



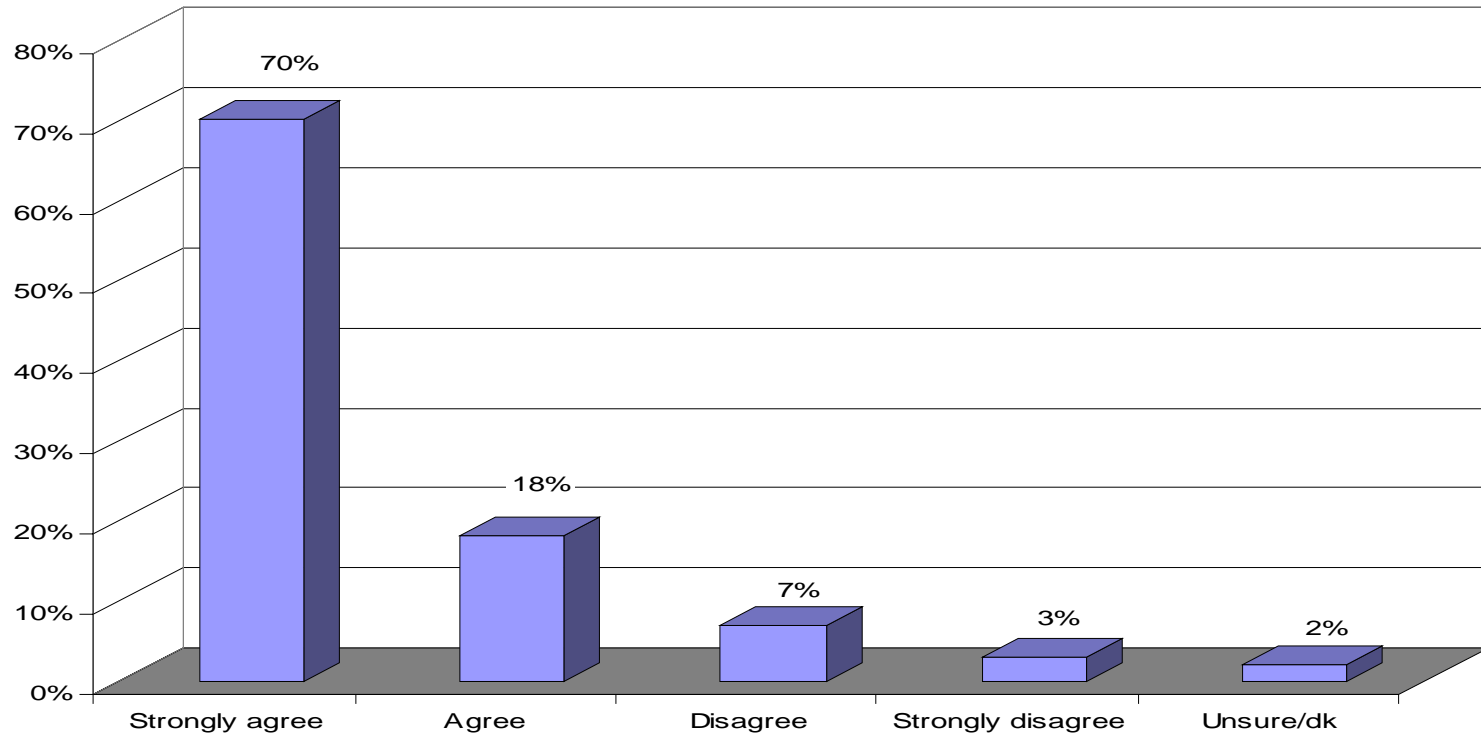
Smoking and Health

Dr Saqib Shahab
Medical Health Officer

YORKTON SMOKE FREE
PUBLIC PLACES COMMITTEE

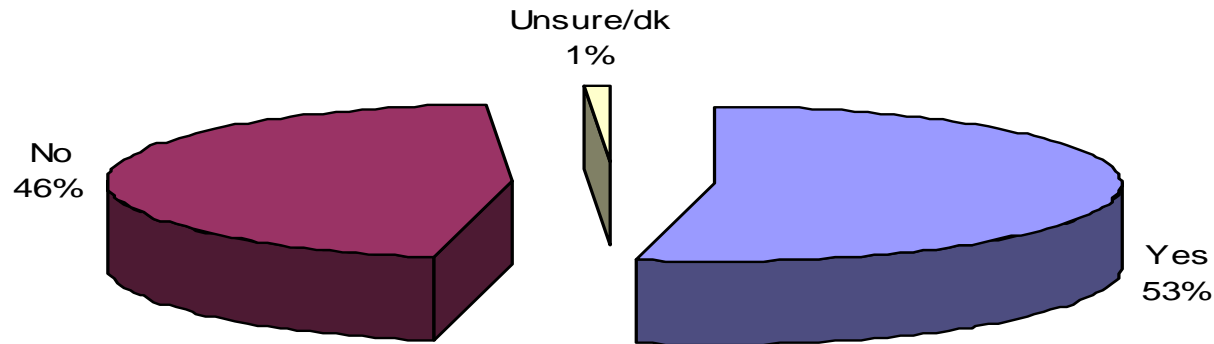
PUBLIC OPINION SURVEY
SEPTEMBER 2003

Second-hand smoke carries health risks to non-smokers.



More than two-thirds (**70%**) of residents **strongly agree** that second-hand smoke carries health risks to non-smokers.

