

# ASH Year 10 Snapshot Survey 2021

## Regular Smoking and Regular Vaping

The ASH Year 10 Snapshot surveys 20,000-30,000 students every year on their smoking and vaping behaviour and attitudes – one of the largest ongoing youth smoking surveys in the world. It uses robust and validated measures and is conducted to a high methodological standard, that has been subject to peer review and ethics approval. The Survey was not carried out in 2020 due to Covid-19.

“Regular” use is defined as those who smoke or vape either daily, weekly, or monthly. Note that the results in this factsheet are not always directly comparable to other survey results, e.g. the NZ Health Survey measures “current smokers”, which is defined as “has smoked more than 100 cigarettes in lifetime and currently smokes at least once a month”.<sup>1</sup>

All results are shown with 95% confidence intervals.

### Key findings

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#### **Regular smoking decreases and regular vaping increases**

- Regular smoking rates showed a significant decrease to 4.2% after hovering around 5% since 2015. Small but significant decreases in the rates of daily, weekly, and monthly smoking contributed to this drop
- Monthly, weekly, and daily smoking rates are the lowest recorded in the 23-year history of the Survey, with the biggest year-on-year drop in over 5 years
- Regular vaping rates increased significantly from 12.0% in 2019 to 20.2% in 2021. A large portion of which was an increase in daily vaping, which rose significantly in this period (from 3.1% to 9.6%).

#### **Regular smoking significantly decreases for Māori students; regular vaping increases for all ethnicities**

- Regular smoking rates decreased significantly for Māori students for the first time since 2015 (from 13.6% in 2019 to 9.3% in 2021)
- Regular smoking rates for Māori boys (11.5% in 2019 to 7.7% in 2021) and girls decreased significantly (15.4% to 10.7%)
- Regular smoking rates also decreased significantly for NZ European students (3.7% in 2019 to 2.7% in 2021)
- There have been increases in reported regular vaping for all ethnicities
- Regular vaping rates increased significantly for boys and girls of all ethnicities, particularly for Māori boys (19.2% in 2019 to 30.6% in 2021) and girls (19.1% to 40.7%)

#### **Regular vaping among those who have never smoked increases to 10%; regular vaping for regular smokers increases to 93%**

## Regular smoking decreases and regular vaping increases

**Regular smoking rates showed a significant decrease** to 4.2% after hovering around 5% since 2015. Small but significant decreases in the rates of daily (2.1% in 2019 to 1.3% in 2021), weekly (1.8% to 1.4%), and monthly smoking (1.9% to 1.6%) contributed to this drop. See Figure 1.

**Regular vaping rates increased significantly** from 12.0% in 2019 to 20.2% in 2021. A large portion of the increase in regular vaping was caused by the increase in daily vaping, which rose significantly in this period (from 3.1% in 2019 to 9.6% in 2021). There was also a significant increase in weekly vaping (4.2% in 2019 to 6.1% in 2021). There was no significant increase in the rate of monthly vaping. See Figure 2.

Figure 1: ASH Year 10 Snapshot Survey – Youth daily, weekly, monthly, and regular (i.e. daily, weekly, or monthly) smoking prevalence (1999-2021)

