

The vast majority of Canadians aged 12 and older are satisfied or very satisfied with life—91% in 2008. And most consider themselves to be in very good or excellent health. In 2008, 59% of Canadians said their health was either very good or excellent. The figure for those aged 20 to 34 was 67%, whereas it was 39% for seniors aged 65 and older.

Of those dissatisfied with life in 2008, 54% reported fair or poor health. Many Canadians today live with chronic health problems, such as high blood pressure, cardiovascular disease, cancer, asthma, diabetes and obesity. As the population ages, other chronic diseases like arthritis are affecting more people.

Life expectancy at birth was 80.8 years in 2006, compared with 78.4 years in 1996. A girl born in 2006 can expect to live 83.0 years; a boy can expect to live 78.4 years. The difference in average lifespan between the sexes has narrowed

recently from 5.7 years in 1995 to 4.6 years in 2006.

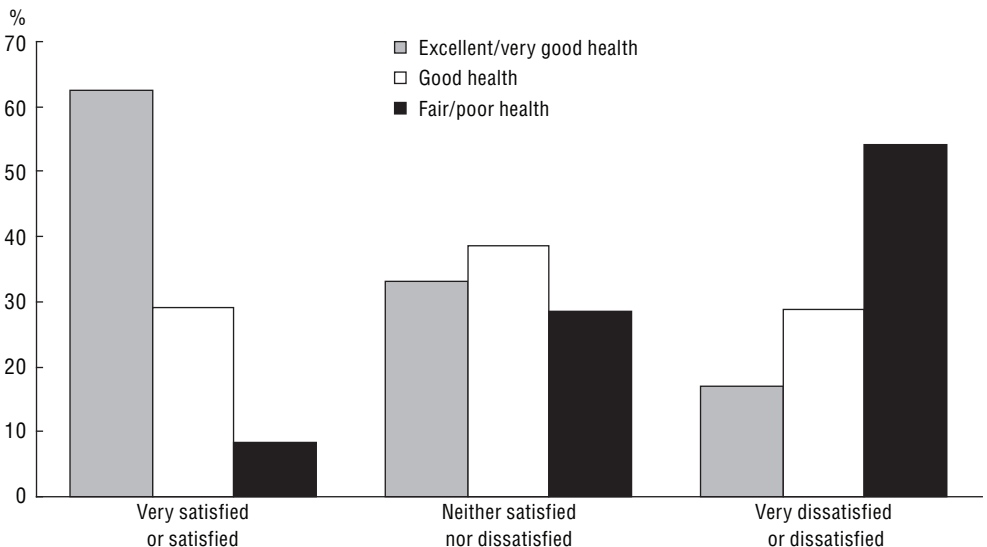
Death rates remained steady at 7.1 deaths per 1,000 people from 2001 to 2005. In the last quarter-century, the leading causes of death have been diseases of the circulatory system and cancer. Both are more prevalent in an aging population. In 2005, these two causes combined were responsible for 6 of every 10 deaths.

Healthy behaviours lead to better health

In 2008, almost 51% of Canadians aged 12 and older were at least moderately active during their leisure time, compared with nearly 52% in 2003.

Good eating habits today translate to eating more fruits and vegetables. Among individuals aged 12 and older in 2008, 44% consumed fruits and vegetables five or more times per day, up from 41% in 2003 and 38% in 2001.

Chart 17.1
Satisfaction with life by self-perceived health, 2008



Source: Statistics Canada, Catalogue no. 82-221-X.

Healthy diet and exercise reduce risks

A well-balanced diet and physical activity can reduce the risk of Type 2 diabetes. In 2008, 5.9% of Canadians aged 12 or older reported diabetes (all types), up from 4.6% in 2003. Diabetes rates increase as people get older, rising to 16.0% in seniors aged 65 and older.

Heavy drinking (five or more drinks, at least 12 times a year) was reported by 24% of men and almost 10% of women in 2008. That compares with 29% of men and 12% of women in 2003. In 2008, men aged 18 to 19 and 20 to 34 were most likely to engage in heavy drinking, at 44% and 39% respectively.

