

Document 5 – Written submissions received by the Ottawa Board of Health (from the meetings of April 18, 2016 and June 20, 2016)

### **Deputation to Ottawa Board of Health, April 18, 2016**

Roberta Ferrence, Sr. Scientific Advisor,  
Ontario Tobacco Research Unit, University of Toronto  
[roberta.ferrence@camh.ca](mailto:roberta.ferrence@camh.ca)

### **WHAT DO WE KNOW ABOUT HOOKAH (WATERPIPE)?**

- Hookah smoke is toxic: it contains high levels of fine particulates, carbon monoxide, benzene, heavy metals and other contaminants.
- Levels of Carbon Monoxide are about three times those found in smoky bars.
- The water does not filter toxic materials from the smoke.
- Much of the smoke comes from the burning charcoal, but a significant amount also comes from the tobacco or herbal product.
- The tobacco or herbal product is not just warmed by the charcoal. It burns at a low temperature, which actually produces more toxic smoke because of incomplete combustion.
- Except for nicotine, there is no difference in the toxicity of tobacco and herbal hookah smoke.
- Hookah products are often mislabeled, so that users may not know if they are getting nicotine or not.
- Hookah use among Ontario students is now roughly equal to cigarette use. (Over 8% in past year, grades 7-12; 14% in Grade 12 in 2015)
- Hookah use is associated with serious health effects, including cancer, coronary heart disease, chronic bronchitis, emphysema, high blood pressure, impaired lung function, CO intoxication, obstetrical complications, osteoporosis, gum disease, and infectious diseases (TB, Hepatitis, Meningitis). Use of disposable mouthpieces does not eliminate the spread of disease. Nicotine itself causes serious effects in the fetus and harms adolescent and young adult brain development.

### **WHAT DID WE FIND IN THE TORONTO WATERPIPE STUDY?**

- Most hookah cafes serve at least some tobacco products in contravention of the Smoke-Free Ontario Act. At least half of venues showed levels of air nicotine that were higher than those found in restaurants and bars before indoor bans.
- Levels of toxic hookah smoke found in these cafes often surpass hazardous exposure levels found in occupational health and safety workplace regulations.
- Nonsmokers are exposed to high levels of second hand smoke. Two hours of exposure for nonsmokers raised CO levels to those of a regular smoker.

- Use of hookah outdoors can also result in hazardous levels of exposure to particulates.

### **WHAT ARE OTHER JURISDICTIONS DOING ABOUT HOOKAH?**

- A dozen Ontario municipalities, including Toronto, Peterborough, four Canadian provinces (NB, NS, QB, PEI) and several Middle Eastern and neighbouring countries now ban or restrict the use of hookah indoors, including Lebanon, Egypt, Jordan, UAE, Turkey, Syria, Kazakhstan and parts of Saudi Arabia and India.

### **WHAT ARE IMPLICATIONS FOR PUBLIC POLICY AND HEALTH**

- Tobacco hookah is already banned in Ontario and many other communities. The exemption of herbal hookah is an anomaly that occurred because there were no toxicity data available before 2009 when many tobacco bans were originally implemented.
- Exposure to herbal hookah already contravenes provincial regulations for indoor air quality.
- Wait staff in hookah cafes are currently exposed to toxic levels of hookah smoke, which contravenes provincial occupational health and safety regulations. This may expose municipalities to liability for job-related damage to health.
- Families with children and tenants living in buildings with hookah cafes are unknowingly exposed to hazardous levels of particulates, CO and nicotine.
- Exposure to tobacco and herbal hookah in public places may normalize the use of all tobacco, nicotine and herbal products and increase overall use and exposure.
- Ottawa now has an opportunity to protect patrons, nonsmokers, wait staff, residents in the same building and the general public from this preventable toxic exposure.

**From:** Smoke-Free Ottawa

**Sent:** Monday, April 11, 2016 4:01 PM

**To:** Watson, Jim (Mayor/Maire); Monette, Bob; Mitic, Jody; Harder, Jan; Wilkinson, Marianne; El-Chantiry, Eli; Qadri, Shad; Taylor, Mark; Chiarelli, Rick; Ward 9; Deans, Diane; Tierney, Timothy; Nussbaum, Tobi; Fleury, Mathieu; McKenney, Catherine; Leiper, Jeff; Brockington, Riley; Chernushenko, David; Cloutier, Jean; Blais, Stephen; Darouze, George; Moffatt, Scott; Qaqish, Michael; Hubley, Allan; healthsante

**Subject:** Evidence in Support of Strengthening Ottawa's Smoke-Free Bylaws

Dear Mayor Watson, Members of Ottawa City Council, and Members of the Ottawa Board of Health:

The Ottawa Council on Smoking or Health (OCSH) is advocating for stronger smoke-free bylaws for indoor and outdoor public spaces in the City of Ottawa.

