

## Smoke Rates National

We want our children and young people to grow up in a place of clean air and bright futures, aiming towards a SmokeFree Generation by 2025. 7 million smokers in the UK had started smoking before the age of 18 (*Breathe2025*), with 506,100 hospital admissions attributable to smoking. This is similar to 2018/19 but 10% higher than 2009/10 when it was 461,700 (*NHS Digital*). The average age young people begin smoking in the UK is very low, namely around the age of 14 and 15. 3% of children between 11 and 15 years old smoke regularly, at least 1 cigarette a week. 18% of children between 11 and 15 years old have tried smoking.

## The Local Picture

### North East Lincolnshire Adolescent Lifestyle Survey 2021

The following table has been taken from the 2021 Adolescent Lifestyle Survey and gives a brief insight into the prevalence of smoking amongst 11-16 year olds.

Two webinars have been set up to present the finding of the ALS on the following dates:

Wednesday 21<sup>st</sup> September, 2022 – 15:30

Thursday 29<sup>th</sup> September, 2022 – 12 noon

Please follow the link if you have not already booked your place: [Adolescent Lifestyle Survey Webinar Tickets, Multiple Dates | Eventbrite](#)

There hasn't been a big change in smoking prevalence, but it has overall come down a little bit. Y11 had gone up but all other year groups have decreased and so the overall % has decreased slightly.

2021 survey....

Have you ever smoked a cigarette?	Year 7	Year 8	Year 9	Year 10	Year 11	Y7-11
Never smoked	94.6%	91.7%	84.8%	75.1%	65.0%	82.4%
Tried smoking	4.0%	4.5%	8.8%	11.2%	14.8%	8.6%
Used to smoke	0.2%	1.2%	2.0%	4.4%	6.0%	2.7%
I sometimes smoke, but not as many as one cigarette a week	0.3%	0.8%	1.6%	2.7%	5.6%	2.2%
Occasional smoker	0.1%	0.7%	0.7%	2.7%	1.7%	1.2%
Regular smoker	0.8%	1.1%	2.2%	4.0%	7.0%	3.0%
<b>Current smoker (regular and occasional smoker)</b>	<b>1.0%</b>	<b>1.7%</b>	<b>2.8%</b>	<b>6.7%</b>	<b>8.7%</b>	<b>4.1%</b>

Occasional smoker (at least once a week, but not as many as once a day)

Regular smoker (smokes every day)

Current smoker (regular and occasional smoker aggregated)



## DRUGS, SMOKING AND ALCOHOL

**63.9%** know where to **get advice**

**66%** have not **smoked cannabis**

**93.5%** **don't smoke**

**59.9%** have **never had a whole alcoholic drink**

### Who took part in the ALS 2021?

7,988 young people took part in the survey

7,146 complete responses, once the data had been cleaned.

Representing 80% of secondary age pupils attending school in North East Lincolnshire\*. By far the biggest response since 2004.

100% of secondary schools took part 100% of PRUs took part

\*Of all mainstream secondary schools and pupil referral units for children in school years 7-11

## Health behaviours

- **Smoking** - Fewer young people smoke at least once per week at 4.1%. Gap between girls and boys has almost closed but higher rates in FSM.
- **Alcohol** – Significantly reduced - 60% never had a drink and most who said they drink only do so on special occasions and parents generally aware.
- **Drugs** - 16% been offered illegal drugs but proportion taking drugs hasn't changed over the last ten years. Cannabis continues to be the drug of choice.
- **Gambling** – Most hadn't gambled online or at a venue but boys more likely to do so. The most popular form of betting was in-game purchases (38.57%).

Current Smokers\* by year and sex



Young people who have NEVER had a whole drink of alcohol, trend



# Smoke Free Schools

All schools must provide a curriculum that is broad, balanced and meets the needs of all pupils, as well as promoting the spiritual, moral, cultural, mental and physical development. The statutory guidance for health education provides key building blocks for children to learn how to stay healthy. This gives young people knowledge, understanding and the capability to be able to take care of themselves in the wider world. Public Health have created an SmokeFree Primary School education pack. This pack can be used as a guide for teachers to help them deliver high quality evidence-based lessons and give pupils the opportunity to stay smokefree.