Smoking is a risk factor for lung cancer, heart disease, stroke and other conditions. In 2008, 21% of Canadians aged 12 and older smoked daily or occasionally. One in three men and one in four women aged 20 to 34 smoked in 2008.

Most public spending on health services pays for hospitals, drugs and physicians.

Table 17.a
Health indicators, selected, 2008

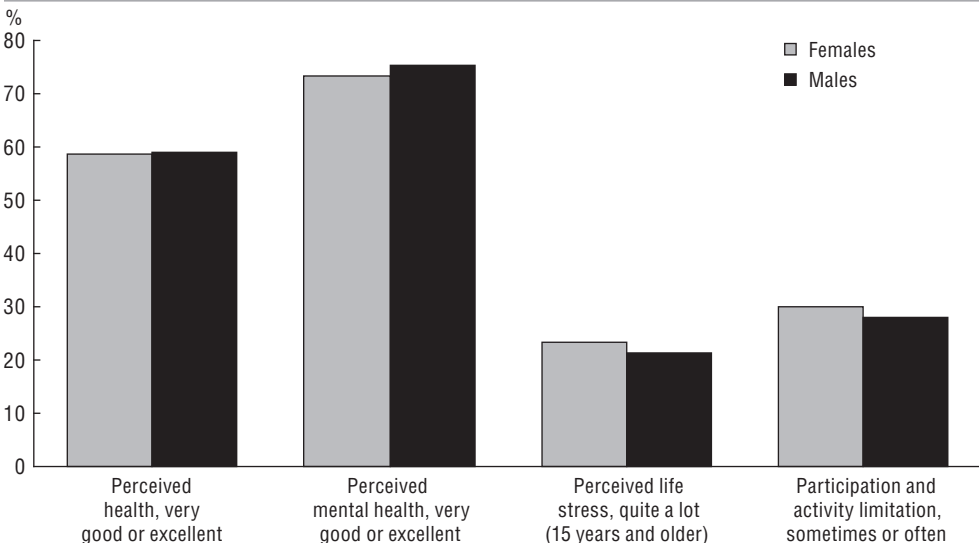
	2008		
	Both sexes	Males	Females
	% of population		
Arthritis	15.3	12.0	18.5
Diabetes	5.9	6.3	5.4
Asthma	8.4	7.3	9.5
High blood pressure	16.4	15.9	16.9
Current smoker, daily or occasional	21.4	24.3	18.5
BMI (aged 18 and older), overweight or obese	51.1	58.6	43.5
BMI (aged 12 to 17), overweight or obese	19.3	23.9	14.5
Influenza immunization, in past year	31.7	28.3	34.9

Notes: Population aged 12 and older.
BMI = Body mass index.

Source: Statistics Canada, CANSIM table 105-0501.

The federal, provincial, territorial and local governments spent \$114.2 billion on health services in 2008, just more than double the \$56.8 billion spent on such services in 1998. Total government expenditures increased almost 56% over that period.

Chart 17.2
Health indicators, selected, 2008



Note: Population aged 12 and older.

Source: Statistics Canada, CANSIM table 105-0501.

Older teeth, stronger bite

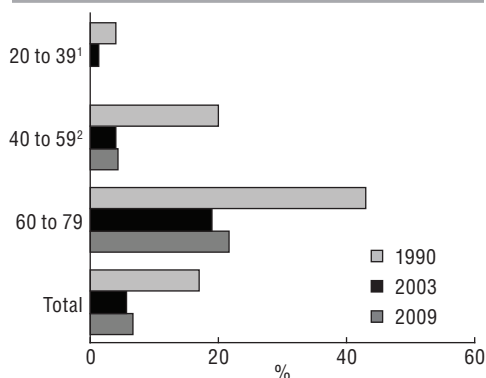
Recent advances in dental care and treatment have made it possible for more people to keep their teeth for life.

From 2007 to 2009, the proportion of Canadians (aged 20 to 79) who reported they have some natural teeth reached 93%. About 7% of adults reported having no teeth of their own. This reflects no significant change from 2003.

