

## Health Fact Sheet

### Quick facts by census metropolitan area, 2017-2018

Release date: October 22, 2019



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Published by authority of the Minister responsible for Statistics Canada

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## Table of Contents

### Census metropolitan area of:

St. John's, Newfoundland and Labrador.....	4
Halifax, Nova Scotia.....	6
Moncton, New Brunswick.....	8
Saint John, New Brunswick.....	10
Saguenay, Quebec.....	12
Québec, Quebec.....	14
Sherbrooke, Quebec.....	16
Trois-Rivières, Quebec.....	18
Montréal, Quebec.....	20
Ottawa-Gatineau, Quebec part.....	22
Ottawa-Gatineau, Ontario part.....	24
Kingston, Ontario.....	26
Belleville, Ontario.....	28
Peterborough, Ontario.....	30
Oshawa, Ontario.....	32
Toronto, Ontario.....	34
Hamilton, Ontario.....	36
St. Catharines-Niagara, Ontario.....	38
Kitchener-Cambridge-Waterloo, Ontario.....	40
Brantford, Ontario.....	42
Guelph, Ontario.....	44
London, Ontario.....	46
Windsor, Ontario.....	48
Barrie, Ontario.....	50
Greater Sudbury, Ontario.....	52
Thunder Bay, Ontario.....	54
Winnipeg, Manitoba.....	56
Regina, Saskatchewan.....	58
Saskatoon, Saskatchewan.....	60
Lethbridge, Alberta.....	62
Calgary, Alberta.....	64
Edmonton, Alberta.....	66
Kelowna, British Columbia.....	68
Abbotsford-Mission, British Columbia.....	70
Vancouver, British Columbia.....	72
Victoria, British Columbia.....	74

# Health Fact Sheets

Statistics Canada, Catalogue no.82-625-X

## Census metropolitan area of St. John's, Newfoundland and Labrador

In 2017-2018, residents aged 12 and over of the St. John's census metropolitan area (CMA) reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appears below. The data are also compared to the data for Newfoundland and Labrador and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ( $p < 0.05$ ). "Higher" means the difference observed is significantly higher, "lower" means the difference is significantly lower and "similar" means the difference is not statistically significant.

### Well-being

- Perceived health, very good or excellent: 63.2%; similar to Newfoundland and Labrador (61.1%); and similar to the national average (60.8%).
- Perceived mental health, very good or excellent: 69.4%; similar to Newfoundland and Labrador (69.1%); and similar to the national average (69.4%).
- Perceived life stress, quite a bit or extremely stressful: 17.0%; similar to Newfoundland and Labrador (14.9%); and lower than the national average (21.4%).

### Health conditions

- Body mass index, self-reported and adjusted, adult (18 years and over), overweight: 36.4%; similar to Newfoundland and Labrador (36.8%); and similar to the national average (36.1%).
- Body mass index, self-reported and adjusted, adult (18 years and over), obese: 33.3%; lower than Newfoundland and Labrador (39.1%); and higher than the national average (26.9%).
- Asthma: 6.3%;<sup>1</sup> similar to Newfoundland and Labrador (7.1%); and similar to the national average (8.1%).
- Mood disorder, such as depression, bipolar disorder, mania or dysthymia: 10.8%; similar to Newfoundland and Labrador (9.2%); and similar to the national average (8.8%).

## Health behaviours

- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 54.4%; similar to Newfoundland and Labrador (49.4%); and similar to the national average (56.0%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 46.3%; similar to Newfoundland and Labrador (51.1%); and similar to the national average (57.8%).
- Heavy drinking: 27.8%; similar to Newfoundland and Labrador (26.7%); and higher than the national average (19.3%).
- Current smoker, daily or occasional: 18.9%; similar to Newfoundland and Labrador (20.8%); and similar to the national average (16.0%).

## Health system

- Has a regular healthcare provider: 91.8%; higher than Newfoundland and Labrador (87.0%); and higher than the national average (84.9%).
- Influenza immunization in the past 12 months: 32.3%; similar to Newfoundland and Labrador (30.8%); and similar to the national average (32.0%).

## Personal resources

- Life satisfaction, satisfied or very satisfied: 92.0%; similar to Newfoundland and Labrador (92.5%); and similar to the national average (93.1%).
- Sense of belonging to local community, somewhat strong or very strong: 71.6%; lower than Newfoundland and Labrador (77.7%); and similar to the national average (68.9%).

## Notes

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

1. Use with caution: data with a coefficient of variation (CV) from 15.1% to 35.0%.

# Census metropolitan area of Halifax, Nova Scotia

In 2017-2018, residents aged 12 and over of the Halifax census metropolitan area (CMA) reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appears below. The data are also compared to the data for Nova Scotia and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ( $p < 0.05$ ). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

## Well-being

- Perceived health, very good or excellent: 61.8%; similar to Nova Scotia (59.1%); and similar to the national average (60.8%).
- Perceived mental health, very good or excellent: 66.2%; similar to Nova Scotia (66.0%); and lower than the national average (69.4%).
- Perceived life stress, quite a bit or extremely stressful: 17.9%; similar to Nova Scotia (18.3%); and lower than the national average (21.4%).

## Health conditions

- Body mass index, self-reported and adjusted, adult (18 years and over), overweight: 34.1%; similar to Nova Scotia (35.6%); and similar to the national average (36.1%).
- Body mass index, self-reported and adjusted, adult (18 years and over), obese: 31.0%; similar to Nova Scotia (34.2%); and higher than the national average (26.9%).
- Asthma: 9.7%; similar to Nova Scotia (8.8%); and similar to the national average (8.1%).
- Mood disorder, such as depression, bipolar disorder, mania or dysthymia: 12.8%; similar to Nova Scotia (12.3%); and higher than the national average (8.8%).

## Health behaviours

- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 59.7%; higher than Nova Scotia (54.2%); and similar to the national average (56.0%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 55.2%; similar to Nova Scotia (57.3%); and similar to the national average (57.8%).
- Heavy drinking: 22.5%; similar to Nova Scotia (20.8%); and higher than the national average (19.3%).
- Current smoker, daily or occasional: 16.2%; similar to Nova Scotia (17.9%); and similar to the national average (16.0%).

## Health system

- Has a regular healthcare provider: 81.5%; lower than Nova Scotia (86.2%); and lower than the national average (84.9%).
- Influenza immunization in the past 12 months: 46.3%; similar to Nova Scotia (46.0%); and higher than the national average (32.0%).

## Personal resources

- Life satisfaction, satisfied or very satisfied: 91.7%; similar to Nova Scotia (91.0%); and similar to the national average (93.1%).
- Sense of belonging to local community, somewhat strong or very strong: 68.1%; lower than Nova Scotia (72.9%); and similar to the national average (68.9%).

## Note

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

# Census metropolitan area of Moncton, New Brunswick

In 2017-2018, residents aged 12 and over of the Moncton census metropolitan area (CMA) reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appears below. The data are also compared to the data for New Brunswick and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ( $p < 0.05$ ). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

## Well-being

- Perceived health, very good or excellent: 57.4%; similar to New Brunswick (56.0%); and similar to the national average (60.8%).
- Perceived mental health, very good or excellent: 68.9%; similar to New Brunswick (66.3%); and similar to the national average (69.4%).
- Perceived life stress, quite a bit or extremely stressful: 18.4%; similar to New Brunswick (18.8%); and similar to the national average (21.4%).

## Health conditions

- Body mass index, self-reported and adjusted, adult (18 years and over), overweight: 37.0%; similar to New Brunswick (35.9%); and similar to the national average (36.1%).
- Body mass index, self-reported and adjusted, adult (18 years and over), obese: 33.0%; similar to New Brunswick (36.5%); and higher than the national average (26.9%).
- Asthma: 7.9%;<sup>1</sup> similar to New Brunswick (8.9%); and similar to the national average (8.1%).
- Mood disorder, such as depression, bipolar disorder, mania or dysthymia: 8.2%;<sup>1</sup> similar to New Brunswick (9.1%); and similar to the national average (8.8%).

## Health behaviours

- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 47.9%; similar to New Brunswick (50.1%); and lower than the national average (56.0%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 44.3%;<sup>1</sup> similar to New Brunswick (51.5%); and similar to the national average (57.8%).
- Heavy drinking: 18.2%; similar to New Brunswick (19.3%); and similar to the national average (19.3%).
- Current smoker, daily or occasional: 11.9%;<sup>1</sup> similar to New Brunswick (14.4%); and lower than the national average (16.0%).



## Health system

- Has a regular healthcare provider: 89.7%; similar to New Brunswick (91.9%); and higher than the national average (84.9%).
- Influenza immunization in the past 12 months: 35.4%; similar to New Brunswick (37.9%); and similar to the national average (32.0%).

## Personal resources

- Life satisfaction, satisfied or very satisfied: 92.2%; similar to New Brunswick (92.4%); and similar to the national average (93.1%).
- Sense of belonging to local community, somewhat strong or very strong: 71.1%; similar to New Brunswick (76.0%); and similar to the national average (68.9%).

## Notes

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

1. Use with caution: data with a coefficient of variation (CV) from 15.1% to 35.0%.

# Census metropolitan area of Saint John, New Brunswick

In 2017-2018, residents aged 12 and over of the Saint John census metropolitan area (CMA) reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appears below. The data are also compared to the data for New Brunswick and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ( $p < 0.05$ ). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

## Well-being

- Perceived health, very good or excellent: 58.5%; similar to New Brunswick (56.0%); and similar to the national average (60.8%).
- Perceived mental health, very good or excellent: 67.7%; similar to New Brunswick (66.3%); and similar to the national average (69.4%).
- Perceived life stress, quite a bit or extremely stressful: 13.4%; lower than New Brunswick (18.8%); and lower than the national average (21.4%).

## Health conditions

- Body mass index, self-reported and adjusted, adult (18 years and over), overweight: 30.7%; lower than New Brunswick (35.9%); and lower than the national average (36.1%).
- Body mass index, self-reported and adjusted, adult (18 years and over), obese: 41.1%; similar to New Brunswick (36.5%); and higher than the national average (26.9%).
- Asthma: 8.1%;<sup>1</sup> similar to New Brunswick (8.9%); and similar to the national average (8.1%).
- Mood disorder, such as depression, bipolar disorder, mania or dysthymia: 5.7%;<sup>1</sup> lower than New Brunswick (9.1%); and lower than the national average (8.8%).

