



NATIONAL NON-SMOKING WEEK
SEMAINE NATIONALE SANS FUMÉE

nnsf.ca

snsf.ca

Brought to you by the Canadian Council for Tobacco Control
Présenté par le Conseil canadien pour le contrôle du tabac

How Tobacco Use Can Shorten Your Life

December 2009

The truth about tobacco use and your life is simple. Tobacco products shorten your life span and can kill you.

How many people die each year from smoking?

- It is estimated that more than 37,000 people die each year in Canada as a result of smoking. This is more than 16% of all deaths in Canada.ⁱ
- More people die each year because of tobacco than from HIV/AIDS, alcoholic liver disease, car accidents, murders, suicides, drowning and fires combined.ⁱⁱ

What do these people die of?

- People who smoke and those who breathe secondhand smoke die of cancer, cardiovascular diseases and respiratory diseases.ⁱⁱⁱ
- The main diseases caused by tobacco are lung cancer and chronic obstructive pulmonary disease (COPD).^{iv}
- People who smoke and their families also die from fire related deaths. Cigarettes are the main cause of deaths due to residential fires in Canada.^v
- The average age of death in fires due to smoking was 46.7 years for men and 58 years for women.^{vi}

How many years of life are lost in Canada due to smoking?

- In 2002, 515,608 years of life were lost prematurely in Canada, 316,417 years for men and 199,191 years for women.^{vii}
- Men who smoke can expect to lose about 6.5 years of their life and women can lose 9 years. (This is based on the fact that the average age for smoking related death in Canada is 71.2 years for men and 73.4 years for women.^{viii} The average life expectancy for most Canadians is 77.7 years for men and 82.5 years for women.^{ix})

Tobacco affects the health of people who smoke and those who breathe in their secondhand smoke.

- Cigarette smoke is the leading cause of preventable death and it is harmful to people of all ages including unborn babies, infants, children, teens, adults, and seniors.^x



NATIONAL NON-SMOKING WEEK
SEMAINE NATIONALE SANS FUMÉE

nnsf.ca

snsf.ca

Brought to you by the Canadian Council for Tobacco Control
Présenté par le Conseil canadien pour le contrôle du tabac

References:

ⁱ Baliunas D, Patra J, Rehm J, Popova S, Kaiserman M, Taylor B. Smoking-attributable mortality and expected years of life lost in Canada 2002: Conclusions for prevention and policy. *Chronic Diseases in Canada*, 2007;27(4):154-162. Accessed November 5, 2008 from http://www.phac-aspc.gc.ca/publicat/cdic-mcc/27-4/pdf/cdic274-3_e.pdf

ⁱⁱ Source: Statistics Canada. *Table 102-0551 - Deaths, by selected grouped causes, age group and sex, Canada, provinces and territories, annual*, CANSIM (database). 2004. http://cansim2.statcan.ca/cgi-win/cnsmcgi.exe?Lang=E&CANSIMFile=C11\C11_1_E.htm&RootDir=C11/ (accessed: November 5, 2008)
The total number of deaths from these causes is: 8,984, broken down as follows: HIV/Aids (420), alcoholic liver disease (1,116), car accidents (2,834), murders (515), suicides (3,613), drowning (251) and fires (235)

ⁱⁱⁱ Baliunas D, Patra J, Rehm J, Popova S, Kaiserman M, Taylor B. Smoking-attributable mortality and expected years of life lost in Canada 2002: Conclusions for prevention and policy. *Chronic Diseases in Canada*, 2007;27(4):154-162. Accessed November 5, 2008 from http://www.phac-aspc.gc.ca/publicat/cdic-mcc/27-4/pdf/cdic274-3_e.pdf

^{iv} Baliunas D, Patra J, Rehm J, Popova S, Kaiserman M, Taylor B. Smoking-attributable mortality and expected years of life lost in Canada 2002: Conclusions for prevention and policy. *Chronic Diseases in Canada*, 2007;27(4):154-162. Accessed February 27, 2008 from http://www.phac-aspc.gc.ca/publicat/cdic-mcc/27-4/pdf/cdic274-3_e.pdf

^v Health Canada Website. Science and Research: Program Estimates the Damage of Cigarette Fires. 2007. Accessed November 12, 2008 from: <http://www.hc-sc.gc.ca/sr-sr/activ/protection/fire-feu-eng.php>

^{vi} Baliunas D, Patra J, Rehm J, Popova S, Kaiserman M, Taylor B. Smoking-attributable mortality and expected years of life lost in Canada 2002: Conclusions for prevention and policy. *Chronic Diseases in Canada*, 2007;27(4):154-162. Accessed November 5, 2008 from http://www.phac-aspc.gc.ca/publicat/cdic-mcc/27-4/pdf/cdic274-3_e.pdf

^{vii} Baliunas D, Patra J, Rehm J, Popova S, Kaiserman M, Taylor B. Smoking-attributable mortality and expected years of life lost in Canada 2002: Conclusions for prevention and policy. *Chronic Diseases in Canada*, 2007;27(4):154-162. Accessed November 5, 2008 from http://www.phac-aspc.gc.ca/publicat/cdic-mcc/27-4/pdf/cdic274-3_e.pdf

^{viii} Baliunas D, Patra J, Rehm J, Popova S, Kaiserman M, Taylor B. Smoking-attributable mortality and expected years of life lost in Canada 2002: Conclusions for prevention and policy. *Chronic Diseases in Canada*, 2007;27(4):154-162. Accessed November 5, 2008 from http://www.phac-aspc.gc.ca/publicat/cdic-mcc/27-4/pdf/cdic274-3_e.pdf

^{ix} Statistics Canada Website. 2006 Census. Age and Sex. The Daily, July 17, 2007. Accessed November 5, 2008 from: <http://www.statcan.ca/Daily/English/070717/d070717a.htm>

^x U.S. Dept. of Health and Human Services. *The Health Consequences of Smoking: A Report of the Surgeon General*. Rockville, MD: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Coordinating Center for Health Promotion, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2004. Accessed November 5, 2008 from http://www.cdc.gov/tobacco/data_statistics/sgr/sgr_2004/highlights/9.htm