

VAPING

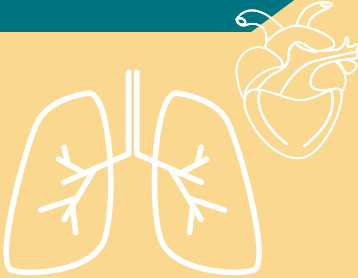
KNOWING THE IMPACTS

VAPING AND HEALTH

SHORT-TERM EFFECTS:

Can include respiratory and cardiovascular health effects

E.G. WHEEZING, SHORTNESS OF BREATH AND CHEST PAIN



LONG-TERM EFFECTS:

There is insufficient data to evaluate the long-term health risks of vaping



Children, youth, and people who are pregnant should avoid nicotine* due to the risks on brain development

*All vaping products contain nicotine in BC

VAPING IS NOT HARMLESS

STATISTICS

5%

OF CANADIANS 15+ USED A VAPING PRODUCT IN THE PAST 30 DAYS

EVER TRIED VAPING?

29%

15-19 years

48%

20-24 years

13%

25 years and older

YOUTH VAPING

27% OF B.C. YOUTH (12-19) VAPED IN THE PAST 30 DAYS



Wanting to try

Stress

Boredom

Friends were doing it

REASONS YOUTH VAPE

CESSATION AID VS HARM REDUCTION

Vaping products produce fewer toxic chemicals than conventional cigarettes



Nicotine replacement therapy and prescription medications are approved

thus vapes may serve as a harm reduction method for those who smoke, reducing cigarette use and exposure to carcinogens

HOWEVER...

VAPING PRODUCTS ARE NOT APPROVED OR REGULATED AS A SMOKING CESSATION AID.

more likely to vape

Youth with a history of mental health challenges, other substance use and adverse experiences

WHAT CAN MY COMMUNITY DO?

- ✓ Review vaping restrictions; consider consistent policies for nicotine and cannabis products
- ✓ Create smoke and vape-free spaces
- ✓ Ensure connection with schools to support youth wellness

VAPING: WHAT CAN MY COMMUNITY DO?

✓ MAKE PRODUCTS LESS AVAILABLE

Ensure retailers are not within close proximity to schools and youth-oriented facilities (e.g. recreation centres, parks)

✓ ESTABLISH RETAIL LICENSE FEE FOR RETAIL TOBACCO AND VAPE SALES

Total amount BC municipalities could recover if all implemented licensing fees that matched the highest fee in Canada

\$4.8 MILLION

Examples of annual licensing fees for retail tobacco and vape sales:

St. Albert- \$721
Hamilton-\$734
Ottawa-\$946

Lloydminster created a grant program from the collected fees (e.g. Luvin' my Lungs, a project where youth produced harm reduction campaigns for their peers)

The fees collected for this license could be used towards education and awareness around the harms of tobacco

CREATE SMOKE AND VAPE-FREE SPACES

- Parks and Recreation Spaces
- Public Events and Markets
- Sports Fields/Spray Parks
- Skate Parks
- Beaches and Trails
- Sidewalks/Boulevards



✦ Specify a set distance from all the above

CONSIDER BANNING:

All Indoor Smoking & Vaping (e.g. hotel/motel rooms, group living facilities, multi-unit housing, hookah lounges)

SUPPORTIVE PRACTICES FOR YOUTH

- Acknowledge that youth use substances for many reasons
- Provide training for school administrators, staff and youth workers on de-stigmatization and non-judgemental approaches
- Engage youth through focus groups, dialogue, peer-to-peer interaction
- Move from suspension to referral for counseling
- Support social connection and promote healthy environments for youth



PROMOTE VAPING CESSATION SUPPORTS

WHO	WHAT
<u>QuitNow</u>	Free online, phone or text support
<u>VGH Smoking Cessation Clinic</u>	Free cessation support