Table 105-0400[1]
Canadian Community Health Survey (CCHS 2.1 and 3.1) indicator profile, by sex, Canada, provinces, territories, health regions (June 2005 boundaries) and peer groups, every 2 years

Survey or program details:

Canadian Community Health Survey - **3226**

Geography[2,3]=Northwest Territories [61]

Sex	Health profile	Characteristics[54,55,56,57,58]	2003	2005
Both sexes	Very good or excellent self-rated health[11]	Number of persons	18,630	21,873
		Percent	56.1	63.1
	Very good or excellent self-rated mental health[12]	Number of persons	22,406	25,106
		Percent	67.4	72.4
	With arthritis or rheumatism[13,14]	Number of persons	4,037	4,206
		Percent	12.1	12.1
	With diabetes[15,16]	Number of persons	1,244[E]	1,191[E]
		Percent	3.7[E]	3.4[E]
	With asthma[17]	Number of persons	2,613	3,008
		Percent	7.9	8.7
	With high blood pressure[18]	Number of persons	3,611	3,067
		Percent	10.9	8.8
	Injuries within the past 12 months[19,20]	Number of persons	4,010	6,189
		Percent	12.1	17.9
	1 or more two-week disability days[21]	Number of persons	6,198	6,042
		Percent	18.7	17.4
	Participation and activity limitation[22]	Number of persons	9,298	8,553
		Percent	28.0	24.7
	Current daily or occasional smoker[23,24,25]	Number of persons	12,068	12,495
		Percent	36.3	36.0
	Exposed to second-hand smoke at home[26,27]	Number of persons	3,065	4,207
		Percent	14.6	19.0
	Exposure to second-hand smoke in the past month, in vehicles and/or public places[28]	Number of persons	8,311	4,460
		Percent	39.5	20.1
	Exposure to second-hand smoke in the past month, in vehicles[28]	Number of persons	3,941	2,313
		Percent	18.7	10.4
	Exposure to second-hand smoke in the past month, in public places[28]	Number of persons	6,738	3,078
		Percent	32.0	13.9
	Complete restriction on smoking at home[29]	Number of persons	18,556	21,925
		Percent	55.8	63.2
	Complete restriction on smoking at work[30]	Number of persons	15,786	20,147
		Percent	66.5	82.0
	Smoking initiation age (5 to 14 years)[31]	Number of persons	11,422	10,200
		Percent	48.4	42.9
	5 or more drinks on one occasion, 12 or more times a year[32]	Number of persons	9,979	8,716
		Percent	39.9	35.6
	Leisure-time physically active or moderately active[33,34]	Number of persons	17,596	17,506
		Percent	53.0	50.5
	Life stress, quite a lot (18 years and over)[35]	Number of persons	6,000	5,507

