Stirling Local Drug Action Team

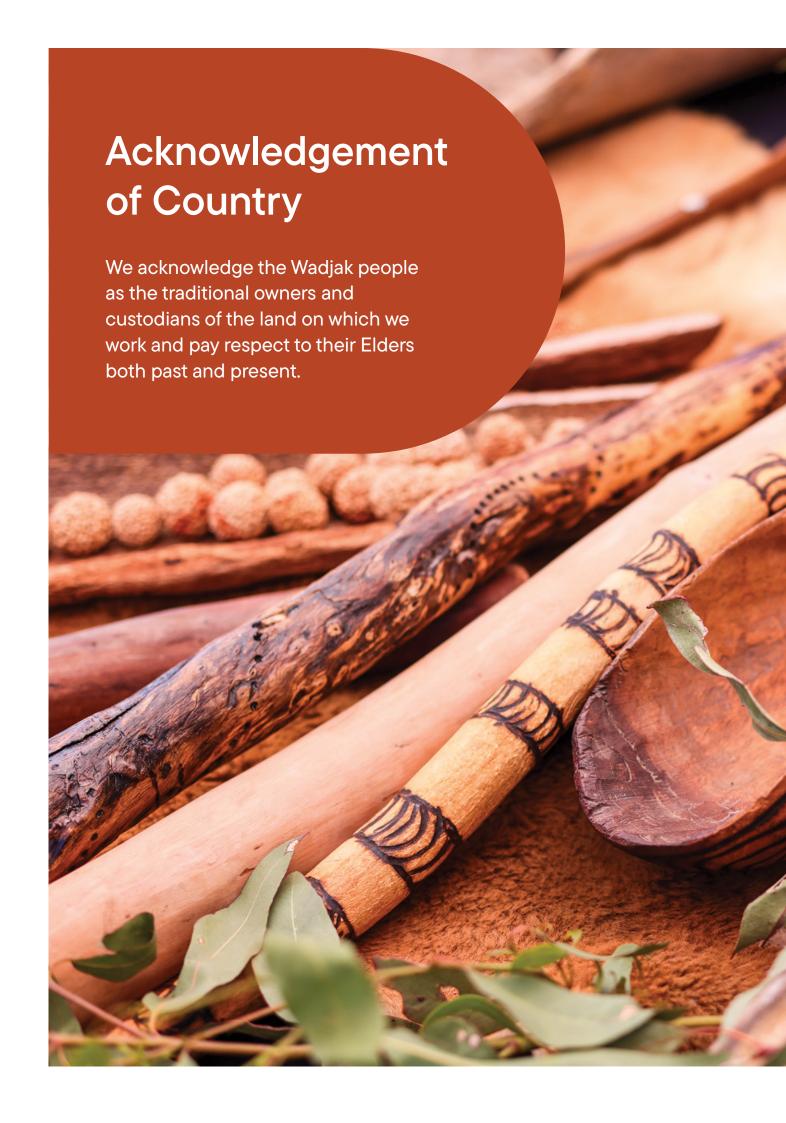
Alcohol and Other Drugs Action Plan 2025-2028













Funding Contributors







Stirling Local Drug Action Team members include:

Alcohol and Drug Foundation (ADF)

Cancer Council of WA

City of Stirling

Community members

Cyrenian House

Edmund Rice Centre WA

Injury Matters

Kids First Australia – Whitelion Youth

Mission Australia

North Metro Community Adult Directorate (CADS) North Metropolitan Health Service

Services Australia

Wungening Aboriginal

Corporation

Other contributors:

Anglicare

Association for Services to Torture and Trauma Survivors (ASETTS)

City of Wanneroo

Community members

Department of Communities

Department of Education

Department of Health WA

Freedom Centre

Healthway

LUMA For Her Health and Wellbeing

Mental Health Commission

MercyCare

Multicultural Services Centre WA (MSCWA)

Naala Djookan Healing Centre

NEAMI Mental Health Service

Rainbow Church

Uniting WA

Western Australia
Police Force

Wadjak Northside Aboriginal Community Centre

WA Multicultural Association Inc.

