

# THE BIG PICTURE:

## Social Determinants and Smoking

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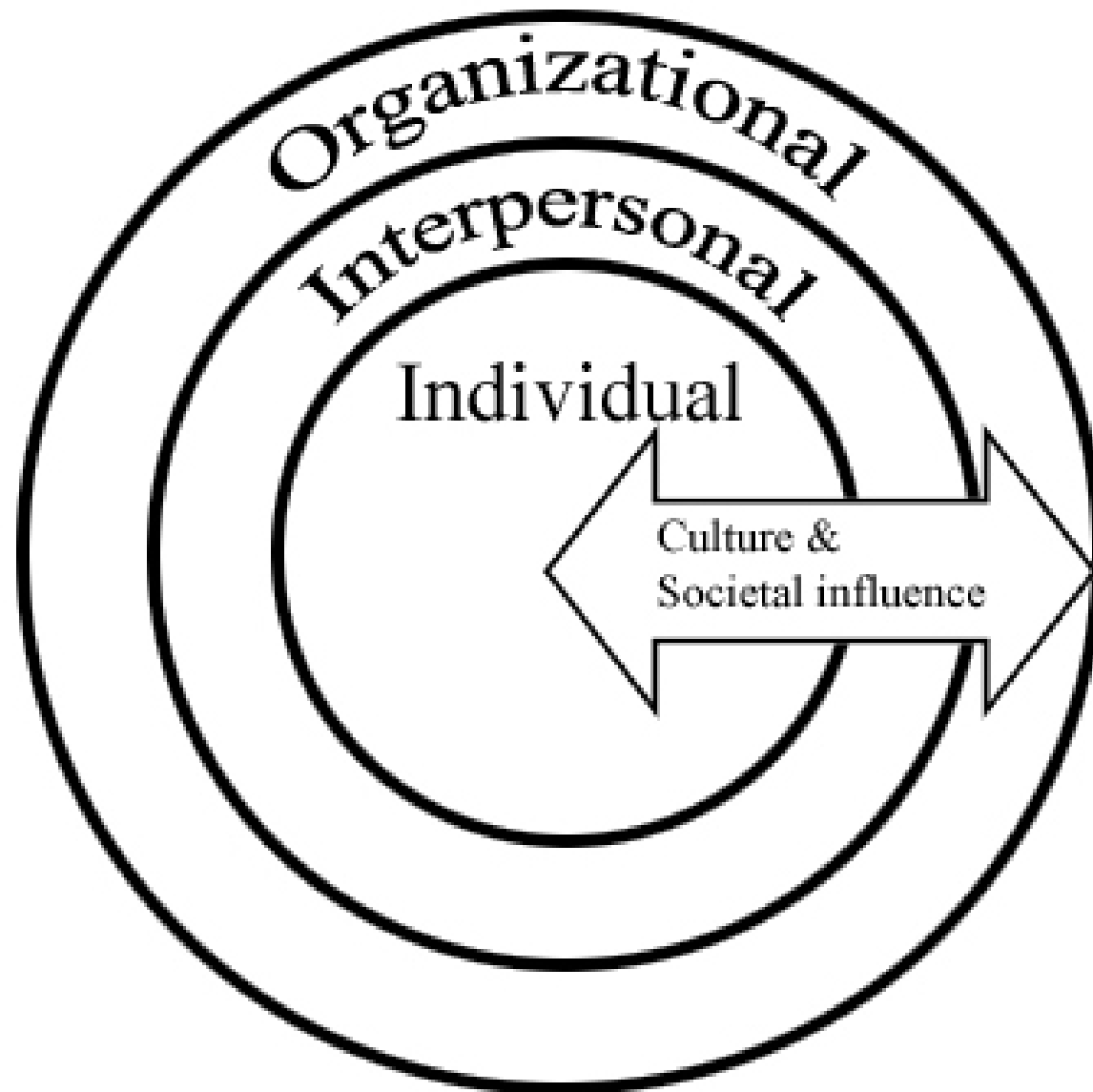
# Outline

- Social determinants and social context
- Social determinants of smoking
- Smoking among the Mi'kmaq
- Social context of smoking among the First Nations

**“The more distant we are from the world in which each person’s experience is framed, the greater the risk that we might misinterpret it.”**

