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Disposable e-cigarettes: trends in prevalence of use in Germany from 2016-2023 and associated user characteristics (DEBRA Study)

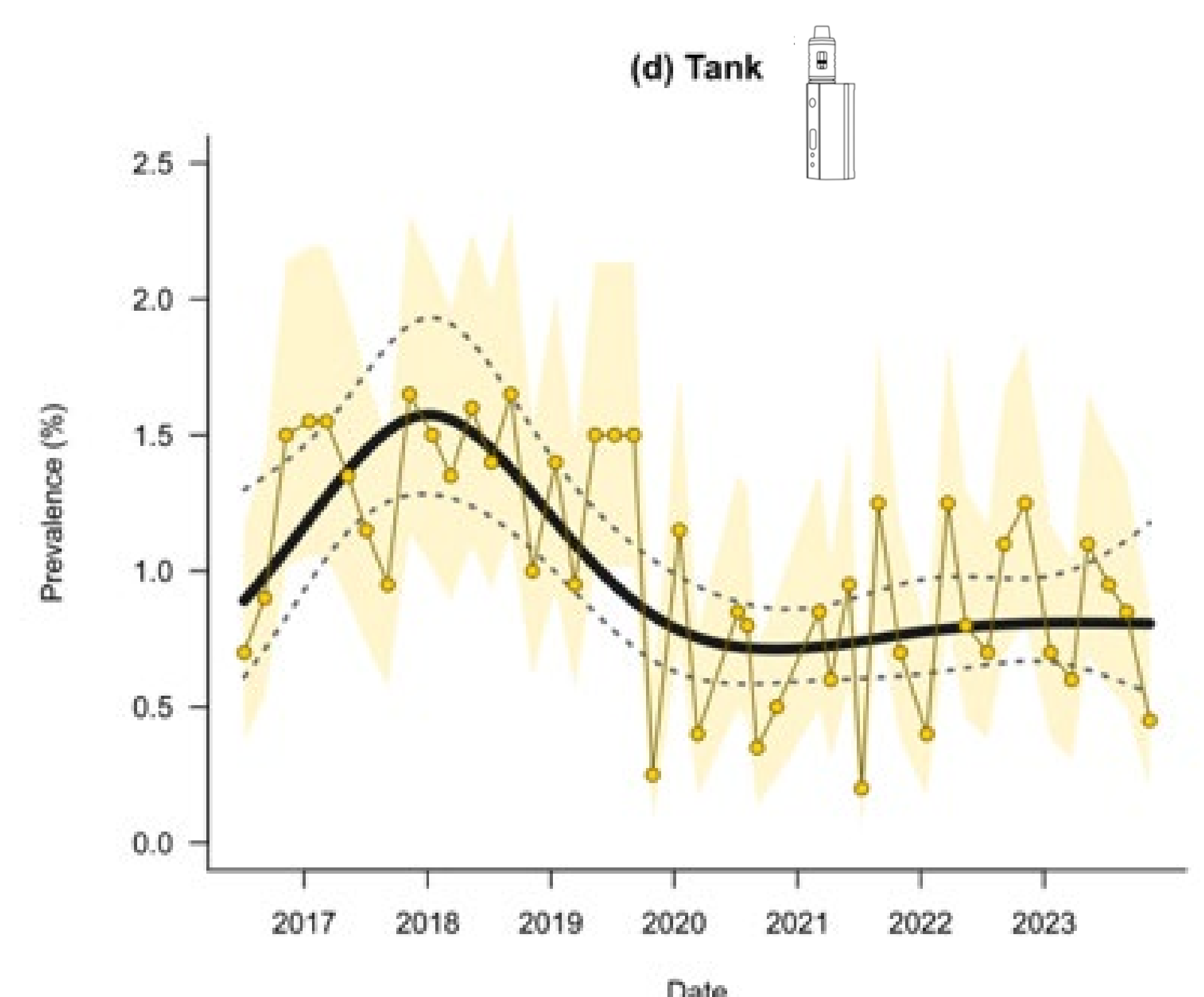
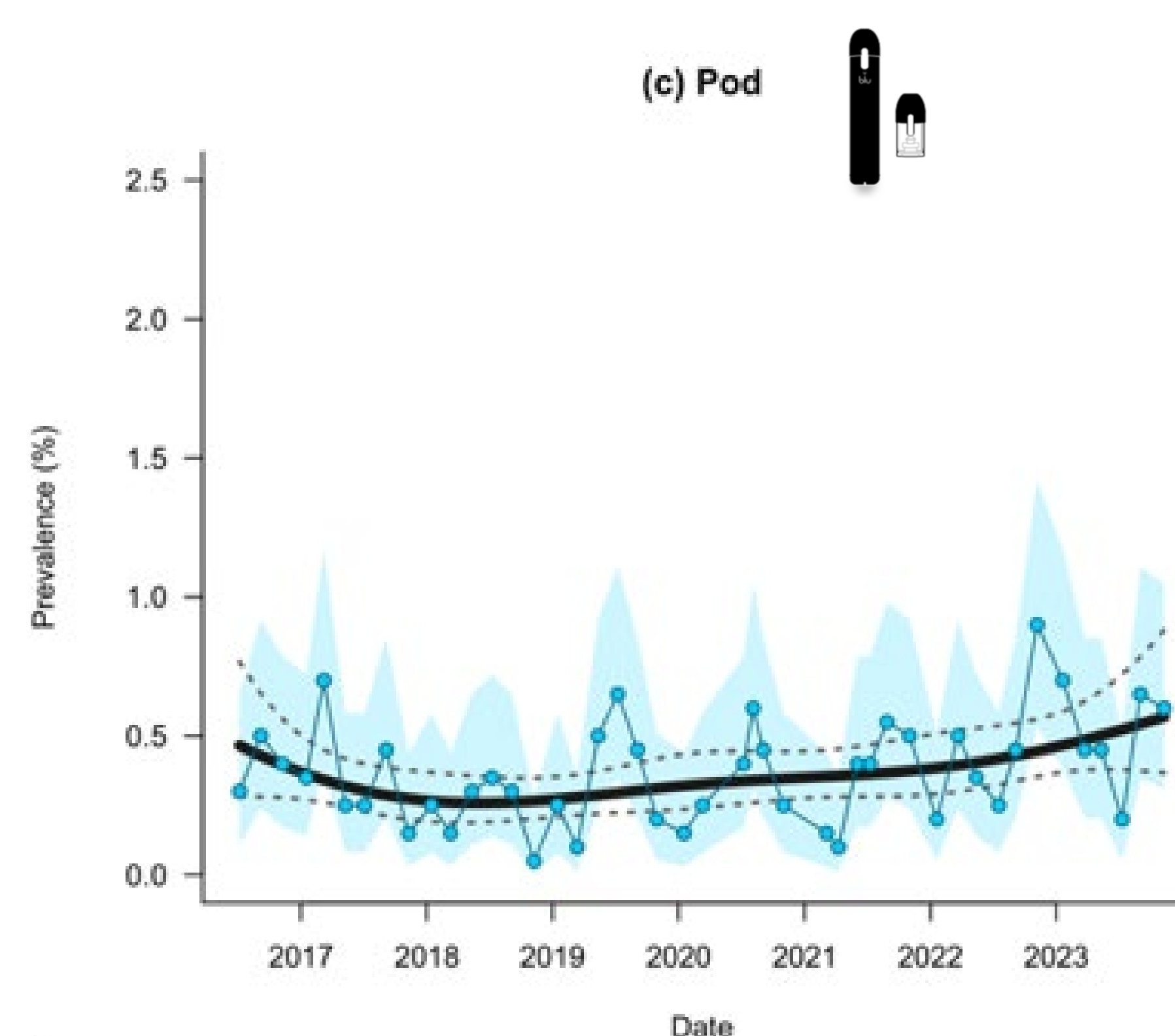
