

Smoking in Canada

A statistical snapshot of Canadian smokers



2005

Physicians *for a* Smoke-Free Canada

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This analysis is based on the public use micro data of the Canadian Community Health Survey, Cycle 3.1, 2005.

This snapshot was compiled using resources provided by the Tobacco Control Programme of Health Canada. Any opinions expressed or inferred are not necessarily shared by Health Canada.

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Of every 100 smokers ...

		smokers		quitters	
		Men	Women	Men	Women
1	is over 80 years old	1	1	4	4
3	are in their 70s	3	4	10	9
8	are in their 60s	7	8	15	13
16	are in their 50s	15	16	20	19
24	are in their 40s	23	24	21	21
19	are in their 30s	19	17	14	15
22	are in their 20s	23	20	11	13
7	are under 20 years of age	9	10	5	6
<1	live in northern territories	<1	1	<1	<1
11	live in British Columbia	11	11	13	14
10	live in Alberta	11	10	9	9
3	live in Saskatchewan	3	3	3	3
3	live in Manitoba	3	3	3	3
38	live in Ontario	39	37	38	35
28	live in Quebec	26	28	25	27
2	live in New Brunswick	2	2	3	3
3	live in Nova Scotia	3	3	3	3
<1	live in Prince Edward Island	<1	<1	<1	1
2	live in Newfoundland	2	2	2	2
14	were born in Canada	83	89	79	85
86	immigrated to Canada	17	11	21	15
63	speak English (but not French)	65	62	65	61
13	speak French (but not English)	11	15	11	15
23	speak French and English	23	23	23	23
1	speak neither French nor English	1	<1	1	1
8	have a family income less than \$15,000 per year	7	10	4	6
15	have a family income between \$15,000 and \$29,000 per year	13	17	12	13
22	have a family income between \$30,000 and \$49,000 per year	21	22	19	21
27	have a family income between \$50,000 and \$79,000 per year	28	27	28	27
28	have a family income over \$80,000 per year	32	24	38	33
81	live on waged income	84	77	74	73
10	live on retirement income	8	12	21	21
6	live on employment insurance or workers compensation benefits	5	7	2	2
3	have another source of income	3	4	3	4
15	live by themselves	15	14	11	16
8	share a house with non family members	10	6	4	4
23	live with a spouse or partner and no-one else	23	22	37	30
29	live with a spouse or partner and children	31	26	34	30
6	are single parents nliving with their child or children	2	10	2	6
3	are living with a parent	3	4	2	2
8	are living with both parents	8	9	5	6
8	are living in some other arrangement	8	9	6	6
45	don't gamble				51
6	are problem gamblers				4
70	drink alcohol regularly	77	63	76	63
17	drink alcohol occasionally	12	23	11	21
11	no longer drink alcohol	9	12	11	13
2	never drink/drank alcohol	2	2	3	2

Of every 100 smokers ...		smokers		quitters	
		Men	Women	Men	Women
38	are married	40	36	65	55
16	are living common law	15	17	10	11
14	are divorced, separated or widowed	10	18	8	17
32	have never been married	34	29	18	17
33	live in a home owned by a family member	32	35	17	21
67	live in a rental home	68	65	72	68
91	have no worries about having enough to eat				
5	live with modest food insecurity (but not hungry)				
4	live with food insecurity with moderate or severe hunger				
16	consider themselves in excellent health	15	16	21	22
35	consider themselves in very good health	36	36	38	39
34	consider themselves in good health	34	33	28	27
11	consider themselves in fair health	10	11	9	9
4	consider themselves in poor health	3	4	3	3
63	have no cognitive problems (remembering, understanding)	66	60	68	72
37	have some cognitive problems (remembering, understanding)	34	40	32	28
70	consider themselves happy	70	72	78	81
23	consider themselves somewhat happy	24	21	18	15
5	consider themselves somewhat unhappy	4	5	3	3
2	consider themselves very unhappy	2	2	1	1
33	are in excellent mental health	33	32	39	37
35	are in very good mental health	35	36	36	38
24	are in good mental health	24	24	21	20
6	are in fair mental health	6	6	4	4
2	are in poor mental health	2	2	1	1
11	have seen a mental health professional in the past year	7	15	5	12
89	have not seen a mental health professional in the past year	93	85	95	88
5	are extremely stressed	5	6	3	3
23	are quite a bit stressed	20	25	18	19
41	are a bit stressed	41	41	40	42
21	are not very stressed	21	20	24	25
21	are not at all stressed	21	20	24	25
4	are underweight (using measurement of BMI < 18.5)	2	6	1	3
50	are normal weight (using measurement of BMI between 19 and 25)	47	55	35	51
32	are over weight (using measurement of BMI between 25 and 30)	37	26	44	29
14	are obese (using measurement of BMI > 30)	15	13	19	17
7	think they are underweight	10	4	5	2
58	think their weight is just about right	60	55	53	49
35	think they are overweight	30	41	43	49
79	think they should do something to improve their health	78	81		
41	think quitting smoking is their most important health improvement	42	39		
66	of those who work, work where smoking is not at all permitted	60	76	69	80
25	of those who work, work where smoking is allowed in some areas	28	20	23	16
9	of those who work, work where there are no restrictions on smoking	12	5	7	4
48	have graduated from college or university	47	48	59	59
10	have some post secondary training	10	10	8	8
19	finished high school (but no further)	19	20	14	16
23	have not graduated from high school	22	24	19	17

Basic demographics

Age

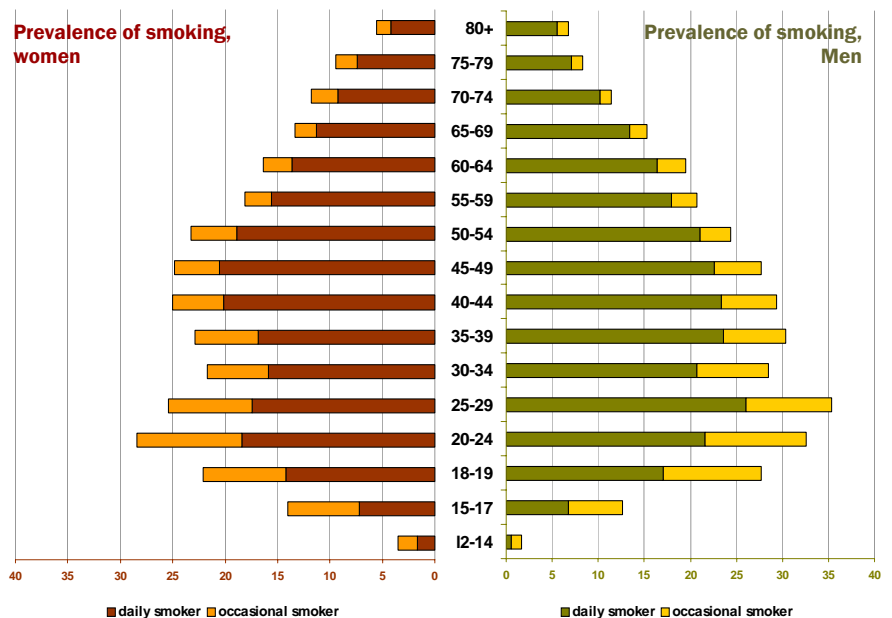
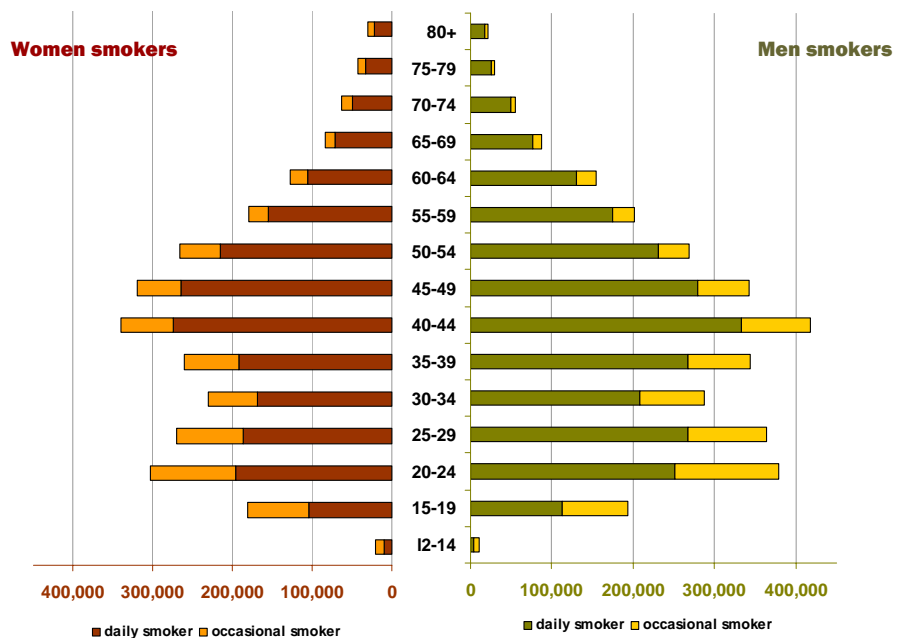
For both men and women in Canada, the age group with the largest number of smokers is 40-44 years of age.

The 'average' Canadian smoker – male and female – is around 40 years of age.

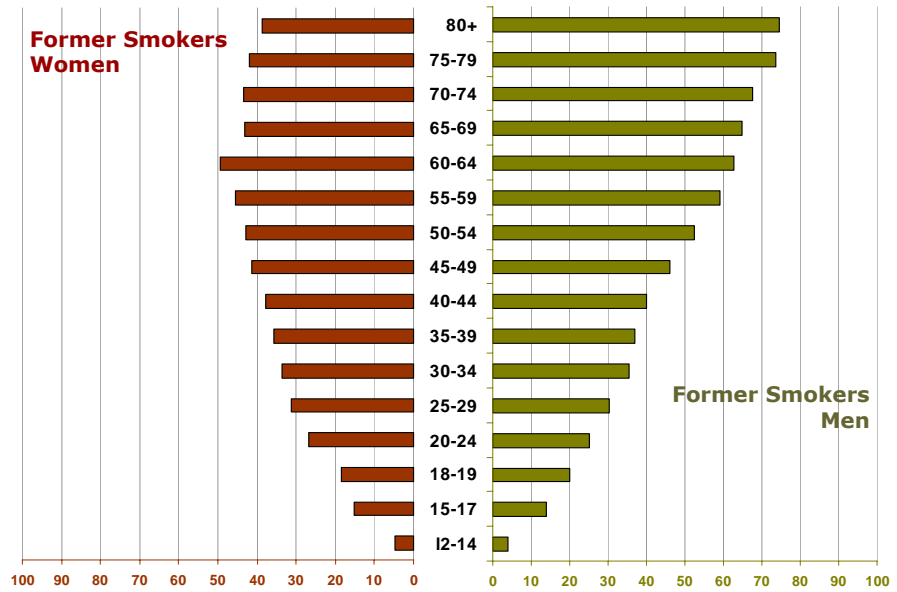
The age profile of Canadian smokers likely reflects several cohort effects, especially variances in birth rates and changes in social attitudes towards smoking.

Women who are today older than sixty were raised in an era when smoking among women was socially discouraged. Women who are today in their 40s to 60s were adolescents or young adults during the 1970s when women's social roles were revolutionized and when they were exposed to new tobacco marketing which exploited women's liberation (i.e. "you've come a long way baby").

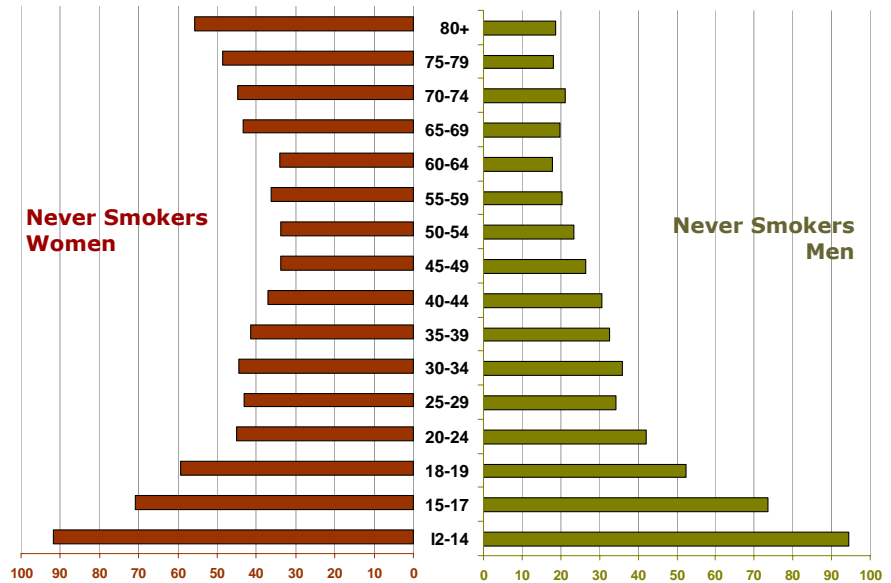
Modern tobacco control (advertising bans, high taxes and workplace smoking restrictions) was implemented in the late 1980s, somewhat rolled back in the 1990s and restored in the late 1990s. The first generation to fully benefit would be those born after 1990 (currently under 16 years of age). Despite that, 10% of children have smoked before entering high school.



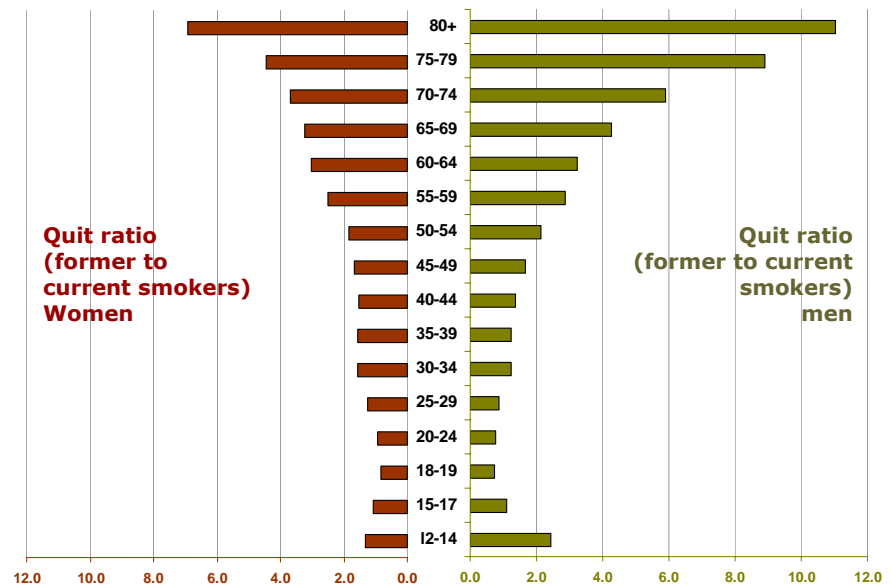
- the relatively symmetry for numbers of men and women who currently smoke masks differences in the ever smoking and quit rates between sexes.



- Only for generations born after 1980 are ever smoking rates the same for men and women.



- Only for generations born after 1960 are rates of successfully quitting the same for men and women
- The quit ratio (the proportion of former smokers to current smokers) increases significantly for older Canadians as a result of the premature death of smokers. This cold math reflects a reduction in the denominator as well as an increase in the numerator.



Shouldering the burden of disease

Comparing the percentage of smokers and the percentage of the population for each age group and sex allows us to measure the 'equity' of the burden of smoking between generations.*

Age cohorts which have a higher percentage of smokers than average would have, by this measure, an disproportionate burden of tobacco-use.

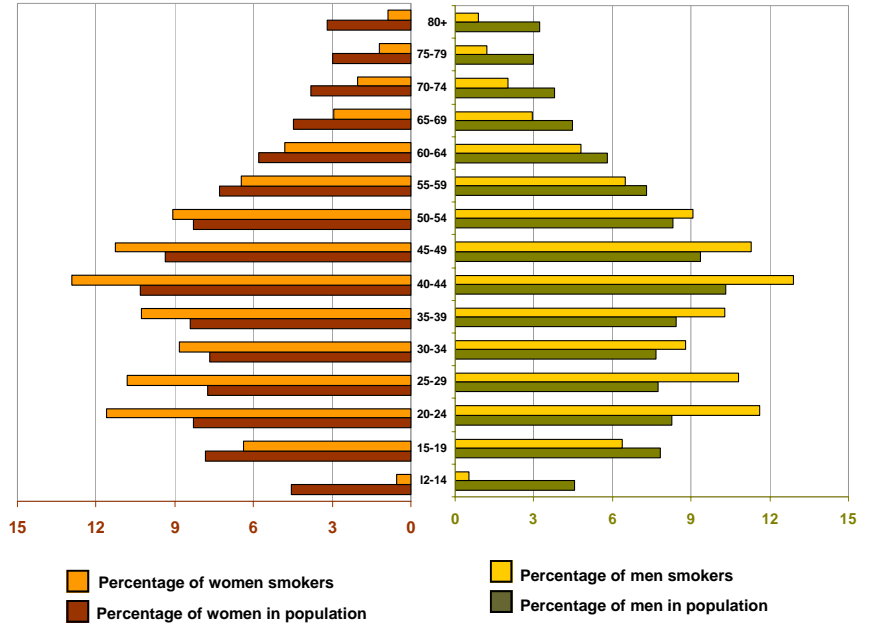
By this measure, higher burdens of tobacco use are found among:

● Canadians born between 1950 and 1960.

Most in this generation would have started smoking after the harmful effects of smoking were well publicized in the early 1960s. They were also the first generation for whom there was a clear government policy to educate children about the harmful effects of smoking.

● Canadians born between 1975 and 1985.

This age cohort is at the peak in the life cycle of smoking, when all those who will smoke have already started and a relatively smaller number has started to quit.

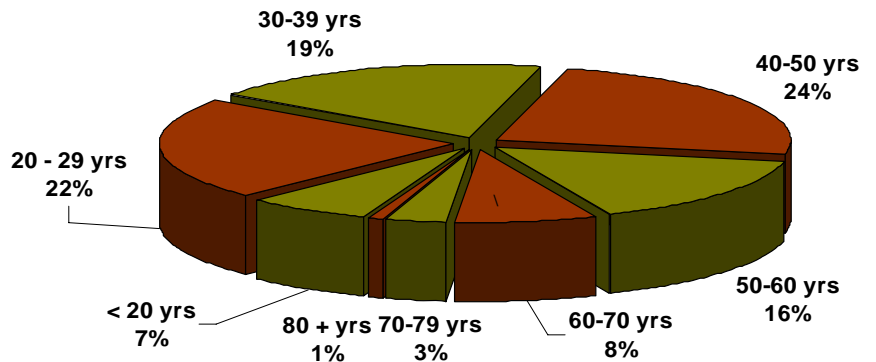


After age 65, smokers are a relatively lower number of the population, due to the increased quitting rates in those cohorts for men, the reduced onset for those generations of women and the premature mortality (many smokers in those cohorts are now dead).

**This analysis is perhaps less helpful used over the life cycle of smoking than in other comparisons between groups of Canadians because of the staggered onset and early death of smokers.*

Percentage of Canadian smokers in each decade of life

The age cohort which has the greatest number of smokers is those in their 40s. One quarter of all Canadian smokers are in this decade of life. (These men and women were born between 1945 and 1955).



years of age	12-14	15-17	18-19	20-24	25-29	30-34	35-39	40-44
MEN								
daily smoker	1	7	17	22	26	21	24	23
occasional smoker	1	6	11	11	9	8	7	6
former smoker	4	14	20	25	30	36	37	40
never smoker	94	73	52	42	34	36	33	31
Quit ratio	2.4	1.1	0.7	0.8	0.9	1.2	1.2	1.4
WOMEN								
daily smoker	2	7	14	18	17	16	17	20
occasional smoker	2	7	8	10	8	6	6	5
former smoker	5	15	18	27	31	34	36	38
never smoker	92	71	59	45	43	45	41	37
Quit ratio	1.3	1.1	0.8	0.9	1.2	1.6	1.6	1.5

years of age	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+	Total
MEN									
daily smoker	23	21	18	16	13	10	7	6	18
occasional smoker	5	3	3	3	2	1	1	1	5
former smoker	46	52	59	63	65	68	74	75	42
never smoker	26	23	20	18	20	21	18	19	34
Quit ratio	1.7	2.1	2.9	3.2	4.3	5.9	8.9	11.0	1.8
WOMEN									
daily smoker	21	19	16	14	11	9	7	4	15
occasional smoker	4	4	3	3	2	3	2	1	5
former smoker	41	43	46	49	43	43	42	39	36
never smoker	34	34	36	34	43	45	49	56	45
Quit ratio	1.7	1.8	2.5	3.0	3.2	3.7	4.4	6.9	1.8

years of age	12-14	15-17	18-19	20-24	25-29	30-34	35-39	40-44
MEN								
daily smoker	3,400	45,100	112,500	251,700	267,500	208,600	267,500	332,700
occasional smoker	7,000	39,100	81,100	126,900	96,000	78,700	75,900	85,500
former smoker	25,500	92,400	171,500	294,300	310,700	358,300	418,200	571,500
never smoker	610,700	489,100	695,900	490,800	352,700	361,700	369,600	435,900
total	646,500	665,700	1,061,000	1,163,800	1,026,900	1,007,300	1,131,200	1,425,600
WOMEN								
daily smoker	9,900	45,800	104,500	196,000	186,200	168,500	191,800	274,500
occasional smoker	10,600	42,900	75,900	107,400	84,700	61,400	68,700	65,800
former smoker	27,300	95,200	171,600	284,600	334,700	357,700	405,000	515,600
never smoker	535,200	449,100	695,700	480,300	460,500	472,000	471,600	505,100
total	646,500	633,000	1,047,700	1,068,200	1,066,000	1,059,700	1,137,100	1,361,000

years of age	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+	Total
MEN									
daily smoker	279,900	230,900	175,000	129,700	76,900	49,400	25,000	18,100	2,428,800
occasional smoker	62,600	37,100	26,700	24,400	10,700	6,000	3,900	3,800	726,400
former smoker	567,600	575,200	575,200	496,600	372,600	327,800	257,900	241,300	5,564,300
never smoker	325,500	256,100	197,900	140,500	114,300	102,300	62,900	60,500	4,577,200
total	1,235,600	1,099,200	974,800	791,100	574,600	485,500	349,800	323,700	13,296,700
WOMEN									
daily smoker	265,300	215,500	154,400	106,100	71,300	49,800	33,500	22,600	2,049,800
occasional smoker	54,600	50,100	24,800	21,000	12,900	13,500	9,000	7,700	668,000
former smoker	532,400	489,200	450,700	384,000	272,500	234,000	188,700	209,900	4,857,800
never smoker	437,000	386,300	359,500	264,700	273,400	240,800	220,000	302,000	6,104,100
total	1,289,300	1,141,100	989,400	775,800	630,100	538,100	451,100	542,200	13,679,600

Smoking in Canada's provinces

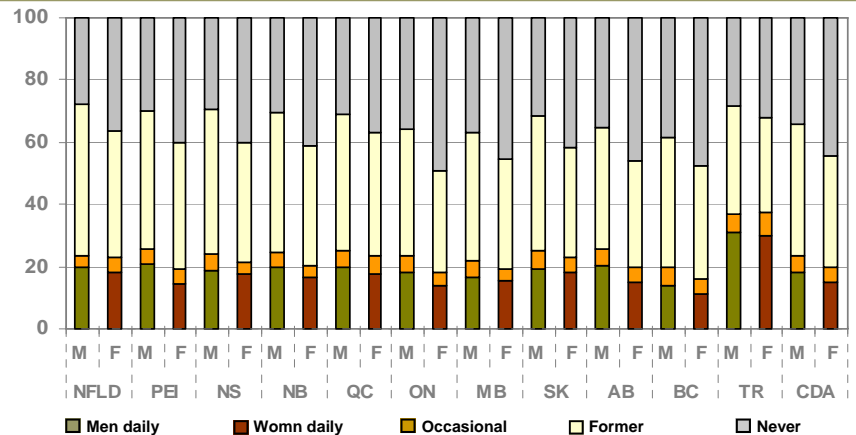
The variance in smoking rates across Canada can be attributed to differences both in the number of people who start smoking and the proportion of smokers who have successfully quit.

