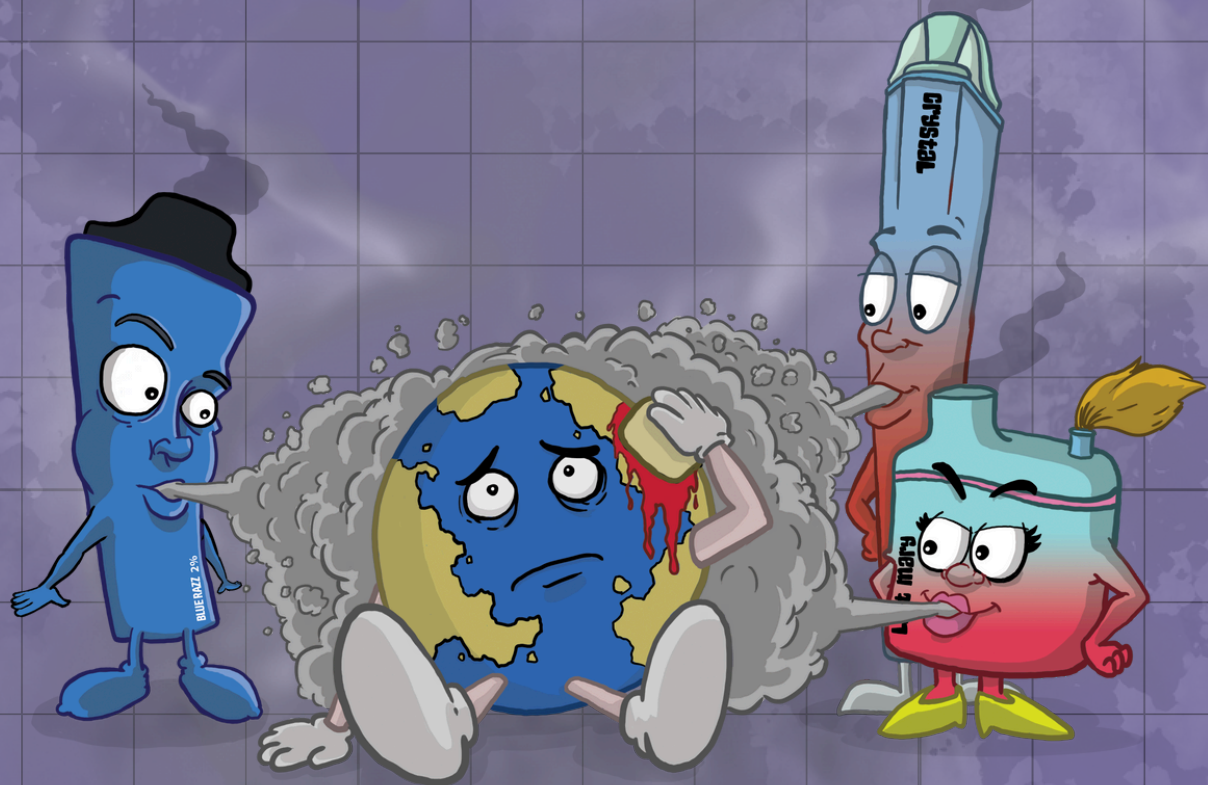


LANARKSHIRE VAPING SURVEY 2023/2024

REPORT OF FINDINGS



www.LANDED.info

Report Contents

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Section 2 - Vaper Questions

Section 3 - Ex-Vaper Questions

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An Introduction to LANDED

LANDED Peer Education Service is a young persons' health promotion charity based in Lanarkshire, Scotland.

We work with young people across Scotland to promote harm reduction messages on topics such as; drugs, alcohol, cannabis, tobacco, positive relationships and sexual health. We do this by facilitating informal topic-based workshops to groups of young people and providing training opportunities to staff members who work directly with young people. This increases their knowledge and confidence on these topics, enabling them to have informed conversations around the aforementioned risk-taking behaviours and ensures that messages are consistent.

Young people play a significant role in our organisation. We regularly consult with current and past volunteers and partner organisations when developing or improving our services to keep them relevant, exciting and engaging.

You can find out more about us by visiting www.landed.info.

About this survey

NHS Lanarkshire Health Improvement Team commissioned **LANDED Peer Education Service** to consult with people aged between 11 and 25 who live in Lanarkshire on vaping between September 2023 - February 2024.

The consultation aimed to gather local data on vaping prevalence, trends, influence, and attitude.

We hope that the information gathered from the survey will be used to design and inform future local support/cessation services, education and public health information for young people.

For further information about this survey, its results or anything else please contact enquiries@landed.info.

Advertisement Methods.

School Assemblies

The survey was predominately advertised during school assemblies. LANDED contacted several schools across Lanarkshire and facilitated year-group assemblies with their pupils (S1-S6). The assembly presentations involved a 45-minute presentation about vaping and smoking, covering key information on each and harm-reduction for vaping. Within these presentations, there was time to promote the survey and encourage pupils in attendance to complete it on their mobile devices by scanning a QR Code.

Schools that participated in the assembly presentations and survey promotion were:

- **Trinity High School (South Lanarkshire)**
- **Buchanan High School (North Lanarkshire)**
- **Duncanrig High School (South Lanarkshire)**
- **Greenfaulds High School (North Lanarkshire)**
- **Braidhurst High School (North Lanarkshire)**
- **Strathaven Academy (South Lanarkshire)**
- **St Ambrose High School (North Lanarkshire)**
- **Calderhead High School (North Lanarkshire)**
- **Calderglen High School (South Lanarkshire)**
- **Calderside Academy (South Lanarkshire)**

Outcome: 5344 completed surveys

A graphic for the 'VAPING SURVEY' featuring a QR code and a list of instructions. The QR code is labeled 'SCAN ME' and is shown on a smartphone screen. The instructions are numbered 1 to 4. At the bottom, there is the LANDED logo and a URL in a browser window.

VAPING SURVEY

1. SCAN QR CODE OR TYPE LINK INTO BROWSER.
2. BEGIN SURVEY (IT WILL TAKE ABOUT 4 MINUTES).
3. WHEN ASKED "HOW DID YOU FIND OUT ABOUT THIS SURVEY (Q4), SELECT "[AT A SCHOOL ASSEMBLY/CLASS](#)".
4. COMPLETE THE SURVEY THEN PUT YOUR PHONE AWAY - REMEMBER TO PRESS SUBMIT!

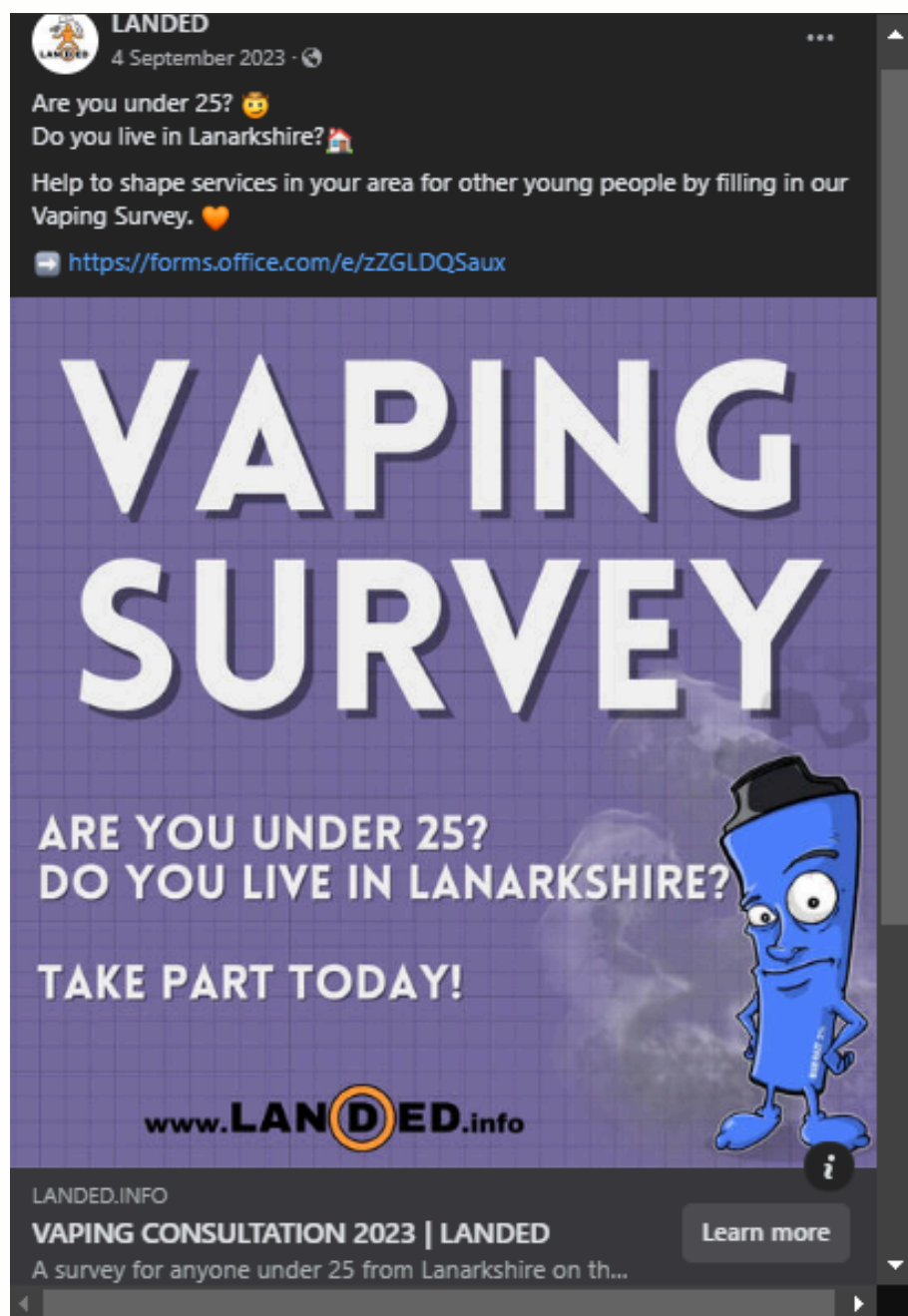
LANDED

WWW.LANDED.INFO/VC2023

Social Media

Graphics were created and optimised for Twitter and Facebook. The graphics were posted throughout the consultation at different times and days to increase post reach. There was also a small budget allocated to boost posts as Ads on Facebook. We had support from partner organisations and NHS Lanarkshire who shared these posts to increase engagement.

