

Health Fact Sheet

Smoking, 2016

Release date: September 27, 2017



Statistics
Canada

Statistique
Canada

Canada

How to obtain more information

For information about this product or the wide range of services and data available from Statistics Canada, visit our website, www.statcan.gc.ca.

You can also contact us by

email at STATCAN.infostats-infostats.STATCAN@canada.ca

telephone, from Monday to Friday, 8:30 a.m. to 4:30 p.m., at the following numbers:

- | | |
|---|----------------|
| • Statistical Information Service | 1-800-263-1136 |
| • National telecommunications device for the hearing impaired | 1-800-363-7629 |
| • Fax line | 1-514-283-9350 |

Depository Services Program

- | | |
|------------------|----------------|
| • Inquiries line | 1-800-635-7943 |
| • Fax line | 1-800-565-7757 |

Standards of service to the public

Statistics Canada is committed to serving its clients in a prompt, reliable and courteous manner. To this end, Statistics Canada has developed standards of service that its employees observe. To obtain a copy of these service standards, please contact Statistics Canada toll-free at 1-800-263-1136. The service standards are also published on www.statcan.gc.ca under “Contact us” > “Standards of service to the public.”

Note of appreciation

Canada owes the success of its statistical system to a long-standing partnership between Statistics Canada, the citizens of Canada, its businesses, governments and other institutions. Accurate and timely statistical information could not be produced without their continued co-operation and goodwill.

Published by authority of the Minister responsible for Statistics Canada

© Minister of Industry, 2017

All rights reserved. Use of this publication is governed by the Statistics Canada [Open Licence Agreement](#).

An [HTML version](#) is also available.

Cette publication est aussi disponible en français.

Health Fact Sheets

Statistics Canada, Catalogue no.82-625-X

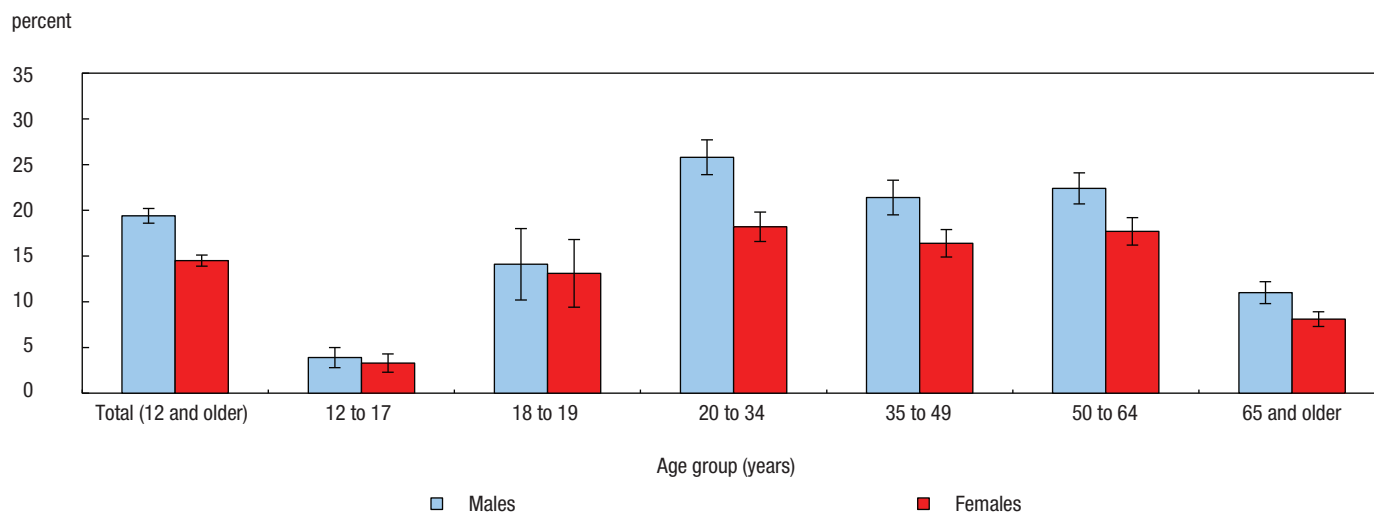
Smoking, 2016

In 2016, 16.9% of Canadians aged 12 and older (roughly 5.2 million people) smoked either daily or occasionally.¹ The proportion of Canadians aged 12 and older who smoked either daily or occasionally declined between 2015 and 2016 (17.7%, 16.9%).^{2, 3}

Among the sexes, the proportion who smoked daily or occasionally was higher among males (19.4%) than females (14.5%, Chart 1).

