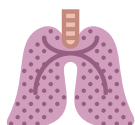


Achieving tobacco-free living: a priority in N.B.



Smoking is the #1 risk factor for lung cancer, and lung cancer is N.B.'s top cause of avoidable mortality



Other risk factors for lung cancer include:



Second hand smoke



Radon (trapped in houses)



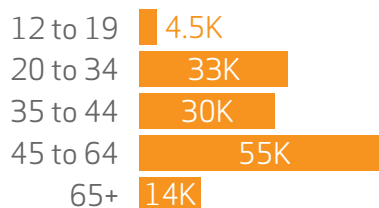
Asbestos, arsenic, diesel exhaust, etc.

1 in 5
New Brunswickers smoke
(ages 12 and above)



That's over **136,000** people

By age:



Smoking rates for adults are statistically higher than the Canadian average

Without increased efforts...



9,000 youth are currently at risk of becoming smokers (that's 22% of all youth)

based on questions on openness to and willingness to try smoking



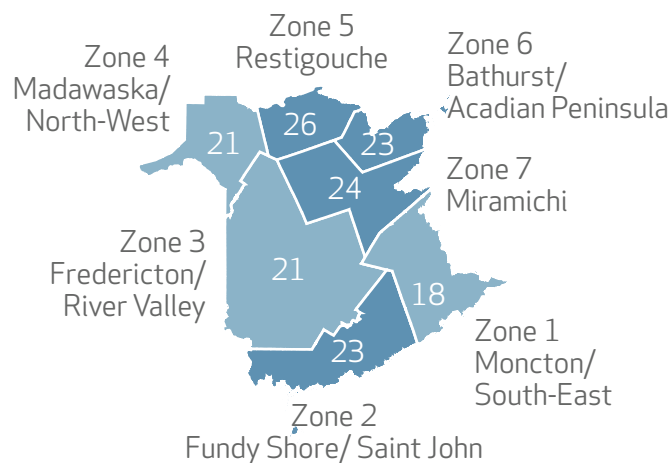
People with ongoing illnesses may get worse

38% of COPD patients and 17% of heart disease patients smoke



Your intervention is needed so we can improve everywhere

Smoking rates, by zone (%)



To learn more, visit our website at www.nbhc.ca or contact us at info@nbhc.ca.



New Brunswick
Health Council

Conseil de la santé
du Nouveau-Brunswick

Levels of urgency for smoking intervention, by community

■ alerts show communities that are worse than the average (statistical significance)

N.B. average

Youth smoking

Adults smoking

Seniors smoking

Youth at risk of smoking

Homes with high radon¹

11%

21%

10%

22%

25%

Community (zone)

Critical
(3 alerts)

Miramichi (7)

Perth-Andover (3)

Very urgent
(2 alerts)

Caraquet (6)

Douglas (3)

Grand Falls (4)

Minto (3)

Oromocto (3)

Saint John (2)

Salisbury (1)

Urgent
(1 alert)

Bathurst (6)

Dalhousie (5)

Edmundston (4)

Hillsborough

Kedgwick (4)

Nackawic (3)

Neguac (7)

New Maryland (3)

Quispamsis (2)

Shippagan (6)

St. George (2)

St. Stephen (2)

Tracadie-Sheila (6)

Somewhat urgent

Bouctouche (1)

Campbellton (5)

Dieppe (1)

Florenceville-Bristol (3)

Fredericton (3)

Grand Bay-Westfield (2)

Moncton (1)

Riverview (1)

Sackville (1)

Shediac (1)

Sussex (2)

The absence of alerts does not mean that smoking is not an issue in these communities. Instead, it means that results are not worse than the N.B. average. Tobacco-free living is a priority throughout the province.

¹ Lung cancer risk from radon exposure is higher for smokers. For this indicator, the alert means the community is in a zone with a higher percentage of homes with high levels of radon (more than 200 Bq/m³) compared to the N.B. average.