Outcome: 596 completed surveys



QR Code Poster & Info Screens

Following the consultation theme, A4 posters and information/announcement screen graphics were developed to promote the survey passively in key public spaces. We disseminated posters and announcement screen graphics to colleges, schools, youth groups, charities, and key partners across Lanarkshire.

Outcome: 543 completed surveys.



In-person & Partner Organisation

Promotion

LANDED Staff promoted the survey at every possible opportunity. This included community events, workshops, staff training sessions, project visits and networking meetings. Partner organisations were encouraged to do the same, and over 100+ Lanarkshire-based organisations were contacted and encouraged to promote the survey as widely as possible.

Key partners that helped with the survey promotion were:

- **North Lanarkshire Council CL&D**
- **Youth, Family Community Learning Service**
- **MADE4U IN ML2**
- **Regen FX**
- **The GIVIT**
- **Action For Children (Young Carers)**
- **NHS Lanarkshire Health Improvement**

Outcome: 305 completed surveys.



Survey Questions

When developing the questions for the consultation, we aimed to make them simple, easy to read, understand and quick to answer.

The final set of questions was split into sections, noted below, to use the branching feature on Microsoft Forms. The branching feature was used to screen the users' eligibility to take part and end the survey if they were not of the correct age or did not live in Lanarkshire.

Section 1 - Eligibility Questions

- Do you live in North or South Lanarkshire?
- What town do you live in?
- How old are you?
- How do you identify?
- How did you find out about this survey?
- Do you vape?

Section 2 - Vaping Questions

- Do the vapes you use contain nicotine?
- What age were you when you first tried a vape?
- Before you vaped, did you smoke tobacco?
- Why do you vape?
- How do you get your vapes?
- Would you keep vaping if?
- If single-use vapes were banned, what would you do?
- Have you ever tried to quit vaping?

Section 3 - Ex-vaper Questions

- Did the vapes you use contain nicotine?
- Why did you stop vaping?
- How did you stop vaping?
- What age were you when you first tried a vape?
- Before you vaped, did you smoke tobacco?
- Why did you vape?
- I have used a vape in the past because:
- How did you get your vapes/e-cigs?
- Do you think any of the following would stop you/others from vaping?
- If single-use vapes were banned, do you think vapers would start smoking?

Survey Questions cont.

Section 4 - Vaping Attitudes & Influences

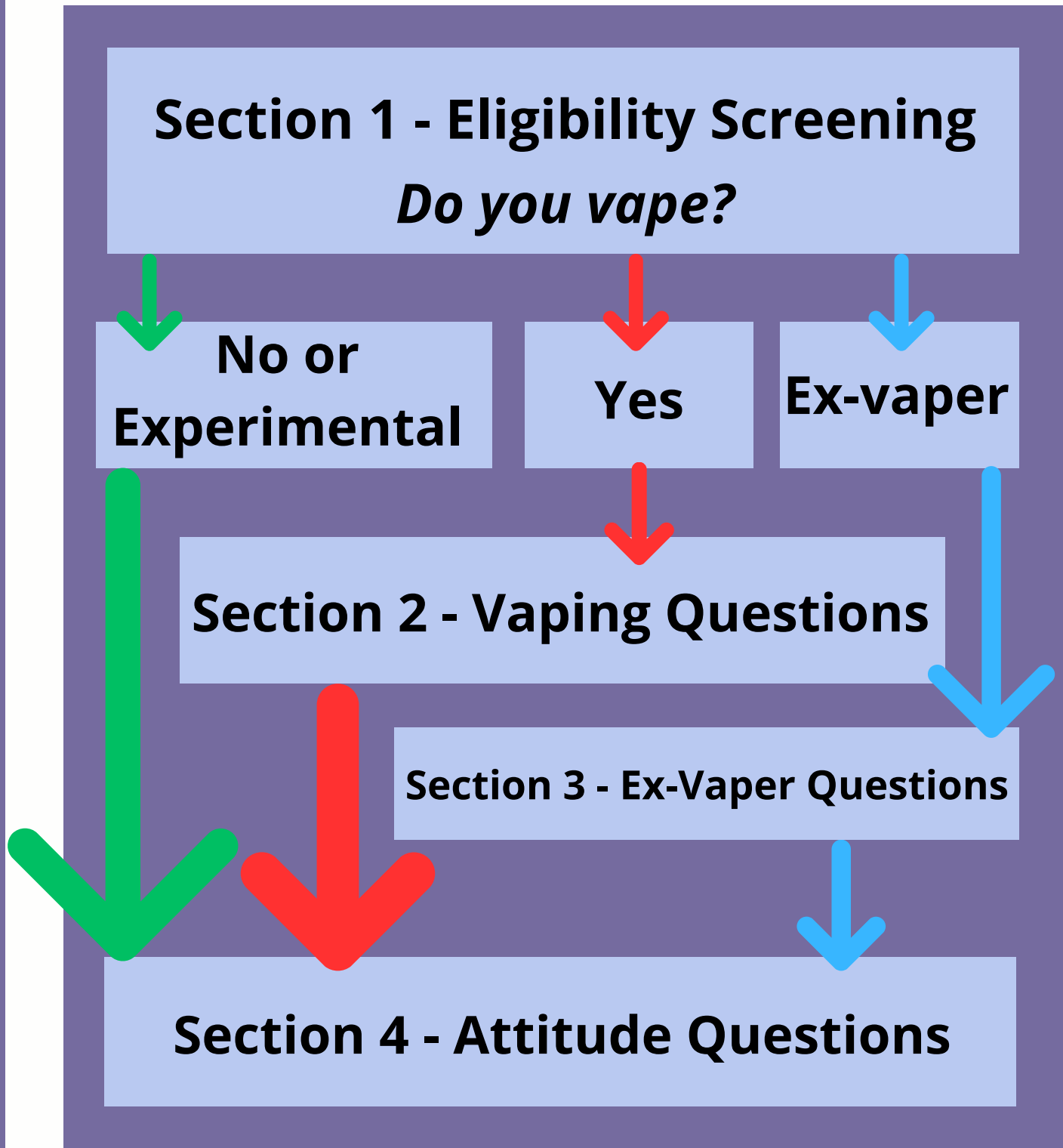
- Do your friends vape?
- Do you live with someone who vapes/smokes inside/outside/in car?
- Do you agree/disagree with the following statements:
 - Vapes are harmful to the environment
 - Vapes harm your lungs
 - Second-hand vapour is harmful
 - Nicotine is harmless
- If you or someone you know wanted to stop vaping, do you know where to go for help?
- If you answered yes to the previous question - Where would you go to for help?
- Is there anything else you would like to add you think would be relevant?

Section 5 - Signposting & Thank You Message



Survey Question Branching

The pages that follow focus on each question and it's corresponding results. All survey respondents answered Section 1 & 4. But only those who identified as vapers answered Section 2. Ex-vapers answered Section 3.



A Summary of Findings

In this section, you can view a brief bullet-pointed summary of the survey results. For more comprehensive information on the questions and their corresponding answers, please continue to page 12.

Survey Responses

- The vaping survey had 6901 responses from young people in Lanarkshire between the ages of 11 - 25.
- The bulk of responses came from 12-17-year-olds as most of the surveys were filled in during high school assemblies.

How many young people (U25's) vape?

- 59.5% (4105) of respondents have never vaped.
- 18.6% (1285) vape regularly.
- 16.4% (1135) have only tried vaping once or twice.
- 5.4% (376) were ex-vapers.

Vaping Information

- Of the 376 respondents who were ex-vapers, 82% of them used nicotine in their vapes.
- Of the 1285 respondents who vape regularly, 93% of them use nicotine in their vapes.
- The average age that respondents tried vaping for the first time was 13 years old.
- Over 60% of vapers and ex-vapers said they did not smoke tobacco before vaping.

Why are they vaping?

- The top three reasons for vaping were:
 - It relaxes me
 - I am addicted
 - I like the flavours & taste
- The top three influences for vaping were:
 - My friend had a new flavour/type I wanted to try
 - I saw a new flavour I wanted to try
 - I saw a new type of vape I wanted to try

How are young people accessing vaping devices?

- Most respondents are accessing vapes from shops, under the age of 18 without needing to show ID or by proxy purchasing.

If restrictions were enforced on devices, what might happen?

- 42.1% of vapers said they would not vape if e-liquid had no flavour.
- 46.9% would keep vaping if they cost more money.
- 68.9% would continue to vape, even if their friends didn't.
- 31.1% of vapers said they would start smoking if single-use devices were banned, whereas 35.2% said they would swap to a rechargeable vape.

Are young people interested in stopping vaping?

- 30.4% said no, they have never wanted to quit.
- 29.8% said yes, they have wanted to quit.
- 26.1% said yes, but not yet
- and 13.6% said yes, but they do not know how to quit.

Why did the ex-vapers decide to stop?

- 32% of them were concerned about the health and/or mental health effects of vaping.

How did the ex-vapers stop vaping?

- 95% of them did it on their own, 0% accessed QuitYourWay, <1% used Nicotine Replacement Therapy (NRT), and 1% sought help from a medical professional.

Are young people influenced by their friends or family to vape?

- 45% of all respondents said that none of their friends vape, 28% said that their friends vape now and again, and 27% said that their friends vape all the time.
- More young people are exposed to second-hand vapour in the home than second-hand smoke, and the same inside their family car. But, 2x the same amount of young people said that nobody smokes or vapes anywhere around them.

General vaping knowledge

- Most respondents agree that:
 - Vaping is harmful to the environment
 - Vaping harms their lungs
 - Second-hand vapour is harmful
 - Nicotine is not harmless

Where would young people go for support to stop vaping?

