



Table 105-00341,2,3,4,8,9

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 about the second to immediate belief	Number of persons	20,151
		Total, changes made to improve health	Percent	100.0
		Changes made to improve health increase evereics	Number of persons	6,199
		Changes made to improve health, increase exercise	Percent	30.8
		Changes made to improve health, lost weight	Number of persons	1,897
		Changes made to improve health, lost weight	Percent	9.4
		Changes made to improve health, esting habite	Number of persons	1,242 ^E
		Changes made to improve health, eating habits	Percent	6.2 ^E
	Both sexes		Number of persons	1,354 ^E
		Changes made to improve health, quit smoking	Percent	6.7 ^E
		nges made to improve health, other	Number of persons	461 ^E
		Changes made to improve health, other	Percent	2.3 ^E
		Changes made to improve health, none	Number of persons	7,552
		Changes made to improve health, none	Percent	37.5
		Changes made to improve health, not stated	Number of persons	1,446 ^E
			Percent	7.2 ^E
		Total, changes made to improve health	Number of persons	10,33
			Percent	100.0
Total, 12 years and over		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 ^l
			Percent	7.8 ^l
		Changes made to improve health seting hebits	Number of persons	636 ^l
	Malaa	Changes made to improve health, eating habits	Percent	6.2 ^l
	Males	Changes made to improve health, quit smoking	Number of persons	1,025 ^l
			Percent	9.9 ^l
		Champion made to immunity hoolth, other	Number of persons	F
		Changes made to improve health, other	Percent	I
		Changes made to improve health, none	Number of persons	4,29
		Changes made to improve health, none	Percent	41.
		Changes made to improve health, not stated	Number of persons	1,162 ^l
		Changes made to improve health, not stated	Percent	11.2 ^l
		Total shanges made to improve health	Number of persons	9,816
		Total, changes made to improve health	Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	3,94
		Changes made to improve health, increase exercise	Percent	40.2
			Number of persons	

			I I	1,086 ^E
		Changes made to improve health, lost weight	Percent	11.1 ^E
			Number of persons	606 ^E
		Changes made to improve health, eating habits	Percent	6.2 ^E
			Number of persons	
		Changes made to improve health, quit smoking	Percent	F
	Females		Number of persons	F
		Changes made to improve health, other	Percent	F
			Number of persons	3,262
		Changes made to improve health, none	Percent	33.2
			Number of persons	F
		Changes made to improve health, not stated	Percent	F
			Number of persons	3,172
		Total, changes made to improve health	Percent	100.0
			Number of persons	1,151 ^E
		Changes made to improve health, increase exercise	Percent	36.3 ^E
			Number of persons	F
		Changes made to improve health, lost weight	Percent	F
			Number of persons	F
		Changes made to improve health, eating habits	Percent	F
	Both sexes		Number of persons	F
		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	916 ^E
			Percent	28.9 ^E
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
		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
12 to 19 years			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
	Males	Changes made to improve health, eating habits	Percent	F
	Maics	Changes made to improve health, quit smoking	Number of persons	F
		onanges made to improve nearin, quit smoking	Percent	F
		Changes made to improve health, other	Number of persons	F
		Granges made to improve nearing early	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
_		Changes made to improve health, not stated	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
		Changes made to improve health, increase exercise	Percent	46.7 ^E
		Changes made to improve health, lost weight	Number of persons	F
		Changes made to improve nearth, lost weight	Percent	F
	I		 	

