

TOBACCO &
VAPING



LE TABAC ET
LE VAPOTAGE

2023 CONFERENCE

NATIONAL CONFERENCE ON TOBACCO AND VAPING

**Charting the Course to Less than 5% by 2035:
Building on Progress Towards New Gains**

February 8-9, 2023

Virtual

PROGRAM

OPIHA
Ontario Public Health Association
l'Association pour la santé publique de l'Ontario
Established/Établi: 1949



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Welcome Message

Dear Conference Delegates,

On behalf of the Ontario Public Health Association and the Canadian Public Health Association and our members, we are pleased to welcome you to the 2023 National Conference on Tobacco and Vaping! Tobacco use remains the leading cause of chronic disease and preventable death in Canada, and remains a priority for each of our organizations. While we have seen historic lows in tobacco use prevalence recently, there is still much work to be done in tobacco control and vaping.

Over the years, this conference has been one of a few venues where academia, advocates, policy makers, and frontline practitioners can come together to learn and strategize on the current and future issues facing the tobacco and vaping control sector. In fact, it was at this conference in 2017 that Jane Philpott, former Minister of Health, gave the opening remarks focused on the 'future of tobacco control' and how we can reach the goal of less than 5% tobacco prevalence by 2035. While there have been laudable efforts in tobacco control and vaping over the past 6 years, progress towards this goal has slowed and overall investments across tobacco control and vaping have decreased or been reallocated. It is this 'slowing' that inspired this year's theme "charting the course to less than 5% by 2035..." and a focus on what is truly needed to meet this goal.

This conference has always provided an opportunity to facilitate knowledge translation and exchange, networking and collaboration among leaders and frontline practitioners in the tobacco and vaping control field. We hope that this year's conference provides you with an opportunity to learn, engage, network, and feel reinvigorated as we "build on progress towards new gains".



John Atkinson,
Executive Director,
Ontario Public Health
Association



Ian Culbert,
Executive Director,
Canadian Public Health
Association



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Conference Objectives

Delegates of the 2023 National Conference on Tobacco and Vaping can expect to:

- Learn about the current state of commercial tobacco consumption and nicotine vaping in Canada
- Learn about the inequitable impact of commercial tobacco and vaping use on certain populations (e.g., Indigenous, LGBTQI2S+, and newcomer communities among others) and potential strategies to address them
- Learn about progress in research, policy work, and program or clinical best practices that are needed to achieve less than 5% commercial tobacco use prevalence by 2035
- Better understand the perspectives of those who use commercial tobacco and vaping products
- Better understand the impacts of vaping on commercial tobacco use, nicotine addiction and cessation

Steering Committee

We sincerely thank the following members of the steering committee who volunteered their time, expertise, and insights in order to create this year's conference theme and program.

- Manuel Arango, Heart and Stroke Foundation
- John Atkinson, Ontario Public Health Association
- Lisa Beedie, Indigenous Cancer Care Unit, Ontario Health
- Sarah Butson, Canadian Lung Association
- Ian Culbert, Canadian Public Health Association
- Rob Cunningham, Canadian Cancer Society
- Les Hagen, Action on Smoking and Health
- Dr. David Hammond, University of Waterloo
- Dr. Sonia Johnson, Health Canada
- John McDonald, Manitoba Tobacco Reduction Alliance
- David Mills, Health Canada
- Sarah Pedder, Ontario Public Health Association
- Michelle Rand, Indigenous Cancer Care Unit, Ontario Health
- Melanie Sanderson, Ontario Public Health Association
- Dr. Robert Schwartz, Ontario Tobacco Research Unity, University of Toronto
- Dr. Laurie Zawertailo, Centre for Addiction and Mental Health

Conference Experience

Plenary Sessions

This year's conference will have four plenary sessions that are 60 minutes in length. After an introduction by the session moderator, our keynote speakers will deliver their presentations. They will then take part in a live moderated question & answer (Q&A) period, responding to delegate questions.

Concurrent Sessions

On day one, the conference offers six concurrent sessions for delegates to choose from. Each 60-minute concurrent session will feature three abstract presentations. Presenters from across Canada will share their 15 minute presentations and then engage in a moderated Q&A. Don't worry if you miss a session you really want to attend; concurrent sessions will be recorded and will be available for delegates to re-watch or watch after the conference!