The OCSH supports Ottawa City Council's decision on November 25, 2015 directing city staff to prepare updates to the smoke-free bylaws to come into effect prior to Fall 2016 (see attached).

We respectfully submit the following documents in support of stronger smoke-free bylaws for indoor and outdoor public spaces:

- OCSH's position statement on strengthening the City of Ottawa's smoke-free bylaws: <http://www.smokefreeottawa.com/whats-new/ocsh-position-statement-on-strengthening-the-city-of-ottawas-smoke-free-indoor-and-outdoor-bylaws>
- OCSH's fact sheet on the health risks of e-cigarette use and the health risks of e-cigarette vapour: <http://www.smokefreeottawa.com/whats-new/ocsh-fact-sheet-in-support-of-stronger-smoke-free-bylaws-for-the-city-of-ottawa-prohibiting-vaping-indoor-and-outdoors>
- An analysis of water pipe legislation and bylaws in Ontario and across Canada by the Non-Smokers' Rights Association: [https://www.nsra-adnf.ca/cms/file/files/2016\\_Waterpipe\\_Bylaws\\_Update-FINAL.pdf](https://www.nsra-adnf.ca/cms/file/files/2016_Waterpipe_Bylaws_Update-FINAL.pdf)
- The attached PowerPoint presentation by Dr. Meena Dawar, Medical Officer of Health for Vancouver Coastal Health to Vancouver City Council in support of Vancouver's bylaw to regulate the use of e-cigarettes in public spaces.

You may find these additional documents helpful:

- Letter to the Ottawa Citizen, published on March 26, 2016, by Dr. George Chandy, Ottawa, MD MSc FRCPC and Chair of the Ontario Thoracic Society, in support of prohibiting vaping in public spaces:

- <http://ottawacitizen.com/opinion/letters/your-letters-for-saturday-march-26-vaping-and-speeding>
- A study by the Ontario Tobacco Research Unit on air quality in water pipe establishments in Toronto. This study provided scientific evidence in support of the City of Toronto's water pipe bylaw: [http://www.camh.ca/en/hospital/about\\_camh/newsroom/CAMH\\_in\\_the\\_headlines/stories/Pages/Calls-for-hookah-ban-backed-by-OTRUCAMH-research.aspx](http://www.camh.ca/en/hospital/about_camh/newsroom/CAMH_in_the_headlines/stories/Pages/Calls-for-hookah-ban-backed-by-OTRUCAMH-research.aspx)
  - A report by the Toronto Board of Health recommending a water pipe bylaw: <http://www.toronto.ca/legdocs/mmis/2015/hl/bgrd/backgroundfile-80194.pdf> and the water pipe bylaw: <http://app.toronto.ca/tmmis/viewAgendaItemHistory.do?item=2015.HL4.1>
  - A fact sheet by the American Non-Smokers' Rights Association on marijuana second-hand smoke: <http://www.no-smoke.org/pdf/secondhand-marijuana-smoke.pdf>

Please do not hesitate to contact us should you require additional information.



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  
April 18, 2016

Presented By Carol McDonald, President  
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>



# HINTONBURG

COMMUNITY ASSOCIATION INC • ASSOCIATION COMMUNAUTAIRE INC  
1064 RUE WELLINGTON ST • OTTAWA, ONTARIO, K1Y 2Y3  
[www.hintonburg.com](http://www.hintonburg.com)

Apr 18, 2016

Chair Qadri  
Members of the Board of Health

Re: Let's Clear the Air Action Plan 2016

The Hintonburg Community Association supports the extension of the prohibition of smoking in public places to include shisha/hookah smoking.

Experience in this community has shown that a young crowd patronizes the shisha/hookah establishment here. Patrons are often seen outside smoking cigarettes as well – allowing no smoke free period while at the establishment. This is an important age group to try to reduce smoking and ensure at least some smoke free period. Other patrons are also exposed to second-hand smoke when they enter the premises.

We understand the difficulty by-law inspectors encounter trying to enforce the “no tobacco” by-law. Without seizing and analyzing samples it is impossible to know if the current by-law is being broken.

Workers, and enforcement agency personnel are exposed to second hand smoke in the course of carrying out their inspection duties.

Please support the staff recommendations to encourage the Province to include shisha in the Smoke Free Ontario Act and to move forward with Ottawa regulations should the Province not include it.