- 72% of respondents said they do not know where to go for support.
- 28% said they did, and were asked who they would approach for support
- 42.4% would approach a medical practitioner
- 30.4% would seek out a trusted adult
- 21.3% would speak to a friend or family member

Survey Responses

There was a total of 6,973 responses to the survey. Due to the eligibility criteria enforced by the question branching outlined in the previous section, **the total number of responses was 6,901.**

Total Responses	6973
Under 10	-7
Over 25	-15
Not from Lanarkshire	-50
TOTAL ELIGIBLE RESPONSES	6,901

TOTAL RESPONSES	6901
North Lanarkshire	3021
South Lanarkshire	3880

SECTION 1 ANSWERS

ELIGIBILITY QUESTIONS

TOTAL RESPONSES

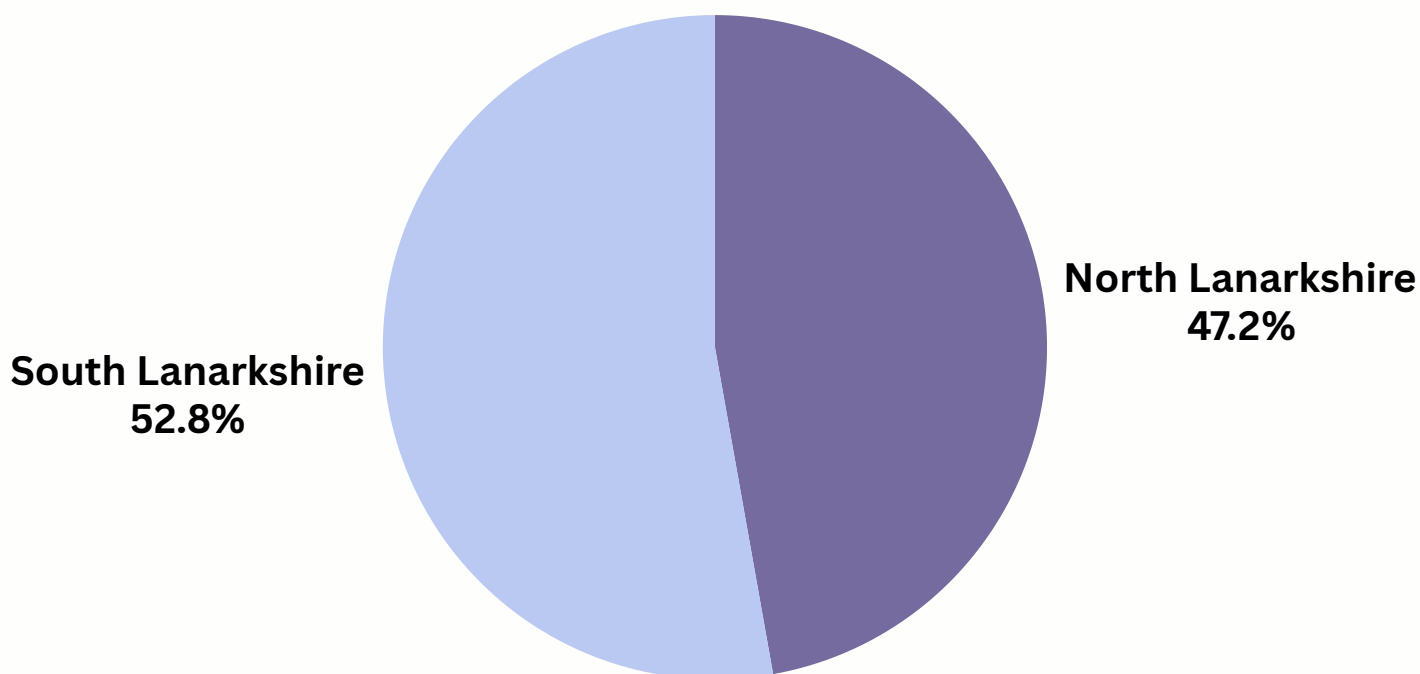
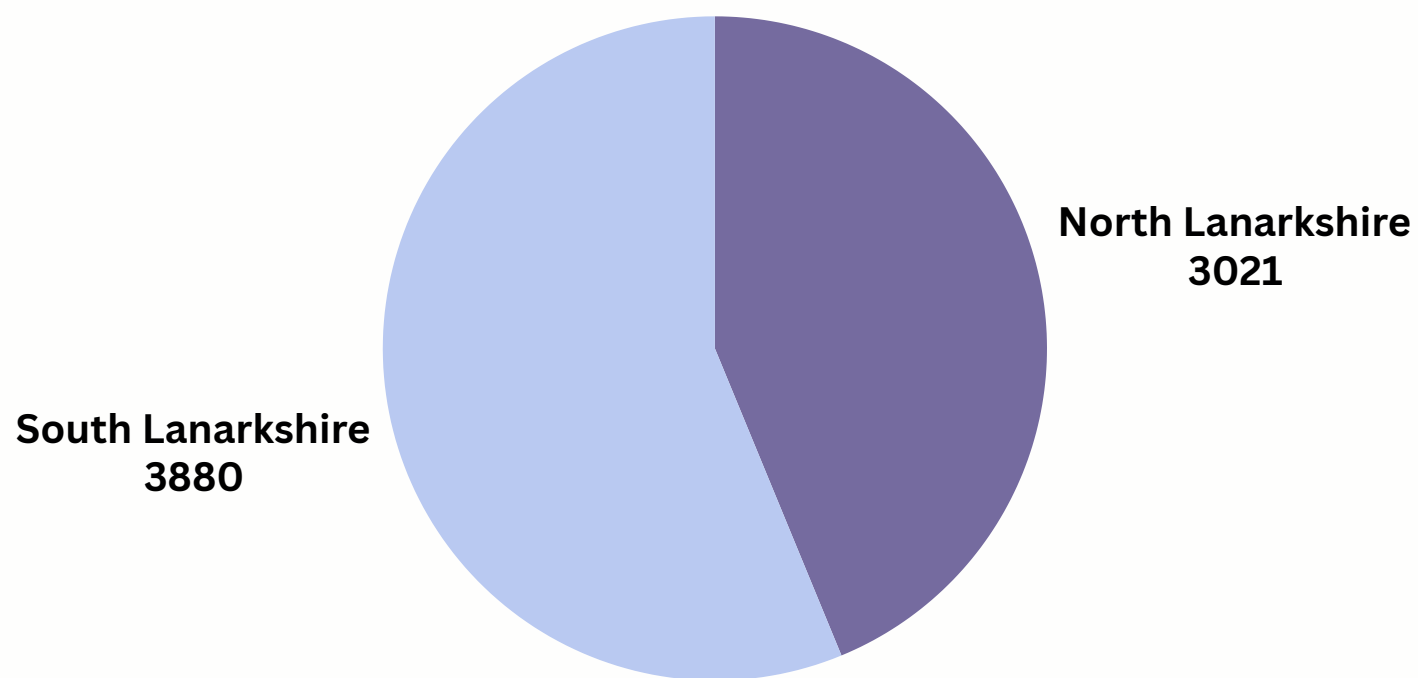
6901

LANDED



Section 1 - Eligibility Questions

Do you live in North or South Lanarkshire?



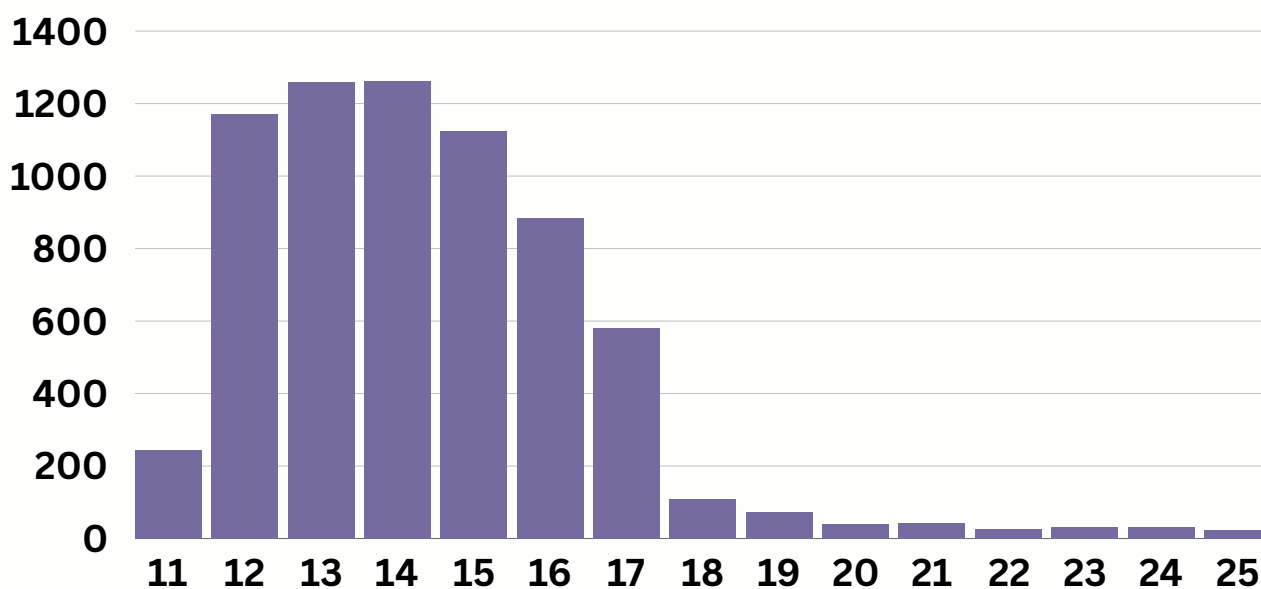
TOTAL RESPONSES

6901

Section 1 - Eligibility Questions

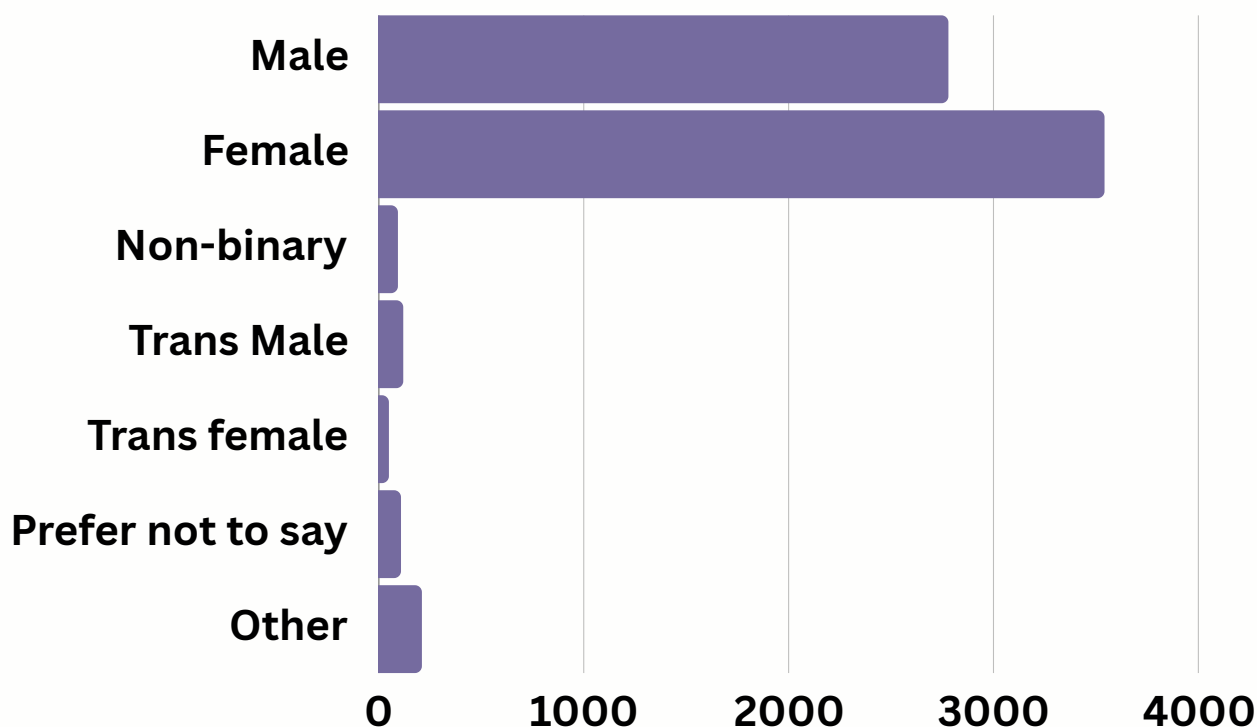
How old are you?

