

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}=Yukon Territory [60]

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	24,937
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	7,448
			Percent	29.9
		Changes made to improve health, lost weight	Number of persons	899 ^E
			Percent	3.6 ^E
		Changes made to improve health, eating habits	Number of persons	1,630
			Percent	6.5
		Changes made to improve health, quit smoking	Number of persons	1,223
			Percent	4.9
		Changes made to improve health, other	Number of persons	1,500
			Percent	6.0
		Changes made to improve health, none	Number of persons	9,834
			Percent	39.4
		Changes made to improve health, not stated	Number of persons	2,403
			Percent	9.6
	Males	Total, changes made to improve health	Number of persons	12,672
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	3,548
			Percent	28.0
		Changes made to improve health, lost weight	Number of persons	460 ^E
			Percent	3.6 ^E
		Changes made to improve health, eating habits	Number of persons	477 ^E
			Percent	3.8 ^E
		Changes made to improve health, quit smoking	Number of persons	488 ^E
			Percent	3.9 ^E
		Changes made to improve health, other	Number of persons	388 ^E
			Percent	3.1 ^E
		Changes made to improve health, none	Number of persons	5,533
			Percent	43.7
		Changes made to improve health, not stated	Number of persons	1,778 ^E
			Percent	14.0 ^E
		Total, changes made to improve health	Number of persons	12,266
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	3,899
			Percent	31.8
		Changes made to improve health, lost weight	Number of persons	439 ^E
			Percent	

12 to 19 years	Females			3.6 ^E
		Changes made to improve health, eating habits	Number of persons	1,153 ^E
			Percent	9.4 ^E
		Changes made to improve health, quit smoking	Number of persons	735 ^E
			Percent	6.0 ^E
		Changes made to improve health, other	Number of persons	1,113 ^E
			Percent	9.1 ^E
		Changes made to improve health, none	Number of persons	4,301
			Percent	35.1
	Both sexes	Total, changes made to improve health	Number of persons	3,726
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	1,762
			Percent	47.3
		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
	Males	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	843 ^E
			Percent	22.6 ^E
		Changes made to improve health, not stated	Number of persons	692 ^E
			Percent	18.6 ^E
		Total, changes made to improve health	Number of persons	1,939
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	762 ^E
			Percent	39.3 ^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	520 ^E
			Percent	26.8 ^E
		Changes made to improve health, not stated	Number of persons	525 ^E
			Percent	27.1 ^E
		Total, changes made to improve health	Number of persons	1,787
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	1,000
			Percent	55.9
		Changes made to improve health, lost weight	Number of persons	F
			Percent	F
			Number of persons	F

12 to 14 years	Females	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	323 ^E
			Percent	18.1 ^E
	Both sexes	Total, changes made to improve health	Number of persons	1,478
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	850
			Percent	57.5
		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	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	579 ^E
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	338 ^E
			Percent	58.4 ^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
	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	899
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	512 ^E
			Percent	56.9
		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
			Number of persons	F

15 to 19 years		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
			Percent	F
	Both sexes	Total, changes made to improve health	Number of persons	2,248
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	912
			Percent	40.6
		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	592 ^E
			Percent	26.3 ^E
		Changes made to improve health, not stated	Number of persons	408 ^E
			Percent	18.1 ^E
	Males	Total, changes made to improve health	Number of persons	1,361
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	425 ^E
			Percent	31.2 ^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	432 ^E
			Percent	31.8 ^E
		Changes made to improve health, not stated	Number of persons	387 ^E
			Percent	28.4 ^E
	Females	Total, changes made to improve health	Number of persons	887
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	488 ^E
			Percent	55.0 ^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

20 to 34 years		Changes made to improve health, not stated	Number of persons	F
			Percent	F
	Both sexes	Total, changes made to improve health	Number of persons	5,897
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	1,842
			Percent	31.2
		Changes made to improve health, lost weight	Number of persons	F
			Percent	F
		Changes made to improve health, eating habits	Number of persons	418 ^E
			Percent	7.1 ^E
		Changes made to improve health, quit smoking	Number of persons	488 ^E
			Percent	8.3 ^E
		Changes made to improve health, other	Number of persons	247 ^E
			Percent	4.2 ^E
		Changes made to improve health, none	Number of persons	2,272
			Percent	38.5
		Changes made to improve health, not stated	Number of persons	459 ^E
			Percent	7.8 ^E
	Males	Total, changes made to improve health	Number of persons	2,917
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	970 ^E
			Percent	33.3 ^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	1,230 ^E
			Percent	42.2
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
	Females	Total, changes made to improve health	Number of persons	2,980
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	871 ^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	351 ^E
			Percent	11.8 ^E
		Changes made to improve health, quit smoking	Number of persons	376 ^E
			Percent	12.6 ^E
		Changes made to improve health, other	Number of persons	F
			Percent	F
		Changes made to improve health, none	Number of persons	1,042
			Percent	35.0
		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	2,024
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	626 ^E
			Percent	30.9 ^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
		Changes made to improve health, none	Number of persons	664 ^E
			Percent	32.8 ^E
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
	Males	Total, changes made to improve health	Number of persons	1,196
			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	829
			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	3,872
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	1,215
			Percent	31.4