Sincerely



Cheryl Parrott  
Co-Chair Security Committee

Cc: Dr. Levy  
Councillor Leiper

Good morning Chair, Vice-Chair, Councillors, and Board members.

It's a pleasure to be able to give a deputation to you today.

I am here to add our voice, the voice of the Ontario Lung Association, to strengthening smoke-free indoor and outdoor bylaws.

My name is Melanie-Estable-Porter and I am the Corporate & Community Development Officer for the OLA. I myself have lived with asthma for over 15 years, do my best to manage asthma, avoid triggering an asthmatic response in my airways to keep out of Emergency rooms, this is difficult when someone is smoking, my 8 year old son also has asthma.

I am a patron of public places in Ottawa, too, and need the Board of Health's support to be protected from asthmatic responses due to second-hand smoke stemming from all sources.

I am also here representing the 84, 885 of your community's 1, 228, 995 residents who are living with COPD and their families. Larry who I am also here with today grew up trying to catch his breath. I and the OLA help people like Larry catch their breath.

Last year the Ontario Lung Association went before the City of Toronto Board of Health to express concern over the increase of hookah use in licenced establishments. Hookah use was becoming a serious concern as more and more young people were taking up the habit.

We were pleased Toronto City Council adopted our recommendations and addressed our concerns to ban the use of hookah in all licenced establishments.

Early that same year the OLA took a stand on the increasing use of e-cigarettes across the province.

We went before an Ontario Legislature Standing Committee to express our concerns and to ask the province to regulate their use. Bill 45 passed, providing a reasonable limit to the use of e-cigarettes.

Now we are working with the government of Ontario on Bill 178, a bill that deals with the use of medical marijuana, and further e-cigarette regulations.

We are becoming a smoke free province, and with your support we can further help Ottawa residents better breathe with ease.

The Ottawa Council on Smoking and Health today is ask you to amend the smoke-free bylaws by:

- Prohibiting the use of tobacco and herbal waterpipes, electronic cigarettes, marijuana, medical marijuana, and herbal cigarettes inside and outside all public places where tobacco smoking is prohibited.
- Prohibiting the use of electronic cigarettes inside vaping shops.
- Expanding the legal language in the smoke-free bylaws (which currently only refers to "tobacco smoking") to include "any weeds or substances that can be heated or combusted and that creates any smoke, vapour, or other noxious fumes".

As you heard I know firsthand, every day, the impact that lung disease has on people and their families... it is truly heart breaking at times.

The OLA and myself support these amendments and ask you today to adopt them in full.

We have made so many gains in the fight to protect people's right to breathe. These amendments are truly a reasonable approach to help keep people away from the harmful effects of lung cancer causing substances.

Regardless of the arguments you have heard today, our lungs are too important, after all they are vital organs.

Only two "elements" should be allowed into our airways, that's air and more importantly, clean air.

Thank you for your time. I will wait to answer any questions you may have.

## Deputation to the Board of Health April 18, 2016

Thank you for allowing me to present my thoughts regarding stronger smoke-free indoor and outdoor bylaws. I believe that the bylaws ought to include tobacco, and herbal water pipes, herbal cigarettes, marijuana, medical marijuana and other weeds or substances that can be heated or combusted. It would be diligent of the Board to include all future substances in this bylaw, as we all know that the Tobacco Industry remains a viable and voracious organization.

My name is Ellen Holmes. I am a resident in the city of Ottawa. I am a Registered Respiratory Therapist and Certified Respiratory Educator. I have been practicing in various health care settings for 34 years.

I am also Cessation Specialist. Many of my patients have successfully quit smoking as they recognize how harmful it is. Most of them are still struggling with maintaining their smoke-free lives. The last thing they need is to be exposed to the harmful effects of the above mentioned toxic gases. Building stronger smoke-free bylaws will protect them and help them remain smoke-free.

Of note, my first experience with a patient who was using an e-cigarette, which she purchased on line, was during a routine pulmonary function test. We did the test and she had a notable response to the bronchodilator. We had the discussion about Health Canada's 2009 Advisory about e-cigarettes . I recommended Nicorette or clean nicotine replacement and to consider Zyban or Champix. While I was putting my comments on her report she took a puff of her e-cigarette. I asked her if I could check her spirometry again just to see if it made a difference. Her FEV1 dropped right back to where it was before I gave her the inhaler. One puff irritated her airways so much that it put her back into bronchospasm. There is strong evidence that it increases the inflammatory response in the airways as well. <sup>1,2</sup>

COPD is now the fourth leading cause of death in the world. It is anticipated that it will be the third leading cause of death by 2020. Cardiovascular and peripheral vascular disease are also attached to smoking. The cause of death on autopsy may very well be identified as a cardiac arrest, respiratory arrest or a Stroke, but ultimately it is the harmful effect of tobacco and combustible particulate matter that led to the unnecessary and untimely death of many humans. We know that inhaling any substances that are heated, lit, smoked, burned, combusted, or

vapourized, cause destruction of the delicate basement membrane in human airways. Clearly cancer has an incomparable presence in our communities as well. Many cancers are caused by smoking.

