



Grey Bruce  
Public Health

11/7/2022

# Health Status Report

Part 1 2019/2020

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## Introduction

The Canadian Community Health Survey (CCHS) is a national health survey conducted by Statistics Canada. It has been conducted since 2000 and provides detailed information on the physical, mental health of the Canadians, as well as on their personal health practices and behaviours.

This report presents some key findings from CCHS cycle 1.1 conducted in 2019-2020 that can be used to assess specific health conditions. It includes a profile of some social determinants of health as well as a summary of some chronic health conditions, primary health care utilization. The report highlights some of the disparities between certain population groups, such as men and women, people of different ages.

CCHS data have certain limitations:

1. The data collected from the CCHS is cross sectional in nature, meaning that it can only be representative of a single snapshot in time.
2. Data collected in the survey is self-reported and is subject to recall and response bias.
3. There may be inconsistencies in the data due to the lack of consistency with how the questions are asked and the wording of questions used in the survey
4. The CCHS may not be comprehensive due to limited sample sizes and under coverage bias.
5. The CCHS may be less accessible to some vulnerable populations such as Indigenous population.

On behalf of the population health team, I hope you will find this data helpful to inform operational plans and to help measure the impact of policy initiatives and assess their effectiveness.

Sincerely,

Dr. Rim Zayed

Public Health Physician Consultant

Grey Bruce Public Health

## Background

### Sample:

#### Data Source:

Source: Statistics Canada. CANADIAN HEALTH CHARACTERISTICS, TWO YEAR PERIOD ESTIMATES, BY AGE GROUP AND SEX, CANADA, PROVINCES, TERRITORIES AND HEALTH REGIONS, OCCASIONAL (NUMBER UNLESS OTHERWISE NOTED), CANSIM (database).

[Health characteristics, two-year period estimates \(statcan.gc.ca\)](http://statcan.gc.ca/health-characteristics-two-year-period-estimates)

#### CCHS Redesign:

In 2012, CCHS began work on a major redesign project that was completed and implemented for the 2015 cycle. The objectives of the redesign were to review the sampling methodology, adopt a new sample frame, modernize the content and review the target population. Consultations were held with federal, provincial and territorial share partners, health region authorities and academics. As a result of the redesign, the 2015 CCHS has a new collection strategy, is drawing the sample from two different frames and has undergone major content revisions. With all these factors taken together, caution should be taken when comparing data from previous cycles to data released for the 2015 cycle onwards. (Statistics Canada, 2020)

#### Sample:

For ages 12 to 17, the CCHS sample has a one-stage design, and the person is the sampling unit. For ages 18 and older, the CCHS uses a stratified multi-stage design. A small contiguous geographical area, called a cluster, is the sampling unit at the first stage. The sampling unit at the second stage is the dwelling and at the third stage, the sampling unit is the person.

#### Design:

This is a sample survey with a stratified sample and cross-sectional design. For more information on CCHS design, please visit

<http://www23.statcan.gc.ca/imdb/p2SV.pl?Function=getSurvey&SDDS=3226#a2>.

#### Frame:

The CCHS sample was selected using two different frames: for ages 12 to 17, a list frame was constructed from the Canadian Child Benefit (CCB). For the 18 years old and

older, the sample was selected from the area designed to serve the Labour Force Survey.

### **Sampling:**

For ages 12 to 17, the CCHS sample has a one-stage design, and the person is the sampling unit. For ages 18 and older, the CCHS uses a stratified multi-stage design. A small contiguous geographical area, called a cluster, is the sampling unit at the first stage. The sampling unit at the second stage is the dwelling and at the third stage, the sampling unit is the person.

## **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 is 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 is 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 generalizable to the larger population (Canada). Unlike a population parameter, in which the true value is known beyond a doubt, there is the possibility of error for a statistic. We can't be sure it equals the true population parameter. We use samples to generate estimates (statistics) for population parameters that we can't know. In order to account for the potential error (which we cannot actually measure), we generate confidence intervals based on an estimated error, which takes into account the sample size and the estimate itself.

### **Using Confidence Intervals to Gauge Statistical Significance**

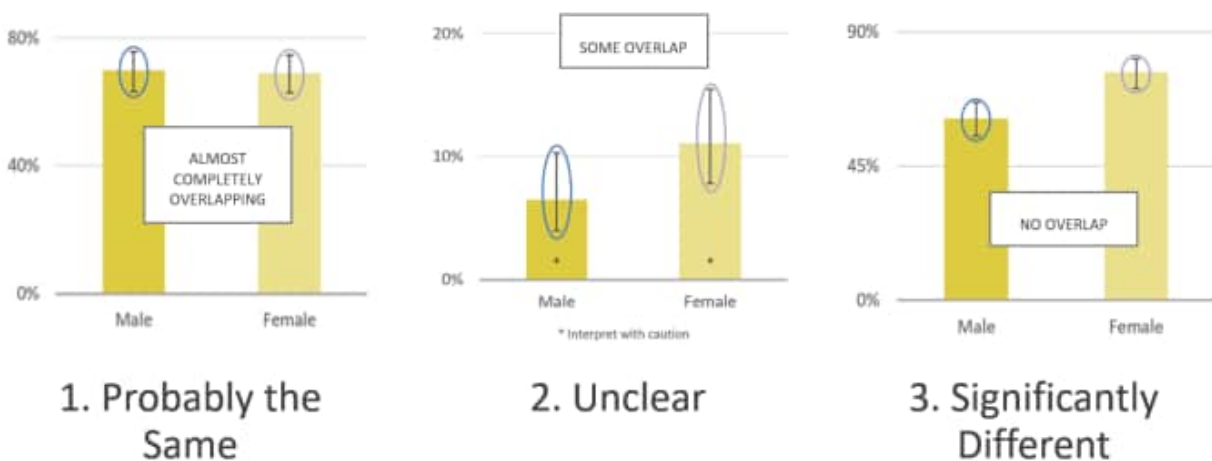
A crude form of significance testing is possible by simply comparing confidence intervals of estimates. If confidence intervals of estimates do not overlap, there is a very good chance that the estimates are significantly different. Otherwise, they cannot be said to be significantly different, at a glance. If there is a large degree of overlap, or

if one confidence interval completely engulfs another (100% overlap), there is a good chance the estimates are not significantly different (i.e., they are similar).

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

### Confidence Interval Examples:

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



#### Example 1: Probably the same

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

#### Example 2: Unclear

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

### Example 3: Statistically Significantly Different

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

### Data legends (symbols)

In some tables you may find some symbols of significance. The following table will show some of these symbols' meaning.

<b>p</b>	preliminary
<b>r</b>	revised
<b>x</b>	suppressed to meet the confidentiality requirements of the <i>Statistics Act</i>
<b>E</b>	use with caution
<b>F</b>	too unreliable to be published
<b>[blank] or <sup>A-D</sup></b>	acceptable or better
<b>©</b>	high-level correction

*	significantly different from reference category (p < 0.05)
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**IMPORTANT: CAUTION SHOULD BE USED WHEN COMPARING CCHS ESTIMATES FROM 2015 ONWARDS TO PAST CCHS ESTIMATES**

## Grey Bruce Census Summary

### Demographics:

Grey Bruce has a population of 174,301 and increased 7.5% since 2016. Bruce County has a population of 73,396, a land area of 4076km<sup>2</sup> and a population density of 18 per km<sup>2</sup>. Grey County has a population of 100,905, a land area of 4498km<sup>2</sup> and a population density of 22.4 per km<sup>2</sup>. In total, there are 92,775 dwellings in the combined 8574.2km<sup>2</sup> area.

### Housing & Income:

The average dwelling in Bruce County is valued at \$554,000 with an average household income of \$111,000. Bruce County males make 34.7% more than females with an average income of \$66,600 compared to females who makes \$49,440. The average dwelling in Grey County is valued at \$663,000 with an average household income of \$100,700. Grey County males make 10.9% more than females with an average income of \$49,440 compared to females who make \$44,600.





## Section 1: General Health

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

Health is more than just the absence of disease. “Health is a state of complete physical, mental and social wellbeing 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.

### Life Satisfaction (Satisfied or very satisfied)

Background: Perceived health refers to the perception of a person's health in general, either by the person himself or herself, or, in the case of proxy response, by the person responding. Health means not only the absence of disease or injury but also physical, mental, and social well-being.

**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, 2020)**

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

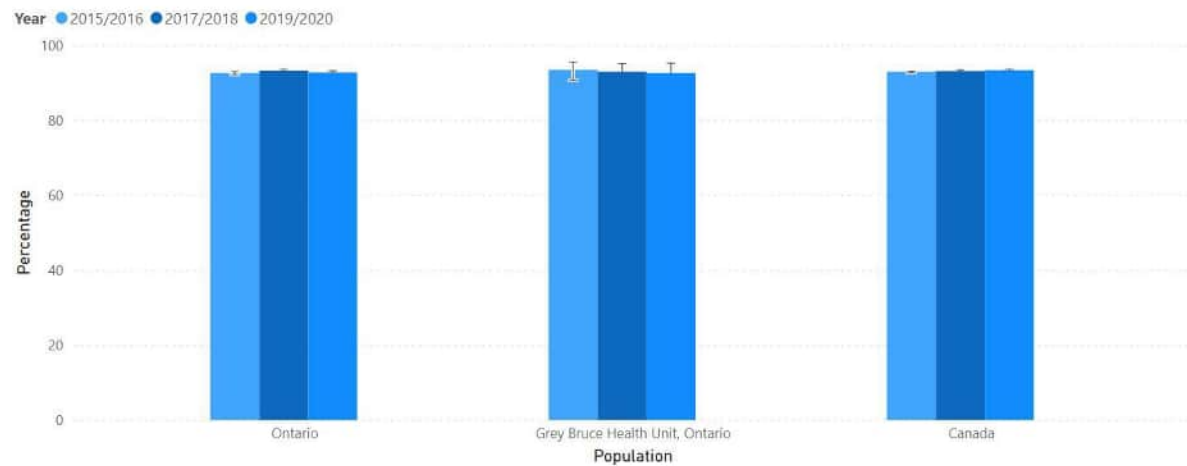
Grey Bruce residents overall were **no more or less likely** to rate their health as very good or excellent than Ontarians or Canadians. Approximately 92.6% of Grey Bruce residents ages 12 and up would describe their satisfaction with life as satisfied or very satisfied in 2019/2020.

Since 2015, there has been no significant changes in how Grey Bruce respondents rates their life satisfaction (Figure 1). Males and females are no more or less likely to rate their health as very good or excellent (Figure 2). Age also has no significant impact

on how Grey Bruce respondents rate their life satisfaction (Figure 3).

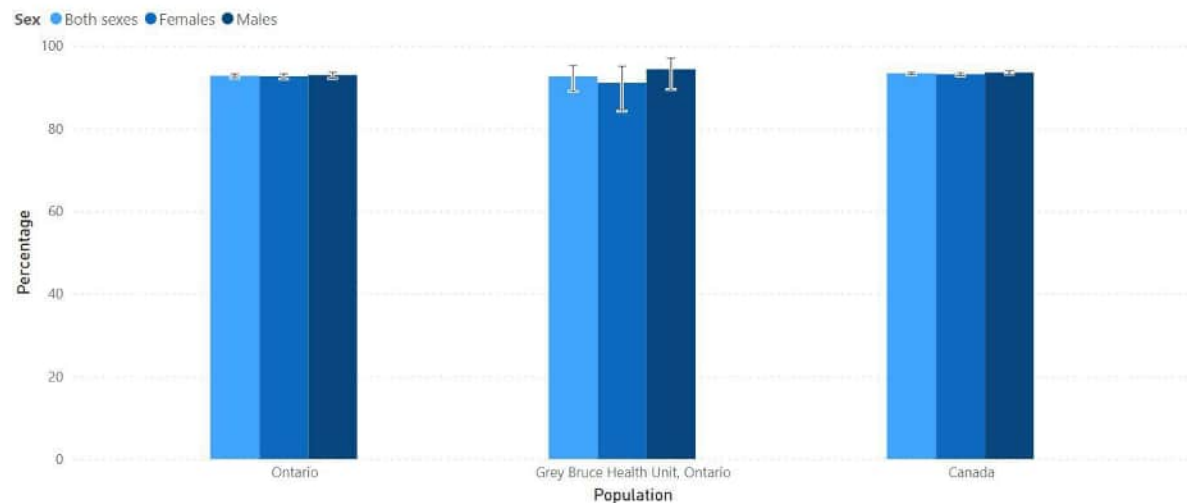
#### Life satisfaction, satisfied or very satisfied

Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2015/2016	Canada	Both sexes	Total, 12 years and over		92.9	92.6	93.1
2015/2016	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		93.4	90.6	95.5
2015/2016	Ontario	Both sexes	Total, 12 years and over		92.6	92.1	93.0
2017/2018	Canada	Both sexes	Total, 12 years and over		93.1	92.9	93.4
2017/2018	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		92.9	90.0	95.1
2017/2018	Ontario	Both sexes	Total, 12 years and over		93.2	92.7	93.6
2019/2020	Canada	Both sexes	Total, 12 years and over		93.3	93.0	93.6
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		92.6	88.9	95.2
2019/2020	Ontario	Both sexes	Total, 12 years and over		92.7	92.2	93.2



#### Life satisfaction, satisfied or very satisfied

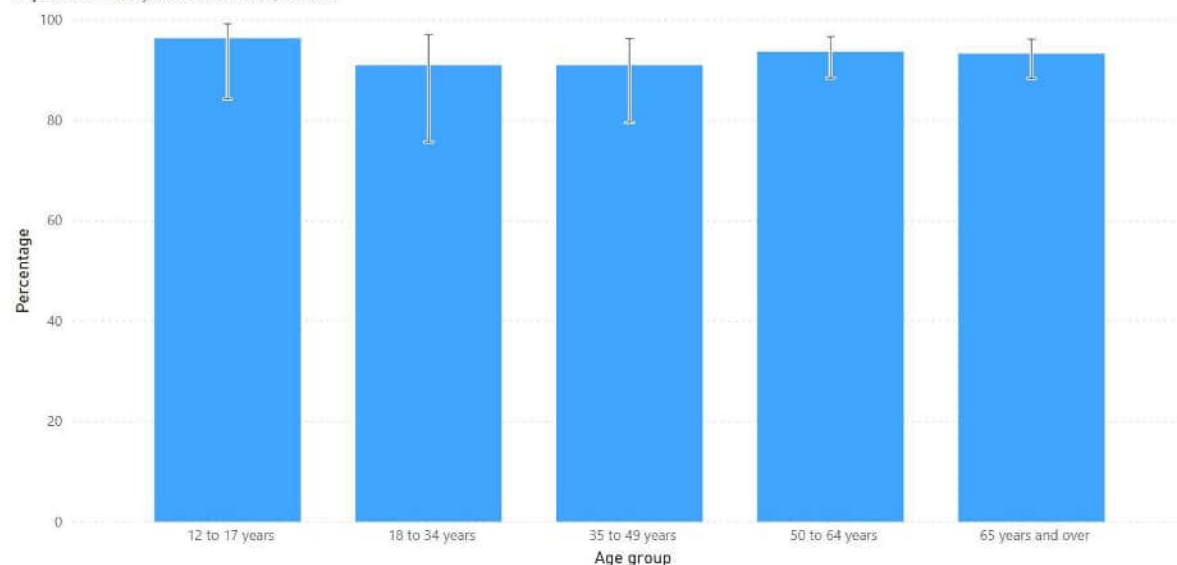
Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2019/2020	Canada	Females	Total, 12 years and over		93.1	92.7	93.5
2019/2020	Canada	Both sexes	Total, 12 years and over		93.3	93.0	93.6
2019/2020	Canada	Males	Total, 12 years and over		93.5	93.1	93.9
2019/2020	Grey Bruce Health Unit, Ontario	Females	Total, 12 years and over		91.0	84.2	95.0
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		92.6	88.9	95.2
2019/2020	Grey Bruce Health Unit, Ontario	Males	Total, 12 years and over		94.3	89.4	97.0
2019/2020	Ontario	Females	Total, 12 years and over		92.6	91.9	93.2
2019/2020	Ontario	Both sexes	Total, 12 years and over		92.7	92.2	93.2
2019/2020	Ontario	Males	Total, 12 years and over		92.9	92.1	93.6



## Life satisfaction, satisfied or very satisfied

Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	12 to 17 years		96.3	84.2	99.2
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	18 to 34 years		90.9	75.6	97.0
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	35 to 49 years		90.9	79.5	96.3
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	50 to 64 years		93.6	88.4	96.6
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	65 years and over		93.2	88.3	96.1

Population ● Grey Bruce Health Unit, Ontario



## Mood Disorder

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

**Question: “Do you have a mood disorder such as depression, bipolar disorder, mania or dysthymia? Yes, No.” (Statistics Canada, 2020)**

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

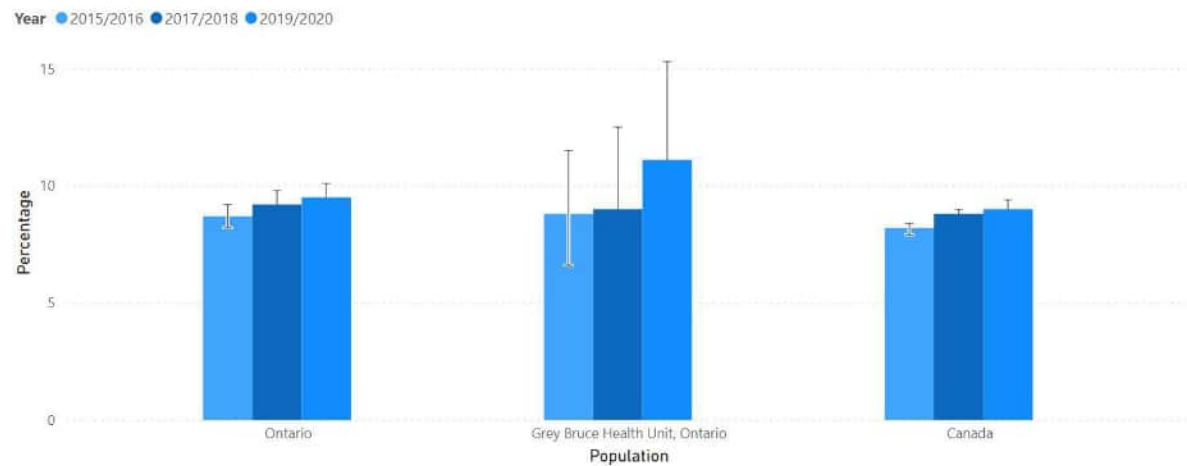
Grey Bruce residents are **no more or less likely** to have been diagnosed with a mood disorder when compared to Ontarians and Canadians. Approximately 11.1% of Grey Bruce respondents ages 12 and up were diagnosed with a mood disorder in 2019/2020.

Since 2015, there has been no significant changes in how many Grey Bruce respondents report a mood disorder diagnosis (Figure 4). Males and females are no more or less likely to be diagnosed with a mood disorder (Figure 5). Age also has no

significant impact on how Grey Bruce respondents rate their life satisfaction (Figure 6).

#### Mood disorder

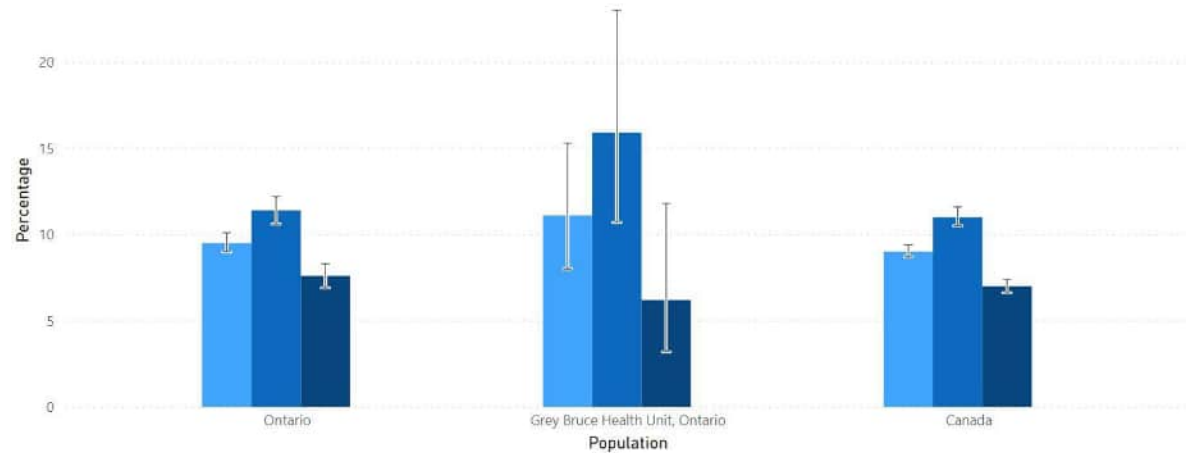
Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2015/2016	Canada	Both sexes	Total, 12 years and over		8.2	7.9	8.4
2015/2016	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		8.8	6.6	11.5
2015/2016	Ontario	Both sexes	Total, 12 years and over		8.7	8.2	9.2
2017/2018	Canada	Both sexes	Total, 12 years and over		8.8	8.5	9.0
2017/2018	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over	E	9.0	6.4	12.5
2017/2018	Ontario	Both sexes	Total, 12 years and over		9.2	8.7	9.8
2019/2020	Canada	Both sexes	Total, 12 years and over		9.0	8.7	9.4
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over	E	11.1	8.0	15.3
2019/2020	Ontario	Both sexes	Total, 12 years and over		9.5	9.0	10.1



## Mood disorder

Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2019/2020	Canada	Males	Total, 12 years and over		7.0	6.6	7.4
2019/2020	Canada	Both sexes	Total, 12 years and over		9.0	8.7	9.4
2019/2020	Canada	Females	Total, 12 years and over		11.0	10.5	11.6
2019/2020	Grey Bruce Health Unit, Ontario	Males	Total, 12 years and over	E	6.2	3.2	11.8
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over	E	11.1	8.0	15.3
2019/2020	Grey Bruce Health Unit, Ontario	Females	Total, 12 years and over	E	15.9	10.7	23.0
2019/2020	Ontario	Males	Total, 12 years and over		7.6	6.9	8.3
2019/2020	Ontario	Both sexes	Total, 12 years and over		9.5	9.0	10.1
2019/2020	Ontario	Females	Total, 12 years and over		11.4	10.6	12.2

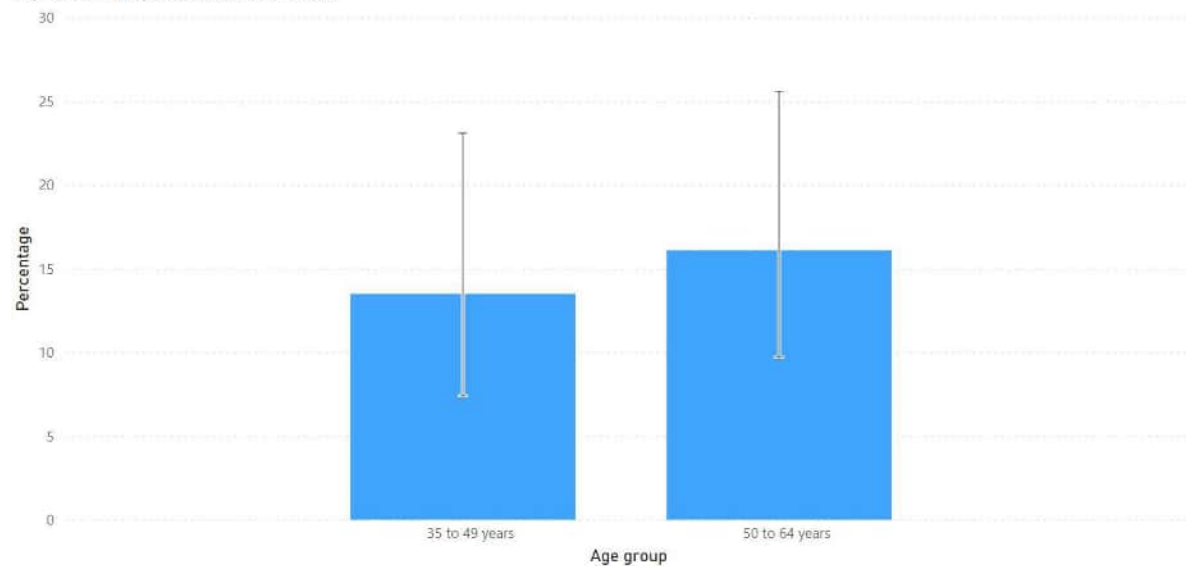
Sex ● Both sexes ● Females ● Males



## Mood disorder

Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	12 to 17 years	F			
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	18 to 34 years	F			
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	35 to 49 years	E	13.5	7.4	23.1
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	50 to 64 years	E	16.1	9.7	25.6
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	65 years and over	F			

Population ● Grey Bruce Health Unit, Ontario



## Perceived Health (very good / Excellent)

Background: Perceived health is an indicator of overall health status. It can reflect aspects of health not captured in other measures, such as incipient disease, disease severity, physiological and psychological reserves and social and mental function. Perceived health refers to a person's health in general—not only the absence of disease or injury, but also physical, mental and social well being. (Statistics Canada, 2015a)

**Question: “In general, would you say your health is: Excellent, Very good, Good, Fair, or Poor?” (Statistics Canada, 2020)**

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

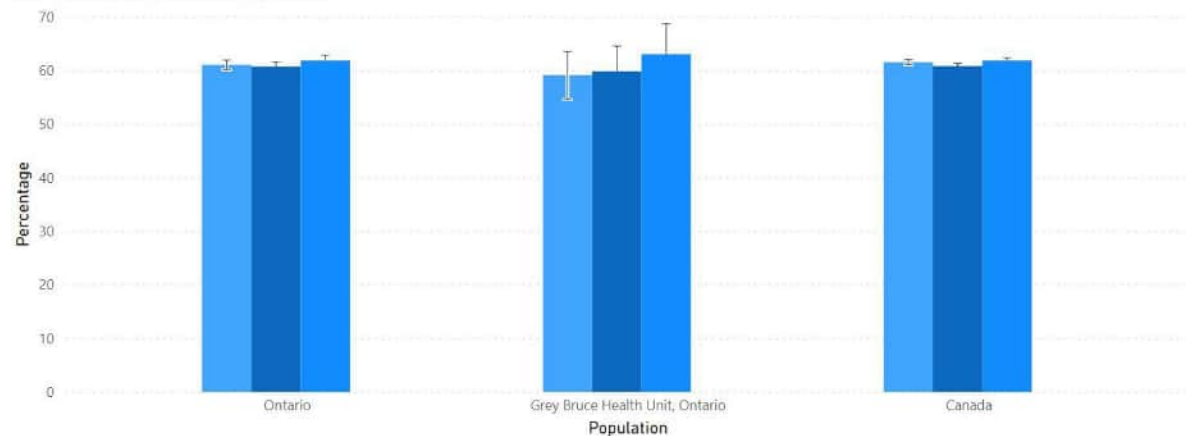
Grey Bruce residents are **no more or less likely** to rate their perceived health as very good or excellent when compared to Ontarians and Canadians. Approximately 63% of Grey Bruce respondents ages 12 and up rated their perceived health as very good or excellent in 2019/2020.