Youth Futures

Acronyms

AOD	Alcohol and Other Drugs
ВСС	Behaviour Change Collaborative
CADS	Community Adult Directorate
CAPs	Community Action Plans
CCWA	Cancer Council of Western Australia
DOH	Department of Health WA

МНС	Mental Health Commission
NHMRC	National Health and Medical Research Council
NMHS	North Metropolitan Health Service
SIMS	Social Inclusion Mirrabooka & Surrounds
SLDAT	Stirling Local Drug Action Team
WANADA	WA Network of Alcohol and other Drug Agencies

Contents



Purpose

The purpose of this Alcohol and Other Drugs (AOD) Action Plan is to reduce the impact of alcohol and other drugs in the City of Stirling by focusing on harm minimisation.

Harm minimisation strategies identify and address specific risk factors that can arise from alcohol and other drug use. Such risks can affect individuals, but also family members, friends and the broader community (National Drug Strategy 2017-2026).

Harm minimisation involves a coordinated approach addressing three pillars of: **supply, demand and harm reduction strategies**.

AOD prevention refers to actions and initiatives that aim to prevent or delay the onset of alcohol and other drug use. These efforts also seek to protect against risks and reduce harms associated with supply and use.

This plan will also focus on protective factors and primary prevention strategies aimed at reducing injury and illness by maintaining and/or enhancing the wellbeing of the general population (Mental Health Commission, 2018).

The benefits of prevention include:

- Supporting people to stay healthy which reduces the demand on the health system.
- It is estimated that for every \$1 spent on preventative health interventions, \$14 is returned in savings for the health and social care sector (Australian Health Promotion Association, 2023).



Plan Objectives

- To build the capacity of the Stirling Local Drug Action Team to plan, implement and evaluate best-practice AOD prevention initiatives in the City of Stirling in a coordinated and strategic manner.
- To consult and engage key stakeholders to share their concerns, experiences, knowledge, perspectives and voices to identify local priority AOD issues and evidence-based solutions in communities.
- To raise stakeholders' awareness of the latest evidence (health and population statistics) that accurately reflects the prevalence of AOD related harm (short and long-term) within the City of Stirling.
- To improve key-stakeholders' awareness of evidence-based strategies that local agencies/ organisations can implement to prevent and reduce AOD related harm in the City of Stirling.



Stirling Local Drug Action Team Background

The Stirling Local Drug Action Team (SLDAT) is a coalition of community members and organisations committed to alcohol and other drug prevention within the City of Stirling. The SLDAT is guided by a terms of reference and the AOD Action Plan, implementing evidence based strategies to minimise and prevent AOD harm in the community.







2017

The SLDAT was established with funding from the Alcohol and Drug Foundation 2018

First community engagement process delivered

2019 - 2022

Delivery of seven Community Action Plans (CAPs)



Strategic Planning Working Group Process

In 2024 the Strategic Planning Working Group was formed comprising of representatives from the City of Stirling Community Development Team and the North Metropolitan Health Service (NMHS) - Health Promotion Service to lead the future strategic direction of the SLDAT. The SLDAT contracted The Behaviour Change Collaborative (BCC) to facilitate three community and stakeholder workshops to guide the development of a four-year Alcohol and Other Drugs Action Plan.

A total of 85 participants attended one or more of the three consultative workshops with representation from community, health employees, local government, university students, community and social services, church/clergy and justice/police.







2023

Review of the governance structure and terms of reference

2024

Delivery of three community workshops to guide the development of SLDAT **AOD Action Plan**

2025

Finalise and implement four-year **AOD Action Plan**



Stirling Local Drug Action Team Structure



Priority Areas

Following workshop 1, the SLDAT Strategic Planning Working Group members met to determine which priority areas the AOD Action Plan would focus on. Ideas generated from the workshop were themed according to participant votes. Theming options were put to the SLDAT membership to vote on the preferred categorisation. The following three priority areas and objectives prevailed:

Alcohol, young people and families

- Increase social and cultural connection in the City of Stirling
- Increase knowledge of alcohol related harm and how to stay at low risk
- Increase access to early intervention and support services among young people and families.

Alcohol in community settings

- Increase social and cultural connection in the City of Stirling
- Promote healthy and safe spaces in the City of Stirling
- Increase access to early intervention and support services in the community.

Vaping and young people

- Increase social and cultural connection in the City of Stirling
- Increase awareness and knowledge of the harm and laws associated with vapes and other products
- Reduce community exposure to second-hand tobacco smoke and vape aerosols in public spaces.

Following the three community and stakeholder workshops, SLDAT members met in December 2024 to review the 53 actions and proposed strategies suggested during the workshops. Participants worked in small groups to review each of the strategies and determined which strategies would be included in the Action Plan. SLDAT members attended several smaller workshops in 2025 to refine the proposed strategies and determine appropriate actions.

