

Provincial Wellness

fast facts

Information to prepare this report was derived from the Canadian Community Health Survey (CCHS), Share Files 2000-01, 2003, 2005, 2007-08, 2009-10, 2011-12 and 2013, which are maintained by the Newfoundland and Labrador Centre for Health Information. The CCHS is a cross-sectional survey that collects information related to health status, health care utilizations, and health determinants for the Canadian population.

In this issue...

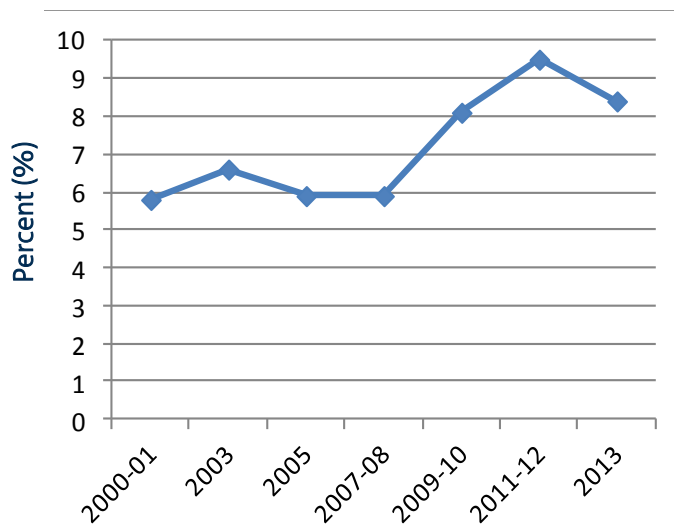
Percentage of the population that:

- Has diabetes
- Is active or moderately active
- Consumes adequate vegetables and fruit
- Is overweight or obese
- Smokes
- About our Organization



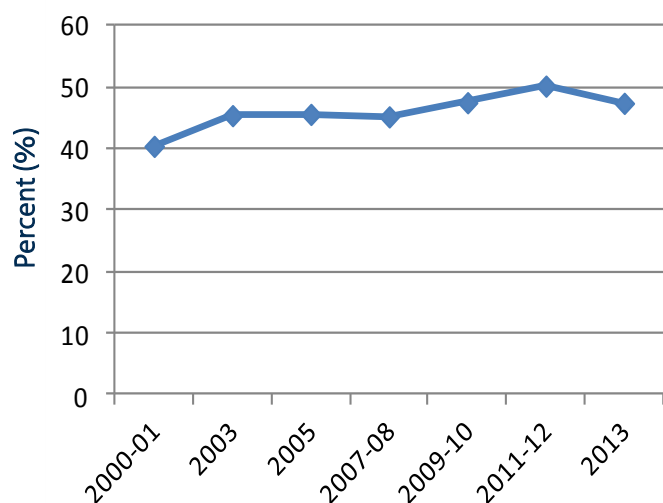
Smoking, sedentary lifestyle, poor diet, and higher than normal weight are all known risk factors for a number of chronic conditions, including diabetes. Consequently, diabetes is often used as an indicator of overall health within a population. In 2011-12, the percentage of the provincial population with diabetes (self-reported) increased significantly from previous years. Despite a small decrease in 2013, the prevalence of diabetes remains a significant concern for the province.

Percentage of individuals aged 12+ with diabetes in Newfoundland and Labrador 2000-01 to 2013



Source: Statistics Canada, Canadian Community Health Survey, Share File, 2000-01—2013

Percentage of individuals aged 12+ who are active or moderately active in Newfoundland and Labrador, 2000-01 to 2013

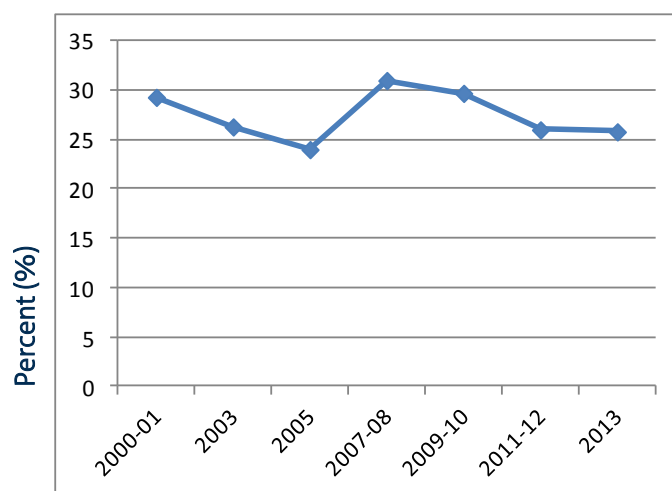


Source: Statistics Canada, Canadian Community Health Survey, Share File, 2000-01—2013

Province-wide, the percentage of individuals who reported being active or moderately active has gradually increased since 2000-01. In 2013, 47% of the population reported being active or moderately active, compared to 40% in 2000-01.

Only 26% of residents in the province reported consuming vegetables or fruit five or more times per day in 2013, a significant decrease from 2007-08 when consumption peaked. This does not necessarily mean that only one quarter of the population are consuming the daily recommended five or more *servings* per day. This percentage indicates the frequency of consumption, not the amount consumed.