Do you currently avoid restaurants, bars and/or other places because of other people smoking or because it is too smoky?



The majority (53%) of Yorkton residents currently avoid restaurants, bars and/or other places because of other people smoking or because it is too smoky.

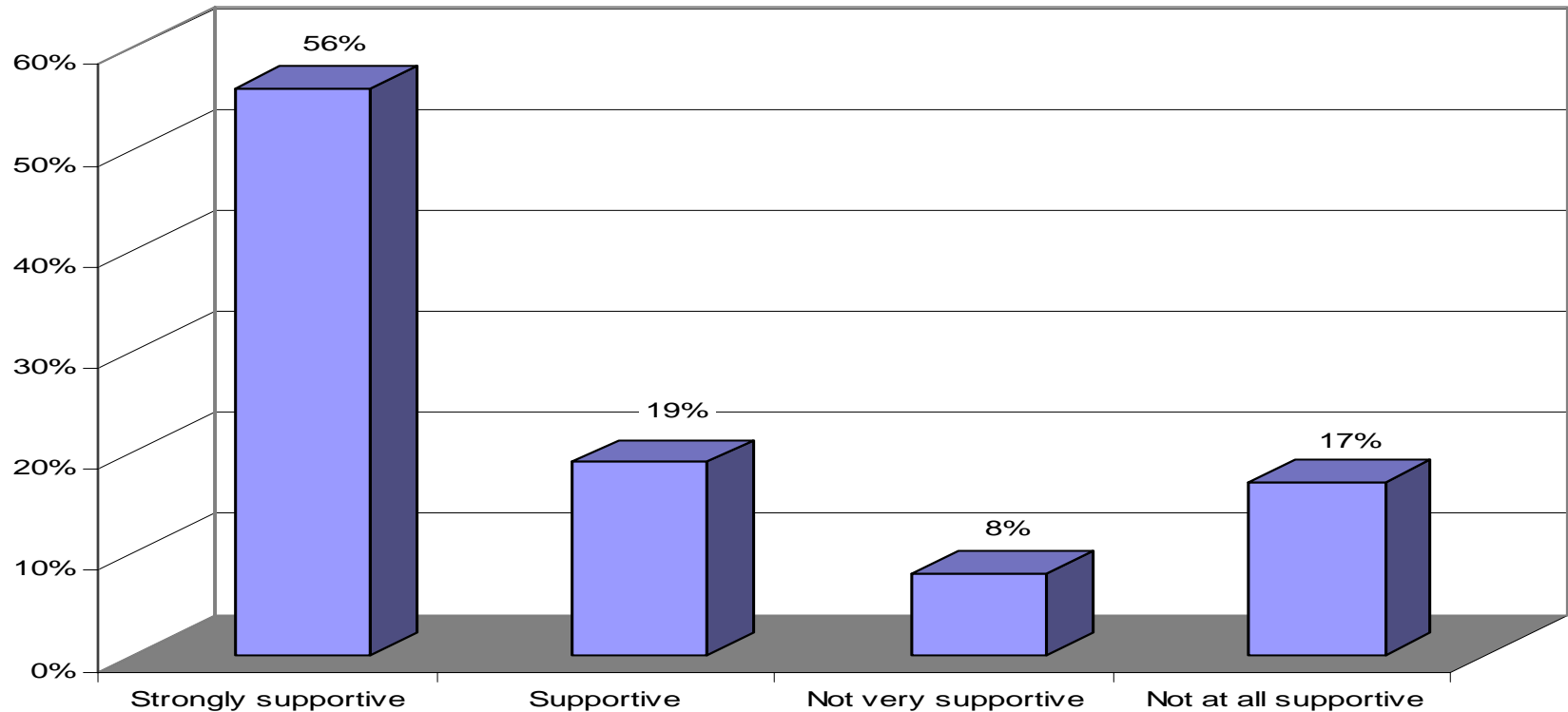
If the following places were 100% smoke free would you go more often, less often or about the same amount?

	More often	Same	Less often	Don't use
Restaurants	45%	42%	11%	2%
Bowling Alley	28%	31%	7%	34%
Bars & Lounges	26%	30%	12%	32%
Casino	24%	27%	9%	40%
Bingo Hall	16%	19%	6%	59%

The large majority (87%) of Yorkton residents indicate they would visit restaurants the same or more often if they were 100% smoke free.

The majority would visit bowling alleys (59%), bars and lounges (56%) and the casino (51%) the same or more often if they were 100% smoke free.

How supportive would you be of a local bylaw for the City of Yorkton that would make all enclosed public places 100% smoke free?



• **Three quarters (75%)** of Yorkton residents would be supportive of a local bylaw that would make all enclosed public places 100% smoke free; **the majority (56%) would be strongly supportive.**

Behaviour and Health

Smoking

- **It has been established that smoking is the “single most important preventable cause of death”, responsible for up to 45,000 deaths per year in Canada**

Estimates of Yearly Smoking Mortality

	Canada	SK	<u>Sunrise</u>	<u>Yorkton</u>
Estimated population	30,000,000	1,000,000	60,000	17,000
Estimated deaths due to smoking	45,000	1,500	90	26
Deaths due to ETS low estimate	1,000	33	2	1
Deaths die to ETS high estimate	7,800	260	16	4

Health Effects of Second Hand Smoke: Causally associated

Respiratory Effects

- Acute lower respiratory tract infections in children (e.g., bronchitis and pneumonia)
- Asthma induction and exacerbation in children
- Chronic respiratory symptoms in children
- Eye and nasal irritation in adults
- Middle ear infections in children

