

PREVALENCE OF VAPING IN FRANCE IN 2021 AMONG 18-75 YEAR OLDS: RESULTS FROM THE SANTÉ PUBLIQUE FRANCE HEALTH BAROMETER

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Anne Pasquereau, Raphaël Andler, Romain Guignard, Viêt Nguyen-Thanh

CONTEXT

- E-cigarettes introduced to the French market in the early 2010s
- Position of the High Council for Public Health in January 2022, which does not take into account the latest Cochrane update (November 2022)
- **For health professionals:** In a smoking cessation process, the first-line drug treatments are nicotine replacement therapies, for which effectiveness has been proven.
- **For the general population:** As an over-the-counter product for adults, vaping products can be used, by individual choice, outside or in addition to support for quitting smoking within the framework of the care ; however, there is currently no sufficient scientific evidence to confirm that vaping products can help people quit smoking.
- Almost immediately, the relationship between vaping and smoking raised many questions which are still unsolved.

CONTEXT

- Questions on e-cigarette use were included for the first time in 2014 in the Santé publique France Health Barometer, and every year since. In 2020, 5% of adults said they vaped, 4% vaped daily.
- **Prevalence of vaping among adolescents** (Enclass OFDT 2021 survey among last year of college, 14,9 yo on average): levels of e-cigarette use are for the first time higher than those of tobacco cigarettes, for both experimentation (34.2%) and use in the last month (13.9%). However, daily use of e-cigarettes (2.8%) remained less common than daily smoking (3,7%). New data regarding vaping among 17 year-olds are presented by OFDT at this session (Escapad 2022 survey).
- The **prevalence of daily smoking** in France is high: 25.5% in 2020 among 18-75 year olds

→ What about the prevalence of vaping among adults in 2021?

METHODS

- **The Santé publique France Health Barometer surveys**
 - The reference survey in France to measure health behaviors since 1992
 - Random sample, representative survey of the population living in France and speaking French
- **2021 Health Barometer in Mainland France**
 - From February 11 to December 15, 2021 (with a summer break)
 - **24,514** people interviewed by telephone, age: 18-85 years old.
 - 22,625 respondents aged 18-75, to be comparable to previous Barometers
 - Main topics covered: tobacco and alcohol consumption, diet, physical activity, mental health, etc.

STUDY OBJECTIVES

- Estimate the **prevalence of vaping** among adults in 2021
- **Evolution** since 2014, year of the first measurement in France
- Estimate **regional** prevalences in Mainland France in 2021
- Describe vapers socio-demographics

IN 2021

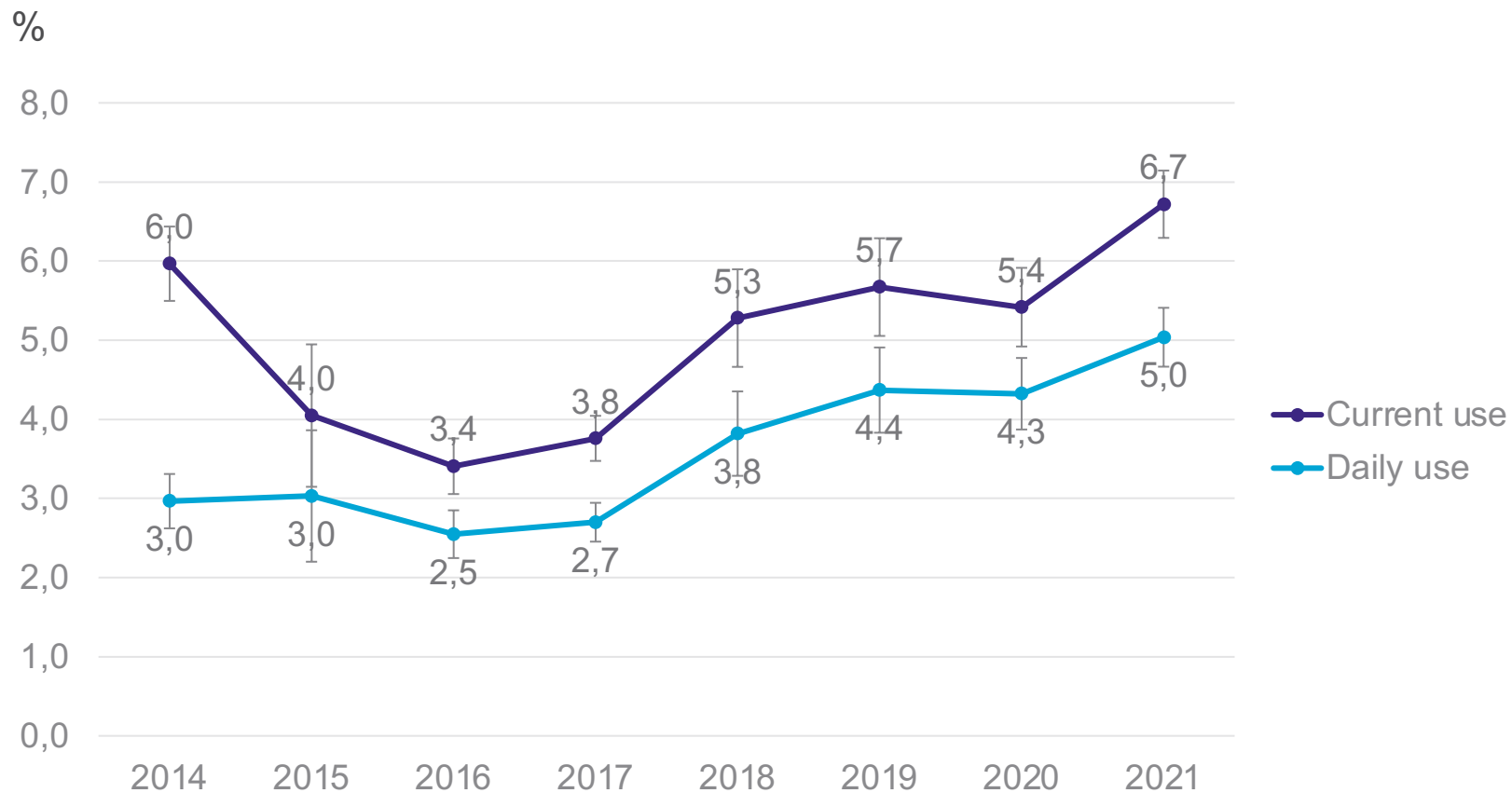
- 38.7% of 18-75 yo said they had **tried** e-cigarettes (lifetime prevalence)
- 6.7% of 18-75 yo said they **currently vape**
- 5.0% of 18-75 yo reported **vaping daily**

