

# The Geography of Wellness and Well-being Across Canada



A Supplement to the BC Atlas of Wellness  
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Department of Geography, University of Victoria  
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## Preface

The British Columbia Atlas of Wellness Supplement, *The Geography of Wellness and Well-being*, 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 earlier publications focused on wellness and well-being variations within British Columbia (BC) only, with some very limited comparisons made with Canadian averages.

At the outset, it must be noted that only 50 indicators have been chosen from among many available from the 2007 CCHS 4.1. As such the results are not meant to give conclusive results on wellness and well-being by any means. The maps, however, do suggest that certain geographical patterns exist. This *Supplement* also provides just one framework and technique for comparing wellness and well-being among provinces and territories and many others are possible.

Indicators are mapped not only for the total sample, but also for different gender and age cohorts. The data contained within this *Supplement* can also be used by readers to focus on a variety of different wellness and well-being related areas, and to construct their own indices as they feel appropriate for their work.

While the key focus of this *Supplement* is to examine geographic patterns of wellness and well-being among Canadian provinces and territories, there are also opportunities to examine differences between genders and among differing age cohorts at the national and individual provincial and territorial levels. For example, at the national level, female respondents did significantly better than male respondents on 24, and significantly poorer on 21, of the 50 indicators. There was no significant difference for only five of the indicators. Younger respondents did significantly better than mid age respondents on 27, and significantly poorer on 16 of the indicators, with no significant difference for seven of the indicators. Older respondents did significantly better than mid age respondents on 14, and significantly poorer on 27 of the indicators, while there was no significant difference for nine of the indicators.

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

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I CAN'T  
STAND



WAITING



FOR THE  
STAIRS

**Step Up To A  
Healthier Lifestyle**



**Creating  
Enthusiasm for  
Stairwells**

# 1

## Introduction to the supplement

This is the second Wellness Supplement to be produced in support of *The BC Atlas of Wellness* which was published in 2007 (Leslie T. Foster and C. Peter Keller, *The BC Atlas of Wellness*, Western Geographical Press, University of Victoria). The first *Supplement* focused on seniors' wellness issues using the Canadian Community Health Survey data for 2005 (CCHS: 3.1) and provided maps of 39 separate indicators of seniors' wellness (Brian McKee, Leslie T. Foster and C. Peter Keller, (2008). *The BC Atlas of Wellness Seniors Supplement*, Department of Geography, University of Victoria).

This second *Supplement* focuses on wellness comparisons among Canada's provinces and territories using the latest results from the 2007 Canadian Community Health Survey (CCHS: 4.1). In total 50 indicators are used to map the differences in wellness factors among the provinces and territories.

### **Brief Background to Wellness Monitoring in BC**

In 2005 the BC Government introduced a new health promotion initiative called ActNow BC. This initiative was a response to concerns raised by a 2004 report from the BC Select Standing Committee on Health which noted that 40% of the most chronic diseases resulted from preventable factors such as smoking, poor diet, physical inactivity and the resulting unhealthy weights, especially obesity, and irresponsible alcohol use. Accordingly

government set ambitious goals for improvements in key areas to be achieved by 2010, the year that BC hosts the winter Olympic and Paralympic Games. These target improvements in health were organized around five key pillars, as follows:

- 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%; and
- Increase the number of women counseled about alcohol use during pregnancy by 50%.

Government recognized that it, alone, could not meet these goals and so key community partners were provided with funding to help mobilize efforts to meet these targets. In addition every government ministry was asked to contribute in some manner towards the goals and a cross ministry committee of Assistant Deputy Ministers was created to rally around the achievement of these goals. *The BC Atlas of Wellness* was initially a project developed to assist ministries to reflect on how their program areas and mandates could help achieve the ActNow BC goals, and to develop indicators that might reflect how they could contribute to ActNow BC.

The approach of *The BC Atlas of Wellness* was to take a positive approach to measuring health-related factors that we refer to as “wellness assets”. Rather than focusing on deficits (such as obesity, smoking or specific illnesses) we looked at factors such as “healthy weights”, “non-smoking behaviour” or being free of specific poor health conditions. These are viewed as assets of wellness. In monitoring health and behaviours, we took a half-full approach, rather than a half-empty approach. The latter has tended to be the common way of measuring and monitoring health in the past. In addition, mapping these indicators across the province provided a model for examining how wellness varies throughout BC. This helps ensure that inequities in wellness are not forgotten because of a focus on provincial level indicators. Further, by examining those geographic areas that excel in specific wellness indicators, lessons can be learned and promising practices can be adopted by those areas who do less well.

### **The Canadian Community Health Survey (CCHS) Sample Data**

At the outset it must be noted that CCHS data are collected by questionnaire from individuals in the community, and do not include results from individuals who reside in hospitals, long term care institutions, prisons, on Indian reserves, in very small communities or in Canada’s military. Secondly, it is a sample of individuals. The data used are the Share File, rather than the Master File for CCHS 4.1. Only those survey data which respondents specifically indicated could be used by the provinces are included in this *Supplement*. While the Master File has a total sample (N) of 65,946, the Sample File is about 5% smaller at N = 62,657. Therefore, caution in interpreting these data and maps is necessary based on these limitations.

The total sample sizes (N), by province, territory, age grouping and gender, used in the *Supplement* are given in the table opposite. It is important to note that the sample size is only about 50% of the sample size used in 2005 (CCHS: 3.1). Statistics Canada has moved to sampling every year, rather than every other year and so the sample size has been reduced accordingly. This means that the confidence intervals related to each value in the 2007 survey are greater than in the 2005 sample, and users of these data need to be aware of this difference. Confidence intervals have been calculated so that statistical significance is provided at the 95% confidence level. This allows us to make statements related to the statistical significance of variations in values between age groups, genders and geographies. Confidence intervals are used when values are based on sample surveys like the CCHS. The intervals provide the range within which the true value for the total population actually lies. The range used for determining the statistical significance of the indicators is at the 95% level. This means that if the survey was repeated, the same results would occur within this range 95 times out of 100.

Some key characteristics of the survey and respondents are as follows:

- The questionnaires were administered throughout the whole of 2007 but not on an equal monthly basis: a low of 4% of the sample was collected in December and a high of over 12% in November;
- Over 78% were administered in English, nearly 13% were administered in French and the remainder (approximately 9%) administered in other languages;
- 52% of respondents were married or in a common law relationship; 20% were widowed, separated or divorced; and 28% had never been married;

## Sample size for CCHS Cycle 4.1(Share File)

Province/Territory	12+	Male	Female	12-19	20-64	65+
Nfld and Labrador	1,901	817	1,084	199	1,304	398
Prince Edward Island	1,362	594	768	131	916	315
Nova Scotia	2,480	1,037	1,443	228	1,614	638
New Brunswick	2,617	1,161	1,456	291	1,731	595
Quebec	11,743	5,355	6,388	1,198	7,981	2,564
Ontario	20,780	9,436	11,344	2,212	13,730	4,838
Manitoba	3,556	1,675	1,881	426	2,272	858
Saskatchewan	3,608	1,675	1,933	397	2,284	927
Alberta	5,642	2,611	3,031	678	3,969	995
<b>British Columbia</b>	<b>7,399</b>	<b>3,367</b>	<b>4,032</b>	<b>720</b>	<b>4,969</b>	<b>1,710</b>
Yukon	615	298	317	57	487	71
Northwest Territories	590	264	326	67	468	55
Nunavut	364	178	186	46	306	12
<b>Canada</b>	<b>62,657</b>	<b>28,468</b>	<b>34,189</b>	<b>6,650</b>	<b>42,031</b>	<b>13,976</b>

- 83% of respondents were born in Canada; just over 2% were from the UK; 1% from the US; and just less than 1% from China;
- 5% of respondents indicated that were aboriginal;
- 73% owned, or had a family member own, the residence they occupied.

As with *The BC Atlas of Wellness* and the Seniors Supplement, indicators are mapped based on positive responses to the questions asked in CCHS: 4.1 and in most instances five demographic groups are mapped so that comparisons can be made among the 10 provinces and 3 territories of Canada. Each indicator has five maps to a page based on the following factors:

- Age 12 and over population;
- Males;
- Females;
- 12 to 19 age group;
- 65 and over age group.

In addition, although not mapped, data are also available for a mid age group (20 to 64 years of age). Generally speaking the patterns of this mid age group are quite similar to the age 12 and over group. This allows visual comparisons among

provinces and also between different demographic groups. Tables also accompany the maps on the facing page so that it is possible to explore statistically significant differences between provinces and territories when compared to the Canadian average and within individual provinces and territories for the following groups:

- Age 12 to 19 compared with those between age 20 to 64;
- Age 65 and over compared with those between age 20 to 64;
- Males age 12 and over compared with females age 12 and over.

Key points generated by a computer program developed specifically for this purpose accompany each indicator and describe statistically significant differences among provinces and territories and between demographic factors.

There are some exceptions to this format. For example, questions related to educational achievement and those questions related to work have different age groups and are noted in the text where these occur. This is necessary to better reflect the age conditions related to these variables (e.g., those working are usually 15 years or older and usually less than 75 years; those completing Grade 12

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are usually 18 or older, while those completing a post secondary degree are usually 24 years or older).

### **Wellness Groupings in the Supplement**

This *Supplement* groups the mapped indicators into six key chapters as follows:

- Chapter 2: Wellness assets (9 indicators);
- Chapter 3: Smoke free environments and behaviour (6 indicators);
- Chapter 4: Nutrition and food security (7 indicators);
- Chapter 5: Physical activity (10 indicators);
- Chapter 6: Free of chronic conditions (10 indicators);
- Chapter 7: Wellness outcomes (8 indicators).

At the end of each of these chapters is a summary of the overall trend and patterns related to the specific group of wellness indicators included in the chapter and also an indication of how well BC does overall

compared to the other provinces and territories.

The final part of this *Supplement*, Chapter 8, aggregates all of the indicators to give an overall “ranking” of provinces and territories relative to one another, and also profiles how BC compares with other provinces and territories. This ranking is based on those indicators that are statistically significantly different from the Canadian average. If the provincial average for an indicator is significantly higher than the Canadian average, it is given a value of +1; if it is significantly lower, a value of -1 is given. These values are then aggregated to give an overall score (+ or -) so that comparisons among provinces and territories can be made. These comparisons are provided for the key age cohorts noted above and also for males and females, separately.

### **Reading the Tables and Maps**

Pages 6 to 9 provide a guide to interpreting the maps and tables contained in this *Supplement*.



Canadian Community Health Survey sample data

Province/Territory	All respondents 12+(%)	Males 12+(%)	Females 12+(%)	Ages 12-19(%)	Ages 65+(%)	Ages 20-64(%)
British Columbia	53.71	45.02*	62.88	39.51†	79.19‡	50.31
Ontario	53.42	43.63*	64.18	42.50†	79.72‡	50.09
Quebec	51.50	41.41*	61.90	41.74	78.92‡	47.68
Saskatchewan	47.95	37.32*	59.41	28.10†	88.44‡	43.01
Manitoba	47.54	37.37*	58.91	25.70E†	75.96‡	45.14
Alberta	45.77	34.20*	58.55	30.25†	84.13‡	42.72
New Brunswick	44.74	33.53*	55.96	30.76	78.79‡	41.35
Nova Scotia	44.38	34.01*	54.19	33.00	83.08‡	39.19
Prince Edward Island	42.91	27.87*	58.15	F	80.13‡	38.88
Nfld and Labrador	39.35	25.54*	53.46	30.77E	76.28‡	35.21
Nunavut	37.90	27.14E	48.85E	F	F	34.44
Yukon	35.05	24.99*	46.82	F	71.57‡	33.87
Northwest Territories	29.38	19.15E*	40.51	F	F	27.94
Canada	51.09	41.04*	61.83	38.85†	79.92‡	47.54

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

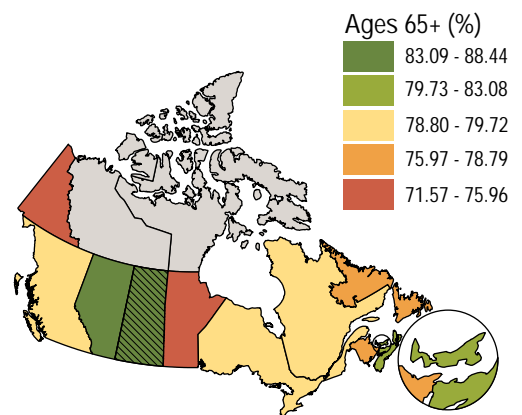
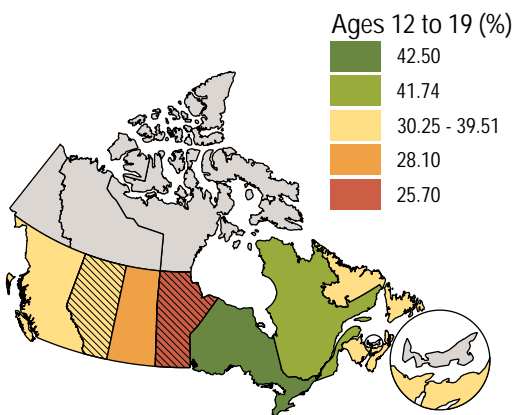
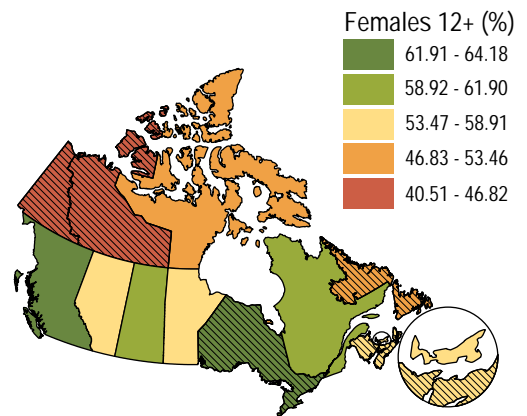
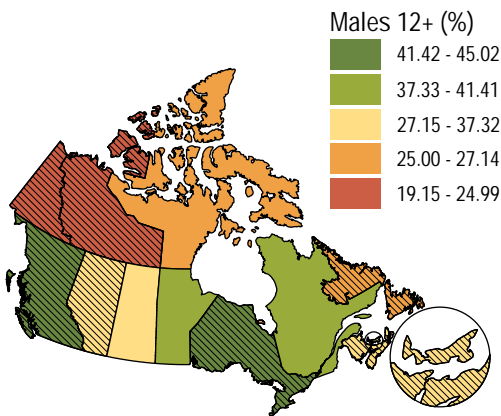
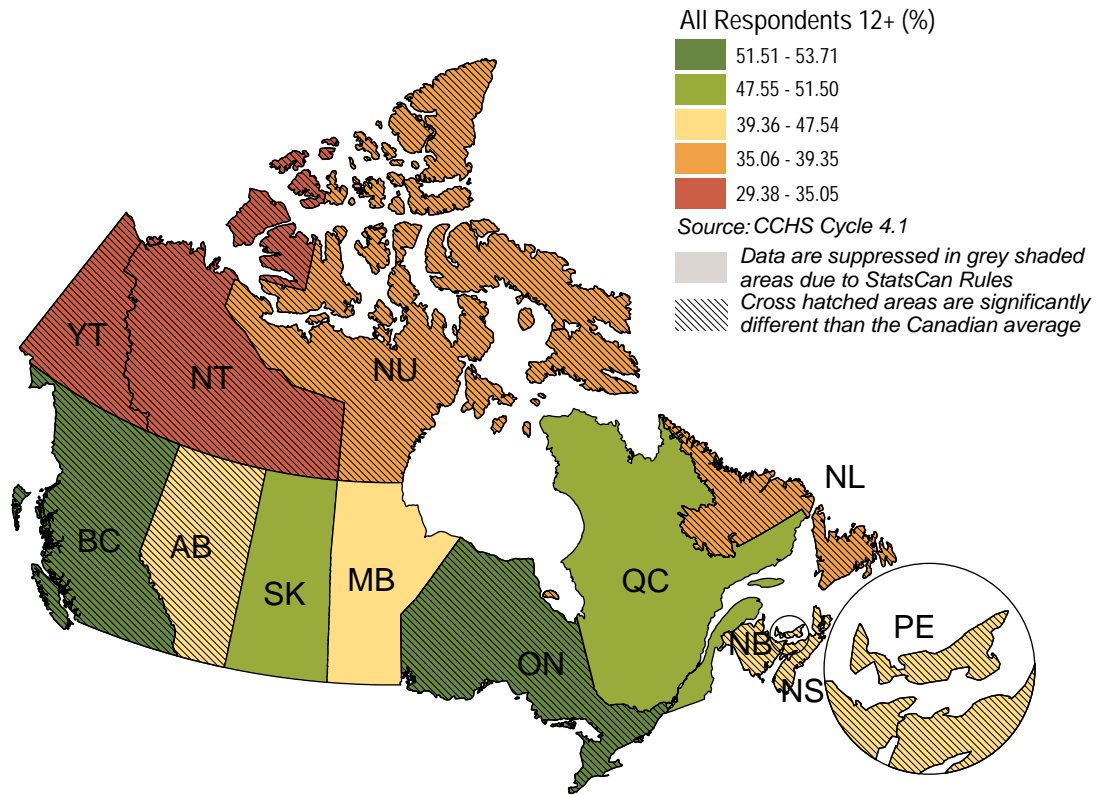
E interpret data with caution (16.67 <= coefficient of variation <= 33.3).  
 F data suppressed (n < 25, or coefficient of variation > 33.3).  
 Provincial/Territorial rate differs significantly from the Canadian rate.

**How to read the Table/maps**

The five maps plot the values in percent (%) for provincial/territorial cohorts who answered the CCHS Cycle 4.1 question in a positive way from a wellness perspective. Each of the top and bottom two provinces/territories are placed in the best, or worst group, while the next best and worst pairs are set in the second and fourth groups with the those remaining 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, their grouping is placed in the least extreme category of the overlap, i.e., the bias is towards the middle group. The colour index at the side of the maps provides the range of the values of the five groupings used for mapping. For example, the **DARK GREEN** or highest wellness group has a range of 51.51- 53.71 percent for the larger top map and includes two provinces/territories (British Columbia and Ontario) with the highest values; the next highest group, in **LIGHT GREEN**, has a range of 47.55 - 51.50 percent and includes the two provinces/territories with the next highest values; the middle group contains the five provinces/territories with the middle values which are coloured **BEIGE**; the next two provinces/territories are coloured **ORANGE** and have lower values than the middle group; and finally the two with the lowest values are **RED** and have a range of 29.38 - 35.05 percent (Northwest Territories, and Yukon). When Province/Territories 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 province/territory (see map at bottom left opposite). This follows the convention developed by Statistics Canada for these survey data. **CROSSHATCHED** areas have values that are significantly different statistically from the overall Canadian value (see 12+ column above showing 10 areas significantly different than the Canadian average). 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 **CROSSHATCHING** any areas that have statistically significantly higher or lower values than the Canadian average. The bottom two maps focus on age groups. One looks at the younger respondents, generally age 12-19 years, while the other looks at the older cohort, generally age 65 and older. 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 province/territories from highest to lowest. The other columns keep the order of the left hand column and provide the actual data 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. Asterisks (\*) denote significant differences between males and females within provinces/territories, 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.

# Canadian Community Health Survey sample map



## Creating aggregate wellness scores

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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 provinces and territories compare relative to the Canadian average, 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 provinces and territories. If an indicator for a geographical entity is significantly better than the Canadian 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 Canadian 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 province or territory 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 three indicators with a value of +1 (strong sense of belonging; regular medical doctor; post secondary education) and two indicators with a value of -1 (health improvement; intending to improve health). All other indicators are neutral. When all indicators are aggregated the index score is "+1" (+3-2). The maximum possible score would be +9 if all indicators were significantly better than the Canadian average and the lowest would be -9 (all indicators significantly poorer than the Canadian average). In this manner a crude overall index is created by combining the nine wellness indicators for any province or territory.

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

- Assets Index: +9 to -9
- Smoke-free Index: +6 to -6
- Nutrition Index: +7 to -7
- Physical Index: +10 to -10
- Chronic-free Index: +10 to -10
- Outcomes Index: +8 to -8

In Chapter 8 all of these indicators are aggregated into one summary wellness index which has a potential maximum range of +50 to -50. In no case are any of the potential maximum or minimum scores achieved. Caution is also required because for some cases there may be a high coefficient of variations which makes the value somewhat unstable. In other instances, the sample size may be too small to report. This is very much the case for Nunavut, especially for older respondents, and to a lesser extent younger respondents.

Creating aggregate wellness scores

		Strong sense of belonging	Health improvement	Health improvement at work	Intending to improve health	Regular medical doctor	Place to go for medical advice	Graduated from high school	Post secondary degree	Working	Asset Index	
Younger Respondents	Nfld and Labrador	1					F		-1	-1	-1	
	Prince Edward Island						F		-1		-1	
	Nova Scotia					1	F		-1		0	
	New Brunswick			1		1	F	1	-1		2	
	Quebec				1	-1		1			1	
	Ontario					1			1	-1	1	
	Manitoba								-1	1	0	
	Saskatchewan								-1		-1	
	Alberta									1	1	
	<b>British Columbia</b>					1						1
	Yukon			F	F		F	-1				-1
	Northwest Territories		-1	F		F	1					0
	Nunavut		F	F	F	F	1	-1	F	-1	-1	

Older Respondents	Nfld and Labrador	1	-1				F		F	-1	-1
	Prince Edward Island	1					F		F		1
	Nova Scotia	1	-1	1		1	F	-1	-1		0
	New Brunswick						F			-1	-1
	Quebec	-1		-1		-1		1		-1	-3
	Ontario									1	1
	Manitoba							-1			-1
	Saskatchewan	1	-1					-1	-1	1	-1
	Alberta					1				1	2
	<b>British Columbia</b>	1				1			1		3
	Yukon		F		F		F		F	1	1
	Northwest Territories	1	F		F	-1	1	F	F		1
	Nunavut	F	F	F	F	F	F	F	F	1	1

Mid Age Respondents	Nfld and Labrador	1				1		1	-1	-1	1
	Prince Edward Island	1		1						-1	1
	Nova Scotia	1		1		1		-1			2
	New Brunswick					1			-1		0
	Quebec	-1		-1	1	-1		1			-1
	Ontario					1					1
	Manitoba		-1								-1
	Saskatchewan	1	-1						-1		-1
	Alberta					-1				1	0
	<b>British Columbia</b>	1	-1		-1	1			1		1
	Yukon	1				-1					0
	Northwest Territories	1				-1	1	-1			0
	Nunavut	1	-1			-1	1	-1		-1	-2

- +1 Province/Territory scored significantly higher than the Canadian rate.
- Province/Territory score is not significantly different than the Canadian rate.
- 1 Province/Territory scored significantly lower than the Canadian rate.

F - Data suppressed by Statistics Canada due to small sample size or high coefficient of variation (coloured grey).  
 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

This chapter contains 50 separate maps and 11 tables and provides a variety of indicators related to community, individual actions, or accessibility to health improvement resources or medical advice which support wellness generation or improvement. Indicators also describe the education and work experience of the CCHS sample of respondents. Individuals with more formal education are generally more adaptable to changing work and other situations and also have a higher likelihood of being employed and earning good incomes, both important wellness assets.

The first set of five maps shows variations in a sense of belonging to community across Canada. This factor has been shown to be an important wellness asset and was included in *The BC Atlas of Wellness and Seniors Supplement*.

The next three indicators provide information related to improving health such as having access to health improvement programs or doing something to improve health. These are followed by two indicators related to access to health services and/or information: having a regular medical doctor uses the total sample, while having a place to go when sick or in need of advice is just for those respondents who did not have a regular medical doctor. None of these

indicators were included in the earlier wellness publications. These first six indicators follow the standard age groupings used in this *Supplement* (age 12 years and over, 12 to 19, 20 to 64, and 65 and over).

The next three indicators describe important characteristics of the sample used throughout this report. Two look at educational characteristics and use different age cohorts: graduating from high school uses age cohorts of over 18, 18 to 44, 45 to 64, and 65 years and over; having at least a bachelor degree uses age cohorts of 25 years and over, 25 to 44, 45 to 64, and 65 years and over.

The final two tables and five maps highlight provinces/territories, genders, and age cohorts which have significantly high or significantly low values when compared to the Canadian average. All the nine wellness indicators are combined to construct a single aggregated wellness asset value by province/territory, gender and broadly based age indicator (younger, mid age, older) and are mapped accordingly. A summary of how BC compares to other provinces is also provided, and differences between age groupings and genders within BC are highlighted.

Strong sense of belonging to the community

Province/Territory	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
Northwest Territories	76.42	74.12	78.88	80.75	84.99	74.83
Nfld and Labrador	76.23	74.52	77.83	80.11	77.25	75.43
Nunavut	71.66	68.90	74.52	59.87	F	74.51
Yukon	71.37	70.54	72.22	73.20	64.47	71.85
Prince Edward Island	68.64	70.31	67.10	70.61	75.86†	66.68
Saskatchewan	68.29	66.00	70.50	70.81	73.71†	66.48
Nova Scotia	68.19	67.50	68.82	73.81	74.14†	65.92
British Columbia	64.76	63.89	65.60	67.06	67.95†	63.72
Manitoba	64.72	64.75	64.68	75.49†	70.85	61.39
New Brunswick	63.45	61.31	65.50	67.40	64.80	62.52
Ontario	63.01	61.88	64.10	70.58†	64.61	61.40
Alberta	60.72	59.52	61.95	71.56†	61.99	58.69
Quebec	56.10	55.17	57.01	71.96†	58.56†	53.09
Canada	62.00	60.92*	63.05	70.91†	64.46†	60.03

† 12 to 19 age group differs significantly from 20 to 64 age group.

‡ 65+ age group differs significantly from 20 to 64 age group.

\* males differ significantly from females.

E interpret data with caution (16.67 <= coefficient of variation <= 33.3).

F data suppressed (n < 25, or coefficient of variation > 33.3).

▨ Provincial/Territorial rate differs significantly from the Canadian rate.

**CCHS Question**

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

**Key Points**

At the National level:

- Males 12+ have a significantly lower rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate of having a strong sense of belonging to local community than the 20 to 64 age cohort.
- Older respondents (ages 65+) have a significantly higher rate than the 20 to 64 age cohort.

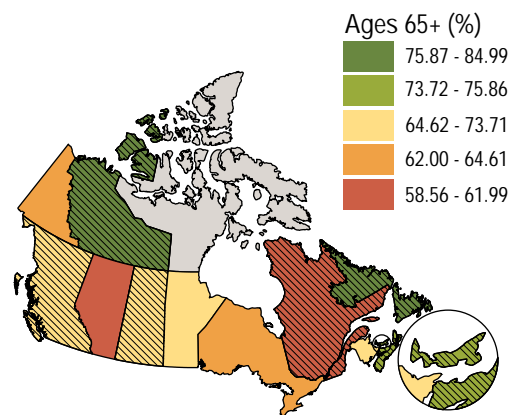
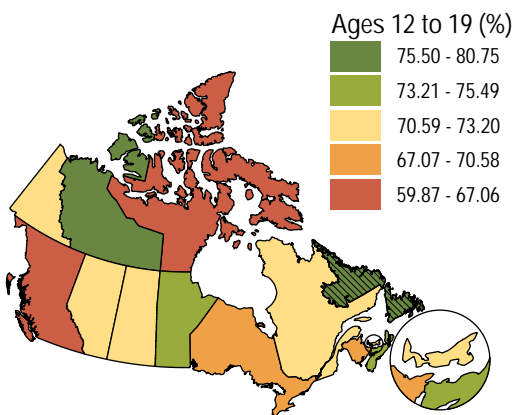
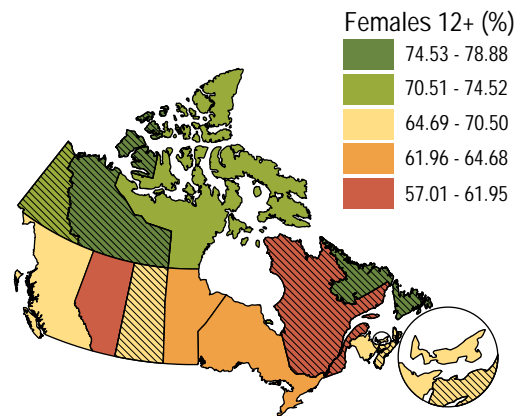
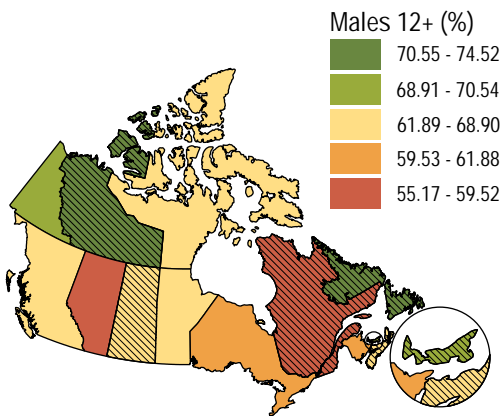
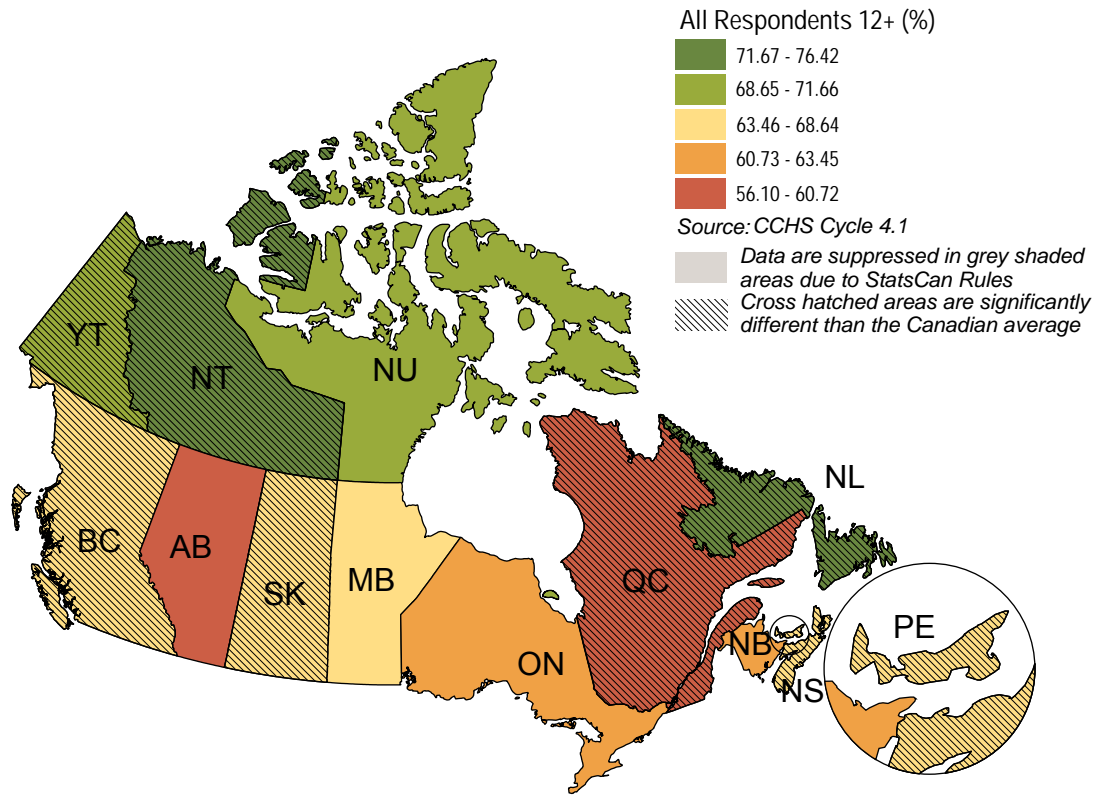
At the Provincial/Territorial level:

- For all respondents, there are 7 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, Saskatchewan, British Columbia, Yukon and Northwest Territories) significantly higher, and there is one jurisdiction (Quebec) significantly lower than the Canadian rate.
- For male respondents, there are 5 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, Saskatchewan and Northwest Territories) significantly higher, and there is one jurisdiction (Quebec) significantly lower than the Canadian rate.
- For female respondents, there are 5 jurisdictions (Nfld and Labrador, Nova Scotia, Saskatchewan, Yukon and Northwest Territories) significantly higher, and there is one jurisdiction (Quebec) significantly lower than the Canadian rate.
- For younger respondents (ages 12 to 19), there is one jurisdiction (Nfld and Labrador) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.
- For older respondents (ages 65+), there are 6 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, Saskatchewan, British Columbia and Northwest Territories) significantly higher, and there is one jurisdiction (Quebec) significantly lower than the Canadian rate.

Within Provinces/Territories:

- For males 12+ no jurisdiction is significantly higher, and no jurisdiction is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19) there are 4 jurisdictions (Quebec, Ontario, Manitoba and Alberta) significantly higher, and no jurisdiction is significantly lower than its respective 20 to 64 age cohort.
- For older respondents (ages 65+), there are 5 jurisdictions (Prince Edward Island, Nova Scotia, Quebec, Saskatchewan and British Columbia) significantly higher, and no jurisdiction is significantly lower than its respective 20 to 64 age cohort.

# Strong sense of belonging to the community



## Did something to improve health in last year

Province/Territory	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
Alberta	57.36	54.37*	60.41	61.98	40.34‡	59.22
Quebec	57.29	53.82*	60.66	61.61	43.93‡	59.45
Ontario	57.02	54.08*	59.87	65.55†	42.16‡	58.54
Nova Scotia	56.82	52.88*	60.39	68.33	35.20‡	59.88
Prince Edward Island	56.31	49.74*	62.40	67.11	39.04‡	58.14
New Brunswick	56.18	52.04*	60.14	68.99†	36.35‡	58.49
Yukon	54.11	53.05	55.19	55.21	F	56.04
British Columbia	53.65	52.39	54.86	56.97	41.38‡	55.74
Manitoba	52.60	47.17*	57.88	63.67	37.26‡	53.93
Northwest Territories	51.93	49.10	54.96	44.13	F	55.55
Saskatchewan	51.60	46.98*	56.04	62.69	36.10‡	53.27
Nfld and Labrador	50.82	46.15*	55.18	56.55	31.53‡	53.89
Nunavut	42.97	47.37	38.40E	F	F	47.14
Canada	56.22	53.15*	59.20	62.98†	41.40‡	58.11

† 12 to 19 age group differs significantly from 20 to 64 age group.

‡ 65+ age group differs significantly from 20 to 64 age group.

\* males differ significantly from females.

E interpret data with caution (16.67 <= coefficient of variation <= 33.3).

F data suppressed (n < 25, or coefficient of variation > 33.3).

▨ Provincial/Territorial rate differs significantly from the Canadian rate.

### 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:

- Males 12+ have a significantly lower rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate of doing something to improve health than the 20 to 64 age cohort.
- Older respondents (ages 65+) have a significantly lower rate than the 20 to 64 age cohort.

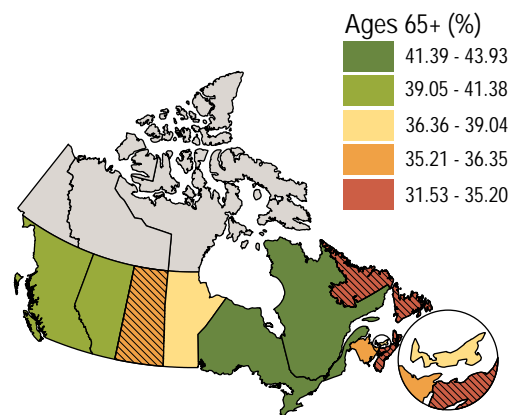
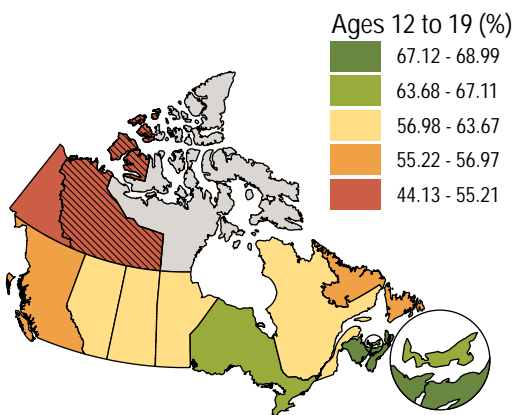
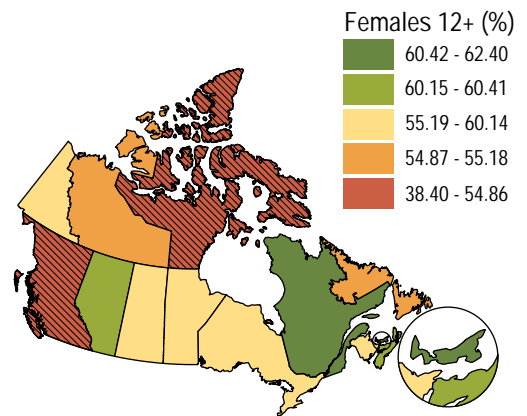
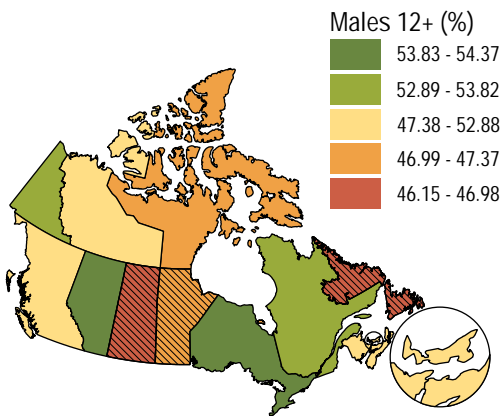
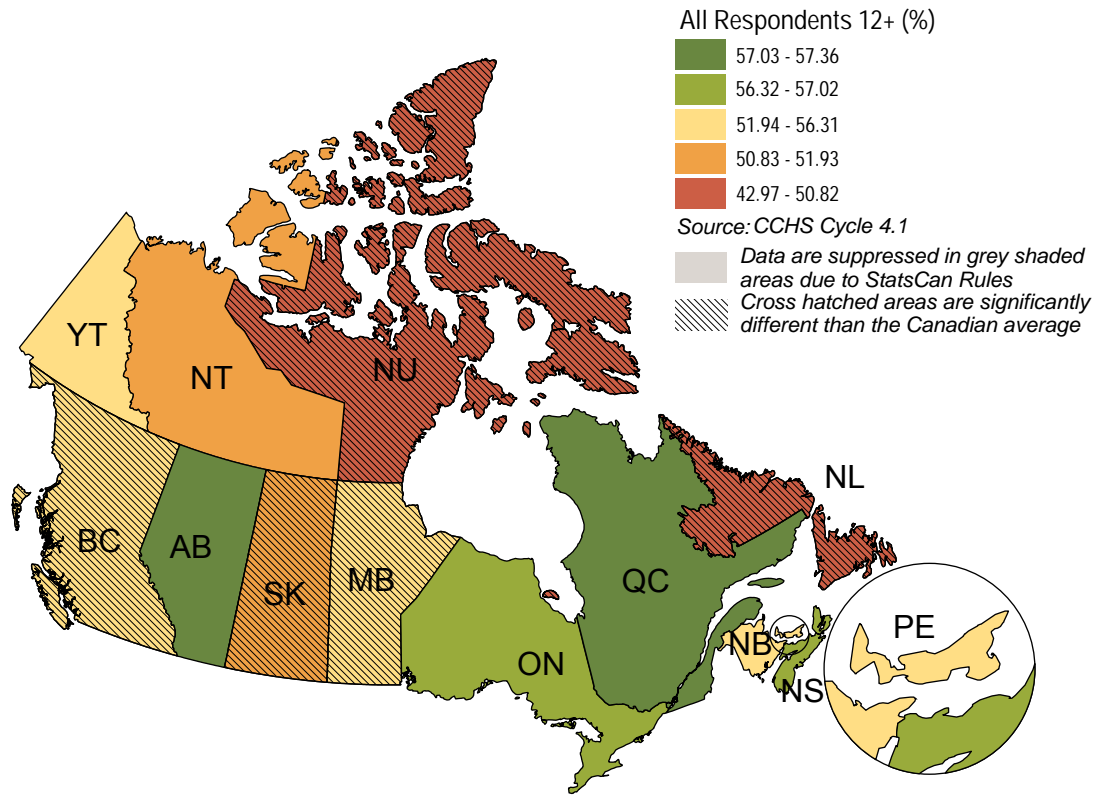
At the Provincial/Territorial level:

- For all respondents, no jurisdiction is significantly higher, and there are 5 jurisdictions (Nfld and Labrador, Manitoba, Saskatchewan, British Columbia and Nunavut) significantly lower than the Canadian rate.
- For male respondents, no jurisdiction is significantly higher, and there are 3 jurisdictions (Nfld and Labrador, Manitoba and Saskatchewan) significantly lower than the Canadian rate.
- For female respondents, no jurisdiction is significantly higher, and there are 2 jurisdictions (British Columbia and Nunavut) significantly lower than the Canadian rate.
- For younger respondents (ages 12 to 19), no jurisdiction is significantly higher, and there is one jurisdiction (Northwest Territories) significantly lower than the Canadian rate.
- For older respondents (ages 65+), no jurisdiction is significantly higher, and there are 3 jurisdictions (Nfld and Labrador, Nova Scotia and Saskatchewan) significantly lower than the Canadian rate.

Within Provinces/Territories:

- For males 12+ no jurisdiction is significantly higher, and there are 9 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan and Alberta) significantly lower than their respective female cohort.
- For younger respondents (ages 12 to 19) there are 2 jurisdictions (New Brunswick and Ontario) significantly higher, and no jurisdiction is significantly lower than its respective 20 to 64 age cohort.
- For older respondents (ages 65+), no jurisdiction is significantly higher, and there are 10 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta and British Columbia) significantly lower than their respective 20 to 64 age cohort.

# Did something to improve health in last year



## Has access to programs at work to improve health

Province/Territory	All respondents 15+ (%)	Males 15+ (%)	Females 15+ (%)	Ages 15 to 24 (%)	Ages 45 to 75 (%)	Ages 25 to 44 (%)
Nova Scotia	44.90	39.77	50.25	33.64†	45.35	48.83
Prince Edward Island	44.06	39.05	49.37	33.61E	43.65	50.00
New Brunswick	41.68	41.98	41.32	49.22	39.11	40.95
Alberta	40.71	37.75	44.72	35.24	41.21	42.63
British Columbia	40.39	36.28*	45.60	42.44	43.07	37.51
Yukon	39.42	30.47*	50.87	F	36.73	45.82
Ontario	38.88	36.40*	41.73	34.21†	37.81	41.37
Nfld and Labrador	37.13	39.55	34.92	31.72E	33.16	42.16
Manitoba	33.55	29.76	38.05	29.22E	34.81	34.15
Northwest Territories	33.12	28.86E	37.64	F	37.37	29.37E
Saskatchewan	32.29	29.61	35.46	25.29	34.22	33.76
Quebec	30.47	28.69	32.55	27.38	30.64	31.52
Nunavut	26.41E	29.66E	F	F	F	29.21E
Canada	37.21	34.62*	40.28	33.54†	37.23	38.55

† 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.

\* males differ significantly from females.

E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).

F data suppressed (n < 25, or coefficient of variation > 33.3).

▨ Provincial/Territorial rate differs significantly from the Canadian rate.

### 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:

- Males 15+ have a significantly lower rate than the females 15+ cohort.
- Younger respondents (ages 15 to 24) have a significantly lower rate of having access to health improvement programs than the 25 to 44 age cohort.
- Older respondents (ages 45 to 75) have no significantly different rate than the 25 to 44 age cohort.

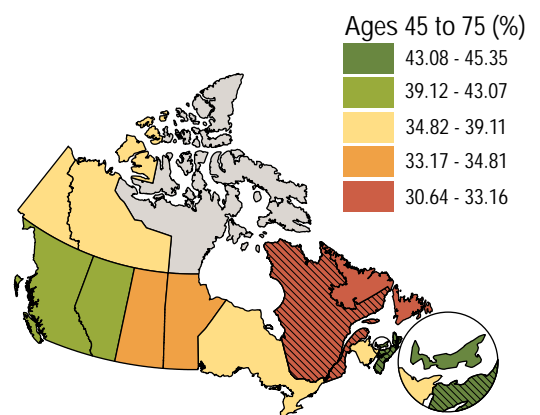
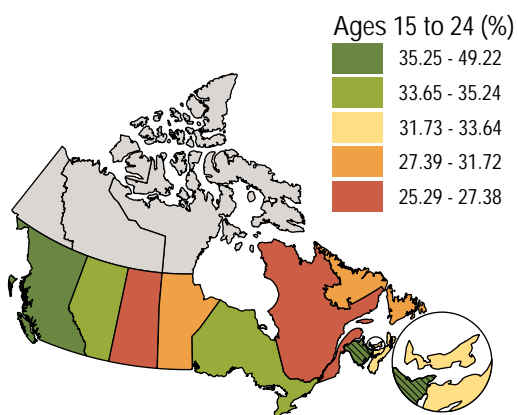
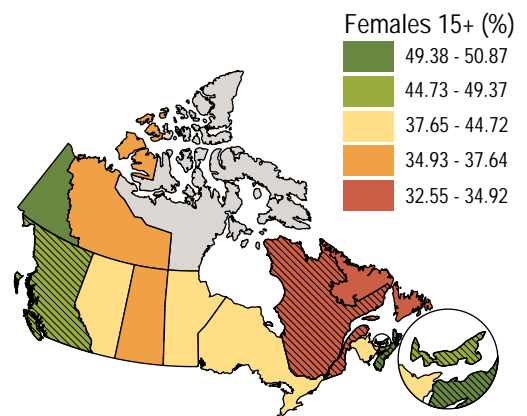
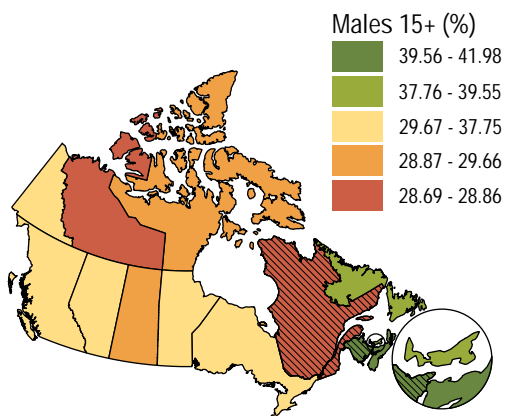
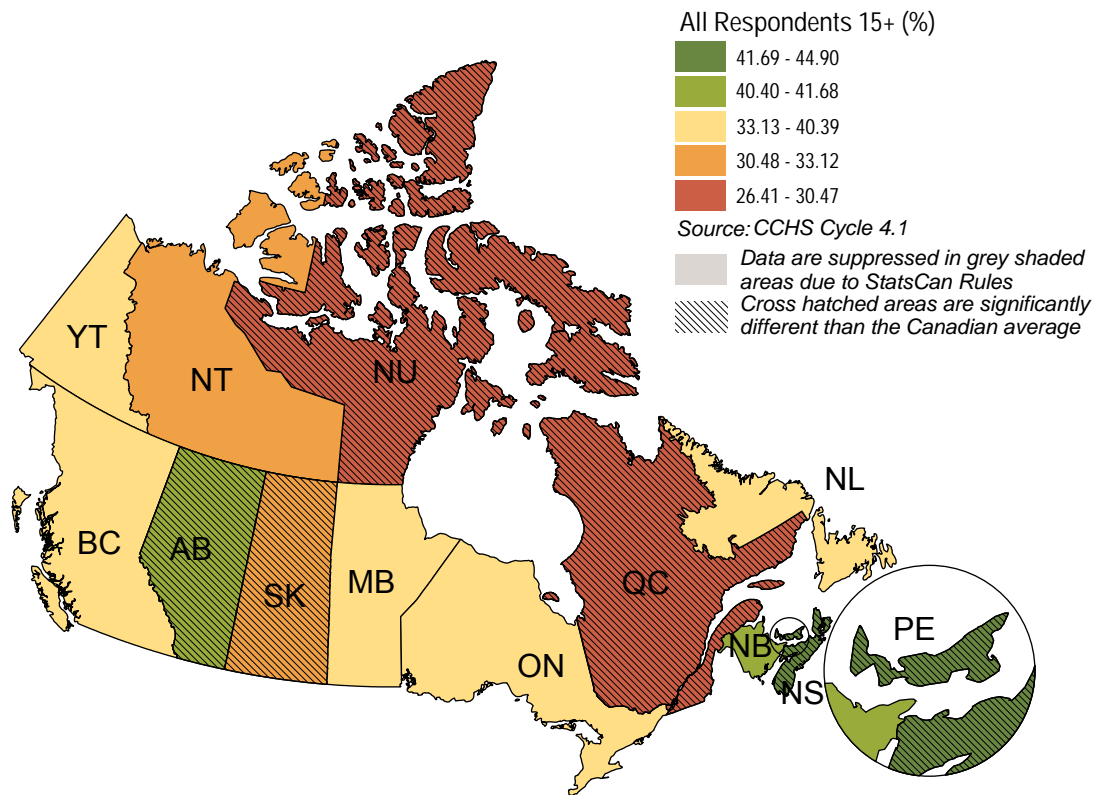
At the Provincial/Territorial level:

- For all respondents, there are 3 jurisdictions (Prince Edward Island, Nova Scotia and Alberta) significantly higher, and there are 3 jurisdictions (Quebec, Saskatchewan and Nunavut) significantly lower than the Canadian rate.
- For male respondents, there is one jurisdiction (New Brunswick) significantly higher, and there is one jurisdiction (Quebec) significantly lower than the Canadian rate.
- For female respondents, there are 3 jurisdictions (Prince Edward Island, Nova Scotia and British Columbia) significantly higher, and there is one jurisdiction (Quebec) significantly lower than the Canadian rate.
- For younger respondents (ages 15 to 24), there is one jurisdiction (New Brunswick) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.
- For older respondents (ages 45 to 75), there is one jurisdiction (Nova Scotia) significantly higher, and there is one jurisdiction (Quebec) significantly lower than the Canadian rate.










































































Within Provinces/Territories:

- For males 15+ no jurisdiction is significantly higher, and there are 3 jurisdictions (Ontario, British Columbia and Yukon) significantly lower than their respective female cohort.
- For younger respondents (ages 15 to 24) no jurisdiction is significantly higher, and there are 2 jurisdictions (Nova Scotia and Ontario) significantly lower than their respective 25 to 44 age cohort.
- For older respondents (ages 45 to 75), no jurisdiction is significantly higher, and no jurisdiction is significantly lower than its respective 25 to 44 age cohort.

# Has access to programs at work to improve health



Intends to improve health

Province/Territory	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
Quebec	 55.55	 54.04	 57.00	 56.12	 29.15‡	 60.78
Northwest Territories	 55.00	 52.69	 57.33	 48.73	F	 58.52
Prince Edward Island	 53.08	 49.14	 56.66	 55.96	 29.54‡	 57.54
Saskatchewan	 51.91	 50.05	 53.68	 51.51	 29.20‡	 57.10
Nunavut	 51.91	 49.42	 54.48	F	F	 50.87
New Brunswick	 51.86	 49.19	 54.32	 53.81	 29.98‡	 55.90
Nfld and Labrador	 51.29	 47.93	 54.34	 53.11	 23.12‡	 56.23
Alberta	 51.23	 49.27	 53.25	 45.33†	 32.21‡	 54.83
Yukon	 50.51	 49.57	 51.47	F	F	 57.29
Ontario	 50.50	 49.10	 51.84	 45.53†	 28.22‡	 55.54
Manitoba	 49.56	 46.85	 52.12	 47.33	 26.18‡	 54.72
Nova Scotia	 49.23	 47.17	 51.03	 43.47	 27.08‡	 54.88
British Columbia	 45.92	 43.21*	 48.47	 41.95†	 27.78‡	 50.19
Canada	51.21	49.42*	52.92	48.02†	28.59‡	56.03


† 12 to 19 age group differs significantly from 20 to 64 age group.

‡ 65+ age group differs significantly from 20 to 64 age group.

\* males differ significantly from females.

E interpret data with caution (16.67 <= coefficient of variation <= 33.3).

F data suppressed (n < 25, or coefficient of variation > 33.3).

 Provincial/Territorial rate differs significantly from the Canadian rate.

**CCHS Question**

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

**Key Points**

At the National level:

- Males 12+ have a significantly lower rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly lower rate of intending to improve health than the 20 to 64 age cohort.
- Older respondents (ages 65+) have a significantly lower rate than the 20 to 64 age cohort.

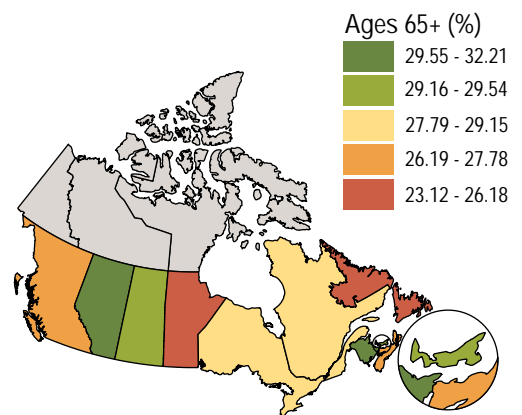
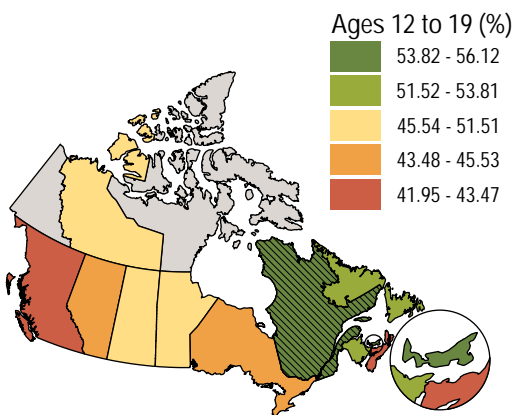
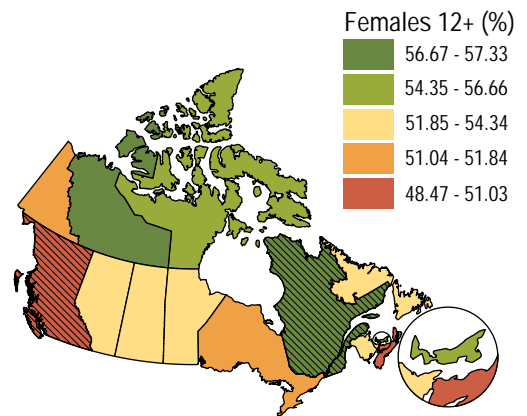
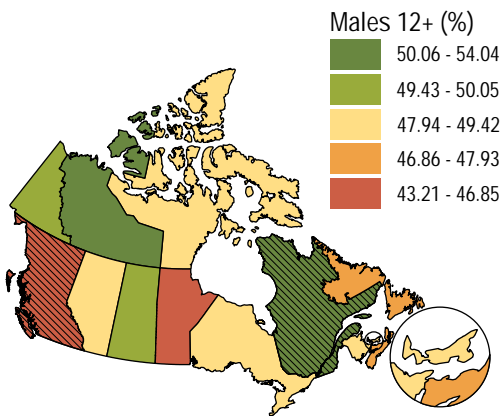
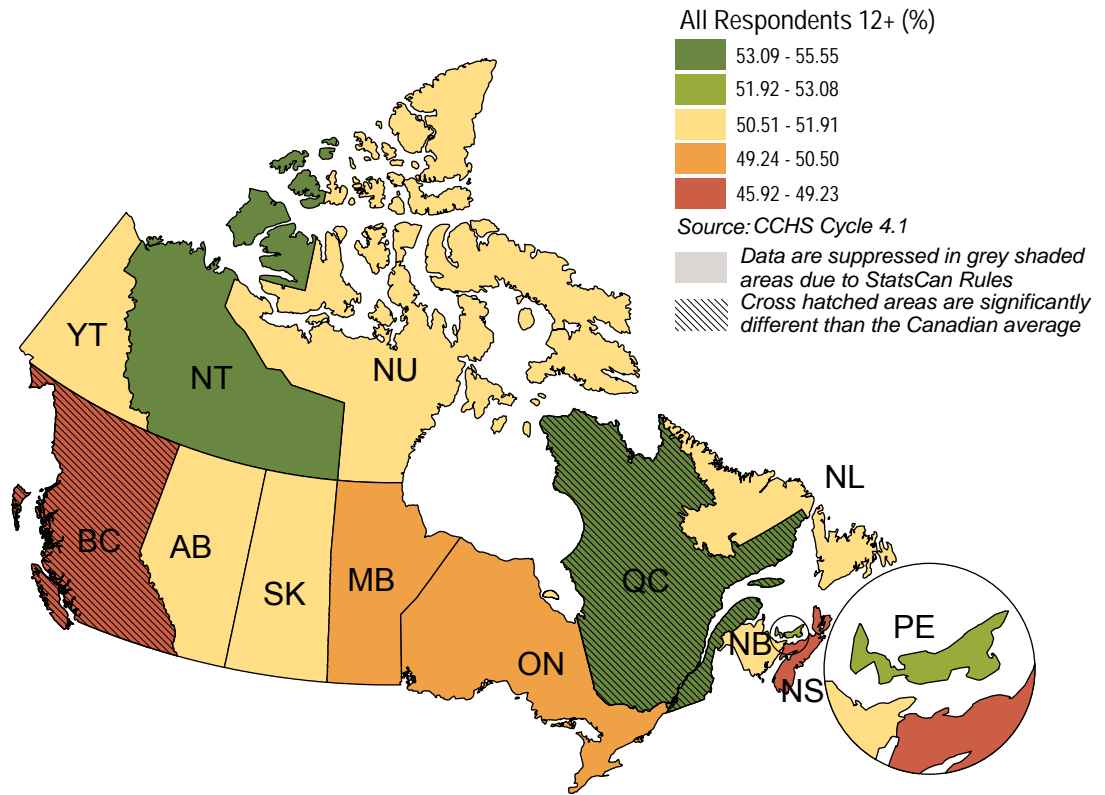
At the Provincial/Territorial level:

- For all respondents, there is one jurisdiction (Quebec) significantly higher, and there is one jurisdiction (British Columbia) significantly lower than the Canadian rate.
- For male respondents, there is one jurisdiction (Quebec) significantly higher, and there is one jurisdiction (British Columbia) significantly lower than the Canadian rate.
- For female respondents, there is one jurisdiction (Quebec) significantly higher, and there is one jurisdiction (British Columbia) significantly lower than the Canadian rate.
- For younger respondents (ages 12 to 19), there is one jurisdiction (Quebec) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.
- For older respondents (ages 65+), no jurisdiction is significantly higher, and no jurisdiction is significantly lower than the Canadian rate.

Within Provinces/Territories:

- For males 12+ no jurisdiction is significantly higher, and there is one jurisdiction (British Columbia) significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19) no jurisdiction is significantly higher, and there are 3 jurisdictions (Ontario, Alberta and British Columbia) significantly lower than their respective 20 to 64 age cohort.
- For older respondents (ages 65+), no jurisdiction is significantly higher, and there are 10 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta and British Columbia) significantly lower than their respective 20 to 64 age cohort.

Intends to improve health



## Has a regular medical doctor

Province/Territory	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
Nova Scotia	94.13	91.53*	96.49	94.04	98.23‡	93.21
New Brunswick	92.03	89.98*	93.99	94.51	96.80‡	90.58
Ontario	90.33	88.01*	92.56	92.24†	95.71‡	88.93
British Columbia	88.20	85.74*	90.58	90.46†	96.91‡	85.99
Nfld and Labrador	87.95	85.73	90.02	85.52	95.82‡	86.71
Prince Edward Island	87.68	85.84	89.39	90.21	94.48‡	85.70
Saskatchewan	85.20	79.53*	90.66	86.27	93.26‡	83.02
Manitoba	84.65	79.56*	89.61	83.51	94.19‡	82.77
Alberta	81.70	75.25*	88.26	80.08	97.08‡	79.58
Yukon	77.81	74.06	81.64	77.36	90.61‡	76.42
Quebec	73.52	65.10*	81.69	64.71†	92.82‡	70.80
Northwest Territories	41.04	37.76	44.54	F	52.56E	42.28
Nunavut	13.92	10.88E	17.08E	F	F	15.14
Canada	84.82	80.39*	89.13	83.81	95.21‡	82.89

† 12 to 19 age group differs significantly from 20 to 64 age group.

‡ 65+ age group differs significantly from 20 to 64 age group.

\* males differ significantly from females.

E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).

F data suppressed (n < 25, or coefficient of variation > 33.3).

▨ Provincial/Territorial rate differs significantly from the Canadian rate.

### CCHS Question

Do you have a regular medical doctor?

### Key Points

At the National level:

- Males 12+ have a significantly lower rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have no significantly different rate of having a regular medical doctor than the 20 to 64 age cohort.
- Older respondents (ages 65+) have a significantly higher rate than the 20 to 64 age cohort.

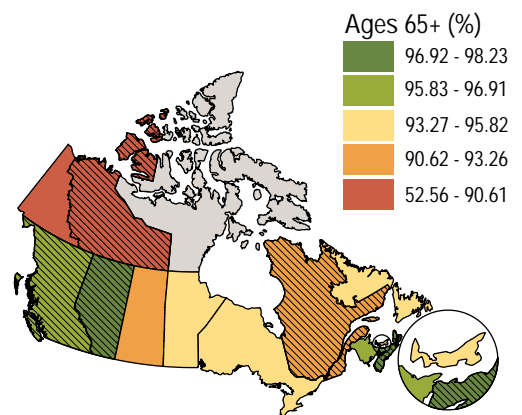
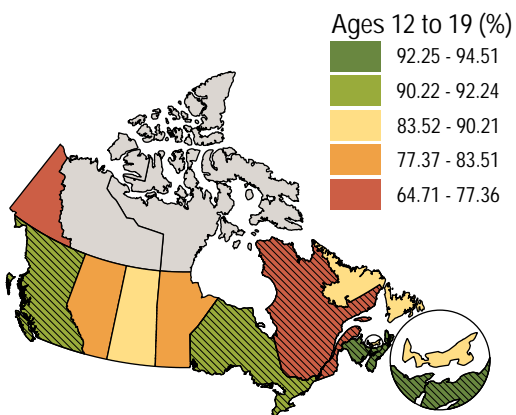
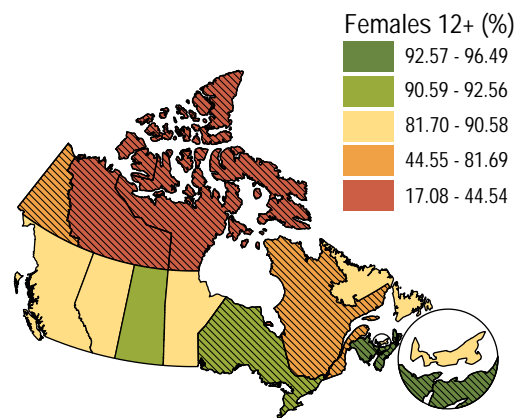
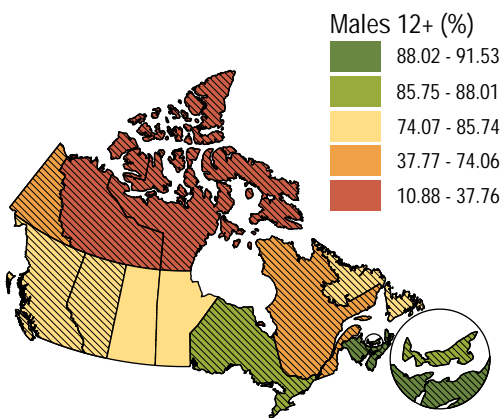
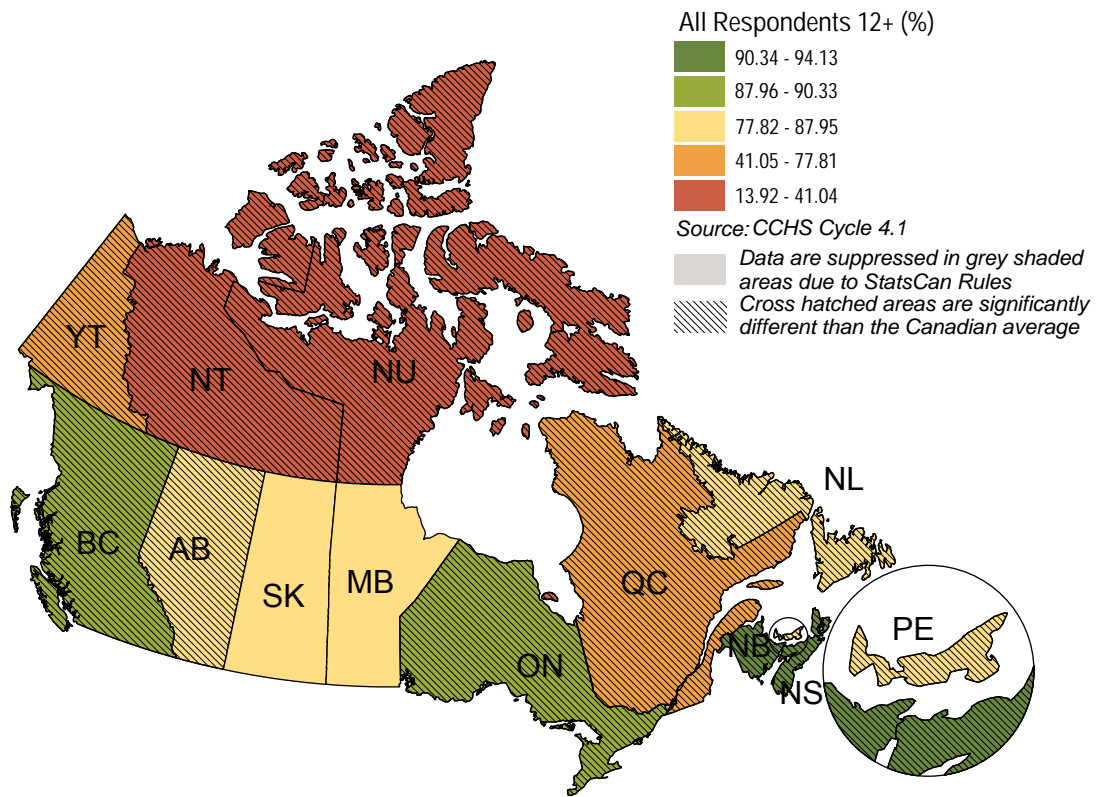
At the Provincial/Territorial level:

- For all respondents, there are 6 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, Ontario and British Columbia) significantly higher, and there are 5 jurisdictions (Quebec, Alberta, Yukon, Northwest Territories and Nunavut) significantly lower than the Canadian rate.
- For male respondents, there are 6 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, Ontario and British Columbia) significantly higher, and there are 5 jurisdictions (Quebec, Alberta, Yukon, Northwest Territories and Nunavut) significantly lower than the Canadian rate.
- For female respondents, there are 3 jurisdictions (Nova Scotia, New Brunswick and Ontario) significantly higher, and there are 4 jurisdictions (Quebec, Yukon, Northwest Territories and Nunavut) significantly lower than the Canadian rate.
- For younger respondents (ages 12 to 19), there are 4 jurisdictions (Nova Scotia, New Brunswick, Ontario and British Columbia) significantly higher, and there is one jurisdiction (Quebec) significantly lower than the Canadian rate.
- For older respondents (ages 65+), there are 3 jurisdictions (Nova Scotia, Alberta and British Columbia) significantly higher, and there are 2 jurisdictions (Quebec and Northwest Territories) significantly lower than the Canadian rate.

