

Health Fact Sheets

Perceived health, 2013



How to obtain more information

For information about this product or the wide range of services and data available from Statistics Canada, visit our website, www.statcan.gc.ca.

You can also contact us by

email at STATCAN.infostats-infostats.STATCAN@canada.ca

telephone, from Monday to Friday, 8:30 a.m. to 4:30 p.m., at the following numbers:

- Statistical Information Service 1-800-263-1136
- National telecommunications device for the hearing impaired 1-800-363-7629
- Fax line 1-514-283-9350

Depository Services Program

- Inquiries line 1-800-635-7943
- Fax line 1-800-565-7757

Standards of service to the public

Statistics Canada is committed to serving its clients in a prompt, reliable and courteous manner. To this end, Statistics Canada has developed standards of service that its employees observe. To obtain a copy of these service standards, please contact Statistics Canada toll-free at 1-800-263-1136. The service standards are also published on www.statcan.gc.ca under “Contact us” > “Standards of service to the public.”

Note of appreciation

Canada owes the success of its statistical system to a long-standing partnership between Statistics Canada, the citizens of Canada, its businesses, governments and other institutions. Accurate and timely statistical information could not be produced without their continued co-operation and goodwill.

Standard table symbols

The following symbols are used in Statistics Canada publications:

- not available for any reference period
- .. not available for a specific reference period
- ... not applicable
- 0 true zero or a value rounded to zero
- 0^s value rounded to 0 (zero) where there is a meaningful distinction between true zero and the value that was rounded
- ^P preliminary
- ^r revised
- X suppressed to meet the confidentiality requirements of the *Statistics Act*
- ^E use with caution
- F too unreliable to be published
- * significantly different from reference category ($p < 0.05$)

Published by authority of the Minister responsible for Statistics Canada

© Minister of Industry, 2014

All rights reserved. Use of this publication is governed by the Statistics Canada [Open Licence Agreement](#).

An HTML version is also available.

Cette publication est aussi disponible en français.



Perceived health, 2013

Perceived health is an indicator of overall health status. It can reflect aspects of health not captured in other measures, such as incipient disease, disease severity, physiological and psychological reserves as well as social and mental function. Perceived health refers to a person's health in general — not only the absence of disease or injury, but also physical, mental and social well-being.



In 2013, 59.4% of Canadians aged 12 and older, roughly 17.7 million people, assessed their health as 'very good' or 'excellent,' unchanged since 2009.

From 2001 to 2007 males were more likely than females to report very good or excellent health, but from 2008 to 2013 there has been no overall significant difference between the sexes (Chart 1).

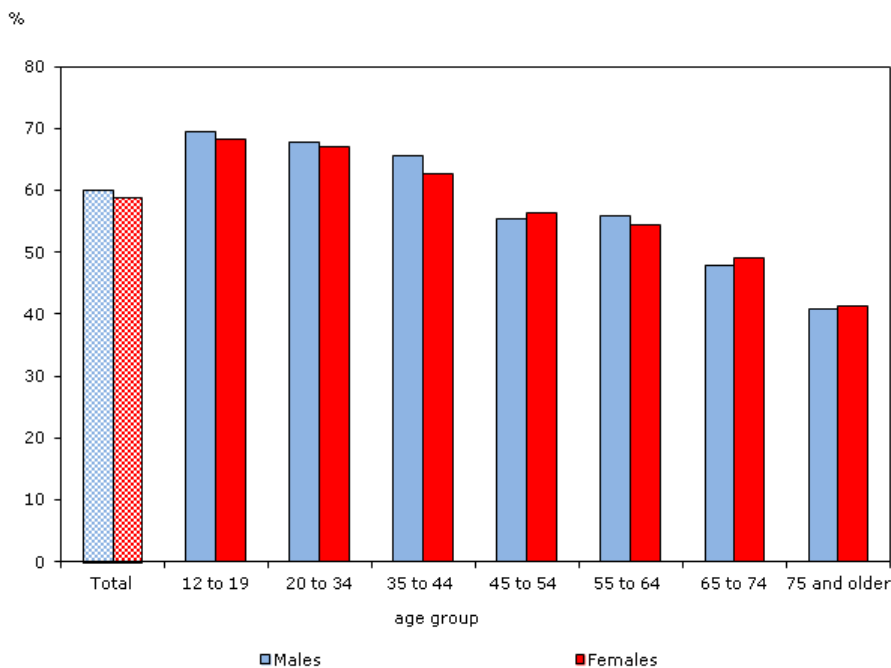
Chart 1
Percentage reporting very good or excellent health, by sex, household population aged 12 or older, Canada, 2001 to 2013



Source: Canadian Community Health Survey, 2001, 2003, 2005, 2007 - 2013.