Partnership Approach

This model displays the key principles the Stirling Local Drug Action Team followed to establish collaborative partnerships with stakeholders and community.

We believe to thrive, the partnerships model requires the following key components:

- Establishing a common agenda
- Ensuring delivery through partnership development
- Creating a shared impact approach

- Providing ongoing communications to all parties ensuring transparency
- Without a strong backbone, the process can fall apart.

The SLDAT will seek funding opportunities to support the delivery of programs and advocate for ongoing funding in circumstances where an evidence-based case is identified.



What the Data Says

Alcohol

Alcohol is the most widely used drug in Australia. It is a major cause of preventable disease, injury and premature death. Harm from alcohol not only impact the individual, but families, friends and the wider community. Young people are particularly vulnerable to harm from alcohol as they progress through puberty with changes to their body and the development of their brain until around 25 years of age (Alcohol. Think Again)¹.

Alcohol Guidelines - NHMRC

Australian Guidelines to Reduce Health Risks from Drinking Alcohol provide Australians with clear and evidence-based advice on the health effects and risks linked to alcohol.

While there is no safe level of alcohol use, these quidelines assist Australians to make informed choices about how much alcohol they drink, if any.

adults who drink alcohol exceed the Australian **Alcohol Guidelines**

placing them at greater risk for alcohol-related diseases and injury



Women who are pregnant or breastfeeding should not drink alcohol to prevent harm from alcohol to their unborn child or baby²

The three alcohol guidelines state:



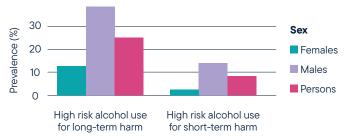


For adults, drink no more than 10 standard drinks a week and no more than 4 standard drinks on any one day



Children and people under 18 years of age should not drink alcohol to reduce the risk of harm from alcohol

Prevalence (%) of high risk alcohol use for short-term and long-term harm by sex, 16 years and over, City of Stirling, 2020



Alcohol Use in the City of Stirling

The 2024 Health and Wellbeing Profile Report by the Department of Health WA highlights the latest AOD harm data in the City of Stirling. Based on the Health and Wellbeing Surveillance System (HWSS) survey for 2011-2020:



One quarter of people living in the City of Stirling consumed alcohol at high risk levels for long-term harm4

High-risk alcohol use for long-term harm can lead to chronic diseases such as various types of cancer, cardiovascular diseases, diabetes and liver cirrhosis⁵



37.9%



Males had a greater rate than females for alcohol use that can lead to long-term harm within the City of Stirling⁴



In 2020, there were an estimated 823 alcohol-related emergency department attendances among residents from the City of Stirling⁶

14.2% 2.5%

High-risk alcohol use for short-term harm is greater for males than for females within the City of Stirling



1093.3 per 100,000 people



738.1 per 100,000 people

Alcohol-related hospitalisations were higher among males compared to females

Smoking and Vaping (Tobacco and E-Cigarettes)

Tobacco use and exposure to second-hand smoke increases the risk of developing various chronic health conditions including cancer, cardiovascular disease and respiratory diseases such as asthma, chronic obstructive pulmonary disease and emphysema. It is a leading cause of preventable death and disease in Australia³.

In Western Australia, sale and use of tobacco products and e-cigarettes is strongly regulated9. E-cigarettes (vapes) are considered products designed to resemble tobacco products under the WA Tobacco Products Control Act 2006¹⁰.

Reducing tobacco smoking and vaping is a priority in the State Public Health Plan for Western Australia 2025-2030¹¹ and the National Tobacco Strategy 2023-2030¹⁷. The State Public Health Plan for Western Australia 2025-2030¹¹ includes priorities, objectives and strategies to limit tobacco smoking and vaping across the State under the Public Health Act 2016 and in support of the National Tobacco Strategy 2023-2030¹⁷.



6.2%

According to the Department of Health WA and the latest Health and Wellbeing Profile for the City of Stirling⁴, the prevalence of tobacco smoking among people 18+ years was 6.2% in 2020



7.2%



5.4%

More males than females living in the City of Stirling were current smokers



443.4 per 100,000 people



334.9 per 100,000 people

Higher rates of tobacco-related hospitalisations were also reported for males compared to females and among people aged 15+ years⁴

Currently, there is limited local data available on vaping in the City of Stirling⁴. However, the National Drug Strategy Household Survey 2022-2023¹⁵ reported an increase in vaping coinciding with a decline in tobacco smoking.