Health Effects of Second Hand Smoke: Causally associated

Carcinogenic Effects

- Lung Cancer
- Nasal Sinus Cancer

Cardiovascular Effects

- Heart disease mortality
- Acute and chronic coronary heart disease morbidity

Health Effects of Second Hand Smoke: Causally associated

Developmental Effects

- Fetal Growth: Low birth weight or small for gestational age
- Sudden Infant Death Syndrome (SIDS)

Health Effects of Second Hand Smoke: Suggested evidence for causal association

Developmental Effects

- Spontaneous abortion
- Adverse impact on cognition and behavior

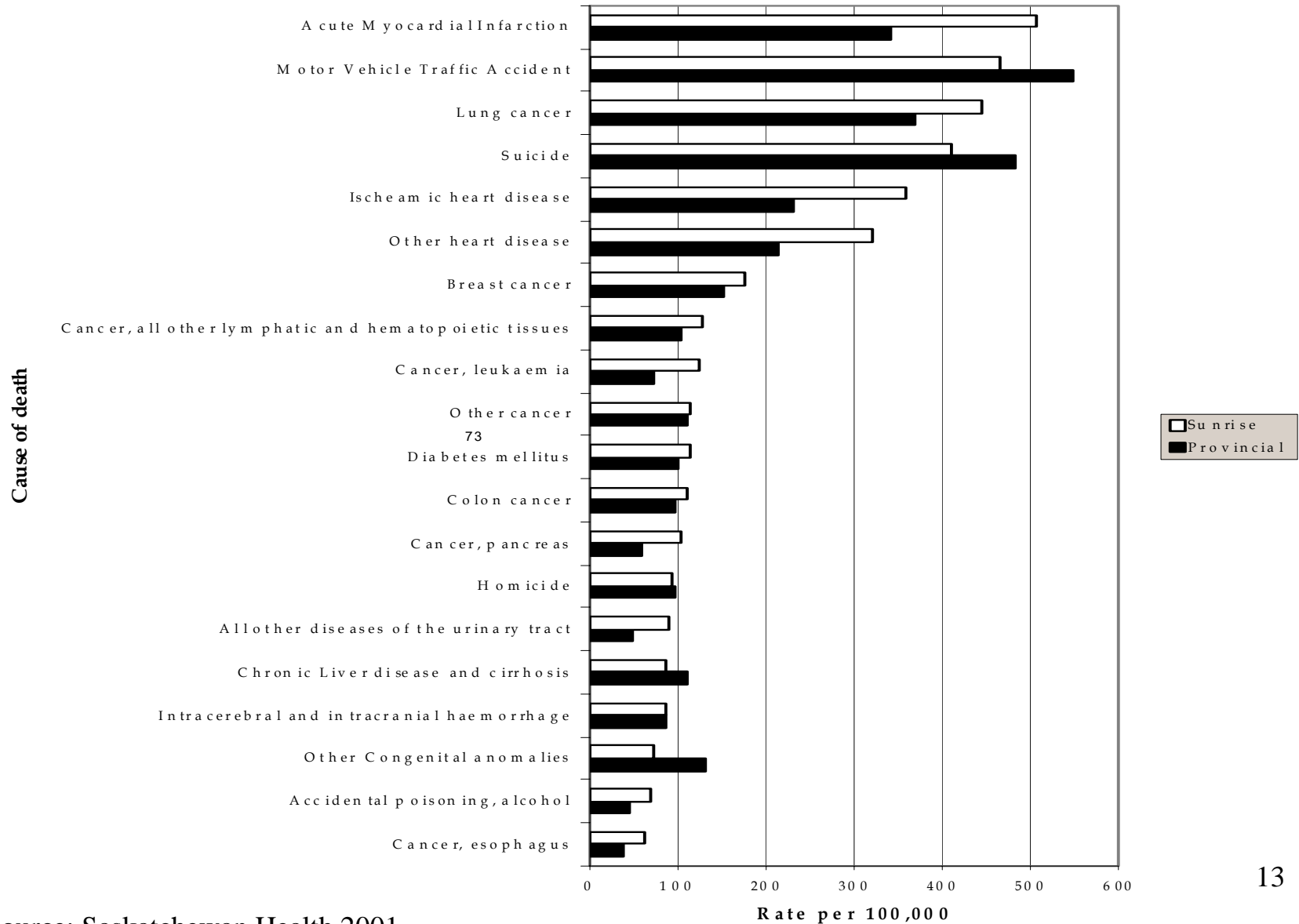
Respiratory Effects

- Exacerbation of cystic fibrosis
- Decreased pulmonary function

Carcinogenic Effects

- Cervical cancer

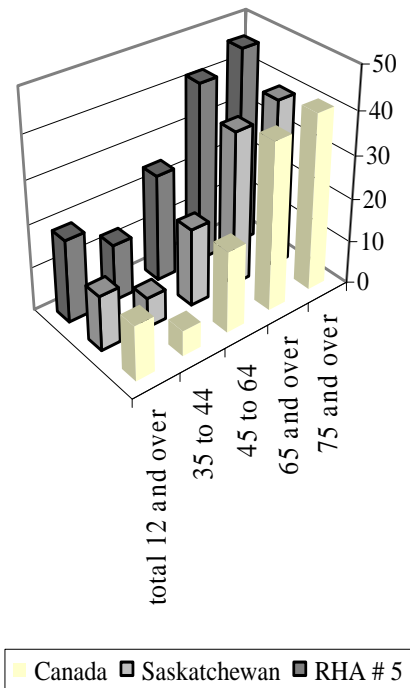
PYLL rate, average, Saskatchewan and Sunrise Regional Health Authority, 1995 to 1999



