

Part 3: Smoking cessation experience

In addition to smoking uptake data, collecting information about youth cessation contributes to our understanding of how best to promote and support quit attempts for young people who smoke. This section describes the cessation experiences and beliefs of participants who reported that they currently smoke. Due to the small denominator for some sub-group analyses (such as ethnicity), wide confidence intervals mean that significant differences cannot be established. As such, the findings in this section should be interpreted with caution.

Smoking dependence

‘Current smokers’ were asked to indicate whether they *ever had or felt like having a cigarette first thing in the morning*. Close to three in ten ‘current smokers’ (28.4%) said they *always* do. Around one-third of current smokers (34.8%) *sometimes* have or feel like having a cigarette first thing in the morning and most of the remaining ‘current smokers’ (29.0%) *do not have or feel* like having a cigarette first thing in the morning.

Cessation-related attitudes and experience

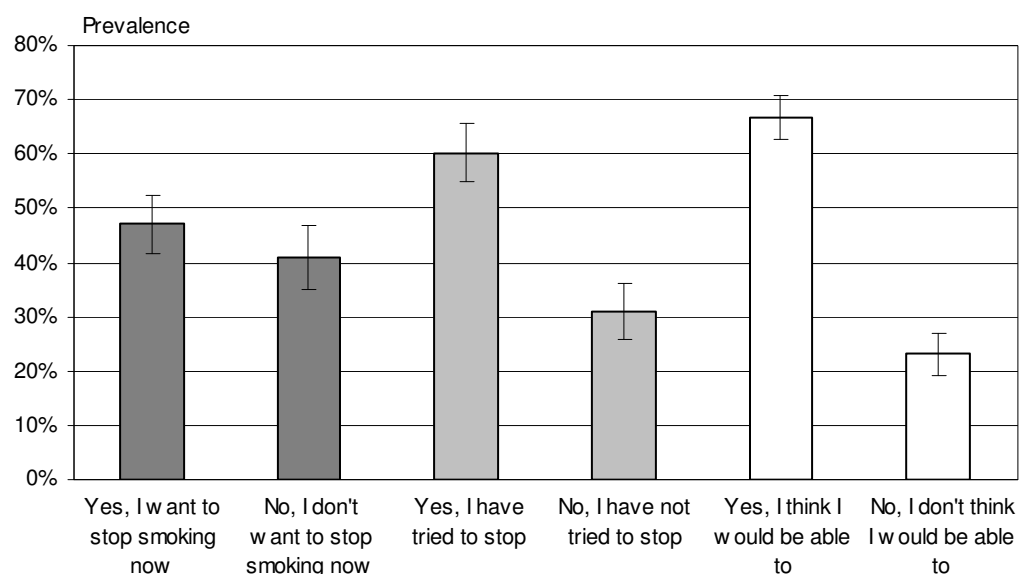
When asked if they wanted to *stop smoking now*, almost one-half of ‘current smokers’ said *yes* (47.0%, Figure 3.1). However, a similar proportion of ‘current smokers’ (41.0%) did not want to stop smoking at the time of the survey.

A higher proportion of female students said that they wanted to stop smoking, at the time of the survey, compared with male students (55.6% and 35.0%, respectively). Also students from low decile schools were more likely to want to stop smoking now, compared with students from high decile schools (55.1% and 32.9%, respectively).

Three in five ‘current smokers’ (60.1%) had tried to stop smoking in the year prior to the survey. Again, a higher proportion of female students said they had tried to stop in the last year, compared with male students (69.5% and 47.2%, respectively). Students from low decile schools were also more likely to have tried to stop smoking than students from high decile schools (65.7% and 43.4%, respectively).

Two-thirds of ‘current smokers’ (66.8%) believed they would be able to stop smoking if they wanted to. However, close to a quarter of ‘current smokers’ did not believe they would be able to stop smoking if they wanted.

Figure 3.1 Cessation-related attitudes – all 'current smokers' (n=420)



Cessation support

A list of possible cessation support options was included in the questionnaire, and students were asked to select any that they had utilised in the year leading up to the survey.

Close to two-thirds of 'current smokers' (63.0%) reported that they had not used any of the forms of cessation support listed. Close to one in five students (22.3%) had received help to stop smoking *from a friend*, and over one in ten (13.3%) received help from *a family/whānau member*. Less than one in ten 'current smokers' had *attended a school programme to stop smoking* (8.4%), *used NRT (Nicotine Replacement Therapy)* - 7.6%, or *called the Quitline* (7.5%).

Difficult to quit

When students were asked would it be difficult to quit, once someone has started smoking, just over two in five (40.7%) said *definitely yes* and over two in five (44.5%) said *probably yes*. Fewer than one in ten said *probably not* or *definitely not* (7.3% and 7.5%, respectively).