Since my work is now focused in the Ottawa Valley, I believe that your direction to place stronger bylaws will be noticed and will help the rural sector develop stronger bylaws as well.

Again I thank you for allowing me to present my thoughts on this issue.

1. Drummond, M.B., and Upson, D. (2014). Electronic cigarettes. Potential harms and benefits. *Annals of the American Thoracic Society*, 11(2), 236-242
2. Grana, R., Benowitz, N, & Glantz, S.A. (2014). E-cigarettes A Scientific Review. *Circulation*, 129(19), 1972-1986

# Prohibiting the use of Waterpipes in Public Places and Workplaces

*June 20, 2016*

**Mustafa Coja, BPHE, BA, CSEP CEP**

*Ottawa Model for Smoking Cessation in Primary Care*

*University of Ottawa Heart Institute*

*Division of Prevention and Rehabilitation*

# Current State/Prevalence

- Gaining considerable popularity in North America and around the globe.
- Appealing primarily to youth and young adults



## Ontario Student Drug Use and Health Survey

- Use among youth (15-19 yrs)
  - 11.2% ever used
  - 9.7% use within last year
  - **43.3%** daily smokers used hookah in past year compared to **42.3%** occasional smokers and **6.3%** non-smokers

## Youth Smoking Survey

- National Average: 9%
  - Increase of ~ 6% from previous survey data among all Canadian students
  - Boys and older students more likely to have ever used
  - Cigarette smokers, alcohol drinkers and marijuana users more likely to use
  - No reportable difference by ethnicity

# Current State/Prevalence

## 2012 data: Waterpipe Use Among Young Adults (20-24)

- 30% young adults reported to ever use
- Ottawa, ON
  - 13% of grade 7-12 students reported use at least once
  - 14% high school students used once in last year
  - Comparable stats to rest of Ontario



# Public Views / Attitudes

- Growing popularity can be attributed to:
  - Reduced-harm perception
  - ‘Safer’ alternatives to smoking cigarettes
  - Less irritating aromatic smoke
  - Fruity/appealing flavour of ma’assel
  - Easy setup/use
  - Low cost
  - Thriving café culture and social scene
    - can reinforce misconception of lack of harm

# Reality of Hookah Use

- Comparable health risks to cigarette smoking
  - Hookah smoke comparable to cigarette smoke
    - Heavy metals (arsenic, beryllium, chromium)
    - Benzene
    - CO
    - Polycyclic Aromatic Hydrocarbons (PAH)
- \*\* Increased amount of CO and PAH from burning charcoal**

Kassem, N et. Al. (2014). Benzene uptake in hookah and non-smokers attending hookah social events: regulatory implications.

*Cancer Epidemiology, Biomarkers & Prevention.*

Khan, A. et al. (2014). Waterpipe Smoking: A “healthy” alternative to cigarettes or a health hazard in disguise?. *Canadian Dental Hygienists Association.* 48(1):27-33 .

Jawad, M (2013). Waterpipe tobacco smoking. *National Centre for Smoking Cessation and Training.* Briefing 13.

# Reality of Hookah Use

- A single hookah session associated with:
    - **6.5** x more CO
    - **46** x more tar
- ... than smoking a single cigarette


Jukema, J.B. et al. (2014). Waterpipe smoking: not necessarily less hazardous than cigarette smoking. *Netherlands Heart Journal*. 22:91-99.

Khan, A. et al. (2014). Waterpipe Smoking: A “healthy” alternative to cigarettes or a health hazard in disguise?. *Canadian Dental Hygienists Association*. 48(1):27-33.





Average hookah session can lead to inhaling **100** to **200** times volume of smoke inhaled from 1 cigarette



*Hookah smoking poses potential health risks to users and those exposed to second and third-hand smoke*

Maziak, W., Ward, KD & Eissenberg T. (2011). Interventions for waterpipe smoking cessation. *The Cochrane Collaboration*.  
Gatrad, R (2007). One Last Puff. *British Medical Journal*. Vol. 335: 20.  
Kassem, N. et al. (2014). Children's Exposure to Secondhand and Thirdhand Smoke Carcinogens and Toxicants in Homes of Hookah Smokers. *Nicotine & Tobacco Research*, vol. 16(7): 961-975.



