

CHRONIC OBSTRUCTIVE PULMONARY DISEASE IN PEI

Chronic Obstructive Pulmonary Disease (COPD) is a lung disease that includes chronic bronchitis and emphysema. When you have COPD, your lungs are obstructed or blocked, making it hard to breathe.

1/10 Islanders (aged 35+) are living with COPD.

The percentage of Islanders (age 35+) living with COPD has **DOUBLED** since 2000.

Seniors (age 65+) are **6X** as likely to have COPD as younger adults (35-49 years old).

COPD AND SOCIAL FACTORS



INCOME
3.6X

Low-income Islanders are 3.6 times as likely to have COPD as high-income Islanders.



EDUCATION
2.9X

Islanders without a high school diploma are 2.9 times as likely to have COPD as Islanders with a post-secondary education.



EMPLOYMENT
2.8X

Islanders who were unemployed in the last year are 2.8 times as likely to have COPD as Islanders who were employed.



MARITAL STATUS
2.2X

Islanders who are widowed are 2.2 times as likely to have COPD as Islanders who are married.

These social factors play a large role in one's risk of having/living with COPD. It will take all levels of government, working together with individuals and communities, to address these social factors and reduce the burden of COPD in the Island population.

THINGS YOU CAN DO TO REDUCE YOUR RISK

Quit smoking
80 - 90% of COPD cases are caused by smoking

Avoid exposure to
secondhand smoke

Avoid exposure to air
pollution and occupational
dust and chemicals



Chief Public Health Office, 2020

Data sources: Canadian Community Health Survey (2000-01, 2003, 2005, 2007 to 2014); Canadian Chronic Disease Surveillance System.