

TO: Chair and Members of the Board of Health

FROM: Christopher Mackie Medical Officer of Health / CEO

DATE: 2019 July 18

SUMMARY INFORMATION REPORT – JULY 2019

Recommendation

It is recommended that Report No. 055-19 re: “Summary Information Report – July 2019” be received for information.

Key Points

- A recent study in the [British Medical Journal](#) (June 2019) found that vaping and smoking among Canadian youth aged 16 to 19 years increased by 74% and 45% respectively between August/September 2017 and August/September 2018.

Canadian Research Shows Alarming Trends in Youth Vaping and Smoking

A study led by Professor David Hammond of the University of Waterloo has revealed a concerning increase in youth vaping. In a study published in the [British Medical Journal](#) in June 2019, Hammond and his researchers found that vaping among Canadian youth aged 16 to 19 years increased by 74% between August/September 2017 and August/September 2018; and that youth who reported using a vapour product within the last 30 days increased from 8.4% to 14.6%. In Canada, the sale of e-cigarettes with nicotine became legal in May 2018 with the adoption of Bill S-5. Following legalization, tobacco companies and Juul (now an affiliate of Philip Morris/Altria) entered the e-cigarette market in Canada, with vapour products becoming available for sale at convenience stores, gas stations, and grocery stores. In Middlesex-London, the number of vendors that sell e-cigarettes/vapour products has increased from 191 at the end of 2017 to an estimated 240 at present. Most tobacco retailers in Middlesex-London have existing contracts with tobacco product distributors that are now also distributing vapour products; therefore, the Health Unit’s Tobacco Enforcement Officers are currently inspecting both known e-cigarette and tobacco product retailers (296 in total) to confirm retail availability and to promote and enforce the regulations under the *Smoke-Free Ontario Act, 2017*. Increased access to vapour products, combined with significant youth exposure to advertising, is a public health concern.

The study also found an increase in current smoking among youth aged 16 to 19, from 10.7% to 15.5%, a 45% increase, in the same 2017–18 timeline. Prior surveys up to and including 2017 had shown a decline in youth smoking; therefore, these results are concerning, as youth smoking may now be increasing. The study findings are consistent with the evidence that the use of vapour products by youth increases the risk of initiating combustible tobacco (cigarette) smoking over time.

This report was prepared by the Healthy Living Division.



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