Type of e-cigarette used by current vapers

- 73.6% of vapers use an e-cigarette with nicotine in 2021, as in 2017.

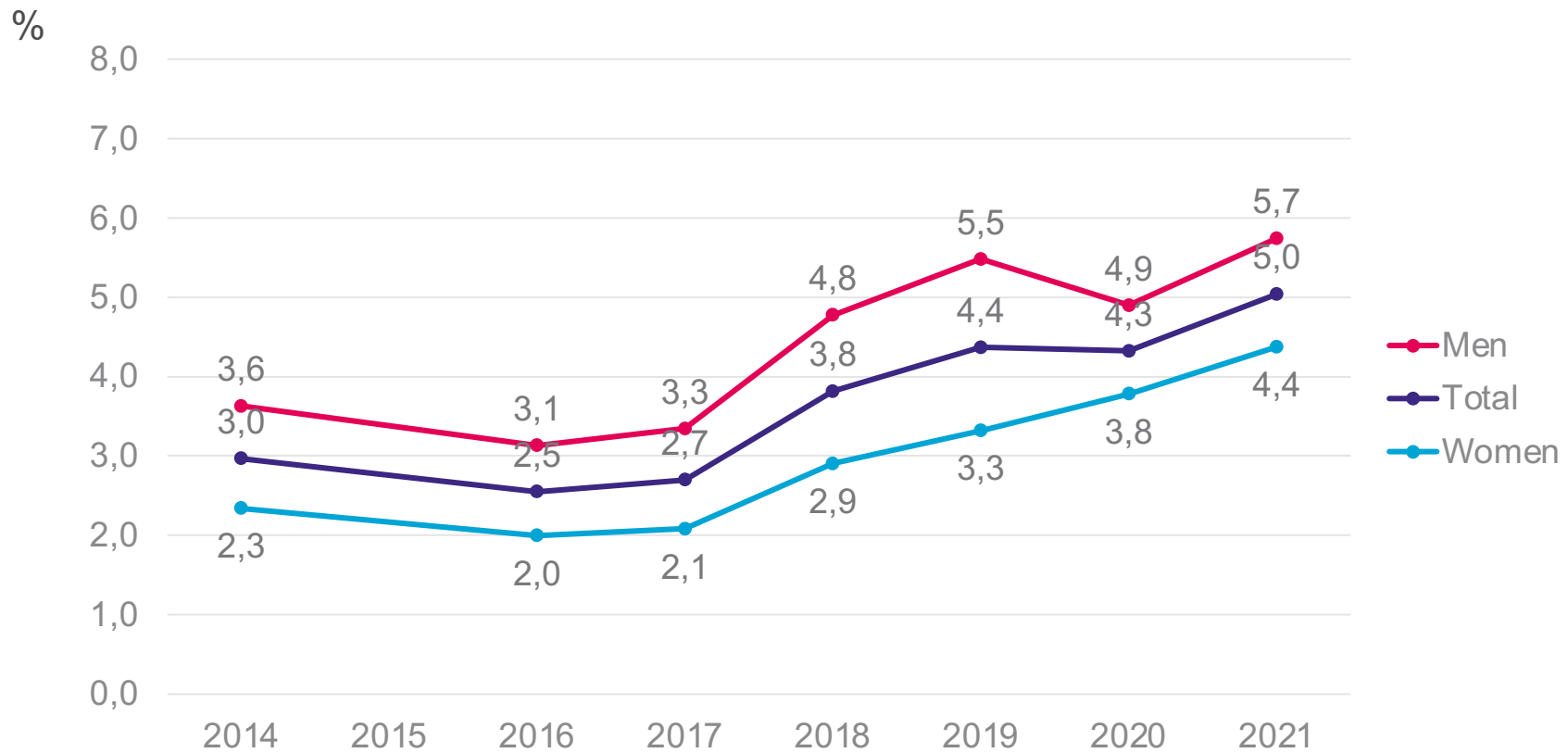
	2017	2021
With nicotine	73.0	73.6
Without nicotine	12.7	16.5
Both	14.3	9.9

