



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}=Yukon Territory [60]

Age group	Sex	Changes made to improve health ^{2,3,4}	Characteristics 5,6,7,19	2000/200°
		Total, changes made to improve health	Number of persons	24,937
		Total, changes made to improve health	Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	7,448
		Changes made to improve health, increase exercise	Percent	29.9
		Changes made to improve health, lest weight	Number of persons	899 ^E
		Changes made to improve health, lost weight	Percent	3.6 ^E
		Champe made to immunica hoolth, acting hobits	Number of persons	1,630
	Both sexes	Changes made to improve health, eating habits	Percent	6.
	Dotti Sexes	Changes made to improve health, quit smoking	Number of persons	1,22
		Changes made to improve health, quit smoking	Percent	4.
		Changes made to improve health, other	Number of persons	1,50
		Changes made to improve health, other	Percent	6.
		Changes made to improve health, none	Number of persons	9,83
		changes made to improve health, none	Percent	39.
		Changes made to improve health, not stated	Number of persons	2,40
		Changes made to improve health, not stated	Percent	9.
	Males	Total, changes made to improve health	Number of persons	12,67
			Percent	100.
		Changes made to improve health, increase exercise	Number of persons	3,54
Total, 12 years and over			Percent	28.
		Changes made to improve health, lost weight	Number of persons	460
			Percent	3.6
		Changes made to improve health, eating habits	Number of persons	477
			Percent	3.8
		Changes made to improve health, quit smoking	Number of persons	488
			Percent	3.9
		Changes made to improve health, other	Number of persons	388
			Percent	3.1
			Number of persons	5,53
		Changes made to improve health, none	Percent	43.
			Number of persons	1,778
		Changes made to improve health, not stated	Percent	14.0
		Total, changes made to improve health	Number of persons	12,26
			Percent	100.
		Changes made to improve health, increase exercise	Number of persons	3,89
			Percent	31.
		Changes made to improve health, lost weight	Number of persons Percent	439