Chronic Disease

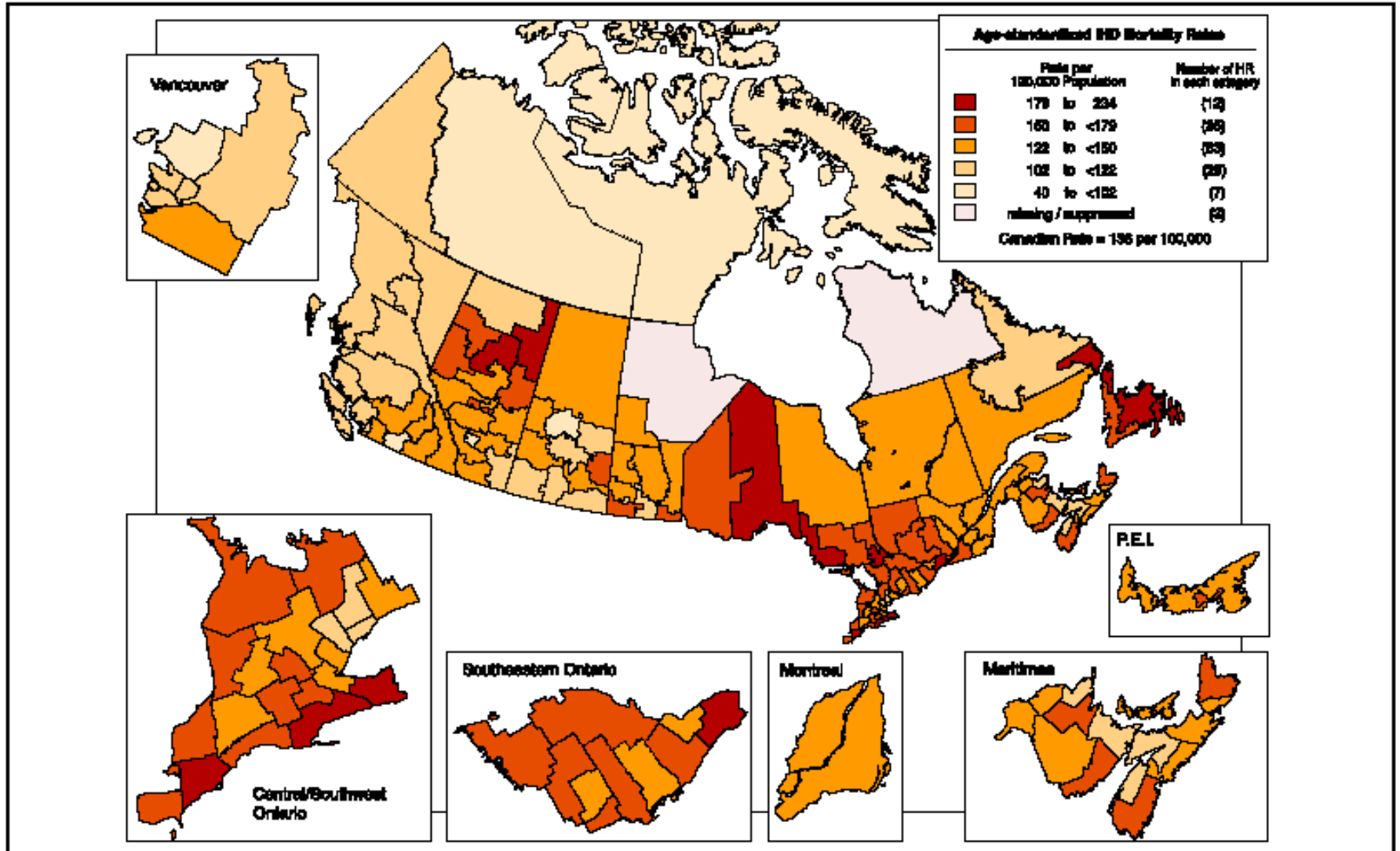
High Blood Pressure

High Blood Pressure Prevalence



- The prevalence of high blood pressure is significantly higher in Sunrise (19.1%) compared to Saskatchewan (12.6%) and Canada (12.6%).