	Percent	20.8	18.3
Overweight, self-reported adult body mass index 25.00 to 29.99 (18 years and over)[36,37,38,39]	Number of persons	8,942	9,636
	Percent	31.2	32.6
Obese, self-reported adult body mass index 30.00 or higher (18 years and over)[36,37,38,39]	Number of persons	6,306	7,245
	Percent	22.0	24.5
Self-reported youth body mass index, overweight or obese[36,40]	Number of persons	1,318	944
	Percent	31.1	20.3
Very strong or somewhat strong sense of belonging to local community[41]	Number of persons	25,613	25,072
	Percent	77.1	72.3
Has a regular medical doctor[42]	Number of persons	15,220	16,906
	Percent	45.8	48.8
Contact with medical doctors in the past 12 months[43,44]	Number of persons	23,848	25,932
	Percent	71.8	74.8
Contact with dental professionals in the past 12 months[45,46]	Number of persons	22,721	23,205
	Percent	68.4	66.9
Contact with alternative health care providers in the past 12 months[47,48]	Number of persons	4,348	5,230
	Percent	13.1	15.1
Influenza immunization, less than one year ago[49]	Number of persons	7,506	12,583
	Percent	22.6	36.3
Received routine screening mammogram within the last 2 years (50 to 69 years)[50,51]	Number of persons	•••	•••
	Percent	•••	•••
Pap smear, within the last 3 years (18 to 69 years)[52,53]	Number of persons	•••	•••
	Percent	•••	•••
Very good or excellent self-rated health[11]	Number of persons	10,336	11,406
	Percent	59.9	63.1
Very good or excellent self-rated mental health[12]	Number of persons	12,182	13,568
	Percent	70.6	75.1
With arthritis or rheumatism[13,14]	Number of persons	1,828	1,832
	Percent	10.6	10.1
With diabetes[15,16]	Number of persons	665[E]	689[E]
	Percent	3.8[E]	3.8[E]
With asthma[17]	Number of persons	1,271[E]	958[E]
	Percent	7.4[E]	5.3[E]
With high blood pressure[18]	Number of persons	1,999	1,722
	Percent	11.6	9.5
Injuries within the past 12 months[19,20]	Number of persons	2,467	3,636
	Percent	14.3	20.1
1 or more two-week disability days[21]	Number of persons	2,689	2,658
	Percent	15.6	14.7
Participation and activity limitation[22]	Number of persons	4,781	4,107
	Percent	27.7	22.7
Current daily or occasional smoker[23,24,25]	Number of persons	6,236	6,089
	Percent	36.1	33.7
Exposed to second-hand smoke at home[26,27]	Number of persons	1,764	2,677[E]
	Percent	16.1	22.3
Exposure to second-hand smoke in the past month, in vehicles and/or public places[28]	Number of persons	4,494	2,411
	Percent	41.1	20.1
Exposure to second-hand smoke in the past month, in vehicles[28]	Number of persons	2,095	1,213
	Percent	19.2	10.1
Exposure to second-hand smoke in the past month, in public places[28]	Number of persons	3,820	1,662
	Percent	35.0	13.9
	Number of persons	9,140	10,782

Males	Complete restriction on smoking at home[29]	Percent	52.9	59.7
	Complete restriction on smoking at work[30]	Number of persons	7,851	10,600
		Percent	59.7	77.0
	Smoking initiation age (5 to 14 years)[31]	Number of persons	5,781	5,438
		Percent	49.0	43.5
	5 or more drinks on one occasion, 12 or more times a year[32]	Number of persons	6,404	5,342
		Percent	49.4	42.0
	Leisure-time physically active or moderately active[33,34]	Number of persons	9,308	9,438
		Percent	53.9	52.2
	Life stress, quite a lot (18 years and over)[35]	Number of persons	3,433	2,739
		Percent	23.2	17.5
	Overweight, self-reported adult body mass index 25.00 to 29.99 (18 years and over)[36,37,38,39]	Number of persons	5,377	6,120
		Percent	36.3	39.1
	Obese, self-reported adult body mass index 30.00 or higher (18 years and over)[36,37,38,39]	Number of persons	3,472	3,757
		Percent	23.4	24.0
	Self-reported youth body mass index, overweight or obese[36,40]	Number of persons	982[E]	558[E]
		Percent	40.2[E]	23.2[E]
	Very strong or somewhat strong sense of belonging to local community[41]	Number of persons	13,042	12,800
		Percent	75.6	70.8
	Has a regular medical doctor[42]	Number of persons	6,444	7,464
		Percent	37.3	41.3
	Contact with medical doctors in the past 12 months[43,44]	Number of persons	10,970	12,032
		Percent	63.6	66.6
	Contact with dental professionals in the past 12 months[45,46]	Number of persons	11,531	11,604
		Percent	66.8	64.2
	Contact with alternative health care providers in the past 12 months[47,48]	Number of persons	1,488[E]	2,224[E]
		Percent	8.6[E]	12.3[E]
	Influenza immunization, less than one year ago[49]	Number of persons	3,201	5,475
		Percent	18.5	30.3
	Received routine screening mammogram within the last 2 years (50 to 69 years)[50,51]	Number of persons	•••	•••
		Percent	•••	•••
	Pap smear, within the last 3 years (18 to 69 years)[52,53]	Number of persons	•••	•••
		Percent	•••	•••
	Very good or excellent self-rated health[11]	Number of persons	8,294	10,467
		Percent	52.0	63.1
	Very good or excellent self-rated mental health[12]	Number of persons	10,224	11,538
		Percent	64.0	69.5
	With arthritis or rheumatism[13,14]	Number of persons	2,209	2,374
		Percent	13.8	14.3
	With diabetes[15,16]	Number of persons	580[E]	502[E]
		Percent	3.6[E]	3.0[E]
	With asthma[17]	Number of persons	1,341[E]	2,050
		Percent	8.4[E]	12.4
	With high blood pressure[18]	Number of persons	1,613	1,344
		Percent	10.1	8.1
	Injuries within the past 12 months[19,20]	Number of persons	1,543	2,553
		Percent	9.7	15.4
	1 or more two-week disability days[21]	Number of persons	3,508	3,385
		Percent	22.0	20.4
	Participation and activity limitation[22]	Number of persons	4,516	4,446
		Percent	28.3	26.8