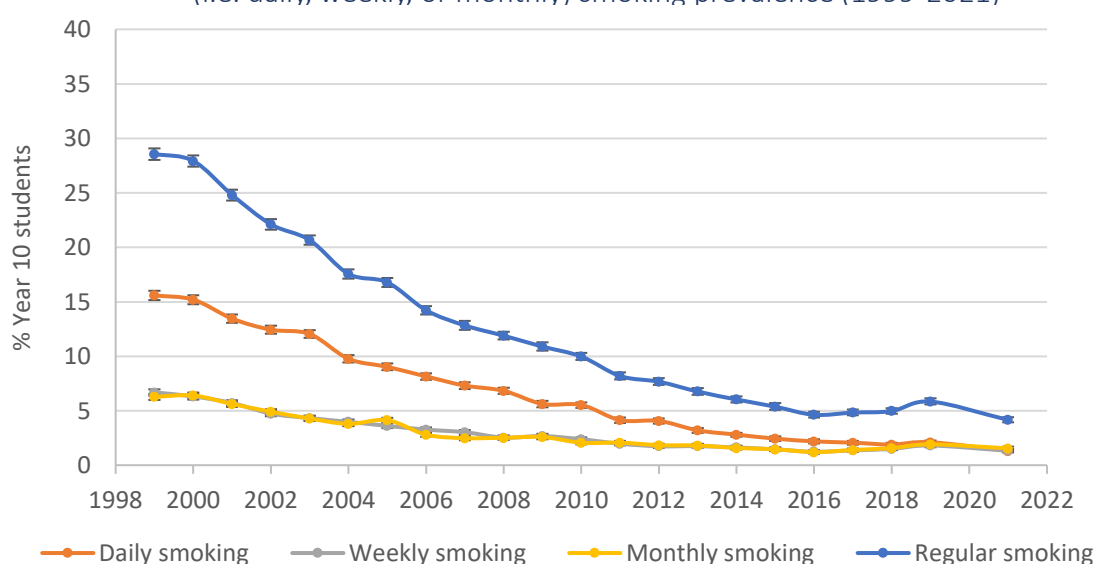
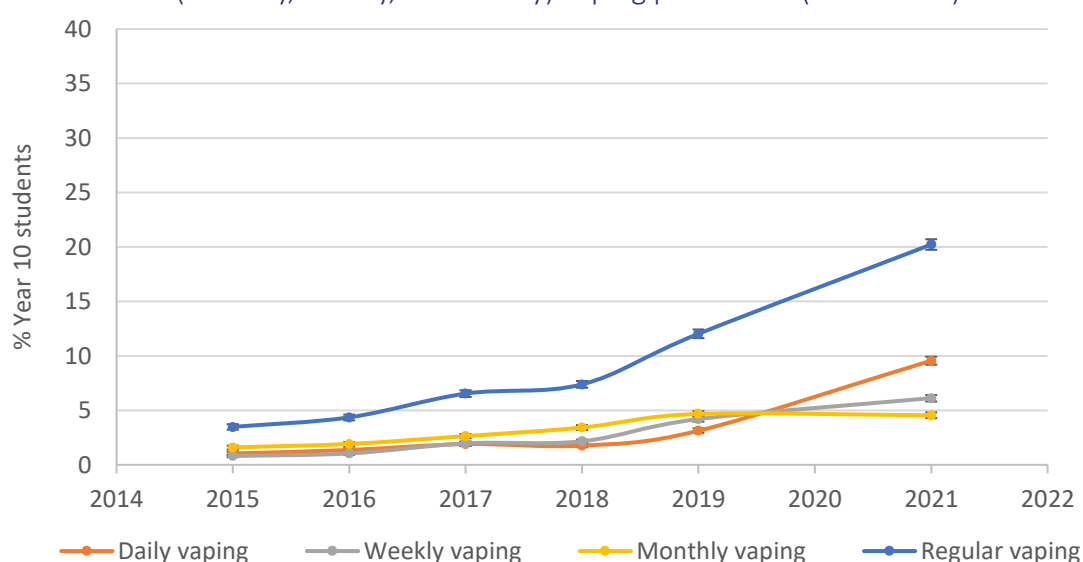


