

Vaping in New Zealand

Youth survey 2024 - key findings

- With over 11,300 respondents, this survey is one of the largest youth vaping surveys conducted in New Zealand, and the first to include students from Year 7 to 13.
- Overall, there has been a substantial reduction in vaping in Years 9-13 with 12.2% reporting vaping in the last seven days, compared to 26.6% in our 2021 survey.
- More had given up vaping than starting vaping in the past year. This was the case in every year except Year 13.
- Vaping is most frequent in the Year 12 – 13 group, with 21.9% having vaped in the last seven days.
- 3.7% of Year 7s, and 26% of Year 13s had vaped in the last seven days.
- Many students reported waking in the middle of the night to vape.
- Of those who reported knowing the nicotine concentration of their vape, the majority were vaping at high (18-24mg) to very high (24-50) doses.
- The most common source of supply was from friends (70%), however almost a quarter (24.6%) still obtained them directly from retailers (vape stores, dairies and service stations).
- Of those students who had vaped in the last seven days, 47% reported they felt addicted to vaping and 48% reported it was having a negative effect on their health.
- Weekly vaping is nearly twice as high among Māori students than NZ European students.
- 10.7% of total respondents had vaped and 3% had smoked a traditional cigarette in the last seven days.
- Of the 1173 students who reported vaping in the last seven days, 23% were vaping daily and 42% reported vaping several times a day.
- Unfortunately, vaping rates have increased among older students, with 19.7% of Year 12s and 26.1% of Year 13s having vaped in the last seven days, compared to 16.8% and 12.6%, respectively, in 2021.

“It’s promising to see a significant reduction in youth vaping rates, which highlights the positive impact our vaping education workshops have on students and in communities. While there is progress, the findings also remind us of the continued challenges, particularly with older students who are vaping more often.”

LETITIA HARDING
CHIEF EXECUTIVE

“The decline in overall vaping rates is encouraging, but the increasing rates among older students are very concerning, with many students vaping high doses of nicotine and reporting symptoms of addiction. We need to do everything we can to avoid a new epidemic of nicotine addiction among a generation of young people.”

PROFESSOR BOB HANCOX
MEDICAL DIRECTOR

What needs to change?

WE RECOMMEND:

1. Funded support programmes aimed at all students to quit vaping, particularly older teens.
2. Continued vaping education in schools from Year 7 (ARFNZ programme).
3. Regulations be introduced to limit the content of nicotine available in ENDS/vaping products sold in New Zealand, to a maximum of 20mg (2%).
4. Raise the legal age to purchase ENDS/vape products to 21 years.
5. Ban in-front-of-store retailer window advertising and online.
6. No more Specialist Vape Stores (SVRs) to be approved. Cap the number of retailers nationally and prevent the sale of vaping products within a 1km radius of any school by both specialist and general retailers.
7. Further surveys are required to investigate the impact of new regulations such as those proposed in Smokefree Environments and Regulated Products Amendment Bill (No. 2) as they come into effect.