

# Tobacco, vaping, alcohol, drugs and gambling

Tobacco smoking is the second highest leading preventable cause of ill health and death in Victoria. Smoking not only affects the health of individuals, but also those in environments with secondhand exposure to smoke.

Drinking alcohol is part of many social and cultural activities, however risky drinking culture and harmful levels of consumption have detrimental effects on individual injury and disease, as well as social and economic impacts across communities.

Similarly, recreational drug use can impact a person's physical and emotional wellbeing and have negative consequences on social, family, work, and financial situation.

Gambling harm is any adverse consequence that comes from gambling that leads to poorer health and wellbeing of the individual, family, community or population. These harms could be financial, relationship, emotional, health, work, cultural or criminal issues.

## Key statistics



**21% of adults** in Cardinia Shire smoke or vape. (1)



**>\$32M lost on poker machines** in 2022/23. (4)



**14%** at increased risk of an **alcohol related** disease or injury. (1)



**0.6 off-license alcohol outlets** within 800m of homes. (6)



**9.7%** of **pregnant mothers** report smoking. (2)



**11%** adults **drink alcohol daily** or most days. (7)



In 2021/22, **21 illicit drug-related** hospital admissions per 10,000 population. (5)



In 2021/22, **437 alcohol-related hospital** admissions and in 2022/3, **324 ambulance** attendances. (5)



**26%** **agree getting drunk** every now and then is okay. (3)

## Health considerations in priority populations

- Males are more likely to drink at risky levels and be illicit drug users who presented to emergency department, ambulance attendance and episodes of care.
- Smoking is higher in people employed in manufacturing, construction, accommodation and restaurant, personal and other services.
- Pokies are concentrated in Officer and Pakenham.

## Impact of climate change on tobacco, vaping, alcohol, drugs and gambling

- Prolonged heat or extreme weather events create chronic stress situations, which can trigger unhealthy coping behaviours and increase harmful substance use, gambling and vulnerability to relapse.

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## References

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