The Geography of Wellness and Well-being Across British Columbia

A Supplement to the British Columbia Atlas of Wellness

Department of Geography University of Victoria

Brian McKee
Leslie T. Foster
C. Peter Keller
Analisa Blake
Aleck Ostry

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Acknowledgements

We would like to acknowledge the continuing support and encouragement from Andrew Hazlewood, Assistant Deputy Minister, Population and Public Health in the Ministry of Healthy Living and Sport for this continuing series of wellness publications. Andrew was the individual who provided us with the original challenge and vision to pursue this approach to looking at health in a general way. As with previous publications we owe a lot to Richard Mercer, who worked with us to get the Canadian Community Health Survey data into a form that we could use. In addition Russell Fairburn and Tom Gregory provided very useful advice and support throughout.

We would also like to thank Alastair McKee and Noëlle Virtue who assisted in both data checking and final reading of the manuscript, and providing very useful suggestions around the final presentation. We would like to thank John Fowler, Department of Geography, University of Victoria, for making this document available at http://geog.uvic.ca/wellness/update07-08.

Finally, this *Supplement* would not have been possible without the financial support of the Ministry of Healthy Living and Sport and the Michael Smith Foundation for Health Research.

Brian McKee, Ashgrove Geographic Services Ltd, Victoria
Leslie T. Foster, University of Victoria
C. Peter Keller, University of Victoria
Analisa Blake, University of Victoria
Aleck Ostry, University of Victoria

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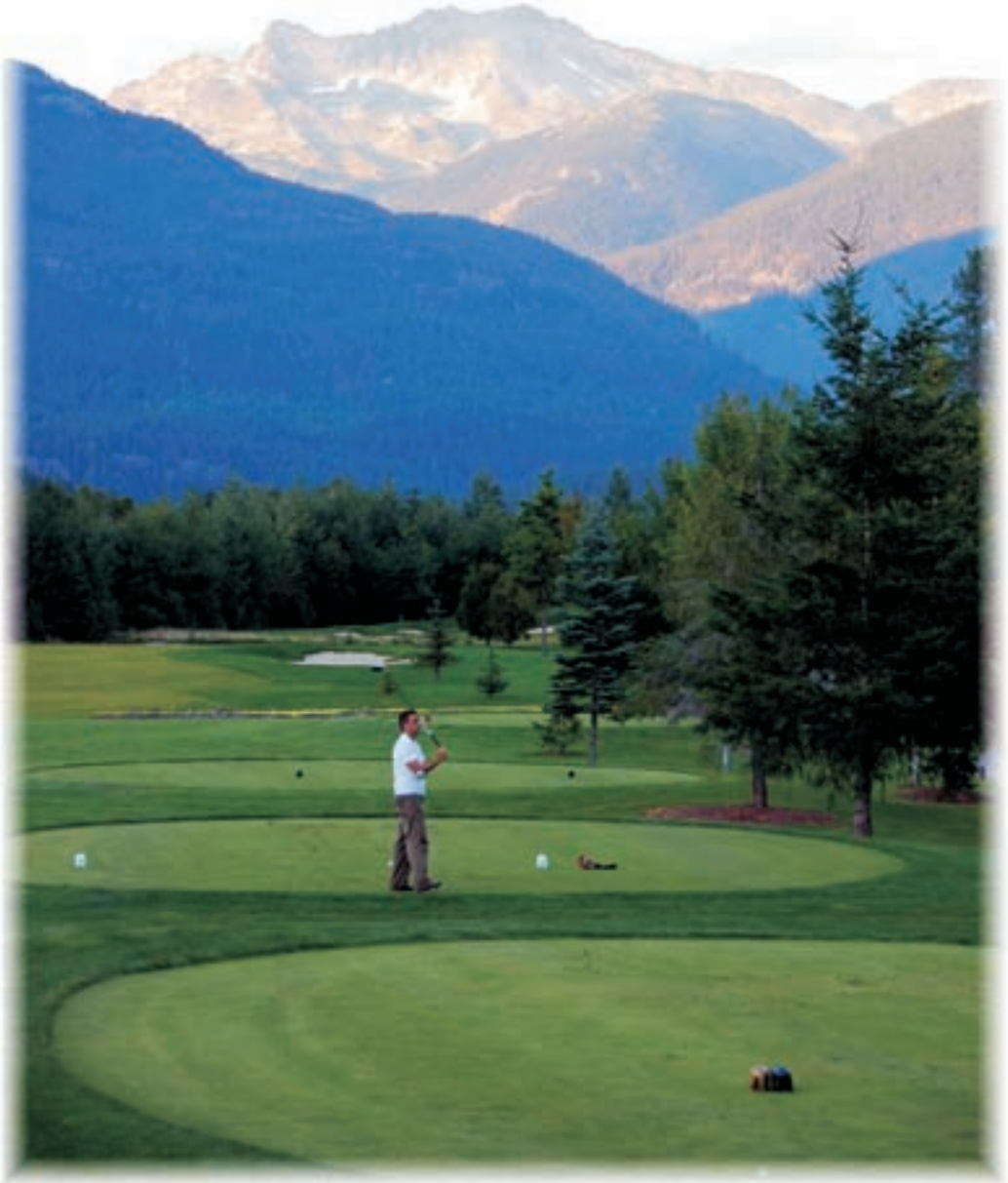

Preface

The British Columbia Atlas of Wellness Supplement, *The Geography of Wellness and Well-being Across British Columbia*, is a follow up on the previous release, *The Geography of Wellness and Well-being Across Canada*. The latter was conceived to demonstrate the use of the 2007 Canadian Community Health Survey (CCHS) 4.1 by comparing wellness and well-being factors among Canada's provinces and territories. The current release looks at the 2007/2008 full sample which combines the two half samples of CCHS cycle 4.1 as it relates to the Health Service Delivery Areas of British Columbia and to British Columbia as a whole.

While the key focus of this *Supplement* is to examine geographic patterns of wellness and well-being among the regional geographies of the province, it also provides an opportunity to compare the province to Canada-wide results. The latter only in as much as other provinces/territories participated in the modules selected for inclusion in this supplement. Notes are included on the tables accompanying the maps on those indicators where the Canadian data lacked full national participation.

It is hoped that the maps and tables presented provide a useful way of analyzing data and also provoke useful questions on why regional differences in wellness and well-being exist throughout British Columbia.

Future publications are planned for the coming year including a second edition of *The British Columbia Atlas of Wellness.*

Brian McKee, Ashgrove Geographic Services Ltd, Victoria
Leslie T. Foster, University of Victoria
C. Peter Keller, University of Victoria
Analisa Blake, University of Victoria
Aleck Ostry, University of Victoria

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Introduction to the supplement

This Wellness Supplement, *The Geography of Wellness and Well-being Across British Columbia* is the third Supplement in support of *The British Columbia Atlas of Wellness* which was published in 2007. The first supplement focused on seniors' wellness and provided maps of 39 separate indicators at the 16 Health Service Delivery Areas level for the province based on the 2005 Canadian Community Health Survey (CCHS 3.1). The focus of the second supplement was to compare 50 indicators among the provinces and territories of Canada, based on the 2007 half sample of the Canadian Community Health Survey (CCHS 4.1, half sample). All Wellness Supplements, along with *The British Columbia Atlas of Wellness* can be found at: http://www.geog.uvic.ca/wellness.

These works were developed in response to the BC government's ActNow BC initiative which was introduced in 2005 as a major health promotion initiative. This initiative has subsequently been recognized by the World Health Organization as a model for its inter-governmental approach to health promotion. The government set itself ambitious goals for key areas to be achieved by 2010, when BC hosts the winter Olympic and Paralympic Games. Improvements in health were organized around five key pillars:

- Reduce tobacco use by 10%.
- Increase the number of people who eat at least five servings of fruit and vegetables daily by 20%.
- Increase the number of people who are physically active by 20%.
- Reduce the number of BC adults who are overweight by 20%.
- Increase the number of women counseled about alcohol use during pregnancy by 50%.

As with the previous publications *The Geography of Wellness and Well-being Across British Columbia* takes a positive approach to measuring factors that affect health and wellness. Rather than measuring factors like inactivity, or smoking, we measure physical activity and smoke-free behaviour and environments.

The Canadian Community Health Survey

The data collection for the full sample for CCHS 4.1 took place over the 24 month period of January 2007 to December 2008 inclusive, and included individuals aged 12 or more years. Approximately 50% of the respondents were sampled in both years. The total sample size (N) was 14,651 but certain groups were excluded from the sample as follows: those living in institutions, on Indian Reserves, on Canadian Forces Bases or in very remote and small communities. Also, data collection varied throughout the months of the year, with over 1,800 being sampled in each March and May of both years, and less than 700 sampled in each of June and December of both years. Accordingly, some caution is required in interpreting the results of the maps and supporting tables, especially for those questions on seasonal activities.

Confidence intervals have been calculated using the "bootstrap method". The intervals provide the range that the actual value of the population will fall within and we have used a confidence interval of 95%. What this means is if the survey was repeated the same results would occur within this range 95 times out of 100. The Share File data set has been used for our analysis.

Selected characteristics of the survey respondents were as follows:

- Nearly 97% of interviews were conducted in English, 2% were conducted in Chinese languages and 1% in other languages.
- 52% were married or living common law, 27% were single or never married, and 21% were widowed, divorced or separated.
- Median annual family income was just under $60,000.
- 74% were born in Canada, 11% in Europe, 10% in Asia and 5% elsewhere.
- Approximately 5% self-identified as Aboriginal.

Sample size, CCHS Share file, 2007/2008 full sample cycle 4.1

Health Service Delivery Area	12+	Male	Female	12-19	20-64	65+
11 East Kootenay	598	291	307	53	391	154
12 Kootenay Boundary	560	256	304	62	351	147
13 Okanagan	1,153	537	616	111	676	366
14 Thompson Cariboo Shuswap	910	402	508	95	609	206
21 Fraser East	939	414	525	100	585	254
22 Fraser North	1,361	593	768	149	926	286
23 Fraser South	1,502	692	810	190	960	352
31 Richmond	770	362	408	83	532	155
32 Vancouver	1,364	636	728	106	987	271
33 North Shore/Coast Garibaldi	897	436	461	84	602	211
41 South Vancouver Island	1,233	541	692	103	797	333
42 Central Vancouver Island	925	410	515	87	562	276
43 North Vancouver Island	506	230	276	44	338	124
51 Northwest	615	309	306	90	433	92
52 Northern Interior	832	378	454	82	590	160
53 Northeast	486	246	240	68	354	64
British Columbia	**14,651**	**6,733**	**7,918**	**1,507**	**9,693**	**3,451**

As with the previous three mapping publications on wellness, the indicators are mapped on positive responses to questions asked. Responses in this supplement are from CCHS cycle 4.1 full sample, 2007 and 2008 combined. Unless noted all indicators were used in one or more of the previous three wellness publications (http://geog.uvic.ca/wellness).

Indicators are mapped using the five map model introduced in *The BC Atlas of Wellness*, and most are based on the following demographic factors:

- Respondents aged 12 years and over.
- Male respondents aged 12 years and over.
- Female respondents aged 12 years and over.
- Respondents aged 12 to 19 years.
- Respondents aged 65 years and over.

Data are also provided for the age group 20 to 64 years (mid age) but maps are not provided as in most, but not all, instances, patterns and results are very similar to the age 12 years and over group. The sample sizes for these demographic groups by Health Service Delivery Area (HSDA) and for BC as a whole are provided in the table above.

In some instances different age groups are used as the standard age groups are not appropriate. This occurs primarily for indicators related to questions concerning working, or educational achievement. For example, graduation from high school uses the following age groups: over 18 years; 20 to 34 years; 35 to 64 years; and 65 years and over. This reflects more appropriate age groups for this variable. Completion of a bachelor degree or higher uses age groups as follows: 25 years and over; 25 to 44 years; 45 to 64 years; and 65 years and over. Again these groups are more appropriate for this variable. These indicators are found in Chapter 2 of this Supplement.

For all indicators related to working and work settings the following age groups are used: 15 to 75 years; 15 to 24 years; 25 to 44 years; 45 to 75 years. These groups better reflect the working age population. These age groups can be found in Chapters 2 and 3. The free of chronic obstructive pulmonary disease (COPD) indicator uses another set of age groups: 30 years and over; 30 to 44 years; 45 to 64 years; and 65 years and over. This is consistent with the reporting of this indicator in previous wellness

publications. The stress related indicator in the Wellness Outcomes chapter uses the age groups: 15 years and over; 15 to 19 years; 20 to 64 years; and 65 years and over to reflect the fact that the question was only asked of the 15 years and older respondents. Finally the Body Mass Index (BMI) indicator uses 18 years and over; 20 to 34 years; 35 to 64 years and 65 years and over age groups. A different BMI calculation was used for the under 18 years age group and we were not confident that comparisons with the younger age group would be valid.

Tables accompany the five map model so that it is possible to see the values of each Health Service Delivery Area relative to the average for BC and the average for Canada as a whole. At the same time it is possible to observe whether the differences between HSDAs and the provincial average values are statistically significantly different (higher or lower), or whether the provincial average values are significantly different to those of Canada. Further, the tables allow the reader to see whether there are significant differences within HSDAs, the province as a whole, and Canada as a whole between respondents for the different demographic groups as follows:

- Age 12 to 19 years respondents compared with those between the ages of 20 to 64 years.
- Age 65 years and over respondents with those between the ages of 20 to 64 years.
- Male respondents age 12 years and older with female respondents age 12 years and older.

As noted earlier, for certain indicators different age groups are used as they reflect better the indicator being used. As with the previous two supplements, key points have been generated by a computer program developed specifically for this purpose for all indicators, and statistically significant differences are noted among HSDAs and between demographic factors.

Wellness and Well-being Groups

In all 57 indicators, including six that have not been previously used in this wellness series, are mapped and presented in the following six chapters, as follows:

- Chapter 2: Wellness assets (13 indicators).
- Chapter 3: Smoke-free environments and behaviour (6 indicators).
- Chapter 4: Nutrition, food security and alcohol consumption (13 indicators).
- Chapter 5: Physical activity and healthy weight (7 indicators).
- Chapter 6: Free of chronic conditions (13 indicators).
- Chapter 7: Wellness outcomes (5 indicators).

Each of these chapters has a summary of the overall trend for the indicators included in the chapter, and how British Columbia compares with Canada as a whole. As with the previous wellness publications these summaries or “rankings” are based on those indicators that are statistically significantly different (better or worse) than the provincial average. If the HSDA is significantly higher (better) than the provincial value then it is given a value of +1, and if it is significantly lower (worse), statistically, then it is given a value of -1. These values are then aggregated to give a net positive (+), negative (-) or neutral (0) score so that comparisons can be made among the HSDAs. A similar approach is used to compare BC and Canada.

Finally, Chapter 8 provides an aggregation of all of the separate summary values to provide an overall “ranking” of HSDAs relative to each other and also shows how BC compares with Canada overall.

Interpreting and Reading the Maps and Tables

The following pages provide a brief guide to interpreting the maps and tables contained in this Wellness Supplement.

Canadian Community Health Survey, sample data

Health Service Delivery Area	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
31 Richmond	99.01	98.98	99.03	100.00	96.46	99.38
53 Northeast	98.88	98.46	99.33	98.92	96.76	99.12
32 Vancouver	98.81	99.43	98.20	100.00†	96.30	99.12
14 Thompson Cariboo Shuswap	98.76	98.15	99.37	99.55	96.15	99.27
21 Fraser East	98.63	98.96	98.32	100.00†	95.84	99.00
22 Fraser North	98.62	98.68	98.55	100.00†	94.61‡	99.09
52 Northern Interior	98.59	98.44	98.76	100.00†	96.63	98.65
43 North Vancouver Island	98.46	98.42	98.50	96.98	94.40‡	99.73
23 Fraser South	98.09	97.53	98.65	100.00†	95.29	98.28
33 North Shore/Coast Garibaldi	97.94	98.20	97.68	100.00†	92.24‡	98.91
12 Kootenay Boundary	97.72	97.50	97.95	100.00†	94.97	98.06
11 East Kootenay	97.71	97.46	97.96	100.00†	92.31‡	98.64
41 South Vancouver Island	97.69	98.03	97.39	100.00†	93.37‡	98.47
42 Central Vancouver Island	97.27	97.23	97.31	100.00†	93.50	97.96
13 Okanagan	96.61	98.33	94.98	100.00†	95.19	96.50
51 Northwest	95.97	94.43*	97.61	100.00†	85.27E	96.89
British Columbia	**98.16**	**98.29**	**98.03**	**99.87†**	**94.77‡**	**98.61**
Canada	**98.15**	**98.31**	**98.00**	**99.90†**	**93.84‡**	**98.75**

* males differ significantly from females.
† 12 to 19 age group differs significantly from 20 to 64 age group.
‡ 65+ age group differs significantly from 20 to 64 age group.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

The five maps opposite plot the values in percent (%) for HSDA cohorts who answered the CCHS Cycle 4.1 question in a positive way from a wellness perspective. Each of the top and bottom HSDAs are placed in the best or worst group, while the next best and worst three are set in the second and fourth groups with the remaining four placed in the middle group. The algorithm is designed to highlight the highest (best) and lowest (worst) performing geographic units. Where two or more units share the same score and fall into overlapping groups, they are placed in the least extreme category of the overlap, i.e., the bias is towards the middle group rather than to the extremes. The colour index at the side of the maps provides the range of the values of the five groups used for mapping. For example, the DARK GREEN or highest wellness group has a range of 98.77 - 99.01 percent for the larger top map and includes the three HSDAs (Richmond, Northeast and Vancouver) with the highest values; the next highest group, in LIGHT GREEN, has a range of 98.60 - 98.76 percent and includes the three HSDAs with the next highest values; the middle group 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 with the lowest values are RED and have a range of 95.97 - 97.27 percent. When HSDAs are GREY it indicates that data are not available for mapping, usually because the sample size is too small (less than 25) to report for that region. This is based on the convention developed by Statistics Canada for these survey data. CROSS HATCHED areas have values that are significantly different statistically from the provincial average (see 12+ column above showing two areas significantly different than British Columbia).

The four smaller maps focus on different cohorts of the CCHS respondents. The first two look at the patterns for males and females individually, also CROSS HATCHING any areas that have statistically significantly higher or lower values than the BC average. The bottom two maps focus on age groups. One looks at the younger respondents, generally age12-19 years, while the other looks at the older cohort, generally age 65 and older.

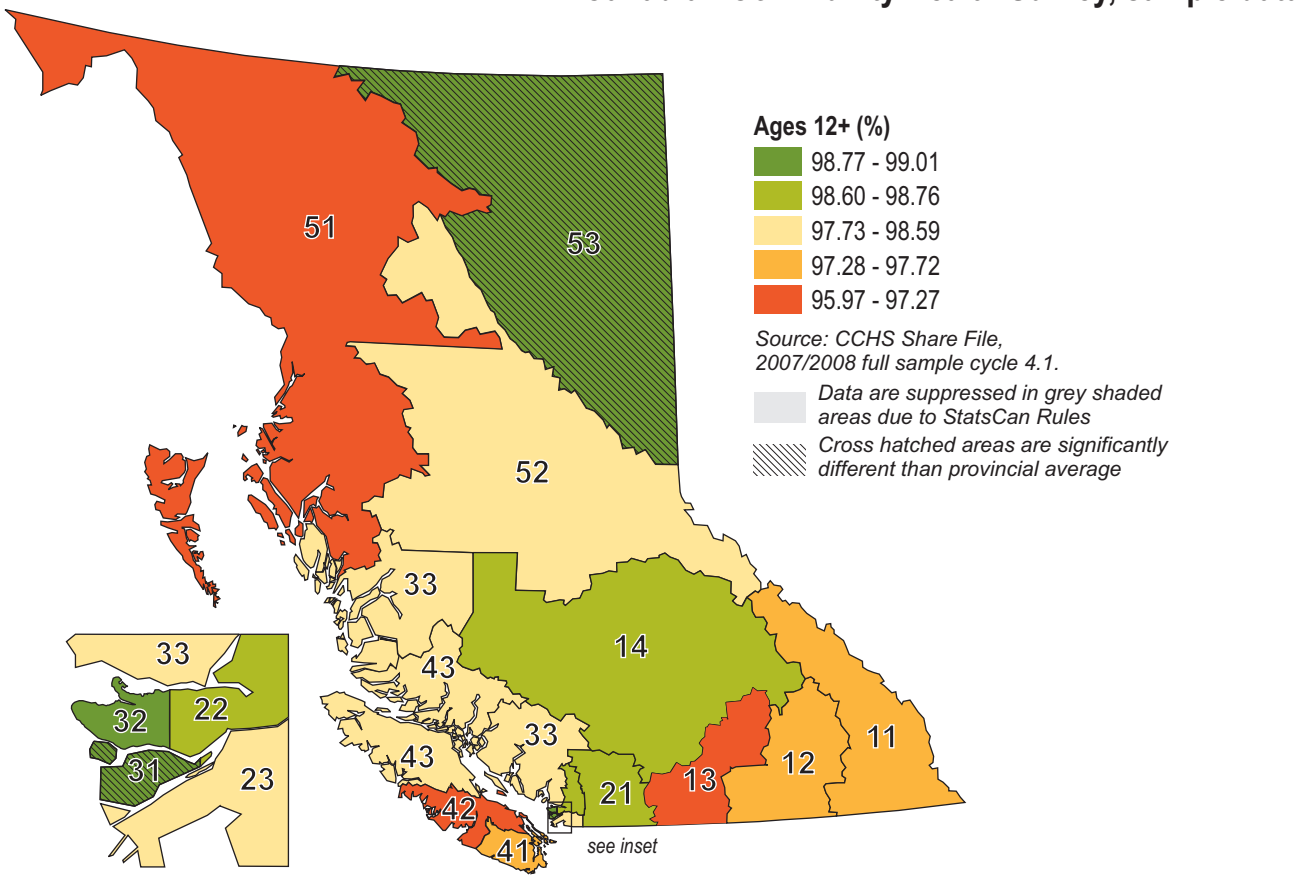
It should be noted that indicators with many tied values result in empty colour ranges. This occurs particularly when there are several areas reporting a point estimate of 100.00%. The Ages 12 to 19 map opposite is an example of this with all but two regions falling into the same range.

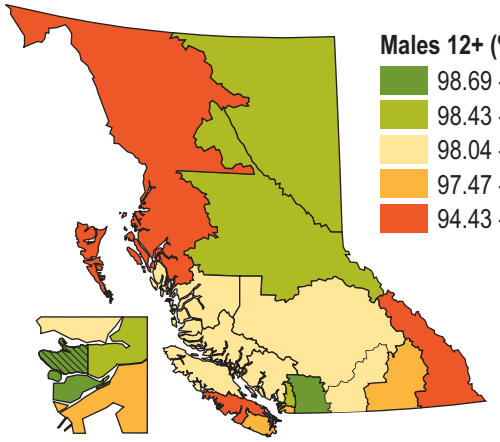
The table above supports the maps opposite. Using the same colour scheme and hatching symbols as the maps, the left hand column shows the values of the HSDAs from highest to lowest. The other columns keep the order of the left hand column and provide the point estimate for each area by gender and for the three age cohorts. 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 geographic area. The bottom rows show point estimates for BC and Canada respectively. Asterisks (*) denote significant differences between males and females within the geographic regions, while daggers (†) denote significant differences between the younger age group and the mid age group and double daggers (‡) show the older age group to be significantly different from the mid age group.

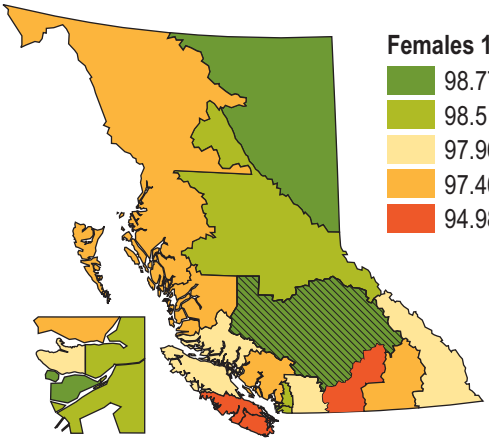
E following a value in the table, (e.g., 85.27E for Northwest Ages 65+), alerts the reader to a relatively high coefficient of variation (16.67 ≤ CV ≤ 33.3) which yields a large confidence interval rendering the estimate difficult to interpret.

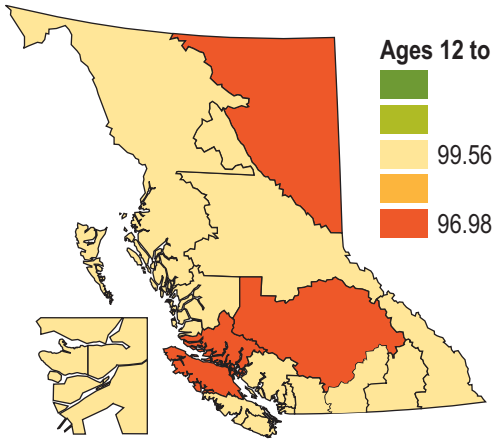
F (not shown in the table above) indicates the point estimate has been suppressed because the sample size was <25 or the CV was greater than 33.33.

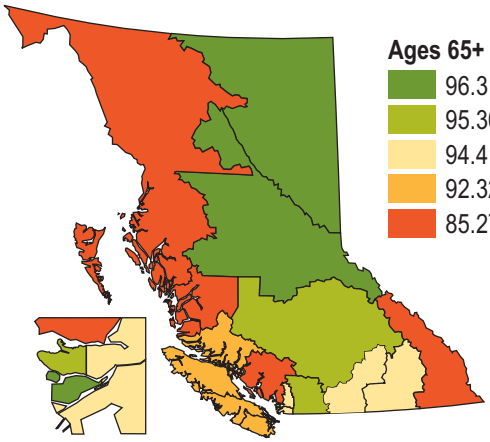
Canadian Community Health Survey, sample data











Creating aggregate wellness scores

As noted earlier, towards the end of each of Chapters 2 through 7, summary tables are provided for all of the wellness indicators discussed in each of the individual chapters. The table, which has six parts over two adjoining pages, allows the reader to see at a glance how Health Service Delivery Areas compare relative to the British Columbia average and how British Columbia compares to Canada, for all the wellness indicators in the chapter. The six parts allow comparisons for the following cohorts: total respondents; males; females; younger respondents; older respondents; and mid age respondents.

An example of a part of the table is given opposite. The columns of the table list the wellness indicators in the chapter and the rows show the HSDAs. If an indicator for an HSDA is significantly better than the provincial average it is given a value of "+1" (colour green) and if it is significantly poorer, it is given a value of "-1" (colour red). No value (colour beige) is given if it is not significantly different from the provincial average. If the value could not be recorded because of a high coefficient of variation and/or low sample size, this is denoted with a letter 'F' (colour of grey). The final column gives an index score for the group of wellness indicators for a HSDA by aggregating all the scores in the rows.

To demonstrate, looking at the "Mid Age Respondents" part of the table at the bottom of the page opposite, British Columbia has four indicators with a value of +1 (community belonging, has a regular MD, fitness facilities at work and walking areas at work) and two indicators with a value of -1 (social interaction and plans to improve health). All other indicators are neutral. When all indicators are aggregated the index score is "2" (+4-2). The maximum possible score would be +13 if all indicators were significantly better than the provincial average and the lowest would be -13 (all indicators significantly poorer than the provincial average). In this manner a crude overall index is created by combining the 13 wellness indicators for any HSDA against British Columbia, or British Columbia against Canada.

For the six sets of indicators, the potential maximum and minimum aggregate scores are as follows:

- Assets Index: +13 to -13
- Smoke-free Index: +6 to -6
- Nutrition Index: +13 to -13
- Physical Activity Index: +7 to -7
- Chronic-free Index: +13 to -13
- Outcomes Index: +5 to -5

In Chapter 8 all of these indicators are aggregated into one summary wellness index which has a potential maximum range of +57 to -57. In no case are any of the potential maximum or minimum scores achieved. In some cases caution in interpretation of results is required because of a high coefficient of variation which makes the estimates somewhat unreliable. In other instances, the sample size may be too small to permit reporting the results. This is very much the case for older respondents, and younger respondents where sample sizes were smaller as demonstrated in the table opposite.

Creating aggregate wellness scores

		Community belonging	Emotional support	Social interaction	Has a regular MD	Improved health last year	Plans to improve health	High school graduate	Bachelor or higher graduate	Employed	Health programs at work	Fitness classes at work	Fitness facilities at work	Walking areas at work	Summary
Younger Respondents	11 East Kootenay						F			-1	F	F	F	F	-1
	12 Kootenay Boundary						F		-1		F	F	F	F	-1
	13 Okanagan						-1								-1
	14 Thompson Cariboo Shuswap						1		-1						0
	21 Fraser East										F	F	F	-1	-1
	22 Fraser North														0
	23 Fraser South														0
	31 Richmond								1		F	F	F	F	1
	32 Vancouver								1		F	F	F		1
	33 North Shore/Coast Garibaldi										F	F	F		0
	41 South Vancouver Island														0
	42 Central Vancouver Island		1	1		1		-1	-1	1	F	F			2
	43 North Vancouver Island		F	F			F		F	F	F	F	F	F	0
	51 Northwest			-1						-1	F	F	F	F	-2
	52 Northern Interior			-1			1		-1		F	F	F		-1
	53 Northeast								-1		F	F	F	F	-1
	British Columbia			-1	1		-1								-1
Older Respondents	11 East Kootenay								F	-1					-1
	12 Kootenay Boundary								F						0
	13 Okanagan					1			-1		1	1	1	1	4
	14 Thompson Cariboo Shuswap	1							F						1
	21 Fraser East							-1	F		-1	-1	-1	-1	-5
	22 Fraser North							1							1
	23 Fraser South		1												1
	31 Richmond								F						0
	32 Vancouver	-1	-1	-1			-1		1						-3
	33 North Shore/Coast Garibaldi							1	1						2
	41 South Vancouver Island					-1	1				1	1		1	3
	42 Central Vancouver Island			1										1	2
	43 North Vancouver Island								F						0
	51 Northwest								F			-1			-1
	52 Northern Interior						1		F		-1	-1	-1	-1	-3
	53 Northeast						1		F	F					1
	British Columbia				1							1	1	1	4
Mid Age Respondents	11 East Kootenay								-1						-1
	12 Kootenay Boundary	1			-1	1	1		-1		1	1			3
	13 Okanagan								-1		1	1			1
	14 Thompson Cariboo Shuswap						1	-1							0
	21 Fraser East	-1							-1		-1	-1		-1	-5
	22 Fraser North							1				-1			0
	23 Fraser South						-1				-1				-2
	31 Richmond		-1	-1					1		-1				-2
	32 Vancouver		-1	-1	-1	1		1	1					1	1
	33 North Shore/Coast Garibaldi	1						1						1	3
	41 South Vancouver Island					1	1				1	1	1		5
	42 Central Vancouver Island		1	1											2
	43 North Vancouver Island								-1					1	0
	51 Northwest	1	-1	-1	1										0
	52 Northern Interior				1			-1							0
	53 Northeast	1							F			-1		-1	-1
	British Columbia	1		-1	1		-1						1	1	2

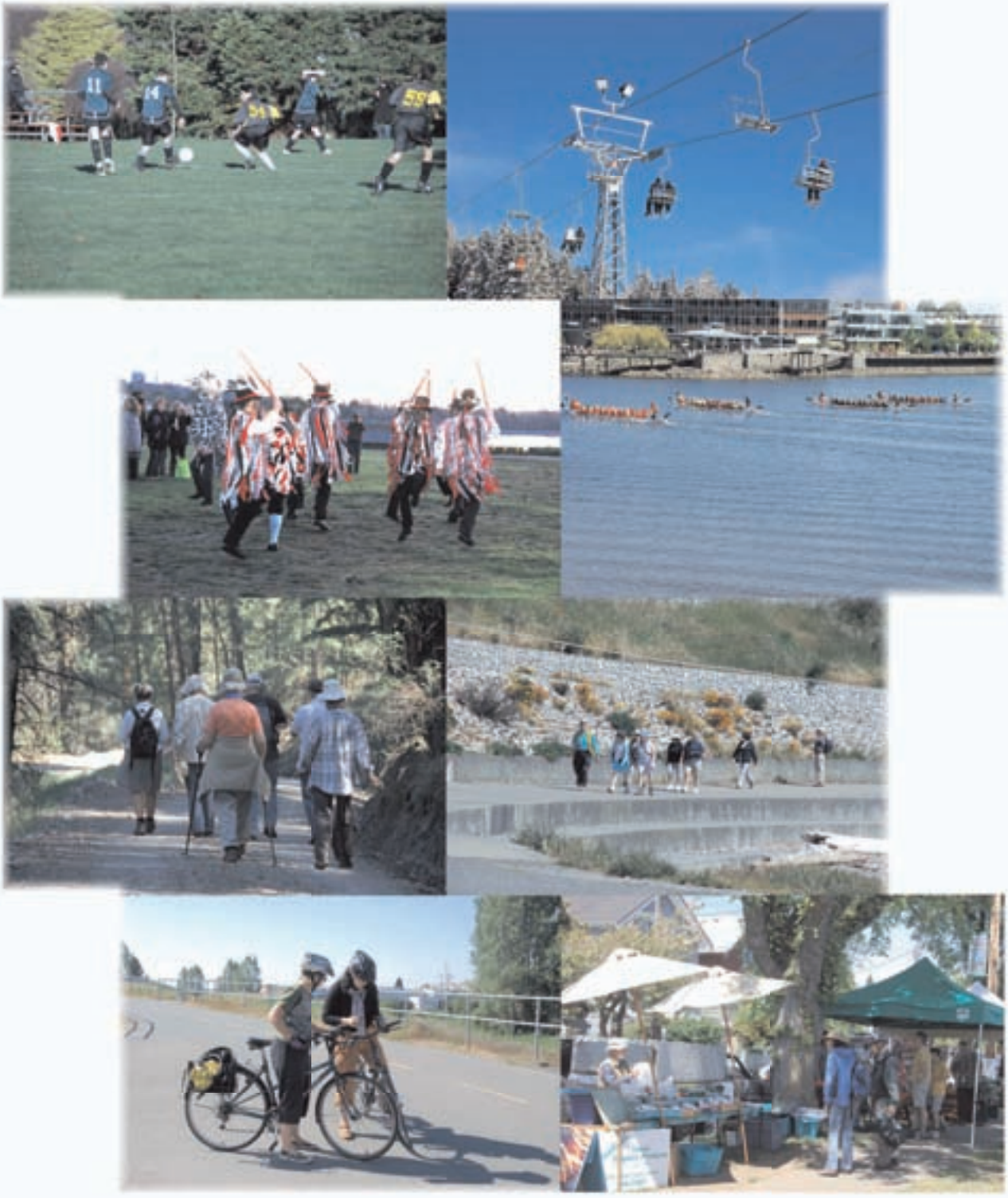
+1 HSDA sig. > BC or BC sig. > Canada.

No significant difference.

-1 HSDA sig. < BC or BC sig. < Canada.

F - Data suppressed by Statistics Canada due to small sample size or a high coefficient of variation.

The index score is the aggregate of the “pluses” and “minuses” and is coloured green where positive, beige where zero, and red where negative.



2

Wellness assets

A total of 70 maps and 15 supporting tables are presented in this chapter. The 13 indicators cover community, individual actions or intentions, or accessibility to wellness resources or health advice. Each supports the maintenance and or development of wellness and well-being. Education and working characteristics of the CCHS sample are provided as these two factors are key assets, or determinants, of wellness and well-being.

The first set of five maps provides a picture of the sample's sense of belonging to their local community across BC. The next two indicators are derived from a series of questions. They measure emotional and informational support, and positive social interactions. Only respondents from Nova Scotia (NS), Quebec (PQ), BC and Nunavut (NU) participated in this part of the CCHS and so comparisons with the "Canadian" average are the average of these four jurisdictions only, so some caution in interpretation is required. The next three indicators provide data on access to a regular doctor, having taken specific steps to improve health in the last year, and intending to improve health in the coming year.

The next five indicators are work related. The first shows whether a respondent was working in the previous week before the survey. The remaining four report only on those who were working during the previous week, and give an indication of the access to wellness related assets close to or at the work place.

The final two tables and five maps highlight HSDAs, genders and age cohorts which are statistically significantly high or low when compared to the BC average. All 13 wellness indicators are combined into a single wellness asset value for each HSDA by each demographic cohort and mapped. A summary of how BC compares with Canada overall is also provided.

Because there are variations in age cohorts, the terms younger, mid age, and older respondents are used and again caution is required when interpreting the overall picture of wellness. Further caution is required because for some indicators, particularly those related to work, some values could not be reported because of low sample sizes, or high coefficients of variations.

Strong sense of belonging to the community

Health Service Delivery Area	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
12 Kootenay Boundary	80.83	80.46	81.20	81.52	74.27	82.33
51 Northwest	77.06	75.37	78.79	71.67	80.20	77.61
53 Northeast	76.09	76.55	75.63	78.28	79.92	75.27
33 North Shore/Coast Garibaldi	75.82	75.04	76.54	86.57†	80.80	73.10
14 Thompson Cariboo Shuswap	71.92	70.03	73.73	72.27	88.71‡	67.98
42 Central Vancouver Island	70.03	65.01	74.72	81.43	75.68	66.55
11 East Kootenay	69.71	69.83	69.59	75.66	74.50	67.63
31 Richmond	69.28	67.06	71.30	64.54	76.18	68.69
43 North Vancouver Island	69.18	71.52	67.01	79.72	66.54	68.07
22 Fraser North	67.99	69.07	66.93	78.70†	75.64	65.18
23 Fraser South	67.16	70.31	64.11	83.93†	69.48	64.19
13 Okanagan	67.13	67.81	66.48	81.29†	73.05	62.94
41 South Vancouver Island	66.50	64.91	67.91	78.98†	73.87‡	63.11
52 Northern Interior	66.29	62.70	69.97	64.72	71.85	65.79
21 Fraser East	63.20	64.59	61.84	73.09	75.44‡	58.78
32 Vancouver	62.57	61.71	63.43	70.30	64.69	61.48
British Columbia	**67.97**	**67.85**	**68.09**	**77.51†**	**73.84‡**	**65.40**
Canada	**64.81**	**64.52**	**65.09**	**75.05†**	**72.12‡**	**61.77**

* males differ significantly from females.
† 12 to 19 age group differs significantly from 20 to 64 age group.
‡ 65+ age group differs significantly from 20 to 64 age group.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

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 national level:

- Male respondents (ages 12+) have no significantly different rate of having a strong sense of belonging to local community than their female cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly higher rate than the ages 20 to 64cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, all respondents ages 12+ are significantly higher, male respondents ages 12+ are significantly higher, female respondents ages 12+ are significantly higher, respondents ages 12 to 19 are not significantly different, respondents ages 65+ are not significantly different, and respondents ages 20 to 64 are significantly higher.
- Male respondents (ages 12+) have no significantly different rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly higher rate than the ages 20 to 64 cohort.

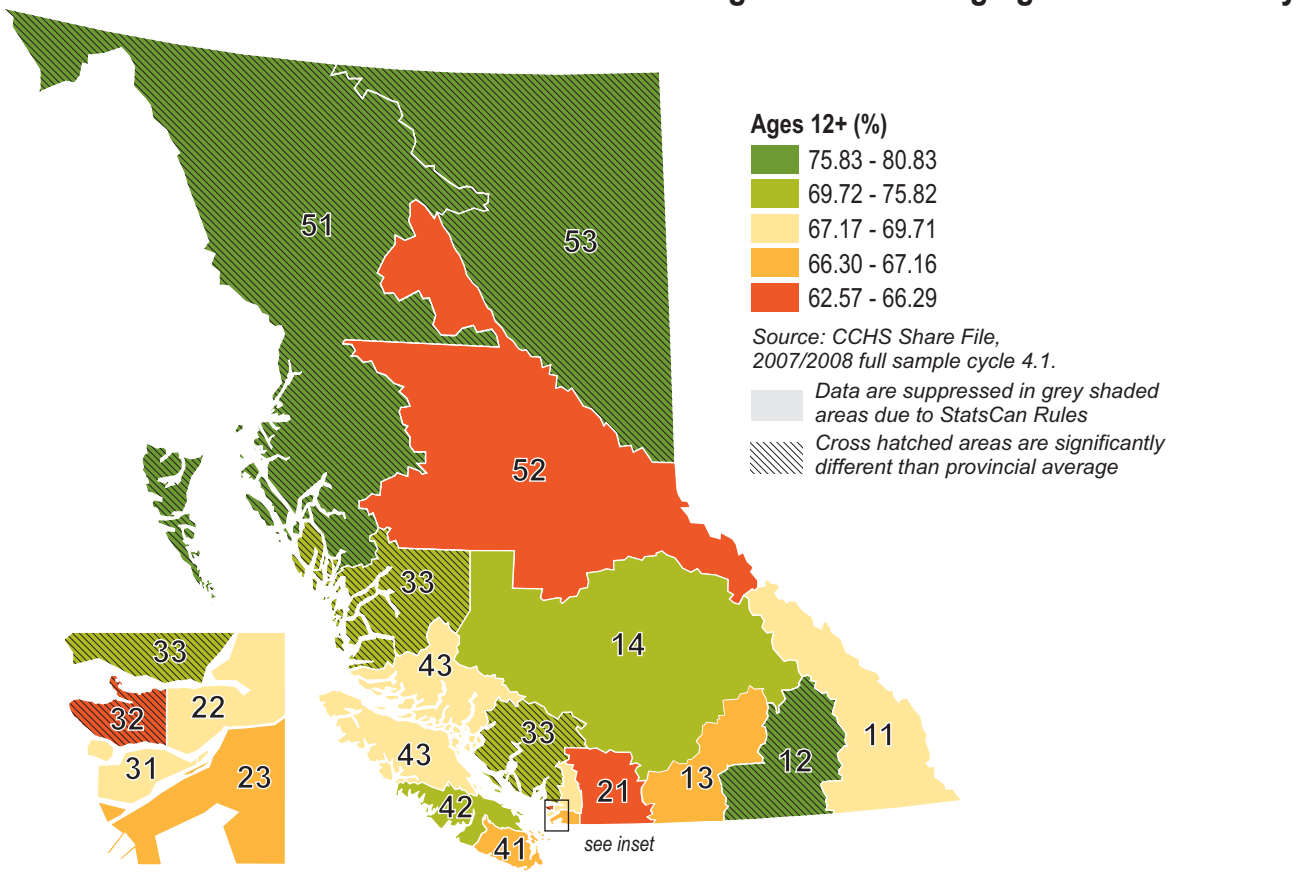
At the HSDA level:

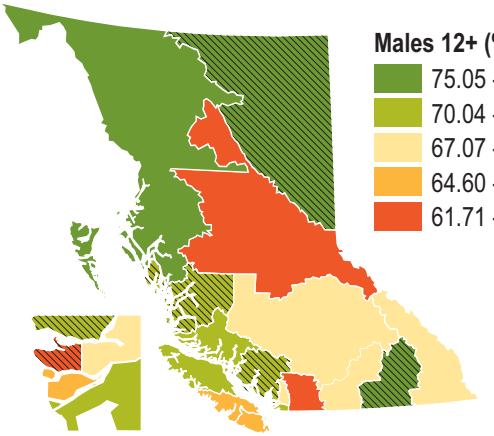
- The largest range in values among HSDAs (24.02 percentage points) occurs in respondents ages 65+, while the smallest range in values (18.26 percentage points) occurs in respondents ages 12+.
- For all respondents, there are 4 HSDAs (Kootenay Boundary, North Shore/Coast Garibaldi, Northwest and Northeast) significantly higher, and there is one HSDA (Vancouver) significantly lower than the provincial rate.
- For male respondents (ages 12+), there are 3 HSDAs (Kootenay Boundary, North Shore/Coast Garibaldi and Northeast) significantly higher, and there is one HSDA (Vancouver) significantly lower than the provincial rate.
- For female respondents (ages 12+), there are 3 HSDAs (Kootenay Boundary, North Shore/Coast Garibaldi and Northwest) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For younger respondents (ages 12 to 19), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For older respondents (ages 65+), there is one HSDA (Thompson Cariboo Shuswap) significantly higher, and there is one HSDA (Vancouver) significantly lower than the provincial rate.
- For the mid age respondents (ages 20 to 64), there are 4 HSDAs (Kootenay Boundary, North Shore/Coast Garibaldi, Northwest and Northeast) significantly higher, and there is one HSDA (Fraser East) significantly lower than the provincial rate.

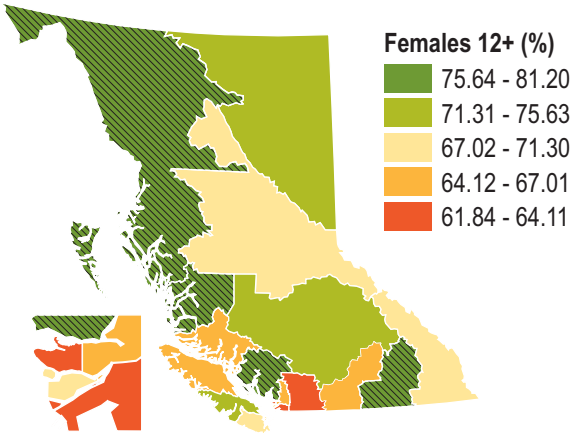
Within HSDAs:

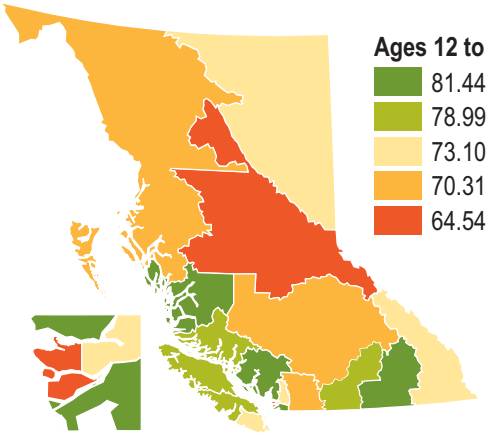
- For male respondents (ages 12+), no HSDA is significantly higher, and no HSDA is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19), there are 5 HSDAs (Okanagan, Fraser North, Fraser South, North Shore/Coast Garibaldi and South Vancouver Island) significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.
- For older respondents (ages 65+), there are 3 HSDAs (Thompson Cariboo Shuswap, Fraser East and South Vancouver Island) significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.

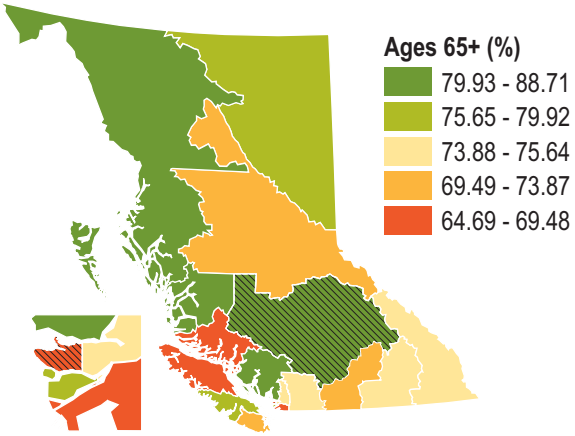
Strong sense of belonging to the community











Strong emotional/informational support

Health Service Delivery Area	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
42 Central Vancouver Island	67.15	64.24	69.77	77.23	61.65	66.91
23 Fraser South	64.23	67.05	61.64	65.36	68.03	63.36
12 Kootenay Boundary	63.57	60.26	66.86	54.49	65.51	64.58
41 South Vancouver Island	62.19	59.60	64.45	63.38	61.33	62.23
13 Okanagan	61.86	61.26	62.42	50.61	68.49	61.77
33 North Shore/Coast Garibaldi	60.75	56.82	64.20	57.79	55.66	62.20
11 East Kootenay	60.41	56.74	63.94	68.89	58.45	59.36
22 Fraser North	59.96	60.01	59.91	65.53	53.06	60.15
14 Thompson Cariboo Shuswap	59.56	54.84	63.82	47.10E	63.31	60.77
21 Fraser East	58.83	55.09	62.42	64.89	57.29	58.03
43 North Vancouver Island	57.72	53.35	61.41	F	48.69	59.60
53 Northeast	56.72	61.04	52.43	56.63	57.41	56.66
52 Northern Interior	54.47	51.72	57.19	55.25	59.45	53.74
32 Vancouver	51.09	46.05*	56.11	56.49	42.32	51.65
31 Richmond	50.35	45.49	54.75	62.36	51.95	48.24
51 Northwest	46.97	45.16	48.79	46.32E	48.05E	46.96
British Columbia	**59.26**	**57.25***	**61.14**	**60.86**	**58.85**	**59.10**
Canada**	**59.55**	**58.06***	**60.95**	**64.22†**	**56.77‡**	**59.32**

* males differ significantly from females.
† 12 to 19 age group differs significantly from 20 to 64 age group.
‡ 65+ age group differs significantly from 20 to 64 age group.
** Only NS, PQ, BC and NU opted for this question.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

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." The results of these eight questions were amalgamated to create the index, which has a score from 0 to 32, with the higher score depicting greater emotional or informational support. The data used for the maps and table here are based on the percentage of the respondents who scored between 29 and 32.

Key Points

At the national level:

- Male respondents (ages 12+) have a significantly lower rate of having strong emotional support than their female cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly lower rate than the ages 20 to 64 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, no age or gender cohort analyzed is significantly different.
- Male respondents (ages 12+) have a significantly lower rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have no significantly different rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have no significantly different rate than the ages 20 to 64 cohort.

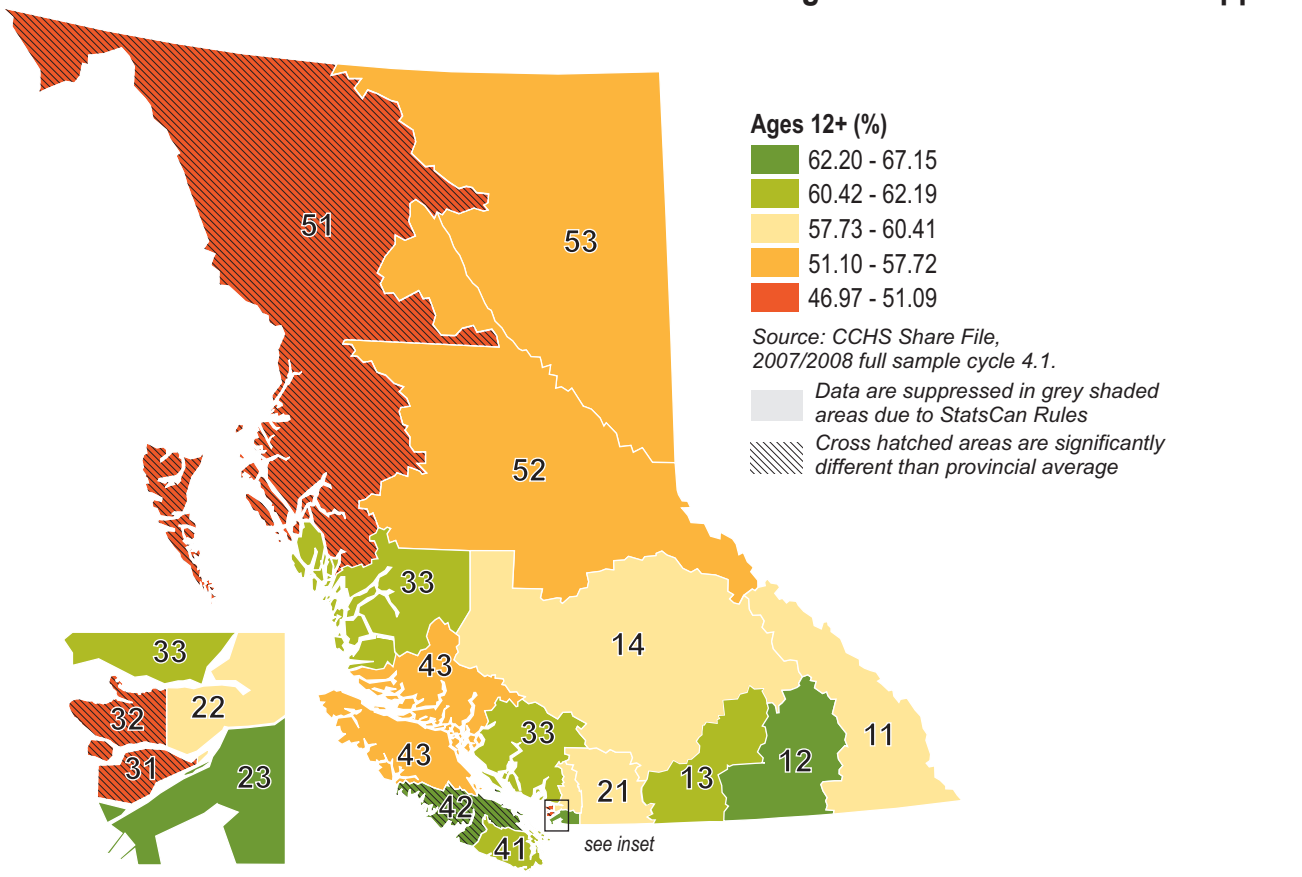
At the HSDA level:

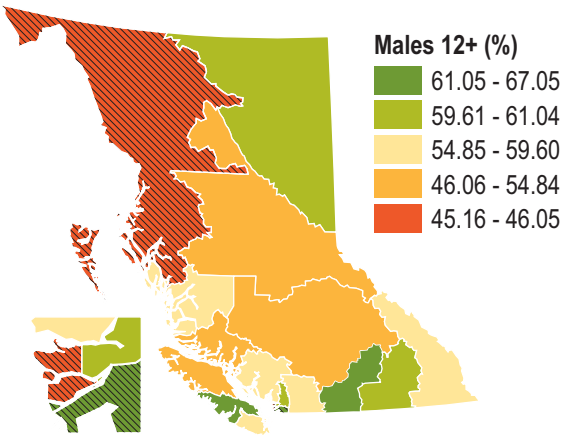
- The largest range in values among HSDAs (30.91 percentage points) occurs in respondents ages 12 to 19, while the smallest range in values (19.95 percentage points) occurs in respondents ages 20 to 64.
- For all respondents, there is one HSDA (Central Vancouver Island) significantly higher, and there are 3 HSDAs (Richmond, Vancouver and Northwest) significantly lower than the provincial rate.
- For male respondents (ages 12+), there is one HSDA (Fraser South) significantly higher, and there are 3 HSDAs (Richmond, Vancouver and Northwest) significantly lower than the provincial rate.
- For female respondents (ages 12+), there is one HSDA (Central Vancouver Island) significantly higher, and there are 2 HSDAs (Northwest and Northeast) significantly lower than the provincial rate.
- For younger respondents (ages 12 to 19), there is one HSDA (Central Vancouver Island) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For older respondents (ages 65+), there is one HSDA (Fraser South) significantly higher, and there is one HSDA (Vancouver) significantly lower than the provincial rate.
- For the mid age respondents (ages 20 to 64), there is one HSDA (Central Vancouver Island) significantly higher, and there are 3 HSDAs (Richmond, Vancouver and Northwest) significantly lower than the provincial rate.

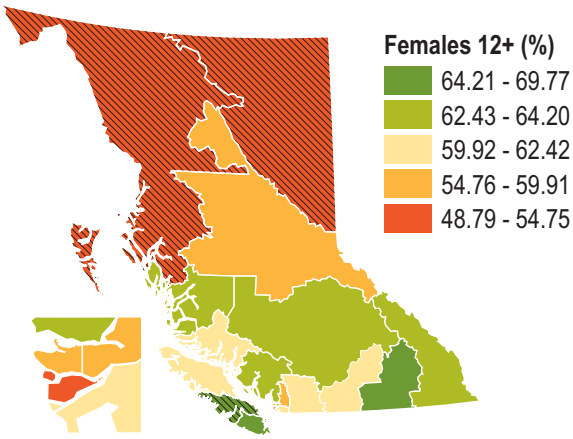
Within HSDAs:

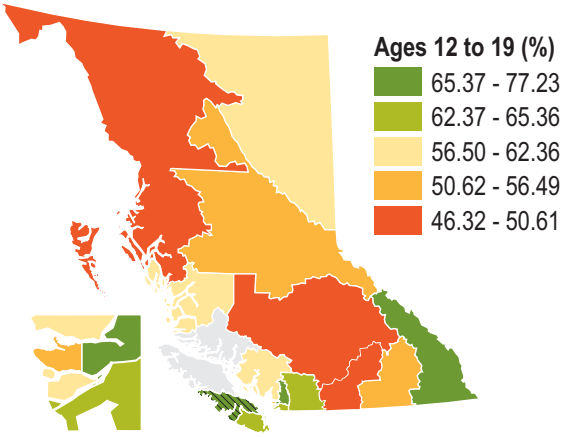
- For male respondents (ages 12+), no HSDA is significantly higher, and there is one HSDA (Vancouver) significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19), no HSDA is significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.
- For older respondents (ages 65+), no HSDA is significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.

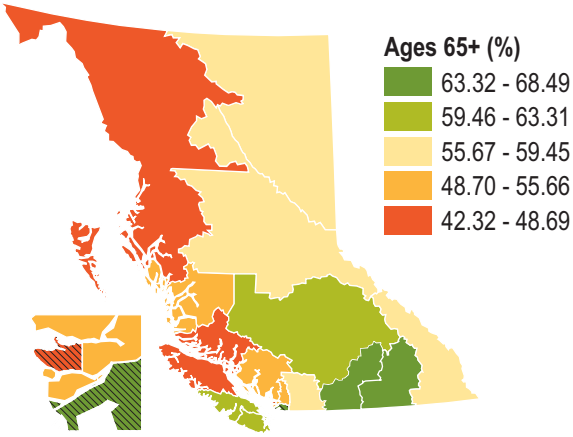
Strong emotional/informational support











Strong positive social interaction

Health Service Delivery Area	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
42 Central Vancouver Island	70.65	71.91	69.52	88.36†	70.91	67.82
23 Fraser South	63.65	66.32	61.20	63.44	67.76	62.95
12 Kootenay Boundary	62.53	63.45	61.64	59.01	67.17	61.96
13 Okanagan	61.82	63.56	60.21	56.41	66.20	61.42
41 South Vancouver Island	61.47	61.33	61.59	65.69	61.19	61.01
33 North Shore/Coast Garibaldi	59.84	56.72	62.61	53.82E	57.88	61.13
21 Fraser East	58.89	61.09	56.75	64.97	58.71	57.80
14 Thompson Cariboo Shuswap	58.02	59.32	56.85	52.68	60.87	58.29
11 East Kootenay	57.73	57.80	57.66	55.52E	56.38	58.36
22 Fraser North	56.93	58.51	55.42	63.76	51.79	56.70
53 Northeast	56.38	63.70	48.99	53.54E	61.42	56.30
43 North Vancouver Island	55.50	54.30	56.50	F	53.72	53.76
52 Northern Interior	53.03	51.32	54.75	42.98	63.90	53.57
31 Richmond	49.72	46.61	52.55	69.17†	49.44	46.83
32 Vancouver	48.78	45.18	52.38	52.10	45.08	48.93
51 Northwest	47.52	47.18	47.85	39.48E	57.08	47.87
British Columbia	**58.25**	**58.38**	**58.13**	**60.90**	**59.65**	**57.59**
Canada**	**60.80**	**61.66**	**59.99**	**66.67†**	**58.46**	**60.31**

* males differ significantly from females.
† 12 to 19 age group differs significantly from 20 to 64 age group.
‡ 65+ age group differs significantly from 20 to 64 age group.
** Only NS, PQ, BC and NU opted for this question.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

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. It has a scale from 0 to 16, with higher scores denoting stronger social interaction. Scores of 15 and 16 are reported here as strong.

Key Points

At the national level:

- Male respondents (ages 12+) have no significantly different rate of having strong positive social interaction than their female cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have no significantly different rate than the ages 20 to 64 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, all respondents ages 12+ are significantly lower, male respondents ages 12+ are significantly lower, female respondents ages 12+ are not significantly different, respondents ages 12 to 19 are significantly lower, respondents ages 65+ are not significantly different, and respondents ages 20 to 64 are significantly lower.
- Male respondents (ages 12+) have no significantly different rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have no significantly different rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have no significantly different rate than the ages 20 to 64 cohort.

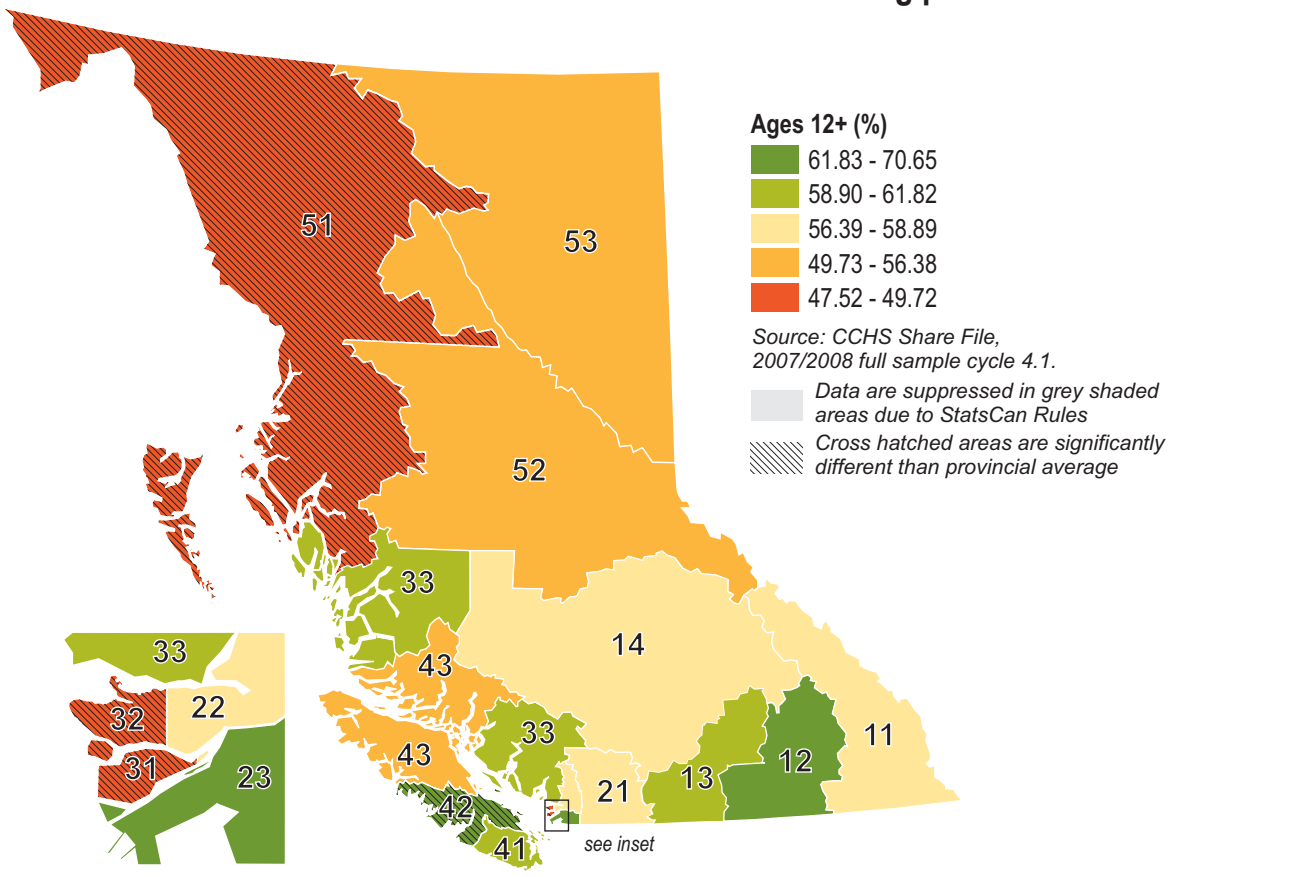
At the HSDA level:

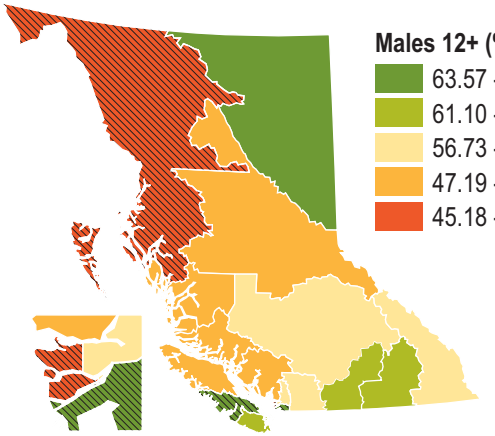
- The largest range in values among HSDAs (48.88 percentage points) occurs in respondents ages 12 to 19, while the smallest range in values (20.99 percentage points) occurs in respondents ages 20 to 64.
- For all respondents, there is one HSDA (Central Vancouver Island) significantly higher, and there are 3 HSDAs (Richmond, Vancouver and Northwest) significantly lower than the provincial rate.
- For male respondents (ages 12+), there are 2 HSDAs (Fraser South and Central Vancouver Island) significantly higher, and there are 3 HSDAs (Richmond, Vancouver and Northwest) significantly lower than the provincial rate.
- For female respondents (ages 12+), there is one HSDA (Central Vancouver Island) significantly higher, and there is one HSDA (Northwest) significantly lower than the provincial rate.
- For younger respondents (ages 12 to 19), there is one HSDA (Central Vancouver Island) significantly higher, and there are 2 HSDAs (Northwest and Northern Interior) significantly lower than the provincial rate.
- For older respondents (ages 65+), there is one HSDA (Central Vancouver Island) significantly higher, and there is one HSDA (Vancouver) significantly lower than the provincial rate.
- For the mid age respondents (ages 20 to 64), there is one HSDA (Central Vancouver Island) significantly higher, and there are 3 HSDAs (Richmond, Vancouver and Northwest) significantly lower than the provincial rate.

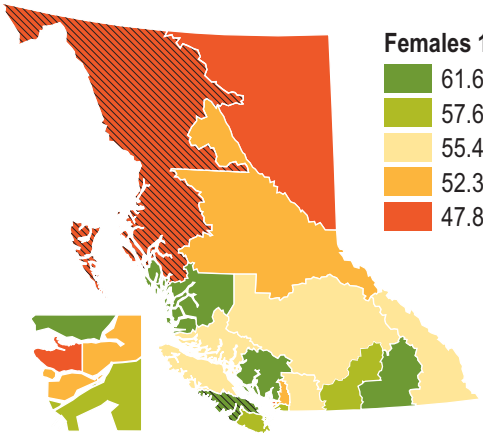
Within HSDAs:

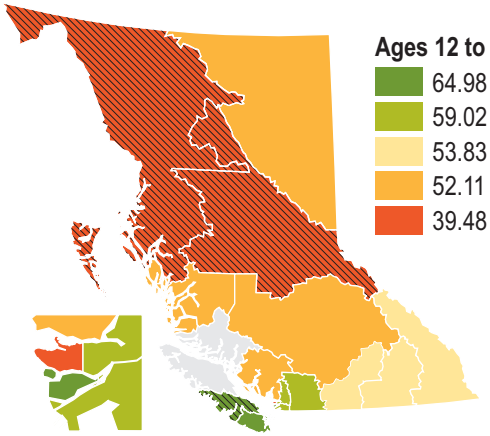
- For male respondents (ages 12+), no HSDA is significantly higher, and no HSDA is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19), there are 2 HSDAs (Richmond and Central Vancouver Island) significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.
- For older respondents (ages 65+), no HSDA is significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.

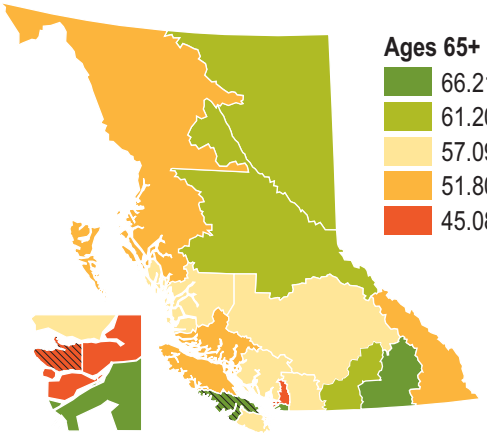
Strong positive social interaction











Has a regular medical doctor

Health Service Delivery Area	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
51 Northwest	91.91	88.63	95.42	95.73	94.47	90.73
52 Northern Interior	91.11	88.73	93.61	90.85	97.41‡	90.15
42 Central Vancouver Island	90.99	90.06	91.88	85.42	98.27‡	89.71
21 Fraser East	90.57	86.99*	94.09	92.88	94.59	89.23
41 South Vancouver Island	89.28	86.31*	91.96	94.05†	96.31‡	86.79
13 Okanagan	89.19	86.18	92.04	88.83	95.00‡	87.41
31 Richmond	89.14	85.48	92.58	90.45	96.30‡	87.49
22 Fraser North	88.67	85.99	91.29	92.24	95.13‡	87.01
53 Northeast	88.02	84.77	91.53	90.95	96.36	86.47
33 North Shore/Coast Garibaldi	87.98	83.40	92.34	86.94	96.70‡	86.12
23 Fraser South	87.52	86.05	88.95	87.76	98.01‡	85.54
43 North Vancouver Island	87.34	83.07	91.49	95.58	96.41‡	83.63
14 Thompson Cariboo Shuswap	84.14	80.72	87.55	84.82	97.25‡	80.76
11 East Kootenay	83.80	77.70*	89.99	79.41	92.58‡	82.38
32 Vancouver	82.15	75.81*	88.39	86.67	97.43‡	79.05
12 Kootenay Boundary	80.02	78.19	81.91	85.61	90.57‡	76.39
British Columbia	**87.46**	**84.11***	**90.71**	**89.31†**	**96.34‡**	**85.26**
Canada	**84.66**	**80.39***	**88.81**	**83.96†**	**95.15‡**	**82.63**

* males differ significantly from females.
† 12 to 19 age group differs significantly from 20 to 64 age group.
‡ 65+ age group differs significantly from 20 to 64 age group.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

CCHS Question: Do you have a regular medical doctor?

Key Points

At the national level:

- Male respondents (ages 12+) have a significantly lower rate of having a regular medical doctor than their female cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly higher rate than the ages 20 to 64 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, all age and gender groups analyzed are significantly higher.
- Male respondents (ages 12+) have a significantly lower rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly higher rate than the ages 20 to 64 cohort.

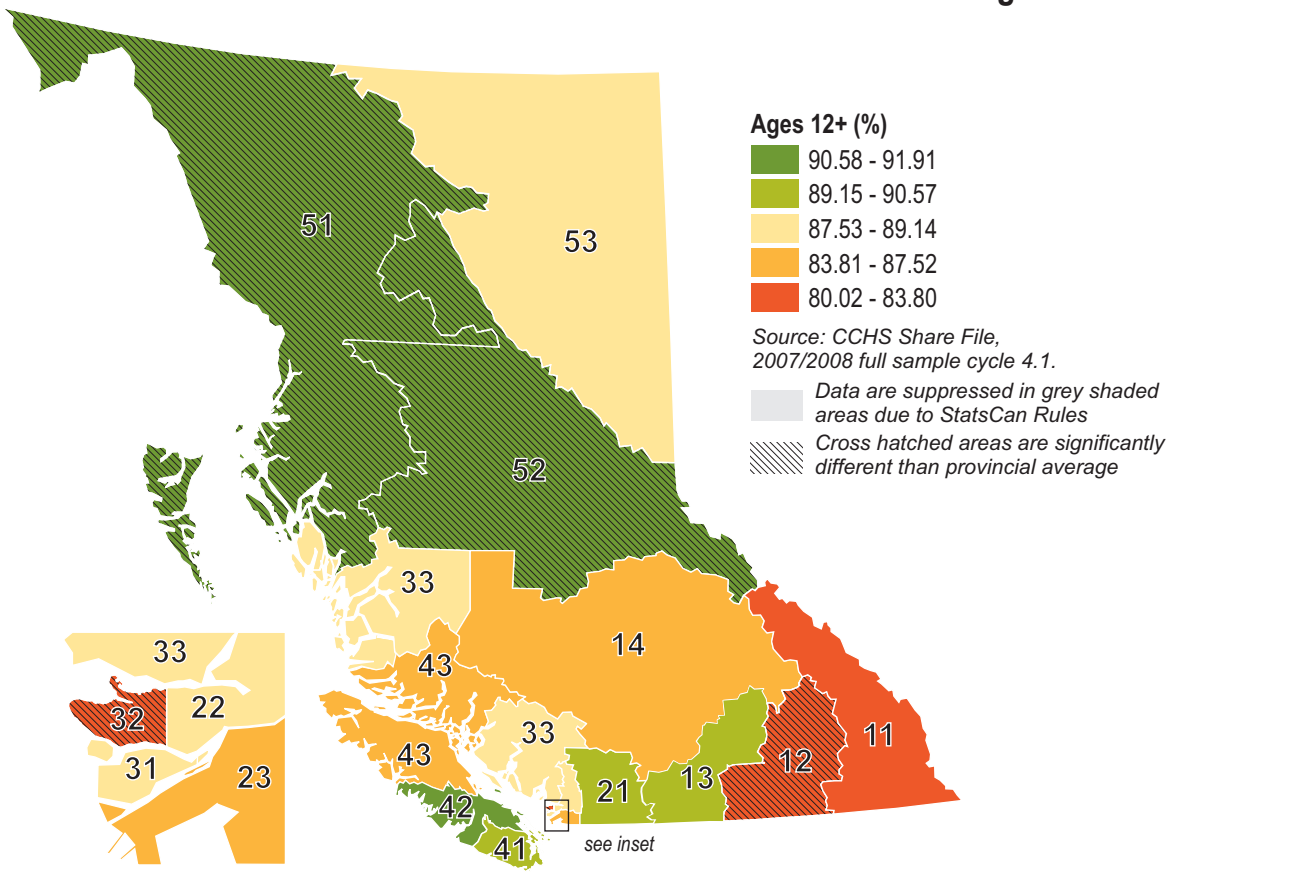
At the HSDA level:

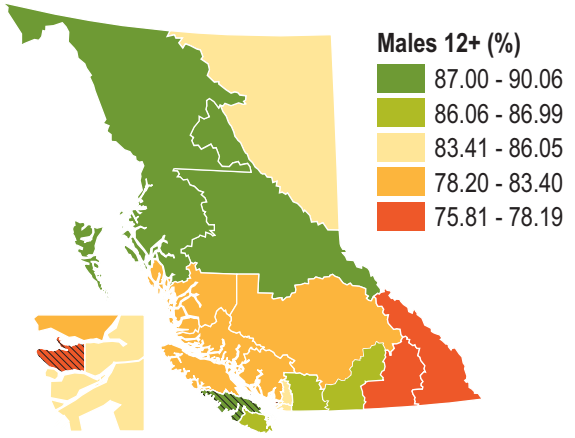
- The largest range in values among HSDAs (16.32 percentage points) occurs in respondents ages 12 to 19, while the smallest range in values (7.70 percentage points) occurs in respondents ages 65+.
- For all respondents, there are 2 HSDAs (Northwest and Northern Interior) significantly higher, and there are 2 HSDAs (Kootenay Boundary and Vancouver) significantly lower than the provincial rate.
- For male respondents (ages 12+), there is one HSDA (Central Vancouver Island) significantly higher, and there is one HSDA (Vancouver) significantly lower than the provincial rate.
- For female respondents (ages 12+), there is one HSDA (Northwest) significantly higher, and there is one HSDA (Kootenay Boundary) significantly lower than the provincial rate.
- For younger respondents (ages 12 to 19), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For older respondents (ages 65+), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For the mid age respondents (ages 20 to 64), there are 2 HSDAs (Northwest and Northern Interior) significantly higher, and there are 2 HSDAs (Kootenay Boundary and Vancouver) significantly lower than the provincial rate.

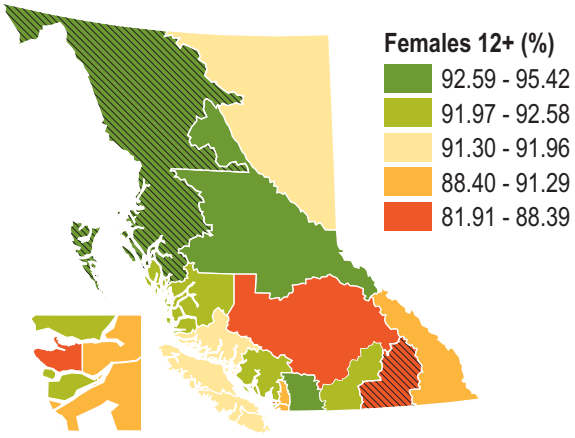
Within HSDAs:

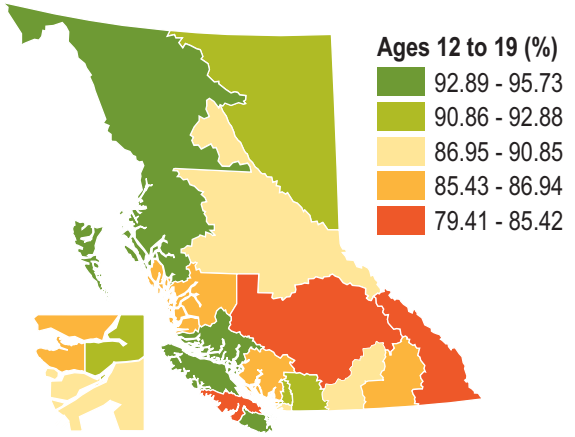
- For male respondents (ages 12+), no HSDA is significantly higher, and there are 4 HSDAs (East Kootenay, Fraser East, Vancouver and South Vancouver Island) significantly lower than their respective female cohort.
- For younger respondents (ages 12 to 19), there is one HSDA (South Vancouver Island) significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.
- For older respondents (ages 65+), three HSDAs (Northwest, Fraser East and Northeast) are not significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.

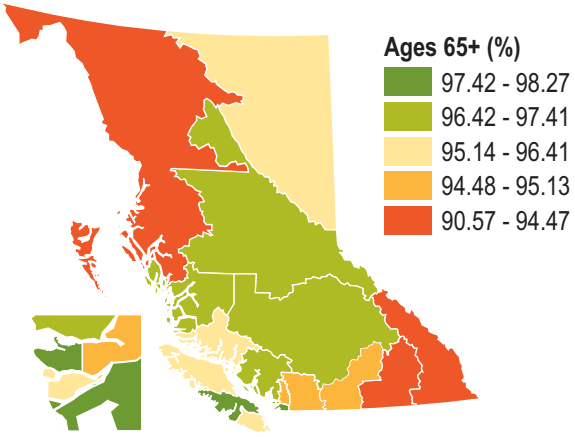
Has a regular medical doctor











Did something to improve health in the last year

Health Service Delivery Area	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
32 Vancouver	63.30	62.60	63.98	63.41	47.10‡	65.82
42 Central Vancouver Island	63.22	64.92	61.63	80.17	45.71‡	65.38
12 Kootenay Boundary	63.12	60.36	65.94	74.50	42.92‡	66.44
41 South Vancouver Island	61.22	56.13*	65.78	68.08	37.75‡	65.91
52 Northern Interior	60.57	58.26	62.90	71.83	41.70‡	61.29
43 North Vancouver Island	59.91	54.77	64.69	68.78	45.42	61.91
13 Okanagan	59.78	55.78	63.55	65.37	54.93	60.37
31 Richmond	58.66	57.81	59.44	63.28	47.40	60.10
21 Fraser East	57.47	52.15	62.68	63.47	42.24‡	59.80
11 East Kootenay	56.89	48.51*	65.01	46.78E	45.20‡	61.28
14 Thompson Cariboo Shuswap	56.61	49.66*	63.24	63.64	46.40	57.88
33 North Shore/Coast Garibaldi	56.15	57.75	54.65	69.91	46.42	56.25
23 Fraser South	55.60	53.30	57.84	60.07	53.44	55.28
51 Northwest	54.86	44.93*	65.20	55.00	46.86	56.07
53 Northeast	54.84	50.10	59.69	63.03	38.88E	55.23
22 Fraser North	54.29	54.13	54.45	65.45	40.99‡	54.85
British Columbia	**58.58**	**56.22***	**60.84**	**65.34†**	**46.35‡**	**60.07**
Canada	**58.11**	**55.28***	**60.84**	**65.86†**	**45.07‡**	**59.40**

* males differ significantly from females.
† 12 to 19 age group differs significantly from 20 to 64 age group.
‡ 65+ age group differs significantly from 20 to 64 age group.

Cross-hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross-hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤coefficient of variation ≤33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

CCHS Question: In the past 12 months, did you do anything to improve your health (for example, lost weight, quit smoking, increased exercise)?

Key Points

At the national level:

- Male respondents (ages 12+) have a significantly lower rate of doing something to improve their health in the last year than their female cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly lower rate than the ages 20 to 64 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, no significant differences are seen in the age or gender cohorts.
- Male respondents (ages 12+) have a significantly lower rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly lower rate than the ages 20 to 64 cohort.

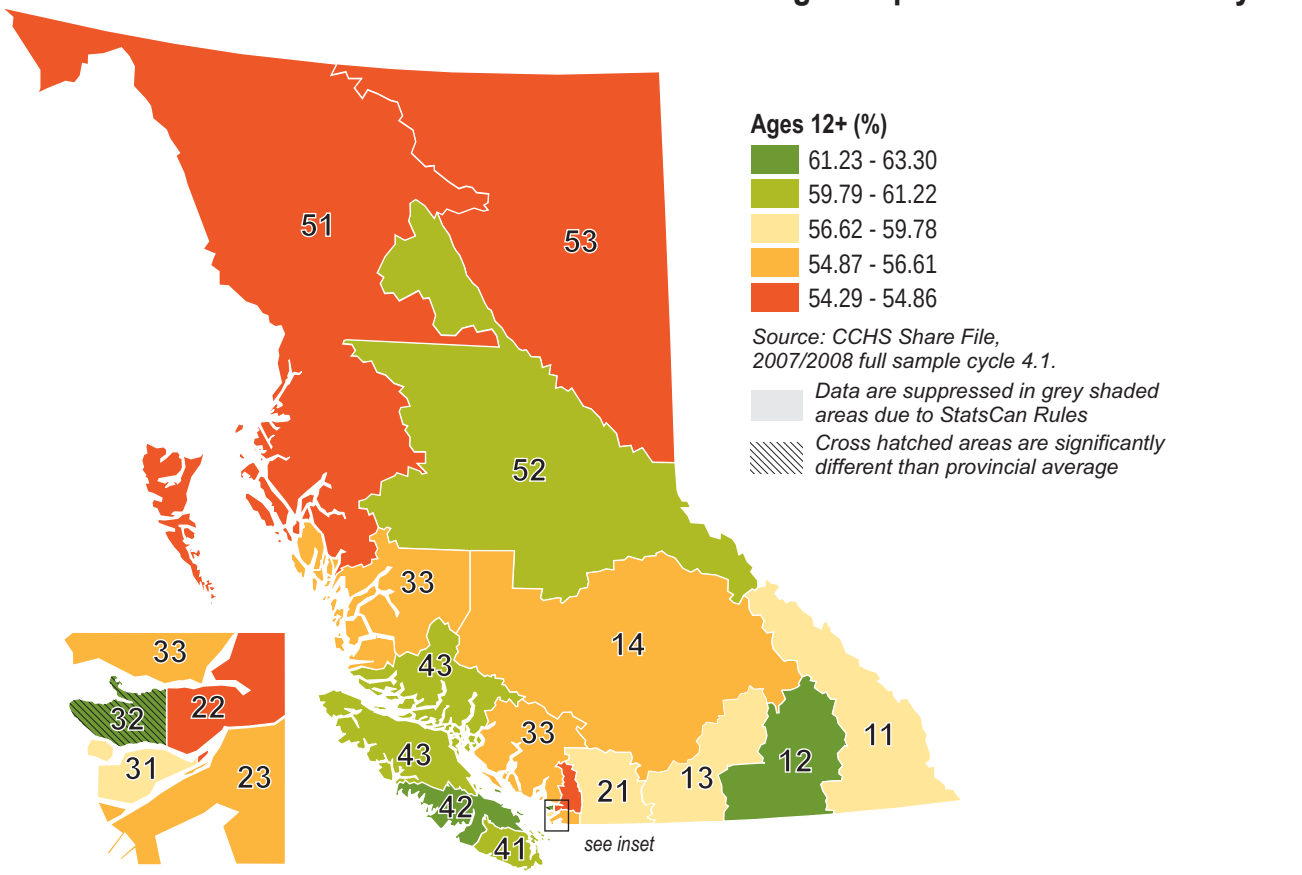
At the HSDA level:

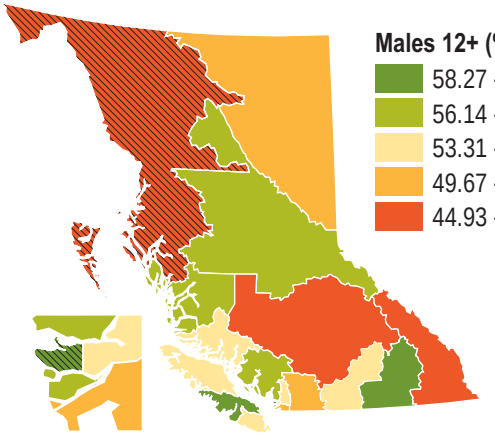
- The largest range in values among HSDAs (33.39 percentage points) occurs in respondents ages 12 to 19, while the smallest range in values (9.01 percentage points) occurs in respondents ages 12+.
- For all respondents, there is one HSDA (Vancouver) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For male respondents (ages 12+), there is one HSDA (Vancouver) significantly higher, and there is one HSDA (Northwest) significantly lower than the provincial rate.
- For female respondents (ages 12+), no HSDA is significantly higher, and there is one HSDA (Fraser North) significantly lower than the provincial rate.
- For younger respondents (ages 12 to 19), there is one HSDA (Central Vancouver Island) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For older respondents (ages 65+), there is one HSDA (Okanagan) significantly higher, and there is one HSDA (South Vancouver Island) significantly lower than the provincial rate.
- For the mid age respondents (ages 20 to 64), there are 3 HSDAs (Kootenay Boundary, Vancouver and South Vancouver Island) significantly higher, and no HSDA is significantly lower than the provincial rate.

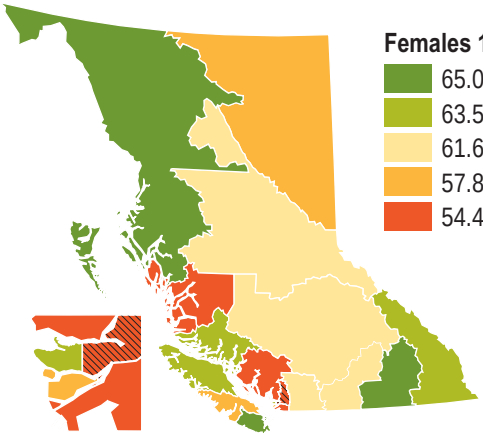
Within HSDAs:

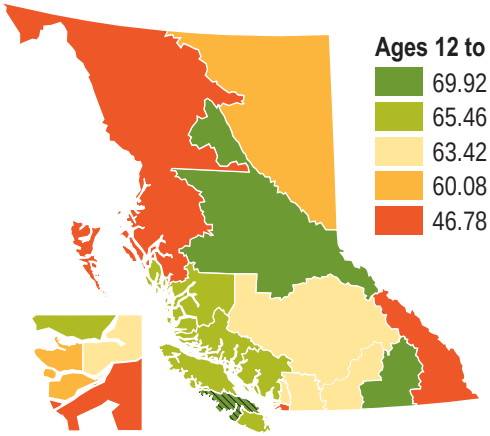
- For male respondents (ages 12+), no HSDA is significantly higher, and there are 4 HSDAs (East Kootenay, Thompson Cariboo Shuswap, South Vancouver Island and Northwest) significantly lower than their respective female cohort.
- For younger respondents (ages 12 to 19), no HSDA is significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.
- For older respondents (ages 65+), no HSDA is significantly higher, and there are 8 HSDAs (East Kootenay, Kootenay Boundary, Fraser East, Fraser North, Vancouver, South Vancouver Island, Central Vancouver Island and Northern Interior) significantly lower than their respective ages 20 to 64 cohort.

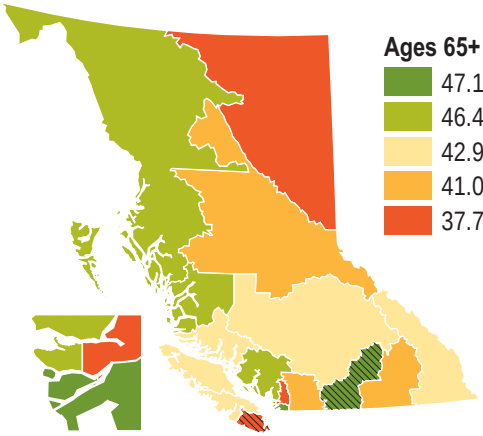
Did something to improve health in the last year











Intends to improve health over the next year

Health Service Delivery Area	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
41 South Vancouver Island	58.65	57.92	59.32	45.28†	35.33‡	65.96
52 Northern Interior	57.27	53.60	60.98	64.78	42.15‡	58.08
14 Thompson Cariboo Shuswap	56.66	51.95	61.04	59.99	33.87‡	61.48
12 Kootenay Boundary	54.69	50.71	58.67	F	28.80E‡	64.07
42 Central Vancouver Island	51.46	49.10	53.65	48.22E	29.49‡	58.30
51 Northwest	51.44	50.25	52.70	30.71E†	36.74E‡	57.45
11 East Kootenay	49.33	44.79	53.66	F	31.07‡	54.16
53 Northeast	48.19	41.75	54.73	36.66E	41.66	51.05
13 Okanagan	47.78	44.23	51.12	26.40E†	28.56‡	57.16
32 Vancouver	45.94	48.49	43.49	50.43	19.41‡	49.68
33 North Shore/Coast Garibaldi	45.39	46.08	44.76	37.16E	35.83	48.77
31 Richmond	45.08	42.68	47.27	41.72	19.50E‡	50.49
22 Fraser North	44.99	40.85	48.97	41.85	25.06E‡	48.71
43 North Vancouver Island	43.79	39.93	47.38	F	24.02E‡	46.71
21 Fraser East	43.04	41.44	44.60	43.01	22.88‡	47.46
23 Fraser South	41.47	35.85*	46.98	40.26	21.91‡	45.17
British Columbia	**47.63**	**45.18***	**49.96**	**43.52†**	**27.37‡**	**52.34**
Canada	**51.36**	**49.65***	**53.00**	**47.98†**	**29.31‡**	**56.15**

* males differ significantly from females.
† 12 to 19 age group differs significantly from 20 to 64 age group.
‡ 65+ age group differs significantly from 20 to 64 age group.

Cross-hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross-hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤coefficient of variation ≤33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

CCHS Question: Is there anything you intend to do to improve your physical health in the next year?

Key Points

At the national level:

- Male respondents (ages 12+) have a significantly lower rate of intending to improve their health over the next year than their female cohort.
- Younger respondents (ages 12 to 19) have a significantly lower rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly lower rate than the ages 20 to 64 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, all respondents ages 12+ are significantly lower, male respondents ages 12+ are significantly lower, female respondents ages 12+ are significantly lower, respondents ages 12 to 19 are significantly lower, respondents ages 65+ are not significantly different, and respondents ages 20 to 64 are significantly lower.
- Male respondents (ages 12+) have a significantly lower rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly lower rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly lower rate than the ages 20 to 64 cohort.

