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Healthy Today, Healthy Tomorrow? Findings from the National Population Health Survey

Depression and risk of heart disease

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- . not available for any reference period
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- ^P preliminary
- ^r revised
- X suppressed to meet the confidentiality requirements of the *Statistics Act*
- ^E use with caution
- F too unreliable to be published
- * significantly different from reference category ($p < 0.05$)

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Depression and risk of heart disease



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By Heather Gilmour, Health Information and Research Division, Statistics Canada

This analysis examines the relationship between depression and subsequent heart disease among Canadians aged 40 years or older.

The article is based on data from the household component of the National Population Health Survey (NPHS). This longitudinal survey, conducted by Statistics Canada, follows the same group of people every two years since 1994/1995.

This article was released July 16, 2008 in [Health Reports](#), Vol. 19, No. 3.

Summary

For the first time, national population-based data are used to investigate the association between depression and heart disease incidence in Canada. This article examines whether individuals initially free of heart disease who experienced depression at some time over the course of the study were at an increased risk of being diagnosed with or dying from heart disease compared with people who did not experience depression.

In addition to sociodemographic characteristics, common risk factors for heart disease such as high blood pressure, diabetes, body mass index, smoking status, physical activity, alcohol use, and hormone replacement therapy (women only) were controlled in the analysis.

The results from 7 cycles of the NPHS show that women with depression were at greater risk of heart disease, even when other risk factors were taken into account. Men with depression did not have a statistically significant increased risk of heart disease.

Given the prevalence of depression and its association with heart disease, these findings are relevant to population health and prevention.

Highlights

From the article [Depression and risk of heart disease](#)

By Heather Gilmour, Health Information and Research Division, Statistics Canada

- Among people aged 40 or older and free of heart disease in 1994/1995, 19% of men and 15% of women had developed or died from heart disease by 2006/2007.
- The risk of heart disease was significantly higher for women who had depression, but not for men.
- When heart disease events occurring within two years of baseline were removed, depression was not significantly associated with heart disease risk among women or men.

About this publication

Since its beginning in 1994, the National Population Health Survey (NPHS) has been providing unique information on the health of Canadians by responding to the need for information on health dynamics. The NPHS is a longitudinal survey with a sample of 17,276 individuals spread out in the ten provinces across Canada. Every two years, these same individuals provide current and in-depth information on their physical and mental health status, use of health care services, physical activities, life in the workplace and social environment. Over the years of follow-up, the data have shown how a wide range of factors can contribute to improve or deteriorate health.

Whereas data collected from people at a single point in time provides a snapshot, NPHS longitudinal data reveals the transitions towards good or bad health. The richness of NPHS's data is that it also allows evaluation of the relationships between socio-economic and demographic characteristics of individuals with their health status and its evolution over time.

The Internet Publication, Healthy Today, Healthy Tomorrow? Findings from the National Population Health Survey, gradually releases articles based on data collected from the same respondents every two years. For all issues, click on the **[chronological index](#)**.

One of the key features of this publication is to have links to longitudinal Cansim tables and to other articles which use NPHS longitudinal data in one location only. Additional information about the survey and access to the data is also provided.

Data tables

These free of charge longitudinal data tables in CANSIM, HTML and PDF format present changes from one NPHS cycle to another for a variety of topics, from 1994/1995 to 2006/2007

Changes in smoking

Changes in smoking between 1994/1995 and 2006/2007, household population aged 12 and over who reported on smoking every 2 years, by age group and sex, Canada and provinces

Changes, by category, in smoking from 1994/1995 to 2006/2007¹

- Table 1. By sex, Canada
- Table 2. By age group, Canada
- Table 3. Canada and provinces

Changes, by category, in smoking between 1994/1995 and 2006/2007²

- Table 4. By sex, Canada
- Table 5. By age group, Canada
- Table 6. Canada and provinces

Changes in self rated health

Changes in self-rated health between 1994/1995 and 2006/2007, household population aged 12 and over who rated their general health every 2 years, by age group and sex, Canada and provinces.

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Changes, by category, in self-rated health since 1994/1995³

- Table 7. By sex, Canada
- Table 8. By age group, Canada
- Table 9. Canada and provinces

Changes, by category, in self-rated health between 1994/1995 and 2006/2007⁴

- Table 10. By sex, Canada
- Table 11. By age group, Canada
- Table 12. Canada and provinces

Changes in body mass index (BMI)

Changes in body mass index (BMI) between 1994/1995 and 2006/2007, household population aged 18 to 56 who reported their height and weight, by sex, Canada.