Within Provinces/Territories:

- For males 12+ no jurisdiction is significantly higher, and there are 8 jurisdictions (Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta and British Columbia) significantly lower than their respective female cohort.
- For younger respondents (ages 12 to 19) there are 2 jurisdictions (Ontario and British Columbia) significantly higher, and there is one jurisdiction (Quebec) significantly lower than its respective 20 to 64 age cohort.
- For older respondents (ages 65+), there are 11 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta, British Columbia and Yukon) significantly higher, and no jurisdiction is significantly lower than its respective 20 to 64 age cohort.

# Has a regular medical doctor



## Has a place to go when sick or in need of health advice

Province/Territory	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
Nunavut	96.95	96.23	97.76	100.00†	F	95.76
Northwest Territories	90.41	90.24	90.62	95.47	100.00‡	88.51
Prince Edward Island	83.60	83.10	84.23	F	F	83.38
New Brunswick	83.50	81.26	87.09	F	F	83.31
Yukon	82.20	76.81	89.97	F	F	85.74
Nfld and Labrador	81.07	75.99	87.85	F	F	80.28
Saskatchewan	80.40	79.16	83.02	84.10	85.29	79.35
British Columbia	80.29	79.59	81.31	79.57	76.50	80.54
Quebec	77.65	75.42	81.79	69.77	74.10	79.33
Manitoba	77.37	70.25*	90.98	80.27	87.39	76.11
Ontario	76.98	76.07	78.39	70.33	69.52	78.35
Alberta	76.29	77.05	74.65	66.14	72.33	78.05
Nova Scotia	70.23	68.87	73.19	F	F	71.55
Canada	77.83	76.26*	80.59	71.42†	74.48	79.03

† 12 to 19 age group differs significantly from 20 to 64 age group.

‡ 65+ age group differs significantly from 20 to 64 age group.

\* males differ significantly from females.

E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).

F data suppressed (n < 25, or coefficient of variation > 33.3).

▨ Provincial/Territorial rate differs significantly from the Canadian rate.

### CCHS Question

Is there a place that you usually go to when you are sick or need advice about your health?

### Key Points

At the National level:

- Males 12+ have a significantly lower rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly lower rate of having a place to go for medical advice than the 20 to 64 age cohort.
- Older respondents (ages 65+) have no significantly different rate than the 20 to 64 age cohort.

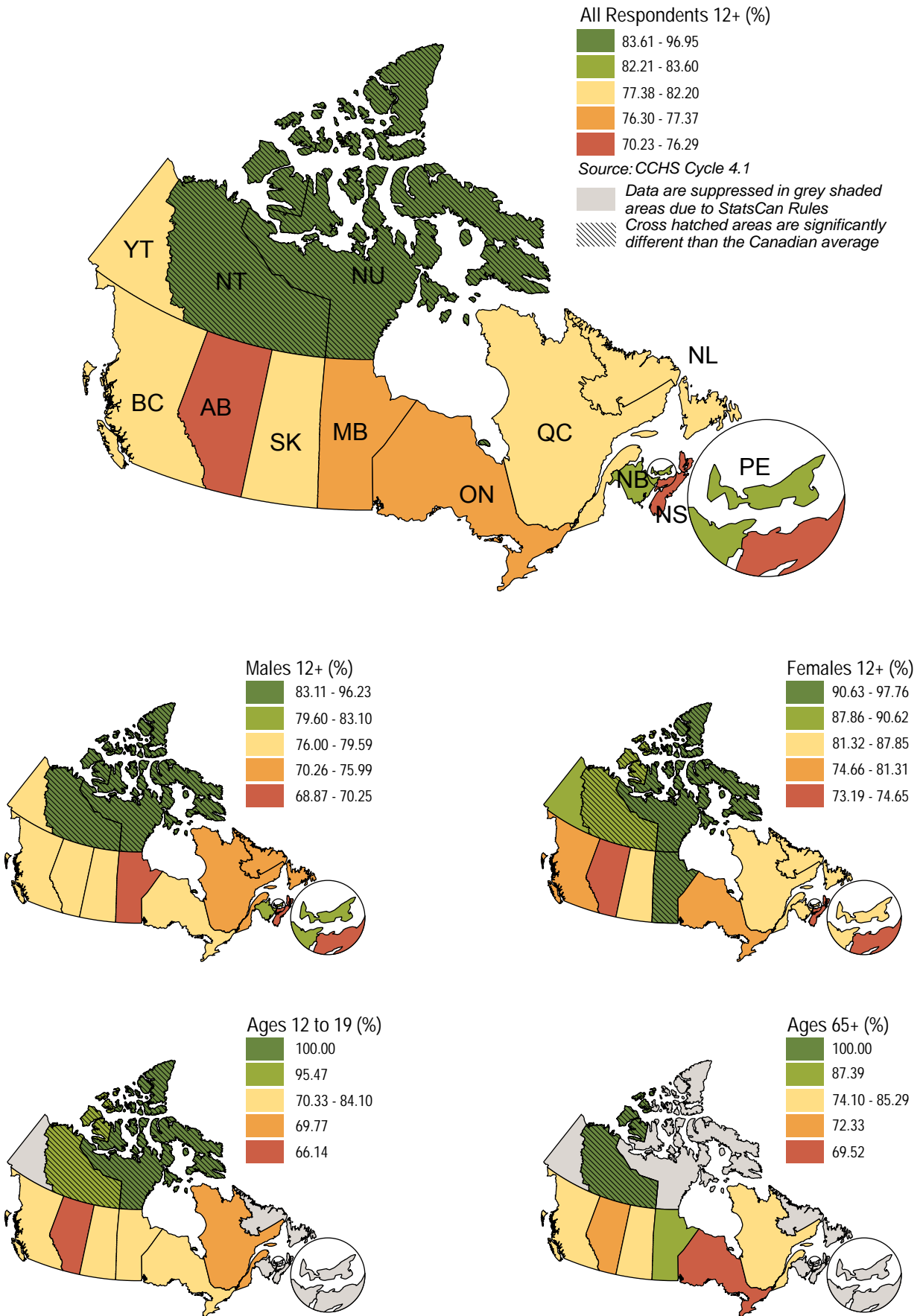
At the Provincial/Territorial level:

- For all respondents, there are 2 jurisdictions (Northwest Territories and Nunavut) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.
- For male respondents, there are 2 jurisdictions (Northwest Territories and Nunavut) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.
- For female respondents, there are 3 jurisdictions (Manitoba, Northwest Territories and Nunavut) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.
- For younger respondents (ages 12 to 19), there are 2 jurisdictions (Northwest Territories and Nunavut) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.
- For older respondents (ages 65+), there is one jurisdiction (Northwest Territories) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.

Within Provinces/Territories:

- For males 12+ no jurisdiction is significantly higher, and there is one jurisdiction (Manitoba) significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19) there is one jurisdiction (Nunavut) significantly higher, and no jurisdiction is significantly lower than its respective 20 to 64 age cohort.
- For older respondents (ages 65+), there is one jurisdiction (Northwest Territories) significantly higher, and no jurisdiction is significantly lower than its respective 20 to 64 age cohort.

# Has a place to go when sick or in need of health advice



## Graduated from high school

Province/Territory	All respondents 18+ (%)	Males 18+ (%)	Females 18+ (%)	Ages 18 to 44 (%)	Ages 65+ (%)	Ages 45 to 64 (%)
Quebec	95.66	94.97	96.33	96.11	96.29	95.68
Nfld and Labrador	95.30	94.14	96.30	94.82	92.83	95.97
British Columbia	93.14	92.49	93.74	94.92	87.22‡	94.21
Ontario	92.38	91.59	93.12	93.02	87.18‡	93.57
New Brunswick	92.19	91.75	92.58	95.83	86.28‡	93.26
Prince Edward Island	91.62	88.97	93.93	91.81	88.34	92.78
Alberta	91.28	90.23	92.32	91.86	84.68‡	92.54
Manitoba	90.89	89.39	92.28	93.50	81.58‡	92.73
Yukon	89.90	91.17	88.73	86.75	88.10	92.37
Saskatchewan	89.84	89.48	90.16	91.01	78.15‡	92.10
Nova Scotia	89.39	89.55	89.27	91.10	81.59‡	91.34
Northwest Territories	85.04	82.22	88.07	84.79	F	85.52
Nunavut	74.99	75.39	74.57	70.92	F	74.80
Canada	92.90	92.14*	93.62	93.78	88.06‡	93.89

† 18 to 44 age group differs significantly from 45 to 64 age group.

‡ 65+ age group differs significantly from 45 to 64 age group.

\* males differ significantly from females.

E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).

F data suppressed (n < 25, or coefficient of variation > 33.3).

▨ Provincial/Territorial rate differs significantly from the Canadian rate.

### CCHS Question

Did you graduate from high school (secondary school)?

### Key Points

At the National level:

- Males 18+ have a significantly lower rate than the females 18+ cohort.
- Younger respondents (ages 18 to 44) have no significantly different rate of having graduated from high school than the 45 to 64 age cohort.
- Older respondents (ages 65+) have a significantly lower rate than the 45 to 64 age cohort.

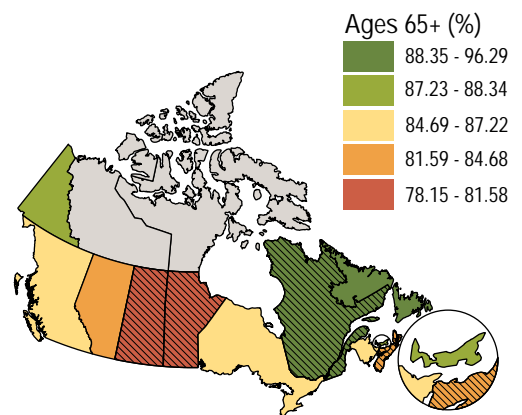
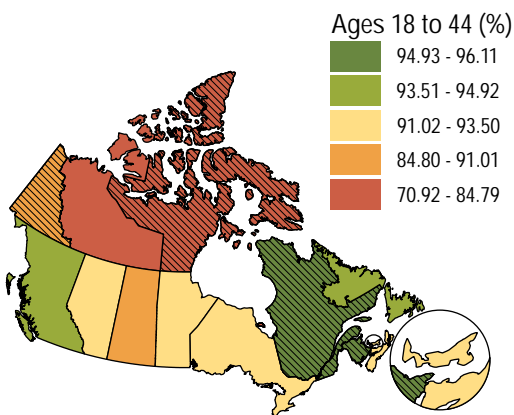
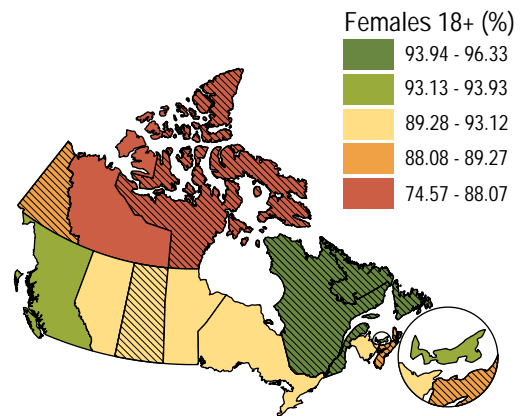
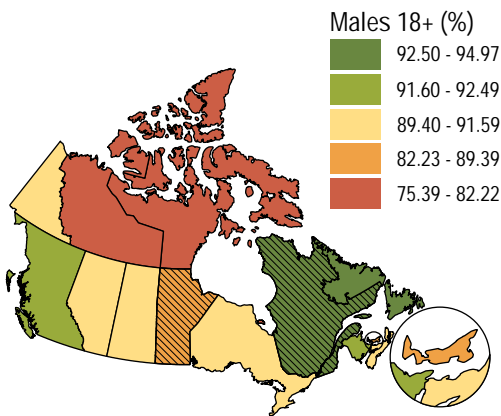
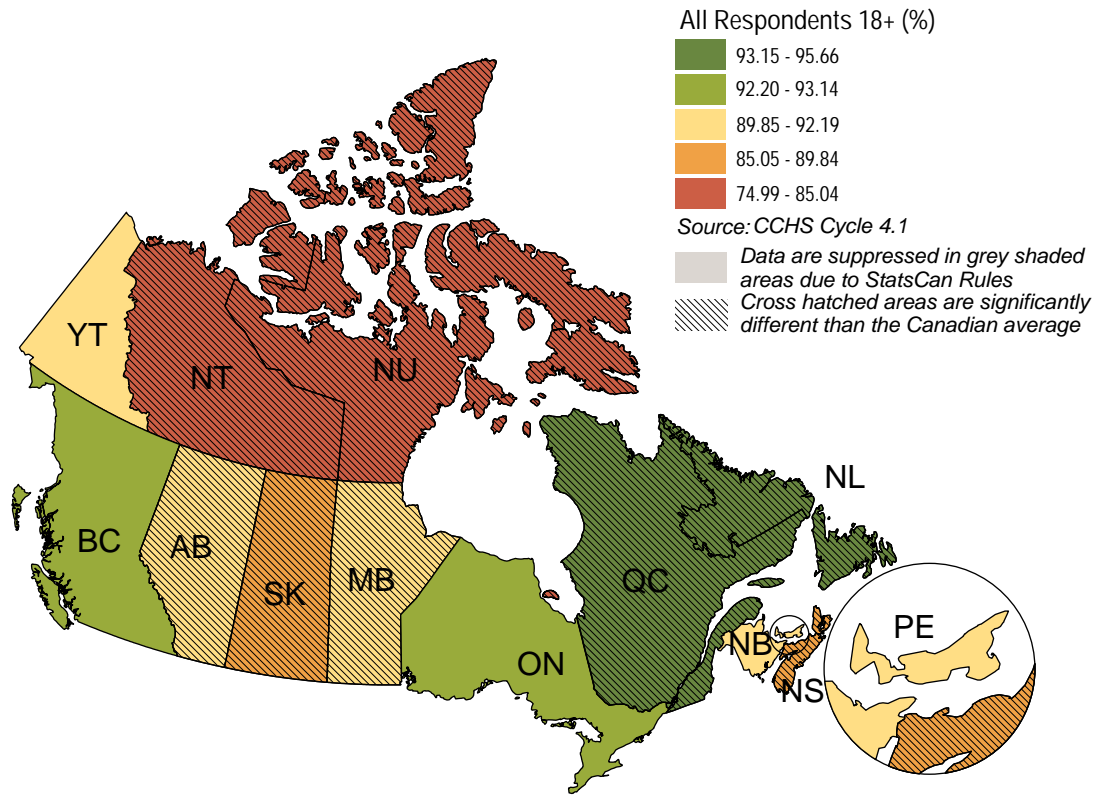
At the Provincial/Territorial level:

- For all respondents, there are 2 jurisdictions (Nfld and Labrador and Quebec) significantly higher, and there are 6 jurisdictions (Nova Scotia, Manitoba, Saskatchewan, Alberta, Northwest Territories and Nunavut) significantly lower than the Canadian rate.
- For male respondents, there is one jurisdiction (Quebec) significantly higher, and there is one jurisdiction (Manitoba) significantly lower than the Canadian rate.
- For female respondents, there are 2 jurisdictions (Nfld and Labrador and Quebec) significantly higher, and there are 4 jurisdictions (Nova Scotia, Saskatchewan, Yukon and Nunavut) significantly lower than the Canadian rate.
- For younger respondents (ages 18 to 44), there are 2 jurisdictions (New Brunswick and Quebec) significantly higher, and there are 2 jurisdictions (Yukon and Nunavut) significantly lower than the Canadian rate.
- For older respondents (ages 65+), there is one jurisdiction (Quebec) significantly higher, and there are 3 jurisdictions (Nova Scotia, Manitoba and Saskatchewan) significantly lower than the Canadian rate.

Within Provinces/Territories:

- For males 18+ no jurisdiction is significantly higher, and no jurisdiction is significantly lower than its respective female cohort.
- For younger respondents (ages 18 to 44) no jurisdiction is significantly higher, and no jurisdiction is significantly lower than its respective 45 to 64 age cohort.
- For older respondents (ages 65+), no jurisdiction is significantly higher, and there are 7 jurisdictions (Nova Scotia, New Brunswick, Ontario, Manitoba, Saskatchewan, Alberta and British Columbia) significantly lower than their respective 45 to 64 age cohort.

# Graduated from high school



Has a bachelor degree or better

Province/Territory	All respondents 25+ (%)	Males 25+ (%)	Females 25+ (%)	Ages 25 to 44 (%)	Ages 65+ (%)	Ages 45 to 64 (%)
Ontario	24.44	25.35	23.59	31.45†	12.08‡	22.46
British Columbia	24.21	25.40	23.07	28.63	14.40‡	24.43
Yukon	23.51	23.51	23.51	28.63E	F	21.50E
Alberta	22.59	22.04	23.15	25.86	10.51E‡	23.32
Quebec	20.87	20.96	20.77	27.85†	10.34‡	18.95
Nova Scotia	19.13	20.31	18.05	23.68	7.80‡	20.45
Northwest Territories	17.85E	15.83E	20.02E	19.39E	F	17.82E
Manitoba	17.20	18.20	16.25	20.94	8.41E‡	17.77
Nunavut	16.75E	F	17.87E	F	F	26.00E
Prince Edward Island	16.54	14.90	18.03	19.94	F	17.90
New Brunswick	16.31	16.68	15.96	22.47†	8.84	14.16
Saskatchewan	16.14	16.53	15.78	23.00†	6.98E‡	14.37
Nfld and Labrador	15.57	17.51	13.77	19.69	F	16.09
Canada	22.36	22.94	21.81	28.42†	11.21‡	21.16

† 25 to 44 age group differs significantly from 45 to 64 age group.

‡ 65+ age group differs significantly from 45 to 64 age group.

\* males differ significantly from females.

E interpret data with caution (16.67 <= coefficient of variation <= 33.3).

F data suppressed (n < 25, or coefficient of variation > 33.3).

▨ Provincial/Territorial rate differs significantly from the Canadian rate.

**CCHS Question**

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

**Key Points**

At the National level:

- Males 25+ have no significantly different rate than the females 25+ cohort.
- Younger respondents (ages 25 to 44) have a significantly higher rate of having a post secondary degree than the 45 to 64 age cohort.
- Older respondents (ages 65+) have a significantly lower rate than the 45 to 64 age cohort.

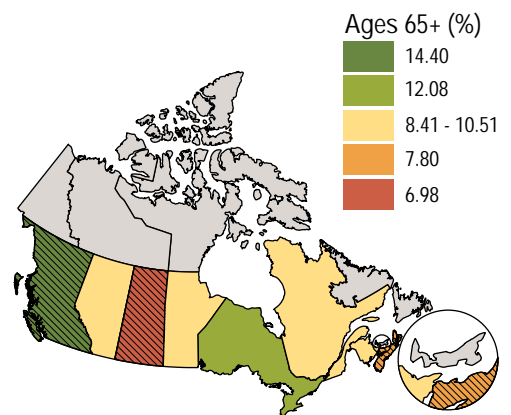
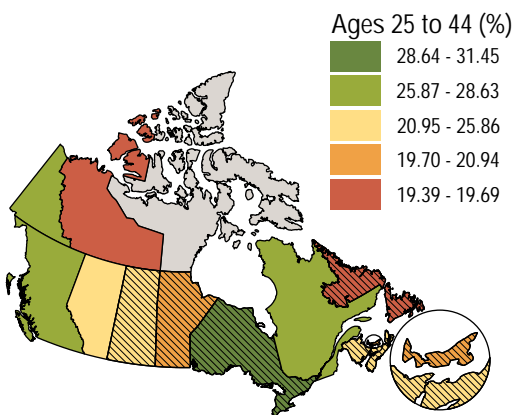
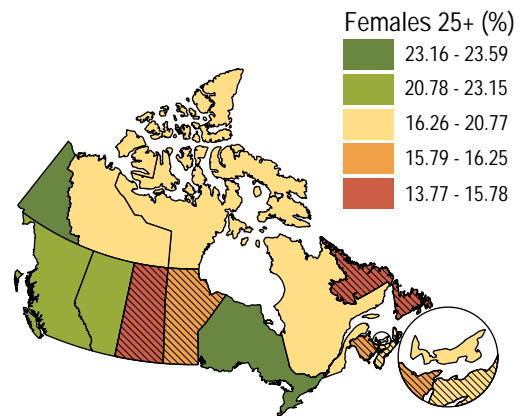
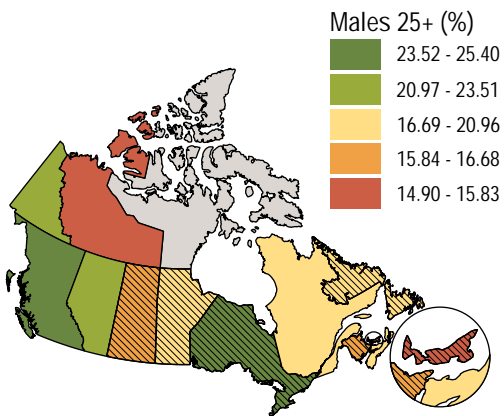
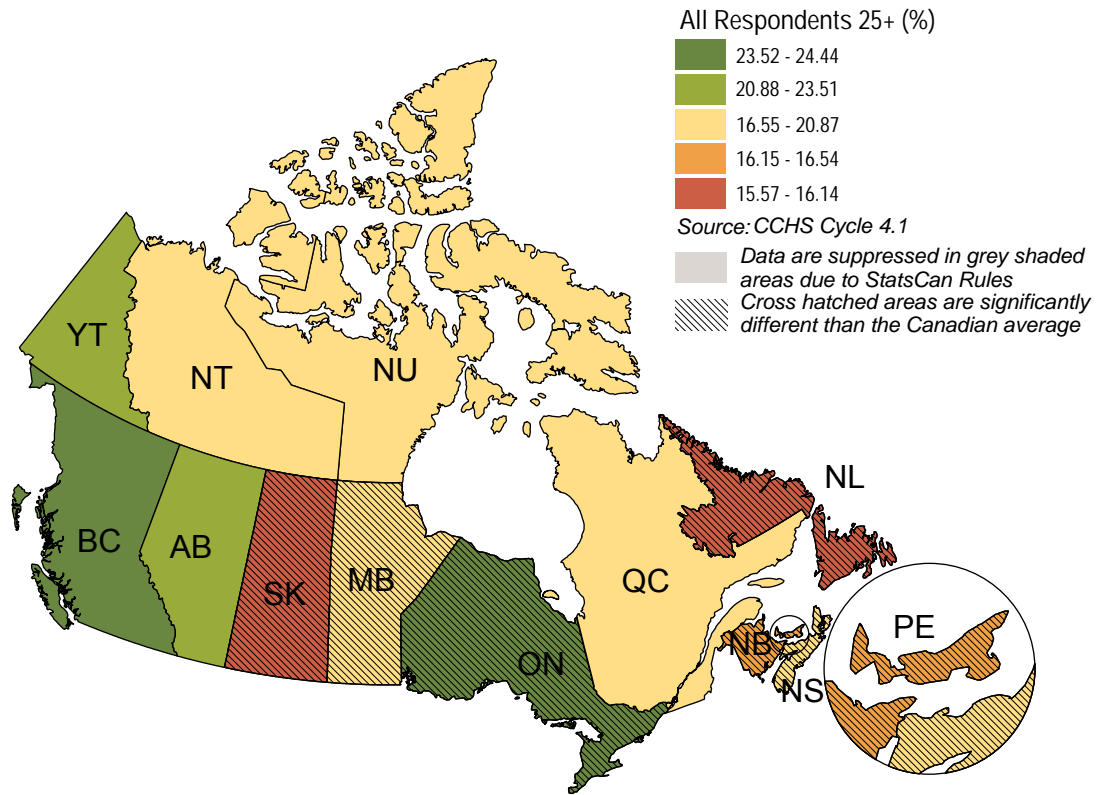
At the Provincial/Territorial level:

- For all respondents, there is one jurisdiction (Ontario) significantly higher, and there are 6 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, Manitoba and Saskatchewan) significantly lower than the Canadian rate.
- For male respondents, there is one jurisdiction (Ontario) significantly higher, and there are 5 jurisdictions (Nfld and Labrador, Prince Edward Island, New Brunswick, Manitoba and Saskatchewan) significantly lower than the Canadian rate.
- For female respondents, no jurisdiction is significantly higher, and there are 5 jurisdictions (Nfld and Labrador, Nova Scotia, New Brunswick, Manitoba and Saskatchewan) significantly lower than the Canadian rate.
- For younger respondents (ages 25 to 44), there is one jurisdiction (Ontario) significantly higher, and there are 6 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, Manitoba and Saskatchewan) significantly lower than the Canadian rate.
- For older respondents (ages 65+), there is one jurisdiction (British Columbia) significantly higher, and there are 2 jurisdictions (Nova Scotia and Saskatchewan) significantly lower than the Canadian rate.

Within Provinces/Territories:

- For males 25+ no jurisdiction is significantly higher, and no jurisdiction is significantly lower than its respective female cohort.
- For younger respondents (ages 25 to 44) there are 4 jurisdictions (New Brunswick, Quebec, Ontario and Saskatchewan) significantly higher, and no jurisdiction is significantly lower than its respective 45 to 64 age cohort.
- For older respondents (ages 65+), no jurisdiction is significantly higher, and there are 7 jurisdictions (Nova Scotia, Quebec, Ontario, Manitoba, Saskatchewan, Alberta and British Columbia) significantly lower than their respective 45 to 64 age cohort.

# Has a bachelor degree or better



Worked at a job or business in the past week

Province/Territory	All respondents 15+ (%)	Males 15+ (%)	Females 15+ (%)	Ages 15 to 24 (%)	Ages 45 to 75 (%)	Ages 25 to 44 (%)
Alberta	73.89	82.50*	65.07	71.76†	66.87‡	81.87
Yukon	72.51	76.79	68.11	63.60	71.11	77.89
Saskatchewan	70.68	78.39*	63.14	67.08†	63.37‡	81.73
Manitoba	70.04	75.80*	64.36	68.14†	61.58‡	81.61
Northwest Territories	67.03	68.73	65.20	58.31	64.49	72.73
Ontario	66.72	71.83*	61.70	56.70†	60.34‡	78.35
Nova Scotia	65.45	69.64*	61.59	61.67†	55.84‡	79.91
British Columbia	65.10	72.83*	57.64	58.74†	56.08‡	79.24
Prince Edward Island	64.67	70.14	59.58	62.59	61.84	69.59
New Brunswick	62.23	69.31*	55.48	59.23†	50.32‡	79.56
Quebec	61.41	66.33*	56.53	62.90†	49.81‡	75.80
Nunavut	55.04	53.41	56.78	34.86†	74.95	57.91
Nfld and Labrador	53.40	54.47	52.41	42.35†	45.59‡	69.69
Canada	65.85	71.70*	60.10	60.69†	57.23‡	78.35

† 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.  
 \* males differ significantly from females.

E interpret data with caution (16.67 <= coefficient of variation <= 33.3).  
 F data suppressed (n < 25, or coefficient of variation > 33.3).  
 Provincial/Territorial rate differs significantly from the Canadian rate.

**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:

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

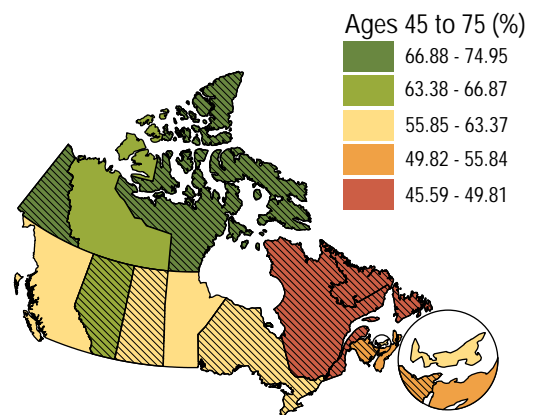
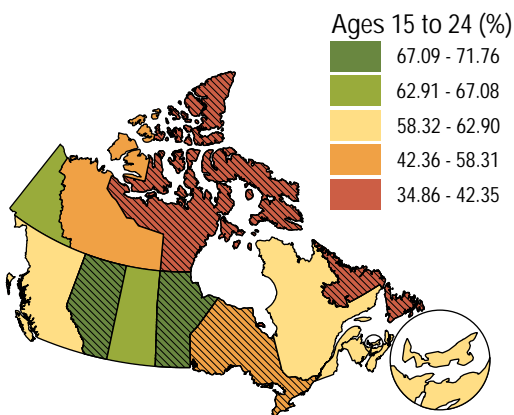
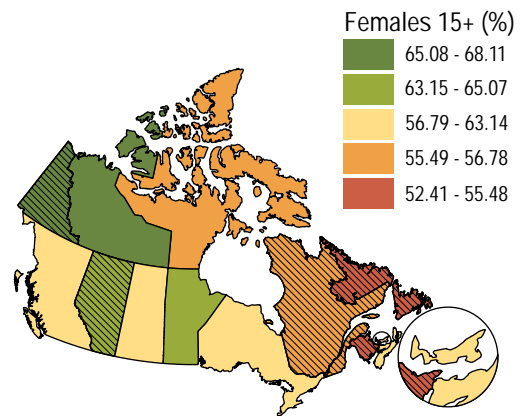
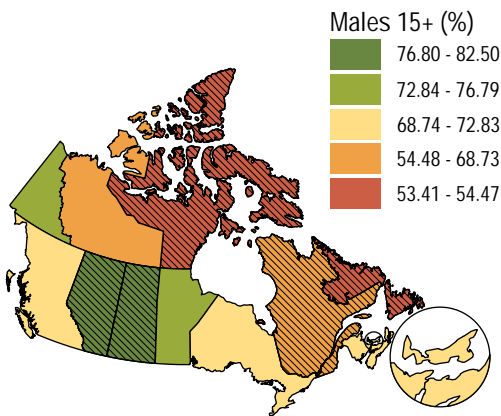
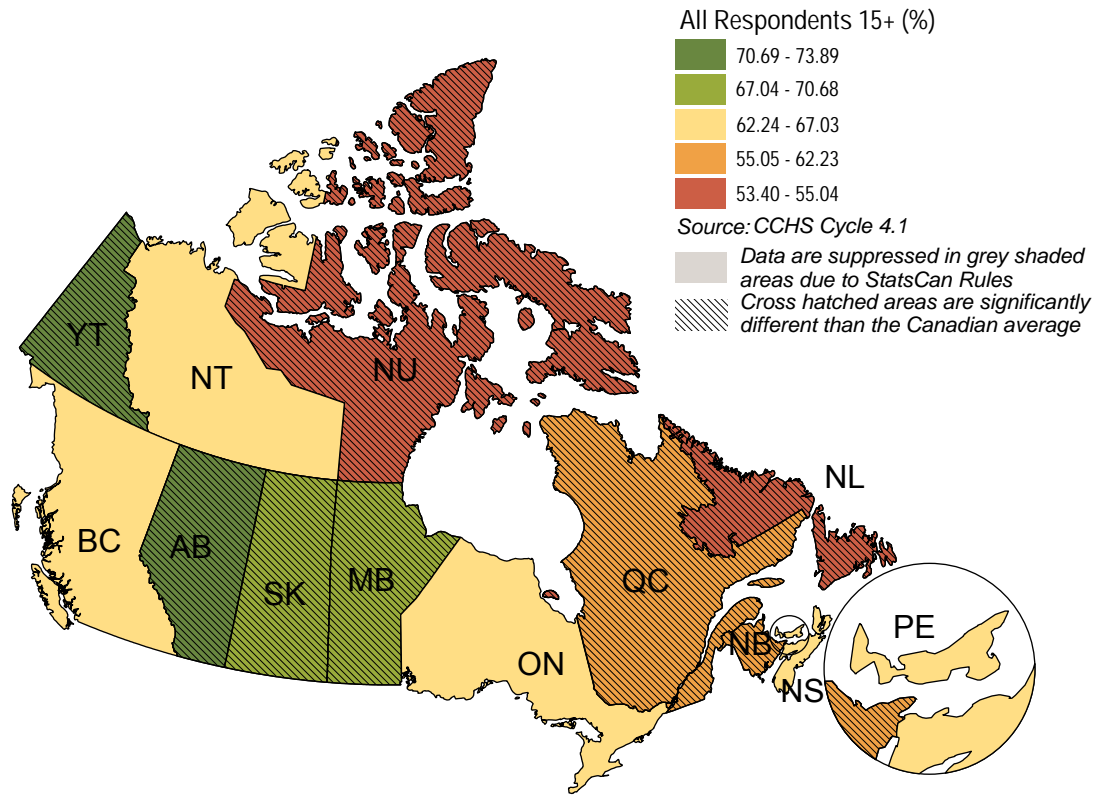
At the Provincial/Territorial level:

- For all respondents, there are 4 jurisdictions (Manitoba, Saskatchewan, Alberta and Yukon) significantly higher, and there are 4 jurisdictions (Nfld and Labrador, New Brunswick, Quebec and Nunavut) significantly lower than the Canadian rate.
- For male respondents, there are 2 jurisdictions (Saskatchewan and Alberta) significantly higher, and there are 3 jurisdictions (Nfld and Labrador, Quebec and Nunavut) significantly lower than the Canadian rate.
- For female respondents, there are 2 jurisdictions (Alberta and Yukon) significantly higher, and there are 3 jurisdictions (Nfld and Labrador, New Brunswick and Quebec) significantly lower than the Canadian rate.
- For younger respondents (ages 15 to 24), there are 2 jurisdictions (Manitoba and Alberta) significantly higher, and there are 3 jurisdictions (Nfld and Labrador, Ontario and Nunavut) significantly lower than the Canadian rate.
- For older respondents (ages 45 to 75), there are 5 jurisdictions (Ontario, Saskatchewan, Alberta, Yukon and Nunavut) significantly higher, and there are 3 jurisdictions (Nfld and Labrador, New Brunswick and Quebec) significantly lower than the Canadian rate.

Within Provinces/Territories:

- For males 15+ there are 8 jurisdictions (Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta and British Columbia) significantly higher, and no jurisdiction is significantly lower than its respective female cohort.
- For younger respondents (ages 15 to 24) no jurisdiction is significantly higher, and there are 10 jurisdictions (Nfld and Labrador, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta, British Columbia and Nunavut) significantly lower than their respective 25 to 44 age cohort.
- For older respondents (ages 45 to 75), no jurisdiction is significantly higher, and there are 9 jurisdictions (Nfld and Labrador, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta and British Columbia) significantly lower than their respective 25 to 44 age cohort.

# Worked at a job or business in the past week



Assets index by gender

		Strong sense of belonging	Health improvement	Health improvement at work	Intending to improve health	Regular medical doctor	Place to go for medical advice	Graduated from high school	Post secondary degree	Working	Asset index
All Respondents	Newfoundland and Labrador	1	-1			1		1	-1	-1	0
	Prince Edward Island	1		1		1			-1		2
	Nova Scotia	1		1		1		-1	-1		1
	New Brunswick					1			-1	-1	-1
	Quebec	-1		-1	1	-1		1		-1	-2
	Ontario					1			1		2
	Manitoba		-1					-1	-1	1	-2
	Saskatchewan	1	-1	-1				-1	-1	1	-2
	Alberta			1		-1		-1		1	0
	<b>British Columbia</b>	1	-1		-1	1					0
	Yukon	1				-1				1	1
	Northwest Territories	1				-1	1	-1			0
	Nunavut		-1	-1		-1	1	-1		-1	-4
Male Respondents	Newfoundland and Labrador	1	-1			1			-1	-1	-1
	Prince Edward Island	1				1			-1		1
	Nova Scotia	1				1					2
	New Brunswick			1		1			-1		1
	Quebec	-1		-1	1	-1		1		-1	-2
	Ontario					1			1		2
	Manitoba		-1					-1	-1		-3
	Saskatchewan	1	-1						-1	1	0
	Alberta					-1				1	0
	<b>British Columbia</b>				-1	1					0
	Yukon					-1					-1
	Northwest Territories	1				-1	1				1
	Nunavut					-1	1		F	-1	-1
Female Respondents	Newfoundland and Labrador	1						1	-1	-1	0
	Prince Edward Island			1							1
	Nova Scotia	1		1		1		-1	-1		1
	New Brunswick					1			-1	-1	-1
	Quebec	-1		-1	1	-1		1		-1	-2
	Ontario					1					1
	Manitoba						1		-1		0
	Saskatchewan	1						-1	-1		-1
	Alberta									1	1
	<b>British Columbia</b>		-1	1	-1						-1
	Yukon	1				-1		-1		1	0
	Northwest Territories	1				-1	1				1
	Nunavut		-1	F		-1	1	-1			-2

+1 Province/Territory scored significantly higher than the Canadian rate.  
 Province/Territory score is not significantly different than the Canadian rate.  
 -1 Province/Territory scored significantly lower than the Canadian rate.

F - Data suppressed by Statistics Canada due to small sample size or high coefficient of variation (coloured grey).  
 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

		Strong sense of belonging	Health improvement	Health improvement at work	Intending to improve health	Regular medical doctor	Place to go for medical advice	Graduated from high school	Post secondary degree	Working	Asset index
Younger Respondents	Newfoundland and Labrador	1					F		-1	-1	-1
	Prince Edward Island						F		-1		-1
	Nova Scotia					1	F		-1		0
	New Brunswick			1		1	F	1	-1		2
	Quebec				1	-1		1			1
	Ontario					1			1	-1	1
	Manitoba								-1	1	0
	Saskatchewan								-1		-1
	Alberta									1	1
	<b>British Columbia</b>					1					1
	Yukon			F	F		F	-1			-1
	Northwest Territories		-1	F		F	1				0
	Nunavut		F	F	F	F	1	-1	F	-1	-1
Older Respondents	Newfoundland and Labrador	1	-1				F		F	-1	-1
	Prince Edward Island	1					F		F		1
	Nova Scotia	1	-1	1		1	F	-1	-1		0
	New Brunswick						F			-1	-1
	Quebec	-1		-1		-1		1		-1	-3
	Ontario									1	1
	Manitoba							-1			-1
	Saskatchewan	1	-1					-1	-1	1	-1
	Alberta					1				1	2
	<b>British Columbia</b>	1				1		1		1	3
	Yukon		F		F		F		F	1	1
	Northwest Territories	1	F		F	-1	1	F	F		1
	Nunavut	F	F	F	F	F	F	F	F	1	1
Mid Age Respondents	Newfoundland and Labrador	1				1		1	-1	-1	1
	Prince Edward Island	1		1						-1	1
	Nova Scotia	1		1		1		-1			2
	New Brunswick					1			-1		0
	Quebec	-1		-1	1	-1		1			-1
	Ontario					1					1
	Manitoba		-1								-1
	Saskatchewan	1	-1						-1		-1
	Alberta					-1				1	0
	<b>British Columbia</b>	1	-1		-1	1			1		1
	Yukon	1				-1					0
	Northwest Territories	1				-1	1	-1			0
	Nunavut	1	-1			-1	1	-1		-1	-2

+1 Province/Territory scored significantly higher than the Canadian rate.

Province/Territory score is not significantly different than the Canadian rate.

-1 Province/Territory scored significantly lower than the Canadian rate.

F - Data suppressed by Statistics Canada due to small sample size or high coefficient of variation (coloured grey).

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

**All provinces/territories**

Overall, Prince Edward Island, Ontario, Nova Scotia and Yukon exceeded the Canadian averages for wellness assets, with PEI and Ontario showing the best scores in this area at +2. Nunavut, Saskatchewan, Manitoba, Quebec, and New Brunswick had overall negative scores for wellness assets with Nunavut having the poorest score of -4.

For both males and females, five provinces had negative scores and five had positive scores. Manitoba and Quebec were particularly low for males with scores of -3 and -2 respectively, while Ontario and Nova Scotia were the best, both with +2 scores. Quebec and Nunavut scored particularly low for females, both at -2 while the five positively scoring provinces were all at +1.

For younger respondents, Prince Edward Island, Yukon, Newfoundland and Labrador, Saskatchewan and Nunavut were all negative with scores of -1, while New Brunswick was positive with a score of +2. For older respondents, seven jurisdictions had positive scores with British Columbia (+3) and Alberta (+2) standing out as the best, while six jurisdictions had negative scores with Quebec having the poorest score of -3.

**A focus on British Columbia**

The wellness assets for British Columbians of all age groups, taken as a whole, are not significantly better or poorer than those of Canadians as a whole. However, between demographic cohorts there are some differences.

In comparison to the Canadian average, females in British Columbia were significantly better when it came to improving health at work but had lower scores for having made health improvements in the last year, or intending to improve health in the future. British Columbian males fared significantly better with respect to

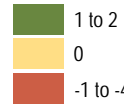
Province/Territory	All	Male	Female	Younger	Older
Ontario	2	2	1	1	1
Prince Edward Island	2	1	1	-1	1
Nova Scotia	1	2	1	0	0
Yukon	1	-1	0	-1	1
Northwest Territories	0	1	1	0	1
Alberta	0	0	1	1	2
British Columbia	0	0	-1	1	3
Nfld and Labrador	0	-1	0	-1	-1
New Brunswick	-1	1	-1	2	-1
Saskatchewan	-2	0	-1	-1	-1
Quebec	-2	-2	-2	1	-3
Manitoba	-2	-3	0	0	-1
Nunavut	-4	-1	-2	-1	1

access to a regular medical doctor, but were significantly lower in their intentions to improve health. Within British Columbia, there were some significant differences between males and females. Males had less access to fitness programs at or near work, lower intentions to improve health, were less likely to have a regular medical doctor, but were more likely to be employed than females in the province

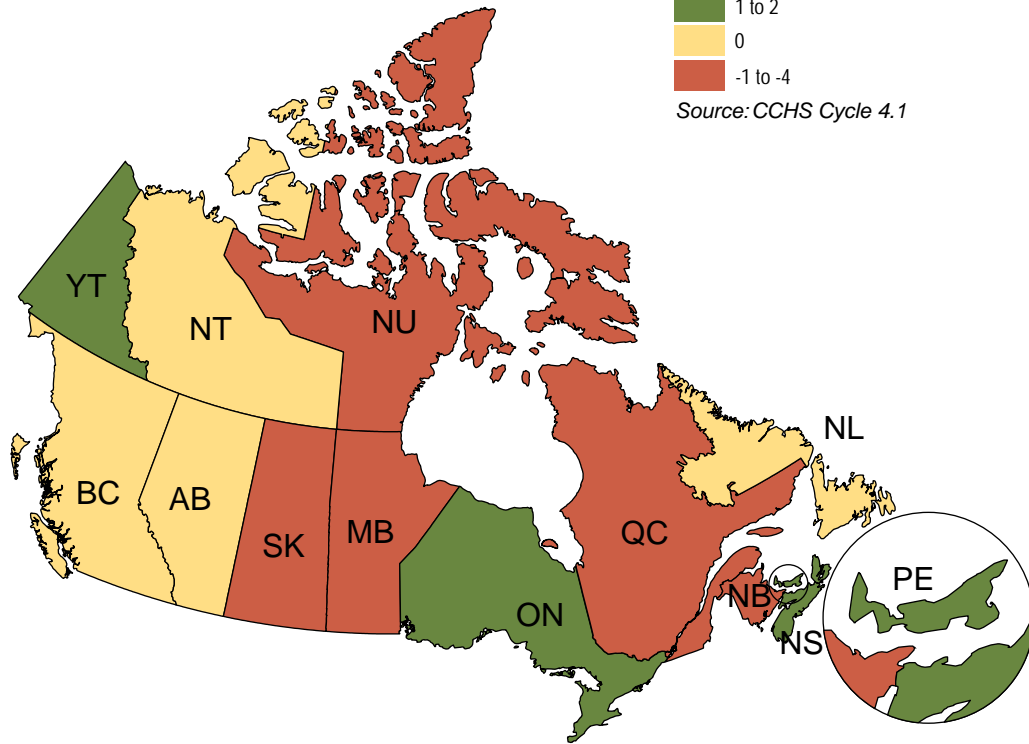
Younger respondents had an index score of +1 in comparison to Canadian youth as a whole, with better than average access to fitness programs at or near work, and better access to a regular medical doctor. Senior respondents in British Columbia fared particularly well compared to their Canadian counterparts with significantly better sense of belonging, access to a regular doctor and completion of post secondary education giving them an index score of +3. Within British Columbia, significant differences appeared comparing older respondents and youth with the mid age group. Seniors were significantly lower in several areas including their history of improving health, their intentions to improve health, their level of education, and their likelihood to be employed. However, they were significantly more likely to have a strong sense of belonging, and to have a regular medical doctor. Younger respondents in British Columbia were more likely than the mid age group to have a regular medical doctor but less likely to have intentions of improving health, and less likely to be working.

# Summary of wellness assets

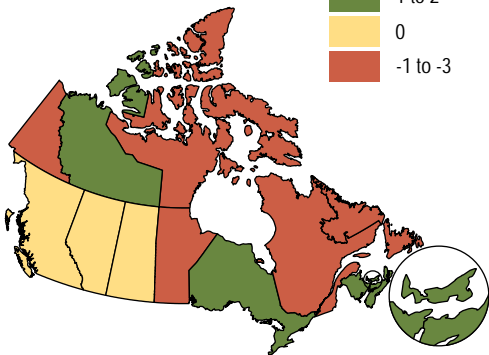
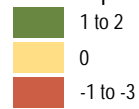
All respondents



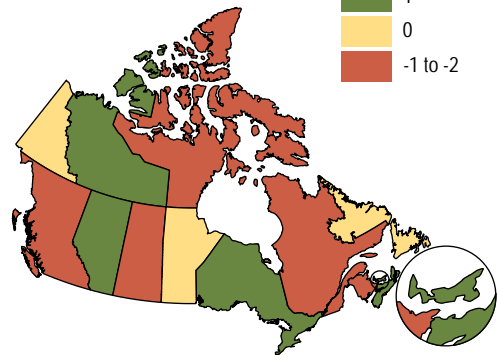
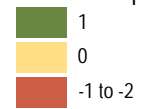
Source: CCHS Cycle 4.1



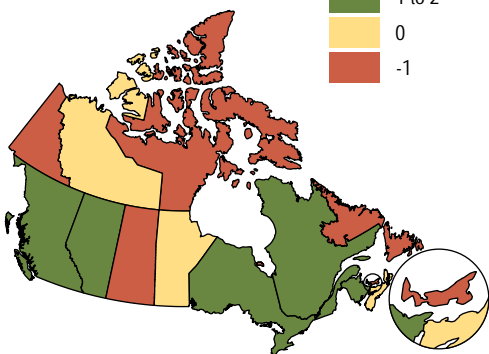
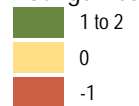
Male respondents



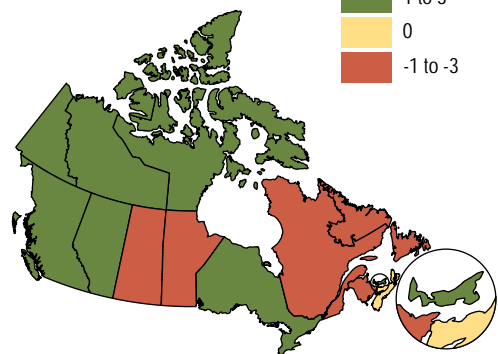
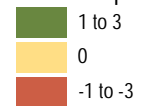
Female respondents



Younger respondents



Older respondents



Please keep this area

**smoke-free**

Smoking is prohibited within  
3 metres of doorways, open  
windows and air intakes



# 3

## Smoke-free environment and behaviour

In all 35 maps and eight tables are included in this chapter and allow an exploration of the tobacco smoke-free behaviours and environments throughout the country. The reduction in smoking behaviour is one of the key ActNow BC health promotion program pillars.

Tobacco smoking behaviour and exposure to second hand or environmental tobacco smoke are major causes and contributors to many chronic diseases and illnesses. Tobacco smoke is still the greatest preventable cause of poor health across the country.

Not only are current smokers of tobacco at risk of poor health but so too, are those who inhale others' exhaled smoke. Research has shown that current smokers who quit can still realize some reversal of the deleterious effects in fairly short order after quitting tobacco smoking.

The maps and tables presented here include being a non-smoker, and living,

traveling and working in non-smoking environments. (For the work environment, the younger age group covers the age range 15 to 19, and the older age group covers the age range 65 to 75 years). These are all important assets for developing and maintaining wellness and were contained in both *The BC Atlas of Wellness and Seniors Supplement*.

The final two tables and five maps highlight provinces/territories, genders, and age cohorts which have significantly high or significantly low values when compared to the Canadian average. The six indicators are combined to construct a single overall value by province/territory, gender and the standard age cohorts and are mapped accordingly. A summary of how BC compares to other provinces is also provided, and differences between age groupings and genders within BC are noted.

Presently a non-smoker

Province/Territory	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
British Columbia	81.91	79.68*	84.06	88.82†	90.00‡	79.10
Ontario	78.76	75.50*	81.91	90.28†	90.29‡	74.50
Alberta	78.52	75.51*	81.59	89.49†	88.02‡	75.19
Prince Edward Island	78.22	73.56*	82.55	84.48	85.73‡	75.41
New Brunswick	76.99	73.51*	80.32	88.59†	91.80‡	71.89
Manitoba	76.84	74.09	79.51	89.86†	91.02‡	71.34
Nova Scotia	75.46	74.31	76.49	92.31†	90.05‡	69.37
Quebec	75.05	72.83*	77.20	83.96†	87.72‡	70.96
Nfld and Labrador	74.72	71.12	78.09	84.07†	87.01‡	70.78
Saskatchewan	74.23	73.90	74.54	86.00†	86.16‡	69.04
Yukon	65.13	64.28	66.00	80.95†	78.35‡	60.91
Northwest Territories	61.75	58.01	65.74	72.07	77.94‡	58.30
Nunavut	40.91	42.38	39.39	55.71E	F	34.93
Canada	77.83	75.13*	80.45	88.27†	89.26‡	73.78

† 12 to 19 age group differs significantly from 20 to 64 age group.

‡ 65+ age group differs significantly from 20 to 64 age group.

\* males differ significantly from females.

E interpret data with caution (16.67 <= coefficient of variation <= 33.3).

F data suppressed (n < 25, or coefficient of variation > 33.3).

▨ Provincial/Territorial rate differs significantly from the Canadian rate.

**CCHS Question**

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

**Key Points**

At the National level:

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

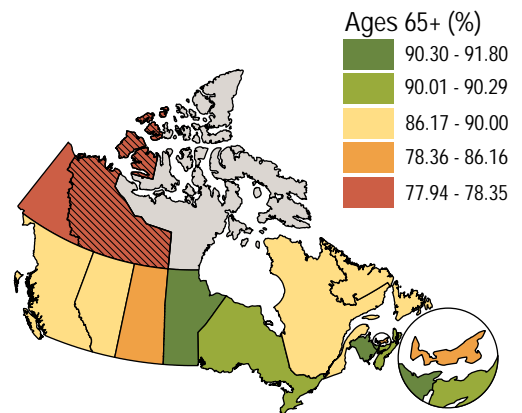
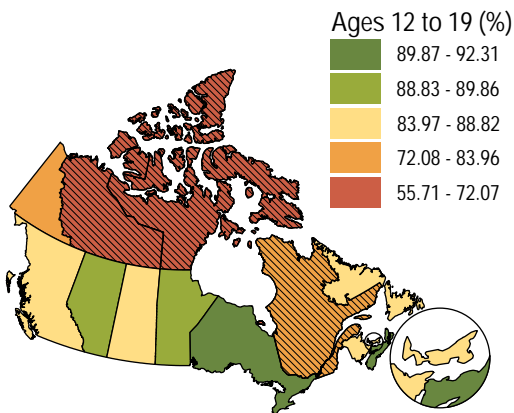
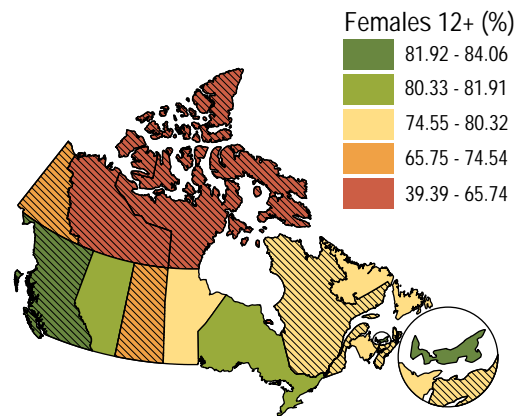
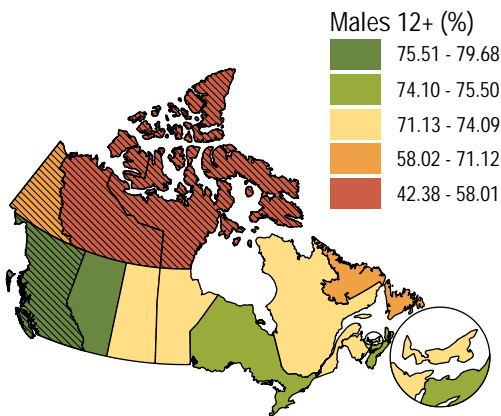
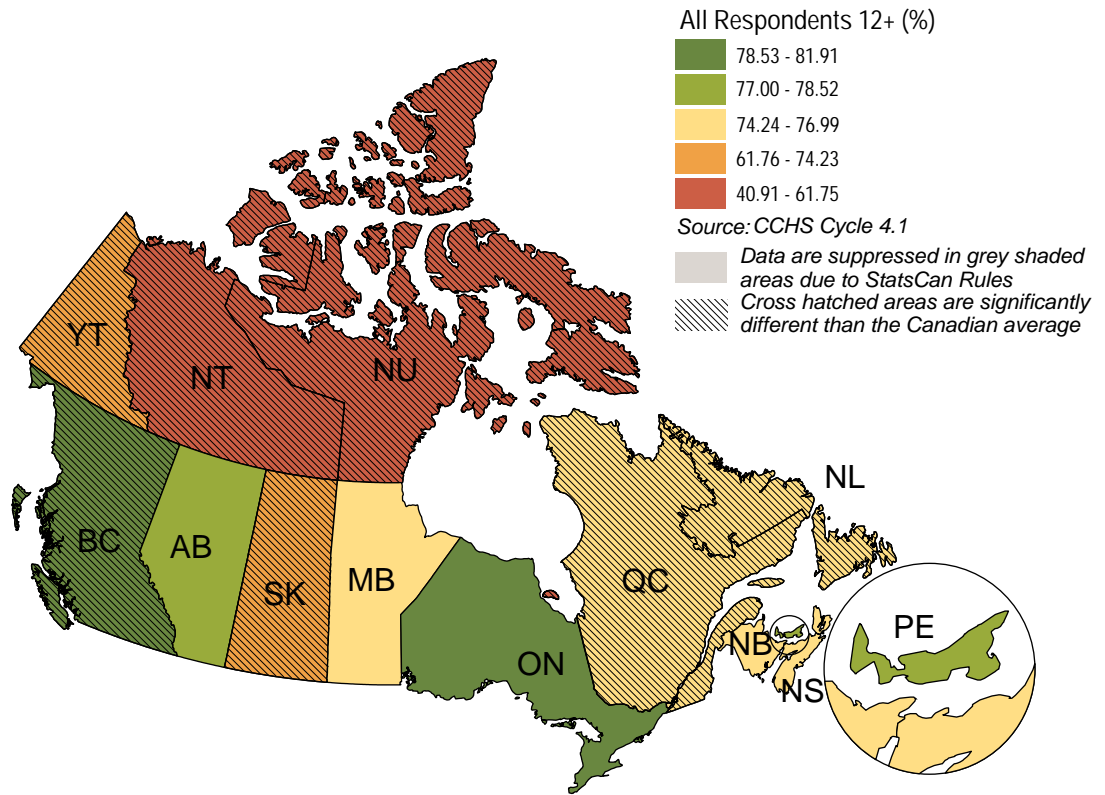
At the Provincial/Territorial level:

- For all respondents, there is one jurisdiction (British Columbia) significantly higher, and there are 6 jurisdictions (Nfld and Labrador, Quebec, Saskatchewan, Yukon, Northwest Territories and Nunavut) significantly lower than the Canadian rate.
- For male respondents, there is one jurisdiction (British Columbia) significantly higher, and there are 3 jurisdictions (Yukon, Northwest Territories and Nunavut) significantly lower than the Canadian rate.
- For female respondents, there is one jurisdiction (British Columbia) significantly higher, and there are 6 jurisdictions (Nova Scotia, Quebec, Saskatchewan, Yukon, Northwest Territories and Nunavut) significantly lower than the Canadian rate.
- For younger respondents (ages 12 to 19), no jurisdiction is significantly higher, and there are 3 jurisdictions (Quebec, Northwest Territories and Nunavut) significantly lower than the Canadian rate.
- For older respondents (ages 65+), no jurisdiction is significantly higher, and there is one jurisdiction (Northwest Territories) significantly lower than the Canadian rate.

Within Provinces/Territories:

- For males 12+ no jurisdiction is significantly higher, and there are 6 jurisdictions (Prince Edward Island, New Brunswick, Quebec, Ontario, Alberta and British Columbia) significantly lower than their respective female cohort.
- For younger respondents (ages 12 to 19) there are 10 jurisdictions (Nfld and Labrador, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta, British Columbia and Yukon) significantly higher, and no jurisdiction is significantly lower than its respective 20 to 64 age cohort.
- For older respondents (ages 65+), there are 12 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta, British Columbia, Yukon and Northwest Territories) significantly higher, and no jurisdiction is significantly lower than its respective 20 to 64 age cohort.

Presently a non-smoker



## Smoke-free home environment

Province/Territory	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
British Columbia	91.99	91.45	92.51	82.88†	94.99	92.84
Ontario	88.29	87.92	88.64	82.14†	91.99‡	88.63
Alberta	87.95	87.18	88.74	79.98†	89.00	89.18
Nfld and Labrador	85.48	84.11	86.76	79.68	88.77	85.73
Prince Edward Island	84.41	80.83	87.75	72.40	93.17‡	84.83
Saskatchewan	84.25	83.30	85.16	74.92†	92.58‡	84.10
Nova Scotia	84.20	84.61	83.83	77.64	93.18‡	83.28
Manitoba	84.07	84.29	83.86	81.14	91.46‡	83.02
Nunavut	83.02	83.24	82.80	77.29	F	85.35
New Brunswick	82.50	80.78	84.13	82.00	93.40‡	80.17
Northwest Territories	79.75	78.27	81.25	73.87	79.27	81.11
Yukon	78.79	78.20	79.39	72.57	88.64	78.88
Quebec	78.76	76.84*	80.60	68.17†	87.98‡	78.54
Canada	85.93	85.10*	86.73	78.37†	91.20‡	86.16

† 12 to 19 age group differs significantly from 20 to 64 age group.

‡ 65+ age group differs significantly from 20 to 64 age group.

\* males differ significantly from females.

E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).

F data suppressed (n < 25, or coefficient of variation > 33.3).

▨ Provincial/Territorial rate differs significantly from the Canadian rate.

### CCHS Question

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

### Key Points

At the National level:

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

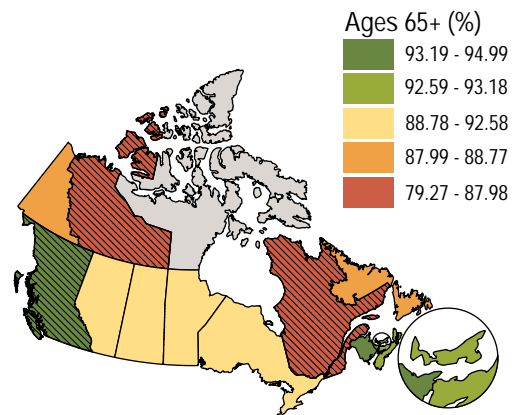
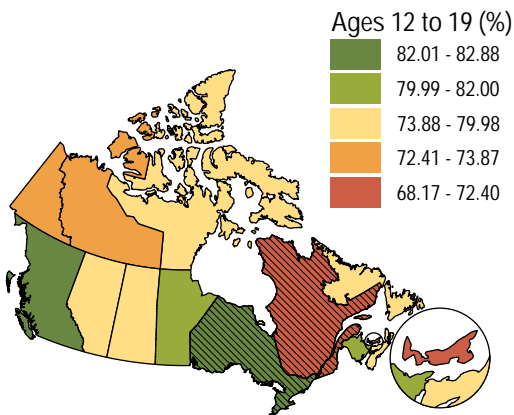
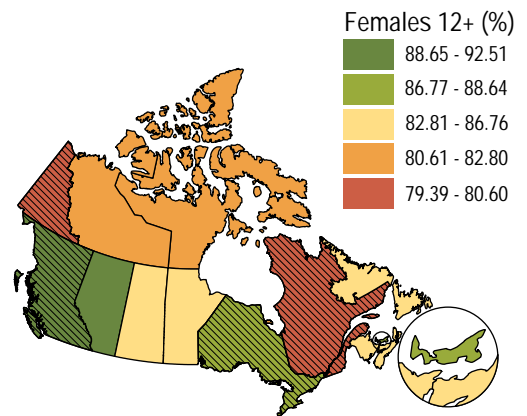
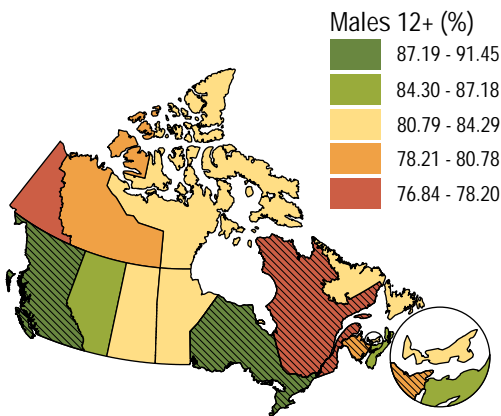
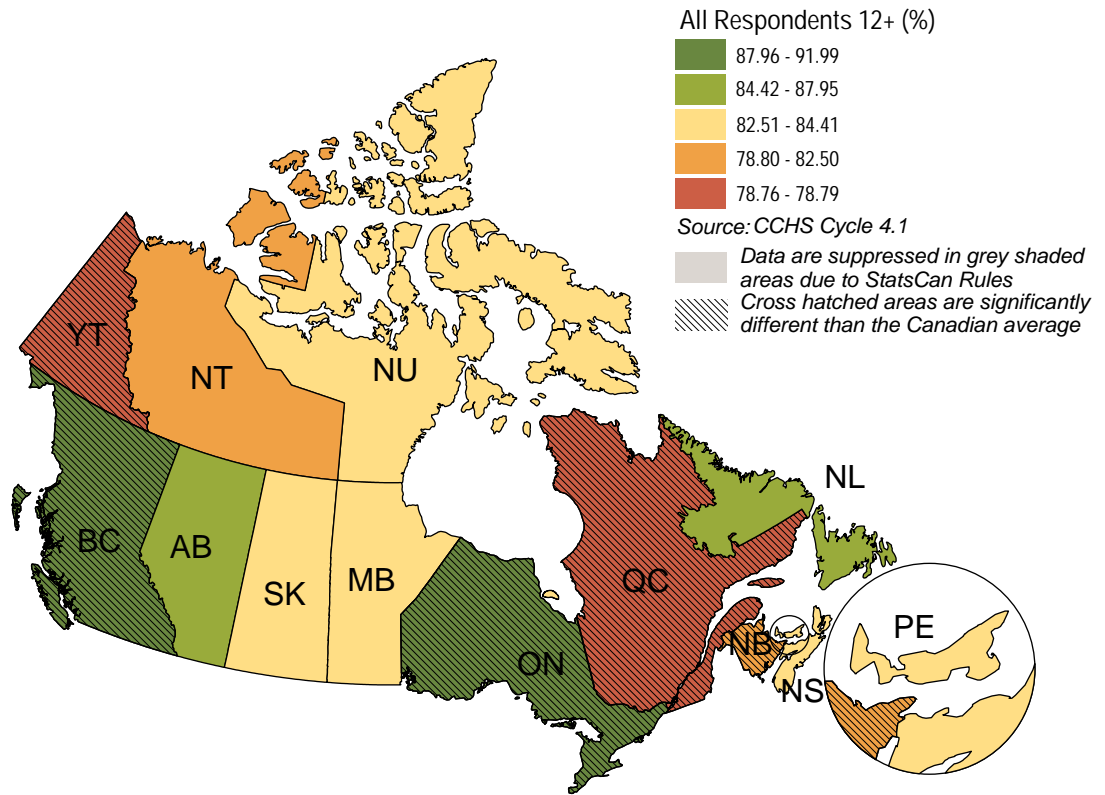
At the Provincial/Territorial level:

- For all respondents, there are 2 jurisdictions (Ontario and British Columbia) significantly higher, and there are 3 jurisdictions (New Brunswick, Quebec and Yukon) significantly lower than the Canadian rate.
- For male respondents, there are 2 jurisdictions (Ontario and British Columbia) significantly higher, and there are 2 jurisdictions (New Brunswick and Quebec) significantly lower than the Canadian rate.
- For female respondents, there are 2 jurisdictions (Ontario and British Columbia) significantly higher, and there are 2 jurisdictions (Quebec and Yukon) significantly lower than the Canadian rate.
- For younger respondents (ages 12 to 19), there is one jurisdiction (Ontario) significantly higher, and there is one jurisdiction (Quebec) significantly lower than the Canadian rate.
- For older respondents (ages 65+), there is one jurisdiction (British Columbia) significantly higher, and there are 2 jurisdictions (Quebec and Northwest Territories) significantly lower than the Canadian rate.

Within Provinces/Territories:

- For males 12+ no jurisdiction is significantly higher, and there is one jurisdiction (Quebec) significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19) no jurisdiction is significantly higher, and there are 5 jurisdictions (Quebec, Ontario, Saskatchewan, Alberta and British Columbia) significantly lower than their respective 20 to 64 age cohort.
- For older respondents (ages 65+), there are 7 jurisdictions (Prince Edward Island, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba and Saskatchewan) significantly higher, and no jurisdiction is significantly lower than its respective 20 to 64 age cohort.

