



THE CANADIAN DENTAL
HYGIENISTS ASSOCIATION
L'ASSOCIATION CANADIENNE
DES HYGIÉNISTES DENTAIRES

For immediate release (Offert en français sur demande)

Media Release

CDHA marks World No Tobacco Day, calls for stronger action to protect youth from the harms of vaping

May 29, 2026 (Ottawa, ON) — The Canadian Dental Hygienists Association (CDHA) is marking World No Tobacco Day on May 31, highlighting the significant risks tobacco and nicotine pose to oral and overall health—and renewing calls for stronger action to address youth vaping in Canada.

“World No Tobacco Day is an important reminder that tobacco use continues to be a major risk factor for oral diseases and other serious health conditions,” said CDHA President Donna Lee. Tobacco use is linked to a range of oral health issues, including gum disease, oral cancers, delayed healing, and tooth loss. Quitting tobacco can lead to significant improvements in oral health and overall well-being. “Dental hygienists play a critical role in helping people understand these risks and supporting them in making healthier choices,” adds Lee.

This year, CDHA is also raising concerns about vaping, particularly among youth. According to the World Health Organization, the tobacco and nicotine industry continues to reinvent and repackage products to appeal to children and adolescents, while evading stronger tobacco control measures globally. CDHA commends Health Canada for its measures to address youth vaping, including restrictions on marketing and promotion, reductions in the allowable nicotine levels in vaping devices, and increases to the federal vape excise tax. However, more action is needed.

Earlier this year, CDHA joined a coalition of national health organizations in calling on the federal government to finalize regulations restricting vape flavours. In a joint letter to the prime minister and minister of health, the coalition warned that flavoured vaping products continue to attract youth and contribute to nicotine addiction, emphasizing that “the evidence is overwhelming, the harms are preventable, and the need is urgent.” The coalition urges the government to move forward with regulations without delay.

On this World No Tobacco Day, CDHA encourages all people living in Canada to take steps towards better health by quitting tobacco and learning more about the risks associated with both smoking and vaping. Dental hygienists are a trusted source of information and support for individuals seeking to make positive changes.

CDHA's tobacco and vaping resources are available in both English and French at:

- https://www.dentalhygienecanada.ca/DHCanada/DHCanada/Oral_Health_Risks/Tobacco.aspx
- https://www.dentalhygienecanada.ca/DHCanada/DHCanada/Oral_Health_Risks/Vaping.aspx

About the Canadian Dental Hygienists Association (CDHA):

CDHA is the national voice of dental hygienists in Canada. Representing more than 35,000 dental hygienists across the country, CDHA advocates for the advancement and promotion of the dental hygiene profession while maintaining a commitment to the public's oral health. Dental hygiene is the seventh largest regulated health profession in Canada, with professionals working as practitioners, practice owners, educators, researchers, administrators, and more. Dental hygienists are a pivotal component of Canada's health care landscape; dedicated to improving oral health and overall well-being. For more information on oral health, visit dentalhygienecanada.ca. For more information on the work of CDHA, visit cdha.ca.

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