Symposiums

On day two, this conference offers two symposiums, each will be 60 minutes. Following an introduction by the session moderator, we will hear from people with lived experience, as well as researchers. To conclude, presenters will take part in a moderated Q&A.

Full Conference Workshop

Delegates are invited to participate in this workshop. It will be an opportunity to engage and network with others, while discussing how we can "chart the course to less than 5% by 2035." Participants will join other delegates in breakout rooms for lively discussions! All notes will be summarized after the conference and shared widely.

Poster Presentations

Delegates are encouraged to visit the exhibit hall and attend live poster presentations. Delegates can interact with poster presenters by video chat, text chat and access downloadable content.

Virtual Platform

This year's conference takes advantage of the unique features of a virtual platform. Delegates can:

- Attend the exhibit hall and engage in conversations after **live** poster presentations
- Collaborate with other experts in the field in the "Less Than 5% by 2035" Workshop
- Collect points with the gamification feature to win prizes!
- Experience this bilingual conference, in either English or French, with live audio translation
- Interact and network with other delegates via the chat feature on the platform
- Learn in your personal work environment at your own pace
- Not miss a thing – by revisiting conference content, as many sessions will be recorded
- Stream sessions and connect with presenters across Canada via live Q&A!

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For more information on dosing, FAQs and videos, visit:

www.helpthemquit.ca

[†]Nicotine replacement therapy
*2021 IQVIA ProVoice data

References: 1. Tonnesen P, et al. Efficacy of a nicotine mouth spray in smoking cessation: a randomised, double-blind trial. Eur Respir J. 2012 Sep; 40(3): 548-5544.

2. Nicorette[®] QuickMist[®] Health Canada Product License, 2021. 3. (Sutherland G. Heart 2003;89:iii25-7)

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Wednesday, February 8, 2023

11:15 AM **OPENING REMARKS**

11:30 AM **INTERNATIONAL ADVANCES IN TOBACCO & VAPING**

Plenary 1

12:25 PM **LUNCH**

1:00 PM **MADE IN CANADA: TOBACCO CONTROL POLICY & SMOKING CESSATION SOLUTIONS** – Concurrent Session 1

- Making the Case for Smoke-free Parks in Canada
- Smoke Free Curious: Evaluating a Campaign Designed to Help Canadians Make Quit Attempts
- Accelerating the Spread of Smoking Cessation Supports in Cancer Care Settings Through a Systems-change Initiative

SHOWCASE: TAILORED PREVENTION & CESSATION PROGRAMS – Concurrent Session 2

- The Expand Project: A Social Marketing Campaign for Queer & Trans Young Adults
- True North Strong – Using Brand Ambassadors to Prevent Nicotine Dependence Among High-risk Young Adults
- Build Smoke-Free: a Mixed-Methods Evaluation of a Construction Sector Smoking Cessation Program

INSIGHTS & STRATEGIES IN ADDRESSING NICOTINE DEPENDENCE IN YOUTH & ADULTS – Concurrent Session 3

- Experiences of Nicotine Users Motivated to Quit During the COVID-19 Pandemic: A Secondary Qualitative Analysis
- How Tailored & Flexible Tobacco Cessation Program Delivery Can Improve Accessibility & Overcome Participant Barriers
- Exploring Youth Nicotine Cessation & Prevention in Prince Edward Island

2:00 PM **EXHIBIT HALL** Poster Presentations

2:40 PM **STRETCH BREAK**

2:50 PM

TOBACCO CONTROL POLICY DEVELOPMENTS IN CANADA

- Concurrent Session 4

- Recent Developments in Tobacco Control in Canada
- The Tobacco Settlement Negotiations & the Importance for Tobacco Control
- Canadian Governments Need to ROW Harder to Reduce Tobacco Use

CULTURALLY SAFE APPROACHES TO COMMERCIAL TOBACCO CESSATION & POLICIES WITH INDIGENOUS COMMUNITIES

- Concurrent Session 5

- Talk Tobacco: Addressing the Inequitable Impact of Commercial Tobacco & Vaping Use on Indigenous Peoples
- Keep Tobacco Sacred Collaboration
- Living Smoke-Free: Exploring Métis Tobacco Reduction Strategies

