Canadian Community Health Survey Indicators: 2013-14

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Introduction

This report presents a series of health indicators grouped by overarching concept: General Health, Chronic Conditions, Nutrition, Environmental Risk Factors, Risk Behaviours, Early Childhood, Contact with Medical Services, and Injuries and Injury Prevention. Annual estimates are presented for the Grey Bruce Health Unit (GBHU) catchment population aged 12 and over (or a more specific age group for selected indicators), and for Ontario.

Most recent year estimates are presented for GBHU, Ontario, Canada and our Peer Group (a group of health regions—of which we are a member—with social and economic characteristics similar to ours).

About the Canadian Community Health Survey

The Canadian Community Health Survey (CCHS) is an annual health-related survey of more than 65,000 Canadians. Historically, data were collected over 12 months and released every two years; since 2007, data have been collected on a repeating two-month cycle and released on an annual basis. In the 2000/01, 2003 and 2005 releases, about 130,000 people across Canada were interviewed over the course of about a year. In 2007, when the survey methodology was redesigned, the sample was changed to about 65,000 people each year instead of twice that number every other year. There are now statistics available each year for 2007 through 2014. Because of the small population in Grey Bruce, it is preferable to present two-year samples for these years when available.

Target Population

The CCHS includes Canadian residents 12 years of age and older who live in private households. Residents of Indian reserves, health care institutions, some remote areas, and full-time members of the Canadian Forces are excluded from the sampling frame. The survey covers approximately 98% of all Canadians aged 12 and over. Unless noted otherwise, all indicators are calculated for people aged 12 and older.

Design

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. Each year, a new, stratified cluster sample is derived from three sampling frames.

Sampling

The CCHS uses three sampling frames to collect data: an area frame based on household information gathered from the Census[1], a list frame comprised of listed telephone numbers in the Canada Phone directory (an administrative directory updated every six months), and a random digit dialing frame. The design is a multistage stratified cluster design, meaning that at various stages there are calculations made to determine a sample size that will adequately represent groups in that stratum. This stratified cluster

[1] The 2001 Census was used from 2005 to 2014 to contribute sample weights for the Labour Force Survey (LFS) design, which is the same initial weighting strategy that is applied to the CCHS area frame. In 2015, sampling for the CCHS was selected using an area frame (still borrowed from the LFS, although the frame was updated to reflect the 2011 Census) and the Canadian Child Tax Benefit (CCTB) frame.

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design method takes into account household size, geographic location, composition, and selected socioeconomic characteristics that are collected from the long form census. The final sampling unit is the household, meaning that no two people from the same household will ever be respondents to the same CCHS cycle.

The approximate proportion of the sample drawn from each frame in 2013-14 was 40.5% from the area frame, 58.5% from the list frame of telephone numbers, and 1% from the random digit dialing frame.

Interviewees & Proxy Interviews

At the household level, household members are selected by age in order to ensure a representative sample. In 2014, interviewers needed to obtain verbal permission from parents/guardians to interview youths between the ages of 12 and 15 who were selected for interviews.

Peer Groups

Peer groups are groups of health regions that resemble each other sociodemographically. Because peer group designations are based on Census data, they are recalculated as new Census data become available. We are currently in a peer group based on 2011 Census and NHS data that has the following features:

- Medium population density
- Low visible minority proportion
- Medium aboriginal proportion
- Very high employment rate
- High male-to-female ratio

Other Ontario health regions in our peer group include:

- Haldimand-Norfolk Health Unit
- Haliburton, Kawartha, Pine Ridge District Health Unit
- Huron County Health Unit
- Leeds, Grenville and Lanarck District Health Unit
- Oxford County Health Unit
- Perth District Health Unit
- Renfrew County and District Health Unit
- Eastern Ontario Health Unit

Our peer group also includes one Québec health region, two Manitoba health regions, five Saskatchewan health regions, and one British Columbia health region.

Calculation Changes Over Time

As of 2009, percentage estimates exclude any non-response categories (don't know, refused, not stated) from the denominator. Prior to 2009, these were included in the denominator.

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Data Sources

The overall and sex-level estimates (except for 'ever smokers') were retrieved from CANSIM table 105-0502 for 2007/8 to 2013/14, from CANSIM table 105-0501 for 2003 and 2005 estimates, and CANSIM table 105-0100 for 2000/01. Age group and 'ever smokers' estimates were derived using the Ontario CCHS Share File provided to health units by Statistics Canada through the Ministry of Health and Long-term care. The Share file 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. Nevertheless, the estimates are very similar at the overall and sex level, and should thus be fairly reliable at the age group level.

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?

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?

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 generalizeable 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

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 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).

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General Health

The concepts presented under general health include self-rated health, functional health, self-rated mental health, mood disorder, life satisfaction, perceived life stress, and sense of community belonging. These indicators are mostly based on self-assessment questions, but do include a health index (functional health) based on a series of questions that cover eight aspects of health (which are described in the functional health section).

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

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, 2015c)

It is presented in terms of the percentage of people who rated their health as very good or excellent.

Question

"This survey deals with various aspects of your health. The following questions ask about physical activity, social relationships and health status. By health, we mean not only the absence of disease or injury but also physical, mental and social well-being.

"In general, would you say your health is: Excellent, Very good, Good, Fair, or Poor?" (Statistics Canada, 2015b, p. 18).

This question is asked of proxy respondents.

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Estimates

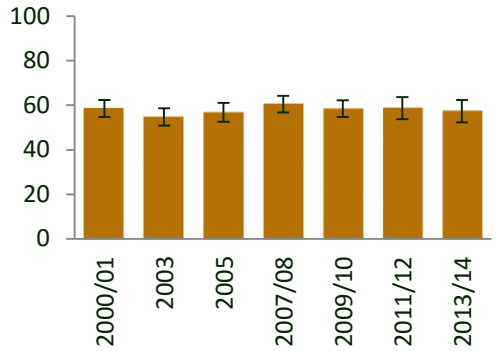
About 57% of the Grey Bruce population aged 12 and up would say they have very good or excellent general health. The remainder would say they only have good, fair or poor general health.

The local rate of reporting very good or excellent general health has not changed significantly over time, while the provincial rate has risen and fallen with no consistent pattern over the years. These rates are presented with the Ontario rates in Table 1 and graphically in Figure 1.

Table 1. Percent in Very Good or Excellent Self-rated Health by Year, GBHU and Ontario

Year	GBHU	ON
2000/01	58.6 (54.8–62.4)	63.1 (62.4–63.8)
2003	54.7 (50.8–58.6)	57.3 (56.5–58.0)
2005	56.8 (52.6–61.0)	60.8 (60.1–61.5)
2007/08	60.5 (56.8–64.2)	59.7 (58.9–60.4)
2009/10	58.5 (54.8–62.2)	61.0 (60.2–61.8)
2011/12	58.7 (53.7–63.7)	60.4 (59.6–61.3)
2013/14	57.4 (52.3–62.4)	59.5 (58.8–60.3)

Figure 1. Percent in Very Good or Excellent Health by Year, GBHU

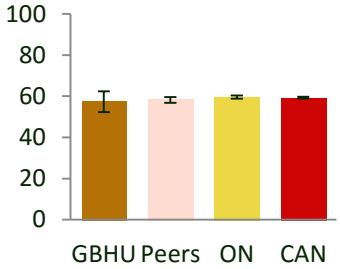


In 2013/14, GBHU residents were no more or less likely than Canadians, Ontarians and peer group members to say they had very good or excellent general health (Table 2, Figure 2).

Table 2. Percent in Very Good or Excellent Self-rated Health by Region, 2013-14

Region	Rate
Canada	59.2 (58.8–59.7)
Ontario	59.5 (58.8–60.3)
Peer Group	58.2 (56.7–59.6)
GBHU	57.4 (52.3–62.4)

Figure 2. Percent in Very Good or Excellent Self-rated Health by Region, 2013-14



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In 2013/14, rates of reporting very good or excellent self-rated health in Grey Bruce did not differ significantly between the sexes (Table 3, Figure 3), or among age groups (Table 3, Figure 4).

Table 3. Percent in Very Good or Excellent Self-rated Health by Sex and Age Group, GBHU 2013-14

Year	Rate
Male	56.6 (49.4–63.7)
Female	58.1 (51.9–64.4)
12–24	56.5 (44.3–67.9)
25–44	57.5 (47.6–66.8)
45–64	61.5 (52.7–69.6)
65+	51.2 (45.0–57.4)

Figure 3. Percent in Very Good or Excellent Self-rated Health by Sex, GBHU 2013-14

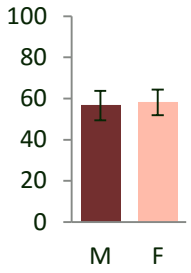
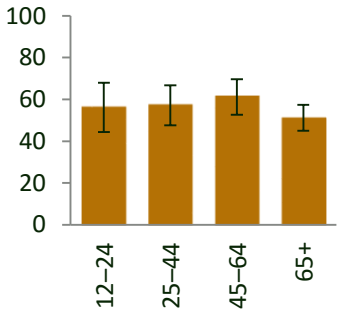


Figure 4. Percent in Very Good or Excellent Self-rated Health by Age Group, GBHU 2013-14



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Functional Health

Functional health is an index representing overall functional health based on 8 dimensions of functioning. These dimensions are vision, hearing, speech, mobility, dexterity, feelings, cognition and pain. The index, developed by Health Utilities Inc. after decades of research at McMaster University, "has been extensively validated for use in cross-sectional and longitudinal population health studies" (Statistics Canada, 2015a, p. 67). The questions asked to determine the index score are asked of proxy respondents.

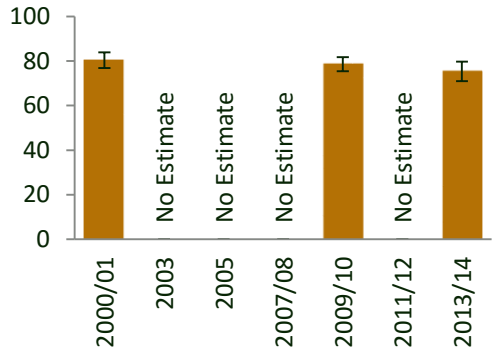
Estimates

About 75% of Grey Bruce residents experience good to full functional health. These rates are presented with the rates for Ontario in Table 4 and graphically in Figure 5.

Table 4. Percent with Good to Full Functional Health by Year, GBHU and Ontario

Year	GBHU	ON
2000/01	80.4 (76.9–84.0)	79.1 (78.5–79.7)
2003	No Estimate	No Estimate
2005	No Estimate	No Estimate
2007/08	No Estimate	No Estimate
2009/10	78.6 (75.4–81.8)	79.9 (79.2–80.5)
2011/12	No Estimate	No Estimate
2013/14	75.4 (71.0–79.7)	77.8 (77.1–78.6)

Figure 5. Percent with Good to Full Functional Health by Year, GBHU

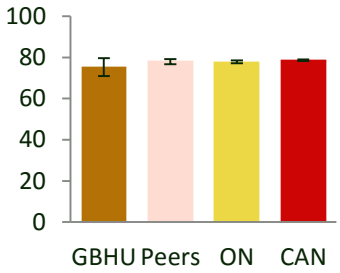


In 2013/14, GBHU residents were no more or less likely than peer group members, Ontarians, or Canadians to experience good to full functional health (Table 5, Figure 6).

Table 5. Percent with Good to Full Functional Health by Region, 2013-14

Region	Rate
Canada	78.6 (78.2–79.0)
Ontario	77.8 (77.1–78.6)
Peer Group	78.0 (76.7–79.2)
GBHU	75.4 (71.0–79.7)

Figure 6. Percent with Good to Full Functional Health by Region, 2013-14



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In 2013/14, rates of experiencing good to full functional health in Grey Bruce did not differ significantly between the sexes (Table 6, Figure 7) or among age groups (Table 6, Figure 8).

Table 6. Percent with Good to Full Functional Health by Sex and Age Group, GBHU 2013-14

Year	Rate
Male	73.9 (67.1–80.6)
Female	76.8 (71.4–82.3)
12–24	77.7 (66.1–86.1)
25–44	79.1 (68.8–86.7)
45–64	78.8 (72.2–84.2)
65+	72.0 (66.1–77.3)

Figure 7. Percent with Good to Full Functional Health by Sex, GBHU 2013-14

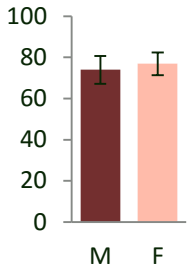
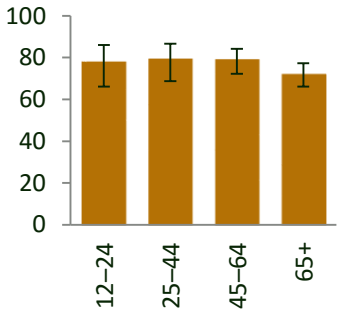


Figure 8. Percent with Good to Full Functional Health by Age Group, GBHU 2013-14



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Self-rated Mental Health

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. This topic was not discussed during proxy interviews, and it was not asked in 2000/01. Self-rated mental health is presented in terms of the percentage of people who rated their mental health as very good or excellent.

Question

"In general, would you say your mental health is: Excellent, Very good, Good, Fair, or Poor?" (Statistics Canada, 2015b, p. 19).

This question is not asked of proxy respondents.

Estimates

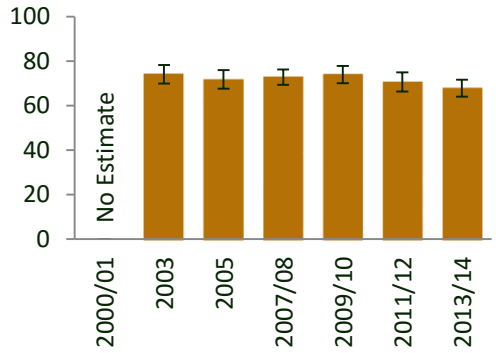
About 68% of the Grey Bruce population report very good or excellent mental health. The local rate of reporting very good or excellent mental health has not changed significantly over time, although decreases at the provincial level suggest that a local decrease may also be occurring in spite of overlapping confidence intervals. These rates are presented in Table 7 and graphically in Figure 9.

Table 7

Percentage of Population with Very Good or Excellent Self-rated Health

Year	GBHU	ON
2000/01	No Estimate	No Estimate
2003	74.1 (69.9–78.3)	73.4 (73.1–73.8)
2005	71.7 (67.6–75.9)	74.4 (74.1–74.8)
2007/08	72.8 (69.3–76.2)	74.6 (74.2–75.0)
2009/10	74.0 (70.1–77.9)	73.9 (73.5–74.3)
2011/12	70.7 (66.4–75.0)	72.2 (71.6–72.7)
2013/14	67.9 (64.1–71.7)	70.7 (69.8–71.9)

Figure 9. Percent in Very Good or Excellent Self-rated Mental Health by Year, GBHU



In 2013/14, GBHU residents were no more or less likely than Canadians, Ontarians and peer group members to report very good or excellent mental health (Table 8, Figure 10).

Table 8. Percent in Very Good or Excellent Self-rated Mental Health by Region, 2013-14

Region	Rate
Canada	71.1 (70.6–71.6)
Ontario	70.7 (69.8–71.5)
Peer Group	69.3 (67.9–70.7)
GBHU	67.9 (64.1–71.7)

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Figure 10. Percent in Very Good or Excellent Self-rated Mental Health by Region, 2013-14

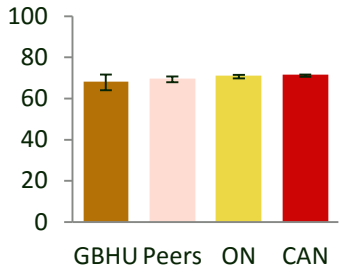
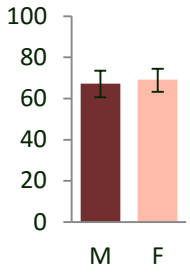


Figure 11. Percent in Very Good or Excellent Self-rated Mental Health by Sex, GBHU 2013-14



In 2013/14, rates of reporting very good or excellent self-rated mental health in Grey Bruce did not differ significantly between the sexes (Table 9, Figure 11), or among age groups (Table 9, Figure 12).

Figure 12. Percent in Very Good or Excellent Self-rated Mental Health by Age Group, GBHU 2013-14

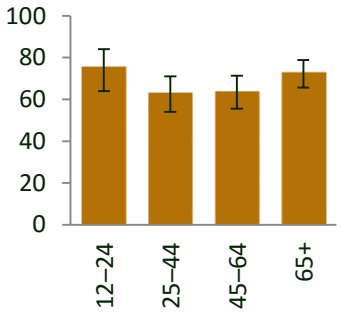


Table 9. Percent in Very Good or Excellent Self-rated Mental Health by Sex and Age Group, GBHU 2013-14

Year	Rate
Male	67.0 (60.6–73.5)
Female	68.8 (63.2–74.4)
12–24	75.3 (60.0–84.0)
25–44	63.0 (54.1–71.1)
45–64	63.7 (55.5–71.3)
65+	72.7 (65.6–78.9)

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Mood Disorder

"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, 2011).

Question

"Do you have a mood disorder such as depression, bipolar disorder, mania or dysthymia? Yes, No" (Statistics Canada, 2015b, p. 41).

This question is asked of proxy respondents.

Estimates

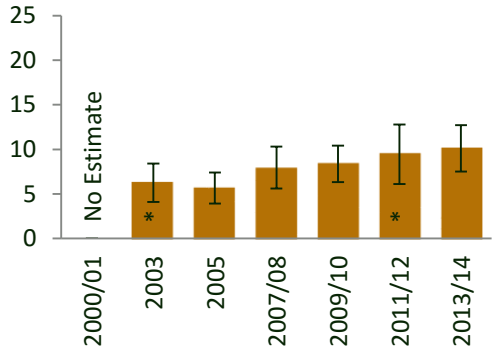
About 10% of Grey Bruce residents have a mood disorder, and the rate is rising both locally and at the provincial level. These rates are presented with the rates for Ontario in Table 10 and graphically in Figure 13.

Table 10. Percent with a Mood Disorder by Year, GBHU and Ontario

Year	GBHU	ON
2000/01	No Estimate	No Estimate
2003	6.3* (4.1–8.4)	5.6 (5.2–5.9)
2005	5.7 (3.9–7.4)	6.0 (5.7–6.3)
2007/08	7.9 (5.6–10.3)	7.1 (6.8–7.5)
2009/10	8.4 (6.3–10.4)	6.8 (6.4–7.1)
2011/12	9.5* (6.1–12.8)	7.6 (7.2–8.0)
2013/14	10.1 (7.5–12.7)	8.4 (8.0–8.9)

* Use with caution.

Figure 13. Percent with a Mood Disorder by Year, GBHU



* Use with caution.

In 2013/14, GBHU residents were no more or less likely than peer group members, Ontarians, or Canadians to have a mood disorder (Table 11, Figure 14).