Changes, by category, in body mass index (BMI) from 1994/1995 to 2006/2007⁵

- Table 13. By sex, Canada

Changes between body mass index (BMI) categories from 1994/1995 to 2006/2007⁶

- Table 14. By sex, Canada

Changes in physical activity

Changes in physical activity level between 1994/1995 and 2006/2007, household population aged 12 and over who reported on physical activity every 2 years, by age group and sex, Canada and provinces

Changes in physical activity level since 1994/1995⁷

Table 15. By sex, Canada

Table 16. By age group, Canada

Table 17. Canada and provinces

Changes between physical activity level categories from 1994/1995 to 2006/2007⁸

Table 18. By sex, Canada

Table 19. By age group, Canada

Table 20. Canada and provinces

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1. 1994/1995 and 2006/2007 comparisons
 2. 1994/1995, 1996/1997, 1998/1999, 2000/2001, 2002/2003, 2004/2005 and 2006/2007 comparisons
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 8. 1994/1995 and 2006/2007 comparisons according to physical activity levels
-

Table 1
Changes, by category, in smoking from 1994/1995 to 2006/2007, by sex, Canada

	Non-smokers in 2006/2007		Smokers in 2006/2007		Several changes in smoking	
	number	percent	number	percent	number	percent
Non-smokers in 1994/1995^{1, 2}						
Both sexes	12,210,974	61.2	816,314	4.1	1,374,341	6.9
Males	5,677,800	58.3	505,902	5.2	781,775	8.0
Females	6,533,174	64.0	310,413	3.0	592,566	5.8
Smokers in 1994/1995^{1, 2}						
Both sexes	1,752,430	8.8	2,339,311	11.7	1,454,775	7.3
Males	867,095	8.9	1,177,186	12.1	729,220	7.5
Females	885,335	8.7	1,162,126	11.4	725,555	7.1

1. The table shows changes in smoking of the 1994/1995 household population aged 12 and over, from cycle 1 to cycle 7 of the National Population Health Survey. Population, age, sex, Canada and province are based on the first survey cycle (cycle 1) in 1994/1995.

2. The table also excludes children under 12 and non-response (missing values), that is, "not applicable", "don't know", "refusal" and "not stated".

Note(s): When comparing estimates, it is important to use confidence intervals to determine if differences between values are statistically significant. Confidence intervals describe sampling variability and give an indication of the precision of a given estimate. Please note that confidence intervals and coefficient of variations are provided in the CANSIM tables.

Source(s): Statistics Canada, National Population Health Survey, 2006/2007 longitudinal data file (CANSIM table 104-7006).

Table 2
Changes, by category, in smoking from 1994/1995 to 2006/2007, by age group, Canada

	Non-smokers in 2006/2007		Smokers in 2006/2007		Several changes in smoking	
	number	percent	number	percent	number	percent
Non-smokers in 1994/1995^{1, 2}						
Total, 12 years and over	12,210,974	61.2	816,314	4.1	1,374,341	6.9
12 to 19 years	1,535,051	46.8	484,163	14.8	636,114	19.4
20 to 34 years	3,227,310	56.1	143,487 ^E	2.5 ^E	374,463	6.5
35 to 44 years	2,814,044	60.5	130,521 ^E	2.8 ^E	217,461	4.7
45 to 64 years	3,474,978	70.1	58,144 ^E	1.2 ^E	134,196 ^E	2.7 ^E
65 years and over	1,159,591	88.5	F	F	F	F
Smokers in 1994/1995^{1, 2}						
Total, 12 years and over	1,752,430	8.8	2,339,311	11.7	1,454,775	7.3
12 to 19 years	154,607 ^E	4.7 ^E	242,334	7.4	229,891 ^E	7.0 ^E
20 to 34 years	612,561	10.7	832,638	14.5	558,674	9.7
35 to 44 years	469,988	10.1	697,177	15.0	322,668	6.9
45 to 64 years	453,517	9.2	525,173	10.6	308,282	6.2
65 years and over	61,756 ^E	4.7 ^E	41,991 ^E	3.2 ^E	35,260 ^E	2.7 ^E

1. The table shows changes in smoking of the 1994/1995 household population aged 12 and over every 2 years from cycle 1 to cycle 7 of the National Population Health Survey. Population, age, sex, Canada and province are based on the first survey cycle (cycle 1) in 1994/1995.