Across all age groups, smoking was least common among youth aged 12 to 17 (3.6%), followed by adults 65 and older (9.5%). The group with the largest proportion of smokers was males aged 20 to 34—about one in four (25.8%) men in this age group were smokers (Chart 1).

Chart 1 Daily or occasional smokers, by age group and sex, household population aged 12 and older, Canada, 2016

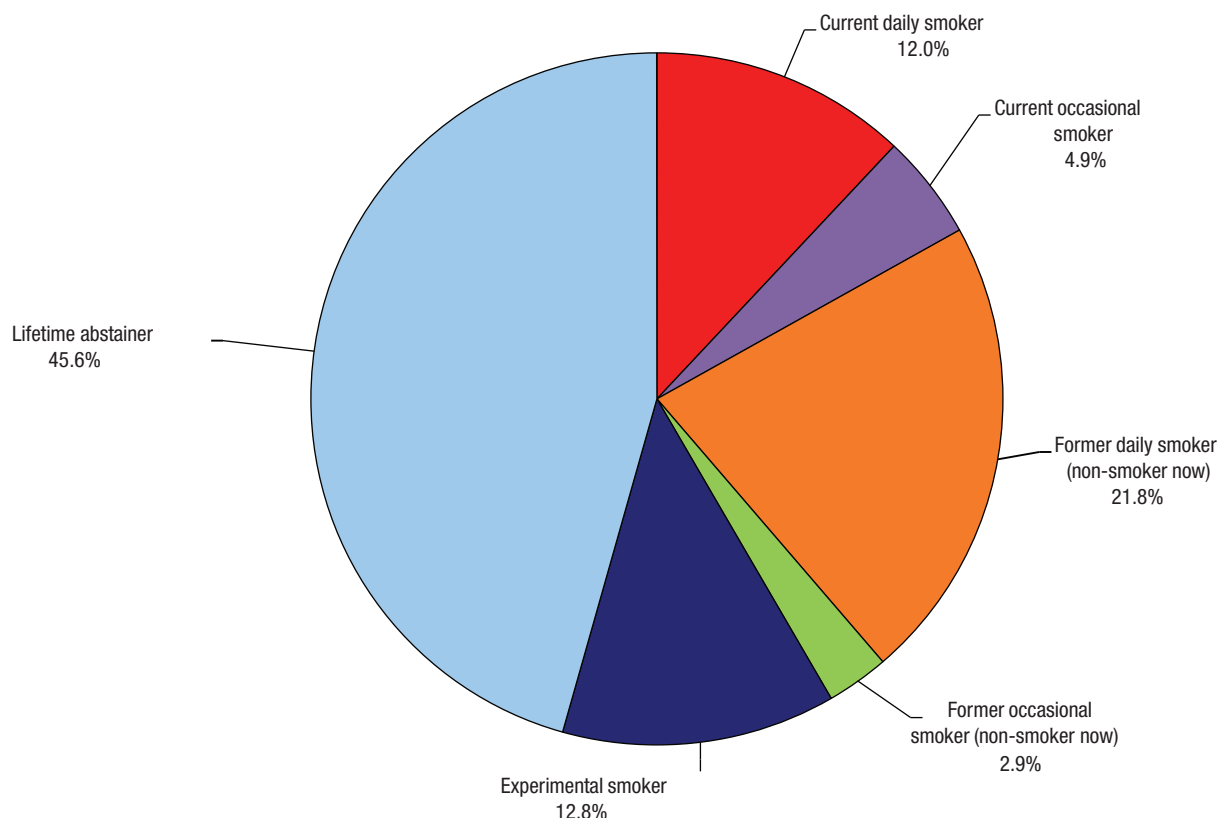


Note: 95% confidence intervals are denoted by vertical lines overlaid on the bars in this chart. They indicate the degree of variability in the estimates.

Source: Canadian Community Health Survey, 2016.

Of the 5.2 million current smokers, the majority (3.7 million) smoked cigarettes daily. The majority of non-smokers were lifetime abstainers. Just over one in five Canadians (21.8%) were non-smokers who used to be daily smokers (Chart 2).

