



Ottawa Council on  
Smoking or Health

Conseil d'Ottawa sur le  
tabagisme ou la santé

# Clearing the Air for Lung Health: Strengthening the City of Ottawa's Smoke-Free Indoor and Outdoor Bylaws

Ottawa Board of Health Meeting  
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Ottawa Council on Smoking or Health

# Second-Hand Smoke and Second-Hand Vapours

- Tobacco use is still the **#1 cause of preventable disease, disability, and premature death** in the City of Ottawa.
- 15 years since Ottawa adopted the smoke-free indoor bylaws:
  - New tobacco, herbal, heated, novel, and add-on products are manufactured, marketed, sold, and used in public places and workplaces without being regulated.
- We receive ongoing requests for help from individuals and families who suffer from exposure to:
  - E-cigarette vapour in public places
  - Tobacco and marijuana second-hand and third-hand smoke in public places, workplaces, and multi-unit housing.

# E-Cigarettes, Waterpipes, Weeds, and Substances

- OCSH Recommendations for the Board of Health:
  - Immediately prohibit the use of e-cigarettes inside and outside all public places and workplaces → OC Transpo did so in March 2015 after the media reported that the public could vape on buses!
  - Prohibit waterpipe smoking inside and outside all public places and workplaces and enforce bylaw in Q4 2016, as per Ottawa City Council's directive.
  - Expand the definition of “tobacco smoking” in Ottawa's smoke-free indoor and outdoor bylaws to include: **any weeds, herbal products or substances that can be lit, smoked, burned, heated, combusted, or vapourized and that create any smoke, vapour, gases, particles, or other substances that can be inhaled.**

# Smoke-Free Multi-Unit Housing

- OCSH Recommendations for the Board of Health:
  - Public awareness campaign in Ottawa in 2017 about second-hand and third-hand smoke in multi-unit housing.
  - Work with landlords and property owners to implement 100% smoke-free policies.

# Prevent Lung Disease

- Prevent **asthma attacks**:
  - ED visits in Champlain region cost **\$892,408** in 2013-2014<sup>1</sup>
  - Hospitalizations in Champlain region cost **\$1,485,407** in 2013<sup>2</sup>
  - 10% of Champlain residents had asthma (2012)<sup>3</sup>
- Prevent **Chronic Obstructive Pulmonary Disease**:
  - Leading cause of hospitalization in the Champlain region<sup>4</sup> which cost **\$22,400,000** in 2013<sup>5</sup>

[1] Libman, Bruce. *Lung Health in Champlain: An Overview of Asthma and Chronic Obstructive Pulmonary Disease Prevalence and Health System Usage*. Champlain Local Health Integration Network: Ottawa, ON. August 2014. Page 31.

[2] Ibid, page 32.

[3] Ibid, page 10.

[4] Champlain Local Health Integration Network. Preliminary Data for Champlain Health Link Areas. April 2013. Page 8.

[5] Libman, Bruce. *Lung Health in Champlain: An Overview of Asthma and Chronic Obstructive Pulmonary Disease Prevalence and Health System Usage*. Champlain Local Health Integration Network: Ottawa, ON. August 2014. Page 36.

## Waterpipe Smoking and Second-Hand Smoke

- “14% of people over the age of 18 in Ottawa have used a hookah at some point in their life and nearly 50% of those aged 18 to 24 reporting that they have tried a hookah.”<sup>6</sup>
- Waiting until 2017 constitutes a 5 year delay since the Board of Health was presented with scientific evidence proving that waterpipe smoking and second-hand smoke are hazardous to human health.

[6] Ottawa Public Health. Hookah: What's a few toxins between friends? Accessed April 14, 2016.  
<http://ottawa.ca/en/residents/public-health/healthy-living/hookah-whats-few-toxins-between-friends>

# Health Risks of E-Cigarettes

- Youth, pregnant women, and non-smokers should not use e-cigarettes.<sup>7</sup>
- Nicotine<sup>8</sup> and marijuana<sup>9</sup> have adverse effects on the developing brain.
- One in five high school students have used e-cigarettes.<sup>10</sup>
- More than half of Canadian youth trying e-cigarettes have never smoked tobacco.<sup>11</sup>

[7] Centre for Addiction and Mental Health. As e-cigarettes evolve, researchers track a moving target. January 20, 2016. [http://www.camh.ca/en/hospital/about\\_camh/newsroom/CAMH\\_in\\_the\\_headlines/stories/Pages/As-e-cigarettes-evolve,-researchers-track-a-moving-target.aspx](http://www.camh.ca/en/hospital/about_camh/newsroom/CAMH_in_the_headlines/stories/Pages/As-e-cigarettes-evolve,-researchers-track-a-moving-target.aspx)

[8] Ibid.

