



The Daily

Statistics Canada

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Trouble sleeping? You're not alone. An estimated 3.3 million Canadians aged 15 or older, or about one in every seven, have problems going to sleep or staying asleep, and are thus considered to have insomnia, according to a new study in the latest edition of Health Reports.	
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Releases

Study: Insomnia

2002

Trouble sleeping? You're not alone. An estimated 3.3 million Canadians aged 15 or older, or about one in every seven, have problems going to sleep or staying asleep, and thus are considered to have insomnia, according to a new study in the latest edition of *Health Reports*.

The study, based on data from the 2002 Canadian Community Health Survey (CCHS), found that just under one-fifth (18%) of these people average less than five hours of sleep a night.

In contrast, only 2% of people who did not have insomnia reported less than five hours of sleep per night.

There are no standard criteria for defining insomnia, although the most common definitions are based on frequency. For the CCHS, respondents were asked how often they had trouble going to sleep or staying asleep. Those who answered either "most of the time" or "all of the time" were considered to have insomnia.

The study echoes earlier research that found close ties between insomnia and stress, as well as chronic conditions such as arthritis that involve pain.

But it also found an association between insomnia and some less obvious factors. For example, when physical and mental health, lifestyle and socio-economic factors were taken into account, the study showed that middle-aged people (ages 45 to 64) had high odds of suffering from insomnia, as did people who were widowed and people with low education.

Weight was also a factor. High proportions of people who were obese suffered from insomnia. And the heavier they were, the more likely they were to have trouble sleeping.

The study also found that heavy weekly drinking was linked to insomnia, as was frequent use of cannabis.

Chronic pain and stress

Links between poor physical health and insomnia have been repeatedly demonstrated as many diseases involve pain or distress, or both, which can interfere with sleep.

The CCHS found that people with chronic health conditions were likely to report insomnia. For example, in 2002, more than one-fifth of people with asthma, arthritis or rheumatism, back problems or diabetes

reported insomnia. Among people who did not have these conditions, only 12% did so.

Life stress was a factor in insomnia. Nearly one-quarter (23%) of people who described most of their days as being either "quite a bit" or "extremely" stressful reported insomnia. This was more than twice the proportion among people who reported little or no life stress.

At first glance, work stress also appeared to be associated with insomnia. About 17% of employed people aged 15 to 75 who said that most days at work were stressful reported insomnia. But when factors such as chronic pain, obesity, life stress and so on were taken into consideration, the relationship between insomnia and work stress disappeared.

An individual's work schedule, though, was associated with insomnia. Even accounting for chronic pain and the other factors, the odds that shift workers would report insomnia were high compared with other workers.

Connected with obesity and middle age

A link between obesity and insomnia was also found. When chronic conditions and other variables were taken into account, individuals who were extremely obese (a body mass index, or BMI, of 35 or more) had higher odds of reporting insomnia than did those of normal weight (BMI of 18.5 to 24.9). This association might be a by-product of sleep apnea, which is related to obesity and is also a risk factor for insomnia. But sleep apnea was not measured in the survey.

The prevalence of insomnia also rose with age. About 10% of people aged 15 to 24 reported insomnia. This proportion doubled to almost 20% among people aged 75 or older.

However, old age is associated with chronic conditions, and once the presence of such conditions was taken into account, seniors no longer had high odds of insomnia. In other words, the high prevalence of insomnia among seniors was largely attributable to poorer health, not advanced age.

In contrast, even allowing for the effects of the other factors, people aged 45 to 64 had significantly higher odds of reporting insomnia compared with those aged 15 to 24.

The article "Insomnia" is now available for free online. For further information, contact Margot Shields

(613-951-4177; Margot.Shields@statcan.ca), Health Statistics Division.

Other articles

This issue of *Health Reports* contains four other studies.

The article "Body mass and dependency" found that obesity is associated with an individual's being dependent on others for assistance. The results suggest that in addition to its associations with pain and disease, obesity independently contributes to dependency. The relationship persisted even when other factors were taken into account, including socio-economic status, living arrangements and the level of physical activity.

For more information, contact Kathryn Wilkins (613-951-1769; Kathryn.Wilkins@statcan.ca), Health Statistics Division.

"Life expectancy" analyzes reasons for the narrowing gap between male and female life expectancy. For more information, contact Marie P. Beaudet (613-951-7025; Marie.Beaudet@statcan.ca), Health Statistics Division.

Diseases of the circulatory system are the major cause of illness, disability and death in Canada.

The study "Diseases of the circulatory system — Hospitalization and mortality" examines recent trends in hospitalization and mortality rates because of heart attacks and stroke. For more information, contact Helen Johansen (613-722-5570; johahel@statcan.ca), Health Statistics Division.