In British Columbia, for example, smoking rates are lowest in Canada both because a proportion of smokers have quit (a quit ratio of 2.1 and 2.3 for men and women respectively) and because the never smoking rate is also highest.

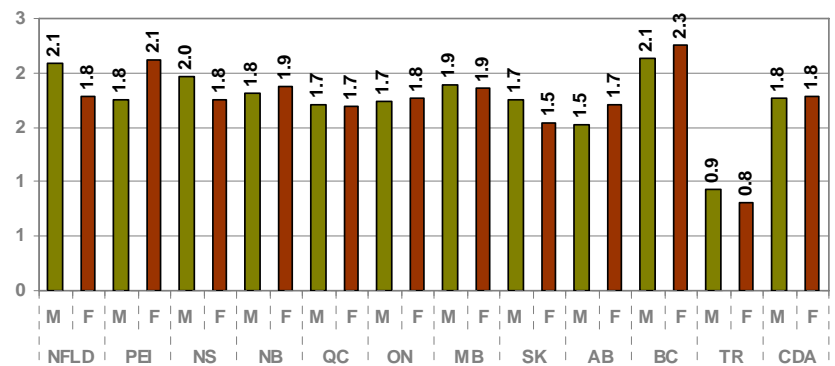
By contrast, Newfoundland has the same proportion of successful quitters as British Columbia, but because far more Newfoundlanders have smoked, the smoking rates remain slightly above the Canadian average.

Smoking rates are substantially higher in the territories than in southern Canada, however the actual number of smokers in all the territories is smaller (at 29,000) than the number smokers in relatively small municipal areas, such as Sherbrooke or Kingston.

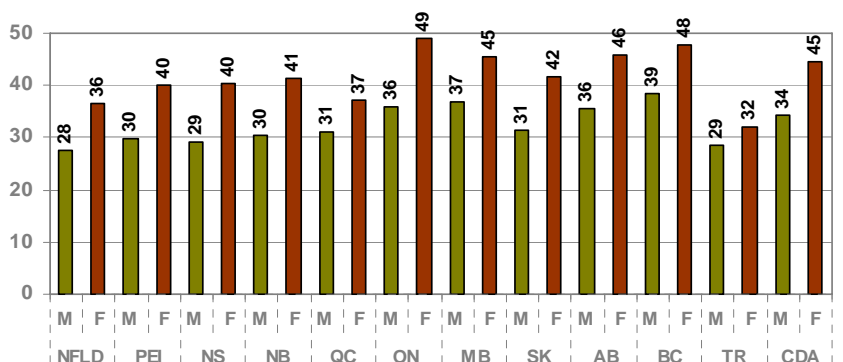
Prevalence of smoking status by province and sex



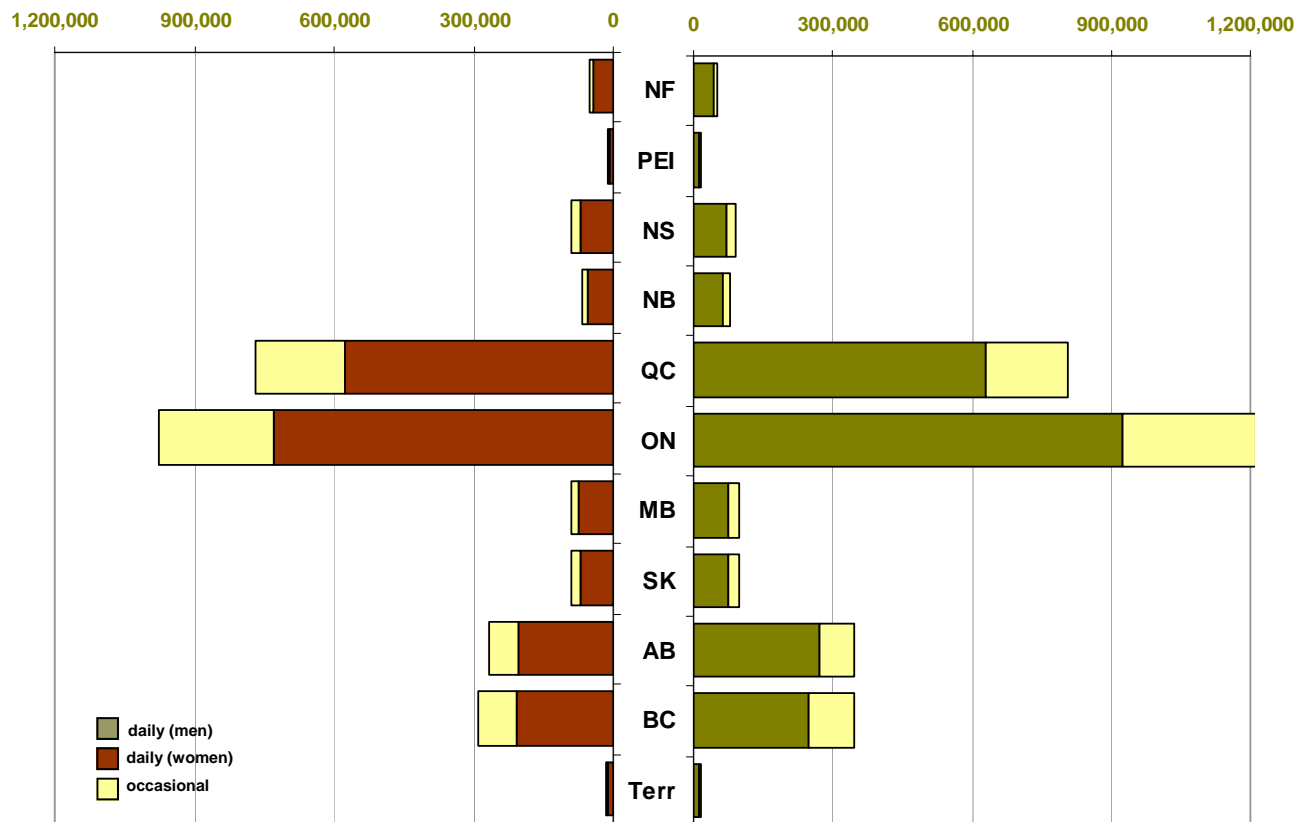
Quit ratio by province and sex



Prevalence of never smoking by province and sex



Number of smokers in Canadian provinces by sex



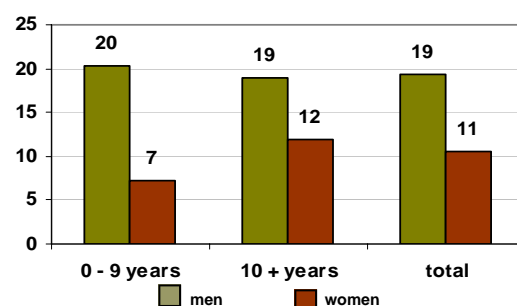
	daily	occa- sional	former	never	Total	daily	occa- sional	former	never
Men									
●NF	42,900	8,500	107,400	60,500	219,300	20	4	49	28
●PEI	12,000	2,500	25,400	17,000	56,800	21	4	45	30
●NS	72,000	19,400	179,700	112,300	383,400	19	5	47	29
●NB	62,000	15,300	139,900	94,500	311,700	20	5	45	30
●QC	630,600	176,000	1,380,500	992,000	3,179,100	20	6	43	31
●ON	926,500	284,400	2,095,400	1,839,800	5,146,100	18	6	41	36
●MB	76,500	23,500	189,800	168,700	458,500	17	5	41	37
●SK	75,500	21,100	168,800	121,500	386,800	20	5	44	31
●AB	271,800	72,700	523,300	478,200	1,346,000	20	5	39	36
●BC	246,800	100,600	740,600	681,600	1,769,700	14	6	42	39
●Terr	12,200	2,400	13,500	11,200	39,300	31	6	34	29
●Cda	2,428,800	726,400	5,564,300	4,577,200	13,296,700	18	5	42	34
Women									
●NF	42,100	10,200	93,400	83,400	229,000	18	4	41	36
●PEI	8,700	2,900	24,600	24,400	60,600	14	5	41	40
●NS	71,800	17,000	156,200	165,900	410,900	17	4	38	40
●NB	53,800	12,500	124,400	134,700	325,300	17	4	38	41
●QC	577,000	191,700	1,294,900	1,215,700	3,279,200	18	6	39	37
●ON	730,100	246,100	1,729,400	2,609,300	5,314,800	14	5	33	49
●MB	73,400	17,300	168,300	215,200	474,200	15	4	35	45
●SK	71,500	19,500	140,100	165,900	396,900	18	5	35	42
●AB	202,700	63,700	454,600	609,200	1,330,300	15	5	34	46
●BC	207,600	84,300	660,500	868,600	1,821,000	11	5	36	48
●Terr	11,200	2,900	11,400	12,000	37,400	30	8	30	32
●Cda	2,049,800	668,000	4,857,800	6,104,100	13,679,600	15	5	36	45

New and old Canadians

Although one in five Canadians is an immigrant, only 1 in 7 smokers is. The lower smoking rate among immigrants is due in part to the greater tendency of immigrant women to never smoke, but also to the greater tendency of immigrant men and women smokers to quit smoking.

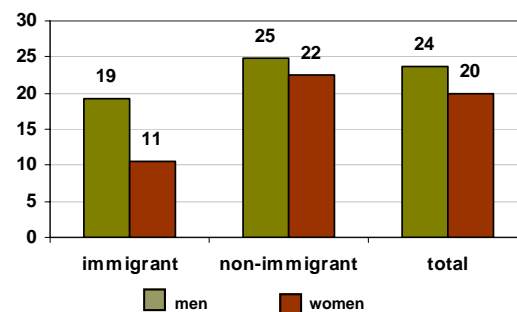
Immigrants who have been in Canada for more than 10 years have higher smoking rates than immigrant women who have lived in Canada for less than 10 years. Immigrant men are less likely to smoke the longer they have been in Canada (possibly because they are aging and more likely to have quit).

Prevalence of current smoking among immigrants by length of stay in Canada.



Prevalence by length of stay among immigrants	0 - 9 years	10 + years	total
Men			
•daily smoker	13	14	14
•occasional smoker	7	5	5
•former smoker	28	47	42
•never smoker	52	34	39
Quit ratio	1.4	2.5	2.2
Women			
•daily smoker	4	8	7
•occasional smoker	3	4	4
•former smoker	15	28	25
•never smoker	77	60	65
Quit ratio	2.1	2.4	2.3

Prevalence of current smoking by immigrant status



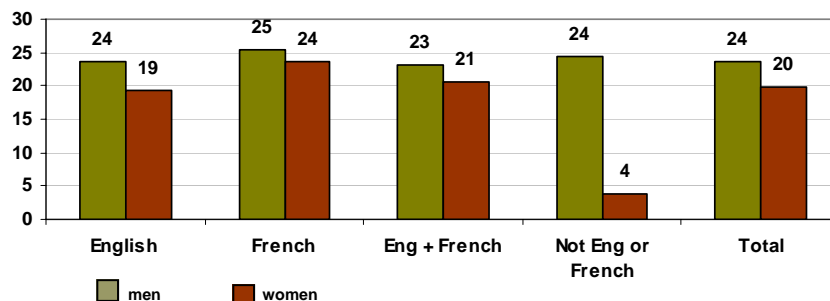
	immigrant	non-immigrant	total	immigrant	non-immigrant	total
Men						
•daily smoker	380,300	1,998,900	2,379,300	14	19	18
•occasional smoker	144,600	565,800	710,400	5	6	5
•former smoker	1,133,500	4,303,300	5,436,800	42	42	42
•never smoker	1,056,800	3,413,500	4,470,300	39	33	34
Total	2,715,200	10,281,600	12,996,800	2.2	1.7	1.8
Women						
•daily smoker	199,000	1,816,600	2,015,600	7	17	15
•occasional smoker	98,400	557,900	656,400	4	5	5
•former smoker	692,700	4,081,400	4,774,000	25	39	36
•never smoker	1,814,700	4,127,200	5,941,900	65	39	44
Total	2,804,800	10,583,200	13,387,900	2.3	1.7	1.8

Official language proficiency

Most Canadian smokers report they are able to converse in either English or French in addition to any other languages they may speak.

- There are only 40,000 Canadian smokers who identify themselves as not being able to speak either official language.
- Among those who speak neither English nor French, only 4% of women identify themselves as a smoker.
- Smoking prevalence for Canadian women who speak French (but not English) is higher than any other language group (24% vs. the Canadian average of 20%).
- There are 8 times as many smokers who speak English (but not French) as there are those who speak French (but not English)

Prevalence of current smoking by ability to converse in official languages



	English	French	Eng + French	Not Eng or French	Total
Men					
• daily smoker	18	20	17	18	18
• occasional smoker	5	5	6	6	5
• former smoker	42	46	40	41	42
• never smoker	34	29	37	35	34
Quit ratio	1.8	1.8	1.7	1.7	1.8
Women					
• daily smoker	15	19	14	2	15
• occasional smoker	4	5	6	2	5
• former smoker	35	41	36	10	36
• never smoker	46	36	43	86	44
Quit ratio	1.8	1.7	1.8	2.7	1.8

	English	French	English and French	Neither English nor French	Total
Men					
• daily smoker	1,558,600	277,100	524,300	30,900*	2,383,300
• occasional smoker	457,900	66,500	180,800		712,700
• former smoker	3,547,600	617,300	1,228,200	51,300	5,444,500
• never smoker	2,926,100	393,200	1,124,500	44,500	4,488,200
Total	8,490,200	1,354,200	3,057,800	126,600	13,028,700
Women					
• daily smoker	1,268,700	323,300	418,700	9,100	2,016,100
• occasional smoker	380,300	81,300	191,100		656,200
• former smoker	2,979,900	698,000	1,080,300	24,500	4,782,800
• never smoker	3,875,100	615,800	1,270,000	206,000	5,966,900
Total	8,504,000	1,718,400	2,960,100	239,600	13,422,000

* current smoking (daily and occasional)

F Family Circumstances

Family income

Smoking has long been related to income, but whether it is associated with wealth or poverty depends on the times and on the perspective.

In earlier times, tobacco use was reserved for men and for occasions of privilege (i.e. 'the smoking room' in clubs or use by a high-ranking native shaman).

In modern times, tobacco use is more prevalent among those whose family income is low.

Because incomes in Canada are, by global standards, high and because of distribution of income (with most families, by definition, in the 'middle'), most smokers are not poor.

The results of the CCHS suggest that smoking is more prevalent in poor families, but also that most smokers are not poor.

These two seemingly opposing truths result from the differing perspectives that emerge through measuring 'prevalence' (the percentage within a group) and population (the number of people).

- **Smoking prevalence is twice as high for the lowest family income category as for the highest (37% vs. 20% for men and 30% vs. 16% for women)**

- **There are three times as many smokers in the highest family income bracket as in the lowest (1,426,000 vs. 413,000)**

For every 20 Canadian smokers:

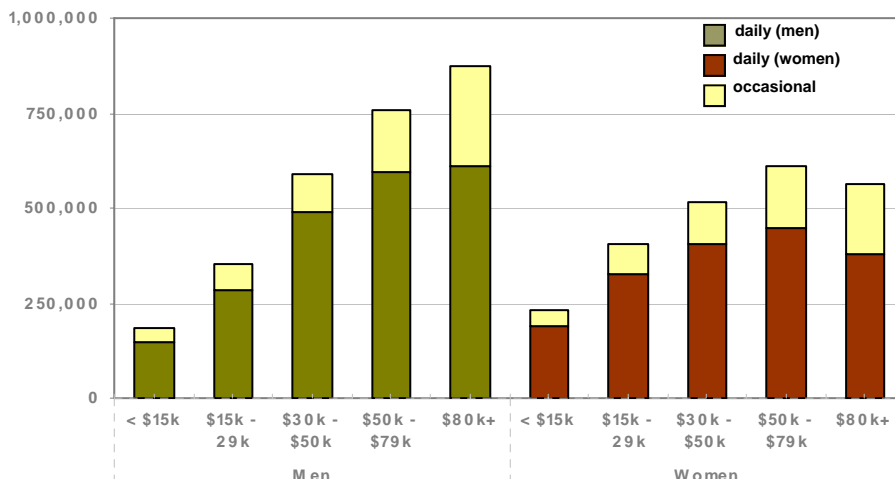
- **5 have family incomes under \$30,000** (3 women, 2 men)
- **4 have incomes between \$30,000 and \$50,000** (2 women, 2 men)
- **11 have family incomes over \$50,000** (including 3 men and 2 women with incomes over \$80,000).

Smoking prevalence by household income, Canada 2005.
Canadian Community Health Survey, cycle 3.1

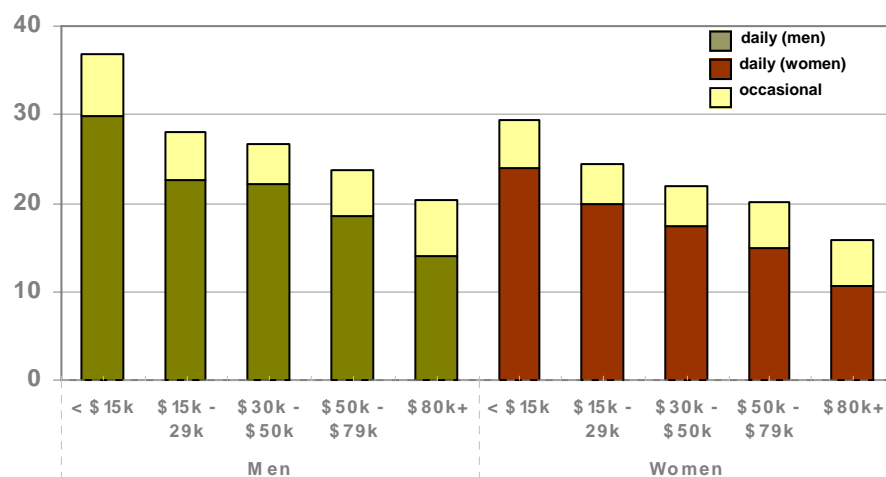
Household Income (\$ thousands)	< \$15k	\$15k - 29k	\$30k - 50k	\$50k - 79k	\$80k+	Total
Men						
• daily smoker	30	23	22	19	14	19
• occasional smoker	7	5	4	5	6	5
• former smoker	34	44	42	43	43	42
• never smoker	29	28	32	33	37	34
quit ratio	0.9	1.6	1.6	1.8	2.1	1.8
Women						
• daily smoker	24	20	17	15	11	15
• occasional smoker	6	5	5	5	5	5
• former smoker	30	33	36	37	39	36
• never smoker	40	43	42	43	45	43
quit ratio	1.0	1.3	1.7	1.8	2.5	1.8

Number of smokers by family income category

● although the measure used here is family income, the higher personal income of men is reflected in higher family incomes for these individuals. As a result, there is an even greater number of male smokers with high incomes compared with women smokers.



Prevalence of smoking by family income categories



Number of Canadian Smokers by household income, Canada 2005.

