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The Economic Burden Associated with Tobacco Smoking, Excess Weight, Alcohol Consumption and Physical Inactivity in Canadian Men

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- Tobacco smoking, excess weight, alcohol consumption and physical inactivity are among the leading causes of chronic disease in Canadian men.

- Together, these four modifiable risk factors contribute to approximately 40 different chronic conditions. For example, we estimate that 78% of chronic lung disease, 73% of cancers of the head and neck, 72% of lung cancers, 67% of type 2 diabetes, 58% of heart disease, 56% of strokes, 52% of colorectal cancers and 30% of chronic back pain could be eliminated based on the removal of these four risk factors in Canadian men.

- By reducing the prevalence of modifiable risk factors in a population, we can subsequently reduce the incidence of many chronic diseases and the economic burden that these diseases pose.

- Chronic diseases have a direct impact on the use of healthcare resources such as hospitalizations, physician services, drug utilization, etc. In addition, they increase the risk of both short- and long-term disability and premature death.

- The economic burden associated with the chronic diseases caused by these risk factors can be grouped into the following two major categories: direct costs (costs associated with hospitalizations, physician services, drug utilization, etc.) and indirect costs (costs associated with short- and long-term disability and premature death).

- In 2013, an estimated 52.9% of Canadian men carried excess weight, 40.9% were inactive, 19.9% smoked tobacco and 12.4% consumed alcohol at levels that are considered to be hazardous or harmful. The annual economic burden attributable to these four risk factors in Canadian men is $36.9 billion.

- This $36.9 billion comprises $11.9 billion in direct health care costs and $25.1 billion in indirect costs including premature mortality ($14.0 billion), short-term disability ($2.4 billion) and long-term disability ($8.6 billion).
• Of this $36.9 billion, $13.0 billion is attributable to tobacco smoking, $11.9 billion to excess weight, $7.6 billion to alcohol consumption and $4.4 billion to physical inactivity.

• The prevalence of the risk factors, and their associated economic burden, varies substantially by province. The proportion of men who smoke ranges from 13.6% in British Columbia to 26.2% in Newfoundland & Labrador. The proportion of men who carry excess weight ranges from 48.6% in British Columbia to 66.8% in Newfoundland & Labrador. The proportion of men who consume alcohol at levels that are considered to be hazardous or harmful ranges from 8.6% in Prince Edward Island to 14.8% in Quebec. The proportion of men who are inactive ranges from 33.8% in British Columbia to 45.7% in Quebec.

• The annual economic burden of these four risk factors in males by province is as follows:
  - British Columbia - $4,426 million
  - Alberta - $4,734 million
  - Saskatchewan - $1,350 million
  - Manitoba - $1,438 million
  - Ontario - $13,848 million
  - Quebec - $8,194 million
  - New Brunswick - $946 million
  - Nova Scotia - $1,163 million
  - Prince Edward Island - $182 million
  - Newfoundland & Labrador - $706 million

• The per capita economic burden of these four risk factors in Canadian males is $2,127, ranging from $1,944 in British Columbia to $2,712 in Newfoundland & Labrador, as indicated on the following table and chart.
Per Capita Economic Burden Attributable to Tobacco Smoking, Excess Weight, Alcohol Use, and Physical Inactivity in Men Canada and the Provinces, 2013