Age	Number of respondants
11	245
12	1170
13	1260
14	1262
15	1123
16	884
17	580
18	108
19	73
20	39
21	44
22	25
23	33
24	31
25	24
Total	6901



Section 1 - Eligibility Questions

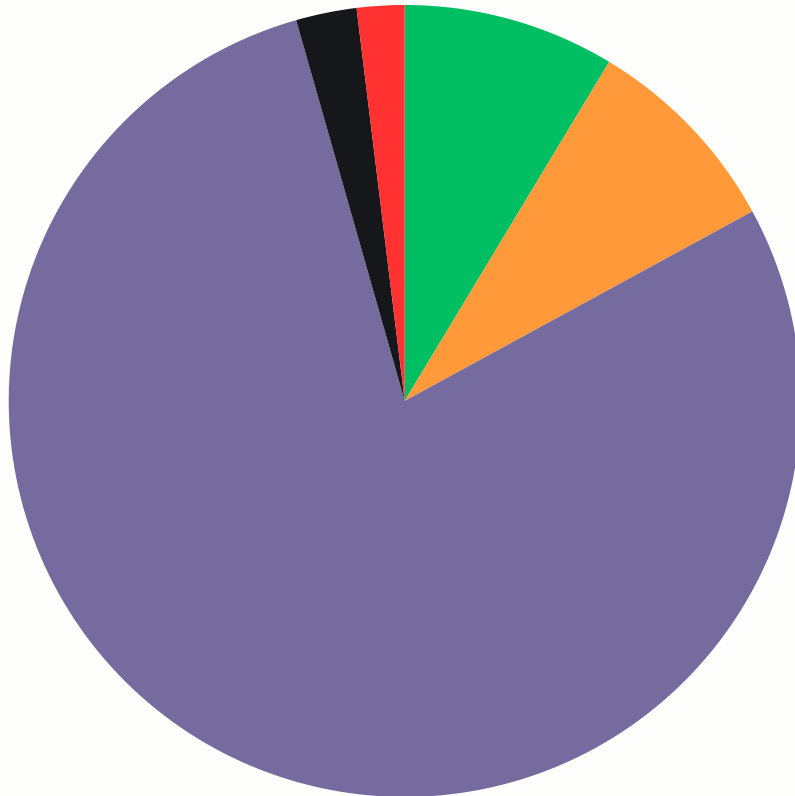
How do you identify?



Male	2780
Female	3542
Non-binary	93
Trans Male	119
Trans female	49
Prefer not to say	108
Other	210
Total	6901

Section 1 - Eligibility Questions

How did you find out about this survey?

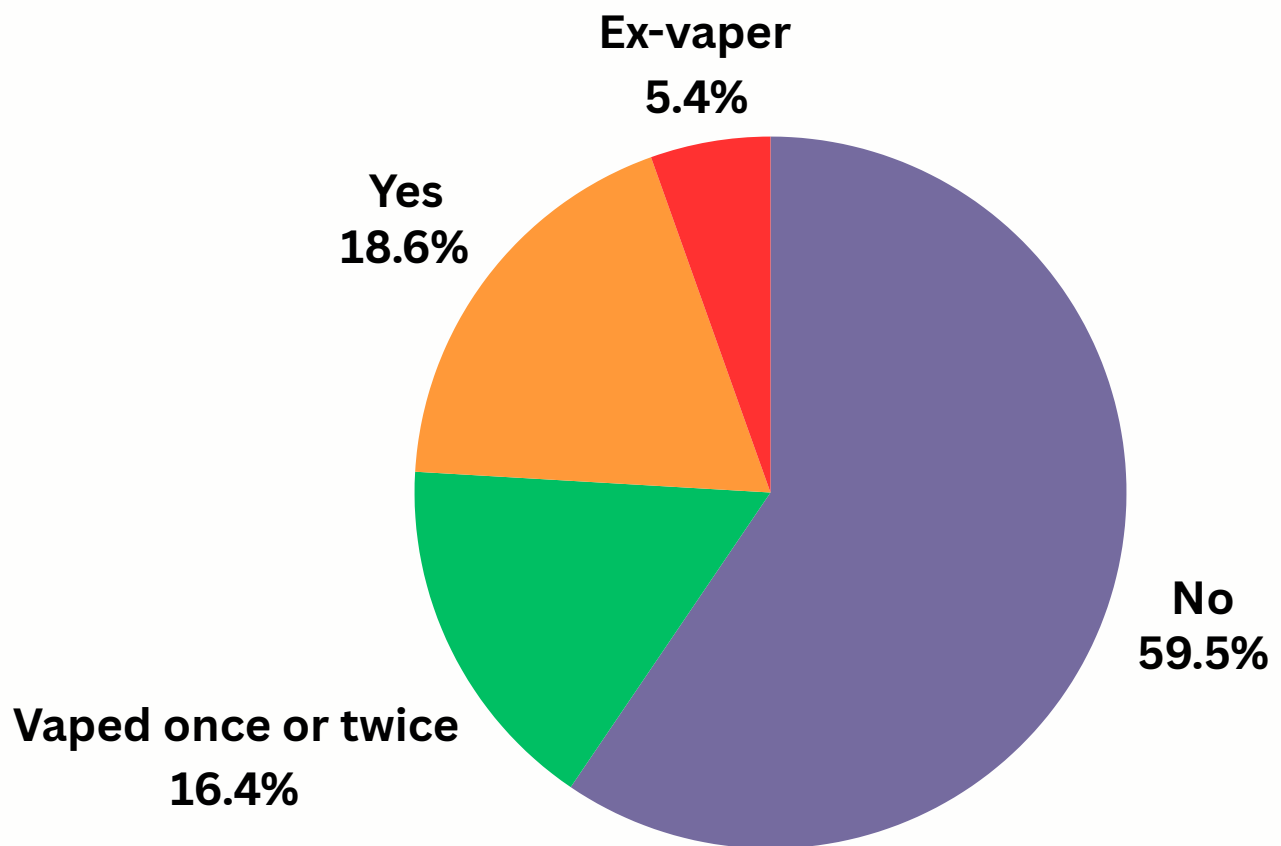


At a school Assembly/Class	5419	78.5%
Social Media	596	8.6%
QR Code Poster/ Info Screen	581	8.4%
LANDED Staff	171	2.5%
At a group I attend	134	1.9%

TOTAL RESPONSES	6901
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Section 1 - Eligibility Questions

Do you vape?



No, Never	4105	59.5%
Yes, I vape	1285	18.6%
I have only tried vaping once or twice	1135	16.4%
I used to vape, but now I have stopped	376	5.4%

TOTAL RESPONSES	6901
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SECTION 2 ANSWERS

VAPING QUESTIONS

TOTAL RESPONSES

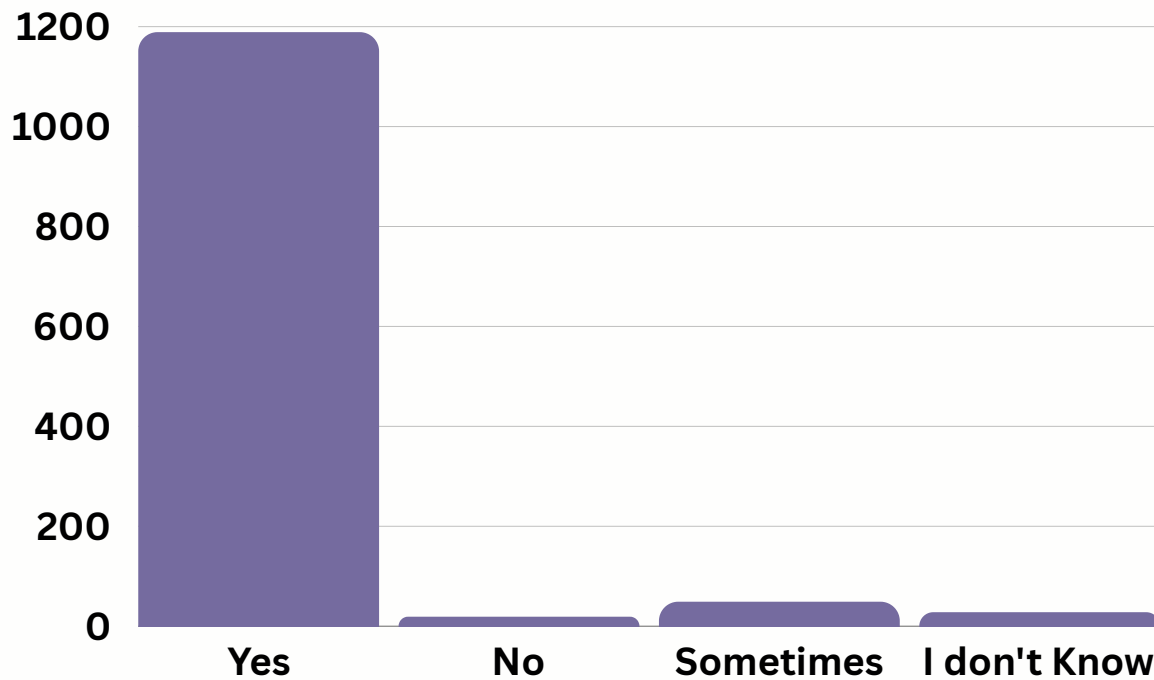
1285

LANDED



Section 2 - Vaping Questions

Do the vapes/e-cigs you use contain nicotine?