Smoke-free home environment



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

Province/Territory	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
Yukon	94.76	94.30	95.22	89.66	100.00†	95.15
Northwest Territories	94.01	94.70	93.36	92.15	94.36	94.46
Prince Edward Island	93.23	93.01	93.41	83.70	96.94	94.27
Saskatchewan	92.04	89.06*	94.90	83.72†	97.67†	92.31
New Brunswick	91.94	91.71	92.15	83.70†	97.15†	92.10
Nfld and Labrador	91.82	90.63	92.82	77.81†	98.64†	92.65
Manitoba	91.09	91.16	91.02	81.10†	96.29†	91.95
Nova Scotia	89.95	90.10	89.83	74.87†	96.56†	91.28
Quebec	89.38	88.95	89.78	76.53†	94.90†	90.32
Nunavut	89.04	92.10	85.62	F	F	92.38
British Columbia	88.16	87.31	88.94	82.02†	94.68†	87.67
Ontario	87.26	86.41	88.02	79.02†	93.05†	87.55
Alberta	84.69	82.55	86.70	79.20	93.10†	84.26
Canada	88.15	87.27*	88.95	79.13†	94.32†	88.42

† 12 to 19 age group differs significantly from 20 to 64 age group.

‡ 65+ age group differs significantly from 20 to 64 age group.

\* males differ significantly from females.

E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).

F data suppressed (n < 25, or coefficient of variation > 33.3).

▨ Provincial/Territorial rate differs significantly from the Canadian rate.

### CCHS Question

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

### Key Points

At the National level:

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

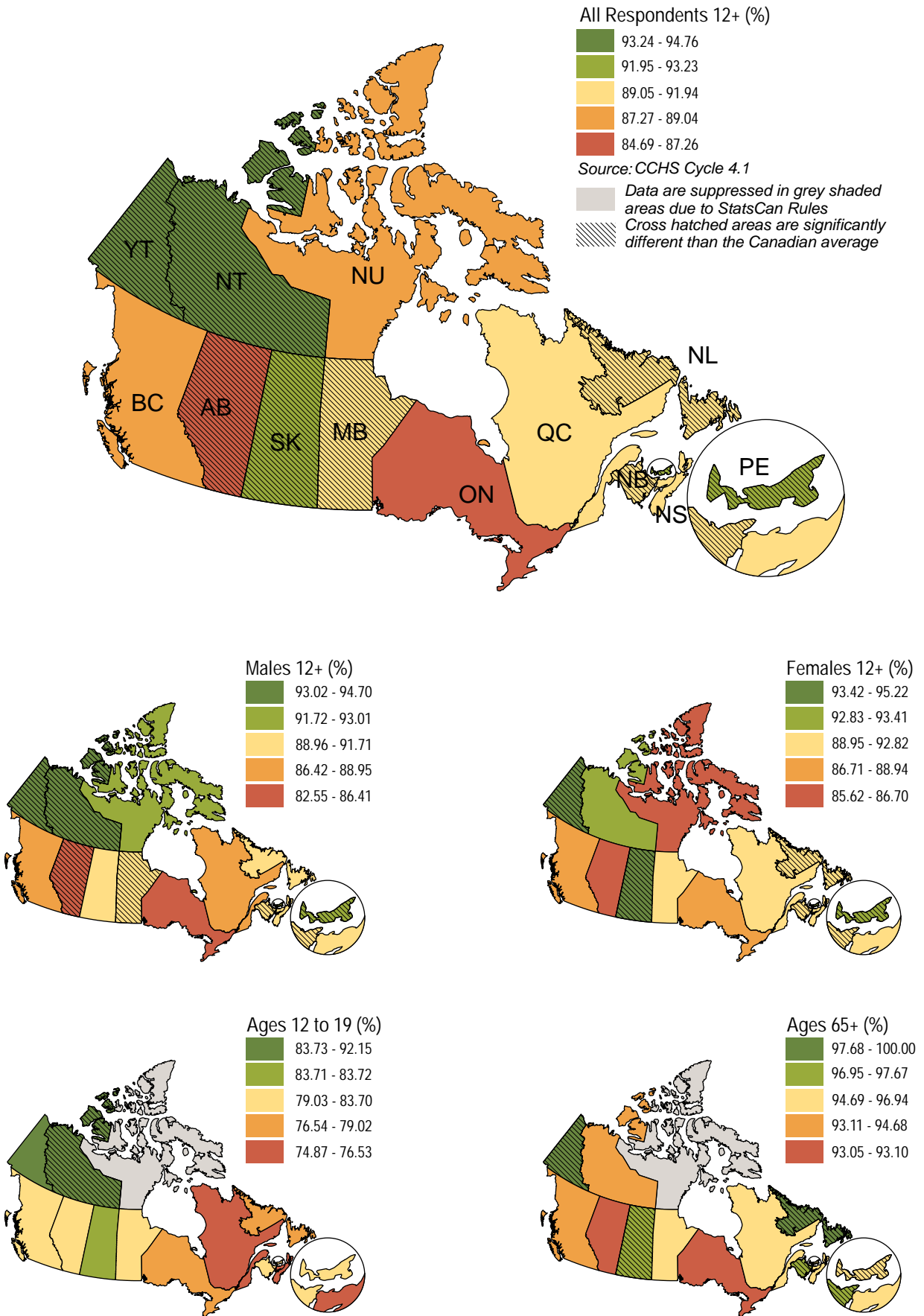
At the Provincial/Territorial level:

- For all respondents, there are 7 jurisdictions (Nfld and Labrador, Prince Edward Island, New Brunswick, Manitoba, Saskatchewan, Yukon and Northwest Territories) significantly higher, and there is one jurisdiction (Alberta) significantly lower than the Canadian rate.
- For male respondents, there are 5 jurisdictions (Prince Edward Island, New Brunswick, Manitoba, Yukon and Northwest Territories) significantly higher, and there is one jurisdiction (Alberta) significantly lower than the Canadian rate.
- For female respondents, there are 5 jurisdictions (Nfld and Labrador, Prince Edward Island, New Brunswick, Saskatchewan and Yukon) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.
- For younger respondents (ages 12 to 19), there is one jurisdiction (Northwest Territories) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.
- For older respondents (ages 65+), there are 5 jurisdictions (Nfld and Labrador, Prince Edward Island, New Brunswick, Saskatchewan and Yukon) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.

Within Provinces/Territories:

- For males 12+ no jurisdiction is significantly higher, and there is one jurisdiction (Saskatchewan) significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19) no jurisdiction is significantly higher, and there are 8 jurisdictions (Nfld and Labrador, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan and British Columbia) significantly lower than their respective 20 to 64 age cohort.
- For older respondents (ages 65+), there are 10 jurisdictions (Nfld and Labrador, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta, British Columbia and Yukon) significantly higher, and no jurisdiction is significantly lower than its respective 20 to 64 age cohort.

Smoke-free environment in frequented public places in past month



## Smoke-free vehicle environment

Province/Territory	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
British Columbia	93.63	92.44	94.72	84.17†	97.64‡	94.33
Nunavut	93.38	92.64	94.21	F	F	96.94
Manitoba	92.47	93.60	91.45	85.58†	96.35	92.98
Yukon	92.23	92.99	91.48	76.71†	95.26	95.31
Ontario	90.90	90.03	91.68	81.36†	94.96‡	91.88
Alberta	90.78	89.05	92.42	78.59†	94.53	92.56
Northwest Territories	90.67	89.04	92.21	87.08	100.00‡	90.62
Quebec	90.35	89.18	91.42	75.70†	96.33‡	91.50
Saskatchewan	90.15	88.26	91.95	71.03†	97.62‡	92.43
Prince Edward Island	89.80	89.04	90.43	78.14	97.18‡	90.37
Nova Scotia	88.63	89.53	87.84	69.69†	97.69‡	90.07
New Brunswick	88.48	88.56	88.40	75.53†	96.51‡	88.77
Nfld and Labrador	88.44	87.26	89.44	67.18†	97.17‡	90.12
Canada	91.02	90.06*	91.90	79.38†	95.94‡	92.12

† 12 to 19 age group differs significantly from 20 to 64 age group.

‡ 65+ age group differs significantly from 20 to 64 age group.

\* males differ significantly from females.

E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).

F data suppressed (n < 25, or coefficient of variation > 33.3).

▨ Provincial/Territorial rate differs significantly from the Canadian rate.

### CCHS Question

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

### Key Points

At the National level:

- Males 12+ have a significantly lower rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly lower rate of having a smoke-free vehicle environment than the 20 to 64 age cohort.
- Older respondents (ages 65+) have a significantly higher rate than the 20 to 64 age cohort.

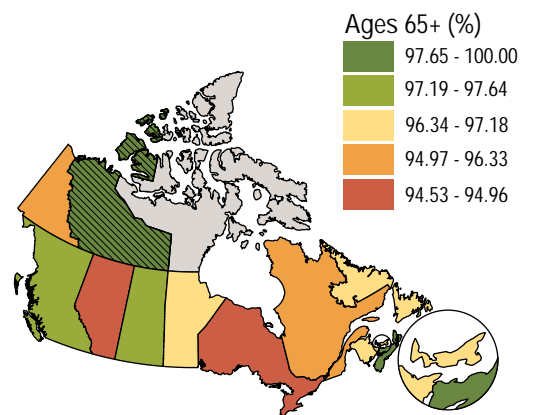
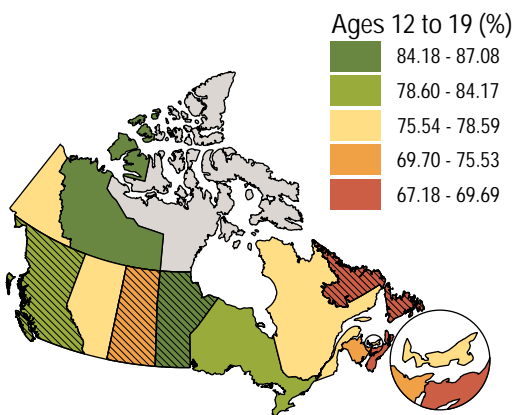
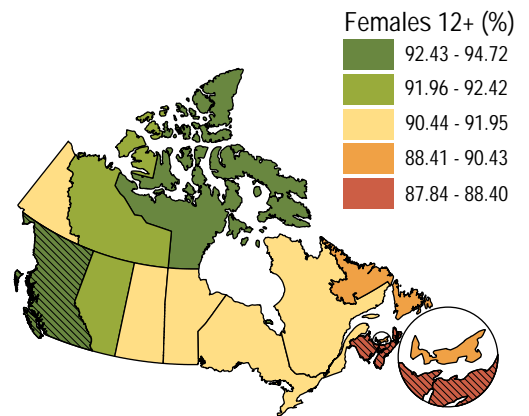
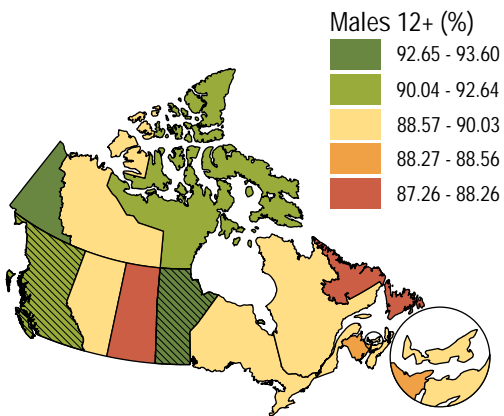
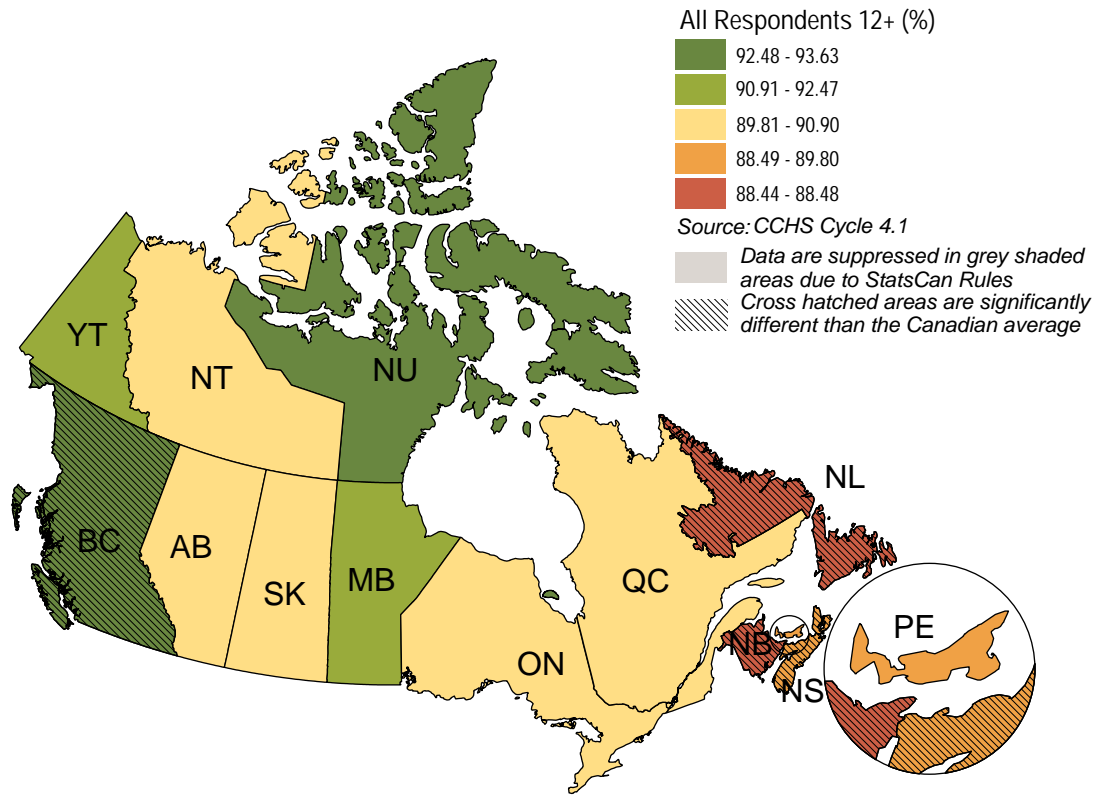
At the Provincial/Territorial level:

- For all respondents, there is one jurisdiction (British Columbia) significantly higher, and there are 3 jurisdictions (Nfld and Labrador, Nova Scotia and New Brunswick) significantly lower than the Canadian rate.
- For male respondents, there are 2 jurisdictions (Manitoba and British Columbia) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.
- For female respondents, there is one jurisdiction (British Columbia) significantly higher, and there are 2 jurisdictions (Nova Scotia and New Brunswick) significantly lower than the Canadian rate.
- For younger respondents (ages 12 to 19), there are 2 jurisdictions (Manitoba and British Columbia) significantly higher, and there are 2 jurisdictions (Nfld and Labrador and Saskatchewan) significantly lower than the Canadian rate.
- For older respondents (ages 65+), there is one jurisdiction (Northwest Territories) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.

Within Provinces/Territories:

- For males 12+ no jurisdiction is significantly higher, and no jurisdiction is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19) no jurisdiction is significantly higher, and there are 10 jurisdictions (Nfld and Labrador, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta, British Columbia and Yukon) significantly lower than their respective 20 to 64 age cohort.
- For older respondents (ages 65+), there are 9 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, Quebec, Ontario, Saskatchewan, British Columbia and Northwest Territories) significantly higher, and no jurisdiction is significantly lower than its respective 20 to 64 age cohort.

Smoke-free vehicle environment



## Smoke-free work environment

Province/Territory	All respondents 15+ (%)	Males 15+ (%)	Females 15+ (%)	Ages 15 to 24 (%)	Ages 45 to 75 (%)	Ages 25 to 44 (%)
Nunavut	85.36	82.01	88.86	F	F	83.74
Northwest Territories	81.61	71.08*	93.82	F	F	81.11
Quebec	78.39	72.77*	84.72	75.69	58.80‡	79.01
Yukon	76.34	64.52*	89.18	F	F	75.40
Manitoba	74.56	66.95*	83.23	64.03	70.15	75.51
Ontario	70.18	65.27*	75.66	63.29†	63.91	70.84
Nfld and Labrador	68.29	58.44*	77.91	F	F	69.13
British Columbia	67.28	61.26*	74.39	63.99	62.24	67.65
Nova Scotia	67.20	59.82*	74.68	67.77	72.83	67.01
New Brunswick	65.48	57.85*	74.07	51.11	78.17	66.32
Prince Edward Island	63.69	61.08	66.28	70.86	F	63.20
Saskatchewan	63.40	51.18*	77.87	66.93	47.78‡	63.80
Alberta	61.95	52.36*	74.00	44.10†	65.51	63.13
Canada	70.48	64.14*	77.69	63.80†	63.27‡	71.14

† 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.

\* males differ significantly from females.

E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).

F data suppressed (n < 25, or coefficient of variation > 33.3).

▨ Provincial/Territorial rate differs significantly from the Canadian rate.

### CCHS Question

At your place of work, is smoking restricted completely?

### Key Points

At the National level:

- Males 15+ have a significantly lower rate than the females 15+ cohort.
- Younger respondents (ages 15 to 24) have a significantly lower rate of having a smoke-free work environment than the 25 to 44 age cohort.
- Older respondents (ages 45 to 75) have a significantly lower rate than the 25 to 44 age cohort.

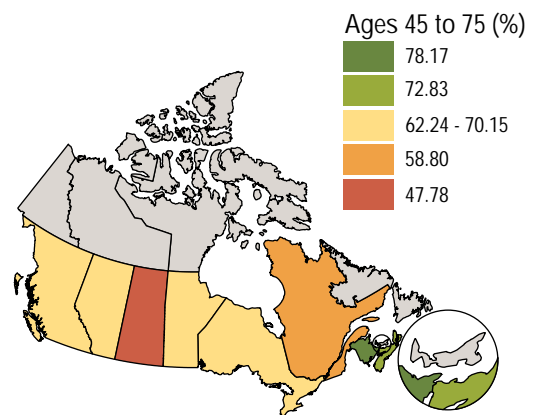
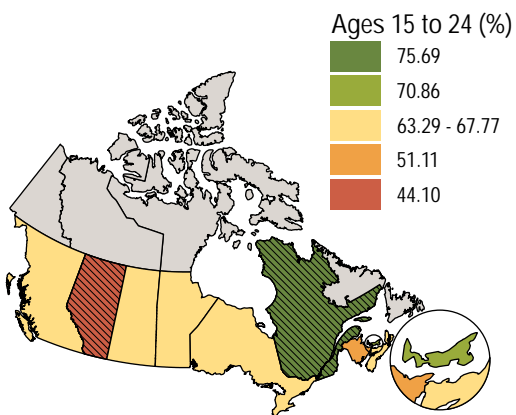
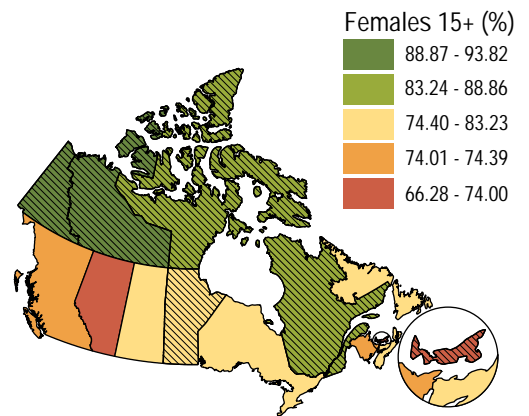
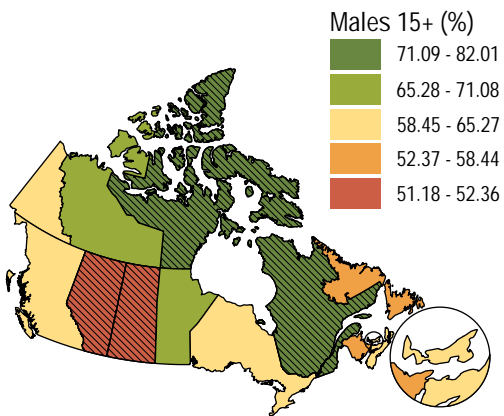
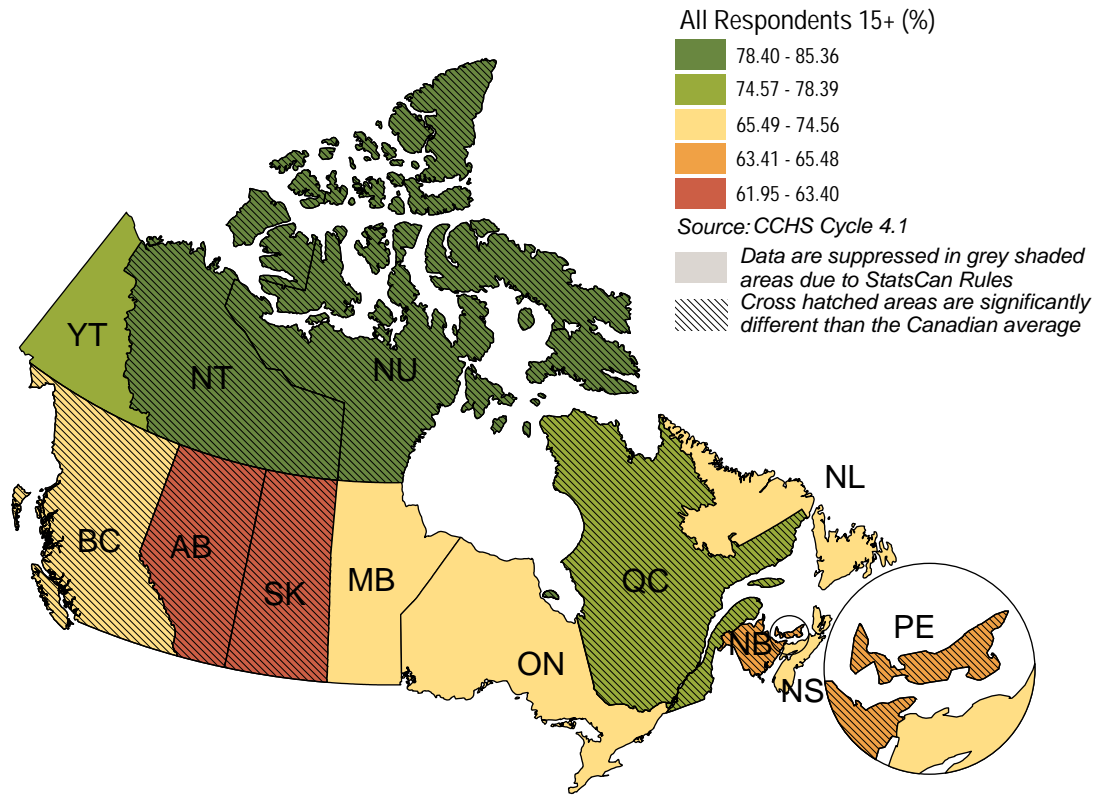
At the Provincial/Territorial level:

- For all respondents, there are 3 jurisdictions (Quebec, Northwest Territories and Nunavut) significantly higher, and there are 5 jurisdictions (Prince Edward Island, New Brunswick, Saskatchewan, Alberta and British Columbia) significantly lower than the Canadian rate.
- For male respondents, there are 2 jurisdictions (Quebec and Nunavut) significantly higher, and there are 2 jurisdictions (Saskatchewan and Alberta) significantly lower than the Canadian rate.
- For female respondents, there are 5 jurisdictions (Quebec, Manitoba, Yukon, Northwest Territories and Nunavut) significantly higher, and there is one jurisdiction (Prince Edward Island) significantly lower than the Canadian rate.
- For younger respondents (ages 15 to 24), there is one jurisdiction (Quebec) significantly higher, and there is one jurisdiction (Alberta) significantly lower than the Canadian rate.
- For older respondents (ages 45 to 75), no jurisdiction is significantly higher, and no jurisdiction is significantly lower than the Canadian rate.

Within Provinces/Territories:

- For males 15+ no jurisdiction is significantly higher, and there are 11 jurisdictions (Nfld and Labrador, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta, British Columbia, Yukon and Northwest Territories) significantly lower than their respective female cohort.
- For younger respondents (ages 15 to 24) no jurisdiction is significantly higher, and there are 2 jurisdictions (Ontario and Alberta) significantly lower than their respective 25 to 44 age cohort.
- For older respondents (ages 45 to 75), no jurisdiction is significantly higher, and there are 2 jurisdictions (Quebec and Saskatchewan) significantly lower than their respective 25 to 44 age cohort.

Smoke-free work environment



## Some restriction against smoking cigarettes in home

Province/Territory	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
Nunavut	85.37	87.31	83.41	82.03	F	87.94
British Columbia	80.55	79.15	81.86	73.10†	78.40	82.22
Northwest Territories	79.50	78.90	80.10	76.87	65.98	81.13
Alberta	79.47	78.43	80.52	73.09†	74.77‡	81.31
Ontario	78.55	77.62	79.45	76.36	75.48‡	79.56
Nova Scotia	78.20	76.99	79.29	71.22	78.19	79.38
Nfld and Labrador	78.19	76.13	80.10	75.40	75.33	79.21
Prince Edward Island	78.18	73.64*	82.42	73.64	75.75	79.60
Yukon	76.29	74.61	78.02	72.42	77.62	76.87
Manitoba	76.27	75.86	76.66	76.74	76.72	76.08
New Brunswick	75.99	74.44	77.45	76.82	76.12	75.83
Saskatchewan	74.22	71.96	76.40	66.35†	72.78	76.14
Quebec	58.80	57.35	60.18	55.13	55.25‡	60.17
Canada	74.02	72.83*	75.17	70.38†	70.91‡	75.29

† 12 to 19 age group differs significantly from 20 to 64 age group.

‡ 65+ age group differs significantly from 20 to 64 age group.

\* males differ significantly from females.

E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).

F data suppressed (n < 25, or coefficient of variation > 33.3).

▨ Provincial/Territorial rate differs significantly from the Canadian rate.

### CCHS Question

Are there any restrictions against smoking cigarettes in your home?

### Key Points

At the National level:

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

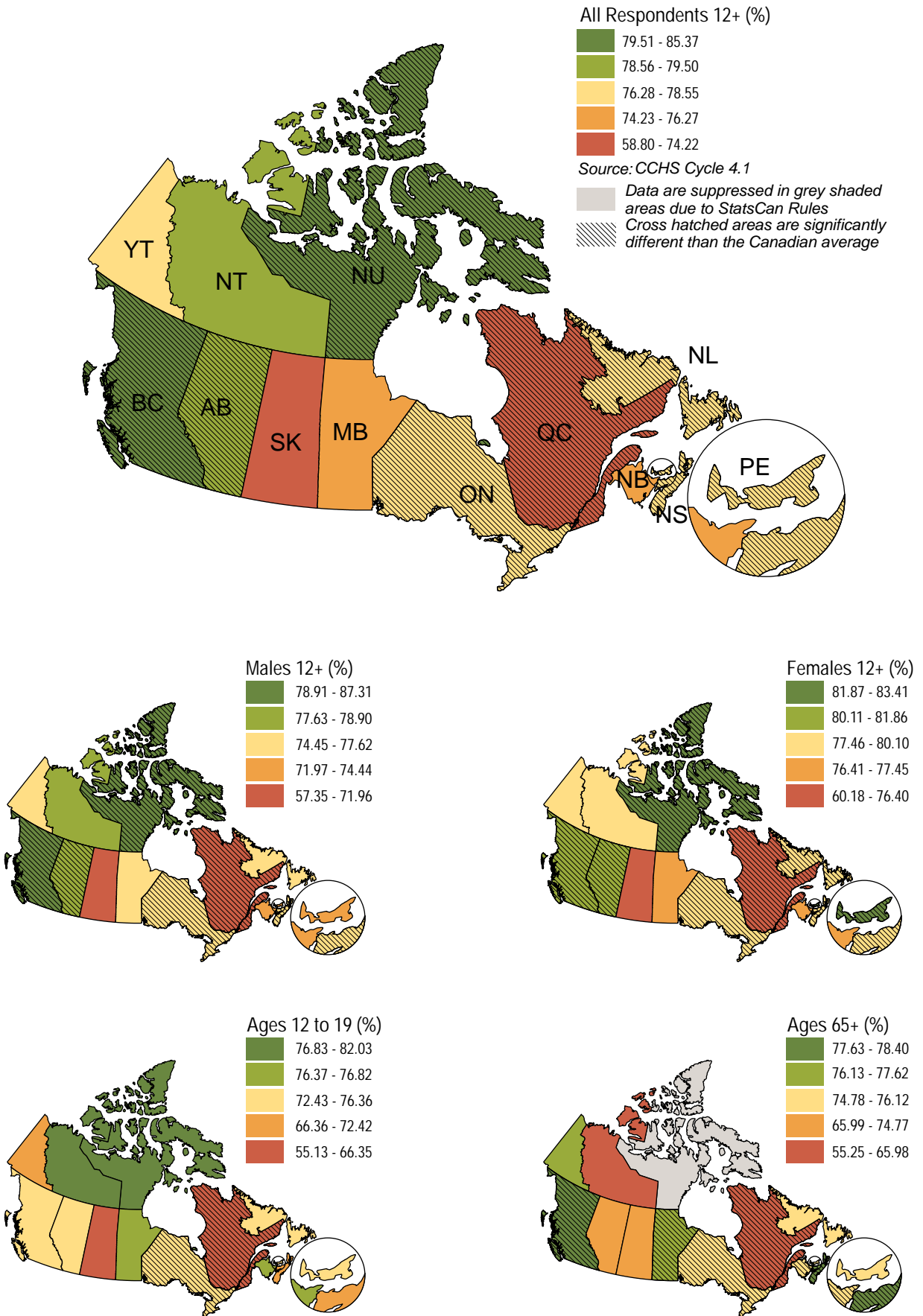
At the Provincial/Territorial level:

- For all respondents, there are 7 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, Ontario, Alberta, British Columbia and Nunavut) significantly higher, and there is one jurisdiction (Quebec) significantly lower than the Canadian rate.
- For male respondents, there are 5 jurisdictions (Nova Scotia, Ontario, Alberta, British Columbia and Nunavut) significantly higher, and there is one jurisdiction (Quebec) significantly lower than the Canadian rate.
- For female respondents, there are 7 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, Ontario, Alberta, British Columbia and Nunavut) significantly higher, and there is one jurisdiction (Quebec) significantly lower than the Canadian rate.
- For younger respondents (ages 12 to 19), there is one jurisdiction (Ontario) significantly higher, and there is one jurisdiction (Quebec) significantly lower than the Canadian rate.
- For older respondents (ages 65+), there are 5 jurisdictions (Nova Scotia, New Brunswick, Ontario, Manitoba and British Columbia) significantly higher, and there is one jurisdiction (Quebec) significantly lower than the Canadian rate.

Within Provinces/Territories:

- For males 12+ no jurisdiction is significantly higher, and there is one jurisdiction (Prince Edward Island) significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19) no jurisdiction is significantly higher, and there are 3 jurisdictions (Saskatchewan, Alberta and British Columbia) significantly lower than their respective 20 to 64 age cohort.
- For older respondents (ages 65+), no jurisdiction is significantly higher, and there are 3 jurisdictions (Quebec, Ontario and Alberta) significantly lower than their respective 20 to 64 age cohort.

Some restriction against smoking cigarettes in home



Smoke-free index by gender

		Non-smoker	Smoke-free home	Smoke-free in public places	Smoke-free vehicle	Smoke-free workplace	Restricted smoking at home	Smoke-free index
All Respondents	Newfoundland and Labrador	-1		1	-1		1	0
	Prince Edward Island			1		-1	1	1
	Nova Scotia				-1		1	0
	New Brunswick		-1	1	-1	-1		-2
	Quebec	-1	-1			1	-1	-2
	Ontario		1				1	2
	Manitoba			1				1
	Saskatchewan	-1		1		-1		-1
	Alberta			-1		-1	1	-1
	<b>British Columbia</b>	1	1		1	-1	1	3
	Yukon	-1	-1	1				-1
	Northwest Territories	-1		1		1		1
	Nunavut	-1				1	1	1

Male Respondents	Newfoundland and Labrador							0
	Prince Edward Island			1				1
	Nova Scotia						1	1
	New Brunswick		-1	1				0
	Quebec		-1			1	-1	-1
	Ontario		1				1	2
	Manitoba			1	1			2
	Saskatchewan					-1		-1
	Alberta			-1		-1	1	-1
	<b>British Columbia</b>	1	1		1		1	4
	Yukon	-1		1				0
	Northwest Territories	-1		1				0
	Nunavut	-1				1	1	1

Female Respondents	Newfoundland and Labrador			1			1	2
	Prince Edward Island			1		-1	1	1
	Nova Scotia	-1			-1		1	-1
	New Brunswick			1	-1			0
	Quebec	-1	-1			1	-1	-2
	Ontario		1				1	2
	Manitoba					1		1
	Saskatchewan	-1		1				0
	Alberta						1	1
	<b>British Columbia</b>	1	1		1		1	4
	Yukon	-1	-1	1		1		0
	Northwest Territories	-1				1		0
	Nunavut	-1				1	1	1

+1 Province/Territory scored significantly higher than the Canadian rate.  
 Province/Territory score is not significantly different than the Canadian rate.  
 -1 Province/Territory scored significantly lower than the Canadian rate.

F - Data suppressed by Statistics Canada due to small sample size or high coefficient of variation (coloured grey).  
 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	Smoke-free in public places	Smoke-free vehicle	Smoke-free workplace	Restricted smoking at home	Smoke-free index
Younger Respondents	Newfoundland and Labrador				-1	F		-1
	Prince Edward Island							0
	Nova Scotia							0
	New Brunswick							0
	Quebec	-1	-1			1	-1	-2
	Ontario		1				1	2
	Manitoba				1			1
	Saskatchewan				-1			-1
	Alberta					-1		-1
	<b>British Columbia</b>				1			1
	Yukon					F		0
	Northwest Territories	-1		1		F		0
	Nunavut	-1		F	F	F		-1

Older Respondents	Newfoundland and Labrador			1		F		1
	Prince Edward Island			1		F		1
	Nova Scotia						1	1
	New Brunswick			1			1	2
	Quebec		-1				-1	-2
	Ontario						1	1
	Manitoba						1	1
	Saskatchewan			1				1
	Alberta							0
	<b>British Columbia</b>		1				1	2
	Yukon			1		F		1
	Northwest Territories	-1	-1		1	F		-1
	Nunavut	F	F	F	F	F	F	F

Mid Age Respondents	Newfoundland and Labrador			1			1	2
	Prince Edward Island			1		-1	1	1
	Nova Scotia	-1	-1	1		-1	1	-1
	New Brunswick		-1	1	-1	-1		-2
	Quebec	-1	-1	1		1	-1	-1
	Ontario		1				1	2
	Manitoba		-1	1				0
	Saskatchewan	-1		1		-1		-1
	Alberta		1	-1		-1	1	0
	<b>British Columbia</b>	1	1		1	-1	1	3
	Yukon	-1		1				0
	Northwest Territories	-1		1		1		1
	Nunavut	-1				1	1	1

- +1 Province/Territory scored significantly higher than the Canadian rate.
- Province/Territory score is not significantly different than the Canadian rate.
- 1 Province/Territory scored significantly lower than the Canadian rate.

F - Data suppressed by Statistics Canada due to small sample size or high coefficient of variation (coloured grey).  
 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

**All provinces/territories**

For all respondents under the smoke-free attribute, six jurisdictions had positive scores, five had negative scores and two had a neutral score. The overall range was from +3 to -2, with British Columbia having the best score at +3 and Quebec and New Brunswick with the poorest negative scores of -2.

For males, there was a range in scores from +4 to -1 and a distribution of six positive scores, three negative, and one neutral. British Columbia had the best score at +4, while Quebec had the poorest at -1. Females had a similar range to the male cohort of +4 to -2, with seven positively scoring jurisdictions and only two negatively scoring jurisdictions. For the female cohort, the highest scoring was British Columbia with +4 and the lowest was Quebec at -2.

Scores for both younger and older age cohorts ranged from +2 to -2. Younger respondents had a fairly even distribution of positive and negative scores while the older group had nine positive scores, and only 2 negative scores. Among the younger respondents, Ontario had the highest score at +2 and Quebec was once again the lowest at -2. For older respondents, British Columbia was the highest with +2 and Quebec was again the lowest at -2.

There were no distinct geographic trends for the smoke-free attribute, although some provinces/territories had consistently positive or negative results; British Columbia and Ontario were both positive for all demographic cohorts, while Quebec was consistently negative. Prince Edward Island was high for all except the younger age group. New Brunswick, the Yukon and Northwest Territories were all neutral except for older respondents.

**A focus on British Columbia**

British Columbia had an overall score of +3 for all respondents making it the best jurisdiction overall for the smoke-free attribute. British Columbians were more likely to be non-

Province/Territory	All	Male	Female	Younger	Older
British Columbia	3	4	4	1	2
Ontario	2	2	2	2	1
Manitoba	1	2	1	1	1
Prince Edward Island	1	1	1	0	1
Nunavut	1	1	1	-1	F
Northwest Territories	1	0	0	0	-1
Nova Scotia	0	1	-1	0	1
Nfld and Labrador	0	0	2	-1	1
Yukon	-1	0	0	0	1
Saskatchewan	-1	-1	0	-1	1
Alberta	-1	-1	1	-1	0
New Brunswick	-2	0	0	0	2
Quebec	-2	-1	-2	-2	-2

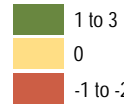
smokers, to have a smoke-free home, to drive in a smoke-free vehicle and to have restrictions on smoking within their homes when compared to the Canadian average. However, they were less likely to have a smoke-free workplace.

Both males and females in British Columbia had the best index scores of +4, the highest of all jurisdictions. Both genders were more likely to be non-smokers, to have a smoke-free home, to have a smoke-free vehicle and to have restrictions on smoking within their homes compared to the Canadian average. Within the province, females were more likely than males to be non-smokers and to have a smoke-free work place.

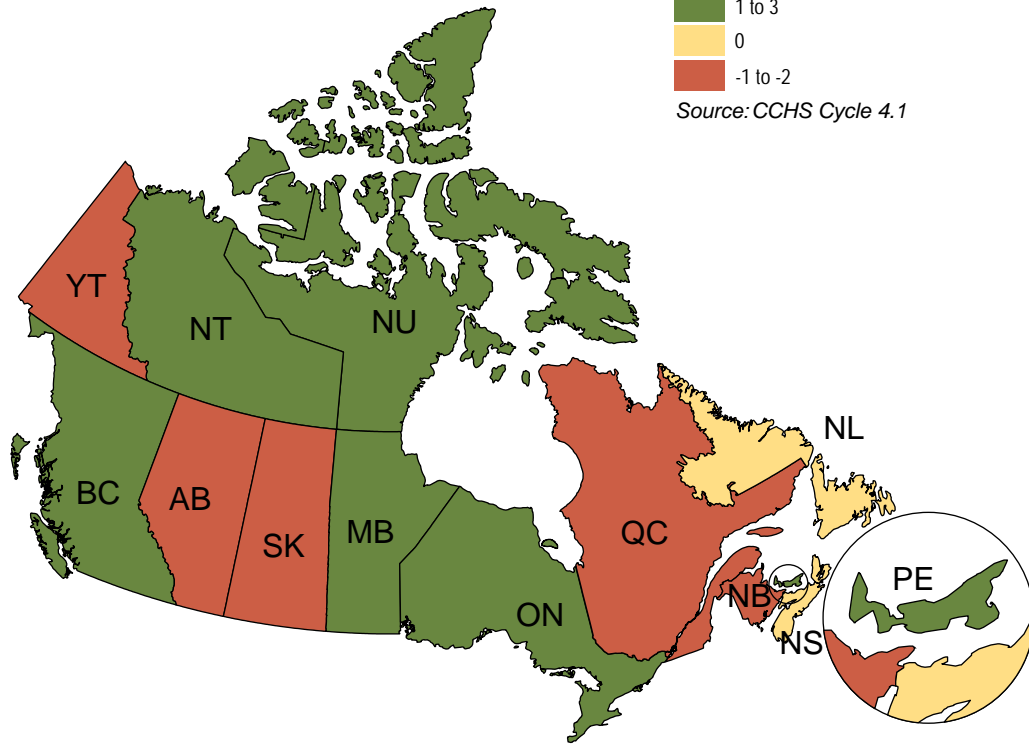
Younger and older respondents in British Columbia had positive index scores of +1 and +2 respectively. Compared to their Canadian counterparts, younger respondents were more likely to avoid experiencing smoke in vehicles while older respondents were more likely to have a smoke-free home and have restrictions on smoking at home. Within British Columbia, younger respondents differed from the mid aged cohorts in several variables. While they were more likely to be non-smokers, they were less likely to avoid second hand smoke in various environments; they were less likely to have a smoke-free home, to frequent smoke-free public places and vehicles, and to have restrictions on smoking at home. Older respondents, in comparison to their mid aged counterparts, were more likely to be non-smokers, to frequent smoke-free public places and to travel in smoke-free vehicles.

# Summary of smoke-free environment and behaviour

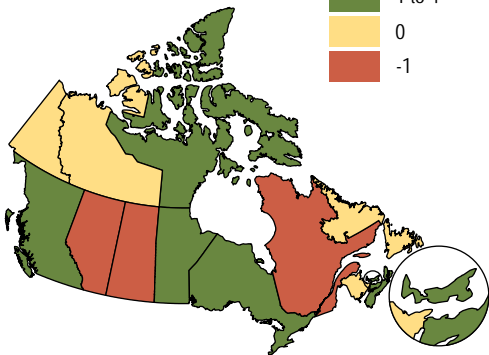
All respondents



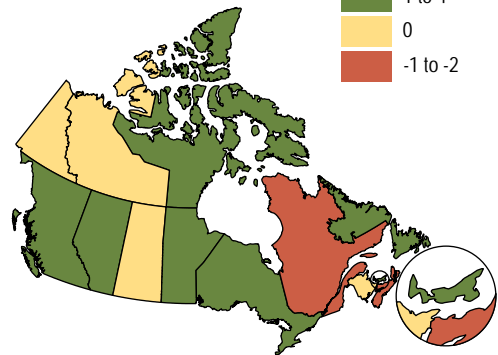
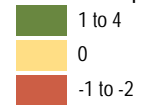
Source: CCHS Cycle 4.1



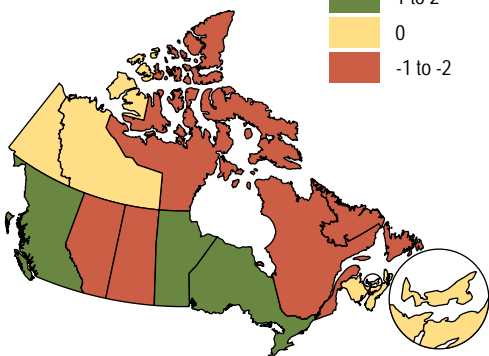
Male respondents



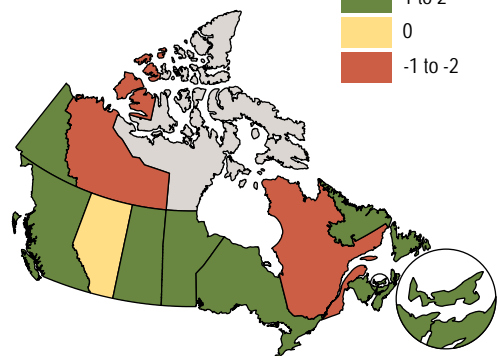
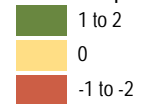
Female respondents



Younger respondents



Older respondents





# 4

## Nutrition, food security and alcohol consumption

This chapter provides 40 maps and nine tables related to nutrition, food security and less risky alcohol consumption. Healthy eating and less risky alcohol consumption are two of the key pillars of the ActNow BC health promotion program.

The first indicator is a derived indicator based on nearly 20 different questions asked of CCHS respondents related to food security issues. Food security can be said to exist 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. Because there was a fairly large number in non-response categories, the denominator for calculating this indicator excluded the non-respondents.

The next indicator examines the consumption of five or more portions of fruits and vegetables on a daily basis, an important component for healthy eating. The next two indicators look at issues related to regular eating of meals and never being

concerned about food running out. These two indicators also exclude non-respondents from the denominator. These are followed by an indicator related to alcohol consumption patterns across the country. Consumption of 5 or more alcoholic beverages at one session is generally referred to as binge drinking. This indicator focuses on those respondents who do not engage in binge drinking.

Food secure, never skipping meals, or never being worried food would run out have not been reported in the previous wellness publications.

The final two tables and five maps combine all of these six indicators into a single index related to this area of interest so that provinces and territories can be compared among each other by the use of a single index. A summary of how British Columbia compares to other provinces is also provided, and variations among age cohorts and genders are noted.

## Food secure

Province/Territory	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
Alberta	94.39	94.77	94.00	92.25	96.58	94.40
Saskatchewan	94.11	94.50	93.74	87.67†	98.89‡	94.18
Quebec	93.44	94.35	92.56	91.79	97.23‡	92.92
British Columbia	92.97	92.86	93.07	88.11†	97.72‡	92.68
Ontario	92.54	94.39*	90.77	90.97	97.54‡	91.82
Manitoba	91.90	93.27	90.57	89.85	97.27‡	91.13
Nfld and Labrador	91.63	90.93	92.29	89.65	94.67	91.30
New Brunswick	91.44	92.52	90.40	91.78	96.55‡	90.27
Nova Scotia	90.44	92.49	88.59	89.74	96.21‡	89.24
Prince Edward Island	89.46	89.99	88.95	85.47	96.55‡	88.62
Yukon	88.43	89.47	87.36	88.56	96.52	87.45
Northwest Territories	86.80	87.16	86.41	79.38	93.28	87.78
Nunavut	62.79	59.81	66.08	66.61	F	62.14
Canada	92.88	93.98*	91.83	90.70†	97.31‡	92.35

† 12 to 19 age group differs significantly from 20 to 64 age group.

‡ 65+ age group differs significantly from 20 to 64 age group.

\* males differ significantly from females.

E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).

F data suppressed (n < 25, or coefficient of variation > 33.3).

▨ Provincial/Territorial rate differs significantly from the Canadian rate.

### CCHS Question

Derived variable based on several questions related to food security.

### Key Points

At the National level:

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

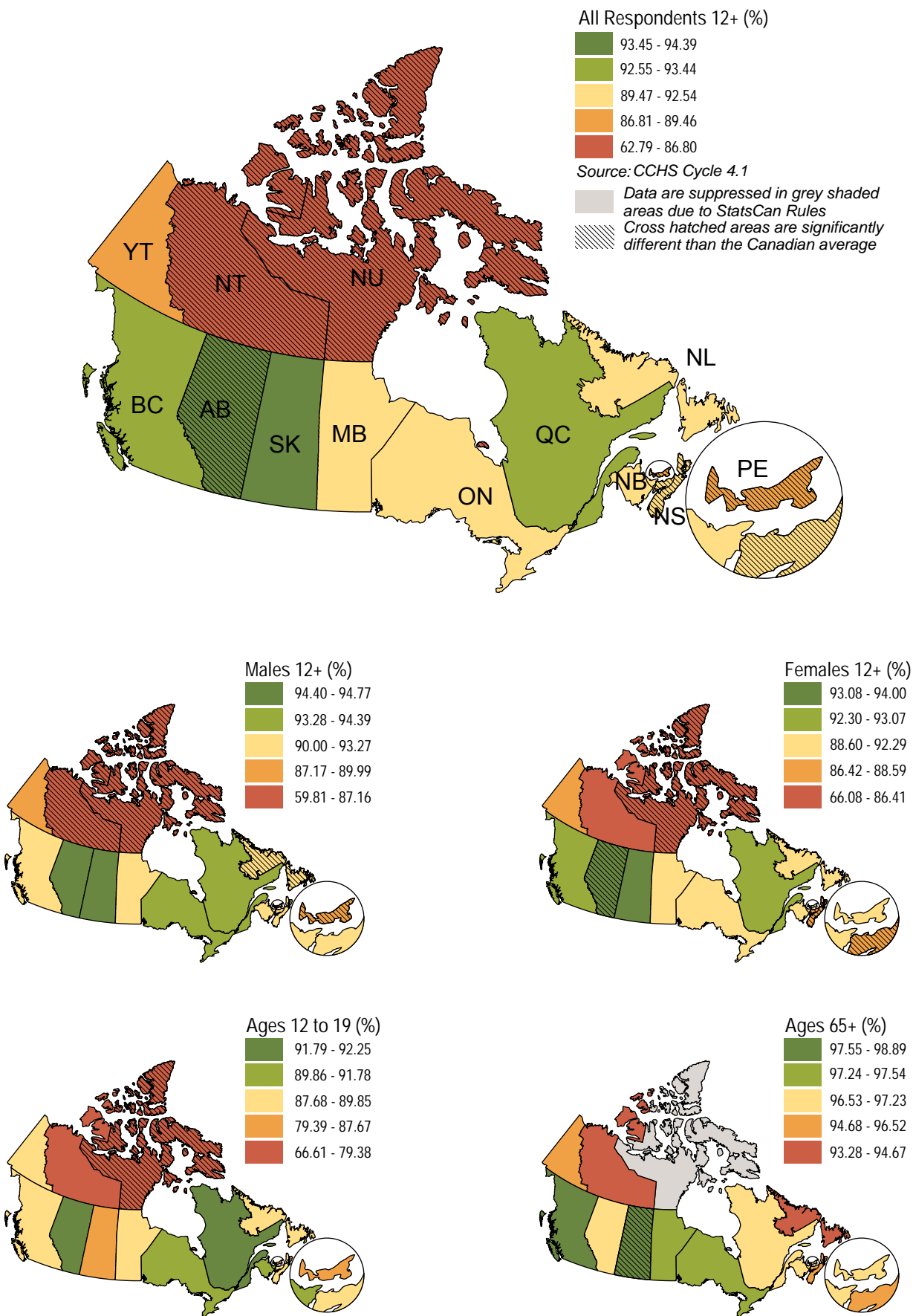
At the Provincial/Territorial level:

- For all respondents, there is one jurisdiction (Alberta) significantly higher, and there are 4 jurisdictions (Prince Edward Island, Nova Scotia, Northwest Territories and Nunavut) significantly lower than the Canadian rate.
- For male respondents, no jurisdiction is significantly higher, and there are 4 jurisdictions (Nfld and Labrador, Prince Edward Island, Northwest Territories and Nunavut) significantly lower than the Canadian rate.
- For female respondents, there is one jurisdiction (Alberta) significantly higher, and there are 2 jurisdictions (Nova Scotia and Nunavut) significantly lower than the Canadian rate.
- For younger respondents (ages 12 to 19), no jurisdiction is significantly higher, and there is one jurisdiction (Nunavut) significantly lower than the Canadian rate.
- For older respondents (ages 65+), there is one jurisdiction (Saskatchewan) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.

Within Provinces/Territories:

- For males 12+ there is one jurisdiction (Ontario) significantly higher, and no jurisdiction is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19) no jurisdiction is significantly higher, and there are 2 jurisdictions (Saskatchewan and British Columbia) significantly lower than their respective 20 to 64 age cohort.
- For older respondents (ages 65+), there are 8 jurisdictions (Prince Edward Island, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan and British Columbia) significantly higher, and no jurisdiction is significantly lower than its respective 20 to 64 age cohort.

Food secure



## Always able to afford balanced meals in the past year

Province/Territory	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
Alberta	95.20	95.36	95.05	92.73	96.57	95.41
Saskatchewan	94.26	93.59	94.90	87.51†	98.45‡	94.55
British Columbia	94.00	93.84	94.15	90.92	97.37‡	93.76
Quebec	93.78	94.73	92.85	92.81	96.88‡	93.29
Ontario	93.44	94.91*	92.03	92.33	97.44‡	92.84
Manitoba	92.94	93.83	92.08	90.72	97.52‡	92.37
New Brunswick	92.16	93.16	91.21	93.71	95.79‡	91.13
Nova Scotia	91.91	92.56	91.32	91.61	96.56‡	90.90
Nfld and Labrador	90.44	90.43	90.44	89.25	93.31	90.03
Prince Edward Island	90.26	89.43	91.04	88.25	95.91‡	89.39
Yukon	87.51	87.61	87.41	89.57	95.83‡	86.17
Northwest Territories	87.16	87.73	86.55	79.78	91.35	88.36
Nunavut	71.41	69.02	73.95	73.35	F	71.41
Canada	93.62	94.47*	92.80	92.00	97.10‡	93.19

† 12 to 19 age group differs significantly from 20 to 64 age group.

‡ 65+ age group differs significantly from 20 to 64 age group.

\* males differ significantly from females.

E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).

F data suppressed (n < 25, or coefficient of variation > 33.3).

▨ Provincial/Territorial rate differs significantly from the Canadian rate.

### CCHS Question

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

### Key Points

At the National level:

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

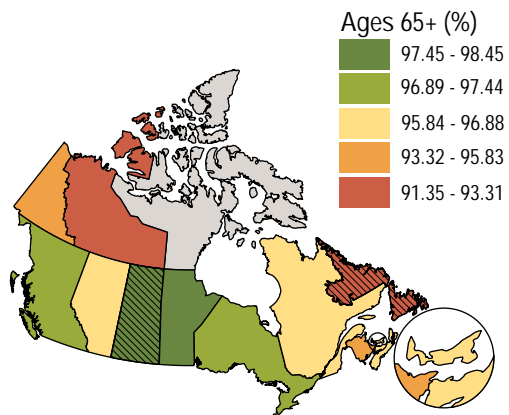
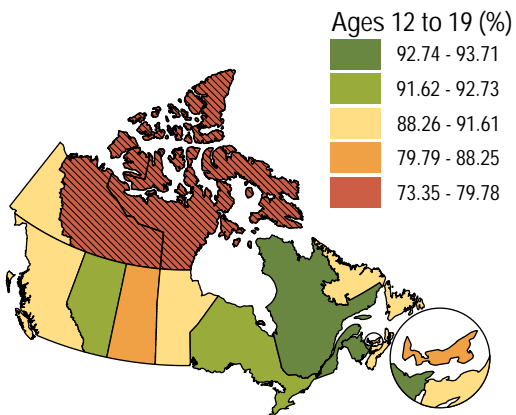
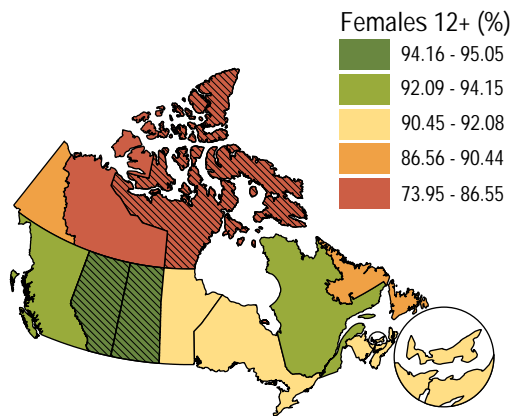
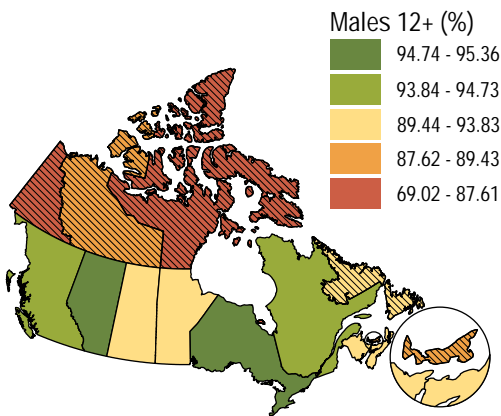
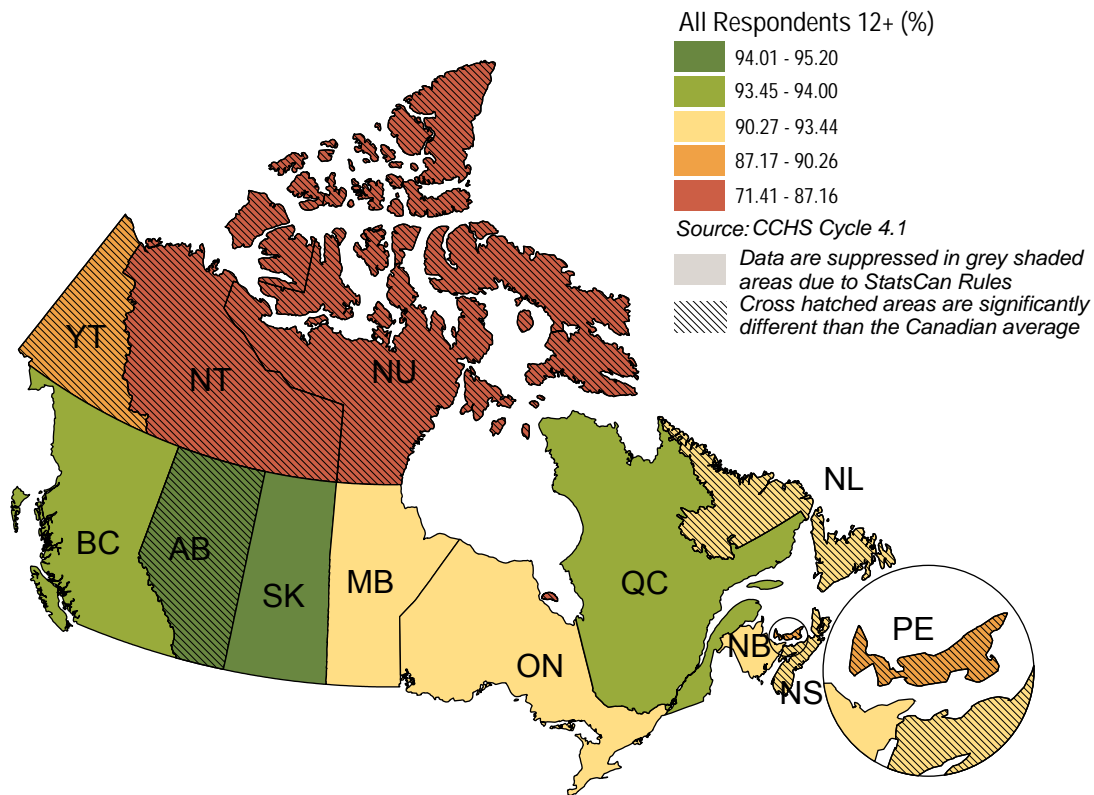
At the Provincial/Territorial level:

- For all respondents, there is one jurisdiction (Alberta) significantly higher, and there are 6 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, Yukon, Northwest Territories and Nunavut) significantly lower than the Canadian rate.
- For male respondents, no jurisdiction is significantly higher, and there are 5 jurisdictions (Nfld and Labrador, Prince Edward Island, Yukon, Northwest Territories and Nunavut) significantly lower than the Canadian rate.
- For female respondents, there are 2 jurisdictions (Saskatchewan and Alberta) significantly higher, and there is one jurisdiction (Nunavut) significantly lower than the Canadian rate.
- For younger respondents (ages 12 to 19), no jurisdiction is significantly higher, and there are 2 jurisdictions (Northwest Territories and Nunavut) significantly lower than the Canadian rate.
- For older respondents (ages 65+), there is one jurisdiction (Saskatchewan) significantly higher, and there is one jurisdiction (Nfld and Labrador) significantly lower than the Canadian rate.

Within Provinces/Territories:

- For males 12+ there is one jurisdiction (Ontario) significantly higher, and no jurisdiction is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19) no jurisdiction is significantly higher, and there is one jurisdiction (Saskatchewan) significantly lower than its respective 20 to 64 age cohort.
- For older respondents (ages 65+), there are 9 jurisdictions (Prince Edward Island, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, British Columbia and Yukon) significantly higher, and no jurisdiction is significantly lower than its respective 20 to 64 age cohort.

Always able to afford balanced meals in the past year



Always had enough of preferred food in the past year

Province/Territory	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
British Columbia	90.72	90.66	90.78	88.57	95.46‡	90.05
Quebec	89.94	91.22*	88.69	88.97	93.45‡	89.37
Alberta	89.35	90.27	88.41	85.69	95.41‡	89.03
Saskatchewan	88.35	88.28	88.42	78.50†	95.18‡	88.59
Manitoba	88.12	89.14	87.13	85.89	96.62‡	86.72
Ontario	87.98	89.32*	86.70	84.04†	94.03‡	87.46
New Brunswick	86.99	88.35	85.70	87.63	92.75‡	85.64
Yukon	85.87	86.46	85.27	84.33	94.83‡	85.09
Nova Scotia	84.70	85.23	84.23	80.02	92.41‡	83.73
Nfld and Labrador	83.79	82.98	84.56	80.83	86.62	83.66
Prince Edward Island	81.52	83.70	79.46	79.55	91.00‡	79.80
Northwest Territories	79.84	81.97	77.60	76.34	72.27	81.18
Nunavut	55.34	55.70	54.96	57.91E	F	54.92
Canada	88.72	89.72*	87.76	85.65†	94.09‡	88.16

† 12 to 19 age group differs significantly from 20 to 64 age group.

‡ 65+ age group differs significantly from 20 to 64 age group.

\* males differ significantly from females.

E interpret data with caution (16.67 <= coefficient of variation <= 33.3).

F data suppressed (n < 25, or coefficient of variation > 33.3).

▨ Provincial/Territorial rate differs significantly from the Canadian rate.

**CCHS Question**

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

**Key Points**

At the National level:

- Males 12+ have a significantly higher rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly lower rate of always having enough of preferred food in the past year than the 20 to 64 age cohort.
- Older respondents (ages 65+) have a significantly higher rate than the 20 to 64 age cohort.

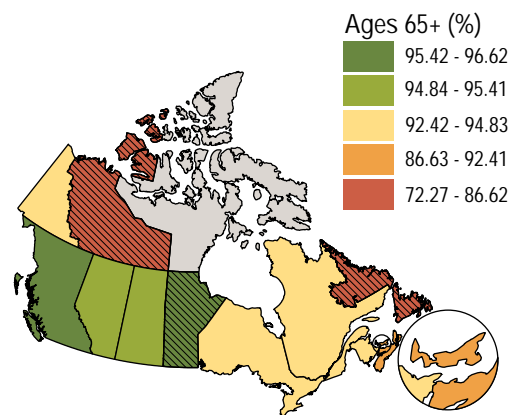
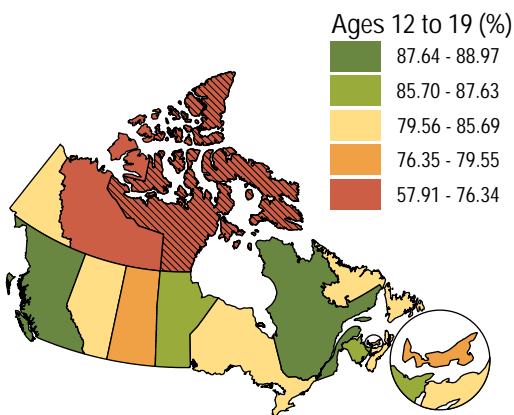
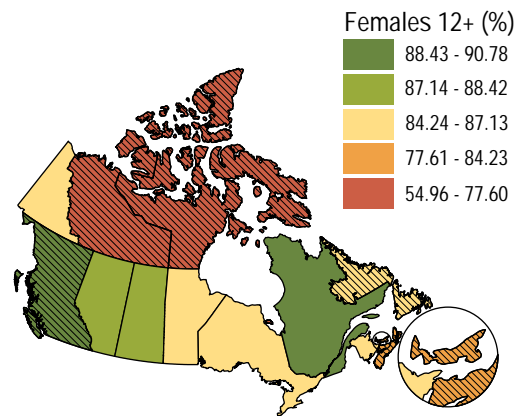
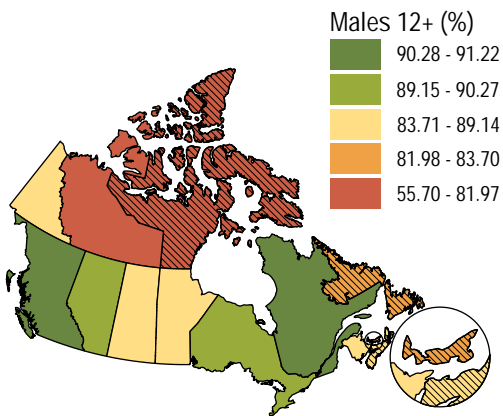
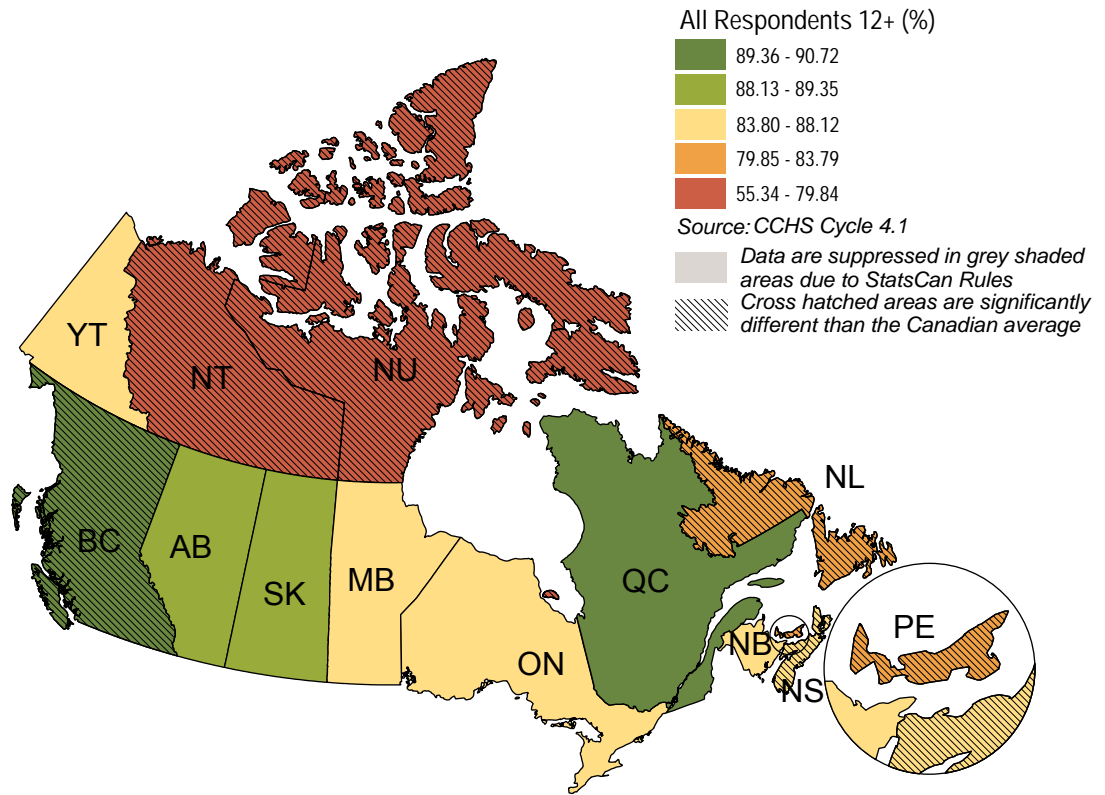
At the Provincial/Territorial level:

- For all respondents, there is one jurisdiction (British Columbia) significantly higher, and there are 5 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, Northwest Territories and Nunavut) significantly lower than the Canadian rate.
- For male respondents, no jurisdiction is significantly higher, and there are 4 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia and Nunavut) significantly lower than the Canadian rate.
- For female respondents, there is one jurisdiction (British Columbia) significantly higher, and there are 5 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, Northwest Territories and Nunavut) significantly lower than the Canadian rate.
- For younger respondents (ages 12 to 19), no jurisdiction is significantly higher, and there is one jurisdiction (Nunavut) significantly lower than the Canadian rate.
- For older respondents (ages 65+), there is one jurisdiction (Manitoba) significantly higher, and there are 2 jurisdictions (Nfld and Labrador and Northwest Territories) significantly lower than the Canadian rate.

