

Janine Nip¹, Richard Edwards¹, Jude Ball¹, James Stanley¹, El-Shadan Tautolo², Andrew Waa¹, Jane Zhang¹, Geoffrey T. Fong^{3,4}, Thomas Agar³, Anne C.K. Quah³

1. University of Otago Wellington, Wellington, New Zealand, 2. Auckland University of Technology, Auckland, New Zealand, 3. University of Waterloo, Waterloo, ON, Canada, 4. Ontario Institute for Cancer Research, Toronto, ON, Canada.

BACKGROUND & AIM

- After a change of government in November 2023, key parts of New Zealand's smokefree legislation have been repealed and the regulatory arrangements for electronic cigarettes (ECs) are likely to change.
- The aim of this study is to determine patterns of smoking cessation and the use of cessation aids in Aotearoa New Zealand using data from the 2022 EASE / International Tobacco Control New Zealand Survey.

METHODS

- Participants included 438 adults who quit smoking in the past 2 years (197 quit in the past 12 months) and 1,040 adults who currently smoke (429 attempted to quit in the past 12 months).
- Data were weighted to the New Zealand Health Survey to represent the national profile of people who smoke or recently quit smoking.
- "Don't know" and "Refused" responses were excluded.

RESULTS

History of quit attempts among people who smoke

81.1% attempted to quit smoking in the past.

40.6% attempted to quit smoking in the past 12 months.

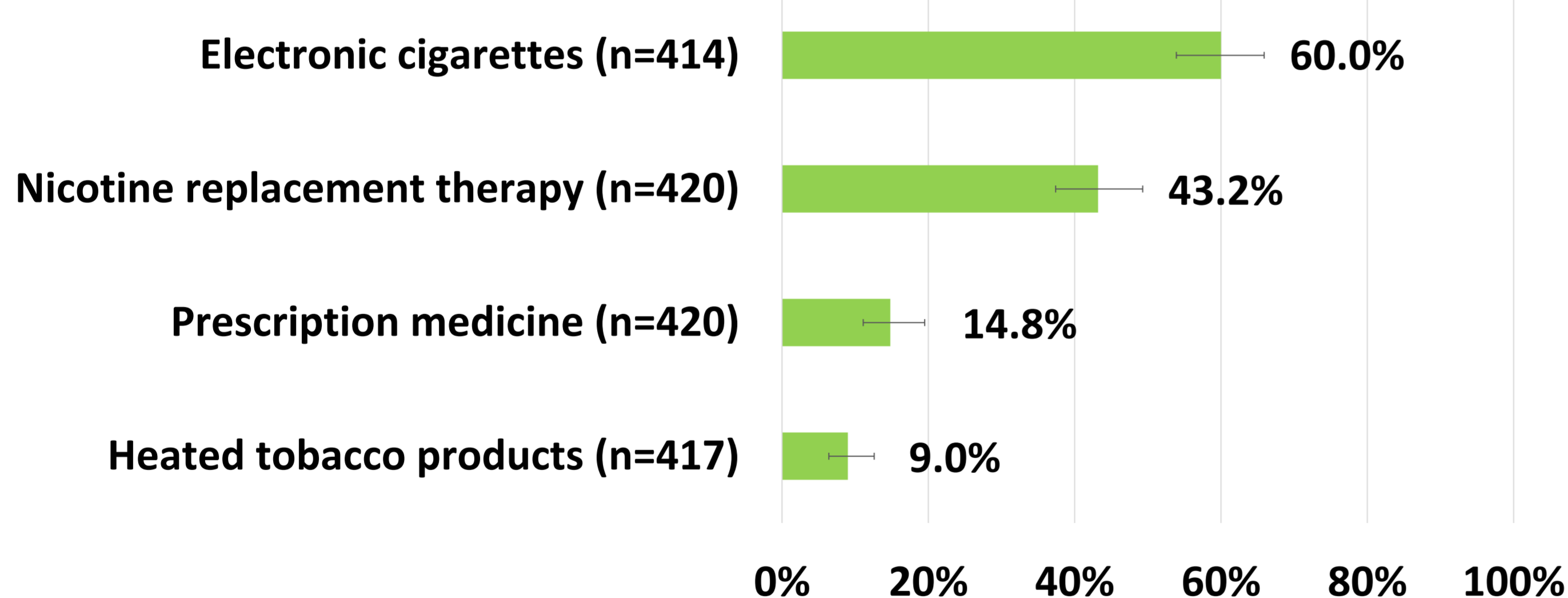
Future plans to quit smoking among people who smoke

68.3% plan to quit smoking in the future.

