



introduction

There are many risk factors that can result in reduced life expectancy; excessive alcohol use, physical inactivity, poor diet, stress and smoking are the five most hazardous health behaviours for Ontarians. Within this group of five, smoking is one of the biggest contributors to the equity gap in both life expectancy and health-adjusted life expectancy.¹ The impacts of tobacco-related diseases are felt by the smoker, their family and the health care system.

Over the past 60 years, both Canada and Ontario have achieved many successes in their battle against smoking. Some examples include:

- Enacting smoking restrictions in public places, workplaces and motor vehicles,
- Educating the public about the direct association between tobacco addiction and serious morbidity and mortality,
- Making the provision or sale of tobacco to those under 19 years of age illegal in Ontario,
- Restricting tobacco advertising,
- Banning tobacco sponsorship, and retail displays of cigarette and tobacco products,
- Providing regulations for the cigarette pack size and cigarette pack warning labels, and
- Introducing new rules to reduce contraband tobacco.

Peel has also been active over the last 30 years in its efforts to reduce tobacco use:

- Mid-1980s – Brampton, Caledon and Mississauga passed by-laws that required all eating establishments to make 25 per cent of the seating area smoke-free.
- 1999 – Brampton, Caledon and Mississauga made workplaces and public places smoke-free. Bars, restaurants, food courts, recreation facilities, billiard and bingo halls, nightclubs and casinos were exempt.
- 2001 – Peel banned smoking in all restaurants, banquet halls, food courts and food areas in recreational facilities unless an enclosed separately-ventilated smoking room was created.
- 2003 – The Region of Peel Smoke-Free By-Law was passed. This by-law stipulated that all enclosed public places had to phase out their designated smoking rooms (DSRs) by June 1, 2010.
- 2004 – Peel banned smoking in bars, bingo halls, nightclubs and taverns unless a separately-ventilated DSR was built. The Town of Caledon went further and banned DSRs altogether.²

Purpose of this Report

This report is intended to be used as a foundational document to support the “Living Tobacco Free” strategic priority outlined in Peel Public Health’s 10-Year Strategic Plan and to support the Region of Peel’s Term of Council Priorities for 2012–2014. Ultimately, Peel Public Health plans to use the information to guide the development of new strategies to reduce tobacco use and its many health consequences.

There are still many things about tobacco that we do not know. Gaps in existing data sources are assessed to describe limitations in our ability to fully assess tobacco use in Peel and across Ontario.

The intended audiences for this report are Peel Public Health staff, Region of Peel Councillors, community partners, hospital administrators, health care providers, students and educators.