



Smoking amongst adolescents - ALS 2021

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What is the ALS and who took part?

The Adolescent Lifestyle Survey (ALS) is a survey of school pupils in school years 7 to 11 (ages 11-16) in North East Lincolnshire.

The ALS is an online survey completed in classrooms in exam style conditions.

It has been carried out every 3-4 years since 2004; the 2021 ALS was completed in October and each school received their results in November.

This report focuses on whether different demographics smoke cigarettes/E-cigarettes and live with a smoker. The full summary is available [here](#).

Respondents can be broken down as follows:

- 2603 adolescents live with a smoker and 3972 do not; 265 are not sure;
 - 5605 have never smoked a cigarette, 586 have *only* tried smoking once, 184 used to smoke cigarettes but do not anymore, 147 smoke less than once a week, 79 smoke at least once a week, and 201 smoke daily;
 - 5266 have never smoked an E-cigarette, 37 used to use E-cigarettes but now smoke cigarettes, 735 have tried an E-cigarette once or twice, 242 used to use E-cigarettes but don't anymore, 245 smoke E-cigarettes at least once a week, and 274 smoke E-cigarettes everyday.

Key Points

23.4% more adolescents on Free School Meals (FSM) live with a smoker than those who are not in receipt of FSM.

9.8% more adolescents with a long-term illness smoke cigarettes actively than those without a long-term illness.

Over 15% of year 9-age adolescents have tried a cigarette.

Almost 7% of year 10-age adolescents are active smokers.

Before year 10, males are more likely to have smoked and to actively smoke cigarettes and E-cigarettes, but the trend reverses at year 10, so females are more likely to have smoked/actively smoke thereafter.

32.3% more adolescents who have had a whole alcoholic drink have tried a cigarette than those who have not.

0.2% of those who have never smoked an E-cigarette actively smoke cigarettes, while 56.8% of adolescents who have previously smoked E-cigarettes smoke cigarettes actively.

23.2% of those who think grades aren't important actively smoke cigarettes, and 62% have not smoked, while 3.2% of those who think grades are very important actively smoke, and 83.9% have not smoked.

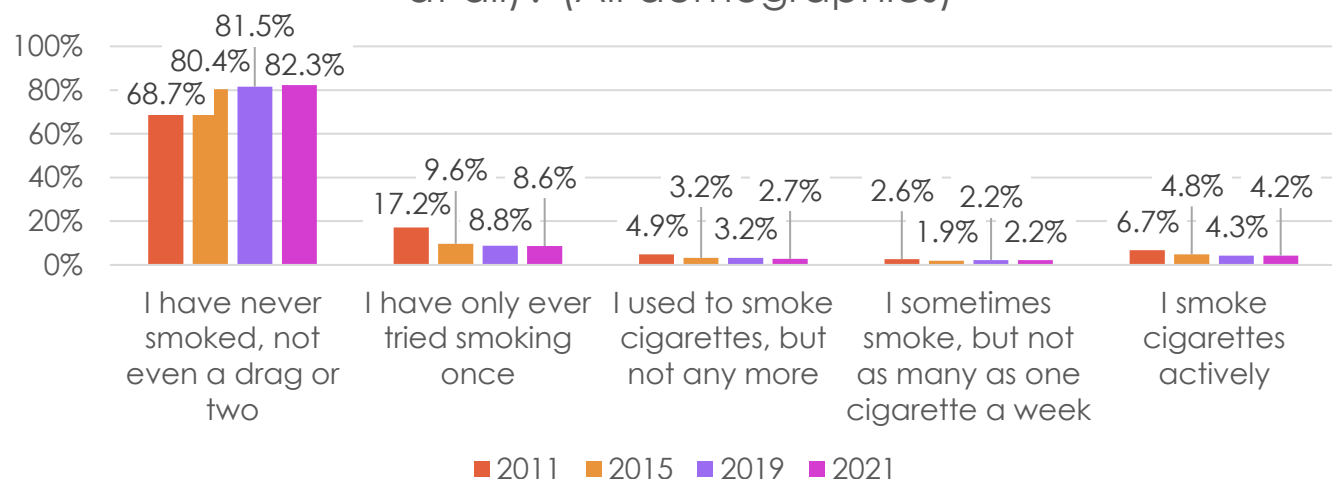
47.6% of those who have never smoked want to go to college/university, compared to 29.6% of active smokers, And 15.5% of the former want to get a job at 16, compared to 25.5% of the latter.

The proportion of adolescents smoking E-cigarettes actively (at least one a week) has doubled to 7.6% since the 2019 ALS.

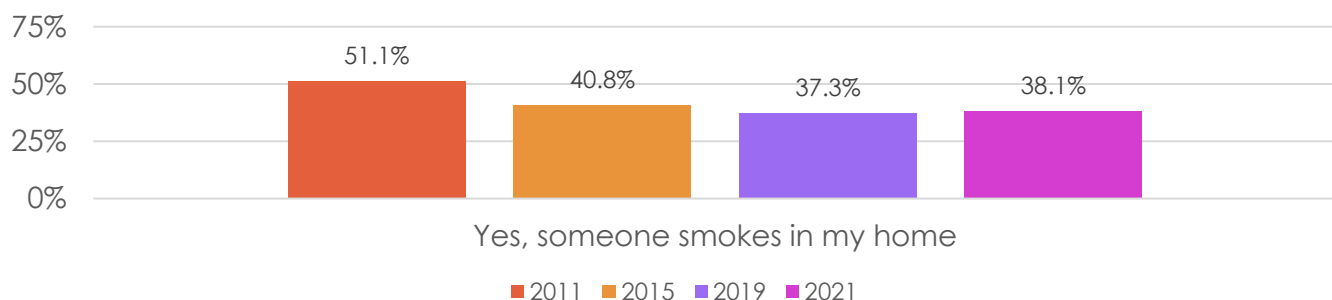
Since 2004, the difference between the proportion of males and females that smoke at least one cigarette a week has fallen by 5%.

1.a. Smoking overview

How regularly do adolescents smoke cigarettes (if at all)? (All demographics)

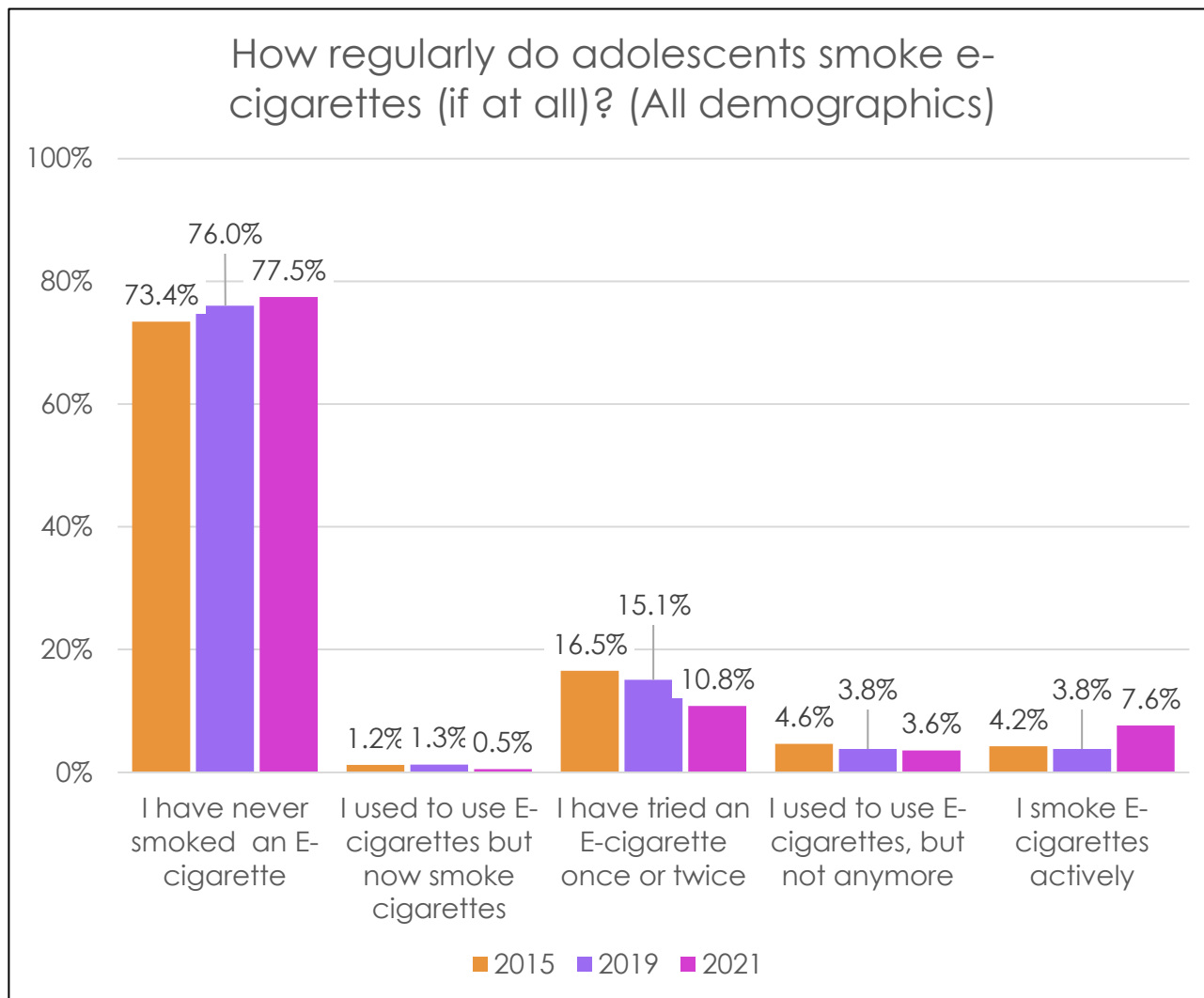


How many adolescents live with someone who smokes? (Overall)



- Cigarette-smoking among adolescents fell from 2011 to 2021, with a 13.6% increase in the percentage who have never smoked and a 2.5% decrease in active smoking during this time. But from 2011 to 2015, the percentage change was much larger, with a 17% increase on the earlier figure for those who have never smoked, relative to a 1% increase from 2019 to 2021. Also, there was a 28.4% decrease on the 2011 figure for active smokers (relative to the 2015 figure), and only a 2.3% decrease between 2019 and 2021.
- In-turn, smoking everyday rose to 3% in 2021, after falling from 6.1% in 2007 to 2.9% in 2019.
- On the proportion living with a smoker, there was a 13% fall from 2011 to 2021, but this figure rose 0.8% from 2019 to 2021; the proportion saying they 'don't know' if they live with a smoker has increased every year, from 1.4% in 2011 to 3.9% in 2021.

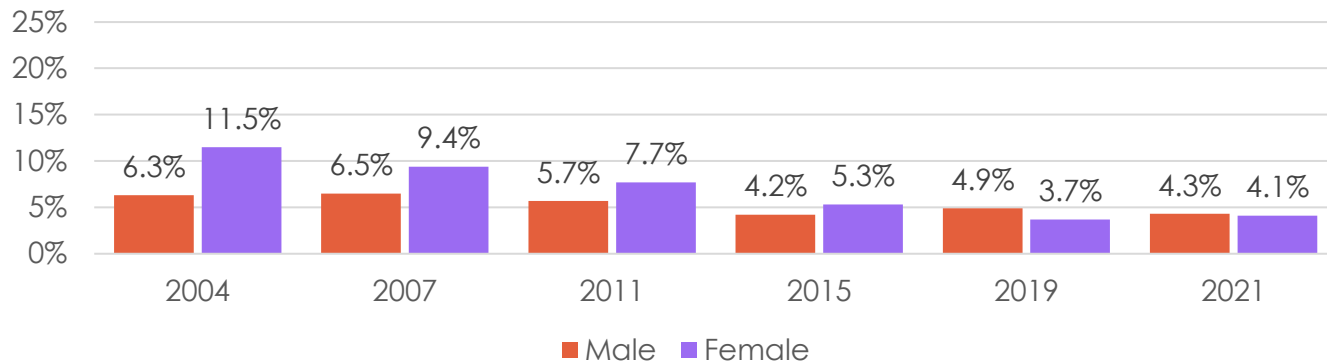
1.b. Smoking overview



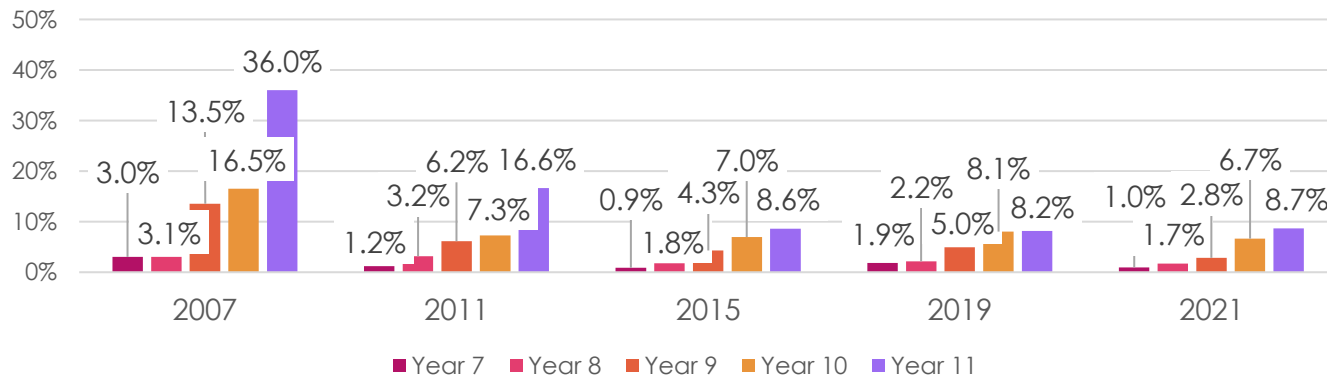
- Between 2015 and 2021, the proportion of adolescents who have never smoked an E-cigarette increased by 4.1%, which is double the change seen in the relevant figure and timeframe in cigarette-smoking.
- The proportion who indicated that they used to use E-cigarettes but now smoke cigarettes fell to 0.5% in 2021 - less than half the figure in 2015 (1.2%).
- While a decrease in E-cigarette use is seen between 2015 and 2019 – one that is also seen in the proportion smoking everyday and at least once a week – from 2019 to 2021, the proportion who smoke actively doubles. This corresponds with the figures for those smoking everyday increasing by 2.4% (more than doubling), and for those smoking at least once a week increasing by 1.4%.