Since 2015, there has been no significant changes in how many Grey Bruce respondents report their perceived health as very good or excellent (Figure 7). Males and females are no more or less likely to rate their perceived health as very good or excellent (Figure 8). Age also has no significant impact on how Grey Bruce respondents rate their perceived health as very good or excellent (Figure 9).

## Perceived health, very good or excellent

Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2015/2016	Canada	Both sexes	Total, 12 years and over		61.5	61.0	62.0
2015/2016	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		59.1	54.5	63.5
2015/2016	Ontario	Both sexes	Total, 12 years and over		61.0	60.1	61.9
2017/2018	Canada	Both sexes	Total, 12 years and over		60.8	60.3	61.3
2017/2018	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		59.8	54.9	64.5
2017/2018	Ontario	Both sexes	Total, 12 years and over		60.7	59.8	61.6
2019/2020	Canada	Both sexes	Total, 12 years and over		61.8	61.2	62.3
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		63.0	56.8	68.7
2019/2020	Ontario	Both sexes	Total, 12 years and over		61.8	60.9	62.8

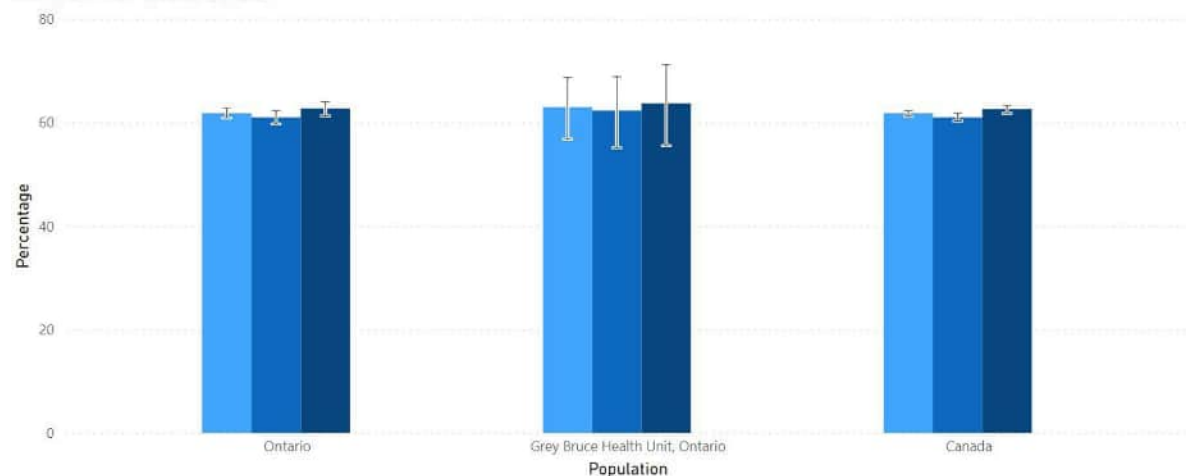
Year ● 2015/2016 ● 2017/2018 ● 2019/2020



## Perceived health, very good or excellent

Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2019/2020	Canada	Females	Total, 12 years and over		61.0	60.3	61.8
2019/2020	Canada	Both sexes	Total, 12 years and over		61.8	61.2	62.3
2019/2020	Canada	Males	Total, 12 years and over		62.6	61.8	63.3
2019/2020	Grey Bruce Health Unit, Ontario	Females	Total, 12 years and over		62.3	55.1	68.9
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		63.0	56.8	68.7
2019/2020	Grey Bruce Health Unit, Ontario	Males	Total, 12 years and over		63.7	55.5	71.2
2019/2020	Ontario	Females	Total, 12 years and over		61.0	59.7	62.3
2019/2020	Ontario	Both sexes	Total, 12 years and over		61.8	60.9	62.8
2019/2020	Ontario	Males	Total, 12 years and over		62.7	61.3	64.0

Sex ● Both sexes ● Females ● Males

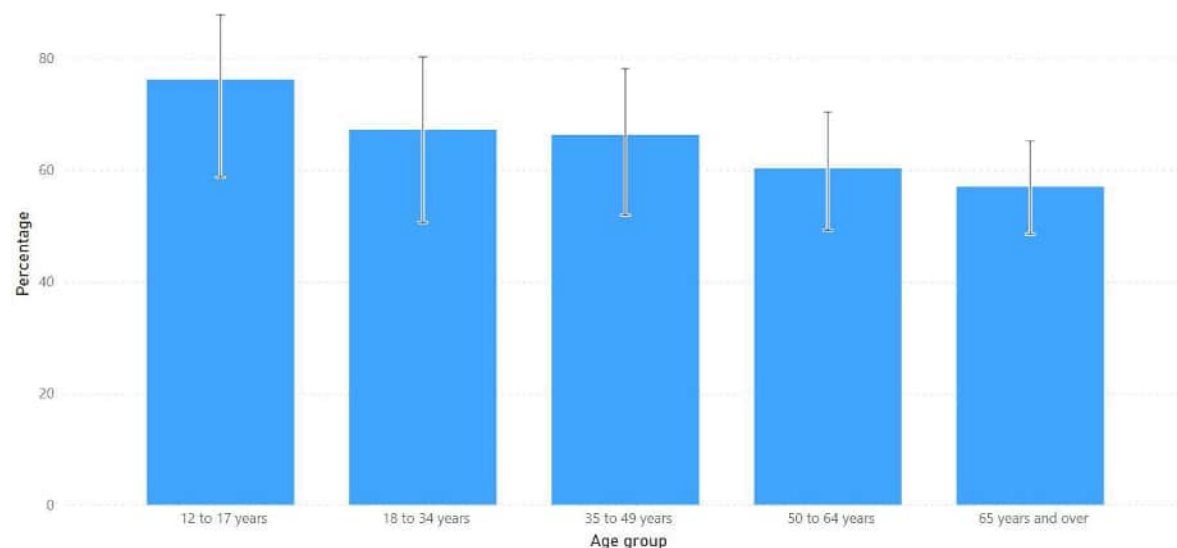




### Perceived health, very good or excellent

Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	12 to 17 years		76.2	58.7	87.8
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	18 to 34 years		67.2	50.6	80.3
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	35 to 49 years		66.3	51.9	78.2
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	50 to 64 years		60.3	49.2	70.4
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	65 years and over		57.0	48.5	65.2

Population ● Grey Bruce Health Unit, Ontario



### Perceived Life Stress (most days quite a bit / extremely stressful)

Background: Perceived life stress refers to the amount of stress in the person's life, on most days, as perceived by the person or, in the case of proxy response, by the person responding.

**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, 2020)**

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

Grey Bruce residents are **no more or less likely** to rate their perceived life stress as quite a bit or extremely stressful when compared to Ontarians and Canadians.

Approximately 24.2% of Grey Bruce respondents ages 12 and up rated their perceived life stress as quite a bit or extremely stressful in 2019/2020.

Since 2015, there has been no significant changes in how many Grey Bruce respondents report their perceived life stress as quite a bit or extreme (Figure 10).

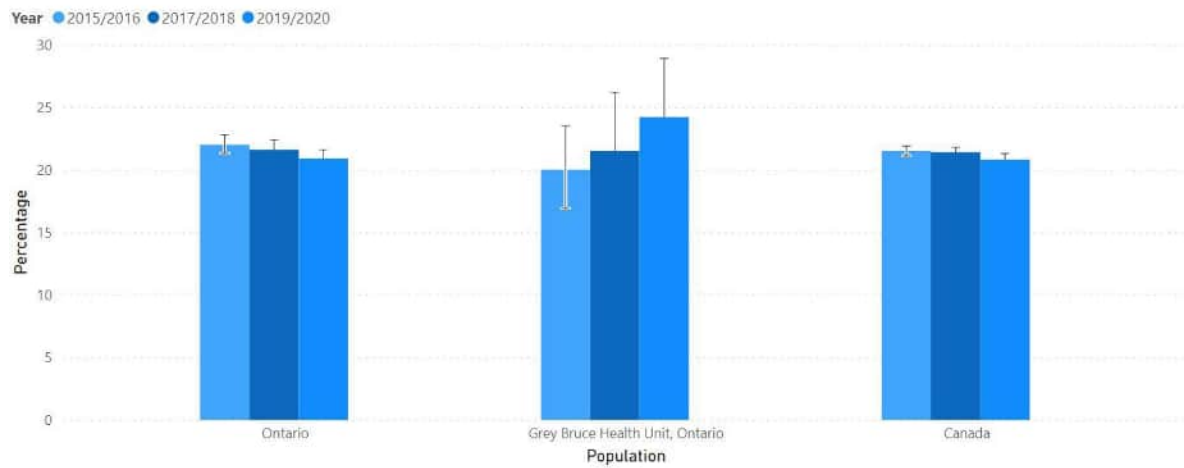
Males and females are no more or less likely to rate their perceived life stress as quite



a bit or extreme (Figure 11). Adults ages 18 to 49 are more likely than older adults to rate their perceived life stress as quite a bit or extreme. (Figure 12).

#### Perceived life stress, most days quite a bit or extremely stressful

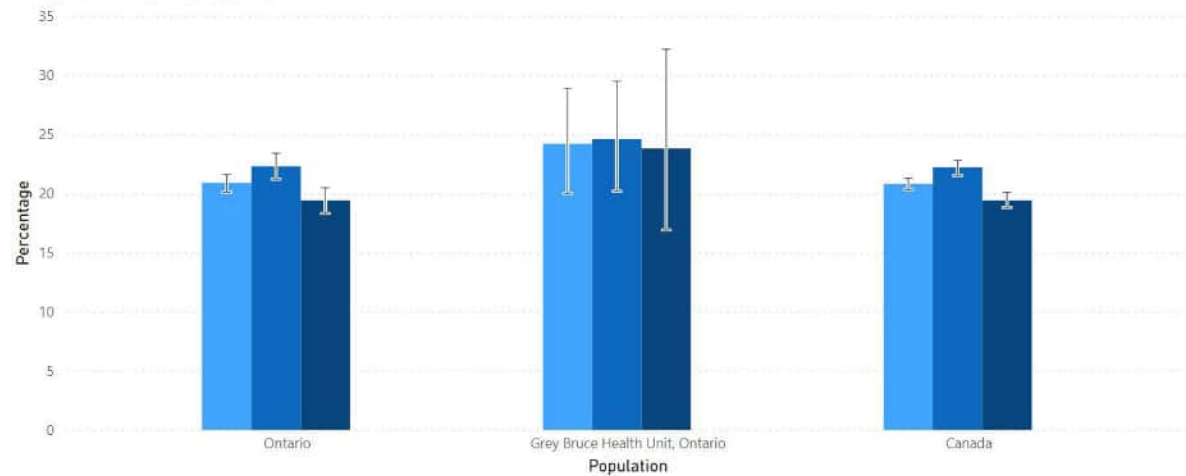
Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2015/2016	Canada	Both sexes	Total, 12 years and over		21.5	21.1	21.9
2015/2016	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		20.0	16.9	23.5
2015/2016	Ontario	Both sexes	Total, 12 years and over		22.0	21.3	22.8
2017/2018	Canada	Both sexes	Total, 12 years and over		21.4	21.0	21.8
2017/2018	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		21.5	17.4	26.2
2017/2018	Ontario	Both sexes	Total, 12 years and over		21.6	20.8	22.4
2019/2020	Canada	Both sexes	Total, 12 years and over		20.8	20.3	21.3
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		24.2	20.0	28.9
2019/2020	Ontario	Both sexes	Total, 12 years and over		20.9	20.1	21.6



## Perceived life stress, most days quite a bit or extremely stressful

Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2019/2020	Canada	Males	Total, 12 years and over		19.4	18.8	20.1
2019/2020	Canada	Both sexes	Total, 12 years and over		20.8	20.3	21.3
2019/2020	Canada	Females	Total, 12 years and over		22.2	21.5	22.8
2019/2020	Grey Bruce Health Unit, Ontario	Males	Total, 12 years and over	E	23.8	16.9	32.2
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		24.2	20.0	28.9
2019/2020	Grey Bruce Health Unit, Ontario	Females	Total, 12 years and over		24.6	20.2	29.5
2019/2020	Ontario	Males	Total, 12 years and over		19.4	18.3	20.5
2019/2020	Ontario	Both sexes	Total, 12 years and over		20.9	20.1	21.6
2019/2020	Ontario	Females	Total, 12 years and over		22.3	21.2	23.4

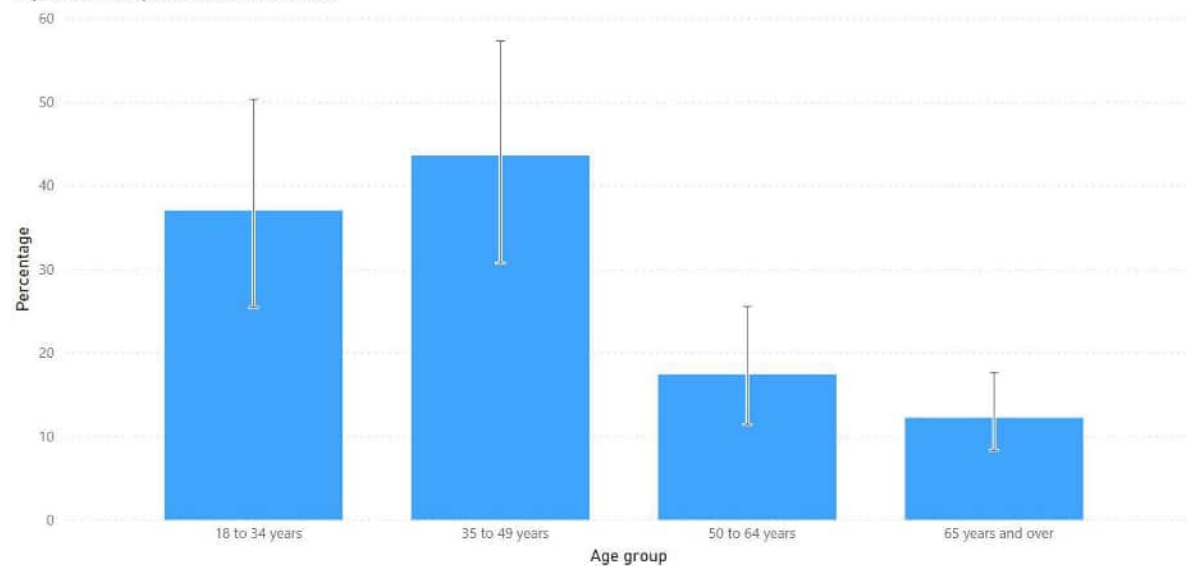
Sex ● Both sexes ● Females ● Males



## Perceived life stress, most days quite a bit or extremely stressful

Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	12 to 17 years	F			
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	18 to 34 years	E	37.0	25.4	50.3
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	35 to 49 years	E	43.6	30.7	57.3
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	50 to 64 years	E	17.4	11.4	25.5
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	65 years and over	E	12.2	8.3	17.6

Population ● Grey Bruce Health Unit, Ontario



## Perceived Mental Health (very good / excellent)

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

**Question: "In general, would you say your mental health is: Excellent, Very good, Good, Fair, or poor?" (Statistics Canada, 2020)**

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

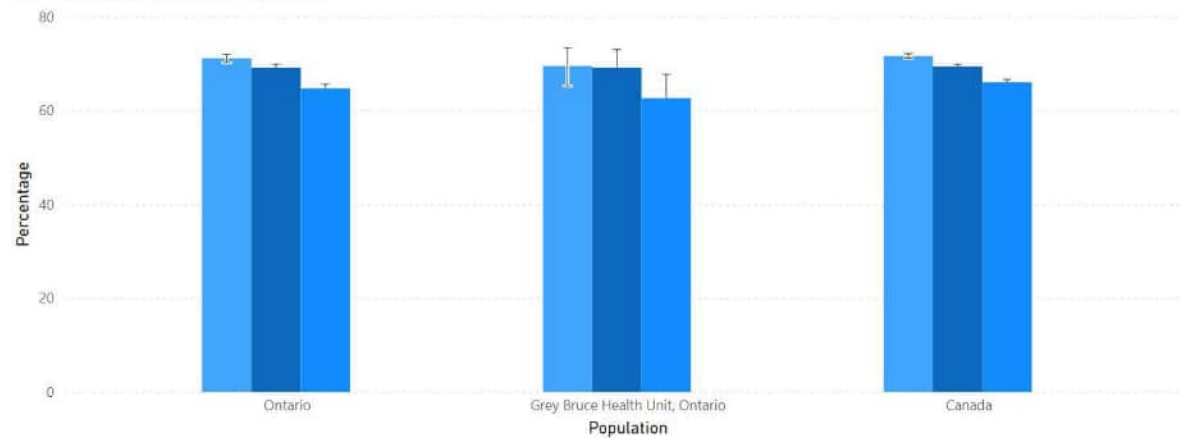
Grey Bruce residents are **no more or less likely** to rate their perceived mental health as very good or excellent when compared to Ontarians and Canadians. Approximately 62.6% of Grey Bruce respondents ages 12 and up rated their perceived mental health as very good or excellent in 2019/2020.

Since 2015, there has been no significant changes in how many Grey Bruce respondents report their perceived mental health as very good or excellent (Figure 13). Males and females are no more or less likely to rate their perceived mental health as very good or excellent (Figure 14). Adults ages 18-34 are less likely to rate their perceived mental health as very good or excellent when compared to ages 12-17 and ages 50 and over. Adults ages 18-34 are no more or less likely to rate their perceived mental health as very good or excellent. However, when compared to ages 35-49, adults ages 18-34 are no more or less likely to rate their perceived mental health as very good or excellent (Figure 15).

## Perceived mental health, very good or excellent

Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2015/2016	Canada	Both sexes	Total, 12 years and over		71.6	71.1	72.1
2015/2016	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		69.5	65.2	73.4
2015/2016	Ontario	Both sexes	Total, 12 years and over		71.1	70.2	72.0
2017/2018	Canada	Both sexes	Total, 12 years and over		69.4	68.9	69.9
2017/2018	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		69.1	64.9	73.0
2017/2018	Ontario	Both sexes	Total, 12 years and over		69.1	68.2	69.9
2019/2020	Canada	Both sexes	Total, 12 years and over		66.0	65.5	66.6
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		62.6	57.1	67.7
2019/2020	Ontario	Both sexes	Total, 12 years and over		64.7	63.7	65.6

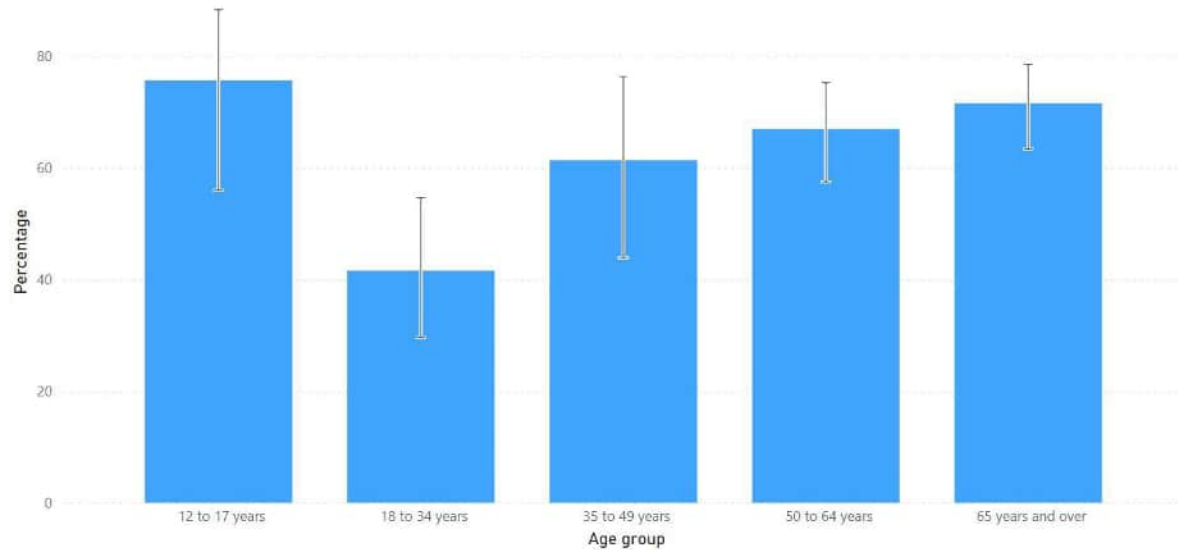
Year ● 2015/2016 ● 2017/2018 ● 2019/2020



## Perceived mental health, very good or excellent

Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	12 to 17 years		75.7	56.0	88.4
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	18 to 34 years	E	41.6	29.6	54.7
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	35 to 49 years		61.4	43.9	76.4
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	50 to 64 years		67.0	57.5	75.3
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	65 years and over		71.6	63.4	78.6

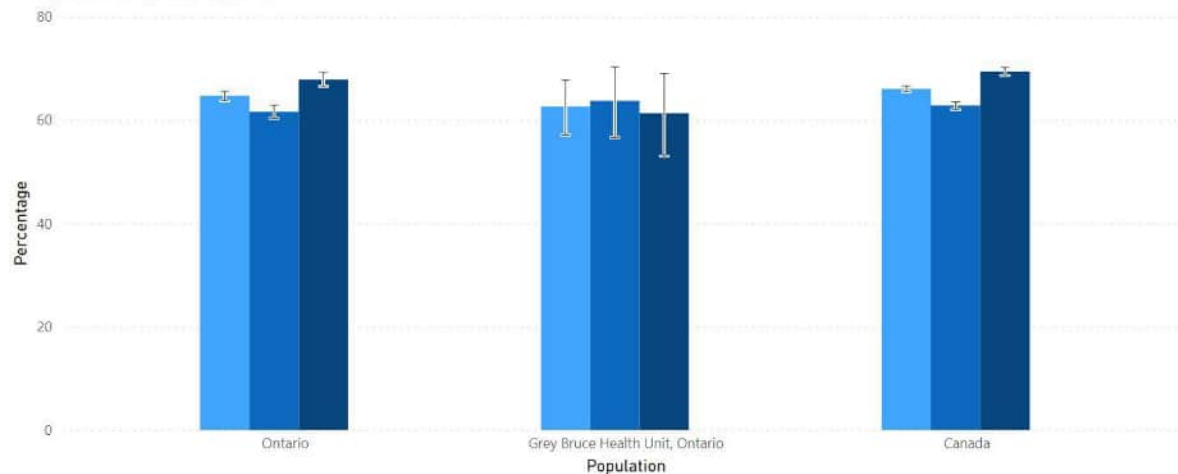
Population ● Grey Bruce Health Unit, Ontario



## Perceived mental health, very good or excellent

Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2019/2020	Canada	Females	Total, 12 years and over		62.8	62.0	63.5
2019/2020	Canada	Both sexes	Total, 12 years and over		66.0	65.5	66.6
2019/2020	Canada	Males	Total, 12 years and over		69.4	68.6	70.2
2019/2020	Grey Bruce Health Unit, Ontario	Males	Total, 12 years and over		61.3	53.0	69.0
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		62.6	57.1	67.7
2019/2020	Grey Bruce Health Unit, Ontario	Females	Total, 12 years and over		63.7	56.6	70.3
2019/2020	Ontario	Females	Total, 12 years and over		61.6	60.3	62.9
2019/2020	Ontario	Both sexes	Total, 12 years and over		64.7	63.7	65.6
2019/2020	Ontario	Males	Total, 12 years and over		67.8	66.5	69.2

Sex ● Both sexes ● Females ● Males



## **Sense of Community Belonging (somewhat strong / very strong)**

Background: Research shows a high correlation of sense of community-belonging with physical and mental health

**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, 2020)**

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

Grey Bruce residents are **no more or less likely** to rate their sense of belonging to their local community as strong or very strong when compared to Ontarians and Canadians.

