



SCOTTISH SCHOOLS ADOLESCENT LIFESTYLE AND SUBSTANCE USE SURVEY (SALSUS) 2018: Smoking summary report

SUMMARY OF KEY CHANGES SINCE 2015

There have not been many significant changes in the key smoking measures between 2015 (the last wave of the survey) and 2018.

Among 15 year olds, the mean and median number of cigarettes smoked by regular smokers has remained similar between 2015 and 2018.

Use of e-cigarettes has increased among boys in both age groups between 2015 and 2018.

	13 year olds		15 year olds	
	Boys	Girls	Boys	Girls
PROPORTION OF REGULAR SMOKERS	↔	↔	↔	↔
MEAN NUMBER OF CIGARETTES SMOKED A WEEK	-	-	↔	↔
MEDIAN NUMBER OF CIGARETTES SMOKED A WEEK	-	-	↔	↔
E-CIGARETTE USE EVER	↑	↔	↑	↔

N.B. Data on the number of cigarettes smoked by 13 year old regular smokers has been left blank as the bases were too small to allow robust analysis.

LONG TERM TRENDS

Smoking prevalence has decreased substantially over time, since 1996 among 15 year old boys and slightly later (since 2002-2004) among 15 year old girls and 13 year olds. However, this has levelled off in 2018, with no statistically significant changes this wave compared to 2015.

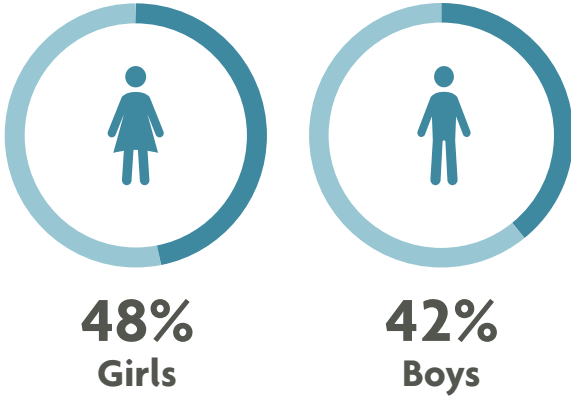
Trends in regular smoking, by age and sex (1982-2018)



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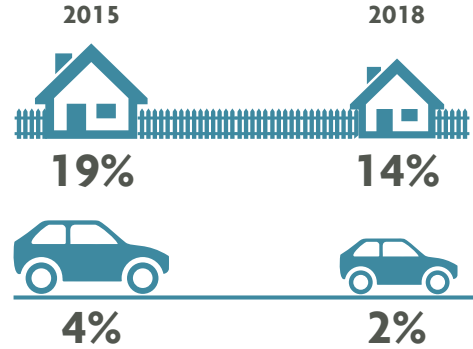
Ok to try smoking?

15 year olds girls were more likely than boys of the same age to think it is **ok to try smoking a cigarette**



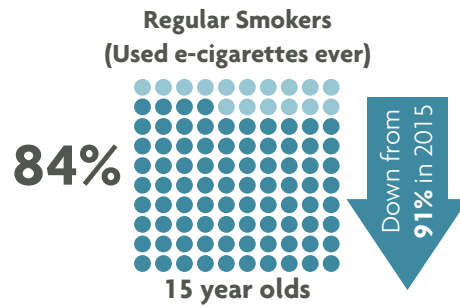
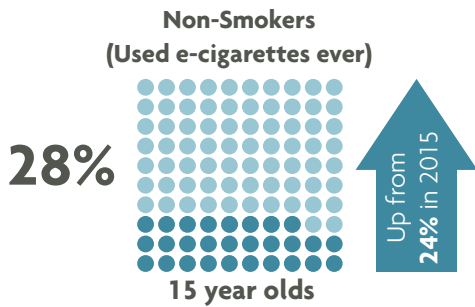
Exposure to smoke

The proportion of 15 year olds who said someone **smoked in their home** every/most days and **when in the car** every/most journeys has **decreased since 2015**

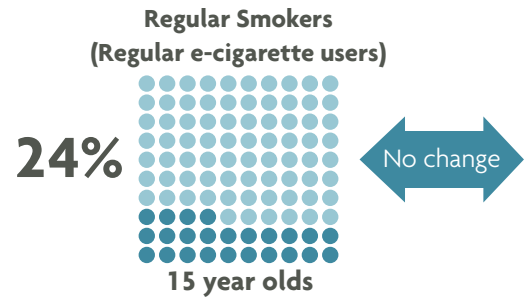
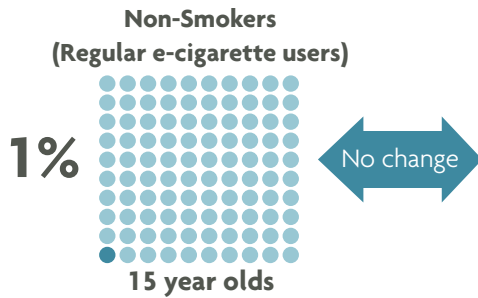


