



Ottawa Council on
Smoking or Health

Conseil d'Ottawa sur le
tabagisme ou la santé

Ottawa Board of Health

Report on Next Steps to Support Healthy Aging in Ottawa

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www.smokefreeottawa.com

Next Steps to Support Healthy Aging in Ottawa

- The OCSH congratulates the Board of Health for promoting healthy aging in our community and for educating landlords on smoke-free policies.

Next Steps to Support Healthy Aging in Ottawa

- The report states that 18% of seniors in Ottawa have COPD and that ischemic heart disease is one of the leading causes of death among seniors.
- Second-hand smoke causes exacerbations of COPD and ischemic heart disease, and it continues to have deadly consequences.
- The OCSH receives complaints from seniors with COPD, heart disease, and cancer who live in multi-unit housing and who are living this very situation.

Next Steps to Support Healthy Aging in Ottawa

- This public health problem will escalate as more seniors downsize and move into multi-unit housing.
- The OCSH recommends that the Board of Health:
 - Educates seniors about the health risks of second-hand smoke and
 - Supports seniors who are in desperate need of 100% smoke-free housing.

Next Steps to Support Healthy Aging in Ottawa

- In one month, cannabis will be legalized.
- What is the Board of Health doing to protect seniors who live in multi-unit housing from cannabis products?