High heart disease mortality in Sunrise Health Region

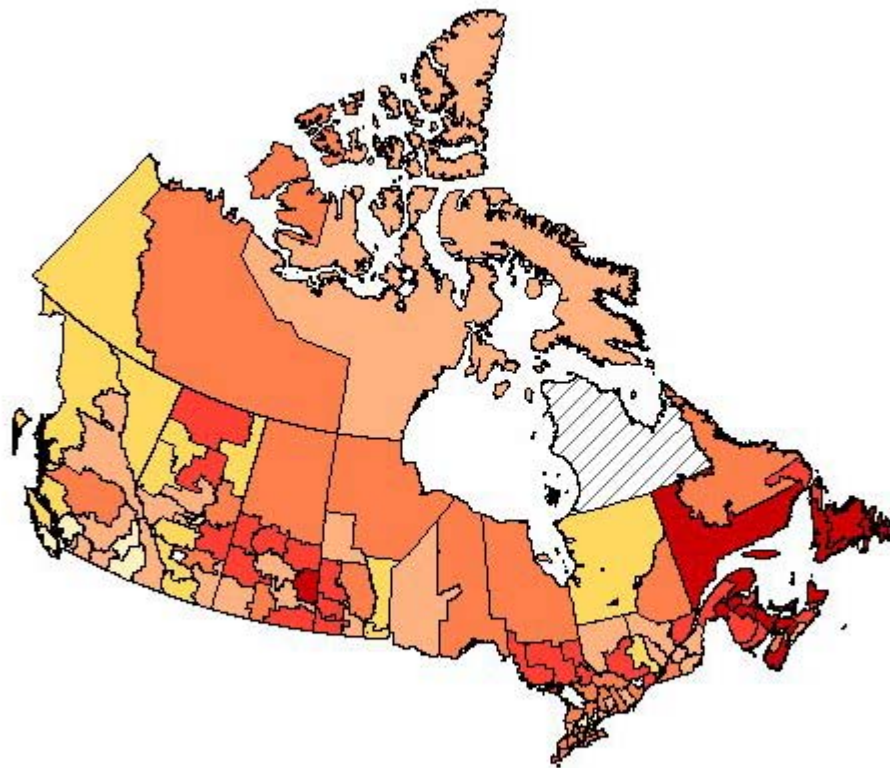


Number of Cardiovascular Disease (CVD) Risk Factors Per Health Region That Have a Prevalence Rate Greater Than the National Average, Canada 2000/01

CVD risk factors above Canadian Average

No. of risk factors No. of health regions

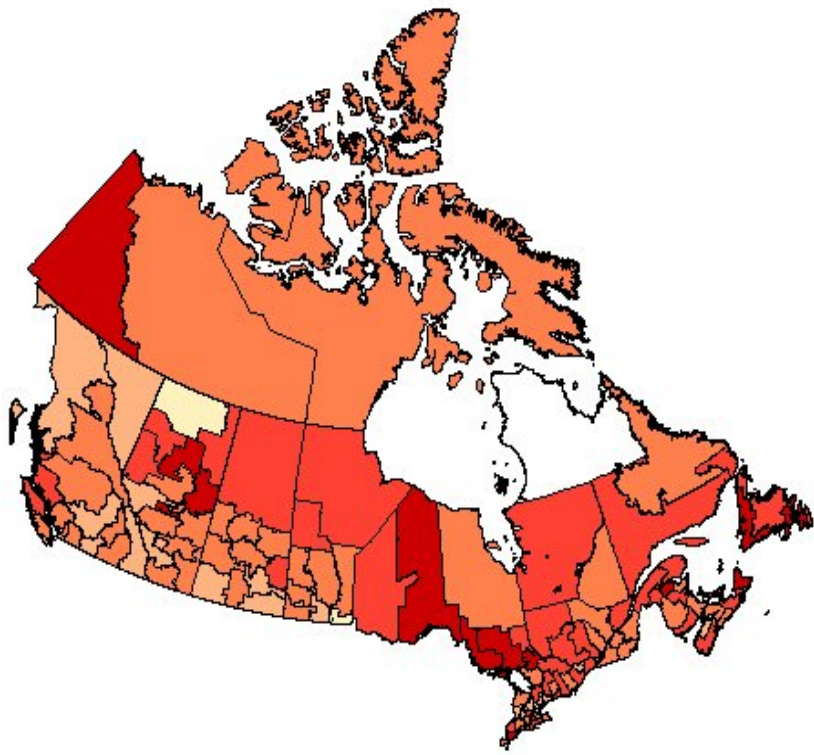
6	(16)
5	(27)
4	(31)
3	(29)
2	(19)
1	(9)
0	(5)
missing/suppressed	(3)



0 1,741 Kilometers

<http://www.ccort.ca/Maps.asp>

Smoking Attributable Mortality (SAM) rate for Cardiovascular Disease per 100,000 Population Aged 35 and Over, by Health Region, Canada, 2000/01.



SAM rate relative to the Canadian average

Comparative Rate Ratio	No. of health regions
1.3 to 1.55	(13)
1.1 to <1.3	(41)
0.9 to <1.1	(51)
0.75 to <0.9	(24)
0.40 to <0.75	(7)
missing/suppressed	(3)