# Reality of Hookah Use

- Hookah smoking significantly associated with:
  - Lung cancer
  - Respiratory illness
  - Periodontal disease
  - Low birth weight
  - Gum disease
  - Transmission of infectious diseases
  
- Hookah smoking associated with:
  - CO poisoning
  - Development of COPD
  - Adverse cardiac events

Khan, A. et al. (2014). Waterpipe Smoking: A “healthy” alternative to cigarettes or a health hazard in disguise?. *Canadian Dental Hygienists Association*. 48(1):27-33.

Zhang, B. et al. (2013). ‘Enter at your own risk’: a multimethod study of air quality and biological measures in Canadian waterpipe cafes. *Ontario Tobacco Research Unit*. 1-7.

Gatrad, R (2007). One Last Puff. *British Medical Journal*. Vol 335: 20.

***Tobacco  
Shisha***

**VS**

***Herbal  
Shisha***

CO

Tar

Nitric Oxide

Polycyclic aromatic hydrocarbons

Volatile aldehydes

and more ...

**Nicotine yield: only difference between both products**

# TORONTO

A photograph of the Toronto skyline, featuring the CN Tower prominently in the center. The sky is clear blue, and the water of Lake Ontario is visible at the bottom. The city buildings are in various shades of grey and blue.

## ○ Assessed (n=17):

- Ultrafine Particles
- CO levels
- Nicotine levels

## ○ Findings:

- Particulate matter found to be higher than restaurant/bar smoking rooms
- CO levels approached or exceeded recommended levels
- Mean nicotine levels similar to levels found in smoky bars
- Non-smoker exposure for 2 hrs = smoking 10 cigs/day





**Discourage**  
**De-normalize**  
**De-glamourize**  
*Among youth and  
public*

*Thank You*



Ottawa Council on  
Smoking or Health

Conseil d'Ottawa sur le  
tabagisme ou la santé

June 13, 2016

Ottawa City Councillor Shad Qadri (Ward 6–Stittsville)  
Chair, Ottawa Board of Health

**Re: Strengthening the City of Ottawa's Smoke-Free Bylaws for Indoor and Outdoor Public Spaces**

Dear Chair Qadri and Members of the Ottawa Board of Health:

I am writing on behalf of the Ottawa Council on Smoking or Health (OCSH) as a follow-up to the Ottawa Board of Health meeting held on April 18, 2016.

The OCSH urges the Ottawa Board of Health to adopt recommendations on June 20, 2016 to:

1. Amend the City of Ottawa's smoke-free indoor and outdoor bylaws to **prohibit waterpipe smoking in both indoor and outdoor public spaces and workplaces by Q4 2016.**
2. Amend the City of Ottawa's smoke-free indoor and outdoor bylaws to **prohibit all forms of smoking and vaping in both indoor and outdoor public spaces and workplaces by Q4 2016.**
3. Expand the definition of "smoking" in Ottawa's current 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.**
4. **Deal with the exploding number of unlicensed vape shops operating in our community—many close to schools.** The City of Ottawa should require electronic cigarette and marijuana vendors to obtain a **licence similar to the tobacco vendor licence.**
5. Write to the province to encourage it to amend the *Municipal Act, 2001* to give municipalities the power to enact a licencing bylaw to:
  - 4.1 Limit the location and number of electronic cigarette and marijuana vendors near schools, beaches, playgrounds, sports fields, community centres, and sport or leisure facilities or other locations as designated from time to time by the municipality; and
  - 4.2 Limit the distance between each electronic cigarette and marijuana vendor.
6. Write to the province of Ontario in support of the proposed amendments to the *Residential Tenancies Act, 2006* to evict tenants who smoke in non-smoking units.<sup>1</sup>

The OCSH supports, in principle, the tobacco control recommendations approved by the Ottawa Board of Health on April 18, 2016. However, we are concerned that the Ontario government has not yet established timelines for regulatory amendments to the *Smoke-Free Ontario Act* and the *Electronic Cigarettes Act* to prohibit all forms of smoking, including waterpipes with or without nicotine, and vaping in both indoor and outdoor public spaces and workplaces. **This leaves a very wide gap that should be filled right away by revising the definition of the term “smoking” that is currently used in Ottawa’s smoke-free bylaws.**

Waiting for City of Ottawa staff to report back by Q1 2017 on options for strengthening the smoke-free bylaws will risk the health and safety of youth, the public, and workers. This would constitute a **five-year delay** since the Ottawa Board of Health was presented with scientific evidence proving that **waterpipe smoking and second-hand smoke from waterpipes are hazardous to human health**. Given that Ottawa City Council directed staff to prepare and enforce a waterpipe bylaw by Q4 2016, we find this lack of action and proposed further delay unacceptable.

