

Cigarette Use

IN THE NORTHWEST TERRITORIES



November 2019

What is shown here?

Information displayed here is on self-reported cigarette smokers (occasional and daily). This does not include traditional tobacco use or those who smoke cigars, cigarillos, or pipes.

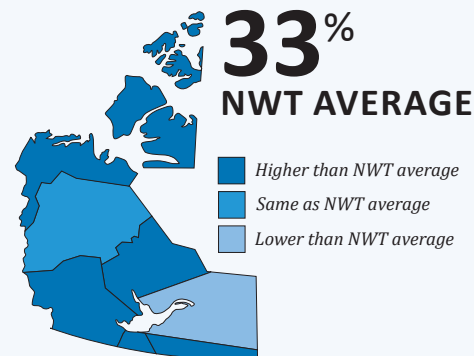
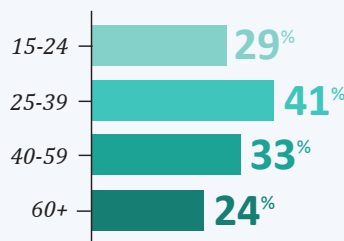
IN 2018

PERCENTAGE OF NWT RESIDENTS AGED 15+ WHO ARE OCCASIONAL OR DAILY SMOKERS

SEX



AGE



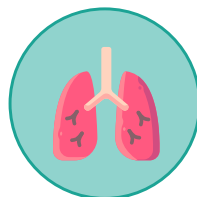
ASSOCIATED RISKS



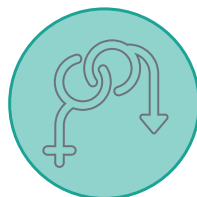
Cancer



Heart problems



Lung problems



Sexual dysfunction



Premature delivery



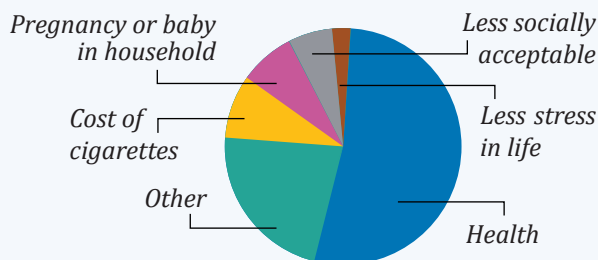
Premature death

QUIT RATES

39% OF NWT SMOKERS have successfully quit!



Why are they quitting?



MOST USEFUL QUIT METHODS

- Cold Turkey
- Inhaler/lozenge
- Nicotine patch

Some people may try to quit four or more times before they quit smoking for good.

NEED HELP QUITTING?

Call the confidential toll-free Quit Line at 1-866-286-5099.

Resources are available at <https://www.hss.gov.nt.ca/en/services/nwt-quitline>.

INDICATOR SOURCE: NWT Bureau of Statistics: 2018 Tobacco, Alcohol & Drug Survey. INDICATOR DEFINITION: Current smokers represents the proportion of NWT residents aged 15+ who self-reported currently smoking cigarettes daily or occasionally.