Chart 2 Smoking status, household population aged 12 or older, Canada, 2016



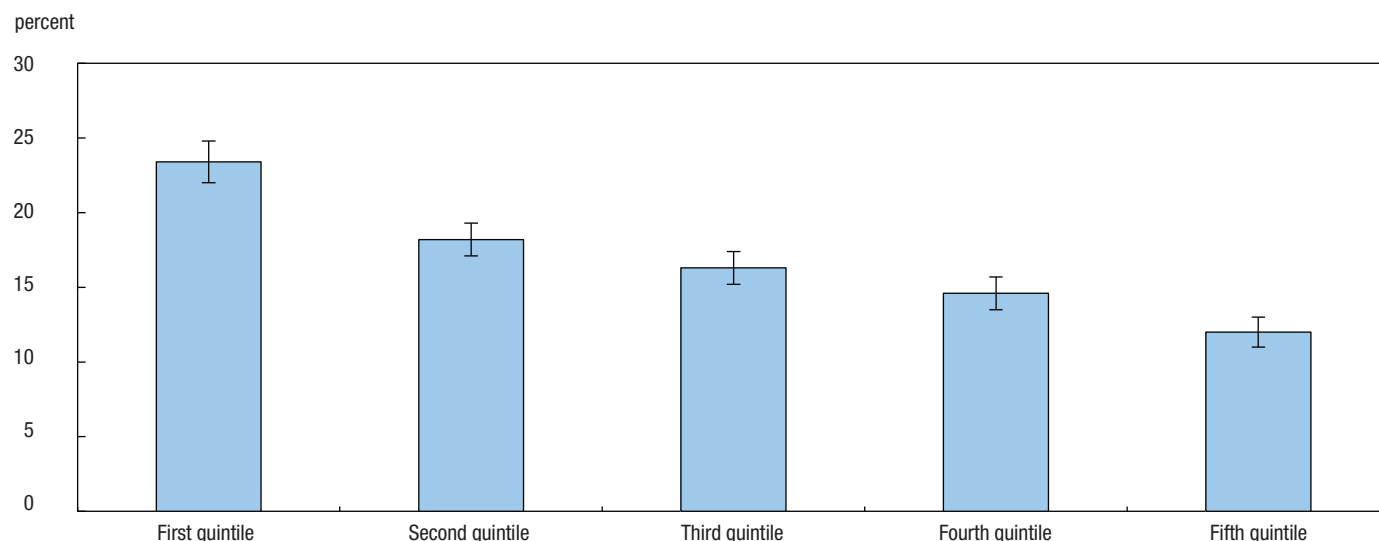
Note: Experimental smokers are current non-smokers who have had at least one whole cigarette in their lifetime.

Source: Canadian Community Health Survey, 2016.

People typically begin smoking during their teenage years,⁴ so the percentage who have not started smoking by age 20 is an indicator of future smoking rates. In 2016, 57.3% of those aged 20 to 24 had never smoked. Among this age group, the proportion for never smoking was higher for females than for males.

The proportion of smokers in Canada decreased as household income increased. Among households within the lowest income quintile,⁵ almost 1 in 4 Canadians were smokers (23.4%). In households in the highest income quintile, just over 1 in 10 were smokers (12.0%; Chart 3).

Chart 3 Daily or occasional smokers, by household income quintile, household population aged 12 and older, Canada, 2016



Note: 95% confidence intervals are denoted by vertical lines overlaid on the bars in this chart. They indicate the degree of variability in the estimates.

Source: Canadian Community Health Survey, 2016.

For analysis of smoking with other healthy behaviours see the 'Healthy Behaviours' Fact Sheet (<http://www.statcan.gc.ca/pub/82-625-x/2017001/article/54865-eng.htm>).

About Smoking

Smoking is a risk factor for lung cancer, heart disease, stroke, chronic respiratory disease, and other conditions.⁶ According to the World Health Organization, smoking is an important and preventable cause of death.⁷

The Canadian Community Health Survey (CCHS) categorizes respondents by smoking status based on their self-reported smoking habits:

- **Lifetime abstainer** - Has never smoked a whole cigarette
- **Experimental smoker** - Has smoked at least 1 whole cigarette, but less than 100 in their lifetime
- **Former occasional smoker (non-smoker now)** - Currently doesn't smoke, but has smoked at least 100 cigarettes in their lifetime. These respondents have never smoked daily
- **Former daily smoker (non-smoker now)** - Currently doesn't smoke, but has smoked at least 100 cigarettes in their lifetime. These respondents have previously smoked daily
- **Current occasional smoker** - Smokes cigarettes occasionally
- **Current daily smoker** - Smokes cigarettes every day

The CCHS smoking rate covers cigarettes that are bought ready-made as well as cigarettes that are self-made, but does not include electronic cigarettes.

