

Department of Geography University of Victoria

The British Columbia

Atlas of Wellness Seniors Supplement



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Acknowledgements

We owe a great debt of gratitude to Richard Mercer in the British Columbia Ministry of Health. Richard responded cheerfully and quickly to our many requests for data over a several month period. We could not have undertaken this Supplement without his help.

We would also like to thank the British Columbia Ministry of Health for support for this project, and also the Ministry of Community Services. Andrew Hazlewood, Assistant Deputy Minister, Population Health and Wellness is credited for his original idea to map wellness in the province.

John Fowler, Department of Geography, University of Victoria, assisted by making this document available through the Department of Geography website at <http://www.geog.uvic.ca/wellness/seniors>.

Finally, credits for photographs used in this Supplement go to Les Foster, Betty Honsinger, Brian McKee, Chris Virtue and Mary Virtue.

Brian McKee, Ashgrove Geographic
Services Ltd, Victoria

Leslie T. Foster and C. Peter Keller
University of Victoria, May 2008



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Introduction to the seniors supplement

The BC Atlas of Wellness was published in 2007 (see Leslie T. Foster and C. Peter Keller, *The BC Atlas of Wellness*, Western Geographical Press, University of Victoria, 2007, for further explanation. See also <http://www.geog.uvic.ca/wellness>). This Supplement provides a further, more in depth look at the geographic variations in the wellness of seniors (those aged 65 or over) in British Columbia. In total, 39 separate indicators are presented based on the Canadian Community Health Survey (CCHS): 3.1, undertaken in 2005. As noted in the BC Atlas of Wellness, the CCHS surveyed only those individuals who resided in the community, and did not include seniors who may have resided in hospitals or long term care facilities, in jails, on Indian reserves or in very small, remote communities. Accordingly, caution in interpreting the maps and supporting tables is required.

The maps are grouped into five key areas for convenience purposes:

- Smoke-free environment and behaviour (5 indicators);
- Nutrition and alcohol (6 indicators);
- Physical health (8 indicators);
- Free of chronic conditions (9 indicators); and,
- Emotional/psychological/social wellness (11 indicators).

Each indicator is mapped based on positive responses to the questions asked. Five demographic groups are considered so that comparisons can be made among the 16 Health Service Delivery Areas

(HSDA), similar to the main BC Atlas of Wellness.

The five groups (with sample sizes) are as follows:

- age 65 and over (3164)
- males age 65 and over (1333)
- females age 65 and over (1831)
- age 65 to 74 (1656)
- age 75 and over (1508)























































































Tables also accompany the maps so that it is possible to compare the following groups for significant differences, both at the provincial level, and at the individual Health Service Delivery Area level as follows:


- age 65 and over compared with those between age 20 to 64
- males age 65 and over compared with females age 65 and over
- age 65 to 74 compared with those age 75 and over

A short section summarizes the results and patterns that emerge from the five key areas in this supplement. Further discussion of seniors' wellness issues in British Columbia is available in Denise Cloutier-Fisher, Leslie T. Foster and David Hultsch (Eds.), *Health and Aging in B. C.: Vulnerability and Resilience*, Western Geographical Press, University of Victoria, 2008.

The following two pages provide a guide to interpreting the tables and maps contained within this Supplement.

Sample data – how to interpret the maps

Health Service Delivery Area	All respondents Ages 65+ (%)	Males 65+ (%)	Females 65+ (%)	All Ages 65-74	All Ages 75+	All Ages 20-64
32 Vancouver	 68.34‡	 72.40	 61.54	 75.17	 61.25	 83.62
31 Richmond	 67.57	 73.55	 60.34	 72.76	F	 82.68
23 Fraser South	 66.57‡	 69.55	 58.35	 76.84*	 53.67	 83.33
33 North Shore/Coast Garibaldi	 66.48‡	 73.89	 56.72	 77.20*	 55.33	 84.06
41 South Vancouver Island	 66.38‡	 62.79	 66.54	 81.24*	 52.66	 84.57
43 North Vancouver Island	 63.61	 61.93	 55.28	 71.79	 50.64	 78.71
52 Northern Interior	 62.77‡	F	 62.69	 68.18	 55.12	 83.23
51 Northwest	 62.03	 81.27	F	F	F	 75.98
22 Fraser North	 61.22‡	 66.10	 52.95	 72.06*	 48.08	 81.80
11 East Kootenay	 60.98‡	 71.80	 47.23	 70.87	F	 80.99
42 Central Vancouver Island	 59.97‡	 67.65‡	 49.15	 67.23	 50.28	 79.50
21 Fraser East	 59.58‡	 59.68	 55.93	 68.97*	 48.06	 81.74
13 Okanagan	 59.14‡	 56.21	 56.77	 70.45*	 48.48	 80.66
14 Thompson Cariboo Shuswap	 58.14‡	 57.28	 56.98	 65.93*	 42.99	 83.50
12 Kootenay Boundary	 55.34‡	F	 62.03	 69.20	F	 80.09
53 Northeast	 53.87‡	F	 38.48E	 57.77	F	 77.92
99 Province	63.31‡	65.54‡	57.47	72.67*	52.03	82.35

‡ 65+ age group differs significantly from 20-64 age group. † males differ significantly from females. * 65-74 age group differs significantly from 75+ age group. E interpret data with caution (16.77 < coefficient of variation < 33.3). F data suppressed (n < 30, or coefficient of variation > 33.3).  HSDA rate differs significantly from the Provincial rate.

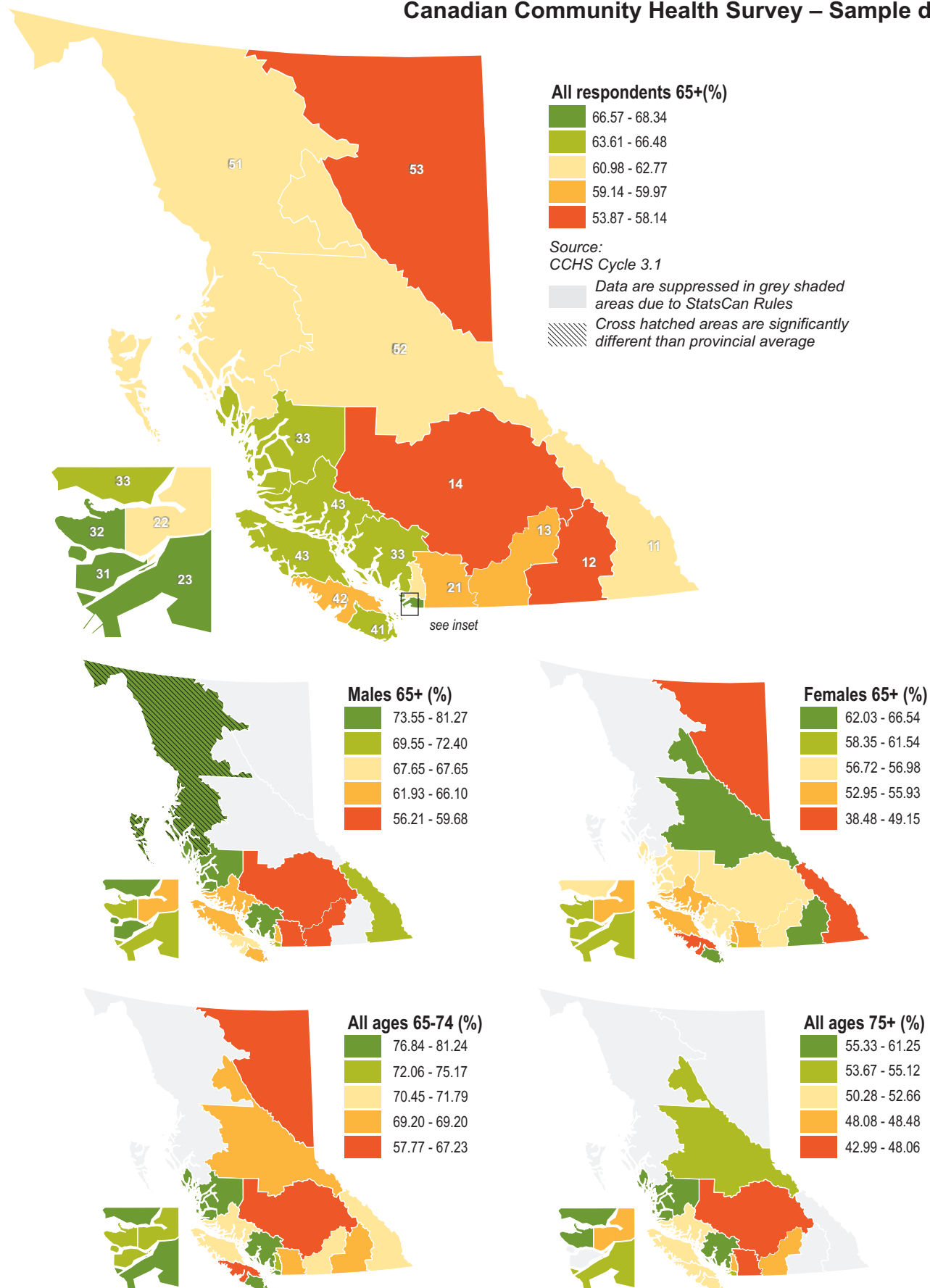
The five maps plot, by quintile, the values in percent (%) for HSDA cohorts who answered the CCHS Cycle 3.1 question in a positive way from a wellness asset perspective. The colour index at the side of the maps provides the range of the values of the five quintiles used for mapping. For example, the DARK GREEN or highest wellness quintile has a range of 66.57% – 68.34% for the larger top map and includes the three HSDAs (Vancouver, Richmond and Fraser South) with the highest values; the next highest quintile, in LIGHT GREEN, has a range of 63.61%–66.48% and includes the three HSDAs with the next highest values; the middle quintile (which has four HSDAs because the 16 HSDAs cannot be divided into five equal groupings) contains the four HSDAs with the middle values which are coloured BEIGE; the next three HSDAs are coloured ORANGE and have lower values than the middle group; and finally the three HSDAs with the lowest values are RED and have a range of 53.87% - 58.14%% (Thompson Cariboo Shuswap, Kootenay Boundary and Northeast). When HSDAs are GREY it indicates that data are not available for mapping, usually because the sample size is too small (less than 30) to report for that HSDA (see map at bottom left opposite). This follows the convention developed by Statistics Canada for these survey data

CROSSHATCHED HSDAs have values that are significantly different statistically from the overall provincial value (see Northwest in the Males 65+, which is significantly higher than the provincial average). An inset for the lower mainland HSDAs is provided; although these have a small land mass, this is where the majority of the province's population resides.

Four smaller maps below the larger map focus on characteristics of the CCHS respondents. The first two look at the patterns for males and females individually, and also note by CROSSHATCHING any HSDAs that have statistically significantly higher or lower values than the provincial average by gender (see Northwest as mentioned previously). The second two maps focus on. One looks at the younger seniors ages 65 - 74, while the other looks at the 75 and over seniors' cohort. The table above supports the maps opposite. Using the same colour scheme and hatching symbols as the maps, the left hand column shows the values of the HSDAs from highest to lowest. The other columns keep the HSDA order of the left hand column and provide the actual data for each HSDA by gender and for three separate age cohorts. The “dagger” symbol (†) indicates that there is a statistically significant difference between males and females within a particular HSDA; the “double dagger” (‡) indicates there is a significant difference between the 65+ cohort and the 20 to 64 cohort within the HSDA, and an asterisk (*) indicates a significant difference in the two senior age cohorts. No separate map is provided for the population aged 20-64 years because of space constraints. The symbol F denotes that the sample size is less than 30 or has a very high coefficient of variation, and the symbol E denotes caution in interpretation because of a high coefficient of variation.

This allows the user to get a more complete picture of any of the wellness related indicators mapped and provides a tabular mosaic of the values of the indicator by HSDA.

Canadian Community Health Survey – Sample data





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Smoke-free environment and behaviour

The 25 maps and 5 tables contained within this section explore the variations in the smoke-free behaviours and environments throughout the province.

Although BC has the lowest smoking rates in Canada, smoking behaviour and second-hand or environmental tobacco smoke are the major causes and contributors to many key diseases and illnesses and tobacco is still the greatest preventable cause of ill health in the province. It has been estimated that smokers who quit can realize a

reversal of the deleterious effects fairly quickly after quitting. Not only are current smokers at risk of ill health but so are those who inhale others' exhaled smoke and in the last year BC has moved to ensure more smoke-free environments in the province.

Being a non-smoker, living in a non-smoking household and/or apartment complex, having enforced smoking restrictions in public places and vehicles and places of work and entertainment are all important assets for wellness.

Presently non-smoker

Health Service Delivery Area		All respondents Ages 65+(%)	Males 65+(%)	Females 65+(%)	All Ages 65-74	All Ages 75+	All Ages 20-64
31	Richmond	94.20‡	98.89†	90.17	95.69	91.25	85.92
33	North Shore/Coast Garibaldi	94.19‡	94.43	93.99	92.31	96.14	81.55
43	North Vancouver Island	92.44‡	100.00†	85.10	90.50	95.52	75.05
13	Okanagan	91.90‡	93.10	90.86	89.46	94.20	76.35
23	Fraser South	91.82‡	94.50	89.78	88.01*	96.61	79.52
42	Central Vancouver Island	91.29‡	90.99	91.56	89.07	94.26	78.56
41	South Vancouver Island	90.83‡	91.86	90.03	86.25	95.07	80.63
21	Fraser East	90.41‡	85.06	94.97	84.24*	97.99	77.79
22	Fraser North	90.03	87.71	91.93	88.20	92.24	84.33
32	Vancouver	88.82‡	86.12	91.08	87.23	90.48	79.85
11	East Kootenay	88.72‡	91.20	86.32	86.23	92.58	74.96
12	Kootenay Boundary	88.10‡	91.94	84.65	83.02	93.79	73.75
14	Thompson Cariboo Shuswap	87.99‡	87.91	88.06	85.91	92.04	74.54
51	Northwest	87.97	87.21	88.76	81.68*	100.00	75.72
53	Northeast	82.94	82.34	83.54	73.95*	98.64	66.01
52	Northern Interior	77.61	77.56	77.66	77.88	77.23	72.39
99	Province	90.45‡	90.54	90.37	87.71*	93.75	79.26

‡ 65+ age group differs significantly from 20-64 age group. † males differ significantly from females. * 65-74 age group differs significantly from 75+ age group. E interpret data with caution (16.77 < coefficient of variation < 33.3). F data suppressed (n < 30, or coefficient of variation > 33.3). ▨ HSDA rate differs significantly from the Provincial rate.

CCHS Question

At the present time, do you smoke cigarettes daily, occasionally or not at all?

Key Points**At the Provincial level:**

- Senior respondents (ages 65+) have a significantly higher rate of presently being a non-smoker than the 20-64 age cohort.
- Males ages 65+ have no significantly different rate than the female ages 65+ cohort.
- Younger senior respondents (ages 65-74) have a significantly lower rate than the older (75+) age cohort.

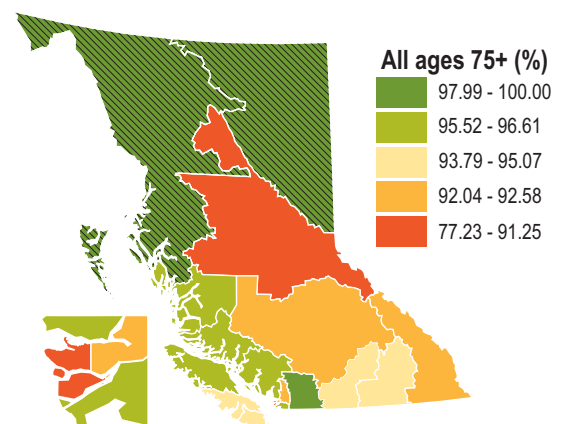
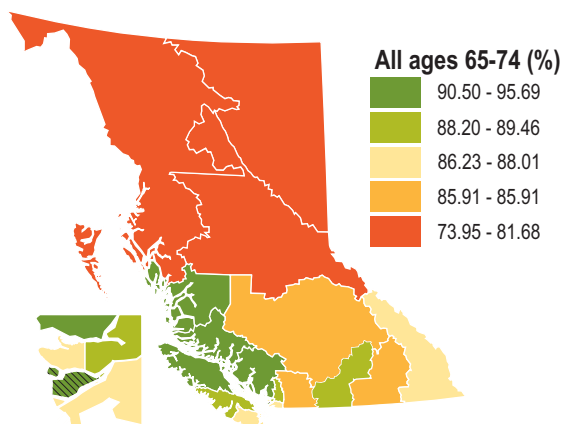
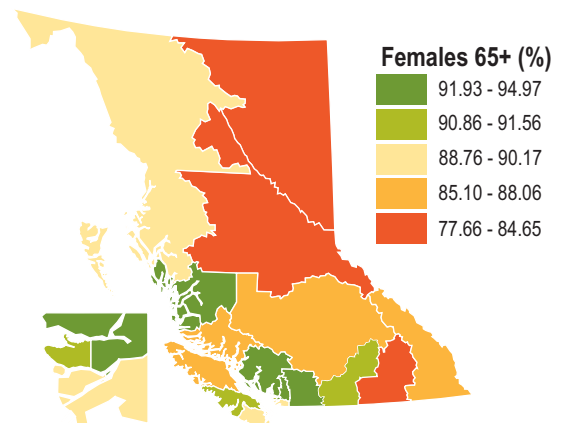
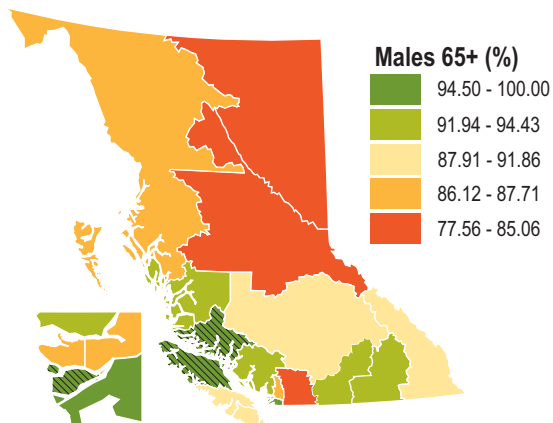
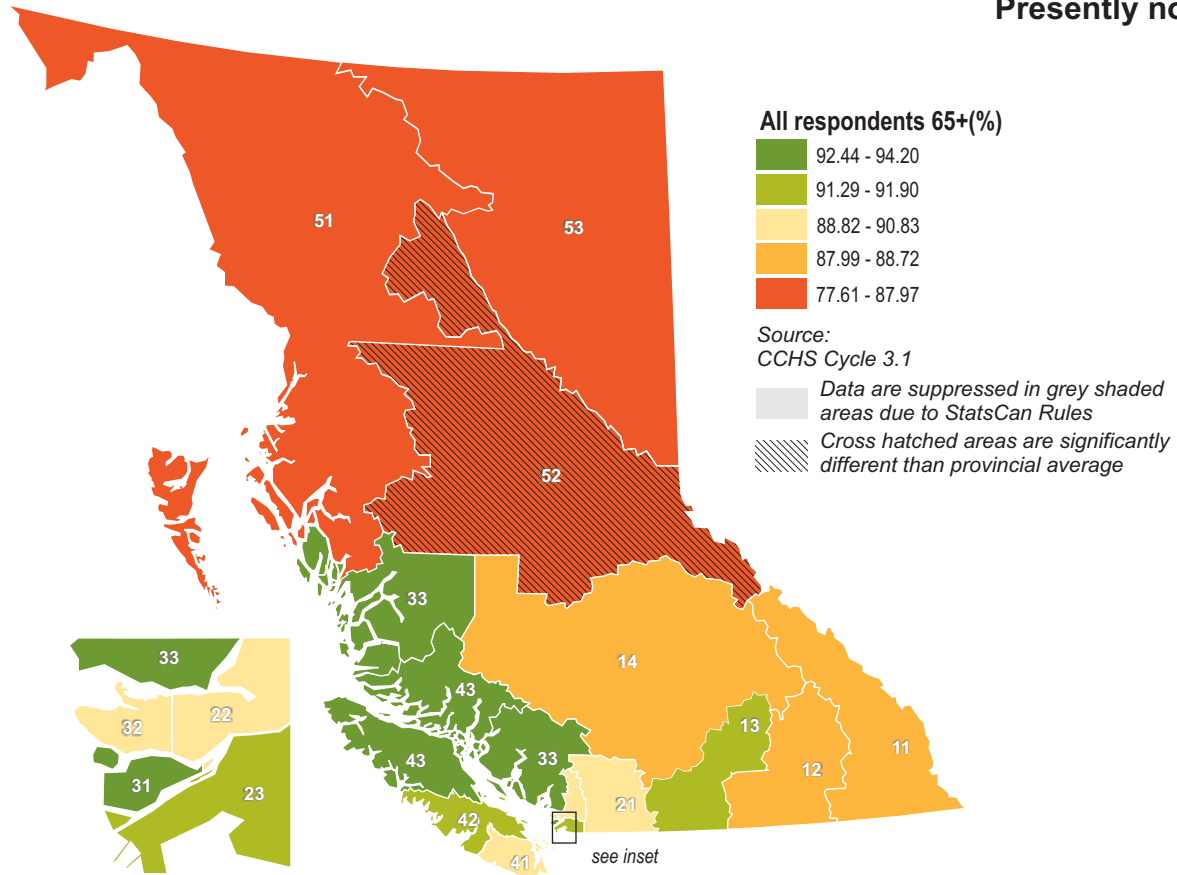
At the HSDA level:

- For all seniors, there is no HSDA significantly higher, and there is one HSDA significantly lower than the Provincial rate.
- For male seniors, there are 2 HSDAs significantly higher, and there is no HSDA significantly lower than the Provincial rate.
- For female seniors, no HSDA differs significantly from the Provincial rate.
- For younger seniors, there is one HSDA significantly higher, and there is no HSDA significantly lower than the Provincial rate.
- For older seniors, there are 2 HSDAs significantly higher, and there is no HSDA significantly lower than the Provincial rate.

Within HSDAs:

- For all seniors, there are 12 HSDAs significantly higher, and there is no HSDA significantly lower than their respective 20-64 age cohort.
- For male seniors, there are 2 HSDAs significantly higher, and there is no HSDA significantly lower than their respective female age cohort.
- For younger seniors, there is no HSDA significantly higher, and there are 4 HSDAs significantly lower than their respective older age cohort.

Smoke-free environment and behaviour 13
Presently non-smoker



Smoke-free home environment

Health Service Delivery Area		All respondents Ages 65+(%)	Males 65+(%)	Females 65+(%)	All Ages 65-74	All Ages 75+	All Ages 20-64
33	North Shore/Coast Garibaldi	97.91‡	95.50	100.00	95.88	100.00	90.12
32	Vancouver	96.85	96.33	97.31	97.52	96.16	95.96
42	Central Vancouver Island	96.56‡	96.00	97.10	95.94	97.40	91.14
13	Okanagan	95.91	94.82	96.89	95.72	96.09	90.73
41	South Vancouver Island	95.65	94.18	96.81	94.37	96.78	96.16
22	Fraser North	95.57	94.29	96.67	96.04	95.01	93.21
23	Fraser South	95.48	95.32	95.60	93.13	98.36	92.27
51	Northwest	95.28	94.08	96.54	92.72	100.00	85.96
21	Fraser East	95.18	90.94	98.82	92.95	97.88	90.41
43	North Vancouver Island	93.65	97.39	89.78	91.89	96.51	89.70
31	Richmond	92.01	97.88	86.68	88.84	98.41	93.54
11	East Kootenay	91.78	88.60	94.92	88.70	96.32	85.62
14	Thompson Cariboo Shuswap	91.73	90.93	92.52	91.02	93.15	88.66
12	Kootenay Boundary	91.65	92.24	91.11	84.33*	100.00	91.20
53	Northeast	89.21	F	88.29	85.75	94.98	78.27
52	Northern Interior	84.01	78.35	90.32	83.23	85.11	86.15
99	Province	95.08‡	94.17	95.88	93.72*	96.69	91.96

‡ 65+ age group differs significantly from 20-64 age group. † males differ significantly from females. * 65-74 age group differs significantly from 75+ age group. E interpret data with caution (16.77 < coefficient of variation < 33.3). F data suppressed (n < 30, or coefficient of variation > 33.3). HSDA rate differs significantly from the Provincial rate.

CCHS Question

Including both household members and regular visitors, does anyone smoke inside your home every day or almost every day?

Key Points**At the Provincial level:**

- Senior respondents (ages 65+) have a significantly higher rate of having a smoke-free home environment than the 20-64 age cohort.
- Males ages 65+ have no significantly different rate than the female ages 65+ cohort.
- Younger senior respondents (ages 65-74) have a significantly lower rate than the older (75+) age cohort.

At the HSDA level:

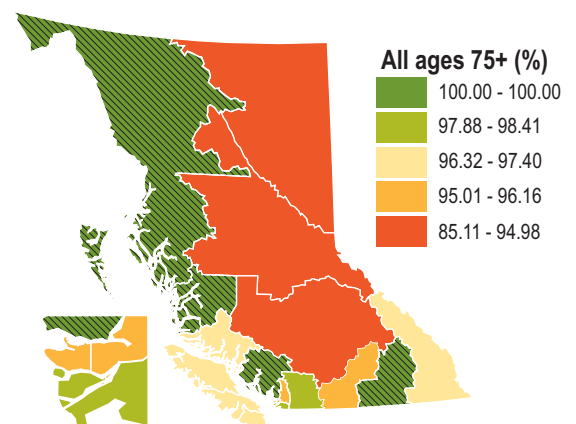
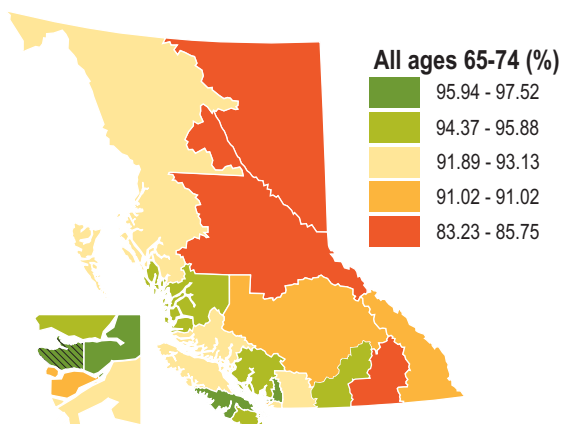
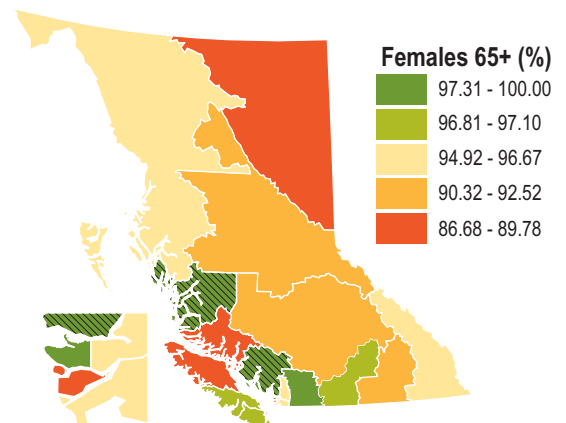
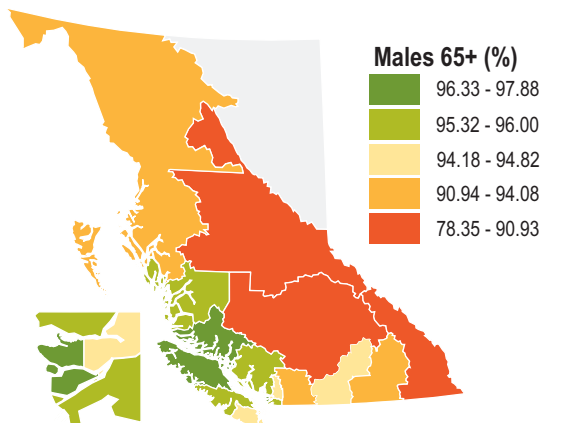
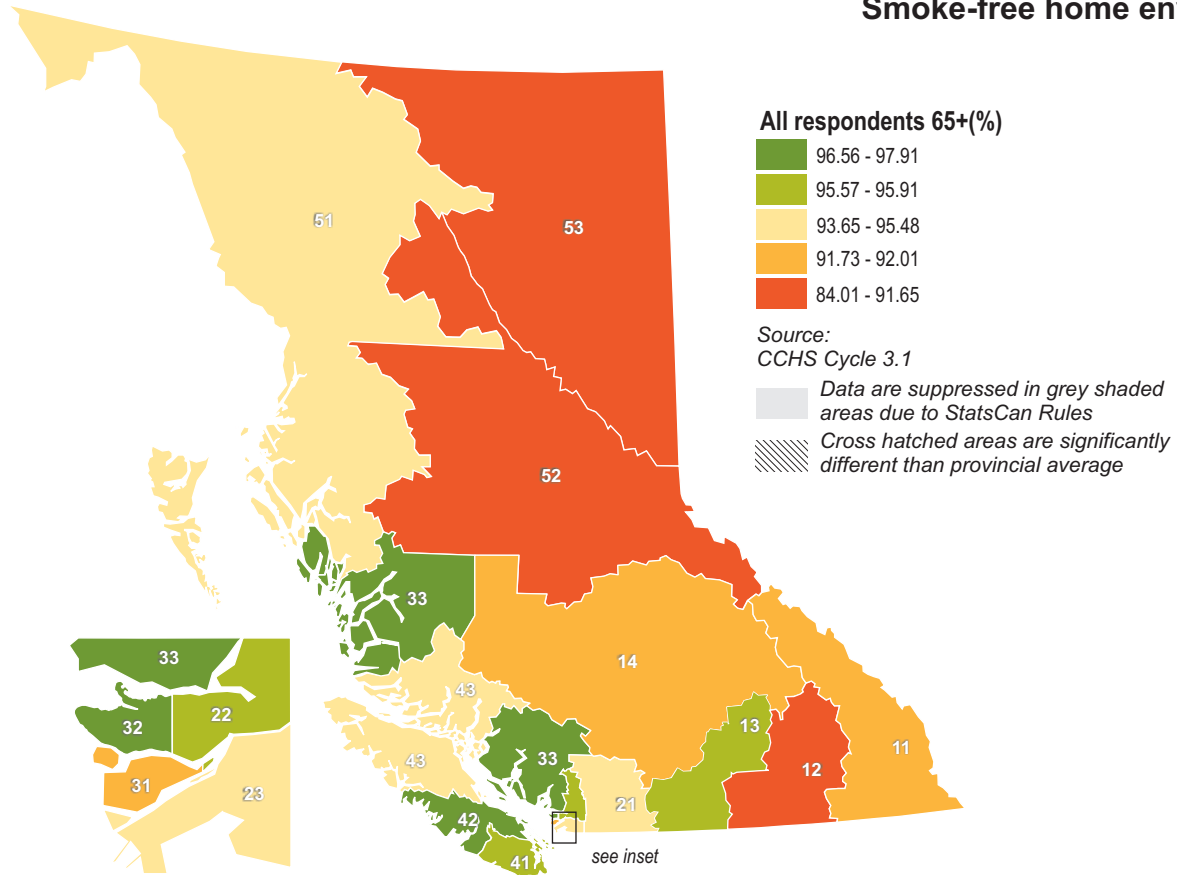
- For all seniors, no HSDA differs significantly from the Provincial rate.
- For male seniors, no HSDA differs significantly from the Provincial rate.
- For female seniors, there is one HSDA significantly higher, and there is no HSDA significantly lower than the Provincial rate.
- For younger seniors, there is one HSDA significantly higher, and there is no HSDA significantly lower than the Provincial rate.
- For older seniors, there are 3 HSDAs significantly higher, and there is no HSDA significantly lower than the Provincial rate.

Within HSDAs:

- For all seniors, there are 2 HSDAs significantly higher, and there is no HSDA significantly lower than their respective 20-64 age cohort.
- For male seniors, no HSDA differs significantly from its respective female age cohort.
- For younger seniors, there is no HSDA significantly higher, and there is one HSDA significantly lower than its respective older age cohort.

Smoke-free environment and behaviour 15

Smoke-free home environment



Smok-free environment in frequented public places in the past month

Health Service Delivery Area		All respondents Ages 65+(%)	Males 65+(%)	Females 65+(%)	All Ages 65-74	All Ages 75+	All Ages 20-64
51	Northwest	98.42	96.86	100.00	97.40	100.00	94.58
12	Kootenay Boundary	97.65	100.00	95.35	95.27	100.00	92.51
33	North Shore/Coast Garibaldi	97.55‡	97.40	97.68	96.31	98.78	89.88
31	Richmond	96.96	100.00	94.09	97.53	95.79	91.72
42	Central Vancouver Island	96.79	95.31	98.15	95.04	98.99	91.23
14	Thompson Cariboo Shuswap	96.30‡	94.53	98.02	96.63	95.69	86.87
21	Fraser East	96.05‡	97.40	95.02	95.46	96.67	88.79
43	North Vancouver Island	95.88	93.92	98.12	97.26	93.82	90.73
13	Okanagan	95.43	94.47	96.28	96.89	94.12	89.19
41	South Vancouver Island	95.33	94.95	95.64	93.98	96.47	92.22
53	Northeast	95.06	F	97.34	91.29	100.00	83.62
11	East Kootenay	94.58	98.34	90.73	93.86	95.60	84.65
22	Fraser North	94.04	96.59	92.04	91.93	96.49	90.99
32	Vancouver	93.62	95.64	92.03	93.85	93.39	89.70
52	Northern Interior	92.47	91.99	92.93	97.34	85.86	91.22
23	Fraser South	91.54	88.53	93.97	90.56	92.67	85.00
99	Province	94.94‡	94.98	94.91	94.49	95.45	89.39

‡ 65+ age group differs significantly from 20-64 age group. † males differ significantly from females. * 65-74 age group differs significantly from 75+ age group. E interpret data with caution (16.77 < coefficient of variation < 33.3). F data suppressed (n < 30, or coefficient of variation > 33.3). ▨ HSDA rate differs significantly from the Provincial rate.

CCHS Question

In the past month were you exposed to second-hand smoke every day or almost everyday in public places (such as bars, restaurants, shopping malls, arenas, bingo halls, bowling alleys)?

Key Points**At the Provincial level:**

- Senior respondents (ages 65+) have a significantly higher rate of being in a smoke-free environment in frequented public places in the past month than the 20-64 age cohort.
- Males ages 65+ have no significantly different rate than the female ages 65+ cohort.
- Younger senior respondents (ages 65-74) have no significantly different rate than the older (75+) age cohort.

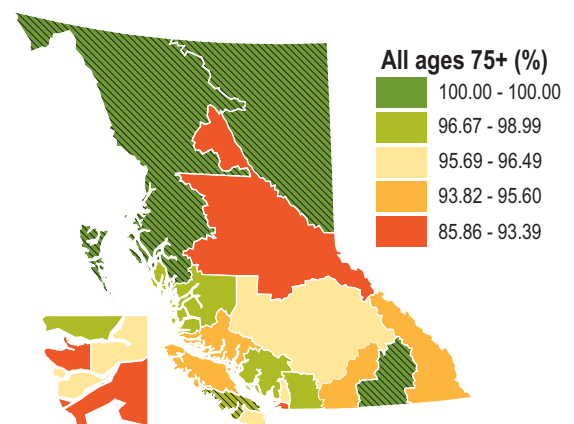
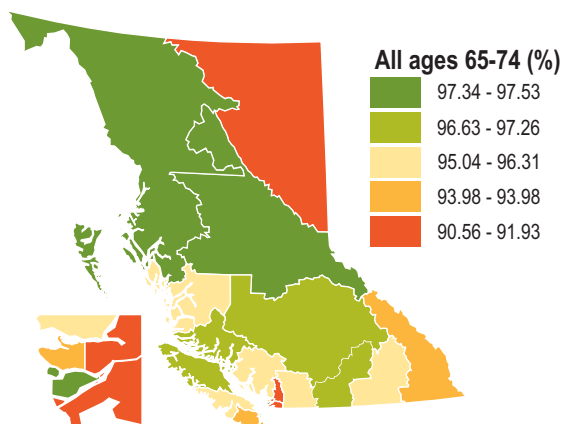
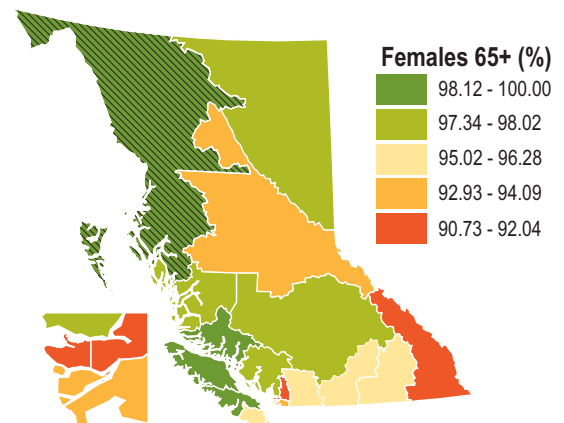
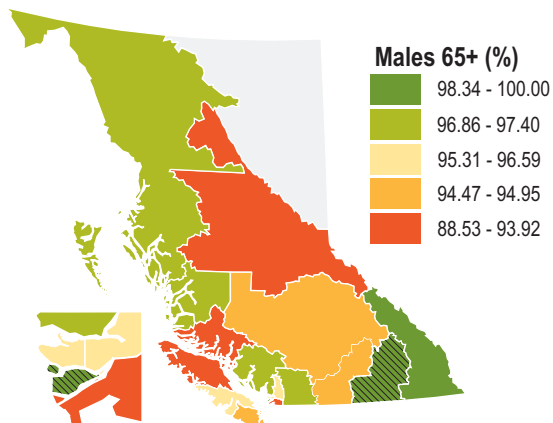
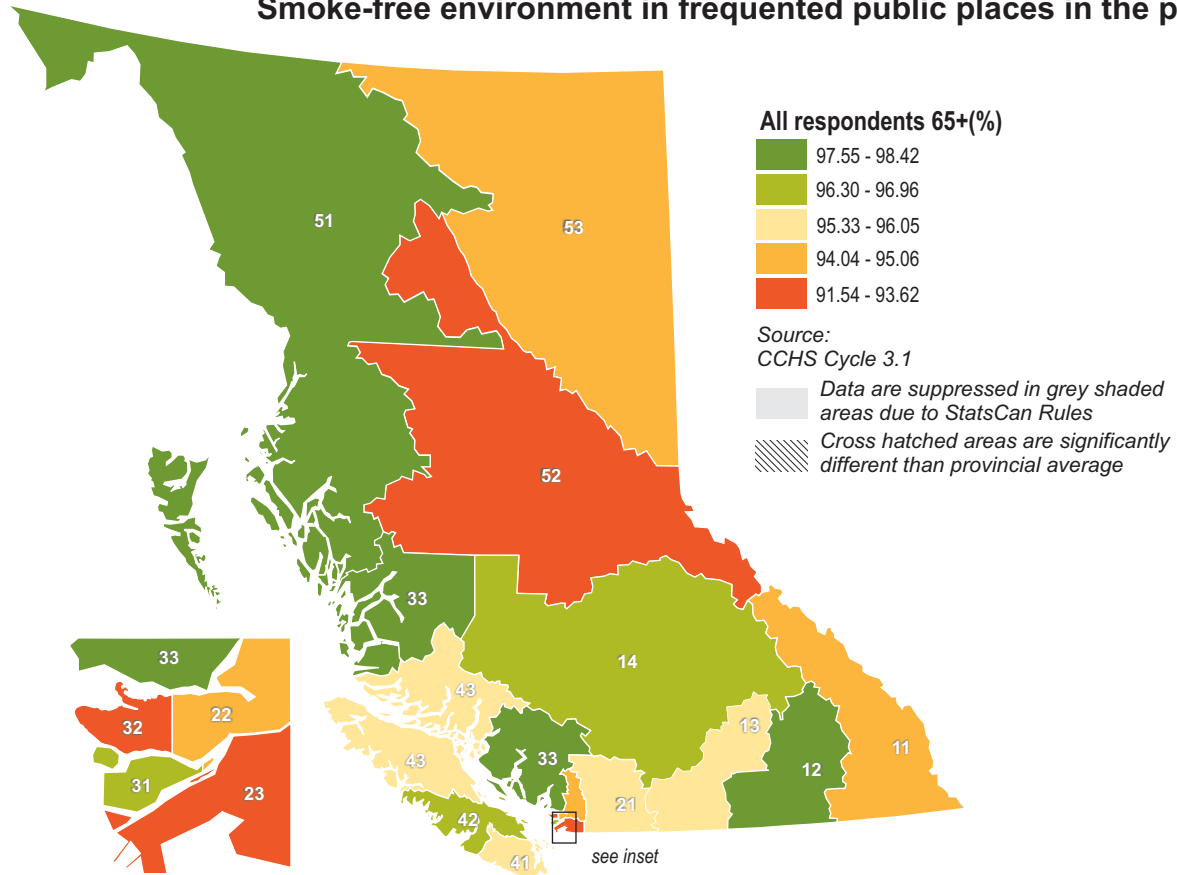
At the HSDA level:

- For all seniors, no HSDA differs significantly from the Provincial rate.
- For male seniors, there are 2 HSDAs significantly higher, and there is no HSDA significantly lower than the Provincial rate.
- For female seniors, there is one HSDA significantly higher, and there is no HSDA significantly lower than the Provincial rate.
- For younger seniors, no HSDA differs significantly from the Provincial rate.
- For older seniors, there are 4 HSDAs significantly higher, and there is no HSDA significantly lower than the Provincial rate.

Within HSDAs:

- For all seniors, there are 3 HSDAs significantly higher, and there is no HSDA significantly lower than their respective 20-64 age cohort.
- For male seniors, no HSDA differs significantly from its respective female age cohort.
- For younger seniors, no HSDA differs significantly from its respective older age cohort.

Smoke-free environment in frequented public places in the past month



Smoke-free vehicle environment

Health Service Delivery Area		All respondents Ages 65+(%)	Males 65+(%)	Females 65+(%)	All Ages 65-74	All Ages 75+	All Ages 20-64
33	North Shore/Coast Garibaldi	100.00‡	100.00	100.00	100.00	100.00	97.04
51	Northwest	100.00‡	100.00	100.00	100.00	100.00	88.67
31	Richmond	99.51	98.98	100.00	99.27	100.00	97.18
22	Fraser North	99.14	98.61	99.55	99.53	98.68	95.71
42	Central Vancouver Island	98.95‡	98.60	99.26	98.80	99.13	94.26
23	Fraser South	98.51‡	98.11	98.84	98.26	98.79	93.41
41	South Vancouver Island	98.44	100.00	97.21	97.62	99.13	97.57
53	Northeast	98.23	100.00	96.47	100.00	95.90	88.07
13	Okanagan	97.86	97.01	98.61	97.01	98.61	94.60
32	Vancouver	97.64	97.35	97.87	96.21	99.07	95.43
43	North Vancouver Island	97.01‡	96.90	97.14	95.77	98.87	85.58
12	Kootenay Boundary	96.64	100.00	93.35	93.24	100.00	95.04
11	East Kootenay	96.36	97.09	95.61	93.83	100.00	91.30
21	Fraser East	96.29	93.16	98.67	96.47	96.09	91.38
14	Thompson Cariboo Shuswap	95.16	95.45	94.88	92.76*	99.53	93.70
52	Northern Interior	91.95	89.64	94.24	91.05	93.18	90.19
99	Province	98.00‡	97.73	98.23	97.31	98.78	94.39

‡ 65+ age group differs significantly from 20-64 age group. † males differ significantly from females. * 65-74 age group differs significantly from 75+ age group. E interpret data with caution (16.77 < coefficient of variation < 33.3). F data suppressed (n < 30, or coefficient of variation > 33.3). HSDA rate differs significantly from the Provincial rate.

CCHS Question

In the past month were you exposed to second-hand smoke every day or almost every day in a car or private vehicle?

Key Points**At the Provincial level:**

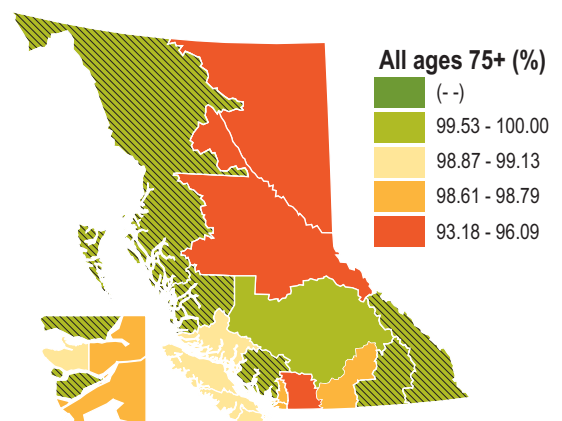
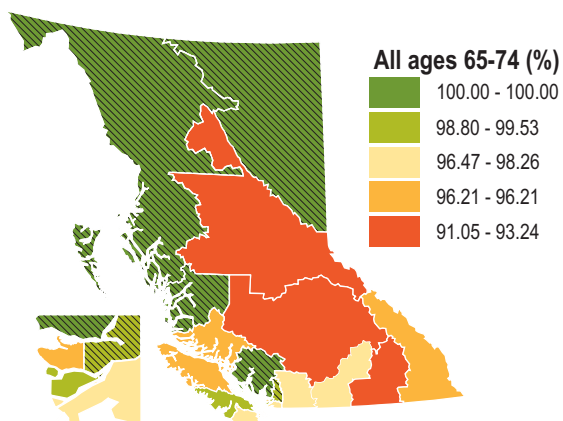
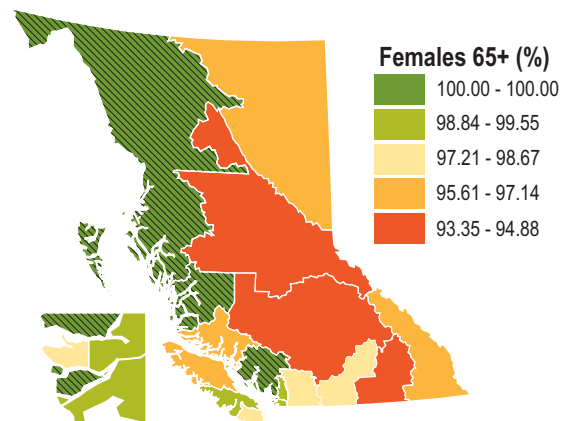
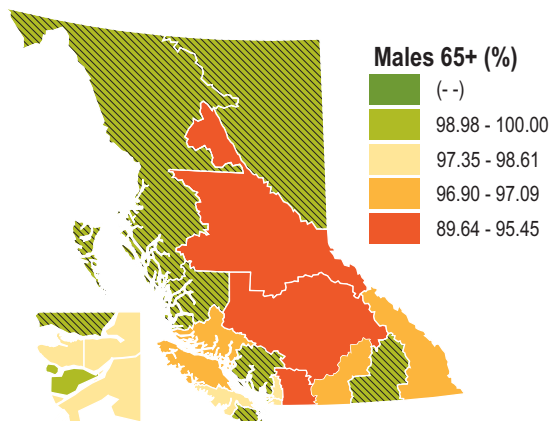
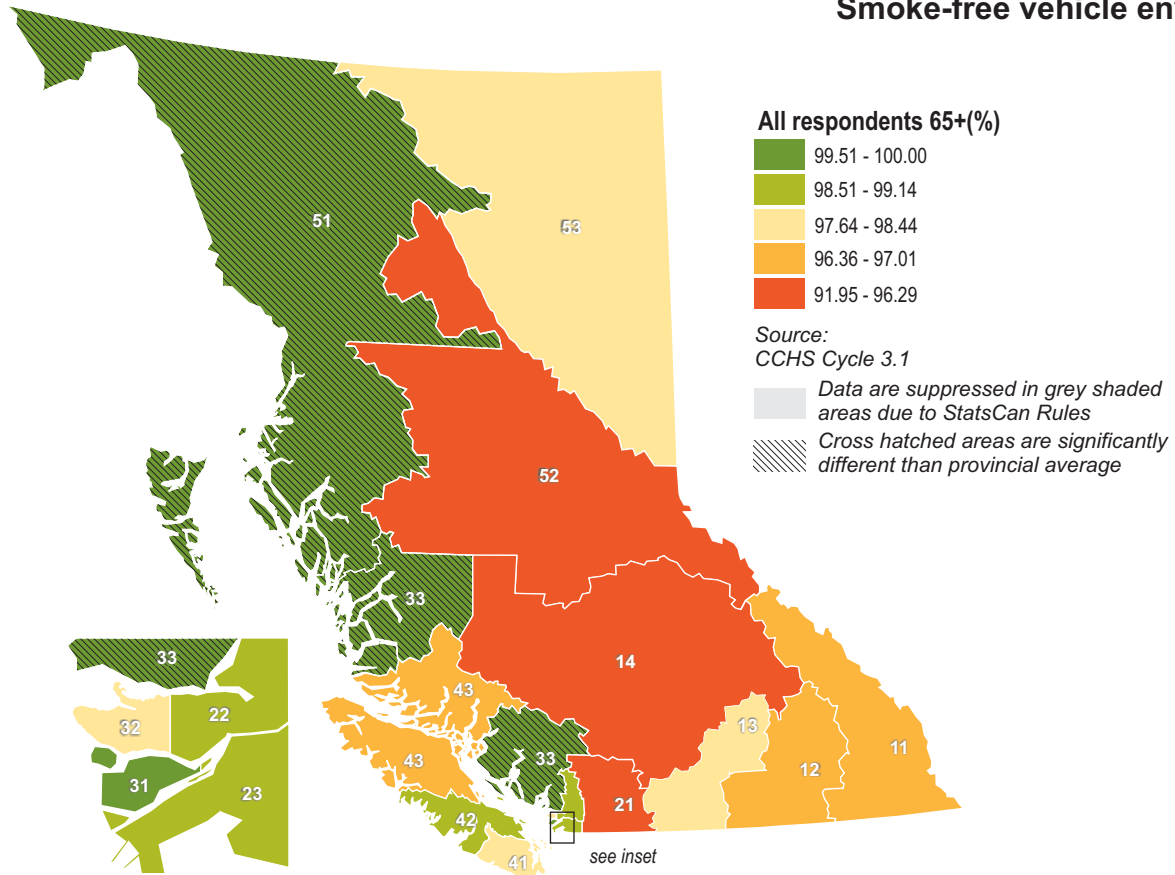
- Senior respondents (ages 65+) have a significantly higher rate of having a smoke-free vehicle environment than the 20-64 age cohort.
- Males ages 65+ have no significantly different rate than the female ages 65+ cohort.
- Younger senior respondents (ages 65-74) have no significantly different rate than the older (75+) age cohort.

