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Your Community, Your Health: Findings from the Canadian Community Health Survey (CCHS)

Community Belonging and Self-perceived Health: Early CCHS Findings (January to June 2005)

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Highlights

- In 2005, close to two-thirds of Canadians reported a strong sense of belonging to their local community.
- Important variations of this proportion were noted by region across Canada. Stronger feelings of community belonging were reported by residents of the Atlantic provinces and rural regions within all provinces, while Quebec and urban areas had lower rates.
- Between 2000/01 and 2005, the proportion of Canadians reporting a strong sense of belonging rose from 58% to 64%.
- A strong sense of community belonging was associated with substantially better self-reported physical and mental health.

About this Issue

This issue is based on data collected over the first 6 months (January to June 2005) of the Cycle 3.1 of the Canadian Community Health Survey (CCHS). At that time, the survey had collected information from about 68,000 individuals, aged 12 and older.

Only part of the Cycle 3.1 CCHS modules has been processed and finalized for this issue. Data covering the entire 12 months collection period (January to December 2005) will be released in summer 2006. Data will then be available to researchers, whose research projects have been approved, in the Research Data Centres (<http://www.statcan.ca/english/rdc/index.htm>). A public use microdata file (PUMF) based on all 12 months data is also planned for release in summer 2006.

Custom tabulations based on the 6-month file are also available on a cost recovery basis. For more information, contact Health Statistics Division Client Services Unit at 1-613-951-1746 or by e-mail at hd-ds@statcan.ca.

Community Belonging and Self-perceived Health: Early CCHS Findings (January to June 2005)

Over the past 25 years, research has clearly established a causal association between social relationships and health^{1, 4}. People who are socially isolated and have few ties to other individuals are more likely to suffer from poor physical and mental health and are more likely to die prematurely.

More recently, the notion of “social capital” has received increasing attention in health research. Social capital is generally defined as aspects of social organization, such as civic participation and trust in others, that facilitate cooperation among community members⁹. High levels of social capital have been linked to lower mortality rates, lower rates of crime and increased perceptions of positive health^{8, 9, 10, 11, 12}.

There is, however, some debate about whether social capital benefits the community at large or individual residents--who profit directly from feelings of connectedness to the community. A recent study suggests that the association between social capital and positive perceptions of health is more important at the individual level¹². It is hypothesized that feeling “connected” to one’s community promotes health because such ties promote mutual respect, and thereby increase self-esteem. Another possibility is that interaction among community members results in the transmission of social norms related to health-promoting behaviours such as physical activity and refraining from smoking^{1, 4}.

Since its inception in 2000/01, the Canadian Community Health Survey (CCHS) has included a question on community belonging. Therefore, it is possible to track the degree to which Canadians feel connected to their local communities. An earlier paper, based on data from the 2000/01 CCHS, revealed an association between individuals’ sense of belonging and their general self-perceived health¹⁴. Based on the first 6 months (January to June) from the 2005 CCHS, this article updates the earlier article. Comparisons are made between community belonging rates at provincial and health region levels. Because the 2005 CCHS includes questions about self-perceived mental health as well as general health, the previous analysis can be extended by measuring associations between community belonging and mental as well as physical health.

Majority feel connected to local community

In 2005, close to two-thirds of Canadians (64%) reported a strong sense of community belonging; this included 17% who described their sense of belonging as very strong and 47% who reported it as somewhat strong. Just over a quarter (26%) reported a somewhat weak sense of community belonging; 9%, very weak.

Higher in Atlantic provinces

The likelihood of reporting a strong sense of community belonging varied considerably across provinces (Chart 1, Table 1). Approximately three-quarters of the residents of the Atlantic provinces reported a strong sense of belonging, with Newfoundlanders having the highest rate in the country at 79%. Relatively high rates were also reported in Saskatchewan (73%) and British Columbia (69%). Residents of the province of Quebec

were the least likely to feel connected, with only 54% reporting a strong sense of belonging. A previous study found that Quebecers were also less likely to report a strong sense of belonging to Canada, but their sense of belonging to their province was similar to that of other Canadians¹⁶.

The degree to which the residents of health regions within each province felt connected to their respective communities also differed widely. Health regions comprised of major urban centres tended to have the lowest rates of community belonging. For example, in Ontario, the lowest rates were among residents of the health regions of York and the City of Toronto; in Manitoba the lowest rate was for Winnipeg; for Saskatchewan, Saskatoon; for Alberta, Calgary and the Capital health region (Edmonton); and for British Columbia, Vancouver. Conversely, predominantly rural health regions had higher rates of belonging. For people living in predominately urban health regions, the average community belonging rate was 63%. By contrast, the average for those living in health regions that were predominantly rural was 77% (Chart 2). The highest belonging rate in the country was 89% in the Labrador-Grenfell health region in Newfoundland and Labrador and the lowest was in the Laval health region in Quebec (44%).

Rates increasing

Between 2000/01 and 2005, the proportion of Canadians reporting a strong sense of belonging to their local community rose from 58% to 64%. Significant increases occurred in all provinces except Newfoundland and Labrador (Chart 3). Community belonging increased the most in New Brunswick, where the rate rose from 62% to 73%.

Associated with age

The proportions of men and women who reported a strong sense of community belonging did not differ (Table 2). However, rates did vary by age group. A high proportion (77%) of youth aged 12 to 17 reported a strong sense of belonging, but among young adults aged 18 to 29, the figure was much lower at 55%. At older ages, the rate increased steadily from 61% among those aged 30 to 44 to 72% among seniors (65 or older).

