

# CANADIAN COMMUNITY HEALTH SURVEY:

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GREY BRUCE 2015-2016

PART 1: CANSIM TABLE CONTENT



**IMPORTANT: CAUTION SHOULD BE USED WHEN COMPARING CCHS ESTIMATES FROM 2015 ONWARDS TO PAST CCHS ESTIMATES**

## LIST OF INDICATORS

### **General Health:**

- Self-rated Health
- Self-rated Mental Health
- Mood Disorder
- Life Satisfaction
- Perceived Life Stress
- Sense of Community Belonging

### **Chronic Conditions:**

- Arthritis
- Diabetes
- Asthma
- Hypertension
- Chronic Lung Conditions
- BMI

### **Risk & Protective Behaviour:**

- Smoking
- Heavy Drinking
- Leisure-time Physical Activity

### **Nutrition:**

- Fruit and Vegetable Consumption

### **Early Childhood:**

- Breastfeeding Behaviors

### **Contact with Medical Services:**

- Regular Health care Provider
- Contact with Medical Doctor

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## INTRODUCTION

This is the first of two reports summarizing data from the 2015/16 Canadian Community Health Survey for Grey Bruce. This report uses data from the publically available CANSIM table 105-0509, whereas the second report uses data from the Ontario CCHS Share File provided to health units by Statistics Canada through the Ministry of Health and Long-term care. The CANSIM table contains estimates for both Canada and Ontario, while the Share File contains estimates for Ontario but not Canada. Therefore, in the first report, Grey Bruce estimates are compared to both Canada and Ontario, while in the second report Grey Bruce estimates are compared only to Ontario. The Share file also contains fewer cases than the Master file from which the CANSIM estimates are derived, since consent is sought for a respondent's inclusion in the Share file.

Table 1. Differences between the 2015/16 CCHS Indicators Reports for Grey Bruce

	CCHS Indicators Report Part 1	CCHS Indicators Report Part 2
<b>Data Source</b>	CANSIM table 105-0509	CCHS Share File
<b>Geographic Comparators</b>	Canada Ontario	Ontario
<b>Statistical Testing</b>	Z-tests (comparing Grey Bruce to Ontario and Canada)  95% confidence interval comparisons (comparing sexes and age groups within Grey Bruce)	95% confidence interval comparisons
<b>Indicators</b>	<p><b>General Health:</b> Self-rated Health Self-rated Mental Health Mood Disorder Life Satisfaction Perceived Life Stress Sense of Community Belonging</p> <p><b>Chronic Conditions:</b> Arthritis Diabetes Asthma Hypertension Chronic Lung Conditions BMI</p> <p><b>Risk &amp; Protective Behaviour:</b> Smoking Heavy Drinking Leisure-time Physical Activity</p> <p><b>Nutrition:</b></p>	<p><b>Mental Health:</b> Depression Contemplated Suicide Work Stress</p> <p><b>Risk &amp; Protective Behaviour:</b> Sleep Screen Time High-risk Drinking Illicit Drug Use Marijuana Use Tobacco Alternatives Sun Safety</p> <p><b>Environmental Risk Factors:</b> Second-hand Smoke</p> <p><b>Contact with Medical Services:</b> Flu Immunization in Past Year Ever Tested for STI Contact with Mental Health Professional</p>

CCHS Indicators Report Part 1	CCHS Indicators Report Part 2
Fruit and Vegetable Consumption	<b>Insurance</b>
<b>Early Childhood:</b>	Prescription Drug Coverage
Breastfeeding Behaviors	Long-term Care Cost Coverage
<b>Contact with Medical Services:</b>	<b>Sexual Behaviours</b>
Regular Healthcare Provider	Ever Had Sex
Contact with Medical Doctor	Age at Time of First Sexual Intercourse
	Used a Condom during Most Recent Sexual Intercourse
	2+ Sexual Partners in Past Year
	(See also: Ever Tested for STI under Contact with Medical Services)

## SAMPLE

### DATA SOURCE

**Source:** Statistics Canada. TABLE 105-0509 - CANADIAN HEALTH CHARACTERISTICS, TWO YEAR PERIOD ESTIMATES, BY AGE GROUP AND SEX, CANADA, PROVINCES, TERRITORIES AND HEALTH REGIONS, OCCASIONAL (NUMBER UNLESS OTHERWISE NOTED), CANSIM (database). (accessed: April 12, 2018)

### CCHS REDESIGN

In 2012, CCHS began work on a major redesign project that was completed and implemented for the 2015 cycle. The objectives of the redesign were to review the sampling methodology, adopt a new sample frame, modernize the content and review the target population. Consultations were held with federal, provincial and territorial share partners, health region authorities and academics. As a result of the redesign, the 2015 CCHS has a new collection strategy, is drawing the sample from two different frames and has undergone major content revisions. With all these factors taken together, caution should be taken when comparing data from previous cycles to data released for the 2015 cycle onwards. (Statistics Canada, 2017c)

### SAMPLE

The CCHS data is always collected from persons aged 12 and over living in private dwellings in over 100 health regions covering all provinces and territories. Excluded from the sampling frame are individuals living on Indian Reserves and on Crown Lands, institutional residents, full-time members of the Canadian Forces, youth aged 12 to 17 living in foster homes, and residents of certain remote regions. The CCHS covers approximately 98% of the Canadian population aged 12 and over. (Statistics Canada, 2017c) Because of the small population in Grey Bruce, it is preferable to present combined two-year samples. For the Grey Bruce area there were just under 800 respondents for the 2015/16 cycle.



## DESIGN

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The CCHS is a cross-sectional population health survey. It is meant to give a point-in-time picture of the health status and health behaviours of Canadian residents. For more information on CCHS data collection and design, visit <http://www23.statcan.gc.ca/imdb/p2SV.pl?Function=getSurvey&SDDS=3226#a2>.

## SAMPLING FRAMES, HOUSEHOLD SAMPLING STRATEGIES

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The CCHS sample is selected using different sampling frames according to age group. For the adult population (18 years and older), the sample of households is selected from an area frame (the frame used by the Canadian Labour Force Survey). For the youth population (12 to 17 years old) a list frame is used to select persons (from the Canada Child Tax Benefit records). (Statistics Canada, 2017c)

## CONFIDENCE INTERVALS

A confidence interval, like the 95% confidence intervals used in this document, is a lower end to upper end estimate of the values above and below a statistic between which we believe the true population parameter to be, to an X% degree of certainty (in this case, 95%).

### WHAT'S A POPULATION PARAMETER?

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A population parameter is a true value that in some way describes a population. For example, if you were to add up the ages of the entire population of Canada and then take the mean (divide the total by the number of people in the population), the result would be a population parameter: the mean age of Canadians. There is no doubt about a population parameter—it's a known entity. If you know all of the values present in the population, you can calculate any true value for a population. Population parameters do not need confidence intervals, since there is no doubt about the reliability of the number.

### WHAT'S A STATISTIC?

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A statistic is an *estimate* of a value of a population parameter. Because it's neither cost-effective nor time-effective to talk to everyone in a population, smaller samples are taken of a population in order to generalize to the larger population. The CCHS uses a sample of 130,000 people every two years to create statistics that are generalizable to the larger population (Canada). Unlike a population parameter, in which the true value is known beyond a doubt, there is the possibility of error for a statistic. We can't be sure it equals the true population parameter.

We use samples to generate estimates (statistics) for population parameters that we can't know. In order to account for the potential error (which we cannot actually measure), we generate confidence intervals based on an estimated error, which takes into account the sample size and the estimate itself.

### USING CONFIDENCE INTERVALS TO GAUGE STATISTICAL SIGNIFICANCE

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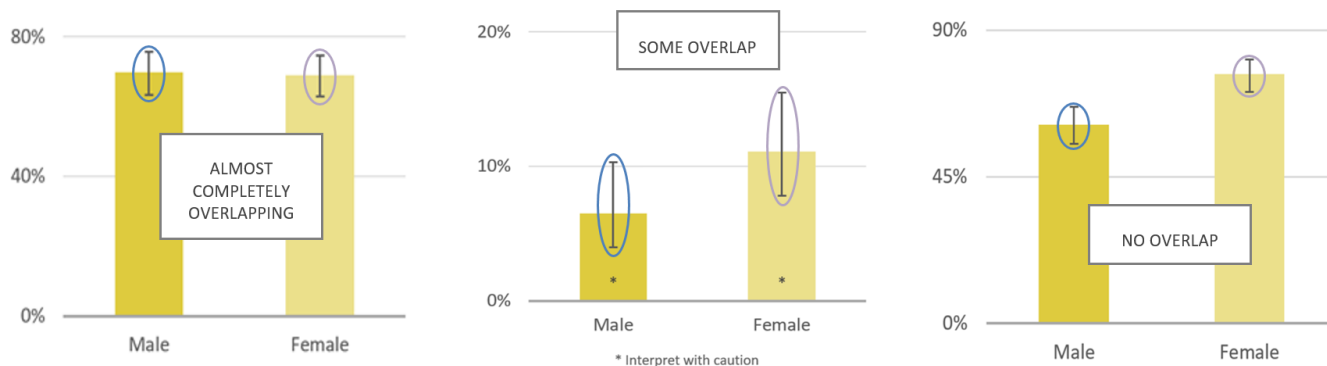
A crude form of significance testing is possible by simply comparing confidence intervals of estimates. If confidence intervals of estimates do not overlap, there is a very good chance that the estimates are significantly different. Otherwise, they cannot be said to be significantly different, at a glance. If there is a large degree of overlap, or if one confidence interval completely engulfs another (100% overlap), there is a good chance the estimates are not significantly different (i.e., they are similar).

If confidence intervals do not overlap we can say that the two estimates are statistically significantly different. However, the reverse is not true. That is, if confidence intervals do overlap, we cannot necessarily say that they are not statistically significantly different.

#### COMPARISONS BETWEEN SEXES AND AGE GROUPS

In this report, comparisons between sexes and age groups in Grey Bruce are conducted by comparing confidence intervals. Caution should be used when interpreting these comparisons, as they are often based on small sample sizes (especially among the 12 to 17 age group).

#### CONFIDENCE INTERVAL EXAMPLES:



### 1. Probably the Same

### 2. Unclear

### 3. Significantly Different

#### EXAMPLE 1: PROBABLY THE SAME

In this example, the percentage of males and females in very good/excellent self-rated mental health is probably the same. The bars are practically the same height, and the confidence intervals almost completely overlap each other. We cannot, however, make a statement about the statistical significance of the difference (or lack of difference) between males and females in this case.

#### EXAMPLE 2: UNCLEAR

In this example, it is unclear whether the percentage of males and females with a mood disorder is significantly different. The percentage of females with mood disorders appears higher than the percentage of males, but both estimates have wide confidence intervals and these confidence intervals overlap. Again, we cannot make a statement about the statistical significance of the difference between males and females in this case.

#### EXAMPLE 3: STATISTICALLY SIGNIFICANTLY DIFFERENT

In this example we have evidence that the percentage of females who had contact with a medical doctor in the past year was higher than the percentage of males because the confidence intervals do not overlap. We can, in this situation, say that the percentage of females was statistically significantly higher than the percentage of males.

## STATISTICAL TESTING

CANSIM table 105-05-09 contains indications of when a particular geographic region (or subgroup within that region e.g. females, or 18 to 34 year-olds in Grey Bruce) differed significantly from their counterparts in Canada or in the relevant province. Statistics Canada used z-tests of two proportions to make these comparisons, at a 5% level of significance.

Comparisons within Grey Bruce between males and females, and between age groups were performed by using confidence intervals to gauge statistical significance. Small sample sizes in these subgroups prohibited more robust statistical testing.

# SECTION 1. GENERAL HEALTH

The concepts presented under general health include self-rated health, self-rated mental health, mood disorder, life satisfaction, perceived life stress, and sense of community belonging.

Health is more than just the absence of disease. “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity” (World Health Organization, 1948). As such, considering a number of general health indicators can provide a detailed depiction of the health of the general population.

## SELF-RATED HEALTH

**Background:** Self-rated health is a person’s perception of his or her own health.

Perceived 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, physiological and psychological reserves and social and mental function. Perceived health refers to a person’s health in general—not only the absence of disease or injury, but also physical, mental and social well being. (Statistics Canada, 2015a)

**Question:** “In general, would you say your health is: Excellent, Very good, Good, Fair, or Poor?” (Statistics Canada, 2017b)

**Population:** Persons aged 12 and older

**Asked of Proxy Respondents?** Yes

**Important Note:** Caution should be used when comparing estimates based on the 2015-16 CCHS to previous years’ releases because of the recent survey redesign.

## VERY GOOD OR EXCELLENT SELF-RATED HEALTH

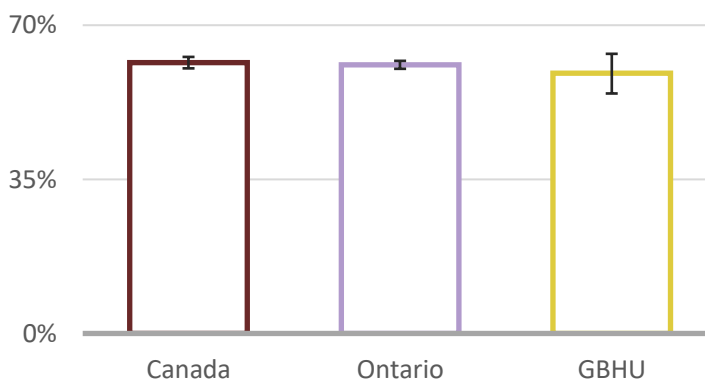
Grey Bruce residents overall were **no more or less** likely to rate their health as very good or excellent than Ontarians or Canadians, but those aged 65 and older were **more likely** than Ontarians and Canadians in that age group to do so.

Just under 60% of the Grey Bruce population aged 12 and up would describe their general health as very good or excellent. Grey Bruce residents were no more or less likely than Ontarians or Canadians to describe their overall health as very good or excellent (Table 2, Figure 1).

**Table 2. Percentage of Population in Very Good or Excellent Self-rated Health, Canada, Ontario and Grey Bruce, 2015-16**

Region	Rate
Canada	61.5% (61.0%-62.0%)
Ontario	61.0% (60.1%-61.9%)
GBHU	59.1% (54.5%-63.5%)

**Figure 1. Percentage of Population in Very Good or Excellent Self-rated Health, Canada, Ontario and Grey Bruce, 2015-16**



**VERY GOOD OR EXCELLENT SELF-RATED HEALTH: BY SEX AND AGE**

The rate of persons describing their general health as very good or excellent in Grey Bruce in 2015-16 does not appear to differ significantly between males and females (Table 3, Figure 2). Grey Bruce residents aged 18 to 34 were significantly more likely than those aged 50 to 64 to describe their general health as very good or excellent (Table 3, Figure 3).<sup>1</sup>

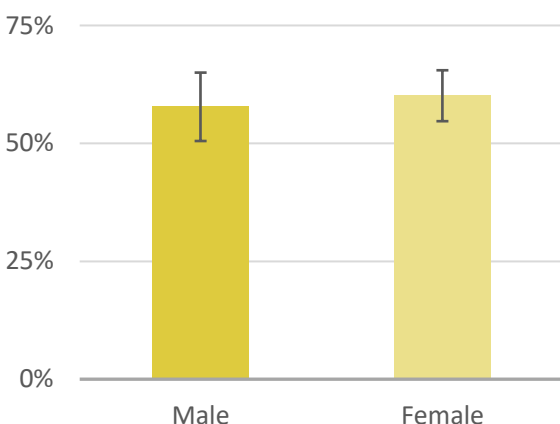
The only significant regional difference between Grey Bruce and Ontario or Canada was among those aged 65 years and older. Around 56% of older adults aged 65+ in Grey Bruce rated their general health as very good or excellent (49.3%-63.4%), compared to just 46.6% in Ontario (44.8%-48.4%), and 46.4% in Canada (45.4%-47.4%).

**Table 3. Percentage of Population in Very Good or Excellent Self-rated Health, by Sex and Age Group, Grey Bruce 2015-16**

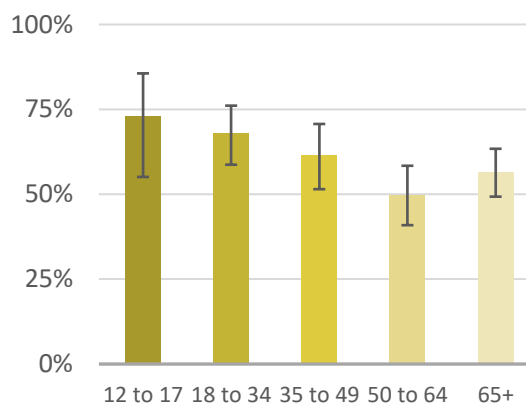
Sex	GBHU Rate	Age	GBHU Rate
<b>Male</b>	57.9% (50.5%-65.0%)	<b>12 to 17</b>	73.0% (55.1%-85.6%)
<b>Female</b>	60.2% (54.7%-65.5%)	<b>18 to 34</b>	68.0% (58.7%-76.1%)
		<b>35 to 49</b>	61.5% (51.5%-70.7%)
		<b>50 to 64</b>	49.6% (40.9%-58.4%)
		<b>65+ †‡</b>	56.4% (49.3%-63.4%)

† GBHU significantly different from Canada    ‡ GBHU significantly different from Ontario

**Figure 2. Percentage of Population in Very Good or Excellent Self-rated Health, by Sex, Grey Bruce 2015-16**



**Figure 3. Percentage of Population in Very Good or Excellent Self-rated Health, by Age Group, Grey Bruce 2015-16**



<sup>1</sup> Local estimates are often based on small sample sizes, and comparisons between sexes and age groups within Grey Bruce should be interpreted cautiously. While a lack of overlap between confidence intervals indicates a significant difference, overlapping confidence intervals do not conclusively indicate that there is no difference between groups.

FAIR OR POOR SELF-RATED HEALTH

Overall, Grey Bruce residents were **more likely** to rate their health as fair or poor than Canadians. Male residents of Grey Bruce were also **more likely** than Canadian males to rate their health as fair or poor, and those aged 50 to 64 were **more likely** to do so than both Ontarians and Canadians in the same age category.

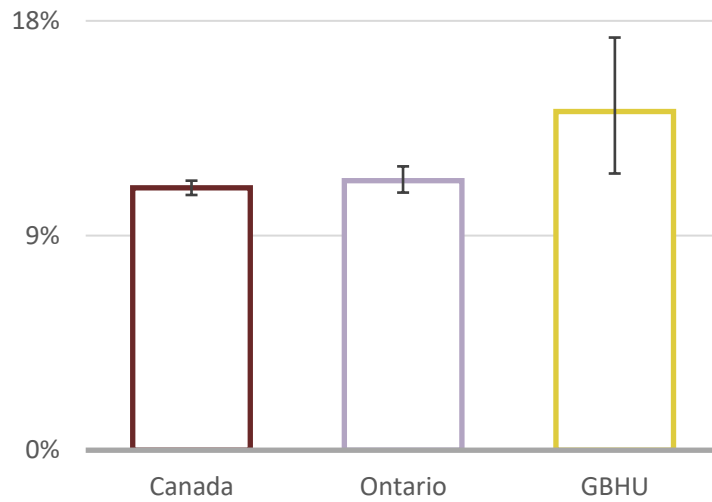
About 14% of Grey Bruce residents aged 12 and up would describe their general health as fair or poor. Grey Bruce residents were no more or less likely than Ontarians to describe their overall health as fair or poor, but they were significantly more likely than Canadians to do so (Table 4, Figure 4).

Table 4. Percentage of Population in Fair or Poor Self-rated Health, Canada, Ontario and Grey Bruce, 2015-16

Region	Rate
Canada	11.0% (10.7%-11.3%)
Ontario	11.3% (10.8%-11.9%)
GBHU†	14.2% (11.6%-17.3%)

† GBHU significantly different from Canada

Figure 4. Percentage of Population in Fair or Poor Self-rated Health, Canada, Ontario and Grey Bruce, 2015-16



**FAIR OR POOR SELF-RATED HEALTH: BY SEX AND AGE**

The rate of persons describing their general health as fair or poor in Grey Bruce in 2015-16 does not appear to differ significantly between males and females, (Table 5, Figure 5) or between the age groups for which local estimates were available (Table 5, Figure 6).<sup>1</sup>

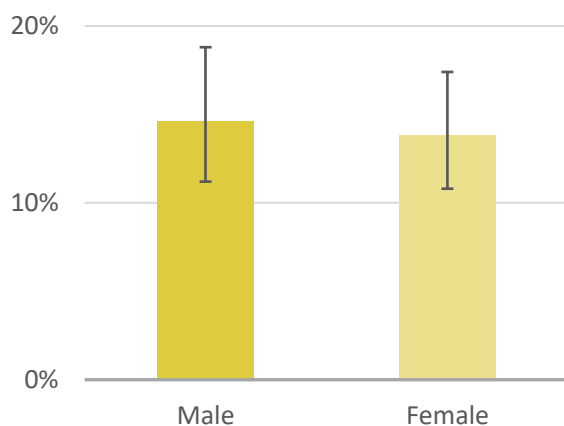
Looking at significant regional differences between Grey Bruce and Ontario or Canada, males in Grey Bruce were more likely than Canadian males to describe their health as fair or poor. In Grey Bruce, 14.6% (11.2%-18.8%) of males described their health as fair or poor compared to just 10.5% (10.1%-10.9%) of Canadian males. Persons aged 50 to 64 in Grey Bruce were also more likely to describe their health as fair or poor than Ontarians or Canadians in the same age group. In Grey Bruce, 23.1%\* (16.9%-30.8%) of persons aged 50 to 64 described their health as fair or poor, compared to just 15.1% (13.8%-16.5%) of Ontarians and 13.9% of Canadians (13.2%-14.6%) in that age group.

**Table 5. Percentage of Population in Fair or Poor Self-rated Health, by Sex and Age Group, Grey Bruce 2015-16**

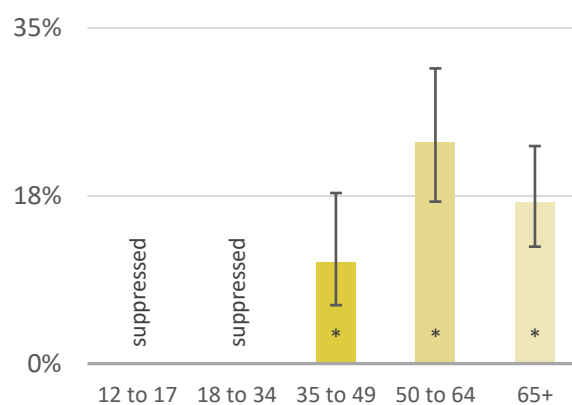
Sex	GBHU Rate	Age	GBHU Rate
Male †	14.6% (11.2%-18.8%)	12 to 17	suppressed
Female	13.8% (10.8%-17.4%)	18 to 34	suppressed
		35 to 49	10.6%* (6.1%-17.8%)
		50 to 64 †‡	23.1%* (16.9%-30.8%)
		65+	16.8%* (12.2%-22.7%)

† GBHU significantly different from Canada    ‡ GBHU significantly different from Ontario  
 \* Interpret with caution

**Figure 5. Percentage of Population in Fair or Poor Self-rated Health, by Sex, Grey Bruce 2015-16**



**Figure 6. Percentage of Population in Fair or Poor Self-rated Health, by Age Group, Grey Bruce 2015-2016**



\* Interpret with caution

<sup>1</sup> Local estimates are often based on small sample sizes, and comparisons between sexes and age groups within Grey Bruce should be interpreted cautiously. While a lack of overlap between confidence intervals indicates a significant difference, overlapping confidence intervals do not conclusively indicate that there is no difference between groups.

## SELF-RATED MENTAL HEALTH

**Background:** Self-rated mental health is another indicator or predictor of real health status. It is a person’s own perception of his or her own mental health status, and represents not only the absence of mental illness, but also the ability to enjoy life.

**Question:** “In general, would you say your mental health is: Excellent, Very good, Good, Fair, or Poor?” (Statistics Canada, 2017b)

**Population:** Persons aged 12 and older

**Asked of Proxy Respondents?** No

**Important Note:** Caution should be used when comparing estimates based on the 2015-16 CCHS to previous years’ releases because of the recent survey redesign.