At the HSDA level:

- For all seniors, there are 2 HSDAs significantly higher, and there is no HSDA significantly lower than the Provincial rate.
- For male seniors, there are 5 HSDAs significantly higher, and there is no HSDA significantly lower than the Provincial rate.
- For female seniors, there are 3 HSDAs significantly higher, and there is no HSDA significantly lower than the Provincial rate.
- For younger seniors, there are 4 HSDAs significantly higher, and there is no HSDA significantly lower than the Provincial rate.
- For older seniors, there are 5 HSDAs significantly higher, and there is no HSDA significantly lower than the Provincial rate.

Within HSDAs:

- For all seniors, there are 5 HSDAs significantly higher, and there is no HSDA significantly lower than their respective 20-64 age cohort.
- For male seniors, no HSDA differs significantly from its respective female age cohort.
- For younger seniors, there is no HSDA significantly higher, and there is one HSDA significantly lower than its respective older age cohort.

Smoke-free vehicle environment

Some restriction against smoking cigarettes in home

Health Service Delivery Area		All respondents Ages 65+(%)	Males 65+(%)	Females 65+(%)	All Ages 65-74	All Ages 75+	All Ages 20-64
21	Fraser East	83.56	81.00	85.73	80.28	87.57	83.81
13	Okanagan	83.04	84.19	82.05	83.78	82.35	82.86
43	North Vancouver Island	81.61	81.55	81.66	83.79	78.15	89.21
42	Central Vancouver Island	79.52	73.36	85.23	77.88	81.71	84.62
51	Northwest	79.42	85.64	73.01	79.71	F	79.41
41	South Vancouver Island	78.89	79.76	78.21	77.30	80.36	86.90
23	Fraser South	78.51	77.87	79.00	78.25	78.84	81.15
33	North Shore/Coast Garibaldi	76.17	76.41	75.96	78.58	73.66	83.02
14	Thompson Cariboo Shuswap	75.65	77.87	73.47	78.86	69.40	81.85
22	Fraser North	73.39	73.11	73.61	80.03	65.34	78.05
12	Kootenay Boundary	72.65	65.14	79.41	69.85	75.79	79.20
31	Richmond	69.84	78.75	62.17	69.98	69.57	79.29
11	East Kootenay	68.23	69.21	67.28	68.16	68.33	81.35
32	Vancouver	66.84	69.62	64.53	65.79	67.94	74.05
53	Northeast	52.70	F	51.75E	49.04E	59.08	70.59
52	Northern Interior	51.81†	F	54.72	50.75	53.31	74.68
99	Province	75.52†	75.60	75.45	75.86	75.11	80.38

† 65+ age group differs significantly from 20-64 age group. † males differ significantly from females. * 65-74 age group differs significantly from 75+ age group. E interpret data with caution (16.77 < coefficient of variation < 33.3). F data suppressed (n < 30, or coefficient of variation > 33.3). HSDA rate differs significantly from the Provincial rate.

CCHS Question

Are there any restrictions against smoking cigarettes in your home?

Key Points**At the Provincial level:**

- Senior respondents (ages 65+) have a significantly lower rate of having some restriction against smoking cigarettes in their home than the 20-64 age cohort.
- Males ages 65+ have no significantly different rate than the female ages 65+ cohort.
- Younger senior respondents (ages 65-74) have no significantly different rate than the older (75+) age cohort.

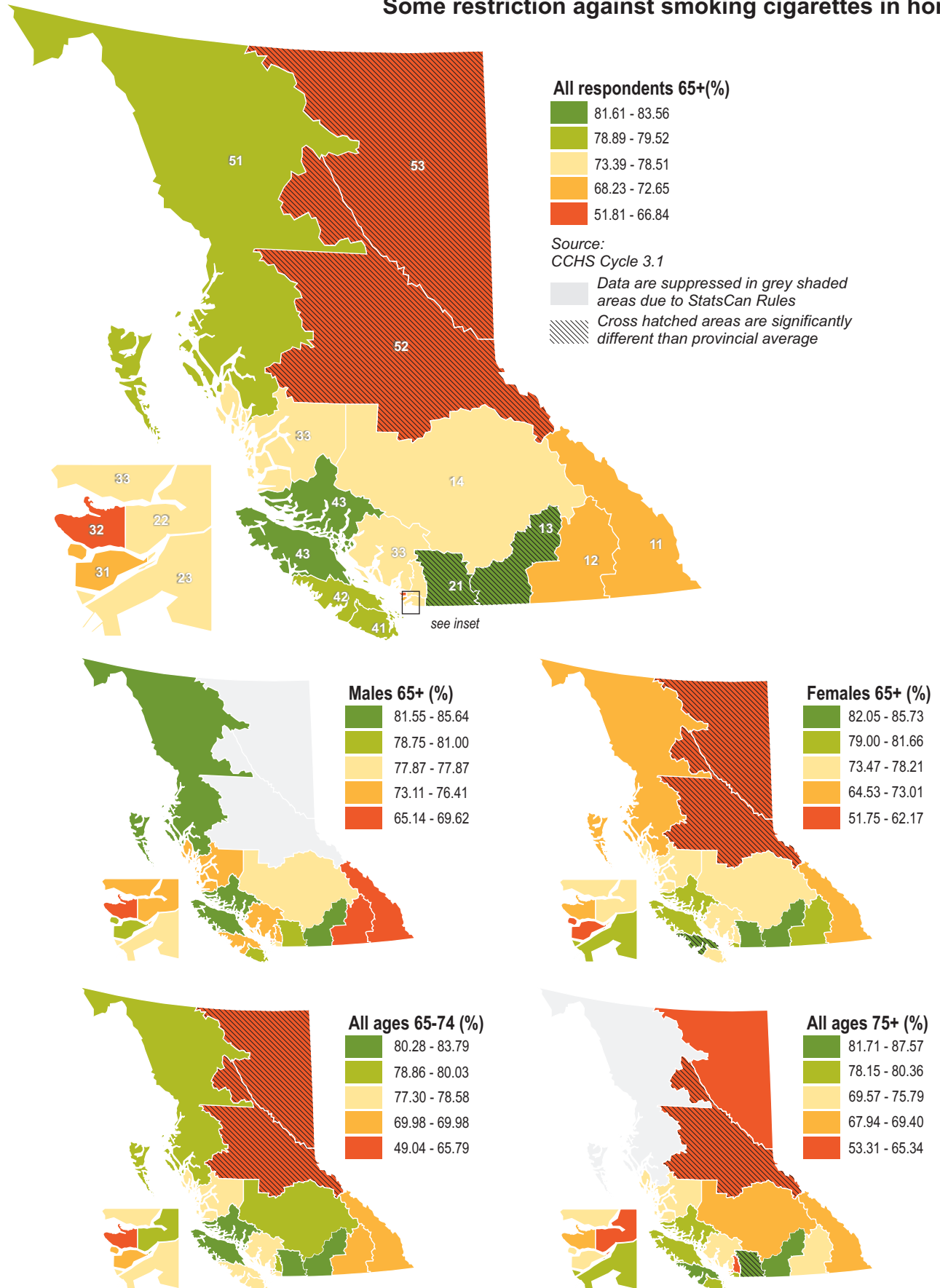
At the HSDA level:

- For all seniors, there are 2 HSDAs significantly higher, and there are 2 HSDAs significantly lower than the Provincial rate.
- For male seniors, no HSDA differs significantly from the Provincial rate.
- For female seniors, there is one HSDA significantly higher, and there are 2 HSDAs significantly lower than the Provincial rate.
- For younger seniors, there is no HSDA significantly higher, and there are 2 HSDAs significantly lower than the Provincial rate.
- For older seniors, there is one HSDA significantly higher, and there is one HSDA significantly lower than the Provincial rate.

Within HSDAs:

- For all seniors, there is no HSDA significantly higher, and there is one HSDA significantly lower than its respective 20-64 age cohort.
- For male seniors, no HSDA differs significantly from its respective female age cohort.
- For younger seniors, no HSDA differs significantly from its respective older age cohort.

Some restriction against smoking cigarettes in home





3

Nutrition and alcohol

The 30 maps and 6 tables within this section show the variations within the province in indicators related to food security, nutrition and healthy drinking.

Food security exists when all people, at all times, have ready and economic access to sufficient, safe, and nutritious food to meet their dietary needs and food preferences for active and healthy living. There have been growing concerns about a host of food security and nutrition issues in the past decade including increasing publicity and concern about an obesity epidemic. Being obese or overweight increases the risks of health problems, including

Type 2 diabetes, hypertension, cardiovascular disease, some types of cancer, osteoarthritis, gallbladder disease, and functional limitation, among others. Being underweight may be an indication of an underlying illness or an eating disorder and may also cause osteoporosis. Binge drinking, defined as having five or more drinks in one session, is unhealthy behaviour and is also included in this section.

Being a healthy weight (Body Mass Index between 18.5 and 24.9), having access to nutritious food and avoiding binge drinking are all important wellness assets.

Always able to afford to eat balanced meals in the last year

Health Service Delivery Area	All respondents Ages 65+(%)	Males 65+(%)	Females 65+(%)	All Ages 65-74	All Ages 75+	All Ages 20-64
43 North Vancouver Island	96.49	95.65	97.31	97.61	94.71	90.74
11 East Kootenay	95.76	96.59	94.95	96.09	95.24	89.39
12 Kootenay Boundary	94.89	97.42	92.62	97.22	92.29	90.54
53 Northeast	94.89	94.98	94.80	97.22	90.81	94.79
13 Okanagan	94.45	92.83	95.86	92.02	96.74	88.70
41 South Vancouver Island	94.18	93.65	94.59	95.47	92.98	90.15
33 North Shore/Coast Garibaldi	94.03	95.60	92.71	98.49	89.39	90.40
42 Central Vancouver Island	93.43	93.24	93.60	94.04	92.60	90.55
31 Richmond	92.68	96.60	89.31	90.81	96.41	92.77
23 Fraser South	92.39	90.30	93.97	94.94	89.18	91.24
32 Vancouver	91.84	88.85	94.33	93.69	89.92	88.40
51 Northwest	91.76	94.62	88.81	92.29	F	88.74
21 Fraser East	90.94	91.24	90.68	89.96	92.14	88.90
52 Northern Interior	89.81	86.74	92.97	96.77	79.96	91.77
22 Fraser North	89.66	92.89	87.01	93.41	85.12	92.16
14 Thompson Cariboo Shuswap	89.35	86.09	92.54	90.76	86.59	92.56
99 Province	92.56	92.12	92.94	93.94	90.89	90.54

‡ 65+ age group differs significantly from 20-64 age group. † males differ significantly from females. * 65-74 age group differs significantly from 75+ age group. E interpret data with caution (16.77 < coefficient of variation < 33.3). F data suppressed (n < 30, or coefficient of variation > 33.3). ▨ HSDA rate differs significantly from the Provincial rate.

CCHS Question

You and other household members couldn't afford to eat balanced meals. In the past 12 months was that often true, sometimes true, or never true?

Key Points**At the Provincial level:**

- Senior respondents (ages 65+) have no significantly different rate of always being able to afford to eat balanced meals in the last year than the 20-64 age cohort.
- Males ages 65+ have no significantly different rate than the female ages 65+ cohort.
- Younger senior respondents (ages 65-74) have no significantly different rate than the older (75+) age cohort.

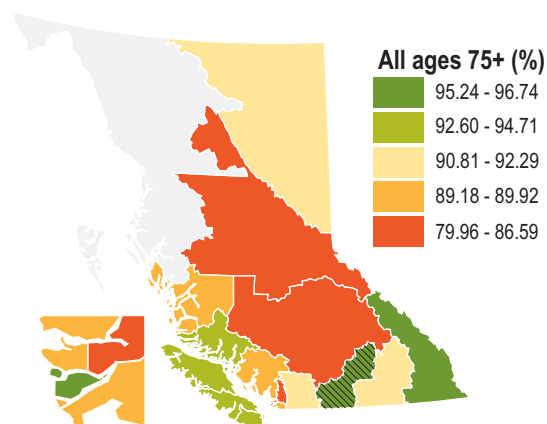
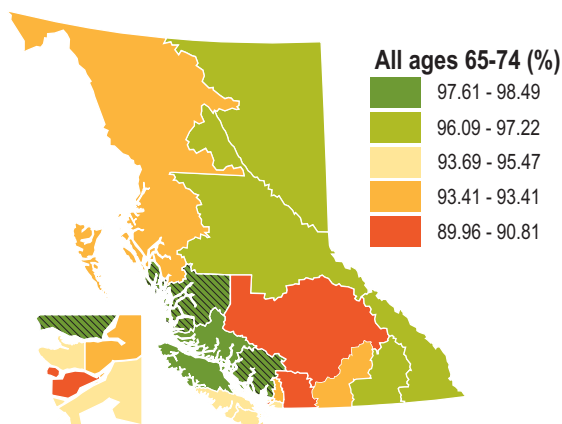
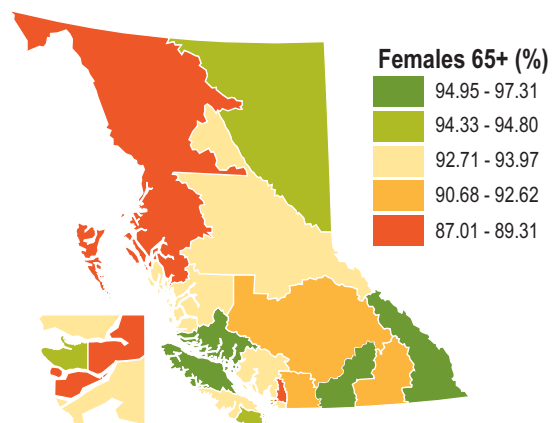
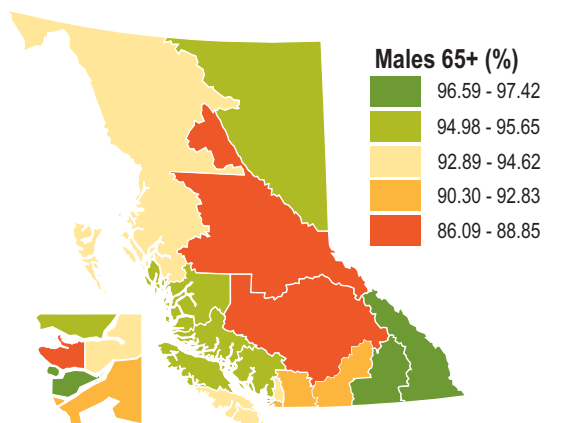
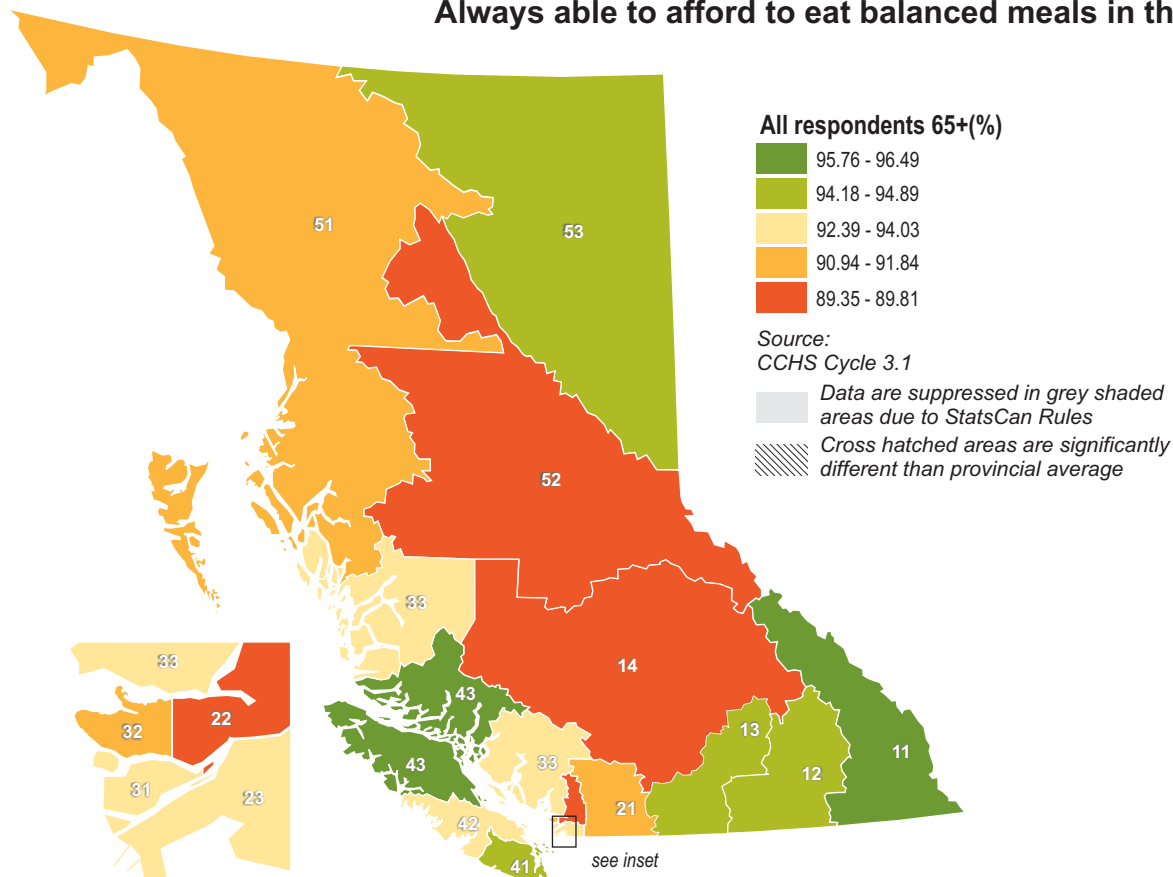
At the HSDA level:

- For all seniors, no HSDA differs significantly from the Provincial rate.
- For male seniors, no HSDA differs significantly from the Provincial rate.
- For female seniors, no HSDA differs significantly from the Provincial rate.
- For younger seniors, there is one HSDA significantly higher, and there is no HSDA significantly lower than the Provincial rate.
- For older seniors, there is one HSDA significantly higher, and there is no HSDA significantly lower than the Provincial rate.

Within HSDAs:

- For all seniors, no HSDA differs significantly from its respective 20-64 age cohort.
- For male seniors, no HSDA differs significantly from its respective female age cohort.
- For younger seniors, no HSDA differs significantly from its respective older age cohort.

Always able to afford to eat balanced meals in the last year



Always had enough of preferred food in the past year

Health Service Delivery Area	All respondents Ages 65+(%)	Males 65+(%)	Females 65+(%)	All Ages 65-74	All Ages 75+	All Ages 20-64
12 Kootenay Boundary	96.76	97.92	95.72	100.00	93.14	88.21
33 North Shore/Coast Garibaldi	96.67†	97.17	96.24	99.70	93.51	88.74
43 North Vancouver Island	95.77†	93.80	97.69	98.09	92.11	81.44
53 Northeast	95.50	94.36	96.64	95.59	95.34	89.79
31 Richmond	95.21	95.12	95.28	95.01	95.60	88.63
11 East Kootenay	94.75‡	96.53	93.03	94.43	95.24	84.98
42 Central Vancouver Island	94.01‡	94.05	93.98	94.05	93.96	84.71
23 Fraser South	91.90	92.99	91.07	94.25	88.95	87.03
51 Northwest	91.06	97.26	84.67	91.22	F	84.17
41 South Vancouver Island	90.62	90.81	90.48	92.67	88.73	86.23
13 Okanagan	90.40	92.14	88.89	85.97	94.58	86.73
21 Fraser East	89.14	88.24	89.90	87.50	91.14	86.24
32 Vancouver	89.00	86.42	91.16	89.44	88.55	82.78
22 Fraser North	87.73	90.74	85.26	90.83	83.98	88.08
52 Northern Interior	86.95	79.21	94.94	90.98	81.24	88.96
14 Thompson Cariboo Shuswap	86.40	80.02	92.65	86.97	85.29	88.58
99 Province	91.09‡	90.88	91.27	91.95	90.06	86.42

‡ 65+ age group differs significantly from 20-64 age group. † males differ significantly from females. * 65-74 age group differs significantly from 75+ age group. E interpret data with caution (16.77 < coefficient of variation < 33.3). F data suppressed (n < 30, or coefficient of variation > 33.3). HSDA rate differs significantly from the Provincial rate.

CCHS Question

Which of the following statements best describes the food eaten in your household in the past 12 months? Would you say: you always had enough of the kinds of food you wanted to eat; enough, but not always kinds wanted; sometimes did not have enough; or often you didn't have enough to eat?

Key Points**At the Provincial level:**

- Senior respondents (ages 65+) have a significantly higher rate of always having enough of preferred food in the past year than the 20-64 age cohort.
- Males ages 65+ have no significantly different rate than the female ages 65+ cohort.
- Younger senior respondents (ages 65-74) have no significantly different rate than the older (75+) age cohort.

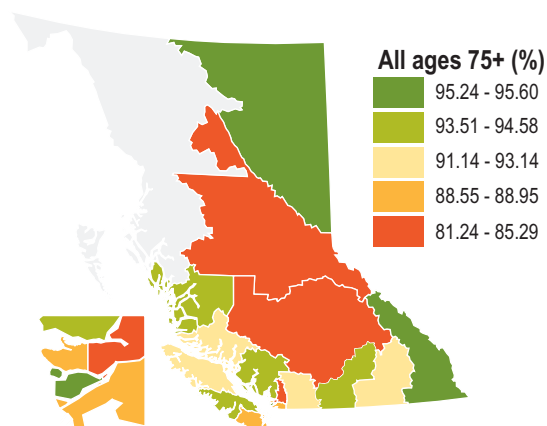
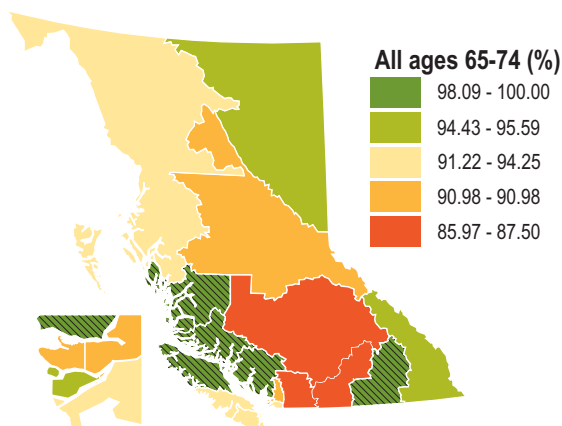
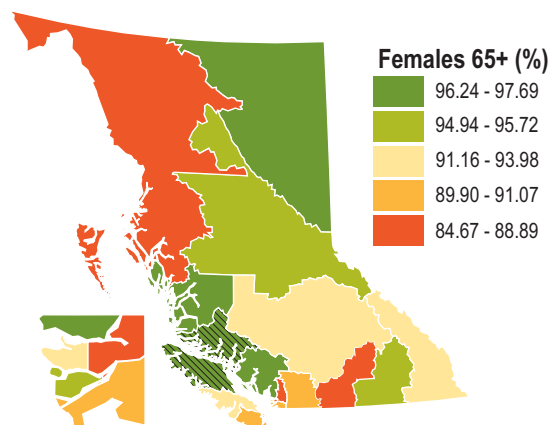
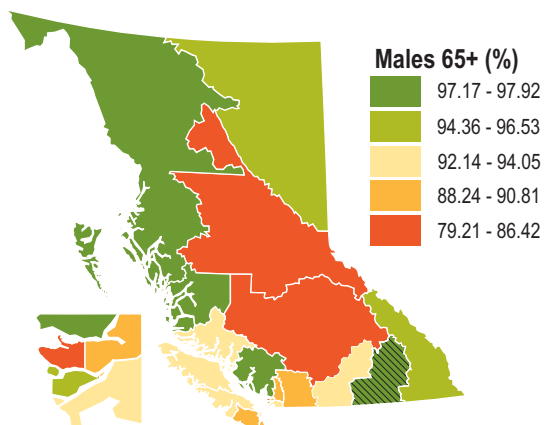
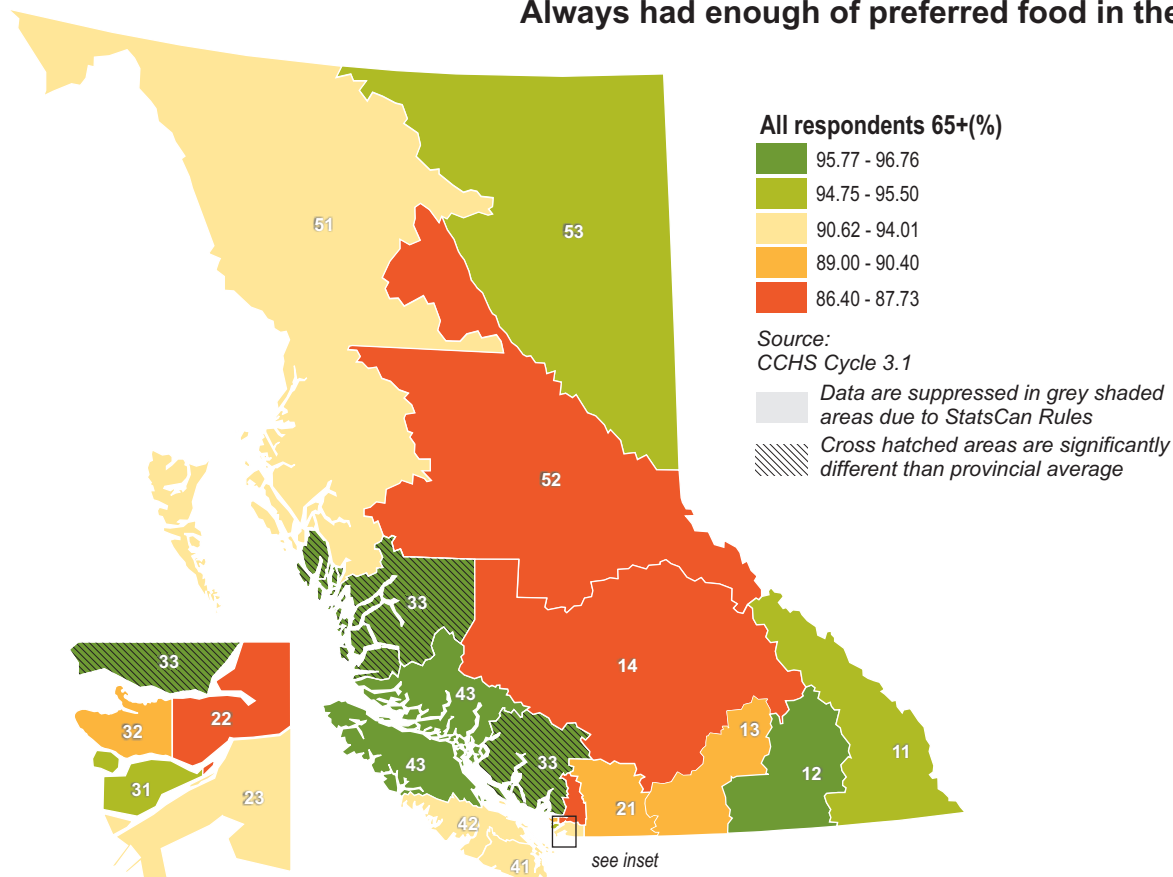
At the HSDA level:

- For all seniors, there is one HSDA significantly higher, and there is no HSDA significantly lower than the Provincial rate.
- For male seniors, there is one HSDA significantly higher, and there is no HSDA significantly lower than the Provincial rate.
- For female seniors, there is one HSDA significantly higher, and there is no HSDA significantly lower than the Provincial rate.
- For younger seniors, there are 3 HSDAs significantly higher, and there is no HSDA significantly lower than the Provincial rate.
- For older seniors, no HSDA differs significantly from the Provincial rate.

Within HSDAs:

- For all seniors, there are 4 HSDAs significantly higher, and there is no HSDA significantly lower than their respective 20-64 age cohort.
- For male seniors, no HSDA differs significantly from its respective female age cohort.
- For younger seniors, no HSDA differs significantly from its respective older age cohort.

Always had enough of preferred food in the past year



Eats fruits and vegetables five or more times a day

Health Service Delivery Area		All respondents Ages 65+(%)	Males 65+(%)	Females 65+(%)	All Ages 65-74	All Ages 75+	All Ages 20-64
43	North Vancouver Island	50.47	F	54.28	51.77	F	43.30
14	Thompson Cariboo Shuswap	46.49	F	55.78	44.60	50.17	35.77
42	Central Vancouver Island	45.51	34.21†	55.98	49.61	40.04	45.87
11	East Kootenay	44.64	F	53.68	42.65	F	53.17
41	South Vancouver Island	44.12	31.91†	53.61	48.16	40.39	45.64
13	Okanagan	42.88	33.06	51.41	43.63	42.17	33.19
33	North Shore/Coast Garibaldi	41.99	32.65E	49.79	41.15E	42.86	41.01
12	Kootenay Boundary	41.31	F	51.57	F	F	38.15
51	Northwest	39.42E	F	F	F	F	39.22
21	Fraser East	39.37	30.62	46.82	39.43	39.29	35.81
32	Vancouver	38.22	30.91E	44.31	32.88	43.76	37.80
22	Fraser North	37.41	28.29	44.92	36.76	38.19	43.09
31	Richmond	36.45	F	39.35	38.81	F	36.03
23	Fraser South	35.51	25.47†	43.16	40.08	29.76	37.77
53	Northeast	31.69E	F	41.79E	F	F	38.08
52	Northern Interior	21.56E‡	F	29.83	F	F	37.22
99	Province	40.27	31.20†	48.01	41.02	39.38	39.66

‡ 65+ age group differs significantly from 20-64 age group. † males differ significantly from females. * 65-74 age group differs significantly from 75+ age group. E interpret data with caution (16.77 < coefficient of variation < 33.3). F data suppressed (n < 30, or coefficient of variation > 33.3). ▨ HSDA rate differs significantly from the Provincial rate.

CCHS Question

Daily consumption of total fruits and vegetables 5 to 10 times or servings per day, more than 10 times/servings per day. The CCHS measures the number of times (frequency), not the amount consumed.

Key Points**At the Provincial level:**

- Senior respondents (ages 65+) have no significantly different rate of eating fruits and vegetables five or more times a day than the 20-64 age cohort.
- Males ages 65+ have a significantly lower rate than the female ages 65+ cohort.
- Younger senior respondents (ages 65-74) have no significantly different rate than the older (75+) age cohort.

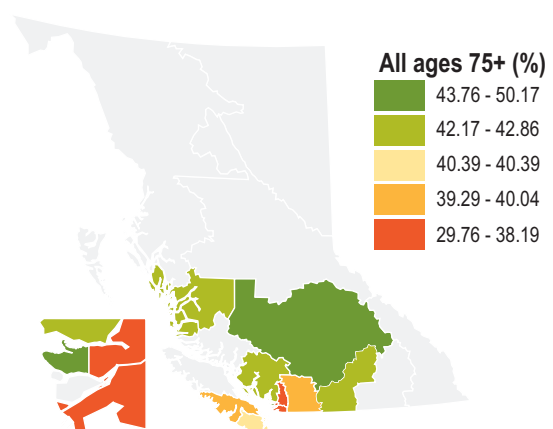
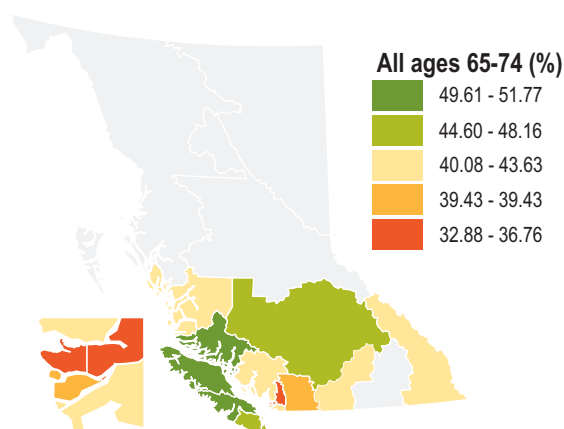
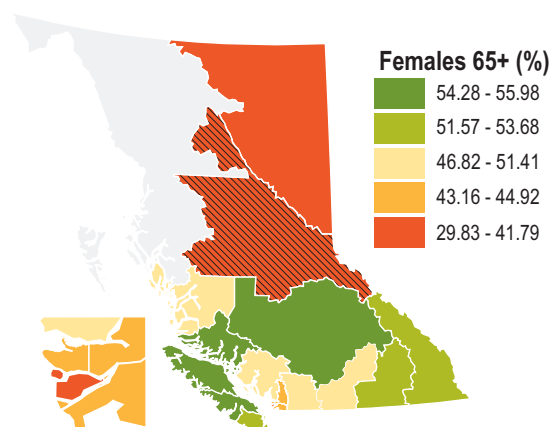
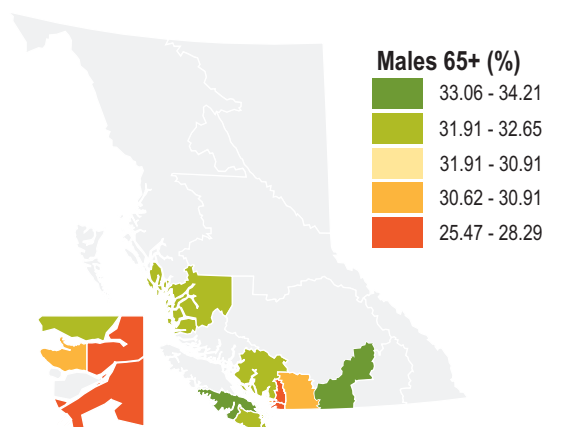
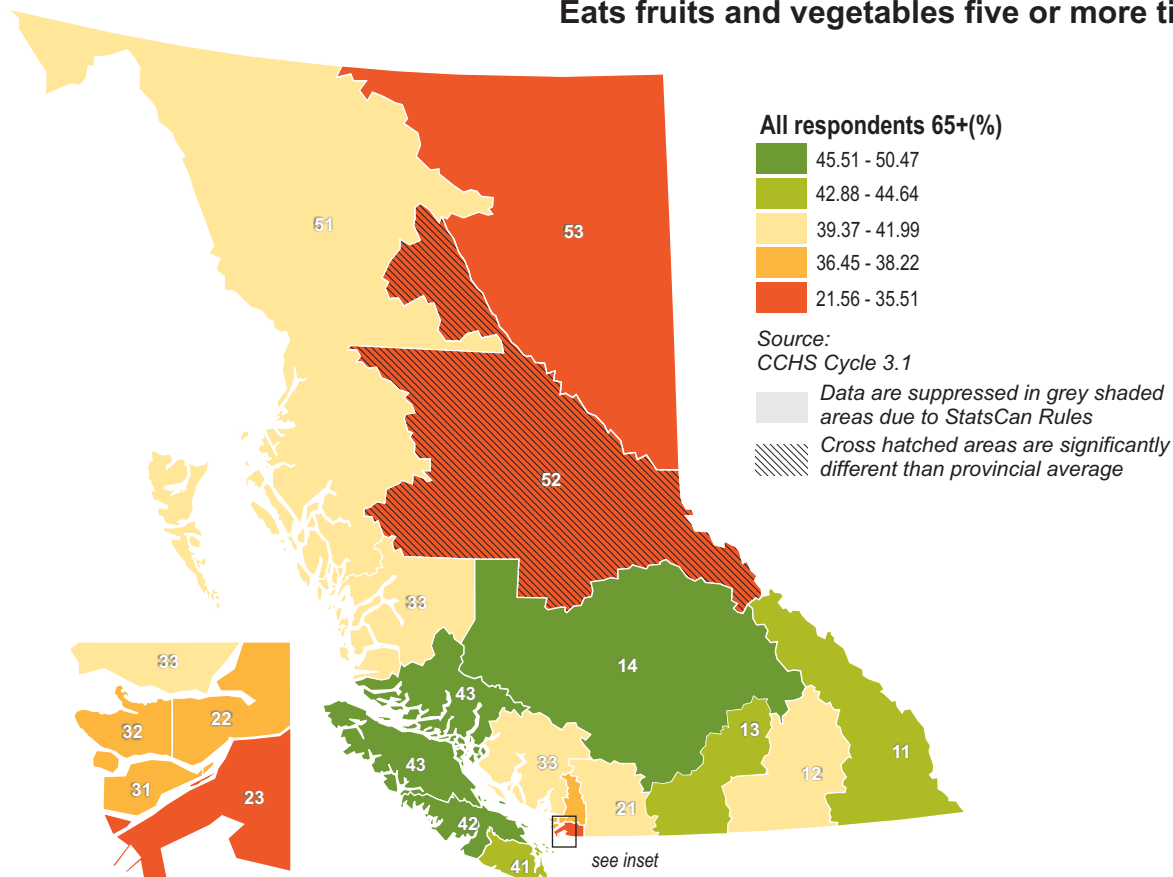
At the HSDA level:

- For all seniors, there is no HSDA significantly higher, and there is one HSDA significantly lower than the Provincial rate.
- For male seniors, no HSDA differs significantly from the Provincial rate.
- For female seniors, there is no HSDA significantly higher, and there is one HSDA significantly lower than the Provincial rate.
- For younger seniors, no HSDA differs significantly from the Provincial rate.
- For older seniors, no HSDA differs significantly from the Provincial rate.

Within HSDAs:

- For all seniors, one HSDA is significantly lower than its respective 20-64 age cohort, but such interpretation is suspect due to a high coefficient of variation.
- For male seniors, there is no HSDA significantly higher, and there are 3 HSDAs significantly lower than their respective female age cohort.
- For younger seniors, no HSDA differs significantly from its respective older age cohort.

Eats fruits and vegetables five or more times a day



Weight is perceived to be just about right

Health Service Delivery Area	All respondents Ages 65+(%)	Males 65+(%)	Females 65+(%)	All Ages 65-74	All Ages 75+	All Ages 20-64
32 Vancouver	57.49	64.20	51.90	55.34	59.73	57.66
12 Kootenay Boundary	56.65	59.15	54.41	54.08	59.53	53.85
22 Fraser North	55.44	57.04	54.12	53.23	58.12	58.54
13 Okanagan	53.95	58.22	50.24	55.69	52.31	50.02
52 Northern Interior	52.65	F	50.24	50.19	56.14	42.64
23 Fraser South	51.73	56.83	47.85	50.55	53.22	50.59
43 North Vancouver Island	50.87	55.49	46.38	45.38	59.57	56.35
14 Thompson Cariboo Shuswap	48.71	58.34	39.28	45.84	54.30	50.21
11 East Kootenay	47.38	56.62	F	45.06	F	49.05
33 North Shore/Coast Garibaldi	47.38	54.15	41.72	41.27	53.74	56.42
21 Fraser East	47.18	55.73	39.90	50.73	42.83	43.34
41 South Vancouver Island	45.27	50.67	41.07	34.86*	54.89	51.77
31 Richmond	45.14	F	36.10	42.13	F	48.94
53 Northeast	42.42	F	F	F	F	40.20
42 Central Vancouver Island	42.20	45.63	39.02	37.70	48.20	46.13
51 Northwest	41.89	F	F	F	F	44.65
99 Province	50.56	56.11†	45.82	47.72	53.98	52.09

‡ 65+ age group differs significantly from 20-64 age group. † males differ significantly from females. * 65-74 age group differs significantly from 75+ age group. E interpret data with caution (16.77 < coefficient of variation < 33.3). F data suppressed (n < 30, or coefficient of variation > 33.3). HSDA rate differs significantly from the Provincial rate.

CCHS Question

Do you consider yourself: overweight, underweight, or just about right?

Key Points**At the Provincial level:**

- Senior respondents (ages 65+) have no significantly different rate of perceived their weight to be just about right than the 20-64 age cohort.
- Males ages 65+ have a significantly higher rate than the female ages 65+ cohort.
- Younger senior respondents (ages 65-74) have no significantly different rate than the older (75+) age cohort.

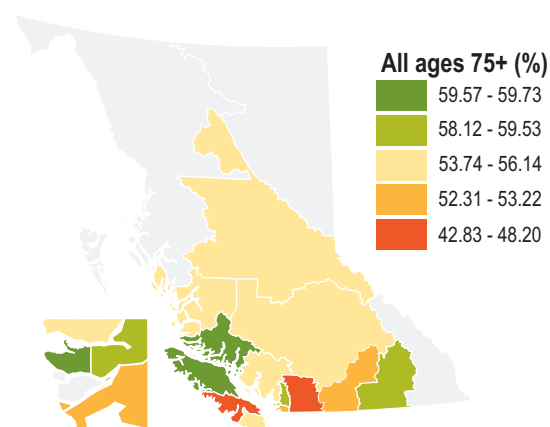
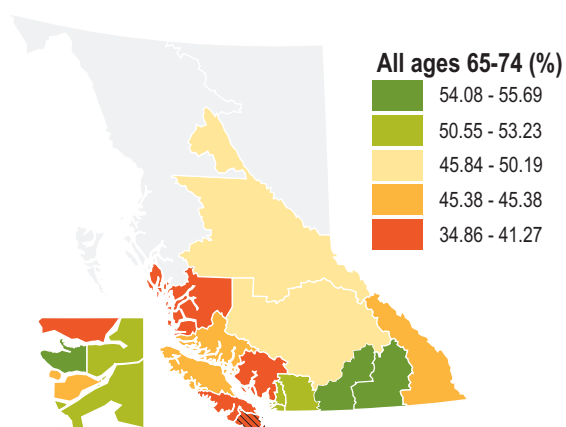
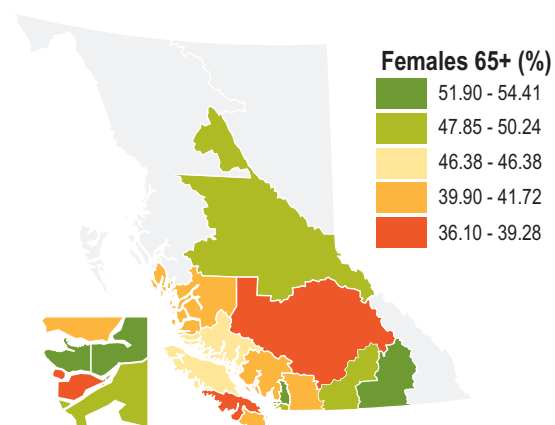
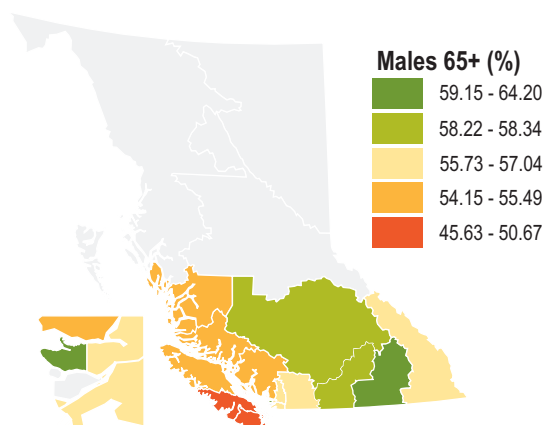
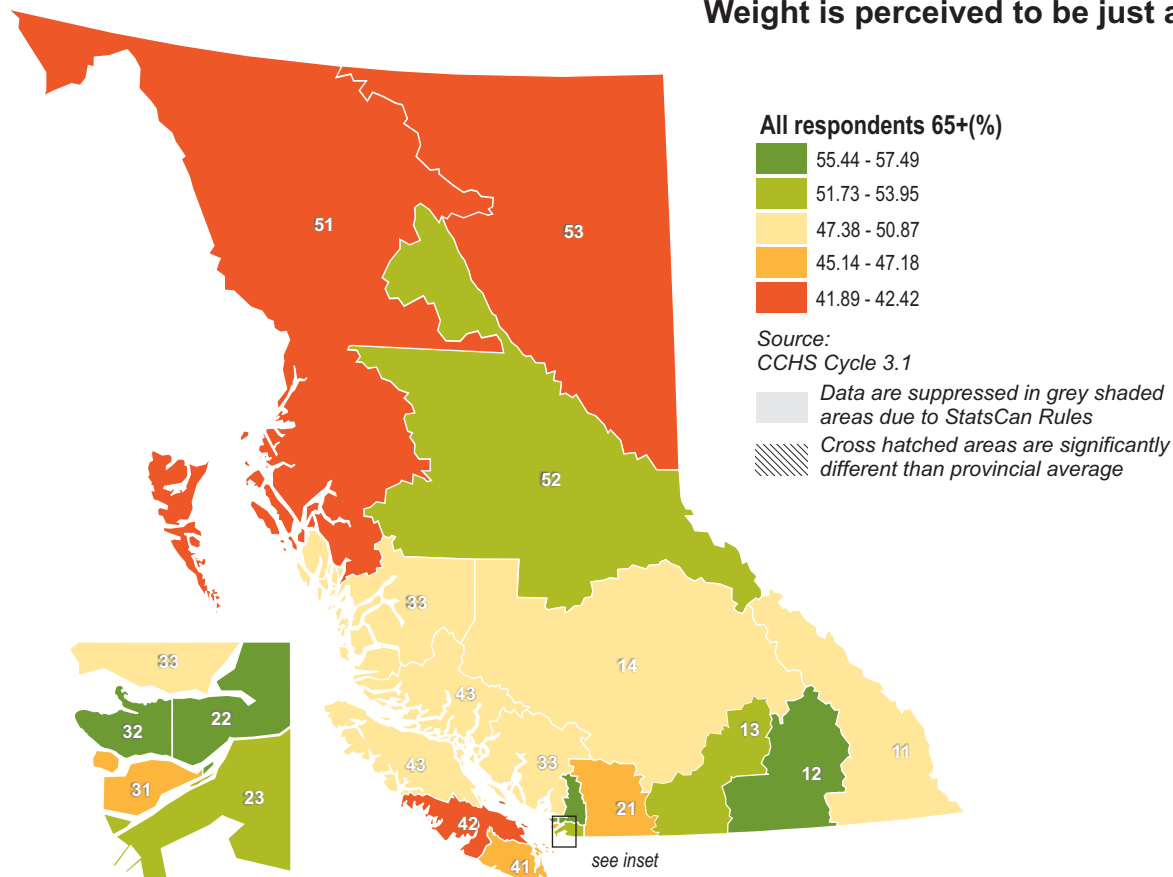
At the HSDA level:

- For all seniors, no HSDA differs significantly from the Provincial rate.
- For male seniors, no HSDA differs significantly from the Provincial rate.
- For female seniors, no HSDA differs significantly from the Provincial rate.
- For younger seniors, there is no HSDA significantly higher, and there is one HSDA significantly lower than the Provincial rate.
- For older seniors, no HSDA differs significantly from the Provincial rate.