1		1		
		Changes made to improve health, eating habits	Number of persons	I
			Percent	
		Changes made to improve health, quit smoking	Number of persons	I
Femal		Changes made to improve health, quit smoking	Percent	I
			Number of persons	
	Females	Changes made to improve health, other	Percent	I
			Number of persons	
		Changes made to improve health, none	Percent	
			Number of persons	
		Changes made to improve health, not stated	Percent	
		Total, changes made to improve health	Number of persons	926
			Percent	100.
		Oh	Number of persons	551
		Changes made to improve health, increase exercise	Percent	59.6
			Number of persons	00.0
		Changes made to improve health, lost weight		
			Percent	
		Changes made to improve health, eating habits	Number of persons	
	Both sexes		Percent	
		Changes made to improve health, quit smoking	Number of persons	
		Changes made to improve health, quit emering	Percent	
		Changes made to improve health, other	Number of persons	
		Changes made to improve health, other	Percent	
			Number of persons	
		Changes made to improve health, none	Percent	
		Changes made to improve health, not stated	Number of persons	
			Percent	
		Total, changes made to improve health	Number of persons	398
			Percent	100.
		Changes made to improve health, increase exercise	Number of persons	
			Percent	
12 to 14 years		Changes made to immuous health lest weight	Number of persons	
		Changes made to improve health, lost weight	Percent	
			Number of persons	
		Changes made to improve health, eating habits	Percent	
	Males	Changes made to improve health, quit smoking	Number of persons	
			Percent	
		Changes made to improve health, other	Number of persons	
			Percent	
		Changes made to improve health, none	Number of persons	
			Percent	
		Changes made to improve health, not stated	Number of persons	
	L	onanges made to improve health, not stated	Percent	
			Number of persons	528
		Total, changes made to improve health	Percent	100.
			Number of persons	
F		Changes made to improve health, increase exercise		
			Percent	
	Females	Changes made to improve health, lost weight	Number of persons	
		,	Percent	
		Changes made to improve health, eating habits	Number of persons	
		Changes made to improve health, eating habits	Percent	
		Changes made to improve health, quit smoking	Number of persons	
		u nange mage to improve health guit emoking		

1	1	1	Percent	F
			Number of persons	 F
		Changes made to improve health, other	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
	<u> </u>	onango mado to mipro to noam, no osato	Percent	F
		Total, changes made to improve health	Number of persons	2,246
		Total, changes made to improve health	Percent	100.0
			Number of persons	599 ^E
		Changes made to improve health, increase exercise	Percent	26.7 ^E
			Number of persons	F
		Changes made to improve health, lost weight		
			Percent	F
		Changes made to improve health, eating habits	Number of persons	F
	Both sexes		Percent	F
		Changes made to improve health, quit smoking	Number of persons	F
		Onangoo maao to improvo noami, quit omoning	Percent	F
		Changes made to improve health, other	Number of persons	F
		Changes made to improve health, other	Percent	F
			Number of persons	694 ^E
		Changes made to improve health, none	Percent	30.9 ^E
		Changes made to improve health, not stated	Number of persons	F -
		-	Percent	F
		Total, changes made to improve health	Number of persons	1,185
		Total, changes made to improve health	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
15 to 19 years		Changes made to improve health, eating habits	Number of persons	F
			Percent	F
	Males	Changes made to improve health, guit smoking	Number of persons	F
			Percent	F
		Changes made to improve health, other Changes made to improve health, none	Number of persons	F
			Percent	F
			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	1,061
		iotai, onanges made to improve ficaltif	Percent	100.0
			Number of persons	F
		Changes made to improve health, increase exercise	Percent	38.9 ^E
			Number of persons	F
		Changes made to improve health, lost weight	Percent	 F
	Females		Number of persons	' F
		Changes made to improve health, eating habits		
			Percent	F
		Changes made to improve health, quit smoking	Number of persons	F
1		7 4 4 4 4 4 4	Percent	F
		Changes made to improve health, other	Number of persons	F
			Percent	F