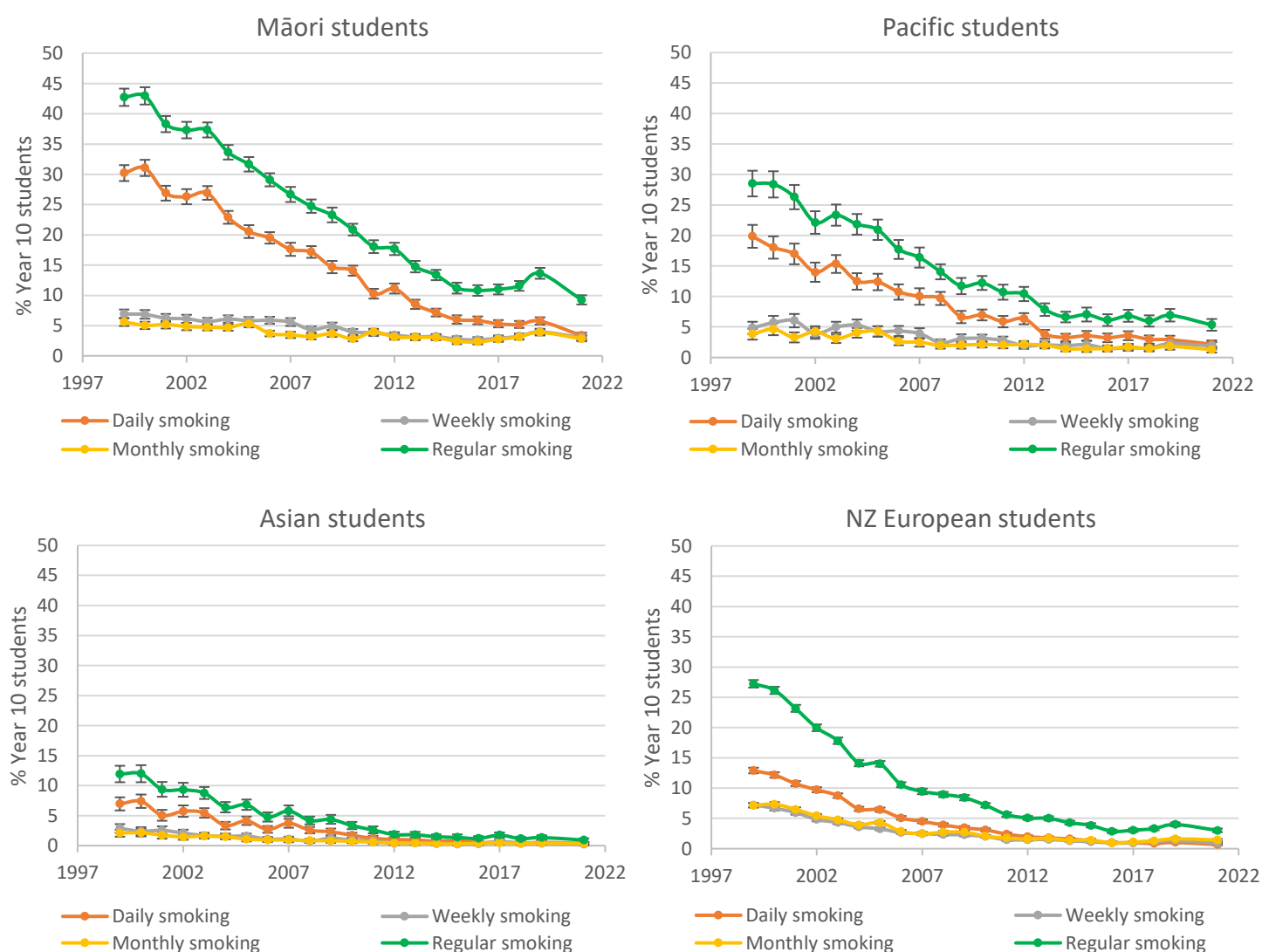
Figure 2: ASH Year 10 Snapshot Survey – Youth daily, weekly, monthly, and regular (i.e. daily, weekly, or monthly) vaping prevalence (2015-2021)



## Regular smoking significantly decreases for Māori students; regular vaping increases for all ethnicities

**Regular smoking rates decreased significantly for Māori students** for the first time since 2015 (13.6% in 2019 to 9.3% in 2021). There was also a very small but significant decrease in regular smoking rate for NZ European students (3.7% in 2019 to 2.7% in 2021). Pacific students and Asian students had non-significant decreases in regular smoking. See Figure 3.

Figure 3: ASH Year 10 Snapshot Survey – Youth daily, weekly, monthly, and regular (i.e. daily, weekly, or monthly) smoking prevalence by ethnicity (1999-2021)