Within HSDAs:

- For all seniors, no HSDA differs significantly from its respective 20-64 age cohort.
- For male seniors, no HSDA differs significantly from its respective female age cohort.
- For younger seniors, there is no HSDA significantly higher, and there is one HSDA significantly lower than its respective older age cohort.

Weight is perceived to be just about right



Healthy body mass index based on self reported height and weight

Health Service Delivery Area		All respondents Ages 65+(%)	Males 65+(%)	Females 65+(%)	All Ages 65-74	All Ages 75+	All Ages 20-64
22	Fraser North	56.67	60.39	53.61	54.05	59.85	55.11
32	Vancouver	55.31	56.67	54.17	50.95	59.83	60.35
31	Richmond	52.49	F	47.92	48.06	61.32	55.60
12	Kootenay Boundary	47.41	F	53.19	F	56.01	51.86
41	South Vancouver Island	46.13	41.23	49.94	38.96	52.76	46.67
23	Fraser South	45.75	41.08	49.30	44.31	47.55	48.28
33	North Shore/Coast Garibaldi	44.89‡	45.17	44.65	33.65*	56.58	57.51
13	Okanagan	44.56	41.09	47.57	42.52	46.48	47.68
21	Fraser East	44.24	48.20	40.88	44.68	43.72	37.89
14	Thompson Cariboo Shuswap	42.71	42.40E	43.01	40.02	47.94	38.91
43	North Vancouver Island	39.11	F	43.16	F	F	48.43
11	East Kootenay	37.77	F	F	F	F	50.10
42	Central Vancouver Island	35.70	29.01	41.90	30.74	42.32	45.10
53	Northeast	35.41E	F	F	F	F	35.72
51	Northwest	33.55E	F	F	F	F	38.53
52	Northern Interior	33.29E	F	47.37	F	F	43.80
99	Province	46.46‡	44.61	48.04	42.44*	51.31	50.14

‡ 65+ age group differs significantly from 20-64 age group. † males differ significantly from females. * 65-74 age group differs significantly from 75+ age group. E interpret data with caution (16.77 < coefficient of variation < 33.3). F data suppressed (n < 30, or coefficient of variation > 33.3). HSDA rate differs significantly from the Provincial rate.

CCHS Question

Normal BMI calculated on self reported weight and height. According to the World Health Organization (WHO) and Health Canada guidelines, the index for normal body weight is 18.50 to 24.99.

Key Points**At the Provincial level:**

- Senior respondents (ages 65+) have a significantly lower rate of having a healthy body mass index based on self-reported height and weight than the 20-64 age cohort.
- Males ages 65+ have no significantly different rate than the female ages 65+ cohort.
- Younger senior respondents (ages 65-74) have a significantly lower rate than the older (75+) age cohort.

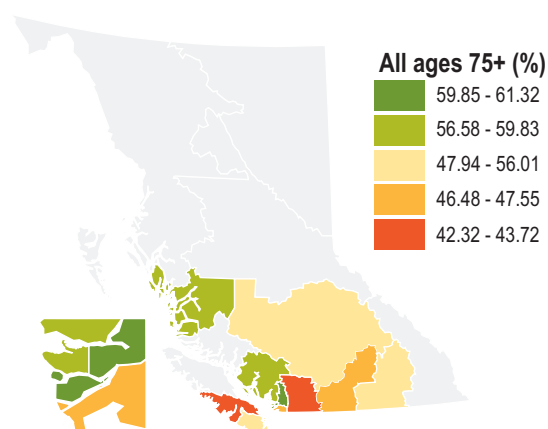
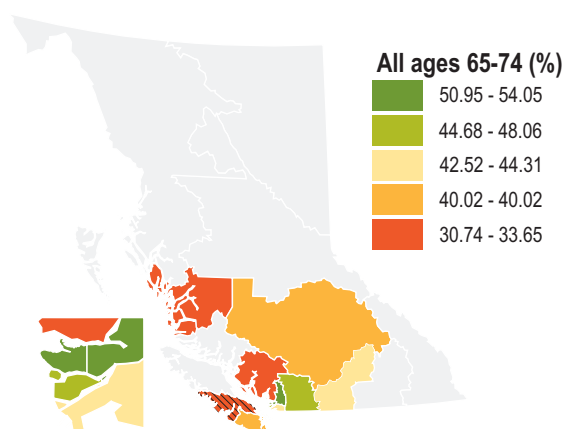
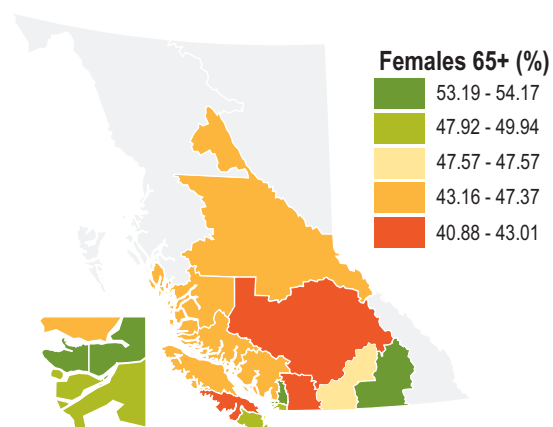
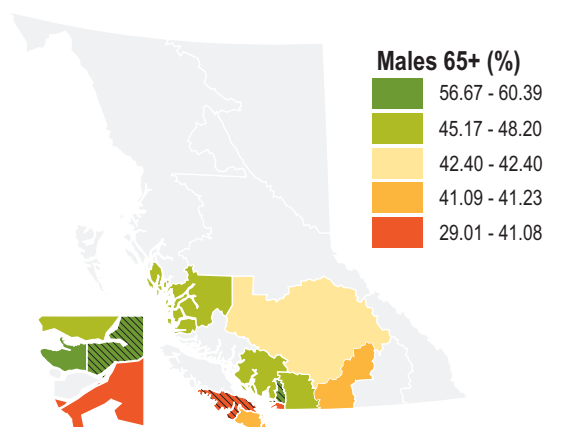
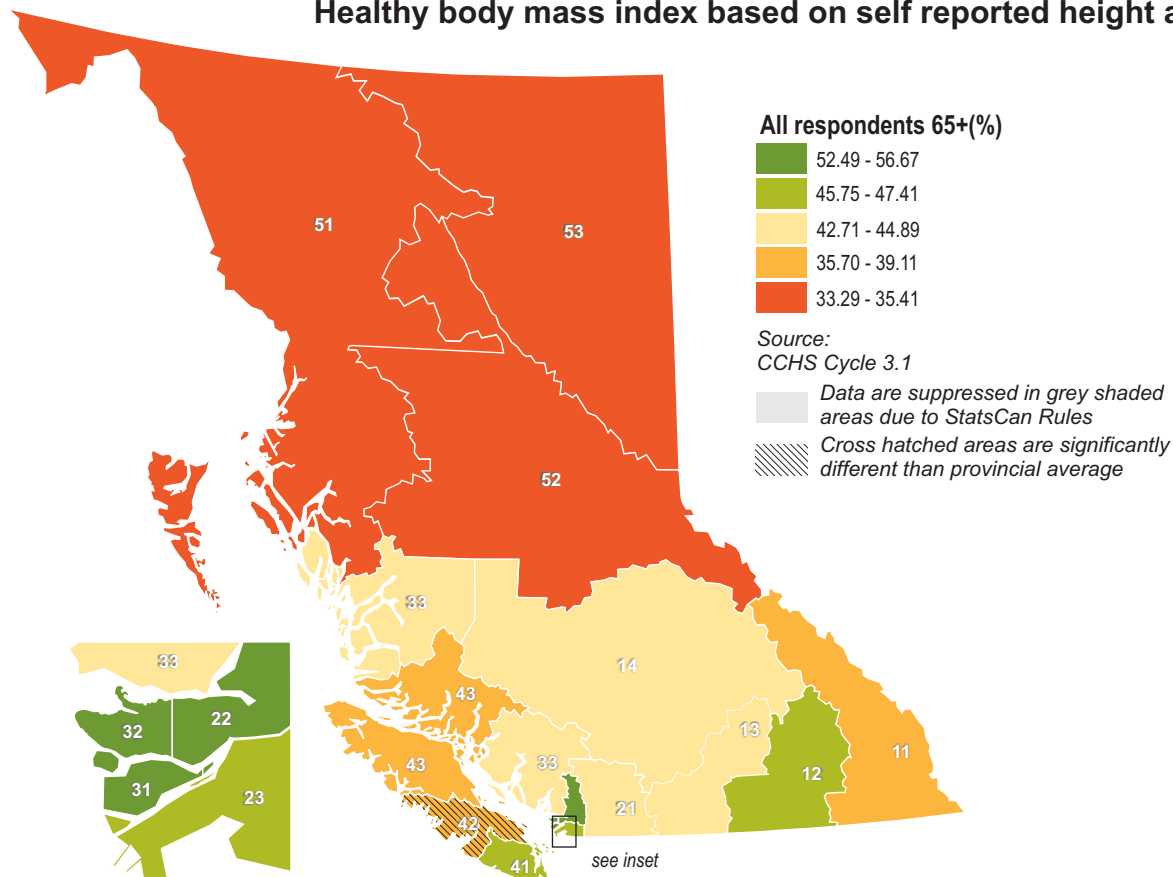
At the HSDA level:

- For all seniors, there is no HSDA significantly higher, and there is one HSDA significantly lower than the Provincial rate.
- For male seniors, there is one HSDA significantly higher, and there is one HSDA significantly lower than the Provincial rate.
- For female seniors, no HSDA differs significantly from the Provincial rate.
- For younger seniors, there is no HSDA significantly higher, and there is one HSDA significantly lower than the Provincial rate.
- For older seniors, no HSDA differs significantly from the Provincial rate.

Within HSDAs:

- For all seniors, there is no HSDA significantly higher, and there is one HSDA significantly lower than its respective 20-64 age cohort.
- For male seniors, no HSDA differs significantly from its respective female age cohort.
- For younger seniors, there is no HSDA significantly higher, and there is one HSDA significantly lower than its respective older age cohort.

Healthy body mass index based on self reported height and weight



Never had five or more alcoholic drinks on one occasion in the past year

Health Service Delivery Area		All respondents Ages 65+(%)	Males 65+(%)	Females 65+(%)	All Ages 65-74	All Ages 75+	All Ages 20-64
53	Northeast	90.69‡	F	100.00	F	F	40.87
33	North Shore/Coast Garibaldi	86.49‡	77.99†	95.66	81.04	91.91	47.26
31	Richmond	86.15‡	F	93.75	82.37	F	59.96
32	Vancouver	85.80‡	81.05	90.68	81.24	90.95	49.39
13	Okanagan	84.05‡	75.12†	92.59	76.12*	93.27	46.22
23	Fraser South	83.81‡	74.35†	93.06	80.16	88.84	47.22
21	Fraser East	82.82‡	77.33	88.17	78.80	88.85	48.69
52	Northern Interior	82.68‡	F	91.38	76.68	F	49.33
41	South Vancouver Island	81.56‡	74.89	87.01	78.73	84.30	46.50
42	Central Vancouver Island	80.14‡	73.48	87.45	77.02	85.71	43.27
11	East Kootenay	77.87‡	F	94.67	71.73	F	35.86
22	Fraser North	77.74‡	69.15	85.79	73.73	83.16	51.27
43	North Vancouver Island	77.48‡	70.65	85.12	76.60	79.01	43.13
51	Northwest	73.03‡	F	F	F	F	39.88
14	Thompson Cariboo Shuswap	71.58‡	57.66†	88.45	68.03	79.27	44.05
12	Kootenay Boundary	69.15‡	F	83.95	F	95.79	37.12
99	Province	81.61‡	73.55†	89.84	76.68*	88.15	47.45

‡ 65+ age group differs significantly from 20-64 age group. † males differ significantly from females. * 65-74 age group differs significantly from 75+ age group. E interpret data with caution (16.77 < coefficient of variation < 33.3). F data suppressed (n < 30, or coefficient of variation > 33.3). HSDA rate differs significantly from the Provincial rate.

CCHS Question

How often in the past 12 months have you had 5 or more drinks on one occasion?

Key Points**At the Provincial level:**

- Senior respondents (ages 65+) have a significantly higher rate of never having five or more alcoholic drinks on one occasion in the past year than the 20-64 age cohort.
- Males ages 65+ have a significantly lower rate than the female ages 65+ cohort.
- Younger senior respondents (ages 65-74) have a significantly lower rate than the older (75+) age cohort.

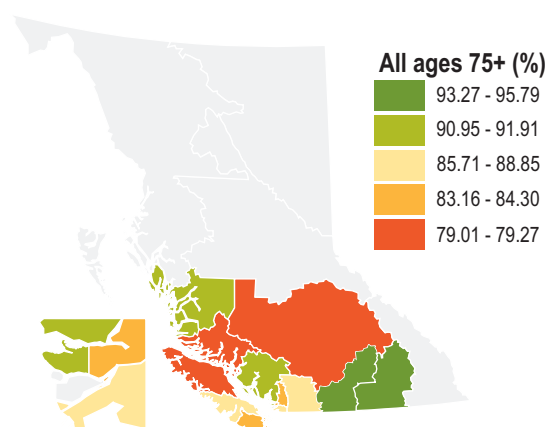
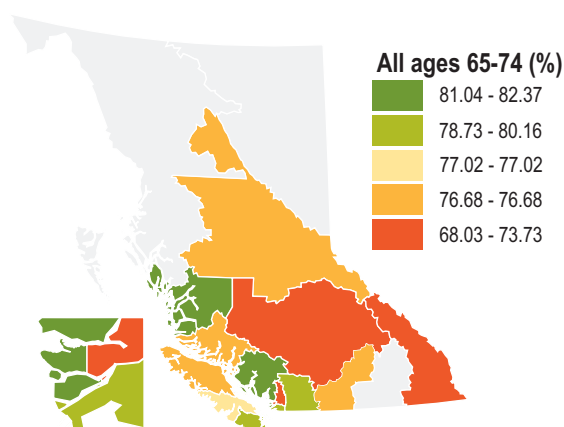
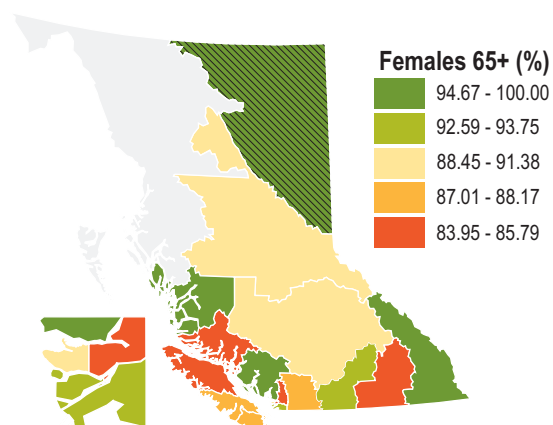
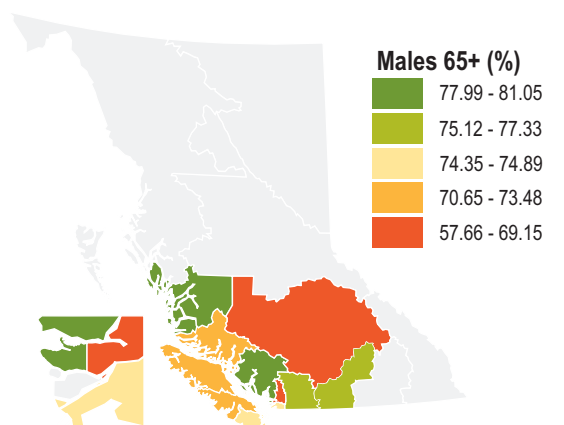
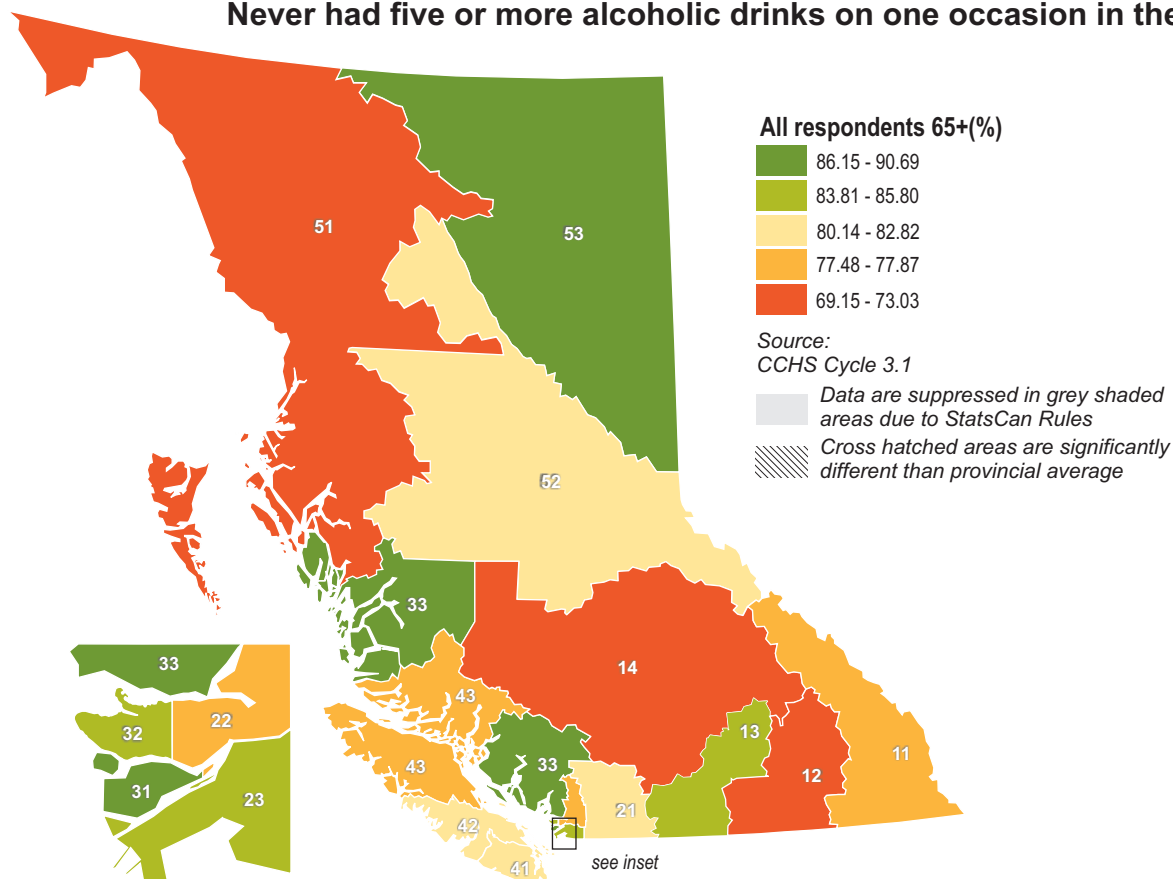
At the HSDA level:

- For all seniors, no HSDA differs significantly from the Provincial rate.
- For male seniors, no HSDA differs significantly from the Provincial rate.
- For female seniors, there is one HSDA significantly higher, and there is no HSDA significantly lower than the Provincial rate.
- For younger seniors, no HSDA differs significantly from the Provincial rate.
- For older seniors, no HSDA differs significantly from the Provincial rate.

Within HSDAs:

- For all seniors, all 16 HSDAs are significantly higher than their respective 20-64 age cohort.
- For male seniors, there is no HSDA significantly higher, and there are 4 HSDAs significantly lower than their respective female age cohort.
- For younger seniors, there is no HSDA significantly higher, and there is one HSDA significantly lower than its respective older age cohort.

Never had five or more alcoholic drinks on one occasion in the past year





4

Physical wellness

The 40 maps and 8 tables included in this section look at a variety of indicators related to physical health and show how they vary throughout the province.

Self perceived health has been shown to be one of the most reliable and useful indicators in population health surveys and is viewed as an excellent indicator of wellness. It also is a useful predictor of other wellness assets such as being free of chronic diseases and good functional ability. Being free of conditions that limit activity both inside and outside the home, being free of injuries and being physical active are all good assets for wellness.

A Physical Activity Index based on respondents' answers to several questions related to the frequency, duration, and intensity of their participation in certain activities has been developed and used as an indicator in this section. For each leisure time activity, an average daily energy

expenditure was calculated.

Respondents were then classified as Active if their average daily energy expenditure was 3 kcal/kg/day, Moderately Active with an expenditure between 2.9 and 1.5 kcal/kg/day, and Inactive below 1.5 kcal/day.

The Health Utility Index (HUI) is a multi-attribute health and wellness indicator and provides a single summary score for a variety of indicators including: sensation (see, hear, speak); mobility; dexterity; emotion (happiness); cognition (learns and remembers); and pain status. A score of 0.8 or higher is considered to be very good or perfect health.

For seniors, physical recreation (eg walking, hiking) and active living are key wellness assets as they prolong independent functioning by compressing the impairment and disease period typically associated with aging.

Good to excellent self-perceived health

Health Service Delivery Area		All respondents Ages 65+(%)	Males 65+(%)	Females 65+(%)	All Ages 65-74	All Ages 75+	All Ages 20-64
33	North Shore/Coast Garibaldi	80.53‡	84.13	77.53	80.77	80.29	89.90
41	South Vancouver Island	78.09‡	75.96	79.75	83.86	72.76	89.51
12	Kootenay Boundary	75.81	73.63	77.78	81.10	69.90	88.03
42	Central Vancouver Island	75.52‡	73.28	77.60	84.96*	62.93	89.63
14	Thompson Cariboo Shuswap	74.31‡	74.89	73.73	79.22	64.74	90.27
13	Okanagan	74.21‡	69.01	78.73	84.41*	64.59	91.31
22	Fraser North	73.70‡	74.17	73.31	76.52	70.28	91.92
23	Fraser South	72.49‡	78.18	68.15	81.43*	61.26	89.15
43	North Vancouver Island	71.84‡	69.57	74.04	73.22	69.63	93.24
21	Fraser East	71.56‡	79.58	64.72	76.61	65.36	91.56
32	Vancouver	71.54‡	79.26	65.10	74.09	68.89	89.28
52	Northern Interior	67.55‡	F	82.28	64.54	71.80	87.57
11	East Kootenay	67.10‡	80.00†	54.65	76.22	F	88.16
31	Richmond	66.49‡	76.13	58.18	67.71	64.07	93.46
51	Northwest	65.55‡	79.14	F	73.20	F	86.36
53	Northeast	59.44‡	F	49.81E	67.42	F	89.86
99	Province	73.48‡	75.41	71.82	78.53*	67.39	90.17

‡ 65+ age group differs significantly from 20-64 age group. † males differ significantly from females. * 65-74 age group differs significantly from 75+ age group. E interpret data with caution (16.77 < coefficient of variation < 33.3). F data suppressed (n < 30, or coefficient of variation > 33.3). ▨ HSDA rate differs significantly from the Provincial rate.

CCHS Question

In general, would you say your health is: excellent, very good, good, fair, or poor?

Key Points**At the Provincial level:**

- Senior respondents (ages 65+) have a significantly lower rate of having good to excellent self-perceived health than the 20-64 age cohort.
- Males ages 65+ have no significantly different rate than the female ages 65+ cohort.
- Younger senior respondents (ages 65-74) have a significantly higher rate than the older (75+) age cohort.

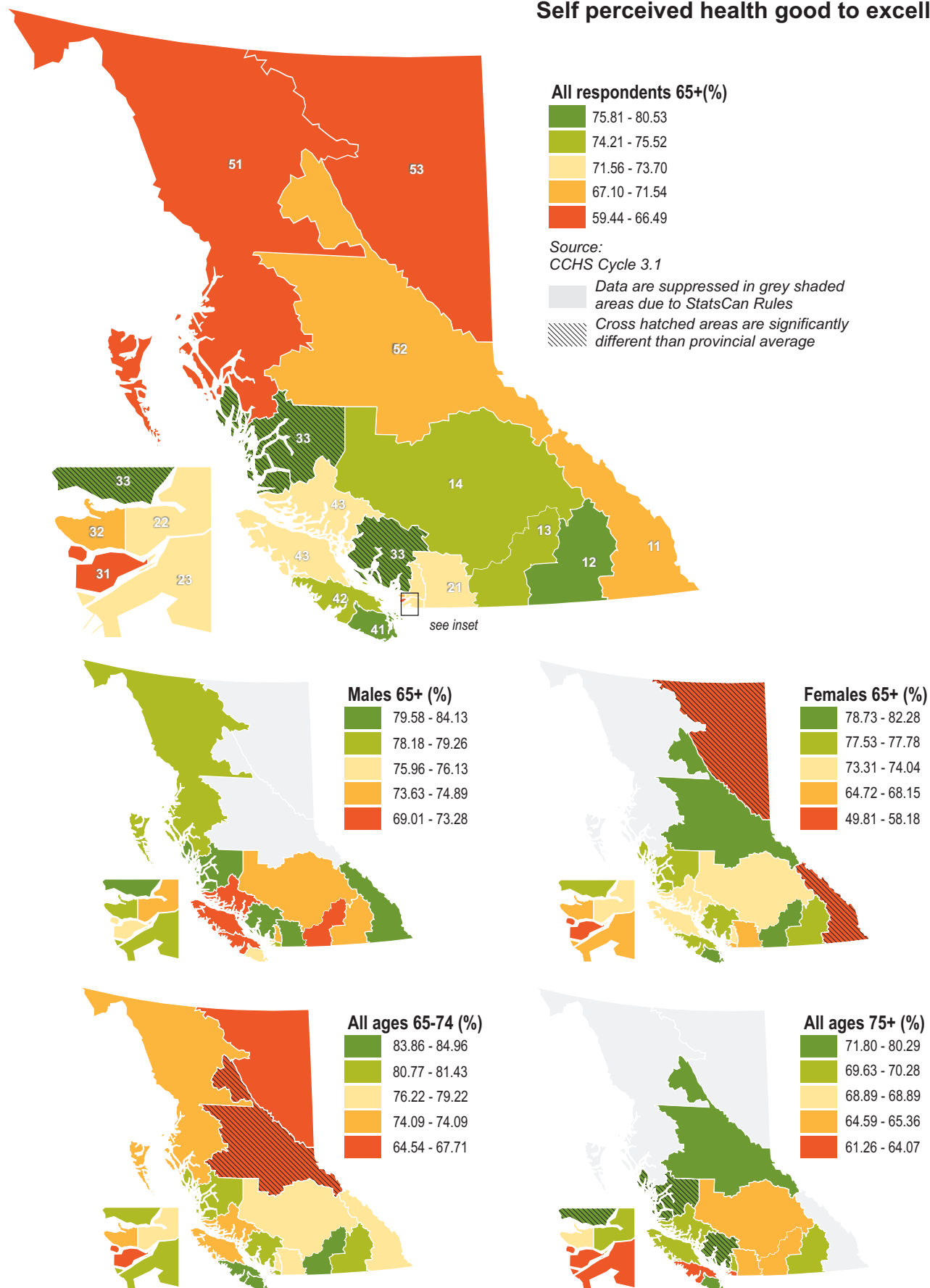
At the HSDA level:

- For all seniors, there is one HSDA significantly higher, and there is no HSDA significantly lower than the Provincial rate.
- For male seniors, no HSDA differs significantly from the Provincial rate.
- For female seniors, there is no HSDA significantly higher, and there are 2 HSDAs significantly lower than the Provincial rate.
- For younger seniors, there is no HSDA significantly higher, and there is one HSDA significantly lower than the Provincial rate.
- For older seniors, there is one HSDA significantly higher, and there is no HSDA significantly lower than the Provincial rate.

Within HSDAs:

- For all seniors, there is no HSDA significantly higher, and there are 15 HSDAs significantly lower than their respective 20-64 age cohort.
- For male seniors, there is one HSDA significantly higher, and there is no HSDA significantly lower than its respective female age cohort.
- For younger seniors, there are 3 HSDAs significantly higher, and there is no HSDA significantly lower than their respective older age cohort.

Self perceived health good to excellent



No long term physical, mental, or health condition that reduces activity at home

Health Service Delivery Area		All respondents Ages 65+(%)	Males 65+(%)	Females 65+(%)	All Ages 65-74	All Ages 75+	All Ages 20-64
31	Richmond	75.10‡	77.36	73.15	78.89	67.56	89.70
32	Vancouver	74.12‡	75.52	72.95	83.80	64.06	88.96
33	North Shore/Coast Garibaldi	69.41‡	76.88	63.16	80.60*	57.77	86.03
42	Central Vancouver Island	67.59‡	69.35	65.95	73.78	59.31	78.68
22	Fraser North	67.16‡	72.38	62.85	73.80	59.12	84.94
51	Northwest	65.91	76.99	F	73.32	F	78.02
41	South Vancouver Island	64.78‡	65.09	64.54	73.54	56.69	77.96
12	Kootenay Boundary	64.38	F	63.00	75.39	52.08	74.51
21	Fraser East	63.63‡	65.66	61.89	75.06*	49.61	82.94
52	Northern Interior	62.19‡	F	65.87	65.31	F	80.11
11	East Kootenay	62.18	70.86	53.79	68.00	F	75.62
23	Fraser South	62.14‡	68.77	57.09	71.17*	50.79	83.26
13	Okanagan	60.85‡	64.94	57.31	78.30*	44.41	78.57
43	North Vancouver Island	59.25‡	57.29	61.15	62.65	53.86	78.10
14	Thompson Cariboo Shuswap	58.60‡	58.82	58.39	60.78	54.36	80.07
53	Northeast	56.69	F	54.93	59.98	F	74.56
99	Province	65.73‡	68.79†	63.11	74.16*	55.57	82.84

‡ 65+ age group differs significantly from 20-64 age group. † males differ significantly from females. * 65-74 age group differs significantly from 75+ age group. E interpret data with caution (16.77 < coefficient of variation < 33.3). F data suppressed (n < 30, or coefficient of variation > 33.3). HSDA rate differs significantly from the Provincial rate.

CCHS Question

Does a long-term physical condition or mental condition or health problem, reduce the amount or the kind of activity you can do at home: sometimes, often, or never?

Key Points**At the Provincial level:**

- Senior respondents (ages 65+) have a significantly lower rate of having no long term physical, mental, or health condition that reduces activity at home than the 20-64 age cohort.
- Males ages 65+ have a significantly higher rate than the female ages 65+ cohort.
- Younger senior respondents (ages 65-74) have a significantly higher rate than the older (75+) age cohort.

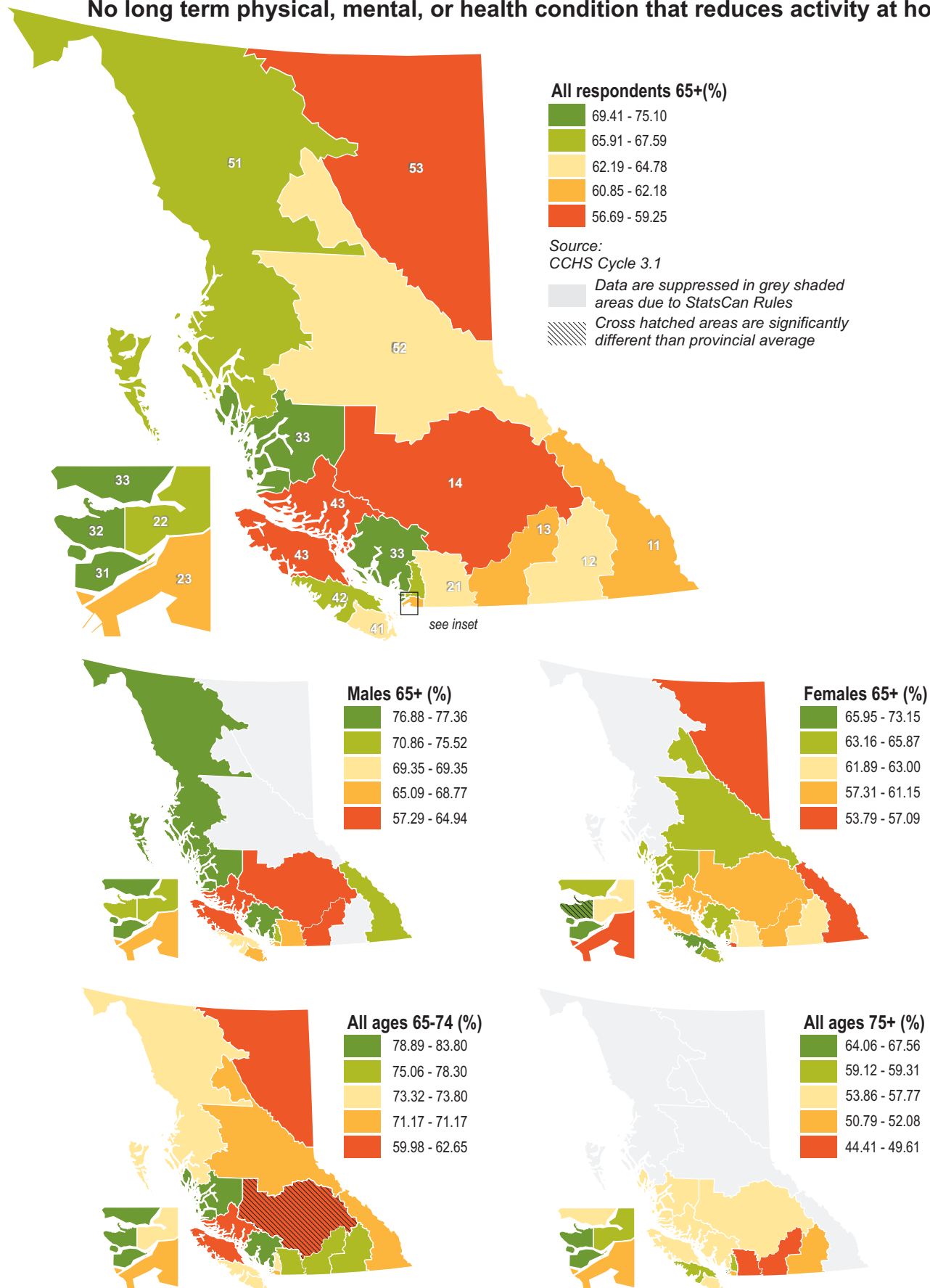
At the HSDA level:

- For all seniors, no HSDA differs significantly from the Provincial rate.
- For male seniors, no HSDA differs significantly from the Provincial rate.
- For female seniors, there is one HSDA significantly higher, and there is no HSDA significantly lower than the Provincial rate.
- For younger seniors, there is no HSDA significantly higher, and there is one HSDA significantly lower than the Provincial rate.
- For older seniors, no HSDA differs significantly from the Provincial rate.

Within HSDAs:

- For all seniors, there is no HSDA significantly higher, and there are 12 HSDAs significantly lower than their respective 20-64 age cohort.
- For male seniors, no HSDA differs significantly from its respective female age cohort.
- For younger seniors, there are 4 HSDAs significantly higher, and there is no HSDA

No long term physical, mental, or health condition that reduces activity at home



No long term physical, mental, or health condition that reduces activity outside the home

Health Service Delivery Area		All respondents Ages 65+(%)	Males 65+(%)	Females 65+(%)	All Ages 65-74	All Ages 75+	All Ages 20-64
31	Richmond	80.05	79.57	80.46	86.21	67.80	87.68
32	Vancouver	74.08‡	75.66	72.76	81.59	66.28	85.00
33	North Shore/Coast Garibaldi	70.68‡	77.48	65.00	81.44*	59.50	83.75
51	Northwest	70.59	F	F	78.76	F	81.69
21	Fraser East	68.93‡	73.07	65.40	78.82*	56.81	84.51
11	East Kootenay	68.87	76.15	61.85	72.90	F	71.55
14	Thompson Cariboo Shuswap	68.18	66.18	70.13	70.57	63.53	76.91
42	Central Vancouver Island	67.99	68.03	67.96	76.50*	56.64	77.14
23	Fraser South	66.55‡	71.24	62.97	75.78	54.95	82.78
12	Kootenay Boundary	66.36	66.39	66.33	78.61	52.67	77.60
41	South Vancouver Island	65.06‡	63.66	66.15	71.42	59.18	77.32
52	Northern Interior	64.87	F	67.25	67.43	61.26	78.57
43	North Vancouver Island	64.70	59.33	69.91	67.92	59.58	72.46
13	Okanagan	62.88‡	67.71	58.68	76.08*	50.43	79.84
22	Fraser North	61.39‡	67.94	55.99	65.32	56.63	84.44
53	Northeast	58.55	F	49.20E	65.24	F	76.61
99	Province	67.53‡	70.05	65.38	75.20*	58.29	81.61

‡ 65+ age group differs significantly from 20-64 age group. † males differ significantly from females. * 65-74 age group differs significantly from 75+ age group. E interpret data with caution (16.77 < coefficient of variation < 33.3). F data suppressed (n < 30, or coefficient of variation > 33.3). HSDA rate differs significantly from the Provincial rate.

CCHS Question

Does a long-term physical condition or mental condition or health problem, reduce the amount or the kind of activity you can do in other activities, for example, transportation or leisure? A long-term condition refers to a condition that is expected to last or has already lasted 6 months or more.

Key Points**At the Provincial level:**

- Senior respondents (ages 65+) have a significantly lower rate of having no long term physical, mental, or health condition that reduces activity outside the home than the 20-64 age cohort.
- Males ages 65+ have no significantly different rate than the female ages 65+ cohort.
- Younger senior respondents (ages 65-74) have a significantly higher rate than the older (75+) age cohort.

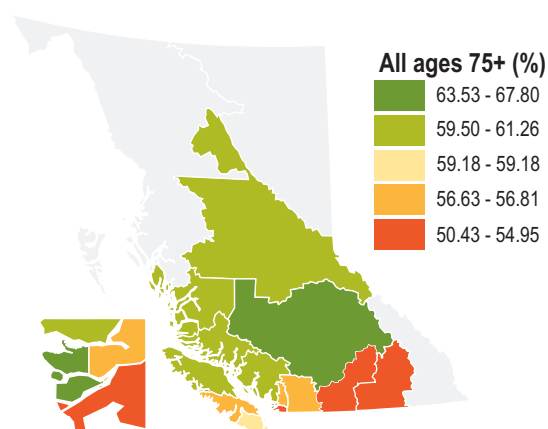
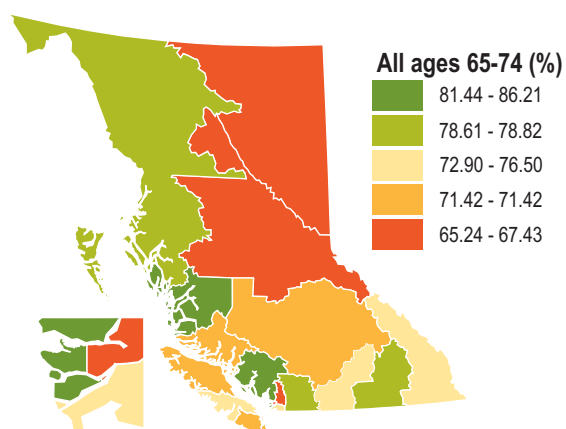
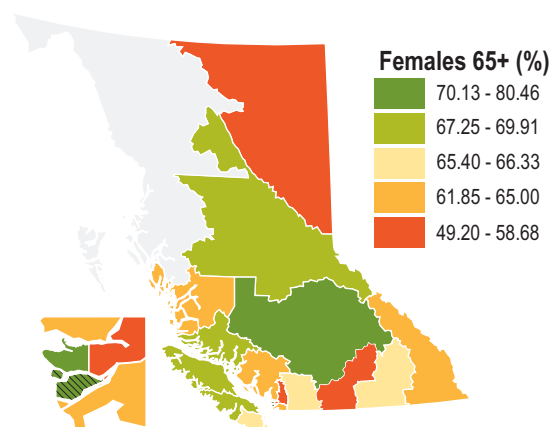
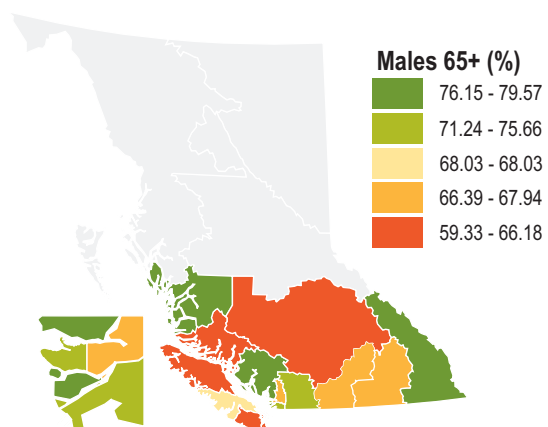
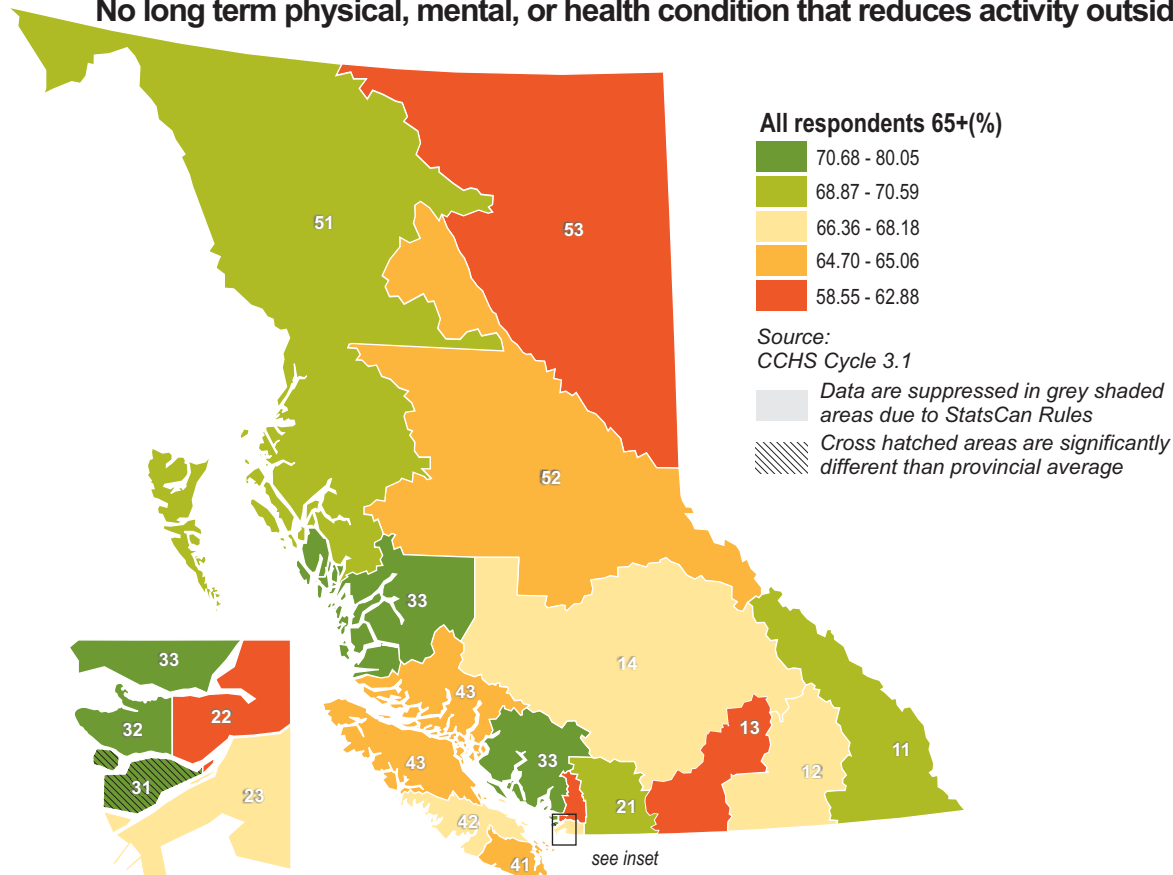
At the HSDA level:

- For all seniors, there is one HSDA significantly higher, and there is no HSDA significantly lower than the Provincial rate.
- For male seniors, no HSDA differs significantly from the Provincial rate.
- For female seniors, there is one HSDA significantly higher, and there is no HSDA significantly lower than the Provincial rate.
- For younger seniors, no HSDA differs significantly from the Provincial rate.
- For older seniors, no HSDA differs significantly from the Provincial rate.

Within HSDAs:

- For all seniors, there is no HSDA significantly higher, and there are 7 HSDAs significantly lower than their respective 20-64 age cohort.
- For male seniors, no HSDA differs significantly from its respective female age cohort.
- For younger seniors, there are 4 HSDAs significantly higher, and there is no HSDA significantly lower than their respective older age cohort.

No long term physical, mental, or health condition that reduces activity outside the home



No repetitive strain injury in the past year

Health Service Delivery Area		All respondents Ages 65+(%)	Males 65+(%)	Females 65+(%)	All Ages 65-74	All Ages 75+	All Ages 20-64
52	Northern Interior	94.41‡	97.98	90.73	95.24	93.25	83.91
31	Richmond	92.57‡	92.86	92.32	90.92	95.85	79.29
42	Central Vancouver Island	92.30‡	92.37	92.23	90.46	94.76	81.86
23	Fraser South	92.15	94.19	90.60	90.90	93.72	86.91
21	Fraser East	91.87‡	91.53	92.16	90.47	93.58	80.89
22	Fraser North	91.76	95.15	88.95	89.14	94.93	88.47
32	Vancouver	91.76	91.52	91.96	92.64	90.84	84.65
33	North Shore/Coast Garibaldi	91.60‡	90.28	92.71	94.39	88.70	78.96
12	Kootenay Boundary	90.89	94.48	87.66	89.99	91.89	80.79
13	Okanagan	90.79‡	91.48	90.18	90.22	91.32	81.37
11	East Kootenay	90.71	91.98	89.48	90.40	91.20	81.59
14	Thompson Cariboo Shuswap	88.32	87.45	89.18	89.13	86.74	82.49
43	North Vancouver Island	88.30	88.27	88.32	83.78	95.46	84.16
53	Northeast	88.12	86.86	89.38	82.70	97.59	82.06
41	South Vancouver Island	86.24	81.69	89.77	87.28	85.28	79.58
51	Northwest	84.39	87.62	81.05	84.34	84.48	82.60
99	Province	90.84‡	91.14	90.57	90.25	91.54	83.56

‡ 65+ age group differs significantly from 20-64 age group. † males differ significantly from females. * 65-74 age group differs significantly from 75+ age group. E interpret data with caution (16.77 < coefficient of variation < 33.3). F data suppressed (n < 30, or coefficient of variation > 33.3). ▨ HSDA rate differs significantly from the Provincial rate.

CCHS Question

In the past 12 months, did you have any injuries due to repetitive strain which were serious enough to limit your normal activities?

Key Points**At the Provincial level:**

- Senior respondents (ages 65+) have a significantly higher rate of not having a repetitive strain injury in the past year than the 20-64 age cohort.
- Males ages 65+ have no significantly different rate than the female ages 65+ cohort.
- Younger senior respondents (ages 65-74) have no significantly different rate than the older (75+) age cohort.

