Health

About 4.1 million people, 15% of Canadians aged 12 and older, did not have a regular medical doctor in 2007, either because they were unable to find one, or because they had not looked. This proportion was up three percentage points since 1996/1997.

Of these individuals, 3.3 million people did, however, have some place to go: 64% sought treatment in a walkin or appointment clinic, 12% went to a hospital emergency room, while 10% went to a community health centre. The remaining 14% used other types of health care facilities or services such as hospital outpatient clinics, telephone health lines or doctor's offices.

Having a regular doctor, smoking, and overweight or obesity levels are some of the indicators that can influence health.

Although smoking has declined, onefifth of the population aged 12 and older smoked either daily or occasionally in 2007. Rates of smoking among youth aged 12 to 19 have declined since the 1990s. About 400,000 Canadians in this age group, 12% of the total, smoked daily or occasionally. In 2007, 13% of young men smoked, compared with 17% in 1998/1999. Among young women, 12% smoked compared with 22%.

Smoking rates remained highest among adults aged 20 to 44, 28% of whom smoked either daily or occasionally. Onethird of men in this age group smoked, as did one-quarter of women.

Obesity increasing

Obesity levels, self-reported by Canadians, have increased: 4 million Canadians aged 18 and older, 16% of the total adult population in 2007, were in the obese category. Another 8 million Canadians, or 32%, were overweight.

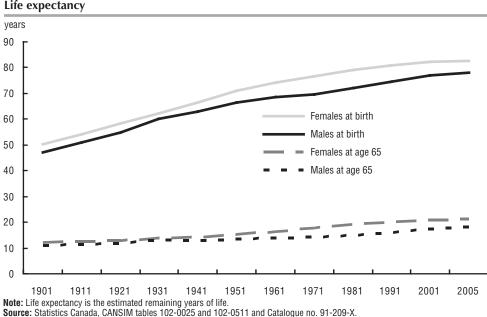


Chart 17.1 Life expectancy

Chapter 17

The percentage of Canadians who are overweight or obese rose dramatically from 1985 to 1994/1995, but obesity levels appear to have stabilized in recent years.

Among the provinces, rates of obesity in 2007 were highest in Saskatchewan, Alberta and the Atlantic provinces, ranging from 18% in Alberta to a high of 22% in Newfoundland and Labrador. The lowest rates were in British Columbia, where 11% of adults were obese.

Activity levels have been linked to obesity and health. In 2007, 52% of men and 47% of women aged 12 and older were active or moderately active during leisure time.

Healthy Canadians

Most Canadians today consider themselves to be healthy. In recent surveys, 60% said their health is either very good or excellent.

A girl born in 2006 can expect to live 83.0 years, compared with 62.1 years in 1931. A boy can expect to live 78.4 years, compared with 60.0 years in 1931.

Table 17.a Selected health indicators, 2007

	2007			
	Both	Both Males Female		
	sexes			
	%	of popu	lation	
Arthritis	14.9	11.7	18.1	
Diabetes	5.8	6.4	5.2	
Asthma	8.0	6.7	9.4	
High blood pressure	15.9	15.1	16.7	
Current smoker, daily or occasional	21.9	24.6	19.4	
BMI (18 and older), overweight	32.5	39.3	25.7	
BMI (18 and older), obese	16.0	17.1	15.0	
Influenza immunization, in past year	30.4	27.0	33.7	

Notes: Population aged 12 and older.

BMI = Body mass index. Source: Statistics Canada, CANSIM table 105-0501.

Despite an aging population, death rates were constant at 7.1 deaths per 1,000 population from 2001 to 2005.

Cancer and heart disease were the two main causes of death in 2005, followed by stroke, accidents, chronic lower respiratory disease, diabetes, influenza and pneumonia, Alzheimer's disease, suicide and kidney disease.

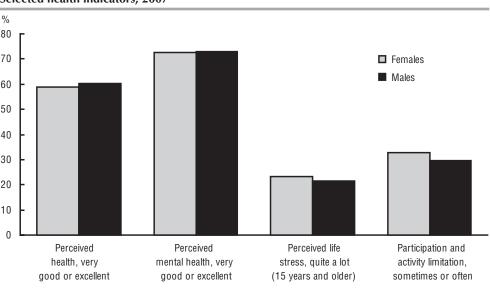


Chart 17.2 Selected health indicators, 2007

Note: Population aged 12 and older. **Source:** Statistics Canada, CANSIM table 105-0501.