E-CIGARETTES & VAPING IN CANADA

- Concurrent Session 6

- Interventions for Electronic Nicotine Delivery System & Vaping Cessation in Adults - A Systematic Review & Meta-Analysis
- E-Squared: Evaluation of an Online Cessation Program for People who use Cigarettes & E-cigarettes
- Addressing E-cigarettes: Assessing Motivators & Applying a Multi-faceted Policy Framework to the Youth Vaping Crisis

3:50 PM

STRETCH BREAK

4:00 PM

TOBACCO USE & VAPING - INEQUITABLE IMPACTS & HEALTH EQUITY SOLUTION

Plenary 2

5:00 PM

CLOSING REMARKS

**TOBACCO &
VAPING**



**LE TABAC ET
LE VAPOTAGE**

2023 CONFERENCE

Wednesday, February 8th

11:30 AM **PLENARY 1**

International Advances in Tobacco & Vaping

The theme of this year's conference is "Charting the Course to Less Than 5% by 2035: Building on Progress Towards New Gains". This event will provide an opportunity for us to re-focus on confronting the BIG issues that will make less than 5% tobacco use prevalence in Canada achievable. In creating a road map for the next 12 years, leading to 2035, we must look at our local Canadian context, as well as learn from other jurisdictions by exploring international advances in tobacco and vaping control.

Our opening session includes two leaders, who will share their perspectives on international advances in tobacco control and vaping. Dr Richard Edwards, Professor and Co-Director of ASPIRE 2025 Research Centre, University of Otago, will present unique developments in tobacco control in New Zealand including the recent passage of a "tobacco-free generation" law that will prevent tobacco use for their next generation. Then, Dr Eeva Ollila, Chief Medical Officer, Cancer Society of Finland, will share advancements in Finland, including a ban on flavours in e-cigarettes, as well as a reflection on the challenges of enforcing the law. This session will inform and inspire delegates as to how we can apply strategies to our approaches in Canada.

Speakers



Dr. Richard Edwards,
Professor & Co-
Director ASPIRE 2025
Research Centre,
University of Otago



Dr. Eeva Ollila,
Chief Medical
Officer, Cancer
Society of Finland

Moderator



John Atkinson,
Executive Director,
Ontario Public Health
Association

Wednesday, February 8th

1:00 PM

MADE IN CANADA: TOBACCO CONTROL POLICY & SMOKING CESSATION SOLUTIONS – Concurrent Session 1

Moderator Ian Culbert, Executive Director, Canadian Public Health Association

Making the Case for Smoke-free Parks in Canada

The creation of more smoke-free parks will help challenge the normalization of public smoking and vaping and will reduce smoking cues to children and youth. These efforts are an important step in reducing public smoking and working to achieve Canada's "5 by 2035" objective. This presentation will explore the background, rationale, and motivation to support the creation of more smoke-free parks across Canada, including a smoking ban in national parks.

Speaker Les Hagen, Action on Smoking & Health (ASH) Canada

Smoke Free Curious: Evaluating a Campaign Designed to Help Canadians Make Quit Attempts

Smoke Free Curious supports Canadians aged 35-64 years, who smoke/use commercial tobacco, make quit attempts. Smoke Free Curious aims to provide access to nicotine replacement therapy (NRT) on a national scale and adopts a non-judgmental approach that centres on empathy and compassion. Products are provided in both English and French and promoted on many channels. This presentation will explore findings including the inequities that came to light around NRT access in Canada.

Speakers Tracey Borland, Ontario Tobacco Research Unit
Terri Scheider, Canadian Cancer Society

Accelerating the Spread of Smoking Cessation Supports in Cancer Care Settings Through a Systems-change Initiative

Smoking cessation support is a critical component of first-line cancer treatment because quitting smoking increases the effectiveness of cancer treatment and improves survival by about 40 percent. Quitting smoking also substantially reduces cancer survivors' risk of developing other chronic diseases and improves overall health status. This presentation will describe how the Canadian Partnership Against Cancer (Partnership) used a systems-change approach to integrate evidence-based smoking cessation into cancer care across Canada, their findings, and plans for the next phase.

Speaker Caroline Silverman, Canadian Partnership Against Cancer

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1:00 PM

SHOWCASE: TAILORED PREVENTION & CESSATION PROGRAMS - Concurrent Session 2

Moderator Michelle Rand, Senior Manager, Indigenous Cancer Care Unit, Ontario Health

The Expand Project: A Social Marketing Campaign for Queer & Trans Young Adults

Research has suggested several reasons why cigarette smoking rates are high among queer and trans young adults, such as minority stress and stigma, discrimination, targeted marketing by the tobacco industry, and normative behaviours among peers. This presentation will outline the methods and preliminary findings of a research project and social marketing campaign aimed at changing the social climate around smoking among queer and trans young adults through tailored cessation services, community support, experiential events, and social media messaging.