The City of Ottawa must also prepare to deal with future unlicensed marijuana shops.<sup>2,3</sup> The municipalities of Toronto<sup>4,5</sup> and Vancouver<sup>6</sup> have already raided and charged some marijuana businesses for operating without a business licence, and others for suspected illegal drug trafficking. The closer Canada gets to the legalization of marijuana the more complex this situation will become. **The City of Ottawa must anticipate what will be required to protect public health and put the appropriate bylaws and licencing requirements in place before cannabis becomes legal.**

The University of California San Francisco recently hosted “*The Triangulum: Tobacco, Marijuana, and E-Cigarettes*”, a webinar on the latest scientific research about emerging tobacco and herbal products, including “*hookah pens that deliver aerosolized flavored aldehydes, with or without nicotine; heat-not-burn products producing a new chemically laced vapor... butane hash oil that you can dab, synthetic marijuana, which you can smoke and liquid THC, which you can aerosolize*”.<sup>7</sup> Clearly, the market is changing too rapidly to respond once new products are already entrenched. The Ottawa Board of Health and the City of Ottawa have a legal duty to anticipate market changes and to respond to these public health risks without delay.

Representatives of the OCSH will attend the Board of Health meeting on June 20, 2016 if there are any questions you would like to pose.

Respectfully submitted,

Carol McDonald  
President  
Ottawa Council on Smoking or Health  
Email: [info@smokefreeottawa.com](mailto:info@smokefreeottawa.com)  
[www.smokefreeottawa.com](http://www.smokefreeottawa.com)

/CBG

**cc:** Ottawa Mayor Jim Watson  
Dr. Isra Levy, Medical Officer of Health, City of Ottawa

**ATTACHMENTS:**

Appendix A–Information Supporting the Position of the Ottawa Council on Smoking or Health

Appendix B–Canadian Municipalities that Prohibit Waterpipe Smoking in Public Places and Workplaces



## Appendix A– Information Supporting the Position of the Ottawa Council on Smoking or Health

The OCSH prepared three documents in support of strengthening the smoke-free indoor and outdoor bylaws:

1. A deputation presented to the Ottawa Board of Health on April 18, 2016 outlining the public health risks of waterpipe smoking and electronic cigarette use:  
<http://www.smokefreeottawa.com/whats-new/strengthening-ottawas-smoke-free-indoor-and-outdoor-bylaws-ocsh-deputation-to-the-ottawa-board-of-health>. The OCSH spoke in support of
  - 1.1 Prohibiting the use of waterpipes and electronic cigarettes inside and outside public places and workplaces; and
  - 1.2 Expanding the definition of smoking in Ottawa’s 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.*
2. Our position statement on strengthening the smoke-free bylaws:  
<http://www.smokefreeottawa.com/whats-new/ocsh-position-statement-on-strengthening-the-city-of-ottawas-smoke-free-indoor-and-outdoor-bylaws>.
3. A fact sheet about the health risks associated with electronic cigarette use, including the risks to children, youth, pregnant women, and the public: <http://www.smokefreeottawa.com/whats-new/ocsh-fact-sheet-in-support-of-stronger-smoke-free-bylaws-for-the-city-of-ottawa-prohibiting-vaping-indoor-and-outdoors>.