Feeling connected to the community was less common among people who were divorced or separated (57%) or never married (54%), compared with those who were married or living common-law (65%). People living with young children were slightly more likely than those who did not have young children in their household to have a strong sense of belonging.

Modest associations were observed between community belonging and socio-economic status. People with a low household income were less likely to report a strong sense of community belonging, but there were no differences between those with lower-middle, middle, upper-middle or high household incomes. The only association with education was that postsecondary graduates were slightly less likely to feel connected, than were people who had completed only high school.

Community belonging and health

A relatively high proportion of people who felt connected to their local community perceived their health positively. Close to two-thirds of those who felt a very strong or

somewhat strong sense of community belonging reported excellent or very good general health (Chart 4). In contrast, only half of those with a very weak sense of belonging viewed their general health so favourably.

At the provincial level, significant associations between community belonging and self-perceived general health emerged in all provinces except Prince Edward Island and Quebec (Chart 5). Associations were particularly strong in British Columbia and Ontario. In British Columbia, 64% of residents with a strong sense of belonging reported excellent or very good general health compared with 51% among those with a weak sense, and in Ontario 64% versus 55%. These findings are particularly relevant in view of evidence that self-perceived general health is predictive of chronic disease incidence, use of medical services, recovery from illness, functional decline, and mortality^{2, 3, 5, 6, 7, 18}.

The likelihood of reporting excellent or very good mental health also declined in parallel with decreases in degree of connectedness—from 81% for those with a very strong sense down to 63% for those with a very weak sense of community belonging (Chart 6). At the provincial level, a strong sense of community belonging was associated with an increased probability of reporting excellent or very good mental health in all provinces except Prince Edward Island (Chart 7).

Even after other potentially confounding factors were taken into account, sense of community belonging was strongly related to both self-perceived general and mental health (Table 3). Compared with those with a weak sense of community belonging, people with a very strong sense had close to twice the odds of reporting excellent or very good general health (Model 1). Similarly, those with a very strong sense of belonging had over two times the odds of excellent or very good mental health (Model 3). When people are asked to rate their general health, psychological factors play a role in perceptions¹⁷. Therefore, the degree to which physical and mental health factors contribute to associations between community connectedness and perceptions of general health is unknown. However, when the relationship between community belonging and self-perceived general health was examined in a model controlling for self-perceived mental health in addition to other possible confounders, the odds ratios for belonging diminished but were still significant (Model 2). This suggests that sense of community belonging is associated with both the physical and mental health of individuals. Although due to the cross-sectional nature of this analysis, it is not possible to determine whether it is health that influences sense of community belonging or the other way around.

Data source

Estimates are based on data from the first 6 months of the 2005 (Cycle 3.1) Canadian Community Health Survey (CCHS), collected between January and June of that year. The CCHS covers the population aged 12 or older living in private households. It does not include residents of Indian reserves, Canadian Forces bases, or some remote areas. Although residents of the three territories are part of the CCHS sample, they are not included in this early release. The overall response rate for this first release of the 2005 CCHS was 76%; the total sample size was 67,741. Approximately 3% of this sample was excluded from this analysis because of non-response to the question on community belonging. All estimates were weighted to be representative of the household population aged 12 or older in 2005. Differences between estimates were tested to ensure statistical significance, which was established at the 0.05 level. To account for survey

design effects, standard errors and coefficients of variation were estimated using the bootstrap technique^{13, 15, 19}.

The questions

To measure *sense of community belonging*, respondents to the Canadian Community Health Survey were asked, “How would you describe your sense of belonging to your local community? Would you say it is: very strong? somewhat strong? somewhat weak? very weak?”.

Self-perceived general health was assessed with the question, “In general, would you say your health is: excellent? very good? good? fair? poor?”

Self-perceived mental health was measured with the question, “In general, would you say your mental health is: excellent? very good? good? fair? poor?”

Household income was based on the number of people in the household and total household income from all sources in the 12 months before the interview.

Household income group	People in household	Total household income
Lowest	1 to 4	Less than \$10,000
	5 or more	Less than \$15,000
Lower-middle	1 or 2	\$10,000 to \$14,999
	3 or 4	\$10,000 to \$19,999
	5 or more	\$15,000 to \$29,999
Middle	1 or 2	\$15,000 to \$29,999
	3 or 4	\$20,000 to \$39,999
	5 or more	\$30,000 to \$59,999
Upper middle	1 or 2	\$30,000 to \$59,999
	3 or 4	\$40,000 to \$79,999
	5 or more	\$60,000 to \$79,999
Highest	1 or 2	\$60,000 or more
	3 or more	\$80,000 or more

An urban/rural variable was assigned to each record based on the percent urban composition of the health region where the respondent lived. Urban areas were defined as Census Metropolitan Area (CMA), Census Agglomeration (CA) or communities that fall outside CMAs/CAs that have at least 30% of the employed labour force commuting to CMAs/CAs. The percent urban composition was calculated for each region by dividing the population living in these urban areas by the total population of the health region.