Health and community belonging

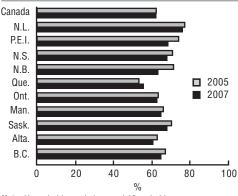
In 2007, 62% of Canadians reported a strong sense of community belonging. Of the 62%, 16% described their sense of belonging as very strong and 46% reported it as somewhat strong. As well, 26% felt a somewhat weak sense of community belonging, and 9% had a very weak sense of belonging.

That sense of belonging seems to bring benefits to health. Two-thirds of those who felt a very strong or somewhat strong sense of community belonging reported excellent or very good general health. By contrast, half of those with a very weak sense of belonging viewed their general health favourably.

Similarly, 81% of those with a very strong sense of community reported excellent or very good mental health, compared with 64% of those whose sense of community belonging was very weak.

Chart 17.3

Strong or somewhat strong sense of community belonging, by province



Note: Household population aged 12 and older. **Source:** Statistics Canada, Catalogue no. 82-003-X.

Residents of the Atlantic provinces have the highest levels of community belonging, with people from Newfoundland and Labrador having the highest rate among all provinces at 76%.

Overweight and eating out

The higher their income, the more likely Canadian men are to be overweight.

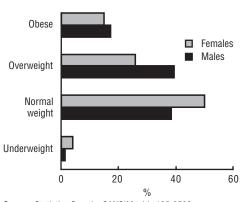
Generally, people in higher income groups have better health than those in lower income groups, but this is less so when it comes to obesity and overweight levels among men.

Since the early 1980s, the largest increase in the prevalence of obesity has been among men in higher income groups.

A potential contributor is that men in higher household income groups are significantly more likely than those in lower income groups to eat meals away from home. People who often eat out tend to consume more calories than those who usually eat meals prepared at home.

These patterns do not hold for women. Although women from higher income

Chart 17.4 Adult body mass index, 2005



Source: Statistics Canada, CANSIM table 105-0502.

households are more likely than those from lower income households to eat out, they are no more or less likely to be overweight.

Table 17.1 Mortality rates, by selected causes and by sex, 2001 and 2005

	2001			2005		
	Both sexes	Males	Females	Both sexes	Males	Females
			rate per 100	,000 population		
All causes of death	600.8	756.4	483.2	563.7	696.7	460.7
Septicaemia	3.8	4.4	3.3	4.1	4.8	3.6
Viral hepatitis	0.9	1.1	0.7	1.0	1.3	0.6
Human immunodeficiency virus	1.3	2.2	0.4	1.3	2.1	0.6
Malignant neoplasms	178.7	223.8	147.6	170.3	207.7	143.8
Colon, rectum and anus	18.4	22.8	14.9	18.6	23.7	14.6
Pancreas	8.9	10.3	7.8	8.8	9.8	7.8
Trachea, bronchus and lung	47.3	64.6	34.4	46.2	59.8	36.0
Breast	13.9	0.3	24.9	12.5	0.3	22.6
Prostate ¹		26.6			21.9	
Diabetes mellitus	19.3	23.0	16.4	19.1	23.7	15.6
Alzheimer's disease	13.9	12.5	14.5	12.7	10.7	13.6
Heart diseases	143.1	189.7	107.6	121.5	160.1	91.5
Ischaemic heart diseases	110.6	152.8	78.4	91.0	125.1	64.5
Other heart diseases	29.8	34.5	26.2	27.7	32.6	23.9
Cerebrovascular diseases	40.4	44.6	37.1	32.5	35.2	30.2
Influenza and pneumonia	12.2	15.7	10.3	13.2	15.8	11.5
Influenza	0.2	0.3	0.2	1.5	1.6	1.5
Pneumonia	12.0	15.4	10.1	11.7	14.3	10.1
Chronic lower respiratory diseases	26.3	38.0	19.4	25.1	34.1	19.8
Chronic liver disease and cirrhosis	6.5	9.0	4.2	6.1	8.5	3.9
Alcoholic liver disease	3.2	5.0	1.5	3.0	4.6	1.6
Other chronic liver disease and cirrhosis	3.3	4.0	2.6	3.0	3.9	2.3
Renal failure	8.3	11.4	6.5	8.3	11.3	6.5
Certain conditions originating in the perinatal period	4.0	4.5	3.5	4.4	4.7	4.0
Congenital malformations, deformations and						
chromosomal abnormalities	3.3	3.6	3.0	3.2	3.4	3.1
Accidents (unintentional injuries)	25.1	35.3	15.6	25.6	35.6	16.5
Motor vehicle accidents	8.3	11.9	4.7	9.2	13.1	5.4
Falls	4.6	6.1	3.4	5.4	7.2	4.0
Accidental poisoning and exposure to noxious substances	3.0	4.2	1.7	3.0	4.2	1.8
Suicide	11.4	18.0	5.0	10.9	16.9	5.1
Homicide	1.5	2.2	0.8	1.9	2.8	0.9

Note: Rates are age standardized per 100,000 population.