Speakers Lynn Planinac, University of Toronto, Ashiana Ismail, University of Toronto, Ron Renaud, Montreal LGBTQ+ Community Centre & Halcyon Zoubaidi, University of Toronto

True North Strong – Using Brand Ambassadors to Prevent Nicotine Dependence Among High-risk Young Adults

Young adults are a difficult population to reach with traditional prevention campaigns. Targeting highest risk peer crowds can be a useful strategy for behaviour change and health communications campaigns. This presentation will describe True North Strong (TNS); a peer crowd audience segmentation approach to target those at highest risk of nicotine dependence in Ontario. TNS features brand ambassadors (BAs) to shift perceived norms by amplifying prevention messages through their lived experience.

Speakers Angela McKercher-Mortimer, KFL&A Public Health
Tyler Janzen, Smartshift Communications

Build Smoke Free: A Mixed-Methods Evaluation of a Construction Sector Smoking Cessation Program

Build Smoke Free (BSF) is a smoking cessation partnership program providing construction workers with access to free evidence-based quit supports (e.g., NRT, quit coaching, contests), while promoting a smoke-free workplace culture. BSF was offered from 2019 to 2022 in over 100 construction sites in six provinces. A mixed-methods evaluation study was conducted to evaluate changes in knowledge, smoking behaviour and workplace environment; to understand participant perspectives and experiences about BSF and quitting/reducing smoking; and to compare outcomes for in-person and virtual delivery models.

Speakers Jolene Dubray, Ontario Tobacco Research Unit & Dr Pamela Kaufman, University of Toronto

Wednesday, February 8th

1:00 PM

INSIGHTS & STRATEGIES IN ADDRESSING NICOTINE DEPENDENCE IN YOUTH & ADULTS – Concurrent Session 3

Moderator David Mills, Director, Health Canada

Experiences of Nicotine Users Motivated to Quit During the COVID-19 Pandemic: A Secondary Qualitative Analysis

The COVID-19 pandemic has brought to light a variety of key factors that affect tobacco use, including behavioural patterns, social support and connection, and physical and mental health. This research identifies unique vulnerabilities of nicotine users that were not previously emphasized (e.g., the effects of boredom and isolation). Findings emphasize the need to encourage and support cessation by offering online and hybrid services, as well as utilizing novel modalities for information dissemination.

Speaker Ramona Sharma, University of British Columbia Okanagan

How Tailored & Flexible Tobacco Cessation Program Delivery Can Improve Accessibility & Overcome Participant Barriers

Commercial tobacco use in construction remains higher than the national average (28% vs. 17.5%) with barriers to quitting including job stress, second-hand smoke exposure, lack of smoke-free policy enforcement, and tobacco use that's normalized. Build Smoke-Free (BSF) is a tobacco cessation program tailored to the construction industry. This presentation will outline how this program increases quit attempts by providing cessation aides and shifting worksite culture to support smoke-free living.

Speaker Karen Kuzmich, Canadian Cancer Society

Exploring Youth Nicotine Cessation & Prevention in Prince Edward Island

Existing tobacco cessation programming currently does not meet the needs of PEI youth. A systems level youth targeted approach to cessation programming is needed that includes vaping specific services and counselling. This presentation will explore research findings and associated recommendations that will help improve outcomes for youth 11-18 years, by reducing sources of stress caused by addiction to nicotine, and work towards building supportive responsive relationships to support youth to live nicotine-free (both within and outside of the health system).

Speaker Julia Hartley, Lung Association Nova Scotia & Prince Edward Island

2:50 PM **TOBACCO CONTROL POLICY DEVELOPMENTS IN CANADA** – Concurrent Session 4

Moderator Manuel Arango, Director, Health Policy & Advocacy, Heart & Stroke Foundation

Recent Developments in Tobacco Control in Canada

This presentation will give an overview of recent developments in tobacco control across Canada including developments related to: tobacco taxation; plain packaging with slide and shell format; health warnings, including directly on cigarettes; age 21; smoke-free places, including outdoors; promotional incentives to retailers; e-cigarette measures (promotion, labelling, nicotine levels, flavour restrictions, taxation, location of sale); cost recovery fee; divestment of tobacco interests in Medicago; and other developments.