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Appendix charts

Chart 1

Percentage reporting strong or somewhat strong sense of community belonging, by province and health region, household population aged 12 or older, Canada excluding territories, January to June, 2005

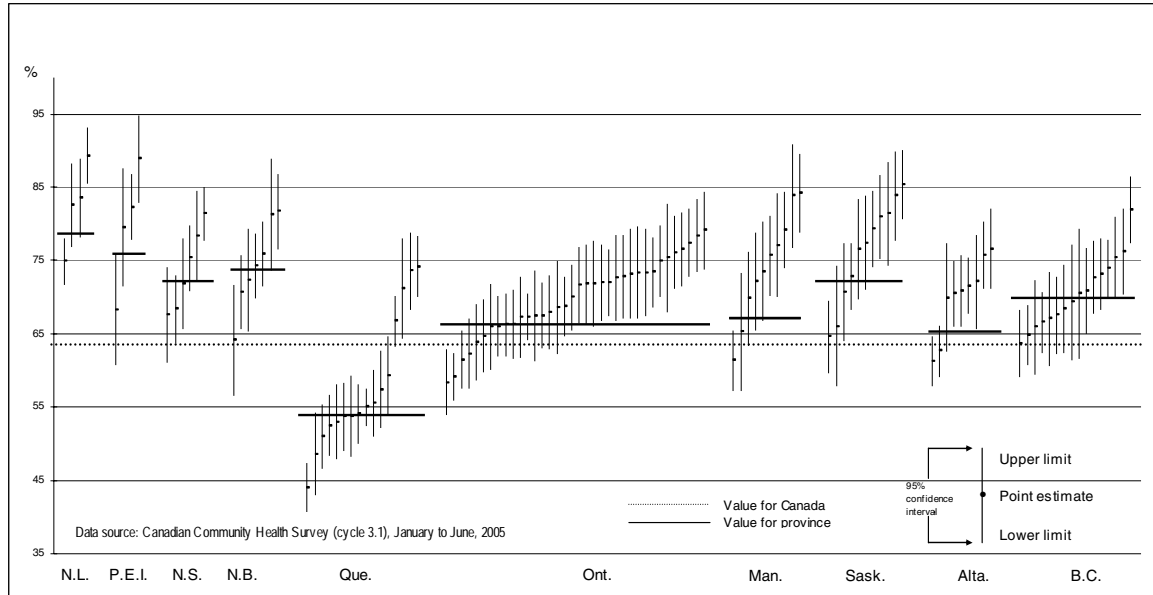


Chart 2

Percentage reporting strong or somewhat strong of sense of community belonging, by percent urban composition of health region of residence, Canada excluding territories, household population aged 12 or older, January to June, 2005

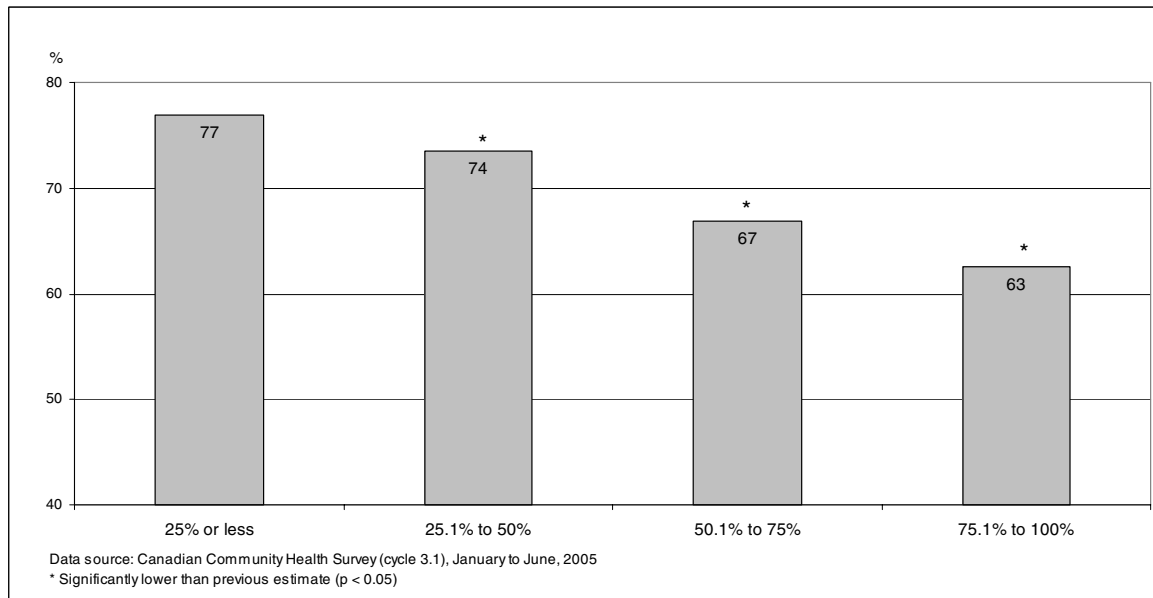


Chart 3

Percentage reporting strong or somewhat strong sense of community belonging, household population aged 12 or older, Canada excluding territories, 2000/01 and, 2005

