



The Daily

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Releases

Study: Smoking bans: Influence on smoking prevalence

2006

Smoke-free homes and workplaces are associated with smokers' quitting or cutting their cigarette consumption, a new study has found.

The study, titled "Smoking bans: Influence on smoking prevalence," published today in *Health Reports*, found that in the past decade, smokers living in newly smoke-free homes or workplaces were more likely to quit over the next two years than smokers with no restrictions at home or at work.

Using data from the Canadian Tobacco Use Monitoring Survey and the National Population Health Survey, the study examined links between smoking restrictions and rates of smoking cessation and cigarette consumption.

Among smokers living in homes that became "smoke-free" during the survey period, 20% had quit two years later. This compares with 13% of smokers living in homes that were not smoke-free.

Similarly, 27% of smokers who initially reported no restrictions at work, but who two years later reported a complete ban, had quit. This is more than double the 13% among those who continued to face no restrictions at work.

Findings suggest that for smokers wanting to quit, restrictions may tip the balance towards action.

The study distinguished between earlier stages of quitting (including a desire to quit, but no action taken) and later stages (actually quitting and maintenance). In homes with no restrictions, 70% of smokers and former smokers either had no plans to quit or wished to do so but had taken no action. This was the case for just 44% of smokers and former smokers in smoke-free homes.

As well, in smoke-free homes, 42% had either quit recently or were former smokers who were maintaining that status. The comparable figure in homes with no restrictions was 15%.

Similarly, in workplaces where smoking was completely banned, 33% of the combined group of smokers and former smokers had quit, compared with 22% of those who reported no restrictions at work.

Smoking bans on the rise

Between 2000 and 2006, the percentage of Canadians who smoked daily or occasionally declined from about 24% to 18%. During the same period, the

proportion of smokers living in homes where smoking was totally banned rose from 27% to 43%. For smokers in households with children younger than 15, the increase was from 38% to 55%.

The rise in the percentage of smokers living in smoke-free homes coincides with the introduction of legislation to ban smoking in public places in many provinces and communities across the country.

In 2005, the vast majority of employed smokers faced at least some restrictions at work, with smoking completely banned (42%), allowed only in designated areas (37%), or restricted only in certain places (9%). Just 12% of employed smokers encountered no smoking restrictions in 2006, compared with 24% in 1998. Smokers in white-collar and sales and services jobs were more likely to report total bans than were workers in blue-collar occupations.

Smoking bans lead to reduced cigarette consumption

In 2005, smokers living in smoke-free homes averaged 9 cigarettes a day, compared with 15 a day for those facing partial restrictions, and 16 a day for those in homes with no restrictions.

The relationship was similar for workplace bans. Smokers in workplaces where smoking was totally banned averaged 12 cigarettes a day; those encountering partial bans, 14 a day; and those with no workplace restrictions, 17 a day.

Smokers who continued to smoke after their homes became smoke-free averaged 2.0 fewer cigarettes a day than they had two years earlier. This compared with 0.4 fewer cigarettes a day among smokers living in homes that were still not smoke-free.

Smokers whose workplaces went from no restrictions to total bans averaged 2.1 fewer cigarettes a day two years later, while the average daily cigarette consumption of smokers still facing no workplace restrictions did not change.

Definitions, data sources and methods: survey numbers, including related surveys, 3226 and 4440.

The study "Smoking bans: Influence on smoking prevalence", which is part of today's *Health Reports* online release (82-003-XWE, free), is now available from the *Publications* module of our website.

For more information, or to enquire about the concepts, methods or data quality of this release, contact Margot Shields (613-951-4177;

margot.shields@statcan.ca), Health Information and Research Division.

The complete version of the latest issue of *Health Reports*, Vol. 18, No. 3 (82-003-XWE, free) is now available. A paper copy (82-003-XPE, \$22/\$63) is also available. See *How to order products*.

For more information about *Health Reports*, contact Christine Wright (613-951-1765; *christine.wright@statcan.ca*), Health Information and Research Division. ■

Study: Physically active Canadians 2005

A rising percentage of Canadians have become at least moderately active in their leisure time during the past decade.

Even so, a new study shows that almost one-half (48%) of the population aged 12 or older, some 12.7 million people, were classified as "inactive" during their leisure time in 2005, meaning that they did the equivalent of less than half an hour of walking each day.

As well, 25% of Canadians, or 6.6 million, reported that they usually sat most of the day. And during a typical week, 41% of Canadians, or 10.8 million, spent less than one hour walking to get to school or work or to do errands.

The study, published today in *Health Reports*, found that 52% of Canadians aged 12 or older reported that they were at least moderately active in 2005, up from 43% in 1996.

Activity levels outside of leisure time also increased. For example, the proportion of people who spent at least six hours a week walking or bicycling as a means of daily transportation climbed to 24% in 2005 from 19% in 1996.

The study, which analyzed data from the 2005 Canadian Community Health Survey, found that age, sex and level of income were among the factors that influenced an individual's level of physical activity.

For instance, in 2005, a higher percentage of men than women reported at least moderately active leisure time (the equivalent of walking 30 to 60 minutes a day, or taking an hour-long exercise class three times a week).

In 2005, young people were the most active, with 58% of males and 44% of females aged 12 to 17 reporting levels of leisure-time activity comparable to walking an hour a day or jogging 20 minutes a day. By comparison, 24% of men and 23% of women aged 35 to 44 reported similar levels of activity.

Individuals in higher income groups were more likely to engage in physical activity in their leisure time.

Immigrants, regardless of how long they had been in Canada, were less likely to be at least moderately active in their leisure time than were Canadians overall.

Canadians who were active in their leisure time were more likely to rate their health excellent or very good. They also reported lower levels of stress, were less likely to report high blood pressure, and were less likely to be overweight or obese than those reporting lower levels of activity.

At a provincial and territorial level, residents of British Columbia were the most active, with 59% being at least moderately active in their leisure time, followed by Yukon (58%) and Alberta (54%).

Residents of Prince Edward Island and Newfoundland and Labrador had the lowest proportions of this level of activity, at 44% and 46% respectively.

Residents of Canada's largest cities—those with populations of 2 million or more—generally reported lower levels of physical activity than those in smaller cities and less populated areas.

Definitions, data sources and methods: survey number 3226.

The study "Physically active Canadians", which is part of today's *Health Reports* online release (82-003-XWE, free), is now available from the *Publications* module of our website.

For more information, or to enquire about the concepts, methods or data quality of this release, contact Heather Gilmour (613-951-2114; heather.gilmour@statcan.ca), Health Information and Research Division.

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For more information about *Health Reports*, contact Christine Wright (613-951-1765; christine.wright@statcan.ca), Health Information and Research Division. ■

New products

Retail Trade, June 2007, Vol. 79, no. 6

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Health Reports, Vol. 18, no. 3

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Statistics Canada

Thursday, June 5, 1997
For release at 9:30 a.m.

MAJOR RELEASES

- **Urban transit, 1995** 2
Despite the emphasis on taking urban transit, Canadians are using it less and less. In 1996, each Canadian took the average of about 15 trips on some form of urban transit, the lowest level in the past 25 years.
- **Productivity, hourly compensation and unit labour cost, 1995** 4
Growth in productivity among Canadian businesses was relatively weak again in 1996, accompanied by sluggish gains in employment and slow economic growth (GDP) for the year.

OTHER RELEASES

- **Map-based Index May 1997** 3
- **Short-term Expectations Survey** 3
- **Steel primary forms, week ending May 31, 1997** 12
- **Egg production, April 1997** 12

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