Speaker Rob Cunningham, Canadian Cancer Society

The Tobacco Settlement Negotiations & the Importance for Tobacco Control

All 10 provinces have filed health care cost recovery lawsuits against tobacco companies collectively seeking more than \$500 billion in damages. Provinces and tobacco companies are currently negotiating a settlement. This presentation will explore the progress of these negotiations and how they're expected to result in a significant reduction in tobacco use in Canada.

Speaker Sarah Butson, Canadian Lung Association

Canadian Governments Need to ROW Harder to Reduce Tobacco Use

MPOWER is an evidence-based policy bundle developed to help accelerate tobacco use reduction globally. Every two-point increase in MPOWER scoring corresponds with a one percentage point reduction in smoking prevalence rates in high income countries. Canada can advance its national "5 by 2035" target by fully implementing this essential policy bundle as soon as possible. This presentation will outline Canada's implementation of the MPOWER policy bundle with provincial and territorial breakdowns.

Speaker Les Hagen, Action on Smoking & Health (ASH)

Wednesday, February 8th

2:50 PM

CULTURALLY SAFE APPROACHES TO COMMERCIAL TOBACCO CESSATION & POLICIES WITH INDIGENOUS COMMUNITIES – Concurrent Session 5

Moderator Lisa Beedie, Indigenous Cancer Care Unit, Tobacco Wise Program Lead, Ontario Health

Talk Tobacco: Addressing the Inequitable Impact of Commercial Tobacco & Vaping Use on Indigenous Peoples

Indigenous peoples have limited access to culturally safe commercial tobacco/vaping cessation services, especially those living in northern and rural communities. In 2018, the Canadian Cancer Society and Ontario Health's Indigenous Cancer Care Unit collaborated with First Nations, Inuit, Métis and urban Indigenous communities to develop the Talk Tobacco program. This presentation will describe how culturally trained cessation specialists support Indigenous peoples seeking support by phone, live chat, text or Facebook through Talk Tobacco.

Speakers Kimberly Morrisseau & Victoria Stevens, Canadian Cancer Society

Keep Tobacco Sacred Collaboration

Commercial tobacco use within Indigenous communities is of paramount concern, with disproportionate rates of both smoking and vaping. Smoking rates among Indigenous youth are at least three times higher than non-Indigenous youth with age of onset occurring at a younger age. This project focusses on a distinctions-based approach with First Nations communities to develop and implement local, culturally specific initiatives through supporting setting change and the rightful restoration of traditional tobacco's role in First Nation communities. This presentation will outline how successful implementation of this work will support policy change in First Nations communities.

Speakers Sarah Waters, Angeline Webb & Treffery Deerfoot, Keep Tobacco Sacred Collaboration

Living Smoke Free: Exploring Métis Tobacco Reduction Strategies

The Métis are the fastest-growing Indigenous group in Canada, with an increase in the population of 91% between 1996 and 2006 (Statistics Canada, 2008). The Living Smoke Free project uses a community-based participatory research approach, including Indigenous research methodology, to inform the development of a Métis-specific tobacco reduction and vaping strategy. This presentation will explore the Living Smoke Free project and the under-represented voices of Métis and the evidence for a distinctions-based approach to interventions.

Speaker Cheyenne Richards, Manitoba Métis Federation

2:50 PM **E-CIGARETTES & VAPING IN CANADA** – Concurrent Session 6

Moderator Melanie Sanderson, Director of Programs and Services, Ontario Public Health Association

Interventions for Electronic Nicotine Delivery System & Vaping Cessation in Adults – A Systematic Review & Meta-Analysis

Use of electronic nicotine delivery systems (ENDS), colloquially known as vaping, has increased dramatically in recent years. Although long-term risks of ENDS use have not been well elucidated, known risks include nicotine addiction and "vaping-associated pulmonary injury" (VAPI). Additionally, recent studies have suggested cardiac, immunologic, and neuro-developmental effects. Given the concerns about the addictive nature of ENDS, interventions like those utilized in smoking cessation may be necessary for "ENDS cessation". This presentation will present a summary of the available literature on interventions for ENDS cessation.