Table 11. Percent with a Mood Disorder by Region, 2013-14

Region	Rate
Canada	7.7 (7.4–7.9)
Ontario	8.4 (8.0–8.9)
Peer Group	7.9 (7.3–8.6)
GBHU	10.1 (7.5–12.7)

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Figure 14. Percent with a Mood Disorder by Region, 2013-14

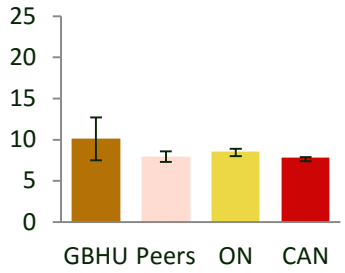
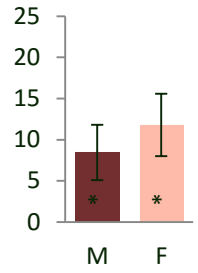


Figure 15. Percent with a Mood Disorder by Sex, GBHU 2013-14



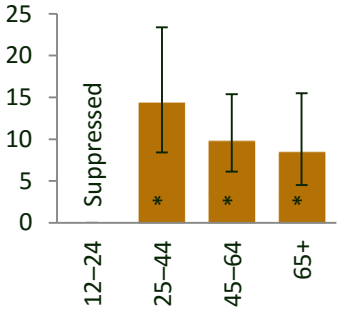
In 2013/14, rates of having a mood disorder in Grey Bruce did not differ significantly between the sexes (Table 12, Figure 15) or among age groups (Table 12, Figure 16).

Table 12. Percent with a Mood Disorder by Sex and Age Group, GBHU 2013-14

Year	Rate
Male	8.4* (5.1–11.8)
Female	11.8* (8.0–15.6)
12–24	Suppressed
25–44	14.3* (8.4–23.4)
45–64	9.8* (6.1–15.4)
65+	8.5* (4.5–15.5)

* Use with caution.

Figure 16. Percent with a Mood Disorder by Age Group, GBHU 2013-14



* Use with caution.

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Life Satisfaction

"Life satisfaction is a personal subjective assessment of global well-being" (Statistics Canada, 2010). This indicator presents the responses to the question presented below ranging from 8 to 10. The question was not asked in 2000/01.

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, 2015b, p. 19).

This question is not asked of proxy respondents.

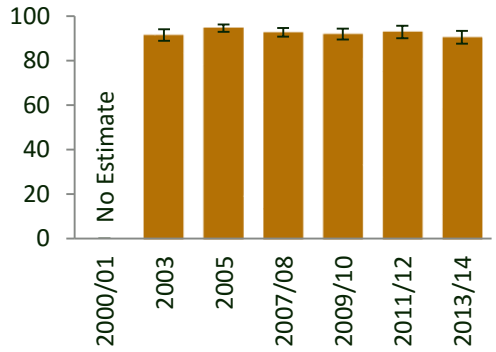
Estimates

About 91% of the Grey Bruce population is satisfied to very satisfied with life in general. The local rate has not changed significantly over time, neither has the provincial rate. These rates are presented with the rates for Ontario in Table 13 and graphically in Figure 17.

Table 13. Percent Who Are Satisfied or Very Satisfied with Life in General by Year, GBHU and Ontario

Year	GBHU	ON
2000/01	No Estimate	No Estimate
2003	91.5 (88.9–94.1)	90.5 (90.1–91.0)
2005	94.6 (92.9–96.2)	91.1 (90.7–91.5)
2007/08	92.7 (90.7–94.7)	90.7 (90.2–91.1)
2009/10	91.9 (89.5–94.3)	91.5 (91.1–92.0)
2011/12	92.9 (90.0–95.7)	91.8 (91.4–92.3)
2013/14	90.5 (87.6–93.4)	90.9 (90.4–91.5)

Figure 17. Percent Who Are Satisfied or Very Satisfied with Life in General by Year, GBHU



In 2013/14, GBHU residents were no more or less likely than Canadians, Ontarians and peer group members to be satisfied or very satisfied with life in general (Table 14, Figure 18).

Table 14. Percent Who Are Satisfied or Very Satisfied with Life in General by Region, 2013-14

Region	Rate
Canada	92.0 (91.7–92.3)
Ontario	90.9 (90.4–91.5)
Peer Group	93.2 (92.4–93.9)
GBHU	90.5 (87.6–93.4)

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Figure 18. Percent Who Are Satisfied or Very Satisfied with Life in General by Region, 2013-14

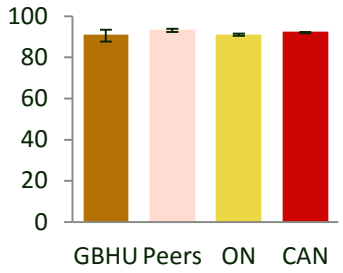
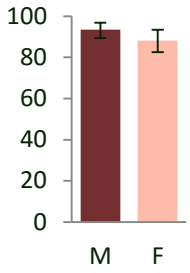


Figure 19. Percent Who Are Satisfied or Very Satisfied with Life in General by Sex, GBHU 2013-14



In 2013/14, rates of satisfaction with life in general in Grey Bruce did not differ significantly between the sexes (Table 15, Figure 19), or among age groups (Table 15, Figure 20).

Figure 20. Percent Who Are Satisfied or Very Satisfied with Life in General by Age Group, GBHU 2013-14

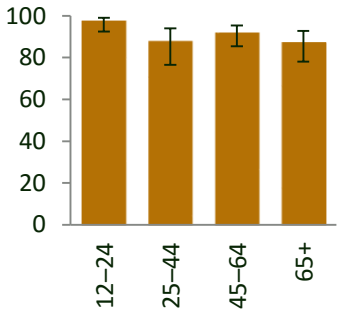


Table 15. Percent Who Are Satisfied or Very Satisfied with Life in General by Sex and Age Group, GBHU 2013-14

Year	Rate
Male	93.1 (89.4–96.8)
Female	87.9 (82.5–93.4)
12–24	97.4 (62.5–99.1)
25–44	87.7 (76.6–94.0)
45–64	91.7 (85.5–95.4)
65+	87.1 (78.0–92.8)

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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, 2015b, p. 19).

This question is asked of proxy respondents.

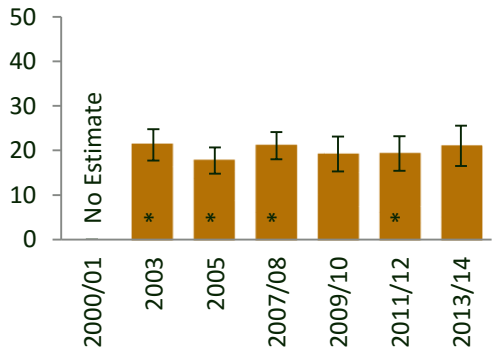
Estimates

About 21% of the Grey Bruce population experience quite a lot of life stress (this includes the responses "quite a bit stressful" and "extremely stressful"). The local and provincial rates have not changed significantly over time. These rates are presented with the rates for Ontario in Table 16 and graphically in Figure 21.

Table 16. Percent with Quite a Lot of Perceived Life Stress by Year, GBHU

Year	GBHU	ON
2000/01	No Estimate	No Estimate
2003	21.3 (17.7–24.8)	24.3 (23.7–25.0)
2005	17.8 (14.8–20.7)	22.8 (22.1–23.4)
2007/08	21.1 (18.0–24.1)	22.2 (21.6–22.9)
2009/10	19.2 (15.3–23.1)	24.0 (23.3–24.7)
2011/12	19.3 (15.4–23.2)	22.8 (22.0–23.6)
2013/14	21.0 (16.5–25.6)	22.9 (22.1–23.7)

Figure 21. Percent with Quite a Lot of Perceived Life Stress by Year, GBHU

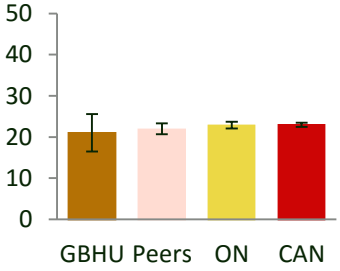


In 2013/14, GBHU residents were no more or less likely than Canadians, Ontarians and peer group members to experience quite a lot of life stress (Table 17, Figure 22).

Table 17. Percent with Quite a Lot of Perceived Life Stress by Region, 2013-14

Region	Rate
Canada	23.0 (22.5–23.5)
Ontario	22.9 (22.1–23.7)
Peer Group	22.0 (20.7–23.3)
GBHU	21.0 (16.5–25.6)

Figure 22. Percent with Quite a Lot of Perceived Life Stress by Region, 2013-14



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In 2013/14, rates of experiencing quite a lot of life stress in Grey Bruce did not differ between the sexes (Table 18, Figure 23), but among age groups was much higher for those in the 45–64 group than among seniors (Table 18, Figure 24).

Table 18. Percent with Quite a Lot of Perceived Life Stress by Sex and Age Group, GBHU 2013-14

Year	Rate
Male	16.3 (11.0–21.6)
Female	25.7 (18.4–33.1)
12–24	Suppressed
25–44	17.4* (10.5–27.5)
45–64	32.8 (23.8–43.4)
65+	12.2* (6.8–21.7)

* Use with caution.

Figure 23. Percent with Quite a Lot of Perceived Life Stress by Sex, GBHU 2013-14

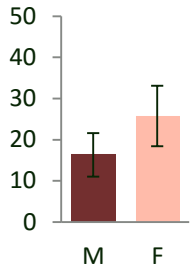
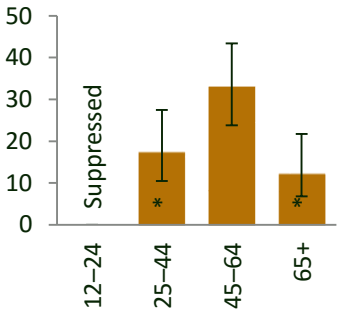


Figure 24. Percent with Quite a Lot of Perceived Life Stress by Age Group, GBHU 2013-14



* Use with caution.

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Sense of Community Belonging

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, 2015b, p. 20).

This question is not asked of proxy respondents.

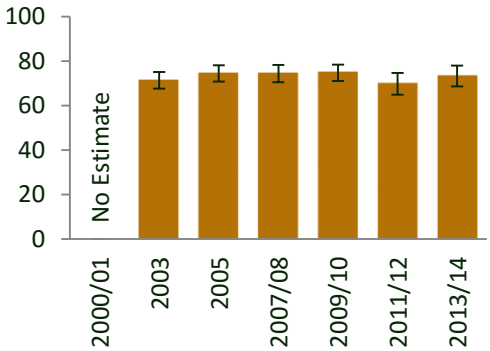
Estimates

Three quarters of Grey Bruce residents feel a somewhat or very strong sense of community belonging. These rates are presented with the rates for Ontario in Table 19 and graphically in Figure 25. Provincial trends demonstrate an increase since 2003.

Table 19. Percent with a Somewhat to Very Strong Sense of Community Belonging by Year, GBHU and Ontario

Year	GBHU	ON
2000/01	No Estimate	No Estimate
2003	71.4 (67.6–75.1)	64.4 (63.7–65.1)
2005	74.4 (70.8–78.1)	65.5 (64.7–66.3)
2007/08	74.3 (70.5–78.2)	66.4 (65.6–67.2)
2009/10	74.8 (71.1–78.4)	67.4 (66.5–68.3)
2011/12	69.8 (64.9–74.7)	67.5 (66.7–68.4)
2013/14	73.2 (68.6–77.9)	68.0 (67.1–68.9)

Figure 25. Percent with a Somewhat to Very Strong Sense of Community Belonging by Year, GBHU

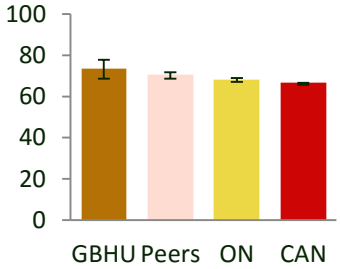


In 2013/14, GBHU residents were significantly more likely than Canadians to feel a somewhat to very strong sense of community belonging, but no more or less likely than peer group members or Ontarians (Table 20, Figure 26).

Table 20. Percent with a Somewhat to Very Strong Sense of Community Belonging by Region, 2013-14

Region	Rate
Canada	66.2 (65.7–66.7)
Ontario	68.0 (67.1–68.9)
Peer Group	70.2 (68.7–71.7)
GBHU	73.2 (68.6–77.9)

Figure 26. Percent with a Somewhat to Very Strong Sense of Community Belonging by Region, 2013-14



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In 2013/14, rates of feeling a somewhat to very strong sense of community belonging in Grey Bruce did not differ significantly between the sexes (Table 21, Figure 27) or among age groups (Table 21, Figure 28).

Table 21. Percent with a Somewhat to Very Strong Sense of Community Belonging by Sex and Age Group, GBHU 2013-14

Year	Rate
Male	75.7 (70.3–81.1)
Female	70.8 (64.1–77.4)
12–24	70.9 (58.6–80.8)
25–44	73.0 (62.0–81.7)
45–64	71.2 (63.5–77.8)
65+	77.0 (65.3–85.6)

Figure 27. Percent with a Somewhat to Very Strong Sense of Community Belonging by Sex, GBHU 2013-14

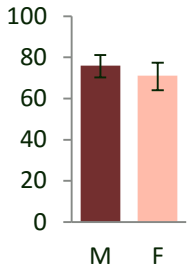
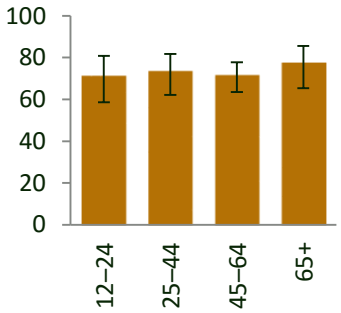


Figure 28. Percent with a Somewhat to Very Strong Sense of Community Belonging by Age Group, GBHU 2013-14



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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 chronic conditions can be activity-limiting (e.g, arthritis) and/or life-shortening (e.g., diabetes).

Arthritis

Question

"Do you have arthritis, excluding fibromyalgia? Yes, No" (Statistics Canada, 2015b, p. 36).

This question is asked of respondents aged 14 and over, and proxy respondents for that age group.

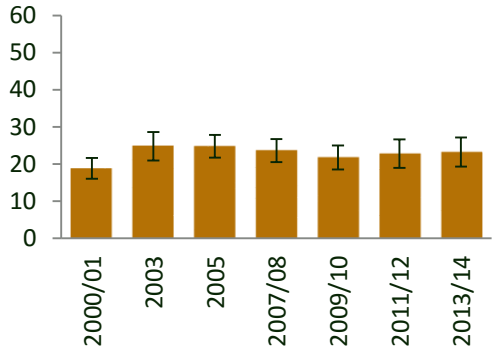
Estimates

About 23% of the Grey Bruce population aged 14 and older has arthritis. The local rate of arthritis has not changed significantly over time, while provincially it has increased. These rates are presented with the rates for Ontario in Table 22 and graphically in Figure 29.

Table 22. Percent with Arthritis by Year, GBHU and Ontario

Year	GBHU	ON
2000/01	18.8 (16.0–21.6)	16.6 (16.2–17.1)
2003	24.8 (20.9–28.6)	18.4 (18.0–18.9)
2005	24.7 (21.7–27.8)	18.0 (17.5–18.5)
2007/08	23.6 (20.5–26.7)	17.4 (16.9–17.9)
2009/10	21.8 (18.5–25.0)	17.3 (16.7–17.8)
2011/12	22.7 (18.9–26.6)	17.2 (16.6–17.8)
2013/14	23.2 (19.3–27.1)	18.1 (17.5–18.6)

Figure 29. Percent with Arthritis by Year, GBHU

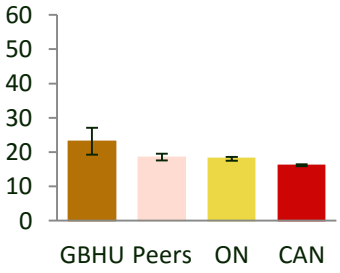


In 2013/14, GBHU residents had significantly higher rates of arthritis than Canadians and Ontarians (Table 23 and Figure 30).

Table 23. Percent with Arthritis by Region, 2013-14

Region	Rate
Canada	16.2 (15.9–16.5)
Ontario	18.1 (17.5–18.6)
Peer Group	18.6 (17.6–19.5)
GBHU	23.2 (19.3–27.1)

Figure 30. Percent with Arthritis by Region, 2013-14



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In 2013/14, rates of arthritis in Grey Bruce did not differ between the sexes (Table 24, Figure 31), but among age groups was much higher for those in the 65 and over group than the younger groups (Table 24, Figure 32).

Table 24. Percent with Arthritis by Sex and Age Group, GBHU 2013-14

Year	Rate
Male	3 (14.2–25.3)
Female	5 (20.9–32.2)
14–24	0
25–44	16.8* (8.9–29.4)
45–64	20.8 (14.8–28.4)
65+	44.6 (37.5–52.0)

* Use with caution.

Figure 31. Percent with Arthritis by Sex, GBHU 2013-14

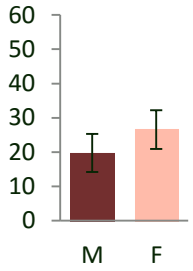
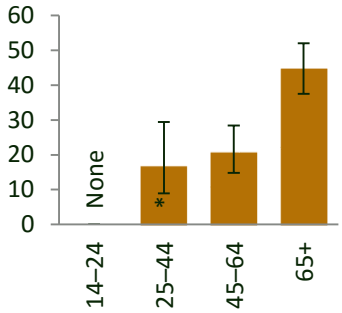


Figure 32. Percent with Arthritis by Age Group, GBHU 2013-14



* Use with caution.

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Diabetes

Question

"Do you have diabetes? Yes, No" (Statistics Canada, 2015b, p. 38).

This question is asked of proxy respondents.

Estimates

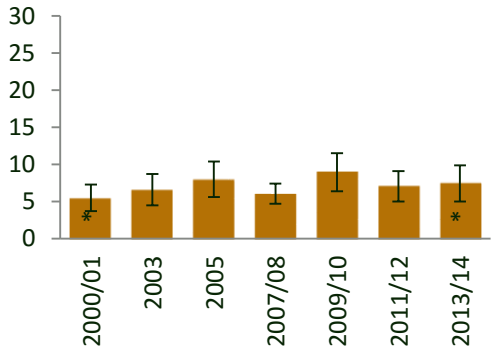
About 8% of the Grey Bruce population has diabetes. The local rate of diabetes has not changed significantly over time, however at the provincial level it has significantly increased. These rates are presented with the rates for Ontario in Table 25 and graphically in Figure 33.

Table 25. Percent with Diabetes by Year, GBHU and Ontario

Year	GBHU	ON
2000/01	5.5* (3.7–7.3)	4.2 (4.0–4.4)
2003	6.6 (4.5–8.7)	4.6 (4.3–4.9)
2005	8.0 (5.6–10.4)	4.8 (4.6–5.1)
2007/08	6.1 (4.7–7.4)	6.1 (5.8–6.5)
2009/10	9.0 (6.4–7.2)	6.8 (6.4–7.2)
2011/12	7.1 (5.0–9.1)	6.6 (6.2–7.0)
2013/14	7.5* (5.0–9.9)	7.0 (6.6–7.5)

* Use with caution.

Figure 33. Percent with Diabetes by Year, GBHU



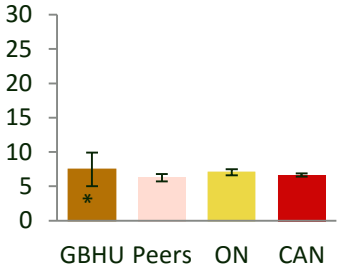
* Use with caution.

In 2013/14, GBHU residents were no more or less likely than Canadians, Ontarians and peer group members to have diabetes (Table 26, Figure 34).

Table 26. Percent with Diabetes by Region, 2013-14

Region	Rate
Canada	6.6 (6.4–6.9)
Ontario	7.0 (6.6–7.5)
Peer Group	6.3 (5.7–6.8)
GBHU	7.5* (5.0–9.9)

Figure 34. Percent with Diabetes by Region, 2013-14



* Use with caution.

