

Table 105-0034^{1,2,3,4,8,9}

Changes made to improve health, by age group and sex, household population aged 12 and over, selected provinces, territories and health regions (January 2000 boundaries), every 2 years

Survey or program details:

Canadian Community Health Survey - [3226](#)

Geography^{4,8,9}=Health Labrador Corporation, Newfoundland and Labrador (Peer group F) [1006]

Age group	Sex	Changes made to improve health ^{2,3,4}	Characteristics ^{5,6,7,19}	2000/2001
Total, 12 years and over	Both sexes	Total, changes made to improve health	Number of persons	20,151
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	6,199
			Percent	30.8
		Changes made to improve health, lost weight	Number of persons	1,897
			Percent	9.4
		Changes made to improve health, eating habits	Number of persons	1,242 ^E
			Percent	6.2 ^E
		Changes made to improve health, quit smoking	Number of persons	1,354 ^E
			Percent	6.7 ^E
		Changes made to improve health, other	Number of persons	461 ^E
			Percent	2.3 ^E
		Changes made to improve health, none	Number of persons	7,552
			Percent	37.5
		Changes made to improve health, not stated	Number of persons	1,446 ^E
			Percent	7.2 ^E
	Males	Total, changes made to improve health	Number of persons	10,335
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	2,254
			Percent	21.8
		Changes made to improve health, lost weight	Number of persons	811 ^E
			Percent	7.8 ^E
		Changes made to improve health, eating habits	Number of persons	636 ^E
			Percent	6.2 ^E
		Changes made to improve health, quit smoking	Number of persons	1,025 ^E
			Percent	9.9 ^E
		Changes made to improve health, other	Number of persons	F
			Percent	F
		Changes made to improve health, none	Number of persons	4,291
			Percent	41.5
		Changes made to improve health, not stated	Number of persons	1,162 ^E
			Percent	11.2 ^E
		Total, changes made to improve health	Number of persons	9,816
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	3,945
			Percent	40.2
			Number of persons	

12 to 19 years	Females	Changes made to improve health, lost weight		1,086 ^E
			Percent	11.1 ^E
		Changes made to improve health, eating habits	Number of persons	606 ^E
			Percent	6.2 ^E
		Changes made to improve health, quit smoking	Number of persons	F
			Percent	F
		Changes made to improve health, other	Number of persons	F
			Percent	F
		Changes made to improve health, none	Number of persons	3,262
			Percent	33.2
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
	Both sexes	Total, changes made to improve health	Number of persons	3,172
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	1,151 ^E
			Percent	36.3 ^E
		Changes made to improve health, lost weight	Number of persons	F
			Percent	F
		Changes made to improve health, eating habits	Number of persons	F
			Percent	F
		Changes made to improve health, quit smoking	Number of persons	F
			Percent	F
		Changes made to improve health, other	Number of persons	F
			Percent	F
		Changes made to improve health, none	Number of persons	916 ^E
			Percent	28.9 ^E
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
	Males	Total, changes made to improve health	Number of persons	1,583
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	409 ^E
			Percent	25.8 ^E
		Changes made to improve health, lost weight	Number of persons	F
			Percent	F
		Changes made to improve health, eating habits	Number of persons	F
			Percent	F
		Changes made to improve health, quit smoking	Number of persons	F
			Percent	F
		Changes made to improve health, other	Number of persons	F
			Percent	F
		Changes made to improve health, none	Number of persons	634 ^E
			Percent	40.0 ^E
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
		Total, changes made to improve health	Number of persons	1,589
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	742 ^E
			Percent	46.7 ^E
		Changes made to improve health, lost weight	Number of persons	F
			Percent	F