Females	**Current daily or occasional smoker**[23,24,25]	Number of persons	5,832	6,405
		Percent	36.5	38.6
	Exposed to second-hand smoke at home[26,27]	Number of persons	1,301[E]	1,531[E]
		Percent	12.8[E]	15.0[E]
	Exposure to second-hand smoke in the past month, in vehicles and/or public places[28]	Number of persons	3,817	2,048
		Percent	37.7	20.1
	Exposure to second-hand smoke in the past month, in vehicles[28]	Number of persons	1,846[E]	1,100[E]
		Percent	18.2[E]	10.8[E]
	Exposure to second-hand smoke in the past month, in public places[28]	Number of persons	2,918[E]	1,416
		Percent	28.8	13.9
	Complete restriction on smoking at home[29]	Number of persons	9,416	11,143
		Percent	59.0	67.1
	Complete restriction on smoking at work[30]	Number of persons	7,935	9,547
		Percent	74.9	88.5
	Smoking initiation age (5 to 14 years)[31]	Number of persons	5,641	4,762
		Percent	47.8	42.4
	5 or more drinks on one occasion, 12 or more times a year[32]	Number of persons	3,574	3,374
		Percent	29.6	28.7
	Leisure-time physically active or moderately active[33,34]	Number of persons	8,288	8,068
		Percent	51.9	48.6
	Life stress, quite a lot (18 years and over)[35]	Number of persons	2,568	2,768
		Percent	18.2	19.3
	Overweight, self-reported adult body mass index 25.00 to 29.99 (18 years and over)[36,37,38,39]	Number of persons	3,565	3,516
		Percent	25.8	25.3
	Obese, self-reported adult body mass index 30.00 or higher (18 years and over)[36,37,38,39]	Number of persons	2,834	3,488
		Percent	20.5	25.1
	Self-reported youth body mass index, overweight or obese[36,40]	Number of persons	336[E]	386[E]
		Percent	18.7[E]	17.3[E]
	Very strong or somewhat strong sense of belonging to local community[41]	Number of persons	12,572	12,271
		Percent	78.7	73.9
	Has a regular medical doctor[42]	Number of persons	8,776	9,443
		Percent	55.0	56.9
	Contact with medical doctors in the past 12 months[43,44]	Number of persons	12,878	13,900
		Percent	80.7	83.8
	Contact with dental professionals in the past 12 months[45,46]	Number of persons	11,191	11,602
		Percent	70.1	69.9
	Contact with alternative health care providers in the past 12 months[47,48]	Number of persons	2,860	3,006
		Percent	17.9	18.1
	Influenza immunization, less than one year ago[49]	Number of persons	4,305	7,108
		Percent	27.0	42.8
	Received routine screening mammogram within the last 2 years (50 to 69 years)[50,51]	Number of persons	1,080	1,009[E]
		Percent	41.3	37.8[E]
	Pap smear, within the last 3 years (18 to 69 years)[52,53]	Number of persons	11,100	11,537
		Percent	81.8	83.5

Symbol legend:

••• Not applicable

[E] Use with caution

Footnotes:

1. Source: Statistics Canada, Canadian Community Health Survey (CCHS 2.1 and 3.1), 2003 and 2005. The CANSIM table 105-0400

is an update of CANSIM table [105-0200](#).