Canadian Community Health Survey, cycle 3.1

Household Income (\$ thousands)	< \$15k	\$15k - 29k	\$30k - 50k	\$50k - 79k	\$80k+	Total
Men						
daily smoker	147,800	286,400	489,000	595,000	609,400	2,127,700
occasional smoker	34,400	68,600	98,300	162,500	265,300	629,100
former smoker	167,900	557,600	915,200	1,372,500	1,839,100	4,852,400
never smoker	145,800	352,400	697,200	1,066,500	1,609,800	3,871,800
Women						
daily smoker	187,600	328,700	406,000	449,000	378,000	1,749,200
occasional smoker	43,500	75,800	108,800	159,000	184,100	571,200
former smoker	236,300	541,500	853,100	1,115,900	1,391,200	4,138,000
never smoker	316,500	715,100	976,400	1,298,600	1,584,400	4,890,900

Family income and smoking within age cohorts

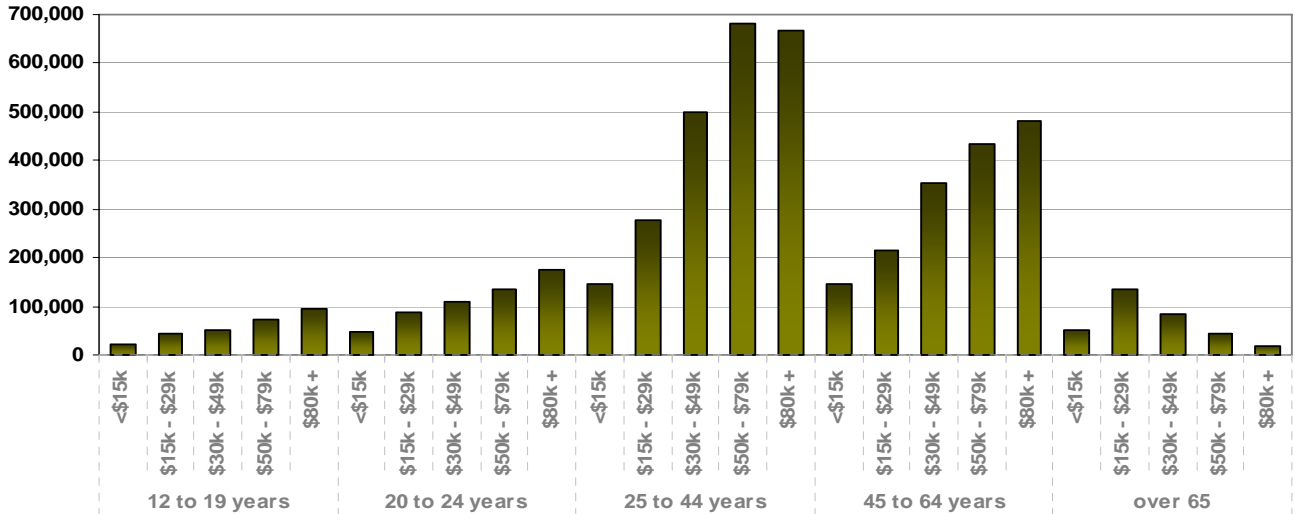
Because both income and smoking are age related (earnings increase with age, and smoking rates decrease) it is important to look at income and smoking within age cohorts. *

- **Smoking prevalence is highest among those with lowest family incomes and the gap increases with age.**

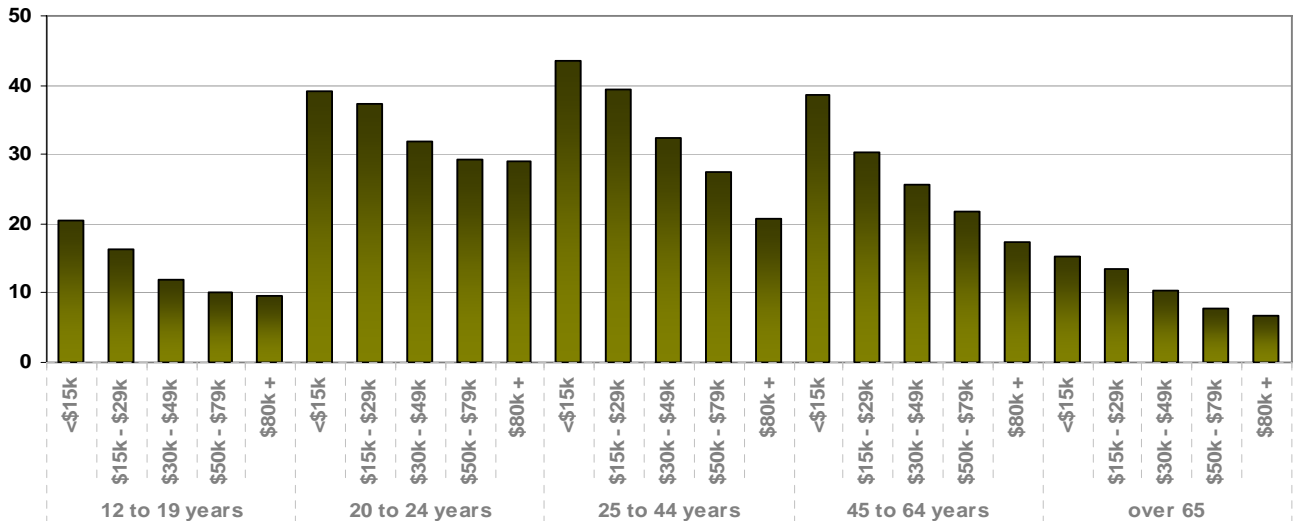
- **There are more smokers in higher income groups and the difference gap increases with age.**

**The age groups shown are not evenly spaced in order to illustrate key periods in the smoking history, such as young adulthood)*

Number of smokers by family income and age cohort



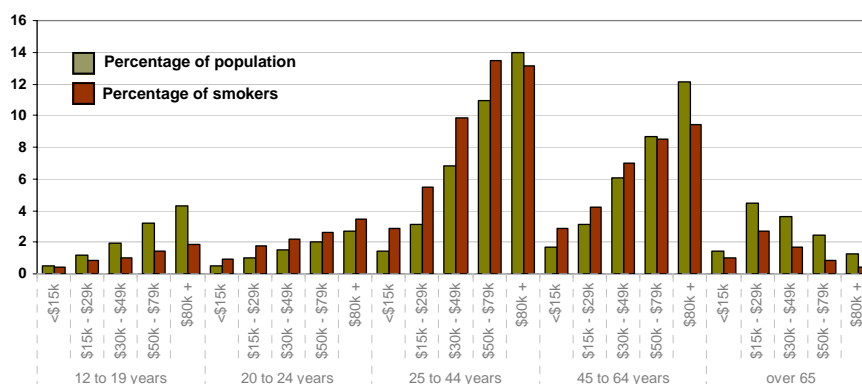
Prevalence of current smokers (daily and occasional) by family income and age cohort



Equity of smoking, by age cohort and family income

Proportion of population and smoking population by income and age

- middle income smokers aged 25–44 have the most disproportionate burden of tobacco use
- high income Canadians aged 45 –64 and all Canadians over 65 have the disproportionate benefit of not smoking (among older Canadians, this may be because smokers in that generation have prematurely died).



Household Income (\$ thousands)	daily smoker	occasional smoker	former smoker	never smoker	Total
12 to 19 years					
•NO OR <\$15,000	14,400	7,800	14,400	71,700	108,300
•\$15,000-\$29,999	28,500	14,400	32,500	186,100	261,500
•\$30,000-\$49,999	34,900	17,800	55,900	336,000	444,600
•\$50,000-\$79,999	34,500	39,100	81,900	577,100	732,600
•\$80,000 OR MORE	45,100	49,000	104,000	788,400	986,500
20 to 24 years					
•NO OR <\$15,000	34,400	14,000	27,600	47,900	124,000
•\$15,000-\$29,999	60,100	28,100	57,200	90,300	235,800
•\$30,000-\$49,999	77,700	32,400	89,100	145,300	344,500
•\$50,000-\$79,999	90,500	43,100	118,800	203,800	456,300
•\$80,000 OR MORE	98,600	77,000	176,400	254,000	606,000
25 to 44 years					
•NO OR <\$15,000	114,400	30,600	84,500	104,600	334,100
•\$15,000-\$29,999	219,400	58,500	179,500	249,100	706,600
•\$30,000-\$49,999	405,200	95,600	499,100	552,700	1,552,600
•\$50,000-\$79,999	517,200	166,300	928,300	882,100	2,493,900
•\$80,000 OR MORE	458,900	207,500	1,290,600	1,238,700	3,195,700
45 to 64 years					
•NO OR <\$15,000	188,500	25,900	295,100	197,900	707,400
•\$15,000-\$29,999	306,700	46,900	638,800	383,200	1,375,600
•\$30,000-\$49,999	366,600	65,700	1,017,400	533,100	1,982,900
•\$80,000 OR MORE	370,100	110,600	1,498,200	797,000	2,775,800
over 65 years of age					
•NO OR <\$15,000	44,300	6,500	146,000	137,200	334,000
•\$15,000-\$29,999	118,600	17,400	534,700	344,100	1,014,800
•\$30,000-\$49,999	70,500	14,400	485,500	256,400	826,800
•\$50,000-\$79,999	35,200	7,300	342,000	169,000	553,400
•\$80,000 OR MORE	14,600	5,300	161,200	116,100	297,200

Source of family income

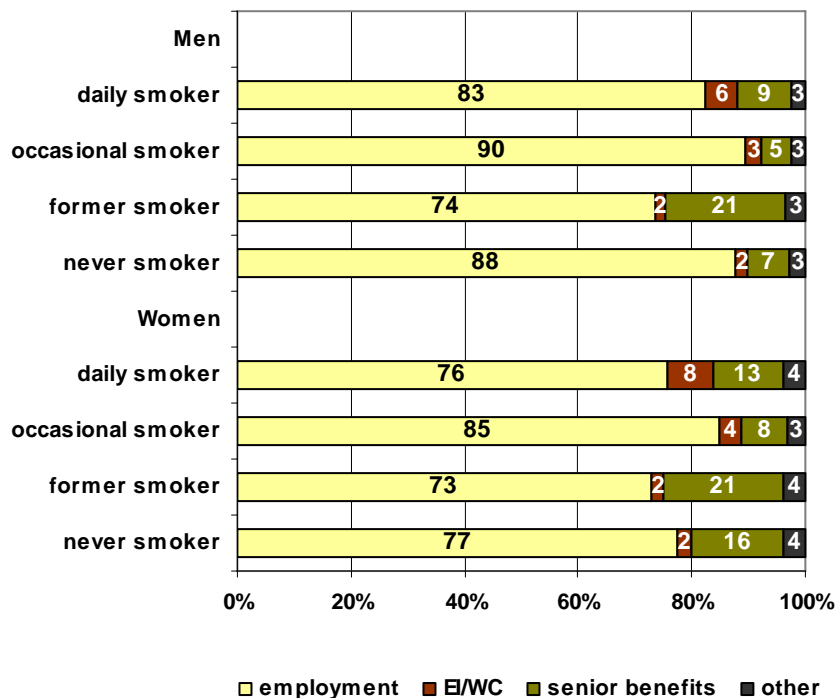
Among the economic circumstances that seem related to smoking is the source of family income. Canadians whose families are supported primarily through wages are less likely to smoke than those whose primary source of income is work-related social transfers (workers compensation and employment insurance benefits).

- The vast majority of Canadian smokers live in families dependent on

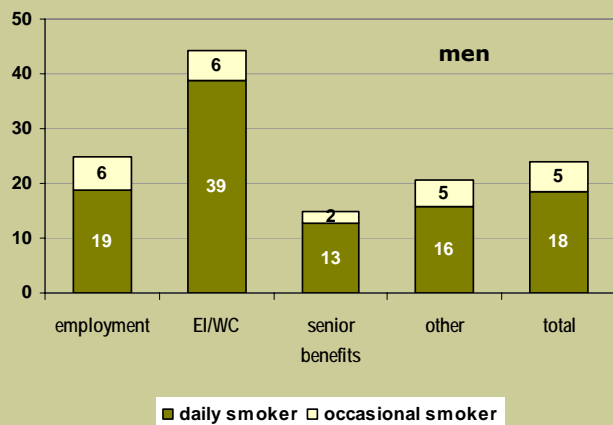
wage income.

- Former smokers are more likely to be supported by seniors benefits, reflecting the tendency of smokers to quit as they become older.
- Almost one-half of men and women who are supported by workers compensation or EI benefits smoke. But for every smoker in this category, there are 12 smokers who live on waged income.

Proportion of smokers by source of income.



Prevalence of smoking by source of income



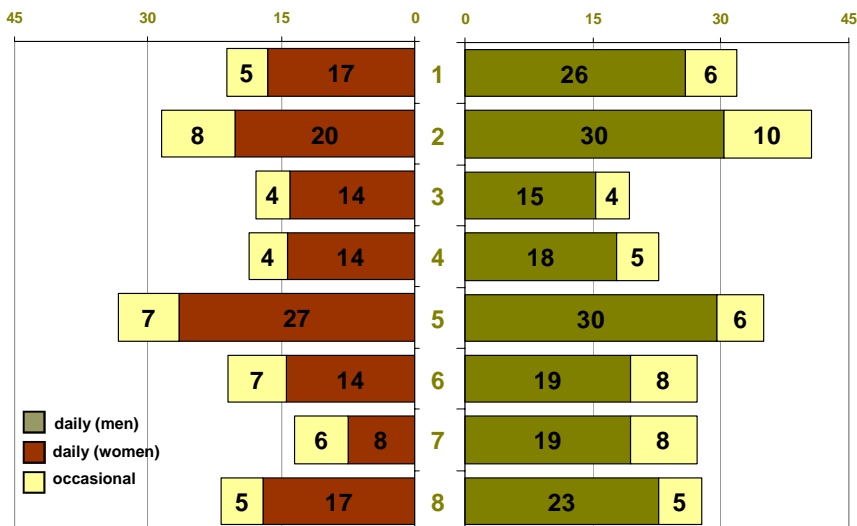
	employment income	Employment Ins. / workers compensation	senior benefits	other	total
Numbers					
Men					
● daily smoker	1,899,900	127,300	215,500	58,800	2,301,400
● occasional smoker	611,900	18,400	35,200	18,000	683,400
● former smoker	3,846,900	89,700	1,110,000	176,800	5,223,500
● never smoker	3,726,800	93,800	314,600	121,300	4,256,500
Total	10,085,500	329,200	1,675,300	374,900	12,464,900
Women					
● daily smoker	1,470,400	150,900	244,500	72,900	1,938,700
● occasional smoker	536,300	23,100	51,500	20,200	631,100
● former smoker	3,316,300	103,200	964,900	170,700	4,555,000
● never smoker	4,323,700	133,800	913,100	214,300	5,584,900
Total	9,646,700	411,100	2,173,900	478,000	12,709,700
Prevalence of smoking					
Men					
● daily smoker	19	39	13	16	18
● occasional smoker	6	6	2	5	5
● former smoker	38	27	66	47	42
● never smoker	37	28	19	32	34
Quit Ratio	2.0	0.7	5.2	3.0	2.3
Women					
● daily smoker	15	37	11	15	15
● occasional smoker	6	6	2	4	5
● former smoker	34	25	44	36	36
● never smoker	45	33	42	45	44
Quit Ratio	2.3	0.7	3.9	2.3	2.3

Family structure

The Canadian Community Health Survey establishes 8 categories of household structure (see box at right). These family structures appears to have a strong association with the smoking behaviour of Canadians:

- smoking prevalence is almost twice as high for single mothers (34%) and fathers (36%) as for parents who live with a partner (18% for mothers, 23% for fathers) or who are in a partner relationship without children (18% and 19%).
- Among mothers who smoke and who live with children, there are 9 times as many who live with partner than who are single parents. (590,000 vs. 66,000)
- The difference in 'never' smoking is much lower between single mothers and mothers who have a parenting partner (32% vs. 38%).
- People who are 'unattached' are more likely to smoke if they sharing accommodation with siblings or with non-family members than if they live alone.
- Girls/women who live with their parents are much less likely to smoke than boys/men who live with their parents (14% vs. 27%).
- Boys living with single parents are no more likely to smoke than boys with two parents (27%), but girls who live with single mothers are much more likely to smoke than girls who live with two parents (21% vs. 14%).
- Successful quitting is highest among men who live with a partner (quit ratio of 3).

Prevalence of smoking by family structure

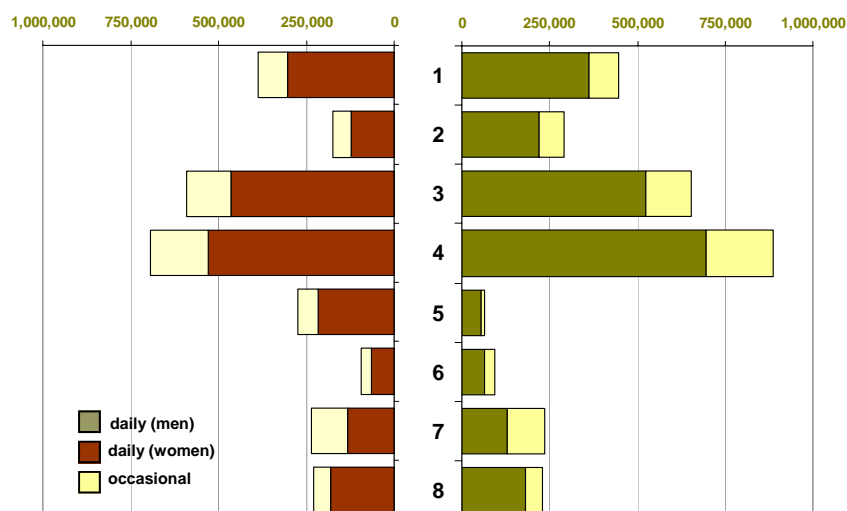


Survey categories:

- 1 Selected respondent lives alone.**
(Household size = 1)
- 2 Unattached individual living with others**
(Selected respondent lives with others. He/she cannot have a marital/commonlaw or parental relationship but other relationships such as siblings are allowed)
- 3 Spouse/partner living with spouse/partner**
(Selected respondent lives with spouse/partner only. Household size = 2)
- 4 Parent living with spouse/partner and children**
(Selected respondent lives with spouse/partner and one or more children)
- 5 Single parent living with children**
(Selected respondent lives with one or more children. No other relationships are permitted)
- 6 Selected respondent is a child living with a single parent with or without siblings**
- 7 Selected respondent is a child living with two parents with or without siblings.**
- 8** (Selected respondent lives in a household composition not classified above.)

Number of smokers by family structure

- Men in partnerships living with children (i.e. married dads) are the largest single group of smokers
- Women in partnerships living with children (i.e. married moms) are the second largest group of smokers.
- Single moms and Dads are the smallest groups of smokers according to the survey categories.



	daily	occasional	former	never	Total
Numbers					
Men					
1 Unattached living alone	361,800	84,600	607,800	343,800	1,397,900
2 Unattached living with others	219,400	73,400	220,400	208,300	721,600
3 Spouse/Partner (no children)	523,100	132,100	1,993,100	757,500	3,405,800
4 Parent, spouse and child	695,700	189,400	1,827,000	1,197,800	3,910,000
5 Parent and child (single parent)	55,600	10,500	78,900	43,400	188,500
6 Child living with parent and/or sibling	64,800	29,200	82,000	272,500	448,400
7 Child with 2 parents	130,600	104,600	277,400	1,222,900	1,735,600
8 Other	180,500	49,900	294,400	535,200	1,060,000
	0	0	0	0	0
Women					
1 Unattached living alone	304,400	83,100	755,200	693,200	1,835,900
2 Unattached living with others	122,800	50,300	183,600	250,100	606,700
3 Spouse/Partner (no children)	464,900	125,800	1,472,100	1,257,700	3,320,500
4 Parent, spouse and child	529,600	163,600	1,456,300	1,565,800	3,715,400
5 Parent and child (single parent)	217,500	55,500	282,600	263,800	819,400
6 Child living with parent and/or sibling	64,800	29,200	82,000	272,500	448,400
7 Child with 2 parents	130,600	104,600	277,400	1,222,900	1,735,600
8 Other	180,500	49,900	294,400	535,200	1,060,000
Prevalence					
Men					
1 Unattached living alone	26	6	43	25	1.4
2 Unattached living with others	30	10	31	29	0.8
3 Spouse/Partner (no children)	15	4	59	22	3.0
4 Parent, spouse and child	18	5	47	31	2.1
5 Parent and child (single parent)	30	6	42	23	1.2
6 Child living with parent and/or sibling	19	8	21	52	0.8
7 Child with 2 parents	19	8	21	52	0.8
8 Other	23	5	36	36	1.3
Women					
1 Unattached living alone	17	5	41	38	1.9
2 Unattached living with others	20	8	30	41	1.1
3 Spouse/Partner (no children)	14	4	44	38	2.5
4 Parent, spouse and child	14	4	39	42	2.1
5 Parent and child (single parent)	27	7	34	32	1.0
6 Child living with parent and/or sibling	14	7	18	61	0.9
7 Child with 2 parents	8	6	16	70	1.2
8 Other	17	5	28	50	1.3

Marital Status

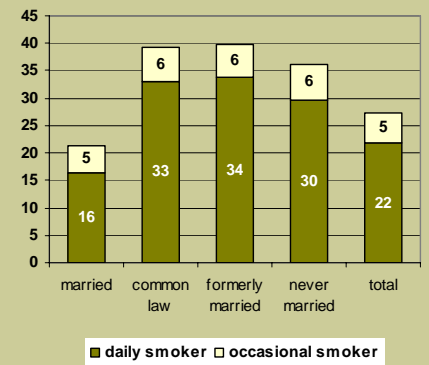
The relationship between marital and smoking status is similar for both men and women:

- people who have never been married are less likely to smoke.
- People who are married are much less likely to smoke than people who live common law or who are widowed, separated or divorced (characterized in these graphs as 'formerly married'.)
- Women who live common law have the highest prevalence of smoking.
- Successful quitting is highest among married men. People who have never married have the lowest rate of having quit smoking (they also have a lower rate of starting to smoke.)

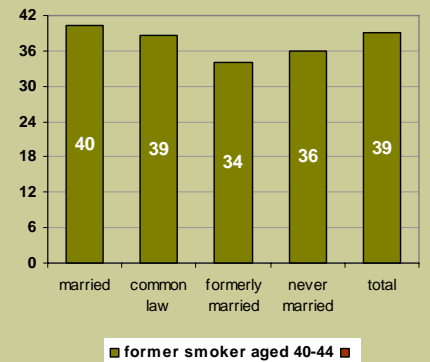
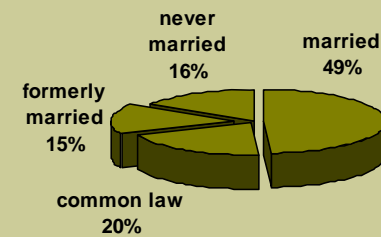
Both marital relationship and smoking are age-related. Nonetheless, the overall pattern between smoking and marital status remains within age cohorts, as illustrated by data for men and women aged 40-44.

- married men and women are less likely to smoke than their common-law equivalents, but most smokers are married.
- differences between successful quitting between married and never married people is reduced, likely reflecting the tendency of younger Canadians to be smokers and unmarried.