### VERY GOOD OR EXCELLENT SELF-RATED MENTAL HEALTH

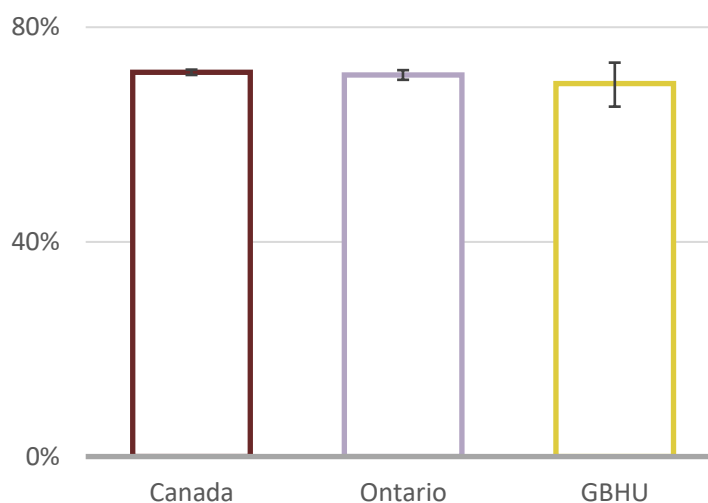
Overall, residents of Grey Bruce were **no more or less likely** than Ontarians or Canadians to rate their mental health as very good or excellent. Those aged 50 to 64, however, were **less likely** to do so than their counterparts in Ontario and Canada.

In 2015/16, just under 70% of persons aged 12 and older in Grey Bruce reported very good or excellent mental health. Grey Bruce residents were no more or less likely to report very good or excellent mental health than Ontarians or Canadians (Table 6, Figure 7).

**Table 6. Percentage of Population in Very Good or Excellent Self-rated Mental Health, Canada, Ontario and Grey Bruce, 2015-16**

Region	Rate
Canada	71.6% (71.1%-72.1%)
Ontario	71.1% (70.2%-72.0%)
GBHU	69.5% (65.2%-73.4%)

**Figure 7. Percentage of Population in Very Good or Excellent Self-rated Mental Health, Canada, Ontario and Grey Bruce, 2015-16**





**VERY GOOD OR EXCELLENT SELF-RATED MENTAL HEALTH: BY SEX AND AGE**

In Grey Bruce, rates of reporting very good or excellent mental health did not appear to differ significantly between male and female residents (Table 7, Figure 8). Grey Bruce residents aged 65 and older were significantly more likely than those aged 50 to 64 to report very good or excellent mental health (Table 7, Figure 9).<sup>1</sup>

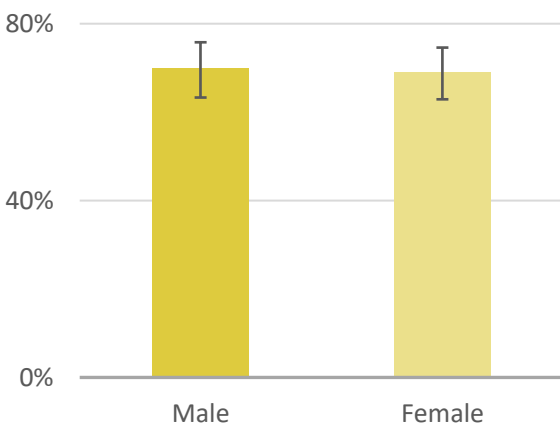
The only significant regional difference between Grey Bruce and Ontario or Canada was among those aged 50 to 64. Residents of Grey Bruce aged 50 to 64 were less likely than their Ontarian and Canadian counterparts to report very good or excellent mental health. Only 60.0% (53.1%-66.6%) of Grey Bruce residents aged 50 to 64 described their mental health as very good or excellent, compared to 69.9% (68.3%-71.5%) of Ontarians and 71.2% (70.3%-72.0%) of Canadians in that age group.

**Table 7. Percentage of Population in Very Good or Excellent Self-rated Mental Health, by Sex and Age Group, Grey Bruce 2015-16**

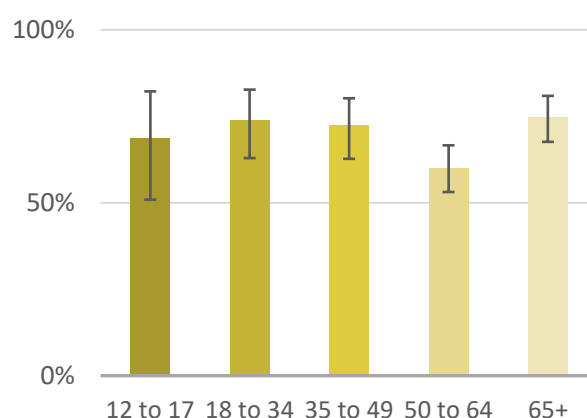
Sex	GBHU Rate	Age	GBHU Rate
<b>Male</b>	69.9% (63.3%-75.8%)	<b>12 to 17</b>	68.7% (50.9%-82.2%)
<b>Female</b>	69.0% (62.9%-74.6%)	<b>18 to 34</b>	74.0% (62.9%-82.7%)
		<b>35 to 49</b>	72.3% (62.7%-80.2%)
		<b>50 to 64 †‡</b>	60.0% (53.1%-66.6%)
		<b>65+</b>	74.8% (67.6%-80.9%)

† GBHU significantly different from Canada ‡ GBHU significantly different from Ontario

**Figure 8. Percentage of Population in Very Good or Excellent Self-rated Mental Health, by Sex, Grey Bruce 2015-16**



**Figure 9. Percentage of Population in Very Good or Excellent Self-rated Mental Health, by Age Group, Grey Bruce 2015-16**



<sup>1</sup> Local estimates are often based on small sample sizes, and comparisons between sexes and age groups within Grey Bruce should be interpreted cautiously. While a lack of overlap between confidence intervals indicates a significant difference, overlapping confidence intervals do not conclusively indicate that there is no difference between groups.

**FAIR OR POOR SELF-RATED MENTAL HEALTH**

Overall, Grey Bruce residents were **no more or less likely** to rate their mental health as fair or poor than Ontarians or Canadians. Those aged 50 to 64, however, were **more likely** than Ontarians and Canadians in the same age group to do so.

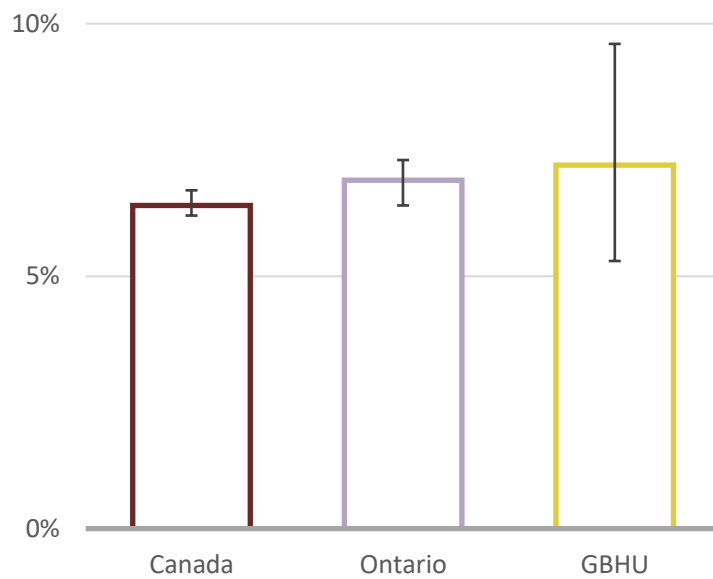
Around 7.2% of Grey Bruce residents described their mental health as fair or poor in 2015/16. This was not significantly different from the rate among Ontarians or Canadians (Table 8, Figure 10)

**Table 8. Percentage of Population in Fair or Poor Self-rated Mental Health, Canada, Ontario and Grey Bruce, 2015-16**

Region	Rate
<b>Canada</b>	6.4% (6.2%-6.7%)
<b>Ontario</b>	6.9% (6.4%-7.3%)
<b>GBHU</b>	7.2%* (5.3%-9.6%)

\* Interpret with caution

**Figure 10. Percentage of Population in Fair or Poor Self-rated Mental Health, Canada, Ontario and Grey Bruce, 2015-16**

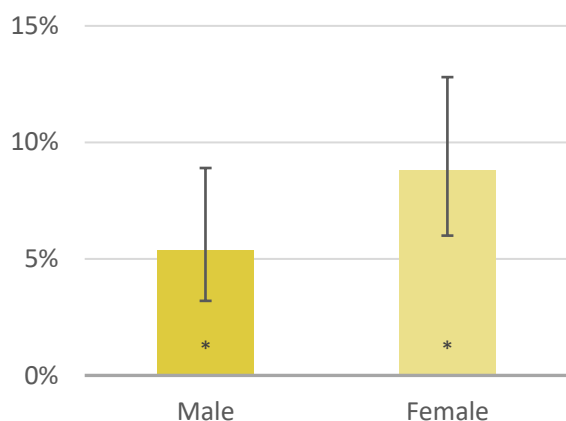


**FAIR OR POOR SELF-RATED MENTAL HEALTH: BY SEX AND AGE GROUP**

Around 5.4%\* (3.2%-8.9%) of male residents of Grey Bruce reported fair or poor mental health, as did 8.8%\* (6.0%-12.8%) of female residents (Figure 11). The rate of fair/poor mental health does not appear to differ significantly between male and female residents of Grey Bruce<sup>1</sup> and Grey Bruce rates did not differ significantly from Canadian or Ontarian rates among males or females.

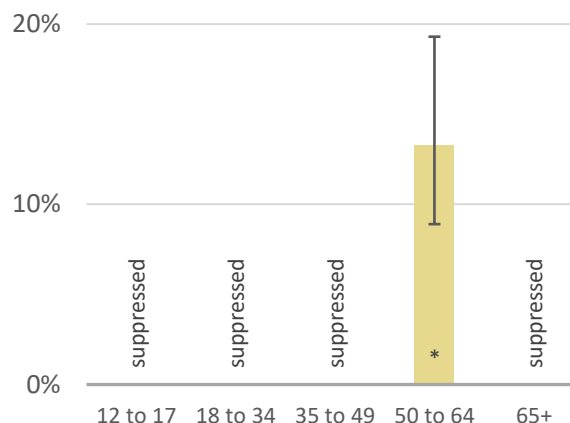
The only age group for which a local estimate of the percentage in fair or poor self-rated mental health was available was Grey Bruce residents aged 50 to 64 (Figure 12). Grey Bruce residents in this age category were significantly more likely than Ontarians and Canadians in the same age group to be in fair or poor self-rated mental health. Around 13.3%\* (8.9%-19.3%) of Grey Bruce residents aged 50 to 64 were in fair or poor self-rated mental health, compared to only 7.4% (6.5%-8.4%) of Ontarians and 7.0% (6.6%-7.5%) of Canadians in the same age category.

**Figure 11. Percentage of Population in Fair or Poor Self-rated Mental Health, by Sex, Grey Bruce 2015-16.**



\* Interpret with caution

**Figure 12. Percentage of Population in Fair or Poor Self-rated Mental Health, by Age Group, Grey Bruce 2015-16.**



\* Interpret with caution

<sup>1</sup> Local estimates are often based on small sample sizes, and comparisons between sexes and age groups within Grey Bruce should be interpreted cautiously. While a lack of overlap between confidence intervals indicates a significant difference, overlapping confidence intervals do not conclusively indicate that there is no difference between groups.

## MOOD DISORDER

**Background:** “Mood disorders, such as depression and bipolar disorder, can greatly affect the lives of those who have them. The impact of depression on job performance has been estimated to be greater than that of chronic conditions such as arthritis, hypertension, back problems and diabetes.” (Statistics Canada, 2015b)

**Question:** “Do you have a mood disorder such as depression, bipolar disorder, mania or dysthymia? Yes, No.” (Statistics Canada, 2017b)

**Population:** Persons aged 12 and older

**Asked of Proxy Respondents:** Yes

**Important Note:** Caution should be used when comparing estimates based on the 2015-16 CCHS to previous years’ releases because of the recent survey redesign.

Grey Bruce residents overall were **no more or less likely** to have a mood disorder than Ontarians or Canadians, while those aged 18 to 34 were **less likely** to have one than Ontarians and Canadians in the same age group.

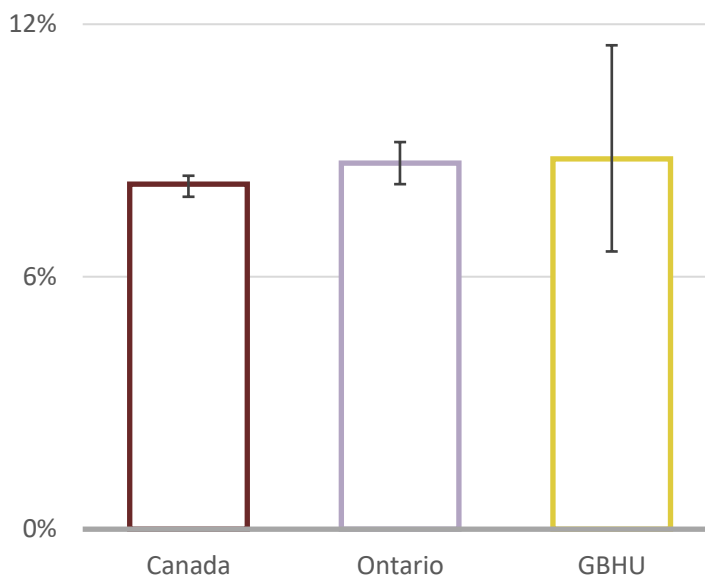
Around 8.8%\* of Grey Bruce residents had a mood disorder in 2015/16. Grey Bruce residents were no more or less likely than Ontarians or Canadians to have a mood disorder (Table 9, Figure 13).

Table 9. Percentage of Population with a Mood Disorder, Canada, Ontario and Grey Bruce, 2015-16

Region	Rate
Canada	8.2% (7.9%-8.4%)
Ontario	8.7% (8.2%-9.2%)
GBHU	8.8%* (6.6%-11.5%)

\* Interpret with caution

Figure 13. Percentage of Population with a Mood Disorder, Canada, Ontario and Grey Bruce, 2015-16



**MOOD DISORDER: BY SEX AND AGE**

In Grey Bruce, rates of having a mood disorder did not appear to differ significantly between male and female residents (Table 10, Figure 14) or between the age groups for which local estimates were available (Table 10, Figure 15).<sup>1</sup>

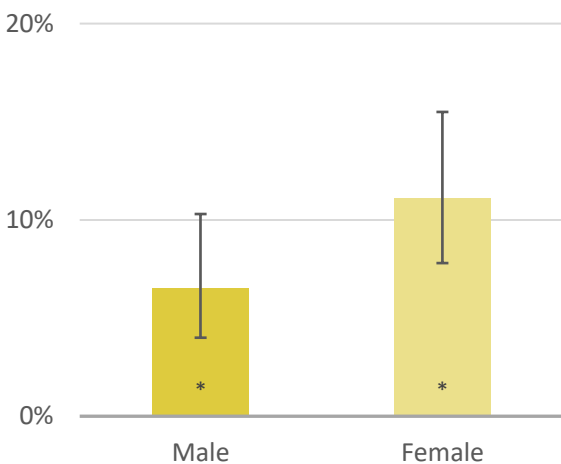
Looking at significant regional differences between Grey Bruce and Ontario or Canada, 5.3%\* (3.0%-9.2%) of Grey Bruce residents aged 18 to 34, had a mood disorder, which was lower than the 8.8% (7.8%-9.9%) of Ontarians or 8.5% (7.9%-9.0%) of Canadians in this age category with a mood disorder.

**Table 10. Percentage of Population with a Mood Disorder, by Sex and Age Group, Grey Bruce 2015-16**

Sex	GBHU Rate	Age	GBHU Rate
Male	6.5%* (4.0%-10.3%)	12 to 17	suppressed
Female	11.1%* (7.8%-15.5%)	18 to 34 †‡	5.3%* (3.0%-9.2%)
		35 to 49	10.2%* (5.7%-17.8%)
		50 to 64	13.3%* (8.5%-20.3%)
		65+	suppressed

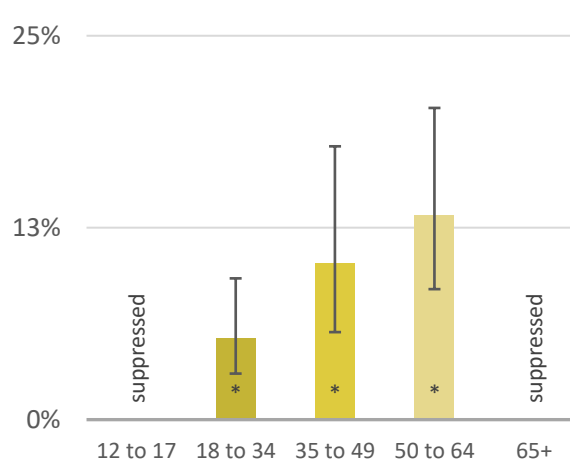
† GBHU significantly different from Canada    ‡ GBHU significantly different from Ontario  
 \* Interpret with caution

**Figure 14. Percentage of Population with a Mood Disorder, by Sex, Grey Bruce 2015-16**



\* Interpret with caution

**Figure 15. Percentage of Population with a Mood Disorder, by Age Group, Grey Bruce 2015-16**



\* Interpret with caution

<sup>1</sup> Local estimates are often based on small sample sizes, and comparisons between sexes and age groups within Grey Bruce should be interpreted cautiously. While a lack of overlap between confidence intervals indicates a significant difference, overlapping confidence intervals do not conclusively indicate that there is no difference between groups.

## LIFE SATISFACTION

**Background:** “Life satisfaction is a personal subjective assessment of global well-being” (Statistics Canada, 2017d). This indicator presents the responses to the question presented below ranging from 6 to 10.

**Question:** “Using a scale of 0 to 10, where 0 means “Very dissatisfied” and 10 means “Very satisfied”, how do you feel about your life as a whole right now?” (Statistics Canada, 2017b)

**Population:** Persons aged 12 and older

**Asked of proxy respondents?** No

**Important Note:** Caution should be used when comparing estimates based on the 2015-16 CCHS to previous years’ releases because of the recent survey redesign.

## SATISFIED OR VERY SATISFIED WITH LIFE

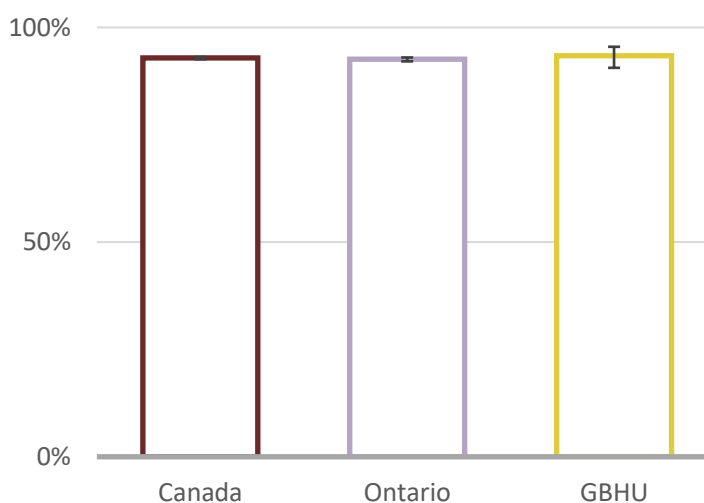
Grey Bruce residents overall were **no more or less satisfied** with life than Ontarians or Canadians. Those aged 12 to 17 and 65 and older, however, were **more satisfied** with life than Ontarians and Canadians in the same age group.

Just over 93% of Grey Bruce residents feel satisfied to very satisfied with their lives in general. Grey Bruce residents were no more or less likely than Ontarians or Canadians to feel satisfied to very satisfied with their lives (Table 11, Figure 15).

**Table 11. Percentage of Population Feeling Satisfied or Very Satisfied with Life in General, Canada, Ontario and Grey Bruce, 2015-16**

Region	Rate
Canada	92.9% (92.6%-93.1%)
Ontario	92.6% (92.1%-93.0%)
GBHU	93.4% (90.6%-95.5%)

**Figure 16. Percentage of Population Feeling Satisfied or Very Satisfied with Life in General, Canada, Ontario and Grey Bruce, 2015-16**



**SATISFIED OR VERY SATISFIED WITH LIFE: BY SEX AND AGE**

Male residents of Grey Bruce did not appear to be significantly more or less likely than female residents to feel satisfied to very satisfied with life (Table 12, Figure 17). Grey Bruce residents aged 12 to 17 were significantly more likely to feel satisfied to very satisfied with life than those aged 50 to 64 years (Table 12, Figure 18).<sup>1</sup>

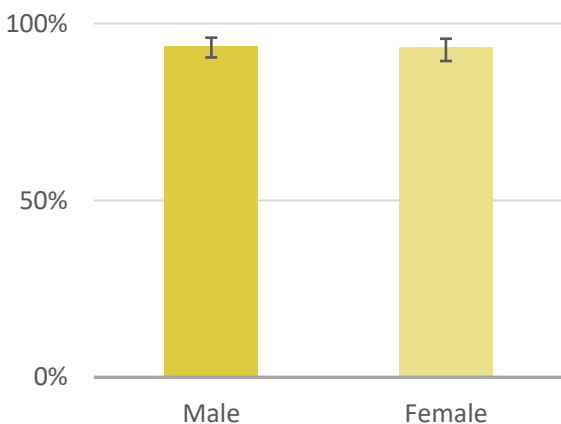
Looking at significant regional differences between Grey Bruce and Ontario or Canada, Grey Bruce residents aged 12 to 17 were more likely to feel satisfied with their lives (100.0%, 94.2%-100.0%) than Ontarians (97.5%, 96.4%-98.2%) and Canadians (97.6%, 97.1%-98.1%) in the same age group. The same was true of Grey Bruce residents aged 65 years and older. Ninety-five percent (91.8%-97.1%) of Grey Bruce residents aged 65 years and older felt satisfied with their lives, compared to just 89.4% (88.2%-90.5%) of Ontarians, and 89.8% (89.2%-90.4%) of Canadians in the same age group.

**Table 12. Percentage of Population Feeling Satisfied or Very Satisfied with Life in General, by Sex and Age Group, Grey Bruce 2015-16**

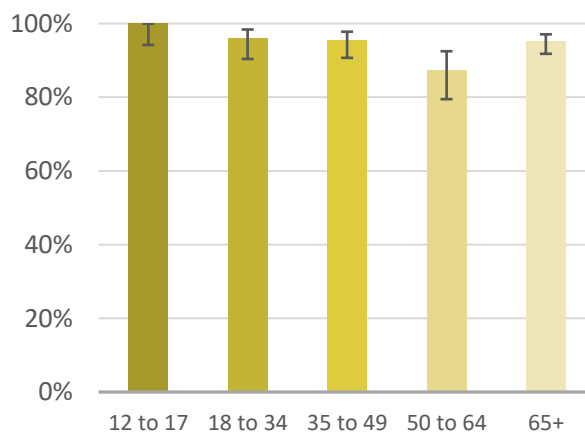
Sex	GBHU Rate	Age	GBHU Rate
<b>Male</b>	93.7% (90.4%-96.0%)	<b>12 to 17 †‡</b>	100.0% (94.2%-100.0%)
<b>Female</b>	93.2% (89.4%-95.7%)	<b>18 to 34</b>	96.0% (90.4%-98.4%)
		<b>35 to 49</b>	95.4% (90.7%-97.8%)
		<b>50 to 64</b>	87.3% (79.5%-92.5%)
		<b>65+ †‡</b>	95.1% (91.8%-97.1%)

† GBHU significantly different from Canada    ‡ GBHU significantly different from Ontario

**Figure 17. Percentage of Population Feeling Satisfied or Very Satisfied with Life in General, by Sex, Grey Bruce 2015-16**



**Figure 18. Percentage of Population Feeling Satisfied or Very Satisfied with Life in General, by Age Group, Grey Bruce 2015-16**



<sup>1</sup> Local estimates are often based on small sample sizes, and comparisons between sexes and age groups within Grey Bruce should be interpreted cautiously. While a lack of overlap between confidence intervals indicates a significant difference, overlapping confidence intervals do not conclusively indicate that there is no difference between groups.

## PERCEIVED LIFE STRESS

**Question:** “Thinking about the amount of stress in your life, would you say that most days are: Not at all stressful, Not very stressful, A bit stressful, Quite a bit stressful, Extremely stressful.” (Statistics Canada, 2017b)

**Population:** Persons aged 12 and older

**Asked of Proxy Respondents?** Yes

**Important Note:** Caution should be used when comparing estimates based on the 2015-16 CCHS to previous years’ releases because of the recent survey redesign.

### LIFE QUITE A BIT TO EXTREMELY STRESSFUL

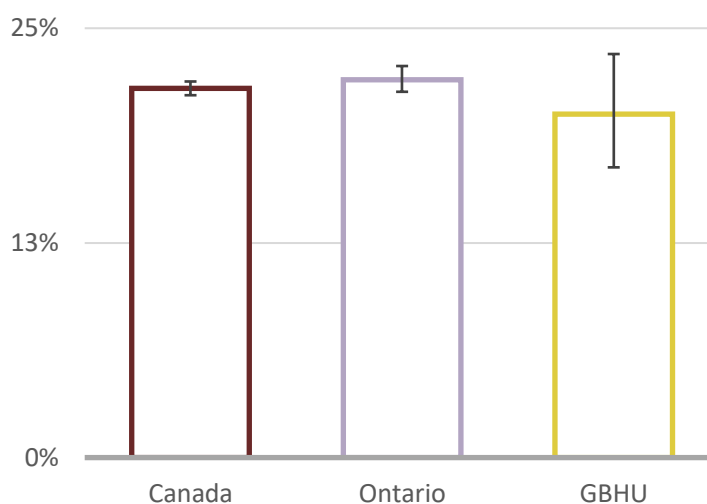
Grey Bruce residents overall **did not find life more or less stressful** than Ontarians or Canadians. Those aged 18 to 34 **experienced less stress** than their Ontarian and Canadian counterparts, while those aged 50 to 64 **experienced more stress** than their Ontarian and Canadian counterparts.