## Health behaviours

- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 56.6%; higher than New Brunswick (50.1%); and similar to the national average (56.0%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 61.7%; similar to New Brunswick (51.5%); and similar to the national average (57.8%).
- Heavy drinking: 18.3%; similar to New Brunswick (19.3%); and similar to the national average (19.3%).
- Current smoker, daily or occasional: 11.4%;<sup>1</sup> similar to New Brunswick (14.4%); and lower than the national average (16.0%).

## Health system

- Has a regular healthcare provider: 91.2%; similar to New Brunswick (91.9%); and higher than the national average (84.9%).
- Influenza immunization in the past 12 months: 43.4%; higher than New Brunswick (37.9%); and higher than the national average (32.0%).

## Personal resources

- Life satisfaction, satisfied or very satisfied: 94.7%; similar to New Brunswick (92.4%); and similar to the national average (93.1%).
- Sense of belonging to local community, somewhat strong or very strong: 79.7%; similar to New Brunswick (76.0%); and higher than the national average (68.9%).

## Notes

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

1. Use with caution: data with a coefficient of variation (CV) from 15.1% to 35.0%.

# Census metropolitan area of Saguenay, Quebec

In 2017-2018, residents aged 12 and over of the Saguenay census metropolitan area (CMA) reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appears below. The data are also compared to the data for Quebec and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ( $p < 0.05$ ). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

## Well-being

- Perceived health, very good or excellent: 60.7%; similar to Quebec (61.4%); and similar to the national average (60.8%).
- Perceived mental health, very good or excellent: 75.7%; similar to Quebec (72.6%); and higher than the national average (69.4%).
- Perceived life stress, quite a bit or extremely stressful: 18.9%; lower than Quebec (23.7%); and similar to the national average (21.4%).

## Health conditions

- Body mass index, self-reported and adjusted, adult (18 years and over), overweight: 38.2%; similar to Quebec (36.5%); and similar to the national average (36.1%).
- Body mass index, self-reported and adjusted, adult (18 years and over), obese: 24.9%; similar to Quebec (25.9%); and similar to the national average (26.9%).
- Asthma: 10.3%; similar to Quebec (8.2%); and similar to the national average (8.1%).
- Mood disorder, such as depression, bipolar disorder, mania or dysthymia: 6.7%;<sup>1</sup> similar to Quebec (6.3%); and similar to the national average (8.8%).

## Health behaviours

- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 50.8%; similar to Quebec (52.6%); and lower than the national average (56.0%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 35.3%;<sup>1</sup> lower than Quebec (53.2%); and lower than the national average (57.8%).
- Heavy drinking: 28.0%; higher than Quebec (22.0%); and higher than the national average (19.3%).
- Current smoker, daily or occasional: 18.2%; similar to Quebec (17.9%); and similar to the national average (16.0%).

## Health system

- Has a regular healthcare provider: 85.2%; higher than Quebec (78.5%); and similar to the national average (84.9%).
- Influenza immunization in the past 12 months: 31.2%; higher than Quebec (22.4%); and similar to the national average (32.0%).

## Personal resources

- Life satisfaction, satisfied or very satisfied: 93.9%; similar to Quebec (94.1%); and similar to the national average (93.1%).
- Sense of belonging to local community, somewhat strong or very strong: 69.1%; higher than Quebec (61.1%); and similar to the national average (68.9%).

## Notes

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

1. Use with caution: data with a coefficient of variation (CV) from 15.1% to 35.0%.

# Census metropolitan area of Québec, Quebec

In 2017-2018, residents aged 12 and over of the Québec census metropolitan area (CMA) reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appears below. The data are also compared to the data for Quebec and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ( $p < 0.05$ ). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

## Well-being

- Perceived health, very good or excellent: 67.5%; higher than Quebec (61.4%); and higher than the national average (60.8%).
- Perceived mental health, very good or excellent: 75.3%; higher than Quebec (72.6%); and higher than the national average (69.4%).
- Perceived life stress, quite a bit or extremely stressful: 22.7%; similar to Quebec (23.7%); and similar to the national average (21.4%).

## Health conditions

- Body mass index, self-reported and adjusted, adult (18 years and over), overweight: 36.0%; similar to Quebec (36.5%); and similar to the national average (36.1%).
- Body mass index, self-reported and adjusted, adult (18 years and over), obese: 23.5%; similar to Quebec (25.9%); and lower than the national average (26.9%).
- Asthma: 9.3%; similar to Quebec (8.2%); and similar to the national average (8.1%).
- Mood disorder, such as depression, bipolar disorder, mania or dysthymia: 6.0%; similar to Quebec (6.3%); and lower than the national average (8.8%).

## Health behaviours

- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 55.3%; similar to Quebec (52.6%); and similar to the national average (56.0%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 64.9%; higher than Quebec (53.2%); and similar to the national average (57.8%).
- Heavy drinking: 26.9%; higher than Quebec (22.0%); and higher than the national average (19.3%).
- Current smoker, daily or occasional: 14.5%; lower than Quebec (17.9%); and similar to the national average (16.0%).

## Health system

- Has a regular healthcare provider: 81.6%; higher than Quebec (78.5%); and lower than the national average (84.9%).
- Influenza immunization in the past 12 months: 23.7%; similar to Quebec (22.4%); and lower than the national average (32.0%).

## Personal resources

- Life satisfaction, satisfied or very satisfied: 96.2%; higher than Quebec (94.1%); and higher than the national average (93.1%).
- Sense of belonging to local community, somewhat strong or very strong: 57.3%; lower than Quebec (61.1%); and lower than the national average (68.9%).

## Note

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

# Census metropolitan area of Sherbrooke, Quebec

In 2017-2018, residents aged 12 and over of the Sherbrooke census metropolitan area (CMA) reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appears below. The data are also compared to the data for Quebec and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ( $p < 0.05$ ). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

## Well-being

- Perceived health, very good or excellent: 61.1%; similar to Quebec (61.4%); and similar to the national average (60.8%).
- Perceived mental health, very good or excellent: 77.0%; higher than Quebec (72.6%); and higher than the national average (69.4%).
- Perceived life stress, quite a bit or extremely stressful: 29.0%; higher than Quebec (23.7%); and higher than the national average (21.4%).

## Health conditions

- Body mass index, self-reported and adjusted, adult (18 years and over), overweight: 37.9%; similar to Quebec (36.5%); and similar to the national average (36.1%).
- Body mass index, self-reported and adjusted, adult (18 years and over), obese: 24.8%; similar to Quebec (25.9%); and similar to the national average (26.9%).
- Asthma: 7.9%;<sup>1</sup> similar to Quebec (8.2%); and similar to the national average (8.1%).
- Mood disorder, such as depression, bipolar disorder, mania or dysthymia: 6.3%;<sup>1</sup> similar to Quebec (6.3%); and similar to the national average (8.8%).

## Health behaviours

- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 50.4%; similar to Quebec (52.6%); and lower than the national average (56.0%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 51.2%;<sup>1</sup> similar to Quebec (53.2%); and similar to the national average (57.8%).
- Heavy drinking: 22.6%; similar to Quebec (22.0%); and similar to the national average (19.3%).
- Current smoker, daily or occasional: 20.0%; similar to Quebec (17.9%); and similar to the national average (16.0%).



## Health system

- Has a regular healthcare provider: 81.8%; higher than Quebec (78.5%); and similar to the national average (84.9%).
- Influenza immunization in the past 12 months: 21.0%; similar to Quebec (22.4%); and lower than the national average (32.0%).

## Personal resources

- Life satisfaction, satisfied or very satisfied: 92.6%; similar to Quebec (94.1%); and similar to the national average (93.1%).
- Sense of belonging to local community, somewhat strong or very strong: 55.2%; lower than Quebec (61.1%); and lower than the national average (68.9%).

## Notes

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

1. Use with caution: data with a coefficient of variation (CV) from 15.1% to 35.0%.

# Census metropolitan area of Trois-Rivières, Quebec

In 2017-2018, residents aged 12 and over of the Trois-Rivières census metropolitan area (CMA) reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appears below. The data are also compared to the data for Quebec and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ( $p < 0.05$ ). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

## Well-being

- Perceived health, very good or excellent: 58.6%; similar to Quebec (61.4%); and similar to the national average (60.8%).
- Perceived mental health, very good or excellent: 73.8%; similar to Quebec (72.6%); and similar to the national average (69.4%).
- Perceived life stress, quite a bit or extremely stressful: 17.5%; lower than Quebec (23.7%); and similar to the national average (21.4%).

## Health conditions

- Body mass index, self-reported and adjusted, adult (18 years and over), overweight: 40.0%; similar to Quebec (36.5%); and similar to the national average (36.1%).
- Body mass index, self-reported and adjusted, adult (18 years and over), obese: 27.2%; similar to Quebec (25.9%); and similar to the national average (26.9%).
- Asthma: 7.4%;<sup>1</sup> similar to Quebec (8.2%); and similar to the national average (8.1%).
- Mood disorder, such as depression, bipolar disorder, mania or dysthymia: 5.3%;<sup>1</sup> similar to Quebec (6.3%); and lower than the national average (8.8%).

## Health behaviours

- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 49.5%; similar to Quebec (52.6%); and similar to the national average (56.0%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 35.4%;<sup>1</sup> similar to Quebec (53.2%); and lower than the national average (57.8%).
- Heavy drinking: 22.2%; similar to Quebec (22.0%); and similar to the national average (19.3%).
- Current smoker, daily or occasional: 19.2%; similar to Quebec (17.9%); and similar to the national average (16.0%).

## Health system

- Has a regular healthcare provider: 81.2%; similar to Quebec (78.5%); and similar to the national average (84.9%).
- Influenza immunization in the past 12 months: 22.0%; similar to Quebec (22.4%); and lower than the national average (32.0%).

## Personal resources

- Life satisfaction, satisfied or very satisfied: 95.8%; similar to Quebec (94.1%); and higher than the national average (93.1%).
- Sense of belonging to local community, somewhat strong or very strong: 61.6%; similar to Quebec (61.1%); and lower than the national average (68.9%).