Changes made to improve health, eating habits Changes made to improve health, quit smoking Percent Changes made to improve health, other Changes made to improve health, other Changes made to improve health, none Changes made to improve health, not stated Percent Changes made to improve health, not stated Percent Changes made to improve health, lost weight 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, not stated Percent Changes made to improve health, nother Changes made to improve health, not stated Total, changes made to improve health, not stated Total, changes made to improve health, not stated Total, changes made to improve health, not stated Changes made to improve health, not stated Total, changes made to improve health, not stated Changes made to improve health, increase exercise Changes made to improve health, sating habits Percent Changes made to improve health, sating habits Changes made to improve health, sating habits Percent Changes made to improve health, sating habits Percent Changes made to improve health, other Changes made to improve health, not stated Changes made t					3.6 ^E
Females Changes made to improve health, quit smoking Percent 6.0 Changes made to improve health, other Percent 9.1 Changes made to improve health, none Percent 9.1 Changes made to improve health, none Percent 9.3 Changes made to improve health, not stated Percent 9.3 Total, changes made to improve health 9.2 Changes made to improve health 9.2 Changes made to improve health, increase exercise 9.3 Changes made to improve health, lost weight 9.2 Changes made to improve health, lost weight 9.3 Changes made to improve health, asting habits 9.3 Changes made to improve health, quit smoking 9.3 Changes made to improve health, tother 9.3 Changes made to improve health, none 9.3 Changes made to improve health, not stated 9.3 Changes made to improve health, increase exercise 9.3 Changes made to improve health, not stated 9.3 Changes made to improve health, not stated 9.3 Changes made to improve health, not 9.3 Changes made to improve health, none 9.3 C				Number of persons	1,153 ^E
Changes made to improve health, quit smoking Females 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 Fercent 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, quit smoking Changes made to improve health, quit smoking Changes made to improve health, none Changes made to improve health, increase exercise Changes made to improve health, increase exercise Changes made to improve health Changes made to improve health, lost weight Changes made to			Changes made to improve health, eating habits	Percent	9.4 ^E
Females 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 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, 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, 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, increase exercise Changes made to improve health, lost weight Changes made to impro				Number of persons	735 ^E
Changes made to improve health, onter Percent Changes made to improve health, none Changes made to improve health, not stated Percent Changes made to improve health, not stated Percent 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, 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, not stated 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, lother Changes made to improve health, lother Changes made to improve health, lother Chang			Changes made to improve health, quit smoking	Percent	6.0 ^E
Changes made to improve health, none		Females		Number of persons	1,113 ^E
Changes made to improve health, note stated 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, 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, not stated Total, changes made to improve health Changes made to improve health Changes made to improve health 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, quit smoking Changes made to improve health, none Number of persons Percent Changes made to improve health, none Number of persons Percent Number o			Changes made to improve health, other	Percent	9.1 ^E
Changes made to improve health, not stated Total, 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, other Changes made to improve health, not stated 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, lost weight Changes made to improve health, lost weight Changes made to improve health, quit smoking Changes made to improve health, note Number of persons Percent Changes made to improve health, note Changes made to improve health, note Number of persons Percent Number of pe				Number of persons	4,301
Changes made to improve health, not stated Percent Total, changes made to improve health Percent Number of persons 1,77 Percent Aumber of persons 1,77 Percent Changes made to improve health, lost weight Changes made to improve health, lost weight 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, not stated Total, changes made to improve health, not stated Percent Number of persons Percent Number of persons Percent 18.4 Number of persons Percent 18.4 Number of persons Percent 19.0 Changes made to improve health, increase exercise Percent 22.1 Changes made to improve health, lost weight Percent Changes made to improve health, not stated Changes made to improve health, other Percent Changes made to improve health, none Percent Number of persons Percent Changes made to improve health, none Percent Number of persons Percent			Changes made to improve health, none	Percent	35.1
Total, changes made to improve health Percent 100 Changes made to improve health, increase exercise Changes made to improve health, lost weight Changes made to improve health, eating habits Both sexes Changes made to improve health, quit smoking Changes made to improve health, none Total, changes made to improve health Changes made to improve health, increase exercise Changes made to improve health, increase exercise Changes made to improve health, lost weight Number of persons Percent Aumber of persons Percent Changes made to improve health, none Changes made to improve health, none Percent Number of persons Percent Aumber of persons Percent Aumber of persons Percent Aumber of persons Percent Number o			Changes made to improve health not stated	Number of persons	625 ^E
Total, 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 Both sexes 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 Total, changes made to improve health, increase exercise Changes made to improve health, lost weight Changes made to improve health, auting 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	5.1 ^E
Changes made to improve health, increase exercise Changes made to improve health, lost weight Changes made to improve health, eating habits Both sexes 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 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, lost weight Changes made to improve health, quit smoking 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, other Changes made to improve health, none Changes made to improve health, not stated Number of persons Percent Changes made to improve health, not stated Number of persons Percent Changes made to improve health, not stated Number of persons Percent Number of persons Percent Number of persons Percent Number of persons Percent Number of persons			Total changes made to improve health	Number of persons	3,726
Changes made to improve health, increase exercise Changes made to improve health, lost weight Changes made to improve health, eating habits Both sexes 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 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, lost weight Changes made to improve health, quit smoking 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, other Changes made to improve health, other Changes made to improve health, other Changes made to improve health, none			Total, changes made to improve health	Percent	100.0
Changes made to improve health, lost weight Changes made to improve health, eating habits Both sexes 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 Changes made to improve health, not stated Percent Number of persons Percent Number of persons Percent 184. Percent 184. Percent Changes made to improve health, not stated Percent 184. Number of persons Percent 184. Number of persons Percent Changes made to improve health, other Percent Changes made to improve health, other Changes made to improve health, other Changes made to improve health, none Percent Number of persons			Changes made to improve health, increase exercise	Number of persons	1,762
Changes made to improve health, lost weight Changes made to improve health, eating habits Both sexes Changes made to improve health, quit smoking Percent 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, 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, other Changes made to improve health, none Changes made to improve health, not stated Number of persons Percent Number of persons					47.3
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, 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, 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, other Changes made to improve health, none			Changes made to improve health, lost weight		F
Changes made to improve health, quit smoking 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 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, none Total, changes made to improve health, not stated Number of persons Percent Number of persons Percent Number of persons Percent Number of persons Percent Number of persons Percent Number of persons Percent Number of persons Percent Number of persons					F F
Both sexes 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, not stated Changes made to improve health, not stated Percent 13.4 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, quit smoking Changes made to improve health, quit smoking Changes made to improve health, other Changes made to improve health, none Percent Number of persons Percent 26.4 Number of persons Percent 26.4 Number of persons Percent 27.			Changes made to improve health, eating habits		F
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 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, 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 Total, changes made to improve health, not stated Number of persons Percent 26.4 Number of persons 52.2 Percent 27. Total, changes made to improve health		Both sexes			 F
Changes made to improve health, other			Changes made to improve health, quit smoking		F
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 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, other Changes made to improve health, none Total, changes made to improve health, not stated Total, changes made to improve health Number of persons Percent Number of persons Percent Number of persons Percent Number of persons Percent Number of persons 1.73 Percent Number of persons 1.74 Percent Number of persons 1.75 Percent Number of persons 1.75 Percent Number of persons 1.76 Percent Number of persons 1.77 Percent Number of persons 1.78 Percent Number of persons 1.78 Percent Number of persons 1.79 Percent Number of persons 1.70 Percent Number of persons			Ohamana mada ta immanua haaliba adhan	Number of persons	F
Changes made to improve health, note stated 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, other Changes made to improve health, other Changes made to improve health, none Total, changes made to improve health Number of persons Percent Number of persons S24 Percent Number of persons Percent 27. Number of persons Percent Number of persons 1,74 Percent Number of persons			Changes made to improve health, other	Percent	F
Changes made to improve health, not stated			Changes made to improve health, none	Number of persons	843 ^E
Changes made to improve health, not stated Total, 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, other Changes made to improve health, none Total, changes made to improve health				Percent	22.6 ^E
Total, 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, other Changes made to improve health, none Total, changes made to improve health Number of persons Percent Number of persons 528 Percent Number of persons 529 Percent Total, changes made to improve health Number of persons 1,73 Percent Number of persons 1,74 Percent Number of persons 1,74 Percent 100			Changes made to improve health, not stated	Number of persons	692 ^E
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, 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, none Total, changes made to improve health Number of persons Percent Number of persons Percent Number of persons 520 Percent Total, changes made to improve health Number of persons 1,74 Percent Number of persons 1,74 Percent Number of persons				Percent	18.6 ^E
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 Changes made to improve health, none Total, changes made to improve health Number of persons Percent Number of persons 520 Percent 26.8 Number of persons 521 Percent Total, changes made to improve health Number of persons 1,78 Percent Number of persons			Total, changes made to improve health	Number of persons	1,939
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, none Total, changes made to improve health Number of persons Percent Number of persons Percent Number of persons Percent Number of persons Total, changes made to improve health Number of persons Percent Number of persons				Percent	100.0
Total, changes made to improve health Percent Number of persons Percent 26.8 Number of persons Percent 27.3 Number of persons Percent Number of persons		Males	Changes made to improve health, increase exercise	Number of persons	762 ^E
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, none Changes made to improve health, not stated Total, changes made to improve health Number of persons Fercent Number of persons 720 Percent Number of persons 1,76 Percent 100	12 to 19 years			Percent	39.3 ^E
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, none Total, changes made to improve health Total, changes made to improve health Number of persons Percent Number of persons 727. Number of persons 1,78 Percent Number of persons			Changes made to improve health, lost weight	Number of persons	F
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, none 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 Number of persons Percent Number of persons 1,78 Percent Number of persons 1,78 Percent 100				Percent	F
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 Changes made to improve health, not stated Total, changes made to improve health Total, changes made to improve health Percent Number of persons Percent Number of persons 1,78 Percent 100			Changes made to improve health, eating habits		F
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 Changes made to improve health, not stated Total, changes made to improve health Number of persons 72. Number of persons 1,78 Percent Number of persons 1,78 Percent 100					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 Percent Number of persons Percent Number of persons 1,78 Percent 100			Changes made to improve health, quit smoking		F 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 Percent Percent Number of persons 7.7. Total, changes made to improve health Percent Number of persons 1,78 Percent 100					F
Changes made to improve health, none Changes made to improve health, not stated Changes made to improve health, not stated Percent Percent 7.3 Total, changes made to improve health Percent Number of persons Number of persons 1,78 Percent 100			Changes made to improve health, other		F
Changes made to improve health, none Percent 26.8 Changes made to improve health, not stated Percent 27. Total, changes made to improve health Number of persons 1,78 Percent 100					520 ^E
Changes made to improve health, not stated Percent Total, changes made to improve health Number of persons Number of persons 1,78 Percent 100			Changes made to improve health, none	<u> </u>	26.8 ^E
Changes made to improve health, not stated Percent 27. Total, changes made to improve health Number of persons 1,78 Percent 100					525 ^E
Total, changes made to improve health Number of persons 1,78			Changes made to improve health, not stated		
Total, changes made to improve health Percent 100					1,787
			Total, changes made to improve health		1,707
Number of persons 1,00					1,000
I Changes made to improve health, increase exercise			Changes made to improve health, increase exercise		55.9
Changes made to improve health lost weight Number of persons			Changes made to improve health less weight	Number of persons	F
Changes made to improve health, lost weight Percent			Changes made to improve health, lost weight	Percent	F
Number of persons				Number of persons	F