	Females	Changes made to improve health, eating habits	Number of persons	F
			Percent	F
		Changes made to improve health, quit smoking	Number of persons	F
			Percent	F
		Changes made to improve health, other	Number of persons	F
			Percent	F
		Changes made to improve health, none	Number of persons	F
			Percent	F
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
	Both sexes	Total, changes made to improve health	Number of persons	926 ^E
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	551 ^E
			Percent	59.6 ^E
		Changes made to improve health, lost weight	Number of persons	F
			Percent	F
		Changes made to improve health, eating habits	Number of persons	F
			Percent	F
		Changes made to improve health, quit smoking	Number of persons	F
			Percent	F
		Changes made to improve health, other	Number of persons	F
			Percent	F
		Changes made to improve health, none	Number of persons	F
			Percent	F
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
	Males	Total, changes made to improve health	Number of persons	398 ^E
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	F
			Percent	F
		Changes made to improve health, lost weight	Number of persons	F
			Percent	F
		Changes made to improve health, eating habits	Number of persons	F
			Percent	F
		Changes made to improve health, quit smoking	Number of persons	F
			Percent	F
		Changes made to improve health, other	Number of persons	F
			Percent	F
		Changes made to improve health, none	Number of persons	F
			Percent	F
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
	Females	Total, changes made to improve health	Number of persons	528 ^E
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	F
			Percent	F
		Changes made to improve health, lost weight	Number of persons	F
			Percent	F
		Changes made to improve health, eating habits	Number of persons	F
			Percent	F
		Changes made to improve health, quit smoking	Number of persons	F

15 to 19 years			Percent	F
		Changes made to improve health, other	Number of persons	F
			Percent	F
		Changes made to improve health, none	Number of persons	F
			Percent	F
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
	Both sexes	Total, changes made to improve health	Number of persons	2,246
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	599 ^E
			Percent	26.7 ^E
		Changes made to improve health, lost weight	Number of persons	F
			Percent	F
		Changes made to improve health, eating habits	Number of persons	F
			Percent	F
		Changes made to improve health, quit smoking	Number of persons	F
			Percent	F
		Changes made to improve health, other	Number of persons	F
			Percent	F
		Changes made to improve health, none	Number of persons	694 ^E
			Percent	30.9 ^E
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
	Males	Total, changes made to improve health	Number of persons	1,185
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	F
			Percent	F
		Changes made to improve health, lost weight	Number of persons	F
			Percent	F
		Changes made to improve health, eating habits	Number of persons	F
			Percent	F
		Changes made to improve health, quit smoking	Number of persons	F
			Percent	F
	Females	Total, changes made to improve health	Number of persons	1,061
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	F
			Percent	38.9 ^E
		Changes made to improve health, lost weight	Number of persons	F
			Percent	F
		Changes made to improve health, eating habits	Number of persons	F
			Percent	F
		Changes made to improve health, quit smoking	Number of persons	F
			Percent	F
		Changes made to improve health, other	Number of persons	F
			Percent	F

20 to 34 years		Changes made to improve health, none	Number of persons	F
			Percent	F
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
	Both sexes	Total, changes made to improve health	Number of persons	5,839
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	2,275
			Percent	39.0
		Changes made to improve health, lost weight	Number of persons	F
			Percent	F
		Changes made to improve health, eating habits	Number of persons	F
			Percent	F
		Changes made to improve health, quit smoking	Number of persons	586 ^E
			Percent	10.0 ^E
		Changes made to improve health, other	Number of persons	F
			Percent	F
		Changes made to improve health, none	Number of persons	2,054
			Percent	35.2
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
	Males	Total, changes made to improve health	Number of persons	2,891
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	668 ^E
			Percent	23.1 ^E
		Changes made to improve health, lost weight	Number of persons	F
			Percent	F
		Changes made to improve health, eating habits	Number of persons	F
			Percent	F
		Changes made to improve health, quit smoking	Number of persons	F
			Percent	F
		Changes made to improve health, other	Number of persons	F
			Percent	F
		Changes made to improve health, none	Number of persons	1,373 ^E
			Percent	47.5
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
	Females	Total, changes made to improve health	Number of persons	2,948
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	1,607
			Percent	54.5
		Changes made to improve health, lost weight	Number of persons	F
			Percent	F
		Changes made to improve health, eating habits	Number of persons	F
			Percent	F
		Changes made to improve health, quit smoking	Number of persons	F
			Percent	F
		Changes made to improve health, other	Number of persons	F
			Percent	F
		Changes made to improve health, none	Number of persons	681 ^E
			Percent	23.1 ^E
		Changes made to improve health, not stated	Number of persons	F