## Notes

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

1. Use with caution: data with a coefficient of variation (CV) from 15.1% to 35.0%.

# Census metropolitan area of Montréal, Quebec

In 2017-2018, residents aged 12 and over of the Montréal census metropolitan area (CMA) reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appears below. The data are also compared to the data for Quebec and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ( $p < 0.05$ ). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

## Well-being

- Perceived health, very good or excellent: 62.1%; similar to Quebec (61.4%); and similar to the national average (60.8%).
- Perceived mental health, very good or excellent: 71.3%; similar to Quebec (72.6%); and higher than the national average (69.4%).
- Perceived life stress, quite a bit or extremely stressful: 25.4%; higher than Quebec (23.7%); and higher than the national average (21.4%).

## Health conditions

- Body mass index, self-reported and adjusted, adult (18 years and over), overweight: 35.8%; similar to Quebec (36.5%); and similar to the national average (36.1%).
- Body mass index, self-reported and adjusted, adult (18 years and over), obese: 24.2%; similar to Quebec (25.9%); and lower than the national average (26.9%).
- Asthma: 7.7%; similar to Quebec (8.2%); and similar to the national average (8.1%).
- Mood disorder, such as depression, bipolar disorder, mania or dysthymia: 5.9%; similar to Quebec (6.3%); and lower than the national average (8.8%).

## Health behaviours

- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 54.8%; higher than Quebec (52.6%); and similar to the national average (56.0%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 51.2%; similar to Quebec (53.2%); and lower than the national average (57.8%).
- Heavy drinking: 20.3%; lower than Quebec (22.0%); and similar to the national average (19.3%).
- Current smoker, daily or occasional: 17.4%; similar to Quebec (17.9%); and higher than the national average (16.0%).

## Health system

- Has a regular healthcare provider: 73.4%; lower than Quebec (78.5%); and lower than the national average (84.9%).
- Influenza immunization in the past 12 months: 22.2%; similar to Quebec (22.4%); and lower than the national average (32.0%).

## Personal resources

- Life satisfaction, satisfied or very satisfied: 93.8%; similar to Quebec (94.1%); and similar to the national average (93.1%).
- Sense of belonging to local community, somewhat strong or very strong: 60.7%; similar to Quebec (61.1%); and lower than the national average (68.9%).

## Note

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

# Census metropolitan area of Ottawa-Gatineau, Quebec part

In 2017-2018, residents aged 12 and over of the Ottawa-Gatineau, Quebec part census metropolitan area (CMA) reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appears below. The data are also compared to the data for Quebec and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ( $p < 0.05$ ). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

## Well-being

- Perceived health, very good or excellent: 63.5%; similar to Quebec (61.4%); and similar to the national average (60.8%).
- Perceived mental health, very good or excellent: 70.5%; similar to Quebec (72.6%); and similar to the national average (69.4%).
- Perceived life stress, quite a bit or extremely stressful: 25.5%; similar to Quebec (23.7%); and higher than the national average (21.4%).

## Health conditions

- Body mass index, self-reported and adjusted, adult (18 years and over), overweight: 35.8%; similar to Quebec (36.5%); and similar to the national average (36.1%).
- Body mass index, self-reported and adjusted, adult (18 years and over), obese: 27.4%; similar to Quebec (25.9%); and similar to the national average (26.9%).
- Asthma: 10.4%; similar to Quebec (8.2%); and higher than the national average (8.1%).
- Mood disorder, such as depression, bipolar disorder, mania or dysthymia: 9.3%; higher than Quebec (6.3%); and similar to the national average (8.8%).

## Health behaviours

- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 50.9%; similar to Quebec (52.6%); and lower than the national average (56.0%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 61.6%; similar to Quebec (53.2%); and similar to the national average (57.8%).
- Heavy drinking: 19.3%; similar to Quebec (22.0%); and similar to the national average (19.3%).
- Current smoker, daily or occasional: 21.3%; higher than Quebec (17.9%); and higher than the national average (16.0%).

## Health system

- Has a regular healthcare provider: 81.8%; higher than Quebec (78.5%); and lower than the national average (84.9%).
- Influenza immunization in the past 12 months: 22.4%; similar to Quebec (22.4%); and lower than the national average (32.0%).

## Personal resources

- Life satisfaction, satisfied or very satisfied: 92.8%; similar to Quebec (94.1%); and similar to the national average (93.1%).
- Sense of belonging to local community, somewhat strong or very strong: 54.4%; lower than Quebec (61.1%); and lower than the national average (68.9%).

## Note

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

# Census metropolitan area of Ottawa-Gatineau, Ontario part

In 2017-2018, residents aged 12 and over of the Ottawa-Gatineau, Ontario part census metropolitan area (CMA) reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appears below. The data are also compared to the data for Ontario and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ( $p < 0.05$ ). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

## Well-being

- Perceived health, very good or excellent: 65.7%; higher than Ontario (60.7%); and higher than the national average (60.8%).
- Perceived mental health, very good or excellent: 68.0%; similar to Ontario (69.1%); and similar to the national average (69.4%).
- Perceived life stress, quite a bit or extremely stressful: 22.3%; similar to Ontario (21.6%); and similar to the national average (21.4%).

## Health conditions

- Body mass index, self-reported and adjusted, adult (18 years and over), overweight: 43.3%; higher than Ontario (37.0%); and higher than the national average (36.1%).
- Body mass index, self-reported and adjusted, adult (18 years and over), obese: 22.2%; lower than Ontario (25.9%); and lower than the national average (26.9%).
- Asthma: 10.3%; higher than Ontario (7.9%); and higher than the national average (8.1%).
- Mood disorder, such as depression, bipolar disorder, mania or dysthymia: 9.7%; similar to Ontario (9.2%); and similar to the national average (8.8%).

## Health behaviours

- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 66.1%; higher than Ontario (54.9%); and higher than the national average (56.0%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 60.4%; similar to Ontario (57.7%); and similar to the national average (57.8%).
- Heavy drinking: 19.7%; similar to Ontario (17.6%); and similar to the national average (19.3%).
- Current smoker, daily or occasional: 13.0%; lower than Ontario (15.3%); and lower than the national average (16.0%).



## Health system

- Has a regular healthcare provider: 88.6%; similar to Ontario (90.1%); and higher than the national average (84.9%).
- Influenza immunization in the past 12 months: 39.3%; higher than Ontario (34.4%); and higher than the national average (32.0%).

## Personal resources

- Life satisfaction, satisfied or very satisfied: 95.3%; higher than Ontario (93.2%); and higher than the national average (93.1%).
- Sense of belonging to local community, somewhat strong or very strong: 69.1%; similar to Ontario (70.8%); and similar to the national average (68.9%).

## Note

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

# Census metropolitan area of Kingston, Ontario

In 2017-2018, residents aged 12 and over of the Kingston census metropolitan area (CMA) reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appears below. The data are also compared to the data for Ontario and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ( $p < 0.05$ ). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

## Well-being

- Perceived health, very good or excellent: 61.5%; similar to Ontario (60.7%); and similar to the national average (60.8%).
- Perceived mental health, very good or excellent: 69.7%; similar to Ontario (69.1%); and similar to the national average (69.4%).
- Perceived life stress, quite a bit or extremely stressful: 19.9%; similar to Ontario (21.6%); and similar to the national average (21.4%).

## Health conditions

- Body mass index, self-reported and adjusted, adult (18 years and over), overweight: 38.2%; similar to Ontario (37.0%); and similar to the national average (36.1%).
- Body mass index, self-reported and adjusted, adult (18 years and over), obese: 28.6%; similar to Ontario (25.9%); and similar to the national average (26.9%).
- Asthma: 11.4%; higher than Ontario (7.9%); and higher than the national average (8.1%).
- Mood disorder, such as depression, bipolar disorder, mania or dysthymia: 12.5%; similar to Ontario (9.2%); and higher than the national average (8.8%).

## Health behaviours

- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 59.4%; similar to Ontario (54.9%); and similar to the national average (56.0%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 47.0%;<sup>1</sup> similar to Ontario (57.7%); and similar to the national average (57.8%).
- Heavy drinking: 24.1%; higher than Ontario (17.6%); and higher than the national average (19.3%).
- Current smoker, daily or occasional: 16.6%; similar to Ontario (15.3%); and similar to the national average (16.0%).

## Health system

- Has a regular healthcare provider: 90.3%; similar to Ontario (90.1%); and higher than the national average (84.9%).
- Influenza immunization in the past 12 months: 43.9%; higher than Ontario (34.4%); and higher than the national average (32.0%).

## Personal resources

- Life satisfaction, satisfied or very satisfied: 93.5%; similar to Ontario (93.2%); and similar to the national average (93.1%).
- Sense of belonging to local community, somewhat strong or very strong: 74.5%; similar to Ontario (70.8%); and higher than the national average (68.9%).

## Notes

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

1. Use with caution: data with a coefficient of variation (CV) from 15.1% to 35.0%.

# Census metropolitan area of Belleville, Ontario

In 2017-2018, residents aged 12 and over of the Belleville census metropolitan area (CMA) reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appears below. The data are also compared to the data for Ontario and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ( $p < 0.05$ ). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

## Well-being

- Perceived health, very good or excellent: 59.3%; similar to Ontario (60.7%); and similar to the national average (60.8%).
- Perceived mental health, very good or excellent: 65.1%; similar to Ontario (69.1%); and similar to the national average (69.4%).
- Perceived life stress, quite a bit or extremely stressful: 22.3%; similar to Ontario (21.6%); and similar to the national average (21.4%).

## Health conditions

- Body mass index, self-reported and adjusted, adult (18 years and over), overweight: 32.4%; similar to Ontario (37.0%); and similar to the national average (36.1%).
- Body mass index, self-reported and adjusted, adult (18 years and over), obese: 35.5%; higher than Ontario (25.9%); and higher than the national average (26.9%).
- Asthma: 7.9%;<sup>1</sup> similar to Ontario (7.9%); and similar to the national average (8.1%).
- Mood disorder, such as depression, bipolar disorder, mania or dysthymia: 13.6%;<sup>1</sup> similar to Ontario (9.2%); and higher than the national average (8.8%).

## Health behaviours

- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 52.3%; similar to Ontario (54.9%); and similar to the national average (56.0%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 52.9%;<sup>1</sup> similar to Ontario (57.7%); and similar to the national average (57.8%).
- Heavy drinking: 27.6%; higher than Ontario (17.6%); and higher than the national average (19.3%).
- Current smoker, daily or occasional: 26.4%; higher than Ontario (15.3%); and higher than the national average (16.0%).

## Health system

- Has a regular healthcare provider: 88.0%; similar to Ontario (90.1%); and similar to the national average (84.9%).
- Influenza immunization in the past 12 months: 36.9%; similar to Ontario (34.4%); and similar to the national average (32.0%).