2. The table also excludes children under 12 and non-response (missing values), that is, "not applicable", "don't know", "refusal" and "not stated".

Note(s): When comparing estimates, it is important to use confidence intervals to determine if differences between values are statistically significant. Confidence intervals describe sampling variability and give an indication of the precision of a given estimate. Please note that confidence intervals and coefficient of variations are provided in the CANSIM tables.

Source(s): Statistics Canada, National Population Health Survey, 2006/2007 longitudinal data file (CANSIM table 104-7006).

Table 3
Changes, by category, in smoking from 1994/1995 to 2006/2007, Canada and provinces

	Non-smokers in 2006/2007		Smokers in 2006/2007		Several changes in smoking	
	number	percent	number	percent	number	percent
Non-smokers in 1994/1995^{1, 2}						
Canada	12,210,974	61.2	816,314	4.1	1,374,341	6.9
Newfoundland and Labrador	243,562	58.6	21,231 ^E	5.1 ^E	27,637 ^E	6.6 ^E
Prince Edward Island	52,083	57.3	F	F	6,475 ^E	7.1 ^E
Nova Scotia	392,238	60.0	F	F	30,399 ^E	4.6 ^E
New Brunswick	328,940	61.7	28,962 ^E	5.4 ^E	27,164 ^E	5.1 ^E
Quebec	2,904,385	57.2	171,245 ^E	3.4 ^E	314,233	6.2
Ontario	4,690,608	62.6	364,597	4.9	554,383	7.4
Manitoba	460,136	65.1	F	F	41,628 ^E	5.9 ^E
Saskatchewan	377,698	60.0	F	F	38,910 ^E	6.2 ^E
Alberta	1,136,843	61.7	76,271 ^E	4.1 ^E	153,243	8.3
British Columbia	1,624,482	64.9	89,681 ^E	3.6 ^E	180,269 ^E	7.2 ^E
Smokers in 1994/1995^{1, 2}						
Canada	1,752,430	8.8	2,339,311	11.7	1,454,775	7.3
Newfoundland and Labrador	42,245 ^E	10.2 ^E	50,544	12.2	30,465 ^E	7.3 ^E
Prince Edward Island	10,599	11.7	12,249	13.5	6,711 ^E	7.4 ^E
Nova Scotia	61,494	9.4	102,977	15.7	49,758 ^E	7.6 ^E
New Brunswick	52,658	9.9	59,834	11.2	35,627 ^E	6.7 ^E
Quebec	592,702	11.7	664,611	13.1	429,550	8.5
Ontario	628,785	8.4	786,380	10.5	471,356	6.3
Manitoba	54,628 ^E	7.7 ^E	86,820	12.3	37,345 ^E	5.3 ^E
Saskatchewan	52,665	8.4 ^E	80,585	12.8	61,711 ^E	9.8 ^E
Alberta	113,252	6.1	237,945	12.9	124,960 ^E	6.8 ^E
British Columbia	143,403 ^E	5.7 ^E	257,365	10.3	207,293	8.3

1. The table shows changes in smoking of the 1994/1995 household population aged 12 and over every 2 years from cycle 1 to cycle 7 of the National Population Health Survey. Population, age, sex, Canada and province are based on the first survey cycle (cycle 1) in 1994/1995.

2. The table also excludes children under 12 and non-response (missing values), that is, "not applicable", "don't know", "refusal" and "not stated".

Note(s): When comparing estimates, it is important to use confidence intervals to determine if differences between values are statistically significant. Confidence intervals describe sampling variability and give an indication of the precision of a given estimate. Please note that confidence intervals and coefficient of variations are provided in the CANSIM tables.

Source(s): Statistics Canada, National Population Health Survey, 2006/2007 longitudinal data file (CANSIM table 104-7006).