1.c. Smoking overview

How many adolescents smoke at least once a week? (All demographics)

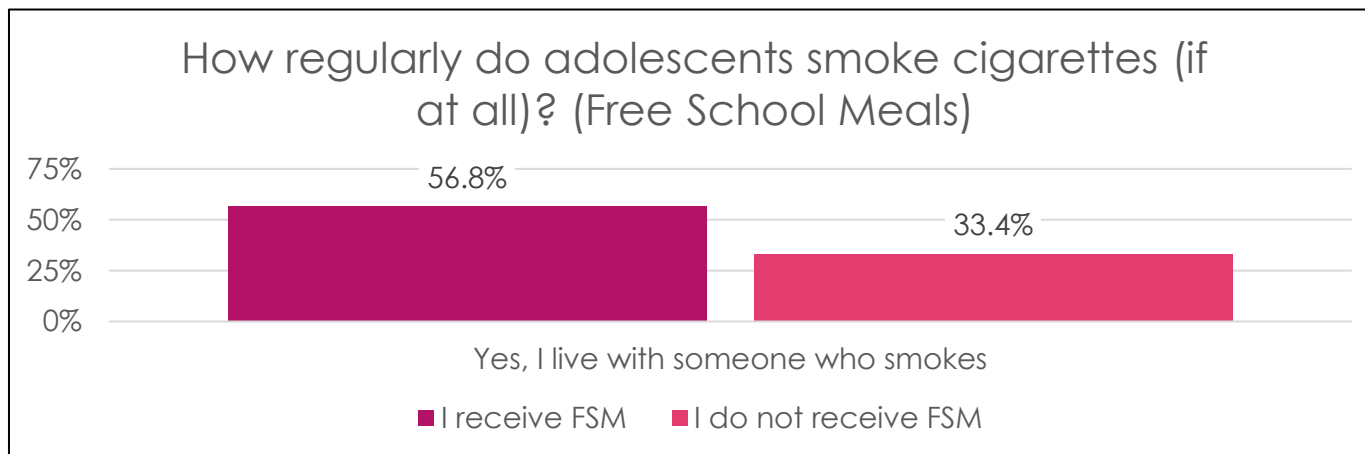
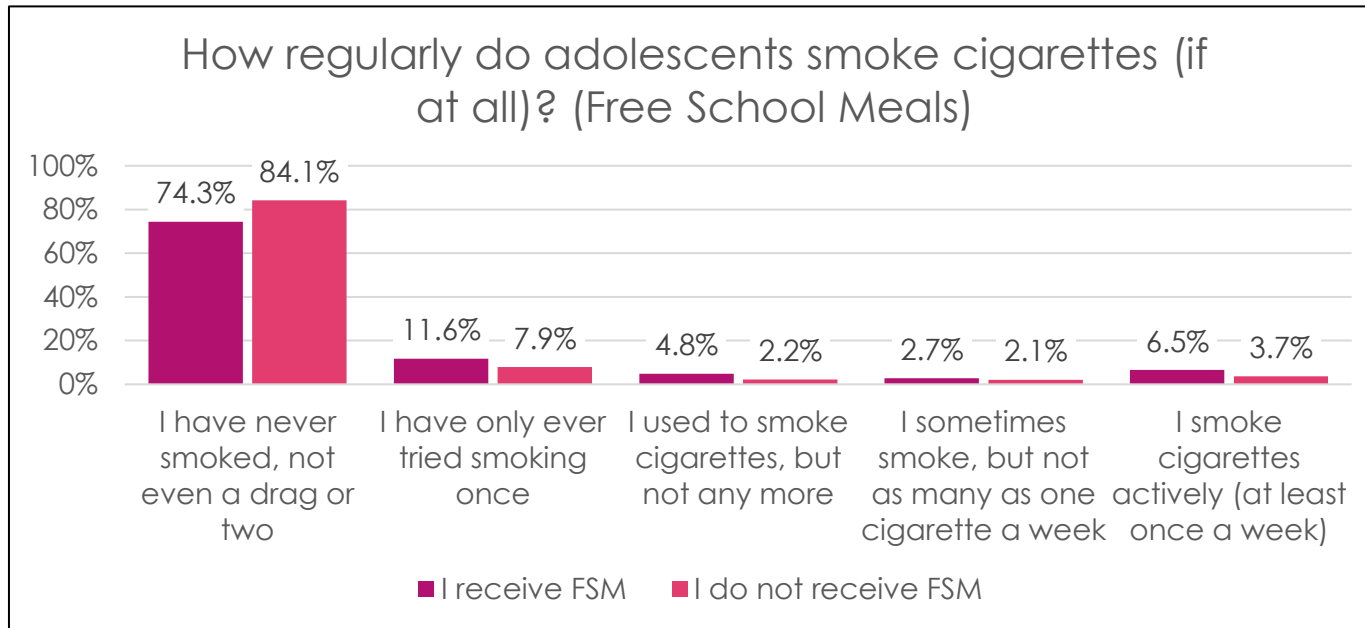


How many adolescents smoke at least once a week? (All demographics)



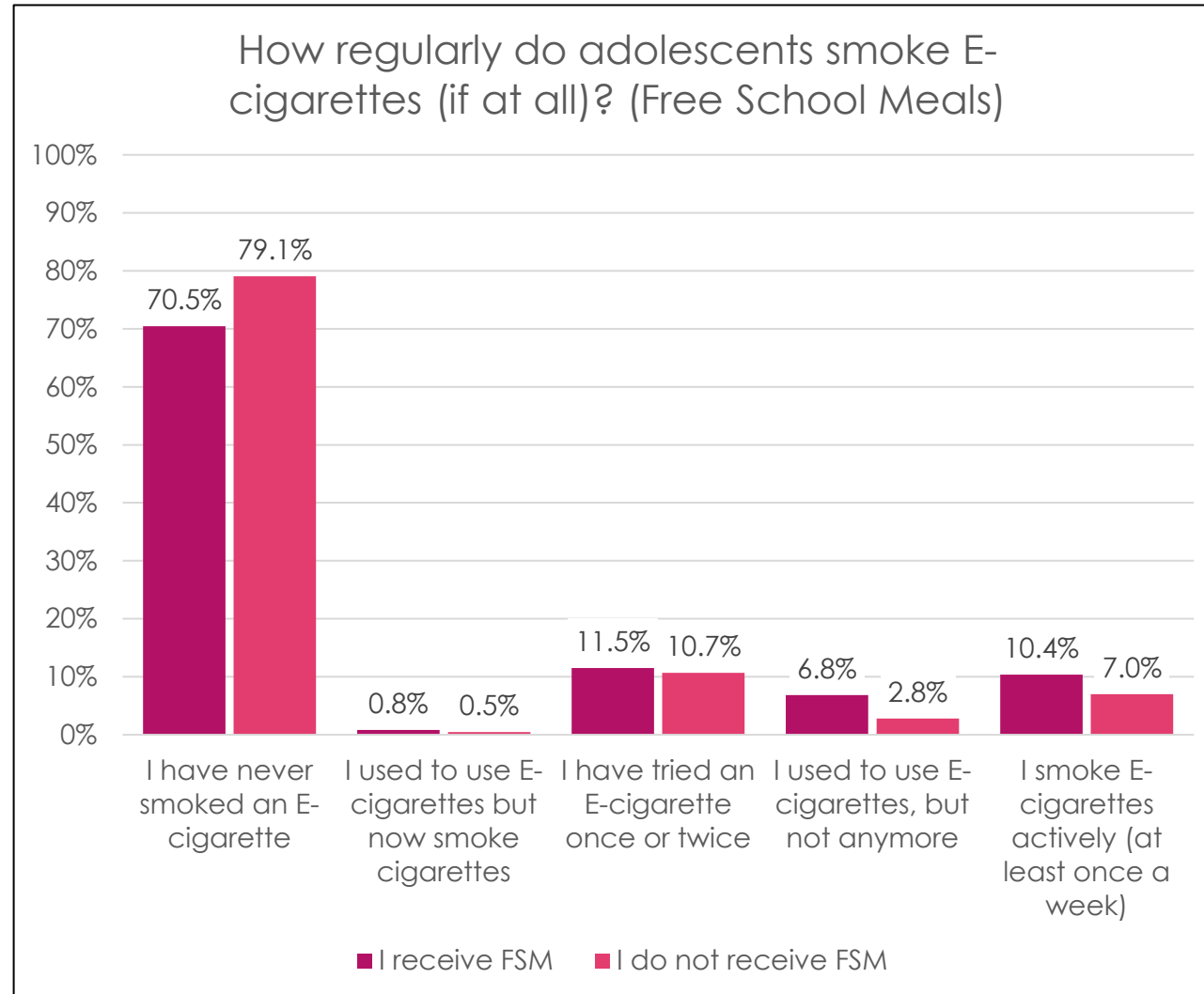
- While active smoking has fallen largely for both sexes (with active smoking falling by 2% in males and 7.4% in females between 2004 and 2021), the fall amongst females is more significant, with the percentage change at 64.4% for them, and 31.7% for males.
- This has reduced the inequality gap to a point where the trend has reversed and cigarette-smoking is now more prevalent in males [by 0.2% points].
- While smoking prevalence still increases with each year group, it is a smaller increase broadly. This is especially true in the case of year 11, where in 2007 there was a 19.5% point increase from year 10 to year 11 and a 33% point increase from year 7 to year 11, these increases halved by 2011, and now stand at 2% and 7.7% respectively.

2.a. Smoking and Free School Meals (FSM)



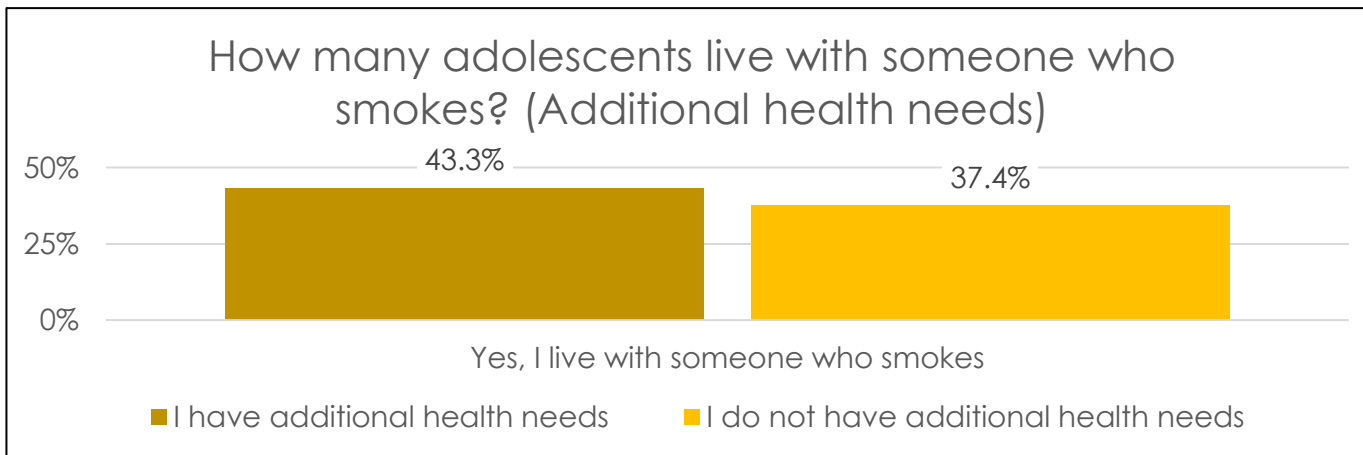
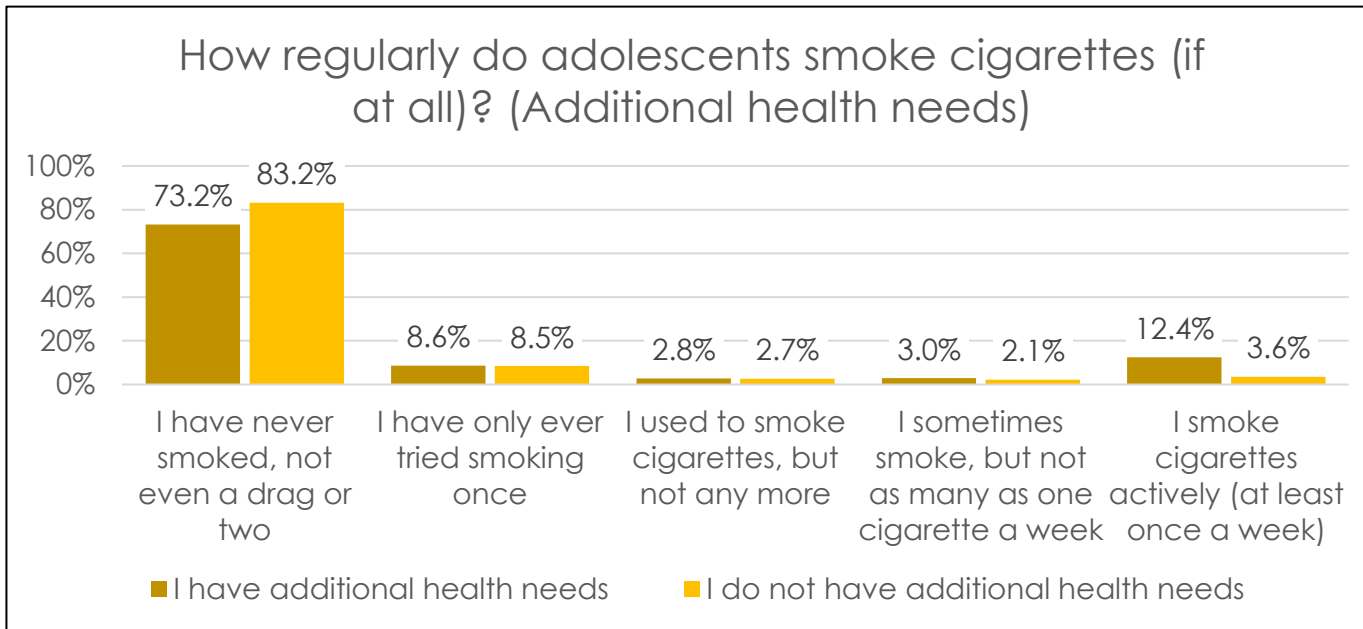
- Relative to those not in receipt of FSM, those in receipt tend to smoke more. In every category for how often a respondent smoked, the adolescents receiving FSM had a higher proportion, especially in the case of the *I smoke one cigarette a week* category, where their proportion was exactly twice that of those not receiving FSM. Further, the proportion of those not receiving FSM who aren't smokers is 9.8% higher than those in receipt, with 25.7% of the total population of adolescents receiving FSM having smoked a cigarette;
- Those in receipt of FSM are also much more likely to live with a smoker, with the proportion for those in receipt who live with a smoker being 23.4% points higher than those who are not in receipt but live with a smoker.

