

# TOBACCO

## KNOWING THE IMPACTS

The following information refers to tobacco products (cigarettes, cigars, chew etc.) produced by the tobacco industry, also known as "commercial tobacco", it does not apply to Indigenous use of ceremonial tobacco.

### TOBACCO AND HEALTH

#### #1 CAUSE OF PREVENTABLE DEATH AND DISABILITY IN CANADA

Commercial tobacco use causes and increases the risk of many types of cancer:



**LUNG, LARYNX, MOUTH, ESOPHAGUS, THROAT, BLADDER, KIDNEY, LIVER, STOMACH, PANCREAS, COLON, RECTUM, CERVIX, AND MYELOID LEUKEMIA.**



Those who smoke are **2X** more likely to have a heart attack or stroke &



**2X** more likely to die from them

**SMOKING CAN NEGATIVELY IMPACT BOTH MALE AND FEMALE FERTILITY**

Smoking during pregnancy can lead to poor birth outcomes and infant mortality.

**THERE IS NO RISK-FREE LEVEL OF SECOND-HAND SMOKE EXPOSURE; EVEN BRIEF EXPOSURE CAN BE HARMFUL TO HEALTH**

### WHAT CAN MY COMMUNITY DO?

- Review tobacco restrictions; consider consistent policies for nicotine and cannabis products
- Create smoke-free spaces
- Establish retail license fee for retail tobacco sales
- Create exemptions for Indigenous use of ceremonial tobacco

### STATISTICS

**10%** OF BRITISH COLUMBIANS SMOKED CIGARETTES DAILY IN THE PAST YEAR

In 2019 in B.C., smoking caused or contributed to:

- 5,736** deaths
- 3,687** premature deaths
- 22,030** hospitalizations

**\$3.8 BILLION**

Canadian annual tobacco-related hospital care expenditures

**19% OF B.C. YOUTH (12-19 YEARS OLD) HAD EVER SMOKED IN 2018**



### ENVIRONMENTAL IMPACT



**CIGARETTES ARE THE MOST LITTERED ITEM IN THE WORLD**

Cigarette butts are one of the human causes of forest fires in B.C.



**CIGARETTE FILTERS ARE MADE OF PLASTIC AND CAN TAKE UP TO 10 YEARS TO BREAK DOWN**

**Nicotine dependence** is complex.

The pressures of discrimination, poverty, and other social and demographic factors can increase use and **worsen health**.

# TOBACCO: WHAT CAN MY COMMUNITY DO?

HELP BC BECOME THE FIRST PROVINCE TO REACH A 5% SMOKING RATE BY 2035

## ✓ MAKE PRODUCTS LESS AVAILABLE

Ensure retailers are not within close proximity to schools and youth-oriented facilities (e.g. recreation centres, parks)

## ✓ ESTABLISH ANNUAL RETAIL LICENSE FEE FOR RETAIL TOBACCO SALE



Total amount BC municipalities could recover if all implemented licensing fees matched the highest fees in Canada

**\$4.8 MILLION**

Examples of annual licensing fees for retail tobacco and vape sales:

St. Albert- \$721  
Hamilton-\$734  
Ottawa-\$946

The fees collected for this license could be used towards education and awareness around the harms of tobacco

Lloydminster created a grant program from the collected fees (e.g. Luvin' my Lungs, a project where youth produced harm reduction campaigns for their peers)

## CREATE SMOKE FREE SPACES

- Parks and Recreation Spaces
- Public Events and Markets
- Sports Fields/Spray Parks
- Skate Parks
- Beaches and Trails
- Sidewalks/Boulevards



Specify a set distance from all the above

## CONSIDER BANNING:

All Indoor Smoking & Vaping (e.g. hotel/motel rooms, group living facilities, multi-unit housing, hookah lounges)

## PROMOTE SMOKING CESSATION SUPPORTS

WHO	WHAT
Jim Pattison Outpatient Care & Surgery Centre Smoking Cessation Clinic	Free smoking cessation support
Ridge Meadows Hospital Smoking Cessation Clinic	Free smoking cessation support
BC Smoking Cessation Program	Free nicotine patches, gum or lozenges
First Nations Health Authority	Free online, Indigenous resources
QuitNow	Free online, phone or text support

[fraserhealth.ca/quitsmoking](http://fraserhealth.ca/quitsmoking)

## RESPECT INDIGENOUS USE OF CEREMONIAL TOBACCO

- Ceremonial and commercial tobacco differ in the way that they are planted, grown, harvested prepared and used
- Tobacco is one of four sacred plants: tobacco, sage, sweetgrass, and cedar
- Tobacco is a sacred medicine meant to be used as a way of healing and is an important part of culture and spiritual connectedness. It is also used to give thanks and show respect