Speakers Dr Hassan Mir, University of Ottawa, Heart Institute & Dr Avinash Pandey, University of Ottawa

E-squared: Evaluation of an Online Cessation Program for People who use Cigarettes and E-cigarettes

Many e-cigarette users also smoke. "E-squared" (E-intervention for E-cigarettes) is one of the first programs to support adult dual users interested in quitting or reducing their tobacco and e-cigarette use. The Centre for Addiction and Mental Health (CAMH) piloted a free, online program that supports the cessation efforts of these dual users to determine whether a self-directed online program grounded in Cognitive Behavioural Therapy would be of interest to adult dual users. This presentation will present detailed findings of this pilot, including participant satisfaction with E-squared, and what participants would like to be included in a future program.

Speaker Brooke Campus, Centre for Addiction and Mental Health

Addressing E-cigarettes: Assessing Motivators & Applying a Multi-faceted Policy Framework to the Youth Vaping Crisis

Vaping is almost three times more common among young people (<25 years old) than adults (>25 years old). Heart & Stroke assessed motivators among youth vapers to gain an understanding of influential factors and create a multi-pronged policy/advocacy response. This presentation will describe the findings and implications of the 2020-21 Youth and Young Adult Vapers Survey.

Speaker Dr. Lesley James, Heart & Stroke Foundation

Wednesday, February 8th

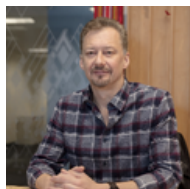
3:50 PM **PLENARY 2**

Tobacco Use & Vaping - Inequitable Impacts & Health Equity Solutions

Tackling inequities requires understanding the root causes of outcome disparities within our unique context. This session will hone in on tobacco use and vaping in Canada, and the disproportionate impacts on certain populations and communities. It is essential to address these root causes with health equity solutions to reduce the disease burden amongst these groups.

Our closing session will showcase two experts that have been supporting tobacco prevention and cessation across Canada. Dr. Michael Anderson, Strategic Lead for Indigenous Health, University Health Network, will explore commercial tobacco use and vaping in Indigenous communities, insights on the progress (or lack of progress) being made to support Indigenous communities, in addition to actions needed to address these inequities. Dr. Milan Khara, Physician and Clinical Director, Vancouver Coastal Health, will then share the impacts of tobacco use and vaping on people with mental health issues, barriers they face, and solutions needed to support vulnerable populations. To close our first day, this session will shed light on focus areas for us to think about as we work together towards to less than 5% by 2035.

Speakers



Dr. Michael Anderson,
Strategic Lead for
Indigenous Health,
University Health
Network



Dr. Milan Khara,
Physician and Clinical
Director, Vancouver
Coastal Health

Moderator



Sandy Maxwell,
Senior Policy and Program
Strategist, Ontario Public
Health Association

Thursday, February 9, 2023

11:15 AM	OPENING REMARKS
11:30 AM	THE EFFECTS OF VAPING IN CANADA Plenary 3
12:25 PM	LUNCH
1:00 PM	EMERGING FINDINGS FROM A NATIONAL LONGITUDINAL STUDY OF YOUTH & YOUNG ADULT VAPERS – Symposium 1
	COCHRANE REVIEW: ELECTRONIC CIGARETTES FOR SMOKING CESSATION – Symposium 2
2:00 PM	EXHIBIT HALL - Poster Presentations
2:40 PM	STRETCH BREAK
2:50 PM	TOBACCO & VAPING WORKSHOP Charting the Course to less than 5% by 2035
3:50 PM	STRETCH BREAK
4:00 PM	GETTING TO LESS THAN 5% BY 2035 Plenary 4
5:00 PM	CLOSING REMARKS



Thursday, February 9th

11:30 AM **PLENARY 3**

The Effects of Vaping in Canada

With the legalization of nicotine in e-cigarette products in Canada, new challenges and questions arose regarding the impacts of vaping, including health outcomes. We have seen increases in vaping over the last few years, especially amongst youth and young adults, resulting in changing health behaviour trends, which require an innovative lens for strategies to be effective. This day two opening session includes two experts, who will discuss net effects of vaping in Canada.

Our two plenary speakers Dr. David Hammond, Professor and University Research Chair, University of Waterloo, and Dr. Peter Selby, Senior Medical Consultant and Clinician Scientist, Centre for Addiction and Mental Health, will cover several the effects of vaping including overall prevalence, impact on nicotine addiction and tobacco use, health effects, youth initiation, and tobacco cessation and use among others. This session will provide delegates with an overview of vaping in Canada and its complexities.

