

QUICK EPIDEMIOLOGICAL SUMMARY

Exposure to Tobacco Smoke, Vape Aerosol and Cannabis Smoke Among Adults in Ontario

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Purpose

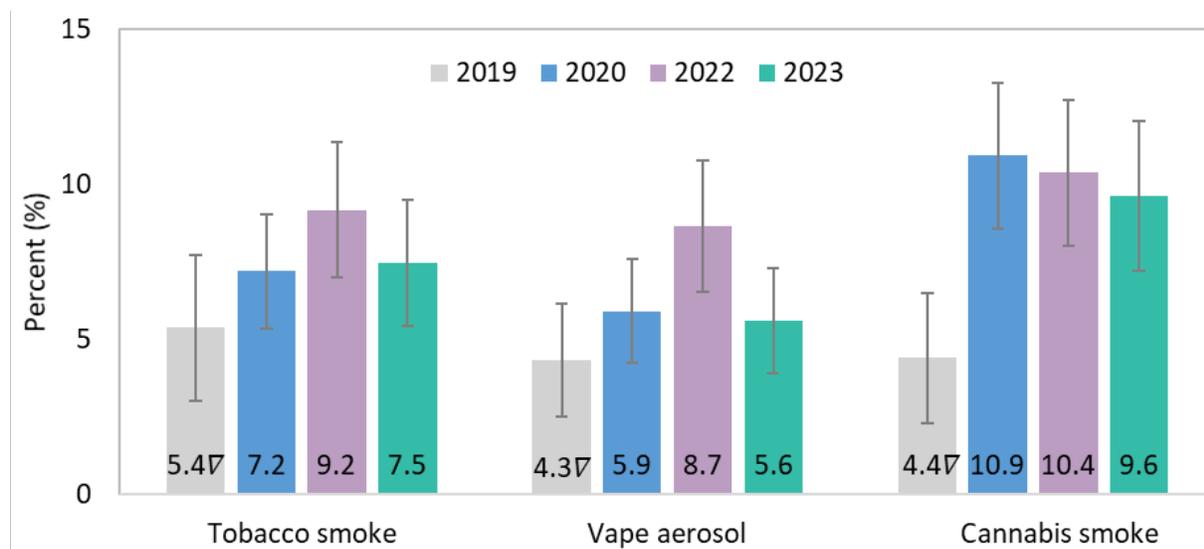
This report examines the prevalence of secondhand exposure to tobacco smoke, vape aerosol, and cannabis smoke among Ontario adults from 2019 to 2023 using data from the Centre for Addiction and Mental Health (CAMH) Monitor surveys. It examines exposure across variety of settings, including homes, indoor workplaces, work vehicles, and multiunit dwellings.

Highlights

- In 2023, 7.5% (or 665,000) of Ontario adults who had not smoked cigarettes in the past month reported exposure to tobacco smoke inside their homes over the past six months. Additionally, 5.6% (or 544,600) of adults who had not used any vaping device in the past month reported being exposed to vape aerosol in their homes over the same period (Figure 1).
- Exposure to cannabis smoke in the home more than doubled since 2019. In 2023, 9.6% (or 852,000) of adults who had not used cannabis in the past month reported being exposed to cannabis smoke inside their homes over the past six months, compared to 4.4% in 2019 (Figure 1).
- In 2023, one-quarter (25.2%) of residents in multiunit dwellings reported tobacco smoke entering their home from neighbouring units or outside their building. Additionally, over one-third (34.0%) of these residents reported cannabis smoke entering their homes in the past six-months (Figure 2).
- Since 2020, there has been a considerable shift in work environments due to the COVID-19 pandemic. The percentage of Canadian workers mainly working from home increased from 7.1 % in May 2016 to 24.3% in May 2021, then to 20.1% in May 2023.¹ Over this period, CAMH Monitor data indicate there was also a significant increase in reported workplace exposure to tobacco smoke. In 2023, approximately one in five (19.6%) respondents whose primary workplace was away from home, reported exposure to tobacco smoke indoors at their workplace or inside a work vehicle in the past week, compared to 7.7% in 2019 (Figure 3). This raises important questions about inequitable differences in occupational risk of exposure to tobacco smoke depending on work type, primary work environment, and ability to work from home.

