

Smoking and Second-Hand Smoke Exposure: Ottawa Residents and Workers Still at Risk

The Bad News about Smoking and Second-Hand Smoke in Ottawa:

- There is no safe level of exposure to second-hand smoke, even outdoors.¹
- 19% of Ottawa residents are regularly exposed to second-hand smoke in public places.²
- Tobacco use is the leading cause of **preventable** death and disability.³
- Heart disease and lung cancer are the leading causes of death.⁴
- 15% of Ottawa residents smoke.⁵

Even occasional and brief exposure to second-hand smoke can cause immediate lung inflammation, acute cardiac events, and damage to blood vessels that can trigger a heart attack, stroke or aneurysm.⁶

Lung Cancer:

- **Number one cause of cancer deaths** in men and women.⁷
- **85%** of lung cancer cases are caused by smoking.⁸
- Non-smokers exposed to second-hand smoke have a **20-30% increased** risk of developing lung cancer.⁹
- Lung cancer in men and women has one of the lowest cancer survival rates.¹⁰

Asthma:

- **85,500** people over the age of 12 have asthma.¹¹
- Hospitalization rates are highest in children 1-4 years of age.¹²
- Accounts for more than 50,000 general practitioner and family physician visits and 4,600 emergency department visits per year in Eastern Ontario.¹³
- **1 in 3 Ontarians** is at risk of developing asthma.¹⁴
- The prevalence of asthma in Canada has increased over the past 20 years.¹⁵

Chronic Obstructive Pulmonary Disease:

- **17,500** people have COPD.¹⁶
- Number one reason for repeated emergency room visits and hospital admissions at the Queensway Carleton Hospital.¹⁷
- Accounts for 24,000 general practitioner and family physician visits; 7,000 emergency department visits; 2,300 hospitalizations, and 300 deaths per year in Eastern Ontario.¹⁸
- Caused mainly by smoking. Exposure to second-hand smoke and childhood respiratory infections are also risk factors.^{19, 20}
- **1 in 4 Ontarians** is at risk of developing COPD.²¹

Heart Disease:

- **26,600** people have heart disease.²²
- Leading cause of death for men and women.²³
- Individuals exposed to second-hand smoke have a **25-30% increased risk** of developing heart disease.²⁴

Side Effects on Local Taxpayers' Wallets:

- Cost of treating a 10-day hospitalization for a COPD flare-up: **\$10,000.**²⁵
- Annual cost of treating Ottawa residents hospitalized for diseases related to smoking and exposure to second-hand smoke: **\$40 million.**²⁶
- Annual cost of treating cardiovascular disease in Ontario: **\$7.6 billion.**²⁷
- Annual health care costs associated with tobacco use in Ontario: **\$1.6 billion.**²⁸
- Annual economic cost of tobacco use in Ontario: **\$6.1 billion.**²⁹
- Cost of implementing the *Renewed Strategy for a Smoke-Free Ottawa*: **\$0.**³⁰ Funds will be reallocated from current tobacco control funding sources:
 - City of Ottawa: \$265,000³¹
 - Province of Ontario: \$1.8 million.³²

1,000 Ottawa residents die each year from illnesses related to smoking and exposure to second-hand smoke.³³

And the Great News for Ottawa Residents and the Local Economy:

Smoke-free workplaces reduce the incidence of heart attacks by 45% and the incidence of sudden cardiac death by 50%.^{34, 35}

- Healthy living strategies, including smoking cessation, would prevent:
 - 90% of lung cancers³⁶
 - 30% of all other cancers³⁷
 - 80% of heart disease³⁸
 - 80% of strokes.³⁹
- COPD is preventable.⁴⁰
- 70% of smokers want to quit.⁴¹
- **Smoke-free spaces help smokers to quit and stay smoke-free!**⁴²

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