1. A combined rate is not calculated for gender-specific causes of death. **Source:** Statistics Canada, CANSIM table 102-0552.

	At	At birth		age 65
	Males	Females	Males	Females
		2	years	
Canada	78.0	82.7	17.9	21.1
Newfoundland and Labrador	75.6	80.9	15.9	19.5
Prince Edward Island	77.4	82.1	17.3	20.4
Nova Scotia	76.7	81.8	16.8	20.3
New Brunswick	77.2	82.4	17.1	20.6
Quebec	77.7	82.9	17.6	21.2
Ontario	78.5	82.7	18.1	21.0
Manitoba	76.6	81.4	17.2	20.7
Saskatchewan	76.6	82.1	17.6	21.3
Alberta	77.8	82.7	18.1	21.3
British Columbia	78.8	83.5	18.8	21.7
Territories ¹	73.5	79.9	16.1	19.3

Table 17.2 Life expectancy at birth and at age 65, by sex and by province and
territory, 2005

1. Comprises Yukon, Northwest Territories and Nunavut. **Source:** Statistics Canada, CANSIM table 102-0511.

Source: Statistics Ganada, GANSIM table 102-0511.

		2001/2002		200		06/2007
	Both sexes	Males	Females	Both sexes	Males	Females
			n	umber		
Canada ¹	171,267	39,145	99,373	196,261	46,685	111,478
Newfoundland and Labrador	3,905	1,256	2,649	4,795	1,483	3,312
Prince Edward Island	1,615	435	1,180	1,682	455	1,227
Nova Scotia	6,646	1,735	4,911	6,493	1,686	4,807
New Brunswick	5,808	1,778	4,030	6,466	1,961	4,505
Quebec ¹	32,749			38,098		
Ontario	70,031	18,834	51,197	83,400	23,881	59,519
Manitoba	9,119	2,601	6,518	9,469	2,729	6,740
Saskatchewan	8,341	2,672	5,669	7,900	2,457	5,443
Alberta	13,892	4,389	9,503	15,904	5,145	10,759
British Columbia	18,953	5,367	13,586	21,815	6,806	15,009
Territories ²	208	78	130	239	82	157

Table 17.3 Residents of care facilities for the aged, by sex and by province and territory, 2001/2002 and 2006/2007

Notes: Data are as of March 31.

Care facilities in which the predominant group of residents are elderly; residents are not exclusively the aged.

Data for Quebec are derived from administrative sources of the Ministère de la santé et des services sociaux; these sources do not
provide the age and sex distribution of residents, therefore, the Canada totals for males and females exclude Quebec.

2. Comprises Yukon, Northwest Territories and Nunavut.

Source: Statistics Canada, CANSIM table 107-5504.

	1996/1997	1998/1999	2000/2001	2003	2005	2007		
		% of males						
Canada	65.3	67.3	62.9	59.5	60.6	60.2		
Newfoundland and Labrador	72.1	71.4	66.6	63.6	62.7	61.0		
Prince Edward Island	65.8	66.8	64.2	67.9	54.0	56.7		
Nova Scotia	62.2	61.0	58.6	55.9	56.2	55.3		
New Brunswick	60.0	59.3	56.3	49.5	54.3	53.4		
Quebec	66.9	67.3	63.5	58.6	59.9	60.0		
Ontario	65.0	67.9	64.6	58.3	61.6	61.3		
Manitoba	63.2	67.3	62.6	61.1	60.4	60.4		
Saskatchewan	60.3	63.3	57.6	59.3	58.5	57.2		
Alberta	65.9	75.1	62.8	66.2	61.6	60.4		
British Columbia	65.3	63.4	60.4	60.9	60.3	60.1		
Yukon	63.1	57.2	63.7	60.6	56.2	58.1		
Northwest Territories	60.5	61.7	54.2	59.7	63.1	51.6		
Nunavut	55.4	47.8	49.6	57.6	49.6	63.0		
		% of females						
Canada	61.6	63.2	59.9	57.3	59.6	59.0		
Newfoundland and Labrador	71.2	73.5	65.7	68.6	65.7	63.3		
Prince Edward Island	66.9	68.9	64.6	62.0	61.5	61.6		
Nova Scotia	62.7	64.5	60.3	60.2	59.1	58.7		
New Brunswick	55.6	54.3	54.9	51.0	54.4	56.0		
Quebec	61.2	63.1	58.9	55.1	58.8	58.6		
Ontario	63.8	63.6	61.6	56.2	60.0	58.6		
Manitoba	57.4	60.1	58.2	60.4	57.6	59.2		
Saskatchewan	51.8	58.1	55.9	59.0	57.7	55.3		
Alberta	61.6	66.0	60.3	61.6	62.8	64.7		
British Columbia	59.1	61.9	57.6	59.2	58.5	57.1		
Yukon	61.9	59.0	59.3	49.6	57.0	54.9		
Northwest Territories	60.3	60.7	54.2	51.1	63.1	52.7		
Nunavut	55.0	45.8	57.2	56.4	50.3	51.6		