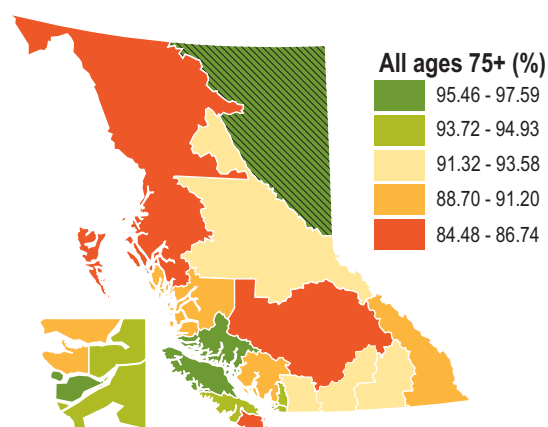
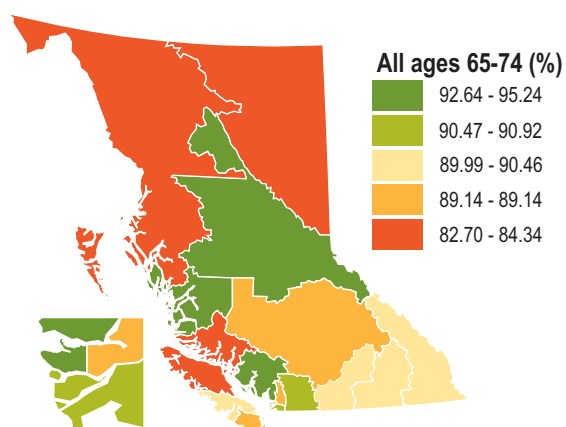
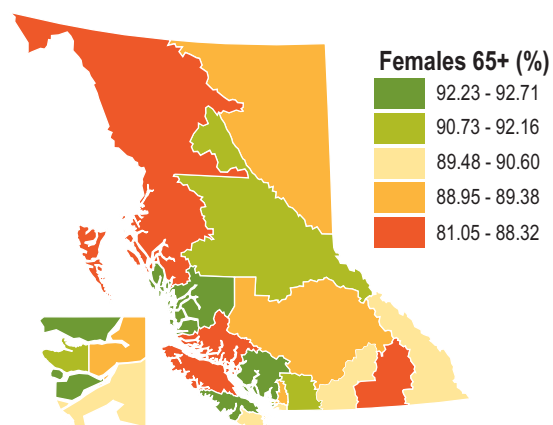
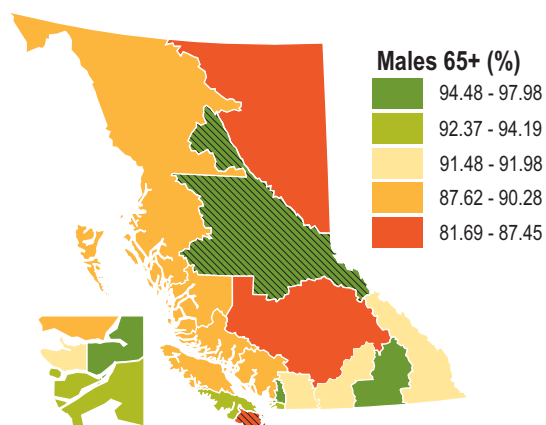
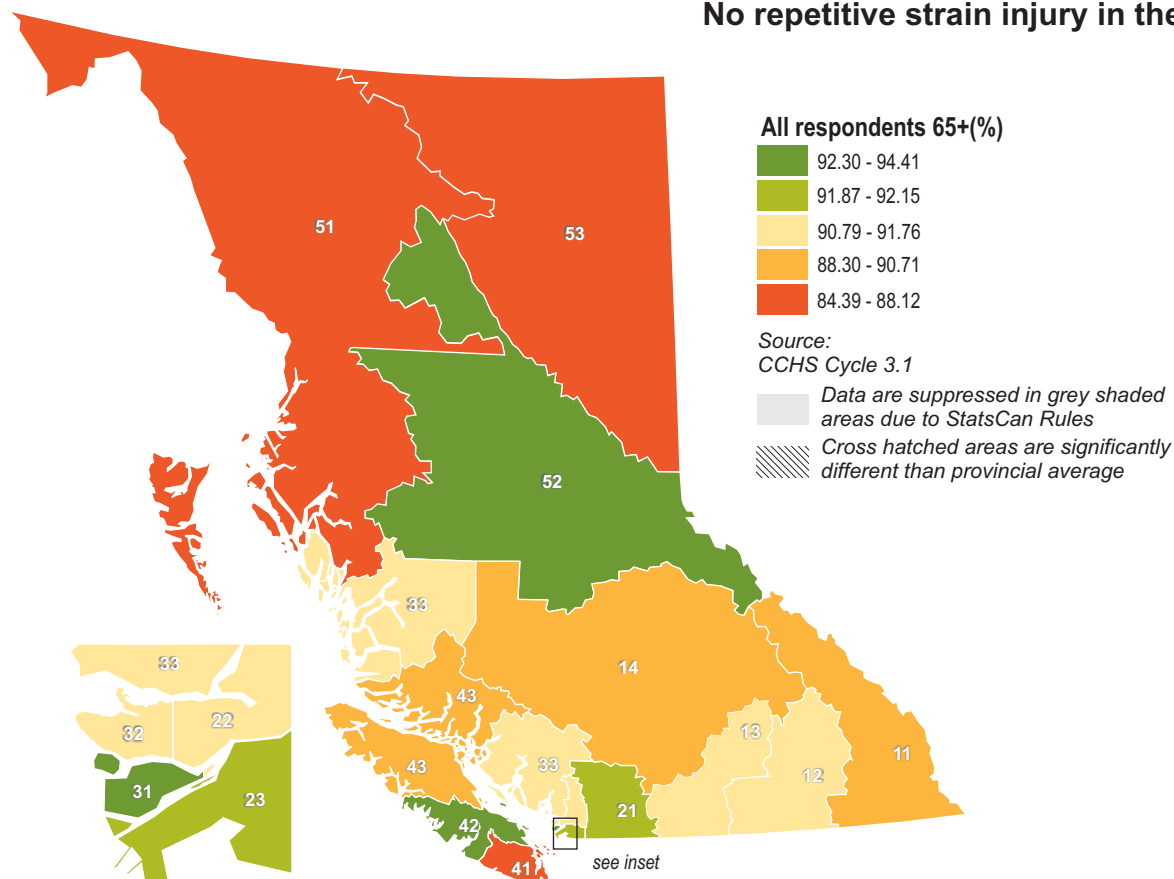
At the HSDA level:

- For all seniors, no HSDA differs significantly from the Provincial rate.
- For male seniors, there is one HSDA significantly higher, and there is one HSDA significantly lower than the Provincial rate.
- For female seniors, no HSDA differs significantly from the Provincial rate.
- For younger seniors, no HSDA differs significantly from the Provincial rate.
- For older seniors, there is one HSDA significantly higher, and there is no HSDA significantly lower than the Provincial rate.

Within HSDAs:

- For all seniors, there are 6 HSDAs significantly higher, and there is no HSDA significantly lower than their respective 20-64 age cohort.
- For male seniors, no HSDA differs significantly from its respective female age cohort.
- For younger seniors, no HSDA differs significantly from its respective older age cohort.

No repetitive strain injury in the past year



Injury-free in the past year

Health Service Delivery Area		All respondents Ages 65+(%)	Males 65+(%)	Females 65+(%)	All Ages 65-74	All Ages 75+	All Ages 20-64
31	Richmond	95.41‡	98.99	92.32	97.01	92.22	86.06
43	North Vancouver Island	94.36‡	94.47	94.26	97.65	89.15	84.20
12	Kootenay Boundary	94.16‡	96.28	92.26	93.74	94.63	81.52
52	Northern Interior	91.59	96.00	87.02	88.62	95.78	81.51
23	Fraser South	90.72‡	92.60	89.28	92.60	88.36	83.05
22	Fraser North	90.41‡	93.65	87.74	92.50	87.89	83.09
42	Central Vancouver Island	88.73	88.31	89.12	88.47	89.08	81.83
13	Okanagan	88.62‡	87.19	89.87	92.34	85.12	77.16
51	Northwest	88.29	92.14	84.31	92.12	F	79.28
53	Northeast	87.74	89.16	86.31	84.52	93.36	88.19
21	Fraser East	86.46	86.60	86.33	88.24	84.27	86.01
41	South Vancouver Island	85.72	85.87	85.60	90.85*	80.98	78.83
32	Vancouver	85.67	88.43	83.38	90.67	80.48	84.80
33	North Shore/Coast Garibaldi	83.41	84.40	82.59	83.45	83.37	85.91
14	Thompson Cariboo Shuswap	83.10	79.66	86.46	84.19	80.97	81.66
11	East Kootenay	82.70	80.78	84.54	82.91	82.36	80.31
99	Province	88.12‡	89.09	87.30	90.41*	85.37	82.82

‡ 65+ age group differs significantly from 20-64 age group. † males differ significantly from females. * 65-74 age group differs significantly from 75+ age group. E interpret data with caution (16.77 < coefficient of variation < 33.3). F data suppressed (n < 30, or coefficient of variation > 33.3). ▨ HSDA rate differs significantly from the Provincial rate.

CCHS Question

Not counting repetitive strain injuries, in the past 12 months, were you injured?

Key Points**At the Provincial level:**

- Senior respondents (ages 65+) have a significantly higher rate of being injury-free in the past year than the 20-64 age cohort.
- Males ages 65+ have no significantly different rate than the female ages 65+ cohort.
- Younger senior respondents (ages 65-74) have a significantly higher rate than the older (75+) age cohort.

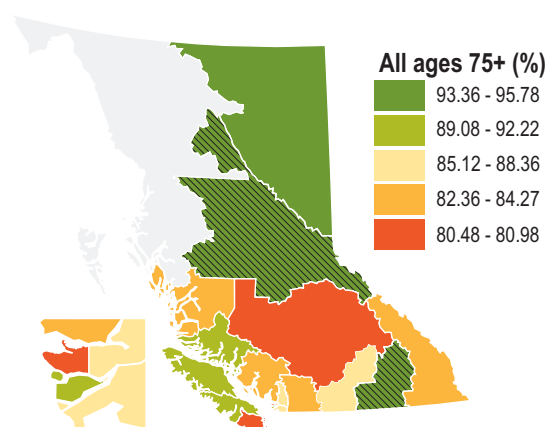
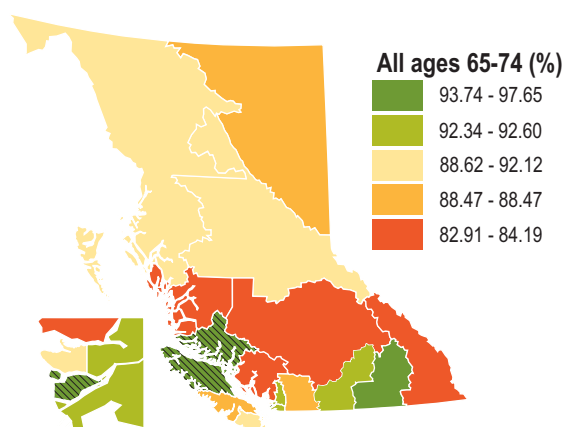
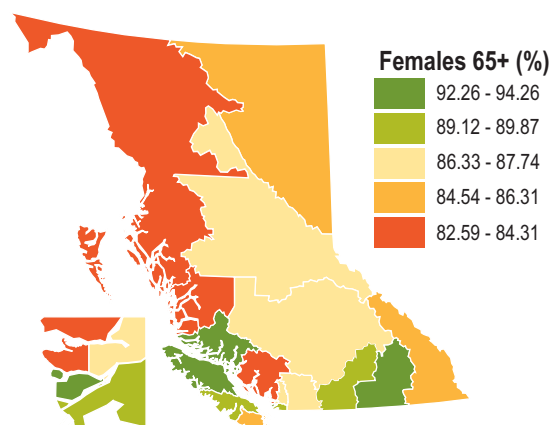
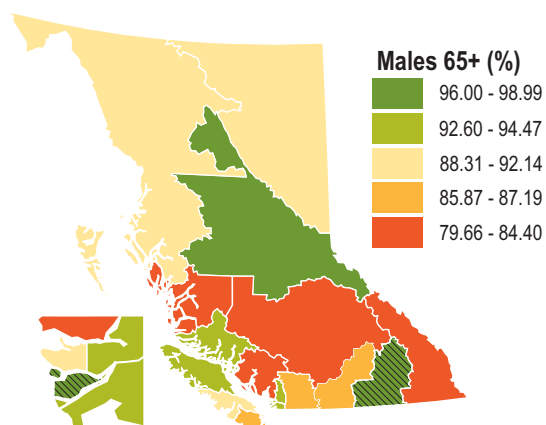
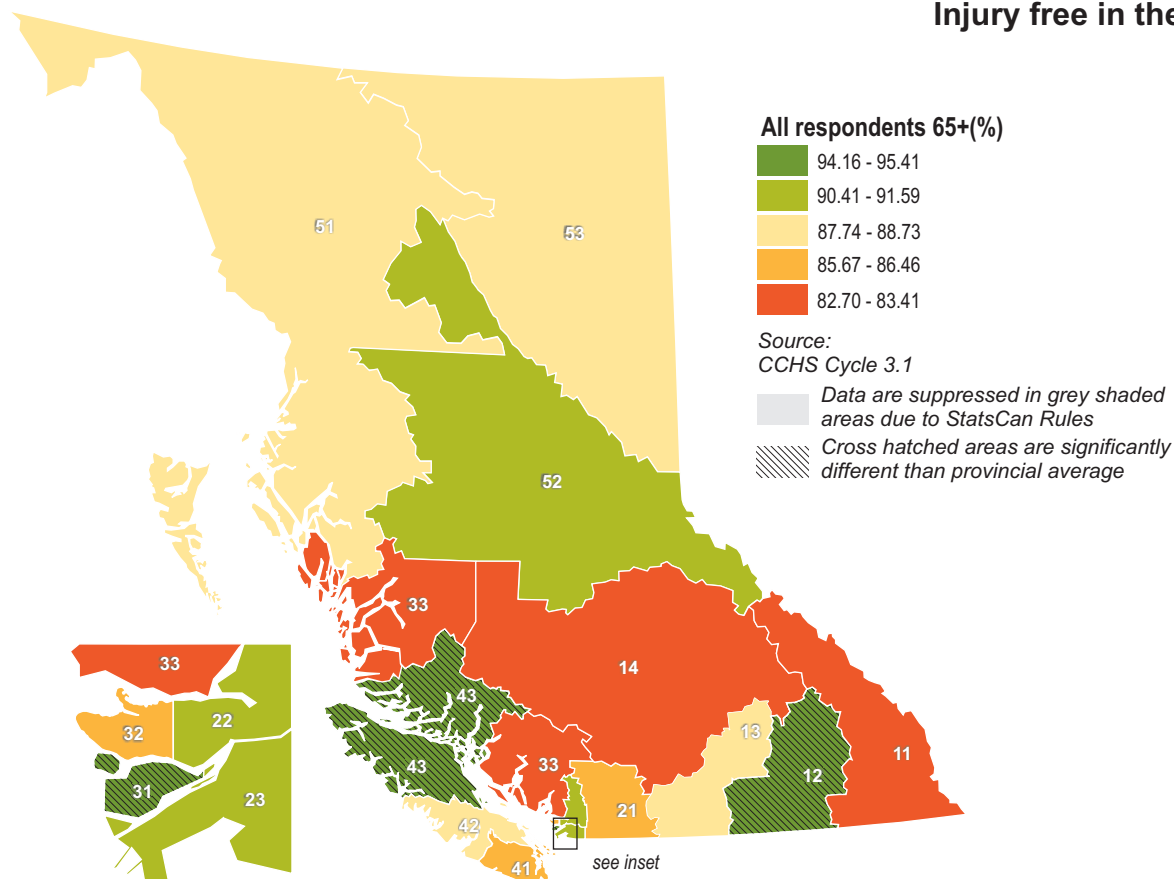
At the HSDA level:

- For all seniors, there are 3 HSDAs significantly higher, and there is no HSDA significantly lower than the Provincial rate.
- For male seniors, there are 2 HSDAs significantly higher, and there is no HSDA significantly lower than the Provincial rate.
- For female seniors, no HSDA differs significantly from the Provincial rate.
- For younger seniors, there are 2 HSDAs significantly higher, and there is no HSDA significantly lower than the Provincial rate.
- For older seniors, there are 2 HSDAs significantly higher, and there is no HSDA significantly lower than the Provincial rate.

Within HSDAs:

- For all seniors, there are 6 HSDAs significantly higher, and there is no HSDA significantly lower than their respective 20-64 age cohort.
- For male seniors, no HSDA differs significantly from its respective female age cohort.
- For younger seniors, there is one HSDA significantly higher, and there is no HSDA significantly lower than its respective older age cohort.

Injury free in the past year



Active or moderately active physical activity index score

Health Service Delivery Area		All respondents Ages 65+(%)	Males 65+(%)	Females 65+(%)	All Ages 65-74	All Ages 75+	All Ages 20-64
32	Vancouver	57.55	59.99	55.51	66.67	48.06	53.33
42	Central Vancouver Island	56.94	58.26	55.71	65.57*	45.41	62.59
33	North Shore/Coast Garibaldi	56.83	63.62	51.15	61.90	51.56	63.82
43	North Vancouver Island	56.26	58.97	53.62	60.48	F	66.45
41	South Vancouver Island	55.00†	58.89	51.97	65.61*	45.19	68.25
12	Kootenay Boundary	54.75	F	56.09	66.58	41.52	65.13
11	East Kootenay	52.27	64.06	F	59.21	F	64.92
31	Richmond	51.88	F	49.60	55.09	F	51.64
22	Fraser North	49.20	56.72	43.00	54.12	43.25	56.28
14	Thompson Cariboo Shuswap	48.61	53.73	43.60	52.65	F	56.66
23	Fraser South	47.47	49.23	46.12	55.13	37.83	51.61
13	Okanagan	43.54†	49.54	38.33	52.91*	34.71	58.41
51	Northwest	42.32E	F	F	F	F	59.95
21	Fraser East	40.92	46.60	36.08	48.07	32.15	51.75
52	Northern Interior	36.35†	F	41.10E	44.92	F	55.38
53	Northeast	33.38E	F	F	F	F	48.41
99	Province	50.64†	54.76†	47.12	57.85*	41.96	57.15

‡ 65+ age group differs significantly from 20-64 age group. † males differ significantly from females. * 65-74 age group differs significantly from 75+ age group. E interpret data with caution (16.77 < coefficient of variation < 33.3). F data suppressed (n < 30, or coefficient of variation > 33.3). ▨ HSDA rate differs significantly from the Provincial rate.

CCHS Question

Active or moderately active physical activity index score: respondents are classified as active, moderately active or inactive based on an index of average daily physical activity over the past 3 months. 3.0 kcal/kg/day or more = physically active; 1.5 - 2.9 kcal/kg/day = moderately active; less than 1.5 kcal per day = inactive.

Key Points**At the Provincial level:**

- Senior respondents (ages 65+) have a significantly lower rate of having an active or moderately active physical activity index score than the 20-64 age cohort.
- Males ages 65+ have a significantly higher rate than the female ages 65+ cohort.
- Younger senior respondents (ages 65-74) have a significantly higher rate than the older (75+) age cohort.

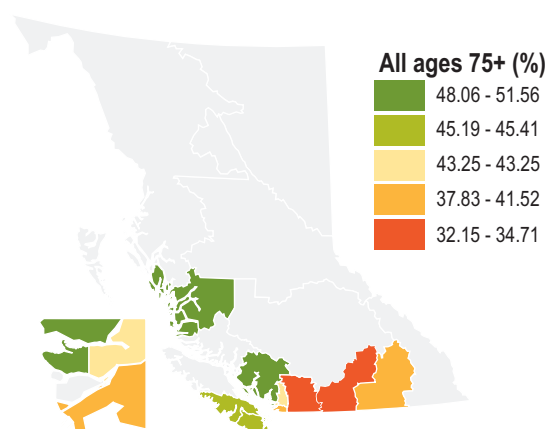
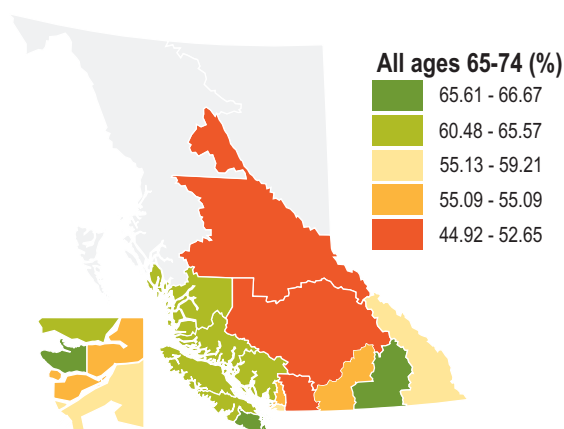
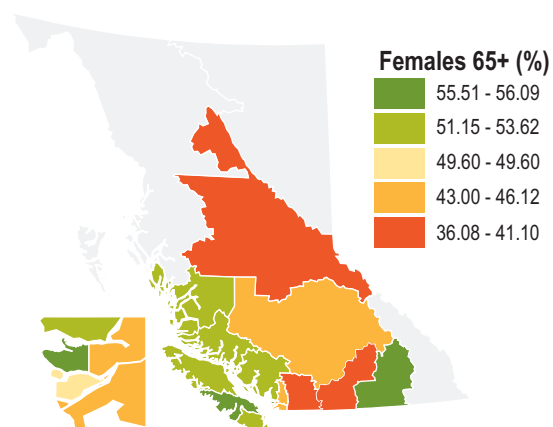
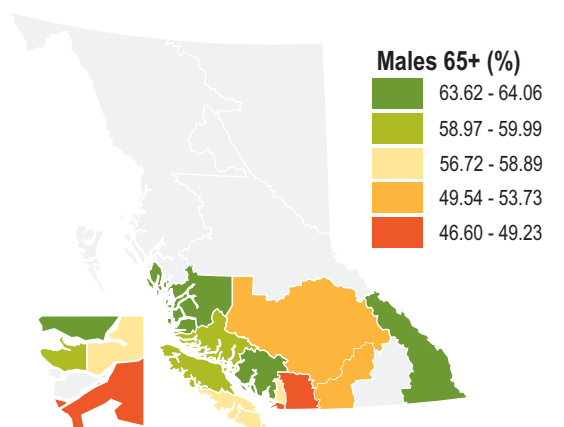
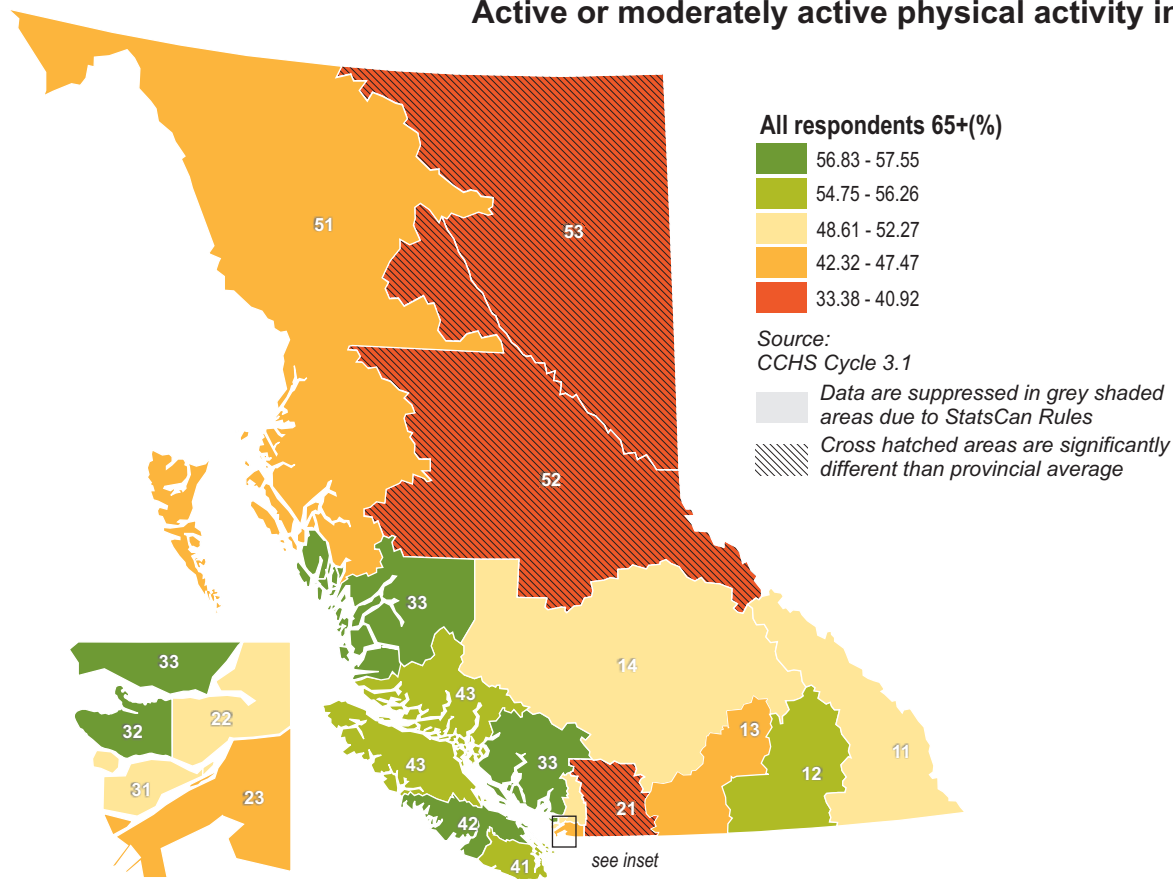
At the HSDA level:

- For all seniors, there is no HSDA significantly higher, and there are 3 HSDAs significantly lower than the Provincial rate.
- For male seniors, no HSDA differs significantly from the Provincial rate.
- For female seniors, no HSDA differs significantly from the Provincial rate.
- For younger seniors, no HSDA differs significantly from the Provincial rate.
- For older seniors, no HSDA differs significantly from the Provincial rate.

Within HSDAs:

- For all seniors, there is no HSDA significantly higher, and there are 3 HSDAs significantly lower than their respective 20-64 age cohort.
- For male seniors, no HSDA differs significantly from its respective female age cohort.
- For younger seniors, there are 3 HSDAs significantly higher, and there is no HSDA significantly lower than their respective older age cohort.

Active or moderately active physical activity index score



Six or more hours walking to work to school or while doing errands per week

Health Service Delivery Area		All respondents Ages 65+(%)	Males 65+(%)	Females 65+(%)	All Ages 65-74	All Ages 75+	All Ages 20-64
31	Richmond	F	F	F	F	F	18.16
43	North Vancouver Island	F	F	F	F	F	19.92E
51	Northwest	F	F	F	F	F	27.82
52	Northern Interior	F	F	F	F	F	26.15
53	Northeast	F	F	F	F	F	26.41
11	East Kootenay	52.99	54.84E	51.20	66.04	F	51.79
41	South Vancouver Island	32.67	27.04E	37.05	40.61	25.34	40.24
12	Kootenay Boundary	30.25	F	F	F	F	34.18
42	Central Vancouver Island	27.09†	34.11	20.59E	33.12	F	42.92
14	Thompson Cariboo Shuswap	21.28E	F	F	F	F	32.79
33	North Shore/Coast Garibaldi	21.12	F	F	F	F	26.61
21	Fraser East	19.47	F	F	F	F	19.50
13	Okanagan	15.09E	F	F	F	F	22.44
23	Fraser South	14.64	F	F	F	F	21.25
22	Fraser North	14.43E†	F	F	F	F	26.47
32	Vancouver	12.20E†	F	F	F	F	21.51
99	Province	19.79†	18.88	20.56	23.14*	15.75	26.70

† 65+ age group differs significantly from 20-64 age group. † males differ significantly from females. * 65-74 age group differs significantly from 75+ age group. E interpret data with caution (16.77 < coefficient of variation < 33.3). F data suppressed (n < 30, or coefficient of variation > 33.3). HSDA rate differs significantly from the Provincial rate.

CCHS Question

In a typical week in the past 3 months, how many hours did you usually spend walking to work or to school or while doing errands?

Key Points**At the Provincial level:**

- Senior respondents (ages 65+) have a significantly lower rate of walking six or more hours per week to work, school, or while doing errands than the 20-64 age cohort.
- Males ages 65+ have no significantly different rate than the female ages 65+ cohort.
- Younger senior respondents (ages 65-74) have a significantly higher rate than the older (75+) age cohort.

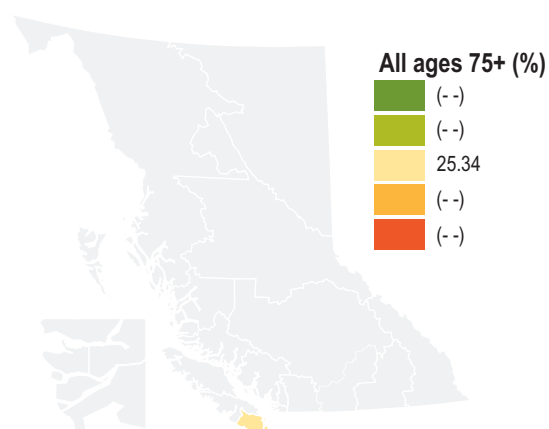
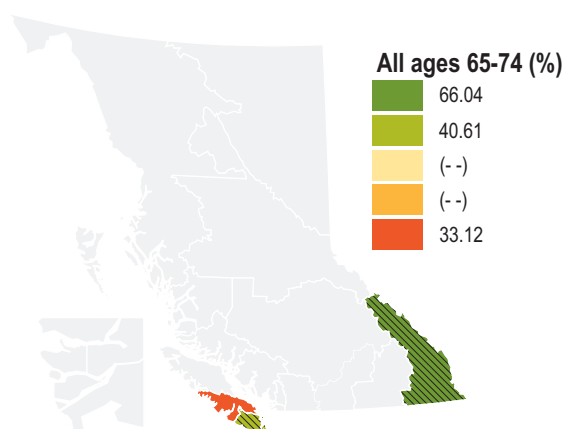
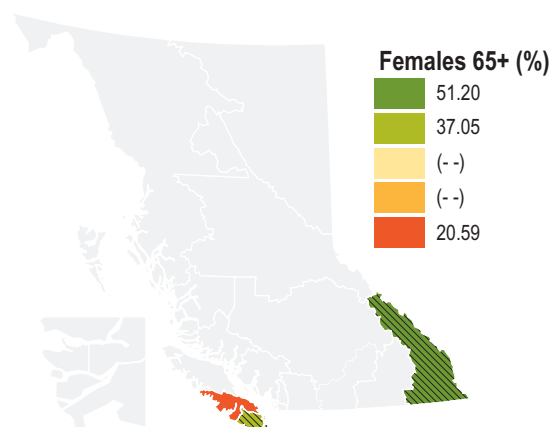
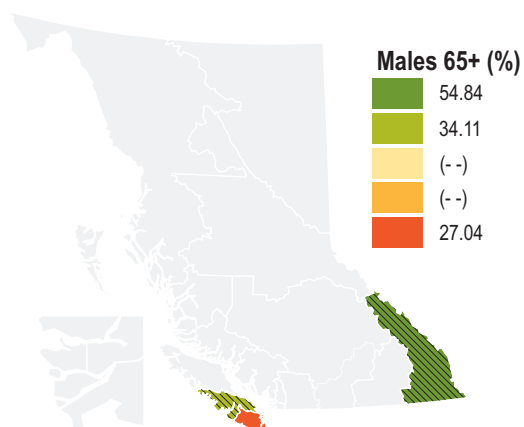
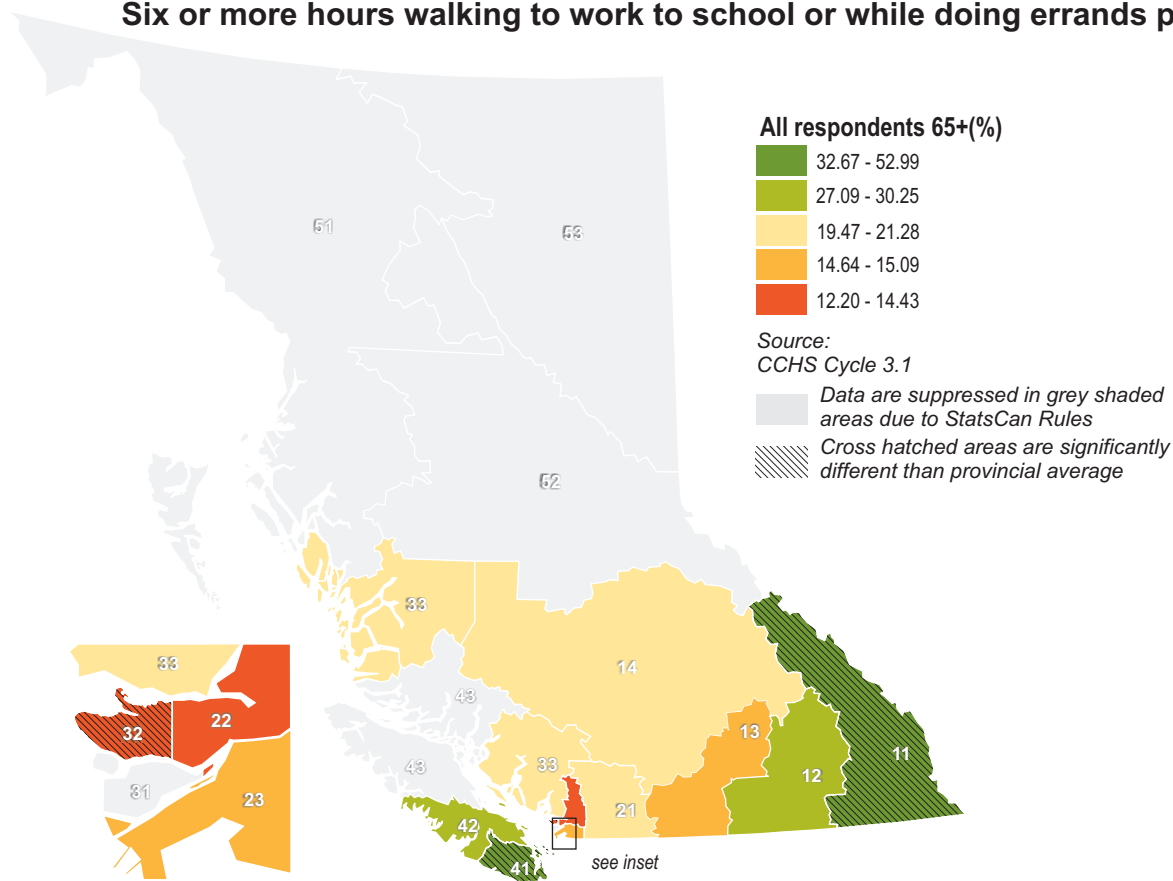
At the HSDA level:

- Data are suppressed in most HSDAs, which precludes meaningful comparisons.

Within HSDAs:

- Data are suppressed in most HSDAs, which precludes meaningful comparisons.

Six or more hours walking to work to school or while doing errands per week



Good health utility index score (0.8+)

Health Service Delivery Area		All respondents Ages 65+(%)	Males 65+(%)	Females 65+(%)	All Ages 65-74	All Ages 75+	All Ages 20-64
31	Richmond	64.32	68.93	60.34	67.87	F	79.29
32	Vancouver	64.23†	67.44	61.54	73.39	54.70	81.80
33	North Shore/Coast Garibaldi	63.82†	72.31	56.72	75.79*	51.37	82.50
41	South Vancouver Island	62.89†	58.19	66.54	78.16*	48.78	81.47
52	Northern Interior	60.81†	F	62.69	64.83	55.12	79.25
23	Fraser South	60.44†	63.18	58.35	70.76*	47.46	81.04
51	Northwest	59.98	F	F	F	F	72.93
11	East Kootenay	58.30†	69.76	47.23	69.72	F	76.68
22	Fraser North	57.26†	62.49	52.95	65.62	47.14	80.07
42	Central Vancouver Island	56.67†	64.78	49.15	64.12	46.72	75.30
43	North Vancouver Island	56.60†	57.96	55.28	64.30	F	76.43
21	Fraser East	55.98†	56.04	55.93	66.25*	43.40	79.54
13	Okanagan	54.28†	51.42	56.77	66.21*	43.04	77.16
12	Kootenay Boundary	53.87†	F	62.03	68.07	F	76.83
14	Thompson Cariboo Shuswap	52.83†	48.59	56.98	61.66	F	81.49
53	Northeast	48.50E†	F	38.48E	50.82	F	73.90
99	Province	59.17†	61.16	57.47	68.77*	47.60	79.81

† 65+ age group differs significantly from 20-64 age group. † males differ significantly from females. * 65-74 age group differs significantly from 75+ age group. E interpret data with caution (16.77 < coefficient of variation < 33.3). F data suppressed (n < 30, or coefficient of variation > 33.3). HSDA rate differs significantly from the Provincial rate.

CCHS Question

The Health Status Index or Health Utility INDEX (HUI) provides a description of an individual's overall functional health, based on eight attributes: vision, hearing, speech, mobility (ability to get around), dexterity (use of hands and fingers), cognition (memory and thinking), emotion (feelings), and pain and discomfort.

Key Points**At the Provincial level:**

- Senior respondents (ages 65+) have a significantly lower rate of having a good health utility index score (0.8+) than the 20-64 age cohort.
- Males ages 65+ have no significantly different rate than the female ages 65+ cohort.
- Younger senior respondents (ages 65-74) have a significantly higher rate than the older (75+) age cohort.

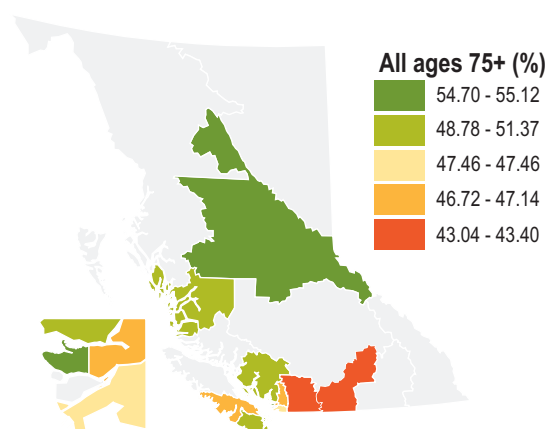
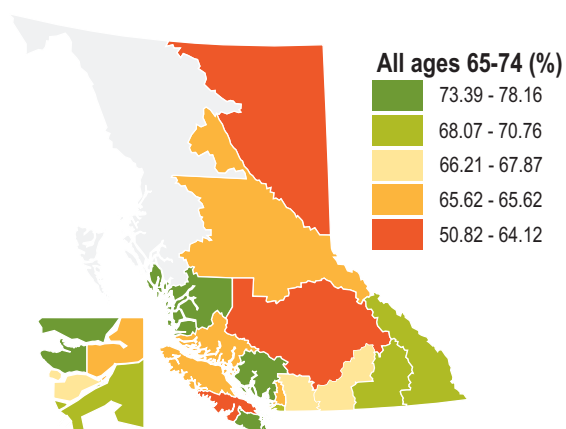
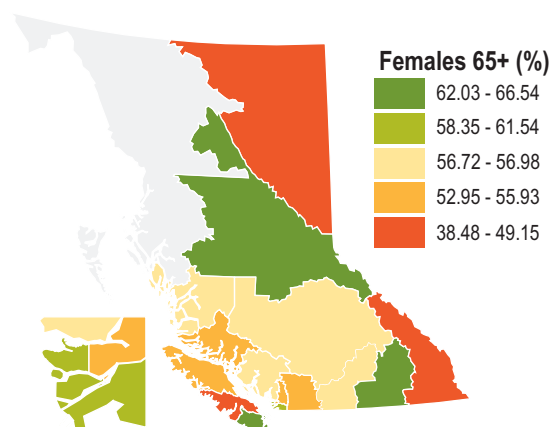
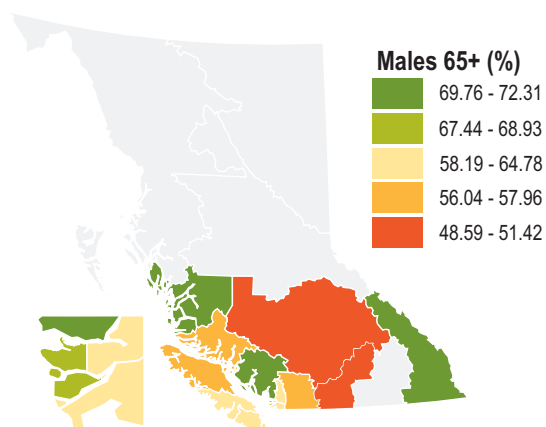
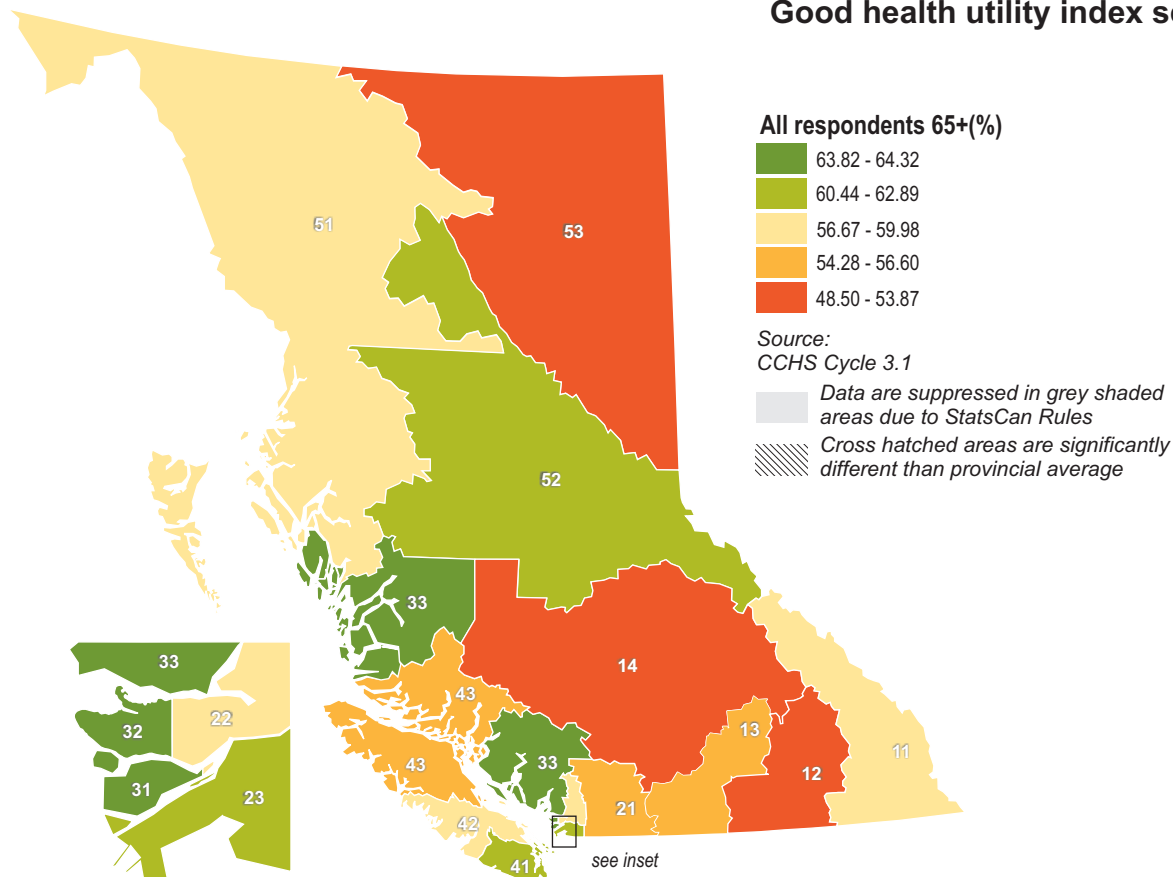
At the HSDA level:

- For all seniors, no HSDA differs significantly from the Provincial rate.
- For male seniors, no HSDA differs significantly from the Provincial rate.
- For female seniors, no HSDA differs significantly from the Provincial rate.
- For younger seniors, no HSDA differs significantly from the Provincial rate.
- For older seniors, no HSDA differs significantly from the Provincial rate.

Within HSDAs:

- For all seniors, there is no HSDA significantly higher, and there are 14 HSDAs significantly lower than their respective 20-64 age cohort.
- For male seniors, no HSDA differs significantly from its respective female age cohort.
- For younger seniors, there are 5 HSDAs significantly higher, and there is no HSDA significantly lower than their respective older age cohort.

Good health utility index score (0.8+)





5

Free of chronic conditions

The aging process is typically accompanied by the development of a lot of chronic conditions. Being free of chronic conditions, however, is a key wellness asset for seniors. There are 45 maps and 9 tables in this section.

Being without chronic conditions such as cancer, arthritis and rheumatism, asthma, diabetes, heart disease, high blood pressure, chronic obstructive pulmonary disease and having never been diagnosed with cancer are all important wellness assets. These are all mapped in this section.

An indicator has been calculated based on senior respondents who answered “no” to over 30 individual questions

concerning whether they suffered from different chronic conditions including those mentioned above, as well as issues such as food allergies, chronic bronchitis, cataracts, and several mental disorders, to mention just a few. It is worth noting that for seniors, it was not possible to develop useful maps for those indicating that they had no chronic conditions because of statistical protocols required by Statistics Canada. These protocols indicate that results cannot be released if the sample of respondents is 30 or less or there is a high coefficient of variations (greater than 33%). In short, this means that in all areas of the province most seniors have some type of chronic condition.

Without chronic conditions

Health Service Delivery Area		All respondents Ages 65+(%)	Males 65+(%)	Females 65+(%)	All Ages 65-74	All Ages 75+	All Ages 20-64
11	East Kootenay	F	F	F	F	F	27.30
12	Kootenay Boundary	F	F	F	F	F	21.44
13	Okanagan	F	F	F	F	F	29.20
14	Thompson Cariboo Shuswap	F	F	F	F	F	29.94
21	Fraser East	F	F	F	F	F	35.94
22	Fraser North	F	F	F	F	F	33.65
31	Richmond	F	F	F	F	F	40.93
32	Vancouver	F	F	F	F	F	39.54
33	North Shore/Coast Garibaldi	F	F	F	F	F	40.24
41	South Vancouver Island	F	F	F	F	F	29.78
42	Central Vancouver Island	F	F	F	F	F	27.79
43	North Vancouver Island	F	F	F	F	F	23.18
51	Northwest	F	F	F	F	F	33.29
52	Northern Interior	F	F	F	F	F	28.16
53	Northeast	F	F	F	F	F	27.47
23	Fraser South	10.89E†	F	F	F	F	29.77
99	Province	10.10‡	14.26†	6.55	11.71	8.17	32.77

‡ 65+ age group differs significantly from 20-64 age group. † males differ significantly from females. * 65-74 age group differs significantly from 75+ age group. E interpret data with caution (16.77 < coefficient of variation < 33.3). F data suppressed (n < 30, or coefficient of variation > 33.3). HSDA rate differs significantly from the Provincial rate.

CCHS Question

Respondents were reminded that we are only interested in conditions diagnosed by a health professional. Do you have any chronic conditions?

Key Points**At the Provincial level:**

- Senior respondents (ages 65+) have a significantly lower rate of having no chronic conditions than the 20-64 age cohort.
- Males ages 65+ have a significantly higher rate than the female ages 65+ cohort.
- Younger senior respondents (ages 65-74) have no significantly different rate than the older (75+) age cohort.