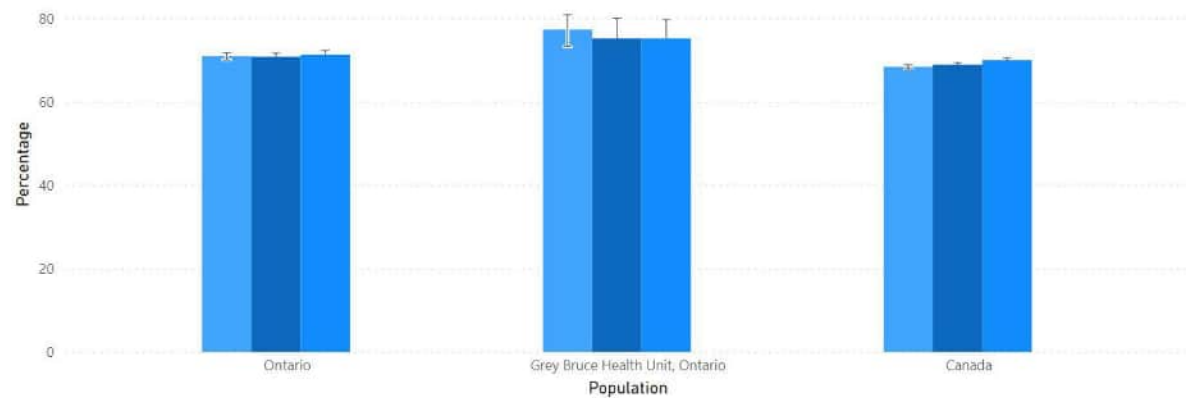
Approximately 75.2% of Grey Bruce respondents ages 12 and up rated their sense of belonging to their local community as strong or very strong in 2019/2020.

Since 2015, there has been no significant changes in how many Grey Bruce respondents rate their sense of belonging to their local community as strong or very strong (Figure 16). Males and females are no more or less likely to rate their sense of belonging to their local community as strong or very strong (Figure 17). Ages 12-17 are more likely to rate their sense of belonging to their local community as strong or very strong when compared to ages 50-64, but no more or less likely when compared to other age groups.(Figure 18)

## Sense of belonging to local community, somewhat strong or very strong

Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2015/2016	Canada	Both sexes	Total, 12 years and over		68.4	67.9	68.9
2015/2016	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		77.3	73.2	80.9
2015/2016	Ontario	Both sexes	Total, 12 years and over		70.9	70.0	71.8
2017/2018	Canada	Both sexes	Total, 12 years and over		68.9	68.4	69.4
2017/2018	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		75.2	69.6	80.0
2017/2018	Ontario	Both sexes	Total, 12 years and over		70.8	69.9	71.7
2019/2020	Canada	Both sexes	Total, 12 years and over		70.0	69.4	70.5
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		75.2	70.2	79.7
2019/2020	Ontario	Both sexes	Total, 12 years and over		71.3	70.4	72.3

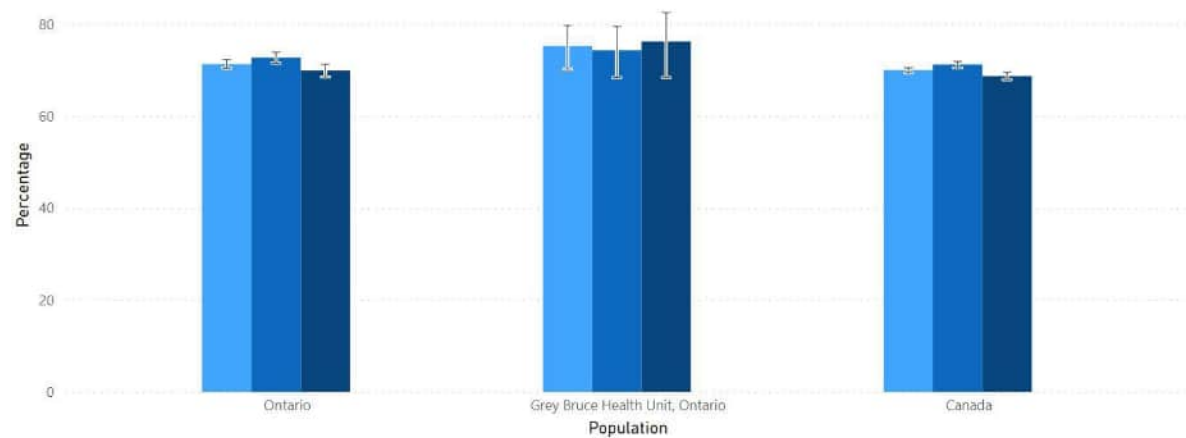
Year ● 2015/2016 ● 2017/2018 ● 2019/2020



### Sense of belonging to local community, somewhat strong or very strong

Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2019/2020	Canada	Males	Total, 12 years and over		68.7	67.9	69.5
2019/2020	Canada	Both sexes	Total, 12 years and over		70.0	69.4	70.5
2019/2020	Canada	Females	Total, 12 years and over		71.2	70.5	71.9
2019/2020	Grey Bruce Health Unit, Ontario	Females	Total, 12 years and over		74.3	68.4	79.5
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		75.2	70.2	79.7
2019/2020	Grey Bruce Health Unit, Ontario	Males	Total, 12 years and over		76.2	68.4	82.5
2019/2020	Ontario	Males	Total, 12 years and over		69.9	68.5	71.3
2019/2020	Ontario	Both sexes	Total, 12 years and over		71.3	70.4	72.3
2019/2020	Ontario	Females	Total, 12 years and over		72.7	71.5	73.9

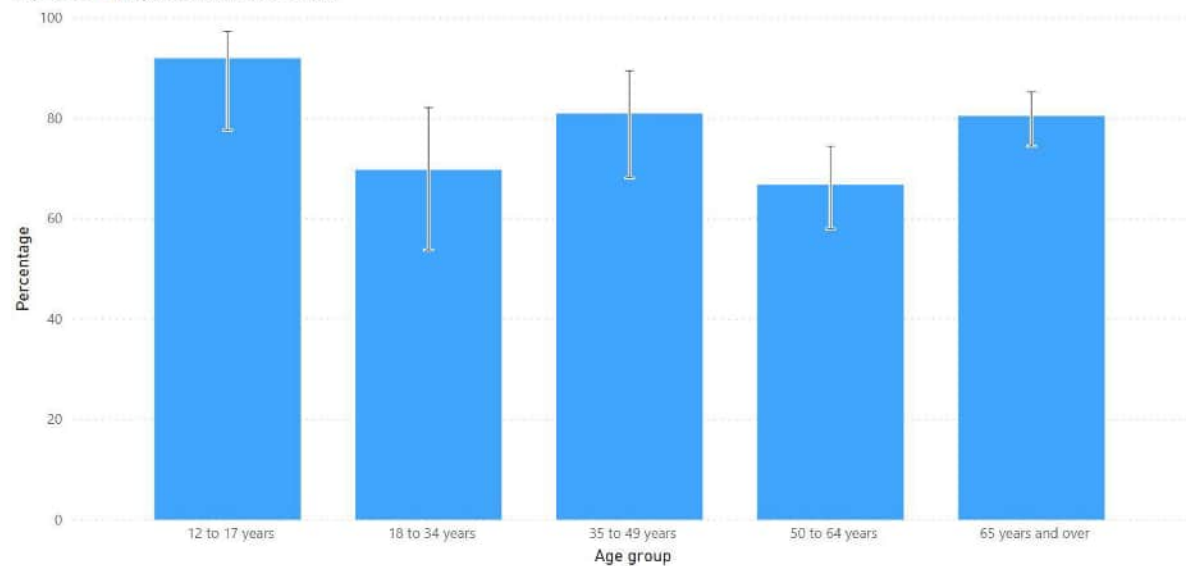
Sex ● Both sexes ● Females ● Males



### Sense of belonging to local community, somewhat strong or very strong

Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	12 to 17 years		91.9	77.6	97.3
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	18 to 34 years		69.7	53.7	82.1
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	35 to 49 years		80.9	68.1	89.4
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	50 to 64 years		66.7	57.9	74.4
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	65 years and over		80.4	74.4	85.2

Population ● Grey Bruce Health Unit, Ontario





## Section 2: Chronic Conditions

### Arthritis

Question: ““Do you have arthritis, for example osteoarthritis, rheumatoid arthritis, gout or any other type, excluding fibromyalgia? Yes, No.” (Statistics Canada, 2020)

Background: Arthritis is the swelling and tenderness of one or more joints. The main symptoms of arthritis are joint pain and stiffness, which typically worsen with age

**Question: Population aged 15 and over who reported that they have been diagnosed by a health professional as having arthritis. Arthritis includes osteoarthritis and rheumatoid arthritis but excludes fibromyalgia.**

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

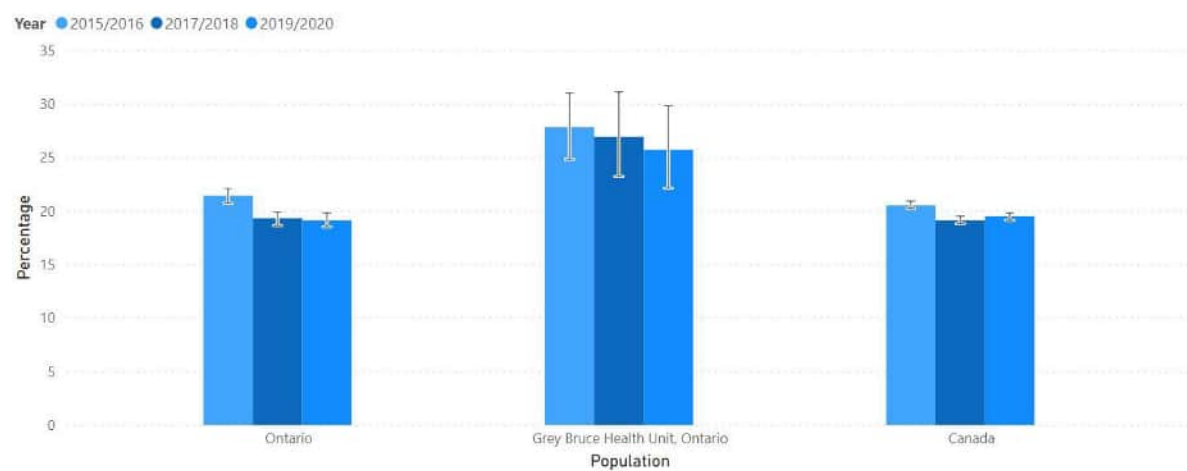
In 2019/2020 Grey Bruce residents overall were **more likely** to report having arthritis than Ontarians or Canadians. 25.7% of Grey Bruce residents aged 15 and up reported that they had been diagnosed with arthritis.

Since 2015/2016, there has been no significant changes in the rates at which Grey Bruce respondents reported having arthritis. Rates increased in respondents by age, with 65+ most likely to report being diagnosed with arthritis (51.1%), and respondents ages 35-49 were least likely in comparison (11.0%). Age groups below 35 are

suppressed due to low counts.

#### Arthritis (15 years and over)

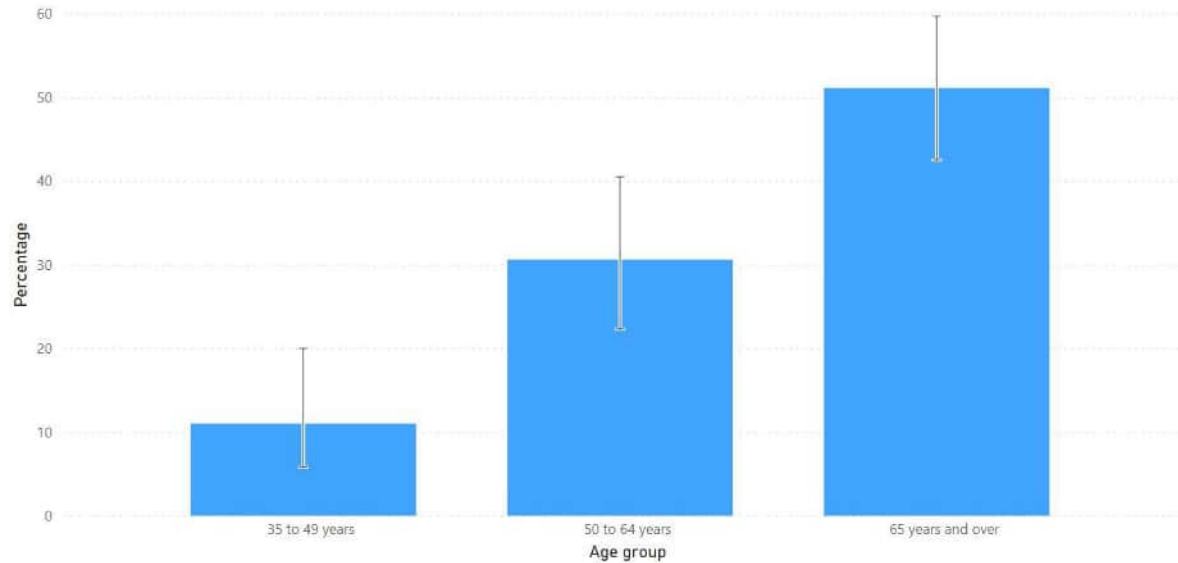
Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2015/2016	Canada	Both sexes	Total, 12 years and over		20.5	20.2	20.9
2015/2016	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		27.8	24.8	31.0
2015/2016	Ontario	Both sexes	Total, 12 years and over		21.4	20.7	22.1
2017/2018	Canada	Both sexes	Total, 12 years and over		19.1	18.8	19.5
2017/2018	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		26.9	23.2	31.1
2017/2018	Ontario	Both sexes	Total, 12 years and over		19.3	18.6	19.9
2019/2020	Canada	Both sexes	Total, 12 years and over		19.5	19.1	19.8
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		25.7	22.1	29.8
2019/2020	Ontario	Both sexes	Total, 12 years and over		19.1	18.5	19.8



## Arthritis (15 years and over)

Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	12 to 17 years	F			
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	18 to 34 years	F			
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	35 to 49 years	E	11.0	5.8	20.0
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	50 to 64 years	E	30.6	22.3	40.5
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	65 years and over		51.1	42.5	59.7

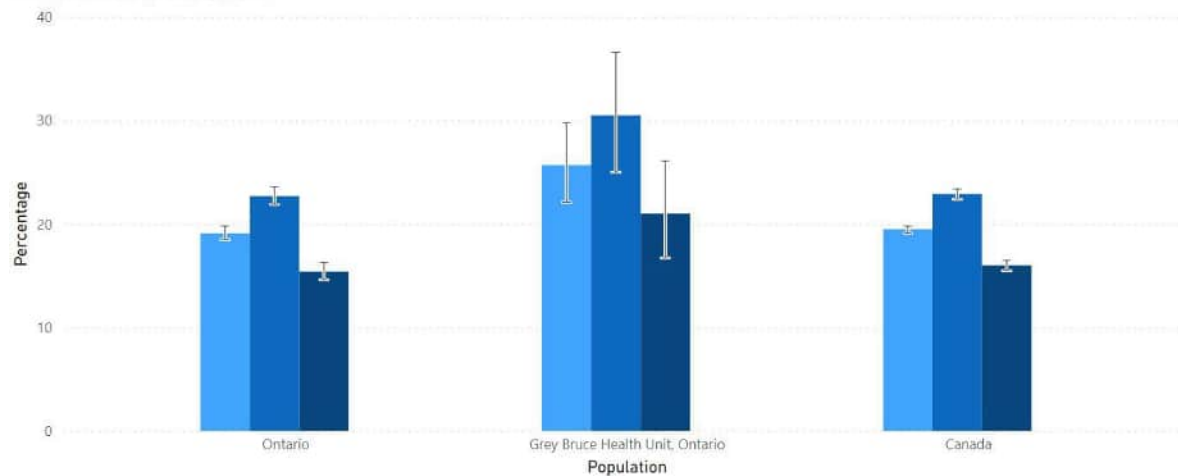
Population ● Grey Bruce Health Unit, Ontario



## Arthritis (15 years and over)

Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2019/2020	Canada	Males	Total, 12 years and over		16.0	15.5	16.5
2019/2020	Canada	Both sexes	Total, 12 years and over		19.5	19.1	19.8
2019/2020	Canada	Females	Total, 12 years and over		22.9	22.4	23.4
2019/2020	Grey Bruce Health Unit, Ontario	Males	Total, 12 years and over		21.0	16.7	26.1
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		25.7	22.1	29.8
2019/2020	Grey Bruce Health Unit, Ontario	Females	Total, 12 years and over		30.5	25.0	36.6
2019/2020	Ontario	Males	Total, 12 years and over		15.4	14.6	16.3
2019/2020	Ontario	Both sexes	Total, 12 years and over		19.1	18.5	19.8
2019/2020	Ontario	Females	Total, 12 years and over		22.7	21.9	23.6

Sex ● Both sexes ● Females ● Males



## Asthma

Question: “Do you have asthma? Yes, No.” (Statistics Canada, 2020)

Background: Asthma is a chronic health disorder affecting a substantial proportion of children and adults worldwide. It is characterized by coughing, shortness of breath, chest tightness and wheezing.

**Question: Population aged 12 and over who reported that they have been diagnosed by a health professional as having asthma.**

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

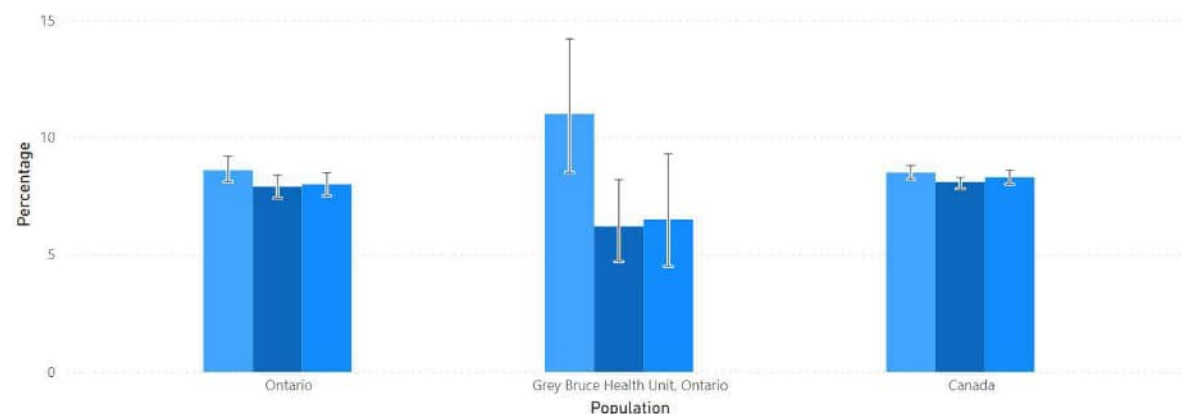
In 2019/2020 Grey Bruce residents overall were **no more or less likely** to report having asthma than Ontarians or Canadians. 6.5% of Grey Bruce residents aged 12 and up reported that they had been diagnosed with asthma.

Since 2015/2016, there has been no significant changes in the rates at which Grey Bruce respondents reported having asthma. Rates did not change significantly in respondents by age, with 65+ most likely to report being diagnosed with asthma (5.4%), and respondents ages 50-64 were less likely in comparison (4.5%). Age groups below 50 are suppressed due to low counts.

### Asthma

Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2015/2016	Canada	Both sexes	Total, 12 years and over		8.5	8.2	8.8
2015/2016	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		11.0	8.5	14.2
2015/2016	Ontario	Both sexes	Total, 12 years and over		8.6	8.1	9.2
2017/2018	Canada	Both sexes	Total, 12 years and over		8.1	7.8	8.3
2017/2018	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		6.2	4.7	8.2
2017/2018	Ontario	Both sexes	Total, 12 years and over		7.9	7.4	8.4
2019/2020	Canada	Both sexes	Total, 12 years and over		8.3	8.0	8.6
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over	E	6.5	4.5	9.3
2019/2020	Ontario	Both sexes	Total, 12 years and over		8.0	7.5	8.5

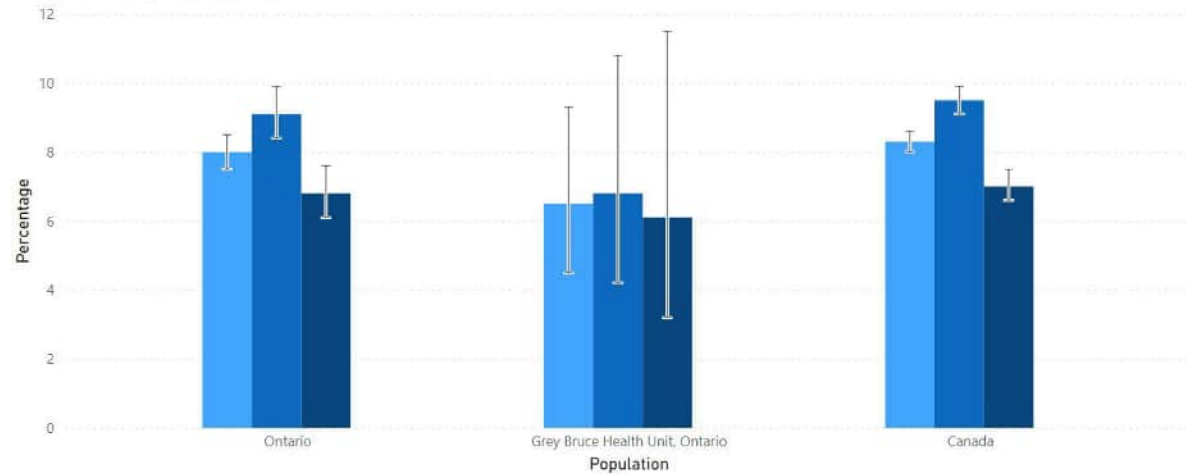
Year ● 2015/2016 ● 2017/2018 ● 2019/2020



## Asthma

Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2019/2020	Canada	Males	Total, 12 years and over		7.0	6.6	7.5
2019/2020	Canada	Both sexes	Total, 12 years and over		8.3	8.0	8.6
2019/2020	Canada	Females	Total, 12 years and over		9.5	9.1	9.9
2019/2020	Grey Bruce Health Unit, Ontario	Males	Total, 12 years and over	E	6.1	3.2	11.5
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over	E	6.5	4.5	9.3
2019/2020	Grey Bruce Health Unit, Ontario	Females	Total, 12 years and over	E	6.8	4.2	10.8
2019/2020	Ontario	Males	Total, 12 years and over		6.8	6.1	7.6
2019/2020	Ontario	Both sexes	Total, 12 years and over		8.0	7.5	8.5
2019/2020	Ontario	Females	Total, 12 years and over		9.1	8.4	9.9

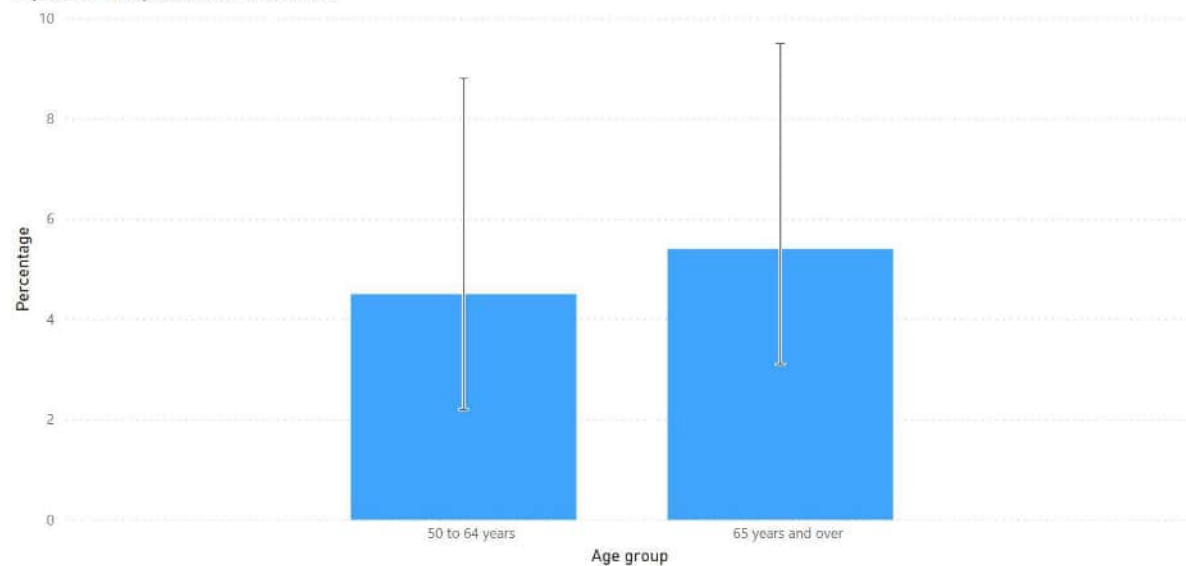
Sex ● Both sexes ● Females ● Males



## Asthma

Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	12 to 17 years	F			
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	18 to 34 years	F			
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	35 to 49 years	F			
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	50 to 64 years	E	4.5	2.2	8.8
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	65 years and over	E	5.4	3.1	9.5

Population ● Grey Bruce Health Unit, Ontario



## COPD

Question: “Do you have chronic bronchitis, emphysema or chronic obstructive pulmonary disease or COPD? Yes, No.” (Statistics Canada, 2020)

Background: Chronic obstructive pulmonary disease (COPD) is a chronic disease characterized by shortness of breath, cough, and sputum production.