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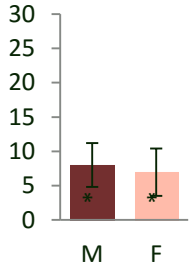
In 2013/14, rates of diabetes in Grey Bruce did not differ between the sexes (Table 27, Figure 35), but among age groups diabetes was not present in youth while being twice the overall rate among seniors (Table 27, Figure 36).

Table 27. Percent with Diabetes by Sex and Age Group, GBHU 2013-14

Year	Rate
Male	8.0* (4.8–11.2)
Female	7.0* (3.5–10.4)
12–24	0
25–44	Suppressed
45–64	6.7* (3.5–12.5)
65+	17.0* (10.9–25.7)

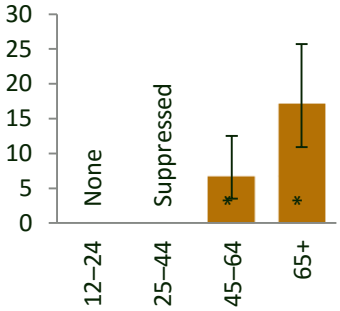
* Use with caution.

Figure 35. Percent with Diabetes by Sex, GBHU 2013-14



* Use with caution.

Figure 36. Percent with Diabetes by Age Group, GBHU 2013-14



* Use with caution.

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Asthma

Question

"Do you have asthma? Yes, No" (Statistics Canada, 2015b, p. 36).

This question is asked of proxy respondents.

Estimates

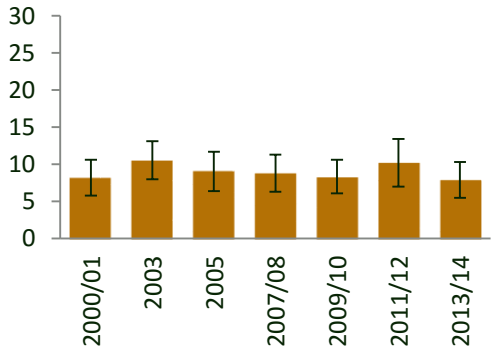
About 8% of the Grey Bruce population has asthma. The local rate of asthma has not changed significantly over time, while provincially they have declined. These rates are presented with the rates for Ontario in Table 28 and graphically in Figure 37.

Table 28. Percent with Asthma by Year, GBHU and Ontario

Year	GBHU	ON
2000/01	8.2* (5.8–10.6)	8.5 (8.1–8.8)
2003	10.5 (8.0–13.1)	8.3 (8.0–8.7)
2005	9.1 (6.4–11.7)	8.0 (7.6–8.3)
2007/08	8.8 (6.3–11.3)	8.2 (7.8–8.6)
2009/10	8.3 (6.1–10.6)	8.3 (7.8–8.7)
2011/12	10.2 (7.0–13.4)	7.9 (7.4–8.3)
2013/14	7.9 (5.5–10.3)	7.6 (7.2–8.0)

* Use with caution.

Figure 37. Percent with Asthma by Year, GBHU



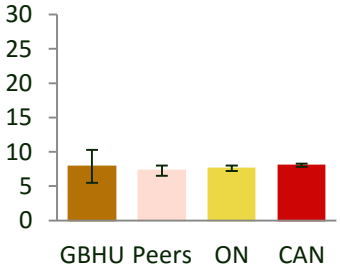
* Use with caution.

In 2013/14, GBHU residents were no more or less likely than Canadians, Ontarians and peer group members to have asthma (Table 29, Figure 38).

Table 29. Percent with Asthma by Region, 2013-14

Region	Rate
Canada	8.0 (7.8–8.3)
Ontario	7.6 (7.2–8.0)
Peer Group	7.3 (6.5–8.0)
GBHU	7.9 (5.5–10.3)

Figure 38. Percent with Asthma by Region, 2013-14



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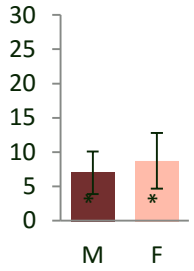
In 2013/14, rates of asthma in Grey Bruce did not differ between the sexes (Table 30, Figure 39) or age groups (Table 30, Figure 40).

Table 30. Percent with Asthma by Sex and Age Group, GBHU 2013-14

Year	Rate
Male	7.0* (3.9–10.1)
Female	8.7* (4.7–12.8)
12–24	Suppressed
25–44	9.5* (5.3–16.7)
45–64	9.1* (5.4–15.0)
65+	4.5* (2.7–7.4)

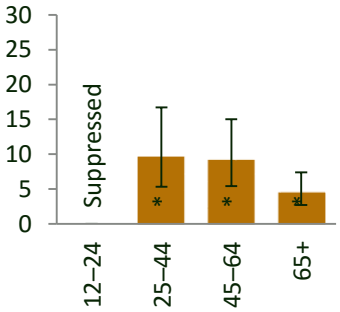
* Use with caution.

Figure 39. Percent with Asthma by Sex, GBHU 2013-14



* Use with caution.

Figure 40. Percent with Asthma by Age Group, GBHU 2013-14



* Use with caution.

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Hypertension

Question

"Do you have high blood pressure? Yes, No?" (Statistics Canada, 2015b, p. 37).

This question is asked of proxy respondents.

Estimates

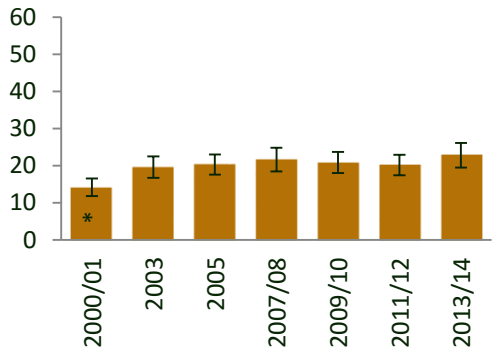
About 23% of the Grey Bruce population has hypertension. The local rate of hypertension has not changed significantly over time since 2003. Only the 2000/01 rate differs significantly, much lower than subsequent rates. Provincially, the rate has increased steadily since 2000/01. These rates are presented with the rates for Ontario in Table 31 and graphically in Figure 41.

Table 31. Percent with Hypertension by Year, GBHU and Ontario

Year	GBHU	ON
2000/01	14.1* (11.8–16.5)	13.0 (12.6–13.5)
2003	19.6 (16.7–22.5)	14.8 (14.3–15.2)
2005	20.3 (17.6–23.0)	15.3 (14.8–15.7)
2007/08	21.6 (18.4–24.8)	16.5 (16.0–17.0)
2009/10	20.8 (18.0–23.7)	17.4 (16.8–18.0)
2011/12	20.2 (17.4–22.9)	17.6 (17.0–18.2)
2013/14	22.8 (19.5–26.1)	18.5 (17.9–19.1)

* Use with caution.

Figure 41. Percent with Hypertension by Year, GBHU



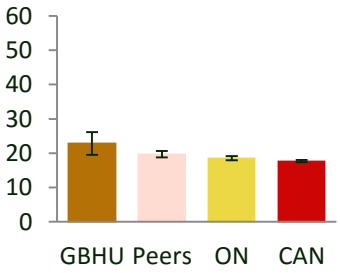
* Use with caution.

In 2013/14, GBHU residents were more likely than Ontarians and Canadians, to have hypertension (Table 32, Figure 42).

Table 32. Percent with Hypertension by Region, 2013-14

Region	Rate
Canada	17.7 (17.4–18.0)
Ontario	18.5 (17.9–19.1)
Peer Group	19.7 (18.8–20.6)
GBHU	22.8 (19.5–26.1)

Figure 42. Percent with Hypertension by Region, 2013-14



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In 2013/14, rates of hypertension in Grey Bruce did not differ between the sexes (Table 33, Figure 43) or while among age groups the rate increases significantly as age group increases. (Table 33, Figure 44).

Table 33. Percent with Hypertension by Sex and Age Group, GBHU 2013-14

Percentage of Population with Hypertension, by Sex and Age Group, GBHU 2013–14

Year	Rate
Male	23.7 (18.3–29.2)
Female	21.8 (16.6–27.0)
12–24	0
25–44	9.7* (5.2–17.4)
45–64	24.9 (18.3–32.8)
65+	48.5 (41.5–55.5)

* Use with caution.

Figure 43. Percent with Hypertension by Sex, GBHU 2013-14

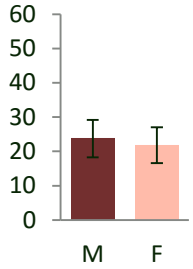
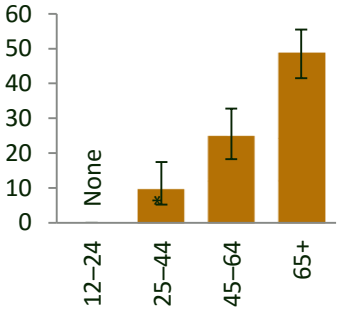


Figure 44. Percent with Hypertension by Age Group, GBHU 2013-14



* Use with caution.

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Chronic Lung Conditions

Question

"Do you have chronic bronchitis, emphysema or chronic obstructive pulmonary disease or COPD? Yes, No" (Statistics Canada, 2015b, p. 38).

This question is asked of respondents aged 35 and over, and of proxy respondents for that age group.

Estimates

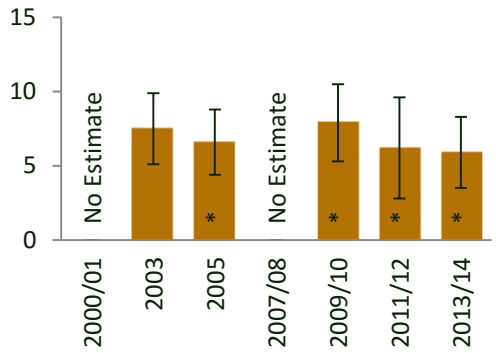
About 6% of Grey Bruce residents have a chronic lung condition. These rates are presented with the rates for Ontario in Table 34 and graphically in Figure 45.

Table 34. Percent with Chronic Lung Conditions by Year, GBHU and Ontario

Year	GBHU	ON
2000/01	No Estimate	No Estimate
2003	7.5 (5.1–9.9)	4.3 (3.9–4.6)
2005	6.6* (4.4–8.8)	4.3 (4.0–4.6)
2007/08	No Estimate	No Estimate
2009/10	7.9* (5.3–10.5)	4.2 (3.9–4.5)
2011/12	6.2* (2.8–9.6)	3.8 (3.5–4.1)
2013/14	5.9* (3.5–8.3)	4.0 (3.7–4.3)

* Use with caution.

Figure 45. Percent with Chronic Lung Conditions by Year, GBHU



* Use with caution.

In 2013/14, GBHU residents were no more or less likely than peer group members, Ontarians, or Canadians to have a chronic lung condition (Table 35, Figure 46).

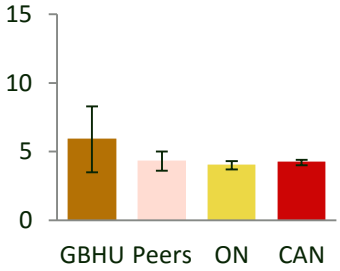
Table 35. Percent with Chronic Lung Conditions by Region, 2013-14

Percentage of Population with Chronic Lung Conditions by Region, 2013–14

Region	Rate
Canada	4.2 (4.0–4.4)
Ontario	4.0 (3.7–4.3)
Peer Group	4.3 (3.6–5.0)
GBHU	5.9* (3.5–8.3)

* Use with caution.

Figure 46. Percent with Chronic Lung Conditions by Region, 2013-14



* Use with caution.

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In 2013/14, rates in Grey Bruce of having a chronic lung condition were not reportable for females or by age group, but a rate is available for males (Table 36).

Table 36. Percent with Chronic Lung Conditions by Sex, GBHU 2013-14

Year	Rate
Male	6.0* (3.4–8.5)
Female	Suppressed

* Use with caution.

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Body Mass Index

Body mass index (BMI) is derived from respondents' height and weight, as reported by them. It's weight in kg divided by the square of height in metres (BMI = kg/m^2), rounded down to the nearest whole number for the purpose of categorizing by BMI class. A 2008 study published by Statistics Canada found that, on average, when comparing reported height and weight to measured height and weight, men underestimated their BMI by 0.9 kg/m^2, while women underestimated it by 1.2 kg/m^2 (Shields, M., Connor Gorber, S., & Tremblay, M. S., 2008). This has implications for reported obesity and overweight rates—real obesity and overweight rates are likely to be higher than the rates presented.

BMI categories are as follows:

<20	Underweight
20 to 24	Normal weight
25 to <30	Overweight
30 and over	Obese
	(30 to <35 = Class I obese)
	(35 to <40 = Class II obese)
	(40 and over = Class III obese)

Note that the 2000/01 rates are not presented here, as the age range for which the indicator was calculated by Statistics Canada differs from the age range the agency uses for subsequent estimates.

The questions about height and weight are asked of proxy respondents, however proxy respondents do not provide proxy pregnancy information, and since pregnant women or those who did not answer the pregnancy question are excluded, proxy responses are also excluded (Statistics Canada, 2015a, pp. 72–73). In 2000/01, BMI was only calculated for respondents aged 20 to 64 (ibid.). For this reason, there are no comparable estimates for that year.

Youth BMI was added as a reported concept in 2005. It is calculated for children aged 12 to 17, excluding pregnant females aged 15 to 17 or those females 15 to 17 who did not answer the pregnancy question. The height and weight questions were also asked of proxy respondents, however BMI was not calculated for proxy responses as proxy respondents do not provide proxy pregnancy information.

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Overweight or Obese Adults

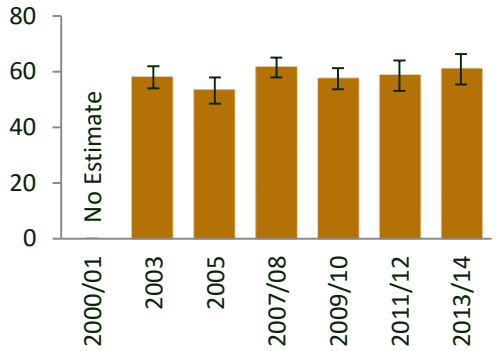
Estimates

Three out of five Grey Bruce residents aged 18 and over are either overweight or obese (have a BMI of 25 or over) according to their self-reported height and weight. Provincially, rates have significantly increased since 2003. These rates are presented with the rates for Ontario in Table 37 and graphically in Figure 47.

Table 37. Percent Who Are Overweight or Obese by Year, GBHU and Ontario

Year	GBHU	ON
2000/01	No Estimate	No Estimate
2003	58.0 (54.0–62.0)	49.5 (48.7–50.2)
2005	53.3 (48.5–58.0)	49.7 (48.9–50.6)
2007/08	61.5 (57.9–65.1)	51.6 (50.8–52.4)
2009/10	57.5 (53.7–61.3)	52.0 (51.1–52.9)
2011/12	58.6 (53.1–64.1)	52.6 (51.7–53.6)
2013/14	60.9 (55.4–66.3)	53.9 (53.0–54.8)

Figure 47. Percent Who Are Overweight or Obese by Year, GBHU

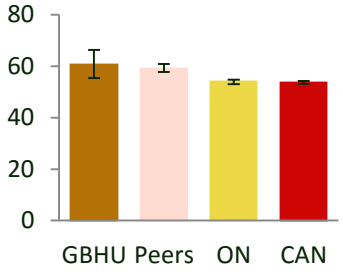


In 2013/14, GBHU residents aged 18 and over were significantly more likely than Canadians and Ontarians to be overweight or obese (Table 38, Figure 48).

Table 38. Percent Who Are Overweight or Obese by Region, 2013-14

Region	Rate
Canada	53.8 (53.2–54.3)
Ontario	53.9 (53.0–54.8)
Peer Group	59.3 (57.8–60.8)
GBHU	60.9 (55.4–66.3)

Figure 48. Percent Who Are Overweight or Obese by Region, 2013-14



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In 2013/14, overweight and obesity rates in Grey Bruce were not significantly different between men and women (Table 39, Figure 49). When comparing among age groups, the youngest age group is significantly less likely than older adults or seniors to be overweight or obese (Table 39, Figure 50).

Table 39. Percent Who Are Overweight or Obese by Sex and Age Group, GBHU 2013-14

Year	Rate
Male	62.3 (55.8–68.9)
Female	59.3 (51.0–67.6)
18–24	32.6* (18.2–51.4)
25–44	61.7 (51.0–71.4)
45–64	66.0 (57.3–73.8)
65+	67.1 (59.5–73.9)

* Use with caution.

Figure 49. Percent Who Are Overweight or Obese by Sex, GBHU 2013-14

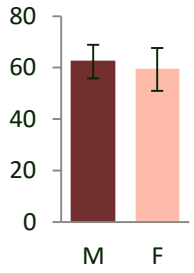
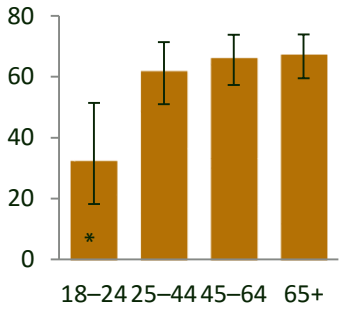


Figure 50. Percent Who Are Overweight or Obese by Age Group, GBHU 2013-14



* Use with caution.

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Overweight Adults

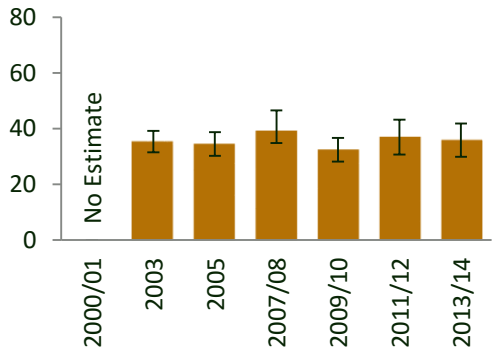
Estimates

More than one third of Grey Bruce residents aged 18 and over are overweight (have a BMI of 25 to less than 30) according to their self-reported height and weight. These rates are presented with the rates for Ontario in Table 40 and graphically in Figure 51.

Table 40. Percent Who Are Overweight by Year, GBHU and Ontario

Year	GBHU	ON
2000/01	No Estimate	No Estimate
2003	35.3 (31.5–39.2)	34.2 (33.5–34.9)
2005	34.5 (30.2–38.8)	34.3 (33.5–35.1)
2007/08	39.1 (34.9–46.6)	34.6 (33.9–35.4)
2009/10	32.4 (28.2–36.7)	34.0 (33.1–34.8)
2011/12	37.0 (30.7–43.2)	34.3 (33.3–35.3)
2013/14	35.9 (29.9–41.9)	34.7 (33.9–35.6)

Figure 51. Percent Who Are Overweight by Year, GBHU

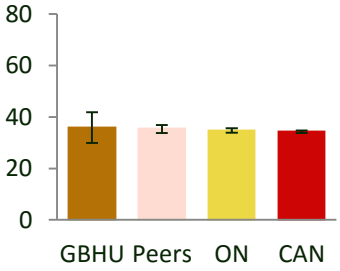


In 2013/14, GBHU residents aged 18 and over were no more or less likely than Canadians, Ontarians and peer group members to be overweight (Table 41, Figure 52).

Table 41. Percent Who Are Overweight by Region, 2013-14

Region	Rate
Canada	34.3 (33.8–34.8)
Ontario	34.7 (33.9–35.6)
Peer Group	35.4 (33.8–36.9)
GBHU	35.9 (29.9–41.9)

Figure 52. Percent Who Are Overweight by Region, 2013-14



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In 2013/14, overweight rates in Grey Bruce were not significantly different between men and women (Table 42, Figure 53). When comparing among age groups, it seems that as age increases, so does the likelihood of being overweight, although differences are not statistically significant (Table 42, Figure 54).

