

Canadian Armed Forces Health Survey, 2019

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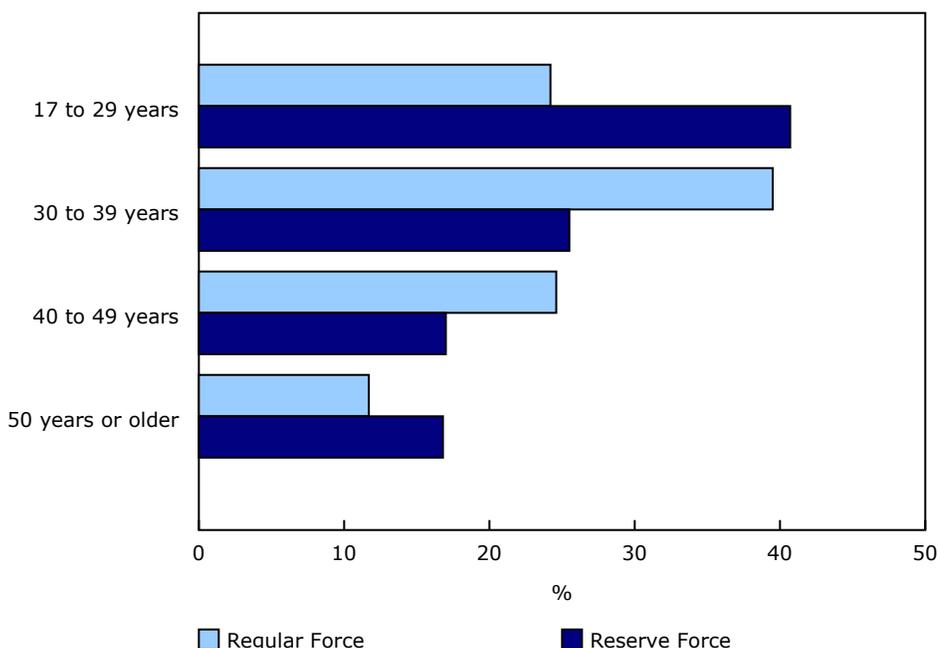
Sustaining a healthy and deployable force is a priority of the Canadian Armed Forces (CAF). Data from the 2019 Canadian Armed Forces Health Survey, available today, provide a snapshot of the current health status and work-related characteristics of CAF members.

Who are the Canadian Armed Forces?

The CAF comprise the Regular Force (74%), which includes full-time members, and the Reserve Force (26%), whose members are largely part time. Reserve Force members tend to be younger, with a median age of 32, compared with Regular Force members, with a median age of 36.

The majority of members are part of the land service element (57%), followed by air (27%) and sea (16%). Overall, one in seven CAF members (15%) are women.

Chart 1
Regular and Reserve Forces by age group, Canadian Armed Forces, 2019



Source(s): Canadian Armed Forces Health Survey 2019 ([5259](#)).

About two-thirds of members are satisfied with their job

About two-thirds of CAF members (65%) stated that, in the past 12 months, they were satisfied or very satisfied with their job or main activity in the forces. Those in the Reserve Force (72%) were more likely to be satisfied or very satisfied than those in the Regular Force (62%).



Table 1
Percentage of Canadian Armed Forces members with high job satisfaction, by age group and member type, Canada, 2019

	High job satisfaction ³
	%
Total	64.8
Age group	
17 to 29 ¹	59.8
30 to 39	61.9
40 to 49	68.4 ²
50 or older	77.2 ²
Member type	
Regular Force ¹	62.3
Reserve Force	71.7 ²

1. Reference group

2. Significantly different from reference category ($p < 0.05$)

3. Satisfied or very satisfied compared to neither satisfied or dissatisfied, dissatisfied, or very dissatisfied.

Source(s): Canadian Armed Forces Health Survey 2019 (5259).

The majority of CAF members have been deployed

Overall, 65% of CAF members had been deployed domestically or internationally. This proportion was higher among men (68%) than women (52%).

Deployment was highest (71%) among Regular Force members. Just under half of the Reserve Force (48%) had ever deployed. CAF members serving in the sea element were more likely to have deployed (72%) than those in the air (66%) or land (63%) elements. Among members who had ever deployed, 84% had done so outside of North America in support of a CAF operation or humanitarian mission.