			Percent	F
20 to 24 years	Both sexes	Total, changes made to improve health	Number of persons	1,940
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	783 ^E
			Percent	40.4 ^E
		Changes made to improve health, lost weight	Number of persons	F
			Percent	F
		Changes made to improve health, eating habits	Number of persons	F
			Percent	F
		Changes made to improve health, quit smoking	Number of persons	F
			Percent	F
		Changes made to improve health, other	Number of persons	F
			Percent	F
		Changes made to improve health, none	Number of persons	625 ^E
			Percent	32.2 ^E
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
	Males	Total, changes made to improve health	Number of persons	877 ^E
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	F
			Percent	F
		Changes made to improve health, lost weight	Number of persons	F
			Percent	F
		Changes made to improve health, eating habits	Number of persons	F
			Percent	F
		Changes made to improve health, quit smoking	Number of persons	F
			Percent	F
		Changes made to improve health, other	Number of persons	F
			Percent	F
		Changes made to improve health, none	Number of persons	F
			Percent	F
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
	Females	Total, changes made to improve health	Number of persons	1,064 ^E
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	643 ^E
			Percent	60.5 ^E
		Changes made to improve health, lost weight	Number of persons	F
			Percent	F
		Changes made to improve health, eating habits	Number of persons	F
			Percent	F
		Changes made to improve health, quit smoking	Number of persons	F
			Percent	F
		Changes made to improve health, other	Number of persons	F
			Percent	F
		Changes made to improve health, none	Number of persons	F
			Percent	F
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
		Total, changes made to improve health	Number of persons	3,899
			Percent	100.0

25 to 34 years	Both sexes	Changes made to improve health, increase exercise	Number of persons	1,492 ^E
			Percent	38.3
		Changes made to improve health, lost weight	Number of persons	F
			Percent	F
		Changes made to improve health, eating habits	Number of persons	F
			Percent	F
		Changes made to improve health, quit smoking	Number of persons	F
			Percent	F
		Changes made to improve health, other	Number of persons	F
			Percent	F
		Changes made to improve health, none	Number of persons	1,429 ^E
			Percent	36.7 ^E
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
	Males	Total, changes made to improve health	Number of persons	2,014
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	528 ^E
			Percent	26.2 ^E
		Changes made to improve health, lost weight	Number of persons	F
			Percent	F
		Changes made to improve health, eating habits	Number of persons	F
			Percent	F
		Changes made to improve health, quit smoking	Number of persons	F
			Percent	F
		Changes made to improve health, other	Number of persons	F
			Percent	F
		Changes made to improve health, none	Number of persons	908 ^E
			Percent	45.1 ^E
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
	Females	Total, changes made to improve health	Number of persons	1,885
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	963 ^E
			Percent	51.1 ^E
		Changes made to improve health, lost weight	Number of persons	F
			Percent	F
		Changes made to improve health, eating habits	Number of persons	F
			Percent	F
		Changes made to improve health, quit smoking	Number of persons	F
			Percent	F
		Changes made to improve health, other	Number of persons	F
			Percent	F
		Changes made to improve health, none	Number of persons	F
			Percent	27.7 ^E
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
		Total, changes made to improve health	Number of persons	4,125
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	872 ^E
			Percent	21.1 ^E

