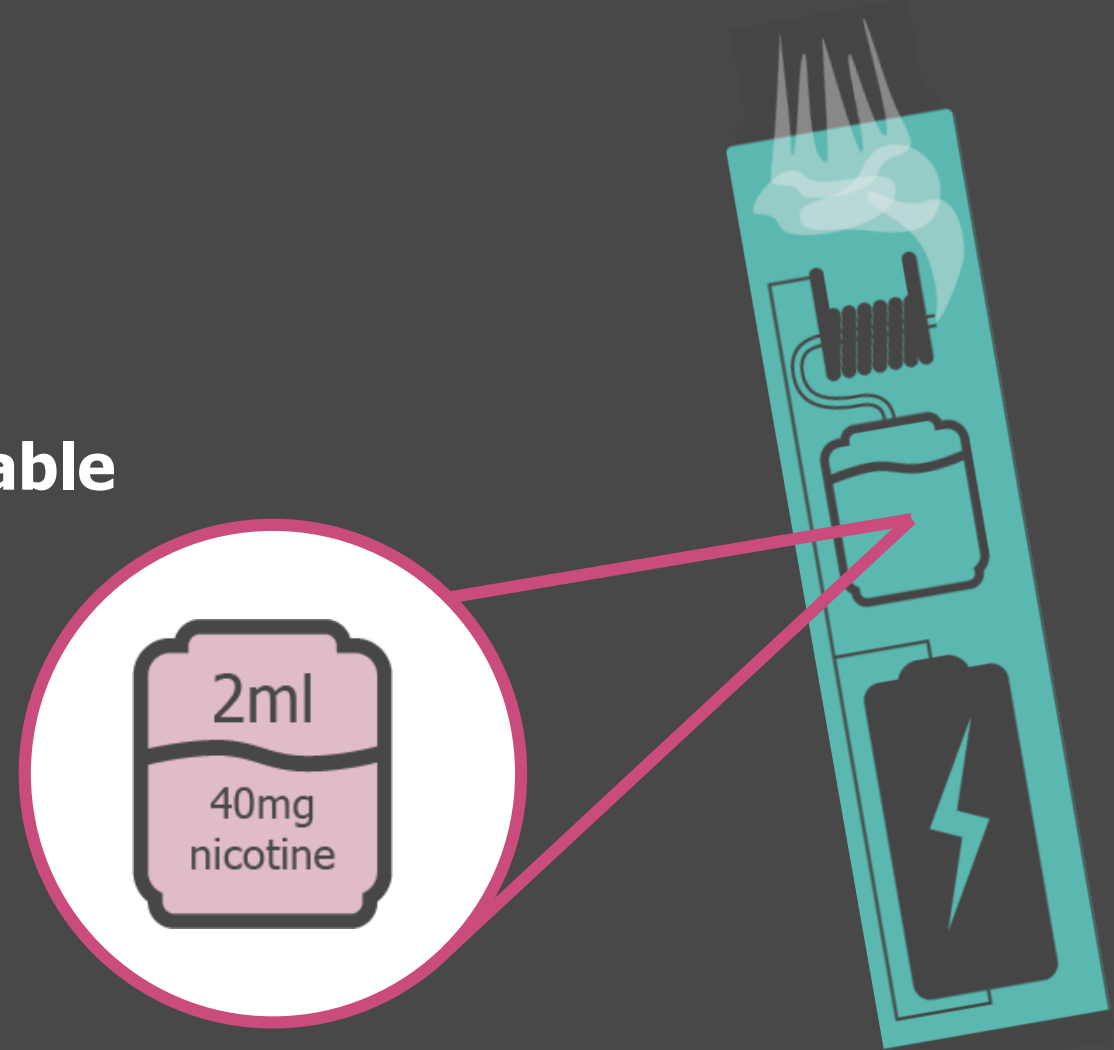
- **Legal vapes required by law to carry the specific health warning: 'This product contains nicotine which is a highly addictive substance.'**



# Legalities around vaping

## Nicotine content

- **Maximum 2% or 20mg per ml**
- **2ml tank capacity limit**
- **Puff count on packaging (disposable vapes)**
  - 'puff count' not an accurate measurement
  - ~600 puffs is usual legal cut off



# Vaping in adults



- **Most common reason for adults using e-cigarette is to help them stop smoking tobacco (76% of current users in 2019)**
- **In 2023, 57% of adult vapers said they use vapes to stop or reduce the amount they smoked**
- **In 2023, 25% of Welsh tried vaping**
  - **Of those, 6% of were never smokers (falling to 1% of daily vapers)**