2.b. Smoking and Free School Meals (FSM)



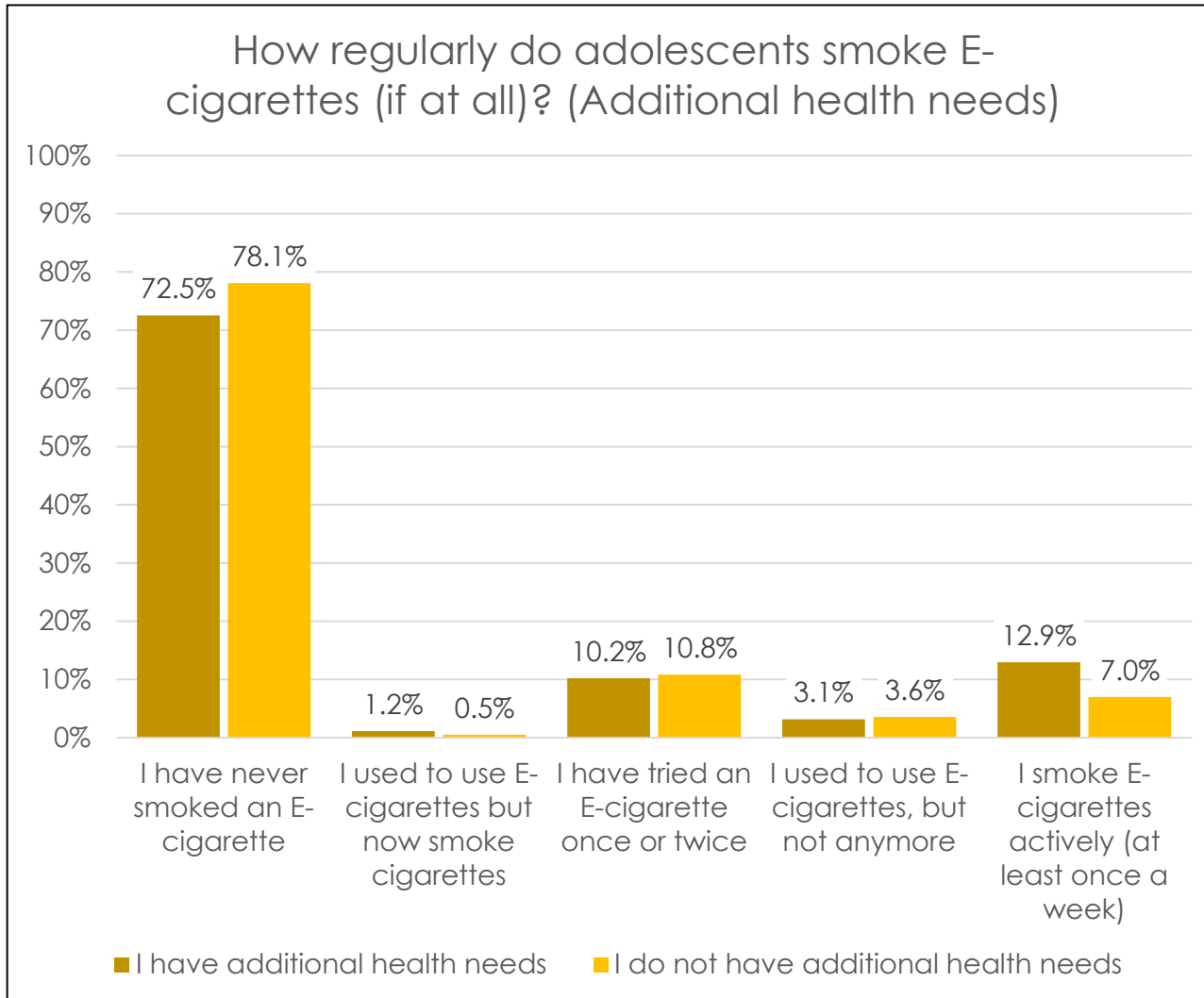
- As was visible in the chart for cigarette-smokers, it is also clear – and almost to the same degree – that those receiving FSM are more likely to smoke [E-cigarettes]. The proportion of those in receipt of FSM that also smoke e-cigarettes every day exceeds 1/10th of the total population of people receiving FSM. Again, a much higher proportion of those not receiving FSM have never tried an E-cigarette than those who are receiving FSM; with E-cigarettes, almost 3/10th of the total population of adolescents receiving FSM have smoked an E-cigarette, compared to 2/10 of the remaining secondary school-children.

3.a. Smoking and Additional Health Needs



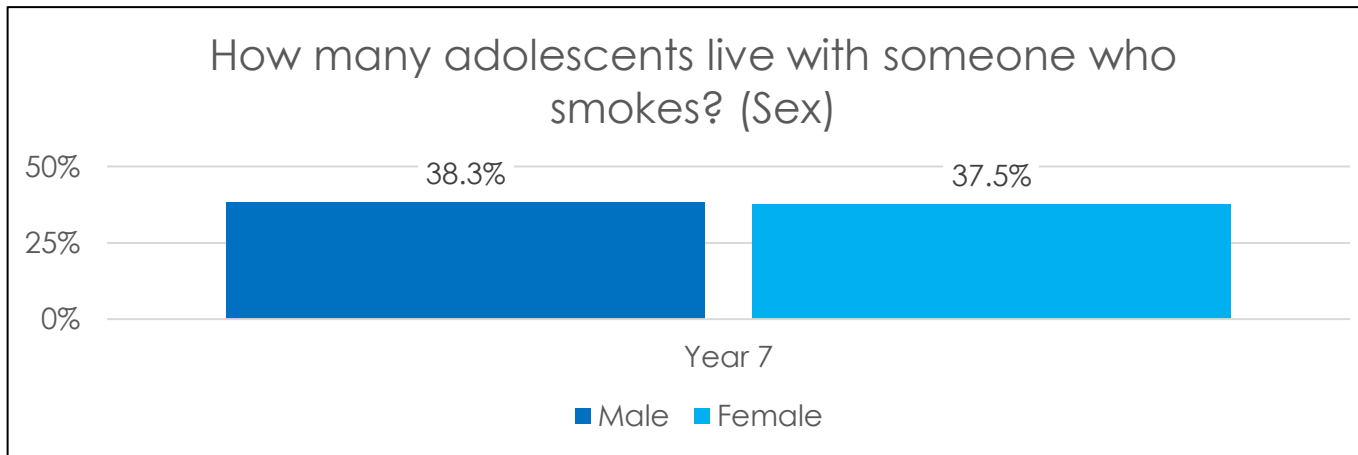
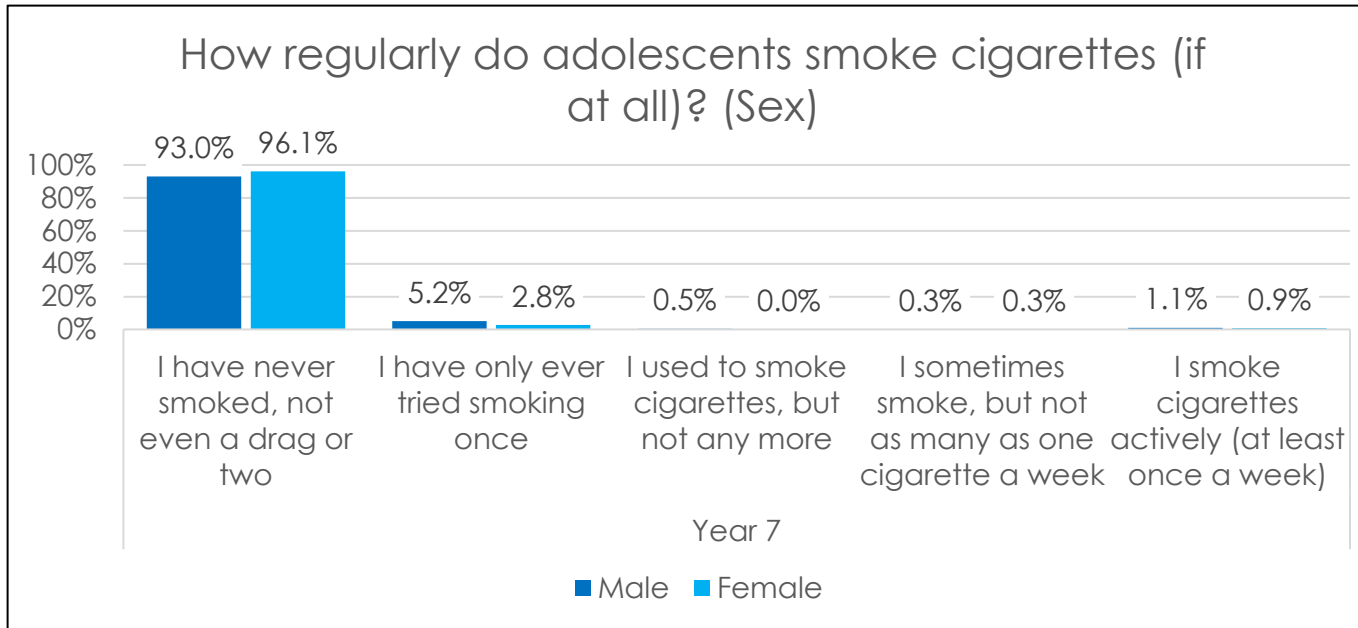
- A much higher proportion of those with additional health needs (including those with a special educational need, a long-term illness, or a disability), have smoked and are active smokers. This inequality is the most pronounced for those with a special educational need, as 26.8% have tried a cigarette and 11.8% are active smokers; these figures are 16.6% and 3.5% for those without a special educational need. Those with a long-term illness are the closest to the population without their respective health need;
- Those with additional health needs are also more likely to live with a smoker: 8.7% more (of those with a disability live with a smoker than those without. Again, Those with a long-term illness differ the least.

3.b. Smoking and Additional Health Needs



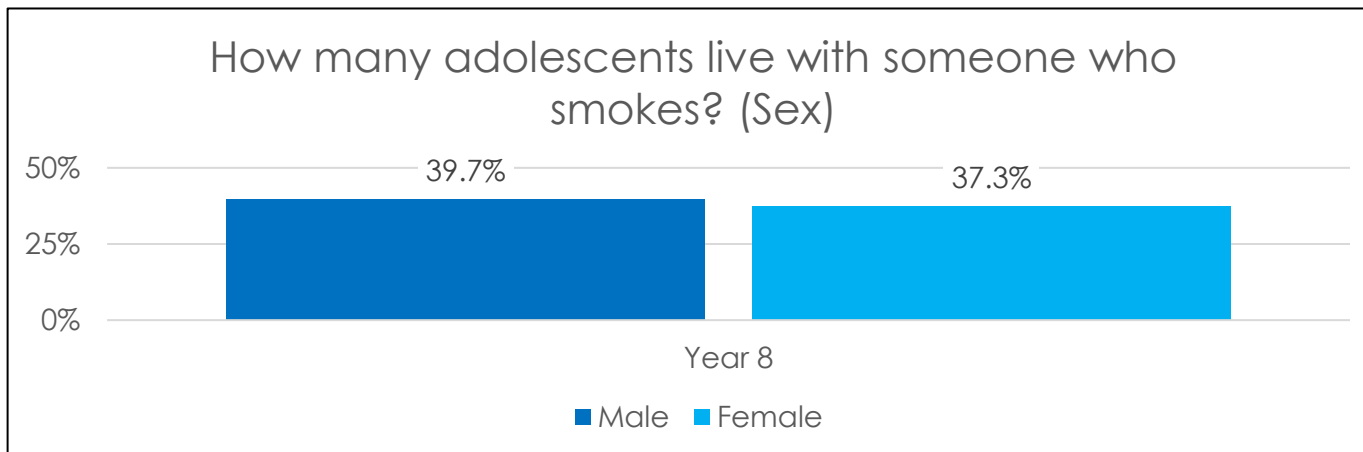
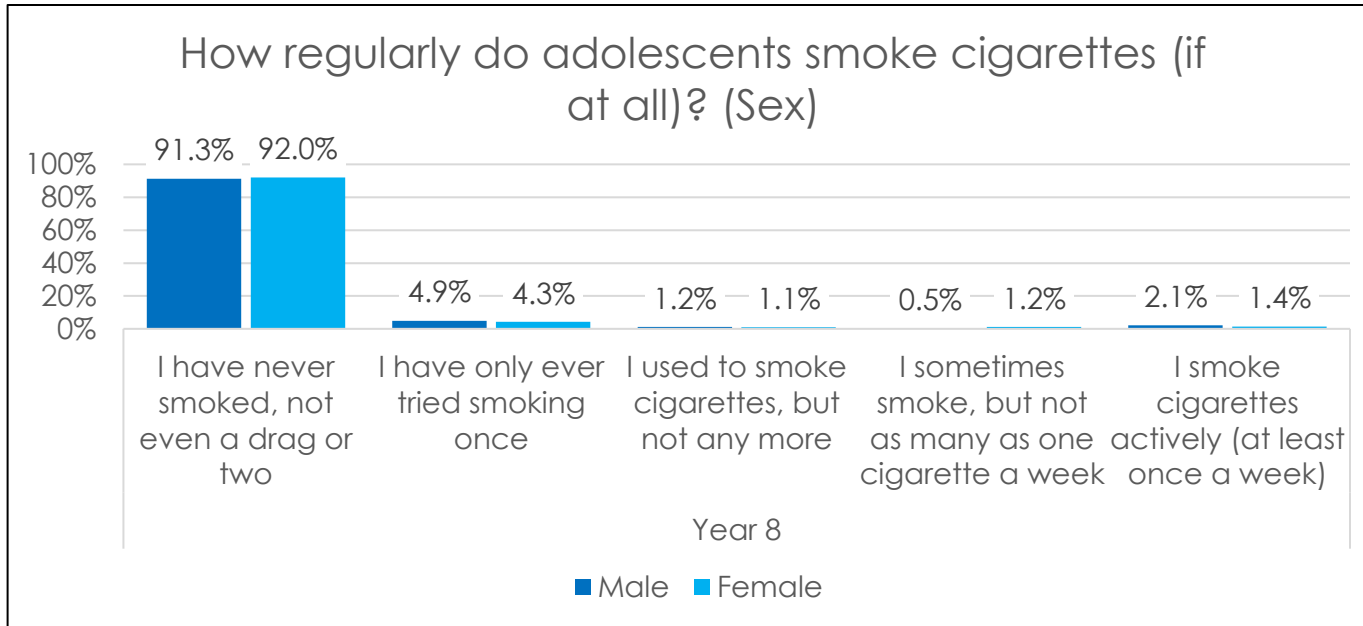
- Those with additional health needs are also more likely to smoke E-cigarettes than those without those needs. This inequality is less pronounced in the use of E-cigarettes than cigarettes however. Those with a special educational need suffer the greatest inequality, with 9.3% smoking everyday, compared to 2.4% of those without a special educational need. This inequality is least pronounced amongst those with a disability, although 4.4% more of them have smoked than those without a disability, and the proportion who smoke everyday is still two and a half times as large as that from among the general population.