One in five Grey Bruce residents found most days of their lives to be quite a bit to extremely stressful. Grey Bruce residents were no more or less likely than Ontarians or Canadians to experience quite a bit of stress in their lives (Table 13, Figure 19).

**Table 13. Percentage of Population Finding Most Days Quite a Bit to Extremely Stressful, Canada, Ontario and Grey Bruce, 2015-16**

Region	Rate
Canada	21.5% (21.1%-21.9%)
Ontario	22.0% (21.3%-22.8%)
GBHU	20.0% (16.9%-23.5%)

**Figure 19. Percentage of Population Finding Most Days Quite a Bit to Extremely Stressful, Canada, Ontario and Grey Bruce, 2015-16**





LIFE QUITE A BIT TO EXTREMELY STRESSFUL: BY SEX AND AGE

Rates of experiencing quite a lot of stress did not appear to differ significantly between male and female residents of Grey Bruce (Table 14, Figure 20). Grey Bruce residents aged 50 to 64 were significantly more likely to experience quite a lot of stress than Grey Bruce residents aged 18 to 34, and those aged 65 and older (Table 14, Figure 21).<sup>1</sup>

Looking at significant regional differences between Grey Bruce and Ontario or Canada, Grey Bruce residents aged 18 to 34 were less likely than their counterparts in Ontario and Canada to experience quite a lot of stress. Eleven percent (6.0%-19.4%) of Grey Bruce residents aged 18 to 34 found most days quite a bit to extremely stressful, compared to 21.2% of Ontarians (19.7%-22.9%), and 24.1% of Canadians (23.2%-25.0%) in the same age group. Grey Bruce residents aged 50 to 64, however, were more likely than their counterparts in Ontario and Canada to experience quite a lot of stress. One third (33.1%, 26.6%-40.2%) of Grey Bruce residents aged 50 to 64 experience quite a lot of stress compared to just one quarter of Ontarians (25.5%, 23.8%-27.3%) and one quarter of Canadians (24.1%, 23.2%-25.0%) in the same age group.

Table 14. Percentage of Population Finding Most Days Quite a Bit to Extremely Stressful by Sex and Age Group, Grey Bruce 2015-16

Sex	GBHU Rate	Age	GBHU Rate
Male	16.7% (12.8%-21.6%)	12 to 17	suppressed
Female	23.2% (18.1%-29.2%)	18 to 34 †‡	11.0%* (6.0%-19.4%)
		35 to 49	24.0%* (16.5%-33.6%)
		50 to 64 †‡	33.1% (26.6%-40.2%)
		65+	12.3%* (6.5%-21.9%)

† GBHU significantly different from Canada ‡ GBHU significantly different from Ontario  
 \* Interpret with caution

Figure 20. Percentage of Population Finding Most Days Quite a Bit to Extremely Stressful by Sex, Grey Bruce 2015-16

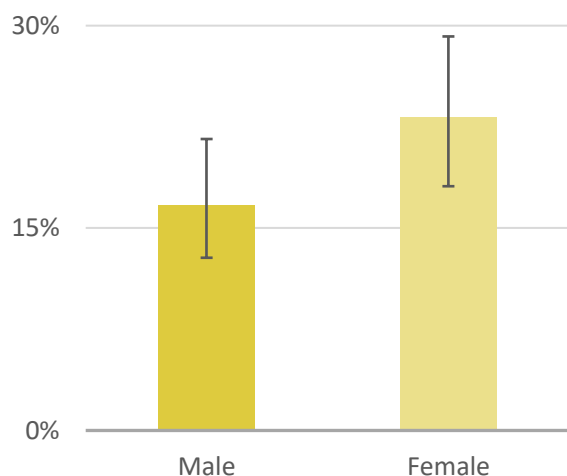
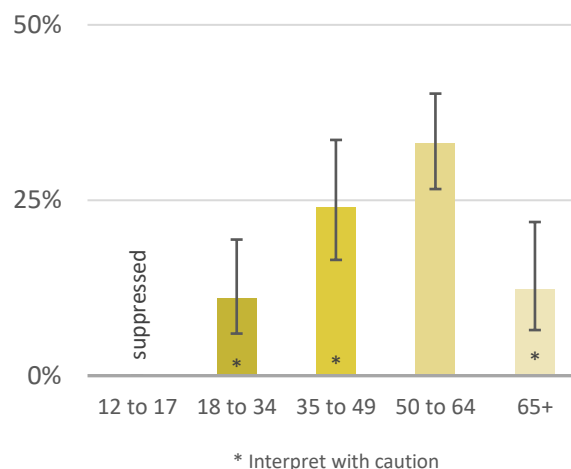


Figure 21. Percentage of Population Finding Most Days Quite a Bit to Extremely Stressful by Age Group, Grey Bruce 2015-16



<sup>1</sup> Local estimates are often based on small sample sizes, and comparisons between sexes and age groups within Grey Bruce should be interpreted cautiously. While a lack of overlap between confidence intervals indicates a significant difference, overlapping confidence intervals do not conclusively indicate that there is no difference between groups.

## SENSE OF BELONGING TO LOCAL COMMUNITY

**Question:** “How would you describe your sense of belonging to your local community? Would you say it is Very strong, Somewhat strong, Somewhat weak, or Very weak?” (Statistics Canada, 2017b)

**Population:** Persons aged 12 and older

**Asked of proxy respondents?** No

**Important Note:** Caution should be used when comparing estimates based on the 2015-16 CCHS to previous years’ releases because of the recent survey redesign.

### SOMEWHAT TO VERY STRONG SENSE OF COMMUNITY BELONGING

Grey Bruce residents felt a **stronger sense of belonging** to their local community than Ontarians and Canadians. This was true of the youngest and oldest age groups and of male, but not female residents. Residents aged 35 to 49 felt a **stronger sense of belonging** than Canadians (not but Ontarians) in that age group.

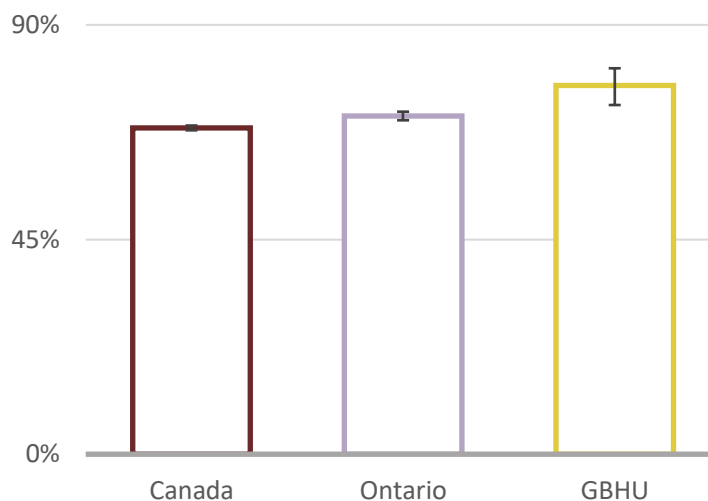
Seventy-seven percent of Grey Bruce residents felt a somewhat to very strong sense of community belonging in 2015/16. This was significantly higher than among Ontarians and Canadians (Table 15, Figure 22).

**Table 15. Percentage of Population Feeling Somewhat to Very Strong Sense of Community Belonging, Canada, Ontario and Grey Bruce, 2015-16**

Region	Rate
Canada	68.4% (67.9%-68.9%)
Ontario	70.9% (70.0%-71.8%)
GBHU <sup>†‡</sup>	77.3% (73.2%-80.9%)

<sup>†</sup> GBHU significantly different from Canada  
<sup>‡</sup> GBHU significantly different from Ontario

**Figure 22. Percentage of Population Feeling Somewhat to Very Strong Sense of Community Belonging, Canada, Ontario and Grey Bruce, 2015-16**



**SOMEWHAT TO VERY STRONG SENSE OF COMMUNITY BELONGING: BY SEX AND AGE**

Male residents of Grey Bruce did not appear to be significantly more or less likely than female residents to feel a strong sense of community belonging (i.e. somewhat to very strong) (Table 16, Figure 24). Grey Bruce residents aged 12 to 17 were significantly more likely to feel a strong sense of community belonging than Grey Bruce residents in every other age group, except those aged 65+ (Table 16, Figure 24).<sup>1</sup>

Looking at significant regional differences between Grey Bruce and Ontario or Canada, males (but not females) in Grey Bruce were more likely to feel a strong sense of community belonging than their counterparts in Ontario and Canada. Eighty percent of male residents of Grey Bruce (73.6%-85.1%) felt a strong sense of community belonging, compared to just 69.9% of males in Ontario (68.4%-71.2%), and 67.8% of Canadian males (67.0%-68.5%).

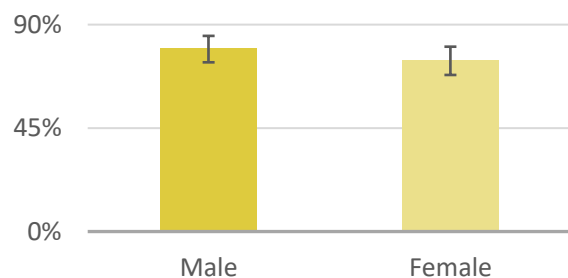
Almost 95% (86.8%-97.8%) of Grey Bruce residents aged 12 to 17 felt a strong sense of community belonging, compared to 84.8% of Ontarians (82.6%-86.8%) and 84.6% of Canadians (83.4%-85.7%) in that age group. Around 85% (78.8%-89.0%) of Grey Bruce residents aged 65 and older felt a strong sense of community belonging, compared to 77.2% of Ontarians (75.6%-78.8%) and 74.4% of Canadians (73.6%-75.3%) in the same age group. Additionally, 78% (68.4%-85.6%) of 35 to 49 year olds in Grey Bruce felt a strong sense of community belonging, compared to only 67.2% (66.1%-68.2%) of Canadians in that age group.

**Table 16. Percentage of Population Feeling Somewhat to Very Strong Sense of Community Belonging, by Sex and Age Group, Grey Bruce 2015-16**

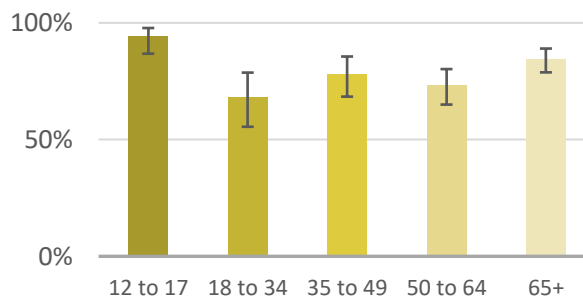
Sex	GBHU Rate	Age	GBHU Rate
<b>Male†‡</b>	80.0% (73.6%-85.1%)	<b>12 to 17 †‡</b>	94.5% (86.8%-97.8%)
<b>Female</b>	74.8% (68.1%-80.4%)	<b>18 to 34</b>	68.2% (55.5%-78.7%)
		<b>35 to 49†</b>	78.2% (68.4%-85.6%)
		<b>50 to 64</b>	73.3% (65.0%-80.2%)
		<b>65+ †‡</b>	84.6% (78.8%-89.0%)

† GBHU significantly different from Canada    ‡ GBHU significantly different from Ontario  
 \* Interpret with caution

**Figure 23. Percentage of Population Feeling Somewhat to Very Strong Sense of Community Belonging, by Sex, GBHU 2015-16**



**Figure 24. Percentage of Population Feeling Somewhat to Very Strong Sense of Community Belonging, by Age Group, GBHU 2015-16**



<sup>1</sup> Local estimates are often based on small sample sizes, and comparisons between sexes and age groups within Grey Bruce should be interpreted cautiously. While a lack of overlap between confidence intervals indicates a significant difference, overlapping confidence intervals do not conclusively indicate that there is no difference between groups.

## GENERAL HEALTH: COMPARISONS WITHIN GREY BRUCE

### MALES

- Male residents of Grey Bruce did not appear to differ significantly from female residents on general health indicators.

### FEMALES

- Female residents of Grey Bruce did not appear to differ significantly from male residents on general health indicators.

### 12 TO 17

- Grey Bruce residents aged 12 to 17 were **more likely** to feel a strong sense of community belonging than residents in all other age categories except 65+.
- Grey Bruce residents in this age category were also **more likely** to be satisfied with life than residents aged 50 to 64.
- *Comparisons involving this age group were not possible for fair/poor self-rated health, fair/poor self-rated mental health, mood disorder, or life stress.*

### 18 TO 34

- Grey Bruce residents aged 18 to 34 were **more likely** to be in very good/excellent self-rated health, and **less likely** to experience a lot of life stress when compared to Grey Bruce residents aged 50 to 64.
- This age group was also **less likely** than 12 to 17 year olds to feel a strong sense of community belonging
- *Comparisons involving this age group were not possible for fair/poor self-rated mental health.*

### 35 TO 49

- Grey Bruce residents aged 35 to 49 were **less likely** to feel a strong sense of community belonging than those aged 12 to 17.
- *Comparisons involving this age group were not possible for fair/poor self-rated mental health.*

### 50 TO 64

- When compared to Grey Bruce residents aged 12-17, 50 to 64 year olds were **less likely** to be satisfied with life, and also **less likely** to feel a strong sense of community belonging.
- Grey Bruce residents in this age category were **less likely** to be in very good/excellent self-rated health than those aged 18 to 34 and **less likely** to be in very good/excellent self-rated mental health than those aged 65+.
- This age group was also **more likely** to experience a lot of stress when compared to Grey Bruce residents aged 18 to 34 and 65+.

### 65+

- Grey Bruce residents aged 65 and older were **more likely** to be in very good/excellent self-rated mental health, and **less likely** to experience a lot of stress than those aged 50 to 64.
- *Comparisons involving this age group were not possible for fair/poor self-rated mental health or mood disorder.*

Local estimates are often based on small sample sizes and comparisons between sexes and age groups within Grey Bruce should be interpreted cautiously. While a lack of overlap between confidence intervals indicates a significant difference, overlapping confidence intervals do not conclusively indicate that there is no difference between groups.

# GENERAL HEALTH: REGIONAL COMPARISONS

## OVERALL

- Grey Bruce residents were **more likely** to be in fair/poor self-rated health than Canadians, but also **more likely** to feel a strong sense of community belonging than Ontarians and Canadians.

## MALES

- Male residents of Grey Bruce were **more likely** to be in fair/poor self-rated health than Canadians, but also **more likely** to feel a strong sense of community belonging than Ontarian and Canadian males.

## FEMALES

- Female residents of Grey Bruce did not differ significantly from Ontarian or Canadian females on any general health indicators.

## 12 TO 17

- 12 to 17 year olds in Grey Bruce were **more likely** to feel satisfied with life than their Ontarian and Canadian counterparts, and also **more likely** to feel a strong sense of community belonging than Canadians and Ontarians.
- *Comparisons involving this age group were not possible for fair/poor self-rated health, fair/poor self-rated mental health, mood disorder, or life stress*

## 18 TO 34

- Grey Bruce residents in this age category were **less likely** to have a mood disorder than their Ontarian and Canadian counterparts, and also **less likely** to experience a lot of life stress.
- *Comparisons involving this age group were not possible for fair/poor self-rated mental health.*

## 35 TO 49

- Grey Bruce residents in this age category were **more likely** to feel a strong sense of community belonging than Canadians in the same age category.
- *Comparisons involving this age group were not possible for fair/poor self-rated mental health.*

## 50 TO 64

- When compared to Ontarians and Canadians in the same age category, Grey Bruce residents aged 50 to 64 were **more likely** to be in fair/poor self-rated health, **less likely** to be in very good/excellent self-rated health, and **more likely** to be in fair/poor self-rated mental health.
- This age group was also **more likely** to experience a lot of life stress than their Ontarian and Canadian counterparts.

## 65+

- Grey Bruce residents aged 65 and older were **more likely** to be in very good/excellent self-rated health than Ontarians and Canadians in the same age category, **more likely** to feel satisfied with life, and **more likely** to feel a strong sense of community belonging.
- *Comparisons involving this age group were not possible for fair/poor self-rated mental health or mood disorder.*

# SECTION 2. CHRONIC CONDITIONS

Chronic conditions are conditions that have been long-term (lasted six months or more) and that have been diagnosed by a health professional. They are important markers of health status and disease, as many can be activity-limiting (e.g, arthritis) and/or life-shortening (e.g., diabetes).

## ARTHRITIS

**Question:** “Do you have arthritis, for example osteoarthritis, rheumatoid arthritis, gout or any other type, excluding fibromyalgia? Yes, No.” (Statistics Canada, 2017b)

**Population:** Persons aged 15 and older

**Asked of proxy respondents?** Yes

**Important Note:** Caution should be used when comparing estimates based on the 2015-16 CCHS to previous years’ releases because of the recent survey redesign.

Grey Bruce residents overall were **more likely** to have arthritis than Ontarians and Canadians. This was true of both male and female residents when compared to their counterparts in Ontario and Canada.

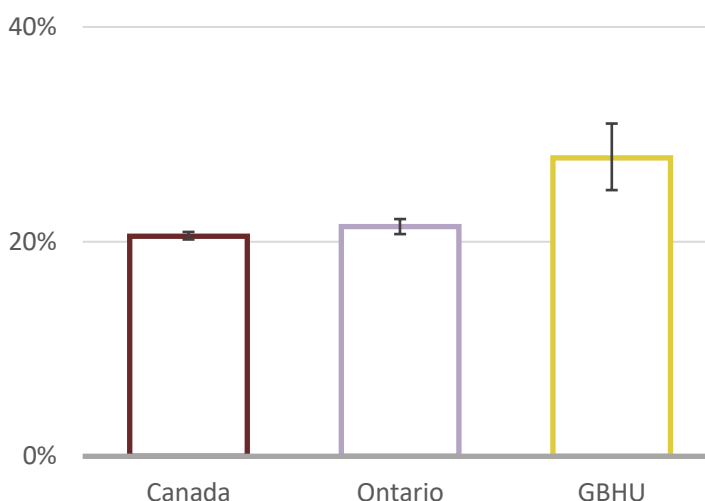
Around 28% of Grey Bruce residents aged 15 and older had arthritis in 2015/16. This is significantly higher than the rates among Ontarians and Canadians (Table 17, Figure 25). This difference is likely due to the Grey Bruce population having more older adults relative to the Ontario population.

**Table 17. Percentage of Population with Arthritis, Canada, Ontario and Grey Bruce, 2015/16**

Region	Rate
Canada	20.5% (20.2%-20.9%)
Ontario	21.4% (20.7%-22.1%)
GBHU <sup>†‡</sup>	27.8% (24.8%-31.0%)

<sup>†</sup> GBHU significantly different from Canada  
<sup>‡</sup> GBHU significantly different from Ontario

**Figure 25. Table 18. Percentage of Population with Arthritis, Canada, Ontario and Grey Bruce, 2015/16**



**ARTHRITIS: BY SEX AND AGE GROUP**

Female residents of Grey Bruce were significantly more likely than male residents to have arthritis (Table 19, Figure 26). The likelihood of having arthritis among Grey Bruce residents was too infrequent in the 15 to 17 and 18 to 34 age groups to assess reliably, but likelihood increased significantly with each subsequent age category (Table 19, Figure 27).

Looking at significant regional differences between Grey Bruce and Ontario or Canada, both male and female residents of Grey Bruce were more likely than their Ontarian and Canadian counterparts to have arthritis. About 23% (19.1%-27.8%) of male residents of Grey Bruce had arthritis, compared to 17.9% (17.0%-18.8%) of Ontarian males and 17.1% (16.6%-17.6%) of Canadian males. Among female Grey Bruce residents, 32.3% (28.4%-36.5%) had arthritis, compared to 24.8% (23.8%-25.9%) of Ontarian females and 23.9% (23.4%-24.4%) of Canadian females.

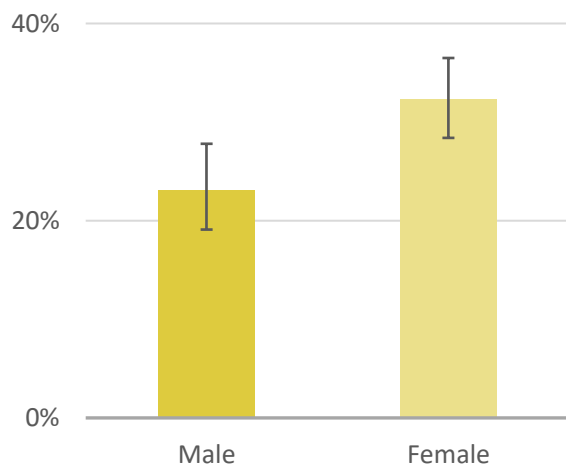
**Table 19. Percentage of Population with Arthritis, by Sex and Age Group, Grey Bruce 2015/16**

Sex	GBHU Rate	Age	GBHU Rate
<b>Male †‡</b>	23.1% (19.1%-27.8%)	<b>15 to 17</b>	suppressed
<b>Female †‡</b>	32.3% (28.4%-36.5%)	<b>18 to 34</b>	suppressed
		<b>35 to 49</b>	15.5%* (10.4%-22.7%)
		<b>50 to 64</b>	36.5% (29.7%-43.9%)
		<b>65+</b>	53.1% (46.2%-59.9%)

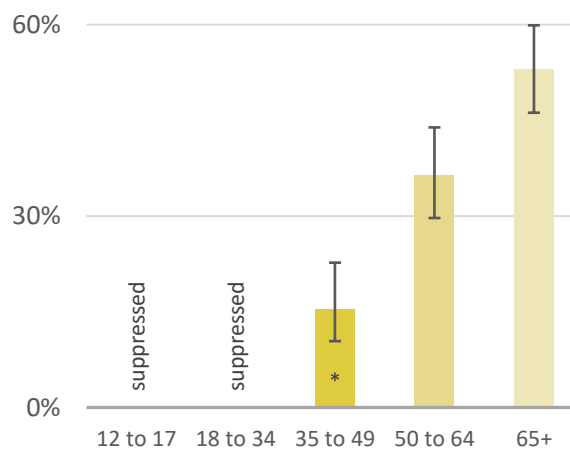
† GBHU significantly different from Canada ‡ GBHU significantly different from Ontario

\* Interpret with caution

**Figure 26. Percentage of Population with Arthritis, by Sex, Grey Bruce 2015/16**



**Figure 27. Percentage of Population with Arthritis, by Age Group, Grey Bruce 2015/16**



\* Interpret with caution

**DIABETES**

**Question:** “Do you have diabetes? Yes, No.” (Statistics Canada, 2017b)

**Population:** Persons aged 12 and older

**Asked of proxy respondents?** Yes

**Important Note:** Caution should be used when comparing estimates based on the 2015-16 CCHS to previous years’ releases because of the recent survey redesign.

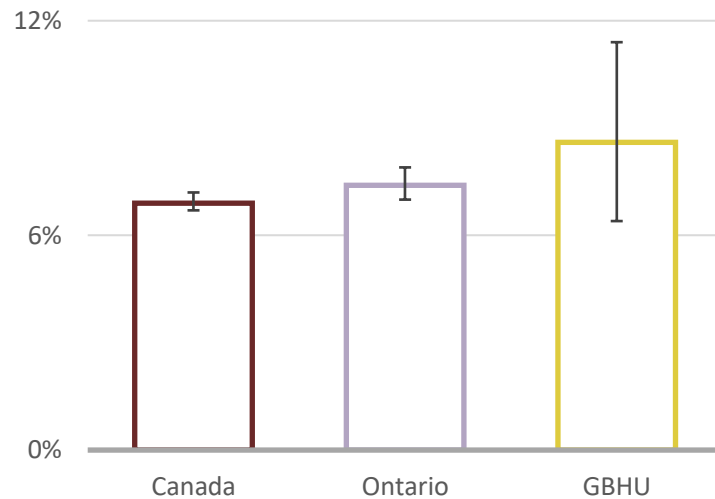
Grey Bruce residents were **no more or less likely** than their counterparts in Ontario or Canada to have diabetes.

In 2015/16, 8.6% of Grey Bruce residents had diabetes. Grey Bruce residents were no more or less likely to have diabetes than residents of Ontario or Canada (Table 20, Figure 28).