Table 42. Percent Who Are Overweight by Sex and Age Group, GBHU 2013-14

Year	Rate
Male	35.6 (29.0–42.1)
Female	36.3 (27.6–44.9)
18–24	Suppressed
25–44	31.8* (22.1–43.4)
45–64	37.9 (28.9–47.8)
65+	45.8 (36.1–55.9)

* Use with caution.

Figure 53. Percent Who Are Overweight by Sex, GBHU 2013-14

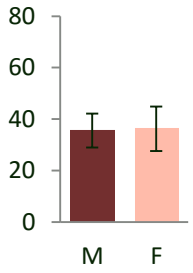
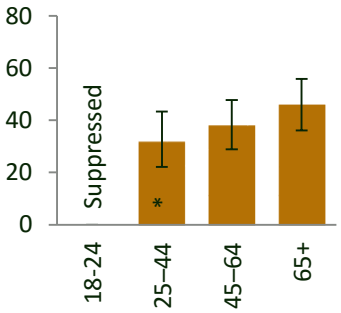


Figure 54. Percent Who Are Overweight by Age Group, GBHU 2013-14



* Use with caution.

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Obese Adults

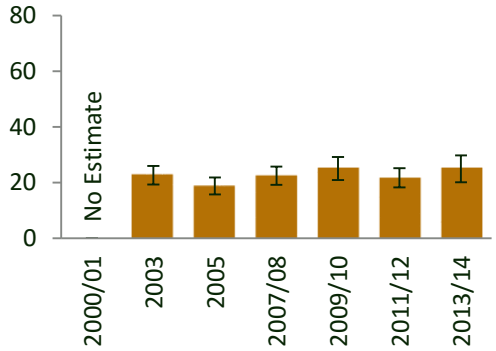
Estimates

One quarter of Grey Bruce residents aged 18 and over are obese (have a BMI of 30 or over) based on their self-reported height and weight. While local rates haven't increased in a statistically significant way, provincial rates have significantly increased. These rates are presented with the rates for Ontario in Table 43 and graphically in Figure 55.

Table 43. Percent Who Are Obese by Year, GBHU and Ontario

Year	GBHU	ON
2000/01	No Estimate	No Estimate
2003	22.7 (19.3–26.0)	15.2 (14.7–15.8)
2005	18.7 (15.7–21.8)	15.5 (14.9–16.0)
2007/08	22.4 (19.2–25.7)	17.0 (16.4–17.5)
2009/10	25.0 (20.9–29.2)	18.0 (17.4–18.7)
2011/12	21.6 (18.2–25.1)	18.3 (17.6–19.0)
2013/14	25.0 (20.1–29.8)	19.2 (18.5–19.9)

Figure 55. Percent Who Are Obese by Year, GBHU

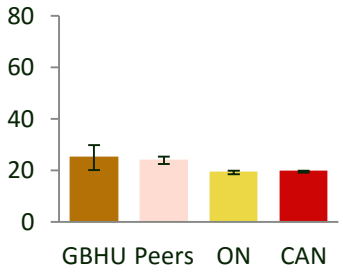


In 2013/14, GBHU residents were significantly more likely than Ontarians and Canadians to be obese (Table 44, Figure 56).

Table 44. Percent Who Are Obese by Region, 2013-14

Region	Rate
Canada	19.5 (19.1–19.9)
Ontario	19.2 (18.5–19.9)
Peer Group	23.9 (22.5–25.3)
GBHU	25.0 (20.1–29.8)

Figure 56. Percent Who Are Obese by Region, 2013-14



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In 2013/14, obesity rates in Grey Bruce did not differ significantly between men and women (Table 45, Figure 57). When comparing among age groups, there were no significant differences in rates of obesity (Table 45, Figure 58).

Table 45. Percent Who Are Obese by Sex and Age Group, GBHU 2013-14

Year	Rate
Male	26.8 (20.3–33.2)
Female	23.0 (16.3–29.7)
18–24	Suppressed
25–44	29.8 (21.2–40.2)
45–64	28.2 (20.8–36.9)
65+	21.3* (14.7–29.8)

* Use with caution.

Figure 57. Percent Who Are Obese by Sex, GBHU 2013-14

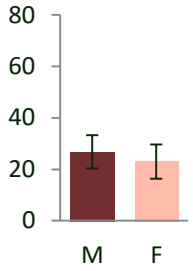
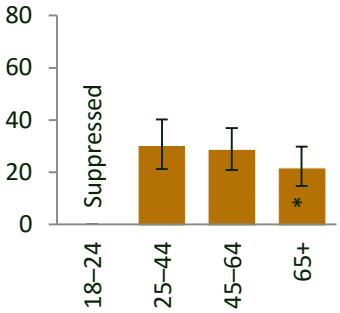


Figure 58. Percent Who Are Obese by Age Group, GBHU 2013-14



* Use with caution.

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Overweight or Obese Youth

Estimates

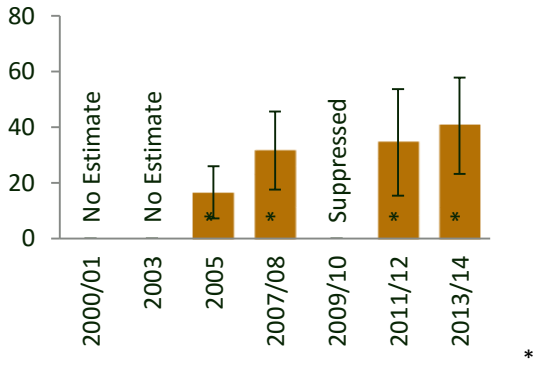
Two-fifths of Grey Bruce youth aged 14–17 are overweight or obese (have a BMI of 25 or over) according to their self-reported height and weight. These rates are presented with the rates for Ontario in Table 46 and graphically in Figure 59. Local rates of overweight or obesity in youth may be increasing. There is a high degree of variability in these estimates, but provincial rates may be on the rise.

Table 46. Percent of Youth Who Are Overweight or Obese by Year, GBHU and Ontario

Year	GBHU	ON
2000/01	No Estimate	No Estimate
2003	No Estimate	No Estimate
2005	16.6* (7.2–26.0)	19.5 (17.8–21.2)
2007/08	31.6* (17.6–45.7)	20.1 (18.1–22.0)
2009/10	Suppressed	20.5 (18.6–22.4)
2011/12	34.6* (15.4–53.7)	21.1 (18.9–23.4)
2013/14	40.6* (23.2–57.9)	22.8 (20.5–25.1)

* Use with caution

Figure 59. Percent of Youth Who Are Overweight or Obese by Year, GBHU



Use with caution.

In 2013/14, GBHU youth may be more likely than Ontarians and Canadians to be overweight or obese, however since our estimate has a wide confidence interval, it's not possible to say for certain (Table 47, Figure 60).

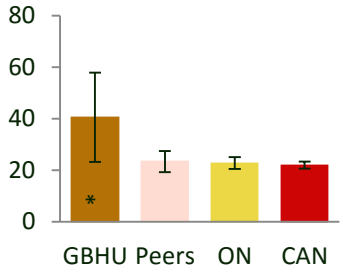
Table 47. Percent of Youth Who Are Overweight or Obese by Region, 2013-14

Region	Rate
Canada	21.9 (20.6–23.3)
Ontario	22.8 (20.5–25.1)
Peer Group	23.3 (19.2–27.4)
GBHU	40.6* (23.2–57.9)

* Use with caution.

Rates by sex and age group have been suppressed because of small sample size.

Figure 60. Percent of Youth Who Are Overweight or Obese by Region, 2013-14



* Use with caution.

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Living with Pain

Pain or Discomfort, Moderate or Severe

Questions

"Are you usually free of pain or discomfort? Yes, No" (Statistics Canada, 2015b, p. 52).

If no, don't know or refused:

"How would you describe the usual intensity of your pain or discomfort? Mild, Moderate, Severe" (Statistics Canada, 2015b, p. 52).

These questions are asked of proxy respondents.

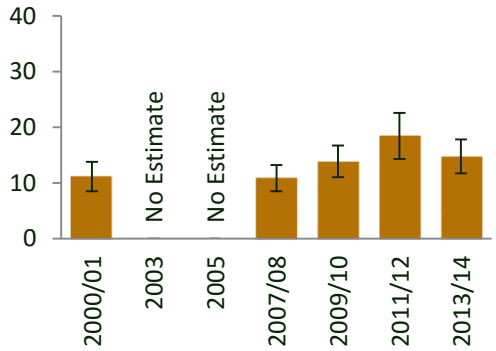
Estimates

About 15% of the Grey Bruce population suffers from regular moderate or severe pain or discomfort. The local rate has not changed significantly over time, however the provincial rate has increased significantly since 2000/01. These rates are presented with the rates for Ontario in Table 48 and graphically in Figure 61.

Table 48. Percent with Regular Moderate to Severe Pain or Discomfort by Year, GBHU and Ontario

Year	GBHU	ON
2000/01	11.2 (8.5–13.8)	11.1 (10.6–11.5)
2003	No Estimate	9.4 (8.5–10.3)
2005	No Estimate	10.2 (9.3–11.0)
2007/08	10.9 (8.5–13.2)	12.1 (11.6–12.6)
2009/10	13.8 (11.0–16.7)	11.8 (11.3–12.3)
2011/12	18.4 (14.3–22.6)	14.2 (13.6–14.7)
2013/14	14.7 (11.7–17.8)	13.8 (13.2–14.4)

Figure 61. Percent with Regular Moderate to Severe Pain or Discomfort by Year, GBHU



* Use with caution.

In 2013/14, GBHU residents were no more or less likely than peer group members, Ontarians and Canadians, to suffer from regular moderate or severe pain or discomfort (Table 49, Figure 62).

Table 49. Percent with Regular Moderate to Severe Pain or Discomfort by Region, 2013-14

Region	Rate
Canada	13.9 (13.5–14.2)
Ontario	13.8 (13.2–14.4)
Peer Group	13.3 (12.4–14.1)
GBHU	14.7 (11.7–17.8)

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Figure 62. Percent with Regular Moderate to Severe Pain or Discomfort by Region, 2013-14

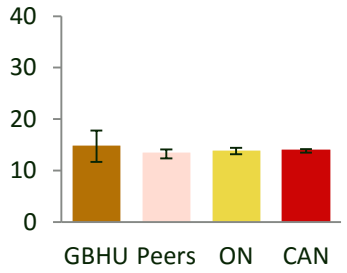
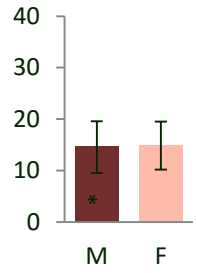
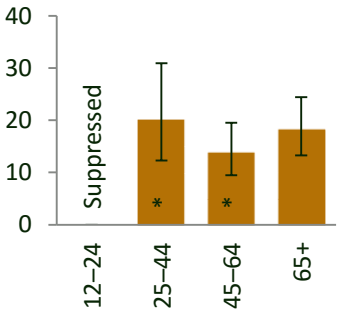


Figure 63. Percent with Regular Moderate to Severe Pain or Discomfort by Sex, GBHU 2013-14



In 2013/14, rates of suffering from regular moderate or severe pain or discomfort in Grey Bruce did not differ between the sexes (Table 50, Figure 63) or age groups (Table 50, Figure 64).

Figure 64. Percent with Regular Moderate to Severe Pain or Discomfort by Age Group, GBHU 2013-14



* Use with caution.

Table 50. Percent with Regular Moderate to Severe Pain or Discomfort by Sex and Age Group, GBHU 2013-14

Year	Rate
Male	14.6* (9.5–19.6)
Female	14.8 (10.2–19.5)
12–24	Suppressed
25–44	20.0* (12.3–30.9)
45–64	13.8* (9.5–19.5)
65+	18.2 (13.3–24.4)

* Use with caution.

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Pain or Discomfort that Prevents Activities

Questions

"Are you usually free of pain or discomfort? Yes, No" (Statistics Canada, 2015b, p. 52).

If no, don't know or refused:

"How many activities does your pain or discomfort prevent? None, A few, Some, Most"(Statistics Canada, 2015b, p. 52).

These questions are asked of proxy respondents.

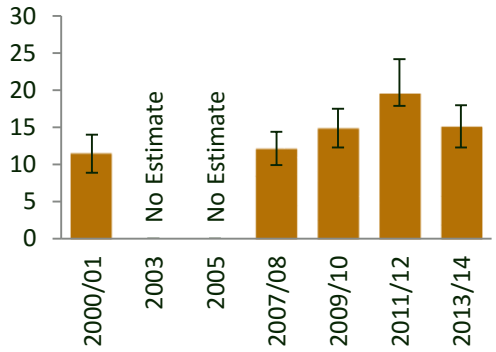
Estimates

About 15% of the Grey Bruce population suffers from pain or discomfort that prevents activities. The local rate has not changed significantly over time. Provincially, rates have increased significantly since 2000/01. These rates are presented with the rates for Ontario in Table 51 and graphically in Figure 65.

Table 51. Percent with Pain or Discomfort that Prevents Activities by Year, GBHU and Ontario

Year	GBHU	ON
2000/01	11.5 (8.9–14.0)	12.3 (11.9–12.8)
2003	No Estimate	10.5 (9.5–11.6)
2005	No Estimate	11.6 (10.6–12.5)
2007/08	12.1 (9.9–14.4)	13.2 (12.7–13.7)
2009/10	14.9 (12.3–17.5)	13.5 (12.9–14.0)
2011/12	19.5 (17.9–24.2)	15.7 (15.1–16.7)
2013/14	15.1 (12.3–18.0)	15.5 (14.9–16.1)

Figure 65. Percent with Pain or Discomfort that Prevents Activities by Year, GBHU



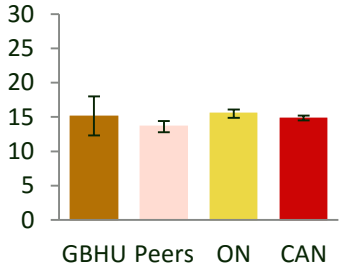
* Use with caution.

In 2013/14, GBHU residents were no more or less likely than peer group members, Ontarians and Canadians, to suffer from pain or discomfort that prevents activities (Table 52, Figure 66).

Table 52. Percent with Pain or Discomfort that Prevents Activities by Region, 2013-14

Region	Rate
Canada	14.8 (14.5–15.2)
Ontario	15.5 (14.9–16.1)
Peer Group	13.6 (12.8–14.4)
GBHU	15.1 (12.3–18.0)

Figure 66. Percent with Pain or Discomfort that Prevents Activities by Region, 2013-14



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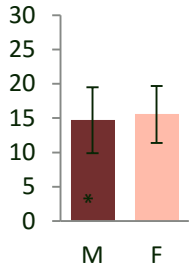
In 2013/14, rates of suffering pain or discomfort that prevents activities in Grey Bruce did not differ between the sexes (Table 53, Figure 67) or age groups (Table 53, Figure 68).

Table 53. Percent with Pain or Discomfort that Prevents Activities by Sex and Age Group, GBHU 2013-14

Year	Rate
Male	14.7* (9.9–19.5)
Female	15.6 (11.4–19.7)
12–24	Suppressed
25–44	17.3* (9.8–28.7)
45–64	15.8 (11.9–20.6)
65+	18.6 (14.7–23.2)

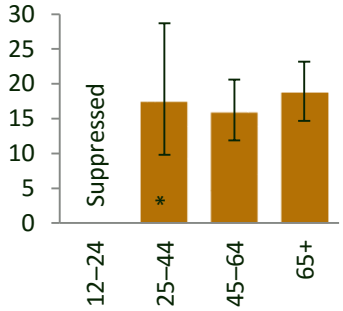
* Use with caution.

Figure 67. Percent with Pain or Discomfort that Prevents Activities by Sex, GBHU 2013-14



* Use with caution.

Figure 68. Percent with Pain or Discomfort that Prevents Activities by Age Group, GBHU 2013-14



* Use with caution.

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Participation and Activity Limitation

Questions

"Does a long-term physical condition or mental condition or health problem reduce the amount or the kind of activity you can do:

- "At home? Sometimes, Often, Never
- "At school? Sometimes, Often, Never
- "At work? Sometimes, Often, Never
- "In other activities, for example, transportation or leisure? Sometimes, Often, Never" (Statistics Canada, 2015b, p. 79).

These questions are asked of proxy respondents.

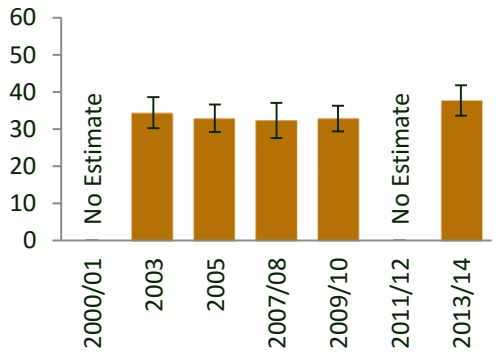
Estimates

About 38% of the Grey Bruce population suffers from a long-term physical or mental condition or health problem that limits participation in activities at least sometimes (sometimes or often). The local and provincial rates have not changed significantly over time. These rates are presented with the rates for Ontario in Table 54 and graphically in Figure 69.

Table 54. Percent with a Long-term Physical or Mental Condition or Health Problem that Limits Activity Participation by Year, GBHU and Ontario

Year	GBHU	ON
2000/01	No Estimate	No Estimate
2003	34.4 (30.3–38.6)	31.8 (31.2–32.5)
2005	32.9 (29.2–36.6)	29.5 (28.8–30.1)
2007/08	32.4 (27.6–37.1)	31.4 (30.8–32.0)
2009/10	32.9 (29.4–36.3)	28.2 (27.5–28.9)
2011/12	No Estimate	No Estimate
2013/14	37.7 (33.6–41.8)	31.7 (30.9–32.5)

Figure 69. Percent with a Long-term Physical or Mental Condition or Health Problem that Limits Activity Participation by Year, GBHU



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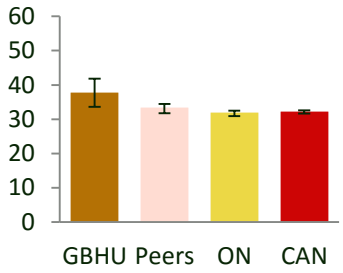
In 2013/14, GBHU residents were significantly more likely than Ontarians and Canadians, to suffer from a long-term physical or mental condition or health problem that limits participation in activities (Table 55, Figure 70).

Table 55. Percent with a Long-term Physical or Mental Condition or Health Problem that Limits Activity Participation by Region, 2013-14

Region	Rate
Canada	32.1 (31.7–32.6)
Ontario	31.7 (30.9–32.5
Peer Group	33.2 (31.8–34.5)
GBHU	37.7 (33.6–41.8)

Figure 70. Percent with a Long-term Physical or Mental Condition or Health Problem that Limits Activity Participation by Region, 2013-14



In 2013/14, rates of suffering from a long-term physical or mental condition or health problem that limits participation in activities in Grey Bruce did not differ between the sexes (Table 56, Figure 71), but increased as age group increased (Table 56, Figure 72).

Table 56. Percent with a Long-term Physical or Mental Condition or Health Problem that Limits Activity Participation by Sex and Age Group, GBHU 2013-14

Year	Rate
Male	41.5 (35.6–47.4)
Female	34.0 (28.1–39.8)
12–24	19.8* (11.1–32.7)
25–44	32.9 (23.0–44.5)
45–64	40.9 (33.6–48.6)
65+	49.6 (42.1–57.0)

* Use with caution.

