

Is it all one big cloud of smoke? Effects of vaping on uptake and cessation of smoking: Longitudinal analysis in Aotearoa New Zealand adult

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Introduction: The prevalence of vaping, or e-cigarette use, is increasing. Initially posited as a mechanism to support smokers to quit, there is growing concern that vaping may also lead to smoking. This talk presents research exploring the prevalence of vaping and smoking in Aotearoa New Zealand and considers the longitudinal pathways between smoking status and vape use.

Method: We analysed data from three waves, between 2018-2020, of the New Zealand Attitudes and Values study, a large, representative, multi-wave study of adults living in New Zealand.

Results: Generally, the data indicated that the prevalence of smoking was increasing while the prevalence of smoking was decreasing. Despite these trends, however, analyses suggest that individuals are just as likely to transition from smoking to vaping as they are to shift from vaping to smoking; no differences were in the odds of transitioning between pathways.

Conclusions: Overall, these findings suggest that vaping may be just as likely to catalyse transition to smoking as it is to have a cessation effect.

Implications for Policy: Our findings highlight the need for greater consideration regarding vaping-related policy and restriction.

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