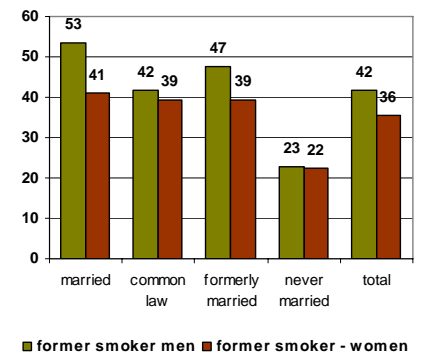
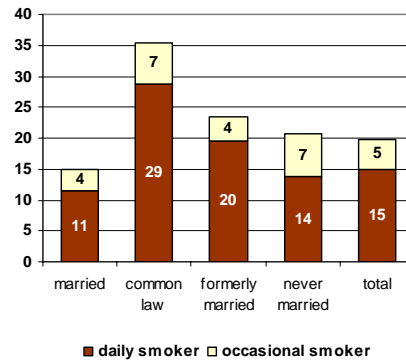
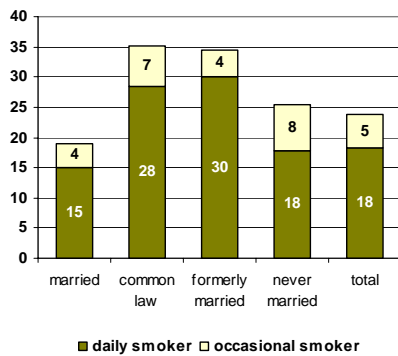
Prevalence of smoking status by marital status—men and women aged 40-44



Marital status of daily smokers aged 40-44



Prevalence of smoking by marital status—all ages



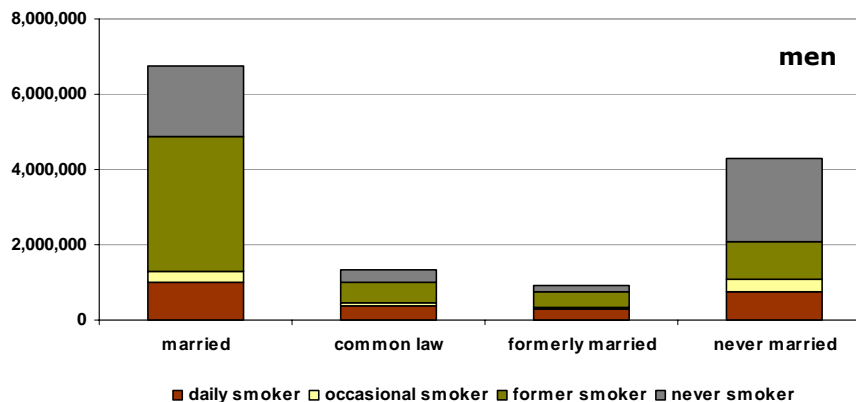
Number of smokers by marital status

Although men and women who live in common law relationships are more likely to smoke than married men and women, there are more married smokers (both men and women) than in any other category.

For every 20 Canadian smokers:

Men Women

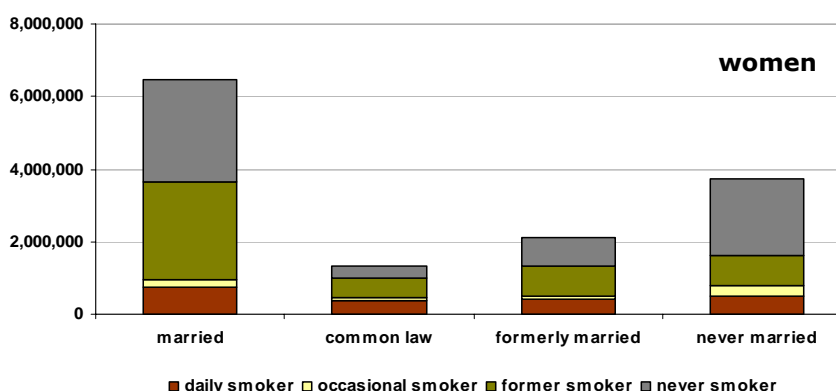
- 8 7 are married
- 3 4 live common law
- 2 4 are separated, divorced or widowed
- 6 5 have never married



For every 20 Canadians who have successfully quit smoking:

Men Women

- 13 12 are married
- 2 2 live common law
- 2 3 are separated, divorced or widowed
- 3 3 are never married



	married	common law	formerly married	never married	total
Numbers					
Men					
● daily smoker	1,007,800	374,100	278,100	767,000	2,427,000
● occasional smoker	270,700	87,400	39,900	327,300	725,300
● former smoker	3,603,700	546,600	439,000	971,500	5,560,800
● never smoker	1,874,500	306,400	167,700	2,227,400	4,575,900
Total	6,756,700	1,314,500	924,700	4,293,200	13,289,100
Women					
● daily smoker	742,000	375,500	415,500	514,100	2,047,000
● occasional smoker	231,300	87,800	83,400	265,200	667,700
● former smoker	2,658,900	515,500	836,700	840,200	4,851,200
● never smoker	2,849,500	328,600	790,300	2,130,800	6,099,100
Total	6,481,600	1,307,400	2,125,800	3,750,300	13,665,100
Prevalence of smoking					
Men					
● daily smoker	15	28	30	18	18
● occasional smoker	4	7	4	8	5
● former smoker	53	42	47	23	42
● never smoker	28	23	18	52	34
Quit Ratio	3.6	1.5	1.6	1.3	2.3
Women					
● daily smoker	11	29	20	14	15
● occasional smoker	4	7	4	7	5
● former smoker	41	39	39	22	36
● never smoker	44	25	37	57	45
Quit Ratio	3.6	1.4	2.0	1.6	2.4

Home ownership

Home ownership is a marker of economic, occupational and social stability as well as a measure of family self-efficacy.

Purchasing a home requires, for most Canadians, a stable source of income and may also indicate attitudes of aspiration and long-term personal goal setting. However, the Canadian Community Health Survey asked only whether the home was owned by a member of the household (not necessarily the person answering the survey). For that reason, the relationship of homeownership to personal

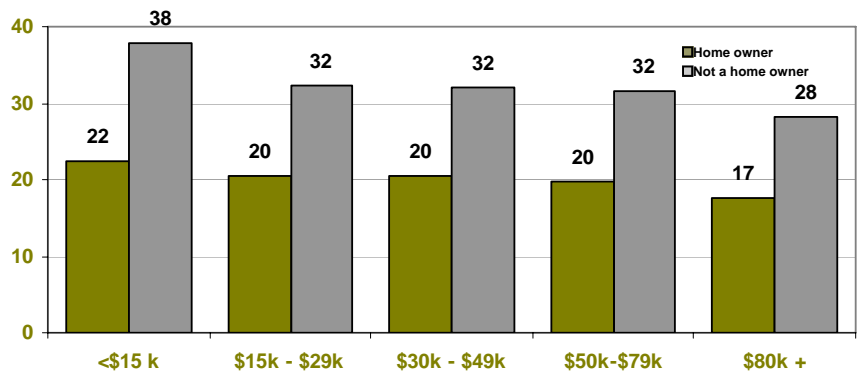
Those whose families owned their home were more likely to have never smoked. If they did begin smoking, they were more likely to have quit. As a result, there are strong differences in smoking rates between homeowners and non-homeowners (33% to 21% for men and 21 to 17% for women).

The relationship between smoking and homeownership is no less striking when family income is controlled for:

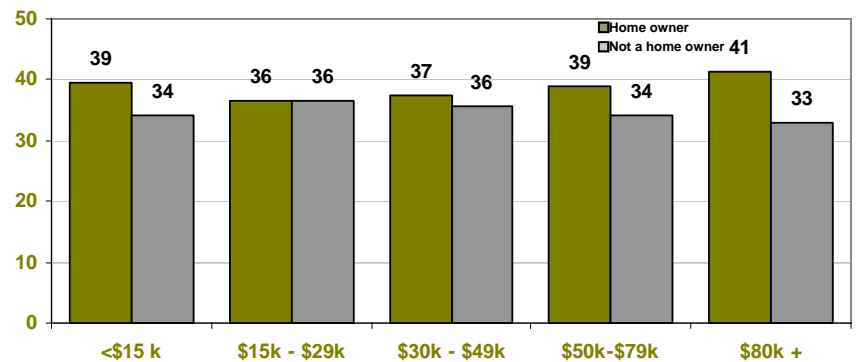
- **smoking prevalence is 1/3 lower for home owners than for non-homeowners in every income category.**

- **the quit ratio for homeowners is twice that of non homeowners in every income group.**

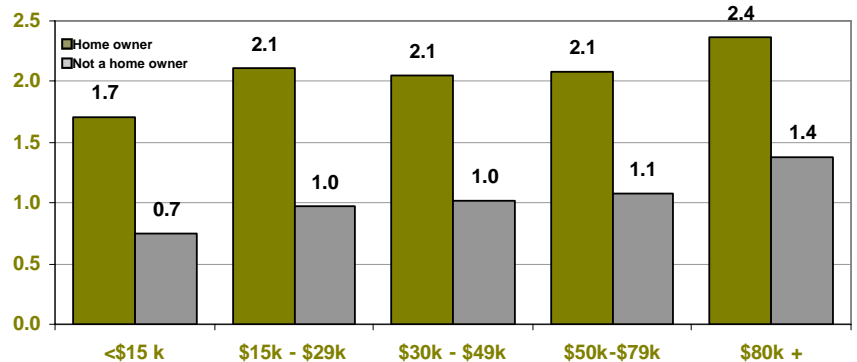
Prevalence of smoking by family home ownership & income



Never smoking by family home ownership & income



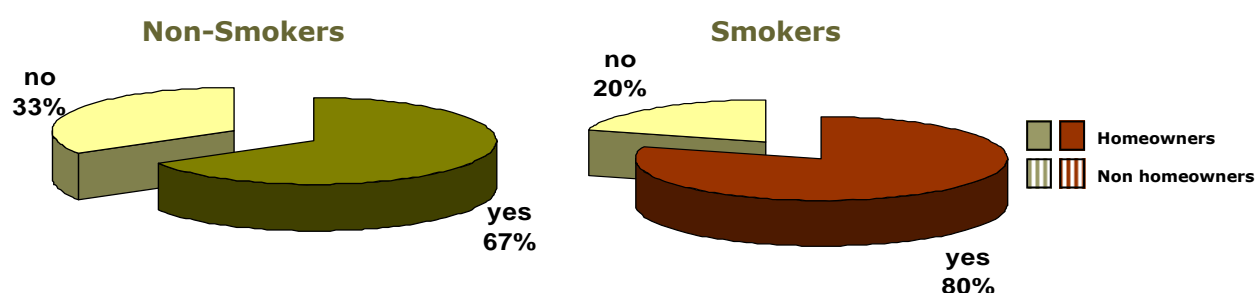
Quit ratio by family home ownership & income



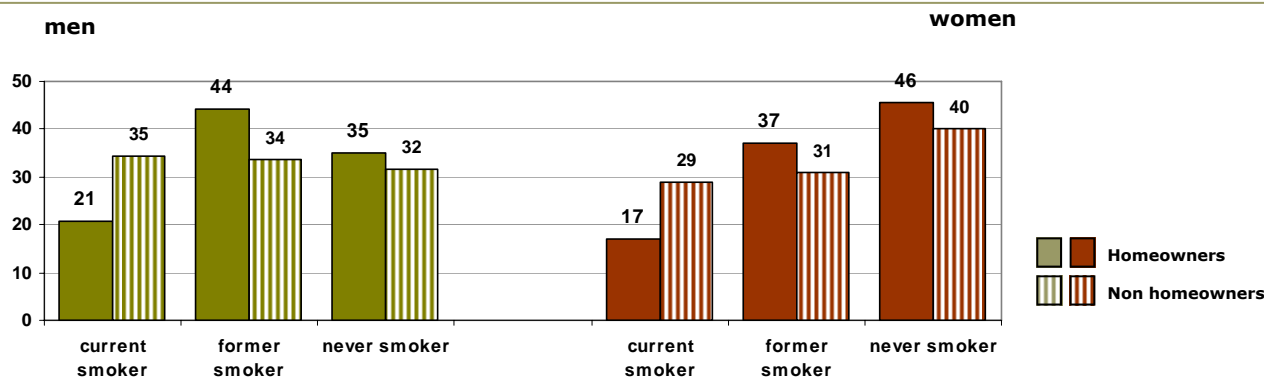
Number of Smokers and Smoking Prevalence by Housing Arrangements

Canadian Community Health Survey, cycle 3.1

Percentage of smokers and non-smokers who live in a family-owned home.



Prevalence of smoking status by family home ownership



	Yes—homeowner	No—not owner	Total	Yes—homeowner	No—not owner	Total
Men						
● daily smoker	1,577,300	789,800	2,367,100	16	28	18
● occasional smoker	510,900	194,200	705,100	5	7	5
● former smoker	4,438,100	962,800	5,400,800	44	34	42
● never smoker	3,542,000	905,300	4,447,300	35	32	34
Quit ratio				2.1	1.0	1.8
Women						
● daily smoker	1,280,000	725,200	2,005,300	13	22	15
● occasional smoker	442,600	209,900	652,500	4	6	5
● former smoker	3,756,300	1,004,600	4,761,000	37	31	36
● never smoker	4,607,300	1,296,100	5,903,400	46	40	44
Quit ratio				2.2	1.1	1.8

Food security

Policies to keep cigarettes expensive by imposing excise and other taxes have been proven effective at reducing smoking rates and are considered by some policy advocates to be among the most effective public health strategies to reduce smoking.

Concerns have been expressed about whether or not high cigarette prices compromise the ability of Canadians who continue to smoke to meet other health needs, including adequate nutrition.

The Canadian Community Health Survey has developed an index of food security. The index is based on 18 questions. Although the questions are asked only of Canadians who live in the provinces of Prince Edward Island, Nova Scotia, Quebec, Ontario, Alberta and British Columbia, there is no reason to believe that the results are not reflective of the national situation.

Almost all (95%) of Canadians live with food security. One in 50 Canadians lives with food insecurity and some level of hunger. Of those Canadians, more than half smoke.

- **1% of Canadians are smokers who live with repeated experiences of hunger.**
- **1 in 25 smokers lives (without children) with repeated experiences of hunger. There are more than 150,000 Canadians in this situation.**
- **1 in 100 smokers lives with a child who repeatedly experiences hunger. There are more than 50,000 Canadians in this situation.**

The CCHS food security index has four categories:

1 – Food secure: Household members show no or minimal evidence of food insecurity.

2 – Food insecure without hunger: Household members feel anxious about running out of food or compromise on the quality of foods they eat by choosing less expensive options. Little or no reduction in the household members' food intake is reported.

3 – Food insecure with MODERATE hunger: Food intake for adults in the household has been reduced to an extent that implies that adults have repeatedly experienced the physical sensation of hunger. In most (but not all) food insecure households with children, such reductions are not observed at this stage for children

4 – Food insecure with SEVERE hunger: At this level, all households with children have reduced the children's food intake to an extent indicating that the children have experienced hunger. Adults in households with and without children have repeatedly experienced more extensive reductions in food intake

Percentage of Canadians who experience food insecurity by smoking status.

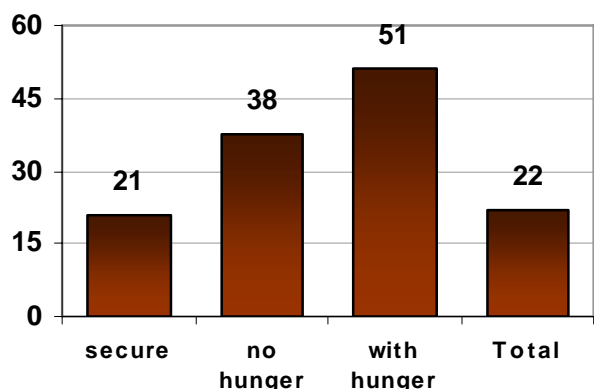


Number of Smokers and Smoking Prevalence by Food Adequacy

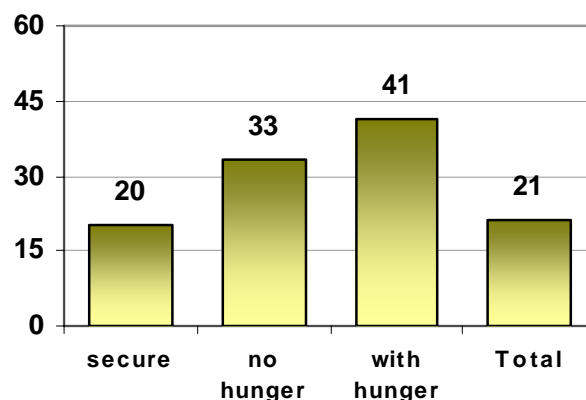
Canadian Community Health Survey, cycle 3.1

Prevalence of smoking by food security

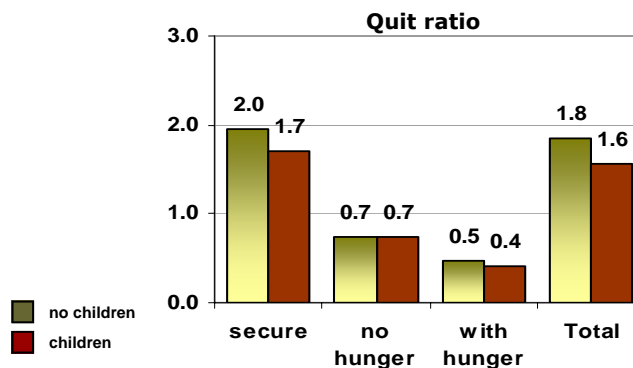
No children in the home



Children < 12 years of age in the home



People who have ever smoked and who live with hunger are much less likely to have successfully quit smoking.



	secure	no hunger	with moderate or severe hunger	total	secure	no hunger	with moderate or severe hunger	Total
No children								
● smoker	3,460,000	175,000	155,700	3,790,700	21	38	51	22
● former smoker	6,787,200	128,700	72,600	6,988,500	41	28	24	40
● never smoker	6,307,900	162,900	76,700	6,547,500	38	35	25	38
Quit ratio					2.0	0.7	0.5	1.8
Children under 12								
● smoker	1,044,000	99,100	48,500	1,191,500	20	33	41	21
● former smoker	1,775,800	72,800	19,800	1,868,400	34	24	17	33
● never smoker	2,366,300	127,800	49,500	2,543,600	46	43	42	45
Quit ratio					1.7	0.7	0.4	1.6

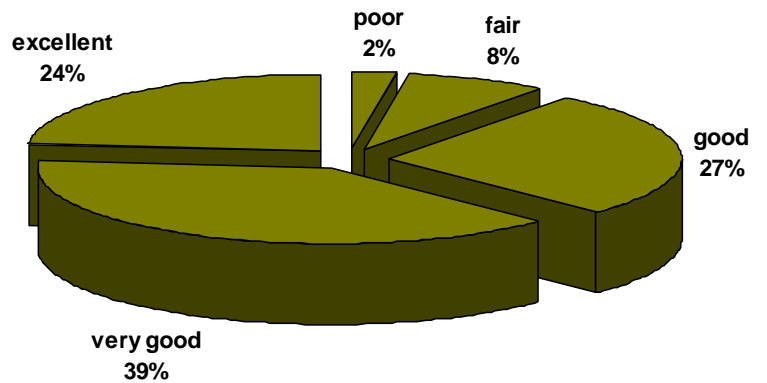
H health status

Statistics Canada has asked Canadians to rate the status of their own physical and mental health.

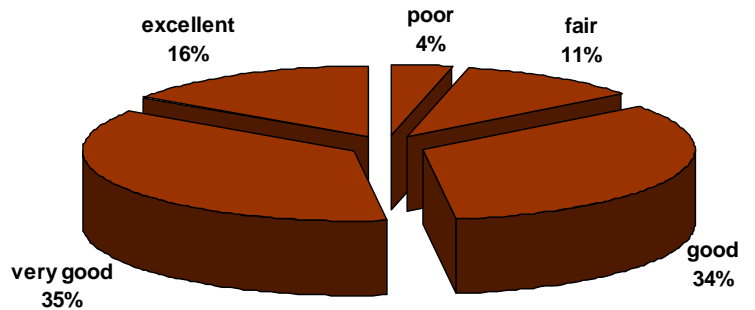
Smoking is arguably the largest single health risk that is included in this survey, and differences in health status can be seen in smoking and non-smoking populations.

