



BREATH E
the lung association

The lung health of Canadians is in your hands

All people free of lung disease – that is the vision of the Canadian Lung Association. Our community of physicians, scientists, clinicians, educators, administrators, volunteers and donors are committed to making our vision a reality by funding vital research, pushing for improved treatments and supporting Canadians in managing their lung health. But we cannot make our vision a reality without the support of government and policymakers who play a key role in ensuring a future free of lung disease in Canada.

The top 5 policy recommendations to support lung health in Canada

1. A national long COVID strategy
2. An accelerated electrification of school buses
3. A cost-recovery fee for the tobacco industry
4. A continued increase in tobacco taxes
5. A comprehensive ban on flavoured vaping products

1. A national long COVID strategy that includes substantial investments in research, a national registry and support for pan-Canadian interdisciplinary rehabilitation clinics

- It is estimated that up to a million Canadians who have had COVID may develop longer lasting, and in some cases debilitating, symptoms of long COVID.
- Among the wide range of symptoms associated with long COVID are cognitive issues, such as brain fog, headaches, dizziness, anxiety, and/or persistent respiratory symptoms.

2. Action at all levels of government to accelerate the electrification of school buses to achieve 100% by 2040

- Across Canada, 2.2 million children travel to and from school by school bus, 70% of which are diesel-fueled.
- Short-term exposure to diesel exhaust can cause respiratory irritation and inflammation and can worsen asthma symptoms.
- Diesel exhaust causes 3,000 acute bronchitis episodes in Canadian children every year.
- Diesel exhaust is a Category 1 carcinogen and in addition to cancer, long-term exposure has been known to cause cognitive and developmental delays in children and damage the respiratory, neurological, cardiovascular and immune systems.

3. Adoption of the promised tobacco industry cost-recovery fee

- Tobacco remains the #1 cause of preventable disease and death in Canada, killing 48,000 Canadians a year.
- The tobacco industry must be held financially accountable, including the cost of the federal tobacco strategy (\$330 million over five years or \$66 million a year).

4. A further increase in tobacco taxes

- Tobacco taxes are one of the most effective policy levers for preventing tobacco use, particularly among young people.
- An increase of \$6 per carton of cigarettes would result in approximately \$593 million in federal tobacco tax per year.

5. Implement a comprehensive flavour ban on vaping products including mint and menthol flavours

- Mint and menthol flavours are the second-most popular flavours of vaping products.
- Youth vaping rates are alarming. Among youth aged 15 to 19, 29% report having tried vaping at some point in their life.
- In 2021 Health Canada posted a first round of draft restrictions on flavoured vape products. We need to move forward on a flavour ban.