35 to 44 years	Both sexes	Changes made to improve health, lost weight	Number of persons	682 ^E
			Percent	16.5 ^E
		Changes made to improve health, eating habits	Number of persons	F
			Percent	F
		Changes made to improve health, quit smoking	Number of persons	F
			Percent	F
		Changes made to improve health, other	Number of persons	F
			Percent	F
		Changes made to improve health, none	Number of persons	1,648
			Percent	40.0
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
	Males	Total, changes made to improve health	Number of persons	2,158
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	F
			Percent	F
		Changes made to improve health, lost weight	Number of persons	F
			Percent	F
		Changes made to improve health, eating habits	Number of persons	F
			Percent	F
		Changes made to improve health, quit smoking	Number of persons	F
			Percent	F
		Changes made to improve health, other	Number of persons	F
			Percent	F
		Changes made to improve health, none	Number of persons	916 ^E
			Percent	42.5 ^E
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
	Females	Total, changes made to improve health	Number of persons	1,968
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	621 ^E
			Percent	31.6 ^E
		Changes made to improve health, lost weight	Number of persons	F
			Percent	F
		Changes made to improve health, eating habits	Number of persons	F
			Percent	F
		Changes made to improve health, quit smoking	Number of persons	F
			Percent	F
		Changes made to improve health, other	Number of persons	F
			Percent	F
		Changes made to improve health, none	Number of persons	732 ^E
			Percent	37.2 ^E
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
		Total, changes made to improve health	Number of persons	5,972
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	1,782 ^E
			Percent	29.8 ^E
		Changes made to improve health, lost weight	Number of persons	561 ^E
			Percent	9.4 ^E

45 to 64 years	Both sexes	Changes made to improve health, eating habits	Number of persons	F
			Percent	F
		Changes made to improve health, quit smoking	Number of persons	F
			Percent	F
		Changes made to improve health, other	Number of persons	F
			Percent	F
		Changes made to improve health, none	Number of persons	2,482
			Percent	41.6
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
	Males	Total, changes made to improve health	Number of persons	3,182
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	819 ^E
			Percent	25.7 ^E
		Changes made to improve health, lost weight	Number of persons	F
			Percent	F
		Changes made to improve health, eating habits	Number of persons	F
			Percent	F
		Changes made to improve health, quit smoking	Number of persons	F
			Percent	F
		Changes made to improve health, other	Number of persons	F
			Percent	F
		Changes made to improve health, none	Number of persons	1,179
			Percent	37.0
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
	Females	Total, changes made to improve health	Number of persons	2,790
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	963 ^E
			Percent	34.5 ^E
		Changes made to improve health, lost weight	Number of persons	347 ^E
			Percent	12.4 ^E
		Changes made to improve health, eating habits	Number of persons	F
			Percent	F
		Changes made to improve health, quit smoking	Number of persons	F
			Percent	F
		Changes made to improve health, other	Number of persons	F
			Percent	F
		Changes made to improve health, none	Number of persons	1,303
			Percent	46.7
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
	Both sexes	Total, changes made to improve health	Number of persons	3,993
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	1,112 ^E
			Percent	27.9 ^E
		Changes made to improve health, lost weight	Number of persons	484 ^E
			Percent	12.1 ^E
		Changes made to improve health, eating habits	Number of persons	F
			Percent	F
			Number of persons	F

45 to 54 years		Changes made to improve health, quit smoking	Percent	F
		Changes made to improve health, other	Number of persons	F
			Percent	F
		Changes made to improve health, none	Number of persons	1,659
			Percent	41.6
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
	Males	Total, changes made to improve health	Number of persons	1,979
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	524 ^E
			Percent	26.5 ^E
		Changes made to improve health, lost weight	Number of persons	F
			Percent	F
		Changes made to improve health, eating habits	Number of persons	F
			Percent	F
		Changes made to improve health, quit smoking	Number of persons	F
			Percent	F
		Changes made to improve health, other	Number of persons	F
			Percent	F
		Changes made to improve health, none	Number of persons	634 ^E
			Percent	32.0 ^E
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
	Females	Total, changes made to improve health	Number of persons	2,014
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	589 ^E
			Percent	29.2 ^E
		Changes made to improve health, lost weight	Number of persons	F
			Percent	F
		Changes made to improve health, eating habits	Number of persons	F
			Percent	F
		Changes made to improve health, quit smoking	Number of persons	F
			Percent	F
		Changes made to improve health, other	Number of persons	F
			Percent	F
		Changes made to improve health, none	Number of persons	1,025
			Percent	50.9
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
	Both sexes	Total, changes made to improve health	Number of persons	1,979
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	670 ^E
			Percent	33.8 ^E
		Changes made to improve health, lost weight	Number of persons	F
			Percent	F
		Changes made to improve health, eating habits	Number of persons	F
			Percent	F
		Changes made to improve health, quit smoking	Number of persons	F
			Percent	F
		Changes made to improve health, other	Number of persons	F
			Percent	F

