

# Smoking status

## Health indicator report

### Background

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- The purpose of this health indicator report is to provide information about smoking status among adults aged 20 and over living in Halton Region.
- Smoking tobacco is the leading preventable cause of premature death in Canada.<sup>1</sup>
- Smoking tobacco can lead to many serious health problems, including respiratory and upper digestive tract cancers, Chronic Obstructive Pulmonary Disease (COPD) and cardiovascular disease.<sup>2</sup>
- Quitting smoking is the single best thing a smoker can do to improve their health and quality of life.<sup>3</sup> Within two days of quitting smoking, their risk of a heart attack will already start to decrease.<sup>3</sup> Additionally, 15 years after quitting smoking, the risk of dying from a heart attack is the equivalent to a person who has never smoked.<sup>4</sup>
- This health indicator report uses data from the Canadian Community Health Survey (CCHS).

### Key findings

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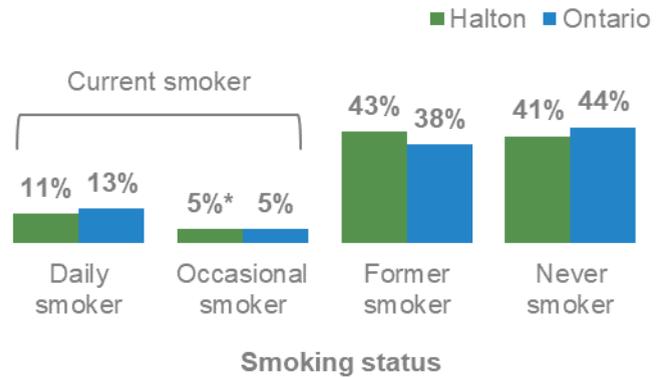
- 16% of Halton adults report being current smokers.
- Adults aged 65+ and post-secondary graduates were **less** likely to report being current smokers.



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## Halton vs. Ontario

- In 2015-16, 16% of Halton adults reported being current smokers (daily + occasional), 43% reported being former smokers, and 41% reported having never smoked.
- In Ontario, 18% of adults reported being current smokers, 38% reported being former smokers, and 44% reported having never smoked.
- The percentage of former smokers was higher in Halton compared to Ontario and this difference was **statistically significant**.



Percentage of adults aged 20 and over who reported being daily, occasional, former, or never smokers, Halton Region and Ontario, 2015-16

## Sex

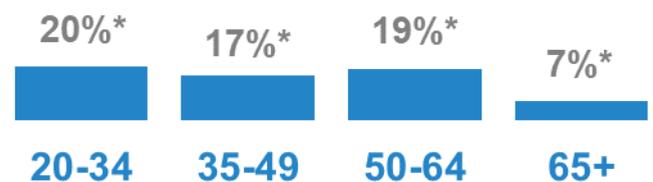
- In 2015-16, there were no statistically significant differences by sex in the percentage of Halton adults who reported being current smokers.



Percentage of adults aged 20 and over who reported being current smokers, by sex, Halton Region, 2015-16

## Age

- In 2015-16, adults aged 65+ were less likely than all other age groups to report being current smokers. These differences were **statistically significant** when comparing adults aged 65+ to adults aged 20-34 and 50-64.



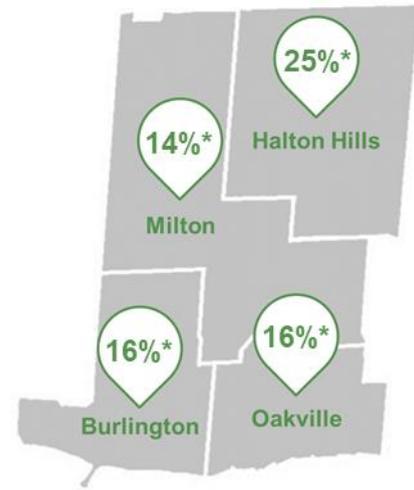
Percentage of adults aged 20 and over who reported being current smokers, by age, Halton Region, 2015-16



# Smoking status

## Municipality

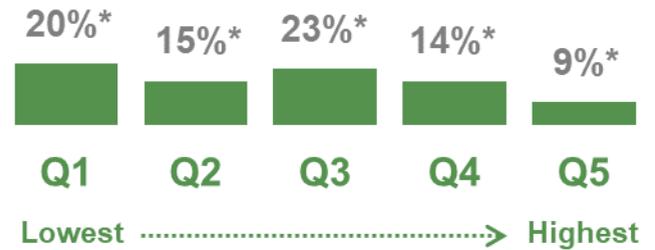
- In 2015-16, Halton adults living in Halton Hills were more likely than all other municipalities to report being current smokers, however, these differences were not statistically significant.