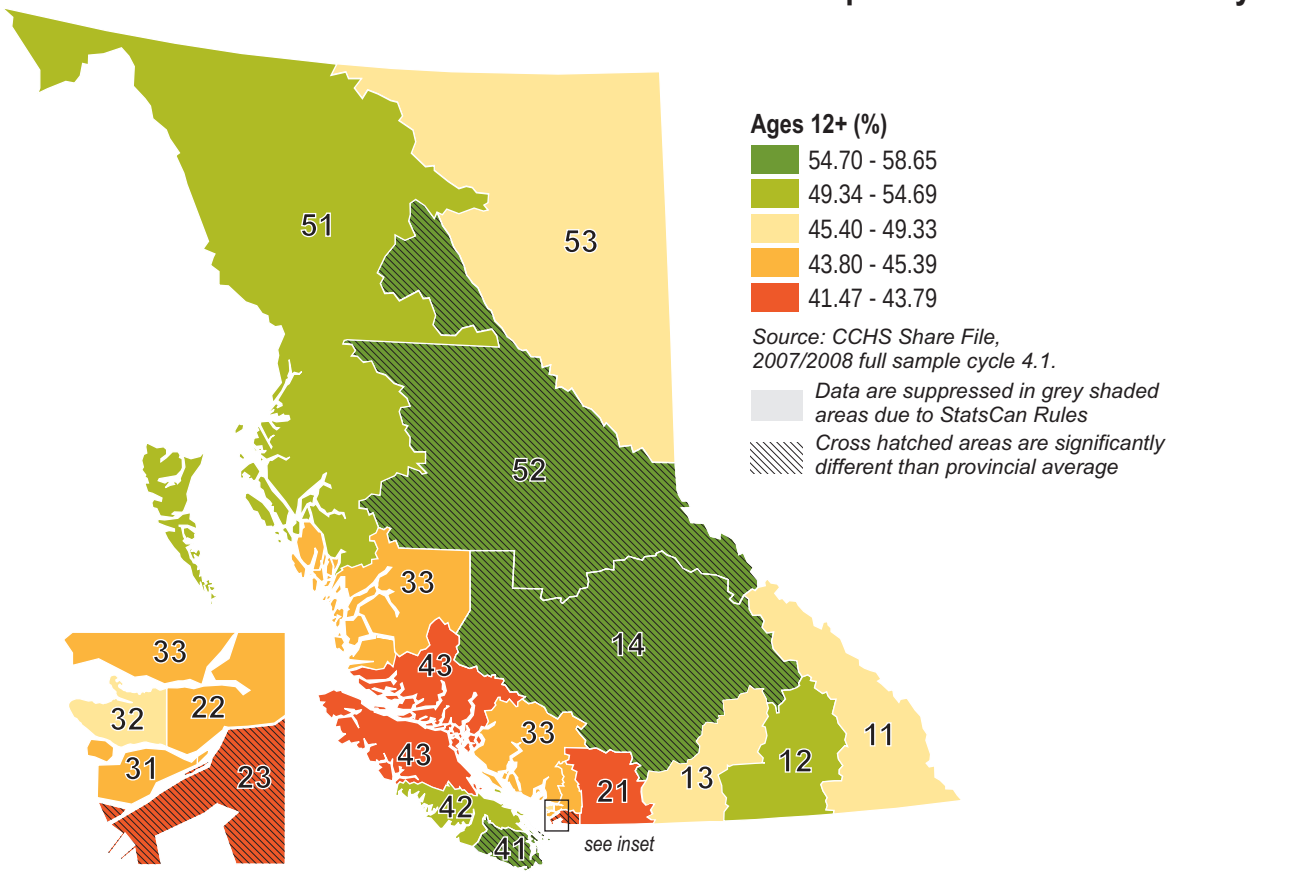
At the HSDA level:

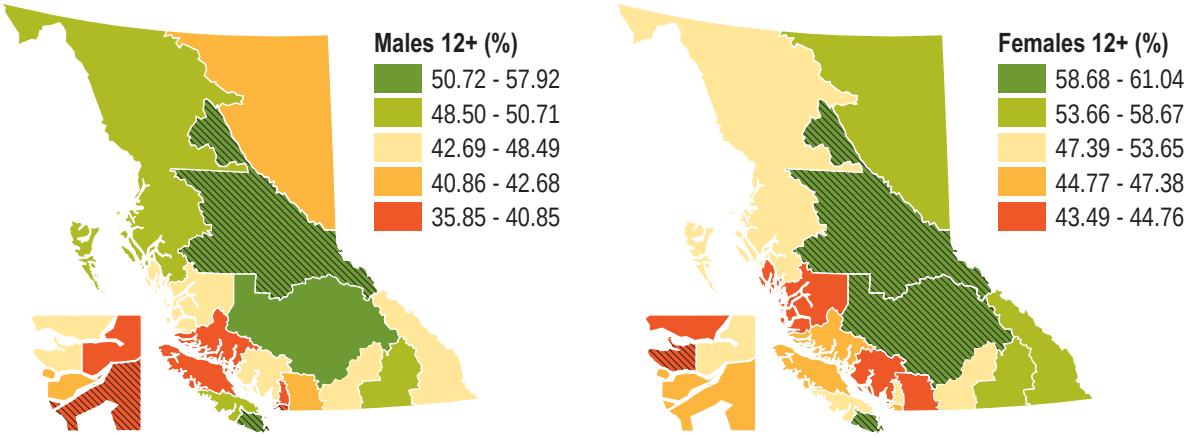
- The largest range in values among HSDAs (38.38 percentage points) occurs in respondents ages 12 to 19, while the smallest range in values (17.18 percentage points) occurs in respondents ages 12+.
- For all respondents, there are 3 HSDAs (Thompson Cariboo Shuswap, South Vancouver Island and Northern Interior) significantly higher, and there is one HSDA (Fraser South) significantly lower than the provincial rate.
- For male respondents (ages 12+), there are 2 HSDAs (South Vancouver Island and Northern Interior) significantly higher, and there is one HSDA (Fraser South) significantly lower than the provincial rate.
- For female respondents (ages 12+), there are 3 HSDAs (Thompson Cariboo Shuswap, South Vancouver Island and Northern Interior) significantly higher, and there is one HSDA (Vancouver) significantly lower than the provincial rate.
- For younger respondents (ages 12 to 19), there are 2 HSDAs (Thompson Cariboo Shuswap and Northern Interior) significantly higher, and there is one HSDA (Okanagan) significantly lower than the provincial rate.
- For older respondents (ages 65+), there are 3 HSDAs (South Vancouver Island, Northern Interior and Northeast) significantly higher, and there is one HSDA (Vancouver) significantly lower than the provincial rate.
- For the mid age respondents (ages 20 to 64), there are 3 HSDAs (Kootenay Boundary, Thompson Cariboo Shuswap and South Vancouver Island) significantly higher, and there is one HSDA (Fraser South) significantly lower than the provincial rate.

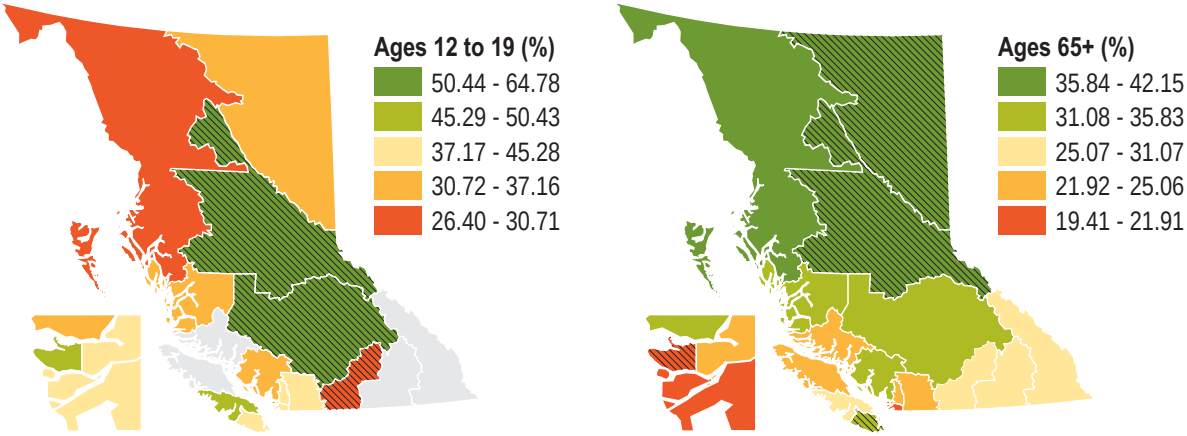
Within HSDAs:

- For male respondents (ages 12+), no HSDA is significantly higher, and there is one HSDA (Fraser South) significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19), no HSDA is significantly higher, and there are 3 HSDAs (Okanagan, South Vancouver Island and Northwest) significantly lower than their respective ages 20 to 64 cohort.
- For older respondents (ages 65+), no HSDA is significantly higher, while only two HSDAs (Northeast and North Shore/Coast Garibaldi) are not significantly lower than their respective ages 20 to 64 cohort.

Intends to improve health over the next year







Graduated from high school

Health Service Delivery Area	All respondents 18+ (%)	Males 18+ (%)	Females 18+ (%)	Ages 20 to 34 (%)	Ages 65+ (%)	Ages 35 to 64 (%)
32 Vancouver	94.53	94.03	95.03	96.41	91.14	96.41
33 North Shore/Coast Garibaldi	94.45	94.28	94.61	94.26	95.26	96.97
22 Fraser North	93.90	93.55	94.24	96.30	93.10	96.64
31 Richmond	93.51	93.85	93.19	97.79	88.14	94.64
23 Fraser South	92.68	91.92	93.40	97.06	86.32‡	95.27
41 South Vancouver Island	91.44	89.47	93.13	92.74	88.13	94.00
53 Northeast	88.71	88.74	88.69	89.40	89.72	91.19
13 Okanagan	88.68	88.19	89.10	93.33	86.17	90.25
11 East Kootenay	88.59	84.98	92.09	94.12	86.70	91.63
51 Northwest	88.17	87.63	88.71	86.12	92.60	91.81
12 Kootenay Boundary	87.99	87.69	88.29	91.65	86.08	92.26
21 Fraser East	87.05	86.53	87.51	97.48†	77.12	89.21
43 North Vancouver Island	86.61	84.59	88.58	82.57	83.56	91.50
42 Central Vancouver Island	85.79	82.44	88.89	85.86	85.27	89.76
52 Northern Interior	85.78	86.43	85.18	86.16	79.23	88.18
14 Thompson Cariboo Shuswap	85.24	84.32	86.07	94.21	78.45	84.42
British Columbia	**91.18**	**90.40**	**91.91**	**94.44**	**87.68‡**	**93.52**
Canada	**91.41**	**90.55***	**92.22**	**94.11**	**88.09‡**	**93.78**

* males differ significantly from females.
† 20 to 34 age group differs significantly from 35 to 64 age group.
‡ 65+ age group differs significantly from 35 to 64 age group.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

CCHS Question: Did you graduate from high school (secondary school)?

Key Points

At the national level:

- Male respondents (ages 18+) have a significantly lower rate of having graduated from high school than their female cohort.
- Younger respondents (ages 20 to 34) have no significantly different rate than the ages 35 to 64 cohort.
- Older respondents (ages 65+) have a significantly lower rate than the ages 35 to 64 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, no age or gender cohort analyzed is significantly different.
- Male respondents (ages 18+) have no significantly different rate than the females 18+ cohort.
- Younger respondents (ages 20 to 34) have no significantly different rate than the ages 35 to 64 cohort.
- Older respondents (ages 65+) have a significantly lower rate than the ages 35 to 64 cohort.

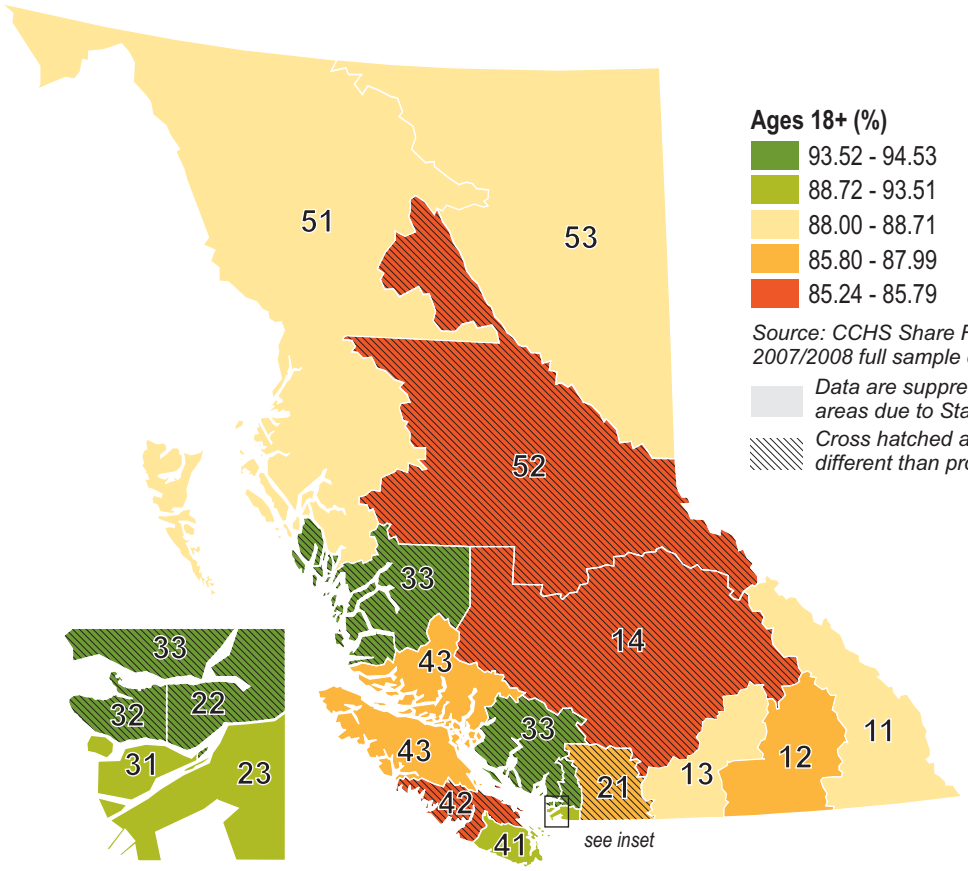
At the HSDA level:

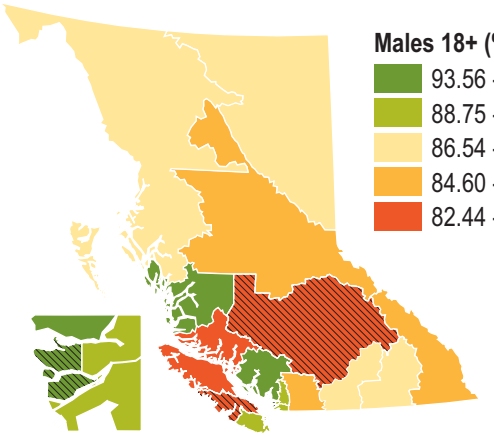
- The largest range in values among HSDAs (18.14 percentage points) occurs in respondents ages 65+, while the smallest range in values (9.29 percentage points) occurs in respondents ages 18+.
- For all respondents, there are 3 HSDAs (Fraser North, Vancouver and North Shore/Coast Garibaldi) significantly higher, and there are 4 HSDAs (Thompson Cariboo Shuswap, Fraser East, Central Vancouver Island and Northern Interior) significantly lower than the provincial rate.
- For male respondents (ages 18+), there are 2 HSDAs (Richmond and Vancouver) significantly higher, and there are 2 HSDAs (Thompson Cariboo Shuswap and Central Vancouver Island) significantly lower than the provincial rate.
- For female respondents (ages 18+), there is one HSDA (Vancouver) significantly higher, and there are 2 HSDAs (Thompson Cariboo Shuswap and Northern Interior) significantly lower than the provincial rate.
- For younger respondents (ages 20 to 34), no HSDA is significantly higher, and there is one HSDA (Central Vancouver Island) significantly lower than the provincial rate.
- For older respondents (ages 65+), there are 2 HSDAs (Fraser North and North Shore/Coast Garibaldi) significantly higher, and there is one HSDA (Fraser East) significantly lower than the provincial rate.
- For the mid age respondents (ages 35 to 64), there are 3 HSDAs (Fraser North, Vancouver and North Shore/Coast Garibaldi) significantly higher, and there are 2 HSDAs (Thompson Cariboo Shuswap and Northern Interior) significantly lower than the provincial rate.

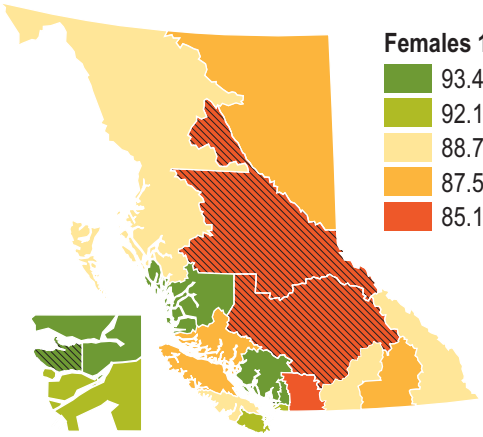
Within HSDAs:

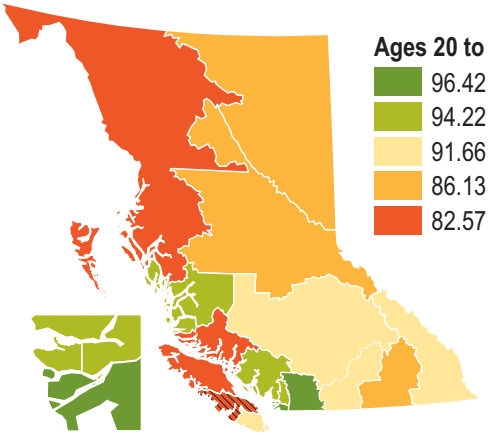
- For male respondents (ages 18+), no HSDA is significantly higher, and no HSDA is significantly lower than its respective female cohort.
- For younger respondents (ages 20 to 34), there is one HSDA (Fraser East) significantly higher, and no HSDA is significantly lower than its respective ages 35 to 64 cohort.
- For older respondents (ages 65+), no HSDA is significantly higher, and there is one HSDA (Fraser South) significantly lower than its respective ages 35 to 64 cohort.

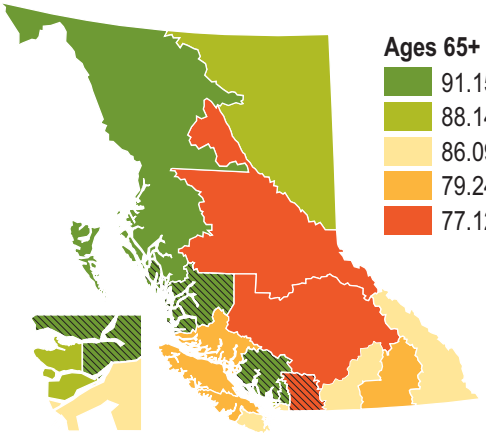
Graduated from high school











Has a bachelor degree or higher

Health Service Delivery Area	All respondents 25+ (%)	Males 25+ (%)	Females 25+ (%)	Ages 25 to 44 (%)	Ages 65+ (%)	Ages 45 to 64 (%)
32 Vancouver	56.89	56.71	57.09	61.70	42.40	53.47
31 Richmond	53.16	53.61	52.72	61.94	F	49.03
33 North Shore/Coast Garibaldi	43.22	47.43	39.52	44.21	53.89	38.71
22 Fraser North	35.71	35.77	35.64	40.98	25.45E	32.34
41 South Vancouver Island	34.76	34.84	34.69	34.58	36.33	34.23
23 Fraser South	32.21	34.53	30.06	32.71	26.41E	33.62
21 Fraser East	28.16	33.79	23.30	34.65	F	21.17E
42 Central Vancouver Island	26.42	28.32	24.54	27.60	20.47E	27.98
51 Northwest	24.80	24.77E	24.83E	30.65	F	23.64E
52 Northern Interior	24.62	20.30	28.89	25.23	F	26.11
11 East Kootenay	23.47	19.58E	27.40	31.51E	F	17.63E
13 Okanagan	23.47	24.40	22.59	31.13	16.05E	21.50
14 Thompson Cariboo Shuswap	23.17	18.16E	28.40	26.48	F	23.59E
43 North Vancouver Island	19.55E	18.33E	20.58E	F	F	16.29E
12 Kootenay Boundary	18.69	20.74E	16.50E	19.36E	F	18.24E
53 Northeast	18.46	F	24.13E	22.31E	F	F
British Columbia	**35.71**	**36.40**	**35.03**	**40.66†**	**28.14‡**	**32.99**
Canada	**34.83**	**35.54**	**34.12**	**38.34†**	**28.04‡**	**32.66**

* males differ significantly from females.
† 25 to 44 age group differs significantly from 45 to 64 age group.
‡ 65+ age group differs significantly from 45 to 64 age group.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

CCHS Question: What is the highest degree, certificate or diploma have you obtained?

Key Points

At the national level:

- Male respondents (ages 25+) have no significantly different rate of having a bachelor degree or higher than their female cohort.
- Younger respondents (ages 25 to 44) have a significantly higher rate than the ages 45 to 64 cohort.
- Older respondents (ages 65+) have a significantly lower rate than the ages 45 to 64 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, no age or gender cohort analyzed is significantly different.
- Male respondents (ages 25+) have no significantly different rate than the females 25+ cohort.
- Younger respondents (ages 25 to 44) have a significantly higher rate than the ages 45 to 64 cohort.
- Older respondents (ages 65+) have a significantly lower rate than the ages 45 to 64 cohort.

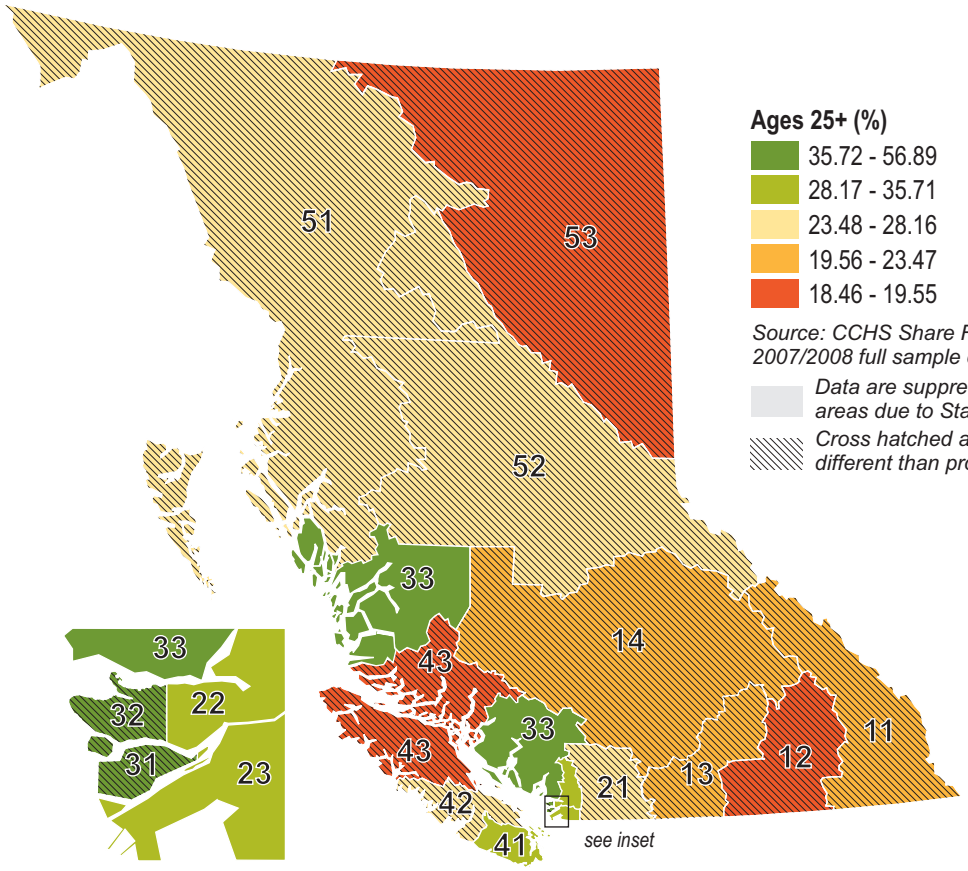
At the HSDA level:

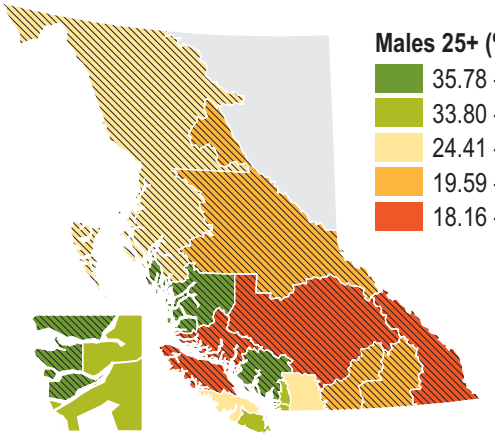
- The largest range in values among HSDAs (42.58 percentage points) occurs in respondents ages 25 to 44, while the smallest range in values (37.18 percentage points) occurs in respondents ages 45 to 64.
- For all respondents, there are 2 HSDAs (Richmond and Vancouver) significantly higher, and there are 10 HSDAs (East Kootenay, Kootenay Boundary, Okanagan, Thompson Cariboo Shuswap, Fraser East, Central Vancouver Island, North Vancouver Island, Northwest, Northern Interior and Northeast) significantly lower than the provincial rate.
- For male respondents (ages 25+), there are 3 HSDAs (Richmond, Vancouver and North Shore/Coast Garibaldi) significantly higher, and there are 7 HSDAs (East Kootenay, Kootenay Boundary, Okanagan, Thompson Cariboo Shuswap, North Vancouver Island, Northwest and Northern Interior) significantly lower than the provincial rate.
- For female respondents (ages 25+), there are 2 HSDAs (Richmond and Vancouver) significantly higher, and there are 6 HSDAs (Kootenay Boundary, Okanagan, Fraser East, Central Vancouver Island, North Vancouver Island and Northeast) significantly lower than the provincial rate.
- For younger respondents (ages 25 to 44), there are 2 HSDAs (Richmond and Vancouver) significantly higher, and there are 5 HSDAs (Kootenay Boundary, Thompson Cariboo Shuswap, Central Vancouver Island, Northern Interior and Northeast) significantly lower than the provincial rate.
- For older respondents (ages 65+), there are 2 HSDAs (Vancouver and North Shore/Coast Garibaldi) significantly higher, and there is one HSDA (Okanagan) significantly lower than the provincial rate.
- For the mid age respondents (ages 45 to 64), there are 2 HSDAs (Richmond and Vancouver) significantly higher, and there are 5 HSDAs (East Kootenay, Kootenay Boundary, Okanagan, Fraser East and North Vancouver Island) significantly lower than the provincial rate.

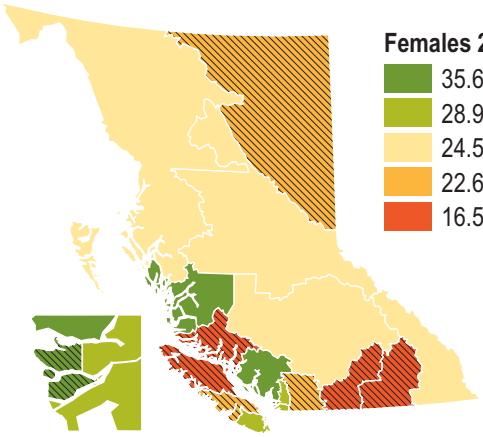
Within HSDAs:

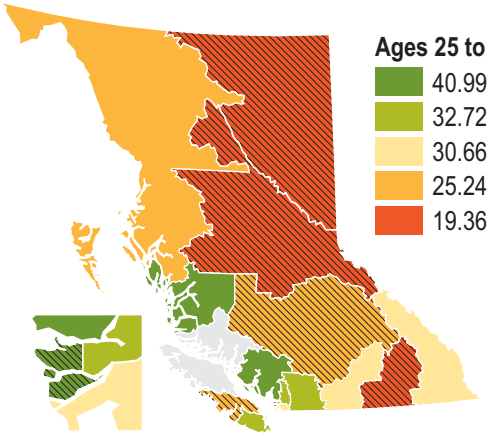
- For male respondents (ages 25+), no HSDA is significantly higher, and no HSDA is significantly lower than its respective female cohort.
- For younger respondents (ages 25 to 44), no HSDA is significantly higher, and no HSDA is significantly lower than its respective ages 45 to 64 cohort.
- For older respondents (ages 65+), no HSDA is significantly higher, and no HSDA is significantly lower than its respective ages 45 to 64 cohort; however, 9 HSDAs had insufficient data for comparison.

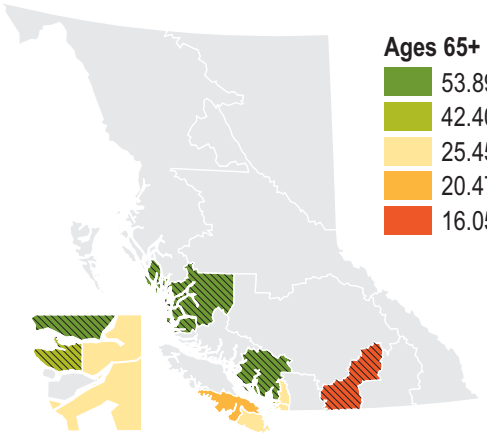
Has a bachelor degree or higher











Worked at a job or business in the past week

Health Service Delivery Area	All respondents 15 to 75 (%)	Males 15 to 75 (%)	Females 15 to 75 (%)	Ages 15 to 24 (%)	Ages 45 to 75 (%)	Ages 25 to 44 (%)
23 Fraser South	69.57	79.16*	60.17	65.42†	60.15‡	81.72
52 Northern Interior	69.01	76.66*	61.42	64.15	65.43	76.27
21 Fraser East	68.54	77.01*	60.73	69.09	58.61‡	80.16
41 South Vancouver Island	67.43	75.43*	60.03	62.40†	59.04‡	81.00
42 Central Vancouver Island	67.12	70.72	63.42	76.63	56.08‡	82.61
32 Vancouver	66.98	75.73*	58.17	47.86†	58.13‡	81.20
53 Northeast	66.89	75.51*	57.33	58.77†	F	79.89
22 Fraser North	66.69	73.22*	60.33	47.64†	62.61‡	79.67
14 Thompson Cariboo Shuswap	66.61	70.68	62.48	70.51	57.82‡	79.53
33 North Shore/Coast Garibaldi	65.82	77.83*	54.10	65.32	56.12‡	81.98
13 Okanagan	64.00	71.98*	56.35	70.17	54.01‡	78.21
31 Richmond	63.61	71.91*	55.81	44.67E†	57.61‡	78.16
12 Kootenay Boundary	62.91	65.05	60.62	66.55	51.78‡	78.35
51 Northwest	60.91	61.64	60.09	41.86†	54.23‡	80.16
43 North Vancouver Island	57.97	66.94*	49.12	F	55.67	68.57
11 East Kootenay	57.30	62.79	51.83	38.72E†	48.55‡	79.02
British Columbia	**66.48**	**74.20***	**58.91**	**59.21†**	**58.18‡**	**80.11**
Canada	**66.52**	**72.59***	**60.55**	**60.71†**	**58.07‡**	**79.26**

* males differ significantly from females.
† 15 to 24 age group differs significantly from 25 to 44 age group.
‡ 45 to 75 age group differs significantly from 25 to 44 age group.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

CCHS Question: Last week, did you work at a job or a business? Please include part-time jobs, seasonal work, contract work, self-employment, baby-sitting and any other paid work, regardless of the number of hours worked.

Key Points

At the national level:

- Male respondents (ages 15 to 75) have a significantly higher rate of working at a job or business in the past week than their female cohort.
- Younger respondents (ages 15 to 24) have a significantly lower rate than the ages 25 to 44 cohort.
- Older respondents (ages 45 to 75) have a significantly lower rate than the ages 25 to 44 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, no age or gender cohort analyzed is significantly different.
- Male respondents (ages 15 to 75) have a significantly higher rate than the females 15 to 75 cohort.
- Younger respondents (ages 15 to 24) have a significantly lower rate than the ages 25 to 44 cohort.
- Older respondents (ages 45 to 75) have a significantly lower rate than the ages 25 to 44 cohort.

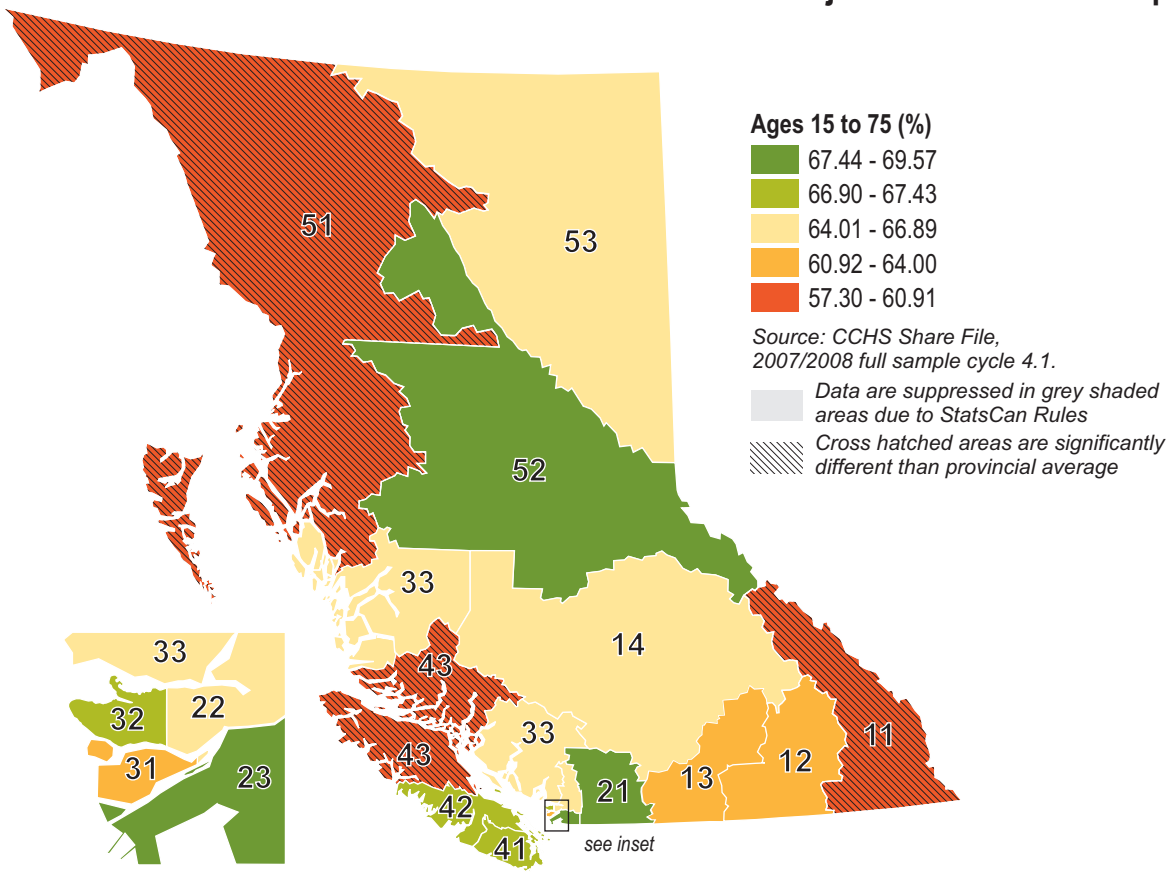
At the HSDA level:

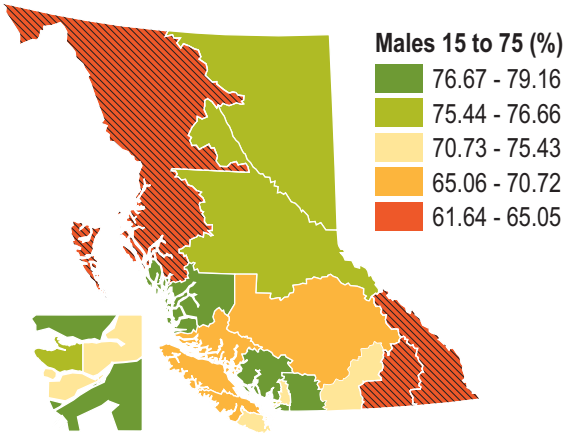
- The largest range in values among HSDAs (37.91 percentage points) occurs in respondents ages 15 to 24, while the smallest range in values (12.27 percentage points) occurs in respondents ages 15 to 75.
- For all respondents, no HSDA is significantly higher, and there are 3 HSDAs (East Kootenay, North Vancouver Island and Northwest) significantly lower than the provincial rate.
- For male respondents (ages 15 to 75), no HSDA is significantly higher, and there are 3 HSDAs (East Kootenay, Kootenay Boundary and Northwest) significantly lower than the provincial rate.
- For female respondents (ages 15 to 75), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For younger respondents (ages 15 to 24), there is one HSDA (Central Vancouver Island) significantly higher, and there are 2 HSDAs (East Kootenay and Northwest) significantly lower than the provincial rate.
- For older respondents (ages 45 to 75), no HSDA is significantly higher, and there is one HSDA (East Kootenay) significantly lower than the provincial rate.
- For the mid age respondents (ages 25 to 44), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.

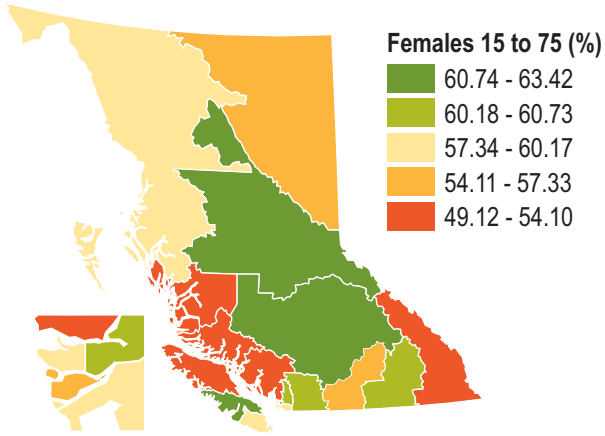
Within HSDAs:

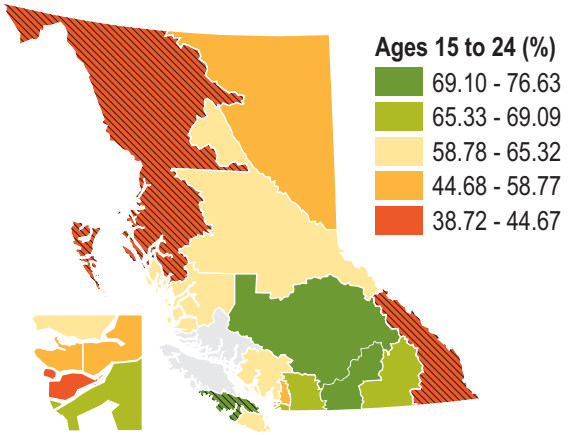
- For male respondents (ages 15 to 75), only 5 HSDAs (Central Vancouver Island, Thompson Cariboo Shuswap, Kootenay Boundary, Northwest and East Kootenay) are not significantly higher, and no HSDA is significantly lower than its respective female cohort.
- For younger respondents (ages 15 to 24), no HSDA is significantly higher, and there are 8 HSDAs (East Kootenay, Fraser North, Fraser South, Richmond, Vancouver, South Vancouver Island, Northwest and Northeast) significantly lower than their respective ages 25 to 44 cohort.
- For older respondents (ages 45 to 75), no HSDA is significantly higher, and only two HSDAs (Northern Interior and North Vancouver Island) are not significantly lower than their respective ages 25 to 44 cohort. Northeast had insufficient data to compare.

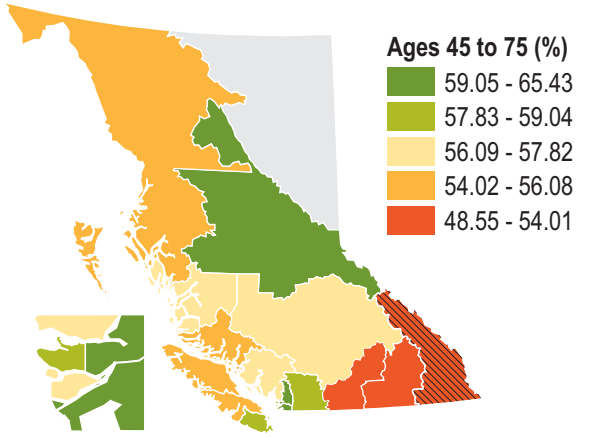
Worked at a job or business in the past week











Has access to programs at or near work to improve health

Health Service Delivery Area	All respondents 15 to 75 (%)	Males 15 to 75 (%)	Females 15 to 75 (%)	Ages 15 to 24 (%)	Ages 45 to 75 (%)	Ages 25 to 44 (%)
13 Okanagan	54.52	51.65	57.99	50.26E	56.14	54.95
12 Kootenay Boundary	53.83	50.37	58.26	F	44.81	63.31
41 South Vancouver Island	52.57	50.53	55.12	51.31	54.26	51.67
33 North Shore/Coast Garibaldi	48.05	41.89	57.10	F	48.99	46.91
14 Thompson Cariboo Shuswap	46.15	39.92	53.57	40.57	46.57	48.33
32 Vancouver	45.28	44.02	46.84	F	43.05	47.38
42 Central Vancouver Island	41.03	36.89	46.35	F	45.44	41.28
11 East Kootenay	40.84	34.15E	49.02	F	39.44	46.48
51 Northwest	39.73	37.62E	42.42	F	37.05E	43.23
53 Northeast	36.16	35.32E	37.37E	F	40.57E	30.55E
43 North Vancouver Island	33.76	36.11	30.16E	F	32.85E	37.87
52 Northern Interior	33.23	36.52	28.79	F	29.69	45.03
22 Fraser North	33.15	27.33	40.32	35.75E	35.96	30.16
23 Fraser South	32.36	25.71*	40.78	43.36	32.96	28.43
31 Richmond	31.07	29.02E	33.51	F	32.93E	29.64
21 Fraser East	24.39	20.08E	30.37	F	27.49	28.15
British Columbia	**40.09**	**36.27***	**44.96**	**38.10**	**41.00**	**40.01**
Canada	**37.23**	**34.63***	**40.33**	**32.80†**	**37.44**	**38.70**

* males differ significantly from females.
† 15 to 24 age group differs significantly from 25 to 44 age group.
‡ 45 to 75 age group differs significantly from 25 to 44 age group.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

CCHS Question: At or near your place of work, do you have access to programs to improve health, physical fitness or nutrition?

Key Points

At the national level:

- Male respondents (ages 15 to 75) have a significantly lower rate of having access to health improvement programs at or near work than their female cohort.
- Younger respondents (ages 15 to 24) have a significantly lower rate than the ages 25 to 44 cohort.
- Older respondents (ages 45 to 75) have no significantly different rate than the ages 25 to 44 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, all respondents ages 15 to 75 are significantly higher, male respondents ages 15 to 75 are not significantly different, female respondents ages 15 to 75 are significantly higher, respondents ages 15 to 24 are not significantly different, respondents ages 45 to 75 are not significantly different, and respondents ages 25 to 44 are not significantly different.
- Male respondents (ages 15 to 75) have a significantly lower rate than the females 15 to 75 cohort.
- Younger respondents (ages 15 to 24) have no significantly different rate than the ages 25 to 44 cohort.
- Older respondents (ages 45 to 75) have no significantly different rate than the ages 25 to 44 cohort.

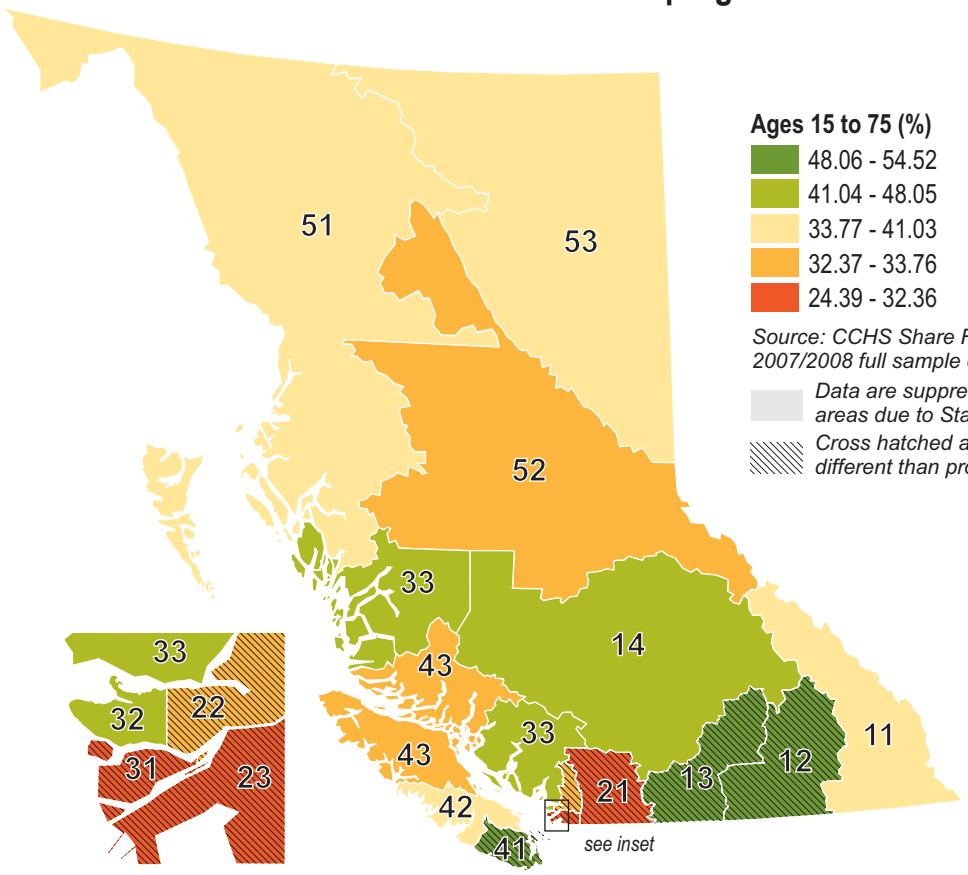
At the HSDA level:

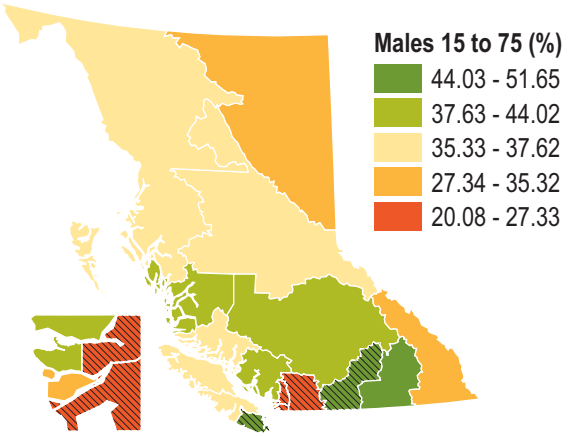
- The largest range in values among HSDAs (35.16 percentage points) occurs in respondents ages 25 to 44, while the smallest range in values (15.56 percentage points) occurs in respondents ages 15 to 24.
- For all respondents, there are 3 HSDAs (Kootenay Boundary, Okanagan and South Vancouver Island) significantly higher, and there are 4 HSDAs (Fraser East, Fraser North, Fraser South and Richmond) significantly lower than the provincial rate.
- For male respondents (ages 15 to 75), there are 2 HSDAs (Okanagan and South Vancouver Island) significantly higher, and there are 3 HSDAs (Fraser East, Fraser North and Fraser South) significantly lower than the provincial rate.
- For female respondents (ages 15 to 75), there are 2 HSDAs (Okanagan and South Vancouver Island) significantly higher, and there are 4 HSDAs (Fraser East, Richmond, North Vancouver Island and Northern Interior) significantly lower than the provincial rate.
- For younger respondents (ages 15 to 24), none of the 5 HSDAs with sufficient data to analyze is significantly different from the provincial rate.
- For older respondents (ages 45 to 75), there are 2 HSDAs (Okanagan and South Vancouver Island) significantly higher, and there are 2 HSDAs (Fraser East and Northern Interior) significantly lower than the provincial rate.
- For the mid age respondents (ages 25 to 44), there are 3 HSDAs (Kootenay Boundary, Okanagan and South Vancouver Island) significantly higher, and there are 3 HSDAs (Fraser East, Fraser South and Richmond) significantly lower than the provincial rate.

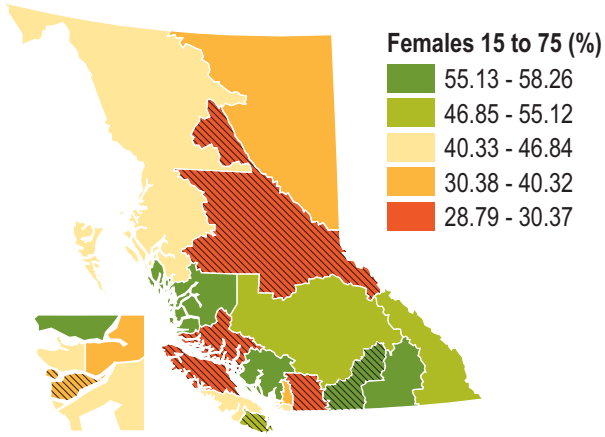
Within HSDAs:

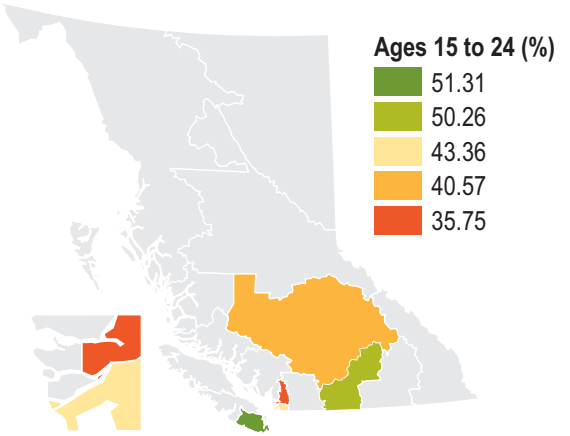
- For male respondents (ages 15 to 75), no HSDA is significantly higher, and there is one HSDA (Fraser South) significantly lower than its respective female cohort.
- For younger respondents (ages 15 to 24), 11 HSDAs had insufficient data for comparison, while the remaining five showed no significant difference to its respective ages 25 to 44 cohort.
- For older respondents (ages 45 to 75), no HSDA is significantly higher, and no HSDA is significantly lower than its respective ages 25 to 44 cohort.

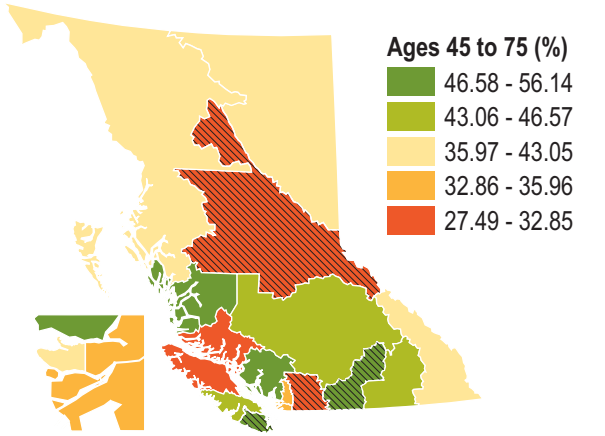
Has access to programs at or near work to improve health











Has access to organized fitness classes at or near work

Health Service Delivery Area	All respondents 15 to 75 (%)	Males 15 to 75 (%)	Females 15 to 75 (%)	Ages 15 to 24 (%)	Ages 45 to 75 (%)	Ages 25 to 44 (%)
41 South Vancouver Island	54.51	52.83	56.44	53.59	56.91	52.65
13 Okanagan	52.42	48.14	57.79	45.15	53.76	54.29
12 Kootenay Boundary	51.36	44.41	59.13	F	47.71	56.83
33 North Shore/Coast Garibaldi	50.74	45.23	58.57	F	50.30	51.58
32 Vancouver	43.19	42.16	44.50	F	39.95	46.18
42 Central Vancouver Island	42.44	35.87	50.01	F	43.26	42.84
14 Thompson Cariboo Shuswap	40.71	34.60	47.37	40.17	40.15	41.62
43 North Vancouver Island	40.36	42.34	37.82E	F	43.94	39.05
11 East Kootenay	36.50	30.57	43.36	F	39.34	37.38
23 Fraser South	34.03	28.45*	40.92	43.11	33.44	31.49
31 Richmond	33.02	28.04E	38.86	F	34.59E	32.69
53 Northeast	30.77	31.58E	29.67E	F	39.54	24.95E
51 Northwest	30.14	22.49E	38.89	F	27.28E	31.33E
22 Fraser North	30.03	26.41	34.35	27.51E	32.44	28.71
52 Northern Interior	26.41	23.68	29.71	F	26.83	30.70
21 Fraser East	23.65	19.53	28.67	F	21.43E	27.33
British Columbia	**39.29**	**35.45***	**43.95**	**37.44**	**39.87**	**39.37**
Canada	**34.84**	**31.62***	**38.58**	**32.27†**	**34.45**	**36.10**

* males differ significantly from females.
† 15 to 24 age group differs significantly from 25 to 44 age group.
‡ 45 to 75 age group differs significantly from 25 to 44 age group.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

CCHS Question: At or near your place of work, do you have access to organized fitness classes?

Key Points

At the national level:

- Male respondents (ages 15 to 75) have a significantly lower rate of having access to organized fitness classes at or near work than their female cohort.
- Younger respondents (ages 15 to 24) have a significantly lower rate than the ages 25 to 44 cohort.
- Older respondents (ages 45 to 75) have no significantly different rate than the ages 25 to 44 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, all respondents ages 15 to 75 are significantly higher, male respondents ages 15 to 75 are significantly higher, female respondents ages 15 to 75 are significantly higher, respondents ages 15 to 24 are not significantly different, respondents ages 45 to 75 are significantly higher, and respondents ages 25 to 44 are not significantly different.
- Male respondents (ages 15 to 75) have a significantly lower rate than the females 15 to 75 cohort.
- Younger respondents (ages 15 to 24) have no significantly different rate than the ages 25 to 44 cohort.
- Older respondents (ages 45 to 75) have no significantly different rate than the ages 25 to 44 cohort.

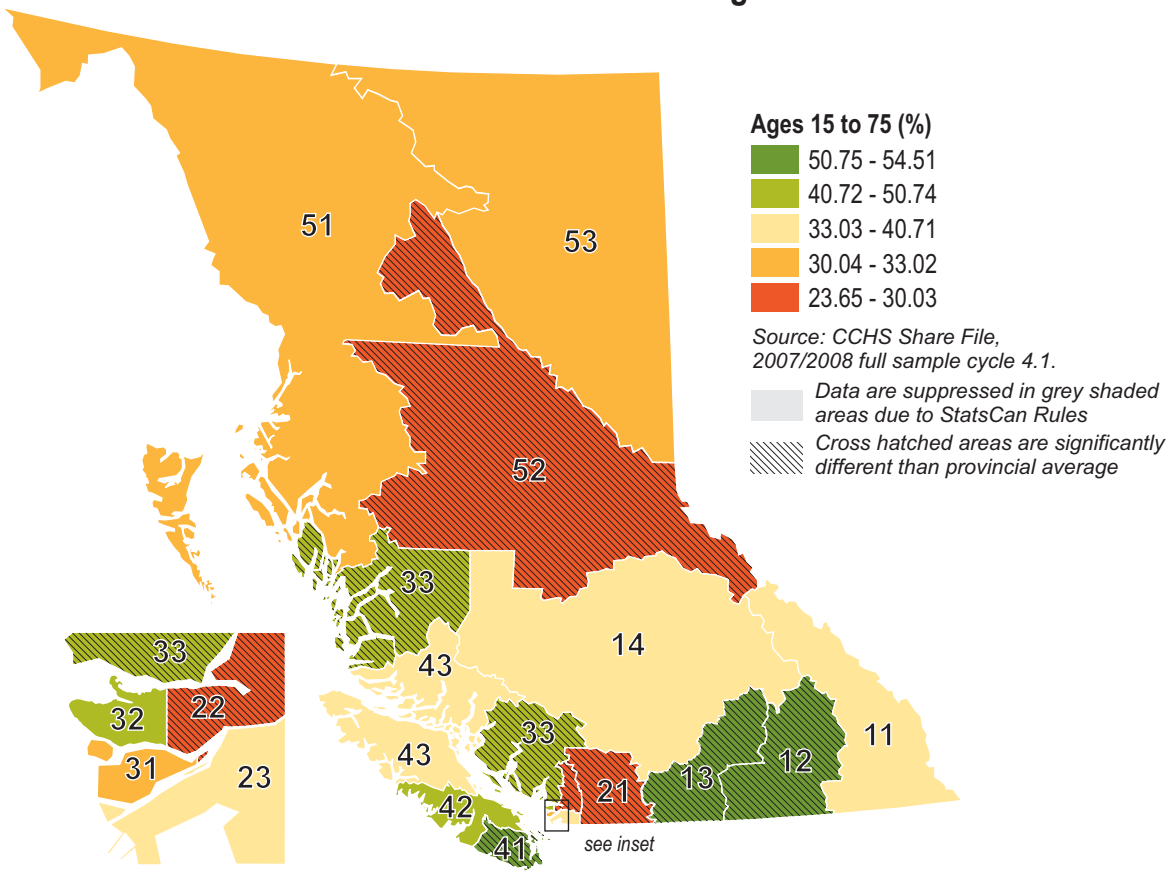
At the HSDA level:

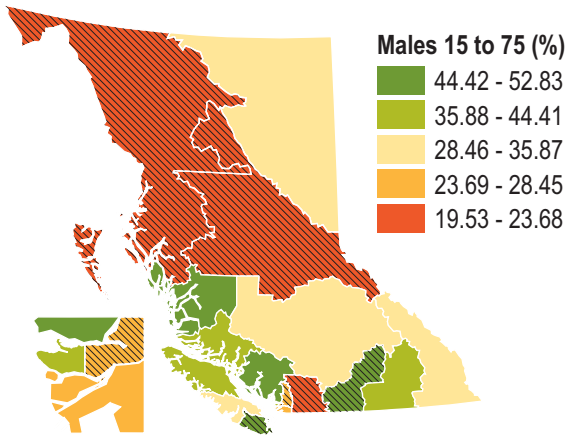
- The largest range in values among HSDAs (35.48 percentage points) occurs in respondents ages 45 to 75, while the smallest range in values (26.08 percentage points) occurs in respondents ages 15 to 24; however, only 5 have sufficient data for comparison.
- For all respondents, there are 4 HSDAs (Kootenay Boundary, Okanagan, North Shore/Coast Garibaldi and South Vancouver Island) significantly higher, and there are 3 HSDAs (Fraser East, Fraser North and Northern Interior) significantly lower than the provincial rate.
- For male respondents (ages 15 to 75), there are 2 HSDAs (Okanagan and South Vancouver Island) significantly higher, and there are 4 HSDAs (Fraser East, Fraser North, Northwest and Northern Interior) significantly lower than the provincial rate.
- For female respondents (ages 15 to 75), there are 4 HSDAs (Kootenay Boundary, Okanagan, North Shore/Coast Garibaldi and South Vancouver Island) significantly higher, and there are 4 HSDAs (Fraser East, Fraser North, Northern Interior and Northeast) significantly lower than the provincial rate.
- For younger respondents (ages 15 to 24), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For older respondents (ages 45 to 75), there are 2 HSDAs (Okanagan and South Vancouver Island) significantly higher, and there are 3 HSDAs (Fraser East, Northwest and Northern Interior) significantly lower than the provincial rate.
- For the mid age respondents (ages 25 to 44), there are 3 HSDAs (Kootenay Boundary, Okanagan and South Vancouver Island) significantly higher, and there are 3 HSDAs (Fraser East, Fraser North and Northeast) significantly lower than the provincial rate.

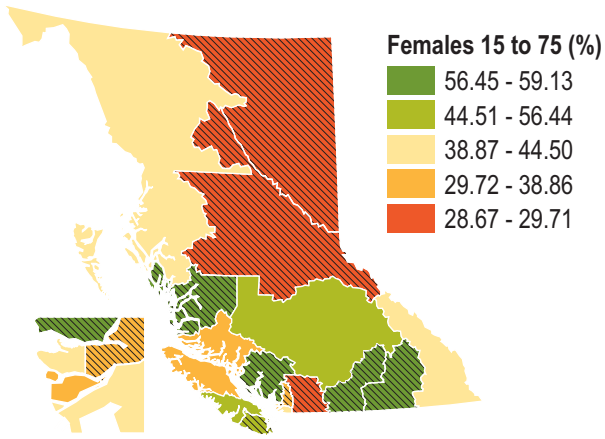
Within HSDAs:

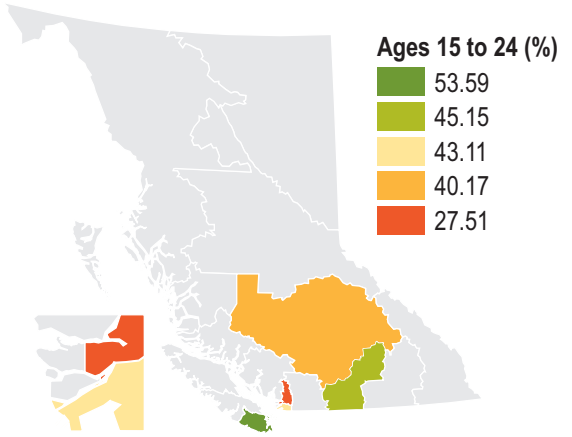
- For male respondents (ages 15 to 75), no HSDA is significantly higher, and there is one HSDA (Fraser South) significantly lower than its respective female cohort.
- For younger respondents (ages 15 to 24), no HSDA is significantly higher, and no HSDA is significantly lower than its respective ages 25 to 44 cohort; however, only 5 have sufficient data for comparison.
- For older respondents (ages 45 to 75), no HSDA is significantly higher, and no HSDA is significantly lower than its respective ages 25 to 44 cohort.

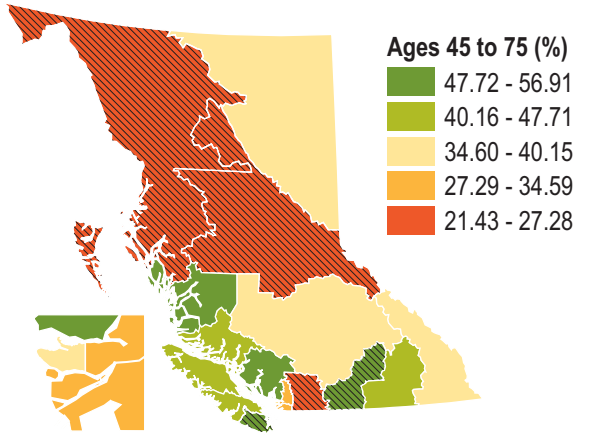
Has access to organized fitness classes at or near work











Has access to a gym or physical fitness facilities at or near work

Health Service Delivery Area	All respondents 15 to 75 (%)	Males 15 to 75 (%)	Females 15 to 75 (%)	Ages 15 to 24 (%)	Ages 45 to 75 (%)	Ages 25 to 44 (%)
41 South Vancouver Island	59.94	59.53	60.43	63.18	56.72	61.76
13 Okanagan	59.30	56.40	62.95	45.18E	64.60	59.65
33 North Shore/Coast Garibaldi	57.97	53.62	63.92	F	57.89	58.57
32 Vancouver	54.11	53.79	54.53	F	50.56	58.79
12 Kootenay Boundary	53.84	50.96	57.10	F	50.87	57.48
14 Thompson Cariboo Shuswap	52.35	45.64	59.69	52.76	54.41	49.66
42 Central Vancouver Island	49.62	43.87	56.21	50.48	49.14	49.81
53 Northeast	47.63	46.46	49.23	F	50.97	45.86
43 North Vancouver Island	47.17	43.96	51.36E	F	47.51	51.17
51 Northwest	45.89	39.91	52.75	F	48.91	41.64
11 East Kootenay	45.88	39.97	52.79	F	50.54	45.11
23 Fraser South	44.23	39.49	50.17	52.10	41.89	43.44
31 Richmond	43.13	42.69	43.65	F	45.26	42.88
22 Fraser North	42.17	38.46	46.58	34.17E	44.93	42.03
52 Northern Interior	37.96	36.74	39.44	F	37.81	42.74
21 Fraser East	34.01	29.19	39.91	F	26.46	42.01
British Columbia	**48.92**	**45.76***	**52.78**	**45.42**	**48.76**	**50.22**
Canada	**44.44**	**41.34***	**48.04**	**41.79†**	**43.37‡**	**46.31**

* males differ significantly from females.
† 15 to 24 age group differs significantly from 25 to 44 age group.
‡ 45 to 75 age group differs significantly from 25 to 44 age group.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

CCHS Question: At or near your place of work, do you have access to a gym or physical fitness facilities?

Key Points

At the national level:

- Male respondents (ages 15 to 75) have a significantly lower rate of having access to a gym or physical fitness facilities at work than their female cohort.
- Younger respondents (ages 15 to 24) have a significantly lower rate than the ages 25 to 44 cohort.
- Older respondents (ages 45 to 75) have a significantly lower rate than the ages 25 to 44 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, all age or gender cohorts analyzed, except the ages 15 to 24 cohort, are significantly higher.
- Male respondents (ages 15 to 75) have a significantly lower rate than the females 15 to 75 cohort.
- Younger respondents (ages 15 to 24) have no significantly different rate than the ages 25 to 44 cohort.
- Older respondents (ages 45 to 75) have no significantly different rate than the ages 25 to 44 cohort.

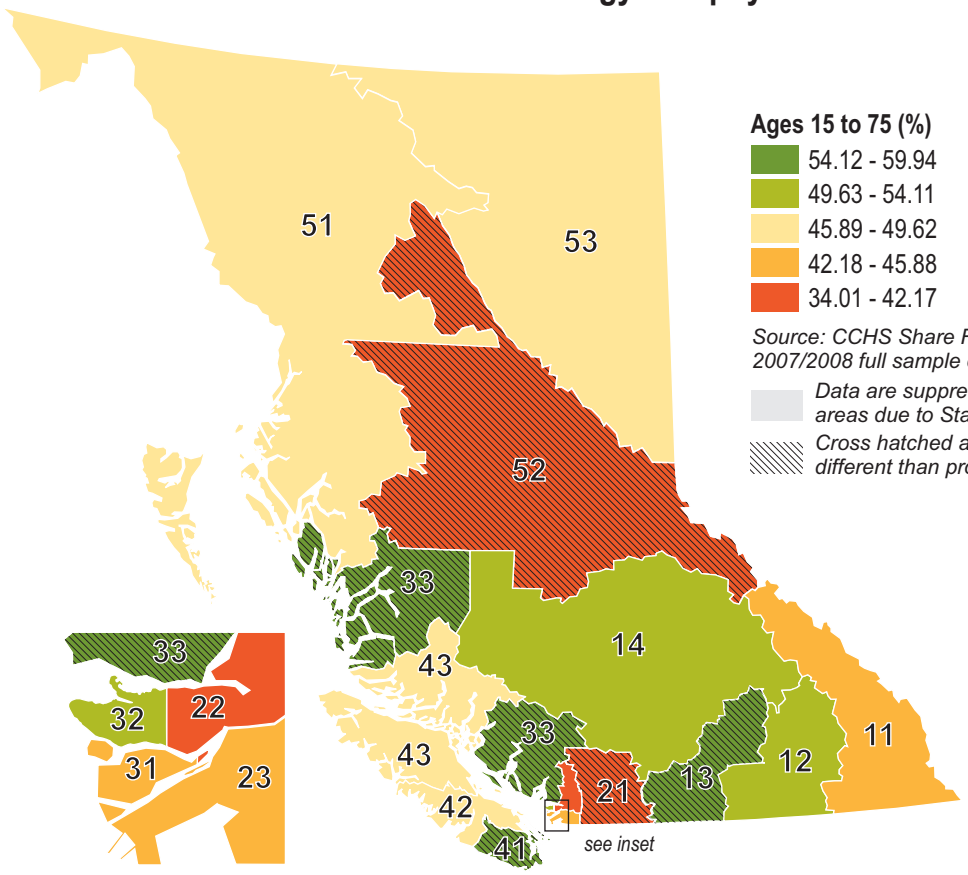
At the HSDA level:

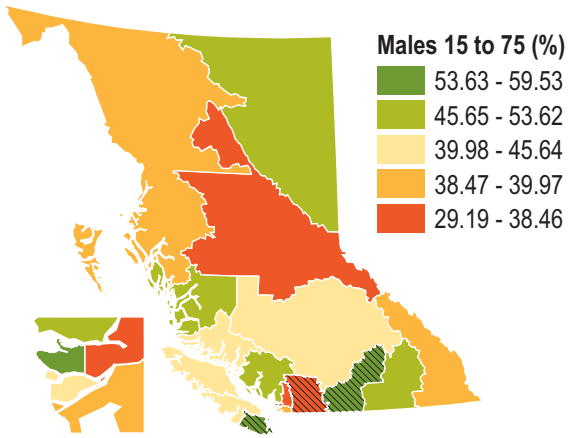
- The largest range in values among HSDAs (38.14 percentage points) occurs in respondents ages 45 to 75, while the smallest range in values (20.12 percentage points) occurs in respondents ages 25 to 44.
- For all respondents, there are 3 HSDAs (Okanagan, North Shore/Coast Garibaldi and South Vancouver Island) significantly higher, and there are 2 HSDAs (Fraser East and Northern Interior) significantly lower than the provincial rate.
- For male respondents (ages 15 to 75), there are 2 HSDAs (Okanagan and South Vancouver Island) significantly higher, and there is one HSDA (Fraser East) significantly lower than the provincial rate.
- For female respondents (ages 15 to 75), there are 2 HSDAs (Okanagan and North Shore/Coast Garibaldi) significantly higher, and there are 2 HSDAs (Fraser East and Northern Interior) significantly lower than the provincial rate.
- For younger respondents (ages 15 to 24), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For older respondents (ages 45 to 75), there is one HSDA (Okanagan) significantly higher, and there are 2 HSDAs (Fraser East and Northern Interior) significantly lower than the provincial rate.
- For the mid age respondents (ages 25 to 44), there is one HSDA (South Vancouver Island) significantly higher, and no HSDA is significantly lower than the provincial rate.

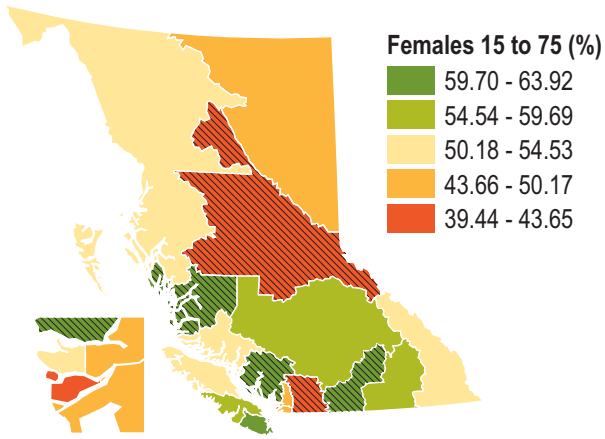
Within HSDAs:

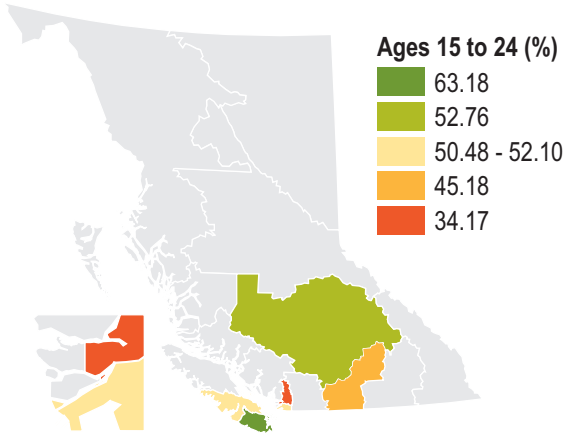
- For male respondents (ages 15 to 75), no HSDA is significantly higher, and no HSDA is significantly lower than its respective female cohort.
- For younger respondents (ages 15 to 24), no HSDA is significantly higher, and no HSDA is significantly lower than its respective ages 25 to 44 cohort.
- For older respondents (ages 45 to 75), no HSDA is significantly higher, and no HSDA is significantly lower than its respective ages 25 to 44 cohort.

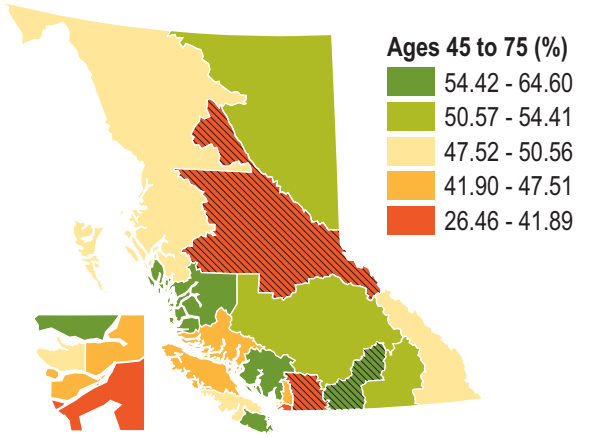
Has access to a gym or physical fitness facilities at or near work











Has access to a pleasant place to walk, jog, bicycle or rollerblade at or near work

Health Service Delivery Area	All respondents 15 to 75 (%)	Males 15 to 75 (%)	Females 15 to 75 (%)	Ages 15 to 24 (%)	Ages 45 to 75 (%)	Ages 25 to 44 (%)
41 South Vancouver Island	76.95	75.77	78.28	73.03	83.08	72.64
33 North Shore/Coast Garibaldi	75.68	69.10*	84.62	71.62	71.42	82.42
43 North Vancouver Island	75.20	72.92	78.22	F	72.04	80.34
42 Central Vancouver Island	74.98	65.39*	86.03	68.13	78.21	73.99
12 Kootenay Boundary	72.43	70.18	75.05	F	65.60	77.55
14 Thompson Cariboo Shuswap	70.44	62.83*	78.83	69.31	69.52	72.09
13 Okanagan	69.88	64.39	76.86	50.74E	76.23	71.22
32 Vancouver	69.80	68.10	71.94	70.96	60.56‡	75.34
11 East Kootenay	64.75	60.04	70.30	F	57.23	68.90
51 Northwest	60.51	54.86	67.00	F	62.85	58.81
23 Fraser South	59.36	52.65*	67.71	67.70	59.69	56.39
22 Fraser North	58.86	56.29	61.85	59.28	61.16	56.72
53 Northeast	55.83	56.03	55.56	F	66.01	50.56
31 Richmond	53.94	49.13	59.58	F	52.85	55.05
52 Northern Interior	53.93	45.77	63.88	45.35E	52.88	58.92
21 Fraser East	46.60	39.81	54.94	45.94	42.27	50.54
British Columbia	**65.08**	**60.37***	**70.78**	**63.07**	**65.07**	**65.74**
Canada	**58.53**	**54.56***	**63.15**	**57.40**	**58.64**	**58.84**

* males differ significantly from females.
† 15 to 24 age group differs significantly from 25 to 44 age group.
‡ 45 to 75 age group differs significantly from 25 to 44 age group.

Cross-hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross-hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤coefficient of variation ≤33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

CCHS Question: At or near your place of work, do you have access to a pleasant place to walk, jog, bicycle or rollerblade?

Key Points

At the national level:

- Male respondents (ages 15 to 75) have a significantly lower rate of having access to a pleasant place to walk/jog/bicycle/rollerblade at or near work than their female cohort.
- Younger respondents (ages 15 to 24) have no significantly different rate than the ages 25 to 44 cohort.
- Older respondents (ages 45 to 75) have no significantly different rate than the ages 25 to 44 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, all age and gender cohorts analyzed, except respondents ages 15 to 24, are significantly higher.
- Male respondents (ages 15 to 75) have a significantly lower rate than the females 15 to 75 cohort.
- Younger respondents (ages 15 to 24) have no significantly different rate than the ages 25 to 44 cohort.
- Older respondents (ages 45 to 75) have no significantly different rate than the ages 25 to 44 cohort.

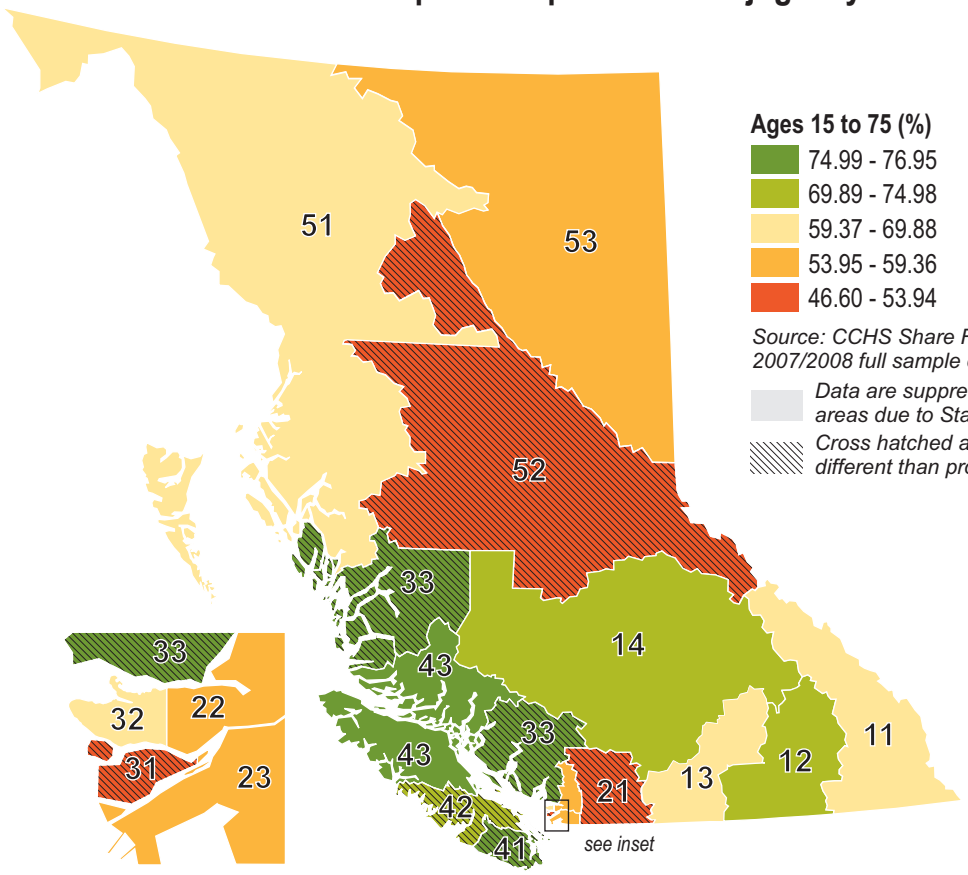
At the HSDA level:

- The largest range in values among HSDAs (40.81 percentage points) occurs in respondents ages 45 to 75, while the smallest range in values (27.68 percentage points) occurs in respondents ages 15 to 24; however, 6 HSDAs had insufficient data for comparison.
- For all respondents, there are 3 HSDAs (North Shore/Coast Garibaldi, South Vancouver Island and Central Vancouver Island) significantly higher, and there are 3 HSDAs (Fraser East, Richmond and Northern Interior) significantly lower than the provincial rate.
- For male respondents (ages 15 to 75), there is one HSDA (South Vancouver Island) significantly higher, and there are 2 HSDAs (Fraser East and Northern Interior) significantly lower than the provincial rate.
- For female respondents (ages 15 to 75), there are 4 HSDAs (Thompson Cariboo Shuswap, North Shore/Coast Garibaldi, South Vancouver Island and Central Vancouver Island) significantly higher, and there are 3 HSDAs (Fraser East, Fraser North and Northeast) significantly lower than the provincial rate.
- For younger respondents (ages 15 to 24), no HSDA is significantly higher, and there is one HSDA (Fraser East) significantly lower than the provincial rate.
- For older respondents (ages 45 to 75), there are 3 HSDAs (Okanagan, South Vancouver Island and Central Vancouver Island) significantly higher, and there are 2 HSDAs (Fraser East and Northern Interior) significantly lower than the provincial rate.
- For the mid age respondents (ages 25 to 44), there are 3 HSDAs (Vancouver, North Shore/Coast Garibaldi and North Vancouver Island) significantly higher, and there are 2 HSDAs (Fraser East and Northeast) significantly lower than the provincial rate.

Within HSDAs:

- For male respondents (ages 15 to 75), no HSDA is significantly higher, and there are 4 HSDAs (Thompson Cariboo Shuswap, Fraser South, North Shore/Coast Garibaldi and Central Vancouver Island) significantly lower than their respective female cohort.
- For younger respondents (ages 15 to 24), no HSDA is significantly higher, and no HSDA is significantly lower than its respective ages 25 to 44 cohort; however, 6 HSDAs had insufficient data for comparison.
- For older respondents (ages 45 to 75), no HSDA is significantly higher, and there is one HSDA (Vancouver) significantly lower than its respective ages 25 to 44 cohort.

Has access to a pleasant place to walk/jog/bicycle/rollerblade at or near work



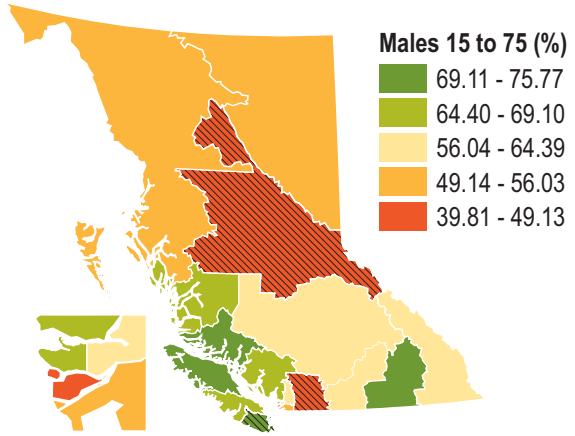
Ages 15 to 75 (%)

- 74.99 - 76.95
- 69.89 - 74.98
- 59.37 - 69.88
- 53.95 - 59.36
- 46.60 - 53.94

Source: CCHS Share File, 2007/2008 full sample cycle 4.1.

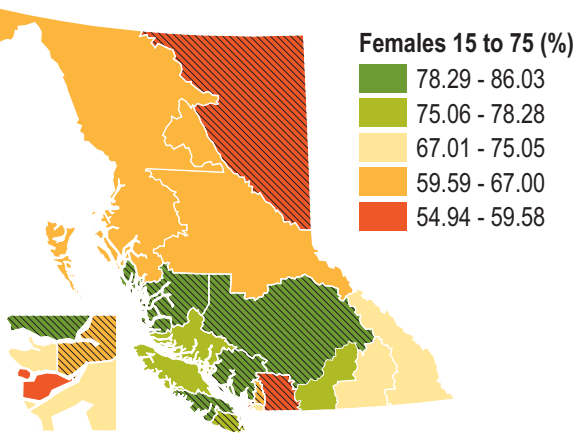
Data are suppressed in grey shaded areas due to StatsCan Rules

Cross hatched areas are significantly different than provincial average



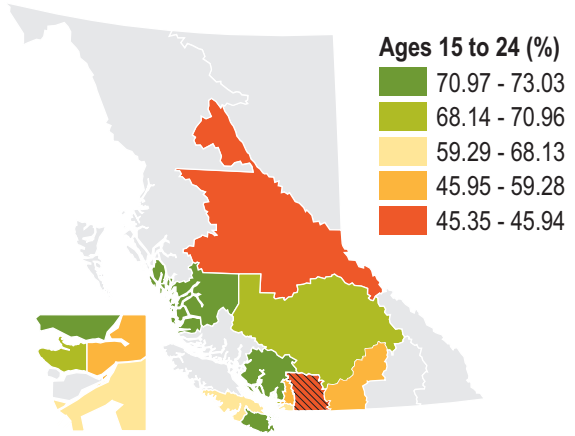
Males 15 to 75 (%)

- 69.11 - 75.77
- 64.40 - 69.10
- 56.04 - 64.39
- 49.14 - 56.03
- 39.81 - 49.13



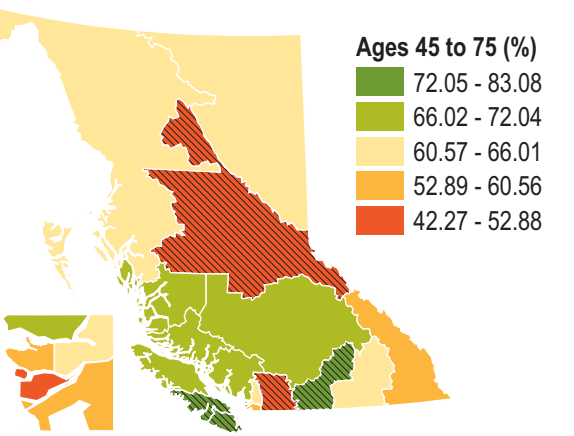
Females 15 to 75 (%)

- 78.29 - 86.03
- 75.06 - 78.28
- 67.01 - 75.05
- 59.59 - 67.00
- 54.94 - 59.58



Ages 15 to 24 (%)

- 70.97 - 73.03
- 68.14 - 70.96
- 59.29 - 68.13
- 45.95 - 59.28
- 45.35 - 45.94



Ages 45 to 75 (%)

- 72.05 - 83.08
- 66.02 - 72.04
- 60.57 - 66.01
- 52.89 - 60.56
- 42.27 - 52.88

Assets index by gender

		Community belonging	Emotional support	Social interaction	Has a regular MD	Improved health last year	Plans to improve health	High school graduate	Bachelor or higher graduate	Employed	Health programs at work	Fitness classes at work	Fitness facilities at work	Walking areas at work	Summary
All Respondents	11 East Kootenay								-1	-1					-2
	12 Kootenay Boundary	1			-1				-1		1	1			1
	13 Okanagan								-1		1	1	1		2
	14 Thompson Cariboo Shuswap						1	-1	-1						-1
	21 Fraser East							-1	-1		-1	-1	-1	-1	-6
	22 Fraser North							1			-1	-1			-1
	23 Fraser South						-1				-1				-2
	31 Richmond		-1	-1					1		-1			-1	-3
	32 Vancouver	-1	-1	-1	-1	1		1	1						-1
	33 North Shore/Coast Garibaldi	1						1				1	1	1	5
	41 South Vancouver Island						1				1	1	1	1	5
	42 Central Vancouver Island		1	1				-1	-1					1	1
	43 North Vancouver Island								-1	-1					-2
	51 Northwest	1	-1	-1	1				-1	-1					-2
	52 Northern Interior				1		1	-1	-1			-1	-1	-1	-3
	53 Northeast	1							-1						0
	British Columbia	1		-1	1		-1				1	1	1	1	4
Male Respondents	11 East Kootenay								-1	-1					-2
	12 Kootenay Boundary	1							-1	-1					-1
	13 Okanagan								-1		1	1	1		2
	14 Thompson Cariboo Shuswap							-1	-1						-2
	21 Fraser East										-1	-1	-1	-1	-4
	22 Fraser North										-1	-1			-2
	23 Fraser South		1	1			-1				-1				0
	31 Richmond		-1	-1				1	1						0
	32 Vancouver	-1	-1	-1	-1	1		1	1						-1
	33 North Shore/Coast Garibaldi	1							1						2
	41 South Vancouver Island						1				1	1	1	1	5
	42 Central Vancouver Island			1	1			-1							1
	43 North Vancouver Island								-1						-1
	51 Northwest		-1	-1		-1			-1	-1		-1			-6
	52 Northern Interior						1		-1			-1		-1	-2
	53 Northeast	1							F						1
	British Columbia	1			1		-1					1	1	1	4
Female Respondents	11 East Kootenay														0
	12 Kootenay Boundary	1			-1				-1			1			0
	13 Okanagan								-1		1	1	1		2
	14 Thompson Cariboo Shuswap						1	-1						1	1
	21 Fraser East								-1		-1	-1	-1	-1	-5
	22 Fraser North					-1						-1		-1	-3
	23 Fraser South														0
	31 Richmond								1		-1				0
	32 Vancouver						-1	1	1						1
	33 North Shore/Coast Garibaldi	1										1	1	1	4
	41 South Vancouver Island						1				1	1		1	4
	42 Central Vancouver Island		1	1					-1					1	2
	43 North Vancouver Island								-1		-1				-2
	51 Northwest	1	-1	-1	1										0
	52 Northern Interior						1	-1			-1	-1	-1		-3
	53 Northeast		-1						-1			-1		-1	-4
	British Columbia	1		-1	1		-1				1	1	1	1	4

+1 HSDA sig. > BC or BC sig. > Canada.

No significant difference.

-1 HSDA sig. < BC or BC sig. < Canada.

F - Data suppressed by Statistics Canada due to small sample size or a high coefficient of variation.

The index score is the aggregate of the “pluses” and “minuses” and is coloured green where positive, beige where zero, and red where negative.

Assets index by age

		Community belonging	Emotional support	Social interaction	Has a regular MD	Improved health last year	Plans to improve health	High school graduate	Bachelor or higher graduate	Employed	Health programs at work	Fitness classes at work	Fitness facilities at work	Walking areas at work	Summary
Younger Respondents	11 East Kootenay						F			-1	F	F	F	F	-1
	12 Kootenay Boundary						F		-1		F	F	F	F	-1
	13 Okanagan						-1								-1
	14 Thompson Cariboo Shuswap						1		-1						0
	21 Fraser East										F	F	F	-1	-1
	22 Fraser North														0
	23 Fraser South														0
	31 Richmond								1		F	F	F	F	1
	32 Vancouver								1		F	F	F		1
	33 North Shore/Coast Garibaldi										F	F	F		0
	41 South Vancouver Island														0
	42 Central Vancouver Island		1	1		1		-1	-1	1	F	F			2
	43 North Vancouver Island		F	F			F		F	F	F	F	F	F	0
	51 Northwest			-1						-1	F	F	F	F	-2
	52 Northern Interior			-1			1		-1		F	F	F		-1
	53 Northeast								-1		F	F	F	F	-1
	British Columbia			-1	1		-1								-1
Older Respondents	11 East Kootenay								F	-1					-1
	12 Kootenay Boundary								F						0
	13 Okanagan					1			-1		1	1	1	1	4
	14 Thompson Cariboo Shuswap	1							F						1
	21 Fraser East							-1	F		-1	-1	-1	-1	-5
	22 Fraser North							1							1
	23 Fraser South		1												1
	31 Richmond								F						0
	32 Vancouver	-1	-1	-1			-1		1						-3
	33 North Shore/Coast Garibaldi							1	1						2
	41 South Vancouver Island					-1	1				1	1		1	3
	42 Central Vancouver Island			1										1	2
	43 North Vancouver Island								F						0
	51 Northwest								F			-1			-1
	52 Northern Interior						1		F		-1	-1	-1	-1	-3
	53 Northeast						1		F	F					1
	British Columbia				1							1	1	1	4
Mid Age Respondents	11 East Kootenay								-1						-1
	12 Kootenay Boundary	1			-1	1	1		-1		1	1			3
	13 Okanagan								-1		1	1			1
	14 Thompson Cariboo Shuswap						1	-1							0
	21 Fraser East	-1							-1		-1	-1		-1	-5
	22 Fraser North							1				-1			0
	23 Fraser South						-1				-1				-2
	31 Richmond		-1	-1					1		-1				-2
	32 Vancouver		-1	-1	-1	1		1	1					1	1
	33 North Shore/Coast Garibaldi	1						1						1	3
	41 South Vancouver Island					1	1				1	1	1		5
	42 Central Vancouver Island		1	1											2
	43 North Vancouver Island								-1					1	0
	51 Northwest	1	-1	-1	1										0
	52 Northern Interior				1			-1							0
	53 Northeast	1							F			-1		-1	-1
	British Columbia	1		-1	1		-1						1	1	2

+1 HSDA sig. > BC or BC sig. > Canada.