## Personal resources

- Life satisfaction, satisfied or very satisfied: 92.4%; similar to Ontario (93.2%); and similar to the national average (93.1%).
- Sense of belonging to local community, somewhat strong or very strong: 70.6%; similar to Ontario (70.8%); and similar to the national average (68.9%).

## Notes

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

1. Use with caution: data with a coefficient of variation (CV) from 15.1% to 35.0%.

# Census metropolitan area of Peterborough, Ontario

In 2017-2018, residents aged 12 and over of the Peterborough census metropolitan area (CMA) reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appears below. The data are also compared to the data for Ontario and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ( $p < 0.05$ ). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

## Well-being

- Perceived health, very good or excellent: 63.3%; similar to Ontario (60.7%); and similar to the national average (60.8%).
- Perceived mental health, very good or excellent: 69.5%; similar to Ontario (69.1%); and similar to the national average (69.4%).
- Perceived life stress, quite a bit or extremely stressful: 17.4%; similar to Ontario (21.6%); and similar to the national average (21.4%).

## Health conditions

- Body mass index, self-reported and adjusted, adult (18 years and over), overweight: 34.9%; similar to Ontario (37.0%); and similar to the national average (36.1%).
- Body mass index, self-reported and adjusted, adult (18 years and over), obese: 31.1%; similar to Ontario (25.9%); and similar to the national average (26.9%).
- Asthma: 9.7%; similar to Ontario (7.9%); and similar to the national average (8.1%).
- Mood disorder, such as depression, bipolar disorder, mania or dysthymia: 14.3%; higher than Ontario (9.2%); and higher than the national average (8.8%).

## Health behaviours

- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 63.4%; higher than Ontario (54.9%); and higher than the national average (56.0%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 75.3%; similar to Ontario (57.7%); and similar to the national average (57.8%).
- Heavy drinking: 23.1%; similar to Ontario (17.6%); and similar to the national average (19.3%).
- Current smoker, daily or occasional: 20.4%; higher than Ontario (15.3%); and higher than the national average (16.0%).

## Health system

- Has a regular healthcare provider: 91.2%; similar to Ontario (90.1%); and higher than the national average (84.9%).
- Influenza immunization in the past 12 months: 38.6%; similar to Ontario (34.4%); and higher than the national average (32.0%).

## Personal resources

- Life satisfaction, satisfied or very satisfied: 92.5%; similar to Ontario (93.2%); and similar to the national average (93.1%).
- Sense of belonging to local community, somewhat strong or very strong: 77.8%; higher than Ontario (70.8%); and higher than the national average (68.9%).

## Note

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

# Census metropolitan area of Oshawa, Ontario

In 2017-2018, residents aged 12 and over of the Oshawa census metropolitan area (CMA) reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appears below. The data are also compared to the data for Ontario and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ( $p < 0.05$ ). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

## Well-being

- Perceived health, very good or excellent: 67.3%; higher than Ontario (60.7%); and higher than the national average (60.8%).
- Perceived mental health, very good or excellent: 72.3%; similar to Ontario (69.1%); and similar to the national average (69.4%).
- Perceived life stress, quite a bit or extremely stressful: 22.4%; similar to Ontario (21.6%); and similar to the national average (21.4%).

## Health conditions

- Body mass index, self-reported and adjusted, adult (18 years and over), overweight: 33.9%; similar to Ontario (37.0%); and similar to the national average (36.1%).
- Body mass index, self-reported and adjusted, adult (18 years and over), obese: 31.3%; higher than Ontario (25.9%); and similar to the national average (26.9%).
- Asthma: 8.8%;<sup>1</sup> similar to Ontario (7.9%); and similar to the national average (8.1%).
- Mood disorder, such as depression, bipolar disorder, mania or dysthymia: 9.8%; similar to Ontario (9.2%); and similar to the national average (8.8%).

## Health behaviours

- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 54.6%; similar to Ontario (54.9%); and similar to the national average (56.0%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 59.1%;<sup>1</sup> similar to Ontario (57.7%); and similar to the national average (57.8%).
- Heavy drinking: 18.5%; similar to Ontario (17.6%); and similar to the national average (19.3%).
- Current smoker, daily or occasional: 17.3%; similar to Ontario (15.3%); and similar to the national average (16.0%).



## Health system

- Has a regular healthcare provider: 92.7%; higher than Ontario (90.1%); and higher than the national average (84.9%).
- Influenza immunization in the past 12 months: 31.8%; similar to Ontario (34.4%); and similar to the national average (32.0%).

## Personal resources

- Life satisfaction, satisfied or very satisfied: 93.7%; similar to Ontario (93.2%); and similar to the national average (93.1%).
- Sense of belonging to local community, somewhat strong or very strong: 69.9%; similar to Ontario (70.8%); and similar to the national average (68.9%).

## Notes

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

1. Use with caution: data with a coefficient of variation (CV) from 15.1% to 35.0%.

# Census metropolitan area of Toronto, Ontario

In 2017-2018, residents aged 12 and over of the Toronto census metropolitan area (CMA) reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appears below. The data are also compared to the data for Ontario and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ( $p < 0.05$ ). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

## Well-being

- Perceived health, very good or excellent: 60.2%; similar to Ontario (60.7%); and similar to the national average (60.8%).
- Perceived mental health, very good or excellent: 70.4%; similar to Ontario (69.1%); and similar to the national average (69.4%).
- Perceived life stress, quite a bit or extremely stressful: 22.0%; similar to Ontario (21.6%); and similar to the national average (21.4%).

## Health conditions

- Body mass index, self-reported and adjusted, adult (18 years and over), overweight: 37.1%; similar to Ontario (37.0%); and similar to the national average (36.1%).
- Body mass index, self-reported and adjusted, adult (18 years and over), obese: 20.5%; lower than Ontario (25.9%); and lower than the national average (26.9%).
- Asthma: 7.0%; similar to Ontario (7.9%); and lower than the national average (8.1%).
- Mood disorder, such as depression, bipolar disorder, mania or dysthymia: 7.0%; lower than Ontario (9.2%); and lower than the national average (8.8%).

## Health behaviours

- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 53.0%; similar to Ontario (54.9%); and lower than the national average (56.0%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 55.8%; similar to Ontario (57.7%); and similar to the national average (57.8%).
- Heavy drinking: 13.3%; lower than Ontario (17.6%); and lower than the national average (19.3%).
- Current smoker, daily or occasional: 12.4%; lower than Ontario (15.3%); and lower than the national average (16.0%).

## Health system

- Has a regular healthcare provider: 89.4%; similar to Ontario (90.1%); and higher than the national average (84.9%).
- Influenza immunization in the past 12 months: 33.5%; similar to Ontario (34.4%); and higher than the national average (32.0%).

## Personal resources

- Life satisfaction, satisfied or very satisfied: 93.3%; similar to Ontario (93.2%); and similar to the national average (93.1%).
- Sense of belonging to local community, somewhat strong or very strong: 69.8%; similar to Ontario (70.8%); and similar to the national average (68.9%).

## Note

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

# Census metropolitan area of Hamilton, Ontario

In 2017-2018, residents aged 12 and over of the Hamilton census metropolitan area (CMA) reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appears below. The data are also compared to the data for Ontario and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ( $p < 0.05$ ). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

## Well-being

- Perceived health, very good or excellent: 63.8%; similar to Ontario (60.7%); and similar to the national average (60.8%).
- Perceived mental health, very good or excellent: 71.9%; similar to Ontario (69.1%); and similar to the national average (69.4%).
- Perceived life stress, quite a bit or extremely stressful: 23.3%; similar to Ontario (21.6%); and similar to the national average (21.4%).

## Health conditions

- Body mass index, self-reported and adjusted, adult (18 years and over), overweight: 37.8%; similar to Ontario (37.0%); and similar to the national average (36.1%).
- Body mass index, self-reported and adjusted, adult (18 years and over), obese: 25.5%; similar to Ontario (25.9%); and similar to the national average (26.9%).
- Asthma: 6.9%; similar to Ontario (7.9%); and similar to the national average (8.1%).
- Mood disorder, such as depression, bipolar disorder, mania or dysthymia: 10.4%; similar to Ontario (9.2%); and similar to the national average (8.8%).

## Health behaviours

- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 54.4%; similar to Ontario (54.9%); and similar to the national average (56.0%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 60.1%; similar to Ontario (57.7%); and similar to the national average (57.8%).
- Heavy drinking: 20.4%; similar to Ontario (17.6%); and similar to the national average (19.3%).
- Current smoker, daily or occasional: 16.0%; similar to Ontario (15.3%); and similar to the national average (16.0%).

## Health system

- Has a regular healthcare provider: 92.0%; similar to Ontario (90.1%); and higher than the national average (84.9%).
- Influenza immunization in the past 12 months: 33.4%; similar to Ontario (34.4%); and similar to the national average (32.0%).

## Personal resources

- Life satisfaction, satisfied or very satisfied: 93.6%; similar to Ontario (93.2%); and similar to the national average (93.1%).
- Sense of belonging to local community, somewhat strong or very strong: 71.5%; similar to Ontario (70.8%); and similar to the national average (68.9%).

## Note

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

# Census metropolitan area of St. Catharines-Niagara, Ontario

In 2017-2018, residents aged 12 and over of the St. Catharines-Niagara census metropolitan area (CMA) reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appears below. The data are also compared to the data for Ontario and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ( $p < 0.05$ ). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

## Well-being

- Perceived health, very good or excellent: 56.2%; lower than Ontario (60.7%); and lower than the national average (60.8%).
- Perceived mental health, very good or excellent: 65.6%; similar to Ontario (69.1%); and lower than the national average (69.4%).
- Perceived life stress, quite a bit or extremely stressful: 21.9%; similar to Ontario (21.6%); and similar to the national average (21.4%).

## Health conditions

- Body mass index, self-reported and adjusted, adult (18 years and over), overweight: 38.6%; similar to Ontario (37.0%); and similar to the national average (36.1%).
- Body mass index, self-reported and adjusted, adult (18 years and over), obese: 29.0%; similar to Ontario (25.9%); and similar to the national average (26.9%).
- Asthma: 7.2%; similar to Ontario (7.9%); and similar to the national average (8.1%).
- Mood disorder, such as depression, bipolar disorder, mania or dysthymia: 12.7%; similar to Ontario (9.2%); and higher than the national average (8.8%).

