

Ottawa Student Drug Use and Health Report, 2014

Cigarette smoking is the leading preventable cause of disease and death. Tobacco increases a person's risk for cancer, respiratory diseases, heart disease, and stroke. Emerging issues for youth are flavoured tobacco products (including menthol) in various forms such as e-cigarettes, cigarettes, and hookah, which can lead to established smoking.

To learn more about Youth Facts and other topics, and view an accessible version visit:
<http://www.ottawa.ca/healthreports>.

1-in-5 high school students has used an e-cigarette.

81% 

of students have never smoked in their lifetime.

9%

of students were current smokers (1+ cigarettes in past year).



11%

of students who smoke began smoking in secondary school.

4%

of students were daily smokers.

55% **of current smokers got their last cigarette from friends or family.**



Three-out-of-five students said they felt it would be fairly to very easy to get cigarettes, despite the fact that supplying them to people under age 19 is illegal.



13%

of students had used a waterpipe or hookah at least once in their lifetime.



14%

of students are regularly (4 or more days a week) exposed to other people's tobacco smoke.

83%

of students felt that smoking should be banned in public parks, beaches and fields.



Resources:

- The Youth Advocacy Training Institute (YATI) provides interactive learning experiences for youth and adults on a variety of topics that help them improve the health of their communities through advocacy, education, and positive youth development. For more information visit: www.youthadvocacy.ca
- Dr. Lena's Clinic for Adolescents is a free one-on-one counselling service for teens who wish to quit smoking. This service, available by referral, is available in English only. Dr. Lena's office can be reached at 613-737-7119.
- The Regional Youth Coalition (RYEC) called Take a Stand brings youth from Eastern Ontario together to work on issues facing youth. For more information visit: www.SmokeFreeEast.ca
- Health Canada's Quit4Life (Q4L) is an interactive and personalized on-line quit smoking site for youth ages 14-19. Visit: <http://hc-sc.gc.ca/hc-ps/tobac-tabac/youth-jeunes/index-eng.php>
- Crush the Crave is a free, bilingual mobile app designed by the Propel Centre for Population Health Impact. Developed in partnership with Leave the Pack Behind, Crush the Crave is a free and easy-to-use smartphone app that helps a person stop smoking by creating a quit plan, tracking health improvements and calculating money saved. <http://www.crushthecrave.ca/>
- Break it Off is a free and bilingual mobile app that is developed by the Canadian Cancer Society in partnership with Health Canada. Break it Off offers support through a quit coach, progress tracking and real-time quitting stats that motivate a person to quit for good. <http://breakitoff.ca/stay-split-up/break-it-off-mobile/>

The data used in this publication came from the Ontario Student Drug Use and Health Survey conducted by the Centre for Addiction and Mental Health and administered by the Institute for Social Research, York University.