Table 2
Percentage of Canadian Armed Forces members who ever deployed, by selected characteristics, Canada 2019

	%
Total	65.2
Sex	
Men	67.5 ²
Women ¹	52.0
Age group	
17-29 ¹	41.2
30-39	68.2 ²
40-49	80.8 ²
50+	82.2 ²
Member type	
Regular Force	71.3 ²
Reserve Force ¹	48.3
Service element	
Air	65.7
Land ¹	62.9
Sea	72.3 ²
Rank	
Junior Non-Commissioned Member ¹	52.9
Senior Non-Commissioned Member	87.6 ²
Junior Officer, Senior Officer	64.8 ²
Deployed outside North America	83.5

1. Reference group

2. Significantly different from reference category (p<0.05)

Source(s): Canadian Armed Forces Health Survey, 2019 (5259).

Over half of CAF members allot work time for personal physical activity

The CAF are committed to maintaining high levels of operational effectiveness and readiness, part of which includes being physically fit to perform military, defence and security duties.

All Regular Force and Reserve Force members are expected to participate in physical fitness training and are provided opportunities to conduct these activities during normal working hours when circumstances permit.

More than half of CAF members were allotted time for physical activity during working hours, outside of mandatory group physical activity. Women, Regular Force members, those serving in the air service element, and Senior Non-Commissioned Members were most likely to report being given designated work time for physical activity and having used it.

Table 3
Percentage of Canadian Armed Forces members using work time for physical activity, by selected characteristics, Canada, 2019

	Allotted work time for physical activity		Was not allotted work time for physical activity %
	% who used work time for physical activity	% who did not use work time for physical activity	
Total	41.9	15.9	42.2
Men ¹	41.3	15.6	43.1
Women	45.3 ²	17.7 ²	37.0 ²
Member type			
Regular Force ¹	43.8	17.2	39.0
Reserve Force	36.6 ²	12.4 ²	51.0 ²
Service element			
Air	44.4 ²	19.0 ²	36.5 ²
Land ¹	40.8	12.0	47.3
Sea	41.3	24.9 ²	33.8 ²
Rank			
Junior Non-Commissioned Member ¹	39.0	11.2	49.8
Senior Non-Commissioned Member	46.2 ²	21.1 ²	32.7 ²
Junior Officer, Senior Officer	42.6	18.7 ²	38.7 ²

1. Reference group

2. Significantly different from reference category (p<0.05)

Source(s): Canadian Armed Forces Health Survey 2019 (5259).

Those who use work time allotted for physical activity are most likely to meet physical activity guidelines

The Canadian Physical Activity Guidelines recommend at least 150 minutes of moderate to vigorous physical activity per week. CAF members who used work time for physical activity (77%) were more likely to have met or exceeded these guidelines than those who did not (63%), or those who were not given designated work time for physical activity (70%).

Table 4
Percentage of Canadian Armed Force members who met Canadian Physical Activity Guidelines, by use of work time for physical activity, Canada, 2019

	Met CPAG %
Allotted work time for physical activity	
Used work time for physical activity ¹	77.2
Did not use work time for physical activity	62.5 ²
Not allotted work time for physical activity	69.7 ²

1. Reference group

2. Significantly different from reference category (p<0.05)

Source(s): Canadian Armed Forces Health Survey 2019 (5259).

Note to readers

Responses were received from over 14,000 active members of the Canadian Armed Forces (CAF), including members of the Regular Force and Reserve Force.

The response rate among Regular Force members was 39.6%. In all, 13,065 Regular Force members completed the questionnaire. Their responses were weighted to represent the entire Regular Force population of 56,400.

The response rate among Reserve Force members was 25.7%. In all, 1,028 Reservists completed the questionnaire. Their responses were weighted to represent the Reserve Force population of 20,300 who were training regularly on a part-time basis with occasional periods of full-time service.

Regular Force and Reserve Force

Regular Force members comprise the majority of the CAF. Members of the Regular Force serve Canada on a full-time basis. Unlike the Regular Force, the Reserve Force is composed predominantly of part-time members who serve in community-level units located throughout Canada and who may consent to serve full-time for a range of employment within the CAF, including operations for periods ranging from weeks to years. This may include part-time employment associated with a training-level commitment of about one evening a week and one weekend a month (Class A); full-time employment for non-operational roles, such as training or support to an operational unit (Class B); or full-time service in a Regular Force establishment position on domestic or international operations (Class C).

Definitions, data sources and methods: survey number 5259.

The infographic "[Men and women in the Canadian Armed Forces, 2019](#)," part of the series *Statistics Canada—Infographics (11-627-M)*, is also available.

For more information, or to enquire about the concepts, methods or data quality of this release, contact us (toll-free 1-800-263-1136; 514-283-8300; STATCAN.infostats-infostats.STATCAN@canada.ca) or Media Relations (613-951-4636; STATCAN.mediahotline-ligneinfomedias.STATCAN@canada.ca).