RESULTS: CHANGES IN PREVALENCE, 18-75YO, 2014-2021



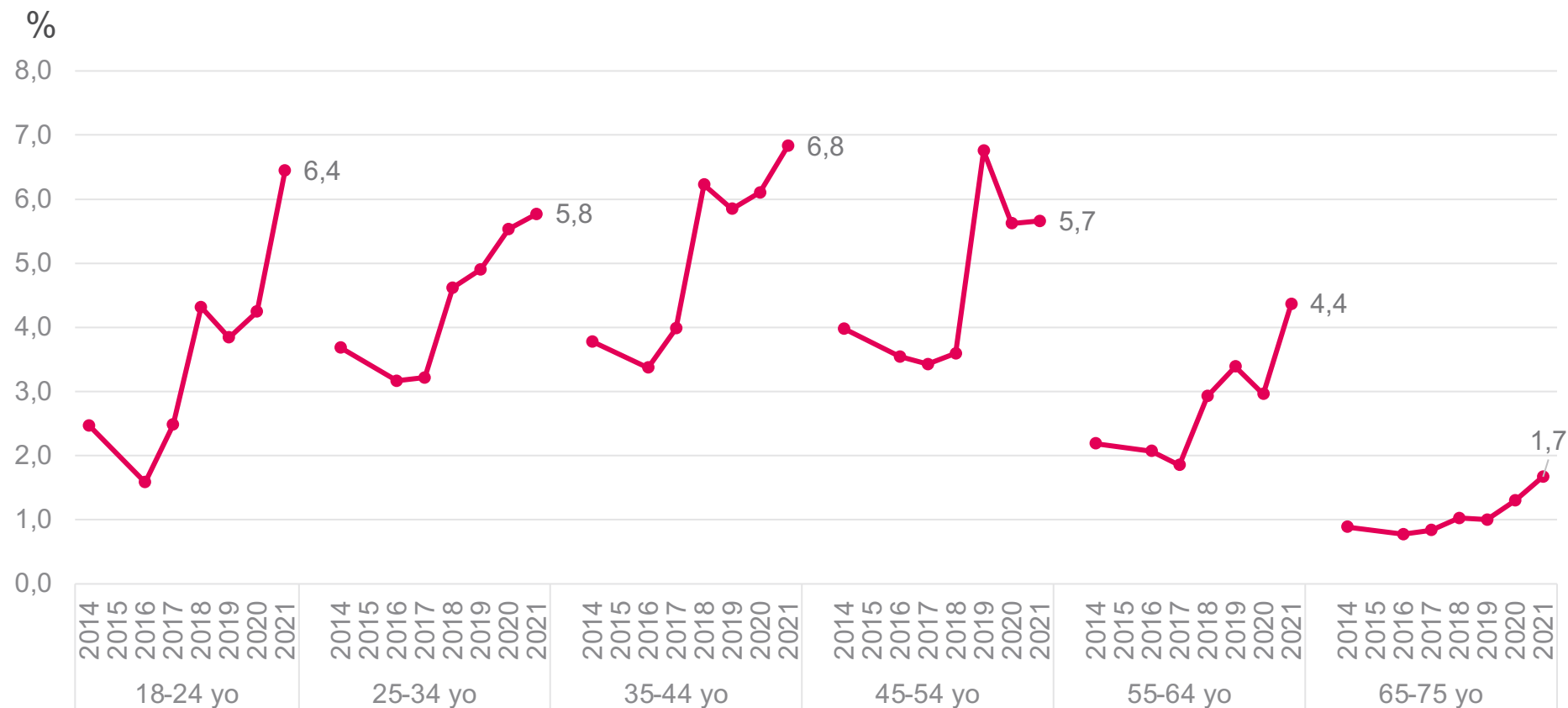
➤ The prevalence of current vaping and daily vaping is increasing, with a recent significant increase between 2020 and 2021.

