

# CTUMS

CANADIAN TOBACCO USE MONITORING SURVEY

## MEN AND SMOKING IN CANADA

The Canadian Tobacco Use Monitoring Survey (CTUMS) was developed to provide Health Canada and its partners with timely, reliable, and continual data on tobacco use and related issues. The survey's primary objective is to track changes in smoking status and amount smoked, especially for 15–24-year-olds, who are most at risk for taking up smoking.

These findings are based on interviews conducted by Statistics Canada between February and December 2002. This fact sheet describes 2002 results on several topics concerning men and smoking, including new data on smoking during a partner's pregnancy. It updates trends in the prevalence of smoking since 1985, describes non-smokers (who constitute the majority of men), and details exposure to second-hand smoke.

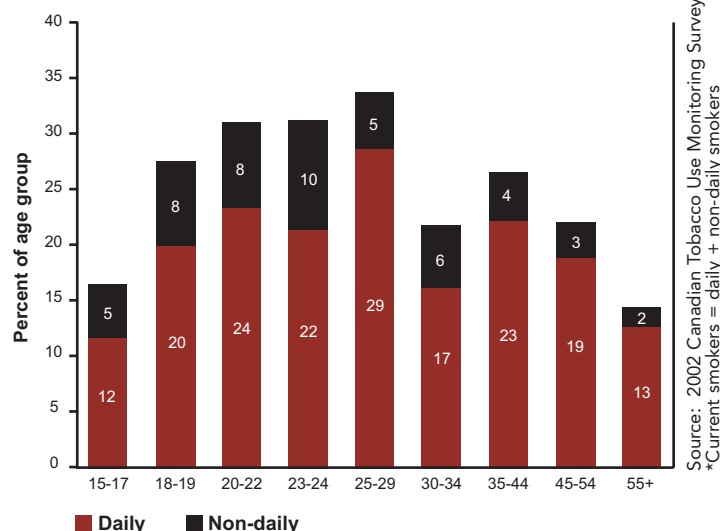
All CTUMS fact sheets and supplementary tables, representing four full years of data collection since February 1999, are available on Health Canada's Tobacco Control Programme website at [www.gosmokefree.ca/ctums](http://www.gosmokefree.ca/ctums).

### Trends in Smoking

In 2002, 2.9 million Canadian men aged 15 and older — almost one in four (23%) — were current smokers, smoking either daily or on an occasional (non-daily) basis. This is a substantial reduction from 1985, when 38% of men smoked.<sup>1</sup> As has been true for many years, men were more likely than women to smoke. In 2002, this difference (23% versus 20%, respectively) was slightly less than in 1985 (38% versus 32%, respectively).

The highest prevalence of smoking among men was at ages 25–29 — 34% of this group were current smokers (Figure 1). Compared with women's rates, men's smoking rates were lower until ages 20–22. In addition, male smoking rates peaked at a later age (25–29) than did women's (23–24). For both sexes, smoking prevalence started dropping sharply at ages 30–34, and smoking among men aged 55 and older was less than half as frequent as among men in their twenties.

**FIGURE 1**  
Current male smokers\*  
by age, Canada, 2002



<sup>1</sup> Statistics Canada. *Health and social support, 1985* (Catalogue 11-612E, No 1). General Social Survey Analysis Series #1. Ottawa: Statistics Canada, 1988.

Smoking rates among men aged 15 and older varied according to province of residence as well as by age. They ranged from 19% in British Columbia to 27% in Newfoundland and 28% in Quebec. Youth smoking (ages 15–19) was least common in British Columbia (13%) and Alberta (16%) and most common in Quebec (32%).

The vast majority of men who currently smoked did so daily (82%), a proportion that was the same as for women. For both sexes, daily smoking was somewhat less common among smokers than it was in 1985 (down from 88% for men and 87% for women). The lowest prevalence of male daily smokers (69%) was seen among current male smokers aged 23–24.

In addition to the connection with age and province of residence, there was a strong association between men's smoking prevalence and level of education. As education level increased, the likelihood of smoking decreased (Figure 2). This situation contrasts with the picture for women, among whom only university graduates differed in their smoking rates.

Men who smoked daily consumed an average of 17.9 cigarettes per day. The amount they smoked daily increased with age, from 14.4 cigarettes per day among youth aged 15–19 to 19.7 cigarettes per day at age 45 or

older. This was consistent with the generally increasing proportion of smokers who are daily smokers, and with the pattern among women. However, men's self-reported consumption was higher than that of women, averaging 3.1 cigarettes more per day.