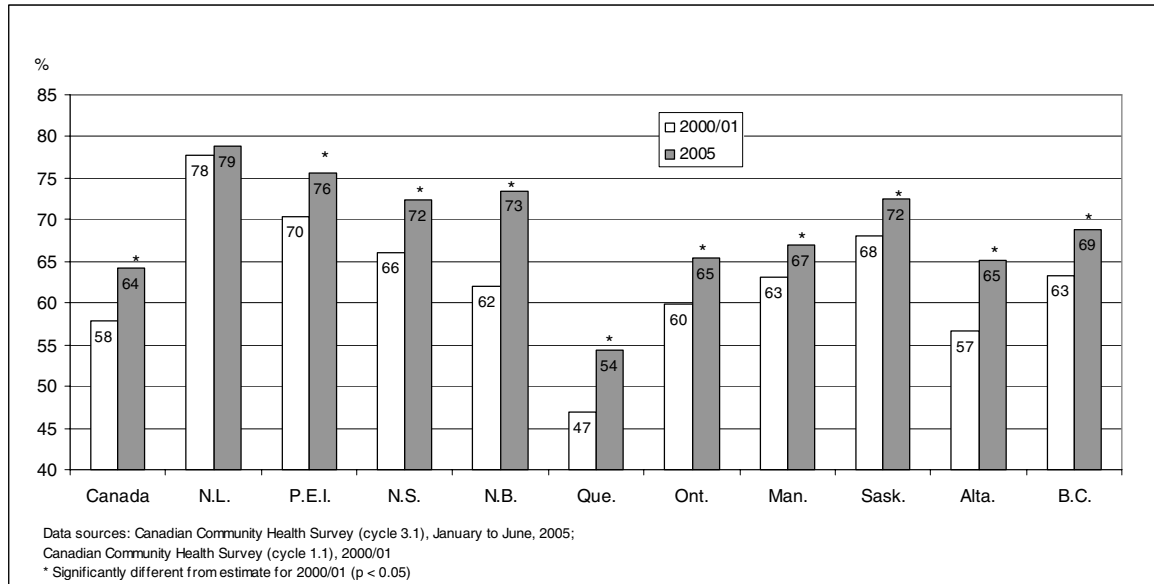


Chart 4

Percentage reporting excellent or very good general health, by sense of community belonging, household population aged 12 or older, Canada excluding territories, January to June, 2005

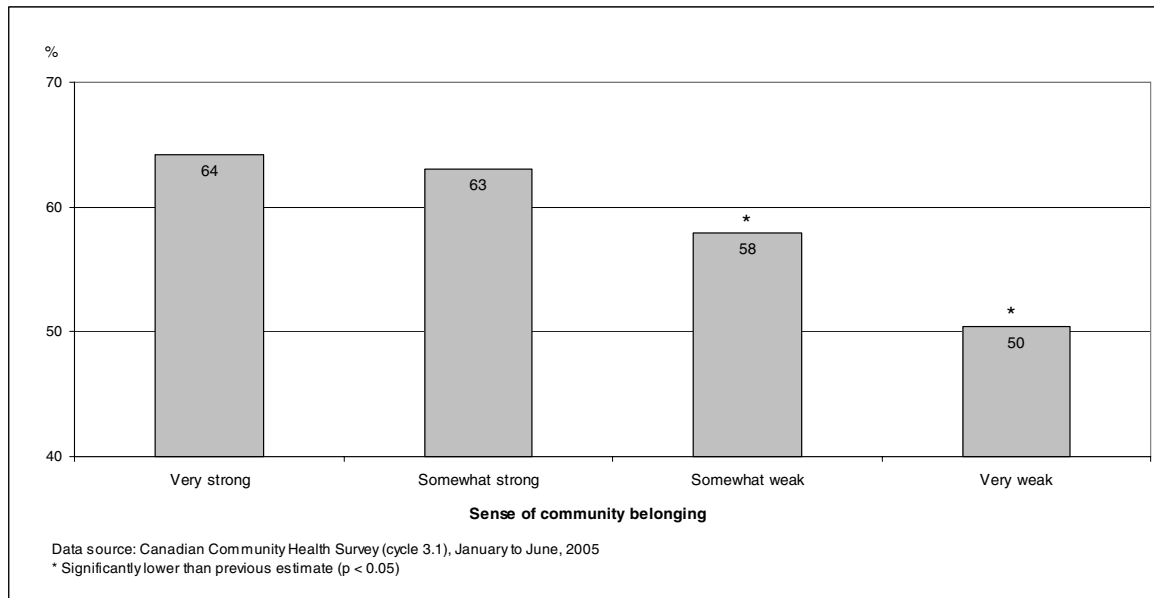


Chart 5

Percentage reporting excellent or very good general health, by sense of community belonging and province, household population aged 12 or older, Canada excluding territories, January to June, 2005