According to the article "Edentulism and denture use," about 9% of Canadians aged 15 or older reported to the Canadian Community Health Survey in 2003 that they had no natural teeth. This was down from 16% in 1990. The rate of edentulism among seniors aged 65 or older fell from 48% to 30% during the same period. For more information, contact Wayne J. Millar (613-951-1631; Wayne.Millar@statcan.ca), Health Statistics Division.

Complete articles appear in the November issue of *Health Reports*, Vol. 17, No. 1 (82-003-XIE, \$17/\$48; 82-003-XPE, \$22/\$63), now available. See *How to order products*.

For more information about *Health Reports*, contact Anik Lacroix (613-951-1807; Anik.Lacroix@statcan.ca), Health Statistics Division. ■

Study: Buying into business-to-business sales online

2004

Most people gauge the impact of e-commerce on the basis of retail sales to consumers because this has become part of everyday life. In reality, the most important aspect of e-commerce is the way firms interact with one another, according to a new study.

The vast majority of gains in e-commerce during the past few years have been the result of increased sales from one business to another, not sales from businesses to households.

The study compared the performance of e-commerce sales in the retail sector to that of the two large business-to-business sellers: manufacturing and wholesale trade.

Data came from the 2004 Survey of Electronic Commerce and Technology, which included the entire economy except for local governments. The survey covered about 17,000 enterprises.

In 2004, total online sales by private firms reached an estimated \$26.5 billion. Sales from business to business represented 75% of this total, or about \$19.8 billion. This was roughly the same proportion as in 2000.

The three industries covered in this study accounted for just over one half of online sales made by private companies in 2004.

Firms in manufacturing and wholesale trade were most likely to engage in business-to-business sales. Of the \$4.2 billion in goods manufacturers sold over the Internet in 2004, 94% or \$3.9 billion was to other firms. Among wholesalers, business-to-business sales accounted for some 84%, or around \$5.1 billion, of their online total.

The firms in these two sectors have adopted e-commerce strategies that enhance their natural position as business-to-business sellers.

The retail sales sector sold close to \$3 billion of goods and services over the Internet last year. The vast majority of these retail e-commerce sales, 85%, were to households and individuals, a proportion that was virtually unchanged from 2003.

There are promising signs that online sales will continue to become a more important facet of retail trade as e-commerce extends its reach. In 2004, online sales by retail firms grew by 51%.

Experts in the field say the basic principles of business-to-business sales are simple. Companies that buy and sell on the Internet may potentially be able to manage their inventory more efficiently; get goods to markets faster; reduce the cost of paperwork; and get lower prices on some supplies.

Definitions, data sources and methods: survey number 4225.

The analytical article "How business-to-business sales dominate e-commerce," no. 33 (11-621-MIE2005033, free) is now available online in the *Analysis in Brief* (11-621-MIE) series.

For more information, or to enquire about the concepts, methods or data quality of this release, contact Mark Uhrbach (613-951-2856), Science, Innovation and Electronic Information Division. ■

Travel Price Index

Third quarter 2005

Statistics Canada today introduces the Travel Price Index (TPI) that measures price movements in 12 components as an indicator of the cost of travelling in Canada.

The index showed that prices Canadians paid to travel during the third quarter of 2005 increased at a slightly faster pace than the rate of inflation as measured by the Consumer Price Index (CPI).

The TPI reached 147.7 (1992=100), up 3.0% compared to the third quarter of 2004. In comparison, the CPI increased 2.6%.

The two components which contributed the most to the annual advance of the TPI were the costs related to the operation of automotive vehicles, and costs associated with inter-city transportation.

Costs related to operating automotive vehicles climbed 10.5% in the third quarter. This significant annual growth was mainly due to the 22.3% jump in the price of gasoline during the period, partially because of Hurricane Katrina in Louisiana.

Costs incurred for using inter-city transportation increased 3.4%. This increase was supported by a 3.6% rise in air transportation prices.

However, the advance of the TPI was slowed by a 4.9% decline in the prices of traveller accommodation.

As for the remaining components of the TPI, only one recorded a drop, namely clothing (-0.2%). The others experienced price growth fluctuating between 1.3% and 3.3%.

On a quarter-over-quarter basis, the TPI rose 3.8% between the second and third quarters of 2005. This increase was four times the 0.9% gain in the CPI during the same time period.

Three components contributed to the quarterly increase in the TPI. First, prices paid for traveller accommodation rose 11.4%, the largest price increase recorded by any TPI component during the period.

Second, costs for operating automotive vehicles increased 5.6%, which was mainly the result of the strong growth (+13.1%) in gasoline prices.