**Table 20. Percentage of Population with Diabetes, Canada, Ontario and Grey Bruce, 2015-16**

Region	Rate
Canada	6.9% (6.7%-7.2%)
Ontario	7.4% (7.0%-7.9%)
GBHU	8.6% (6.4%-11.4%)

**Figure 28. Percentage of Population with Diabetes, Canada, Ontario and Grey Bruce, 2015-16**





**DIABETES: BY SEX AND AGE GROUP**

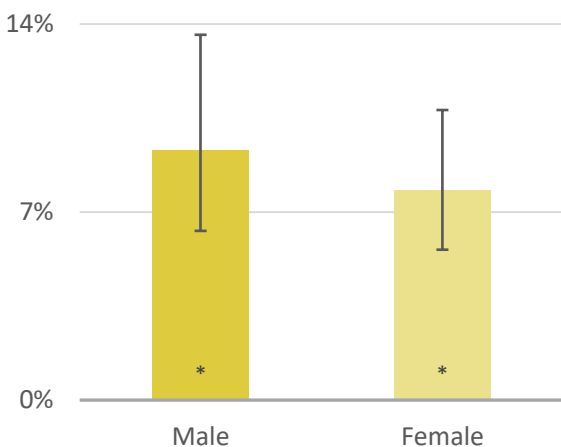
The rates of diabetes among Grey Bruce residents did not appear to differ significantly between male and female residents, (Table 21, Figure 29) or between the age groups for which local estimates were available (Table 21, Figure 30).<sup>1</sup>

**Table 21. Percentage of Population with Diabetes, by Sex and Age Group, GBHU 2015/16**

Sex	GBHU Rate	Age	GBHU Rate
Male	9.3%* (6.3%-13.6%)	12 to 17	suppressed
Female	7.8%* (5.6%-10.8%)	18 to 34	suppressed
		35 to 49	suppressed
		50 to 64	9.4%* (6.2%-14.1%)
		65+	16.4%* (10.7%-24.3%)

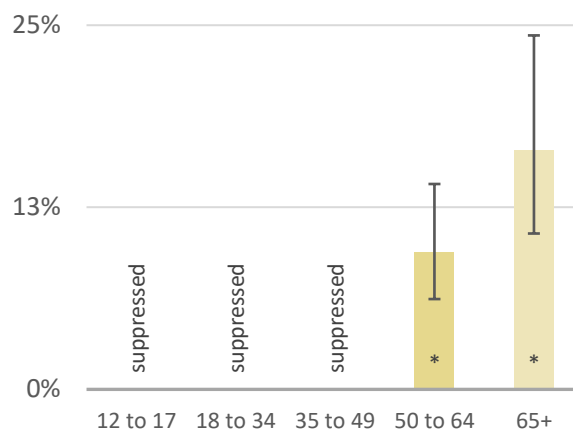
\* Interpret with caution

**Figure 29. Percentage of Population with Diabetes, by Sex, Grey Bruce 2015/16**



\* Interpret with caution

**Figure 30. Percentage of Population with Diabetes, by Age Group, Grey Bruce 2015/16**



\* Interpret with caution

<sup>1</sup> Local estimates are often based on small sample sizes, and comparisons between sexes and age groups within Grey Bruce should be interpreted cautiously. While a lack of overlap between confidence intervals indicates a significant difference, overlapping confidence intervals do not conclusively indicate that there is no difference between groups.

## ASTHMA

**Question:** “Do you have asthma? Yes, No.” (Statistics Canada, 2017b)

**Population:** Persons aged 12 and older

**Asked of Proxy Respondents?** Yes

**Important Note:** Caution should be used when comparing estimates based on the 2015-16 CCHS to previous years’ releases because of the recent survey redesign.

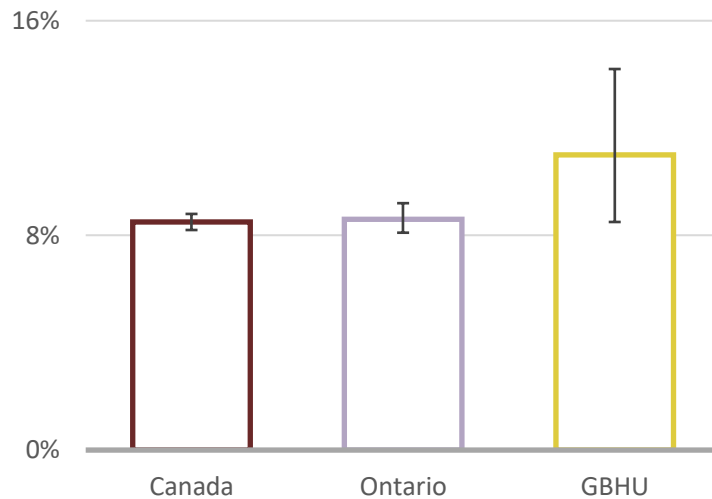
Grey Bruce residents were **no more or less likely** than their counterparts in Ontario or Canada to have asthma.

Eleven percent of Grey Bruce residents had asthma in 2015/16. Grey Bruce residents were no more or less likely than Ontarians or Canadians to have asthma (Table 22, Figure 31).

**Table 22. Percentage of Population with Asthma, Canada, Ontario and Grey Bruce, 2015/16**

Region	Rate
Canada	8.5% (8.2%-8.8%)
Ontario	8.6% (8.1%-9.2%)
GBHU	11.0% (8.5%-14.2%)

**Figure 31. Percentage of Population with Asthma, Canada, Ontario and Grey Bruce, 2015/16**



**ASTHMA: BY SEX AND AGE GROUP**

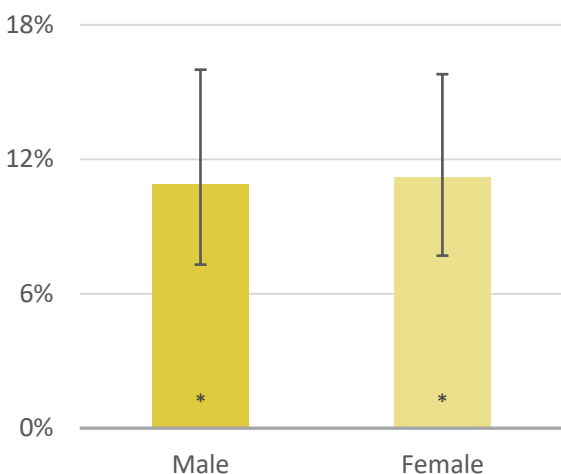
The rates of asthma among Grey Bruce residents did not appear to differ significantly between male and female residents (Table 23, Figure 32), or between age groups (Table 23, Figure 33).<sup>1</sup>

**Table 23. Percentage of Population with Asthma, by Sex and Age Group, Grey Bruce 2015-16**

Sex	GBHU Rate	Age	GBHU Rate
<b>Male</b>	10.9%* (7.3%-16.0%)	<b>12 to 17</b>	suppressed
<b>Female</b>	11.2%* (7.7%-15.8%)	<b>18 to 34</b>	14.1%* (8.0%-23.4%)
		<b>35 to 49</b>	9.7%* (4.9%-18.3%)
		<b>50 to 64</b>	12.3%* (7.7%-19.2%)
		<b>65+</b>	8.7%* (4.4%-16.3%)

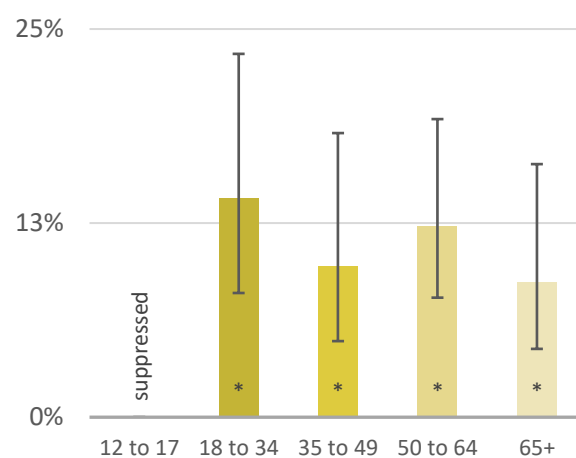
\* Interpret with caution

**Figure 32. Percentage of Population with Asthma, by Sex, Grey Bruce 2015/16**



\* Interpret with caution

**Figure 33. Percentage of Population with Asthma, by Age Group, Grey Bruce 2015-16**



\* Interpret with caution

<sup>1</sup> Local estimates are often based on small sample sizes, and comparisons between sexes and age groups within Grey Bruce should be interpreted cautiously. While a lack of overlap between confidence intervals indicates a significant difference, overlapping confidence intervals do not conclusively indicate that there is no difference between groups.

## HYPERTENSION

**Question:** “Do you have high blood pressure? Yes, No.” (Statistics Canada, 2017b)

**Population:** Persons aged 12 and older

**Asked of proxy respondents?** Yes

**Important Note:** Caution should be used when comparing estimates based on the 2015-16 CCHS to previous years’ releases because of the recent survey redesign.

Grey Bruce residents overall were **more likely** than Canadians to have high blood pressure. This was also true of male Grey Bruce residents when compared to male Canadians. Residents aged 65 and older, however, were **less likely** to have high blood pressure than Ontarians and Canadians in that age group.

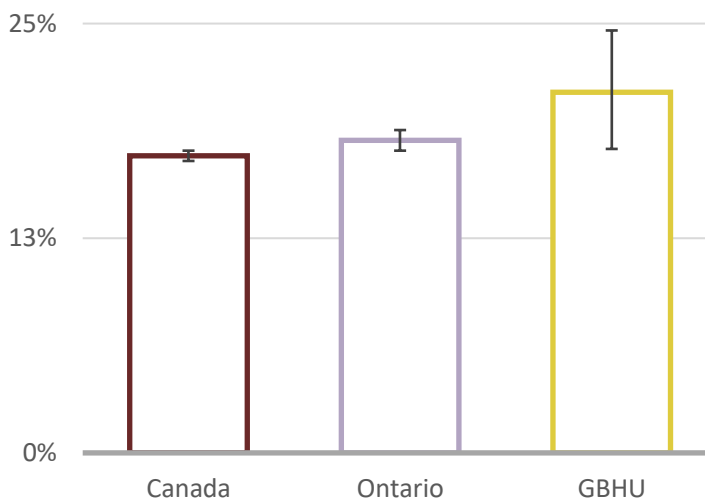
In 2015/16, around 1 in 5 Grey Bruce residents had hypertension. Grey Bruce residents were more likely than Canadians, but not Ontarians to have hypertension (Table 24, Figure 34).

**Table 24. Percentage of Population with Hypertension, Canada, Ontario and Grey Bruce, 2015/16**

Region	Rate
Canada	17.3% (17.0%-17.6%)
Ontario	18.2% (17.6%-18.8%)
GBHU†	21.0% (17.7%-24.6%)

† GBHU significantly different from Canada

**Figure 34. Percentage of Population with Hypertension, Canada, Ontario and Grey Bruce, 2015/16**



**HYPERTENSION: BY SEX AND AGE GROUP**

In Grey Bruce, rates of hypertension did not appear to differ significantly between male and female residents (Table 25, Figure 35). Grey Bruce residents aged 50 to 64, and those aged 65 years and older were significantly more likely than those aged 35 to 49 to have hypertension (Table 25, Figure 36).<sup>1</sup>

Looking at significant regional differences between Grey Bruce and Ontario or Canada, the likelihood of having hypertension was higher among male residents of Grey Bruce than male Canadians, and lower among Grey Bruce residents aged 65 and older than Ontarians and Canadians in the same age category. Around 23% (18.3%-29.5%) of male residents of Grey Bruce had high blood pressure, compared to just 17.4% (17.0%-17.9%) of Canadian males. About 37% (30.3%-44.8%) of residents of Grey Bruce aged 65 and older had high blood pressure, compared to 46.8% (45.1%-48.6%) of Ontarians and 44.6% (43.7%-45.4%) of Canadians in that age category.

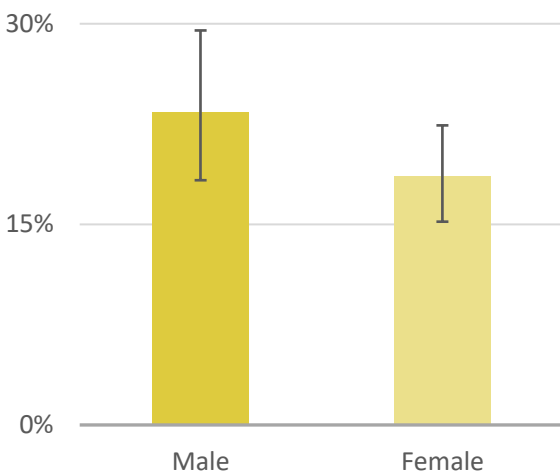
**Table 25. Percentage of Population with Hypertension, by Sex and Age Group, Grey Bruce 2015-16**

Sex	GBHU Rate	Age	GBHU Rate
<b>Male †</b>	23.4% (18.3%-29.5%)	<b>12 to 17</b>	suppressed
<b>Female</b>	18.6% (15.2%-22.4%)	<b>18 to 34</b>	suppressed
		<b>35 to 49</b>	11.8%* (7.1%-19.0%)
		<b>50 to 64</b>	32.5%* (23.6%-42.8%)
		<b>65+ †‡</b>	37.3% (30.3%-44.8%)

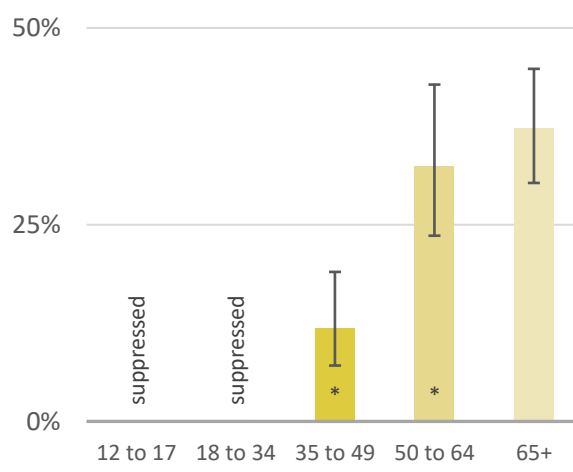
† GBHU significantly different from Canada    ‡ GBHU significantly different from Ontario

\* Interpret with caution

**Figure 35. Percentage of Population with Hypertension, by Sex, Grey Bruce 2015-16**



**Figure 36. Percentage of Population with Hypertension, by Age Group, Grey Bruce 2015-16**



\* Interpret with caution

<sup>1</sup> Local estimates are often based on small sample sizes, and comparisons between sexes and age groups within Grey Bruce should be interpreted cautiously. While a lack of overlap between confidence intervals indicates a significant difference, overlapping confidence intervals do not conclusively indicate that there is no difference between groups.

## CHRONIC LUNG CONDITIONS

**Question:** “Do you have chronic bronchitis, emphysema or chronic obstructive pulmonary disease or COPD? Yes, No.” (Statistics Canada, 2017b)

**Population:** Persons aged 35 and older

**Asked of proxy respondents?** Yes

**Important Note:** Caution should be used when comparing estimates based on the 2015-16 CCHS to previous years’ releases because of the recent survey redesign.

Grey Bruce residents were **no more or less likely** than their counterparts in Ontario or Canada to have a chronic lung condition.

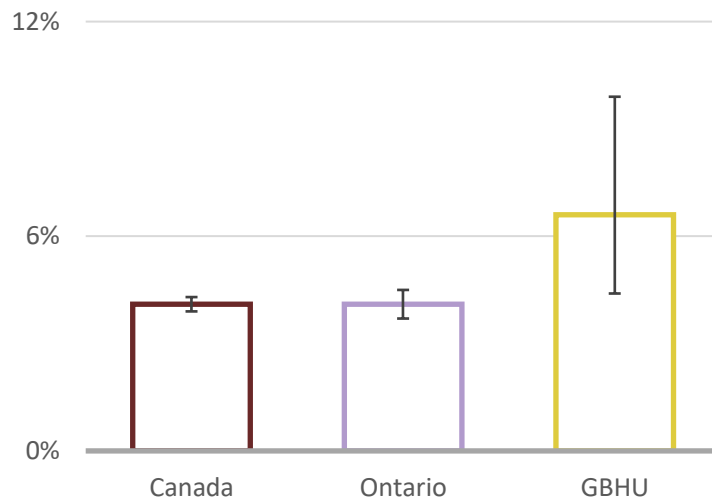
In 2015/16, around 6.6% of the Grey Bruce population aged 35 and older had a chronic lung condition. Grey Bruce residents were no more or less likely than Ontarians or Canadians to have a chronic lung condition (Table 26, Figure 37).

**Table 26. Percentage of Population with Chronic Lung Conditions Canada, Ontario and Grey Bruce, 2015-16**

Region	Rate
<b>Canada</b>	4.1% (3.9%-4.3%)
<b>Ontario</b>	4.1% (3.7%-4.5%)
<b>GBHU</b>	6.6%* (4.4%-9.9%)

\* Interpret with caution

**Figure 37. Percentage of Population with Chronic Lung Conditions, Canada, Ontario and Grey Bruce, 2015-16**



**CHRONIC LUNG CONDITIONS BY SEX AND AGE GROUP**

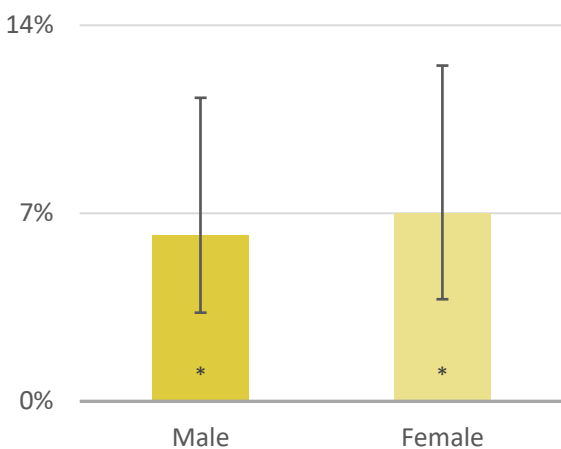
In Grey Bruce, rates of chronic lung conditions did not appear to be significantly different between male and female residents (Table 27, Figure 38), or between residents aged 50 to 64 and those aged 65 and older (Table 27, Figure 38).<sup>1</sup>

**Table 27. Percentage of Population with Chronic Lung Conditions, by Sex and Age Group, Grey Bruce 2015-16**

Sex	GBHU Rate	Age	GBHU Rate
Male	6.2%* (3.3%-11.3%)	35 to 49	suppressed
Female	7.0%* (3.8%-12.5%)	50 to 64	6.2%* (3.2%-11.6%)
		65+	11.6%* (7.1%-18.4%)

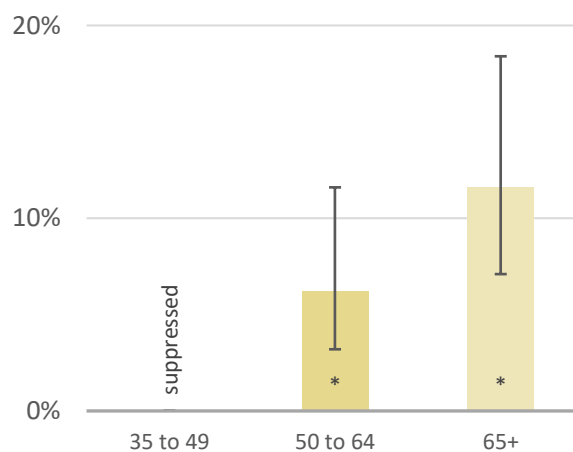
\* Interpret with caution

**Figure 38. Percentage of Population with Chronic Lung Conditions, by Sex, Grey Bruce 2015-16**



\* Interpret with caution

**Figure 39. Percentage of Population with Chronic Lung Conditions, by Age Group, Grey Bruce 2015-16**



\* Interpret with caution

<sup>1</sup> Local estimates are often based on small sample sizes, and comparisons between sexes and age groups within Grey Bruce should be interpreted cautiously. While a lack of overlap between confidence intervals indicates a significant difference, overlapping confidence intervals do not conclusively indicate that there is no difference between groups.

## BODY MASS INDEX: ADULTS

**Background:** Body mass index (BMI) is derived from respondents' height and weight, as reported by them. It's calculated by dividing weight in kg by the square of height in metres (BMI = kg/m<sup>2</sup>), rounded down to the nearest whole number for the purpose of categorizing by BMI class. Because people have been shown to systematically underestimate their BMI, Statistics Canada has developed BMI correction equations. This report presents overweight & obesity estimates adjusted using these equations. (Statistics Canada, 2017a)

At the population level, the BMI classification system can be used to compare body weight patterns and related health risks within and between populations and to establish population trends in body weight patterns. The classification should be used with caution at the individual level because the health risk associated with each BMI category varies considerably between individuals. (Statistics Canada, 2017a)

BMI categories are as follows:

<20	Underweight
20 to 24	Normal weight
25 to <30	Overweight
30 and over	Obese

**Population:** Persons aged 18 and older who are not pregnant

**Asked of proxy respondents?** No

**Important Note:** Caution should be used when comparing estimates based on the 2015-16 CCHS to previous years' releases because of the recent survey redesign.

## OVERWEIGHT ADULTS

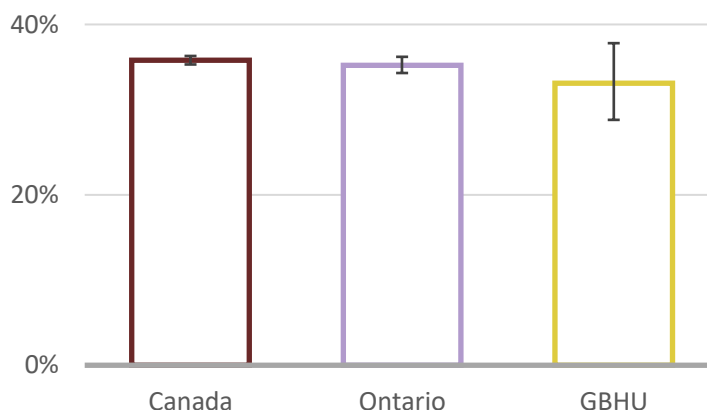
Grey Bruce residents overall were **no more or less likely** to be overweight than Ontarians or Canadians. Residents aged 65 and older were **less likely** to be overweight than Ontarians and Canadians in that age category.

One third of Grey Bruce adults were overweight in 2015/16. Grey Bruce adults were no more or less likely than Ontario or Canadian adults to be overweight (Table 28, Figure 40). Note that, unlike in past cycles of the CCHS, these estimates have been adjusted to correct for the tendency of persons to underestimate their BMI.

Table 28. Percentage of Adult Population that Is Overweight, Canada, Ontario and Grey Bruce, 2015-16

Region	Rate
Canada	35.8% (35.3%-36.3%)
Ontario	35.2% (34.3%-36.2%)
GBHU	33.1% (28.8%-37.8%)

Figure 40. Percentage of Adult Population that Is Overweight, Canada, Ontario and Grey Bruce, 2015-16





**OVERWEIGHT ADULTS: BY SEX AND AGE GROUP**

In Grey Bruce, the likelihood of being overweight did not appear to differ significantly between male and female adults residents (Table 29, Figure 41), or between age groups (Table 29, Figure 42).<sup>1</sup> Note that, unlike in past cycles of the CCHS, these estimates have been adjusted to correct for the tendency of persons to underestimate their BMI.

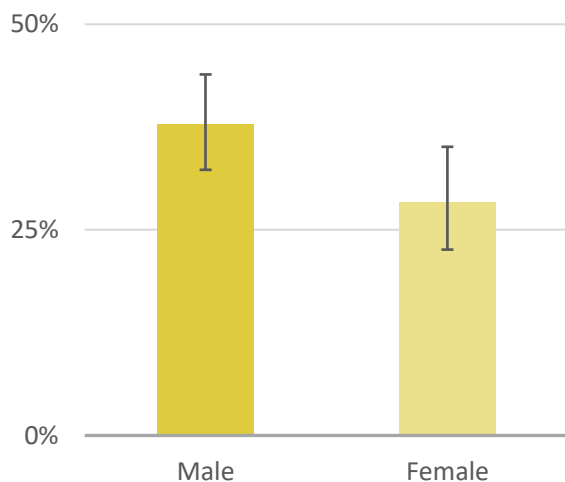
Looking at significant regional differences between Grey Bruce and Ontario or Canada, Grey Bruce residents aged 65 and older were less likely than their counterparts in Ontario and Canada to be overweight. Just under 30% (24.8%-35.6%) of Grey Bruce residents 65 and older were overweight, compared to 38.9% (37.2%-40.7%) of Ontarians and 39.8% (38.9%-40.8%) of Canadians in that age category.