**Question: Population aged 35 and over who reported being diagnosed by a health professional with chronic bronchitis, emphysema, or chronic obstructive pulmonary disease (COPD).**

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

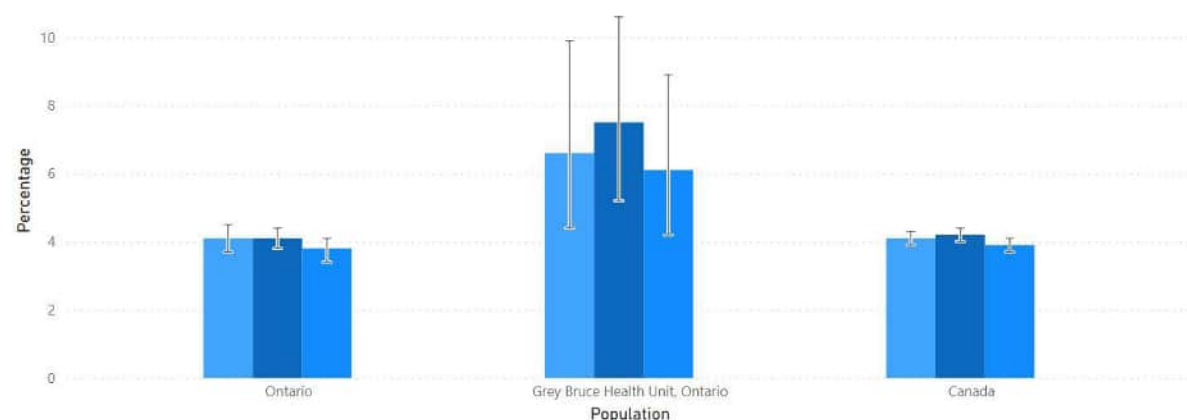
In 2019/2020 Grey Bruce residents overall were **more likely** to report having COPD than Ontarians or Canadians. 6.1% of Grey Bruce residents aged 35 and up reported that they had been diagnosed with arthritis.

Since 2015/2016, there has been no significant changes in the rates at which Grey Bruce respondents reported having arthritis. Age groups other than 65+ are suppressed due to low counts.

### Chronic obstructive pulmonary disease (COPD; 35 years and over)

Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2015/2016	Canada	Both sexes	Total, 12 years and over		4.1	3.9	4.3
2015/2016	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over	E	6.6	4.4	9.9
2015/2016	Ontario	Both sexes	Total, 12 years and over		4.1	3.7	4.5
2017/2018	Canada	Both sexes	Total, 12 years and over		4.2	4.0	4.4
2017/2018	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over	E	7.5	5.2	10.6
2017/2018	Ontario	Both sexes	Total, 12 years and over		4.1	3.8	4.4
2019/2020	Canada	Both sexes	Total, 12 years and over		3.9	3.7	4.1
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over	E	6.1	4.2	8.9
2019/2020	Ontario	Both sexes	Total, 12 years and over		3.8	3.4	4.1

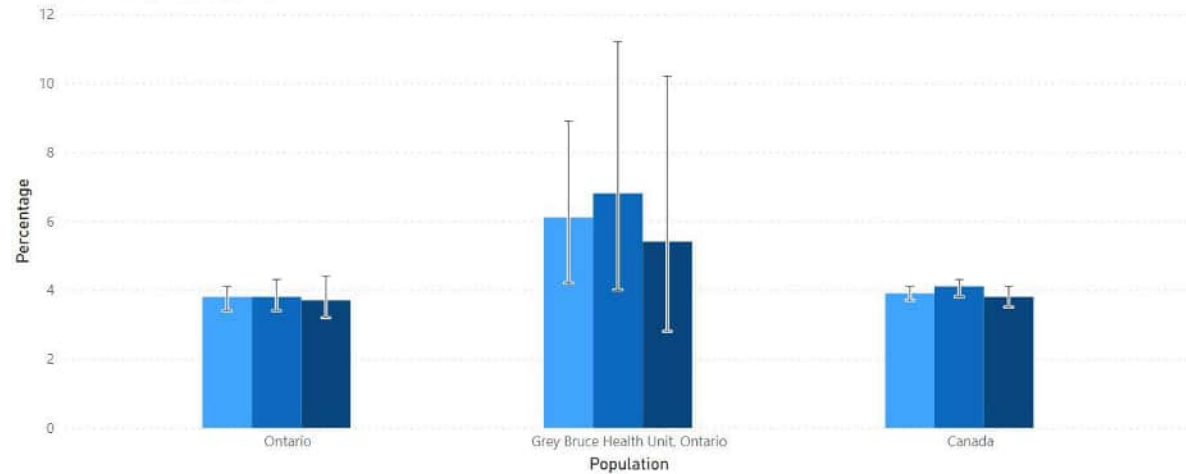
Year ● 2015/2016 ● 2017/2018 ● 2019/2020



### Chronic obstructive pulmonary disease (COPD; 35 years and over)

Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2019/2020	Canada	Males	Total, 12 years and over		3.8	3.5	4.1
2019/2020	Canada	Both sexes	Total, 12 years and over		3.9	3.7	4.1
2019/2020	Canada	Females	Total, 12 years and over		4.1	3.8	4.3
2019/2020	Grey Bruce Health Unit, Ontario	Males	Total, 12 years and over	E	5.4	2.8	10.2
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over	E	6.1	4.2	8.9
2019/2020	Grey Bruce Health Unit, Ontario	Females	Total, 12 years and over	E	6.8	4.0	11.2
2019/2020	Ontario	Males	Total, 12 years and over		3.7	3.2	4.4
2019/2020	Ontario	Both sexes	Total, 12 years and over		3.8	3.4	4.1
2019/2020	Ontario	Females	Total, 12 years and over		3.8	3.4	4.3

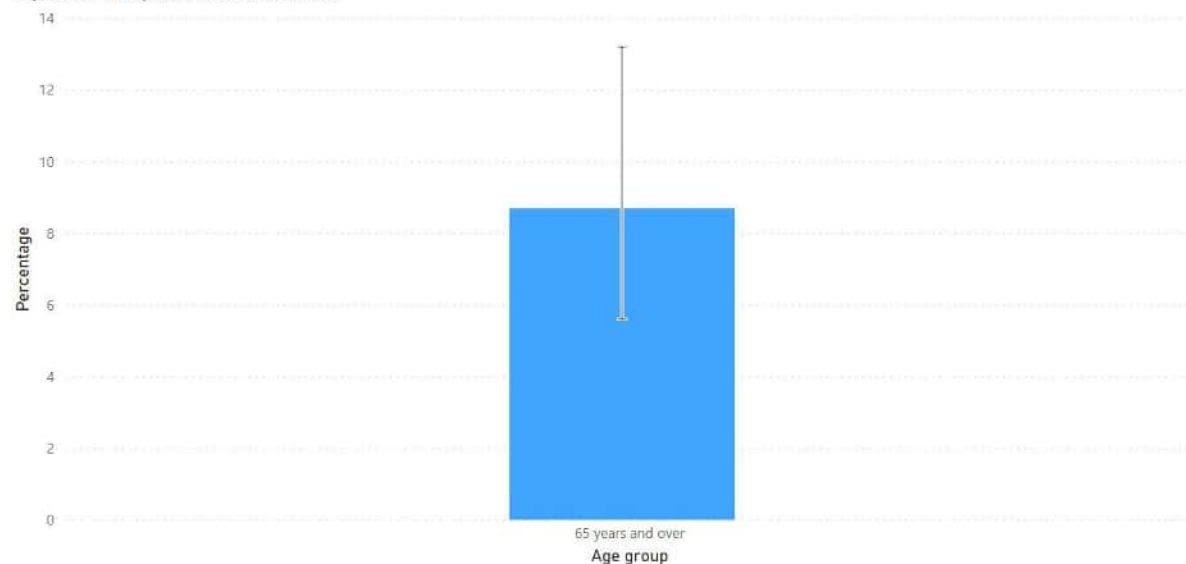
Sex ● Both sexes ● Females ● Males



### Chronic obstructive pulmonary disease (COPD; 35 years and over)

Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	12 to 17 years	..			
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	18 to 34 years	..			
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	35 to 49 years	F			
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	50 to 64 years	F			
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	65 years and over	E	8.7	5.6	13.2

Population ● Grey Bruce Health Unit, Ontario





## Diabetes

Question: “Do you have diabetes? Yes, No.” (Statistics Canada, 2020)

Background: Diabetes is a chronic condition that stems from the body's inability to sufficiently produce and/or properly use insulin which the body needs to use sugar as an energy source.

**Question: Population aged 12 and over who reported that they have been diagnosed by a health professional as having Type 1 or Type 2 diabetes, including females 15 and over who reported that they have been diagnosed with gestational diabetes.**

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

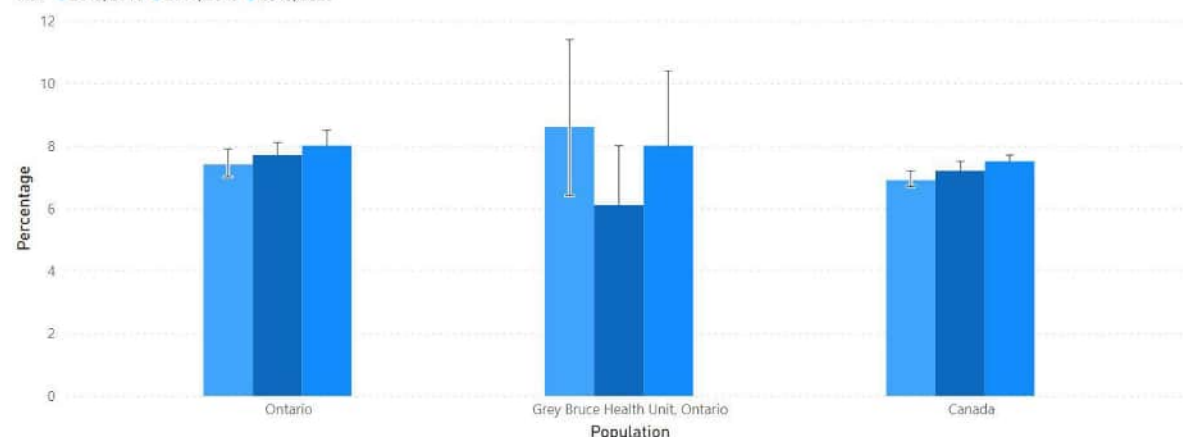
In 2019/2020 Grey Bruce residents overall were **no more or less likely** to report having diabetes than Ontarians or Canadians. 8.0% of Grey Bruce residents aged 12 and up reported that they had been diagnosed with diabetes.

Since 2015/2016, there has been no significant changes in the rates at which Grey Bruce respondents reported having diabetes. There were no significant changes in the rates by age, with 65+ most likely to report being diagnosed with diabetes (14.8%), and respondents ages 50-64 were least likely in comparison (13.1%). Age groups below 50 are suppressed due to low counts.

### Diabetes

Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2015/2016	Canada	Both sexes	Total, 12 years and over		6.9	6.7	7.2
2015/2016	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		8.6	6.4	11.4
2015/2016	Ontario	Both sexes	Total, 12 years and over		7.4	7.0	7.9
2017/2018	Canada	Both sexes	Total, 12 years and over		7.2	7.0	7.5
2017/2018	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		6.1	4.6	8.0
2017/2018	Ontario	Both sexes	Total, 12 years and over		7.7	7.2	8.1
2019/2020	Canada	Both sexes	Total, 12 years and over		7.5	7.2	7.7
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		8.0	6.1	10.4
2019/2020	Ontario	Both sexes	Total, 12 years and over		8.0	7.6	8.5

Year ● 2015/2016 ● 2017/2018 ● 2019/2020

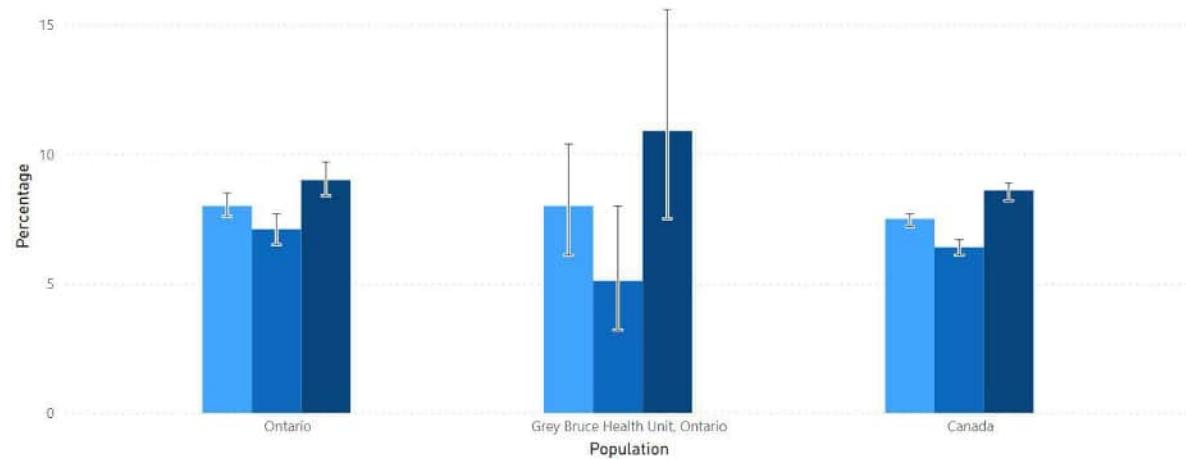




## Diabetes

Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2019/2020	Canada	Females	Total, 12 years and over		6.4	6.1	6.7
2019/2020	Canada	Both sexes	Total, 12 years and over		7.5	7.2	7.7
2019/2020	Canada	Males	Total, 12 years and over		8.6	8.2	8.9
2019/2020	Grey Bruce Health Unit, Ontario	Females	Total, 12 years and over	E	5.1	3.2	8.0
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		8.0	6.1	10.4
2019/2020	Grey Bruce Health Unit, Ontario	Males	Total, 12 years and over	E	10.9	7.5	15.6
2019/2020	Ontario	Females	Total, 12 years and over		7.1	6.5	7.7
2019/2020	Ontario	Both sexes	Total, 12 years and over		8.0	7.6	8.5
2019/2020	Ontario	Males	Total, 12 years and over		9.0	8.4	9.7

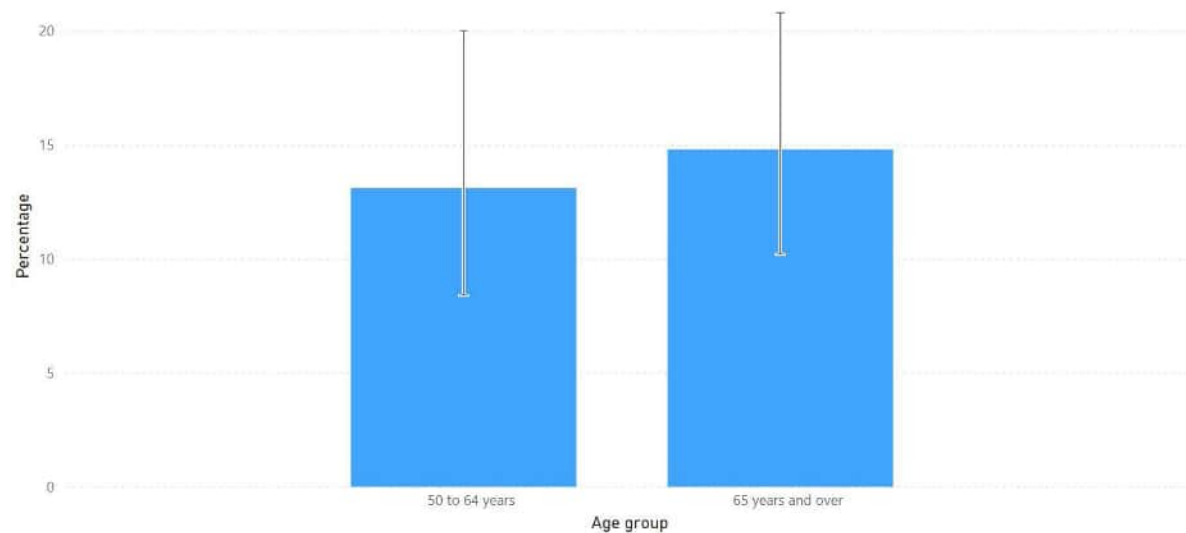
Sex ● Both sexes ● Females ● Males



## Diabetes

Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	12 to 17 years	F			
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	18 to 34 years	F			
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	35 to 49 years	F			
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	50 to 64 years	E	13.1	8.4	20.0
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	65 years and over	E	14.8	10.2	20.8

Population ● Grey Bruce Health Unit, Ontario



## Hypertension

Question: “Do you have high blood pressure? Yes, No.” (Statistics Canada, 2020)

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

**Question: Population aged 12 and over who reported that they have been diagnosed by a health professional as having high blood pressure.**

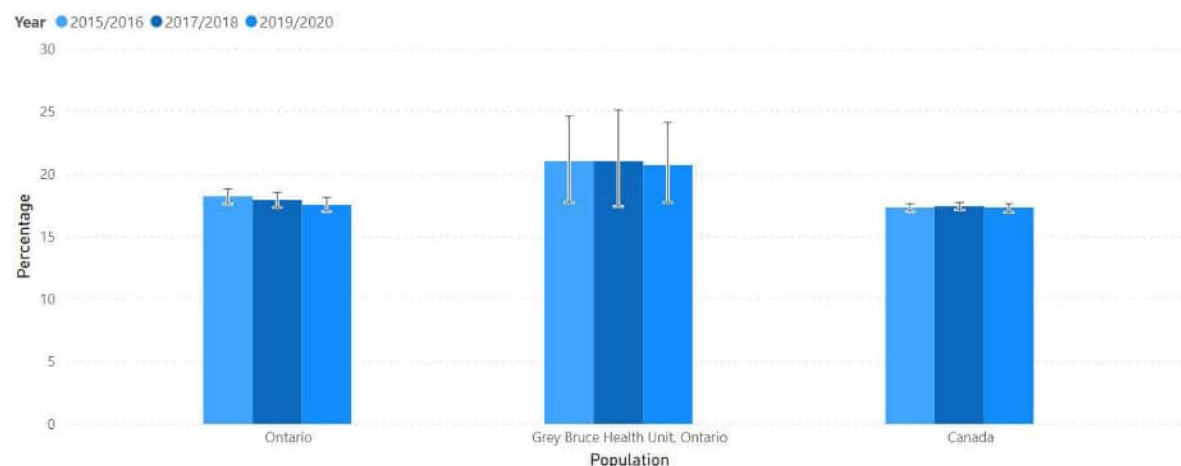
Important Note: Caution should be used when comparing estimates based on the 2015+ CCHS to previous years’ releases because of the recent survey redesign.

In 2019/2020 Grey Bruce residents overall were **no more or less likely** to report having high blood pressure than Ontarians or Canadians. 20.7% of Grey Bruce residents aged 12 and up reported that they have high blood pressure.

Since 2015/2016, there has been no significant changes in the rates at which Grey Bruce respondents reported having high blood pressure. Older respondents were statistically more likely to report having high blood pressure, with 65+ most likely to report high blood pressure (43.6%), and respondents ages 35-49 were least likely (6.9%). Age groups below 35 are suppressed due to low counts.

### High blood pressure

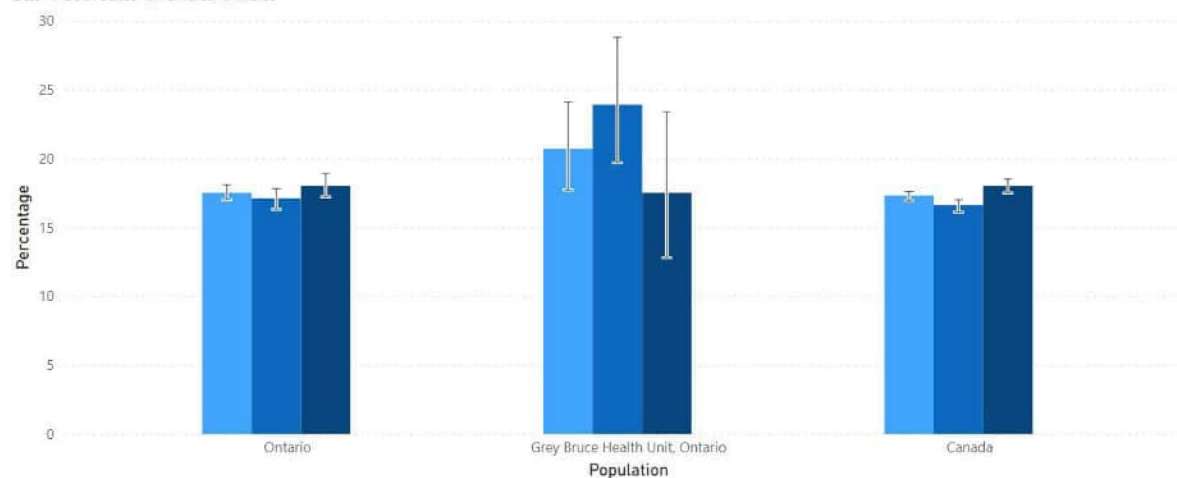
Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2015/2016	Canada	Both sexes	Total, 12 years and over		17.3	17.0	17.6
2015/2016	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		21.0	17.7	24.6
2015/2016	Ontario	Both sexes	Total, 12 years and over		18.2	17.6	18.8
2017/2018	Canada	Both sexes	Total, 12 years and over		17.4	17.1	17.7
2017/2018	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		21.0	17.4	25.1
2017/2018	Ontario	Both sexes	Total, 12 years and over		17.9	17.3	18.5
2019/2020	Canada	Both sexes	Total, 12 years and over		17.3	16.9	17.6
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		20.7	17.7	24.1
2019/2020	Ontario	Both sexes	Total, 12 years and over		17.5	17.0	18.1



## High blood pressure

Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2019/2020	Canada	Females	Total, 12 years and over		16.6	16.1	17.0
2019/2020	Canada	Both sexes	Total, 12 years and over		17.3	16.9	17.6
2019/2020	Canada	Males	Total, 12 years and over		18.0	17.5	18.5
2019/2020	Grey Bruce Health Unit, Ontario	Males	Total, 12 years and over	E	17.5	12.8	23.4
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		20.7	17.7	24.1
2019/2020	Grey Bruce Health Unit, Ontario	Females	Total, 12 years and over		23.9	19.7	28.8
2019/2020	Ontario	Females	Total, 12 years and over		17.1	16.3	17.8
2019/2020	Ontario	Both sexes	Total, 12 years and over		17.5	17.0	18.1
2019/2020	Ontario	Males	Total, 12 years and over		18.0	17.2	18.9

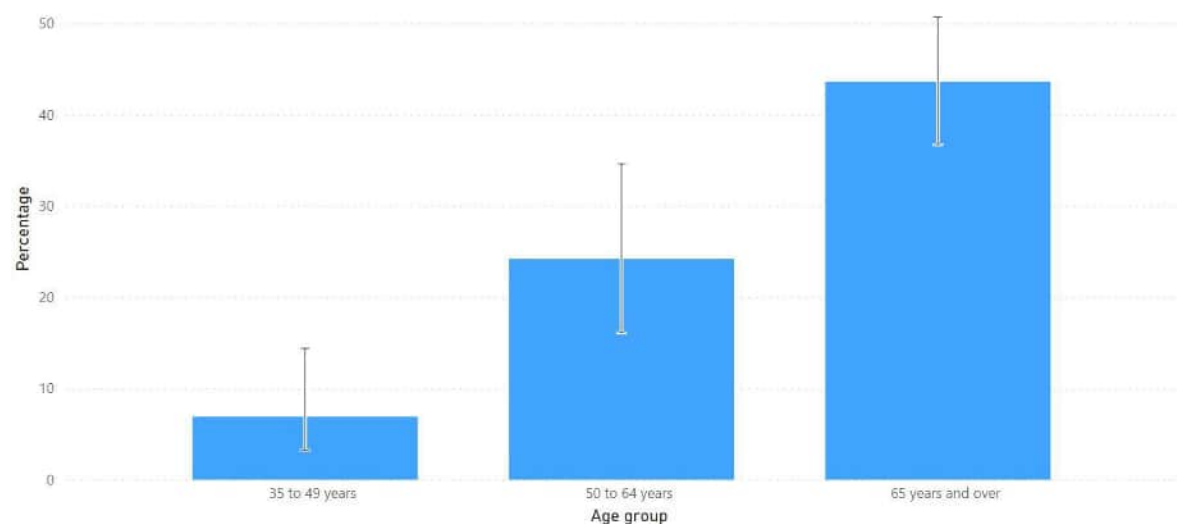
Sex ● Both sexes ● Females ● Males



## High blood pressure

Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	12 to 17 years	F			
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	18 to 34 years	F			
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	35 to 49 years	E	6.9	3.2	14.4
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	50 to 64 years	E	24.2	16.1	34.6
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	65 years and over		43.6	36.7	50.7

Population ● Grey Bruce Health Unit, Ontario



## Body Mass Index

**Background:** Body mass index (BMI) is derived from respondents' height and weight, as reported by them. It's calculated by dividing weight in kg by the square of height in metres ( $\text{BMI} = \text{kg}/\text{m}^2$ ), rounded down to the nearest whole number for the purpose of categorizing by BMI class. Because people have been shown to systematically underestimate their BMI, Statistics Canada has developed BMI correction equations. This report presents overweight & obesity estimates adjusted using these equations. (Statistics Canada, 2019a) At the population level, the BMI classification system can be used to compare body weight patterns and related health risks within and between populations and to establish population trends in body weight patterns. The classification should be used with caution at the individual level because the health risk associated with each BMI category varies considerably between individuals. (Statistics Canada, 2019a)

*BMI categories are as follows:*

<20 --- Underweight      20 to 24 --- Normal      25 to <30 --- Overweight      30+ --- Obese

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

## Obese (Adults)

**Background:** Overweight and obesity are defined as abnormal or excessive fat accumulation that presents a risk to health.

