

Health Indicator Report

Tobacco Cessation

Background

The purpose of this health indicator report is to provide information on tobacco cessation among adults aged 20 and over who are current or former smokers living in Halton Region.

Smoking is the leading cause of preventable deaths in Ontario and worldwide.¹ Smoking tobacco can lead to many serious health problems, including respiratory and upper digestive tract cancers, Chronic Obstructive Pulmonary Disease (COPD) and cardiovascular disease.² Quitting smoking is the single best thing a smoker can do to improve their health and quality of life.³ Within two days of quitting smoking, their risk of a heart attack will already start to decrease and their lung capacity will expand to improve and ease breathing.³ If you are considering quitting there are many resources available including Halton's [Stop Smoking Clinic](#) where a health professional will help you assess your lifestyle and design a personalized method of quitting free of charge.⁴

This Health Indicator Report uses data from the Rapid Risk Factor Surveillance System.

Trends Over Time - Thoughts about quitting smoking

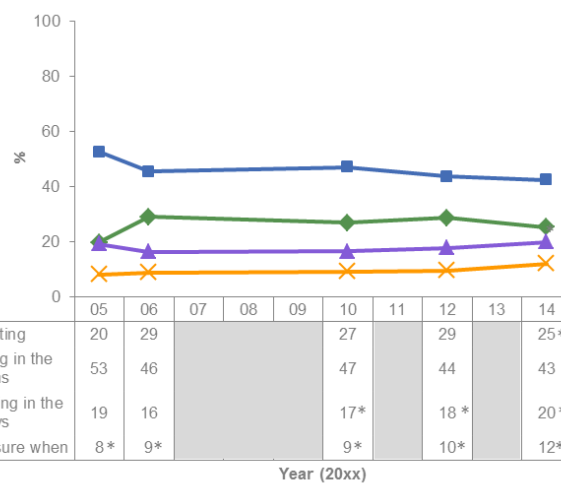
In 2014, 25%* of Halton adults who were current smokers reported that they were not thinking of quitting smoking, 43% reported that they were considering quitting, 20%* reported that they were committed to quitting, and 12%* reported that they were going to quit but weren't sure when.

From 2005 to 2014, there were no statistically significant changes in the percentage of Halton adults who were current smokers who reported that they were not thinking of quitting smoking.

From 2005 to 2014, the percentage of Halton adults who were current smokers who reported that they are considering quitting smoking in the next 6 months decreased from 53% to 43%, and this decrease was **statistically significant**.

From 2005 to 2014, there were no statistically significant changes in the percentage of Halton adults who were current smokers who reported that they were committed to quitting smoking in the next 30 days.

From 2005 to 2014, the percentage of Halton adults who were current smokers who reported that they were going to quit but weren't sure when increased from 8%* to 12%*, and this increase was **statistically significant**.

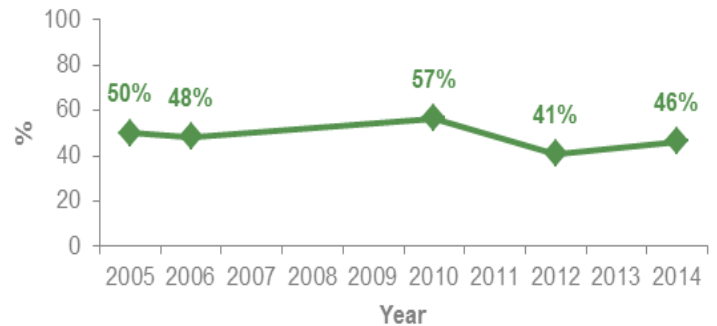


Percentage of adults aged 20 and over who were current smokers who reported that they were not thinking of quitting smoking, considering quitting in the next 6 months, committed to quitting in the next 30 days, or going to quit but weren't sure when, Halton Region, 2005-2014

Stopped smoking for one day or longer during the past 12 months

Trends Over Time

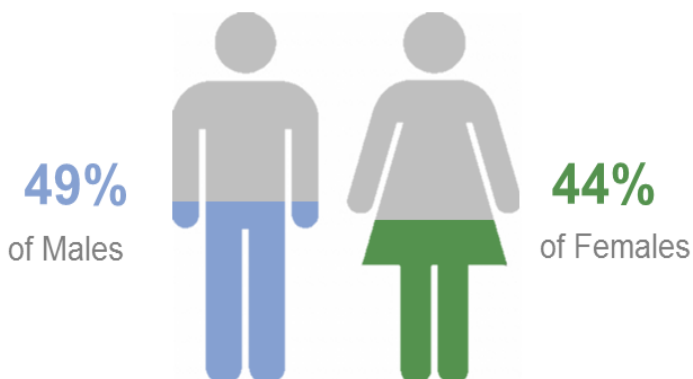
In 2014, 46% of Halton adults who were current smokers reported that they stopped smoking for one day or longer during the past 12 months because they were trying to quit. There were no statistically significant changes from 2005 to 2014.