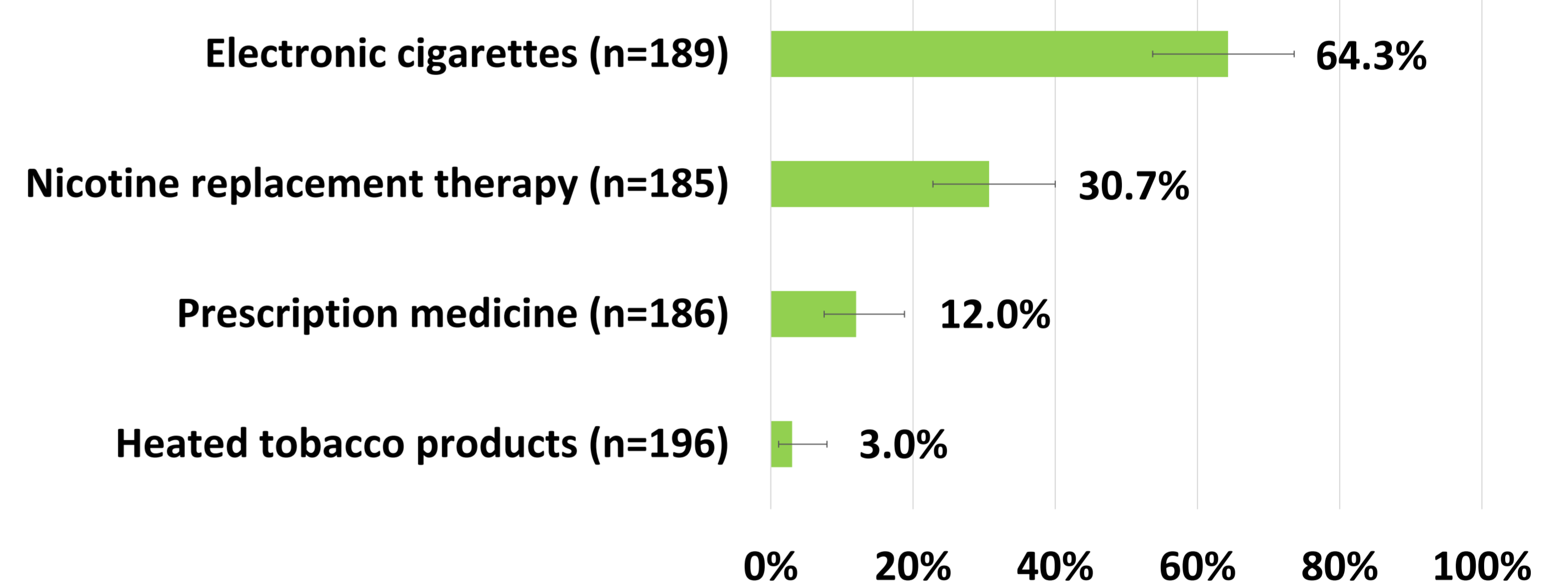
30.6% plan to quit smoking in the next 6 months.

Use of smoking cessation aids as part of a quit attempt in the past 12 months

People who currently smoke



People who quit smoking



DISCUSSION AND CONCLUSIONS

- Attempts to quit smoking and intent to quit smoking were common.
- ECs were the commonest cessation aids used in recent quit attempts.
- Regulatory policies that impact on the availability, affordability, addictiveness, and palatability of alternative nicotine products could have significant consequences for people trying to quit smoking.
- Frequent failure to stop smoking, despite use of a range of cessation aids, suggests implementing new measures to create a supportive environment to enable smoking cessation is a priority in Aotearoa New Zealand.

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	Tobacco Industry	E-cigarette & nicotine product industry (excluding pharma)	Pharma Industry
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Janine.nip@otago.ac.nz ASPIREaotearoa.org.nz