## Appendix B—Canadian Municipalities that Prohibit Waterpipe Smoking in Public Places and Workplaces

- More than 40 municipalities in Canada address the use of waterpipes in their indoor and/or outdoor bylaws: <http://database.nonsmokersrights.ca/>.
- The region of Peel passed a waterpipe bylaw on April 28, 2016: [http://www.peelregion.ca/council/council\\_minutes/2010s/2016/rcmin20160428.pdf](http://www.peelregion.ca/council/council_minutes/2010s/2016/rcmin20160428.pdf).
- The following five regions/municipalities in Ontario have already enacted indoor waterpipe bylaws:
  - **Barrie:** <http://database.nonsmokersrights.ca/bylaw/by-law-2013-143-a-by-law-of-the-corporation-of-the-city-of-barrie-to-prohibit-the-use-of-waterpipes-in-enclosed-public-places-and-in-enclosed-workplaces-also-known-as-the-water-pipe-by-law-sic/>
  - **Bradford-West Gwillimbury:** <http://database.nonsmokersrights.ca/bylaw/by-law-2013-87-a-by-law-to-prohibit-the-use-of-waterpipes-in-enclosed-public-places-and-in-enclosed-workplaces-also-known-as-the-waterpipe-by-law/>
  - **Orillia:** <http://database.nonsmokersrights.ca/bylaw/chapter-953-smoking-regulation-public-places-and-workplaces-latest-amending-bylaw-was-bylaw-2013-85/>
  - **Peterborough:** <http://database.nonsmokersrights.ca/bylaw/by-law-number-12-169-being-a-by-law-to-prohibit-the-use-of-water-pipes-in-enclosed-public-places-and-in-certain-other-places-in-the-city-of-peterborough-also-known-as-the-water-pipe-by-law>
  - **Toronto:** [http://database.nonsmokersrights.ca/bylaw/toronto\\_wiperpipe/](http://database.nonsmokersrights.ca/bylaw/toronto_wiperpipe/).

## REFERENCES

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<sup>1</sup> Ontario Ministry of Municipal Affairs and Housing. Long-Term Affordable Housing Strategy Update - Proposals to Encourage Small Landlords to Provide Rental Housing. Last Modified: Thursday, April 28, 2016. <http://www.mah.gov.on.ca/Page14837.aspx>

<sup>2</sup> The National, CBC. Hazy rules means sprouting weed shops. A growing number of medical marijuana dispensaries have set up shop in neighbourhoods across Canada, and that's posing a dilemma for cities and law enforcement. April 23, 2016. <http://www.cbc.ca/player/play/672452163617>

<sup>3</sup> Michael Friscolanti, Macleans. Why buying pot has never been easier. Inside Canada's completely out of control marijuana business. April 20, 2016. <http://www.macleans.ca/news/canada/canadas-completely-out-of-control-marijuana-business/>

<sup>4</sup> Jonathan Rumley, CBC News. Toronto vows to crack down on medical marijuana dispensaries; Storefront shops 'not what the federal government envisioned,' city official says. May 02, 2016. <http://www.cbc.ca/news/canada/toronto/medical-marijuana-dispensaries-toronto-1.3562726>

<sup>5</sup> Muriel Draaisma, Errol Nazareth, CBC News. Toronto police raid storefront pot shops suspected of trafficking. Posted: May 26, 2016. <http://www.cbc.ca/news/canada/toronto/toronto-marijuana-shops-warrants-1.3601413>

<sup>6</sup> Lien Young, CBC News. 26 Vancouver pot shops slapped with tickets for operating illegally; Marijuana dispensaries each fined \$250 for operating without business licence. May 02, 2016. <http://www.cbc.ca/news/canada/british-columbia/26-vancouver-pot-shops-slapped-with-tickets-for-operating-illegally-1.3562587>

<sup>7</sup> Tobacco Related Disease Research Program. University of California San Francisco. The Triangulum: Tobacco, Marijuana, and E-Cigarettes. Webcast Thursday, May 26, 2016. <http://www.trdrp.org/highlights-news-events/triangulum-webcast-may-26-2016.html>



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  
June 20, 2016

Presented By Carol McDonald, Volunteer President  
Ottawa Council on Smoking or Health

# Proposed Waterpipe Bylaw

- The OCSH congratulates and supports the Ottawa Board of Health's recommendations for a waterpipe bylaw.
- The OCSH is especially pleased that the bylaw will apply to **all indoor and outdoor public places and workplaces**, including: restaurant and bar patios, outdoor patio encroachment areas, the Parkdale Market, and the ByWard Market.

## Pilot Project: Streetside Spots

- The OCSH thanks Ottawa Public Health and the City of Ottawa for posting smoke-free signage and for enforcing the smoke-free outdoor bylaw at parking spots converted into temporary **streetside spots**.
- Local media coverage in June 2016 shows that the four parklets and seven patios are popular.
- Further evidence that *Ottawa residents want and support more 100% smoke-free spaces!*



# E-Cigarettes, Weeds, and Other Substances

- The OCSH recommends that the Ottawa Board of Health expands the definition of “tobacco smoking” in the City of Ottawa’s smoke-free indoor and outdoor bylaws to include: *any weeds, herbal cigarettes, or other 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.*