Speakers



Dr. David Hammond,
Professor and
University Research
Chair, University of
Waterloo



Dr. Peter Selby,
Senior Medical
Consultant and Clinician
Scientist, Centre for
Addiction and Mental
Health

Moderator



Ian Culbert,
Executive Director,
Canadian Public Health
Association

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Program | National Conference on Tobacco and Vaping 2023

1:00 PM **SYMPOSIUM 1**

Emerging Findings from a National Longitudinal Study of Youth & Young Adult Vapers

Youth and young adults comprise the largest segment of vapers in Canada, yet we scarcely know about the development of nicotine dependence, the impact of policies, and the impact of vaping on mental and physical health. The Vaping Dependence Cohort Study was launched in 2020 to address these gaps in knowledge and to inform future policy.

This symposium, moderated by Sarah Butson, Canadian Lung Association, will present findings that can help policymakers implement stronger vaping policies to reduce e-cigarette use among youth and young adults. Practitioners can apply study findings to help identify people who may become dependent or depressed when using e-cigarettes.

Speakers



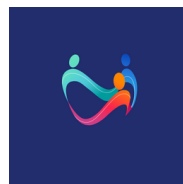
Dr. Robert Schwartz,
Executive Director,
Ontario Tobacco
Research Unit



Dr. Michael Chaiton,
Ontario Tobacco
Research Unit



Jolene Dubray,
Ontario Tobacco
Research Unit



Persons with Lived
Experience

Moderator



Sarah Butson,
Public Affairs and Policy
Analyst, Canadian Lung
Association

1:00 PM **SYMPOSIUM 2**

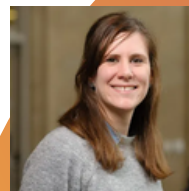
Cochrane Review: Electronic Cigarettes for Smoking Cessation

Cochrane reviews are considered the gold-standard in evidence synthesis. The Cochrane Living Systematic Review of E-cigarettes for Smoking Cessation is supported by Cancer Research UK, and was last updated in November 2022. In this symposium, moderated by John Atkinson, Ontario Public Health Association, we will cover main findings from this review and related work, as well as consider how findings from the Cochrane review compare to observational evidence in this area.

Speakers



Dr. Jamie Hartmann-Boyce,
Director, University of Oxford



Dr. Nicola Lindson,
Senior Researcher,
University of Oxford



Dr. Ailsa Butler,
Postdoctoral
Researcher, University
of Oxford



Person with Lived
Experience

Moderator



John Atkinson,
Executive Director,
Ontario Public Health
Association

INTREPID at CAMH (formerly Nicotine Dependence Service)

Using a Learning Health System, our program provides treatment, research, education, knowledge mobilization, and innovation in smoking and vaping cessation, health behaviour change & digital health.

STOP PROGRAM: CANADA'S LARGEST SMOKING CESSATION PROGRAM

STOP provides free Nicotine Replacement Therapy and is currently active in 300+ healthcare organizations across the province. Patients and their providers can enrol & participate online or in-person, making it accessible and scalable. STOP generates data insights and personalized treatment recommendations.

Our direct-to-patient program STOP on the Net provides 8 weeks of free Nicotine Replacement Therapy sent by mail.

Visit our website to learn more:
www.stopstudy.ca



TEACH: CANADA'S BENCHMARK TOBACCO & VAPING CESSATION, HEALTHY BEHAVIOUR CHANGE EDUCATION PROGRAM

TEACH provides continuing education & capacity-building focused on training healthcare providers to support their patients with tobacco addiction and cessation, and address e-cigarette use/vaping. TEACH offers continuing education courses and webinars, tailored training, resource development for partner organizations, and more.

For our up-to-date course catalog, visit:
www.teachproject.ca



At INTREPID, we continue to seek new opportunities to make smoking & vaping treatment accessible, informed by evidence and data collection. We are expanding, growing our programming beyond Ontario and beyond our current patient segments.

If you are interested in getting in touch, please contact:
Rosa Dragonetti –
Rosa.Dragonetti@camh.ca

2:50 PM **TOBACCO & VAPING WORKSHOP**

Charting the Course to Less Than 5% by 2035

This interactive workshop will engage delegates in applying the knowledge they have gained from conference activities. The session will include a breakout session, and the presentation of key takeaways.

