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Dear Sir/Madam

Stroke Foundation's response to the proposed changes to Queensland's Tobacco and Other Smoking Products Act 1998 – vaping reforms

Stroke Foundation is a national charity that partners with the community to prevent stroke, save lives and enhance recovery. We do this through raising awareness, facilitating research, and supporting survivors of stroke. As the voice of stroke in Australia, Stroke Foundation is writing to express our strong support for the proposed changes to Queensland's *Tobacco and Other Smoking Products Act 1998* (the Act).

An estimated 5,371 Queenslanders experience stroke for the first time annually,¹ and there are almost 88,000 survivors of stroke living in our community.¹ Unless action is taken, it is estimated by 2050, Queenslanders will experience an additional 5,000 new strokes annually, and there will be an additional 83,000 survivors of stroke living in the community.¹

We know the Queensland Government is committed to ensuring that Queenslanders are among the healthiest people in the world by 2026, by improving their health and wellbeing through concerted action to promote healthy behaviours and prevent illness. Stroke Foundation is proud to be partnering with the Queensland Government and the Healthier Queensland Alliance to deliver the successful *My health for life* behaviour modification program. This program is empowering Queenslanders to stay well and reduce their risk of developing chronic conditions, including stroke.

Research indicates that more than 80 percent of strokes can be prevented,² and Stroke Foundation is committed to reducing the number of preventable strokes in Queensland. People who smoke are twice as likely to have a stroke compared with those who have never smoked.³⁻⁶ The more an individual smokes the greater their risk of stroke.⁴

Importantly, an individual's risk of stroke decreases after they quit smoking, and stopping smoking has been shown to have both immediate and long-term health benefits.⁷ Two to five years after quitting, there is a large drop in an individual's risk of stroke,⁷ and after 15 years their risk of stroke is similar to that of a person who has never smoked.⁷ As such, Stroke Foundation is strongly supportive of measures to reduce the prevalence of smoking in the Queensland community.

The highly successful approach to tobacco control by Australian governments (comprised of public health policy initiatives including health promotion, increased taxation on tobacco products, and tobacco advertising and plain packaging legislation) has had a significant impact on the prevalence of smoking over the last three decades. It is likely that the fall in the prevalence of smoking in the Australian community over the last thirty years, resulting from the Australian Government's tobacco control initiatives, has contributed to the observed reduction in the rate of stroke events over the same period.⁸

There are now significant concerns that the emergence in recent years of vaping products, including e-cigarettes, may erode the gains that have been made over the last 30 years in reducing smoking rates and exposure to tobacco smoke, particularly among younger Australians. There are also concerns about the harms caused by these products.

Research commissioned by the National Health and Medical Research Council (NHMRC) has identified conclusive evidence that use of e-cigarettes can cause serious harms in some users (acute respiratory diseases, burns and injuries, seizures, and poisoning due to exposure to e-liquids that contain nicotine), which in some cases can result in death.^{9, 10} Currently, there is a lack of evidence on the potential impact of e-cigarette use on the risk of cardiovascular disease, including stroke, and more research is needed to determine the long-term consequences of these products.

For current tobacco smokers, there are other proven safe and effective options to help them quit smoking which should be used before e-cigarettes, even though there is evidence nicotine-containing e-cigarettes may assist some to quit.^{9, 10} If current tobacco smokers use nicotine e-cigarettes, it is more common for them to become dual users (use both e-cigarettes and tobacco products at the same time) than to quit.^{9, 10} For former tobacco smokers, using e-cigarettes may increase their chance of smoking relapse.^{9, 10}

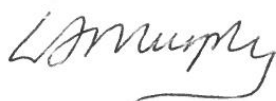
Stroke Foundation is concerned about vaping among Australian children and young people. Notably:

- 1 in 10 Australian children aged 14-17 years currently vape, with 1 in 25 vaping daily.¹¹ Importantly, daily vapers are most likely to become addicted, struggle to quit, and experience long-term harms associated with vaping.
- Exposure to nicotine during adolescence has been associated with cognitive and behavioural impairment and lasting structural changes in the brain.^{12, 13}
- 1 in 10 vape shops are located close to schools.¹⁴
- Most teenagers surveyed say it is easy to access vaping products.¹⁵
- Eighty-seven percent of Australian adults' support prohibiting the sale of vaping products (with or without nicotine) to people under 18 years of age.¹¹
- Most teenagers try vaping products out of curiosity, not to quit smoking.¹¹

The tobacco and vape industry has deliberately marketed vaping products to young people, and vaping rates in Australia have increased significantly over recent years, particularly among children and young people.¹¹ Stroke Foundation strongly supports the proposed changes to the Act, which will help address this increase in vaping rates by fixing shortcomings in Queensland's current smoking product laws and aligning these laws with the Australian Government's proposed national vaping reforms. Importantly, the proposed changes will protect children and young people, while still ensuring that Queenslanders who smoke can access vaping products for smoking cessation through a prescription model.

Thank you for the opportunity to provide feedback on the proposed changes to the Act.

Yours sincerely



Dr Lisa Murphy
Chief Executive Officer

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