	1	Changes made to improve health, eating habits	Percent	F
Females			Number of persons	F
	IChanges made to improve health, guit smoking	Percent	F	
		Number of persons	F	
	Changes made to improve health, other	Percent	F	
	remales		Number of persons	323 ^E
		Changes made to improve health, none		
			Percent	18.1 ^E
		Changes made to improve health, not stated	Number of persons	F
		, , , , , , , , , , , , , , , , , , ,	Percent	F
		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
		Onanges made to improve health, moreage exercise	Percent	57.5
		Changes made to improve health, lost weight	Number of persons	F
		Changes made to improve health, lost weight	Percent	F
		Changes made to improve health pating hebits	Number of persons	F
	Dath arms	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
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
			Number of persons	579 ^E
		Total, changes made to improve health		
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	338 ^E
			Percent	58.4 ^E
		Changes made to improve bealth, last weight	Number of persons	F
12 to 14 years		Changes made to improve health, lost weight	Percent	F
		Changes made to improve health, eating habits	Number of persons	F
	Males		Percent	F
	Wales	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
			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	899
		Total, changes made to improve health	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
	Females	, , , , , , ,	Percent	F
		Changes made to improve health, eating habits	Number of persons	F
		gg	Percent	F
			la	F
		Changes made to improve health, quit smoking	Number of persons	
		Changes made to improve health, quit smoking	Percent	F

