



Emerging Issues for Youth Tobacco Use in Ottawa

Electronic Cigarettes (E-Cigarettes):

Youth Trends:

- There is an increasing number of youth who have tried e-cigarettes, including non-smokers. In Ottawa, one in five (20%) high school students had used an e-cigarette at least once in their lifetime.ⁱ
- Some studies have shown a positive relationship between e-cigarette use and the intention to smoke cigarettes.ⁱⁱ

Marketing to Youth:

- E-liquids, the contents inside e-cigarettes, are available in a wide variety of flavours including Bubblegum, Snickerdoodle and Sweet Tarts.ⁱⁱⁱ These flavours appeal to youth and encourage experimentation.

What is the concern?

- E-cigarette devices and e-liquid/cartridges are not manufactured to approved consumer safety standards.
- The use of e-cigarettes undermines efforts to protect youth from starting to smoke as the product makes smoking appear normal.
- E-cigarettes are not a proven smoking cessation device. It is recommended that people who want to quit smoking use products that have been proven to be safe and effective. This includes nicotine replacement therapy (NRT) products including the nicotine inhaler, patch, lozenge and gum.

Water Pipes (hookah, narghile, shisha):

Youth Trends:

- In 2013, 13% of grade 7 to 12 students in Ottawa reported they had used a hookah at least once in their lifetime and 14% of high school students had used one in the past year.^{iv}
- Research has shown an increase in Ontario young adults, aged 18 and up^v, having used a water pipe over the past few years, tripling from 3% in 2006 to 10% in 2012.

Marketing to Youth:

- Hookah smoking carries many health risks and is gaining popularity among youth and young adults due to the variety of flavoured products and the misperception that it is a “healthier” alternative to cigarette smoking.

What is the concern?

- All hookah smoke (both tobacco-based and herbal) contain many of the same toxicants that are known to cause cancer, heart and lung disease.
- Studies on indoor air quality found increased pollutant levels where water pipes were smoked including carbon monoxide (CO), air pollutant particulates and polycyclic aromatic hydrocarbons.
- One study showed that two hours in a hookah café was equivalent to smoking 10 cigarettes.
- Ottawa Public Health offers services to help people quit smoking. Speak to your school nurse or contact the Ottawa Public Health Information Line at 613-580-6744, by email at healthsante@ottawa.ca or by visiting ottawa.ca/quitsmoking.

ⁱ Ottawa Public Health. Ottawa student drug use and health (OSDUH) report 2014. 2014.

ⁱⁱ Bunnell RE, Agaku IT, Arrazola R, Apelberg BJ, Caraballo RS, Corey CG, Coleman B, Dube SR, King BA. Intentions to smoke cigarettes among never-smoking U.S. middle and high school electronic cigarette users, National Youth Tobacco Survey, 2011-2013. *Nicotine and Tobacco Research*. 2014 Aug 20.

ⁱⁱⁱ The Buzz on E-cigarettes, NSRA Page 12 - http://www.nsr-aadnf.ca/cms/index.cfm?group_id=2293

^{iv} Ottawa Public Health. Ottawa student drug use and health (OSDUH) report 2014. 2014.

^v Canadian Tobacco Use Monitoring Survey, 2006, 2011 and 2012



Electronic Cigarettes(E-Cigarettes): Frequently Asked Questions

Q: What is an electronic cigarette?

A: Electronic cigarettes (e-cigarettes) are designed to mimic the appearance of cigarettes. They are battery-powered devices that vaporise the liquid contents (called e-liquid) of a cartridge that is then inhaled by the user. Companies produce e-liquids with and without nicotine and in many different flavours. Propylene glycol (PG) is one of the main ingredients found in e-liquids and is a known irritant when inhaled.

Q: Who is using e-cigarettes?

A: In Ontario, 43% of youth who had used a tobacco product in the past 12 months reported *having used* e-cigarettes. Among high school students in Ontario, 7% of *non-smokers* reported *use* of e-cigarettes. In Ottawa, one in five (20%) high school students had used an e-cigarette at least once in their lifetime.ⁱ

Q: What is the legal status of electronic cigarettes in Ontario?

A: E-cigarettes that have nicotine or make a health claim **have not** been approved for sale in Canada and are illegal. E-cigarettes without nicotine, and making no health claim, can be sold. In 2015, the Ontario Government introduced new legislation called the “*Electronic Cigarettes Act*”. Effective January 1, 2016, it is illegal to sell or supply electronic cigarettes and the component parts (e.g. battery, atomizer) to anyone under 19 years of age.

Q: Are there health risks from using electronic cigarettes?