While the daily tobacco smoking rate decreased between 2019 and 2023, vaping almost tripled during the same period¹⁵



14-17 74%



Curiosity was the main reason mentioned by young people aged 14-17 and 18-24 for vaping¹⁵. This survey was conducted before national vaping legislation reforms were introduced in 2024 that restrict national sales of e-cigarettes (vapes)16



Our Plan

Addressing AOD harm is complex and requires a collaborative, diverse and multi-sector approach. The development of the AOD Action Plan for the SLDAT was informed by the latest AOD epidemiological data, expert presentations and community consultation workshops.

The three workshops included presentations from organisations and updates on relevant projects happening in the community. This information helped inform conversations during the community consultation process. This plan was also shaped by local health data, national and state frameworks and evidence-based practices of effective strategies to minimise and prevent AOD related harm in the community. It intends to guide community involvement and partnerships among stakeholder organisations to effectively deliver and implement localised AOD prevention approaches.

Social and Cultural Connection

Being socially and culturally connected to the community and having positive relationships is a key protective factor to reduce AOD use. A lack of social and cultural connections has a large impact on young people and families. Social and cultural connection arose as a key objective across all three priority areas, and consequently is an important focus in our plan.

Our Guiding Principles

We will engage with community and stakeholders to guide and deliver local actions.

We will explore evidence based and best practice principles in all our actions.

We will be guided by our AOD Action Plan and review our actions every 12 months to ensure they remain relevant.



Governance

The SLDAT members will coordinate and maintain oversight of the actions for each of the three priority areas. Working groups will be established to implement the actions in the AOD Action Plan and will meet routinely to plan, review actions and assign responsibilities. The SLDAT will bi-annually review their terms of reference and that of working groups, including membership, meeting frequency, duration and evaluation.

Administration

Administrative Task	Responsible	2025	2026	2027	2028
0.1 Review of AOD Action Plan strategies and actions table	SLDAT members	•		•	-
0.2 Review terms of reference for SLDAT and working groups	SLDAT members	•			
0.3 Scheduling SLDAT meetings, agendas and minutes	City of Stirling	•	•	-	

The Strategies and **Actions of Our Plan**

Priority One: Alcohol, Young People and Families

Objective 1: Increase social and cultural connection in the City of Stirling.

Strategy	Actions	Responsible (R) and Support (S)	2025	2026	2027	2028
1.1.1 Encourage youth safe and healthy alcohol-free events in the City of Stirling	Investigate and support the development of free or low-cost youth sport and recreation programs in the City of Stirling.	Kids First Australia (R) City of Stirling (S) Edmund Rice Centre (S)	•			•
	SLDAT members to collaboratively attend an annual youth-focused event and host an alcohol harm minimisation activity e.g. skate festivals and sports events.	North Metro CADS (R) City of Stirling (S) All SLDAT members (S)	•	•	•	•

Objective 2: Increase knowledge of alcohol related harm and how to stay at low risk.

Strategy	Actions	Responsible (R) and Support (S)	2025	2026	2027	2028
1.2.1 Increase positive, healthy advertising targeting families and young people	Promote the Alcohol. Think Again campaign and explore opportunities to place healthy advertising on the City of Stirling's assets. The campaign will primarily target parents and caregivers, with young people as a secondary audience.	City of Stirling (R) Cancer Council (S) Community members (S) NMHS (S)		•	•	

Objective 3: Increase access to early intervention and support services among young people and families.

Strategy	Actions	Responsible (R) and Support (S)	2025	2026	2027	2028
1.3.1 Increase safe spaces for young people to access resources outside of school settings	Delivery of a youth-focused program which enables social connection and the provision of safe, supportive spaces for young people to socialise and engage in recreation activities.	Kids First Australia (R) City of Stirling (S) Alcohol and Drug Foundation (S)	•			
1.3.2 Raise awareness of support services and activities specifically for young people	Promotion of existing youth specific activities and support services including: • WANADA green book – youth specific services • Act Belong Commit activities • Moorditj Wirrin Koolangkas – a health education program for Aboriginal and Torres Strait Islander young people.	City of Stirling (R) NMHS (S) WANADA (S)	•	•		•
1.3.3 Improve networking and capacity of local service providers to engage in AOD prevention in the City of Stirling for young people and families	Promote current AOD prevention and mental health promotion learning opportunities e.g. City of Stirling quarterly newsletter with SLDAT updates.	City of Stirling (R) Mission Australia (S) Wungening Aboriginal Corporation – Mirrabooka (S) Injury Matters (S) NMHS (S)	•	•		•

Priority Two: Alcohol in Community Settings

Objective 1: Increase social and cultural connection in the City of Stirling.