Facilitator



John Atkinson,
Executive Director,
Ontario Public Health
Association

3:50 PM **PLENARY 4**

Getting to Less Than 5% by 2035

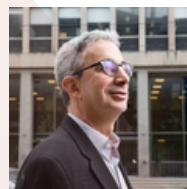
While we have seen historic lows in tobacco use prevalence in Canada, there is still much work to be done in tobacco control and vaping. This conference served as an opportunity to learn, be inspired and network with groups across Canada and internationally with a shared goal. In the closing of this year's conference, we invite delegates to reflect on our theme of "Charting the Course to Less Than 5% by 2035: Building on Progress Towards New Gains," the knowledge gained throughout conference activities and connections made for collaborating on efforts to actualize the less than 5% by 2035.

Our final messages will be delivered by Dr. Sonia Johnson, Director-General of the Tobacco Control Directorate, Health Canada, and Dr. Robert Schwartz, Executive Director of the Ontario Tobacco Research Unit. They will highlight the progress made in Canada, where we have lost momentum over the past three years, as well as presenting an overview of what bold policy, research and practice-based measures are needed to accomplish the "5 by 2035" goal.

Speakers



Dr. Sonia Johnson
Director General,
Health Canada



Dr. Robert Schwartz,
Executive Director,
University of Toronto

Moderator



Rob Cunningham,
Senior Policy Analyst,
Canadian Cancer Society

Poster Presentations

A Systematic Review of Predictors of Different Vaping Behaviours Among Young People

Anasua Kundu, University of Toronto & Queens University

Acute Vaping Cessation Improves Markers of Lung Function Impairment

Tina Afshar, University of British Columbia

Characteristics of E-cigarette Use Among a Consecutive Series of Cardiac Inpatients at the University of Ottawa Heart Institute

Adrienne Gaudreault, Ottawa Model for Smoking Cessation, University of Ottawa

Disposable Electronic Cigarette or Puff Use Among Young People in Switzerland

Dr Yara Barrense-Dias, Center for Primary Care And Public Health (Unisanté)

Drop The Vape: An Anti-vaping Intervention in Québec High Schools

Douglas Lebo, Drop The Vape

Exploring Potential Strategies to Combat Commercial Tobacco Use Among Indigenous Peoples

Prasanna Kannan, University of Saskatchewan & Saskatchewan Cancer Agency

Perceptions of Risk and Benefits of Cannabis and E-cigarette by Saskatchewan Youth in a Post-legalization Environment

Tracey-Ann Stitchell, University of Saskatchewan

Researching With You, Not For You: Families and Researchers as Partners. Together Is Better.

Dr Bilqis Williams, McMaster University & Sick Kids

Social Media and E-cigarette Marketing Regulation

Nada Abu-Zarour, Ontario Tobacco Research Unit, University of Toronto

Specialty Vape Stores in Ontario: the Quick Rise of a New Industry - An Overview of the Province of Ontario's Evolving Regulatory Response to a New Category of Vapour Product Retailers

Martin Kuhn, Simcoe Muskoka District Health Unit

What Do We Know About Canadians Who Use Vaping Products? Using a SGBA+ Approach to Characterize Canadians Who Vape

Christine Czoli, Health Canada

Youth Acquisition of E-juice in Canada through Internet Retail Vape Stores

Dr Shawn O'Connor, Ontario Tobacco Research Unit, University of Toronto

Become a member of CPHA and OPHA today!



**CANADIAN
PUBLIC HEALTH
ASSOCIATION**

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CANADIENNE DE
SANTÉ PUBLIQUE**

The Canadian Public Health Association and Ontario Public Health Associations speak on behalf of Canada's community and public health community on issues of critical importance to the health and well-being of Canadians and people around the world. Members give the Association unparalleled credibility, direction and authority, as well as expertise and human resources, both provincially and nationally. In return, the Association provides members with relevant information, training opportunities and opportunities to advocate for evidence-informed policy alternatives.

For only \$300 per year, you can become a member of both CPHA and OPHA and receive all of the benefits of that both memberships have to offer!

For **CPHA and Conjoint Membership** visit: www.cpha.ca/become-member

For **OPHA Membership** visit: www.opha.on.ca/membership