However, it is a significant decline from 1990, when 17% of adults reported they had no teeth of their own. This decline in teeth loss parallels the widening use of fluorides in Canada and improving access to dental care.

Complete loss of natural teeth is found mostly in adults aged 40 and older. In 2009, less than 1% of the population aged 20 to 39 had lost all their teeth. Among people aged 40 to 59, just over 4% had

Chart 17.3
Household population who have no natural teeth, by age group



1. For 2009, < 1%.

2. For 2009, use with caution.

Source: Statistics Canada, Catalogue no. 82-625-X.

no natural teeth. The rate rises steeply for older Canadians aged 60 to 79, with 22% of men and 21% of women having no natural teeth.

Obesity is on the rise in the workforce

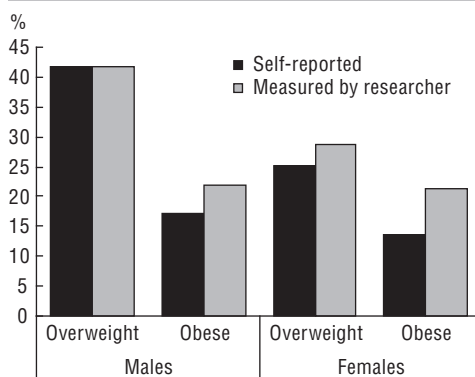
The obesity rate has steadily increased in the workforce.

Based on self-assessed height and weight, it has risen from 12% in the mid-1990s to 16% in 2005, when more than two million employed Canadians aged 18 to 64 were obese—that is, they had a body mass index (BMI) of 30 or more. Rates are higher when height and weight are actually measured by researchers.

Obesity is most prevalent among older workers (aged 55 to 64). In 2005, 21% of older workers were obese, up from 17% in 1994/1995. The pattern holds for both men and women, although the prevalence is higher among men.

Low education is associated with obesity for both sexes. Low income is linked with it among women, whereas high income is linked to obesity among men.

Chart 17.4
Obesity and overweight rates, employed males and females, 2005



Note: Population aged 18 to 64.

Source: Statistics Canada, Catalogue no. 75-001-X.

Shift work, excessive work hours and elevated work stress are also associated with obesity.

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
Septicemia	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.

Table 17.2 Life expectancy at birth and at age 65, by sex and by province and territory, 2006

	At birth		At age 65	
	Males	Females	Males	Females
	years			
Canada	78.4	83.0	18.2	21.4
Newfoundland and Labrador	75.6	80.8	16.1	19.5
Prince Edward Island	77.3	82.2	17.3	20.7
Nova Scotia	77.0	82.2	17.1	20.4
New Brunswick	77.7	82.4	17.7	20.8
Quebec	78.3	83.3	18.1	21.6
Ontario	78.9	83.2	18.4	21.3
Manitoba	76.8	81.7	17.6	20.8
Saskatchewan	76.8	82.0	17.7	21.2
Alberta	78.1	82.9	18.3	21.5
British Columbia	79.2	83.6	19.1	21.8
Territories ¹	73.1	78.9	15.2	19.1

1. Comprises Yukon, Northwest Territories and Nunavut.

Source: Statistics Canada, CANSIM table 102-0511.

Table 17.3 Residents of care facilities for the aged, by sex and by province and territory, 2002/2003 and 2007/2008

	2002/2003			2007/2008		
	Both sexes	Males	Females	Both sexes	Males	Females
	number					
Canada¹	177,252	41,598	102,978	161,639	47,509	114,130
Newfoundland and Labrador	3,933	1,334	2,599	4,853	1,468	3,385
Prince Edward Island	1,616	487	1,129	1,752	469	1,283
Nova Scotia	6,538	1,721	4,817	6,489	1,705	4,784
New Brunswick	5,727	1,732	3,995	6,660	2,008	4,652
Quebec ¹	32,676
Ontario	75,391	20,736	54,655	83,747	23,952	59,795
Manitoba	9,182	2,706	6,476	9,583	2,791	6,792
Saskatchewan	8,619	2,728	5,891	8,017	2,462	5,555
Alberta	13,949	4,483	9,466	17,018	5,386	11,632
British Columbia	19,411	5,606	13,805	23,269	7,173	16,096
Territories ²	210	65	145	251	95	156

Notes: Data are as of March 31.