Table 4
Changes, by category, in smoking between 1994/1995 and 2006/2007, by sex, Canada

	Non-smokers in:											
	1996/1997		1998/1999		2000/2001		2002/2003		2004/2005		2006/2007	
	number	%	number	%	number	%	number	%	number	%	number	%
Non-smokers in 1994/1995^{1, 2}												
Both sexes	15,663,844	66.7	14,964,371	65.9	14,409,505	65.2	14,058,492	65.9	13,760,749	65.4	13,534,168	66.5
Males	7,470,264	64.7	7,174,236	64.3	6,747,339	62.4	6,660,517	64.2	6,549,086	63.7	6,416,856	64.5
Females	8,193,580	68.7	7,790,135	67.5	7,662,166	67.8	7,397,975	67.6	7,211,663	67.1	7,117,313	68.5
Smokers in 1994/1995^{1, 2}												
Both sexes	977,475	4.2	1,335,359	5.9	1,625,243	7.4	1,992,966	9.3	2,292,228	10.9	2,246,116	11.0
Males	444,373	3.9	652,976	5.9	840,265	7.8	1,006,617	9.7	1,122,375	10.9	1,124,637	11.3
Females	533,102	4.5	682,383	5.9	784,978	7.0	986,349	9.0	1,169,853	10.9	1,121,479	10.8
	Smokers in:											
	1996/1997		1998/1999		2000/2001		2002/2003		2004/2005		2006/2007	
	number	%	number	%	number	%	number	%	number	%	number	%
Non-smokers in 1994/1995^{1, 2}												
Both sexes	1,028,598	4.4	1,173,890	5.2	1,303,022	5.9	1,199,121	5.6	1,184,470	5.6	1,129,161	5.5
Males	559,444	4.8	618,102	5.5	750,030	6.9	637,309	6.1	659,834	6.4	689,728	6.9
Females	469,155	3.9	555,788	4.8	552,991	4.9	561,812	5.1	524,636	4.9	439,434	4.2
Smokers in 1994/1995^{1, 2}												
Both sexes	5,800,369	24.7	5,218,869	23.0	4,768,334	21.6	4,076,963	19.1	3,788,513	18.0	3,442,046	16.9
Males	3,067,505	26.6	2,710,727	24.3	2,475,061	22.9	2,077,035	20.0	1,942,759	18.9	1,724,247	17.3
Females	2,732,864	22.9	2,508,142	21.7	2,293,273	20.3	1,999,928	18.3	1,845,755	17.2	1,717,798	16.5

1. The table shows changes in smoking of the 1994/1995 household population aged 12 and over every 2 years, at each cycle of the National Population Health Survey. Population, age, sex, Canada and province are based on the first survey cycle (cycle 1) in 1994/1995.

2. The table also excludes children under 12 and non-response (missing values), that is, "not applicable", "don't know", "refusal" and "not stated".

Note(s): When comparing estimates, it is important to use confidence intervals to determine if differences between values are statistically significant. Confidence intervals describe sampling variability and give an indication of the precision of a given estimate. Please note that confidence intervals and coefficient of variations are provided in the CANSIM tables.

Source(s): Statistics Canada, National Population Health Survey, 1996/1997, 1998/1999, 2000/2001, 2002/2003, 2004/2005 and 2006/2007 longitudinal data files (CANSIM table 104-7006).

Table 5
Changes, by category, in smoking between 1994/1995 and 2006/2007, by age group, Canada

	Non-smokers in:											
	1996/1997		1998/1999		2000/2001		2002/2003		2004/2005		2006/2007	
	number	%	number	%	number	%	number	%	number	%	number	%
Non-smokers in 1994/1995^{1, 2}												
Total, 12 years and over	15,663,844	66.7	14,964,371	65.9	14,409,505	65.2	14,058,492	65.9	13,760,749	65.4	13,534,168	66.5
12 to 19 years	2,196,401	64.8	2,071,579	61.4	1,940,867	57.0	1,972,936	59.8	1,943,142	58.7	2,026,752	60.8
20 to 34 years	3,782,625	58.8	3,669,919	59.0	3,650,076	59.2	3,627,999	59.9	3,626,103	59.6	3,577,279	60.9
35 to 44 years	3,114,115	63.9	3,063,189	63.1	3,017,404	63.0	3,004,334	63.5	3,051,488	64.1	3,061,234	64.4
45 to 64 years	4,075,161	69.7	3,984,247	69.9	3,918,957	70.6	3,837,517	71.4	3,730,441	71.0	3,661,697	72.7
65 years and over	2,495,542	85.1	2,175,436	85.1	1,882,202	85.6	1,615,706	86.7	1,409,574	87.5	1,207,207	88.6
Smokers in 1994/1995^{1, 2}												
Total, 12 years and over	977,475	4.2	1,335,359	5.9	1,625,243	7.4	1,992,966	9.3	2,292,228	10.9	2,246,116	11.0
12 to 19 years	119,339	3.5	123,830 ^E	3.7 ^E	135,434	4.0	195,304	5.9	225,667	6.8	235,911 ^E	7.1 ^E
20 to 34 years	373,903	5.8	506,308	8.1	619,677	10.1	708,451	11.7	844,008	13.9	827,526	14.1
35 to 44 years	162,389	3.3	265,282	5.5	346,973	7.2	457,023	9.7	508,027	10.7	545,069	11.5
45 to 64 years	247,632	4.2	348,534	6.1	429,518	7.7	528,510	9.8	623,367	11.9	559,590	11.1
65 years and over	74,213	2.5	91,406	3.6	93,641	4.3	103,677	5.6	91,159	5.7	78,020 ^E	5.7 ^E