Figure 71. Percent with a Long-term Physical or Mental Condition or Health Problem that Limits Activity Participation by Sex, GBHU 2013-14

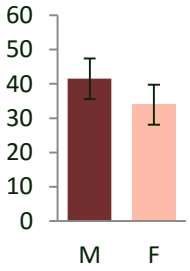
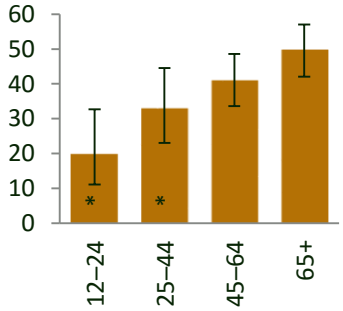


Figure 72. Percent with a Long-term Physical or Mental Condition or Health Problem that Limits Activity Paticipation by Age Gropu, GBHU 2013-14



* Use with caution.

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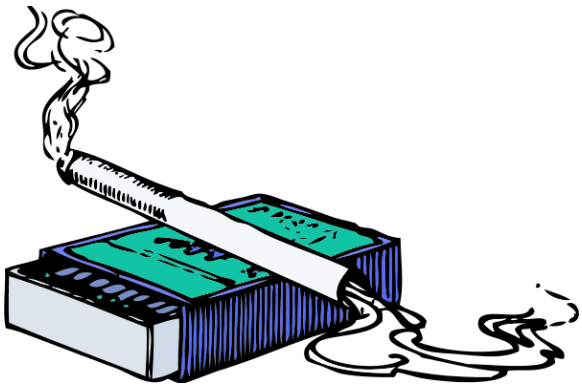
Risk Behaviour

Smoking



In Canada, “Cigarette smoking, the primary risk factor for the top three causes of death, was estimated to be responsible for 22% of all deaths (27% of all male deaths and 17% of all female deaths) in 1998” (Makomaaski Illing & Kaiserman, 2004). About one fifth of these deaths are caused by chronic obstructive pulmonary disease (COPD). The main risk factor for COPD is smoking, which accounts for between 80% and 90% of COPD cases—people who smoke are 12 to 13 times more likely to die from COPD than non-smokers (Bryan & Navaneelan, 2015). COPD cases account for 4.4% of all deaths in Canada (Bryan & Navaneelan, 2015).

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, the highest incidence of any cancer is seen for cancer of the lung and bronchus, with 52.3 new cases diagnosed per 100,000 Grey Bruce residents every year, or about 130 new cases per year (Grey Bruce Health Unit, 2014). As well, cancer of the lung and bronchus is responsible for more deaths than any other cancer, at 43.6 deaths per 100,000 Grey Bruce residents every year, or about 110 deaths per year (Grey Bruce Health Unit, 2014).

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

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Ever Smokers

Question

"In your lifetime, have you smoked a total of 100 or more cigarettes (about 4 packs)? Yes, No" (Statistics Canada, 2015b, p. 150).

This question is asked of proxy respondents.

Estimates

Nearly half of Grey Bruce residents aged 12 and over are have smoked 100 or more cigarettes in their lifetime (Table 57). This is significantly higher than the rate of Ontarians who have smoked in their lifetime. This indicator is not calculated for peer group or Canada, and is therefore not presented.

Table 57. Percent Who Were Ever Smokers, GBHU and Ontario 2013-14

Percentage of Population Who Were Ever Smokers

Year	GBHU	ON
2013/14	47.8 (43.4–52.3)	39.2 (38.3–40.0)

Rates of ever smoking in Grey Bruce differ significantly between the sexes (Table 58, Figure 73), with males 35% more likely to have ever smoked than females. When comparing among age groups, only the youngest age group differs significantly from the others, at a much lower rate of having ever smoked (Table 58, Figure 74).

Table 58. Percent Who Were Ever Smokers by Sex and Age Group, GBHU 2013-14

Year	Rate
Male	55.0 (49.3–60.5)
Female	40.7 (33.4–48.5)
12–24	17.0* (9.2–29.4)
25–44	51.9 (41.9–61.8)
45–64	52.6 (44.6–60.5)
65+	58.5 (50.7–65.8)

* Use with caution

Figure 73. Percent Who Were Ever Smokers by Sex, GBHU 2013-14

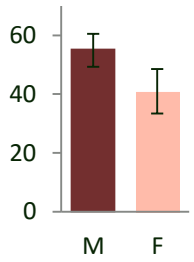
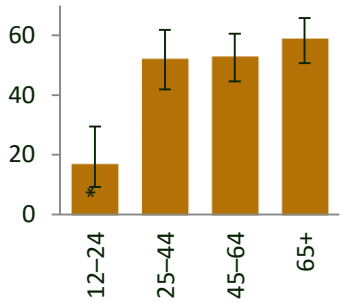


Figure 74. Percent Who Were Ever Smokers by Age Group, GBHU 2013-14



* Use with caution.

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Current Smokers

Questions

"In your lifetime, have you smoked a total of 100 or more cigarettes (about 4 packs)? Yes, No" (Statistics Canada, 2015b, p. 150).

If yes:

"At the present time, do you smoke cigarettes daily, occasionally, or not at all?" (Statistics Canada, 2015b, p. 151).

These questions are asked of proxy respondents.

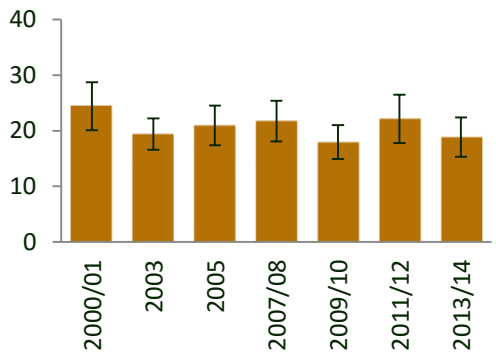
Estimates

An estimated 1 in 5 Grey Bruce residents aged 12 and over are current smokers, a category which includes daily and occasional smokers. The local smoking rate appears not to have changed significantly over time, while rates have significantly lowered in Ontario. These rates are presented with the rates for Ontario in Table 59 and graphically in Figure 75.

Table 59. Percent Who Are Current Smokers by Year, GBHU and Ontario

Year	GBHU	ON
2000/01	24.4 (20.1–28.7)	24.5 (23.8–25.1)
2003	19.4 (16.6–22.2)	22.3 (21.6–22.9)
2005	20.9 (17.4–24.5)	20.9 (20.3–21.5)
2007/08	21.7 (18.1–25.4)	20.3 (19.7–20.9)
2009/10	17.9 (14.9–21.0)	18.9 (18.3–19.6)
2011/12	22.1 (17.8–26.5)	19.2 (18.5–19.9)
2013/14	18.8 (15.3–22.4)	17.7 (17.1–18.3)

Figure 75. Percent Who Are Current Smokers by Year, GBHU



In 2013/14, GBHU residents were no more or less likely than Canadians, Ontarians and peer group members to be smokers (Table 60, Figure 76).

Table 60. Percent Who Are Current Smokers by Region, 2013-14

Region	Rate
Canada	18.7 (18.2–19.1)
Ontario	17.7 (17.1–18.3)
Peer Group	20.4 (19.1–21.6)
GBHU	18.8 (15.3–22.4)

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Figure 76. Percent Who Are Current Smokers by Region, 2013-14

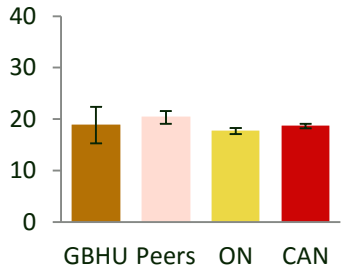
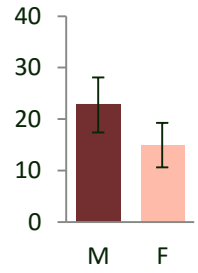
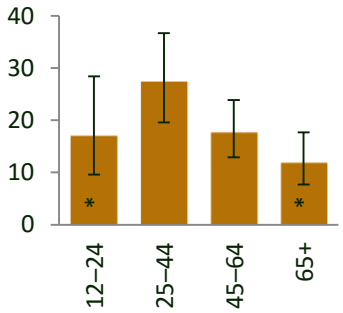


Figure 77. Percent Who Are Current Smokers by Sex, GBHU 2013-14



In 2013/14, smoking rates in Grey Bruce did not differ significantly between the sexes (Table 61, Figure 77). However, when comparing among age groups, seniors were significantly less likely than 25–44-year-olds to be smokers (Table 61, Figure 78).

Figure 78. Percent Who Are Current Smokers by Age Group, GBHU 2013-14



* Use with caution

Table 61. Percent Who Are Current Smokers by Sex and Age Group, GBHU 2013-14

Year	Rate
Male	22.8 (17.4–28.1)
Female	14.9 (10.6–19.3)
12–24	17.0* (9.6–28.4)
25–44	27.3 (19.3–36.7)
45–64	17.7 (12.9–23.9)
65+	11.9* (7.7–17.7)

* Use with caution

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Daily Smokers

Questions

"In your lifetime, have you smoked a total of 100 or more cigarettes (about 4 packs)? Yes, No" (Statistics Canada, 2015b, p. 150).

If yes:

"At the present time, do you smoke cigarettes daily, occasionally, or not at all?" (Statistics Canada, 2015b, p. 151).

These questions are asked of proxy respondents.

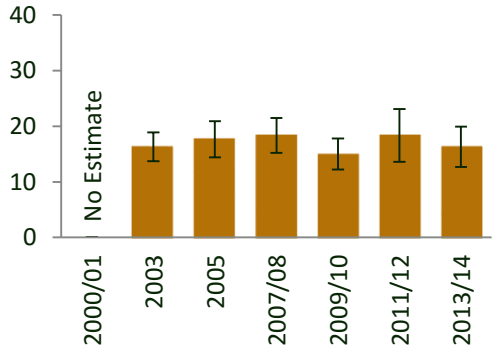
Estimates

An estimated 1 in 6 Grey Bruce residents aged 12 and over are daily smokers. The local smoking rate cannot to be said to have changed significantly over time, while the Ontario rate has significantly dropped over time. These rates are presented with the rates for Ontario in Table 62 and graphically in Figure 79.

Table 62. Percent Who Are Daily Smokers by Year, GBHU and Ontario

Year	GBHU	ON
2000/01	No Estimate	No Estimate
2003	16.3 (13.7–18.9)	16.8 (16.3–17.4)
2005	17.7 (14.4–20.9)	15.8 (15.4–16.3)
2007/08	18.3 (15.2–21.5)	15.9 (15.3–16.4)
2009/10	15.0 (12.2–17.8)	14.5 (14.0–15.1)
2011/12	18.3 (13.6–23.1)	14.4 (13.8–15.0)
2013/14	16.3 (12.7–19.9)	13.3 (12.7–13.9)

Figure 79. Percent Who Are Daily Smokers by Year, GBHU

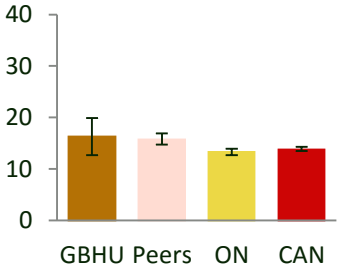


In 2013/14, GBHU residents were no more or less likely than Canadians, Ontarians and peer group members to be daily smokers (Table 63, Figure 80).

Table 63. Percent Who Are Daily Smokers by Region, 2013-14

Region	Rate
Canada	13.9 (13.5–14.3)
Ontario	13.3 (12.7–13.9)
Peer Group	15.8 (14.7–16.9)
GBHU	16.3 (12.7–19.9)

Figure 80. Percent Who Are Daily Smokers by Region, 2013-14



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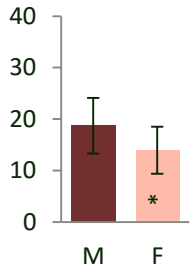
In 2013/14, smoking rates in Grey Bruce did not differ significantly between the sexes (Table 64, Figure 81). However, as with the estimate for all current smokers (daily & occasional), when comparing among age groups, seniors were less likely than 25–44-year-olds to be daily smokers (Table 64, Figure 82).

Table 64. Percent Who Are Daily Smokers by Sex and Age Group, GBHU 2013-14

Year	Rate
Male	18.7 (13.3–24.1)
Female	14.0* (9.4–18.5)
12–24	14.4* (7.5–25.9)
25–44	24.9* (16.8–35.1)
45–64	15.3* (10.7–21.3)
65+	10.3* (6.6–15.7)

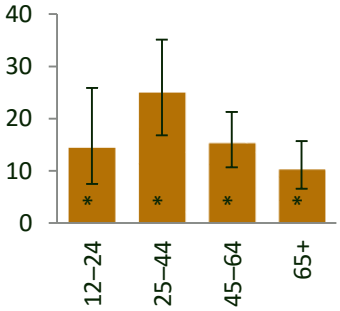
* Use with caution.

Figure 81. Percent Who Are Daily Smokers by Sex, GBHU 2013-14



* Use with caution.

Figure 82. Percent Who Are Daily Smokers by Age Group, GBHU 2013-14



* Use with caution.

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Regular 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:

- 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:

- 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)

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

Questions

"During the past 12 months … have you had a drink of beer, wine, liquor or any other alcoholic beverage? Yes, No" (Statistics Canada, 2015b, p. 171).

If Yes:

"How often in the past 12 months have you had [5 if male, 4 if female] or more drinks on one occasion? Never, Less than once a month, Once a month, 2 to 3 times a month, Once a week, More than once a week" (Statistics Canada, 2015b, p. 172).

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These questions were asked of proxy respondents. NOTE: Prior to 2009, estimates were produced including all respondents aged 12 and over in the denominator. As of 2009, estimates are limited to those who stated that they had had at least 1 drink in the past 12 months.

Estimates

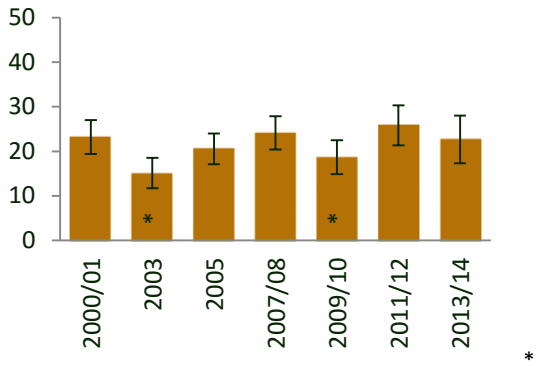
Nearly one in four Grey Bruce residents aged 12 and over report regular (at least once a month) heavy drinking. The local rate saw a low of 15.1% in 2003, significantly less than the previous (2000-01) rate. These rates are presented with the rates for Ontario in Table 65 and graphically in Figure 83. **Note:** In all years before the 2013/2014 year, the estimate for women represented those who drank 5 or more (rather than 4 or more) alcoholic beverages on one occasion.

Table 65. Percent Who Are Regular Heavy Drinkers by Year, GBHU and Ontario

Year	GBHU	ON
2000/01	23.2 (19.4–27.0)	19.3 (18.7–19.9)
2003	15.1* (11.7–18.5)	16.2 (15.6–16.7)
2005	20.6 (17.1–24.0)	16.8 (16.3–17.4)
2007/08	24.1 (20.4–27.9)	15.9 (15.4–16.5)
2009/10	18.7* (14.9–22.5)	15.9 (15.3–16.4)
2011/12	25.8 (21.3–30.3)	16.9 (16.2–17.5)
2013/14	22.7 (17.3–28.0)	16.7 (16.0–17.3)

* Use with caution

Figure 83. Percent Who Are Regular Heavy Drinkers by Year, GBHU



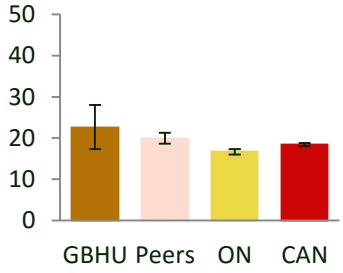
Use with caution

In 2013/14, GBHU residents were no more or less likely than Canadians, or the peer group members to engage in regular heavy drinking, but were more likely than Ontarians to do so (Table 66, Figure 84).

Table 66. Percent Who Are Regular Heavy Drinkers by Region, 2013-14

Region	Rate
Canada	18.4 (18.0–18.8)
Ontario	16.7 (16.0–17.3)
Peer Group	20.0 (18.6–21.3)
GBHU	22.7 (17.3–28.0)

Figure 84. Percent Who Are Regular Heavy Drinkers by Region, 2013-14



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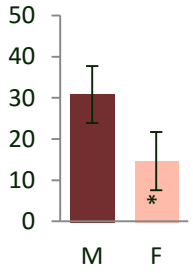
In 2013/14, rates of regular heavy drinking in Grey Bruce were significantly higher among men than among women (Table 67, Figure 85). When comparing among age groups, seniors were far less likely than all other age groups to engage in regular heavy drinking (Table 67, Figure 86).

Table 67. Percent Who Are Regular Heavy Drinkers by Sex and Age Group, GBHU 2013-14

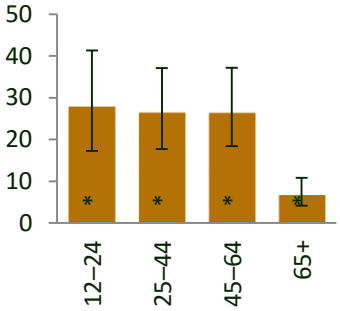
Year	Rate
Male	30.8 (23.9–37.7)
Female	14.6* (7.6–21.7)
12–24	27.7* (17.3–41.3)
25–44	26.3* (17.7–37.1)
45–64	26.2* (18.4–37.2)
65+	6.8* (4.2–10.8)

Figure 85. Percent Who Are Regular Heavy Drinkers by Sex, GBHU 2013-14



* Use with caution.

Figure 86. Percent Who Are Regular Heavy Drinkers by Age Group, GBHU 2013-14



* Use with caution

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Leisure Time Physical Activity

This indicator is derived from a series of questions that ask about various physical activities that respondents may engage in. The resulting indicator measures three levels of physical activity: Active, Moderately active, and Inactive.

Between 2000-01 and 2003, the mode of data collection shifted to more computer-assisted telephone interviews (CATI) and fewer computer-assisted personal (in-person) interviews (CAPI). Analysts noted in a study of the response changes resulting from data collection changes that "There are significantly more inactive persons in CAPI (42.3%) than with CATI (34.4%)" (St. Pierre & Béland, 2004). CAPI was used for 50% of the data collection in 2000-01, while it was used for only 30% of data collection for 2003, and onward.

These questions were not asked of proxy respondents.

Moderately Active or Active

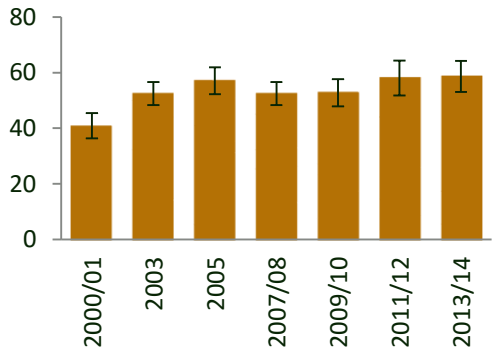
Estimates

Three out of five Grey Bruce residents aged 12 and over are moderately active to active according to their self-reported physical activity. These rates are presented with the rates for Ontario in Table 68 and graphically in Figure 87.