# Youth vaping

**ASH UK survey of 2,000 young people, 2023:**

- **Increase in children experimenting with vaping - 20.5% (2023) up from 15.8% (2022).**
- **Increase in use of disposables as main device - 69% (2023) up from 7.7% (2021)**
- **11 to 17-year-olds current vapers at 7.7% (2023) up from 6.9% (2022)**







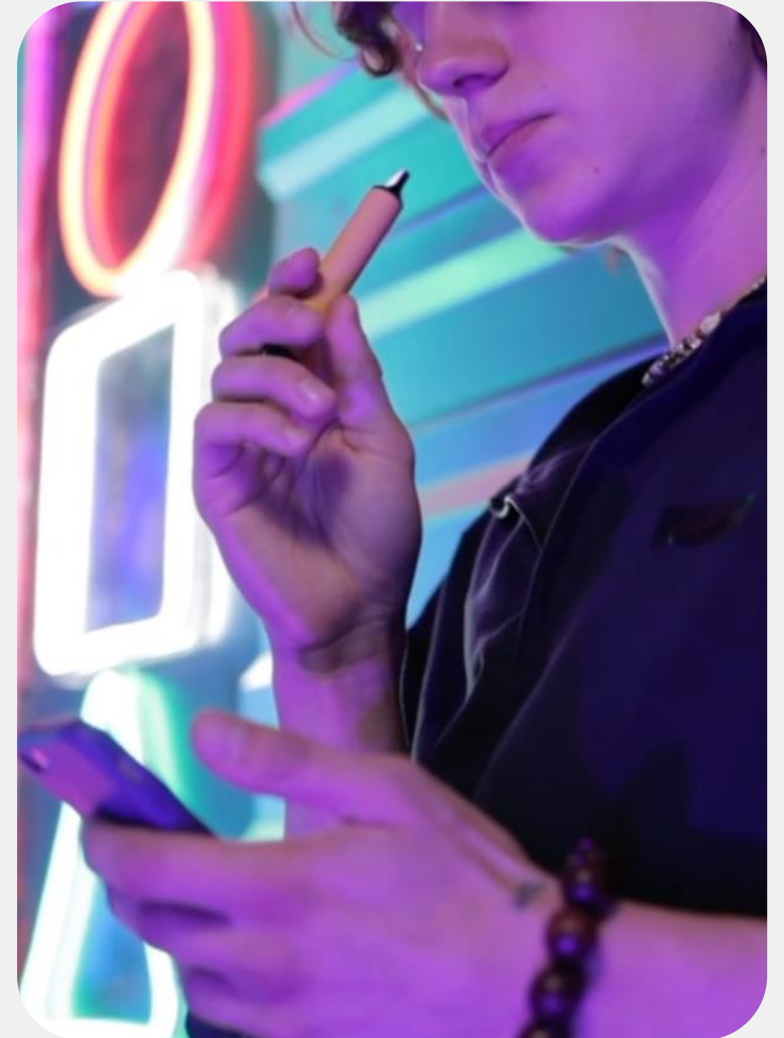
## **Survey of >10k students, Sep – Dec 2023. Results from years 7-11:**

- **8% vape every day or more than once a week (current vapers)**
- **12.5% have tried it once or twice**
- **2% vape less than once a week**
- **3% have stopped vaping**
- **71% have never tried a vape**
  
- **55% believe vaping is common in their age group.**

# ASH Wales Survey

## Among 15-16-year-olds:

- **13% vape every day or more than once a week**
- **3.5% vape less than once a week**
- **16.7% have tried a vape once or twice**
- **4.4% have stopped vaping**
- **57.5% have never tried vaping**







## **Related behaviours. Of those who vape regularly:**

- **29% smoke every day or more than once a week**
  - **8% smoke less than once a week**
  - **19% have tried smoking once or twice**
  - **4.6% have stopped smoking**
  - **28.6% have never smoked**
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- **>60% who vape have relationship with smoking**

## Environmental factors:

- **All students:**
  - 29% live with someone that vapes
  - 24% live with someone that smokes
  - 43% don't live with anyone who smokes or vapes
- **Current vapers / smokers:**
  - 53% live with someone that vapes
  - 54% live with someone that smokes





## **Current Vapers:**

- **'Why do you vape?'**
  - social motivations
  - stress relief
  - appeal of flavours
- **30% would like to quit**
- **40% say they can't go the whole school day without vaping**
- **Must be considered when educating and supporting students that vape**

## **In summary**

- **The majority report never having vaped or smoked**
- **13% of 15–16-year-olds vape every day or more than once a week**
- **Vaping is disproportionately viewed as common across all year groups**
- **Strong relationship between smoking and vaping**
- **Familial behaviours impact students' vaping and smoking habits**
- **>1/3 current vapers would like to stop**
- **40% of current vapers say they can't go through the whole school day without vaping**

**Thank you**