No significant difference.

-1 HSDA sig. < BC or BC sig. < Canada.

F - Data suppressed by Statistics Canada due to small sample size or a high coefficient of variation.

The index score is the aggregate of the “pluses” and “minuses” and is coloured green where positive, beige where zero, and red where negative.

Summary of wellness assets

Comparing HSDAs

For all respondents five HSDA's had positive index scores, while 10 had negative scores. North Shore/Coast Garibaldi and South Vancouver Island had the highest scores at +5. Both were significantly above the provincial average for access at or near work to fitness classes, fitness facilities, and pleasant places to walk, run or cycle. Fraser East was the lowest HSDA (-6) followed by the Northern Interior and Richmond (both -3).

For the male cohort, five HSDAs had positive index scores and nine were negative. South Vancouver Island at +5 had the highest score, while the Northwest at -6 had the lowest score. For females, six HSDAs were positive and five were negative. South Vancouver Island and North Shore, both at +4, had the highest scores, and Fraser East had the lowest score at -5. Most with negative scores were significantly below average for indicators related to access to physical activity opportunities at or near work, while for those areas with positive scores, the opposite was the case.

Younger respondents had a narrow range of index scores. Three HSDAs had positive index scores and seven were negative. The highest scoring HSDA was Central Vancouver Island at +2, while the lowest was the Northwest at -2. For older respondents eight HSDAs had positive scores and five were negative. The highest scoring HSDA was Okanagan at +4 followed by South Vancouver Island at +3. The lowest scoring HSDA was Fraser East at -5. This low score was primarily related to being significantly below BC's average for access to physical activity opportunities at or near work.

Geographically, for all respondents, positive patterns occurred for most of Vancouver Island, the southern interior, and for North Shore/Coast Garibaldi. Most of the remainder of BC was negative. For male respondents part of the southern interior was positive, along with the Northeast, most of Vancouver Island and North Shore/Coast Garibaldi. Most of the rest of BC had overall negative scores for males. For female respondents, the north (except Northwest) was negative along with Fraser North and South in the lower mainland, and North Vancouver Island; the south east part of the province was neutral, with the remainder positive overall. For younger respondents, parts of the lower mainland and Central Vancouver Island were positive, with all of the north, south east and southern interior negative. For older respondents, Vancouver and Fraser East were the only areas in the south west that were negative, while the north (except Northeast) and south east were also negative. Much of the rest of BC was positive.

Health Service Delivery Area	All	Male	Female	Younger	Older
41 South Vancouver Island	5	5	4	0	3
33 North Shore/Coast Garibaldi	5	2	4	0	2
13 Okanagan	2	2	2	-1	4
42 Central Vancouver Island	1	1	2	2	2
12 Kootenay Boundary	1	-1	0	-1	0
53 Northeast	0	1	-4	-1	1
32 Vancouver	-1	-1	1	1	-3
22 Fraser North	-1	-2	-3	0	1
14 Thompson Cariboo Shuswap	-1	-2	1	0	1
23 Fraser South	-2	0	0	0	1
43 North Vancouver Island	-2	-1	-2	0	0
11 East Kootenay	-2	-2	0	-1	-1
51 Northwest	-2	-6	0	-2	-1
31 Richmond	-3	0	0	1	0
52 Northern Interior	-3	-2	-3	-1	-3
21 Fraser East	-6	-4	-5	-1	-5
British Columbia	4	4	4	-1	4

Comparing Demographic Cohorts

Compared to the female cohort, males were significantly more likely to be employed but had significantly poorer results for emotional/informational support, having a regular medical doctor, taking action to improve health, intending to improve health and having access to health promoting opportunities at or near work.

Younger respondents were significantly more likely than the mid age cohort to have a strong sense of belonging, to have a regular medical doctor and to have taken action to improve their health, but they were less likely to have intentions to improve health or be employed. Older respondents were significantly more likely than the mid age group to have a strong sense of belonging and a regular medical doctor, but rated significantly lower for indicators related to actions and intentions for health improvement, level of education and employment status.

British Columbia/Canada Comparisons

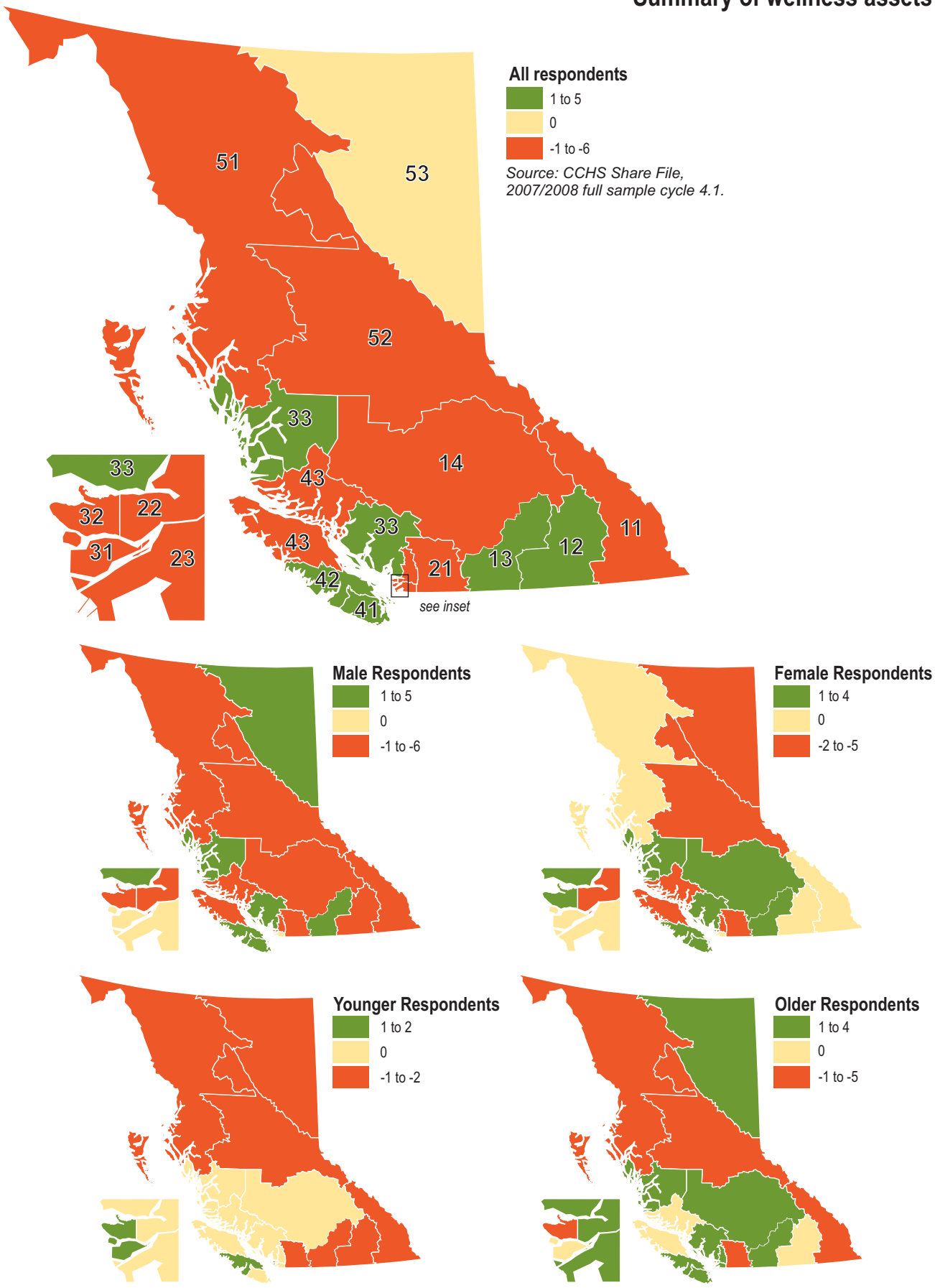
BC respondents had a net positive score of +4 relative to Canadian respondents for this group of indicators. All respondents in BC were significantly more likely to have a strong sense of belonging, a regular doctor, and access to health promoting opportunities at or near the work place. However, BC was significantly below the average of those jurisdictions who opted for the social interaction indicator (BC, Quebec, NS and Nunavut) and for intentions to improve health.

Male and female respondents in BC had net positive scores (+4) when compared to their Canadian peers. Both were significantly more likely than their peers to have a strong sense of belonging in their communities, to have a regular medical doctor, and to have access at or near work to fitness classes, fitness facilities and pleasant walking, jogging or cycling opportunities. They were significantly less likely to report positive social interaction and to have intentions to improve their health. Additionally, females in BC were significantly more likely than females nationally to have access to health improvement programs in the workplace.

Younger respondents in BC had a net negative overall score (-1) when compared to their peers across Canada. Although they ranked significantly above the Canadian average for having a regular medical doctor, they were significantly less likely than their peers nationally to have positive social interaction and to have intentions to improve health.

Older respondents in BC had an overall positive score (+4) when compared with their national peers. They were significantly more likely to have a regular doctor and to have access at or near work to fitness classes, fitness facilities and pleasant walking, jogging and cycling areas.

Summary of wellness assets




WELCOME TO OUR
SMOKE-FREE
ENVIRONMENT
CRD

3

Smoke-free environment and behaviour

This chapter contains a total of 35 maps and eight supporting tables to demonstrate the scope of smoke-free environments and non-smoking behaviour in BC. Reduction in tobacco smoking behaviour continues as one of the key pillars of ActNow BC, and smoking related chronic diseases are still the greatest contributors to health care costs in the province and to premature mortality.

Tobacco smoking behaviour and exposure to environmental tobacco smoke from others present major risks for ill health across all age groups in BC. Furthermore these chronic diseases are preventable by staying clear of environments where smoking tobacco occurs, or by quitting smoking. Those who quit can still realize some reversal of the deleterious effects of tobacco smoke in fairly short order after quitting.

The maps and tables presented in this chapter cover “core” tobacco related indicators which have been presented in the three earlier wellness publications. They include the percentage of respondents who are non-smokers, and living, traveling and working in smoke-free environments, including public places. The standard age cohorts are used except for the work environment, for which the age groups between 15 and 75 years are used, as described in Chapter 1.

The last two tables and five maps highlight those HSDAs that have statistically significantly high or low values for the indicators when compared with the provincial averages for specific demographic groups. All six indicators are combined into a single overall value for each HSDA and by gender and age cohorts and mapped using the five map model. A summary of BC comparisons with Canada values is also provided.

Presently a non-smoker

Health Service Delivery Area	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
31 Richmond	85.76	80.66*	90.56	90.19	90.66	84.12
41 South Vancouver Island	85.21	83.11	87.10	89.27	93.00‡	82.63
33 North Shore/Coast Garibaldi	84.13	81.93	86.22	94.10†	89.18	81.34
32 Vancouver	83.69	78.19*	89.04	94.44†	87.53	81.90
22 Fraser North	83.68	82.60	84.73	90.67†	93.04‡	80.98
21 Fraser East	83.06	81.03	85.06	92.77†	92.24‡	79.16
23 Fraser South	82.89	79.87	85.83	92.65†	91.97‡	79.51
11 East Kootenay	80.96	81.79	80.11	91.67†	87.88‡	77.57
43 North Vancouver Island	78.20	77.08	79.26	93.33†	88.55‡	72.85
13 Okanagan	78.17	76.70	79.56	82.43	87.99‡	74.35
51 Northwest	77.45	77.90	76.96	82.02	92.47‡	74.13
52 Northern Interior	77.18	75.95	78.44	89.19†	86.54‡	73.48
12 Kootenay Boundary	76.14	67.15*	85.44	86.82	88.75‡	71.18
42 Central Vancouver Island	75.59	74.98	76.17	85.67	90.12‡	69.45
14 Thompson Cariboo Shuswap	75.23	71.59	78.89	84.47	82.79	71.81
53 Northeast	73.49	76.67	70.07	71.15E	91.85‡	71.72
British Columbia	**81.64**	**79.03***	**84.17**	**89.83†**	**89.93‡**	**78.58**
Canada	**78.36**	**75.55***	**81.08**	**88.50†**	**89.46‡**	**74.41**

* males differ significantly from females.
† 12 to 19 age group differs significantly from 20 to 64 age group.
‡ 65+ age group differs significantly from 20 to 64 age group.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

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

Key Points

At the national level:

- Male respondents (ages 12+) have a significantly lower rate of presently being a non-smoker than their female cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly higher rate than the ages 20 to 64 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, all respondents ages 12+ are significantly higher, male respondents ages 12+ are significantly highert, female respondents ages 12+ are significantly higher, respondents ages 12 to 19 are not significantly different, respondents ages 65+ are not significantly different, and respondents ages 20 to 64 are significantly higher.
- Male respondents (ages 12+) have a significantly lower rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly higher rate than the ages 20 to 64 cohort.

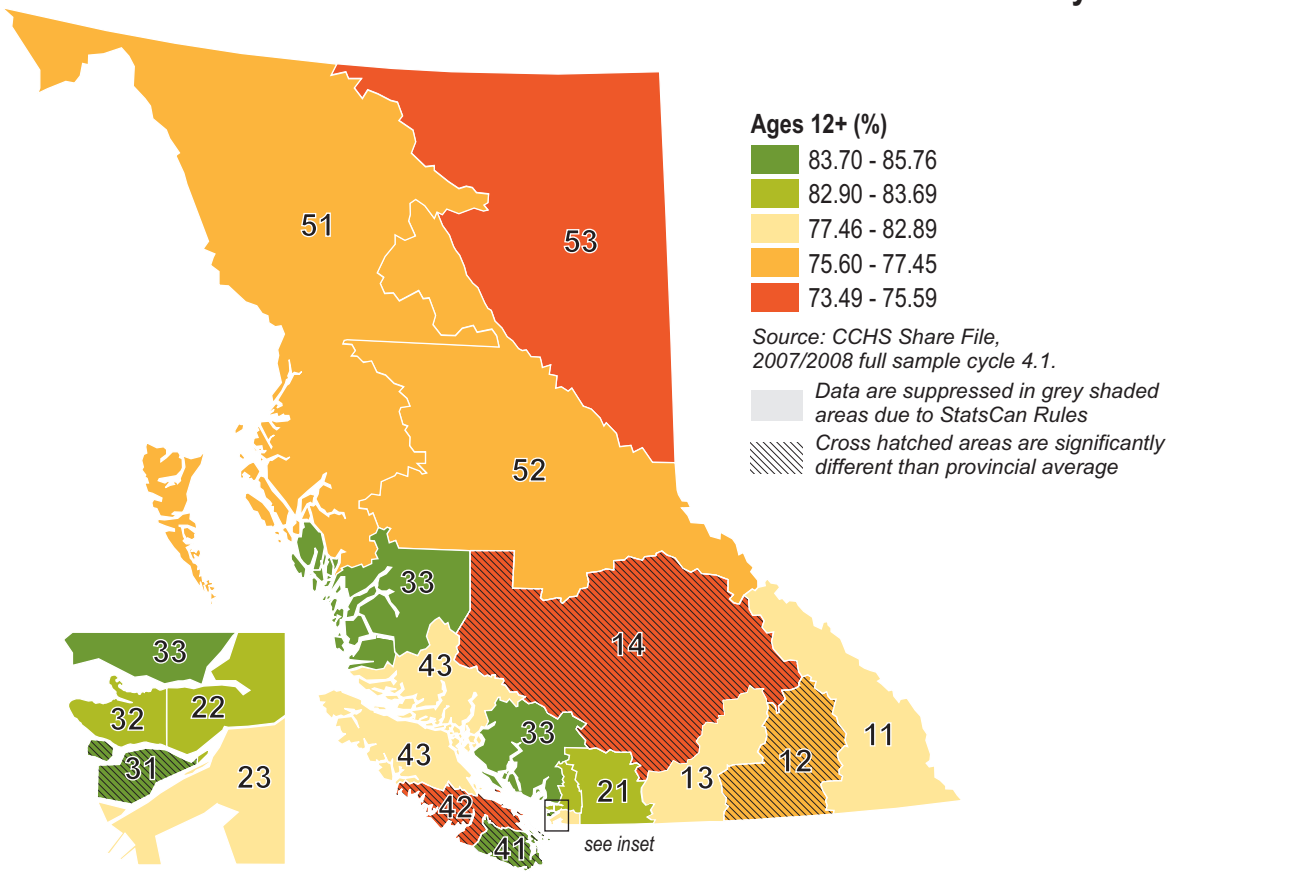
At the HSDA level:

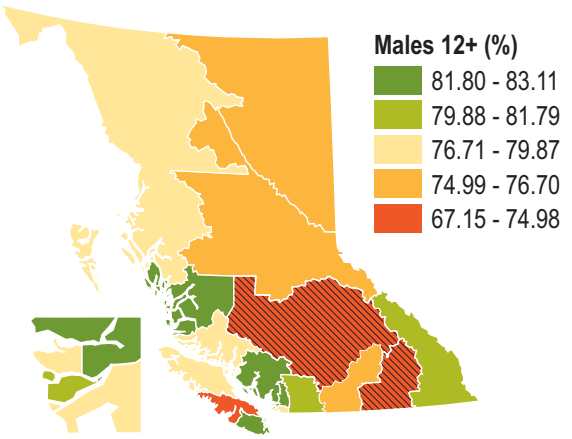
- The largest range in values among HSDAs (23.29 percentage points) occurs in respondents ages 12 to 19, while the smallest range in values (10.25 percentage points) occurs in respondents ages 65+.
- For all respondents, there are 2 HSDAs (Richmond and South Vancouver Island) significantly higher, and there are 3 HSDAs (Kootenay Boundary, Thompson Cariboo Shuswap and Central Vancouver Island) significantly lower than the provincial rate.
- For male respondents (ages 12+), no HSDA is significantly higher, and there are 2 HSDAs (Kootenay Boundary and Thompson Cariboo Shuswap) significantly lower than the provincial rate.
- For female respondents (ages 12+), there are 2 HSDAs (Richmond and Vancouver) significantly higher, and there are 3 HSDAs (Central Vancouver Island, Northwest and Northeast) significantly lower than the provincial rate.
- For younger respondents (ages 12 to 19), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For older respondents (ages 65+), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For the mid age respondents (ages 20 to 64), there is one HSDA (Richmond) significantly higher, and there are 3 HSDAs (Kootenay Boundary, Thompson Cariboo Shuswap and Central Vancouver Island) significantly lower than the provincial rate.

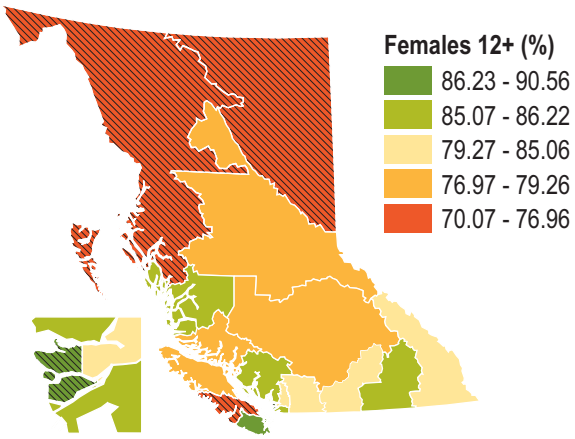
Within HSDAs:

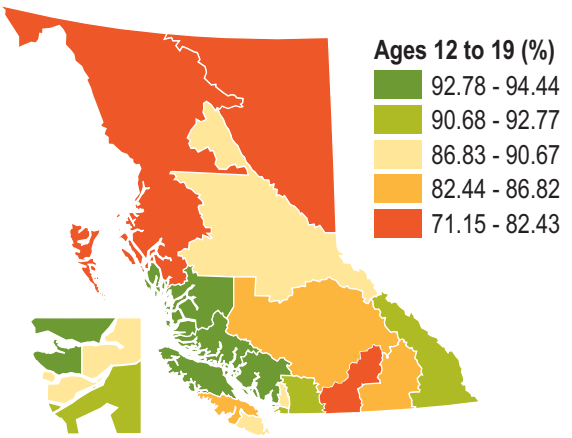
- For male respondents (ages 12+), no HSDA is significantly higher, and there are 3 HSDAs (Kootenay Boundary, Richmond and Vancouver) significantly lower than their respective female cohort.
- For younger respondents (ages 12 to 19), there are 8 HSDAs (East Kootenay, Fraser East, Fraser North, Fraser South, Vancouver, North Shore/Coast Garibaldi, North Vancouver Island and Northern Interior) significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.
- For older respondents (ages 65+), only 4 HSDAs (Richmond, North Shore/Coast Gaibaldi, Vancouver and Thompson Cariboo Shuswap) are not significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.

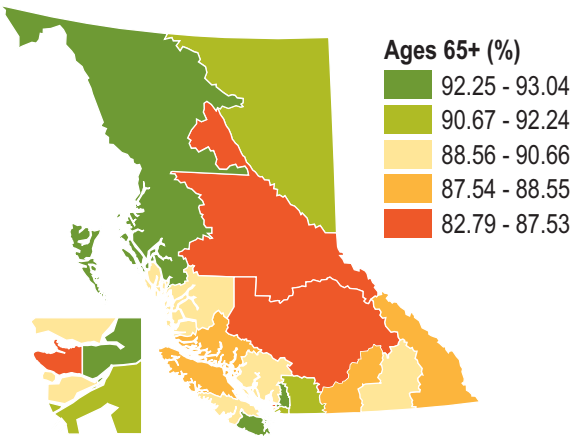
Presently a non-smoker











Smoke-free home environment

Health Service Delivery Area	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
33 North Shore/Coast Garibaldi	95.09	94.19	95.94	92.75	93.94	95.75
32 Vancouver	94.95	95.29	94.64	92.90	92.31	95.65
41 South Vancouver Island	94.53	93.44	95.51	91.53	98.21‡	94.02
31 Richmond	93.60	93.86	93.36	82.80†	92.08	95.55
23 Fraser South	93.37	92.24	94.48	85.23†	95.14	94.51
22 Fraser North	92.78	93.39	92.19	81.54†	98.25‡	93.66
43 North Vancouver Island	92.49	92.43	92.54	85.26	93.80	93.55
13 Okanagan	92.40	92.69	92.12	91.71	97.11‡	91.03
42 Central Vancouver Island	91.57	91.48	91.66	83.39	94.48	92.16
21 Fraser East	91.09	90.08	92.07	81.78	99.46‡	91.06
12 Kootenay Boundary	90.90	88.33	93.49	88.98	90.66	91.28
51 Northwest	89.41	89.46	89.36	81.15	93.85	90.43
52 Northern Interior	86.91	84.36	89.52	93.47	93.18‡	84.71
14 Thompson Cariboo Shuswap	86.28	85.40	87.16	79.11	86.01	87.60
11 East Kootenay	86.01	84.60	87.43	86.58	91.04	84.71
53 Northeast	83.92	86.34	81.32	62.81E	91.39	87.15
British Columbia	**92.45**	**92.00**	**92.87**	**86.09†**	**94.83‡**	**92.97**
Canada	**86.90**	**86.11***	**87.66**	**80.34†**	**92.33‡**	**86.92**

* males differ significantly from females.
† 12 to 19 age group differs significantly from 20 to 64 age group.
‡ 65+ age group differs significantly from 20 to 64 age group.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

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 national level:

- Male respondents (ages 12+) have a significantly lower rate of having a smoke-free home environment than their female cohort.
- Younger respondents (ages 12 to 19) have a significantly lower rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly higher rate than the ages 20 to 64 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, all age and gender cohorts analyzed are significantly higher.
- Male respondents (ages 12+) have no significantly different rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly lower rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly higher rate than the ages 20 to 64 cohort.

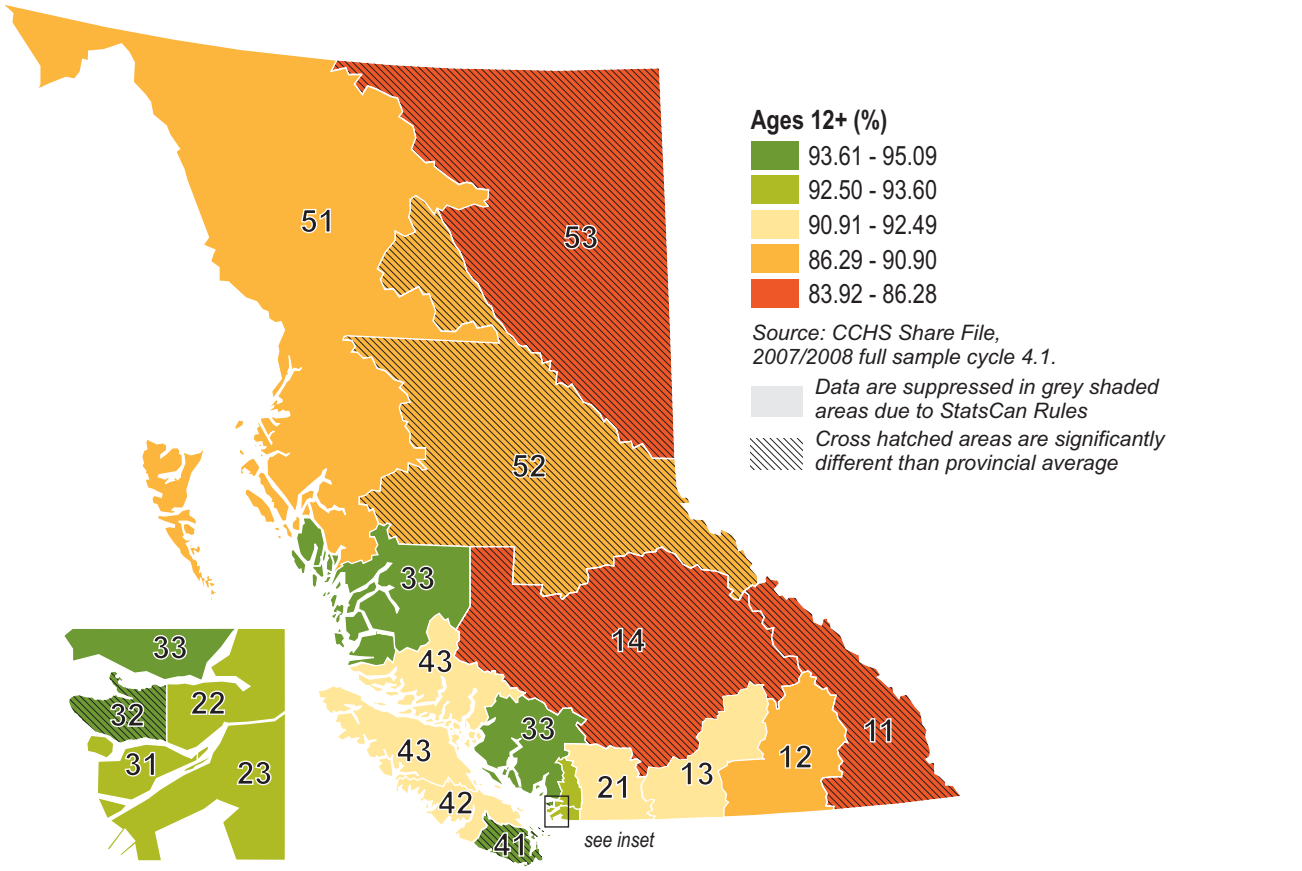
At the HSDA level:

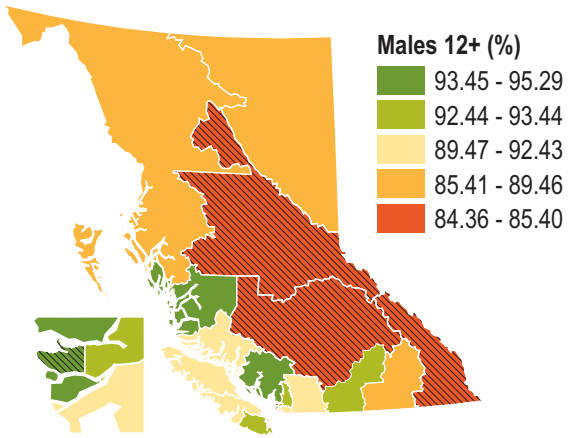
- The largest range in values among HSDAs (30.66 percentage points) occurs in respondents ages 12 to 19, while the smallest range in values (10.93 percentage points) occurs in male respondents ages 12+.
- For all respondents, there are 2 HSDAs (Vancouver and South Vancouver Island) significantly higher, and there are 4 HSDAs (East Kootenay, Thompson Cariboo Shuswap, Northern Interior and Northeast) significantly lower than the provincial rate.
- For male respondents (ages 12+), there is one HSDA (Vancouver) significantly higher, and there are 3 HSDAs (East Kootenay, Thompson Cariboo Shuswap and Northern Interior) significantly lower than the provincial rate.
- For female respondents (ages 12+), no HSDA is significantly higher, and there are 3 HSDAs (East Kootenay, Thompson Cariboo Shuswap and Northeast) significantly lower than the provincial rate.
- For younger respondents (ages 12 to 19), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For older respondents (ages 65+), there are 3 HSDAs (Fraser East, Fraser North and South Vancouver Island) significantly higher, and there is one HSDA (Thompson Cariboo Shuswap) significantly lower than the provincial rate.
- For the mid age respondents (ages 20 to 64), there is one HSDA (Vancouver) significantly higher, and there are 4 HSDAs (East Kootenay, Thompson Cariboo Shuswap, Northern Interior and Northeast) significantly lower than the provincial rate.

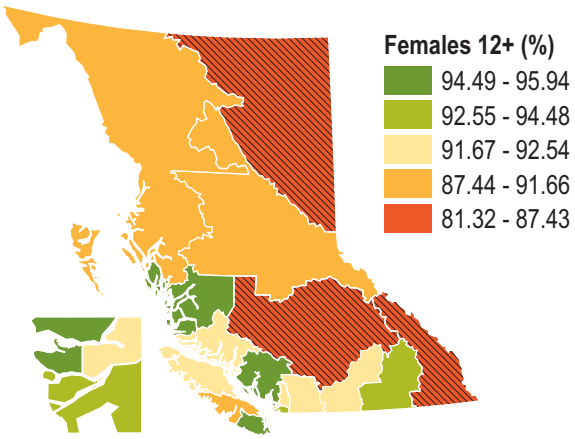
Within HSDAs:

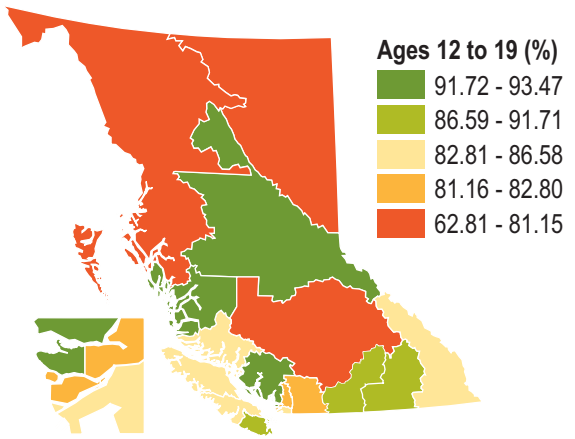
- For male respondents (ages 12+), no HSDA is significantly higher, and no HSDA is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19), no HSDA is significantly higher, and there are 3 HSDAs (Fraser North, Fraser South and Richmond) significantly lower than their respective ages 20 to 64 cohort.
- For older respondents (ages 65+), there are 5 HSDAs (Okanagan, Fraser East, Fraser North, South Vancouver Island and Northern Interior) significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.

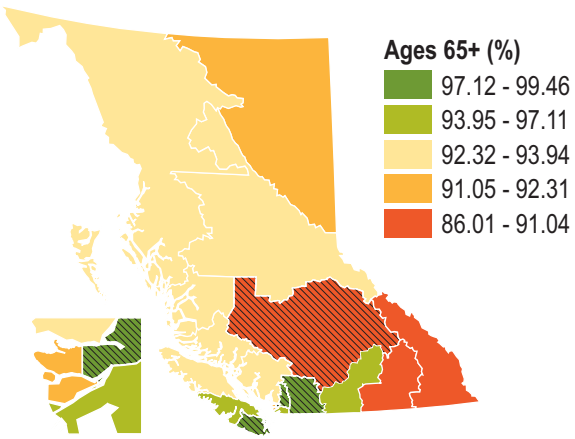
Smoke-free home environment











Some restriction against smoking cigarettes at home

Health Service Delivery Area	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
33 North Shore/Coast Garibaldi	85.89	82.89	88.75	83.00	79.90	87.73
43 North Vancouver Island	85.81	85.90	85.72	81.18	79.97	88.06
13 Okanagan	84.88	83.72	85.99	84.81	83.74	85.25
41 South Vancouver Island	84.77	82.41	86.88	82.41	85.01	85.02
42 Central Vancouver Island	84.51	83.48	85.52	81.66	82.24	85.69
21 Fraser East	83.94	80.18	87.61	79.49	86.61	84.18
23 Fraser South	83.89	82.36	85.39	77.90	84.81	84.77
12 Kootenay Boundary	82.62	79.13	86.21	69.13	77.87	86.00
14 Thompson Cariboo Shuswap	80.40	77.70	83.10	73.56	75.21	82.83
22 Fraser North	80.38	78.56	82.18	78.46	79.75	80.79
51 Northwest	80.27	77.25	83.53	73.59	68.97	83.39
11 East Kootenay	79.15	73.17*	85.32	81.80	81.51	78.16
31 Richmond	78.79	74.41	82.93	70.32	70.07	81.80
52 Northern Interior	77.50	75.96	79.10	79.32	78.51	77.01
53 Northeast	75.03	77.59	72.30	59.30E	71.34	78.36
32 Vancouver	64.32	64.88	63.78	60.06	56.01	66.19
British Columbia	**80.00**	**78.27***	**81.69**	**76.73†**	**78.07‡**	**80.92**
Canada	**73.69**	**72.09***	**75.24**	**72.17†**	**70.27‡**	**74.63**

* males differ significantly from females.
† 12 to 19 age group differs significantly from 20 to 64 age group.
‡ 65+ age group differs significantly from 20 to 64 age group.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

CCHS Question: Are there any restrictions against smoking cigarettes in your home?

Key Points

At the national level:

- Male respondents (ages 12+) have a significantly lower rate of having some restriction against smoking cigarettes in their home than their female cohort.
- Younger respondents (ages 12 to 19) have a significantly lower rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly lower rate than the ages 20 to 64 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, all age and gender cohorts analyzed are significantly higher.
- Male respondents (ages 12+) have a significantly lower rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly lower rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly lower rate than the ages 20 to 64 cohort.

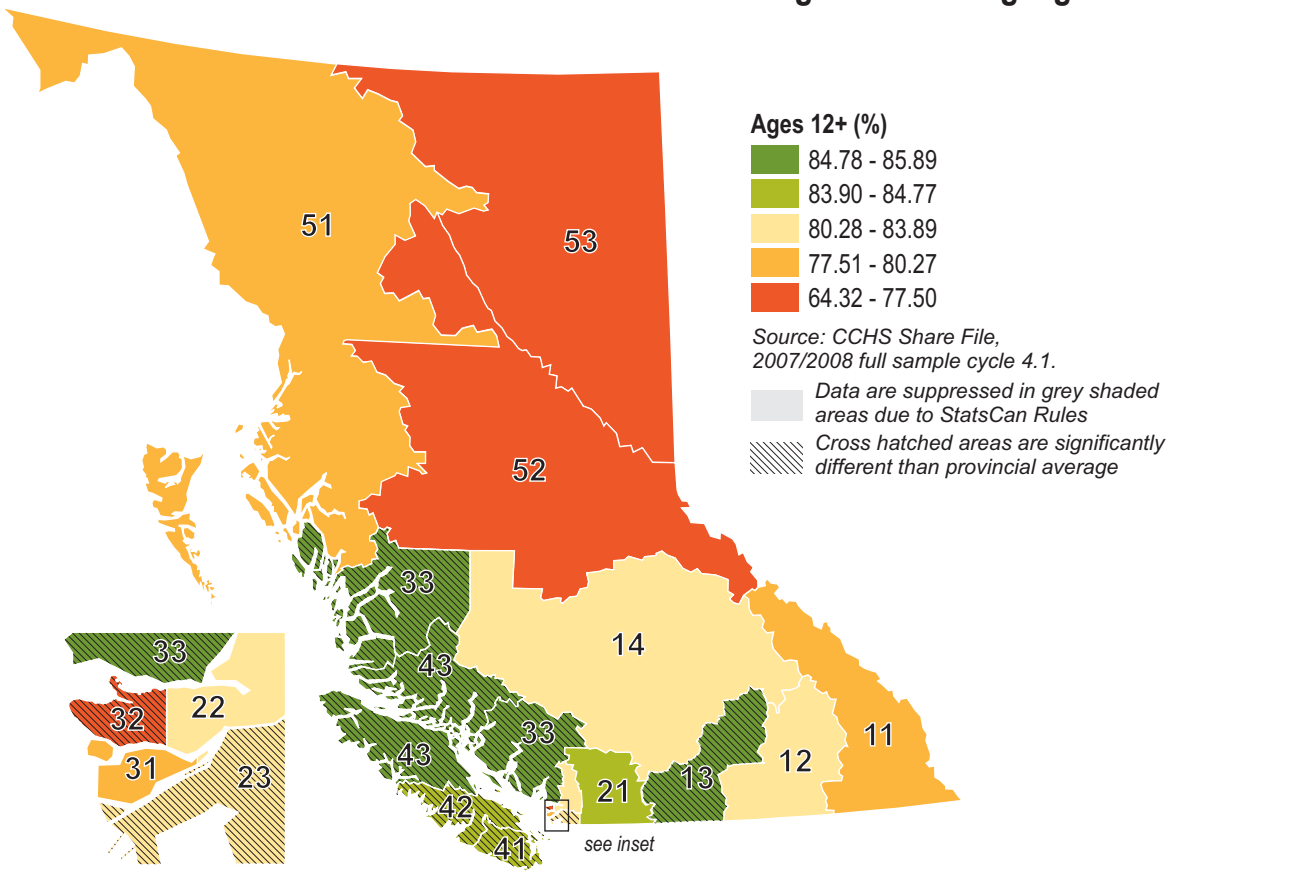
At the HSDA level:

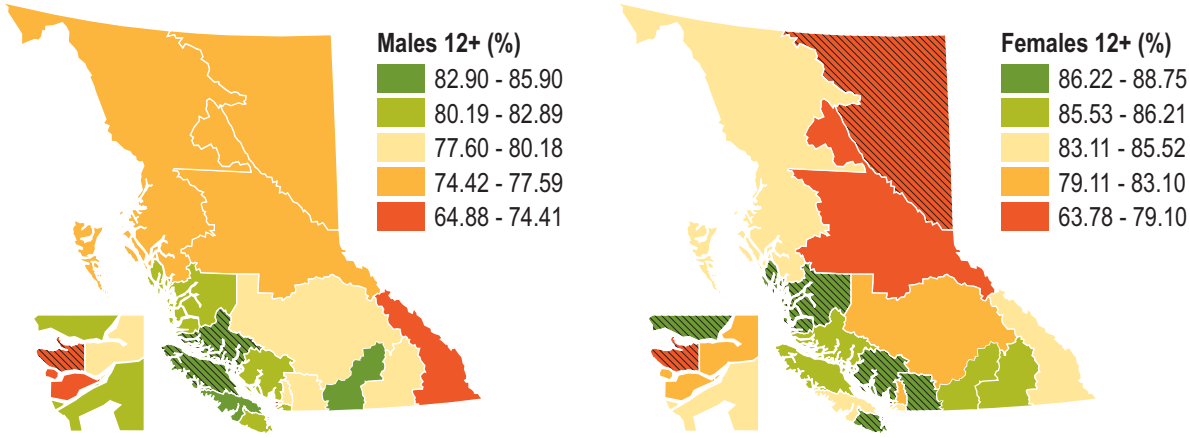
- The largest range in values among HSDAs (30.60 percentage points) occurs in respondents ages 65+, while the smallest range in values (21.02 percentage points) occurs in male respondents 12+.
- For all respondents, there are 6 HSDAs (Okanagan, Fraser South, North Shore/Coast Garibaldi, South Vancouver Island, Central Vancouver Island and North Vancouver Island) significantly higher, and there is one HSDA (Vancouver) significantly lower than the provincial rate.
- For male respondents (ages 12+), there is one HSDA (North Vancouver Island) significantly higher, and there is one HSDA (Vancouver) significantly lower than the provincial rate.
- For female respondents (ages 12+), there are 3 HSDAs (Fraser East, North Shore/Coast Garibaldi and South Vancouver Island) significantly higher, and there are 2 HSDAs (Vancouver and Northeast) significantly lower than the provincial rate.
- For younger respondents (ages 12 to 19), no HSDA is significantly higher, and there is one HSDA (Vancouver) significantly lower than the provincial rate.
- For older respondents (ages 65+), there are 2 HSDAs (Fraser South and South Vancouver Island) significantly higher, and there is one HSDA (Vancouver) significantly lower than the provincial rate.
- For the mid age respondents (ages 20 to 64), there are 3 HSDAs (North Shore/Coast Garibaldi, South Vancouver Island and North Vancouver Island) significantly higher, and there is one HSDA (Vancouver) significantly lower than the provincial rate.

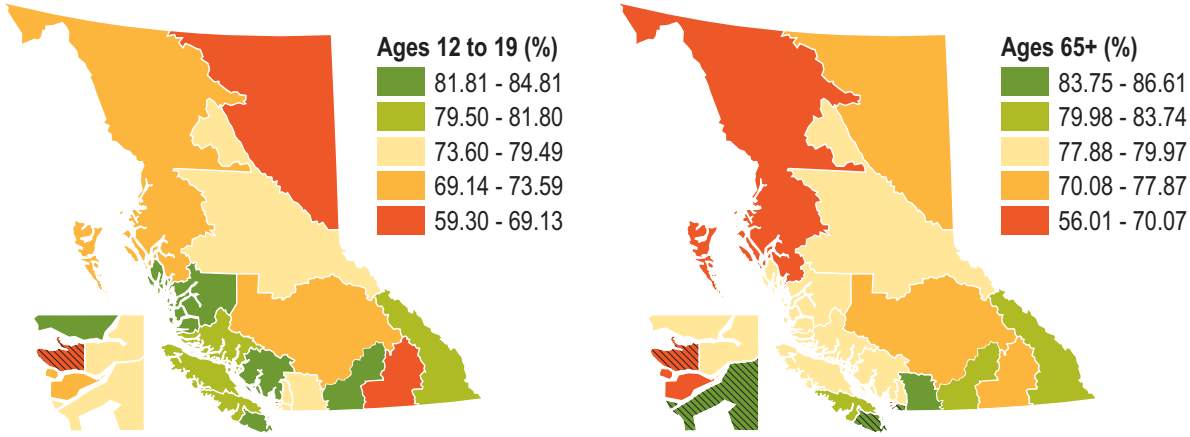
Within HSDAs:

- For male respondents (ages 12+), no HSDA is significantly higher, and there is one HSDA (East Kootenay) significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19), no HSDA is significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.
- For older respondents (ages 65+), no HSDA is significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.

Some restriction against smoking cigarettes at home







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

Health Service Delivery Area	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
42 Central Vancouver Island	93.08	92.70	93.44	92.61	95.20	92.34
31 Richmond	92.26	93.03	91.62	89.61	95.79	91.89
23 Fraser South	91.48	89.65	93.14	86.50	96.25	91.48
21 Fraser East	91.30	88.91	93.51	89.04	97.56‡	90.16
43 North Vancouver Island	91.10	89.59	92.53	87.55	97.40	89.99
13 Okanagan	90.40	88.62	92.03	88.29	93.34	89.69
41 South Vancouver Island	89.60	87.89	91.05	86.00	96.19‡	88.23
51 Northwest	89.41	90.81	87.89	76.03	97.50	90.72
53 Northeast	87.75	87.32	88.26	83.39	96.91	87.14
22 Fraser North	87.71	88.41	87.04	79.72	92.85	88.09
14 Thompson Cariboo Shuswap	87.55	84.92	89.94	76.58	98.62‡	86.59
11 East Kootenay	87.17	84.13	90.34	91.79	92.95	84.71
12 Kootenay Boundary	86.91	86.20	87.48	73.73	90.73	88.24
32 Vancouver	86.80	87.69	86.04	85.30	95.62‡	85.34
33 North Shore/Coast Garibaldi	84.50	84.49	84.50	71.07	94.09‡	84.63
52 Northern Interior	84.47	83.49	85.45	82.72	91.42	83.54
British Columbia	**89.04**	**88.31**	**89.69**	**84.19†**	**95.18‡**	**88.40**
Canada	**89.43**	**88.70***	**90.08**	**81.16†**	**96.04‡**	**89.44**

* males differ significantly from females.
† 12 to 19 age group differs significantly from 20 to 64 age group.
‡ 65+ age group differs significantly from 20 to 64 age group.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

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 national level:

- Male respondents (ages 12+) have a significantly lower rate of being in a smoke-free environment in frequented public places in the past month than their female cohort.
- Younger respondents (ages 12 to 19) have a significantly lower rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly higher rate than the ages 20 to 64 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, no age or gender cohort analyzed is significantly different.
- Male respondents (ages 12+) have no significantly different rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly lower rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly higher rate than the ages 20 to 64 cohort.

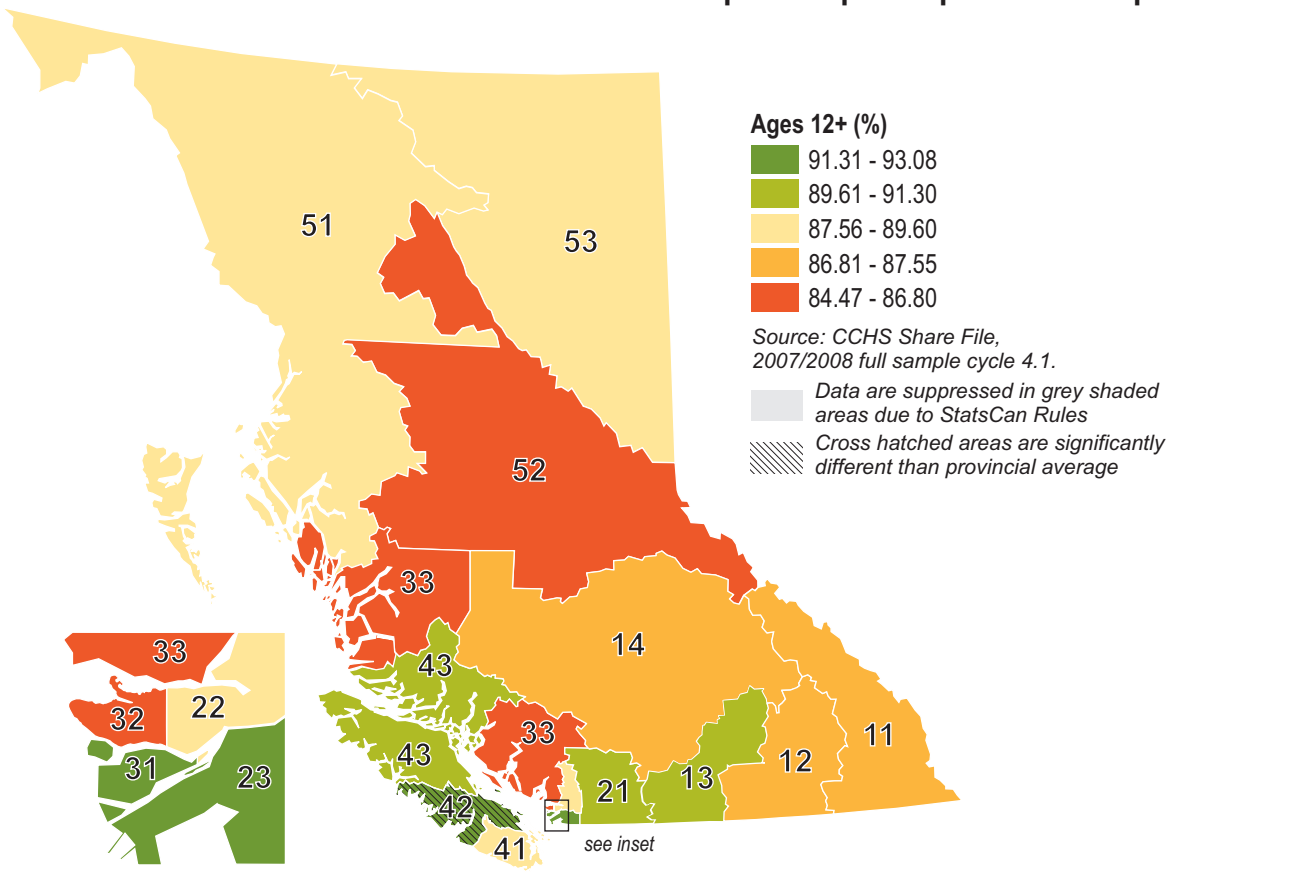
At the HSDA level:

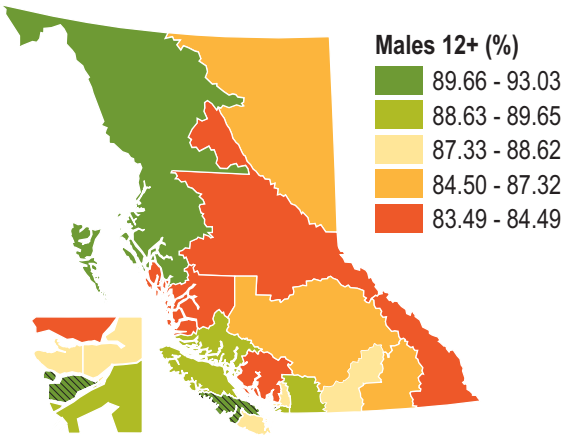
- The largest range in values among HSDAs (21.54 percentage points) occurs in respondents ages 12 to 19, while the smallest range in values (7.89 percentage points) occurs in respondents ages 65+.
- For all respondents, there is one HSDA (Central Vancouver Island) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For male respondents (ages 12+), there are 2 HSDAs (Richmond and Central Vancouver Island) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For female respondents (ages 12+), there is one HSDA (Fraser South) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For younger respondents (ages 12 to 19), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For older respondents (ages 65+), there is one HSDA (Thompson Cariboo Shuswap) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For the mid age respondents (ages 20 to 64), there is one HSDA (Central Vancouver Island) significantly higher, and no HSDA is significantly lower than the provincial rate.

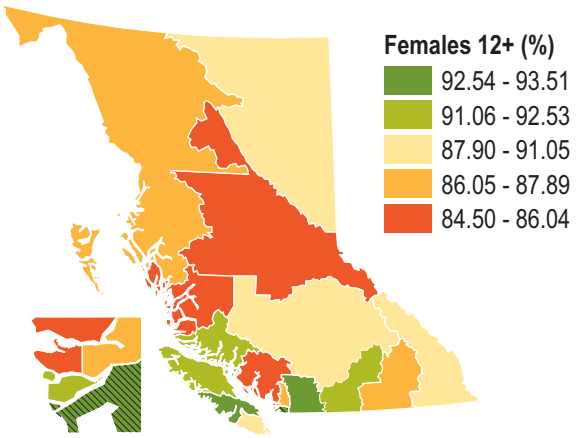
Within HSDAs:

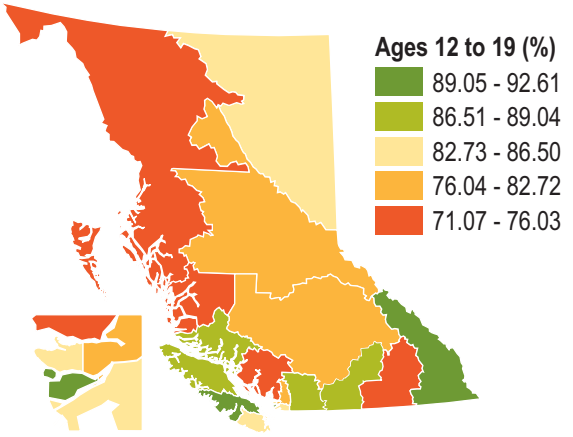
- For male respondents (ages 12+), no HSDA is significantly higher, and no HSDA is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19), no HSDA is significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.
- For older respondents (ages 65+), there are 5 HSDAs (Thompson Cariboo Shuswap, Fraser East, Vancouver, North Shore/Coast Garibaldi and South Vancouver Island) significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.

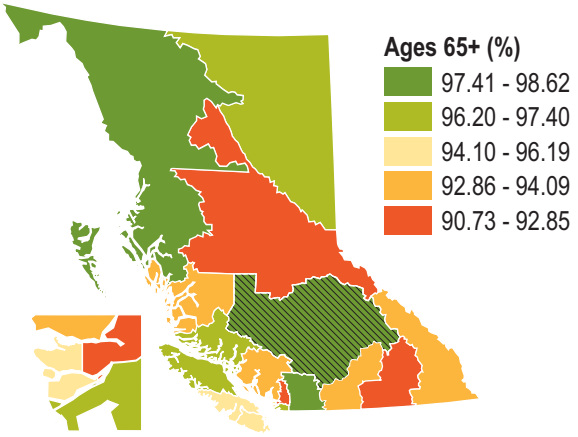
Smoke-free environment in frequented public places in the past month











Smoke-free vehicle environment in the past month

Health Service Delivery Area	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
43 North Vancouver Island	97.37	96.86	97.84	93.86	99.62	97.51
31 Richmond	96.52	96.84	96.26	89.57	99.80‡	96.88
41 South Vancouver Island	95.68	95.45	95.86	93.87	98.23	95.21
32 Vancouver	95.27	95.99	94.66	91.12	98.41	95.18
21 Fraser East	95.07	94.25	95.83	87.45	99.85‡	95.49
22 Fraser North	94.58	95.36	93.83	86.67†	98.32	95.22
23 Fraser South	94.50	93.04	95.84	92.16	97.67	94.31
13 Okanagan	94.49	94.22	94.74	89.16	98.65‡	93.92
33 North Shore/Coast Garibaldi	94.05	92.88	95.11	89.38	95.64	94.53
51 Northwest	93.30	94.74	91.73	86.29	97.31	94.03
11 East Kootenay	92.68	92.56	92.80	81.62	95.53	94.03
12 Kootenay Boundary	92.67	90.68	94.28	92.01	93.87	92.41
42 Central Vancouver Island	92.20	91.74	92.63	72.62†	96.66	94.57
14 Thompson Cariboo Shuswap	90.85	88.79	92.71	81.25	97.83‡	90.78
52 Northern Interior	89.55	85.31	93.79	73.13	97.11	91.68
53 Northeast	88.44	85.67	91.64	84.99	96.54	87.81
British Columbia	**94.30**	**93.78**	**94.77**	**87.81†**	**97.92‡**	**94.56**
Canada	**92.14**	**91.30***	**92.90**	**81.79†**	**97.43‡**	**92.88**

* males differ significantly from females.
† 12 to 19 age group differs significantly from 20 to 64 age group.
‡ 65+ age group differs significantly from 20 to 64 age group.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

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 national level:

- Male respondents (ages 12+) have a significantly lower rate of having a smoke-free vehicle environment in the past month than their female cohort.
- Younger respondents (ages 12 to 19) have a significantly lower rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly higher rate than the ages 20 to 64 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, all age and gender cohorts analyzed, except the ages 65+ cohort, are significantly higher.
- Male respondents (ages 12+) have no significantly different rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly lower rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly higher rate than the ages 20 to 64 cohort.

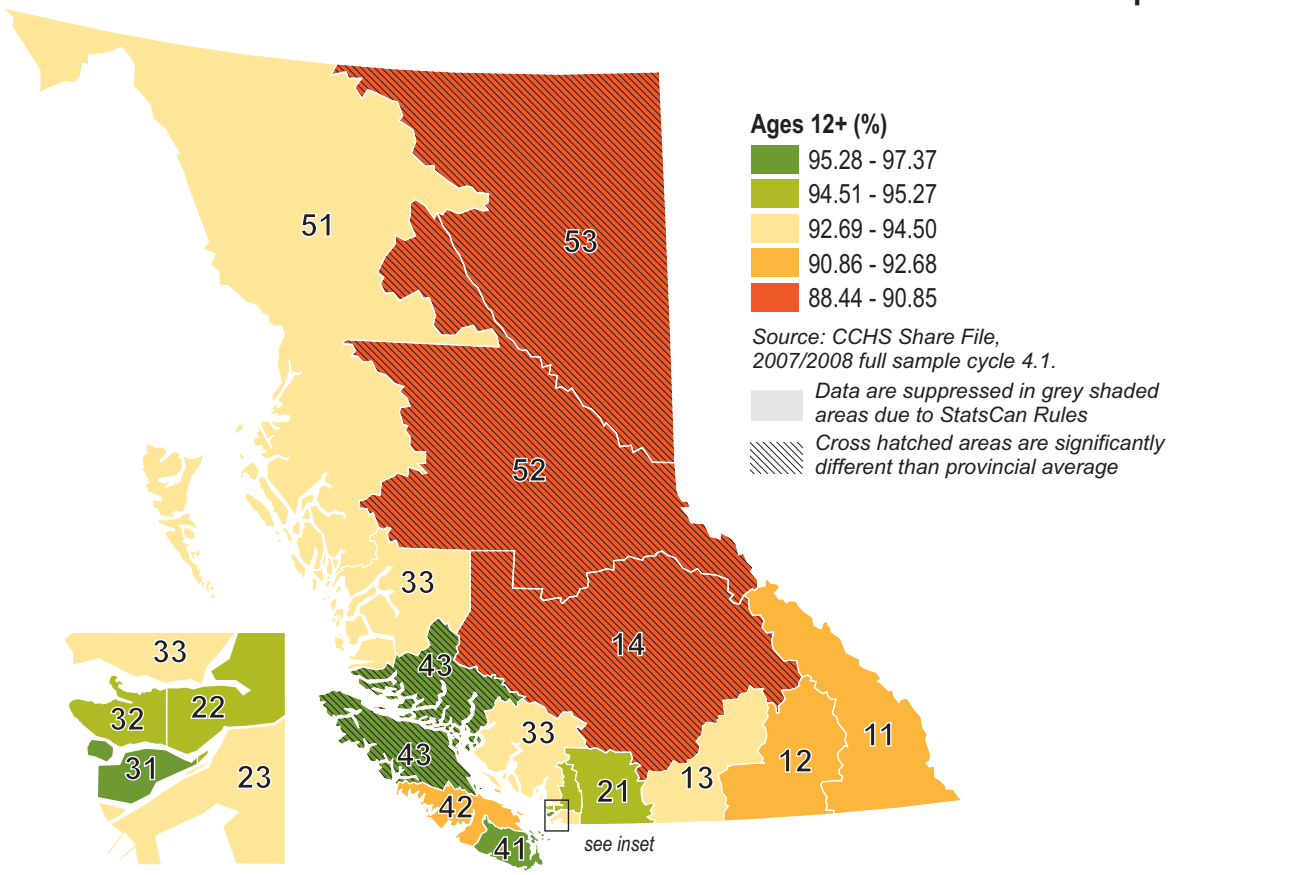
At the HSDA level:

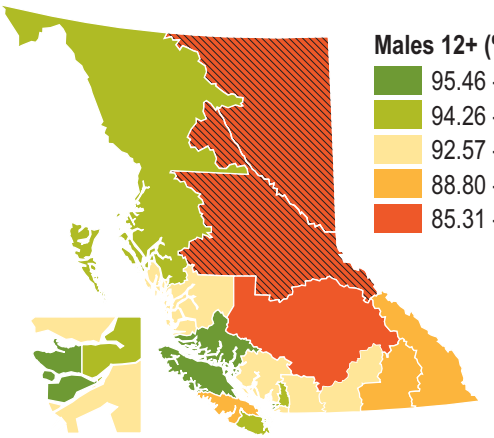
- The largest range in values among HSDAs (21.25 percentage points) occurs in respondents ages 12 to 19, while the smallest range in values (5.98 percentage points) occurs in respondents ages 65+.
- For all respondents, there is one HSDA (North Vancouver Island) significantly higher, and there are 3 HSDAs (Thompson Cariboo Shuswap, Northern Interior and Northeast) significantly lower than the provincial rate.
- For male respondents (ages 12+), no HSDA is significantly higher, and there are 2 HSDAs (Northern Interior and Northeast) significantly lower than the provincial rate.
- For female respondents (ages 12+), there is one HSDA (North Vancouver Island) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For younger respondents (ages 12 to 19), no HSDA is significantly higher, and there is one HSDA (Central Vancouver Island) significantly lower than the provincial rate.
- For older respondents (ages 65+), there are 3 HSDAs (Fraser East, Richmond and North Vancouver Island) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For the mid age respondents (ages 20 to 64), there is one HSDA (North Vancouver Island) significantly higher, and there is one HSDA (Northeast) significantly lower than the provincial rate.

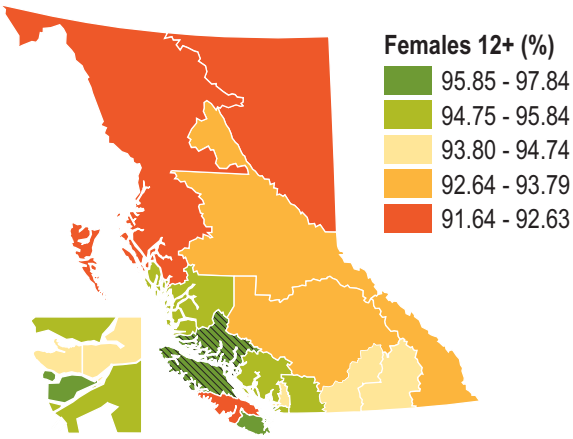
Within HSDAs:

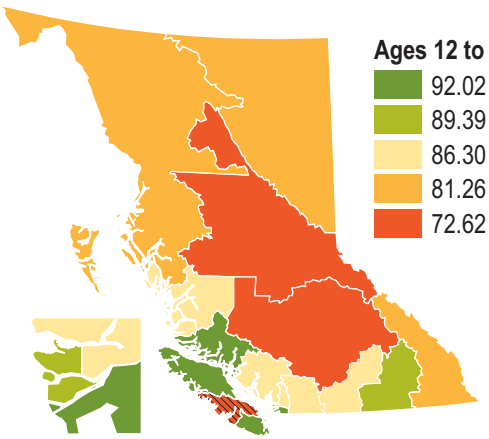
- For male respondents (ages 12+), no HSDA is significantly higher, and no HSDA is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19), no HSDA is significantly higher, and there are 2 HSDAs (Fraser North and Central Vancouver Island) significantly lower than their respective ages 20 to 64 cohort.
- For older respondents (ages 65+), there are 4 HSDAs (Okanagan, Thompson Cariboo Shuswap, Fraser East and Richmond) significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.

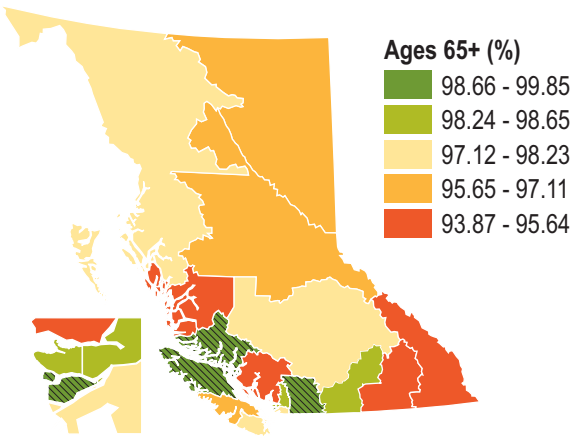
Smoke-free vehicle environment in the past month











Smoke-free work environment

Health Service Delivery Area	All respondents 15 to 75 (%)	Males 15 to 75 (%)	Females 15 to 75 (%)	Ages 15 to 24 (%)	Ages 45 to 75 (%)	Ages 25 to 44 (%)
31 Richmond	86.69	82.28	91.71	90.13	83.48	88.60
33 North Shore/Coast Garibaldi	86.13	80.38*	93.35	71.44	87.91	90.04
32 Vancouver	85.19	81.43*	89.81	86.84	83.28	86.03
22 Fraser North	78.21	73.89	83.19	73.46	83.88	75.04
23 Fraser South	74.47	70.99	78.77	70.15	74.43	76.00
41 South Vancouver Island	73.08	63.56*	83.67	61.23	80.94	69.36
12 Kootenay Boundary	66.33	59.74	74.61	F	67.20	66.34
21 Fraser East	66.24	54.86*	79.60	64.47	63.22	69.75
42 Central Vancouver Island	65.28	58.70	72.94	61.78	66.14	65.76
13 Okanagan	62.90	53.66*	73.47	37.16†	70.09	67.03
43 North Vancouver Island	61.59	48.53*	78.63	F	72.03	47.53
11 East Kootenay	59.20	51.44*	68.58	F	69.80	52.23
51 Northwest	59.08	48.20*	70.99	58.77	59.63	58.57
52 Northern Interior	54.94	42.62*	69.56	32.25†	59.40	59.86
53 Northeast	53.70	42.44*	69.75	F	54.91	53.70
14 Thompson Cariboo Shuswap	52.93	36.95*	69.94	38.25	54.86	57.10
British Columbia	**72.77**	**65.96***	**80.85**	**64.04†**	**74.63**	**73.99**
Canada	**74.53**	**68.10***	**81.79**	**66.10†**	**78.31‡**	**74.15**

* males differ significantly from females.
† 15 to 24 age group differs significantly from 25 to 44 age group.
‡ 45 to 75 age group differs significantly from 25 to 44 age group.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

CCHS Question: At your place of work, is smoking restricted completely?

Key Points

At the national level:

- Male respondents (ages 15 to 75) have a significantly lower rate of having a smoke-free work environment than their female cohort.
- Younger respondents (ages 15 to 24) have a significantly lower rate than the ages 25 to 44 cohort.
- Older respondents (ages 45 to 75) have a significantly higher rate than the ages 25 to 44 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, all respondents ages 15 to 75 are significantly lower, male respondents ages 15 to 75 are not significantly different, female respondents ages 15 to 75 are not significantly different, respondents ages 15 to 24 are not significantly different, respondents ages 45 to 75 are significantly lower, and respondents ages 25 to 44 are not significantly different.
- Male respondents (ages 15 to 75) have a significantly lower rate than the females 15 to 75 cohort.
- Younger respondents (ages 15 to 24) have a significantly lower rate than the ages 25 to 44 cohort.
- Older respondents (ages 45 to 75) have no significantly different rate than the ages 25 to 44 cohort.

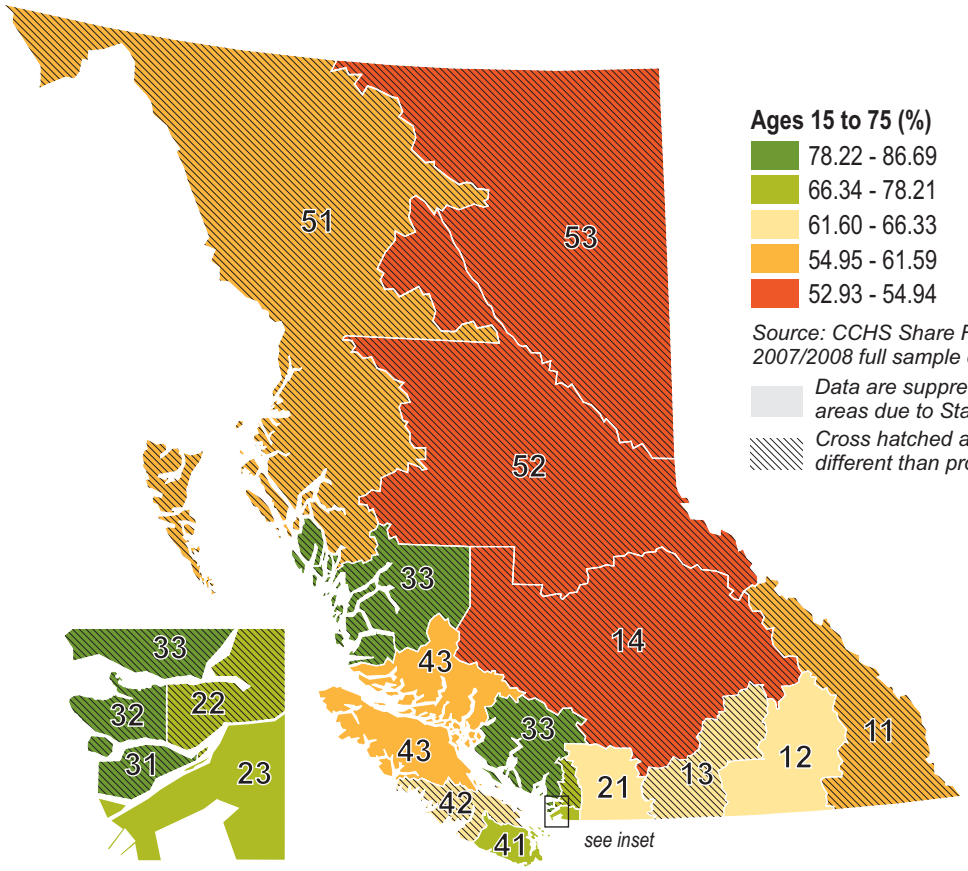
At the HSDA level:

- The largest range in values among HSDAs (57.88 percentage points) occurs in respondents ages 15 to 24, while the smallest range in values (24.77 percentage points) occurs in female respondents ages 15 to 75.
- For all respondents, there are 4 HSDAs (Fraser North, Richmond, Vancouver and North Shore/Coast Garibaldi) significantly higher, and there are 7 HSDAs (East Kootenay, Okanagan, Thompson Cariboo Shuswap, Central Vancouver Island, Northwest, Northern Interior and Northeast) significantly lower than the provincial rate.
- For male respondents (ages 15 to 75), there are 4 HSDAs (Fraser North, Richmond, Vancouver and North Shore/Coast Garibaldi) significantly higher, and there are 8 HSDAs (East Kootenay, Okanagan, Thompson Cariboo Shuswap, Fraser East, North Vancouver Island, Northwest, Northern Interior and Northeast) significantly lower than the provincial rate.
- For female respondents (ages 15 to 75), there are 3 HSDAs (Richmond, Vancouver and North Shore/Coast Garibaldi) significantly higher, and there are 4 HSDAs (East Kootenay, Thompson Cariboo Shuswap, Northern Interior and Northeast) significantly lower than the provincial rate.
- For younger respondents (ages 15 to 24), there are 2 HSDAs (Richmond and Vancouver) significantly higher, and there are 3 HSDAs (Okanagan, Thompson Cariboo Shuswap and Northern Interior) significantly lower than the provincial rate.
- For older respondents (ages 45 to 75), there are 3 HSDAs (Fraser North, Vancouver and North Shore/Coast Garibaldi) significantly higher, and there are 4 HSDAs (Thompson Cariboo Shuswap, Northwest, Northern Interior and Northeast) significantly lower than the provincial rate.
- For the mid age respondents (ages 25 to 44), there are 3 HSDAs (Richmond, Vancouver and North Shore/Coast Garibaldi) significantly higher, and there are 6 HSDAs (East Kootenay, Thompson Cariboo Shuswap, North Vancouver Island, Northwest, Northern Interior and Northeast) significantly lower than the provincial rate.

Within HSDAs:

- For male respondents (ages 15 to 75), only 5 HSDAs (Kootenay Boundary, Fraser North, Fraser South, Richmond and Central Vancouver Island) are not significantly lower than their respective female cohort.
- For younger respondents (ages 15 to 24), no HSDA is significantly higher, and there are 2 HSDAs (Okanagan and Northern Interior) significantly lower than their respective ages 25 to 44 cohort.
- For older respondents (ages 45 to 75), no HSDA is significantly different than its respective ages 25 to 44 cohort.

Smoke-free work environment



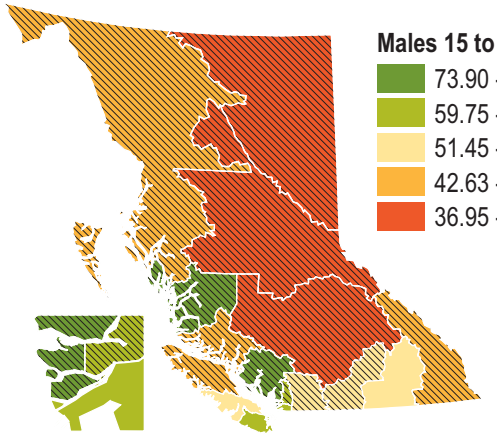
Ages 15 to 75 (%)

- 78.22 - 86.69
- 66.34 - 78.21
- 61.60 - 66.33
- 54.95 - 61.59
- 52.93 - 54.94

Source: CCHS Share File, 2007/2008 full sample cycle 4.1.

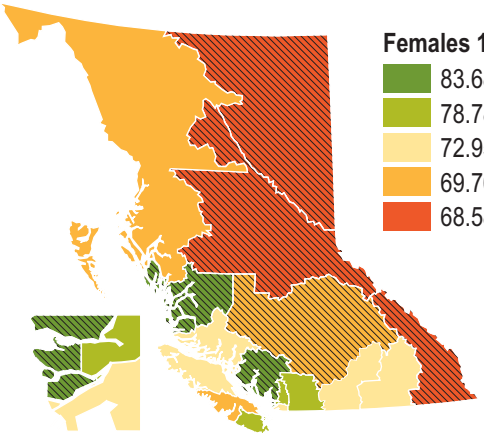
Data are suppressed in grey shaded areas due to StatsCan Rules

Cross hatched areas are significantly different than provincial average



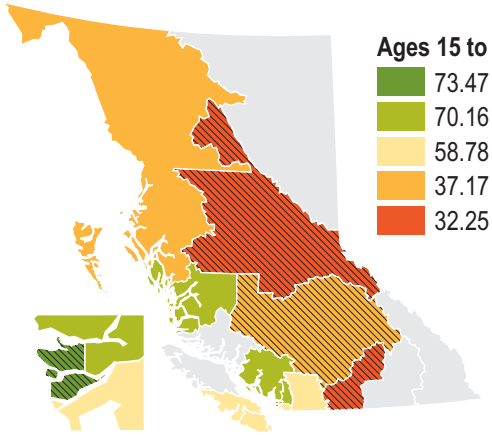
Males 15 to 75 (%)

- 73.90 - 82.28
- 59.75 - 73.89
- 51.45 - 59.74
- 42.63 - 51.44
- 36.95 - 42.62



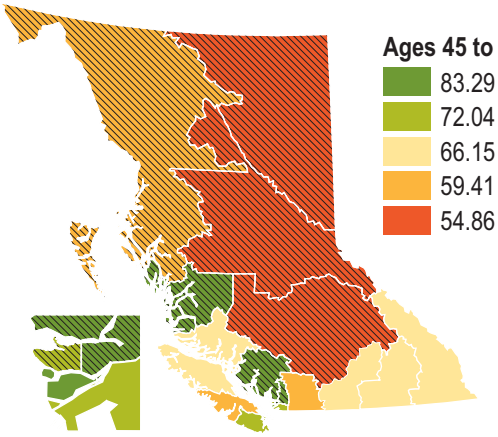
Females 15 to 75 (%)

- 83.68 - 93.35
- 78.78 - 83.67
- 72.95 - 78.77
- 69.76 - 72.94
- 68.58 - 69.75



Ages 15 to 24 (%)

- 73.47 - 90.13
- 70.16 - 73.46
- 58.78 - 70.15
- 37.17 - 58.77
- 32.25 - 37.16



Ages 45 to 75 (%)

- 83.29 - 87.91
- 72.04 - 83.28
- 66.15 - 72.03
- 59.41 - 66.14
- 54.86 - 59.40

Smoke-free index by gender

		Non-smoker	Smoke-free home	Restriction at home	Smoke-free in public	Smoke-free in vehicle	Smoke-free at work	Summary
All Respondents	11 East Kootenay		-1				-1	-2
	12 Kootenay Boundary	-1						-1
	13 Okanagan			1			-1	0
	14 Thompson Cariboo Shuswap	-1	-1			-1	-1	-4
	21 Fraser East							0
	22 Fraser North						1	1
	23 Fraser South			1				1
	31 Richmond	1					1	2
	32 Vancouver		1	-1			1	1
	33 North Shore/Coast Garibaldi			1			1	2
	41 South Vancouver Island	1	1	1				3
	42 Central Vancouver Island	-1		1	1		-1	0
	43 North Vancouver Island			1		1		2
	51 Northwest						-1	-1
	52 Northern Interior		-1			-1	-1	-3
	53 Northeast		-1			-1	-1	-3
	British Columbia	1	1	1		1	-1	3
Male Respondents	11 East Kootenay		-1				-1	-2
	12 Kootenay Boundary	-1						-1
	13 Okanagan						-1	-1
	14 Thompson Cariboo Shuswap	-1	-1				-1	-3
	21 Fraser East						-1	-1
	22 Fraser North						1	1
	23 Fraser South							0
	31 Richmond				1		1	2
	32 Vancouver		1	-1			1	1
	33 North Shore/Coast Garibaldi						1	1
	41 South Vancouver Island							0
	42 Central Vancouver Island				1			1
	43 North Vancouver Island			1			-1	0
	51 Northwest						-1	-1
	52 Northern Interior		-1			-1	-1	-3
	53 Northeast					-1	-1	-2
	British Columbia	1	1	1		1		4
Female Respondents	11 East Kootenay		-1				-1	-2
	12 Kootenay Boundary							0
	13 Okanagan							0
	14 Thompson Cariboo Shuswap		-1				-1	-2
	21 Fraser East			1				1
	22 Fraser North							0
	23 Fraser South				1			1
	31 Richmond	1					1	2
	32 Vancouver	1		-1			1	1
	33 North Shore/Coast Garibaldi			1			1	2
	41 South Vancouver Island			1				1
	42 Central Vancouver Island	-1						-1
	43 North Vancouver Island					1		1
	51 Northwest	-1						-1
	52 Northern Interior						-1	-1
	53 Northeast	-1	-1	-1			-1	-4
	British Columbia	1	1	1		1		4

+1 HSDA sig. > BC or BC sig. > Canada.
No significant difference.
-1 HSDA sig. < BC or BC sig. < Canada.

F - Data suppressed by Statistics Canada due to small sample size or a high coefficient of variation.
The index score is the aggregate of the “pluses” and “minuses” and is coloured green where positive, beige where zero, and red where negative.

Smoke-free index by age

		Non-smoker	Smoke-free home	Restriction at home	Smoke-free in public	Smoke-free in vehicle	Smoke-free at work	Summary
Younger Respondents	11 East Kootenay						F	0
	12 Kootenay Boundary						F	0
	13 Okanagan						-1	-1
	14 Thompson Cariboo Shuswap						-1	-1
	21 Fraser East							0
	22 Fraser North							0
	23 Fraser South							0
	31 Richmond						1	1
	32 Vancouver			-1			1	0
	33 North Shore/Coast Garibaldi							0
	41 South Vancouver Island							0
	42 Central Vancouver Island					-1		-1
	43 North Vancouver Island						F	0
	51 Northwest							0
	52 Northern Interior						-1	-1
	53 Northeast						F	0
	British Columbia		1	1		1		3
Older Respondents	11 East Kootenay							0
	12 Kootenay Boundary							0
	13 Okanagan							0
	14 Thompson Cariboo Shuswap		-1		1		-1	-1
	21 Fraser East		1			1		2
	22 Fraser North		1				1	2
	23 Fraser South			1				1
	31 Richmond					1		1
	32 Vancouver			-1			1	0
	33 North Shore/Coast Garibaldi						1	1
	41 South Vancouver Island		1	1				2
	42 Central Vancouver Island							0
	43 North Vancouver Island					1		1
	51 Northwest						-1	-1
	52 Northern Interior						-1	-1
	53 Northeast						-1	-1
	British Columbia		1	1			-1	1
Mid Age Respondents	11 East Kootenay		-1				-1	-2
	12 Kootenay Boundary	-1						-1
	13 Okanagan							0
	14 Thompson Cariboo Shuswap	-1	-1				-1	-3
	21 Fraser East							0
	22 Fraser North							0
	23 Fraser South							0
	31 Richmond	1					1	2
	32 Vancouver		1	-1			1	1
	33 North Shore/Coast Garibaldi			1			1	2
	41 South Vancouver Island			1				1
	42 Central Vancouver Island	-1			1			0
	43 North Vancouver Island			1		1	-1	1
	51 Northwest						-1	-1
	52 Northern Interior		-1				-1	-2
	53 Northeast		-1			-1	-1	-3
	British Columbia	1	1	1		1		4

+1 HSDA sig. > BC or BC sig. > Canada.
No significant difference.
-1 HSDA sig. < BC or BC sig. < Canada.

F - Data suppressed by Statistics Canada due to small sample size or a high coefficient of variation.
The index score is the aggregate of the “pluses” and “minuses” and is coloured green where positive, beige where zero, and red where negative.

Summary of smoke-free environment and behaviour

Comparing HSDAs

For all respondents, there was an almost equal distribution of positive and negative index scores among HSDAs in this category. Seven HSDAs had overall positive index scores and six were negative. South Vancouver Island had the highest positive score at +3, and was significantly above the provincial average for non-smoking, smoke-free home and restrictions against smoking at home. Thompson Cariboo Shuswap had the lowest index score at -4, with significantly lower than provincial rates for non-smoking behaviour, smoke-free homes, smoke-free vehicles and smoke-free work environments.

There were five HSDAs in the male cohort with overall positive index scores and eight with negative scores. This was a very high number of HSDAs with negative index scores in comparison to the other demographic cohorts. The scores for this cohort ranged from +2 to -3. Richmond was the highest scoring HSDA while Thompson Cariboo Shuswap and Northern Interior were the lowest. The latter two HSDAs were both significantly below the provincial average for having smoke-free homes and smoke-free work environments.

For female respondents, seven HSDAs had positive index scores and six had negative scores. Richmond and North Shore/Coast Garibaldi had the highest index scores at +2. Both were significantly above the provincial average for working in a smoke-free environment. Northeast had the lowest score at -4.

Younger respondents had predominantly neutral index scores across the province with 11 HSDAs reporting overall neutral scores. Four HSDAs had an index score of -1 including Thompson Cariboo Shuswap, Okanagan, Central Vancouver Island and Northern Interior. Of these, three were significantly below the provincial average for the smoke-free workplace indicator. Only Richmond scored positively (+1) for this group of indicators.

Older respondents had seven HSDAs with positive index scores and only four HSDAs with negative scores. Fraser East, Fraser North and South Vancouver Island were the highest scoring HSDAs all at +2 and all reporting significantly above average rates for smoke-free homes. Northwest, Northern Interior, Northeast and Thompson Cariboo Shuswap had the lowest index scores at -1. Each of these HSDAs was significantly below the provincial average for smoke-free workplaces.

Geographically, South Vancouver Island and lower mainland areas consistently had more positive results in the smoke-free category, while the northern and interior regions tended to have poorer results overall. Richmond was the only HSDA to have a positive score for all cohorts, while Thompson Cariboo Shuswap and Northern Interior scored negatively for all cohorts.

Comparing Demographic Cohorts

Within the province males were significantly less likely than females to be non-smokers, to have restrictions against smoking at home, and to work in smoke-free environments.

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

Older respondents were significantly more likely than the mid age cohort to be non-smokers, have smoke-free home environments, experience smoke-free public spaces and travel in smoke-free vehicles, but significantly less likely to have restrictions against smoking at home. Compared to the mid age cohort, younger respondents were significantly more likely to be non-smokers but had significantly lower values for every other smoking-related indicator, indicating they were more likely to be exposed to environmental tobacco smoke in all situations reported here.

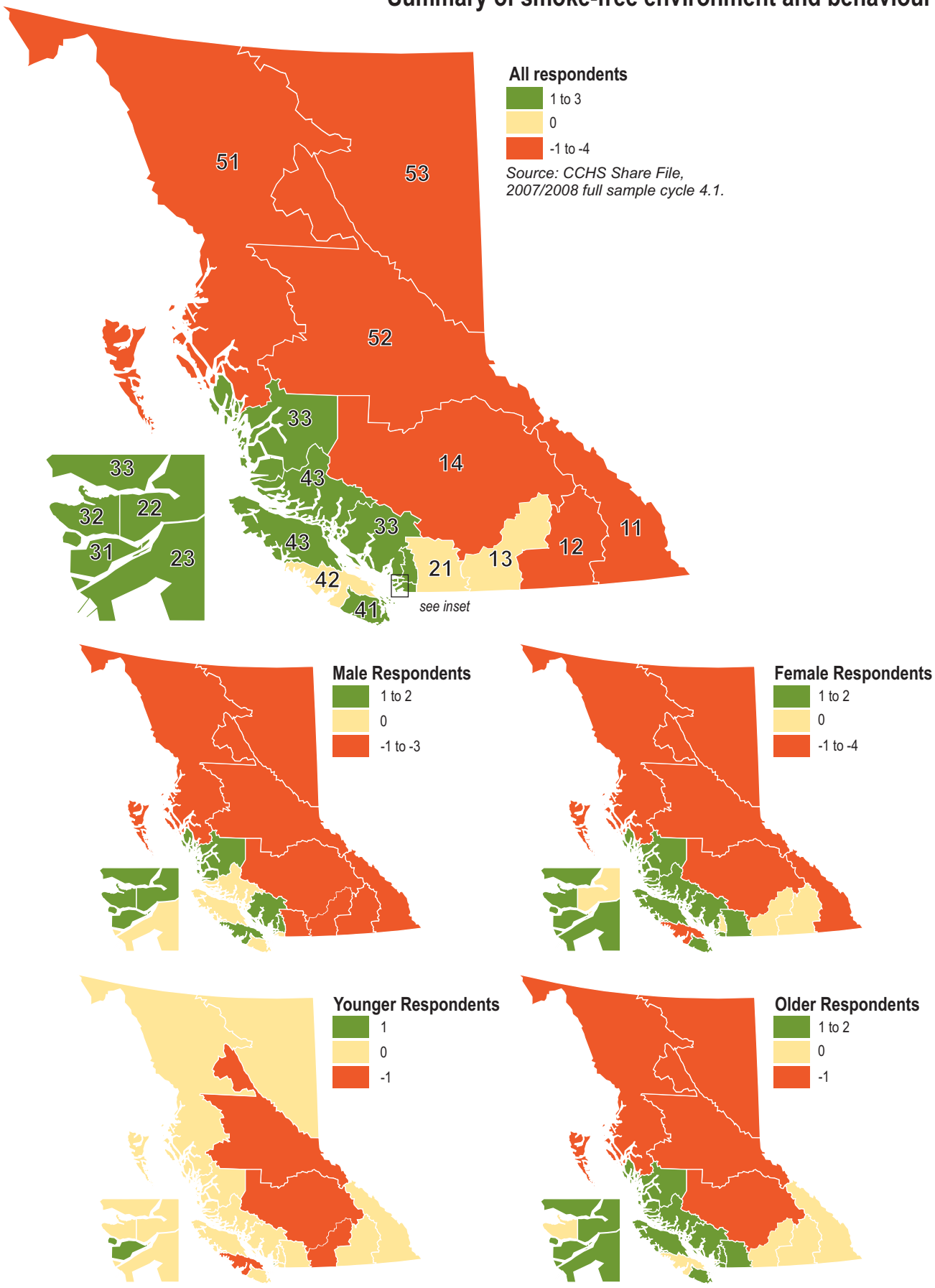
British Columbia/Canada Comparisons

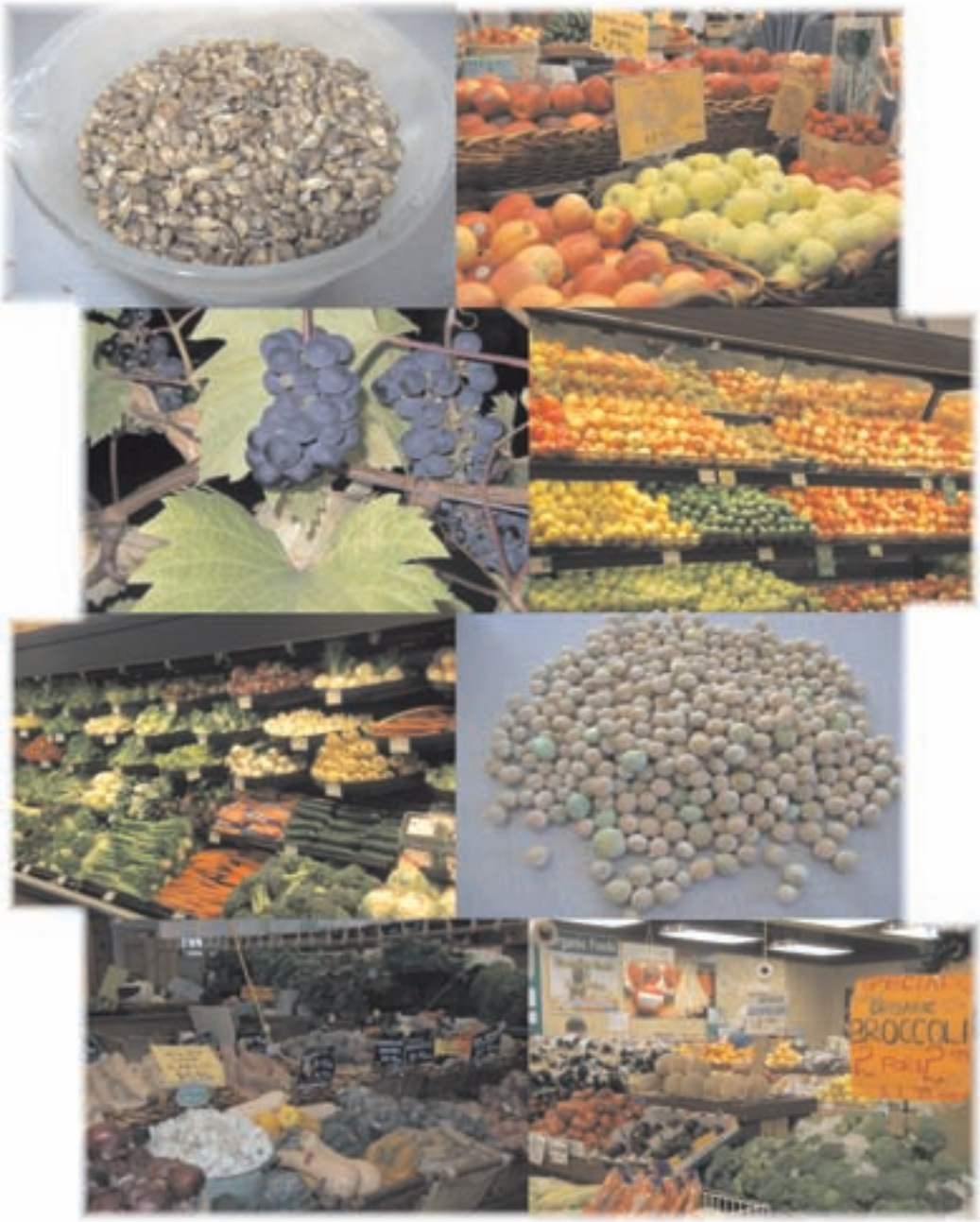
For the provincial respondents as a whole, BC had an overall index score of +3 compared to Canadian respondents. In comparison to the rest of Canada, BC respondents were significantly more likely to be non-smokers, have smoke-free homes, have restrictions against smoking at home, and travel in smoke-free vehicles. However, BC was significantly below the Canadian average for smoke-free work places.

Both male and female respondents in BC had an overall index score of +4. Both groups were significantly above their Canadian peers for non-smoking, having smoke-free homes, having restrictions against smoking at home and traveling in smoke-free vehicles.