Care facilities in which the predominant group of residents are elderly; residents of these facilities are not exclusively the aged. 1. 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.

Table 17.4 Self-rated health status, very good or excellent, by sex, selected years, 2003 to 2008

	2003	2005	2007	2008
	% of males			
Canada	59.5	60.6	60.3	59.1
Newfoundland and Labrador	63.6	62.8	61.1	57.2
Prince Edward Island	67.9	54.1	56.7	63.0
Nova Scotia	55.9	56.2	55.4	57.2
New Brunswick	49.5	54.3	53.5	53.6
Quebec	58.7	60.0	60.1	59.1
Ontario	58.3	61.7	61.4	59.3
Manitoba	61.3	60.5	60.4	55.2
Saskatchewan	59.3	58.7	57.3	53.2
Alberta	66.3	61.7	60.4	64.9
British Columbia	60.9	60.5	60.2	58.0
Yukon	60.7	56.2	58.1	60.9
Northwest Territories	60.0	63.1	51.6	50.5
Nunavut	57.6	49.9	63.0	55.0
	% of females			
Canada	57.3	59.6	59.0	58.7
Newfoundland and Labrador	68.7	65.7	63.5	65.6
Prince Edward Island	62.0	61.5	61.7	60.4
Nova Scotia	60.3	59.2	58.8	55.4
New Brunswick	51.1	54.4	56.0	56.2
Quebec	55.1	58.9	58.6	59.5
Ontario	56.2	60.0	58.6	59.4
Manitoba	60.5	57.7	59.5	53.1
Saskatchewan	59.1	57.8	55.3	55.0
Alberta	61.6	62.9	64.8	61.0
British Columbia	59.3	58.5	57.2	55.9
Yukon	49.6	57.3	54.9	60.4
Northwest Territories	52.0	63.1	52.7	46.8
Nunavut	56.5	50.3	51.6	43.1

Note: Population aged 12 and older.

Source: Statistics Canada, CANSIM table 105-0501.

Table 17.5 Leisure-time physical activity, by age group and sex, selected years, 2003 to 2008

	2003	2005	2007	2008
	%			
Both sexes	51.8	52.2	50.4	50.6
12 to 19	72.0	71.1	70.5	69.2
20 to 34	54.6	55.5	53.1	52.9
35 to 44	49.2	48.8	47.0	47.1
45 to 64	47.5	48.2	46.8	47.6
65 and older	41.4	43.0	41.3	42.6
Males	55.1	54.8	53.4	54.5
12 to 19	77.3	76.9	75.3	77.2
20 to 34	58.8	57.9	56.9	56.7
35 to 44	50.2	48.9	47.6	49.0
45 to 64	48.0	48.6	47.8	49.0
65 and older	49.6	50.2	47.2	50.2
Females	48.6	49.7	47.6	46.8
12 to 19	66.5	65.1	65.6	60.9
20 to 34	50.5	53.0	49.2	49.0
35 to 44	48.3	48.7	46.5	45.2
45 to 64	47.0	47.7	45.8	46.2
65 and older	35.2	37.5	36.5	36.5

Note: Population aged 12 and older that are active or moderately active during leisure time.

Source: Statistics Canada, CANSIM table 105-0501.

