

29 April 2024

E-cigarette compliance and regulation in New South Wales Inquiry

Supplementary Questions: Australian Medical Association NSW

**1. Are current NSW programs and initiatives to help young people quit vaping adequate? How can they be strengthened or enhanced?**

While NSW Health has been active in developing programmes and resources for young people, the overwhelming nature of the demand is such that more programmes and specifically those directed at young people should be considered. Programs need to be designed which target specifically the needs of kids, particularly under the age of 18. Kids do not pick up the phone and reach out for help, which is currently what Quitline is established for. They need an interactive forum that acts as a one-stop shop for all of the information needed, as well as being mindful that in most circumstances, a parent will not be involved.

The University of Sydney's Matilda Centre, 'OurFutures' has developed a [vaping prevention module](#). This is the first clinical trial of a school based ehealth prevention program targeting adolescent e-cigarette use in Australia. The program uses best available evidence, with the aim to empower young people to say no to e-cigarette and tobacco use, whilst improving their health and wellbeing. Its early access scheme for 250 schools in 2024 is already fully prescribed, with a waitlist. This demonstrates the need for quality resources to help kids quit vaping. More research is urgently required to tailor programs that are based on psychosocial support. For many kids, a reason for starting to vape is to self-medicate their anxiety. Tool kits based on addressing the root causes for vaping need to be established and present solid alternatives.

The Lung Foundation Australia hosts a [free resource](#) for educators and VicHealth also has a vaping kit for teachers of year 7-10 students. Vic Health also teamed up with Quitline Victoria to roll out the ["Seeing through the Haze" campaign](#). The [Mindaroo Foundation](#) has also developed an excellent website, demonstrating the risks of vaping.

**2. How can the NSW Government increase awareness of smoking cessation services and pathways, both among the general population and the healthcare workforce?**

The NSW Government needs to understand the customers- students, teachers, and parents all need assistance to understand the root cause of vaping and how to quit. The programs need to be tailored to each group.