	Smokers in:											
	1996/1997		1998/1999		2000/2001		2002/2003		2004/2005		2006/2007	
	number	%	number	%	number	%	number	%	number	%	number	%
Non-smokers in 1994/1995^{1, 2}												
Total, 12 years and over	1,028,598	4.4	1,173,890	5.2	1,303,022	5.9	1,199,121	5.6	1,184,470	5.6	1,129,161	5.5
12 to 19 years	487,104	14.4	617,127	18.3	762,402	22.4	696,449	21.1	689,629	20.8	640,706	19.2
20 to 34 years	270,897	4.2	295,303	4.8	262,587	4.3	258,252	4.3	277,638	4.6	237,374 ^E	4.0 ^E
35 to 44 years	126,154	2.6	140,711	2.9	162,670	3.4	138,512	2.9	119,038 ^E	2.5 ^E	162,146 ^E	3.4 ^E
45 to 64 years	113,046 ^E	1.9 ^E	100,431 ^E	1.8 ^E	99,923 ^E	1.8 ^E	94,133 ^E	1.8 ^E	88,217 ^E	1.7 ^E	81,898 ^E	1.6 ^E
65 years and over	31,396 ^E	1.1 ^E	20,318 ^E	0.8 ^E	15,440 ^E	0.7 ^E	F	F	F	F	F	F
Smokers in 1994/1995^{1, 2}												
Total, 12 years and over	5,800,369	24.7	5,218,869	23.0	4,768,334	21.6	4,076,963	19.1	3,788,513	18.0	3,442,046	16.9
12 to 19 years	588,433	17.4	561,312	16.6	566,514	16.6	435,140	13.2	454,185	13.7	428,033	12.8
20 to 34 years	2,004,950	31.2	1,744,388	28.1	1,628,702	26.4	1,457,695	24.1	1,337,784	22.0	1,230,532	21.0
35 to 44 years	1,468,940	30.2	1,381,683	28.5	1,264,877	26.4	1,133,714	24.0	1,084,673	22.8	981,682	20.7
45 to 64 years	1,408,347	24.1	1,263,532	22.2	1,100,824	19.8	917,404	17.1	812,051	15.5	731,536	14.5
65 years and over	329,699	11.2	267,955	10.5	207,417	9.4	133,010	7.1	99,820	6.2	70,264 ^E	5.2 ^E

1. The table shows changes in smoking of the 1994/1995 household population aged 12 and over every 2 years, at each cycle of the National Population Health Survey. Population, age, sex, Canada and province are based on the first survey cycle (cycle 1) in 1994/1995.

2. The table also excludes children under 12 and non-response (missing values), that is, "not applicable", "don't know", "refusal" and "not stated".

Note(s): When comparing estimates, it is important to use confidence intervals to determine if differences between values are statistically significant. Confidence intervals describe sampling variability and give an indication of the precision of a given estimate. Please note that confidence intervals and coefficient of variations are provided in the CANSIM tables.

Source(s): Statistics Canada, National Population Health Survey, 1996/1997, 1998/1999, 2000/2001, 2002/2003, 2004/2005 and 2006/2007 longitudinal data files (CANSIM table 104-7006).

