

TO: Chair and Members of the Board of Health

FROM: Christopher Mackie Medical Officer of Health

DATE: 18 March 2021

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**SUMMARY INFORMATION (MARCH 2021) REPORT**  
**RE: CONCENTRATIONS OF NICOTINE IN VAPING PRODUCTS REGULATIONS**

**Recommendation**

*It is recommended that Report No. 13-21 re: Summary Information (March 2021) report re: “Concentrations of Nicotine in Vaping Products Regulations” be received for information.*

**Key Points**

- On December 19, 2020, Health Canada issued a Consultation, seeking comments on the Proposed Concentrations of Nicotine in Vaping Products Regulations.
- Health Unit staff prepared a submission for consideration by Health Canada on behalf of MLHU, attached as Appendix A, to offer input on the proposed regulations.

**Background**

On December 19, 2020, Health Canada announced measures to address vaping by Canadian youth. A Consultation was issued, and Health Canada opened a 75-day consultation period, which ended on March 4<sup>th</sup>, 2021. The Consultation endeavored to obtain feedback on the Proposed Concentrations of Nicotine in Vaping Products Regulations (CNVPR).

Emerging evidence is suggesting that youth uptake of vapour products is on the rise across Canada. In 2018-2019, 29% of students in grades 10-12 were found to have vaped in the past 30 days and 40% of these students were daily users of vaping products (Health Canada, 2018). In Ontario the Ontario Student Drug Use and Health Survey, 2019 (OSDHUS) shows that 23% of students, which is an estimate of 184,200 students, have used an electronic cigarette in the past year (Boak, et al., 2019). This number has doubled from 11% in 2017 (Boak, et al., 2019).

Nicotine is a highly addictive substance that can have adverse effects on the developing brain (Health Canada, 2019). Compared to the adult brain, an adolescent brain finds nicotine more rewarding and will progress faster to nicotine dependence and addiction (Goriounova & Mansvelter, 2012; Health Canada, 2019). Some vapour devices have the capability of delivering higher amounts of nicotine compared to conventional cigarettes, which could put young people at even greater risk of developing nicotine dependence and adverse health effects (U.S. Department of Health and Human Services, 2016).

Both the Southwest Tobacco Control Area Network and the Chronic Disease Prevention and Tobacco Control Teams at the Middlesex-London Health Unit have prepared a submission to Health Canada providing comments on the CNVPR ([Appendix A](#)).

This report was prepared by the Healthy Living Division.



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