Table 68. Percent Who Are Physically Active by Year, GBHU

Year	GBHU	ON
2000/01	40.9 (36.4–45.5)	42.6 (41.8–43.3)
2003	52.5 (48.3–56.6)	51.4 (50.7–52.1)
2005	57.1 (52.3–61.9)	52.9 (52.1–53.6)
2007/08	52.5 (48.3–56.6)	49.8 (49.0–50.5)
2009/10	52.8 (47.9–57.7)	50.5 (49.7–51.3)
2011/12	58.1 (51.8–64.3)	53.8 (52.9–54.7)
2013/14	58.6 (53.0–64.2)	53.4 (52.5–54.4)

Figure 87. Percent Who Are Physically Active by Year, GBHU



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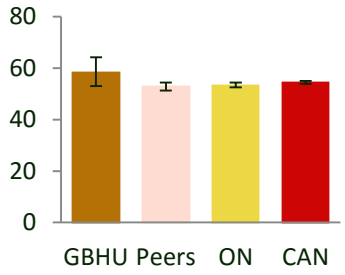
In 2013/14, GBHU residents aged 12 and over were no more likely than Canadians and Ontarians to be moderately active or active (Table 69, Figure 88).

Table 69. Percent Who Are Physically Active by Region, 2013-14

Region	Rate
Canada	54.4 (53.9–55.0)
Ontario	53.4 (52.5–54.4)
Peer Group	52.9 (51.3–54.4)
GBHU	58.6 (53.0–64.2)

Figure 88. Percent Who Are Physically Active by Region, 2013-14



In 2013/14, rates of being moderately active or active in Grey Bruce were not significantly different between men and women (Table 70, Figure 89). There were no significant differences among age groups (Table 70, Figure 90).

Table 70. Percent Who Are Physically Active by Sex and Age Group, GBHU 2013-14

Year	Rate
Male	58.0 (51.1–65.1)
Female	59.1 (52.0–66.2)
12–24	62.5 (49.5–73.9)
25–44	57.5 (45.7–68.5)
45–64	58.9 (50.6–66.8)
65+	52.8 (45.9–59.5)

Figure 89. Percent Who Are Physically Active by Sex, GBHU 2013-14

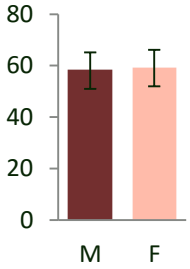
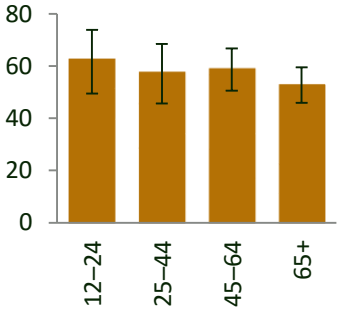


Figure 90. Percent Who Are Physically Active by Age Group, GBHU 2013-14



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Inactive

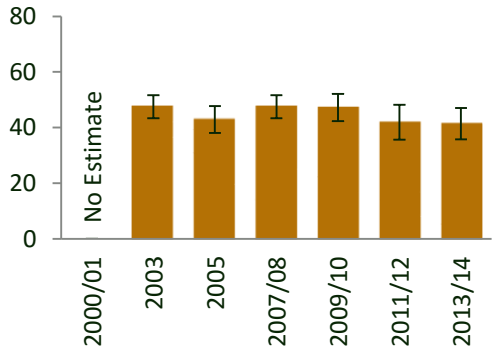
Estimates

Two out of five Grey Bruce residents aged 12 and over are inactive according to their self-reported physical activity. These rates are presented with the rates for Ontario in Table 71 and graphically in Figure 91.

Table 71. Percent Who Are Inactive by Year, GBHU and Ontario

Year	GBHU	ON
2000/01	No Estimate	No Estimate
2003	47.5 (43.4–51.7)	48.6 (47.9–49.3)
2005	42.9 (38.1–47.7)	47.1 (46.4–47.9)
2007/08	47.5 (43.4–51.7)	50.2 (49.5–51.0)
2009/10	47.2 (42.3–52.1)	49.5 (48.7–52.1)
2011/12	41.9 (35.7–48.2)	46.2 (45.3–47.1)
2013/14	41.4 (35.8–47.0)	46.6 (45.6–47.5)

Figure 91. Percent Who Are Inactive by Year, GBHU

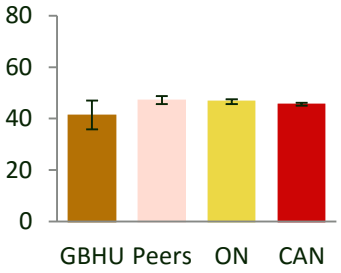


In 2013/14, GBHU residents aged 12 and over were no more or less likely than peer group members, Ontarians, or Canadians to be inactive (Table 72, Figure 92).

Table 72. Percent Who Are Inactive by Region, 2013-14

Region	Rate
Canada	45.6 (45.0–46.1)
Ontario	46.6 (45.6–47.5)
Peer Group	47.1 (45.6–48.7)
GBHU	41.4 (35.8–47.0)

Figure 92. Percent Who Are Inactive by Region, 2013-14



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In 2013/14, rates of being inactive in Grey Bruce were not significantly different between men and women (Table 73, Figure 93), nor among age groups (Table 73, Figure 94).

Table 73. Percent Who Are Inactive by Sex and Age Group, GBHU 2013-14

Year	Rate
Male	42.0 (34.9–49.0)
Female	40.9 (33.8–48.0)
12–24	37.5* (26.1–50.5)
25–44	42.5 (31.5–54.3)
45–64	41.1 (33.2–49.4)
65+	47.2 (40.5–54.1)

* Use with caution.

Figure 93. Percent Who Are Inactive by Sex, GBHU 2013-14

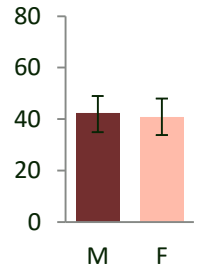
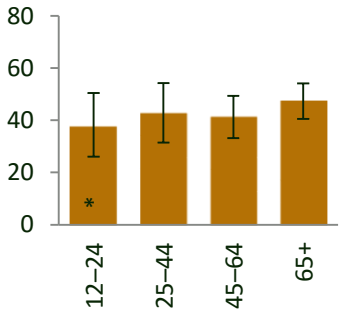


Figure 94. Percent Who Are Inactive by Age Group, GBHU 2013-14



* Use with caution

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Nutrition

Consuming Fruits or Vegetables 5 or More Times a Day

This indicator is a composite of six indicators that measure how many times a day the following are consumed: fruit juice, fruit, salad, potatoes, carrots, and other vegetables. It is based on the answers to a series of questions about consumption of specific fruit and vegetables and their juice.

These questions were not asked of proxy respondents.

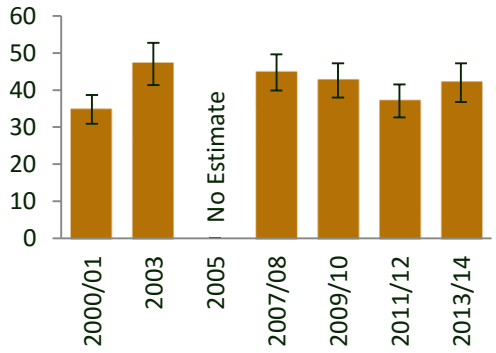
Estimates

One quarter of Grey Bruce residents consume fruits or vegetables 5 or more times a day. These rates are presented with the rates for Ontario in Table 74 and graphically in Figure 95.

Table 74. Percent Who Consume Fruit/Vegetables 5+ Times a Day by Year, GBHU and Ontario

Year	GBHU	ON
2000/01	34.8 (30.9–38.7)	37.5 (36.7–38.3)
2003	47.0 (41.3–52.7)	41.9 (41.1–42.6)
2005	No Estimate	42.8 (41.2–44.5)
2007/08	44.7 (39.9–49.6)	41.3 (40.6–42.1)
2009/10	42.6 (38.0–47.2)	43.2 (42.3–44.1)
2011/12	37.1 (32.6–41.5)	38.9 (37.9–39.9)
2013/14	42.0 (36.8–47.2)	38.7 (37.9–39.6)

Figure 95. Percent Who Consume Fruit/Vegetables 5+ Times a Day by Year, GBHU



In 2013/14, GBHU residents were no more or less likely than peer group members, Ontarians, or Canadians to consume fruits or vegetables 5 or more times a day (Table 75, Figure 96

Figure 96).

Table 75. Percent Who Consume Fruit/Vegetables 5+ Times a Day by Region, 2013-14

Region	Rate
Canada	40.2 (39.6–40.7)
Ontario	38.7 (37.9–39.6)
Peer Group	40.2 (38.5–41.9)
GBHU	42.0 (36.8–47.2)

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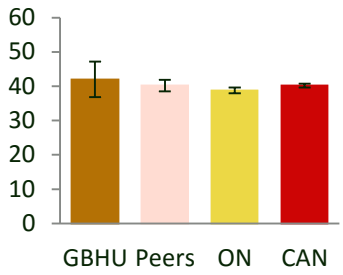
Figure 96. Percent Who Consume Fruit/Vegetables 5+ Times a Day by Region, 2013-14



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In 2013/14, rates of consuming fruits or vegetables five or more times a day in Grey Bruce were significantly higher among women than men (Table 76, Figure 97). When comparing among age groups, there were no significant differences in rates of consuming fruits or vegetables five or more times a day (Table 76, Figure 98).

Table 76. Percent Who Consume Fruit/Vegetables 5+ Times a Day by Sex and Age Group, GBHU 2013-14

Year	Rate
Male	33.0 (26.4–39.5)
Female	50.8 (43.2–58.4)
12–24	42.8 (30.2–56.6)
25–44	40.5 (30.4–51.4)
45–64	42.5 (35.1–50.1)
65+	44.5 (36.0–53.3)

Use with caution.

Figure 97. Percent Who Consume Fruit/Vegetables 5+ Times a Day by Sex, GBHU 2013-14

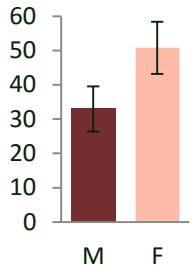
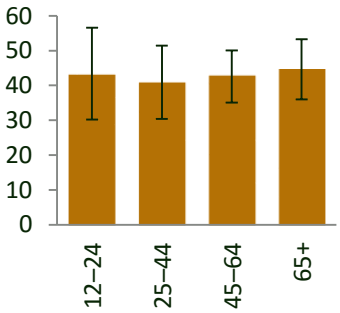


Figure 98. Percent Who Consume Fruit/Vegetables 5+ Times a Day by Age Group, GBHU 2013-14



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Food Security

Food security is a term used to describe having reliable access to nutrition, and is typically closely related to economic stability. Food insecure homes are those that don't always have access to nutritious foods because of affordability, availability, or both.

In order to produce reliable estimates of the prevalence of food insecure households in Grey Bruce, four years of CCHS data were combined for analysis (2011 through 2014). Food security questions are only asked of respondents aged 15 and over who were not proxy respondents.

All questions were asked about the food situation in the respondent's household in the previous 12 months.

Having Enough Food to Eat

Question

"Which of the following statements best describes the food eaten in your household in the past 12 months, that is, since [current month] of last year?

- "[You/you and other household members] always had enough of the kinds of food you wanted to eat.
- "[You/you and other household members' had enough to eat, but not always the kinds of food you wanted.
- "Sometimes [you/you and other household members] did not have enough to eat.
- "Often [you/you and other household members] didn't have enough to eat" (Statistics Canada, 2015b, p. 301).

Estimates

In Grey Bruce, 8.9% (7.1%–11.2%) of households had enough to eat, but not always the kinds of food they wanted, while 2.1%* (1.3%–3.3) sometimes or often did not have enough to eat.

Worried that Food Would Run Out

Question

"[You/you and other household members] worried that food would run out before you got money to buy more. Was that often true, sometimes true, or never true in the past 12 months?" (Statistics Canada, 2015b, p. 302).

Estimate

In Grey Bruce, 7.4% (6.0%–9.0%) sometimes or often worried that food would run out before they got money to buy more.

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Running Out of Food

Question

"The food that [you/you and other household members] bought just didn't last, and there wasn't any money to get more. Was that often true, sometimes true, or never true in the past 12 months?" (Statistics Canada, 2015b, p. 302).

Estimate

In Grey Bruce, 6.5% (5.2%–8.0%) of households sometimes or often ran out of food before they could afford to buy more.

Affordability of Balanced Meals

Question

"[You/you and other household members] couldn't afford to eat balanced meals. In the past 12 months was that often true, sometimes true, or never true?" (Statistics Canada, 2015b, p. 302).

Estimate

In Grey Bruce, 6.6% (5.3%–8.2%) of households sometimes or often couldn't afford to eat balanced meals.

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Environmental Risk Factors

Exposure to Second-hand Smoke

Second-hand smoke exposure is known to contribute to increased lung cancer risk, and may also increase the risk of pharyngeal and laryngeal cancers (Cancer Care Ontario, 2013).

Exposure to SHS at Home

Question

"Including both household members and regular visitors, does anyone smoke inside your home every day or almost every day? Yes, No" (Statistics Canada, 2015b, p. 167).

This question is asked of proxy respondents.

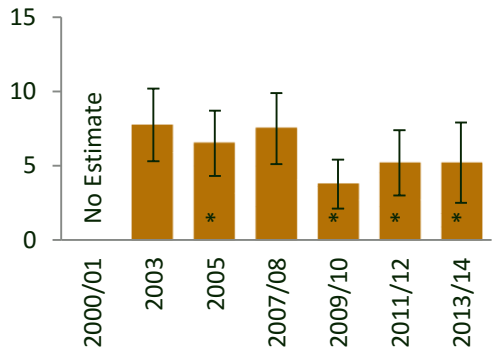
Estimates

About 5% of the Grey Bruce population is exposed to second-hand smoke at home. The local rate has not changed significantly over time, while the provincial rate has significantly declined since 2003. These rates are presented with the rates for Ontario in Table 77 and graphically in Figure 99.

Table 77. Percent Who Are Exposed to SHS at Home by Year, GBHU and Ontario

Year	GBHU	ON
2000/01	No Estimate	No Estimate
2003	7.7 (5.3–10.2)	9.2 (8.7–9.7)
2005	6.5* (4.3–8.7)	7.3 (6.9–7.7)
2007/08	7.5 (5.1–9.9)	5.8 (5.4–6.2)
2009/10	3.8* (2.1–5.4)	5.2 (4.8–5.6)
2011/12	5.2* (3.0–7.4)	4.5 (4.0–4.9)
2013/14	5.2* (2.5–7.9)	3.6 (3.3–3.9)

Figure 99. Percent Who Are Exposed to SHS at Home by Year, GBHU



* Use with caution.

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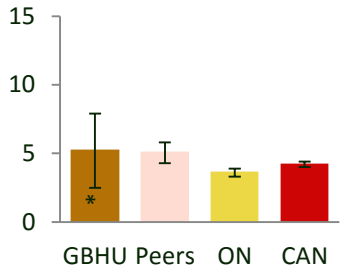
In 2013/14, GBHU residents were no more or less likely than peer group members, Ontarians or Canadians to be exposed to second-hand smoke at home (Table 78, Figure 100).

Table 78. Percent Who Are Exposed to SHS at Home by Region, 2013-14

Region	Rate
Canada	4.2 (4.0–4.4)
Ontario	3.6 (3.3–3.9)
Peer Group	5.1 (4.3–5.8)
GBHU	5.2* (2.5–7.9)

* Use with caution.

Figure 100. Percent Who Are Exposed to SHS at Home by Region, 2013-14



* Use with caution.

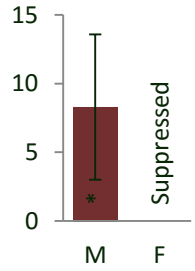
In 2013/14, rates of exposure to second-hand smoke at home in Grey Bruce were significantly higher among men than women (Table 79, Figure 101), as the male rate, at nearly double the general rate, implies the female rate is exceptionally low although it is suppressed. The rates were too low among age groups to report.

Table 79. Percent Who Are Exposed to SHS at Home by Sex, GBHU 2013-14

Year	Rate
Male	8.3* (3.0–13.6)
Female	Suppressed

* Use with caution.

Figure 101. Percent Who Are Exposed to SHS at Home by Sex, GBHU 2013-14



* Use with caution.

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Exposure to SHS in Vehicles or Public Places

Questions

"In the past month, were you exposed to second-hand smoke every day or almost every day in a car or other private vehicle? Yes, No" (Statistics Canada, 2015b, p. 168).

"In the past month, were you exposed to second-hand smoke every day or almost every day in public places (such as bars, restaurants, shopping malls, arenas, bingo halls, bowling alleys)? Yes, No" (Statistics Canada, 2015b, p. 168).

These questions were asked of proxy respondents.

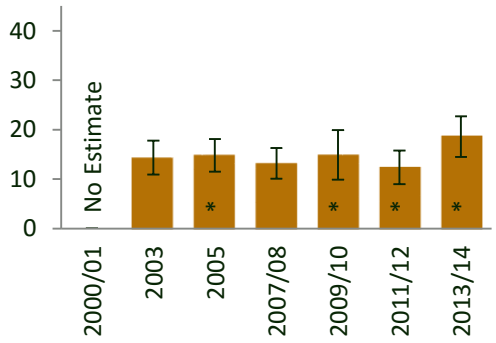
Estimates

About 19% of the Grey Bruce population was exposed to second-hand smoke in vehicles or public places in the last month. The local rate has not changed significantly over time, while provincially it decreased from the 2003 rate in 2005, and afterwards remained steady. The *Smoke-free Ontario Act*, introduced in 2006, may be contributing to lower rates of exposure to SHS. Many Ontario municipalities passed smoke-free bylaws prior to the enactment of the Smoke-free Ontario Act, which may be reflected in the lowered 2005 rate relative to the 2003 rate at the provincial level. These rates are presented with the rates for Ontario in Table 80 and graphically in Figure 102.

Table 80. Percent Who Are Exposed to SHS in Vehicles or Public Places by Year, GBHU and Ontario

Year	GBHU	ON
2000/01	No Estimate	No Estimate
2003	14.3 (10.9–17.8)	22.7 (22.0–23.4)
2005	14.8 (11.5–18.1)	17.4 (16.8–18.0)
2007/08	13.2 (10.1–16.3)	16.0 (15.3–16.7)
2009/10	14.9* (9.9–19.9)	15.8 (15.0–16.5)
2011/12	12.4 (9.0–15.8)	16.7 (15.9–17.4)
2013/14	18.6 (14.5–22.7)	17.4 (16.6–18.2)

Figure 102. Percent Who Are Exposed to SHS in Vehicles or Public Places by Year, GBHU



* Use with caution.

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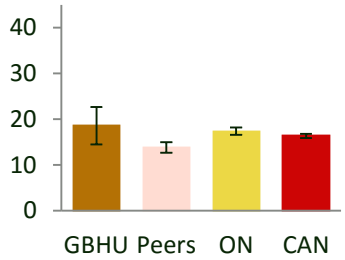
In 2013/14, GBHU residents were no more or less likely than peer group members, Ontarians or Canadians to have been exposed to second-hand-smoke in vehicles or public places in the previous month (Table 81, Figure 103).

