

Hamilton Family Health Team

Green Initiative

Smoking Cessation

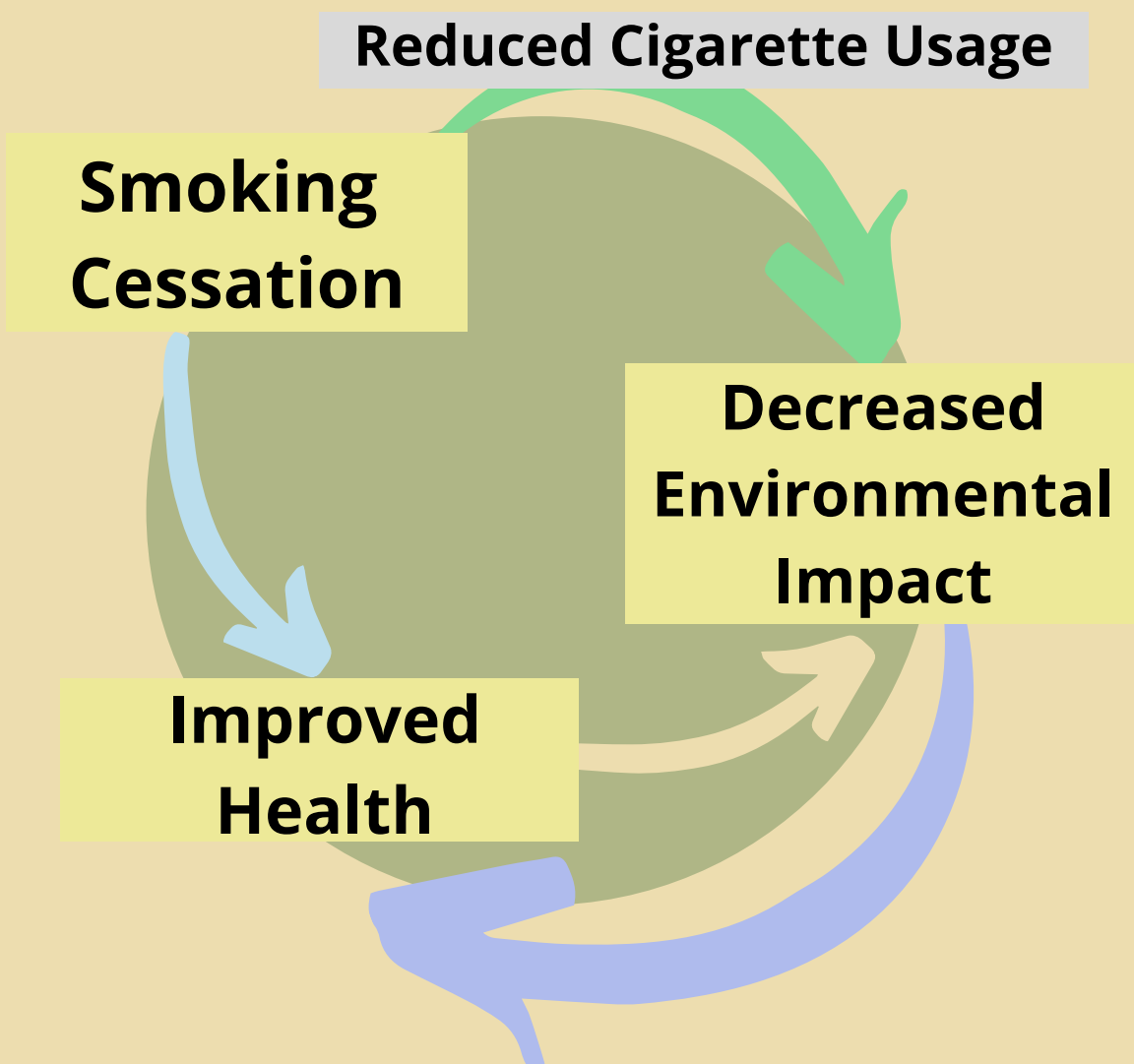


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Helping a patient quit smoking

1) prevents illness and reduces the carbon footprints of both 2) cigarette production and 3) the healthcare burden tobacco-related illnesses.