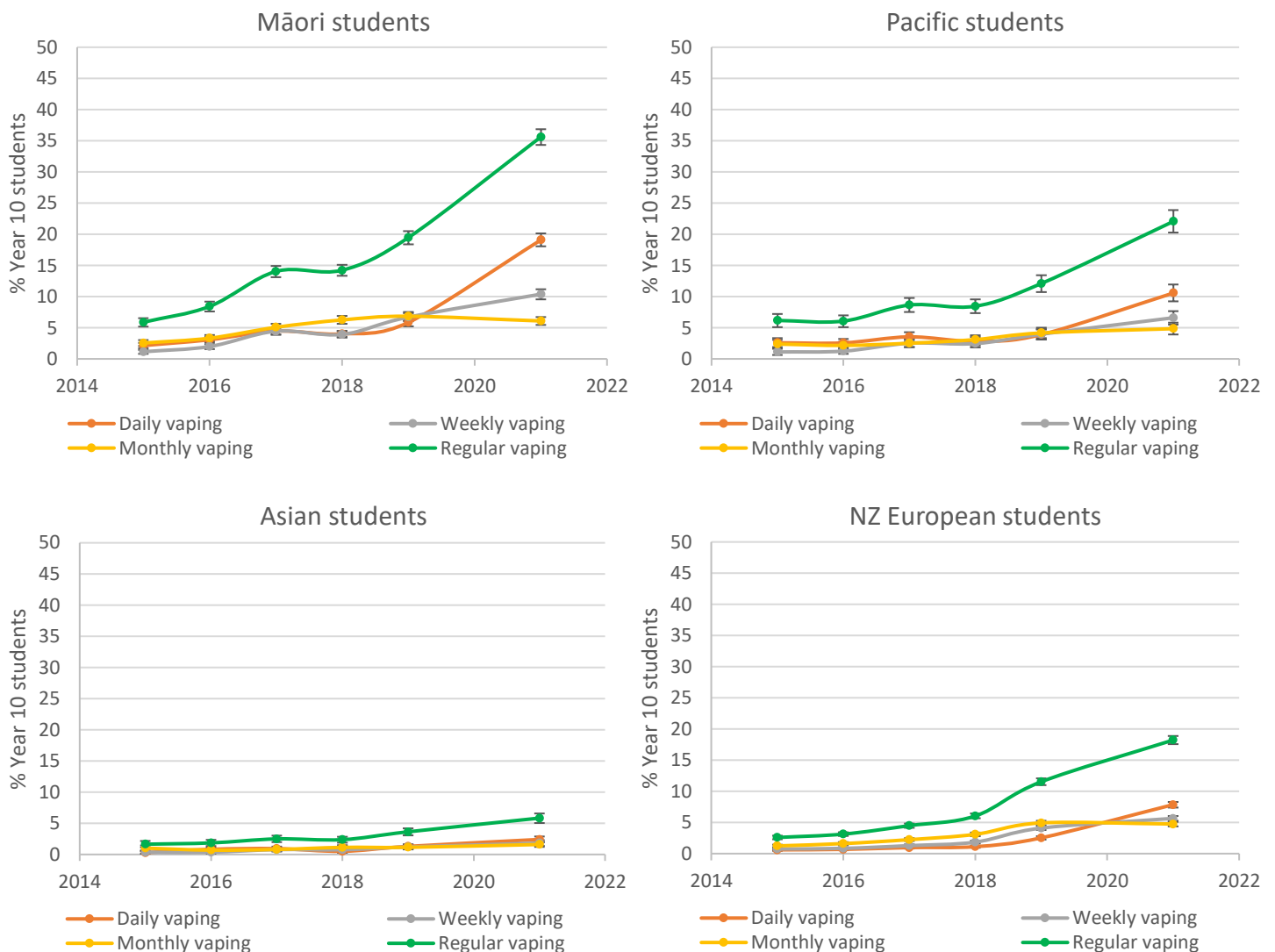


**There have been increases in reported regular vaping for all ethnicities**, with the biggest increase being for Māori students – for whom regular vaping significantly increased from 19.5% in 2019 to 35.6% in 2021. This increase was primarily made up of significant increases to the daily vaping rate and weekly vaping rate.

Regular vaping for Pacific students increased from 12.1% in 2019 to 22.1% in 2021. This increase was primarily made up of significant increases to the daily vaping rate and weekly vaping rate. Regular vaping for NZ European students increased from 11.6% in 2019 to 18.2% in 2021. This increase was primarily made up of significant increases to the daily vaping rate and weekly vaping rate. Asian students still have the lowest regular use at 5.8% in 2021, a significant increase from 3.6% in 2019.

See Figure 4.

Figure 4: ASH Year 10 Snapshot Survey – Youth daily, weekly, monthly, and regular (i.e. daily, weekly, or monthly) vaping prevalence by ethnicity (1999-2021)



**Regular vaping rates increased significantly for boys and girls of all ethnicities, particularly for Māori boys and girls.** Māori girls showed the biggest increase, 19.1% in 2019 to 40.7% in 2021. Māori boys reported a regular vaping rate of 30.6% in 2021, up from 19.2% in 2019. Pacific boys (13.0% in 2019 to 20.1% in 2021) and girls (10.0% to 23.9%), and non-Māori non-Pacific boys (11.0% to 13.4%) and girls (8.4% to 17.6%) also reported a significant increase in regular vaping. For all ethnicities girls showed bigger increases than boys. See Figure 5.