- **63% of non-smokers rate their health as excellent or good, compared with 51% of smokers**
- **10% of non-smokers rate their health as fair or poor, compared with 15% of smokers.**

Non-smokers (former or never smokers)



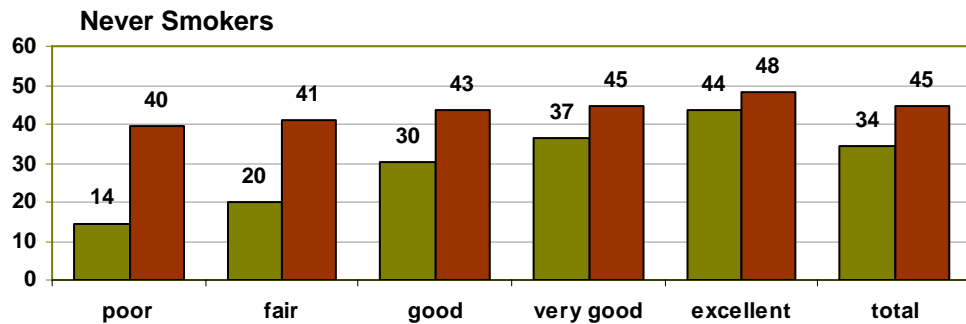
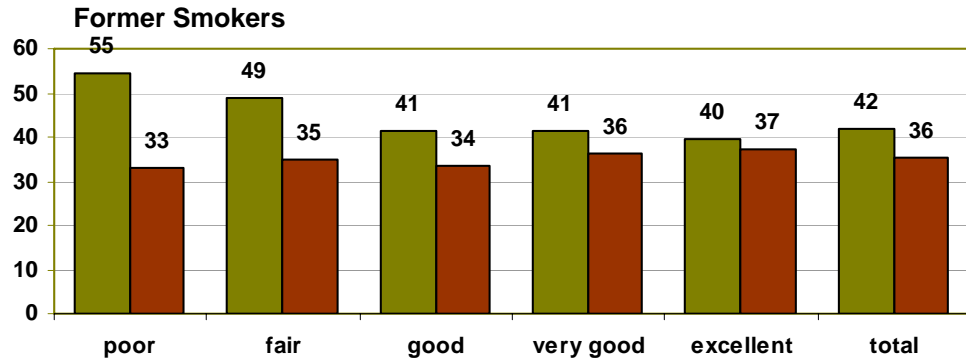
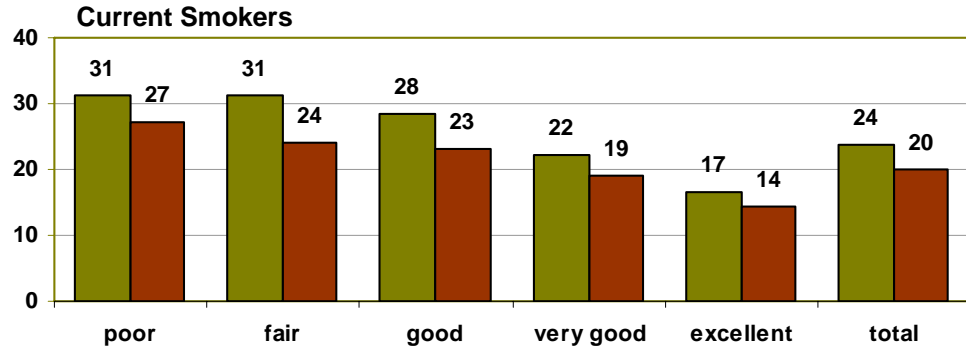
Smokers (daily and occasional)



	poor	fair	good	very good	excellent	total
Men						
● daily smoker	98,800	289,900	871,900	816,000	350,700	2,427,200
● occasional smoker	10,200	45,000	212,200	313,600	145,300	726,400
● former smoker	190,700	522,100	1,571,600	2,089,400	1,182,500	5,556,300
● never smoker	49,800	212,300	1,155,800	1,853,700	1,301,300	4,572,800
Women						
● daily smoker	91,900	248,800	720,600	708,300	278,000	2,047,600
● occasional smoker	14,400	40,900	183,000	285,300	144,100	667,600
● former smoker	128,500	418,300	1,313,200	1,903,900	1,089,900	4,853,800
● never smoker	154,000	492,100	1,701,300	2,344,900	1,406,200	6,098,500

Smoking prevalence by self-reported health status

Canadian Community Health Survey, cycle 3.1



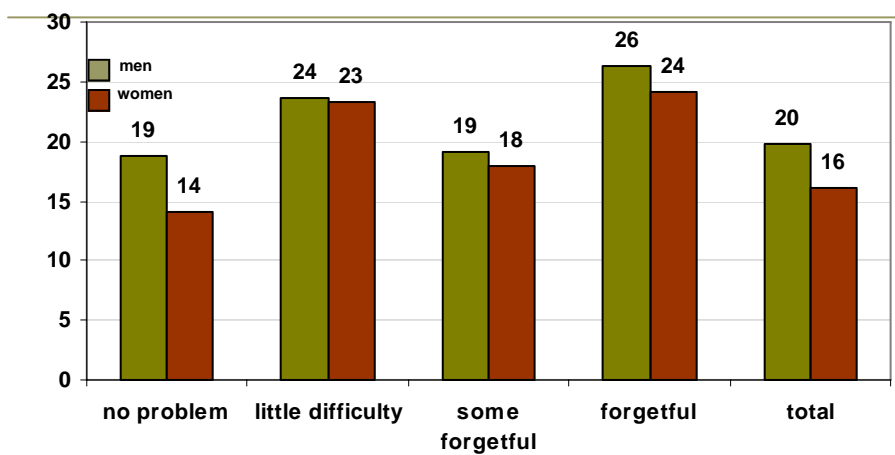
	poor	fair	good	very good	excellent	total
Men						
● daily smoker	28	27	23	16	12	18
● occasional smoker	3	4	6	6	5	5
● former smoker	55	49	41	41	40	42
● never smoker	14	20	30	37	44	34
Quit ratio	1.7	1.6	1.4	1.8	2.4	1.8
Women						
● daily smoker	24	21	18	14	10	15
● occasional smoker	4	3	5	5	5	5
● former smoker	33	35	34	36	37	36
● never smoker	40	41	43	45	48	45
Quit ratio	1.2	1.4	1.5	1.9	2.6	1.8

Cognitive functioning

Higher education may be an imperfect indicator of cognitive functioning, and the ability to apply information to health behaviours.

The CCHS asked a sub-sample of respondents a series of questions aimed at assessing their ability to remember and to process information. They used six categories of cognition functioning established (1—no cognitive problems, 2- a little difficulty thinking, 3- somewhat forgetful, - 4—somewhat forgetful/a little difficulty thinking, 5-very forgetful/great deal of difficulty thinking, 6- unable to remember and/or think). Because there were few respondents in the higher categories, we grouped the last three to create four categories:

Prevalence of current smoking by cognitive functioning



- No problem
- A little difficulty thinking
- Somewhat forgetful
- Somewhat or very forgetful, a little or great deal of difficulty thinking or unable to remember and think

Smoking prevalence was higher among those with greater difficulty, but most smokers have no cognitive function impediment.

	no problem	little difficulty	some forgetful	forgetful difficulty	no problem	little difficulty	some forgetful	forgetful difficulty	Total
<i>Prevalence of Cognition status</i>					<i>Smoking prevalence</i>				
Men									
• daily smoker	67	5	17	11	14	17	13	18	14
• occasional smoker	62	5	21	12	5	7	7	8	6
• former smoker	69	3	21	8	42	30	47	39	42
• never smoker	71	5	17	8	40	46	34	35	39
Total/Quit ratio	69	4	19	8	2.2	1.3	2.5	1.5	2.1
Women									
• daily smoker	63	6	18	13	10	15	14	18	12
• occasional smoker	67	2	22	8	4	8	4	7	5
• former smoker	72	4	16	8	36	26	42	33	37
• never smoker	68	3	19	9	50	50	40	43	47
Total/quit ratio	68	3	19	9	2.5	1.1	2.3	1.4	2.3

Happiness

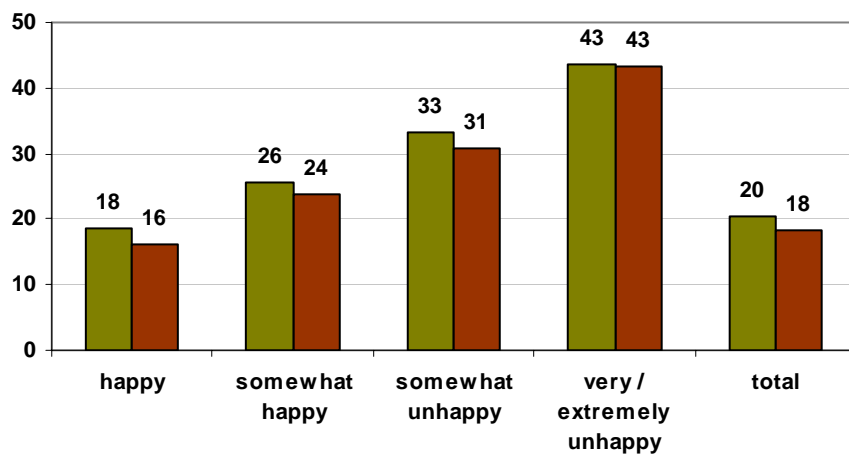
If tobacco is used as a method of coping with emotional distress (and/or if smoking leads to emotional distress), then higher smoking prevalence might be expected among those who identify themselves as unhappy.

In a sub-sample of respondents, CCHS used five categories of emotional functioning, the two most extreme unhappy categories for which we have grouped because the number of Canadians who identified themselves as either very unhappy or 'life is not worth living' was very small.

• **Unhappy Canadians are more likely to smoke.**

• **One in three smokers is unhappy, compared with 1 in 5 non-smokers.**

Prevalence of current smoking by emotional functioning



• **Most Canadian smokers are happy. (70%)**

• **Smoking prevalence was almost three times as high for Canadians who considered themselves very or extremely unhappy.**

	happy	somewhat happy	somewhat unhappy	very / extremely unhappy	happy	somewhat happy	somewhat unhappy	very / extremely unhappy	Total
	<i>Prevalence of Happiness/ Unhappiness</i>				<i>Smoking prevalence</i>				
Men									
• current	70	24	4	2	18	26	33	43	20
• former smoker	78	18	3	*1	45	43	43	36	44
• never smoker	81	17	2	*1	37	32	24	20	35
total/quit ratio	77	19	3	1	2.4	1.7	1.3	0.8	2.2
Women									
• current smoker	71	21	5	2	16	24	31	43	18
• former smoker	82	15	3	*1	39	35	35	28	38
• never smoker	81	16	2	*1	44	42	34	28	44
total/quit ratio	80	16	3	1	2.4	1.5	1.1	0.7	2.1

* number too small for reliability

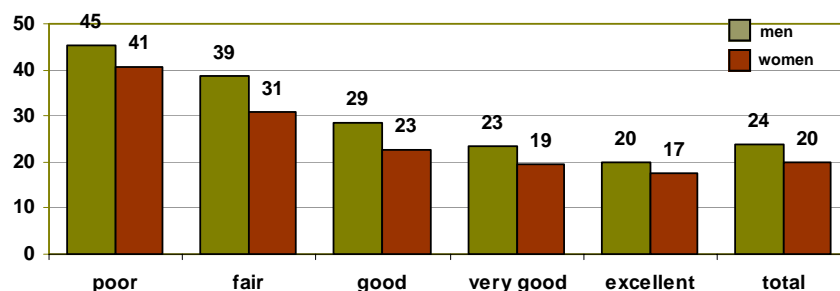
Mental health

Most Canadians—smokers and non-smokers—consider themselves to be in good or excellent mental health.

When asked to rate their own mental health, there were some differences in the self-rated mental health of smokers and non-smokers.

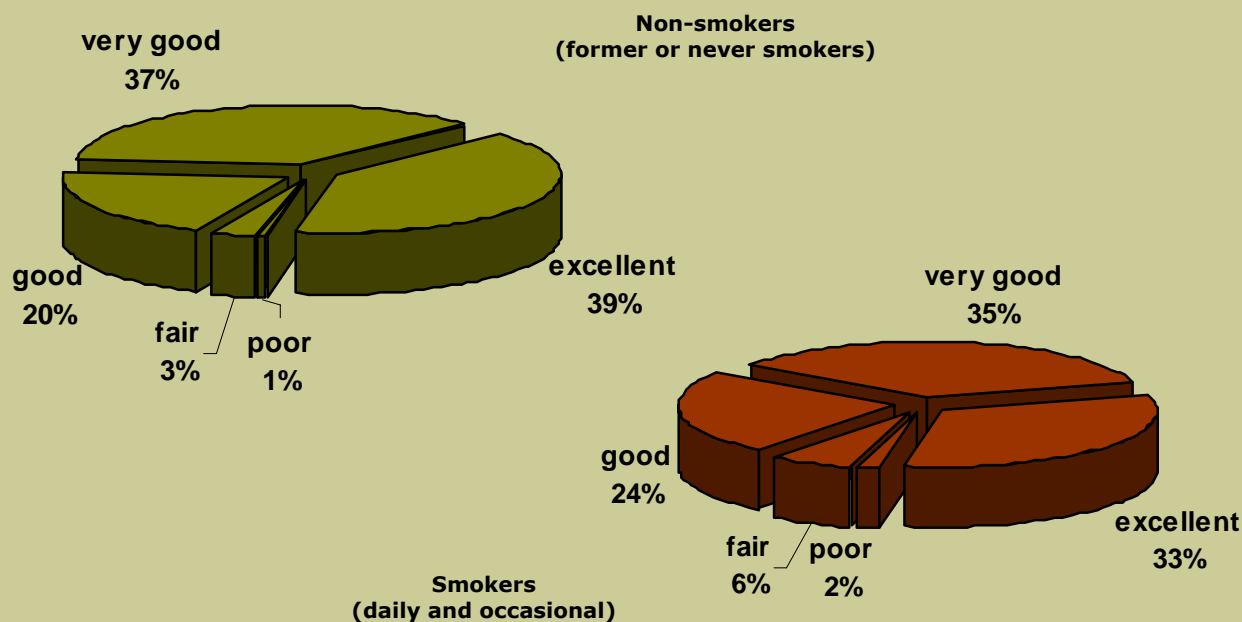
- **76% of non-smokers rated their mental health as excellent or good, compared with 68% of smokers**
- **8% of smokers rated their mental health as poor or fair compared with 4% of non-smokers**

Prevalence of current smoking by self-rated mental health



	poor	fair	good	very good	excellent	total
Number						
Men						
● daily smoker	41,500	141,800	604,700	828,400	766,300	2,382,700
● occasional smoker	4,600	43,100	156,900	256,300	260,300	721,100
● former smoker	35,900	189,700	1,124,200	1,957,300	2,117,700	5,424,900
● never smoker	19,800	104,500	778,300	1,589,100	1,971,300	4,463,100
Women						
● daily smoker	48,800	142,400	490,700	714,600	637,500	2,034,000
● occasional smoker	7,000	31,600	144,700	254,000	221,000	658,300
● former smoker	33,000	177,800	981,000	1,831,400	1,781,700	4,805,000
● never smoker	48,700	214,200	1,174,600	2,205,000	2,297,600	5,940,200
Prevalence						
Men						
● daily smoker	41	30	23	18	15	18
● occasional smoker	4	9	6	6	5	6
● former smoker	35	40	42	42	41	42
● never smoker	19	22	29	34	39	34
Quit ratio	0.8	1.0	1.5	1.8	2.1	1.7
Women						
● daily smoker	35	25	18	14	13	15
● occasional smoker	5	6	5	5	4	5
● former smoker	24	31	35	37	36	36
● never smoker	35	38	42	44	47	44
Quit ratio	0.6	1.0	1.5	1.9	2.1	1.8

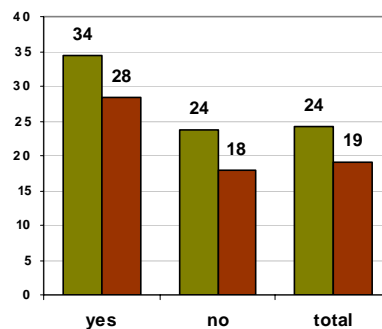
Self-rating of mental health—smokers and non smokers (%)



Prevalence of current smoking by visit to mental health professional in past 12 months

In 3 Canadian provinces (Ontario, New Brunswick and Alberta), respondents were asked whether they had consulted a mental health professional in the 12 months. Of the 5% of Canadians who had done so, smoking prevalence was higher than among those who had not.

- **1 in 20 Canadians has visited a mental professional in the past year.**
- **18 out of 20 Canadian smokers has not visited a mental health professional in the past year.**



If the information from these provinces is true throughout Canada:

	yes	no	yes	no	total
	Prevalence of visiting mental		Prevalence of smoking		
Men					
● daily smoker	7	93	28	18	19
● occasional smoker	6	94	7	6	6
● former smoker	40	40	40	40	40
● never smoker	5	95	25	36	35
total/quit ratio	3	97	1.2	1.7	1.7
total/quit ratio	5	95			
Women					
● daily smoker	16	84	22	13	14
● occasional smoker	14	86	6	4	5
● former smoker	12	88	37	33	33
● never smoker	8	92	35	49	47
total/quit ratio	11	89	1.3	1.8	1.8

Number of Smokers by self-reported stress

Canadian Community Health Survey, cycle 3.1

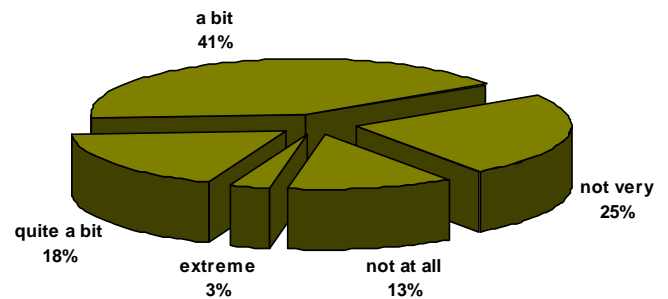
Stress is an often cited as a reason that Canadians smoke.

Both non-smoking and smoking Canadians reported stress in their lives.

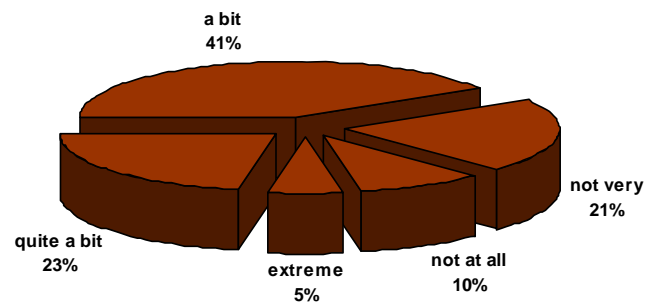
The prevalence of smoking is highest among Canadians who report stress and lowest among those who report no stress.

- **28% of smokers report that they live with quite a bit or extreme stress, compared with 21% of non-smokers.**
- **31% of smokers report that they live with none or little stress, compared with 38% of non-smokers.**

Non-smokers (former or never smokers)



Smokers (daily and occasional)

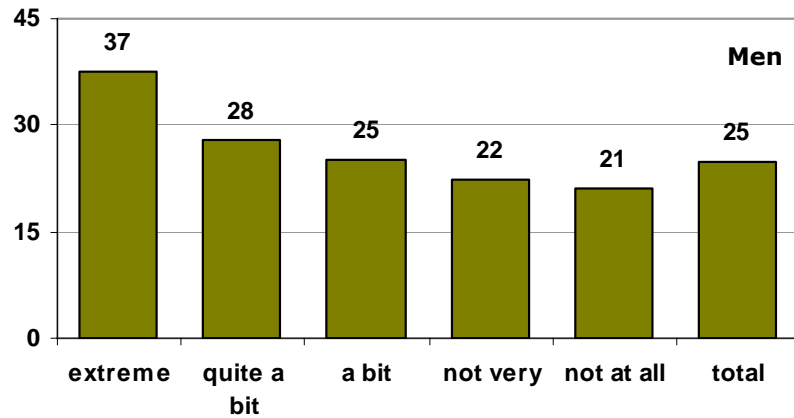
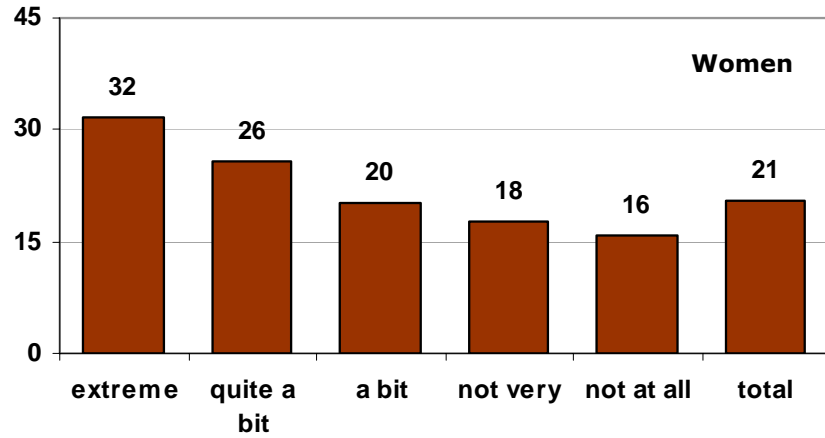


	extremely stressed	quite a bit stressed	a bit stressed	not very stressed	not at all stressed	total
Men						
● daily smoker	137,800	512,000	977,800	495,500	290,300	2,413,300
● occasional smoker	25,800	137,300	314,500	173,800	67,000	718,400
● former smoker	162,900	994,700	2,201,800	1,335,200	815,600	5,510,200
● never smoker	110,200	678,700	1,653,400	979,000	524,700	3,946,000
Women						
● daily smoker	131,400	514,500	812,100	406,300	168,100	2,032,500
● occasional smoker	22,000	154,800	293,700	140,600	45,100	656,300
● former smoker	150,000	934,900	2,012,100	1,205,200	511,700	4,813,900
● never smoker	181,900	1,009,400	2,381,300	1,335,600	634,900	5,543,200

Prevalence of smoking by self-reported stress

Canadian Community Health Survey, cycle 3.1

Current Smoking (daily and occasional)



	extremely stressed	quite a bit stressed	a bit stressed	not very stressed	not at all stressed	total
Men						
● daily smoker	17	17	19	22	32	19
● occasional smoker	4	6	6	6	6	6
● former smoker	48	45	43	43	37	44
● never smoker	31	33	32	29	25	31
Quit ratio	2.3	2.0	1.7	1.5	1.0	1.8
Women						
● daily smoker	12	13	15	20	27	16
● occasional smoker	3	5	5	6	5	5
● former smoker	38	39	37	36	31	37
● never smoker	47	43	43	39	37	42
Quit ratio	2.4	2.2	1.8	1.4	1.0	1.8

Smoking and actual weight (BMI)

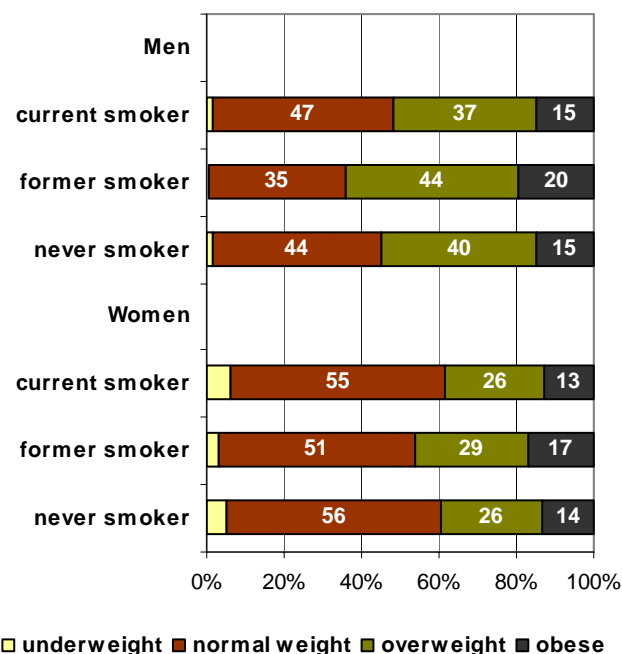
Smoking has often been portrayed as a way of controlling weight (“Reach for a Lucky instead of a Sweet” tobacco companies used to exhort weight conscious women).

The relationship between ‘thinness’ and smoking may be created by the much higher likelihood that underweight people will smoke (in Canada, 39% of underweight men and 29% of underweight women are smokers, compared with 29% and 22% of normal weight men and women).

While it is true that more thin men and women smoke, it is not true that smokers are thinner than non-smokers.