Yes	1189	93%
No	19	1%
Sometimes	49	4%
I Don't Know	28	2%

TOTAL RESPONSES	1285
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Section 2 - Vaping Questions

What age were you when you first tried a vape?

There was a total of 1285 responses to this question. As only people who selected "Yes, I vape" were shown it. This question was an open question.

Respondents were asked to type their age into the box. We chose this method as it breaks up the monotony of a repetitive questionnaire to keep the young respondents engaged.

*Unfortunately, 45 responses were unusable/contained profanity or were irrelevant to the question being asked, so these have been removed.

Out of 1240 responses, the average answer was

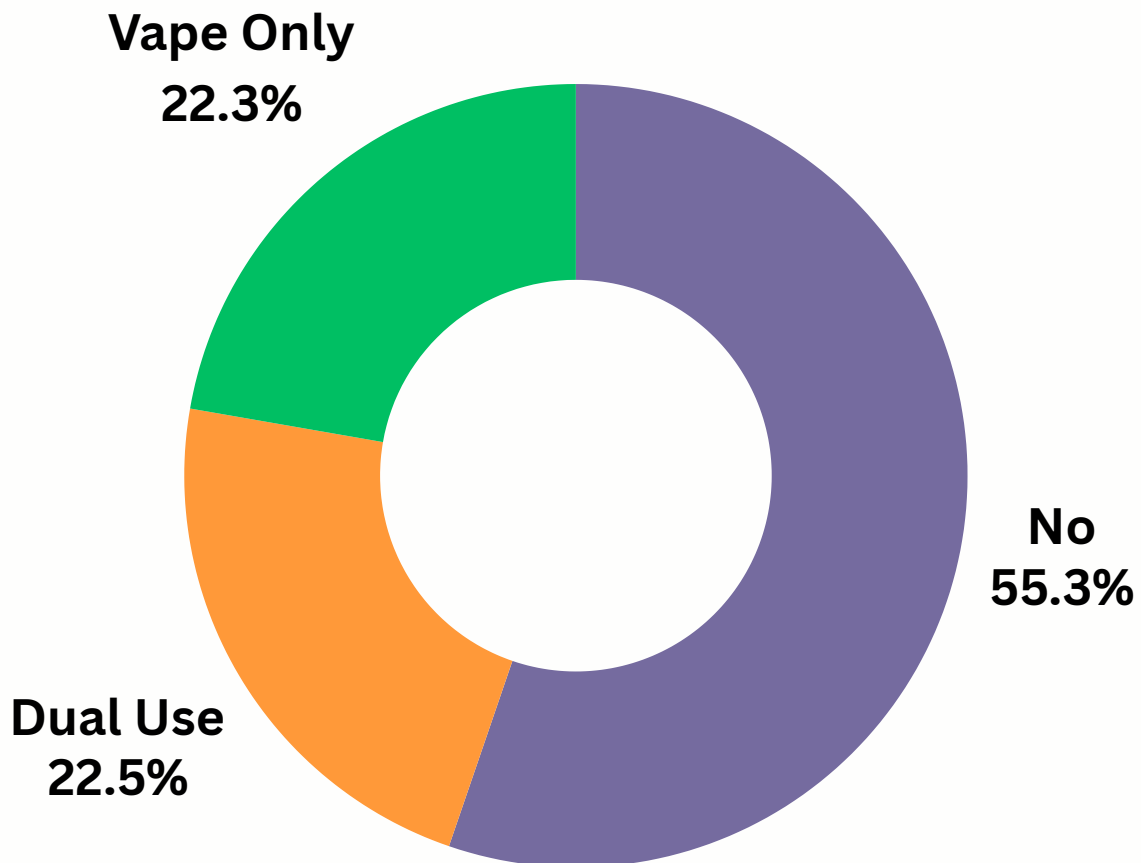
13

years old.

TOTAL RESPONSES	1285
USABLE RESPONSES*	1240

Section 2 - Vaping Questions

Before you vaped, did you smoke tobacco?



No, Never	710	55.3%
I still smoke tobacco & vape (dual use)	289	22.5%
I used to smoke, but now I vape (vape only)	286	22.3%

TOTAL RESPONSES	1285
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Section 2 - Vaping Questions

Why do you vape?

This question allowed for multiple answers. The results are ordered from highest to lowest.

For details of the 'Other' section, please see the next page.

It relaxes me	631
I am addicted	611
I like the flavours & taste	572
I like the effect of the nicotine	405
It suppresses my appetite	310
Because my friends vape	270
I use them instead of smoking	238
It's cheaper than smoking	233
It's easy to hide	205
I only vape when I drink alcohol	178
I like the designs & colours of the vapes	137
Other	113

Section 2 - Vaping Questions

Why do you vape?

'Other' Answer

This question allowed for multiple answers. Some of the respondents selected 'Other' to expand on our list of suggested reasons.

When conducting an anonymous survey with young people. We often get profanity/nonsense/irrelevant answers within these spaces, but it is important to include an 'Other' option in case we have overlooked apparent answers.

113 respondents selected the 'Other' option. The answers varied in their wording, so they have been summarised into the following categories:

- **To manage mental health**
- **Stress**
- **Relaxation**
- **To look/feel cool/fit in**
- **I don't know**
- **It's fun**
- **More breaks at work**
- **Relationship/family problems**

Section 2 - Vaping Questions

In the past, I have used a vape because:

This question allowed for multiple answers, and the results are ordered from highest to lowest.

For details of the 'Other' section, please see the next page.

My friend had a new type/flavour I wanted to try	605
I saw a new flavour I wanted to try	511
I saw a new type of vape I wanted to try	439
None of the above	233
To match my outfit	169
To add to my collection	146
I saw something on social media that encouraged me	99
Other	85
An advert encouraged me to get a vape product	66

Section 2 - Vaping Questions

In the past, I have used a vape **because:**

'Other' Answer

This question allowed for multiple answers. Some of the respondents selected 'Other' to expand on our list of suggested reasons.

When conducting an anonymous survey with young people. We often get profanity/nonsense/irrelevant answers within these spaces, but it is essential to include an 'Other' option in case we have overlooked apparent answers.

85 respondents selected the 'Other' option. The answers varied in their wording, so they have been summarised into the following categories:

- **To reduce smoking**
- **Peer pressure**
- **Stress**
- **I wanted to**
- **Because I was drinking**
- **My significant other encouraged me to try**

Section 2 - Vaping Questions

How do you get your vapes/e-cigs?

I am under 18, but I get sold them without ID	410	31.9%
I get them from people I know (proxy purchase)	260	20.2%
I buy them myself - I'm over 18	240	18.7%
A jump-in (proxy purchase)	203	15.8%
I use fake ID	58	4.5%
Other	50	3.9%
Steal them	49	3.8%
I get them online or through social media	15	1.2%

TOTAL RESPONSES	1285
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Section 2 - Vaping Questions

Would you keep vaping if:

Question	Yes	No	Maybe
vapes had no flavour	34.1%	42.1%	23.8%
vapes cost more?	46.9%	29.3%	23.8%
none of your friends vaped?	68.6%	17.4%	13.9%

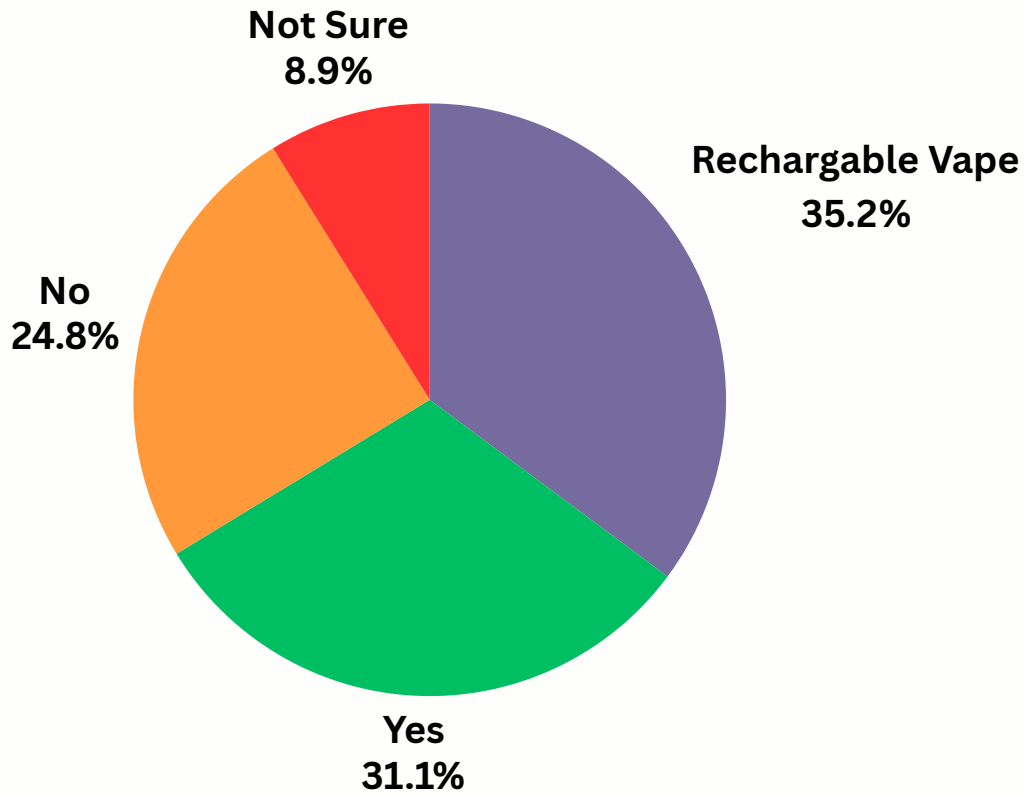
Colour Key.

Highest	Medium	Lowest
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TOTAL RESPONSES	1285
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Section 2 - Vaping Questions

If single-use vapes were banned, do you think you would start smoking?

