

SEQUENCE OF CIGARETTE AND E-CIGARETTE INITIATIONS AND DAILY SMOKING IN ADOLESCENTS (HBSC 2018 - FRENCH-SPEAKING BELGIUM)

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SIPES • Results of the French-speaking HBSC survey are available from: <http://sipes.ulb.ac.be>



BACKGROUND

- Electronic cigarette has become popular in adults who want to quit smoking [1].
- For adolescents, the concern is whether e-cigarette initiation is a gateway to subsequent smoking [2,3].
- A study has suggested that the flavours may encourage e-cigarette experimentation among adolescents who did not smoke before, increasing their risk to be nicotine-dependent even to become smokers [4]. However, this observation may depend from the overall context.

OBJECTIVES

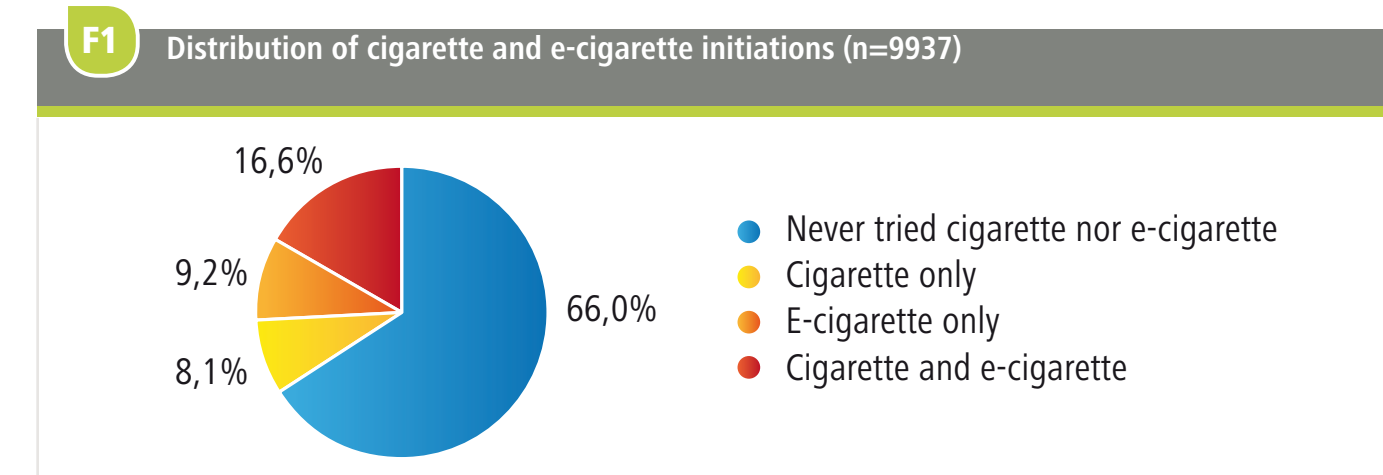
- To describe the sequence of conventional cigarette and e-cigarette initiations among adolescents who had already used both products.
- To analyse the current smoking behaviour according to the first experienced product.

METHODS

Health Behaviour in School-aged Children (HBSC) cross-sectional survey [5]	
Sample	
<ul style="list-style-type: none"> French-speaking Belgium, 2018 Two-stage random sample 9,937 12-20-year-old adolescents Self-administered questionnaire 	
Analyses	
Measures of association were:	
<ul style="list-style-type: none"> adjusted for sociodemographic characteristics estimated using logistic regression weighted 	
Sampling design was considered in analyses	
Outcomes	
Cigarette initiation	Sequence of cigarette and e-cigarette initiations:
E-cigarette initiation	"If you have ever smoked tobacco and used an electronic cigarette, what did you try first?": tobacco – electronic cigarette
Current daily smoking	
Covariates	
Gender	Family Affluence Scale:
Age	Score measuring material family wealth, divided in three categories: high, medium, low