Within Provinces/Territories:

- For males 12+ there are 2 jurisdictions (Quebec and Ontario) significantly higher, and no jurisdiction is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19) no jurisdiction is significantly higher, and there are 2 jurisdictions (Ontario and Saskatchewan) significantly lower than their respective 20 to 64 age cohort.
- For older respondents (ages 65+), there are 10 jurisdictions (Prince Edward Island, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta, British Columbia and Yukon) significantly higher, and no jurisdiction is significantly lower than its respective 20 to 64 age cohort.

Always had enough of preferred food in the past year



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

Province/Territory	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
Quebec	49.35	41.06*	57.40	57.74†	46.65	48.61
British Columbia	41.44	35.12*	47.54	40.99	41.73	41.44
Ontario	39.73	33.49*	45.75	40.32	41.55	39.26
Alberta	39.30	31.51*	47.24	38.40	39.80	39.38
Yukon	37.99	37.84	38.13	F	39.84E	36.46
Prince Edward Island	37.67	29.06*	45.66	31.09E	37.85	38.84
New Brunswick	36.19	28.75*	43.32	43.65	36.03	35.04
Saskatchewan	34.66	25.34*	43.64	38.78	38.84‡	32.84
Manitoba	34.59	26.32*	42.62	39.87	32.95	33.97
Nova Scotia	32.97	26.19*	39.10	39.67	39.29‡	30.43
Nfld and Labrador	27.01	22.59*	31.13	31.56	27.57	26.20
Northwest Territories	26.51	20.90*	32.50	F	F	28.09
Nunavut	21.20	14.42E*	28.24	F	F	21.82E
Canada	41.36	34.29*	48.21	43.87†	41.83	40.84

† 12 to 19 age group differs significantly from 20 to 64 age group.

‡ 65+ age group differs significantly from 20 to 64 age group.

\* males differ significantly from females.

E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).

F data suppressed (n < 25, or coefficient of variation > 33.3).

▨ Provincial/Territorial rate differs significantly from the Canadian rate.

### CCHS Question

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

### Key Points

At the National level:

- Males 12+ have a significantly lower rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate of eating fruits and vegetables five or more times a day than the 20 to 64 age cohort.
- Older respondents (ages 65+) have no significantly different rate than the 20 to 64 age cohort.

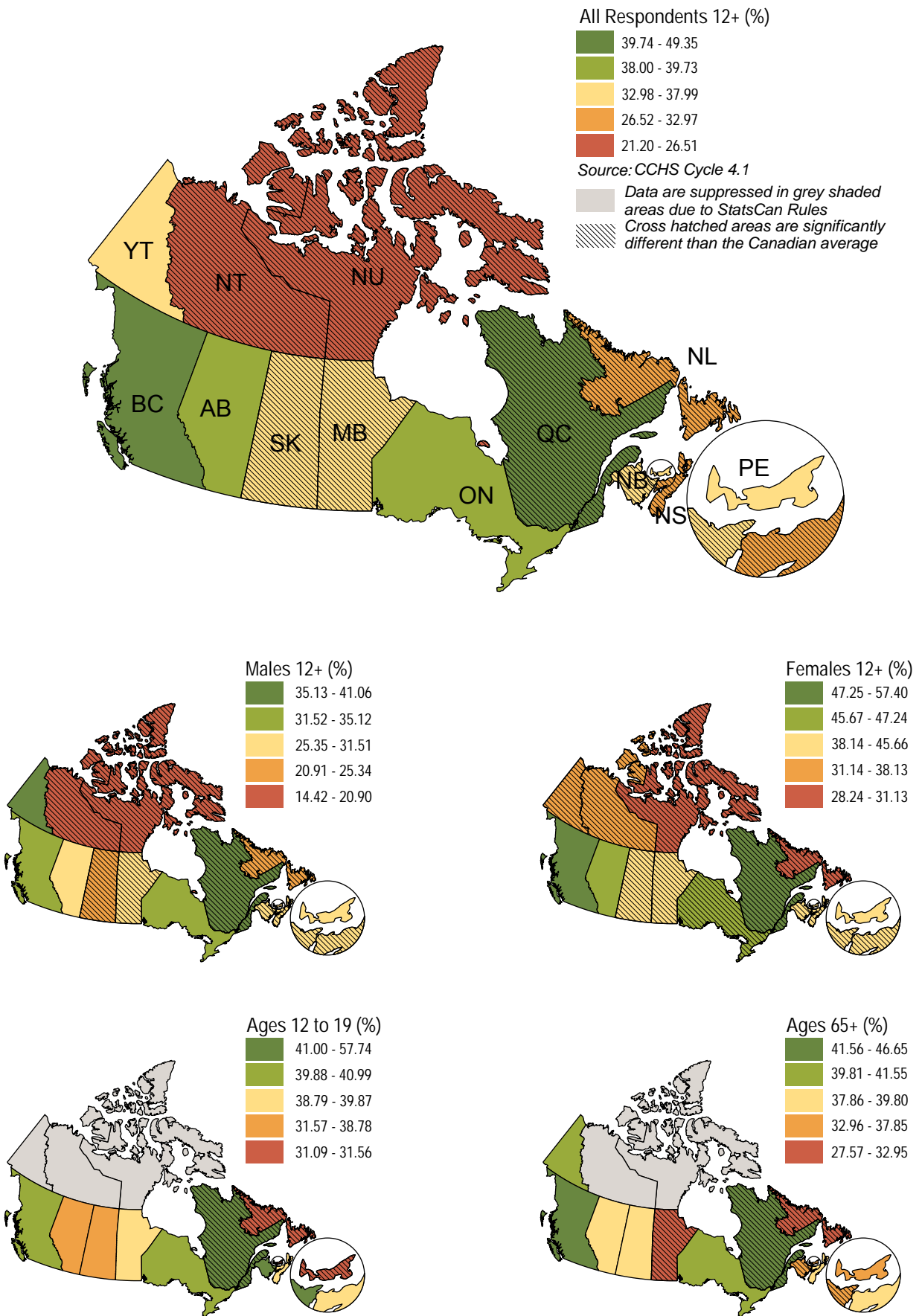
At the Provincial/Territorial level:

- For all respondents, there is one jurisdiction (Quebec) significantly higher, and there are 7 jurisdictions (Nfld and Labrador, Nova Scotia, New Brunswick, Manitoba, Saskatchewan, Northwest Territories and Nunavut) significantly lower than the Canadian rate.
- For male respondents, there is one jurisdiction (Quebec) significantly higher, and there are 7 jurisdictions (Nfld and Labrador, Nova Scotia, New Brunswick, Manitoba, Saskatchewan, Northwest Territories and Nunavut) significantly lower than the Canadian rate.
- For female respondents, there is one jurisdiction (Quebec) significantly higher, and there are 9 jurisdictions (Nfld and Labrador, Nova Scotia, New Brunswick, Ontario, Manitoba, Saskatchewan, Yukon, Northwest Territories and Nunavut) significantly lower than the Canadian rate.
- For younger respondents (ages 12 to 19), there is one jurisdiction (Quebec) significantly higher, and there are 2 jurisdictions (Nfld and Labrador and Prince Edward Island) significantly lower than the Canadian rate.
- For older respondents (ages 65+), there is one jurisdiction (Quebec) significantly higher, and there are 3 jurisdictions (Nfld and Labrador, New Brunswick and Manitoba) significantly lower than the Canadian rate.














































































Within Provinces/Territories:

- For males 12+ no jurisdiction is significantly higher, and there are 12 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta, British Columbia, Northwest Territories and Nunavut) significantly lower than their respective female cohort.
- For younger respondents (ages 12 to 19) there is one jurisdiction (Quebec) significantly higher, and no jurisdiction is significantly lower than its respective 20 to 64 age cohort.
- For older respondents (ages 65+), there are 2 jurisdictions (Nova Scotia and Saskatchewan) significantly higher, and no jurisdiction is significantly lower than its respective 20 to 64 age cohort.

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



## Never skipped meals or cut down size

Province/Territory	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
Saskatchewan	 97.85	 97.97	 97.74	 96.80	 99.42‡	 97.68
Alberta	 97.46	 97.84	 97.07	 96.79	 99.27‡	 97.29
Nfld and Labrador	 96.98	 97.36	 96.63	 97.36	 99.41‡	 96.43
Quebec	 96.64	 97.28	 96.02	 96.83	 99.23‡	 96.08
Ontario	 96.55	 97.40*	 95.73	 96.96	 99.20‡	 95.95
British Columbia	 96.39	 96.68	 96.13	 93.34	 99.01‡	 96.30
New Brunswick	 96.28	 97.60	 95.01	 95.73	 99.33‡	 95.70
Prince Edward Island	 96.25	 96.20	 96.30	 94.67	 98.93	 95.95
Nova Scotia	 95.98	 96.31	 95.68	 95.17	 98.36‡	 95.56
Manitoba	 95.59	 95.83	 95.37	 93.15	 99.62‡	 95.18
Northwest Territories	 94.50	 94.70	 94.28	 88.02	 100.00‡	 95.37
Yukon	 93.69	 93.10	 94.30	 94.78	 99.70‡	 92.79
Nunavut	 82.85	 81.11	 84.69	 78.55	F	 83.61
Canada	96.62	97.24*	96.02	96.21	99.18‡	96.17


† 12 to 19 age group differs significantly from 20 to 64 age group.

‡ 65+ age group differs significantly from 20 to 64 age group.

\* males differ significantly from females.

E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).

F data suppressed (n < 25, or coefficient of variation > 33.3).

 Provincial/Territorial rate differs significantly from the Canadian rate.

### 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:

- Males 12+ have a significantly higher rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have no significantly different rate of never skipping meals because of shortage than the 20 to 64 age cohort.
- Older respondents (ages 65+) have a significantly higher rate than the 20 to 64 age cohort.

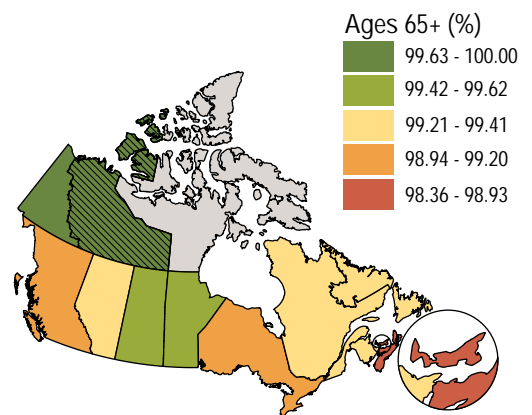
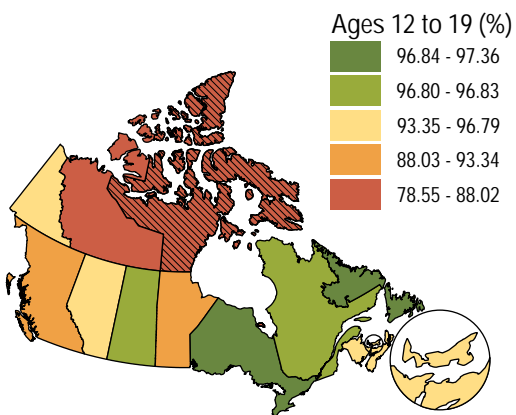
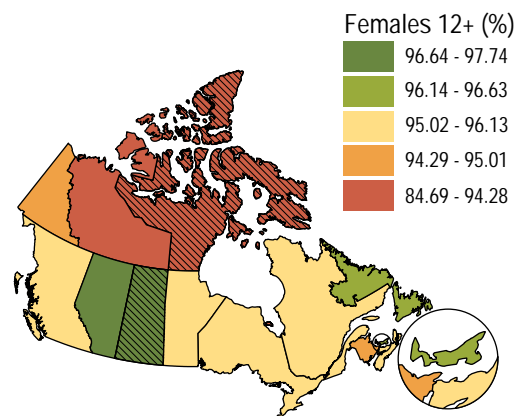
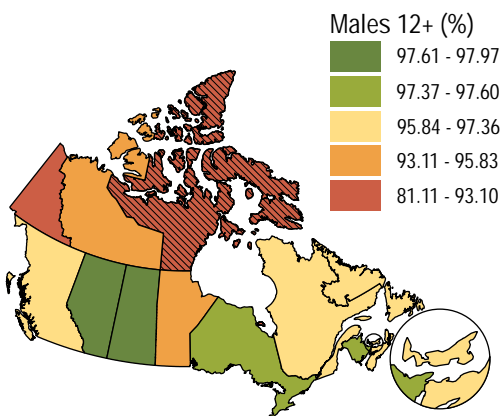
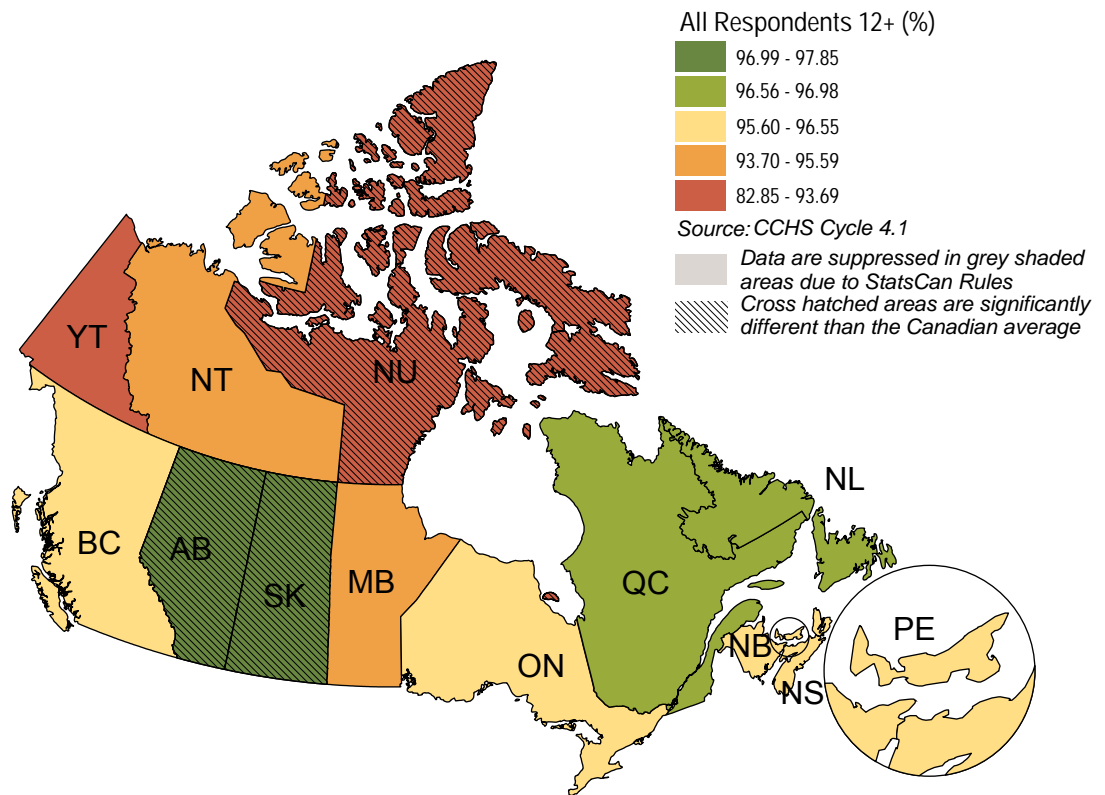
At the Provincial/Territorial level:

- For all respondents, there are 2 jurisdictions (Saskatchewan and Alberta) significantly higher, and there is one jurisdiction (Nunavut) significantly lower than the Canadian rate.
- For male respondents, no jurisdiction is significantly higher, and there is one jurisdiction (Nunavut) significantly lower than the Canadian rate.
- For female respondents, there is one jurisdiction (Saskatchewan) significantly higher, and there is one jurisdiction (Nunavut) significantly lower than the Canadian rate.
- For younger respondents (ages 12 to 19), no jurisdiction is significantly higher, and there is one jurisdiction (Nunavut) significantly lower than the Canadian rate.
- For older respondents (ages 65+), there is one jurisdiction (Northwest Territories) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.

Within Provinces/Territories:

- For males 12+ there is one jurisdiction (Ontario) significantly higher, and no jurisdiction is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19) no jurisdiction is significantly higher, and no jurisdiction is significantly lower than its respective 20 to 64 age cohort.
- For older respondents (ages 65+), there are 11 jurisdictions (Nfld and Labrador, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta, British Columbia, Yukon and Northwest Territories) significantly higher, and no jurisdiction is significantly lower than its respective 20 to 64 age cohort.

Never skipped meals or cut down size



## Never worried that food would run out

Province/Territory	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
Alberta	93.58	93.94	93.21	90.92	95.94	93.66
Saskatchewan	93.37	93.92	92.85	85.17†	98.17‡	93.79
Quebec	92.59	93.26	91.94	89.09†	96.55‡	92.33
British Columbia	91.73	92.41	91.09	86.46†	96.85‡	91.46
Ontario	91.22	93.07*	89.44	89.17	96.75‡	90.48
Manitoba	91.05	92.52	89.63	88.30	97.24‡	90.23
Nfld and Labrador	90.72	90.43	90.99	83.38	93.32	91.30
New Brunswick	90.53	93.04*	88.11	93.31	94.70‡	89.18
Nova Scotia	89.08	91.22	87.16	89.01	95.86‡	87.55
Prince Edward Island	88.58	89.03	88.15	83.43	94.80‡	88.15
Yukon	86.80	88.84	84.69	83.60	95.39	86.33
Northwest Territories	85.35	86.71	83.91	74.71	91.71	87.10
Nunavut	60.56	58.56	62.68	66.03	F	59.48
Canada	91.79	92.98*	90.63	88.78†	96.55‡	91.33

† 12 to 19 age group differs significantly from 20 to 64 age group.

‡ 65+ age group differs significantly from 20 to 64 age group.

\* males differ significantly from females.

E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).

F data suppressed (n < 25, or coefficient of variation > 33.3).

▨ Provincial/Territorial rate differs significantly from the Canadian rate.

### 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:

- Males 12+ have a significantly higher rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly lower rate of never worrying about being short of food than the 20 to 64 age cohort.
- Older respondents (ages 65+) have a significantly higher rate than the 20 to 64 age cohort.

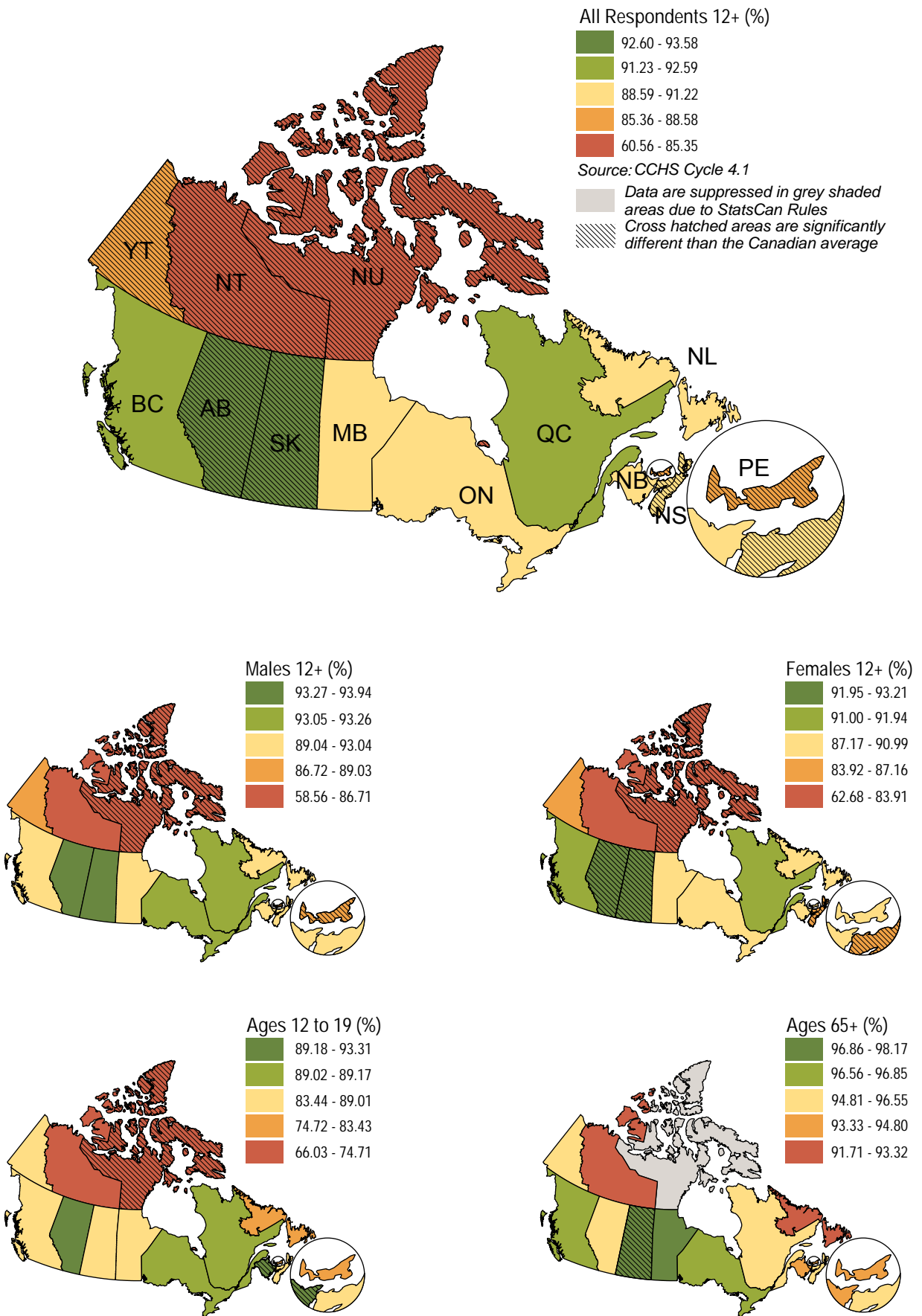
At the Provincial/Territorial level:

- For all respondents, there are 2 jurisdictions (Saskatchewan and Alberta) significantly higher, and there are 5 jurisdictions (Prince Edward Island, Nova Scotia, Yukon, Northwest Territories and Nunavut) significantly lower than the Canadian rate.
- For male respondents, no jurisdiction is significantly higher, and there are 2 jurisdictions (Prince Edward Island and Nunavut) significantly lower than the Canadian rate.
- For female respondents, there are 2 jurisdictions (Saskatchewan and Alberta) significantly higher, and there are 2 jurisdictions (Nova Scotia and Nunavut) significantly lower than the Canadian rate.
- For younger respondents (ages 12 to 19), there is one jurisdiction (New Brunswick) significantly higher, and there is one jurisdiction (Nunavut) significantly lower than the Canadian rate.
- For older respondents (ages 65+), there is one jurisdiction (Saskatchewan) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.

Within Provinces/Territories:

- For males 12+ there are 2 jurisdictions (New Brunswick and Ontario) significantly higher, and no jurisdiction is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19) no jurisdiction is significantly higher, and there are 3 jurisdictions (Quebec, Saskatchewan and British Columbia) significantly lower than their respective 20 to 64 age cohort.
- For older respondents (ages 65+), there are 8 jurisdictions (Prince Edward Island, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan and British Columbia) significantly higher, and no jurisdiction is significantly lower than its respective 20 to 64 age cohort.

Never worried that food would run out



## Does not binge drink

Province/Territory	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
Ontario	64.62	54.36*	74.52	73.40†	86.06‡	58.84
British Columbia	64.51	55.93*	72.81	71.11†	85.18‡	59.08
Nunavut	61.40	55.13	67.91	84.73†	F	53.93
Manitoba	60.48	49.48*	71.17	65.92†	85.12‡	54.07
New Brunswick	60.45	51.37*	69.14	66.19†	89.21‡	53.22
Quebec	60.08	50.30*	69.58	64.75†	84.53‡	54.16
Saskatchewan	59.86	48.91*	70.42	62.85†	92.78‡	51.22
Prince Edward Island	59.16	46.04*	71.33	69.26†	88.99‡	50.69
Nova Scotia	57.98	48.94*	66.16	69.27†	90.01‡	48.83
Alberta	57.90	46.89*	69.12	65.94†	89.70‡	51.60
Nfld and Labrador	53.51	40.25*	65.88	65.16†	86.88‡	44.90
Yukon	51.39	40.01*	62.98	64.36	85.33‡	45.27
Northwest Territories	47.97	39.92*	56.57	68.56†	77.32‡	41.33
Canada	62.04	51.99*	71.79	69.34†	86.26‡	55.92

† 12 to 19 age group differs significantly from 20 to 64 age group.

‡ 65+ age group differs significantly from 20 to 64 age group.

\* males differ significantly from females.

E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).

F data suppressed (n < 25, or coefficient of variation > 33.3).

▨ Provincial/Territorial rate differs significantly from the Canadian rate.

### 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:

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

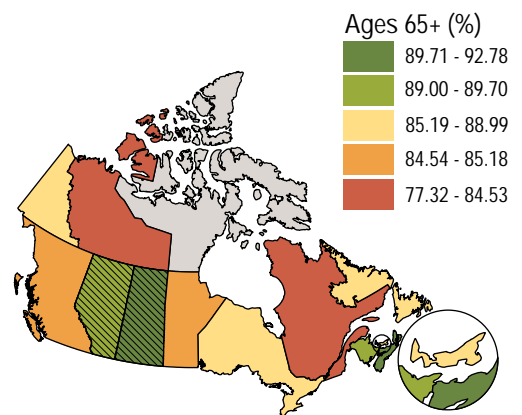
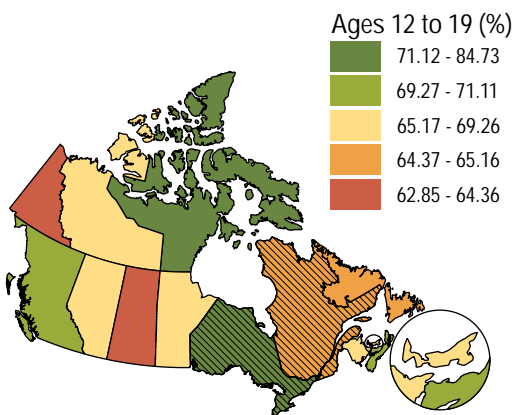
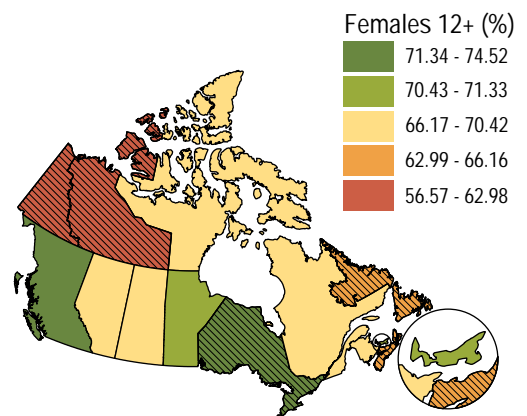
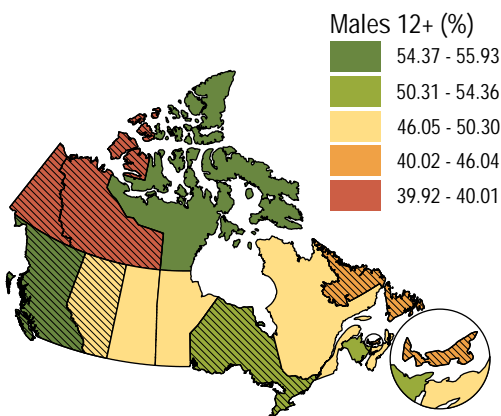
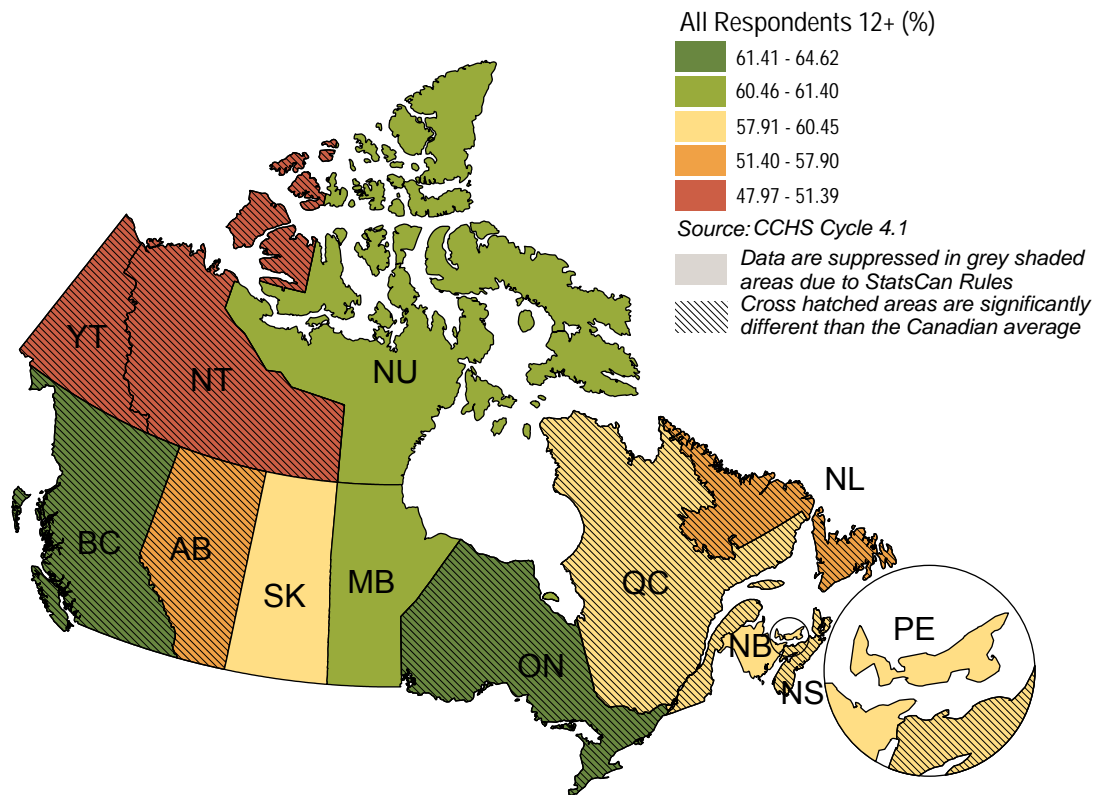
At the Provincial/Territorial level:

- For all respondents, there are 2 jurisdictions (Ontario and British Columbia) significantly higher, and there are 6 jurisdictions (Nfld and Labrador, Nova Scotia, Quebec, Alberta, Yukon and Northwest Territories) significantly lower than the Canadian rate.
- For male respondents, there are 2 jurisdictions (Ontario and British Columbia) significantly higher, and there are 5 jurisdictions (Nfld and Labrador, Prince Edward Island, Alberta, Yukon and Northwest Territories) significantly lower than the Canadian rate.
- For female respondents, there is one jurisdiction (Ontario) significantly higher, and there are 4 jurisdictions (Nfld and Labrador, Nova Scotia, Yukon and Northwest Territories) significantly lower than the Canadian rate.
- For younger respondents (ages 12 to 19), there is one jurisdiction (Ontario) significantly higher, and there is one jurisdiction (Quebec) significantly lower than the Canadian rate.
- For older respondents (ages 65+), there are 2 jurisdictions (Saskatchewan and Alberta) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.

Within Provinces/Territories:

- For males 12+ no jurisdiction is significantly higher, and there are 12 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta, British Columbia, Yukon and Northwest Territories) significantly lower than their respective female cohort.
- For younger respondents (ages 12 to 19) there are 12 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta, British Columbia, Northwest Territories and Nunavut) significantly higher, and no jurisdiction is significantly lower than its respective 20 to 64 age cohort.
- For older respondents (ages 65+), there are 12 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta, British Columbia, Yukon and Northwest Territories) significantly higher, and no jurisdiction is significantly lower than its respective 20 to 64 age cohort.

Does not binge drink



Nutrition index by gender

		Food secure	Afford to eat balanced meals	Enough of preferred food	Eating fruits and vegetables	No skipped meals	No worry about food shortage	No binge drinking	Nutrition index
All Respondents	Newfoundland and Labrador		-1	-1	-1			-1	-4
	Prince Edward Island	-1	-1	-1			-1		-4
	Nova Scotia	-1	-1	-1	-1		-1	-1	-6
	New Brunswick				-1				-1
	Quebec				1			-1	0
	Ontario							1	1
	Manitoba				-1				-1
	Saskatchewan				-1	1	1		1
	Alberta	1	1			1	1	-1	3
	<b>British Columbia</b>			1				1	2
	Yukon		-1				-1	-1	-3
	Northwest Territories	-1	-1	-1	-1		-1	-1	-6
	Nunavut	-1	-1	-1	-1	-1	-1		-6
Male Respondents	Newfoundland and Labrador	-1	-1	-1	-1			-1	-5
	Prince Edward Island	-1	-1	-1			-1	-1	-5
	Nova Scotia			-1	-1				-2
	New Brunswick				-1				-1
	Quebec				1				1
	Ontario							1	1
	Manitoba				-1				-1
	Saskatchewan				-1				-1
	Alberta							-1	-1
	<b>British Columbia</b>							1	1
	Yukon		-1					-1	-2
	Northwest Territories	-1	-1		-1			-1	-4
	Nunavut	-1	-1	-1	-1	-1	-1		-6
Female Respondents	Newfoundland and Labrador				-1	-1			-3
	Prince Edward Island				-1				-1
	Nova Scotia	-1			-1	-1		-1	-5
	New Brunswick				-1				-1
	Quebec				1				1
	Ontario				-1			1	0
	Manitoba				-1				-1
	Saskatchewan		1		-1	1	1		2
	Alberta	1	1				1		3
	<b>British Columbia</b>			1					1
	Yukon				-1			-1	-2
	Northwest Territories				-1	-1		-1	-3
	Nunavut	-1	-1	-1	-1	-1	-1		-6

+1 Province/Territory scored significantly higher than the Canadian rate.  
 Province/Territory score is not significantly different than the Canadian rate.  
 -1 Province/Territory scored significantly lower than the Canadian rate.

F - Data suppressed by Statistics Canada due to small sample size or high coefficient of variation (coloured grey).  
 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

		Food secure	Afford to eat balanced meals	Enough of preferred food	Eating fruits and vegetables	No skipped meals	No worry about food shortage	No binge drinking	Nutrition index
Younger Respondents	Newfoundland and Labrador				-1				-1
	Prince Edward Island				-1				-1
	Nova Scotia								0
	New Brunswick						1		1
	Quebec				1			-1	0
	Ontario							1	1
	Manitoba								0
	Saskatchewan								0
	Alberta								0
	<b>British Columbia</b>								0
	Yukon				F				0
	Northwest Territories		-1		F				-1
Nunavut	-1	-1	-1	F	-1	-1		-5	

Older Respondents	Newfoundland and Labrador		-1	-1	-1				-3
	Prince Edward Island								0
	Nova Scotia								0
	New Brunswick				-1				-1
	Quebec				1				1
	Ontario								0
	Manitoba			1	-1				0
	Saskatchewan	1	1				1	1	4
	Alberta							1	1
	<b>British Columbia</b>								0
	Yukon								0
	Northwest Territories			-1	F	1			0
Nunavut	F	F	F	F	F	F	F	F	

Mid Age Respondents	Newfoundland and Labrador		-1	-1	-1			-1	-4
	Prince Edward Island	-1	-1	-1				-1	-4
	Nova Scotia	-1	-1	-1	-1		-1	-1	-6
	New Brunswick	-1	-1	-1	-1				-4
	Quebec				1				1
	Ontario							1	1
	Manitoba				-1				-1
	Saskatchewan	1			-1	1	1	-1	1
	Alberta	1	1			1	1	-1	3
	<b>British Columbia</b>			1				1	2
	Yukon		-1					-1	-2
	Northwest Territories				-1			-1	-2
Nunavut	-1	-1	-1	-1	-1	-1		-6	

- +1 Province/Territory scored significantly higher than the Canadian rate.
- Province/Territory score is not significantly different than the Canadian rate.
- 1 Province/Territory scored significantly lower than the Canadian rate.

F - Data suppressed by Statistics Canada due to small sample size or high coefficient of variation (coloured grey).  
 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

**All provinces/territories**

For all respondents, nutrition was one of the poorest scoring wellness attributes in among provinces/territories. The range in scores went from +3 to -6 with a total of 8 provinces having negative index scores. Nova Scotia, Northwest Territories, and Nunavut had extremely poor scores of -6 compared to a range of +3 to -4 for the other provinces. Only four provinces scored positively for all respondents, with Alberta and British Columbia having the best scores at +3 and +2 respectively, while Newfoundland and Labrador and Prince Edward Island both had poor scores of -4.

For males, all but three provinces had negative scores with Nunavut, Prince Edward Island, and Newfoundland and Labrador scoring particularly low at -6, -5 and -5 respectively. For females, Alberta at +3 had the best score, while 8 provinces/territories had negative scores, with Nova Scotia at -5 and Nunavut at -6 being the lowest.

For younger respondents, Nunavut stood out with the poorest score of -5 compared with scores ranging from +1 to -1 for the rest of the country. Older respondents also had fairly neutral scores except for Saskatchewan at +4 and Newfoundland and Labrador at -3.

Geographically, there was a trend of negative scores for the northern jurisdictions and provinces on the east coast. Nunavut was by far the poorest with scores of -6 for all cohorts except the older respondents (for whom no data were available) and -5 for younger respondents. Northwest Territories and Prince Edward Island also scored negatively except for the older group, and Newfoundland scored negatively for all cohorts. Only British Columbia, Ontario and Quebec had no negative scores for any nutrition related variables. Alberta had the best overall score of +3, but scored negatively for males.

**A focus on British Columbia**

Compared to most of the other provinces, British Columbia scored relatively well for

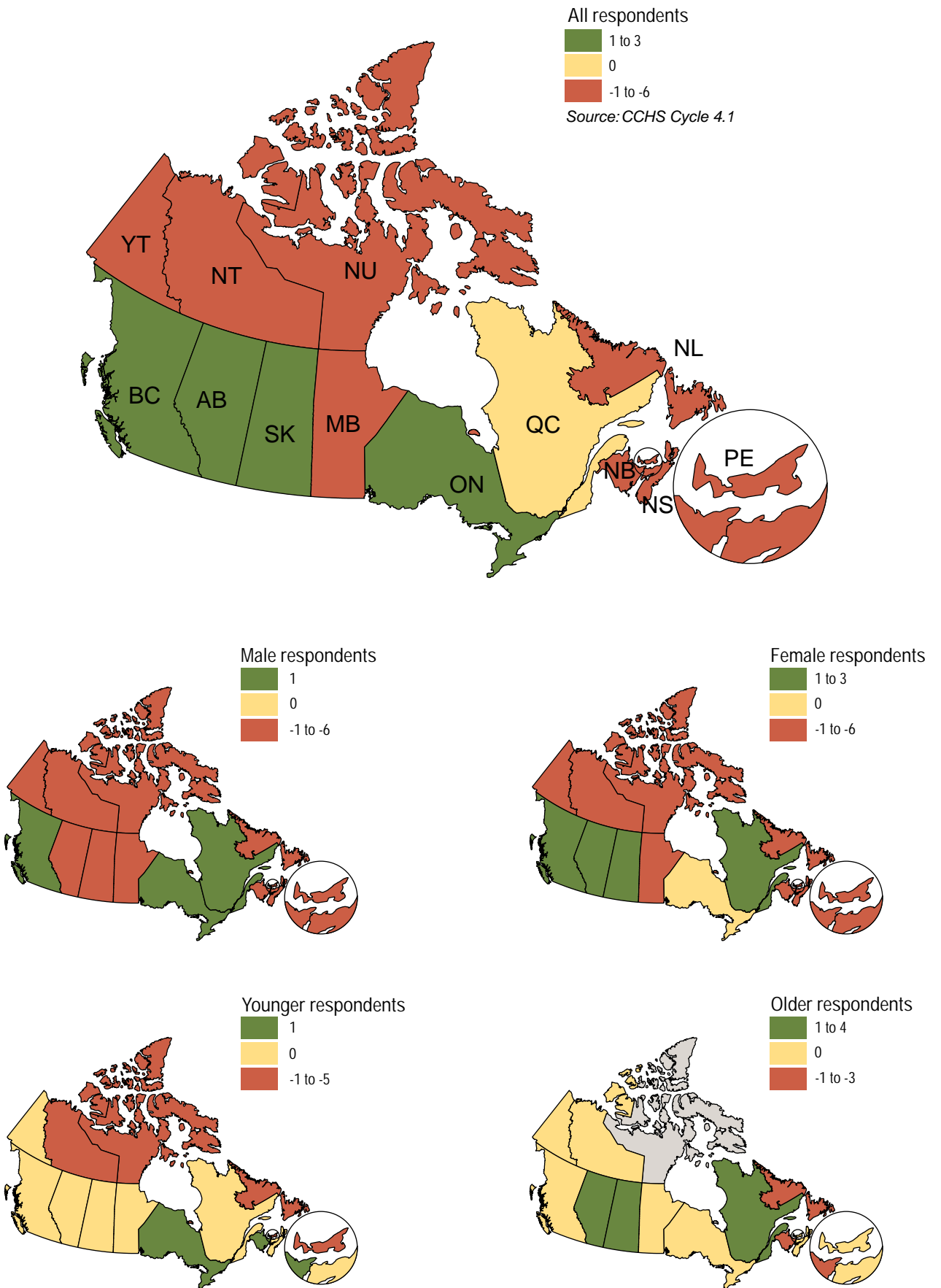
Province/Territory	All	Male	Female	Younger	Older
Alberta	3	-1	3	0	1
British Columbia	2	1	1	0	0
Ontario	1	1	0	1	0
Saskatchewan	1	-1	2	0	4
Quebec	0	1	1	0	1
New Brunswick	-1	-1	-1	1	-1
Manitoba	-1	-1	-1	0	0
Yukon	-3	-2	-2	0	0
Nfld and Labrador	-4	-5	-3	-1	-3
Prince Edward Island	-4	-5	-1	-1	0
Nova Scotia	-6	-2	-5	0	0
Northwest Territories	-6	-4	-3	-1	0
Nunavut	-6	-6	-6	-5	F

indicators related to nutrition. Notably, British Columbians were more likely than the average Canadian to always have enough of preferred foods and were less likely to partake in binge drinking compared to the other provinces.

Both males and females in the province had positive index scores of +1 overall. Compared to the rest of Canada, male respondents were less likely to binge drink while women were more likely to get enough of their preferred foods. Within the province there were few significant differences between genders except that males were less likely than females to eat five or more servings of fruits and vegetables each day and were more likely to binge drink.

In comparison to the rest of Canada, the older and younger respondents in British Columbia did not score significantly higher or lower for any variable. Within the province, older respondents fared significantly better than their mid age counterparts for several variables including: being able to afford to eat balanced meals, getting enough preferred foods, never skipping or cutting down the size of a meal, and never worrying about running out of food. Younger respondents, on the other hand, fared poorly compared to the mid age cohort, being more likely to worry about food running out, and being less food secure overall. Both younger and older respondents were less likely to binge drink than the mid age cohort.

# Summary of nutrition, food security and alcohol consumption





# 5

## Physical activity

This chapter contains a total of 55 maps and 12 tables related to physical activities and healthy weights and how they vary across Canada. Increasing physical activity and achieving healthy weights are two of the key pillars of the ActNow BC health promotion program.

The chapter starts with a key index, the physical activity index, which is derived from a variety of physical activities undertaken by respondents to the CCHS. For each leisure time activity an average daily energy expenditure was calculated based on frequency, duration, and intensity of participation in those leisure time activities. The energy expended for all activities is combined to calculate an average daily energy expenditure. Respondents were classified as ACTIVE if average daily energy expenditure was 3 kcal/kg/day, MODERATELY ACTIVE with an energy expenditure between 2.9 and 1.5 kcal/kg/day, and INACTIVE below a value of 1.5 kcal/kg/day. The next indicator maps healthy weights based on the Body Mass Index (BMI). Persons with a BMI value higher than 18.5 and lower than 25 are considered to have a healthy BMI. The

youngest age range is 18 to 19 years, rather than the standard 12 to 19 age group. This is because that the standard way of measuring BMI is not valid for younger people. A second weight related indicator measures satisfaction with current body weight. These factors were all contained in the previous wellness publications.

The four most frequently mentioned leisure time physical activities, walking, bicycling, swimming and gardening are then presented. Next follows assets at or close to the place of respondents' employment which can be used for getting involved in physical activity. The three indicators related to assets at or close to work use age cohorts of: 15 years and over, 15 to 24 years, 25 to 44 years, and 45 to 75 years. These were varied to better reflect the age of the work force. None of these seven indicators were mapped in the previous wellness publications.

And finally all the indicators are combined to create an overall index of physical activity so that provinces/territories, genders and different age cohorts can be compared.

## Active or moderately active physical activity index score

Province/Territory	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
Yukon	55.06	55.19	54.92	77.91†	F	53.63
British Columbia	54.23	56.13	52.39	66.45†	44.93‡	54.29
Alberta	53.91	53.81	54.00	69.51†	40.60‡	53.33
Manitoba	52.16	53.05	51.30	67.14†	38.23‡	52.47
Northwest Territories	49.76	50.69	48.77	67.11	F	48.13
Ontario	48.58	51.64*	45.63	66.83†	39.38‡	47.31
Nova Scotia	47.41	49.60	45.43	67.29†	32.50‡	47.57
Prince Edward Island	46.64	47.79	45.58	69.92†	27.97‡	46.48
Saskatchewan	46.21	48.74	43.78	67.41†	30.71‡	45.95
Quebec	45.79	49.37*	42.31	66.00†	38.14‡	44.24
Nfld and Labrador	45.29	51.15*	39.82	77.58†	24.14‡	44.66
New Brunswick	42.98	44.62	41.41	70.87†	28.16‡	41.78
Nunavut	39.89	44.94	34.66	F	F	40.92
Canada	49.06	51.66*	46.54	67.18†	38.81‡	48.13

† 12 to 19 age group differs significantly from 20 to 64 age group.

‡ 65+ age group differs significantly from 20 to 64 age group.

\* males differ significantly from females.

E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).

F data suppressed (n < 25, or coefficient of variation > 33.3).

▨ Provincial/Territorial rate differs significantly from the Canadian rate.

### CCHS Question

Active or moderately active physical activity index score: respondents are classified as active, moderately active or inactive based on an index of average daily physical activity over the past 3 months. An average daily energy expenditure, based on self-reported activity is calculated.

### Key Points

At the National level:

- Males 12+ have a significantly higher rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate of having an active or moderately active physical activity index score than the 20 to 64 age cohort.
- Older respondents (ages 65+) have a significantly lower rate than the 20 to 64 age cohort.

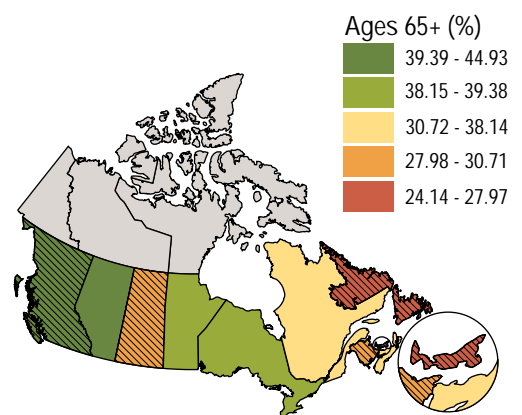
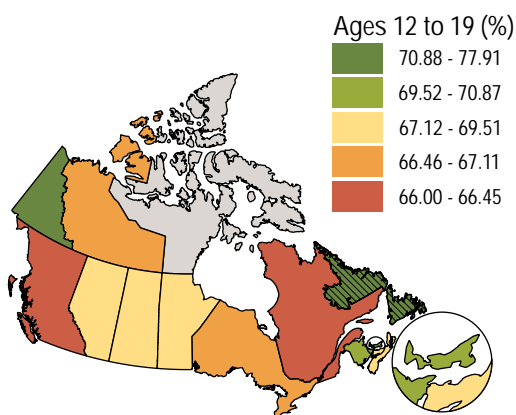
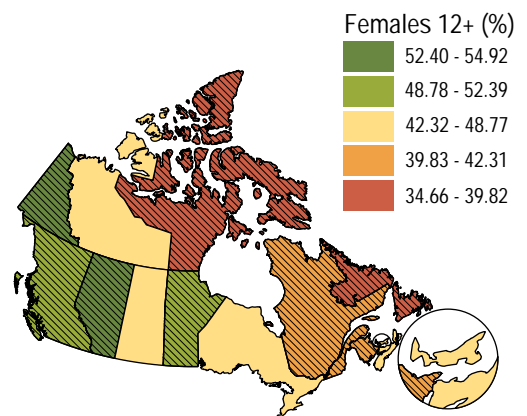
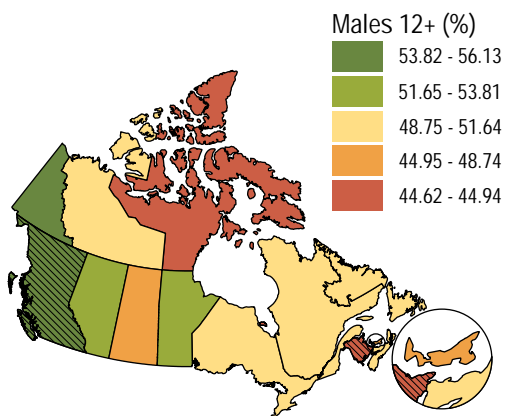
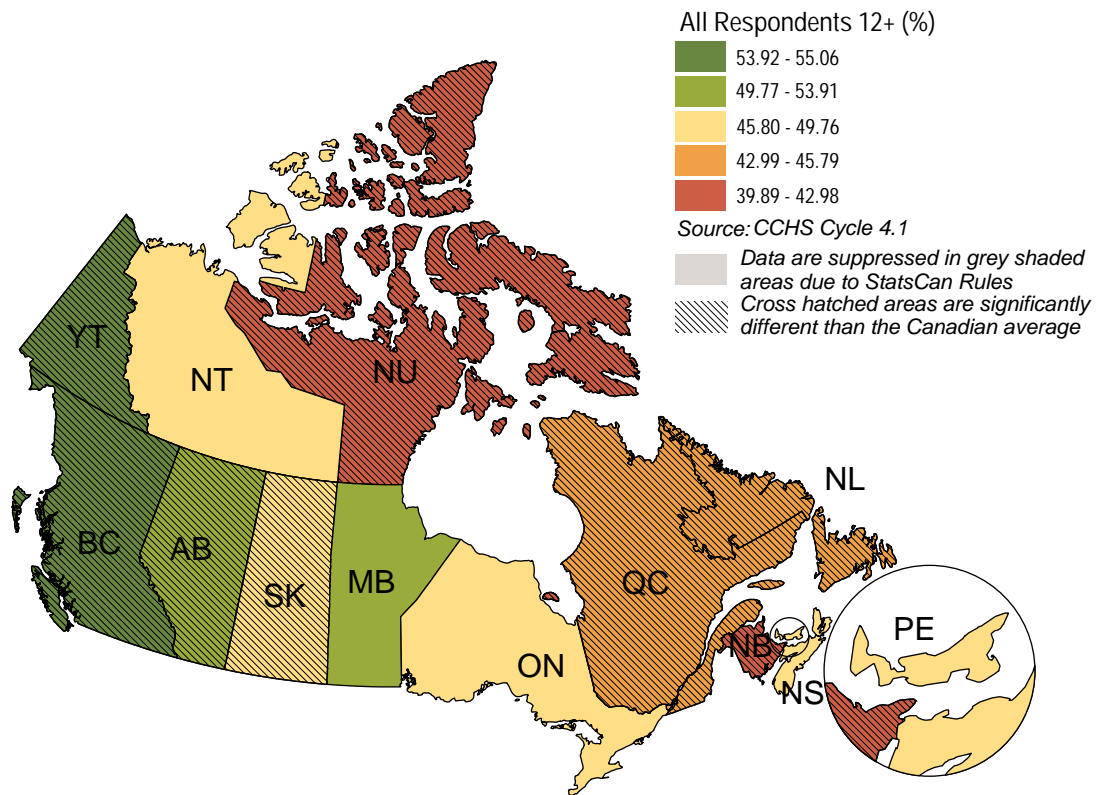
At the Provincial/Territorial level:

- For all respondents, there are 3 jurisdictions (Alberta, British Columbia and Yukon) significantly higher, and there are 5 jurisdictions (Nfld and Labrador, New Brunswick, Quebec, Saskatchewan and Nunavut) significantly lower than the Canadian rate.
- For male respondents, there is one jurisdiction (British Columbia) significantly higher, and there is one jurisdiction (New Brunswick) significantly lower than the Canadian rate.
- For female respondents, there are 4 jurisdictions (Manitoba, Alberta, British Columbia and Yukon) significantly higher, and there are 4 jurisdictions (Nfld and Labrador, New Brunswick, Quebec and Nunavut) significantly lower than the Canadian rate.
- For younger respondents (ages 12 to 19), there is one jurisdiction (Nfld and Labrador) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.
- For older respondents (ages 65+), there is one jurisdiction (British Columbia) significantly higher, and there are 4 jurisdictions (Nfld and Labrador, Prince Edward Island, New Brunswick and Saskatchewan) significantly lower than the Canadian rate.

Within Provinces/Territories:

- For males 12+ there are 3 jurisdictions (Nfld and Labrador, Quebec and Ontario) significantly higher, and no jurisdiction is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19) there are 11 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta, British Columbia and Yukon) significantly higher, and no jurisdiction is significantly lower than its respective 20 to 64 age cohort.
- For older respondents (ages 65+), no jurisdiction is significantly higher, and there are 10 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta and British Columbia) significantly lower than their respective 20 to 64 age cohort.

# Active or moderately active physical activity index score



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

Province/Territory	All respondents 18+ (%)	Males 18+ (%)	Females 18+ (%)	Ages 18 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
British Columbia	49.62	41.61*	57.42	65.80†	44.48‡	50.09
Quebec	46.96	41.37*	52.42	71.59†	39.36‡	47.67
Yukon	44.61	39.50	49.80	F	37.76E	44.78
Ontario	43.45	37.56*	49.16	69.12†	35.72‡	43.96
Alberta	42.95	37.08*	49.04	66.41†	34.64‡	43.24
Nunavut	42.85	47.84	37.40	F	F	41.94
Manitoba	40.73	35.41*	45.96	53.08E	39.04	40.63
Saskatchewan	39.10	32.40*	45.59	58.60†	39.09	38.34
Nova Scotia	38.81	32.76*	44.37	76.27†	33.17	38.61
New Brunswick	37.35	32.66*	41.80	57.33†	36.02	37.05
Prince Edward Island	35.65	28.46*	42.43	F	33.46	35.03
Northwest Territories	34.62	30.55	39.25	F	F	34.27
Nfld and Labrador	32.97	30.48	35.34	F	24.33‡	34.34
Canada	44.37	38.35*	50.25	67.79†	37.71‡	44.80

† 18 to 19 age group differs significantly from 20 to 64 age group.

‡ 65+ age group differs significantly from 20 to 64 age group.

\* males differ significantly from females.

E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).

F data suppressed (n < 25, or coefficient of variation > 33.3).

▨ Provincial/Territorial rate differs significantly from the Canadian rate.

### CCHS Question

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

- Males 18+ have a significantly lower rate than the females 18+ cohort.
- Younger respondents (ages 18 to 19) have a significantly higher rate of having a healthy body mass index based on self-reported height and weight than the 20 to 64 age cohort.
- Older respondents (ages 65+) have a significantly lower rate than the 20 to 64 age cohort.

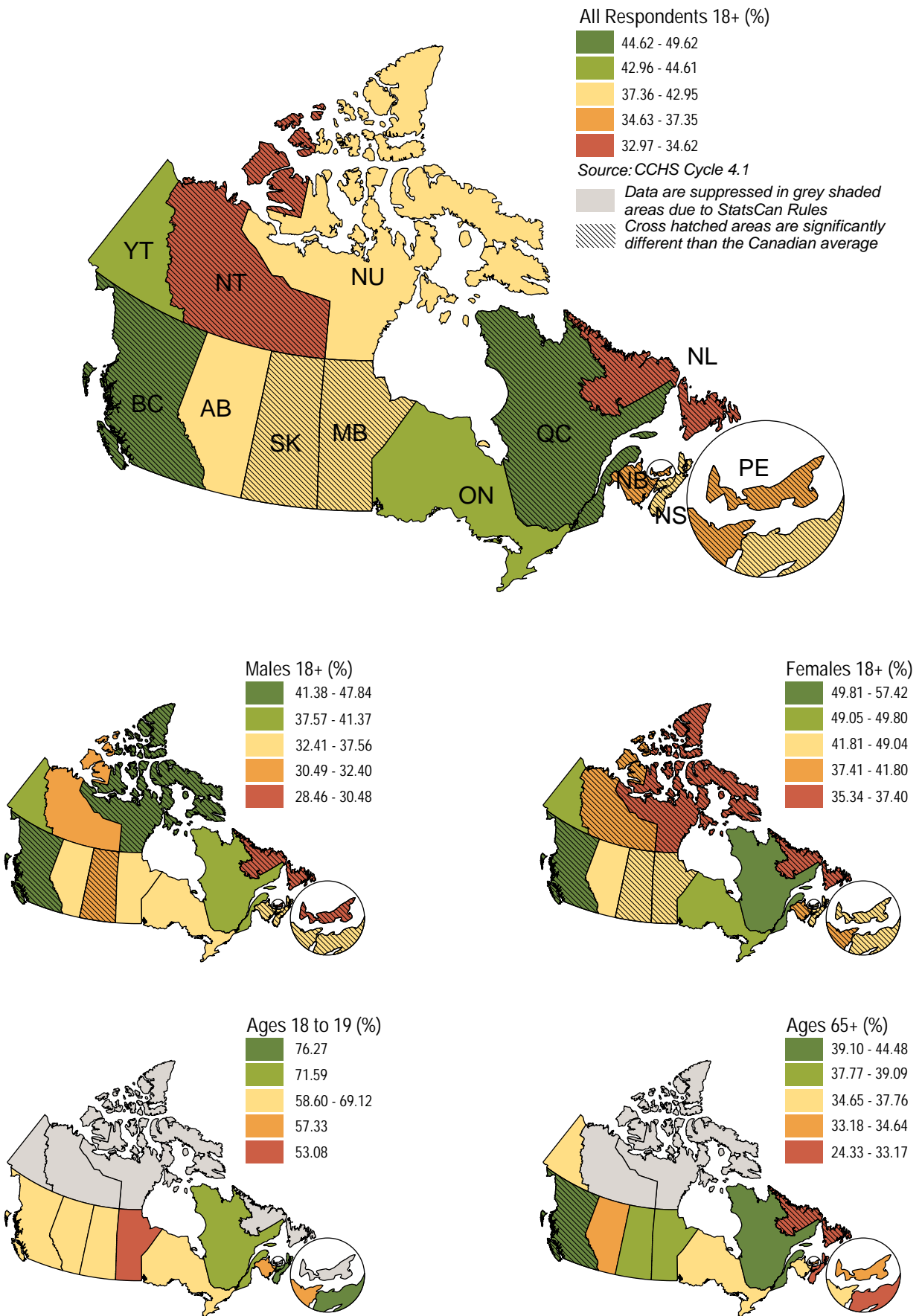
At the Provincial/Territorial level:

- For all respondents, there are 2 jurisdictions (Quebec and British Columbia) significantly higher, and there are 7 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, Manitoba, Saskatchewan and Northwest Territories) significantly lower than the Canadian rate.
- For male respondents, there are 2 jurisdictions (British Columbia and Nunavut) significantly higher, and there are 5 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, New Brunswick and Saskatchewan) significantly lower than the Canadian rate.
- For female respondents, there is one jurisdiction (British Columbia) significantly higher, and there are 8 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, Manitoba, Saskatchewan, Northwest Territories and Nunavut) significantly lower than the Canadian rate.
- For younger respondents (ages 18 to 19), no jurisdiction is significantly higher, and no jurisdiction is significantly lower than the Canadian rate.
- For older respondents (ages 65+), there is one jurisdiction (British Columbia) significantly higher, and there is one jurisdiction (Nfld and Labrador) significantly lower than the Canadian rate.

Within Provinces/Territories:

- For males 18+ no jurisdiction is significantly higher, and there are 9 jurisdictions (Prince Edward Island, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta and British Columbia) significantly lower than their respective female cohort.
- For younger respondents (ages 18 to 19) there are 7 jurisdictions (Nova Scotia, New Brunswick, Quebec, Ontario, Saskatchewan, Alberta and British Columbia) significantly higher, and no jurisdiction is significantly lower than its respective 20 to 64 age cohort.
- For older respondents (ages 65+), no jurisdiction is significantly higher, and there are 5 jurisdictions (Nfld and Labrador, Quebec, Ontario, Alberta and British Columbia) significantly lower than their respective 20 to 64 age cohort.

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



## Weight is perceived to be just about right

Province/Territory	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
Quebec	61.89	62.40	61.37	79.10†	57.71	60.06
Nunavut	61.01	65.12	56.62	F	F	64.79
British Columbia	54.69	57.17*	52.25	67.42†	49.42	53.81
Manitoba	51.44	56.59*	46.36	70.45†	52.27	47.74
Ontario	51.37	54.23*	48.57	72.88†	47.91	48.39
Northwest Territories	51.03	55.45	46.18	64.57	43.37E	48.74
Alberta	50.64	53.96*	47.19	72.16†	45.10	47.82
Yukon	48.86	46.61	51.17	72.05†	49.25	44.81
Prince Edward Island	48.64	50.87	46.57	72.41†	51.17	43.68
Saskatchewan	48.10	50.47	45.76	69.92†	49.39	43.56
Nova Scotia	47.76	49.31	46.34	72.96†	43.18	44.67
New Brunswick	46.33	50.98*	41.82	70.35†	42.25	43.38
Nfld and Labrador	44.31	48.72*	40.11	68.98†	44.97	40.37
Canada	53.80	56.19*	51.43	73.17†	50.20	51.30

† 12 to 19 age group differs significantly from 20 to 64 age group.

‡ 65+ age group differs significantly from 20 to 64 age group.

\* males differ significantly from females.

E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).

F data suppressed (n < 25, or coefficient of variation > 33.3).

▨ Provincial/Territorial rate differs significantly from the Canadian rate.

### CCHS Question

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

### Key Points

At the National level:

- Males 12+ have a significantly higher rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate of perceived their weight to be just about right than the 20 to 64 age cohort.
- Older respondents (ages 65+) have no significantly different rate than the 20 to 64 age cohort.

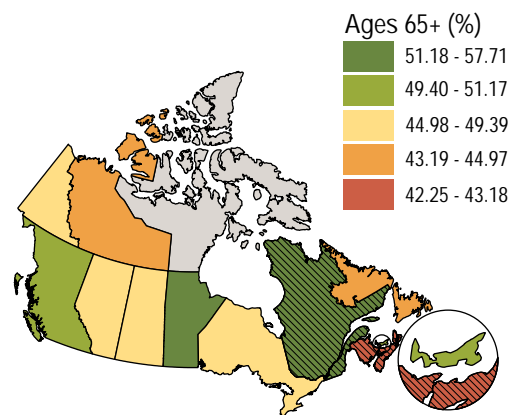
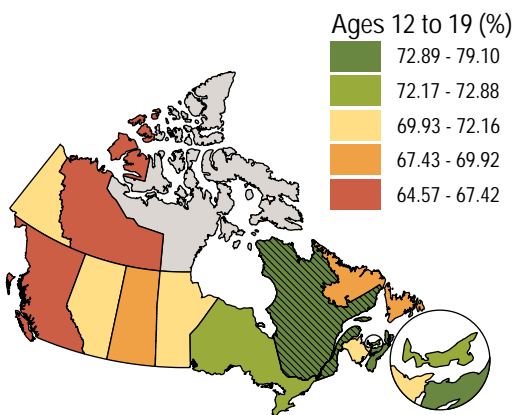
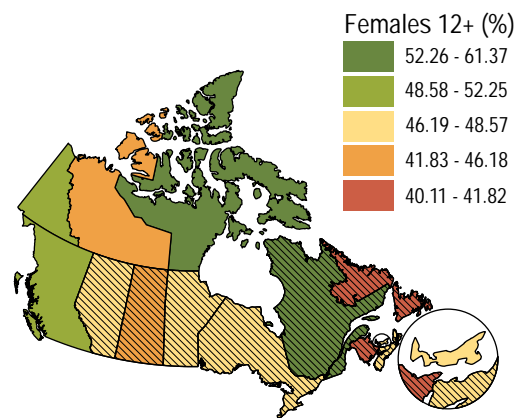
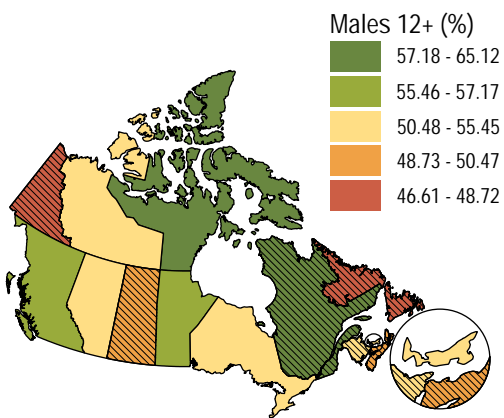
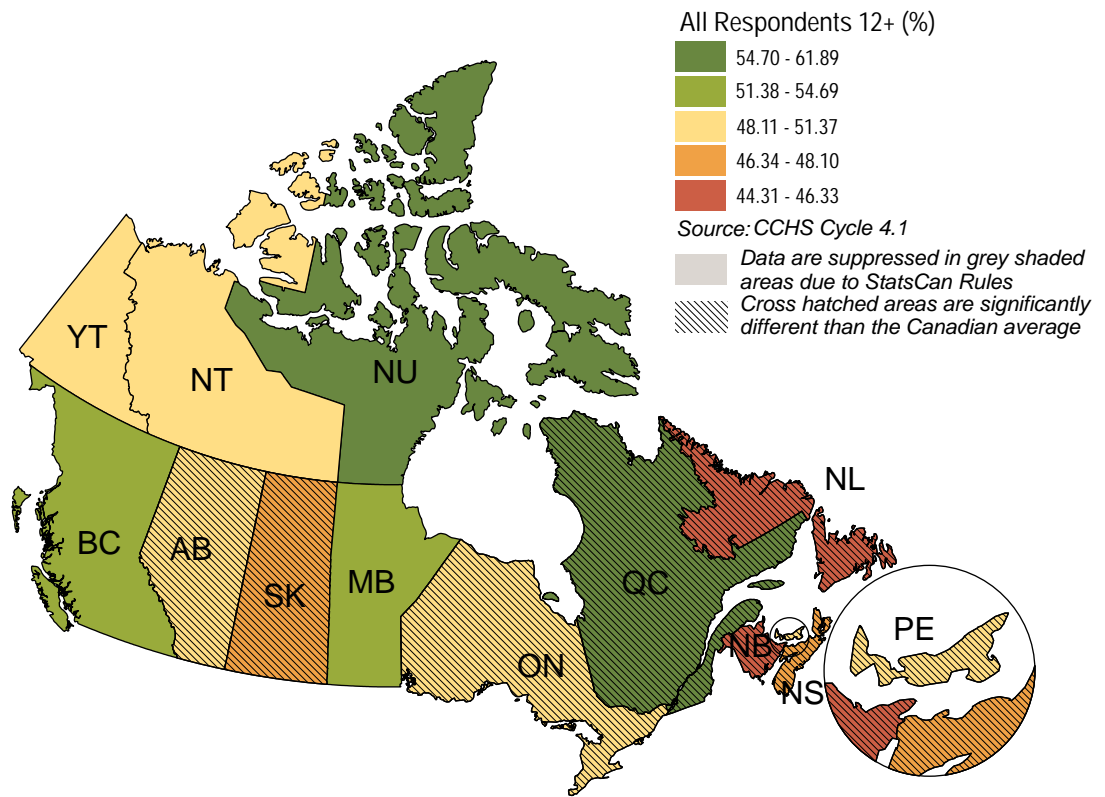
At the Provincial/Territorial level:

- For all respondents, there is one jurisdiction (Quebec) significantly higher, and there are 7 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, Ontario, Saskatchewan and Alberta) significantly lower than the Canadian rate.
- For male respondents, there is one jurisdiction (Quebec) significantly higher, and there are 5 jurisdictions (Nfld and Labrador, Nova Scotia, New Brunswick, Saskatchewan and Yukon) significantly lower than the Canadian rate.
- For female respondents, there is one jurisdiction (Quebec) significantly higher, and there are 7 jurisdictions (Nfld and Labrador, Nova Scotia, New Brunswick, Ontario, Manitoba, Saskatchewan and Alberta) significantly lower than the Canadian rate.
- For younger respondents (ages 12 to 19), there is one jurisdiction (Quebec) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.
- For older respondents (ages 65+), there is one jurisdiction (Quebec) significantly higher, and there are 2 jurisdictions (Nova Scotia and New Brunswick) significantly lower than the Canadian rate.