1	ı	I	Number of persons	F
		Changes made to improve health, none		
			Percent	F -
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
		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
		Changes made to improve health, more also exercise	Percent	39.0
		Changes made to improve health, lost weight	Number of persons	F
		Changes made to improve health, lost weight	Percent	F
		Ohannaa mada ta immaana haaltha aatin mhabita	Number of persons	F
		Changes made to improve health, eating habits	Percent	F
	Both sexes		Number of persons	586 ^E
		Changes made to improve health, quit smoking	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
		The state of the s	Percent	35.2
		Changes made to improve health, not stated	Number of persons	F
		Changes made to improve health, not stated	Percent	F
		T-4-11	Number of persons	2,891
		Total, changes made to improve health	Percent	100.0
			Number of persons	668 ^E
		Changes made to improve health, increase exercise	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
20 to 34 years	Males		Percent	F
	1	Changes made to improve health, quit smoking Changes made to improve health, other Changes made to improve health, none	Number of persons	F
			Percent	F
			Number of persons	F
			Percent	F
			Number of persons	1,373 ^E
			Percent	47.5
			Number of persons	
		Changes made to improve health, not stated		
			Percent	F
		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
		onanges made to improve health, lost weight	Percent	F
		Changes made to impresse health and a habit	Number of persons	F
	Farralas	Changes made to improve health, eating habits	Percent	F
	Females		Number of persons	F
		Changes made to improve health, quit smoking	Percent	
			Number of persons	
		Changes made to improve health, other	Percent	
		Changes made to improve health, none	Number of persons	681 ^E
		<u> </u>	Percent	23.1 ^E
		Changes made to improve health, not stated	Number of persons	F
	I]		

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

		Changes made to improve health, increase exercise	Number of persons	1,492 ^E
			Percent	38.3
			Number of persons	F
		Changes made to improve health, lost weight	Percent	F
			Number of persons	F
		Changes made to improve health, eating habits	Percent	F
			Number of persons	F
	Both sexes	Changes made to improve health, quit smoking	Percent	F
			Number of persons	F
		Changes made to improve health, other	Percent	F
			Number of persons	1,429 ^E
		Changes made to improve health, none	Percent	36.7 ^E
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
		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
		goo made to miprove nearth, more accessored	Percent	26.2 ^E
		Changes made to improve health, lest weight	Number of persons	F
		Changes made to improve health, lost weight	Percent	F
			Number of persons	F
	. .	Changes made to improve health, eating habits	Percent	F
25.4	Males		Number of persons	F
25 to 34 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	908 ^E
			Percent	45.1 ^E
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
			Number of persons	1,885
		Total, changes made to improve health	Percent	100.0
			Number of persons	963 ^E
		Changes made to improve health, increase exercise	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
	Females		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
		oranigos maas to improvo neami, neno	Percent	27.7 ^E
		Changes made to improve health, not stated	Number of persons	F
		onanges made to improve nearth, not stated	Percent	F
		Total changes made to improve health	Number of persons	4,125
		Total, changes made to improve health	Percent	100.0
		Changes made to improve health increase ever-in-	Number of persons	872 ^E
		Changes made to improve health, increase exercise	Percent	21.1 ^E
1				

		Changes made to improve health, lost weight	Number of persons	682 ^E
		Changes made to improve nearth, lost weight	Percent	16.5 ^E
			Number of persons	F
		Changes made to improve health, eating habits	Percent	F
			Number of persons	F
		Changes made to improve health, quit smoking	Percent	F
	Both sexes		Number of persons	F
		Changes made to improve health, other	Percent	F
			Number of persons	1,648
		Changes made to improve health, none	Percent	40.0
			Number of persons	
		Changes made to improve health, not stated	Percent	 F
				2,158
		Total, changes made to improve health	Number of persons	
			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
	Males	, and a property of the control of t	Percent	F
	Iviales	Changes made to improve health, quit smoking	Number of persons	F
		onangoo maao to improvo noami, qan omoning	Percent	F
35 to 44 years		Changes made to improve health, other	Number of persons	F
		Changes made to improve health, other	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
			Number of persons	1,968
		Total, changes made to improve health Percent		100.0
			Number of persons	621 ^E
		Changes made to improve health, increase exercise		
			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
	Females		Percent	F
	1	Changes made to improve health, quit smoking	Number of persons	F
		Change made to improve hearing quite emering	Percent	F
		Changes made to improve health, other	Number of persons	F
		Onanges made to improve nearth, other	Percent	F
			Number of persons	732 ^E
		Changes made to improve health, none	Percent	37.2 ^E
			Number of persons	F
		Changes made to improve health, not stated	Percent	F
	1		Number of persons	5,972
		Total, changes made to improve health	Percent	100.0
			Number of persons	1,782 ^E
		Changes made to improve health, increase exercise		
			Percent	29.8 ^E
		Changes made to improve health, lost weight	Number of persons	561 ^E
			Percent	9.4 ^E