At the same time that regular vaping increased, **regular smoking rates for Māori boys and girls decreased significantly.** The biggest significant decrease since 2019 has been for Māori girls, 15.4% in 2019 to 10.7% in 2021. Māori boys reported a significantly lower smoking rate of 7.7% in 2021, down from 11.5% in 2019. Non-Māori non-Pacific boys (3.3% in 2019 to 2.4% in 2021) and girls (3.3% to 2.5%) also reported a significant decrease in regular smoking. See Figure 6.

Figure 5: ASH Year 10 Snapshot Survey – Regular (i.e. daily, weekly, or monthly) vaping prevalence by ethnicity and gender (2015-2021)

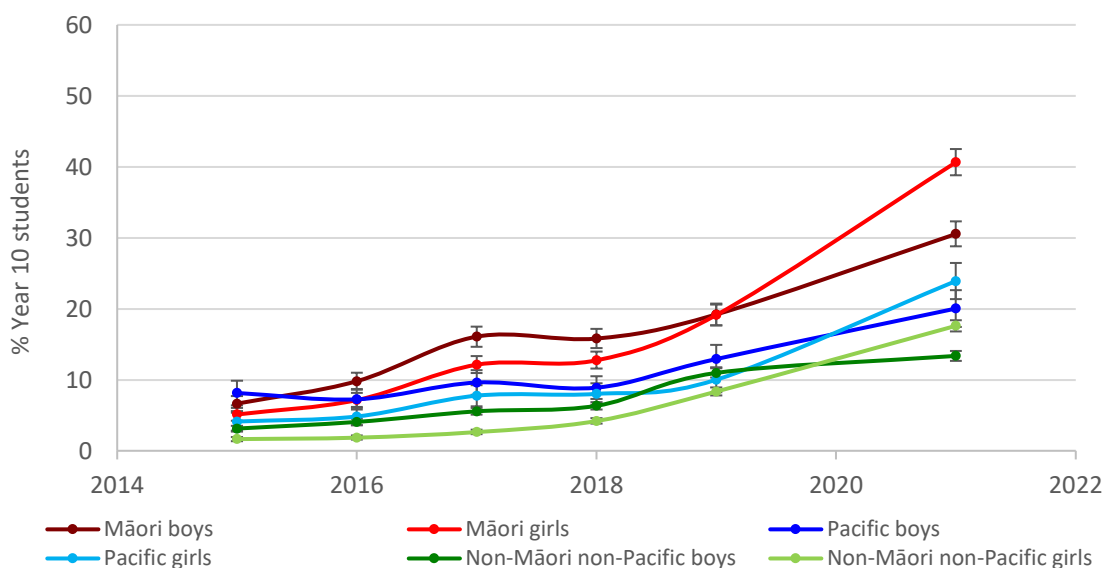
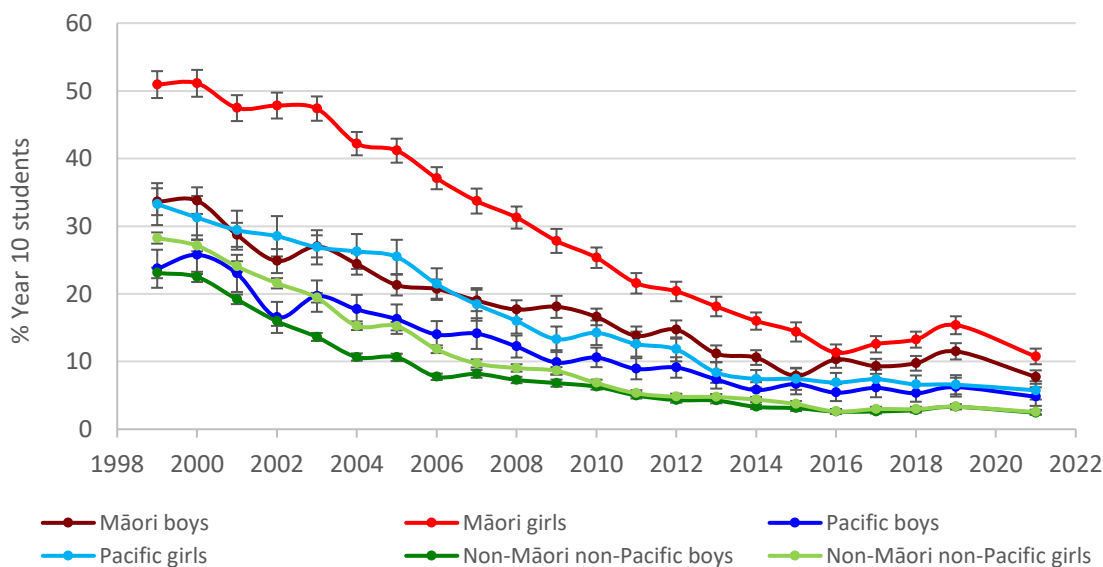