Table 6
Changes, by category, in smoking between 1994/1995 and 2006/2007, Canada and provinces

	Non-smokers in:											
	1996/1997		1998/1999		2000/2001		2002/2003		2004/2005		2006/2007	
	number	%	number	%	number	%	number	%	number	%	number	%
Non-smokers in 1994/1995^{1, 2}												
Canada	15,663,844	66.7	14,964,371	65.9	14,409,505	65.2	14,058,492	65.9	13,760,749	65.4	13,534,168	66.5
Newfoundland and Labrador	305,269	63.9	293,088	64.0	276,528	61.9	277,093	63.3	273,192	63.7	260,278	62.3
Prince Edward Island	67,775	63.4	64,284	62.5	60,603	60.5	59,448	61.4	59,988	63.3	58,402	63.8
Nova Scotia	471,648	63.5	451,752	62.0	444,322	62.5	432,051	62.6	410,955	62.5	419,698	63.8
New Brunswick	403,043	65.3	379,527	63.6	367,527	63.6	363,207	63.5	359,376	65.2	353,275	65.4
Quebec	3,669,477	62.2	3,462,492	60.9	3,328,215	60.1	3,343,664	62.0	3,184,987	60.2	3,227,975	62.5
Ontario	6,082,699	68.5	5,844,730	68.2	5,633,124	67.3	5,338,836	67.7	5,346,826	67.8	5,234,836	67.7
Manitoba	593,527	67.9	564,795	67.5	541,902	67.6	534,713	68.3	518,155	68.5	491,986	69.1
Saskatchewan	516,214	66.4	483,986	64.6	457,410	63.4	458,567	64.9	436,264	63.7	415,254	64.6
Alberta	1,429,762	66.8	1,388,621	66.6	1,353,056	65.9	1,328,607	65.7	1,326,839	66.8	1,283,839	68.7
British Columbia	2,124,430	71.6	2,031,095	70.3	1,946,817	69.9	1,922,305	70.2	1,844,167	68.6	1,788,623	70.7
Smokers in 1994/1995^{1, 2}												
Canada	977,475	4.2	1,335,359	5.9	1,625,243	7.4	1,992,966	9.3	2,292,228	10.9	2,246,116	11.0
Newfoundland and Labrador	17,889 ^E	3.7 ^E	20,896 ^E	4.6 ^E	38,382	8.6	43,322	9.9	52,542	12.3	55,473	13.3
Prince Edward Island	4,866 ^E	4.6 ^E	4,951 ^E	4.8 ^E	7,102	7.1	10,328	10.7	11,335	12.0	12,623	13.8
Nova Scotia	34,507 ^E	4.6 ^E	53,391	7.3	55,401	7.8	65,935	9.6	64,620	9.8	82,935	12.6
New Brunswick	36,927	6.0	33,627	5.6	48,438	8.4	61,889	10.8	61,879	11.2	69,898	12.9
Quebec	270,752	4.6	438,644	7.7	521,159	9.4	666,273	12.3	756,332	14.3	726,911	14.1
Ontario	345,124	3.9	450,863	5.3	573,565	6.9	617,583	7.8	741,146	9.4	801,300	10.4
Manitoba	26,435 ^E	3.0 ^E	45,289 ^E	5.4 ^E	62,745	7.8	64,881 ^E	8.3 ^E	72,754	9.6	66,249 ^E	9.3 ^E
Saskatchewan	35,560 ^E	4.6 ^E	55,394 ^E	7.4 ^E	55,882	7.7	80,862	11.4	76,155	11.1	79,219	12.3
Alberta	95,354	4.5	92,452 ^E	4.4 ^E	98,711	4.8	156,258	7.7	169,879	8.6	151,785	8.1
British Columbia	110,061	3.7	139,852	4.8	163,859	5.9	225,637	8.2	285,586	10.6	199,723	7.9