The pack has been designed in 5 parts to encourage children and young people to learn and thrive where they can be healthy, safe and engage in positive activities. This includes:

## 1. Facts and data

2. **Policy guide** - Following the structure on how to plan your own curriculum, thinking about policy and progression through the key stages. Pledging your commitment to this subject through the Breathe 2025 website.

3. **Educational resource** - Sending a letter home to parents/carers informing them that you are going to be covering SmokeFree sessions in class, which includes a questionnaire for them to fill in. This could be included as one of your lessons.

4. **Lesson plans and pupil worksheets** - Planning from the lessons, provided you can teach one or all of them. They are all standalone lessons but they can also follow on from each other. It is broken down into Health Education, Physical Education and Science. Some lessons may be shorter than others, as some may be used in circle time for short discussions, but mainly they cover a 45-60 minute session.

5. **Smokefree school gates** - School gates are part of the school which is usually overlooked within the smokefree policy. Many children walk in and out of school through clouds of second-hand smoke created by adults. You can enhance your smokefree school policy and protect children from second-hand smoke at the school gates. Cigarette butts can be found outside every school gate.

We would like schools to take part in a smokefree gates campaign. Once the school has created the policy and put smokefree lessons in place, this can be used to help young people to think about their environment and design a smokefree gates campaign. By using the lessons to gain greater understanding and knowledge, children can then design signage to promote this campaign. A review of the policy may be needed to enhance and include smokefree gates.

If you would like to take part in the SmokeFree gates or would like a copy of the education pack please get in touch with [laura.peggs@nelincs.gov.uk](mailto:laura.peggs@nelincs.gov.uk)

## Intent Smoking Prevention Programme



INTENT is a smoking prevention programme. It works by targeting adolescents who have never smoked prior to its delivery. INTENT reduces smoking initiation by first getting adolescents to engage with anti-smoking messages, then creating Personal Plans (or "Implementation Intentions") about how to refuse an offer of cigarettes.

# Health officials warn shops over underage vape sales

Public Health and Trading Standards officers at North East Lincolnshire Council have issued a warning to local shops over the sale of vapes to underage customers.

Almost 300 convenience store retailers in North East Lincolnshire have been written to by Trading Standards officers, advising them of the law and their responsibilities.

Despite it being illegal to sell or supply vapes to under-18s, the most common source of supply for underage vapers is shops (47%).

Anyone found to be selling vape products to under-18s could face prosecution. This includes e-liquids, vape devices and any other accessories used for vaping.

It's also illegal for adults to purchase vape products for under-18s. Anyone caught breaking this law could face prosecution in much the same way you would if you bought alcohol or tobacco products for minors.

The move follows a number of inspections carried out in April this year by Trading Standards officers at small business premises in the borough to search for illegal disposable vaping devices containing high levels of nicotine.

Councillor Stan Shreeve, portfolio holder health, wellbeing and adult social care at North East Lincolnshire Council, said: **“We are increasingly concerned about the number of children and young people taking up disposable vapes in the borough - especially those who have not smoked before. “That’s why we need to ensure that we have strict regulations and controls over vaping products to protecting the health of future generations.”**

1. Vaping is much less harmful than smoking and is an effective quitting aid for adult smokers. However, vaping is not risk free, and NICE recommends that vaping should be discouraged in children and young people who have never smoked.
2. It is illegal to sell e-cigarettes and vaping products containing nicotine, or tobacco, to under-18s, and complaints about underage sales, or sales of illegal products, should be made to trading standards through the [Citizens Advice online portal](#).
3. Complaints about online promotion of vaping to under-18s on social media such as Tik Tok or Instagram should be made to the Advertising Standards Authority (ASA) through the [online complaints portal](#)