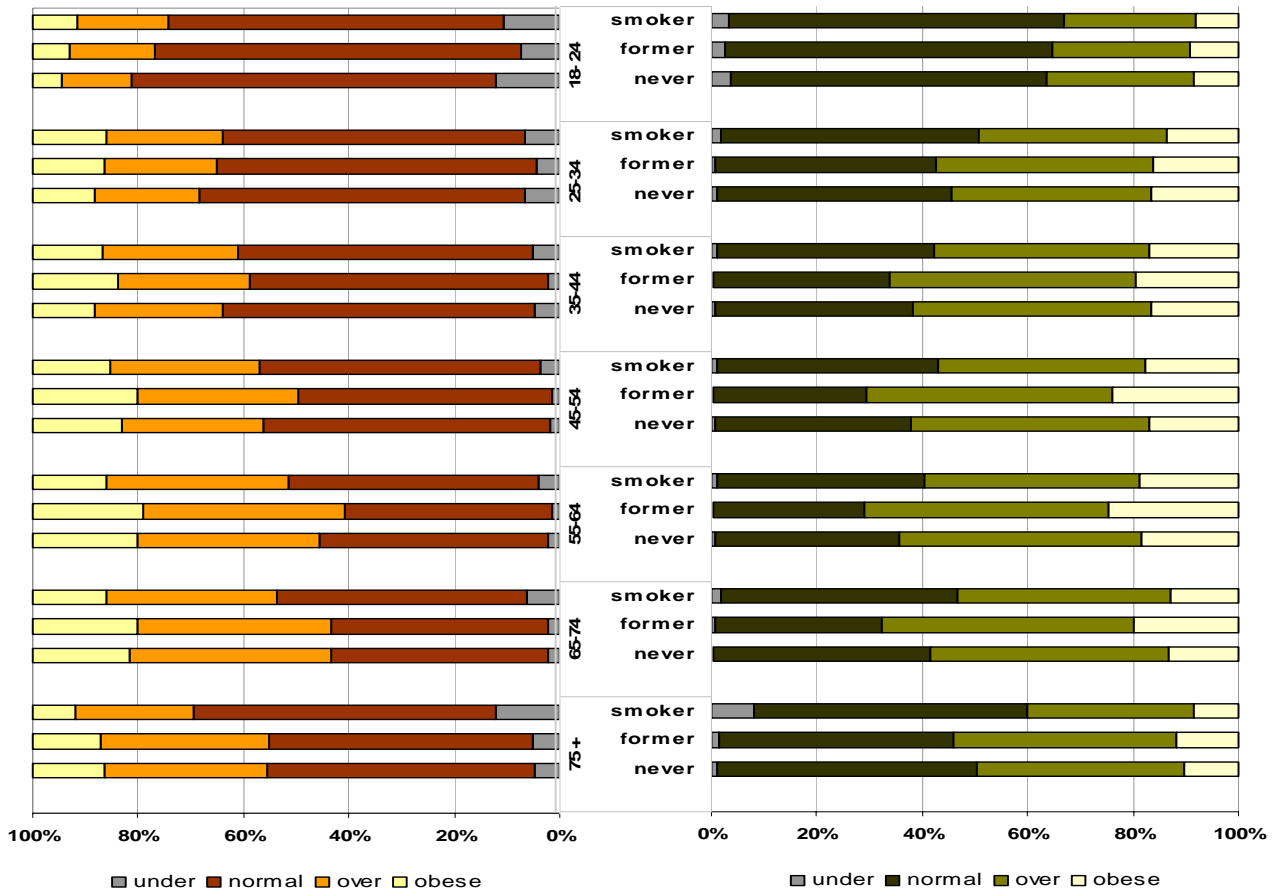
Using BMI calculations, the CCHS data show that never smoking men and women were in the same weight category as men and women who smoked: former smokers were heavier.

BMI Index for Canadian Men and Women by smoking status



	underweight	normal weight	overweight	obese	total
Men					
● current smoker	50,300	1,420,400	1,116,400	449,600	3,036,700
● former smoker	35,000	1,917,500	2,400,200	1,059,500	5,412,200
● never smoker	47,100	1,507,400	1,380,600	508,500	3,443,600
total	132,300	4,845,300	4,897,200	2,017,600	11,892,500
Women					
● current smoker	150,500	1,387,600	644,300	325,300	2,507,800
● former smoker	128,400	2,279,300	1,315,400	761,900	4,485,000
● never smoker	243,500	2,662,000	1,231,300	649,000	4,785,800
total	522,400	6,328,900	3,191,000	1,736,300	11,778,600

BMI of Canadian women by age and smoking status



As Canadians age, they may be more and more likely to give up smoking and more and more likely to put on weight. This could lead to a misperception that smoking is associated with weighing less.

Looking at the relationship between smoking and BMI/weight while controlling for age (in segments of 10 years) shows that middle aged Canadians are more likely to be non smokers and more likely to overweight

(older smokers have lower BMI's). Within each age cohort, smokers are only more likely to be normal or underweight compared with never smokers after age 55.

	under-weight	normal weight	over-weight	obese	total	under-weight	normal weight	over-weight	obese
Smoking prevalence					BMI prevalence				
Men									
● current smoker	38	29	23	22	26	2	47	37	15
● former smoker	26	40	49	53	46	1	35	44	20
● never smoker	36	31	28	25	29	1	44	40	15
quit ratio	0.7	1.3	2.1	2.4	1.8	1	41	41	17
Women									
● current smoker	29	22	20	19	21	6	55	26	13
● former smoker	25	36	41	44	38	3	51	29	17
● never smoker	47	42	39	37	41	5	56	26	14
quit ratio	0.9	1.6	2.0	2.3	1.8	4	54	27	15

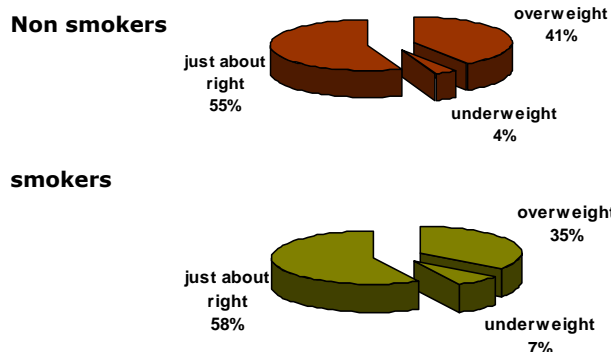
Opinions about own weight

People's feelings about their weight may not always be consistent with their actual BMI. The CCHS asked whether Canadians considered themselves overweight, underweight or just about right.

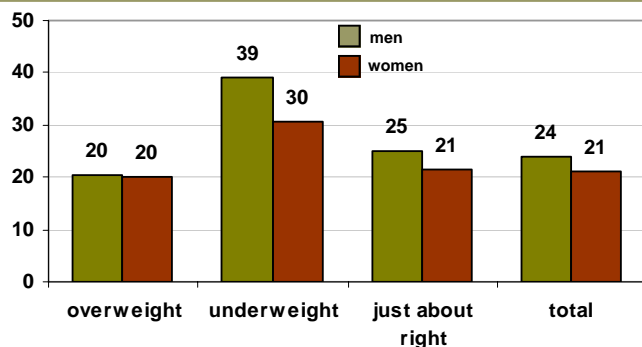
Those who considered themselves underweight reported higher rates of smoking, and those who considered themselves overweight reported higher levels of having quit smoking.

Overall, the proportion of non smokers who considered themselves overweight was higher than smokers.

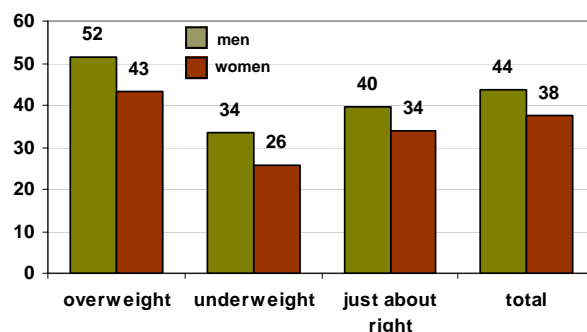
Percentage reporting opinions on weight



Smoking prevalence by opinion of own weight



Former smoking by opinion of own weight



	over-weight	under weight	just about right	total	over-weight	under weight	just about right	total
Numbers					Smoking Prevalence			
Men								
● current smoker	927,100	288,100	1,826,200	3,041,400	20	39	25	24
● former smoker	2,358,700	248,500	2,913,700	5,520,800	52	34	40	44
● never smoker	1,289,400	203,100	2,582,700	4,075,200	28	27	35	32
total/quit ratio	4,575,200	739,700	7,322,500	12,637,400	2.5	0.9	1.6	1.8
Women								
● current smoker	1,103,400	120,300	1,486,100	2,709,700	20	30	21	21
● former smoker	2,379,100	101,900	2,354,200	4,835,200	43	26	34	38
● never smoker	2,019,800	172,300	3,087,600	5,279,700	37	44	45	41
total/quit ratio	5,502,200	394,400	6,927,800	12,824,500	2.2	0.8	1.6	1.8

Improvements to health

S smokers are more likely than non-smokers to identify that there is something they should do to improve their health.

- 4 in 5 smokers think there is something they should do to improve their health (compared with 3 in 5 non-smokers)

- Of those Canadians smokers who said there was something they “should do to improve their physical health,” half identified that quitting smoking or

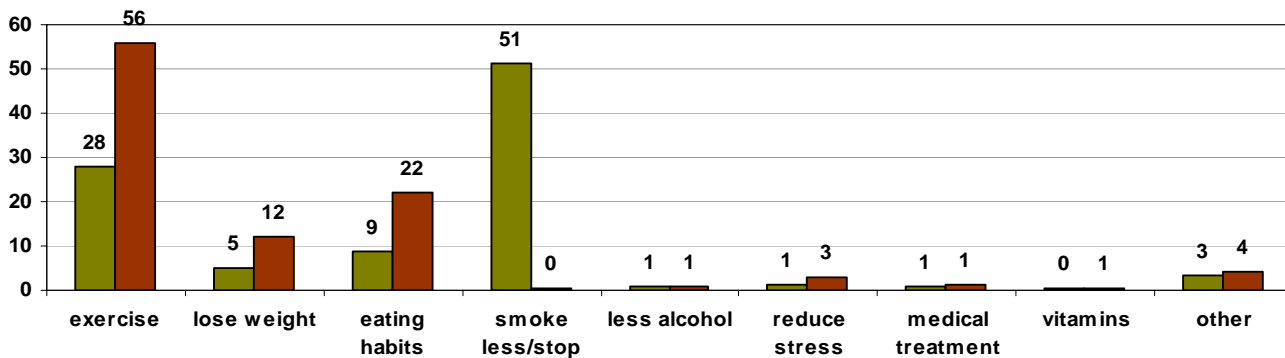
smoking less was the most important thing they could do.

- Exercising was the second choice of smokers, and the first choice of non-smokers (both former smokers and never smokers).

In a separate question (not shown in tables), 74% of smokers identified an intention to do something to improve their health, of which 40% announced plans to quit smoking (30% of all smokers)

Do you think there is [anything else/ anything] you should do to improve your physical health?

	YES	NO
Men		
• smokers	78	22
• non smokers	62	38
Women		
• smokers	81	19
• non smokers	64	36



	more exercise	lose weight	eating habits	smoke less/ quit smoking	less alcohol	reduce stress	medical treatment	take vitamins	other	total
Men										
• smokers	289,700	33,400	79,400	558,200	13,600	14,400	9,700	1,500	34,600	1,034,400
• non smokers	1,505,300	309,700	595,500	12,200	33,500	64,900	29,100	14,500	106,400	2,671,100
Women										
• smokers	251,700	63,200	88,700	429,900	4,400	12,700	9,000	4,600	27,900	892,100
• non smokers	1,675,000	392,100	668,500	1,900	10,900	99,500	34,000	16,500	130,700	3,029,100
Men										
• smokers	28	3	8	54	1	1	1	0	3	100
• non smokers	56	12	22	0	1	2	1	1	4	100
Women										
• smokers	28	7	10	48	0	1	1	1	3	100
• non smokers	55	13	22	0	0	3	1	1	4	100

W orkplace issues

Canadian workplaces have varying policies with respect to smoking. Each province has authority over the labour code for workers in each jurisdiction, although municipalities in some provinces have also been allowed to establish rules on smoking in workplaces. The federal government has authority over the labour conditions of workers in areas of federal jurisdiction (i.e. telecommunications, federal government workers, etc). There were many different standards in place in 2005 when the CCHS was undertaken.

Employers are also authorized to implement workplace smoking policies. Many employers ban smoking

in working areas, some provide outside smoking areas, and a few ban smoking even in outdoor worksites.

The non-uniformity of smoking regulations allows us to compare the smoking behaviour of Canadians under varying smoking laws, and also to look at the relationship between smoking laws and other occupational issues.

Surveyed Canadians who have smoked but who are not able to smoke at work have more often quit than those who are allowed to smoke at work.

There are several possible reasons for this. Smokers who are less interested or able to quit smoking may seek out

and find jobs where they are allowed to smoke. Not being allowed to smoke at work may make it easier for a smoker to maintain a quit attempt. Jobs where smoking restrictions are difficult to impose, or are considered less necessary (i.e. construction, fishing) may also have workplace cultures that are more smoking-friendly.

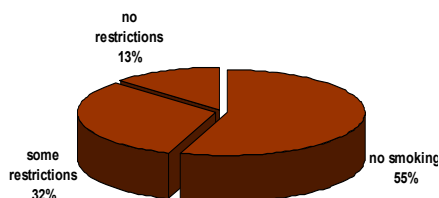
For whatever reason, Canadian workers who are not allowed to smoke at work are more than twice as likely to have quit smoking as those where smoking is not restricted.

Proportion of smokers and non-smokers who work where smoking is permitted.

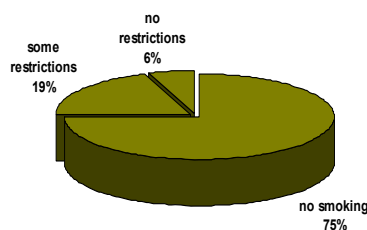
● There are few differences in the proportion of former or never smokers whose workplaces allow or disallow smoking, but strong differences between the proportion of smokers and non-smokers. Smokers are twice as likely to work in an

environment where smoking is not restricted and more likely to work in an environment where it is allowed in some locations.

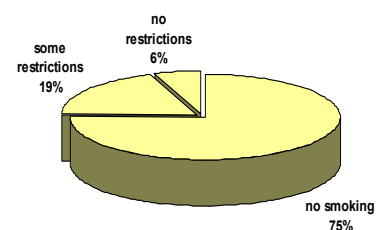
smokers (daily and occasional)



former smoker



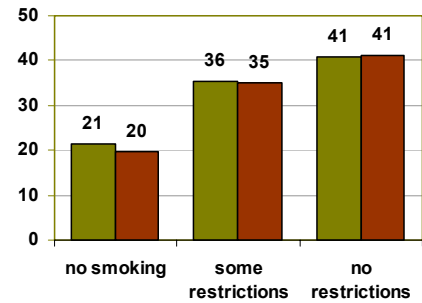
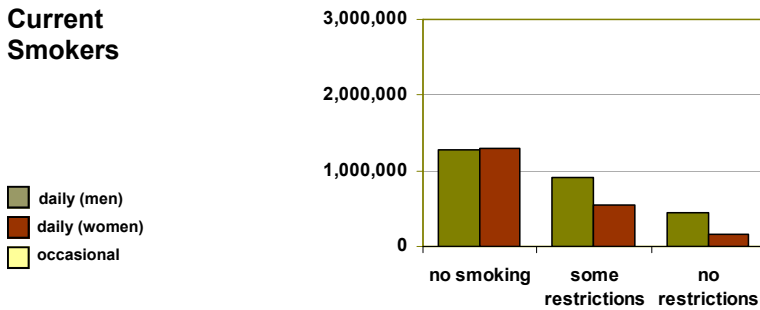
never smoker



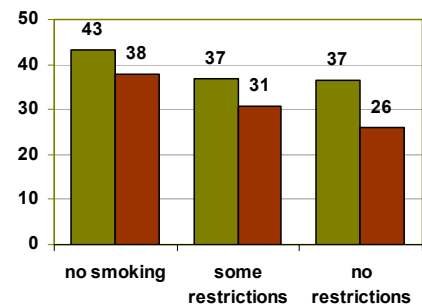
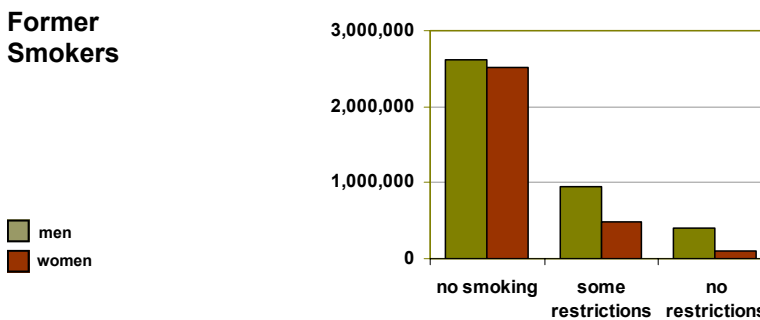
Number of smokers and prevalence of smoking by workplace smoking policies

Canadian Community Health Survey, cycle 3.1

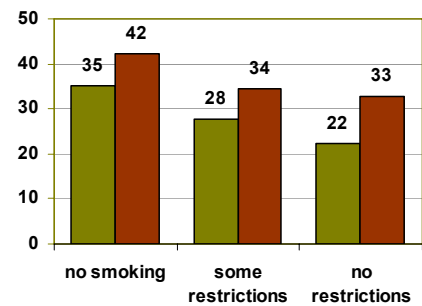
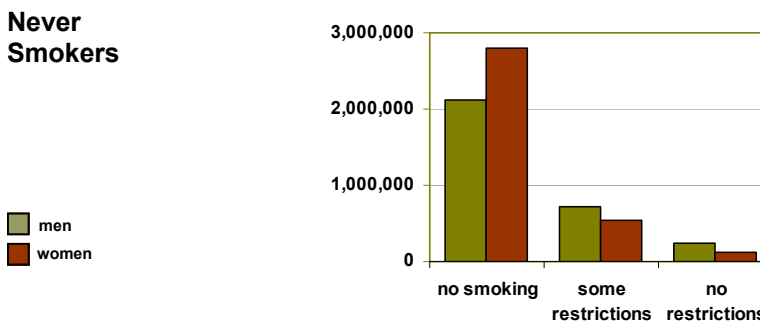
Current Smokers



Former Smokers



Never Smokers



	no smoking	some restrictions	no restrictions	total	no smoking	some restrictions	no restrictions
Men	1,284,300	915,700	442,600	2,642,700	21	36	41
• smoker	2,613,200	946,200	395,900	3,955,200	43	37	37
• former smoker	2,119,000	717,300	241,600	3,077,900	35	28	22
• never smoker	6,023,300	2,579,100	1,081,300	9,683,800	2.0	1.0	0.9
Quit ratio							
Women	1,303,500	552,300	155,600	2,011,500	20	35	41
• daily smoker	2,512,400	486,900	99,300	3,098,600	38	31	26
• former smoker	2,797,300	542,500	124,600	3,464,400	42	34	33
• never smoker	6,614,400	1,581,700	379,600	8,575,600	1.9	0.9	0.6
Quit ratio							

Smoking restrictions and occupational category,

Canadian Community Health Survey, cycle 3.1

Statistics Canada classifies types of jobs into three occupational categories.

The categories are:

Group 1

Occupations relating to the Management, Business, Finance, Administration, Natural and Applied Sciences, Health, Social Sciences, Education, Religion, Art, Culture and Recreation

This group has the lowest smoking prevalence (20%). It is also the group with the highest proportion of both male and female workers.

Group 2

Occupations relating to Sales and Service.

This group has the second highest smoking prevalence (29%). There are more women than men in this category (2.5 million vs. 2 million).

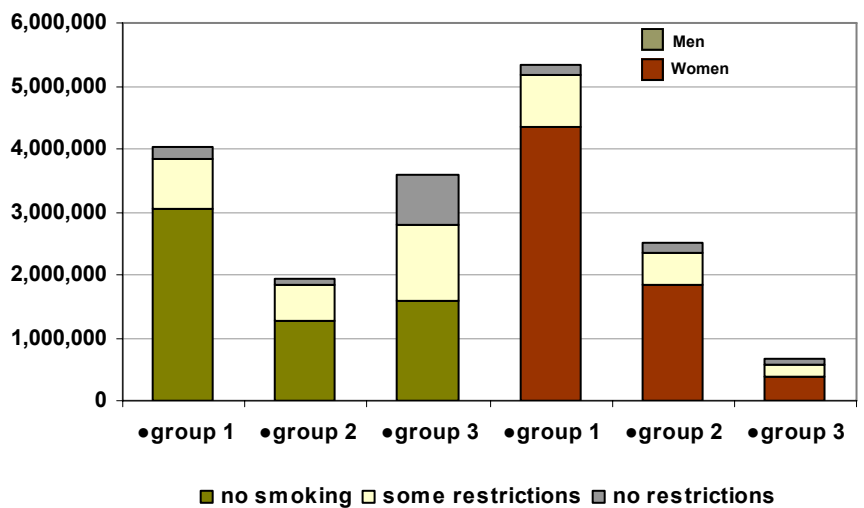
Group 3

Occupations relating to Trades, Transport and Equipment Operator, Occupations Unique to Primary Industry, Processing, Manufacturing and Utilities

This group has the highest smoking prevalence (33%). There are many more men working in these occupations than women (3.6 million to 700,000).

Most Canadian men and women work in environments where smoking is banned.

Number of Canadian men and women whose workplace allow smoking, by occupational category



	no smoking	some restrictions	no restrictions	Total
Men				
●group 1	3,048,600	793,700	196,500	4,038,800
●group 2	1,283,900	554,900	90,500	1,929,300
●group 3	1,599,200	1,203,300	786,000	3,588,600
Total	5,931,800	2,551,900	1,073,000	9,556,700
Women				
●group 1	4,360,200	822,400	150,800	5,333,500
●group 2	1,825,700	537,600	135,700	2,499,000
●group 3	366,500	212,300	90,000	668,800
Total	6,552,400	1,572,400	376,500	8,501,300

Occupational categories and smoking status.

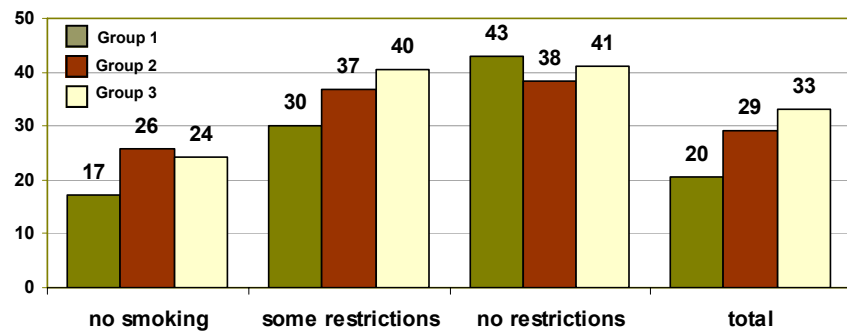
Canadian Community Health Survey, cycle 3.1

In all occupational categories, the likelihood of smoking increases with the ability to smoke at work.