Figure 6: ASH Year 10 Snapshot Survey – Regular (i.e. daily, weekly, or monthly) smoking prevalence by ethnicity and gender (2015-2021)

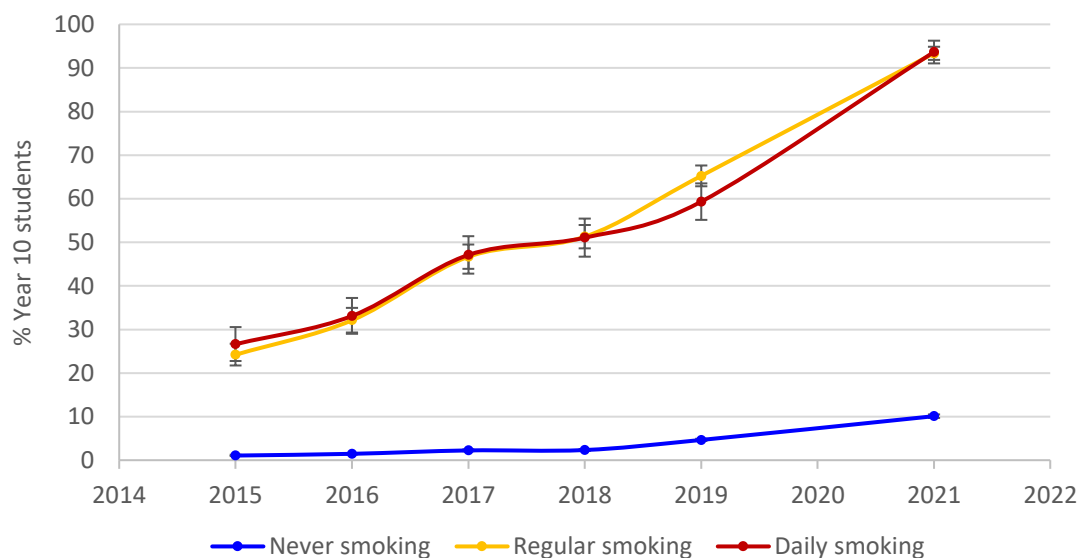


These results were echoed in the 2020/2021 NZ Health Survey, with large increases in Māori vaping rates accompanied by large decreases in Māori smoking rates. Māori women, in particular, showed significant increases in vaping and significant decreases in smoking.<sup>1</sup>

## Regular vaping among those who have never smoked increases to 10%; regular vaping for regular smokers increases to 93%

Regular smokers and those who have never smoked reported increased rates of regular vaping. Regular vaping among those who have never smoked increased significantly to 10.1% (from 4.7% in 2019). There was a particularly large increase for daily smokers (59.3% in 2019 to 93.7% in 2021) and regular smokers (65.2% to 93.4%). See Figure 7.

Figure 7: ASH Year 10 Snapshot Survey – Regular (i.e. daily, weekly, or monthly) vaping prevalence by smoking status (2015-2021)



## Suggested citation

Action for Smokefree 2025 (ASH). 2022. ASH Year 10 Snapshot Survey 2021: Regular smoking and regular vaping. Available from: <http://ash.org.nz>

## References

<sup>1</sup>Ministry of Health. Annual Data Explorer 2020/21: New Zealand Health Survey [Data File]. Ministry of Health. Published 2021. Available from <https://www.health.govt.nz/>