

# Smoking

## Why Is This Important?

Tobacco misuse is the non-traditional, recreational and/or habitual use of tobacco products. Smoking cigarettes is the most common form of tobacco misuse. Smoking increases the risk of cancer and chronic illnesses like chronic obstructive pulmonary disease, asthma and heart disease and causes over 1,500 annual deaths in Saskatchewan. Smoking is strongly linked to poor [self-rated health](#) and [self-rated mental health](#), and daily smoking is linked to decreased [physical activity](#), increased [sedentary behaviour](#) and daily [alcohol drinking](#).

Saskatchewan has the highest youth smoking rates in Canada. Smoking is associated with social and economic deprivation.

## What Is Being Done?

[PACT](#) provides smoking cessation help for individuals, training for health professionals and information about sacred tobacco use.

Canadian Cancer Society offers a [Smokers' Helpline](#).

## To Learn More:

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

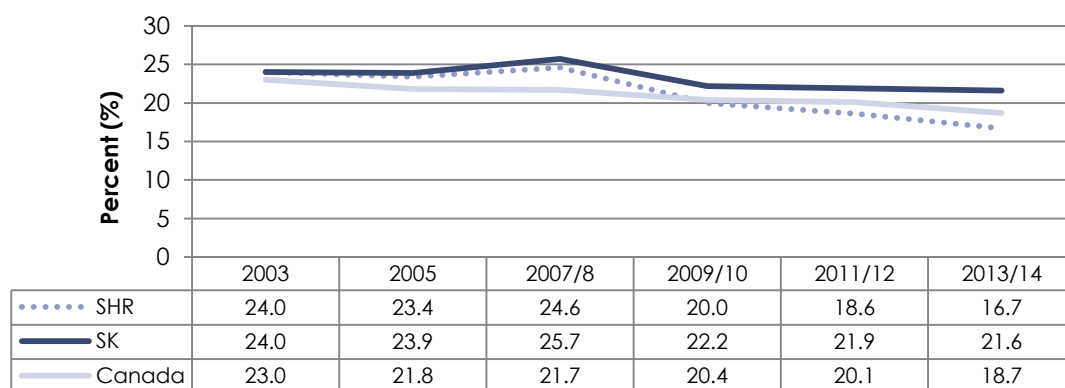
Chief Medical Health Officer's [Call to Action](#)

## Highlights

### Smoking has decreased over time in the Saskatoon Health Region.

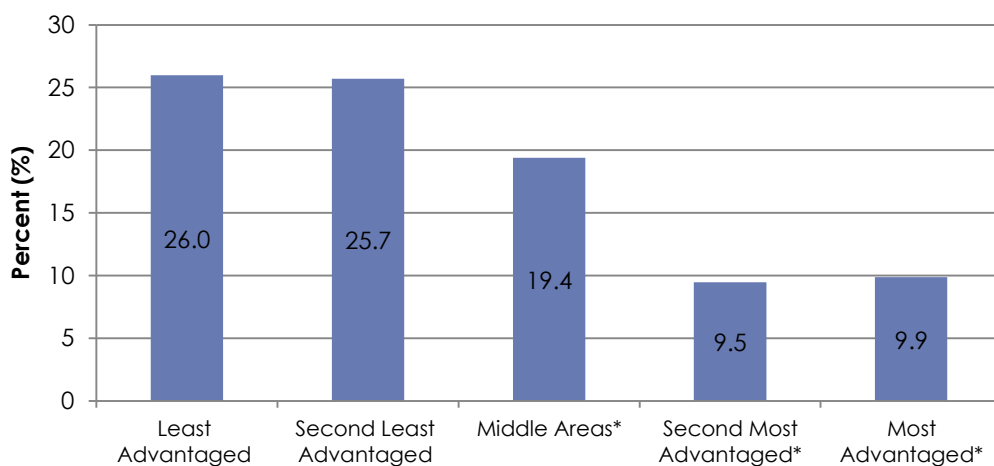
- About one in six (16.7%) people in Saskatoon Health Region reported daily or occasional tobacco use in 2013/14 (*Figure 1*). This is significantly lower than the Saskatchewan rate and equates to more than 47,000 people who smoke in the Region.
- The smoking rates among individuals who live in areas of least advantage in Saskatoon were more than double (26.0% vs. 9.9%) the rates in the areas of most advantage (*Figure 2*).
- Smoking rates vary by [sub-group](#), including age, areas of advantage, and immigrant status.

**Figure 1: Individuals Reporting Daily or Occasional Smoking in Saskatoon Health Region, Saskatchewan, and Canada, 2003 to 2014**



Source: [Statistics Canada](#)

**Figure 2: Individuals Reporting Daily or Occasional Smoking by Deprivation Index Quintile, Saskatoon, 2008 to 2012**



\*High variability. Use with caution. 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.

Source: [Statistics Canada](#)