**Table 29. Percentage of Adult Population that Is Overweight, by Sex and Age Group, Grey Bruce 2015-16**

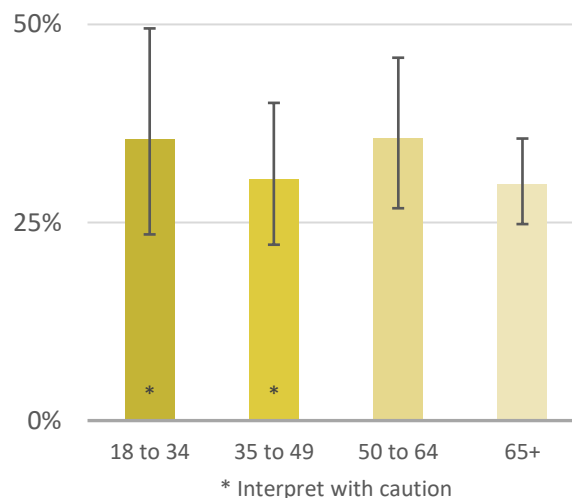
Sex	GBHU Rate	Age	GBHU Rate
<b>Male</b>	37.9% (32.3%-43.9%)	<b>18 to 34</b>	35.5%* (23.5%-49.5%)
<b>Female</b>	28.4% (22.6%-35.1%)	<b>35 to 49</b>	30.5%* (22.2%-40.1%)
		<b>50 to 64</b>	35.7% (26.8%-45.8%)
		<b>65+ †‡</b>	29.9% (24.8%-35.6%)

† GBHU significantly different from Canada    ‡ GBHU significantly different from Ontario  
 \* Interpret with caution

**Figure 41. Percentage of Adult Population that Is Overweight, by Sex, Grey Bruce 2015-16**



**Figure 42. Percentage of Adult Population that Is Overweight, by Age Group, 2015-16**



<sup>1</sup> Local estimates are often based on small sample sizes, and comparisons between sexes and age groups within Grey Bruce should be interpreted cautiously. While a lack of overlap between confidence intervals indicates a significant difference, overlapping confidence intervals do not conclusively indicate that there is no difference between groups.

**OBESE ADULTS**

Grey Bruce residents were **more likely** than Ontarians and Canadians to be obese. This was also true of male residents of Grey Bruce when compared to male Ontarians and Canadians, and of residents aged 35 to 49 when compared to Ontarians and Canadians in the same age group.

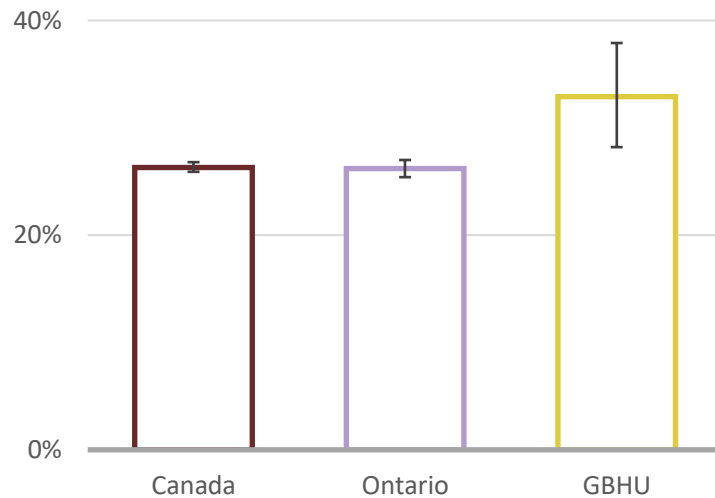
Around one third of Grey Bruce adults were obese in 2015-16. Grey Bruce adults were more likely than Ontarian and Canadian adults to be obese (Table 30, Figure 43). Note that, unlike in past cycles of the CCHS, these estimates have been adjusted to correct for the tendency of persons to underestimate their BMI.

**Table 30. Percentage of Adult Population that Is Obese, Canada, Ontario and Grey Bruce, 2015-16**

Region	Rate
<b>Canada</b>	26.3% (25.9%-26.8%)
<b>Ontario</b>	26.2% (25.4%-27.0%)
<b>GBHU†‡</b>	32.9% (28.2%-37.9%)

† GBHU significantly different from Canada  
 ‡ GBHU significantly different from Ontario

**Figure 43. Percentage of Adult Population that Is Obese, Canada, Ontario and Grey Bruce, 2015-16**



**OBESE ADULTS: BY SEX AND AGE GROUP**

In Grey Bruce, rates of obesity did not appear to differ significantly between male and female adult residents (Table 31, Figure 44). Residents aged 35 to 49 were significantly more likely to be obese than those aged 18 to 34 (Table 31, Figure 45).<sup>1</sup> Note that, unlike in past cycles of the CCHS, these estimates have been adjusted to correct for the tendency of persons to underestimate their BMI.

Looking at significant regional differences between Grey Bruce and Ontario or Canada, the likelihood of being obese was higher among male residents of Grey Bruce than Ontarian or Canadian males. Around 38% (31.3%-44.6%) of male residents of Grey Bruce were obese, compared to 27.7% (26.5%-28.9%) of Ontarian males and 28.0% (27.3%-28.6%) of Canadian males.

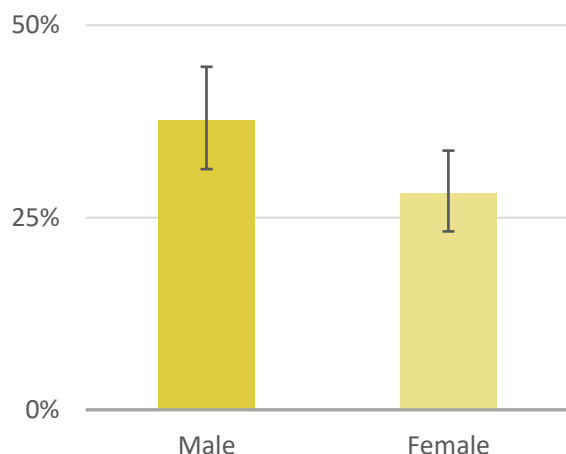
The likelihood of being obese was also higher among Grey Bruce residents aged 35 to 49 than among Ontarians or Canadians in that same age group. Forty-five percent (35.7%-54.9%) of Grey Bruce residents between the ages of 35 and 49 were obese, compared to 29.4% (27.6%-31.3%) of Ontarians and 27.5% (26.6%-28.3%) of Canadians in that age category.

**Table 31. Percentage of Adult Population that Is Obese, by Sex and Age Group, Grey Bruce 2015-16**

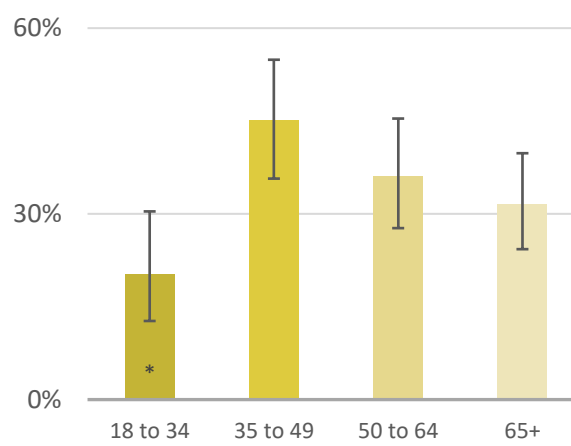
Sex	GBHU Rate	Age	GBHU Rate
Male †‡	37.7% (31.3%-44.6%)	18 to 34	20.2%* (12.7%-30.4%)
Female	28.1% (23.2%-33.7%)	35 to 49 †‡	45.1% (35.7%-54.9%)
		50 to 64	36.1% (27.7%-45.4%)
		65+	31.6% (24.3%-39.8%)

† GBHU significantly different from Canada    ‡ GBHU significantly different from Ontario  
\* Interpret with caution

**Figure 44. Percentage of Adult Population that Is Obese, by Sex, Grey Bruce 2015-16**



**Figure 45. Percentage of Adult Population that Is Obese, by Age Group, Grey Bruce 2015-16**



\* Interpret with caution

<sup>1</sup> Local estimates are often based on small sample sizes, and comparisons between sexes and age groups within Grey Bruce should be interpreted cautiously. While a lack of overlap between confidence intervals indicates a significant difference, overlapping confidence intervals do not conclusively indicate that there is no difference between groups.

## BODY MASS INDEX: YOUTH

**Population:** Children and youth aged 12 to 17 who are shorter than 6 feet, 11 inches, excluding pregnant females aged 15 to 17

**Asked of proxy respondents?** No

**Important Note:** Caution should be used when comparing estimates based on the 2015-16 CCHS to previous years' releases because of the recent survey redesign.

## OVERWEIGHT OR OBESE YOUTH

Overall, youth in Grey Bruce were **no more or less likely** than in Ontario or Canada to be overweight or obese.

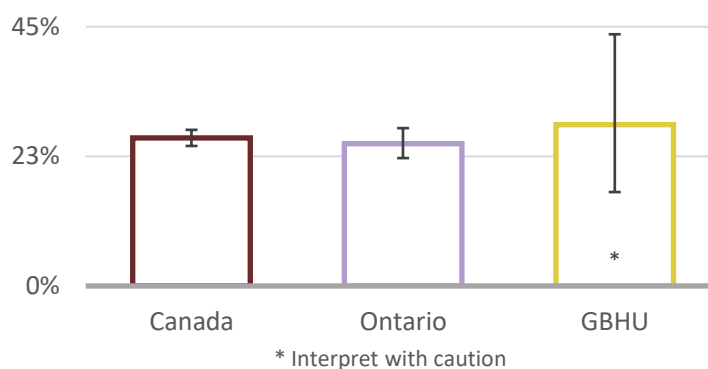
About 28% of children and youth aged 12 to 17 were overweight or obese in Grey Bruce in 2015-16. Youth in Grey Bruce were no more or less likely than youth in Ontario or Canada to be overweight or obese (Table 32, Figure 46). Note that these estimates have been adjusted to correct for the tendency of persons to underestimate their BMI.

**Table 32. Percentage of Youth Population that Is Overweight or Obese, Canada, Ontario and Grey Bruce, 2015-16**

Region	Rate
Canada	25.7% (24.3%-27.1%)
Ontario	24.7% (22.2%-27.4%)
GBHU	28.0%* (16.3%-43.7%)

\* Interpret with caution

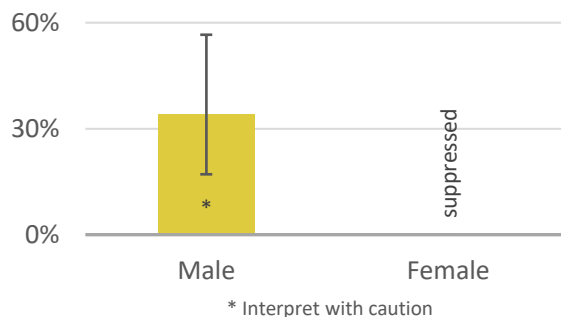
**Figure 46. Percentage of Youth Population that Is Overweight or Obese, Canada, Ontario and Grey Bruce, 2015-16**



## OVERWEIGHT OR OBESE YOUTH: BY SEX

A rate of overweight or obesity in female youth in Grey Bruce in 2015-16 was suppressed due to insufficient sample size. For male youth, the rate was 34.2%\* (17.1%-56.6%).

**Figure 47. Percentage of Youth Population that Is Overweight or Obese by Sex, Grey Bruce 2015-16**



# CHRONIC CONDITIONS: COMPARISONS WITHIN GREY BRUCE

## MALES

- Male residents of Grey Bruce were **less likely** to have arthritis than female residents.
- *Gender comparisons were not possible for youth obesity rates*

## FEMALES

- Female residents of Grey Bruce were **more likely** to have arthritis than male residents.
- *Gender comparisons were not possible for youth obesity rates*

## 12 TO 17

- *Comparisons involving this age group were not possible for chronic disease indicators*

## 18 TO 34

- Grey Bruce residents aged 18 to 34 were **less likely** to be obese than those aged 35 to 49.
- *Comparisons involving this age group were not possible for arthritis, diabetes, hypertension, or COPD*

## 35 TO 49

- Grey Bruce residents aged 35 to 49 were **more likely** to be obese than those aged 18 to 34.
- When compared to Grey Bruce residents aged 50 to 64 and 65+, this age group was also **less likely** to have hypertension and **less likely** to have arthritis.
- *Comparisons involving this age group were not possible for diabetes*

## 50 TO 64

- Grey Bruce residents in this age category were **more likely** to have hypertension than those aged 35 to 49.
- This age group was also **less likely** to have arthritis than those aged 65+.

## 65+

- Grey Bruce residents in this age category were **more likely** to have hypertension than those aged 35 to 49, and **more likely** to have arthritis than those aged 35 to 49 and 50 to 64.

Local estimates are often based on small sample sizes and comparisons between sexes and age groups within Grey Bruce should be interpreted cautiously. While a lack of overlap between confidence intervals indicates a significant difference, overlapping confidence intervals do not conclusively indicate that there is no difference between groups.

# CHRONIC CONDITIONS: REGIONAL COMPARISONS

## OVERALL

- Grey Bruce residents were **more likely** to have arthritis than Ontarians and Canadians, and **more likely** to be obese.
- Grey Bruce residents were also **more likely** to have hypertension than Canadians.

## MALES

- Male residents of Grey Bruce were **more likely** to have arthritis than Ontarian and Canadian males and **more likely** to be obese.
- Male residents of Grey Bruce were also **more likely** to have hypertension than Canadian males.

## FEMALES

- Female residents of Grey Bruce were **more likely** to have arthritis than Ontarian and Canadian females.

## 12 TO 17

- *Comparisons involving this age group were not possible for most chronic disease indicators.*

## 18 TO 34

- Grey Bruce residents in this age category were no more or less likely than their Ontarian or Canadian counterparts to have asthma, or to be overweight or obese.
- *Comparisons involving this age group were not possible for arthritis, diabetes, hypertension, or chronic lung conditions.*

## 35 TO 49

- Grey Bruce residents aged 35 to 49 were **more likely** to be obese than Ontarians and Canadians in this age category.
- *Comparisons involving this age group were not possible for diabetes.*

## 50 TO 64

- Grey Bruce residents in this age category were no more or less likely than their Ontarian or Canadian counterparts to have the chronic conditions in question.

## 65+

- Grey Bruce residents in this age category were **less likely** to have hypertension than Ontarians and Canadians in the same age category, and **less likely** to be overweight.

# SECTION 3. RISK & PROTECTIVE BEHAVIOURS

## SMOKING

**Background:** Smoking is the “most important cause of premature death in Canada” (Makomaaski Illing & Kaiserman, 2004). Research has shown that, in 2002, about 17% of deaths in Canada were due to smoking (20% in males and 12% in females) (Rehm et al., 2002). About one fifth of smoking deaths are caused by chronic obstructive pulmonary disease (COPD).

Tobacco smoking is an important risk factor in the development of lung cancer. A smoker is as many as 8 times more likely than a non-smoker to develop lung cancer (Cancer Care Ontario, 2013). Locally, lung cancer has the highest mortality rate of all the most commonly diagnosed cancers in both males and females. Lung cancer is responsible for 70 deaths per 100,000 male residents of Grey Bruce per year, and 43.6 deaths per 100,000 female residents of Grey Bruce per year (Cancer Care Ontario, 2018).

Reducing smoking rates should therefore reduce illness and mortality rates in the long-term.

**Question:** “At the present time, do you smoke cigarettes every day, occasionally or not at all?” (Statistics Canada, 2017b)

**Population:** Persons aged 12 and older

**Asked of proxy respondents?** Yes

**Important Note:** Caution should be used when comparing estimates based on the 2015-16 CCHS to previous years’ releases because of the recent survey redesign.

## CURRENT SMOKERS

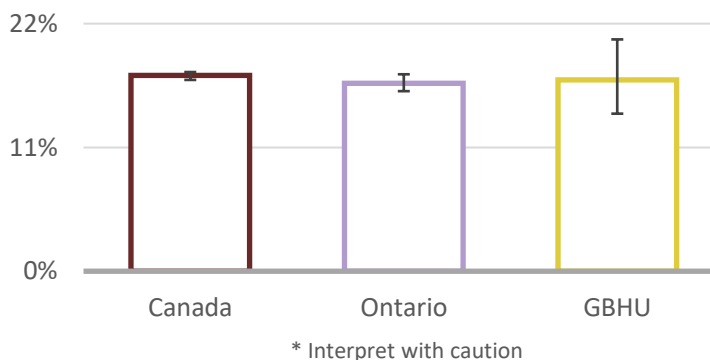
Grey Bruce residents were **no more or less likely** to be current smokers than their counterparts in Ontario or Canada.

Seventeen percent of Grey Bruce residents were current smokers (smoking cigarettes daily or occasionally) in 2015-16. Grey Bruce residents were no more or less likely to be current smokers than Ontarians or Canadians (Table 33, Figure 48).

Table 33. Percentage of Population that Are Current Smokers, Canada, Ontario and Grey Bruce, 2015-16

Region	Rate
Canada	17.4% (17.0%-17.7%)
Ontario	16.7% (16.0%-17.5%)
GBHU	17.0% (14.0%-20.6%)

Figure 48. Percentage of Population that Are Current Smokers, Canada, Ontario and Grey Bruce, 2015-16



**CURRENT SMOKERS: BY SEX AND AGE GROUP**

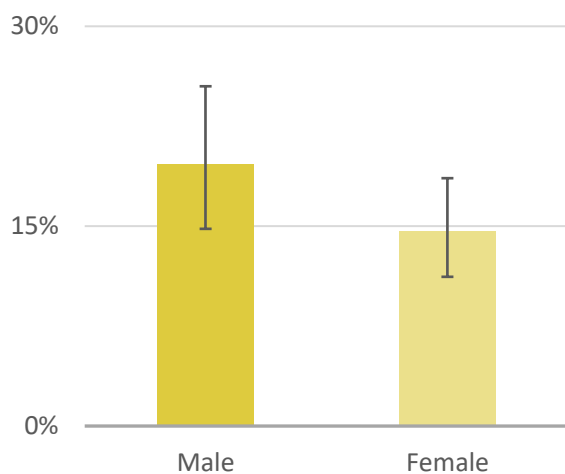
Smoking rates in Grey Bruce did not appear to differ significantly between male and female residents (Table 34, Figure 49). Grey Bruce residents aged 65 years and older were significantly less likely than those aged 35 to 49, and those aged 50 to 64 to be current smokers (Table 34, Figure 50).<sup>1</sup>

**Table 34. Percentage of Population that Are Current Smokers, by Sex and Age Group, Grey Bruce 2015-16**

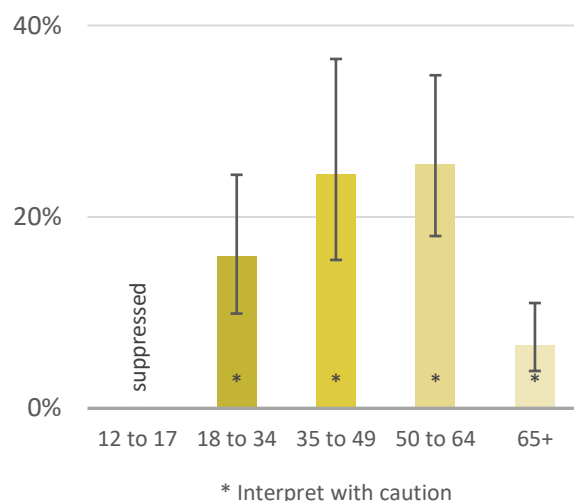
Sex	GBHU Rate	Age	GBHU Rate
<b>Male</b>	19.6% (14.8%-25.5%)	<b>12 to 17</b>	suppressed
<b>Female</b>	14.6% (11.2%-18.6%)	<b>18 to 34</b>	15.9%* (9.9%-24.4%)
		<b>35 to 49</b>	24.5%* (15.5%-36.5%)
		<b>50 to 64</b>	25.5%* (18.0%-34.8%)
		<b>65+</b>	6.6%* (3.9%-11.0%)

\* Interpret with caution

**Figure 49. Percentage of Population that Are Current Smokers, by Sex, Grey Bruce 2015-16**



**Figure 50. Percentage of Population that Are Current Smokers, by Age Group, Grey Bruce 2015-16**



<sup>1</sup> Local estimates are often based on small sample sizes, and comparisons between sexes and age groups within Grey Bruce should be interpreted cautiously. While a lack of overlap between confidence intervals indicates a significant difference, overlapping confidence intervals do not conclusively indicate that there is no difference between groups.



DAILY SMOKERS

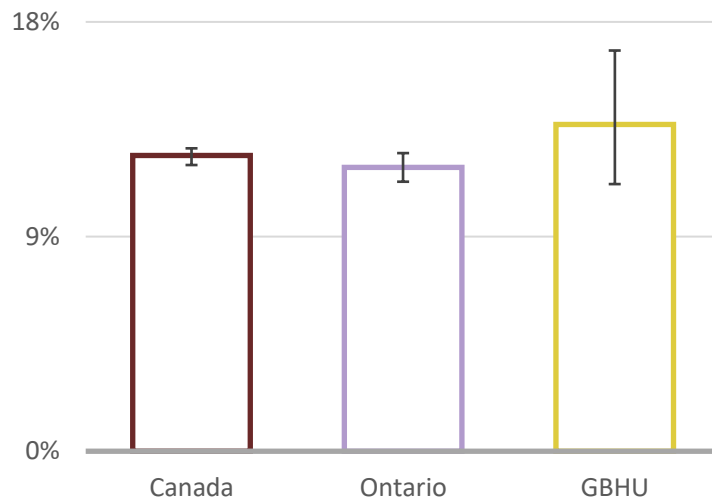
Grey Bruce residents were **no more or less likely** to smoke cigarettes daily than their counterparts in Ontario or Canada.

Just under 14% of Grey Bruce residents were daily smokers in 2015-16. Grey Bruce residents were no more or less likely than Ontarians or Canadians to be daily smokers (Table 35, Figure 51).

Table 35. Percentage of Population that Are Daily Smokers, Canada, Ontario and Grey Bruce, 2015-16

Region	Rate
Canada	12.4% (12.0%-12.7%)
Ontario	11.9% (11.3%-12.5%)
GBHU	13.7% (11.2%-16.8%)

Figure 51. Percentage of Population that Are Daily Smokers, Canada, Ontario and Grey Bruce, 2015-16



**DAILY SMOKERS: BY SEX AND AGE GROUP**

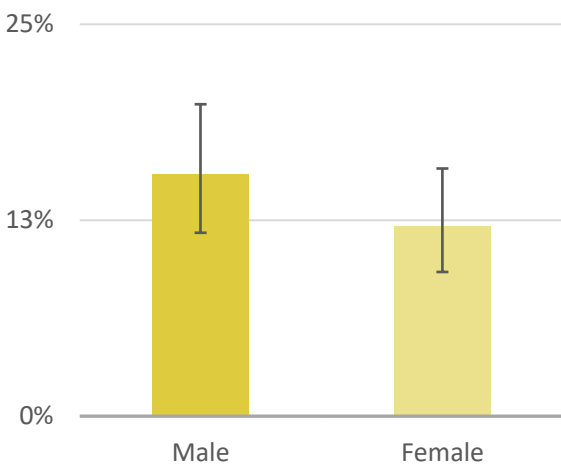
Rates of daily smoking in Grey Bruce did not appear to differ significantly between male and female residents (Table 36, Figure 52). Grey Bruce residents aged 65 and older were significantly less likely than those aged 35 to 49, and those aged 50 to 64 to be daily smokers (Table 36, Figure 53).<sup>1</sup>

**Table 36. Percentage of Population that Are Daily Smokers by Sex and Age Group, Grey Bruce 2015-16**

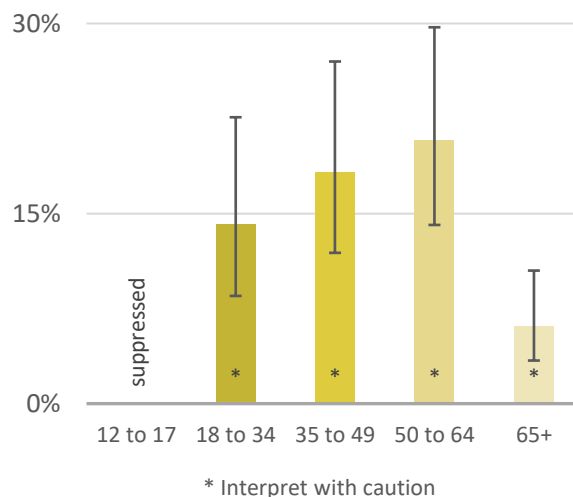
Sex	GBHU Rate	Age	GBHU Rate
Male	15.4% (11.7%-19.9%)	12 to 17	suppressed
Female	12.1% (9.2%-15.8%)	18 to 34	14.2%* (8.5%-22.6%)
		35 to 49	18.3%* (11.9%-27.0%)
		50 to 64	20.8%* (14.1%-29.7%)
		65+	6.1%* (3.4%-10.5%)

\* Interpret with caution

**Figure 52. Percentage of Population that Are Daily Smokers by Sex, Grey Bruce 2015-16**



**Figure 53. Percentage of Population that Are Daily Smokers by Age Group, Grey Bruce 2015-16**



\* Interpret with caution

<sup>1</sup> Local estimates are often based on small sample sizes, and comparisons between sexes and age groups within Grey Bruce should be interpreted cautiously. While a lack of overlap between confidence intervals indicates a significant difference, overlapping confidence intervals do not conclusively indicate that there is no difference between groups.

