

Health Indicator Report

Alternative Tobacco Product Use

Background

The purpose of this health indicator report is to provide information about the use of alternative tobacco products (cigars, smokeless tobacco, and water-pipes) among adults aged 18 and over living in Halton Region.

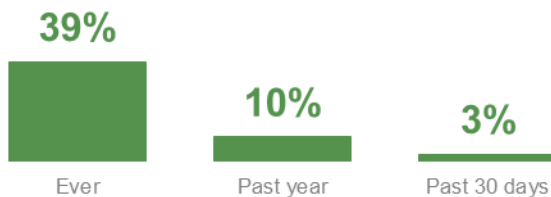
There are many different tobacco products available on the market. Alternative tobacco products are products other than cigarettes that contain tobacco. Cigars, chewing tobacco and water-pipes are a few example of alternative tobacco products. Cigars usually differ from cigarettes in the size and in the type of tobacco used.¹ In addition, cigars have a tobacco wrapper while cigarettes are wrapped with paper.¹ Smokeless tobacco is a type of tobacco that not smoked or burned, but used in a different form.² Examples include chewing tobacco, snuff (which is inhaled through the nose) or snus (which is placed under the upper lip). A water-pipe, also known as hookah or shisha, is a device used to smoke moist tobacco or other herbal products. Hookah smoking is typically done in groups.³

Alternative tobacco products present a significant health risk and contain many of the same toxic and cancer-causing agents as cigarettes.¹⁻³ People who use chewing tobacco are also at a greater risk of oral cancers, while infections can be passed between individuals sharing a water-pipe mouth piece. For more information on the use of tobacco products in Halton Region, see the Smoking Status and the Electronic Cigarette Use indicator reports at halton.ca.

Cigar Use

Overall Findings

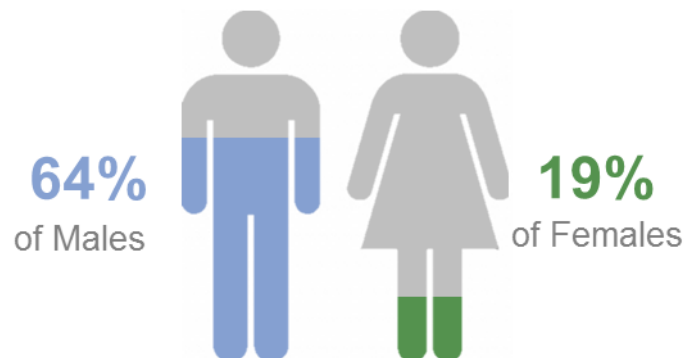
In 2016, 39% of Halton adults reported having ever smoked a cigar, 10% reported having smoked a cigar in the past year, and 2%* reported having smoked a cigar in the past 30 days.



Percentage of adults aged 18 and over who reported smoking a cigar, Halton Region, 2016

Sex

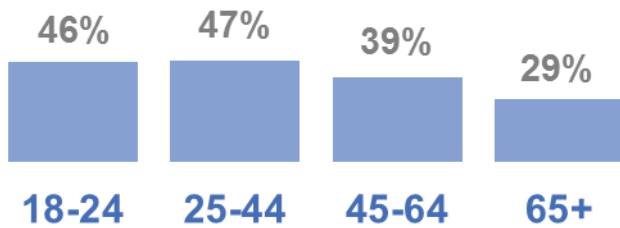
In 2016, Halton males were more likely than females to report having ever smoked a cigar, and this difference was **statistically significant**.



Percentage of adults aged 18 and over who reported having ever smoked a cigar, by sex, Halton Region, 2016

Age

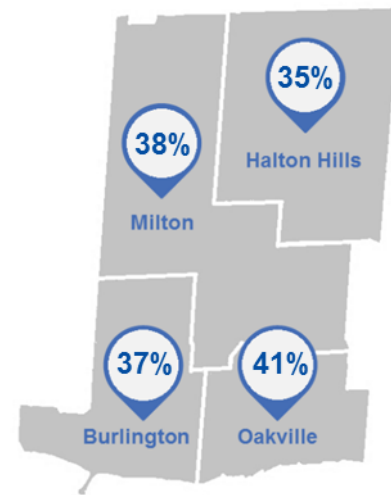
In 2016, Halton adults aged 18-24 and 25-44 were more likely than adults aged 45-64 and 65+ to report having ever smoked a cigar, and these differences were **statistically significant**.