## Other Forms of Tobacco

Although cigarettes were by far the most common form of tobacco used by men, they were not the only one. One in 20 men (5%) reported smoking a cigar in the 30 days before the 2002 CTUMS, while less than 1% used chewing tobacco.

## Fathers-to-be and Smoking

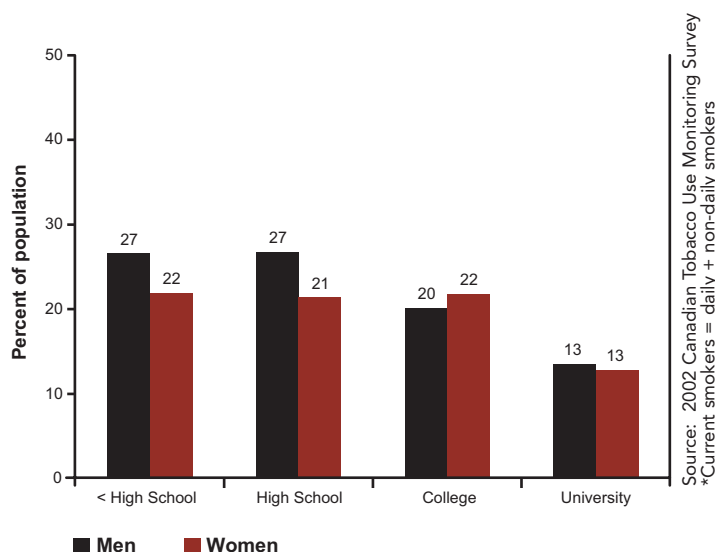
There were 1.5 million men whose wives (aged 20–44) were pregnant at some point in the five years before the survey, and 12% of them smoked during the pregnancy — about the same proportion as among the pregnant women who smoked. There was a high degree of correspondence between the smoking of fathers-to-be and of mothers-to-be: if the mother reported smoking during pregnancy, the spouse was five times more likely to smoke than if the mother did not (55% and 11%, respectively).

## Non-smokers and Potential Quitters

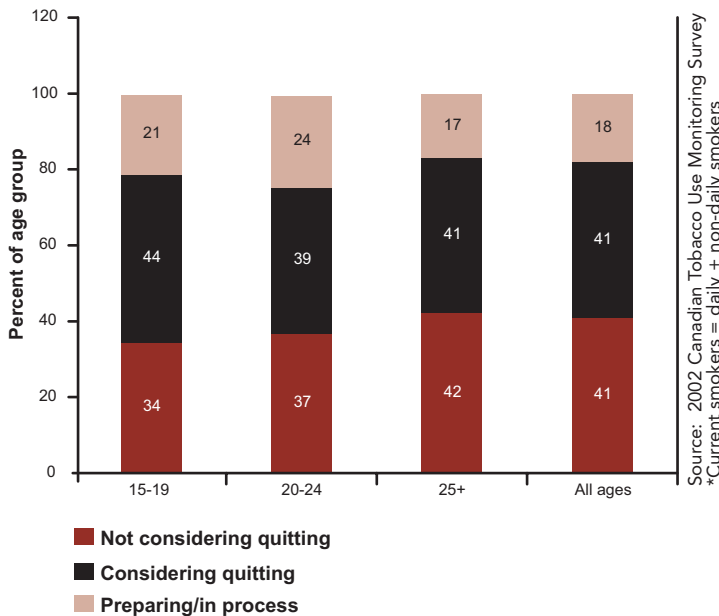
Not smoking was the norm among Canadian men and has been for decades. By 2002, almost half of all males aged 15 and older (49%) had never smoked, and another quarter (28%) had smoked but given it up.

Among men who still smoked, well over half were potential quitters. They were either thinking about quitting (41% of male smokers) or were actively preparing or in the process of quitting (18%). The balance of smokers (41%) were not even thinking about quitting. Being in an active stage of quitting was most common at ages 20–24, whereas not even thinking about quitting became more common with increasing age (Figure 3).

**FIGURE 2**  
Current smokers\* by sex and education level  
Ages 15+, Canada, 2002



**FIGURE 3**  
**Stages of quitting smoking, by age**  
 Current male smokers\* aged 15+, Canada, 2002



Of the male smokers who visited a doctor in the year before the survey, less than half (45%) were advised to reduce or quit smoking. Although this was somewhat lower than the proportion of female smokers advised to reduce or quit (53%), men who smoked were far less likely to even see a doctor (66% versus 84%, respectively).