(Amick et al., 1995)

# Social Context



# **Why Consider Social Context?**

- Individual behaviours/attitudes and values are shaped by social context
- Understanding social context helps us to also understand why people do or do not act in a certain way

# **Example of Forgotten Context**

- “Butt Out”
- “Just say no”
- “Just do it”
- “Participaction”
- “Choose Health”

# **Consequence of “Out of Context” Thinking**

- Preconceptions and misunderstandings
- Biases
- Discrimination
- Poor relationships
- Inadequate and/or ineffective support

# Social Determinants of Health

- ☞ Socio-economic status

- ☞ Education Opportunities

- ☞ Work Conditions

- ☞ Access to Appropriate Health and Social Services

- ☞ Physical Environments

- ☞ Social support

- ☞ Geography

- ☞ Culture

- ☞ Racism/discrimination

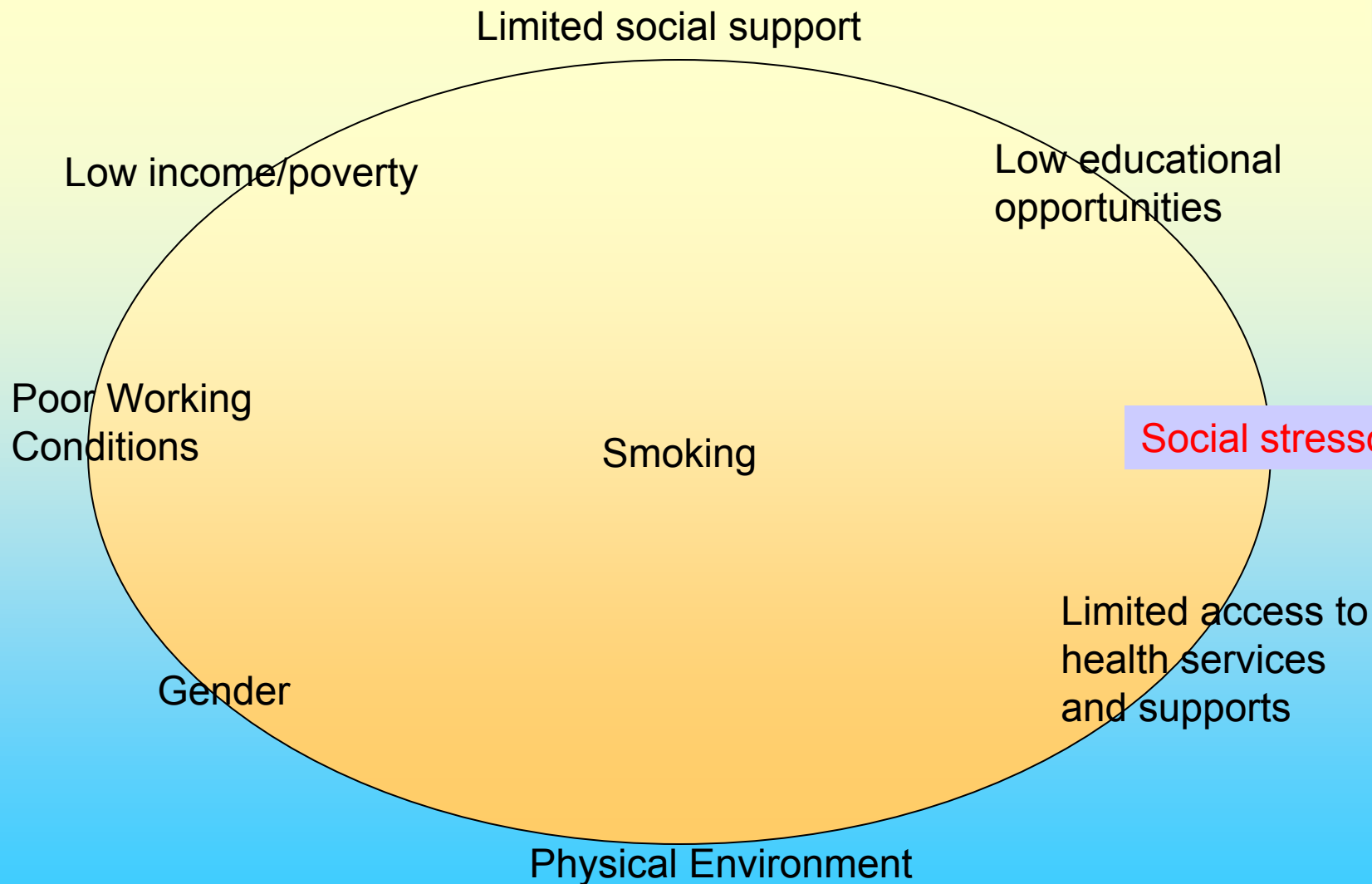
- ☞ Age and Gender

- ☞ Caregiving

# Socio-economic Status (SES)

- Canadian Institute for Advanced Research–
  - SES (income and education) is the most important determinant of health
- Low SES → ↑ communicable disease, chronic disease, and injuries