2. Health regions are defined by the provincial ministries of health. These are legislated administrative areas in all provinces. The health regions presented in this table are based on boundaries and names in effect as of June 2005. For complete Canadian coverage, each of the northern territories also represents a health region.

3. A "peer group" is a grouping of health regions that have similar social and economic characteristics. The nine peer groups are identified by the letters A through I, which are appended to the health region 4-digit code.

11. Population aged 12 and over who rate their own health status as being either excellent or very good. Self-rated health is an indicator of overall health status. It can reflect aspects of health not captured in other measures, such as incipient disease, disease severity, aspects of positive health status, physiological and psychological reserves and social and mental function.

12. Population aged 12 and over who rate their own mental health status as being excellent or very good. Self-reported mental health provides a general indication of the population suffering from some form of mental disorder, mental or emotional problems, or distress, not necessarily reflected in self-reported (physical) health.

13. Population aged 12 and over who report that they have been diagnosed by a health professional as having arthritis or rheumatism.

14. Arthritis or rheumatism includes rheumatoid arthritis and osteoarthritis, but excludes fibromyalgia.

15. Population aged 12 and over who report that they have been diagnosed by a health professional as having diabetes.

16. Diabetes includes females 15 and over who have been diagnosed with gestational diabetes.

17. Population aged 12 and over who report that they have been diagnosed by a health professional as having asthma.

18. Population aged 12 and over who report that they have been diagnosed by a health professional as having high blood pressure.

19. Population aged 12 and over who sustained injuries in the past 12 months. Repetitive strain injuries are not included.

20. Refers to injuries which are serious enough to limit normal activities. For those with more than one injury in the past 12 months, refers to "the most serious injury", as identified by the respondent.

21. Population aged 12 and over who stayed in bed or cut down on normal activities because of illness or injury, on one or more days in the past 2 weeks.

22. Population aged 12 and over who report being limited in selected activities (home, school, work and other activities) because of a physical condition, mental condition or health problem which has lasted or is expected to last 6 months or longer. "Participation and activity limitation" was previously referred to as "Activity limitation".

23. Population aged 12 and over who reported being a current smoker (daily or occasional).

24. Daily smokers refers to those who reported smoking cigarettes every day.

25. Occasional smokers refers to those who reported smoking cigarettes occasionally. This includes former daily smokers who now smoke occasionally.

26. Non-smoking population aged 12 and over who reported that at least one person smokes inside their home every day or almost every day.

27. Smoking includes cigarettes, cigars and pipes.

28. Non-smoking population aged 12 and over who reported being exposed to second-hand smoke in private vehicles and/or public places on every day or almost every day in the past month.

29. Population aged 12 and over who reported that smokers are asked to refrain from smoking in the house.

30. Employed population aged 15 to 75 who reported that smoking is completely restricted at their place of work.

31. Population aged 12 and over who reported being either a current or former smoker and who reported the age when they smoked their first whole cigarette.

32. Population aged 12 and over who reported having at least 1 drink in the past 12 months.

33. Population aged 12 and over reporting level of physical activity, based on their responses to questions about the frequency, duration and intensity of their participation in leisure-time physical activity.

34. Respondents are classified as active, moderately active or inactive based on an index of average daily physical activity over the past 3 months. For each leisure time physical activity engaged in by the respondent, an average daily energy expenditure is calculated by multiplying the number of times the activity was performed by the average duration of the activity by the energy cost (kilocalories per kilogram of body weight per hour) of the activity. The index is calculated as the sum of the average daily energy expenditures of all activities. Respondents are classified as follows: 3.0 kcal/kg/day or more = physically active; 1.5 to 2.9 kcal/kg/day = moderately active; less than 1.5 kcal/kg/day = inactive.