RESULTS: DAILY VAPING BY GENDER, 18-75YO, 2014-2021



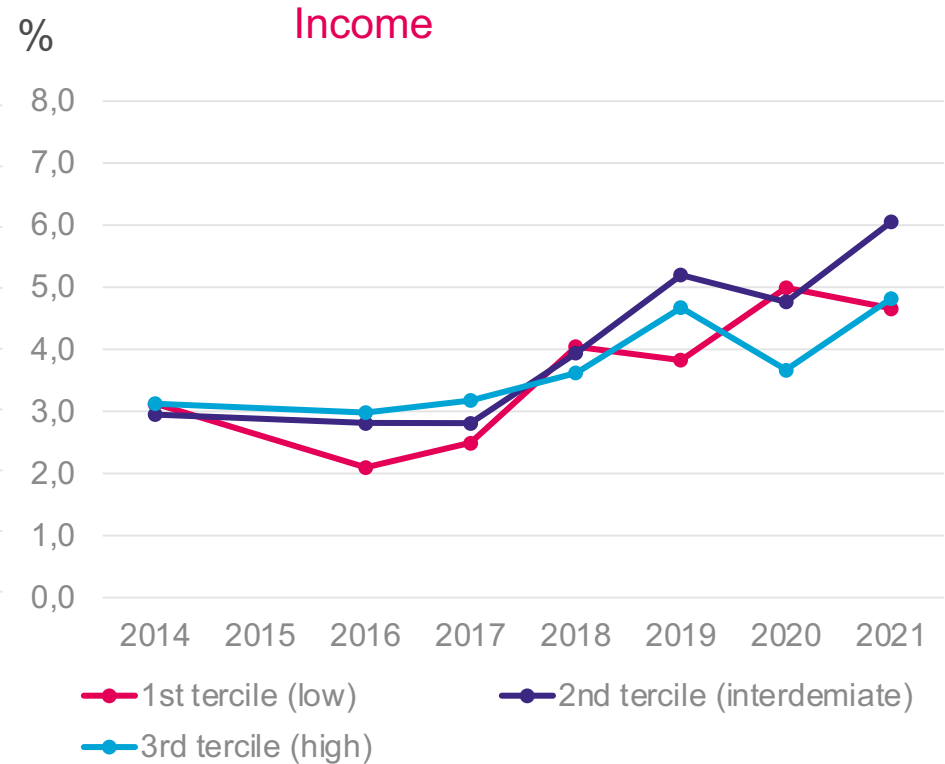
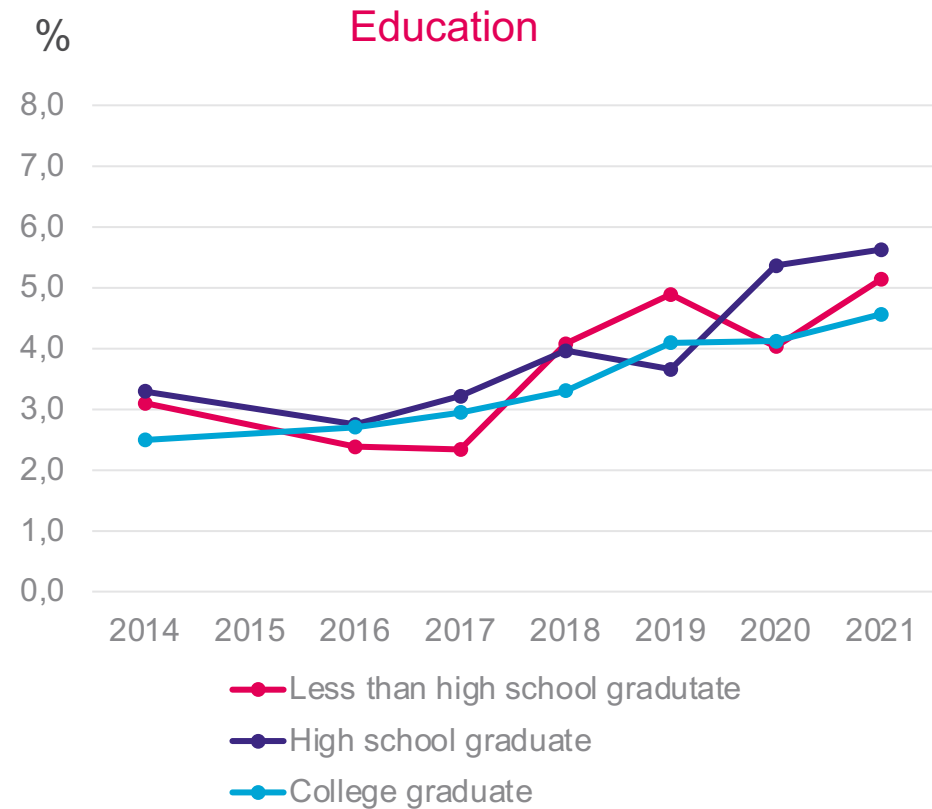
- Daily vaping is more common among men
- The same trend is observed among men and women: an increase in daily use