1	1	Changes made to improve health, other	Percent	F
		Changes made to improve health, none	Number of persons	F
	Changes made to improve health, none	Percent	F	
		Ohamma mada (a immana haalib mat atata d	Number of persons	F
		Changes made to improve health, not stated	Percent	F
			Number of persons	2,248
		Total, changes made to improve health	Percent	100.0
			Number of persons	912
		Changes made to improve health, increase exercise	Percent	40.6
			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
			Number of persons	592 ^E
		Changes made to improve health, none	<u> </u>	
			Percent	26.3 ^E
		Changes made to improve health, not stated	Number of persons	408 ^E
		changes made to improve health, not stated	Percent	18.1 ^E
		Total, changes made to improve health	Number of persons	1,361
			Percent	100.0
			Number of persons	425 ^E
		Changes made to improve health, increase exercise	Percent	31.2 ^E
		Changes made to improve health, lost weight	Number of persons	51. <u>2</u>
			Percent	F
		Changes made to improve health, eating habits	Number of persons	 F
15 to 19 years			Percent	 F
	Males		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	432 ^E
			Percent	31.8 ^E
		Changes made to improve health, not stated	Number of persons	387 ^E
			Percent	28.4 ^E
		Total abanda mada ta immana la 19	Number of persons	887
		Total, changes made to improve health	Percent	100.0
			Number of persons	488 ^E
		Changes made to improve health, increase exercise	Percent	55.0 ^E
			Number of persons	55.0 F
		Changes made to improve health, lost weight	Percent	F
			Number of persons	F
	Females	Changes made to improve health, eating habits	Percent	F
			Number of persons	F
		Changes made to improve health, quit smoking	Percent	F
		Changes made to improve health, other	Number of persons	F
1			Percent	F
		Changes made to improve health, none	Number of persons	F F
			Percent	

