



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

Commissioned by:

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

- 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

	Tobacco Smoking				Excess Weight			Alcohol Use				Physical Inactivity	Combined Per Capita Cost
	Light	Moderate	Heavy	Total	Overweight	Obesity	Total	Low	Hazardous	Harmful	Total	Total	
British Columbia	\$172	\$185	\$272	<b>\$628</b>	\$281	\$370	<b>\$650</b>	\$112	\$113	\$224	<b>\$449</b>	<b>\$217</b>	<b>\$1,944</b>
Alberta	\$193	\$289	\$328	<b>\$810</b>	\$311	\$394	<b>\$704</b>	\$134	\$139	\$286	<b>\$558</b>	<b>\$252</b>	<b>\$2,325</b>
Saskatchewan	\$207	\$232	\$295	<b>\$734</b>	\$324	\$617	<b>\$941</b>	\$126	\$111	\$217	<b>\$455</b>	<b>\$294</b>	<b>\$2,423</b>
Manitoba	\$230	\$254	\$267	<b>\$751</b>	\$323	\$452	<b>\$774</b>	\$120	\$114	\$229	<b>\$463</b>	<b>\$300</b>	<b>\$2,288</b>
Ontario	\$165	\$207	\$276	<b>\$648</b>	\$323	\$426	<b>\$749</b>	\$98	\$109	\$225	<b>\$432</b>	<b>\$252</b>	<b>\$2,081</b>
Quebec	\$209	\$253	\$382	<b>\$843</b>	\$217	\$296	<b>\$513</b>	\$107	\$103	\$208	<b>\$418</b>	<b>\$250</b>	<b>\$2,024</b>
New Brunswick	\$205	\$362	\$410	<b>\$977</b>	\$292	\$582	<b>\$874</b>	\$114	\$95	\$196	<b>\$405</b>	<b>\$277</b>	<b>\$2,533</b>
Nova Scotia	\$259	\$328	\$424	<b>\$1,011</b>	\$342	\$495	<b>\$838</b>	\$95	\$100	\$201	<b>\$396</b>	<b>\$269</b>	<b>\$2,515</b>
Prince Edward Island	\$216	\$283	\$430	<b>\$928</b>	\$369	\$559	<b>\$928</b>	\$95	\$99	\$251	<b>\$445</b>	<b>\$272</b>	<b>\$2,574</b>
Newfoundland	\$198	\$355	\$493	<b>\$1,046</b>	\$311	\$567	<b>\$878</b>	\$157	\$102	\$223	<b>\$482</b>	<b>\$307</b>	<b>\$2,712</b>
<b>Canada</b>	<b>\$190</b>	<b>\$238</b>	<b>\$323</b>	<b>\$750</b>	<b>\$288</b>	<b>\$396</b>	<b>\$684</b>	<b>\$95</b>	<b>\$113</b>	<b>\$230</b>	<b>\$437</b>	<b>\$255</b>	<b>\$2,127</b>

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Tobacco Smoking, Excess Weight, Alcohol Use, and Physical Inactivity in Men  
Canada and the Provinces, 2013**