		Changes made to improve health, eating habits	Number of persons	F
			Percent	F
		01	Number of persons	F
		Changes made to improve health, quit smoking	Percent	F
			Number of persons	F
	Both sexes	Changes made to improve health, other	Percent	F
			Number of persons	2,482
		Changes made to improve health, none	Percent	41.6
			Number of persons	
		Changes made to improve health, not stated		
			Percent	F 0.400
		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
		changes made to improve health, increase exercise	Percent	25.7 ^E
		Oh	Number of persons	F
		Changes made to improve health, lost weight	Percent	F
			Number of persons	F
	Males	Changes made to improve health, eating habits	Percent	F
	Iviales		Number of persons	F
		Changes made to improve health, quit smoking	Percent	F
			Number of persons	F
45 to 64 years		Changes made to improve health, other	Percent	F
			Number of persons	1,179
		Changes made to improve health, none	Percent	37.0
		Changes made to improve health, not stated	Number of persons	F
			Percent	 F
			Number of persons	2,790
		Total, changes made to improve health	Percent	100.0
				_
		Changes made to improve health, increase exercise	Number of persons	963 ^E
		μ το του του του του του του του του του	Percent	34.5 ^E
		Changes made to improve health, lest weight	Number of persons	347 ^E
		Changes made to improve health, lost weight	Percent	12.4 ^E
			Number of persons	F
	Females	IChanges made to improve health, eating habits \vdash	Percent	F
	remaies	Changes made to improve health, quit smoking	Number of persons	F
			Percent	F
			Number of persons	F
		Changes made to improve health, other	Percent	F
			Number of persons	1,303
		Changes made to improve health, none	Percent	46.7
			Number of persons	
		Changes made to improve health, not stated	Percent	F
	 		Number of persons	3,993
I		Total, changes made to improve health	Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	1,112 ^E
			Percent	27.9 ^E
	Both sexes	Changes made to impresse health to at well-the	Number of persons	484 ^E
		Changes made to improve health, lost weight	Percent	12.1 ^E
			Number of persons	F
		Changes made to improve health, eating habits	Percent	F
			Number of persons	 F
l l	I		Tamber of persons	<u>'</u>

