

The Daily

Statistics Canada

Monday, October 27, 2014
Released at 8:30 a.m. Eastern time

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Researcher's Blog, October 2014

You could call it Canada's ongoing health check-up.

The Canadian Health Measure Survey (CHMS) is the focus this month as Statistics Canada launches its [Researcher's Blog](#). The aim of this blog is to provide Canadians with insights into the nuts and bolts of how the world-class researchers at the agency conduct their work. This is their venue to discuss their research projects and methodologies, and to give Canadians and other researchers the opportunity to comment and ask questions.

The CHMS is a perfect example of the ongoing research and work being done by the agency. The survey involves a team of health specialists working together to gather precise and in-depth information about the health of Canadians by collecting data from a nationally representative sample.

The survey is far more than interviewers simply asking Canadians how they feel. Hands-on specialists also measure the health characteristics—height, weight, body mass index and waist-to-hip ratio—of survey participants as well as monitor their heart and lung functions. In addition, some participants provide blood and urine samples that are used to analyze a variety of nutritional and environmental biomarkers as well as ascertain the presence of chronic disease.

In all, the CHMS provides solid, scientific insight into the health and well-being of Canadians.

The first edition of the [Researcher's Blog](#) is now available from the *Stay Connected* module of our website under *Blog*.

On October 30, 2014, from 1:30 and 2:30 p.m. (Eastern Daylight Time), you are invited to [chat with an expert](#) on the latest Canadian Health Measure Survey data.

For more information, or to enquire about the concepts, methods or data quality of this release, contact us (toll-free 1-800-263-1136; 514-283-8300; infostats@statcan.gc.ca) or Media Relations (613-951-4636; mediahotline@statcan.gc.ca).

New products and studies

There are no new products today.



Statistics Canada's official release bulletin

Catalogue 11-001-X.

Published each working day by the Communications Division, Statistics Canada, 10G, R.H. Coats Building, 100 Tunney's Pasture Driveway, Ottawa, Ontario K1A 0T6.

To access or subscribe to *The Daily* on the Internet, visit our website at <http://www.statcan.gc.ca>.

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