## Health behaviours

- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 53.1%; similar to Ontario (54.9%); and similar to the national average (56.0%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 69.7%; similar to Ontario (57.7%); and similar to the national average (57.8%).
- Heavy drinking: 22.2%; higher than Ontario (17.6%); and similar to the national average (19.3%).
- Current smoker, daily or occasional: 18.6%; higher than Ontario (15.3%); and similar to the national average (16.0%).

## Health system

- Has a regular healthcare provider: 91.0%; similar to Ontario (90.1%); and higher than the national average (84.9%).
- Influenza immunization in the past 12 months: 33.3%; similar to Ontario (34.4%); and similar to the national average (32.0%).

## Personal resources

- Life satisfaction, satisfied or very satisfied: 90.6%; similar to Ontario (93.2%); and similar to the national average (93.1%).
- Sense of belonging to local community, somewhat strong or very strong: 67.5%; similar to Ontario (70.8%); and similar to the national average (68.9%).

## Note

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

# Census metropolitan area of Kitchener-Cambridge-Waterloo, Ontario

In 2017-2018, residents aged 12 and over of the Kitchener-Cambridge-Waterloo census metropolitan area (CMA) reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appears below. The data are also compared to the data for Ontario and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ( $p < 0.05$ ). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

## Well-being

- Perceived health, very good or excellent: 58.8%; similar to Ontario (60.7%); and similar to the national average (60.8%).
- Perceived mental health, very good or excellent: 64.3%; lower than Ontario (69.1%); and lower than the national average (69.4%).
- Perceived life stress, quite a bit or extremely stressful: 20.1%; similar to Ontario (21.6%); and similar to the national average (21.4%).

## Health conditions

- Body mass index, self-reported and adjusted, adult (18 years and over), overweight: 33.9%; similar to Ontario (37.0%); and similar to the national average (36.1%).
- Body mass index, self-reported and adjusted, adult (18 years and over), obese: 27.0%; similar to Ontario (25.9%); and similar to the national average (26.9%).
- Asthma: 6.9%;<sup>1</sup> similar to Ontario (7.9%); and similar to the national average (8.1%).
- Mood disorder, such as depression, bipolar disorder, mania or dysthymia: 9.8%; similar to Ontario (9.2%); and similar to the national average (8.8%).

## Health behaviours

- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 58.3%; similar to Ontario (54.9%); and similar to the national average (56.0%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 60.7%; similar to Ontario (57.7%); and similar to the national average (57.8%).
- Heavy drinking: 19.0%; similar to Ontario (17.6%); and similar to the national average (19.3%).
- Current smoker, daily or occasional: 16.8%; similar to Ontario (15.3%); and similar to the national average (16.0%).



## Health system

- Has a regular healthcare provider: 90.0%; similar to Ontario (90.1%); and higher than the national average (84.9%).
- Influenza immunization in the past 12 months: 29.9%; lower than Ontario (34.4%); and similar to the national average (32.0%).

## Personal resources

- Life satisfaction, satisfied or very satisfied: 93.6%; similar to Ontario (93.2%); and similar to the national average (93.1%).
- Sense of belonging to local community, somewhat strong or very strong: 69.1%; similar to Ontario (70.8%); and similar to the national average (68.9%).

## Notes

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

1. Use with caution: data with a coefficient of variation (CV) from 15.1% to 35.0%.

# Census metropolitan area of Brantford, Ontario

In 2017-2018, residents aged 12 and over of the Brantford census metropolitan area (CMA) reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appears below. The data are also compared to the data for Ontario and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ( $p < 0.05$ ). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

## Well-being

- Perceived health, very good or excellent: 48.5%; lower than Ontario (60.7%); and lower than the national average (60.8%).
- Perceived mental health, very good or excellent: 67.2%; similar to Ontario (69.1%); and similar to the national average (69.4%).
- Perceived life stress, quite a bit or extremely stressful: 17.2%; lower than Ontario (21.6%); and lower than the national average (21.4%).

## Health conditions

- Body mass index, self-reported and adjusted, adult (18 years and over), overweight: 29.6%; lower than Ontario (37.0%); and lower than the national average (36.1%).
- Body mass index, self-reported and adjusted, adult (18 years and over), obese: 38.4%; higher than Ontario (25.9%); and higher than the national average (26.9%).
- Asthma: 11.1%; higher than Ontario (7.9%); and higher than the national average (8.1%).
- Mood disorder, such as depression, bipolar disorder, mania or dysthymia: 10.8%; similar to Ontario (9.2%); and similar to the national average (8.8%).

## Health behaviours

- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 53.1%; similar to Ontario (54.9%); and similar to the national average (56.0%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 53.5%;<sup>1</sup> similar to Ontario (57.7%); and similar to the national average (57.8%).
- Heavy drinking: 22.6%; higher than Ontario (17.6%); and similar to the national average (19.3%).
- Current smoker, daily or occasional: 23.5%; higher than Ontario (15.3%); and higher than the national average (16.0%).

## Health system

- Has a regular healthcare provider: 90.3%; similar to Ontario (90.1%); and higher than the national average (84.9%).
- Influenza immunization in the past 12 months: 31.6%; similar to Ontario (34.4%); and similar to the national average (32.0%).

## Personal resources

- Life satisfaction, satisfied or very satisfied: 90.9%; similar to Ontario (93.2%); and similar to the national average (93.1%).
- Sense of belonging to local community, somewhat strong or very strong: 69.3%; similar to Ontario (70.8%); and similar to the national average (68.9%).

## Notes

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

1. Use with caution: data with a coefficient of variation (CV) from 15.1% to 35.0%.

# Census metropolitan area of Guelph, Ontario

In 2017-2018, residents aged 12 and over of the Guelph census metropolitan area (CMA) reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appears below. The data are also compared to the data for Ontario and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ( $p < 0.05$ ). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

## Well-being

- Perceived health, very good or excellent: 68.2%; higher than Ontario (60.7%); and higher than the national average (60.8%).
- Perceived mental health, very good or excellent: 66.7%; similar to Ontario (69.1%); and similar to the national average (69.4%).
- Perceived life stress, quite a bit or extremely stressful: 21.1%; similar to Ontario (21.6%); and similar to the national average (21.4%).

## Health conditions

- Body mass index, self-reported and adjusted, adult (18 years and over), overweight: 40.2%; similar to Ontario (37.0%); and similar to the national average (36.1%).
- Body mass index, self-reported and adjusted, adult (18 years and over), obese: 25.1%; similar to Ontario (25.9%); and similar to the national average (26.9%).
- Asthma: 7.1%;<sup>1</sup> similar to Ontario (7.9%); and similar to the national average (8.1%).
- Mood disorder, such as depression, bipolar disorder, mania or dysthymia: 13.7%;<sup>1</sup> higher than Ontario (9.2%); and higher than the national average (8.8%).

## Health behaviours

- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 59.0%; similar to Ontario (54.9%); and similar to the national average (56.0%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 44.2%;<sup>1</sup> similar to Ontario (57.7%); and similar to the national average (57.8%).
- Heavy drinking: 18.9%; similar to Ontario (17.6%); and similar to the national average (19.3%).
- Current smoker, daily or occasional: 11.2%; lower than Ontario (15.3%); and lower than the national average (16.0%).

## Health system

- Has a regular healthcare provider: 90.3%; similar to Ontario (90.1%); and higher than the national average (84.9%).
- Influenza immunization in the past 12 months: 35.7%; similar to Ontario (34.4%); and similar to the national average (32.0%).

## Personal resources

- Life satisfaction, satisfied or very satisfied: 92.1%; similar to Ontario (93.2%); and similar to the national average (93.1%).
- Sense of belonging to local community, somewhat strong or very strong: 74.5%; similar to Ontario (70.8%); and higher than the national average (68.9%).

## Notes

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

1. Use with caution: data with a coefficient of variation (CV) from 15.1% to 35.0%.

# Census metropolitan area of London, Ontario

In 2017-2018, residents aged 12 and over of the London census metropolitan area (CMA) reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appears below. The data are also compared to the data for Ontario and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ( $p < 0.05$ ). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

## Well-being

- Perceived health, very good or excellent: 59.5%; similar to Ontario (60.7%); and similar to the national average (60.8%).
- Perceived mental health, very good or excellent: 60.5%; lower than Ontario (69.1%); and lower than the national average (69.4%).
- Perceived life stress, quite a bit or extremely stressful: 22.5%; similar to Ontario (21.6%); and similar to the national average (21.4%).

## Health conditions

- Body mass index, self-reported and adjusted, adult (18 years and over), overweight: 35.3%; similar to Ontario (37.0%); and similar to the national average (36.1%).
- Body mass index, self-reported and adjusted, adult (18 years and over), obese: 30.3%; higher than Ontario (25.9%); and similar to the national average (26.9%).
- Asthma: 6.6%; similar to Ontario (7.9%); and similar to the national average (8.1%).
- Mood disorder, such as depression, bipolar disorder, mania or dysthymia: 12.7%; higher than Ontario (9.2%); and higher than the national average (8.8%).

## Health behaviours

- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 53.4%; similar to Ontario (54.9%); and similar to the national average (56.0%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 55.3%; similar to Ontario (57.7%); and similar to the national average (57.8%).
- Heavy drinking: 19.3%; similar to Ontario (17.6%); and similar to the national average (19.3%).
- Current smoker, daily or occasional: 15.3%; similar to Ontario (15.3%); and similar to the national average (16.0%).

## Health system

- Has a regular healthcare provider: 89.7%; similar to Ontario (90.1%); and higher than the national average (84.9%).
- Influenza immunization in the past 12 months: 39.6%; higher than Ontario (34.4%); and higher than the national average (32.0%).

## Personal resources

- Life satisfaction, satisfied or very satisfied: 91.7%; similar to Ontario (93.2%); and similar to the national average (93.1%).
- Sense of belonging to local community, somewhat strong or very strong: 66.1%; lower than Ontario (70.8%); and similar to the national average (68.9%).

## Note

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

# Census metropolitan area of Windsor, Ontario

In 2017-2018, residents aged 12 and over of the Windsor census metropolitan area (CMA) reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appears below. The data are also compared to the data for Ontario and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ( $p < 0.05$ ). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

## Well-being

- Perceived health, very good or excellent: 57.0%; similar to Ontario (60.7%); and similar to the national average (60.8%).
- Perceived mental health, very good or excellent: 72.0%; similar to Ontario (69.1%); and similar to the national average (69.4%).
- Perceived life stress, quite a bit or extremely stressful: 19.7%; similar to Ontario (21.6%); and similar to the national average (21.4%).

