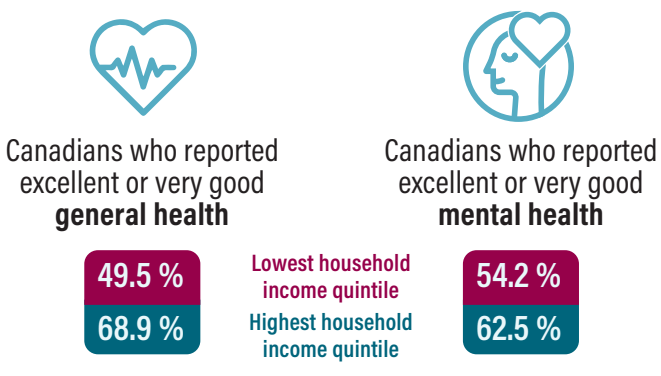


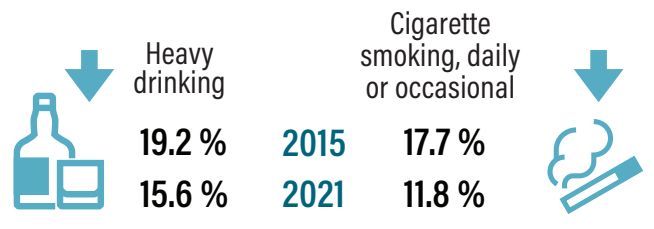
A SNAPSHOT OF THE
HEALTH
OF
CANADIANS

In 2021, **almost half (45.1%)** of Canadians were living with **at least one major chronic disease**.¹

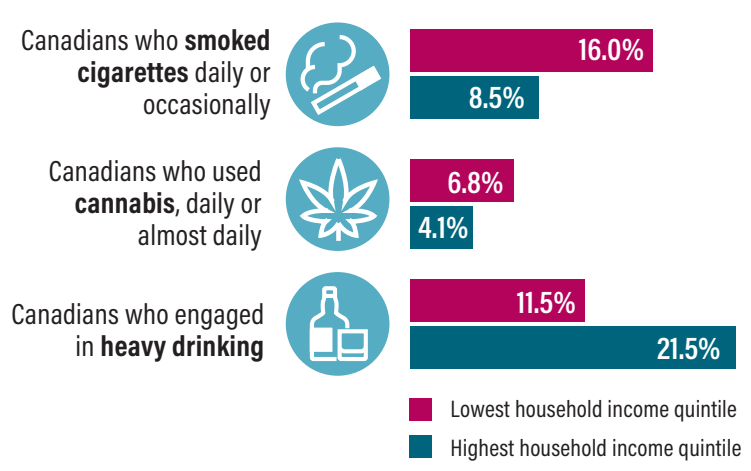
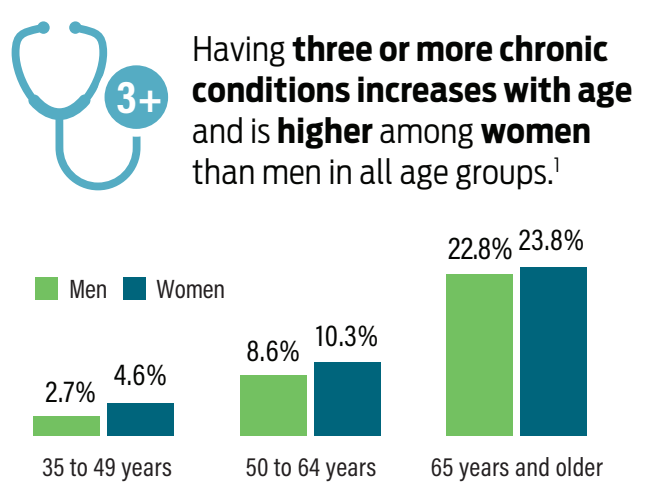
Excellent or very good general and mental health was lower among people with **lower incomes**.¹



From 2015 to 2021, **the percentage of Canadians** who engaged in **heavy drinking**² and those who engaged in daily or occasional **cigarette smoking declined**.¹

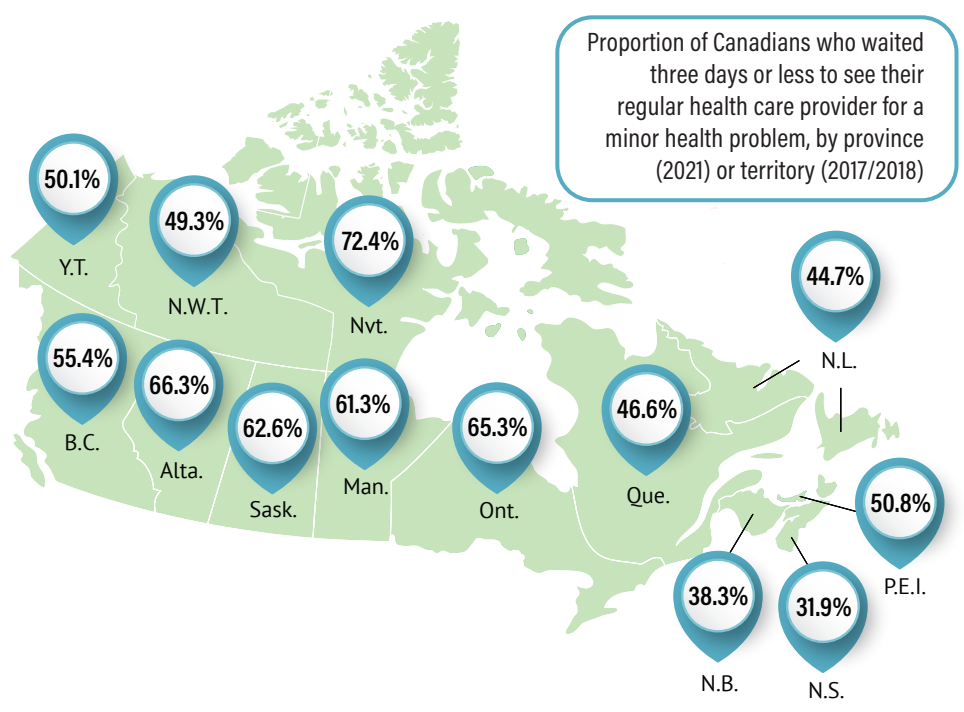


In 2021, **cigarette smoking** (daily or occasionally) and **cannabis** use (daily or almost daily) was **higher** among people with **lower incomes**, while **heavy drinking** was **higher** among people with **higher incomes**.¹



In 2021, most Canadians (**85.5%**) had a **regular health care provider**.

Of these, **58.3%** reported **waiting three days or less** to see their regular health care provider for a minor health problem.



Notes:
1. In this infographic, national data exclude the territories.
2. Heavy drinking refers to men aged 12 and older who reported having five or more drinks, or women aged 12 and older who reported having four or more drinks on one occasion, at least once a month in the past year.