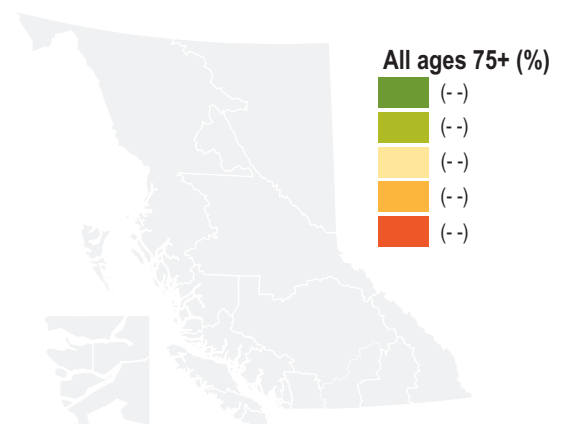
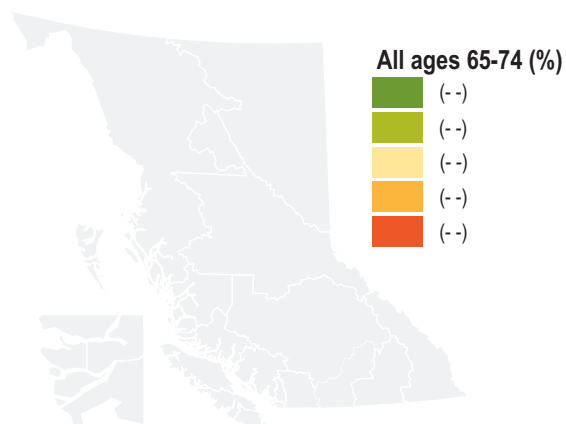
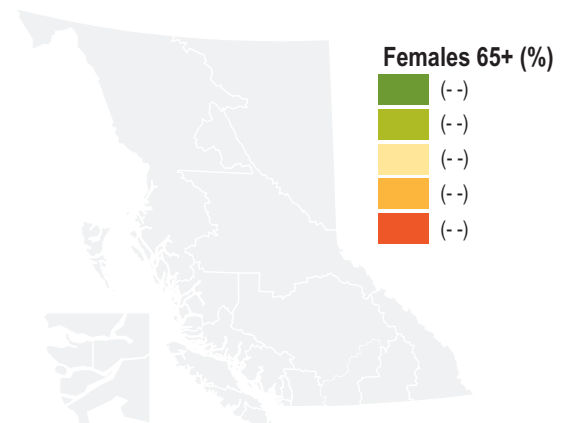
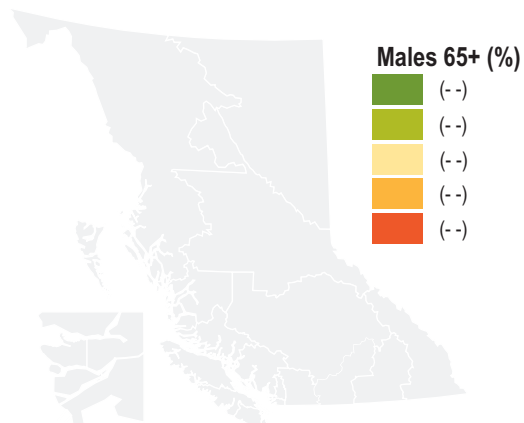
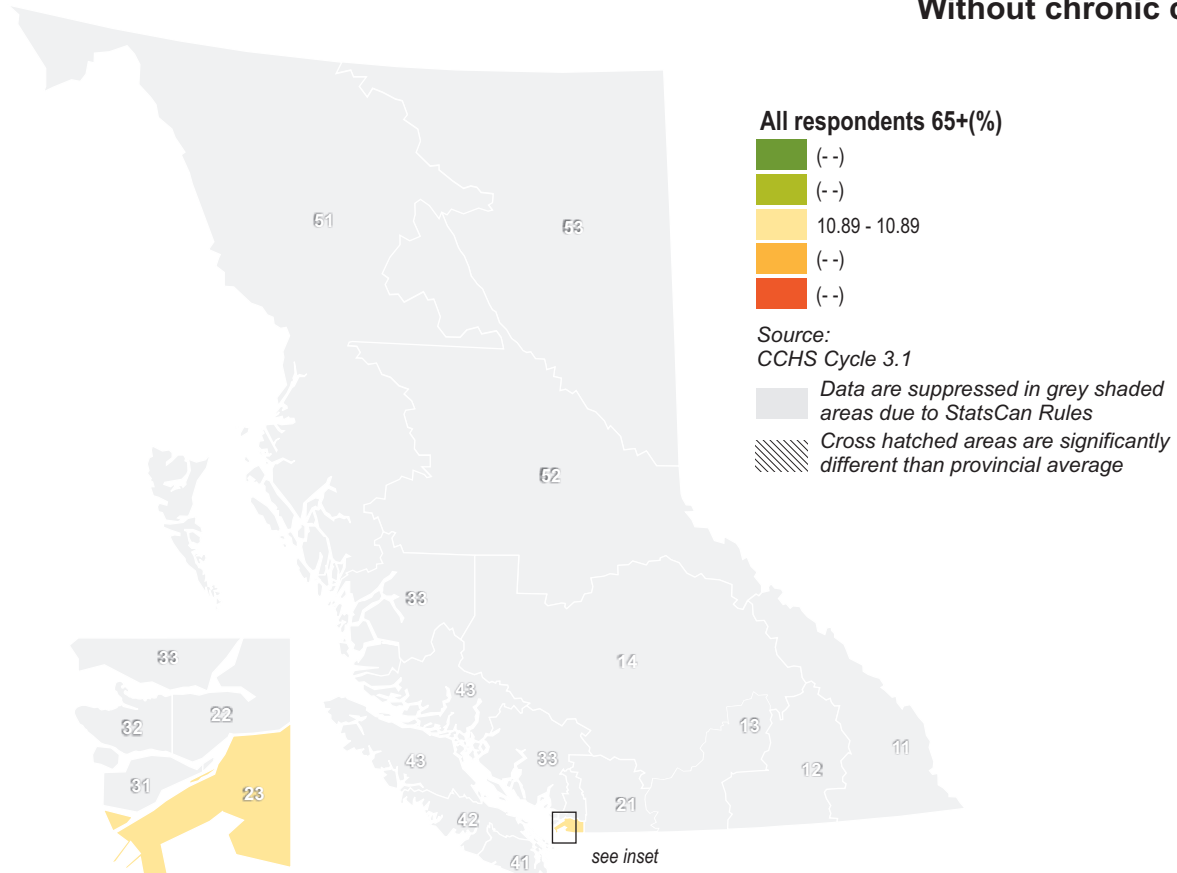
At the HSDA level:

- Data are suppressed in all but one HSDA, which precludes any comparisons.

Within HSDAs:

- Data are suppressed in all but one HSDA, which precludes any comparisons.

Free of chronic conditions 57
Without chronic conditions



Without arthritis or rheumatism

Health Service Delivery Area	All respondents Ages 65+(%)	Males 65+(%)	Females 65+(%)	All Ages 65-74	All Ages 75+	All Ages 20-64
32 Vancouver	66.44‡	76.23	58.27	74.49	58.06	93.23
31 Richmond	65.17‡	72.80	58.59	63.38	68.71	92.44
23 Fraser South	60.94‡	72.99†	51.77	60.55	61.43	88.35
41 South Vancouver Island	59.89‡	70.89†	51.34	60.52	59.31	84.66
12 Kootenay Boundary	59.31	68.50	51.05	F	62.16	77.39
42 Central Vancouver Island	57.26‡	61.16	53.65	64.45	47.66	84.14
21 Fraser East	57.02‡	63.15	51.80	66.82*	45.01	83.56
33 North Shore/Coast Garibaldi	56.26‡	68.39†	46.11	62.72	49.54	88.51
22 Fraser North	54.74‡	70.58†	41.68	58.33	50.39	89.52
11 East Kootenay	54.05‡	65.79	F	57.15	F	83.94
14 Thompson Cariboo Shuswap	52.82‡	64.38†	41.49	57.10	F	84.58
13 Okanagan	51.41‡	60.38	43.61	57.16	45.99	84.91
52 Northern Interior	50.67‡	F	51.86	56.00	F	82.68
53 Northeast	48.46‡	F	F	F	F	79.77
43 North Vancouver Island	46.06‡	55.00	37.38E	48.55	F	78.85
51 Northwest	44.25‡	F	F	F	F	86.37
99 Province	57.59‡	67.37†	49.25	61.54*	52.84	87.29

‡ 65+ age group differs significantly from 20-64 age group. † males differ significantly from females. * 65-74 age group differs significantly from 75+ age group. E interpret data with caution (16.77 < coefficient of variation < 33.3). F data suppressed (n < 30, or coefficient of variation > 33.3). HSDA rate differs significantly from the Provincial rate.

CCHS Question

Respondents were reminded that we are only interested in conditions diagnosed by a health professional. Do you have arthritis or rheumatism, excluding fibromyalgia?

Key Points**At the Provincial level:**

- Senior respondents (ages 65+) have a significantly lower rate of being without arthritis or rheumatism than the 20-64 age cohort.
- Males ages 65+ have a significantly higher rate than the female ages 65+ cohort.
- Younger senior respondents (ages 65-74) have a significantly higher rate than the older (75+) age cohort.

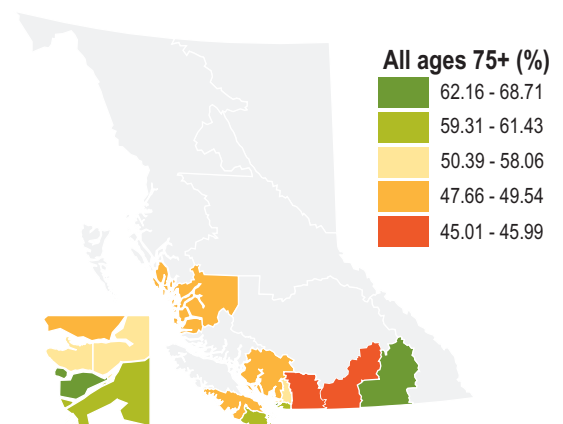
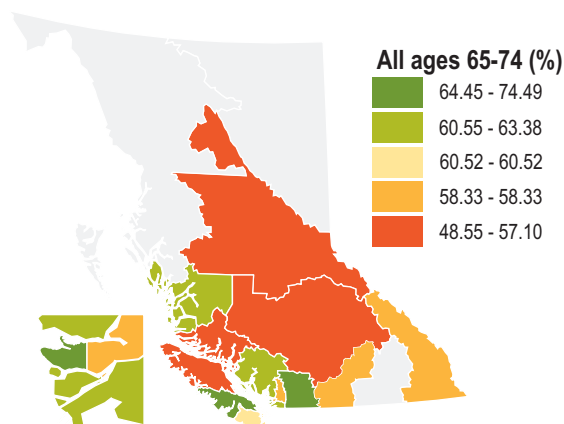
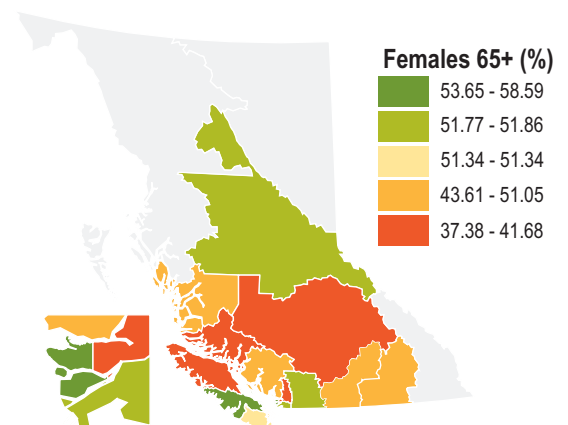
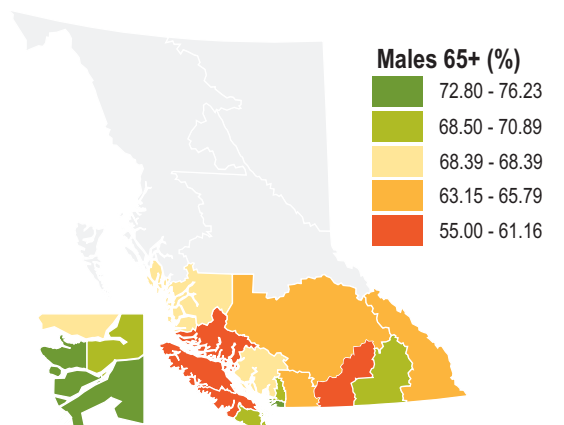
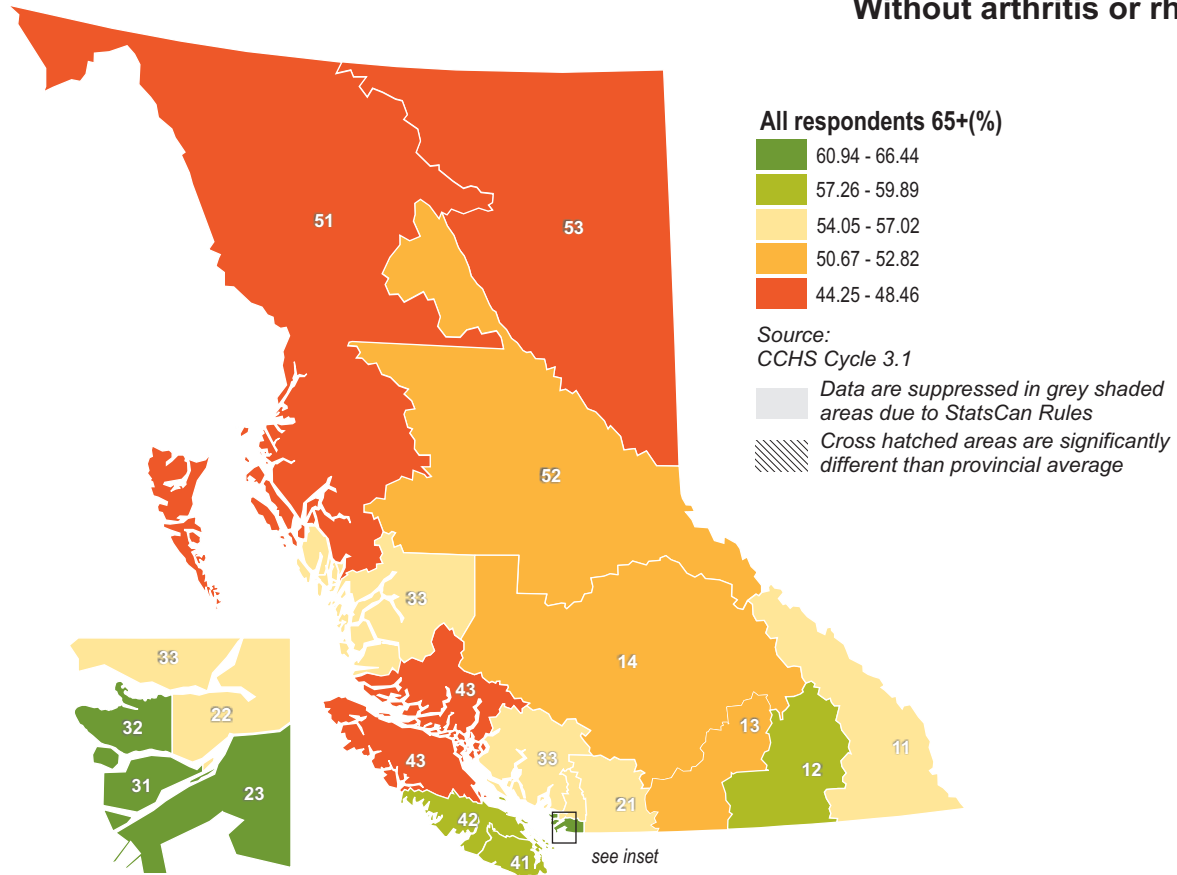
At the HSDA level:

- For all seniors, no HSDA differs significantly from the Provincial rate.
- For male seniors, no HSDA differs significantly from the Provincial rate.
- For female seniors, no HSDA differs significantly from the Provincial rate.
- For younger seniors, no HSDA differs significantly from the Provincial rate.
- For older seniors, no HSDA differs significantly from the Provincial rate.

Within HSDAs:

- For all seniors, there is no HSDA significantly higher, and there are 15 HSDAs significantly lower than their respective 20-64 age cohort.
- For male seniors, there are 5 HSDAs significantly higher, and there is no HSDA significantly lower than their respective female age cohort.
- For younger seniors, there is one HSDA significantly higher, and there is no HSDA significantly lower than its respective older age cohort.

Free of chronic conditions 59
Without arthritis or rheumatism



Without asthma

Health Service Delivery Area		All respondents Ages 65+(%)	Males 65+(%)	Females 65+(%)	All Ages 65-74	All Ages 75+	All Ages 20-64
53	Northeast	96.35	100.00	92.68	97.57	94.21	89.18
52	Northern Interior	95.26	91.98	98.66	98.97	90.03	92.16
14	Thompson Cariboo Shuswap	95.19	92.41	97.92	94.79	95.98	92.69
51	Northwest	95.13	94.73	95.54	96.45	F	94.74
31	Richmond	95.09	95.23	94.98	96.03	93.22	94.13
12	Kootenay Boundary	94.68	98.75	91.02	95.85	93.37	91.13
21	Fraser East	94.08	95.29	93.05	95.44	92.43	92.30
23	Fraser South	93.85	96.96	91.49	93.06	94.85	92.94
41	South Vancouver Island	93.10	94.03	92.38	92.77	93.41	92.17
43	North Vancouver Island	92.65	91.61	93.65	89.56	97.53	89.97
11	East Kootenay	92.61	96.32	89.02	92.28	93.11	92.46
22	Fraser North	92.23	95.96	89.15	87.92*	97.45	89.95
13	Okanagan	91.62	90.94	92.22	88.03	95.01	90.82
32	Vancouver	90.74	90.14	91.24	91.26	90.20	93.95
33	North Shore/Coast Garibaldi	90.52	97.21†	84.93	85.39*	95.85	89.73
42	Central Vancouver Island	87.87	87.61	88.12	86.83	89.26	90.73
99	Province	92.41	93.56	91.44	91.35	93.69	91.96

‡ 65+ age group differs significantly from 20-64 age group. † males differ significantly from females. * 65-74 age group differs significantly from 75+ age group. E interpret data with caution (16.77 < coefficient of variation < 33.3). F data suppressed (n < 30, or coefficient of variation > 33.3). ▨ HSDA rate differs significantly from the Provincial rate.

CCHS Question

Respondents were reminded that we are only interested in conditions diagnosed by a health professional. Do you have asthma?

Key Points**At the Provincial level:**

- Senior respondents (ages 65+) have no significantly different rate of being without asthma than the 20-64 age cohort.
- Males ages 65+ have no significantly different rate than the female ages 65+ cohort.
- Younger senior respondents (ages 65-74) have no significantly different rate than the older (75+) age cohort.

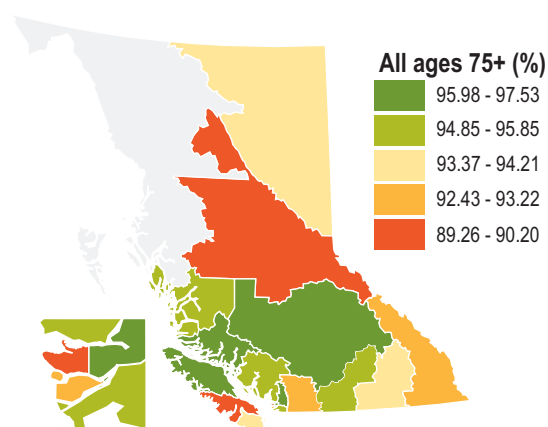
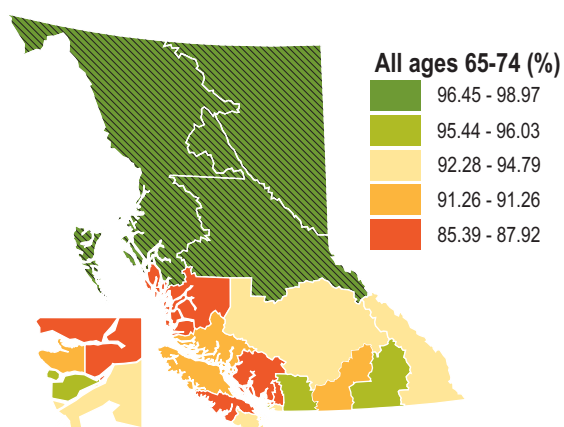
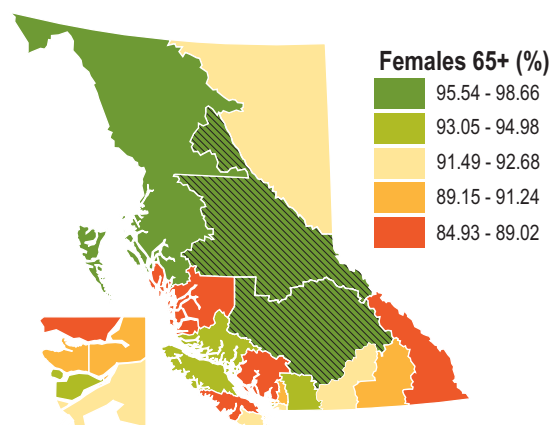
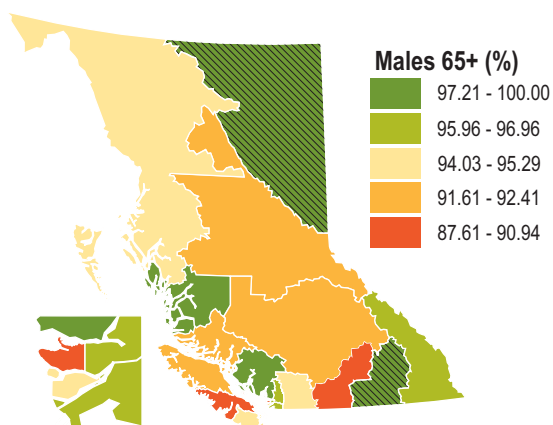
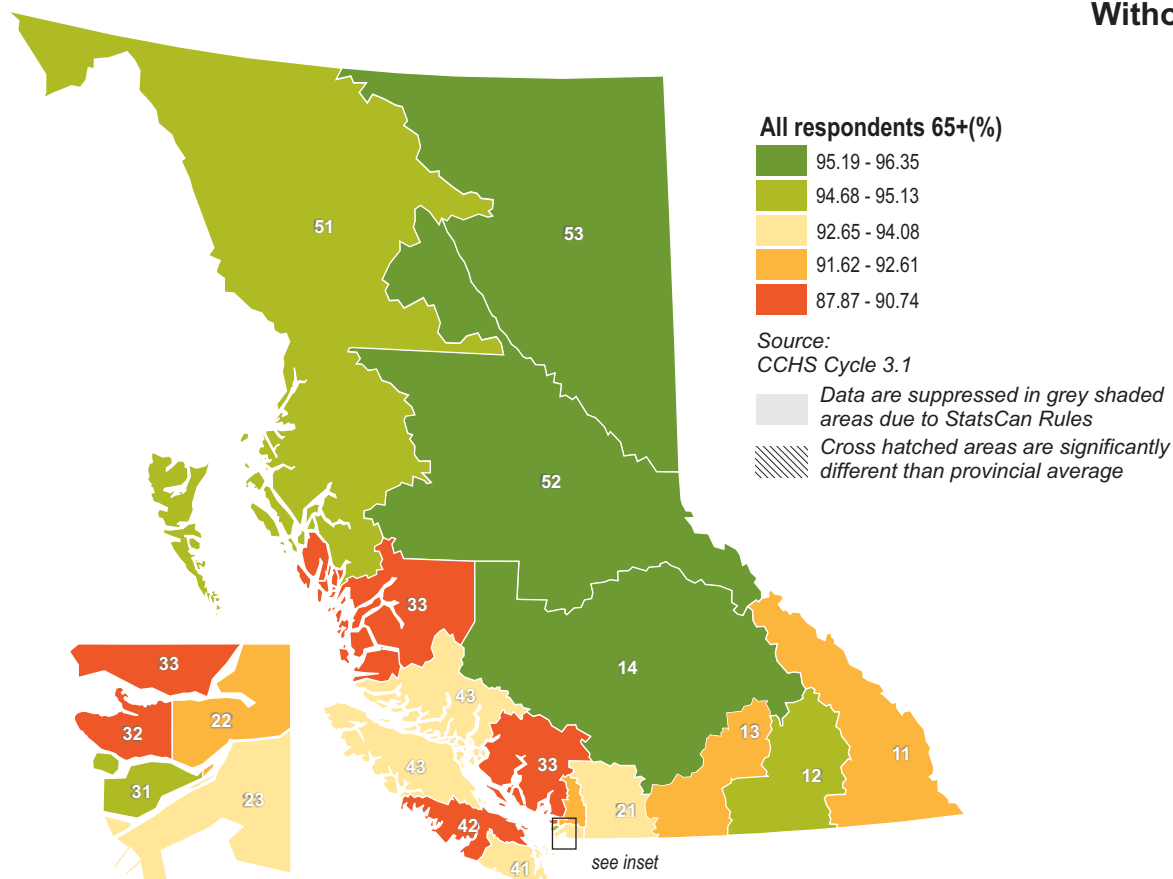
At the HSDA level:

- For all seniors, no HSDA differs significantly from the Provincial rate.
- For male seniors, there are 2 HSDAs significantly higher, and there is no HSDA significantly lower than the Provincial rate.
- For female seniors, there are 2 HSDAs significantly higher, and there is no HSDA significantly lower than the Provincial rate.
- For younger seniors, there are 3 HSDAs significantly higher, and there is no HSDA significantly lower than the Provincial rate.
- For older seniors, no HSDA differs significantly from the Provincial rate.

Within HSDAs:

- For all seniors, no HSDA differs significantly from its respective 20-64 age cohort.
- For male seniors, there is one HSDA significantly higher, and there is no HSDA significantly lower than its respective female age cohort.
- For younger seniors, there is no HSDA significantly higher, and there are 2 HSDAs significantly lower than their respective older age cohort.

Free of chronic conditions 61
Without asthma



Without cancer

Health Service Delivery Area	All respondents Ages 65+(%)	Males 65+(%)	Females 65+(%)	All Ages 65-74	All Ages 75+	All Ages 20-64
14 Thompson Cariboo Shuswap	97.59	96.57	98.60	98.32	96.17	99.54
32 Vancouver	97.12	98.02	96.37	97.11	97.13	99.76
12 Kootenay Boundary	96.96	95.82	97.99	97.25	96.64	99.04
21 Fraser East	96.72	93.36†	99.58	96.19	97.37	99.45
51 Northwest	96.62	93.34	100.00	97.07	95.75	99.02
52 Northern Interior	96.46	94.78	98.21	98.73	93.26	99.54
33 North Shore/Coast Garibaldi	96.25	96.41	96.11	95.50	97.02	99.63
31 Richmond	95.58	94.69	96.34	95.96	94.82	99.03
42 Central Vancouver Island	95.07‡	93.42	96.59	97.05	92.42	99.00
41 South Vancouver Island	94.98	94.13	95.63	96.48	93.58	98.33
23 Fraser South	94.81‡	92.81	96.33	97.02	92.04	98.93
53 Northeast	94.52‡	96.01	93.03	96.37	91.28	99.84
22 Fraser North	94.11‡	92.75	95.24	94.43	93.73	99.06
11 East Kootenay	93.89‡	88.60†	98.99	92.59	95.89	99.50
13 Okanagan	90.99‡	85.56	95.72	95.00	87.22	97.97
43 North Vancouver Island	88.28‡	84.42	92.03	88.67	87.66	99.41
99 Province	94.97‡	93.27†	96.42	96.07	93.65	99.14

‡ 65+ age group differs significantly from 20-64 age group. † males differ significantly from females. * 65-74 age group differs significantly from 75+ age group. E interpret data with caution (16.77 < coefficient of variation < 33.3). F data suppressed (n < 30, or coefficient of variation > 33.3). ▨ HSDA rate differs significantly from the Provincial rate.

CCHS Question

Respondents were reminded that we are only interested in conditions diagnosed by a health professional. Do you have cancer?

Key Points**At the Provincial level:**

- Senior respondents (ages 65+) have a significantly lower rate of being cancer free than the 20-64 age cohort.
- Males ages 65+ have a significantly lower rate than the female ages 65+ cohort.
- Younger senior respondents (ages 65-74) have no significantly different rate than the older (75+) age cohort.

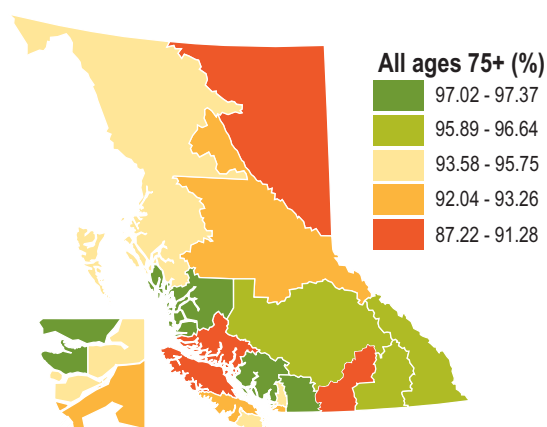
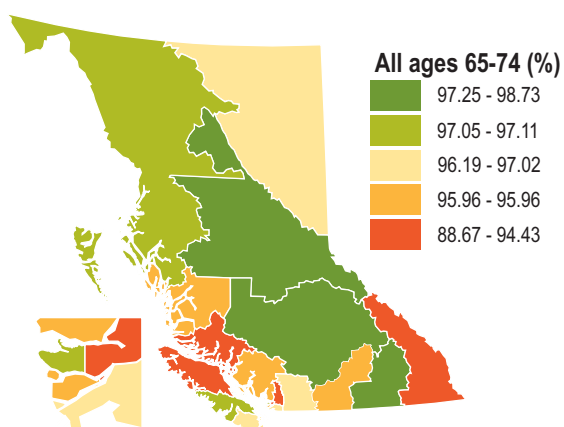
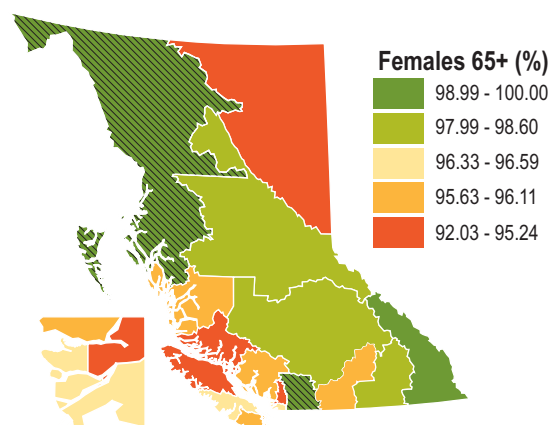
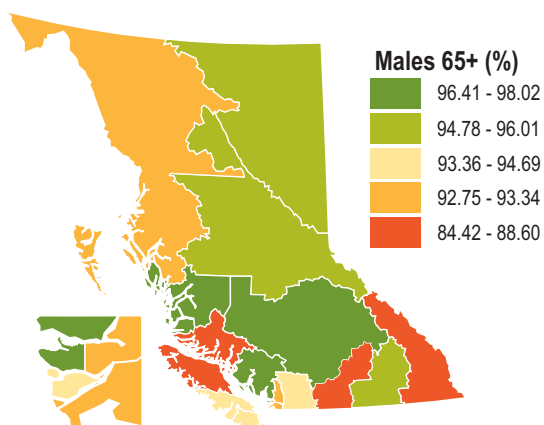
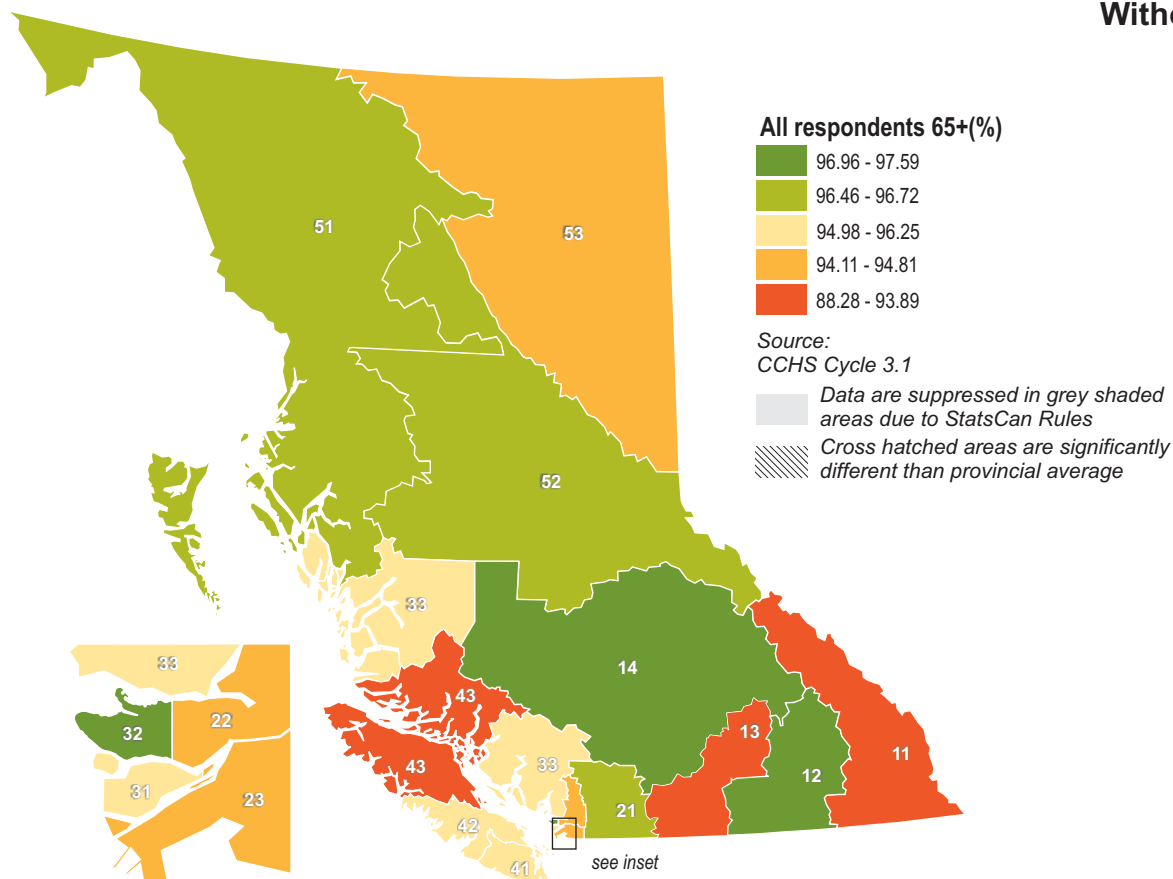
At the HSDA level:

- For all seniors, no HSDA differs significantly from the Provincial rate.
- For male seniors, no HSDA differs significantly from the Provincial rate.
- For female seniors, there are 2 HSDAs significantly higher, and there is no HSDA significantly lower than the Provincial rate.
- For younger seniors, no HSDA differs significantly from the Provincial rate.
- For older seniors, no HSDA differs significantly from the Provincial rate.

Within HSDAs:

- For all seniors, there is no HSDA significantly higher, and there are 7 HSDAs significantly lower than their respective 20-64 age cohort.
- For male seniors, there is no HSDA significantly higher, and there are 2 HSDAs significantly lower than their respective female age cohort.
- For younger seniors, no HSDA differs significantly from its respective older age cohort.

Free of chronic conditions 63
Without cancer



Never diagnosed with cancer

Health Service Delivery Area		All respondents Ages 65+(%)	Males 65+(%)	Females 65+(%)	All Ages 65-74	All Ages 75+	All Ages 20-64
31	Richmond	91.04	91.38	90.75	92.62	87.84	95.03
11	East Kootenay	90.53‡	98.71†	83.45	90.63	90.38	98.00
32	Vancouver	90.18‡	91.64	88.95	88.86	91.56	98.85
52	Northern Interior	89.07	89.27	88.88	91.96	84.75	96.76
22	Fraser North	88.91‡	88.47	89.26	92.42	84.61	96.48
13	Okanagan	87.45‡	82.74	91.14	89.97	84.88	96.64
42	Central Vancouver Island	87.34‡	90.38	84.63	89.07	84.93	95.25
12	Kootenay Boundary	86.18	77.71	93.81	96.76*	74.56	94.66
23	Fraser South	86.00‡	86.27	85.80	87.07	84.58	97.33
43	North Vancouver Island	85.38	87.34	83.64	84.98	86.04	94.58
33	North Shore/Coast Garibaldi	85.12‡	86.92	83.61	87.22	82.96	98.13
21	Fraser East	84.92‡	86.08	83.99	91.17	77.45	95.02
41	South Vancouver Island	82.98‡	83.96	82.24	86.65	79.53	96.25
53	Northeast	80.82‡	F	72.99	86.89	69.83	98.10
51	Northwest	80.28‡	83.25	77.42	95.07	F	96.48
14	Thompson Cariboo Shuswap	79.60‡	80.33	78.90	85.28	68.31	94.38
99	Province	86.59‡	87.03	86.23	89.16*	83.43	96.82

‡ 65+ age group differs significantly from 20-64 age group. † males differ significantly from females. * 65-74 age group differs significantly from 75+ age group. E interpret data with caution (16.77 < coefficient of variation < 33.3). F data suppressed (n < 30, or coefficient of variation > 33.3). ▨ HSDA rate differs significantly from the Provincial rate.

CCHS Question

Respondents were reminded that we are only interested in conditions diagnosed by a health professional. Have you ever been diagnosed with cancer?

Key Points**At the Provincial level:**

- Senior respondents (ages 65+) have a significantly lower rate of never being diagnosed with cancer than the 20-64 age cohort.
- Males ages 65+ have no significantly different rate than the female ages 65+ cohort.
- Younger senior respondents (ages 65-74) have a significantly higher rate than the older (75+) age cohort.

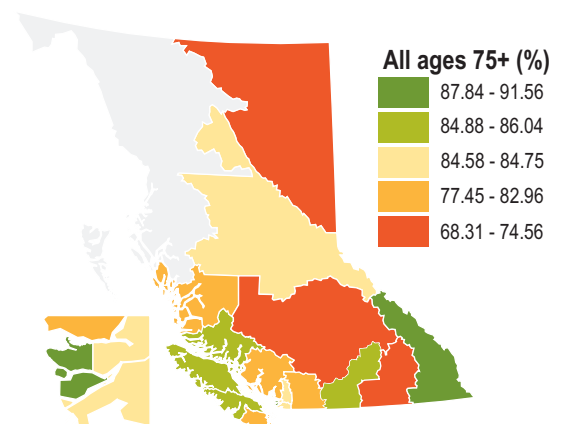
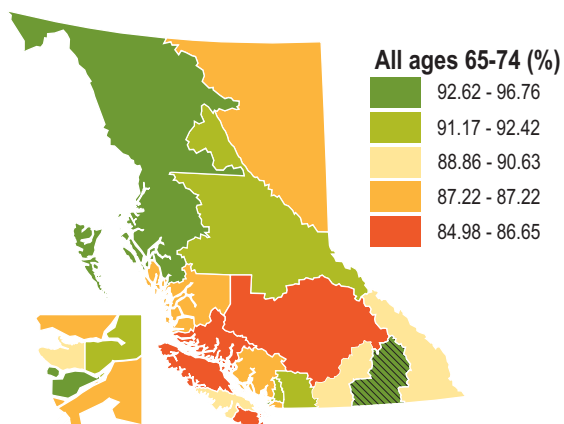
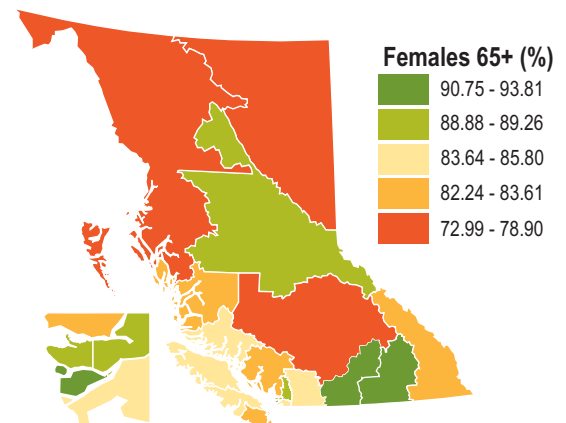
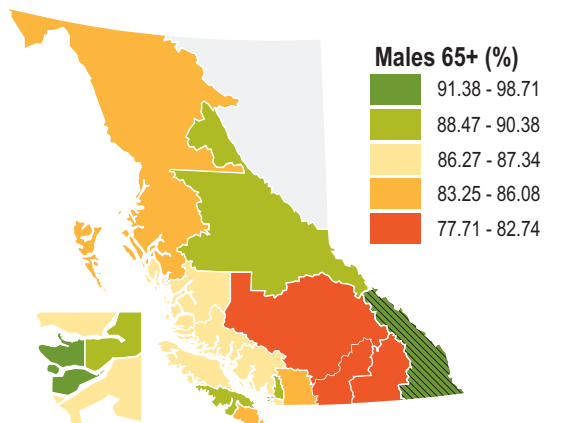
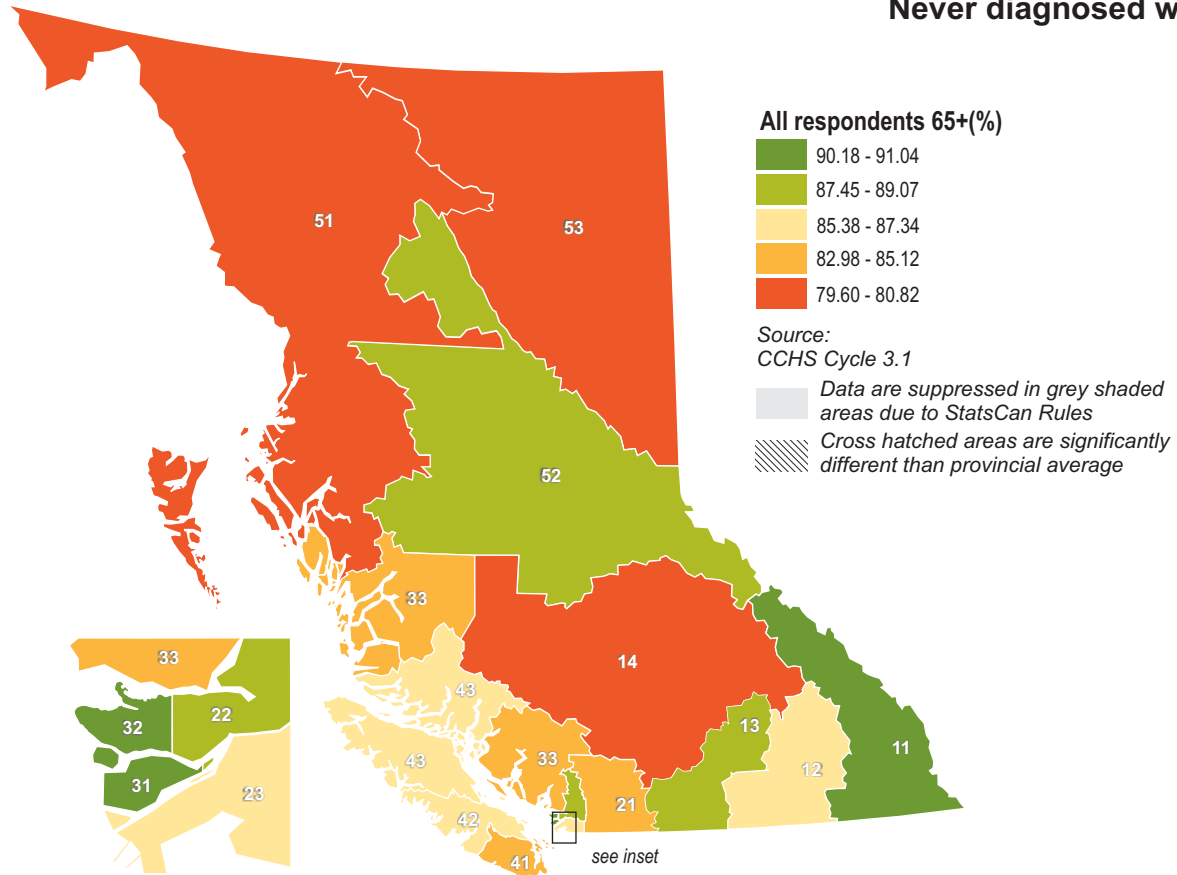
At the HSDA level:

- For all seniors, no HSDA differs significantly from the Provincial rate.
- For male seniors, there is one HSDA significantly higher, and there is no HSDA significantly lower than the Provincial rate.
- For female seniors, no HSDA differs significantly from the Provincial rate.
- For younger seniors, there is one HSDA significantly higher, and there is no HSDA significantly lower than the Provincial rate.
- For older seniors, no HSDA differs significantly from the Provincial rate.

Within HSDAs:

- For all seniors, there is no HSDA significantly higher, and there are 12 HSDAs significantly lower than their respective 20-64 age cohort.
- For male seniors, there is one HSDA significantly higher, and there is no HSDA significantly lower than its respective female age cohort.
- For younger seniors, there is one HSDA significantly higher, and there is no HSDA significantly lower than its respective older age cohort.

Free of chronic conditions 65
Never diagnosed with cancer



Without chronic obstructive pulmonary disease

Health Service Delivery Area		All respondents Ages 65+(%)	Males 65+(%)	Females 65+(%)	All Ages 65-74	All Ages 75+	All Ages 20-64
31	Richmond	99.57	100.00	99.20	99.36	100.00	99.21
12	Kootenay Boundary	98.63	100.00	97.39	97.87	99.46	98.88
23	Fraser South	97.93	96.96	98.67	98.97	96.62	99.61
32	Vancouver	97.76†	98.77	96.92	97.04	98.50	99.74
21	Fraser East	97.51	96.66	98.24	97.87	97.08	99.64
51	Northwest	97.32	98.81	95.78	100.00	92.19	98.98
33	North Shore/Coast Garibaldi	97.25	98.75	96.00	97.69	96.80	99.30
11	East Kootenay	97.10	96.47	97.71	99.21	93.84	98.58
41	South Vancouver Island	97.00	96.03	97.75	99.04	95.11	99.00
14	Thompson Cariboo Shuswap	96.95	97.82	96.09	99.01	92.93	99.31
42	Central Vancouver Island	96.40	95.99	96.79	95.92	97.05	98.21
22	Fraser North	96.02	94.95	96.89	99.36*	91.97	98.68
53	Northeast	95.50	93.63	97.37	94.99	96.39	97.76
13	Okanagan	95.46	92.88	97.71	97.41	93.62	98.67
52	Northern Interior	94.40	92.51	96.35	95.20	93.27	98.40
43	North Vancouver Island	93.21‡	90.47	95.88	97.76	86.01	99.59
99	Province	96.91‡	96.38	97.36	98.07*	95.51	99.12

‡ 65+ age group differs significantly from 20-64 age group. † males differ significantly from females. * 65-74 age group differs significantly from 75+ age group. E interpret data with caution (16.77 < coefficient of variation < 33.3). F data suppressed (n < 30, or coefficient of variation > 33.3). HSDA rate differs significantly from the Provincial rate.

CCHS Question

Respondents were reminded that we are only interested in conditions diagnosed by a health professional. Do you have chronic obstructive pulmonary disease (COPD)?

Key Points**At the Provincial level:**

- Senior respondents (ages 65+) have a significantly lower rate of being without chronic obstructive pulmonary disease than the 20-64 age cohort.
- Males ages 65+ have no significantly different rate than the female ages 65+ cohort.
- Younger senior respondents (ages 65-74) have a significantly higher rate than the older (75+) age cohort.