E-cigarettes

Use of **e-cigarettes ever** has **increased among non-smokers** but **decreased among regular smokers**

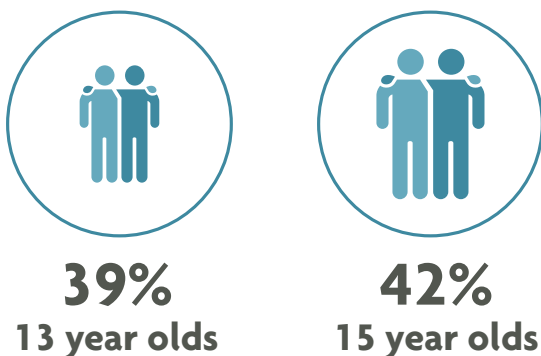


Regular e-cigarette use has **stayed the same** among **both non-smokers and regular smokers**



Sources of tobacco

It was **most common** for regular smokers to be given tobacco by their **friends**



Buying **tobacco from shops**, particularly **newsagents**, has greatly reduced over time

87% of 15 year old regular smokers in **1990**



18% of 15 year old regular smokers in **2018**

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Advice and support



58% of 15 year olds had received lessons, videos/DVDs or discussion in class about smoking in the last 12 months

15 year old girls were less likely than boys of the same age to agree they had **enough advice and support about smoking** at their school

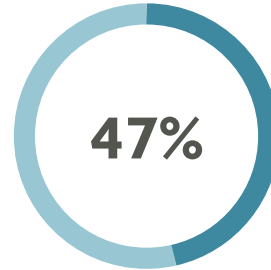


50% Girls agree **63%** Boys agree

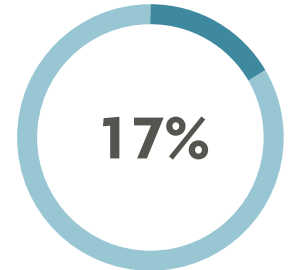
Parent smoking

20% of 15 year olds had a parent that smoked daily

15 year old regular smokers were **more likely** to have at least **one parent who smoked daily**



15 year old regular smokers



15 year old non-smokers

Post-school expectations

Regular smoking was less common amongst 15 year olds who expected to go to university than those who did not



3%
University



11%
Working



12%
FE College



13%
Apprenticeship

Self rated health

15 year olds who thought their **health was bad** were **more likely** to be **regular smokers** than those who thought their health was good

Bad health



23%
regular smokers

Good health



5%
regular smokers

Want to give up

Among both age groups, **under a third** of regular smokers wanted to **stop smoking**

15 Year olds



30% wanted to stop smoking

Age of friends

15 year olds who had **friends around the same age** were **less likely** to be a regular smoker than those with older, younger or mixed-age friends



Same age
4%



Younger
9%



Mixed
10%



Older
14%

SALSUS 2018: Technical details

SURVEY BACKGROUND

The Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS) is a continuation of a long established series of national surveys on smoking, drinking and drug use. These were carried out jointly in Scotland and England between 1982 and 2000, to provide a national picture of young peoples' smoking (from 1982), drinking (from 1990), and drug use (from 1998) behaviours within the context of other lifestyle, health and social factors. Since 2002, Scotland has developed its own, more tailored, biennial survey known as SALSUS.

SALSUS informs progress towards Scottish Government policies to reduce the harms from smoking, drinking and drug use among children and young people.

METHODOLOGY

SALSUS is a self-completion survey administered by teachers in a mixed ability class, under exam conditions. In 2018 schools were encouraged to administer the survey online (but could administer it on paper if that was more feasible).

All local authority and independent schools in Scotland were eligible for inclusion in the sample, with the exception of special schools. A random, nationally representative sample of S2 and S4 pupils was drawn, with classes as the primary sampling unit. (For the purposes of reporting S2 pupils are referred to as "13 year olds" and S4 pupils are referred to as "15 year olds").

Fieldwork was completed between October 2018 and April 2019. The overall response rate was 52% (excludes schools who took part in the Realigning Children's Services Survey and Glasgow state schools). A total of 12,558 pupils in S2 and 10,807 pupils in S4 responded (including those that took part in the Realigning Children's Service Survey).

Results reported are statistically significant at a 95% significance level.

Data was weighted by local authority, age, sex, school sector (state/independent), school denomination and by urban/rural classification.

FURTHER INFORMATION

More information on survey methodology can be found in the technical report available at: <http://www.gov.scot/ISBN/9781839603327>

The full 2018 SALSUS smoking report is available at: <http://www.gov.scot/ISBN/9781839603310>

CONTACT DETAILS

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