Table 81. Percent Who Are Exposed to SHS in Vehicles or Public Places by Region, 2013-14

Region	Rate
Canada	16.4 (15.9–16.8)
Ontario	17.4 (16.6–18.2)
Peer Group	13.9 (12.7–15.0)
GBHU	18.6 (14.5–22.7)

Figure 103. Percent Who Are Exposed to SHS in Vehicles or Public Places by Region, 2013-14



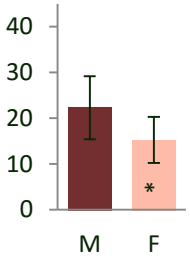
In 2013/14, rates of being exposed to second-hand smoke in vehicles or public places in Grey Bruce did not differ between the sexes (Table 82, Figure 104), but generally decreased as age group increased (Table 82, Figure 105).

Table 82. Percent Who Are Exposed to SHS in Vehicles or Public Places by Sex and Age Group, GBHU 2013-14

Year	Rate
Male	22.3 (15.4–29.2)
Female	15.2* (10.2–20.3)
12–24	26.5* (16.2–40.1)
25–44	16.6* (10.5–25.1)
45–64	20.2* (13.9–28.5)
65+	8.0* (4.8–12.9)

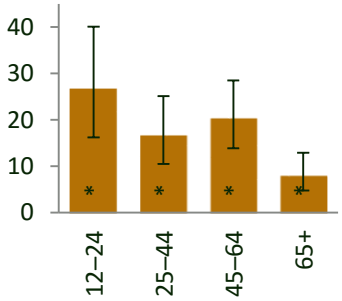
* Use with caution.

Figure 104. Percent Who Are Exposed to SHS in Vehicles or Public Places by Sex, GBHU 2013-14



* Use with caution.

Figure 105. Percent Who Are Exposed to SHS in Vehicles or Public Places by Age Group, GBHU 2013-14



* Use with caution.

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Exposure to SHS in Vehicles

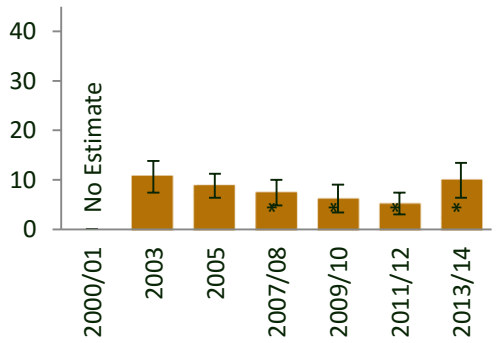
Estimates

About 10% of the Grey Bruce population was exposed to second-hand smoke in vehicles in the last month. The local rate has not changed significantly over time, while provincial rates have significantly decreased since 2003. These rates are presented with the rates for Ontario in Table 83 and graphically in Figure 106.

Table 83. Percent Who Are Exposed to SHS in Vehicles by Year, GBHU and Ontario

Year	GBHU	ON
2000/01	No Estimate	No Estimate
2003	10.3 (7.4–13.8)	9.7 (9.2–10.2)
2005	8.8 (6.4–11.2)	7.8 (7.4–8.3)
2007/08	7.4* (4.8–10.0)	7.5 (7.0–7.9)
2009/10	6.2* (3.4–9.0)	6.5 (5.9–7.0)
2011/12	5.2* (3.0–7.4)	5.8 (5.3–6.3)
2013/14	9.9* (6.4–13.4)	5.3 (4.9–5.8)

Figure 106. Percent Who Are Exposed to SHS in Vehicles by Year, GBHU



* Use with caution.

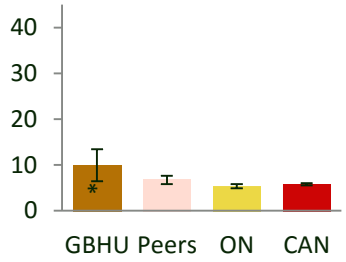
In 2013/14, GBHU residents were no more or less likely than peer group members, Ontarians or Canadians to have been exposed to second-hand-smoke in vehicles in the previous month (Table 84, Figure 107).

Table 84. Percent Who Are Exposed to SHS in Vehicles by Region, 2013-14

Region	Rate
Canada	5.8 (5.5–6.0)
Ontario	5.3 (4.9–5.8)
Peer Group	6.7 (5.8–7.6)
GBHU	9.9* (6.4–13.4)

* Use with caution.

Figure 107. Percent Who Are Exposed to SHS in Vehicles by Region, 2013-14



* Use with caution.

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In 2013/14, rates of being exposed to second-hand smoke in vehicles in Grey Bruce did not differ between the sexes (Table 85, Figure 110), and only one age group had a rate high enough to report (Table 85).

Table 85. Percent Who Are Exposed to SHS in Vehicles by Sex and Age Group, GBHU 2013-14

Year	Rate
Male	13.4* (7.3–19.4)
Female	6.8* (3.0–10.5)
12–24	Suppressed
25–44	Suppressed
45–64	12.2* (7.0–20.0)
65+	Suppressed

* Use with caution.

Figure 108. Percent Who Are Exposed to SHS in Vehicles by Sex, GBHU 2013-14

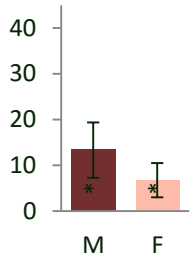
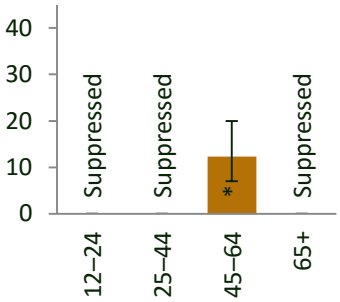


Figure 109. Percent Who Are Exposed to SHS in Vehicles by Age Group, GBHU 2013-14



* Use with caution.

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Exposure to SHS in Public Places

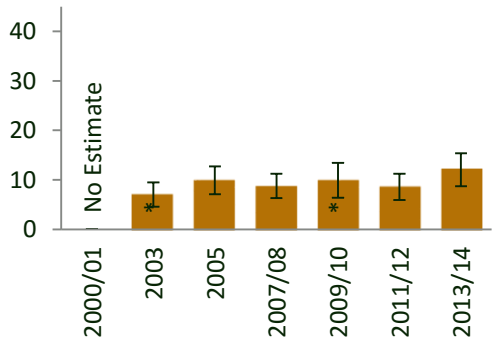
Estimates

About 12% of the Grey Bruce population was exposed to second-hand smoke in public places in the last month. The local rate has not changed significantly over time. These rates are presented with the rates for Ontario in Table 86 and graphically in Figure 110.

Table 86. Percent Who Are Exposed to SHS in Public Places by Year, GBHU and Ontario

Year	GBHU	ON
2000/01	No Estimate	No Estimate
2003	7.1* (4.6–9.5)	17.9 (17.3–18.5)
2005	9.9 (7.1–12.7)	13.1 (12.5–13.6)
2007/08	8.7 (6.3–11.2)	11.5 (10.9–12.1)
2009/10	9.9* (6.4–13.4)	12.1 (11.5–12.8)
2011/12	8.6 (5.9–11.2)	13.2 (12.5–13.8)
2013/14	12.1 (8.7–15.4)	14.5 (13.8–15.2)

Figure 110. Percent Who Are Exposed to SHS in Public Places by Year, GBHU



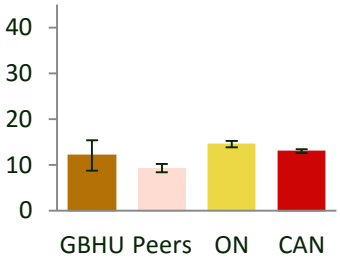
* Use with caution.

In 2013/14, GBHU residents were no more or less likely than peer group members, Ontarians or Canadians to have been exposed to second-hand-smoke in public places in the previous month (Table 87, Figure 111).

Table 87. Percent Who Are Exposed to SHS in Public Places by Sex and Age Group, GBHU 2013-14

Region	Rate
Canada	13.0 (12.6–13.4)
Ontario	14.5 (13.8–15.2)
Peer Group	9.3 (8.4–10.2)
GBHU	12.1 (8.7–15.4)

Figure 111. Percent Who Are Exposed to SHS in Public Places by Region, 2013-14



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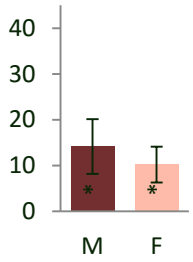
In 2013/14, rates of being exposed to second-hand smoke in public places in Grey Bruce did not differ between the sexes (Table 88, Figure 112), but appears to decrease as age increases (Table 88, Figure 113).

Table 88. Percent Who Are Exposed to SHS in Public Places by Sex and Age Group, GBHU 2013-14

Year	Rate
Male	14.1* (8.2–20.1)
Female	10.2* (6.3–14.1)
12–24	17.9* (9.5–31.0)
25–44	13.1* (7.6–21.6)
45–64	10.3* (6.1–16.8)
65+	5.9* (3.4–10.2)

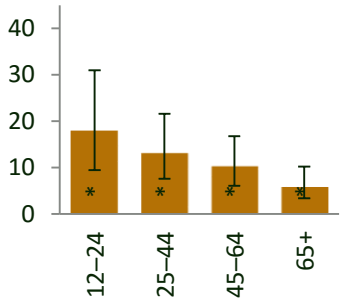
* Use with caution.

Figure 112. Percent Who Are Exposed to SHS in Public Places by Sex, GBHU 2013-14



* Use with caution.

Figure 113. Percent Who Are Exposed to SHS in Public Places by Age Group, GBHU 2013-14



* Use with caution.

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Early Childhood

Breastfeeding Behaviours

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).

Questions

"Have you given birth in the past 5 years? Yes, No" (Statistics Canada, 2015b, p. 191).

If yes:

"For your last baby, did you breastfeed or try to breastfeed your baby, even if only for a short time? Yes, No" (Statistics Canada, 2015b, p. 192).

"Are you still breastfeeding? Yes, No" (Statistics Canada, 2015b, p. 192).

"How long did you breastfeed? Less than 1 week, 1 to 2 weeks, 3 to 4 weeks, 5 to 8 weeks, 9 weeks to less than 12 weeks, 3 months, 4 months, 5 months, 6 months, 7 to 9 months, 10 to 12 months, More than 1 year." (Statistics Canada, 2015b, p. 193).

"Have other liquids such as milk, formula, water, juice, tea or herbal mixture been introduced to baby's feeds? Yes, No" (Statistics Canada, 2015b, p. 193).

If yes:

"How old was your baby when other liquids were added to the baby's feeds? Less than 1 week, 1 to 2 weeks, 3 to 4 weeks, 5 to 8 weeks, 9 weeks to less than 12 weeks, 3 months, 4 months, 5 months, 6 months, 7 to 9 months, 10 to 12 months, More than 1 year, Have not added other liquids." (Statistics Canada, 2015b, p. 194).

"How old was your baby when solid food such as cereals, mashed up or pureed meat, vegetables or fruits were first added to the baby's feeds? Less than 1 week, 1 to 2 weeks, 3 to 4 weeks, 5 to 8 weeks, 9 weeks to less than 12 weeks, 3 months, 4 months, 5 months, 6 months, 7 to 9 months, 10 to 12 months, More than 1 year, Have not added solid foods." (Statistics Canada, 2015b, p. 195).

These questions were not asked of proxy respondents.

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Breastfeeding Initiation (Most Recent Child Born <5 Years Ago)

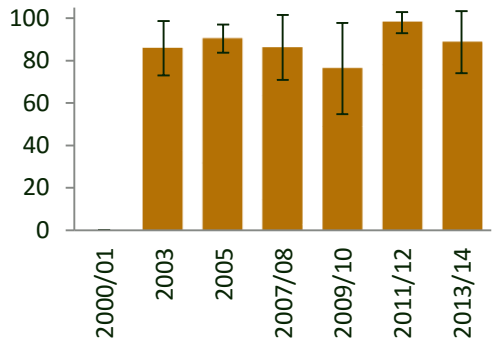
Estimates

Almost 9 out of 10 Grey Bruce mothers who had a child in the previous 5 years initiated breastfeeding of that child. These rates are presented with the rates for Ontario in Table 89 and graphically in Figure 114.

Table 89. Percent of Mothers Who Initiated Breastfeeding of Their Babies by Year, GBHU and Ontario

Year	GBHU	ON
2000/01	No Estimate	No Estimate
2003	85.8 (73.0–98.6)	87.1 (85.2–89.0)
2005	90.4 (83.8–97.0)	87.9 (86.1–89.7)
2007/08	86.2 (70.9–101.5)	89.1 (87.5–90.7)
2009/10	76.3 (54.8–97.8)	88.8 (86.6–91.0)
2011/12	98.0 (93.0–102.9)	88.7 (86.5–91.0)
2013/14	88.7 (74.0–103.4)	90.6 (88.8–92.8)

Figure 114. Percent of Mothers Who Initiated Breastfeeding of Their Babies by Year, GBHU



Exclusive Breastfeeding for 6 Months (Most Recent Child Born <5 Years Ago)

An exclusively-breastfed child is one that has received only breastmilk from birth to the age specified—in this case, from birth to six months of age.

Estimates

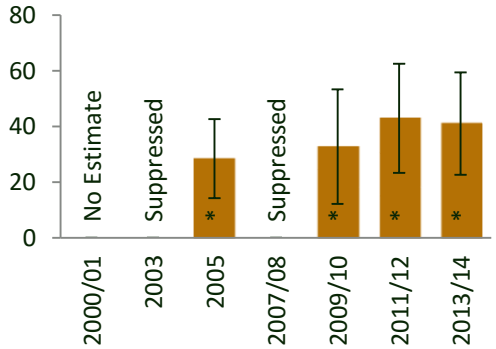
Two-fifths of Grey Bruce mothers who had a child in the previous 5 years exclusively breastfed that child for at least six months. These rates are presented with the rates for Ontario in Table 90 and graphically in Figure 115.

Table 90. Percent of Mothers Who Breastfed Their Babies for at Least 6 Months by Year, GBHU and Ontario

Year	GBHU	ON
2000/01	No Estimate	No Estimate
2003	Suppressed	17.6 (15.4–19.8)
2005	28.5* (14.3–42.6)	19.7 (17.6–21.7)
2007/08	Suppressed	23.5 (20.7–26.3)
2009/10	32.8* (12.2–53.4)	26.2 (23.4–29.0)
2011/12	42.9* (23.3–62.5)	24.9 (21.7–28.1)
2013/14	41.1* (22.7–59.4)	30.5 (27.4–33.7)

* Use with caution.

Figure 115. Percent of Mothers Who Breastfed Their Babies for at Least 6 Months by Year, GBHU



* Use with caution

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Contact with Medical Services

Regular Medical Doctor

Question

"Do you have a regular medical doctor? Yes, No" (Statistics Canada, 2015b, p. 53).

This question was asked of proxy respondents.

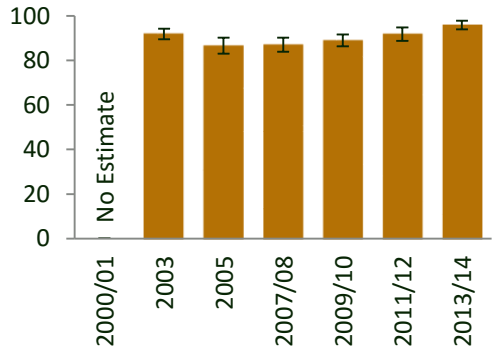
Estimates

About 96% of Grey Bruce residents have a regular medical doctor. These rates are presented with the rates for Ontario in Table 91 and graphically in Figure 116.

Table 91. Percent Who Have a Regular Medical Doctor by Year, GBHU and Ontario

Year	GBHU	ON
2000/01	No Estimate	No Estimate
2003	91.9 (89.5–94.3)	91.8 (91.4–92.2)
2005	86.6 (83.0–90.2)	91.2 (90.8–91.5)
2007/08	87.1 (83.9–90.3)	90.8 (90.3–91.2)
2009/10	89.0 (86.3–91.7)	91.1 (90.6–91.6)
2011/12	91.8 (88.8–94.8)	91.1 (90.5–91.6
2013/14	95.9 (94.0–97.8)	91.8 (91.3–92.3)

Figure 116. Percent Who Have a Regular Medical Doctor by Year, GBHU

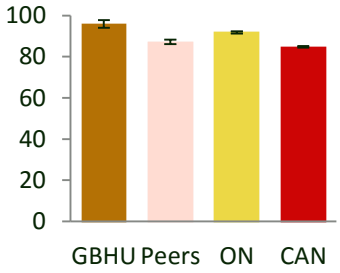


In 2013/14, GBHU residents were significantly more likely than peer group members, Ontarians, and Canadians to have a regular medical doctor (Table 92, Figure 117).

Table 92. Percent Who Have a Regular Medical Doctor by Region, 2013-14

Region	Rate
Canada	84.8 (84.4–85.2)
Ontario	91.8 (91.3–92.3)
Peer Group	87.2 (86.2–88.3)
GBHU	95.9 (94.0–97.8)

Figure 117. Percent Who Have a Regular Medical Doctor by Region, 2013-14



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In 2013/14, rates of having a regular medical doctor in Grey Bruce did not differ significantly between the sexes (Table 93, Figure 118) or among age groups (Table 93, Figure 119).

Table 93. Percent Who Have a Regular Medical Doctor by Sex and Age Group, GBHU 2013-14

Year	Rate
Male	95.6 (93.7–97.6)
Female	96.1 (93.0–99.3)
12–24	96.4 (88.3–99.0)
25–44	98.5 (94.0–99.6)
45–64	92.5 (85.9–96.2)
65+	97.0 (94.5–98.4)

* Use with caution.

Figure 118. Percent Who Have a Regular Medical Doctor by Sex, GBHU 2013-14

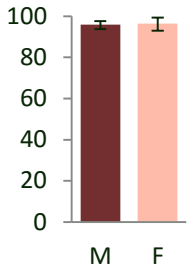
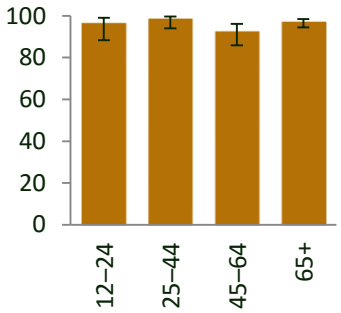


Figure 119. Percent Who Have a Regular Medical Doctor by Age Group, GBHU 2013-14



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Contact with a Medical Doctor in the Last 12 Months

"In the past 12 months, have you seen or talked to any of the following health professionals about your physical, emotional or mental health:

- "A family doctor, paediatrician [if under 18] or general practitioner? Yes, No" (Statistics Canada, 2015b, p. 57).

This question was asked of proxy respondents.

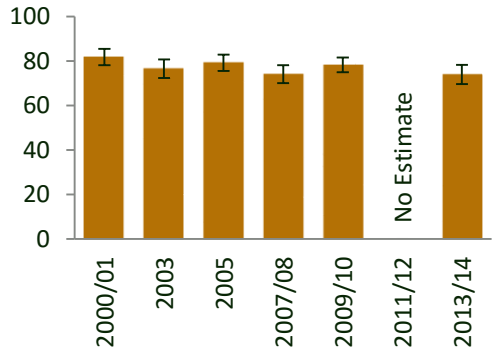
Estimates

About three quarters of Grey Bruce residents have seen a medical doctor in the past 12 months. These rates are presented with the rates for Ontario in Table 94 and graphically in Figure 120.