Table 17.6 Population with pain or discomfort that prevents activities, by age group and sex, selected years, 2003 to 2008

	2003	2005	2007	2008
	%			
Both sexes	10.6	11.0	11.8	12.4
12 to 19	3.3	2.5	2.9	3.4
20 to 34	6.0	5.6	6.6	7.3
35 to 44	10.2	10.3	11.0	10.4
45 to 64	14.2	15.2	16.1	16.7
65 and older	18.1	19.7	19.4	20.7
Males	8.1	9.1	9.5	10.1
12 to 19	1.5 ^E	2.1 ^E	1.5 ^E	1.9 ^E
20 to 34	4.4 ^E	5.3	5.6	5.9
35 to 44	9.8	9.2	9.3	8.9
45 to 64	10.7	12.9	13.3	14.2
65 and older	13.0	13.7	15.3	16.7
Females	13.1	13.0	14.1	14.7
12 to 19	5.2	2.9 ^E	4.3	5.0
20 to 34	7.6	5.8	7.7	8.8
35 to 44	10.5	11.5	12.6	11.9
45 to 64	17.6	17.5	18.8	19.2
65 and older	22.2	24.4	22.8	23.9

Note: Population aged 12 and older.

Source: Statistics Canada, CANSIM table 105-0501.

Table 17.7 Smoking and exposure to second-hand smoke, by sex and by province, 2008

	Canada	Newfoundland and Labrador	Prince Edward Island	Nova Scotia
	%			
Daily or occasional smokers¹	21.4	24.6	21.1	23.5
Males	24.3	27.1	23.7	26.4
Females	18.5	22.2	18.6	20.9
Non-smokers exposed to second-hand smoke at home²	6.6	7.7	8.3	7.0
Males	7.3	10.4	8.2 ^E	7.7
Females	6.0	5.4 ^E	8.4 ^E	6.4
Non-smokers exposed to second-hand smoke in vehicles³	7.3	10.4	9.0	10.6
Males	8.0	13.3	11.7 ^E	11.9
Females	6.7	7.8	6.7 ^E	9.5
Non-smokers exposed to second-hand smoke in public places⁴	9.9	6.0	6.0^E	8.1
Males	10.5	7.2 ^E	8.0 ^E	9.0
Females	9.5	4.9 ^E	4.3 ^E	7.3
Smokers asked to refrain from smoking in the house	69.3	71.8	72.6	70.5
Males	67.7	69.2	72.3	70.5
Females	70.9	74.3	73.0	70.5

Note: Population aged 12 and older.

1. Reported currently being daily or occasional smokers.

2. 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.

New Brunswick	Quebec	Ontario	Manitoba	Saskatchewan	Alberta	British Columbia
%						
23.3	23.3	19.8	24.2	25.1	22.7	18.6
22.9	25.5	23.4	27.3	28.4	25.4	21.6
23.7	21.2	16.4	21.2	22.0	19.8	15.7
8.9	9.7	5.9	7.0	8.1	5.5	3.6
8.6	10.6	6.5	9.1	7.9	6.5	3.7
9.2	8.8	5.4	5.2 ^E	8.2	4.6	3.4
10.0	7.5	6.9	8.5	8.7	8.6	5.4
11.5	7.8	7.7	10.7	9.3	9.1	5.7
8.6	7.1	6.1	6.6	8.2	8.1	5.1
7.2	8.4	11.3	8.3	7.5	10.5	10.6
8.9	8.8	11.8	10.0	8.2	10.7	10.8
5.6	8.0	10.8	6.7	6.9	10.2	10.4
68.9	54.4	74.2	71.9	66.9	73.6	77.3
68.6	53.6	72.4	68.6	65.9	70.1	76.1
69.1	55.2	75.9	75.0	67.8	77.1	78.6

Table 17.8 Population with a regular medical doctor, by province and territory, selected years, 2003 to 2008