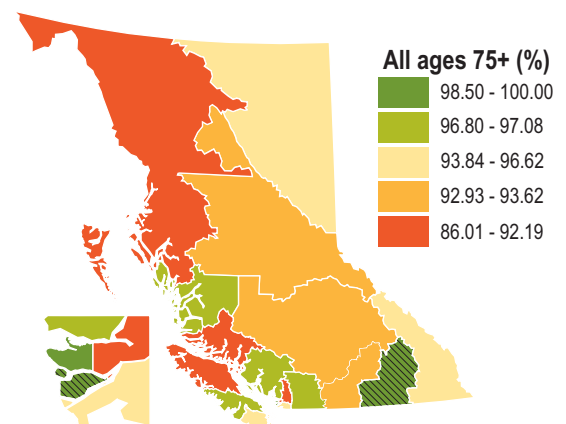
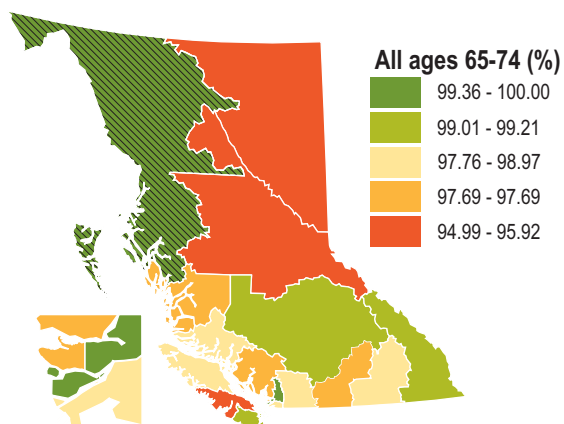
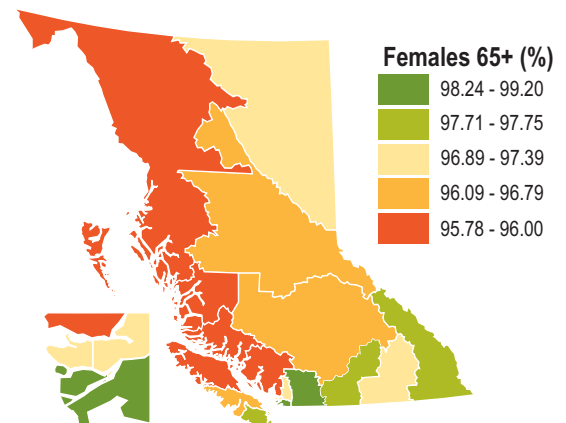
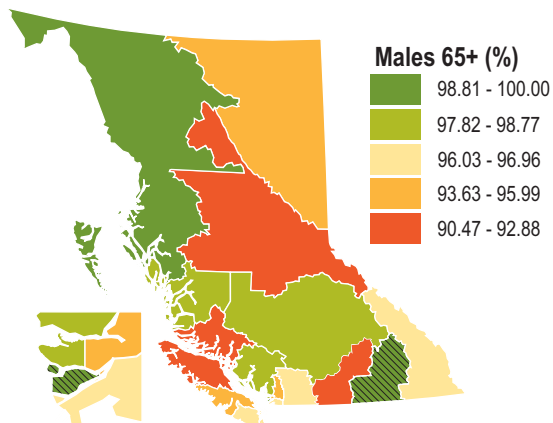
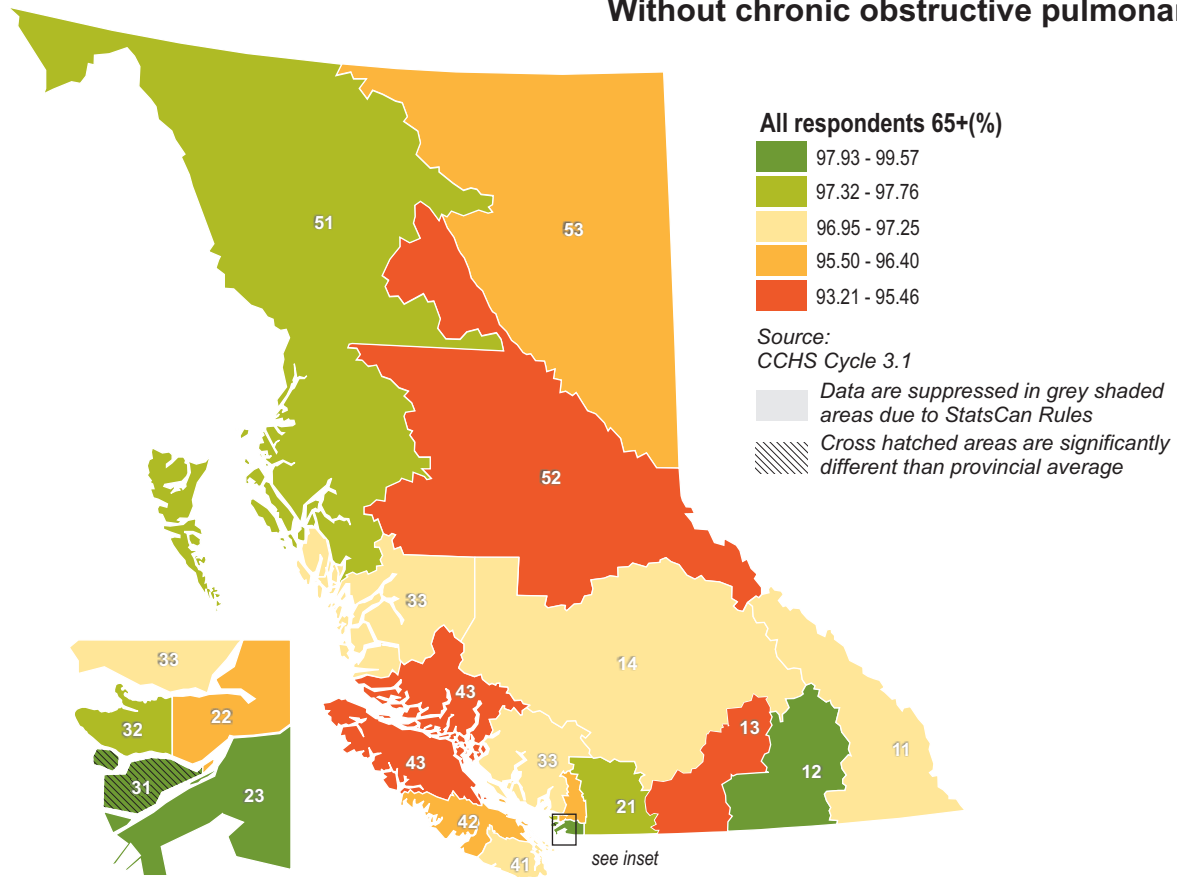
At the HSDA level:

- For all seniors, there is one HSDA significantly higher, and there is no HSDA significantly lower than the Provincial rate.
- For male seniors, there are 2 HSDAs significantly higher, and there is no HSDA significantly lower than the Provincial rate.
- For female seniors, no HSDA differs significantly from the Provincial rate.
- For younger seniors, there is one HSDA significantly higher, and there is no HSDA significantly lower than the Provincial rate.
- For older seniors, there are 2 HSDAs significantly higher, and there is no HSDA significantly lower than the Provincial rate.

Within HSDAs:

- For all seniors, there is no HSDA significantly higher, and there are 2 HSDAs significantly lower than their respective 20-64 age cohort.
- For male seniors, no HSDA differs significantly from its respective female age cohort.
- For younger seniors, there is one HSDA significantly higher, and there is no HSDA significantly lower than its respective older age cohort.

Without chronic obstructive pulmonary disease



Without diabetes

Health Service Delivery Area		All respondents Ages 65+(%)	Males 65+(%)	Females 65+(%)	All Ages 65-74	All Ages 75+	All Ages 20-64
12	Kootenay Boundary	93.33	90.38	95.99	92.77	93.97	91.59
32	Vancouver	91.21	91.15	91.25	90.14	92.31	96.68
33	North Shore/Coast Garibaldi	90.34†	89.76	90.82	88.86	91.87	98.34
31	Richmond	89.34†	91.10	87.81	90.67	86.67	97.50
14	Thompson Cariboo Shuswap	87.59	82.79	92.29	87.11	88.52	95.38
23	Fraser South	87.59†	83.27	90.88	86.73	88.68	95.70
41	South Vancouver Island	87.56†	84.23	90.14	86.93	88.13	97.49
13	Okanagan	87.05†	87.44	86.71	86.39	87.68	96.78
42	Central Vancouver Island	86.57†	82.54	90.30	87.15	85.80	96.24
51	Northwest	86.40	83.37	89.52	92.62	F	93.84
21	Fraser East	85.96†	86.54	85.46	84.05	88.29	96.16
43	North Vancouver Island	85.38†	81.42	89.23	86.78	83.15	96.74
22	Fraser North	84.83†	86.51	83.45	85.35	84.20	95.05
11	East Kootenay	83.58†	81.56	85.53	84.93	81.49	96.70
53	Northeast	83.52†	F	84.67	83.67	83.27	97.02
52	Northern Interior	80.82†	72.69	89.22	74.80	89.34	96.55
99	Province	87.56†	85.85	89.01	87.04	88.17	96.26

† 65+ age group differs significantly from 20-64 age group. † males differ significantly from females. * 65-74 age group differs significantly from 75+ age group. E interpret data with caution (16.77 < coefficient of variation < 33.3). F data suppressed (n < 30, or coefficient of variation > 33.3). HSDA rate differs significantly from the Provincial rate.

CCHS Question

Respondents were reminded that we are only interested in conditions diagnosed by a health professional. Do you have diabetes?

Key Points**At the Provincial level:**

- Senior respondents (ages 65+) have a significantly lower rate of being without diabetes than the 20-64 age cohort.
- Males ages 65+ have no significantly different rate than the female ages 65+ cohort.
- Younger senior respondents (ages 65-74) have no significantly different rate than the older (75+) age cohort.

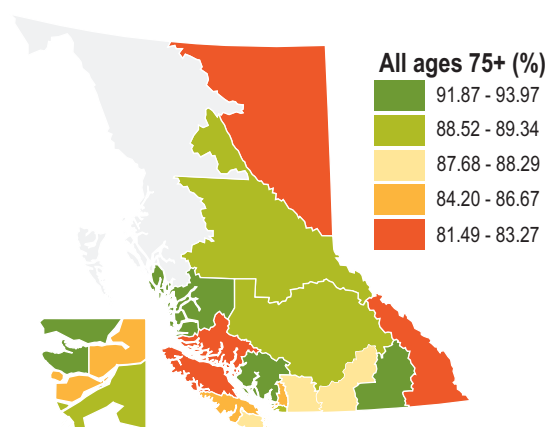
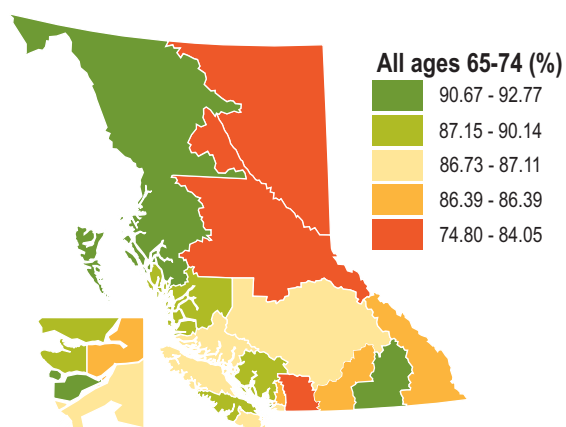
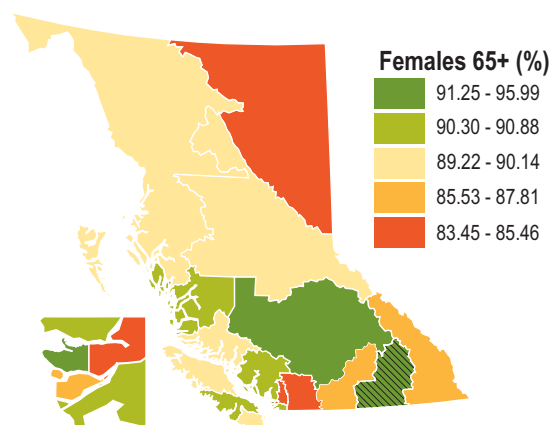
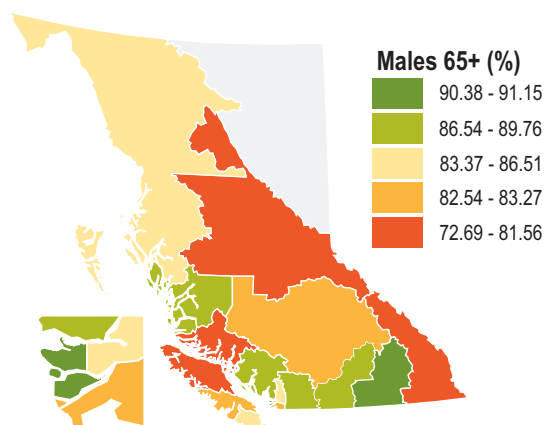
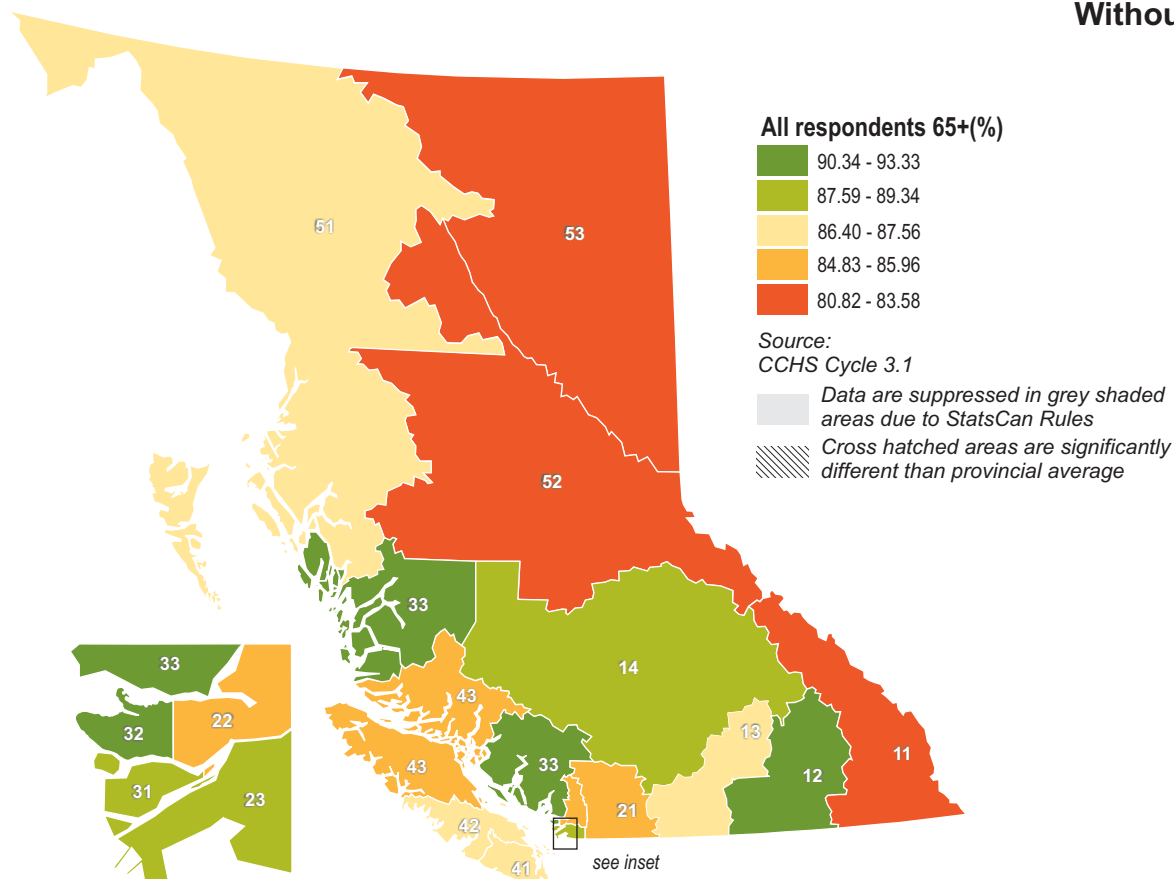
At the HSDA level:

- For all seniors, no HSDA differs significantly from the Provincial rate.
- For male seniors, no HSDA differs significantly from the Provincial rate.
- For female seniors, there is one HSDA significantly higher, and there is no HSDA significantly lower than the Provincial rate.
- For younger seniors, no HSDA differs significantly from the Provincial rate.
- For older seniors, no HSDA differs significantly from the Provincial rate.

Within HSDAs:

- For all seniors, there is no HSDA significantly higher, and there are 12 HSDAs significantly lower than their respective 20-64 age cohort.
- For male seniors, no HSDA differs significantly from its respective female age cohort.
- For younger seniors, no HSDA differs significantly from its respective older age cohort.

Free of chronic conditions 69
Without diabetes



Without heart disease

Health Service Delivery Area		All respondents Ages 65+(%)	Males 65+(%)	Females 65+(%)	All Ages 65-74	All Ages 75+	All Ages 20-64
33	North Shore/Coast Garibaldi	87.84‡	89.02	86.85	89.72	85.88	98.00
23	Fraser South	85.61‡	78.73	90.85	89.84	80.31	97.76
53	Northeast	83.63‡	F	83.12	87.81	76.32	96.91
22	Fraser North	83.44‡	79.90	86.36	91.08*	74.19	98.82
11	East Kootenay	83.17	82.28	84.03	84.18	81.61	94.17
14	Thompson Cariboo Shuswap	83.05‡	78.04	87.97	84.22	80.77	98.91
42	Central Vancouver Island	82.75‡	82.98	82.53	92.49*	69.74	97.73
31	Richmond	82.74‡	79.11	85.87	88.32	71.64	98.68
51	Northwest	81.82‡	79.58	84.13	89.51	F	98.38
32	Vancouver	81.54‡	89.01	75.32	85.95	76.96	98.21
13	Okanagan	81.22‡	75.57	86.13	90.50*	72.46	96.51
21	Fraser East	80.07‡	75.40	84.04	87.45	71.02	98.28
41	South Vancouver Island	79.31‡	71.79	85.15	79.22	79.39	96.83
43	North Vancouver Island	78.40‡	73.83	82.85	85.51	67.14	97.76
12	Kootenay Boundary	75.69‡	73.63	77.54	88.93*	60.89	97.20
52	Northern Interior	72.11‡	F	88.22	74.33	68.98	97.71
99	Province	82.18‡	79.29†	84.64	87.51*	75.76	97.87

‡ 65+ age group differs significantly from 20-64 age group. † males differ significantly from females. * 65-74 age group differs significantly from 75+ age group. E interpret data with caution (16.77 < coefficient of variation < 33.3). F data suppressed (n < 30, or coefficient of variation > 33.3). HSDA rate differs significantly from the Provincial rate.

CCHS Question

Respondents were reminded that we are only interested in conditions diagnosed by a health professional. Do you have heart disease?

Key Points**At the Provincial level:**

- Senior respondents (ages 65+) have a significantly lower rate of being without heart disease than the 20-64 age cohort.
- Males ages 65+ have a significantly lower rate than the female ages 65+ cohort.
- Younger senior respondents (ages 65-74) have a significantly higher rate than the older (75+) age cohort.

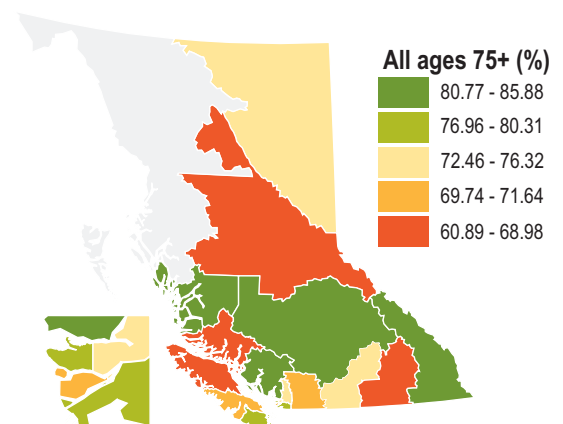
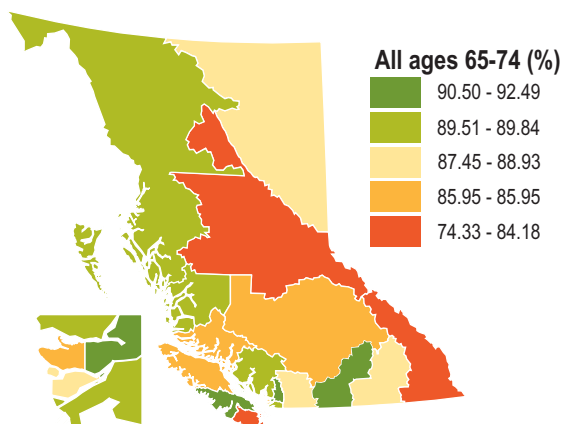
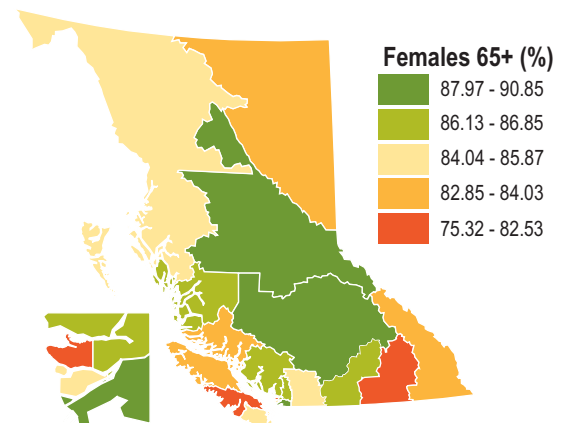
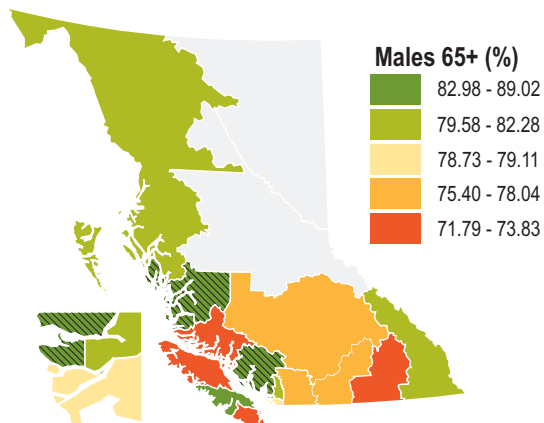
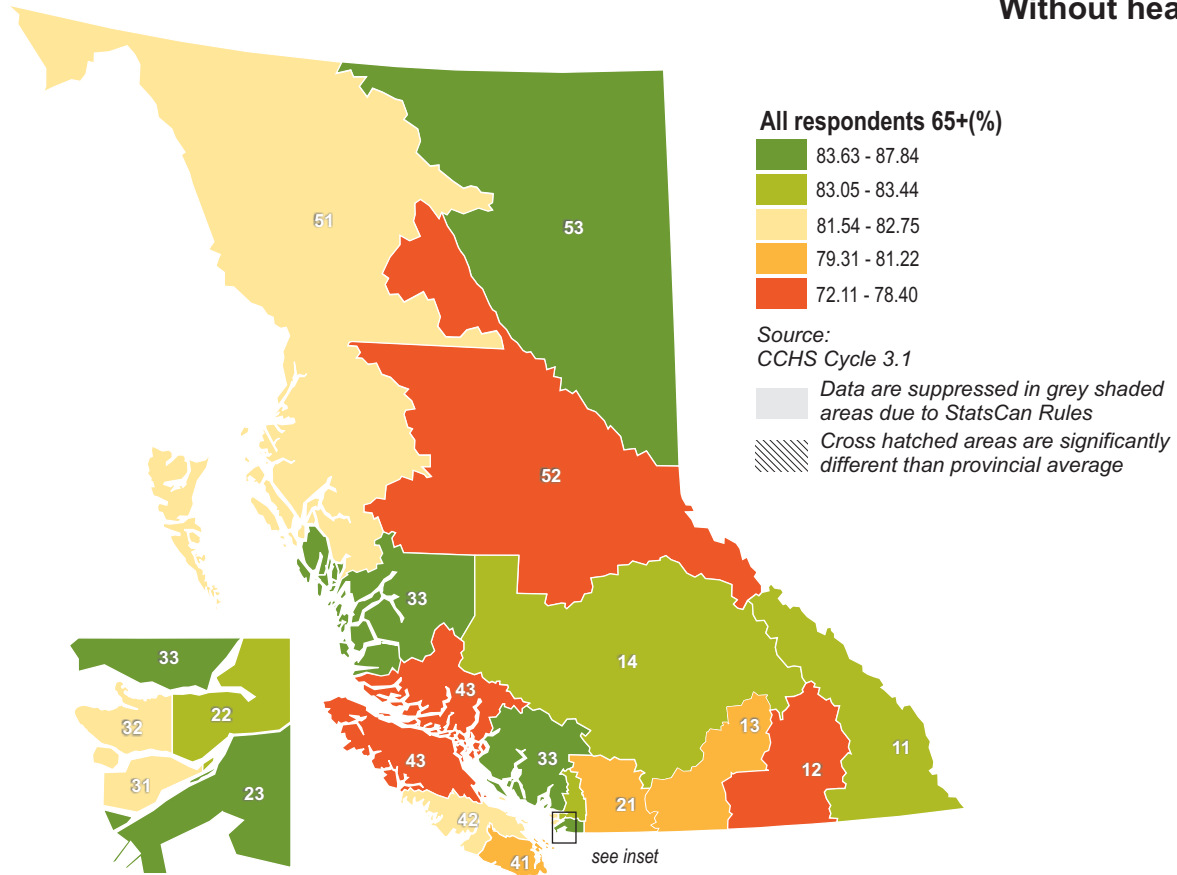
At the HSDA level:

- For all seniors, no HSDA differs significantly from the Provincial rate.
- For male seniors, there are 2 HSDAs significantly higher, and there is no HSDA significantly lower than the Provincial rate.
- For female seniors, no HSDA differs significantly from the Provincial rate.
- For younger seniors, no HSDA differs significantly from the Provincial rate.
- For older seniors, no HSDA differs significantly from the Provincial rate.

Within HSDAs:

- For all seniors, there is no HSDA significantly higher, and there are 15 HSDAs significantly lower than their respective 20-64 age cohort.
- For male seniors, no HSDA differs significantly from its respective female age cohort.
- For younger seniors, there are 4 HSDAs significantly higher, and there is no HSDA significantly lower than their respective older age cohort.

Free of chronic conditions 71
Without heart disease



Without High Blood Pressure

Health Service Delivery Area		All respondents Ages 65+(%)	Males 65+(%)	Females 65+(%)	All Ages 65-74	All Ages 75+	All Ages 20-64
11	East Kootenay	69.79‡	73.43	66.29	67.00	74.11	91.70
12	Kootenay Boundary	66.03‡	71.24	61.34	65.68	66.41	87.16
42	Central Vancouver Island	64.69‡	69.43	60.30	64.37	65.13	89.57
14	Thompson Cariboo Shuswap	64.45‡	70.87	58.17	66.17	61.11	88.71
23	Fraser South	63.60‡	67.14	60.91	65.17	61.62	90.24
33	North Shore/Coast Garibaldi	61.60‡	61.18	61.95	61.46	61.74	91.26
32	Vancouver	59.59‡	62.07	57.53	54.92	64.45	89.16
22	Fraser North	59.44‡	58.86	59.92	61.07	57.46	91.03
31	Richmond	58.95‡	F	51.03	59.56	F	91.34
41	South Vancouver Island	58.15‡	68.01†	50.49	64.47	52.31	91.03
43	North Vancouver Island	56.22‡	52.78	59.57	58.57	52.50	92.04
53	Northeast	56.08‡	F	52.86	F	F	87.47
13	Okanagan	55.86‡	64.79	48.09	60.77	51.23	88.53
52	Northern Interior	53.82‡	F	60.09	62.94	F	89.79
21	Fraser East	53.79‡	62.90	46.04	61.88	43.88	90.82
51	Northwest	36.85E‡	F	F	F	F	86.44
99	Province	59.81‡	63.97†	56.27	61.68	57.57	90.05

‡ 65+ age group differs significantly from 20-64 age group. † males differ significantly from females. * 65-74 age group differs significantly from 75+ age group. E interpret data with caution (16.77 < coefficient of variation < 33.3). F data suppressed (n < 30, or coefficient of variation > 33.3). ▨ HSDA rate differs significantly from the Provincial rate.

CCHS Question

Respondents were reminded that we are only interested in conditions diagnosed by a health professional. Do you have high blood pressure?

Key Points**At the Provincial level:**

- Senior respondents (ages 65+) have a significantly lower rate of being without high blood pressure than the 20-64 age cohort.
- Males ages 65+ have a significantly higher rate than the female ages 65+ cohort.
- Younger senior respondents (ages 65-74) have no significantly different rate than the older (75+) age cohort.

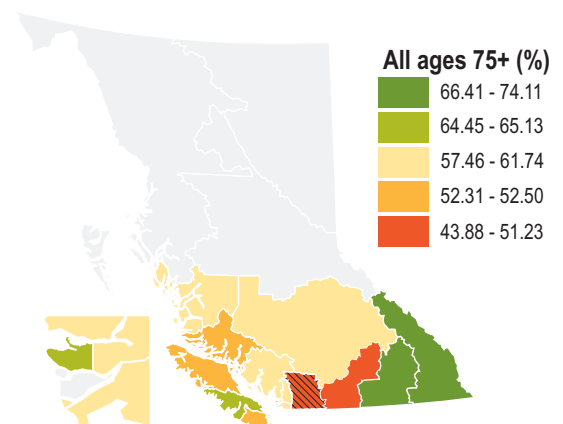
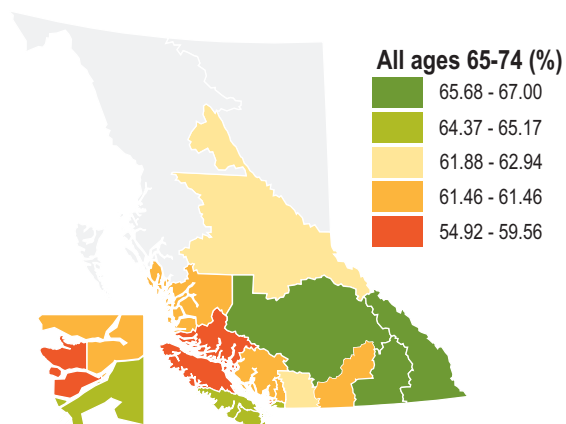
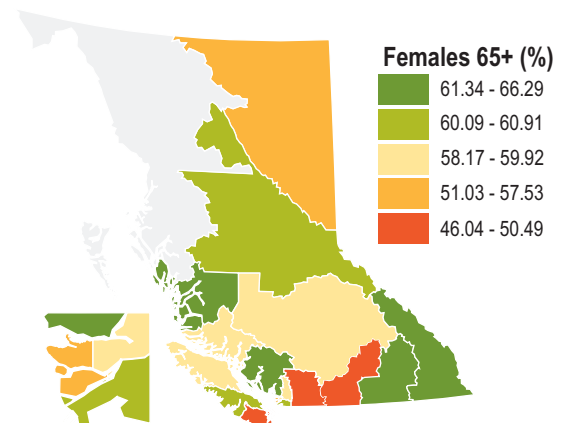
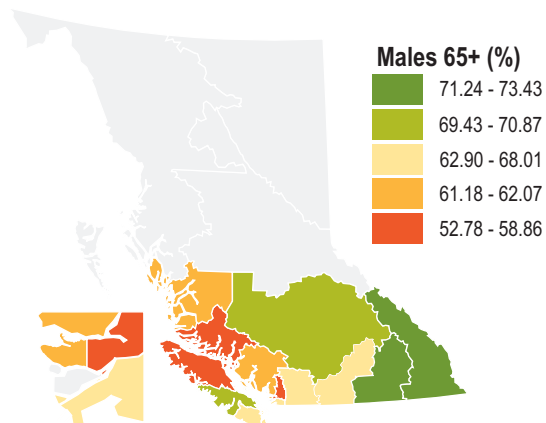
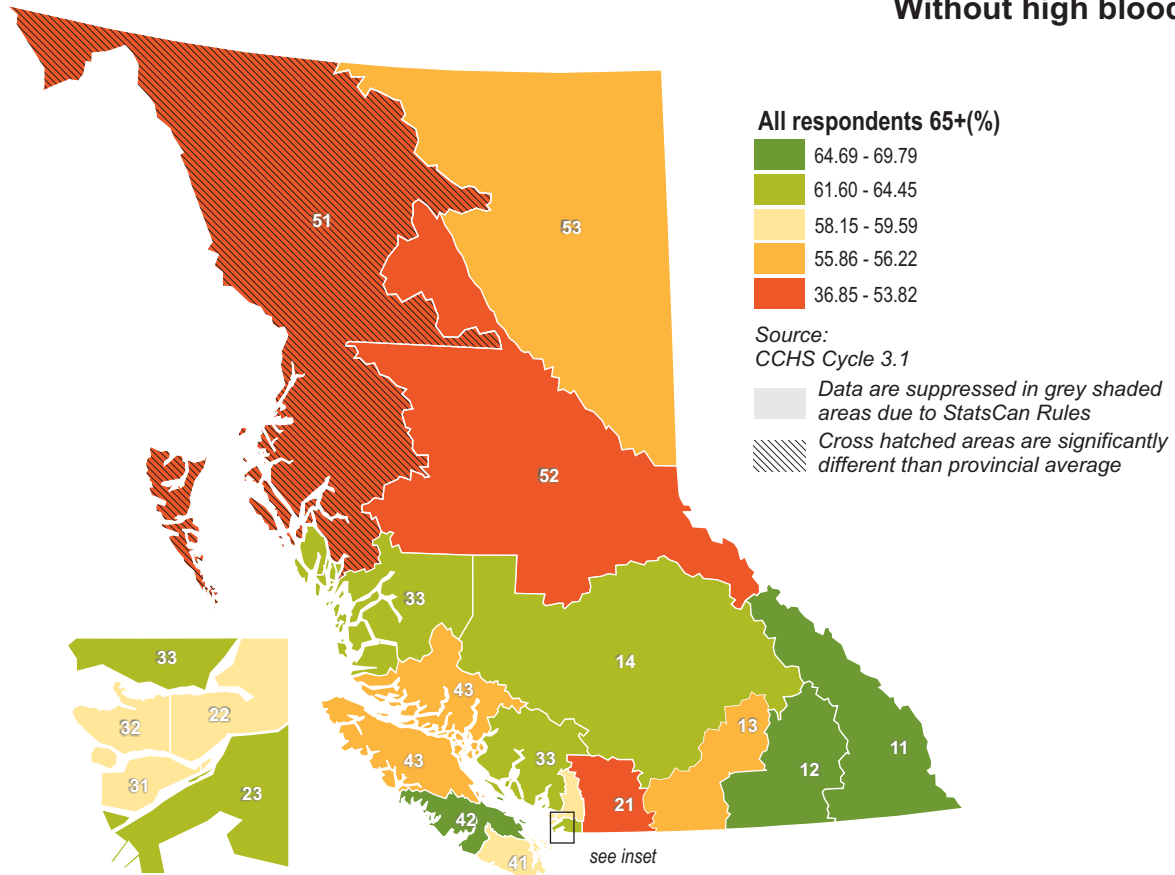
At the HSDA level:

- For all seniors, there is no HSDA significantly higher, and there is one HSDA significantly lower than the Provincial rate.
- For male seniors, no HSDA differs significantly from the Provincial rate.
- For female seniors, no HSDA differs significantly from the Provincial rate.
- For younger seniors, no HSDA differs significantly from the Provincial rate.
- For older seniors, there is no HSDA significantly higher, and there is one HSDA significantly lower than the Provincial rate.

Within HSDAs:

- For all seniors, there is no HSDA significantly higher, and there are 15 HSDAs significantly lower than their respective 20-64 age cohort.
- For male seniors, there is one HSDA significantly higher, and there is no HSDA significantly lower than its respective female age cohort.
- For younger seniors, no HSDA differs significantly from its respective older age cohort.

Free of chronic conditions 73
Without high blood pressure





6

Emotional/psychological/social wellness

This section contains 55 maps and 11 tables which provide a variety of indicators dealing with emotional and social health.

Being satisfied with life is a key wellness asset as is having good to excellent perceived mental health. Having key people who can be supportive at all times, and times of problems is also very important for wellness purposes. Having strong social connections, rather than feeling isolated is important for all, but especially for seniors.

There are two derived indicators contained within this section, based on answers to a combination of questions.

One measures the degree of social support that an individual has available to them. The Social Support Index is based on answers to four separate questions, and has a range in values from 0 to 16. Higher values represent a stronger wellness asset. The values mapped here are for those with a value of 15 or 16. The second derived indicator, known as the Emotional or Informational Support Index, is based on responses to eight different questions, and has a value range of 0 to 32. Again, the higher the value the greater is the support available to an individual. The values mapped here are for those with values between 29 and 32.

Satisfied with life

Health Service Delivery Area		All respondents Ages 65+(%)	Males 65+(%)	Females 65+(%)	All Ages 65-74	All Ages 75+	All Ages 20-64
43	North Vancouver Island	93.78	94.02	93.54	94.33	92.91	89.78
12	Kootenay Boundary	90.15	87.10	92.89	91.20	88.97	90.77
42	Central Vancouver Island	88.87	86.52	91.05	90.19	87.11	88.17
52	Northern Interior	88.02	86.23	89.86	95.46	77.50	90.31
14	Thompson Cariboo Shuswap	86.88	87.22	86.54	86.78	87.07	93.20
22	Fraser North	86.68	88.07	85.54	87.90	85.21	90.51
13	Okanagan	86.54	82.58	89.98	89.52	83.73	89.22
33	North Shore/Coast Garibaldi	86.10	95.14†	78.54	89.84	82.20	90.24
21	Fraser East	85.77	83.15	88.01	87.18	84.05	89.38
23	Fraser South	84.76	85.40	84.28	86.78	82.22	88.87
41	South Vancouver Island	84.66	81.61	87.03	89.63	80.07	87.81
51	Northwest	82.98	89.88	75.86	90.61	F	88.44
11	East Kootenay	81.76	87.74	75.98	86.01	75.18	88.47
32	Vancouver	80.96	78.34	83.16	84.15	77.65	86.55
31	Richmond	80.48	87.15	74.74	81.04	79.38	88.09
53	Northeast	71.45	F	75.04	72.57E	69.50	90.12
99	Province	85.33‡	85.13	85.50	87.76*	82.41	89.06

‡ 65+ age group differs significantly from 20-64 age group. † males differ significantly from females. * 65-74 age group differs significantly from 75+ age group. E interpret data with caution (16.77 < coefficient of variation < 33.3). F data suppressed (n < 30, or coefficient of variation > 33.3). HSDA rate differs significantly from the Provincial rate.

CCHS Question

How satisfied are you with your life in general: very satisfied, satisfied, neither satisfied nor dissatisfied, dissatisfied, or very dissatisfied?

Key Points**At the Provincial level:**

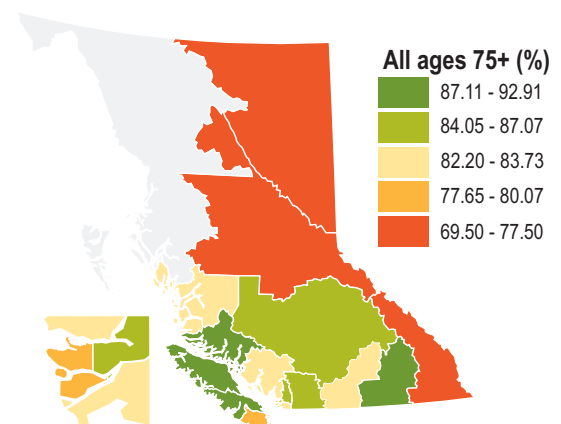
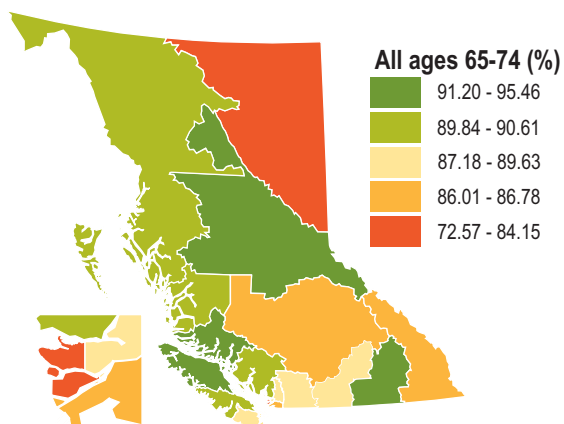
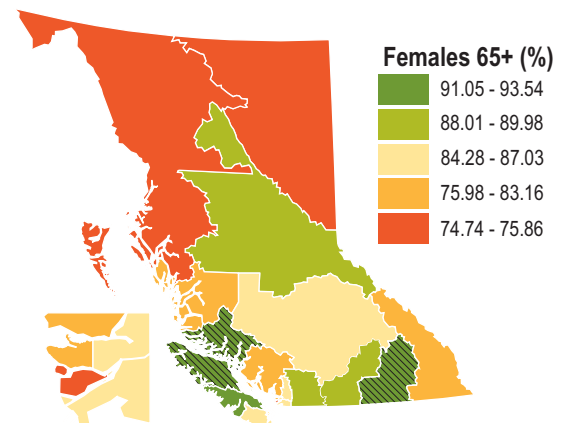
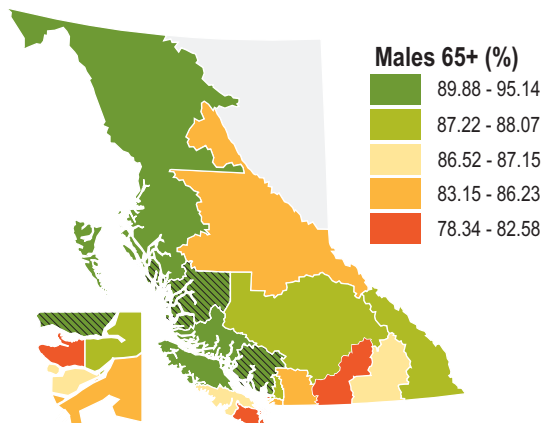
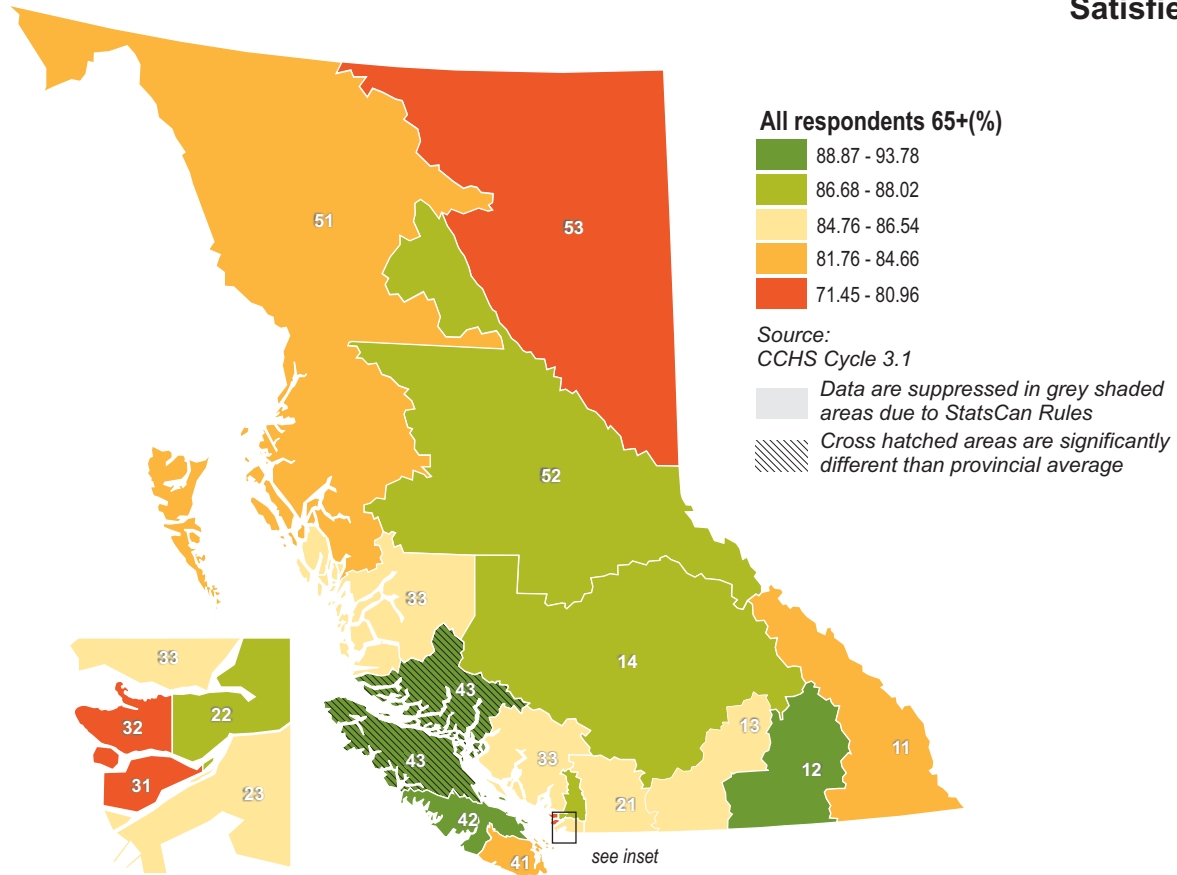
- Senior respondents (ages 65+) have a significantly lower rate of being satisfied with life than the 20-64 age cohort.
- Males ages 65+ have no significantly different rate than the female ages 65+ cohort.
- Younger senior respondents (ages 65-74) have a significantly higher rate than the older (75+) age cohort.

At the HSDA level:

- For all seniors, there is one HSDA significantly higher, and there is no HSDA significantly lower than the Provincial rate.
- For male seniors, there is one HSDA significantly higher, and there is no HSDA significantly lower than the Provincial rate.
- For female seniors, there are 2 HSDAs significantly higher, and there is no HSDA significantly lower than the Provincial rate.
- For younger seniors, no HSDA differs significantly from the Provincial rate.
- For older seniors, no HSDA differs significantly from the Provincial rate.

Within HSDAs:

- For all seniors, no HSDA differs significantly from its respective 20-64 age cohort.
- For male seniors, there is one HSDA significantly higher, and there is no HSDA significantly lower than its respective female age cohort.
- For younger seniors, no HSDA differs significantly from its respective older age cohort.

Satisfied with life

Self perceived mental health is good to excellent

Health Service Delivery Area		All respondents Ages 65+(%)	Males 65+(%)	Females 65+(%)	All Ages 65-74	All Ages 75+	All Ages 20-64
43	North Vancouver Island	92.06	92.51	91.63	94.43	88.31	95.26
42	Central Vancouver Island	91.82	89.82	93.68	97.51*	84.23	90.89
12	Kootenay Boundary	91.45	88.91	93.74	93.43	89.24	91.38
33	North Shore/Coast Garibaldi	90.52	95.09	86.70	92.35	88.63	94.39
13	Okanagan	90.02	85.68	93.79	95.33	85.01	93.55
23	Fraser South	89.96	90.24	89.75	93.01	86.12	95.34
11	East Kootenay	89.27	96.67	82.11	93.51	82.69	94.28
21	Fraser East	88.99	85.50	91.97	93.56	83.39	91.91
53	Northeast	88.62	92.69	84.54	95.37	76.82	92.79
41	South Vancouver Island	88.49	85.60	90.74	93.74	83.64	91.50
31	Richmond	88.03	88.48	87.64	92.94	78.26	92.80
22	Fraser North	87.93	88.23	87.68	86.94	89.12	93.44
32	Vancouver	86.33	84.11	88.18	91.07	81.40	90.92
14	Thompson Cariboo Shuswap	86.19	86.65	85.74	86.26	86.05	92.77
52	Northern Interior	85.93	76.58	95.59	92.12	77.19	92.76
51	Northwest	81.52	85.92	76.97	82.87	F	93.88
99	Province	88.83‡	87.77	89.72	92.23*	84.73	92.96

‡ 65+ age group differs significantly from 20-64 age group. † males differ significantly from females. * 65-74 age group differs significantly from 75+ age group. E interpret data with caution (16.77 < coefficient of variation < 33.3). F data suppressed (n < 30, or coefficient of variation > 33.3). HSDA rate differs significantly from the Provincial rate.

CCHS Question

In general, would you say your mental health is: excellent, very good, good, fair, or poor?

Key Points**At the Provincial level:**

- Senior respondents (ages 65+) have a significantly lower rate of having good to excellent self-perceived mental health than the 20-64 age cohort.
- Males ages 65+ have no significantly different rate than the female ages 65+ cohort.
- Younger senior respondents (ages 65-74) have a significantly higher rate than the older (75+) age cohort.

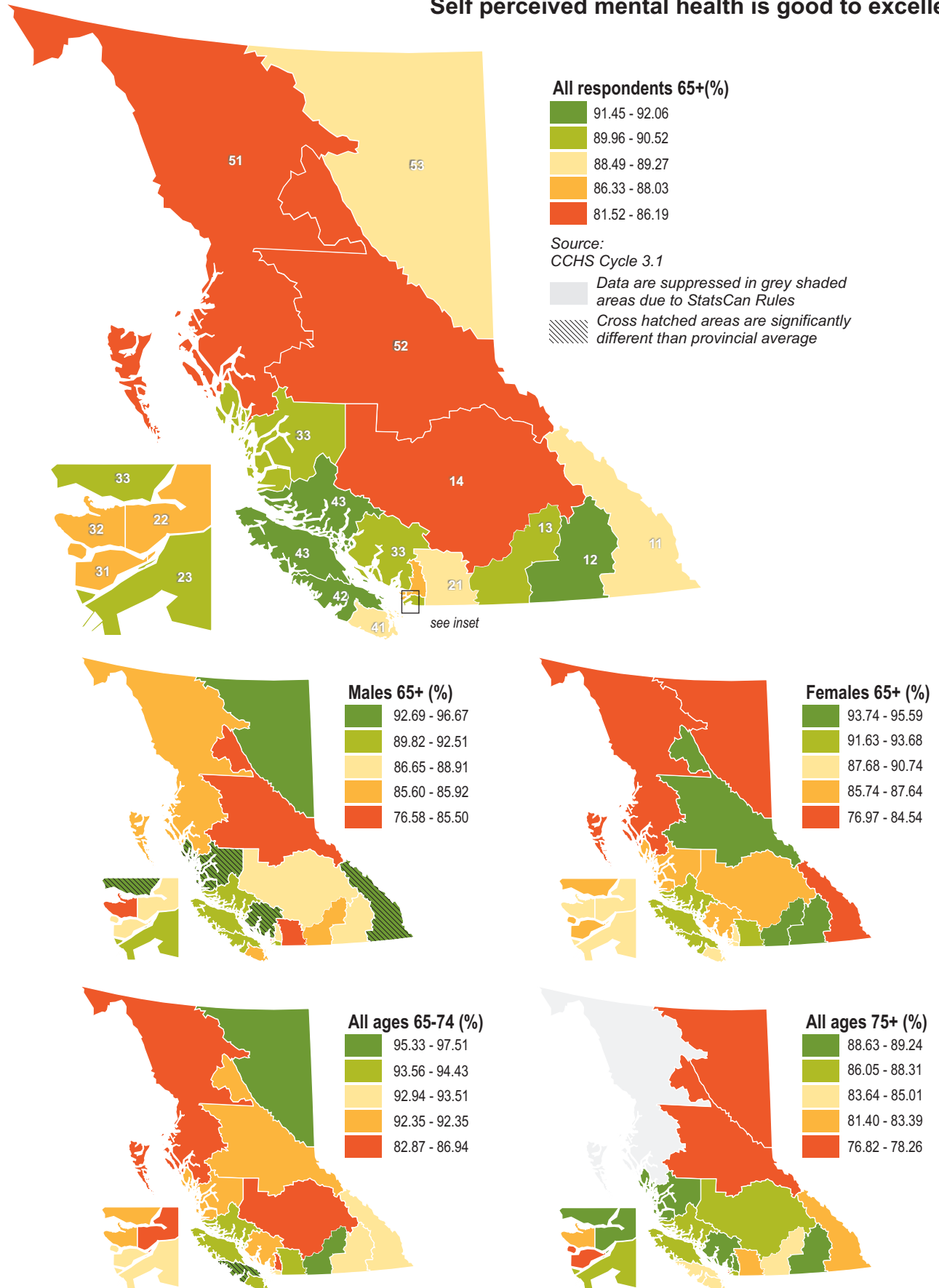
At the HSDA level:

- For all seniors, no HSDA differs significantly from the Provincial rate.
- For male seniors, there are 2 HSDAs significantly higher, and there is no HSDA significantly lower than the Provincial rate.
- For female seniors, no HSDA differs significantly from the Provincial rate.
- For younger seniors, there is one HSDA significantly higher, and there is no HSDA significantly lower than the Provincial rate.
- For older seniors, no HSDA differs significantly from the Provincial rate.