Table 17.4Self-rated health status, very good or excellent, by sex, selected
years from 1996/1997 to 2007

Note: Population aged 12 and older.

Source: Statistics Canada, CANSIM table 105-4022.

Table 17.5Leisure-time physical activity, by age group and sex, selected years
from 2000/2001 to 2007

	2000/2001	2003	2005	2007		
	%					
Both sexes	42.6	50.4	51.0	49.0		
12 to 19 years	59.5	69.9	69.6	67.9		
20 to 34 years	44.5	53.7	54.8	52.1		
35 to 44 years	40.0	48.6	48.1	46.3		
45 to 64 years	39.5	46.5	47.3	45.7		
65 years and older	34.5	38.3	40.2	38.6		
Males	44.8	53.3	53.3	51.5		
12 to 19 years	63.9	74.6	74.9	72.3		
20 to 34 years	46.4	57.6	57.1	55.3		
35 to 44 years	40.1	49.2	48.1	46.7		
45 to 64 years	39.7	46.9	47.7	46.4		
65 years and older	40.6	45.1	46.1	43.5		
Females	40.6	47.5	48.6	46.5		
12 to 19 years	54.8	65.0	64.1	63.3		
20 to 34 years	42.7	49.8	52.4	48.7		
35 to 44 years	39.9	47.9	48.1	46.0		
45 to 64 years	39.3	46.1	46.9	45.1		
65 years and older	29.7	33.1	35.5	34.6		

Note: Population aged 12 and older that are active or moderately active during leisure time. **Source:** Statistics Canada, CANSIM tables 105-0033, 105-0233, 105-0433 and 105-0501.

Table 17.6 Population with pain or discomfort that prevents activities, by age group and sex, selected years from 2000/2001 to 2007

	2000/2001	2003	2005	2007			
		%					
Both sexes	12.0	10.5	10.8	11.8			
12 to 19 years	3.2	3.3	2.4	2.9			
20 to 34 years	7.2	5.9	5.4	6.6			
35 to 44 years	11.3	10.1	10.0	10.9			
45 to 64 years	16.2	14.1	14.9	16.0			
65 years and older	20.7	17.8	18.8	19.3			
Males	9.7	8.0	8.8	9.5			
12 to 19 years	2.1	1.5 ^E	2.1 ^E	1.5 ^E			
20 to 34 years	5.6	4.3 ^E	5.2	5.6			
35 to 44 years	9.9	9.8	8.9	9.3			
45 to 64 years	13.7	10.6	12.5	13.3			
65 years and older	16.6	12.7	13.0	15.2			
Females	14.2	13.0	12.7	14.0			
12 to 19 years	4.4	5.2	2.8 ^E	4.3			
20 to 34 years	8.7	7.5	5.7	7.6			
35 to 44 years	12.7	10.5	11.1	12.5			
45 to 64 years	18.7	17.4	17.2	18.7			
65 years and older	23.8	21.7	23.5	22.6			

Note: Population aged 12 and older.

Source: Statistics Canada, CANSIM tables 105-0003, 105-0203 and 105-0501.