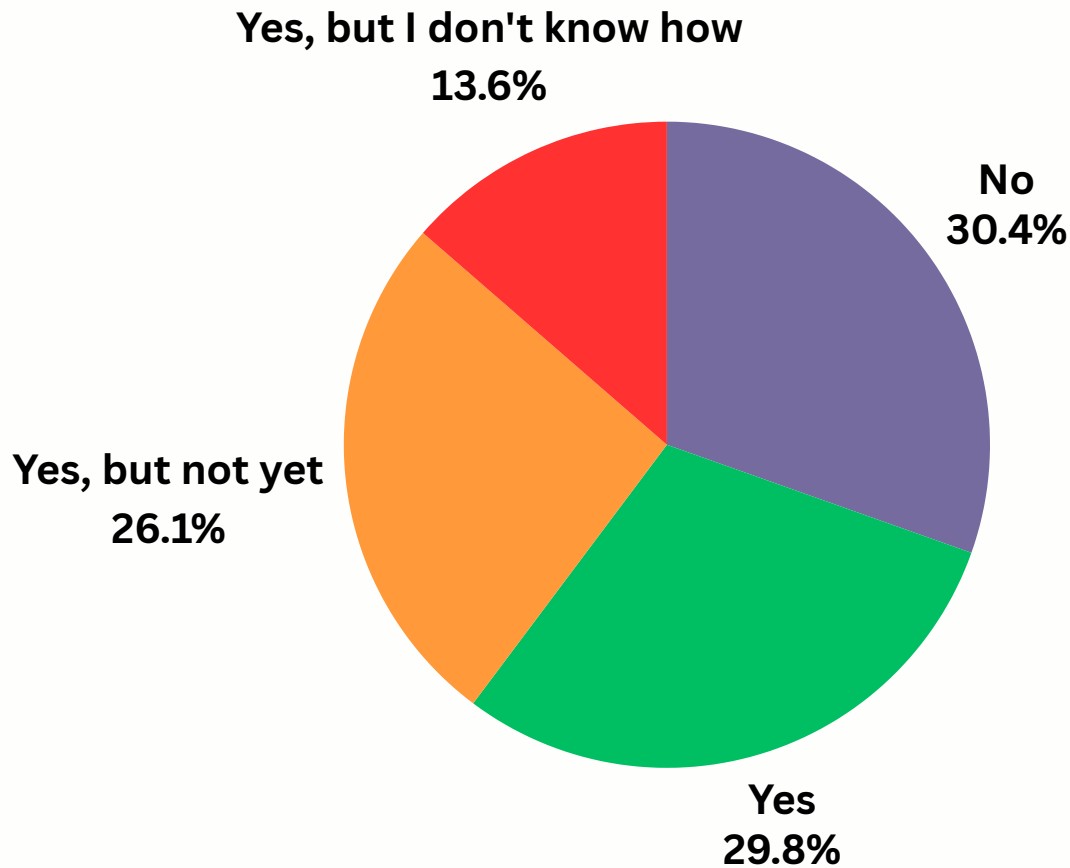


I would use a rechargeable vape	452	35.2%
Yes	400	31.1%
No	319	24.8%
Not Sure	114	8.9%

TOTAL RESPONSES	1285
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Section 2 - Vaping Questions

Have you ever wanted to quit vaping?



No	391	30.4%
Yes	383	29.8%
Yes, but not yet	336	26.1%
Yes, but I don't know how	175	13.6%

TOTAL RESPONSES	1285
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SECTION 3 ANSWERS

EX-VAPER QUESTIONS

TOTAL RESPONSES

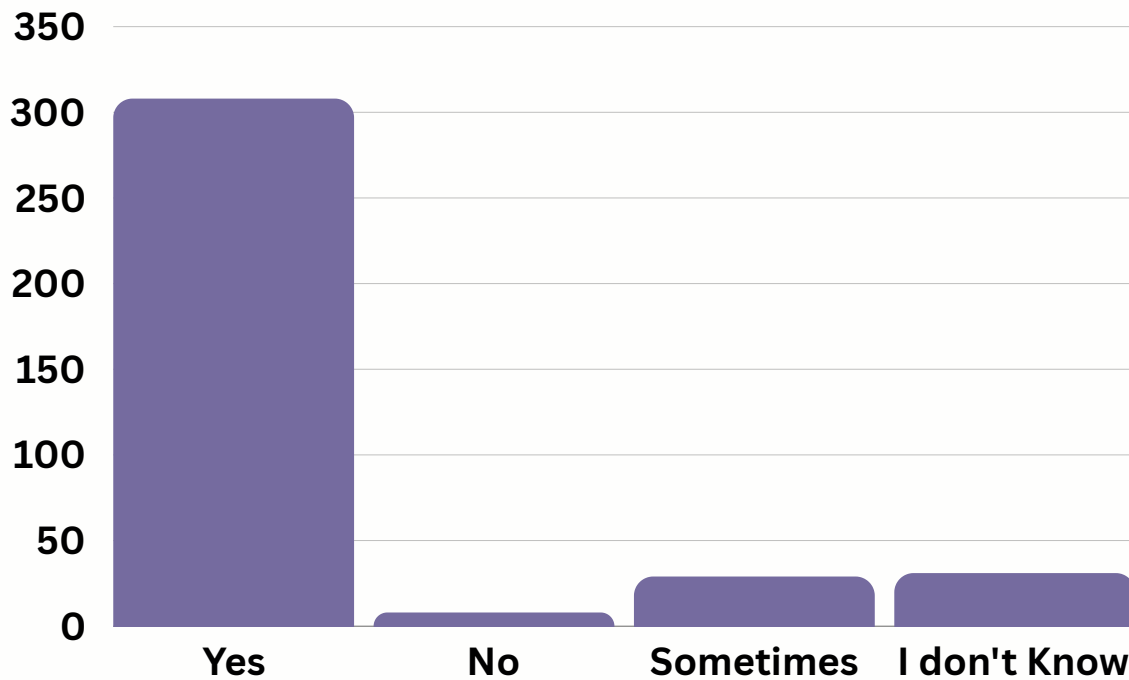
376

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Section 3 - Ex-Vaper Questions

Did the vapes/e-cigs you use contain nicotine?



Yes	308	82%
No	8	2%
Sometimes	29	8%
I Don't Know	31	8%

TOTAL RESPONSES	376
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Section 3 - Ex-Vaper Questions

Why did you stop vaping?

This question was an open text box, where respondents were asked to type their answers to the question. 376 people responded to this question.

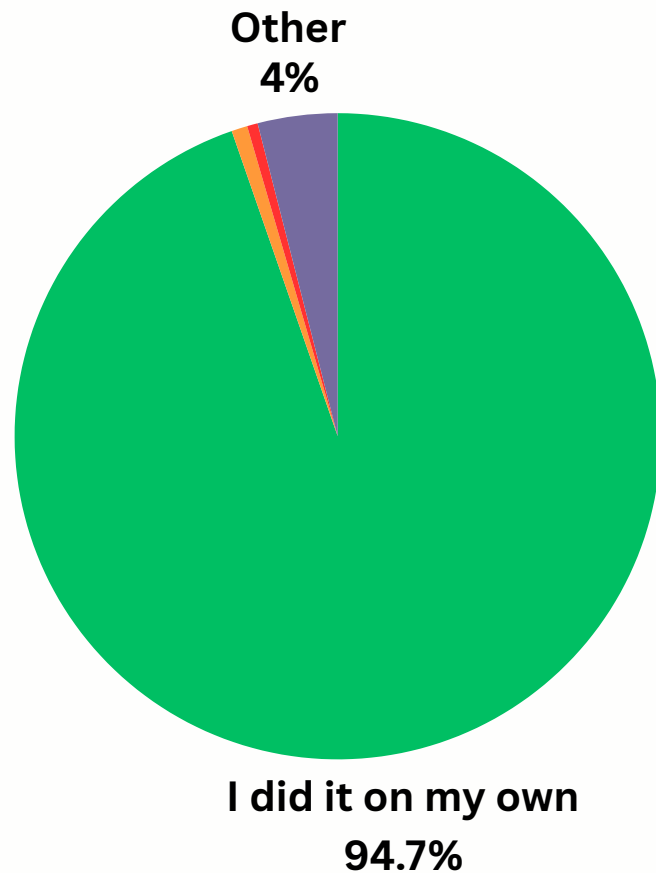
Their answers have been categorised under the following headings:

Concerned about health/mental health	120	32%
Financial reasons	25	6%
They got caught by a parent/significant other	15	3%
Concerned about nicotine addiction	5	1%
No clear motivator to stop noted & uncategorisable answers	216	58%

TOTAL RESPONSES	376
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Section 3 - Ex-Vaper Questions

How did you stop vaping?



I did it on my own	356	95%
Other	15	4%
With help from a medical professional	3	1%
Using Nicotine Replacement Therapy (NRT)	2	<1%
QuitYourWay	0	0%

Section 3 - Ex-Vaper Questions

What age were you when you first tried a vape?

There was a total of 376 responses to this question. This question was an open question. Respondents were asked to type their age into the box. We chose this method as it breaks up the monotony of a repetitive questionnaire to keep the young respondents engaged.

Out of 376 responses, the average answer was

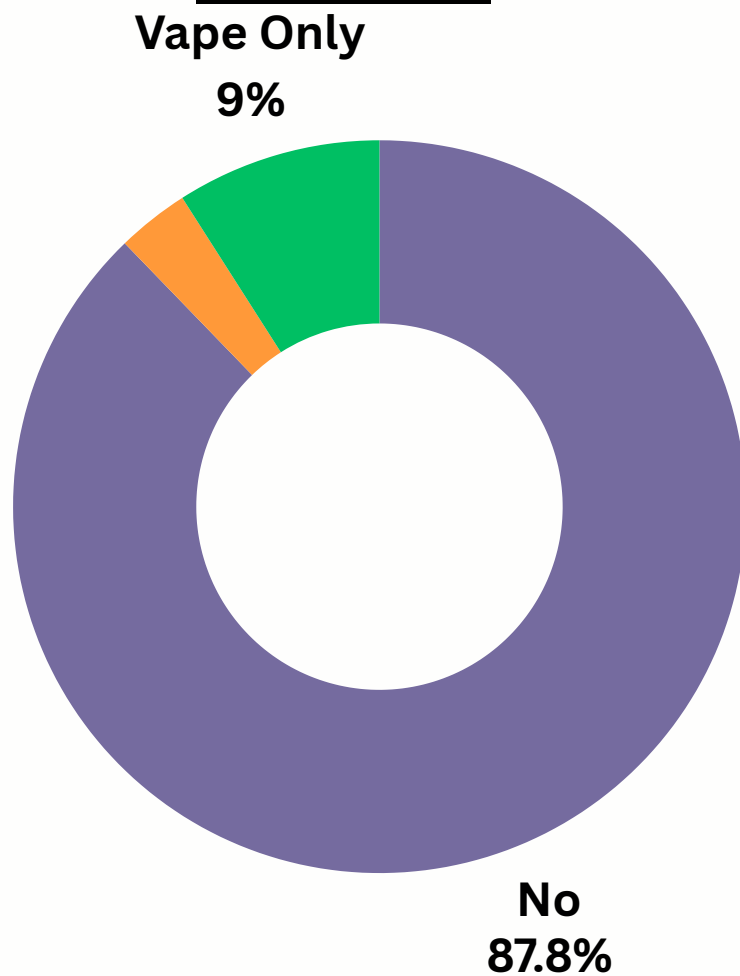
13

years old.