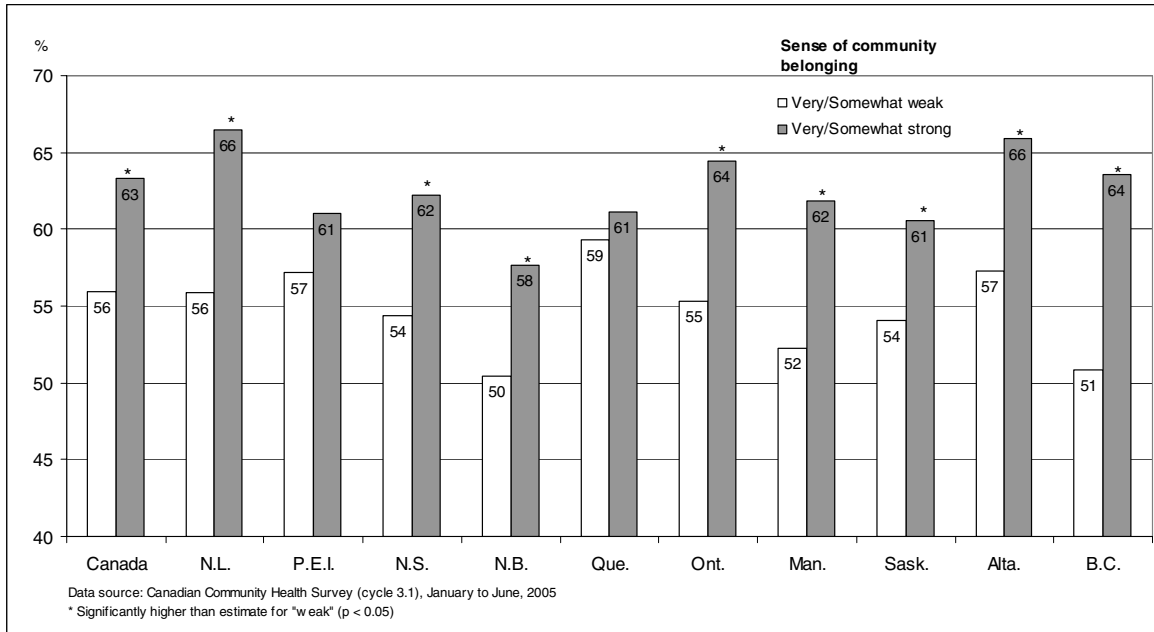


Chart 6

Percentage reporting excellent or very good mental health, by sense of community belonging, household population aged 12 or older, Canada excluding territories, January to June, 2005

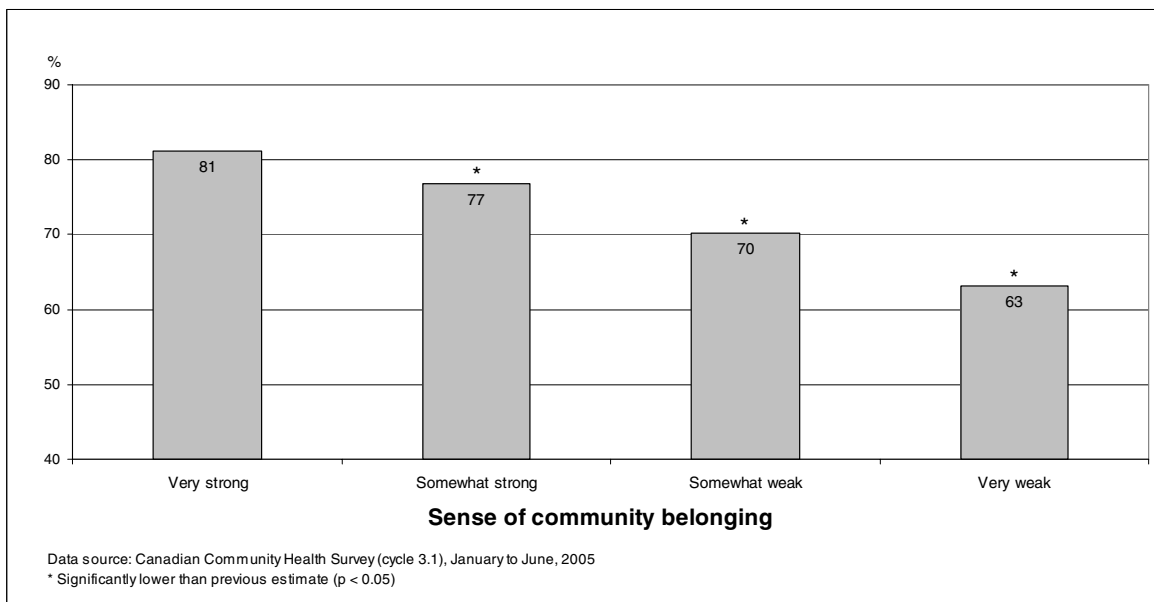
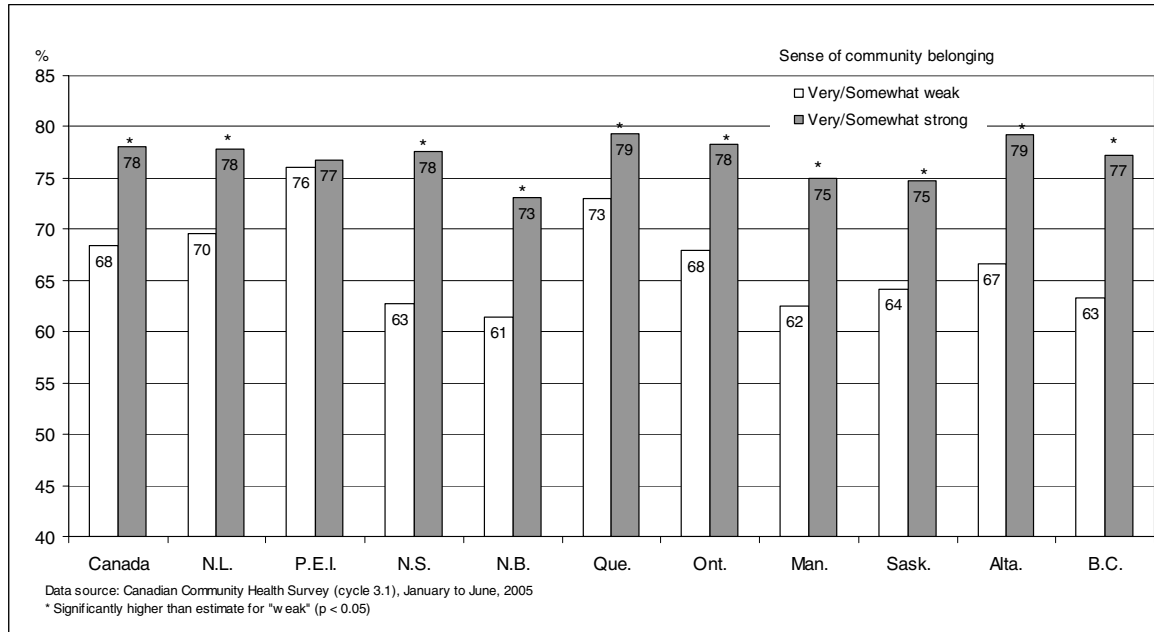