Percentage of adults aged 20 and over who reported being current smokers, by municipality, Halton Region, 2015-16

## Income

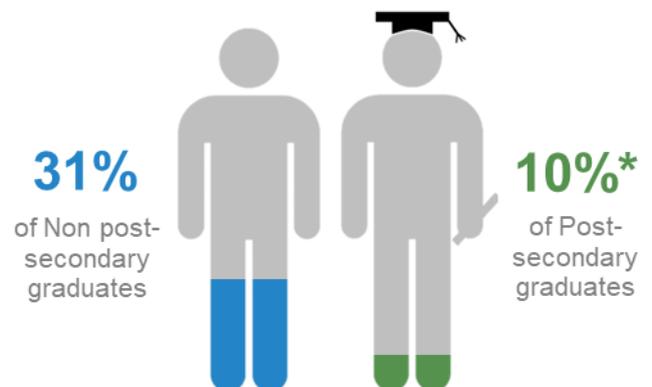
- In 2015-16, there were no statistically significant differences by income in the percentage of Halton adults who reported being current smokers.



Percentage of adults aged 20 and over who reported being current smokers, by income quintile, Halton Region, 2015-16

## Education

- In 2015-16, Halton adults aged 25 and over who were post-secondary graduates were less likely to report being current smokers compared to adults who were not post-secondary graduates. This difference was **statistically significant**.



Percentage of adults aged 25 and over who reported being current smokers, by education, Halton Region, 2015-16

## About CCHS

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- The Canadian Community Health Survey (CCHS) is a voluntary, cross-sectional survey that collects information related to health status, health system utilization and health determinants for the Canadian population. CCHS is conducted by Statistics Canada.
- Each year, CCHS surveys 65,000 people aged 12 and over from across Canada. The survey provides health information at the provincial and regional levels. CCHS is designed to provide reliable estimates at the health unit level every 2 years.
- In 2015, CCHS was redesigned, including major changes to content and methodology. **Therefore, it is not recommended to compare data from the 2015 cycle onwards to past CCHS cycles.**
- For more information on CCHS methodology, limitations and statistical terms see the CCHS Data Notes and Data Interpretation Guide at [Halton.ca](http://Halton.ca)

## Data notes

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### Definitions:

**Current smokers** includes those who are current daily and current occasional (non-daily) smokers. **Former smokers** includes those who have smoked at least one whole cigarette in their lifetime, but are now non-smokers. **Never smokers** includes those who have never smoked a whole cigarette.

**Data Source:** Canadian Community Health Survey [2015-16], Statistics Canada, Share File, Ontario MOHLTC

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

### References

1. Health Canada. 2009. Health Concerns—About Tobacco Control. Retrieved August 2018 from <http://www.hc-sc.gc.ca/hc-ps/tobac-tabac/about-apropos/index-eng.php>
2. Health Canada. 2011. Smoking and Your Body. Accessed August 2018 from <http://www.hc-sc.gc.ca/hc-ps/tobac-tabac/body-corps/index-eng.php>
3. Health Canada. 2018. Quit Smoking. Accessed August 2018 from <http://www.hc-sc.gc.ca/hc-ps/tobac-tabac/quit-cesser/index-eng.php>
4. The Lung Association. 2016. 15 Years After Quitting. Accessed August 2018 from <https://nb.lung.ca/protect-your-lungs/smoking/benefits-quit/15-years-after-quit>

For more health indicator and health status reports, visit the Halton Health Statistics website at [halton.ca](http://halton.ca)

*Last updated: August 2018*