Within Provinces/Territories:

- For males 12+ there are 6 jurisdictions (Nfld and Labrador, New Brunswick, Ontario, Manitoba, Alberta and British Columbia) significantly higher, and no jurisdiction is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19) there are 11 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta, British Columbia and Yukon) significantly higher, and no jurisdiction is significantly lower than its respective 20 to 64 age cohort.
- For older respondents (ages 65+), no jurisdiction is significantly higher, and no jurisdiction is significantly lower than its respective 20 to 64 age cohort.

# Weight is perceived to be just about right



Walked for exercise in the past three months

Province/Territory	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
Yukon	72.42	66.23*	78.73	63.57	56.67‡	75.75
Alberta	70.32	64.43*	76.32	67.60	64.19	71.73
Nfld and Labrador	70.16	65.59*	74.42	71.11	46.18‡	74.92
Nova Scotia	69.91	63.45*	75.75	68.60	59.10‡	72.59
Manitoba	69.36	62.37*	76.15	66.61	62.11‡	71.45
British Columbia	68.54	61.49*	75.35	54.01†	69.79	70.56
Ontario	68.21	62.78*	73.46	67.10	63.86‡	69.28
Prince Edward Island	67.71	59.27*	75.55	70.35	52.62‡	70.57
New Brunswick	67.11	60.45*	73.49	68.18	52.02‡	70.25
Saskatchewan	66.80	57.77*	75.51	69.23	55.81‡	69.03
Northwest Territories	65.93	55.74*	76.82	61.03	46.98E	68.45
Quebec	64.19	57.67*	70.53	61.24	61.58	65.21
Nunavut	61.76	57.03	66.68	F	F	70.00
Canada	67.57	61.40*	73.55	64.33†	63.03‡	69.03

† 12 to 19 age group differs significantly from 20 to 64 age group.

‡ 65+ age group differs significantly from 20 to 64 age group.

\* males differ significantly from females.

E interpret data with caution (16.67 <= coefficient of variation <= 33.3).

F data suppressed (n < 25, or coefficient of variation > 33.3).

▨ Provincial/Territorial rate differs significantly from the Canadian rate.

**CCHS Question**

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

**Key Points**

At the National level:

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

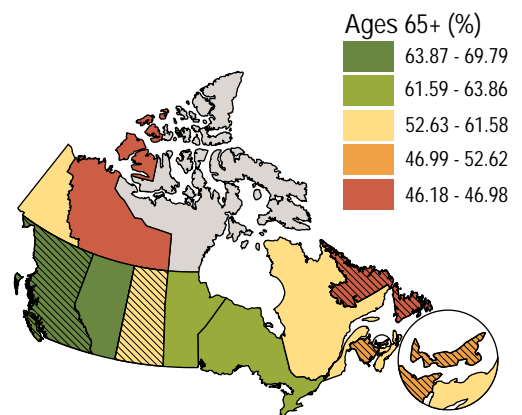
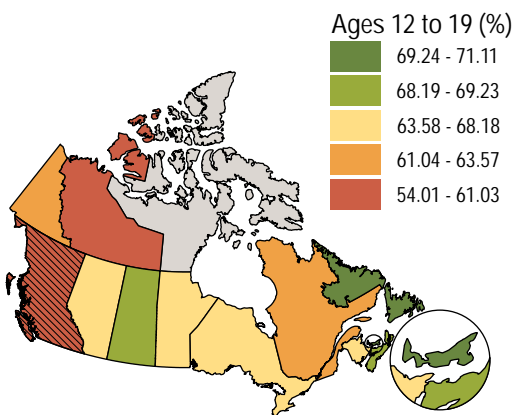
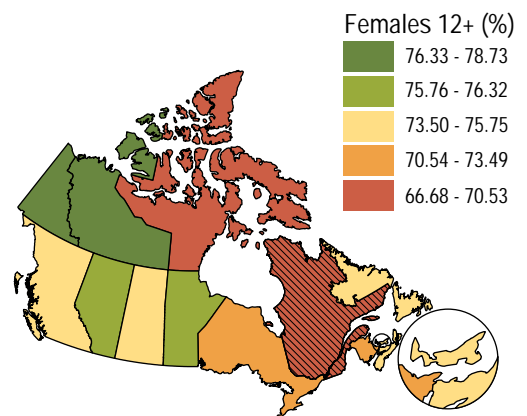
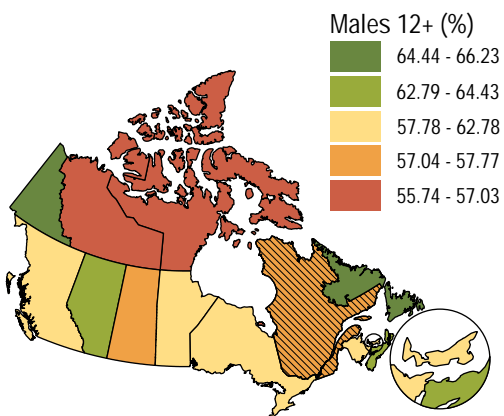
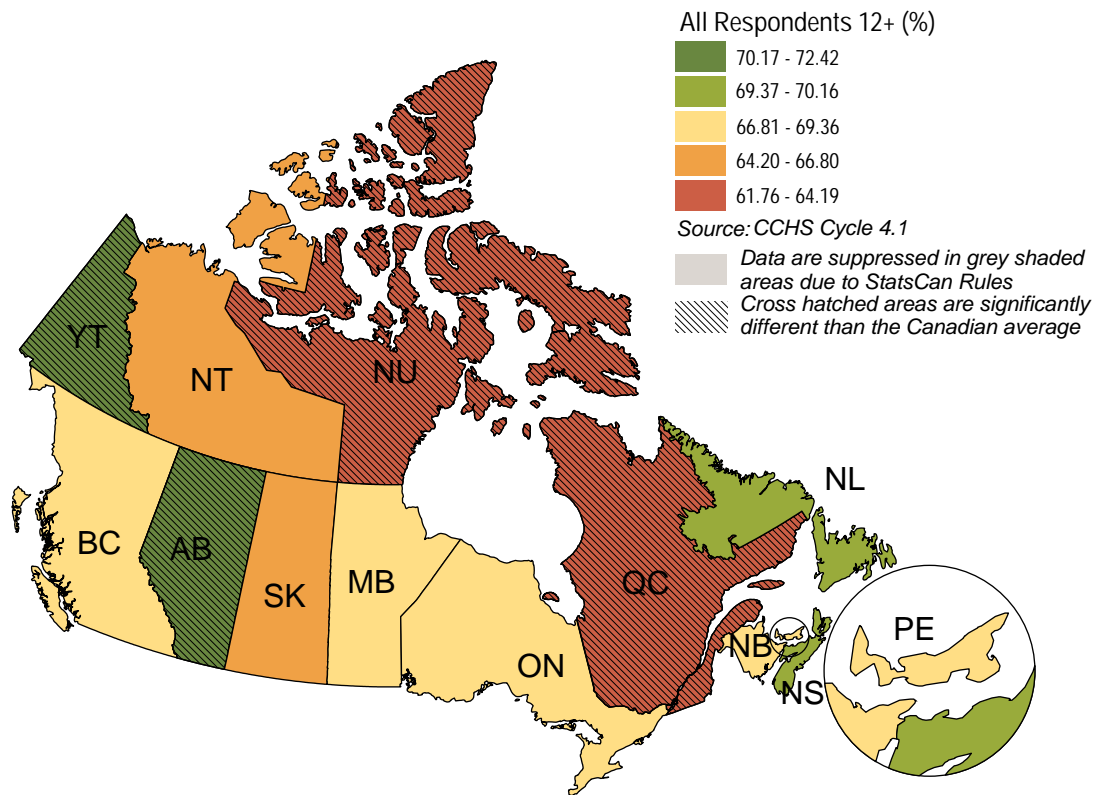
At the Provincial/Territorial level:

- For all respondents, there are 2 jurisdictions (Alberta and Yukon) significantly higher, and there are 2 jurisdictions (Quebec and Nunavut) significantly lower than the Canadian rate.
- For male respondents, no jurisdiction is significantly higher, and there is one jurisdiction (Quebec) significantly lower than the Canadian rate.
- For female respondents, no jurisdiction is significantly higher, and there is one jurisdiction (Quebec) significantly lower than the Canadian rate.
- For younger respondents (ages 12 to 19), no jurisdiction is significantly higher, and there is one jurisdiction (British Columbia) significantly lower than the Canadian rate.
- For older respondents (ages 65+), there is one jurisdiction (British Columbia) significantly higher, and there are 4 jurisdictions (Nfld and Labrador, Prince Edward Island, New Brunswick and Saskatchewan) significantly lower than the Canadian rate.

Within Provinces/Territories:

- For males 12+ no jurisdiction is significantly higher, and there are 12 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta, British Columbia, Yukon and Northwest Territories) significantly lower than their respective female cohort.
- For younger respondents (ages 12 to 19) no jurisdiction is significantly higher, and there is one jurisdiction (British Columbia) significantly lower than its respective 20 to 64 age cohort.
- For older respondents (ages 65+), no jurisdiction is significantly higher, and there are 8 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, Ontario, Manitoba, Saskatchewan and Yukon) significantly lower than their respective 20 to 64 age cohort.

Walked for exercise in the past three months



## Bicycled in the past three months

Province/Territory	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
Quebec	25.84	30.03*	21.79	50.24†	9.71‡	25.44
Ontario	22.68	28.11*	17.45	47.38†	7.49‡	21.51
Alberta	21.77	24.66*	18.82	41.06†	7.77‡	20.67
Manitoba	21.73	24.90	18.65	42.23†	5.92E‡	21.43
Prince Edward Island	21.17	25.31	17.34	48.55†	F	20.04
British Columbia	20.40	24.55*	16.39	37.60†	5.37‡	20.89
Saskatchewan	19.17	22.71*	15.76	40.90†	5.00E‡	18.47
Yukon	18.58	20.07	17.05	F	F	19.17
New Brunswick	17.84	21.74*	14.11	42.62†	5.48E‡	16.61
Northwest Territories	15.20	12.88E	17.68	F	F	12.73
Nova Scotia	14.88	17.44	12.57	40.11†	F	13.39
Nfld and Labrador	12.27	16.56*	8.26	36.25†	F	10.90
Nunavut	7.59E	F	F	F	F	F
Canada	22.37	26.79*	18.09	45.16†	7.32‡	21.65

† 12 to 19 age group differs significantly from 20 to 64 age group.

‡ 65+ age group differs significantly from 20 to 64 age group.

\* males differ significantly from females.

E interpret data with caution (16.67 <= coefficient of variation <= 33.3).

F data suppressed (n < 25, or coefficient of variation > 33.3).

▨ Provincial/Territorial rate differs significantly from the Canadian rate.

### CCHS Question

Have you done any of the following in the past 3 months? Bicycling?

### Key Points

At the National level:

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

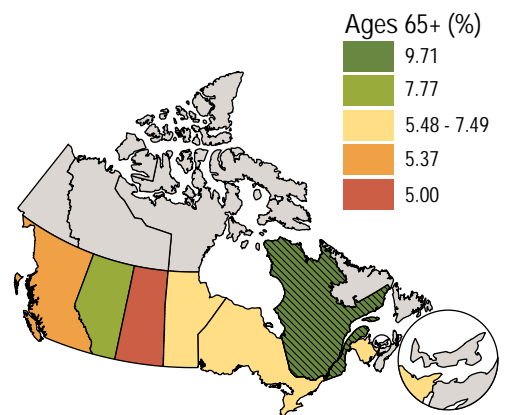
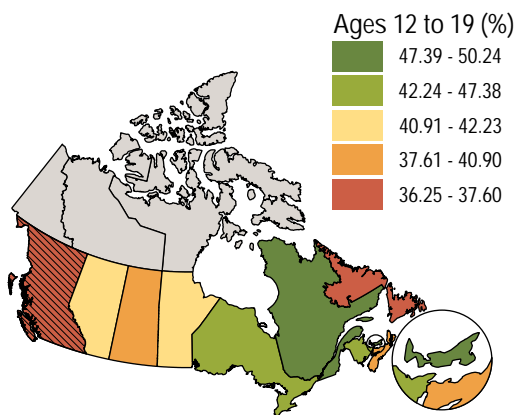
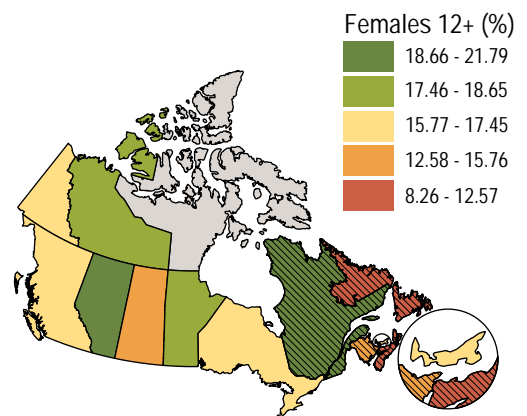
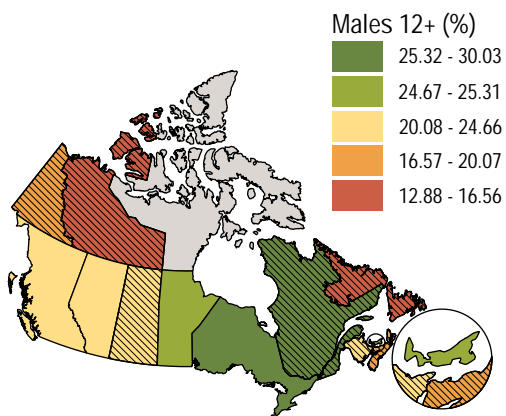
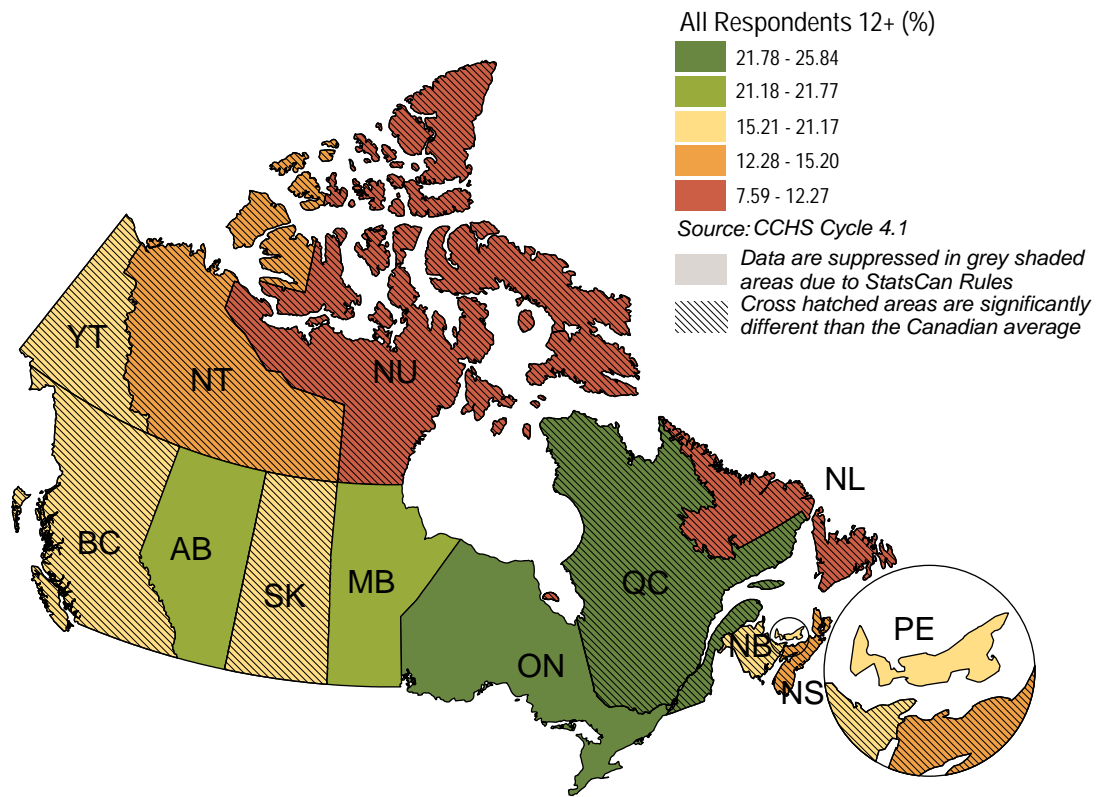
At the Provincial/Territorial level:

- For all respondents, there is one jurisdiction (Quebec) significantly higher, and there are 8 jurisdictions (Nfld and Labrador, Nova Scotia, New Brunswick, Saskatchewan, British Columbia, Yukon, Northwest Territories and Nunavut) significantly lower than the Canadian rate.
- For male respondents, there is one jurisdiction (Quebec) significantly higher, and there are 6 jurisdictions (Nfld and Labrador, Nova Scotia, New Brunswick, Saskatchewan, Yukon and Northwest Territories) significantly lower than the Canadian rate.
- For female respondents, there is one jurisdiction (Quebec) significantly higher, and there are 3 jurisdictions (Nfld and Labrador, Nova Scotia and New Brunswick) significantly lower than the Canadian rate.
- For younger respondents (ages 12 to 19), no jurisdiction is significantly higher, and there is one jurisdiction (British Columbia) significantly lower than the Canadian rate.
- For older respondents (ages 65+), there is one jurisdiction (Quebec) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.

Within Provinces/Territories:

- For males 12+ there are 7 jurisdictions (Nfld and Labrador, New Brunswick, Quebec, Ontario, Saskatchewan, Alberta and British Columbia) significantly higher, and no jurisdiction is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19) there are 10 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta and British Columbia) significantly higher, and no jurisdiction is significantly lower than its respective 20 to 64 age cohort.
- For older respondents (ages 65+), no jurisdiction is significantly higher, and there are 7 jurisdictions (New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta and British Columbia) significantly lower than their respective 20 to 64 age cohort.

# Bicycled in the past three months



## Did swimming in last 3 months

Province/Territory	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
Alberta	26.42	26.55	26.28	49.71†	6.30E‡	25.59
Prince Edward Island	25.45	23.24	27.51	63.64†	F	22.85
Yukon	25.28	23.22E	27.39	50.17†	F	23.59
Ontario	24.96	24.98	24.94	48.25†	10.90‡	23.80
British Columbia	24.73	24.52	24.93	42.96†	9.74‡	25.05
Nova Scotia	22.14	20.16	23.94	50.29†	6.37E‡	21.14
Manitoba	20.15	16.97*	23.24	42.26†	7.17E‡	18.93
Saskatchewan	19.27	17.13	21.34	40.82†	2.96E‡	19.14
New Brunswick	18.08	16.14	19.93	36.86†	4.92E‡	17.97
Quebec	17.83	16.60	19.03	34.96†	5.85‡	17.69
Nfld and Labrador	17.56	17.82	17.33	44.79†	F	16.57
Northwest Territories	15.81	12.81E	19.02E	F	F	13.54
Nunavut	9.10E	F	F	F	F	F
Canada	22.69	22.13	23.25	44.08†	8.25‡	22.08

† 12 to 19 age group differs significantly from 20 to 64 age group.

‡ 65+ age group differs significantly from 20 to 64 age group.

\* males differ significantly from females.

E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).

F data suppressed (n < 25, or coefficient of variation > 33.3).

▨ Provincial/Territorial rate differs significantly from the Canadian rate.

### CCHS Question

Have you done any of the following in the past 3 months? Swimming?

### Key Points

At the National level:

- Males 12+ have no significantly different rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate of going swimming than the 20 to 64 age cohort.
- Older respondents (ages 65+) have a significantly lower rate than the 20 to 64 age cohort.

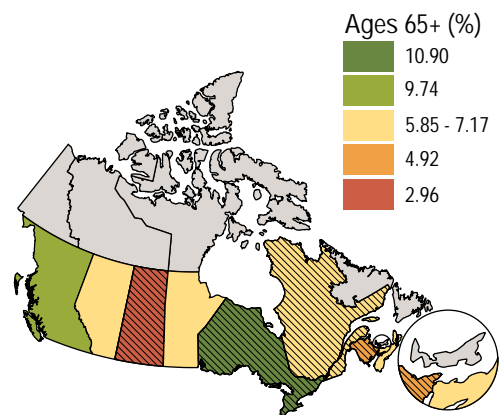
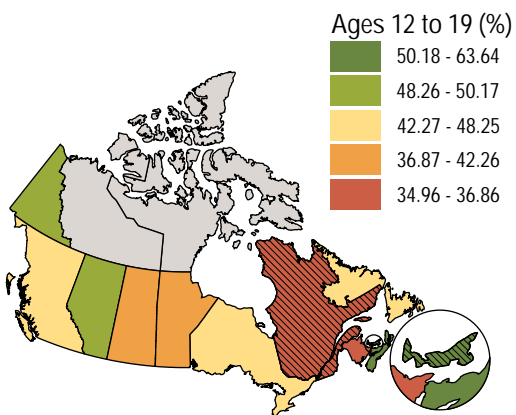
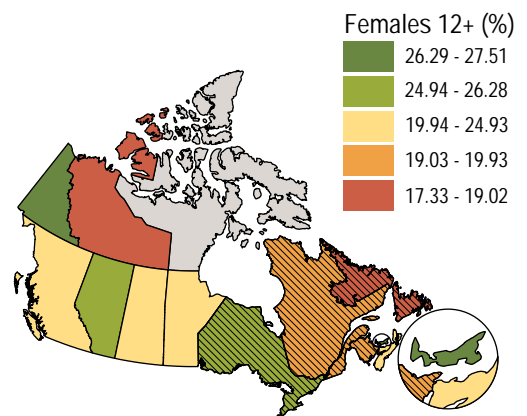
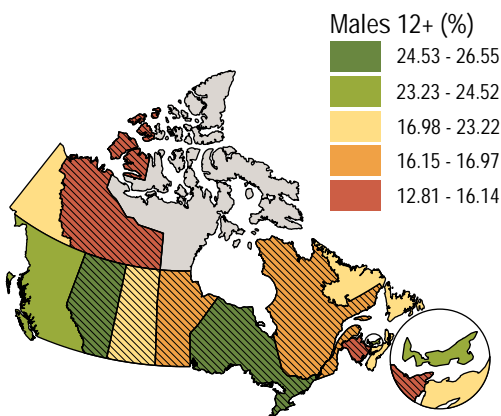
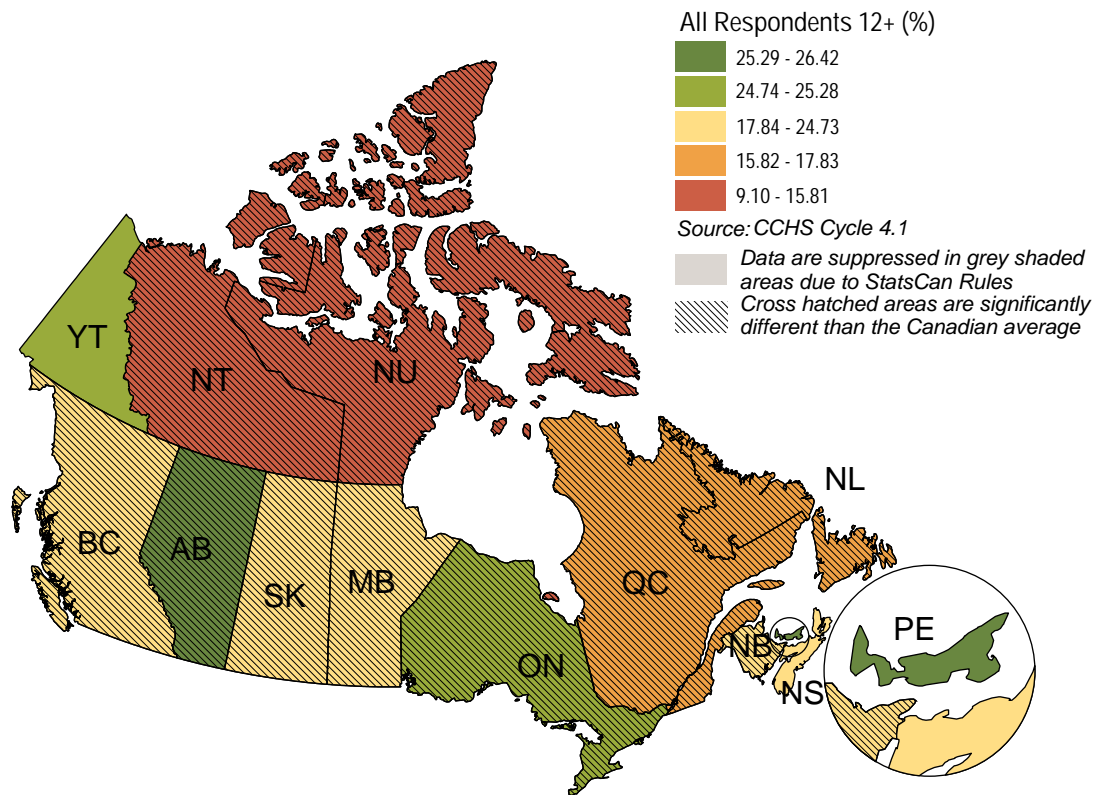
At the Provincial/Territorial level:

- For all respondents, there are 3 jurisdictions (Ontario, Alberta and British Columbia) significantly higher, and there are 7 jurisdictions (Nfld and Labrador, New Brunswick, Quebec, Manitoba, Saskatchewan, Northwest Territories and Nunavut) significantly lower than the Canadian rate.
- For male respondents, there are 2 jurisdictions (Ontario and Alberta) significantly higher, and there are 5 jurisdictions (New Brunswick, Quebec, Manitoba, Saskatchewan and Northwest Territories) significantly lower than the Canadian rate.
- For female respondents, there is one jurisdiction (Ontario) significantly higher, and there are 3 jurisdictions (Nfld and Labrador, New Brunswick and Quebec) significantly lower than the Canadian rate.
- For younger respondents (ages 12 to 19), there is one jurisdiction (Prince Edward Island) significantly higher, and there is one jurisdiction (Quebec) significantly lower than the Canadian rate.
- For older respondents (ages 65+), there is one jurisdiction (Ontario) significantly higher, and there are 3 jurisdictions (New Brunswick, Quebec and Saskatchewan) significantly lower than the Canadian rate.

Within Provinces/Territories:

- For males 12+ no jurisdiction is significantly higher, and there is one jurisdiction (Manitoba) significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19) there are 11 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta, British Columbia and Yukon) significantly higher, and no jurisdiction is significantly lower than its respective 20 to 64 age cohort.
- For older respondents (ages 65+), no jurisdiction is significantly higher, and there are 8 jurisdictions (Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta and British Columbia) significantly lower than their respective 20 to 64 age cohort.

## Did swimming in last 3 months



## Did gardening in last 3 months

Province/Territory	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
Saskatchewan	49.94	55.25*	44.82	36.17†	42.72‡	54.35
Manitoba	49.08	52.58	45.68	34.15†	41.08‡	53.58
Alberta	49.07	52.72*	45.36	34.17†	46.37	52.02
Prince Edward Island	46.72	48.41	45.16	34.87†	31.71‡	52.23
Nova Scotia	45.04	49.85*	40.70	27.97†	38.74‡	49.27
New Brunswick	44.77	50.87*	38.93	29.36†	34.96‡	49.38
Ontario	43.00	47.27*	38.88	27.34†	40.54‡	46.16
Nfld and Labrador	40.95	47.67*	34.68	22.73E†	33.12‡	45.35
British Columbia	40.69	43.32*	38.15	23.03†	38.50‡	43.94
Yukon	40.44	43.19	37.63	F	F	43.97
Quebec	39.81	43.57*	36.16	26.09†	33.45‡	43.31
Northwest Territories	25.68	28.70	22.45E	F	F	26.11
Nunavut	12.62E	14.61E	F	F	F	15.38E
Canada	43.01	46.97*	39.17	27.78†	38.69‡	46.41

† 12 to 19 age group differs significantly from 20 to 64 age group.

‡ 65+ age group differs significantly from 20 to 64 age group.

\* males differ significantly from females.

E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).

F data suppressed (n < 25, or coefficient of variation > 33.3).

▨ Provincial/Territorial rate differs significantly from the Canadian rate.

### CCHS Question

Have you done any of the following in the past 3 months? Gardening or yard work?

### Key Points

At the National level:

- Males 12+ have a significantly higher rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly lower rate of having done gardening or yard work than the 20 to 64 age cohort.
- Older respondents (ages 65+) have a significantly lower rate than the 20 to 64 age cohort.

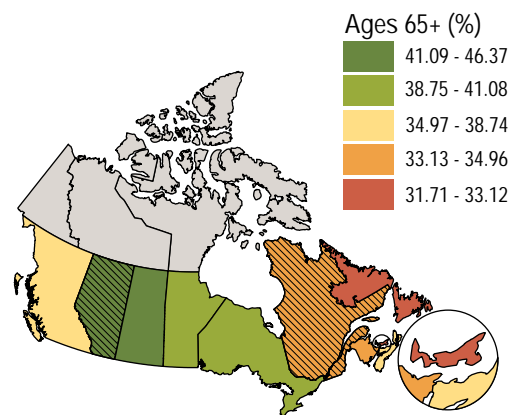
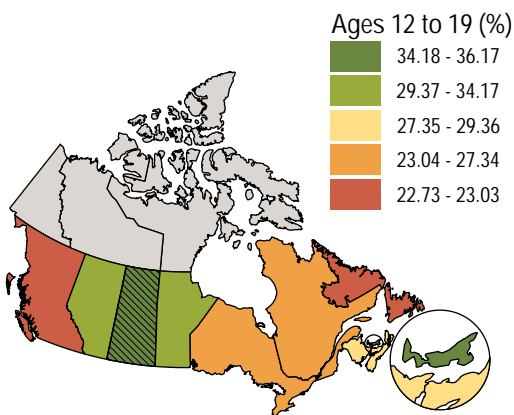
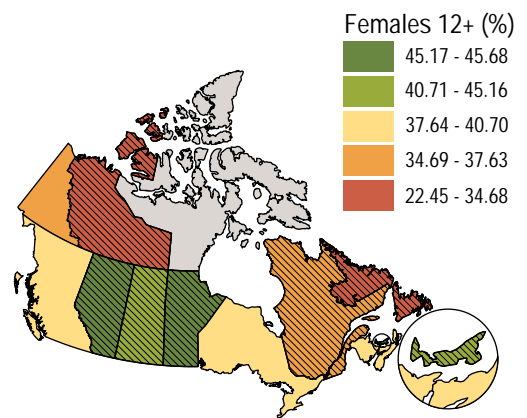
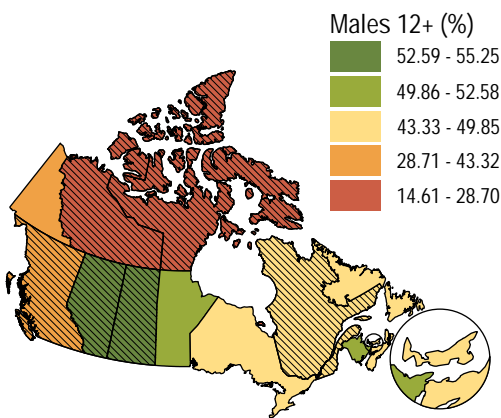
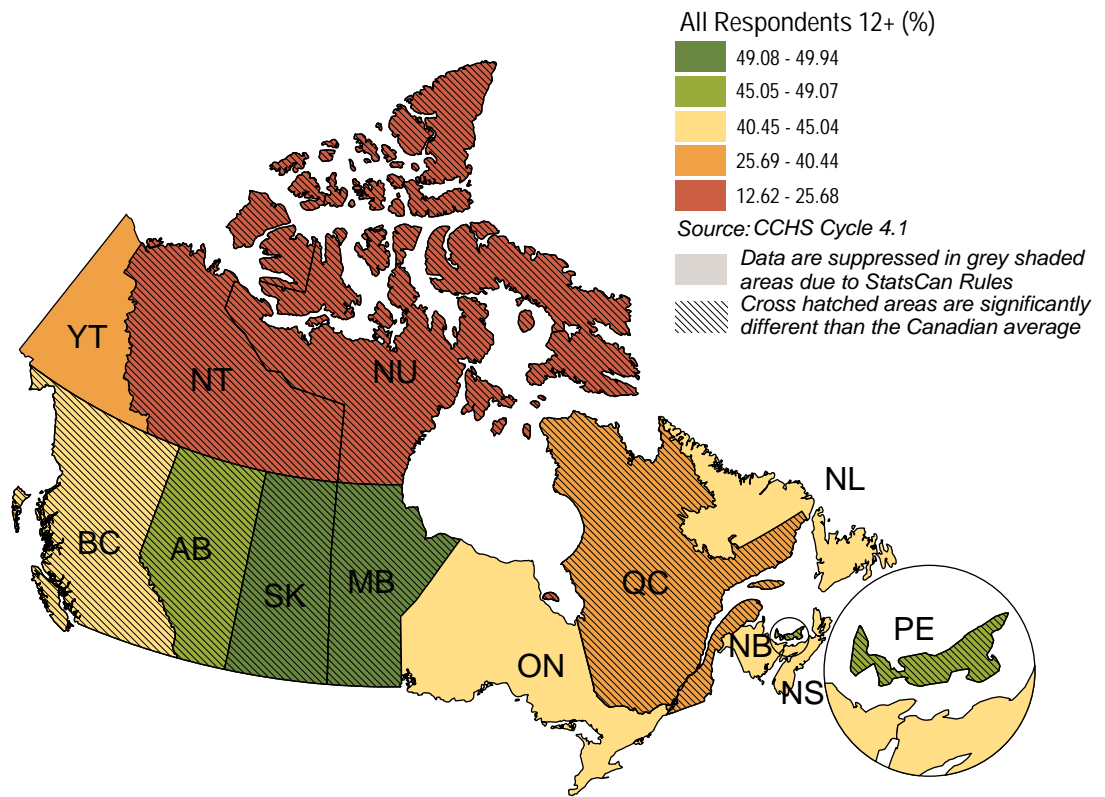
At the Provincial/Territorial level:

- For all respondents, there are 4 jurisdictions (Prince Edward Island, Manitoba, Saskatchewan and Alberta) significantly higher, and there are 4 jurisdictions (Quebec, British Columbia, Northwest Territories and Nunavut) significantly lower than the Canadian rate.
- For male respondents, there are 2 jurisdictions (Saskatchewan and Alberta) significantly higher, and there are 4 jurisdictions (Quebec, British Columbia, Northwest Territories and Nunavut) significantly lower than the Canadian rate.
- For female respondents, there are 4 jurisdictions (Prince Edward Island, Manitoba, Saskatchewan and Alberta) significantly higher, and there are 3 jurisdictions (Nfld and Labrador, Quebec and Northwest Territories) significantly lower than the Canadian rate.
- For younger respondents (ages 12 to 19), there is one jurisdiction (Saskatchewan) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.
- For older respondents (ages 65+), there is one jurisdiction (Alberta) significantly higher, and there is one jurisdiction (Quebec) significantly lower than the Canadian rate.

Within Provinces/Territories:

- For males 12+ there are 8 jurisdictions (Nfld and Labrador, Nova Scotia, New Brunswick, Quebec, Ontario, Saskatchewan, Alberta and British Columbia) significantly higher, and no jurisdiction is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19) no jurisdiction is significantly higher, and there are 10 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta and British Columbia) significantly lower than their respective 20 to 64 age cohort.
- For older respondents (ages 65+), no jurisdiction is significantly higher, and there are 9 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan and British Columbia) significantly lower than their respective 20 to 64 age cohort.

# Did gardening in last 3 months



## Has access to fitness classes at or near work to improve health

Province/Territory	All respondents 15+ (%)	Males 15+ (%)	Females 15+ (%)	Ages 15 to 24 (%)	Ages 45 to 75 (%)	Ages 25 to 44 (%)
Nova Scotia	40.59	36.30	45.02	34.50	37.11	46.00
Prince Edward Island	39.80	37.21	42.66	37.02E	37.55	43.84
British Columbia	39.77	35.37*	45.08	42.98	40.59	38.00
Ontario	37.65	35.27*	40.34	35.17	37.06	38.98
Alberta	35.86	30.85*	42.41	36.03	37.07	34.83
Yukon	32.79	23.95E	43.25	F	30.16E	39.17
New Brunswick	32.02	31.03	33.16	38.76	31.62	29.88
Nfld and Labrador	31.86	32.52	31.22	F	30.52	37.20
Northwest Territories	31.64	29.37	34.18	F	38.03	27.44E
Manitoba	29.22	22.21*	37.31	29.03	30.43	28.17
Quebec	28.17	25.69*	30.98	26.03	26.51	30.36
Saskatchewan	27.70	23.74*	32.34	21.99	29.51	28.37
Nunavut	21.51E	F	F	F	F	28.08E
Canada	34.85	31.68*	38.52	33.30	34.46	35.74

† 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.

\* males differ significantly from females.

E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).

F data suppressed (n < 25, or coefficient of variation > 33.3).

▨ Provincial/Territorial rate differs significantly from the Canadian rate.

### CCHS Question

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

### Key Points

At the National level:

- Males 15+ have a significantly lower rate than the females 15+ cohort.
- Younger respondents (ages 15 to 24) have no significantly different rate of having access to organized fitness classes at work than the 25 to 44 age cohort.
- Older respondents (ages 45 to 75) have no significantly different rate than the 25 to 44 age cohort.

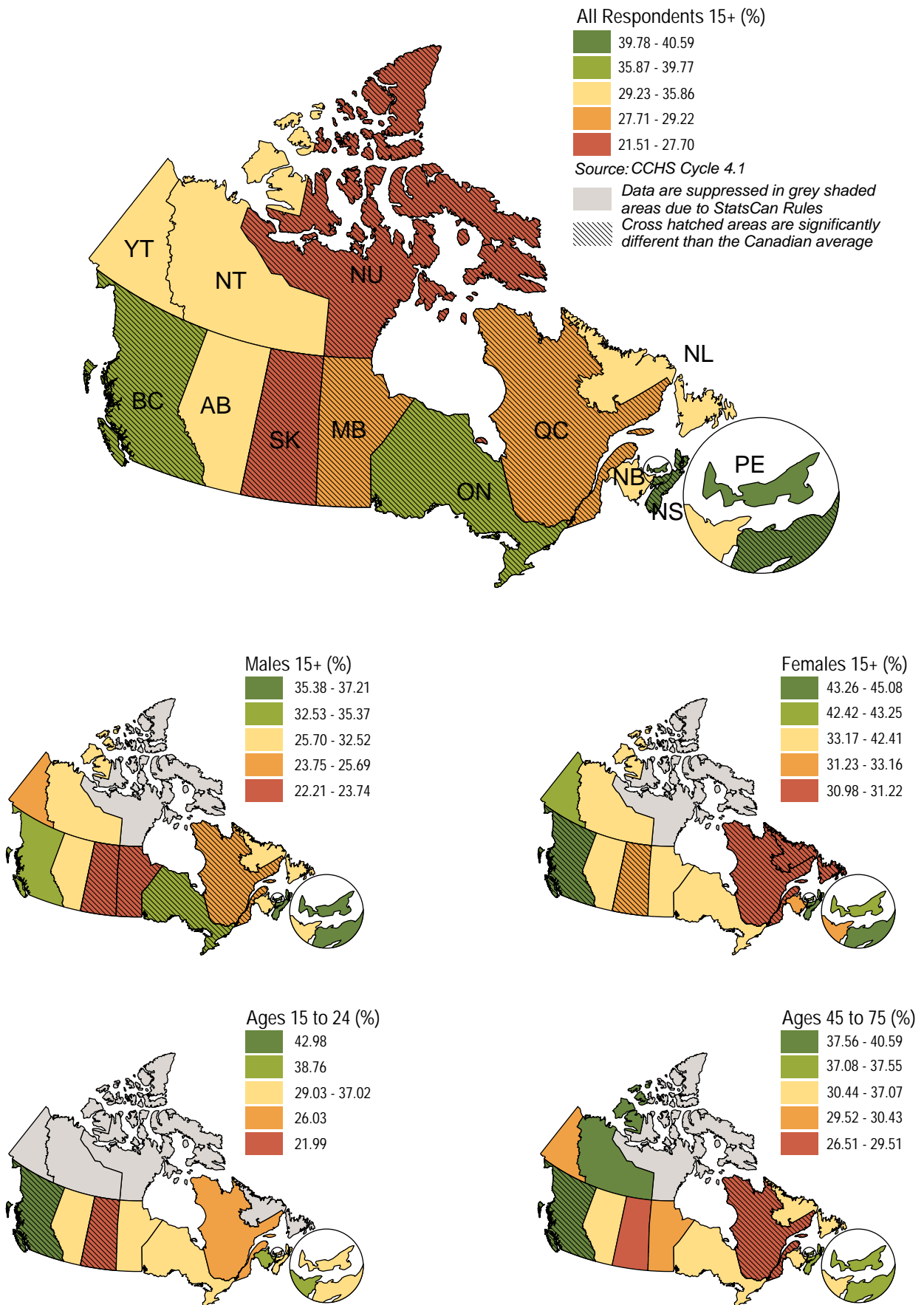
At the Provincial/Territorial level:

- For all respondents, there are 3 jurisdictions (Nova Scotia, Ontario and British Columbia) significantly higher, and there are 4 jurisdictions (Quebec, Manitoba, Saskatchewan and Nunavut) significantly lower than the Canadian rate.
- For male respondents, there is one jurisdiction (Ontario) significantly higher, and there are 3 jurisdictions (Quebec, Manitoba and Saskatchewan) significantly lower than the Canadian rate.
- For female respondents, there is one jurisdiction (British Columbia) significantly higher, and there are 3 jurisdictions (Nfld and Labrador, Quebec and Saskatchewan) significantly lower than the Canadian rate.
- For younger respondents (ages 15 to 24), there is one jurisdiction (British Columbia) significantly higher, and there is one jurisdiction (Saskatchewan) significantly lower than the Canadian rate.
- For older respondents (ages 45 to 75), there is one jurisdiction (British Columbia) significantly higher, and there is one jurisdiction (Quebec) significantly lower than the Canadian rate.

Within Provinces/Territories:

- For males 15+ no jurisdiction is significantly higher, and there are 6 jurisdictions (Quebec, Ontario, Manitoba, Saskatchewan, Alberta and British Columbia) significantly lower than their respective female cohort.
- For younger respondents (ages 15 to 24) no jurisdiction is significantly higher, and no jurisdiction is significantly lower than its respective 25 to 44 age cohort.
- For older respondents (ages 45 to 75), no jurisdiction is significantly higher, and no jurisdiction is significantly lower than its respective 25 to 44 age cohort.

## Has access to fitness classes at or near work to improve health



## Has access to a gym at or near work

Province/Territory	All respondents 15+ (%)	Males 15+ (%)	Females 15+ (%)	Ages 15 to 24 (%)	Ages 45 to 75 (%)	Ages 25 to 44 (%)
Nova Scotia	52.08	48.99	55.27	44.79†	48.06	58.44
Northwest Territories	51.85	51.37	52.40	48.94E	55.14	50.90
Prince Edward Island	50.68	45.08	56.84	54.86	47.24	52.58
British Columbia	48.79	44.32*	54.20	48.79	49.43	48.23
Alberta	47.96	43.12*	54.28	47.52	48.52	47.70
Ontario	45.44	42.84*	48.37	41.55	44.98	47.13
New Brunswick	44.65	42.94	46.62	51.68	39.36	46.53
Nfld and Labrador	43.63	42.87	44.35	F	42.73	48.08
Yukon	43.36	37.01	50.86	F	44.98	41.93
Manitoba	41.47	34.91*	49.04	36.83	45.06	39.89
Nunavut	41.44	41.90E	40.97E	F	38.65E	47.22E
Saskatchewan	39.51	36.22	43.39	31.68†	38.58	43.57
Quebec	36.77	34.01*	39.86	35.97	34.34	39.14
Canada	44.06	40.81*	47.82	41.70	43.33	45.53

† 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.

\* males differ significantly from females.

E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).

F data suppressed (n < 25, or coefficient of variation > 33.3).

▨ Provincial/Territorial rate differs significantly from the Canadian rate.

### 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:

- Males 15+ have a significantly lower rate than the females 15+ cohort.
- Younger respondents (ages 15 to 24) have no significantly different rate of having access to physical fitness facilities at work than the 25 to 44 age cohort.
- Older respondents (ages 45 to 75) have no significantly different rate than the 25 to 44 age cohort.

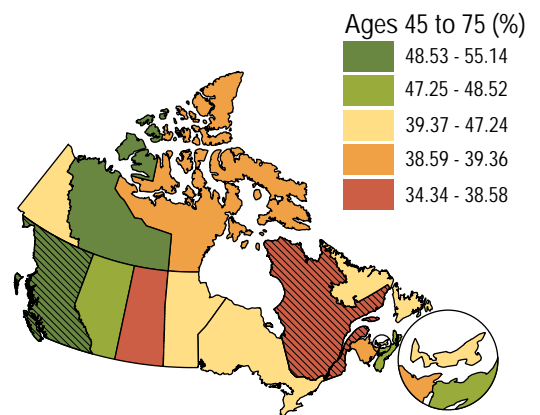
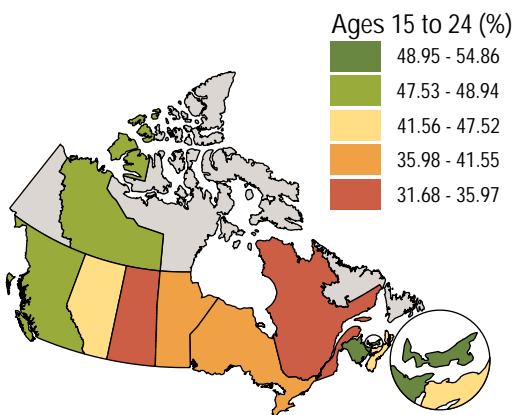
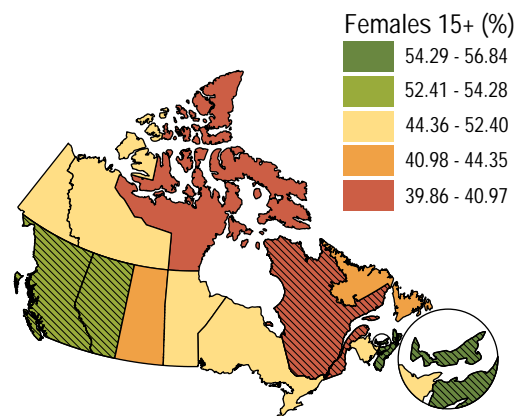
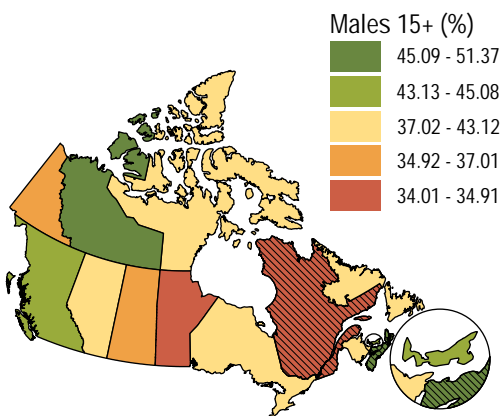
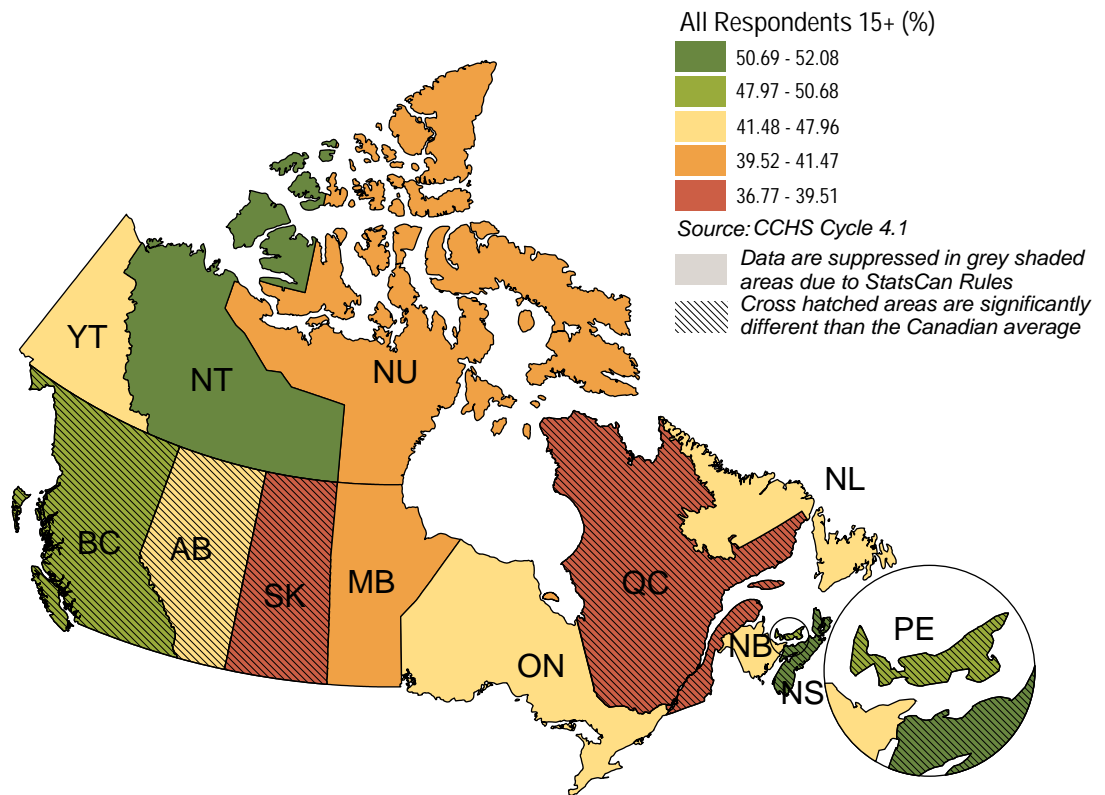
At the Provincial/Territorial level:

- For all respondents, there are 4 jurisdictions (Prince Edward Island, Nova Scotia, Alberta and British Columbia) significantly higher, and there are 2 jurisdictions (Quebec and Saskatchewan) significantly lower than the Canadian rate.
- For male respondents, there is one jurisdiction (Nova Scotia) significantly higher, and there is one jurisdiction (Quebec) significantly lower than the Canadian rate.
- For female respondents, there are 4 jurisdictions (Prince Edward Island, Nova Scotia, Alberta and British Columbia) significantly higher, and there is one jurisdiction (Quebec) significantly lower than the Canadian rate.
- For younger respondents (ages 15 to 24), no jurisdiction is significantly higher, and no jurisdiction is significantly lower than the Canadian rate.
- For older respondents (ages 45 to 75), there is one jurisdiction (British Columbia) significantly higher, and there is one jurisdiction (Quebec) significantly lower than the Canadian rate.

Within Provinces/Territories:

- For males 15+ no jurisdiction is significantly higher, and there are 5 jurisdictions (Quebec, Ontario, Manitoba, Alberta and British Columbia) significantly lower than their respective female cohort.
- For younger respondents (ages 15 to 24) no jurisdiction is significantly higher, and there are 2 jurisdictions (Nova Scotia and Saskatchewan) significantly lower than their respective 25 to 44 age cohort.
- For older respondents (ages 45 to 75), no jurisdiction is significantly higher, and no jurisdiction is significantly lower than its respective 25 to 44 age cohort.

Has access to a gym at or near work



## Has access to a pleasant place to walk/jog/bicycle at work

Province/Territory	All respondents 15+ (%)	Males 15+ (%)	Females 15+ (%)	Ages 15 to 24 (%)	Ages 45 to 75 (%)	Ages 25 to 44 (%)
Prince Edward Island	74.46	71.85	77.36	85.88†	73.54	69.77
Yukon	71.08	67.80	74.94	58.86	73.62	72.41
Nova Scotia	67.14	59.84*	74.77	62.77	67.25	68.64
British Columbia	64.90	61.11*	69.46	64.98	65.80	64.09
Northwest Territories	64.01	57.59	71.15	73.18	66.69	58.99
Nfld and Labrador	59.69	62.20	57.31	50.82	57.32	64.46
Alberta	59.15	53.11*	67.00	55.97	61.08	58.88
New Brunswick	58.47	52.47*	65.44	60.67	52.40‡	62.78
Manitoba	58.41	54.18	63.30	51.67	62.55	57.10
Ontario	58.37	55.78*	61.32	59.94	58.80	57.49
Saskatchewan	57.18	53.24*	61.90	52.41	59.31	57.12
Quebec	53.06	49.54*	57.03	53.94	52.03	53.60
Nunavut	40.69	45.61	35.70E	F	39.34E	44.73
Canada	58.41	54.80*	62.58	58.20	58.79	58.15

† 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.

\* males differ significantly from females.

E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).

F data suppressed (n < 25, or coefficient of variation > 33.3).

▨ Provincial/Territorial rate differs significantly from the Canadian rate.

### 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:

- Males 15+ have a significantly lower rate than the females 15+ cohort.
- Younger respondents (ages 15 to 24) have no significantly different rate of having access to a pleasant place to walk at work than the 25 to 44 age cohort.
- Older respondents (ages 45 to 75) have no significantly different rate than the 25 to 44 age cohort.

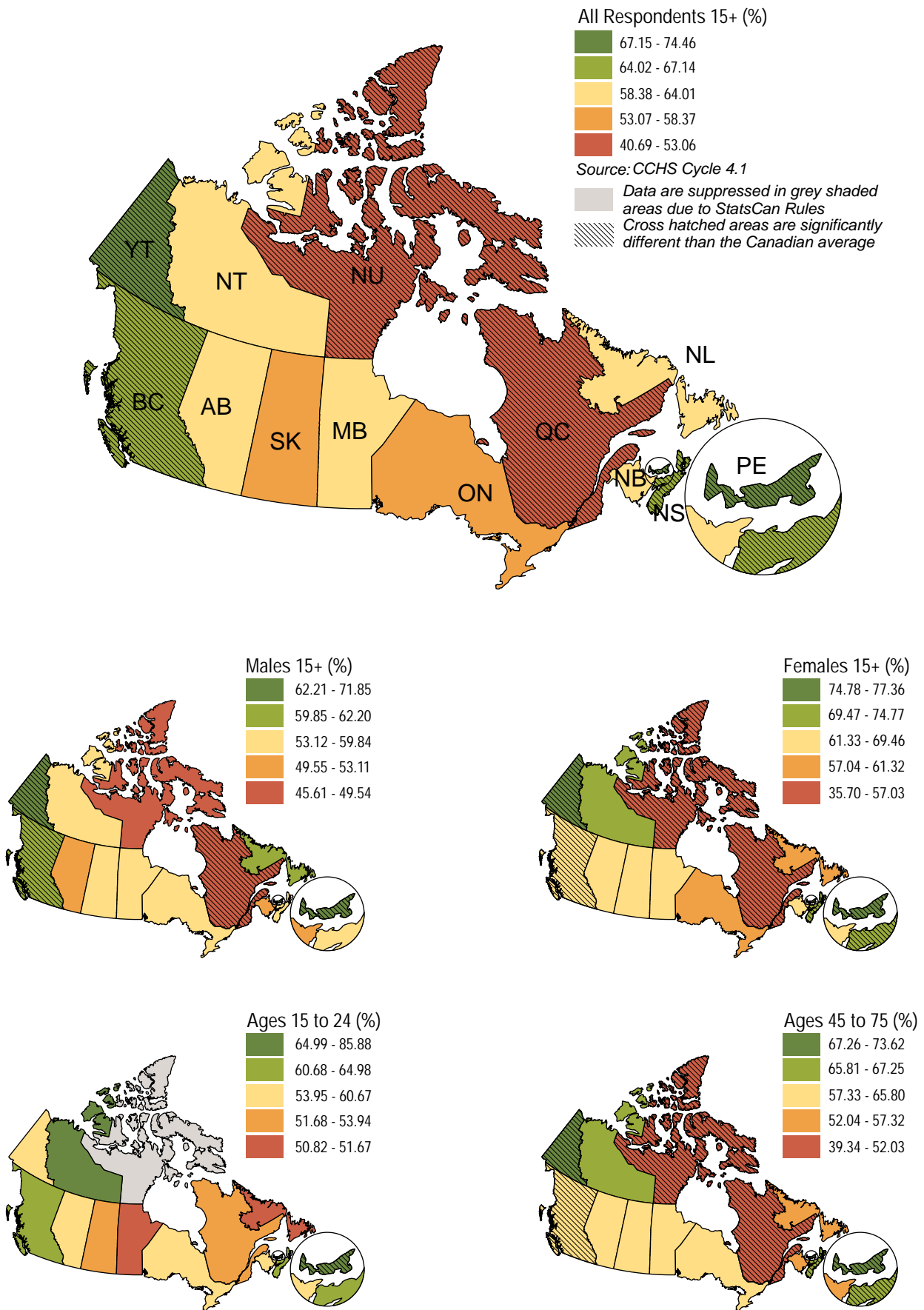
At the Provincial/Territorial level:

- For all respondents, there are 4 jurisdictions (Prince Edward Island, Nova Scotia, British Columbia and Yukon) significantly higher, and there are 2 jurisdictions (Quebec and Nunavut) significantly lower than the Canadian rate.
- For male respondents, there are 3 jurisdictions (Prince Edward Island, British Columbia and Yukon) significantly higher, and there is one jurisdiction (Quebec) significantly lower than the Canadian rate.
- For female respondents, there are 4 jurisdictions (Prince Edward Island, Nova Scotia, British Columbia and Yukon) significantly higher, and there are 2 jurisdictions (Quebec and Nunavut) significantly lower than the Canadian rate.
- For younger respondents (ages 15 to 24), there is one jurisdiction (Prince Edward Island) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.
- For older respondents (ages 45 to 75), there are 4 jurisdictions (Prince Edward Island, Nova Scotia, British Columbia and Yukon) significantly higher, and there are 2 jurisdictions (Quebec and Nunavut) significantly lower than the Canadian rate.

Within Provinces/Territories:

- For males 15+ no jurisdiction is significantly higher, and there are 7 jurisdictions (Nova Scotia, New Brunswick, Quebec, Ontario, Saskatchewan, Alberta and British Columbia) significantly lower than their respective female cohort.
- For younger respondents (ages 15 to 24) there is one jurisdiction (Prince Edward Island) significantly higher, and no jurisdiction is significantly lower than its respective 25 to 44 age cohort.
- For older respondents (ages 45 to 75), no jurisdiction is significantly higher, and there is one jurisdiction (New Brunswick) significantly lower than its respective 25 to 44 age cohort.

# Has access to a pleasant place to walk/jog/bicycle at work



Physical activity index by gender

		Active physical activity score	Healthy BMI	Weight just about right	Walking for exercise	Bicycling	Swimming	Gardening or yard work	Fitness classes at work	Fitness facilities at work	Pleasant place to walk at work	Physical activity index	
All Respondents	Newfoundland and Labrador	-1	-1	-1		-1	-1					-5	
	Prince Edward Island		-1	-1				1		1	1	1	
	Nova Scotia		-1	-1		-1			1	1	1	0	
	New Brunswick	-1	-1	-1		-1	-1					-5	
	Quebec	-1	1	1	-1	1	-1	-1	-1	-1	-1	-4	
	Ontario			-1			1		1			1	
	Manitoba		-1				-1	1	-1			-2	
	Saskatchewan	-1	-1	-1		-1	-1	1	-1	-1			-6
	Alberta	1		-1	1		1	1		1			4
	<b>British Columbia</b>	1	1			-1	1	-1	1	1	1	1	4
	Yukon	1			1	-1						1	2
	Northwest Territories		-1			-1	-1	-1					-4
	Nunavut	-1			-1	-1	-1	-1	-1			-1	-7
Male Respondents	Newfoundland and Labrador		-1	-1		-1						-3	
	Prince Edward Island		-1								1	0	
	Nova Scotia		-1	-1		-1				1		-2	
	New Brunswick	-1	-1	-1		-1	-1					-5	
	Quebec			1	-1	1	-1	-1	-1	-1	-1	-4	
	Ontario						1		1			2	
	Manitoba						-1		-1			-2	
	Saskatchewan		-1	-1		-1	-1	1	-1				-4
	Alberta						1	1					2
	<b>British Columbia</b>	1	1					-1				1	2
	Yukon			-1		-1						1	-1
	Northwest Territories					-1	-1	-1					-3
	Nunavut		1			F	F	-1	F				0
Female Respondents	Newfoundland and Labrador	-1	-1	-1		-1	-1	-1	-1			-7	
	Prince Edward Island		-1					1		1	1	2	
	Nova Scotia		-1	-1		-1				1	1	-1	
	New Brunswick	-1	-1	-1		-1	-1					-5	
	Quebec	-1		1	-1	1	-1	-1	-1	-1	-1	-5	
	Ontario			-1			1					0	
	Manitoba	1	-1	-1				1				0	
	Saskatchewan		-1	-1				1	-1			-2	
	Alberta	1		-1				1		1		2	
	<b>British Columbia</b>	1	1						1	1	1	5	
	Yukon	1										1	2
	Northwest Territories		-1					-1				-2	
	Nunavut	-1	-1			F	F	F	F			-1	-3

+1 Province/Territory scored significantly higher than the Canadian rate.  
 Province/Territory score is not significantly different than the Canadian rate.  
 -1 Province/Territory scored significantly lower than the Canadian rate.

F - Data suppressed by Statistics Canada due to small sample size or high coefficient of variation (coloured grey).  
 The index score is the aggregate of the "pluses" and "minuses" and is coloured  where positive,  where zero, and  where negative.

## Physical activity index by age

		Active physical activity score	Healthy BMI	Weight just about right	Walking for exercise	Bicycling	Swimming	Gardening or yard work	Fitness classes at work	Fitness facilities at work	Pleasant place to walk at work	Physical activity index	
Younger Respondents	Newfoundland and Labrador	1	F						F	F		1	
	Prince Edward Island		F				1				1	2	
	Nova Scotia											0	
	New Brunswick											0	
	Quebec			1			-1					0	
	Ontario											0	
	Manitoba											0	
	Saskatchewan							1	-1				0
	Alberta												0
	<b>British Columbia</b>				-1	-1				1			-1
	Yukon		F			F		F	F	F			0
	Northwest Territories		F			F	F	F	F				0
	Nunavut		F	F	F	F	F	F	F	F	F	F	F
Older Respondents	Newfoundland and Labrador	-1	-1		-1	F	F					-3	
	Prince Edward Island	-1			-1	F	F				1	-1	
	Nova Scotia			-1		F					1	0	
	New Brunswick	-1		-1	-1		-1					-4	
	Quebec			1		1	-1	-1	-1	-1	-1	-3	
	Ontario						1					1	
	Manitoba											0	
	Saskatchewan	-1			-1		-1						-3
	Alberta							1					1
	<b>British Columbia</b>	1	1		1				1	1	1	1	6
	Yukon	F	F			F	F	F				1	1
	Northwest Territories	F	F			F	F	F					0
	Nunavut	F	F	F	F	F	F	F	F			-1	-1
Mid Age Respondents	Newfoundland and Labrador		-1	-1	1	-1	-1					-3	
	Prince Edward Island		-1	-1				1			1	0	
	Nova Scotia		-1	-1	1	-1			1	1	1	1	
	New Brunswick	-1	-1	-1		-1	-1					-5	
	Quebec	-1	1	1	-1	1	-1	-1	-1	-1	-1	-4	
	Ontario			-1			1					0	
	Manitoba	1	-1				-1	1	-1				-1
	Saskatchewan		-1	-1		-1	-1	1	-1				-4
	Alberta	1		-1			1	1					2
	<b>British Columbia</b>	1	1	1			1					1	5
	Yukon			-1	1							1	1
	Northwest Territories		-1			-1	-1	-1					-4
	Nunavut			1		F	F	-1				-1	-1

- +1 Province/Territory scored significantly higher than the Canadian rate.
- Province/Territory score is not significantly different than the Canadian rate.
- 1 Province/Territory scored significantly lower than the Canadian rate.

