

Second-Hand Smoke

Why Is This Important?

Exposure to second-hand smoke is associated with an increased risk of lung diseases, cancers and heart disease in people who have never smoked or who have quit [smoking](#). No amount of second-hand smoke is safe. Exposure to second-hand smoke may be linked to lower [self-rated health](#) and [self-rated mental health](#), especially for people who have never smoked. Exposure rates vary by age and peak in young adulthood. People with lower education and income level are more likely to be exposed to second-hand smoke.

What Is Being Done?

The Saskatchewan Coalition for Tobacco Reduction has [recommendations](#) for reducing tobacco use.

Métis Nation of Saskatchewan supports smoke-free homes through its [green light](#) project.

To Learn More:

[What is Health Equity?](#) A Primer for the Health Care System

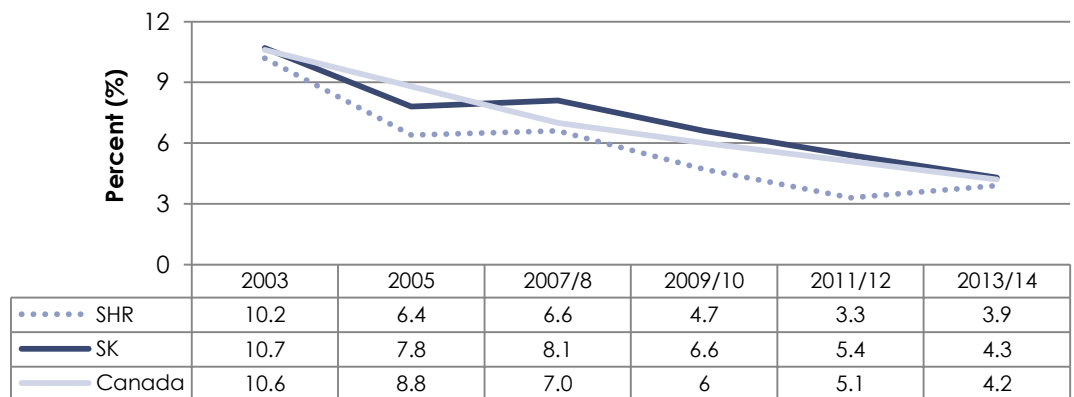
Chief Medical Health Officer's [Call to Action](#)

Highlights

Exposure to second-hand smoke is decreasing over time.

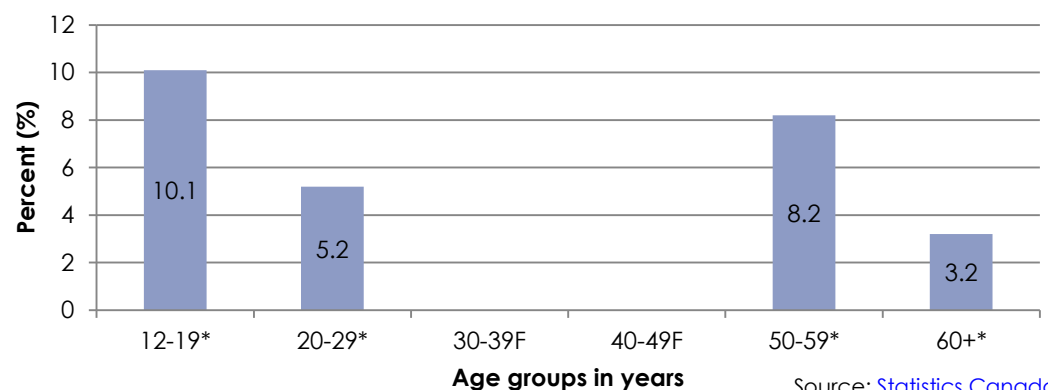
- In 2013/14, 3.9% of households in Saskatoon Health Region reported exposure to tobacco smoke (*Figure 1*). This is similar to provincial and Canadian rates. This means about 9,000 non-smokers in the Region are exposed to tobacco smoke in their home.
- People in the youngest age category (12 to 19 years) were significantly more likely to report second-hand smoke exposure in the home compared to those 60 years and over (10.1% compared to 3.2%; *Figure 2*).
- See [here](#) for additional data on tobacco smoke exposure by sub-group and for more information about exposure in vehicles and public places.

Figure 1: Individuals Regularly Exposed to Tobacco Smoke in the Home, Saskatoon Health Region, Saskatchewan, and Canada, 2003 to 2014



Source: [Statistics Canada](#)

Figure 2: Individuals Regularly Exposed to Tobacco Smoke in the Home, by Age-group, Saskatoon Health Region, 2008 to 2012



Source: [Statistics Canada](#)

*High variability. Use with caution. F: sample too small to report. This study was conducted, in part, with data provided by the Saskatchewan Ministry of Health to the Health Quality Council. The interpretations and conclusions herein do not necessarily represent those of the Saskatchewan Ministry of Health or Government of Saskatchewan. The analyses are based on data from Statistics Canada and the opinions expressed do not represent the views of Statistics Canada.