Percentage of individuals aged 12+ consuming vegetables or fruit ≥ 5 times per day in Newfoundland and Labrador 2000-01 to 2013



Source: Statistics Canada, Canadian Community Health Survey, Share File, 2000-01—2013



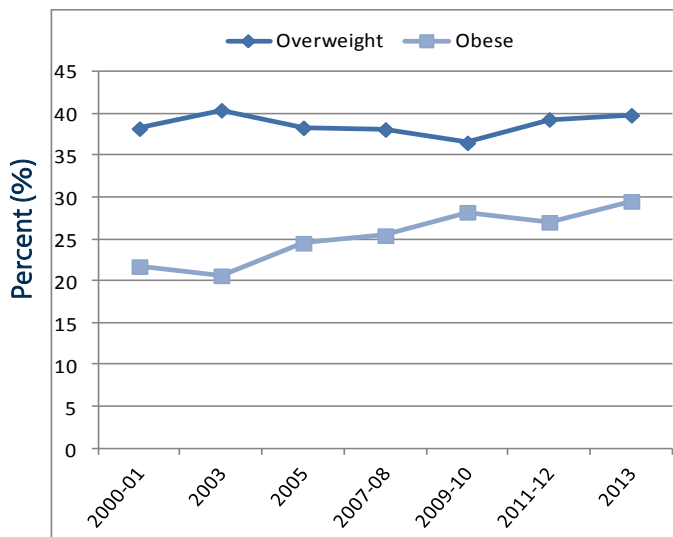
Body Mass Index (BMI) is an accurate indicator of health at a population level. It determines an individual's risk of weight-related health problems based on height and weight. Those who are considered underweight or overweight have an increased health risk, and those who are classified as obese have the highest health risk.

In 2013, 40% of adults in the province were overweight, a rate that has remained relatively stable over the past 13 years. However, since 2003, there has been a significant increase in the percentage of the population who are obese. In 2013, 30% of residents had a BMI in the obese range.



Since 2005, there has been no significant change in the percentage of children in the province who are overweight or obese.

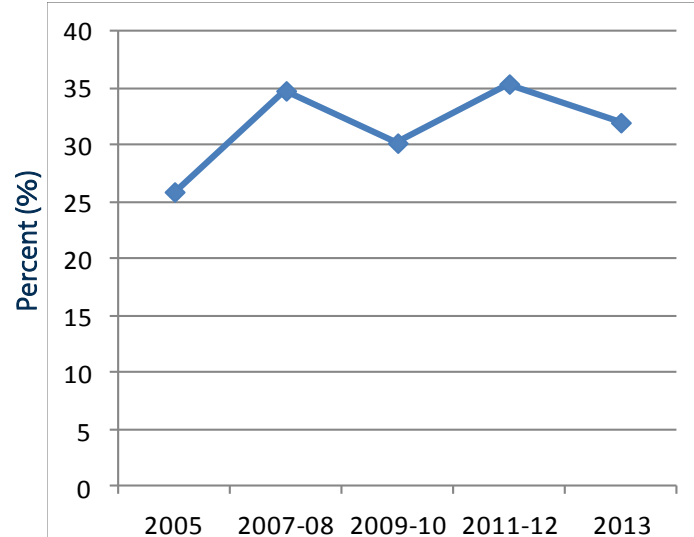
Percentage of individuals aged 18+ who are overweight or obese in Newfoundland and Labrador, 2000-01 to 2013



Source: Statistics Canada, Canadian Community Health Survey, Share File, 2000-01—2013

Note: Overweight is defined as a BMI between 25 and 29.9. Obese is defined as a BMI of 30 or higher.

Percentage of individuals aged 12-17 who are overweight or obese in Newfoundland and Labrador, 2005 to 2013



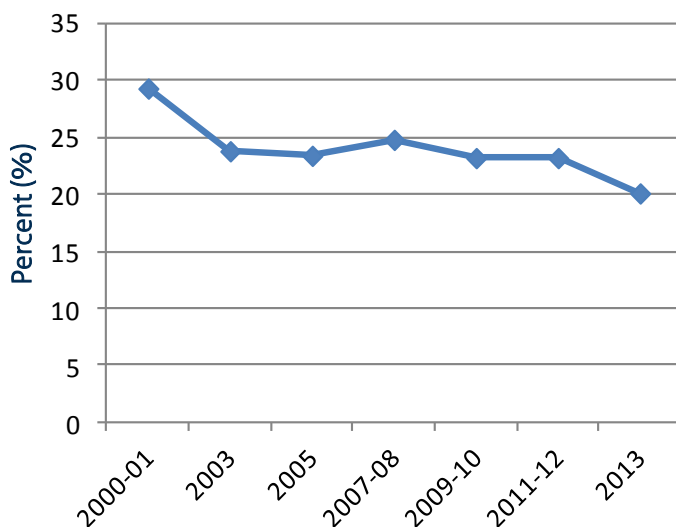
Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005—2013

Province-wide, the percentage of residents who smoke daily or occasionally has decreased significantly since 2000-01 to an all-time low of 20% in 2013.

Smoking is a known risk factor for many chronic illnesses including heart disease, lung disease, and certain types of cancers. The declining percentage of the provincial population who smoke may help reduce the burden of disease in some of these chronic illnesses.



Percentage of individuals aged 12+ who are daily or occasional smokers in Newfoundland and Labrador, 2000-01 to 2013



Source: Statistics Canada, Canadian Community Health Survey, Share File, 2000-2001—2013

About the Centre for Health Information

The Newfoundland and Labrador Centre for Health Information (NLCHI) provides quality information to health professionals, the public, researchers and health system decision-makers. Through collaboration with the health system, NLCHI supports the development of data and technical standards, maintains key health databases, prepares and distributes health reports, and supports and carries out applied health research and benefits evaluations. NLCHI's mandate also includes the development and implementation of a confidential and secure provincial electronic health record, including the change management required to support adoption by end user clinicians.