**Question:** Body mass index (BMI) is calculated by dividing the respondent's body weight (in kilograms) by their height (in metres) squared. Body mass index (BMI) is calculated for the population aged 12 and over, excluding pregnant females and persons less than 3 feet (0.914 metres) tall or greater than 6 feet 11 inches (2.108 metres).

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

According to the World Health Organization (WHO) and Health Canada guidelines, the index for body weight classification for the population aged 18 and older is: less than 18.50 (underweight); 18.50 to 24.99 (normal weight); 25.00 to 29.99 (overweight); 30.00 to 34.99 (obese, class I); 35.00 to 39.99 (obese, class II); 40.00 or greater (obese, class III). The population aged 12 to 17 is classified as "severely obese", "obese", or "overweight" according to age and sex specific cut-off points defined by the World Health Organization.

A systematic review of the literature concluded that the use of self-reported data among adults, underestimates weight and overestimates height, resulting in lower estimates of obesity than those obtained from measured data. Using data from the 2005 Canadian Community Health Survey (CCHS) subsample, where both measured and self-reported height and weight were collected, BMI correction equations have been developed. This table presents obesity estimates adjusted using these equations.

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

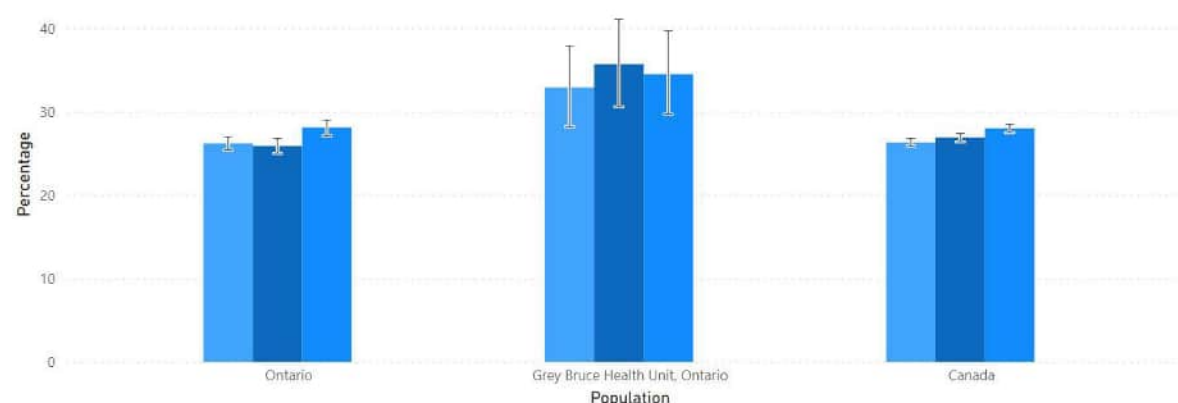
In 2019/2020 Grey Bruce residents overall were **more likely** to have a BMI classified as obese than Ontarians or Canadians. 34.5% of Grey Bruce residents aged 18 and up were calculated to have a BMI that classifies them as obese.

Since 2015/2016, there has been no significant changes in the rates at which Grey Bruce respondents reported having a BMI classified as obese. There were no significant changes in the rates by age, with 50-64 most likely to report being having a BMI classified as obese (43.7%), and respondents ages 18-34 were least likely in comparison (20.6%).

#### Body mass index, adjusted self-reported, adult (18 years and over), obese

Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2015/2016	Canada	Both sexes	Total, 12 years and over		26.3	25.9	26.8
2015/2016	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		32.9	28.2	37.9
2015/2016	Ontario	Both sexes	Total, 12 years and over		26.2	25.4	27.0
2017/2018	Canada	Both sexes	Total, 12 years and over		26.9	26.4	27.4
2017/2018	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		35.7	30.6	41.1
2017/2018	Ontario	Both sexes	Total, 12 years and over		25.9	25.0	26.8
2019/2020	Canada	Both sexes	Total, 12 years and over		28.0	27.5	28.5
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		34.5	29.7	39.7
2019/2020	Ontario	Both sexes	Total, 12 years and over		28.1	27.1	29.0

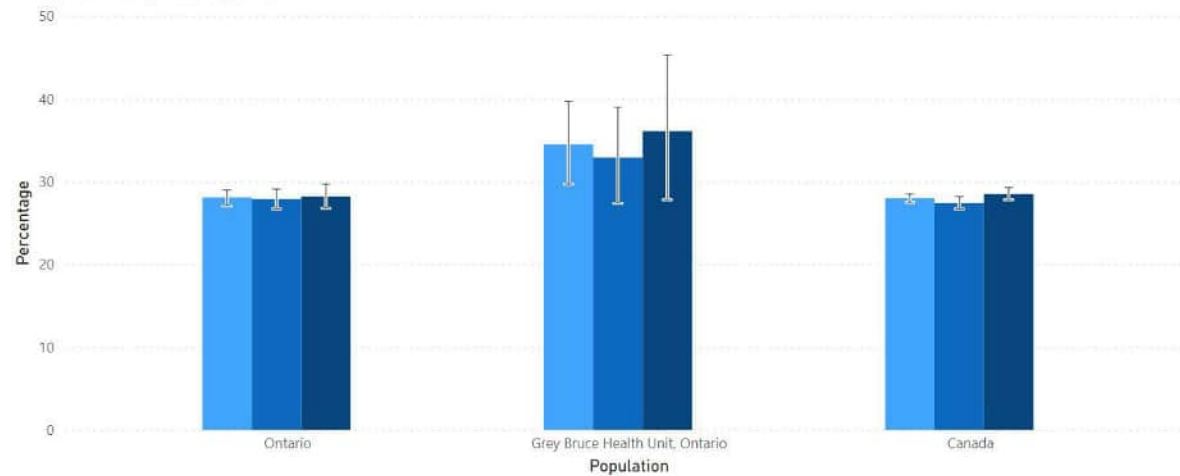
Year ● 2015/2016 ● 2017/2018 ● 2019/2020



### Body mass index, adjusted self-reported, adult (18 years and over), obese

Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2019/2020	Canada	Females	Total, 12 years and over		27.4	26.7	28.2
2019/2020	Canada	Both sexes	Total, 12 years and over		28.0	27.5	28.5
2019/2020	Canada	Males	Total, 12 years and over		28.5	27.8	29.3
2019/2020	Grey Bruce Health Unit, Ontario	Females	Total, 12 years and over		32.9	27.4	39.0
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		34.5	29.7	39.7
2019/2020	Grey Bruce Health Unit, Ontario	Males	Total, 12 years and over		36.1	27.8	45.3
2019/2020	Ontario	Females	Total, 12 years and over		27.9	26.7	29.1
2019/2020	Ontario	Both sexes	Total, 12 years and over		28.1	27.1	29.0
2019/2020	Ontario	Males	Total, 12 years and over		28.2	26.8	29.7

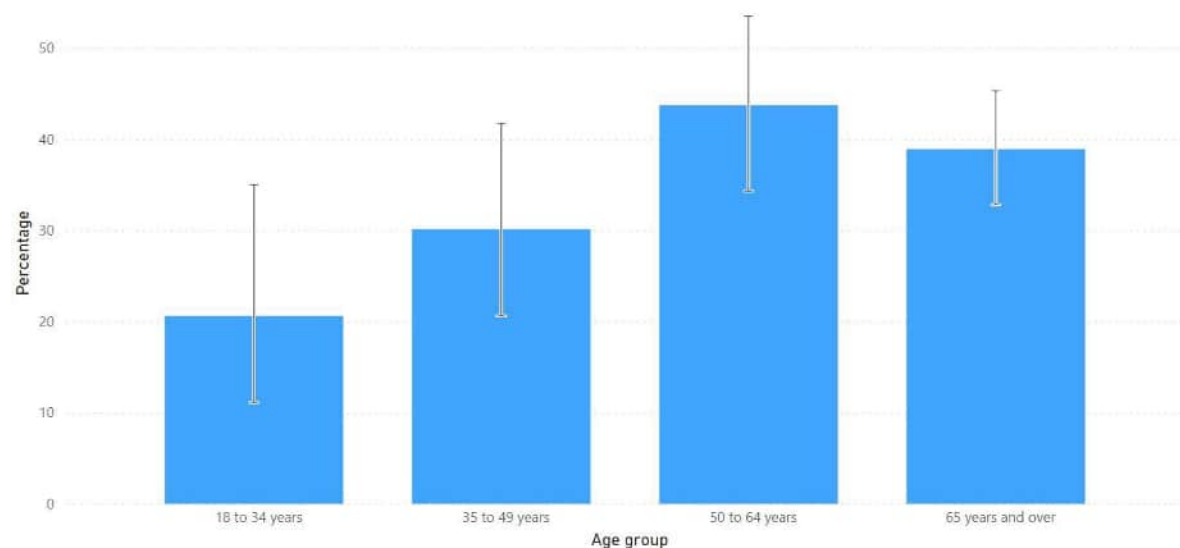
Sex ● Both sexes ● Females ● Males



### Body mass index, adjusted self-reported, adult (18 years and over), obese

Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	18 to 34 years	E	20.6	11.1	35.0
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	35 to 49 years	E	30.1	20.6	41.7
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	50 to 64 years		43.7	34.3	53.5
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	65 years and over		38.9	32.8	45.3

Population ● Grey Bruce Health Unit, Ontario





## Overweight (Adults)

Background: Overweight and obesity are defined as abnormal or excessive fat accumulation that presents a risk to health.

Question: Body mass index (BMI) is calculated by dividing the respondent's body weight (in kilograms) by their height (in metres) squared. Body mass index (BMI) is calculated for the population aged 12 and over, excluding pregnant females and persons less than 3 feet (0.914 metres) tall or greater than 6 feet 11 inches (2.108 metres).

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

According to the World Health Organization (WHO) and Health Canada guidelines, the index for body weight classification for the population aged 18 and older is: less than 18.50 (underweight); 18.50 to 24.99 (normal weight); 25.00 to 29.99 (overweight); 30.00 to 34.99 (obese, class I); 35.00 to 39.99 (obese, class II); 40.00 or greater (obese, class III). The population aged 12 to 17 is classified as "severely obese", "obese", or "overweight" according to age and sex specific cut-off points defined by the World Health Organization.

A systematic review of the literature concluded that the use of self-reported data among adults underestimates weight and overestimates height, resulting in lower estimates of obesity than those obtained from measured data. Using data from the 2005 Canadian Community Health Survey (CCHS) subsample, where both measured and self-reported height and weight were collected, BMI correction equations have been developed. This table presents obesity estimates adjusted using these equations.

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

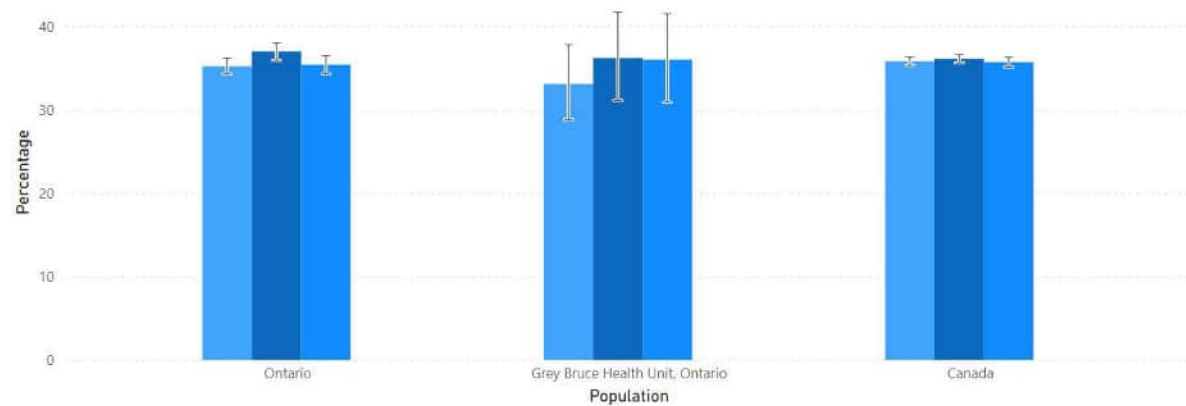
In 2019/2020 Grey Bruce residents overall were **no more or less likely** to have a BMI classified as overweight than Ontarians or Canadians. 36.0% of Grey Bruce residents aged 18 and up were calculated to have a BMI that classifies them as overweight.

Since 2015/2016, there has been no significant changes in the rates at which Grey Bruce respondents reported having a BMI classified as overweight. There were no significant changes in the rates by age, with 35-49 most likely to report being having a BMI classified as overweight (45.8%), and respondents ages 50-64 were least likely in comparison (30.6%).

### Body mass index, adjusted self-reported, adult (18 years and over), overweight

Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2015/2016	Canada	Both sexes	Total, 12 years and over		35.8	35.3	36.3
2015/2016	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		33.1	28.8	37.8
2015/2016	Ontario	Both sexes	Total, 12 years and over		35.2	34.3	36.2
2017/2018	Canada	Both sexes	Total, 12 years and over		36.1	35.6	36.6
2017/2018	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		36.2	31.1	41.7
2017/2018	Ontario	Both sexes	Total, 12 years and over		37.0	35.9	38.0
2019/2020	Canada	Both sexes	Total, 12 years and over		35.7	35.1	36.3
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		36.0	30.9	41.5
2019/2020	Ontario	Both sexes	Total, 12 years and over		35.4	34.3	36.5

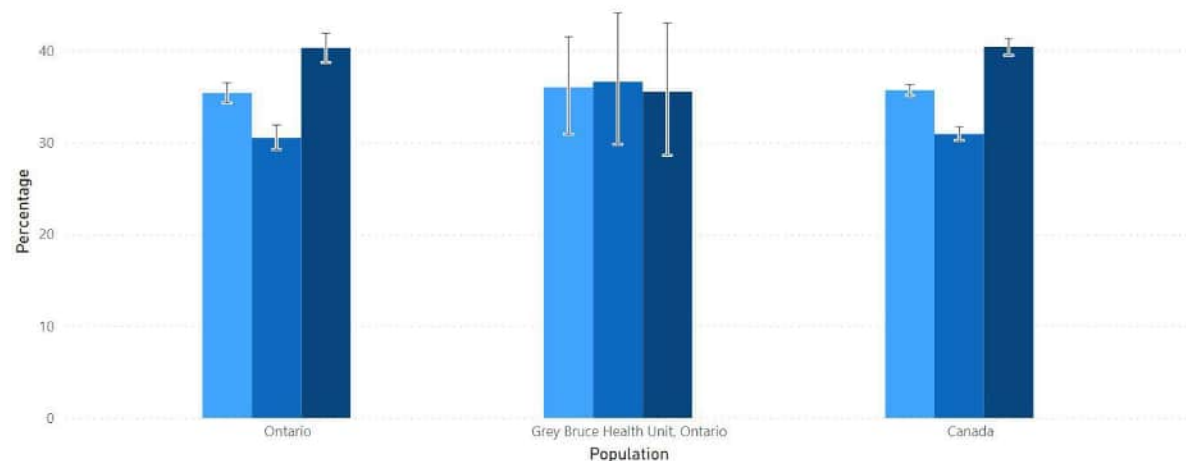
Year ● 2015/2016 ● 2017/2018 ● 2019/2020



### Body mass index, adjusted self-reported, adult (18 years and over), overweight

Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2019/2020	Canada	Females	Total, 12 years and over		30.9	30.2	31.7
2019/2020	Canada	Both sexes	Total, 12 years and over		35.7	35.1	36.3
2019/2020	Canada	Males	Total, 12 years and over		40.4	39.5	41.3
2019/2020	Grey Bruce Health Unit, Ontario	Males	Total, 12 years and over		35.5	28.6	43.0
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		36.0	30.9	41.5
2019/2020	Grey Bruce Health Unit, Ontario	Females	Total, 12 years and over		36.6	29.8	44.1
2019/2020	Ontario	Females	Total, 12 years and over		30.5	29.2	31.9
2019/2020	Ontario	Both sexes	Total, 12 years and over		35.4	34.3	36.5
2019/2020	Ontario	Males	Total, 12 years and over		40.3	38.7	41.9

Sex ● Both sexes ● Females ● Males

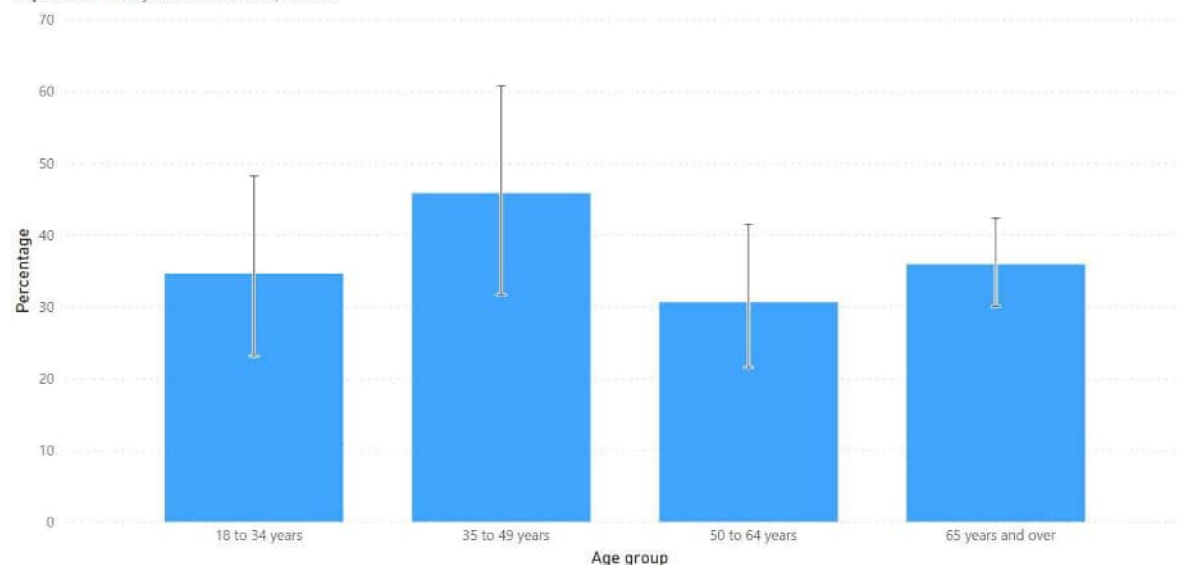




## Body mass index, adjusted self-reported, adult (18 years and over), overweight

Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	18 to 34 years	E	34.6	23.1	48.2
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	35 to 49 years	E	45.8	31.6	60.8
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	50 to 64 years	E	30.6	21.5	41.5
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	65 years and over		35.9	30.0	42.3

Population ● Grey Bruce Health Unit, Ontario



## Obese and Overweight (12-17)

**Background:** Overweight and obesity are defined as abnormal or excessive fat accumulation that presents a risk to health.

**Question:** Body mass index (BMI) is calculated by dividing the respondent's body weight (in kilograms) by their height (in metres) squared. Body mass index (BMI) is calculated for the population aged 12 and over, excluding pregnant females and persons less than 3 feet (0.914 metres) tall or greater than 6 feet 11 inches (2.108 metres).

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

According to the World Health Organization (WHO) and Health Canada guidelines, the index for body weight classification for the population aged 18 and older is: less than 18.50 (underweight); 18.50 to 24.99 (normal weight); 25.00 to 29.99 (overweight); 30.00 to 34.99 (obese, class I); 35.00 to 39.99 (obese, class II); 40.00 or greater (obese, class III). The population aged 12 to 17 is classified as "severely obese", "obese", or "overweight" according to age and sex specific cut-off points defined by the World Health Organization.

A systematic review of the literature concluded that the use of self-reported data among adults underestimates weight and overestimates height, resulting in lower

estimates of obesity than those obtained from measured data. Using data from the 2005 Canadian Community Health Survey (CCHS) subsample, where both measured and self-reported height and weight were collected, BMI correction equations have been developed. This table presents obesity estimates adjusted using these equations.

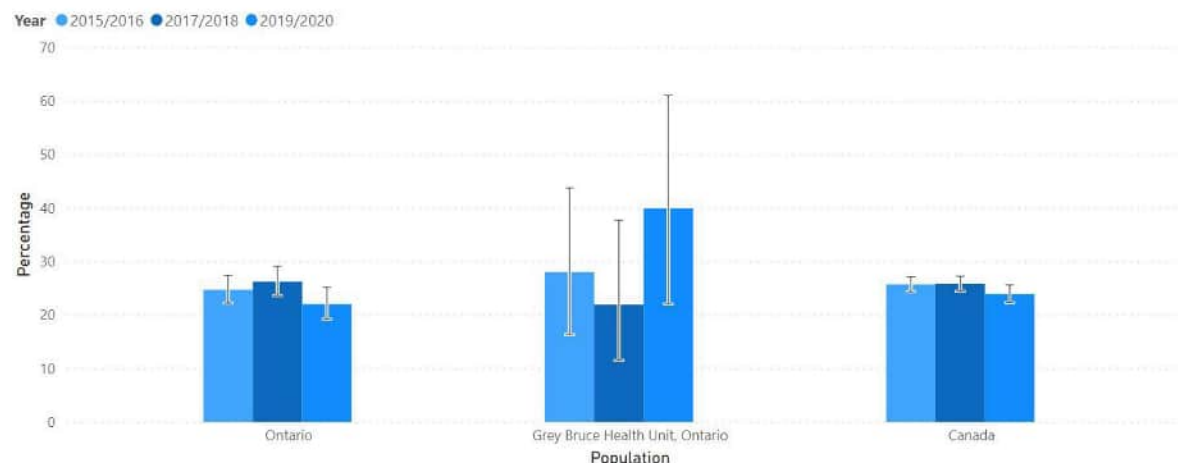
Important Note: Caution should be used when comparing estimates based on the 2015+ CCHS to previous years' releases because of the recent survey redesign.

In 2019/2020 Grey Bruce residents 12-17 overall were **no more or less likely** to have a BMI classified as overweight or obese than Ontarians or Canadians. 39.9% of Grey Bruce residents aged 12-17 were calculated to have a BMI that classifies them as overweight or obese.

Since 2015/2016, there has been no significant changes in the rates at which Grey Bruce respondents 12-17 reported having a BMI classified as overweight or obese.