Notes

1. Estimates in this article referring to the national average or Canada rate exclude the territories. This is because the coverage of CCHS in 2016 does not represent the entire population of the territories. Only half of the communities in the territories were visited in 2015, and the other half in 2016 so analyses based on the territories is only available for two year cycles of the CCHS (e.g. 2015-2016).
2. In this article when two estimates are said to be different this indicates that the difference was statistically significant at a 95% confidence level (p-value less than 5%).
3. The proportion of daily or occasional smokers was significantly different between 2015 and 2016 with a p-value of 4%. The confidence intervals for 2015 and 2016 overlapped slightly (17.1-18.2% and 16.4-17.4%), interpret this change with caution.
4. Jiajian, C., and W.J. Millar. 1998. "Age of smoking initiation: Implications for quitting." *Health Reports*. Statistics Canada Catalogue no. 82-003. Vol. 9, no. 4. (<http://www.statcan.gc.ca/pub/82-003-x/1997004/article/3685-eng.pdf>) (accessed January 11, 2017)
5. Based on household income, adjusted by the before-tax low income cut-off (LICO) for the household and community size. The LICO is the threshold at which a family would typically spend a larger portion of its income than the average family on the necessities of food, shelter, and clothing. This accounts for spending power based on the family and community size.
6. Shields, M. 2005. "The journey to quitting smoking." *Health Reports*. Statistics Canada Catalogue no. 82-003. Vol. 16, no. 3. (<http://www.statcan.gc.ca/cgi-bin/af-fdr.cgi?l=eng&loc=http://www.statcan.gc.ca/studies-etudes/82-003/archive/2005/7839-eng.pdf>) (accessed January 17, 2017)
7. World Health Organization. 2008. "WHO Report on the Global Tobacco Epidemic, 2008." *The MPOWER Package*. Geneva. (<http://www.who.int/tobacco/mpower/2008/en/>) (accessed January 17, 2017)

References

- Shields, M. 2007. "Smoking bans: Influence on smoking prevalence." *Health Reports*. Statistics Canada Catalogue no. 82-003. Vol. 18, no. 3. (<http://www.statcan.gc.ca/pub/82-003-x/2006008/article/10306-eng.htm>) (accessed January 17, 2017)
- Shields, M. 2005. "The journey to quitting smoking." *Health Reports*. Statistics Canada Catalogue no. 82-003. Vol. 16, no. 3. (http://www5.statcan.gc.ca/access_acces/alternative_alternatif.action?l=eng&loc=http://www.statcan.gc.ca/studies-etudes/82-003/archive/2005/7839-eng.pdf) (accessed January 17, 2017)
- Shields, M. 2005. "Youth smoking." *Health Reports*. Statistics Canada Catalogue no. 82-003. Vol.16, no. 3. (http://www5.statcan.gc.ca/access_acces/alternative_alternatif.action?l=eng&loc=http://www.statcan.gc.ca/studies-etudes/82-003/archive/2005/7840-eng.pdf) (accessed January 17th, 2017)
- World Health Organization. 2008. "WHO Report on the Global Tobacco Epidemic, 2008." *The MPOWER Package*. Geneva. (accessed January 17, 2017)
- Jiajian, C., and W.J. Millar. 1998. "Age of smoking initiation: Implications for quitting." *Health Reports*. Statistics Canada Catalogue no. 82-003. Vol. 9, no. 4. (<http://www.statcan.gc.ca/pub/82-003-x/1997004/article/3685-eng.pdf>)(accessed January 11, 2017)

Data

Additional data from the Canadian Community Health Survey are available from CANSIM 105–0508 (<http://www5.statcan.gc.ca/cansim/a26?lang=eng&retrLang=eng&id=1050508>).

For more information on the Canadian Community Health Survey, please contact Statistics Canada's Statistical Information Service (toll-free 1-800-263-1136; 613-951-8116; STATCAN.infostats-infostats.STATCAN@canada.ca).