

## **CIGARETTE SMOKING**

- ◆ 24.7% of women in Ontario, 20 years of age and over were daily smokers in 1995. <sup>1</sup>
- ◆ 28.1% of men in Ontario, 20 years of age and over were daily smokers in 1995. <sup>1</sup>
- ◆ 21% of Anglophones and 27% of Francophones (24% male, 30% female) smoked in 1990. <sup>3</sup>
- ◆ Approximately 1,800 pregnant women (more than 1 in 6) continue to smoke after the first 3 months of their pregnancy. <sup>2</sup>
- ◆ Students in Eastern Ontario\* increased their rate of smoking from 22% in 1993 to 30.4% in 1995. <sup>4</sup>
- ◆ Provincially, the prevalence of 7th graders smoking increased from 6.1% in 1991 to 10.3% in 1995. <sup>5</sup>

## **EFFECTS OF CIGARETTE SMOKING**

- ◆ One-fifth of all deaths -- 20% (about 760 deaths annually). <sup>6</sup>
- ◆ 100 spontaneous abortions and infant respiratory disease cases annually. <sup>7</sup>

## **EFFECTS OF ENVIRONMENTAL TOBACCO SMOKE (ETS) IN ONE YEAR**

- ◆ 10 deaths from lung cancer. <sup>8</sup>
- ◆ 90 deaths from cardiovascular disease. <sup>9</sup>
- ◆ 500 to 900 cases of bronchitis and pneumonia in children under 18 months of age. <sup>7</sup>
- ◆ The risk of death due to heart disease is increased by about 30% among those exposed to Environmental Tobacco Smoke (ETS) at home. <sup>10</sup>
- ◆ Infants exposed to tobacco smoke after birth have a twofold increase in risk for Sudden Infant Death Syndrome. <sup>11</sup>

\* Eastern Ontario includes Boards of Education from York Region and East to the Québec border

### **SOURCES:**

1) OTRU Report Highlights, Monitoring Ontario's Tobacco Strategy, Progress Toward Our Goal 1995. The Ontario Tobacco Research Unit; 2) Changes in Smoking Prevalence Among Pregnant Women 1988 - 1993. Ottawa-Carleton Health Department; 3) Ottawa-Carleton Heart Beat Survey, 1990; 4) Addiction Research Foundation Ontario Student Drug Use Survey 1977-1995; 5) Ontario Student Drug Use Survey, Addiction Research Foundation, 1995; 6) Smoking Attributable Mortality Calculation, Ottawa-Carleton Health Department, 1995; 7) Estimate based on U.S. Environmental Protection Agency Research, 1993; 8) Based on Canadian estimates at Health Canada, 1991; 9) Estimate based on K. Steenland at U.S. National Institute of Occupational Health and Safety; *JAMA* 1992; 267:94-99; 10) ETS and Cardiovascular Disease Position Paper from the Council on Cardio Pulmonary and Critical Care, American Heart Association; 11) Active and Passive Tobacco Exposure: A Serious Pediatric Health Problem, *Circulation* 1994. Vol. 90, No. 5.