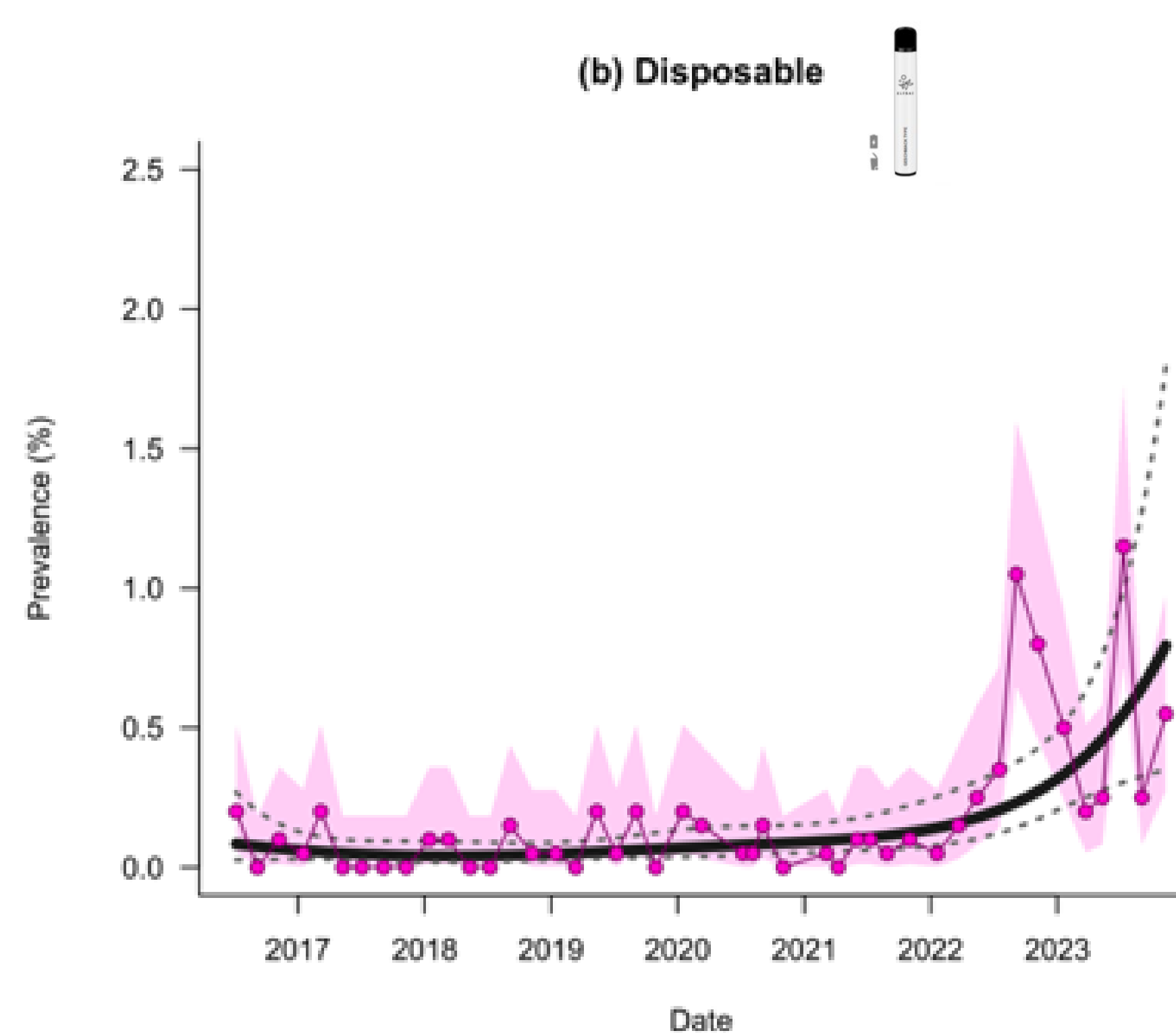
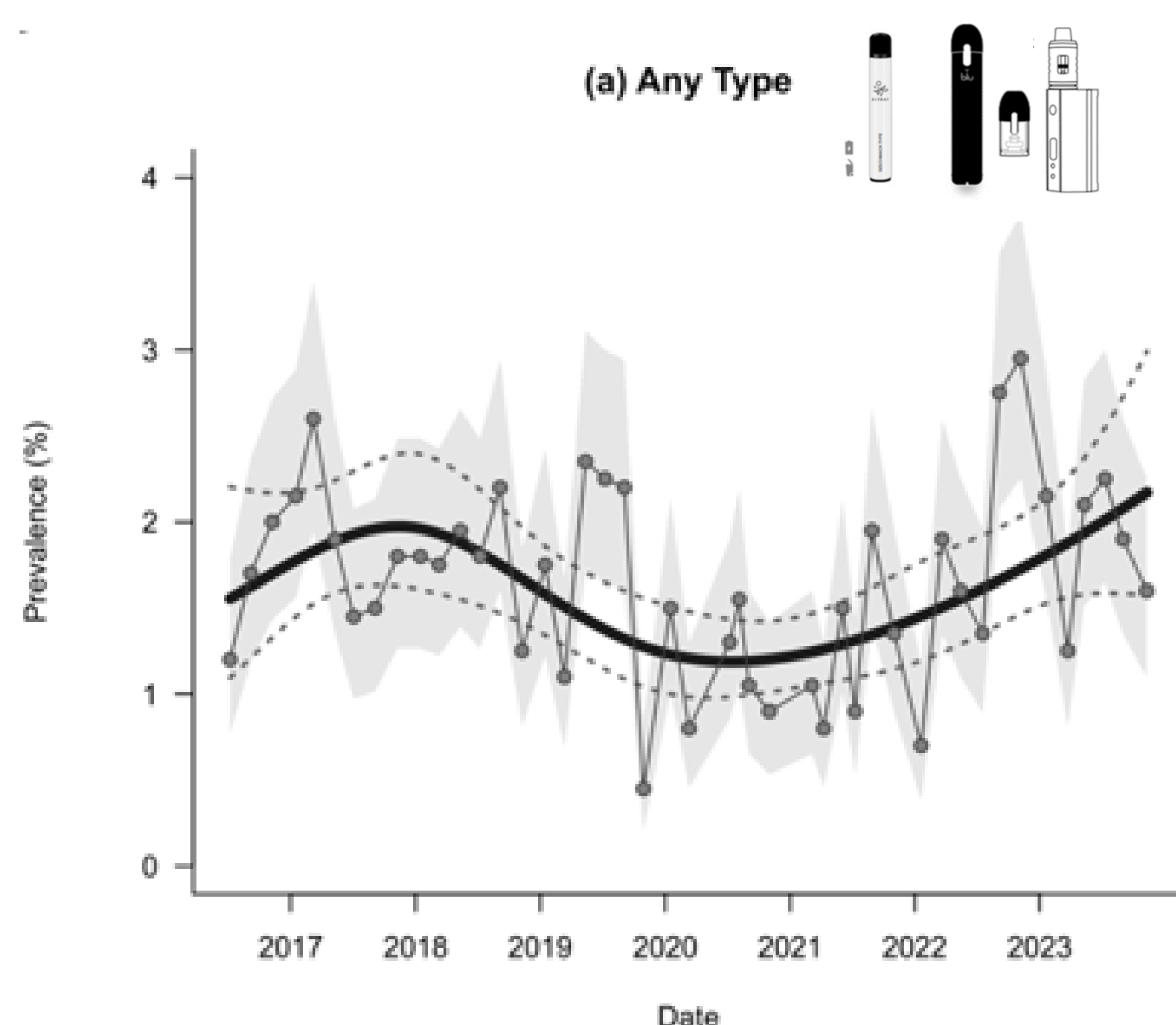
What did we investigate?