# E-Cigarettes, Weeds, and Other Substances

- ASHRAE updated its ***Standards for Ventilation and Acceptable Indoor Air Quality*** in 2016.
- “The revised definition of tobacco smoke (ETS) includes emissions from **electronic smoking devices and the smoking of cannabis.**”  
(Source: <https://www.ashrae.org/resources--publications/bookstore/standards-62-1--62-2>)



# E-Cigarettes, Weeds, and Other Substances

- The University of California San Francisco hosted a webinar entitled *“The Triangulum: Tobacco, Marijuana, and E-Cigarettes”* on May 26, 2016.
- The webinar discussed the latest scientific research on emerging tobacco and herbal products, including *“hookah pens that deliver aerosolized flavored aldehydes, with or without nicotine; heat-not-burn products producing a new chemically laced vapor... butane hash oil that you can dab, synthetic marijuana, which you can smoke and liquid THC, which you can aerosolize.”*  
(Source: <http://www.trdrp.org/highlights-news-events/triangulum-webcast-may-26-2016.html>)

# E-Cigarettes, Weeds, and Other Substances

- The City of Ottawa must deal with the exploding number of *unlicensed vape shops operating in our community*—many close to schools.
- The OCSH recommends that the City of Ottawa:
  - Require electronic cigarette and marijuana vendors to obtain a *licence similar to the Tobacco Vendor Licence*.
  - Ask the province to amend the *Municipal Act, 2001* to give municipalities the power to enact a licencing bylaw for vape shops.

# Keeping Heather Crowe's Dream Alive

The OCSH thanks Ottawa Public Health and the City of Ottawa for rededicating the **Heather Crowe Park** on May 31, 2016 as part of the 10<sup>th</sup> anniversary celebration of the *Smoke-Free Ontario Act*.



*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.*

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

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June 19, 2016

Chair Qadri  
Members of the Board of Health

Re: PROHIBITING THE USE OF WATERPIPES IN PUBLIC PLACES AND WORKPLACES

Please support the recommendation that the Ottawa Board of Health recommend that the Community and Protective Services Committee recommend that Council approve “The Water Pipes in Public Places and Workplaces By-law” and the “Amendments to Encroachment By-law to prohibit smoking of shish/hookah in public places and on patios.

Experience in this community has shown that a young crowd patronizes the shisha/hookah establishment here. Patrons are often seen outside smoking cigarettes as well – allowing no smoke free period while at the establishment. This is an important age group to try to reduce smoking and ensure at least some smoke free period. Other patrons are also exposed to second-hand smoke when they enter the premises.

We are pleased that the Board of Health is moving forward on this By-Law.

Sincerely



Cheryl Parrott  
Co-Chair Security Committee

Cc: Dr. Levy  
Councillor Leiper



# **AGAINST SHISHA BAN IN OTTAWA**

## **Julia Moussa written submission**

### **1. ALCOHOL**

**I am not trying to decrease the impact of smoking and second hand smoke caused by shisha; however, I am trying to put into perspective the dangers of shisha vs. a regulated substance such as alcohol.**

- a. Alcohol is the most abused substance amongst youth in Ottawa; however, it is regulated rather than banned. Even with the laws and regulations, the government-sponsored announcements, and education about its health and social consequences, alcohol is still the most used and abused substance amongst youth.
- b. Most alcoholic beverage advertisements target youth.
- c. Second-hand smoke does affect the people physically surrounding the smoker. Alcohol abuse does not only affect the abuser; it affects his/her family, it increases the chances and impact of physical abuse, spousal abuse, child abuse and impairs the abusers ability to make safe decisions.
- d. There are thousands of licensed establishments in Ottawa that serve alcohol, and only 17 establishments in Ottawa that serve Shisha.

### **2. STATISTICS**

**I am not going to dispute the medical research and health issues associated with Shisha; however, I do not believe that closing the 17 shisha establishments in Ottawa will not change anything.**

- a. There is not enough statistics showing that the 17 shisha establishments in Ottawa are directly or indirectly playing a large enough role in the health of youth to close down these establishments. There are solutions to ban youth from entering these establishments.
- b. People cannot smoke shisha in parks, beaches, patios, or any property on the city of Ottawa. Their use of shisha is limited to their homes and shisha establishments. By closing the shisha establishments, people will smoke at home and this will hurt their children and their families.
- c. A greater risk to the health of youth is alcohol, unhealthy foods, and addiction to technology. Those three categories are far more concerning than shisha based on the statistics currently in place.

### **3. TIMELINE**

**If Shisha is banned in Ottawa, rather than regulated, owners and employees need more time to settle themselves financially.**

- a. Business owners should be given at least 2 years notice to close down their shops. This will give them viable time to change their business plan while having an income.