Changes made to improve health, none Percent Changes made to improve health, none Percent Changes made to improve health, not stated Percent Percent Changes made to improve health, not stated Percent Percent Percent Total, changes made to improve health, increase exercise Changes made to improve health, lost weight Changes made to improve health, eating habits Percent Changes made to improve health, quit smoking Changes made to improve health, none Percent			Changes made to improve health, quit smoking	Percent	F
Changes made to improve health, none Percent 4.1.6 Changes made to improve health, not stated Percent 5.24 Total, changes made to improve health, increase exercise Percent 22.6.5 Changes made to improve health, lost weight Percent 5.24 Changes made to improve health, lost weight Percent 6.25 Changes made to improve health, lost weight Percent 7.25 Changes made to improve health, eating habits Percent 6.26 Changes made to improve health, quit smoking 7.24 Changes made to improve health, other 8.25 Changes made to improve health, other 9.25 Changes made to improve health, other 9.25 Changes made to improve health, none 9.25 Changes made to improve health, none 9.25 Changes made to improve health, none 9.25 Changes made to improve health, not stated 9.25 Changes made to improve health, not stated 9.25 Changes made to improve health, not stated 9.25 Changes made to improve health, increase exercise 9.25 Changes made to improve health, increase exercise 9.25 Changes made to improve health, increase exercise 9.25 Changes made to improve health, lost weight 9.25 Changes made to improve health, lost weight 9.25 Changes made to improve health, quit smoking 9.25 Changes made to improve health, onter 9.25 Changes made to improve health, onter 9.25 Changes made to improve health, not stated 9.25 Changes made to improve health, other 9.25 Changes made to improve health, other 9.25 Changes made to improve health, not stated 9.25 Changes made to improve health, note 9.25 C			Changes made to immunity hoolth, other	Number of persons	F
Changes made to improve health, none Changes made to improve health, not stated Percent Total, changes made to improve health Percent Total, changes made to improve health, increase exercise Changes made to improve health, lost weight Percent Total, changes made to improve health Percent Changes made to improve health Percent Changes made to improve health, lost weight Percent Changes made t			Changes made to improve health, other	Percent	F
Changes made to improve health, not stated Percent Total, changes made to improve health, increase exercise Changes made to improve health, lost weight Changes made to improve health, unit smoking Changes made to improve health, unit smoking Changes made to improve health, not stated Changes made to improve health, onterest exercise Changes made to improve health, unit smoking Changes made to improve health, onterest exercise Changes made to improve health, onterest exercise Changes made to improve health, onterest exercise Changes made to improve health, none Changes made to improve health, none Changes made to improve health, not stated Percent Total, changes made to improve health, not stated Changes made to improve health, increase exercise Changes made to improve health, increase exercise Changes made to improve health, lost weight Changes made to improve health, lost weight Changes made to improve health, lost weight Changes made to improve health, unit smoking Changes made to improve health, not stated Changes made to improve health, not weight Changes made to improve health, not stated Number of persons Fercent Changes made to improve health, not stated Changes made to improve health, not s				Number of persons	1,659
Changes made to improve health, not stated Total, changes made to improve health Percent Total, changes made to improve health, increase exercise Changes made to improve health, increase exercise Changes made to improve health, lost weight Percent Changes made to improve health, lost weight Percent Changes made to improve health, lost weight Changes made to improve health, acting habits Percent Changes made to improve health, other Changes made to improve health, other Percent Changes made to improve health, other Percent Changes made to improve health, none Changes made to improve health, none Changes made to improve health, not stated Changes made to improve health, increase exercise Changes made to improve health, increase exercise Changes made to improve health, lost weight Changes made to improve health, quit smoking Changes made to improve health, quit smoking Changes made to improve health, none Changes made to improve health, not stated Changes made to improve health Changes made to improve health, not stated Changes made to improve health Changes made to improve hea			Changes made to improve health, none	Percent	41.6
Changes made to improve health, not stated Total, changes made to improve health Percent Total, changes made to improve health, increase exercise Changes made to improve health, increase exercise Changes made to improve health, lost weight Percent Changes made to improve health, lost weight Percent Changes made to improve health, lost weight Changes made to improve health, acting habits Percent Changes made to improve health, other Changes made to improve health, other Percent Changes made to improve health, other Percent Changes made to improve health, none Changes made to improve health, none Changes made to improve health, not stated Changes made to improve health, increase exercise Changes made to improve health, increase exercise Changes made to improve health, lost weight Changes made to improve health, quit smoking Changes made to improve health, quit smoking Changes made to improve health, none Changes made to improve health, not stated Changes made to improve health Changes made to improve health, not stated Changes made to improve health Changes made to improve hea				Number of persons	F
Total, changes made to improve health, increase exercise Changes made to improve health, increase exercise Changes made to improve health, lost weight Changes made to improve health, eating habits Changes made to improve health, quit smoking Changes made to improve health, other Changes made to improve health, none Changes made to improve health, not stated Changes made to improve health, increase exercise Changes made to improve health, lost weight Changes made to improve health, other Changes made to improve health, eating habits Changes made to improve health, other Changes made to improve health, none Percent Changes made to improve health, other Changes made to improve health, none Percent Changes made to improve health, other C			Changes made to improve health, not stated		F
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As to 54 years Changes made to improve health, quit smoking Percent Fercent F			Changes made to improve health, eating habits	Number of persons	F
Changes made to improve health, other Changes made to improve health, other Changes made to improve health, other Changes made to improve health, none Changes made to improve health, none Changes made to improve health, not stated Total, changes made to improve health Changes made to improve health, increase exercise Changes made to improve health, eating habits Changes made to improve health, other Changes made to improve health, none Changes made to improve health, not stated Changes made to improve health, not stated Changes made to improve health, not stated Changes made to improve health, increase exercise Changes made to improve health, increase exercise Changes made to improve health, increase exercise Changes made to improve health, not stated Changes made to improve health, not stated Changes made to improve health, increase exercise Changes made to improve health, not weight Changes made to improve health, not weight Changes made to improve health, eating habits Changes made to improve health, other		Malac	Changes made to improve health, eating habits	Percent	F
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Changes made to improve health, other			Changes made to improve health, quit smoking	Percent	F
A5 to 54 years Changes made to improve health, none				Number of persons	F
Changes made to improve health, none Changes made to improve health, not stated Changes made to improve health Total, changes made to improve health Changes made to improve health, increase exercise Changes made to improve health, lost weight Changes made to improve health, lost weight Changes made to improve health, eating habits Changes made to improve health, quit smoking Changes made to improve health, other Changes made to improve health, none Changes made to improve health, not stated Percent Forcent Changes made to improve health, not stated Changes made to improve health Changes made to improve health, lost stated Percent Changes made to improve health, lost weight Changes made to improve			Changes made to improve health, other	Percent	F
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Females Changes made to improve health, lost weight Changes made to improve health, eating habits Changes made to improve health, quit smoking Changes made to improve health, quit smoking Changes made to improve health, other Changes made to improve health, other Changes made to improve health, none Changes made to improve health, none Changes made to improve health, not stated Total, changes made to improve health Changes made to improve health Changes made to improve health Changes made to improve health, increase exercise Changes made to improve health, lost weight Changes made to improve health, lost weight Changes made to improve health, eating habits Changes made to improve health, quit smoking Changes made to improve health, quit smoking Changes made to improve health, other Changes made to improve health, other				Percent	29.2 ^E
Females Changes made to improve health, eating habits Changes made to improve health, quit smoking Changes made to improve health, quit smoking Changes made to improve health, other Changes made to improve health, none Changes made to improve health, none Changes made to improve health, none Changes made to improve health, not stated Total, changes made to improve health Changes made to improve health, increase exercise Changes made to improve health, lost weight Changes made to improve health, lost weight Changes made to improve health, eating habits Changes made to improve health, quit smoking Changes made to improve health, quit smoking Changes made to improve health, other Changes made to improve health, other				Number of persons	F
Females Changes made to improve health, eating habits Percent Changes made to improve health, quit smoking Changes made to improve health, other Changes made to improve health, other Changes made to improve health, none Changes made to improve health, none Changes made to improve health, not stated Total, changes made to improve health Changes made to improve health Changes made to improve health, increase exercise Changes made to improve health, lost weight Changes made to improve health, lost weight Changes made to improve health, lost weight Changes made to improve health, eating habits Changes made to improve health, quit smoking Changes made to improve health, quit smoking Changes made to improve health, other Changes made to improve health, other			Changes made to improve health, lost weight	Percent	F
Females Changes made to improve health, eating habits Percent Changes made to improve health, quit smoking Changes made to improve health, other Changes made to improve health, other Changes made to improve health, none Changes made to improve health, none Changes made to improve health, not stated Total, changes made to improve health Changes made to improve health Changes made to improve health, increase exercise Changes made to improve health, lost weight Changes made to improve health, lost weight Changes made to improve health, lost weight Changes made to improve health, eating habits Changes made to improve health, quit smoking Changes made to improve health, quit smoking Changes made to improve health, other Changes made to improve health, other			Changes made to improve health, eating habits	Number of persons	F
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Changes made to improve health, quit smoking Percent Number of persons Fercent Fercent Changes made to improve health, none Changes made to improve health, none Changes made to improve health, not stated Total, changes made to improve health Percent Forcent Number of persons Fercent Fercent Forcent Number of persons Fercent Number of persons Forcent Number of persons Forcent Number of persons Forcent Salas Changes made to improve health, increase exercise Changes made to improve health, lost weight Both sexes Changes made to improve health, eating habits Changes made to improve health, quit smoking Changes made to improve health, quit smoking Changes made to improve health, other Changes made to improve health, other		Females		Percent Number of persons	F
Changes made to improve health, other Changes made to improve health, none Changes made to improve health, none Changes made to improve health, not stated Total, changes made to improve health Changes made to improve health Total, changes made to improve health Changes made to improve health, increase exercise Changes made to improve health, lost weight Both sexes Changes made to improve health, eating habits Changes made to improve health, quit smoking Changes made to improve health, quit smoking Changes made to improve health, other Changes made to improve health, other			Changes made to improve health, quit smoking		F
Changes made to improve health, other Changes made to improve health, none Changes made to improve health, none Changes made to improve health, not stated Changes made to improve health, not stated Total, changes made to improve health Changes made to improve health, increase exercise Changes made to improve health, lost weight Changes made to improve health, lost weight Changes made to improve health, eating habits Changes made to improve health, quit smoking Changes made to improve health, quit smoking Changes made to improve health, other					
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Changes made to improve health, not stated Total, changes made to improve health Changes made to improve health Changes made to improve health, increase exercise Changes made to improve health, lost weight Changes made to improve health, lost weight Changes made to improve health, eating habits Changes made to improve health, quit smoking Changes made to improve health, quit smoking Changes made to improve health, other					
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Total, changes made to improve health Changes made to improve health, increase exercise Changes made to improve health, lost weight Changes made to improve health, lost weight Changes made to improve health, eating habits Changes made to improve health, eating habits Changes made to improve health, quit smoking Changes made to improve health, other Changes made to improve health, other			Changes made to improve health, not stated		
Both sexes Changes made to improve health, increase exercise Percent 100.0					
Changes made to improve health, increase exercise Changes made to improve health, lost weight Changes made to improve health, lost weight Changes made to improve health, eating habits Changes made to improve health, quit smoking Changes made to improve health, other Changes made to improve health, other Changes made to improve health, other			Total, changes made to improve health		
Both sexes Changes made to improve health, increase exercise Percent Number of persons F Percent F Changes made to improve health, lost weight Changes made to improve health, eating habits Changes made to improve health, quit smoking Changes made to improve health, quit smoking Changes made to improve health, other Changes made to improve health, other					
Both sexes Changes made to improve health, lost weight Both sexes Changes made to improve health, eating habits Changes made to improve health, eating habits Changes made to improve health, quit smoking Changes made to improve health, other Percent Rumber of persons F Percent F Number of persons F Recent F Number of persons F Recent F Recent			Changes made to improve health, increase exercise	Number of persons	
Both sexes Changes made to improve health, lost weight Percent Number of persons F Percent F Changes made to improve health, eating habits Changes made to improve health, quit smoking Changes made to improve health, other Number of persons F Percent F Number of persons F Number of persons F				Percent	33.8 ^E
Both sexes Changes made to improve health, eating habits Changes made to improve health, quit smoking Changes made to improve health, quit smoking Changes made to improve health, other Percent Rumber of persons F Percent F Number of persons F Number of persons F			Changes made to improve health last weight	Number of persons	F
Changes made to improve health, eating habits Percent Changes made to improve health, quit smoking Changes made to improve health, other Number of persons F Percent F Number of persons F Number of persons F		<u> </u>	Changes made to improve health, lost weight	Percent	F
Changes made to improve health, quit smoking Percent F		Roth sexes	Change made to investor backs and a large	Number of persons	F
Changes made to improve health, quit smoking Number of persons F Percent F Number of persons F Number of persons F			Changes made to improve health, eating habits	Percent	F
Changes made to improve health, quit smoking Percent F Number of persons F				Number of persons	
Changes made to improve health, other			Changes made to improve health, quit smoking	Percent	
I Changes made to improve health, other					
			Changes made to improve health, other		
	1	l			•