	2003	2005	2007	2008
	% of males			
Canada	81.8	81.9	80.4	80.4
Newfoundland and Labrador	81.8	83.7	86.0	84.5
Prince Edward Island	90.7	87.1	86.1	84.8
Nova Scotia	93.3	92.3	91.7	92.0
New Brunswick	90.3	91.2	89.6	86.9
Quebec	67.0	68.5	65.1	66.3
Ontario	89.4	89.1	88.3	88.8
Manitoba	79.7	80.1	79.4	77.9
Saskatchewan	80.9	79.4	78.4	77.9
Alberta	78.1	76.4	75.2	74.9
British Columbia	86.5	86.4	85.4	83.3
Yukon ¹	76.8	65.8	74.4	73.9
Northwest Territories ¹	37.4	41.4	38.2	30.9
Nunavut (10 largest communities) ¹	F	16.0 ^E	10.4 ^E	9.5 ^E
	% of females			
Canada	89.9	89.5	89.2	88.3
Newfoundland and Labrador	89.7	90.7	90.4	90.1
Prince Edward Island	94.1	92.5	89.8	87.6
Nova Scotia	96.3	96.8	96.6	96.4
New Brunswick	94.4	95.4	94.1	94.6
Quebec	81.1	81.5	81.8	78.9
Ontario	94.2	93.2	92.6	93.2
Manitoba	87.9	87.8	89.7	88.2
Saskatchewan	90.2	89.4	90.7	86.5
Alberta	89.8	88.7	88.3	86.2
British Columbia	92.2	91.6	90.7	90.3
Yukon ¹	86.6	81.8	81.5	84.4
Northwest Territories ¹	55.1	56.9	43.8	44.3
Nunavut (10 largest communities) ¹	F	16.0	16.6 ^E	15.3 ^E

Note: Population aged 12 and older who has a regular medical doctor.

1. Adjustments to the weighting methods for data from Yukon, Northwest Territories and Nunavut introduced with the 2008 and 2007/2008 reference periods may affect some of the comparability to previous reference periods.

Source: Statistics Canada, CANSIM table 105-0501.

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

	2001	2003	2005 ¹	2007
	%			
Specialist visits²				
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 surgeries³				
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 tests⁴				
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

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.

4. 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, 1998, 2003 and 2008^P

	1998	2003	2008 ^P
	\$ millions		
Canada	2,893.5	6,965.8	9,578.4
Newfoundland and Labrador	69.0	89.9	124.2
Prince Edward Island	11.7	x	27.8
Nova Scotia	41.0	199.6	196.3
New Brunswick	57.7	82.9	146.9
Quebec	859.7	1,421.1	2,014.9
Ontario	980.9	3,048.1	3,375.8
Manitoba	104.9	253.6	204.2
Saskatchewan	171.6	155.8	273.9
Alberta	255.3	853.7	1,645.7
British Columbia	319.8	749.7	1,530.4
Yukon	4.0	4.0	4.9
Northwest Territories (including Nunavut) ¹	17.8
Northwest Territories	..	12.8	20.6
Nunavut	..	x	12.9

1. Nunavut became a territory in 1999.

Source: Statistics Canada, CANSIM table 029-0005.

Table 17.11 Health expenditures, 2005 to 2009

	2005	2006	2007	2008 ¹	2009 ¹
	\$ millions				
Health expenditures	141,061.1	151,405.0	160,973.5	173,585.1	183,120.9
Hospitals	40,373.5	42,957.6	45,383.4	48,490.9	50,947.8
Other institutions	14,665.4	15,790.9	16,417.6	17,397.3	18,276.3
Physicians	18,534.6	20,027.2	21,529.6	23,555.9	25,634.1
Other professionals	15,182.6	16,236.4	17,342.9	18,881.8	20,013.0
Dental services	9,827.0	10,306.4	11,113.4	12,126.0	12,790.4
Vision care services	3,182.9	3,444.0	3,769.9	4,057.0	4,388.1
Other	2,172.6	2,485.9	2,459.6	2,698.8	2,834.5
Drugs	23,257.4	25,186.3	26,531.4	28,549.1	29,996.4
Prescribed drugs	19,173.3	20,901.8	22,052.6	24,023.8	25,378.1
Non-prescribed drugs	4,084.1	4,284.5	4,478.8	4,525.3	4,618.4
Other expenditures	29,047.7	31,206.7	33,768.7	36,710.1	38,253.4
	% of gross domestic product				
Health expenditures	10.3	10.4	10.5	10.8	11.9

1. Forecast expenditures.

Source: Canadian Institute for Health Information, *National Health Expenditure Trends 1975 to 2009*.

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.