25 to 34 years	Both sexes	Changes made to improve health, lost weight	Number of persons	F
			Percent	F
		Changes made to improve health, eating habits	Number of persons	365 ^E
			Percent	9.4 ^E
		Changes made to improve health, quit smoking	Number of persons	312 ^E
			Percent	8.1 ^E
		Changes made to improve health, other	Number of persons	F
			Percent	F
		Changes made to improve health, none	Number of persons	1,608
			Percent	41.5
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
	Males	Total, changes made to improve health	Number of persons	1,721
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	607 ^E
			Percent	35.3 ^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	834 ^E
			Percent	48.4
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
	Females	Total, changes made to improve health	Number of persons	2,151
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	608 ^E
			Percent	28.3 ^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	13.8 ^E
		Changes made to improve health, quit smoking	Number of persons	295 ^E
			Percent	13.7 ^E
		Changes made to improve health, other	Number of persons	F
			Percent	F
		Changes made to improve health, none	Number of persons	774 ^E
			Percent	36.0 ^E
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
		Total, changes made to improve health	Number of persons	6,112
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	1,536
			Percent	25.1
		Changes made to improve health, lost weight	Number of persons	F
			Percent	F
			Number of persons	536 ^E

35 to 44 years	Both sexes	Changes made to improve health, eating habits	Percent	8.8 ^E
		Changes made to improve health, quit smoking	Number of persons	F
			Percent	F
		Changes made to improve health, other	Number of persons	464 ^E
			Percent	7.6 ^E
		Changes made to improve health, none	Number of persons	2,788
			Percent	45.6
		Changes made to improve health, not stated	Number of persons	395 ^E
			Percent	6.5 ^E
	Males	Total, changes made to improve health	Number of persons	2,995
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	754 ^E
			Percent	25.2 ^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	1,499
			Percent	50.0
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
	Females	Total, changes made to improve health	Number of persons	3,117
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	782 ^E
			Percent	25.1 ^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	11.0 ^E
		Changes made to improve health, quit smoking	Number of persons	F
			Percent	F
		Changes made to improve health, other	Number of persons	423 ^E
			Percent	13.6 ^E
		Changes made to improve health, none	Number of persons	1,289
			Percent	41.4
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
	Both sexes	Total, changes made to improve health	Number of persons	7,603
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	2,025
			Percent	26.6
		Changes made to improve health, lost weight	Number of persons	F
			Percent	F
		Changes made to improve health, eating habits	Number of persons	404 ^E
			Percent	5.3 ^E
		Changes made to improve health, quit smoking	Number of persons	351 ^E

45 to 64 years				Percent	4.6 ^E
			Changes made to improve health, other	Number of persons	669 ^E
				Percent	8.8 ^E
			Changes made to improve health, none	Number of persons	2,989
				Percent	39.3
			Changes made to improve health, not stated	Number of persons	741 ^E
				Percent	9.8 ^E
	Males	Total, changes made to improve health		Number of persons	4,031
				Percent	100.0
		Changes made to improve health, increase exercise		Number of persons	942 ^E
				Percent	23.4 ^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
	Females	Changes made to improve health, none		Number of persons	1,801
				Percent	44.7
		Changes made to improve health, not stated		Number of persons	534 ^E
				Percent	13.2 ^E
		Total, changes made to improve health		Number of persons	3,572
				Percent	100.0
		Changes made to improve health, increase exercise		Number of persons	1,083 ^E
				Percent	30.3 ^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	445 ^E
				Percent	12.5 ^E
		Changes made to improve health, none		Number of persons	1,188
				Percent	33.3
		Changes made to improve health, not stated		Number of persons	F
				Percent	F
	Both sexes	Total, changes made to improve health		Number of persons	5,176
				Percent	100.0
		Changes made to improve health, increase exercise		Number of persons	1,548
				Percent	29.9
		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	487 ^E
				Percent	9.4 ^E

45 to 54 years		Changes made to improve health, none	Number of persons	1,840
			Percent	35.6
		Changes made to improve health, not stated	Number of persons	480 ^E
			Percent	9.3 ^E
	Males	Total, changes made to improve health	Number of persons	2,634
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	754 ^E
			Percent	28.6 ^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
	Females	Changes made to improve health, none	Number of persons	998 ^E
			Percent	37.9
		Changes made to improve health, not stated	Number of persons	370 ^E
			Percent	14.0 ^E
		Total, changes made to improve health	Number of persons	2,541
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	794 ^E
			Percent	31.3 ^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	345 ^E
			Percent	13.6 ^E
		Changes made to improve health, none	Number of persons	842
			Percent	33.2 ^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	2,427
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	477 ^E
			Percent	19.7 ^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	1,148 ^E
			Percent	47.3
			Number of persons	F

55 to 64 years	Males	Changes made to improve health, not stated	Percent	F
		Total, changes made to improve health	Number of persons	1,397
			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	802 ^E
			Percent	57.5
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
	Females	Total, changes made to improve health	Number of persons	1,031
			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	33.6 ^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	1,600
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	283 ^E
			Percent	17.7 ^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	942
			Percent	58.9
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
		Total, changes made to improve health	Number of persons	789
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	F

65 years and over	Males		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	484 ^E
			Percent	61.3 ^E
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
	Females	Total, changes made to improve health	Number of persons	811
			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	458 ^E
			Percent	56.5 ^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	998
			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	625
			Percent	62.6
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
		Total, changes made to improve health	Number of persons	561
			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

65 to 74 years	Males		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	409 ^E
			Percent	72.8
	Females	Changes made to improve health, not stated	Number of persons	F
			Percent	F
		Total, changes made to improve health	Number of persons	436
			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	216 ^E
			Percent	49.6 ^E
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
75 years and over	Both sexes	Total, changes made to improve health	Number of persons	602 ^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	317 ^E
			Percent	52.7 ^E
	Males	Changes made to improve health, not stated	Number of persons	F
			Percent	F
		Total, changes made to improve health	Number of persons	228 ^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
			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
			Percent	F
	Females	Total, changes made to improve health	Number of persons	374 ^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	242 ^E
			Percent	64.6
		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)

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