4.a.i Smoking and Age/Sex



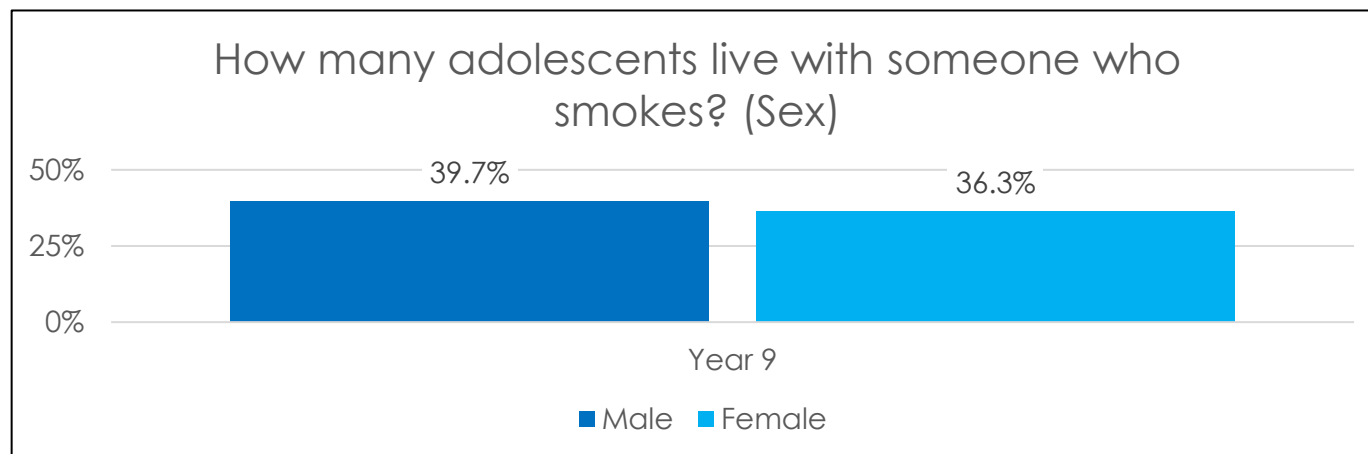
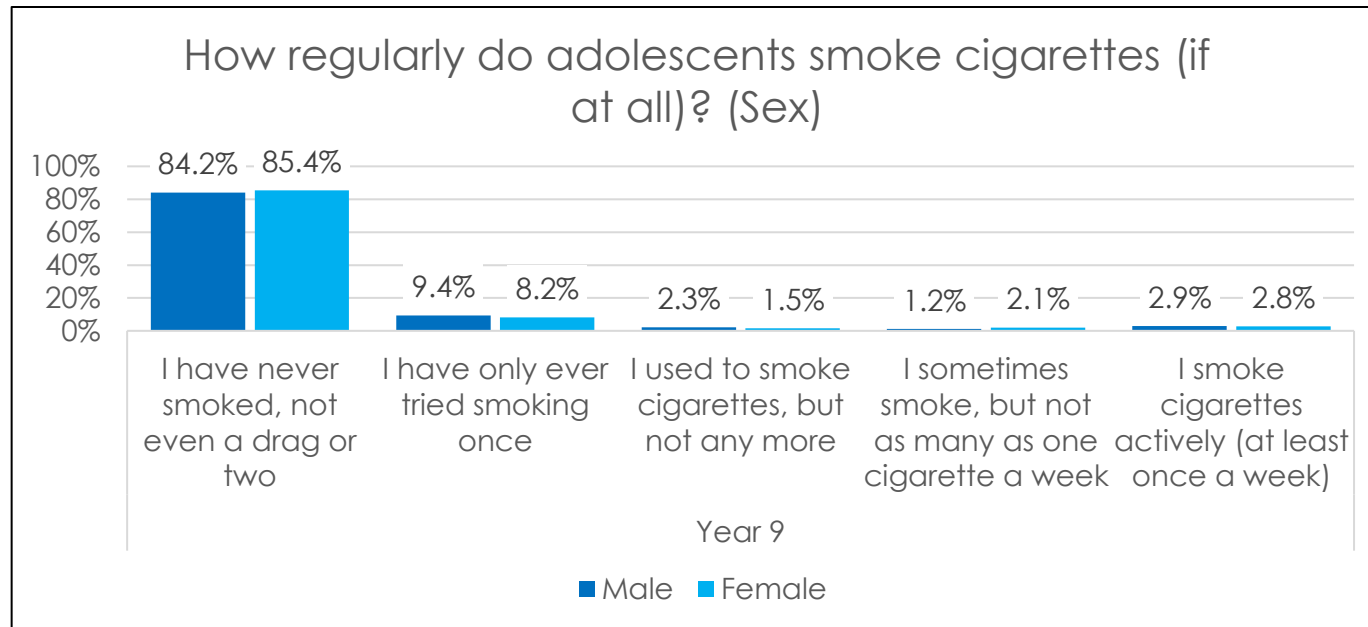
- For year 7-age adolescents, the proportion who have smoked is highly gendered, with a gap of 3.1% between the figure of 3.9% for females and 7% for males. Also, of the 0.9% of females and 1.1% of males who are active smokers, two-thirds of females and all the males smoke everyday;
- Also, the figure for having *only* smoked once is almost twice as high for males relative to females, and when only adolescents who have smoked are factored in, 10% more males (70.4%) than females (80.4%) have only smoked once or have given up;
- There is a small difference in terms of gender inequality for adolescents living with smokers, with 0.8% more males living with a smoker than females.

4.a.ii Smoking and Age/Sex



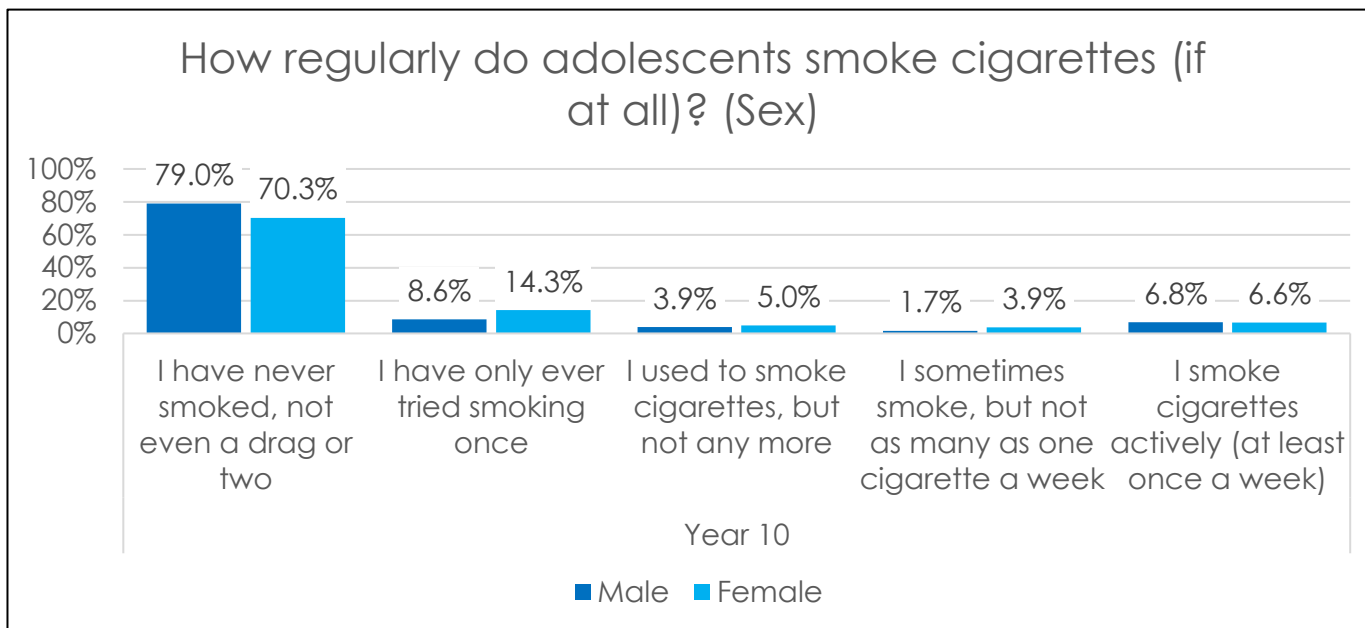
- For year 8-age adolescents, the proportion who have smoked is much less gendered than at year 7-age, with the gap decreasing by four and a half times to 0.7% between the figure of 8% for females and 8.7% for males. But the figure for active smokers is now more gendered than it was, with one-and-a-half times as many males as females smoking actively. Again, the majority of these smoke everyday (0.6% of females and 1.1% of males);
- The smallest percentage increase in those who have smoked a cigarette is between years 7 and 8 (3.1%);
- The gender inequality for adolescents living with smokers has increased threefold from 0.8% to 2.4% going into year 8.

4.a.iii Smoking and Age/Sex



- For those in year 9, the proportion who have smoked is less gendered than at year 7-age but more so than at year 8-age, with the gap now at 1.2%. Also, the figure for active smokers that showed many more males than females in year 8 now suggests a smaller inequality gap. Again, the majority of active smokers smoke everyday, but for males this is now an overwhelming majority (2.7% out of 2.9%, relative to 1.7% out of 2.8%);
- On those who have smoked a cigarette, the percentage change between years 8 and 9 is more than double that for years 7 and 8, with an increase of 7.5% this time;
- The gender inequality for those living with smokers has increased again, with a gap of 3.4% now between the 39.7% of males and 36.3% of females.

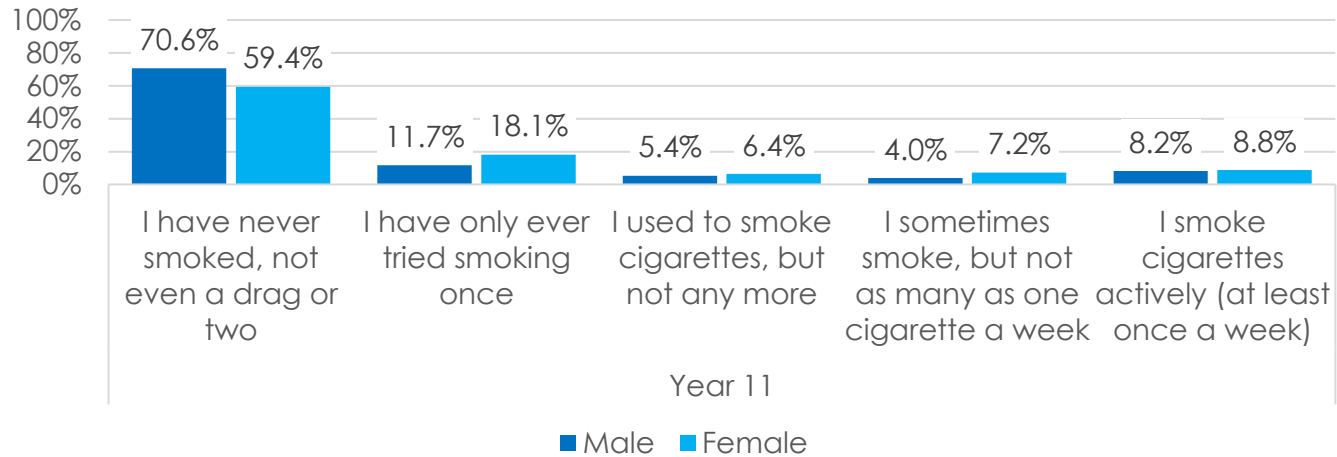
4.a.iv Smoking and Age/Sex



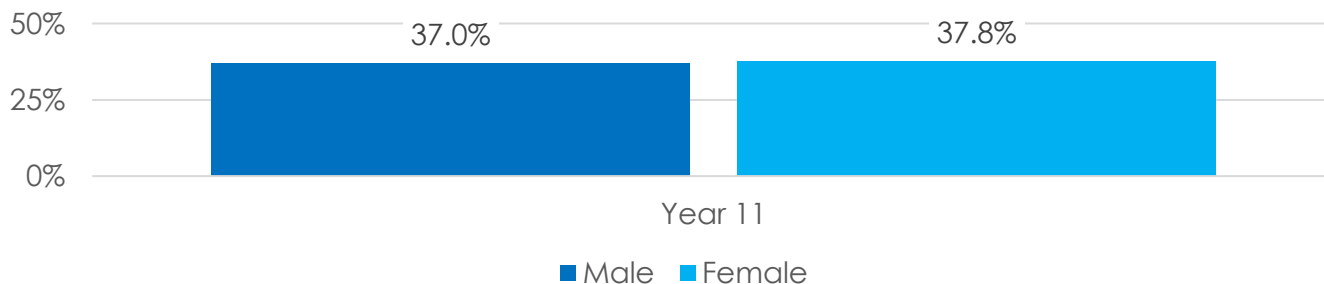
- For those in year 10, the proportion who have smoked is highly gendered and the trend has reversed so that females are more highly represented (females also present a much higher proportion for those who have *only* smoked a cigarette once), with the gap now at 8.7%;
- The inequality gap for active smokers is still skewed towards males, but remains small at 0.2%. A majority of active smokers smoke everyday, with a smaller majority for females;
- The percentage increase for those who have smoked a cigarette is 11.6% from year 9 to 10 – the largest yet;
- The gender inequality gap for those living with smokers has almost closed at year 10, with a gap of 0.1% now between the 38.8% of males and 38.7% of females.