When asked what it would take for them to quit smoking, men who smoked were most likely to say that they needed willpower (30% of responses). This response was most common among men who were thinking of quitting (41%). In contrast, men who were not even thinking about quitting most often said “nothing or only their own death” would make them quit (31%).

## Second-hand Smoke at Home

There were 1.9 million men aged 15–44 who were current smokers in Canada in 2002, and 603,000 of them shared their home with a child younger than 12 years old. These men (most, but not all, of whom were fathers) were only a little less likely to be current smokers (25%) than were men of the same age who did not have a child at home (28%).

Smoking was not allowed in most homes (81%) where a male smoker aged 15 or older resided. Complete restrictions on smoking did not differ much between homes where there was a child under 12 present (84%) and homes where there were no children under 12 (80%).

In 2002, less than one Canadian home in five had a regular smoker indoors. This proportion was a 31% decrease from 1999. Despite the improvement, more than two thirds of a million (688,000) children under the age of 12 still were regularly exposed to second-hand smoke at home.

## Second-hand Smoke Outside the Home

About 8 million men were in the 2002 labour force;<sup>2</sup> 61% of them reported that smoking was completely restricted at work. This proportion was less than for female workers (71%), possibly reflecting differing types of work.

Almost three quarters of men (73%) thought that smoking in restaurants should be completely restricted or confined to separate ventilated areas, and almost half (48%) felt the same way about smoking in bars. Although support for restricted indoor smoking was weaker among smokers than among non-smokers, a majority of male smokers (53%) supported such restrictions in restaurants. Nevertheless, most male smokers (57%) felt that smoking in bars should be completely unrestricted.

## Survey Methods

**Objectives:** The Canadian Tobacco Use Monitoring Survey (CTUMS) was initiated in 1999 to provide Health Canada with reliable data on tobacco use and related issues. The primary objective is to track changes in smoking status and amount smoked, especially for those aged 15–24, who are most at risk for taking up smoking.

**Population Coverage:** The target population for CTUMS is all persons aged 15 and older living in Canada, excluding residents of Yukon, Nunavut, and the Northwest Territories, and full-time residents of institutions. In

<sup>2</sup> Statistics Canada. Labour force characteristics by age and sex (CANSIM table 282-0002). Available at [http://cansim2.statcan.ca/cgi-win/cnsmcgi.exe?Lang=E&RootDir=CII/&ResultTemplate=CII/CII\\_Pick&Array=1&ArrayId=2820002](http://cansim2.statcan.ca/cgi-win/cnsmcgi.exe?Lang=E&RootDir=CII/&ResultTemplate=CII/CII_Pick&Array=1&ArrayId=2820002).

addition, because this was a telephone survey, the 3% of Canadians without telephones are not included.

**Data Collection:** The results in this fact sheet are based on data collection that took place between February and December 2002. Statistics Canada conducted computer-assisted interviews by telephone; only direct reports (i.e., not third-party) with selected persons were accepted.

**Survey Design:** Information about household composition and second-hand smoke in the home was collected in 50,906 households. In about half of these households, one person aged 15 or older was selected to obtain information on smoking habits. This amounted to 23,341 individuals in 2002, about half of whom were aged 15–24. There were 10,660 men in this sample and 12,681 women. With this sampling frame, it is possible to estimate the smoking prevalence of Canadians aged 15 and older within about  $\pm 2\%$  each year. The margin of error will increase when estimating the prevalence of tobacco use for subgroups. To allow provincial comparisons of approximately equal reliability, the overall sample size for the survey was divided equally across all 10 Canadian provinces. A few topics were introduced or modified in the questionnaire in July 2002, and the total sample for these was 11,909. They include non-cigarette

forms of tobacco use and visits to a physician and dentist (to establish a denominator for those smokers receiving advice to quit from these health professionals).

The overall response rate, which takes into consideration the participation of both households and individuals, was 82% for the 2002 CTUMS data collection. Every telephone number called by Statistics Canada was fully accounted for in order to calculate the survey's response rate accurately and to properly weight the data to represent the Canadian population.

**Microdata:** A microdata set containing the results of the survey is available for purchase from Statistics Canada. The public release of the data was announced on July 30, 2003, in Statistics Canada's *The Daily*.

**Terminology:** A section containing definitions of the main terminology used in this fact sheet can be found at the following website location:  
<[www.gosmokefree.ca/ctums](http://www.gosmokefree.ca/ctums)>.