Within HSDAs:

- For all seniors, no HSDA differs significantly from its respective 20-64 age cohort.
- For male seniors, no HSDA differs significantly from its respective female age cohort.
- For younger seniors, there is one HSDA significantly higher, and there is no HSDA significantly lower than its respective older age cohort.

Self perceived mental health is good to excellent



Did not feel sad or blue for two or more weeks in the last year

Health Service Delivery Area		All respondents Ages 65+(%)	Males 65+(%)	Females 65+(%)	All Ages 65-74	All Ages 75+	All Ages 20-64
53	Northeast	89.98	91.23	88.73	97.42	76.99	87.89
13	Okanagan	88.49	85.27	91.29	89.52	87.52	87.85
12	Kootenay Boundary	88.20	80.79	94.86	89.47	86.77	86.12
11	East Kootenay	88.15	98.55†	78.11	92.09	82.05	84.75
22	Fraser North	87.70	84.62	90.24	89.51	85.50	87.61
43	North Vancouver Island	87.52	89.82	85.29	88.64	85.75	85.70
41	South Vancouver Island	85.39	84.54	86.05	89.43	81.65	83.52
42	Central Vancouver Island	85.02	89.15	81.18	85.43	84.47	82.24
21	Fraser East	84.99	82.44	87.16	87.65	81.72	85.61
51	Northwest	84.15	90.14	77.97	86.69	F	88.59
32	Vancouver	83.51	84.72	82.50	86.12	80.80	82.97
33	North Shore/Coast Garibaldi	83.13	90.57	76.90	84.91	81.27	84.05
23	Fraser South	82.87	84.70	81.47	83.23	82.41	89.46
14	Thompson Cariboo Shuswap	82.58	80.29	84.82	80.69	86.26	85.65
31	Richmond	80.96	91.39	71.96	84.40	74.12	86.93
52	Northern Interior	80.54	75.93	85.30	91.58*	64.93	82.86
99	Province	84.95	85.63	84.38	86.81	82.72	85.81

‡ 65+ age group differs significantly from 20-64 age group. † males differ significantly from females. * 65-74 age group differs significantly from 75+ age group. E interpret data with caution (16.77 < coefficient of variation < 33.3). F data suppressed (n < 30, or coefficient of variation > 33.3). HSDA rate differs significantly from the Provincial rate.

CCHS Question

During the past 12 months, was there ever a time when you felt sad, blue, or depressed for 2 weeks or more in a row?

Key Points**At the Provincial level:**

- Senior respondents (ages 65+) have no significantly different rate of not feeling sad or blue for two or more weeks in the last year than the 20-64 age cohort.
- Males ages 65+ have no significantly different rate than the female ages 65+ cohort.
- Younger senior respondents (ages 65-74) have no significantly different rate than the older (75+) age cohort.

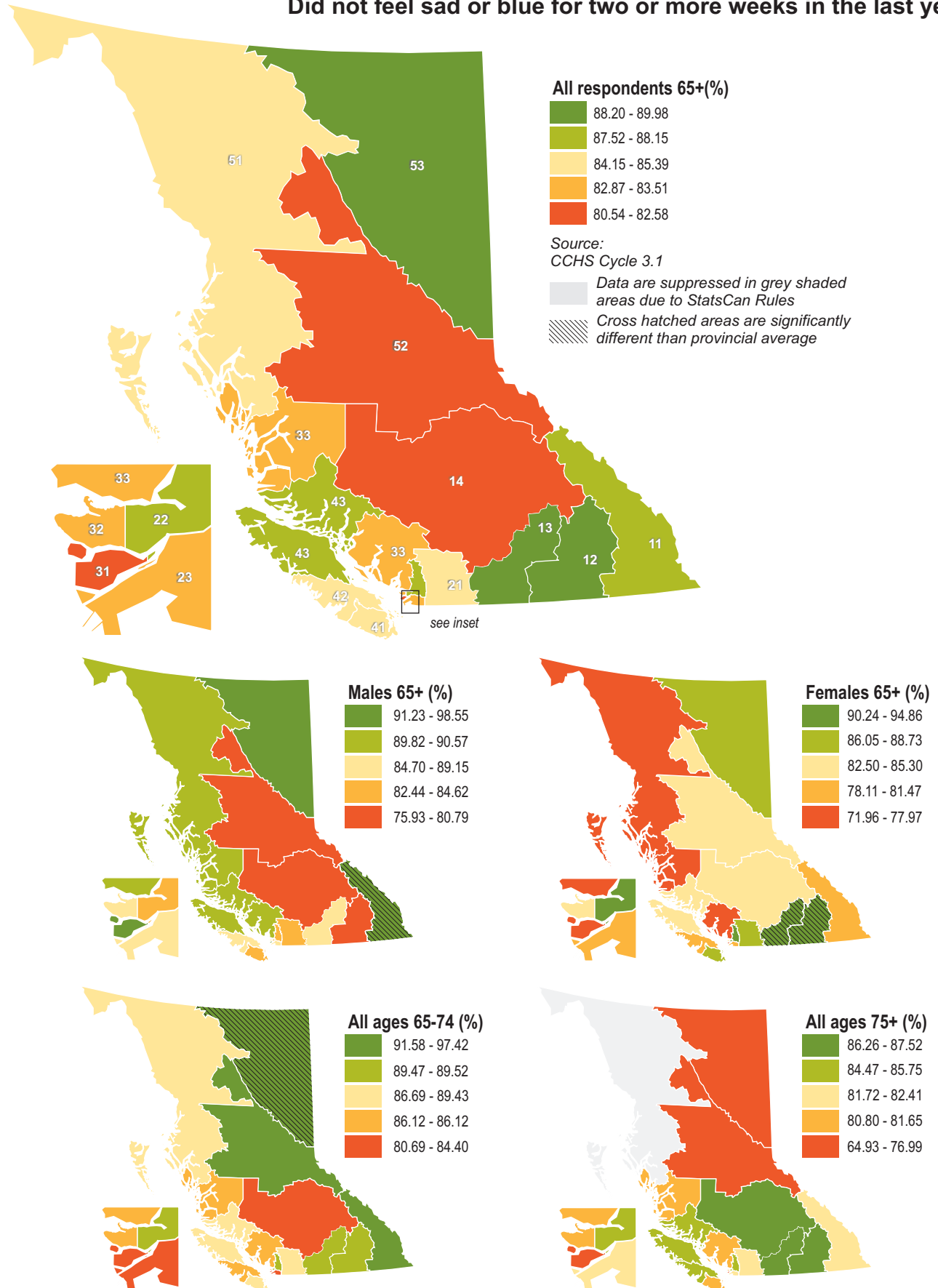
At the HSDA level:

- For all seniors, no HSDA differs significantly from the Provincial rate.
- For male seniors, there is one HSDA significantly higher, and there is no HSDA significantly lower than the Provincial rate.
- For female seniors, there are 2 HSDAs significantly higher, and there is no HSDA significantly lower than the Provincial rate.
- For younger seniors, there is one HSDA significantly higher, and there is no HSDA significantly lower than the Provincial rate.
- For older seniors, no HSDA differs significantly from the Provincial rate.










































































Within HSDAs:


- For all seniors, no HSDA differs significantly from its respective 20-64 age cohort.
- For male seniors, there is one HSDA significantly higher, and there is no HSDA significantly lower than its respective female age cohort.
- For younger seniors, there is one HSDA significantly higher, and there is no HSDA significantly lower than its respective older age cohort.

Did not feel sad or blue for two or more weeks in the last year



Emotional Support

Health Service Delivery Area		All respondents Ages 65+(%)	Males 65+(%)	Females 65+(%)	All Ages 65-74	All Ages 75+	All Ages 20-64
43	North Vancouver Island	 53.64	 53.88	 53.41	 57.23	F	 46.82
23	Fraser South	 49.81	 51.03	 48.89	 52.16	 46.87	 51.10
42	Central Vancouver Island	 47.45	 40.26	 54.12	 50.27	 43.70	 54.96
33	North Shore/Coast Garibaldi	 46.85	 52.19	 42.40	 52.32	 41.17	 52.94
13	Okanagan	 45.87	 45.59	 46.12	 46.89	 44.92	 54.92
51	Northwest	 45.81	F	F	F	F	 44.72
12	Kootenay Boundary	 44.99	F	F	F	F	 52.61
41	South Vancouver Island	 44.81	 44.40	 45.12	 46.90	 42.88	 50.69
11	East Kootenay	 43.45	F	F	 45.50	F	 50.48
31	Richmond	 43.14	F	F	F	F	 35.66
52	Northern Interior	 42.26	F	 48.13	 51.02	F	 56.35
14	Thompson Cariboo Shuswap	 39.10†	 34.87E	 43.23	 37.13	 42.91	 56.48
21	Fraser East	 39.07†	 36.88	 40.92	 39.11	 39.01	 55.28
22	Fraser North	 38.10	 38.96	 37.39	 38.97	 37.05	 46.29
53	Northeast	 33.82†	F	 48.04E	F	F	 53.31
32	Vancouver	 27.40†	F	 28.87	 30.26	F	 43.25
99	Province	42.19†	42.02	42.34	44.32	39.63	49.65

† 65+ age group differs significantly from 20-64 age group. † males differ significantly from females. * 65-74 age group differs significantly from 75+ age group. E interpret data with caution (16.77 < coefficient of variation < 33.3). F data suppressed (n < 30, or coefficient of variation > 33.3).  HSDA rate differs significantly from the Provincial rate.

CCHS Question

The emotional support index is made up of the results from eight individual questions as follows: “Do you have someone to: listen; receive advice about a crisis; help understand a problem; confide in; give advice; share most private worries and fears; turn to for suggestions for personal problems; and, who understands problems.”

Key Points**At the Provincial level:**

- Senior respondents (ages 65+) have a significantly lower rate of having strong emotional support than the 20-64 age cohort.
- Males ages 65+ have no significantly different rate than the female ages 65+ cohort.
- Younger senior respondents (ages 65-74) have no significantly different rate than the older (75+) age cohort.

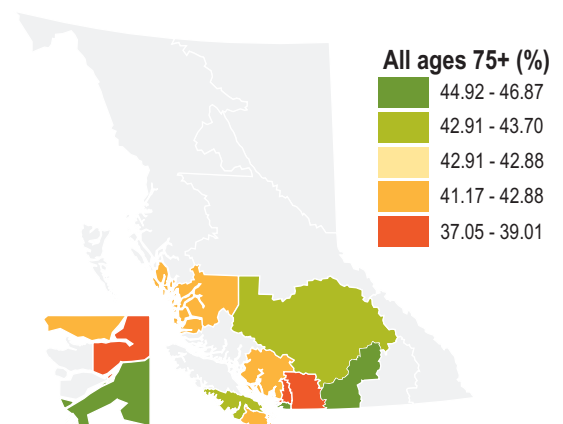
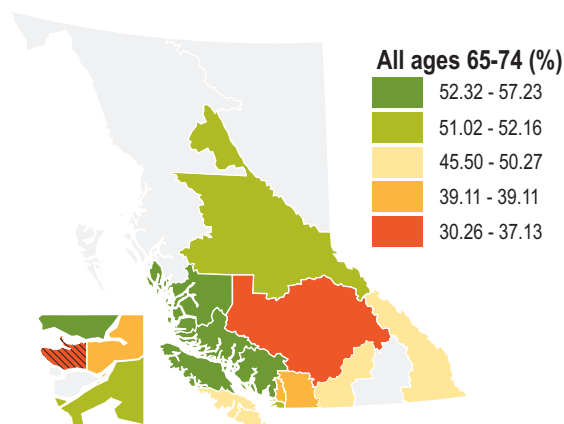
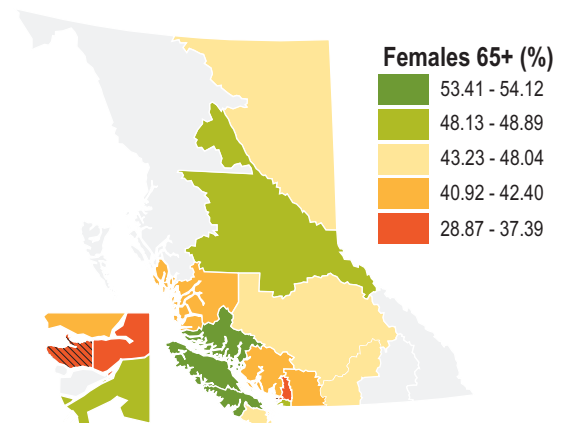
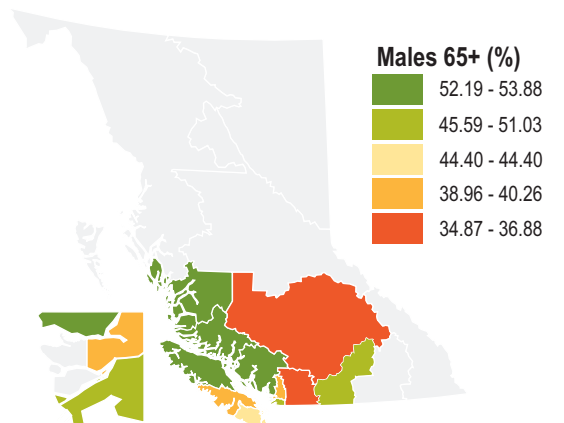
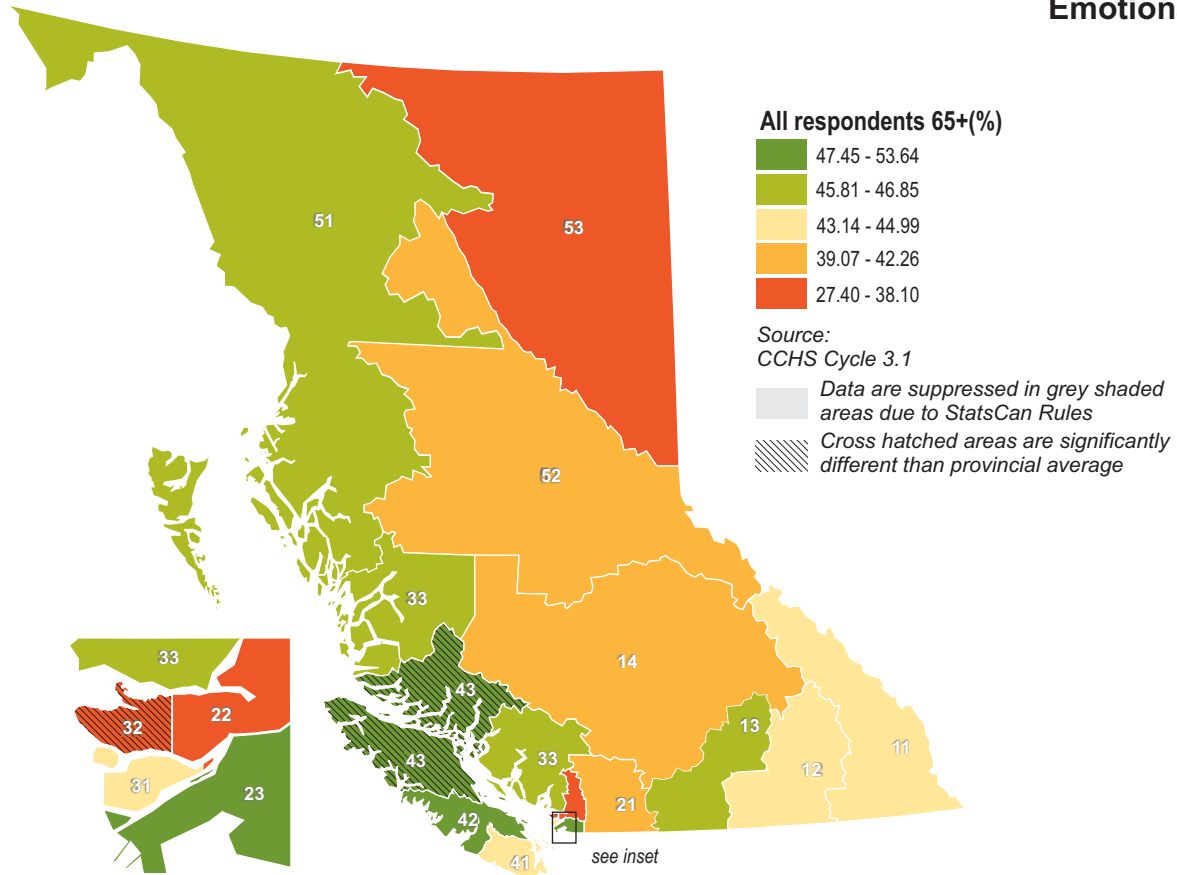
At the HSDA level:

- For all seniors, there is one HSDA significantly higher, and there is one HSDA significantly lower than the Provincial rate.
- For male seniors, no HSDA differs significantly from the Provincial rate.
- For female seniors, there is no HSDA significantly higher, and there is one HSDA significantly lower than the Provincial rate.
- For younger seniors, there is no HSDA significantly higher, and there is one HSDA significantly lower than the Provincial rate.
- For older seniors, no HSDA differs significantly from the Provincial rate.

Within HSDAs:

- For all seniors, there is no HSDA significantly higher, and there are 4 HSDAs significantly lower than their respective 20-64 age cohort.
- For male seniors, no HSDA differs significantly from its respective female age cohort.
- For younger seniors, no HSDA differs significantly from its respective older age cohort.

Emotional support



Positive social interaction

Health Service Delivery Area		All respondents Ages 65+(%)	Males 65+(%)	Females 65+(%)	All Ages 65-74	All Ages 75+	All Ages 20-64
43	North Vancouver Island	53.25	53.49	53.02	55.43	F	47.20
42	Central Vancouver Island	52.61	46.46	58.30	54.62	49.93	53.50
23	Fraser South	51.78	52.71	51.07	55.76	46.77	52.50
13	Okanagan	51.20	47.99	53.98	54.35	48.22	56.94
33	North Shore/Coast Garibaldi	48.87	55.91	42.99	57.42	39.98	49.54
51	Northwest	46.36	F	F	F	F	44.83
52	Northern Interior	46.16	F	51.39	52.01	F	58.35
41	South Vancouver Island	45.53	47.82	43.75	49.90	41.49	50.19
11	East Kootenay	44.51	F	F	49.74	F	53.58
12	Kootenay Boundary	43.04	F	F	F	F	54.71
53	Northeast	43.00	F	56.35	F	F	56.06
21	Fraser East	42.41	46.25	39.15	44.57	39.77	53.73
31	Richmond	41.77	F	F	44.26	F	36.08
14	Thompson Cariboo Shuswap	41.75‡	35.90E	47.48	42.25	40.78	55.29
22	Fraser North	35.50‡	33.45E	37.19	39.12	F	46.49
32	Vancouver	26.02‡	F	29.99	28.00	F	41.49
99	Province	43.60‡	42.95	44.16	47.06*	39.45	49.52

‡ 65+ age group differs significantly from 20-64 age group. † males differ significantly from females. * 65-74 age group differs significantly from 75+ age group. E interpret data with caution (16.77 < coefficient of variation < 33.3). F data suppressed (n < 30, or coefficient of variation > 33.3). ▨ HSDA rate differs significantly from the Provincial rate.

CCHS Question

The CCHS developed an index based on the response to four questions: “Do you have someone to: have a good time with; get together with for relaxation; do things to get mind off things; and, do something enjoyable with?” The index measures the degree of social support that an individual has available to them.

Key Points**At the Provincial level:**

- Senior respondents (ages 65+) have a significantly lower rate of having strong positive social interaction than the 20-64 age cohort.
- Males ages 65+ have no significantly different rate than the female ages 65+ cohort.
- Younger senior respondents (ages 65-74) have a significantly higher rate than the older (75+) age cohort.

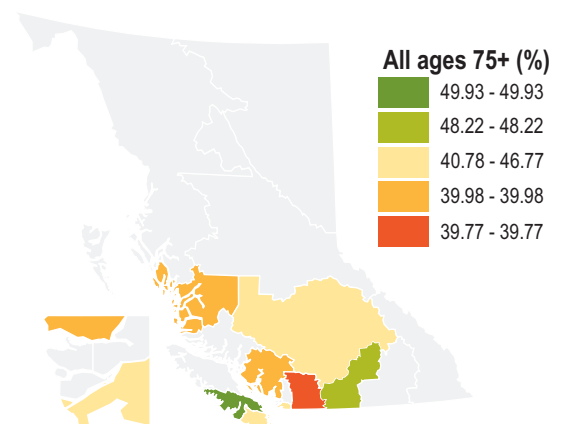
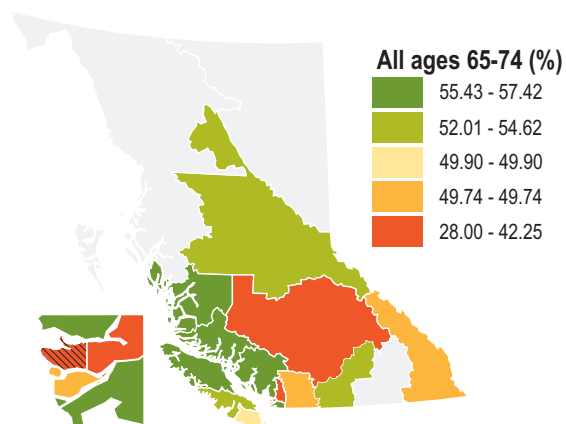
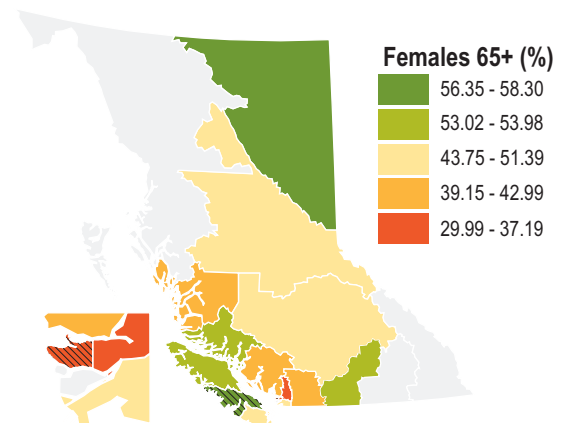
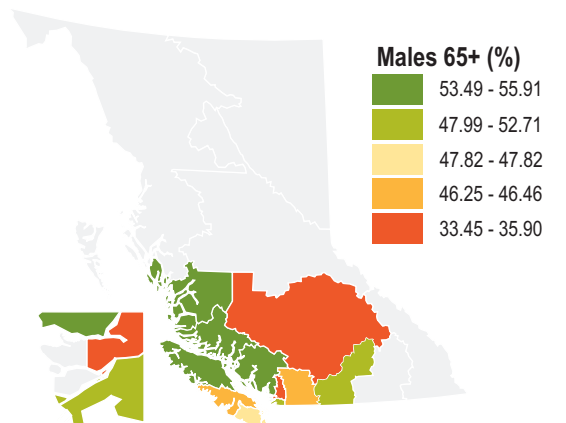
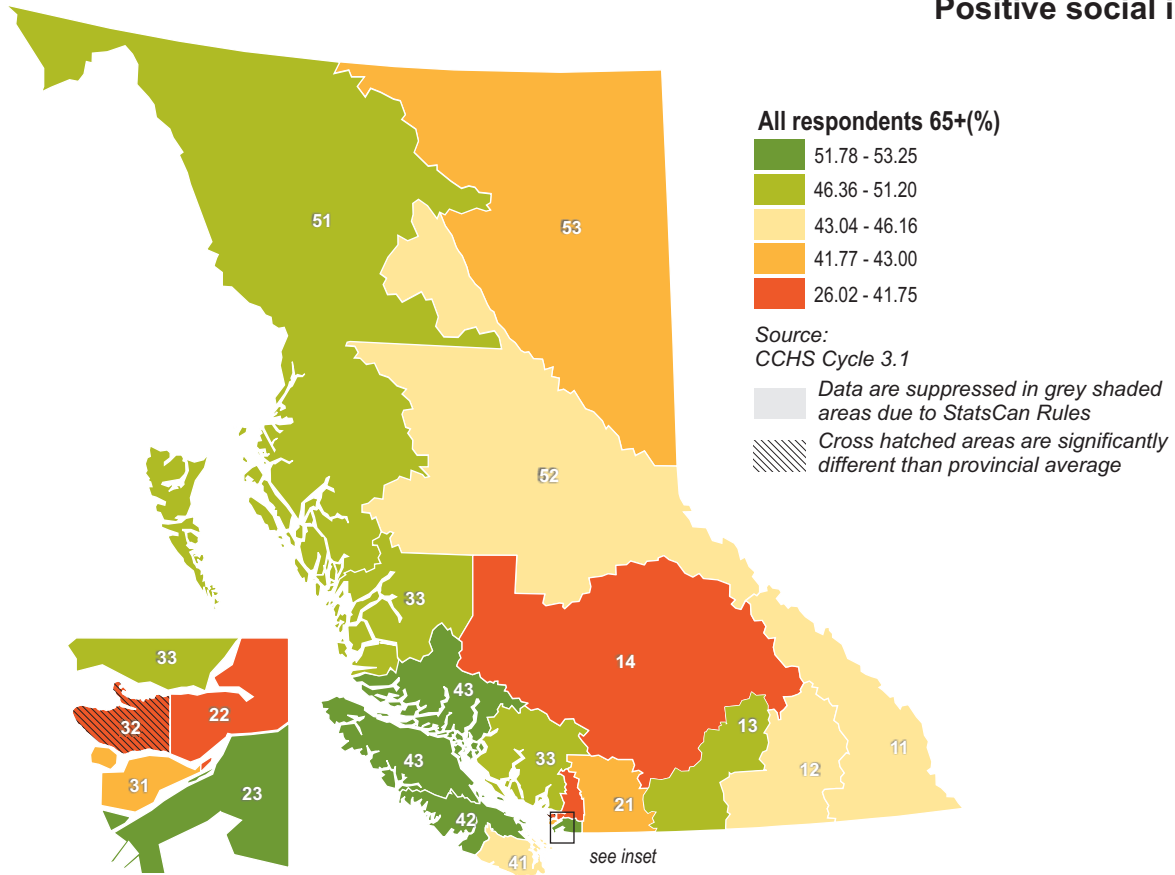
At the HSDA level:

- For all seniors, there is no HSDA significantly higher, and there is one HSDA significantly lower than the Provincial rate.
- For male seniors, no HSDA differs significantly from the Provincial rate.
- For female seniors, there is one HSDA significantly higher, and there is one HSDA significantly lower than the Provincial rate.
- For younger seniors, there is no HSDA significantly higher, and there is one HSDA significantly lower than the Provincial rate.
- For older seniors, no HSDA differs significantly from the Provincial rate.

Within HSDAs:

- For all seniors, there is no HSDA significantly higher, and there are 3 HSDAs significantly lower than their respective 20-64 age cohort.
- For male seniors, no HSDA differs significantly from its respective female age cohort.
- For younger seniors, no HSDA differs significantly from its respective older age cohort.

Positive social interaction



Strong sense of belonging to local community

Health Service Delivery Area		All respondents Ages 65+(%)	Males 65+(%)	Females 65+(%)	All Ages 65-74	All Ages 75+	All Ages 20-64
12	Kootenay Boundary	81.65	79.60	83.49	87.61	74.99	72.37
51	Northwest	78.54	F	74.52	83.29	F	78.68
41	South Vancouver Island	73.82	69.46	77.21	76.46	71.39	68.02
33	North Shore/Coast Garibaldi	72.25	74.98	69.97	77.76	66.53	67.45
43	North Vancouver Island	72.17	68.46	75.78	72.09	72.31	71.47
53	Northeast	70.73	F	75.15	71.05	70.18	65.01
42	Central Vancouver Island	70.51	71.42	69.65	73.28	66.80	67.69
14	Thompson Cariboo Shuswap	69.84	68.09	71.55	70.42	68.71	74.53
22	Fraser North	69.49	69.57	69.42	69.55	69.42	63.65
21	Fraser East	68.85	69.36	68.41	68.84	68.87	63.01
13	Okanagan	68.74	62.70	73.98	72.70	64.99	68.81
32	Vancouver	68.43	69.35	67.67	71.79	64.94	61.38
23	Fraser South	68.29	70.09	66.92	73.91	61.23	66.26
11	East Kootenay	66.80	81.60†	52.51	67.65	65.48	65.65
52	Northern Interior	66.48	60.12	73.06	73.40	56.72	64.62
31	Richmond	61.94	64.45	59.77	59.70	66.37	64.29
99	Province	69.84‡	69.40	70.22	72.41	66.75	66.14

‡ 65+ age group differs significantly from 20-64 age group. † males differ significantly from females. * 65-74 age group differs significantly from 75+ age group. E interpret data with caution (16.77 < coefficient of variation < 33.3). F data suppressed (n < 30, or coefficient of variation > 33.3). HSDA rate differs significantly from the Provincial rate.

CCHS Question

How would you describe your sense of belonging to your local community? Would you say it is very strong, somewhat strong, somewhat weak, or very weak?

Key Points**At the Provincial level:**

- Senior respondents (ages 65+) have a significantly higher rate of having a strong sense of belonging to local community than the 20-64 age cohort.
- Males ages 65+ have no significantly different rate than the female ages 65+ cohort.
- Younger senior respondents (ages 65-74) have no significantly different rate than the older (75+) age cohort.

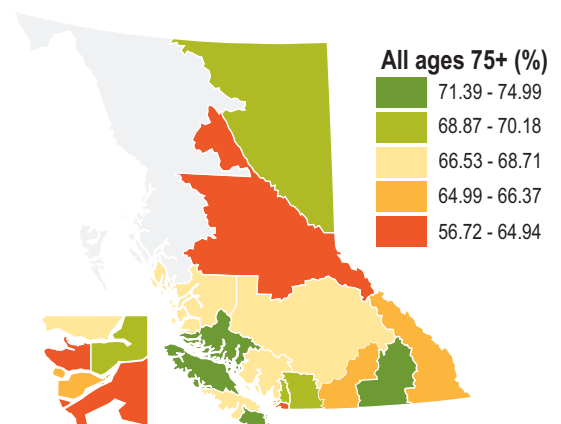
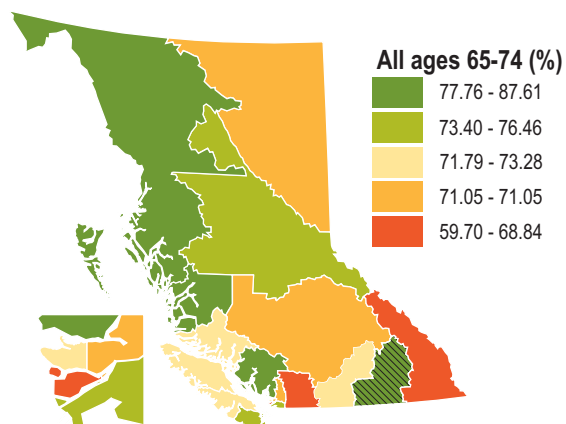
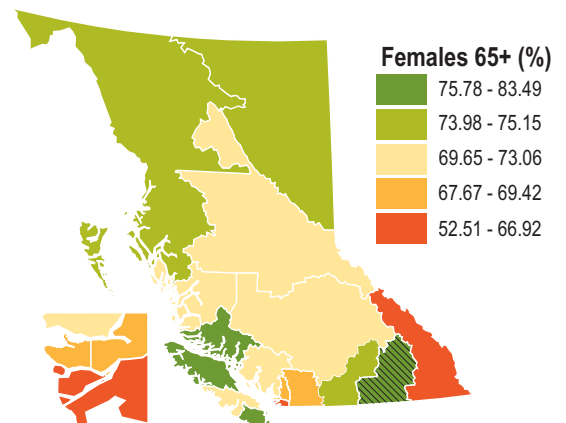
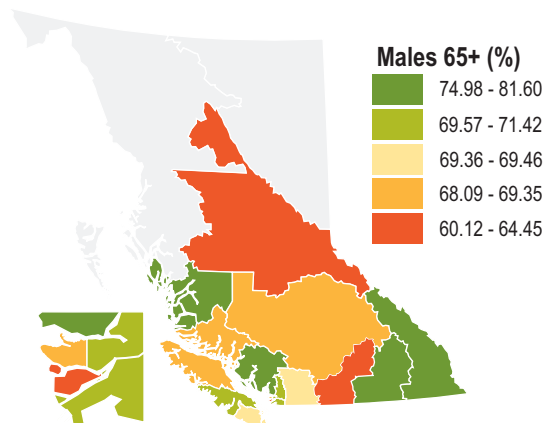
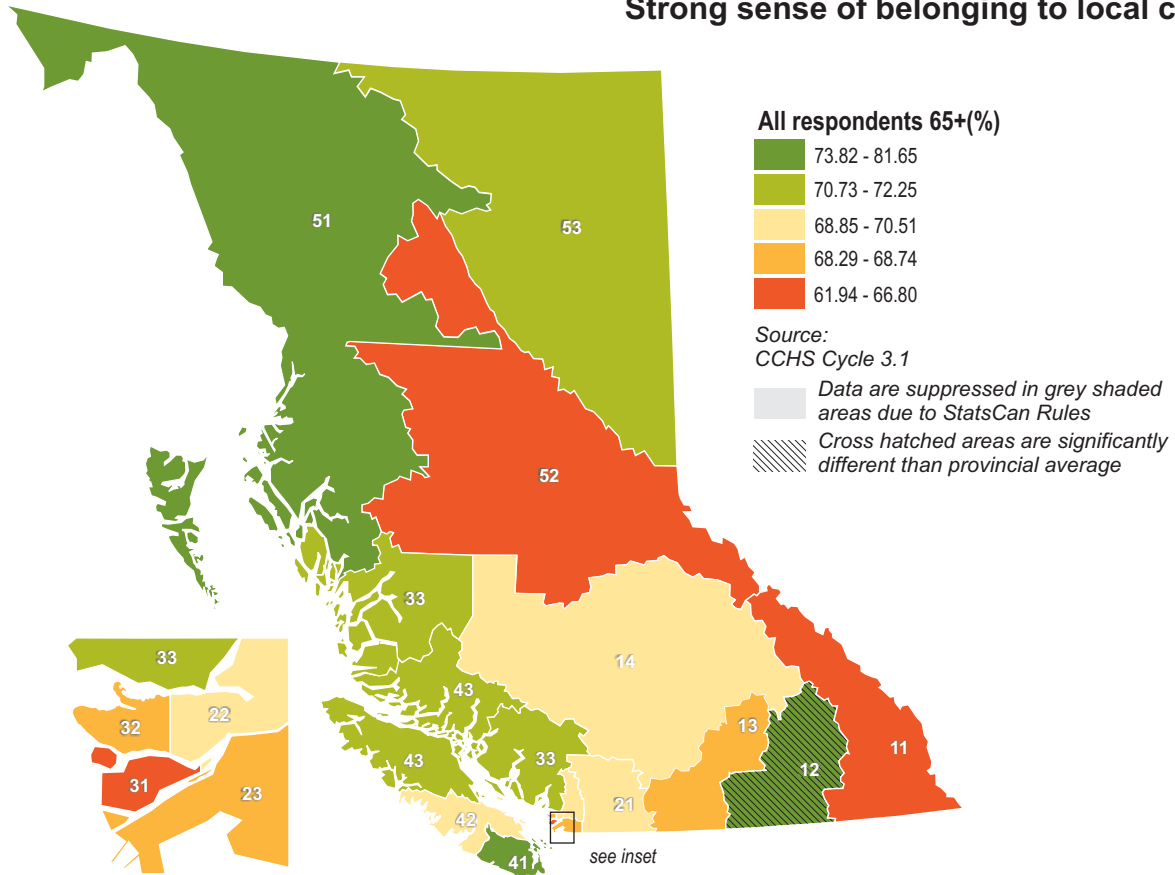
At the HSDA level:

- For all seniors, there is one HSDA significantly higher, and there is no HSDA significantly lower than the Provincial rate.
- For male seniors, no HSDA differs significantly from the Provincial rate.
- For female seniors, there is one HSDA significantly higher, and there is no HSDA significantly lower than the Provincial rate.
- For younger seniors, there is one HSDA significantly higher, and there is no HSDA significantly lower than the Provincial rate.
- For older seniors, no HSDA differs significantly from the Provincial rate.

Within HSDAs:

- For all seniors, no HSDA differs significantly from its respective 20-64 age cohort.
- For male seniors, there is one HSDA significantly higher, and there is no HSDA significantly lower than its respective female age cohort.
- For younger seniors, no HSDA differs significantly from its respective older age cohort.

Strong sense of belonging to local community



Has someone to confide in

Health Service Delivery Area		All respondents Ages 65+(%)	Males 65+(%)	Females 65+(%)	All Ages 65-74	All Ages 75+	All Ages 20-64
51	Northwest	65.01	F	F	F	F	61.20
42	Central Vancouver Island	61.35	54.75	67.46	64.64	56.96	64.52
43	North Vancouver Island	61.01	58.81	63.14	65.51	53.86	57.70
33	North Shore/Coast Garibaldi	60.65	62.77	58.87	65.30	55.81	59.81
12	Kootenay Boundary	57.65	F	52.04	63.46	51.16	64.04
13	Okanagan	55.98	52.22	59.25	55.88	56.08	65.79
23	Fraser South	55.55	54.06	56.68	57.17	53.51	60.70
14	Thompson Cariboo Shuswap	53.53	49.21	57.76	54.67	51.32	64.42
41	South Vancouver Island	53.36	52.89	53.73	58.41	48.70	61.19
21	Fraser East	52.60†	55.49	50.13	54.71	50.01	65.85
11	East Kootenay	51.63	60.24	F	58.43	F	60.43
52	Northern Interior	51.10†	F	59.06	59.18	F	69.68
22	Fraser North	48.45	46.98	49.66	43.26	54.73	54.41
31	Richmond	47.11	F	42.11E	47.05	F	43.43
53	Northeast	45.55	F	61.12	F	F	63.62
32	Vancouver	37.65†	F	36.27	44.07	30.97	49.99
99	Province	52.40†	51.57	53.11	54.81	49.51	58.82

† 65+ age group differs significantly from 20-64 age group. † males differ significantly from females. * 65-74 age group differs significantly from 75+ age group. E interpret data with caution (16.77 < coefficient of variation < 33.3). F data suppressed (n < 30, or coefficient of variation > 33.3). ▨ HSDA rate differs significantly from the Provincial rate.

CCHS Question

How often is each of the following kinds of support available to you if you need it?

Someone to confide in.

Key Points**At the Provincial level:**

- Senior respondents (ages 65+) have a significantly lower rate of having someone to confide in than the 20-64 age cohort.
- Males ages 65+ have no significantly different rate than the female ages 65+ cohort.
- Younger senior respondents (ages 65-74) have no significantly different rate than the older (75+) age cohort.

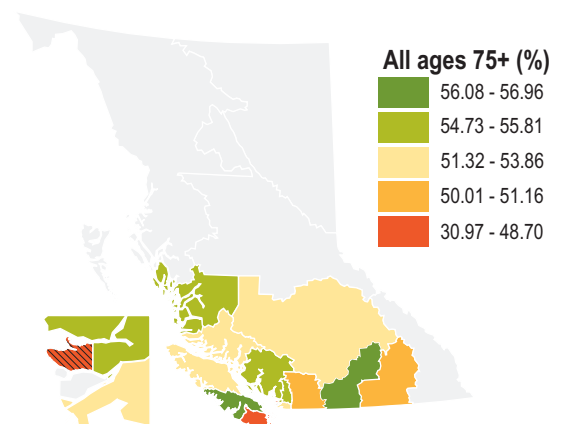
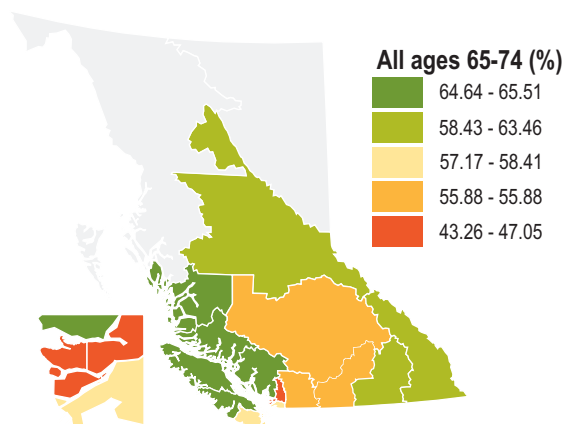
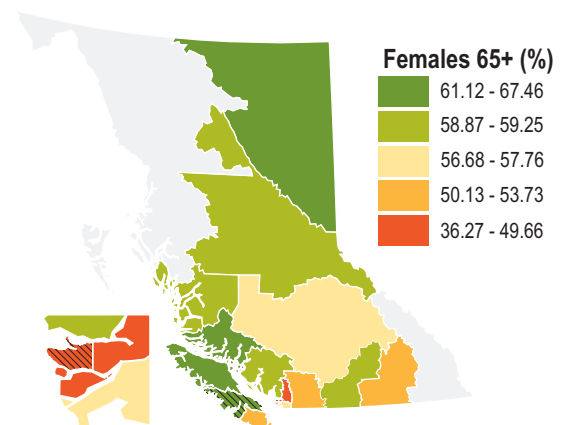
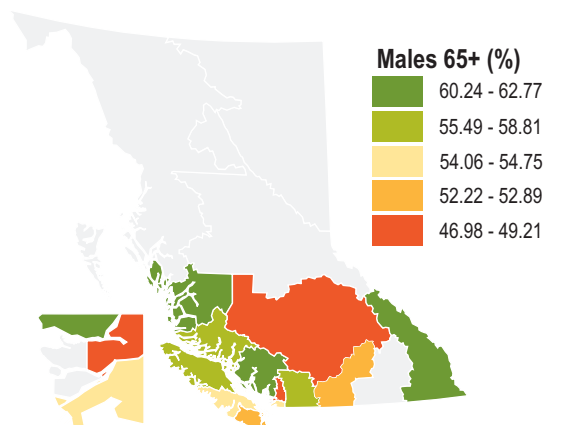
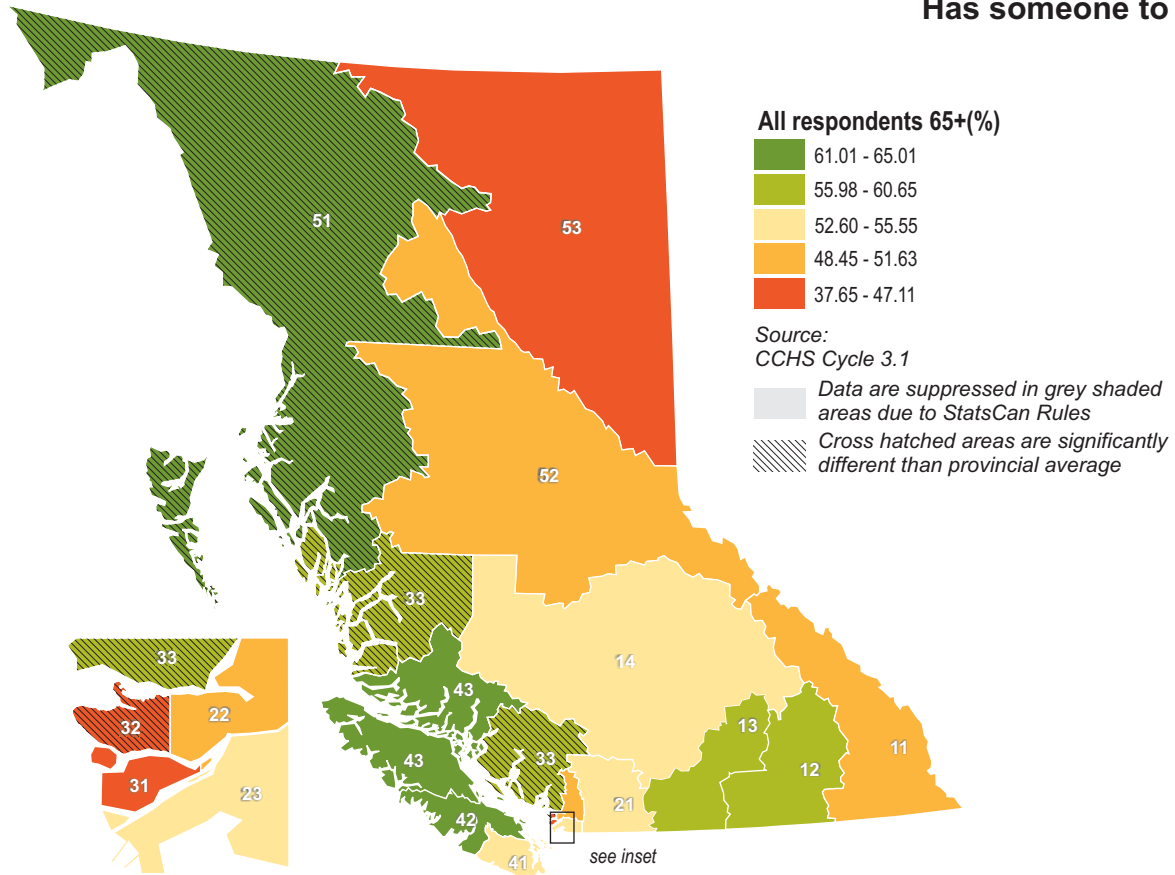
At the HSDA level:

- For all seniors, there are 2 HSDAs significantly higher, and there is one HSDA significantly lower than the Provincial rate.
- For male seniors, no HSDA differs significantly from the Provincial rate.
- For female seniors, there is one HSDA significantly higher, and there is one HSDA significantly lower than the Provincial rate.
- For younger seniors, no HSDA differs significantly from the Provincial rate.
- For older seniors, there is no HSDA significantly higher, and there is one HSDA significantly lower than the Provincial rate.

Within HSDAs:

- For all seniors, there is no HSDA significantly higher, and there are 3 HSDAs significantly lower than their respective 20-64 age cohort.
- For male seniors, no HSDA differs significantly from its respective female age cohort.
- For younger seniors, no HSDA differs significantly from its respective older age cohort.

Has someone to confide in



Has someone to help if confined to bed

Health Service Delivery Area		All respondents Ages 65+(%)	Males 65+(%)	Females 65+(%)	All Ages 65-74	All Ages 75+	All Ages 20-64
51	Northwest	54.44E	F	F	F	F	36.62
33	North Shore/Coast Garibaldi	48.25	58.94	39.32	51.73	44.64	44.16
13	Okanagan	48.18	50.63	46.05	49.41	47.03	48.04
11	East Kootenay	48.15	55.72	F	48.99	F	41.68
43	North Vancouver Island	47.78	F	54.79	52.42	F	44.63
42	Central Vancouver Island	46.03	43.98	47.94	47.16	44.53	45.98
41	South Vancouver Island	44.41	52.05	38.47	47.28	41.75	43.49
21	Fraser East	43.47	48.98	38.79	39.94	47.81	49.03
23	Fraser South	42.06	48.63	37.05	42.53	41.46	41.48
14	Thompson Cariboo Shuswap	41.01	39.26E	42.72	43.17	F	45.52
31	Richmond	39.57	F	F	F	F	32.97
22	Fraser North	38.29	40.19	36.72	40.04	36.16	43.23
12	Kootenay Boundary	38.18	F	F	F	F	45.33
52	Northern Interior	36.31	F	41.05E	F	F	48.92
32	Vancouver	35.54	42.03E	30.12	41.34E	29.50	35.27
53	Northeast	35.25E	F	F	F	F	44.21
99	Province	42.46	46.67†	38.86	44.50	40.00	42.47

‡ 65+ age group differs significantly from 20-64 age group. † males differ significantly from females. * 65-74 age group differs significantly from 75+ age group. E interpret data with caution (16.77 < coefficient of variation < 33.3). F data suppressed (n < 30, or coefficient of variation > 33.3). HSDA rate differs significantly from the Provincial rate.

