



To investigate the prevalence and characteristics of E-cigarette use in the adult population of Plymouth

Overview

- Use of E-cigarettes/vaping has grown exponentially in recent years. Important to consider prevalence, patterns and purpose of use. Some use is to reduce individual's use of tobacco, some replace tobacco use and forms main support mechanism for quitting smoking tobacco, some are happy to have stopped smoking tobacco and will continue to vape/use e-cigs but others may want to stop using these at some point in the future. Want to understand differences in these groups.
- How many people stop smoking tobacco through e-cig use. What are their characteristics?
- How many people who use e-cigs want to stop using them altogether? What are their characteristics compared to those who will happily continue to use them?
- How many people use e-cigs who have never smoked tobacco? What are their characteristics?
- How, where, and why do people use e-cigs? E.g. when at work to substitute tobacco, socially when out, at home, with or without tobacco use, when drinking alcohol? When driving – new smoking ban in cars carrying children under 15 years of age.
- General demographic description of the vaping population – age, socio-economic group, sex, ethnicity, postcode, marital status, parental status, smoking status, mental health status?

Aim is to improve our intelligence and understanding of e-cig use locally and inform service development of stop smoking service to be able to best support people using e-cigs to be successful in stopping smoking tobacco, how many want help and what help to stop using e-cigs

Existing sources of information largely estimates and numerical – so info in our local Health and Wellbeing survey, PHE information on e-cig use, safety etc, predictive prevalence. Qualitative element probably the most important to understand the characteristics of the users and their reasons for use. Focus groups or interviews with individuals.

Contact [Dan Preece](#) for further information.