

# Vaping and E-Cigarettes

Information for Parents and Caregivers

Durham Region Health Department



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## Objectives

- What is Vaping
- Statistics on E-cigarettes
- The Health Effects
- The Smoke Free Ontario Act
- What's going on in Durham Region Schools
- Resources and Supports



# Which of the following is not a vaping device?

A)





B)

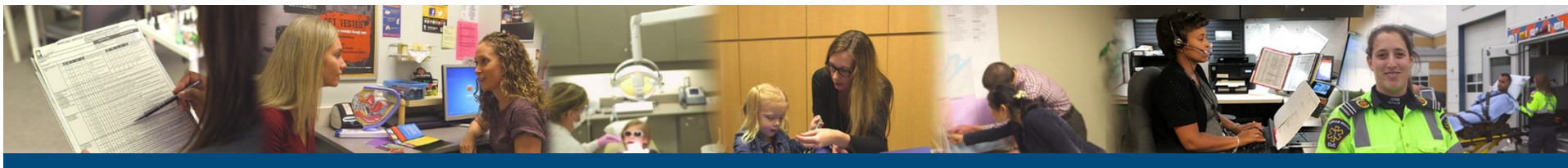




C)







D)





E)





## What is Vaping?

- The act of inhaling and exhaling an aerosol (called vapour) produced by a vaping product
- Vaping doesn't require burning like cigarette smoking
- The device heats a liquid into a vapour, which then turns into aerosol
- This aerosol is often flavoured and often contains nicotine





## What is an E-Cigarette?

- Known as an e-cig or vape
- Battery powered device used to heat and vaporize a solution
- Come in many shapes and sizes
- Can look like regular cigarettes, cigars, or pipes, USB flash drives, pens and other everyday items.
- Larger devices such as tank systems, or “mods”, do not look like other tobacco products





## What is an E-Cigarette?

There are two kinds of vaping devices:

- Open, which means they can be refilled
- Open vaping devices are used to vape everything from e-juices to cannabis
- Closed, which means either the whole product, or the part that holds the vaping substances, can't be refilled



## E-Cigarettes Continued...

### E-Juice:

- The mixture used in vapour products
- Generally consists of propylene glycol, glycerin, water, nicotine and flavourings
- May contain no nicotine and those that do can vary in strength
- E-juices contain a number of chemicals that are known to be toxic (e.g. Formaldehyde and acrolein).
- Ingredients vary from brand to brand and not currently regulated







# Newest Vaping Products in Ontario

- **Juul**
- New to Canada, wildly popular among youth in the U.S.
- Refills are sealed pods, all pods contain nicotine. One pod is the equivalent of a pack of cigarettes and is cheaper to buy.
- Devices are small and easy to hide and disguise.
- Produce very little vapour making their use hard to detect.
- Has its own verb for use, “juuling.”
- Resembles a USB stick.





# Newest Vaping Products in Ontario

- **VYPE ePEN3**
- Also newer to Canada, Imperial Tobacco's answer to Juul.
- Stores are being given incentives to stock Vype across Ontario.
- 0, 6, 12, 18mg/mL of nicotine in cartridges.
- Sleek device with flavours such as dark cherry, fresh apple and infused vanilla.







## Statistics on E-Cigarettes

In Durham Region:

- 5% of elementary students and 17% of secondary students reported smoking e-cigarettes within the past year (OSDUHS, 2016-2017)
- 13% of elementary and 9% of secondary students felt there is no risk of harming themselves physically or in other ways if they smoked e-cigarettes regularly (OSDUHS, 2016-2017)
- Vaping continues to be on the rise among Durham Region students



## Health Effects

Although all of the long-term health impacts of e-cigarettes are uncertain, vaping may be harmful to health





## Health Effects

- Chemicals found in many e-juices have been linked to lung damage, heart disease and eye irritation
- Many e-juices contain nicotine and students using them are at risk of becoming addicted
- Nicotine can alter teen brain development and can affect memory and concentration
- The health effects from exposure to second-hand vapour are still unknown