F - Data suppressed by Statistics Canada due to small sample size or high coefficient of variation (coloured grey).

The index score is the aggregate of the "pluses" and "minuses" and is coloured  where positive,  where zero, and  where negative.

## Summary of physical activity

### All provinces/territories

Along with nutrition, physical activity was the second most poorly scoring wellness attribute for all respondents with a total of seven provinces/territories having negative index scores. Index scores ranged from +4 to -7 with Nunavut having the poorest score at -7 and Alberta and British Columbia having the best scores, both at +4. The index scores on the negative side were particularly low with a range of -2 to -7.

For male respondents, eight provinces/territories had negative scores while only three had positive scores. New Brunswick had the poorest score at -5, while British Columbia, Alberta and Ontario all had positive scores of +2. For female respondents, seven provinces/territories had negative scores and four had positive scores. Newfoundland and Labrador stood out with a low of -7, followed by New Brunswick and Quebec, both with scores of -5, while British Columbia was the best with a score of +5 compared to scores of +2 for the other three positively scoring provinces.

For younger respondents, ten of the 13 provinces/territories had overall neutral scores. Older respondents had a more significant range of +6 to -4. British Columbia stood out with the best positive score of +6 for older respondents. Yukon, Northwest Territories, and Nunavut had only limited data availability in several of the physical activity variables both for older and younger respondents.

Looking at the country as a whole there seemed to be a geographical trend of positive scores for the western provinces and poorer scores for some eastern provinces. Newfoundland and Labrador, New Brunswick and Quebec in the east, all had negative scores overall except for younger respondents, while British Columbia and Alberta in the west had positive scores except for younger respondents. Saskatchewan reflected trends on the east coast with overall negative scores except for younger respondents.

### A focus on British Columbia

In comparison to the rest of Canada, British Columbia was the best scoring province for physical activity with an overall index score of +4 (tied with Alberta). British Columbians, in comparison to the Canadian average, were more

Province/Territory	All	Male	Female	Younger	Older
Alberta	4	2	2	0	1
British Columbia	4	2	5	-1	6
Yukon	2	-1	2	0	1
Ontario	1	2	0	0	1
Prince Edward Island	1	0	2	2	-1
Nova Scotia	0	-2	-1	0	0
Manitoba	-2	-2	0	0	0
Northwest Territories	-4	-3	-2	0	0
Quebec	-4	-4	-5	0	-3
Nfld and Labrador	-5	-3	-7	1	-3
New Brunswick	-5	-5	-5	0	-4
Saskatchewan	-6	-4	-2	0	-3
Nunavut	-7	0	-3	F	-1

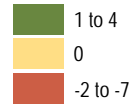
likely to have a healthier level of physical activity, have a healthier body mass index (BMI), take part in swimming activities and have access to opportunities for physical activity at or near their places of work. However, people in British Columbia were less likely to cycle or garden.

Male and female respondents in the province scored well for physical activity in comparison to the rest of Canada with index scores of +2 and +5 respectively. Male and female respondents were more likely to be active, have a healthier BMI and have access to pleasant walking areas near work. Additionally females were more likely than other female Canadians to have access to a range of fitness resources near work but males were less likely to garden than their Canadian counterparts. Comparing males to females within the province, males were less likely than females to have a healthy BMI, to walk for exercise and to have access to opportunities for physical activity at or near work. Males were more likely than females to perceive their weight as being just right and participated more in biking and gardening or yard work.

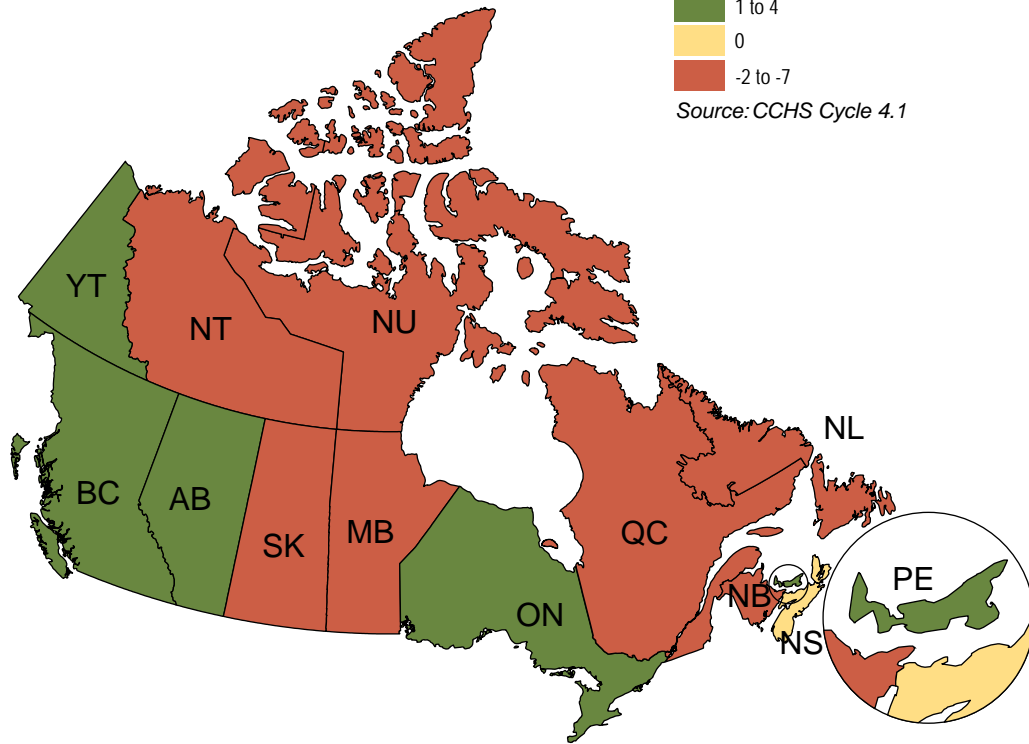
Older respondents in British Columbia scored significantly higher in several categories when compared to their Canadian counterparts. They were more likely to be active, have a healthy BMI, walk for exercise and have opportunities for physical activity at or near their places of work. British Columbian younger respondents, on the other hand, were less likely to walk or bike but were more likely to have access to fitness classes at or near work than their Canadian counterparts. Compared to the mid age cohort within the province, older respondents were less likely to be active, have a healthy BMI, bike, swim, or do garden or yard work. Younger respondents were more likely to be active, have a healthy BMI, perceive their weight as being just right, and bike or swim, but less likely to walk or do garden or yard work than the mid age group.

# Summary of physical activity

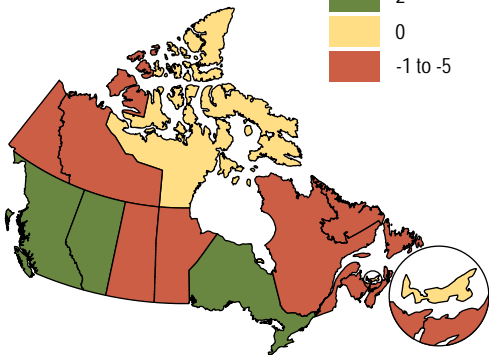
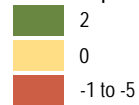
All respondents



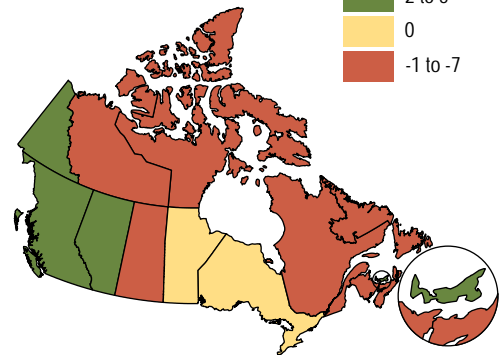
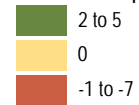
Source: CCHS Cycle 4.1



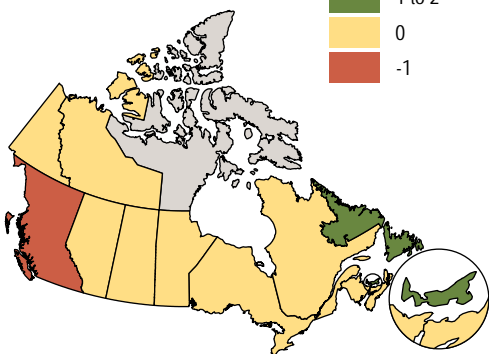
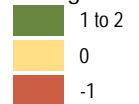
Male respondents



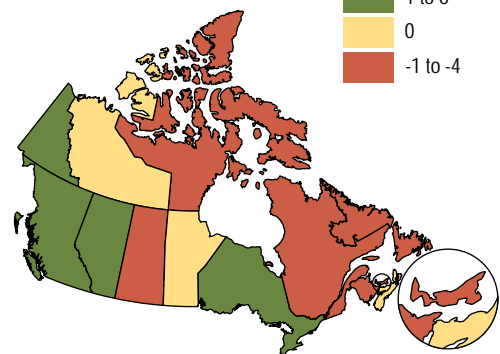
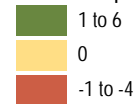
Female respondents



Younger respondents



Older respondents





# 6

## Free of chronic conditions

In all there are 55 maps and 12 supporting tables in this chapter focusing on those respondents who indicated that they did not have specific chronic conditions. Being free of chronic conditions represents important conditions for wellness for all sectors of the population, but especially for seniors as the aging process is often accompanied with the development of chronic conditions.

The indicators presented here were not used in the original *BC Atlas of Wellness* although many of them were used in the *Seniors Supplement*. For the BC seniors population, it is possible to do comparisons with the 2005 responses, as long as these are undertaken cautiously, given the difference in sample size between the two survey years.

In total, being free of seven individual chronic diseases or conditions are mapped and compared across Canada.

These are: asthma, arthritis or rheumatism, back problems, diabetes, cancer, chronic obstructive pulmonary disease (COPD), and heart disease. For COPD, the age cohorts are 30 years and over, 30 to 40, 45 to 64, and 65 and over. In addition, never having been diagnosed with either cancer or high blood pressure are presented. A final individual indicator, usually free of pain and discomfort, is also provided.

The final set of maps combines all 10 indicators to develop a single indicator of being free of chronic conditions and this provides an opportunity to compare among provinces and territories based on the net score of significant differences from the Canadian average for these ten indicators combined. How BC varies between genders and age cohorts is highlighted, and comparisons with other provinces/territories are provided.

## Without asthma

Province/Territory	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
Nunavut	96.07	98.60	93.44	100.00†	F	94.61
Nfld and Labrador	94.83	95.49	94.21	90.60	93.67	95.71
Northwest Territories	94.47	97.00	91.77	90.23	91.26	95.62
British Columbia	93.27	93.80	92.75	91.26	94.30	93.36
Manitoba	92.58	93.90	91.31	87.55	95.78‡	92.81
Quebec	91.86	93.31*	90.44	90.02	92.70	91.97
Ontario	91.70	93.24*	90.22	89.10†	92.69	91.95
Saskatchewan	91.47	91.58	91.36	84.95†	92.73	92.41
Prince Edward Island	91.41	92.75	90.16	83.96	94.68	92.06
New Brunswick	91.28	93.70*	88.96	89.43	91.83	91.45
Yukon	91.01	93.01	88.97	95.75	92.50	90.03
Alberta	90.91	92.72*	89.06	82.50†	91.39	92.26
Nova Scotia	89.28	92.23*	86.62	78.98†	94.12	89.86
Canada	91.86	93.28*	90.50	88.42†	92.97	92.21

† 12 to 19 age group differs significantly from 20 to 64 age group.

‡ 65+ age group differs significantly from 20 to 64 age group.

\* males differ significantly from females.

E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).

F data suppressed (n < 25, or coefficient of variation > 33.3).

▨ Provincial/Territorial rate differs significantly from the Canadian rate.

### CCHS Question

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

### Key Points

At the National level:

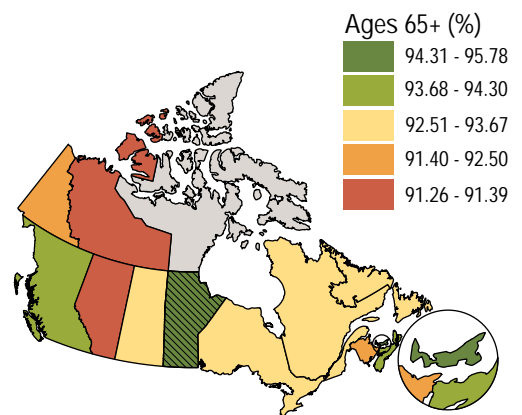
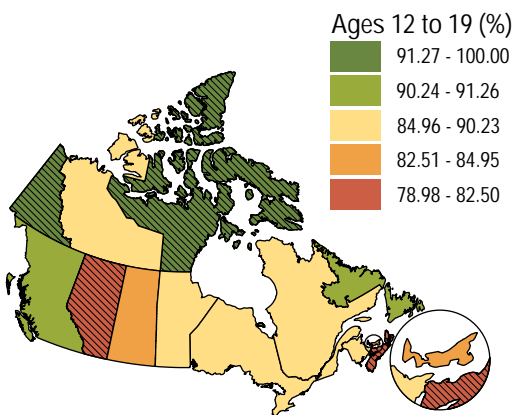
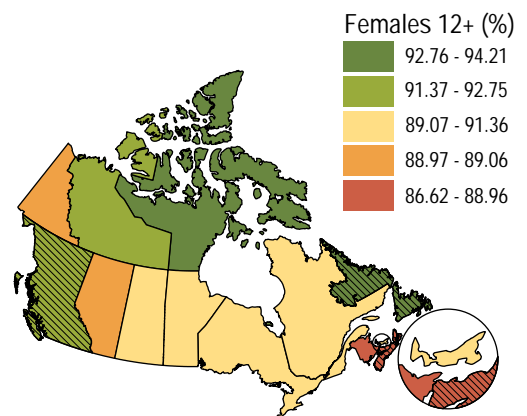
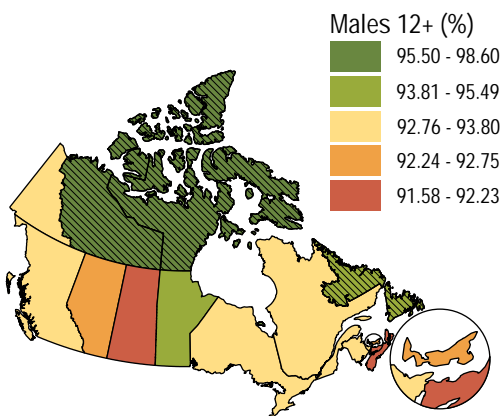
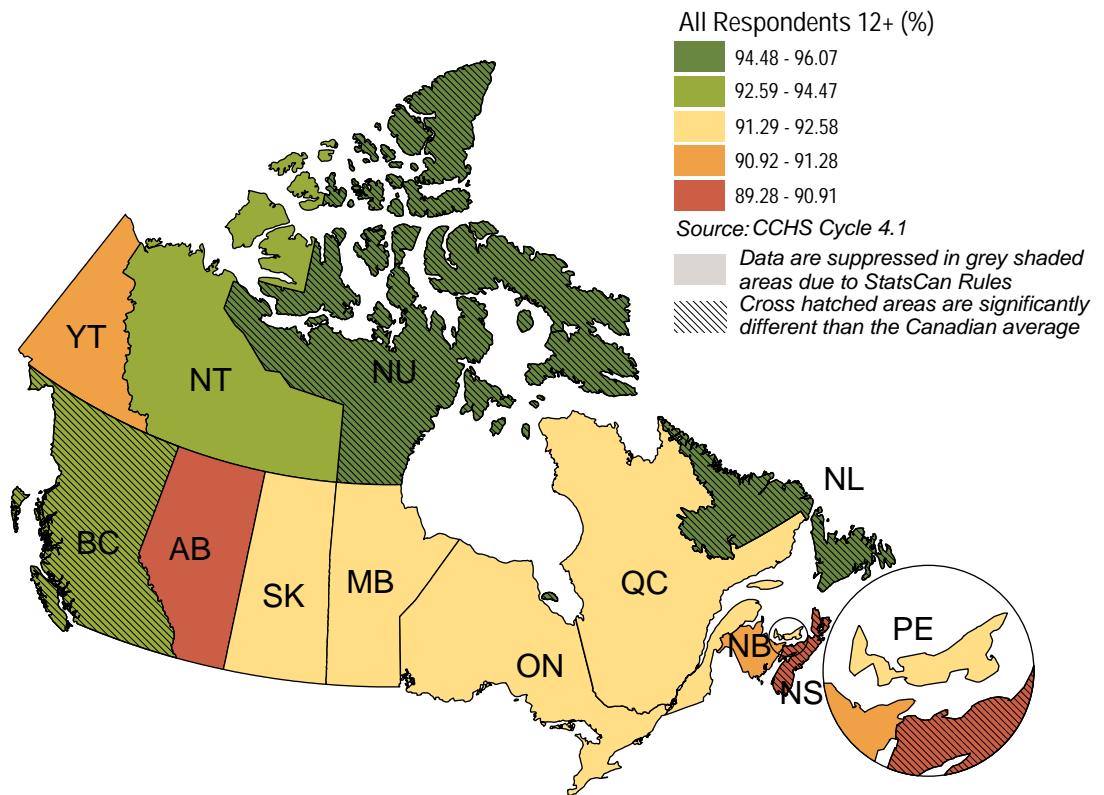
- Males 12+ have a significantly higher rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly lower rate of being without asthma than the 20 to 64 age cohort.
- Older respondents (ages 65+) have no significantly different rate than the 20 to 64 age cohort.

At the Provincial/Territorial level:

- For all respondents, there are 3 jurisdictions (Nfld and Labrador, British Columbia and Nunavut) significantly higher, and there is one jurisdiction (Nova Scotia) significantly lower than the Canadian rate.
- For male respondents, there are 3 jurisdictions (Nfld and Labrador, Northwest Territories and Nunavut) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.
- For female respondents, there are 2 jurisdictions (Nfld and Labrador and British Columbia) significantly higher, and there is one jurisdiction (Nova Scotia) significantly lower than the Canadian rate.
- For younger respondents (ages 12 to 19), there are 2 jurisdictions (Yukon and Nunavut) significantly higher, and there are 2 jurisdictions (Nova Scotia and Alberta) significantly lower than the Canadian rate.
- For older respondents (ages 65+), there is one jurisdiction (Manitoba) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.

Within Provinces/Territories:

- For males 12+ there are 5 jurisdictions (Nova Scotia, New Brunswick, Quebec, Ontario and Alberta) significantly higher, and no jurisdiction is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19) there is one jurisdiction (Nunavut) significantly higher, and there are 4 jurisdictions (Nova Scotia, Ontario, Saskatchewan and Alberta) significantly lower than their respective 20 to 64 age cohort.
- For older respondents (ages 65+), there is one jurisdiction (Manitoba) significantly higher, and no jurisdiction is significantly lower than its respective 20 to 64 age cohort.



## Without arthritis or rheumatism

Province/Territory	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
Nunavut	92.82	94.55	91.01	100.00†	F	91.49
Northwest Territories	91.30	91.32	91.27	99.80†	52.49E‡	92.56
Quebec	88.57	91.57*	85.66	99.55†	65.71‡	91.70
Yukon	85.88	88.62	83.10	100.00†	48.88‡	87.73
Alberta	85.68	88.00*	83.32	99.42†	56.47‡	87.89
British Columbia	84.49	87.80*	81.30	99.11†	58.84‡	87.65
Manitoba	84.11	88.42*	79.93	99.33†	58.85‡	86.86
Ontario	83.39	86.82*	80.08	99.40†	52.68‡	86.80
Saskatchewan	82.61	86.01*	79.34	98.93†	53.06‡	86.73
Prince Edward Island	81.98	84.70	79.47	99.62†	48.67‡	86.10
New Brunswick	81.30	83.66*	79.04	98.75†	54.13‡	84.48
Nfld and Labrador	79.66	81.61	77.83	97.97†	53.64‡	82.17
Nova Scotia	76.94	80.53*	73.69	99.44†	49.89‡	79.43
Canada	84.72	87.91*	81.63	99.35†	57.26‡	87.86

† 12 to 19 age group differs significantly from 20 to 64 age group.

‡ 65+ age group differs significantly from 20 to 64 age group.

\* males differ significantly from females.

E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).

F data suppressed (n < 25, or coefficient of variation > 33.3).

▨ Provincial/Territorial rate differs significantly from the Canadian rate.

### CCHS Question

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

### Key Points

At the National level:

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

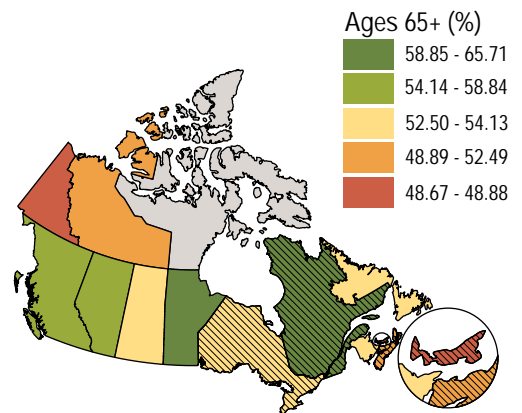
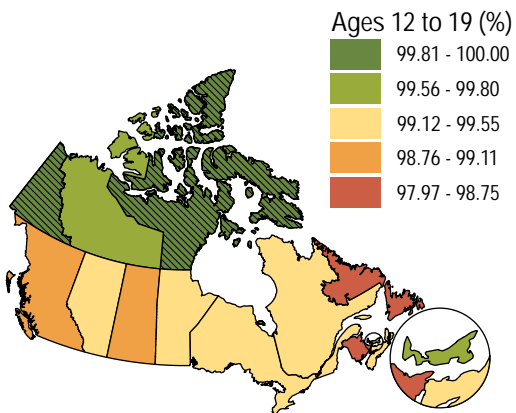
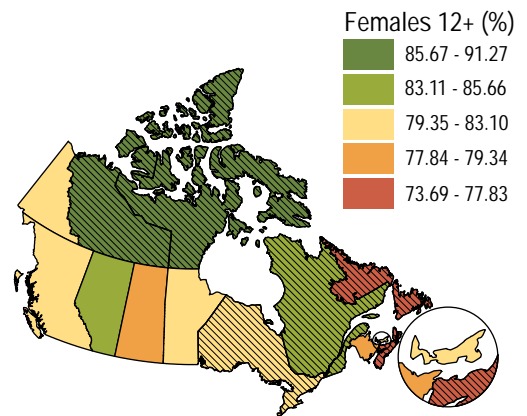
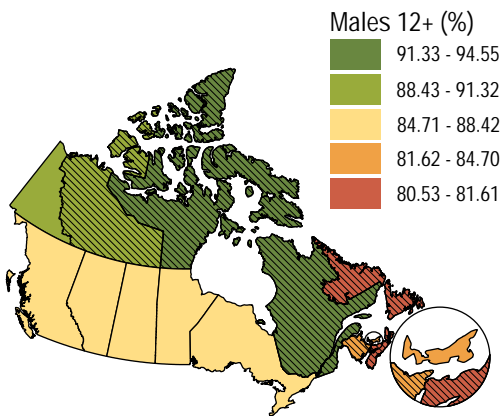
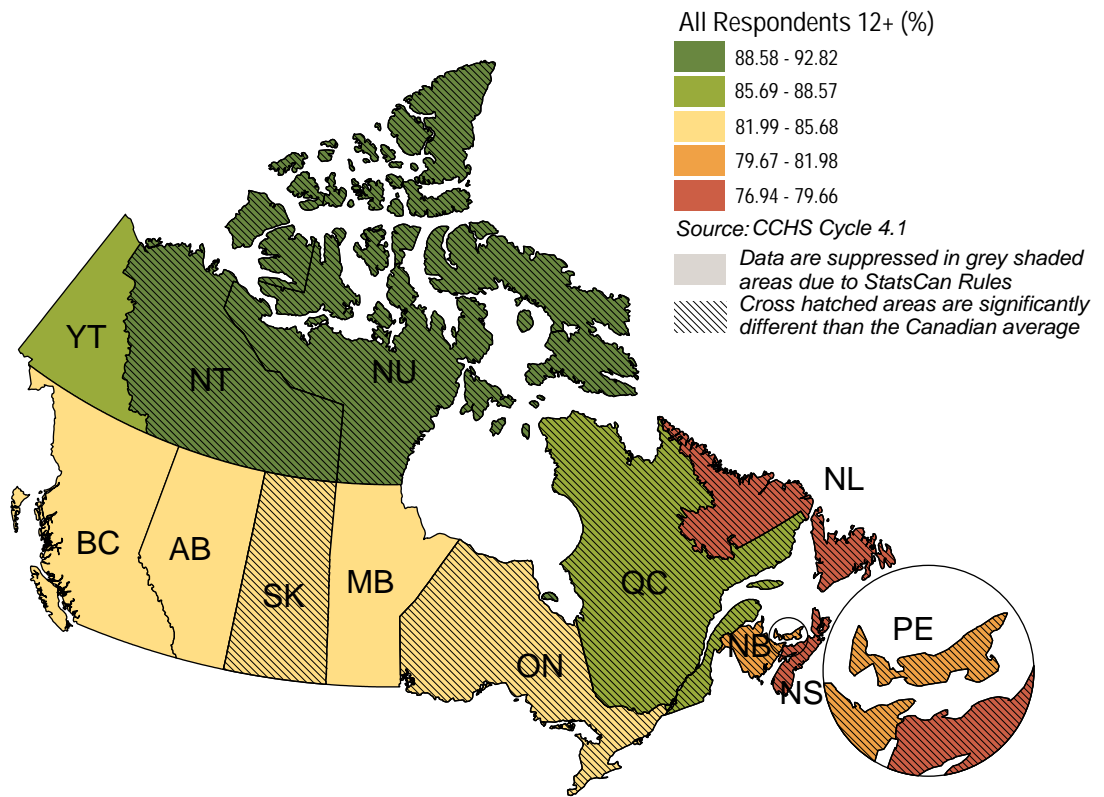
At the Provincial/Territorial level:

- For all respondents, there are 3 jurisdictions (Quebec, Northwest Territories and Nunavut) significantly higher, and there are 6 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, Ontario and Saskatchewan) significantly lower than the Canadian rate.
- For male respondents, there are 3 jurisdictions (Quebec, Northwest Territories and Nunavut) significantly higher, and there are 3 jurisdictions (Nfld and Labrador, Nova Scotia and New Brunswick) significantly lower than the Canadian rate.
- For female respondents, there are 3 jurisdictions (Quebec, Northwest Territories and Nunavut) significantly higher, and there are 3 jurisdictions (Nfld and Labrador, Nova Scotia and Ontario) significantly lower than the Canadian rate.
- For younger respondents (ages 12 to 19), there are 2 jurisdictions (Yukon and Nunavut) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.
- For older respondents (ages 65+), there is one jurisdiction (Quebec) significantly higher, and there are 3 jurisdictions (Prince Edward Island, Nova Scotia and Ontario) significantly lower than the Canadian rate.

Within Provinces/Territories:

- For males 12+ there are 8 jurisdictions (Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta and British Columbia) significantly higher, and no jurisdiction is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19) there are 13 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta, British Columbia, Yukon, Northwest Territories and Nunavut) significantly higher, and no jurisdiction is significantly lower than its respective 20 to 64 age cohort.
- For older respondents (ages 65+), no jurisdiction is significantly higher, and there are 12 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta, British Columbia, Yukon and Northwest Territories) significantly lower than their respective 20 to 64 age cohort.

Free of chronic conditions 103  
Without arthritis or rheumatism



## Without back problems

Province/Territory	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
Nunavut	89.77	90.54	88.98	98.77†	F	87.37
Quebec	84.25	85.69*	82.84	93.29†	80.13‡	83.70
Northwest Territories	83.33	87.52	78.85	96.17†	76.61	81.16
Prince Edward Island	82.51	81.82	83.16	96.13†	75.56	81.54
Manitoba	82.41	84.59	80.29	97.11†	75.67	81.19
Alberta	81.09	81.09	81.09	93.66†	70.12‡	80.66
Ontario	80.63	82.06*	79.26	95.42†	71.09‡	80.02
Nfld and Labrador	80.34	81.13	79.61	96.19†	72.78	79.46
Yukon	80.28	84.62	75.85	96.29†	70.16	78.70
New Brunswick	79.73	79.20	80.25	95.02†	70.77‡	79.27
Saskatchewan	79.36	81.25	77.53	89.25†	70.56‡	79.62
British Columbia	79.23	79.74	78.73	94.61†	69.57‡	78.87
Nova Scotia	78.56	79.38	77.82	88.51†	70.48‡	78.78
Canada	81.30	82.43*	80.21	94.34†	73.21‡	80.78

† 12 to 19 age group differs significantly from 20 to 64 age group.

‡ 65+ age group differs significantly from 20 to 64 age group.

\* males differ significantly from females.

E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).

F data suppressed (n < 25, or coefficient of variation > 33.3).

▨ Provincial/Territorial rate differs significantly from the Canadian rate.

### CCHS Question

Do you have back problems, excluding fibromyalgia and arthritis?

### Key Points

At the National level:

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

At the Provincial/Territorial level:

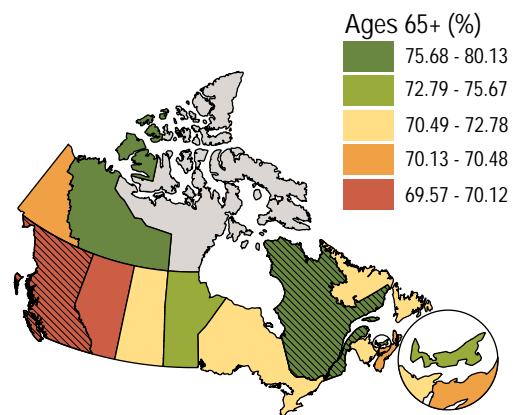
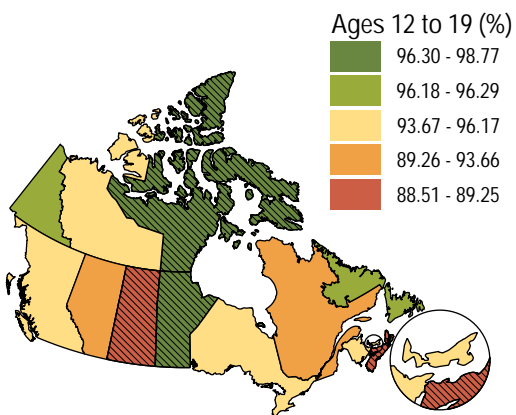
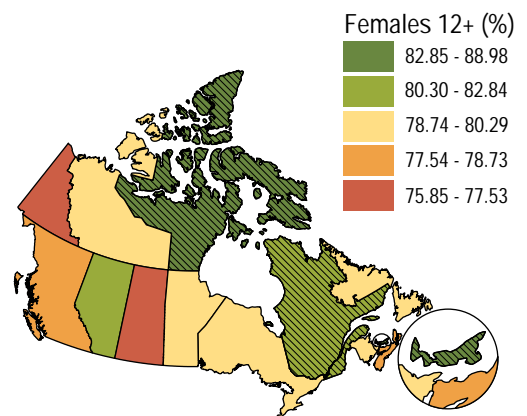
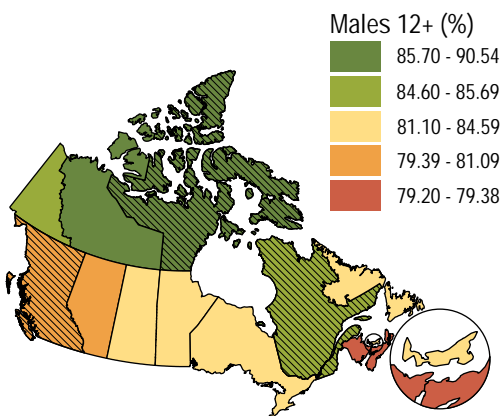
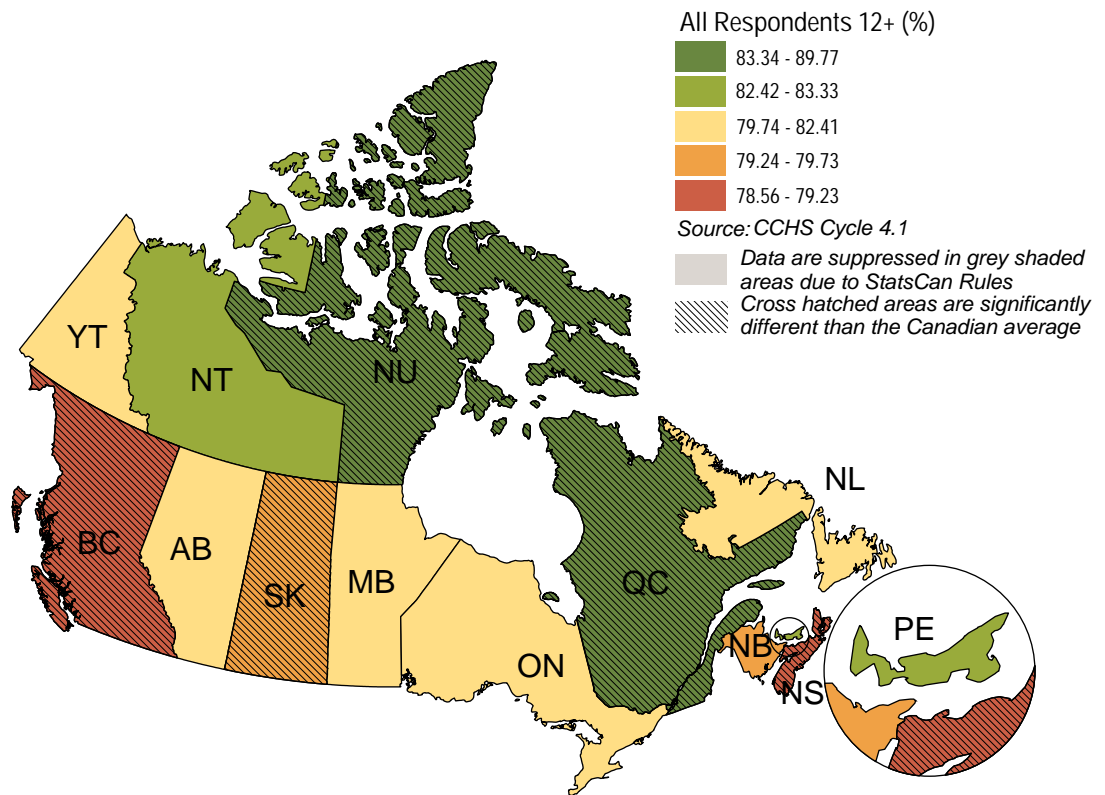
- For all respondents, there are 2 jurisdictions (Quebec and Nunavut) significantly higher, and there are 3 jurisdictions (Nova Scotia, Saskatchewan and British Columbia) significantly lower than the Canadian rate.
- For male respondents, there are 2 jurisdictions (Quebec and Nunavut) significantly higher, and there is one jurisdiction (British Columbia) significantly lower than the Canadian rate.
- For female respondents, there are 3 jurisdictions (Prince Edward Island, Quebec and Nunavut) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.
- For younger respondents (ages 12 to 19), there are 2 jurisdictions (Manitoba and Nunavut) significantly higher, and there are 2 jurisdictions (Nova Scotia and Saskatchewan) significantly lower than the Canadian rate.
- For older respondents (ages 65+), there is one jurisdiction (Quebec) significantly higher, and there is one jurisdiction (British Columbia) significantly lower than the Canadian rate.

Within Provinces/Territories:

- For males 12+ there are 2 jurisdictions (Quebec and Ontario) significantly higher, and no jurisdiction is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19) there are 13 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta, British Columbia, Yukon, Northwest Territories and Nunavut) significantly higher, and no jurisdiction is significantly lower than its respective 20 to 64 age cohort.
- For older respondents (ages 65+), no jurisdiction is significantly higher, and there are 7 jurisdictions (Nova Scotia, New Brunswick, Quebec, Ontario, Saskatchewan, Alberta and British Columbia) significantly lower than their respective 20 to 64 age cohort.

Free of chronic conditions 105

Without back problems



## Without diabetes

Province/Territory	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
Nunavut	98.21	98.50	97.91	100.00†	F	97.70
Alberta	95.49	95.70	95.28	99.34†	82.48‡	96.86
Northwest Territories	95.46	95.42	95.51	100.00†	89.63	94.97
Manitoba	95.02	94.84	95.20	99.51†	86.55‡	96.05
Yukon	95.01	95.84	94.17	100.00†	77.77‡	96.15
Saskatchewan	94.45	93.66	95.21	99.99†	84.10‡	95.92
Prince Edward Island	94.42	93.52	95.25	100.00†	84.77‡	95.52
British Columbia	94.37	93.34*	95.37	99.72†	84.07‡	95.73
Quebec	94.00	93.08*	94.89	99.64†	83.91‡	95.26
Ontario	93.84	93.19	94.47	99.24†	82.97‡	95.10
Nova Scotia	93.17	91.58*	94.61	99.65†	79.58‡	95.22
New Brunswick	92.47	91.58	93.31	99.70†	82.95‡	93.40
Nfld and Labrador	90.93	91.32	90.57	99.75†	73.17‡	93.21
Canada	94.09	93.42*	94.74	99.47†	83.22‡	95.40

† 12 to 19 age group differs significantly from 20 to 64 age group.

‡ 65+ age group differs significantly from 20 to 64 age group.

\* males differ significantly from females.

E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).

F data suppressed (n < 25, or coefficient of variation > 33.3).

▨ Provincial/Territorial rate differs significantly from the Canadian rate.

### CCHS Question

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

### Key Points

At the National level:

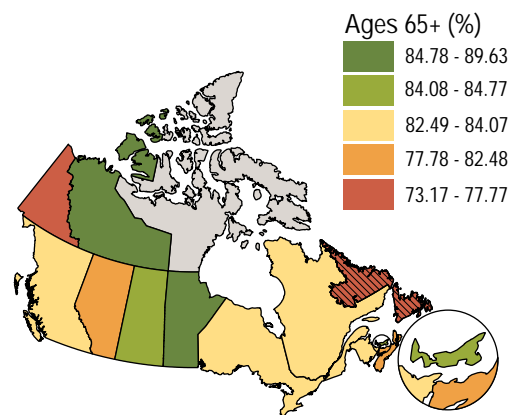
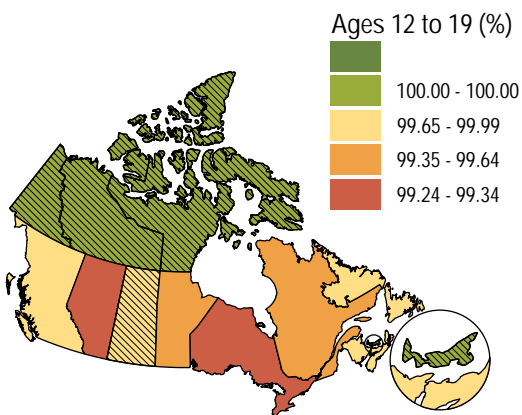
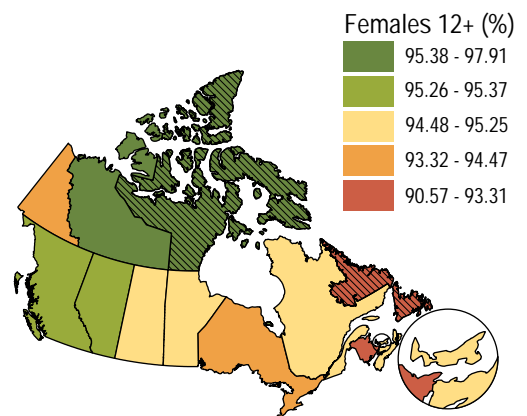
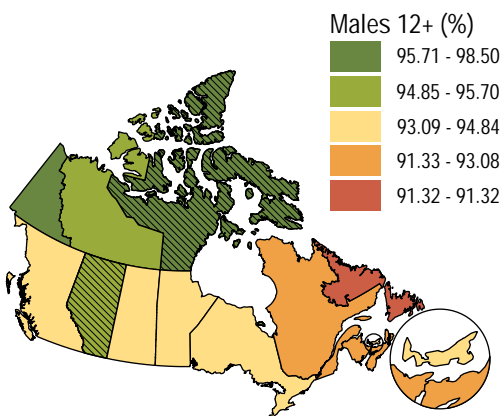
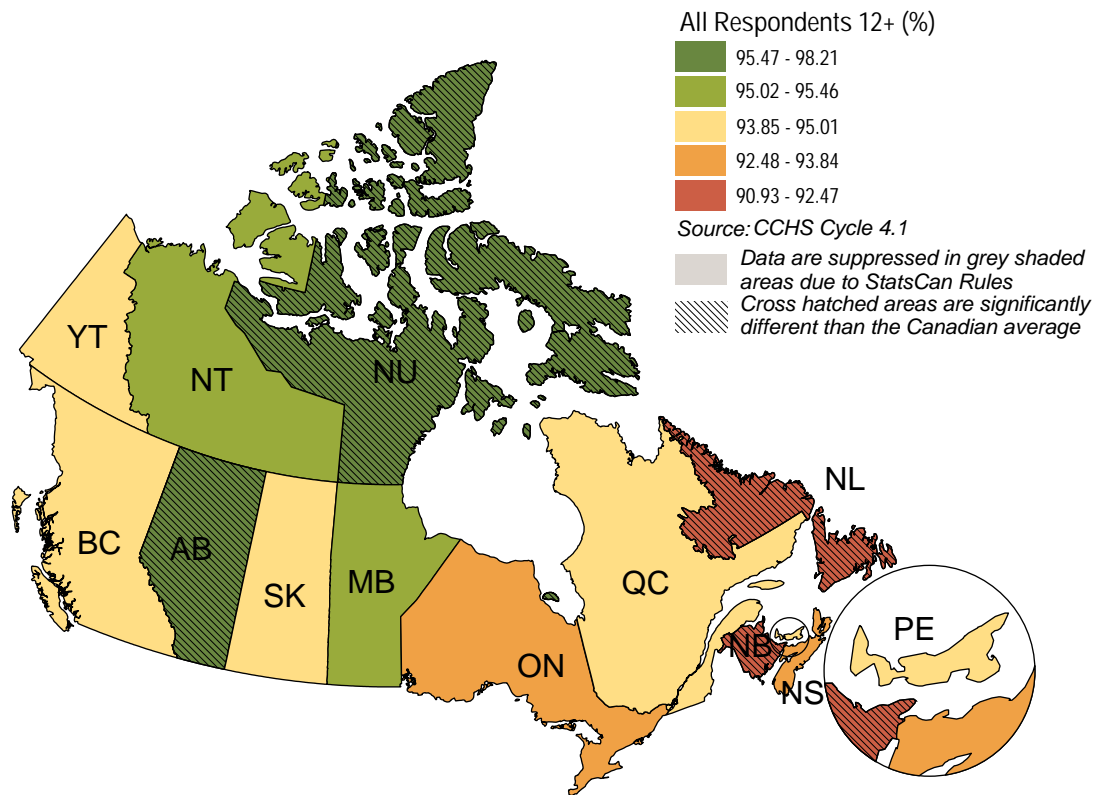
- Males 12+ have a significantly lower rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate of being without diabetes than the 20 to 64 age cohort.
- Older respondents (ages 65+) have a significantly lower rate than the 20 to 64 age cohort.

At the Provincial/Territorial level:

- For all respondents, there are 2 jurisdictions (Alberta and Nunavut) significantly higher, and there are 2 jurisdictions (Nfld and Labrador and New Brunswick) significantly lower than the Canadian rate.
- For male respondents, there are 2 jurisdictions (Alberta and Nunavut) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.
- For female respondents, there is one jurisdiction (Nunavut) significantly higher, and there is one jurisdiction (Nfld and Labrador) significantly lower than the Canadian rate.
- For younger respondents (ages 12 to 19), there are 5 jurisdictions (Prince Edward Island, Saskatchewan, Yukon, Northwest Territories and Nunavut) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.
- For older respondents (ages 65+), no jurisdiction is significantly higher, and there is one jurisdiction (Nfld and Labrador) significantly lower than the Canadian rate.

Within Provinces/Territories:

- For males 12+ no jurisdiction is significantly higher, and there are 3 jurisdictions (Nova Scotia, Quebec and British Columbia) significantly lower than their respective female cohort.
- For younger respondents (ages 12 to 19) there are 13 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta, British Columbia, Yukon, Northwest Territories and Nunavut) significantly higher, and no jurisdiction is significantly lower than its respective 20 to 64 age cohort.
- For older respondents (ages 65+), no jurisdiction is significantly higher, and there are 11 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta, British Columbia and Yukon) significantly lower than their respective 20 to 64 age cohort.



## Without cancer

Province/Territory	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
Northwest Territories	99.59	99.52	99.66	100.00	95.97	99.79
Nunavut	99.50	99.64	99.35	100.00†	F	99.45
Saskatchewan	98.76	99.22*	98.32	100.00†	95.40‡	99.34
Nfld and Labrador	98.75	98.77	98.74	100.00†	94.85‡	99.36
Yukon	98.73	99.30	98.14	100.00†	96.14	98.81
Alberta	98.50	98.57	98.42	100.00†	94.46‡	98.87
British Columbia	98.47	98.34	98.59	99.95†	95.82‡	98.80
New Brunswick	98.44	97.93	98.94	98.54	94.97‡	99.19
Ontario	98.42	98.29	98.55	99.80†	95.10‡	98.85
Manitoba	98.39	98.90	97.88	100.00†	95.94	98.63
Prince Edward Island	98.37	97.87	98.84	100.00†	93.69‡	99.11
Quebec	98.37	98.31	98.43	100.00†	95.93‡	98.63
Nova Scotia	98.12	97.95	98.27	100.00†	93.81‡	98.79
Canada	98.43	98.37	98.49	99.88†	95.34‡	98.82

† 12 to 19 age group differs significantly from 20 to 64 age group.

‡ 65+ age group differs significantly from 20 to 64 age group.

\* males differ significantly from females.

E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).

F data suppressed (n < 25, or coefficient of variation > 33.3).

▨ Provincial/Territorial rate differs significantly from the Canadian rate.

### CCHS Question

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

### Key Points

At the National level:

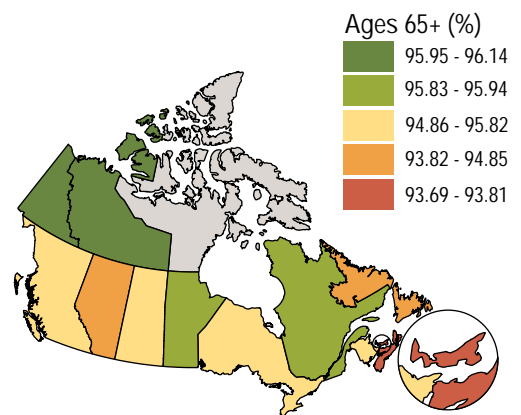
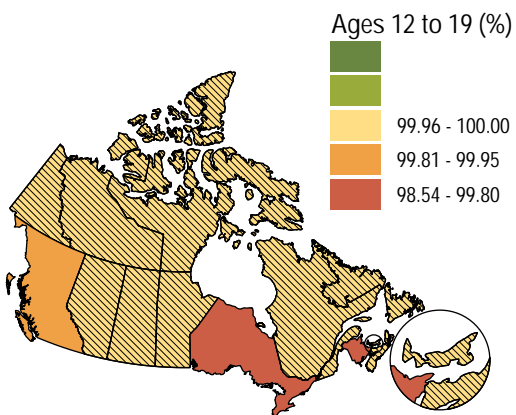
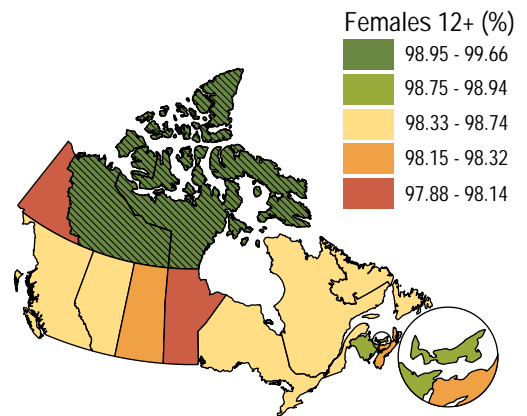
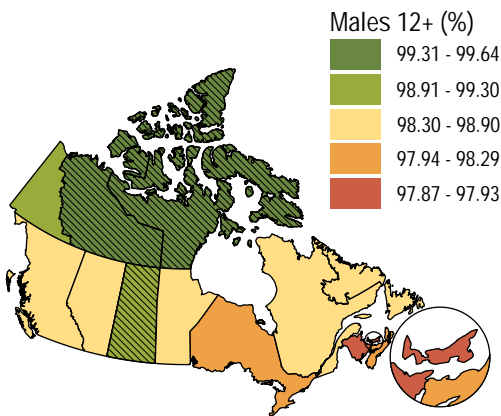
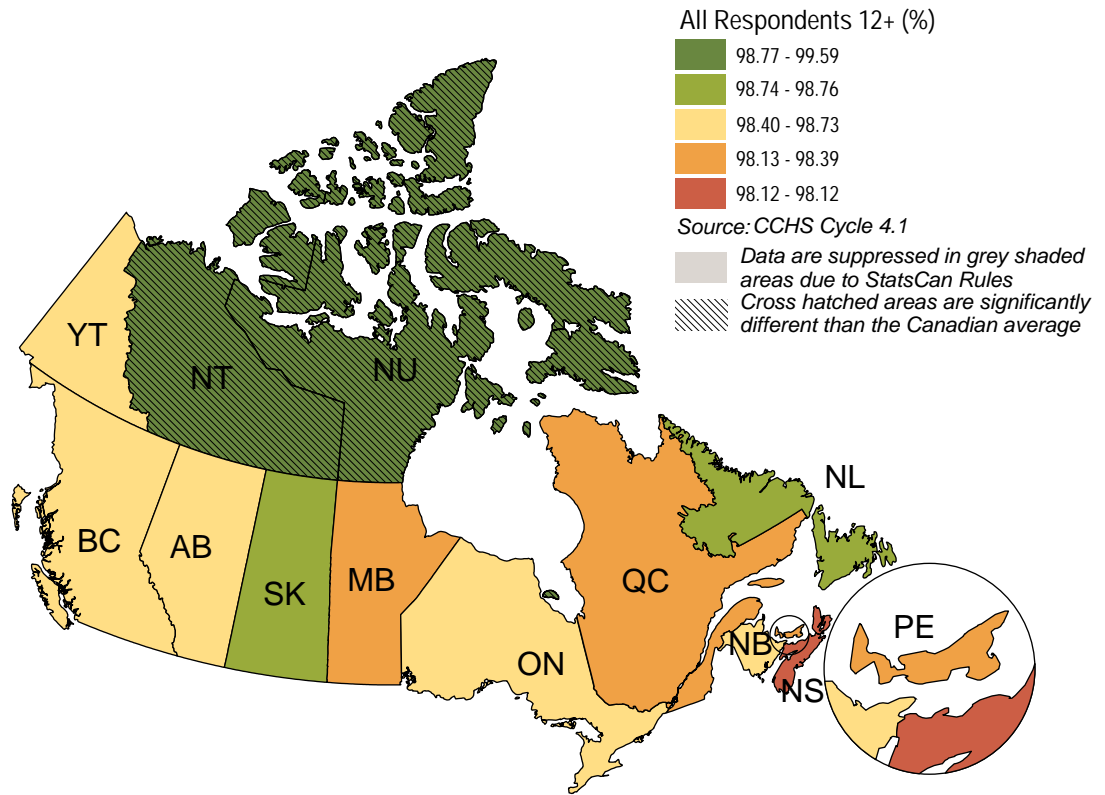
- Males 12+ have no significantly different rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate of being cancer free than the 20 to 64 age cohort.
- Older respondents (ages 65+) have a significantly lower rate than the 20 to 64 age cohort.

At the Provincial/Territorial level:

- For all respondents, there are 2 jurisdictions (Northwest Territories and Nunavut) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.
- For male respondents, there are 3 jurisdictions (Saskatchewan, Northwest Territories and Nunavut) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.
- For female respondents, there are 2 jurisdictions (Northwest Territories and Nunavut) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.
- For younger respondents (ages 12 to 19), there are 10 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, Quebec, Manitoba, Saskatchewan, Alberta, Yukon, Northwest Territories and Nunavut) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.
- For older respondents (ages 65+), no jurisdiction is significantly higher, and no jurisdiction is significantly lower than the Canadian rate.

Within Provinces/Territories:

- For males 12+ there is one jurisdiction (Saskatchewan) significantly higher, and no jurisdiction is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19) there are 11 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, Quebec, Ontario, Manitoba, Saskatchewan, Alberta, British Columbia, Yukon and Nunavut) significantly higher, and no jurisdiction is significantly lower than its respective 20 to 64 age cohort.
- For older respondents (ages 65+), no jurisdiction is significantly higher, and there are 9 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, Quebec, Ontario, Saskatchewan, Alberta and British Columbia) significantly lower than their respective 20 to 64 age cohort.



## Never being diagnosed with cancer

Province/Territory	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
Nunavut	98.31	98.68	97.94	100.00†	F	97.83
Yukon	95.07	96.68	93.43	99.18	79.52‡	96.16
Northwest Territories	94.65	95.14	94.13	100.00†	89.20	93.95
Manitoba	94.62	97.04*	92.27	99.79†	83.37‡	96.13
Alberta	94.52	95.69*	93.33	99.91†	79.99‡	95.86
Quebec	94.46	95.65*	93.30	99.59†	84.50‡	95.77
Ontario	94.42	95.22*	93.65	99.65†	83.11‡	95.79
Nfld and Labrador	94.03	94.66	93.44	100.00†	82.20‡	95.53
Saskatchewan	93.82	95.99*	91.73	99.51†	82.38‡	95.53
British Columbia	93.79	94.76*	92.87	99.67†	81.99‡	95.38
New Brunswick	93.39	93.28	93.50	98.15	79.16‡	95.76
Prince Edward Island	93.33	93.41	93.25	98.81	77.82‡	95.75
Nova Scotia	93.18	94.06	92.39	99.88†	81.10‡	94.84
Canada	94.28	95.30*	93.29	99.65†	82.83‡	95.71

† 12 to 19 age group differs significantly from 20 to 64 age group.

‡ 65+ age group differs significantly from 20 to 64 age group.

\* males differ significantly from females.

E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).

F data suppressed (n < 25, or coefficient of variation > 33.3).

▨ Provincial/Territorial rate differs significantly from the Canadian rate.

### CCHS Question

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

### Key Points

At the National level:

- Males 12+ have a significantly higher rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate of never being diagnosed with cancer than the 20 to 64 age cohort.
- Older respondents (ages 65+) have a significantly lower rate than the 20 to 64 age cohort.

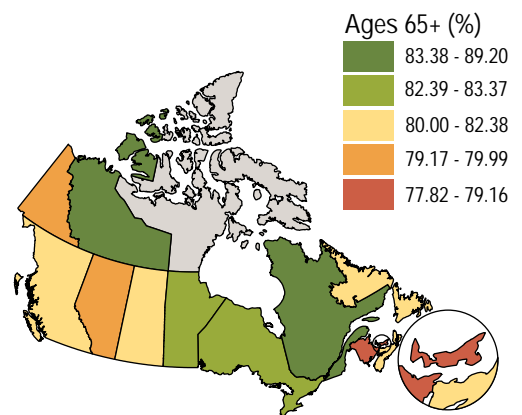
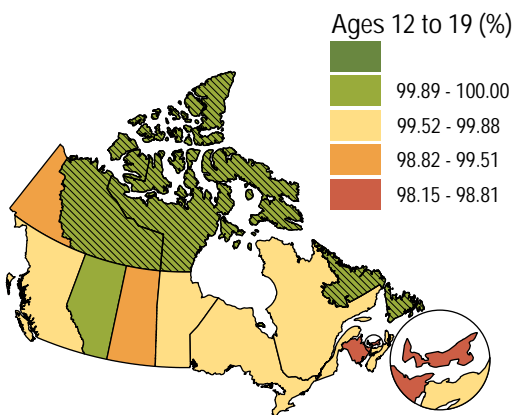
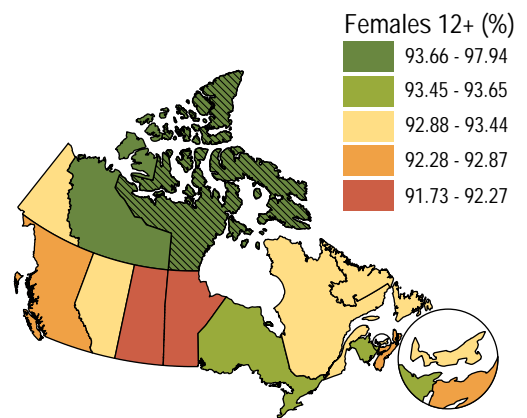
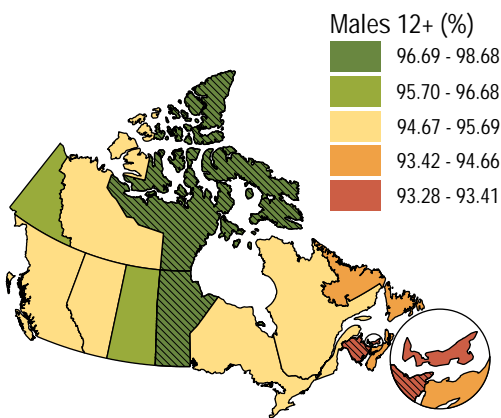
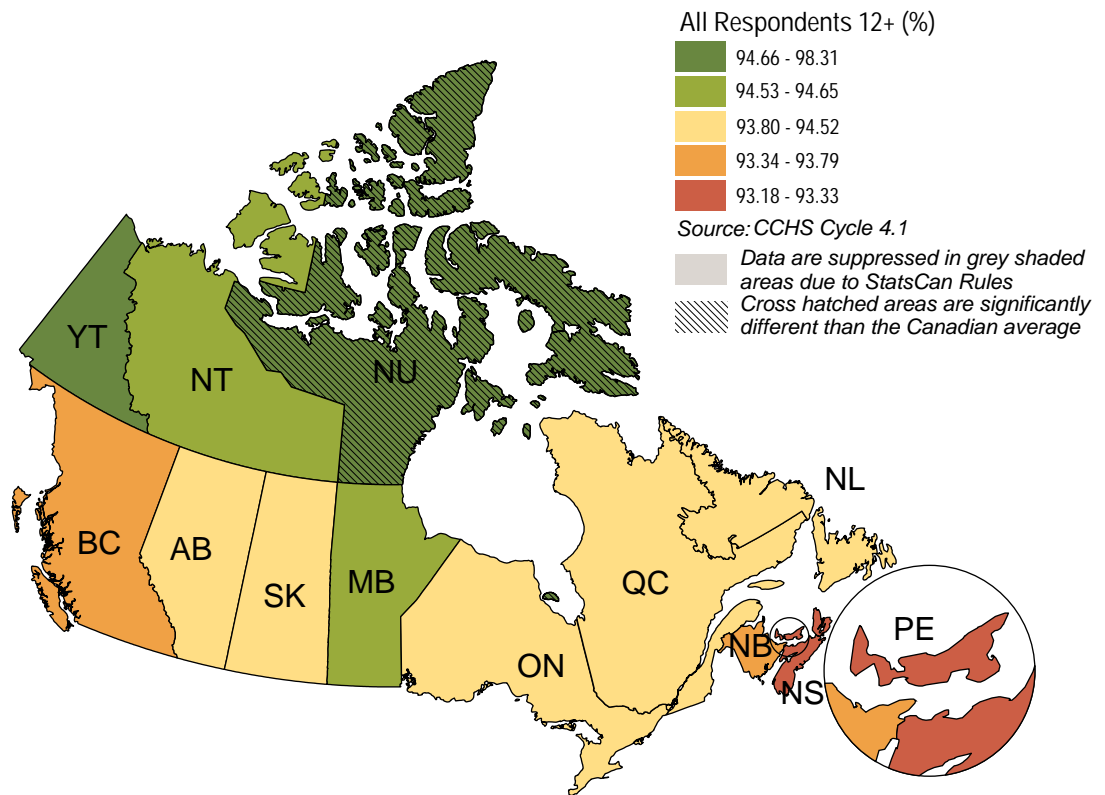
At the Provincial/Territorial level:

- For all respondents, there is one jurisdiction (Nunavut) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.
- For male respondents, there are 2 jurisdictions (Manitoba and Nunavut) significantly higher, and there is one jurisdiction (New Brunswick) significantly lower than the Canadian rate.
- For female respondents, there is one jurisdiction (Nunavut) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.
- For younger respondents (ages 12 to 19), there are 3 jurisdictions (Nfld and Labrador, Northwest Territories and Nunavut) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.
- For older respondents (ages 65+), no jurisdiction is significantly higher, and no jurisdiction is significantly lower than the Canadian rate.

Within Provinces/Territories:

- For males 12+ there are 6 jurisdictions (Quebec, Ontario, Manitoba, Saskatchewan, Alberta and British Columbia) significantly higher, and no jurisdiction is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19) there are 10 jurisdictions (Nfld and Labrador, Nova Scotia, Quebec, Ontario, Manitoba, Saskatchewan, Alberta, British Columbia, Northwest Territories and Nunavut) significantly higher, and no jurisdiction is significantly lower than its respective 20 to 64 age cohort.
- For older respondents (ages 65+), no jurisdiction is significantly higher, and there are 11 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta, British Columbia and Yukon) significantly lower than their respective 20 to 64 age cohort.

Never being diagnosed with cancer



## Without chronic obstructive pulmonary disease

Province/Territory	All respondents 30+ (%)	Males 30+ (%)	Females 30+ (%)	Ages 30 to 44 (%)	Ages 65+ (%)	Ages 45 to 64 (%)
Nunavut	100.00	100.00	100.00	100.00	F	100.00
Quebec	99.11	99.09	99.12	99.79†	97.85‡	99.19
New Brunswick	98.65	98.73	98.56	99.55	95.83‡	99.32
Manitoba	98.51	98.58	98.44	99.93†	95.70‡	98.82
British Columbia	98.24	97.77	98.69	99.10	95.84‡	98.74
Ontario	98.22	98.24	98.20	99.19	95.46‡	98.69
Alberta	98.22	98.30	98.13	99.64†	94.72‡	98.32
Nfld and Labrador	98.17	98.40	97.96	99.52	95.15‡	98.53
Saskatchewan	98.17	98.36	97.98	99.96†	94.84‡	98.73
Northwest Territories	98.05	97.19	98.96	100.00	92.25	97.13
Prince Edward Island	97.74	96.46	98.97	99.43	96.17	97.32
Yukon	97.56	97.96	97.16	100.00	94.79	96.47
Nova Scotia	97.13	96.69	97.54	99.92†	92.60‡	97.39
Canada	98.42	98.36	98.47	99.44†	95.95‡	98.76

† 30 to 44 age group differs significantly from 45 to 64 age group.

‡ 65+ age group differs significantly from 45 to 64 age group.

\* males differ significantly from females.

E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).

F data suppressed (n < 25, or coefficient of variation > 33.3).

▨ Provincial/Territorial rate differs significantly from the Canadian rate.

### CCHS Question

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

### Key Points

At the National level:

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

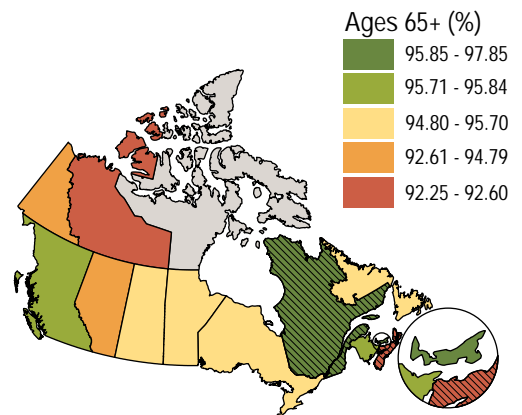
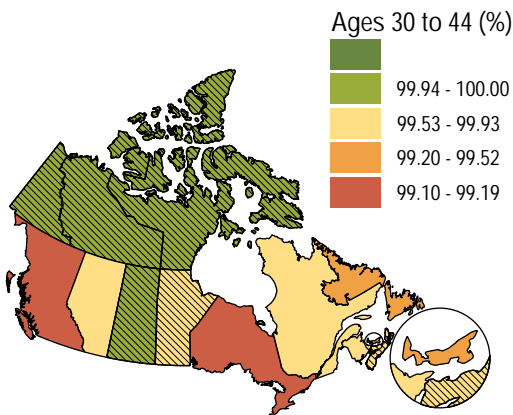
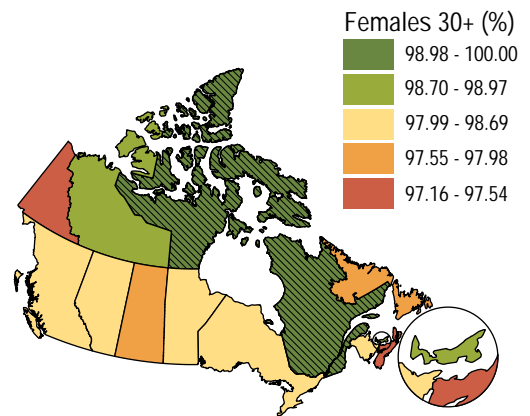
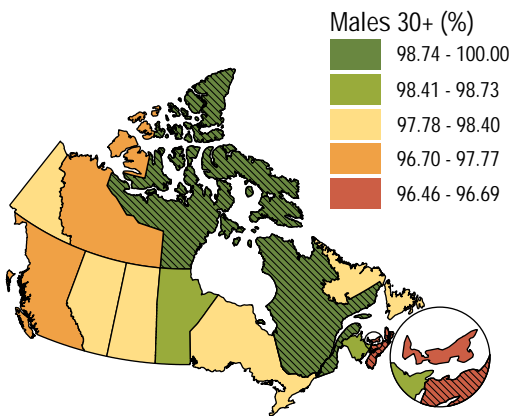
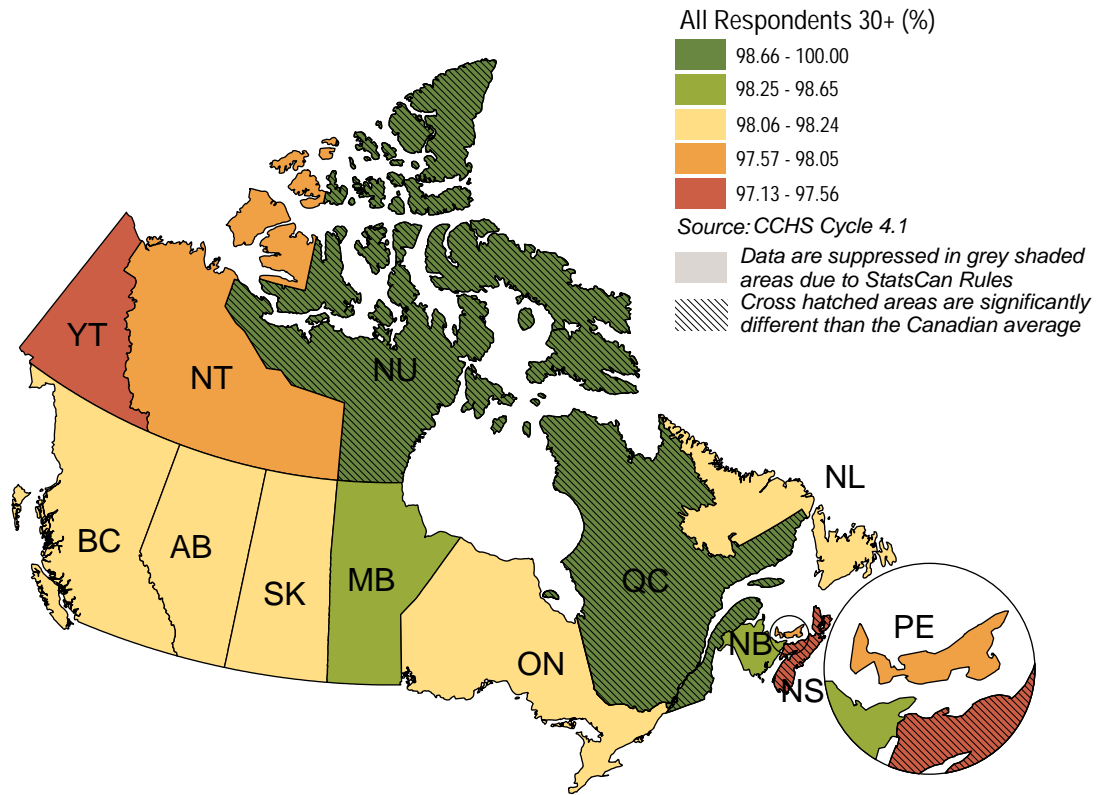
At the Provincial/Territorial level:

- For all respondents, there are 2 jurisdictions (Quebec and Nunavut) significantly higher, and there is one jurisdiction (Nova Scotia) significantly lower than the Canadian rate.
- For male respondents, there are 2 jurisdictions (Quebec and Nunavut) significantly higher, and there is one jurisdiction (Nova Scotia) significantly lower than the Canadian rate.
- For female respondents, there are 2 jurisdictions (Quebec and Nunavut) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.
- For younger respondents (ages 30 to 44), there are 6 jurisdictions (Nova Scotia, Manitoba, Saskatchewan, Yukon, Northwest Territories and Nunavut) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.
- For older respondents (ages 65+), there is one jurisdiction (Quebec) significantly higher, and there is one jurisdiction (Nova Scotia) significantly lower than the Canadian rate.