## Health conditions

- Body mass index, self-reported and adjusted, adult (18 years and over), overweight: 35.7%; similar to Ontario (37.0%); and similar to the national average (36.1%).
- Body mass index, self-reported and adjusted, adult (18 years and over), obese: 31.3%; higher than Ontario (25.9%); and similar to the national average (26.9%).
- Asthma: 7.1%; similar to Ontario (7.9%); and similar to the national average (8.1%).
- Mood disorder, such as depression, bipolar disorder, mania or dysthymia: 10.5%; similar to Ontario (9.2%); and similar to the national average (8.8%).

## Health behaviours

- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 49.9%; similar to Ontario (54.9%); and lower than the national average (56.0%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 48.9%;<sup>1</sup> similar to Ontario (57.7%); and similar to the national average (57.8%).
- Heavy drinking: 17.7%; similar to Ontario (17.6%); and similar to the national average (19.3%).
- Current smoker, daily or occasional: 18.2%; similar to Ontario (15.3%); and similar to the national average (16.0%).



## Health system

- Has a regular healthcare provider: 86.9%; lower than Ontario (90.1%); and similar to the national average (84.9%).
- Influenza immunization in the past 12 months: 32.4%; similar to Ontario (34.4%); and similar to the national average (32.0%).

## Personal resources

- Life satisfaction, satisfied or very satisfied: 92.3%; similar to Ontario (93.2%); and similar to the national average (93.1%).
- Sense of belonging to local community, somewhat strong or very strong: 70.7%; similar to Ontario (70.8%); and similar to the national average (68.9%).

## Notes

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

1. Use with caution: data with a coefficient of variation (CV) from 15.1% to 35.0%.

# Census metropolitan area of Barrie, Ontario

In 2017-2018, residents aged 12 and over of the Barrie census metropolitan area (CMA) reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appears below. The data are also compared to the data for Ontario and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ( $p < 0.05$ ). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

## Well-being

- Perceived health, very good or excellent: 63.7%; similar to Ontario (60.7%); and similar to the national average (60.8%).
- Perceived mental health, very good or excellent: 65.3%; similar to Ontario (69.1%); and similar to the national average (69.4%).
- Perceived life stress, quite a bit or extremely stressful: 24.2%; similar to Ontario (21.6%); and similar to the national average (21.4%).

## Health conditions

- Body mass index, self-reported and adjusted, adult (18 years and over), overweight: 32.4%; similar to Ontario (37.0%); and similar to the national average (36.1%).
- Body mass index, self-reported and adjusted, adult (18 years and over), obese: 30.9%; similar to Ontario (25.9%); and similar to the national average (26.9%).
- Asthma: 9.0%;<sup>1</sup> similar to Ontario (7.9%); and similar to the national average (8.1%).
- Mood disorder, such as depression, bipolar disorder, mania or dysthymia: 11.4%;<sup>1</sup> similar to Ontario (9.2%); and similar to the national average (8.8%).

## Health behaviours

- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 57.3%; similar to Ontario (54.9%); and similar to the national average (56.0%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 65.2%;<sup>1</sup> similar to Ontario (57.7%); and similar to the national average (57.8%).
- Heavy drinking: 26.7%; higher than Ontario (17.6%); and higher than the national average (19.3%).
- Current smoker, daily or occasional: 22.8%; higher than Ontario (15.3%); and higher than the national average (16.0%).

## Health system

- Has a regular healthcare provider: 89.8%; similar to Ontario (90.1%); and higher than the national average (84.9%).
- Influenza immunization in the past 12 months: 29.1%; similar to Ontario (34.4%); and similar to the national average (32.0%).

## Personal resources

- Life satisfaction, satisfied or very satisfied: 94.0%; similar to Ontario (93.2%); and similar to the national average (93.1%).
- Sense of belonging to local community, somewhat strong or very strong: 74.1%; similar to Ontario (70.8%); and similar to the national average (68.9%).

## Notes

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

1. Use with caution: data with a coefficient of variation (CV) from 15.1% to 35.0%.

# Census metropolitan area of Greater Sudbury, Ontario

In 2017–2018, residents aged 12 and over of the Greater Sudbury census metropolitan area (CMA) reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appears below. The data are also compared to the data for Ontario and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ( $p < 0.05$ ). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

## Well-being

- Perceived health, very good or excellent: 57.4%; similar to Ontario (60.7%); and similar to the national average (60.8%).
- Perceived mental health, very good or excellent: 65.5%; similar to Ontario (69.1%); and similar to the national average (69.4%).
- Perceived life stress, quite a bit or extremely stressful: 23.4%; similar to Ontario (21.6%); and similar to the national average (21.4%).

## Health conditions

- Body mass index, self-reported and adjusted, adult (18 years and over), overweight: 37.1%; similar to Ontario (37.0%); and similar to the national average (36.1%).
- Body mass index, self-reported and adjusted, adult (18 years and over), obese: 32.6%; higher than Ontario (25.9%); and higher than the national average (26.9%).
- Asthma: 8.9%; similar to Ontario (7.9%); and similar to the national average (8.1%).
- Mood disorder, such as depression, bipolar disorder, mania or dysthymia: 13.3%; higher than Ontario (9.2%); and higher than the national average (8.8%).

## Health behaviours

- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 51.0%; similar to Ontario (54.9%); and similar to the national average (56.0%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 58.1%; similar to Ontario (57.7%); and similar to the national average (57.8%).
- Heavy drinking: 23.7%; higher than Ontario (17.6%); and higher than the national average (19.3%).
- Current smoker, daily or occasional: 24.0%; higher than Ontario (15.3%); and higher than the national average (16.0%).

## Health system

- Has a regular healthcare provider: 87.1%; similar to Ontario (90.1%); and similar to the national average (84.9%).
- Influenza immunization in the past 12 months: 32.7%; similar to Ontario (34.4%); and similar to the national average (32.0%).

## Personal resources

- Life satisfaction, satisfied or very satisfied: 92.4%; similar to Ontario (93.2%); and similar to the national average (93.1%).
- Sense of belonging to local community, somewhat strong or very strong: 72.4%; similar to Ontario (70.8%); and similar to the national average (68.9%).

## Note

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

# Census metropolitan area of Thunder Bay, Ontario

In 2017-2018, residents aged 12 and over of the Thunder Bay census metropolitan area (CMA) reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appears below. The data are also compared to the data for Ontario and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ( $p < 0.05$ ). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

## Well-being

- Perceived health, very good or excellent: 59.7%; similar to Ontario (60.7%); and similar to the national average (60.8%).
- Perceived mental health, very good or excellent: 66.7%; similar to Ontario (69.1%); and similar to the national average (69.4%).
- Perceived life stress, quite a bit or extremely stressful: 20.9%; similar to Ontario (21.6%); and similar to the national average (21.4%).

## Health conditions

- Body mass index, self-reported and adjusted, adult (18 years and over), overweight: 34.7%; similar to Ontario (37.0%); and similar to the national average (36.1%).
- Body mass index, self-reported and adjusted, adult (18 years and over), obese: 38.3%; higher than Ontario (25.9%); and higher than the national average (26.9%).
- Asthma: 8.3%; similar to Ontario (7.9%); and similar to the national average (8.1%).
- Mood disorder, such as depression, bipolar disorder, mania or dysthymia: 11.6%; similar to Ontario (9.2%); and higher than the national average (8.8%).

## Health behaviours

- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 57.3%; similar to Ontario (54.9%); and similar to the national average (56.0%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 60.2%; similar to Ontario (57.7%); and similar to the national average (57.8%).
- Heavy drinking: 23.0%; higher than Ontario (17.6%); and similar to the national average (19.3%).
- Current smoker, daily or occasional: 17.4%; similar to Ontario (15.3%); and similar to the national average (16.0%).

## Health system

- Has a regular healthcare provider: 87.2%; similar to Ontario (90.1%); and similar to the national average (84.9%).
- Influenza immunization in the past 12 months: 36.1%; similar to Ontario (34.4%); and similar to the national average (32.0%).

## Personal resources

- Life satisfaction, satisfied or very satisfied: 92.3%; similar to Ontario (93.2%); and similar to the national average (93.1%).
- Sense of belonging to local community, somewhat strong or very strong: 76.1%; higher than Ontario (70.8%); and higher than the national average (68.9%).

## Note

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

# Census metropolitan area of Winnipeg, Manitoba

In 2017-2018, residents aged 12 and over of the Winnipeg census metropolitan area (CMA) reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appears below. The data are also compared to the data for Manitoba and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ( $p < 0.05$ ). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

## Well-being

- Perceived health, very good or excellent: 61.4%; similar to Manitoba (60.1%); and similar to the national average (60.8%).
- Perceived mental health, very good or excellent: 67.7%; similar to Manitoba (68.1%); and similar to the national average (69.4%).
- Perceived life stress, quite a bit or extremely stressful: 19.3%; similar to Manitoba (18.8%); and similar to the national average (21.4%).

## Health conditions

- Body mass index, self-reported and adjusted, adult (18 years and over), overweight: 35.1%; similar to Manitoba (34.6%); and similar to the national average (36.1%).
- Body mass index, self-reported and adjusted, adult (18 years and over), obese: 26.5%; lower than Manitoba (29.9%); and similar to the national average (26.9%).
- Asthma: 8.8%; similar to Manitoba (8.1%); and similar to the national average (8.1%).
- Mood disorder, such as depression, bipolar disorder, mania or dysthymia: 10.4%; similar to Manitoba (9.9%); and similar to the national average (8.8%).

## Health behaviours

- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 55.4%; similar to Manitoba (54.4%); and similar to the national average (56.0%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 56.2%; similar to Manitoba (56.9%); and similar to the national average (57.8%).
- Heavy drinking: 15.1%; similar to Manitoba (16.3%); and lower than the national average (19.3%).
- Current smoker, daily or occasional: 16.1%; similar to Manitoba (16.7%); and similar to the national average (16.0%).



## Health system

- Has a regular healthcare provider: 85.2%; similar to Manitoba (83.9%); and similar to the national average (84.9%).
- Influenza immunization in the past 12 months: 32.7%; similar to Manitoba (30.0%); and similar to the national average (32.0%).