#### Body mass index, self-reported, youth (12 to 17 years old), overweight or obese

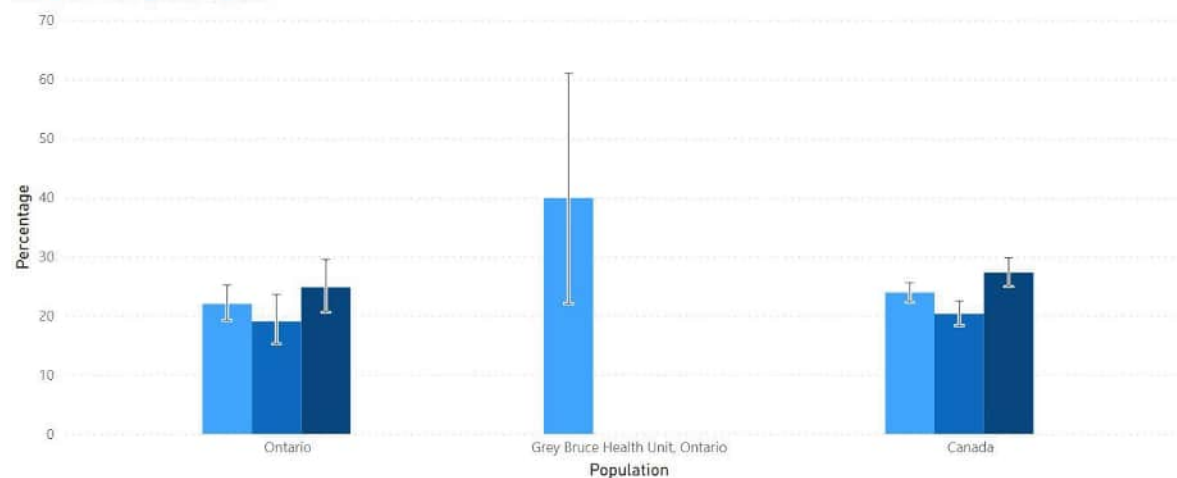
Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2015/2016	Canada	Both sexes	Total, 12 years and over		25.7	24.3	27.1
2015/2016	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over	E	28.0	16.3	43.7
2015/2016	Ontario	Both sexes	Total, 12 years and over		24.7	22.2	27.4
2017/2018	Canada	Both sexes	Total, 12 years and over		25.8	24.4	27.2
2017/2018	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over	E	21.9	11.5	37.7
2017/2018	Ontario	Both sexes	Total, 12 years and over		26.2	23.6	29.1
2019/2020	Canada	Both sexes	Total, 12 years and over		23.9	22.3	25.6
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over	E	39.9	22.0	61.0
2019/2020	Ontario	Both sexes	Total, 12 years and over		22.0	19.2	25.2



## Body mass index, self-reported, youth (12 to 17 years old), overweight or obese

Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2019/2020	Canada	Females	Total, 12 years and over		20.3	18.3	22.5
2019/2020	Canada	Both sexes	Total, 12 years and over		23.9	22.3	25.6
2019/2020	Canada	Males	Total, 12 years and over		27.3	24.9	29.8
2019/2020	Grey Bruce Health Unit, Ontario	Females	Total, 12 years and over	F			
2019/2020	Grey Bruce Health Unit, Ontario	Males	Total, 12 years and over	F			
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over	E	39.9	22.0	61.0
2019/2020	Ontario	Females	Total, 12 years and over		19.0	15.2	23.6
2019/2020	Ontario	Both sexes	Total, 12 years and over		22.0	19.2	25.2
2019/2020	Ontario	Males	Total, 12 years and over		24.8	20.6	29.5

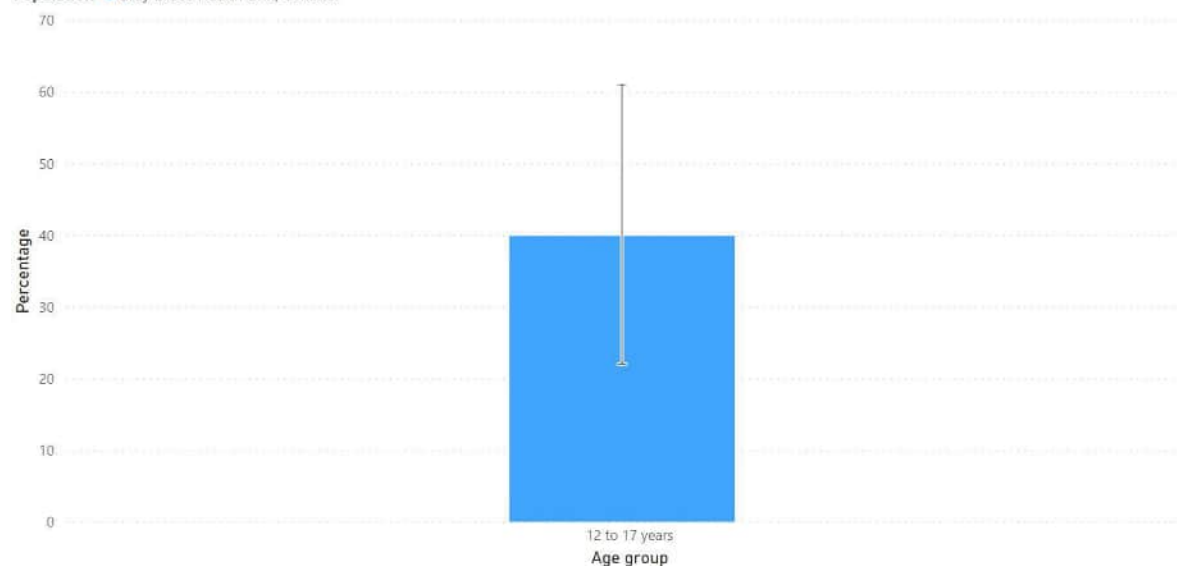
Sex ● Both sexes ● Females ● Males



## Body mass index, self-reported, youth (12 to 17 years old), overweight or obese

Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	12 to 17 years	E	39.9	22.0	61.0

Population ● Grey Bruce Health Unit, Ontario



## Section 3: Risk and Protective Behaviour

### Smoking

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

**Question: “At the present time, do you smoke cigarettes every day, occasionally or not at all?” (Statistics Canada, 2020)**

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

### Daily Smoker

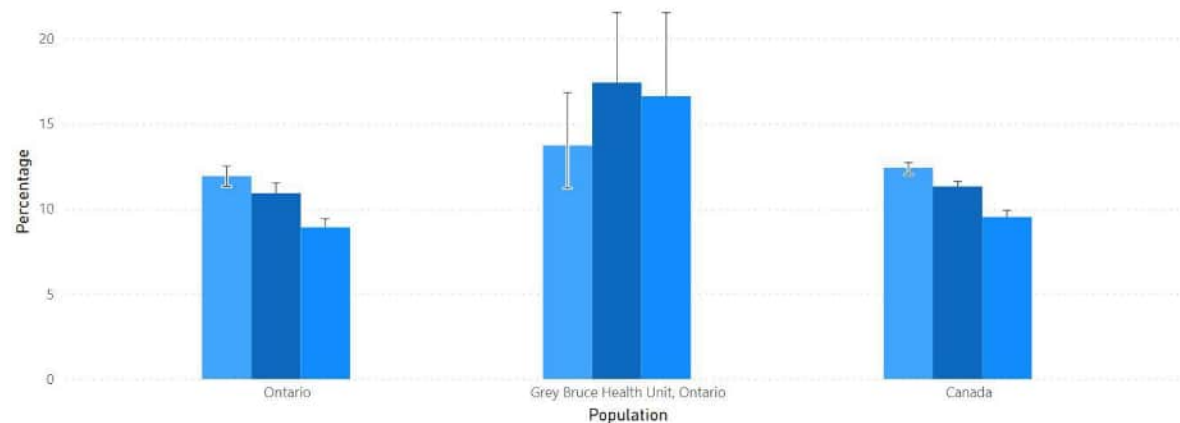
Grey Bruce residents are **more likely** to smoke cigarettes every day when compared to Ontarians and Canadians. Approximately 16.6% of Grey Bruce respondents ages 12 and up smoke cigarettes every day in 2019/2020.

Since 2015, there has been no significant changes in how many Grey Bruce respondents report they smoke cigarettes every day. Males and females are no more or less likely to smoke cigarettes every day. Ages 65+ are less likely to smoke cigarettes daily when compared to ages 50-64, but are no more or less likely to smoke cigarettes daily when compared to ages 35-49.

## Current smoker, daily

Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2015/2016	Canada	Both sexes	Total, 12 years and over		12.4	12.0	12.7
2015/2016	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		13.7	11.2	16.8
2015/2016	Ontario	Both sexes	Total, 12 years and over		11.9	11.3	12.5
2017/2018	Canada	Both sexes	Total, 12 years and over		11.3	10.9	11.6
2017/2018	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		17.4	14.0	21.5
2017/2018	Ontario	Both sexes	Total, 12 years and over		10.9	10.4	11.5
2019/2020	Canada	Both sexes	Total, 12 years and over		9.5	9.2	9.9
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		16.6	12.7	21.5
2019/2020	Ontario	Both sexes	Total, 12 years and over		8.9	8.4	9.4

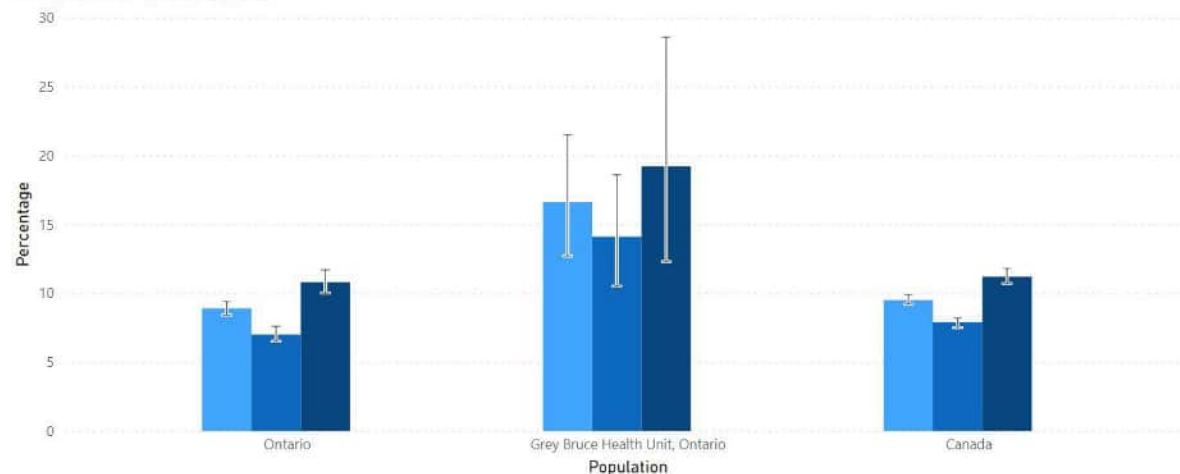
Year ● 2015/2016 ● 2017/2018 ● 2019/2020



## Current smoker, daily

Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2019/2020	Canada	Females	Total, 12 years and over		7.9	7.5	8.2
2019/2020	Canada	Both sexes	Total, 12 years and over		9.5	9.2	9.9
2019/2020	Canada	Males	Total, 12 years and over		11.2	10.7	11.8
2019/2020	Grey Bruce Health Unit, Ontario	Females	Total, 12 years and over		14.1	10.5	18.6
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		16.6	12.7	21.5
2019/2020	Grey Bruce Health Unit, Ontario	Males	Total, 12 years and over		19.2	12.3	28.6
2019/2020	Ontario	Females	Total, 12 years and over		7.0	6.5	7.6
2019/2020	Ontario	Both sexes	Total, 12 years and over		8.9	8.4	9.4
2019/2020	Ontario	Males	Total, 12 years and over		10.8	10.0	11.7

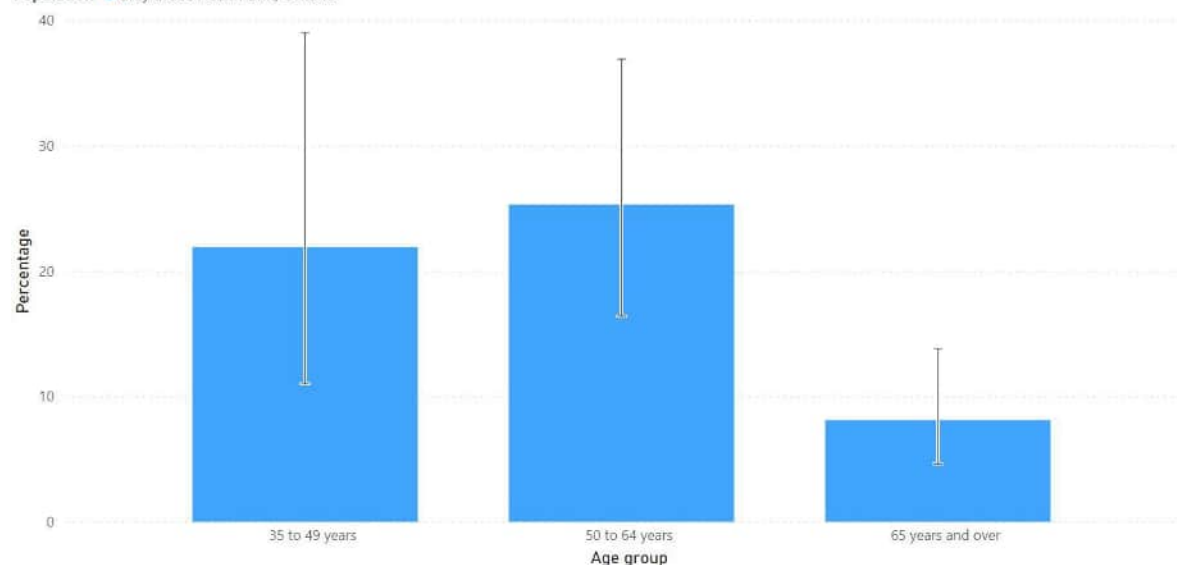
Sex ● Both sexes ● Females ● Males



## Current smoker, daily

Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	12 to 17 years	F			
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	18 to 34 years	F			
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	35 to 49 years	E	21.9	11.0	39.0
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	50 to 64 years	E	25.3	16.4	36.9
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	65 years and over	E	8.1	4.6	13.8

Population ● Grey Bruce Health Unit, Ontario



## Daily or Occasional Smoker

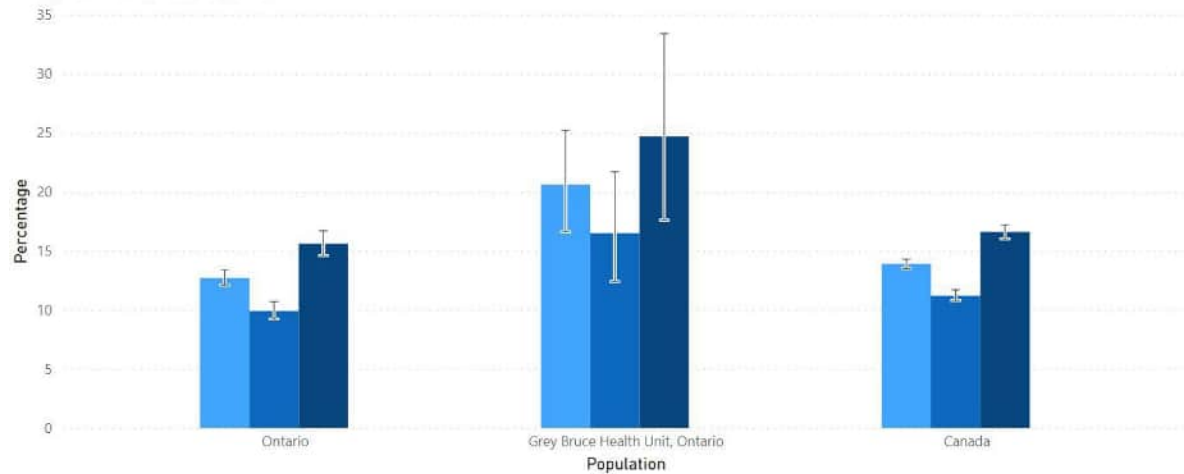
*Grey Bruce residents are **more likely** to smoke cigarettes every day or occasionally when compared to Ontarians and Canadians. Approximately 20.6% of Grey Bruce respondents ages 12 and up smoke cigarettes every day in 2019/2020.*

Since 2015, there has been no significant changes in how many Grey Bruce respondents report that they smoke cigarettes every day or occasionally. Males and females are no more or less likely to smoke cigarettes every day or occasionally. Ages 65+ are less likely to smoke cigarettes every day or occasionally when compared to ages 18-34 and 50-64, but are no more or less likely to smoke cigarettes daily when compared to ages 35-49.

## Current smoker, daily or occasional

Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2019/2020	Canada	Females	Total, 12 years and over		11.2	10.8	11.7
2019/2020	Canada	Both sexes	Total, 12 years and over		13.9	13.5	14.3
2019/2020	Canada	Males	Total, 12 years and over		16.6	16.0	17.2
2019/2020	Grey Bruce Health Unit, Ontario	Females	Total, 12 years and over		16.5	12.4	21.7
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		20.6	16.6	25.2
2019/2020	Grey Bruce Health Unit, Ontario	Males	Total, 12 years and over		24.7	17.6	33.4
2019/2020	Ontario	Females	Total, 12 years and over		9.9	9.2	10.7
2019/2020	Ontario	Both sexes	Total, 12 years and over		12.7	12.1	13.4
2019/2020	Ontario	Males	Total, 12 years and over		15.6	14.6	16.7

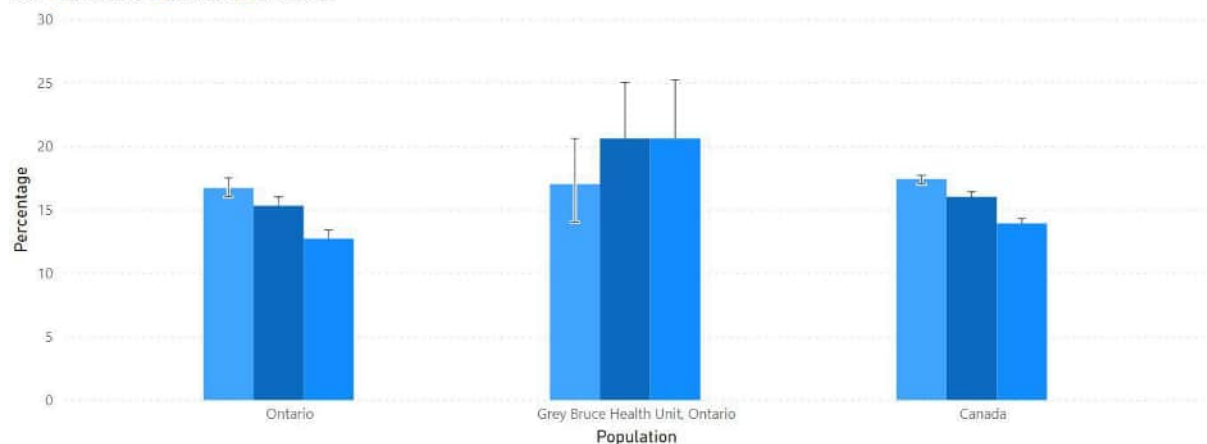
Sex ● Both sexes ● Females ● Males



## Current smoker, daily or occasional

Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2015/2016	Canada	Both sexes	Total, 12 years and over		17.4	17.0	17.7
2015/2016	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		17.0	14.0	20.6
2015/2016	Ontario	Both sexes	Total, 12 years and over		16.7	16.0	17.5
2017/2018	Canada	Both sexes	Total, 12 years and over		16.0	15.7	16.4
2017/2018	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		20.6	16.8	25.0
2017/2018	Ontario	Both sexes	Total, 12 years and over		15.3	14.6	16.0
2019/2020	Canada	Both sexes	Total, 12 years and over		13.9	13.5	14.3
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		20.6	16.6	25.2
2019/2020	Ontario	Both sexes	Total, 12 years and over		12.7	12.1	13.4

Year ● 2015/2016 ● 2017/2018 ● 2019/2020

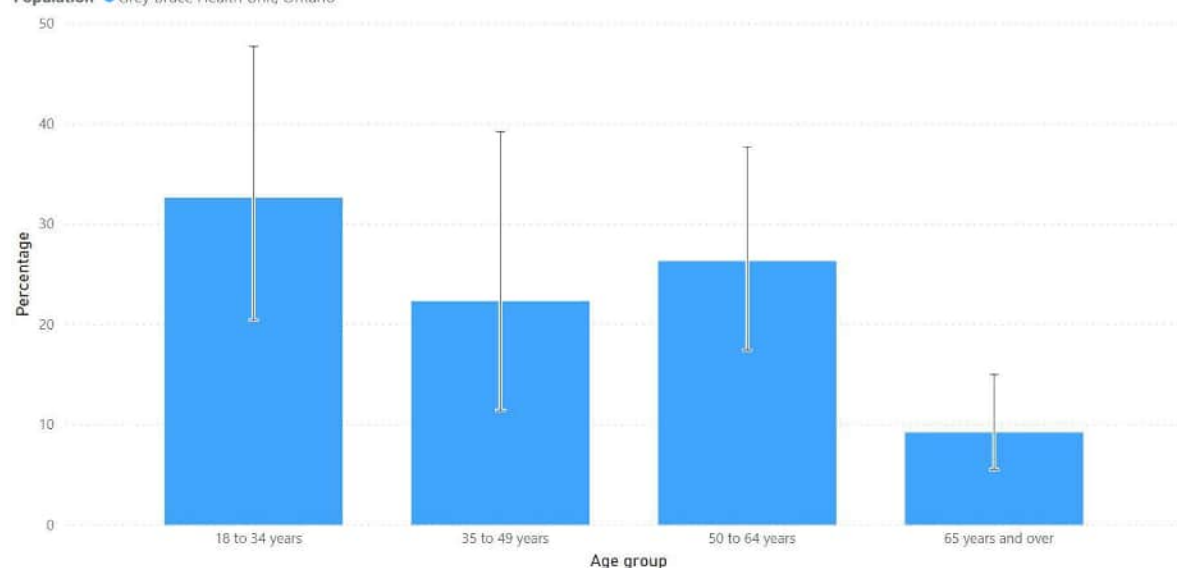




## Current smoker, daily or occasional

Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	12 to 17 years	F			
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	18 to 34 years	E	32.6	20.4	47.7
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	35 to 49 years	E	22.3	11.4	39.2
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	50 to 64 years	E	26.3	17.4	37.7
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	65 years and over	E	9.2	5.5	15.0

Population ● Grey Bruce Health Unit, Ontario



## Heavy Drinking

Background: 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 “the largest contributors to alcohol-attributable mortality were unintentional injuries, malignant neoplasms [cancer], and digestive diseases”. Further, the most important specified causes of preventable deaths were liver cirrhosis ... and motor vehicle accidents”. 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 per week, maximum, with no more than 3 drinks per day on most days
- On special occasions, no more than 4 drinks

### For Women



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

Source: (Canadian Centre on Substance Abuse, 2013)

## Question:

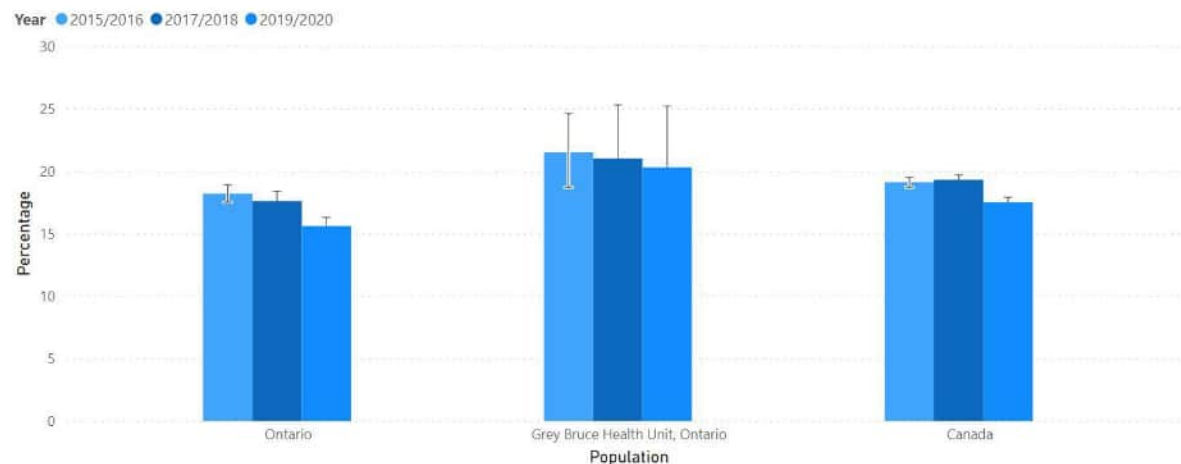
**Important Note: Caution should be used when comparing estimates based on the 2015-16 CCHS onward to previous years' releases because of the recent survey redesign.**

Grey Bruce residents are **no more or less likely** to be a heavy drinker when compared to Ontarians and Canadians. Approximately 20.3% of Grey Bruce respondents ages 12 and up are heavy drinkers in 2019/2020.

Since 2015, there has been no significant changes in how many Grey Bruce respondents report drinking heavily. Males and females are no more or less likely to drink heavily. As age increases, Grey Bruce respondents are less likely to drink heavily.