Younger BC respondents had an index score of +3 in comparison to their Canadian peers. They were significantly more likely than their Canadian peers to have smoke-free homes, to have restrictions against smoking at home and to travel in smoke-free vehicles. Older respondents had an overall index score of +1, lower than the other demographic cohorts. This age group was significantly above their Canadian peer group for rates of smoke-free homes and having restrictions against smoking at home but was significantly below average for smoke-free work places.

Summary of smoke-free environment and behaviour

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4

Nutrition, food security and alcohol consumption

This chapter provides 70 maps and 15 supporting tables related to nutrition, food security and less risky alcohol consumption. Healthy eating and less risky alcohol use are two of the key pillars of ActNow BC.

The first indicator and five maps look at fruit and vegetable consumption. This is followed by four food security indicators, which help to make up the next indicator, a derived indicator called food security. The food security indicator is made up from 18 indicators overall. Food security was defined in *The British Columbia Atlas of Wellness* as existing "when all people, at all times, have ready access to sufficient, safe, and nutritious food to meet their dietary needs and preferred foods for active and healthy living".

The next six indicators and 30 maps introduce new indicators to our wellness publications. They include avoiding certain foods because of the fat content, or choosing foods because of the low fat content, avoiding foods because of the salt, calorie or cholesterol levels contents. These indicators go to make an overall derived indicator related to avoiding certain food because of any content issue.

The last indicator provides information on alcohol consumption. The use of alcohol has had mixed reviews with some researchers indicating any alcohol use has its risks, while others have indicated that moderate use can be beneficial in certain instances and quantities. Most, however, agree that binge drinking, five or more drinks at one session, is both risky and unhealthy behaviour. The indicator used here refers to no binge drinking in the last 12 months.

The final two tables and five maps highlight HSDAs, genders and age cohorts which are statistically significantly high or low when compared to the BC average. All 13 wellness indicators are combined into a single wellness value for each HSDA and for each demographic cohort and mapped. Some caution is required in interpreting the patterns for the overall index because there is some "double counting" of the influence of certain variables. For example, the derived variables of "food security" and "avoiding foods for any content reason" include individual variables which also go into the overall single wellness index for this category.

As with the other chapters, a summary of how BC compares with Canada overall is also provided.

Eats fruits and vegetables five or more times or servings a day

Health Service Delivery Area	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
43 North Vancouver Island	51.57	41.58	60.82	63.44	50.17	49.87
41 South Vancouver Island	50.47	37.58*	61.99	51.89	53.98	49.47
33 North Shore/Coast Garibaldi	50.27	46.12	53.93	53.38	61.41	47.52
11 East Kootenay	45.35	35.78*	54.49	F	43.06	44.35
22 Fraser North	45.34	39.64*	50.87	56.35	43.98	43.95
32 Vancouver	45.19	39.59*	50.69	50.16	49.53	44.03
52 Northern Interior	44.84	36.61*	53.17	43.71	52.90	43.92
42 Central Vancouver Island	43.18	31.26*	54.08	48.06	40.12	43.21
12 Kootenay Boundary	42.97	37.84	48.25	F	43.07	44.04
13 Okanagan	41.21	31.84*	50.09	48.64	45.08	38.82
51 Northwest	40.82	31.25*	50.34	34.66	46.80	40.97
53 Northeast	40.65	38.24E	43.07	49.90E	53.20E	37.58
14 Thompson Cariboo Shuswap	39.78	36.96	42.43	45.80	47.95	37.13
21 Fraser East	39.63	29.18*	49.94	47.89	46.40	36.75
23 Fraser South	39.15	38.30	39.99	43.87	44.39	37.48
31 Richmond	36.30	28.01*	43.98	44.91	31.49E	35.91
British Columbia	**43.59**	**36.94***	**49.96**	**49.07†**	**46.93‡**	**42.14**
Canada	**43.74**	**36.79***	**50.39**	**48.57†**	**47.62‡**	**42.25**

* males differ significantly from females.
† 12 to 19 age group differs significantly from 20 to 64 age group.
‡ 65+ age group differs significantly from 20 to 64 age group.

Cross-hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross-hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

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 national level:

- Male respondents (ages 12+) have a significantly lower rate of eating fruits and vegetables five or more times a day than their female cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly higher rate than the ages 20 to 64 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, no age or gender cohort analyzed is significantly different.
- Male respondents (ages 12+) have a significantly lower rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly higher rate than the ages 20 to 64 cohort.

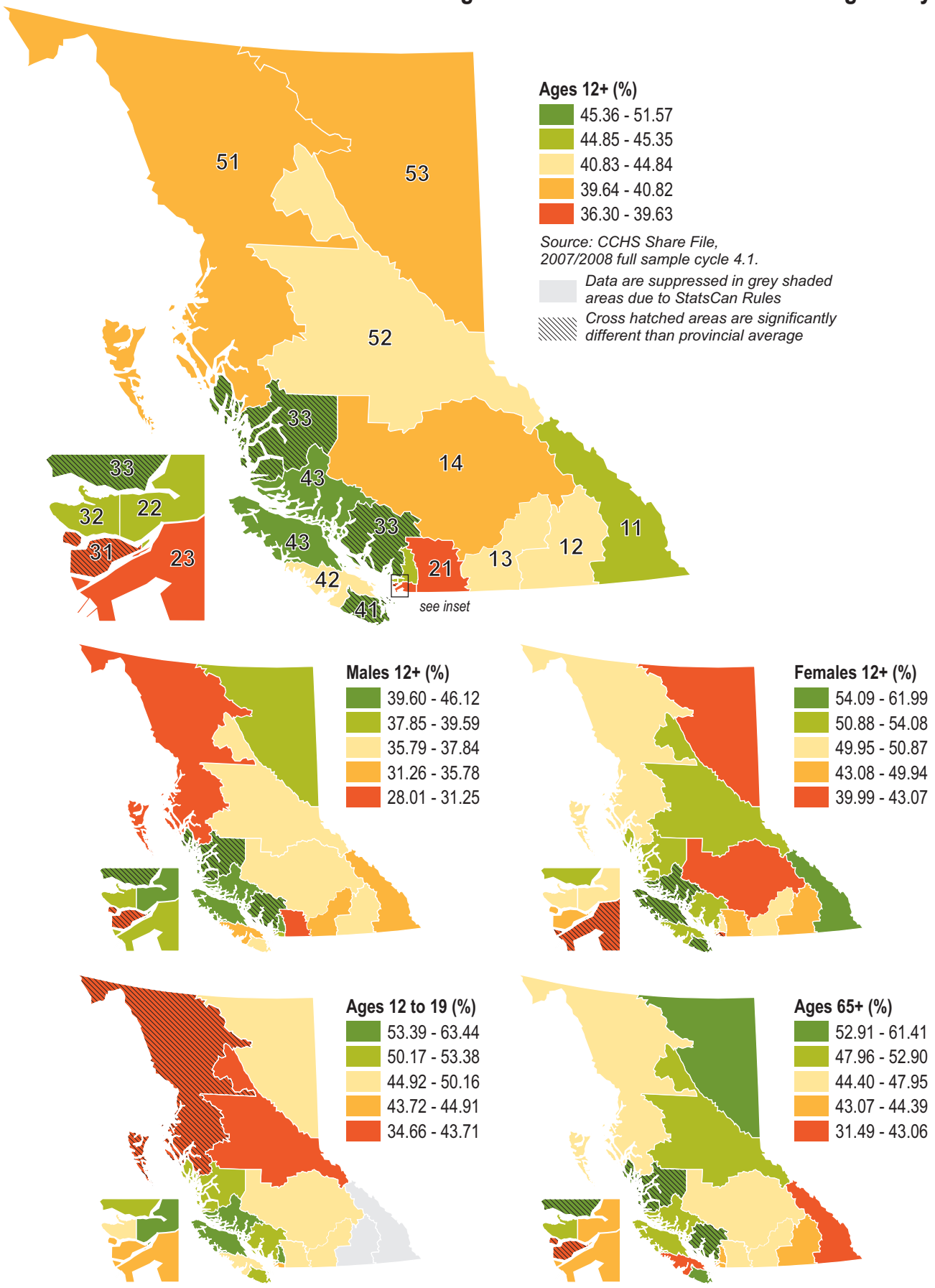
At the HSDA level:

- The largest range in values among HSDAs (29.92 percentage points) occurs in respondents ages 65+, while the smallest range in values (13.96 percentage points) occurs in respondents ages 20 to 64.
- For all respondents, there are 2 HSDAs (North Shore/Coast Garibaldi and South Vancouver Island) significantly higher, and there is one HSDA (Richmond) significantly lower than the provincial rate.
- For male respondents (ages 12+), there is one HSDA (North Shore/Coast Garibaldi) significantly higher, and there is one HSDA (Richmond) significantly lower than the provincial rate.
- For female respondents (ages 12+), there are 2 HSDAs (South Vancouver Island and North Vancouver Island) significantly higher, and there is one HSDA (Fraser South) significantly lower than the provincial rate.
- For younger respondents (ages 12 to 19), no HSDA is significantly higher, and there is one HSDA (Northwest) significantly lower than the provincial rate.
- For older respondents (ages 65+), there is one HSDA (North Shore/Coast Garibaldi) significantly higher, and there is one HSDA (Richmond) significantly lower than the provincial rate.
- For the mid age respondents (ages 20 to 64), there is one HSDA (South Vancouver Island) significantly higher, and no HSDA is significantly lower than the provincial rate.

Within HSDAs:

- For male respondents (ages 12+), only 6 HSDAs (Kootenay Boundary, Thompson Cariboo Shuswap, Fraser South, North Shore/Coast Garibaldi, North Vancouver Island and Northeast) are not significantly lower than their respective female cohort.
- For younger respondents (ages 12 to 19), no HSDA is significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.
- For older respondents (ages 65+), no HSDA is significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.

Eats fruits and vegetables five or more times or servings a day



Never skipped or cut down the size of meals because of a shortage of money in the past year

Health Service Delivery Area	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
31 Richmond	98.73	98.63	98.83	94.65	99.51	99.15
21 Fraser East	98.59	99.11	98.09	99.04	99.01	98.42
33 North Shore/Coast Garibaldi	98.01	98.31	97.73	99.53	99.77‡	97.37
23 Fraser South	97.77	97.80	97.74	95.00	94.60	98.83
43 North Vancouver Island	97.75	98.73	96.79	98.67	98.81	97.36
51 Northwest	97.68	98.04	97.29	95.61	100.00‡	97.72
53 Northeast	96.52	97.10	95.91	97.10	100.00‡	95.99
22 Fraser North	96.31	96.25	96.37	93.67	99.73‡	96.11
11 East Kootenay	96.26	97.08	95.43	99.21	99.43‡	95.11
13 Okanagan	96.25	98.59*	94.01	92.83	98.99‡	95.90
41 South Vancouver Island	96.24	96.51	96.00	90.76	98.08	96.46
14 Thompson Cariboo Shuswap	95.77	96.40	95.12	92.67	99.85‡	95.31
32 Vancouver	94.65	94.35	94.94	91.89	99.07‡	94.14
42 Central Vancouver Island	94.53	94.25	94.81	90.42	98.33‡	94.13
52 Northern Interior	94.01	93.76	94.28	94.58	94.53	93.83
12 Kootenay Boundary	93.30	94.46	92.17	86.50	99.77‡	92.58
British Columbia	**96.42**	**96.70**	**96.15**	**94.21**	**98.41‡**	**96.32**
Canada	**96.62**	**97.14***	**96.13**	**96.15**	**98.95‡**	**96.23**

* males differ significantly from females.
† 12 to 19 age group differs significantly from 20 to 64 age group.
‡ 65+ age group differs significantly from 20 to 64 age group.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

CCHS Question: In the past 12 months, did you or other adults in your household ever cut the size of your meals or skip meals because there wasn't enough money for food?

Key Points

At the national level:

- Male respondents (ages 12+) have a significantly higher rate of never skipping or cutting down the size of meals because of a shortage of money in the past year than their female cohort.
- Younger respondents (ages 12 to 19) have no significantly different rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly higher rate than the ages 20 to 64 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, no age or gender cohort analyzed is significantly different.
- Male respondents (ages 12+) have no significantly different rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have no significantly different rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly higher rate than the ages 20 to 64 cohort.

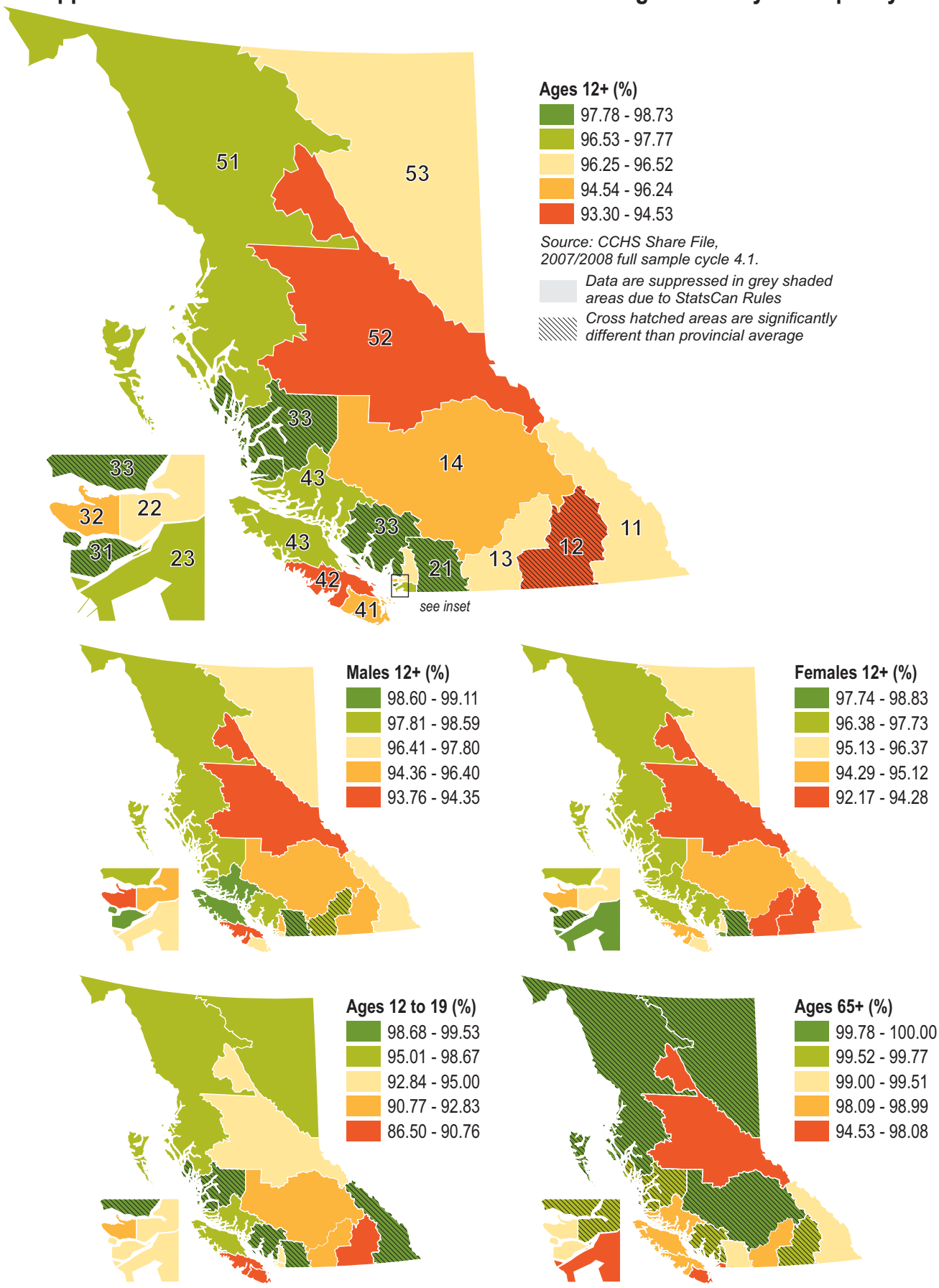
At the HSDA level:

- The largest range in values among HSDAs (13.03 percentage points) occurs in respondents ages 12 to 19, while the smallest range in values (5.35 percentage points) occurs in male respondents ages 12+.
- For all respondents, there are 3 HSDAs (Fraser East, Richmond and North Shore/Coast Garibaldi) significantly higher, and there is one HSDA (Kootenay Boundary) significantly lower than the provincial rate.
- For male respondents (ages 12+), there are 2 HSDAs (Okanagan and Fraser East) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For female respondents (ages 12+), there are 2 HSDAs (Fraser East and Richmond) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For younger respondents (ages 12 to 19), there are 3 HSDAs (East Kootenay, Fraser East and North Shore/Coast Garibaldi) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For older respondents (ages 65+), there are 6 HSDAs (Kootenay Boundary, Thompson Cariboo Shuswap, Fraser North, North Shore/Coast Garibaldi, Northwest and Northeast) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For the mid age respondents (ages 20 to 64), there are 3 HSDAs (Fraser East, Fraser South and Richmond) significantly higher, and no HSDA is significantly lower than the provincial rate.

Within HSDAs:

- For male respondents (ages 12+), there is one HSDA (Okanagan) significantly higher, and no HSDA is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19), no HSDA is significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.
- For older respondents (ages 65+), only 6 HSDAs (Fraser East, Fraser South, Richmond, South Vancouver Island, North Vancouver Island and Northern Interior) are not significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.

Never skipped or cut down the size of meals because of a shortage of money in the past year



Household was always able to afford balanced meals in the past year

Health Service Delivery Area	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
31 Richmond	96.90	95.35	98.38	97.63	99.07	96.34
43 North Vancouver Island	96.58	98.58	94.57	98.67	97.19	96.10
21 Fraser East	96.16	96.12	96.20	96.15	97.61	95.83
22 Fraser North	95.24	94.46	95.99	92.63	98.40	95.09
23 Fraser South	95.22	94.87	95.56	91.36	94.45	96.06
33 North Shore/Coast Garibaldi	94.54	94.00	95.06	94.41	98.40	93.66
53 Northeast	93.68	95.04	92.24	94.05	99.27	92.91
11 East Kootenay	93.31	94.37	92.24	98.63†	99.44‡	91.11
13 Okanagan	93.29	95.44	91.23	95.09	97.68‡	91.56
51 Northwest	93.20	95.39	90.78	87.83	98.11	93.48
12 Kootenay Boundary	92.79	94.43	91.18	91.94	98.70‡	91.30
14 Thompson Cariboo Shuswap	92.54	92.76	92.32	88.58	95.51	92.49
32 Vancouver	92.51	91.84	93.16	90.61	97.02‡	91.90
41 South Vancouver Island	92.49	92.24	92.71	87.54	95.69	92.32
52 Northern Interior	91.77	92.50	90.99	89.01	94.93	91.75
42 Central Vancouver Island	91.39	90.25	92.53	86.99	97.84‡	90.24
British Columbia	**93.95**	**93.86**	**94.03**	**92.07**	**97.04‡**	**93.57**
Canada	**93.53**	**94.22***	**92.87**	**92.73**	**96.94‡**	**92.98**

* males differ significantly from females.
† 12 to 19 age group differs significantly from 20 to 64 age group.
‡ 65+ age group differs significantly from 20 to 64 age group.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

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 national level:

- Male respondents (ages 12+) have a significantly higher rate of always being able to afford to eat balanced meals in the last year than their female cohort.
- Younger respondents (ages 12 to 19) have no significantly different rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly higher rate than the ages 20 to 64 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, only female respondents ages 12+ are significantly higher.
- Male respondents (ages 12+) have no significantly different rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have no significantly different rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly higher rate than the ages 20 to 64 cohort.

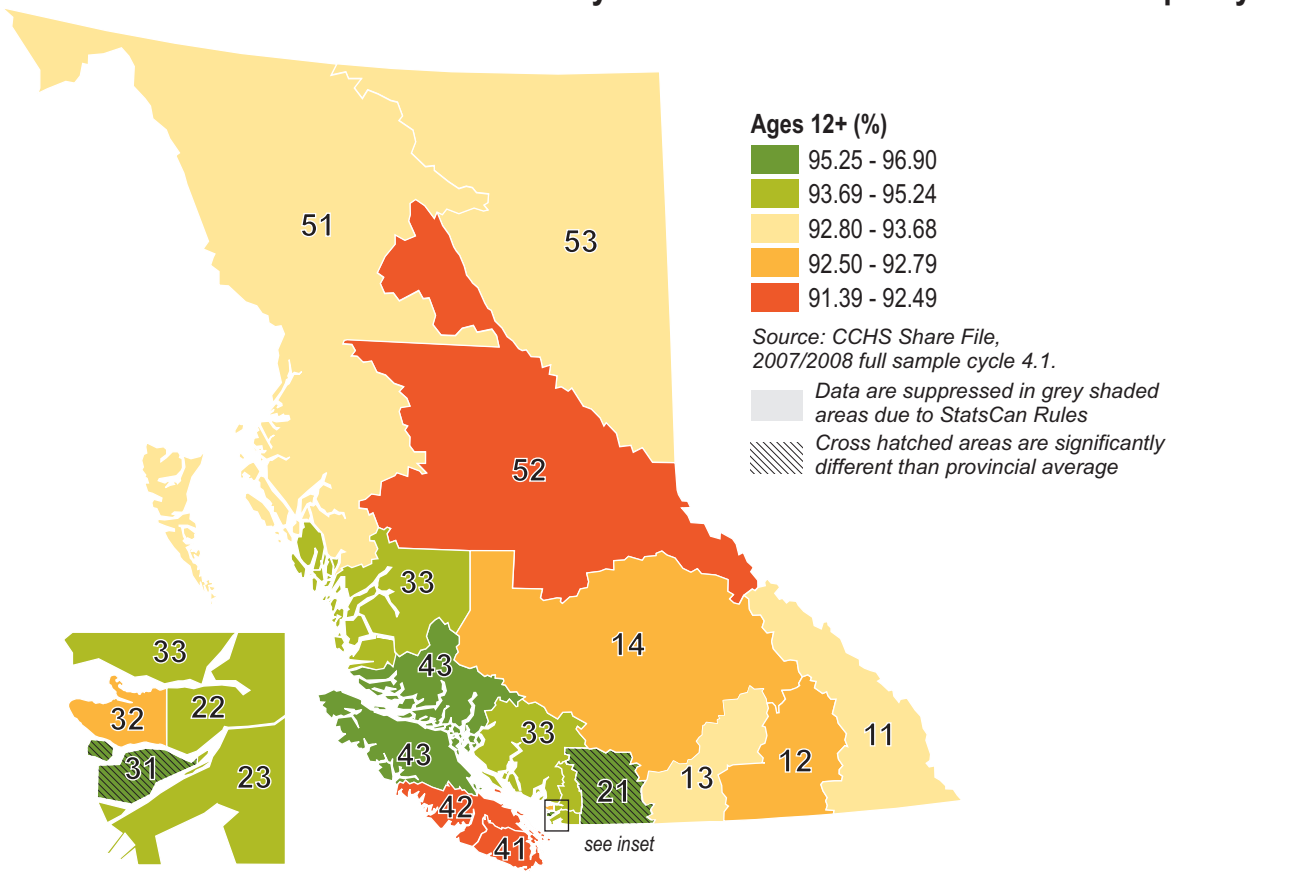
At the HSDA level:

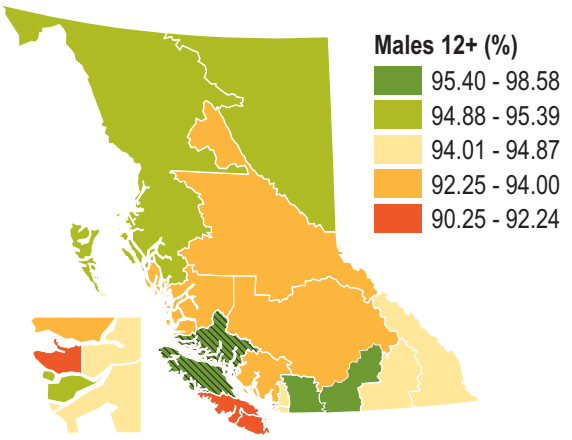
- The largest range in values among HSDAs (11.68 percentage points) occurs in respondents ages 12 to 19, while the smallest range in values (4.99 percentage points) occurs in respondents ages 65+.
- For all respondents, there are 2 HSDAs (Fraser East and Richmond) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For male respondents (ages 12+), there is one HSDA (North Vancouver Island) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For female respondents (ages 12+), there is one HSDA (Richmond) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For younger respondents (ages 12 to 19), there are 3 HSDAs (East Kootenay, Richmond and North Vancouver Island) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For older respondents (ages 65+), there is one HSDA (East Kootenay) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For the mid age respondents (ages 20 to 64), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.

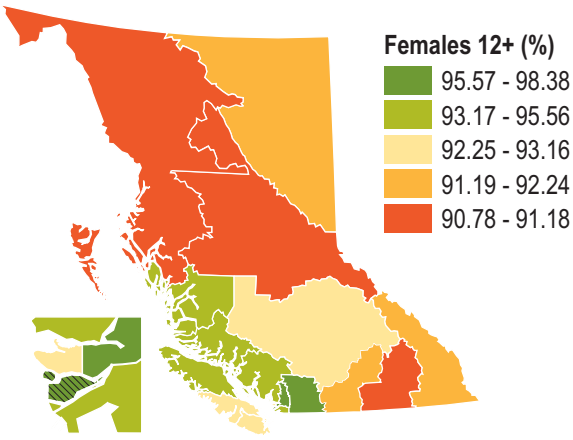
Within HSDAs:

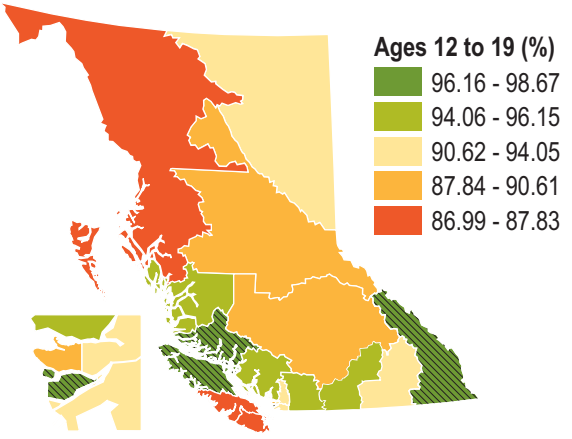
- For male respondents (ages 12+), no HSDA is significantly higher, and no HSDA is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19), there is one HSDA (East Kootenay) significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.
- For older respondents (ages 65+), there are 5 HSDAs (East Kootenay, Kootenay Boundary, Okanagan, Vancouver and Central Vancouver Island) significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.

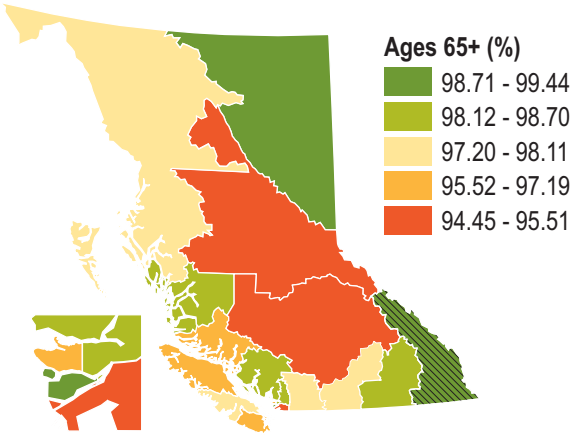
Household was always able to afford balanced meals in the past year











Household members never worried that food would run out in the past year

Health Service Delivery Area	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
31 Richmond	94.64	94.84	94.45	87.49	96.51	95.27
43 North Vancouver Island	94.16	96.58	91.72	97.54	96.94	92.96
21 Fraser East	93.77	94.89	92.67	88.39	96.87	94.06
23 Fraser South	93.12	94.89	91.42	90.26	93.56	93.53
33 North Shore/Coast Garibaldi	92.61	90.75	94.41	92.32	98.00‡	91.40
22 Fraser North	92.06	93.48	90.68	87.88	97.25‡	91.81
11 East Kootenay	91.91	92.34	91.47	96.75	98.84‡	89.60
12 Kootenay Boundary	91.30	90.60	92.00	85.42	96.92	90.69
53 Northeast	91.09	94.55	87.43	85.29	98.82‡	91.16
41 South Vancouver Island	90.64	92.57	88.91	81.68	96.31‡	90.32
32 Vancouver	90.00	89.53	90.46	86.51	97.11‡	89.09
14 Thompson Cariboo Shuswap	89.55	91.18	87.89	80.61	96.23	89.45
13 Okanagan	89.14	90.22	88.11	84.31	98.09‡	87.02
52 Northern Interior	89.04	88.24	89.89	82.76	88.92	90.17
42 Central Vancouver Island	88.62	88.32	88.92	83.62	97.62‡	86.85
51 Northwest	87.71	91.48	83.57	84.19	97.60‡	86.79
British Columbia	**91.34**	**92.13**	**90.57**	**87.14†**	**96.53‡**	**90.86**
Canada	**91.79**	**92.88***	**90.73**	**88.98†**	**96.21‡**	**91.36**

* males differ significantly from females.
† 12 to 19 age group differs significantly from 20 to 64 age group.
‡ 65+ age group differs significantly from 20 to 64 age group.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

CCHS Question: You and other household members worried that food would run out before you got money to buy more. Was that often true, sometimes true, or never true in the past 12 months?

Key Points

At the national level:

- Male respondents (ages 12+) have a significantly higher rate of never worrying about running out of food in the past year than their female cohort.
- Younger respondents (ages 12 to 19) have a significantly lower rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly higher rate than the ages 20 to 64 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, no age or gender cohort analyzed is significantly different.
- Male respondents (ages 12+) have no significantly different rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly lower rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly higher rate than the ages 20 to 64 cohort.

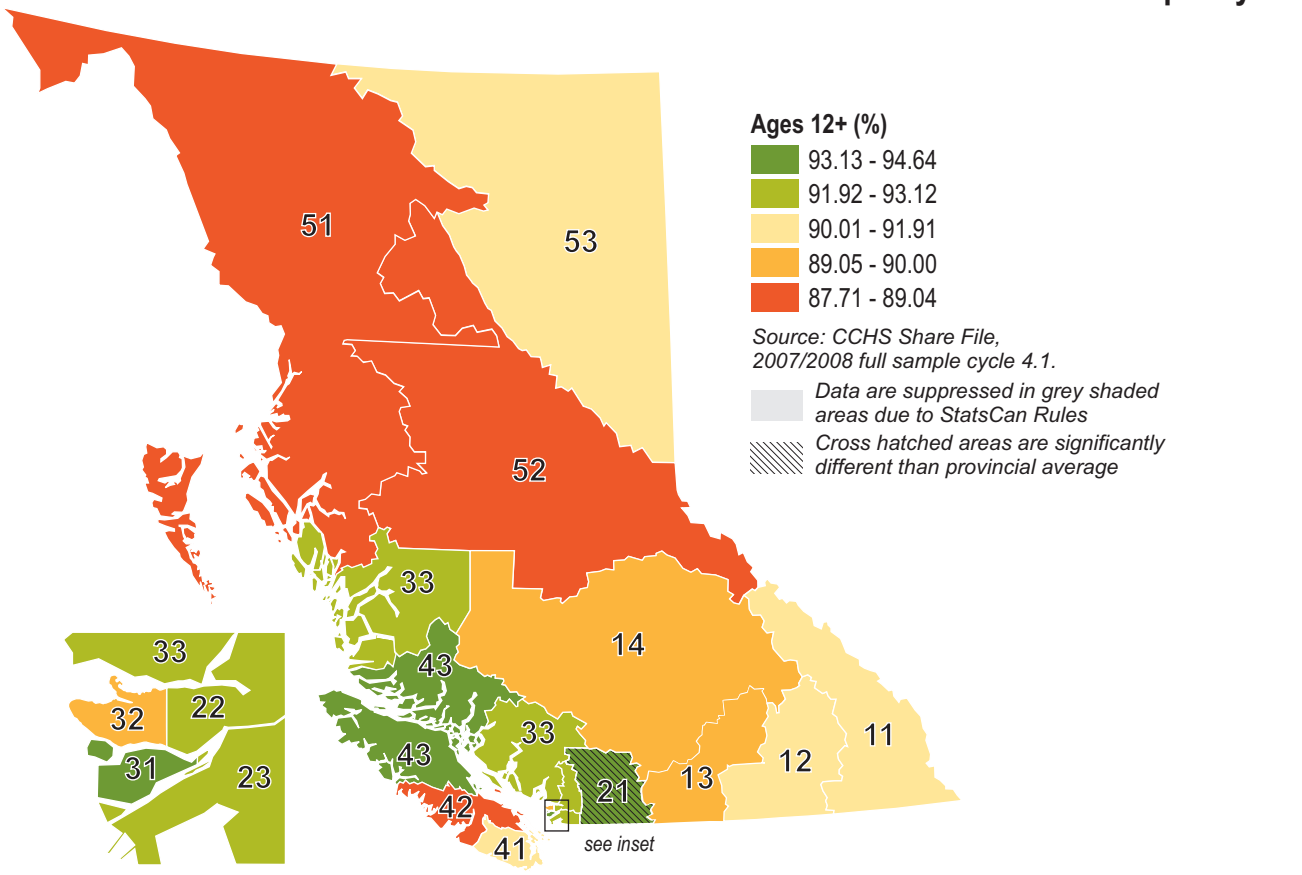
At the HSDA level:

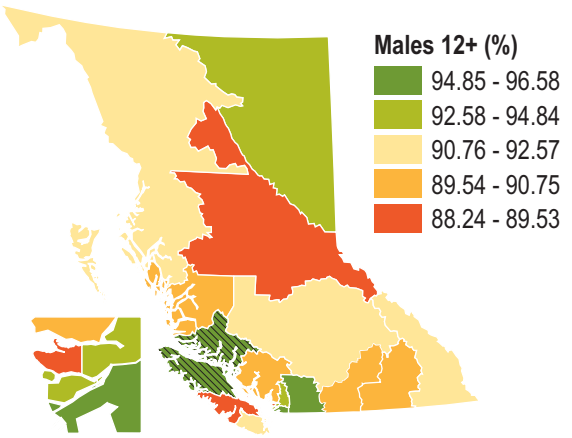
- The largest range in values among HSDAs (16.93 percentage points) occurs in respondents ages 12 to 19, while the smallest range in values (6.93 percentage points) occurs in respondents ages 12+.
- For all respondents, there is one HSDA (Fraser East) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For male respondents (ages 12+), there is one HSDA (North Vancouver Island) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For female respondents (ages 12+), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For younger respondents (ages 12 to 19), there are 2 HSDAs (East Kootenay and North Vancouver Island) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For older respondents (ages 65+), there is one HSDA (East Kootenay) significantly higher, and there is one HSDA (Northern Interior) significantly lower than the provincial rate.
- For the mid age respondents (ages 20 to 64), there are 2 HSDAs (Fraser East and Richmond) significantly higher, and there is one HSDA (Central Vancouver Island) significantly lower than the provincial rate.

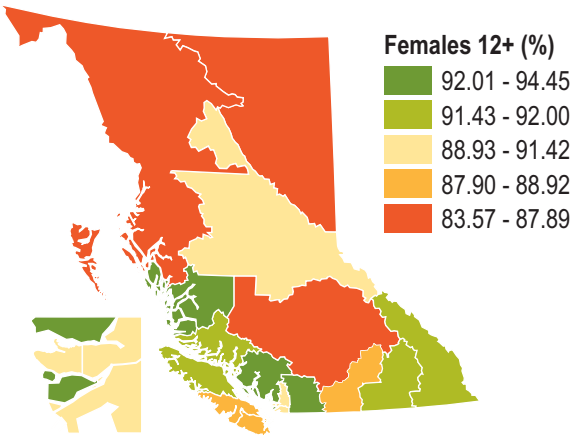
Within HSDAs:

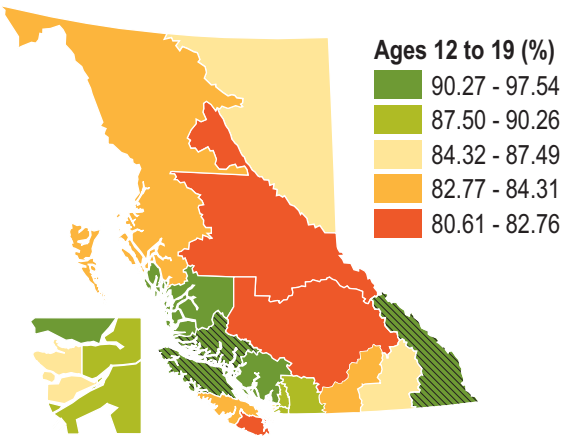
- For male respondents (ages 12+), no HSDA is significantly higher, and no HSDA is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19), no HSDA is significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.
- For older respondents (ages 65+), there are 9 HSDAs (East Kootenay, Okanagan, Fraser North, Vancouver, North Shore/Coast Garibaldi, South Vancouver Island, Central Vancouver Island, Northwest and Northeast) significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.

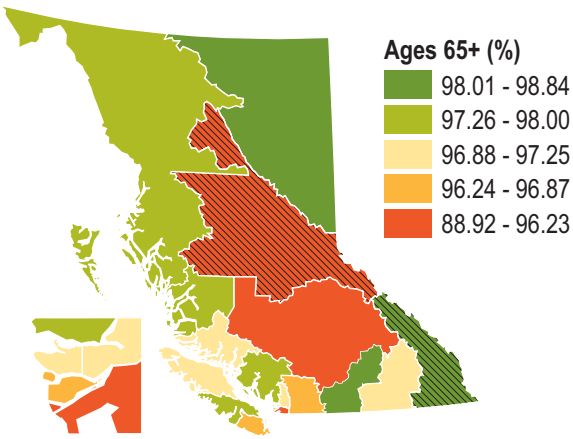
Household members never worried that food would run out in the past year











Always had enough of the kinds of food they wanted to eat in the past year

Health Service Delivery Area	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
31 Richmond	94.42	94.00	94.82	91.27	94.02	94.95
33 North Shore/Coast Garibaldi	93.81	94.23	93.41	93.13	98.40‡	92.85
43 North Vancouver Island	92.28	95.78	88.79	93.36	92.44	92.07
23 Fraser South	91.86	89.84	93.79	91.02	92.31	91.92
21 Fraser East	91.06	91.59	90.55	88.22	94.44	90.82
13 Okanagan	90.39	91.48	89.35	90.02	96.13‡	88.59
41 South Vancouver Island	89.81	89.82	89.79	84.16	94.57‡	89.32
14 Thompson Cariboo Shuswap	89.59	91.64	87.46	80.18	96.98‡	89.32
22 Fraser North	89.53	89.92	89.14	90.44	96.85‡	88.15
51 Northwest	89.44	88.72	90.22	85.86	95.34	89.20
12 Kootenay Boundary	89.17	91.04	87.33	84.85	97.70‡	87.52
53 Northeast	89.10	89.57	88.59	90.34	94.26	88.23
11 East Kootenay	88.84	91.57	86.11	94.02	93.35	87.02
42 Central Vancouver Island	88.64	89.16	88.12	81.16	96.79‡	87.51
32 Vancouver	86.54	85.83	87.23	81.99	90.66	86.24
52 Northern Interior	85.77	86.06	85.45	84.88	91.92	84.93
British Columbia	**89.98**	**90.05**	**89.90**	**87.86**	**94.64‡**	**89.29**
Canada	**88.99**	**89.68***	**88.33**	**86.65†**	**93.69‡**	**88.44**

* males differ significantly from females.
† 12 to 19 age group differs significantly from 20 to 64 age group.
‡ 65+ age group differs significantly from 20 to 64 age group.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

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 national level:

- Male respondents (ages 12+) have a significantly higher rate of always having enough of the kinds of food they wanted to eat in the past year than their female cohort.
- Younger respondents (ages 12 to 19) have a significantly lower rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly higher rate than the ages 20 to 64 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, all respondents ages 12+ are not significantly different, male respondents ages 12+ are not significantly different, female respondents ages 12+ are significantly higher, respondents ages 12 to 19 are not significantly different, respondents ages 65+ are not significantly different, and respondents ages 20 to 64 are not significantly different.
- Male respondents (ages 12+) have no significantly different rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have no significantly different rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly higher rate than the ages 20 to 64 cohort.

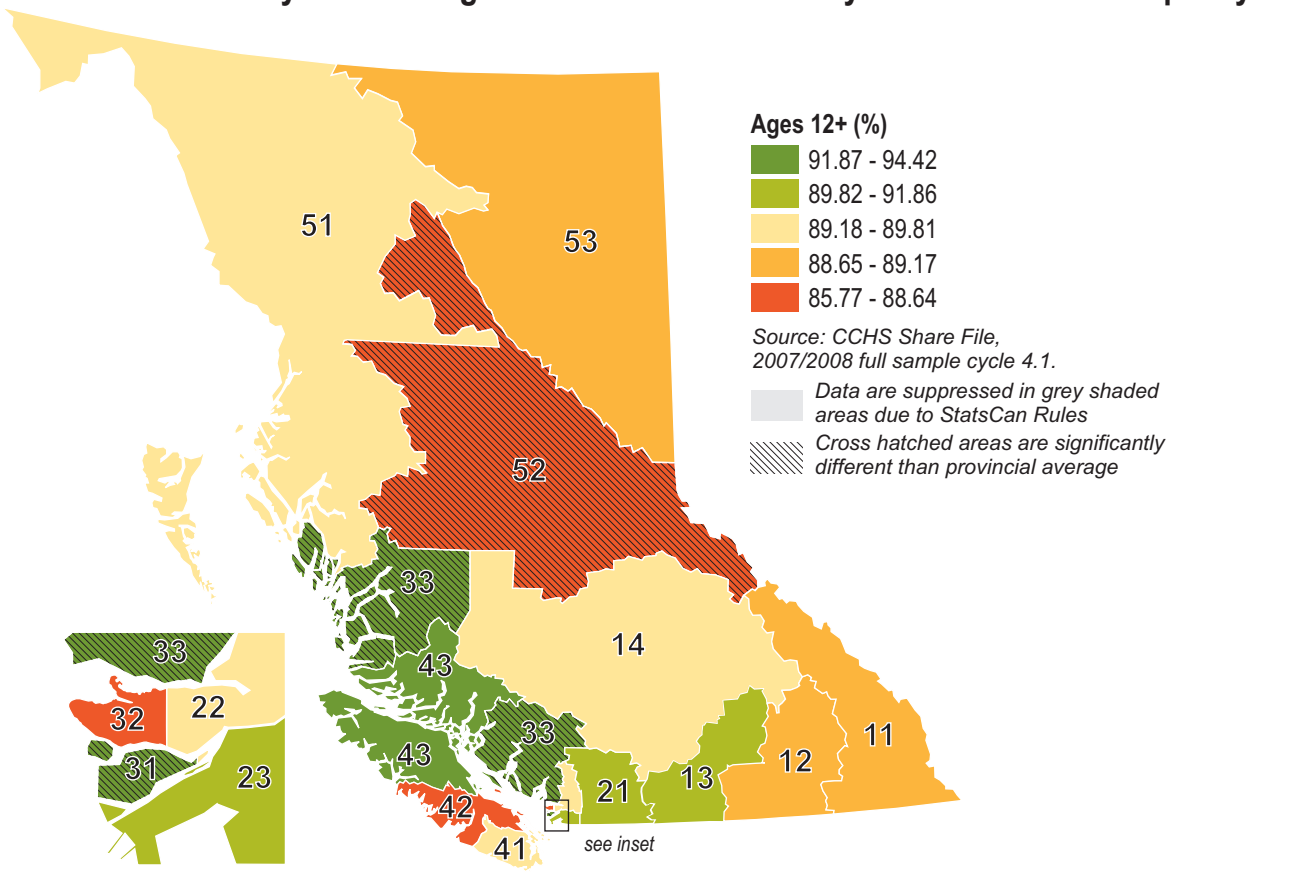
At the HSDA level:

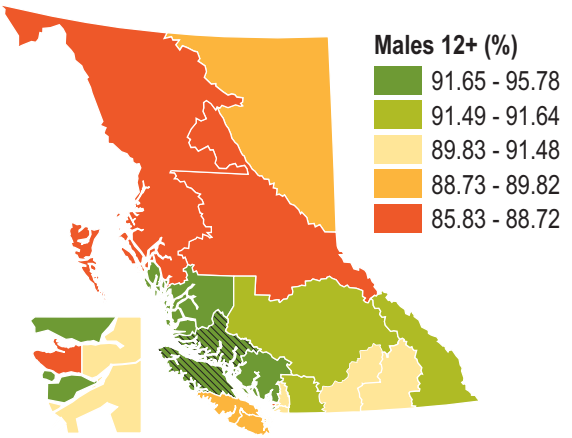
- The largest range in values among HSDAs (13.84 percentage points) occurs in respondents ages 12 to 19, while the smallest range in values (7.74 percentage points) occurs in respondents ages 65+.
- For all respondents, there are 2 HSDAs (Richmond and North Shore/Coast Garibaldi) significantly higher, and there is one HSDA (Northern Interior) significantly lower than the provincial rate.
- For male respondents (ages 12+), there is one HSDA (North Vancouver Island) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For female respondents (ages 12+), there are 2 HSDAs (Fraser South and Richmond) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For younger respondents (ages 12 to 19), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For older respondents (ages 65+), there is one HSDA (North Shore/Coast Garibaldi) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For the mid age respondents (ages 20 to 64), there is one HSDA (Richmond) significantly higher, and no HSDA is significantly lower than the provincial rate.

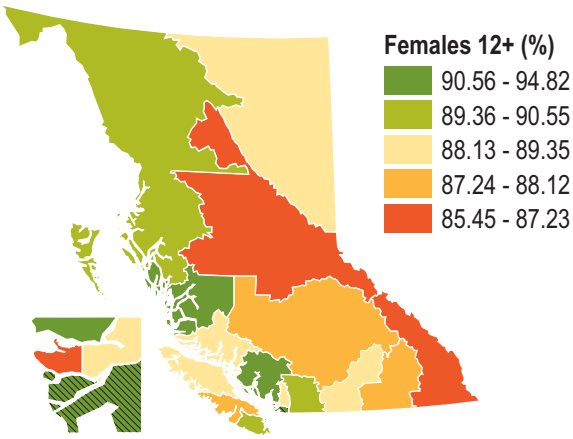
Within HSDAs:

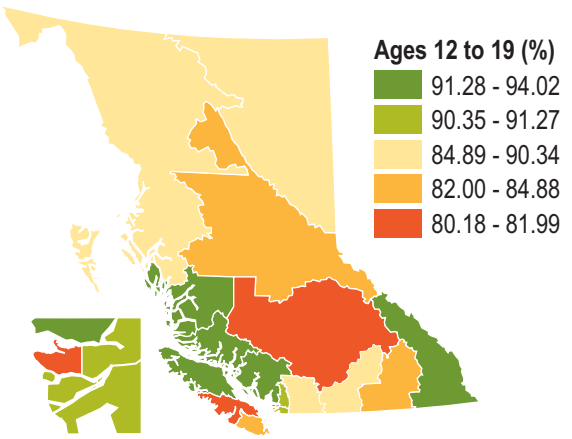
- For male respondents (ages 12+), no HSDA is significantly higher, and no HSDA is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19), no HSDA is significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.
- For older respondents (ages 65+), there are 7 HSDAs (Kootenay Boundary, Okanagan, Thompson Cariboo Shuswap, Fraser North, North Shore/Coast Garibaldi, South Vancouver Island and Central Vancouver Island) significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.

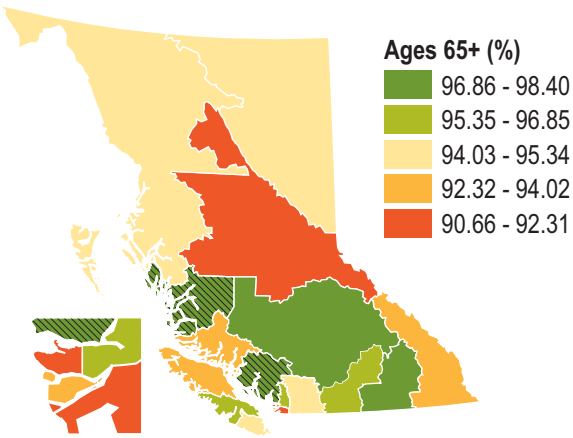
Always had enough of the kinds of food they wanted to eat in the past year











Food security

Health Service Delivery Area	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
31 Richmond	97.88	98.02	97.74	94.65	99.51	97.99
43 North Vancouver Island	96.71	98.30	95.13	98.67	98.81	95.90
21 Fraser East	96.56	95.86	97.25	92.51	98.77	96.74
22 Fraser North	95.81	95.62	95.98	91.68	99.03‡	95.85
23 Fraser South	95.52	95.52	95.51	90.59	94.60	96.52
53 Northeast	95.43	96.85	93.92	95.50	100.00‡	94.84
33 North Shore/Coast Garibaldi	94.80	95.20	94.42	94.41	98.77‡	93.94
13 Okanagan	94.04	96.69*	91.51	92.99	98.61‡	92.71
41 South Vancouver Island	93.78	94.84	92.84	89.15	98.23‡	93.22
12 Kootenay Boundary	93.64	94.89	92.42	90.80	99.77‡	92.40
11 East Kootenay	93.46	94.97	91.93	99.21†	99.43‡	91.27
51 Northwest	93.06	95.23	90.68	89.76	98.73	92.79
14 Thompson Cariboo Shuswap	92.36	93.31	91.39	83.44	97.76	92.54
32 Vancouver	92.17	91.70	92.63	89.40	98.71‡	91.29
52 Northern Interior	91.95	92.65	91.19	89.70	92.66	92.23
42 Central Vancouver Island	91.72	90.27	93.18	87.28	98.00‡	90.66
British Columbia	**94.33**	**94.65**	**94.02**	**91.08†**	**97.98‡**	**94.02**
Canada	**94.28**	**95.14***	**93.45**	**92.27†**	**98.00‡**	**93.86**

* males differ significantly from females.
† 12 to 19 age group differs significantly from 20 to 64 age group.
‡ 65+ age group differs significantly from 20 to 64 age group.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

CCHS Question: Derived variable based on several questions related to food security.

Key Points

At the national level:

- Male respondents (ages 12+) have a significantly higher rate of being food secure than their female cohort.
- Younger respondents (ages 12 to 19) have a significantly lower rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly higher rate than the ages 20 to 64 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, no age or gender cohort analyzed is significantly different.
- Male respondents (ages 12+) have no significantly different rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly lower rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly higher rate than the ages 20 to 64 cohort.

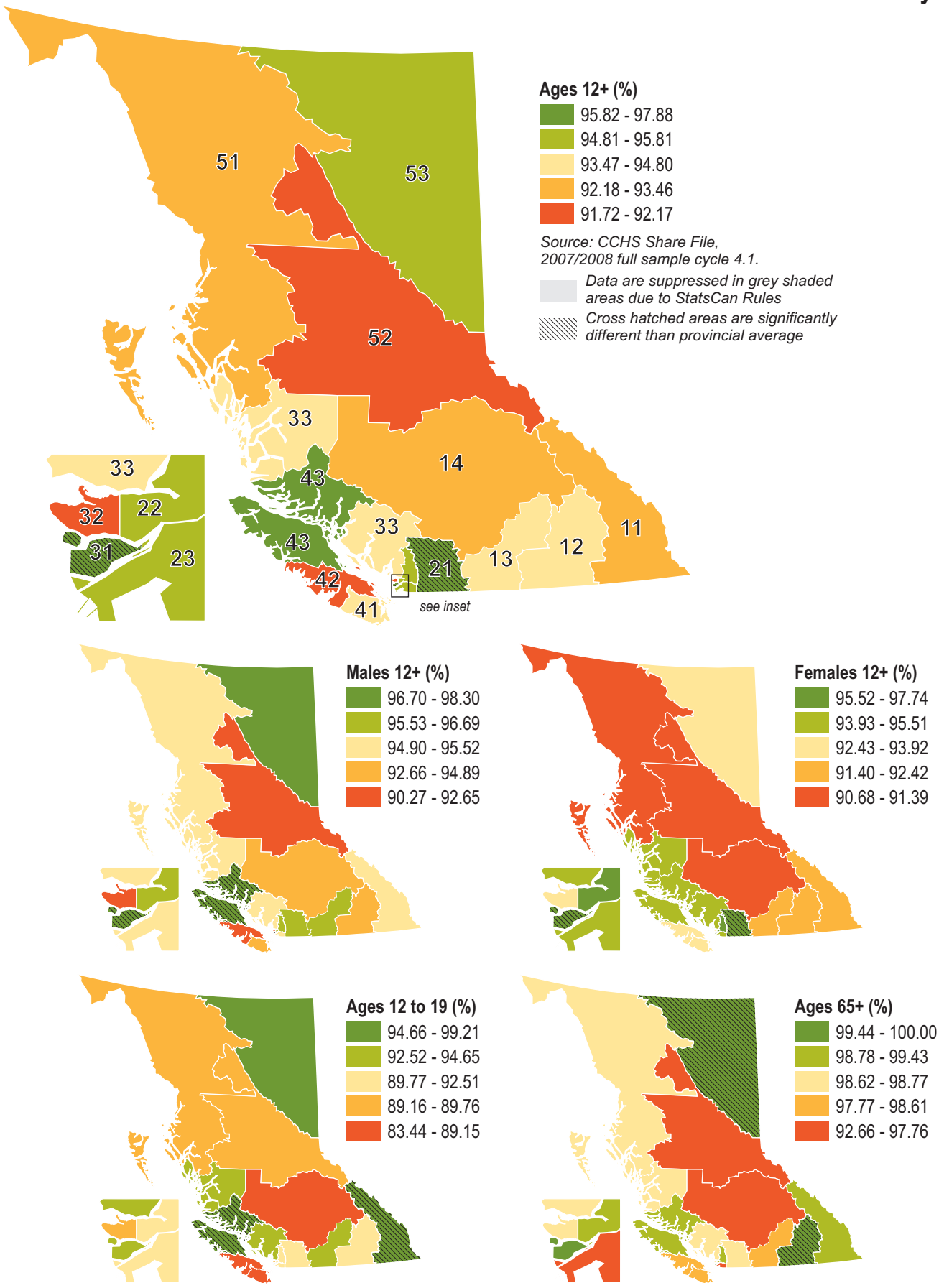
At the HSDA level:

- The largest range in values among HSDAs (15.77 percentage points) occurs in respondents ages 12 to 19, while the smallest range in values (6.16 percentage points) occurs in respondents ages 12+.
- For all respondents, there are 2 HSDAs (Fraser East and Richmond) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For male respondents (ages 12+), there are 2 HSDAs (Richmond and North Vancouver Island) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For female respondents (ages 12+), there are 2 HSDAs (Fraser East and Richmond) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For younger respondents (ages 12 to 19), there are 2 HSDAs (East Kootenay and North Vancouver Island) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For older respondents (ages 65+), there are 2 HSDAs (Kootenay Boundary and Northeast) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For the mid age respondents (ages 20 to 64), there are 3 HSDAs (Fraser East, Fraser South and Richmond) significantly higher, and no HSDA is significantly lower than the provincial rate.

Within HSDAs:

- For male respondents (ages 12+), there is one HSDA (Okanagan) significantly higher, and no HSDA is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19), there is one HSDA (East Kootenay) significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.
- For older respondents (ages 65+), there are 9 HSDAs (East Kootenay, Kootenay Boundary, Okanagan, Fraser North, Vancouver, North Shore/Coast Garibaldi, South Vancouver Island, Central Vancouver Island and Northeast) significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.

Food security



Avoids certain foods because of the fat content

Health Service Delivery Area	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
31 Richmond	74.85	65.03*	83.88	44.10†	75.04	79.32
32 Vancouver	73.92	67.04*	80.57	65.60	76.04	74.42
33 North Shore/Coast Garibaldi	73.35	70.71	75.73	41.88E†	79.21	76.88
41 South Vancouver Island	73.08	68.02*	77.64	52.94†	70.25	76.32
22 Fraser North	69.64	61.76*	77.24	51.70†	68.83	72.38
13 Okanagan	69.10	62.30*	75.52	41.00†	75.27	71.78
12 Kootenay Boundary	68.07	64.93	71.28	F	71.43	71.56
21 Fraser East	67.92	56.79*	78.72	44.68†	71.31	71.19
14 Thompson Cariboo Shuswap	67.26	56.79*	77.25	64.58	69.15	67.24
23 Fraser South	66.33	61.23*	71.21	43.62†	71.46	69.07
43 North Vancouver Island	65.98	56.87*	74.40	F	67.44	68.75
52 Northern Interior	65.71	60.86	70.62	46.70†	75.20	67.65
51 Northwest	64.30	59.63	69.15	37.60E†	69.48	68.59
42 Central Vancouver Island	63.52	56.41*	70.16	49.96	66.24	65.00
11 East Kootenay	62.49	55.83	68.97	F	63.66	68.33
53 Northeast	59.16	51.64*	66.94	39.11E†	56.07	63.09
British Columbia	**69.25**	**62.43***	**75.75**	**48.59†**	**71.79**	**71.78**
Canada**	**67.66**	**60.42***	**74.74**	**45.60†**	**71.42**	**70.48**

* males differ significantly from females.
† 12 to 19 age group differs significantly from 20 to 64 age group.
‡ 65+ age group differs significantly from 20 to 64 age group.
** Only PE, MB, AB, BC and NT opted for this question.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

CCHS Question: Do you avoid certain foods because of the fat content?

Key Points

At the national level:

- Male respondents (ages 12+) have a significantly lower rate of avoiding certain foods because of the fat content than their female cohort.
- Younger respondents (ages 12 to 19) have a significantly lower rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have no significantly different rate than the ages 20 to 64 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, no age or gender group analyzed is significantly different.
- Male respondents (ages 12+) have a significantly lower rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly lower rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have no significantly different rate than the ages 20 to 64 cohort.

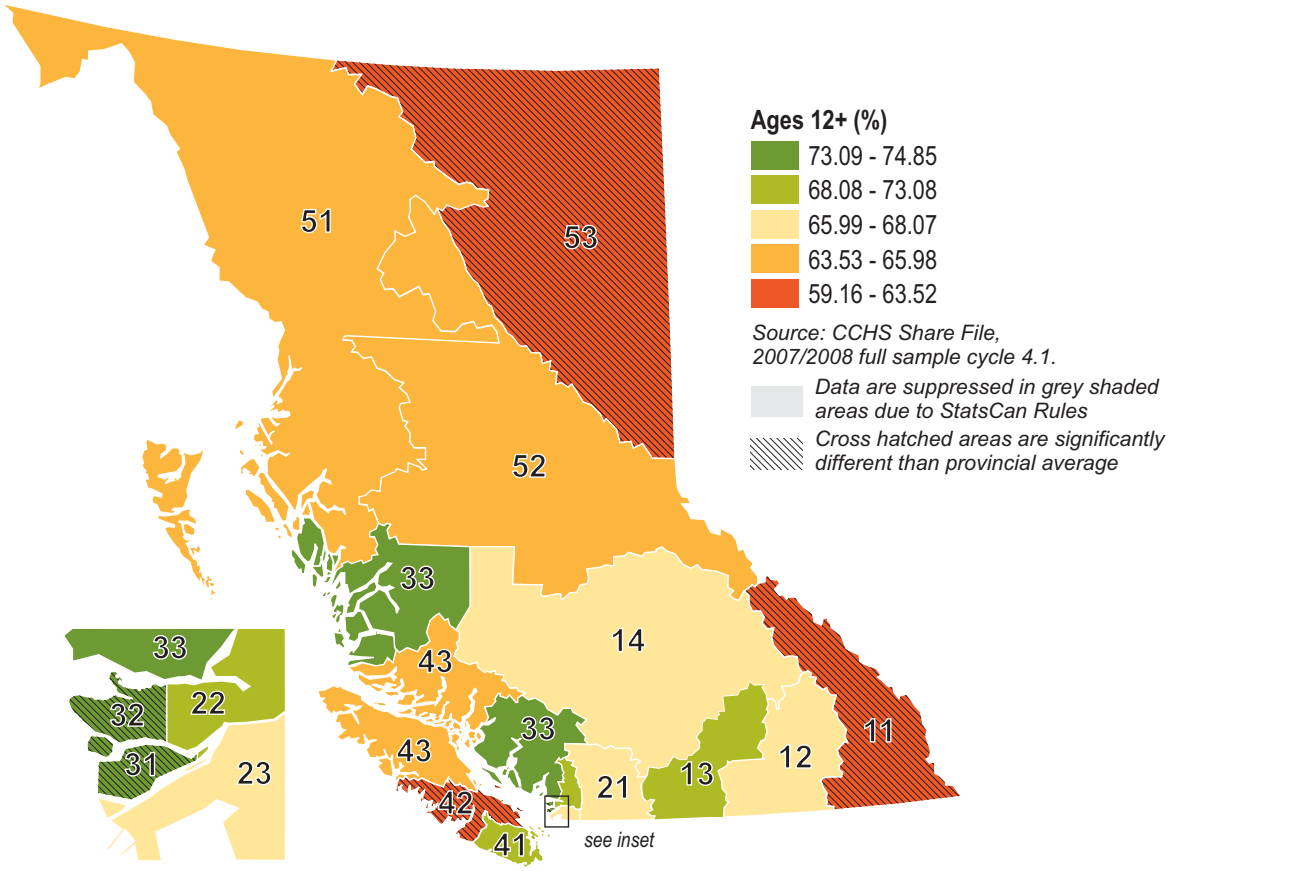
At the HSDA level:

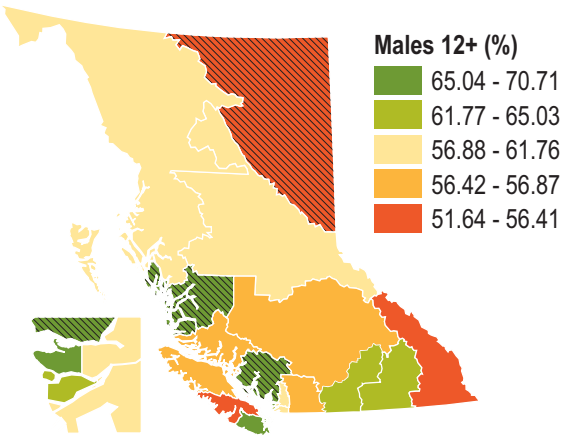
- The largest range in values among HSDAs (28.00 percentage points) occurs in respondents ages 12 to 19, while the smallest range in values (15.69 percentage points) occurs in respondents ages 12+.
- For all respondents, there are 2 HSDAs (Richmond and Vancouver) significantly higher, and there are 3 HSDAs (East Kootenay, Central Vancouver Island and Northeast) significantly lower than the provincial rate.
- For male respondents (ages 12+), there is one HSDA (North Shore/Coast Garibaldi) significantly higher, and there is one HSDA (Northeast) significantly lower than the provincial rate.
- For female respondents (ages 12+), there is one HSDA (Richmond) significantly higher, and there is one HSDA (Northeast) significantly lower than the provincial rate.
- For younger respondents (ages 12 to 19), there are 2 HSDAs (Thompson Cariboo Shuswap and Vancouver) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For older respondents (ages 65+), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For the mid age respondents (ages 20 to 64), there is one HSDA (Richmond) significantly higher, and there are 2 HSDAs (Central Vancouver Island and Northeast) significantly lower than the provincial rate.

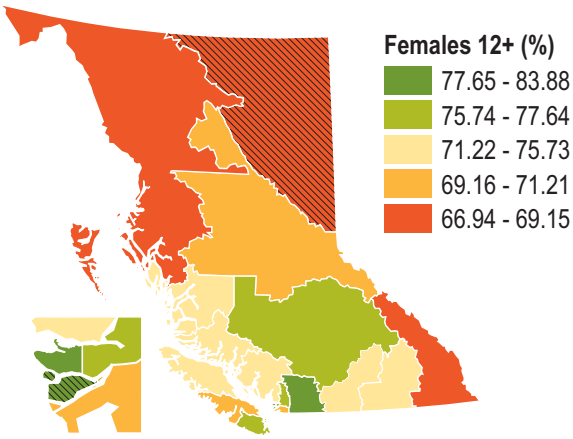
Within HSDAs:

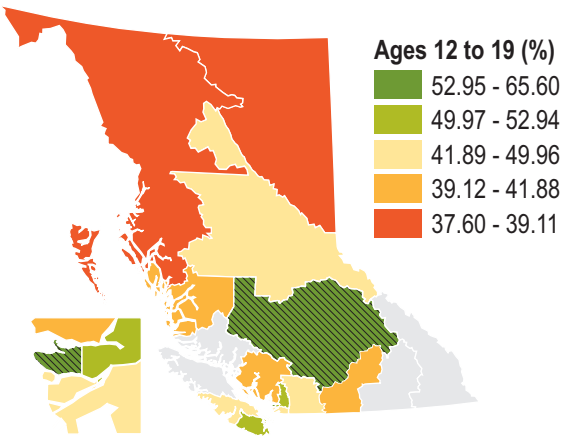
- For male respondents (ages 12+), no HSDA is significantly higher, and there are 11 HSDAs (Okanagan, Thompson Cariboo Shuswap, Fraser East, Fraser North, Fraser South, Richmond, Vancouver, South Vancouver Island, Central Vancouver Island, North Vancouver Island and Northeast) significantly lower than their respective female cohort.
- For younger respondents (ages 12 to 19), no HSDA is significantly higher, and there are 10 HSDAs (Okanagan, Fraser East, Fraser North, Fraser South, Richmond, North Shore/Coast Garibaldi, South Vancouver Island, Northwest, Northern Interior and Northeast) significantly lower than their respective ages 20 to 64 cohort.
- For older respondents (ages 65+), no HSDA is significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.

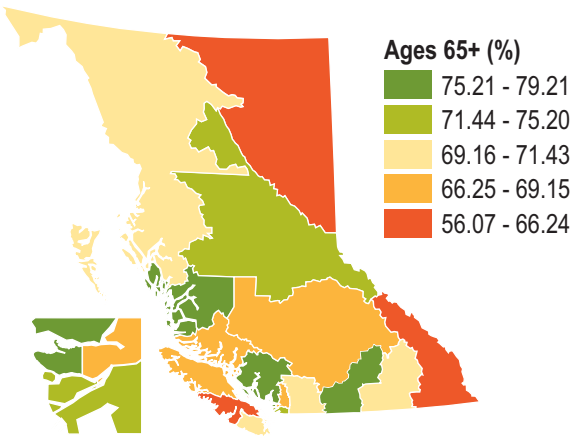
Avoids certain foods because of the fat content











Chooses certain foods because of the low fat content

Health Service Delivery Area	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
41 South Vancouver Island	71.39	65.90*	76.37	38.88†	70.92	75.66
33 North Shore/Coast Garibaldi	70.97	68.71	73.01	30.84E†	79.98	75.14
13 Okanagan	70.47	63.79*	76.75	39.34†	79.62	72.73
32 Vancouver	70.02	65.02*	74.85	51.49†	70.50	71.80
31 Richmond	68.63	63.43	73.45	35.64E†	71.74	72.90
12 Kootenay Boundary	67.40	61.14	73.80	F	65.21	72.19
42 Central Vancouver Island	67.10	61.43	72.37	51.06	67.69	69.61
22 Fraser North	66.44	59.96*	72.69	53.70	65.50	68.45
14 Thompson Cariboo Shuswap	65.63	56.78*	74.13	52.59	65.56	67.63
23 Fraser South	65.47	59.86*	70.86	31.76†	68.26	70.40
51 Northwest	64.54	58.12	71.22	36.75E†	69.02	69.15
21 Fraser East	64.27	53.06*	75.16	43.74†	70.47	66.44
11 East Kootenay	64.18	56.38*	71.77	F	67.10	67.49
43 North Vancouver Island	63.61	55.66	71.00	F	70.50	64.38
52 Northern Interior	62.46	55.23*	69.81	42.50†	77.88‡	63.69
53 Northeast	60.63	53.04*	68.47	40.11E†	63.51	63.94
British Columbia	**67.46**	**61.22***	**73.41**	**42.71†**	**70.77**	**70.43**
Canada**	**65.99**	**59.14***	**72.68**	**41.22†**	**70.44**	**69.10**

* males differ significantly from females.
† 12 to 19 age group differs significantly from 20 to 64 age group.
‡ 65+ age group differs significantly from 20 to 64 age group.
** Only PE, MB, AB, BC and NT opted for this question.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

CCHS Question: Do you choose certain foods because of the low fat content?

Key Points

At the national level:

- Male respondents (ages 12+) have a significantly lower rate of choosing certain foods because of the low fat content than their female cohort.
- Younger respondents (ages 12 to 19) have a significantly lower rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have no significantly different rate than the ages 20 to 64 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, no age or gender group analyzed is significantly different.
- Male respondents (ages 12+) have a significantly lower rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly lower rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have no significantly different rate than the ages 20 to 64 cohort.

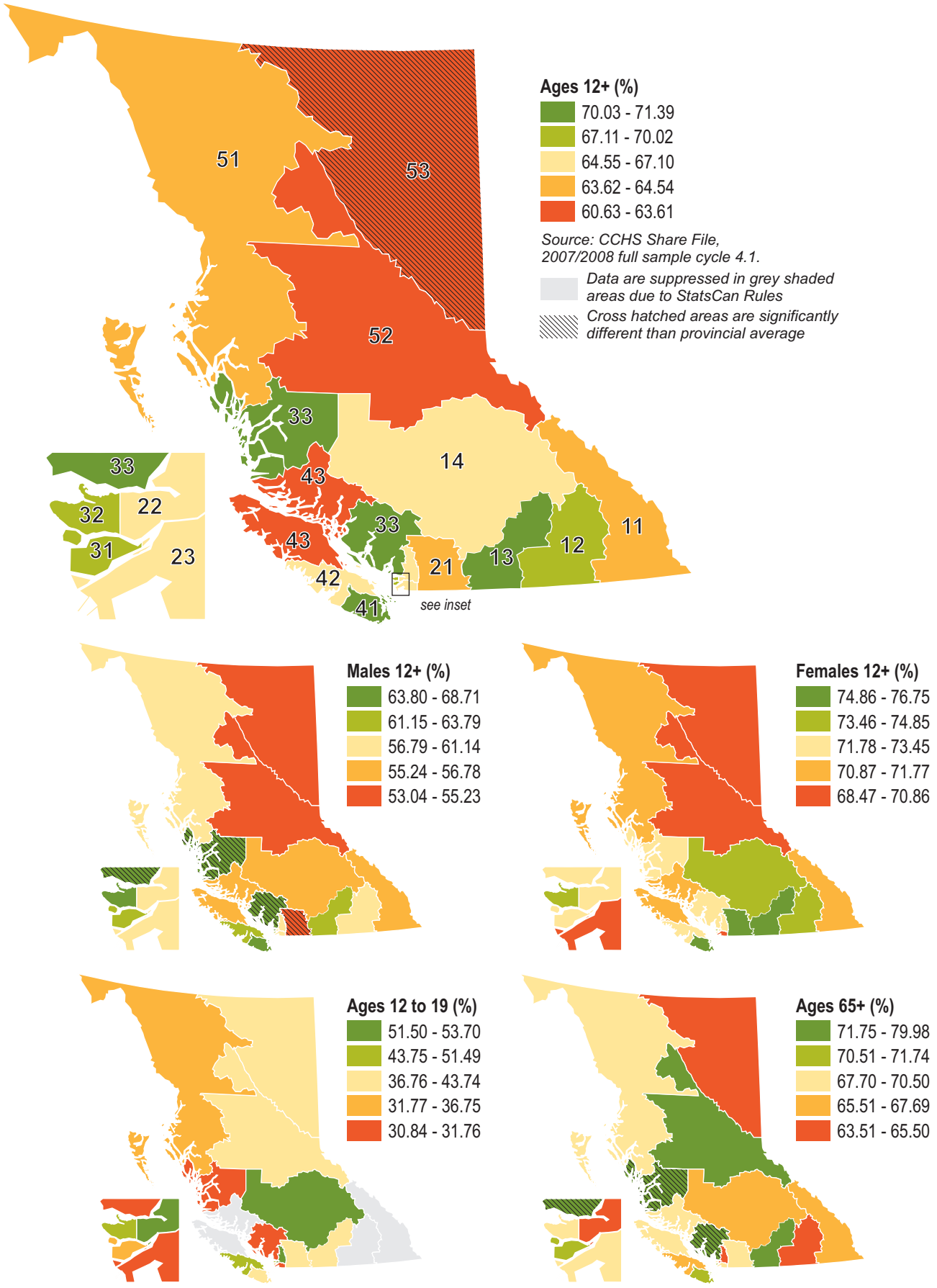
At the HSDA level:

- The largest range in values among HSDAs (22.86 percentage points) occurs in respondents ages 12 to 19, while the smallest range in values (8.28 percentage points) occurs in female respondents ages 12+.
- For all respondents, no HSDA is significantly higher, and there is one HSDA (Northeast) significantly lower than the provincial rate.
- For male respondents (ages 12+), there is one HSDA (North Shore/Coast Garibaldi) significantly higher, and there is one HSDA (Fraser East) significantly lower than the provincial rate.
- For female respondents (ages 12+), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For younger respondents (ages 12 to 19), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For older respondents (ages 65+), there is one HSDA (North Shore/Coast Garibaldi) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For the mid age respondents (ages 20 to 64), there is one HSDA (South Vancouver Island) significantly higher, and there are 2 HSDAs (Northern Interior and Northeast) significantly lower than the provincial rate.

Within HSDAs:

- For male respondents (ages 12+), no HSDA is significantly higher, and there are 10 HSDAs (East Kootenay, Okanagan, Thompson Cariboo Shuswap, Fraser East, Fraser North, Fraser South, Vancouver, South Vancouver Island, Northern Interior and Northeast) significantly lower than their respective female cohort.
- For younger respondents (ages 12 to 19), no HSDA is significantly higher, and there are 10 HSDAs (Okanagan, Fraser East, Fraser South, Richmond, Vancouver, North Shore/Coast Garibaldi, South Vancouver Island, Northwest, Northern Interior and Northeast) significantly lower than their respective ages 20 to 64 cohort.
- For older respondents (ages 65+), there is one HSDA (Northern Interior) significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.

Chooses certain foods because of the low fat content



Avoids certain foods because of the salt content

Health Service Delivery Area	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
31 Richmond	59.44	52.24*	66.06	F	66.96	62.81
33 North Shore/Coast Garibaldi	58.02	53.84	61.79	F	76.51‡	60.28
41 South Vancouver Island	52.87	44.45*	60.48	F	68.74‡	52.61
32 Vancouver	52.63	48.07*	57.06	34.95†	63.08	52.77
11 East Kootenay	52.06	40.22*	63.64	F	68.06‡	51.76
42 Central Vancouver Island	51.93	48.21	55.41	F	61.58	54.34
22 Fraser North	51.86	45.74*	57.78	26.82E†	63.44	53.60
14 Thompson Cariboo Shuswap	51.72	41.31*	61.59	F	59.61	53.72
13 Okanagan	51.59	47.64	55.31	20.37E†	72.50‡	50.24
12 Kootenay Boundary	51.56	43.94	59.33	F	62.73	52.93
43 North Vancouver Island	50.14	44.98	54.89	F	62.05	50.21
23 Fraser South	49.87	45.32	54.23	24.29E†	68.29‡	50.72
21 Fraser East	49.39	43.37	55.24	F	63.91‡	50.22
52 Northern Interior	48.62	39.76*	57.58	F	66.58‡	49.85
51 Northwest	47.17	37.50*	57.24	F	60.17	51.59
53 Northeast	43.43	33.11*	54.03	F	51.36	46.51
British Columbia	**51.94**	**45.93***	**57.68**	**25.38†**	**66.23‡**	**52.96**
Canada**	**50.56**	**44.61***	**56.39**	**24.35†**	**66.27‡**	**51.88**

* males differ significantly from females.
† 12 to 19 age group differs significantly from 20 to 64 age group.
‡ 65+ age group differs significantly from 20 to 64 age group.
** Only PE, MB, AB, BC and NT opted for this question.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

CCHS Question: Do you avoid certain foods because of the salt content?

Key Points

At the national level:

- Male respondents (ages 12+) have a significantly lower rate of avoiding certain foods because of the salt content than their female cohort.
- Younger respondents (ages 12 to 19) have a significantly lower rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly higher rate than the ages 20 to 64 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, no age or gender cohort analyzed is significantly different.
- Male respondents (ages 12+) have a significantly lower rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly lower rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly higher rate than the ages 20 to 64 cohort.

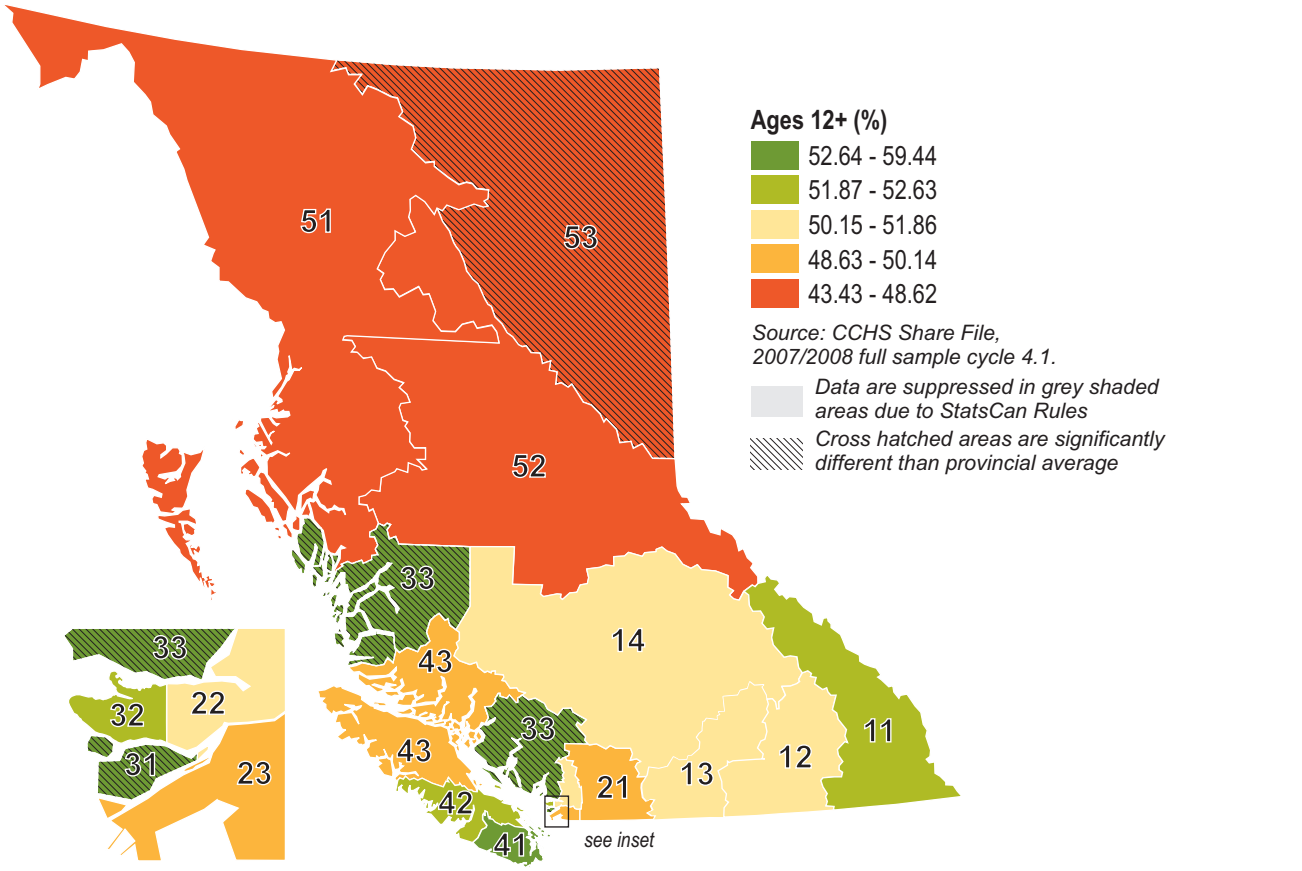
At the HSDA level:

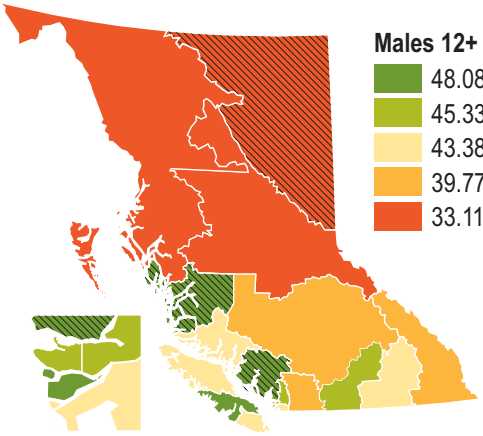
- The largest range in values among HSDAs (25.15 percentage points) occurs in respondents ages 65+, while the smallest range in values (12.03 percentage points) occurs in female respondents ages 12+.
- For all respondents, there are 2 HSDAs (Richmond and North Shore/Coast Garibaldi) significantly higher, and there is one HSDA (Northeast) significantly lower than the provincial rate.
- For male respondents (ages 12+), there is one HSDA (North Shore/Coast Garibaldi) significantly higher, and there is one HSDA (Northeast) significantly lower than the provincial rate.
- For female respondents (ages 12+), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For younger respondents (ages 12 to 19), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For older respondents (ages 65+), there is one HSDA (North Shore/Coast Garibaldi) significantly higher, and there is one HSDA (Northeast) significantly lower than the provincial rate.
- For the mid age respondents (ages 20 to 64), there are 2 HSDAs (Richmond and North Shore/Coast Garibaldi) significantly higher, and no HSDA is significantly lower than the provincial rate.

Within HSDAs:

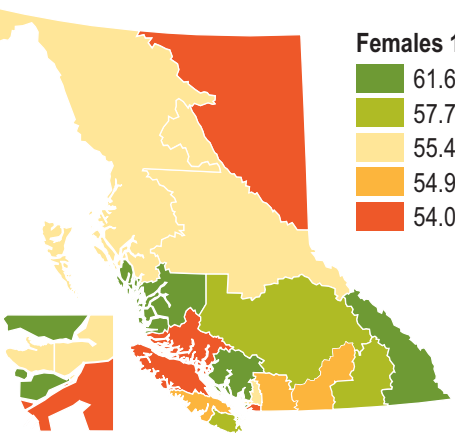
- For male respondents (ages 12+), no HSDA is significantly higher, and there are 9 HSDAs (East Kootenay, Thompson Cariboo Shuswap, Fraser North, Richmond, Vancouver, South Vancouver Island, Northwest, Northern Interior and Northeast) significantly lower than their respective female cohort.
- For younger respondents (ages 12 to 19),only four HSDAs had sufficient data to compare(Okanagan, Fraser North, Fraser South and Vancouver). All were significantly lower than their respective ages 20 to 64 cohort.
- For older respondents (ages 65+), there are 7 HSDAs (East Kootenay, Okanagan, Fraser East, Fraser South, North Shore/Coast Garibaldi, South Vancouver Island and Northern Interior) significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.

Avoids certain foods because of the salt content

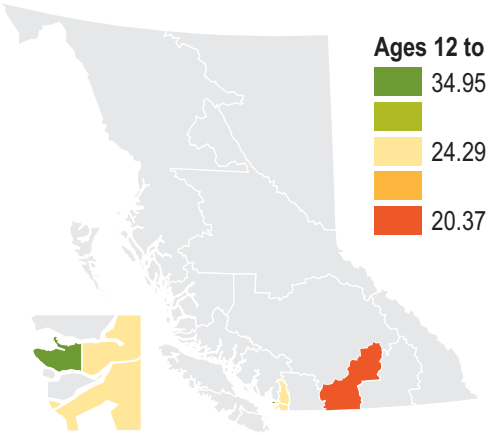




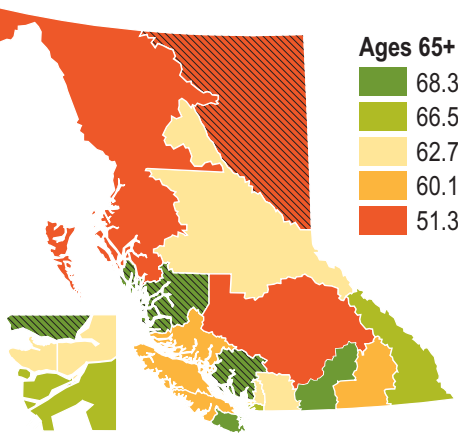
Males 12+ (%)
48.08 - 53.84
45.33 - 48.07
43.38 - 45.32
39.77 - 43.37
33.11 - 39.76



Females 12+ (%)
61.60 - 66.06
57.79 - 61.59
55.42 - 57.78
54.90 - 55.41
54.03 - 54.89



Ages 12 to 19 (%)
34.95
24.29 - 26.82
20.37



Ages 65+ (%)
68.30 - 76.51
66.59 - 68.29
62.74 - 66.58
60.18 - 62.73
51.36 - 60.17

Avoids certain foods because of the calorie content

Health Service Delivery Area	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
33 North Shore/Coast Garibaldi	59.84	55.17	64.06	30.29E†	69.33	62.26
22 Fraser North	54.38	46.31*	62.17	42.41	52.34	56.46
31 Richmond	54.17	46.74	61.00	F	40.79‡	59.87
32 Vancouver	51.45	44.78*	57.94	39.04	48.19	53.20
13 Okanagan	51.22	39.98*	61.81	33.92†	53.24	53.41
23 Fraser South	50.96	42.25*	59.28	35.22†	47.85	54.04
41 South Vancouver Island	50.87	37.38*	63.00	32.52E†	46.19	54.30
53 Northeast	47.00	35.00*	59.41	F	48.50E	49.74
52 Northern Interior	46.95	34.99*	59.06	34.69	51.24	48.46
42 Central Vancouver Island	46.45	37.38*	54.90	34.38	45.38	48.74
12 Kootenay Boundary	46.43	37.09*	55.93	F	36.73	50.53
11 East Kootenay	46.18	34.56*	57.50	F	47.10	49.17
14 Thompson Cariboo Shuswap	45.87	30.46*	60.52	43.60	45.39	46.34
51 Northwest	45.00	37.35*	52.92	F	38.48E	50.80
21 Fraser East	44.67	32.54*	56.47	F	41.69	48.35
43 North Vancouver Island	41.68	34.24	48.53	F	37.80	43.74
British Columbia	**50.59**	**41.21***	**59.52**	**35.13†**	**48.67‡**	**53.25**
Canada**	**50.42**	**40.71***	**59.93**	**33.68†**	**49.21‡**	**53.29**

* males differ significantly from females.
† 12 to 19 age group differs significantly from 20 to 64 age group.
‡ 65+ age group differs significantly from 20 to 64 age group.
** Only PE, MB, AB, BC and NT opted for this question.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

CCHS Question: Do you avoid certain foods because of the calorie content?

Key Points

At the national level:

- Male respondents (ages 12+) have a significantly lower rate of avoiding certain foods because of the calorie content than their female cohort.
- Younger respondents (ages 12 to 19) have a significantly lower rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly lower rate than the ages 20 to 64 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, no age or gender cohort analyzed is significantly different.
- Male respondents (ages 12+) have a significantly lower rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly lower rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly lower rate than the ages 20 to 64 cohort.

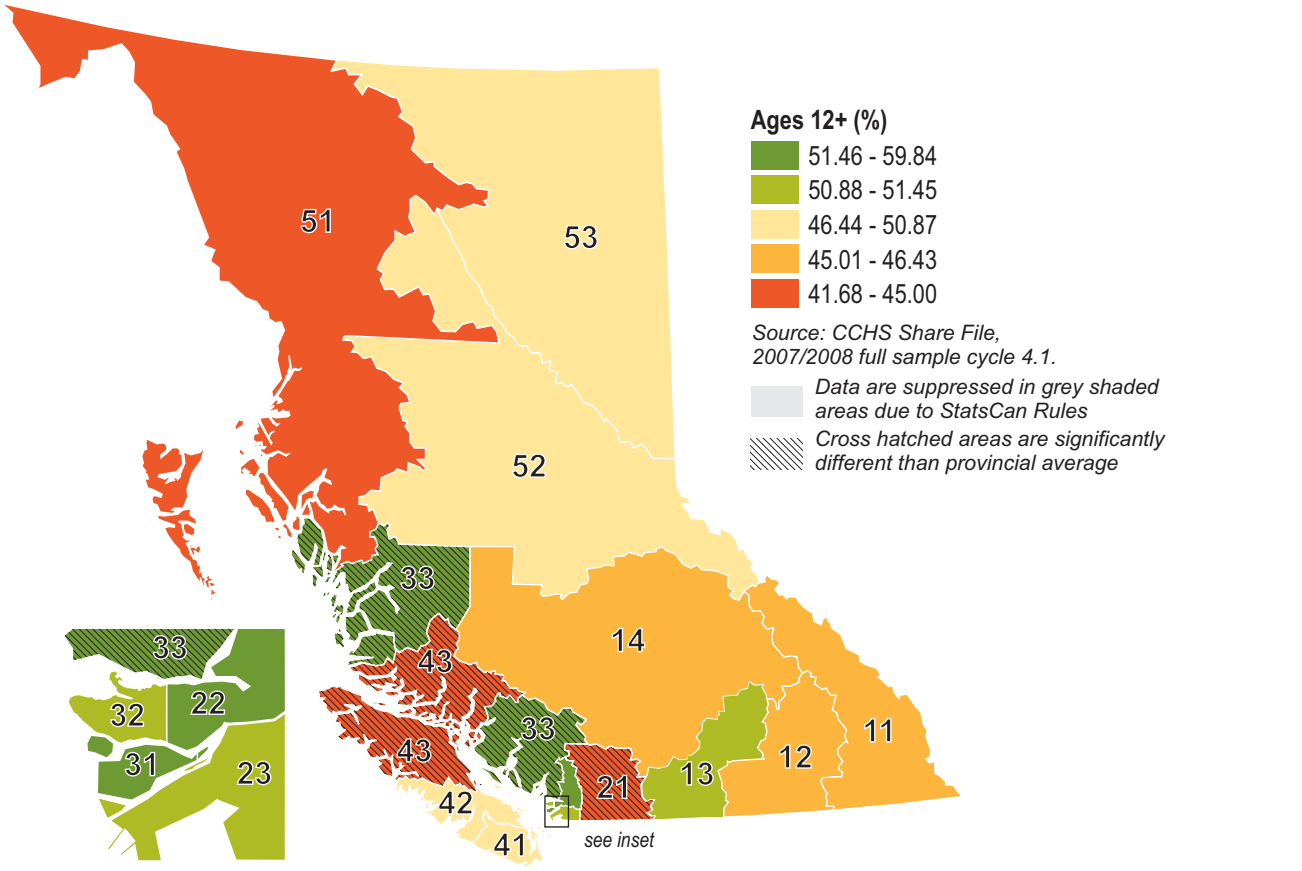
At the HSDA level:

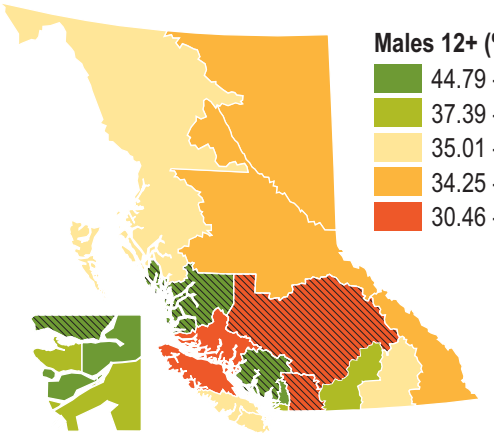
- The largest range in values among HSDAs (32.60 percentage points) occurs in respondents ages 65+, while the smallest range in values (13.31 percentage points) occurs in respondents ages 12 to 19.
- For all respondents, there is one HSDA (North Shore/Coast Garibaldi) significantly higher, and there are 2 HSDAs (Fraser East and North Vancouver Island) significantly lower than the provincial rate.
- For male respondents (ages 12+), there is one HSDA (North Shore/Coast Garibaldi) significantly higher, and there are 2 HSDAs (Thompson Cariboo Shuswap and Fraser East) significantly lower than the provincial rate.
- For female respondents (ages 12+), no HSDA is significantly higher, and there is one HSDA (North Vancouver Island) significantly lower than the provincial rate.
- For younger respondents (ages 12 to 19), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For older respondents (ages 65+), there is one HSDA (North Shore/Coast Garibaldi) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For the mid age respondents (ages 20 to 64), there is one HSDA (North Shore/Coast Garibaldi) significantly higher, and there is one HSDA (North Vancouver Island) significantly lower than the provincial rate.