Chart 7

Percentage reporting excellent or very good mental health, by sense of community belonging and province, household population aged 12 or older, Canada excluding territories, January to June, 2005



Appendix tables

Table 1

Percentage of population reporting strong or somewhat strong sense of community belonging, by province and health region,¹ household population aged 12 or older, Canada excluding territories, January to June, 2005

Province	Region code	Region name	%	95% confidence interval	Significantly higher or lower (p is less than 0.05) than:	
					Canada	Province
Canada	No code	Canada total	64.1	63.5, 64.7	Same	Same
Newfoundland and Labrador	No code	Province total	78.8	76.4, 81.1	Higher	Same
	1011	Eastern Regional Integrated Health Authority	74.9	71.7, 78.1	Higher	Lower
	1013	Western Regional Integrated Health Authority	82.6	76.9, 88.3	Higher	Same
	1012	Central Regional Integrated Health Authority	83.5	78.1, 88.9	Higher	Same
	1014	Labrador-Grenfell Regional Integrated Health Authority	89.3	85.5, 93.2	Higher	Higher
Prince Edward Island	No code	Province total	75.5	71.4, 79.7	Higher	Same
	1103	Queens	68.3	60.7, 75.8	Same	Lower
	1104	Kings	79.5	71.4, 87.6	Higher	Same
	1102	East Prince	82.3	77.8, 86.8	Higher	Higher
	1101	West Prince	88.8	83.0, 94.7	Higher	Higher
Nova Scotia	No code	Province total	72.4	70.1, 74.7	Higher	Same
	1202	Zone 2	67.6	61.0, 74.1	Same	Same
	1206	Zone 6	68.4	63.7, 73.0	Same	Lower
	1203	Zone 3	71.8	65.7, 78.0	Higher	Same
	1201	Zone 1	75.3	70.9, 79.8	Higher	Same
	1204	Zone 4	78.4	72.3, 84.5	Higher	Higher
	1205	Zone 5	81.4	77.6, 85.1	Higher	Higher
New Brunswick	No code	Province total	73.4	71.2, 75.6	Higher	Same
	1306	Region 6	64.1	56.6, 71.7	Same	Lower
	1303	Region 3	70.7	65.6, 75.8	Higher	Same
	1304	Region 4	72.3	65.3, 79.3	Higher	Same
	1302	Region 2	74.3	69.9, 78.7	Higher	Same
	1301	Region 1	75.9	71.6, 80.3	Higher	Same

Province	Region code	Region name	%	95% confidence interval	Significantly higher or lower (p is less than 0.05) than:	
					Canada	Province
	1307	Region 7	81.2	73.6, 88.8	Higher	Higher
	1305	Region 5	81.7	76.6, 86.9	Higher	Higher
Quebec	No code	Province total	54.4	53.1, 55.6	Lower	Same
	2413	Région de Laval	44.0	40.7, 47.3	Lower	Lower
	2414	Région de Lanaudière	48.6	43.0, 54.1	Lower	Lower
	2415	Région des Laurentides	51.0	46.6, 55.4	Lower	Same
	2403	Région de la Capitale Nationale	52.5	48.4, 56.6	Lower	Same
	2407	Région de l'Outaouais	53.0	47.8, 58.2	Lower	Same
	2412	Région de la Chaudière-Appalaches	53.7	49.1, 58.3	Lower	Same
	2408	Région de l'Abitibi-Témiscamingue	53.7	48.1, 59.3	Lower	Same
	2416	Région de la Montérégie	54.1	50.0, 58.2	Lower	Same
	2406	Région de Montréal	55.0	52.5, 57.5	Lower	Same
	2405	Région de l'Estrie	55.6	51.0, 60.1	Lower	Same
	2404	Région de la Mauricie et du Centre-du-Québec	57.4	52.1, 62.7	Lower	Same
	2402	Région du Saguenay - Lac-Saint-Jean	59.4	54.1, 64.6	Same	Same
	2401	Région du Bas-Saint-Laurent	66.7	63.2, 70.2	Same	Higher
	2410	Région du Nord-du-Québec	71.2	64.4, 78.0	Higher	Higher
	2411	Région de la Gaspésie - Îles-de-la-Madeleine	73.6	68.3, 78.9	Higher	Higher
2409	Région de la Côte-Nord	74.2	70.0, 78.3	Higher	Higher	
Ontario	No code	Province total	65.5	64.5, 66.5	Higher	Same
	3570	York Regional Health Unit	58.4	53.9, 62.8	Lower	Lower
	3595	City of Toronto Health Unit	59.1	55.8, 62.4	Lower	Lower
	3551	City of Ottawa Health Unit	61.5	57.5, 65.4	Same	Lower
	3530	Durham Regional Health Unit	62.3	57.5, 67.1	Same	Same
	3558	Eastern Ontario Health Unit	63.8	58.5, 69.0	Same	Same
	3566	Wellington-Dufferin-Guelph Health Unit	64.7	59.8, 69.6	Same	Same
	3534	Haldimand-Norfolk Health Unit	65.9	60.0, 71.8	Same	Same
	3560	Simcoe Muskoka District Health Unit	66.0	61.9, 70.2	Same	Same
	3568	Windsor-Essex County Health Unit	66.2	61.9, 70.5	Same	Same

