

## McDonald, David S

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**From:** Brenda Leenders <leenders@eastlink.ca>  
**Sent:** October-30-14 9:52 PM  
**To:** MLA Lenore Zann; Office of the Legislative Counsel  
**Subject:** flavoured tobacco and cigarettes

Lenore Zann,  
Legislative office,

You asked me what I thought about Bill 60.  
I did some research...here is my response.

As a mother of three young adults, a health professional working in the field of population health, and someone who wants to live in a province and community that values health over profit, this is what I know:

About flavoured tobacco: I recommend the banning of all flavored tobacco products, with no exceptions for menthol (Tobacco Access Act).

The fruity flavours appeal to our young people because it hides the taste of tobacco, and gives the impression that it is not the same as smoking 'real' cigarettes. This makes them more susceptible to addiction. A recent Canadian survey on youth smoking tells us that almost half of youth said they used flavoured products in the last 30 days. Over a third of NS youth smoked menthol cigarettes in the last 30 days. Youth smoking menthol cigarettes smoke more than those who don't smoke menthol, and they don't plan to quit! Based on this, I feel that banning flavoured tobacco for the preservation of the health of our youth needs to be a top priority. As a Public Health Nutritionist, I am also concerned about the impact of smoking on the health of their bodies, how smoke decreases the body's capacity to absorb some nutrients, how some youth, especially young girls and woman use smoking as way to curb appetite and control weight. And when youth are spending money on cigarettes, they are not spending that same money on good basic, healthy food...further compromising their health and susceptibility to the damages of tobacco smoke. This has reproductive implications as well.

E-Cigarettes: I recommend that e-cigarettes and related items should be under of the same regulatory controls as tobacco products in Nova Scotia: Prohibit sales to minors (Tobacco Access Act) Prohibit use in areas where smoking is currently banned (Smoke Free Places Act), Restrictions on point of sale advertising (Tobacco Access Act)

We don't know enough about the safety of E-cigarets. Health Canada advises not to buy them. The WHO calls for bans on sale to minors, ban on use indoors, and restriction on advertising for youth or non-smokers. NS needs to support these recommendations.

The tobacco industry is trying to persuade us that Bill 60 is an infraction on individual freedom. I disagree. This is not a front on individual freedom, it is the opposite. It is creating an environment where we are free from the impacts of nicotine addiction.

The industry itself states that although they recognize that vaping is not perfect, they **propose it as a preferred delivery method for nicotine**. (Petition from Nick Flynn) **For our youth, there is no preferred method of nicotine delivery**

Do not let money talk louder than our health.

[Brenda Leenders](#)