- I. Prevalence trends in current use of e-cigarette use in Germany from 2016-2023
- II. Characteristics and smoking behaviours of users of different e-cigarette types (disposable, pod, tank)

How did we investigate?

- German-wide, representative face-to-face survey (DEBRA Study)
- 45 survey waves; 92,327 respondents, aged ≥ 14
- 1,398 current e-cigarette users, using one of three types (disposable, pod, tank)
- Associations of e-cigarette type with person characteristics: multilevel analyses with wave as random effect and e-cigarette type as categorical predictor
- Pre-registered study protocol (including analysis plan);
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I. Prevalence trends:



II. Characteristics of e-cigarette users:

Disposable e-cigarette users were on average 3.5 years, respectively 4.1 years, younger than tank and pod users. They were more likely to be female, non-daily users, and dual users of tobacco (OR=3.70 vs. no dual use, 95%CI=1.9-7.1). There were no significant differences with regard to motivation to stop and attempts to stop smoking between the three types of e-cigarettes.

What does this mean?

The recent increase in use of e-cigarettes in Germany is mainly driven by the growing popularity of disposable e-cigarettes, which have now become the most commonly used type of e-cigarette in Germany. This is of concern as disposable e-cigarettes pose a health risk, especially for young people, and an environmental hazard.

What should be done?

It is important to continue monitoring the use of e-cigarettes and to inform especially young people about the health risks of e-cigarette consumption.