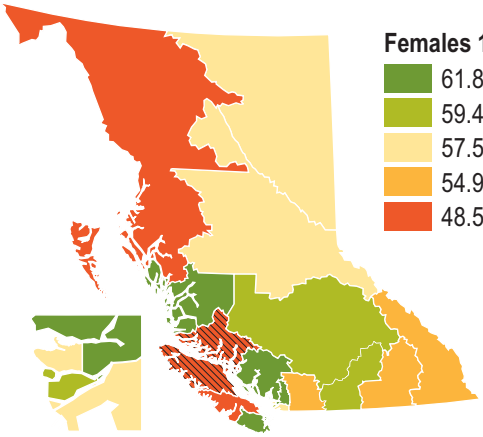
Within HSDAs:

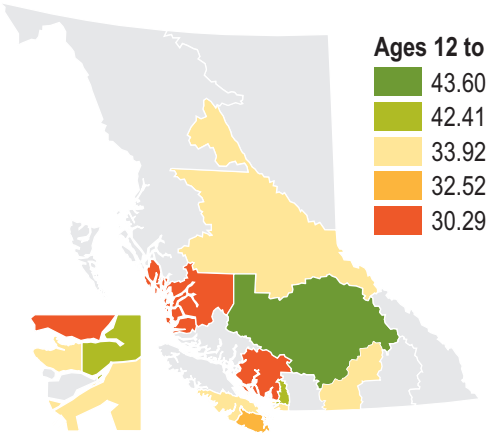
- For male respondents (ages 12+), no HSDA is significantly higher, and there are 13 HSDAs (East Kootenay, Kootenay Boundary, Okanagan, Thompson Cariboo Shuswap, Fraser East, Fraser North, Fraser South, Vancouver, South Vancouver Island, Central Vancouver Island, Northwest, Northern Interior and Northeast) significantly lower than their respective female cohort.
- For younger respondents (ages 12 to 19), no HSDA is significantly higher, and there are 4 HSDAs (Okanagan, Fraser South, North Shore/Coast Garibaldi and South Vancouver Island) significantly lower than their respective ages 20 to 64 cohort; however 7 HSDAs have insufficient data for comparison.
- For older respondents (ages 65+), no HSDA is significantly higher, and there is one HSDA (Richmond) significantly lower than its respective ages 20 to 64 cohort.

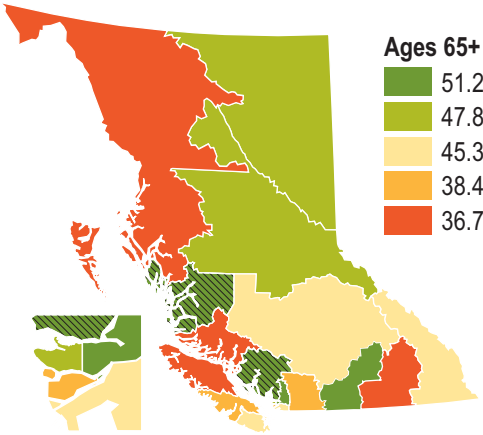
Avoids certain foods because of the calorie content











Avoids certain foods because of the cholesterol content

Health Service Delivery Area	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
31 Richmond	58.89	53.81	63.59	F	61.15	63.21
33 North Shore/Coast Garibaldi	55.13	56.88	53.54	F	71.06‡	56.63
22 Fraser North	53.36	52.42	54.27	29.60E†	63.50	55.14
32 Vancouver	51.34	45.31*	57.22	30.75†	63.94‡	51.45
41 South Vancouver Island	49.81	45.95	53.27	F	55.75	50.99
13 Okanagan	48.35	47.45	49.19	F	65.68‡	48.50
12 Kootenay Boundary	48.19	45.58	50.85	F	53.29	50.45
51 Northwest	47.50	42.98	52.22	F	57.91	51.66
14 Thompson Cariboo Shuswap	47.01	41.63*	52.13	F	59.83‡	47.73
23 Fraser South	46.58	46.31	46.84	18.79E†	53.31	49.86
42 Central Vancouver Island	45.37	39.70	50.67	F	54.04	47.40
43 North Vancouver Island	45.12	46.29	44.05	F	61.14	43.29
21 Fraser East	44.97	42.96	46.92	F	54.19	46.64
11 East Kootenay	44.37	37.99	50.59	F	51.78	46.51
52 Northern Interior	41.92	38.64	45.24	F	54.16	43.82
53 Northeast	41.64	36.90	46.54	F	39.65E	46.17
British Columbia	**49.26**	**46.54***	**51.85**	**23.63†**	**59.50‡**	**50.95**
Canada**	**46.98**	**44.27***	**49.63**	**21.42†**	**58.67‡**	**48.91**

* males differ significantly from females.
† 12 to 19 age group differs significantly from 20 to 64 age group.
‡ 65+ age group differs significantly from 20 to 64 age group.
** Only PE, MB, AB, BC and NT opted for this question.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

CCHS Question: Do you avoid certain foods because of the cholesterol content?

Key Points

At the national level:

- Male respondents (ages 12+) have a significantly lower rate of avoiding certain foods because of the cholesterol content than their female cohort.
- Younger respondents (ages 12 to 19) have a significantly lower rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly higher rate than the ages 20 to 64 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, all respondents ages 12+ and respondents 20 to 64 are significantly higher. No other age or gender cohort is significantly different.
- Male respondents (ages 12+) have a significantly lower rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly lower rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly higher rate than the ages 20 to 64 cohort.

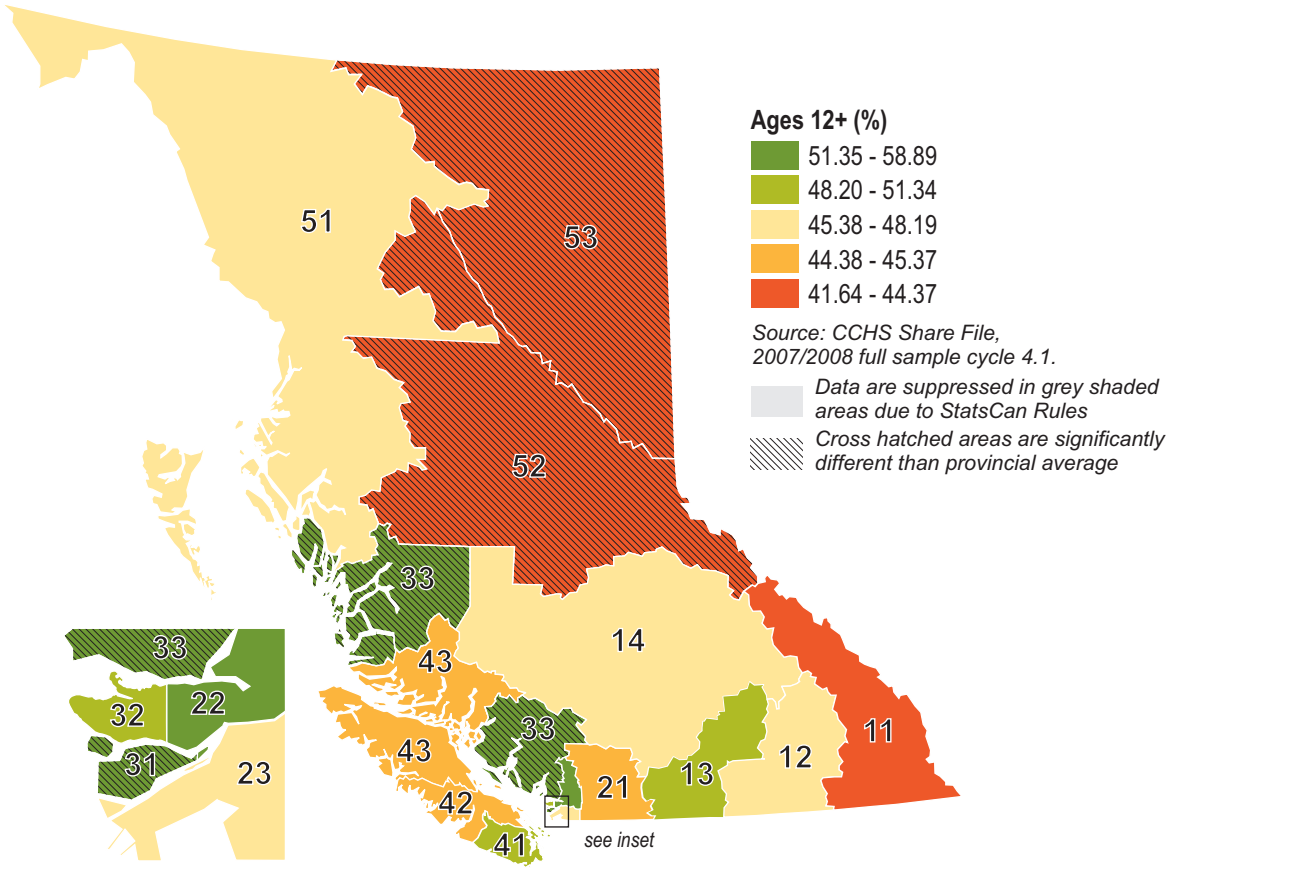
At the HSDA level:

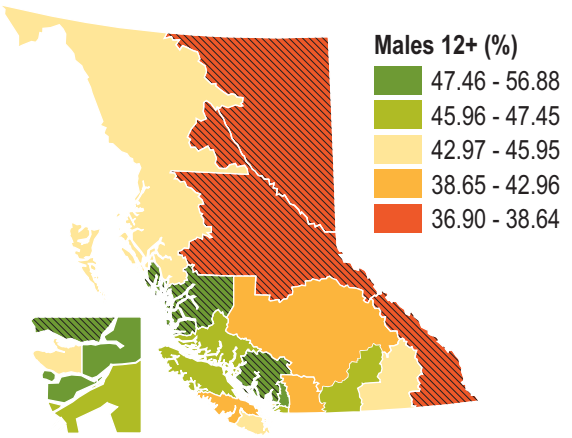
- The largest range in values among HSDAs (31.41 percentage points) occurs in respondents ages 65+, while the smallest range in values (11.96 percentage points) occurs in respondents ages 12 to 19; however only three HSDAs in this cohort have sufficient data for comparison.
- For all respondents, there are 2 HSDAs (Richmond and North Shore/Coast Garibaldi) significantly higher, and there are 2 HSDAs (Northern Interior and Northeast) significantly lower than the provincial rate.
- For male respondents (ages 12+), there is one HSDA (North Shore/Coast Garibaldi) significantly higher, and there are 3 HSDAs (East Kootenay, Northern Interior and Northeast) significantly lower than the provincial rate.
- For female respondents (ages 12+), there is one HSDA (Richmond) significantly higher, and there is one HSDA (Northern Interior) significantly lower than the provincial rate.
- For younger respondents (ages 12 to 19), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For older respondents (ages 65+), there is one HSDA (North Shore/Coast Garibaldi) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For the mid age respondents (ages 20 to 64), there is one HSDA (Richmond) significantly higher, and there is one HSDA (Northern Interior) significantly lower than the provincial rate.

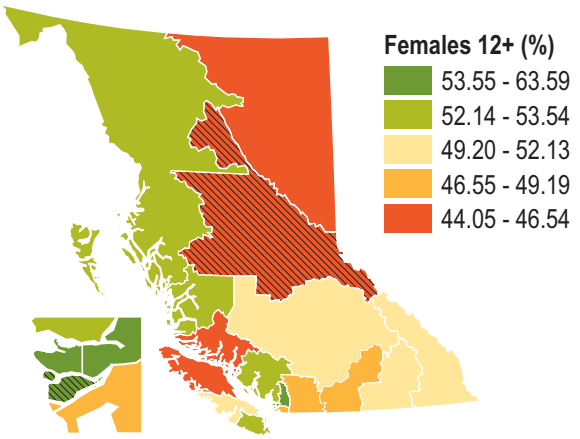
Within HSDAs:

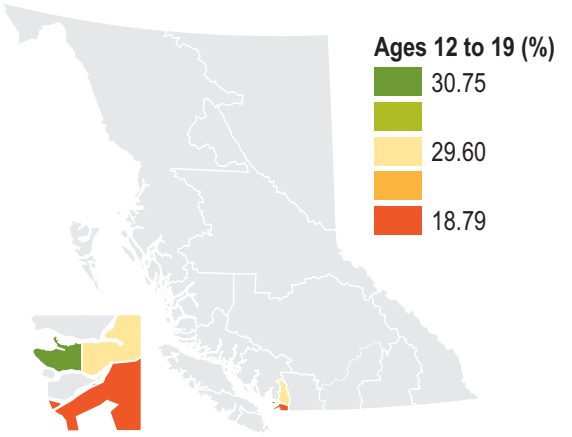
- For male respondents (ages 12+), no HSDA is significantly higher, and there are 2 HSDAs (Thompson Cariboo Shuswap and Vancouver) significantly lower than their respective female cohort.
- For younger respondents (ages 12 to 19), no HSDA is significantly higher, and the three HSDAs (Fraser North, Fraser South and Vancouver) with sufficient data for comparison are significantly lower than their respective ages 20 to 64 cohort.
- For older respondents (ages 65+), there are 4 HSDAs (Okanagan, Thompson Cariboo Shuswap, Vancouver and North Shore/Coast Garibaldi) significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.

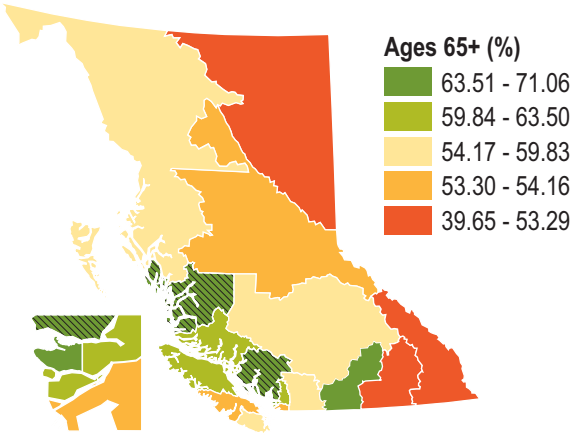
Avoids certain foods because of the cholesterol content











Avoids foods for content reasons

Health Service Delivery Area	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
32 Vancouver	84.74	80.05*	89.30	75.68	84.07	85.74
41 South Vancouver Island	83.80	76.85*	90.06	62.99†	84.74	86.23
31 Richmond	83.75	76.80*	90.13	58.73†	82.62	87.58
12 Kootenay Boundary	82.80	75.93*	89.81	57.55E†	85.23	86.07
43 North Vancouver Island	82.79	73.12*	91.73	68.36	86.61	84.25
33 North Shore/Coast Garibaldi	82.64	79.53	85.46	53.46†	87.60	86.03
42 Central Vancouver Island	79.34	74.40	83.96	60.10†	79.07	82.59
13 Okanagan	78.84	74.00*	83.41	54.30†	88.66‡	79.81
22 Fraser North	78.56	72.72*	84.22	63.17†	83.03	80.07
21 Fraser East	78.53	69.69*	87.14	51.80†	86.22	81.44
14 Thompson Cariboo Shuswap	78.46	68.79*	87.64	69.63	80.67	79.33
23 Fraser South	78.00	71.79*	83.95	54.81†	83.62	80.73
52 Northern Interior	76.40	71.59	81.26	57.66†	88.72‡	77.88
51 Northwest	75.38	68.04*	83.03	44.89†	80.53	80.41
11 East Kootenay	74.43	64.87*	83.74	F	81.11	77.97
53 Northeast	68.13	58.60*	77.92	48.45E	72.62	71.12
British Columbia	**80.21**	**74.02***	**86.12**	**59.74†**	**84.21**	**82.42**
Canada**	**78.54**	**72.03***	**84.91**	**56.95†**	**84.28‡**	**80.92**

* males differ significantly from females.
† 12 to 19 age group differs significantly from 20 to 64 age group.
‡ 65+ age group differs significantly from 20 to 64 age group.
** Only PE, MB, AB, BC and NT opted for this question.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

CCHS Question: Derived variable regarding avoiding foods for content reasons.

Key Points

At the national level:

- Male respondents (ages 12+) have a significantly lower rate of avoiding food for content reasons than their female cohort.
- Younger respondents (ages 12 to 19) have a significantly lower rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly higher rate than the ages 20 to 64 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, all respondents ages 12+ are significantly higher, while all other age or gender groups analyzed are not significantly different.
- Male respondents (ages 12+) have a significantly lower rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly lower rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have no significantly different rate than the ages 20 to 64 cohort.

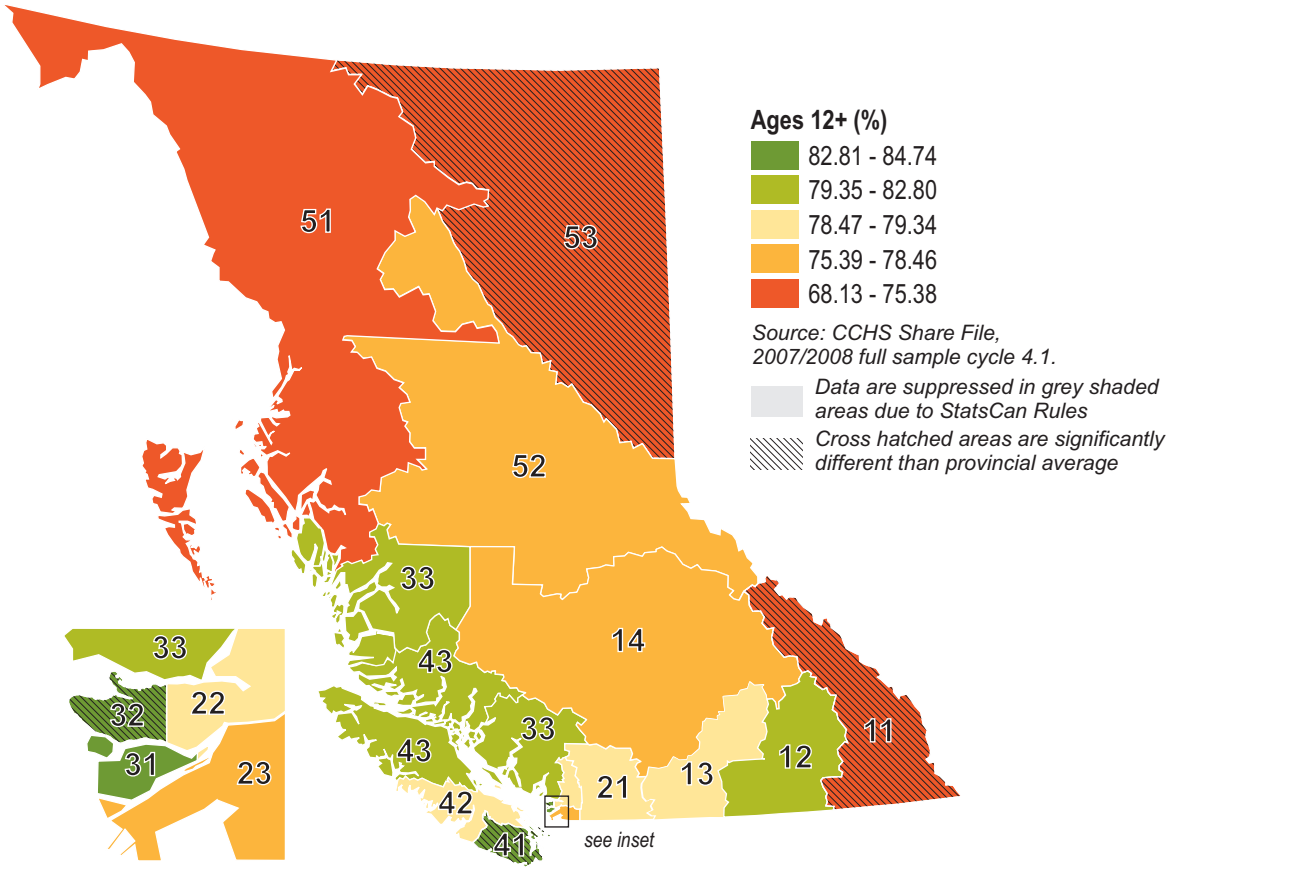
At the HSDA level:

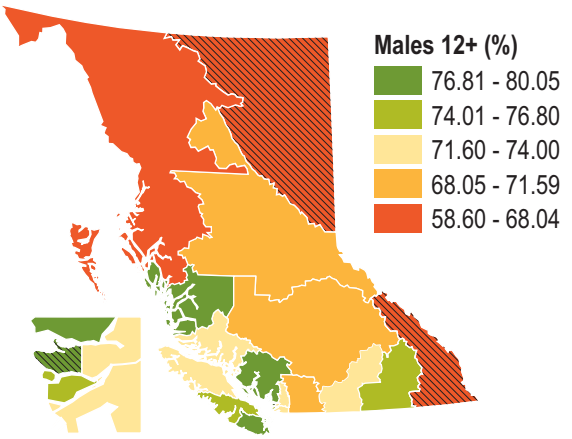
- The largest range in values among HSDAs (30.79 percentage points) occurs in respondents ages 12 to 19, while the smallest range in values (13.81 percentage points) occurs in female respondents ages 12+.
- For all respondents, there are 2 HSDAs (Vancouver and South Vancouver Island) significantly higher, and there are 2 HSDAs (East Kootenay and Northeast) significantly lower than the provincial rate.
- For male respondents (ages 12+), there is one HSDA (Vancouver) significantly higher, and there are 2 HSDAs (East Kootenay and Northeast) significantly lower than the provincial rate.
- For female respondents (ages 12+), there are 2 HSDAs (South Vancouver Island and North Vancouver Island) significantly higher, and there is one HSDA (Northeast) significantly lower than the provincial rate.
- For younger respondents (ages 12 to 19), there is one HSDA (Vancouver) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For older respondents (ages 65+), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For the mid age respondents (ages 20 to 64), there is one HSDA (Richmond) significantly higher, and there is one HSDA (Northeast) significantly lower than the provincial rate.

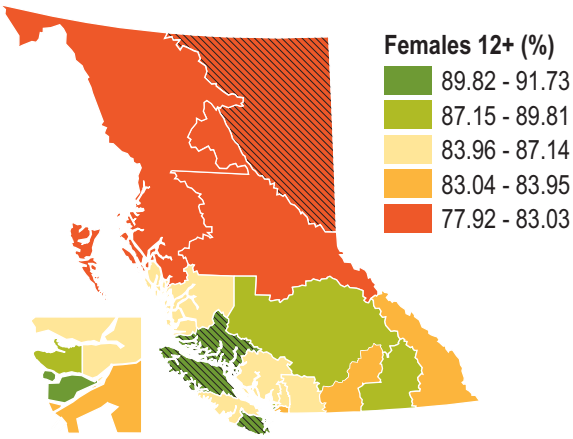
Within HSDAs:

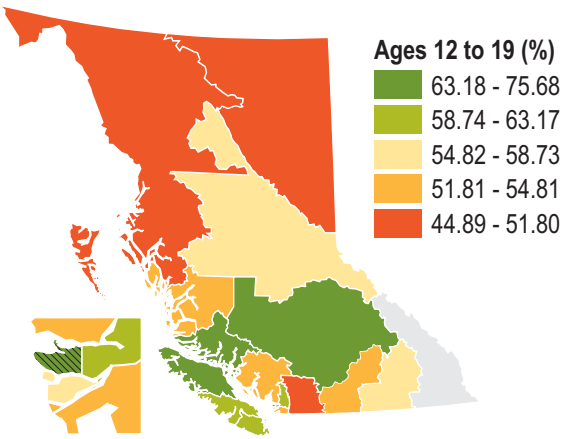
- For male respondents (ages 12+), only 3 HSDAs (North Shore/Coast Garibaldi, Central Vancouver Island and Northern Interior) are not significantly higher, and none significantly lower than their respective female cohort.
- For younger respondents (ages 12 to 19), no HSDA is significantly higher, and only 5 HSDAs (East Kootenay, Thompson Cariboo Shuswap, Vancouver, North Vancouver Island and Northeast) are not significantly lower than their respective ages 20 to 64 cohort.
- For older respondents (ages 65+), there are 2 HSDAs (Okanagan and Northern Interior) significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.

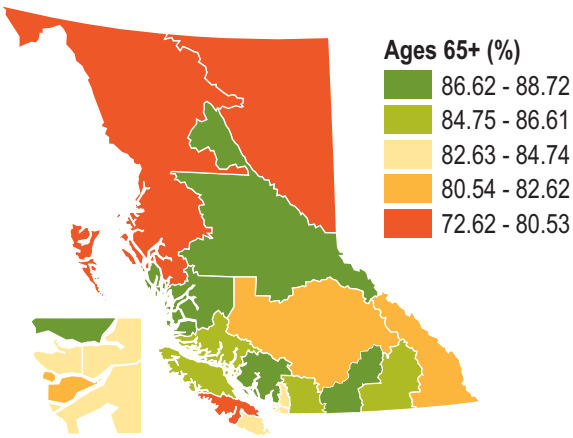
Avoids foods for content reasons











Did not binge drink in the past year

Health Service Delivery Area	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
31 Richmond	75.26	65.41*	84.79	77.87	91.68‡	71.46
22 Fraser North	71.12	64.33*	77.83	85.49†	93.47‡	65.03
32 Vancouver	69.48	61.33*	77.30	86.16†	91.30‡	63.96
23 Fraser South	68.99	58.59*	79.00	78.69†	87.38‡	63.91
21 Fraser East	68.77	59.57*	77.62	74.49	89.02‡	63.15
13 Okanagan	64.72	54.96*	73.97	74.82†	91.33‡	54.67
52 Northern Interior	61.64	51.48*	71.97	62.41	91.36‡	56.61
42 Central Vancouver Island	60.95	53.36*	68.36	61.79	85.41‡	53.35
41 South Vancouver Island	60.57	49.25*	70.55	72.56†	89.94‡	51.57
14 Thompson Cariboo Shuswap	60.48	53.40*	67.56	64.97	84.61‡	53.98
43 North Vancouver Island	59.84	50.84*	68.61	72.95	88.26‡	50.11
51 Northwest	59.51	53.29	66.27	76.46†	79.71‡	52.81
33 North Shore/Coast Garibaldi	59.29	51.66*	66.53	74.20†	82.17‡	51.48
53 Northeast	58.61	46.65*	71.11	57.15E	89.72‡	55.06
12 Kootenay Boundary	54.13	37.11*	71.63	59.54E	87.06‡	44.85
11 East Kootenay	52.07	43.58*	60.79	57.04	78.48‡	45.16
British Columbia	**65.69**	**56.68***	**74.41**	**75.31†**	**88.76‡**	**59.26**
Canada	**63.56**	**53.51***	**73.29**	**71.09†**	**89.03‡**	**57.15**

* males differ significantly from females.
† 12 to 19 age group differs significantly from 20 to 64 age group.
‡ 65+ age group differs significantly from 20 to 64 age group.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

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

Key Points

At the national level:

- Male respondents (ages 12+) have a significantly lower rate of never having five or more alcoholic drinks on one occasion in the past year than their female cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly higher rate than the ages 20 to 64 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, all respondents ages 12+ are significantly higher, male respondents ages 12+ are significantly higher, female respondents ages 12+ are not significantly different, respondents ages 12 to 19 are significantly higher, respondents ages 65+ are not significantly different, and respondents ages 20 to 64 are significantly higher.
- Male respondents (ages 12+) have a significantly lower rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly higher rate than the ages 20 to 64 cohort.

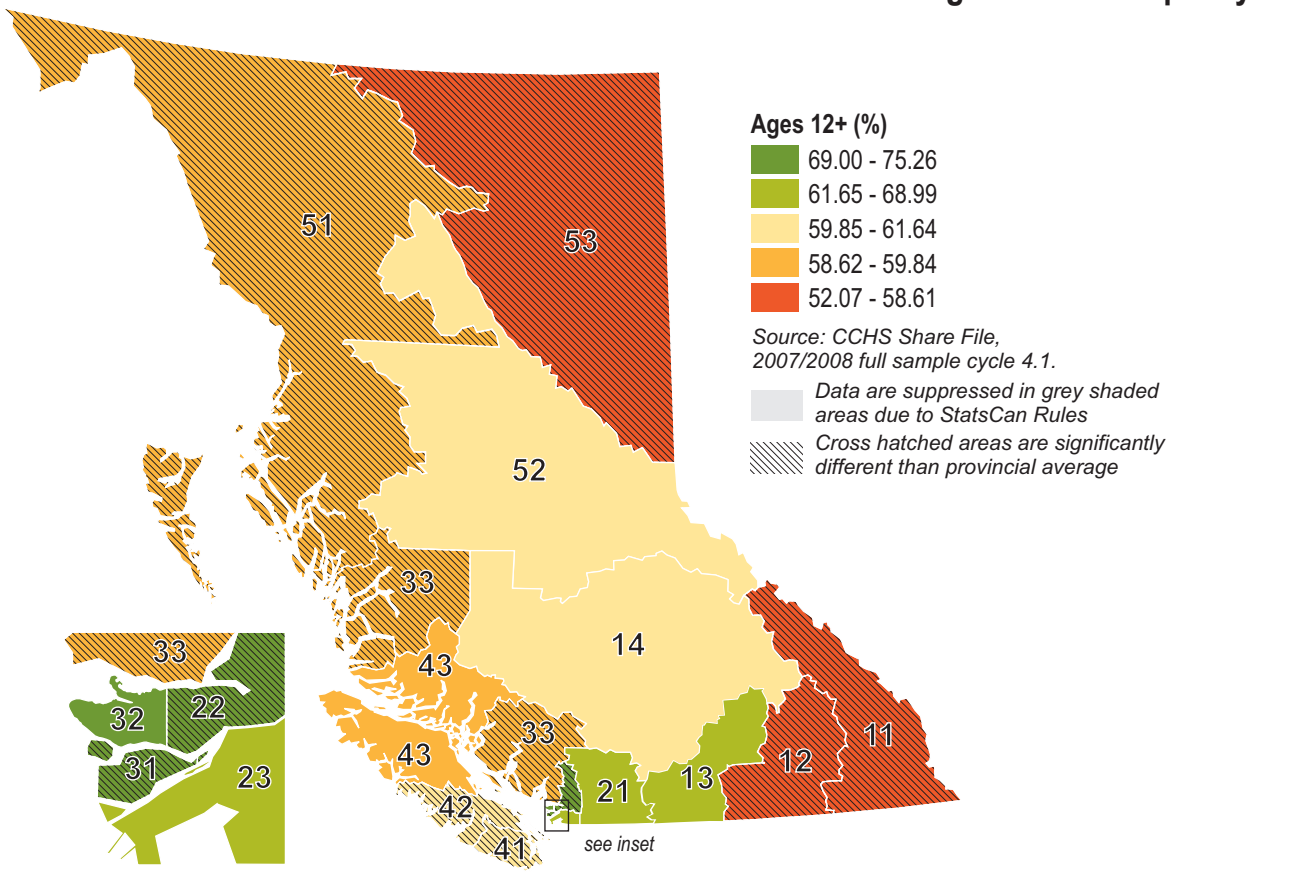
At the HSDA level:

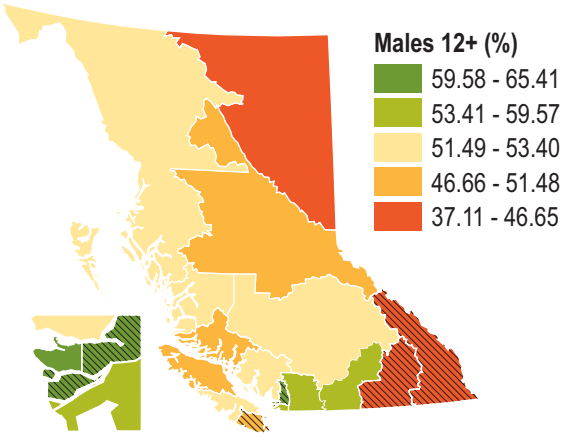
- The largest range in values among HSDAs (29.12 percentage points) occurs in respondents ages 12 to 19, while the smallest range in values (14.99 percentage points) occurs in respondents ages 65+.
- For all respondents, there are 2 HSDAs (Fraser North and Richmond) significantly higher, and there are 7 HSDAs (East Kootenay, Kootenay Boundary, North Shore/Coast Garibaldi, South Vancouver Island, Central Vancouver Island, Northwest and Northeast) significantly lower than the provincial rate.
- For male respondents (ages 12+), there are 2 HSDAs (Fraser North and Richmond) significantly higher, and there are 3 HSDAs (East Kootenay, Kootenay Boundary and South Vancouver Island) significantly lower than the provincial rate.
- For female respondents (ages 12+), there is one HSDA (Richmond) significantly higher, and there are 3 HSDAs (East Kootenay, North Shore/Coast Garibaldi and Northwest) significantly lower than the provincial rate.
- For younger respondents (ages 12 to 19), there are 2 HSDAs (Fraser North and Vancouver) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For older respondents (ages 65+), there is one HSDA (Fraser North) significantly higher, and there is one HSDA (East Kootenay) significantly lower than the provincial rate.
- For the mid age respondents (ages 20 to 64), there are 2 HSDAs (Fraser North and Richmond) significantly higher, and there are 4 HSDAs (East Kootenay, Kootenay Boundary, South Vancouver Island and North Vancouver Island) significantly lower than the provincial rate.

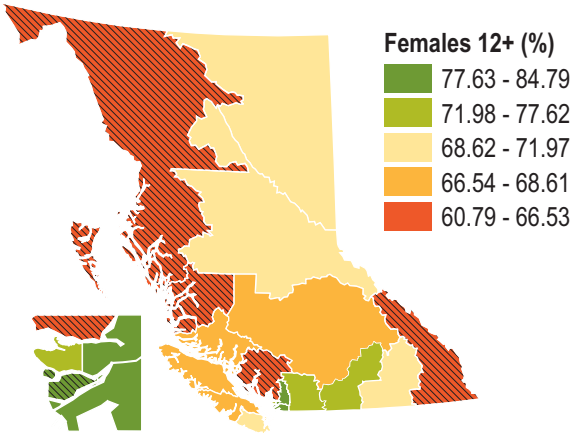
Within HSDAs:

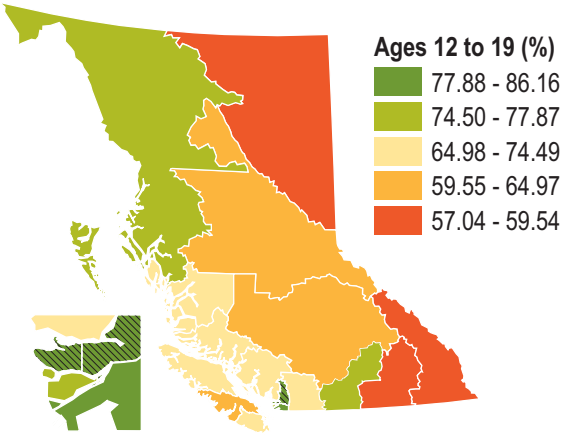
- For male respondents (ages 12+), no HSDA is significantly higher and only one HSDAs (Northwest) is not significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19), there are 7 HSDAs (Okanagan, Fraser North, Fraser South, Vancouver, North Shore/Coast Garibaldi, South Vancouver Island and Northwest) significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.
- For older respondents (ages 65+), all 16 HSDAs are significantly higher than their respective ages 20 to 64 cohort.

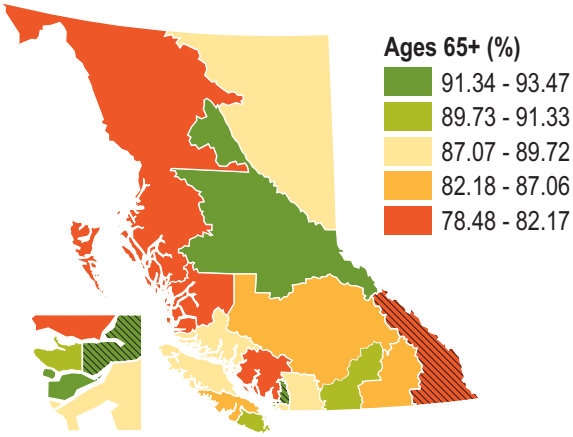
Did not binge drink in the past year











Nutrition index by gender

		Eats fruits and vegetables	Never skips meals	Afford to eat	Never short of food	Enough of preferred food	Food security	Avoids fat content	Chooses low fat content	Avoids salt content	Avoids calorie content	Avoids cholesterol content	Avoids food for content	Never binge drinks	Summary
All Respondents	11 East Kootenay							-1					-1	-1	-3
	12 Kootenay Boundary		-1											-1	-2
	13 Okanagan														0
	14 Thompson Cariboo Shuswap														0
	21 Fraser East		1	1	1		1				-1				3
	22 Fraser North													1	1
	23 Fraser South														0
	31 Richmond	-1	1	1		1	1	1		1		1		1	7
	32 Vancouver							1					1		2
	33 North Shore/Coast Garibaldi	1	1			1				1	1	1		-1	5
	41 South Vancouver Island	1											1	-1	1
	42 Central Vancouver Island							-1						-1	-2
	43 North Vancouver Island										-1				-1
	51 Northwest													-1	-1
	52 Northern Interior					-1						-1			-2
	53 Northeast							-1	-1	-1		-1	-1	-1	-6
	British Columbia											1	1	1	3
Male Respondents	11 East Kootenay											-1	-1	-1	-3
	12 Kootenay Boundary													-1	-1
	13 Okanagan		1												1
	14 Thompson Cariboo Shuswap										-1				-1
	21 Fraser East		1						-1		-1				-1
	22 Fraser North													1	1
	23 Fraser South														0
	31 Richmond	-1					1							1	1
	32 Vancouver												1		1
	33 North Shore/Coast Garibaldi	1						1	1	1	1	1			6
	41 South Vancouver Island													-1	-1
	42 Central Vancouver Island														0
	43 North Vancouver Island			1	1	1	1								4
	51 Northwest														0
	52 Northern Interior											-1			-1
	53 Northeast							-1		-1		-1	-1		-4
	British Columbia													1	1
Female Respondents	11 East Kootenay													-1	-1
	12 Kootenay Boundary														0
	13 Okanagan														0
	14 Thompson Cariboo Shuswap														0
	21 Fraser East		1				1								2
	22 Fraser North														0
	23 Fraser South	-1				1									0
	31 Richmond		1	1		1	1	1				1		1	7
	32 Vancouver														0
	33 North Shore/Coast Garibaldi													-1	-1
	41 South Vancouver Island	1											1		2
	42 Central Vancouver Island														0
	43 North Vancouver Island	1									-1		1		1
	51 Northwest													-1	-1
	52 Northern Interior											-1			-1
	53 Northeast							-1					-1		-2
	British Columbia			1		1									2

+1 HSDA sig. > BC or BC sig. > Canada.

No significant difference.

-1 HSDA sig. < BC or BC sig. < Canada.

F - Data suppressed by Statistics Canada due to small sample size or a high coefficient of variation.

The index score is the aggregate of the “pluses” and “minuses” and is coloured green where positive, beige where zero, and red where negative.

Nutrition index by age

		Eats fruits and vegetables	Never skips meals	Afford to eat	Never short of food	Enough of preferred food	Food security	Avoids fat content	Chooses low fat content	Avoids salt content	Avoids calorie content	Avoids cholesterol content	Avoids food for content	Never binge drinks	Summary
Yonuger Respondents	11 East Kootenay	F	1	1	1		1	F	F	F	F	F	F		4
	12 Kootenay Boundary	F						F	F	F	F	F			0
	13 Okanagan											F			0
	14 Thompson Cariboo Shuswap							1		F		F			1
	21 Fraser East		1							F	F	F			1
	22 Fraser North													1	1
	23 Fraser South														0
	31 Richmond			1						F	F	F			1
	32 Vancouver							1					1	1	3
	33 North Shore/Coast Garibaldi		1							F		F			1
	41 South Vancouver Island									F		F			0
	42 Central Vancouver Island									F		F			0
	43 North Vancouver Island			1	1		1	F	F	F	F	F			3
	51 Northwest	-1								F	F	F			-1
	52 Northern Interior									F		F			0
	53 Northeast									F	F	F			0
	British Columbia													1	1
Older Respondents	11 East Kootenay			1	1									-1	1
	12 Kootenay Boundary		1				1								2
	13 Okanagan														0
	14 Thompson Cariboo Shuswap		1												1
	21 Fraser East														0
	22 Fraser North		1											1	2
	23 Fraser South														0
	31 Richmond	-1													-1
	32 Vancouver														0
	33 North Shore/Coast Garibaldi	1	1			1			1	1	1	1			7
	41 South Vancouver Island														0
	42 Central Vancouver Island														0
	43 North Vancouver Island														0
	51 Northwest		1												1
	52 Northern Interior				-1										-1
	53 Northeast		1				1			-1					1
	British Columbia														0
Mid Age Respondents	11 East Kootenay													-1	-1
	12 Kootenay Boundary													-1	-1
	13 Okanagan														0
	14 Thompson Cariboo Shuswap														0
	21 Fraser East		1		1		1								3
	22 Fraser North													1	1
	23 Fraser South		1				1								2
	31 Richmond		1		1	1	1	1		1		1	1	1	9
	32 Vancouver														0
	33 North Shore/Coast Garibaldi									1	1				2
	41 South Vancouver Island	1							1					-1	1
	42 Central Vancouver Island				-1			-1							-2
	43 North Vancouver Island										-1			-1	-2
	51 Northwest														0
	52 Northern Interior								-1			-1			-2
	53 Northeast							-1	-1				-1		-3
	British Columbia											1		1	2

+1 HSDA sig. > BC or BC sig. > Canada.
No significant difference.
-1 HSDA sig. < BC or BC sig. < Canada.

F - Data suppressed by Statistics Canada due to small sample size or a high coefficient of variation.
The index score is the aggregate of the “pluses” and “minuses” and is coloured green where positive, beige where zero, and red where negative.

Summary of nutrition, food security and alcohol consumption

Comparing HSDAs

For all respondents in this category, there were six HSDAs with positive index scores and seven with negative scores. Richmond was the highest scoring HSDA at +7, followed by North Shore/Coast Garibaldi at +5. These two HSDAs each had above average scores for avoiding foods because of cholesterol and salt content, having enough of their preferred foods, and never skipping meals. The lowest scoring HSDA by far was the Northeast with a score of -6. HSDAs with a net negative score were all significantly lower than the provincial average when it came to not binge drinking.

For male respondents, six HSDAs had positive scores and seven had negative scores. North Shore/Coast Garibaldi and North Vancouver Island were the highest scoring HSDAs at +6 and +4 respectively. North Shore/Coast Garibaldi was significantly above the provincial average for indicators related to diet and avoidance of unhealthy food, while North Vancouver Island rated highly for indicators measuring accessibility and availability of food. Northeast and East Kootenay had the lowest scores for males at -4 and -3. Both of these HSDAs were significantly below the provincial average for avoidance of foods for general content concerns and avoidance of foods based on cholesterol content.

In the female cohort there were four HSDAs with positive scores and five with negative scores. Richmond was by far the highest scoring HSDA at +7 followed by Fraser East and South Vancouver Island both with scores of +2. The lowest scoring HSDA was the Northeast at -2.

For younger respondents in BC, there were eight HSDAs with positive index scores and seven with neutral scores. East Kootenay at +4 was the highest scoring HSDA. The only HSDA with a negative overall index score was the Northwest at -1. Caution is required in analyzing these results because seven HSDAs had low sample sizes for three or more indicators and so results could not be reported. East Kootenay, Kootenay Boundary and North Vancouver Island were particularly affected by this problem.

For older respondents, seven HSDAs had positive scores and only two had negative scores. North Shore/Coast Garibaldi had a very high index score of +7 followed by Kootenay Boundary and Fraser North at +2. The lowest scoring HSDAs were Richmond and the Northern Interior with a score of -1. Older respondents in Richmond were significantly less likely to eat fruits and vegetables when compared with their provincial peers, while those in the Northern Interior were significantly below the provincial average with respect to never running short of food.

Geographically, with a few exceptions, the northern and more rural areas of the province tended to report lower values than the more urban areas in the south western part of the province. No HSDA had all positive or negative scores.

Comparing Demographic Cohorts

Within the province, males rated significantly lower than women for eight of 13 indicators, including binge drinking and healthy consumption of fruits and vegetables and all six indicators related to choices around healthy and unhealthy foods.

Health Service Delivery Area	All	Male	Female	Younger	Older
31 Richmond	7	1	7	1	-1
33 North Shore/Coast Garibaldi	5	6	-1	1	7
21 Fraser East	3	-1	2	1	0
32 Vancouver	2	1	0	3	0
22 Fraser North	1	1	0	1	2
41 South Vancouver Island	1	-1	2	0	0
13 Okanagan	0	1	0	0	0
23 Fraser South	0	0	0	0	0
14 Thompson Cariboo Shuswap	0	-1	0	1	1
43 North Vancouver Island	-1	4	1	3	0
51 Northwest	-1	0	-1	-1	1
42 Central Vancouver Island	-2	0	0	0	0
12 Kootenay Boundary	-2	-1	0	0	2
52 Northern Interior	-2	-1	-1	0	-1
11 East Kootenay	-3	-3	-1	4	1
53 Northeast	-6	-4	-2	0	1
British Columbia	3	1	2	1	0

Compared to the mid age group, younger respondents were significantly more likely to consume a healthy level of fruits and vegetables and abstain from binge drinking, but were significantly less likely to not worry about food running out, be food secure in general, and avoid or choose certain foods based on fat, salt, calorie, and cholesterol contents. Older respondents in the province had significantly higher results for all but four indicators in this category than their mid age peers, but they were significantly less likely to avoid foods based on calorie content.

British Columbia/Canada Comparisons

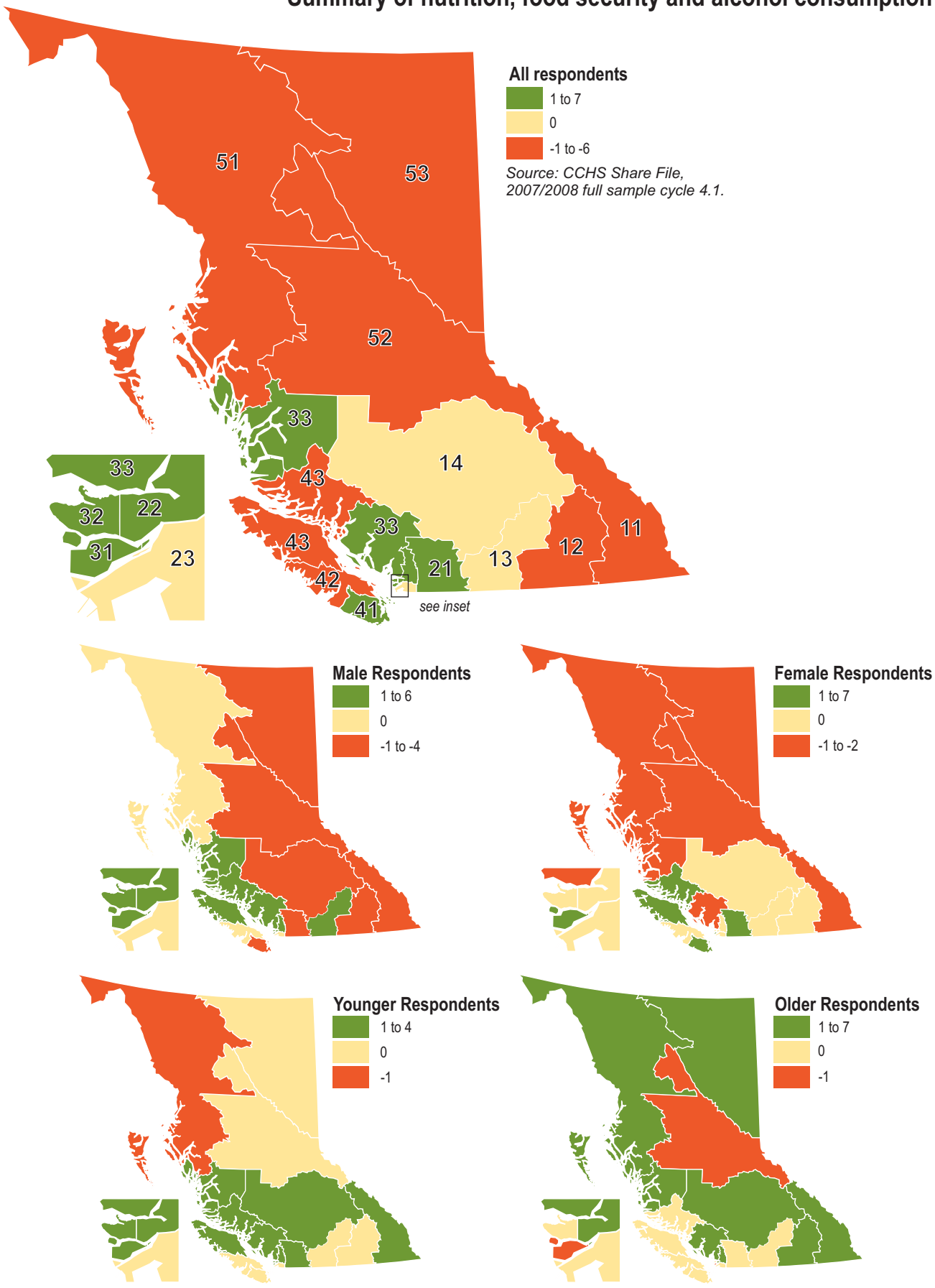
Overall, BC was very similar to Canadian national averages for all respondents and for each particular demographic cohort. There was no cohort that fell below the Canadian average for any indicator in this category.

For all respondents in BC there was an overall provincial index score of +3. BC respondents were significantly more likely than other Canadians to avoid binge drinking. They were also significantly more likely than their Canadian peers to avoid foods based on general content concerns and based on cholesterol content. It should be noted that for food content questions only three other provinces (Prince Edward Island, Manitoba, Alberta) opted for this module of questions and so caution in drawing conclusions against a Canadian average is required.

The overall provincial index score for the male cohort was +1. Male respondents in BC were significantly more likely than their peers nationally to avoid binge drinking. For female respondents, the overall index score was +2. BC female respondents were significantly above the Canadian average for being able to afford to eat balanced meals and always having enough preferred foods.

Younger respondents provincially had an overall index score of +1 and were significantly more likely than their peers across Canada to abstain from binge drinking. Older respondents had an index score of zero and were not above or below the national average for their peers for any indicator.

Summary of nutrition, food security and alcohol consumption



5

Physical activity and healthy weight

A total of 40 maps and nine tables are provided in this chapter related to physical activity and healthy weight variables. Healthy weight is usually a product of both healthy nutrition and physical activity. It is placed in this chapter for convenience only, following all indicators from the previous chapter and this chapter.

The first four indicators and 20 maps and supporting tables provide information on leisure time activities in the past three months. The activities included here are walking, gardening or yard work, swimming and bicycling. Some caution is required in interpreting the patterns here because of potential biases relating to seasonal effects, as the questions asked of respondents referred only to activities in the previous three months. Bicycling, gardening or walking, for example, being outdoor activities, may not be very common in the winter months in areas outside of the lower mainland and southern part of Vancouver Island.

The next index is a derived variable called the Physical Activity Index and is derived from a summation of all leisure time activities undertaken by respondents in the three months prior to the interview. Over 20 activities may be included in deriving the index and energy expended in those activities is calculated for each individual activity and a total amount is calculated. Respondents are classified as: Active with a daily energy expenditure of 3 kcal/kg; Moderately Active with a daily expenditure of 2.9 to 1.5 kcal/kg; or Inactive with a daily expenditure of below 1.5 kcal/kg.

The percentage of the respondents who are Active or Moderately Active is used for this variable.

The final two variables are related to weight indicators. A body mass index (BMI) is calculated based on self reported height and weight and the percentage of those respondents with a healthy or normal BMI of between 18.5 and 24.9 are displayed. The final indicator shows the patterns for those respondents who perceived their weight to be just about right.

The last two tables and five maps highlight HSDAs, genders and age cohorts which are statistically significantly high or low when compared to the BC average. All seven indicators are combined into a single value for each HSDA by each demographic cohort and mapped. A comparison of BC and Canada values overall is also provided.

Walked for exercise in the past three months

Health Service Delivery Area	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
11 East Kootenay	83.76	80.71	86.74	74.34	76.94	86.89
41 South Vancouver Island	82.63	75.13*	89.38	74.47	79.73	84.42
12 Kootenay Boundary	80.88	72.16*	89.78	72.54	78.20	82.86
51 Northwest	80.50	77.99	83.09	79.65	63.49‡	83.25
42 Central Vancouver Island	78.55	74.30	82.48	65.01†	74.22	82.03
43 North Vancouver Island	77.36	69.91	84.27	73.79	71.12	79.42
52 Northern Interior	76.44	71.57*	81.36	76.90	67.21	77.65
13 Okanagan	74.77	71.83	77.55	59.63	79.10	75.90
14 Thompson Cariboo Shuswap	73.69	65.63*	81.34	83.53	66.96	73.70
21 Fraser East	73.69	65.78*	81.45	67.21	67.36	76.25
32 Vancouver	72.35	67.67*	76.91	51.30†	81.77	72.98
53 Northeast	72.01	67.23	77.02	63.50	72.37	73.49
33 North Shore/Coast Garibaldi	71.98	69.66	74.11	56.34	79.35	72.73
23 Fraser South	70.34	66.21	74.32	58.20†	71.95	72.00
22 Fraser North	67.81	62.50*	72.82	45.38†	69.87	70.76
31 Richmond	67.22	61.34	72.62	59.99	73.12	67.17
British Columbia	**73.53**	**68.40***	**78.42**	**61.63†**	**74.65**	**75.07**
Canada	**69.12**	**63.80***	**74.22**	**65.28†**	**67.02‡**	**70.15**

* males differ significantly from females.
† 12 to 19 age group differs significantly from 20 to 64 age group.
‡ 65+ age group differs significantly from 20 to 64 age group.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

CCHS Question: Have you done any of the following in the past 3 months? Walking for exercise?

Key Points

At the national level:

- Male respondents (ages 12+) have a significantly lower rate of walking for exercise in the past three months than their female cohort.
- Younger respondents (ages 12 to 19) have a significantly lower rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly lower rate than the ages 20 to 64 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, all age and gender cohorts analyzed except the ages 12 to 19 cohort are significantly higher.
- Male respondents (ages 12+) have a significantly lower rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly lower rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have no significantly different rate than the ages 20 to 64 cohort.

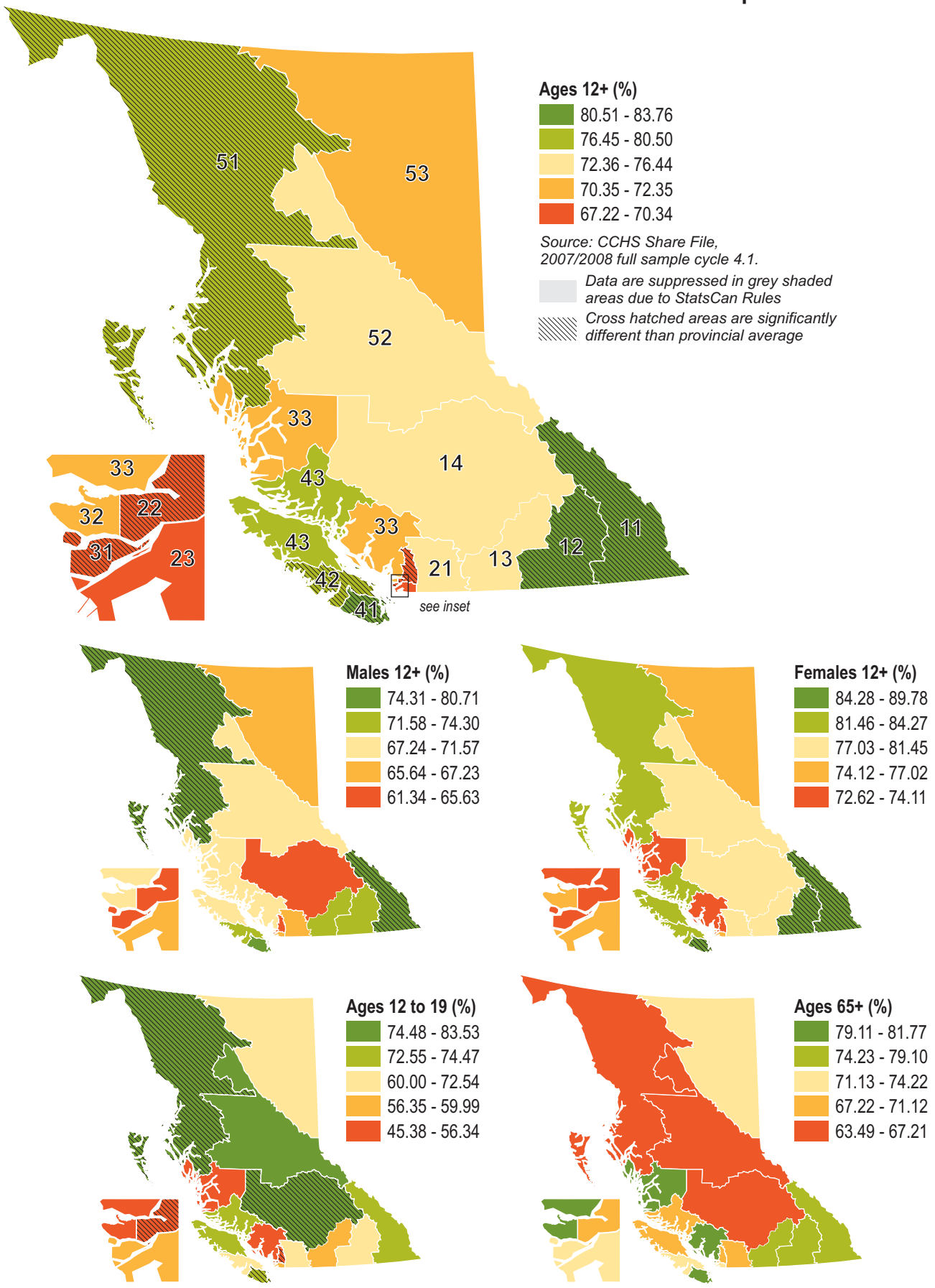
At the HSDA level:

- The largest range in values among HSDAs (38.15 percentage points) occurs in respondents ages 12 to 19, while the smallest range in values (16.54 percentage points) occurs in respondents ages 12+.
- For all respondents, there are 5 HSDAs (East Kootenay, Kootenay Boundary, South Vancouver Island, Central Vancouver Island and Northwest) significantly higher, and there are 2 HSDAs (Fraser North and Richmond) significantly lower than the provincial rate.
- For male respondents (ages 12+), there are 2 HSDAs (East Kootenay and Northwest) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For female respondents (ages 12+), there are 3 HSDAs (East Kootenay, Kootenay Boundary and South Vancouver Island) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For younger respondents (ages 12 to 19), there are 3 HSDAs (Thompson Cariboo Shuswap, South Vancouver Island and Northwest) significantly higher, and there is one HSDA (Fraser North) significantly lower than the provincial rate.
- For older respondents (ages 65+), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For the mid age respondents (ages 20 to 64), there are 5 HSDAs (East Kootenay, Kootenay Boundary, South Vancouver Island, Central Vancouver Island and Northwest) significantly higher, and there is one HSDA (Richmond) significantly lower than the provincial rate.

Within HSDAs:

- For male respondents (ages 12+), no HSDA is significantly higher, and there are 7 HSDAs (Kootenay Boundary, Thompson Cariboo Shuswap, Fraser East, Fraser North, Vancouver, South Vancouver Island and Northern Interior) significantly lower than their respective female cohort.
- For younger respondents (ages 12 to 19), no HSDA is significantly higher, and there are 4 HSDAs (Fraser North, Fraser South, Vancouver and Central Vancouver Island) significantly lower than their respective ages 20 to 64 cohort.
- For older respondents (ages 65+), no HSDA is significantly higher, and there is one HSDA (Northwest) significantly lower than its respective ages 20 to 64 cohort.

Walked for exercise in the past three months



Did gardening or yard work in the past three months

Health Service Delivery Area	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
12 Kootenay Boundary	71.67	79.42*	63.74	53.90	70.93	74.63
52 Northern Interior	64.74	67.12	62.34	42.34†	58.77	69.43
11 East Kootenay	63.23	67.06	59.50	F	58.60	68.11
14 Thompson Cariboo Shuswap	60.06	62.39	57.85	41.18E	58.61	63.39
43 North Vancouver Island	58.85	57.32	60.28	F	57.24	64.92
42 Central Vancouver Island	56.54	60.33	53.04	F	51.42	60.90
41 South Vancouver Island	55.20	57.13	53.47	37.38†	50.65	58.68
53 Northeast	53.10	52.01	54.24	45.72E	37.74‡	56.24
51 Northwest	52.60	52.10	53.11	F	51.44	56.62
21 Fraser East	52.42	51.34	53.47	35.08E†	42.19‡	57.76
13 Okanagan	49.80	57.19*	42.84	27.90E†	47.55	54.06
33 North Shore/Coast Garibaldi	41.81	45.32	38.60	F	42.79	44.87
23 Fraser South	39.13	46.57*	31.96	19.49†	39.47	42.22
22 Fraser North	32.43	32.43	32.43	F	29.74	36.37
31 Richmond	29.46	32.52	26.66	F	28.44E	31.72
32 Vancouver	17.82	18.57	17.09	F	24.48	18.03
British Columbia	**42.76**	**45.61***	**40.05**	**24.62†**	**42.69**	**45.46**
Canada	**45.09**	**50.02***	**40.36**	**30.43†**	**41.67‡**	**48.13**

* males differ significantly from females.
† 12 to 19 age group differs significantly from 20 to 64 age group.
‡ 65+ age group differs significantly from 20 to 64 age group.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

CCHS Question: Have you done any of the following in the past three months? Gardening or yard work?

Key Points

At the national level:

- Male respondents (ages 12+) have a significantly higher rate of having done gardening or yard work in the past three months than their female cohort.
- Younger respondents (ages 12 to 19) have a significantly lower rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly lower rate than the ages 20 to 64 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, all respondents ages 12+ are significantly lower, male respondents ages 12+ are significantly lower, female respondents ages 12+ are not significantly different, respondents ages 12 to 19 are significantly lower, respondents ages 65+ are not significantly different, and respondents ages 20 to 64 are significantly lower.
- Male respondents (ages 12+) have a significantly higher rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly lower rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have no significantly different rate than the ages 20 to 64 cohort.

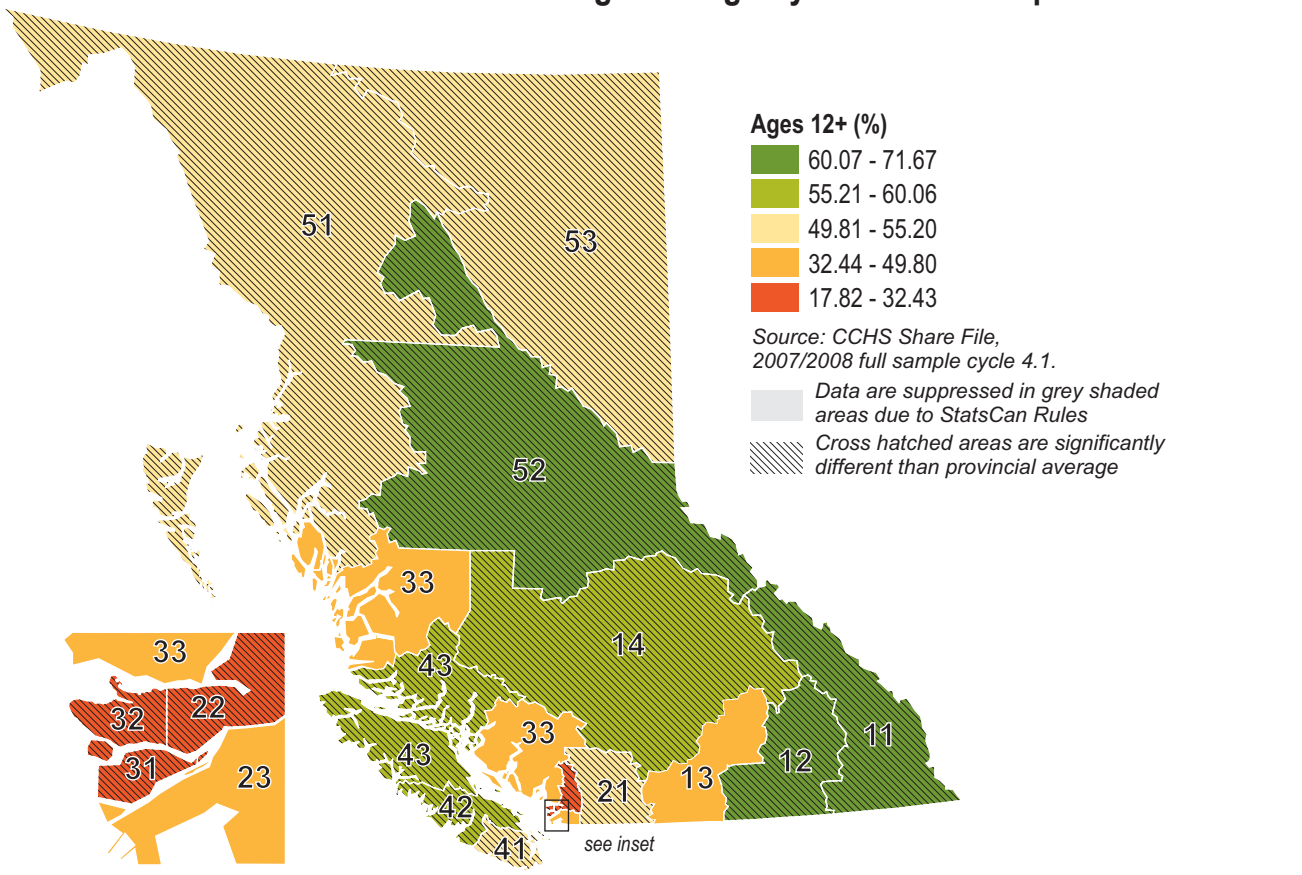
At the HSDA level:

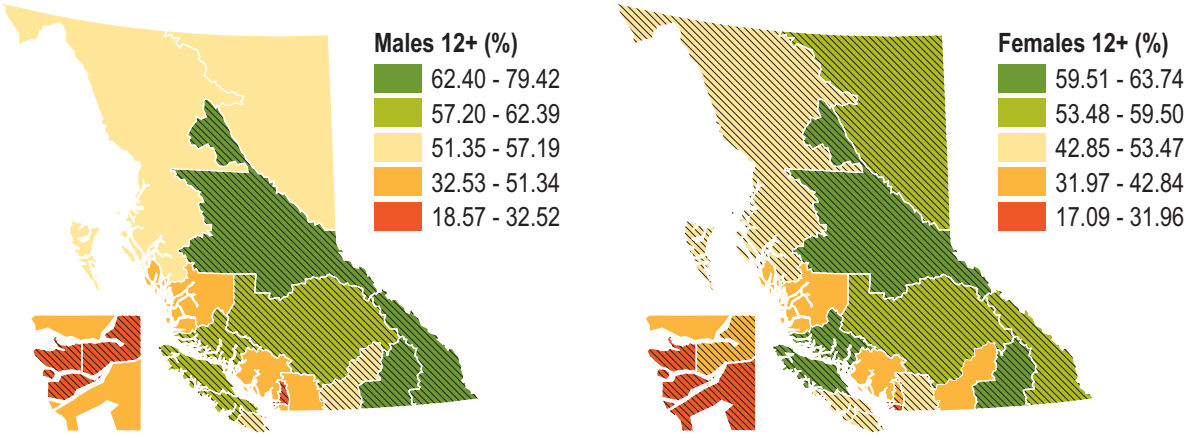
- The largest range in values among HSDAs (60.85 percentage points) occurs in respondents males 12+, while the smallest range in values (34.41 percentage points) occurs in respondents ages 12 to 19; however, 8 HSDAs had insufficient data for comparison.
- For all respondents, there are 3 HSDAs (Fraser North, Richmond and Vancouver) significantly lower than the provincial rate and, of the others, only 3 (Okanagan, Fraser South and North Shore/Coast Garibaldi) are not significantly different.
- For male respondents (ages 12+), there are 8 HSDAs (East Kootenay, Kootenay Boundary, Okanagan, Thompson Cariboo Shuswap, South Vancouver Island, Central Vancouver Island, North Vancouver Island and Northern Interior) significantly higher, and there are 3 HSDAs (Fraser North, Richmond and Vancouver) significantly lower than the provincial rate.
- For female respondents (ages 12+), there are 4 HSDAs (Fraser North, Fraser South, Richmond and Vancouver) significantly lower than the provincial rate and, of the others, only two (Okanagan and North Shore/Coast Garibaldi) are not significantly higher.
- For younger respondents (ages 12 to 19), there are 3 HSDAs (Kootenay Boundary, South Vancouver Island and Northern Interior) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For older respondents (ages 65+), there are 4 HSDAs (East Kootenay, Kootenay Boundary, Thompson Cariboo Shuswap and Northern Interior) significantly higher, and there are 3 HSDAs (Fraser North, Richmond and Vancouver) significantly lower than the provincial rate.
- For the mid age respondents (ages 20 to 64), there are 3 HSDAs (Fraser North, Richmond and Vancouver) significantly lower than the provincial rate and of the others, only two (Fraser South and North Shore/Coast Garibaldi) are not significantly higher.

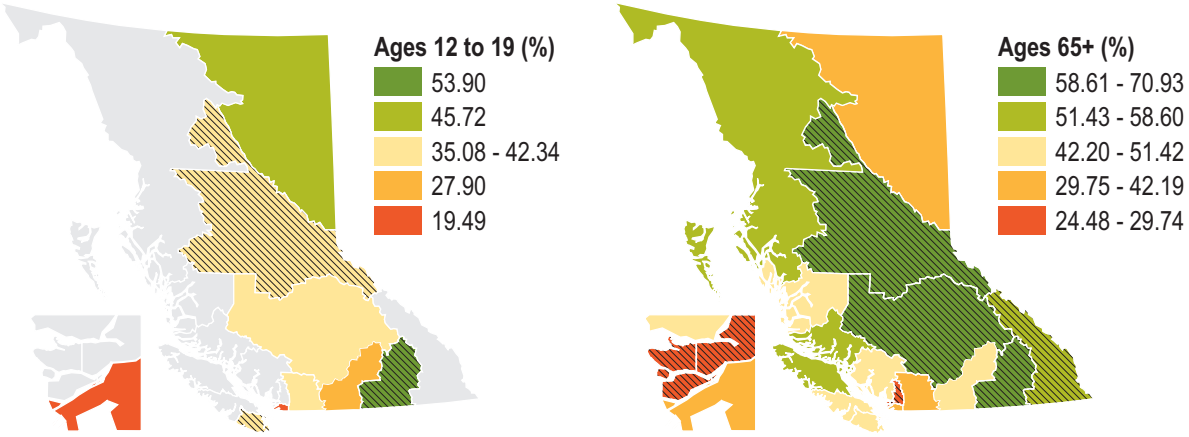
Within HSDAs:

- For male respondents (ages 12+), there are 3 HSDAs (Kootenay Boundary, Okanagan and Fraser South) significantly higher, and no HSDA is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19), no HSDA is significantly higher, and there are 5 HSDAs (Okanagan, Fraser East, Fraser South, South Vancouver Island and Northern Interior) significantly lower than their respective ages 20 to 64 cohort.
- For older respondents (ages 65+), no HSDA is significantly higher, and there are 2 HSDAs (Fraser East and Northeast) significantly lower than their respective ages 20 to 64 cohort.

Did gardening or yard work in the past three months







Went swimming in the past three months

Health Service Delivery Area	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
12 Kootenay Boundary	36.56	35.61	37.54	61.82†	F	37.63
53 Northeast	32.50	27.70	37.53	49.98	F	32.28
41 South Vancouver Island	31.46	30.05	32.73	52.75†	12.69E‡	33.13
13 Okanagan	30.10	33.49	26.90	66.37†	11.92E‡	29.82
11 East Kootenay	29.08	26.41	31.68	63.56†	F	28.47
42 Central Vancouver Island	29.06	29.79	28.38	63.70†	F	28.77
33 North Shore/Coast Garibaldi	28.09	31.90	24.61	54.84†	22.34	25.29
14 Thompson Cariboo Shuswap	27.98	27.15	28.76	55.83†	F	27.44
52 Northern Interior	27.72	30.18	25.23	44.82†	F	27.72
21 Fraser East	26.37	26.87	25.89	56.80†	8.29E‡	25.04
43 North Vancouver Island	24.73	22.01E	27.25	F	F	22.75
51 Northwest	23.76	26.01	21.43	44.48†	F	22.54
23 Fraser South	23.00	24.75	21.30	37.43†	6.46E‡	23.63
32 Vancouver	22.12	20.60	23.60	36.42E	11.77E‡	22.31
22 Fraser North	21.76	18.90	24.46	33.90E	F	22.50
31 Richmond	18.38	15.98	20.59	45.93†	F	15.03
British Columbia	**25.64**	**25.51**	**25.77**	**47.88†**	**10.85‡**	**25.37**
Canada	**23.00**	**22.65**	**23.34**	**44.34†**	**8.88‡**	**22.30**

* males differ significantly from females.
† 12 to 19 age group differs significantly from 20 to 64 age group.
‡ 65+ age group differs significantly from 20 to 64 age group.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

CCHS Question: Have you done any of the following in the past three months? Swimming?

Key Points

At the national level:

- Male respondents (ages 12+) have no significantly different rate of going swimming in the past three months than their female cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly lower rate than the ages 20 to 64 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, all age and gender cohorts analyzed except ages 12 to 19 and ages 65+ are significantly higher.
- Male respondents (ages 12+) have no significantly different rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly lower rate than the ages 20 to 64 cohort.

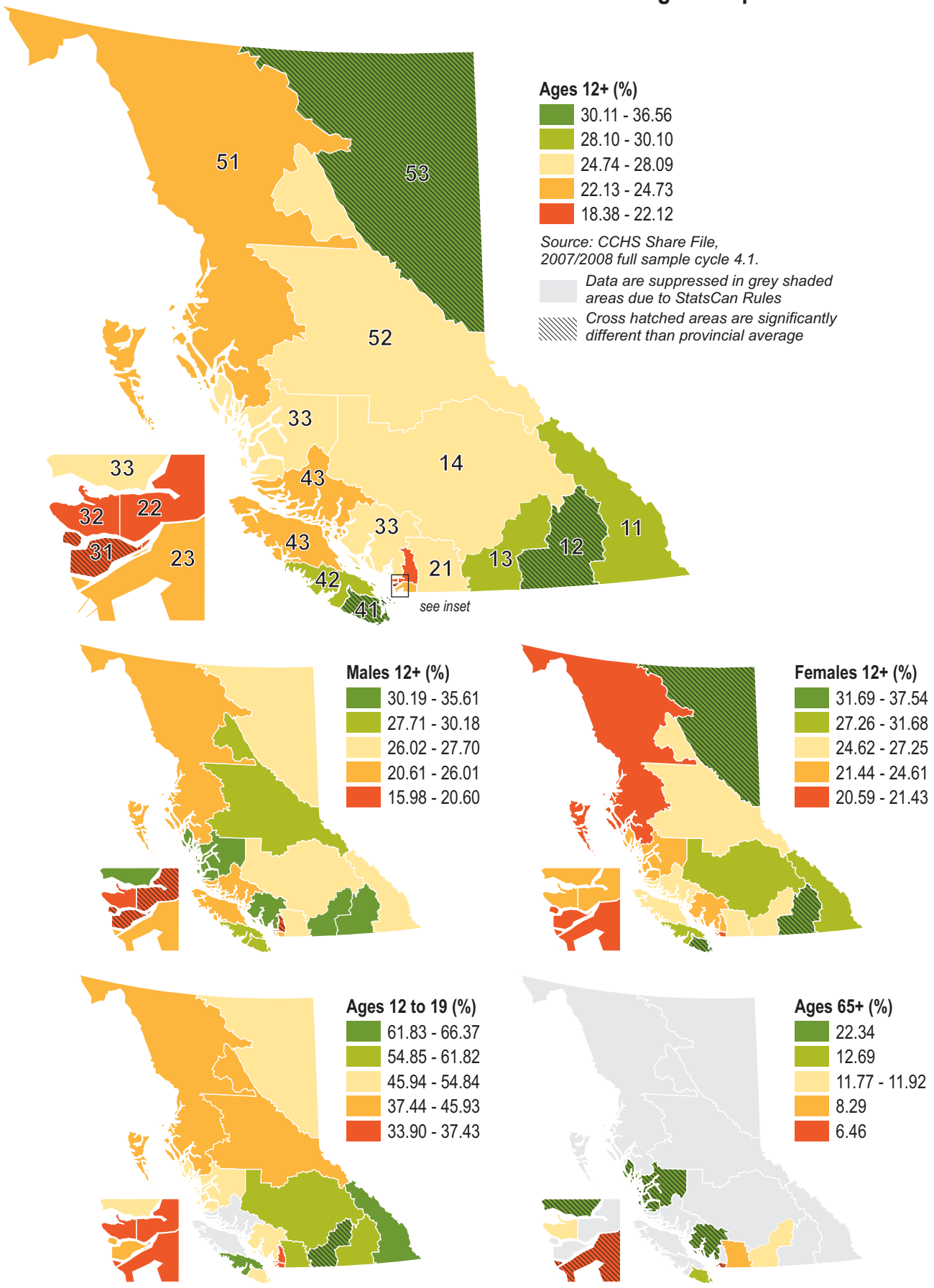
At the HSDA level:

- The largest range in values among HSDAs (32.47 percentage points) occurs in respondents ages 12 to 19, while the smallest range in values (15.88 percentage points) occurs in respondents ages 65+; however only 6 HSDAs had sufficient data for comparison.
- For all respondents, there are 3 HSDAs (Kootenay Boundary, South Vancouver Island and Northeast) significantly higher, and there is one HSDA (Richmond) significantly lower than the provincial rate.
- For male respondents (ages 12+), no HSDA is significantly higher, and there are 2 HSDAs (Fraser North and Richmond) significantly lower than the provincial rate.
- For female respondents (ages 12+), there are 3 HSDAs (Kootenay Boundary, South Vancouver Island and Northeast) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For younger respondents (ages 12 to 19), there is one HSDA (Okanagan) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For older respondents (ages 65+), there is one HSDA (North Shore/Coast Garibaldi) significantly higher, and there is one HSDA (Fraser South) significantly lower than the provincial rate.
- For the mid age respondents (ages 20 to 64), there are 3 HSDAs (Kootenay Boundary, South Vancouver Island and Northeast) significantly higher, and there is one HSDA (Richmond) significantly lower than the provincial rate.

Within HSDAs:

- For male respondents (ages 12+), no HSDA is significantly different than its respective female cohort.
- For younger respondents (ages 12 to 19),only 4 HSDAs (Fraser North, Vancouver, North Vancouver Island and Northeast) are not significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.
- For older respondents (ages 65+), no HSDA is significantly higher, and there are 5 HSDAs (Okanagan, Fraser East, Fraser South, Vancouver and South Vancouver Island) significantly lower than their respective ages 20 to 64 cohort; however, 11 had insufficient data to compare.

Went swimming in the past three months



Bicycled in the past three months

Health Service Delivery Area	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
33 North Shore/Coast Garibaldi	28.19	32.60	24.17	46.33	F	29.66
11 East Kootenay	26.87	31.05	22.80	48.86†	F	27.73
43 North Vancouver Island	26.42	31.47	21.74	F	F	27.58
41 South Vancouver Island	26.37	31.66	21.61	47.44†	10.27E‡	27.42
52 Northern Interior	26.02	31.18	20.80	44.24†	F	25.71
51 Northwest	24.75	30.13	19.20	58.48†	F	21.33
13 Okanagan	23.72	27.07	20.56	45.09†	8.08E‡	25.09
42 Central Vancouver Island	23.72	27.00	20.68	63.19†	F	22.22
12 Kootenay Boundary	23.34	28.34	18.24	43.46E	F	23.90
14 Thompson Cariboo Shuswap	22.63	24.19	21.15	35.17	F	24.70
32 Vancouver	21.49	27.26*	15.87	31.15	F	23.03
53 Northeast	21.42	20.81	22.06E	49.70E†	F	17.69
23 Fraser South	18.97	23.75*	14.37	34.45†	5.99E‡	18.80
21 Fraser East	18.57	22.53	14.68	43.65†	F	17.09
22 Fraser North	18.50	20.13	16.97	31.62†	F	19.02
31 Richmond	18.15	21.12	15.41	39.83E†	F	17.45
British Columbia	**22.04**	**26.00***	**18.27**	**41.03†**	**6.55‡**	**22.39**
Canada	**22.82**	**27.40***	**18.43**	**45.22†**	**8.07‡**	**22.07**

* males differ significantly from females.
† 12 to 19 age group differs significantly from 20 to 64 age group.
‡ 65+ age group differs significantly from 20 to 64 age group.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

CCHS Question: Have you done any of the following in the past three months? Bicycling?

Key Points

At the national level:

- Male respondents (ages 12+) have a significantly higher rate of bicycling in the past three months than their female cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly lower rate than the ages 20 to 64 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, no age or gender cohort analyzed is significantly different.
- Male respondents (ages 12+) have a significantly higher rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly lower rate than the ages 20 to 64 cohort.

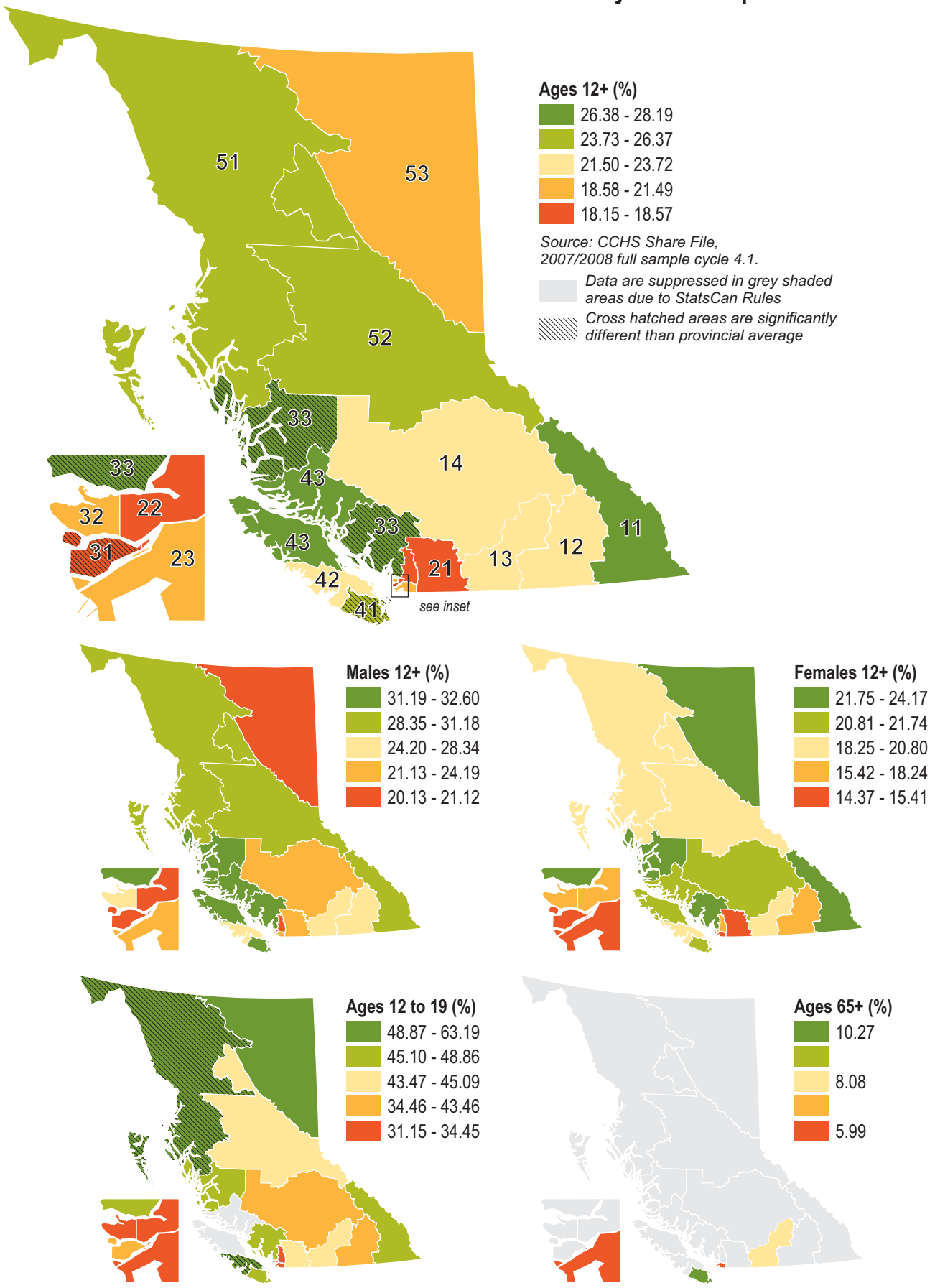
At the HSDA level:

- The largest range in values among HSDAs (32.04 percentage points) occurs in respondents ages 12 to 19, while the smallest range in values (4.28 percentage points) occurs in respondents ages 65+.
- For all respondents, there are 2 HSDAs (North Shore/Coast Garibaldi and South Vancouver Island) significantly higher, and there is one HSDA (Richmond) significantly lower than the provincial rate.
- For male respondents (ages 12+), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For female respondents (ages 12+), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For younger respondents (ages 12 to 19), there are 2 HSDAs (Central Vancouver Island and Northwest) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For older respondents (ages 65+), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For the mid age respondents (ages 20 to 64), there is one HSDA (North Shore/Coast Garibaldi) significantly higher, and there are 2 HSDAs (Fraser East and Richmond) significantly lower than the provincial rate.

Within HSDAs:

- For male respondents (ages 12+), there are 2 HSDAs (Fraser South and Vancouver) significantly higher, and no HSDA is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19), there are 11 HSDAs (East Kootenay, Okanagan, Fraser East, Fraser North, Fraser South, Richmond, South Vancouver Island, Central Vancouver Island, Northwest, Northern Interior and Northeast) significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.
- For older respondents (ages 65+), no HSDA is significantly higher, and there are 3 HSDAs (Okanagan, Fraser South and South Vancouver Island) significantly lower than their respective ages 20 to 64 cohort; however, 13 had insufficient data for comparison, and the three measurable HSDAs had a high coefficient of variation..

Bicycled in the past three months



Active or moderately active leisure time physical activity index score

Health Service Delivery Area	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
12 Kootenay Boundary	71.28	76.52	65.92	82.19	65.65	70.99
33 North Shore/Coast Garibaldi	65.34	66.04	64.69	77.00	60.84	64.56
41 South Vancouver Island	64.86	63.52	66.07	68.51	61.22	65.25
43 North Vancouver Island	62.20	59.28	64.91	78.49	50.86	62.26
52 Northern Interior	61.42	60.25	62.60	67.39	48.25	62.24
13 Okanagan	61.39	64.13	58.80	79.94†	58.77	59.18
11 East Kootenay	60.64	65.93	55.49	79.69†	50.86	59.87
42 Central Vancouver Island	59.09	59.41	58.79	73.88	52.02	58.64
14 Thompson Cariboo Shuswap	58.53	57.25	59.74	78.15†	48.01	57.89
51 Northwest	57.27	60.31	54.13	63.15	37.13‡	59.22
21 Fraser East	56.46	56.08	56.84	79.60†	45.65	54.80
32 Vancouver	55.66	56.62	54.72	74.06†	51.96	54.39
23 Fraser South	55.01	58.12	52.01	77.83†	41.31‡	53.79
53 Northeast	54.55	56.89	52.08	79.01†	39.72E	51.92
22 Fraser North	53.10	58.81*	47.71	64.49	40.48‡	53.53
31 Richmond	50.27	54.01	46.84	64.12†	54.41	47.47
British Columbia	**57.98**	**59.75***	**56.29**	**73.79†**	**50.88‡**	**57.08**
Canada	**50.61**	**54.13***	**47.23**	**69.62†**	**42.14‡**	**49.19**

* males differ significantly from females.
† 12 to 19 age group differs significantly from 20 to 64 age group.
‡ 65+ age group differs significantly from 20 to 64 age group.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

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 leisure time physical activity over the past three months. An average daily energy expenditure, based on self-reported activity is calculated.

Key Points

At the national level:

- Male respondents (ages 12+) have a significantly higher rate of having an active or moderately active leisure time physical activity index score in the past three months than their female cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly lower rate than the ages 20 to 64 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, all age and gender cohort analyzed except the ages 12 to 19 cohort are significantly higher.
- Male respondents (ages 12+) have a significantly higher rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly lower rate than the ages 20 to 64 cohort.