		_	Number of persons	F
		Changes made to improve health, not stated	Percent	F
		Total abanas made to to one of the	Number of persons	5,897
		Total, changes made to improve health	Percent	100.0
		Ohamana mada ta isa sa sa basin s	Number of persons	1,842
		Changes made to improve health, increase exercise	Percent	31.2
		Ohamman mada (a immanu haalib laatuusimb)	Number of persons	F
		Changes made to improve health, lost weight	Percent	F
			Number of persons	418 ^E
		Changes made to improve health, eating habits	Percent	7.1 ^E
	Both sexes		Number of persons	488 ^E
		Changes made to improve health, quit smoking	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
		changes made to improve health, not stated	Percent	7.8 ^E
		Total about as made to impurely a boolth	Number of persons	2,917
		Total, changes made to improve health	Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	970 ^E
			Percent	33.3 ^E
			Number of persons	F
		Changes made to improve health, lost weight	Percent	F
	Males	Changes made to improve health, eating habits	Number of persons	F
20 to 24 years			Percent	F
20 to 34 years		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
		Total, changes made to improve health	Number of persons	2,980
			Percent	100.0
			Number of persons	871 ^E
		Changes made to improve health, increase exercise	Percent	29.2 ^E
			Number of persons	F
		Changes made to improve health, lost weight	Percent	F
			Number of persons	351 ^E
		Changes made to improve health, eating habits		
	Females		Percent	11.8 ^E
		Changes made to improve health, quit smoking	Number of persons	376 ^E
		3	Percent	12.6 ^E
		Changes made to improve health, other	Number of persons	F
		changes made to improve nearth, other	Percent	F
		Changes made to improve health, none	Number of persons	1,042
		and the support floating from	Percent	35.0
		Changes made to improve health, not stated	Number of persons	F
		goo maao to mprovo noami, not stateu	Percent	F

		T-4-1 -h	Number of persons	2,024
		Total, changes made to improve health	Percent	100.0
			Number of persons	626 ^E
		Changes made to improve health, increase exercise	Percent	30.9 ^E
			Number of persons	30.9 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 -
			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
		onanges made to improve nearth, none	Percent	32.8 ^E
		Ohammaa mada ta kuunnassa haaliib mat atatad	Number of persons	F
		Changes made to improve health, not stated	Percent	F
		Total about the survey to slite	Number of persons	1,196
		Total, changes made to improve health	Percent	100.0
			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
		Changes made to improve health, eating habits	Number of persons	F
20 to 24 years			Percent	F
20 to 24 years	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	F
			Percent	F
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
			Number of persons	829
		Total, changes made to improve health Changes made to improve health, increase exercise Changes made to improve health, lost weight	Percent	100.0
			Number of persons	F
			Percent	F
			Number of persons	
			Percent	F
			Number of persons	F
		Changes made to improve health, eating habits	Percent	- ' F
	Females		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	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
	I		Percent	31.4

		Changes made to improve health, lost weight	Number of persons	F
		ondriges made to improve nearly, lost weight	Percent	F
			Number of persons	365 ^E
		Changes made to improve health, eating habits	Percent	9.4 ^E
			Number of persons	312 ^E
	Both sexes	Changes made to improve health, quit smoking	Percent	8.1 ^E
	Both sexes		Number of persons	F
		Changes made to improve health, other	Percent	F
		Changes made to improve health, none	Number of persons	1,608
		onanges made to improve nearly, none	Percent	41.5
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
		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 Percent	F F
	Males		Number of persons	F
		Changes made to improve health, quit smoking	Percent	F.
25 to 34 years			Number of persons	F
		Changes made to improve health, other	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
		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
	Females		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 0.440
		Total, changes made to improve health	Number of persons	6,112
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons Percent	1,536 25.1
			Number of persons	F
		Changes made to improve health, lost weight	Percent	F
			Number of persons	536 ^E
I	I	I		550