0 1,741 Kilometers

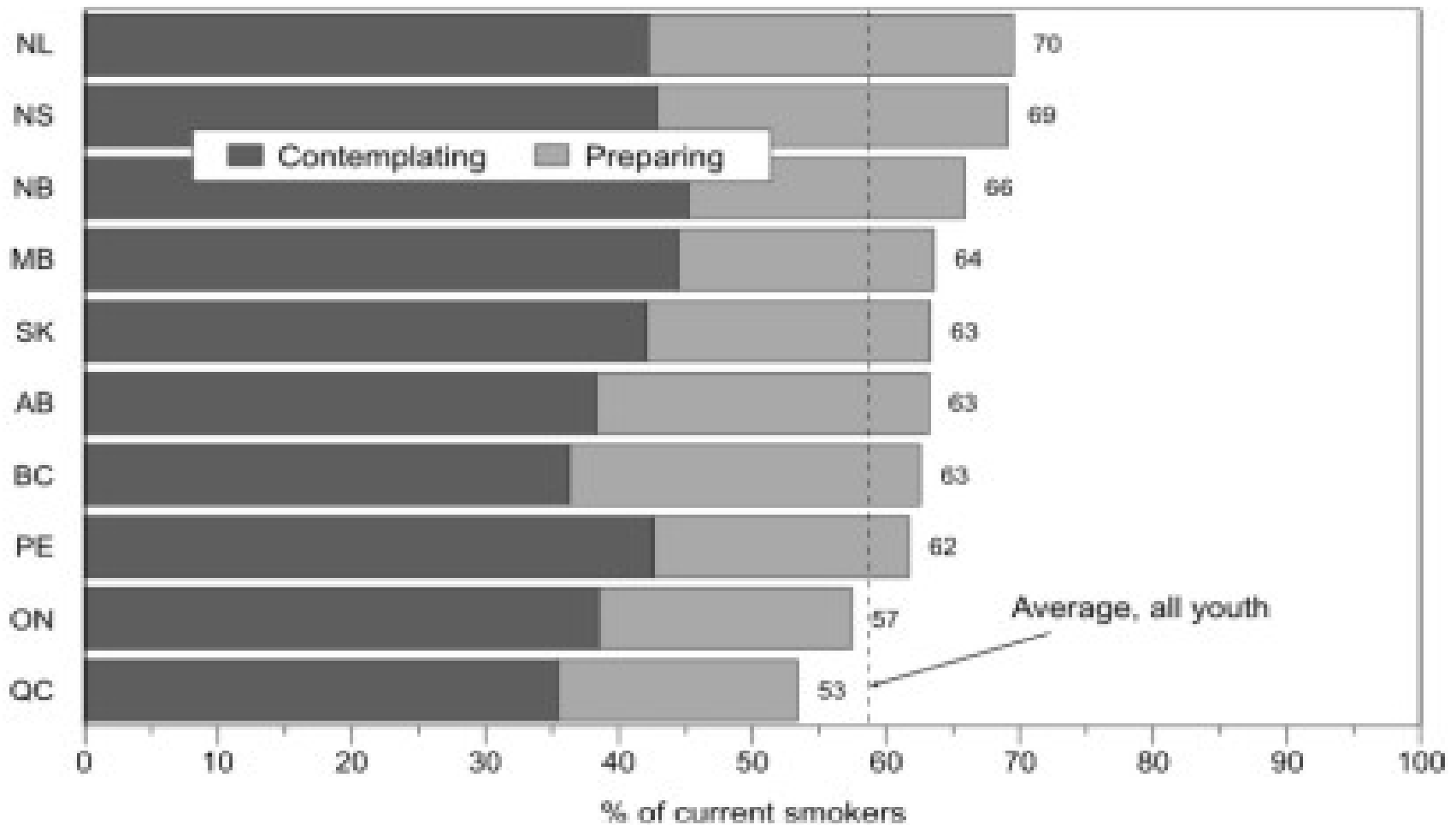
Smoking Initiation

Smoking Initiation		Saskatchewan	Sunrise Health Region
Total smoking initiation	# of People	535,334	33,353
Age 5-11 years	%	10	6.7
Age 12-14 years	%	32.1	37.4
Age 15-19 years	%	45.5	47.2
Age 20 + years	%	10.2	13.2

Smokers are quitting

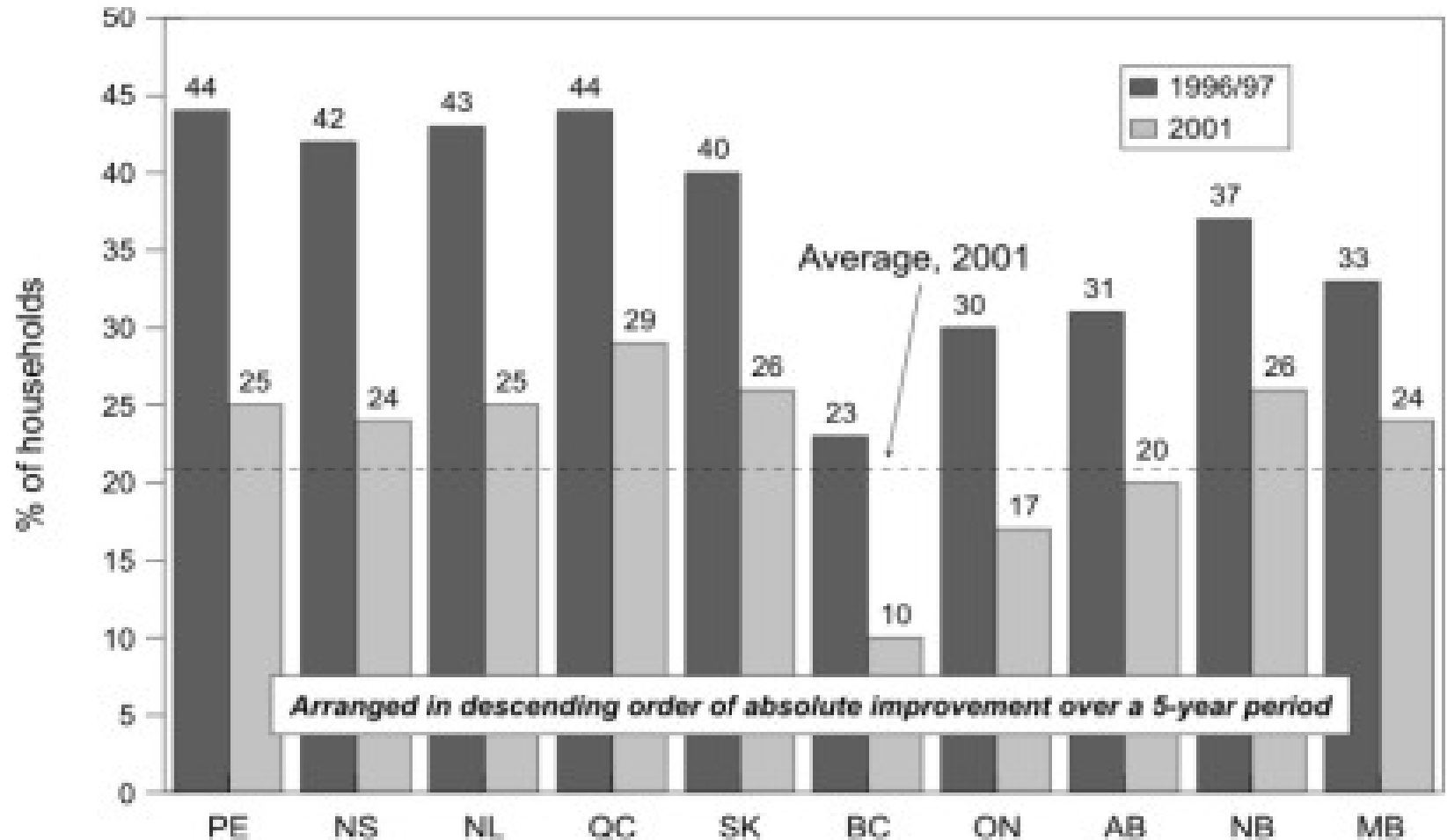
Current smokers	Canada	Saskatch- ewan	Sunrise Health Region
Total	21.5	23.3	24.1
Males	23.5	23.6	22.7
Females	19.4	23	25.4
Former Smokers			
Total	36.7	38.7	41.5
Males	39.6	42	47.8
Females	33.9	35.5	35.4