Percentage of adults aged 20 and over who reported that they stopped smoking for one day or longer during the past 12 months because they were trying to quit, Halton Region, 2005-2014

Sex

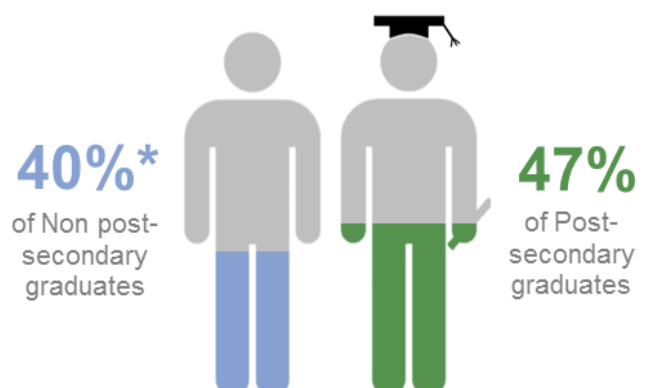
In 2014, there were no statistically significant differences by sex in the percentage of Halton adults who were current smokers who reported that they stopped smoking for one day or longer during the past 12 months because they were trying to quit.



Percentage of adults aged 20 and over who reported that they stopped smoking for one day or longer during the past 12 months because they were trying to quit, by sex, Halton Region, 2014

Education

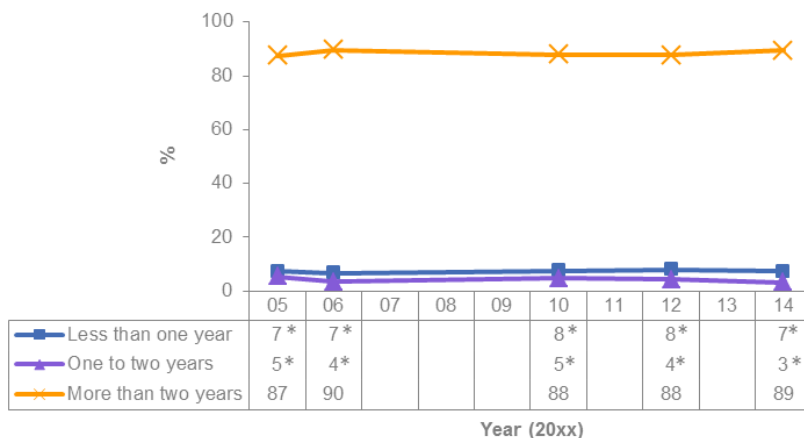
In 2014, there were no statistically significant differences by education in the percentage of Halton adults who were current smokers who reported that they stopped smoking for one day or longer during the past 12 months because they were trying to quit.



Percentage of adults aged 25 and over who reported that they stopped smoking for one day or longer during the past 12 months because they were trying to quit, by education, Halton Region, 2014

Trends Over Time - Stopped smoking completely

In 2014, 7%* of Halton adults who were former smokers reported that they stopped smoking completely in the past year, 3%* reported between one to two years ago and 89% reported more than two years ago. There were no statistically significant changes from 2005 to 2014.



Percentage of adults aged 20 and over who were former smokers who reported that they had stopped smoking completely in the past year, between one to two years ago, and more than two years ago, Halton Region, 2005-2014

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:

Current smokers are adults who have smoked over 100 cigarettes in their lifetime, and currently smoke some days or every day.

Former smokers are adults who have smoked at least 100 cigarettes in their lifetime, but do not currently smoke.

Data Source: Rapid Risk Factor Surveillance System [2005, 2006, 2010, 2012 and 2014], Halton Region Health Department and Institute for Social Research, York University.

Estimates marked with an asterisk (*) should be interpreted with caution due to high variability. Estimates marked with a double asterisk (**) were not reportable.

Limitations: In many cases the indicators in this report could not be broken down by demographic characteristics due to small sample size. Only demographic breakdowns that were reportable were included in this report.

References

1. Ministry of Health and Long Term Care. 2013. Smoke-Free Ontario Legislation. Accessed August 2015, from <http://www.mhp.gov.on.ca/en/smoke-free/legislation/default.asp>
2. Health Canada. 2011. Smoking and Your Body. Accessed August 2015, from <http://www.hc-sc.gc.ca/hc-ps/tobac-tabac/body-corps/index-eng.php>
3. Health Canada. 2015. Quit Smoking. Accessed August 2015, from <http://www.hc-sc.gc.ca/hc-ps/tobac-tabac/quit-cesser/index-eng.php>
4. Halton Region. n.d. The Stop Smoking Clinic. Accessed August 2015 from halton.ca

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

Last Revised: August 26th, 2015
Expected Update: 2017

