

New Brunswick Provincial Vaping Working Group Meeting Summary
(Presented by the New Brunswick Anti-Tobacco Coalition – NBATC)

Meeting Date: Thursday, November 21, 2019

Co-Chairs: Kristin Farnam, NBATC Coordinator, and Renée LeBlanc Smith, Health Promoter, Vitalité Health Network

1. Welcome and Introductions

2. Review Purpose and Mandate

Purpose and Mandate of the Provincial Vaping Working Group

Purpose: To create a forum to connect and collaborate with others to address youth vaping.

Mandate: The Provincial Vaping Working Group brings together organizations working to prevent and address youth vaping in NB:

- To reduce duplication of work, by aligning our efforts
- To build capacity by exchanging knowledge and expertise.

Traditional Use of Tobacco and Misuse

This feature presentation was provided by working group member- Oasoeg Millea from Mawiw Council which consists of three First Nations communities: Burnt Church (Esgenoopetitj), Elsipogtog, and Tobique

The council created a toolkit in 2018 on the traditional versus commercial uses of tobacco. They use the 7 sacred teachings (also called grandfather teachings) ie. Buffalo represents respect. Mi'kmaq and Maliseet languages are used along with English. Written mostly in English (how to do the activities) the titles are in First Nations languages. There are 3 categories, Ages 6-11 (Primary to grade 6,) Ages 12-17 (grades 7 to 12) and community members.

Toolkit is organized by:

- Reducing consumption among First Nations Youth
- Health Risks
- Strategies/Activities for Prevention
- Respecting Traditional use of Tobacco.
- The Traditional use of Tobacco
- Seven Sacred Teachings
- Traditional Tobacco use and misuse

How the activities are organized:

- Summary – Why is it important to use the 7 sacred teachings when talking about tobacco strategy because it honours the virtues necessary for a full and healthy life!
- Objective – students will
- Materials - books
- Making Connections – important for FN's to know and understand our teachings and traditional use of tobacco.
- Background – make sure you have all your supplies for activities
- Activity – what you will be teaching

The tobacco they use is farmed which means it has less chemicals

The binder is designed for teachers to remove pages and copy and return them to binder

The toolkit will be posted on the First Nations Help desk

Video: a video will be made available as well on the same topic: Commercial versus traditional uses of tobacco to explain its cultural significance. The video is expected to be made available by the New Year

Blue Light Campaign

An annual campaign each October that encourages people to avoid smoking and vaping in their homes. Participants receive a blue porch light indicating their commitment to a smoke-free home.

Smoke-Free Policies-the procedure for passing smoke-free policies in First Nations communities will be reviewed in an upcoming webinar on Dec 10th. See First Nations Help desk for more information.

3. Aligning Our Efforts

A. Updates on collaborative projects:

Vaping

(Vitalité and Horizon Health Networks) – This toolkit is comprised from the four pillars of the *Comprehensive School Approach* with the power point that was created by Vitalité being one of those pillars. Renée Smith provided an update on the toolkit approval status. The power point has been sent to the francophone Department of Education and is awaiting final approval. An evaluation to accompany this power point is being finalized as well.

Joyce Walker-Haley added that the toolkit reflects a great deal of collaboration and work from many departments that now have to sign-off on and provide final approval before going to communications. The toolkit is now going through this process.

Vaping Webinar (NBATC) - Kristin Farnam provided an update on the status of the NBATC webinars aimed at addressing the issue of vaping in schools. In response to the expressed need by teachers, principals and administrators who have reached out to the NBATC with requests for information on how to deal with the growing epidemic of youth vaping at their schools-the NBATC has pledged to provide a free webinar called *A Comprehensive Approach to Vaping Education and Prevention in Schools*.

The webinar will aim to educate teachers and principals on risks associated with vaping (by medical experts), provide a review of existing school districts smoking policies and highlight resources, especially the toolkit developed by Horizon and Vitalité. Once completed, the webinar will be archived on the NBATC website for teachers to access at their convenience.

Lynn Ann Duffley added that she has just received access to a list of all the principals and vice-principals in the province and that sending the webinar invite to this group would be the most effective way to gain uptake of this event among educators ideally sent at the same time approval is passed to further impact its importance within this sector.