RESULTS: DAILY VAPING BY AGE, 2014-2021



- In 2021, the prevalence of daily vaping is at the same level among 18-54 year olds, and lower among the oldest
- 2014 – 2021 : increase in daily use among all age groups

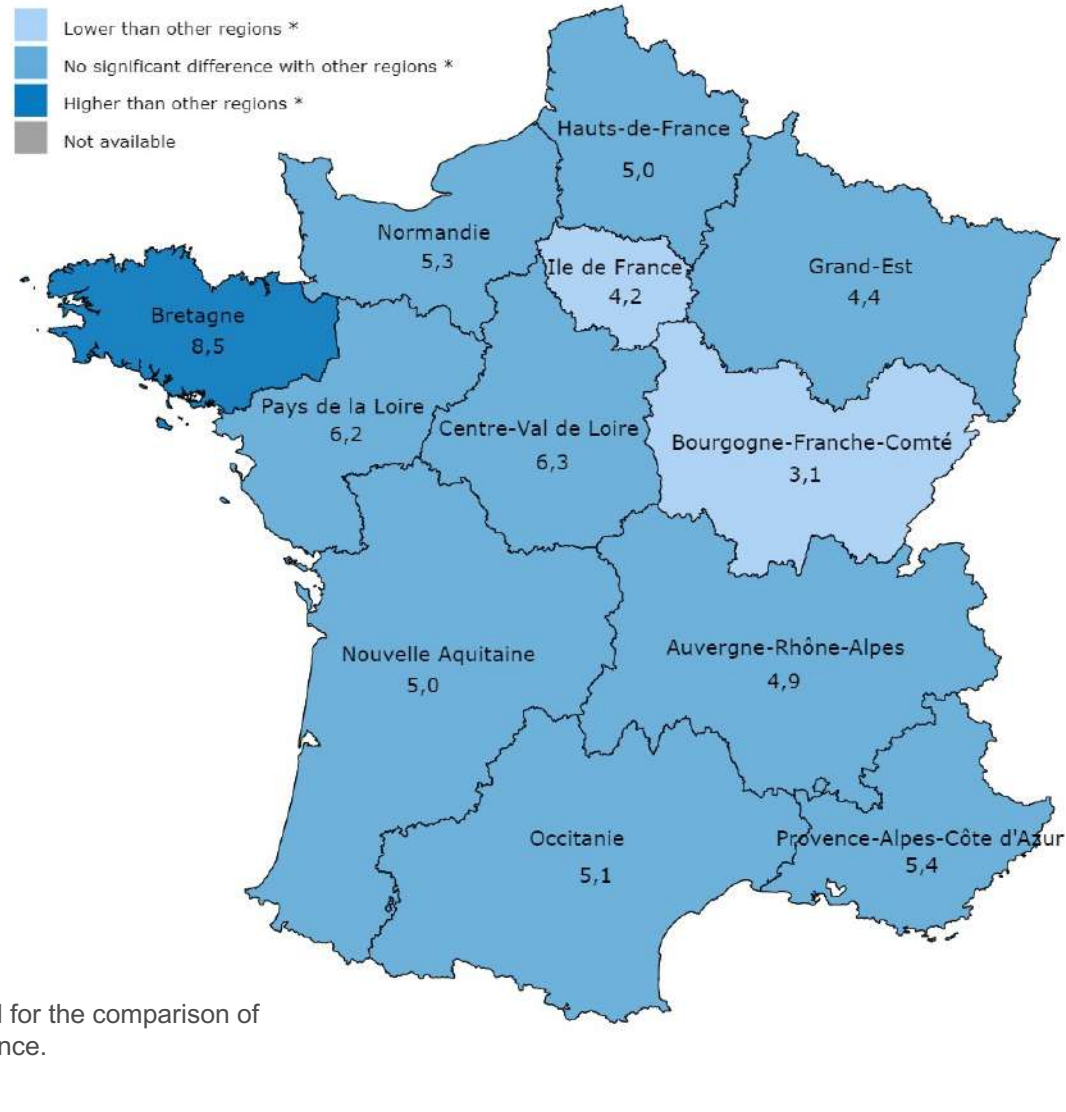
RESULTS: DAILY VAPING BY EDUCATION AND INCOME, 2014-2021



- The prevalence of daily vaping is at the same level according to the level of education or to the level of income