Readiness to Quit Smoking by province, ages 15-24, Canada, 2001



Children's Exposure to Tobacco Smoke at Home

Households with children under age 12 where someone smokes regularly, by province, Canada, 1996/97 and 2001



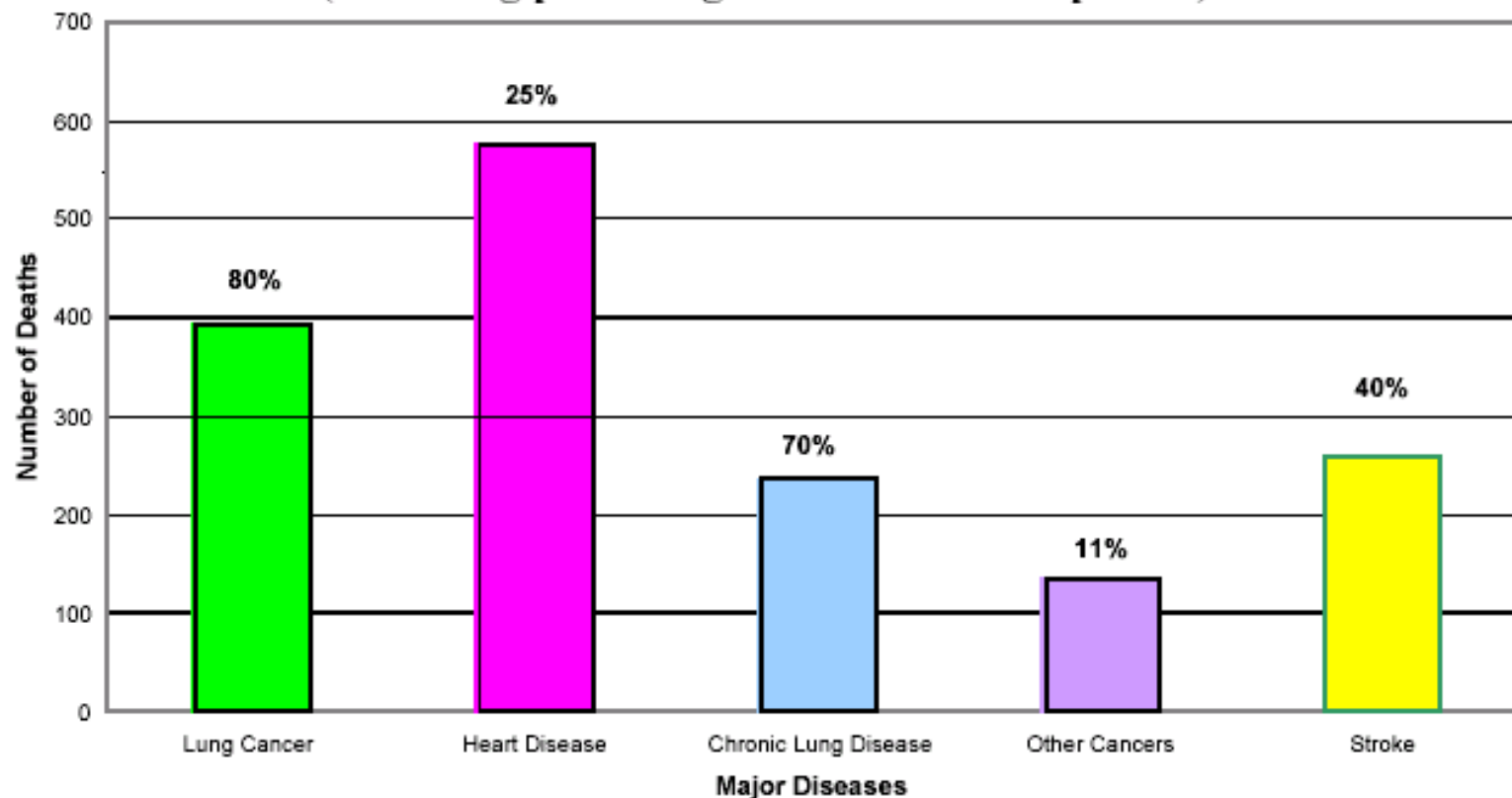
Saskatchewan smoking facts

Many 15 to 19 year olds who work do so in the service industry where they are exposed to Environmental Tobacco Smoke