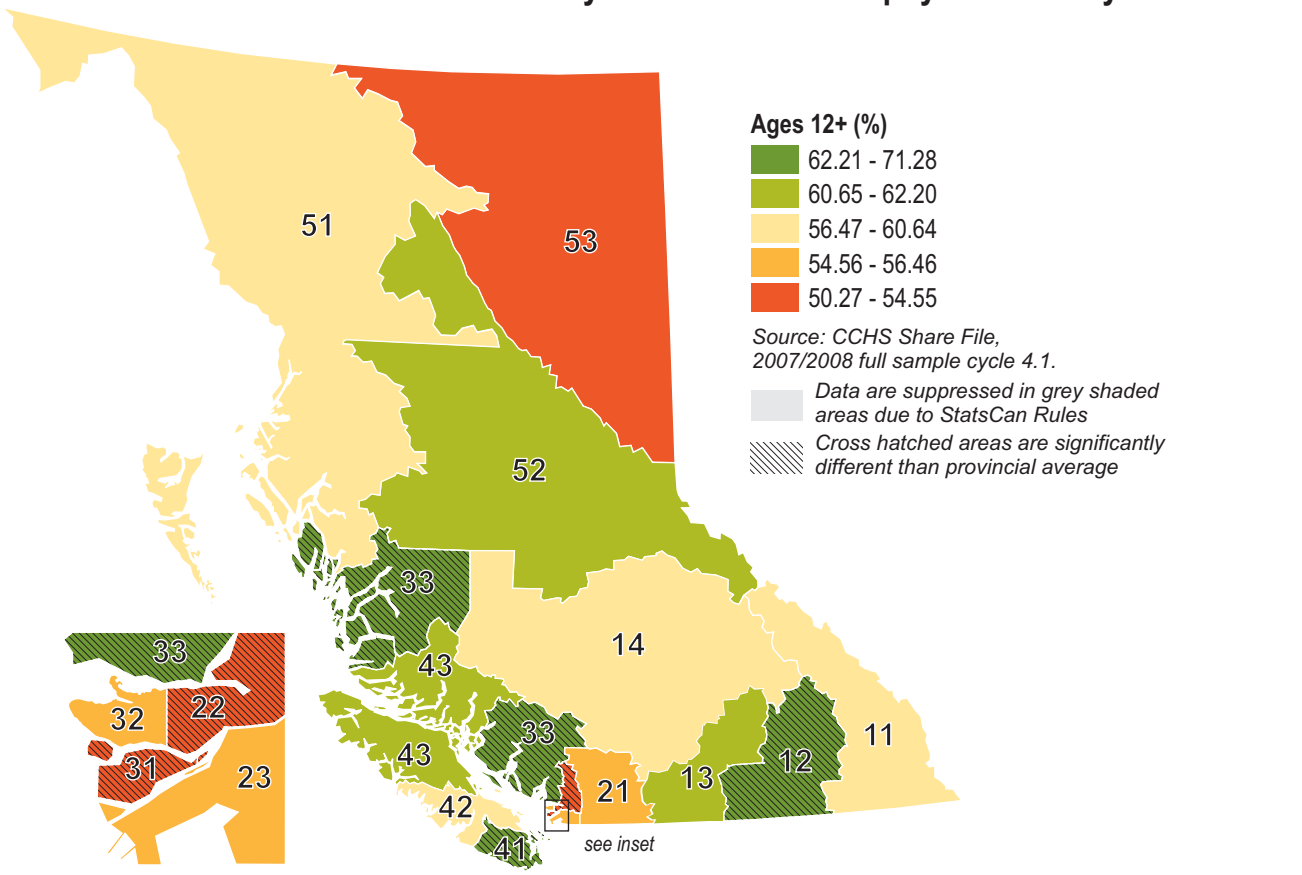
At the HSDA level:

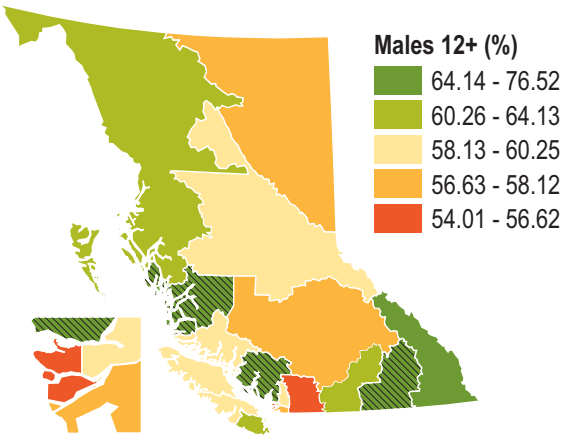
- The largest range in values among HSDAs (28.52 percentage points) occurs in respondents ages 65+, while the smallest range in values (19.04 percentage points) occurs in respondents ages 12 to 19.
- For all respondents, there are 3 HSDAs (Kootenay Boundary, North Shore/Coast Garibaldi and South Vancouver Island) significantly higher, and there are 2 HSDAs (Fraser North and Richmond) significantly lower than the provincial rate.
- For male respondents (ages 12+), there are 2 HSDAs (Kootenay Boundary and North Shore/Coast Garibaldi) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For female respondents (ages 12+), there are 4 HSDAs (Kootenay Boundary, North Shore/Coast Garibaldi, South Vancouver Island and North Vancouver Island) significantly higher, and there are 2 HSDAs (Fraser North and Richmond) significantly lower than the provincial rate.
- For younger respondents (ages 12 to 19), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For older respondents (ages 65+), there are 2 HSDAs (Kootenay Boundary and South Vancouver Island) significantly higher, and there are 3 HSDAs (Fraser North, Fraser South and Northwest) significantly lower than the provincial rate.
- For the mid age respondents (ages 20 to 64), there are 3 HSDAs (Kootenay Boundary, North Shore/Coast Garibaldi and South Vancouver Island) significantly higher, and there is one HSDA (Richmond) significantly lower than the provincial rate.

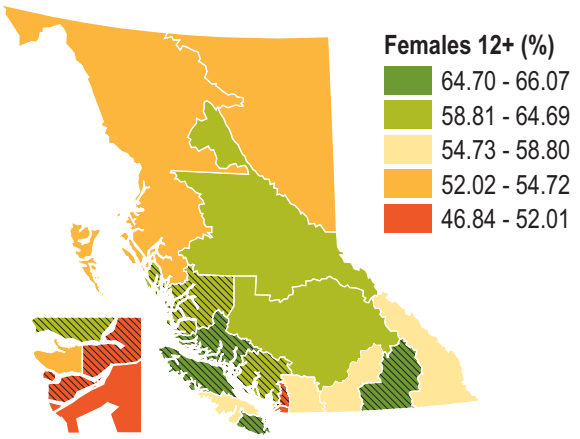
Within HSDAs:

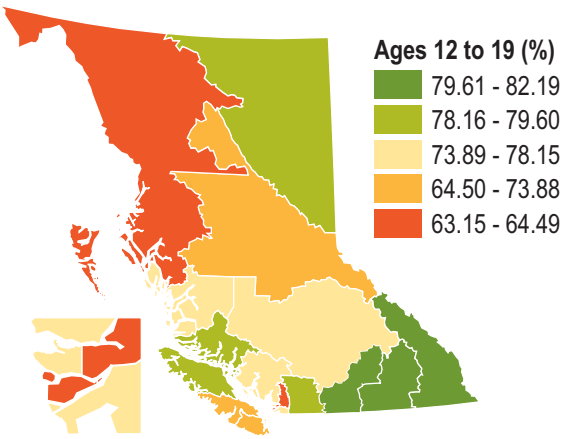
- For male respondents (ages 12+), there is one HSDA (Fraser North) significantly higher, and no HSDA is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19), there are 8 HSDAs (East Kootenay, Okanagan, Thompson Cariboo Shuswap, Fraser East, Fraser South, Richmond, Vancouver and Northeast) significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.
- For older respondents (ages 65+), no HSDA is significantly higher, and there are 3 HSDAs (Fraser North, Fraser South and Northwest) significantly lower than their respective ages 20 to 64 cohort.

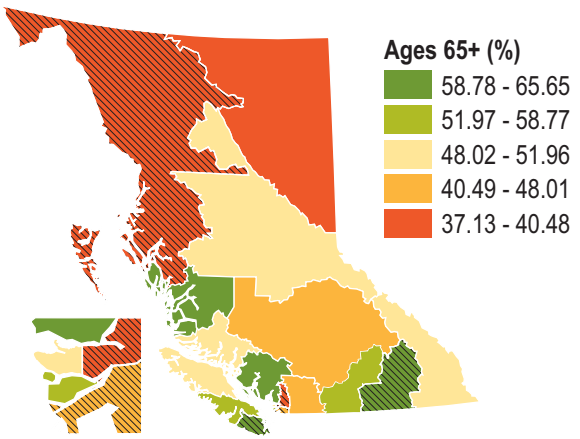
Active or moderately active leisure time physical activity index score











Healthy body mass index based on self-reported height and weight

Health Service Delivery Area	All respondents 18+ (%)	Males 18+ (%)	Females 18+ (%)	Ages 20 to 34 (%)	Ages 65+ (%)	Ages 35 to 64 (%)
32 Vancouver	63.02	55.43*	70.46	66.36	56.86	61.18
31 Richmond	61.40	54.31	68.13	62.33	61.25	61.75
23 Fraser South	55.26	48.83*	61.61	66.47†	46.93	51.25
33 North Shore/Coast Garibaldi	54.57	46.47*	62.36	64.33	48.04	53.97
41 South Vancouver Island	51.90	44.06*	58.99	58.90†	54.87	44.99
22 Fraser North	51.66	44.59*	58.63	55.25	51.83	48.10
13 Okanagan	51.63	47.07	56.14	61.51	44.99	49.90
12 Kootenay Boundary	47.71	43.24	52.51	69.57†	42.85	40.82
21 Fraser East	46.69	40.52	52.84	50.63	41.97	44.69
43 North Vancouver Island	46.66	40.19	53.01	44.68E	46.30	44.18
14 Thompson Cariboo Shuswap	44.71	42.11	47.42	50.61	46.21	40.71
11 East Kootenay	44.55	30.39*	58.78	47.88	43.42	42.15
42 Central Vancouver Island	44.19	38.46	49.46	51.77	45.91	39.50
53 Northeast	39.44	33.98	45.65	49.75	F	34.32
52 Northern Interior	38.01	32.24	44.03	40.19	31.10	35.44
51 Northwest	35.70	26.76*	45.77	39.23	35.79	33.92
British Columbia	**52.29**	**45.60***	**58.85**	**58.95†**	**48.57**	**49.07**
Canada	**46.31**	**40.06***	**52.54**	**55.14†**	**41.17**	**42.22**

* males differ significantly from females.
† 20 to 34 age group differs significantly from 35 to 64 age group.
‡ 65+ age group differs significantly from 35 to 64 age group.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

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 body weight classification is: less than 18.50 (underweight); 18.50 to 24.99 (normal weight); 25.00 to 29.99 (overweight); 30.00 or more (obese).

Key Points

At the national level:

- Male respondents (ages 18+) have a significantly lower rate of having a healthy body mass index based on self-reported height and weight than their female cohort.
- Younger respondents (ages 20 to 34) have a significantly higher rate than the ages 35 to 64 cohort.
- Older respondents (ages 65+) have no significantly different rate than the ages 35 to 64 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, all age and gender groups analyzed are significantly higher.
- Male respondents (ages 18+) have a significantly lower rate than the females 18+ cohort.
- Younger respondents (ages 20 to 34) have a significantly higher rate than the ages 35 to 64 cohort.
- Older respondents (ages 65+) have no significantly different rate than the ages 35 to 64 cohort.

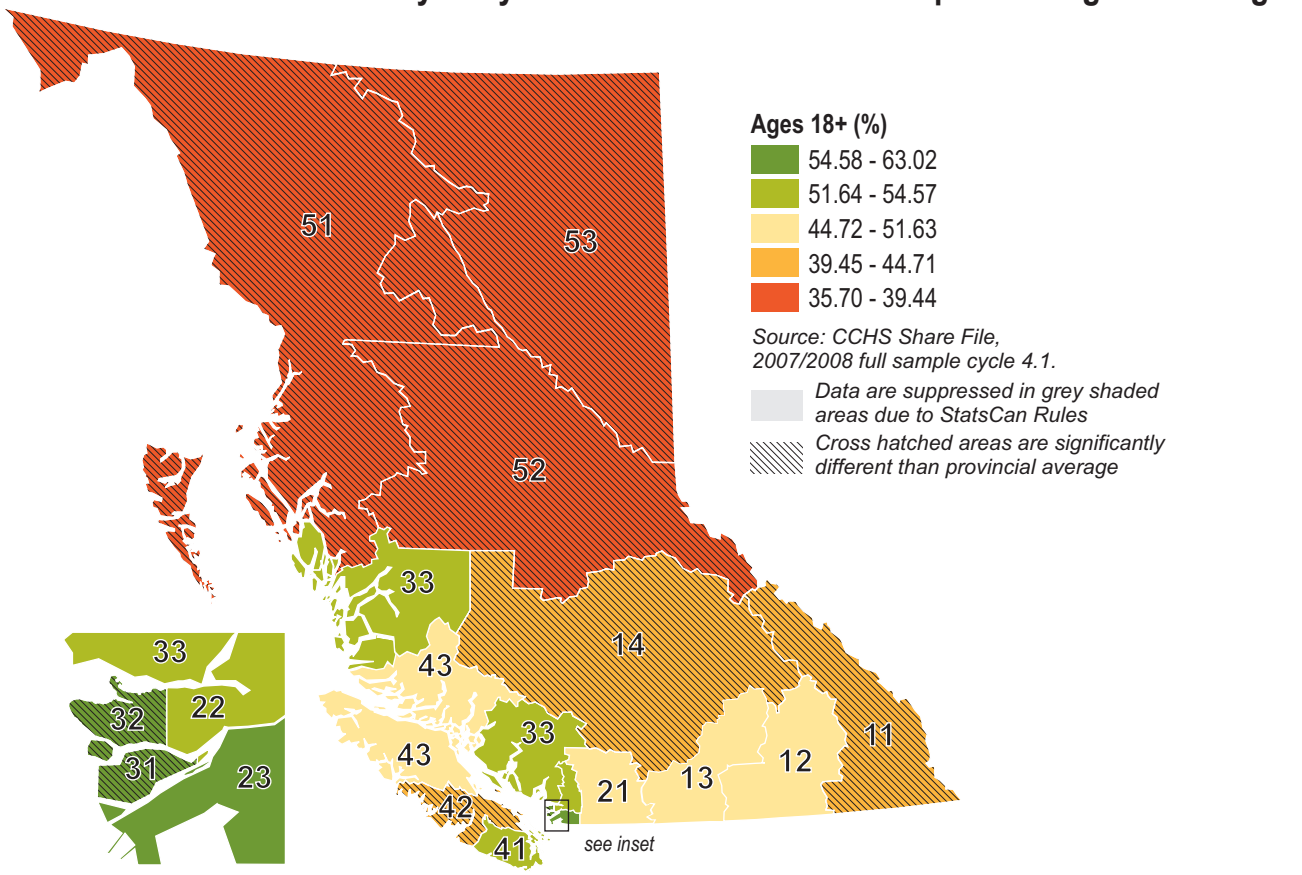
At the HSDA level:

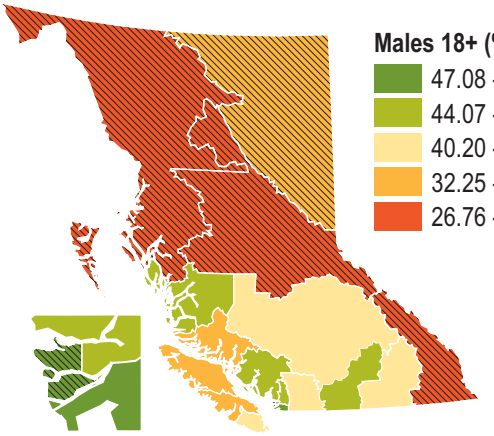
- The largest range in values among HSDAs (30.34 percentage points) occurs in respondents ages 20 to 34, while the smallest range in values (26.43 percentage points) occurs in respondents females 18+.
- For all respondents, there are 2 HSDAs (Richmond and Vancouver) significantly higher, and there are 6 HSDAs (East Kootenay, Thompson Cariboo Shuswap, Central Vancouver Island, Northwest, Northern Interior and Northeast) significantly lower than the provincial rate.
- For male respondents (ages 18+), there are 2 HSDAs (Richmond and Vancouver) significantly higher, and there are 4 HSDAs (East Kootenay, Northwest, Northern Interior and Northeast) significantly lower than the provincial rate.
- For female respondents (ages 18+), there is one HSDA (Vancouver) significantly higher, and there are 5 HSDAs (Thompson Cariboo Shuswap, Central Vancouver Island, Northwest, Northern Interior and Northeast) significantly lower than the provincial rate.
- For younger respondents (ages 20 to 34), no HSDA is significantly higher, and there are 2 HSDAs (Northwest and Northern Interior) significantly lower than the provincial rate.
- For older respondents (ages 65+), no HSDA is significantly higher, and there are 2 HSDAs (Northwest and Northern Interior) significantly lower than the provincial rate.
- For the mid age respondents (ages 35 to 64), there are 2 HSDAs (Richmond and Vancouver) significantly higher, and there are 4 HSDAs (Central Vancouver Island, Northwest, Northern Interior and Northeast) significantly lower than the provincial rate.

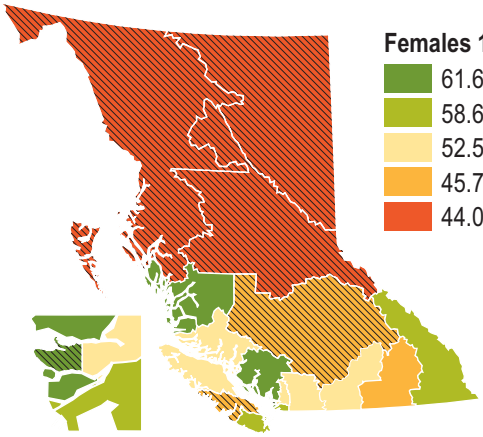
Within HSDAs:

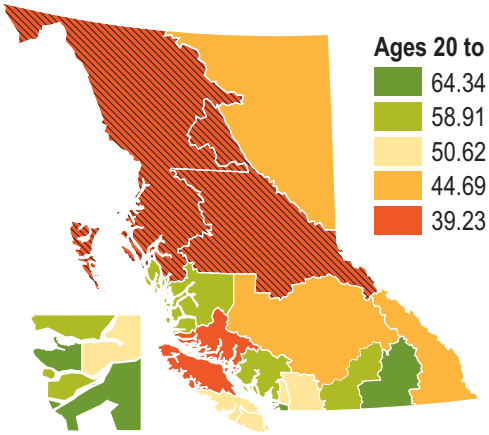
- For male respondents (ages 18+), no HSDA is significantly higher, and there are 7 HSDAs (East Kootenay, Fraser North, Fraser South, Vancouver, North Shore/Coast Garibaldi, South Vancouver Island and Northwest) significantly lower than their respective female cohort.
- For younger respondents (ages 20 to 34), there are 3 HSDAs (Kootenay Boundary, Fraser South and South Vancouver Island) significantly higher, and no HSDA is significantly lower than its respective ages 35 to 64 cohort.
- For older respondents (ages 65+), no HSDA is significantly higher, and no HSDA is significantly lower than its respective ages 35 to 64 cohort.

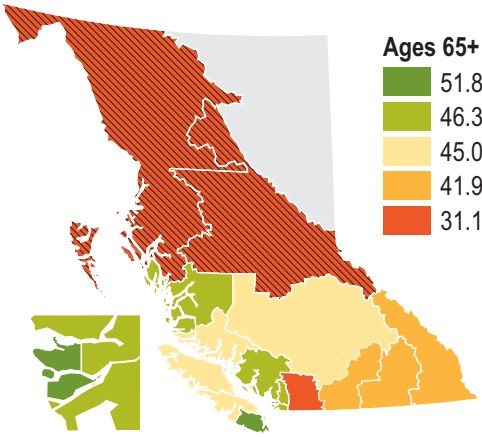
Healthy body mass index based on self-reported height and weight











Weight is perceived to be just about right

Health Service Delivery Area	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
32 Vancouver	62.17	61.64	62.69	72.48	62.58	61.09
23 Fraser South	60.75	67.59*	53.77	81.27†	48.72‡	59.62
33 North Shore/Coast Garibaldi	60.61	60.58	60.64	78.37	51.92	60.04
22 Fraser North	59.04	62.00	56.08	76.95†	56.67	56.95
21 Fraser East	57.28	64.51	50.01	79.51†	58.60	52.98
31 Richmond	55.80	58.73	52.95	62.51	62.40	53.57
12 Kootenay Boundary	55.53	60.13	50.60	81.69†	47.70	53.33
13 Okanagan	55.46	63.24*	47.91	83.22†	53.07	51.57
11 East Kootenay	54.46	53.72	55.23	91.47†	43.83	50.82
43 North Vancouver Island	54.43	61.34	47.58	74.03	47.59	52.98
14 Thompson Cariboo Shuswap	54.21	62.89*	45.31	79.24†	45.11	52.62
41 South Vancouver Island	54.14	55.83	52.59	77.37†	51.63	51.77
42 Central Vancouver Island	53.02	56.34	49.87	74.45†	52.88	49.43
51 Northwest	51.58	54.42	48.43	82.41†	53.80	45.71
52 Northern Interior	51.08	55.47	46.37	77.32†	44.55	47.80
53 Northeast	47.63	53.90	40.62	63.21	F	44.84
British Columbia	**57.49**	**61.36***	**53.66**	**77.51†**	**53.36**	**55.43**
Canada	**56.23**	**58.74***	**53.73**	**79.03†**	**54.85‡**	**52.89**

* males differ significantly from females.
† 12 to 19 age group differs significantly from 20 to 64 age group.
‡ 65+ age group differs significantly from 20 to 64 age group.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

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

Key Points

At the national level:

- Male respondents (ages 12+) have a significantly higher rate of perceiving their weight to be just about right than their female cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly higher rate than the ages 20 to 64 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, all respondents ages 12+ are not significantly different, male respondents ages 12+ are significantly higher, female respondents ages 12+ are not significantly different, respondents ages 12 to 19 are not significantly different, respondents ages 65+ are not significantly different, and respondents ages 20 to 64 are significantly higher.
- Male respondents (ages 12+) have a significantly higher rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have no significantly different rate than the ages 20 to 64 cohort.

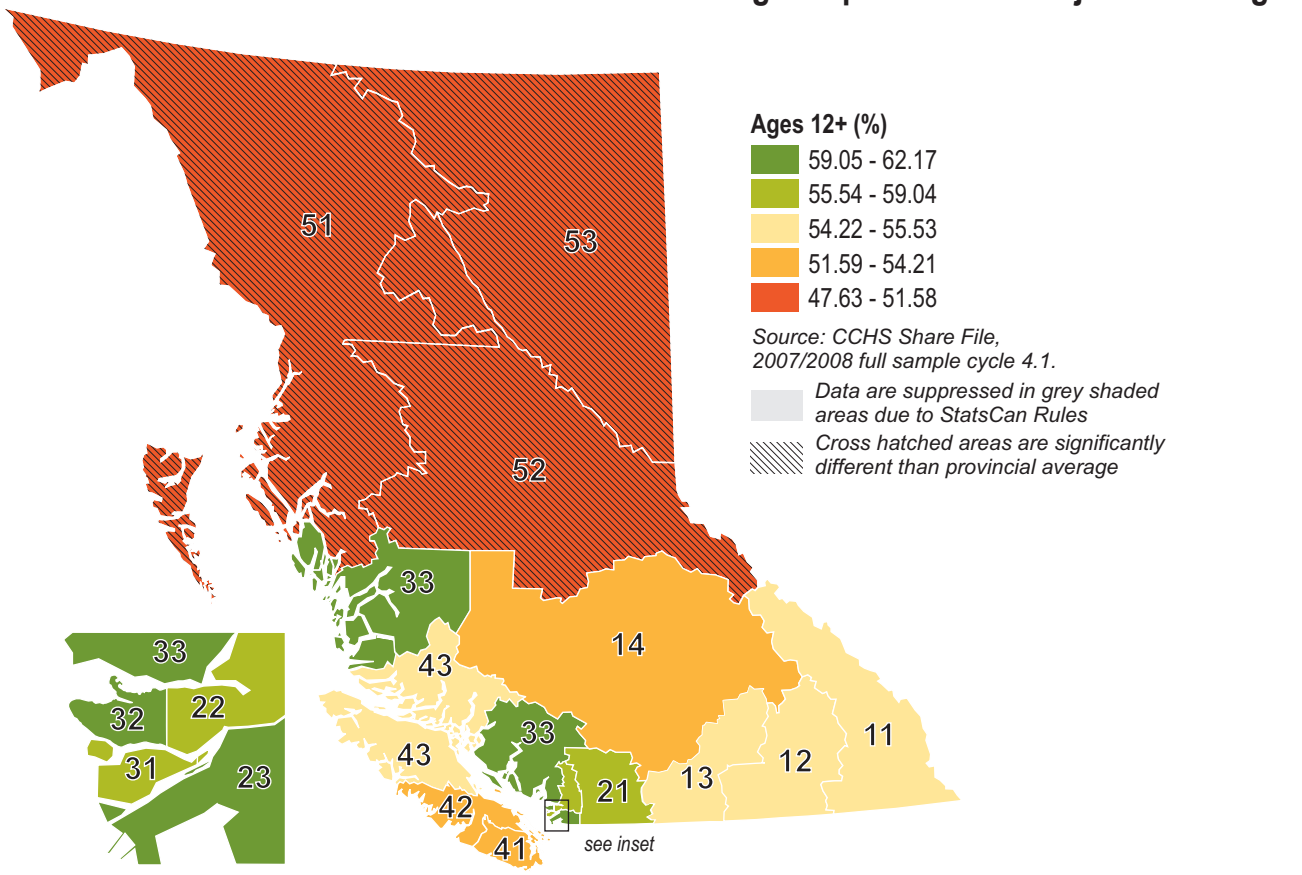
At the HSDA level:

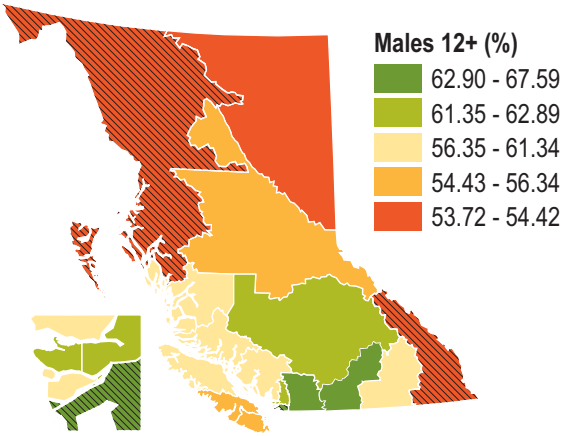
- The largest range in values among HSDAs (28.96 percentage points) occurs in respondents ages 12 to 19, while the smallest range in values (13.87 percentage points) occurs in male respondents ages 12+.
- For all respondents, no HSDA is significantly higher, and there are 3 HSDAs (Northwest, Northern Interior and Northeast) significantly lower than the provincial rate.
- For male respondents (ages 12+), there is one HSDA (Fraser South) significantly higher, and there are 2 HSDAs (East Kootenay and Northwest) significantly lower than the provincial rate.
- For female respondents (ages 12+), there is one HSDA (Vancouver) significantly higher, and there is one HSDA (Northeast) significantly lower than the provincial rate.
- For younger respondents (ages 12 to 19), there is one HSDA (East Kootenay) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For older respondents (ages 65+), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For the mid age respondents (ages 20 to 64), no HSDA is significantly higher, and there are 3 HSDAs (Northwest, Northern Interior and Northeast) significantly lower than the provincial rate.

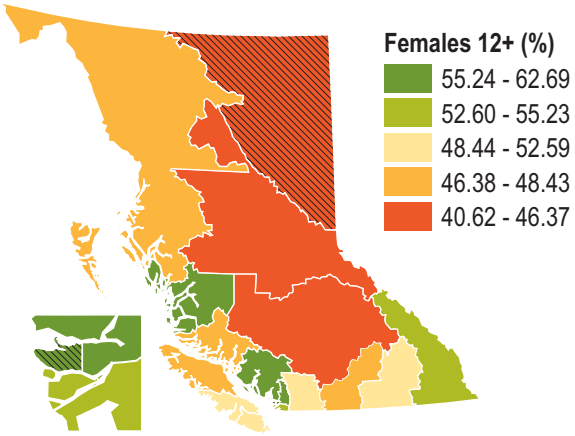
Within HSDAs:

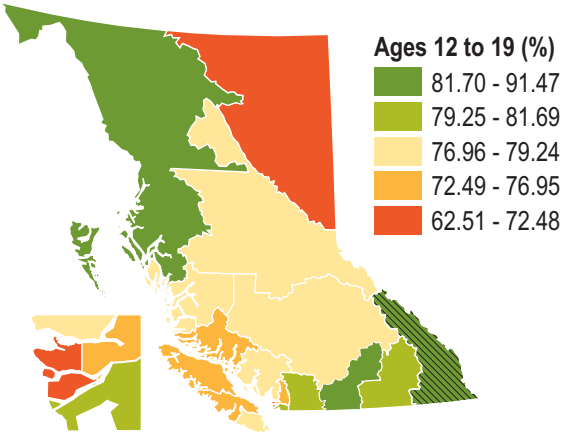
- For male respondents (ages 12+), there are 3 HSDAs (Okanagan, Thompson Cariboo Shuswap and Fraser South) significantly higher, and no HSDA is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19), only 5 HSDAs (Richmond, Vancouver, North Shore/Coast Garibaldi, North Vancouver Island and Northeast) are not significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.
- For older respondents (ages 65+), no HSDA is significantly higher, and there is one HSDA (Fraser South) significantly lower than its respective ages 20 to 64 cohort.

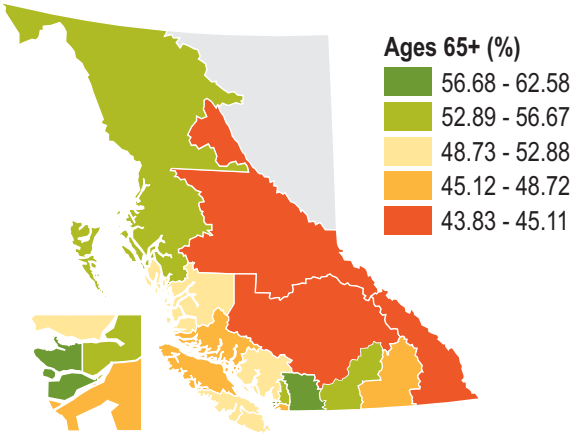
Weight is perceived to be just about right











Physical activity index by gender

		Walks for exercise	Does gardening	Goes swimming	Bicycles	Active activity index	Healthy BMI	Weight is about right	Summary
All Respondents	11 East Kootenay	1	1				-1		1
	12 Kootenay Boundary	1	1	1		1			4
	13 Okanagan								0
	14 Thompson Cariboo Shuswap		1				-1		0
	21 Fraser East		1						1
	22 Fraser North	-1	-1			-1			-3
	23 Fraser South								0
	31 Richmond	-1	-1	-1	-1	-1	1		-4
	32 Vancouver		-1				1		0
	33 North Shore/Coast Garibaldi				1	1			2
	41 South Vancouver Island	1	1	1	1	1			5
	42 Central Vancouver Island	1	1				-1		1
	43 North Vancouver Island		1						1
	51 Northwest	1	1				-1	-1	0
	52 Northern Interior		1				-1	-1	-1
	53 Northeast		1	1			-1	-1	0
	British Columbia	1	-1	1		1	1		3
Male Respondents	11 East Kootenay	1	1				-1	-1	0
	12 Kootenay Boundary		1			1			2
	13 Okanagan		1						1
	14 Thompson Cariboo Shuswap		1						1
	21 Fraser East								0
	22 Fraser North		-1	-1					-2
	23 Fraser South							1	1
	31 Richmond		-1	-1			1		-1
	32 Vancouver		-1				1		0
	33 North Shore/Coast Garibaldi					1			1
	41 South Vancouver Island		1						1
	42 Central Vancouver Island		1						1
	43 North Vancouver Island		1						1
	51 Northwest	1					-1	-1	-1
	52 Northern Interior		1				-1		0
	53 Northeast						-1		-1
	British Columbia	1	-1	1		1	1	1	4
Female Respondents	11 East Kootenay	1	1						2
	12 Kootenay Boundary	1	1	1		1			4
	13 Okanagan								0
	14 Thompson Cariboo Shuswap		1				-1		0
	21 Fraser East		1						1
	22 Fraser North		-1			-1			-2
	23 Fraser South		-1						-1
	31 Richmond		-1			-1			-2
	32 Vancouver		-1				1	1	1
	33 North Shore/Coast Garibaldi					1			1
	41 South Vancouver Island	1	1	1		1			4
	42 Central Vancouver Island		1				-1		0
	43 North Vancouver Island		1			1			2
	51 Northwest		1				-1		0
	52 Northern Interior		1				-1		0
	53 Northeast		1	1			-1	-1	0
	British Columbia	1		1		1	1		4

+1 HSDA sig. > BC or BC sig. > Canada.
No significant difference.
-1 HSDA sig. < BC or BC sig. < Canada.

F - Data suppressed by Statistics Canada due to small sample size or a high coefficient of variation.

The index score is the aggregate of the “pluses” and “minuses” and is coloured green where positive, beige where zero, and red where negative.

Physical activity index by age

		Walks for exercise	Does gardening	Goes swimming	Bicycles	Active activity index	Healthy BMI	Weight is about right	Summary
Younger Respondents	11 East Kootenay		F					1	1
	12 Kootenay Boundary		1						1
	13 Okanagan			1					1
	14 Thompson Cariboo Shuswap	1							1
	21 Fraser East								0
	22 Fraser North	-1	F						-1
	23 Fraser South								0
	31 Richmond		F						0
	32 Vancouver		F						0
	33 North Shore/Coast Garibaldi		F						0
	41 South Vancouver Island	1	1						2
	42 Central Vancouver Island		F		1				1
	43 North Vancouver Island		F	F	F				0
	51 Northwest	1	F		1		-1		1
	52 Northern Interior		1				-1		0
	53 Northeast								0
	British Columbia		-1				1		0
Older Respondents	11 East Kootenay		1	F	F				1
	12 Kootenay Boundary		1	F	F	1			2
	13 Okanagan								0
	14 Thompson Cariboo Shuswap		1	F	F				1
	21 Fraser East				F				0
	22 Fraser North		-1	F	F	-1			-2
	23 Fraser South			-1		-1			-2
	31 Richmond		-1	F	F				-1
	32 Vancouver		-1		F				-1
	33 North Shore/Coast Garibaldi			1	F				1
	41 South Vancouver Island					1			1
	42 Central Vancouver Island			F	F				0
	43 North Vancouver Island			F	F				0
	51 Northwest			F	F	-1	-1		-2
	52 Northern Interior		1	F	F		-1		0
	53 Northeast			F	F		F	F	0
	British Columbia	1				1	1		3
Mid Age Respondents	11 East Kootenay	1	1						2
	12 Kootenay Boundary	1	1	1		1			4
	13 Okanagan		1						1
	14 Thompson Cariboo Shuswap		1						1
	21 Fraser East		1		-1				0
	22 Fraser North		-1						-1
	23 Fraser South								0
	31 Richmond	-1	-1	-1	-1	-1	1		-4
	32 Vancouver		-1				1		0
	33 North Shore/Coast Garibaldi				1	1			2
	41 South Vancouver Island	1	1	1		1			4
	42 Central Vancouver Island	1	1				-1		1
	43 North Vancouver Island		1						1
	51 Northwest	1	1				-1	-1	0
	52 Northern Interior		1				-1	-1	-1
	53 Northeast		1	1			-1	-1	0
	British Columbia	1	-1	1		1	1	1	4

+1 HSDA sig. > BC or BC sig. > Canada.
No significant difference.
-1 HSDA sig. < BC or BC sig. < Canada.

F - Data suppressed by Statistics Canada due to small sample size or a high coefficient of variation.
The index score is the aggregate of the “pluses” and “minuses” and is coloured green where positive, beige where zero, and red where negative.

Summary of physical activity and healthy weight

Comparing HSDAs

For all respondents there were seven HSDAs with positive index scores and three with negative scores. The highest scoring HSDA was South Vancouver Island at +5 followed by Kootenay Boundary at +4. Both of these HSDAs were significantly above the provincial values for all indicators except the weight related categories for which both HSDAs had neutral values. In addition, Kootenay Boundary was neutral for bicycling. The lowest scoring HSDA was Richmond at -4, with significantly lower activity levels for all five physical activity indicators compared to the provincial average. Richmond's negative scores were offset by a significantly higher rate for healthy BMI based on self reported height and weight.

For males, there were eight HSDAs with positive scores and four with negative scores. The highest scoring HSDA for this cohort was Kootenay Boundary at +2. The lowest scoring HSDA was Fraser North at -2.

For females, there were seven HSDAs with positive index scores and three with negative scores. Once again Kootenay Boundary and South Vancouver Island had the highest index scores both at +4. Fraser North and Richmond had the lowest scores at -2. Both of these low scoring HSDAs had significantly lower values for gardening and a healthy physical activity index, than their BC peers.

For the younger respondent cohort, there were seven HSDAs with positive index scores and only one with a negative score. South Vancouver Island at +2 was the highest scoring HSDA and Fraser North with a score of -1 was the lowest. It should be noted that for gardening activity, eight HSDAs had unreportable results, while North Vancouver Island had unreportable results for three of the seven indicators in this category.

For older respondents there were five HSDAs with positive scores and five with negative scores. Kootenay Boundary had the highest score at +2. Fraser North, Fraser South and Northwest had the lowest scores all with -2. It should be noted that the majority of HSDAs had unreportable results for two indicators: swimming and bicycling, and Northeast did not have sufficient data to report on four indicators in the older respondents' category.

Geographically, Kootenay Boundary and South Vancouver Island were consistently high scoring HSDAs for the physical activity category for all cohorts, while Fraser North was consistently low for all cohorts.

Comparing Demographic Cohorts

Comparing males and females within the province, males were significantly more likely than females to garden, cycle, maintain a healthy level of physical activity and perceive their weight as being just about right. They were significantly less likely to walk for exercise or have a healthy BMI. In comparing younger and older respondents to the mid age cohort, younger respondents were significantly above the mid age group in all indicators except walking and biking, in which they were significantly below the mid age group rate; older respondents scored below the mid age group for all physical activity indicators except walking and biking.

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

British Columbia/Canada Comparisons

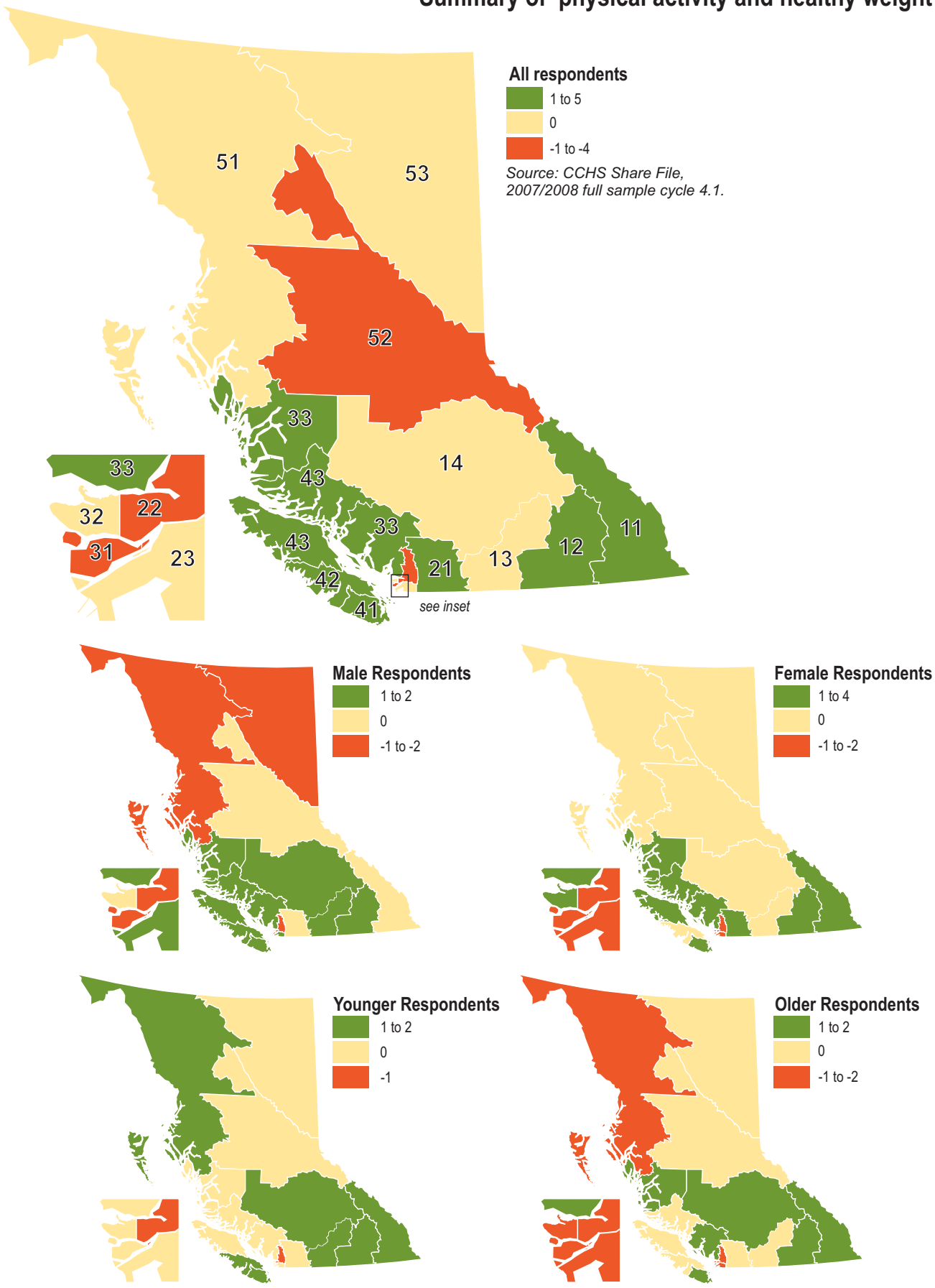
BC respondents had a net positive score of +3 when compared to all respondents nationally. British Columbians were significantly more likely than other Canadians to walk for exercise, swim, maintain a healthy level of physical activity and have a healthy BMI based on self reported height and weight. They were, however, significantly less likely than Canadian respondents as a whole to garden during their leisure time.

Both male and female respondents in BC had an overall index score of +4. Males were significantly more likely than their peers across Canada to walk for exercise, swim, maintain a healthy level of physical activity, have a healthy BMI based on self reported height and weight and perceive their weight as being just about right. They were significantly less likely to participate in gardening activity. Females in BC were significantly more likely than their peers nationally to walk, swim, maintain a healthy level of physical activity and have a healthy BMI.

Younger respondents in BC had an overall neutral index score compared to their Canadian peers. Their rates were similar to those of their national peer group in all but two indicators: they were significantly more likely to have a healthy BMI and they were significantly less likely to participate in gardening.

Older respondents had an overall index score of +3. They were significantly more likely than others in their age group across Canada to walk, maintain a healthy level of physical activity, and have a healthy BMI.

Summary of physical activity and healthy weight



6

Free of chronic conditions

This chapter presents 70 maps and 15 supporting tables related to being free of chronic conditions. One of the key reasons for the introduction of ActNow BC was concern over the burden of chronic illnesses in the province. More recently, there has been increasing concern about the diagnoses of chronic conditions normally found in older age groups (e.g., high blood pressure, type 2 diabetes) now being diagnosed in much younger populations. For the most part the standard age cohorts are used for the presentation of the data. As a result, there is little to show for the age group 12 to 19 years, but we have still provided the data, as there are some very minor variations. The one exception to this is for chronic obstructive pulmonary disease (COPD), which focuses only on the age 30 years and over population.

The first three indicators present patterns and data on freedom from difficulties in undertaking activities generally and specifically inside the home environment, or outside activities because of a physical, mental or health condition. These are followed by indicators measuring injury-free status in the past year and usually free of pain or discomfort, both of which are personal wellness and well-being assets.

The next seven indicators are based on never having been diagnosed with certain chronic diseases or conditions by a physician. These include COPD, heart disease, diabetes, asthma, cancer, arthritis or rheumatism (note: the 2008 half sample did not include the word rheumatism), or high blood pressure. The final indicator reports on responses to a question about back problems.

The last two tables and five maps highlight HSDAs, genders and age cohorts which are statistically significantly high or low when compared to the BC average. All 13 indicators are combined into a single value for each HSDA by each demographic cohort and mapped. Finally, comparisons of BC to Canadian data overall are provided.

Does not have difficulty with regular activities

Health Service Delivery Area	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
31 Richmond	80.70	79.61	81.72	88.23	51.79‡	85.49
32 Vancouver	80.62	82.44	78.85	90.21	57.68‡	83.61
22 Fraser North	78.84	83.22*	74.55	91.55†	46.56‡	82.38
33 North Shore/Coast Garibaldi	76.83	77.79	75.92	85.35	51.96‡	81.21
21 Fraser East	75.83	76.04	75.63	83.15	49.52‡	80.33
23 Fraser South	75.74	76.33	75.17	87.39	42.63‡	79.79
51 Northwest	73.26	72.07	74.53	80.58	41.86E‡	76.86
53 Northeast	72.21	73.87	70.43	75.09	47.03‡	74.71
41 South Vancouver Island	71.90	72.10	71.73	89.53†	44.91‡	76.34
43 North Vancouver Island	70.34	71.71	69.02	90.72†	40.10‡	74.14
42 Central Vancouver Island	68.14	68.70	67.60	91.94†	46.63‡	70.87
11 East Kootenay	67.98	69.17	66.77	90.92†	39.27‡	71.18
52 Northern Interior	67.39	69.21	65.48	80.90	34.23‡	70.26
14 Thompson Cariboo Shuswap	67.14	67.68	66.61	83.35	44.62‡	69.94
13 Okanagan	65.59	67.78	63.52	87.37†	38.86‡	70.40
12 Kootenay Boundary	63.29	64.70	61.83	81.65	53.60	62.87
British Columbia	**74.28**	**75.65***	**72.95**	**87.53†**	**46.60‡**	**78.13**
Canada	**75.18**	**76.05***	**74.33**	**86.94†**	**49.91‡**	**78.39**

* males differ significantly from females.
† 12 to 19 age group differs significantly from 20 to 64 age group.
‡ 65+ age group differs significantly from 20 to 64 age group.

Cross-hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross-hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤coefficient of variation ≤33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

CCHS Question: Do you have any difficulty hearing, seeing, communicating, walking, climbing stairs, bending, learning or doing any similar activities?

Key Points

At the national level:

- Male respondents (ages 12+) have a significantly higher rate of never having difficulty with regular activities than their female cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly lower rate than the ages 20 to 64 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, respondents ages 65+ are significantly lower, while all other age or gender groups analyzed are not significantly different.
- Male respondents (ages 12+) have a significantly higher rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly lower rate than the ages 20 to 64 cohort.

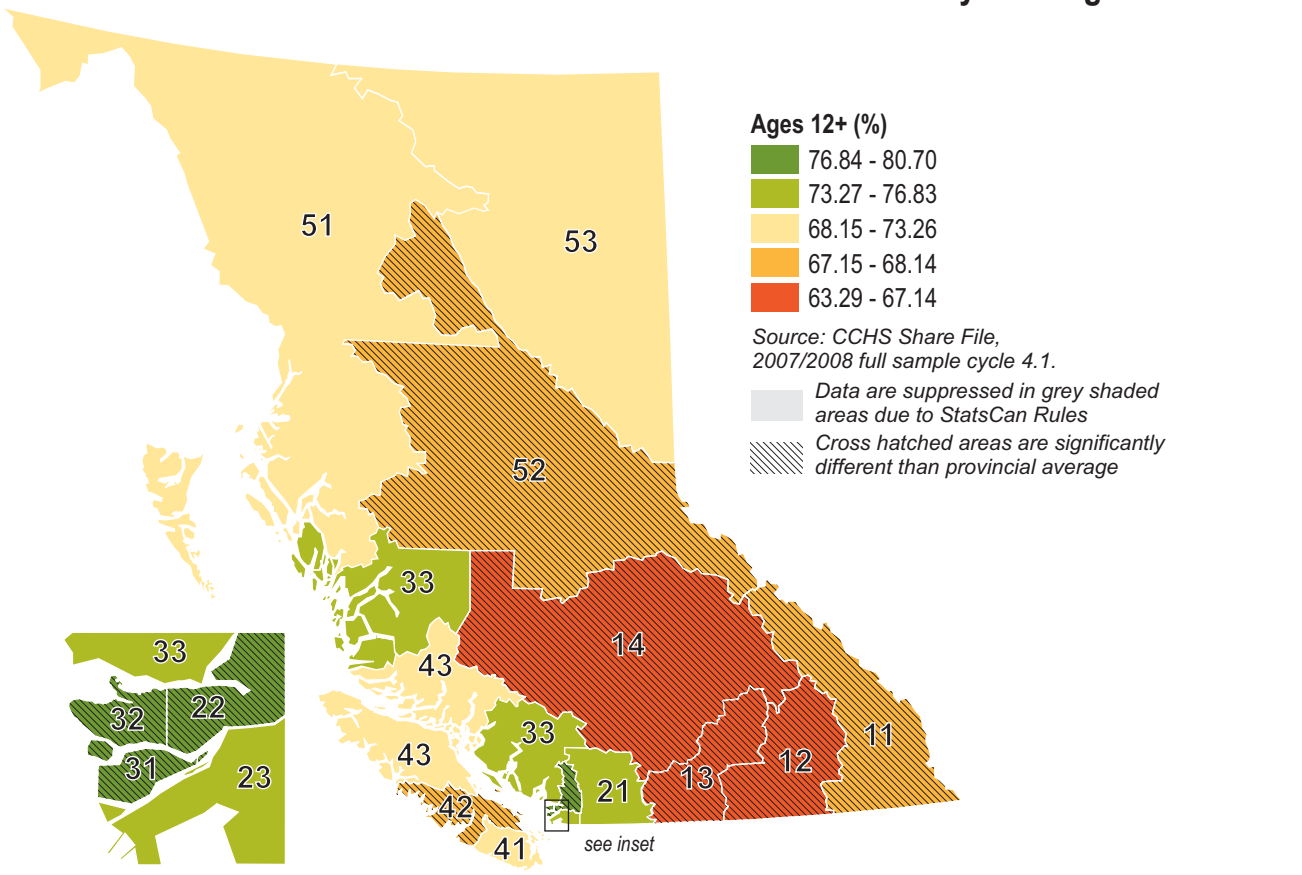
At the HSDA level:

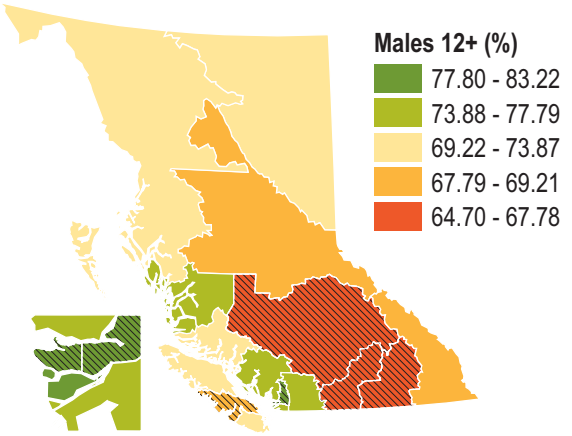
- The largest range in values among HSDAs (23.45 percentage points) occurs in respondents ages 65+, while the smallest range in values (16.85 percentage points) occurs in respondents ages 12 to 19.
- For all respondents, there are 3 HSDAs (Fraser North, Richmond and Vancouver) significantly higher, and there are 6 HSDAs (East Kootenay, Kootenay Boundary, Okanagan, Thompson Cariboo Shuswap, Central Vancouver Island and Northern Interior) significantly lower than the provincial rate.
- For male respondents (ages 12+), there are 2 HSDAs (Fraser North and Vancouver) significantly higher, and there are 4 HSDAs (Kootenay Boundary, Okanagan, Thompson Cariboo Shuswap and Central Vancouver Island) significantly lower than the provincial rate.
- For female respondents (ages 12+), there are 2 HSDAs (Richmond and Vancouver) significantly higher, and there are 4 HSDAs (East Kootenay, Kootenay Boundary, Okanagan and Thompson Cariboo Shuswap) significantly lower than the provincial rate.
- For younger respondents (ages 12 to 19), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For older respondents (ages 65+), there is one HSDA (Vancouver) significantly higher, and there is one HSDA (Northern Interior) significantly lower than the provincial rate.
- For the mid age respondents (ages 20 to 64), there are 2 HSDAs (Richmond and Vancouver) significantly higher, and there are 6 HSDAs (East Kootenay, Kootenay Boundary, Okanagan, Thompson Cariboo Shuswap, Central Vancouver Island and Northern Interior) significantly lower than the provincial rate.

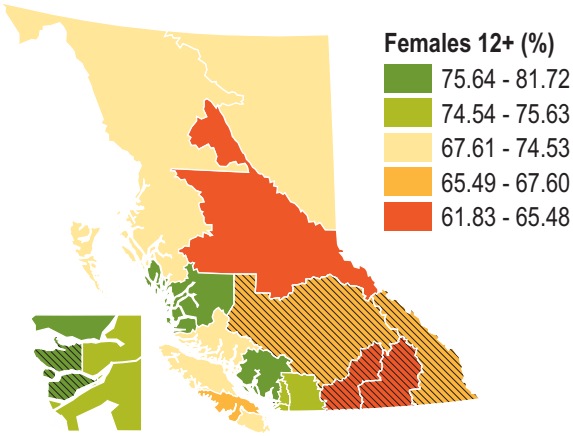
Within HSDAs:

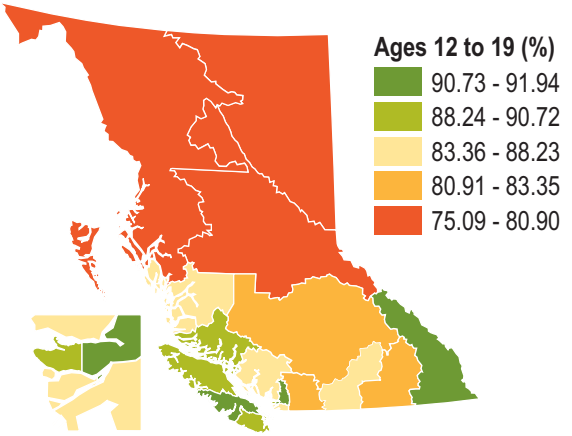
- For male respondents (ages 12+), there is one HSDA (Fraser North) significantly higher, and no HSDA is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19), there are 6 HSDAs (East Kootenay, Okanagan, Fraser North, South Vancouver Island, Central Vancouver Island and North Vancouver Island) significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.
- For older respondents (ages 65+), no HSDA is significantly higher, and all but one HSDA (Kootenay Boundary) is significantly lower than its respective ages 20 to 64 cohort.

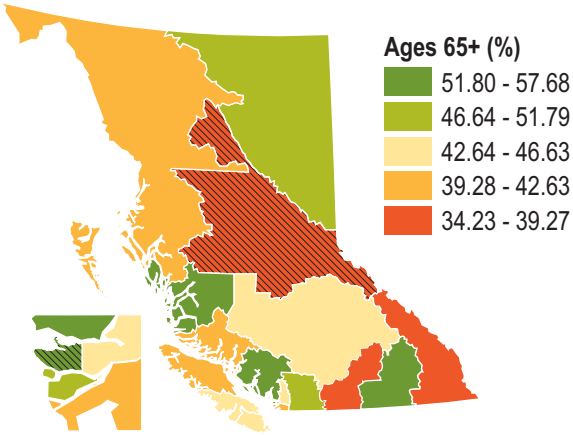
Does not have difficulty with regular activities











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

Health Service Delivery Area	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
31 Richmond	85.96	88.85	83.24	92.21	64.74‡	89.33
32 Vancouver	85.27	87.87	82.72	95.21†	69.37‡	87.02
33 North Shore/Coast Garibaldi	84.83	85.78	83.91	97.27†	70.32‡	86.13
53 Northeast	83.30	86.77	79.54	91.98	64.88	83.90
22 Fraser North	82.67	86.72*	78.72	96.58†	60.78‡	84.25
23 Fraser South	82.32	84.43	80.25	93.02	57.76‡	84.96
21 Fraser East	82.16	83.34	80.99	93.03	64.83‡	83.99
51 Northwest	82.15	84.84	79.27	93.69†	61.96‡	83.10
52 Northern Interior	78.36	79.67	77.00	93.26†	51.88‡	79.76
41 South Vancouver Island	77.74	79.12	76.48	93.27†	61.29‡	79.78
11 East Kootenay	77.51	80.34	74.62	91.12†	65.90‡	78.09
43 North Vancouver Island	77.39	81.25	73.67	94.85†	51.96‡	80.55
12 Kootenay Boundary	75.69	78.04	73.26	93.44†	66.31	75.29
14 Thompson Cariboo Shuswap	75.11	75.92	74.30	89.58†	60.33‡	76.33
42 Central Vancouver Island	75.02	76.31	73.76	93.39†	61.43‡	76.01
13 Okanagan	71.67	76.37	67.23	95.29†	57.63‡	72.19
British Columbia	**80.62**	**83.08***	**78.23**	**94.05†**	**62.06‡**	**82.49**
Canada	**81.77**	**84.03***	**79.56**	**93.41†**	**65.36‡**	**83.19**

* males differ significantly from females.
† 12 to 19 age group differs significantly from 20 to 64 age group.
‡ 65+ age group differs significantly from 20 to 64 age group.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

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 national level:

- Male respondents (ages 12+) have a significantly higher rate of having no long term physical, mental, or health condition that reduces activity at home than their female cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly lower rate than the ages 20 to 64 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, all respondents ages 12+ are significantly lower, male respondents ages 12+ are not significantly different, female respondents ages 12+ are not significantly different, respondents ages 12 to 19 are not significantly different, respondents ages 65+ are significantly lower, and respondents ages 20 to 64 are not significantly different.
- Male respondents (ages 12+) have a significantly higher rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly lower rate than the ages 20 to 64 cohort.

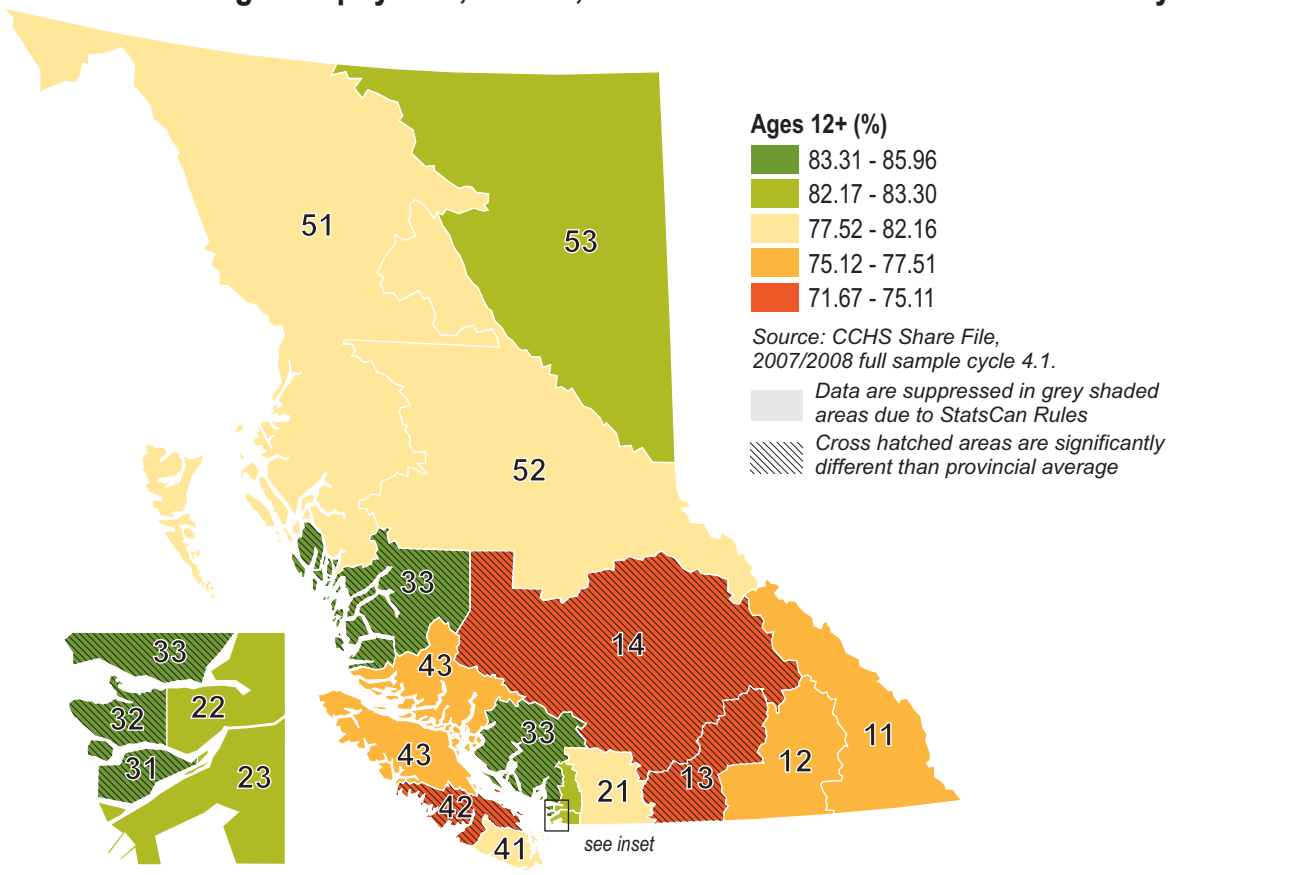
At the HSDA level:

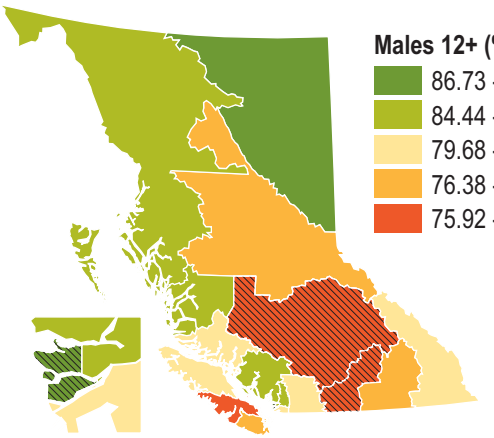
- The largest range in values among HSDAs (18.44 percentage points) occurs in respondents ages 65+, while the smallest range in values (7.69 percentage points) occurs in respondents ages 12 to 19.
- For all respondents, there are 3 HSDAs (Richmond, Vancouver and North Shore/Coast Garibaldi) significantly higher, and there are 3 HSDAs (Okanagan, Thompson Cariboo Shuswap and Central Vancouver Island) significantly lower than the provincial rate.
- For male respondents (ages 12+), there are 2 HSDAs (Richmond and Vancouver) significantly higher, and there are 2 HSDAs (Okanagan and Thompson Cariboo Shuswap) significantly lower than the provincial rate.
- For female respondents (ages 12+), there are 2 HSDAs (Richmond and North Shore/Coast Garibaldi) significantly higher, and there is one HSDA (Okanagan) significantly lower than the provincial rate.
- For younger respondents (ages 12 to 19), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For older respondents (ages 65+), there is one HSDA (North Shore/Coast Garibaldi) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For the mid age respondents (ages 20 to 64), there are 2 HSDAs (Richmond and Vancouver) significantly higher, and there are 4 HSDAs (Kootenay Boundary, Okanagan, Thompson Cariboo Shuswap and Central Vancouver Island) significantly lower than the provincial rate.

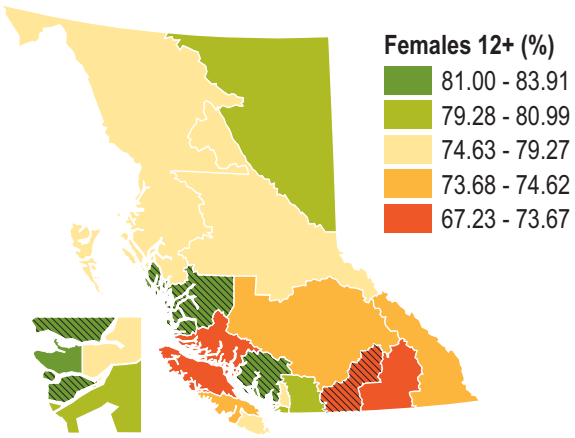
Within HSDAs:

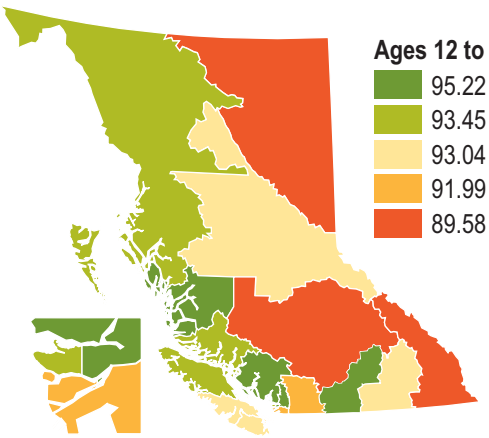
- For male respondents (ages 12+), there is one HSDA (Fraser North) significantly higher, and no HSDA is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19), there are 12 HSDAs (East Kootenay, Kootenay Boundary, Okanagan, Thompson Cariboo Shuswap, Fraser North, Vancouver, North Shore/Coast Garibaldi, South Vancouver Island, Central Vancouver Island, North Vancouver Island, Northwest and Northern Interior) significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.
- For older respondents (ages 65+), no HSDA is significantly higher, and only two HSDAs (Kootenay Boundary and Northeast) are not significantly lower than their respective ages 20 to 64 cohort.

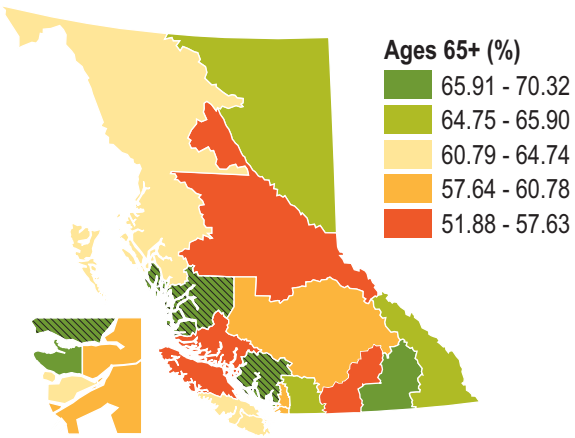
No long term physical, mental, or health condition that reduces activity at home











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

Health Service Delivery Area	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
31 Richmond	86.27	87.14	85.46	92.40	73.03‡	88.04
51 Northwest	83.70	85.08	82.23	92.76	67.54	84.50
32 Vancouver	83.65	83.61	83.69	97.66†	72.54‡	84.13
53 Northeast	83.64	87.38	79.60	89.58	70.98	84.06
22 Fraser North	82.95	87.52*	78.48	97.12†	63.08‡	84.15
23 Fraser South	82.71	83.15	82.27	90.76	68.98‡	83.81
33 North Shore/Coast Garibaldi	82.54	84.56	80.60	97.09†	67.39‡	83.61
21 Fraser East	80.99	79.24	82.71	91.32	67.38‡	82.12
52 Northern Interior	79.26	80.74	77.72	93.60†	62.26‡	79.32
11 East Kootenay	78.95	80.79	77.06	91.55†	66.25‡	79.97
43 North Vancouver Island	78.43	82.89	74.12	89.53	61.99	80.51
14 Thompson Cariboo Shuswap	77.89	77.27	78.51	87.02	74.49	77.18
41 South Vancouver Island	76.14	77.42	74.98	88.72†	63.91‡	77.50
12 Kootenay Boundary	75.57	78.43	72.62	94.70†	64.97	75.28
42 Central Vancouver Island	75.50	76.54	74.50	85.47	71.76	74.94
13 Okanagan	74.93	77.88	72.14	90.42†	64.96	75.51
British Columbia	**80.68**	**82.13***	**79.26**	**92.35†**	**67.83‡**	**81.60**
Canada	**82.55**	**84.24***	**80.91**	**92.50†**	**70.11‡**	**83.44**

* males differ significantly from females.
† 12 to 19 age group differs significantly from 20 to 64 age group.
‡ 65+ age group differs significantly from 20 to 64 age group.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

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 national level:

- Male respondents (ages 12+) have a significantly higher rate of having no long term physical, mental, or health condition that reduces activity outside the home than their female cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly lower rate than the ages 20 to 64 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, only respondents ages 12 to 19 and those ages 65 + are not significantly lower.
- Male respondents (ages 12+) have a significantly higher rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly lower rate than the ages 20 to 64 cohort.

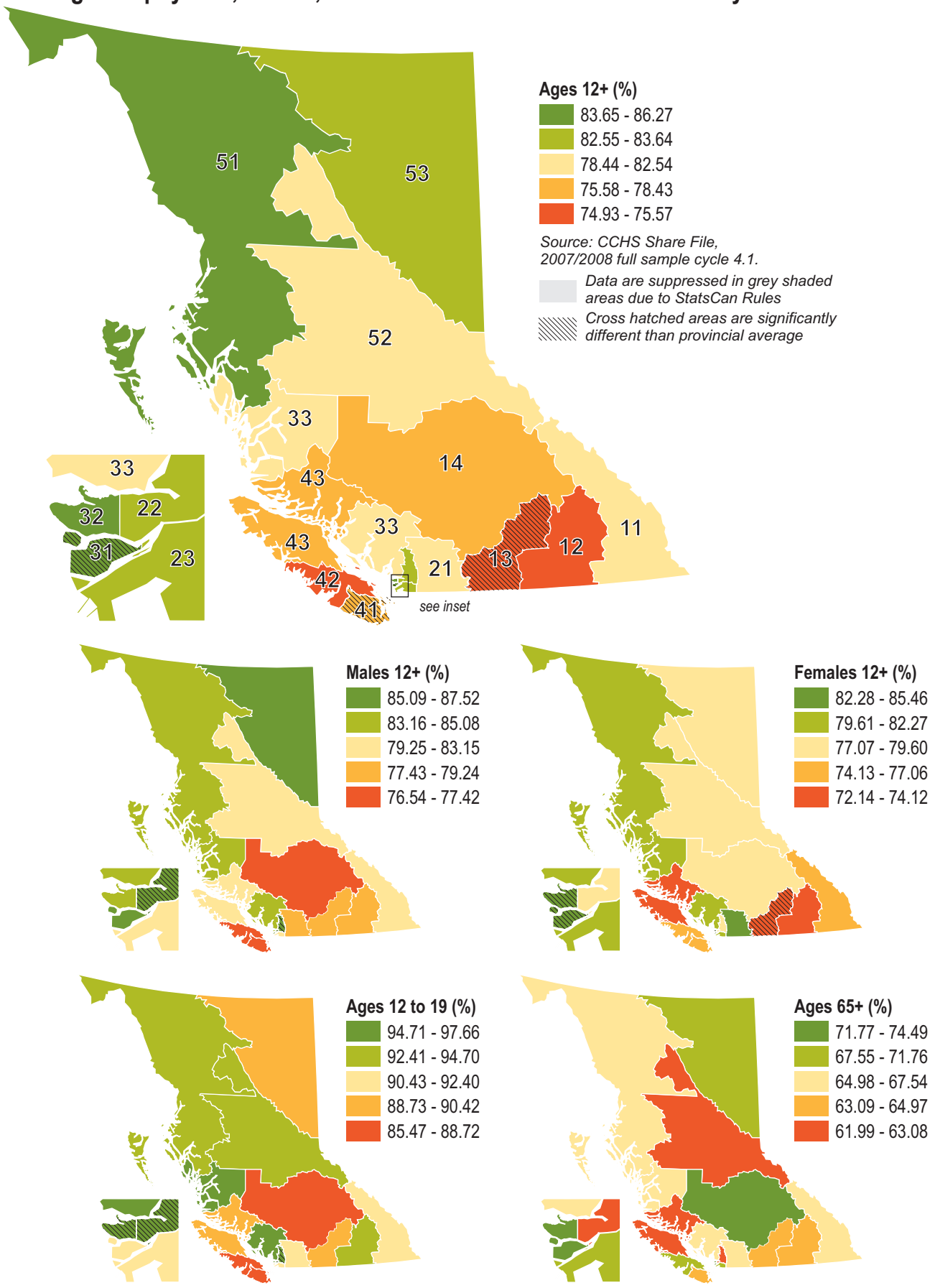
At the HSDA level:

- The largest range in values among HSDAs (13.32 percentage points) occurs in respondents females 12+, while the smallest range in values (10.98 percentage points) occurs in male respondents ages 12+.
- For all respondents, there is one HSDA (Richmond) significantly higher, and there are 2 HSDAs (Okanagan and South Vancouver Island) significantly lower than the provincial rate.
- For male respondents (ages 12+), there is one HSDA (Fraser North) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For female respondents (ages 12+), there are 2 HSDAs (Richmond and Vancouver) significantly higher, and there is one HSDA (Okanagan) significantly lower than the provincial rate.
- For younger respondents (ages 12 to 19), there are 2 HSDAs (Fraser North and Vancouver) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For older respondents (ages 65+), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For the mid age respondents (ages 20 to 64), there is one HSDA (Richmond) significantly higher, and there are 2 HSDAs (Okanagan and Central Vancouver Island) significantly lower than the provincial rate.

Within HSDAs:

- For male respondents (ages 12+), there is one HSDA (Fraser North) significantly higher, and no HSDA is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19), there are 8 HSDAs (East Kootenay, Kootenay Boundary, Okanagan, Fraser North, Vancouver, North Shore/Coast Garibaldi, South Vancouver Island and Northern Interior) significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.
- For older respondents (ages 65+), no HSDA is significantly higher, and there are 9 HSDAs (East Kootenay, Fraser East, Fraser North, Fraser South, Richmond, Vancouver, North Shore/Coast Garibaldi, South Vancouver Island and Northern Interior) significantly lower than their respective ages 20 to 64 cohort.

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



Injury-free in the past year

Health Service Delivery Area	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
31 Richmond	90.91	89.16	92.57	84.17	93.21	91.42
22 Fraser North	89.15	89.15	89.14	87.72	90.79	89.09
21 Fraser East	88.65	86.10	91.15	83.53	92.69	88.73
32 Vancouver	88.50	87.47	89.51	85.37	95.59‡	87.60
23 Fraser South	86.94	85.01	88.83	80.49	88.79	87.73
43 North Vancouver Island	86.86	86.82	86.90	75.26	88.78	88.47
51 Northwest	84.86	83.49	86.33	73.41	94.07	85.63
13 Okanagan	84.83	82.79	86.77	70.54†	89.70	85.65
14 Thompson Cariboo Shuswap	84.68	85.25	84.11	70.94	89.11	85.91
33 North Shore/Coast Garibaldi	84.43	83.18	85.62	73.50	86.16	85.82
53 Northeast	83.97	79.94	88.33	73.31	88.19	85.44
11 East Kootenay	83.52	83.05	84.00	87.06	93.16‡	80.63
42 Central Vancouver Island	83.40	81.81	84.94	67.61	93.33‡	83.06
52 Northern Interior	82.98	78.97	87.19	77.72	82.61	83.99
41 South Vancouver Island	78.61	75.88	81.09	68.79	84.00	78.62
12 Kootenay Boundary	78.55	78.31	78.79	56.92	85.80	80.11
British Columbia	**85.97**	**84.55***	**87.35**	**78.15†**	**90.06‡**	**86.31**
Canada**	**86.03**	**84.95***	**87.08**	**77.36†**	**90.52‡**	**86.42**

* males differ significantly from females.
† 12 to 19 age group differs significantly from 20 to 64 age group.
‡ 65+ age group differs significantly from 20 to 64 age group.
** Only NS and BC opted for this question.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

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

Key Points

At the national level:

- Male respondents (ages 12+) have a significantly lower rate of being injury-free in the past year than their female cohort.
- Younger respondents (ages 12 to 19) have a significantly lower rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly higher rate than the ages 20 to 64 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, no age or gender cohort analyzed is significantly different.
- Male respondents (ages 12+) have a significantly lower rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly lower rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly higher rate than the ages 20 to 64 cohort.

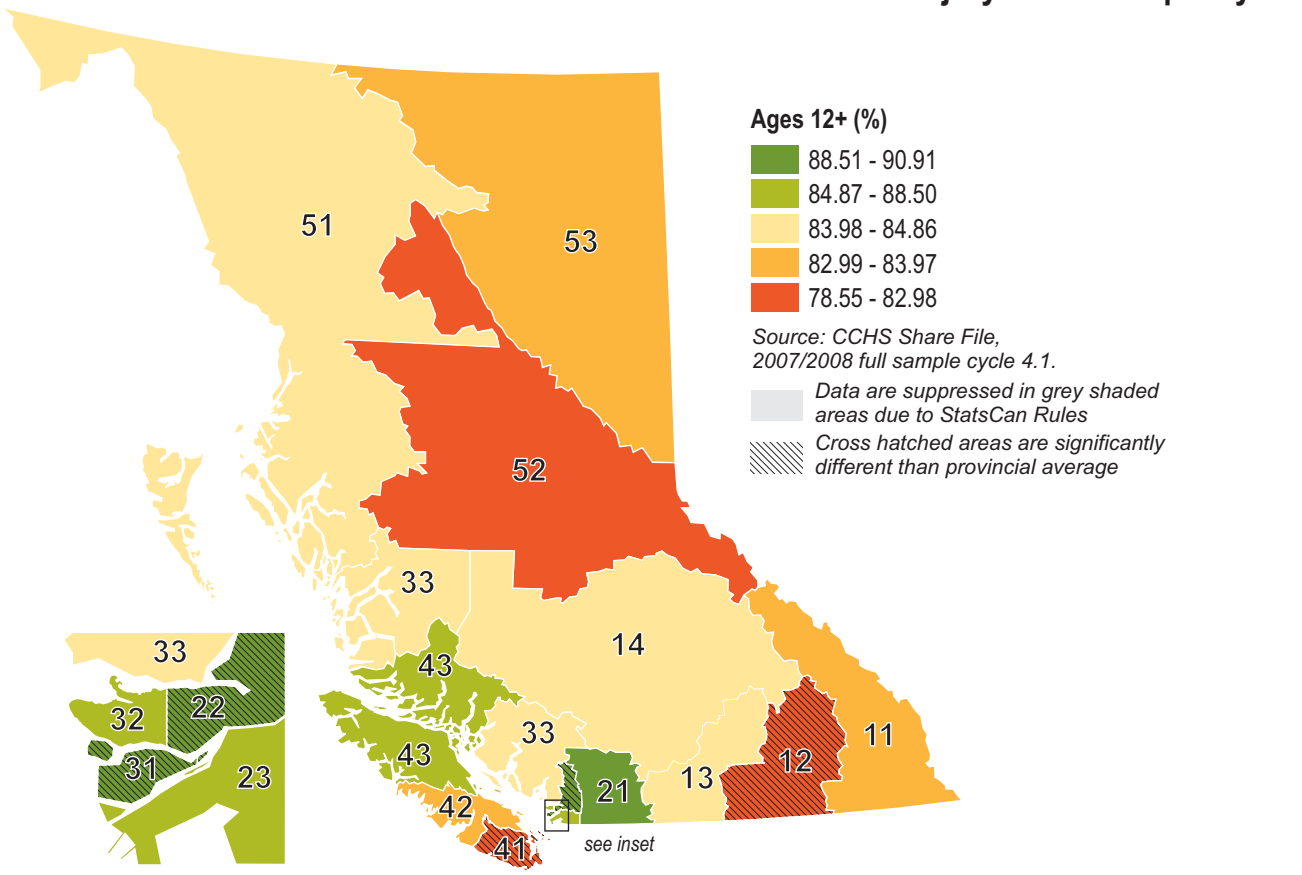
At the HSDA level:

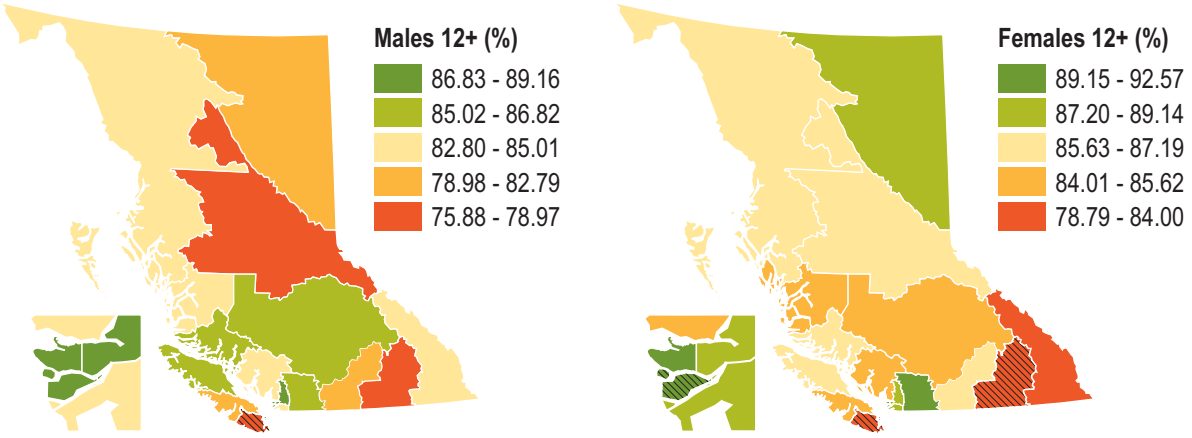
- The largest range in values among HSDAs (30.80 percentage points) occurs in respondents ages 12 to 19, while the smallest range in values (12.36 percentage points) occurs in respondents ages 12+.
- For all respondents, there are 2 HSDAs (Fraser North and Richmond) significantly higher, and there are 2 HSDAs (Kootenay Boundary and South Vancouver Island) significantly lower than the provincial rate.
- For male respondents (ages 12+), no HSDA is significantly higher, and there is one HSDA (South Vancouver Island) significantly lower than the provincial rate.
- For female respondents (ages 12+), there is one HSDA (Richmond) significantly higher, and there are 2 HSDAs (Kootenay Boundary and South Vancouver Island) significantly lower than the provincial rate.
- For younger respondents (ages 12 to 19), there is one HSDA (Fraser North) significantly higher, and there is one HSDA (Kootenay Boundary) significantly lower than the provincial rate.
- For older respondents (ages 65+), there is one HSDA (Vancouver) significantly higher, and there is one HSDA (South Vancouver Island) significantly lower than the provincial rate.
- For the mid age respondents (ages 20 to 64), there is one HSDA (Richmond) significantly higher, and there are 2 HSDAs (East Kootenay and South Vancouver Island) significantly lower than the provincial rate.

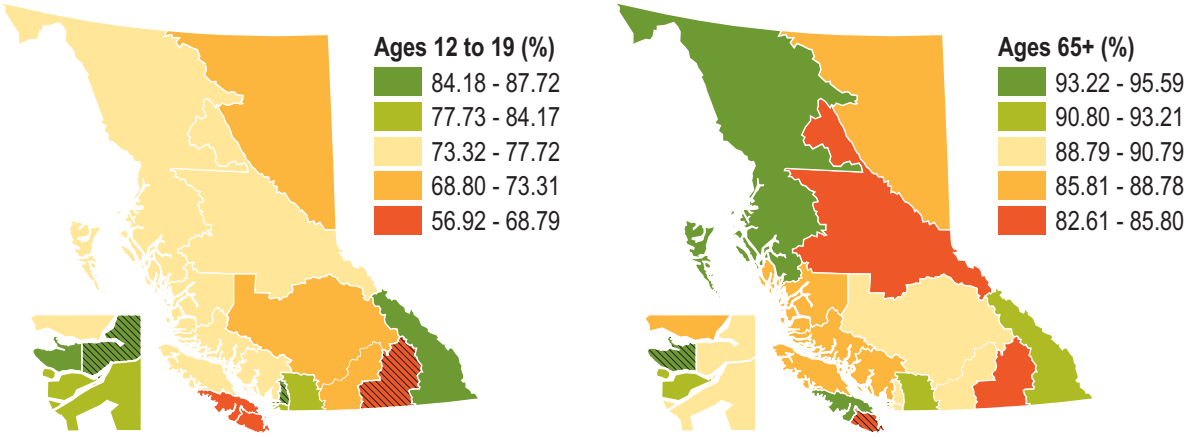
Within HSDAs:

- For male respondents (ages 12+), no HSDA is significantly higher, and no HSDA is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19), no HSDA is significantly higher, and there is one HSDA (Okanagan) significantly lower than its respective ages 20 to 64 cohort.
- For older respondents (ages 65+), there are 3 HSDAs (East Kootenay, Vancouver and Central Vancouver Island) significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.

Injury-free in the past year







Usually free of pain or discomfort

Health Service Delivery Area	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
31 Richmond	84.62	88.10	81.35	99.46†	68.09‡	85.79
21 Fraser East	83.95	85.25	82.68	95.96†	76.33	83.36
22 Fraser North	83.85	87.59	80.20	97.01†	74.29	83.44
53 Northeast	83.33	86.51	79.90	94.95†	79.69	81.62
33 North Shore/Coast Garibaldi	83.13	84.55	81.78	93.50	76.97	82.87
32 Vancouver	82.50	84.03	81.00	96.26†	68.16‡	83.57
11 East Kootenay	82.23	85.64	78.73	95.82†	74.87	81.80
51 Northwest	81.56	84.67	78.21	93.95†	63.29‡	81.98
14 Thompson Cariboo Shuswap	80.86	84.63	77.09	93.39†	75.12	80.17
42 Central Vancouver Island	80.84	84.51	77.28	96.25†	76.70	79.49
41 South Vancouver Island	80.76	80.51	80.98	94.45†	71.26	81.26
52 Northern Interior	80.40	83.56	77.10	88.68	69.64	80.63
23 Fraser South	79.16	80.55	77.79	94.32†	69.29	78.30
43 North Vancouver Island	79.09	80.66	77.57	98.02†	70.94	77.70
12 Kootenay Boundary	78.79	83.51	73.91	88.43	74.32	78.42
13 Okanagan	77.82	83.80*	72.16	95.74†	71.72	76.79
British Columbia	**81.46**	**83.97***	**79.00**	**95.18†**	**72.26‡**	**81.28**
Canada	**83.10**	**85.54***	**80.73**	**95.04†**	**73.13‡**	**83.16**

* males differ significantly from females.
† 12 to 19 age group differs significantly from 20 to 64 age group.
‡ 65+ age group differs significantly from 20 to 64 age group.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

CCHS Question: Are you usually free of pain or discomfort?

Key Points

At the national level:

- Male respondents (ages 12+) have a significantly higher rate of usually being free of pain or discomfort than their female cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly lower rate than the ages 20 to 64 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, all respondents ages 12+ are significantly lower, male respondents ages 12+ are significantly lower, female respondents ages 12+ are not significantly different, respondents ages 12 to 19 are not significantly different, respondents ages 65+ are not significantly different, and respondents ages 20 to 64 are significantly lower.
- Male respondents (ages 12+) have a significantly higher rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly lower rate than the ages 20 to 64 cohort.

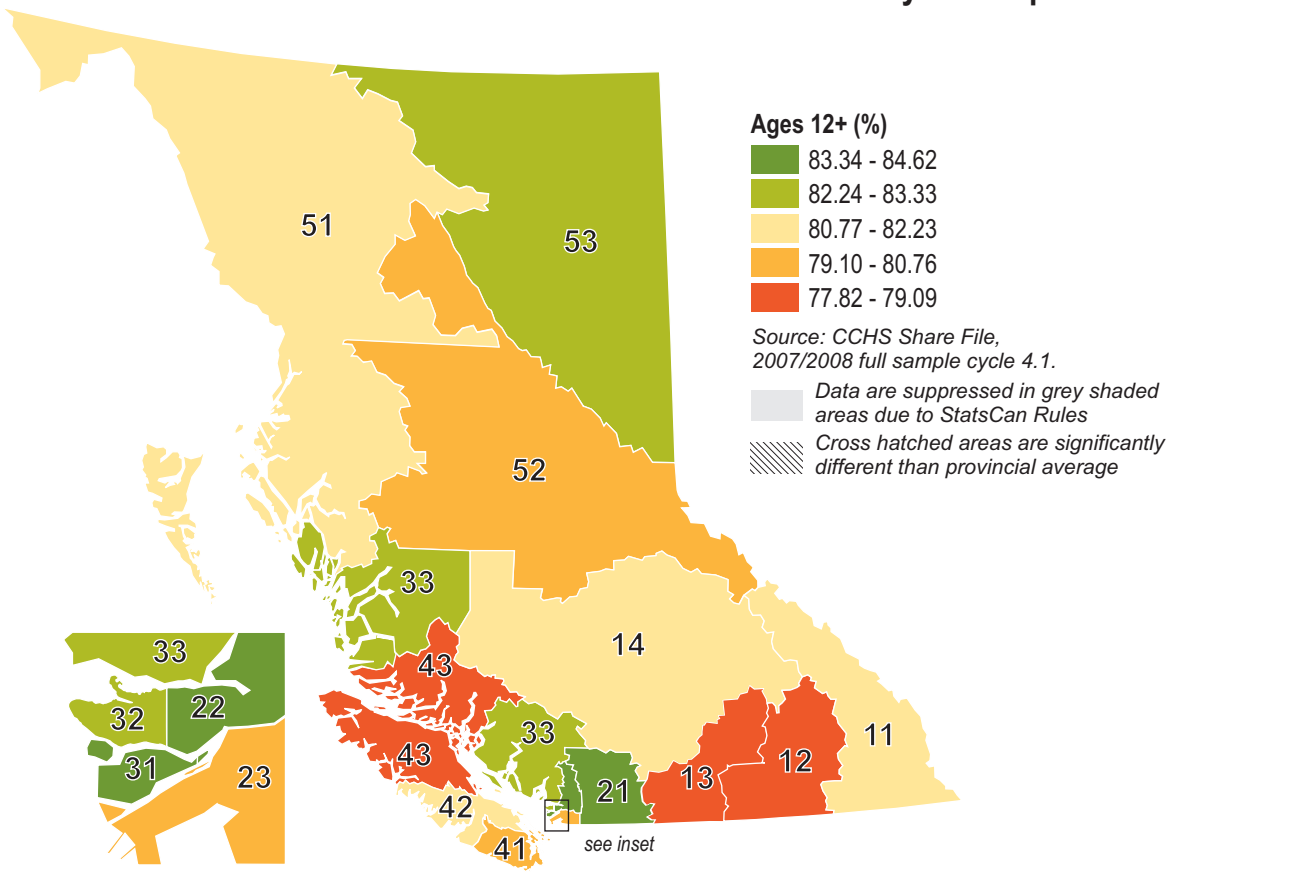
At the HSDA level:

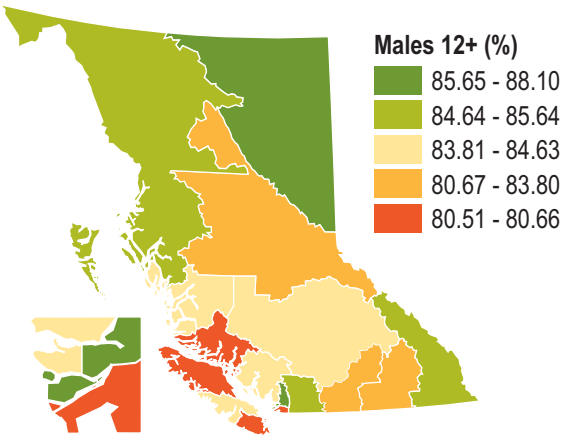
- The largest range in values among HSDAs (16.40 percentage points) occurs in respondents ages 65+, while the smallest range in values (6.80 percentage points) occurs in respondents ages 12+.
- For all respondents, no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For male respondents (ages 12+), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For female respondents (ages 12+), no HSDA is significantly higher, and there is one HSDA (Okanagan) significantly lower than the provincial rate.
- For younger respondents (ages 12 to 19), there is one HSDA (Richmond) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For older respondents (ages 65+), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For the mid age respondents (ages 20 to 64), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.

