



Vaping Resources

Electronic Smoking Products (ESP)

- E-cigarettes, vape pens, e-hookah, personal vaporizers, etc.
- Deliver nicotine and THC
- ESP vaporizes from liquid form
- They can look like a cigarette, pen, USB, or many other objects
- "Open: ESPs are refillable
- "closed" ESPs use dispensable cartridges
- E-juices are flavored, have nicotine and liquids
- Some known chemicals for flavoring - unlimited and unknown combinations
- Private online sales are legal in Alberta

Health Risks

- Risk of Nicotine addiction
- "Vape Tongue" - cannot taste
- Risk of Cancer
- Risk of Lung Disease
- Weakened Immune system
- Risk of Depression, Insomnia
- Risk of Poisoning
- Impacts memory and concentration
- Can alter teen brain development
- Reduce impulse control
- Risk of cognitive and behavioral problems
- May have device malfunction
- Cause explosion/fire from batteries
- Negative impact on pregnancy

Canadian Statistics on Youth (Source: statistics Canada, 2018-2019)

Usage of ESPs

- 20% of Canadian youth had used in the past 30 days
- 40% with past 30-day use reported daily or almost daily use
- 42% with past 30-day use reported never having smoked a cigarette
- 66% perceive smoking on a regular basis to pose 'great risk'
- 42% believe that using e-cigarettes with nicotine pose 'great risk'
- 14% believe that using e-cigarettes without nicotine pose 'great risk'

Current Law

The Tobacco, Smoking and Vaping Reduction Act (TSVRA) and regulation came into force on July 31, 2021

The TSVRA and regulation include enforceable restrictions on tobacco and vaping products to:



Primary Care Alberta

- establish a minimum age (18 years and older) and government-issued photo identification requirements for purchasing, possessing and consuming tobacco and vaping products
- restrict advertising, display and promotion of tobacco and vaping products in convenience stores and gas stations. Align and expand where vaping and tobacco products cannot be used, including:
 1. hospital, school, and childcare properties
 2. playgrounds, sports and playing fields
 3. skateboard and bicycle parks
 4. zoos, outdoor theatres
 5. public outdoor pools and splash pads
- limit where vaping products cannot be sold to align with tobacco restrictions, including:
 - health facilities
 - public post-secondary institutions
 - stores where pharmacies are located
 - vending machines or temporary facilities

Fines for vaping violations in alignment with existing tobacco fines can be found:
www.alberta.ca/reducing-smoking-and-vaping-rules-and-enforcement.aspx

Talking with your teen – start the conversation!

- Find the right moment
- Be patient and ready to listen
- Get support
- Keep the conversation going
- Stay informed
- www.canada.ca/vaping useful resources for parents

Resources

All Alberta Health Services programs have access to free interpretation services in 240+ languages

- Alberta Adult Services 403-297-3071
- Access Mental Health 403-943-1500
- Treatment Services 403-297-4664
- AHS Youth Services 403-297-4664

Alberta Quits – <https://albertaquits.healthiertogether.ca>

Vaping resources – www.canada.ca/vaping

Health Link 811 – 24/7 Free health advice. Interpretation available in 240+ languages

My health Alberta – to find information about any health condition or concerns.

<http://myhealth.alberta.ca>

Contents provided by: Community Health Promotion Services (CHPS) Child & Adolescent Addiction, Mental Health & Psychiatry Program

Detailed & updated information available on <http://DiversityCalgary.ca/uv>