

Appendix B – *One Life One You* Activities for Bill 45, the *Making Healthier Choices Act*

Bill 45, the *Making Healthier Choices Act*, 2014

On November 24, 2014, the Honorable Dipika Damerla, Associate Minister of Health and Long-Term Care, introduced [Bill 45, the Making Healthier Choices Act, 2014](#). Bill 45 proposes to enact the *Healthy Menu Choices Act, 2014* and the *Electronic Cigarettes Act, 2014* and amend the *Smoke-Free Ontario Act*. This Bill aims to protect youth from the dangers of flavoured tobacco, increase fines associated with sales to minor offences and protect youth from the potential harms of electronic cigarettes (e-cigarettes). The Bill also mandates that larger chain restaurants (operating 20 or more premises) post caloric information on their menus and menu boards. These measures are part of the government's efforts to make Ontario the healthiest place in North America to grow up and grow old. Bill 45 was ordered to the Standing Committee on General Government on April 2nd, 2015.

One Life One You

[One Life One You](#) is a group of youth employed by the Middlesex-London Health Unit on the Chronic Disease Prevention and Tobacco Control Team. Youth Leaders meet weekly to discuss and plan activities in the community to address youth-related issues and trends relating to tobacco control.



Members from left to right: Emily Clayton, Molly Miller, Jamie Wakefield, Courtney Maslen, Claudia Paguaga, Isabelle Haas and Mark Pitblado. (Absent: Jillian Smith)