A: Health Canada warns people not to buy or use e-cigarettes as they have not been fully tested for their safety and there are currently no long-term studies on the health effects of using e-cigarettes. E-cigarettes should not be used in enclosed spaces due to possible health risks associated with second-hand exposure. Since many e-cigarettes contain nicotine, children and youth are at risk as nicotine can affect brain development.ⁱⁱ E-cigarettes, including their nicotine cartridges, must be kept out of the reach of children at all times, given the risk of choking or nicotine poisoning.

Q: Are e-cigarettes helpful for people trying to quit smoking?

A: There is not enough evidence proving e-cigarettes help cessation efforts.

People trying to quit smoking are encouraged to use proven nicotine replacement therapy (NRT) products. These safe and effective products include the nicotine inhaler, patch, lozenge and gum. It is also known that quitting with support can increase a person’s success by 50%.ⁱⁱⁱ

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ⁱ Ottawa Public Health. Ottawa student drug use and health (OSDUH) report 2014. 2014.

ⁱⁱ Schwartz R et al. ‘Recig: Research on e-cigarettes’: An Ontario Ministry of Health & Long-term Case, health system research fund study.

ⁱⁱⁱ Myquit.ca



Hookah: Frequently Asked Questions

Q: What is hookah smoking?

A: The hookah, (also known as a water pipe, narghile, and shisha) is a device used to smoke tobacco or non-tobacco (herbal) products that is specially made with molasses and flavouring (often referred to as shisha).

Q: Why should I be concerned?

A: Hookah smoking carries many health risks and is gaining in popularity among youth and young adults due to the variety of flavoured product and the misperception that it is a “healthier” alternative to cigarette smoking.

Q: Is herbal shisha safer than tobacco shisha?

A: Approximately one in five Ottawa residents felt that herbal shisha was less harmful than tobacco shisha.ⁱ In fact, all water-pipe smoke contains many of the same toxicants that are known to cause cancer, heart and lung disease.ⁱⁱ

Q: Who is using the hookah?

A: In 2013, 13% of grade 7 to 12 students in Ottawa reported they had used a hookah at least once in their lifetime.ⁱⁱⁱ According to Ontario data, there is a 10% increase in the number of students using hookah in grades 8 and 9 to the students using in grades 10, 11, and 12.^{iv} Among young adults aged 18 to 24, 50% have tried hookah smoking in Ottawa.^v

Q: Why is hookah smoking dangerous to health?

- **It can be addictive.** Hookah that contain tobacco contains nicotine, the same highly addictive drug found in cigarettes.
- **Chemicals are absorbed into your body.** The smoke from a hookah pipe contains chemicals and toxins including carbon monoxide, carcinogens, heavy metals and tar. The water in a hookah pipe does not act as a filter.
- **There are health risks.** Hookah smoking is associated with a number of poor health outcomes including lung cancer, respiratory illness, low birth weight, carbon monoxide poisoning, adverse cardiac events and periodontal disease.
- **You can catch an infectious disease.** There is a risk of contracting viruses and infectious diseases such as tuberculosis, hepatitis, herpes, influenza, and oral disease from sharing the hose or mouthpiece of a hookah pipe. The use of a disposable tip does not prevent the transmission of contagious diseases.
- **It produces second-hand smoke.** A recent study conducted by the Ontario Tobacco Research Unit showed that the air quality in hookah bars tested in Toronto was unhealthy and potentially hazardous.

Q: How are water pipes regulated in the City of Ottawa?

A: On September 14, 2016, Ottawa City Council enacted the Water Pipe By-law that prohibits the use of water pipes (also known as hookahs) in the same enclosed work places, enclosed public places and outdoor restaurant and bar patios where smoking of tobacco is prohibited. The Water Pipe By-law also prohibits the use of water pipes in the Parkdale Market and Byward Market areas. The by-law is effective December 1, 2016.

Since 2012, the City of Ottawa has prohibited the use of water pipes on outdoor municipal property, such as city parks under the Parks and Facilities By-Law.

ⁱ Ibid

ⁱⁱ Shihadeh, A. et al. Toxicant content, physical properties and biological activity of water-pipe tobacco smoke and its tobacco-free alternatives. *Tobacco Control*, 2015.

ⁱⁱⁱ Ottawa Public Health. Ottawa student drug use and health (OSDUH) report 2014. 2014.

^{iv} Ontario Tobacco Research Unit. *Smoke-free Ontario strategy monitoring report*. Toronto: Ontario Tobacco Research Unit, Special Report, February, 2016.

^v Rapid Risk Frequency Surveillance System, 2014