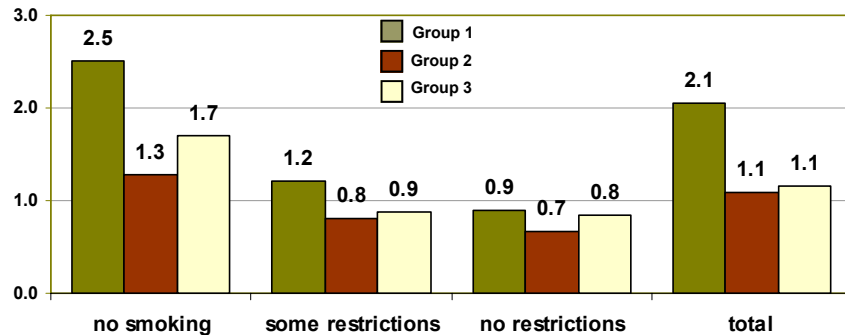
Workers where smoking is banned are less likely to smoke than those where there are some limitations, who are in turn less likely to smoke than those who work in environments where there are no limitations on smoking all.

Canadians who cannot smoke at work are much more likely to have quit smoking than those who work in places where smoking is permitted, regardless of occupational code.

Prevalence of smoking (daily and occasional) by occupation type



Quit ratio (former to ever smokers) by occupation type



	no smoking	some restrictions	no restrictions	Total	no smoking	some restrictions	no restrictions	total
Group 1								
•smoker	1,281,300	486,200	149,500	1,917,100	17	30	43	20
•former	3,214,400	592,100	134,200	3,940,600	43	37	39	42
•never	2,910,400	537,800	63,600	3,511,800	39	33	18	37
					2.5	1.2	0.9	2.1
Group 2								
•smoker	800,700	400,600	86,900	1,288,300	26	37	38	29
•former	1,023,400	325,900	57,600	1,406,800	33	30	25	32
•never	1,284,300	366,000	81,800	1,732,000	41	34	36	39
					1.3	0.8	0.7	1.1
Group 3								
•smoker	477,200	571,800	358,800	1,407,900	24	40	41	33
•former	816,100	503,100	299,400	1,618,700	42	36	34	38
•never	668,400	340,700	216,500	1,225,500	34	24	25	29
					1.7	0.9	0.8	1.1

Smoking restrictions in workplaces in Canadian provinces, *Canadian Community Health Survey, cycle 3.1*

In all Canadian provinces, a greater proportion of women than men work in places where smoking is entirely restricted and a greater proportion of men work in places where there are no restrictions at all.

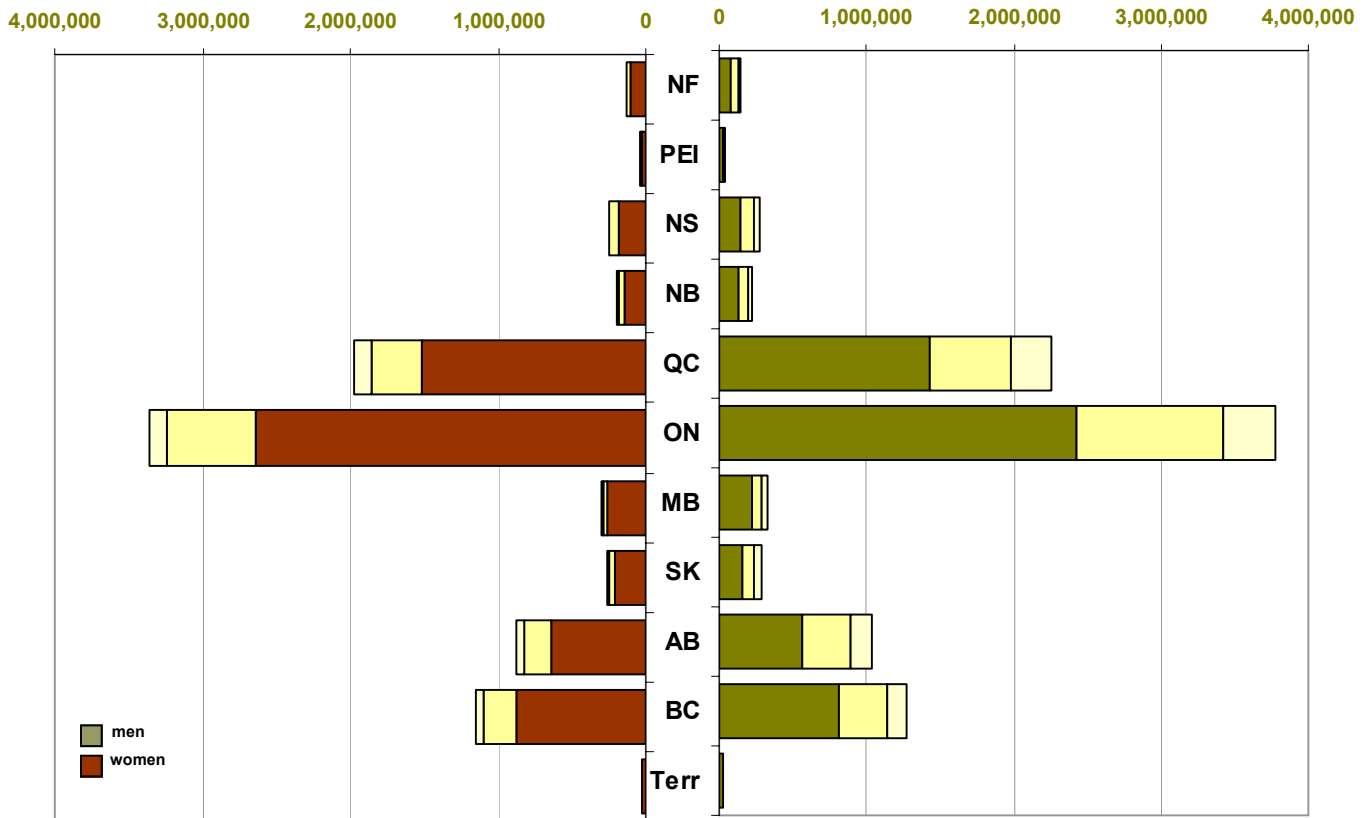
This likely reflects the disproportionate number of men who work in “group 3” occupations where smoking is less restricted (see previous pages).

For women and men, the greatest proportion of workplaces where smoking was entirely restricted was found in the territories.

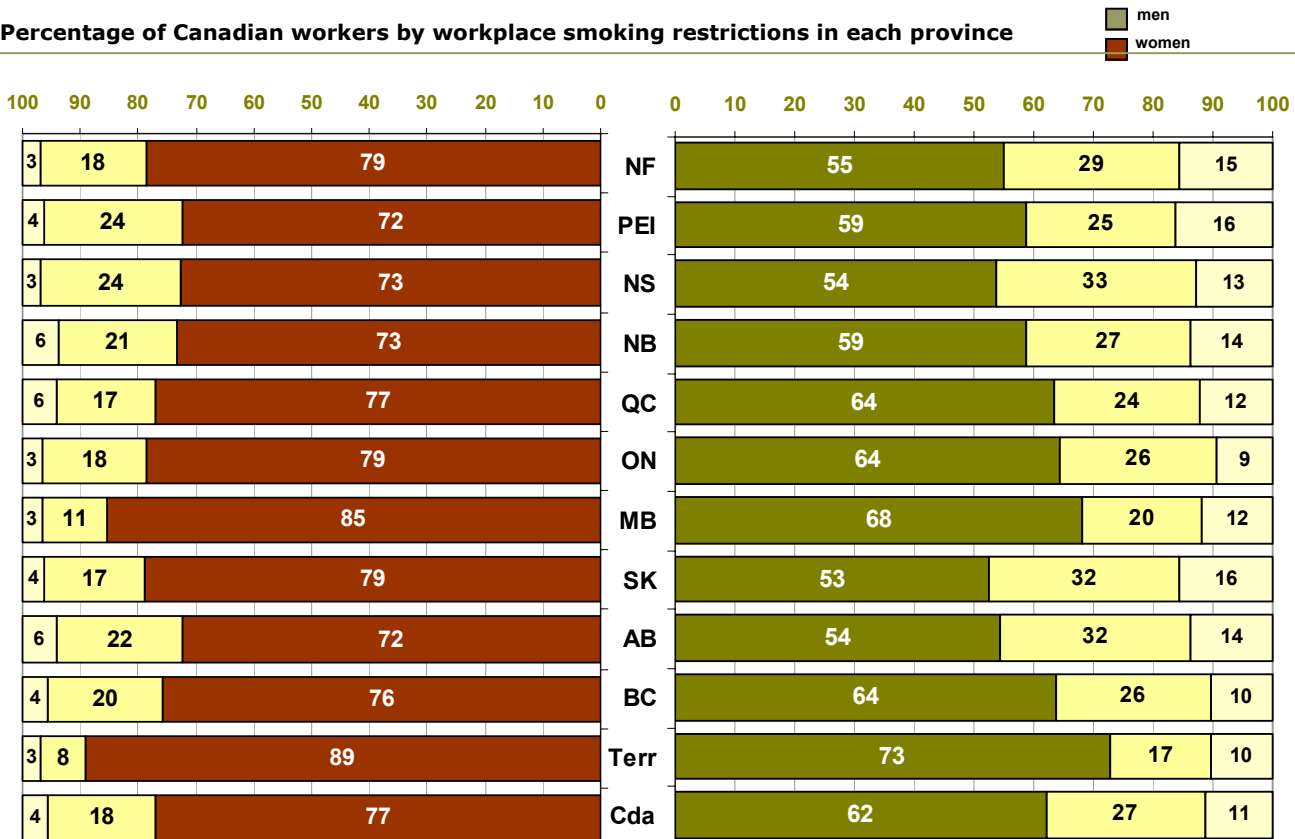
Manitoba was the jurisdiction with the second highest proportion of protected workers.

	no smoking	some restrictions	no restrictions	Total	no smoking	some restrictions	no restrictions
Men							
●NF	82,300	43,900	23,100	149,300	55	29	15
●PEI	25,200	10,800	7,000	43,000	59	25	16
●NS	148,700	92,100	35,300	276,100	54	33	13
●NB	132,900	62,000	30,800	225,600	59	27	14
●QC	1,431,700	547,800	273,800	2,253,300	64	24	12
●ON	2,425,000	999,400	348,900	3,773,300	64	26	9
●MB	225,500	65,700	39,800	331,000	68	20	12
●SK	150,900	90,900	45,100	286,900	53	32	16
●AB	563,300	333,000	141,100	1,037,400	54	32	14
●BC	814,600	328,200	133,200	1,276,000	64	26	10
●Terr	23,200	5,400	3,300	31,900	73	17	10
●Cda	6,023,300	2,579,100	1,081,300	9,683,800	62	27	11
Women							
●NF	104,300	24,500	4,100	132,900	79	18	3
●PEI	26,800	8,800	1,400	37,000	72	24	4
●NS	184,800	61,500	7,700	254,000	73	24	3
●NB	139,500	39,600	11,600	190,700	73	21	6
●QC	1,521,400	338,100	118,600	1,978,100	77	17	6
●ON	2,639,700	608,300	112,100	3,360,000	79	18	3
●MB	256,200	33,700	9,800	299,800	85	11	3
●SK	204,300	45,200	9,400	258,800	79	17	4
●AB	637,800	189,900	53,000	880,600	72	22	6
●BC	874,500	229,900	51,200	1,155,600	76	20	4
●Terr	25,100	2,300	800	28,200	89	8	3
●Cda	6,614,400	1,581,700	379,600	8,575,700	77	18	4

Number of Canadians workers by workplace smoking restrictions in each province



Percentage of Canadian workers by workplace smoking restrictions in each province



Working, not working

The CCHS asked all Canadians older than 15 and younger than 75 about their employment.

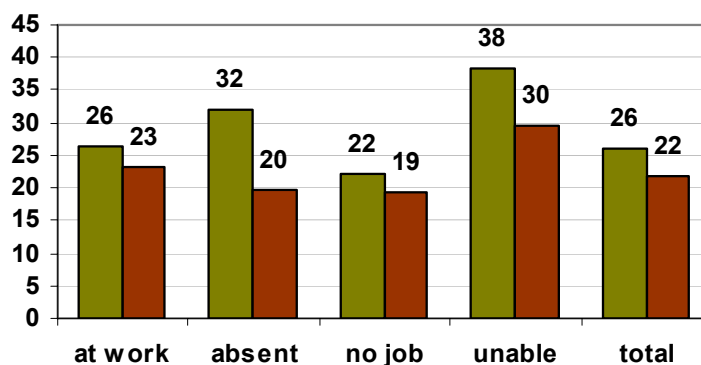
Canadians who work are more likely to smoke than the general population, likely in part because those who are young enough to still be at school or old enough to be retired are at ages where smoking is less common.

- Canadians who had a job over the past year (8 of 10 men and 7 of 10 women were in this category) were more likely to smoke than those who did not work the entire year.
- Smoking is less common among working Canadians who are self-employed than those who work for someone else. 1 in 6 Canadian workers is self-employed.
- Smoking is more common among Canadians who were not at work in the week prior to being interviewed either because they were absent or because they are permanently unable to work.

Of 35% of Canadians surveyed who were not at work the previous week,

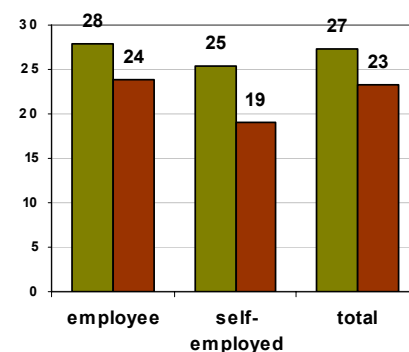
32% were retired, 14% were permanently unable to work, 13% were looking for work, 13% were at school, 8% (almost all women) had family responsibilities and 2% were involved in a labour dispute. Smoking rates were much higher for those who were permanently unable to work or were looking for work than for those who were retired or at school.

Smoking prevalence by 'last week' work status

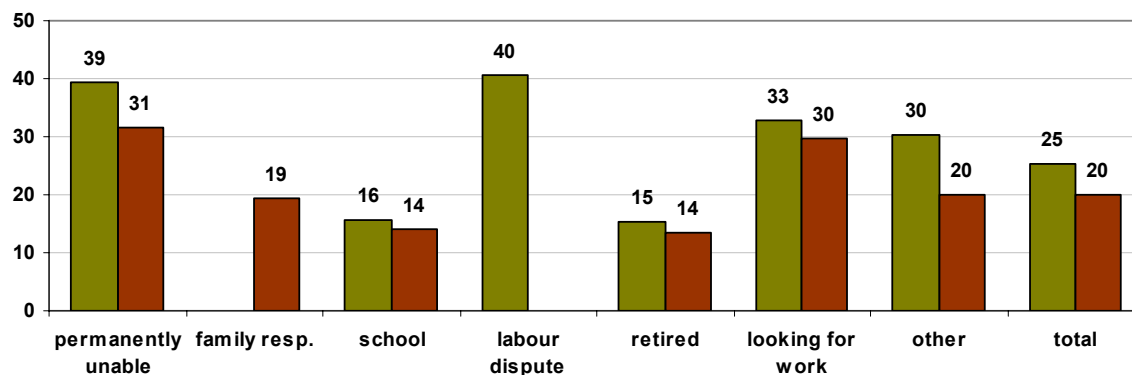


Self employment	employee	self-employed	total	employee	self-employed	total
Smoking prevalence						
	Men			Women		
• daily smoker	21	21	21	18	14	17
• occasional smoker	7	4	7	6	5	6
• former smoker	39	47	41	36	40	36
• never smoker	33	27	32	40	41	40
quit ratio	1.4	1.9	1.5	1.5	2.1	1.6

Smoking prevalence by self employment and sex



Smoking prevalence among those unable to work last week by reason of absence and sex



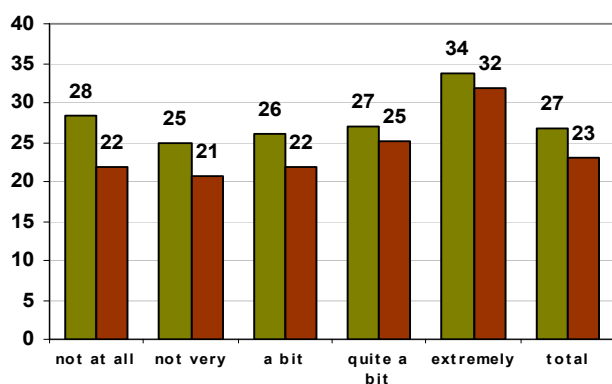
working status last week										
	at work	absent	no job	unable	total	at work	absent	no job	unable	total
	Numbers					Smoking prevalence				
Men										
● daily smoker	1,656,700	141,100	453,800	83,100	2,334,700	20	25	17	36	20
● occasional smoker	518,200	39,200	131,800	6,600	695,700	6	7	5	3	6
● former smoker	3,422,000	227,100	1,180,200	99,100	4,928,500	41	40	45	42	42
● never smoker	2,680,000	157,500	880,100	44,600	3,762,200	32	28	33	19	32
quit ratio/total	8,276,900	564,900	2,645,900	233,400	11,721,000	1.6	1.3	2.0	1.1	1.6
Women										
● current smoker	1,163,900	103,800	616,500	65,600	1,949,900	17	15	15	26	16
● former smoker	419,600	36,800	166,300	7,600	630,400	6	5	4	3	5
● former smoker	2,539,000	282,900	1,452,900	88,100	4,362,900	37	40	36	36	37
● never smoker	2,744,100	292,300	1,804,100	86,300	4,926,700	40	41	45	35	42
quit ratio/total	6,866,700	715,800	4,039,800	247,600	11,869,900	1.6	2.0	1.9	1.2	1.7

reason for not working last week								
	permanently unable	family responsibility	school	labour dispute	retired	looking for work	other	total
Men								
● current smoker	219,100	*	82,500	50,800	174,700	174,500	163,200	872,400
● former smoker	220,000	*	92,900	44,300	776,900	170,300	197,100	1,506,300
● never smoker	116,400	*	355,000	30,300	184,600	188,800	179,400	1,057,200
total	557,400	*	531,000	125,400	1,141,300	533,700	539,700	3,443,300
Women								
● current smoker	204,800	130,200	73,900	17,600	209,500	157,900	192,100	985,900
● former smoker	247,900	218,700	84,100	31,200	738,900	136,400	358,500	1,815,600
● never smoker	198,200	327,600	369,600	28,800	594,200	236,900	403,500	2,158,900
total	651,700	676,500	527,600	77,600	1,543,800	531,200	956,100	4,964,400
* cell size too small								

Work stress

Canadians who report extreme stress at work are more likely to smoke (only 7% of workers report extreme stress at work, but 25% of workers report 'quite a bit of stress.').

Smoking



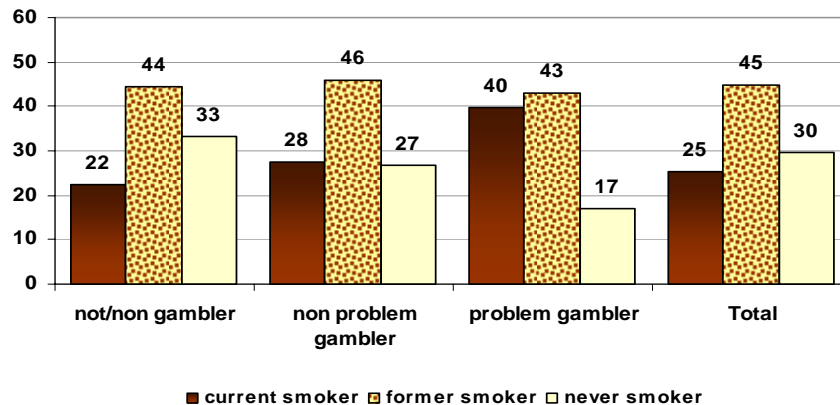
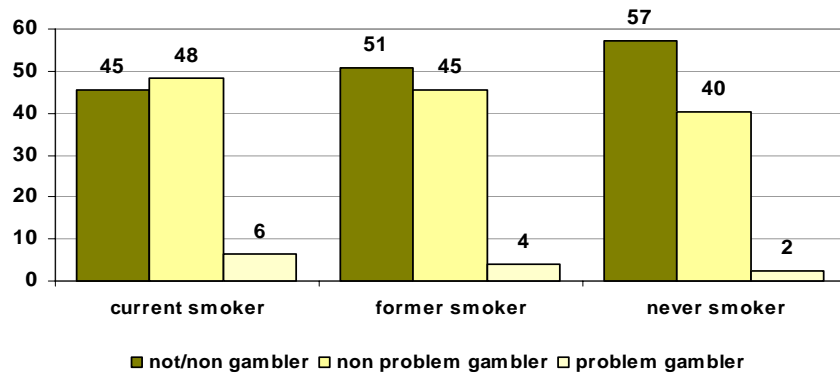
workplace stress	not at all	not very	a bit	quite a bit	extremely	total	not at all	not very	a bit	quite a bit	extremely
	Smoking prevalence						Prevalence of work-stress				
Men											
● daily smoker	21	18	20	21	28	20	11	16	41	25	7
● occasional smoker	7	7	6	6	6	7	12	20	41	23	5
● former smoker	35	39	41	43	38	41	9	18	43	25	5
● never smoker	36	36	33	30	29	33	12	20	42	22	4
quit ratio/total	1.3	1.6	1.6	1.6	1.1	1.5	11	18	42	24	5
Women											
● current smoker	16	15	16	19	26	17	9	17	37	28	9
● former smoker	5	6	6	6	5	6	8	19	42	25	5
● former smoker	32	35	37	39	34	37	8	18	42	26	5
● never smoker	46	45	41	36	34	41	10	21	41	22	5
quit ratio/total	1.5	1.7	1.7	1.6	1.1	1.6	9	19	41	25	6

Smoking and gambling

Because the Canadian Community Health Survey only asked about gambling activities in one province (New Brunswick), the number of respondents is too small to disaggregate by sex.

The survey asked those who did gamble a series of questions to determine the severity of gambling and whether or not there was a gambling 'problem.'