B. Roundtable sharing- Work from Within Each Organization on Vaping

Systemic change and advocacy work -Joyce Walker Haley started a discussion around advocacy work that could be done by the vaping working group. She asked the group if it would be possible to put documents (a form letter) together to send to MLAs stating what we want from government. Members from the NBATC, Horizon Health Network and GNB added that they are non-advocacy organizations and would not be able to participate in letters to lobby the government. Kerrie Luck shared that she had recently written a letter to Premier Blaine Higgs outlining her evidenced-based suggestions for stricter regulations on the sale and promotion of vaping products and would be meeting with him on Monday, November 25th. The letter was copied to The Honorable Ted Flemming, Minister of Health and The Honorable Dorothy Shephard, Minister of Social Development. Barbara Walls suggested that members interested in advocacy work should band together on a collective statement. For groups who regularly participate in advocacy work, Renée suggested that Barbara contact the NB Medical Society. Kerrie suggested a collaboration between the four main health charitable organizations including NB Lung along with Canadian Diabetes Association, the Heart and Stroke Foundation and the Canadian Cancer Society. Leslie Marques from GNB added that both the Canadian Cancer Society and the Heart and Stroke Foundation of NB have recently released their position statements on vaping. Lynn Ann Duffley suggested that both group and individual letters are equally as impactful with creating awareness and providing information on key issues surrounding new potential regulations on vaping products.

Actions: Kerrie will share a copy of her letter to members.

Hampton High- Clean Air Initiative- Hampton High school teacher Hardy Cameron shared information on his TATU group called the *Clean Air Initiative* (CAI). In collaboration with Kerrie Luck and the Department of Social Development, Hardy's group has received funding for their activities which among many have included a survey. Kerrie shared the results of a survey done at Hampton High with 27% of the 357 participants identifying themselves as *frequent users*. Hardy Cameron described the level of addiction with e-cigarette use among the school's students with approximately 10 students entering and leaving the bathroom near his classroom in order to vape just in the time he was online for this meeting. He asked the group what could be done to treat vaping cessation in this setting and that he is open to assisting any pilot project that could be started at his school. Karelle Guignard commented that she has met with the Director of Health to discuss what could be

done around cessation for youth. She encouraged Hardy to send an email detailing his experiences with frequent users at his school as well as the number of concerned students who have reached out to him looking for help with their addictions.

Kerrie suggested the group examine and possibly update an existing toolkit that supports the collaboration between teachers and students to be used in a SWAT or TATU group focusing on the promotion of a healthy environment while working to affect change in student culture. Kerrie feels this toolkit could be a guide for other schools to use who are contemplating starting a new TATU or SWAT group. It does not currently contain information on cessation or vaping. Lynn Ann added that in the past with the help of this guide and a complementary website, that many student-led TATU groups were formed and many did facilitate cessation with community resources. She suggested looking for research that has been done on youth cessation and what appeals to this population whether it is an app, online program or by phone program. Kerrie attended a recent American Lung Association's webinar that described a cessation program for youth currently offered in the US only. It is called the ADAPT program that sends smoke-free policy violators to this program instead of just applying suspensions to students. Often the students were positively influenced by this program to begin a quit journey after their mandatory attendance. Karelle added that there is currently no known recommendations on how to treat youth vaping addiction pharmacologically at this point. When she meets with the director of health she will provide a follow up to this group. Leslie added that she too will be part of a collaborative meeting between GNB, OCMOH, Horizon and Vitalité that will discuss youth vaping cessation across the province.

Leslie proposes another meeting prior to February to discuss coordinated actions that could take place to support schools to address vaping using a comprehensive approach. This meeting would include a discussion around the possible revision of the *Tobacco Free School's guide*, identify existing resources that may be relevant, determine where there are gaps in resources or actions and agree to next steps.

Action: Leslie will send an email to members to ask if they would like to continue this discussion of vaping resources for schools and what could be done next. She also suggested we ensure we involve representatives from the Department of Education and Early Childhood Development, students and educators as well to receive their input and point-of-view.

Topics not addressed in the meeting: These discussions will be carried over to the next meeting.

Building Capacity

A. Exchanging knowledge

- I. 2018-2019 youth vaping rate (NBHC data)
- II. Youth vaping cessation
- III. Signage requirements

Since our last meeting:

- I. American Lung Association Webinar
- II. ASD-S resources

Reminders:

- III. Consider the Consequences (<https://www.canada.ca/en/services/health/campaigns/vaping.html>)
- IV. [Canada.ca/vaping](https://www.canada.ca/vaping)
- V. Health Canada Website Monitoring Vaping Related Illnesses <https://www.canada.ca/en/public-health/services/diseases/vaping-pulmonary-illness.html>

NBATC Website and Email Communications – E-Cigarettes and Vaping

Vaping resources are currently listed on the NBATC's website at: <http://nbatc.ca/en/index.php?page=e-cigs-vaping-products-flavouredtobacco>. The NBATC will continue to add resources to its website, including links to all resources produced and shared by members of the Provincial Vaping Working Group that can be made available to the public.

The NBATC will start creating a special seasonal e-newsletter highlighting all recent resources and news related to the vaping issue. All members of the Provincial Vaping Working Group will receive this special newsletter, as well as members of the NBTAC's general email distribution list.

Contact the NBATC at communications@nbatc.ca if you are not already subscribed to the NBATC's email list.