- Evolutions differ little by degree or income

RESULTS: REGIONAL PREVALENCE OF DAILY VAPING 2021 IN METROPOLITAN FRANCE

- One region has a **higher prevalence** than the rest of Mainland France: Bretagne
- 2 regions have a **lower prevalence**: Ile-de-France and Bourgogne-Franche-Comté

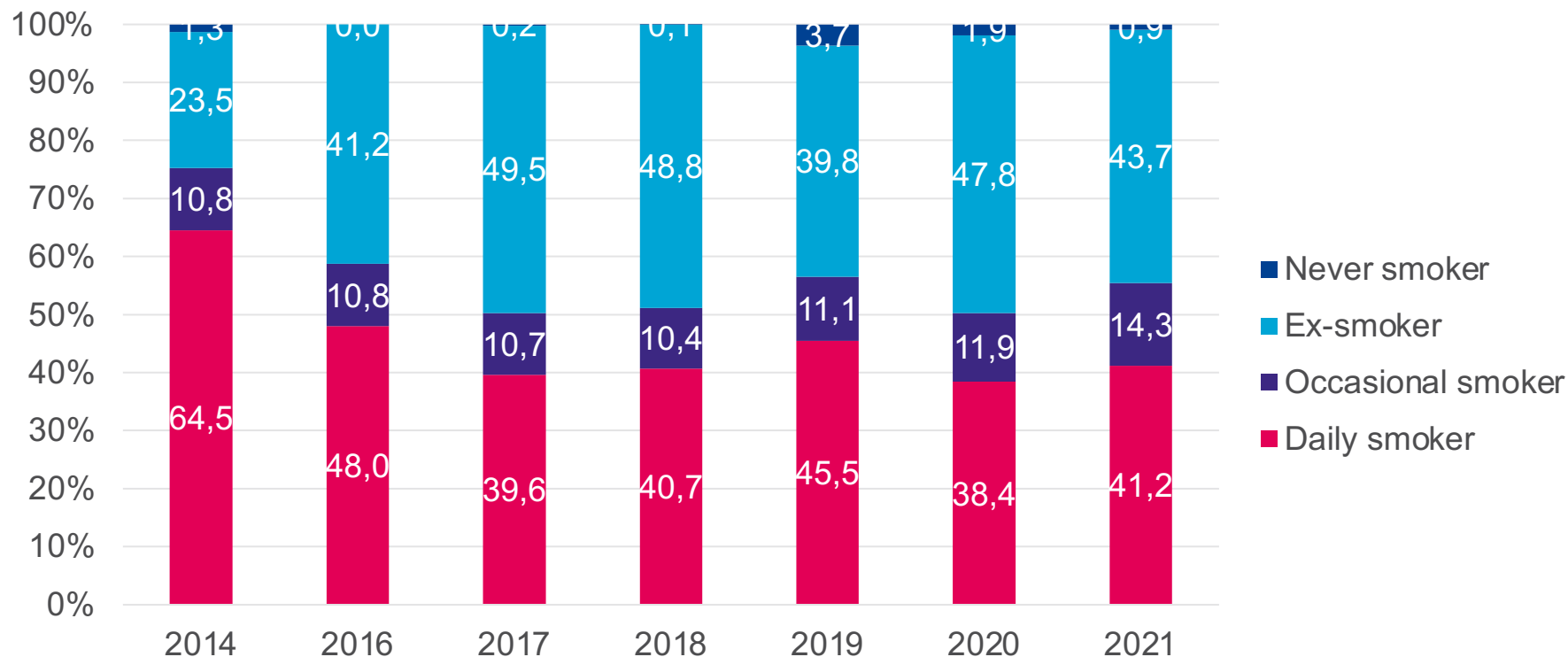


* Significant difference at the 5% threshold for the comparison of each region to the rest of metropolitan France.