The proportion of males reporting very good or excellent health decreased with age between ages 35 and 54, and then again after age 64. For females, it decreased with age between ages 20 and 54 and then again after 64 years of age. Males and females aged 45 to 64 had similar rates of very good or excellent health. Within each age group, there was no significant difference between the sexes (Chart 2).

Chart 2
Percentage reporting very good or excellent health, by age group and sex, household population aged 12 or older, Canada, 2013

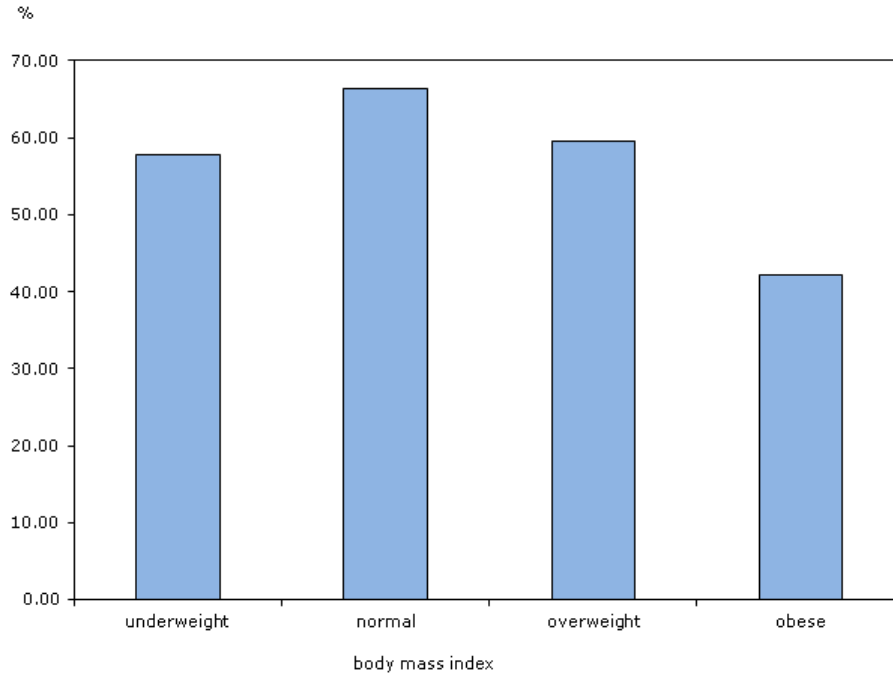


Source: Canadian Community Health Survey, 2013.

Body weight is an important factor in perceived health. Among Canadians aged 18 or older of normal weight—based on respondent-reported height and Health Canada guidelines on body mass index— 66.4% reported very good or excellent health. This was significantly higher than all other weight classes, where 57.9% of underweight Canadians, 59.6% of overweight Canadians and 42.2% of obese Canadians reported very good or excellent health (Chart 3).

Research has shown that people who feel a sense of belonging to a local community tend to enjoy better physical and mental health.¹ In 2013, 63.6% of people who reported a very strong or somewhat strong sense of belonging to their local community also reported very good or excellent health, compared with 53.8% of those who felt weaker ties to their local community.

Chart 3
Percentage reporting very good or excellent health, by
Body Mass Index, household population aged 18 or older,
Canada, 2013



Source: Canadian Community Health Survey, 2013.

The proportion of residents who reported they were in very good or excellent health was **lower than** the national average (59.4%) in:

- New Brunswick (54.0%)
- Northwest Territories (54.6%)
- Nunavut (39.0%)

The proportion of residents who reported they were in very good or excellent health was **higher than** the national average only in Alberta (61.9%).

Residents of the other provinces and Yukon reported rates that were about the same as the national average.

Because of the strong relationship between age and perceived health, provinces and territories with disproportionately younger populations are expected to have perceived health rates above the national average. The reverse is true for provinces and territories with older populations. To remove the effect of different age distributions when making provincial comparisons, please refer to the CANSIM table 105-0503 for age standardized rates.

End note

-
- ¹ Ross, Nancy. 2002. "Community Belonging and Health." *Health Reports*. Vol. (volume) 13, no. (number) 3. Statistics Canada Catalogue no. (number) 82-003. p. (page)35. <http://www.statcan.gc.ca/studies-etudes/82-003/archive/2002/6105-eng.pdf> (accessed May 10, 2010).
-

Reference

Ross, Nancy. 2002. "Community Belonging and Health." *Health Reports*. Vol. (volume) 13, no. (number) 3. Statistics Canada Catalogue no. (number) 82-003. page 35. /studies-etudes/82-003/archive/2002/6105-eng.pdf (accessed May 10, 2010).

Data

Additional data from the Canadian Community Health Survey are available from CANSIM table [105-0501](#) and [105-0503](#).