Province	Region code	Region name	%	95% confidence interval	Significantly higher or lower (p is less than 0.05) than:	
					Canada	Province
	3536	Halton Regional Health Unit	66.4	61.6, 71.1	Same	Same
	3543	Leeds, Grenville and Lanark District Health Unit	67.2	61.7, 72.7	Same	Same
	3553	Peel Regional Health Unit	67.3	64.1, 70.6	Same	Same
	3552	Oxford County Health Unit	67.4	61.2, 73.6	Same	Same
	3537	City of Hamilton Health Unit	67.5	62.9, 72.0	Same	Same
	3544	Middlesex-London Health Unit	67.9	62.8, 72.9	Same	Same
	3531	Elgin-St Thomas Health Unit	68.6	62.1, 75.0	Same	Same
	3565	Waterloo Health Unit	68.7	64.6, 72.8	Higher	Same
	3546	Niagara Regional Area Health Unit	69.9	65.5, 74.4	Higher	Higher
	3561	Sudbury and District Health Unit	71.6	66.5, 76.8	Higher	Higher
	3535	Haliburton, Kawartha, Pine Ridge District Health Unit	71.7	66.2, 77.2	Higher	Higher
	3557	Renfrew County and District Health Unit	71.8	65.9, 77.7	Higher	Higher
	3541	Kingston, Frontenac and Lennox and Addington Health Unit	72.0	66.8, 77.1	Higher	Higher
	3562	Thunder Bay District Health Unit	72.0	67.5, 76.5	Higher	Higher
	3563	Timiskaming Health Unit	72.6	66.7, 78.5	Higher	Higher
	3547	North Bay Parry Sound District Health Unit	72.8	67.1, 78.5	Higher	Higher
	3554	Perth District Health Unit	73.2	67.1, 79.3	Higher	Higher
	3539	Huron County Health Unit	73.3	67.0, 79.6	Higher	Higher
	3527	Brant County Health Unit	73.4	67.4, 79.3	Higher	Higher
	3540	Chatham-Kent Health Unit	73.4	68.6, 78.2	Higher	Higher
	3556	Porcupine Health Unit	74.9	70.1, 79.8	Higher	Higher
	3549	Northwestern Health Unit	75.4	67.9, 82.8	Higher	Higher
	3533	Grey Bruce Health Unit	76.1	71.1, 81.1	Higher	Higher
	3526	District of Algoma Health Unit	76.5	71.4, 81.5	Higher	Higher
	3542	Lambton Health Unit	77.4	72.7, 82.0	Higher	Higher
	3538	Hastings and Prince Edward Counties Health Unit	78.4	73.4, 83.4	Higher	Higher
	3555	Peterborough County-City Health Unit	79.1	73.8, 84.3	Higher	Higher
Manitoba	No code	Province total	66.9	64.3, 69.5	Higher	Same

Province	Region code	Region name	%	95% confidence interval	Significantly higher or lower (p is less than 0.05) than:	
					Canada	Province
	4610	Winnipeg Regional Health Authority	61.3	57.2, 65.4	Same	Lower
	4615	Brandon Regional Health Authority	65.2	57.2, 73.3	Same	Same
	4625	South Eastman Regional Health Authority	69.8	63.4, 76.3	Same	Same
	4685	Burntwood/Churchill	72.1	65.4, 78.8	Higher	Same
	4620	North Eastman Regional Health Authority	73.5	66.7, 80.3	Higher	Same
	4640	Central Regional Health Authority	75.7	70.2, 81.1	Higher	Higher
	4630	Interlake Regional Health Authority	77.1	70.0, 84.2	Higher	Higher
	4645	Assiniboine Regional Health Authority	79.2	73.9, 84.4	Higher	Higher
	4660	Parkland Regional Health Authority	83.8	76.7, 90.9	Higher	Higher
	4670	Norman Regional Health Authority	84.2	78.8, 89.6	Higher	Higher
Saskatchewan	No code	Province total	72.5	70.3, 74.6	Higher	Same
	4706	Saskatoon Regional Health Authority	64.6	59.7, 69.6	Same	Lower
	4705	Sunrise Regional Health Authority	66.0	57.8, 74.2	Same	Same
	4702	Five Hills Regional Health Authority	70.6	64.0, 77.3	Same	Same
	4704	Regina Qu'Appelle Regional Health Authority	72.8	68.2, 77.3	Higher	Same
	4714	Mamawetan/Keewatin/Athabasca	76.6	69.7, 83.4	Higher	Same
	4709	Prince Albert Parkland Regional Health Authority	77.4	71.0, 83.8	Higher	Same
	4707	Heartland Regional Health Authority	79.3	74.1, 84.5	Higher	Higher
	4710	Prairie North Regional Health Authority	80.9	75.2, 86.7	Higher	Higher
	4701	Sun Country Regional Health Authority	81.4	74.3, 88.4	Higher	Higher
	4708	Kelsey Trail Regional Health Authority	83.8	77.6, 90.0	Higher	Higher
	4703	Cypress Regional Health	85.4	80.7, 90.1	Higher	Higher