Characteristics of vapers compared to the rest of the population

- More men (54% vs 48%)
- People under 45
- With the baccalaureate as a level of diploma (24% vs 21%)
- With average income (2nd tercile) (34% vs 29%)

RESULTS: SMOKING STATUS OF DAILY VAPERS



- Almost all vapers have experimented tobacco.
- 2021: Among vapers, tobacco/e-cigarette dual users are the majority with 41.2% daily smokers and 14.3% occasional smokers / 43.7% ex-smokers
- Since 2017, stability of the smoking status of daily vapers, no increase in the proportion of ex-smokers.

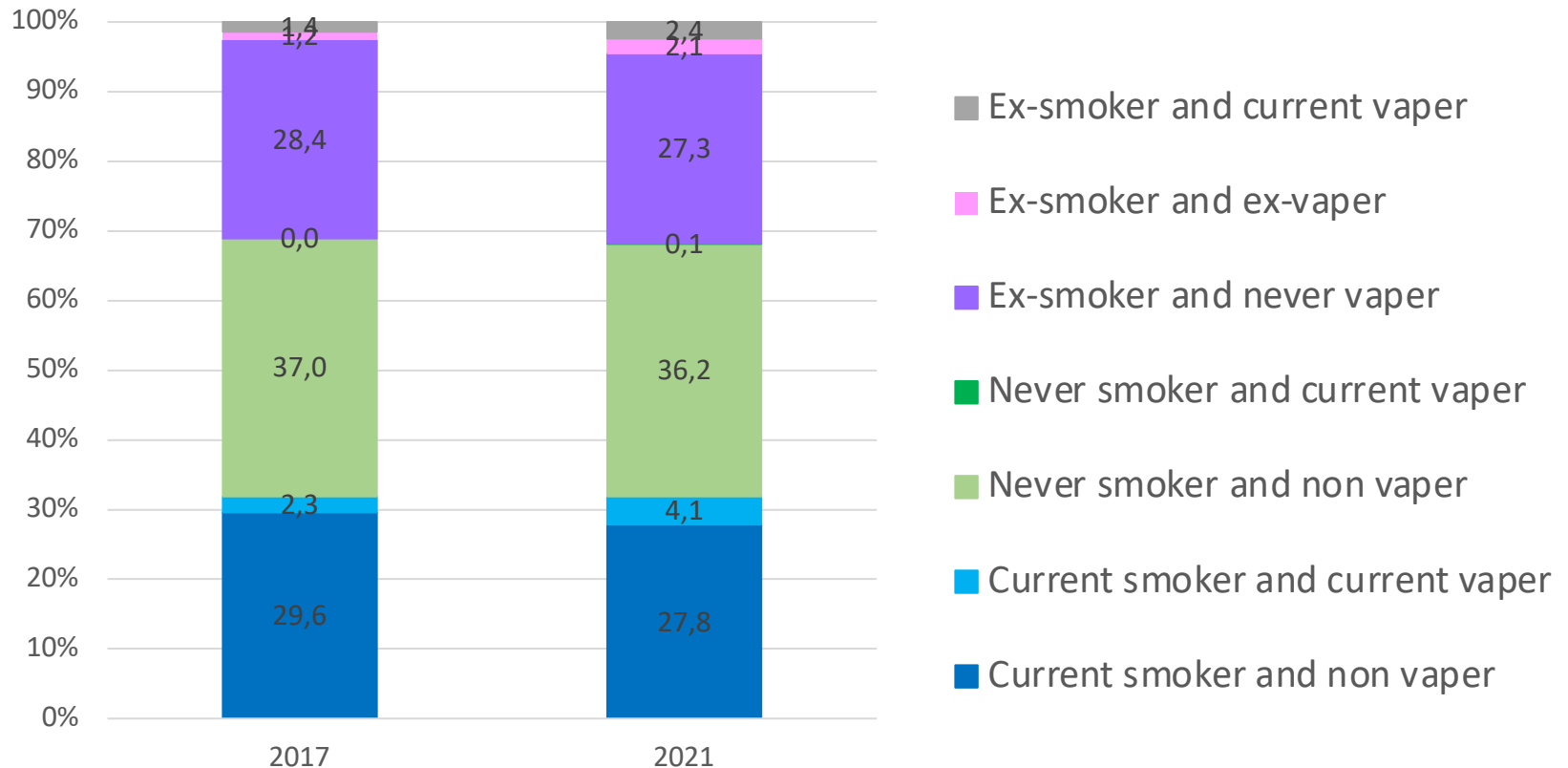
RESULTS: WHO ARE THE VAPERS?