Table 94. Percent Who Have Seen a Medical Doctor in the Past 12 Months by Year, GBHU and Ontario

Year	GBHU	ON
2000/01	81.7 (78.1–85.4)	82.9 (82.4–83.5)
2003	76.5 (72.4–80.7)	81.6 (81.0–82.2)
2005	79.2 (75.6–82.8)	81.9 (81.4–82.5)
2007/08	74.1 (70.1–78.1)	81.4 (80.9–82.0)
2009/10	78.2 (74.9–81.5)	82.2 (81.6–82.8)
2011/12	No Estimate	No Estimate
2013/14	74.0 (69.7–78.3)	80.0 (79.3–80.7)

Figure 120. Percent Who Have Seen a Medical Doctor in the Past 12 Months by Year, GBHU

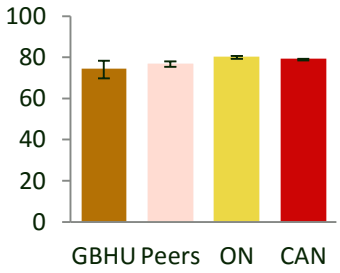


In 2013/14, GBHU residents were significantly less likely than Ontarians and Canadians to have seen a medical doctor in the past 12 months (Table 95, Figure 121).

Table 95. Percent Who Have Seen a Medical Doctor in the Past 12 Months by Region, 2013-14

Region	Rate
Canada	78.8 (78.4–79.2)
Ontario	80.0 (79.3–80.7)
Peer Group	76.7 (75.4–78.0)
GBHU	74.0 (69.7–78.3)

Figure 121. Percent Who Have Seen a Medical Doctor in the Past 12 Months by Region, 2013-14



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In 2013/14, rates of having seen a medical doctor in the past 12 months in Grey Bruce did not differ significantly between the sexes (Table 96, Figure 122), but the rate was significantly lower among the 12–24 age group than among any of the three older age groups (Table 96, Figure 123).

Table 96. Percent Who Have Seen a Medical Doctor in the Past 12 Months by Sex and Age Group, GBHU 2013-14

Year	Rate
Male	71.4 (66.0–76.8)
Female	76.6 (69.9–83.2)
12–24	50.6 (37.8–63.4)
25–44	75.2 (65.6–82.9)
45–64	77.7 (68.5–84.7)
65+	83.7 (74.3–90.2)

Figure 122. Percent Who Have Seen a Medical Doctor in the Past 12 Months by Sex, GBHU 2013-14

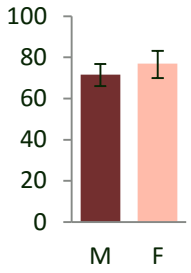
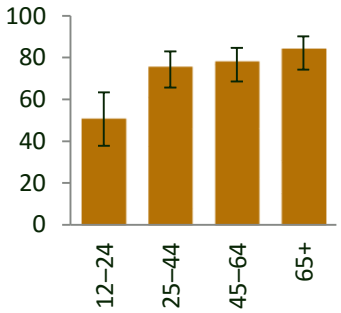


Figure 123. Percent Who Have Seen a Medical Doctor in the Past 12 Months by Age Group, GBHU 2013-14



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Flu Immunization in the Last 12 Months

Questions

"Have you ever had a seasonal flu shot? Yes, No" (Statistics Canada, 2015b, p. 84).

If yes:

"When did you have your last seasonal flu shot? Less than 1 year ago, 1 year to less than 2 years ago, 2 years ago or more." (Statistics Canada, 2015b, p. 84).

These questions were not asked of proxy respondents.

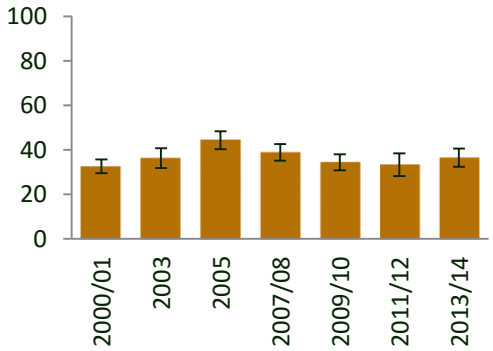
Estimates

Just over one third of Grey Bruce residents received a flu immunization in the past 12 months. These rates are presented with the rates for Ontario in Table 97 and graphically in Figure 124. Ontario rates have decreased slightly from the 2005 and previous rates, though local rates have not statistically significantly changed.

Table 97. Percent Who Received an Influenza Immunization in the Last Year by Year, GBHU and Ontario

Year	GBHU	ON
2000/01	32.6 (29.5–35.7)	35.4 (34.4–36.4)
2003	36.3 (31.9–40.8)	35.1 (34.4–35.8)
2005	44.3 (40.3–48.4)	42.4 (41.7–43.1)
2007/08	38.9 (35.2–42.6)	36.7 (36.0–37.4)
2009/10	34.4 (30.9–38.0)	31.2 (30.5–31.9)
2011/12	33.4 (28.3–38.4)	32.0 (31.2–32.8)
2013/14	36.5 (32.4–40.6)	33.3 (32.6–34.0)

Figure 124. Percent Who Received an Influenza Immnization in the Last Year by Year, GBHU

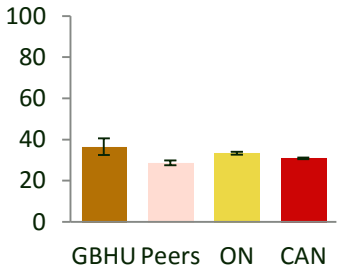


In 2013/14, GBHU residents were significantly more likely than peer group members and Canadians to have received a flu immunization in the past 12 months (Table 98, Figure 125).

Table 98. Percent Who Received an Influenza Immunization in the Last Year by Region, 2013-14

Region	Rate
Canada	30.9 (30.5–31.3)
Ontario	33.3 (32.6–34.0)
Peer Group	28.7 (27.5–29.9)
GBHU	36.5 (32.4–40.6)

Figure 125. Percent Who Recived an Influenza Immunization in the Last Year by Region, 2013-14



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In 2013/14, rates of having had a flu shot in the past 12 months in Grey Bruce did not differ significantly between the sexes (Table 99, Figure 126), but were significantly lower among the 18–24 and 25–44 age groups than the two older age groups (Table 99, Figure 127).

Table 99. Percent Who Received an Influenza Immunization in the Last Year by Sex and Age Group, GBHU 2013-14

Year	Rate
Male	33.9 (28.5–39.4)
Female	39.0 (32.6–45.4)
12–24	18.8* (11.6–29.0)
25–44	16.8* (10.1–26.6)
45–64	39.2 (31.8–47.1)
65+	67.0 (57.5–75.4)

* Use with caution.

Figure 126. Percent Who Received an Influenza Immunization in the Last Year by Sex, GBHU 2013-14

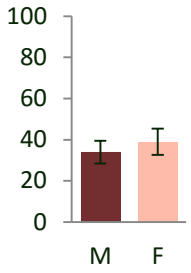
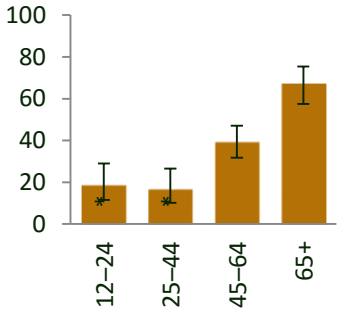


Figure 127. Percent Who Received an Influenza Immunization in the Last Year by Age Group, GBHU 2013-14



* Use with caution.

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Injuries and Injury Prevention

Injuries in the Past 12 Months Causing Limitation of Normal Activities

Question

"In the past 12 months, that is, from [date one year ago] to yesterday, were you injured? Yes, No" (Statistics Canada, 2015b, p. 132).

If yes:

"In the past 12 months, did you have any other injuries that were treated by a health professional, but did not limit your normal activities?" (Statistics Canada, 2015b, p. 139).

These questions were asked of proxy respondents.

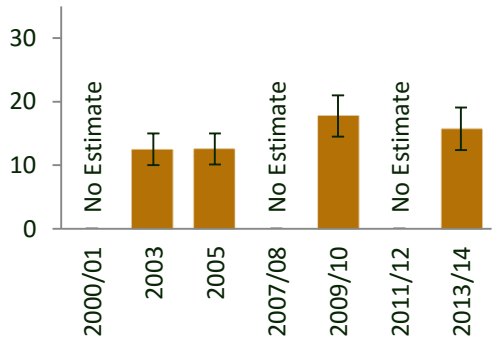
Estimates

About 15% of Grey Bruce residents experienced an injury in the past 12 months that limited their normal activities. These rates are presented with the rates for Ontario in Table 100 and graphically in Figure 128.

Table 100. Percent Who Had an Injury in the Last 12 Months Causing Limitation of Normal Activities by Year, GBHU and Ontario

Year	GBHU	ON
2000/01	No Estimate	No Estimate
2003	12.5 (10.0–15.0)	12.9 (12.4–13.4)
2005	12.6 (10.1–15.0)	13.9 (13.4–14.3)
2007/08	No Estimate	No Estimate
2009/10	17.7 (14.5–21.0)	14.3 (13.8–14.8)
2011/12	No Estimate	No Estimate
2013/14	15.7 (12.4–19.1)	14.5 (13.9–15.1)

Figure 128. Percent Who Had an Injury in the Last 12 Months Causing Limitation of Normal Activities by Year, GBHU



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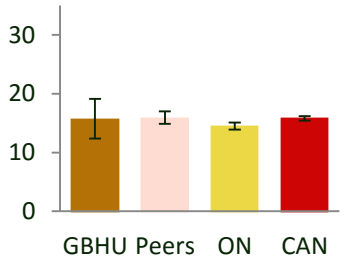
In 2013/14, GBHU residents were no more or less likely than peer group members, Ontarians, or Canadians to have had an injury in the past 12 months that limited their normal activities (Table 101, Figure 129).

Table 101. Percent Who Had an Injury in the Last 12 Months Causing Limitation of Normal Activities by Region, 2013-14

Region	Rate
Canada	15.8 (15.4–16.2)
Ontario	14.5 (13.9–15.1)
Peer Group	15.9 (14.9–17.0)
GBHU	15.7 (12.4–19.1)

Figure 129. Percent Who Had an Injury in the Last 12 Months Causing Limitation of Normal Activities by Region, 2013-14



In 2013/14, rates of experiencing an injury in the past 12 months that limited normal activities did not differ significantly between sexes (Table 102, Figure 130) or among age groups (Table 102, Figure 131).

Table 102. Percent Who Had an Injury in the Last 12 Months Causing Limitation of Normal Activities by Sex and Age Group, GBHU 2013-14

Year	Rate
Male	17.6 (12.5–22.7)
Female	13.8 (9.6–18.1)
12–24	22.2* (13.3–34.5)
25–44	20.0* (12.7–30.0)
45–64	14.6* (10.2–20.4)
65+	9.9* (6.6–14.8)

* Use with caution.

Figure 130. Percent Who Had an Injury in the Last 12 Months Causing Limitation of Normal Activities by Sex, GBHU 2013-14

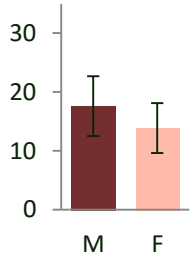
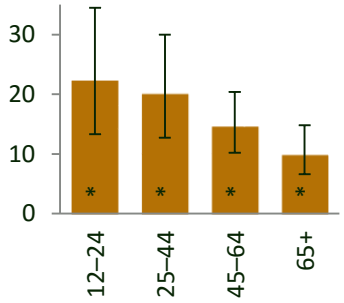


Figure 131. Percent Who Had an Injury in the Last 12 Months Causing Limitation of Normal Activities by Age Group, GBHU 2013014



* Use with caution.

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Injuries in the Past 12 Months, Sought Medical Attention

Question

"In the past 12 months, that is, from [date one year ago] to yesterday, were you injured? Yes, No" (Statistics Canada, 2015b, p. 132).

If yes:

"Did you receive any medical attention for the injury from a health professional in the 48 hours following the injury? Yes, No" (Statistics Canada, 2015b, p. 138).

These questions were asked of proxy respondents.

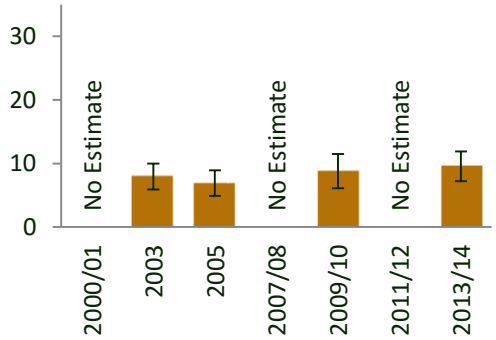
Estimates

About 10% of Grey Bruce residents had an injury in the past 12 months for which they sought medical attention. These rates are presented with the rates for Ontario in Table 103 and graphically in Figure 132.

Table 103. Percent Who Had an Injury for Which They Sought Medical Attention in the Past 12 Months by Year, GBHU and Ontario

Year	GBHU	ON
2000/01	No Estimate	No Estimate
2003	8.0 (5.9–10.0)	7.7 (7.3–8.1)
2005	6.9 (4.9–8.9)	8.2 (7.9–8.6)
2007/08	No Estimate	No Estimate
2009/10	8.8 (6.1–11.5)	7.7 (7.3.–8.1)
2011/12	No Estimate	No Estimate
2013/14	9.6 (7.2–11.9)	7.4 (7.0–7.8)

Figure 132. Percent Who Had an Injury for Which They Sought Medical Attention in the Past 12 Months by Year, GBHU

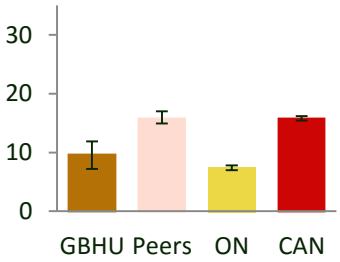


In 2013/14, GBHU residents were significantly less likely than peer group members and Canadians to have had an injury in the past year for which they sought medical attention (Table 104, Figure 133).

Table 104. Percent Who Had an Injury for Which They Sought Medical Attention in the Past 12 Months by Region, 2013-14

Region	Rate
Canada	15.8 (15.4–16.2)
Ontario	7.4 (7.0–7.8)
Peer Group	15.9 (14.9–17.0)
GBHU	9.6 (7.2–11.9)

Figure 133. Percent Who Had an Injury for Which They Sought Medical Attention in the Past 12 Months by Region, 2013-14



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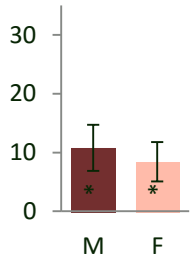
In 2013/14, rates in Grey Bruce of having had an injury in the past year for which medical attention was sought did not differ significantly between the sexes (Table 105, Figure 134) or among age groups (Table 105, Figure 135).

Table 105. Percent Who Had an Injury for Which They Sought Medical Attention in the Past 12 Months by Sex and Age Group, GBHU 2013-14

Year	Rate
Male	10.8* (6.9–14.7)
Female	8.4* (5.1–11.8)
12–24	13.9* (7.1–25.5)
25–44	10.2* (5.6–17.9)
45–64	8.3* (4.8–13.9)
65+	8.9* (5.6–13.9)

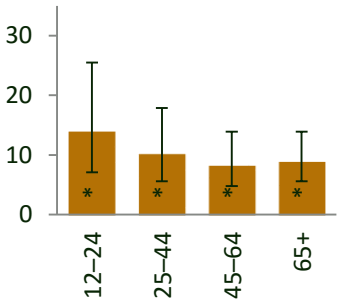
* Use with caution.

Figure 134. Percent Who Had an Injury for Which They Sought Medical Attention in the Past 12 Months by Sex, GBHU 2013-14



* Use with caution.

Figure 135. Percent Who Had an Injury for Which They Sought Medical Attention in the Past 12 Months by Age Group, GBHU 2013-14



* Use with caution.

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Bicycle Helmet Use, Always

Question

"In the past 12 months, have you done any bicycling? Yes, No" (Statistics Canada, 2015b, p. 123).

If yes:

"When riding a bicycle, how often do you wear a helmet? Always, Most of the time, Rarely, Never" (Statistics Canada, 2015b, p. 123).

These questions were not asked of proxy respondents.

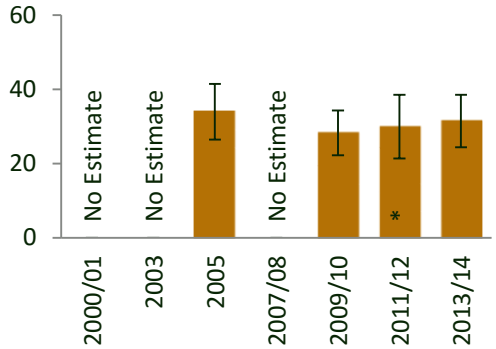
Estimates

About 31% of Grey Bruce residents who cycle have always used a bicycle helmet while cycling in the past 12 months. These rates are presented with the rates for Ontario in Table 106 and graphically in Figure 136.

Table 106. Percent Who Always Use a Bicycle Helmet when Cycling by Year, GBHU and Ontario

Year	GBHU	ON
2000/01	No Estimate	No Estimate
2003	No Estimate	No Estimate
2005	34.0 (26.5–41.5)	31.3 (30.0–32.6)
2007/08	No Estimate	No Estimate
2009/10	28.3 (22.2–34.3)	34.0 (32.8–35.3)
2011/12	29.9* (21.4–38.5)	36.1 (34.7–37.5)
2013/14	31.5 (24.4–38.5)	38.2 (36.8–39.5)

Figure 136. Percent Who Always Use a Bicycle Helmet when Cycling by Year, GBHU

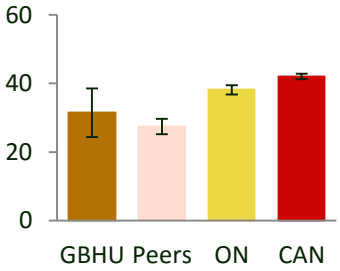


In 2013/14, GBHU residents significantly less likely than Canadians to have always used a bicycle helmet when cycling (Table 107, Figure 137).

Table 107. Percent Who Always Use a Bicycle Helmet when Cycling by Region, 2013-14

Region	Rate
Canada	42.0 (41.2–42.8)
Ontario	38.2 (36.8–39.5)
Peer Group	27.5 (25.2–29.7)
GBHU	31.5 (24.4–38.5)

Figure 137. Percent Who Always Use a Bicycle Helmet when Cycling by Region, 2013-14



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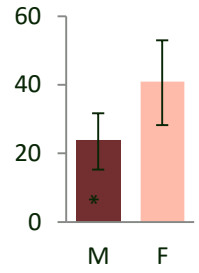
In 2013/14, rates of always using a bicycle helmet when cycling in Grey Bruce did not differ significantly between the sexes (Table 108, Figure 138) or among age groups (Table 108, Figure 139).

Table 108. Percent Who Always Use a Bicycle Helmet when Cycling by Sex and Age Group, GBHU 2013-14

Year	Rate
Male	23.8* (15.3–31.7)
Female	40.7 (28.3–53.0)
12–24	23.0 (11.7–40.1)
25–44	16.8* (8.4–30.6)
45–64	43.5* (29.4–58.7)
65+	33.8* (21.8–48.4)

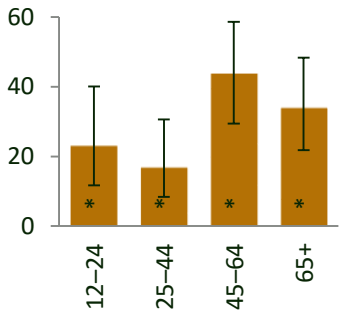
Use with caution.

Figure 138. Percent Who Always Use a Bicycle Helmet when Cycling by Sex, GBHU 2013-14



* Use with caution.

Figure 139. Percent Who Always Use a Bicycle Helmet when Cycling by Age Group, GBHU 2013-14



* Use with caution.

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