1	1	I	Number of persons	823 ^E
		Changes made to improve health, none	Percent	41.6 ^E
		Changes made to improve health, not stated	Number of persons	F -
			Percent	F
		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
		g	Percent	F
		Changes made to improve health, lost weight	Number of persons	F
		Changes made to improve health, reet weight	Percent	F
		Changes made to improve health, eating habits	Number of persons	F
		onanges made to improve health, eating habits	Percent	F
	Males	Changes made to improve health, quit smoking	Number of persons	F
		Changes made to improve health, quit smoking	Percent	F
		Oh	Number of persons	F
		Changes made to improve health, other	Percent	F
			Number of persons	545 ^E
		Changes made to improve health, none	Percent	45.3 ^E
55 to 64 years			Number of persons	45.5 F
		Changes made to improve health, not stated	Percent	
		Total, changes made to improve health	Number of persons	776 ^E
		<u> </u>	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
	Females		Percent	F
	remaies	Changes made to improve health, quit smoking Changes made to improve health, other	Number of persons	F
			Percent	F
			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
	1		Percent	F 4 042
		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
	Both sexes		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
		get mant to improve hounds, only	Percent	F
		Changes made to impresse health areas	Number of persons	453 ^E
		Changes made to improve health, none	Percent	43.4 ^E
			Number of persons	F
ı	I	I	The state of persons	•