Strategy	Actions	Responsible (R) and Support (S)	2025	2026	2027	2028
2.1.1 Promote safe and alcohol-free community events in the City of Stirling	SLDAT to attend and collaboratively provide education on alcohol related harm at a minimum of one event each year in the City of Stirling. e.g. Harmony Week, National Youth Week.	North Metro CADS (R) City of Stirling (S) All SLDAT members (S)	•	•		•
	Review the City of Stirling's grant and sponsorship criteria to support advocating for AOD-free events and programs.	City of Stirling (R) NMHS (S)		•	•	•

Objective 2: Promote healthy and safe spaces in the City of Stirling.

Strategy	Actions	Responsible (R) and Support (S)	2025	2026	2027	2028
2.2.1 Support the City of Stirling community to promote healthy and safe environments through policy and town planning	Work with the City of Stirling Planning and Development Services to integrate the SLDAT AOD Action Plan into the City of Stirling Public Health Plan 2026.	City of Stirling (R) NMHS (S)	•	•		•
2.2.2 Advertising and signage	Assist the City of Stirling Events team and other relevant business units to develop guidelines which include alcohol-free signage at community events and City of Stirling venues.	City of Stirling (R) NMHS (S)		•	•	
	Encourage and support existing community events and programs to display alcohol-free, smoke-free and vape-free messaging e.g. Harmony Week.	City of Stirling (R)				•
	Promote the Alcohol. Think Again campaign on bus shelters and other media platforms across the City of Stirling, with a focus on bus shelters close to public spaces and other sensitive spaces.	City of Stirling (R) Cancer Council WA (S) NMHS (S)		•	•	
	Advocate for the restriction of alcohol advertising in the tender and contract for bus shelter advertising.	City of Stirling (R) Cancer Council WA (S) NMHS (S)		•	•	
2.2.3 Contracts and Licensing	Establish a liquor licensing working group to: Ensure relevant stakeholders are informed about the current liquor license requirements for events, venues and the role of local government Engage with Chief Health Officer (CHO) representatives and local government officers on liquor licensing matters Discuss and review other relevant matters with SLDAT members to improve understanding of licensing processes.	City of Stirling (R) Cancer Council (S) NMHS (S)				

Objective 3: Increase access to early intervention and support services in the community.

Strategy	Actions	Responsible (R) and Support (S)	2025	2026	2027	2028
2.3.1 Improve communication and cooperation between service providers in the City of Stirling	Host an annual AOD sector networking forum and identify training needs for the sector.	City of Stirling (R) NMHS (S) Kids First Australia (S) Wungening Aboriginal Corporation – Mirrabooka (S) North Metro CADS (R)	•	ì	i	Ī
	Deliver and promote one training session per year in the City of Stirling for the sector.	City of Stirling (R) North Metro CADS (S)		•	•	•
	Provide the latest health, injury, safety and sociodemographic data to SLDAT members and service providers e.g. AOD forums and quarterly SLDAT newsletters.	NMHS (R) City of Stirling (S) Services Australia (S) Injury Matters (S)		•	•	•
2.3.2 Raise awareness of AOD services in the City of Stirling (links with 1.3.2)	Promote the current directory of reputable local AOD support services in the City of Stirling e.g. WANADA Green Book, WA Connect Directory. Provide links to the directory of AOD support services on the City of Stirling website.	City of Stirling (R) Community members (S) NMHS (S) Mission Australia (S) Wungening Aboriginal Corporation – Mirrabooka (S) Services Australia (S) Injury Matters (S)		١		ì



Priority Three: Vaping and Young People

Objective 1: Increase social and cultural connection in the City of Stirling.

Strategy	Actions	Responsible (R) and Support (S)	2025	2026	2027	2028
3.1.1 Increase youth friendly smoke and vape-free events in the City of Stirling	SLDAT to attend and collaboratively provide smoke-free and vape-free youth-focused education at a minimum of one event each year in the City of Stirling e.g. Groundswell.	Kids First Australia (R) North Metro CADS (R) City of Stirling (S)		•	•	•
	Codesign alongside young people, youth friendly smoke-free and vape-free signage which can be installed and used at community events.	Kids First Australia (R) City of Stirling (S) Cancer Council WA (S) NMHS (S)		•	•	•

Objective 2: Increase awareness and knowledge of the harm and laws associated with vapes and other related products.