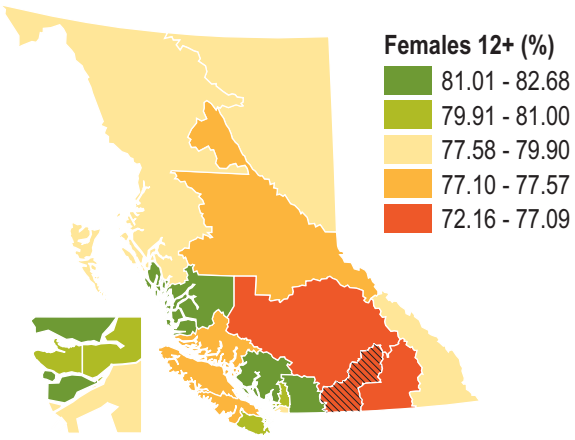
Within HSDAs:

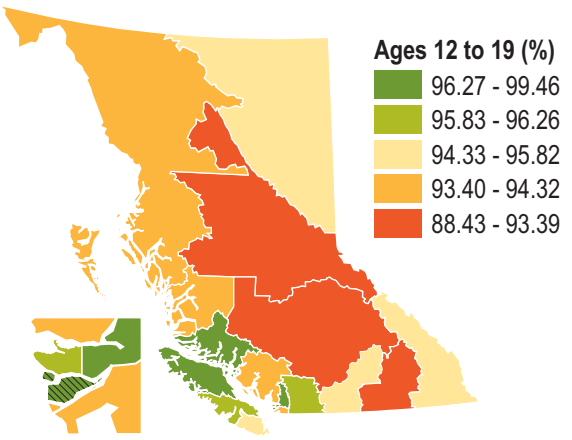
- For male respondents (ages 12+), there is one HSDA (Okanagan) significantly higher, and no HSDA is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19), only three HSDAs (North Shore/Coast Garibaldi, Northern interior and Kootenay Boundary) are not significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.
- For older respondents (ages 65+), no HSDA is significantly higher, and there are 3 HSDAs (Richmond, Vancouver and Northwest) significantly lower than their respective ages 20 to 64 cohort.

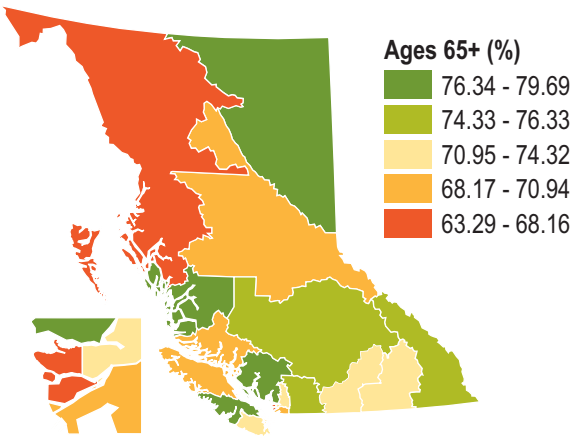
Usually free of pain or discomfort











Without chronic obstructive pulmonary disease

Health Service Delivery Area	All respondents 30+ (%)	Males 30+ (%)	Females 30+ (%)	Ages 30 to 44 (%)	Ages 65+ (%)	Ages 45 to 64 (%)
21 Fraser East	99.35	98.92	99.76	99.86	98.32	99.47
12 Kootenay Boundary	99.33	98.79	99.86	100.00	99.06	99.09
23 Fraser South	99.20	99.02	99.36	100.00	97.12	99.44
32 Vancouver	99.06	99.17	98.94	99.92	97.07	99.09
51 Northwest	98.96	99.05	98.86	100.00	95.10	99.50
22 Fraser North	98.94	98.75	99.12	100.00	95.75	99.35
31 Richmond	98.86	99.03	98.70	100.00	96.27	99.21
33 North Shore/Coast Garibaldi	98.77	98.06	99.42	98.64	99.12	98.68
41 South Vancouver Island	98.67	98.34	98.98	100.00	96.52	98.98
53 Northeast	98.31	97.42	99.26	100.00	88.06‡	99.83
13 Okanagan	98.30	97.99	98.59	98.53	96.38‡	99.40
43 North Vancouver Island	98.24	98.88	97.62	100.00	94.94	98.75
52 Northern Interior	97.94	98.20	97.66	99.49	91.86‡	98.94
42 Central Vancouver Island	97.24	96.38	98.06	100.00	91.65‡	98.99
14 Thompson Cariboo Shuswap	97.20	95.86	98.51	100.00†	94.86	96.67
11 East Kootenay	97.09	96.87	97.31	99.65	94.63	96.69
British Columbia	**98.65**	**98.38**	**98.91**	**99.78†**	**96.13‡**	**99.00**
Canada	**98.70**	**98.56**	**98.83**	**99.72†**	**96.70‡**	**98.83**

* males differ significantly from females.
† 30 to 44 age group differs significantly from 45 to 64 age group.
‡ 65+ age group differs significantly from 45 to 64 age group.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

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 national level:

- Male respondents (ages 30+) have no significantly different rate of being without chronic obstructive pulmonary disease than their female cohort.
- Younger respondents (ages 30 to 44) have a significantly higher rate than the ages 45 to 64 cohort.
- Older respondents (ages 65+) have a significantly lower rate than the ages 45 to 64 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, no age or gender cohort analyzed is significantly different.
- Male respondents (ages 30+) have no significantly different rate than the females 30+ cohort.
- Younger respondents (ages 30 to 44) have a significantly higher rate than the ages 45 to 64 cohort.
- Older respondents (ages 65+) have a significantly lower rate than the ages 45 to 64 cohort.

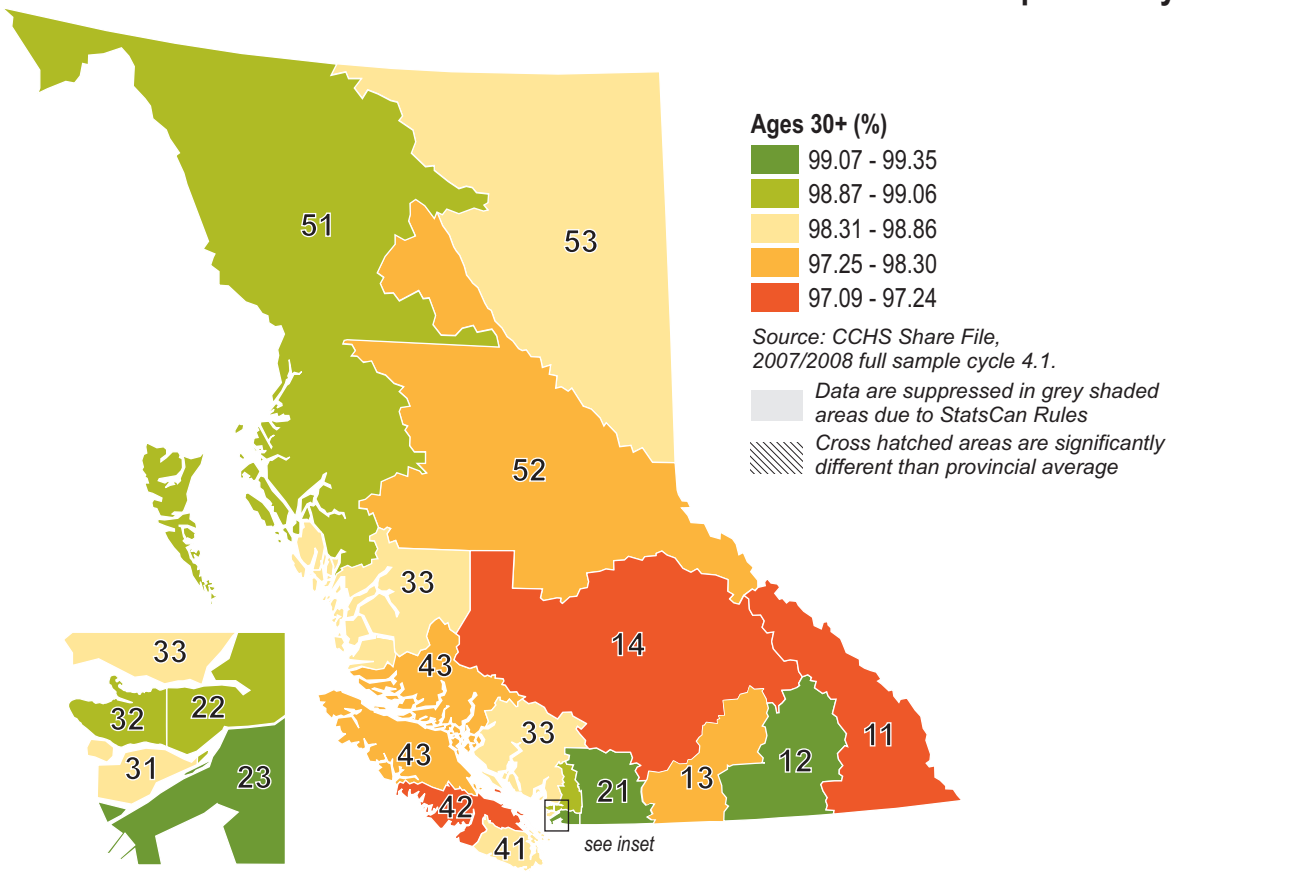
At the HSDA level:

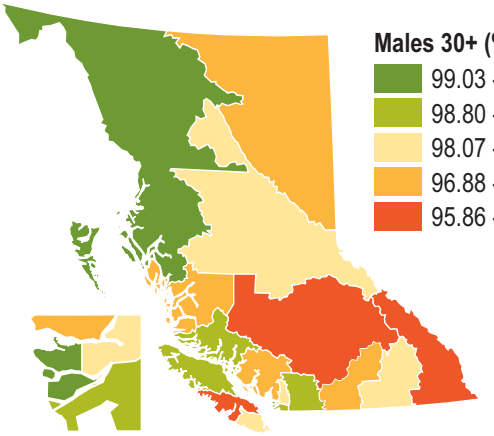
- The largest range in values among HSDAs (11.06 percentage points) occurs in respondents ages 65+, while the smallest range in values (1.47 percentage points) occurs in respondents ages 30 to 44.
- For all respondents, no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For male respondents (ages 30+), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For female respondents (ages 30+), there are 2 HSDAs (Kootenay Boundary and Fraser East) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For younger respondents (ages 30 to 44), there are 10 HSDAs (Kootenay Boundary, Thompson Cariboo Shuswap, Fraser North, Fraser South, Richmond, South Vancouver Island, Central Vancouver Island, North Vancouver Island, Northwest and Northeast) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For older respondents (ages 65+), there are 2 HSDAs (Kootenay Boundary and North Shore/Coast Garibaldi) significantly higher, and there is one HSDA (Northeast) significantly lower than the provincial rate.
- For the mid age respondents (ages 45 to 64), there is one HSDA (Northeast) significantly higher, and no HSDA is significantly lower than the provincial rate.

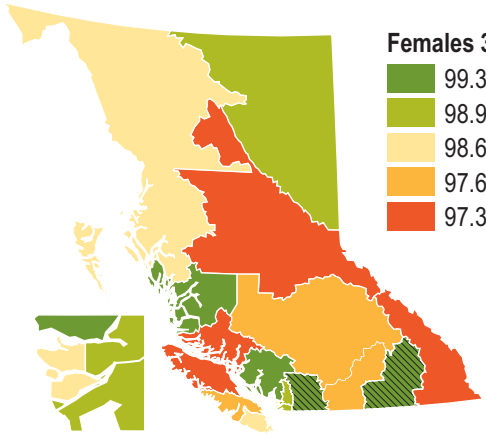
Within HSDAs:

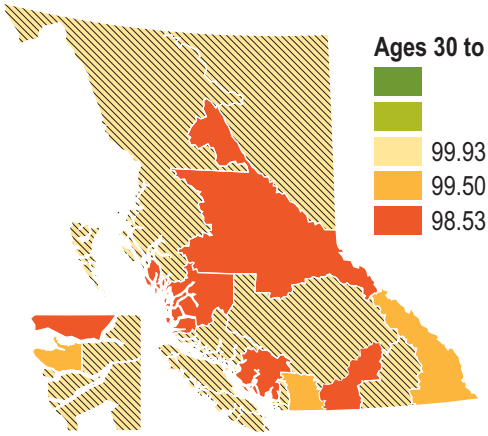
- For male respondents (ages 30+), no HSDA is significantly higher, and no HSDA is significantly lower than its respective female cohort.
- For younger respondents (ages 30 to 44), there is one HSDA (Thompson Cariboo Shuswap) significantly higher, and no HSDA is significantly lower than its respective ages 45 to 64 cohort.
- For older respondents (ages 65+), no HSDA is significantly higher, and there are 4 HSDAs (Okanagan, Central Vancouver Island, Northern Interior and Northeast) significantly lower than their respective ages 45 to 64 cohort.

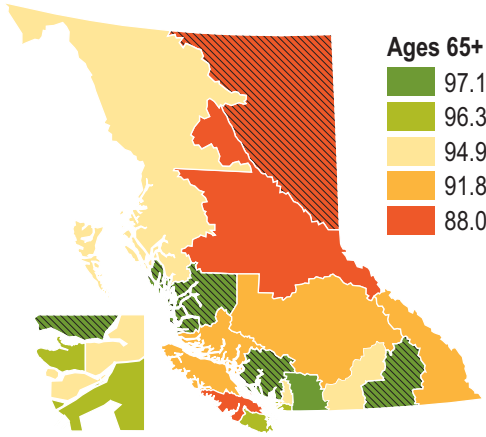
Without chronic obstructive pulmonary disease











Without heart disease

Health Service Delivery Area	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
53 Northeast	97.38	97.53	97.22	100.00†	87.60‡	98.06
33 North Shore/Coast Garibaldi	97.27	96.42	98.09	98.09	88.89‡	99.08
22 Fraser North	97.01	96.65	97.36	100.00†	85.48‡	98.51
32 Vancouver	96.62	95.86	97.37	100.00†	83.04‡	98.63
21 Fraser East	96.53	95.58	97.47	95.26	88.48‡	98.58
52 Northern Interior	96.23	95.09	97.43	100.00†	79.03‡	98.22
23 Fraser South	96.22	95.81	96.63	100.00†	79.95‡	98.55
14 Thompson Cariboo Shuswap	96.06	94.81	97.32	100.00†	84.69‡	98.23
31 Richmond	95.66	95.65	95.66	100.00†	84.95‡	97.20
41 South Vancouver Island	95.38	93.47*	97.11	98.47	83.54‡	97.96
51 Northwest	95.35	93.16	97.69	100.00†	79.30‡	97.00
13 Okanagan	95.32	94.22	96.36	100.00†	82.35‡	98.62
12 Kootenay Boundary	95.28	95.29	95.27	100.00	80.77‡	98.23
11 East Kootenay	95.15	92.45*	97.91	100.00†	88.25	96.02
42 Central Vancouver Island	94.99	93.91	96.04	99.03	81.10‡	98.57
43 North Vancouver Island	94.74	93.17	96.27	100.00†	83.48‡	96.60
British Columbia	**96.15**	**95.29***	**96.99**	**99.37†**	**83.58‡**	**98.33**
Canada	**95.15**	**94.63***	**95.65**	**99.42†**	**81.28‡**	**97.27**

* males differ significantly from females.
† 12 to 19 age group differs significantly from 20 to 64 age group.
‡ 65+ age group differs significantly from 20 to 64 age group.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

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 national level:

- Male respondents (ages 12+) have a significantly lower rate of being without heart disease than their female cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly lower rate than the ages 20 to 64 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, all respondents ages 12+ are significantly higher, male respondents ages 12+ are not significantly different, female respondents ages 12+ are significantly higher, respondents ages 12 to 19 are not significantly different, respondents ages 65+ are not significantly different, and respondents ages 20 to 64 are significantly higher.
- Male respondents (ages 12+) have a significantly lower rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly lower rate than the ages 20 to 64 cohort.

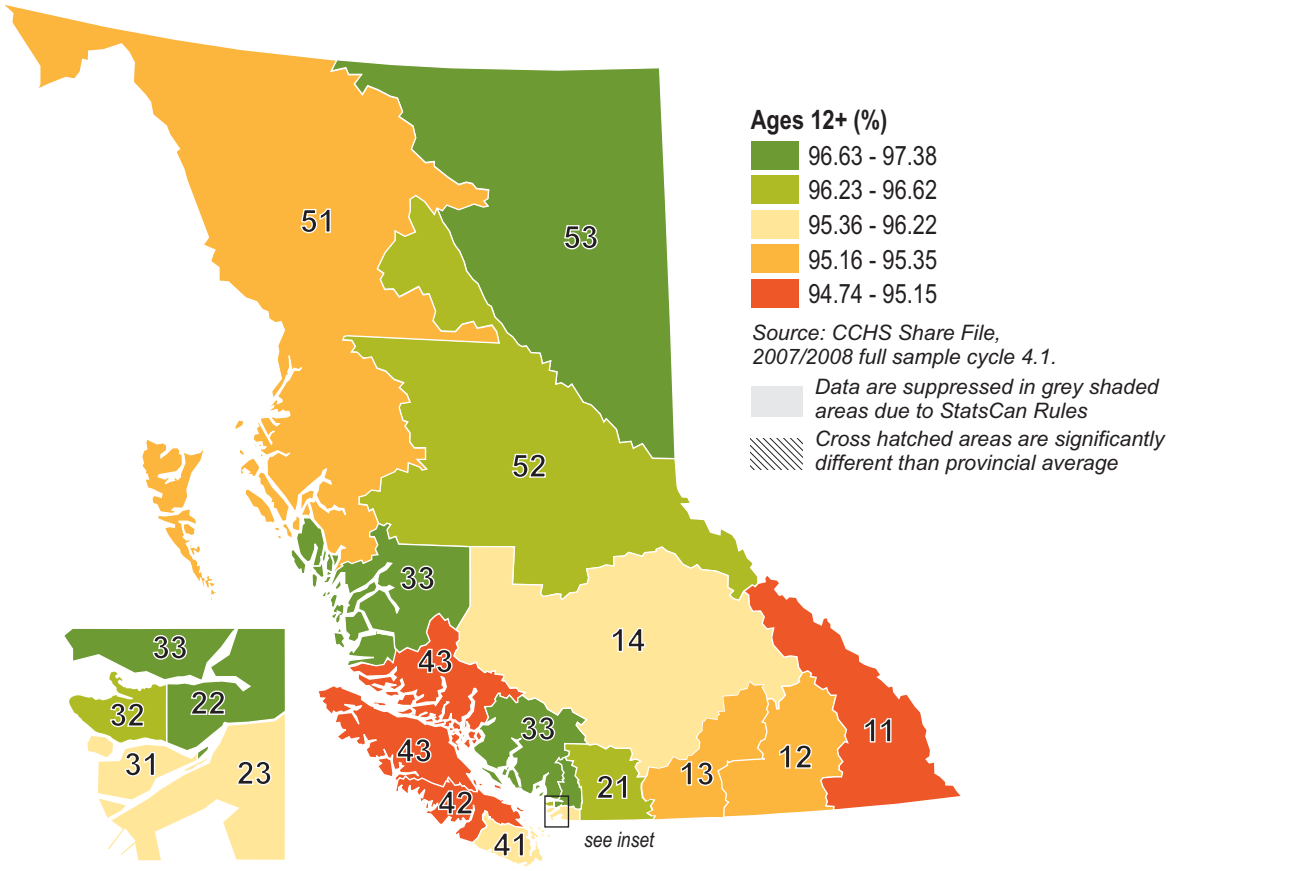
At the HSDA level:

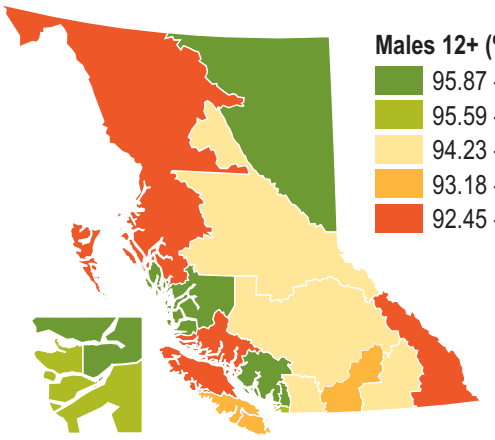
- The largest range in values among HSDAs (9.86 percentage points) occurs in respondents ages 65+, while the smallest range in values (2.64 percentage points) occurs in respondents ages 12+.
- For all respondents, no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For male respondents (ages 12+), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For female respondents (ages 12+), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For younger respondents (ages 12 to 19), there are 12 HSDAs (East Kootenay, Kootenay Boundary, Okanagan, Thompson Cariboo Shuswap, Fraser North, Fraser South, Richmond, Vancouver, North Vancouver Island, Northwest, Northern Interior and Northeast) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For older respondents (ages 65+), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For the mid age respondents (ages 20 to 64), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.

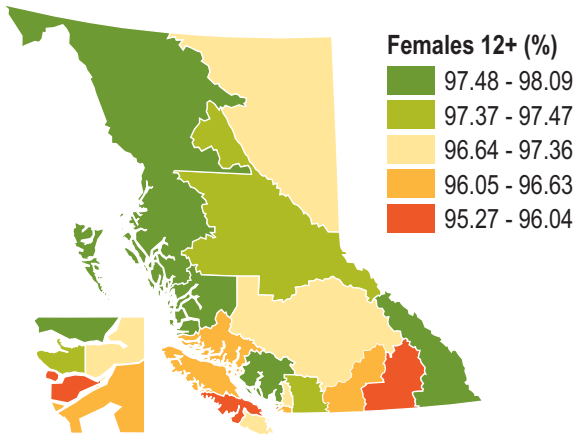
Within HSDAs:

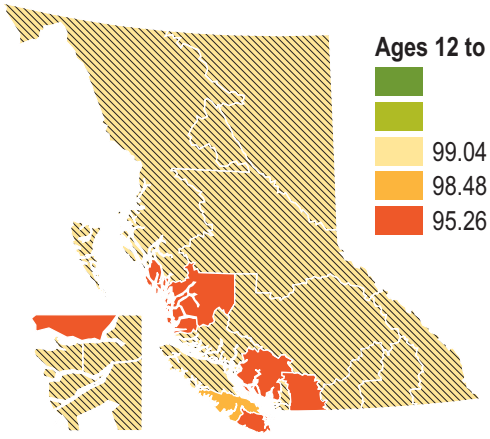
- For male respondents (ages 12+), no HSDA is significantly higher, and there are 2 HSDAs (East Kootenay and South Vancouver Island) significantly lower than their respective female cohort.
- For younger respondents (ages 12 to 19), there are 11 HSDAs (East Kootenay, Okanagan, Thompson Cariboo Shuswap, Fraser North, Fraser South, Richmond, Vancouver, North Vancouver Island, Northwest, Northern Interior and Northeast) significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.
- For older respondents (ages 65+), no HSDA is significantly higher, and only one HSDA (East Kootenay) is not significantly lower than its respective ages 20 to 64 cohort.

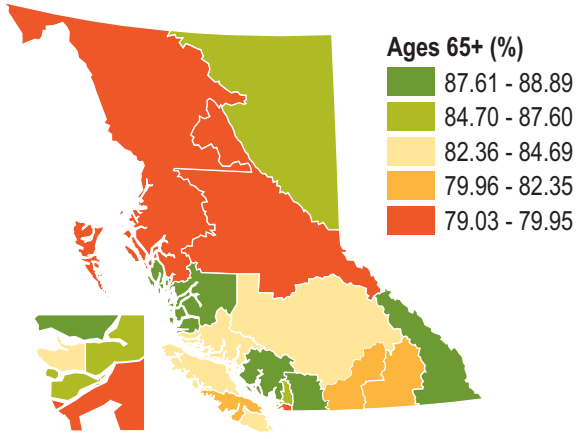
Without heart disease











Without diabetes

Health Service Delivery Area	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
33 North Shore/Coast Garibaldi	97.03	97.28	96.80	100.00†	91.49‡	97.84
41 South Vancouver Island	96.47	95.27	97.57	100.00†	91.77‡	97.18
43 North Vancouver Island	96.34	96.00	96.67	100.00†	91.67	96.84
32 Vancouver	95.78	95.14	96.41	100.00†	82.98‡	97.57
53 Northeast	95.23	94.97	95.51	100.00†	83.72	95.72
23 Fraser South	95.17	95.86	94.50	100.00†	83.96‡	96.39
21 Fraser East	94.96	93.87	96.04	99.25	85.21‡	96.33
14 Thompson Cariboo Shuswap	94.65	93.00	96.30	100.00†	85.40‡	96.06
42 Central Vancouver Island	94.65	92.63	96.60	100.00†	87.50‡	95.92
13 Okanagan	94.35	92.19*	96.39	100.00†	85.13‡	96.31
12 Kootenay Boundary	94.12	91.50	96.82	100.00†	85.79‡	95.33
52 Northern Interior	94.02	92.10	96.04	99.01	78.35‡	95.63
51 Northwest	93.54	92.76	94.38	99.38†	74.66‡	95.41
22 Fraser North	93.24	92.26	94.20	99.36†	84.60‡	93.77
11 East Kootenay	92.83	92.99	92.66	100.00†	81.91‡	94.29
31 Richmond	91.84	92.55	91.18	100.00†	79.14‡	93.24
British Columbia	**94.85**	**94.10***	**95.59**	**99.81†**	**85.52‡**	**96.08**
Canada	**94.10**	**93.53***	**94.65**	**99.62†**	**83.65‡**	**95.32**

* males differ significantly from females.
† 12 to 19 age group differs significantly from 20 to 64 age group.
‡ 65+ age group differs significantly from 20 to 64 age group.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

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 national level:

- Male respondents (ages 12+) have a significantly lower rate of being without diabetes than their female cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly lower rate than the ages 20 to 64 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, all respondents ages 12+ are significantly higher, male respondents ages 12+ are not significantly different, female respondents ages 12+ are significantly higher, respondents ages 12 to 19 are not significantly different, respondents ages 65+ are not significantly different, and respondents ages 20 to 64 are not significantly different.
- Male respondents (ages 12+) have a significantly lower rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly lower rate than the ages 20 to 64 cohort.

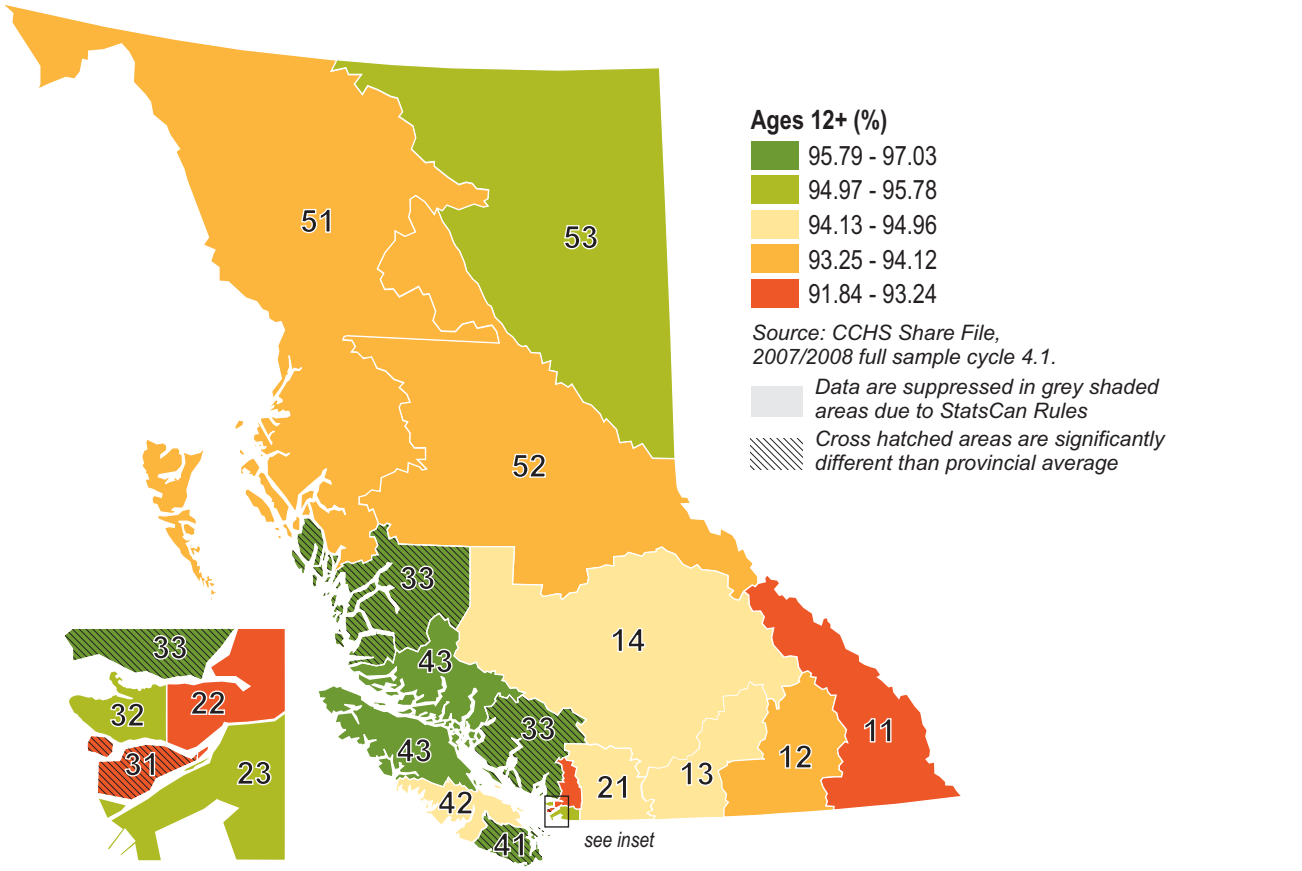
At the HSDA level:

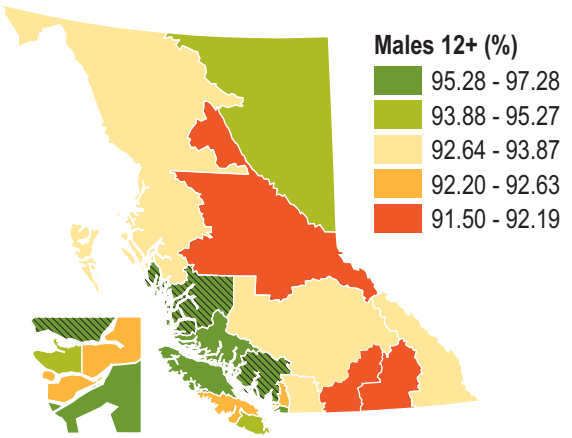
- The largest range in values among HSDAs (17.11 percentage points) occurs in respondents ages 65+, while the smallest range in values (0.99 percentage points) occurs in respondents ages 12 to 19.
- For all respondents, there are 2 HSDAs (North Shore/Coast Garibaldi and South Vancouver Island) significantly higher, and there is one HSDA (Richmond) significantly lower than the provincial rate.
- For male respondents (ages 12+), there is one HSDA (North Shore/Coast Garibaldi) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For female respondents (ages 12+), there is one HSDA (South Vancouver Island) significantly higher, and there is one HSDA (Richmond) significantly lower than the provincial rate.
- For younger respondents (ages 12 to 19), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For older respondents (ages 65+), there are 2 HSDAs (North Shore/Coast Garibaldi and South Vancouver Island) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For the mid age respondents (ages 20 to 64), there is one HSDA (North Shore/Coast Garibaldi) significantly higher, and no HSDA is significantly lower than the provincial rate.

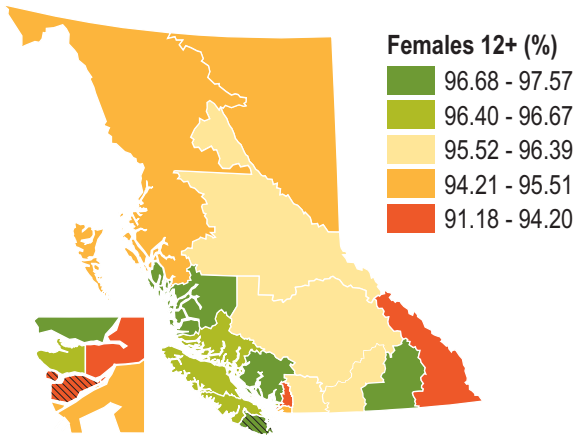
Within HSDAs:

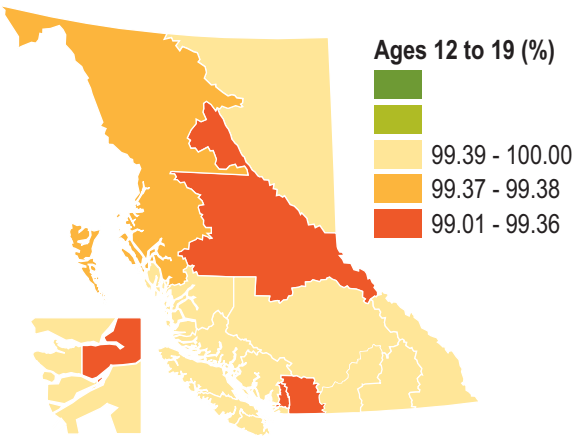
- For male respondents (ages 12+), no HSDA is significantly higher, and there is one HSDA (Okanagan) significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19), only two HSDAs (Fraser East and Northern Interior) are not significantly higher than their respective ages 20 to 64 cohort.
- For older respondents (ages 65+), only two HSDAs (North Vancouver Island and Northeast) are not significantly lower than their respective ages 20 to 64 cohort.

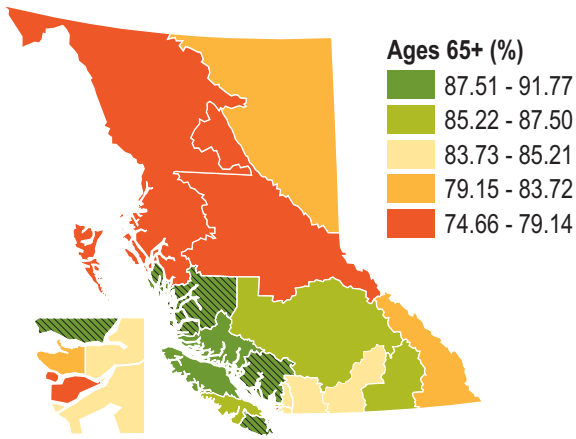
Without diabetes











Without asthma

Health Service Delivery Area	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
31 Richmond	95.55	95.59	95.52	94.50	95.32	95.76
23 Fraser South	94.60	94.85	94.35	93.33	92.87	95.14
32 Vancouver	94.22	94.86	93.60	92.89	95.79	94.09
33 North Shore/Coast Garibaldi	93.55	93.86	93.24	97.22	96.20	92.33
13 Okanagan	93.53	94.71	92.40	92.40	95.59	93.06
22 Fraser North	93.20	92.89	93.50	98.92†	94.87	92.02
21 Fraser East	92.49	94.95	90.08	92.93	93.11	92.27
51 Northwest	92.19	93.70	90.57	88.52	97.41	92.08
11 East Kootenay	91.94	93.97	89.85	80.76	96.28	92.71
42 Central Vancouver Island	91.89	93.46	90.37	91.67	88.64	92.92
41 South Vancouver Island	91.80	90.42	93.05	84.81	96.89‡	91.48
12 Kootenay Boundary	91.75	90.61	92.93	92.16	96.26	90.50
14 Thompson Cariboo Shuswap	91.67	91.99	91.35	92.04	91.43	91.67
52 Northern Interior	91.29	94.67*	87.76	93.40	87.90	91.45
53 Northeast	89.85	91.16	88.44	93.14	90.16	89.21
43 North Vancouver Island	89.81	92.46	87.25	84.58	85.34	91.86
British Columbia	**93.13**	**93.72**	**92.55**	**92.84**	**93.90**	**93.01**
Canada	**91.79**	**93.03***	**90.58**	**88.78†**	**92.68**	**92.10**

* males differ significantly from females.
† 12 to 19 age group differs significantly from 20 to 64 age group.
‡ 65+ age group differs significantly from 20 to 64 age group.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

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 national level:

- Male respondents (ages 12+) have a significantly higher rate of being without asthma than their female cohort.
- Younger respondents (ages 12 to 19) have a significantly lower rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have no significantly different rate than the ages 20 to 64 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, all respondents ages 12+ are significantly higher, male respondents ages 12+ are not significantly different, female respondents ages 12+ are significantly higher, respondents ages 12 to 19 are significantly higher, respondents ages 65+ are not significantly different, and respondents ages 20 to 64 are not significantly different.
- Male respondents (ages 12+) have no significantly different rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have no significantly different rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have no significantly different rate than the ages 20 to 64 cohort.

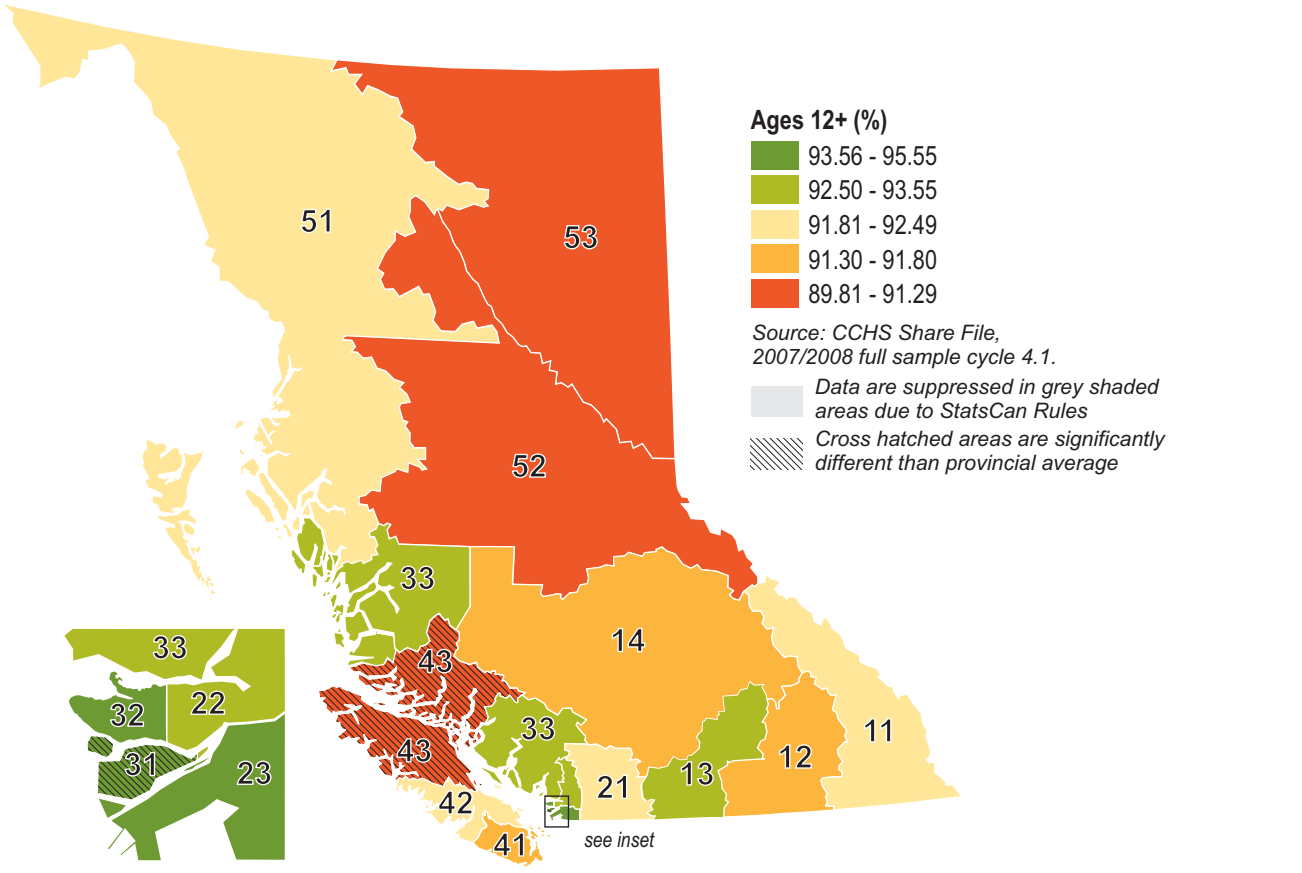
At the HSDA level:

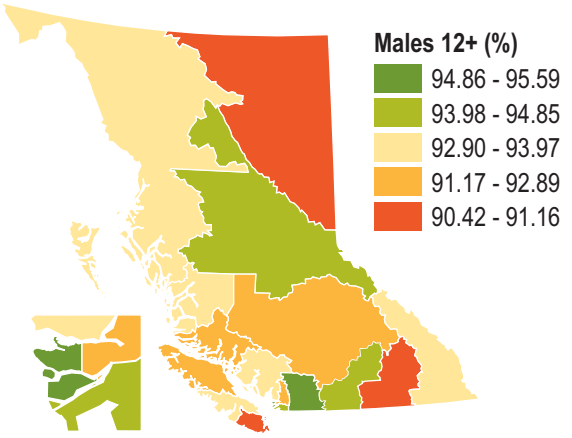
- The largest range in values among HSDAs (18.16 percentage points) occurs in respondents ages 12 to 19, while the smallest range in values (5.17 percentage points) occurs in respondents males 12+.
- For all respondents, there is one HSDA (Richmond) significantly higher, and there is one HSDA (North Vancouver Island) significantly lower than the provincial rate.
- For male respondents (ages 12+), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For female respondents (ages 12+), there is one HSDA (Richmond) significantly higher, and there is one HSDA (Northern Interior) significantly lower than the provincial rate.
- For younger respondents (ages 12 to 19), there is one HSDA (Fraser North) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For older respondents (ages 65+), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For the mid age respondents (ages 20 to 64), there is one HSDA (Richmond) significantly higher, and no HSDA is significantly lower than the provincial rate.

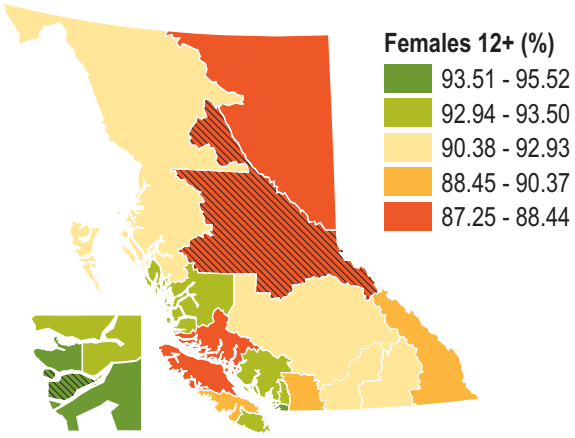
Within HSDAs:

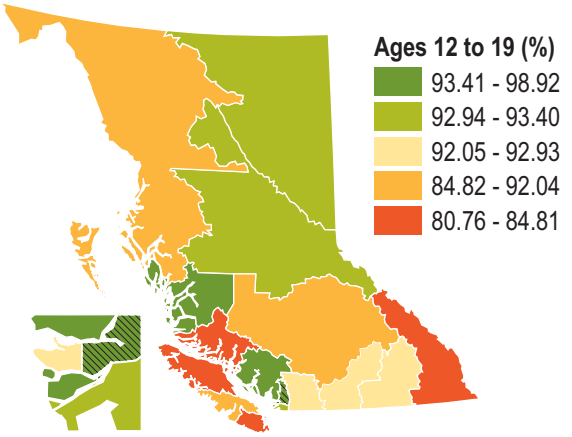
- For male respondents (ages 12+), there is one HSDA (Northern Interior) significantly higher, and no HSDA is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19), there is one HSDA (Fraser North) significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.
- For older respondents (ages 65+), there is one HSDA (South Vancouver Island) significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.

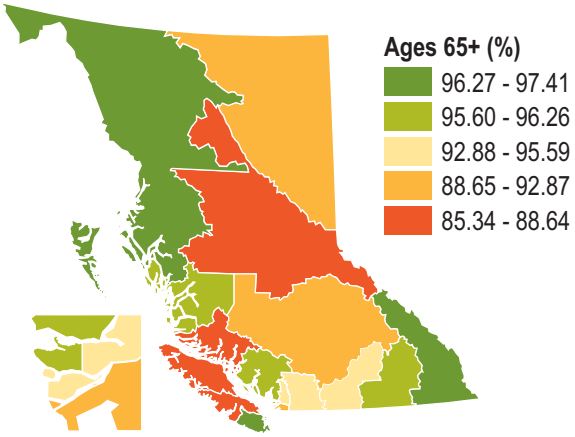
Without asthma











Never been diagnosed with cancer

Health Service Delivery Area	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
53 Northeast	96.48	97.77	95.09	98.92	88.99	96.93
31 Richmond	96.17	95.30	96.99	100.00†	83.75‡	98.15
21 Fraser East	95.45	96.10	94.82	100.00†	86.17‡	96.66
32 Vancouver	95.03	96.48	93.60	100.00†	82.88‡	96.63
23 Fraser South	94.74	95.80	93.70	100.00†	82.04‡	96.15
52 Northern Interior	93.87	95.13	92.56	100.00†	85.41	94.12
14 Thompson Cariboo Shuswap	93.47	93.84	93.11	99.55†	81.98‡	95.30
43 North Vancouver Island	93.39	93.29	93.49	96.98	77.16‡	96.80
22 Fraser North	93.00	95.45	90.60	100.00†	75.02‡	94.98
33 North Shore/Coast Garibaldi	92.01	92.05	91.97	99.49†	76.28‡	94.46
11 East Kootenay	91.91	95.15*	88.58	100.00†	78.51‡	93.83
51 Northwest	91.58	92.08	91.05	100.00†	69.79‡	93.41
12 Kootenay Boundary	91.04	93.18	88.82	100.00†	76.89‡	93.27
41 South Vancouver Island	90.95	92.43	89.61	96.38	75.79‡	94.06
42 Central Vancouver Island	90.56	90.89	90.25	100.00†	73.66‡	94.21
13 Okanagan	88.79	90.74	86.94	99.38†	82.45	89.05
British Columbia	**93.18**	**94.38***	**92.00**	**99.51†**	**79.74‡**	**95.07**
Canada	**94.01**	**95.08***	**92.96**	**99.59†**	**81.14‡**	**95.72**

* males differ significantly from females.
† 12 to 19 age group differs significantly from 20 to 64 age group.
‡ 65+ age group differs significantly from 20 to 64 age group.

Cross-hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross-hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

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 national level:

- Male respondents (ages 12+) have a significantly higher rate of never having been diagnosed with cancer than their female cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly lower rate than the ages 20 to 64 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, all respondents ages 12+ are significantly lower, and no other age or gender cohort analyzed is significantly different.
- Male respondents (ages 12+) have a significantly higher rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly lower rate than the ages 20 to 64 cohort.

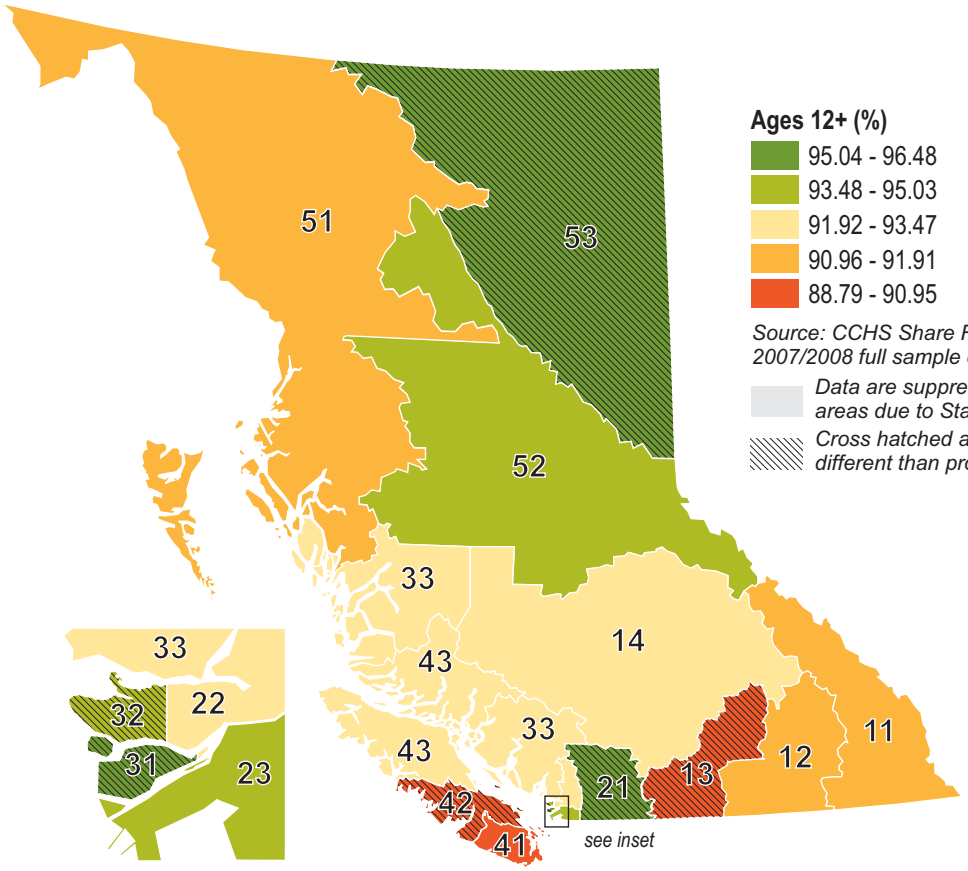
At the HSDA level:

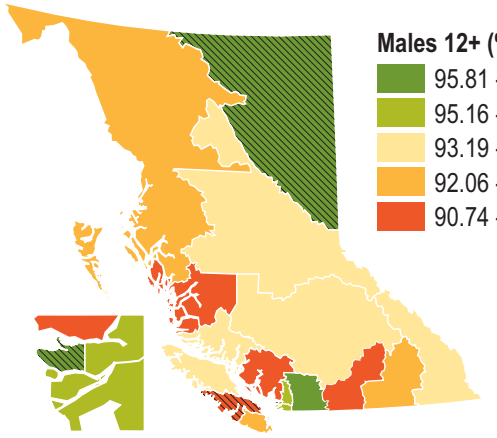
- The largest range in values among HSDAs (19.20 percentage points) occurs in respondents ages 65+, while the smallest range in values (3.62 percentage points) occurs in respondents ages 12 to 19.
- For all respondents, there are 4 HSDAs (Fraser East, Richmond, Vancouver and Northeast) significantly higher, and there are 2 HSDAs (Okanagan and Central Vancouver Island) significantly lower than the provincial rate.
- For male respondents (ages 12+), there are 2 HSDAs (Vancouver and Northeast) significantly higher, and there is one HSDA (Central Vancouver Island) significantly lower than the provincial rate.
- For female respondents (ages 12+), there are 2 HSDAs (Fraser East and Richmond) significantly higher, and there is one HSDA (Okanagan) significantly lower than the provincial rate.
- For younger respondents (ages 12 to 19), there are 10 HSDAs (East Kootenay, Kootenay Boundary, Fraser East, Fraser North, Fraser South, Richmond, Vancouver, Central Vancouver Island, Northwest and Northern Interior) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For older respondents (ages 65+), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For the mid age respondents (ages 20 to 64), there is one HSDA (Richmond) significantly higher, and there is one HSDA (Okanagan) significantly lower than the provincial rate.

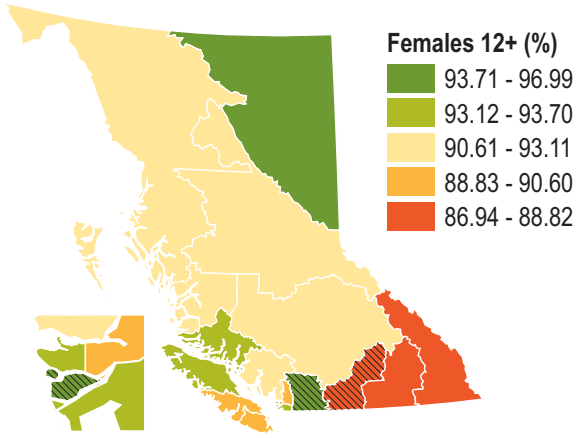
Within HSDAs:

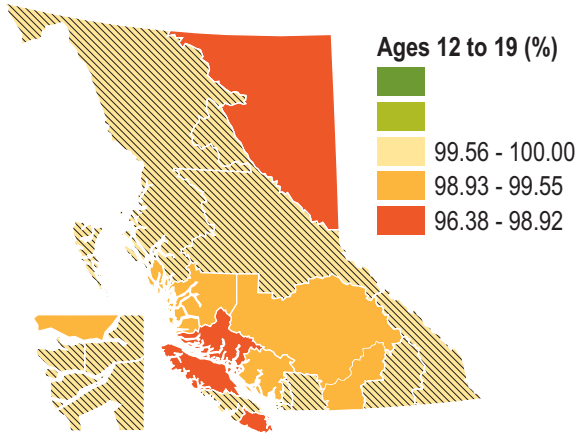
- For male respondents (ages 12+), there is one HSDA (East Kootenay) significantly higher, and no HSDA is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19), only three HSDAs (Northeast, North Vancouver Island and South Vancouver Island) are not significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.
- For older respondents (ages 65+), no HSDA is significantly higher, and only three HSDAs (Northeast, Northern Interior andOkanagan) are significantly lower than their respective ages 20 to 64 cohort.

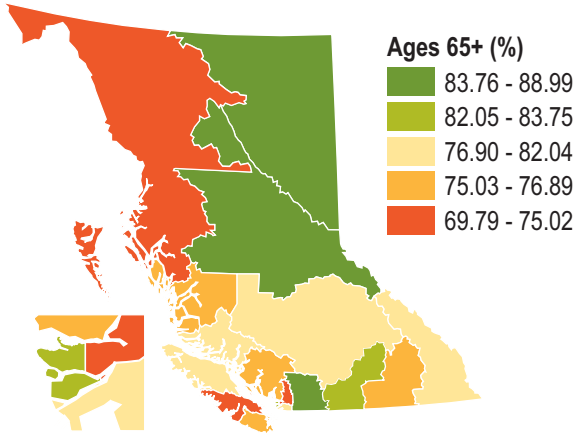
Never been diagnosed with cancer











Without arthritis or rheumatism

Health Service Delivery Area	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
31 Richmond	89.85	93.18*	86.70	100.00†	65.69‡	93.27
32 Vancouver	88.09	90.55	85.62	100.00†	58.21‡	92.08
22 Fraser North	87.87	90.83*	84.99	98.25†	62.68‡	90.57
23 Fraser South	87.04	90.30*	83.85	100.00†	59.74‡	89.81
33 North Shore/Coast Garibaldi	86.06	88.23	83.97	100.00†	68.30‡	87.86
12 Kootenay Boundary	84.70	88.03	81.23	100.00†	69.60‡	86.12
52 Northern Interior	84.65	84.89	84.40	97.46†	51.05‡	87.67
53 Northeast	84.65	88.15	80.86	97.40†	67.83	84.31
21 Fraser East	84.19	87.28	81.14	99.26†	56.91‡	87.41
14 Thompson Cariboo Shuswap	83.89	86.31	81.47	99.55†	63.71‡	86.28
41 South Vancouver Island	83.23	84.37	82.19	98.19†	58.50‡	87.37
51 Northwest	81.66	84.12	79.01	99.18†	59.96‡	81.67
42 Central Vancouver Island	81.35	86.48*	76.39	100.00†	59.67‡	84.80
43 North Vancouver Island	79.98	81.40	78.62	99.00†	52.37‡	83.41
11 East Kootenay	77.69	81.53	73.77	100.00†	55.00‡	79.55
13 Okanagan	77.34	81.16	73.70	99.57†	56.08‡	80.38
British Columbia	**85.01**	**87.84***	**82.24**	**99.32†**	**59.97‡**	**88.14**
Canada	**84.75**	**87.98***	**81.61**	**99.39†**	**57.05‡**	**88.00**

* males differ significantly from females.
† 12 to 19 age group differs significantly from 20 to 64 age group.
‡ 65+ age group differs significantly from 20 to 64 age group.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

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 national level:

- Male respondents (ages 12+) have a significantly higher rate of being without arthritis or rheumatism than their female cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly lower rate than the ages 20 to 64 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, no age or gender cohort analyzed is significantly different.
- Male respondents (ages 12+) have a significantly higher rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly lower rate than the ages 20 to 64 cohort.

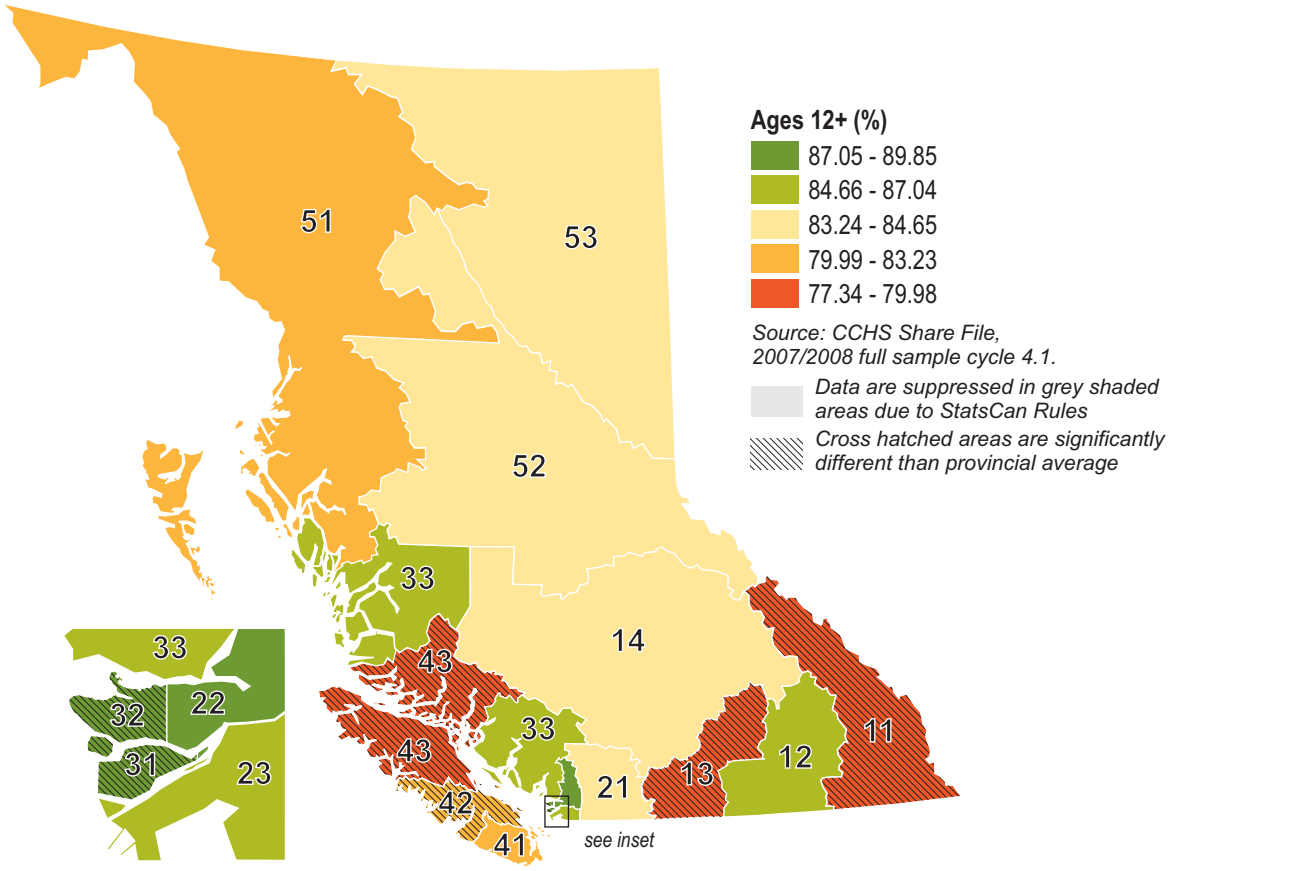
At the HSDA level:

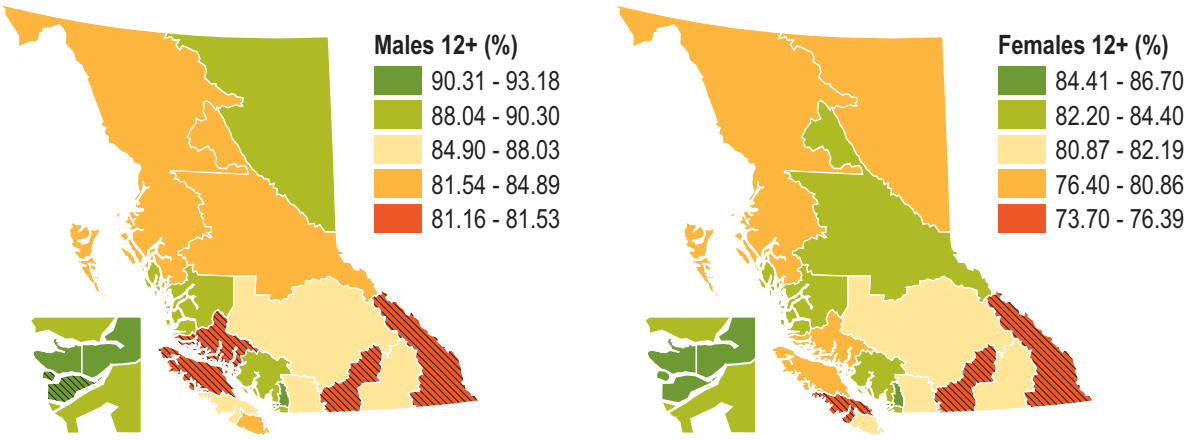
- The largest range in values among HSDAs (18.55 percentage points) occurs in respondents ages 65+, while the smallest range in values (2.60 percentage points) occurs in respondents ages 12 to 19.
- For all respondents, there are 2 HSDAs (Richmond and Vancouver) significantly higher, and there are 4 HSDAs (East Kootenay, Okanagan, Central Vancouver Island and North Vancouver Island) significantly lower than the provincial rate.
- For male respondents (ages 12+), there is one HSDA (Richmond) significantly higher, and there are 3 HSDAs (East Kootenay, Okanagan and North Vancouver Island) significantly lower than the provincial rate.
- For female respondents (ages 12+), no HSDA is significantly higher, and there are 3 HSDAs (East Kootenay, Okanagan and Central Vancouver Island) significantly lower than the provincial rate.
- For younger respondents (ages 12 to 19), there are 7 HSDAs (East Kootenay, Kootenay Boundary, Fraser South, Richmond, Vancouver, North Shore/Coast Garibaldi and Central Vancouver Island) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For older respondents (ages 65+), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For the mid age respondents (ages 20 to 64), there are 2 HSDAs (Richmond and Vancouver) significantly higher, and there are 4 HSDAs (East Kootenay, Okanagan, North Vancouver Island and Northwest) significantly lower than the provincial rate.

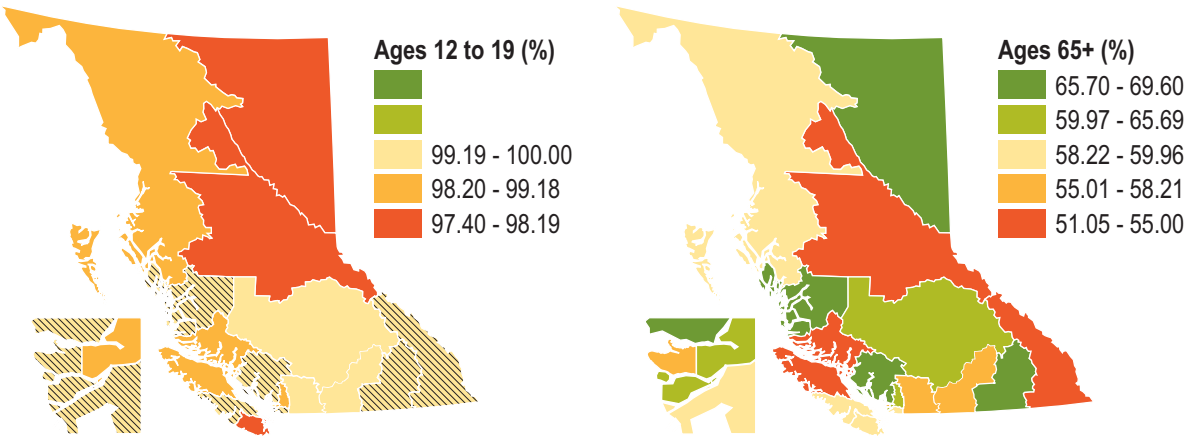
Within HSDAs:

- For male respondents (ages 12+), there are 4 HSDAs (Fraser North, Fraser South, Richmond and Central Vancouver Island) significantly higher, and no HSDA is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19), all 16 HSDAs are significantly higher than its respective ages 20 to 64 cohort.
- For older respondents (ages 65+), no HSDA is significantly higher, and all but one HSDA (Northeast) is significantly lower than its respective ages 20 to 64 cohort.

Without arthritis or rheumatism







Never been diagnosed with high blood pressure

Health Service Delivery Area	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
32 Vancouver	84.61	83.09	86.09	100.00†	45.31‡	89.87
23 Fraser South	83.98	85.95	82.05	99.73†	50.90‡	87.29
53 Northeast	83.23	82.94	83.55	95.30	39.93E‡	86.20
52 Northern Interior	82.07	83.76	80.31	99.38†	45.09‡	84.87
21 Fraser East	82.01	84.83	79.24	98.19†	53.34‡	85.35
33 North Shore/Coast Garibaldi	81.58	82.58	80.63	96.64†	57.50‡	84.78
31 Richmond	79.80	82.04	77.68	100.00†	40.14‡	84.92
13 Okanagan	79.79	80.04	79.56	100.00†	55.59‡	84.09
41 South Vancouver Island	79.75	80.46	79.10	97.15†	53.98‡	83.92
22 Fraser North	79.67	79.21	80.12	100.00†	41.15‡	83.09
14 Thompson Cariboo Shuswap	79.39	78.19	80.59	99.18†	48.90‡	83.60
43 North Vancouver Island	78.24	82.09	74.54	99.83†	52.17‡	80.87
11 East Kootenay	76.19	75.69	76.70	100.00†	47.12‡	79.33
12 Kootenay Boundary	76.03	75.62	76.45	94.14†	51.53‡	79.47
51 Northwest	75.73	73.92	77.66	100.00†	44.16‡	75.97
42 Central Vancouver Island	74.93	74.49	75.35	99.52†	49.87‡	78.39
British Columbia	**80.94**	**81.39**	**80.50**	**99.11†**	**49.50‡**	**84.84**
Canada	**79.43**	**80.36***	**78.52**	**98.88†**	**45.10‡**	**83.24**

* males differ significantly from females.
† 12 to 19 age group differs significantly from 20 to 64 age group.
‡ 65+ age group differs significantly from 20 to 64 age group.

Cross-hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross-hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

CCHS Question: Respondents were reminded that we are only interested in conditions diagnosed by a health professional. Have you ever been diagnosed with high blood pressure?

Key Points

At the national level:

- Male respondents (ages 12+) have a significantly higher rate of never having been diagnosed with high blood pressure than their female cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly lower rate than the ages 20 to 64 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, all respondents ages 12+ are significantly higher, male respondents ages 12+ are not significantly different, female respondents ages 12+ are significantly higher, respondents ages 12 to 19 are not significantly different, respondents ages 65+ are significantly higher, and respondents ages 20 to 64 are significantly higher.
- Male respondents (ages 12+) have no significantly different rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly lower rate than the ages 20 to 64 cohort.

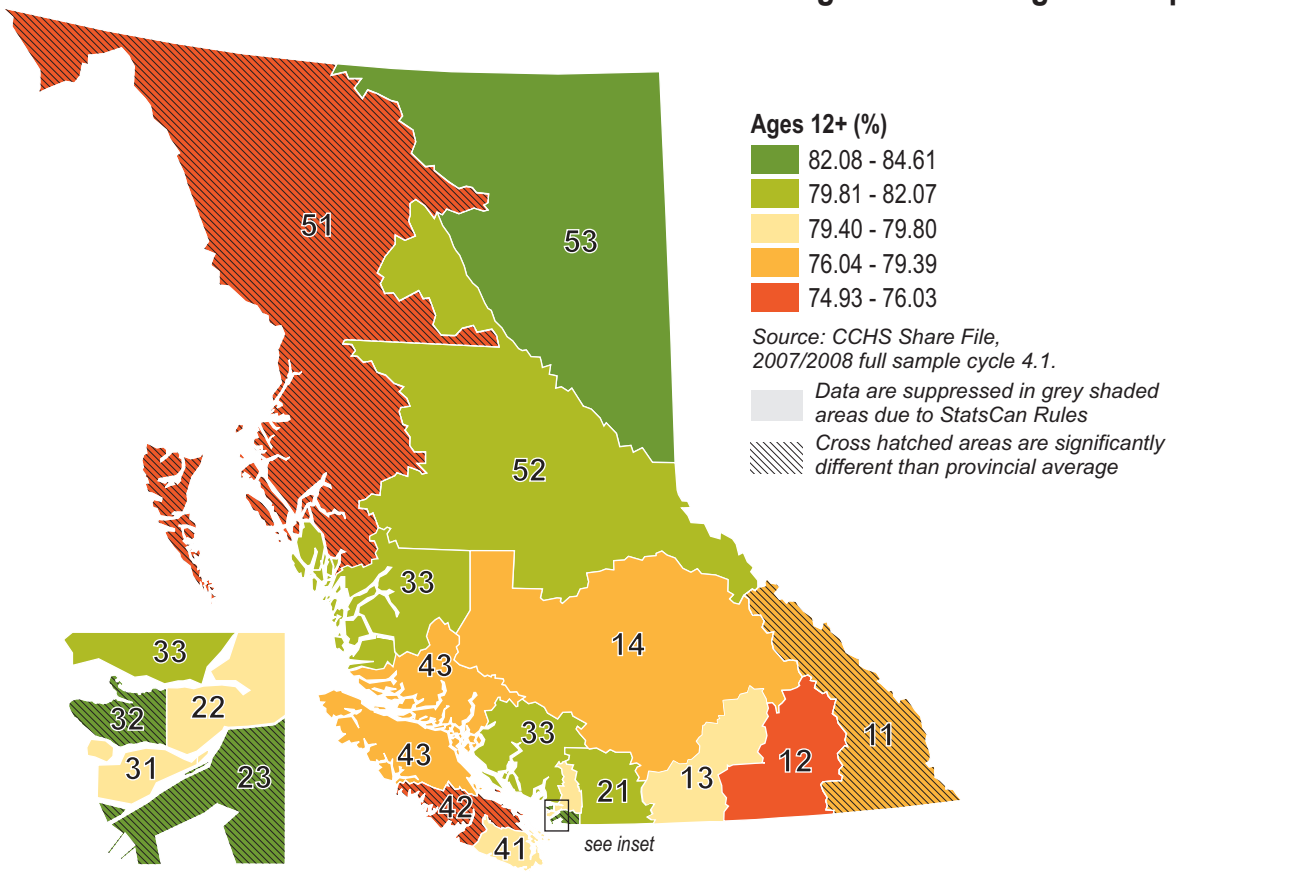
At the HSDA level:

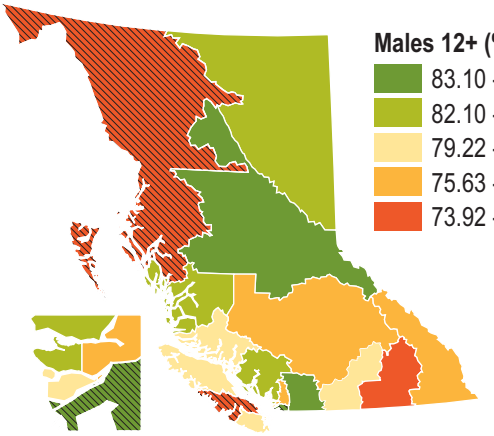
- The largest range in values among HSDAs (17.57 percentage points) occurs in respondents ages 65+, while the smallest range in values (5.86 percentage points) occurs in respondents ages 12 to 19.
- For all respondents, there are 2 HSDAs (Fraser South and Vancouver) significantly higher, and there are 3 HSDAs (East Kootenay, Central Vancouver Island and Northwest) significantly lower than the provincial rate.
- For male respondents (ages 12+), there is one HSDA (Fraser South) significantly higher, and there are 2 HSDAs (Central Vancouver Island and Northwest) significantly lower than the provincial rate.
- For female respondents (ages 12+), there is one HSDA (Vancouver) significantly higher, and there is one HSDA (North Vancouver Island) significantly lower than the provincial rate.
- For younger respondents (ages 12 to 19), there are 6 HSDAs (East Kootenay, Okanagan, Fraser North, Richmond, Vancouver and Northwest) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For older respondents (ages 65+), no HSDA is significantly higher, and there are 2 HSDAs (Fraser North and Richmond) significantly lower than the provincial rate.
- For the mid age respondents (ages 20 to 64), there is one HSDA (Vancouver) significantly higher, and there are 3 HSDAs (East Kootenay, Central Vancouver Island and Northwest) significantly lower than the provincial rate.

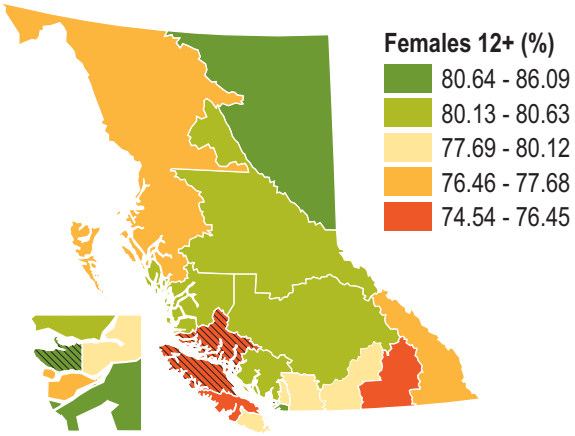
Within HSDAs:

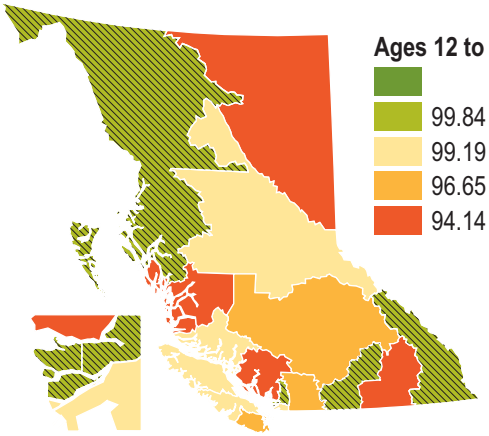
- For male respondents (ages 12+), no HSDA is significantly higher, and no HSDA is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19), only one HSDA (Northeast) is not significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.
- For older respondents (ages 65+), all 16 HSDAs are significantly lower than their respective ages 20 to 64 cohort.

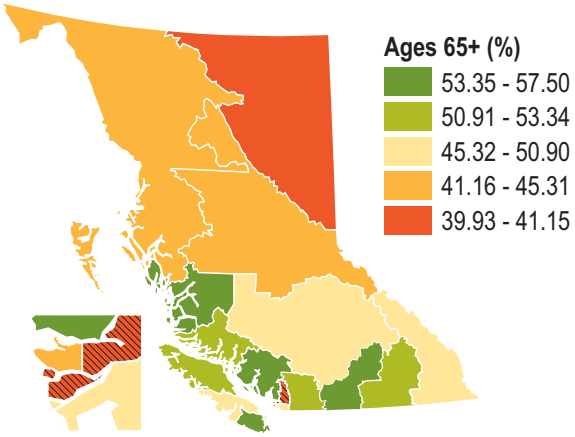
Never been diagnosed with high blood pressure











Without back problems

Health Service Delivery Area	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
31 Richmond	82.74	83.57	81.96	96.42†	69.97‡	83.32
32 Vancouver	80.76	81.70	79.84	91.05†	74.52	80.78
33 North Shore/Coast Garibaldi	80.39	79.74	81.01	88.38	69.68‡	81.55
22 Fraser North	79.23	81.50	77.02	95.04†	74.22	77.63
21 Fraser East	78.92	82.04	75.88	90.43†	75.52	77.48
14 Thompson Cariboo Shuswap	78.32	77.96	78.69	93.32†	63.59‡	79.45
51 Northwest	77.86	80.42	75.11	96.36†	63.14‡	76.54
23 Fraser South	76.41	76.95	75.89	90.58†	65.74‡	75.89
42 Central Vancouver Island	75.79	77.19	74.44	84.89	72.42	75.26
53 Northeast	75.38	75.84	74.88	89.21†	79.59	72.31
52 Northern Interior	74.74	74.01	75.50	88.76†	65.56	73.68
41 South Vancouver Island	73.39	74.62	72.28	94.35†	68.29	71.74
43 North Vancouver Island	73.07	73.40	72.75	83.69	68.98	72.17
11 East Kootenay	72.73	74.85	70.55	85.48	60.28	73.66
13 Okanagan	71.67	72.35	71.02	87.23†	69.07	69.92
12 Kootenay Boundary	70.70	74.85	66.42	81.46	69.71	69.25
British Columbia	**77.22**	**78.31**	**76.16**	**90.70†**	**70.03‡**	**76.65**
Canada	**79.83**	**81.06***	**78.63**	**92.83†**	**73.64‡**	**78.95**

* males differ significantly from females.
† 12 to 19 age group differs significantly from 20 to 64 age group.
‡ 65+ age group differs significantly from 20 to 64 age group.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

CCHS Question: Do you have back problems, excluding fibromyalgia and arthritis?

Key Points

At the national level:

- Male respondents (ages 12+) have a significantly higher rate of never having back problems than their female cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly lower rate than the ages 20 to 64 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, all age and gender cohorts analyzed, except the ages 12 to 19 cohort, are significantly lower.
- Male respondents (ages 12+) have no significantly different rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly lower rate than the ages 20 to 64 cohort.

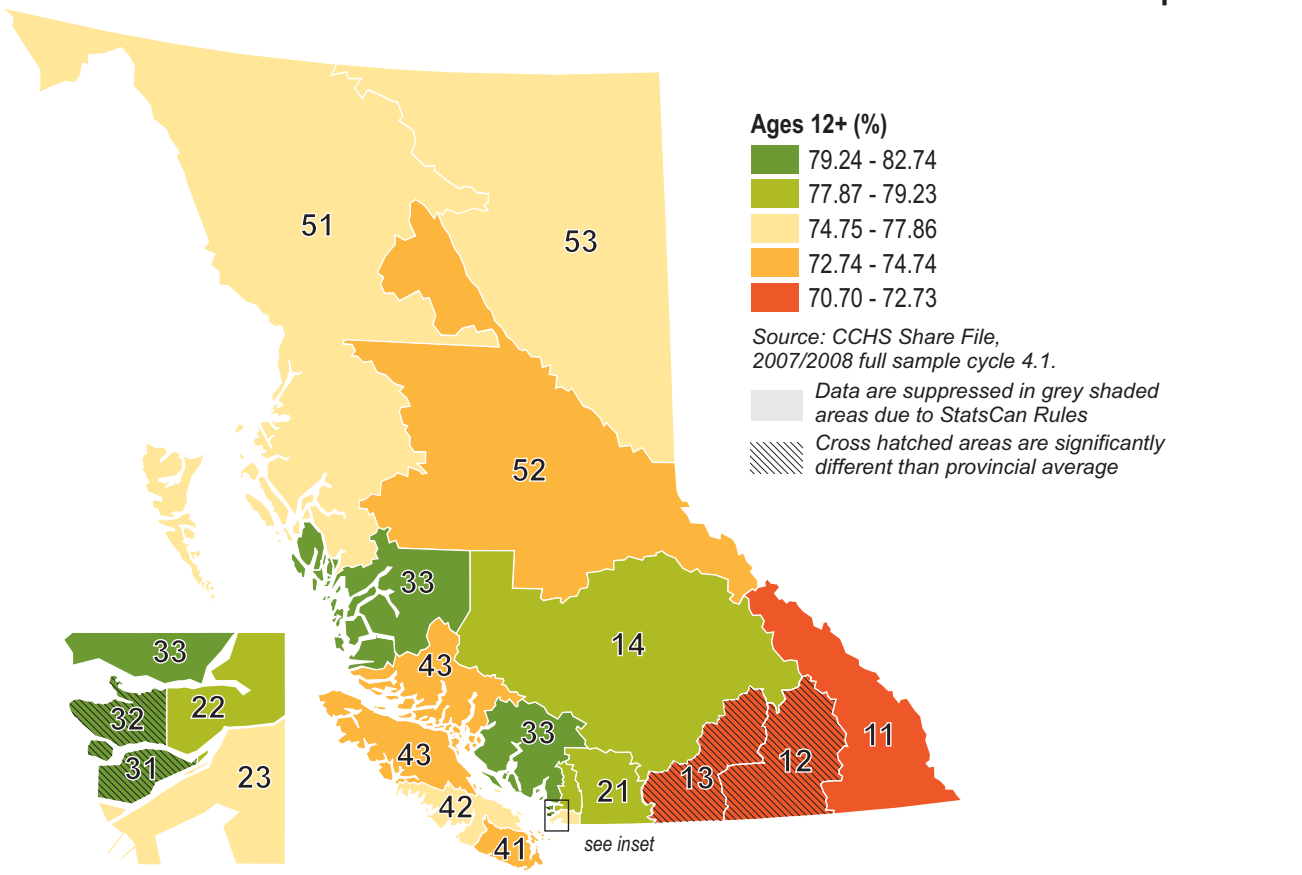
At the HSDA level:

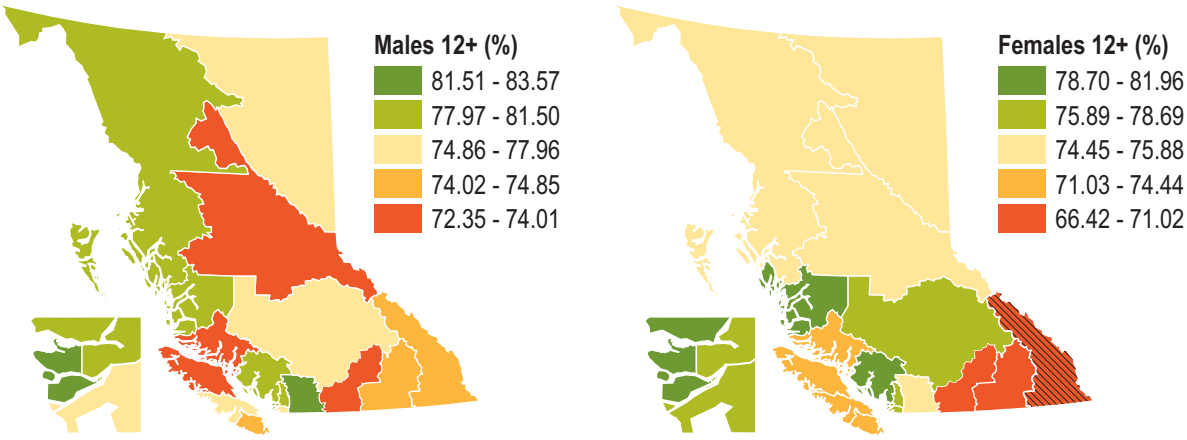
- The largest range in values among HSDAs (19.31 percentage points) occurs in respondents ages 65+, while the smallest range in values (11.22 percentage points) occurs in respondents males 12+.
- For all respondents, there are 2 HSDAs (Richmond and Vancouver) significantly higher, and there are 2 HSDAs (Kootenay Boundary and Okanagan) significantly lower than the provincial rate.
- For male respondents (ages 12+), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For female respondents (ages 12+), no HSDA is significantly higher, and there is one HSDA (East Kootenay) significantly lower than the provincial rate.
- For younger respondents (ages 12 to 19), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For older respondents (ages 65+), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For the mid age respondents (ages 20 to 64), there are 3 HSDAs (Richmond, Vancouver and North Shore/Coast Garibaldi) significantly higher, and there are 2 HSDAs (Kootenay Boundary and Okanagan) significantly lower than the provincial rate.

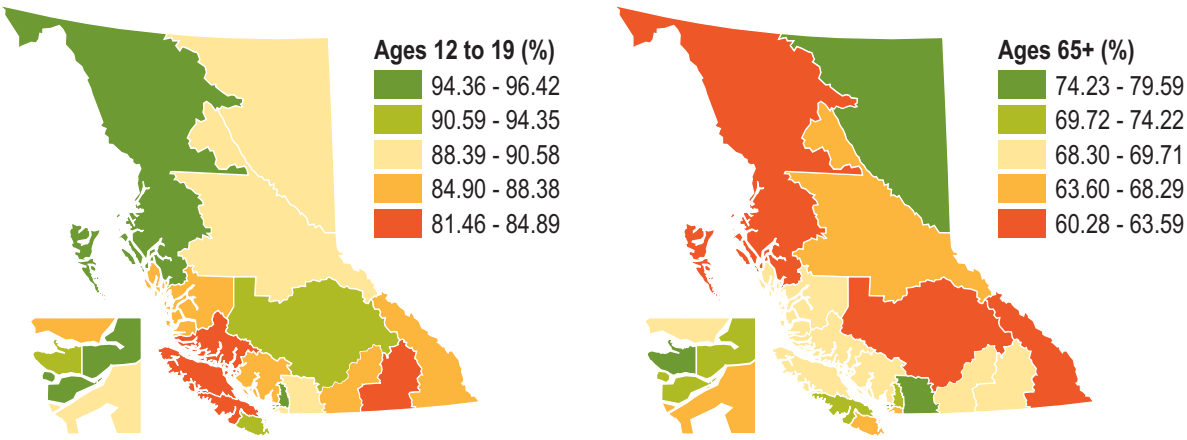
Within HSDAs:

- For male respondents (ages 12+), no HSDA is significantly higher, and no HSDA is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19), there are 11 HSDAs (Okanagan, Thompson Cariboo Shuswap, Fraser East, Fraser North, Fraser South, Richmond, Vancouver, South Vancouver Island, Northwest, Northern Interior and Northeast) significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.
- For older respondents (ages 65+), no HSDA is significantly higher, and there are 5 HSDAs (Thompson Cariboo Shuswap, Fraser South, Richmond, North Shore/Coast Garibaldi and Northwest) significantly lower than their respective ages 20 to 64 cohort.

Without back problems







Chronic-free index by gender

		No difficulty with activities	No reduced activity at home	No reduced activity outside	Injury-free	No pain/discomfort	Without COPD	No heart disease	No diabetes	No asthma	Never diagnosed with cancer	No arthritis/rheumatism	No high blood pressure	No back problems	Summary
All Respondents	11 East Kootenay	-1										-1	-1		-3
	12 Kootenay Boundary	-1			-1									-1	-3
	13 Okanagan	-1	-1	-1							-1	-1		-1	-6
	14 Thompson Cariboo Shuswap	-1	-1												-2
	21 Fraser East										1				1
	22 Fraser North	1			1										2
	23 Fraser South												1		1
	31 Richmond	1	1	1	1				-1	1	1	1		1	7
	32 Vancouver	1	1								1	1	1	1	6
	33 North Shore/Coast Garibaldi		1						1						2
	41 South Vancouver Island			-1	-1				1						-1
	42 Central Vancouver Island	-1	-1								-1	-1	-1		-5
	43 North Vancouver Island									-1		-1			-2
	51 Northwest												-1		-1
	52 Northern Interior	-1													-1
	53 Northeast										1				1
	British Columbia		-1	-1		-1		1	1	1	-1		1	-1	-1
Male Respondents	11 East Kootenay											-1			-1
	12 Kootenay Boundary	-1													-1
	13 Okanagan	-1	-1									-1			-3
	14 Thompson Cariboo Shuswap	-1	-1												-2
	21 Fraser East														0
	22 Fraser North	1		1											2
	23 Fraser South												1		1
	31 Richmond		1									1			2
	32 Vancouver	1	1								1				3
	33 North Shore/Coast Garibaldi								1						1
	41 South Vancouver Island				-1										-1
	42 Central Vancouver Island	-1									-1		-1		-3
	43 North Vancouver Island											-1			-1
	51 Northwest												-1		-1
	52 Northern Interior														0
	53 Northeast										1				1
	British Columbia			-1		-1								-1	-3
Female Respondents	11 East Kootenay	-1										-1		-1	-3
	12 Kootenay Boundary	-1			-1		1								-1
	13 Okanagan	-1	-1	-1		-1					-1	-1			-6
	14 Thompson Cariboo Shuswap	-1													-1
	21 Fraser East						1				1				2
	22 Fraser North														0
	23 Fraser South														0
	31 Richmond	1	1	1	1				-1	1	1				5
	32 Vancouver	1		1									1		3
	33 North Shore/Coast Garibaldi		1												1
	41 South Vancouver Island				-1				1						0
	42 Central Vancouver Island											-1			-1
	43 North Vancouver Island												-1		-1
	51 Northwest														0
	52 Northern Interior									-1					-1
	53 Northeast														0
	British Columbia			-1				1	1	1			1	-1	2

+1 HSDA sig. > BC or BC sig. > Canada.

No significant difference.

-1 HSDA sig. < BC or BC sig. < Canada.

F - Data suppressed by Statistics Canada due to small sample size or a high coefficient of variation.

The index score is the aggregate of the “pluses” and “minuses” and is coloured green where positive, beige where zero, and red where negative.

Chronic-free index by age

		No difficulty with activities	No reduced activity at home	No reduced activity outside	Injury-free	No pain/discomfort	Without COPD	No heart disease	No diabetes	No asthma	Never diagnosed with cancer	No arthritis/rheumatism	No high blood pressure	No back problems	Summary
Younger Respondents	11 East Kootenay							1			1	1	1		4
	12 Kootenay Boundary				-1		1	1			1	1			3
	13 Okanagan							1					1		2
	14 Thompson Cariboo Shuswap						1	1							2
	21 Fraser East										1				1
	22 Fraser North			1	1		1	1		1	1		1		7
	23 Fraser South						1	1			1	1			4
	31 Richmond					1	1	1			1	1	1		6
	32 Vancouver			1				1			1	1	1		5
	33 North Shore/Coast Garibaldi											1			1
	41 South Vancouver Island						1								1
	42 Central Vancouver Island						1				1	1			3
	43 North Vancouver Island						1	1							2
	51 Northwest						1	1			1		1		4
	52 Northern Interior							1			1				2
	53 Northeast						1	1							2
	British Columbia									1					1
Older Respondents	11 East Kootenay														0
	12 Kootenay Boundary						1								1
	13 Okanagan														0
	14 Thompson Cariboo Shuswap														0
	21 Fraser East														0
	22 Fraser North												-1		-1
	23 Fraser South														0
	31 Richmond												-1		-1
	32 Vancouver	1			1										2
	33 North Shore/Coast Garibaldi		1				1		1						3
	41 South Vancouver Island				-1				1						0
	42 Central Vancouver Island														0
	43 North Vancouver Island														0
	51 Northwest														0
	52 Northern Interior	-1													-1
	53 Northeast						-1								-1
	British Columbia	-1	-1										1	-1	-2
Mid Age Respondents	11 East Kootenay	-1			-1							-1	-1		-4
	12 Kootenay Boundary	-1	-1											-1	-3
	13 Okanagan	-1	-1	-1							-1	-1		-1	-6
	14 Thompson Cariboo Shuswap	-1	-1												-2
	21 Fraser East														0
	22 Fraser North														0
	23 Fraser South														0
	31 Richmond	1	1	1	1					1	1	1		1	8
	32 Vancouver	1	1									1	1	1	5
	33 North Shore/Coast Garibaldi								1					1	2
	41 South Vancouver Island				-1										-1
	42 Central Vancouver Island	-1	-1	-1									-1		-4
	43 North Vancouver Island											-1			-1
	51 Northwest											-1	-1		-2
	52 Northern Interior	-1													-1
	53 Northeast						1								1
	British Columbia			-1		-1		1					1	-1	-1

+1 HSDA sig. > BC or BC sig. > Canada.
No significant difference.
-1 HSDA sig. < BC or BC sig. < Canada.

F - Data suppressed by Statistics Canada due to small sample size or a high coefficient of variation.
The index score is the aggregate of the “pluses” and “minuses” and is coloured green where positive, beige where zero, and red where negative.

Summary of free of chronic conditions

Comparing HSDAs

For all respondents in the province there were seven HSDAs with positive index scores and nine with negative index scores. Richmond and Vancouver had the highest index scores at +7 and +6 respectively. Okanagan and Central Vancouver Island had the lowest scores at -6 and -5.