Sunrise Health Status

- Residents of Sunrise Health Region face significant challenges to health, partly attributable to “determinants of health” which includes smoking

**Figure 2. Number of Deaths Attributable to Tobacco Use, Five Diseases, Saskatchewan, 1994
(Including percentage of total disease specific)**



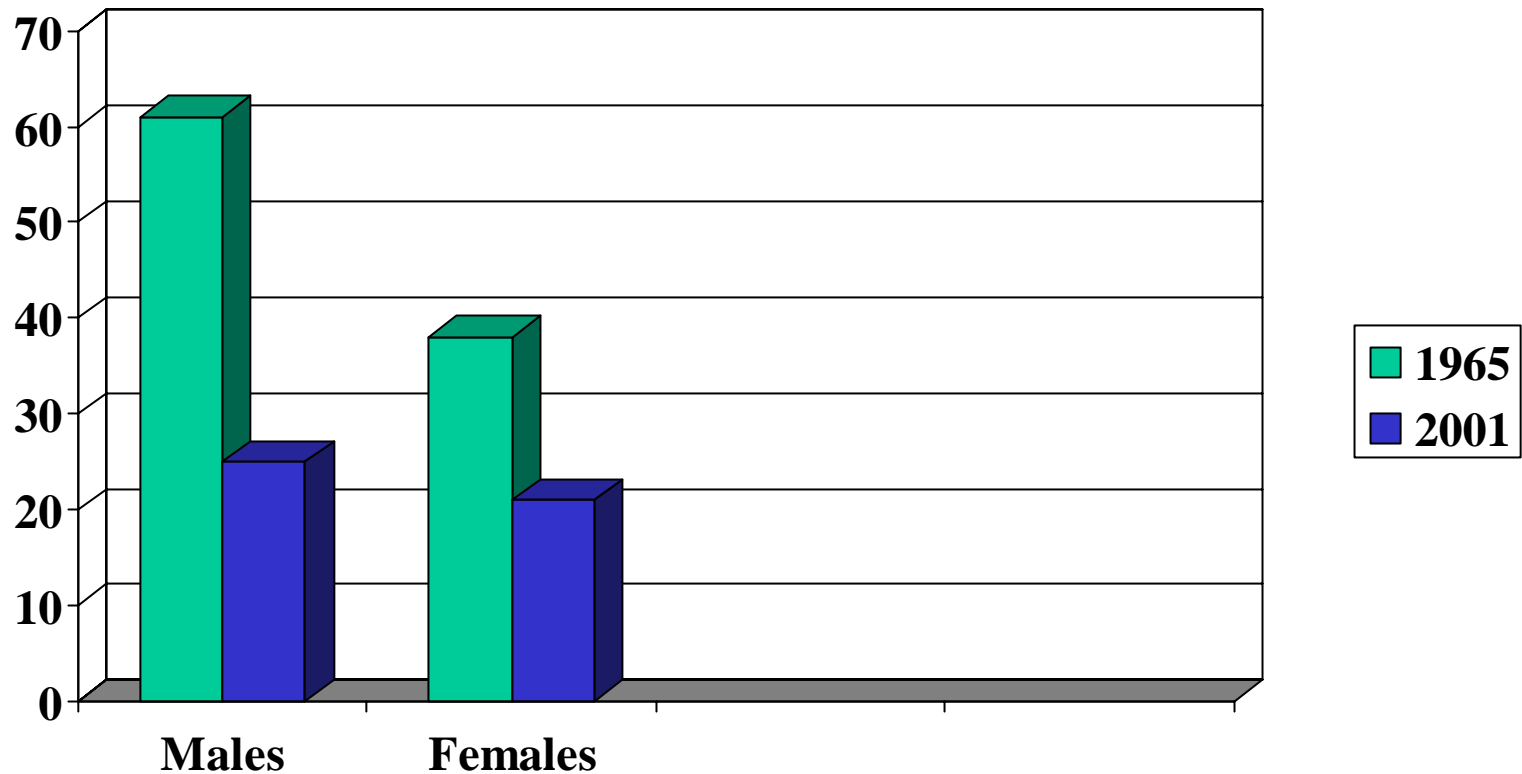
Source: Butler-Jones, D., 1998

Figure 5. Future Cause of Death Before Age 70 Among 100,000 15-Year Old Smokers



Source: Adapted from Schabas, 1996

Overall Smoking Prevalence in Canada



What happens when a non smoker goes into a smoke filled public place:

- twenty minutes of exposure to secondhand smoke causes a nonsmoker's blood platelets to get sticky, which reduces the ability of the heart to pump, and puts a nonsmoker at a higher risk of a heart attack

(Glantz & Parmley, 2001).