4.a.v Smoking and Age/Sex

How regularly do adolescents smoke cigarettes (if at all)? (Sex)

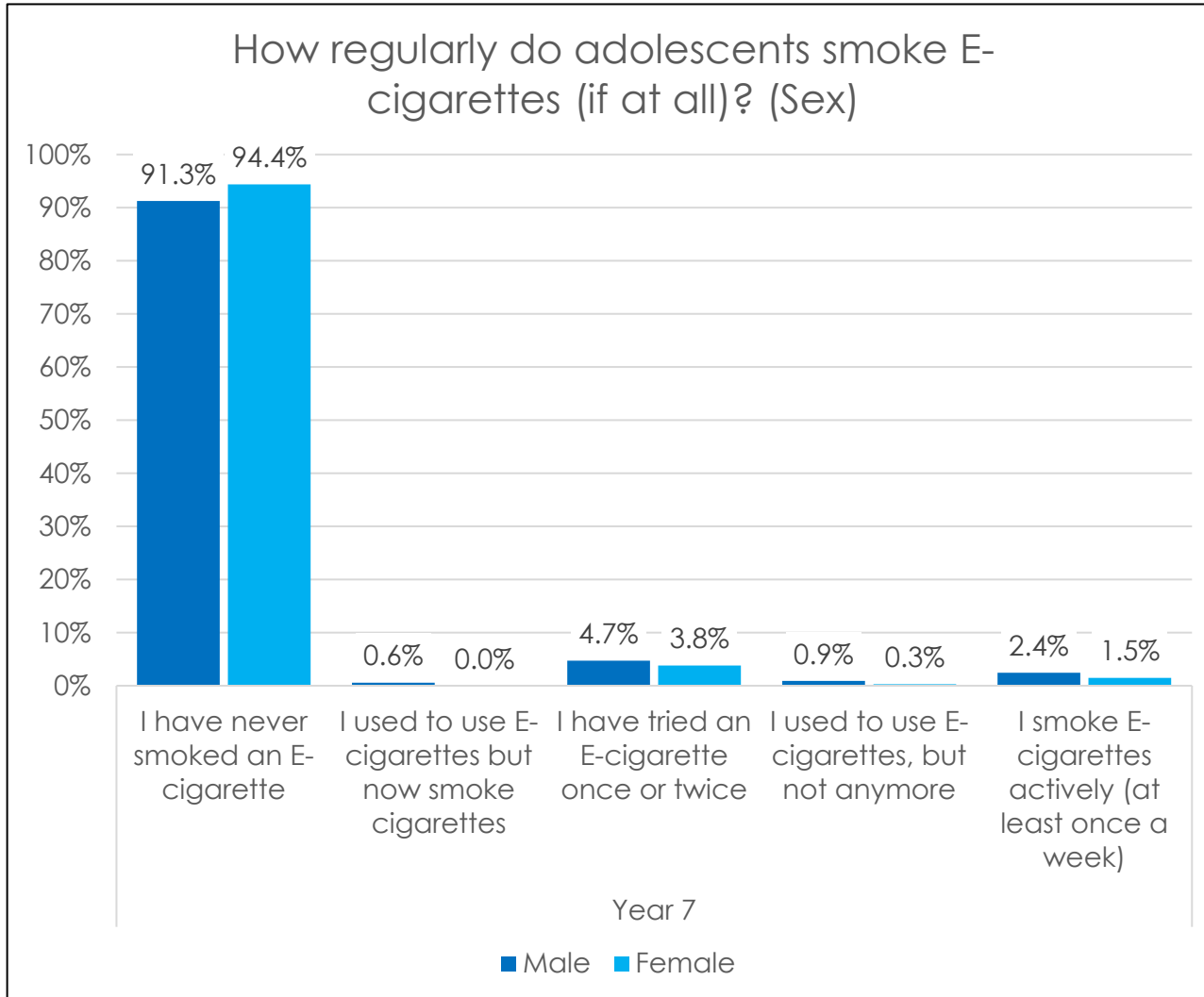


How many adolescents live with someone who smokes? (Sex)



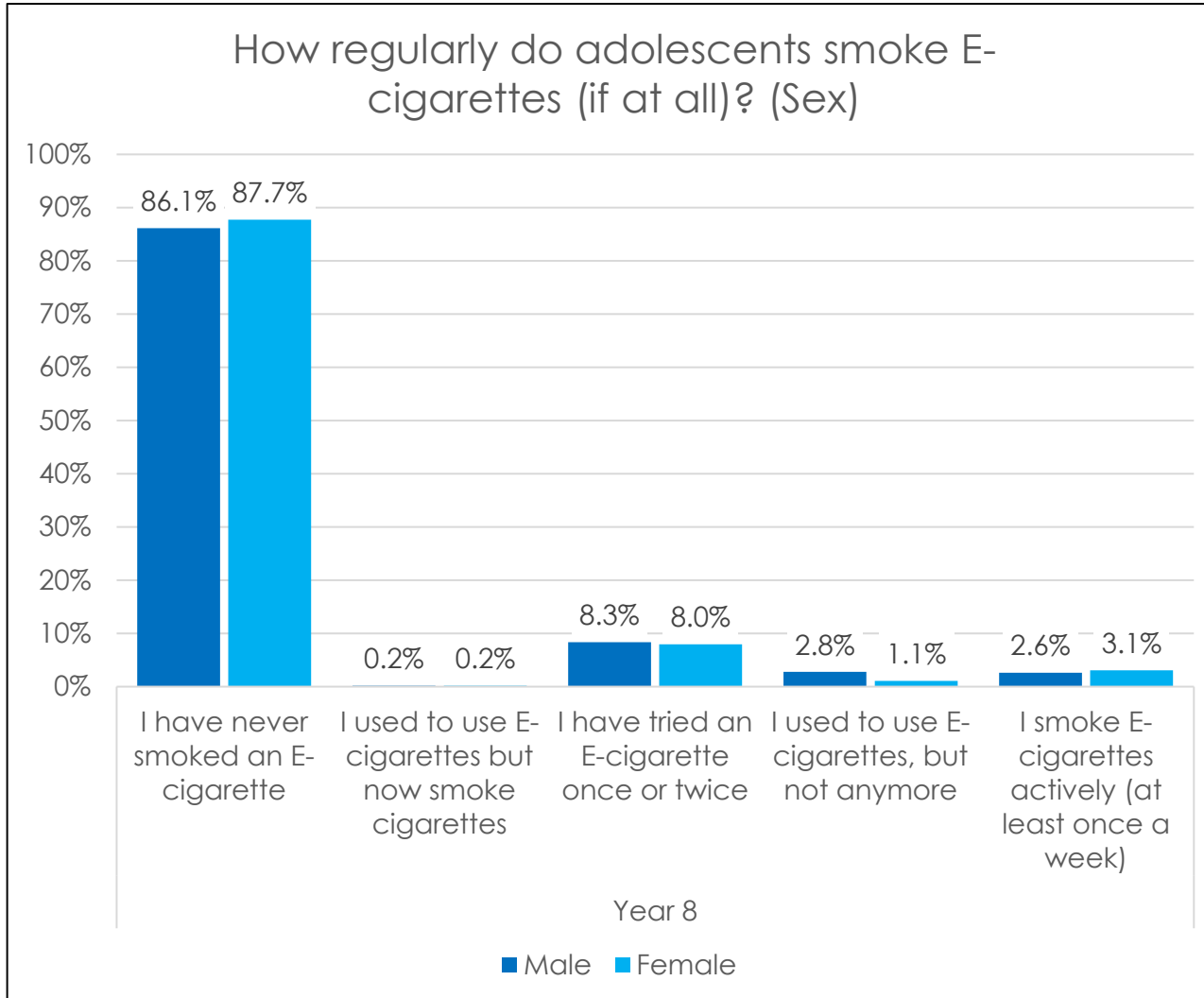
- In year 11, gender inequality in the proportion of those who have smoked has become even more pronounced between year 10 and this year, with the gap now at 11.2%, meaning 40.6% of females in year 11 have smoked;
- The inequality gap (0.6%) for active smokers is now skewed towards females. A majority of active smokers smoke everyday, and there remains a smaller majority for females – 6.1% of females in year 11 smoke everyday, relative to 7.4% of male year 11s;
- The percentage increase for those who have smoked a cigarette has risen by 13.2% from year 10 to 11;
- The gender inequality gap for those living with smokers has increased, with a gap of 0.8% between the 37% of males and 37.8% of females, giving the lowest average for any year.

4.b.i Smoking and Age/Sex



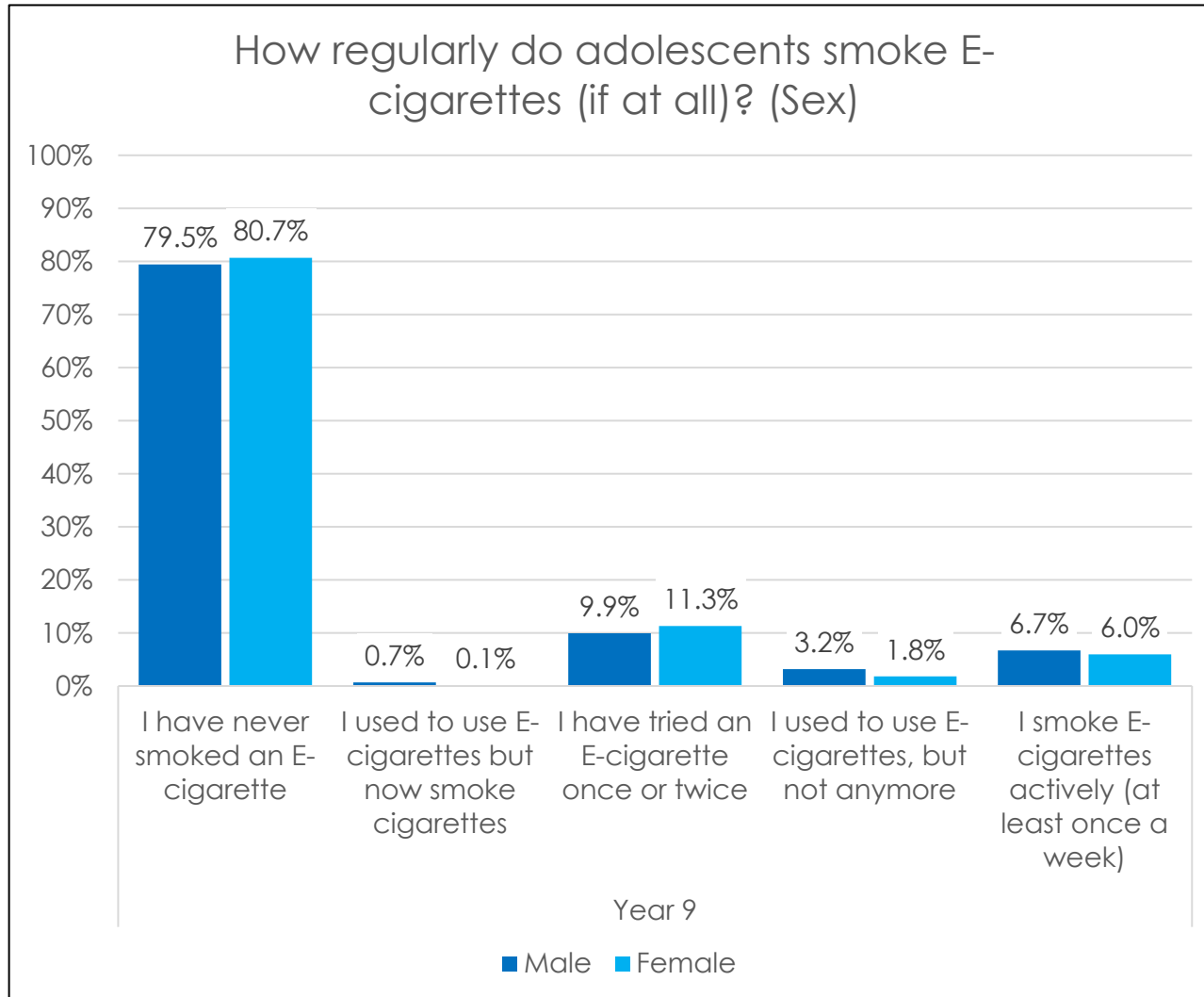
- Males of year 7-age are also more likely to smoke E-cigarettes than females. But while the figure for this inequality is the same value as that seen in the use of cigarettes, e-cigarette use is more prevalent;
- More (0.9%) males than females smoke e-cigarettes actively, but in contrast to the use of cigarettes, a majority smoke e-cigarettes less regularly than daily;
- The vast majority of those who have smoked an e-cigarette have *only* done so once.

4.b.ii Smoking and Age/Sex



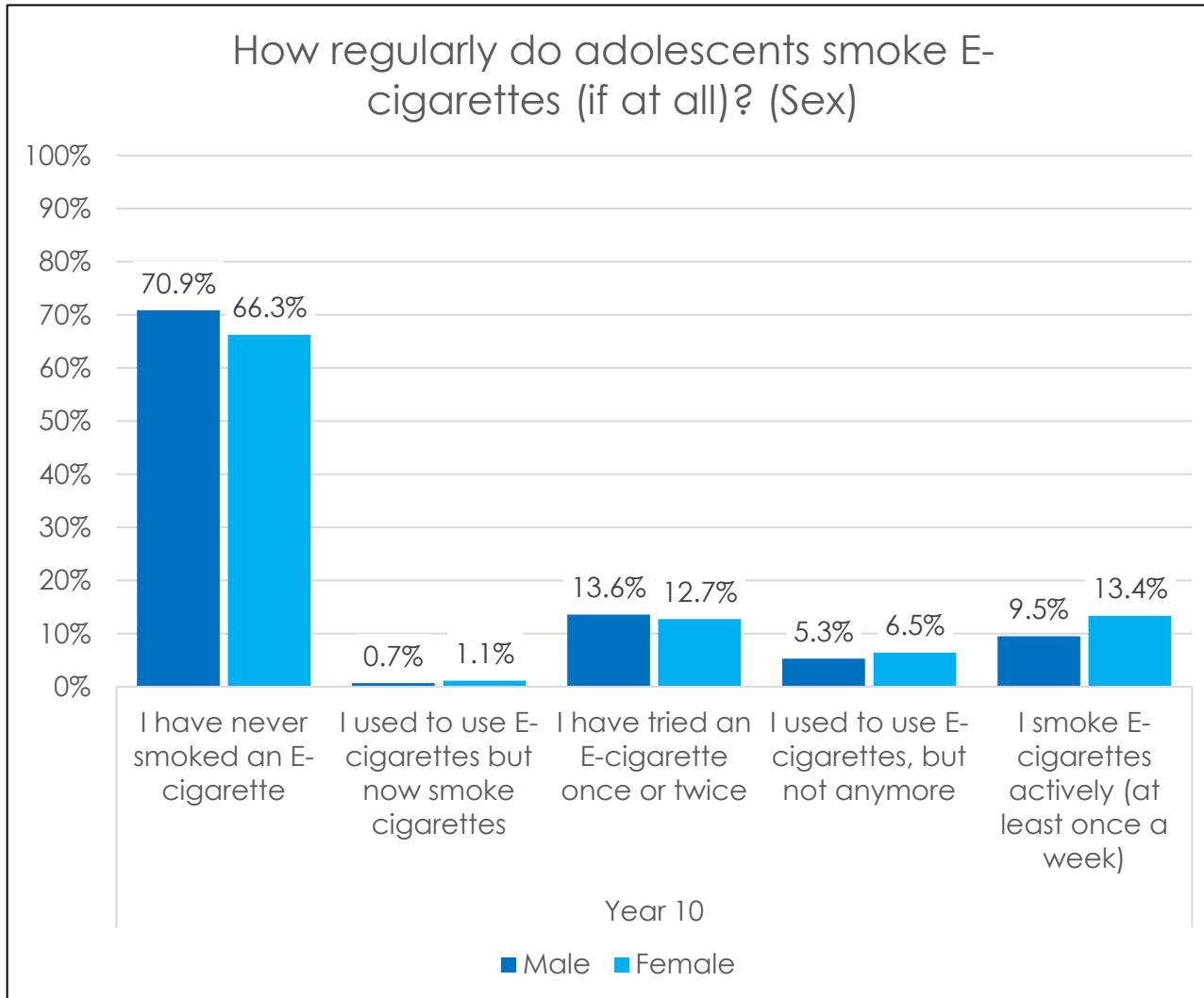
- Males of year 8-age remain more likely to have smoked E-cigarettes than females. Here, the proportion of those who have smoked an e-cigarette gives an inequality gap which has increased by 1.8%, so is larger than that for those who have smoked cigarettes in this year;
- More (0.5%) females than males smoke e-cigarettes actively this time, and a majority of both groups' active smoker populations smoke everyday;
- Again, the vast majority of those who have smoked an e-cigarette have *only* done so once.
- Relative to year 7, the percentage change between the proportions of those who have tried an e-cigarette has increased by 6.4% - double that increase at this point for cigarette-smokers.