## HEAVY DRINKING

Shield et al. (2012) noted that by 2005, 7.7% of deaths of Canadians between the ages of 0 and 64 were alcohol-attributable, and “[t]he largest contributors to alcohol-attributable mortality were unintentional injuries, malignant neoplasms [cancer], and digestive diseases”. Further, “[t]he most important specified causes of preventable deaths were liver cirrhosis ... and motor vehicle accidents” (ibid).

Although some diseases see a reduced risk with the consumption of small amounts of alcohol, alcohol consumption contributes to approximately 14 times the potential years of lives lost than it prevents (Shield et al., 2012), largely contributed to by *heavy* drinking (cirrhosis, motor vehicle accidents). Alcohol-attributable deaths are largely preventable through following safer drinking practices.

Canada’s Low-risk Alcohol Drinking Guidelines suggests that the safest levels of alcohol consumption (besides abstinence) should fall within the following limits:

### FOR MEN:

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- 15 drinks a week, maximum, with no more than 3 drinks a day on most days
- On special occasions, no more than 4 drinks

### FOR WOMEN:

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- 10 drinks a week, maximum, with no more than 2 drinks a day on most days
- On special occasions, no more than 3 drinks

Source: (Canadian Centre on Substance Abuse, 2013)

**REGULAR HEAVY DRINKING**

The Regular Heavy Drinking indicator provides the estimate of the population who exceed the special occasion Low-Risk Drinking Guideline at least monthly.

**Question:** “How often in the past 12 months have you had [5 (male) / 4 (female)] or more drinks on one occasion?” (Statistics Canada, 2017b)

**Population:** Persons aged 12 and older

**Asked of proxy respondents?** Yes

**Important Note:** Caution should be used when comparing estimates based on the 2015-16 CCHS to previous years’ releases because of the recent survey redesign.

Overall, Grey Bruce residents were **more likely** to be heavy drinkers than Ontarians. Male residents of Grey Bruce were **more likely** to be heavy drinkers than Ontarian and Canadian males, and residents aged 35 to 49 were **more likely** to be heavy drinkers than Ontarians and Canadians in the same age category.

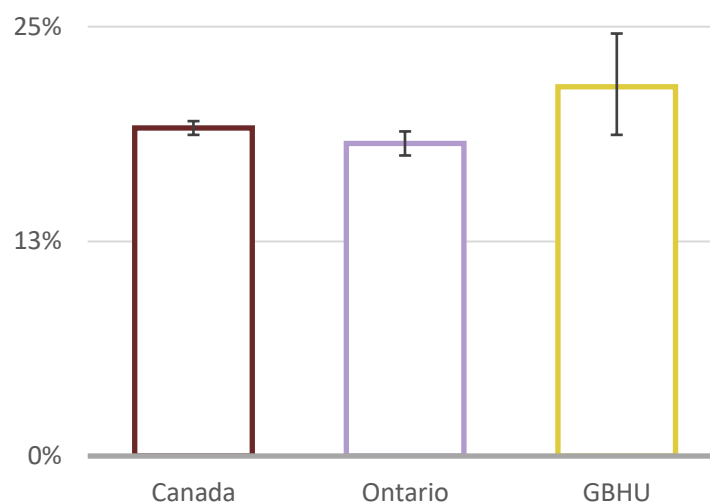
Around 21% of Grey Bruce residents reported regular (at least once a month) heavy drinking in 2015/16. Regular heavy drinker refers to males who reported having 5 or more drinks, or females who reported having 4 or more drinks, on one occasion, at least once a month in the past year. Residents of Grey Bruce were significantly more likely than Ontarians to be regular heavy drinkers (Table 37, Figure 54).

**Table 37. Percentage of Population that Are Regular Heavy Drinkers, Canada, Ontario and Grey Bruce, 2015-16**

Region	Rate
<b>Canada</b>	19.1% (18.7%-19.5%)
<b>Ontario</b>	18.2% (17.5%-18.9%)
<b>GBHU†</b>	21.5% (18.7%-24.6%)

† GBHU significantly different from Ontario

**Figure 54. Percentage of Population that Are Regular Heavy Drinkers, Canada, Ontario and Grey Bruce, 2015-16**



**REGULAR HEAVY DRINKING: BY SEX AND AGE GROUP**

The rate of regular heavy drinking among male residents of Grey Bruce was significantly higher than the rate among female residents (about twice as high) (Table 38, Figure 55). Grey Bruce residents aged 18 to 34 were significantly more likely to be regular heavy drinkers than those aged 50 to 64 and 65 and older, and residents aged 35 to 49 and 50 to 64 were more likely to be regular heavy drinkers than those aged 65 and older (Table 38, Figure 56).<sup>1</sup>

Looking at significant regional differences between Grey Bruce and Ontario or Canada, the likelihood of being a regular heavy drinker was higher among male residents of Grey Bruce than among Ontarian and Canadian males. About 30% (25.4%-34.8%) of male Grey Bruce residents were regular heavy drinkers, compared to 23.3% (22.2%-24.4%) of Ontarian males and 21.4% (20.6%-22.3%) of Canadian males.

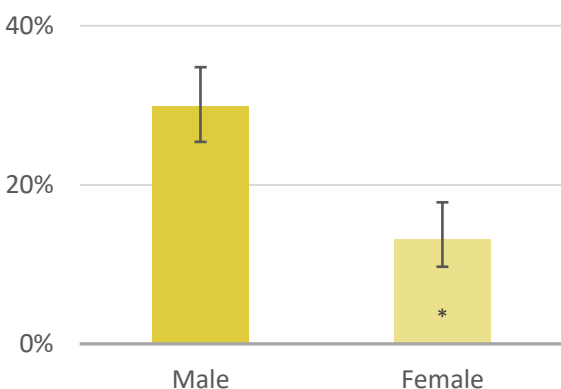
The likelihood of being a regular heavy drinker was also higher among Grey Bruce residents aged 35 to 49 than among Ontarians and Canadians in that age group. Just under 30% (22.5%-37.4%) of Grey Bruce residents between the ages of 35 and 49 were regular heavy drinkers, compared to only 19.0% (17.5%-20.6%) of Ontarians and 21.4% (20.6%-22.3%) of Canadians in that age category.

**Table 38. Percentage of Population that Are Regular Heavy Drinkers, by Sex and Age Group, Grey Bruce 2015-16**

Sex	GBHU Rate	Age	GBHU Rate
Male †‡	29.9% (25.4%-34.8%)	12 to 17	suppressed
Female	13.2%* (9.7%-17.8%)	18 to 34	37.7% (28.7%-47.7%)
		35 to 49 †‡	29.4% (22.5%-37.4%)
		50 to 64	18.7% (14.4%-23.9%)
		65+	8.4% (5.4%-12.8%)

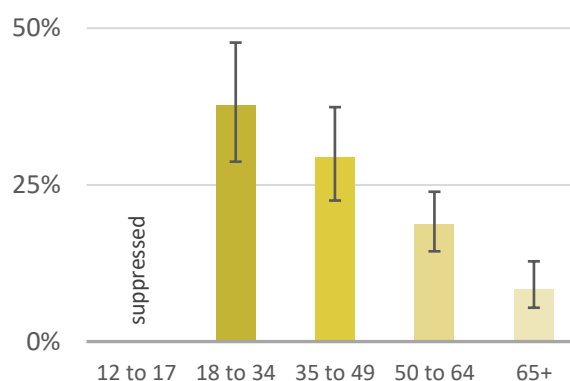
† GBHU significantly different from Canada    ‡ GBHU significantly different from Ontario  
\* Interpret with caution

**Figure 55. Percentage of Population that Are Regular Heavy Drinkers, by Sex, Grey Bruce 2015-16**



\* Interpret with caution

**Figure 56. Percentage of Population that Are Regular Heavy Drinkers, by Age Group, Grey Bruce 2015-16**



<sup>1</sup> Local estimates are often based on small sample sizes, and comparisons between sexes and age groups within Grey Bruce should be interpreted cautiously. While a lack of overlap between confidence intervals indicates a significant difference, overlapping confidence intervals do not conclusively indicate that there is no difference between groups.

## LEISURE-TIME PHYSICAL ACTIVITY

This indicator is based on the number of minutes of physical activity reported in the last 7 days, which is derived from a series of questions that ask about various physical activities that respondents may engage in.

### PHYSICALLY ACTIVE ADULTS

Indicates whether adults are physically active according to the Canadian Physical Activity Guidelines, meaning that they participate in at least 150 minutes of moderate to vigorous intensity aerobic physical activity per week, in bouts of 10 minutes or more. Moderate exercise is defined as an activity that causes a person to breathe harder and sweat at least a little (Statistics Canada, 2017a).

**Population:** Persons aged 18 and older

**Asked of proxy respondents?** No

**Important Note:** Caution should be used when comparing estimates based on the 2015-16 CCHS to previous years' releases because of the recent survey redesign.

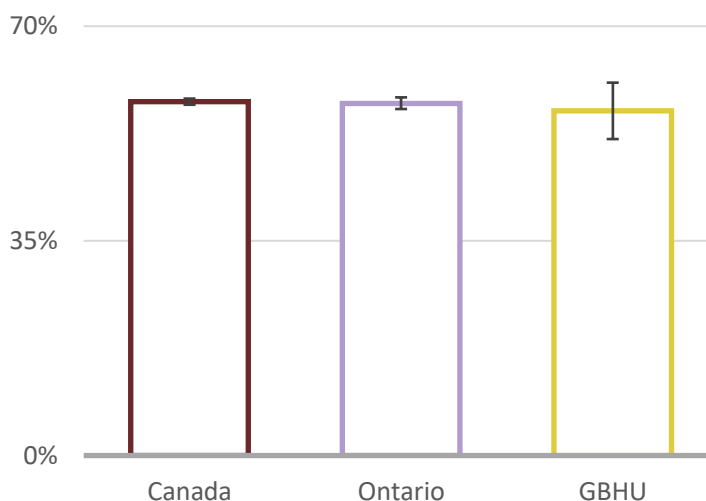
Overall, Grey Bruce residents were **no more or less likely** to meet physical activity guidelines than Ontarians or Canadians. Those aged 35 to 49, however, were **more likely** to meet these guidelines than Ontarians and Canadians in that age category.

Around 56% of adult residents of Grey Bruce met Canadian Physical Activity Guidelines in 2015/16. Adults in Grey Bruce were no more or less likely than in Ontario or Canada to meet physical activity guidelines (Table 39, Figure 57).

**Table 39. Percentage of Adult Population Meeting Physical Activity Guidelines, Canada, Ontario and Grey Bruce 2015-16**

Region	Rate
Canada	57.7% (57.2%-58.2%)
Ontario	57.4% (56.5%-58.4%)
GBHU	56.2% (51.6%-60.8%)

**Figure 57. Percentage of Adult Population Meeting Physical Activity Guidelines, Canada, Ontario and Grey Bruce 2015-16**



**PHYSICALLY ACTIVE ADULTS: BY SEX AND AGE GROUP**

In Grey Bruce in 2015/16, rates of meeting physical activity guidelines among adults did not appear to differ significantly between male and female residents (Figure 58). Residents aged 35 to 49 were significantly more likely to be physically active than those aged 50 to 64 and those aged 65 and older (Table 40, Figure 59).<sup>1</sup>

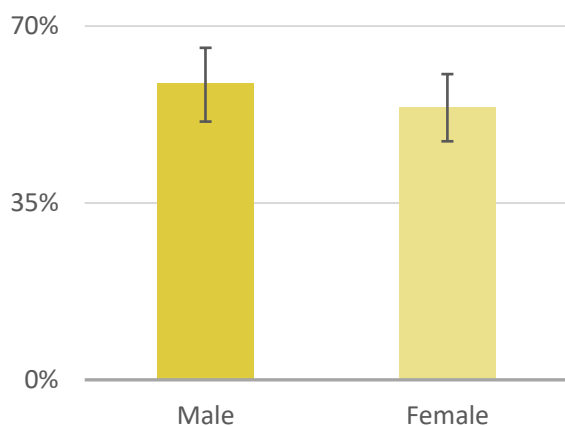
Looking at significant regional differences between Grey Bruce and Ontario or Canada, the likelihood of meeting physical activity guidelines was higher among Grey Bruce residents aged 35 to 49 than their counterparts in Ontario and Canada. Almost 69% (60.4%-75.8%) of Grey Bruce residents aged 35 to 49 were physically active compared to 60.2% (58.1%-62.3%) in Ontario and 60.1% (59.0%-61.2%) in Canada.

**Table 40. Percentage of Adult Population Meeting Physical Activity Guidelines, by Sex and Age Group, Grey Bruce 2015-16**

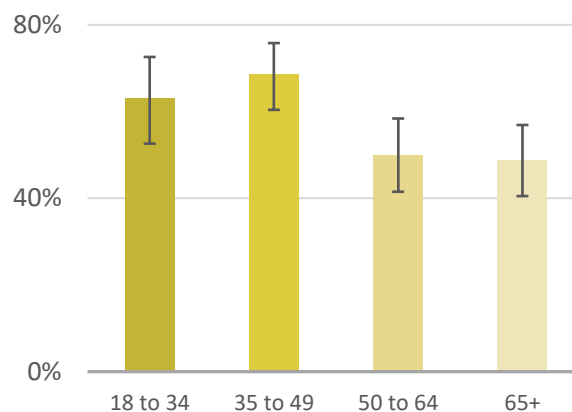
Sex	GBHU Rate	Age	GBHU Rate
<b>Male</b>	58.6% (51.1%-65.7%)	<b>18 to 34</b>	63.2% (52.6%-72.6%)
<b>Female</b>	53.9% (47.2%-60.5%)	<b>35 to 49 †‡</b>	68.7% (60.4%-75.8%)
		<b>50 to 64</b>	50.0% (41.5%-58.4%)
		<b>65+</b>	48.7% (40.5%-56.9%)

† GBHU significantly different from Canada    ‡ GBHU significantly different from Ontario  
\* Interpret with caution

**Figure 58. Percentage of Adult Population Meeting Physical Activity Guidelines, by Sex, Grey Bruce 2015-16**



**Figure 59. Percentage of Adult Population Meeting Physical Activity Guidelines, by Age Group, Grey Bruce 2015-16**



<sup>1</sup> Local estimates are often based on small sample sizes, and comparisons between sexes and age groups within Grey Bruce should be interpreted cautiously. While a lack of overlap between confidence intervals indicates a significant difference, overlapping confidence intervals do not conclusively indicate that there is no difference between groups.

**PHYSICALLY ACTIVE YOUTH**

Indicates whether a youth is physically active according to Canadian Physical Activity Guidelines by practicing an average of 60 minutes of moderate-to-vigorous physical activity each day. Moderate exercise is defined as an activity that causes a person to breathe harder and sweat at least a little. (Statistics Canada, 2017a)

**Population:** Persons aged 12 to 17

**Asked of proxy respondents?** No

**Important Note:** Caution should be used when comparing estimates based on the 2015-16 CCHS to previous years' releases because of the recent survey redesign.

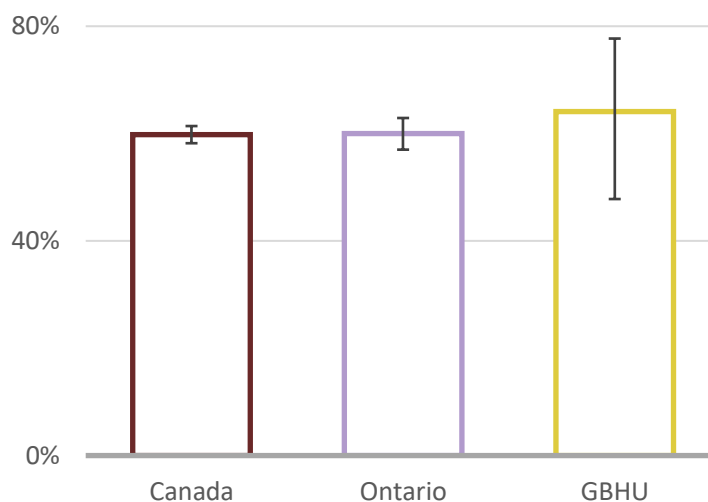
Youth in Grey Bruce were **not more or less likely** than in Ontario or Canada to meet physical activity guidelines overall, but female youth in Grey Bruce were **more likely** to meet these guidelines than in Ontario and Canada.

About 64% of children and youth aged 12 to 17 in Grey Bruce met Canadian Physical Activity Guidelines in 2015/16. Children and youth in Grey Bruce were no more or less likely than those in Ontario or Canada to meet physical activity guidelines (Table 41, Figure 60).

**Table 41. Percentage of Youth Population Meeting Physical Activity Guidelines, Canada, Ontario and Grey Bruce, 2015-16**

Region	Rate
Canada	59.8% (58.2%-61.4%)
Ontario	60.0% (57.0%-62.9%)
GBHU	64.1% (47.8%-77.7%)

**Figure 60. Percentage of Youth Population Meeting Physical Activity Guidelines, Canada, Ontario and Grey Bruce, 2015-16**





**PHYSICALLY ACTIVE YOUTH: BY SEX**

In Grey Bruce, rates of physical activity did not differ significantly between male and female youth (Table 42, Figure 61).<sup>1</sup> Female youth in Grey Bruce were significantly more likely than female youth in Ontario (50.7%, 46.4%-54.9%) or Canada (52.7%, 50.4%-54.9%) to be physically active.

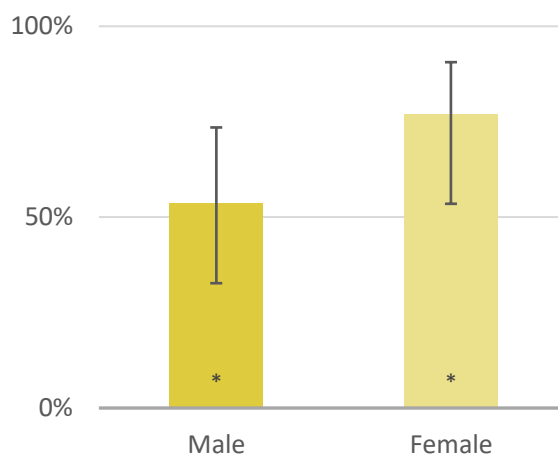
**Table 42. Percentage of Youth Population Meeting Physical Activity Guidelines, by Sex, Grey Bruce 2015-16**

Sex	Rate
<b>Male</b>	53.7%* (32.7%-73.5%)
<b>Female†‡</b>	76.9%* (53.5%-90.6%)

† GBHU significantly different from Canada

‡ GBHU significantly different from Ontario

**Figure 61. Percentage of Youth Population Meeting Physical Activity Guidelines, by Sex, Grey Bruce 2015-16**



\* Interpret with caution

<sup>1</sup> Local estimates are often based on small sample sizes, and comparisons between sexes and age groups within Grey Bruce should be interpreted cautiously. While a lack of overlap between confidence intervals indicates a significant difference, overlapping confidence intervals do not conclusively indicate that there is no difference between groups.

# RISK & PROTECTIVE BEHAVIOUR: COMPARISONS WITHIN GREY BRUCE

## MALES

- Male residents of Grey Bruce were **more likely** to be regular heavy drinkers than female residents.

## FEMALES

- Female residents of Grey Bruce were **less likely** to be regular heavy drinkers than male residents.

## 12 TO 17

- *Comparisons involving this age group were not possible for risk behaviour indicators.*

## 18 TO 34

- Grey Bruce residents aged 18 to 34 were **more likely** to be regular heavy drinkers than those aged 50 to 64 and 65+.

## 35 TO 49

- When compared to Grey Bruce residents aged 65+, this age group was **more likely** to be regular heavy drinkers, **more likely** to be current smokers, and **more likely** to be daily smokers.
- This age group was also **more likely** to meet physical activity guidelines than those aged 50 to 64 or 65+.

## 50 TO 64

- Grey Bruce residents in this age category were **more likely** to be regular heavy drinkers, **more likely** to be current smokers, and **more likely** to be daily smokers than those aged 65+.
- Grey Bruce residents in this age category were **less likely** to meet physical activity guidelines than those aged 35 to 49.
- This age group was also **less likely** to be regular heavy drinkers than those aged 18 to 34.

## 65+

- When compared to Grey Bruce residents aged 35 to 49 and 50 to 64, Grey Bruce residents in this age category were **less likely** to be regular heavy drinkers, **less likely** to be current smokers, and **less likely** to be daily smokers.
- Grey Bruce residents in this age category were **less likely** to be regular heavy drinkers than those aged 18 to 34.
- This age group was also **less likely** to meet physical activity guidelines than those aged 35 to 49.

Local estimates are often based on small sample sizes and comparisons between sexes and age groups within Grey Bruce should be interpreted cautiously. While a lack of overlap between confidence intervals indicates a significant difference, overlapping confidence intervals do not conclusively indicate that there is no difference between groups.

# RISK & PROTECTIVE BEHAVIOUR: REGIONAL COMPARISONS

## OVERALL

- Grey Bruce residents were **more likely** to be regular heavy drinkers than Ontarians.

## MALES

- Male residents of Grey Bruce were **more likely** to be regular heavy drinkers than Ontarian and Canadian males.

## FEMALES

- Female youths in Grey Bruce were **more likely** to meet physical activity requirements than Ontarian and Canadian female youths.

## 12 TO 17

- *Comparisons involving this age group were not possible for risk behaviour indicators*

## 18 TO 34

- Grey Bruce residents aged 18 to 34 were no more or less likely to engage in risk behaviours or meet physical activity guidelines than their Ontarian or Canadian counterparts.

## 35 TO 49

- Grey Bruce residents aged 35 to 49 were **more likely** to be regular heavy drinkers than Ontarians and Canadians in this age group, but also **more likely** to meet physical activity guidelines.

## 50 TO 64

- Grey Bruce residents aged 50 to 64 were no more or less likely to engage in risk behaviours or meet physical activity guidelines than their Ontarian or Canadian counterparts.

## 65+

- Grey Bruce residents aged 65+ were no more or less likely to engage in risk behaviours or meet physical activity guidelines than their Ontarian or Canadian counterparts.

# SECTION 4. NUTRITION

## CONSUMING FRUITS AND VEGETABLES 5 OR MORE TIMES A DAY

This variable classifies the respondent based on the total number of times per day he/she eats fruits and vegetables. The CCHS measures the number of times (frequency), not the amount consumed. Respondents report consumption for the last month at the time of interview. (Statistics Canada, 2017a)

**Population:** Respondents aged 12 and older

**Asked of proxy respondents?** No

**Important Note:** Caution should be used when comparing estimates based on the 2015-16 CCHS to previous years' releases because of the recent survey redesign.

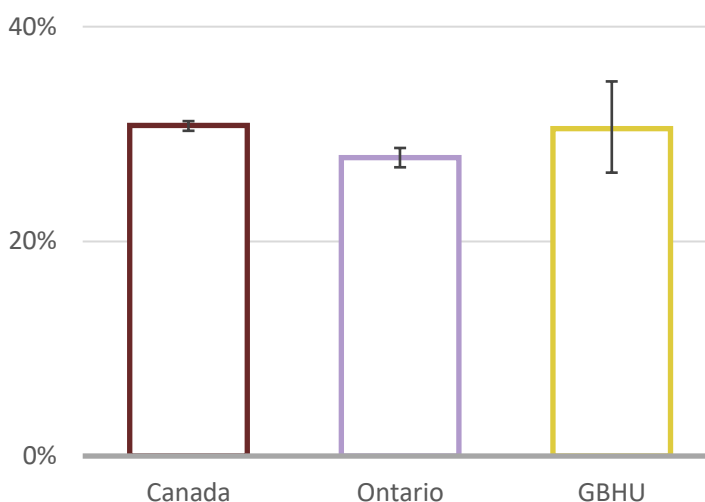
Overall, Grey Bruce residents were **no more or less likely** than Ontarians or Canadians to consume fruits and vegetables 5 or more times a day. Those aged 50 to 64 were **less likely** than Canadians to consume fruits and vegetables 5 or more times a day, while those aged 65 and older were **more likely** than Ontarians to do so.

In 2015/16, about 30% of Grey Bruce residents consumed fruits and vegetables 5 or more times a day. Grey Bruce residents were no more or less likely than Ontarians or Canadians to consume fruits and vegetables 5 or more times a day (Table 43, Figure 62).