## Smoke Free Ontario Act (SFOA), 2017

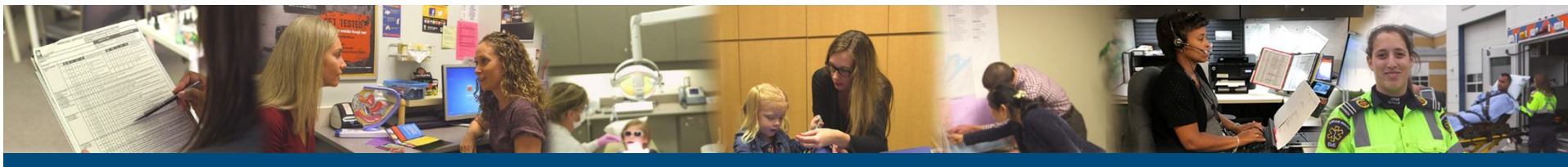
- Prohibits sale and supply of tobacco and vapour products to anyone who is less than 19
- Prohibits the smoking of tobacco, the use of an e-cigarette to vape any substance and the smoking and vaping of cannabis in all enclosed public spaces and enclosed workplaces, as well as additional prohibited places, such as child care centres, children's playgrounds, where the smoking of tobacco was prohibited under the SFOA



## New Additional SFOA Requirements

- Public areas within 20 metres from the perimeter of the grounds of a school
- The outdoor grounds of a community recreation facility, and public areas within 20 metres of these grounds
- Public areas within nine metres from a restaurant or bar patio





# New Signage Requirements for Schools





## Smoking/Vaping on School Property

- Call the Environmental Help Line at: 905-723-3818 or 1-888-777-9613
- Inform school Principal
- Smoking/vaping on School property: \$305.00 minimum fine
- Supplying tobacco/vapour products to a person who is less than 19yrs old: \$490.00 minimum fine



## Vaping and Smoking Complaints received from Schools Since Jan. 2018 until March 31<sup>st</sup> 2019:

- Durham Region Health Department has responded to approximately **70 complaints** in regards to vaping on school property
- Warning letters issued to approximately **60 students** depending on circumstances (Progressive enforcement)
- 2 tickets issued for vaping
- Moving forward as of March 31<sup>st</sup> all schools should have signage posted, and tickets will be issued to students and staff if found in violation





# Students Smoking/Vaping Cannabis Under 19yrs Old on School Property

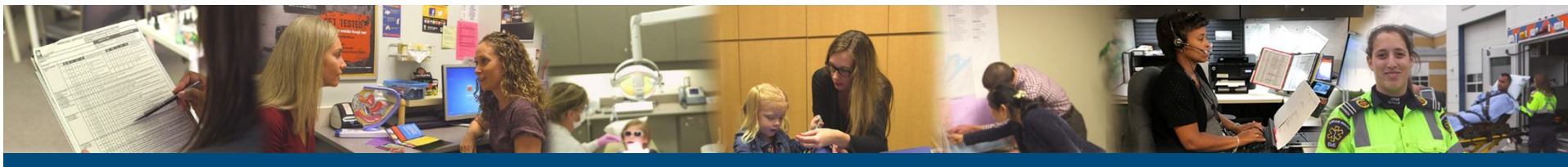
- Cannabis will be seized by school staff and not returned to the student or parent
- Community Liaison Officer will be notified and the seized cannabis will be turned over to the officer
- Officer can charge student with possession of illicit cannabis
- Student can also be charged for smoking/vaping on school property



# Talking with your Teen About Vaping

- Get accurate information on vaping
- Start the conversation
- Be open and honest with your teen
- Be patient and ready to listen
- Ask your healthcare provider or a trusted adult such as a coach to talk with your teen
- Keep the conversation going
- Get involved in your child's school
- Set a positive example





# Durham Region Health Department Support

Public health nurses can:

- Provide presentations for school staff
- Facilitate presentations for parents
- Provide the school with print resources
- Offer smoking cessation programs for students
- Facilitate student engagement opportunities for student-led activities



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## Durham Region Health Department Support

- Information about quit smoking supports in your community- Call Durham Health Connection Line at 905-666-6241 or 1-800-841-2729
- Complaints about violations such as smoking in prohibited places or the sale and supply of tobacco or vapour products to someone under 19 years of age to: Environmental Help Line at: 905-723-3818 or 1-888-777-9613
- Visit [www.durham.ca](http://www.durham.ca) for additional information and resources



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## **Additional Supports and Resources**

### **Smokers' Help Line- [smokershelpline.ca](http://smokershelpline.ca)**

- For online tools, email support, online support community, text messaging supports, and live chat

### **Kids Help Line-1-800-668-6868**

- Kids Help Phone is a bilingual phone and on-line counselling service for youth. It's free, anonymous and confidential. Professional counsellors are available anytime 24 hours a day





# THANK YOU

## Questions?



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