Desire to quit among current smokers : vapers versus non-vapers

- Desire to quit in a shorter term
- But a third do not want to quit smoking

	Smoker and vaper %	Smoker non-vaper %
desire and plan to quit smoking		
in the coming month	18,1	9,7
in the next 6 months	18,4	14,9
in the next 12 months	6,0	4,3
in the undetermined future	25,2	26,5
No	32,3	44,7

RESULTS: STATUS OF THE ENTIRE POPULATION IN RELATION TO VAPING AND SMOKING



- The stock of ex-smokers who are either vapers or ex-vapers increased from 2.6 to 4.5%.
- The share of dual users increases from 2.3 to 4.1%

RESULTS: PERCEIVED HELP WITH SMOKING CESSATION

Perceived cessation aid among ex-smokers:

Did e-cigarette help you quit smoking?

- In 2021, among ex-smokers who currently vape, 93.6% said that the e-cigarette helped them quit smoking
- Among ex-smokers and ex-vapers, 61.0% said that the e-cigarette helped them quit smoking.
- No significant variation between 2017 and 2021

	Ex-smokers and current vapers %		Ex-smokers and ex-vapers %	
	2017	2021	2017	2021
No	4,8	6,4	46,8	39,0
Yes	95,2	93,6	53,2	61,0
Yes, without any other help	86,3	86,3	45,1	50,7
yes, combined with other aids	8,9	7,3	8,1	10,3

Main results

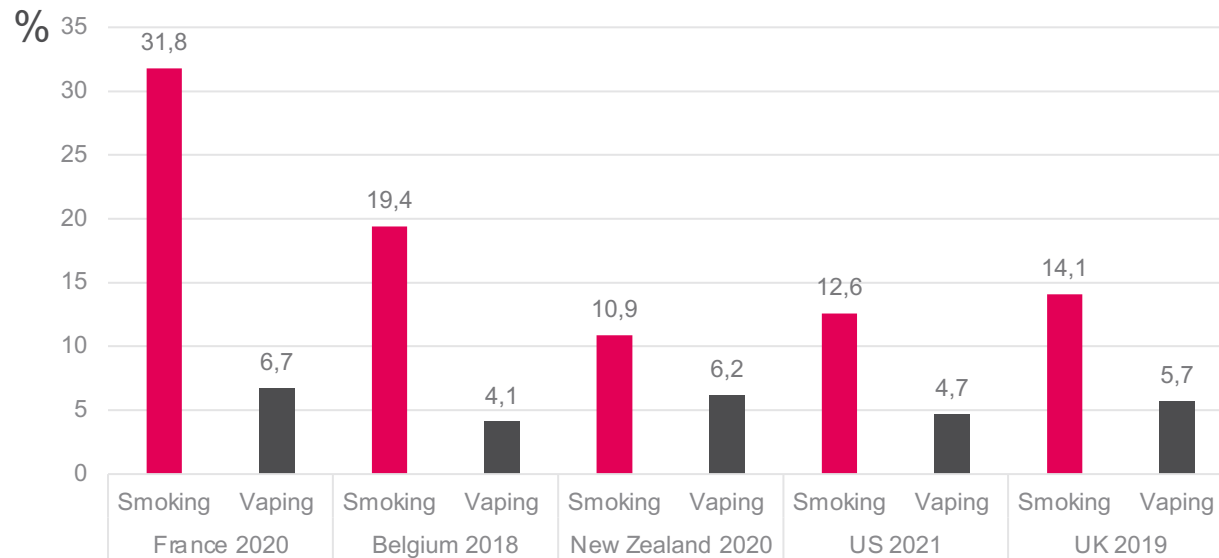
- The prevalence of vaping in the adult population in France increased between 2020 and 2021
- Almost all vapers have an experience with tobacco (they are smokers or ex-smokers)

Strengths and limitations

- Large-scale survey, with a random sampling methodology.
- Two limits related to the data collection method: declarative survey + drop in the participation rate
- The Santé publique France Health Barometer is a cross-sectional survey, provides scoping data. To investigate the causal link between smoking, vaping and trajectories, longitudinal and experimental studies are needed.

Comparison with other countries

- Vaping prevalence levels equivalent to other Western / Anglo-Saxon countries.



- But particularity in France: high level of smoking prevalence.
- Attention is paid to adolescents for whom smoking is in a process of denormalization.
- Very recent trends show a stability, or even an increase for certain populations, in the prevalence of smoking, at the same time as an increase in the prevalence of vaping: attention is paid to the risk of renormalization of tobacco.

**Thank you
for your attention**

Anne.pasquereau@santepubliquefrance.fr