## Heavy drinking

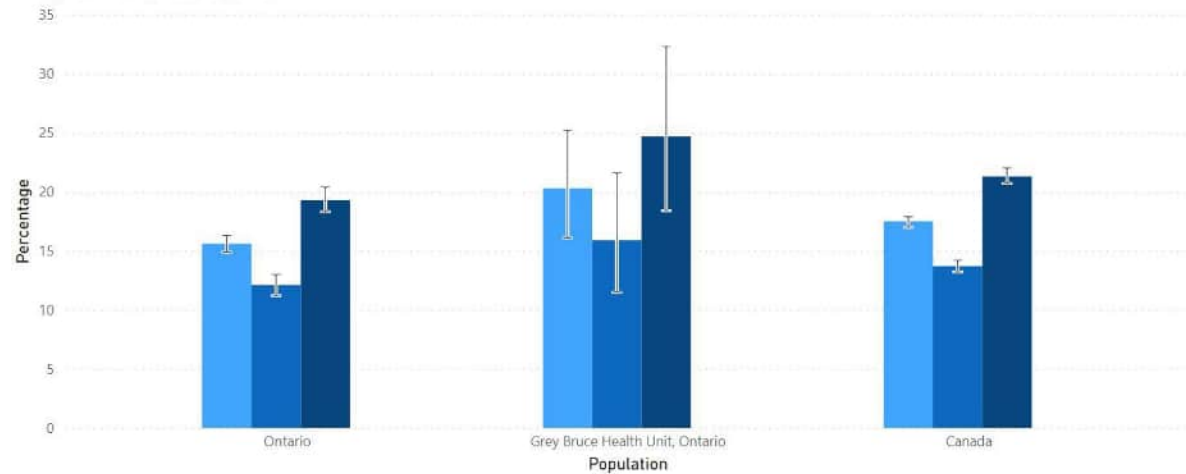
Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2015/2016	Canada	Both sexes	Total, 12 years and over		19.1	18.7	19.5
2015/2016	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		21.5	18.7	24.6
2015/2016	Ontario	Both sexes	Total, 12 years and over		18.2	17.5	18.9
2017/2018	Canada	Both sexes	Total, 12 years and over		19.3	18.9	19.7
2017/2018	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		21.0	17.3	25.3
2017/2018	Ontario	Both sexes	Total, 12 years and over		17.6	16.9	18.4
2019/2020	Canada	Both sexes	Total, 12 years and over		17.5	17.0	17.9
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		20.3	16.1	25.2
2019/2020	Ontario	Both sexes	Total, 12 years and over		15.6	14.9	16.3



## Heavy drinking

Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2019/2020	Canada	Females	Total, 12 years and over		13.7	13.2	14.2
2019/2020	Canada	Both sexes	Total, 12 years and over		17.5	17.0	17.9
2019/2020	Canada	Males	Total, 12 years and over		21.3	20.7	22.0
2019/2020	Grey Bruce Health Unit, Ontario	Females	Total, 12 years and over	E	15.9	11.5	21.6
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		20.3	16.1	25.2
2019/2020	Grey Bruce Health Unit, Ontario	Males	Total, 12 years and over		24.7	18.4	32.3
2019/2020	Ontario	Females	Total, 12 years and over		12.1	11.2	13.0
2019/2020	Ontario	Both sexes	Total, 12 years and over		15.6	14.9	16.3
2019/2020	Ontario	Males	Total, 12 years and over		19.3	18.3	20.4

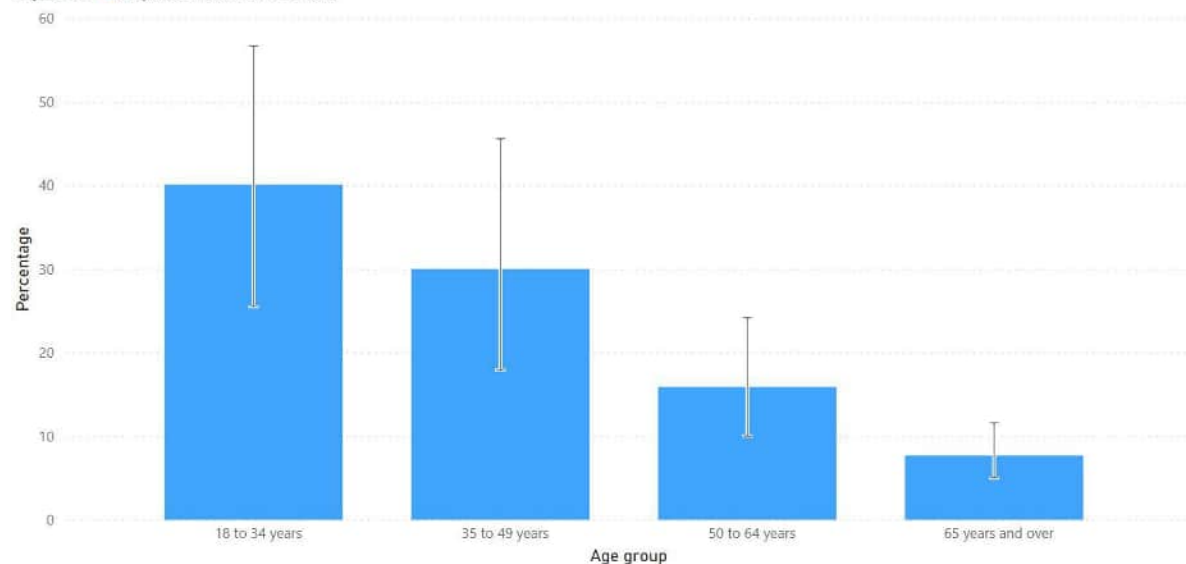
Sex ● Both sexes ● Females ● Males



## Heavy drinking

Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	12 to 17 years	F			
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	18 to 34 years	E	40.1	25.5	56.7
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	35 to 49 years	E	30.0	17.9	45.6
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	50 to 64 years	E	15.9	10.0	24.2
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	65 years and over	E	7.7	5.0	11.6

Population ● Grey Bruce Health Unit, Ontario



## Influenza Vaccine

Background: Influenza (or flu) is a common respiratory illness affecting millions of Canadians each year. In Canada, flu season usually runs from November to April.

**Question: Population aged 12 and over who reported having their last influenza immunization (flu shot) in the past 12 months?**

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

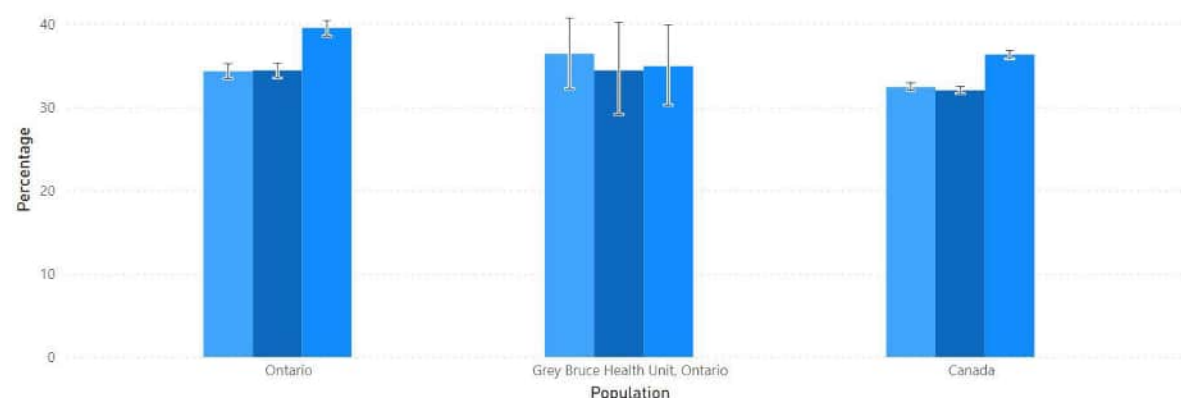
In 2019/2020 Grey Bruce residents overall were **no more or less likely** to report having received a flu shot in the last 12 months than Ontarians or Canadians. 34.9% of Grey Bruce residents aged 12 and up reported that they had received their flu shot.

Since 2015/2016, there has been no significant changes in the rates at which Grey Bruce respondents reported having arthritis. Respondents 65+ have statistically higher rates (65.3%) than 18-34 (18.6%) or 50-64 (30.6%). Age groups 12-17 and 35-49 are suppressed due to low counts.

### Influenza immunization in the past 12 months

Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2015/2016	Canada	Both sexes	Total, 12 years and over		32.4	32.0	32.9
2015/2016	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		36.4	32.2	40.7
2015/2016	Ontario	Both sexes	Total, 12 years and over		34.3	33.4	35.2
2017/2018	Canada	Both sexes	Total, 12 years and over		32.0	31.6	32.5
2017/2018	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		34.4	29.1	40.2
2017/2018	Ontario	Both sexes	Total, 12 years and over		34.4	33.5	35.3
2019/2020	Canada	Both sexes	Total, 12 years and over		36.3	35.8	36.8
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		34.9	30.2	39.9
2019/2020	Ontario	Both sexes	Total, 12 years and over		39.5	38.5	40.4

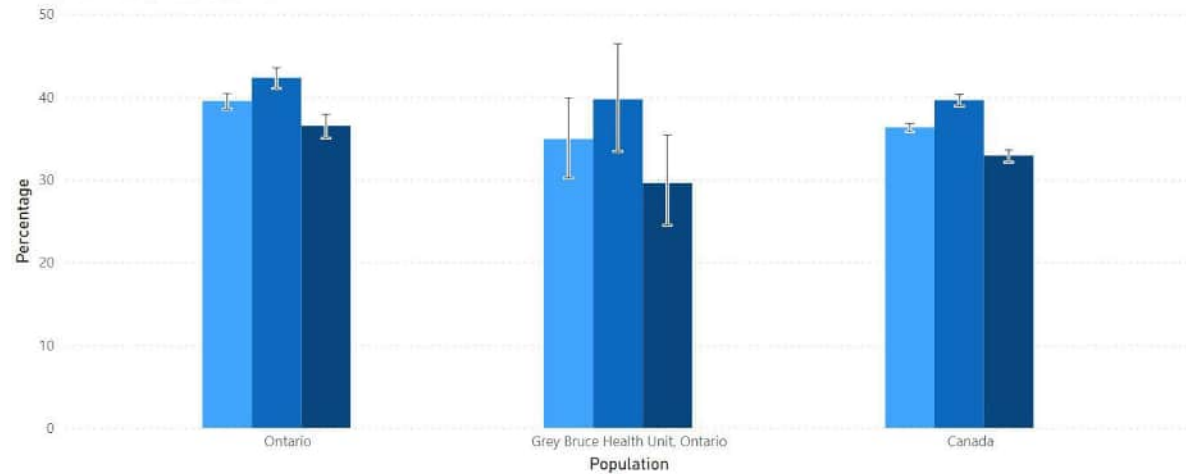
Year ● 2015/2016 ● 2017/2018 ● 2019/2020



## Influenza immunization in the past 12 months

Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2019/2020	Canada	Males	Total, 12 years and over		32.9	32.1	33.6
2019/2020	Canada	Both sexes	Total, 12 years and over		36.3	35.8	36.8
2019/2020	Canada	Females	Total, 12 years and over		39.6	38.9	40.3
2019/2020	Grey Bruce Health Unit, Ontario	Males	Total, 12 years and over		29.6	24.5	35.4
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		34.9	30.2	39.9
2019/2020	Grey Bruce Health Unit, Ontario	Females	Total, 12 years and over		39.7	33.4	46.4
2019/2020	Ontario	Males	Total, 12 years and over		36.5	35.0	37.9
2019/2020	Ontario	Both sexes	Total, 12 years and over		39.5	38.5	40.4
2019/2020	Ontario	Females	Total, 12 years and over		42.3	41.0	43.5

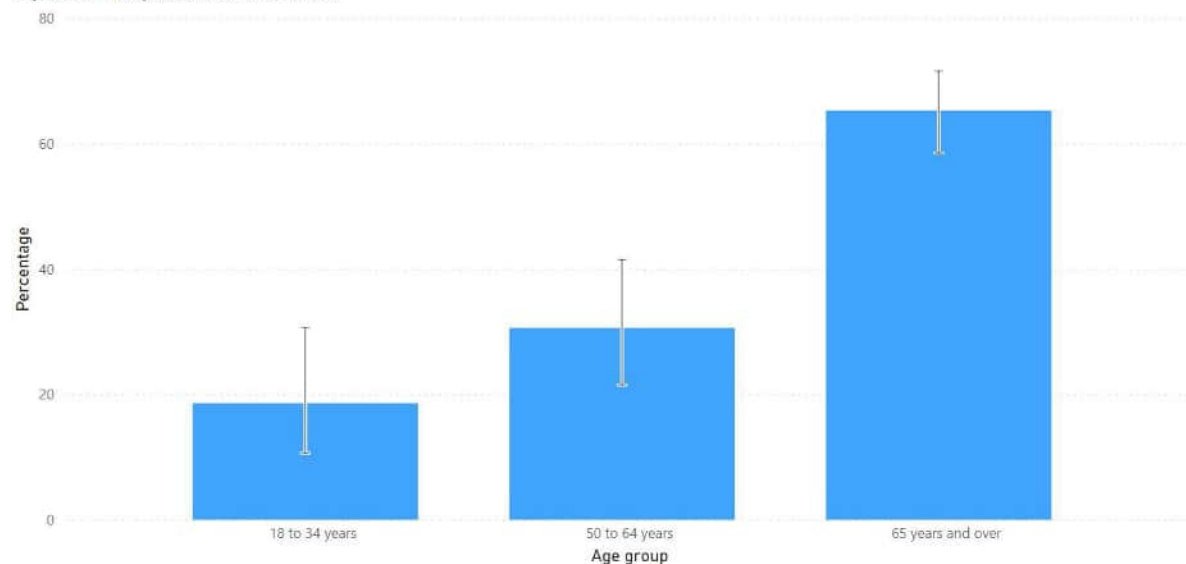
Sex ● Both sexes ● Females ● Males



## Influenza immunization in the past 12 months

Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	12 to 17 years	F			
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	18 to 34 years	E	18.6	10.6	30.7
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	35 to 49 years	F			
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	50 to 64 years	E	30.6	21.5	41.5
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	65 years and over		65.3	58.5	71.6

Population ● Grey Bruce Health Unit, Ontario



## Section 4: Contact with Medical Services

### Regular Healthcare Provider

Background: Having a regular health care provider and continuity of care provides some indication of ongoing, patient-centered care. This type of care is generally more effective and less costly than episodic care.

**Question: Population aged 12 and over who reported having consulted with a medical doctor in the past 12 months. Medical doctor includes family or general practitioners as well as specialists such as surgeons, allergists, orthopaedists, gynaecologists, urologists or psychiatrists. For population aged 12 to 17, includes pediatricians.**

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

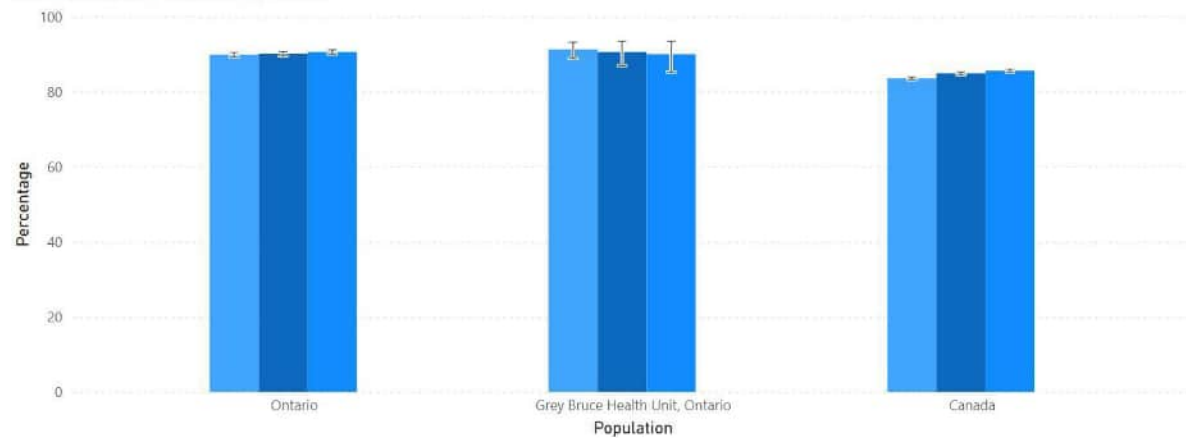
In 2019/2020 Grey Bruce residents overall were **no more or less likely** to report having had contact with a regular healthcare provider than Ontarians or Canadians. 90.0% of Grey Bruce residents aged 12 and up reported that they had contact with a regular healthcare provider.

Since 2015/2016, there has been no significant changes in the rates at which Grey Bruce respondents reported having contact with a regular healthcare provider. There were no significant changes in the rates by age, with 65+ most likely to report having contact with a regular healthcare provider (93.7%), and respondents ages 12-17 were least likely in comparison (81.0%).

## Has a regular healthcare provider

Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2015/2016	Canada	Both sexes	Total, 12 years and over		83.6	83.2	83.9
2015/2016	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		91.3	88.8	93.2
2015/2016	Ontario	Both sexes	Total, 12 years and over		89.9	89.3	90.5
2017/2018	Canada	Both sexes	Total, 12 years and over		84.9	84.5	85.2
2017/2018	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		90.6	86.9	93.4
2017/2018	Ontario	Both sexes	Total, 12 years and over		90.1	89.5	90.7
2019/2020	Canada	Both sexes	Total, 12 years and over		85.6	85.2	86.0
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		90.0	85.2	93.4
2019/2020	Ontario	Both sexes	Total, 12 years and over		90.6	90.0	91.2

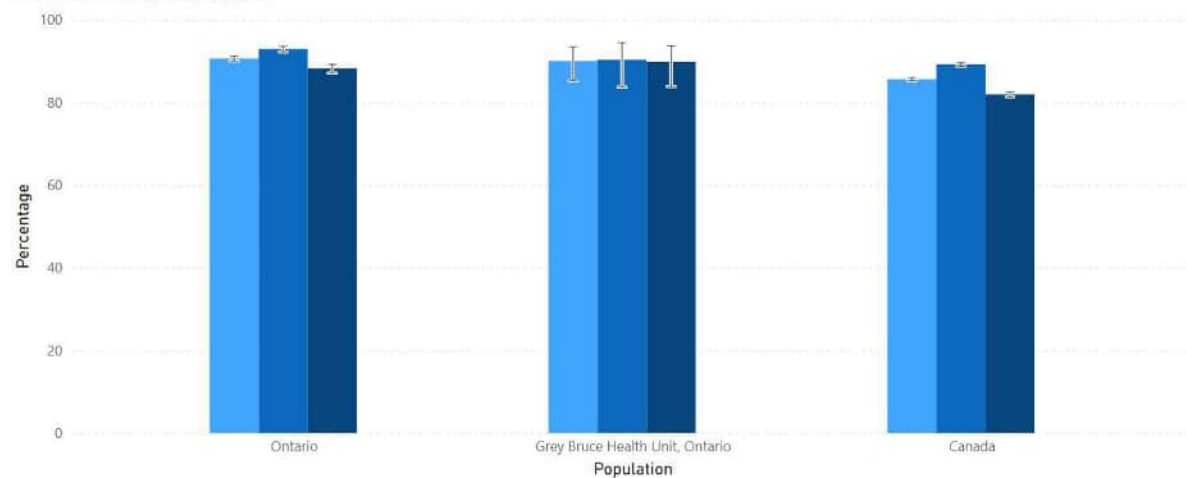
Year ● 2015/2016 ● 2017/2018 ● 2019/2020



## Has a regular healthcare provider

Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2019/2020	Canada	Males	Total, 12 years and over		81.9	81.3	82.5
2019/2020	Canada	Both sexes	Total, 12 years and over		85.6	85.2	86.0
2019/2020	Canada	Females	Total, 12 years and over		89.2	88.7	89.6
2019/2020	Grey Bruce Health Unit, Ontario	Males	Total, 12 years and over		89.8	83.8	93.7
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	Total, 12 years and over		90.0	85.2	93.4
2019/2020	Grey Bruce Health Unit, Ontario	Females	Total, 12 years and over		90.3	83.7	94.4
2019/2020	Ontario	Males	Total, 12 years and over		88.2	87.1	89.2
2019/2020	Ontario	Both sexes	Total, 12 years and over		90.6	90.0	91.2
2019/2020	Ontario	Females	Total, 12 years and over		92.9	92.2	93.6

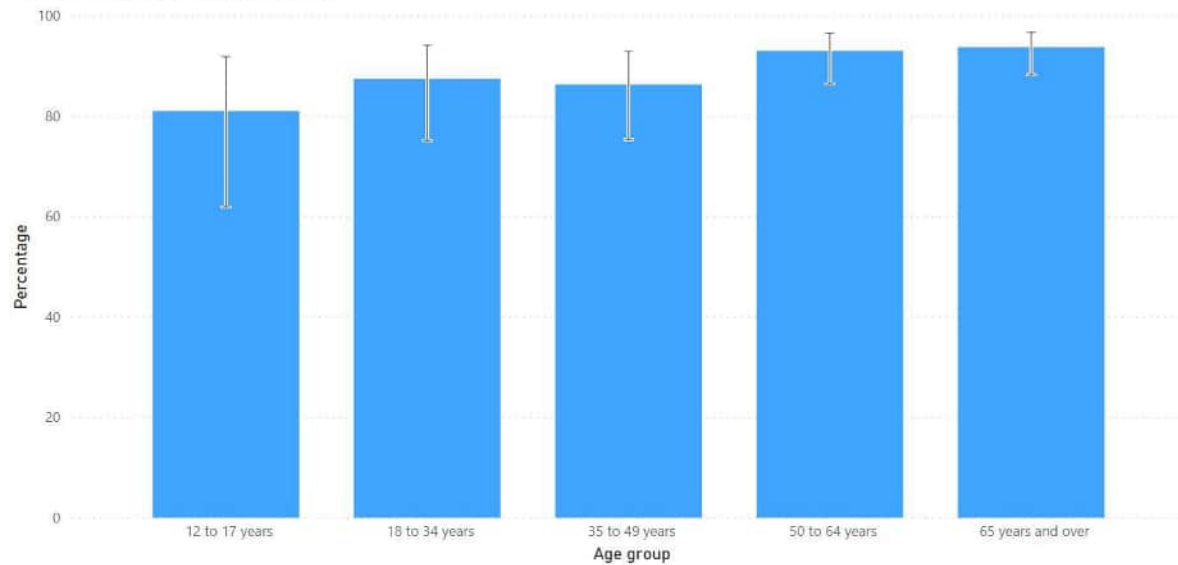
Sex ● Both sexes ● Females ● Males



## Has a regular healthcare provider

Year	Geography	Sex	Age group	STATUS	Percentage	Low CI	High CI
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	12 to 17 years		81.0	61.9	91.8
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	18 to 34 years		87.4	75.1	94.1
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	35 to 49 years		86.3	75.3	92.9
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	50 to 64 years		93.0	86.4	96.5
2019/2020	Grey Bruce Health Unit, Ontario	Both sexes	65 years and over		93.7	88.2	96.7

Population ● Grey Bruce Health Unit, Ontario



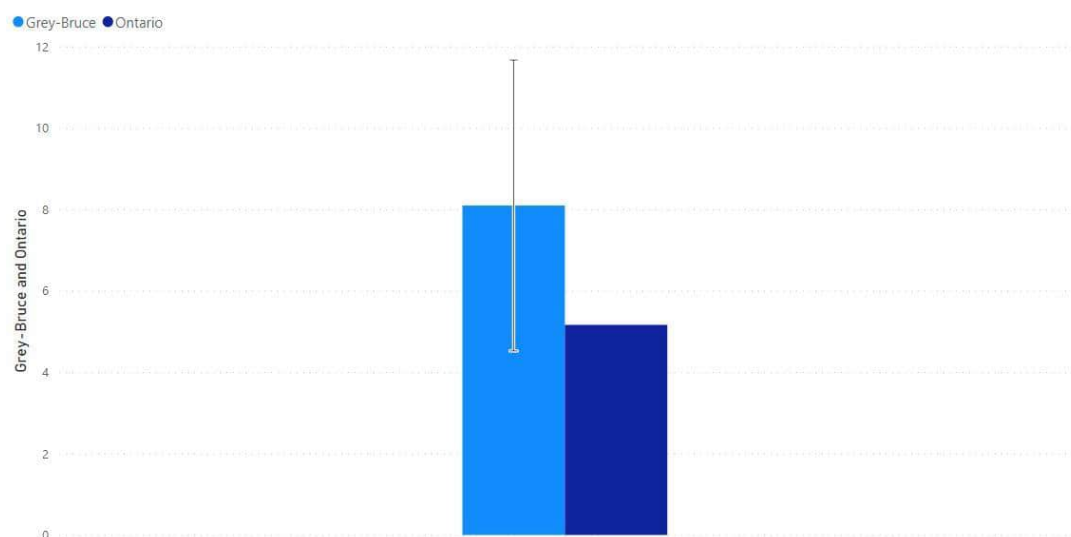
## Section 5: Youth

### Anxious Daily (5-17):

In 2019/2020, Grey Bruce youth overall were no more or less likely to report being anxious daily compared to Ontario youth. Approximately 8% of Grey Bruce youth reported feeling anxious every day.

