

# Trying just one cigarette leads to a daily habit in majority of people, study suggests

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An analysis by researchers at Queen Mary University of London found that trying a single cigarette could lead to a daily smoking habit. The findings were derived from data from more than 215,000 people collected through eight surveys as part of the Global Health Data Exchange, a study published in *Nicotine & Tobacco Research*. Of roughly 60% of respondents who said they tried a cigarette, almost 70% said they went on to daily smoking. The multiple surveys included in the study used different methodologies, with the confidence interval for the daily smoking finding falling between 60.9% and 76.9%. It is unknown if a single use of an e-cigarette or a single experience vaping would trigger the same reaction, but lead researcher Peter Hajek says it is unlikely, given that those devices may use nicotine-free e-liquids. "The increase in youth experimentation with vaping has been associated with an accelerated decline in smoking, and there could be a link between the two," Hajek notes. The surveys used were published between 2000 and 2016 and comprised English-speaking respondents from developed countries.

USA Today (01/10/18) May, Ashley

<https://www.usatoday.com/story/news/nation-now/2018/01/10/majority-people-who-try-one-cigarette-become-daily-smokers-study-suggests/1020080001/>