1. Smoking cessation saves lives and prevents illness.

The health effects of smoking are clear and well-documented:

- 2-3x increased mortality compared to non-smokers¹
- 1/3 of all cancer deaths²
- Contributor to more than two dozen different diseases, including cancer, COPD, asthma, pulmonary fibrosis, coronary heart disease, stroke, renal failure, intestinal ischemia, hypertension, infections, and diabetes^{1, 3}

100 Canadians die of smoking-related illness every day.⁴

2. Smoking cessation reduces the carbon footprint of tobacco-related healthcare needs.

- Tobacco use accounted for \$4.36 billion Canadian Dollars of healthcare costs in 2002⁴
- Tobacco use caused 275 000 hospitalizations in 2017⁵
- Tobacco use contributed to 47.1% of all substance-use related healthcare costs in 2017, which was the single-greatest contribution of one substance, even surpassing the contribution of alcohol use⁵

3. Smoking cessation reduces the carbon footprint of cigarette production.

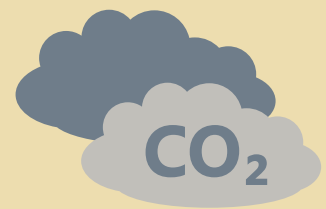
Although the research around smoking typically focuses on human health and social factors, cigarette smoking has a significant ecological impact.

The impact of the production of one typical cigarette is:



3.7L water⁶

14g of CO₂ equivalents⁶



3.5g of oil equivalents⁶

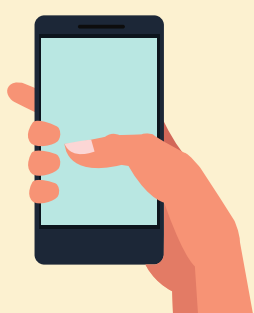
Offsetting the carbon emissions of smoking 1 pack/day for 50 years would require growing 132 tree seedlings for 10 years.⁶

Cigarettes are responsible for 0.2% of the global total of CO₂ equivalent units of emissions.⁶

Additionally, tobacco and cigarette production reduce the capability of agricultural land to produce food for consumption, increasing food insecurity in vulnerable populations, and contributing to deforestation.^{6, 7}

Smoking Cessation Supports

Smoking cessation endeavours result in very few emissions. Below are some tips to help your patients with smoking cessation, in order of lowest emission production to highest.⁸



Text Message & Internet-Based Supports

- Your patient can text “IQuit” to 123456 to access support from [Smokers Helpline](#)
- Your patient can self-enroll in the [STOP Program](#) in Ontario

Group Counselling



- [This search tool](#) from the Cancer Society helps find community programs based on postal code, and includes group counselling



Telephone Counselling

- Have your patient call: 1-866-797-0000 (Telehealth, which provides Smokers' Helpline support in Ontario)

Individual Counselling



The impact of group and individual counselling can be further mitigated by offering virtual care.

Additional Resources to Help your Patients Quit Smoking:

- [Canadian Cancer Society](#)
- [Indigenous Quit Smoking/Vaping Support](#)
- [Ontario Health and Wellness](#)
- [The Lung Association](#)
- [Smokers Helpline](#), Ontario



What about E-Cigarettes?



Though **e-cigarettes or “vaping”** have been suggested as a smoking cessation aid and may have less of a health impact than cigarette smoking,¹⁰ research regarding the health and environmental effects of these devices is still emerging.¹¹

There may be greater environmental burden posed by e-cigarettes than traditional cigarettes.¹²

Furthermore, instead of helping individuals quit smoking, e-cigarettes can cause dual-use: using both cigarettes and e-cigarettes, exposing them to more harm.^{13, 14}

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Further Reading:

Vineis P, Huybrechts I, Millett C, Weiderpass E. [Climate change and cancer: converging policies](#). Molecular Oncology. 2021;15(3):764-769.

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If you have any questions, please reach out to us: green.team@hamiltonfht.ca