Percentage of adults aged 18 and over who reported having ever smoked a cigar, by age, Halton Region, 2016

Municipality

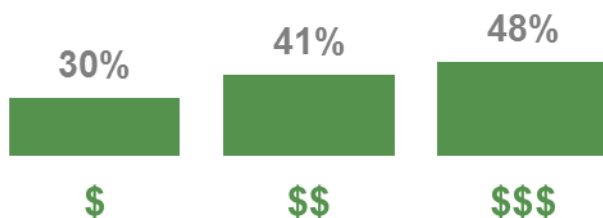
In 2016, there were no statistically significant differences by municipality in the percentage of Halton adults who reported having ever smoked a cigar.



Percentage of adults aged 18 and over who reported having ever smoked a cigar by municipality, Halton Region, 2016

Income

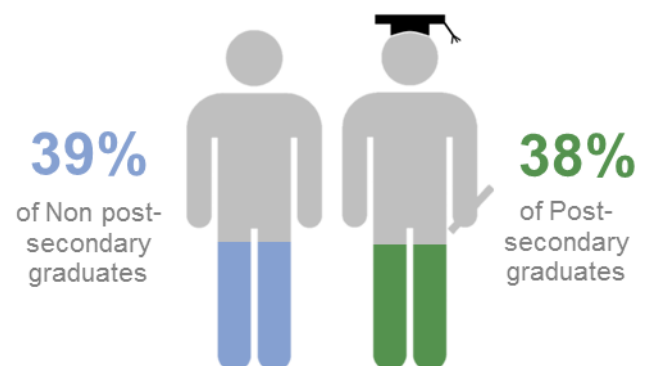
In 2016, the percentage of Halton adults who reported having ever smoked a cigar increased as income increased. These differences were **statistically significant** when comparing the low income group to the middle and high income groups.



Percentage of adults aged 18 and over who reported ever having smoked a cigar, by income, Halton Region, 2016

Education

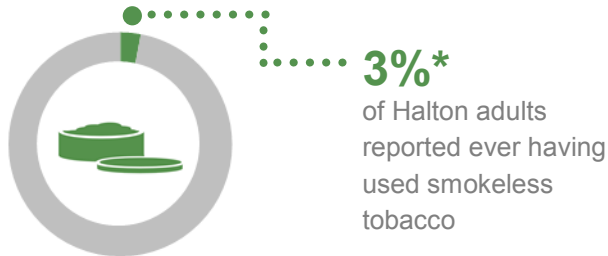
In 2016, there was no statistically significant difference by education in the percentage of Halton adults who reported having ever smoked a cigar.



Percentage of adults aged 25 and over who reported having ever smoked a cigar, by education, Halton Region, 2016

Smokeless Tobacco Use

In 2016, 3%* of Halton adults reported having ever used smokeless tobacco. Due to the small sample size, it was not possible to report on a breakdown of smokeless tobacco use by sex, age, municipality, income or education.



Water-pipe Use

From May-August 2016, 11% of Halton adults reported having ever used a water-pipe to smoke tobacco. Due to the small sample size, it was not possible to report on a breakdown of water-pipe use by sex, age, municipality, income or education.



Data Notes

For more information on RRFSS, methods, statistical significance and limitations associated with health indicator reports, please see the Data Notes and Guide available at halton.ca.

Definitions: **Cigar** includes little cigars and cigarillos. **Smokeless tobacco** refers to chewing tobacco, pinch, snuff or snus. **Water-pipe** refers to hookah or shisha.

Data Source: Rapid Risk Factor Surveillance System [2016], Halton Region Health Department and Institute for Social Research, York University.

Limitations: The sample size for water-pipe use is much smaller as survey respondents were only asked about water-pipe use for four months of the year (May-August 2016).

Estimates marked with an asterisk (*) should be interpreted with caution due to high variability.

For more health indicator and health status reports, visit the Halton Health Statistics website at halton.ca.

References:

1. National Cancer Institute. (2010). Cigar Smoking and Cancer. Accessed October 2017 from <https://www.cancer.gov/about-cancer/causes-prevention/risk/tobacco/cigars-fact-sheet>
2. National Cancer Institute. (2017). Tobacco. Accessed October 2017 from <https://www.cancer.gov/about-cancer/causes-prevention/risk/tobacco>
3. Centers for Disease Control and Prevention. (2016). Accessed October 2017 from https://www.cdc.gov/tobacco/data_statistics/fact_sheets/tobacco_industry/hookahs/index.htm

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