

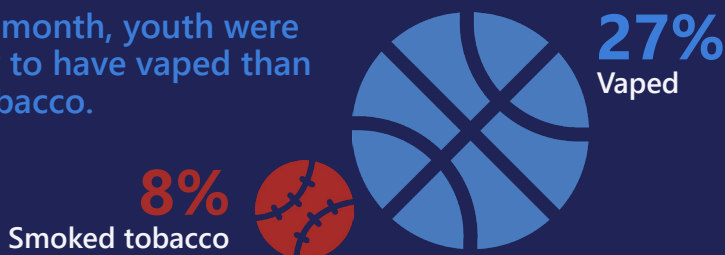
SMOKING, VAPING, AND EXERCISE

This poster shares results from the report *Understanding tobacco use and vaping among BC youth: Findings from the BC Adolescent Health Survey*.



BC youth are generally aware that smoking can harm athletic performance but may have less awareness about the effects of vaping.

In the past month, youth were more likely to have vaped than smoked tobacco.



Youth who participated in weekly sports or exercise were less likely to have smoked recently or regularly. However, youth who took part in extreme sports were more likely to smoke daily than those who took part in other types of physical activity or who did not play sports or exercise.

Smoked daily in relation to weekly physical activity (among youth who smoked in the past month)

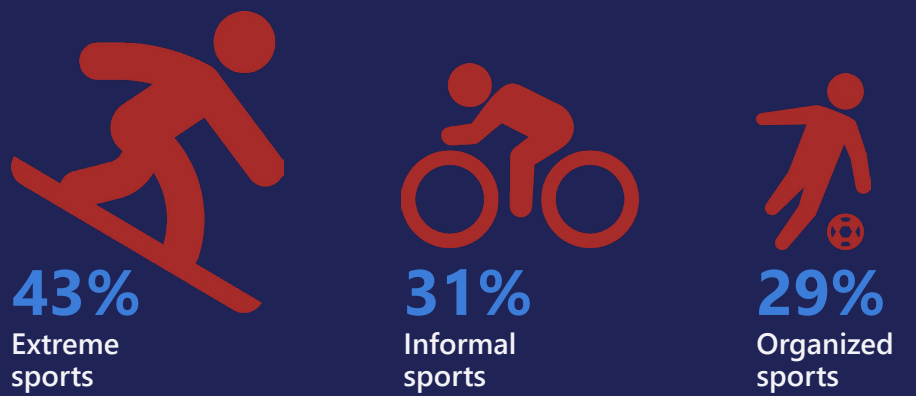


Note: The differences between informal sports; organized sports; and dance, yoga, or exercise classes were not statistically significant.

“ [I] used to vape but stopped in December due to reduced performance in hockey. ”

Youth who were involved in any type of weekly sports or exercise classes were more likely to have vaped in the past month (29% vs. 22% who did not regularly play sports or take exercise classes).

Vaped in the past month in relation to weekly physical activity



Youth who exercised for at least an hour on three or more days a week were less likely to have smoked in the past month than those who exercised less often (43% vs. 47%; among those who ever smoked tobacco), but they were more likely to have vaped.

Vaped in the past month



Youth who had supportive adults in their life were less likely to smoke and vape. For example, youth were less likely to smoke in the past month when they had a helpful teacher or sports coach.

Smoked in the past month (among those who ever smoked and asked adults for help in the past year)



To view the full report visit www.mcs.bc.ca.



If you want help to quit smoking or vaping, visit quitnow.ca or call HealthLinkBC 8-1-1. Check out Vancouver Whitecaps captain, Russell Teibert, talking about vaping and sports on our YouTube channel at www.youtube.com/user/McCrearyCentre.



Funding for the report was provided by the BC Ministry of Health.

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