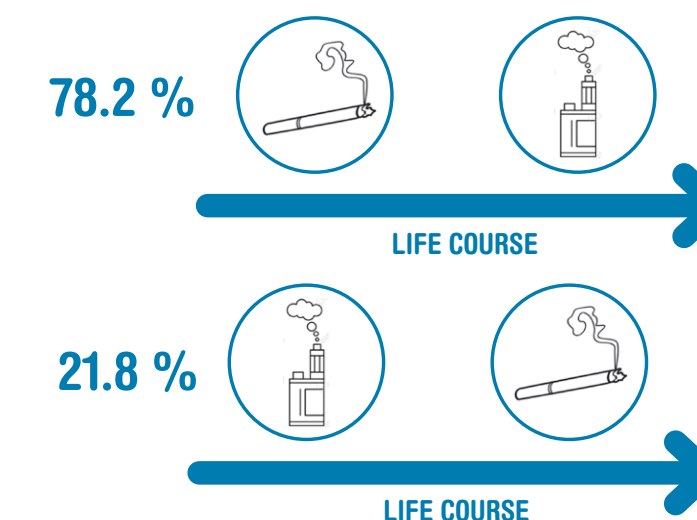
RESULTS

- In 2018, 66.0 % of adolescents reported they have never tried tobacco cigarette and e-cigarette, 8.1 % have experimented cigarettes only, 9.2 % e-cigarette only, and 16.6 % experimented both – Figure 1.



- Among adolescents who tried **both products**:

- Eight out of ten **reported** they smoked cigarettes before trying the e-cigarette (78.2 %)
- 21.8 % of adolescents **reported** they smoked e-cigarette before trying conventional cigarettes



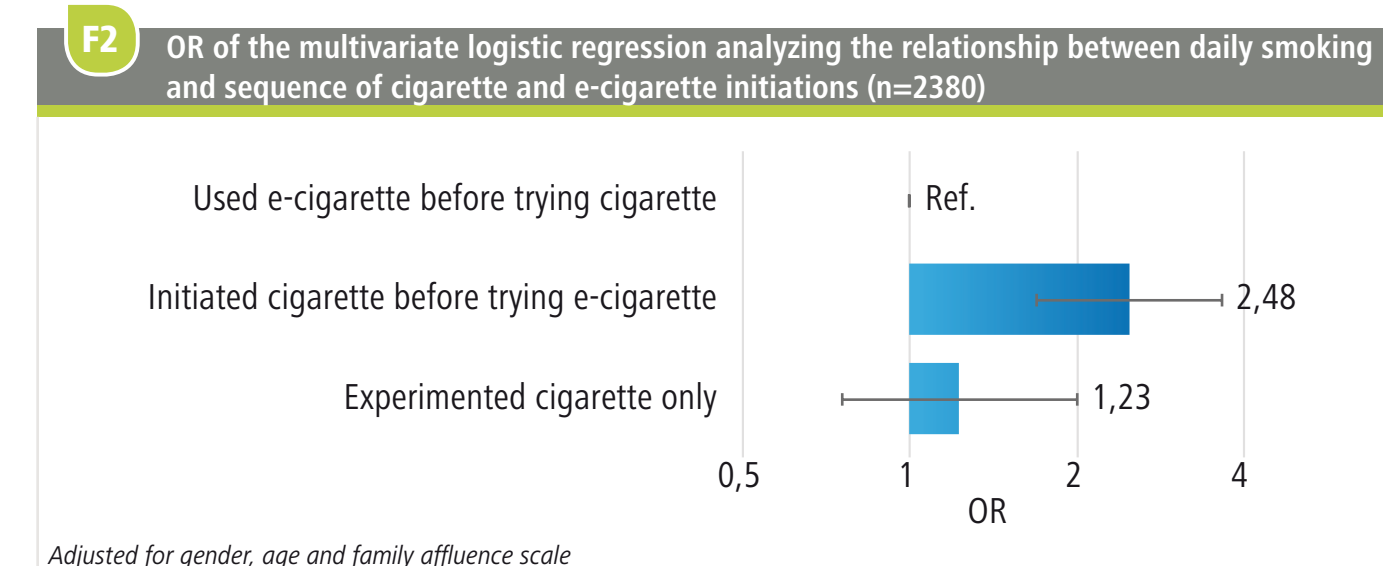
- In the **whole sample**, 6.8 % of adolescents were smoking every day.

- Daily smoking was observed in:

- 13.1 % of adolescents who initiated e-cigarette before trying cigarettes
- 34.2 % of adolescents who smoked cigarettes before trying e-cigarette
- 19.3 % of those who initiated cigarettes only

- The risk of daily smoking was – Figure 2:

- Higher among adolescents who first smoked cigarettes
 - Not different in adolescents who tried cigarettes only
- Compared to those who used e-cigarette before trying conventional cigarette



CONCLUSION

- In French-speaking Belgium, conventional cigarette was the first step in the initiation and continuation of tobacco smoking.
- These findings help understand smoking patterns among adolescents and will support the development of smoking prevention strategies.
- Health promotion interventions should remain focused on conventional cigarette even though surveillance of e-cigarette side-effect should continue [6].
- Based on a cross-sectional study, our results should however be confirmed by prospective studies.

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