35. Population aged 18 and over who reported their level of life stress.

36. Body mass index (BMI) is a method of classifying body weight according to health risk. According to the World Health Organization (WHO) and Health Canada guidelines, health risk levels are associated with each of the following BMI categories: normal weight = least health risk; underweight and overweight = increased health risk; obese, class I = high health risk; obese, class II = very

high health risk; obese, class III = extremely high health risk.

37. Body mass index (BMI) is calculated by dividing the respondent's body weight (in kilograms) by their height (in metres) squared.

38. A definition change was implemented in 2004 to conform with World Health Organization (WHO) and Health Canada guidelines for body weight classification. The index is calculated for the population aged 18 and over, excluding pregnant females and persons less than 3 feet (0.914 metres) tall or greater than 6 feet 11 inches (2.108 metres).

39. According to the World Health Organization (WHO) and Health Canada guidelines, the index for body weight classification is: less than 18.50 (underweight); 18.50 to 24.99 (normal weight); 25.00 to 29.99 (overweight); 30.00 to 34.99 (obese, class I); 35.00 to 39.99 (obese, class II); 40.00 or greater (obese, class III).

40. Body mass index (BMI) for youth is different from that of adults as they are still maturing. This variable classifies the measured BMI of children aged 12 to 17 as "obese" or "overweight" according to the age- and sex-specific BMI cut-off points as defined by Cole and others. The Cole cut-off points are based on pooled international data (Brazil, Great Britain, Hong Kong, Netherlands, Singapore and United States) for BMI and linked to the internationally accepted adult BMI cut-off points of 25 (overweight) and 30 (obese). Respondents who do not fall within the categories of "obese" or "overweight" (as defined by Cole and others) have been classified by the Canadian Community Health Survey (CCHS) as "neither overweight nor obese".

41. Population aged 12 and over who describe their sense of belonging to their local community as very strong or somewhat strong. Research shows a high correlation of sense of community-belonging with physical and mental health.

42. Population aged 12 and over were asked to report whether they had a regular medical doctor.

43. Population aged 12 and over who have consulted with a medical doctor in the past 12 months.

44. Medical doctor include family or general practitioners as well as specialists such as surgeons, allergists, orthopaedists, gynaecologists or psychiatrists. For population aged 12 to 17, includes pediatricians.

45. Population aged 12 and over who have consulted with a dental professional in the past 12 months.

46. Dental professionals include dentists or orthodontists.

47. Population aged 12 and over who have consulted with an alternative health care provider in the past 12 months.

48. Alternative health care providers include massage therapists, acupuncturists, homeopaths or naturopaths, Feldenkrais or Alexander teachers, relaxation therapists, biofeedback teachers, rolfers, herbalists, reflexologists, spiritual healers, religious healers and others.

49. Population aged 12 and over who reported when they had their last influenza immunization (flu shot).

50. Females aged 50 to 69 who reported when they had their last mammogram for routine screening or other reasons.

51. Screening by mammography is an important strategy for early detection of breast cancer.

52. Females aged 18 to 69 who reported when they had their last Pap smear test.

53. Pap tests (Papanicolaou) detect pre-malignant lesions before cancer of the cervix develops.

54. When comparing estimates, it is important to use confidence intervals to determine if differences between values are statistically significant. Confidence intervals describe sampling variability and give an indication of the precision of a given estimate.

55. Bootstrapping techniques were used to produce the coefficient of variation (CV) and 95% confidence intervals (CIs).

56. Data with a coefficient of variation (CV) from 16.6% to 33.3% are identified as follows: (E) use with caution.

57. Data with a coefficient of variation (CV) greater than 33.3% were suppressed due to extreme sampling variability and are identified as follows: (F) too unreliable to be published.

58. 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.

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