

### **Definition/Description:**

Second-hand smoke is a combination of the smoke inhaled and exhaled by a smoker and the smoke released directly from the tip of a burning cigarette. Health Canada reports that second-hand smoke is filled with more than 4000 chemicals and contains at least twice the nicotine and tar as the smoke inhaled by a smoker. In fact, breathing second-hand smoke is now considered smoking involuntarily.

Research suggests that an otherwise healthy non-smoker with prolonged exposure to second-hand smoke faces increased chances of diseases such as lung cancer, heart disease, asthma, bronchitis, middle ear infections, pneumonia and other respiratory problems, and even death. (Health Canada, 2002)

The indicator, exposure to second-hand smoke, refers to the non-smoking population aged 12 years and over who have been exposed to second-hand smoke on most days in the month preceding the survey. This exposure includes that within the home, workplace and surrounding environment, all combined and reported as one variable (2001). Exposure to second-hand smoke data for both sexes as well as for males and females is presented.

In 2003, the definition for this indicator was changed to support the wording changes in the Canadian Community Health Survey (CCHS) Cycle 2 questionnaire. As a result, data was collected on three variables of exposure to second-hand smoke: at home, in vehicles and in public places. It is important to note however, that the data from the CCHS 2001 are not comparable to the 2003 data. Exposure to second-hand smoke in 2001 data reflects whether exposure occurred and combines all sources into one variable, whereas 2003 data reflects whether exposure occurred and then specifies sources into three variables.

The first variable, exposure to second-hand smoke at home, refers to the non-smoking population aged 12 years and over who reported that at least one person smokes inside their home every day or almost every day.

The remaining variables, exposure to second-hand smoke in vehicles and public places, are defined as the non-smoking population aged 12 years and over who reported being exposed to second-hand smoke in private vehicles and/or public places on most days in the month preceding the survey.

### **Method**

The data for this indicator was obtained from the Canadian Community Health Survey Cycle 1.1, 2001 and Cycle 2.1, 2003. Please refer to the Methods section of the Data Book, CHA Report 2004 for a description of the methods used in this survey.

### **Source:**

Statistics Canada, CCHS

The sources of information for this section was:

1. Health Canada. (web site) Second-Hand Smoke.
2. Health Canada. (web site) The Facts About Tobacco.
3. Canadian Community Health Survey Cycle 1.1, 2001.
4. Canadian Community Health Survey Cycle 2.1, 2003.

**Findings:****Proportion of Population Aged 12 and Over Reporting Exposure to Second-hand Smoke in 2001**

Exposure to Second-hand Smoke	Sex	Geography	Per Cent	Low 95% confidence interval - per cent	High 95% confidence interval - per cent
Exposure to Second-hand Smoke	Both Sexes	Canada	27.6	27.2	28.1
		Manitoba	28.5	26.7	30.2
		Winnipeg Health Region	26.1	23.4	28.8
	Female	Canada	25.2	24.7	25.8
		Manitoba	25.6	23.4	27.9
		Winnipeg Health Region	23.4	19.9	26.8
	Male	Canada	30.2	29.6	30.9
		Manitoba	31.6	29.1	34.1
		Winnipeg Health Region	29.2	25.2	33.2

**Proportion of Population Aged 12 and Over Reporting Exposure to Second-hand Smoke at Home in 2003**

Exposure to Second-hand Smoke	Sex	Geography	Per Cent	Low 95% confidence interval - per cent	High 95% confidence interval - per cent
Exposure to Second-hand Smoke at Home	Both Sexes	Canada	10.5	10.2	10.8
		Manitoba	10.7	9.3	12.1
		Winnipeg Health Region	11.6	9.5	13.8
	Female	Canada	9.8	9.4	10.2
		Manitoba	9.0	7.4	10.7
		Winnipeg Health Region	9.5	6.9	12.2
	Male	Canada	11.3	10.9	11.8
		Manitoba	12.5	10.2	14.8
		Winnipeg Health Region	13.8	10.2	17.4

**Proportion of Population Aged 12 and Over Reporting Exposure to Second-hand Smoke in Vehicles and Public Places in 2003**

Exposure to Second-hand Smoke	Sex	Geography	Per Cent	Low 95% confidence interval - per cent	High 95% confidence interval - per cent
Exposure to Second-hand Smoke in Vehicles	Both Sexes	Canada	10.1	9.8	10.4
		Manitoba	10.7	9.3	12.1
		Winnipeg Health Region	11.0	8.8	13.2
	Female	Canada	8.9	8.6	9.3
		Manitoba	8.9	7.2	10.6
		Winnipeg Health Region	9.2	6.5	11.9
	Male	Canada	11.3	10.9	11.8
		Manitoba	12.5	10.4	14.6
		Winnipeg Health Region	13.0	9.6	16.3
Exposure to Second-hand Smoke in Public Places	Both Sexes	Canada	19.6	19.1	20.0
		Manitoba	19.5	17.7	21.2
		Winnipeg Health Region	19.1	16.4	21.8
	Female	Canada	17.0	16.5	17.5
		Manitoba	17.6	15.0	20.2
		Winnipeg Health Region	17.6	13.5	21.7
	Male	Canada	22.4	21.7	23.0
		Manitoba	21.4	18.9	24.0
		Winnipeg Health Region	20.6	16.7	24.6

**Highlights:**

- In the WHR, 26.1% of non-smoking residents were exposed to second-hand smoke on most days in 2001.
- More males (29.2%) than females (23.4 %) were exposed to second-hand smoke in the WHR in 2001, however this difference is not statistically significant. Similar patterns are reported for Manitoba (31.6% males, 25.6% females) and Canada (30.2% males and 25.2% females).

**Exposure to Second-hand Smoke at home**

- Of the residents in the WHR, 11.6% reported exposure to second-hand smoke at home in 2003. This is slightly higher than Manitoba and Canada at 10.7% and 10.5% respectively; however it is not statistically significant.
- In the WHR, fewer females (9.5%) than males (13.8%) reported exposure to second-hand smoke at home in 2003.
- A similar proportion of residents reported exposure to second-hand smoke at home as in vehicles.

**Exposure to Second-hand Smoke in vehicles**

- Approximately 11% of WHR residents reported exposure to second-hand smoke in vehicles. This is comparable to Manitoba and Canada.

**Exposure to Second-hand Smoke in public places**

- In the WHR, approximately 19% of residents reported exposure to second-hand smoke in public places, also comparable to that reported in Manitoba and Canada.
- A greater proportion of the population reported exposure to second-hand smoke in public places compared to at home or in vehicles (19.1% vs 11.6% and 11.0% respectively).