4.b.iii Smoking and Age/Sex



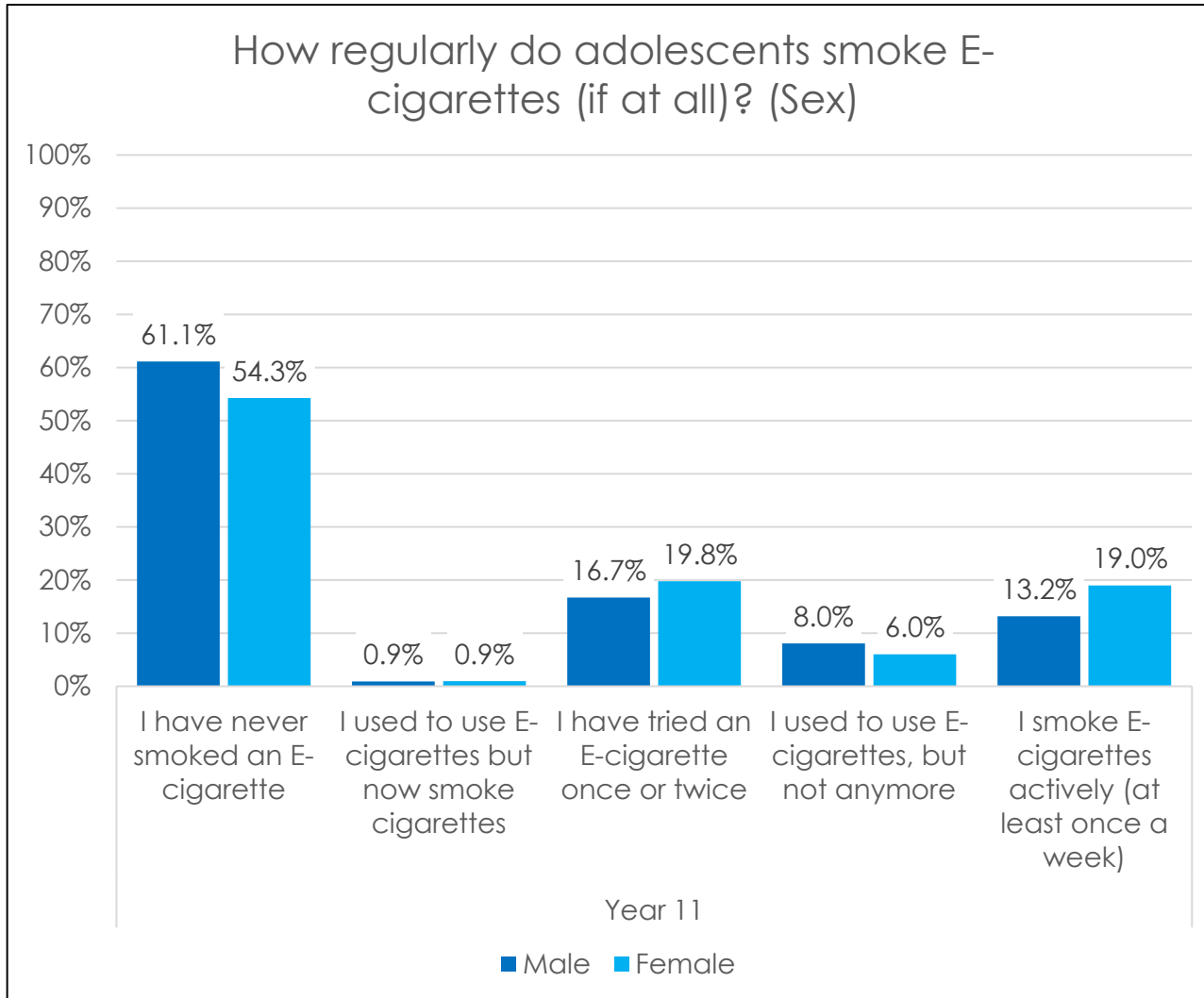
- Males of year 9-age remain more likely to have smoked E-cigarettes than females, but the inequality gap is noticeably narrowing, and is the same value as it is in cigarette-smoking (1.2%) in year 9;
- More (0.7%) males than females smoke e-cigarettes actively in year 9, and a majority of both groups' active smoker populations smoke everyday;
- A majority of those who have smoked an e-cigarette have *only* done so once, though that majority has fallen to approximately two thirds.
- The percentage change from year 8 is 7.9% - a small increase relative to that for the previous year, but similar to that for cigarette smokers.

4.b.iv Smoking and Age/Sex



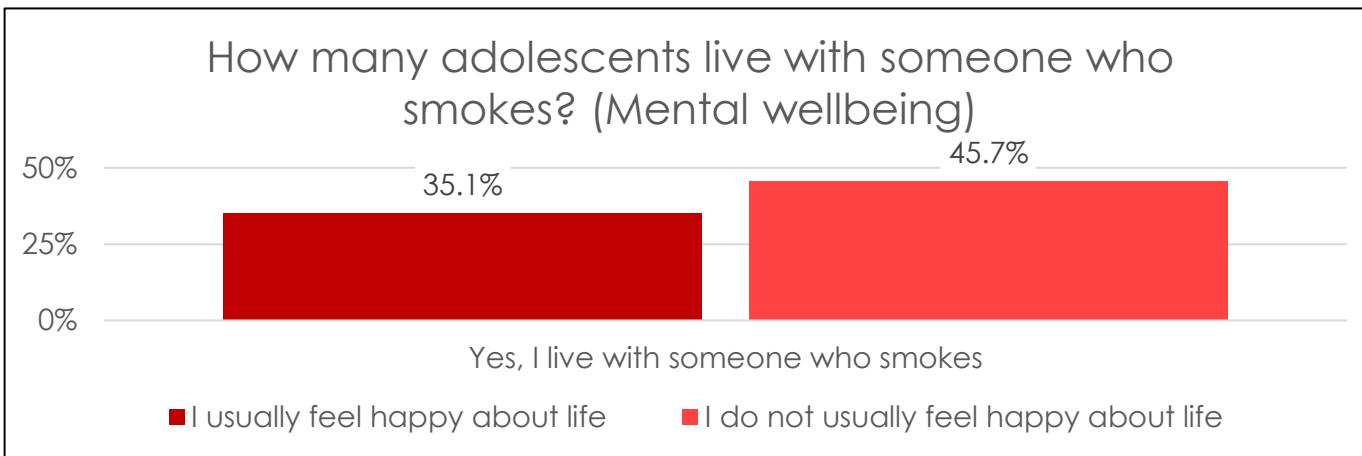
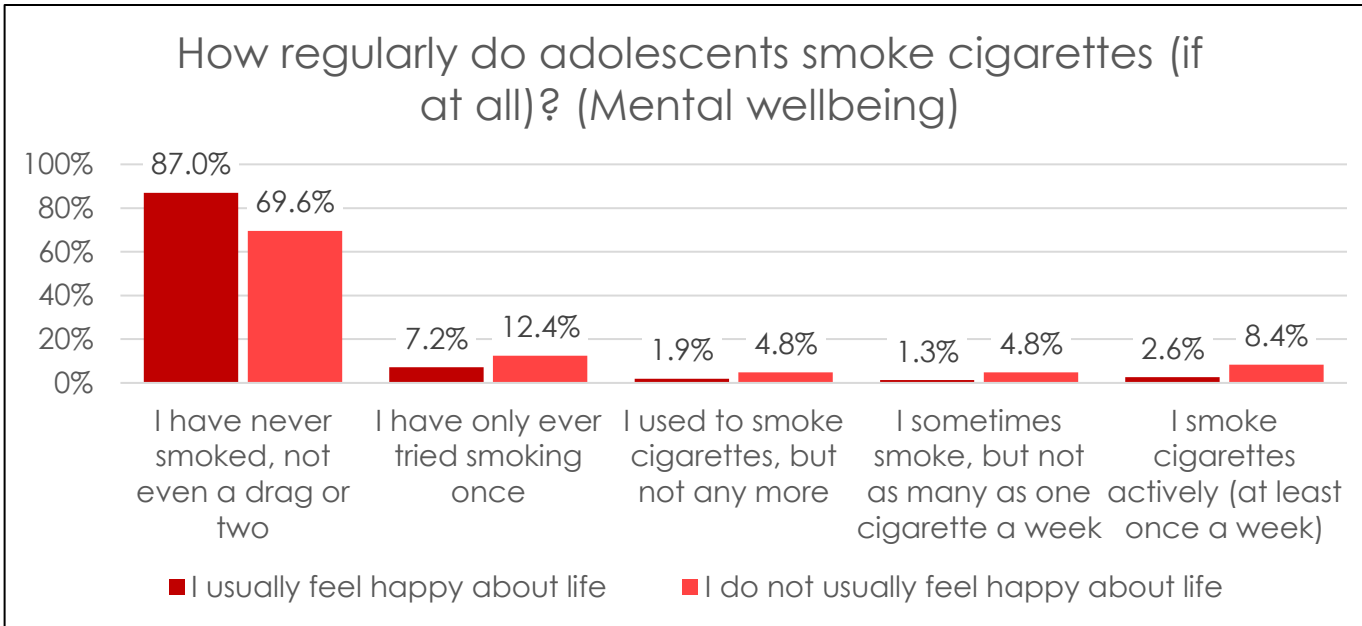
- As the trend reversed among cigarette smokers at this time, females of year 10-age are, at this point, more likely to have smoked E-cigarettes than males too, though the inequality gap is 3.6%, so is much less pronounced in this case.
- Contrary to the pattern seen among cigarette smokers, many more (3.9%) females than males smoke e-cigarettes actively in year 10 (as they did in year 8). And while the majority (7.1%) of active female smokers smoke less than daily, a majority (5.2%) of males smoke everyday;
- A majority of those who have smoked an e-cigarette have *only* done so once, though the proportion of active [female] smokers is now almost the same amount.
- The percentage change from year 9 is 14.2% - nearly double that for the previous year and the largest increase yet.

4.b.v Smoking and Age/Sex



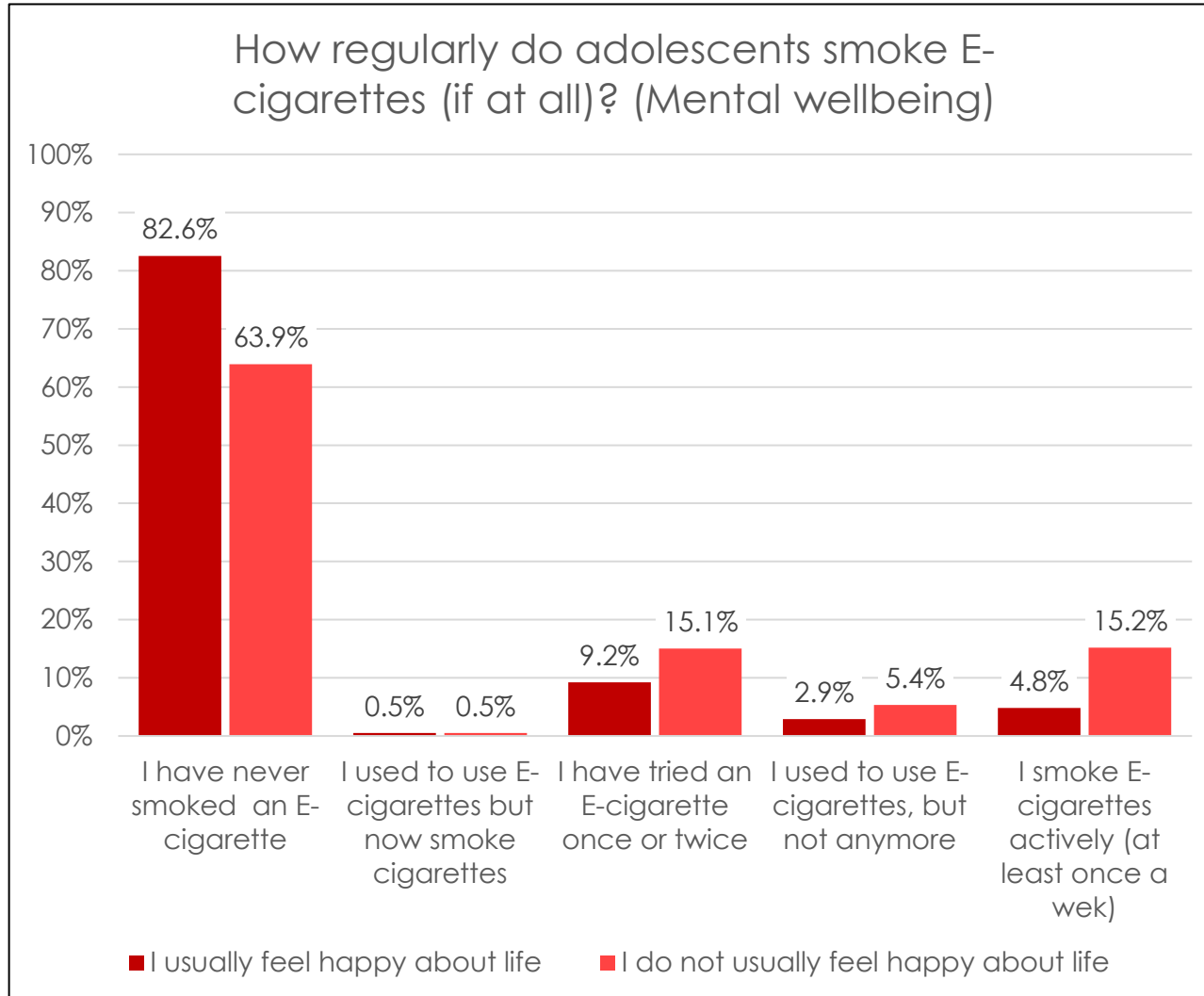
- Here the trend for those who have smoked an e-cigarette mirrors that for year 11s who have smoked a cigarette, with females now more likely to have smoked and be active smokers;
- While the inequality gap is less pronounced for those having smoked, there is a 5.8% difference between the sexes re active smokers, meaning 19% of females smoke e-cigarettes actively, with more than a tenth of the total population of females in year 11 doing so everyday; the majority (7%) of male year 11s smoke less than daily;
- A small majority of those who have smoked an e-cigarette have *only* done so once, with a 55.9% increase in this the respondents picking this option in year 11.
- The percentage change from year 9 is 16% - the largest increase between e-cigarettes and cigarettes.