Smokers in:												
	1996/1997		1998/1999		2000/2001		2002/2003		2004/2005		2006/2007	
	number	%	number	%	number	%	number	%	number	%	number	%
Non-smokers in 1994/1995^{1, 2}												
Canada	1,028,598	4.4	1,173,890	5.2	1,303,022	5.9	1,199,121	5.6	1,184,470	5.6	1,129,161	5.5
Newfoundland and Labrador	28,875 ^E	6.0 ^E	26,188 ^E	5.7 ^E	32,019	7.2	25,300 ^E	5.8 ^E	26,957 ^E	6.3 ^E	32,661 ^E	7.8 ^E
Prince Edward Island	6,087 ^E	5.7 ^E	6,865 ^E	6.7 ^E	8,067	8.1	7,077 ^E	7.3 ^E	6,166 ^E	6.5 ^E	3,360 ^E	3.7 ^E
Nova Scotia	26,241 ^E	3.5 ^E	37,771 ^E	5.2 ^E	38,249	5.4	34,478 ^E	5.0 ^E	24,417 ^E	3.7 ^E	23,218 ^E	3.5 ^E
New Brunswick	27,663 ^E	4.5 ^E	41,393	6.9	35,871 ^E	6.2 ^E	38,483 ^E	6.7 ^E	30,863 ^E	5.6 ^E	36,822 ^E	6.8 ^E
Quebec	225,785	3.8	266,168	4.7	297,153	5.4	252,258	4.7	283,398	5.4	213,971 ^E	4.1 ^E
Ontario	439,994	5.0	490,554	5.7	554,555	6.6	503,674	6.4	454,728	5.8	530,941	6.9
Manitoba	27,157 ^E	3.1 ^E	30,775 ^E	3.7 ^E	32,763 ^E	4.1 ^E	34,246 ^E	4.4 ^E	37,617 ^E	5.0 ^E	40,659 ^E	5.7 ^E
Saskatchewan	33,754 ^E	4.3 ^E	39,304 ^E	5.2 ^E	41,588 ^E	5.8 ^E	30,352 ^E	4.3 ^E	37,696 ^E	5.5 ^E	25,085 ^E	3.9 ^E
Alberta	123,390	5.8	128,380	6.2	150,477	7.3	148,880	7.4	125,182	6.3	97,461 ^E	5.2 ^E
British Columbia	89,653 ^E	3.0 ^E	106,492 ^E	3.7 ^E	112,279 ^E	4.0 ^E	124,374 ^E	4.5 ^E	157,447 ^E	5.9 ^E	124,983 ^E	4.9 ^E
Smokers in 1994/1995^{1, 2}												
Canada	5,800,369	24.7	5,218,869	23.0	4,768,334	21.6	4,076,963	19.1	3,788,513	18.0	3,442,046	16.9
Newfoundland and Labrador	126,014	26.4	117,767	25.7	100,146	22.4	91,821	21.0	76,173	17.8	69,103	16.6
Prince Edward Island	28,187	26.4	26,752	26.0	24,338	24.3	19,933	20.6	17,211	18.2	17,118	18.7
Nova Scotia	210,518	28.3	185,848	25.5	172,894	24.3	157,382	22.8	157,663	24.0	132,359	20.1
New Brunswick	149,197	24.2	142,102	23.8	126,194	21.8	108,172	18.9	98,920	18.0	80,551	14.9
Quebec	1,729,063	29.3	1,514,034	26.6	1,392,700	25.1	1,134,846	21.0	1,063,673	20.1	995,452	19.3
Ontario	2,005,855	22.6	1,780,297	20.8	1,607,524	19.2	1,424,709	18.1	1,347,629	17.1	1,160,805	15.0
Manitoba	227,166	26.0	196,129	23.4	164,367	20.5	148,545	19.0	127,995	16.9	113,599	15.9
Saskatchewan	192,367	24.7	170,917	22.8	166,486	23.1	136,574	19.3	134,982	19.7	122,807	19.1
Alberta	491,128	23.0	474,657	22.8	450,158	21.9	389,362	19.2	363,694	18.3	334,790	17.9
British Columbia	640,873	21.6	610,365	21.1	563,526	20.2	465,618	17.0	400,572	14.9	415,462	16.4