CCHS Question

How often is each of the following kinds of support available to you if you need it?

Someone to help you if you were confined to bed.

Key Points**At the Provincial level:**

- Senior respondents (ages 65+) have no significantly different rate of having someone to help if confined to bed than the 20-64 age cohort.
- Males ages 65+ have a significantly higher rate than the female ages 65+ cohort.
- Younger senior respondents (ages 65-74) have no significantly different rate than the older (75+) age cohort.

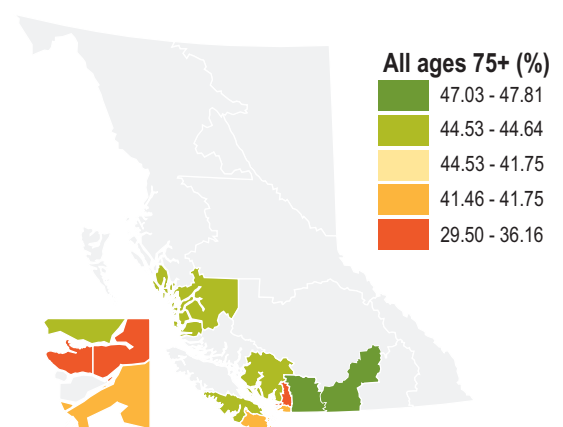
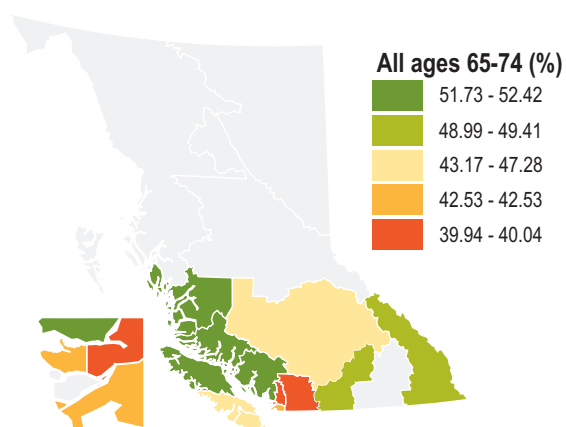
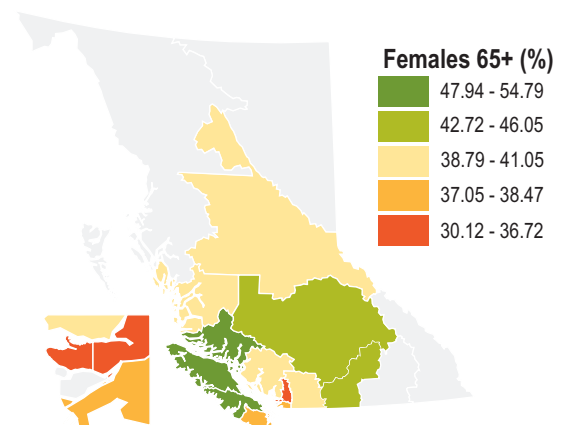
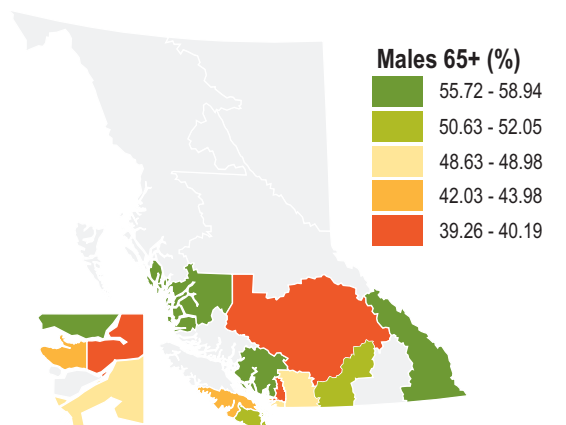
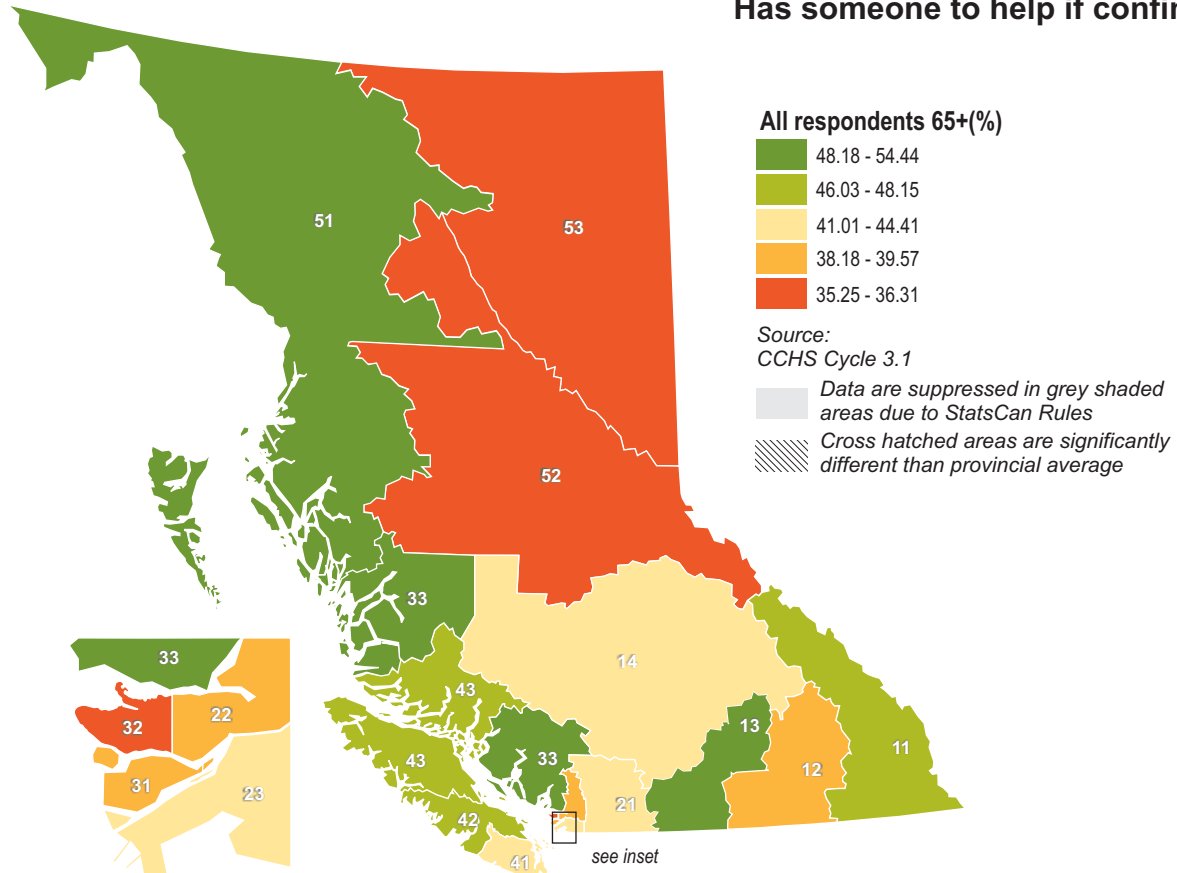
At the HSDA level:

- For all seniors, no HSDA differs significantly from the Provincial rate.
- For male seniors, no HSDA differs significantly from the Provincial rate.
- For female seniors, no HSDA differs significantly from the Provincial rate.
- For younger seniors, no HSDA differs significantly from the Provincial rate.
- For older seniors, no HSDA differs significantly from the Provincial rate.

Within HSDAs:

- For all seniors, no HSDA differs significantly from its respective 20-64 age cohort.
- For male seniors, no HSDA differs significantly from its respective female age cohort.
- For younger seniors, no HSDA differs significantly from its respective older age cohort.

Emotional/psychological/social wellness 91
Has someone to help if confined to bed



Has someone who listens

Health Service Delivery Area		All respondents Ages 65+(%)	Males 65+(%)	Females 65+(%)	All Ages 65-74	All Ages 75+	All Ages 20-64
43	North Vancouver Island	59.66	57.68	61.58	60.74	57.94	60.99
12	Kootenay Boundary	57.84	F	53.84	64.00	50.95	63.78
13	Okanagan	57.34	52.91	61.18	60.80	54.07	64.00
51	Northwest	56.62	F	F	F	F	63.40
33	North Shore/Coast Garibaldi	55.99	57.78	54.49	59.46	52.38	64.57
11	East Kootenay	54.66	54.63	54.70	64.87	F	63.08
23	Fraser South	54.40	50.28	57.53	54.14	54.71	59.80
42	Central Vancouver Island	53.06	44.35	61.13	57.79	46.76	63.87
21	Fraser East	51.25†	52.41	50.26	50.51	52.16	66.56
41	South Vancouver Island	50.08†	47.80	51.85	54.66	45.85	64.84
52	Northern Interior	49.33†	F	59.02	63.79	F	68.94
53	Northeast	48.48	F	51.81E	48.76	F	64.25
22	Fraser North	47.05	45.86	48.02	48.71	45.04	55.80
31	Richmond	44.70	F	39.24	45.07	F	47.88
14	Thompson Cariboo Shuswap	43.05†	44.46E	41.67	46.36	36.62	66.84
32	Vancouver	37.43†	41.12E	34.36	45.98	28.56	53.76
99	Province	50.07†	48.89	51.08	53.59*	45.83	60.41

† 65+ age group differs significantly from 20-64 age group. † males differ significantly from females. * 65-74 age group differs significantly from 75+ age group. E interpret data with caution (16.77 < coefficient of variation < 33.3). F data suppressed (n < 30, or coefficient of variation > 33.3). ▨ HSDA rate differs significantly from the Provincial rate.

CCHS Question

How often is each of the following kinds of support available to you if you need it?

Someone you can count on to listen to you when you need to talk.

Key Points**At the Provincial level:**

- Senior respondents (ages 65+) have a significantly lower rate of having someone who listens than the 20-64 age cohort.
- Males ages 65+ have no significantly different rate than the female ages 65+ cohort.
- Younger senior respondents (ages 65-74) have a significantly higher rate than the older (75+) age cohort.

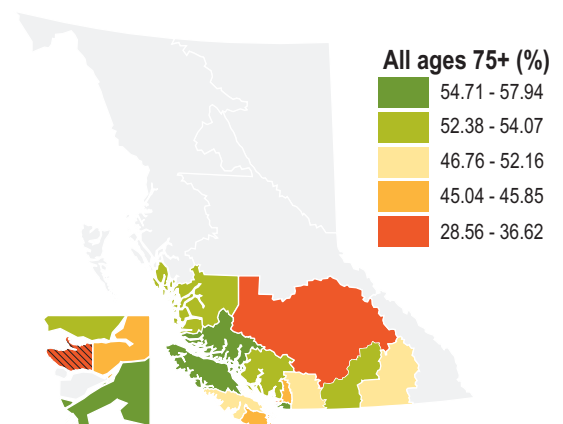
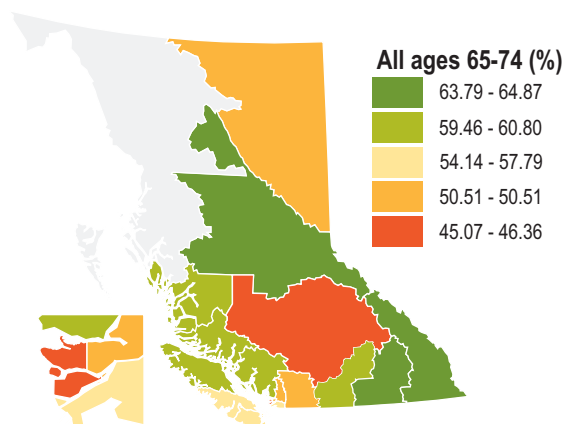
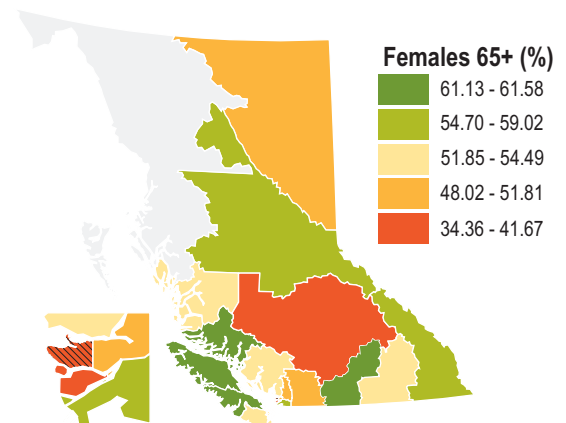
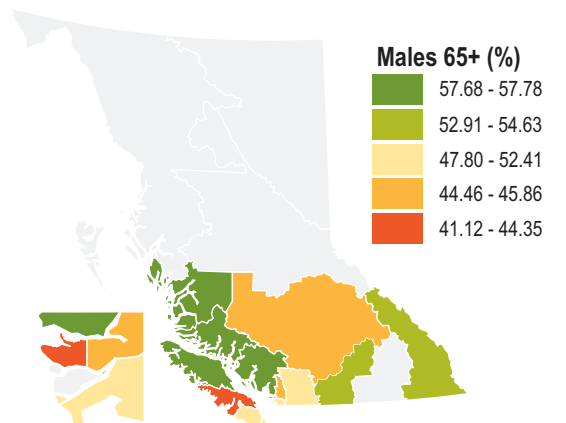
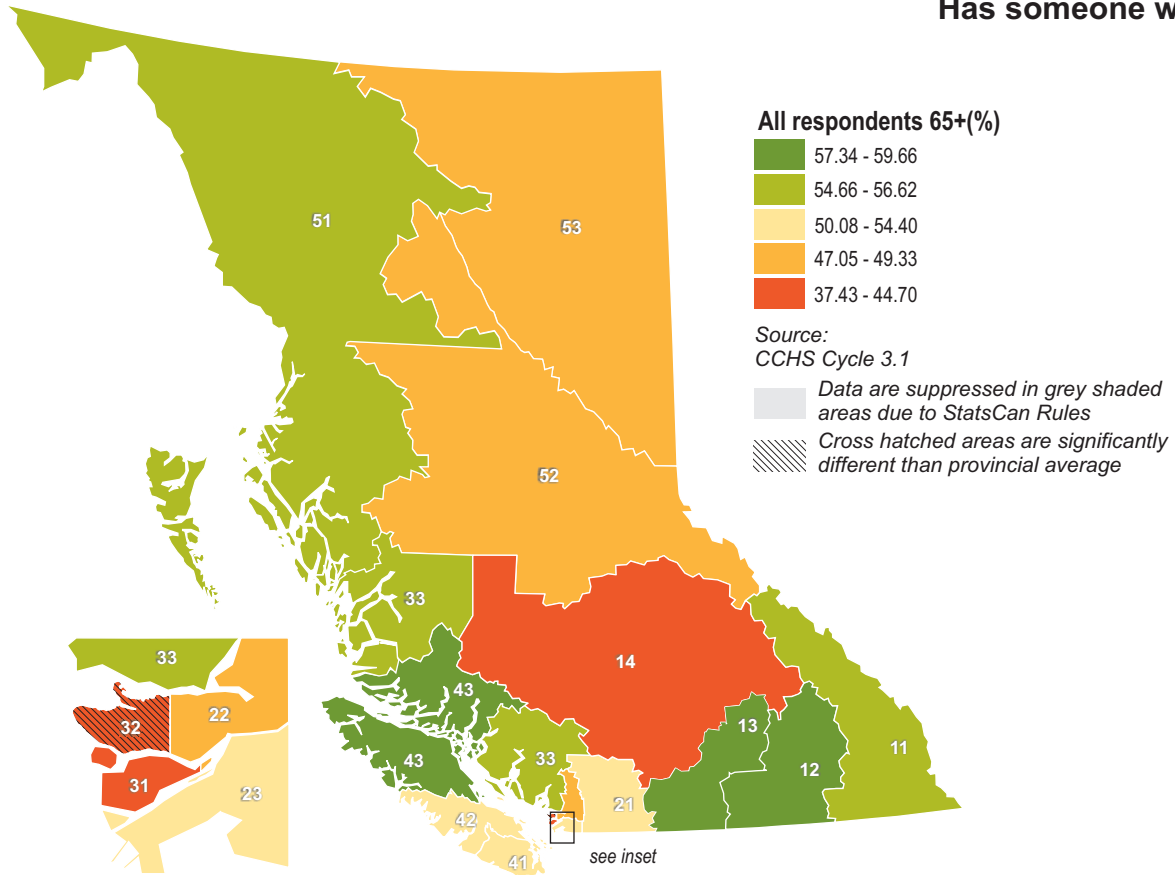
At the HSDA level:

- For all seniors, there is no HSDA significantly higher, and there is one HSDA significantly lower than the Provincial rate.
- For male seniors, no HSDA differs significantly from the Provincial rate.
- For female seniors, there is no HSDA significantly higher, and there is one HSDA significantly lower than the Provincial rate.
- For younger seniors, no HSDA differs significantly from the Provincial rate.
- For older seniors, there is no HSDA significantly higher, and there is one HSDA significantly lower than the Provincial rate.

Within HSDAs:

- For all seniors, there is no HSDA significantly higher, and there are 5 HSDAs significantly lower than their respective 20-64 age cohort.
- For male seniors, no HSDA differs significantly from its respective female age cohort.
- For younger seniors, no HSDA differs significantly from its respective older age cohort.

Has someone who listens



Has someone who shows love and affection

Health Service Delivery Area		All respondents Ages 65+(%)	Males 65+(%)	Females 65+(%)	All Ages 65-74	All Ages 75+	All Ages 20-64
51	Northwest	72.99	F	F	78.25	F	70.66
53	Northeast	69.43	F	74.23	75.49	58.83	75.95
42	Central Vancouver Island	66.97	58.99	74.35	69.98	62.95	75.02
13	Okanagan	66.57	60.61	71.76	68.82	64.45	75.62
11	East Kootenay	66.48	71.33	61.79	70.82	F	69.98
43	North Vancouver Island	66.47	68.84	64.17	65.80	67.54	71.08
33	North Shore/Coast Garibaldi	64.17	65.90	62.72	66.15	62.11	68.61
31	Richmond	64.08	73.29	56.14	65.99	F	57.63
23	Fraser South	62.48	60.03	64.34	63.67	60.98	70.14
21	Fraser East	60.91†	61.08	60.76	62.70	58.71	77.11
12	Kootenay Boundary	60.22	69.08	52.26	62.36	57.84	73.18
14	Thompson Cariboo Shuswap	59.26‡	56.61	61.85	58.94	59.87	72.64
52	Northern Interior	57.45‡	F	64.58	68.19	42.28	76.40
41	South Vancouver Island	57.33‡	58.49	56.44	63.55	51.59	72.29
22	Fraser North	53.62	50.95	55.82	52.41	55.09	61.81
32	Vancouver	39.82‡	F	40.21	41.98	37.57	55.43
99	Province	58.85‡	57.58	59.93	61.24	55.96	67.84

‡ 65+ age group differs significantly from 20-64 age group. † males differ significantly from females. * 65-74 age group differs significantly from 75+ age group. E interpret data with caution (16.77 < coefficient of variation < 33.3). F data suppressed (n < 30, or coefficient of variation > 33.3). HSDA rate differs significantly from the Provincial rate.

CCHS Question

How often is each of the following kinds of support available to you if you need it?
Someone who shows you love and affection.

Key Points**At the Provincial level:**

- Senior respondents (ages 65+) have a significantly lower rate of having someone who shows love and affection than the 20-64 age cohort.
- Males ages 65+ have no significantly different rate than the female ages 65+ cohort.
- Younger senior respondents (ages 65-74) have no significantly different rate than the older (75+) age cohort.

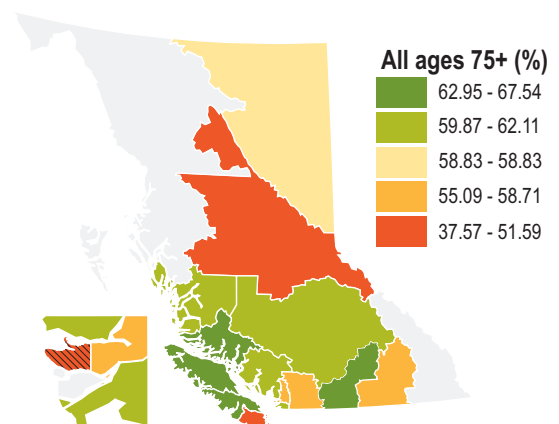
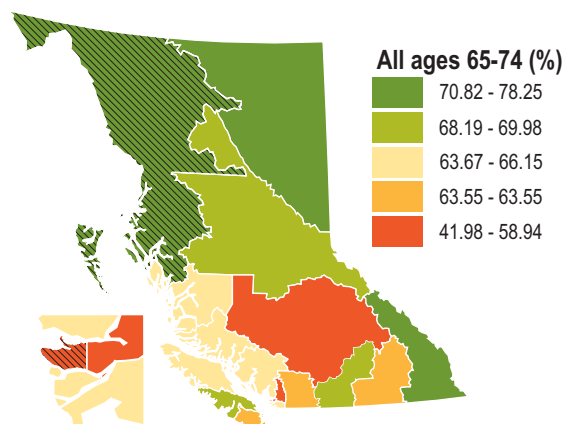
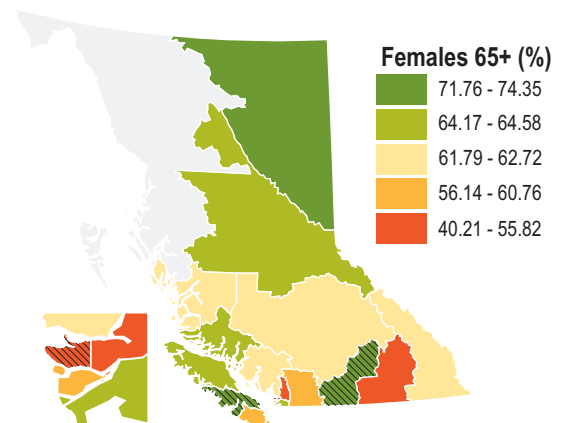
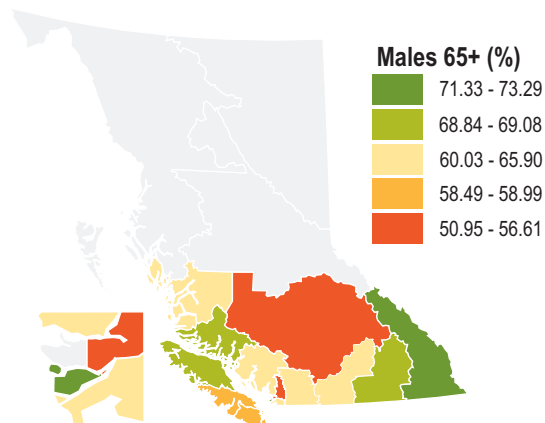
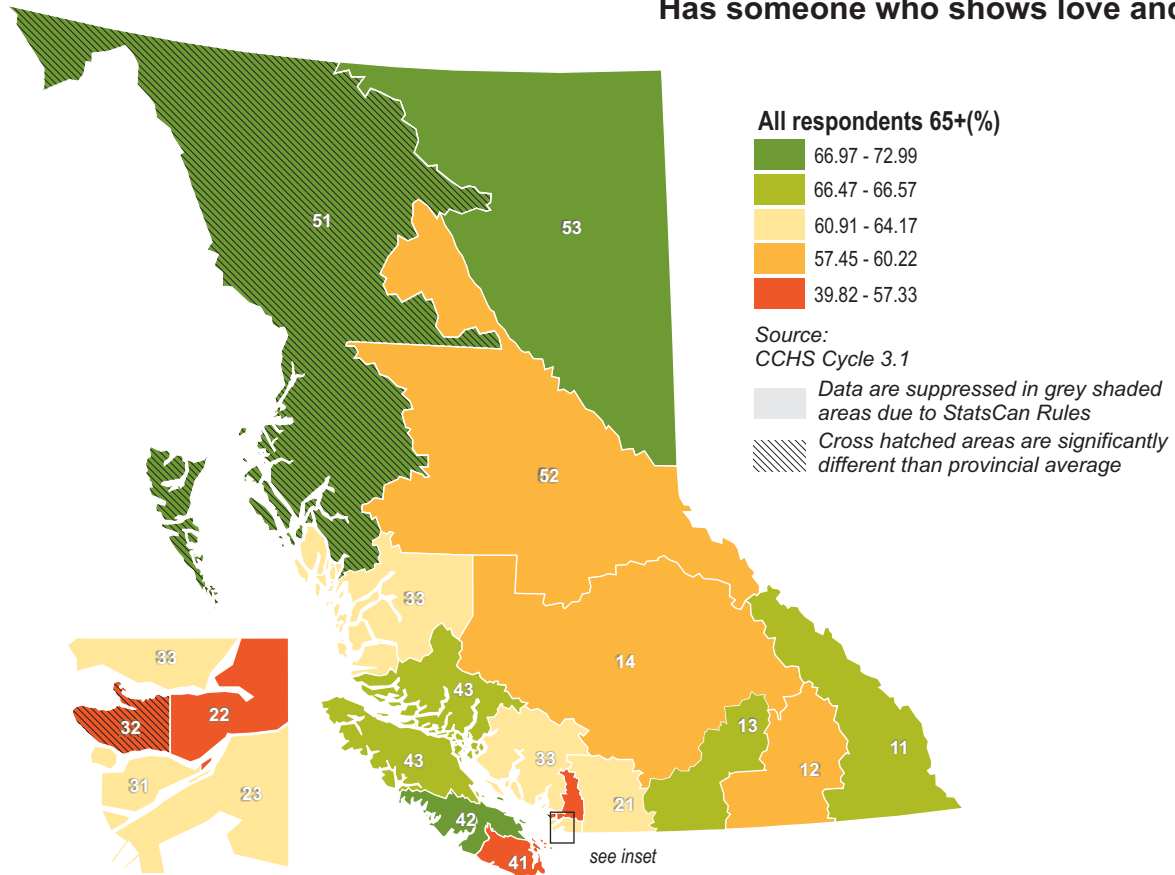
At the HSDA level:

- For all seniors, there is one HSDA significantly higher, and there is one HSDA significantly lower than the Provincial rate.
- For male seniors, no HSDA differs significantly from the Provincial rate.
- For female seniors, there are 2 HSDAs significantly higher, and there is one HSDA significantly lower than the Provincial rate.
- For younger seniors, there is one HSDA significantly higher, and there is one HSDA significantly lower than the Provincial rate.
- For older seniors, there is no HSDA significantly higher, and there is one HSDA significantly lower than the Provincial rate.

Within HSDAs:

- For all seniors, there is no HSDA significantly higher, and there are 5 HSDAs significantly lower than their respective 20-64 age cohort.
- For male seniors, no HSDA differs significantly from its respective female age cohort.
- For younger seniors, no HSDA differs significantly from its respective older age cohort.

Emotional/psychological/social wellness 95
Has someone who shows love and affection



Has someone who loves and makes feel wanted

Health Service Delivery Area		All respondents Ages 65+(%)	Males 65+(%)	Females 65+(%)	All Ages 65-74	All Ages 75+	All Ages 20-64
51	Northwest	71.42	F	F	74.92	F	63.97
43	North Vancouver Island	64.79	68.55	61.15	65.25	64.07	66.04
53	Northeast	64.04	F	68.74	72.53	F	68.89
11	East Kootenay	63.49	68.41	58.73	62.58	F	60.67
13	Okanagan	63.06	58.68	66.88	65.68	60.60	67.61
33	North Shore/Coast Garibaldi	62.77	66.61	59.56	69.80	55.45	60.68
42	Central Vancouver Island	60.73	57.09	64.10	62.13	58.86	67.66
23	Fraser South	60.63	58.50	62.26	63.46	57.08	64.50
21	Fraser East	58.58	60.00	57.37	61.44	55.07	69.33
41	South Vancouver Island	56.75	57.19	56.41	61.27	52.58	64.47
12	Kootenay Boundary	56.33	F	50.58	63.71	48.07	72.12
14	Thompson Cariboo Shuswap	55.93	51.62	60.15	54.15	59.39	68.58
52	Northern Interior	55.26‡	F	65.33	63.91	43.03	72.60
22	Fraser North	51.90	50.69	52.90	50.68	53.39	57.82
31	Richmond	49.59	F	42.65E	51.45	F	51.63
32	Vancouver	34.22‡	F	33.52	38.77	29.48	52.77
99	Province	55.43‡	54.98	55.80	58.24*	52.04	62.30

‡ 65+ age group differs significantly from 20-64 age group. † males differ significantly from females. * 65-74 age group differs significantly from 75+ age group. E interpret data with caution (16.77 < coefficient of variation < 33.3). F data suppressed (n < 30, or coefficient of variation > 33.3). HSDA rate differs significantly from the Provincial rate.

CCHS Question

How often is each of the following kinds of support available to you if you need it?

Someone to love you and make you feel wanted.

Key Points**At the Provincial level:**

- Senior respondents (ages 65+) have a significantly lower rate of having someone who loves and makes them feel wanted than the 20-64 age cohort.
- Males ages 65+ have no significantly different rate than the female ages 65+ cohort.
- Younger senior respondents (ages 65-74) have a significantly higher rate than the older (75+) age cohort.

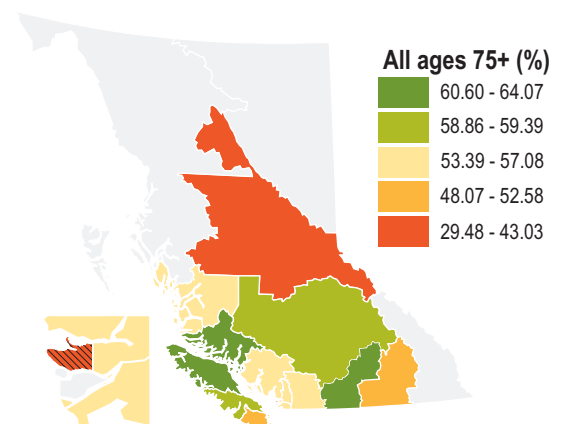
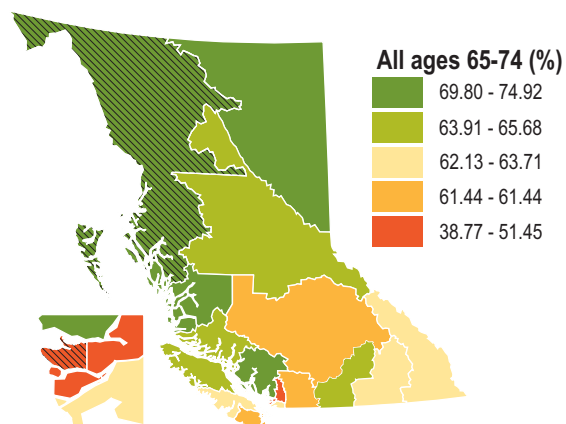
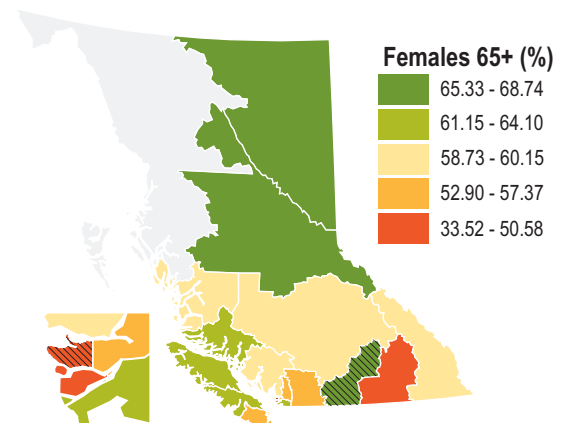
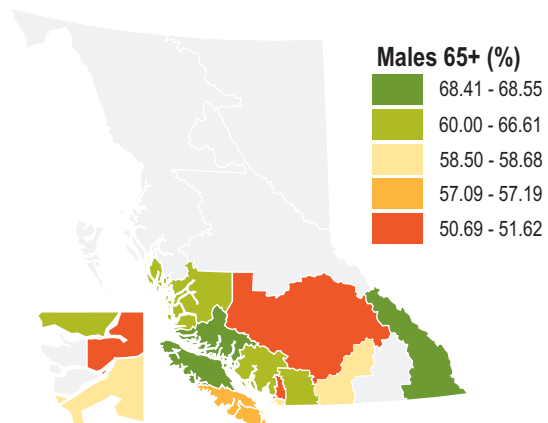
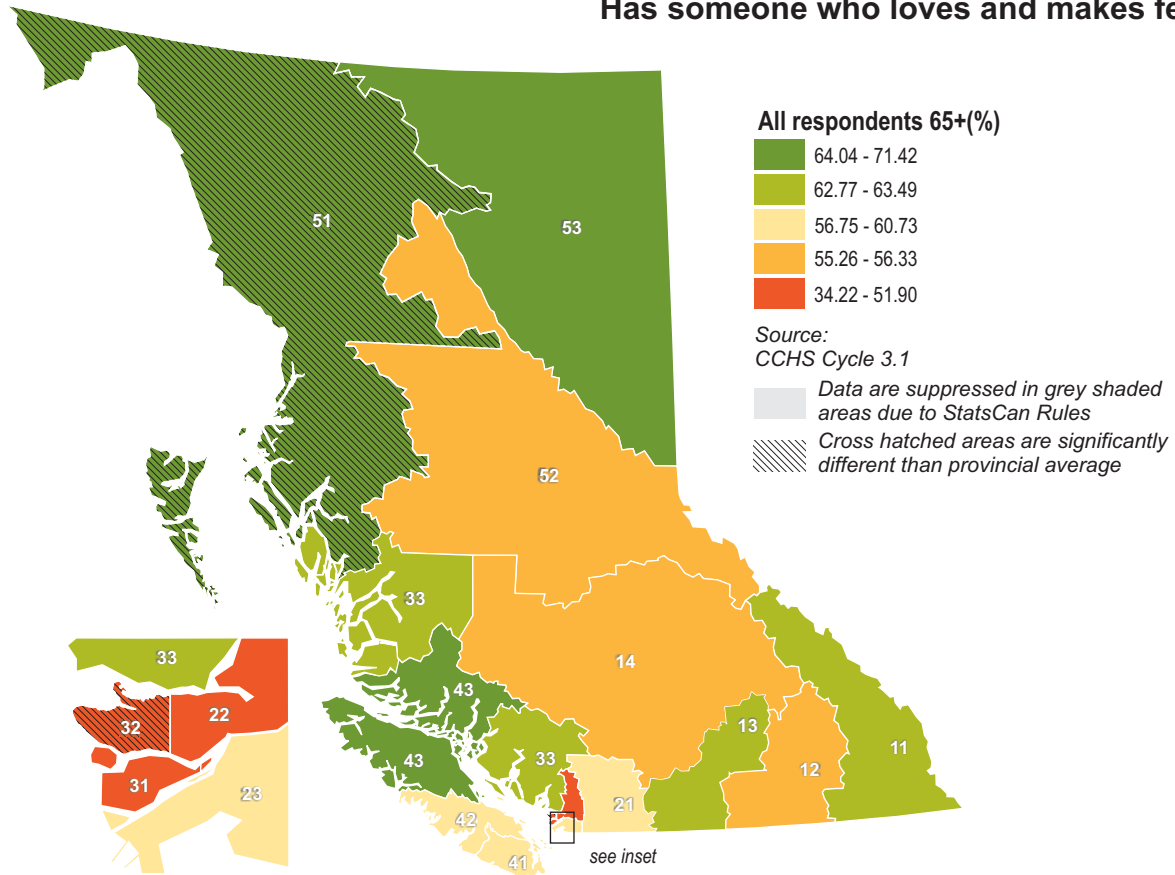
At the HSDA level:

- For all seniors, there is one HSDA significantly higher, and there is one HSDA significantly lower than the Provincial rate.
- For male seniors, no HSDA differs significantly from the Provincial rate.
- For female seniors, there is one HSDA significantly higher, and there is one HSDA significantly lower than the Provincial rate.
- For younger seniors, there is one HSDA significantly higher, and there is one HSDA significantly lower than the Provincial rate.
- For older seniors, there is no HSDA significantly higher, and there is one HSDA significantly lower than the Provincial rate.

Within HSDAs:

- For all seniors, there is no HSDA significantly higher, and there are 2 HSDAs significantly lower than their respective 20-64 age cohort.
- For male seniors, no HSDA differs significantly from its respective female age cohort.
- For younger seniors, no HSDA differs significantly from its respective older age cohort.

Has someone who loves and makes feel wanted





7

Summary of findings

The *Summary table of The BC Atlas of Wellness Seniors Supplement* found overleaf combines all of the significant data found in the maps included in the *Seniors Supplement*.

Following this table, there are five maps, one for each of the seniors cohorts analyzed in this work; all seniors ages 65 and over; males 65 and over; females 65 and over; all seniors ages 65 to 74; and all seniors 75 and over. For each of the 39 indicators examined a positive (+) or negative (-) value was assigned where the rate for the Health Service Delivery Area (HSDA) was significantly better (+) or significantly poorer (-) than the Provincial rate. The positives and negatives were summed over the 39 indicators to

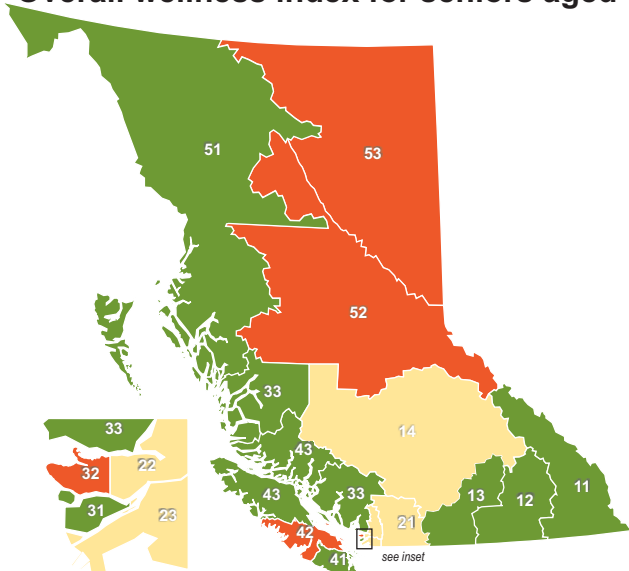
give a net value, or wellness index score for the HSDA. Maps were then constructed based on whether the overall score was positive, showing an overall positive measure of wellness compared to the provincial average, neutral, showing no difference from the provincial level values, or negative, suggesting vulnerability relative to the provincial average.

A final table summarizes the relative wellness indices by HSDA.

Once again the reader must be cautioned when interpreting these “scores,” as the population is concentrated in the Southwestern region of the Province, while many other regions are under sampled in the cohorts under analysis.

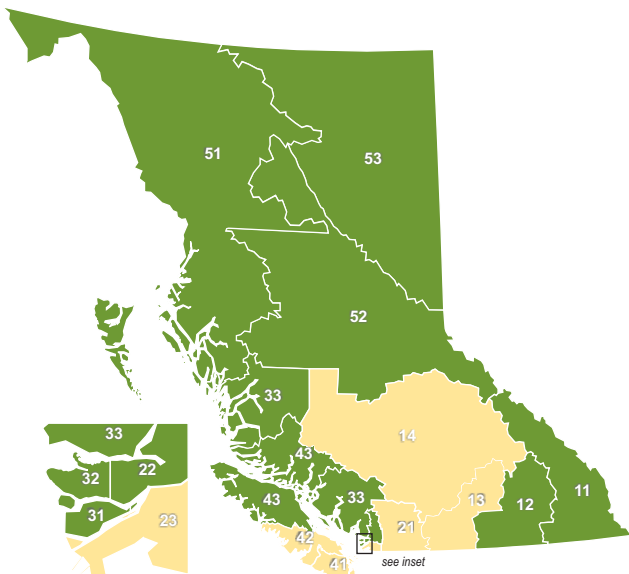
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Overall wellness index for seniors aged 65+ by gender



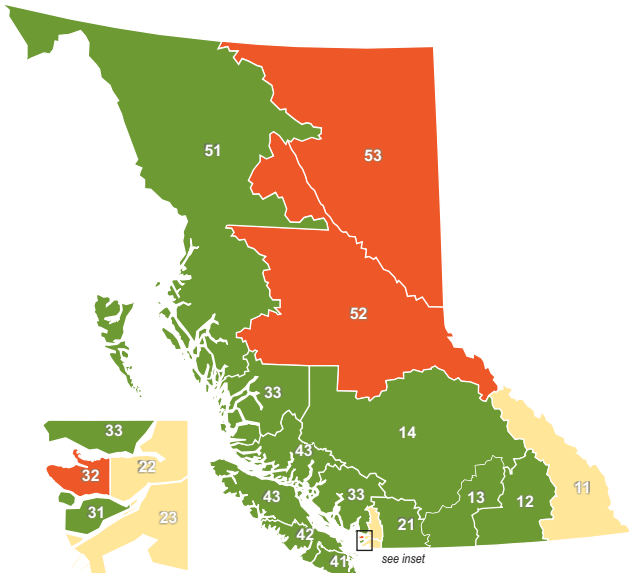
All Seniors ages 65+

Health Service Delivery Area	Index
33North Shore/Coast Garibaldi	4
51Northwest	3
43North Vancouver Island	3
31Richmond	3
12Kootenay Boundary	2
41South Vancouver Island	1
13Okanagan	1
11 East Kootenay	1
23Fraser South	0
22Fraser North	0
21Fraser East	0
14Thompson Cariboo Shuswap	0
42Central Vancouver Island	-1
53Northeast	-2
52Northern Interior	-4
32Vancouver	-7



Males 65+

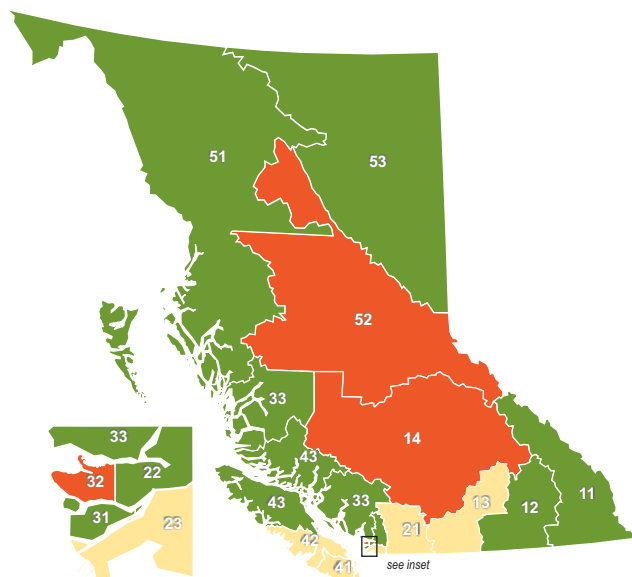
Health Service Delivery Area	Index
12Kootenay Boundary	6
33North Shore/Coast Garibaldi	4
31Richmond	4
11 East Kootenay	4
53Northeast	2
52Northern Interior	1
51Northwest	1
43North Vancouver Island	1
32Vancouver	1
22Fraser North	1
42Central Vancouver Island	0
41South Vancouver Island	0
23Fraser South	0
21Fraser East	0
14Thompson Cariboo Shuswap	0
13Okanagan	0



Females 65+

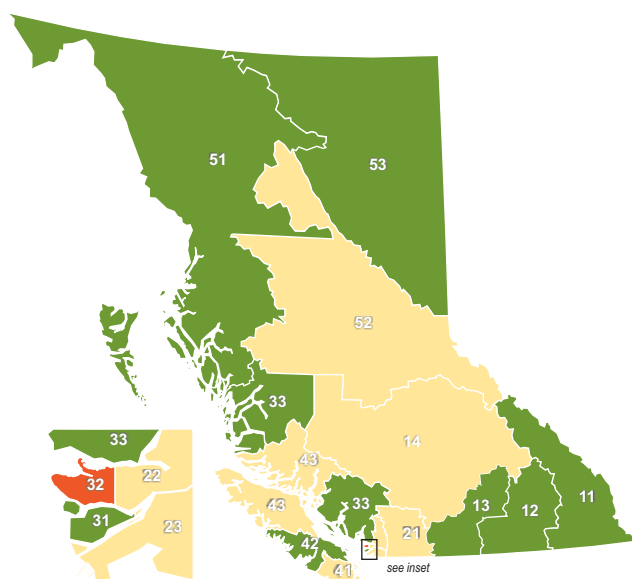
Health Service Delivery Area	Index
51Northwest	4
42Central Vancouver Island	4
33North Shore/Coast Garibaldi	3
31Richmond	3
13Okanagan	3
12Kootenay Boundary	3
43North Vancouver Island	1
41South Vancouver Island	1
21Fraser East	1
14Thompson Cariboo Shuswap	1
23Fraser South	0
22Fraser North	0
11 East Kootenay	0
53Northeast	-1
52Northern Interior	-1
32Vancouver	-5

Overall wellness index for seniors aged 65+ by age cohort



Ages 65-74

Health Service Delivery Area	Index
51 Northwest	5
33 North Shore/Coast Garibaldi	3
12 Kootenay Boundary	3
53 Northeast	2
43 North Vancouver Island	2
31 Richmond	2
22 Fraser North	1
11 East Kootenay	1
42 Central Vancouver Island	0
41 South Vancouver Island	0
23 Fraser South	0
21 Fraser East	0
13 Okanagan	0
52 Northern Interior	-1
14 Thompson Cariboo Shuswap	-1
32 Vancouver	-3



Ages 75+

Health Service Delivery Area	Index
12 Kootenay Boundary	5
51 Northwest	4
53 Northeast	3
33 North Shore/Coast Garibaldi	3
31 Richmond	2
42 Central Vancouver Island	1
13 Okanagan	1
11 East Kootenay	1
52 Northern Interior	0
43 North Vancouver Island	0
41 South Vancouver Island	0
23 Fraser South	0
22 Fraser North	0
21 Fraser East	0
14 Thompson Cariboo Shuswap	0
32 Vancouver	-4

Summary of overall wellness indices by Health Authority and HSDA

Health Authority	Health Service Delivery Area	Both sexes aged 65+	Males aged 65+	Females aged 65+	Both sexes aged 65-74	Both sexes aged 75+
Interior	11 East Kootenay	1 (0)	4 (6)	0 (9)	1 (2)	1 (19)
	12 Kootenay Boundary	2 (0)	6 (14)	4 (5)	3 (9)	5 (7)
	13 Okanagan	1 (0)	0 (2)	3 (2)	0 (2)	1 (2)
	14 Thompson Cariboo Shuswap	0 (0)	0 (3)	1 (2)	-1 (2)	0 (6)
Fraser	21 Fraser East	0 (0)	0 (2)	1 (2)	0 (2)	0 (2)
	22 Fraser North	0 (0)	1 (2)	0 (2)	1 (2)	0 (3)
	23 Fraser South	0 (0)	0 (2)	0 (2)	0 (2)	0 (2)
Vancouver / Coastal	31 Richmond	3 (0)	4 (14)	2 (5)	2 (4)	2 (15)
	32 Vancouver	-7 (0)	1 (7)	-5 (2)	-3 (2)	-4 (4)
	33 North Shore/Coast Garibaldi	4 (0)	4 (2)	2 (2)	3 (2)	3 (2)
Vancouver Island	41 South Vancouver Island	1 (0)	0 (1)	1 (1)	0 (1)	0 (1)
	42 Central Vancouver Island	-1 (0)	0 (1)	4 (1)	0 (1)	1 (2)
	43 North Vancouver Island	3 (0)	1 (5)	2 (2)	2 (3)	0 (10)
Northern	51 Northwest	3 (0)	1 (19)	3 (20)	5 (15)	4 (32)
	52 Northern Interior	-4 (0)	1 (22)	-1 (2)	-1 (5)	0 (14)
	53 Northeast	-2 (0)	2 (28)	-1 (7)	2 (13)	3 (19)

The first number in each column indicates the index score for that cohort. The number in parentheses following indicates the number of indicators whose values are suppressed (F) by Statistics Canada's sampling protocols.

When interpreting the results one must consider that HSDAs with large sample sizes will have a narrower confidence interval than those with a smaller size, giving a more precise estimate of the actual rate. Also those with fewer indicators included in the comparison carry less weight than those with more indicators included, i.e., no inference can be made regarding indicators which have been suppressed.