Third, the 5.4% rise in the costs related to the use of inter-city transportation also contributed to the quarterly gain. Again, it was a 5.8% jump in airplane ticket prices that was responsible for the increase of this component.

Only two components of the TPI recorded declines between the second and third quarters: footwear (-1.2%) and food purchased from stores (-0.7%). The remaining components registered small increases ranging between 0.2% and 1.2%.

Available on CANSIM: table 428-0002.

Definitions, data sources and methods: survey number 3810.

For general information, contact Client Services (1-800-307-3382; 613-951-7608; fax: 613-951-9040; cult.tourstats@statcan.ca). To enquire about the concepts, methods or data quality of this release, contact Marinka Ménard (613-951-4483; marinka.menard@statcan.ca), Culture, Tourism and the Centre for Education Statistics.

Selected components of the Travel Price Index

Components of the Travel Price Index	Third quarter 2005	Second quarter 2005	Third quarter 2004	Second quarter to third quarter 2005	Third quarter 2004 to third quarter 2005
	Not seasonally adjusted (1992=100)				
	% variation				
Inter-city transportation	207.6	196.9	200.7	5.4	3.4
Local and commuter transportation	152.9	152.2	148.0	0.5	3.3
Rental of automotive vehicles	127.8	127.5	126.0	0.2	1.4
Operation of automotive vehicles	174.1	164.8	157.5	5.6	10.5
Traveller accommodation	114.2	102.5	120.1	11.4	-4.9
Food purchased from stores	126.6	127.5	124.0	-0.7	2.1
Food purchased from restaurants	132.6	131.7	128.7	0.7	3.0
Served alcoholic beverages	129.5	128.3	125.9	0.9	2.9
Alcoholic beverages purchased from stores	127.1	126.5	125.1	0.5	1.6
Spectator entertainment	165.1	164.7	162.6	0.2	1.5
Clothing	99.7	98.5	99.9	1.2	-0.2
Footwear	103.0	104.2	101.7	-1.2	1.3
Travel Price Index	147.7	142.3	143.4	3.8	3.0
Consumer Price Index	128.2	127.0	124.9	0.9	2.6

Employer pension plans (Trusteed pension funds)

2004

Trusteed pension fund managers had a far better year in 2004 compared to 2002, according to the results of the biennial Census of Trusteed Pension Funds.

The value of the funds' assets increased 25%, from \$557 billion to \$696 billion from 2002 to 2004.

Revenues accumulated over 2004 amounted to \$96 billion, far exceeding expenditures at \$47 billion, for a net cash flow of \$49 billion. In 2002, expenditures exceeded revenues, leaving the industry with a negative cash flow of a half-billion dollars.

Available on CANSIM: tables 280-0005 to 280-0007.

Definitions, data sources and methods: survey number 2608.

An analysis of the 2004 results will appear in the context of an historical analysis of pension fund data titled "Trusteed pension plans and funds, 1990 to 2004." The analysis will be included in the CD-ROM *Canada's Retirement Income Programs: 2006 Edition*, to be released early in 2006.

Clients requiring current data should refer to the quarterly estimates of trusteed pension funds available on CANSIM, tables 280-0002, 280-0003 and 280-0004.

For more information about the current survey results and related products and services, or to inquire about the concepts, methods, or data quality of this release, contact Client Services (613-951-7355 or 1-888-297-7355; fax: 613-951-3012; income@statcan.ca), Income Statistics Division. ■

Refined petroleum products

September 2005 (preliminary)

Data on the production, inventories and domestic sales of refined petroleum products are now available for

September. Other selected data about these products are also available.

Definitions, data sources and methods: survey number 2150.

For more information or to enquire about the concepts, methods or data quality of this release, contact the dissemination officer at (613-951-9497 or toll free 1-866-873-8789; energy@statcan.ca), Manufacturing, Construction and Energy Division. ■

New products

Analysis in Brief : "How business-to-business sales dominate e-commerce", 2001 to 2004, no. 33
Catalogue number 11-621-MIE2005033
(free).

Health Reports, 2005, Vol. 17, no. 1
Catalogue number 82-003-XIE (\$17/\$48).

Health Reports, 2005, Vol. 17, no. 1
Catalogue number 82-003-XPE (\$22/\$63).

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MAJOR RELEASES

- **Urban transit, 1995** 2
Despite the emphasis on taking urban transit, Canadians are taking it less and less. In 1996, about 1.4 billion trips, an average of about 4.5 per person, were taken on some form of urban transit, the lowest level in the past 25 years.
- **Productivity, hourly compensation and unit labour cost, 1995** 4
Growth in productivity among Canadian businesses was relatively weak again in 1996 accompanied by sluggish gains in employment and slow economic growth during the year.

OTHER RELEASES

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