**Table 43. Percentage of Population Consuming Fruits and Vegetables 5+ Times a Day, Canada, Ontario and Grey Bruce, 2015-16**

Region	Rate
Canada	30.8% (30.3%-31.2%)
Ontario	27.8% (26.9%-28.7%)
GBHU	30.5% (26.4%-34.9%)

**Figure 62. Percentage of Population Consuming Fruits and Vegetables 5+ Times a Day, Canada, Ontario and Grey Bruce, 2015-16**



**FRUIT AND VEGETABLE CONSUMPTION: BY SEX AND AGE**

The likelihood of consuming fruits and vegetables 5+ times a day was significantly higher among female residents of Grey Bruce than among male residents (Table 44, Figure 63), and significantly higher among residents aged 65 and older than residents aged 50 to 64 (Table 44, Figure 64).<sup>1</sup>

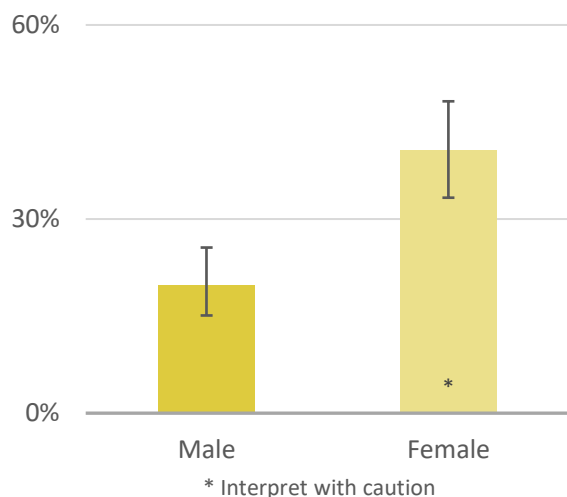
Looking at significant regional differences between Grey Bruce and Ontario or Canada, the likelihood of consuming fruits and vegetables 5+ times a day was lower among Grey Bruce residents aged 50 to 64 than among Canadians in the same age group. About 23% (17.1%-29.5%) of Grey Bruce residents between the ages of 50 and 64 consumed fruits and vegetables 5+ times a day, compared to 29.5% (28.5%-30.4%) of Canadians in the same age group. Grey Bruce residents aged 65 and older, however, were more likely than their counterparts in Ontario to consume fruits and vegetables 5+ times a day. Just over 37% (29.6%-45.8%) of Grey Bruce residents aged 65 and older consumed fruits and vegetables 5+ times a day, compared to 28.1% (26.4%-29.8%) of Ontarians in the same age group.

**Table 44. Percentage of Population Consuming Fruits and Vegetables 5+ Times a Day, by Sex and Age Group, Grey Bruce 2016-16**

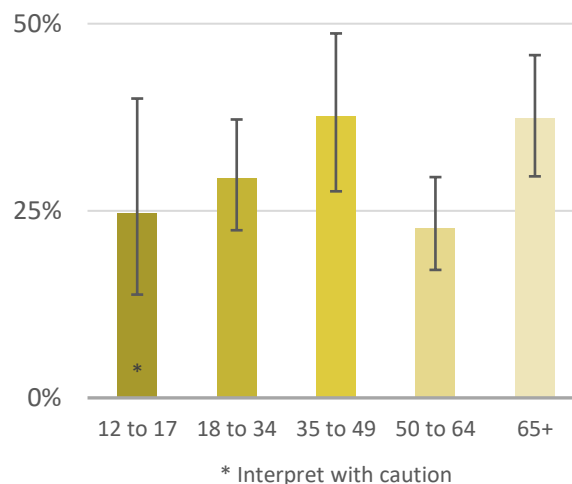
Sex	GBHU Rate	Age	GBHU Rate
<b>Male</b>	19.8% (15.1%-25.6%)	<b>12 to 17</b>	24.6%* (13.8%-40.0%)
<b>Female</b>	40.6%* (33.3%-48.2%)	<b>18 to 34</b>	29.3% (22.4%-37.2%)
		<b>35 to 49</b>	37.6% (27.6%-48.7%)
		<b>50 to 64 †</b>	22.7% (17.1%-29.5%)
		<b>65+ ‡</b>	37.3% (29.6%-45.8%)

† GBHU significantly different from Canada    ‡ GBHU significantly different from Ontario  
 \* Interpret with caution

**Figure 63. Percentage of Population Consuming Fruits and Vegetables 5+ Times a Day, by Sex, Grey Bruce 2016-16**



**Figure 64. Percentage of Population Consuming Fruits and Vegetables 5+ Times a Day, by Age Group, Grey Bruce 2016-16**



<sup>1</sup> Local estimates are often based on small sample sizes, and comparisons between sexes and age groups within Grey Bruce should be interpreted cautiously. While a lack of overlap between confidence intervals indicates a significant difference, overlapping confidence intervals do not conclusively indicate that there is no difference between groups.

# NUTRITION: COMPARISONS WITHIN GREY BRUCE

## MALES

- Male residents of Grey Bruce were **less likely** than female residents to consume fruits and vegetables 5+ times per day.

## FEMALES

- Female residents of Grey Bruce were **more likely** than male residents to consume fruits and vegetables 5+ times per day.

## 12 TO 17

- Grey Bruce residents aged 12 to 17 did not appear to be more or less likely than those in other age categories to consume fruits and vegetables 5+ times per day.

## 18 TO 34

- Grey Bruce residents aged 18 to 34 did not appear to be more or less likely than those in other age categories to consume fruits and vegetables 5+ times per day.

## 35 TO 49

- Grey Bruce residents aged 35 to 49 did not appear to be more or less likely than those in other age categories to consume fruits and vegetables 5+ times per day.

## 50 TO 64

- Grey Bruce residents in this age category were **less likely** than those aged 65 and older to consume fruits and vegetables 5+ times per day.

## 65+

- Grey Bruce residents in this category were **more likely** than those aged 50 to 64 to consume fruits and vegetables 5+ times per day.

Local estimates are often based on small sample sizes and comparisons between sexes and age groups within Grey Bruce should be interpreted cautiously. While a lack of overlap between confidence intervals indicates a significant difference, overlapping confidence intervals do not conclusively indicate that there is no difference between groups.

# NUTRITION: REGIONAL COMPARISONS

## OVERALL

- Grey Bruce residents were no more or less likely than Ontarians or Canadians to consume fruits and vegetables 5+ times per day.

## MALES

- Male residents of Grey Bruce were no more or less likely than Ontarian or Canadian males to consume fruits and vegetables 5+ times per day.

## FEMALES

- Female residents of Grey Bruce were no more or less likely than Ontarian or Canadian females to consume fruits and vegetables 5+ times per day.

## 12 TO 17

- Grey Bruce residents aged 12 to 17 were no more or less likely than Ontarians or Canadians in the same age group to consume fruits and vegetables 5+ times per day.

## 18 TO 34

- Grey Bruce residents aged 18 to 34 were no more or less likely than their Ontarian or Canadian counterparts to consume fruits and vegetables 5+ times per day.

## 35 TO 49

- Grey Bruce residents aged 35 to 49 were no more or less likely than their Ontarian or Canadian counterparts to consume fruits and vegetables 5+ times per day .

## 50 TO 64

- Grey Bruce residents aged 50 to 64 were **less likely** than Canadians in the same age group to consume fruits and vegetables 5+ times per day.

## 65+

- Grey Bruce residents aged 65+ were **more likely** than Ontarians in the same age group to consume fruits and vegetables 5+ times per day.

## SECTION 5. EARLY CHILDHOOD

Health Canada recommends exclusive breastfeeding “for the first six months of life for healthy term infants, as breast milk is the best food for optimal growth” (Health Canada, 2004).

### BREASTFEEDING BEHAVIOURS

**Questions:** “Have you given birth in the past 5 years? Yes, No”

If yes: “Was [your last child] breastfed or given breast milk even for a short time? Yes, No “

“Are you still breastfeeding or giving breast milk to [your last child]? Yes, No”

How long did you breastfeed or give breast milk to [your last child]?

“[While you were still breastfeeding, had / Have] liquids such as milk, formula, water, juice, tea or herbal mixture been introduced to [your last child]’s feeds?

If yes: “How old was [your last child] when other liquids were first added to the feeds?” (Statistics Canada, 2017b)

**Population:** Mothers aged 15 to 55 who had a child in the 5 years prior to being surveyed

**Asked of proxy respondents?** No

**Important Note:** Caution should be used when comparing estimates based on the 2015-16 CCHS to previous years’ releases because of the recent survey redesign.



**BREASTFEEDING INITIATION**

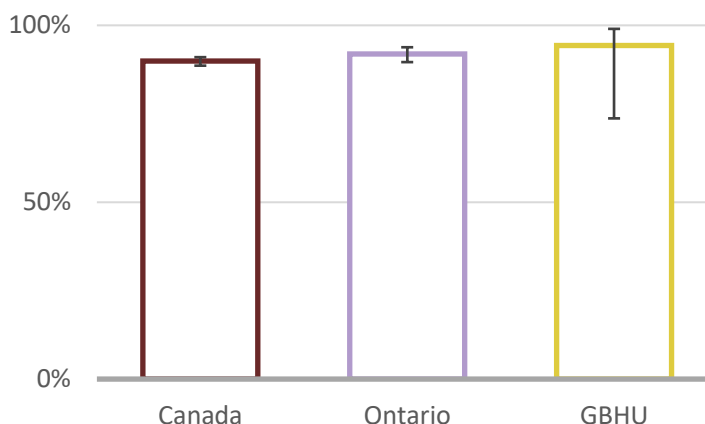
Overall, mothers in Grey Bruce were **no more or less likely** to initiate breastfeeding than mothers in Ontario or Canada.

In 2015/16, almost 95% of Grey Bruce mothers who had given birth to a child within the past 5 years initiated breastfeeding of that child. This was not significantly different from breastfeeding initiation rates among Ontarian or Canadian mothers (Table 45, Figure 65).

**Table 45. Percentage of Mothers Who Initiated Breastfeeding of their Babies, Canada, Ontario and Grey Bruce, 2015-16**

Region	Rate
Canada	89.9% (88.6%-91.0%)
Ontario	91.9% (89.6%-93.8%)
GBHU	94.3% (73.7%-99.0%)

**Figure 65. Percentage of Mothers Who Initiated Breastfeeding of their Babies, Canada, Ontario and Grey Bruce, 2015-16**



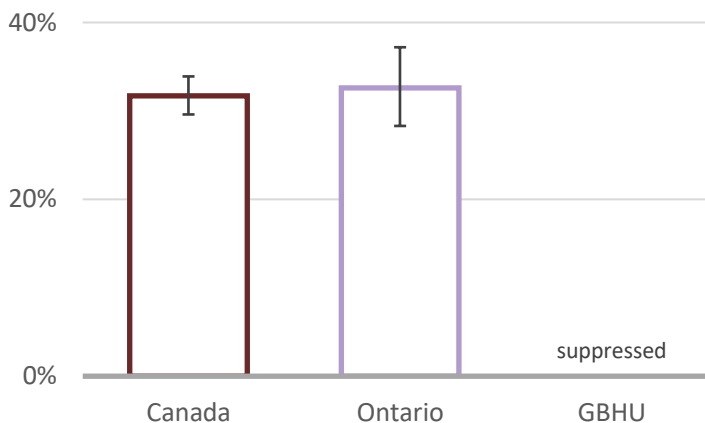
**EXCLUSIVE BREASTFEEDING**

An exclusively breastfed child is one that has received only breastmilk from birth to a specified age (in this case six months of age). A local rate of exclusive breastfeeding was not available for 2015/16. Rates for Ontarian and Canadian mothers are presented below (Table 46, Figure 66).

**Table 46. Percentage of Mothers Who Breastfed their Babies for at Least 6 Months, Canada, Ontario and Grey Bruce 2015-16**

Region	Rate
Canada	31.7% (29.6%-33.9%)
Ontario	32.6% (28.3%-37.2%)
GBHU	suppressed

**Figure 66. Percentage of Mothers Who Breastfed their Babies for at Least 6 Months, Canada, Ontario and Grey Bruce 2015-16**



# EARLY CHILDHOOD: REGIONAL COMPARISONS

## OVERALL

- Mothers in Grey Bruce were no more or less likely than their counterparts in Ontario or Canada to have initiated breastfeeding.
- A local rate of exclusive breastfeeding was unavailable for this time period.
- *Age group comparisons were not possible for breastfeeding indicators.*

# SECTION 6. CONTACT WITH MEDICAL SERVICES

## REGULAR HEALTH CARE PROVIDER

**Question:** “Do you have a regular health care provider? By this, we mean one health professional that you regularly see or talk to when you need care or advice for your health. Yes, No.” (Statistics Canada, 2017b)

**Population:** Persons aged 12 and older

**Asked of Proxy Respondents?** Yes

**Important Note:** Caution should be used when comparing estimates based on the 2015-16 CCHS to previous years’ releases because of the recent survey redesign.

Overall, Grey Bruce residents were **more likely** than Canadians to have a regular health care provider. Male and female residents of Grey Bruce, and those aged 18 to 34 and 50 to 64 were also **more likely** than their Canadian counterparts to have a regular health care provider.

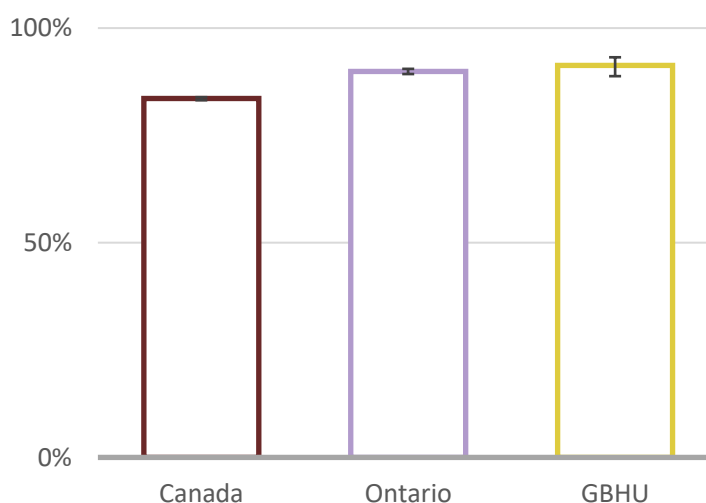
In 2015/16, just over 91% of Grey Bruce residents had a regular health care provider. Grey Bruce residents were significantly more likely than Canadians to have a regular health care provider (Table 47, Figure 67).

**Table 47. Percentage of Population with a Regular Health Care Provider, Canada, Ontario and Grey Bruce, 2015-16**

Region	Rate
Canada	83.6% (83.2%-83.9%)
Ontario	89.9% (89.3%-90.5%)
GBHU†	91.3% (88.8%-93.2%)

† GBHU significantly different from Canada

**Figure 67. Percentage of Population with a Regular Health Care Provider, Canada, Ontario and Grey Bruce, 2015-16**



**REGULAR HEALTH CARE PROVIDER: BY SEX AND AGE GROUP**

Female residents of Grey Bruce were significantly more likely than male residents to have a regular health care provider (Table 48, Figure 68). The likelihood of having a regular health care provider did not appear to differ significantly between age groups (Table 48, Figure 69).<sup>1</sup>

Looking at significant regional differences between Grey Bruce and Ontario or Canada, both male and female residents of Grey Bruce were more likely to have a regular health care provider than their Canadian counterparts. About 88% (83.8%-91.1%) of male residents of Grey Bruce had a regular health care provider, compared to just 79.6% (79.0%-80.2%) of Canadian males. Just under 95% (91.3%-96.7%) of female residents of Grey Bruce had a regular health care provider, compared to 87.4% (86.9%-87.8%) of Canadian females.

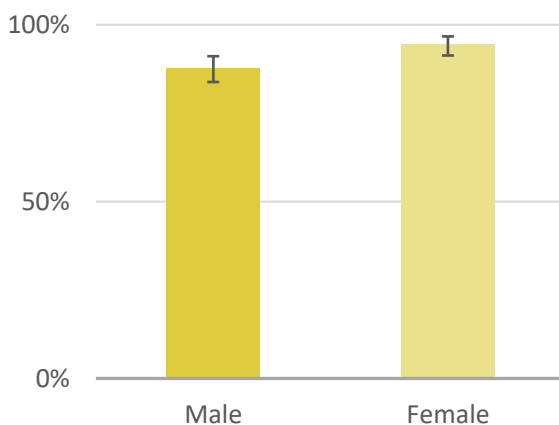
Grey Bruce residents aged 18 to 34 and 50 to 64 were also more likely than their Canadian counterparts to have a regular health care provider. Just under 88% (79.5%-92.9%) of Grey Bruce residents aged 18-34 had a regular health care provider, compared to only 72.5% (71.6%-73.4%) of Canadians in this age category. About 94% (89.2%-96.6%) of Grey Bruce residents aged 50 to 64 had a regular health care provider, compared to 88.7% (88.0%-89.2%) of Canadians in this age category.

**Table 48. Percentage of Population with a Regular Health Care Provider, by Sex and Age Group, Grey Bruce 2015-16**

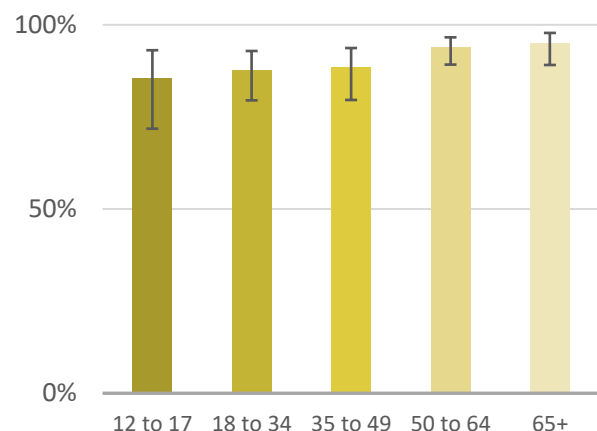
Sex	GBHU Rate	Age	GBHU Rate
Male †	87.9% (83.8%-91.1%)	12 to 17	85.5% (71.8%-93.1%)
Female †	94.6% (91.3%-96.7%)	18 to 34 †	87.7% (79.5%-92.9%)
		35 to 49	88.4% (79.6%-93.7%)
		50 to 64 †	93.9% (89.2%-96.6%)
		65+	95.0% (89.1%-97.8%)

† GBHU significantly different from Canada    ‡ GBHU significantly different from Ontario  
 \* Interpret with caution

**Figure 68. Percentage of Population with a Regular Health Care Provider, by Sex, Grey Bruce 2015-16**



**Figure 69. Percentage of Population with a Regular Health Care Provider, by Age Group, Grey Bruce 2015-16**



<sup>1</sup> Local estimates are often based on small sample sizes, and comparisons between sexes and age groups within Grey Bruce should be interpreted cautiously. While a lack of overlap between confidence intervals indicates a significant difference, overlapping confidence intervals do not conclusively indicate that there is no difference between groups.

## CONTACT WITH MEDICAL DOCTOR

This variable indicates the number of times respondents have seen or talked to a family doctor or a specialist in the last 12 months. (Statistics Canada, 2017a)

**Population:** Persons aged 12 and older

**Asked of Proxy Respondents?** Yes

**Important Note:** Caution should be used when comparing estimates based on the 2015-16 CCHS to previous years' releases because of the recent survey redesign.

Overall, Grey Bruce residents were **less likely** to have had contact with a medical doctor in the past year than Ontarians and Canadians. This was also true of male residents of Grey Bruce, and those aged 18 to 34 and 35 to 49 when compared to their counterparts in Ontario and Canada.

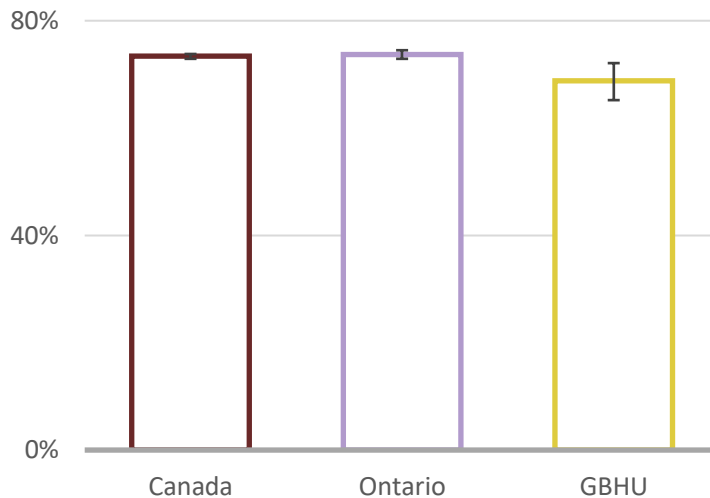
In 2015/16, just under 69% of Grey Bruce residents had contact with a medical doctor in the past 12 months. Grey Bruce residents were significantly less likely than Ontarians and Canadians to have had contact with a medical doctor in the past 12 months (Table 49, Figure 70).

**Table 49. Percentage of Population that Had Contact with a Medical Doctor in Past 12 Months, Canada, Ontario and Grey Bruce, 2015-16**

Region	Rate
Canada	73.4% (72.9%-73.8%)
Ontario	73.7% (72.9%-74.5%)
GBHU†‡	68.8% (65.2%-72.1%)

† GBHU significantly different from Canada  
 ‡ GBHU significantly different from Ontario

**Figure 70. Percentage of Population that Had Contact with a Medical Doctor in Past 12 Months, Canada, Ontario and Grey Bruce, 2015-16**



**CONTACT WITH MEDICAL DOCTOR: BY SEX AND AGE GROUP**

Female residents of Grey Bruce were significantly more likely to have had contact with a medical doctor in the past 12 months than male residents (Table 50, Figure 71). Grey Bruce residents aged 65 and older were more likely than those aged 12 to 17, 18 to 34, and 35 to 49 to have had contact with a medical doctor in the past 12 months. Additionally, those aged 50 to 64 were more likely than those aged 18 to 34 to have had contact with a medical doctor in the past 12 months (Table 50, Figure 72).<sup>1</sup>

Looking at significant regional differences between Grey Bruce and Ontario or Canada, male residents of Grey Bruce were less likely than Ontarian and Canadian males to have had contact with a medical doctor in the past year. About 61% (55.1%-66.5%) of male residents of Grey Bruce had contact with a medical doctor in the past year, compared to 68.4% (67.2%-69.7%) of Ontarian males and 67.4% (66.7%-68.1%) of Canadian males.

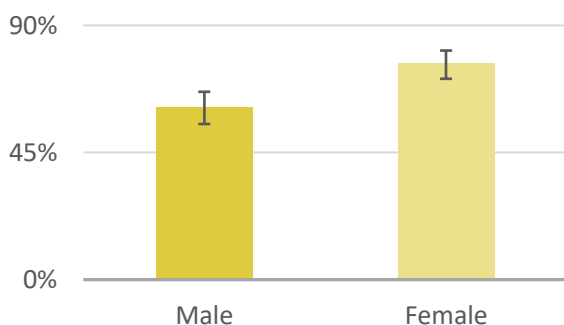
Grey Bruce residents aged 18 to 34 and 35 to 49 were also less likely than their provincial and national counterparts to have had contact with a medical doctor in the past year. Only 54% (45.5%-62.5%) of Grey Bruce residents aged 18 to 34 had contact with a medical doctor in the past year, compared to 64.7% (62.7%-66.6%) of Ontarians and 63.8% (62.7%-64.8%) of Canadians in that age group. Likewise, 64.8% (56.0%-72.6%) of Grey Bruce residents aged 35 to 49 had contact with a medical doctor in the past year, compared to 73.9% (72.1%-75.6%) of Ontarians and 73.6% (72.6%-74.5%) of Canadians in that age group.

**Table 50. Percentage of Population that Had Contact with a Medical Doctor in Past 12 Months, by Sex and Age Group, Grey Bruce 2015-16**

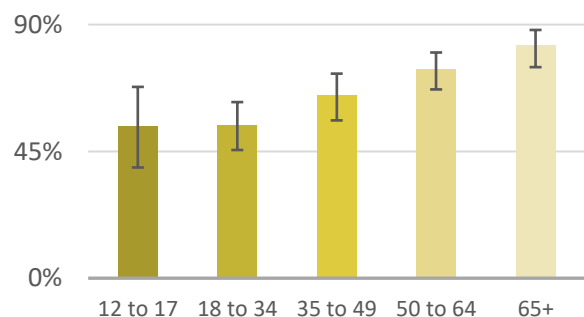
Sex	GBHU Rate	Age	GBHU Rate
<b>Male †‡</b>	60.9% (55.1%-66.5%)	<b>12 to 17</b>	53.9% (39.3%-67.9%)
<b>Female</b>	76.5% (71.1%-81.1%)	<b>18 to 34 †‡</b>	54.1% (45.5%-62.5%)
		<b>35 to 49 †‡</b>	64.8% (56.0%-72.6%)
		<b>50 to 64</b>	74.1% (67.0%-80.1%)
		<b>65+</b>	82.5% (74.9%-88.1%)

† GBHU significantly different from Canada    ‡ GBHU significantly different from Ontario  
 \* Interpret with caution

**Figure 71. Percentage of Population that Had Contact with a Medical Doctor in Past 12 Months, by Sex, Grey Bruce 2015-16**



**Figure 72. Percentage of Population that Had Contact with a Medical Doctor in Past 12 Months, by Age Group, Grey Bruce 2015-16**



<sup>1</sup> Local estimates are often based on small sample sizes, and comparisons between sexes and age groups within Grey Bruce should be interpreted cautiously. While a lack of overlap between confidence intervals indicates a significant difference, overlapping confidence intervals do not conclusively indicate that there is no difference between groups.

