

**Presentation to Law Amendments Committee Re: Bill 60**

**Support for the Proposed Legislation to Amend the Smoke Free Places Act.**

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Dear Committee Members,

My name is Holly Kennedy and I am a Respiratory Therapist with the INSPIRED COPD Outreach Program and Chair of the South Colchester Community Health Board. I would like to take this opportunity to advocate for the proposed amendments to the Smoke Free Places Act. I work with patients every day who struggle with COPD caused by smoking. As a concerned professional, community volunteer and parent, I wish to forward my concerns about the variety of tobacco products (e-cigarette, waterpipe/ hookah, flavoured tobacco) available in Nova Scotia.

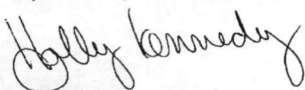
The flavored products are especially concerning in regards to youth. They are clearly marketed to young people by way of bright colors and attractive flavors. Some are even indistinguishable from lip gloss and markers. We know that the younger a person starts smoking/ingesting tobacco or nicotine, the more likely they are to develop a lifelong addiction with resulting impacts to health. It is this same concern that the flavour menthol should not be exempted in this bill but included as a flavoured product.

Nicotine is highly addictive and I see this with my patients who try so hard to quit. While e-cigarettes are suggested as being an alternative, there is no evidence to support this device as a safe or effective form of nicotine replacement therapy (NRT). There are no dosing guidelines or standards for their manufacture. I saw a bottle that said "3% nicotine" in addition to "polyethylene glycol". What exactly 3% nicotine means is unclear. Polyethylene glycol is a food additive but what are the effects in the lung? Ideally, the only substance that should go into the lung is air. In fact, poison control centers in the United States have had calls regarding ingestion of "e-juice". The small colored bottles may even pose a threat to young children who are attracted to bright colors and flavors. If electronic cigarettes are deemed to be a form of NRT, rigorous independent scientific testing must be completed before being sold in a drugstore, just like nicotine patches and gum, and used with the advice of a health professional.

Nova Scotia has an opportunity to promote a healthy, tobacco-free culture by including these amendments to the Smoke Free Places and Tobacco Access Acts. While e-cigarettes may emit vapor, we do not know how safe it is, and why should myself or my child be exposed to this in public places?

I worry about my child growing up in a society that accepts their youth being exposed to tobacco, nicotine and vapor from e-cigarettes and waterpipe/hookahs. Please use this opportunity to set a strong example of the government's commitment to improving the health of its citizens.

Respectfully submitted,



Holly Kennedy, RRT BHSc CRE (Certified Respiratory Educator)