- Low SES is associated with poor mental health
- **Low SES is associated with higher rates of smoking**
- People who smoke, including women who smoke during pregnancy, are more likely to report:
  - Less income
  - less education
  - less social support
  - higher levels of stress

# SES and Smoking



# Smoking, Stress, and Depression

- Smokers with *financial* stress are less likely to quit
- Ex-smokers with *financial* stress are more likely to relapse
- Epidemiological and clinical studies have consistently reported associations between smoking and *posttraumatic* stress disorder (PTSD)
- Persons with *PTSD* have higher odds of smoking and nicotine dependence and lower rates for quitting
- *Depression* has been associated with smoking
- *PTSD and depression* have different pathways in the association to smoking



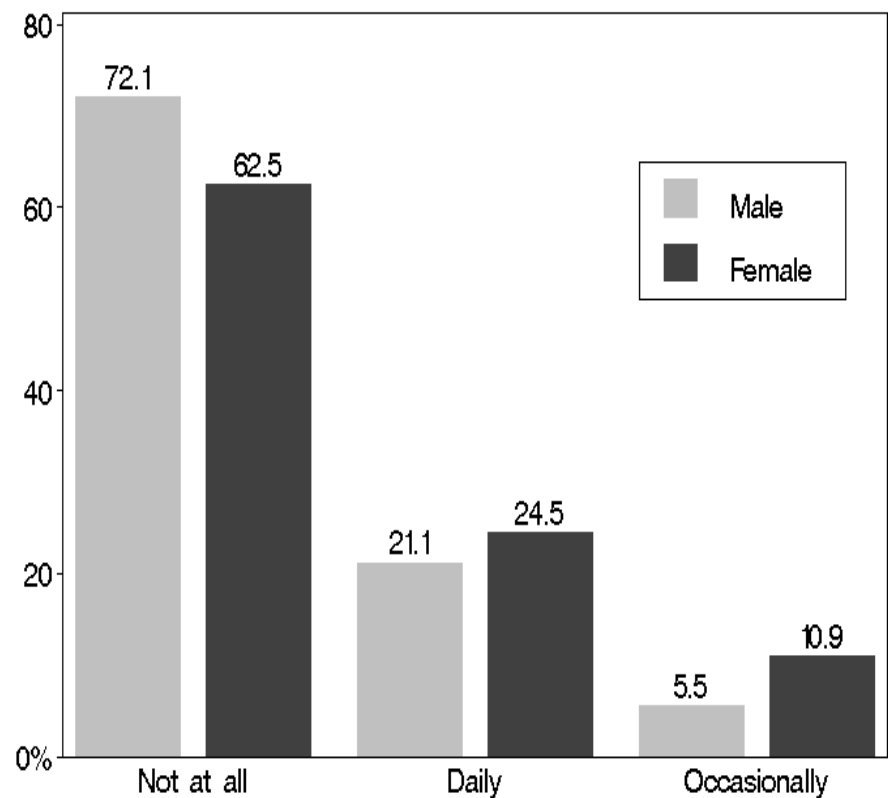
# Smoking Among the Mi'kmaq\*

\* First Nations Regional Health Survey, 2006

# Youth Smoking Cigarettes

- There has been a major decline in the proportion of youth smoking cigarettes. For example, among female youth, from 48 to 35%