#### Anxious daily (5-17yr)

Indicator	Stratify by	SS from ON	95% Lower CI	95% Upper CI	Percent, Grey Bruce	Percent, Ontario	CV, Grey Bruce	CV, Ontario
Anxious daily (5-17yr)	Grey Bruce	Not SS	4.52	11.67	8.1	5.16	0.22	0.05
<b>Total</b>			<b>4.52</b>	<b>11.67</b>	<b>8.1</b>	<b>5.16</b>	<b>0.22</b>	<b>0.05</b>



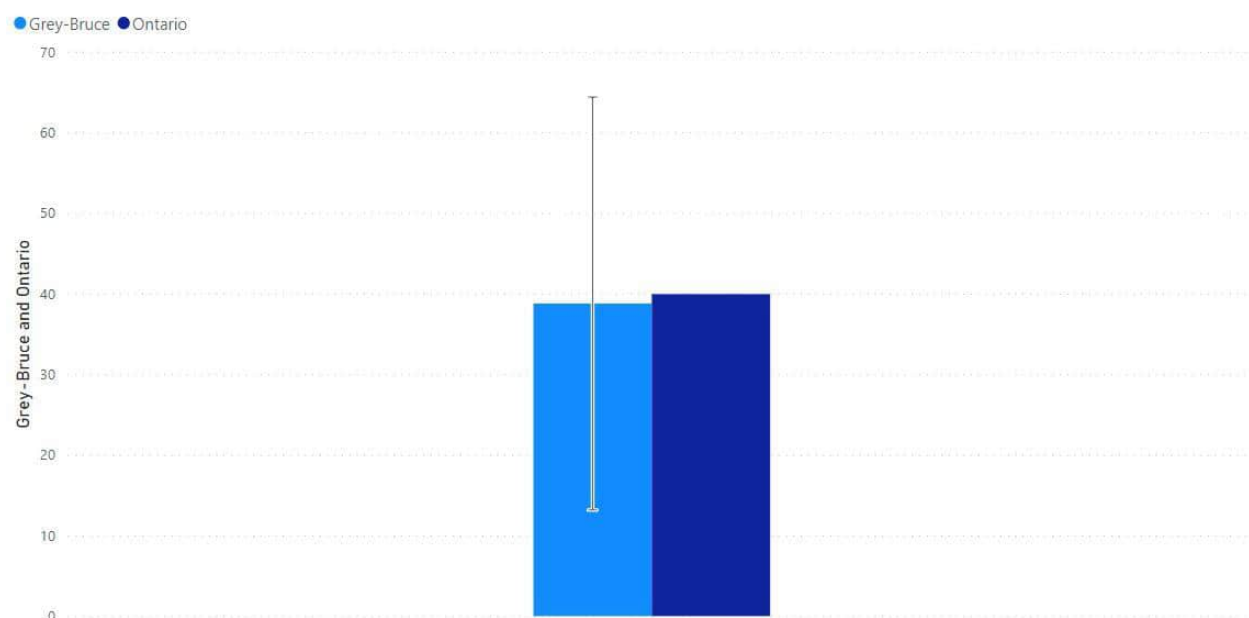


## Concussion - sports (1-17):

In 2019/2020, Grey Bruce youth were no more or less likely to report a sport related concussion compared to Ontario youth. Approximately 39% of youth have reported experiencing a sports related concussion in Grey Bruce.

### Concussion - sports (1-17yr)

Indicator	Stratify by	SS from ON	95% Lower CI	95% Upper CI	Percent, Grey Bruce	Percent, Ontario	CV, Grey Bruce	CV, Ontario
Concussion - sports (1-17yr)	Grey Bruce	Not SS	13.15	64.37	38.8	39.93	0.34	0.06
<b>Total</b>			<b>13.15</b>	<b>64.37</b>	<b>38.8</b>	<b>39.93</b>	<b>0.34</b>	<b>0.06</b>

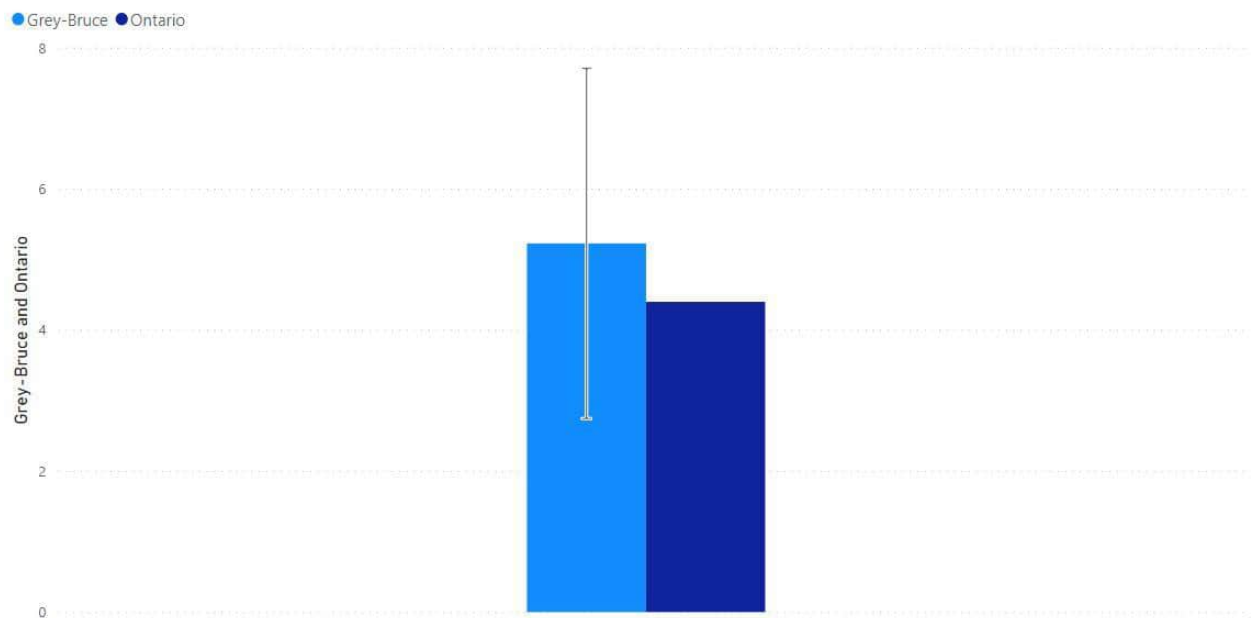


## Concussion (1-17):

In 2019/2020, Grey Bruce youth overall were no more or less likely to report experiencing a concussion when compared to Ontario youth. Approximately 5% of Grey Bruce youth have reported experiencing a concussion.

### Concussion (1-17yr)

Indicator	Stratify by	SS from ON	95% Lower CI	95% Upper CI	Percent, Grey Bruce	Percent, Ontario	CV, Grey Bruce	CV, Ontario
Concussion (1-17yr)	Grey Bruce	Not SS	2.74	7.71	5.2	4.40	0.24	0.04
<b>Total</b>			<b>2.74</b>	<b>7.71</b>	<b>5.2</b>	<b>4.40</b>	<b>0.24</b>	<b>0.04</b>

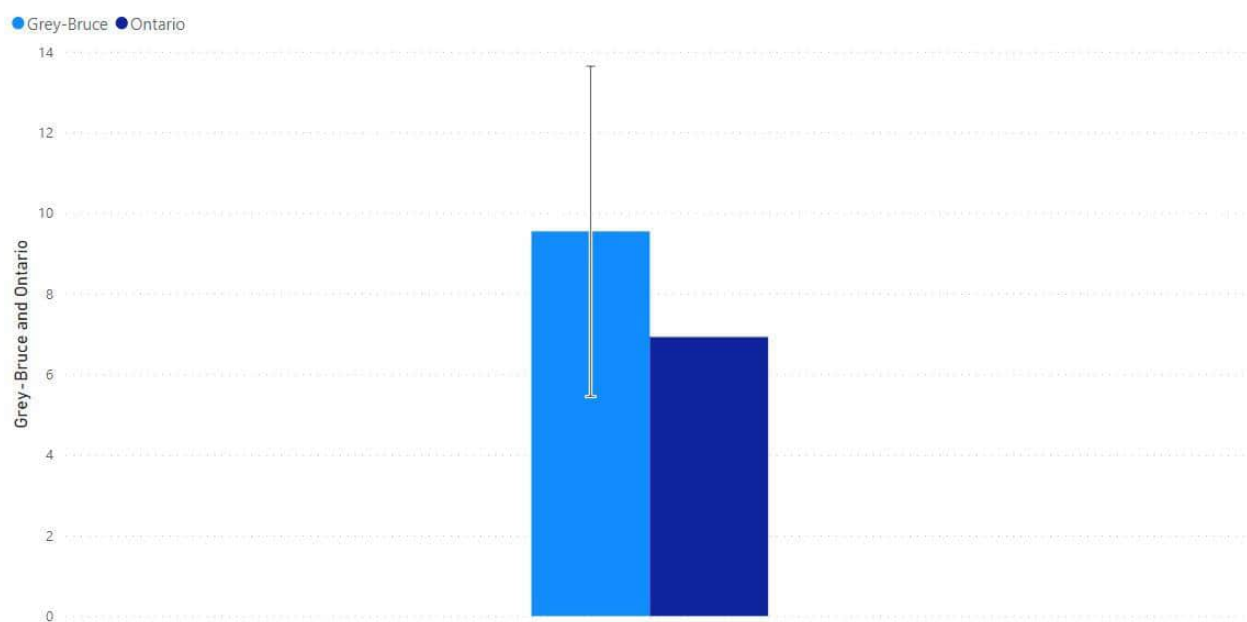


## Difficulty accessing GP (1-17):

In 2019/2020, Grey Bruce youth were no more or less likely to report experience difficulty accessing a general practitioner. Approximately 10% or 1 in 10 Grey Bruce youth have reported experiencing difficulty accessing a GP.

### Difficulty accessing GP (1-17yr)

Indicator	Stratify by	SS from ON	95% Lower CI	95% Upper CI	Percent, Grey Bruce	Percent, Ontario	CV, Grey Bruce	CV, Ontario
Difficulty accessing GP (1-17yr)	Grey Bruce	Not SS	5.44	13.64	9.5	6.92	0.22	0.04
<b>Total</b>			<b>5.44</b>	<b>13.64</b>	<b>9.5</b>	<b>6.92</b>	<b>0.22</b>	<b>0.04</b>

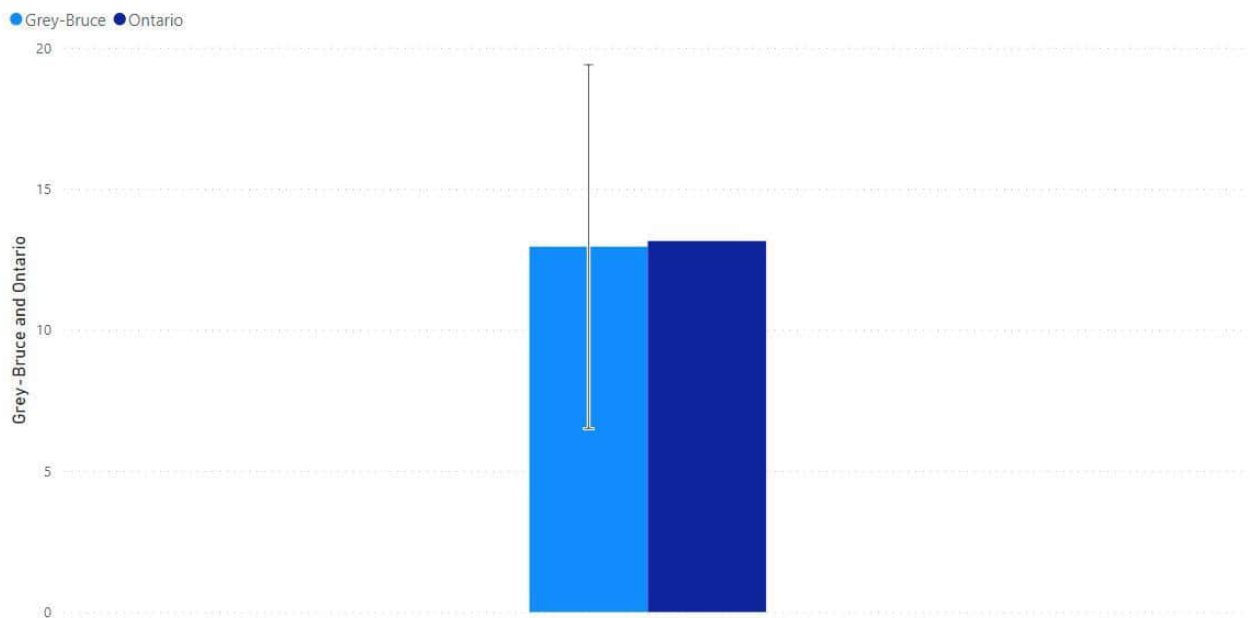


## Fair/Poor Mental Health (12-17):

In 2019/2020, Grey Bruce youth were no more or less likely to report having fair or poor mental health when compared to Ontario youth. When asked, approximately 13% of Grey Bruce youth reported experiencing fair/poor mental health.

### Fair/poor mental health (12-17yr)

Indicator	Stratify by	SS from ON	95% Lower CI	95% Upper CI	Percent, Grey Bruce	Percent, Ontario	CV, Grey Bruce	CV, Ontario
Fair/poor mental health (12-17yr)	Grey Bruce	Not SS	6.50	19.40	12.9	13.15	0.25	0.04
<b>Total</b>			<b>6.50</b>	<b>19.40</b>	<b>12.9</b>	<b>13.15</b>	<b>0.25</b>	<b>0.04</b>

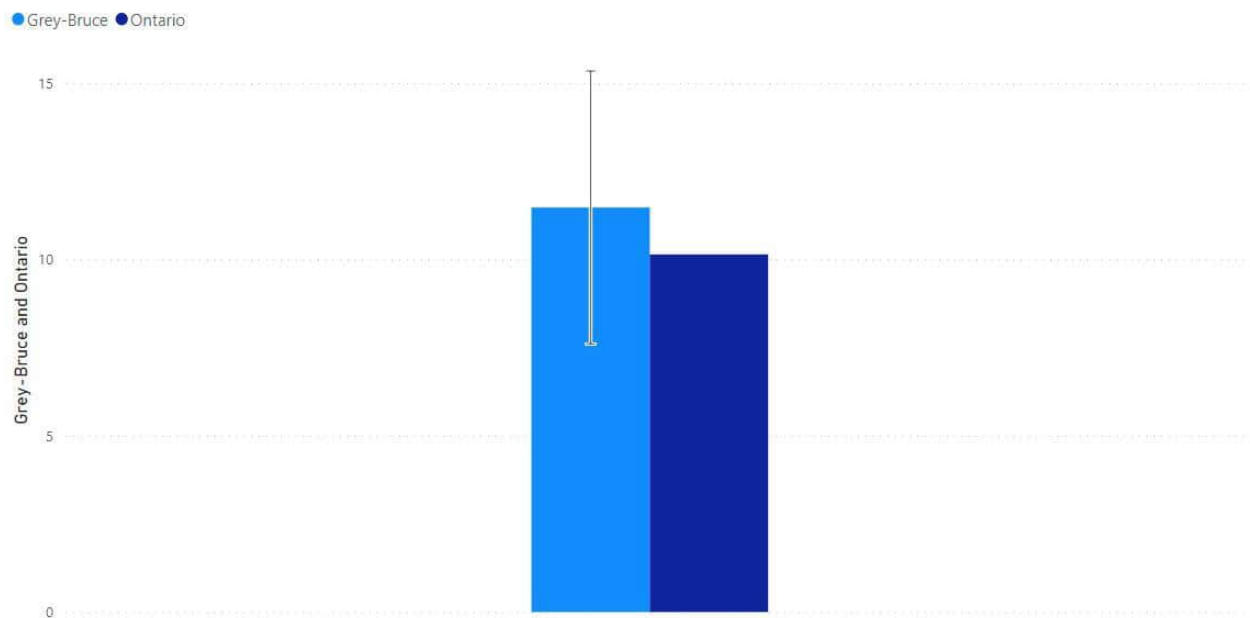


## Food Insecure (1-17):

In 2019/2020, Grey Bruce youth were no more or less likely to report experiencing food insecurity when compared to Ontario youth. When asked, approximately 11.5% of Grey Bruce youth reported experiencing food insecurity.

### Food insecure (1-17yr)

Indicator	Stratify by	SS from ON	95% Lower CI	95% Upper CI	Percent, Grey Bruce	Percent, Ontario	CV, Grey Bruce	CV, Ontario
Food insecure (1-17yr)	Grey Bruce	Not SS	7.60	15.34	11.5	10.14	0.17	0.03
<b>Total</b>			<b>7.60</b>	<b>15.34</b>	<b>11.5</b>	<b>10.14</b>	<b>0.17</b>	<b>0.03</b>

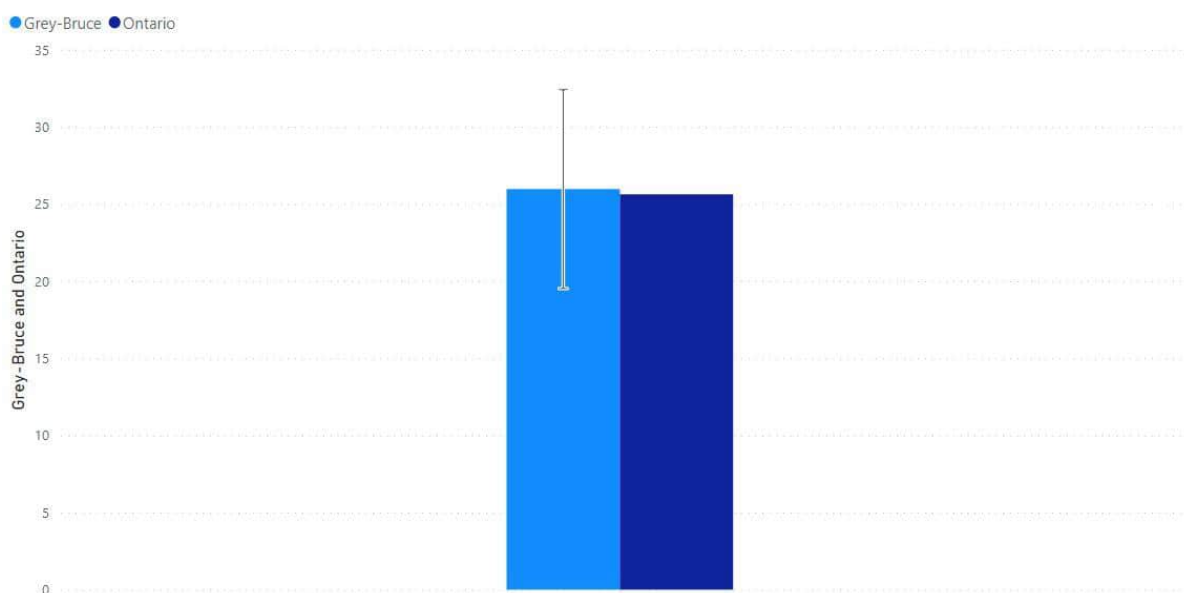


## No Physical Activity (3-17):

In 2019/2020, Grey Bruce youth were no more or less likely to report experiencing food insecurity when compared to Ontario youth. When asked, approximately 26% or 1 in 4 Grey Bruce youth reported that they do not have any physical activity.

### No physical activity (3-17yr)

Indicator	Stratify by	SS from ON	95% Lower CI	95% Upper CI	Percent, Grey Bruce	Percent, Ontario	CV, Grey Bruce	CV, Ontario
No physical activity (3-17yr)	Grey Bruce	Not SS	19.52	32.42	26.0	25.63	0.13	0.02
<b>Total</b>			<b>19.52</b>	<b>32.42</b>	<b>26.0</b>	<b>25.63</b>	<b>0.13</b>	<b>0.02</b>

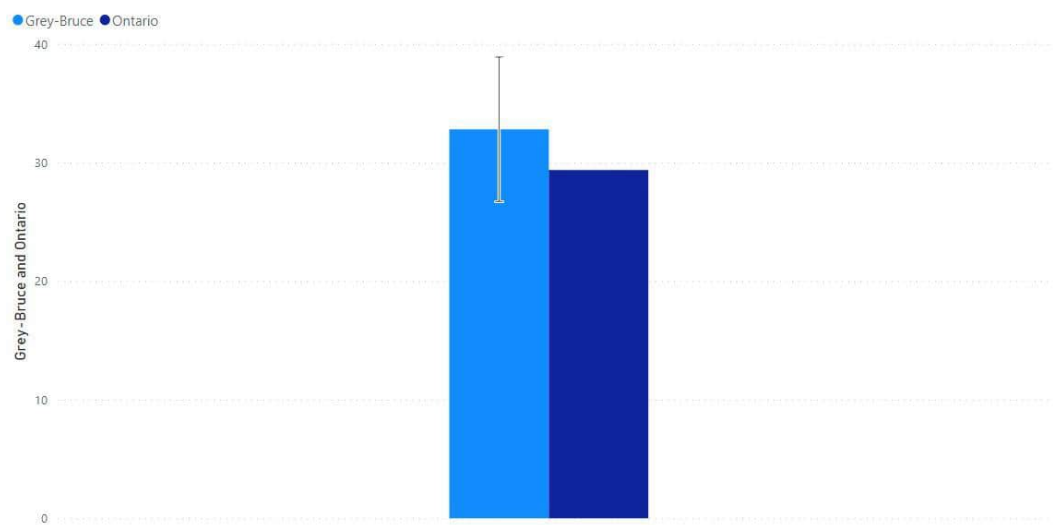


## Overweight/obese (2-17):

In 2019/2020, Grey Bruce youth were no more or less likely to report being overweight or obese when compared to Ontario youth. When asked, approximately 33% of Grey Bruce youth are overweight or obese.

### Overweight/obese (2-17yr)

Indicator	Stratify by	SS from ON	95% Lower CI	95% Upper CI	Percent, Grey Bruce	Percent, Ontario	CV, Grey Bruce	CV, Ontario
Overweight/obese (2-17yr)	Grey Bruce	Not SS	26.70	38.90	32.8	29.37	0.09	0.02
<b>Total</b>			<b>26.70</b>	<b>38.90</b>	<b>32.8</b>	<b>29.37</b>	<b>0.09</b>	<b>0.02</b>

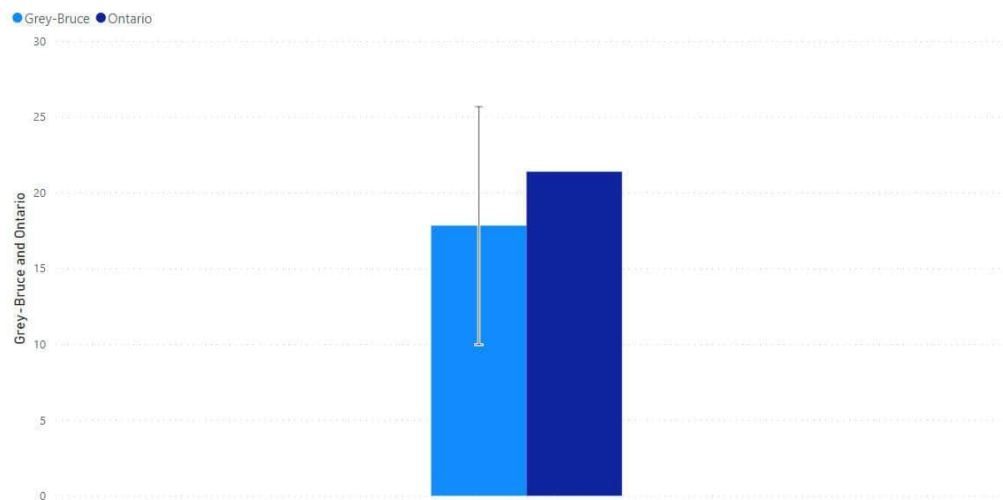


## Stress (12-17):

In 2019/2020, Grey Bruce youth were no more or less likely to report feeling stressed when compared to Ontario youth. When asked, approximately 18% of youth reported feeling stressed.

### Stressful (12-17yr)

Indicator	Stratify by	SS from ON	95% Lower CI	95% Upper CI	Percent, Grey Bruce	Percent, Ontario	CV, Grey Bruce	CV, Ontario
Stressful (12-17yr)	Grey Bruce	Not SS	9.96	25.66	17.8	21.37	0.22	0.03
<b>Total</b>			<b>9.96</b>	<b>25.66</b>	<b>17.8</b>	<b>21.37</b>	<b>0.22</b>	<b>0.03</b>



## References

Statistics Canada. (2019a). CCHS 2017-2018 Derived Variable (DV) Specifications.

Statistics Canada. (2019b). CCHS 2017-2018 - Data Dictionary

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