		Changes made to improve health, not stated	Percent	F
		Total, changes made to improve health	Number of persons	F
			Percent	F
			Number of persons	F
		Changes made to improve health, increase exercise	Percent	F
			Number of persons	F
		Changes made to improve health, lost weight	Percent	F
			Number of persons	F
		Changes made to improve health, eating habits	Percent	F
	Males		Number of persons	F
		Changes made to improve health, quit smoking	Percent	F
			Number of persons	F
		Changes made to improve health, other	Percent	F
			Number of persons	F
		Changes made to improve health, none	Percent	F
		Changes made to improve health, not stated	Number of persons	F
65 years and over			Percent	F
os years and over			Number of persons	522
		Total, changes made to improve health	Percent	
				100.0
		Changes made to improve health, increase exercise	Number of persons Percent	F
				F
		Changes made to improve health, lost weight	Number of persons	F
	Females		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
		Changes made to improve health, not stated	Percent	F
			Number of persons	F
			Percent	F
		Total, changes made to improve health	Number of persons	567 ^E
		Total, changes made to improve health	Percent	100.0
		Changes made to improve health increase eversion	Number of persons	F
		Changes made to improve health, increase exercise	Percent	F
		Changes made to improve health last waight	Number of persons	F
		Changes made to improve health, lost weight	Percent	F
		Change made to improve backly action balls	Number of persons	F
	Both save-	Changes made to improve health, eating habits	Percent	F
	Both sexes		Number of persons	F
		Changes made to improve health, quit smoking	Percent	F
			Number of persons	F
		Changes made to improve health, other	Percent	F
			Number of persons	F
		Changes made to improve health, none	Percent	F
			Number of persons	F
		Changes made to improve health, not stated	Percent	F
			Number of persons	F
		Total, changes made to improve health	Percent	F
			Number of persons	F
	I			