For male respondents, six HSDAs had positive index scores and eight were negative. Vancouver was the highest scoring HSDA at +5 while Okanagan and Central Vancouver Island were the lowest at -3. For female respondents there were four HSDAs with positive index scores and seven with negative scores. Richmond was the highest with a score of +5, while Kootenay Boundary, at the other extreme, had a negative score of -6.

For the younger respondents in the province, all 16 HSDAs reported overall positive index scores. The highest scoring HSDAs were Fraser North (+7), Richmond (+6), and Vancouver (+5). Among the high scoring HSDAs all were significantly above the provincial average for being without heart disease, and for never having been diagnosed with cancer. The HSDAs with the lowest scores for youth were Fraser East, North Shore/Coast Garibaldi and South Vancouver Island all at +1. Kootenay Boundary was the only HSDA with a significantly lower value than the provincial average for any indicator: younger respondents in this HSDA were significantly less likely than provincial peers to be injury-free.

For older respondents there were three HSDAs with positive index scores and four with negative scores. North Shore/Coast Garibaldi with an index score of +3 ranked as the highest scoring HSDA. Four HSDAs including Fraser North, Richmond, Northern Interior and the Northeast had low scores of -1.

There were no clear geographic trends evident for this category, although North Shore/Coast Garibaldi and Vancouver had positive scores for all demographic groups.

Comparing Demographic Cohorts

Comparing males to females within the province, male respondents were significantly more likely to have no difficulty with activities, to be free of chronic conditions that reduce activity both at home and out of the home, to be pain-free, to never have been diagnosed with cancer, and to be free of arthritis. Male respondents were less likely than their female counterparts to have been injury-free in the past year, to be free of heart disease and to be free of diabetes.

Comparing the younger and older respondent cohorts within BC to the mid age group, there were significant differences for almost every indicator. Younger respondents were significantly less likely than the mid age group to be injury-free and rated significantly higher than the mid age group in every other variable except being free from asthma. The opposite trend was apparent for older respondents: they were significantly more likely than the mid age group to be injury-free but scored significantly below the mid age group in every other indicator except being free from asthma.

Health Service Delivery Area	All	Male	Female	Younger	Older
31 Richmond	7	2	5	6	-1
32 Vancouver	6	3	3	5	2
22 Fraser North	2	2	0	7	-1
33 North Shore/Coast Garibaldi	2	1	1	1	3
23 Fraser South	1	1	0	4	0
53 Northeast	1	1	0	2	-1
21 Fraser East	1	0	2	1	0
52 Northern Interior	-1	0	-1	2	-1
41 South Vancouver Island	-1	-1	0	1	0
51 Northwest	-1	-1	0	4	0
43 North Vancouver Island	-2	-1	-1	2	0
14 Thompson Cariboo Shuswap	-2	-2	-1	2	0
11 East Kootenay	-3	-1	-3	4	0
12 Kootenay Boundary	-3	-1	-1	3	1
42 Central Vancouver Island	-5	-3	-1	3	0
13 Okanagan	-6	-3	-6	2	0
British Columbia	-1	-3	2	1	-2

British Columbia/Canada Comparisons

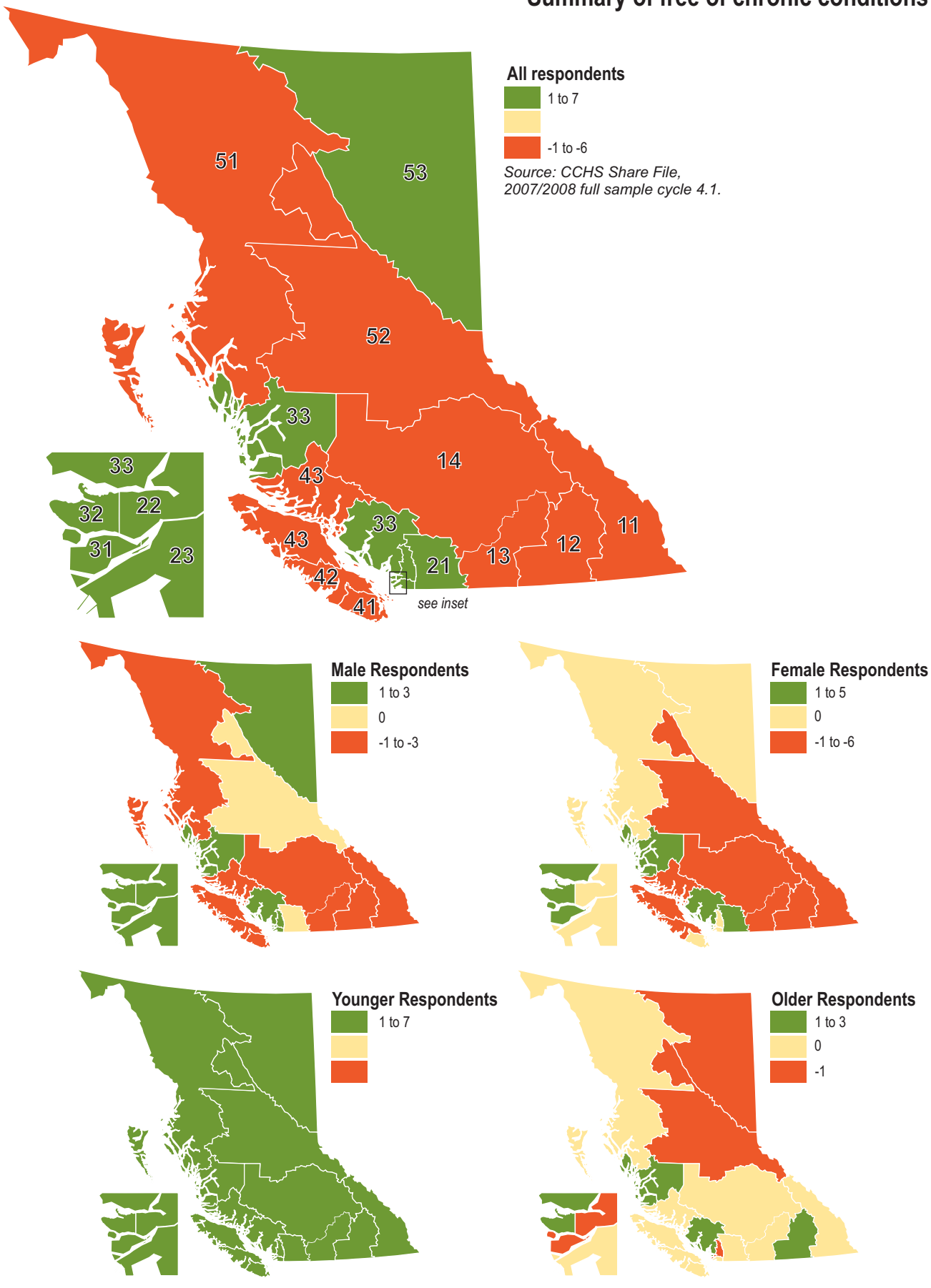
Overall, BC respondents had a net negative value (-1) when compared to Canadian peers. Comparing values for BC to the national results, among all respondents, British Columbians were significantly more likely than Canadian peers to be free of heart disease, diabetes, asthma and high blood pressure but were significantly less likely to be free of chronic conditions that reduce activity both inside and outside of the home, to be pain-free and to be free of back problems, and less likely to have ever been diagnosed with cancer.

Compared to male respondents across Canada, males in BC had an overall index score of -3. Male respondents in BC were significantly less likely than males across Canada to be free of chronic conditions that reduce activity outside the home, to be pain free and to be free of back problems. Female respondents in BC, however, had a net overall positive index (+2) when compared to their Canadian peers, and were significantly more likely to be free of heart disease, diabetes, asthma, and high blood pressure, but significantly lower than their Canadian counterparts when it came to reduced activities outside the home and being free of back problems.

Younger respondents in BC had an overall index score of +1 when compared to their Canadian peers. They were significantly more likely than younger respondents across Canada to be free of asthma but were in line with the national averages for this age group for all other indicators regarding chronic conditions.

Older respondents in BC had an overall index score of -2. They were significantly more likely than other Canadians in this age group to be free of high-blood pressure but significantly less likely to be unrestricted by difficulties with activity, to be free of chronic conditions that restrict activity at home and to be free of back problems.

Summary of free of chronic conditions



7

Wellness outcomes

The final group of five indicators report on the perceptions of respondents about several key indicators related to wellness. While these indicators could have been combined with those of the previous chapter we chose to keep them separate, although being free of chronic conditions are also wellness outcomes. A total of 30 maps and seven tables are presented in this chapter.

The first three indicators deal with respondent perceptions about the level of their health in general, oral health, and mental health. But ever increasing concerns over stressful living and its effects on wellness and well-being, has led us to include how stressful respondents find most days as a wellness outcome.

The final outcome indicator is how satisfied respondents are with their life in general. This is an indicator that gives an overall sense of wellness and well-being.

As with the previous indicator chapters, the final two tables and five maps highlight HSDAs, genders and age cohorts which are statistically significantly high or low when compared to the provincial average. All five indicators are combined into a single value for each HSDA by each demographic category and mapped. A comparison of the provincial results with those of the Canada-wide respondents' values overall is also provided.

Self-perceived health is good to excellent

Health Service Delivery Area	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
33 North Shore/Coast Garibaldi	91.00	89.86	92.09	93.08	79.69‡	93.28
41 South Vancouver Island	90.22	89.23	91.13	90.81	81.66‡	92.33
53 Northeast	88.98	92.68	84.98	92.26	75.72	89.96
32 Vancouver	88.64	88.11	89.17	91.30	77.19‡	90.31
52 Northern Interior	88.59	87.08	90.17	93.98	74.04‡	89.95
43 North Vancouver Island	88.56	88.79	88.34	90.50	72.48‡	92.20
21 Fraser East	88.11	91.20	85.04	95.62	78.30‡	88.83
11 East Kootenay	87.99	88.59	87.37	98.51†	76.34‡	89.06
14 Thompson Cariboo Shuswap	87.87	84.91	90.83	88.48	76.87‡	90.51
22 Fraser North	87.84	89.10	86.61	94.50	72.44‡	89.44
31 Richmond	87.84	88.44	87.27	93.23	78.11‡	89.00
12 Kootenay Boundary	87.59	88.04	87.12	89.30	80.87	89.05
23 Fraser South	87.10	87.87	86.35	95.90†	67.81‡	89.09
13 Okanagan	86.85	87.07	86.65	96.13†	80.13	87.45
51 Northwest	85.50	84.87	86.16	85.73	73.89	87.32
42 Central Vancouver Island	85.36	83.75	86.92	99.11†	76.34‡	85.79
British Columbia	**88.06**	**88.12**	**88.00**	**93.79†**	**76.16‡**	**89.70**
Canada	**88.58**	**88.92**	**88.25**	**95.20†**	**74.79‡**	**90.30**

* males differ significantly from females.
† 12 to 19 age group differs significantly from 20 to 64 age group.
‡ 65+ age group differs significantly from 20 to 64 age group.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

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

Key Points

At the national level:

- Male respondents (ages 12+) have no significantly different rate of having good to excellent self-perceived health than their female cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly lower rate than the ages 20 to 64 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, no age or gender cohort analyzed is significantly different.
- Male respondents (ages 12+) have no significantly different rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly lower rate than the ages 20 to 64 cohort.

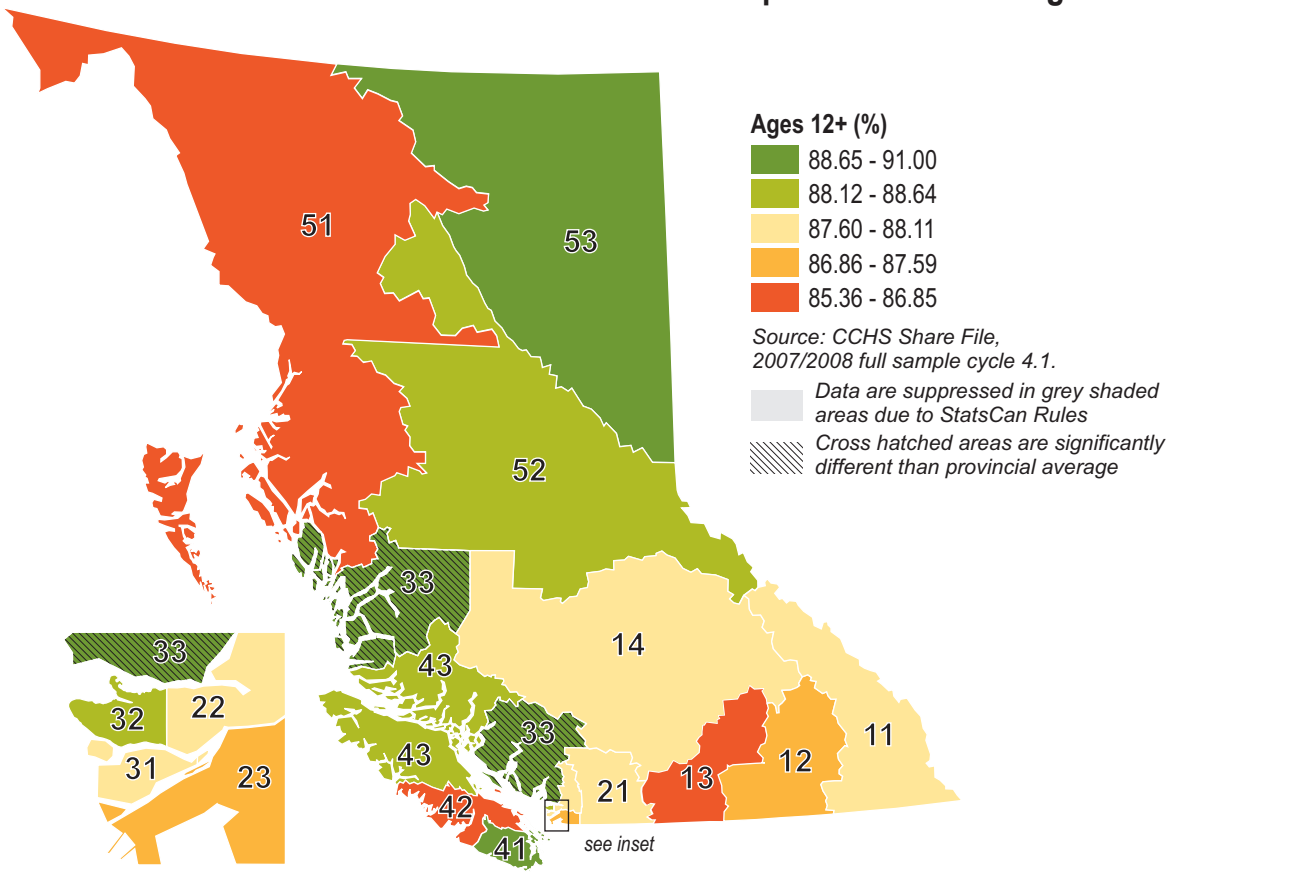
At the HSDA level:

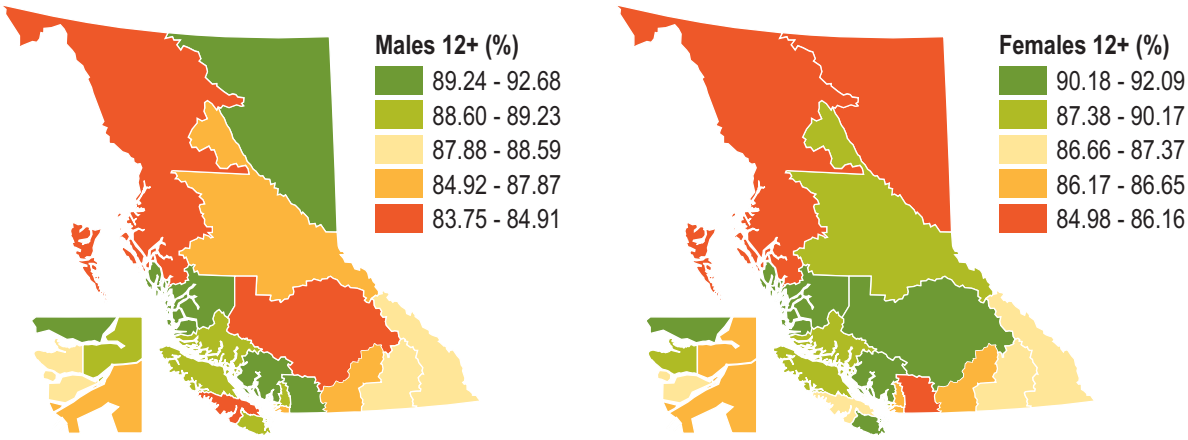
- The largest range in values among HSDAs (13.85 percentage points) occurs in respondents ages 65+, while the smallest range in values (5.64 percentage points) occurs in respondents ages 12+.
- For all respondents, there is one HSDA (North Shore/Coast Garibaldi) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For male respondents (ages 12+), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For female respondents (ages 12+), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For younger respondents (ages 12 to 19), there are 2 HSDAs (East Kootenay and Central Vancouver Island) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For older respondents (ages 65+), no HSDA is significantly higher, and there is one HSDA (Fraser South) significantly lower than the provincial rate.
- For the mid age respondents (ages 20 to 64), there is one HSDA (North Shore/Coast Garibaldi) significantly higher, and no HSDA is significantly lower than the provincial rate.

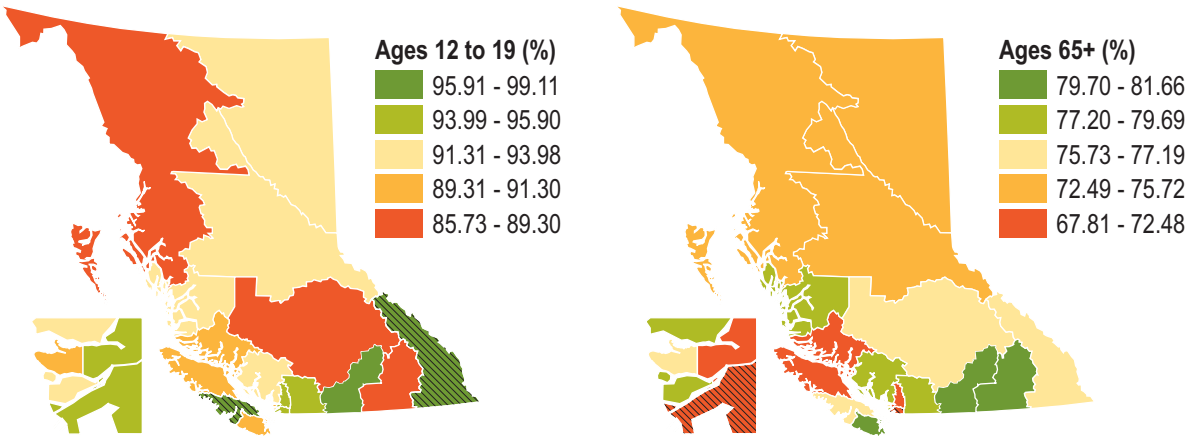
Within HSDAs:

- For male respondents (ages 12+), no HSDA is significantly higher, and no HSDA is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19), there are 4 HSDAs (East Kootenay, Okanagan, Fraser South and Central Vancouver Island) significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.
- For older respondents (ages 65+), no HSDA is significantly higher, and there are 4 HSDAs (Kootenay Boundary, Okanagan, Northwest and Northeast) not significantly lower than their respective ages 20 to 64 cohort.

Self-perceived health is good to excellent







Self-perceived oral health is good to excellent

Health Service Delivery Area	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
33 North Shore/Coast Garibaldi	88.87	87.42	90.21	94.62	91.14	87.50
41 South Vancouver Island	87.61	86.30	88.80	93.69	90.81	86.04
43 North Vancouver Island	87.39	86.60	88.12	96.62	81.68	87.20
53 Northeast	86.55	84.07	89.09	91.91	84.89	85.77
22 Fraser North	84.99	83.50	86.42	93.16	73.80‡	85.61
23 Fraser South	84.89	82.70	87.03	92.21	85.69	83.58
13 Okanagan	84.65	83.80	85.45	97.05†	83.05	83.13
21 Fraser East	84.38	83.01	85.73	90.85	87.08	82.66
52 Northern Interior	84.35	84.12	84.59	87.23	82.53	84.11
32 Vancouver	83.54	82.52	84.54	86.86	75.06‡	84.53
31 Richmond	83.10	81.87	84.24	93.36†	70.97	83.85
11 East Kootenay	82.84	83.09	82.60	85.15	86.46	81.63
12 Kootenay Boundary	81.06	80.58	81.54	88.98	80.65	79.92
14 Thompson Cariboo Shuswap	80.42	77.26	83.38	94.45†	79.05	78.50
51 Northwest	79.95	82.01	77.81	86.71	79.09	78.79
42 Central Vancouver Island	79.80	79.70	79.90	91.92†	87.39‡	75.65
British Columbia	**84.41**	**83.11***	**85.66**	**92.09†**	**82.51**	**83.66**
Canada	**86.22**	**84.20***	**88.17**	**92.85†**	**83.17‡**	**85.74**

* males differ significantly from females.
† 12 to 19 age group differs significantly from 20 to 64 age group.
‡ 65+ age group differs significantly from 20 to 64 age group.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

CCHS Question: In general, would you say the health of your teeth and mouth is: excellent, very good, good, fair, poor?

Key Points

At the national level:

- Male respondents (ages 12+) have a significantly lower rate of having good to excellent self-perceived oral health than their female cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly lower rate than the ages 20 to 64 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, all respondents ages 12+ are significantly lower, male respondents ages 12+ are not significantly different, female respondents ages 12+ are significantly lower, respondents ages 12 to 19 are not significantly different, respondents ages 65+ are not significantly different, and respondents ages 20 to 64 are significantly lower.
- Male respondents (ages 12+) have a significantly lower rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have no significantly different rate than the ages 20 to 64 cohort.

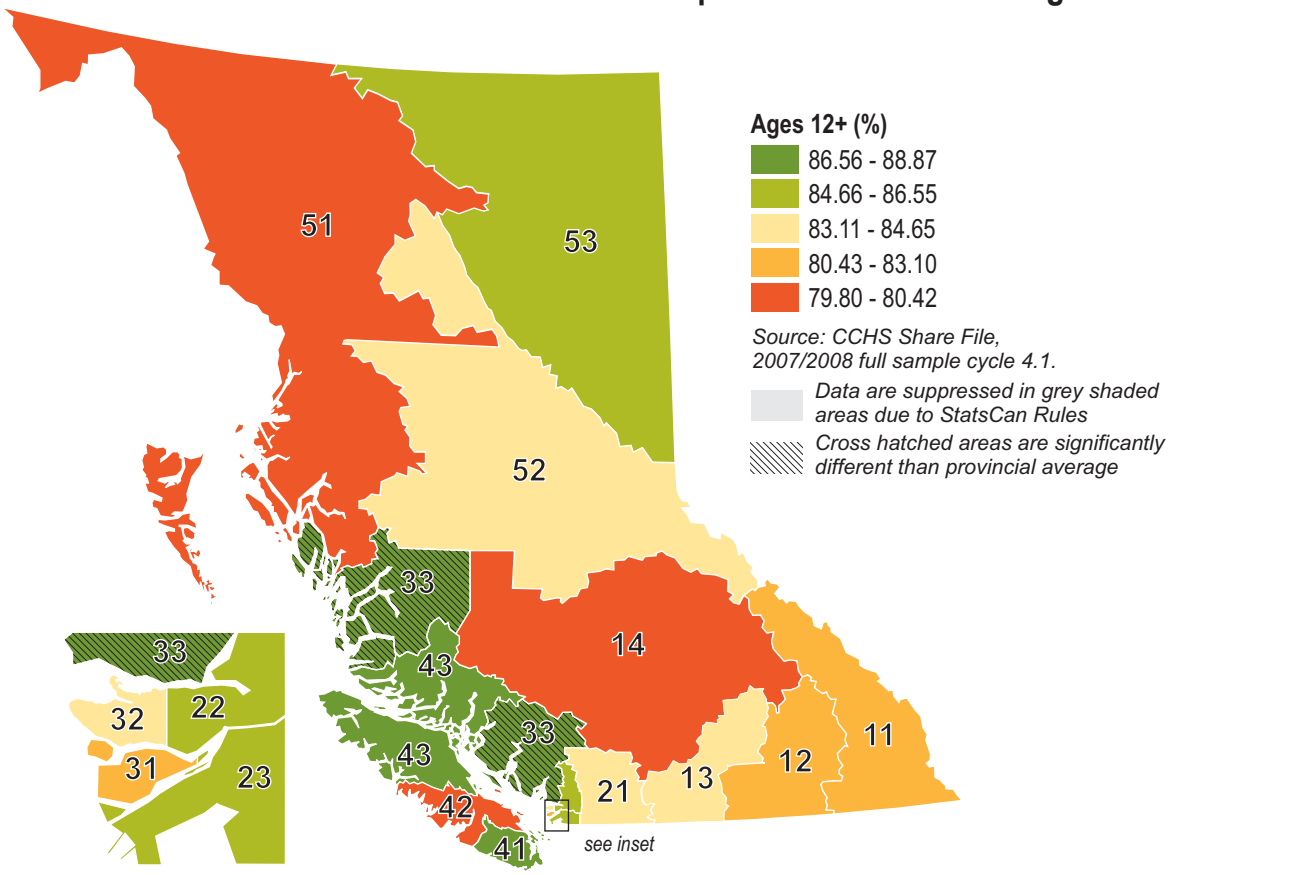
At the HSDA level:

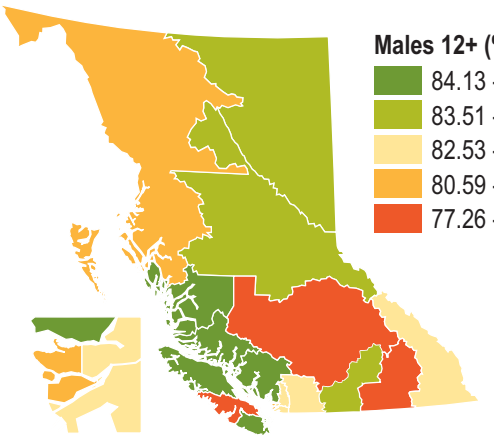
- The largest range in values among HSDAs (20.17 percentage points) occurs in respondents ages 65+, while the smallest range in values (9.07 percentage points) occurs in respondents ages 12+.
- For all respondents, there is one HSDA (North Shore/Coast Garibaldi) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For male respondents (ages 12+), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For female respondents (ages 12+), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For younger respondents (ages 12 to 19), there is one HSDA (Okanagan) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For older respondents (ages 65+), there are 2 HSDAs (North Shore/Coast Garibaldi and South Vancouver Island) significantly higher, and there is one HSDA (Vancouver) significantly lower than the provincial rate.
- For the mid age respondents (ages 20 to 64), no HSDA is significantly higher, and there is one HSDA (Central Vancouver Island) significantly lower than the provincial rate.

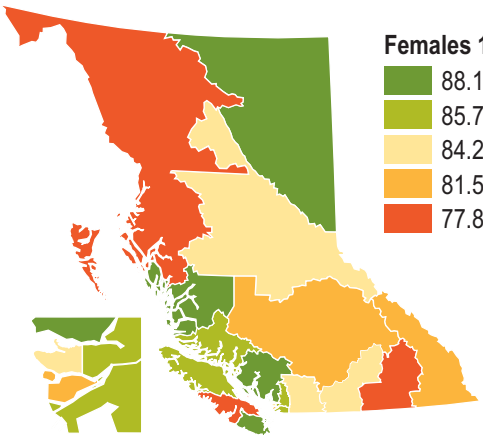
Within HSDAs:

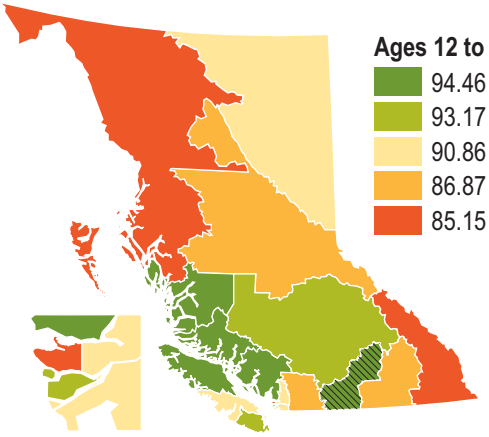
- For male respondents (ages 12+), no HSDA is significantly higher, and no HSDA is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19), there are 4 HSDAs (Okanagan, Thompson Cariboo Shuswap, Richmond and Central Vancouver Island) significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.
- For older respondents (ages 65+), there is one HSDA (Central Vancouver Island) significantly higher, and there are 2 HSDAs (Fraser North and Vancouver) significantly lower than their respective ages 20 to 64 cohort.

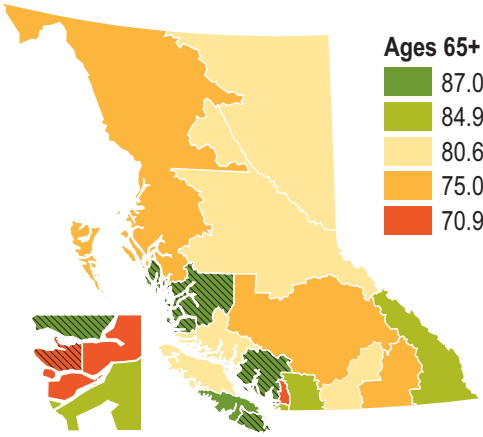
Self-perceived oral health is good to excellent











Self-perceived mental health is good to excellent

Health Service Delivery Area	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
43 North Vancouver Island	96.00	97.17	94.91	97.68	91.98	96.67
33 North Shore/Coast Garibaldi	95.32	93.81	96.73	97.99	93.15	95.40
14 Thompson Cariboo Shuswap	95.18	94.69	95.63	99.30†	95.51	94.44
53 Northeast	95.12	94.72	95.53	95.52	97.74	94.74
11 East Kootenay	95.04	95.50	94.60	98.29	96.21	94.24
42 Central Vancouver Island	95.01	95.45	94.60	95.08	96.02	94.71
12 Kootenay Boundary	94.31	95.95	92.63	93.91	94.37	94.36
32 Vancouver	94.04	93.43	94.63	98.29†	93.57	93.69
41 South Vancouver Island	93.86	93.69	94.01	97.88†	98.22‡	92.28
23 Fraser South	93.69	94.01	93.39	99.25†	93.18	92.90
31 Richmond	93.55	92.90	94.15	88.34	98.08	93.46
51 Northwest	93.51	93.83	93.19	96.14	92.57	93.16
22 Fraser North	93.32	93.27	93.37	97.08	91.71	93.04
13 Okanagan	92.67	95.09	90.39	96.22	95.57	91.19
52 Northern Interior	91.98	91.11	92.86	96.59	92.55	91.11
21 Fraser East	91.16	90.76	91.55	99.53†	94.75‡	88.88
British Columbia	**93.78**	**93.81**	**93.76**	**97.30†**	**94.54**	**93.11**
Canada	**95.09**	**95.34**	**94.85**	**96.45†**	**95.41‡**	**94.81**

* males differ significantly from females.
† 12 to 19 age group differs significantly from 20 to 64 age group.
‡ 65+ age group differs significantly from 20 to 64 age group.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

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

Key Points

At the national level:

- Male respondents (ages 12+) have no significantly different rate of having good to excellent self-perceived mental health than their female cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly higher rate than the ages 20 to 64 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, all respondents ages 12+ are significantly lower, male respondents ages 12+ are significantly lower, female respondents ages 12+ are significantly lower, respondents ages 12 to 19 are not significantly different, respondents ages 65+ are not significantly different, and respondents ages 20 to 64 are significantly lower.
- Male respondents (ages 12+) have no significantly different rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have no significantly different rate than the ages 20 to 64 cohort.

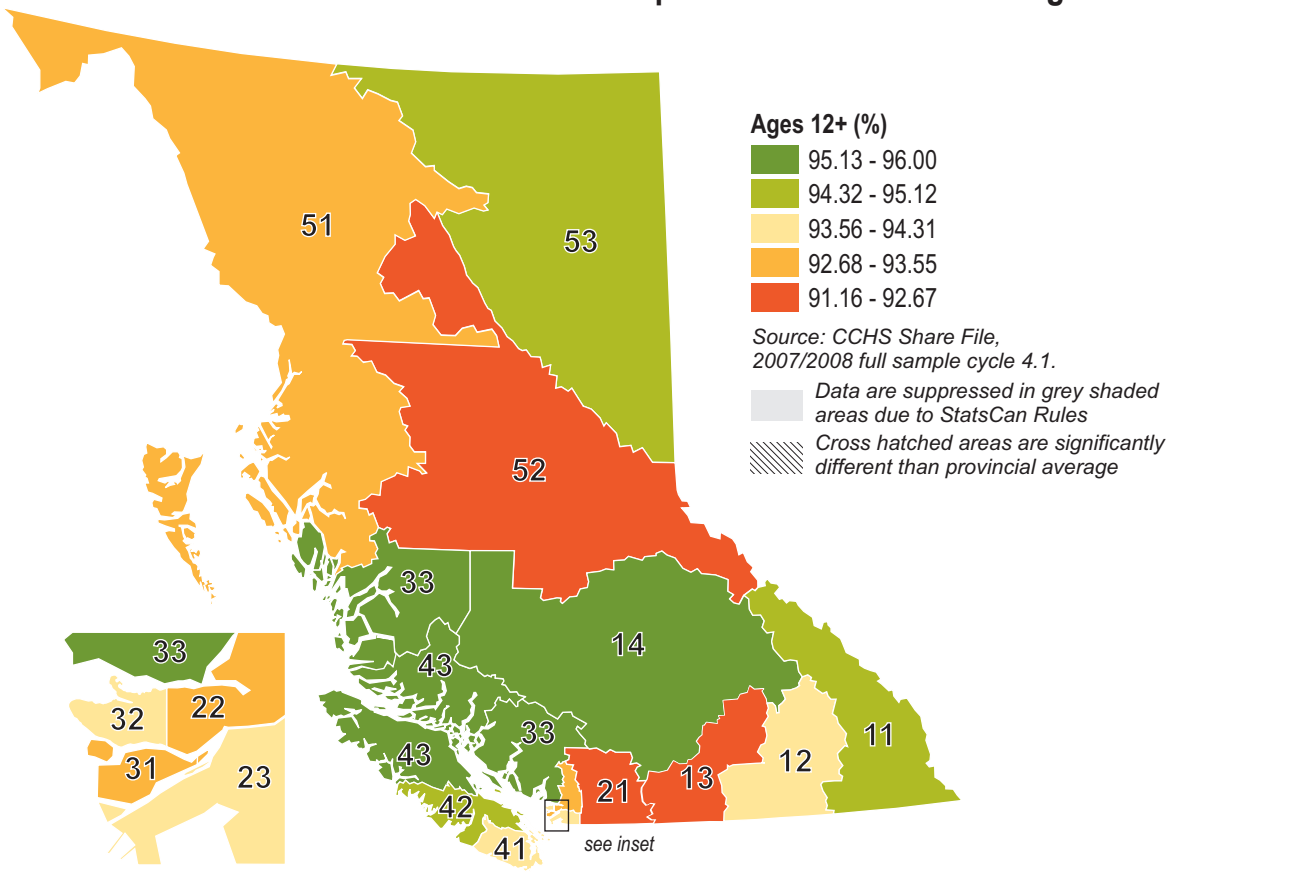
At the HSDA level:

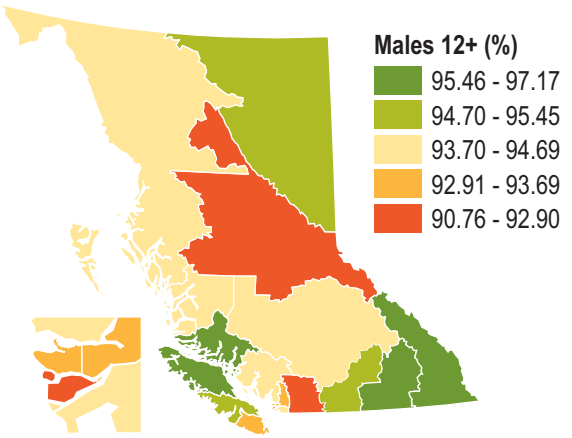
- The largest range in values among HSDAs (11.19 percentage points) occurs in respondents ages 12 to 19, while the smallest range in values (4.84 percentage points) occurs in respondents ages 12+.
- For all respondents, no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For male respondents (ages 12+), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For female respondents (ages 12+), there is one HSDA (North Shore/Coast Garibaldi) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For younger respondents (ages 12 to 19), there is one HSDA (Fraser East) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For older respondents (ages 65+), there are 2 HSDAs (Richmond and South Vancouver Island) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For the mid age respondents (ages 20 to 64), there is one HSDA (North Vancouver Island) significantly higher, and there is one HSDA (Fraser East) significantly lower than the provincial rate.

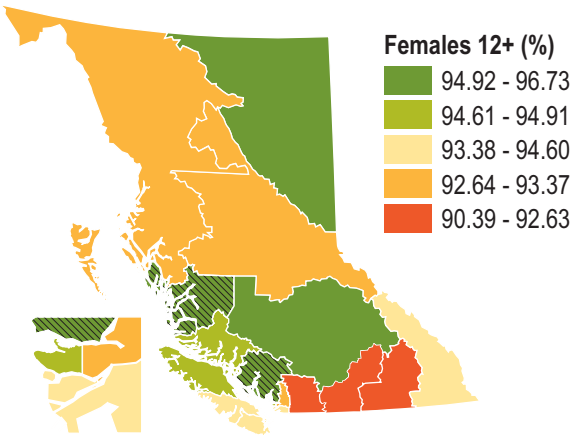
Within HSDAs:

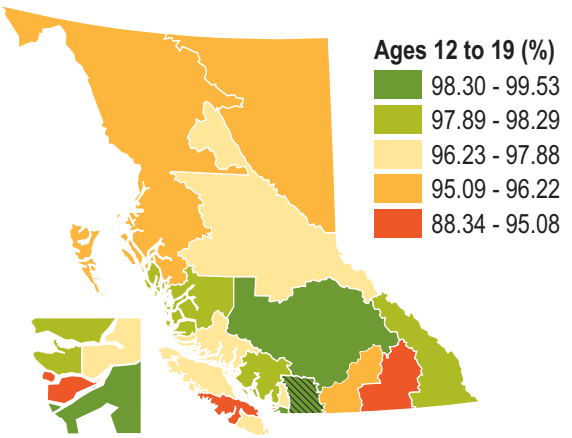
- For male respondents (ages 12+), no HSDA is significantly higher, and no HSDA is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19), there are 5 HSDAs (Thompson Cariboo Shuswap, Fraser East, Fraser South, Vancouver and South Vancouver Island) significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.
- For older respondents (ages 65+), there are 2 HSDAs (Fraser East and South Vancouver Island) significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.

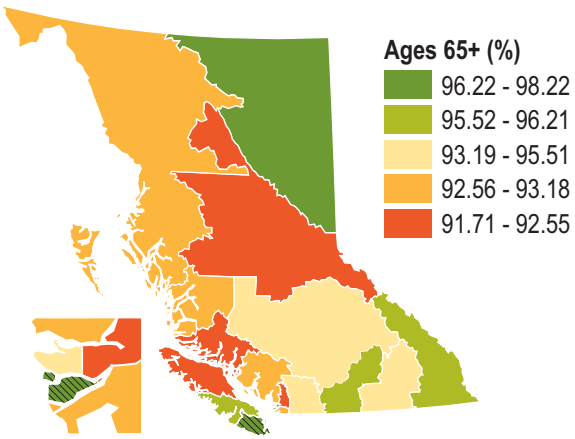
Self-perceived mental health is good to excellent











Most days are not at all stressful

Health Service Delivery Area	All respondents 15+ (%)	Males 15+ (%)	Females 15+ (%)	Ages 15 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
43 North Vancouver Island	44.99	49.26	40.82	F	60.79	41.61
41 South Vancouver Island	41.27	43.81	39.00	50.77†	65.80‡	34.02
11 East Kootenay	40.72	42.40	39.06	F	64.96‡	36.82
14 Thompson Cariboo Shuswap	39.65	44.04	35.24	48.67	61.69‡	33.09
32 Vancouver	39.25	40.76	37.76	F	64.80‡	35.29
42 Central Vancouver Island	38.54	40.03	37.08	46.33E	59.59‡	31.45
23 Fraser South	38.46	37.89	39.01	51.35†	61.28‡	33.02
31 Richmond	38.34	36.32	40.15	F	65.07‡	32.90
12 Kootenay Boundary	38.27	40.41	35.99	F	65.23‡	31.08
51 Northwest	38.25	40.12	36.23	60.18†	57.75‡	32.63
53 Northeast	37.85	40.21	35.23	F	70.03‡	31.39
13 Okanagan	37.78	37.38	38.15	40.97E	60.55‡	30.33
21 Fraser East	36.14	41.76	30.69	45.13	65.26‡	28.60
22 Fraser North	35.81	36.96	34.69	51.01†	51.88‡	31.67
33 North Shore/Coast Garibaldi	35.67	38.75	32.87	F	55.99‡	31.90
52 Northern Interior	35.20	37.82	32.56	42.56	50.35‡	31.99
British Columbia	**38.26**	**39.81**	**36.75**	**44.30†**	**60.93‡**	**32.85**
Canada	**35.99**	**37.72***	**34.32**	**40.40†**	**59.41‡**	**30.78**

* males differ significantly from females.
† 15 to 19 age group differs significantly from 20 to 64 age group.
‡ 65+ age group differs significantly from 20 to 64 age group.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

CCHS Question: Thinking about the amount of stress in your life, would you say that most days are: not at all stressful, not very stressful, a bit stressful, quite a bit stressful, or extremely stressful?

Key Points

At the national level:

- Male respondents (ages 15+) have a significantly higher rate of most days being not at all stressful than their female cohort.
- Younger respondents (ages 15 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly higher rate than the ages 20 to 64 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, all respondents ages 15+ are significantly higher, male respondents ages 15+ are not significantly different, female respondents ages 15+ are significantly higher, respondents ages 15 to 19 are not significantly different, respondents ages 65+ are not significantly different, and respondents ages 20 to 64 are significantly higher.
- Male respondents (ages 15+) have no significantly different rate than the females 15+ cohort.
- Younger respondents (ages 15 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have a significantly higher rate than the ages 20 to 64 cohort.

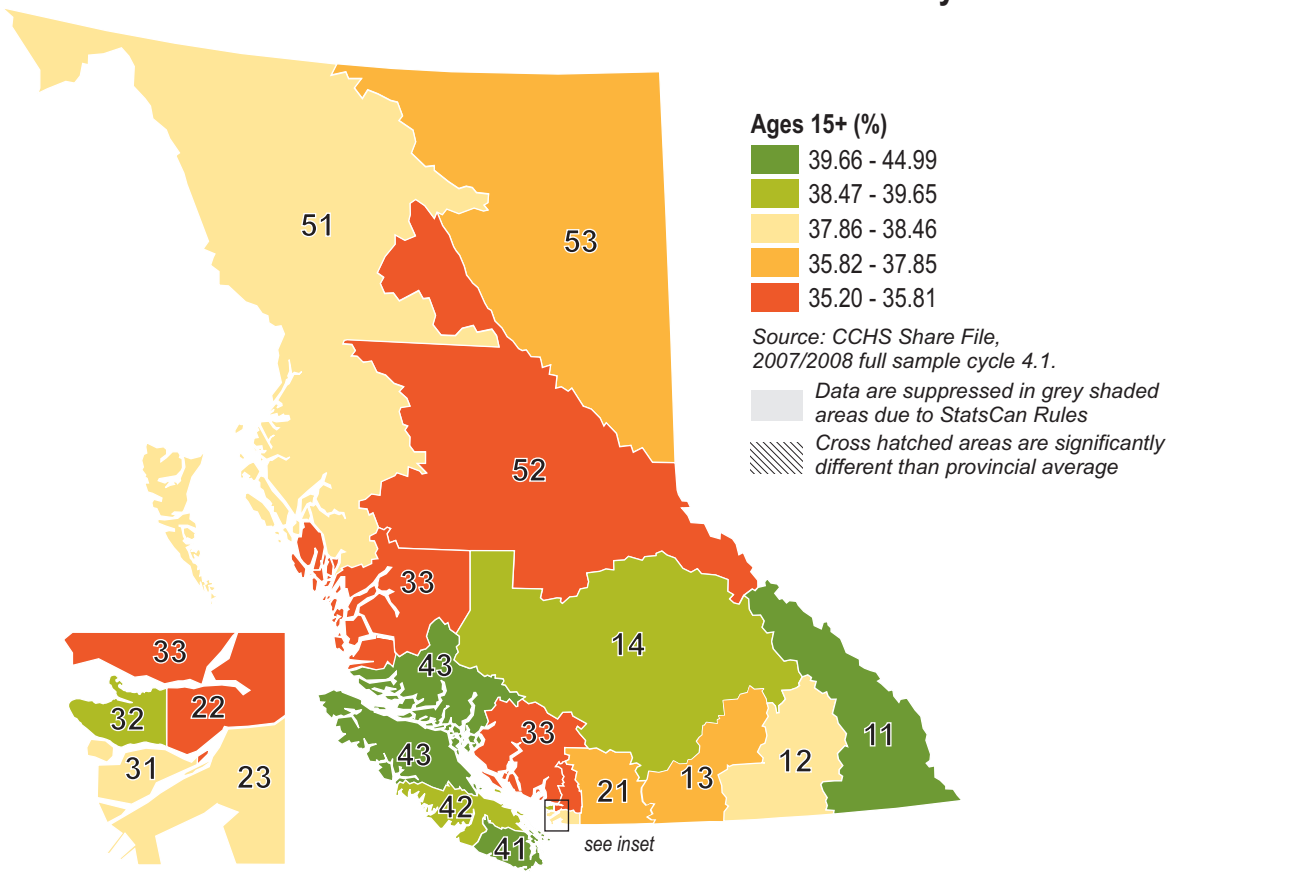
At the HSDA level:

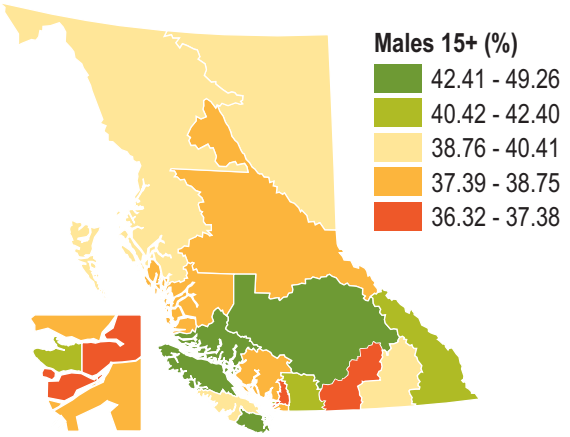
- The largest range in values among HSDAs (19.68 percentage points) occurs in respondents ages 65+, while the smallest range in values (9.79 percentage points) occurs in respondents ages 15+.
- For all respondents, no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For male respondents (ages 15+), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For female respondents (ages 15+), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For younger respondents (ages 15 to 19), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For older respondents (ages 65+), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For the mid age respondents (ages 20 to 64), there is one HSDA (North Vancouver Island) significantly higher, and no HSDA is significantly lower than the provincial rate.

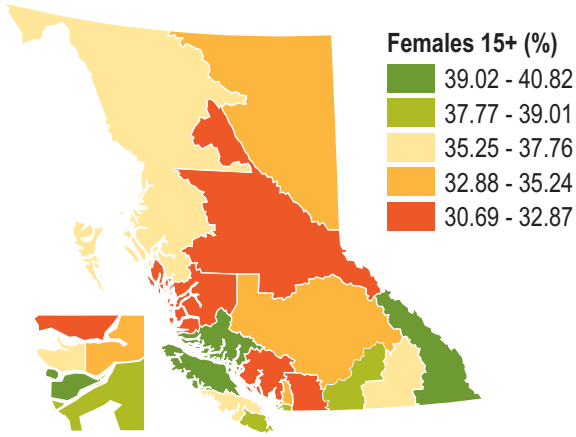
Within HSDAs:

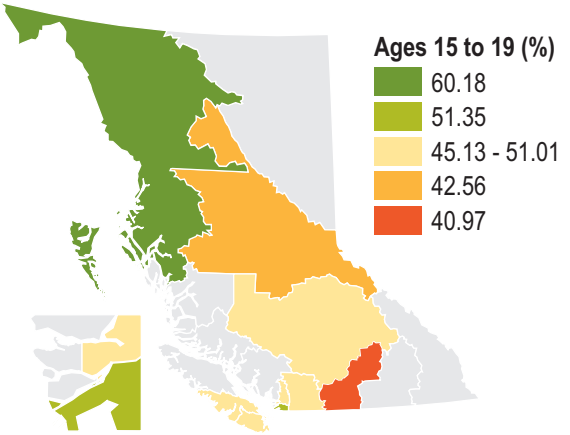
- For male respondents (ages 15+), no HSDA is significantly higher, and no HSDA is significantly lower than its respective female cohort.
- For younger respondents (ages 15 to 19), there are 4 HSDAs (Fraser North, Fraser South, South Vancouver Island and Northwest) significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort; however, 7 HSDAs had insufficient data for comparison.
- For older respondents (ages 65+), only one HSDA (North Vancouver Island) was not significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.

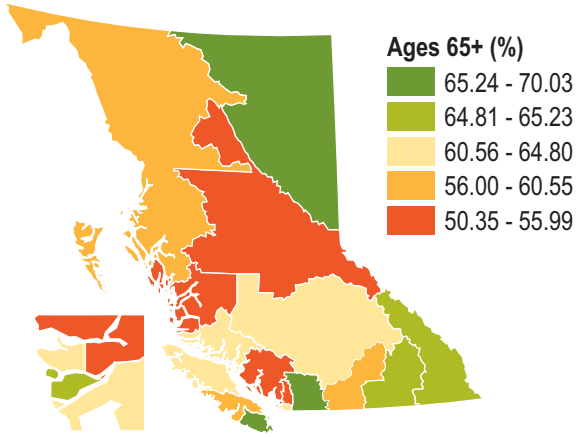
Most days are not at all stressful











Satisfied with life

Health Service Delivery Area	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
53 Northeast	94.10	95.41	92.76	91.06	96.08	94.43
11 East Kootenay	93.67	93.06	94.25	97.38	94.01	92.98
31 Richmond	93.23	90.80	95.46	91.89	93.56	93.37
33 North Shore/Coast Garibaldi	92.62	92.75	92.50	97.13	92.80	91.90
41 South Vancouver Island	92.37	91.55	93.10	94.39	94.87	91.50
22 Fraser North	92.21	91.16	93.22	93.03	88.52	92.69
12 Kootenay Boundary	91.87	94.17	89.52	89.89	91.86	92.19
43 North Vancouver Island	91.86	91.37	92.31	94.93	85.65	92.82
14 Thompson Cariboo Shuswap	91.47	93.61	89.43	93.18	93.51	90.72
21 Fraser East	91.05	90.65	91.44	97.01	93.77	89.39
42 Central Vancouver Island	90.91	90.85	90.96	96.36	88.40	90.71
13 Okanagan	90.74	93.08	88.54	93.33	93.89	89.34
51 Northwest	90.68	89.18	92.22	94.85	85.27	90.72
23 Fraser South	90.23	90.67	89.81	97.86†	90.49	88.97
52 Northern Interior	89.80	88.20	91.42	93.40	86.85	89.60
32 Vancouver	89.04	89.89	88.21	95.14	83.81	89.23
British Columbia	**91.16**	**91.27**	**91.05**	**94.97†**	**90.63**	**90.70**
Canada	**91.65**	**91.79**	**91.52**	**94.83†**	**91.51**	**91.16**

* males differ significantly from females.
† 12 to 19 age group differs significantly from 20 to 64 age group.
‡ 65+ age group differs significantly from 20 to 64 age group.

Cross hatching beside the provincial rate indicates the provincial rate is significantly different than the national rate, while cross hatched HSDAs are significantly different than the provincial rate.
E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).
F data suppressed (n < 25, or coefficient of variation > 33.3).

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 national level:

- Male respondents (ages 12+) have no significantly different rate of being satisfied with life than their female cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have no significantly different rate than the ages 20 to 64 cohort.

At the provincial level:

- When British Columbians are compared to the Canadian rate, no age or gender cohort is significantly different.
- Male respondents (ages 12+) have no significantly different rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate than the ages 20 to 64 cohort.
- Older respondents (ages 65+) have no significantly different rate than the ages 20 to 64 cohort.

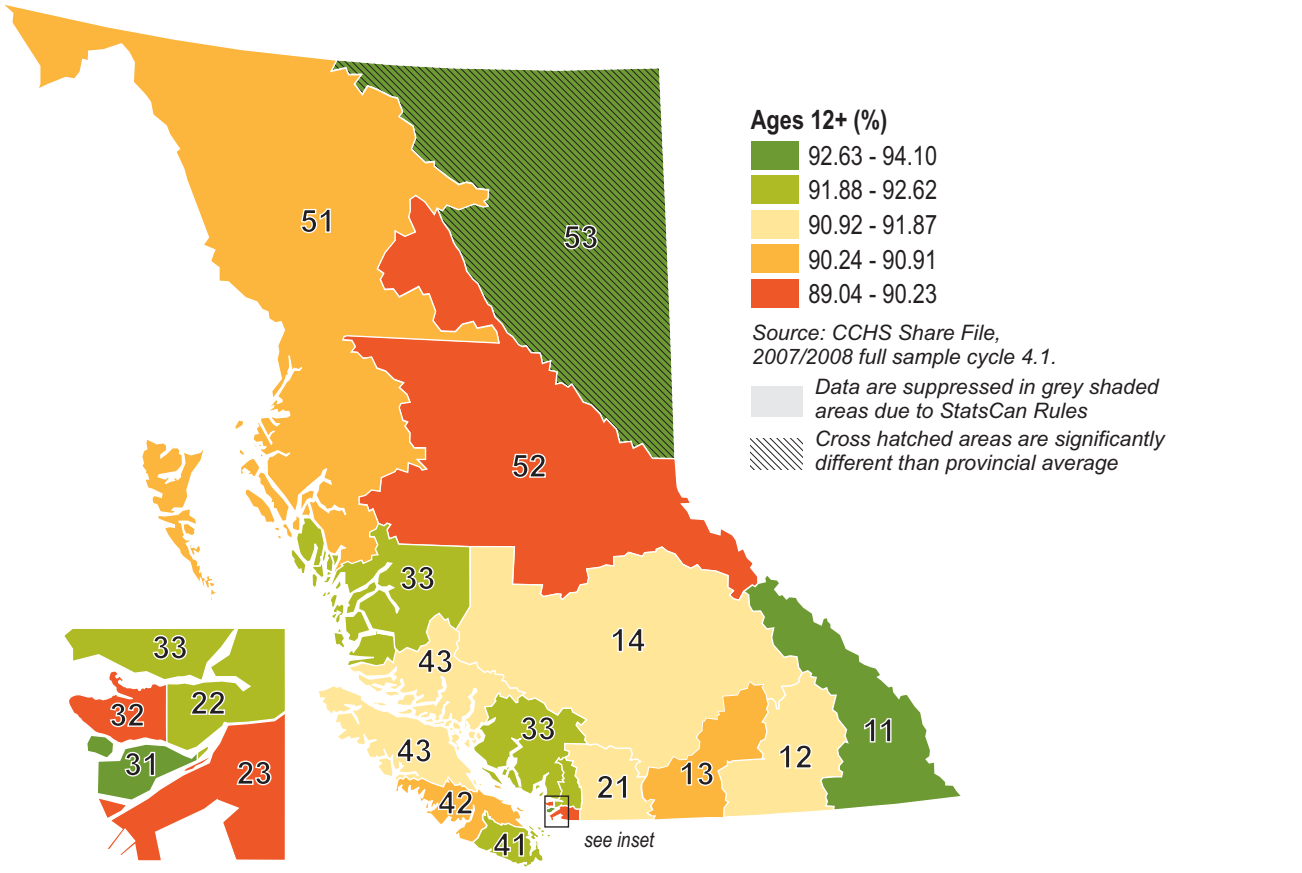
At the HSDA level:

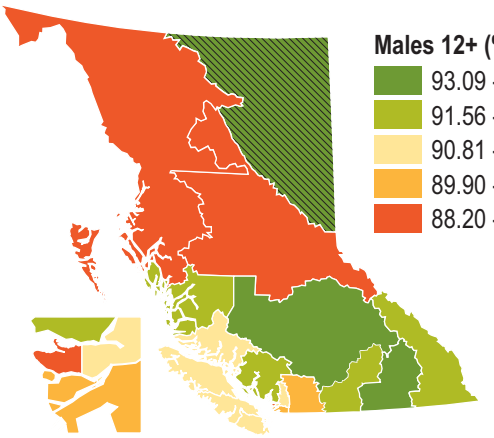
- The largest range in values among HSDAs (12.27 percentage points) occurs in respondents ages 65+, while the smallest range in values (5.06 percentage points) occurs in respondents ages 12+.
- For all respondents, there is one HSDA (Northeast) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For male respondents (ages 12+), there is one HSDA (Northeast) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For female respondents (ages 12+), there is one HSDA (Richmond) significantly higher, and no HSDA is significantly lower than the provincial rate.
- For younger respondents (ages 12 to 19), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For older respondents (ages 65+), no HSDA is significantly higher, and no HSDA is significantly lower than the provincial rate.
- For the mid age respondents (ages 20 to 64), there is one HSDA (Northeast) significantly higher, and no HSDA is significantly lower than the provincial rate.

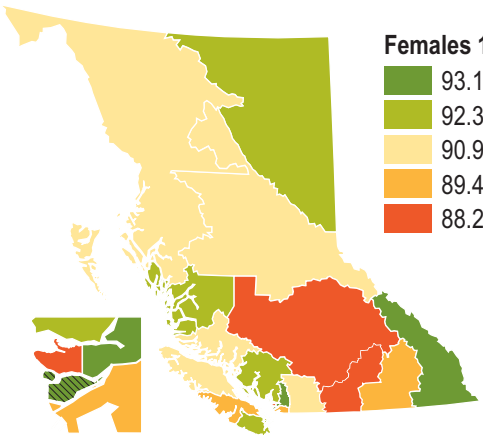
Within HSDAs:

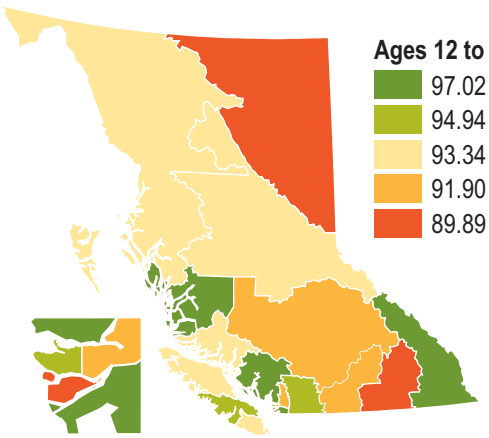
- For male respondents (ages 12+), no HSDA is significantly higher, and no HSDA is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19), there is one HSDA (Fraser South) significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.
- For older respondents (ages 65+), no HSDA is significantly higher, and no HSDA is significantly lower than its respective ages 20 to 64 cohort.

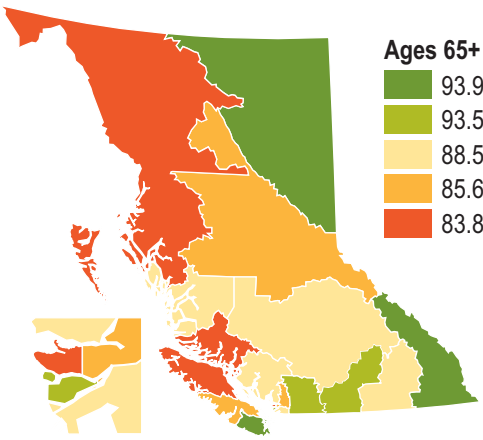
Satisfied with life











Outcomes index by gender

		Good/excellent health	Good/excellent oral health	Good/excellent mental health	Days not stressful	Satisfied with life	Summary
All Respondents	11 East Kootenay						0
	12 Kootenay Boundary						0
	13 Okanagan						0
	14 Thompson Cariboo Shuswap						0
	21 Fraser East						0
	22 Fraser North						0
	23 Fraser South						0
	31 Richmond						0
	32 Vancouver						0
	33 North Shore/Coast Garibaldi	1	1				2
	41 South Vancouver Island						0
	42 Central Vancouver Island						0
	43 North Vancouver Island						0
	51 Northwest						0
	52 Northern Interior						0
	53 Northeast					1	1
	British Columbia		-1	-1	1		-1
Male Respondents	11 East Kootenay						0
	12 Kootenay Boundary						0
	13 Okanagan						0
	14 Thompson Cariboo Shuswap						0
	21 Fraser East						0
	22 Fraser North						0
	23 Fraser South						0
	31 Richmond						0
	32 Vancouver						0
	33 North Shore/Coast Garibaldi						0
	41 South Vancouver Island						0
	42 Central Vancouver Island						0
	43 North Vancouver Island						0
	51 Northwest						0
	52 Northern Interior						0
	53 Northeast					1	1
	British Columbia			-1			-1
Female Respondents	11 East Kootenay						0
	12 Kootenay Boundary						0
	13 Okanagan						0
	14 Thompson Cariboo Shuswap						0
	21 Fraser East						0
	22 Fraser North						0
	23 Fraser South						0
	31 Richmond					1	1
	32 Vancouver						0
	33 North Shore/Coast Garibaldi			1			1
	41 South Vancouver Island						0
	42 Central Vancouver Island						0
	43 North Vancouver Island						0
	51 Northwest						0
	52 Northern Interior						0
	53 Northeast						0
	British Columbia		-1	-1	1		-1

+1 HSDA sig. > BC or BC sig. > Canada.
No significant difference.
-1 HSDA sig. < BC or BC sig. < Canada.

F - Data suppressed by Statistics Canada due to small sample size or a high coefficient of variation.

The index score is the aggregate of the “pluses” and “minuses” and is coloured green where positive, beige where zero, and red where negative.

Outcomes index by age

		Good/excellent health	Good/excellent oral health	Good/excellent mental health	Days not stressful	Satisfied with life	Summary
Younger Respondents	11 East Kootenay	1			F		1
	12 Kootenay Boundary				F		0
	13 Okanagan		1				1
	14 Thompson Cariboo Shuswap						0
	21 Fraser East			1			1
	22 Fraser North						0
	23 Fraser South						0
	31 Richmond				F		0
	32 Vancouver				F		0
	33 North Shore/Coast Garibaldi				F		0
	41 South Vancouver Island						0
	42 Central Vancouver Island	1					1
	43 North Vancouver Island				F		0
	51 Northwest						0
	52 Northern Interior						0
	53 Northeast				F		0
	British Columbia						0
Older Respondents	11 East Kootenay						0
	12 Kootenay Boundary						0
	13 Okanagan						0
	14 Thompson Cariboo Shuswap						0
	21 Fraser East						0
	22 Fraser North						0
	23 Fraser South	-1					-1
	31 Richmond			1			1
	32 Vancouver		-1				-1
	33 North Shore/Coast Garibaldi		1				1
	41 South Vancouver Island		1	1			2
	42 Central Vancouver Island						0
	43 North Vancouver Island						0
	51 Northwest						0
	52 Northern Interior						0
	53 Northeast						0
	British Columbia						0
Mid Age Respondents	11 East Kootenay						0
	12 Kootenay Boundary						0
	13 Okanagan						0
	14 Thompson Cariboo Shuswap						0
	21 Fraser East			-1			-1
	22 Fraser North						0
	23 Fraser South						0
	31 Richmond						0
	32 Vancouver						0
	33 North Shore/Coast Garibaldi	1					1
	41 South Vancouver Island						0
	42 Central Vancouver Island		-1				-1
	43 North Vancouver Island			1	1		2
	51 Northwest						0
	52 Northern Interior						0
	53 Northeast					1	1
	British Columbia		-1	-1	1		-1

+1 HSDA sig. > BC or BC sig. > Canada.

No significant difference.

-1 HSDA sig. < BC or BC sig. < Canada.

F - Data suppressed by Statistics Canada due to small sample size or a high coefficient of variation.

The index score is the aggregate of the “pluses” and “minuses” and is coloured green where positive, beige where zero, and red where negative.

Summary of wellness outcomes

Comparing HSDAs

For this group of indicators, the majority of HSDAs for all demographic cohorts reported neutral index scores for all indicators meaning that for this category there was very little significant variation from the provincial average values.

For all BC respondents, 14 of the 16 HSDAs reported overall index scores of 0 (neutral) leaving only two with positive scores: North Shore/Coast Garibaldi at +2 was the highest, followed by the Northeast at +1. North Shore/Coast Garibaldi was significantly higher than the provincial average for perceived good to excellent health and good to excellent oral health, while Northeast respondents had a significantly higher value than the provincial average for satisfaction with life.

For male respondents, only Northeast at +1 had a positive overall index score, while the remaining 15 had neutral scores. The positive score for Northeast can be attributed to a significantly higher value for being satisfied with life when compared with the provincial average. For female respondents, there were 14 HSDAs with neutral index scores and only two with positive scores: Richmond and North Shore/Coast Garibaldi both at +1. In Richmond, female respondents had a significantly higher value than the provincial average for life satisfaction, while those in North Shore/Coast Garibaldi had a significantly higher perceived level of good to excellent mental health.

For younger respondents, four HSDAs had positive overall index scores, while 12 were neutral. The four positively scoring HSDAs, all with overall scores of +1, included East Kootenay and Central Vancouver Island (both with significantly higher levels of perceived good to excellent health), Okanagan, with significantly higher levels of oral health, and Fraser East, with a significantly higher level of perceived good to excellent mental health when compared with the provincial average for their peer group. It should be noted that there were seven HSDAs with inadequate data to report on the stress indicator.

Older respondents had 11 neutral scoring HSDAs, three positive, and only two negative. South Vancouver Island with had a score of +2 with significantly high oral and perceived mental health. Richmond and North Shore/Coast Garibaldi both had scores of +1. Compared to the provincial average for this cohort, Richmond had significantly higher good to excellent perceived mental health, while North Shore/Coast Garibaldi had significantly higher good to excellent oral health. The lowest scoring HSDAs, both with scores of -1, were Fraser South and Vancouver; the former had significantly lower levels of perceived good to excellent health while the latter had significantly lower levels of oral health than their peers.

There was very little geographical variation worthy of note with this category of indicators.

Health Service DeliveryArea	All	Male	Female	Younger	Older
33 North Shore/Coast Garibaldi	2	0	1	0	1
53 Northeast	1	1	0	0	0
11 East Kootenay	0	0	0	1	0
12 Kootenay Boundary	0	0	0	0	0
13 Okanagan	0	0	0	1	0
14 Thompson Cariboo Shuswap	0	0	0	0	0
21 Fraser East	0	0	0	1	0
22 Fraser North	0	0	0	0	0
23 Fraser South	0	0	0	0	-1
31 Richmond	0	0	1	0	1
32 Vancouver	0	0	0	0	-1
41 South Vancouver Island	0	0	0	0	2
42 Central Vancouver Island	0	0	0	1	0
43 North Vancouver Island	0	0	0	0	0
51 Northwest	0	0	0	0	0
52 Northern Interior	0	0	0	0	0
British Columbia	-1	-1	-1	0	0

Comparing Demographic Cohorts

When comparing males within the province to females, males were significantly less likely to have good oral health.

Provincially, older respondents were less likely than their mid age counterparts to report having good to excellent self-perceived health, but more likely to report most days as being free of stress. Youth significantly outperformed the mid age cohort for every indicator in this category.

British Columbia/Canada Comparisons

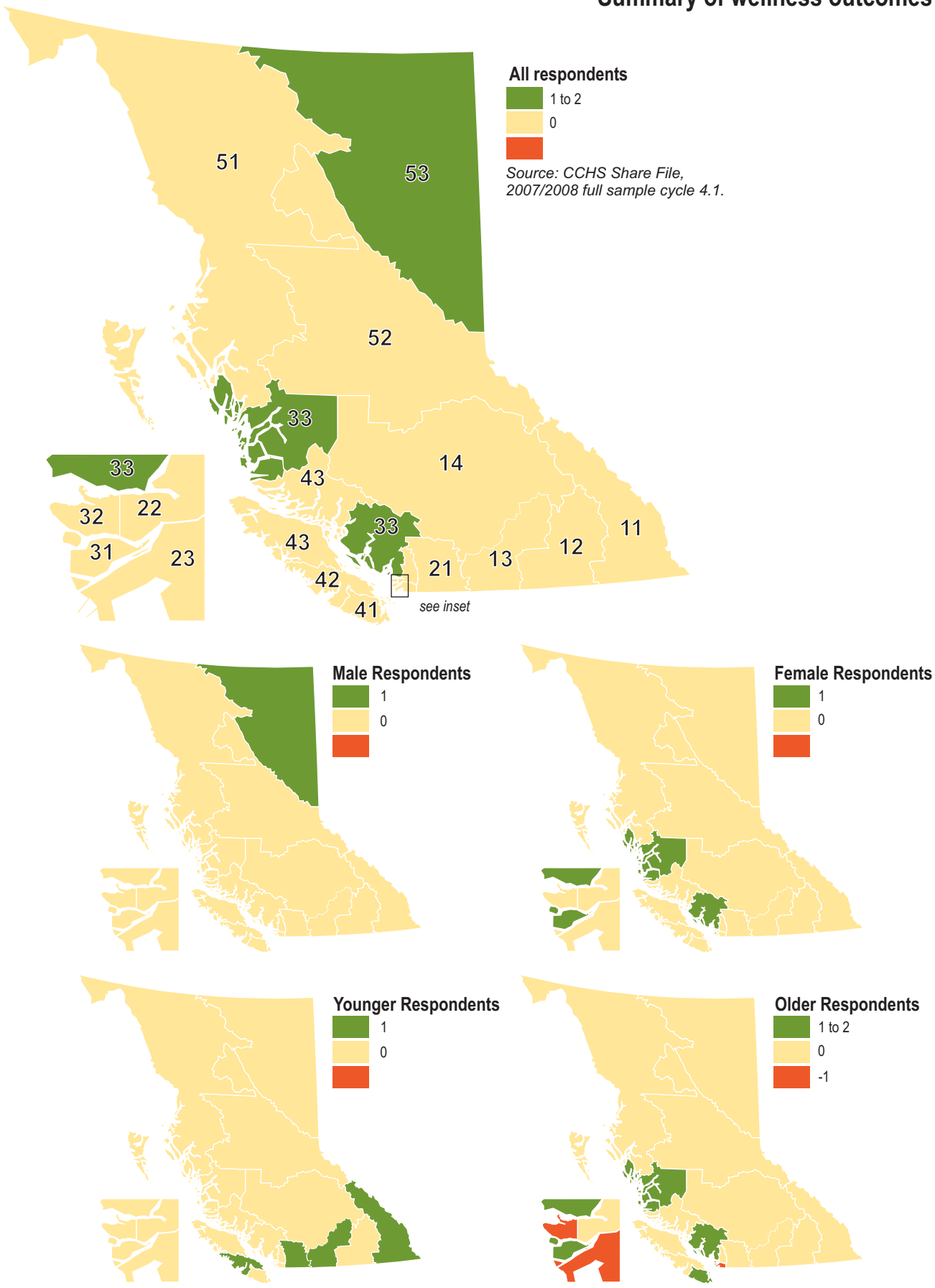
For this category of indicators, BC generally does not compare well with Canadian peer cohorts: four of the six cohort groups (including the mid age cohort) have an overall negative score when compared with Canadian averages.

For all respondents, the BC net index score was -1. While British Columbian respondents were significantly more likely than respondents across Canada to say that most days are not at all stressful, they were significantly less likely to self identify as having good to excellent oral or mental health.

For male respondents in BC there was an overall index score of -1; they were significantly below the national average in reporting that they had good to excellent mental health, but were no different for all other wellness outcome categories. Females provincially also had an overall score of -1. While BC female respondents were significantly more likely than female respondents across Canada to identify as having mostly stress-free days, they were significantly less likely to report good to excellent oral, and mental health.

In comparison to the younger peer group in the rest of Canada, younger respondents in BC did not stand out has being above or below average in any of the indicators in the category. The same was the case for older respondents in the province.

Summary of wellness outcomes

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CITY OF VICTORIA

8

Summary of findings

The following pages provide an overall summary of the findings from the 57 indicators presented in the previous chapters. These are presented in six maps and three supporting tables.

First an aggregated score based on the index scores from the six separate groups of wellness indicators already presented towards the end of the six previous chapters is developed. An aggregated summary index is created for each of the 16 Health Service Delivery Areas within the province based on the following cohorts:

- All respondents
- Male respondents
- Female respondents
- Younger respondents
- Mid age respondents
- Older respondents

Combining the indicators in this manner means that each indicator is given equal weight. The development of the aggregated summary indicators is provided in the table on the next two pages. From this table, wellness scores and ratings are developed into two summary tables which show HSDAs in terms of whether they have overall positive wellness, neutral or negative wellness attributes, based on the aggregate of all of the wellness indicators. The tables also provide a relative ranking for the six demographic cohort groups noted above. From these tables supporting maps are developed to show the geographical variations within the province.

Short summary descriptions of the maps and tables are provided to describe how HSDAs compare with each other and also how BC compares with Canada as a whole.

The indicators that we have presented here were based in part on previous wellness publications, support for ActNow BC and our own interests. But as with material provided in the earlier wellness publications, users can develop their own overall wellness indices by deciding which of the 57 indicators are most important and eliminating the least important ones, or giving more weight to the ones which are thought to be the most important. For example, if being free of COPD is not considered to be important it can be dropped entirely, or if satisfaction with life is thought to be very critical it can be given a much higher weighting than all other indicators. The importance and weighting of indicators can be decided in a number of ways (e.g., Delphi approach, focus groups) that make the most sense to the user. Users may also wish to add other indicators not used here.

Caution is advised in interpreting the overall wellness scores for a variety of reasons. In some instances indicators may be given higher than equal weighting because they may also be included in a derived variable. This is noted in the text where this may occur. Also, users are reminded that not all of the population was sampled, only those in the community. Finally, we use the terms younger, mid age, and older respondents because there is not always a consistent age cohort used. Overall, however, the effects of these issues are likely to be small, and the “pictures” provide an opportunity to observe major differences and inequalities in wellness throughout the province.

Summary index by gender

		Wellness assets	Smoke-free environment	Nutrition/food secure/alcohol	Physical activity	No chronic conditions	Wellness outcomes	Overall summary
All Respondents	11 East Kootenay	-2	-2	-3	1	-3	0	-9
	12 Kootenay Boundary	1	-1	-2	4	-3	0	-1
	13 Okanagan	2	0	0	0	-6	0	-4
	14 Thompson Cariboo Shuswap	-1	-4	0	0	-2	0	-7
	21 Fraser East	-6	0	3	1	1	0	-1
	22 Fraser North	-1	1	1	-3	2	0	0
	23 Fraser South	-2	1	0	0	1	0	0
	31 Richmond	-3	2	7	-4	7	0	9
	32 Vancouver	-1	1	2	0	6	0	8
	33 North Shore/Coast Garibaldi	5	2	5	2	2	2	18
	41 South Vancouver Island	5	3	1	5	-1	0	13
	42 Central Vancouver Island	1	0	-2	1	-5	0	-5
	43 North Vancouver Island	-2	2	-1	1	-2	0	-2
	51 Northwest	-2	-1	-1	0	-1	0	-5
	52 Northern Interior	-3	-3	-2	-1	-1	0	-10
	53 Northeast	0	-3	-6	0	1	1	-7
	British Columbia	4	3	3	3	-1	-1	11
Male Respondents	11 East Kootenay	-2	-2	-3	0	-1	0	-8
	12 Kootenay Boundary	-1	-1	-1	2	-1	0	-2
	13 Okanagan	2	-1	1	1	-3	0	0
	14 Thompson Cariboo Shuswap	-2	-3	-1	1	-2	0	-7
	21 Fraser East	-4	-1	-1	0	0	0	-6
	22 Fraser North	-2	1	1	-2	2	0	0
	23 Fraser South	0	0	0	1	1	0	2
	31 Richmond	0	2	1	-1	2	0	4
	32 Vancouver	-1	1	1	0	3	0	4
	33 North Shore/Coast Garibaldi	2	1	6	1	1	0	11
	41 South Vancouver Island	5	0	-1	1	-1	0	4
	42 Central Vancouver Island	1	1	0	1	-3	0	0
	43 North Vancouver Island	-1	0	4	1	-1	0	3
	51 Northwest	-6	-1	0	-1	-1	0	-9
	52 Northern Interior	-2	-3	-1	0	0	0	-6
	53 Northeast	1	-2	-4	-1	1	1	-4
	British Columbia	4	4	1	4	-3	-1	9
Female Respondents	11 East Kootenay	0	-2	-1	2	-3	0	-4
	12 Kootenay Boundary	0	0	0	4	-1	0	3
	13 Okanagan	2	0	0	0	-6	0	-4
	14 Thompson Cariboo Shuswap	1	-2	0	0	-1	0	-2
	21 Fraser East	-5	1	2	1	2	0	1
	22 Fraser North	-3	0	0	-2	0	0	-5
	23 Fraser South	0	1	0	-1	0	0	0
	31 Richmond	0	2	7	-2	5	1	13
	32 Vancouver	1	1	0	1	3	0	6
	33 North Shore/Coast Garibaldi	4	2	-1	1	1	1	8
	41 South Vancouver Island	4	1	2	4	0	0	11
	42 Central Vancouver Island	2	-1	0	0	-1	0	0
	43 North Vancouver Island	-2	1	1	2	-1	0	1
	51 Northwest	0	-1	-1	0	0	0	-2
	52 Northern Interior	-3	-1	-1	0	-1	0	-6
	53 Northeast	-4	-4	-2	0	0	0	-10
	British Columbia	4	4	2	4	2	-1	15

+1 HSDA sig. > BC or BC sig. > Canada.
No significant difference.
-1 HSDA sig. < BC or BC sig. < Canada.

F - Data suppressed by Statistics Canada due to small sample size or a high coefficient of variation.
The index score is the aggregate of the “pluses” and “minuses” and is coloured green where positive, beige where zero, and red where negative.

Summary index by age

		Wellness assets	Smoke-free environment	Nutrition/food secure/alcohol	Physical activity	No chronic conditions	Wellness outcomes	Overall summary
Younger Respondents	11 East Kootenay	-1	0	4	1	4	1	9
	12 Kootenay Boundary	-1	0	0	1	3	0	3
	13 Okanagan	-1	-1	0	1	2	1	2
	14 Thompson Cariboo Shuswap	0	-1	1	1	2	0	3
	21 Fraser East	-1	0	1	0	1	1	2
	22 Fraser North	0	0	1	-1	7	0	7
	23 Fraser South	0	0	0	0	4	0	4
	31 Richmond	1	1	1	0	6	0	9
	32 Vancouver	1	0	3	0	5	0	9
	33 North Shore/Coast Garibaldi	0	0	1	0	1	0	2
	41 South Vancouver Island	0	0	0	2	1	0	3
	42 Central Vancouver Island	2	-1	0	1	3	1	6
	43 North Vancouver Island	0	0	3	0	2	0	5
	51 Northwest	-2	0	-1	1	4	0	2
	52 Northern Interior	-1	-1	0	0	2	0	0
	53 Northeast	-1	0	0	0	2	0	1
	British Columbia	-1	3	1	0	1	0	4
Older Respondents	11 East Kootenay	-1	0	1	1	0	0	1
	12 Kootenay Boundary	0	0	2	2	1	0	5
	13 Okanagan	4	0	0	0	0	0	4
	14 Thompson Cariboo Shuswap	1	-1	1	1	0	0	2
	21 Fraser East	-5	2	0	0	0	0	-3
	22 Fraser North	1	2	2	-2	-1	0	2
	23 Fraser South	1	1	0	-2	0	-1	-1
	31 Richmond	0	1	-1	-1	-1	1	-1
	32 Vancouver	-3	0	0	-1	2	-1	-3
	33 North Shore/Coast Garibaldi	2	1	7	1	3	1	15
	41 South Vancouver Island	3	2	0	1	0	2	8
	42 Central Vancouver Island	2	0	0	0	0	0	2
	43 North Vancouver Island	0	1	0	0	0	0	1
	51 Northwest	-1	-1	1	-2	0	0	-3
	52 Northern Interior	-3	-1	-1	0	-1	0	-6
	53 Northeast	1	-1	1	0	-1	0	0
	British Columbia	4	1	0	3	-2	0	6
Mid Age Respondents	11 East Kootenay	-1	-2	-1	2	-4	0	-6
	12 Kootenay Boundary	3	-1	-1	4	-3	0	2
	13 Okanagan	1	0	0	1	-6	0	-4
	14 Thompson Cariboo Shuswap	0	-3	0	1	-2	0	-4
	21 Fraser East	-5	0	3	0	0	-1	-3
	22 Fraser North	0	0	1	-1	0	0	0
	23 Fraser South	-2	0	2	0	0	0	0
	31 Richmond	-2	2	9	-4	8	0	13
	32 Vancouver	1	1	0	0	5	0	7
	33 North Shore/Coast Garibaldi	3	2	2	2	2	1	12
	41 South Vancouver Island	5	1	1	4	-1	0	10
	42 Central Vancouver Island	2	0	-2	1	-4	-1	-4
	43 North Vancouver Island	0	1	-2	1	-1	2	1
	51 Northwest	0	-1	0	0	-2	0	-3
	52 Northern Interior	0	-2	-2	-1	-1	0	-6
	53 Northeast	-1	-3	-3	0	1	1	-5
	British Columbia	2	4	2	4	-1	-1	10

+1 HSDA sig. > BC or BC sig. > Canada.
No significant difference.
-1 HSDA sig. < BC or BC sig. < Canada.

F - Data suppressed by Statistics Canada due to small sample size or a high coefficient of variation.

The index score is the aggregate of the “pluses” and “minuses” and is coloured green where positive, beige where zero, and red where negative.

Aggregate summary of findings by gender

The results presented in this section are a summary of all indicators presented in this supplement - providing a score that represents a total tally of all index scores for each demographic gender cohort.

All Respondents

For all respondents in BC, there were four HSDAs with positive index scores ten with negative scores and two with neutral scores. North Shore/Coast Garibaldi was the highest scoring HSDA with an overall score of +18. South Vancouver Island had the second highest index score at +13, followed by Richmond (+9) and Vancouver (+8). Northern Interior had the lowest score of all the HSDAs at -10 followed closely by East Kootenay at -9. Thompson Cariboo Shuswap and Northeast both had scores of -7.

Relative to all Canadian respondents, BC had an overall index score of +11. Positive scores were seen for Wellness Assets, Smoke Free Environments, Nutrition, Food Security and Alcohol Consumption, and Physical Activity and Weight indicators, while Chronic Conditions and Wellness Outcomes had overall negative scores.

Male Respondents

For male respondents, there were six positively scoring HSDAs, seven negative and three neutral. Once again, North Shore/Coast Garibaldi was the highest scoring HSDA with +11, distantly followed by three HSDAs, South Vancouver Island, Richmond and Vancouver, all with scores of +4. Northwest had the lowest score for this cohort at -9, followed by East Kootenay at -8 and Thompson Cariboo Shuswap at -7.

Compared to Canadian male respondents as a whole, BC had a positive overall score of +9 with positive scores for Wellness Assets, Smoke Free Environments, Nutrition, Food Security and Alcohol Consumption, and Physical Activity and Weight Indicators. Chronic Conditions and Wellness Outcomes, however, had negative scores.

Female Respondents

In a similar pattern to the male cohort, female respondents had seven HSDAs with positive index scores, seven with negative scores and two with neutral scores. The highest scoring HSDA was Richmond at +13, followed by South Vancouver Island at +11, North Shore/Coast Garibaldi with +8 and Vancouver with +6. The lowest scoring HSDA was the Northeast at -10, followed by Northern Interior at -6, Fraser North at -5 and East Kootenay at -4.

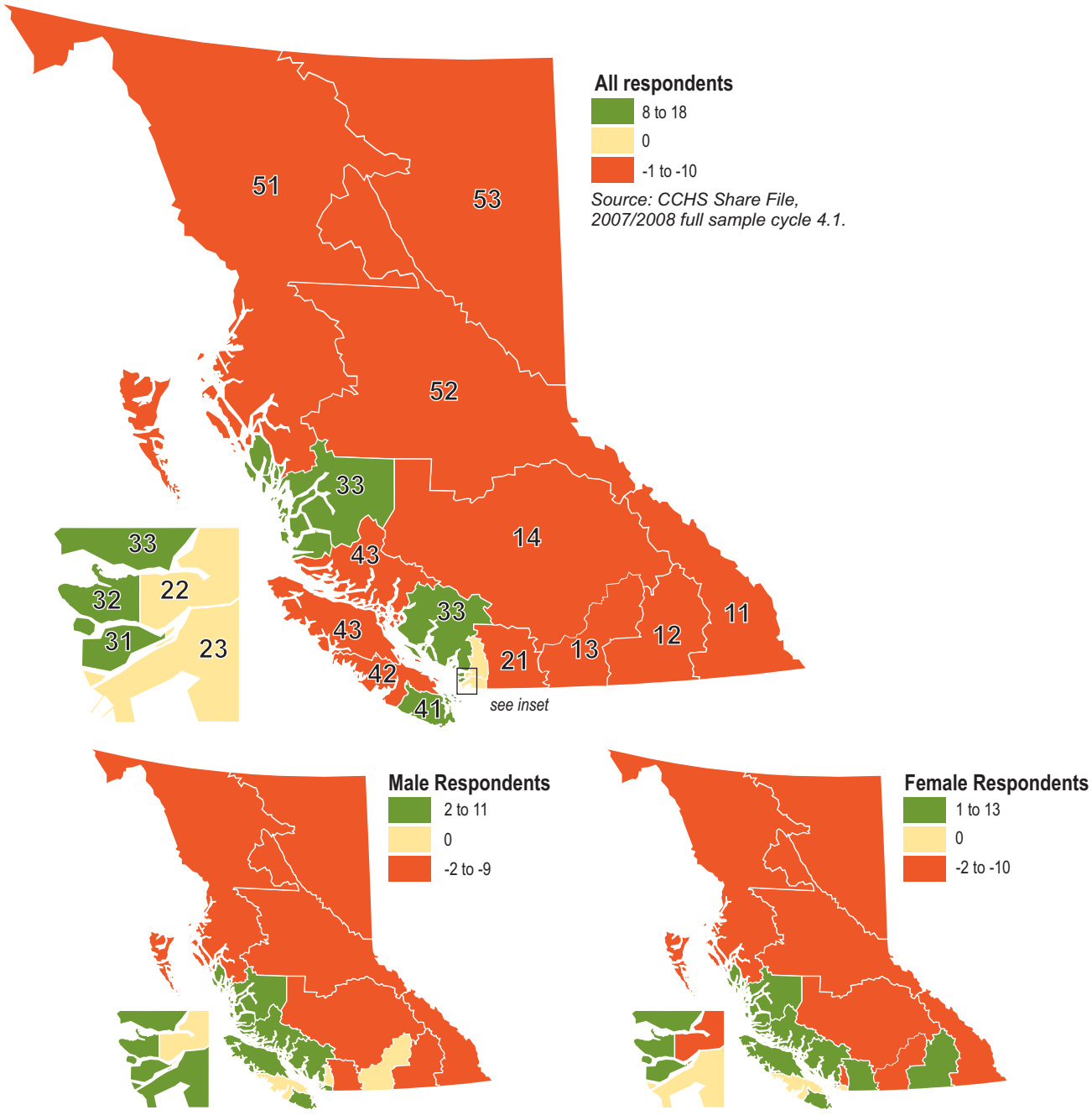
For BC, female respondents had a positive overall index score of +15, when compared with female respondents for Canada as a whole, with positive index scores for all categories except Wellness Outcomes which had a negative overall score.

Geographic Trends

The lower mainland and South Vancouver Island generally had positive attributes for these cohorts. Moving away from the south west of the province both northwards and eastwards saw an increasing reduction in overall wellness scores, such that all of the northern part of the province had negative scores, as did the central interior and extreme south east.

Health Service Delivery Area	All	Male	Female
33 North Shore/Coast Garibaldi	18	11	8
41 South Vancouver Island	13	4	11
31 Richmond	9	4	13
32 Vancouver	8	4	6
23 Fraser South	0	2	0
22 Fraser North	0	0	-5
12 Kootenay Boundary	-1	-2	3
21 Fraser East	-1	-6	1
43 North Vancouver Island	-2	3	1
13 Okanagan	-4	0	-4
42 Central Vancouver Island	-5	0	0
51 Northwest	-5	-9	-2
53 Northeast	-7	-4	-10
14 Thompson Cariboo Shuswap	-7	-7	-2
11 East Kootenay	-9	-8	-4
52 Northern Interior	-10	-6	-6
British Columbia	11	9	15

Aggregate summary of findings by gender



Aggregate summary of findings by age

The results presented in this section are a summary of all indicators presented in this supplement – providing a score that represents a total tally of all index scores for each demographic age cohort.

Mid Age Respondents

There were six positively scoring HSDAs, eight negative and two neutral. The highest scoring HSDAs in this age group were Richmond at +13, North Shore/Coast Garibaldi at +12 and South Vancouver Island at +10. The lowest scoring HSDAs were East Kootenay and the Northern Interior both with scores of -6, followed by Northeast at -5.

Compared to the Canadian mid age cohort, BC had an overall index score of +10. Overall, British Columbians in this age group had overall positive scores for indicators related to Wellness Assets, Smoke-Free Environments, Nutrition, Food Security and Alcohol Consumption and Physical Activity and Weight Indicators. Negative scores were recorded for Chronic Disease and Wellness Outcomes.

Younger Respondents

For the younger cohort, 15 of 16 HSDAs had positive overall index scores and the remaining one had a neutral score. The highest scoring HSDAs for youth were East Kootenay, Richmond and Vancouver all with overall index scores of +9. The Northern Interior, with a neutral score of 0 was the lowest scoring HSDA.

For younger respondents across the province, the overall index score for all indicators in all categories was +4 with positive scores for indicators related to Smoke-free, Nutrition, Food Security and Alcohol Consumption and Chronic Disease and a negative score for Wellness Assets.

Older Respondents

For older respondents, there were nine positive HSDAs, six negative and one neutral. The North Shore/Coast Garibaldi was by far the highest scoring HSDA at +15, followed by South Vancouver Island at +8, and Kootenay Boundary at +5. The Northern Interior had the lowest score at -6.

Health Service DeliveryArea	Mid age	Younger	Older
31 Richmond	13	9	-1
33 North Shore/Coast Garibaldi	12	2	15
41 South Vancouver Island	10	3	8
32 Vancouver	7	9	-3
12 Kootenay Boundary	2	3	5
43 North Vancouver Island	1	5	1
23 Fraser South	0	4	-1
22 Fraser North	0	7	2
21 Fraser East	-3	2	-3
51 Northwest	-3	2	-3
13 Okanagan	-4	2	4
42 Central Vancouver Island	-4	6	2
14 Thompson Cariboo Shuswap	-4	3	2
53 Northeast	-5	1	0
52 Northern Interior	-6	0	-6
11 East Kootenay	-6	9	1
British Columbia	10	4	6

Compared to Canadian older respondents, BC had an overall score of +6. This age group in BC scored well on indicators related to Wellness Assets, Smoke-Free Environments and Nutrition, Food Security and Alcohol Consumption but scored poorly for Chronic Disease.

Geographic Trends

Geographically, the North Shore/Coast Garibaldi, and South Vancouver Island had the most consistent positive scores for all age cohorts followed by Kootenay Boundary and North Vancouver Island. The south west to north and south west to south east deteriorating gradient, while evident for the mid age cohort, was far from consistent for the younger and older age cohorts.

Aggregate summary of findings by age