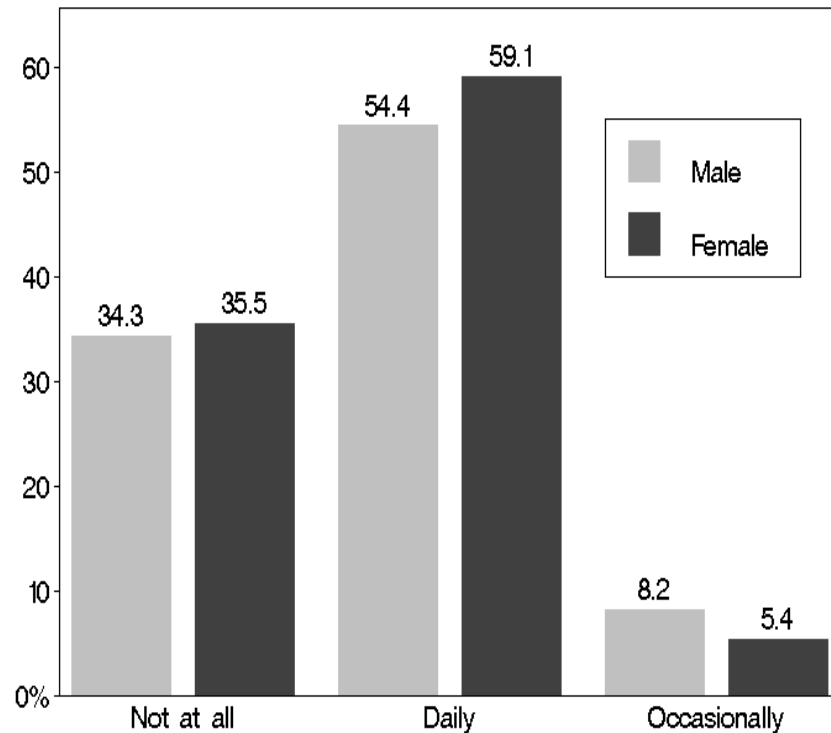
**Chart 4.47: Smoked Cigarettes at Time of Survey**  
(Weighted Percentage Within Gender)