Within Provinces/Territories:

- For males 30+ no jurisdiction is significantly higher, and no jurisdiction is significantly lower than its respective female cohort.
- For younger respondents (ages 30 to 44) there are 5 jurisdictions (Nova Scotia, Quebec, Manitoba, Saskatchewan and Alberta) significantly higher, and no jurisdiction is significantly lower than its respective 45 to 64 age cohort.
- For older respondents (ages 65+), no jurisdiction is significantly higher, and there are 9 jurisdictions (Nfld and Labrador, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta and British Columbia) significantly lower than their respective 45 to 64 age cohort.

Without chronic obstructive pulmonary disease



## Without heart disease

Province/Territory	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
Nunavut	98.03	96.14	100.00	100.00	F	97.80
Yukon	97.18	96.80	97.57	100.00†	89.00	97.64
Northwest Territories	96.79	96.00	97.64	100.00†	77.92‡	97.60
Alberta	96.55	95.94	97.17	99.96†	84.54‡	97.84
British Columbia	95.90	94.94*	96.83	98.97	83.67‡	98.02
Manitoba	95.54	96.27	94.83	99.82†	85.05‡	97.06
Ontario	94.89	94.54	95.23	99.46†	79.80‡	97.13
Saskatchewan	94.69	94.44	94.92	100.00†	79.25‡	97.45
Quebec	94.63	94.13	95.10	99.24†	82.24‡	96.53
Prince Edward Island	94.14	93.22	94.98	97.25	77.63‡	97.22
New Brunswick	93.85	92.24*	95.39	99.43†	79.19‡	96.18
Nova Scotia	93.74	92.46	94.91	98.45	77.95‡	96.58
Nfld and Labrador	93.56	91.38*	95.59	97.98	75.27‡	96.62
Canada	95.08	94.54*	95.60	99.37†	81.35‡	97.15

† 12 to 19 age group differs significantly from 20 to 64 age group.

‡ 65+ age group differs significantly from 20 to 64 age group.

\* males differ significantly from females.

E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).

F data suppressed (n < 25, or coefficient of variation > 33.3).

▨ Provincial/Territorial rate differs significantly from the Canadian rate.

### CCHS Question

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

### Key Points

At the National level:

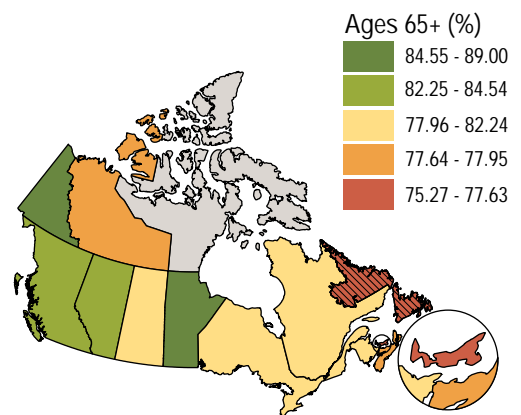
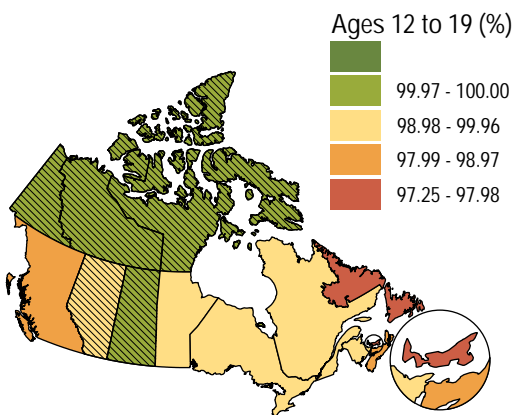
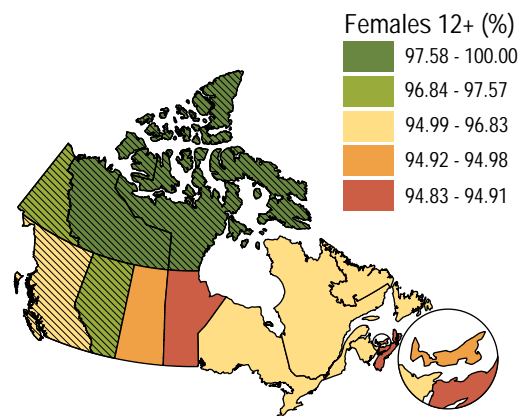
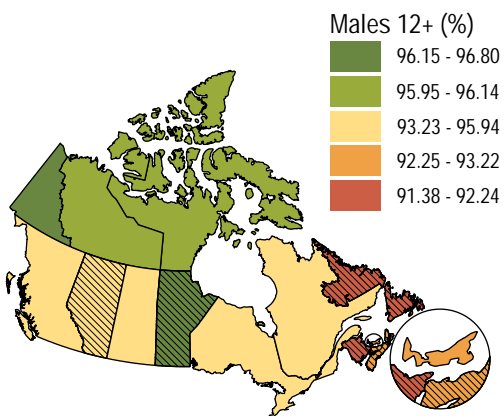
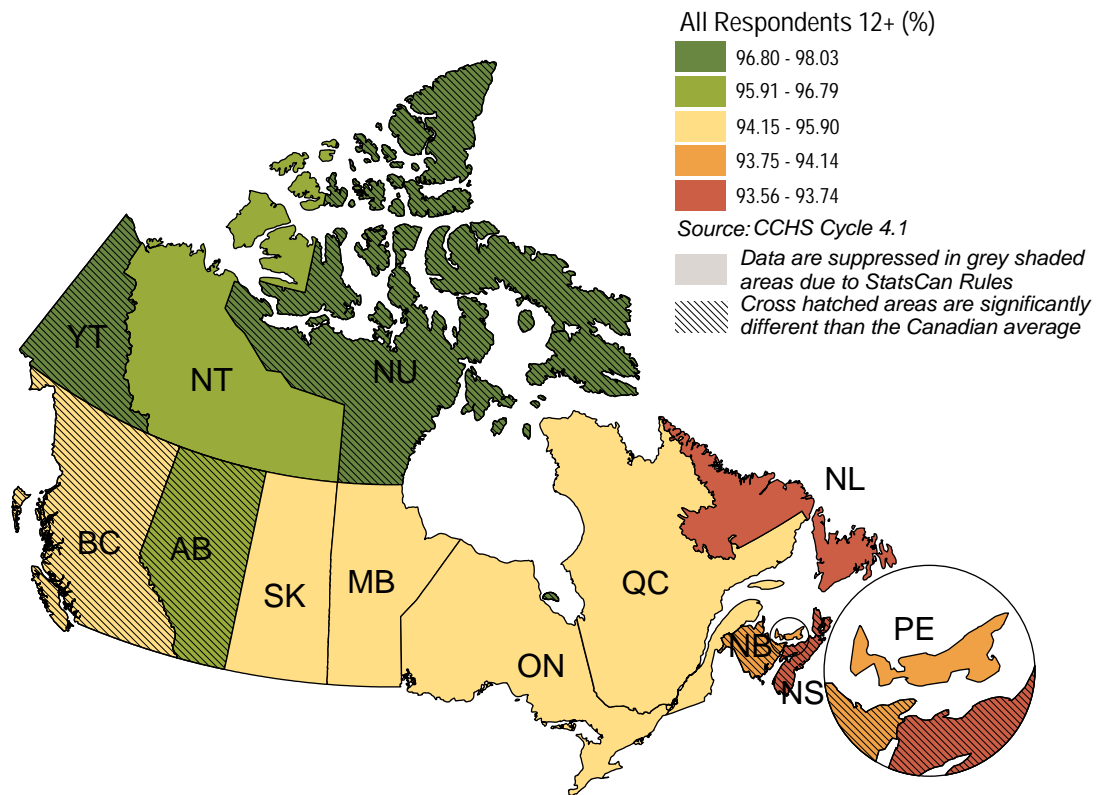
- Males 12+ have a significantly lower rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate of being without heart disease than the 20 to 64 age cohort.
- Older respondents (ages 65+) have a significantly lower rate than the 20 to 64 age cohort.

At the Provincial/Territorial level:

- For all respondents, there are 4 jurisdictions (Alberta, British Columbia, Yukon and Nunavut) significantly higher, and there are 2 jurisdictions (Nova Scotia and New Brunswick) significantly lower than the Canadian rate.
- For male respondents, there are 2 jurisdictions (Manitoba and Alberta) significantly higher, and there are 3 jurisdictions (Nfld and Labrador, Nova Scotia and New Brunswick) significantly lower than the Canadian rate.
- For female respondents, there are 5 jurisdictions (Alberta, British Columbia, Yukon, Northwest Territories and Nunavut) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.
- For younger respondents (ages 12 to 19), there are 5 jurisdictions (Saskatchewan, Alberta, Yukon, Northwest Territories and Nunavut) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.
- For older respondents (ages 65+), no jurisdiction is significantly higher, and there is one jurisdiction (Nfld and Labrador) significantly lower than the Canadian rate.

Within Provinces/Territories:

- For males 12+ no jurisdiction is significantly higher, and there are 3 jurisdictions (Nfld and Labrador, New Brunswick and British Columbia) significantly lower than their respective female cohort.
- For younger respondents (ages 12 to 19) there are 8 jurisdictions (New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta, Yukon and Northwest Territories) significantly higher, and no jurisdiction is significantly lower than its respective 20 to 64 age cohort.
- For older respondents (ages 65+), no jurisdiction is significantly higher, and there are 11 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta, British Columbia and Northwest Territories) significantly lower than their respective 20 to 64 age cohort.



## Never being diagnosed with high blood pressure

Province/Territory	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
Nunavut	86.06	90.78*	81.16	95.95†	F	82.96
Northwest Territories	84.40	82.83	86.07	98.28†	54.86E‡	83.80
Alberta	81.95	83.53	80.34	98.40†	47.29‡	84.55
British Columbia	81.08	81.41	80.76	99.14†	49.35‡	84.99
Yukon	80.35	77.78	82.96	100.00†	40.99‡	81.51
Manitoba	79.99	80.38	79.61	98.11†	48.89‡	83.48
Quebec	79.93	80.41	79.47	98.68†	44.47‡	84.52
Ontario	78.86	79.88*	77.89	98.29†	44.33‡	82.46
Saskatchewan	78.17	80.16	76.25	98.64†	46.96‡	81.90
Prince Edward Island	76.79	77.68	75.96	99.73†	38.27‡	81.09
Nova Scotia	76.19	75.97	76.38	98.71†	40.77‡	80.59
New Brunswick	75.14	76.76	73.59	98.64†	43.23‡	78.39
Nfld and Labrador	73.36	76.34	70.59	98.13†	35.27‡	77.36
Canada	79.50	80.38*	78.65	98.53†	45.26‡	83.29

† 12 to 19 age group differs significantly from 20 to 64 age group.

‡ 65+ age group differs significantly from 20 to 64 age group.

\* males differ significantly from females.

E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).

F data suppressed (n < 25, or coefficient of variation > 33.3).

▨ Provincial/Territorial rate differs significantly from the Canadian rate.

### CCHS Question

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

### Key Points

At the National level:

- Males 12+ have a significantly higher rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate of being without high blood pressure than the 20 to 64 age cohort.
- Older respondents (ages 65+) have a significantly lower rate than the 20 to 64 age cohort.

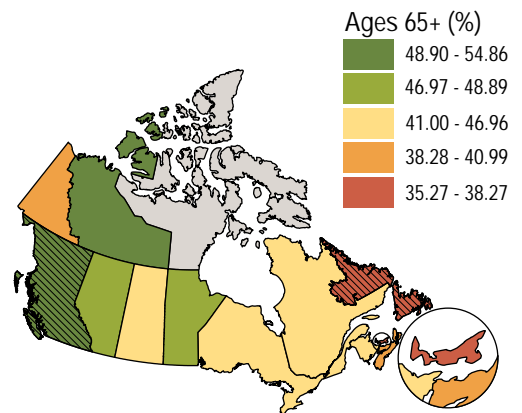
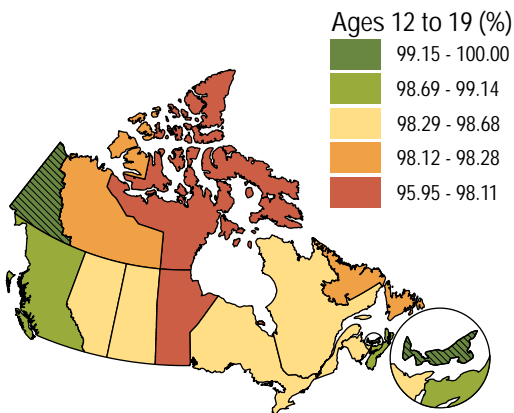
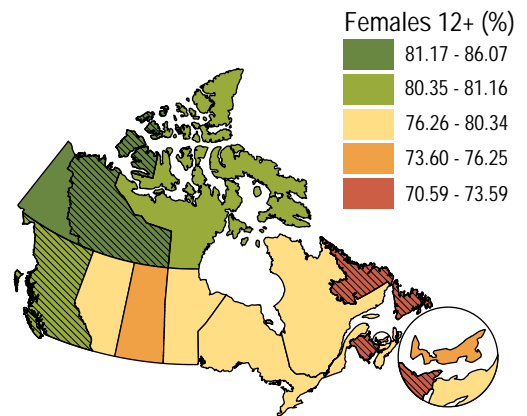
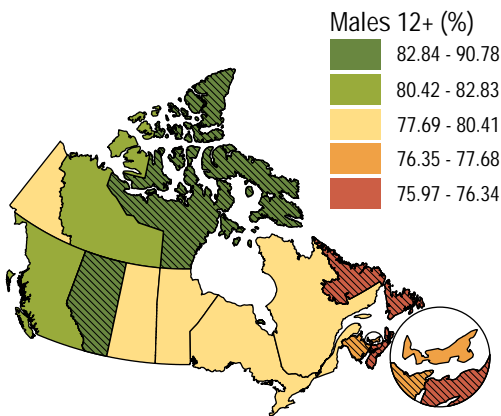
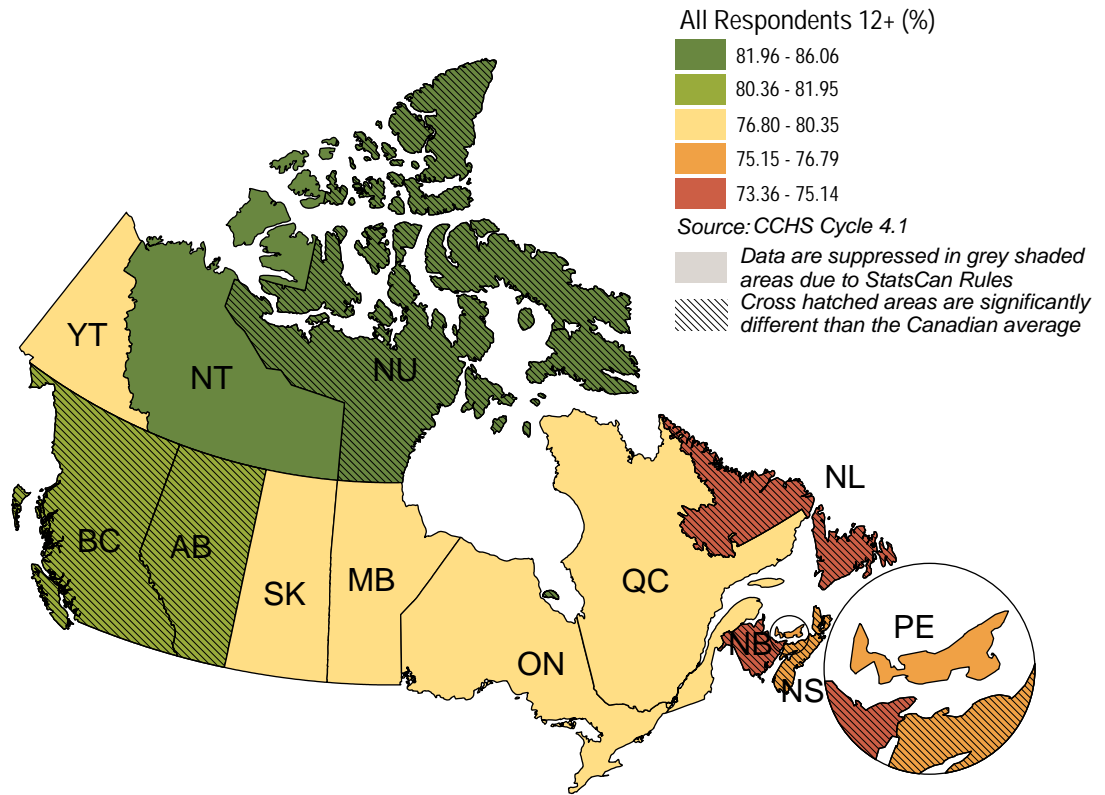
At the Provincial/Territorial level:

- For all respondents, there are 3 jurisdictions (Alberta, British Columbia and Nunavut) significantly higher, and there are 3 jurisdictions (Nfld and Labrador, Nova Scotia and New Brunswick) significantly lower than the Canadian rate.
- For male respondents, there are 2 jurisdictions (Alberta and Nunavut) significantly higher, and there are 3 jurisdictions (Nfld and Labrador, Nova Scotia and New Brunswick) significantly lower than the Canadian rate.
- For female respondents, there are 2 jurisdictions (British Columbia and Northwest Territories) significantly higher, and there are 2 jurisdictions (Nfld and Labrador and New Brunswick) significantly lower than the Canadian rate.
- For younger respondents (ages 12 to 19), there are 2 jurisdictions (Prince Edward Island and Yukon) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.
- For older respondents (ages 65+), there is one jurisdiction (British Columbia) significantly higher, and there is one jurisdiction (Nfld and Labrador) significantly lower than the Canadian rate.

Within Provinces/Territories:

- For males 12+ there are 2 jurisdictions (Ontario and Nunavut) significantly higher, and no jurisdiction is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19) there are 13 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta, British Columbia, Yukon, Northwest Territories and Nunavut) significantly higher, and no jurisdiction is significantly lower than its respective 20 to 64 age cohort.
- For older respondents (ages 65+), no jurisdiction is significantly higher, and there are 12 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta, British Columbia, Yukon and Northwest Territories) significantly lower than their respective 20 to 64 age cohort.

# Never being diagnosed with high blood pressure



## Usually free of pain or discomfort

Province/Territory	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
Northwest Territories	89.60	93.07	85.90	97.19†	80.12	88.75
Nunavut	88.52	89.49	87.52	100.00†	F	85.59
Quebec	85.22	88.33*	82.20	96.30†	76.04‡	85.43
Alberta	84.86	85.34	84.38	93.83†	74.18‡	85.00
Nfld and Labrador	84.48	86.57	82.52	97.10†	77.35	84.00
Manitoba	83.47	85.65	81.35	96.43†	75.09‡	82.93
Prince Edward Island	83.02	84.64	81.52	94.68†	75.54	82.52
Saskatchewan	82.95	86.06*	79.94	92.44†	74.64‡	83.16
Yukon	82.58	87.79	77.27	96.29†	70.69	81.60
Ontario	82.40	85.28*	79.61	94.94†	72.35‡	82.27
New Brunswick	82.23	83.31	81.20	92.99†	69.98‡	83.20
Nova Scotia	81.96	84.15	79.97	94.53†	73.58‡	81.81
British Columbia	81.62	83.73*	79.57	96.80†	71.52‡	81.38
Canada	83.30	85.79*	80.88	95.33†	73.55‡	83.28

† 12 to 19 age group differs significantly from 20 to 64 age group.

‡ 65+ age group differs significantly from 20 to 64 age group.

\* males differ significantly from females.

E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).

F data suppressed (n < 25, or coefficient of variation > 33.3).

▨ Provincial/Territorial rate differs significantly from the Canadian rate.

### CCHS Question

Are you usually free of pain or discomfort?

### Key Points

At the National level:

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

At the Provincial/Territorial level:

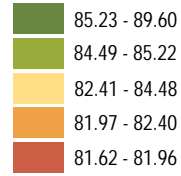
- For all respondents, there are 3 jurisdictions (Quebec, Northwest Territories and Nunavut) significantly higher, and there is one jurisdiction (British Columbia) significantly lower than the Canadian rate.
- For male respondents, there are 2 jurisdictions (Quebec and Northwest Territories) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.
- For female respondents, there are 2 jurisdictions (Alberta and Nunavut) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.
- For younger respondents (ages 12 to 19), there is one jurisdiction (Nunavut) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.
- For older respondents (ages 65+), no jurisdiction is significantly higher, and no jurisdiction is significantly lower than the Canadian rate.

Within Provinces/Territories:

- For males 12+ there are 4 jurisdictions (Quebec, Ontario, Saskatchewan and British Columbia) significantly higher, and no jurisdiction is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19) there are 13 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta, British Columbia, Yukon, Northwest Territories and Nunavut) significantly higher, and no jurisdiction is significantly lower than its respective 20 to 64 age cohort.
- For older respondents (ages 65+), no jurisdiction is significantly higher, and there are 8 jurisdictions (Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta and British Columbia) significantly lower than their respective 20 to 64 age cohort.

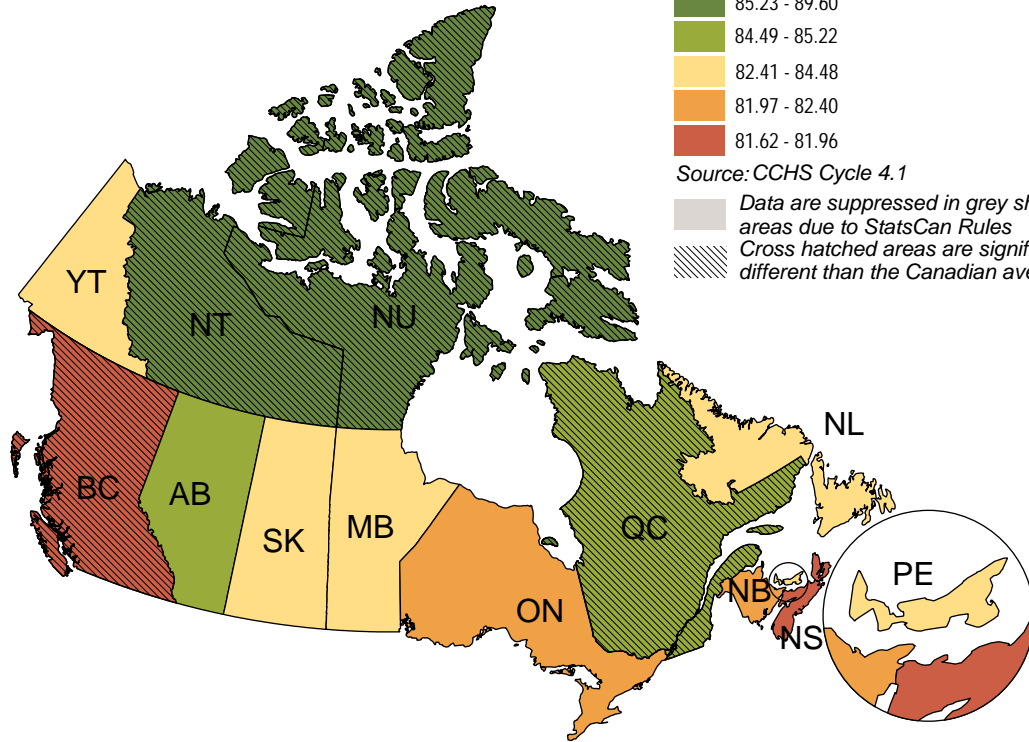
Usually free of pain or discomfort

All Respondents 12+ (%)

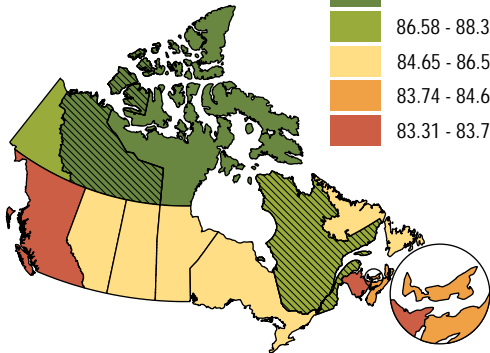
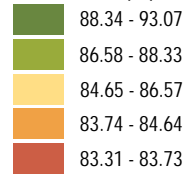


Source: CCHS Cycle 4.1

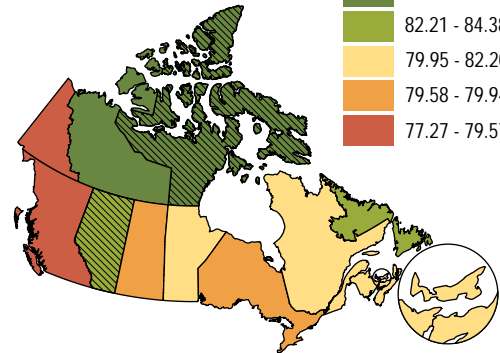
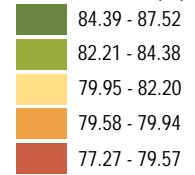
Data are suppressed in grey shaded areas due to StatsCan Rules  
 Cross hatched areas are significantly different than the Canadian average



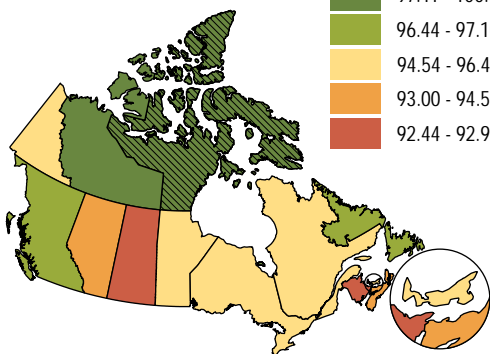
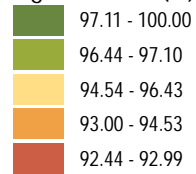
Males 12+ (%)



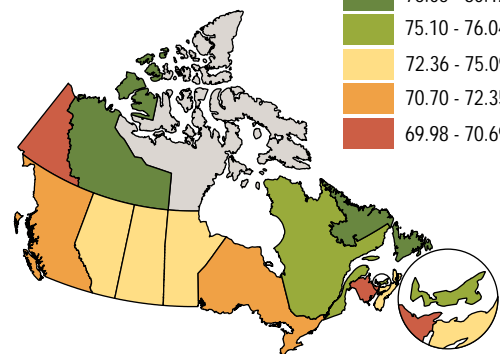
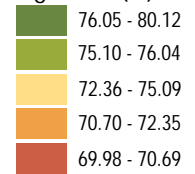
Females 12+ (%)



Ages 12 to 19 (%)



Ages 65+ (%)



Chronic-free index by gender

		Without asthma	Without arthritis or rheumatism	Never having back problems	Without diabetes	Without cancer	Never diagnosed with cancer	Without COPD	Without heart disease	Without high blood pressure	Usually free of pain or discomfort	Chronic-free index	
All Respondents	Newfoundland and Labrador	1	-1		-1						-1	-2	
	Prince Edward Island		-1									-1	
	Nova Scotia	-1	-1	-1				-1	-1	-1		-6	
	New Brunswick		-1		-1				-1	-1		-4	
	Quebec		1	1				1			1	4	
	Ontario		-1									-1	
	Manitoba											0	
	Saskatchewan		-1	-1									-2
	Alberta				1				1	1			3
	<b>British Columbia</b>	1		-1					1	1	-1		1
	Yukon								1				1
	Northwest Territories		1			1						1	3
	Nunavut	1	1	1	1	1	1	1	1	1	1	1	10
Male Respondents	Newfoundland and Labrador	1	-1						-1	-1		-2	
	Prince Edward Island											0	
	Nova Scotia		-1					-1	-1	-1		-4	
	New Brunswick		-1				-1		-1	-1		-4	
	Quebec		1	1				1			1	4	
	Ontario											0	
	Manitoba						1		1			2	
	Saskatchewan					1						1	
	Alberta				1				1	1		3	
	<b>British Columbia</b>			-1								-1	
	Yukon											0	
	Northwest Territories	1	1			1					1	4	
	Nunavut	1	1	1	1	1	1	1		1		8	
Female Respondents	Newfoundland and Labrador	1	-1		-1						-1	-2	
	Prince Edward Island			1								1	
	Nova Scotia	-1	-1									-2	
	New Brunswick									-1		-1	
	Quebec		1	1				1				3	
	Ontario		-1									-1	
	Manitoba											0	
	Saskatchewan											0	
	Alberta								1		1	2	
	<b>British Columbia</b>	1							1	1		3	
	Yukon								1			1	
	Northwest Territories		1			1			1	1		4	
	Nunavut		1	1	1	1	1	1	1		1	8	

+1 Province/Territory scored significantly higher than the Canadian rate.  
 Province/Territory score is not significantly different than the Canadian rate.  
 -1 Province/Territory scored significantly lower than the Canadian rate.

F - Data suppressed by Statistics Canada due to small sample size or high coefficient of variation (coloured grey).  
 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

		Without asthma	Without arthritis or rheumatism	Never having back problems	Without diabetes	Without cancer	Never diagnosed with cancer	Without COPD	Without heart disease	Without high blood pressure	Usually free of pain or discomfort	Chronic-free index
Younger Respondents	Newfoundland and Labrador					1	1					2
	Prince Edward Island				1	1				1		3
	Nova Scotia	-1		-1		1		1				0
	New Brunswick											0
	Quebec					1						1
	Ontario											0
	Manitoba			1		1		1				3
	Saskatchewan			-1	1	1		1	1			3
	Alberta	-1				1			1			1
	<b>British Columbia</b>											0
	Yukon	1	1		1	1		1	1	1		7
	Northwest Territories				1	1	1	1	1			5
	Nunavut	1	1	1	1	1	1	1	1		1	9

Older Respondents	Newfoundland and Labrador				-1				-1	-1		-3
	Prince Edward Island		-1									-1
	Nova Scotia		-1				-1					-2
	New Brunswick											0
	Quebec		1	1				1				3
	Ontario		-1									-1
	Manitoba	1										1
	Saskatchewan											0
	Alberta											0
	<b>British Columbia</b>				-1					1		0
	Yukon											0
	Northwest Territories											0
	Nunavut	F	F	F	F	F	F	F	F	F	F	F

Mid Age Respondents	Newfoundland and Labrador	1	-1		-1					-1		-2
	Prince Edward Island											0
	Nova Scotia		-1					-1				-2
	New Brunswick		-1		-1					-1		-3
	Quebec		1	1				1			1	4
	Ontario											0
	Manitoba											0
	Saskatchewan					1						1
	Alberta				1							1
	<b>British Columbia</b>				-1				1			0
	Yukon											0
	Northwest Territories	1	1			1						4
	Nunavut		1	1	1		1	1				5

+1 Province/Territory scored significantly higher than the Canadian rate.

Province/Territory score is not significantly different than the Canadian rate.

-1 Province/Territory scored significantly lower than the Canadian rate.

F - Data suppressed by Statistics Canada due to small sample size or high coefficient of variation (coloured grey).

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

**All provinces/territories**

For all respondents within the free of chronic conditions grouping, there was a relatively balanced distribution of index scores; six jurisdictions had positive scores, six had negative scores and one had a neutral score. Nunavut had by far the best score at +10 compared to a range of +1 to +4 for the other positively scoring jurisdictions. Nova Scotia had the lowest score at -6 followed by New Brunswick at -4.

For males, there was a range in scores from +8 to -4. Nunavut at a high score of +8, while other positive jurisdictions ranged from +1 to +4. Nova Scotia and New Brunswick were the most negative for males, both at -4. For females, the range of index scores went from +8 to -2 with Nunavut scoring the highest at +8 and Nova Scotia and Newfoundland and Labrador the lowest, both at -2.

The range of scores for younger respondents went from 0 to +9 with 9 positive and 4 neutral jurisdictions (no negatives). Once again, Nunavut had the highest score at +9 followed by Yukon with a score of +7. With neutral scores of 0, Manitoba and Saskatchewan were the lowest for youth but still did not fall into the negative range. For older respondents the range of scores was from -3 to +3 with 7 neutral scoring jurisdictions overall and only Quebec (+3) and Manitoba (+1) were positive. Prince Edward Island, Ontario, Newfoundland and Labrador, and Nova Scotia all had negative scores for older respondents. No data could be reported for Nunavut seniors.

Geographically, two eastern provinces scored low except for youth while three other jurisdictions, Northwest Territories, Nunavut, in the north and Alberta in the west scored high except for youth. Newfoundland and Labrador, and Nova Scotia in the east coast scored low except for youth. Manitoba scored high except for females and Quebec scored high across the board. The other jurisdictions had more variable results.

**A focus on British Columbia**

British Columbia did not display any dramatic differences from the rest of Canada with regard to being free of chronic conditions. For

Province/Territory	All	Male	Female	Younger	Older
Nunavut	10	8	8	9	F
Quebec	4	4	3	1	3
Northwest Territories	3	4	4	5	0
Alberta	3	3	2	1	0
Yukon	1	0	1	7	0
British Columbia	1	-1	3	0	0
Manitoba	0	2	0	3	1
Prince Edward Island	-1	0	1	3	-1
Ontario	-1	0	-1	0	-1
Saskatchewan	-2	1	0	3	0
Nfld and Labrador	-2	-2	-2	2	-3
New Brunswick	-4	-4	-1	0	0
Nova Scotia	-6	-4	-2	0	-2

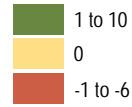
all respondents, British Columbians were more likely to be free of asthma, heart disease and, and to have never been diagnosed with high blood pressure but they were less likely to be free of back problems, and to be free of pain or discomfort in general.

In comparison to the rest of Canada males in British Columbia had a relatively low score while females scored well. Males were less likely to be free of back problems in comparison to the Canadian average while females were more likely to be free of asthma and heart disease and to have never been diagnosed with high blood pressure. Within the province, males were more likely than females to be free of arthritis/rheumatism, to be free of pain/discomfort and to have never been diagnosed with cancer; however, they were less likely than females to be free of diabetes and heart disease. Relative to their Canadian counterparts, British Columbian younger respondents did not show any significant difference for being free of any chronic conditions. Older respondents, on the other hand, were more likely to be free of high blood pressure but less likely to be free of back problems than their Canadian counterparts.

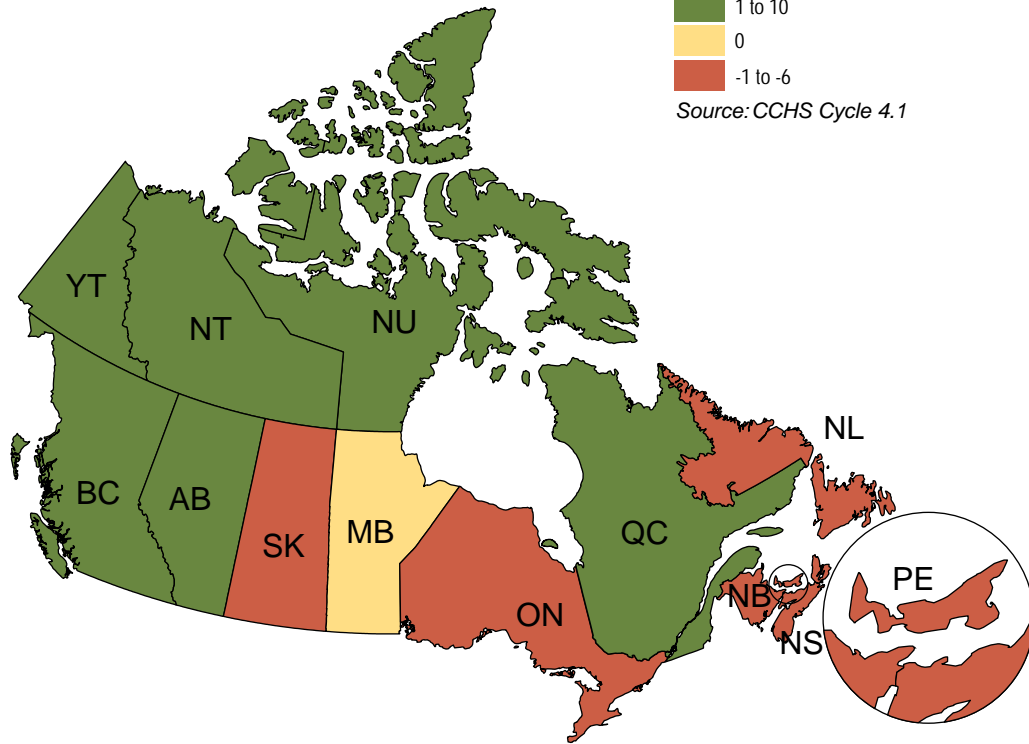
Within British Columbia, there were some marked differences between younger, older and their mid age counterparts. Younger respondents were more likely than the mid age cohort to be free of arthritis/rheumatism, back problems, diabetes, cancer and pain/discomfort in general. They were also less likely to have ever been diagnosed with cancer or high blood pressure. Older respondents, in contrast, were less likely than the mid age cohort to be free of arthritis/ rheumatism, back problems, diabetes, cancer, chronic obstructive pulmonary disease, heart disease, and pain/discomfort in general. They were also less likely to have never been diagnosed with cancer or high blood pressure.

# Summary of free of chronic conditions

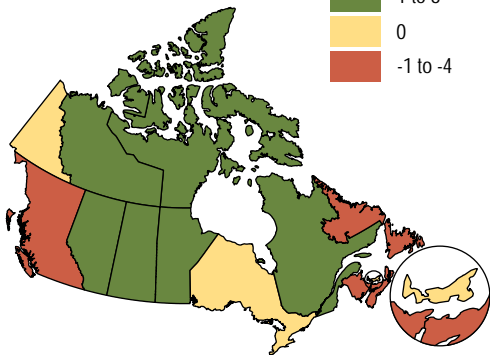
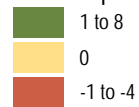
All respondents



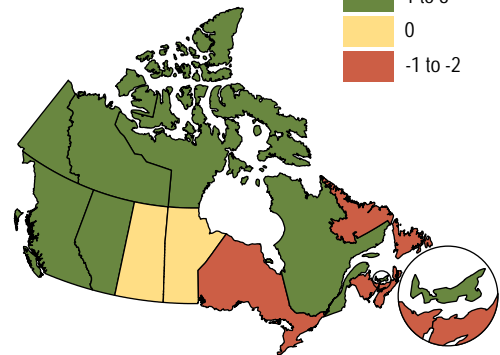
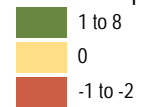
Source: CCHS Cycle 4.1



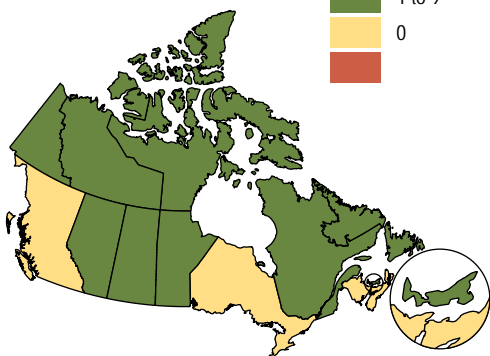
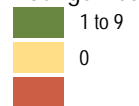
Male respondents



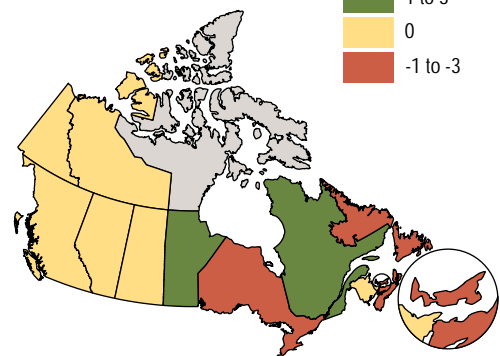
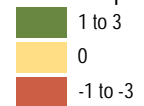
Female respondents



Younger respondents



Older respondents





# 7

## Wellness outcomes

Eight separate indicators related to wellness outcomes, based on responses to the 2007 CCHS are contained within this chapter. In all there are 45 maps and 9 supporting tables which provide the ability to observe the patterns across Canada.

Being satisfied with life is a key wellness asset and having perceived “good to excellent” health and mental health are often outcomes of a variety of factors which are at play. These are the first three indicators presented in this section and were presented in both *The BC Atlas of Wellness* and *Seniors Supplement*. Two new indicators not reported previously relate to oral health and being stress-free, both important wellness assets and outcomes.

The next two indicators, both reported in the two previous wellness publications, map and analyze being free of long term

physical, mental or health conditions that reduce activities either in the home or outside. A final indicator maps results of respondents who indicated that they had no difficulties with activities. This is a new indicator not previously mapped.

The final two tables and five maps provide an overall wellness outcome indicator which is a combination of the eight indicators noted above. Again this provides a summary and allows comparisons among the provinces and territories based on the aggregate of the number of significant differences there are with the Canadian averages. There is a summary of how British Columbia compares to other provinces and the differences between age groupings and genders within BC are highlighted.

## Satisfied with life

Province/Territory	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
Prince Edward Island	92.19	90.95	93.34	93.31	88.93	92.71
Nfld and Labrador	91.07	90.38	91.72	91.16	85.77‡	92.14
Northwest Territories	91.07	88.97	93.32	87.21	94.59	91.61
Alberta	90.74	91.22	90.26	90.00	85.35‡	91.70
Saskatchewan	90.69	90.04	91.32	91.33	86.27‡	91.65
Quebec	90.49	89.93	91.03	94.86†	87.82	90.37
Manitoba	90.38	90.07	90.67	93.76	86.84	90.53
Yukon	89.93	92.81	87.00	91.92	89.07	89.69
Nova Scotia	89.22	89.21	89.24	91.78	85.00	89.77
New Brunswick	88.99	87.52	90.40	88.59	81.66‡	90.66
Ontario	88.47	88.09	88.84	91.77†	83.37‡	88.93
British Columbia	87.36	86.20	88.49	85.47	83.70‡	88.44
Nunavut	86.99	86.18	87.83	69.57	F	92.48
Canada	89.26	88.80	89.70	91.43†	84.98‡	89.76

† 12 to 19 age group differs significantly from 20 to 64 age group.

‡ 65+ age group differs significantly from 20 to 64 age group.

\* males differ significantly from females.

E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).

F data suppressed (n < 25, or coefficient of variation > 33.3).

Provincial/Territorial rate differs significantly from the Canadian rate.

### CCHS Question

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

### Key Points

At the National level:

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

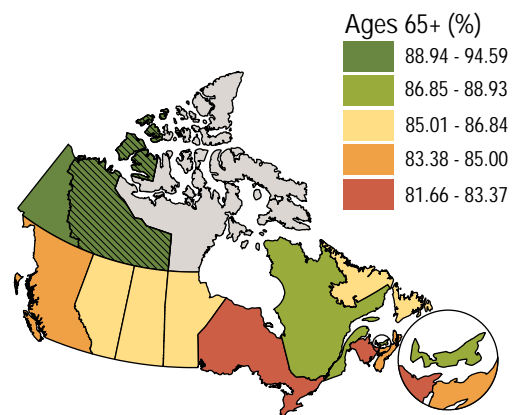
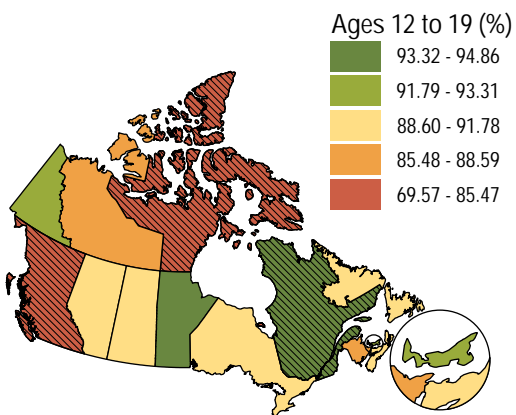
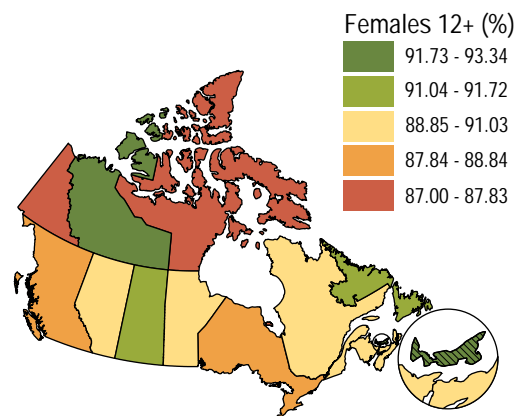
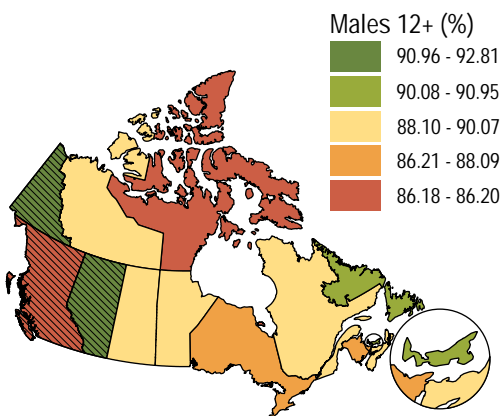
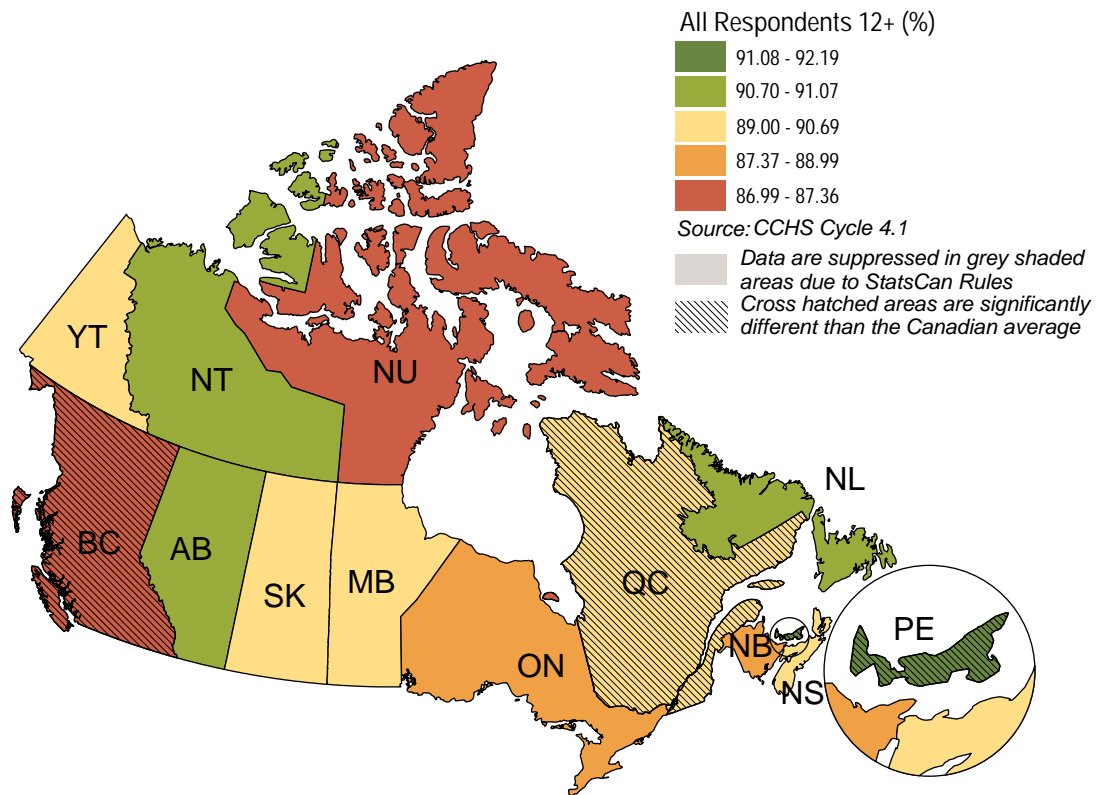
At the Provincial/Territorial level:

- For all respondents, there are 2 jurisdictions (Prince Edward Island and Quebec) significantly higher, and there is one jurisdiction (British Columbia) significantly lower than the Canadian rate.
- For male respondents, there are 2 jurisdictions (Alberta and Yukon) significantly higher, and there is one jurisdiction (British Columbia) significantly lower than the Canadian rate.
- For female respondents, there is one jurisdiction (Prince Edward Island) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.
- For younger respondents (ages 12 to 19), there is one jurisdiction (Quebec) significantly higher, and there are 2 jurisdictions (British Columbia and Nunavut) significantly lower than the Canadian rate.
- For older respondents (ages 65+), there is one jurisdiction (Northwest Territories) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.















































































Within Provinces/Territories:

- For males 12+ no jurisdiction is significantly higher, and no jurisdiction is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19) there are 2 jurisdictions (Quebec and Ontario) significantly higher, and no jurisdiction is significantly lower than its respective 20 to 64 age cohort.
- For older respondents (ages 65+), no jurisdiction is significantly higher, and there are 6 jurisdictions (Nfld and Labrador, New Brunswick, Ontario, Saskatchewan, Alberta and British Columbia) significantly lower than their respective 20 to 64 age cohort.

Satisfied with life



## Self perceived health is good to excellent

Province/Territory	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
Quebec	 89.99	 90.22	 89.78	 97.16†	 77.17‡	 91.59
Alberta	 89.65	 89.12	 90.19	 91.84	 74.49‡	 91.64
Nunavut	 89.16	 89.89	 88.40	 90.31	 F	 88.17
Northwest Territories	 89.03	 87.81	 90.33	 98.13†	 65.33‡	 88.98
Yukon	 88.95	 90.60	 87.26	 95.21	 78.67	 89.06
Ontario	 88.30	 89.13	 87.49	 95.72†	 73.57‡	 89.98
Nfld and Labrador	 88.22	 86.20	 90.11	 93.12	 75.30‡	 90.12
Manitoba	 88.19	 90.48	 85.98	 91.85	 74.25‡	 90.58
Prince Edward Island	 87.98	 87.52	 88.41	 91.34	 72.15‡	 90.87
British Columbia	 87.67	 88.23	 87.14	 93.50†	 75.04‡	 89.45
Saskatchewan	 87.38	 86.70	 88.04	 92.33	 69.17‡	 90.89
Nova Scotia	 85.95	 85.11	 86.70	 97.95†	 69.69‡	 87.69
New Brunswick	 84.21	 83.54	 84.84	 93.92†	 63.14‡	 87.28
Canada	88.56	88.95	88.19	95.05†	74.27‡	90.39


† 12 to 19 age group differs significantly from 20 to 64 age group.

‡ 65+ age group differs significantly from 20 to 64 age group.

\* males differ significantly from females.

E interpret data with caution (16.67 &lt;= coefficient of variation &lt;= 33.3).

F data suppressed (n &lt; 25, or coefficient of variation &gt; 33.3).

 Provincial/Territorial rate differs significantly from the Canadian rate.**CCHS Question**

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

**Key Points**

At the National level:

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

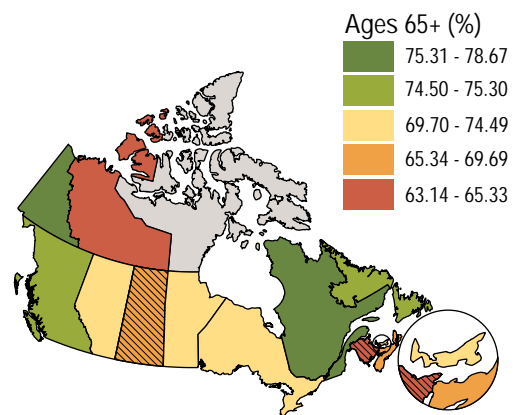
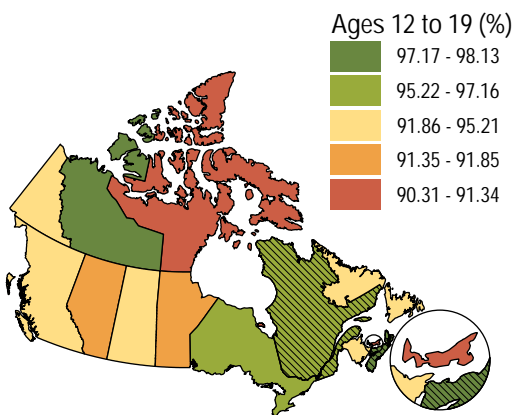
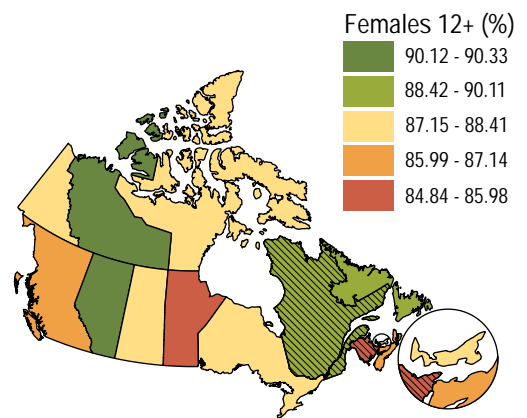
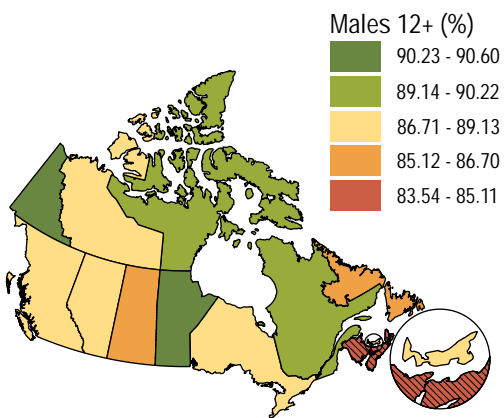
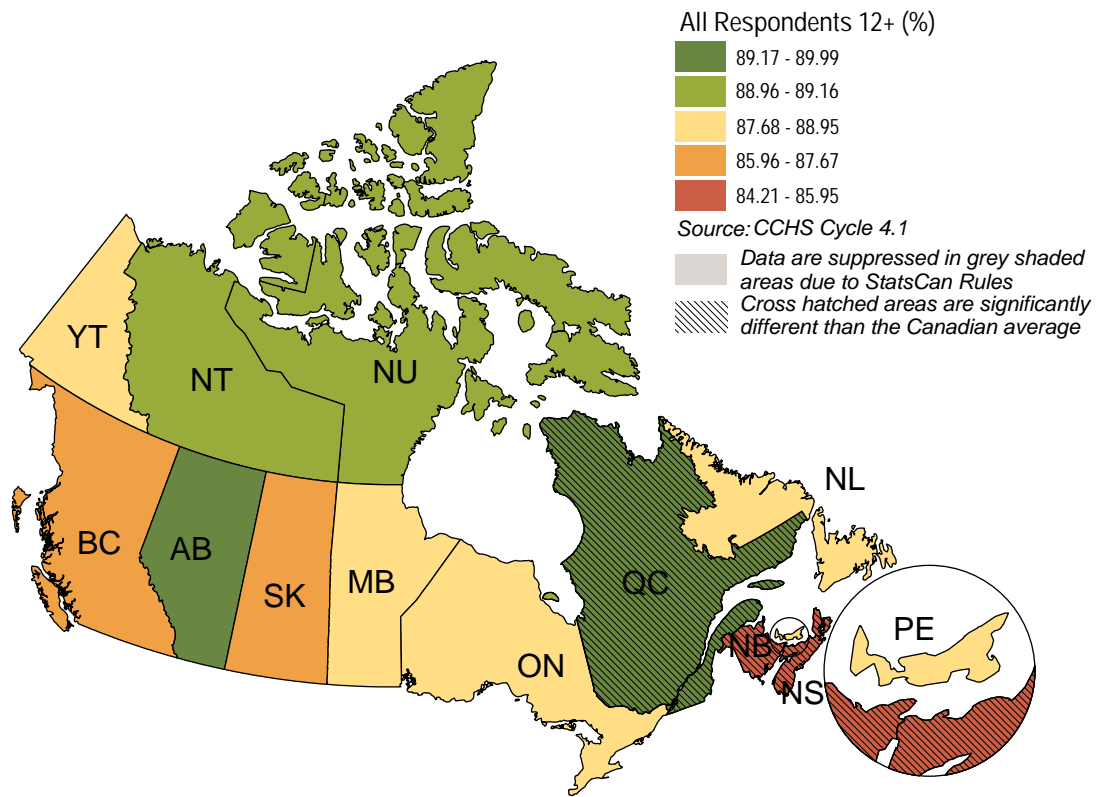
At the Provincial/Territorial level:

- For all respondents, there is one jurisdiction (Quebec) significantly higher, and there are 2 jurisdictions (Nova Scotia and New Brunswick) significantly lower than the Canadian rate.
- For male respondents, no jurisdiction is significantly higher, and there are 2 jurisdictions (Nova Scotia and New Brunswick) significantly lower than the Canadian rate.
- For female respondents, there is one jurisdiction (Quebec) significantly higher, and there is one jurisdiction (New Brunswick) significantly lower than the Canadian rate.
- For younger respondents (ages 12 to 19), there are 2 jurisdictions (Nova Scotia and Quebec) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.
- For older respondents (ages 65+), no jurisdiction is significantly higher, and there are 2 jurisdictions (New Brunswick and Saskatchewan) significantly lower than the Canadian rate.















































































Within Provinces/Territories:

- For males 12+ no jurisdiction is significantly higher, and no jurisdiction is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19) there are 6 jurisdictions (Nova Scotia, New Brunswick, Quebec, Ontario, British Columbia and Northwest Territories) significantly higher, and no jurisdiction is significantly lower than its respective 20 to 64 age cohort.
- For older respondents (ages 65+), no jurisdiction is significantly higher, and there are 11 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta, British Columbia and Northwest Territories) significantly lower than their respective 20 to 64 age cohort.

# Self perceived health is good to excellent



## Self perceived mental health is good to excellent

Province/Territory	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
Yukon	 94.91	 97.47*	 92.30	 96.44	 92.04	 94.98
Quebec	 94.38	 93.38*	 95.34	 95.14	 91.31‡	 94.91
Northwest Territories	 93.95	 92.49	 95.51	 87.93	 93.78	 95.23
Alberta	 93.32	 94.19	 92.44	 89.83†	 88.57‡	 94.65
Prince Edward Island	 93.02	 92.12	 93.85	 93.37	 90.76	 93.46
Nfld and Labrador	 92.88	 91.18	 94.47	 89.03	 87.75‡	 94.52
Ontario	 92.65	 92.20	 93.07	 93.63	 88.57‡	 93.29
Saskatchewan	 92.55	 91.36	 93.71	 94.06	 86.55‡	 93.74
Manitoba	 92.45	 92.29	 92.60	 93.08	 90.38	 92.78
Nova Scotia	 92.08	 91.62	 92.50	 90.44	 89.61	 92.92
New Brunswick	 90.15	 89.28	 90.98	 86.43	 83.10‡	 92.29
British Columbia	 89.73	 88.31*	 91.10	 87.02	 87.34	 90.66
Nunavut	 88.43	 88.61	 88.24	 70.65†	 F	 94.27
Canada	92.66	92.06*	93.24	92.37	88.97‡	93.45


† 12 to 19 age group differs significantly from 20 to 64 age group.

‡ 65+ age group differs significantly from 20 to 64 age group.

\* males differ significantly from females.

E interpret data with caution (16.67 <= coefficient of variation <= 33.3).

F data suppressed (n < 25, or coefficient of variation > 33.3).

 Provincial/Territorial rate differs significantly from the Canadian rate.

### CCHS Question

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

### Key Points

At the National level:

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

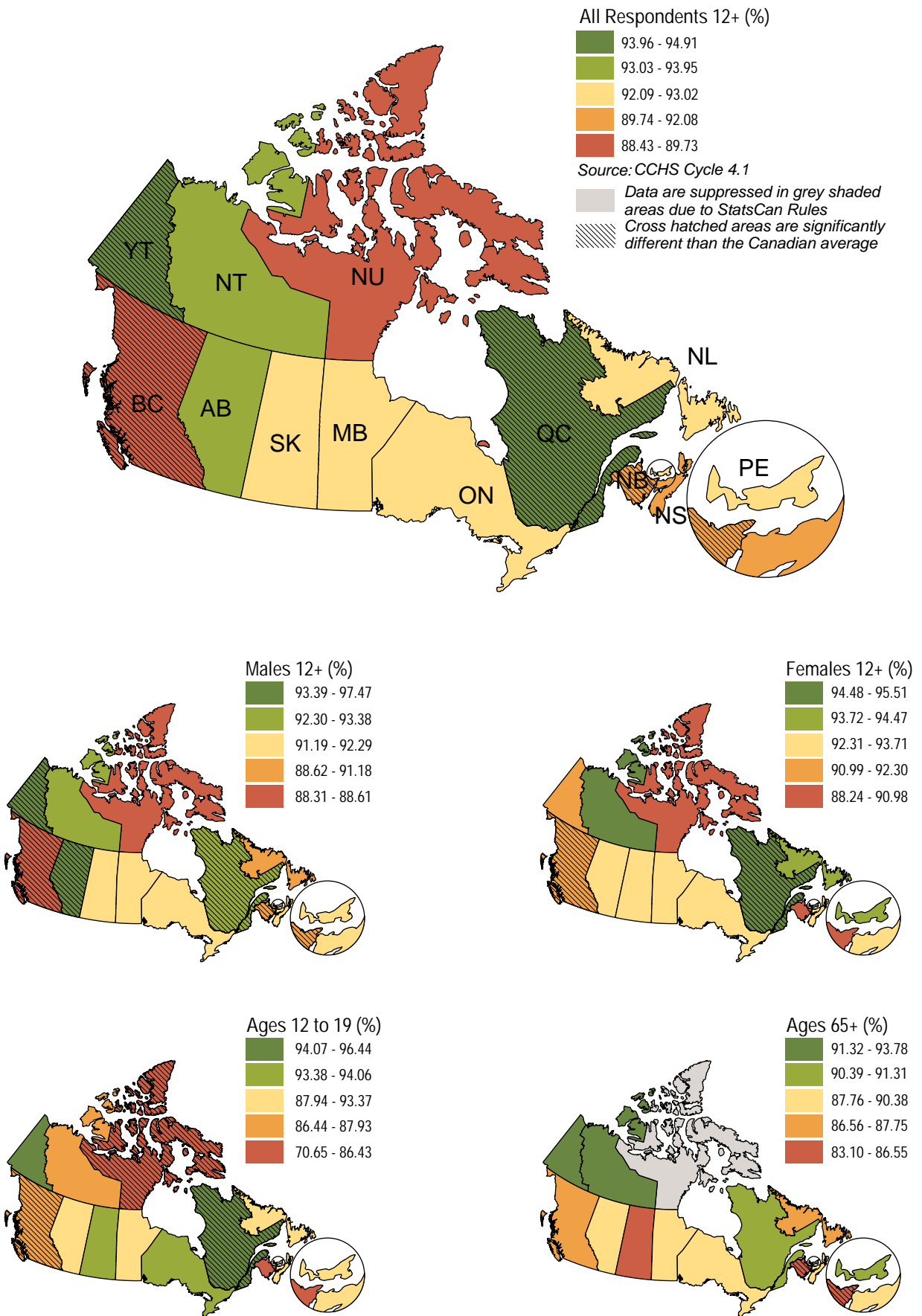
At the Provincial/Territorial level:

- For all respondents, there are 2 jurisdictions (Quebec and Yukon) significantly higher, and there are 2 jurisdictions (New Brunswick and British Columbia) significantly lower than the Canadian rate.
- For male respondents, there are 3 jurisdictions (Quebec, Alberta and Yukon) significantly higher, and there are 2 jurisdictions (New Brunswick and British Columbia) significantly lower than the Canadian rate.
- For female respondents, there is one jurisdiction (Quebec) significantly higher, and there is one jurisdiction (British Columbia) significantly lower than the Canadian rate.
- For younger respondents (ages 12 to 19), there is one jurisdiction (Quebec) significantly higher, and there are 2 jurisdictions (British Columbia and Nunavut) significantly lower than the Canadian rate.
- For older respondents (ages 65+), no jurisdiction is significantly higher, and there is one jurisdiction (New Brunswick) significantly lower than the Canadian rate.