ì		I	ı .	_
		Changes made to improve health, eating habits	Percent	8.8 ^E
		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	464 ^E
	Both sexes	Changes made to improve health, other	Percent	7.6 ^E
			Number of persons	2,788
		Changes made to improve health, none	Percent	45.6
			Number of persons	395 ^E
		Changes made to improve health, not stated	Percent	6.5 ^E
			Number of persons	2,995
		Total, changes made to improve health	Percent	100.0
			Number of persons	754 ^E
		Changes made to improve health, increase exercise		
			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
	Males		Percent	F
		Changes made to improve health, quit smoking	Number of persons	F
			Percent	F
25 to 44 years		Changes made to improve health, other	Number of persons	F
35 to 44 years			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
		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
	Females		Percent	11.0 ^E
	li emales	Changes made to improve health, quit smoking	Number of persons	F
			Percent	F
			Number of persons	423 ^E
		Changes made to improve health, other	Percent	13.6 ^E
			Number of persons	1,289
		Changes made to improve health, none	Percent	41.4
			Number of persons	F
		Changes made to improve health, not stated	Percent	F
			Number of persons	7,603
1		Total, changes made to improve health	Percent	100.0
			Number of persons	2,025
		Changes made to improve health, increase exercise	Percent	26.6
			Number of persons	F
	Both sexes	Changes made to improve health, lost weight	Percent	F
			Number of persons	404 ^E
		Changes made to improve health, eating habits	Percent	5.3 ^E
	1	Changes made to improve health, quit smoking	Number of persons	351 ^E

]			Percent	4.6 ^E
		Changes made to improve health, other	Number of persons	669 ^E
			Percent	8.8 ^E
		01	Number of persons	2,989
		Changes made to improve health, none	Percent	39.3
			Number of persons	741 ^E
		Changes made to improve health, not stated	Percent	9.8 ^E
			Number of persons	4,031
		Total, changes made to improve health	Percent	100.0
			Number of persons	942 ^E
		Changes made to improve health, increase exercise	Percent	23.4 ^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
	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
45 to 64 years			Number of persons	1,801
		Changes made to improve health, none	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
	Females	Changes made to improve health, eating habits	Number of persons	F
			Percent	F
	i ciliales	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
		Changes made to improve health, none	Percent	33.3
		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	5,176
		Total, changes made to improve health	Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	1,548
		onangos mado to improvo nodici, morodos exercise	Percent	29.9
		Changes made to improve health, lost weight	Number of persons	F
	Both sexes	The state of the s	Percent	F
	Dom sexes	Changes made to improve health, eating habits	Number of persons	F
		2geegreate meaning outing number	Percent	F
		Changes made to improve health, quit smoking	Number of persons	F
		goo made to improve nearly quit smoking	Percent	F
		Changes made to improve health, other	Number of persons	487 ^E
		,	Percent	9.4 ^E

1	ı			
		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
		Total, changes made to improve health	Number of persons	2,634
		Total, oldriges made to improve ficular	Percent	100.0
		Changes made to improve health increase eversion	Number of persons	754 ^E
		Changes made to improve health, increase exercise	Percent	28.6 ^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
	Males	2h	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	998 ^E
		Changes made to improve health, none	Percent	37.9
45 to 54 years			Number of persons	370 ^E
		Changes made to improve health, not stated	Percent	14.0 ^E
			Number of persons	2,541
		Total, changes made to improve health Changes made to improve health, increase exercise	Percent	100.0
			Number of persons	794 ^E
			Percent	31.3 ^E
		Changes made to improve health, lost weight Changes made to improve health, eating habits Changes made to improve health, quit smoking	Number of persons	F
			Percent Number of persons	F F
			Percent	F
	Females		Number of persons	F
			Percent	F
		Changes made to improve health, other		345 ^E
			Number of persons	
		Changes made to improve health, none	Percent	13.6 ^E
			Number of persons	842
			Percent	33.2 ^E
		Changes made to improve health, not stated	Number of persons	F
		Changes made to improve nearth, not stated	Percent	F
		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
		Changes made to improve health, lost weight	Percent	F
		Changes made to improve health, eating habits	Number of persons	F
	Both sexes	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
		ger mane to improve reality, enter	Percent	F
		Changes made to improve health, none	Number of persons	1,148 ^E
		onanges made to improve nearin, none	Percent	47.3