## Personal resources

- Life satisfaction, satisfied or very satisfied: 92.5%; similar to Manitoba (93.2%); and similar to the national average (93.1%).
- Sense of belonging to local community, somewhat strong or very strong: 71.7%; similar to Manitoba (73.6%); and higher than the national average (68.9%).

## Note

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

# Census metropolitan area of Regina, Saskatchewan

In 2017-2018, residents aged 12 and over of the Regina census metropolitan area (CMA) reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appears below. The data are also compared to the data for Saskatchewan and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ( $p < 0.05$ ). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

## Well-being

- Perceived health, very good or excellent: 63.6%; higher than Saskatchewan (58.3%); and similar to the national average (60.8%).
- Perceived mental health, very good or excellent: 70.0%; similar to Saskatchewan (68.2%); and similar to the national average (69.4%).
- Perceived life stress, quite a bit or extremely stressful: 22.1%; similar to Saskatchewan (19.0%); and similar to the national average (21.4%).

## Health conditions

- Body mass index, self-reported and adjusted, adult (18 years and over), overweight: 39.4%; similar to Saskatchewan (35.2%); and similar to the national average (36.1%).
- Body mass index, self-reported and adjusted, adult (18 years and over), obese: 32.8%; similar to Saskatchewan (34.9%); and higher than the national average (26.9%).
- Asthma: 7.8%;<sup>1</sup> similar to Saskatchewan (7.3%); and similar to the national average (8.1%).
- Mood disorder, such as depression, bipolar disorder, mania or dysthymia: 9.2%; similar to Saskatchewan (9.0%); and similar to the national average (8.8%).

## Health behaviours

- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 60.4%; similar to Saskatchewan (55.9%); and similar to the national average (56.0%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 47.2%;<sup>1</sup> similar to Saskatchewan (60.0%); and similar to the national average (57.8%).
- Heavy drinking: 19.2%; similar to Saskatchewan (21.3%); and similar to the national average (19.3%).
- Current smoker, daily or occasional: 17.6%; similar to Saskatchewan (20.0%); and similar to the national average (16.0%).

## Health system

- Has a regular healthcare provider: 82.7%; similar to Saskatchewan (81.4%); and similar to the national average (84.9%).
- Influenza immunization in the past 12 months: 35.3%; similar to Saskatchewan (35.0%); and similar to the national average (32.0%).

## Personal resources

- Life satisfaction, satisfied or very satisfied: 94.1%; similar to Saskatchewan (92.7%); and similar to the national average (93.1%).
- Sense of belonging to local community, somewhat strong or very strong: 74.0%; similar to Saskatchewan (74.6%); and higher than the national average (68.9%).

## Notes

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

1. Use with caution: data with a coefficient of variation (CV) from 15.1% to 35.0%.

# Census metropolitan area of Saskatoon, Saskatchewan

In 2017-2018, residents aged 12 and over of the Saskatoon census metropolitan area (CMA) reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appears below. The data are also compared to the data for Saskatchewan and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ( $p < 0.05$ ). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

## Well-being

- Perceived health, very good or excellent: 58.6%; similar to Saskatchewan (58.3%); and similar to the national average (60.8%).
- Perceived mental health, very good or excellent: 70.1%; similar to Saskatchewan (68.2%); and similar to the national average (69.4%).
- Perceived life stress, quite a bit or extremely stressful: 19.7%; similar to Saskatchewan (19.0%); and similar to the national average (21.4%).

## Health conditions

- Body mass index, self-reported and adjusted, adult (18 years and over), overweight: 32.3%; similar to Saskatchewan (35.2%); and similar to the national average (36.1%).
- Body mass index, self-reported and adjusted, adult (18 years and over), obese: 32.2%; similar to Saskatchewan (34.9%); and higher than the national average (26.9%).
- Asthma: 7.0%;<sup>1</sup> similar to Saskatchewan (7.3%); and similar to the national average (8.1%).
- Mood disorder, such as depression, bipolar disorder, mania or dysthymia: 10.4%; similar to Saskatchewan (9.0%); and similar to the national average (8.8%).

## Health behaviours

- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 56.0%; similar to Saskatchewan (55.9%); and similar to the national average (56.0%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 63.0%; similar to Saskatchewan (60.0%); and similar to the national average (57.8%).
- Heavy drinking: 21.7%; similar to Saskatchewan (21.3%); and similar to the national average (19.3%).
- Current smoker, daily or occasional: 18.4%; similar to Saskatchewan (20.0%); and similar to the national average (16.0%).

## Health system

- Has a regular healthcare provider: 83.7%; similar to Saskatchewan (81.4%); and similar to the national average (84.9%).
- Influenza immunization in the past 12 months: 35.2%; similar to Saskatchewan (35.0%); and similar to the national average (32.0%).

## Personal resources

- Life satisfaction, satisfied or very satisfied: 91.2%; similar to Saskatchewan (92.7%); and similar to the national average (93.1%).
- Sense of belonging to local community, somewhat strong or very strong: 70.2%; similar to Saskatchewan (74.6%); and similar to the national average (68.9%).

## Notes

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

1. Use with caution: data with a coefficient of variation (CV) from 15.1% to 35.0%.

# Census metropolitan area of Lethbridge, Alberta

In 2017-2018, residents aged 12 and over of the Lethbridge census metropolitan area (CMA) reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appears below. The data are also compared to the data for Alberta and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ( $p < 0.05$ ). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

## Well-being

- Perceived health, very good or excellent: 67.5%; similar to Alberta (63.1%); and higher than the national average (60.8%).
- Perceived mental health, very good or excellent: 69.5%; similar to Alberta (69.3%); and similar to the national average (69.4%).
- Perceived life stress, quite a bit or extremely stressful: 17.3%; similar to Alberta (19.9%); and lower than the national average (21.4%).

## Health conditions

- Body mass index, self-reported and adjusted, adult (18 years and over), overweight: 35.4%; similar to Alberta (34.6%); and similar to the national average (36.1%).
- Body mass index, self-reported and adjusted, adult (18 years and over), obese: 27.4%; similar to Alberta (28.9%); and similar to the national average (26.9%).
- Asthma: 9.7%; similar to Alberta (9.1%); and similar to the national average (8.1%).
- Mood disorder, such as depression, bipolar disorder, mania or dysthymia: 11.7%; similar to Alberta (9.8%); and similar to the national average (8.8%).

## Health behaviours

- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 58.2%; similar to Alberta (59.4%); and similar to the national average (56.0%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 65.5%; similar to Alberta (62.3%); and similar to the national average (57.8%).
- Heavy drinking: 18.5%; similar to Alberta (19.3%); and similar to the national average (19.3%).
- Current smoker, daily or occasional: 16.0%; similar to Alberta (16.4%); and similar to the national average (16.0%).

## Health system

- Has a regular healthcare provider: 91.0%; higher than Alberta (83.7%); and higher than the national average (84.9%).
- Influenza immunization in the past 12 months: 40.7%; similar to Alberta (36.5%); and higher than the national average (32.0%).

## Personal resources

- Life satisfaction, satisfied or very satisfied: 94.0%; similar to Alberta (92.9%); and similar to the national average (93.1%).
- Sense of belonging to local community, somewhat strong or very strong: 73.0%; similar to Alberta (69.1%); and similar to the national average (68.9%).

## Note

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

# Census metropolitan area of Calgary, Alberta

In 2017-2018, residents aged 12 and over of the Calgary census metropolitan area (CMA) reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appears below. The data are also compared to the data for Alberta and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ( $p < 0.05$ ). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

## Well-being

- Perceived health, very good or excellent: 65.7%; similar to Alberta (63.1%); and higher than the national average (60.8%).
- Perceived mental health, very good or excellent: 71.5%; similar to Alberta (69.3%); and similar to the national average (69.4%).
- Perceived life stress, quite a bit or extremely stressful: 20.3%; similar to Alberta (19.9%); and similar to the national average (21.4%).

## Health conditions

- Body mass index, self-reported and adjusted, adult (18 years and over), overweight: 35.0%; similar to Alberta (34.6%); and similar to the national average (36.1%).
- Body mass index, self-reported and adjusted, adult (18 years and over), obese: 23.1%; lower than Alberta (28.9%); and lower than the national average (26.9%).
- Asthma: 9.4%; similar to Alberta (9.1%); and similar to the national average (8.1%).
- Mood disorder, such as depression, bipolar disorder, mania or dysthymia: 8.4%; similar to Alberta (9.8%); and similar to the national average (8.8%).

## Health behaviours

- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 60.7%; similar to Alberta (59.4%); and higher than the national average (56.0%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 62.7%; similar to Alberta (62.3%); and similar to the national average (57.8%).
- Heavy drinking: 19.8%; similar to Alberta (19.3%); and similar to the national average (19.3%).
- Current smoker, daily or occasional: 14.5%; similar to Alberta (16.4%); and similar to the national average (16.0%).



## Health system

- Has a regular healthcare provider: 85.1%; similar to Alberta (83.7%); and similar to the national average (84.9%).
- Influenza immunization in the past 12 months: 41.3%; higher than Alberta (36.5%); and higher than the national average (32.0%).

## Personal resources

- Life satisfaction, satisfied or very satisfied: 93.6%; similar to Alberta (92.9%); and similar to the national average (93.1%).
- Sense of belonging to local community, somewhat strong or very strong: 67.1%; similar to Alberta (69.1%); and similar to the national average (68.9%).

## Note

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

# Census metropolitan area of Edmonton, Alberta

In 2017-2018, residents aged 12 and over of the Edmonton census metropolitan area (CMA) reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appears below. The data are also compared to the data for Alberta and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ( $p < 0.05$ ). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

## Well-being

- Perceived health, very good or excellent: 62.3%; similar to Alberta (63.1%); and similar to the national average (60.8%).
- Perceived mental health, very good or excellent: 68.3%; similar to Alberta (69.3%); and similar to the national average (69.4%).
- Perceived life stress, quite a bit or extremely stressful: 19.7%; similar to Alberta (19.9%); and similar to the national average (21.4%).

## Health conditions

- Body mass index, self-reported and adjusted, adult (18 years and over), overweight: 36.3%; similar to Alberta (34.6%); and similar to the national average (36.1%).
- Body mass index, self-reported and adjusted, adult (18 years and over), obese: 28.4%; similar to Alberta (28.9%); and similar to the national average (26.9%).
- Asthma: 8.7%; similar to Alberta (9.1%); and similar to the national average (8.1%).
- Mood disorder, such as depression, bipolar disorder, mania or dysthymia: 10.0%; similar to Alberta (9.8%); and similar to the national average (8.8%).