TOTAL RESPONSES	376
USABLE RESPONSES	376

Section 3 - Ex-Vaper Questions

Before you vaped, did you smoke tobacco?



No, Never	330	88%
I used to smoke tobacco	34	9%
I still smoke tobacco	12	3%

TOTAL RESPONSES	376
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Section 3 - Ex-Vaper Questions

Why did you vape?

This question allowed for multiple answers, and the results are ordered from highest to lowest.

For details of the 'Other' section, please see the next page.

Because my friends vaped	171
I liked the flavours and taste	170
It relaxed me	106
I liked the effect of the nicotine	68
I was addicted	56
It suppressed my appetite	52
I only vaped when I drank alcohol	52
It's easy to hide	46
I liked the designs & colours of the vapes	38
Other	33
It's cheaper than smoking	24
I used them instead of smoking	21

Section 3 - Ex-Vaper Questions

Why did you vape? 'Other' Answer

This question allowed for multiple answers, some of the respondents selected 'Other' to expand on our list of suggested reasons.

When conducting an anonymous survey with young people, we often get profanity/nonsense/irrelevant answers within these spaces, but it is important to include an 'Other' option in case we have overlooked obvious answers.

33 respondents selected the 'Other' option. The answers varied in their wording, so they have been summarised into the following categories:

- **To try it/experimentation**
- **To be able to do vape tricks**
- **Peer pressure/ to fit in**
- **Mental health**

Section 3 - Ex-Vaper Questions

In the past, I have used a vape because:

This question allowed for multiple answers, and the results are ordered from highest to lowest.

For details of the 'Other' section, please see the next page.

My friend had a new type/flavour I wanted to try	179
I saw a new flavour I wanted to try	129
I saw a new type of vape I wanted to try	88
None of the above	74
To match my outfit	26
Other	23
To add to my collection	19
I saw something on social media that encouraged me to buy a vape product	19
An advert encouraged me to get a vape product	10

Section 2 - Vaping Questions

In the past, I have used a vape **because:** ***'Other' Answer***

This question allowed for multiple answers. Some of the respondents selected 'Other' to expand on our list of suggested reasons.

When conducting an anonymous survey with young people. We often get profanity/nonsense/irrelevant answers within these spaces, but it is important to include an 'Other' option in case we have overlooked apparent answers.

23 respondents selected the 'Other' option. The answers varied in their wording, so they have been summarised into the following categories:

- **Peer pressure**
- **Mental health problems**

Section 3 - Ex-Vaper Questions

How do you get your vapes/e-cigs?

I get them from people I know (proxy purchase)	118	31.4%
A jump-in (proxy purchase)	95	25.3%
I am under 18, but I get sold them in shops without ID	91	24.2%
Other	26	6.9%
I buy them myself (I'm over 18)	23	6.1%
I used fake ID/ someone else's ID	10	2.7%
I get them online or through social media	7	1.8%
Steal them	6	1.6%

TOTAL RESPONSES	376
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Section 3 - Ex-Vaper Questions

Do you think any of the following would stop you/others from vaping?

Question	Yes	No	Maybe
vapes had no flavour	60.1%	19.9%	19.9%
vapes cost more?	53.5%	28.5%	18.5%
none of your friends vaped?	51.1%	26.3%	22.6%

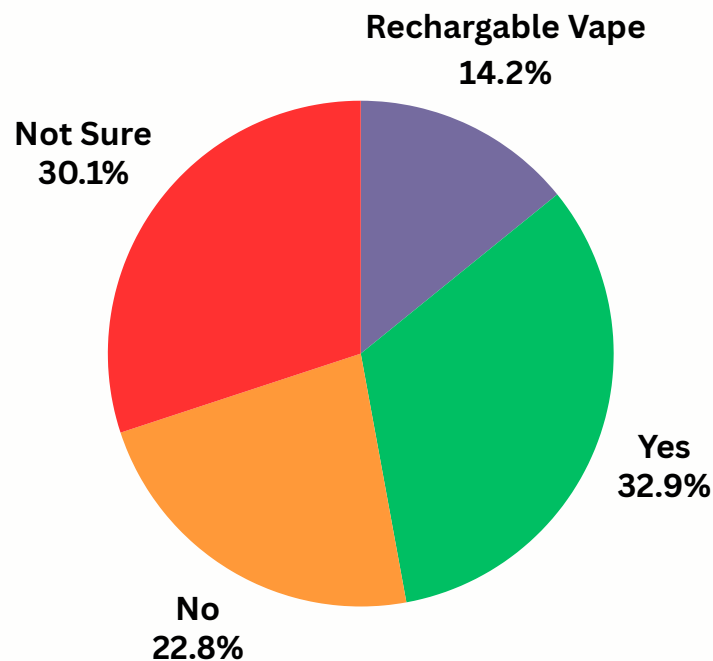
Colour Key

Highest	Medium	Lowest
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TOTAL RESPONSES	376
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Section 3 - Ex-Vaper Questions

If single-use vapes were banned, do you think vapers would start smoking?



Yes	144	32.9%
Not Sure	104	30.1%
No	79	22.8%
They would use a rechargeable vape instead	49	14.2%

TOTAL RESPONSES	376
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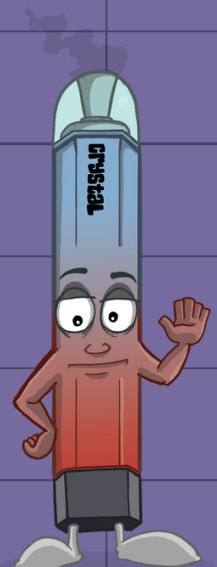
SECTION 4 ANSWERS

ATTITUDE QUESTIONS

TOTAL RESPONSES

6901

LANDED

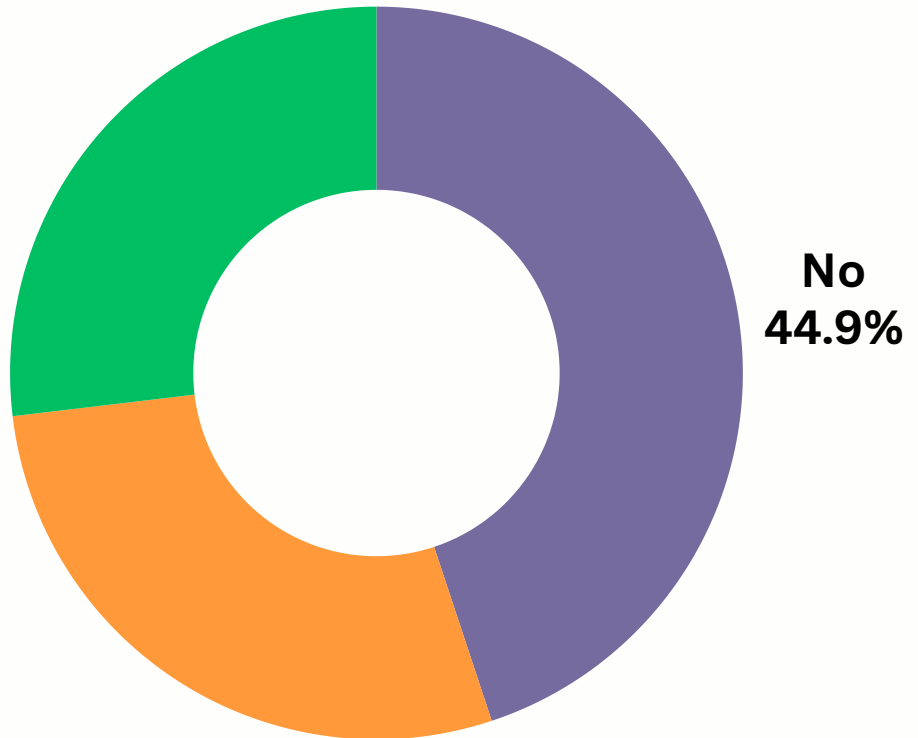


Section 4 - Attitude Questions

Do your friends vape?

My friends vape (frequently)

26.9%



My friends vape (infrequently)

28.2%

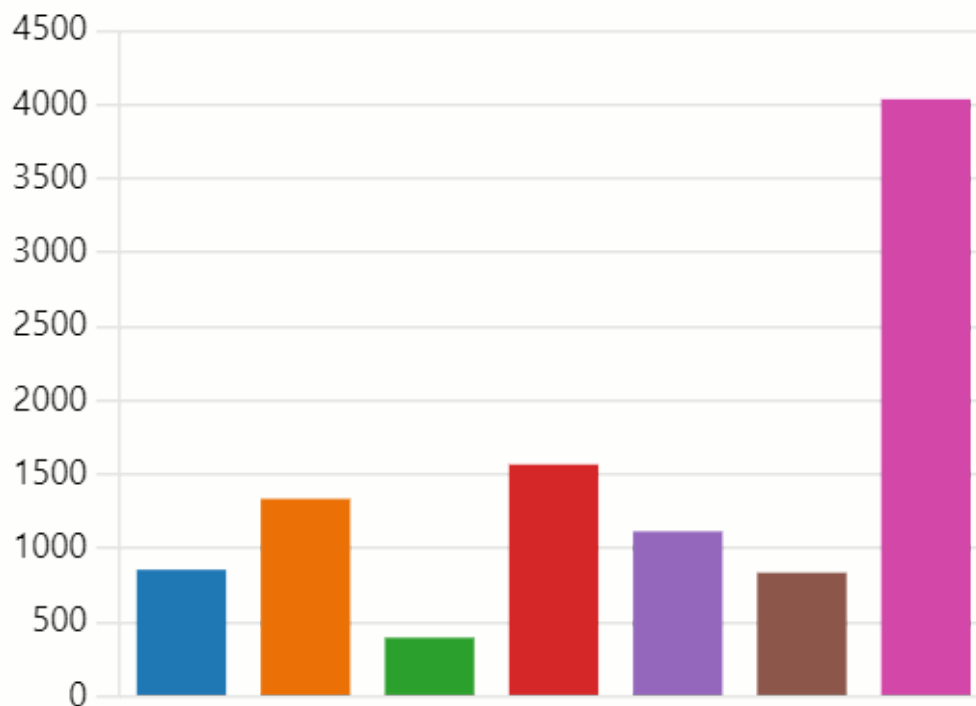
No, My friends don't vape	3099	44.9%
My friends vape now and again (infrequently)	1947	28.2%
My friends vape all the time (frequently)	1855	26.9%

TOTAL RESPONSES	6901
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Section 4 - Attitude Questions

Do you live with someone who?