Results

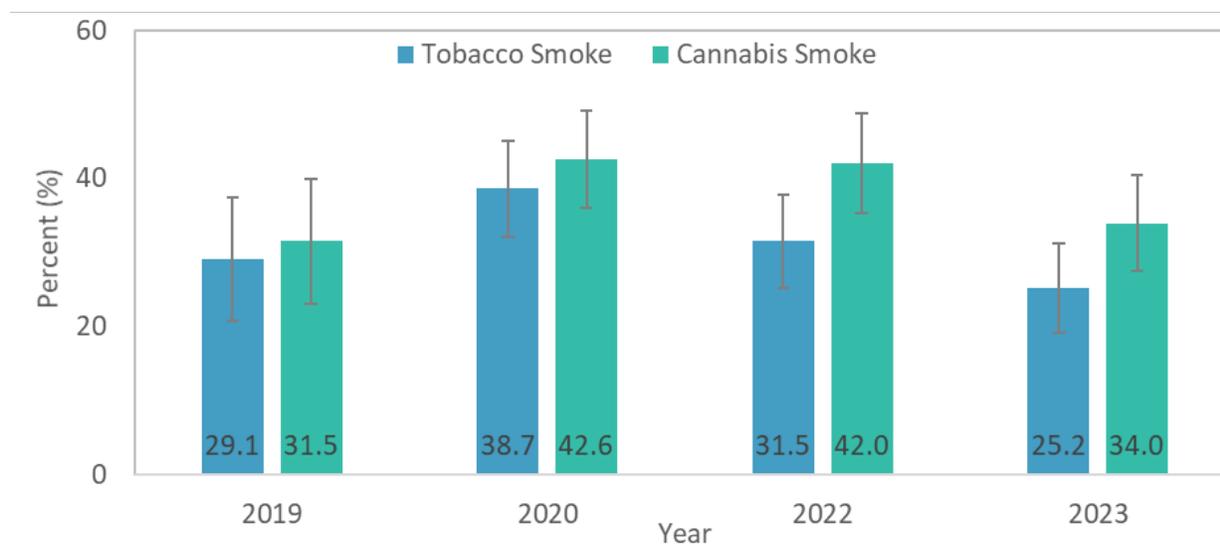
Figure 1: Exposure to Secondhand Tobacco Smoke, Vape Aerosol, or Cannabis Smoke in Home (Past 6 Months), among Those Who Do Not Use the Product, by Year, Ages 18+, Ontario



Source: CAMH Monitor

Note: Interpret with caution: subject to moderate sampling variability. There was no data collection in 2021, resulting in missing data for that year. Secondhand exposure was assessed among individuals who did not report usage of the respective product in the past month.

Figure 2: Exposure to Secondhand Tobacco or Cannabis Smoke (Past 6 Months) in Multi-Unit Dwellings, Ages 18+, Ontario



Source: CAMH Monitor

Note: There was no data collection in 2021, resulting in missing data for that year.

Figure 3: Workplace Exposure to Secondhand Smoke (Past Week) Indoors or Inside a Work Vehicle, Ages 18+, Ontario



Source: CAMH Monitor

Note: [∇]Interpret with caution: subject to moderate sampling variability; There was no data collection in 2021, resulting in missing data for that year.

Technical Notes

Data Source

- The data for this report were based on the Centre for Addiction and Mental Health Monitor (CAMH Monitor). It is an annual cross-sectional survey that collects information on substance use and mental health status among Ontario adults aged 18 years and older.²

Indicators

- **Exposure in homes:** Respondents who reported exposure to secondhand tobacco smoke, vape aerosol, or cannabis smoke from someone smoking inside their home in the past six months, and who did not report using the respective product in the past month.
- **Exposure in multiunit dwelling:** Residents of multi-unit dwellings, such as apartment buildings or condominiums, who reported cannabis or tobacco smoke entering their home from a neighbouring unit or from outside their building in the past six months.
- **Exposure at work:** Respondents whose primary work environment is away from home, and who reported being exposed to secondhand smoke indoors at their workplace or inside a work vehicle for five minutes or more within the past week.

Analysis

- All estimates were weighted to be representative of the target population and variance estimates were corrected for the complex sampling design using SAS Enterprise Guide (version 8.2).

- Significance tests between two estimates, including any directional statements, were determined based on non-overlapping 95% confidence intervals.
- Estimates with coefficient of variation from 16.6 to 33.2 were marked as subject to moderate sampling variability, and should be interpreted with caution.

References

1. Statistics Canada. Research to insights: working from home in Canada [Internet]. Ottawa, ON: Government of Canada; 2024 [cited 2024 Mar 28]. Available from: <https://www150.statcan.gc.ca/n1/pub/11-631-x/11-631-x2024001-eng.pdf>
2. Nigatu YT, Hamilton HA. CAMH monitor e-report: substance use, mental health, and well-being among Ontario adults, 1977-2023 [Internet]. Toronto, ON: Centre for Addiction and Mental Health (CAMH); 2023 [cited 2024 Mar 28]. Available from: https://www.camh.ca/-/media/research-files/camh-monitor-2023-full-report_final-pdf.pdf

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