

# Newsletter for Communities

October 2013



## In the news

### [Canadian Community Health Survey: Mental Health, 2012](#)



This article provides results from the 2012 Canadian Community Health Survey—Mental Health. The survey collected information on selected disorders from Canadians aged 15 and older. The data include both lifetime and 12-month rates of [mental and substance use disorders](#). This article also highlights data on [generalized anxiety disorder](#) and [cannabis abuse or dependence](#) that were collected at the national level for the first time by a population health survey.

### [University tuition fees, 2013/2014](#)



Canadian full-time students in undergraduate programs paid 3.3% more on average in tuition fees for the 2013/2014 academic year than they did a year earlier. This follows a 4.2% increase in 2012/2013.

In comparison, inflation as measured by the Consumer Price Index was 1.3% between July 2012 and July 2013.

On average, undergraduate students paid \$5,772 in tuition fees in 2013/2014 compared with \$5,586 a year earlier.

Tuition fees rose in all but two provinces, Newfoundland and Labrador and Alberta. Tuition in Newfoundland and Labrador has been frozen since 2003/2004 for both undergraduate and graduate students and Alberta froze tuition increases for the 2013/2014 academic year.

Elsewhere, for undergraduate students, tuition increases ranged from 1.6% in Manitoba to 4.7% in Saskatchewan.

Undergrads in Newfoundland and Labrador (\$2,644) and Quebec (\$2,653) continued to have the lowest average fees.

In comparison, undergraduate students in Ontario paid the highest average fees (\$7,259) in Canada, followed by students in Saskatchewan who paid \$6,394 in university tuition fees.



## Study: Caregivers in Canada, 2012



In 2012, about 8.1 million individuals, or 28% of Canadians aged 15 years and older, provided care to a family member or friend with a long-term health condition, disability or aging needs.

New data from the 2012 General Social Survey showed that women represented the slight majority of caregivers at 54%. The survey also found that caregiving responsibilities most often fell to those aged 45 to 64, with 44% of caregivers in this age category.

Ailing parents were the most common recipients of care, with 39% of caregivers looking after the needs of their own parents and another 9% doing so for their parents-in-law. The least common were spouses, at 8%, and children, at 5%.

For the first time, the survey looked at the types of health conditions requiring care. Age-related needs topped the list, with 28% of caregivers providing care for these needs. Cancer was next at 11%, followed by cardio-vascular disease at 9%, and mental illness at 7%.

### Family caregiving: What are the consequences?

Most people will, at some point in their life, help a family member or friend with a long-term health condition, disability or problems related to aging. Providing care has many benefits. In addition to reducing the social costs associated with health services and institutionalization, it also benefits the care receivers, allowing them to remain at home and maintain a better quality of life.

However, at times there can also be negative consequences, especially for caregivers. These include the impact on their physical and mental health and their participation in the labour force, pressures on their personal finances, and reduced time available for other activities. Employers and governments may also be impacted, notably because of absenteeism, lost productivity and reduced tax revenues.

A number of Canadian studies have focused on family caregivers 45 years of age and over, particularly those providing care to aging parents. However, fewer studies provide information about caregivers of all ages who help or provide long-term care to their spouse or partner (hereafter referred to as 'spouse'), child, parent, extended family, or friend.

This study uses new data to shed light on all family caregivers aged 15 and over in Canada. First, this article takes a brief look at family caregivers—particularly the intensity and type of care provided—based on their relationship to their care recipient.

Second, it examines data on the many consequences associated with caregiving responsibilities. Are some types of caregivers more likely than others to experience psychological, social or financial consequences? If so, why?



## [Recent releases from \*The Daily\*](#)

*The Daily* is Statistics Canada's official release bulletin, the Agency's first line of communication with the media and the public. *The Daily* issues news releases on current social and economic conditions and announces new products. It provides a comprehensive one-stop overview of new information available from Statistics Canada.

### Release times

*The Daily* is released at 8:30 a.m. Eastern time each working day. It has been published since 1932 and posted on the Statistics Canada website since June 1995.

### [Free subscription](#)

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## Other News

### Fall brings excitement, new challenges and better results

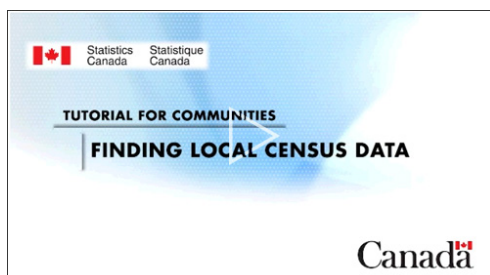
Fall can be a time of excitement, new beginnings and new challenges—and not just for kids.