Province	Region code	Region name	%	95% confidence interval	Significantly higher or lower (p is less than 0.05) than:	
					Canada	Province
		Authority				
Alberta	No code	Province total	65.1	63.2, 66.9	Same	Same
	4822	Calgary Health Region	61.2	57.8, 64.6	Same	Lower
	4825	Capital Health	62.6	59.1, 66.1	Same	Same
	4828	Northern Lights Health Region	69.9	62.6, 77.3	Same	Same
	4823	David Thompson Regional Health Authority	70.5	66.0, 74.9	Higher	Higher
	4826	Aspen Regional Health Authority	70.9	66.0, 75.7	Higher	Higher
	4821	Palliser Health Region	71.5	67.7, 75.3	Higher	Higher
	4827	Peace Country Health	72.1	65.6, 78.5	Higher	Higher
	4824	East Central Health	75.7	71.2, 80.3	Higher	Higher
	4820	Chinook Regional Health Authority	76.6	71.2, 82.0	Higher	Higher
British Columbia	No code	Province total	68.9	67.4, 70.3	Higher	Same
	5932	Vancouver Health Service Delivery Area	63.7	59.1, 68.3	Same	Lower
	5922	Fraser North Health Service Delivery Area	64.8	60.7, 69.0	Same	Lower
	5931	Richmond Health Service Delivery Area	65.9	59.5, 72.3	Same	Same
	5923	Fraser South Health Service Delivery Area	66.5	62.3, 70.8	Same	Same
	5911	East Kootenay Health Service Delivery Area	67.1	60.6, 73.5	Same	Same
	5933	North Shore/Coast Garibaldi Health Service Delivery Area	67.5	62.2, 72.8	Same	Same
	5952	Northern Interior Health Service Delivery Area	68.3	62.3, 74.4	Same	Same
	5953	Northeast Health Service Delivery Area	69.3	61.4, 77.2	Same	Same
	5943	North Vancouver Island Health Service Delivery Area	70.5	61.6, 79.3	Same	Same
	5921	Fraser East Health Service Delivery Area	70.9	65.0, 76.7	Higher	Same
	5913	Okanagan Health Service Delivery Area	72.7	67.7, 77.7	Higher	Same
	5942	Central Vancouver Island Health Service Delivery Area	73.1	68.2, 78.0	Higher	Same

Province	Region code	Region name	%	95% confidence interval	Significantly higher or lower (p is less than 0.05) than:	
					Canada	Province
	5941	South Vancouver Island Health Service Delivery Area	73.9	69.9, 77.9	Higher	Higher
	5912	Kootenay-Boundary Health Service Delivery Area	75.4	69.8, 81.0	Higher	Higher
	5914	Thompson/Cariboo Health Service Delivery Area	76.2	70.4, 82.1	Higher	Higher
	5951	Northwest Health Service Delivery Area	81.9	77.3, 86.5	Higher	Higher

Data source: Canadian Community Health Survey (cycle 3.1), January to June, 2005

1. For more precision on the geographic location of health regions within each province, see map of health regions peer groups at <http://www.statcan.ca/english/freepub/82-221-XIE/2005001/regionstable1.htm>.

Table 2

Percentage of population reporting strong or somewhat strong sense of community belonging, by selected characteristics, household population aged 12 or older, Canada excluding territories, January to June, 2005

Characteristic	Category	%	95% confidence interval
Total	Total	64.1	63.5, 64.7
Sex	Men	63.9	63.0, 64.8
	Women ²	64.4	63.6, 65.1
Age group	12 to 17	76.8	75.3, 78.4
	18 to 29	54.7 ³	53.2, 56.1
	30 to 44	61.4 ³	60.3, 62.5
	45 to 64	65.3 ³	64.1, 66.4
	65 or older	71.7 ³	70.6, 72.8
Children under age 12 in household	Yes	65.6 ³	64.4, 66.7
	No ²	63.7	63.0, 64.3
Marital status ¹	Married/Common-law ²	64.6	63.7, 65.4
	Widowed	61.0	55.6, 66.3
	Divorced/Separated	57.2 ³	54.8, 59.6
	Never married	53.6 ³	51.9, 55.3
Education ¹	Less than secondary graduation	60.9	58.9, 63.0
	Secondary graduation	64.5 ³	62.6, 66.4
	Some postsecondary	61.9	59.1, 64.8
	Postsecondary graduation ²	61.8	60.8, 62.7
Household income	Low	54.9 ³	51.4, 58.4
	Lower-middle	62.0	59.4, 64.6
	Middle ²	63.2	61.8, 64.6
	Upper-middle	64.0	63.0, 65.1
	High	64.7	63.6, 65.8
1. For people aged 25 to 64			
2. Reference category; for age group, the reference group is the previous group.			
3. Significantly different from estimate for reference category (p is less than 0.05)			
Data source: Canadian Community Health Survey (cycle 3.1), January to June, 2005			

Table 3

Adjusted odds ratios relating community belonging to self-perceived health and to self-perceived mental health, household population aged 12 or older, Canada excluding territories, January to June, 2005

Stress factor for community belonging	Model 1 - Excellent/Very good self-perceived general health		Model 2 - Excellent/Very good self-perceived general health controlling for mental health		Model 3 - Excellent/Very good self-perceived mental health	
	Adjusted odds ratios ¹	95% confidence interval	Adjusted odds ratios ¹	95% confidence interval	Adjusted odds ratios ¹	95% confidence interval
Very strong	1.8 ³	1.6, 2.1	1.5 ³	1.3, 1.7	2.3 ³	2.1, 2.6
Somewhat strong	1.5 ³	1.3, 1.6	1.3 ³	1.2, 1.5	1.6 ³	1.5, 1.8
Somewhat weak	1.2 ³	1.0, 1.3	1.1 ³	1.0, 1.3	1.2 ³	1.0, 1.3
Very weak ²	1.0	...	1.0	...	1.0	...
1. Controlled for sex, age, marital status, presence of children in household, household income, education, percent urban composition in health region of residence, province, smoking status, number of physical chronic conditions, and mood or anxiety disorder in past year						
2. Reference category						
3. Significantly different from estimate for reference category (p is less than 0.05)						
... Not applicable						
Data source: Canadian Community Health Survey (cycle 3.1), January to June, 2005						