Within Provinces/Territories:

- For males 12+ there is one jurisdiction (Yukon) significantly higher, and there are 2 jurisdictions (Quebec and British Columbia) significantly lower than their respective female cohort.
- For younger respondents (ages 12 to 19) no jurisdiction is significantly higher, and there are 2 jurisdictions (Alberta and Nunavut) significantly lower than their respective 20 to 64 age cohort.
- For older respondents (ages 65+), no jurisdiction is significantly higher, and there are 6 jurisdictions (Nfld and Labrador, New Brunswick, Quebec, Ontario, Saskatchewan and Alberta) significantly lower than their respective 20 to 64 age cohort.

# Self perceived mental health is good to excellent



## Good to excellent oral health

Province/Territory	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
Manitoba	86.22	83.18*	89.17	90.60	79.51	86.88
Prince Edward Island	85.90	82.67	88.89	92.84	78.27	86.30
Quebec	85.59	82.54*	88.56	89.56†	81.80‡	85.78
Ontario	84.22	82.47*	85.91	91.02†	74.99‡	84.91
Nfld and Labrador	84.17	81.12*	87.03	89.56	79.14	84.38
Nova Scotia	83.88	80.97	86.51	91.73†	77.89	83.97
Alberta	83.76	81.25*	86.32	88.15	74.56‡	84.45
Saskatchewan	83.02	81.24	84.72	89.69	78.31	82.89
New Brunswick	81.68	79.12	84.14	87.05	73.78‡	82.56
British Columbia	80.77	78.82*	82.65	82.99	76.74‡	81.28
Northwest Territories	78.48	72.37	85.01	83.38	72.81	77.90
Yukon	74.02	74.57	73.46	89.23†	73.77	71.45
Nunavut	63.43	58.34	68.70	59.07	F	64.76
Canada	83.98	81.69*	86.20	89.18†	77.30‡	84.47

† 12 to 19 age group differs significantly from 20 to 64 age group.

‡ 65+ age group differs significantly from 20 to 64 age group.

\* males differ significantly from females.

E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).

F data suppressed (n < 25, or coefficient of variation > 33.3).

▨ Provincial/Territorial rate differs significantly from the Canadian rate.

### 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:

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

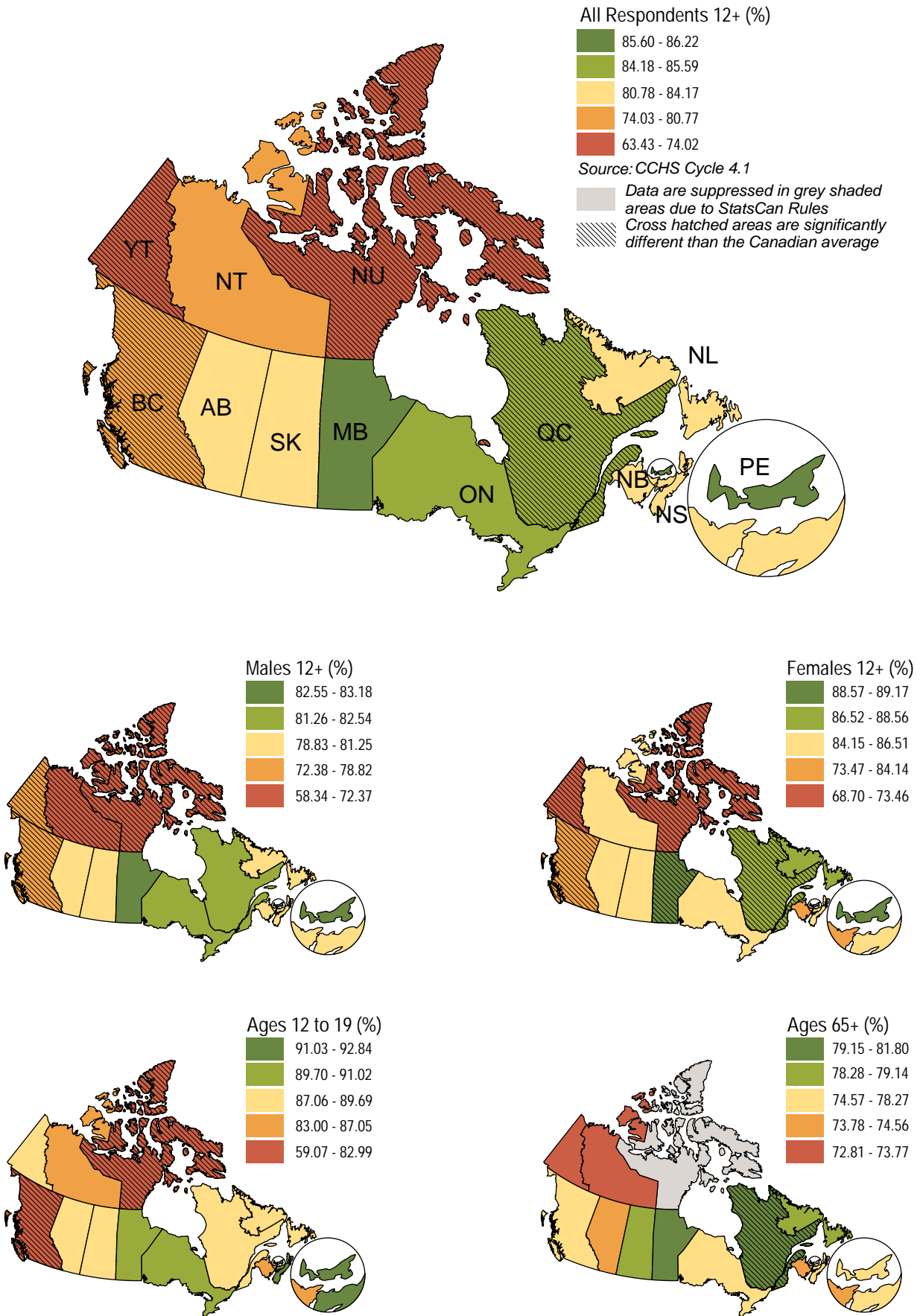
At the Provincial/Territorial level:

- For all respondents, there is one jurisdiction (Quebec) significantly higher, and there are 3 jurisdictions (British Columbia, Yukon and Nunavut) significantly lower than the Canadian rate.
- For male respondents, no jurisdiction is significantly higher, and there are 4 jurisdictions (British Columbia, Yukon, Northwest Territories and Nunavut) significantly lower than the Canadian rate.
- For female respondents, there are 2 jurisdictions (Quebec and Manitoba) significantly higher, and there are 3 jurisdictions (British Columbia, Yukon and Nunavut) significantly lower than the Canadian rate.
- For younger respondents (ages 12 to 19), no jurisdiction is significantly higher, and there are 2 jurisdictions (British Columbia and Nunavut) significantly lower than the Canadian rate.
- For older respondents (ages 65+), there is one jurisdiction (Quebec) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.

Within Provinces/Territories:

- For males 12+ no jurisdiction is significantly higher, and there are 6 jurisdictions (Nfld and Labrador, Quebec, Ontario, Manitoba, Alberta and British Columbia) significantly lower than their respective female cohort.
- For younger respondents (ages 12 to 19) there are 4 jurisdictions (Nova Scotia, Quebec, Ontario and Yukon) significantly higher, and no jurisdiction is significantly lower than its respective 20 to 64 age cohort.
- For older respondents (ages 65+), no jurisdiction is significantly higher, and there are 5 jurisdictions (New Brunswick, Quebec, Ontario, Alberta and British Columbia) significantly lower than their respective 20 to 64 age cohort.

Good to excellent oral health



## Most days not at all stressful

Province/Territory	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
Nunavut	53.77	56.91	50.39	F	F	51.33
Yukon	45.08	47.97	42.12	F	66.90‡	41.73
Nfld and Labrador	44.07	50.02*	38.53	54.08	57.59‡	40.36
Prince Edward Island	41.61	41.31	41.89	55.52†	56.67‡	36.75
Nova Scotia	41.21	43.68	38.95	50.55†	62.50‡	35.42
Manitoba	38.34	41.17	35.59	42.77	60.47‡	33.05
New Brunswick	38.28	39.85	36.78	43.00	56.39‡	33.79
British Columbia	37.96	38.80	37.16	45.92†	59.33‡	32.66
Northwest Territories	37.71	40.56	34.64	F	55.32E	35.10
Saskatchewan	37.25	38.03	36.51	41.08	57.33‡	31.89
Quebec	36.12	37.24	35.03	39.95†	61.71‡	30.31
Alberta	34.49	36.72	32.23	33.11	53.91‡	31.61
Ontario	32.90	34.78*	31.10	39.47†	57.28‡	27.31
Canada	35.41	37.07*	33.81	40.59†	58.65‡	30.17

† 12 to 19 age group differs significantly from 20 to 64 age group.

‡ 65+ age group differs significantly from 20 to 64 age group.

\* males differ significantly from females.

E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).

F data suppressed (n < 25, or coefficient of variation > 33.3).

▨ Provincial/Territorial rate differs significantly from the Canadian rate.

### 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:

- Males 12+ have a significantly higher rate than the females 12+ cohort.
- Younger respondents (ages 12 to 19) have a significantly higher rate of most days being not at all stressful than the 20 to 64 age cohort.
- Older respondents (ages 65+) have a significantly higher rate than the 20 to 64 age cohort.

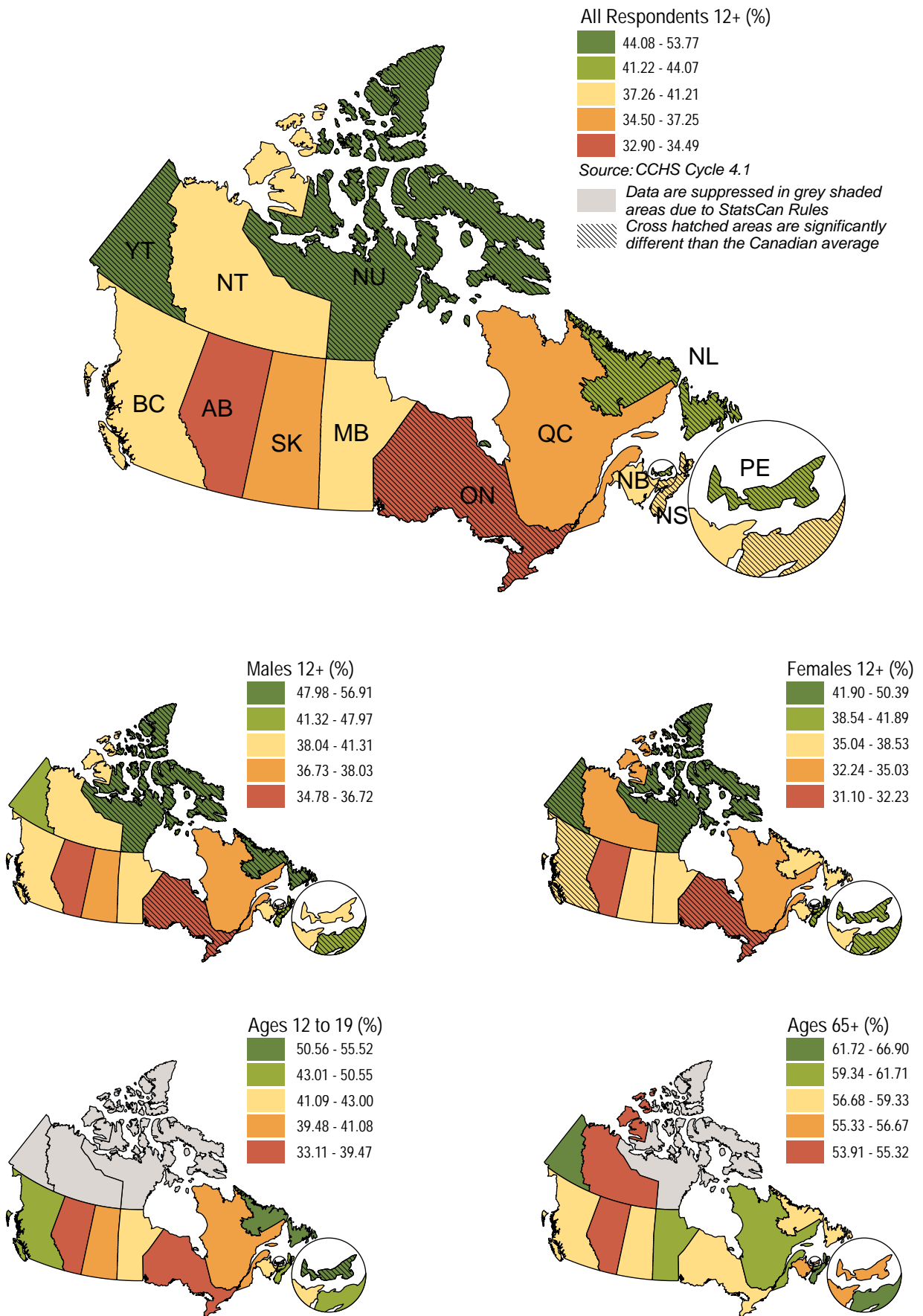
At the Provincial/Territorial level:

- For all respondents, there are 5 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, Yukon and Nunavut) significantly higher, and there is one jurisdiction (Ontario) significantly lower than the Canadian rate.
- For male respondents, there are 3 jurisdictions (Nfld and Labrador, Nova Scotia and Nunavut) significantly higher, and there is one jurisdiction (Ontario) significantly lower than the Canadian rate.
- For female respondents, there are 5 jurisdictions (Prince Edward Island, Nova Scotia, British Columbia, Yukon and Nunavut) significantly higher, and there is one jurisdiction (Ontario) significantly lower than the Canadian rate.
- For younger respondents (ages 12 to 19), there is one jurisdiction (Prince Edward Island) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.
- For older respondents (ages 65+), no jurisdiction is significantly higher, and no jurisdiction is significantly lower than the Canadian rate.

Within Provinces/Territories:

- For males 12+ there are 2 jurisdictions (Nfld and Labrador and Ontario) significantly higher, and no jurisdiction is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19) there are 5 jurisdictions (Prince Edward Island, Nova Scotia, Quebec, Ontario and British Columbia) significantly higher, and no jurisdiction is significantly lower than its respective 20 to 64 age cohort.
- For older respondents (ages 65+), there are 11 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta, British Columbia and Yukon) significantly higher, and no jurisdiction is significantly lower than its respective 20 to 64 age cohort.

## Most days not at all stressful



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

Province/Territory	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
Nunavut	88.23	88.82	87.63	98.77†	F	87.36
Quebec	86.60	88.78*	84.48	95.48†	75.67‡	87.52
Northwest Territories	82.71	86.41	78.74	86.17	55.84E‡	84.09
Prince Edward Island	82.01	83.93	80.23	94.29†	64.96‡	83.52
Alberta	82.00	84.51*	79.45	91.36†	60.91‡	83.69
Yukon	81.18	84.28	78.03	98.06†	58.60‡	80.90
Nfld and Labrador	79.96	81.88	78.17	91.34†	67.47‡	80.77
British Columbia	79.66	82.38*	77.03	93.43†	60.45‡	81.58
New Brunswick	78.36	79.51	77.26	89.56†	57.36‡	81.18
Saskatchewan	78.36	80.73	76.08	92.99†	59.28‡	80.24
Ontario	78.34	81.26*	75.53	92.86†	56.69‡	80.20
Manitoba	77.49	80.78*	74.29	90.76†	62.63‡	78.31
Nova Scotia	75.90	77.23	74.69	94.19†	59.64‡	76.61
Canada	80.80	83.38*	78.30	93.23†	62.88‡	82.38

† 12 to 19 age group differs significantly from 20 to 64 age group.

‡ 65+ age group differs significantly from 20 to 64 age group.

\* males differ significantly from females.

E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).

F data suppressed (n < 25, or coefficient of variation > 33.3).

▨ Provincial/Territorial rate differs significantly from the Canadian rate.

### CCHS Question

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

### Key Points

At the National level:

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

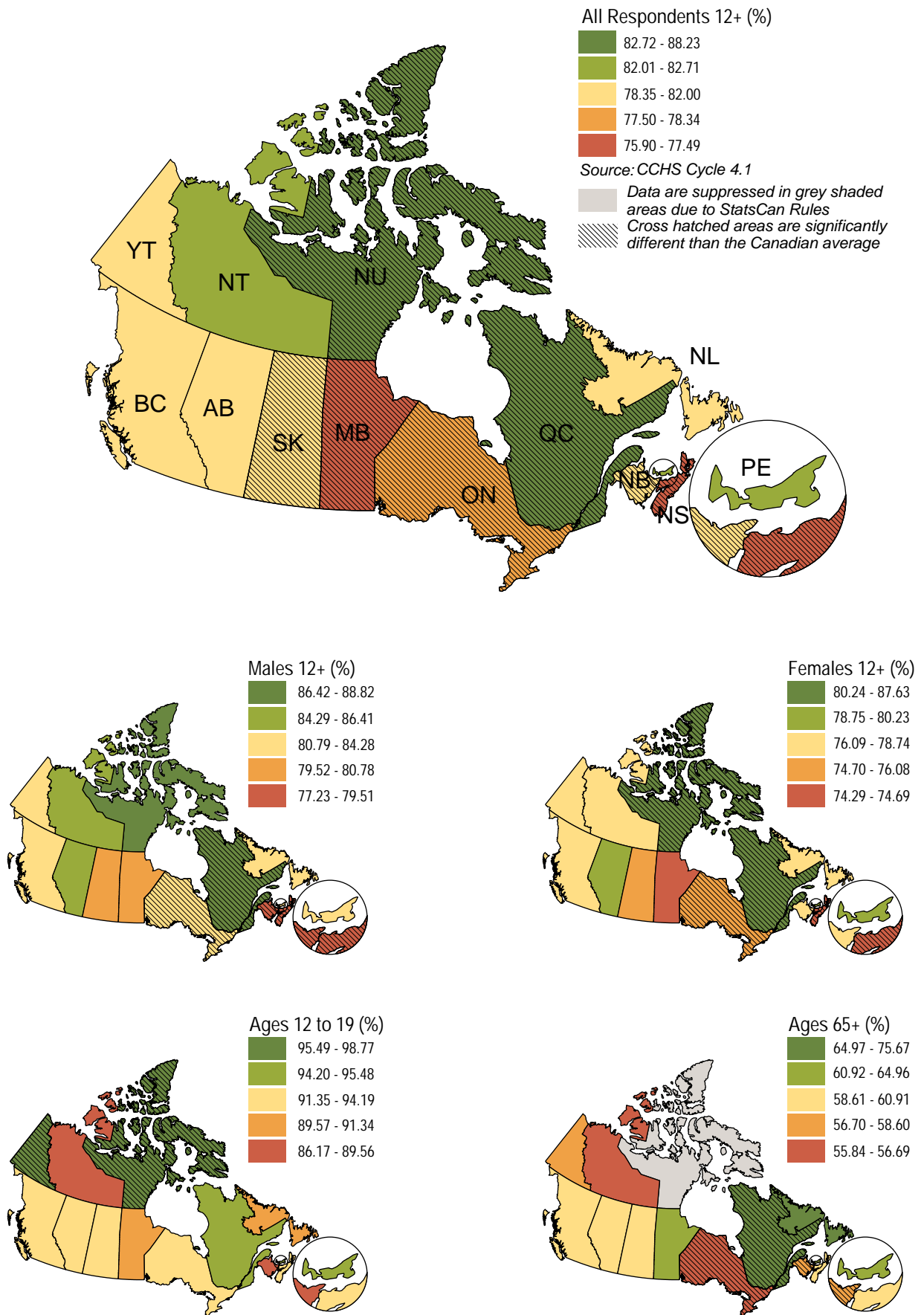
At the Provincial/Territorial level:

- For all respondents, there are 2 jurisdictions (Quebec and Nunavut) significantly higher, and there are 5 jurisdictions (Nova Scotia, New Brunswick, Ontario, Manitoba and Saskatchewan) significantly lower than the Canadian rate.
- For male respondents, there is one jurisdiction (Quebec) significantly higher, and there are 3 jurisdictions (Nova Scotia, New Brunswick and Ontario) significantly lower than the Canadian rate.
- For female respondents, there are 2 jurisdictions (Quebec and Nunavut) significantly higher, and there are 2 jurisdictions (Nova Scotia and Ontario) significantly lower than the Canadian rate.
- For younger respondents (ages 12 to 19), there are 2 jurisdictions (Yukon and Nunavut) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.
- For older respondents (ages 65+), there is one jurisdiction (Quebec) significantly higher, and there are 2 jurisdictions (New Brunswick and Ontario) significantly lower than the Canadian rate.

Within Provinces/Territories:

- For males 12+ there are 5 jurisdictions (Quebec, Ontario, Manitoba, Alberta and British Columbia) significantly higher, and no jurisdiction is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19) there are 12 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta, British Columbia, Yukon and Nunavut) significantly higher, and no jurisdiction is significantly lower than its respective 20 to 64 age cohort.
- For older respondents (ages 65+), no jurisdiction is significantly higher, and there are 12 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta, British Columbia, Yukon and Northwest Territories) significantly lower than their respective 20 to 64 age 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

Province/Territory	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
Nunavut	86.22	84.53	87.98	96.16†	F	84.50
Quebec	84.22	85.78*	82.71	93.66†	73.56‡	85.00
Alberta	83.00	84.55	81.43	91.39†	67.70‡	83.96
Nfld and Labrador	82.80	84.88	80.85	93.63†	75.24	82.68
Prince Edward Island	82.17	82.66	81.72	91.06	69.33‡	83.38
Northwest Territories	81.67	84.07	79.10	89.61	57.29‡	81.91
New Brunswick	81.11	81.35	80.89	87.67	66.29‡	83.32
Yukon	80.80	84.64	76.89	95.47†	63.85	80.24
Ontario	80.54	82.88*	78.28	92.50†	65.79‡	81.45
Manitoba	80.14	83.09*	77.27	91.63†	65.70‡	81.20
British Columbia	79.55	80.81	78.32	93.17†	65.96‡	80.30
Nova Scotia	79.49	79.93	79.09	95.40†	67.27‡	79.68
Saskatchewan	78.95	80.01	77.93	90.28†	65.34‡	80.12
Canada	81.50	83.31*	79.75	92.61†	68.10‡	82.38

† 12 to 19 age group differs significantly from 20 to 64 age group.

‡ 65+ age group differs significantly from 20 to 64 age group.

\* males differ significantly from females.

E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).

F data suppressed (n < 25, or coefficient of variation > 33.3).

▨ Provincial/Territorial rate differs significantly from the Canadian rate.

### CCHS Question

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

### Key Points

At the National level:

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

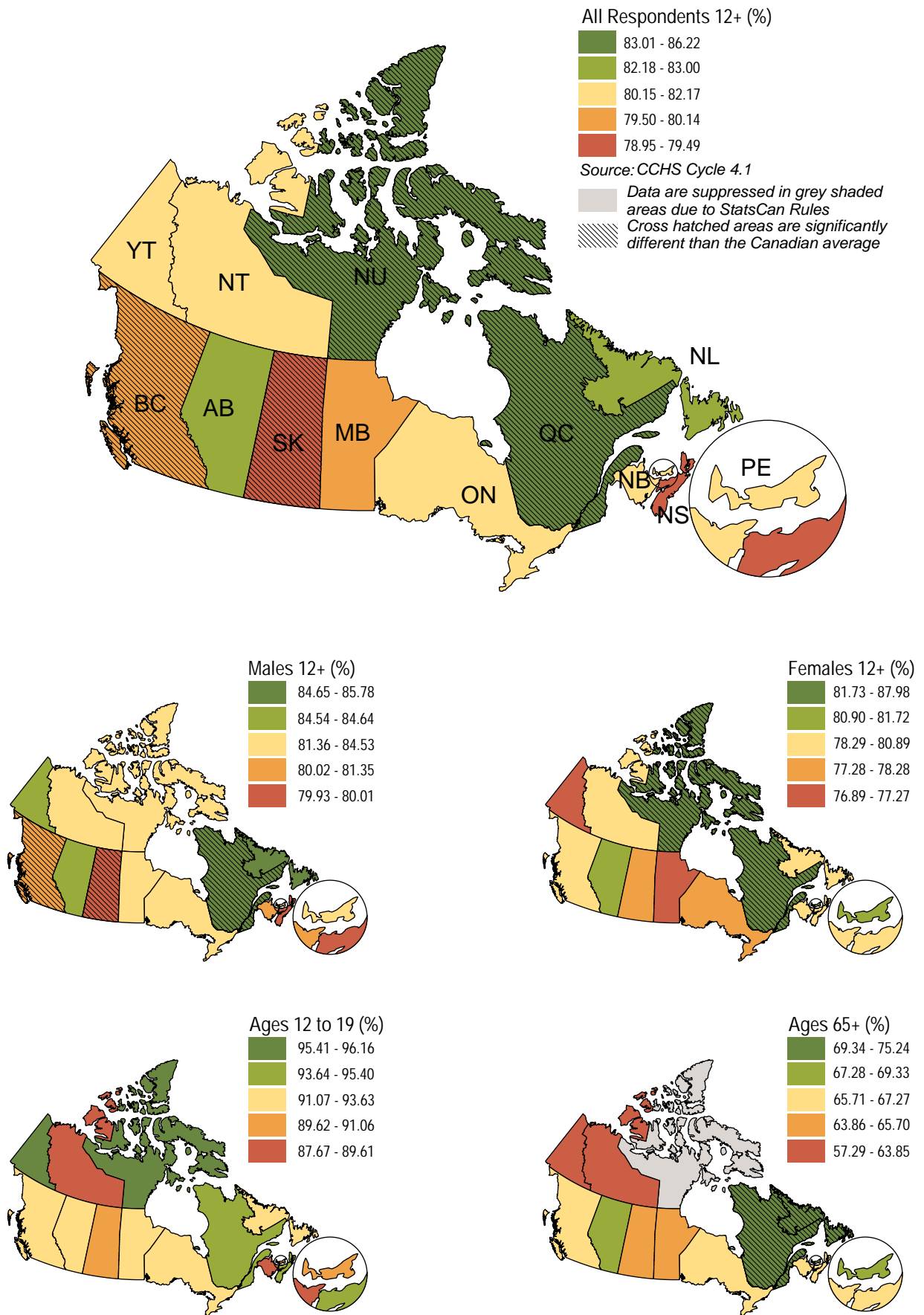
At the Provincial/Territorial level:

- For all respondents, there are 2 jurisdictions (Quebec and Nunavut) significantly higher, and there are 2 jurisdictions (Saskatchewan and British Columbia) significantly lower than the Canadian rate.
- For male respondents, there is one jurisdiction (Quebec) significantly higher, and there are 2 jurisdictions (Saskatchewan and British Columbia) significantly lower than the Canadian rate.
- For female respondents, there are 2 jurisdictions (Quebec and Nunavut) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.
- For younger respondents (ages 12 to 19), no jurisdiction is significantly higher, and no jurisdiction is significantly lower than the Canadian rate.
- For older respondents (ages 65+), there are 2 jurisdictions (Nfld and Labrador and Quebec) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.

Within Provinces/Territories:

- For males 12+ there are 3 jurisdictions (Quebec, Ontario and Manitoba) significantly higher, and no jurisdiction is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19) there are 10 jurisdictions (Nfld and Labrador, Nova Scotia, Quebec, Ontario, Manitoba, Saskatchewan, Alberta, British Columbia, Yukon and Nunavut) significantly higher, and no jurisdiction is significantly lower than its respective 20 to 64 age cohort.
- For older respondents (ages 65+), no jurisdiction is significantly higher, and there are 10 jurisdictions (Prince Edward Island, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta, British Columbia and Northwest Territories) significantly lower than their respective 20 to 64 age cohort.

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



## Does not have difficulty with activities

Province/Territory	All respondents 12+ (%)	Males 12+ (%)	Females 12+ (%)	Ages 12 to 19 (%)	Ages 65+ (%)	Ages 20 to 64 (%)
Quebec	81.68	83.14*	80.26	91.96†	61.68‡	84.31
Nunavut	80.07	78.52	81.68	96.16†	F	77.71
Northwest Territories	76.10	75.75	76.49	89.61	49.83E‡	75.33
Yukon	75.55	78.85	72.18	90.01	47.01‡	76.36
British Columbia	73.15	74.60	71.75	86.07†	45.39‡	77.02
Alberta	73.03	73.48	72.57	84.79†	38.88‡	76.33
New Brunswick	72.07	72.03	72.11	87.10†	41.63‡	76.35
Ontario	71.57	72.74	70.44	85.07†	43.77‡	74.83
Prince Edward Island	71.25	70.35	72.09	80.18	41.28‡	76.24
Manitoba	70.82	71.48	70.18	84.40†	46.07‡	73.75
Saskatchewan	69.46	70.21	68.75	86.33†	40.57‡	73.31
Nfld and Labrador	69.04	69.04	69.04	86.64†	46.88‡	70.87
Nova Scotia	65.90	66.79	65.10	81.97†	42.20‡	68.68
Canada	74.06	75.18*	72.97	86.71†	47.95‡	77.25

† 12 to 19 age group differs significantly from 20 to 64 age group.

‡ 65+ age group differs significantly from 20 to 64 age group.

\* males differ significantly from females.

E interpret data with caution (16.67 ≤ coefficient of variation ≤ 33.3).

F data suppressed (n < 25, or coefficient of variation > 33.3).

▨ Provincial/Territorial rate differs significantly from the Canadian rate.

### 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:

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

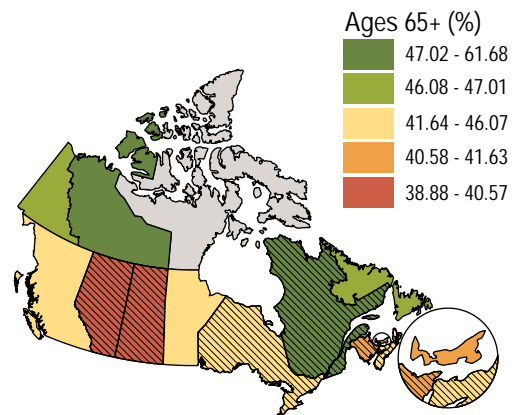
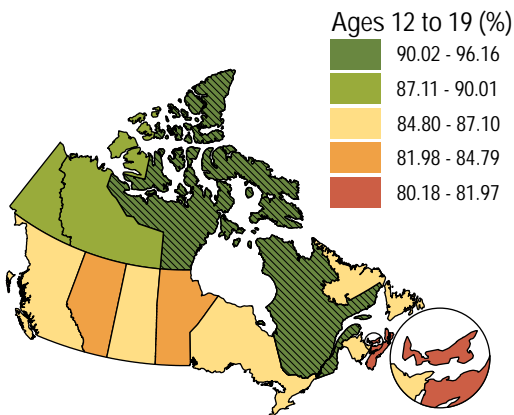
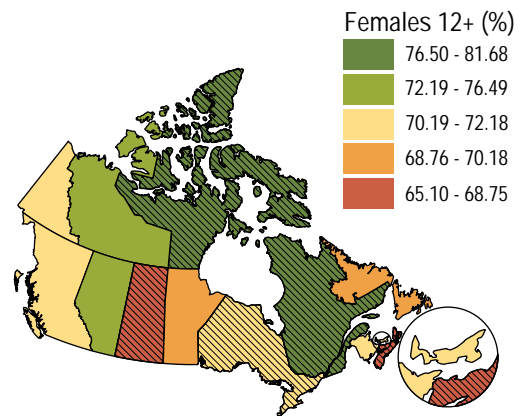
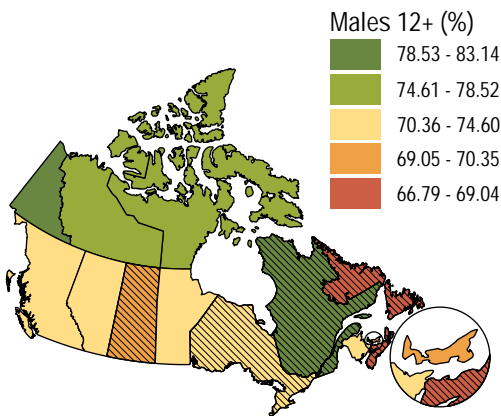
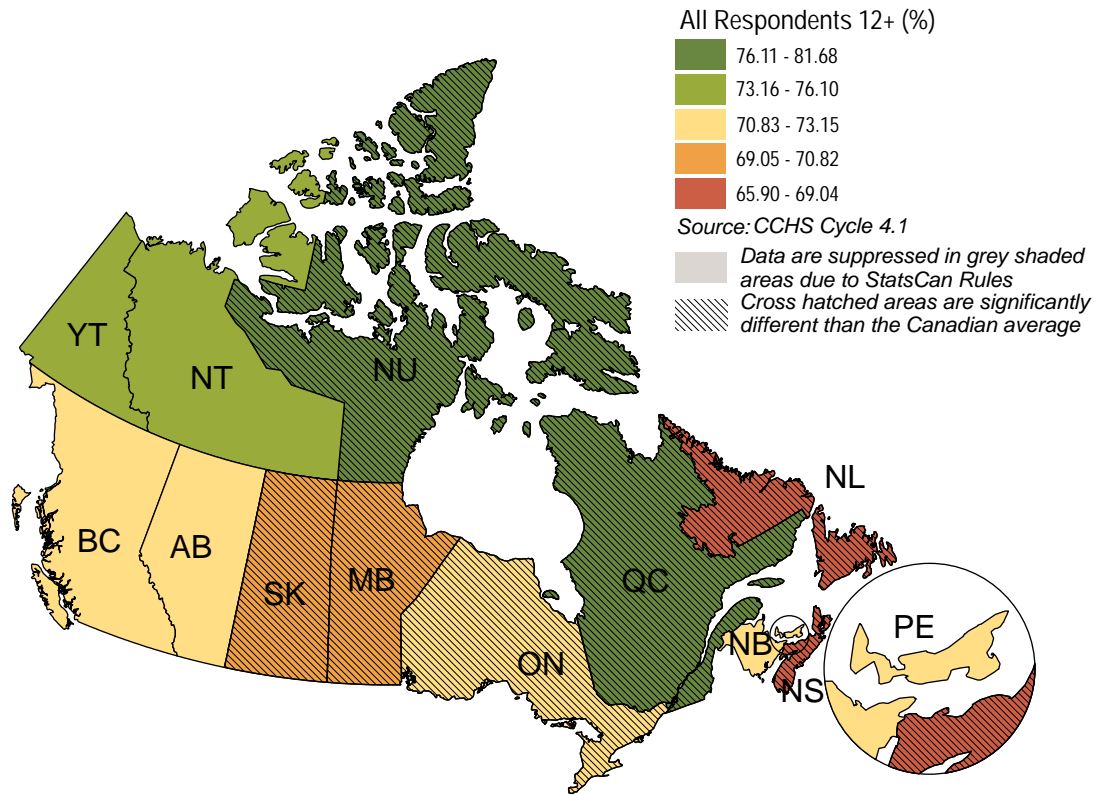
At the Provincial/Territorial level:

- For all respondents, there are 2 jurisdictions (Quebec and Nunavut) significantly higher, and there are 5 jurisdictions (Nfld and Labrador, Nova Scotia, Ontario, Manitoba and Saskatchewan) significantly lower than the Canadian rate.
- For male respondents, there is one jurisdiction (Quebec) significantly higher, and there are 4 jurisdictions (Nfld and Labrador, Nova Scotia, Ontario and Saskatchewan) significantly lower than the Canadian rate.
- For female respondents, there are 2 jurisdictions (Quebec and Nunavut) significantly higher, and there are 3 jurisdictions (Nova Scotia, Ontario and Saskatchewan) significantly lower than the Canadian rate.
- For younger respondents (ages 12 to 19), there are 2 jurisdictions (Quebec and Nunavut) significantly higher, and no jurisdiction is significantly lower than the Canadian rate.
- For older respondents (ages 65+), there is one jurisdiction (Quebec) significantly higher, and there are 5 jurisdictions (Nova Scotia, New Brunswick, Ontario, Saskatchewan and Alberta) significantly lower than the Canadian rate.

Within Provinces/Territories:

- For males 12+ there is one jurisdiction (Quebec) significantly higher, and no jurisdiction is significantly lower than its respective female cohort.
- For younger respondents (ages 12 to 19) there are 10 jurisdictions (Nfld and Labrador, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta, British Columbia and Nunavut) significantly higher, and no jurisdiction is significantly lower than its respective 20 to 64 age cohort.
- For older respondents (ages 65+), no jurisdiction is significantly higher, and there are 12 jurisdictions (Nfld and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta, British Columbia, Yukon and Northwest Territories) significantly lower than their respective 20 to 64 age cohort.

Does not have difficulty with activities



Outcomes index by gender

		Satisfied with life	Good health	Good mental health	Good oral health	Never stressful	No reduced activity at home	No reduced activity outside	No difficulty with activities	Outcomes index
All Respondents	Newfoundland and Labrador					1			-1	0
	Prince Edward Island	1				1				2
	Nova Scotia		-1			1	-1		-1	-2
	New Brunswick		-1	-1			-1			-3
	Quebec	1	1	1	1		1	1	1	7
	Ontario					-1	-1		-1	-3
	Manitoba						-1		-1	-2
	Saskatchewan						-1	-1	-1	-3
	Alberta									0
	<b>British Columbia</b>	-1		-1	-1				-1	-4
	Yukon			1	-1	1				1
	Northwest Territories									0
	Nunavut				-1	1	1	1	1	3
Male Respondents	Newfoundland and Labrador					1			-1	0
	Prince Edward Island									0
	Nova Scotia		-1			1	-1		-1	-2
	New Brunswick		-1	-1			-1			-3
	Quebec			1			1	1	1	4
	Ontario					-1	-1		-1	-3
	Manitoba									0
	Saskatchewan							-1	-1	-2
	Alberta	1		1						2
	<b>British Columbia</b>	-1		-1	-1				-1	-4
	Yukon	1		1	-1					1
	Northwest Territories				-1					-1
	Nunavut				-1	1				0
Female Respondents	Newfoundland and Labrador									0
	Prince Edward Island	1				1				2
	Nova Scotia					1	-1		-1	-1
	New Brunswick		-1							-1
	Quebec		1	1	1		1	1	1	6
	Ontario					-1	-1		-1	-3
	Manitoba				1					1
	Saskatchewan								-1	-1
	Alberta									0
	<b>British Columbia</b>			-1	-1	1				-1
	Yukon				-1	1				0
	Northwest Territories									0
	Nunavut				-1	1	1	1	1	3

+1 Province/Territory scored significantly higher than the Canadian rate.  
 Province/Territory score is not significantly different than the Canadian rate.  
 -1 Province/Territory scored significantly lower than the Canadian rate.

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

## Outcomes index by age

		Satisfied with life	Good health	Good mental health	Good oral health	Never stressful	No reduced activity at home	No reduced activity outside	No difficulty with activities	Outcomes index	
Younger Respondents	Newfoundland and Labrador									0	
	Prince Edward Island					1				1	
	Nova Scotia		1							1	
	New Brunswick									0	
	Quebec	1	1	1					1	4	
	Ontario									0	
	Manitoba									0	
	Saskatchewan									0	
	Alberta									0	
	<b>British Columbia</b>	-1		-1	-1						-3
	Yukon					F	1				1
	Northwest Territories					F					0
Nunavut	-1		-1	-1	F	1		1		-1	

Older Respondents	Newfoundland and Labrador							1		1
	Prince Edward Island									0
	Nova Scotia								-1	-1
	New Brunswick		-1	-1			-1		-1	-4
	Quebec				1		1	1	1	4
	Ontario						-1		-1	-2
	Manitoba									0
	Saskatchewan		-1						-1	-2
	Alberta								-1	-1
	<b>British Columbia</b>									0
	Yukon									0
	Northwest Territories	1								
Nunavut	F	F	F	F	F	F	F	F	F	F

Mid Age Respondents	Newfoundland and Labrador	1				1			-1	1
	Prince Edward Island	1				1				2
	Nova Scotia		-1			1	-1		-1	-2
	New Brunswick		-1			1				0
	Quebec		1	1			1	1	1	5
	Ontario					-1	-1		-1	-3
	Manitoba						-1			-1
	Saskatchewan	1							-1	0
	Alberta	1		1						2
	<b>British Columbia</b>			-1	-1			-1		-3
	Yukon				-1	1				0
	Northwest Territories				-1					-1
Nunavut				-1	1	1			1	

+1 Province/Territory scored significantly higher than the Canadian rate.

Province/Territory score is not significantly different than the Canadian rate.

-1 Province/Territory scored significantly lower than the Canadian rate.

F - Data suppressed by Statistics Canada due to small sample size or high coefficient of variation (coloured grey).

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

**All provinces/territories**

For all respondents, index scores for wellness outcomes ranged from +7 to -4. Three were positive; six were negative and 3 neutral. Quebec had the highest score of +7 compared to a much lower range of +1 to +3 for other jurisdictions with positive scores. British Columbia had the poorest score at -4. Both males and females had a fairly even distribution of positive, negative and neutral scores for this attribute. Males ranged in scores from +4 to -4 with Quebec the best at +4 and British Columbia scoring the poorest at -4. For females there was a range of +6 to -3. Quebec (+6) was best and Ontario (-3) was the worst.

Scores for younger and older respondents had similar ranges of +4 to -3, and +4 to -4, respectively. The younger cohort had a high number of neutral scoring jurisdictions (7) while the older cohort had a fairly even distribution of positive, negative, and neutral scores. For both younger and older cohorts, Quebec had the highest score at +4 while British Columbia (-3) had the lowest score for the younger group and New Brunswick had the lowest score for the older group, at -4.

There were no clear geographical patterns in the results for wellness outcomes. There were, however, some minor similarities between the provinces for the four key demographic cohorts. Saskatchewan, Ontario, New Brunswick and Nova Scotia all scored negatively except for the younger group. British Columbia scored negatively except for the older group, Newfoundland and Labrador was neutral except for the older group, while Manitoba was neutral except for females.

**A focus on British Columbia**

British Columbia had an overall score of -4 for all respondents for the wellness outcomes attribute and was the lowest scoring of all jurisdictions. Overall, British Columbia respondents were less likely than the average Canadian to be satisfied with life, to have good mental health, to have good oral health, and to be free of any long-term condition that would reduce their activity at home.

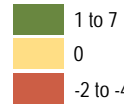
Province/Territory	All	Male	Female	Younger	Older
Quebec	7	4	6	4	4
Nunavut	3	0	3	-1	F
Prince Edward Island	2	0	2	1	0
Yukon	1	1	0	1	0
Alberta	0	2	0	0	-1
Nfld and Labrador	0	0	0	0	1
Northwest Territories	0	-1	0	0	1
Manitoba	-2	0	1	0	0
Nova Scotia	-2	-2	-1	1	-1
Saskatchewan	-3	-2	-1	0	-2
New Brunswick	-3	-3	-1	0	-4
Ontario	-3	-3	-3	0	-2
British Columbia	-4	-4	-1	-3	0

In comparison to the rest of Canada, male respondents had a negative index score of -4 (one of the poorest of all jurisdictions) while females had a score of -1. Males in British Columbia were less likely to be satisfied with life, to have good mental health, to have good oral health, and to have no long-term condition that reduces their activity at home when compared with the Canadian average for males. Female respondents were less likely to have good mental health and good oral health, but were more likely to be stress free than the average for Canadian females. Within the province, males were more likely than females to be free of any long-term condition that reduces their activity at home but less likely than females to have good mental health and good oral health.

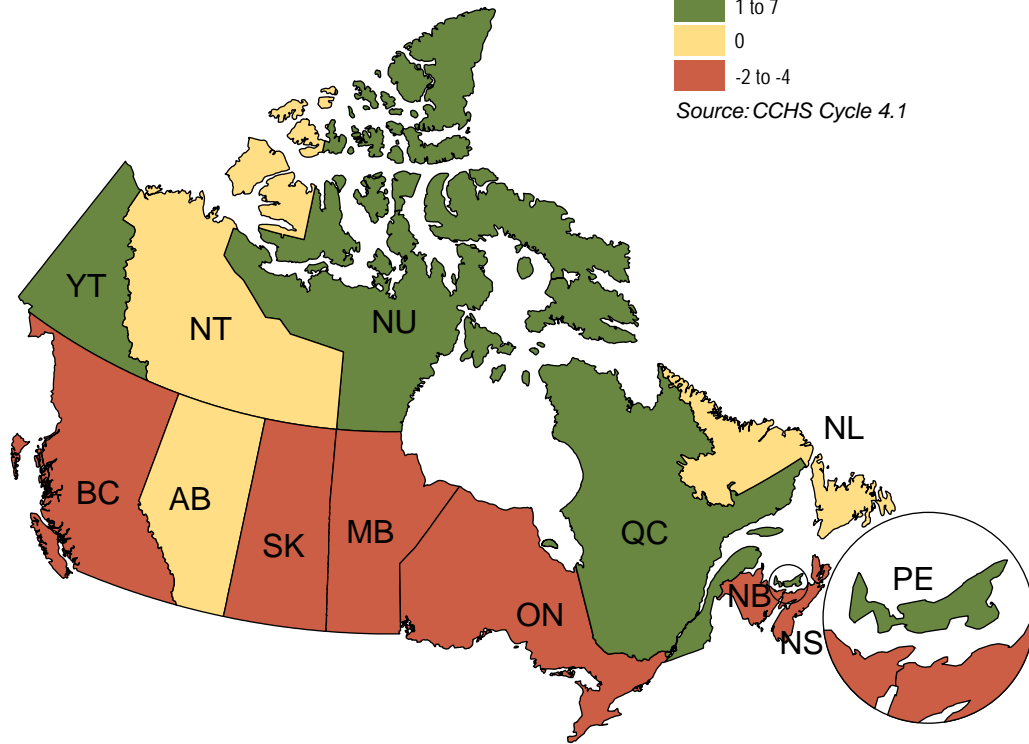
Younger respondents in British Columbia had the poorest index score of all the jurisdictions at -3; they were less likely to be satisfied with life, to have good mental health and to have good oral health. British Columbian older respondents did not have significantly higher or lower results than the Canadian average for any variable. Comparing age cohorts within the province, younger respondents performed better than their mid age counterparts while the older group performed poorly in the same comparison. The younger group was more likely than the mid age cohort to have better self reported health, to be stress free, to be free of any long-term condition that reduces their activity at home or outside of the home, and to have no difficulty with activities. The older age respondents were more likely than the mid age cohort to be stress free, but less likely to be satisfied with life, to have good self reported health, to have good oral health, to be free of any long-term condition that reduces their activity at home or outside the home, and to have no

# Summary of wellness outcomes

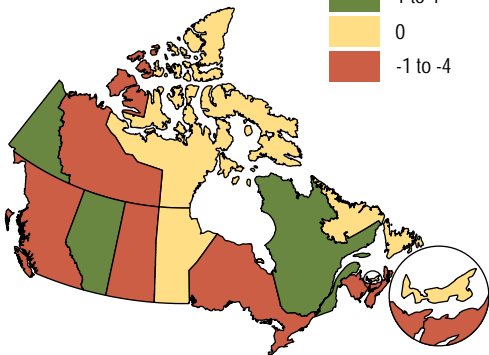
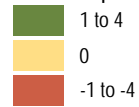
All respondents



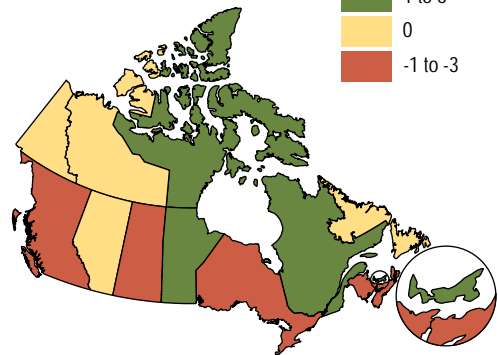
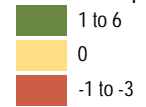
Source: CCHS Cycle 4.1



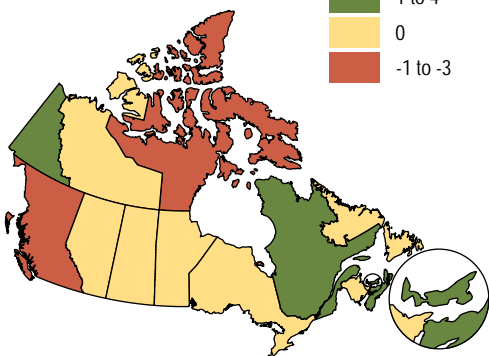
Male respondents



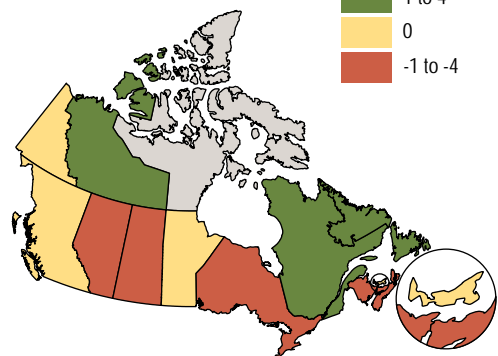
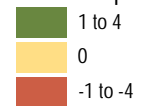
Female respondents



Younger respondents



Older respondents





# 8

## Summary of findings

The findings from the 50 wellness indicators discussed in Chapters 2 to 7, inclusive are summarized in the following pages. First an aggregated index is created by combining the net scores from the six groupings of indicators. An aggregated summary index is created for each of the 13 provinces and territories for the following cohorts:

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

By combining the indicators in this manner each indicator is given equal weight. The construction of the summary indices is provided in the table overleaf. From this table, wellness scores and ratings are developed into two summary tables which show provinces/territories in rank order based on the best positive score to the poorest negative score for the six cohorts noted above. In this manner, readers can see at a glance the relative ranking by province/territory. From these rankings, maps have been developed to show the geographic variations within Canada based on overall positive, neutral or negative scores. Six maps in all have been produced, based on the six cohorts.

A brief write-up accompanies the overall summary tables and maps and a short description is provided on how British Columbia compares with other jurisdictions in Canada. Users can create their own summaries for any other province or territory in Canada, based on the information provided in this *Supplement*.

Of course these descriptions and rankings were based on indicators that we have put together and the exclusion of some indicators and inclusion of others will likely make a difference. Indeed the information provided in this *Supplement* allows a user to drop an indicator if desired to construct an overall index based on different factors. For example, if being free of chronic problems is not viewed as being important, especially for younger respondents, then this whole grouping can be eliminated and a new aggregated index created without including them.

This *Supplement* has a focus on wellness and how British Columbia compares within Canada. But users must be cautioned when interpreting the “wellness scores” created. As noted earlier not all areas were sampled equally in Canada (e.g., only about 71% of the Nunavut population was sampled) and results are based on sample surveys and as such they are subject to some uncertainty. Nevertheless, we believe that the pictures painted here provide an interesting perspective on wellness in Canada.

Summary index by gender

		Asset index	Smoke-free index	Nutrition index	Physical activity index	Chronic-free index	Outcomes index	Aggregate index
All Respondents	Newfoundland and Labrador	0	0	-4	-5	-2	0	-11
	Prince Edward Island	2	1	-4	1	-1	2	1
	Nova Scotia	1	0	-6	0	-6	-2	-13
	New Brunswick	-1	-2	-1	-5	-4	-3	-16
	Quebec	-2	-2	0	-4	4	7	3
	Ontario	2	2	1	1	-1	-3	2
	Manitoba	-2	1	-1	-2	0	-2	-6
	Saskatchewan	-2	-1	1	-6	-2	-3	-13
	Alberta	0	-1	3	4	3	0	9
	<b>British Columbia</b>	0	3	2	4	1	-4	6
	Yukon	1	-1	-3	2	1	1	1
	Northwest Territories	0	1	-6	-4	3	0	-6
	Nunavut	-4	1	-6	-7	10	3	-3
Male Respondents	Newfoundland and Labrador	-1	0	-5	-3	-2	0	-11
	Prince Edward Island	1	1	-5	0	0	0	-3
	Nova Scotia	2	1	-2	-2	-4	-2	-7
	New Brunswick	1	0	-1	-5	-4	-3	-12
	Quebec	-2	-1	1	-4	4	4	2
	Ontario	2	2	1	2	0	-3	4
	Manitoba	-3	2	-1	-2	2	0	-2
	Saskatchewan	0	-1	-1	-4	1	-2	-7
	Alberta	0	-1	-1	2	3	2	5
	<b>British Columbia</b>	0	4	1	2	-1	-4	2
	Yukon	-1	0	-2	-1	0	1	-3
	Northwest Territories	1	0	-4	-3	4	-1	-3
	Nunavut	-1	1	-6	0	8	0	2
Female Respondents	Newfoundland and Labrador	0	2	-3	-7	-2	0	-10
	Prince Edward Island	1	1	-1	2	1	2	6
	Nova Scotia	1	-1	-5	-1	-2	-1	-9
	New Brunswick	-1	0	-1	-5	-1	-1	-9
	Quebec	-2	-2	1	-5	3	6	1
	Ontario	1	2	0	0	-1	-3	-1
	Manitoba	0	1	-1	0	0	1	1
	Saskatchewan	-1	0	2	-2	0	-1	-2
	Alberta	1	1	3	2	2	0	9
	<b>British Columbia</b>	-1	4	1	5	3	-1	11
	Yukon	0	0	-2	2	1	0	1
	Northwest Territories	1	0	-3	-2	4	0	0
	Nunavut	-2	1	-6	-3	8	3	1

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

		Asset index	Smoke-free index	Nutrition index	Physical activity index	Chronic condition index	Outcomes index	Aggregate index
Younger Respondents	Newfoundland and Labrador	-1	-1	-1	1	2	0	0
	Prince Edward Island	-1	0	-1	2	3	1	4
	Nova Scotia	0	0	0	0	0	1	1
	New Brunswick	2	0	1	0	0	0	3
	Quebec	1	-2	0	0	1	4	4
	Ontario	1	2	1	0	0	0	4
	Manitoba	0	1	0	0	3	0	4
	Saskatchewan	-1	-1	0	0	3	0	1
	Alberta	1	-1	0	0	1	0	1
	<b>British Columbia</b>	1	1	0	-1	0	-3	-2
	Yukon	-1	0	0	0	7	1	7
	Northwest Territories	0	0	-1	0	5	0	4
	Nunavut	-1	-1	-5	F	9	-1	1

Older Respondents	Newfoundland and Labrador	-1	1	-3	-3	-3	1	-8
	Prince Edward Island	1	1	0	-1	-1	0	0
	Nova Scotia	0	1	0	0	-2	-1	-2
	New Brunswick	-1	2	-1	-4	0	-4	-8
	Quebec	-3	-2	1	-3	3	4	0
	Ontario	1	1	0	1	-1	-2	0
	Manitoba	-1	1	0	0	1	0	1
	Saskatchewan	-1	1	4	-3	0	-2	-1
	Alberta	2	0	1	1	0	-1	3
	<b>British Columbia</b>	3	2	0	6	0	0	11
	Yukon	1	1	0	1	0	0	3
	Northwest Territories	1	-1	0	0	0	1	1
	Nunavut	1	F	F	-1	F	F	0

Mid Age Respondents	Newfoundland and Labrador	1	2	-4	-3	-2	1	-5
	Prince Edward Island	1	1	-4	0	0	2	0
	Nova Scotia	2	-1	-6	1	-2	-2	-8
	New Brunswick	0	-2	-4	-5	-3	0	-14
	Quebec	-1	-1	1	-4	4	5	4
	Ontario	1	2	1	0	0	-3	1
	Manitoba	-1	0	-1	-1	0	-1	-4
	Saskatchewan	-1	-1	1	-4	1	0	-4
	Alberta	0	0	3	2	1	2	8
	<b>British Columbia</b>	1	3	2	5	0	-3	8
	Yukon	0	0	-2	1	0	0	-1
	Northwest Territories	0	1	-2	-4	4	-1	-2
	Nunavut	-2	1	-6	-1	5	1	-2

F - Data suppressed by Statistics Canada due to small sample size or high coefficient of variation (coloured grey).

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 by gender

### All respondents

The summary wellness for all respondents gives the overall rating for wellness based on the 50 indicators used in this *Supplement*. The summary index had a range from +9 to -16. Six jurisdictions had positive scores and seven had negative scores once the scores from the six groupings of indicators were aggregated. Alberta (+9) had the best overall score, followed by BC (+6). Quebec, Ontario, Yukon and Prince Edward Island also had positive summary index scores. At the other extreme, New Brunswick (-16), Nova Scotia (-13), Saskatchewan (-13) and Newfoundland (-11) had the poorest summary index scores, followed by Manitoba and Northwest Territories, both at -6, and Nunavut at -3. Among the six groupings that were combined to construct the summary index, no jurisdiction was free of having at least one negative grouping score although Alberta and British Columbia each had only one negative grouping. Geographically, the poorest scores were in the eastern part of the country and the best were in the westernmost provinces followed by Central Canada.

### Male respondents

Five jurisdictions had positive scores and eight negative scores. The range in scores from +5 to -12 was less dramatic than for the all respondents group. The best provinces were Alberta and Ontario with positive scores of +5 and +4, respectively. Quebec, BC and Nunavut all had positive scores of +2. New Brunswick (-12) and Newfoundland and Labrador (-11) had the poorest scores, followed by Nova Scotia and Saskatchewan, both at -7. Each jurisdiction had at least one of the six groupings of indicators with a net negative score, although Alberta had only one negative grouping. Geographically, all of the east coast provinces had poor scores as did the northern jurisdictions (except Nunavut). The two western provinces were positive as were Ontario and Quebec, in Central Canada.

Province/Territory	All	Male	Female
Alberta	9	5	9
British Columbia	6	2	11
Quebec	3	2	1
Ontario	2	4	-1
Prince Edward Island	1	-3	6
Yukon	1	-3	1
Nunavut	-3	2	1
Manitoba	-6	-2	1
Northwest Territories	-6	-3	0
Nfld and Labrador	-11	-11	-10
Nova Scotia	-13	-7	-9
Saskatchewan	-13	-7	-2
New Brunswick	-16	-12	-9

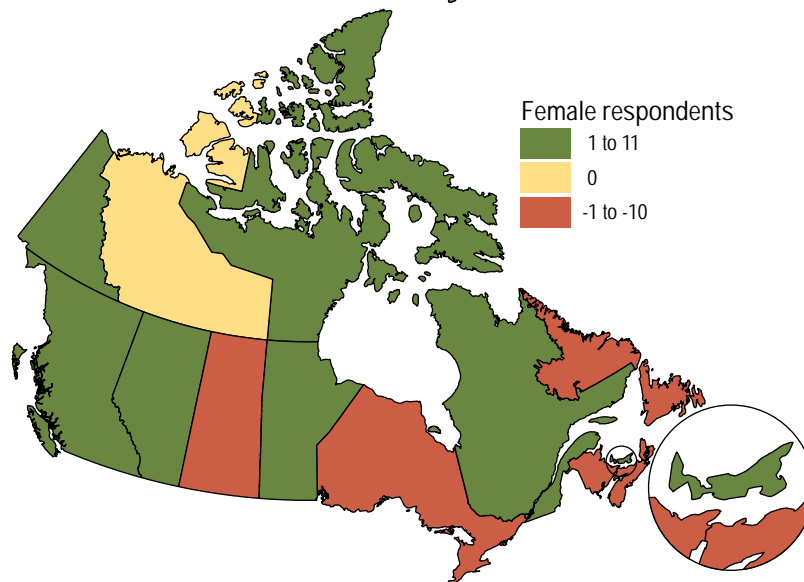
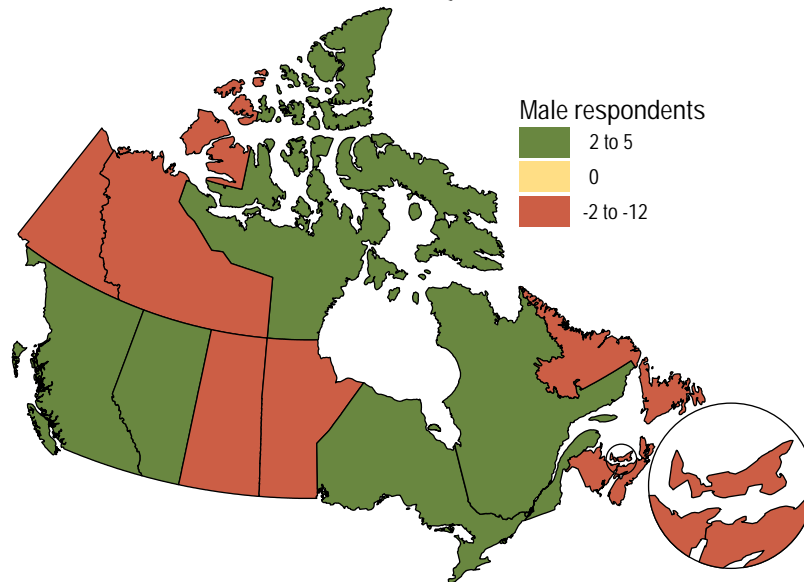
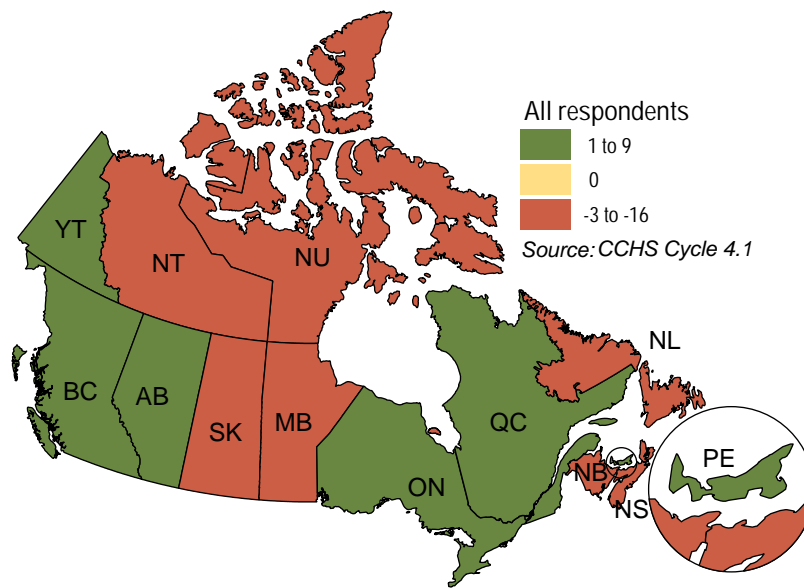
### Female respondents

Seven of the 13 provinces and territories had positive summary index scores and only five had negative scores. Northwest Territories was neutral. The best scores belonged to BC (+11) and Alberta (+9), followed by Prince Edward Island (+6). Quebec, Manitoba, Yukon and Nunavut all with a value of +1. Newfoundland and Labrador (-10) had the poorest score, followed by Nova Scotia and New Brunswick, both with a score of -9. Alberta was the only jurisdiction with no negative scores for any of the six groupings of indicators that made up the summary index. The main patterns geographically showed the poorest scores were found on the east coast (except Prince Edward Island) while the best scores were in the two most western provinces.

### British Columbia summary

For all respondents, BC had the second best rating after Alberta, and was the best for the physical activity and smoke-free indices. The wellness outcomes index was the poorest among all provinces/territories. While still positive overall for male respondents, BC rated third best (with Quebec and Nunavut) after Alberta and Ontario. BC males had the best ratings for the smoke-free and physical activity indices, but the poorest among all provinces/territories for the wellness outcome index. BC female respondents had the best overall rating and excelled on the physical activity and smoke-free indices.

### Aggregate summary by gender



## Aggregate summary by age

### Younger respondents

When each of the six wellness indices were combined into a single, summary wellness index, the scores among the provinces and territories ranged from +7 to -2 for the younger respondents group. All but two provinces had an overall positive index: Newfoundland and Labrador was neutral (0) while BC (-2) was the only province with a negative score. The Yukon had the highest positive score at +7, followed by five jurisdictions, Prince Edward Island, Quebec, Ontario, Manitoba and Northwest Territories, all with positive scores of +4. While most jurisdictions had a combination of positive, negative and neutral scores for the six groupings of indicators, only Nova Scotia, New Brunswick, Ontario and Manitoba had no net negative groupings. There were no clear geographic patterns.

### Older respondents

The net scores for the summary wellness index for this age cohort ranged from +11 to -8. Five jurisdictions had overall positive scores, four had negative scores and the remaining four had neutral scores. In contrast to the result for the younger respondents, BC had by far the highest positive score (+11), followed by Alberta and the Yukon, both with scores of +3. Manitoba and Northwest Territories were also positive. At the other extreme, Newfoundland and New Brunswick had the poorest summary wellness index scores, both at -8, followed by Nova Scotia (-2) and Saskatchewan (-1). Among the six groupings of indicators used to create the summary wellness index, only BC and the Yukon had no negative grouping. Geographically, the eastern provinces were negative (with the exception of Prince Edward Island) and the west and northern jurisdictions were positive except for Nunavut, which scored neutral, largely because few data were available to adequately measure indicators.

### Mid age respondents

The range in net scores for mid age respondents was substantial, going from +8 to -14. The best summary index score was recorded by both Alberta and BC (both +8).

Province/Territory	Mid age	Younger	Older
Alberta	8	1	3
British Columbia	8	-2	11
Quebec	4	4	0
Ontario	1	4	0
Prince Edward Island	0	4	0
Yukon	-1	7	3
Nunavut	-2	1	0
Northwest Territories	-2	4	1
Manitoba	-4	4	1
Saskatchewan	-4	1	-1
Nfld and Labrador	-5	0	-8
Nova Scotia	-8	1	-2
New Brunswick	-14	3	-8

Quebec (+4) and Ontario (+1) also had a positive summary index. Eight jurisdictions, however, had net negative scores and only Prince Edward Island was neutral overall. The poorest score was recorded by New Brunswick (-14), followed by Nova Scotia (-8) and Newfoundland and Labrador (-5). Manitoba and Saskatchewan both had negative scores of -4, while the three northern jurisdictions also each had a negative summary wellness index. Alberta was the only province that had no negative index for any of the six groupings of indicators used to create the summary index. There were clear geographical patterns: the east coast provinces (with the exception of Prince Edward Island), northern jurisdictions and prairie provinces had negative summary index scores, while the two western most provinces and Quebec and Ontario had positive scores.

### British Columbia summary

The province showed major contrasts in the summary wellness index. For the older respondents, BC was by far the best overall among all of Canada's provinces/territories, and also had the highest score (along with Alberta) for mid age respondents. BC older respondents were the best in the country for the asset, smoke-free and physical activity indices, as was the mid age cohort for smoke-free and physical activity indices. BC mid age respondents were the poorest, however, on the outcomes index. For the younger respondents, BC had the poorest score of any of the provinces and territories and was the only jurisdiction to have an overall negative summary wellness score, because of poor scores on the physical activity and outcomes indices.

### Aggregate summary by age