55 to 64 years		Changes made to improve health, none	Number of persons	823 ^E
			Percent	41.6 ^E
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
	Males	Total, changes made to improve health	Number of persons	1,203
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	F
			Percent	F
		Changes made to improve health, lost weight	Number of persons	F
			Percent	F
		Changes made to improve health, eating habits	Number of persons	F
			Percent	F
		Changes made to improve health, quit smoking	Number of persons	F
			Percent	F
		Changes made to improve health, other	Number of persons	F
			Percent	F
		Changes made to improve health, none	Number of persons	545 ^E
			Percent	45.3 ^E
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
	Females	Total, changes made to improve health	Number of persons	776 ^E
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	374 ^E
			Percent	48.2 ^E
		Changes made to improve health, lost weight	Number of persons	F
			Percent	F
		Changes made to improve health, eating habits	Number of persons	F
			Percent	F
		Changes made to improve health, quit smoking	Number of persons	F
			Percent	F
		Changes made to improve health, other	Number of persons	F
			Percent	F
		Changes made to improve health, none	Number of persons	F
			Percent	35.8 ^E
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
	Both sexes	Total, changes made to improve health	Number of persons	1,043
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	F
			Percent	F
		Changes made to improve health, lost weight	Number of persons	F
			Percent	F
		Changes made to improve health, eating habits	Number of persons	F
			Percent	F
		Changes made to improve health, quit smoking	Number of persons	F
			Percent	F
		Changes made to improve health, other	Number of persons	F
			Percent	F
		Changes made to improve health, none	Number of persons	453 ^E
			Percent	43.4 ^E
			Number of persons	F

65 years and over	Males	Changes made to improve health, not stated	Percent	F
		Total, changes made to improve health	Number of persons	F
			Percent	F
		Changes made to improve health, increase exercise	Number of persons	F
			Percent	F
		Changes made to improve health, lost weight	Number of persons	F
			Percent	F
		Changes made to improve health, eating habits	Number of persons	F
			Percent	F
		Changes made to improve health, quit smoking	Number of persons	F
			Percent	F
		Changes made to improve health, other	Number of persons	F
			Percent	F
		Changes made to improve health, none	Number of persons	F
			Percent	F
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
	Females	Total, changes made to improve health	Number of persons	522
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	F
			Percent	F
		Changes made to improve health, lost weight	Number of persons	F
			Percent	F
		Changes made to improve health, eating habits	Number of persons	F
			Percent	F
		Changes made to improve health, quit smoking	Number of persons	F
			Percent	F
		Changes made to improve health, other	Number of persons	F
			Percent	F
		Changes made to improve health, none	Number of persons	F
			Percent	F
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
	Both sexes	Total, changes made to improve health	Number of persons	567 ^E
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	F
			Percent	F
		Changes made to improve health, lost weight	Number of persons	F
			Percent	F
		Changes made to improve health, eating habits	Number of persons	F
			Percent	F
		Changes made to improve health, quit smoking	Number of persons	F
			Percent	F
		Changes made to improve health, other	Number of persons	F
			Percent	F
		Changes made to improve health, none	Number of persons	F
			Percent	F
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
		Total, changes made to improve health	Number of persons	F
			Percent	F
			Number of persons	F