Table 17.7 Smoking and exposure to second-hand smoke, by sex and by province, 2007

	Canada	Newfoundland and Labrador	Prince Edward Island	Nova Scotia	New Brunswick
			%		
Daily or occasional smokers ¹	21.9	25.3	21.5	24.4	23.3
Males	24.6	29.2	26.4	25.9	27.3
Females	19.4	21.6	17.0	22.9	19.5
Non-smokers exposed to second-hand smoke at home ²	7.4	8.9	8.5	7.3	9.1
Males	8.3	11.7	9.0 ^E	6.6	9.8
Females	6.6	6.4	8.0 ^E	8.0	8.5
Non-smokers exposed to second-hand smoke in vehicles ³	8.3	11.7	9.9	11.4	11.4
Males	9.1	13.7	11.0 ^E	10.7	11.2
Females	7.5	10.0	9.1 ^E	12.0	11.6
Non-smokers exposed to second-hand smoke in public places ⁴	11.1	8.2	6.5	9.7	7.9
Males	11.8	9.9	7.1 ^E	9.6	8.3
Females	10.4	6.7 ^E	6.0 ^E	9.8	7.6
Smokers asked to refrain from smoking in the house	67.0	69.3	70.5	69.5	66.8
Males	65.8	66.0	65.6	69.4	64.6
Females	68.2	72.4	75.0	69.6	68.8

Note: Population aged 12 and older.

Reported currently being daily or occasional smokers.
 Reported that at least one person smoked inside their home every day or almost every day.

3. Reported being exposed to second-hand smoke in private vehicles every day or almost every day in the past month. 4. Reported being exposed to second-hand smoke in public places every day or almost every day in the past month.

Source: Statistics Canada, CANSIM table 105-0501.

Britisl Columbia	Alberta	Saskatchewan	Manitoba	Ontario	Quebec
		%			
17.8	21.9	25.9	22.4	20.6	25.1
20.1	24.9	26.7	25.0	23.6	27.4
15.5	18.9	25.1	19.9	17.8	22.8
4.	6.3	8.2	8.9	5.7	12.0
4.9	6.8	9.9	8.3	6.1	14.3
4.1	5.8	6.7	9.3	5.3	10.0
5.8	8.6	10.0	7.2	8.0	9.2
6.5	9.9	12.4	6.3	8.7	10.5
5.2	7.4	7.8	8.0	7.4	8.1
11.1	15.0	7.7	8.7	11.5	10.1
11.5	17.0	10.7	8.8	12.1	10.4
10.	13.0	4.9	8.6	11.0	9.8
75.	73.7	66.8	70.7	72.5	49.1
74.	72.8	65.9	69.3	71.4	47.8
77.	74.7	67.6	72.0	73.7	50.3

	2003	2005	2007		
		% of males			
Canada	81.7	81.7	80.3		
Newfoundland and Labrador	81.3	83.7	85.9		
Prince Edward Island	90.7	86.9	86.1		
Nova Scotia	93.3	92.2	91.6		
New Brunswick	90.3	91.2	89.6		
Quebec	66.8	68.2	64.9		
Ontario	89.3	89.1	88.1		
Manitoba	79.6	80.0	79.3		
Saskatchewan	80.8	79.3	78.4		
Alberta	77.9	76.3	75.0		
British Columbia	86.3	86.3	85.3		
Yukon	76.5	65.6	74.4		
Northwest Territories ¹	37.3	41.3	38.2		
Nunavut	F	16.0 ^E	10.4 ^E		
	% of females				
Canada	89.9	89.4	89.1		
Newfoundland and Labrador	89.5	90.6	90.3		
Prince Edward Island	94.1	92.3	89.6		
Nova Scotia	96.3	96.8	96.4		
New Brunswick	94.4	95.4	94.0		
Quebec	81.0	81.4	81.8		
Ontario	94.1	93.1	92.6		
Manitoba	87.6	87.7	89.6		
Saskatchewan	90.1	89.2	90.6		
Alberta	89.8	88.6	88.2		
British Columbia	92.2	91.6	90.5		
Yukon	86.6	81.6	81.5		
Northwest Territories ¹	55.0	56.9	43.5		
Nunavut	F	16.0	16.6 ^E		

Table 17.8 Population with a regular medical doctor, by province and territory, selected years from 2003 to 2007

Note: Population aged 12 and older who has a regular medical doctor. 1. Estimates for 2007 for the Northwest Territories may not be comparable to estimates from previous years because of differences in the geographic and Aboriginal and/or non-Aboriginal distribution of the samples. **Source:** Statistics Canada, CANSIM tables 105-0400 and 105-0501.