As a municipal or community worker, you may be considering new challenges, or maybe you just want to make your organization run better. Whatever your situation, you need access to high-quality and reliable information that could be useful for your communities. Statistics Canada has extensive free data from the 2011 Census, plus an analysis tool to help you make sense of it.

You'll find detailed information on

- population and dwelling counts
- age and sex of residents
- families, households and marital status
- structural characteristics of dwellings—single-detached houses, row houses, apartments in high-rise buildings
- languages

These data are available at the national, provincial and municipal levels. You can even access the Census profile by postal code.



To find census data on your community, try our [tutorial for communities](#): it will show you how to find census data at the geographic level you want and manipulate it to fit your needs. And the tutorial only scratches the surface; discover more information that can benefit your organization on [Statistics Canada's census page](#).

So, if you're considering new challenges, you'll find solid information.

Just as in school, asking questions is the best way to learn more, so ask away—we're always here to help. Simply contact our information agents by email at [infostats@statcan.gc.ca](mailto:infostats@statcan.gc.ca) or by telephone at 1-800-263-1136, Monday to Friday, from 8:30 a.m. to 4:30 p.m. in all Canadian time zones.

## [National Seniors Day... by the numbers](#)



National Seniors Day is an occasion for all Canadians to appreciate and celebrate seniors.

Here are some selected facts related to the demographic, socio-economic and health portrait of seniors (persons aged 65 and over) in Canada.

Find out more about National Seniors Day at [www.seniors.gc.ca](http://www.seniors.gc.ca).

## Statistics Canada presentation and panel discussion on Health in Toronto



INTERNATIONAL YEAR OF  
**STATISTICS**  
PARTICIPATING ORGANIZATION

This year, on the occasion of the first [International Year of Statistics](#) (IYS), Statistics Canada is joining together with other Canadian and international statistical organizations to mark the contribution that statistics make to the success and progress of our societies.

One of the activities Statistics Canada is organizing is a series of presentations and panel discussions in different Canadian cities.

Following two successful events in Montreal and Edmonton, **Wayne R. Smith**, Chief Statistician of Canada, is coming to the Metro Toronto Convention Centre on **November 15** to provide a statistical portrait of health in Canada. His presentation, **Health care and Canada's aging demographic**, will be followed by a panel discussion with experts, which will contribute to the broader understanding of health issues across the country.

We are inviting those who are interested in this event to register by contacting Erin Kennedy at [erin.kennedy@statcan.gc.ca](mailto:erin.kennedy@statcan.gc.ca).

Spaces are limited so register today!



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## [Canadian Community Health Survey](#)



Have you found the article [Canadian Community Health Survey: Mental Health, 2012](#) featured in this newsletter useful?

Statistics Canada is able to provide accurate and timely statistical information, thanks to the ongoing co-operation of the citizens of Canada, its businesses, governments and institutions. If members of your community have been asked to participate in a Statistics Canada survey, please encourage them to do so. You can visit our website for more [information for survey participants](#).

We hope that we can count on your support.

### **Webinar-Beyond 20/20**

Many data tables on the Statistics Canada website are available in Beyond 20/20 format. This software is particularly useful in handling tables with multiple levels of data, enabling the data users to rearrange variables to suit their needs.

In these sessions, attendees will learn how to create customized data tables.

There is no cost for participating, however, registration is required. To sign up, click on the following links:

Date: Tuesday, October 29, 2013  
Time: 1:00 pm, Pacific Daylight Time  
Link: [Beyond 20/20](#)

OR

Date: Thursday, October 31, 2013  
Time: 10:00 pm, Pacific Daylight Time  
Link: [Beyond 20/20](#)

Once your request is approved, you will receive a confirmation email with instructions for joining the meeting.

### **Other webinars**

The above session is offered in English only. French webinars are offered to community group members and municipalities on different topics. Please contact Josée Martel at [josee.martel@statcan.gc.ca](mailto:josee.martel@statcan.gc.ca) for more information.



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## More ways to stay connected



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## Questions or comments?

Please contact our communications staff in your region:

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## ABOUT THE NEWSLETTER FOR COMMUNITIES

Municipalities and community organizations have specific information needs. Statistics Canada's Community Outreach Program is dedicated to serving you with this free newsletter, as well as with ongoing learning and sharing activities.

### Benefits of subscribing

Stay informed about the latest Statistics Canada releases that are relevant to municipalities and community organizations. The releases explain how to access related information.

Learn about upcoming events and activities that will help you get the most from Statistics Canada data.

### Subscribing is easy and free

To subscribe, go to [Newsletter for Communities](#) and follow the instructions. An automatic alert will be emailed to you when new issues of the newsletter are available.

### Help us spread the word

If you know an organization that may benefit from what this newsletter has to offer, please pass it on or put them in contact with us.

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