This question allowed for multiple answers.



Smokes INSIDE your home	856
Smokes OUTSIDE your home	1335
Smokes in our car	397
Vapes in our car	836
Vapes INSIDE your home	1567
Vapes outside your home	1115
Nobody smokes or vapes around me	4036

Section 4 - Attitude Questions

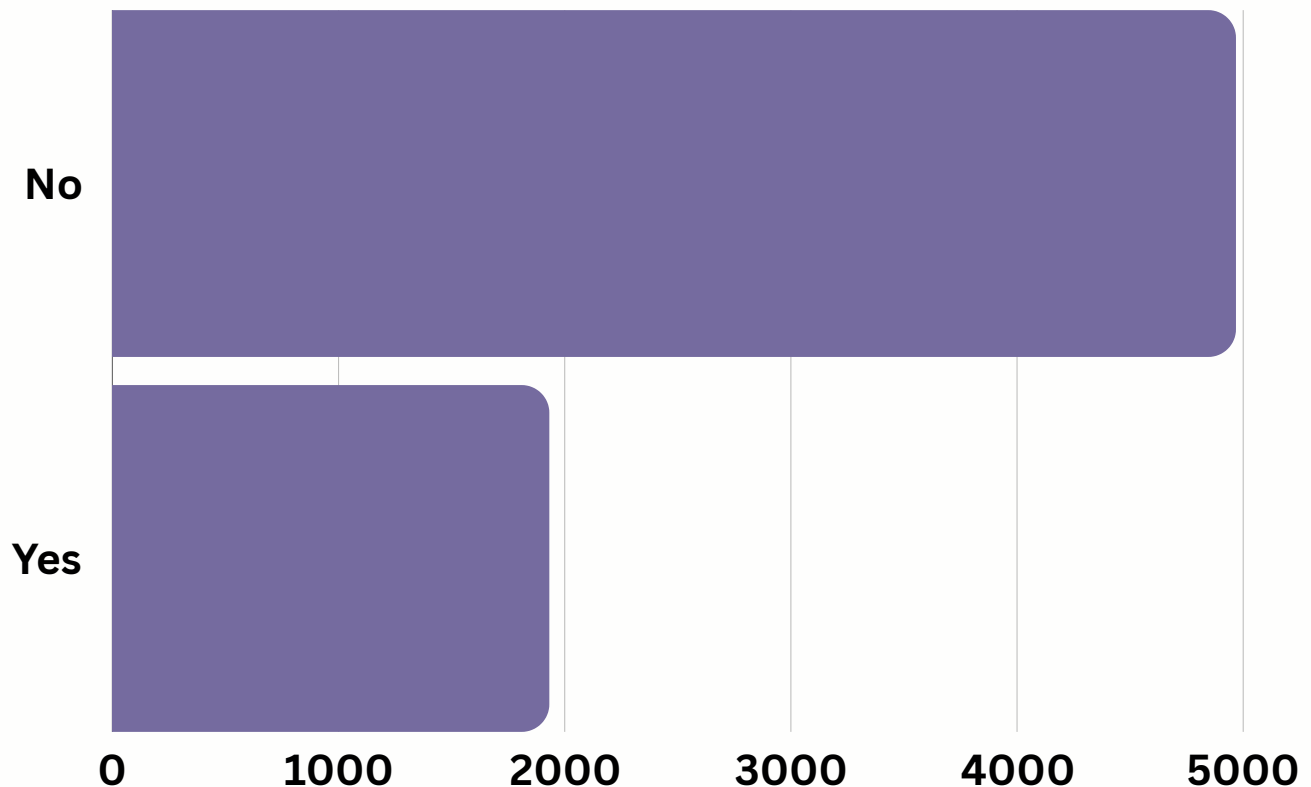
Do you agree or disagree with the following statements?

QUESTION	AGREE	DISAGREE
Vapes are harmful to the environment	84%	16%
Vapes harm your lungs	94%	6%
Second-hand vapour is harmful	76%	24%
Nicotine is harmless	15%	85%

TOTAL RESPONSES	6901
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Section 4 - Attitude Questions

If you or someone you know wanted to stop vaping, do you know where to go for help?



No	4968	72%
Yes	1933	28%

TOTAL RESPONSES	6901
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Section 4 - Attitude Questions

If you answered yes to the previous question - Where would you go to for help?

This question was an optional open text box, where respondents were asked to type their answers to the question.

1932 people responded to this question.

Their answers varied in spelling, and some answers mentioned multiple methods of support. In order to analyse this data, keywords were selected.

Their answers have been categorised under the following headings:

MEDICAL PROFESSIONALS

Doctor, Nurse, GP, NHS, QuitYourWay, Therapy, Rehab, Clinic, Hospital, Therapist, Chemist, Pharmacy, Helpline & Hospital etc.

TRUSTED ADULTS

Teacher, Guidance, School, Youth Work, Youth Worker, LANDED, Adult, Trusted Adult, Police, Pupil Support & Community etc.

FRIENDS & FAMILY

Friend, Family, Mum, Dad, Gran, Brother, Sister & Cousin etc.

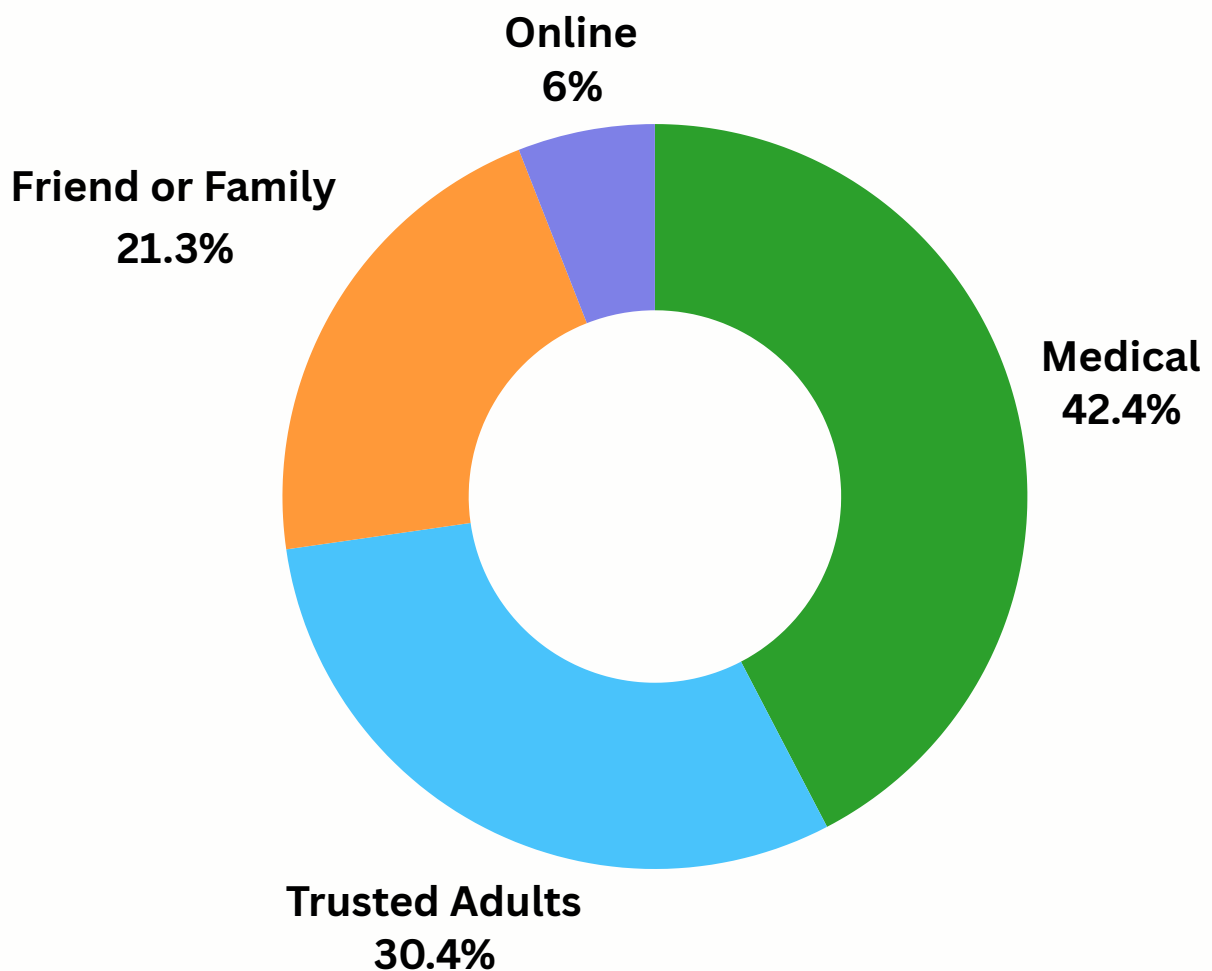
ONLINE

Website, Google, TikTok, Internet, Apps, Social Media etc.

Please continue onto the next page to view the results.

Section 4 - Attitude Questions

If you answered yes to the previous question - Where would you go to for help?



TOTAL RESPONSES	1932
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Section 4 - Attitude Questions

Is there anything else you would like to add you think would be relevant?

This question was an optional open text box, where respondents were asked to type their answers to the question. 1758 people responded to this question.

Due to there being such a high number of unique responses to this question, there is no easy way to categorise the answers and display the data. To view the full list of responses please [click here](#).

*Please note that some responses have been deleted, as they contained profanity or were irrelevant to the aim of the survey.

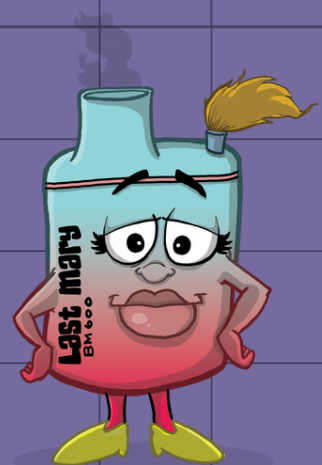
TOTAL RESPONSES	1758
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END OF RESPONSES

CLICK HERE
TO RETURN
TO PAGE 1

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