Census metropolitan area of Saguenay, Quebec

In 2017-2018, residents aged 12 and over of the Saguenay census metropolitan area (CMA) reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appears below. The data are also compared to the data for Quebec and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant (p < 0.05). "Higher" means the difference observed is significantly higher, "lower" means the difference is significantly lower and "similar" means the difference is not statistically significant.

Well-being

- Perceived health, very good or excellent: 60.7%; similar to Quebec (61.4%); and similar to the national average (60.8%).
- Perceived mental health, very good or excellent: 75.7%; similar to Quebec (72.6%); and higher than the national average (69.4%).
- Perceived life stress, quite a bit or extremely stressful: 18.9%; lower than Quebec (23.7%); and similar to the national average (21.4%).

Health conditions

- Body mass index, self-reported and adjusted, adult (18 years and over), overweight: 38.2%; similar to Quebec (36.5%); and similar to the national average (36.1%).
- Body mass index, self-reported and adjusted, adult (18 years and over), obese: 24.9%; similar to Quebec (25.9%); and similar to the national average (26.9%).
- Asthma: 10.3%; similar to Quebec (8.2%); and similar to the national average (8.1%).
- Mood disorder, such as depression, bipolar disorder, mania or dysthymia: 6.7%;[1] similar to Quebec (6.3%); and similar to the national average (8.8%).

Health behaviours

- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 50.8%; similar to Quebec (52.6%); and lower than the national average (56.0%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 35.3%;[1] lower than Quebec (53.2%); and lower than the national average (57.8%).
- Heavy drinking: 28.0%; higher than Quebec (22.0%); and higher than the national average (19.3%).
- Current smoker, daily or occasional: 18.2%; similar to Quebec (17.9%); and similar to the national average (16.0%).

Health system

- Has a regular healthcare provider: 85.2%; higher than Quebec (78.5%); and similar to the national average (84.9%).

- Influenza immunization in the past 12 months: 31.2%; higher than Quebec (22.4%); and similar to the national average (32.0%).

Personal resources

- Life satisfaction, satisfied or very satisfied: 93.9%; similar to Quebec (94.1%); and similar to the national average (93.1%).

- Sense of belonging to local community, somewhat strong or very strong: 69.1%; higher than Quebec (61.1%); and similar to the national average (68.9%).

Notes

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

1. Use with caution: data with a coefficient of variation (CV) from 15.1% to 35.0%.