



# SCOTTISH SCHOOLS ADOLESCENT LIFESTYLE AND SUBSTANCE USE SURVEY (SALSUS) 2015: Smoking summary report

## SUMMARY OF KEY CHANGES SINCE 2013

Smoking prevalence has dropped markedly over time – since 1996 among 15 year old boys and slightly later (since 2002-2004) among 15 year old girls and 13 year olds. There has been a further small decrease in smoking prevalence among 15 year old girls between 2013 and 2015.

Among 15 year olds, the mean number of cigarettes has remained similar in 2013 and 2015. However, there has been a decrease in the median number of cigarettes smoked in a week.

Use of e-cigarettes has increased markedly among all groups between 2013 and 2015.

	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 13 year old regular smokers has been left blank as the bases were too small to allow robust analysis.

## LONG TERM TRENDS

### Trends in regular smoking, by age and sex (1982-2015)



## SALSUS 2015: Smoking summary

### Ok to try smoking?

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

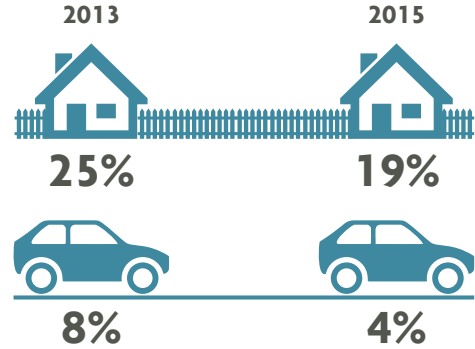


**46%**  
Girls

**38%**  
Boys

### 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 2013**



**25%**

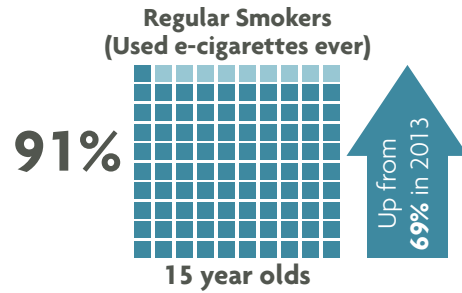
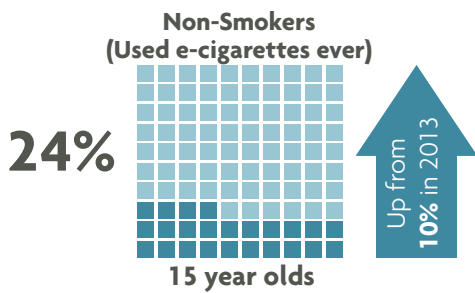
**19%**

**8%**

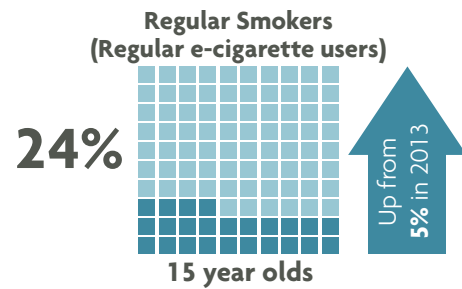
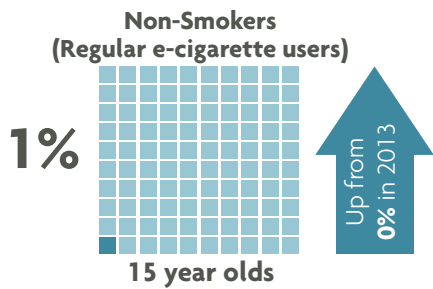
**4%**

### E-cigarettes

Use of **e-cigarettes ever** has **increased between 2013 and 2015** across **all groups**, including non-smokers



**Regular e-cigarette use has increased among regular smokers but not among non-smokers**



### Sources of tobacco

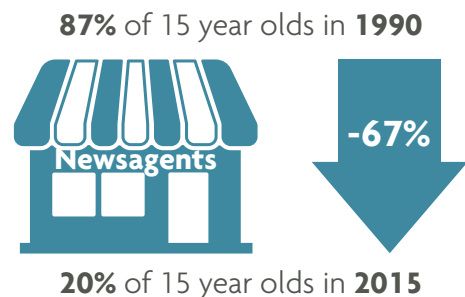
It was **most common** for regular smokers to be given tobacco by their **friends**



**34%**  
13 year olds

**37%**  
15 year olds

Buying **tobacco directly from a retailer** has **greatly reduced** over time—particularly from **newsagents** (traditionally the most common direct retail source)



# SALSUS 2015: Smoking summary

## Advice and support



**62%** of 15 year olds had received lessons, videos/DVDs or discussion in class about smoking in the last 12 months

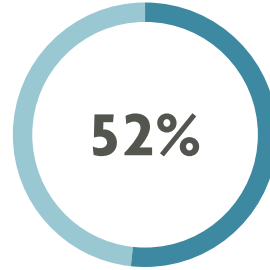
15 year old girls were less likely than boys to agree they had **enough advice and support about smoking** at their school



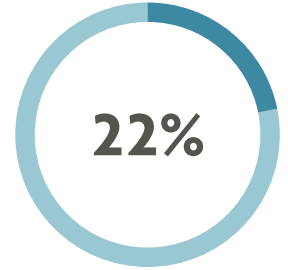
**64%** Girls agree    **71%** Boys agree

## Parent smoking

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



Regular smokers



Non-smokers

## Post-school expectations

15 year olds **expecting to go to university were less likely to be a regular smoker** than those who did not



**3%**  
University



**13%**  
FE College



**13%**  
Apprenticeship



**14%**  
Working

## Self rated health

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

### Bad health



**26%**  
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**

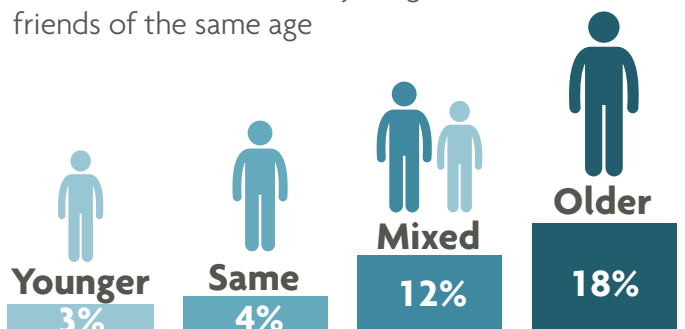
### 15 Year olds



29% wanted to stop smoking

## Age of friends

15 year olds who had **older friends or friends of mixed ages** were more likely to be **regular smokers** than those with younger friends or friends of the same age



# SALSUS 2015: 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, survey known as SALSUS.

SALSUS measures progress towards Scottish Government targets for smoking and drug use, and is used to inform the Scottish Government priority of addressing harmful drinking among young people.

## METHODOLOGY

SALSUS is a self-completion survey administered by teachers in a mixed ability class, under exam conditions. In the past, the survey has been completed on paper, but for the first time, in the 2015 wave, half of the sample completed the survey online.

A random nationally representative sample of S2 and S4 pupils in school was selected with classes as the primary sampling unit. All local authority and independent schools in Scotland were eligible for inclusion in the sample, with the exception of special schools.

Fieldwork was completed between September 2015 and January 2016. The overall response rate was 53%.

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/Topics/Research/by-topic/health-community-care/social-research/SALSUS>

The full 2015 SALSUS smoking report is also available at: <http://www.gov.scot/Topics/Research/by-topic/health-community-care/social-research/SALSUS>

## CONTACT DETAILS

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