## Health behaviours

- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 58.3%; similar to Alberta (59.4%); and similar to the national average (56.0%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 60.6%; similar to Alberta (62.3%); and similar to the national average (57.8%).
- Heavy drinking: 17.4%; similar to Alberta (19.3%); and similar to the national average (19.3%).
- Current smoker, daily or occasional: 14.7%; similar to Alberta (16.4%); and similar to the national average (16.0%).

## Health system

- Has a regular healthcare provider: 82.4%; similar to Alberta (83.7%); and lower than the national average (84.9%).
- Influenza immunization in the past 12 months: 36.2%; similar to Alberta (36.5%); and higher than the national average (32.0%).

## Personal resources

- Life satisfaction, satisfied or very satisfied: 92.9%; similar to Alberta (92.9%); and similar to the national average (93.1%).
- Sense of belonging to local community, somewhat strong or very strong: 67.3%; similar to Alberta (69.1%); and similar to the national average (68.9%).

## Note

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

# Census metropolitan area of Kelowna, British Columbia

In 2017-2018, residents aged 12 and over of the Kelowna census metropolitan area (CMA) reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appears below. The data are also compared to the data for British Columbia and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ( $p < 0.05$ ). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

## Well-being

- Perceived health, very good or excellent: 63.5%; similar to British Columbia (60.3%); and similar to the national average (60.8%).
- Perceived mental health, very good or excellent: 71.1%; similar to British Columbia (67.0%); and similar to the national average (69.4%).
- Perceived life stress, quite a bit or extremely stressful: 18.3%; similar to British Columbia (21.0%); and similar to the national average (21.4%).

## Health conditions

- Body mass index, self-reported and adjusted, adult (18 years and over), overweight: 33.5%; similar to British Columbia (35.1%); and similar to the national average (36.1%).
- Body mass index, self-reported and adjusted, adult (18 years and over), obese: 23.8%; similar to British Columbia (22.4%); and similar to the national average (26.9%).
- Asthma: 7.0%;<sup>1</sup> similar to British Columbia (7.3%); and similar to the national average (8.1%).
- Mood disorder, such as depression, bipolar disorder, mania or dysthymia: 7.6%;<sup>1</sup> similar to British Columbia (9.6%); and similar to the national average (8.8%).

## Health behaviours

- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 63.3%; similar to British Columbia (64.8%); and higher than the national average (56.0%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 56.2%;<sup>1</sup> similar to British Columbia (62.9%); and similar to the national average (57.8%).
- Heavy drinking: 26.5%; higher than British Columbia (18.8%); and higher than the national average (19.3%).
- Current smoker, daily or occasional: 17.0%; similar to British Columbia (12.6%); and similar to the national average (16.0%).

## Health system

- Has a regular healthcare provider: 80.8%; similar to British Columbia (82.0%); and lower than the national average (84.9%).
- Influenza immunization in the past 12 months: 33.5%; similar to British Columbia (34.3%); and similar to the national average (32.0%).

## Personal resources

- Life satisfaction, satisfied or very satisfied: 94.1%; similar to British Columbia (92.1%); and similar to the national average (93.1%).
- Sense of belonging to local community, somewhat strong or very strong: 71.9%; similar to British Columbia (71.0%); and similar to the national average (68.9%).

## Notes

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

1. Use with caution: data with a coefficient of variation (CV) from 15.1% to 35.0%.

# Census metropolitan area of Abbotsford-Mission, British Columbia

In 2017-2018, residents aged 12 and over of the Abbotsford-Mission census metropolitan area (CMA) reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appears below. The data are also compared to the data for British Columbia and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ( $p < 0.05$ ). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

## Well-being

- Perceived health, very good or excellent: 57.7%; similar to British Columbia (60.3%); and similar to the national average (60.8%).
- Perceived mental health, very good or excellent: 66.8%; similar to British Columbia (67.0%); and similar to the national average (69.4%).
- Perceived life stress, quite a bit or extremely stressful: 23.3%; similar to British Columbia (21.0%); and similar to the national average (21.4%).

## Health conditions

- Body mass index, self-reported and adjusted, adult (18 years and over), overweight: 41.0%; similar to British Columbia (35.1%); and similar to the national average (36.1%).
- Body mass index, self-reported and adjusted, adult (18 years and over), obese: 26.3%; similar to British Columbia (22.4%); and similar to the national average (26.9%).
- Asthma: 11.7%;<sup>1</sup> higher than British Columbia (7.3%); and similar to the national average (8.1%).
- Mood disorder, such as depression, bipolar disorder, mania or dysthymia: 7.7%;<sup>1</sup> similar to British Columbia (9.6%); and similar to the national average (8.8%).

## Health behaviours

- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 58.0%; lower than British Columbia (64.8%); and similar to the national average (56.0%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 71.2%; similar to British Columbia (62.9%); and similar to the national average (57.8%).
- Heavy drinking: 12.6%; lower than British Columbia (18.8%); and lower than the national average (19.3%).
- Current smoker, daily or occasional: 9.5%; lower than British Columbia (12.6%); and lower than the national average (16.0%).

## Health system

- Has a regular healthcare provider: 86.2%; higher than British Columbia (82.0%); and similar to the national average (84.9%).
- Influenza immunization in the past 12 months: 35.0%; similar to British Columbia (34.3%); and similar to the national average (32.0%).

## Personal resources

- Life satisfaction, satisfied or very satisfied: 90.6%; similar to British Columbia (92.1%); and similar to the national average (93.1%).
- Sense of belonging to local community, somewhat strong or very strong: 73.4%; similar to British Columbia (71.0%); and similar to the national average (68.9%).

## Notes

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

1. Use with caution: data with a coefficient of variation (CV) from 15.1% to 35.0%.

# Census metropolitan area of Vancouver, British Columbia

In 2017-2018, residents aged 12 and over of the Vancouver census metropolitan area (CMA) reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appears below. The data are also compared to the data for British Columbia and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ( $p < 0.05$ ). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

## Well-being

- Perceived health, very good or excellent: 60.4%; similar to British Columbia (60.3%); and similar to the national average (60.8%).
- Perceived mental health, very good or excellent: 66.5%; similar to British Columbia (67.0%); and lower than the national average (69.4%).
- Perceived life stress, quite a bit or extremely stressful: 21.9%; similar to British Columbia (21.0%); and similar to the national average (21.4%).

## Health conditions

- Body mass index, self-reported and adjusted, adult (18 years and over), overweight: 34.1%; similar to British Columbia (35.1%); and lower than the national average (36.1%).
- Body mass index, self-reported and adjusted, adult (18 years and over), obese: 19.7%; lower than British Columbia (22.4%); and lower than the national average (26.9%).
- Asthma: 6.1%; lower than British Columbia (7.3%); and lower than the national average (8.1%).
- Mood disorder, such as depression, bipolar disorder, mania or dysthymia: 8.6%; similar to British Columbia (9.6%); and similar to the national average (8.8%).

## Health behaviours

- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 63.9%; similar to British Columbia (64.8%); and higher than the national average (56.0%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 64.6%; similar to British Columbia (62.9%); and higher than the national average (57.8%).
- Heavy drinking: 17.4%; similar to British Columbia (18.8%); and lower than the national average (19.3%).
- Current smoker, daily or occasional: 10.4%; lower than British Columbia (12.6%); and lower than the national average (16.0%).



## Health system

- Has a regular healthcare provider: 81.4%; similar to British Columbia (82.0%); and lower than the national average (84.9%).
- Influenza immunization in the past 12 months: 34.2%; similar to British Columbia (34.3%); and higher than the national average (32.0%).

## Personal resources

- Life satisfaction, satisfied or very satisfied: 91.7%; similar to British Columbia (92.1%); and lower than the national average (93.1%).
- Sense of belonging to local community, somewhat strong or very strong: 69.5%; similar to British Columbia (71.0%); and similar to the national average (68.9%).

## Note

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

# Census metropolitan area of Victoria, British Columbia

In 2017-2018, residents aged 12 and over of the Victoria census metropolitan area (CMA) reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appears below. The data are also compared to the data for British Columbia and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ( $p < 0.05$ ). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

## Well-being

- Perceived health, very good or excellent: 61.9%; similar to British Columbia (60.3%); and similar to the national average (60.8%).
- Perceived mental health, very good or excellent: 68.5%; similar to British Columbia (67.0%); and similar to the national average (69.4%).
- Perceived life stress, quite a bit or extremely stressful: 20.9%; similar to British Columbia (21.0%); and similar to the national average (21.4%).

## Health conditions

- Body mass index, self-reported and adjusted, adult (18 years and over), overweight: 36.2%; similar to British Columbia (35.1%); and similar to the national average (36.1%).
- Body mass index, self-reported and adjusted, adult (18 years and over), obese: 19.2%; similar to British Columbia (22.4%); and lower than the national average (26.9%).
- Asthma: 9.6%; similar to British Columbia (7.3%); and similar to the national average (8.1%).
- Mood disorder, such as depression, bipolar disorder, mania or dysthymia: 12.7%; similar to British Columbia (9.6%); and higher than the national average (8.8%).

## Health behaviours

- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 71.3%; higher than British Columbia (64.8%); and higher than the national average (56.0%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 58.5%; similar to British Columbia (62.9%); and similar to the national average (57.8%).
- Heavy drinking: 20.3%; similar to British Columbia (18.8%); and similar to the national average (19.3%).
- Current smoker, daily or occasional: 13.5%; similar to British Columbia (12.6%); and similar to the national average (16.0%).

## Health system

- Has a regular healthcare provider: 75.5%; lower than British Columbia (82.0%); and lower than the national average (84.9%).
- Influenza immunization in the past 12 months: 39.0%; higher than British Columbia (34.3%); and higher than the national average (32.0%).

## Personal resources

- Life satisfaction, satisfied or very satisfied: 91.1%; similar to British Columbia (92.1%); and similar to the national average (93.1%).
- Sense of belonging to local community, somewhat strong or very strong: 68.1%; similar to British Columbia (71.0%); and similar to the national average (68.9%).

## Note

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

For more information on the Canadian Community Health Survey, please contact Statistics Canada's Statistical Information Service (toll-free 1-800-263-1136; 613-951-8116; [STATCAN.infostats-infostats.STATCAN@canada.ca](mailto:STATCAN.infostats-infostats.STATCAN@canada.ca)).