		Changes made to improve health, not stated	Percent	F
		ITotal, changes made to improve health	Number of persons	1,397
			Percent	100.0
			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	802 ^E
		Changes made to improve health, none	Percent	57.5
			Number of persons	57.5 F
EE to 64 years		Changes made to improve health, not stated	Percent	
55 to 64 years				1,031
		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
	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
		angoo maao to mpioro noam, none	Percent	33.6 ^E
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
		Total, changes made to improve health	Number of persons	1,600
			Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	283 ^E
			Percent	17.7 ^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
			Number of persons	F
		Changes made to improve health, other	Percent	F
			Number of persons	942
		Changes made to improve health, none	Percent	58.9
			Number of persons	50.9 F
	Changes made to improve health, not stated	Percent	F	
				789
		Total, changes made to improve health	Number of persons	
			Percent Number of persons	100.0
	Changes made to improve health, increase exercise	Number of persons	F	

		l		Percent	F
			IChanges made to improve health, lost weight F	Number of persons	F
				Percent	F
				Number of persons	F
			Changes made to improve health, eating habits	Percent	F
				Number of persons	F
		Males	Changes made to improve health, quit smoking	Percent	F.
		IVIAICS		Number of persons	F.
			Changes made to improve health, other	Percent	F
				Number of persons	484 ^E
			Changes made to improve health, none	· ·	
				Percent	61.3 ^E
			Changes made to improve health, not stated	Number of persons	F
			,	Percent	F
			Total, changes made to improve health	Number of persons	811
	65 years and over		μ	Percent	100.0
			Changes made to improve health, increase exercise	Number of persons	F
			Changes made to improve housin, more accounting	Percent	F
			Changes made to improve health, lost weight	Number of persons	F
			onangos maas to improve noam, root noight	Percent	F
			Changes made to improve health, eating habits	Number of persons	F
		Famalaa	changes made to improve health, eating habits	Percent	F
		Females	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
				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
			Total, changes made to improve health Changes made to improve health, increase exercise	Number of persons	998
				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
		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	625
			Changes made to improve health, none	Percent	62.6
				Number of persons	F
		Changes made to improve health, not stated	Percent	F	
			Number of persons	561	
		Total, changes made to improve health	Percent	100.0	
		_	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.
			Ohannaa mada ta kuu oo oo bookka ahaa ahaa ka ku	Number of persons	F.
			Changes made to improve health, eating habits		-

1 1			Percent	F
65 to 74 years	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
		Changes made to improve health, none	Number of persons	409 ^E
			Percent	72.8
		Changes made to improve health, not stated	Number of persons	F
		Changes made to improve health, not stated	Percent	F
			Number of persons	436
	Females	Total, changes made to improve health	Percent	100.0
		Changes made to improve health, increase exercise	Number of persons	F
			Percent	F
oo to 14 years		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
		onangee made to improve nearing quit emering	Percent	F
		Changes made to improve health, other	Number of persons	F
		Changes made to improve health, other	Percent	F
			Number of persons	216 ^E
		Changes made to improve health, none	Percent	49.6 ^E
			Number of persons	F
		Changes made to improve health, not stated	Percent	F.
	Both sexes			
		Total, changes made to improve health	Number of persons	602 ^E
75 years and over		. •	Percent	100.0
		Changes made to improve health, increase exercise	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
			Percent	F
		Changes made to improve health, quit smoking	Number of persons	F
			Percent	F.
		Changes made to improve health, other		F
			Number of persons	
			Percent	F
		Changes made to improve health, none	Number of persons	317 ^E
			Percent	52.7 ^E
		Changes made to improve health, not stated	Number of persons	F
			Percent	F
	Males	Total, changes made to improve health	Number of persons	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
		I		•

]		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/cqi-win/cnsmcqi.exe?

Lang=E& CANSIMFile=CII\CII_1_E.htm& RootDir=CII/

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