[9] George, T., & Vaccarino, F. (Eds.). Substance abuse in Canada: The Effects of Cannabis Use during Adolescence. Ottawa, ON: Canadian Centre on Substance Abuse. 2015. <http://www.ccsa.ca/Resource%20Library/CCSA-Effects-of-Cannabis-Use-during-Adolescence-Report-2015-en.pdf>

[10] Czoli CD, Reid JL, Rynard VL, Hammond D. E-cigarettes in Canada - Tobacco Use in Canada: Patterns and Trends, 2015 Edition, Special Supplement. Waterloo, ON: Propel Centre for Population Health Impact, University of Waterloo. [http://www.tobaccoreport.ca/2015/TobaccoUseinCanada\\_2015\\_EcigaretteSupplement.pdf](http://www.tobaccoreport.ca/2015/TobaccoUseinCanada_2015_EcigaretteSupplement.pdf)

[11] Canadian Cancer Society, British Columbia and Yukon Division. Outdoor Smoke and Vape-Free Places. Q & A. Revised February 2016.

# Health Risks of E-Cigarettes

- “Never-smokers who had ever used e-cigarettes were nearly twice as likely to have an intention to smoke conventional cigarettes than never smokers who had not used e-cigarettes.”<sup>12</sup>
- E-cigarettes do not help smokers to quit.<sup>13</sup>
- E-cigarette vapour contains particulate matter and other chemicals that pose health risks to users and the public.<sup>14</sup>

[12] Bunnell RE, Agaku IT, Arrazola R, et al. 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*. August 20, 2014.

<http://ntr.oxfordjournals.org/content/early/2014/08/18/ntr.ntu166.abstract>

[13] Ontario Tobacco Research Unit. RECIQ Expert Panel: Study Conclusions and Implications. March 2016.

[http://otru.org/wp-content/uploads/2016/03/ecig\\_web\\_mar\\_16.pdf](http://otru.org/wp-content/uploads/2016/03/ecig_web_mar_16.pdf)

[14] Canadian Paediatric Society. E-Cigarettes: Are we re-normalizing public smoking? Reversing five decades of tobacco control and revitalizing nicotine dependence in children and youth. Position Statement. March 6, 2015. <http://www.cps.ca/en/documents/position/e-cigarettes#ref3>

## Exploding E-Cigarettes



*A car driven by an 18-year-old caught fire on March 14, 2016 in Kitchener, Ontario after an e-cigarette exploded. Photo reprinted with permission from The Waterloo Region Record. Source: Latif, Anam. "E-cigarette explodes inside parked car, hurts local teen." The Waterloo Region Record. March 14, 2016. <http://m.waterloochronicle.ca/news-story/6390750-e-cigarette-explodes-inside-parked-car-hurts-local-teen->*

# Big Tobacco, E-Cigarettes, and Big Profits

- U.S. economic data:<sup>15</sup>
  - “Spawning a host of new smoking alternatives from electronic cigarettes and chewing tobacco to vapor and smoking-cessation products....”
  - “Initially, the industry feared some of these new products would draw smokers away from traditional cigarettes. Instead they are having **an add-on effect giving consumers more occasions to consume tobacco.**”
  - “The tobacco industry continues to amass **greater profits than ever not only with tobacco but also their add-on products.**”

[15] Shelly Banjo, “Tobacco could stay lit for awhile,” Bloomberg, March 15, 2016.  
<http://www.bloomberg.com/gadfly/articles/2016-03-15/tobacco-stocks-left-for-dead-catch-fire>

# Strengthening Ottawa's Smoke-Free Bylaws

- The Ottawa Board of Health and the City of Ottawa have a legal duty to:
  - Exercise the Precautionary Principle based on the current international scientific evidence about the health risks of vapour from e-cigarettes, and second-hand smoke from waterpipes, weeds, and other substances.
  - Protect children, youth, pregnant women, workers, and the thousands of Ottawa residents with chronic lung disease.

## Keeping Heather Crowe's Dream Alive

On the 10<sup>th</sup> anniversary of Heather Crowe's tragic death, we remember her dream to be the last person to die from exposure to second-hand smoke at work. We ask the Ottawa Board of Health and the City of Ottawa to protect the health of residents and workers by adopting [stronger smoke-free indoor and outdoor bylaws](#).



*On July 23, 2003, Heather Crowe received the World Health Organization Award from Ottawa Mayor Bob Chiarelli and Ottawa City Councillor Alex Munter for her work in promoting 100% smoke-free public places and workplaces.*

<http://ottawa.ca/calendar/ottawa/citycouncil/occ/2003/07-23/minutes58.txt>