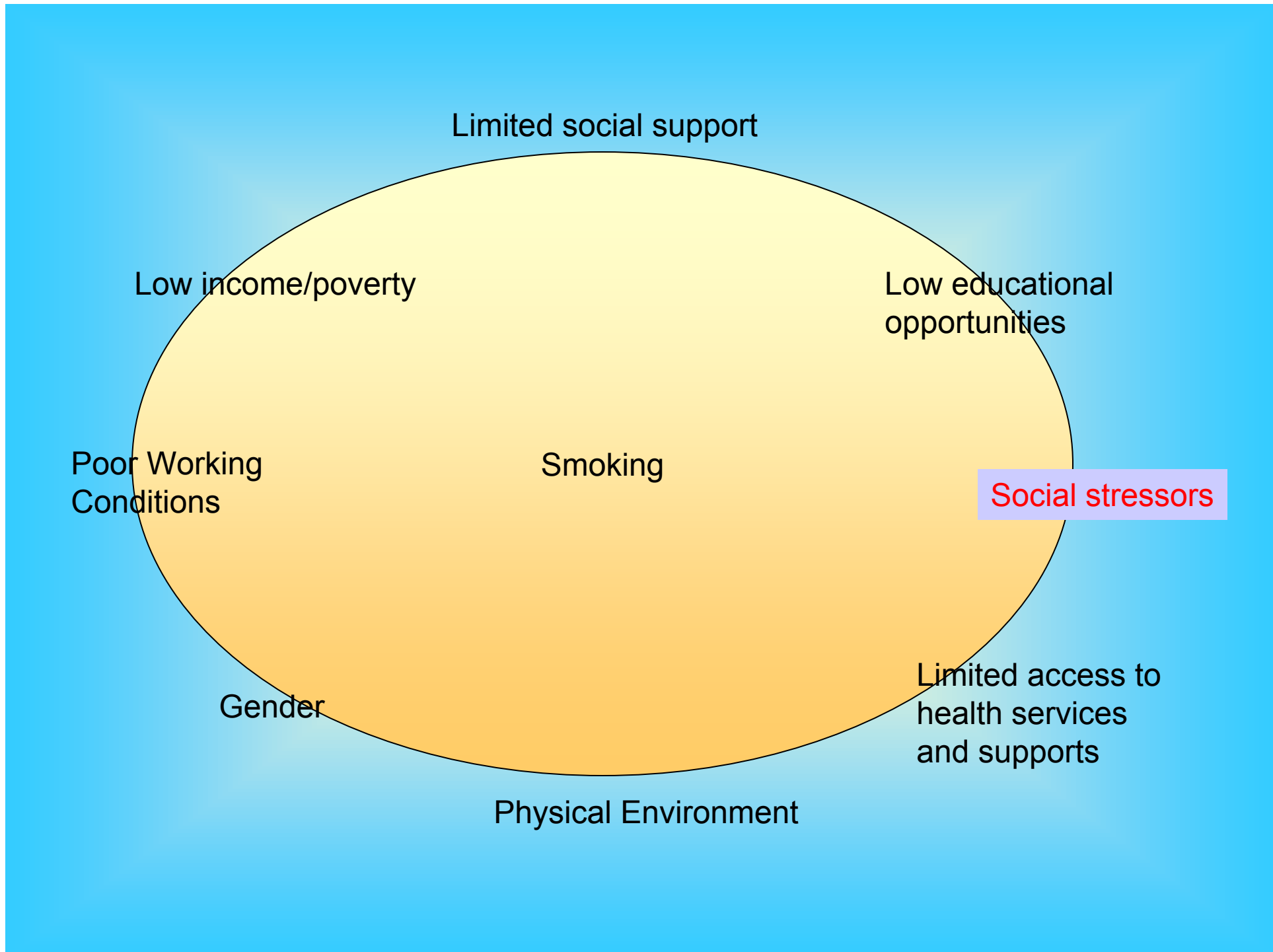


# Adult Smoking Rates

- Adult smoking rates have not improved since 1997, although the number of cigarettes being smoked is lower
- The gap with other Nova Scotians is widening

**Chart 5.52: Smoked Cigarettes at Time of Survey**  
(Weighted Percentage Within Gender)





Limited social support

Low income/poverty

Low educational opportunities

Poor Working Conditions

Smoking

Social stressors

Gender

Limited access to health services and supports

Physical Environment

# Social Stressors among the First Nations

- Historic trauma (*colonization, colonialism, genocide, forced assimilation*)
- Neo-colonialism, Euro-centrism/racism
- Poor physical environments
- Limited health and social services
- **Low SES (education, income, work)**
- Aboriginal women have the lowest SES of any segment of the Canadian population – some living in 3<sup>rd</sup> world conditions

## **Social stress is linked to:**

- decreased self-esteem, depression, diminished sense of control
- fewer opportunities to access opportunities for education, leisure activities or support
- increased consumption of “comfort foods”, alcohol, drugs and **smoking**

# **Given these contexts, what can be done?**

A place to begin:

What reasons do Mi'kmaq people  
report for quitting?

# Reasons Youth Quit

<b>Reason for Quitting</b>	<b>Males</b>	<b>Females</b>
<b>Out Of Respect For Loved Ones</b>	<b>31.8%</b>	<b>30.0%</b>
Chose A Healthier Lifestyle	31.9%	26.6%
<b>Peer Pressure From Friends Or Co-Workers</b>	<b>22.1%</b>	<b>7.1%</b>
Greater Awareness Of Ill Effects Of Tobacco	0.0%	27.3%
Health Condition	5.8%	2.4%
Respect For Traditional Significance Of Tobacco	0.0%	7.1%
Pregnancy	0.0%	5.0%
Doctor's Orders	0.0%	0.0%

# Reasons Adults Quit

Reason	Weighted Percentage
Chose A Healthier Lifestyle	58.4%
Health Condition	34.9%
Greater Awareness	29.4%
<b>Out Of Respect For Loved Ones</b>	<b>25.4%</b>
<b>Peer Pressure From Friends Or Co-Workers</b>	<b>8.6%</b>
Doctor's Orders	7.8%
Pregnancy	6.6%
Respect For Traditional Significance Of Tobacco	2.4%

# RELATIONSHIPS

*A place to begin...*