Strategy	Actions	Responsible (R) and Support (S)	2025	2026	2027	2028
3.2.1 Distribute and promote smoke-free, vape-fee and nicotine-free educational materials relevant for young people	Deliver a campaign to increase awareness of the harm associated with smoking, vaping and nicotine targeting young people in the City of Stirling.	City of Stirling (R) Kids First Australia (S) North Metro CADS (S) Cancer Council WA (S) NMHS (S)		•	•	•
	Extend the promotion of metropolitan-wide programs Moorditj Wirrin Koolangkas (Strong Spirit Kids) and Moorditj Walyan (Solid Lungs) in the City of Stirling.	City of Stirling (R)		•	•	•

Objective 3: Reduce community exposure to second-hand tobacco smoke and vape aerosols in public spaces.

Strategy	Actions	Responsible (R) and Support (S)	2025	2026	2027	2028
3.3.1 Increase smoke-free and vape-free signage in the City of Stirling	Conduct an audit of smoke-free and vape-free signage in the City of Stirling.	NMHS (R) City of Stirling (S) Kids First Australia (S)		•	•	
	Update existing smoke-free signage with the universal no smoking and no vaping symbols.	City of Stirling (R) NMHS (S) Kids First Australia (S)			•	•
	Update existing or implement new signage in prominent youth friendly City of Stirling locations.	City of Stirling (R) Kids First Australia (S)				•
3.3.2 Increase smoke-free and vape-free public spaces in the City of Stirling	Advocate for the City of Stirling Public Health Plan to include smoke-free and vape-free spaces in City of Stirling.	City of Stirling (R) NMHS (R)	•	•		
	Progress the recommended changes to the City of Stirling Local Government Property Local Law 2009 to expand the ability of the City of Stirling to make determinations regarding smoke and vape-free areas.	City of Stirling (R)	•		•	

Working Document

The Stirling AOD Action Plan is a four-year plan. Emerging trends may result in priority areas and strategies adopting some variation to meet changing needs.

If you would like more information about this plan or like to become a SLDAT member please email us at community.partnerships@stirling.wa.gov.au

Guiding Frameworks

Links to Existing Strategies and **Frameworks**

National and State Government

Alcohol. Think Again is an education campaign that is part of a comprehensive approach that aims to reduce the level of alcohol-related harm and ill-health in Western Australia. www.alcoholthinkagain.com.au

National Drug Strategy 2017 – 2026. A 10-year framework that aims to reduce and prevent the harmful effects of alcohol, tobacco and other drugs. www.health.gov.au/resources/publications/national-drug-strategy-2017-2026?language=en

National Alcohol Strategy 2019 - 2028. A framework to prevent and reduce alcohol-related harm. It highlights possible actions at the local, state or territory and national levels. www.health.gov.au/resources/publications/ national-alcohol-strategy-2019-2028?language=en

Western Australian Mental Health, Alcohol and other Drug Services Plan 2015 - 2025 (Mental Health Commission). The Mental Health Commission's key planning tool for the mental health, alcohol and other drug sector mhc.wa.gov.au/about-us/strategic-direction/the-plan-2015-2025

Western Australian Health Promotion Strategic Framework 2022 - 2026 (Department of Health of Western Australia). www.health.wa.gov.au/Reportsand-publications/WA-Health-Promotion-Strategic-Framework

State Public Health Plan for Western Australia 2025 - 2030 www.health.wa.gov.au/~/media/Corp/Documents/About-us/ Public-Health-Act/State-Public-Health-Plan-2025-2030.pdf

Liquor Control Act 1988 (as amended) primarily regulates the sale, supply and consumption of alcohol, and to minimise harm or ill-health caused to people due to the use of alcohol in Western Australia. www.legislation.wa.gov.au/ legislation/statutes.nsf/law a461.html

Local Government

City of Stirling

Sustainable Stirling Strategic Community Plan 2022 - 2032. The Plan will guide the City's priorities and decisions on matters such as services, projects, assets, infrastructure, land use, workforce planning and financial management. www.stirling.wa.gov.au/strategicplans

Resources and supports

Australian Health Promotion Association. Health Promotion and Illness Prevention Infographic May 2023

City of Stirling Local Drug Action Team: Alcohol and Other Drugs Action Plan Consultation. Report of workshops process and outputs. The Behaviour Change Collaborative. November 2025

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