5.a. Smoking and Mental Wellbeing



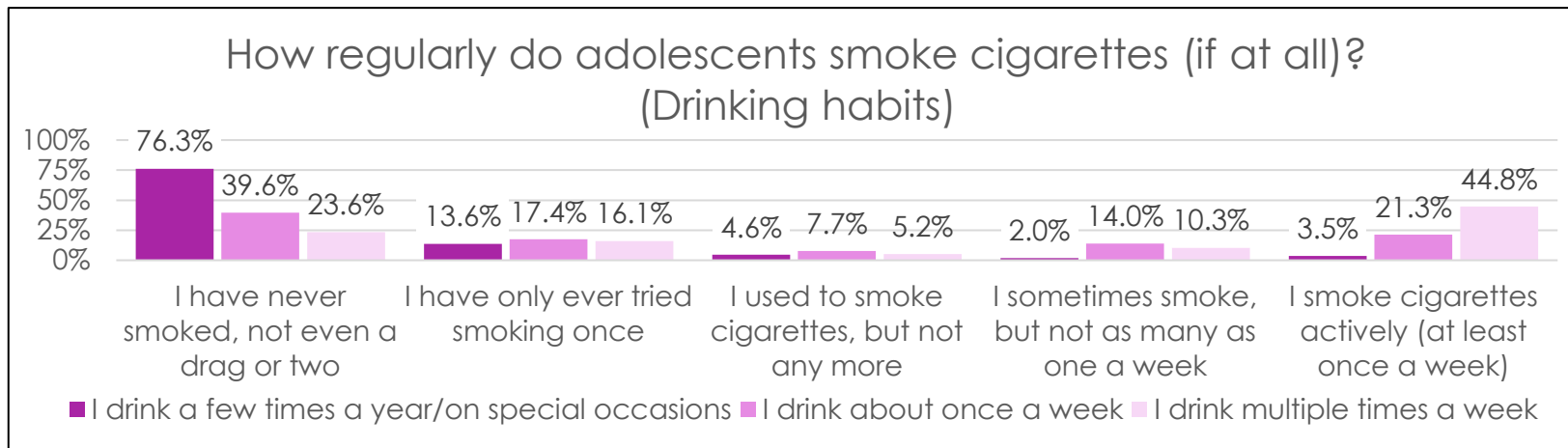
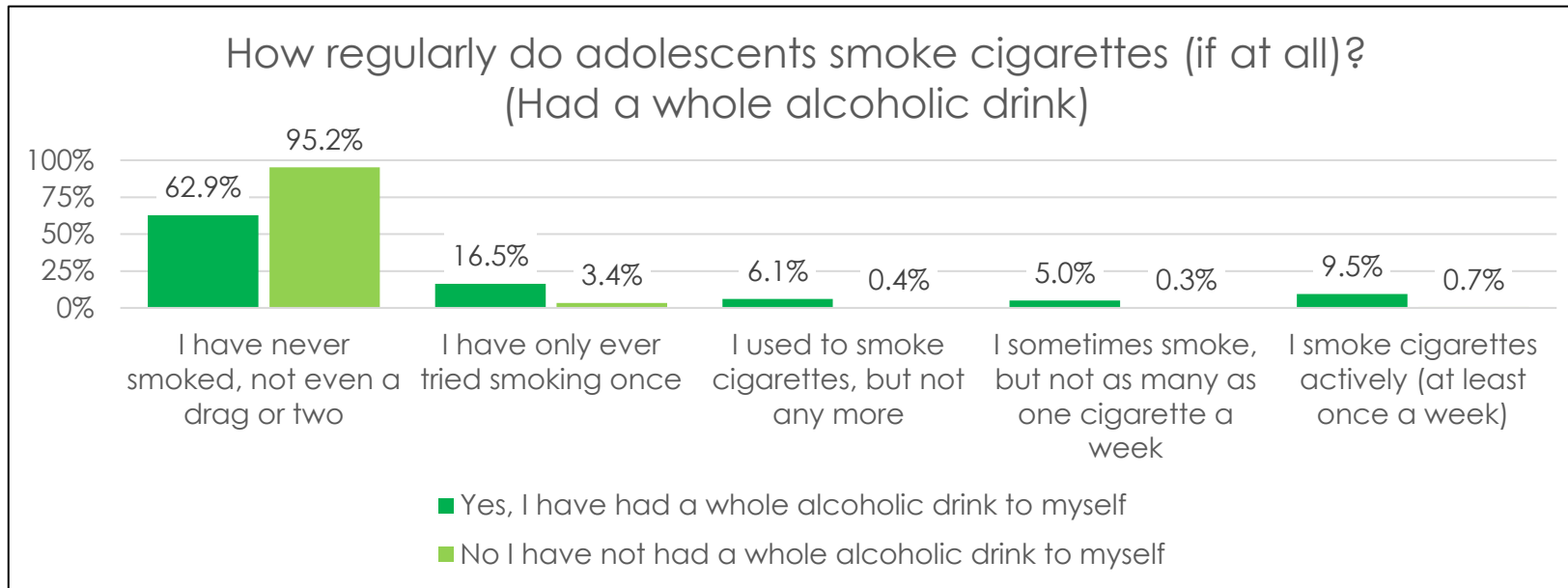
- Those who do not usually feel happy about life smoke much more than those who do, with 17.4% more of the former having had a smoke.
- The proportion of those who are not usually happy and who smoke is much higher than the proportion of those who are not usually happy, with the proportion of those who aren't usually happy and who smoke cigarettes on a less than daily basis being over four times higher, and the proportion of the same group but whom smoke daily is almost three times higher.
- Those in receipt of FSM are also much more likely to live with a smoker, with the proportion for those in receipt who live with a smoker being 23.4% points higher than those who are not in receipt but live with a smoker.

5.b. Smoking and Mental Wellbeing



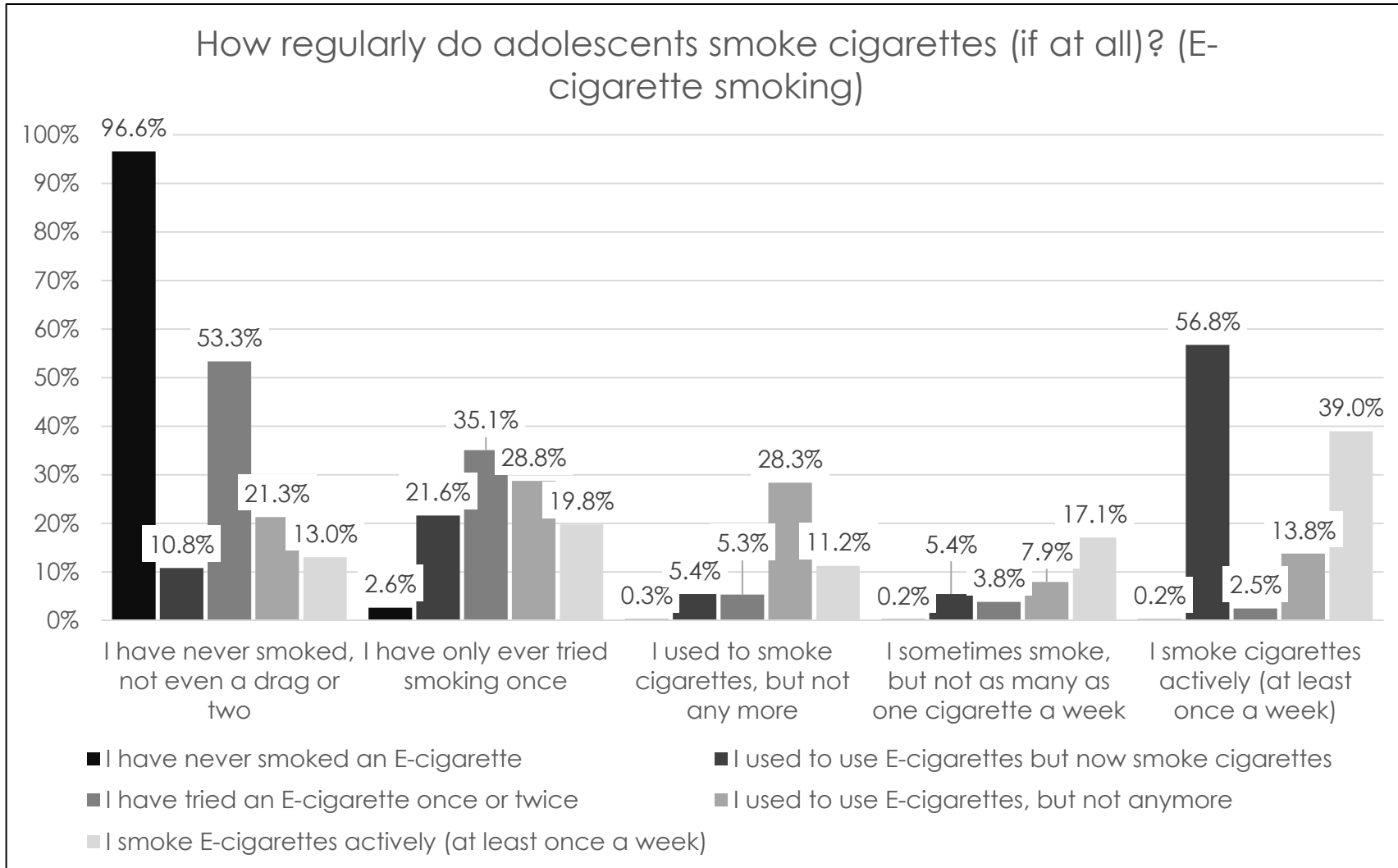
- Those who are less happy about life are much more likely to smoke E-cigarettes, and the correlation between them is similarly pronounced as it is for cigarette-smoking – for active smokers there is a threefold increase from the proportion of those who are usually happy about life to the proportion who aren't (for both cigarettes and E-cigarettes). And there is an average 18.1% increase from the proportion of those who are happy about life and who have smoked [cigarettes or E-cigarettes] to the proportion of those who aren't happy about life. But those who smoke everyday present a distinction, as while the proportion who aren't usually happy and who smoke E-cigarettes is almost four times that of those who are, there is a smaller – almost threefold – increase for those smoking cigarettes daily.

6.a. Cigarette-smoking and other groups



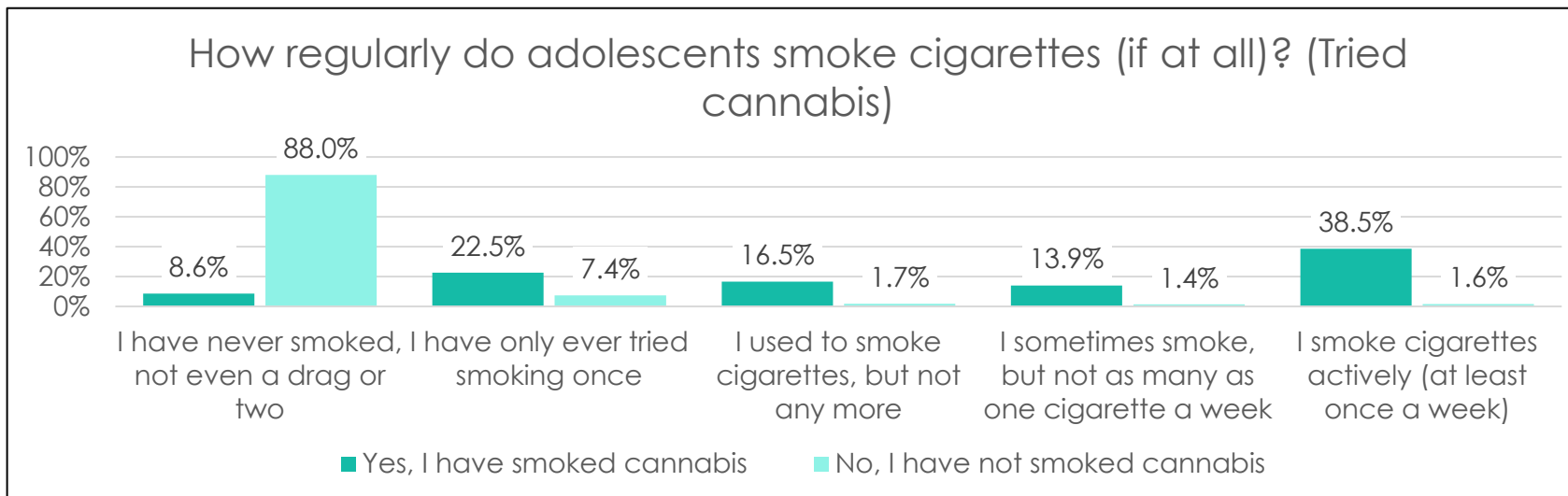
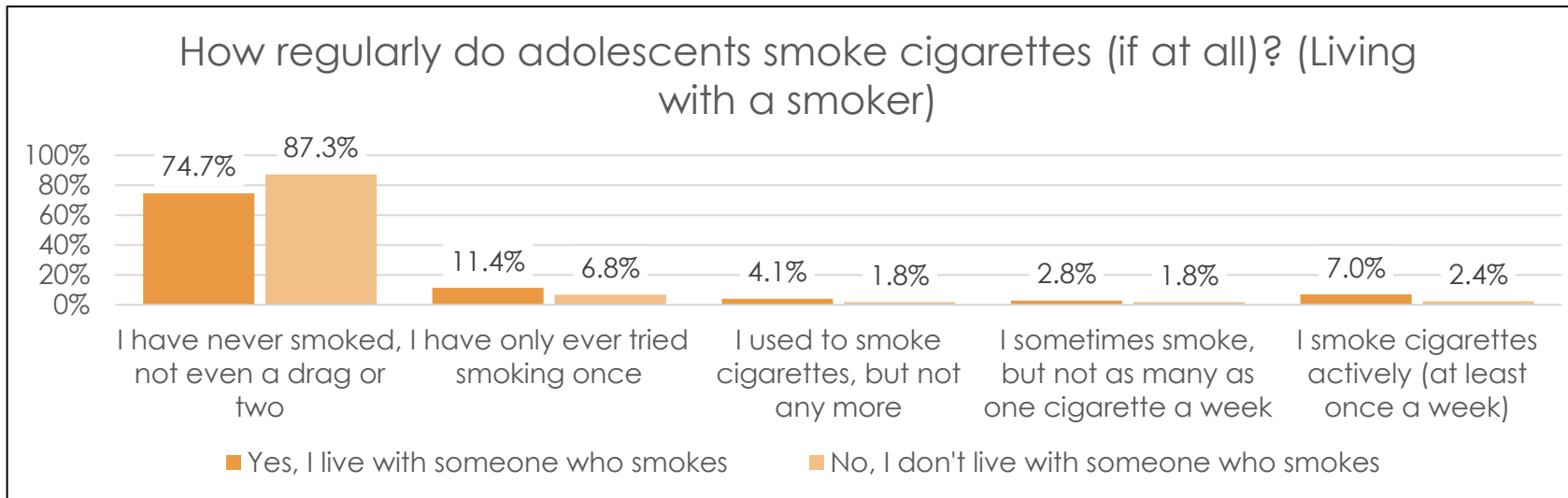
- o Having a whole alcoholic drink is clearly correlated with adolescent's smoking; 32.3% more of those have had a smoke and 8.8% more smoke actively, including 6.7% who smoke daily, relative to 0.4% of those who have not had a whole alcoholic drink.
- o The regularity of adolescent's drinking is also positively correlated with smoking, as categories corresponding with greater regularity see higher proportions smoking actively, while the reverse is true for those who haven't smoked; 66.3% of those who drink nearly everyday smoke everyday, relative to 3.5% of those drinking on occasions.