65 to 74 years	Males	Changes made to improve health, increase exercise	Percent	F
		Changes made to improve health, lost weight	Number of persons	F
			Percent	F
		Changes made to improve health, eating habits	Number of persons	F
			Percent	F
		Changes made to improve health, quit smoking	Number of persons	F
			Percent	F
		Changes made to improve health, other	Number of persons	F
			Percent	F
	Females	Changes made to improve health, none	Number of persons	F
			Percent	F
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
		Total, changes made to improve health	Number of persons	F
			Percent	F
		Changes made to improve health, increase exercise	Number of persons	F
			Percent	F
		Changes made to improve health, lost weight	Number of persons	F
			Percent	F
		Changes made to improve health, eating habits	Number of persons	F
			Percent	F
		Changes made to improve health, quit smoking	Number of persons	F
			Percent	F
		Changes made to improve health, other	Number of persons	F
			Percent	F
		Changes made to improve health, none	Number of persons	F
			Percent	F
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
	Both sexes	Total, changes made to improve health	Number of persons	476 ^E
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	F
			Percent	F
		Changes made to improve health, lost weight	Number of persons	F
			Percent	F
		Changes made to improve health, eating habits	Number of persons	F
			Percent	F
		Changes made to improve health, quit smoking	Number of persons	F
			Percent	F
		Changes made to improve health, other	Number of persons	F
			Percent	F
		Changes made to improve health, none	Number of persons	F
			Percent	F
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
		Total, changes made to improve health	Number of persons	F
			Percent	F
		Changes made to improve health, increase exercise	Number of persons	F
			Percent	F
		Changes made to improve health, lost weight	Number of persons	F
			Percent	F
			Number of persons	F

75 years and over	Males	Changes made to improve health, eating habits	Percent	F
		Changes made to improve health, quit smoking	Number of persons	F
			Percent	F
		Changes made to improve health, other	Number of persons	F
			Percent	F
		Changes made to improve health, none	Number of persons	F
			Percent	F
	Females	Changes made to improve health, not stated	Number of persons	F
			Percent	F
		Total, changes made to improve health	Number of persons	F
			Percent	F
		Changes made to improve health, increase exercise	Number of persons	F
			Percent	F
		Changes made to improve health, lost weight	Number of persons	F
			Percent	F
		Changes made to improve health, eating habits	Number of persons	F
			Percent	F
		Changes made to improve health, quit smoking	Number of persons	F
			Percent	F
		Changes made to improve health, other	Number of persons	F
			Percent	F
		Changes made to improve health, none	Number of persons	F
			Percent	F
		Changes made to improve health, not stated	Number of persons	F
			Percent	F

Symbol legend:

^E Use with caution

^F Too unreliable to be published

Footnotes:

1. Source: Statistics Canada, Canadian Community Health Survey, 2000/2001
2. Population aged 12 and over who reported on changes made to improve their health in the 12 months preceding the survey.
3. Changes in "other" included: drank less alcohol, received medical treatment, took vitamins and other actions as specified by the respondent.
4. Provincial estimates were given only for those provinces in which survey respondents in all health regions answered the "Changes made to improve health" module.
5. Bootstrapping techniques were used to produce the coefficient of variation (CV) and 95% confidence intervals (CIs).
6. Data with a coefficient of variation (CV) from 16.6% to 33.3% are identified by an (E) and should be interpreted with caution.
7. Data with a coefficient of variation (CV) greater than 33.3% were suppressed (F) due to extreme sampling variability.
8. Health regions are defined by provincial governments as the areas of responsibility for regional health boards (legislated) or as regions of interest to health care authorities.
9. A "peer group" is a grouping of health regions that have similar social and economic characteristics.
19. The following standard symbols are used in this Statistics Canada table: (..) for figures not available for a specific reference period and (...) for figures not applicable.

Source: Statistics Canada. *Table 105-0034 - Changes made to improve health, by age group and sex, household population aged 12 and over, selected provinces, territories and health regions (January 2000 boundaries), every 2 years, CANSIM (database).*

<http://cansim2.statcan.ca/cgi-win/cnsmcgi.exe?>

[Lang=E&CANSIMFile=CII\CII_1_E.htm&RootDir=CII/](http://cansim2.statcan.ca/cgi-win/cnsmcgi.exe?Lang=E&CANSIMFile=CII\CII_1_E.htm&RootDir=CII/)

(accessed: October 1, 2008)