		Changes made to improve health, increase exercise	Percent	F
			Number of persons	F
		Changes made to improve health, lost weight	Percent	F
			Number of persons	F
	Males	Changes made to improve health, eating habits	Percent	F
		Changes made to improve health, quit smoking	Number of persons	F
			Percent	F
			Number of persons	F
		Changes made to improve health, other	Percent	F
			Number of persons	F
		Changes made to improve health, none Changes made to improve health, not stated	Percent	F
			Number of persons	F
			Percent	F
	Females	Total, changes made to improve health	Number of persons	F
65 to 74 years			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
		onanges made to improve health, lost weight	Percent	F
		Changes made to improve health, eating habits	Number of persons	F
		Changes made to improve health, eating habits	Percent	F
		Ohanana mada ta immana haaltha mit amalima	Number of persons	F
		Changes made to improve health, quit smoking	Percent	F
			Number of persons	F
		Changes made to improve health, other	Percent	F
			Number of persons	F
		Changes made to improve health, none	Percent	F
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
	Both sexes	Total, changes made to improve health Changes made to improve health, increase exercise	Number of persons	476 ^E
			Percent	100.0
			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
		Ohamana maada ta kasaasa a baakki a aa aa a	Number of persons	F
		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.
			Number of persons	F
1			Tames of poroons	1

1	1	Changes made to improve health, eating habits	Percent	Εĺ
75 years and over	Males	Changes made to improve health, quit smoking	Number of persons	F
			Percent	F
			Number of persons	F
		Changes made to improve health, other	Percent	F
				F
		Changes made to improve health, none	Number of persons	
			Percent	F -
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
	Females	lTotal, 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/

(accessed: October 1, 2008)