



Vaping & Youth



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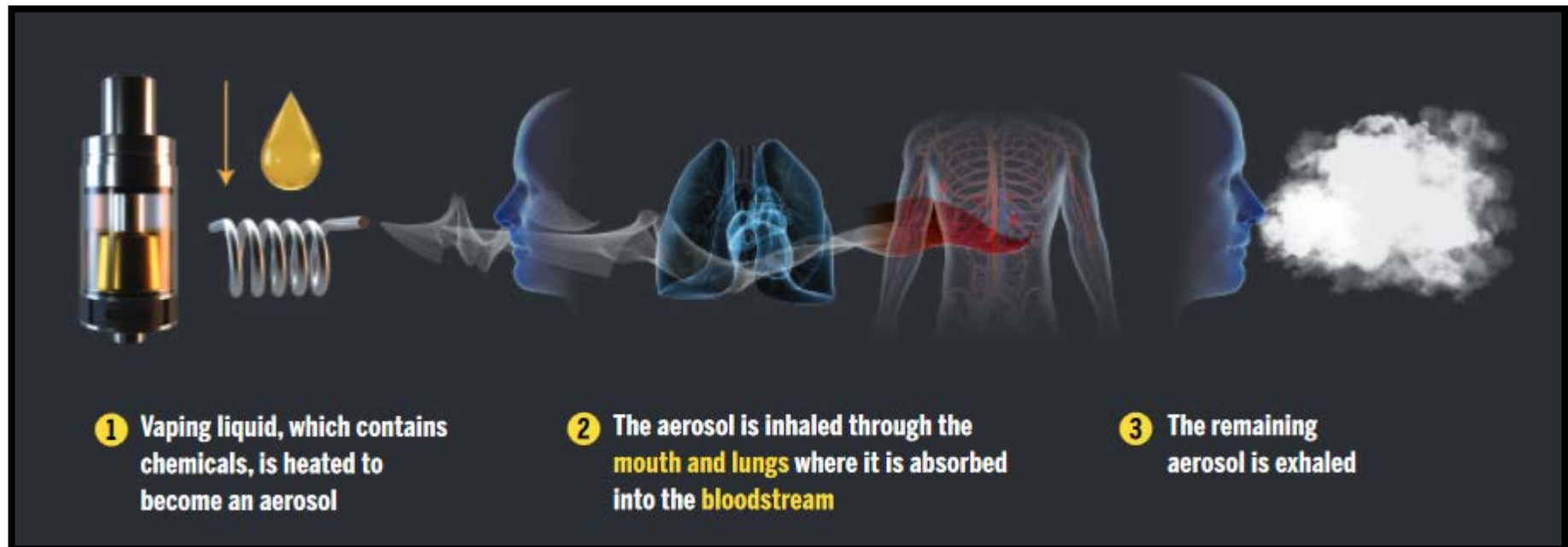
- **What is it?**
- **Why is it a problem?**
- **What can be done?**



What is vaping?

- Inhaling from an electronic cigarette, e-cig, vape, mod, tank, vape pen, etc with a vaping product that contains nicotine and other components

Image courtesy of Health Canada





Youth Vaping Significant

- 2017 Ontario Student Drug Use Survey
 - 11% report vaping, 7% report smoking cigarettes
- Hammond international study: Canada youth vaping
 - 8.4% to 14.6% from 2017 to 2018
 - **74% increase in 'past 30 days' vaping**
 - greatest increase among non-smokers
- Health Canada survey – 23% of high school students have tried vaping



Why such a sharp increase in youth vaping?



Why is youth vaping a problem?

#1 – Nicotine

- Nicotine inhalation can alter the developing teen brain
- Nicotine is highly addictive – especially for young brains.
- New vaping products now mimic the quick release of nicotine from cigarettes
- Can lead to smoking
 - Youth who vape are 4x more likely to then start smoking combustible cigarettes



Why is youth vaping a problem?

#2 – Chemicals and Particulates

- High level of particulates
- Not regulated so unknown type and amount
- Harmful to the respiratory system
 - More research is needed to fully understand the extent
- Recent outbreak of vaping related severe respiratory illness and deaths in the US & Canada



E-cigarettes for smoking cessation

- Cessation/harm reduction was the impetus for the invention of e-cigs (vaping)
- Recommendation is to use quit aids like NRT before e-cigs
 - Unknown content of e-cigs
 - Risk of increased nicotine addiction



What is being done locally?

- **Interactive workshops for high schools**
 - about the history, marketing and health effects of vaping
 - peer-to-peer methods
- **Resources to support vaping education in the classroom**
 - e-modules
 - hard-copy & online resources



What the Vape?!?! Get to Know the E-Cigarette Issue



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Suggested Legislation

- **Health Canada recent consultations to address youth vaping**
 - Promotion and marketing of vaping to youth
 - Packaging and flavours for youth appeal
 - Regulation of content of vaping products
 - Limit nicotine content
 - Labeling of vaping products with health risks
 - Limit vaping product sales to adult only sites



Ontario Response

- Minister Elliott: “Ontario is taking urgent action to address the issue of youth vaping by **banning the promotion of vapour products in convenience stores and gas stations**. Starting January 1, 2020, the promotion of vapour products in retail stores will **only be permitted in specialty vape stores and cannabis retail stores, which are only open to people aged 19 and over.**”
- The regulatory amendment will align rules for in-store promotion of vapour products with those for tobacco under the *Smoke-Free Ontario Act, 2017*, bringing Ontario in line with seven other Canadian provinces with similar restrictions.



Questions?



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