# CONTACT WITH MEDICAL SERVICES: COMPARISONS WITHIN GREY BRUCE

## MALES

- Male residents of Grey Bruce were **less likely** than female residents to have a regular health care provider, and also **less likely** than female residents to have had contact with a medical doctor in the past year.

## FEMALES

- Female residents of Grey Bruce were **more likely** than male residents to have a regular health care provider, and also **more likely** than male residents to have had contact with a medical doctor in the past year.

## 12 TO 17

- Grey Bruce residents aged 12 to 17 were **less likely** than those aged 65+ to have had contact with a medical doctor in the past year.

## 18 TO 34

- Grey Bruce residents aged 18 to 34 were **less likely** than those aged 50 to 64 and 65+ to have had contact with a medical doctor in the past year.

## 35 TO 49

- Grey Bruce residents aged 35 to 49 were **less likely** than those aged 65+ to have had contact with a medical doctor in the past year.

## 50 TO 64

- Grey Bruce residents aged 50 to 64 were **more likely** than those aged 18 to 34 to have had contact with a medical doctor in the past year.

## 65+

- Grey Bruce residents in this category were **more likely** than those aged 12 to 17, 18 to 34, and 35 to 49 to have had contact with a medical doctor in the past year.

*Note: Likelihood of contact with a medical doctor in the past 12 months is not colour-coded because it can have both positive and negative health implications*

Local estimates are often based on small sample sizes and comparisons between sexes and age groups within Grey Bruce should be interpreted cautiously. While a lack of overlap between confidence intervals indicates a significant difference, overlapping confidence intervals do not conclusively indicate that there is no difference between groups.

# CONTACT WITH MEDICAL SERVICES: REGIONAL COMPARISONS

## OVERALL

- Grey Bruce residents were **more likely** than Canadians to have a regular health care provider, but **less likely** than Ontarians and Canadians to have had contact with a medical doctor in the past year.

## MALES

- Male residents of Grey Bruce were **more likely** than Canadian males to have a regular health care provider, but **less likely** than Ontarian and Canadian males to have had contact with a medical doctor in the past year.

## FEMALES

- Female residents of Grey Bruce were **more likely** than Canadian females to have a regular health care provider.

## 12 TO 17

- Grey Bruce residents aged 12 to 17 were no more or less likely than Ontarians or Canadians in the same age group to have a regular health care provider or to have had contact with a medical doctor in the past year.

## 18 TO 34

- Grey Bruce residents aged 18 to 34 were **more likely** than Canadians in the same age group to have a regular health care provider, but **less likely** than Ontarians and Canadians in the same age group to have had contact with a medical doctor in the past year.

## 35 TO 49

- Grey Bruce residents aged 35 to 49 were **less likely** than Ontarians and Canadians in the same age group to have had contact with a medical doctor in the past year.

## 50 TO 64

- Grey Bruce residents aged 50 to 64 were **more likely** than Canadians in the same age group to have a regular health care provider.

## 65+

- Grey Bruce residents aged 65+ were no more or less likely than Ontarians or Canadians in the same age group to have a regular health care provider or to have had contact with a medical doctor in the past year.

*Note: Likelihood of contact with a medical doctor in the past 12 months is not colour-coded because it can have both positive and negative health implications*



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# GENERAL HEALTH INDICATORS: SUMMARY TABLES

## GENERAL HEALTH: DIFFERENCES BETWEEN GREY BRUCE RESIDENTS BY SEX AND AGE

Table 51 presents statistically significant differences between sexes, and between age groups among Grey Bruce residents for CCHS general health indicators in 2015/16. Blue arrows indicate that the reference category fared better on that indicator than the comparator, while red arrows indicate that the comparator category fared better. For example, in the third row (12 to 17 vs. 18 to 34), the blue arrow in the “Somewhat to very strong sense of community belonging” column indicates that 12 to 17 year old residents of Grey Bruce were significantly more likely than 18 to 34 year olds to feel a strong sense of community belonging. This has positive health implications for 12 to 17 year old residents of Grey Bruce.<sup>1</sup>

Table 51. General Health Indicators: Significant Differences between Sexes and Age Groups in Grey Bruce, 2015-16

Reference Category	Comparator Category	Very good/excellent self-rated health	Fair/poor self-rated health	Very good/excellent self-rated mental health	Fair/poor self-rated mental health	Have mood disorder	Satisfied or very satisfied with life	Quite a bit to extreme life stress	Somewhat to very strong sense of community belonging
<b>Males</b>	<b>vs. Females</b>								
12 to 17	vs. 18-34		X		X	X		X	↑
12 to 17	vs. 35-49		X		X	X		X	↑
12 to 17	vs. 50-64		X		X	X	↑	X	↑
12 to 17	vs. 65+		X		X	X		X	
18 to 34	vs. 35-49		X		X				
18 to 34	vs. 50-64	↑	X		X			↓	
18 to 34	vs. 65+		X		X	X			
35 to 49	vs. 50-64				X				
35 to 49	vs. 65+				X	X			
50 to 64	vs. 65+			↓	X	X		↑	

Blue arrow: Reference category fared better than comparator category

Red arrow: Reference category fared worse than comparator category

X: one or more of these estimates was suppressed

<sup>1</sup> Local estimates are often based on small sample sizes, and comparisons between sexes and age groups within Grey Bruce should be interpreted cautiously. While a lack of overlap between confidence intervals indicates a significant difference, overlapping confidence intervals do not conclusively indicate that there is no difference between groups.

GENERAL HEALTH: DIFFERENCES BETWEEN GREY BRUCE RESIDENTS AND RESIDENTS OF ONTARIO AND CANADA

Table 52 presents statistically significant differences between Grey Bruce residents and residents of Ontario and Canada, by sex and age group, for CCHS general health indicators in 2015/16. Blue arrows indicate that Grey Bruce residents fared better on that indicator than Ontarians or Canadians in the same category, while red arrows indicate that Grey Bruce residents fared worse on that indicator than Ontarians or Canadians in the same category. For example, in the fifth row of the second column of the table (comparing the likelihood of describing one’s health as fair or poor), male residents of Grey Bruce were more likely than Canadian males to describe their health as fair or poor. This has negative health implications for male residents of Grey Bruce.

Table 52. General Health Indicators: Significant Differences between Grey Bruce Residents and Residents of Ontario and Canada, by Sex and Age Group, 2015-16

Sex or Age Category	Regional Comparison	Very good/excellent self-rated health	Fair/poor self-rated health	Very good/excellent self-rated mental health	Fair/poor self-rated mental health	Have mood disorder	Satisfied or very satisfied with life	Quite a bit to extreme life stress	Somewhat to very strong sense of community belonging
Overall	GB vs. ON				*				↑
	GB vs. CA		↑		*				↑
Males	GB vs. ON				*				↑
	GB vs. CA		↑		*				↑
Females	GB vs. ON				*				
	GB vs. CA				*				
12 to 17	GB vs. ON		X		X	X	↑	X	↑
	GB vs. CA		X		X	X	↑	X	↑
18 to 34	GB vs. ON		X		X	↓		↓*	
	GB vs. CA		X		X	↓		↓*	
35 to 49	GB vs. ON		*		X			*	
	GB vs. CA		*		X			*	↑
50 to 64	GB vs. ON		↑*	↓	↑*			↑	
	GB vs. CA		↑*	↓	↑*			↑	
65+	GB vs. ON	↑	*		X	X	↑	*	↑
	GB vs. CA	↑	*		X	X	↑	*	↑

Blue arrow: Grey Bruce residents fared better than Ontarians or Canadians

Red arrow: Grey Bruce residents fared worse than Ontarians or Canadians

X: one or more of these estimates was suppressed

\*: interpret with caution

# CHRONIC DISEASE INDICATORS: SUMMARY TABLES

## CHRONIC DISEASE: DIFFERENCES BETWEEN GREY BRUCE RESIDENTS BY SEX AND AGE

Table 53 presents statistically significant differences between sexes, and between age groups among Grey Bruce residents for CCHS chronic disease indicators in 2015/16. Blue arrows indicate that the reference category fared better on that indicator than the comparator, while red arrows indicate that the comparator category fared better. For example, in the first row (males vs. females), the blue arrow in the “Arthritis” column indicates that male residents of Grey Bruce were significantly less likely than female residents to have arthritis. This has positive health implications for male residents of Grey Bruce.<sup>1</sup>

Table 53. Chronic Disease Indicators: Significant Differences between Sexes and Age Groups in Grey Bruce, 2015-16

Reference Category	Comparator Category	Arthritis	Diabetes	Asthma	Hypertension	Chronic Lung Conditions	Overweight Adults	Obese Adults	Overweight or Obese Youth
<b>Males</b>	<b>vs. Females</b>	↓							X
<b>12 to 17</b>	<b>vs. 18-34</b>	X	X	X	X				
<b>12 to 17</b>	<b>vs. 35-49</b>	X	X	X	X				
<b>12 to 17</b>	<b>vs. 50-64</b>	X	X	X	X				
<b>12 to 17</b>	<b>vs. 65+</b>	X	X	X	X				
<b>18 to 34</b>	<b>vs. 35-49</b>	X	X		X			↓	
<b>18 to 34</b>	<b>vs. 50-64</b>	X	X		X				
<b>18 to 34</b>	<b>vs. 65+</b>	X	X		X				
<b>35 to 49</b>	<b>vs. 50-64</b>	↓	X			X			
<b>35 to 49</b>	<b>vs. 65+</b>	↓	X		↓	X			
<b>50 to 64</b>	<b>vs. 65+</b>	↓							

Blue arrow: Reference category fared better than comparator category

Red arrow: Reference category fared worse than comparator category

X: one or more of these estimates was suppressed

∑ : Age group not included in this indicator

<sup>1</sup> Local estimates are often based on small sample sizes, and comparisons between sexes and age groups within Grey Bruce should be interpreted cautiously. While a lack of overlap between confidence intervals indicates a significant difference, overlapping confidence intervals do not conclusively indicate that there is no difference between groups.

**CHRONIC DISEASE: DIFFERENCES BETWEEN GREY BRUCE RESIDENTS AND RESIDENTS OF ONTARIO AND CANADA**

Table 54 presents statistically significant differences between Grey Bruce residents and residents of Ontario and Canada, by sex and age group, for CCHS chronic disease indicators in 2015/16. Blue arrows indicate that Grey Bruce residents fared better on that indicator than Ontarians or Canadians in the same category, while red arrows indicate that Grey Bruce residents fared worse on that indicator than Ontarians or Canadians in the same category. For example, in the first row of the first column of the table (comparing the likelihood of having arthritis), residents of Grey Bruce were more likely than Ontarians to have arthritis. This has negative health implications for residents of Grey Bruce.

**Table 54. Chronic Disease Indicators: Significant Differences between Grey Bruce Residents and Residents of Ontario and Canada, by Sex and Age Group, 2015-16**

Category	Regional Comparison	Arthritis	Diabetes	Asthma	Hypertension	Chronic Lung Conditions	Overweight Adults	Obese Adults	Overweight or Obese Youth
<b>Overall</b>	<b>GB vs. ON</b>	↑				*		↑	*
	<b>GB vs. CA</b>	↑			↑	*		↑	*
<b>Males</b>	<b>GB vs. ON</b>	↑	*	*		*		↑	*
	<b>GB vs. CA</b>	↑	*	*	↑	*		↑	*
<b>Females</b>	<b>GB vs. ON</b>	↑	*	*		*			X
	<b>GB vs. CA</b>	↑	*	*		*			X
<b>12 to 17</b>	<b>GB vs. ON</b>	X	X	X	X	/	/	/	/
	<b>GB vs. CA</b>	X	X	X	X	/	/	/	/
<b>18 to 34</b>	<b>GB vs. ON</b>	X	X	*	X	/	*	*	/
	<b>GB vs. CA</b>	X	X	*	X	/	*	*	/
<b>35 to 49</b>	<b>GB vs. ON</b>	*	X	*	*	X	*	↑	/
	<b>GB vs. CA</b>	*	X	*	*	X	*	↑	/
<b>50 to 64</b>	<b>GB vs. ON</b>		*	*	*	*			/
	<b>GB vs. CA</b>		*	*	*	*			/
<b>65+</b>	<b>GB vs. ON</b>		*	*	↓	*	↓		/
	<b>GB vs. CA</b>		*	*	↓	*	↓		/

Blue arrow: Grey Bruce residents fared better than Ontarians or Canadians

Red arrow: Grey Bruce residents fared worse than Ontarians or Canadians

X: one or more of these estimates was suppressed

\*: interpret with caution

/ : Age group not included in this indicator

# RISK & PROTECTIVE BEHAVIOUR INDICATORS: SUMMARY TABLES

## RISK & PROTECTIVE BEHAVIOUR: DIFFERENCES BETWEEN GREY BRUCE RESIDENTS BY SEX AND AGE

Table 55 presents statistically significant differences between sexes, and between age groups among Grey Bruce residents for CCHS risk behaviour and physical activity indicators in 2015/16. Blue arrows indicate that the reference category fared better on that indicator than the comparator, while red arrows indicate that the comparator category fared better. For example, in the first row (males vs. females), the red arrow in the “Heavy Drinker” column indicates that male residents of Grey Bruce were significantly more likely than females to be regular heavy drinkers. This has negative health implications for male residents of Grey Bruce.<sup>1</sup>

Table 55. Risk Behaviour and Physical Activity Indicators: Significant Differences between Sexes and Age Groups in Grey Bruce, 2015-16

Reference Category	Comparator Category	Current Smoker	Daily Smoker	Heavy Drinker	Physically Active Adults	Physically Active Youth
<b>Males</b>	<b>vs. Females</b>			↑		
<b>12 to 17</b>	<b>vs. 18-34</b>	X	X	X		
<b>12 to 17</b>	<b>vs. 35-49</b>	X	X	X		
<b>12 to 17</b>	<b>vs. 50-64</b>	X	X	X		
<b>12 to 17</b>	<b>vs. 65+</b>	X	X	X		
<b>18 to 34</b>	<b>vs. 35-49</b>					
<b>18 to 34</b>	<b>vs. 50-64</b>			↑		
<b>18 to 34</b>	<b>vs. 65+</b>			↑		
<b>35 to 49</b>	<b>vs. 50-64</b>				↑	
<b>35 to 49</b>	<b>vs. 65+</b>	↑	↑	↑	↑	
<b>50 to 64</b>	<b>vs. 65+</b>	↑	↑	↑		

Blue arrow: Reference category fared better than comparator category

Red arrow: Reference category fared worse than comparator category

X: one or more of these estimates was suppressed

∕ : Age group not included in this indicator

<sup>1</sup> Local estimates are often based on small sample sizes, and comparisons between sexes and age groups within Grey Bruce should be interpreted cautiously. While a lack of overlap between confidence intervals indicates a significant difference, overlapping confidence intervals do not conclusively indicate that there is no difference between groups.

**RISK & PROTECTIVE BEHAVIOUR: DIFFERENCES BETWEEN GREY BRUCE RESIDENTS AND RESIDENTS OF ONTARIO AND CANADA**

Table 56 presents statistically significant differences between Grey Bruce residents and residents of Ontario and Canada, by sex and age group, for CCHS risk behaviour and physical activity indicators in 2015/16. Blue arrows indicate that Grey Bruce residents fared better on that indicator than Ontarians or Canadians in the same category, while red arrows indicate that Grey Bruce residents fared worse on that indicator than Ontarians or Canadians in the same category. For example, in the first row of the third column of the table (comparing the likelihood of regular heavy drinking), residents of Grey Bruce were more likely than Ontarians to be regular heavy drinkers. This has negative health implications for residents of Grey Bruce.

**Table 56. Risk Behaviour and Physical Activity Indicators: Significant Differences between Grey Bruce Residents and Residents of Ontario and Canada, by Sex and Age Group, 2015-16**

Category	Regional Comparison	Current Smoker	Daily Smoker	Heavy Drinker	Physically Active Adults	Physically Active Youth
<b>Overall</b>	GB vs. ON			↑		
	GB vs. CA					
<b>Males</b>	GB vs. ON			↑		
	GB vs. CA			↑		
<b>Females</b>	GB vs. ON			*		↑
	GB vs. CA			*		↑
<b>12 to 17</b>	GB vs. ON	X	X	X		
	GB vs. CA	X	X	X		
<b>18 to 34</b>	GB vs. ON	*	*			
	GB vs. CA	*	*			
<b>35 to 49</b>	GB vs. ON	*	*	↑	↑	
	GB vs. CA	*	*	↑	↑	
<b>50 to 64</b>	GB vs. ON	*	*			
	GB vs. CA	*	*			
<b>65+</b>	GB vs. ON	*	*	*		
	GB vs. CA	*	*	*		

Blue arrow: Grey Bruce residents fared better than Ontarians or Canadians

Red arrow: Grey Bruce residents fared worse than Ontarians or Canadians

X: one or more of these estimates was suppressed

\*: interpret with caution

∩ : Age group not included in this indicator



# NUTRITION INDICATORS: SUMMARY TABLES

## NUTRITION: DIFFERENCES BETWEEN GREY BRUCE RESIDENTS BY SEX AND AGE

Table 57 presents statistically significant differences between sexes, and between age groups among Grey Bruce residents for CCHS nutrition indicators in 2015/16. Blue arrows indicate that the reference category fared better on that indicator than the comparator, while red arrows indicate that the comparator category fared better. For example, in the first row (males vs. females), the red arrow indicates that male residents of Grey Bruce were significantly less likely than females to consume fruits and vegetables 5 or more times per day. This has negative health implications for male residents of Grey Bruce.<sup>1</sup>

Table 57. Nutrition Indicators: Significant Differences between Sexes and Age Groups in Grey Bruce, 2015-16

Reference Category	Comparator Category	Consumed Fruits and Vegetables 5+ Times per Day
<b>Males</b>	vs. Females	↓
<b>12 to 17</b>	vs. 18-34	
<b>12 to 17</b>	vs. 35-49	
<b>12 to 17</b>	vs. 50-64	
<b>12 to 17</b>	vs. 65+	
<b>18 to 34</b>	vs. 35-49	
<b>18 to 34</b>	vs. 50-64	
<b>18 to 34</b>	vs. 65+	
<b>35 to 49</b>	vs. 50-64	
<b>35 to 49</b>	vs. 65+	
<b>50 to 64</b>	vs. 65+	↓

**Blue arrow:** Reference category fared better than comparator category

**Red arrow:** Reference category fared worse than comparator category

<sup>1</sup> Local estimates are often based on small sample sizes, and comparisons between sexes and age groups within Grey Bruce should be interpreted cautiously. While a lack of overlap between confidence intervals indicates a significant difference, overlapping confidence intervals do not conclusively indicate that there is no difference between groups.

## NUTRITION: DIFFERENCES BETWEEN GREY BRUCE RESIDENTS AND RESIDENTS OF ONTARIO AND CANADA

Table 58 presents statistically significant differences between Grey Bruce residents and residents of Ontario and Canada, by sex and age group, for CCHS nutrition indicators in 2015/16. Blue arrows indicate that Grey Bruce residents fared better on that indicator than Ontarians or Canadians in the same category, while red arrows indicate that Grey Bruce residents fared worse on that indicator than Ontarians or Canadians in the same category. For example, in the second-last row of the table, residents of Grey Bruce aged 65+ were more likely than Ontarians in the same age group to consume fruits and vegetables 5+ times per day. This has positive health implications for residents of Grey Bruce aged 65+.

Table 58. Nutrition Indicators: Significant Differences between Grey Bruce Residents and Residents of Ontario and Canada, by Sex and Age Group, 2015-16

Category	Regional Comparison	Consumed Fruits and Vegetables 5+ Times per Day
<b>Overall</b>	GB vs. ON	
	GB vs. CA	
<b>Males</b>	GB vs. ON	
	GB vs. CA	
<b>Females</b>	GB vs. ON	
	GB vs. CA	
<b>12 to 17</b>	GB vs. ON	*
	GB vs. CA	*
<b>18 to 34</b>	GB vs. ON	
	GB vs. CA	
<b>35 to 49</b>	GB vs. ON	
	GB vs. CA	
<b>50 to 64</b>	GB vs. ON	
	GB vs. CA	↓
<b>65+</b>	GB vs. ON	↑
	GB vs. CA	

Blue arrow: Grey Bruce residents fared better than Ontarians or Canadians

Red arrow: Grey Bruce residents fared worse than Ontarians or Canadians

\* Interpret with caution

# CONTACT WITH MEDICAL SERVICES INDICATORS: SUMMARY TABLES

## CONTACT WITH MEDICAL SERVICES: DIFFERENCES BETWEEN GREY BRUCE RESIDENTS BY SEX AND AGE

Table 59 presents statistically significant differences between sexes, and between age groups among Grey Bruce residents for CCHS contact with medical services indicators in 2015/16. Blue arrows indicate that the reference category fared better on that indicator than the comparator, while red arrows indicate that the comparator category fared better. For example, in the first row (males vs. females), the red arrow indicates that male residents of Grey Bruce were significantly less likely than females have a regular health care provider. This has negative health implications for male residents of Grey Bruce.<sup>1</sup> Note that likelihood of contact with a medical doctor in the past 12 months is not colour-coded because it can have both positive and negative health implications.

Table 59. Contact with Medical Services Indicators: Significant Differences between Sexes and Age Groups in Grey Bruce, 2015-16

Reference Category	Comparator Category	Has Regular Health Care Provider	Contact with Doctor in Past Year
<b>Males</b>	vs. Females	↓	↓
<b>12 to 17</b>	vs. 18-34		
<b>12 to 17</b>	vs. 35-49		
<b>12 to 17</b>	vs. 50-64		
<b>12 to 17</b>	vs. 65+		↓
<b>18 to 34</b>	vs. 35-49		
<b>18 to 34</b>	vs. 50-64		↓
<b>18 to 34</b>	vs. 65+		↓
<b>35 to 49</b>	vs. 50-64		
<b>35 to 49</b>	vs. 65+		↓
<b>50 to 64</b>	vs. 65+		

Blue arrow: Reference category fared better than comparator category

Red arrow: Reference category fared worse than comparator category

<sup>1</sup> Local estimates are often based on small sample sizes, and comparisons between sexes and age groups within Grey Bruce should be interpreted cautiously. While a lack of overlap between confidence intervals indicates a significant difference, overlapping confidence intervals do not conclusively indicate that there is no difference between groups.

## CONTACT WITH MEDICAL SERVICES: DIFFERENCES BETWEEN GREY BRUCE RESIDENTS AND RESIDENTS OF ONTARIO AND CANADA

Table 60 presents statistically significant differences between Grey Bruce residents and residents of Ontario and Canada, by sex and age group, for CCHS contact with medical services indicators in 2015/16. Blue arrows indicate that Grey Bruce residents fared better on that indicator than Ontarians or Canadians in the same category, while red arrows indicate that Grey Bruce residents fared worse on that indicator than Ontarians or Canadians in the same category. For example, in the second row of the first column of the table, Grey Bruce residents were more likely than Canadians to have a regular health care provider. This has positive health implications for residents of Grey Bruce aged 65+. Note that likelihood of contact with a medical doctor in the past 12 months is not colour-coded because it can have both positive and negative health implications.

Table 60. Contact with Medical Services Indicators: Significant Differences between Grey Bruce Residents and Residents of Ontario and Canada, by Sex and Age Group, 2015-16

Category	Regional Comparison	Has Regular Health Care Provider	Contact with Doctor in Past Year
<b>Overall</b>	GB vs. ON		↓
	GB vs. CA	↑	↓
<b>Males</b>	GB vs. ON		↓
	GB vs. CA	↑	↓
<b>Females</b>	GB vs. ON		
	GB vs. CA	↑	
<b>12 to 17</b>	GB vs. ON		
	GB vs. CA		
<b>18 to 34</b>	GB vs. ON		↓
	GB vs. CA	↑	↓
<b>35 to 49</b>	GB vs. ON		↓
	GB vs. CA		↓
<b>50 to 64</b>	GB vs. ON		
	GB vs. CA	↑	
<b>65+</b>	GB vs. ON		
	GB vs. CA		

Blue arrow: Grey Bruce residents fared better than Ontarians or Canadians

Red arrow: Grey Bruce residents fared worse than Ontarians or Canadians