- "Problem" gamblers were twice as likely to smoke as non-gamblers (40% vs. 22%).
- The majority of problem gamblers did not smoke.
- The vast majority of smokers (and non smokers) did not appear to be problem gamblers. Smokers were more likely to report any gambling than never smokers (54% to 42%) or former smokers (54% to 49%).



	not / non gambler	non problem gambler	problem gambler	not / non gambler	non problem gambler	problem gambler	total
	<i>Gambling prevalence by smoking status</i>			<i>Smoking prevalence by gambling status</i>			
New Brunswickers							
● current smoker	45	48	6	22	28	40	25
● former smoker	51	45	4	44	46	43	45
● never smoker	57	40	2	33	27	17	30
Quit ratio				2.0	1.7	1.1	1.8

Smoking and drinking

Alcohol use is three times more prevalent in Canada than tobacco use: 80% of men and 74% of women are regular or occasional drinkers.

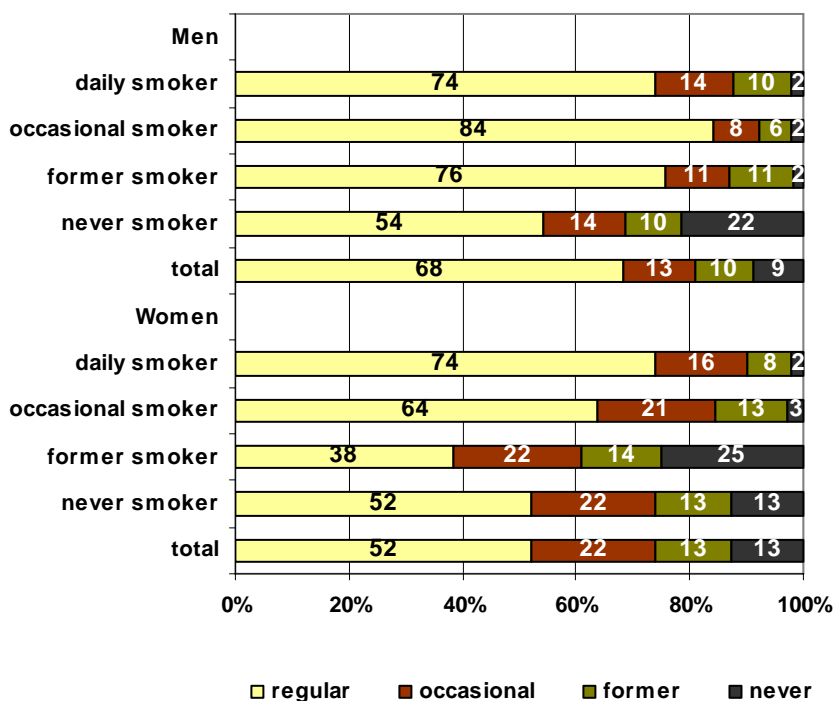
People who have never smoked are far more likely to be never drinkers and vice-versa. People who smoke are more likely to be regular or occasional drinkers.

- Men who have ever smoked very rarely have never drunk alcohol.
- Women who currently smoke very rarely have never drunk alcohol, but one quarter women who have quit smoking are never-drinkers.
- More than 8 in ten Canadians who have never drunk alcohol have also never smoked cigarettes. (The reverse is less dramatic: 22% of men and 13% of women who have never smoked have also never drunk).

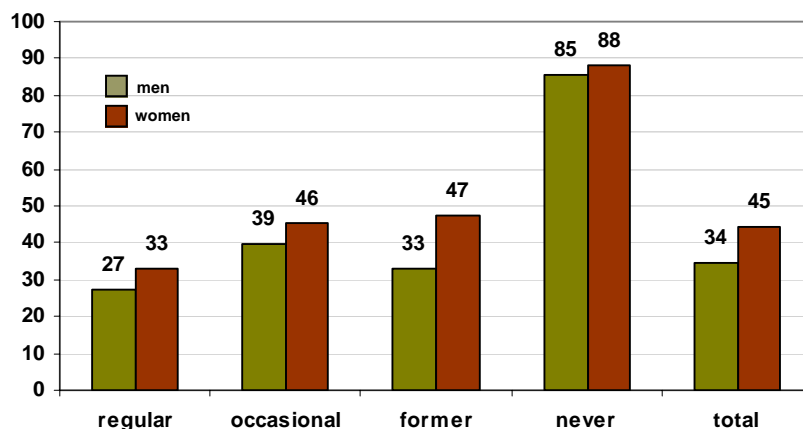
Smoking prevalence increases with heavy drinking. More than half of Canadian men (52%) and almost 2/3 of women (62%) who report this level of drinking more than once a week are current smokers. Because the number of men who drink heavily is much higher than women, the combined prevalence is closer to that of men, 53% (shown in the graph).

Fewer than half of Canadians report drinking more than 5 drinks on one occasion, and about 3 million report doing so more than once a month.

Drinking prevalence by smoking status

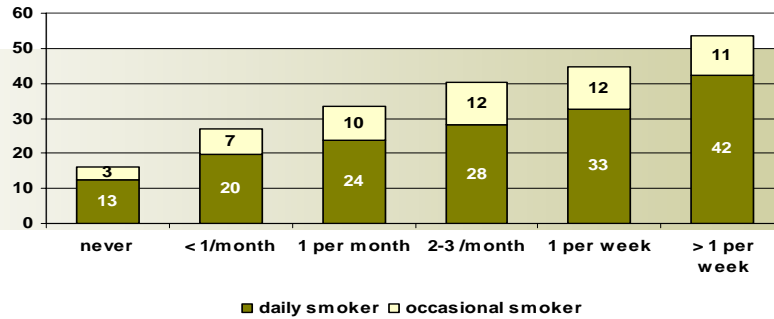


Prevalence of never smoking by drinking prevalence



Smoking prevalence and frequency of having 5 or more drinks

Canadians who report they ever have 5 or more drinks on one occasion smoke are 2–4 times more likely to smoke than those who never report drinking this quantity.



Type of drinker/ smoker	regular drinker	occasional drinker	former drinker	never drinker	total		
NUMBER							
Men							
• daily smoker	1,775,600	328,300	246,900	50,400	2,401,200		
• occasional smoker	604,700	56,600	42,300	14,400	718,000		
• former smoker	4,162,600	619,900	609,900	102,500	5,494,900		
• never smoker	2,445,400	655,100	445,400	973,500	4,519,500		
total	8,988,400	1,659,900	1,344,400	1,140,900	13,133,500		
Women							
• daily smoker	1,191,600	508,400	284,500	47,400	2,031,800		
• occasional smoker	490,300	106,700	51,600	13,900	662,400		
• former smoker	3,066,100	995,000	612,100	136,200	4,809,400		
• never smoker	2,316,200	1,346,500	855,900	1,504,100	6,022,700		
total	7,064,100	2,956,500	1,804,100	1,701,700	13,526,400		
SMOKING PREVALENCE							
Men							
• daily smoker	20	20	18	4	18		
• occasional smoker	7	3	3	1	5		
• former smoker	46	37	45	9	42		
• never smoker	27	39	33	85	34		
Women							
• current smoker	17	17	16	3	15		
• former smoker	7	4	3	1	5		
• former smoker	43	34	34	8	36		
• never smoker	33	46	47	88	45		
Frequency of having 5 or more drinks (drinkers only)/smoker							
	never	< 1/month	1 per month	2-3 /month	1 per week	> 1 per week	total
NUMBER							
Men							
• daily smoker	552,600	588,500	219,000	251,800	250,900	228,400	2,091,300
• occasional smoker	124,500	187,200	82,600	108,200	96,300	59,400	658,100
• former smoker	2,084,200	1,339,500	441,900	367,000	333,700	199,300	4,765,600
• never smoker	1,513,100	908,600	250,000	206,800	144,700	71,200	3,094,400
Women							
• current smoker	791,000	482,700	135,100	118,300	110,300	58,700	1,696,000
• former smoker	225,600	202,000	63,700	50,500	35,500	16,700	593,900
• former smoker	2,603,000	1,016,900	184,400	132,000	89,200	30,500	4,056,100
• never smoker	2,742,000	652,300	122,300	84,200	47,100	16,200	3,664,100

Smoking and Pregnancy

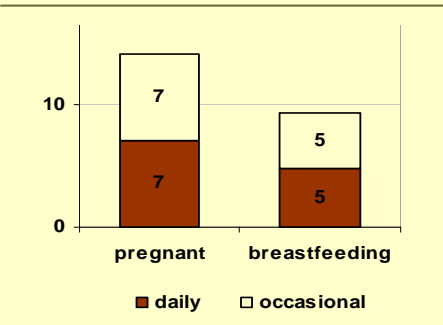
Approximately one in 8 women who gave birth in the past five years reported that they had smoked either daily or occasionally during their last pregnancy. The same proportion of women who breast fed their babies reported smoking on a daily or occasional basis, but because not all women breast feed, the number of women who smoked while breast feeding babies was only 1 in 10 of Canadian women who gave birth.

One in seven women reported that someone regularly smoked in their presence during or in the six months after their pregnancy.

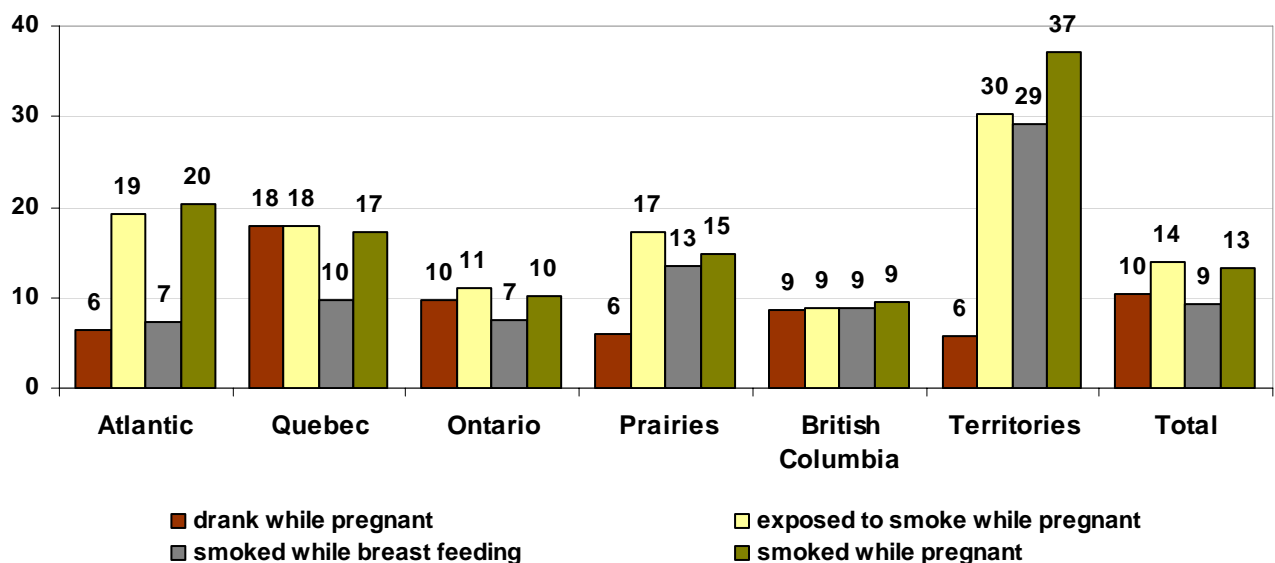
Of the 1.5 million women who were pregnant in the past 5 years:

- Almost 200,000 mothers reported smoking during pregnancy
- Over 200,000 were exposed to second hand smoke while they were pregnant or in the six months after birth.

Prevalence of smoking while pregnant or while breast feeding of Canadian women who gave birth during past 5 years.



Prevalence of drinking and smoking behaviour of women who gave birth in past 5 years.



Exposure to second hand smoke during pregnancy and in following 6 months

	exposed	not ex- posed	total	exposed	not ex- posed
	Number of women			Prevalence of all pregnancies	
Region					
●Atlantic	18,000	75,600	93,700	19	81
●Quebec	56,300	257,800	314,100	18	82
●Ontaro	64,100	514,600	578,600	11	89
●Prairies	44,800	214,900	259,600	17	83
●British Columbia	17,100	176,700	193,800	9	91
●Territories	1,600	3,700	5,400	30	70
Total	201,900	1,243,200	1,445,200	14	86

Number of women reporting pregnancies and alcohol or tobacco use while pregnant

	pregnant in past 5 years	drank alcohol during pregnancy	exposed to second hand smoke	smoked while breast- feeding	smoked while preg- nant
●Atlantic	93,754	5,940	18,036	6,920	19,136
●Quebec	314,142	55,982	56,326	30,856	53,906
●Ontaro	580,784	56,488	64,065	43,349	59,059
●Prairies	259,767	15,714	44,776	34,752	38,675
●British Columbia	194,870	16,863	17,104	17,390	18,386
●Territories	5,356	313	1,625	1,564	1,988
Total	1,448,673	151,300	201,932	134,831	191,150

Percentage of women reporting pregnancies and alcohol or tobacco use while pregnant

	drank alco- hol during pregnancy	exposed to second hand smoke	smoked while breast- feeding	smoked while pregnant
●Atlantic	6	19	7	20
●Quebec	18	18	10	17
●Ontaro	10	11	7	10
●Prairies	6	17	13	15
●British Columbia	9	9	9	9
●Territories	6	30	29	37
Total	10	14	9	13

E ducation and smoking

Although more educated Canadians are less likely to be smokers than less educated Canadians, there are as many Canadian smokers who have benefited from post-secondary school as those who have not.

While it is true that education is associated with an increased likelihood of having quit smoking, it is not true that the average smoker is not well educated.

Education appears to make a difference to whether a smoker successfully quits (the quit rate for post-secondary graduates is almost double the quit rate for those who fail to finish high school). For both men and women, it also appears to make a difference to whether someone starts smoking.

Smoking rates are lower in all education categories for women than for men. Men and women are equally likely to have quit smoking, but fewer women ever smoked.

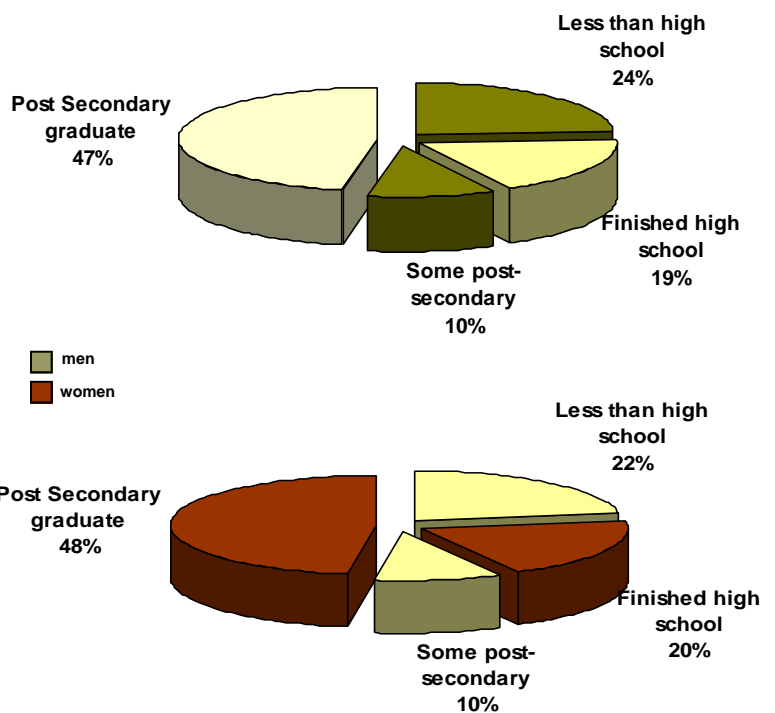
The never smoking rate is highest for Canadians who have not finished high school.

Percentage of Canadian smokers by educational status

The educational attainments of smokers (daily and occasional) and non-smokers (former smokers or never smokers) differ only modestly.

There are relatively more non-smokers who have graduated from college or university (54% vs. 48%), and relatively more who have graduated from high school (19% vs. 14%).

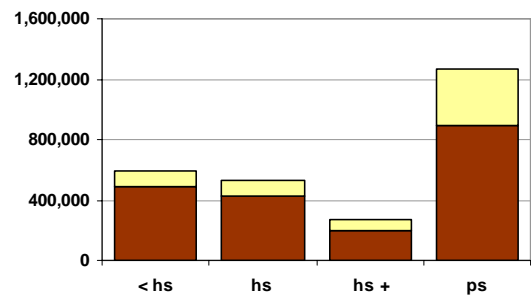
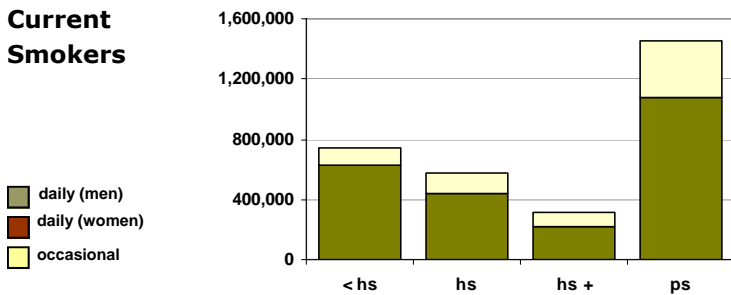
In both groups, however, there are only small differences in the number who fail to graduate from high school (23% - 24%).



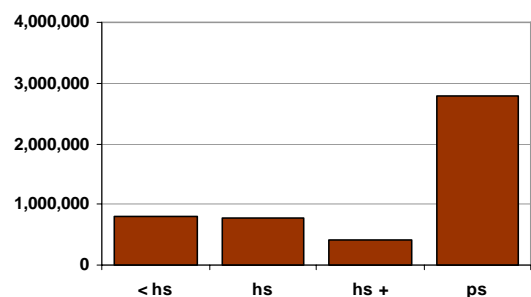
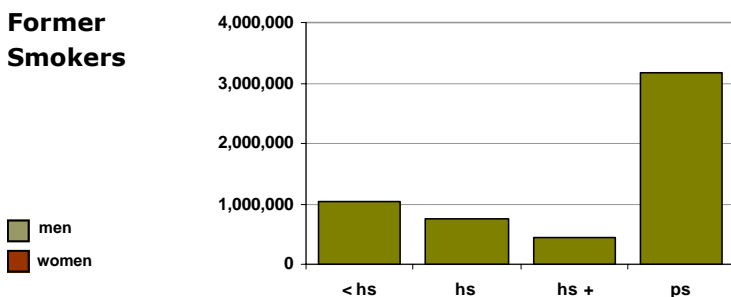
Number of Smokers by Education

Canadian Community Health Survey, cycle 3.1

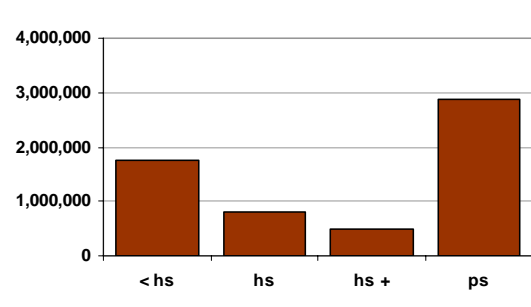
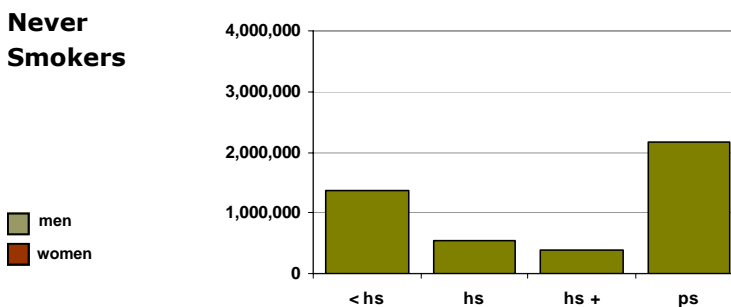
Current Smokers



Former Smokers



Never Smokers

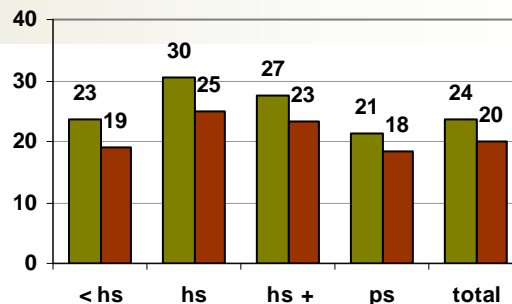


	Less than high school < hs	Finished high school hs	Some post-secondary hs +	Post Secondary graduate ps	total
Men					
• daily smoker	628,900	440,900	222,600	1,074,300	2,366,800
• occasional smoker	109,800	130,800	88,700	378,900	708,100
• former smoker	1,037,900	759,500	431,500	3,178,000	5,406,900
• never smoker	1,369,400	552,200	393,000	2,156,600	4,471,200
Women					
• daily smoker	487,900	428,200	197,700	892,400	2,006,200
• occasional smoker	109,300	101,100	68,500	375,400	654,400
• former smoker	801,800	764,300	400,700	2,792,000	4,758,800
• never smoker	1,760,400	817,100	479,700	2,875,100	5,932,300

Education and smoking prevalence

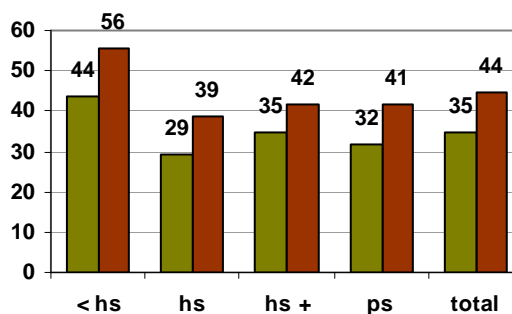
Current Smokers

men
women



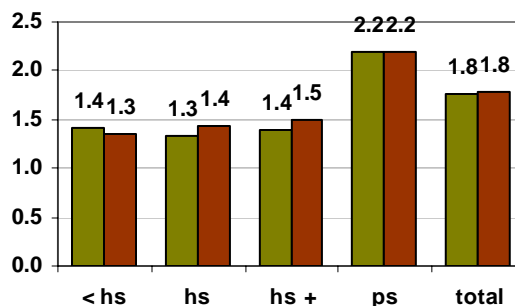
Never Smokers

men
women



Quit ratio

men
women



	Less than high school < hs	Finished high school hs	Some post-secondary hs +	Post Secondary graduate ps	total
Men					
● daily smoker	20	23	20	16	18
● occasional smoker	3	7	8	6	5
● former smoker	33	40	38	47	42
● never smoker	44	29	35	32	35
Quit ratio	1.4	1.3	1.4	2.2	1.8
Women					
● daily smoker	15	20	17	13	15
● occasional smoker	3	5	6	5	5
● former smoker	25	36	35	40	36
● never smoker	56	39	42	41	44
Quit ratio	1.3	1.4	1.5	2.2	1.8

