

Vaping in New Zealand youth survey findings

- With over 19,000 respondents this survey is one of the largest youth vaping surveys conducted worldwide.
- 27% of those surveyed reported vaping and 15% reported smoking traditional cigarettes in the past week.
- 75% of those vaping, or 20% of total respondents, are vaping daily or several times a day, and the majority are vaping with high nicotine doses.
- Over half of those vaping reported that they were vaping more frequently and at higher nicotine doses compared to last year.
- 86% of students who were vaping more than once a day reported that they were addicted to vaping and 57% felt that it was having an adverse effect on their health.
- The most common source of supply for students was from dairies.

What needs to change?

WE RECOMMEND:

1. Regulations be introduced to limit the content of nicotine available in ENDS/vaping products sold in New Zealand to a maximum of 20mg (2%).
2. Raise the legal age to purchase ENDS/vape products to 21 years.
3. Ban in-front-of-store window advertising and product display by retailers.
4. Prevent the sale of vaping products within a one kilometre radius of any school by retailers.
5. Emphasis must be placed on Aotearoa educational campaigns aimed at youth, and focused on the health harms that vaping can cause.
6. Further surveys are required to investigate the impact of the new regulations introduced under the Smokefree Environments and Regulated Products Act 1990.

“This survey shows a marked increase in vaping rates when compared with data collected two years ago. It’s clear that many young people are picking up high-nicotine vapes without ever having smoked a cigarette, and swiftly becoming addicted to nicotine.”

LETITIA HARDING
CHIEF EXECUTIVE

“While vaping is often perceived as harmless by young people, there is increasing evidence showing significant health risks. Vaping with nicotine is consistently associated with depression, ADHD and conduct disorders in adolescents, and nicotine exposure has been shown to impact learning and memory.”

PROFESSOR PHILIP PATTEMORE
PAEDIATRIC RESPIRATORY PHYSICIAN