

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



Canadians who reported excellent or very good general health

> 49.5 % 68.9

Lowest household income quintile Highest household

54.2 % income quintile

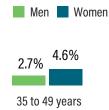
Canadians who reported

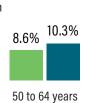
excellent or very good

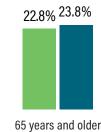
mental health



Having three or more chronic conditions increases with age and is **higher** among **women** than men in all age groups.1







From 2015 to 2021, the percentage of Canadians who engaged in heavy drinking² and those who engaged in daily or occasional cigarette smoking declined.1



Heavy drinking

smoking, daily or occasional 19.2 % 17.7 % 2015

Cigarette

15.6 % 2021 11.8 %



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

Canadians who smoked cigarettes daily or occasionally



16.0% 8.5%

Canadians who used cannabis, daily or almost daily



6.8%

Canadians who engaged in heavy drinking



11.5%

21.5%

Lowest household income quintile Highest household income quintile

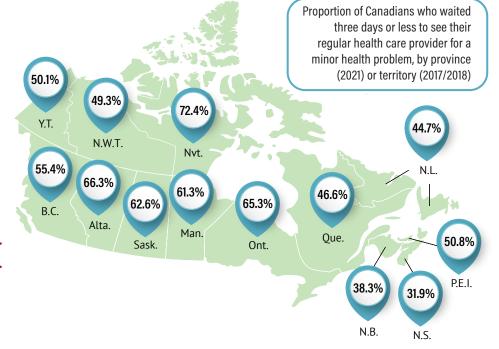


In 2021, most Canadians (85.5%) had a regular health care provider.

Of these, 58.3% reported waiting three days or

less to see their regular health care provider for a minor health problem.





In this infographic, national data exclude the territories.

Heavy drinking refers to men aged 12 and older who reported having five or more drinks, or women aged 12 or older who reported having four or more drinks on one occasion, at least once a month in the past year.

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Statistics Canada, Canadian Community Health Survey, 2015 to 2021.