6.b. Cigarette-smoking and other groups



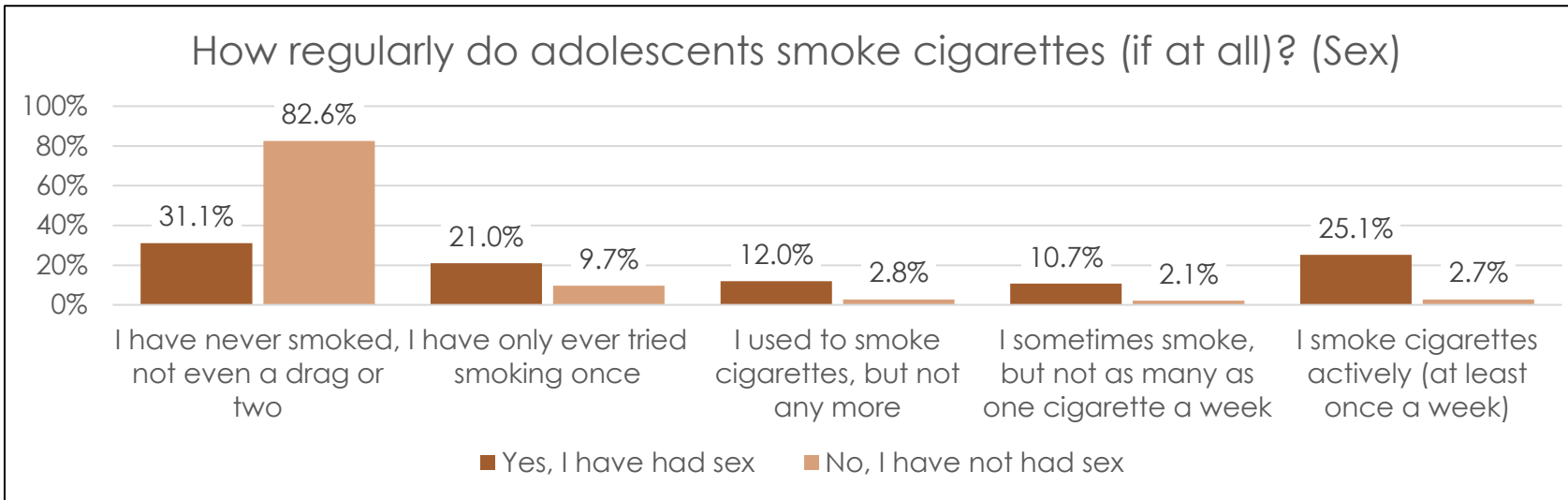
- Those who smoke E-cigarettes/have smoked are much more likely to have smoked a cigarette – while only 3.4% of those who have never smoked an E-cigarette have smoked a cigarette, 87% of those who smoke E-cigarettes actively have smoked a cigarette;
- 41.5% of those who smoke E-cigarettes daily also smoke cigarettes everyday, relative to 0.2% of those who have never smoked an E-cigarette.
- 48.6% of previous E-cigarette smokers smoke cigarettes everyday.

6.c. Cigarette-smoking and other groups

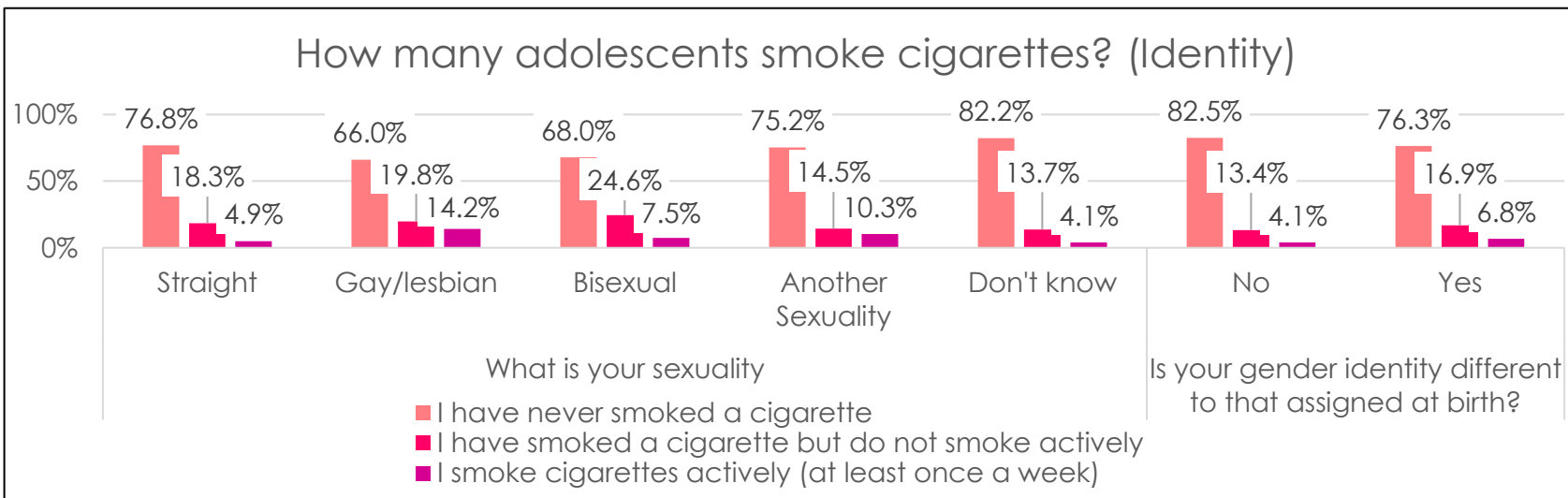


- Living with a smoker and smoking are highly correlated; the proportion of those who smoke everyday and who live with a smoker is almost four times the proportion of those who smoke everyday and who do not live with a smoker.
- Trying cannabis has the strongest relationship with adolescents' smoking habits – only 12% of those who have not tried cannabis have smoked a cigarette, compared to 91.4% of those who have tried cannabis. And 30% of those who have tried cannabis smoke daily.

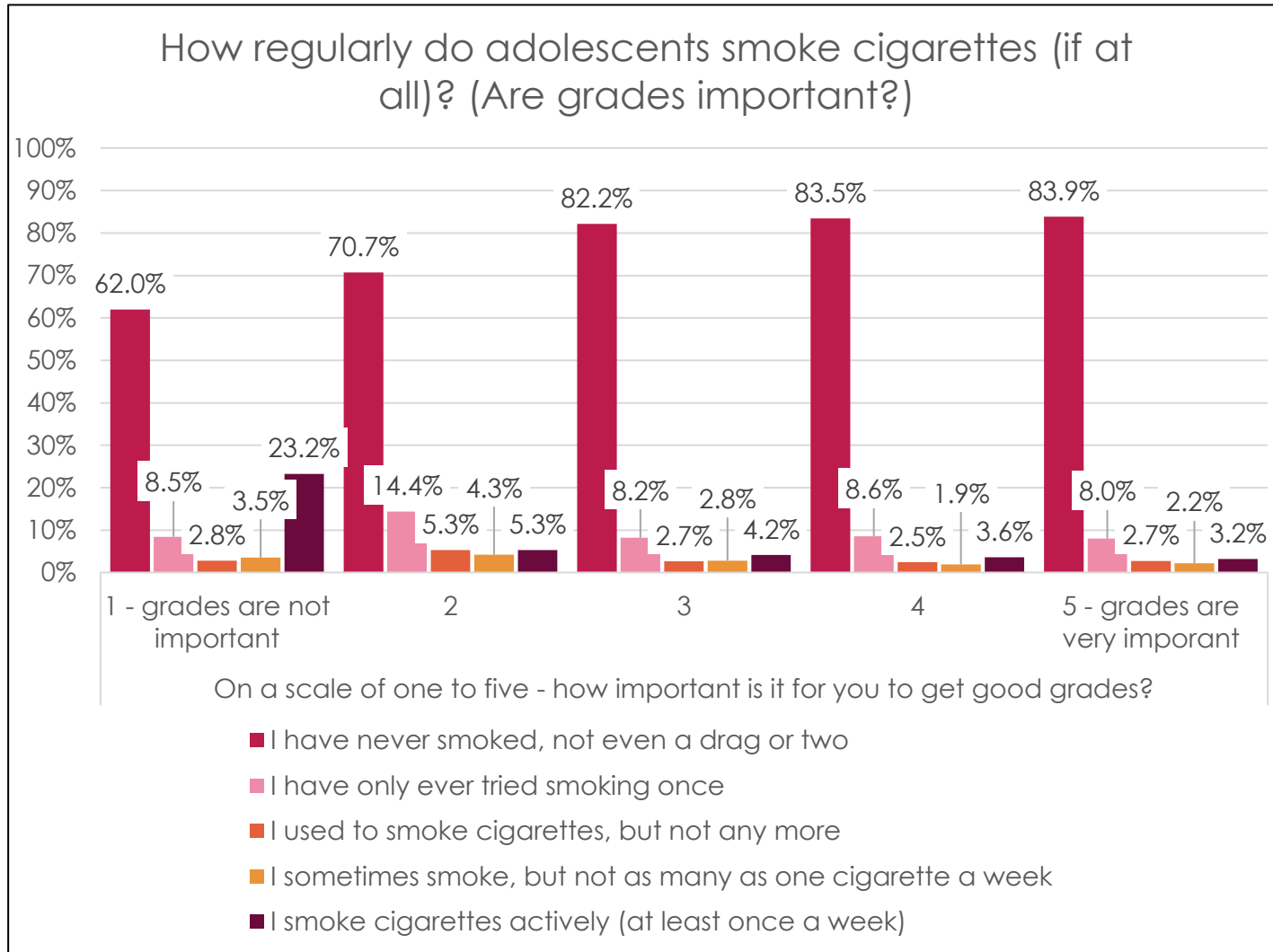
6.d. Smoking and other groups



- An adolescent having had sex is also a good indicator of if they have smoked/smoke actively, with 68.9% of those who have had sex having had a cigarette, including 20.1% who smoke daily.
- Sexual and gender minorities smoke more than their respective, majority comparison in every case except that of those who don't know their sexuality. Homosexuals suffer the greatest inequality, with the proportion smoking actively being almost three times that of heterosexuals.

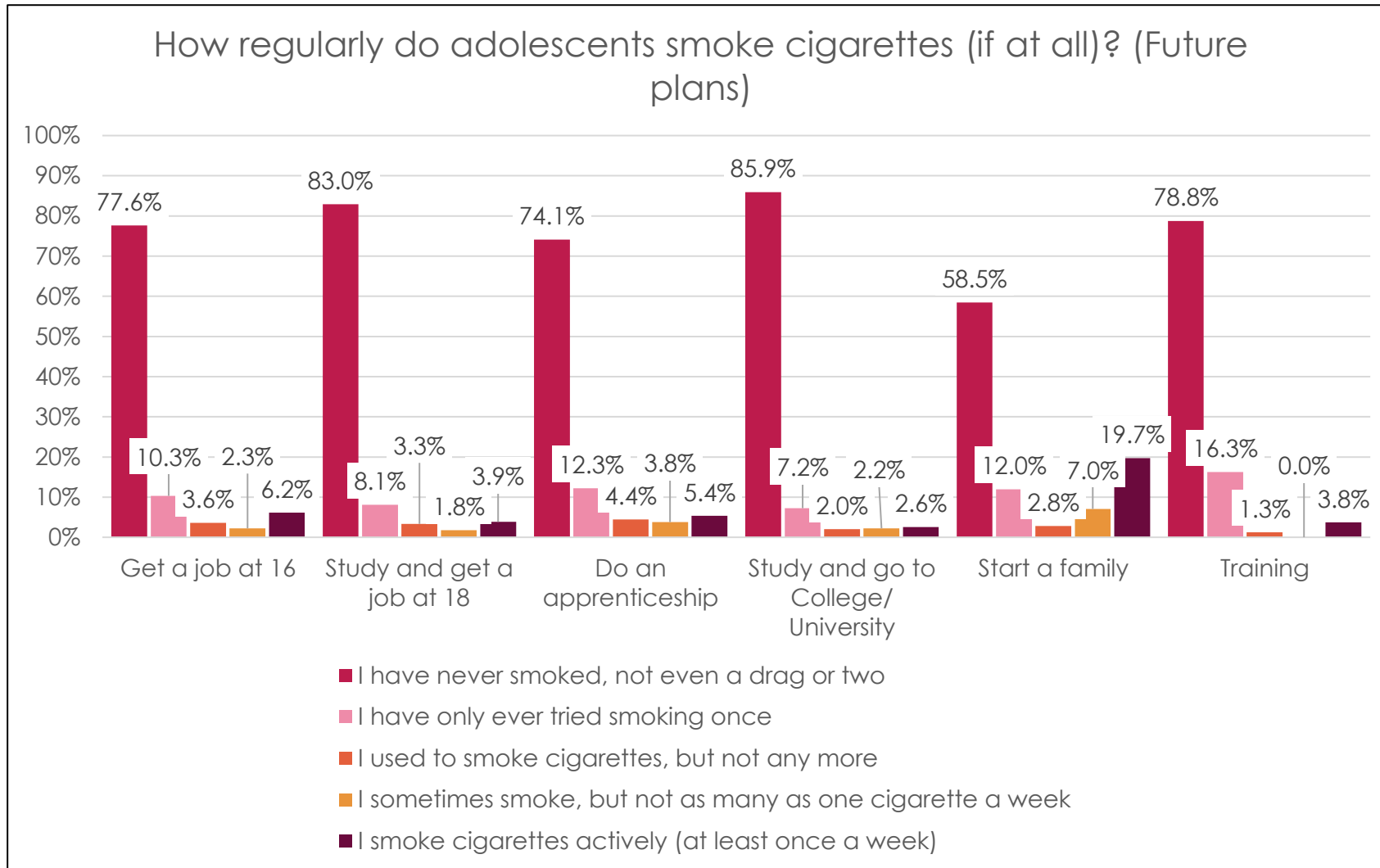


6.e. Cigarette-smoking and other groups



- The proportion of people who have never smoked increases with each category in which an adolescent ascribes more importance to their grades, and the reverse is true for those who smoke actively. For example, while 62% of those who think grades are not important (1) don't smoke, 83.9% of those who think grades are very important (5) don't smoke. And 23.2% of those who do not think grades are important (1) smoke actively, compared to 3.2% of those who think grades are very important (5). For those who smoke everyday, there is a 16.9% decrease from the proportion who think grades are not important (1) to the proportion of those who think grades are very important (5).

6.f. Cigarette-smoking and other groups



- Regarding adolescents' plans for their lives after school, those who have never smoked are represented best in the study and go to college/university and the study and get a job at 18 options. However, most active smokers chose the start a family and get a job at 16 categories, but while this is true of those who smoke on a daily basis and those who smoke regularly – but on a less than daily basis, do an apprenticeship was as popular as get a job at 16 for the latter.

Thank you for your time!