	•					
	2001	2003	2005 ¹	2007		
	%					
Specialist visits ²						
Less than 1 month	46.4	47.9	46.0	45.6		
1 to 3 months	41.9	40.7	41.1	40.5		
Longer than 3 months	11.7	11.4	12.9	13.9		
Non-emergency surgeries ³						
Less than 1 month	39.5	40.5	40.3	40.7		
1 to 3 months	41.3	42.1	40.7	41.0		
Longer than 3 months	19.2	17.4	19.0	18.3		
Diagnostic tests ⁴						
Less than 1 month	54.7	57.5	56.4	55.4		
1 to 3 months	36.1	31.1	33.3	34.1		
Longer than 3 months	9.1 ^E	11.5	10.2	10.5		

Table 17.9 Waiting times for specialized health services, by type of health service, selected years from 2001 to 2007

1. Territories are included only in 2005.

2. Includes specialist visits for a new illness or condition.

3. Includes a booked or planned surgery provided on an outpatient or inpatient basis. Does not refer to surgery provided through an admission to the hospital emergency room as a result of, for example, an accident or life-threatening situation.

Includes selected diagnostic tests (non-emergency MRIs, CT scans, and angiographies).
 Source: Statistics Canada, CANSIM tables 105-3002, 105-3003 and 105-3004.

Table 17.10 Capital and repair expenditures by the health care and social assistance sector, by province and territory, 1997, 2002 and 2007

	1997	2002	2007 ^p
Canada	2,604.1	6,143.6	8,591.0
Newfoundland and Labrador	34.2	91.9	120.8
Prince Edward Island	8.0	Х	23.1
Nova Scotia	36.9	172.9	140.8
New Brunswick	66.8	81.7	173.1
Quebec	Х	1,442.3	1,768.9
Ontario	965.5	2,440.4	3,345.8
Manitoba	97.0	191.1	223.7
Saskatchewan	141.6	158.5	190.7
Alberta	220.9	819.4	1,327.7
British Columbia	404.2	647.7	1,216.8
Yukon	Х	14.3	9.2
Northwest Territories (including Nunavut) ¹	13.4		
Northwest Territories		Х	13.2
Nunavut		7.1	37.1

1. Nunavut became a territory in 1999.

Source: Statistics Canada, CANSIM table 029-0005.

	2004	2005	2006 ¹	2007 ²	2008 ²		
		\$ millions					
Health expenditures	132,088.3	141,362.8	151,278.5	161,576.2	171,908.6		
Hospitals	38,304.7	40,373.6	42,957.5	45,456.7	48,105.9		
Other institutions	14,057.3	14,665.4	15,507.1	16,365.3	17,210.5		
Physicians	17,296.9	18,536.6	20,031.0	21,733.5	23,084.0		
Other professionals	14,181.0	15,208.4	16,251.9	17,451.0	18,779.4		
Dental services	8,971.6	9,847.0	10,313.4	11,209.8	12,116.7		
Vision care services	3,066.9	3,188.0	3,440.2	3,673.4	3,946.3		
Other	2,142.5	2,173.4	2,498.2	2,567.8	2,716.4		
Drugs	21,894.	23,352.1	25,321.1	27,542.5	29,827.9		
Prescribed drugs	17,963.8	19,268.0	21,036.6	23,063.7	25,141.1		
Non-prescribed drugs	3,930.2	4,084.1	4,284.5	4,478.8	4,686.8		
Other expenditures	26,354.3	29,226.7	31,209.9	33,027.2	34,901.1		
		% of gross domestic product					
Health expenditures	10.2	10.3	10.5	10.6	10.7		

Table 17.11 Health expenditures, 2004 to 2008

1. Estimated expenditures.

2. Forecast expenditures.

Source: Canadian Institute for Health Information, National Health Expenditures Trends 1975-2008.

Table 17.12 Average weekly earnings of workers in the health care and social assistance sector, selected groups, 1998, 2003 and 2008

	1998	2003	2008		
	\$				
All health care and social assistance	543.45	609.87	743.94		
Ambulatory health care services	501.13	586.69	735.26		
Offices of physicians	464.55	574.30	807.98		
Offices of dentists	501.37	560.95	744.04		
Hospitals	649.05	718.40	889.65		
Nursing and residential care facilities	465.97	515.29	608.18		
Social assistance	414.78	506.84	608.97		
Child daycare services	365.95	431.78	514.92		

Notes: Data include overtime.

North American Industry Classification System (NAICS), 2007.

Source: Statistics Canada, CANSIM table 281-0027.