

Health Indicator Report

Tobacco Dependence

Background

The purpose of this health indicator report is to provide information on tobacco use and level of addiction among adults aged 18 and over living in Halton Region.

Nicotine is the component of tobacco that makes cigarettes addictive.¹ Nicotine is absorbed through the lungs and moves through the bloodstream and into the brain in as little as 10 seconds.¹ This almost immediately causes an increase in heart rate and blood pressure.¹ The majority of smokers become dependent on the nicotine within tobacco products and will experience withdrawal symptoms after a couple of hours without a cigarette.¹ Many smokers continue to smoke to avoid feeling this way.¹ Despite the addicting nature of tobacco products, it is possible to quit. There are many resources available in Halton on smoking and tobacco use to assist in breaking this detrimental habit.

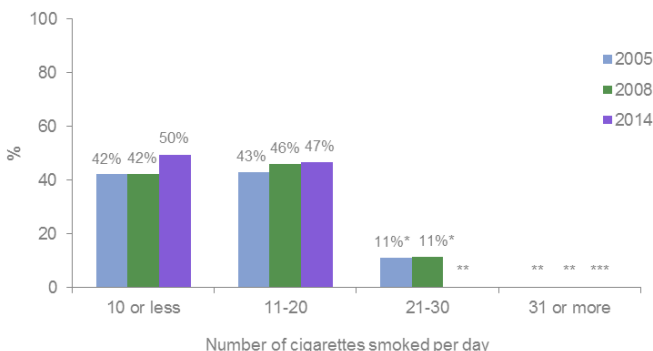
The Heaviness of Smoking Index (HSI) is used to calculate the level of dependence an individual has on tobacco. This calculation takes into account both the number of cigarettes smoked by an individual per day as well as the time between waking up and having the first cigarette.

This Health Indicator Report uses data from the Rapid Risk Factor Surveillance System. Please note that due to such few responses, it was not feasible to break the data down by demographics (ie. sex, age, municipality, income and education).

Trends Over Time

In 2014, 50% of Halton adults who smoke reported smoking 10 cigarettes or less per day and 47% reported smoking 11-20 per day. The percentage of adults who smoked 21-30, or 31 or more cigarettes per day were not reportable.

There were no statistically significant changes in the percentage of adults who smoke 10 cigarettes or less, 11-20, 21-30, or 31 or more per day from 2005 to 2014.

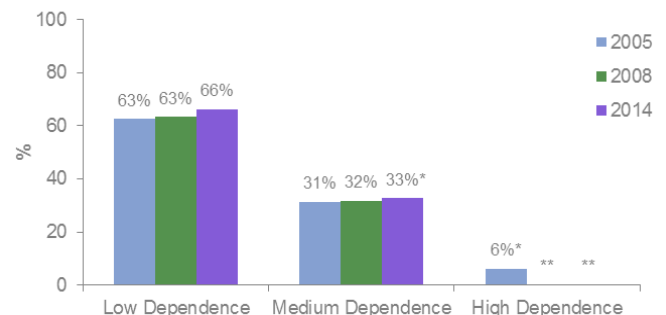


Percentage of adults aged 18 and over who reported smoking 10 cigarettes or less, 11-20, 21-30, or 31 or more cigarettes per day, Halton Region, 2005-2014

Trends Over Time

In 2014, based on the HSI calculation, 66% of Halton adults who smoke were found to have a low dependence on tobacco, and 33% were found to have medium dependence. The percentage of adults who were found to have a high dependence on tobacco was not reportable.

There were no statistically significant changes in the percentage of adults who were found to have a low, medium, or high dependence on tobacco from 2005 to 2014.



Percentage of adults aged 18 and over who reported having low, medium or high tobacco dependence, 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:

The *Heaviness of Smoking Index (HSI)* is a scale that measures tobacco dependence by combining the time between waking up and having the first cigarette each morning, and the number of cigarettes smoked per day.²

The score is derived as follows:

Within 5 minutes	3	31 or more	3	0-2 points	Low
6-30 minutes	2	21-30	2	3-4 points	Medium
31-60 minutes	1	11-20	1	5-6 points	High
More than 60 minutes	0	10 or less	0		

Data Source: Rapid Risk Factor Surveillance System [2005, 2008, May-Dec 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. Estimates marked with a triple asterisks had no cases to report (***).

References

1. Health Canada. 2013. Nicotine Addiction. Accessed July 2015 from <http://healthycanadians.gc.ca/healthy-living-vie-saine/tobacco-tabac/addiction-dependance-eng.php>
2. Ontario Tobacco Research Unit. 2013. Data Standards for Smoke-Free Ontario Smoking Cessation Service Providers. Accessed July 2015 from http://otru.org/wp-content/uploads/2013/08/special_data_standards.pdf

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

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