1. The table shows changes in smoking of the 1994/1995 household population aged 12 and over every 2 years, at each cycle of the National Population Health Survey. Population, age, sex, Canada and province are based on the first survey cycle (cycle 1) in 1994/1995.

2. The table also excludes children under 12 and non-response (missing values), that is, "not applicable", "don't know", "refusal" and "not stated".

Note(s): When comparing estimates, it is important to use confidence intervals to determine if differences between values are statistically significant. Confidence intervals describe sampling variability and give an indication of the precision of a given estimate. Please note that confidence intervals and coefficient of variations are provided in the CANSIM tables.

Source(s): Statistics Canada, National Population Health Survey, 1996/1997, 1998/1999, 2000/2001, 2002/2003, 2004/2005 and 2006/2007 longitudinal data files (CANSIM table 104-7006).

Table 7
Changes, by category, in self-rated health since 1994/1995, by sex, Canada

	Self-rated health changes from 1994/1995 to 2006/2007	
	number	percent
Health improvement ^{1, 2}		
Both sexes	470,955	2.3
Males	152,390 ^E	1.5 ^E
Females	318,565	3.0
Health deterioration ^{1, 2}		
Both sexes	1,158,847	5.6
Males	543,700	5.3
Females	615,147	5.8
Same self-rated health ^{1, 2}		
Both sexes	15,359,999	73.7
Males	7,759,376	76.2
Females	7,600,623	71.3
Health improvements and deteriorations ^{1, 2}		
Both sexes	3,859,487	18.5
Males	1,728,052	17.0
Females	2,131,435	20.0

1. The table shows the changes in self-rated health of the 1994/1995 household population aged 12 and over every 2 years from cycle 1 to cycle 7 of the National Population Health Survey. Population, age, sex, Canada and province are based on the first survey cycle (cycle 1) in 1994/1995.

2. The table also excludes children under 12 and non-response (missing values), that is, "not applicable", "don't know", "refusal" and "not stated".

Note(s): When comparing estimates, it is important to use confidence intervals to determine if differences between values are statistically significant. Confidence intervals describe sampling variability and give an indication of the precision of a given estimate. Please note that confidence intervals and coefficient of variations are provided in the CANSIM tables.

Source(s): Statistics Canada, National Population Health Survey, 2006/2007 longitudinal data file (CANSIM table 104-7018).

Table 8
Changes, by category, in self-rated health since 1994/1995, by age group, Canada

	Self-rated health changes from 1994/1995 to 2006/2007	
	number	percent
Health improvement ^{1, 2}		
Total, 12 years and over	470,955	2.3
12 to 19 years	85,673 ^E	2.5 ^E
20 to 34 years	113,948 ^E	1.9 ^E
35 to 44 years	71,257 ^E	1.5 ^E
45 to 64 years	168,555	3.3
65 years and over	F	F
Health deterioration ^{1, 2}		
Total, 12 years and over	1,158,847	5.6
12 to 19 years	136,239 ^E	4.0 ^E
20 to 34 years	218,144	3.6
35 to 44 years	276,322 ^E	5.7 ^E
45 to 64 years	329,426	6.4
65 years and over	198,716	14.2
Same self-rated health ^{1, 2}		
Total, 12 years and over	15,359,999	73.7
12 to 19 years	2,750,391	80.7
20 to 34 years	4,849,584	80.1
35 to 44 years	3,679,636	76.5
45 to 64 years	3,412,841	65.9
65 years and over	667,547	47.7
Health improvements and deteriorations ^{1, 2}		
Total, 12 years and over	3,859,487	18.5
12 to 19 years	435,897	12.8
20 to 34 years	873,219	14.4
35 to 44 years	781,531	16.3
45 to 64 years	1,268,561	24.5
65 years and over	500,278	35.8

1. The table shows the changes in self-rated health of the 1994/1995 household population aged 12 and over every 2 years from cycle 1 to cycle 7 of the National Population Health Survey. Population, age, sex, Canada and province are based on the first survey cycle (cycle 1) in 1994/1995.

2. The table also excludes children under 12 and non-response (missing values), that is, "not applicable", "don't know", "refusal" and "not stated".

Note(s): When comparing estimates, it is important to use confidence intervals to determine if differences between values are statistically significant. Confidence intervals describe sampling variability and give an indication of the precision of a given estimate. Please note that confidence intervals and coefficient of variations are provided in the CANSIM tables.

Source(s): Statistics Canada, National Population Health Survey, 2006/2007 longitudinal data file (CANSIM table 104-7018).

Table 9
Changes, by category, in self-rated health since 1994/1995, Canada and provinces

	Self-rated health changes from 1994/1995 to 2006/2007	
	number	percent
Health improvement 1, 2		
Canada	470,955	2.3
Newfoundland and Labrador	7,423 ^E	1.8 ^E
Prince Edward Island	3,047 ^E	3.2 ^E
Nova Scotia	30,077 ^E	4.5 ^E
New Brunswick	11,450 ^E	2.1 ^E
Quebec	114,146 ^E	2.2 ^E
Ontario	166,105 ^E	2.1 ^E
Manitoba	F	F
Saskatchewan	14,943 ^E	2.2 ^E
Alberta	52,463 ^E	2.7 ^E
British Columbia	46,466 ^E	1.7 ^E
Health deterioration 1, 2		
Canada	1,158,847	5.6
Newfoundland and Labrador	23,253 ^E	5.5 ^E
Prince Edward Island	3,791 ^E	4.0 ^E
Nova Scotia	41,823 ^E	6.3 ^E
New Brunswick	31,115 ^E	5.7 ^E
Quebec	241,791	4.6
Ontario	505,764	6.4
Manitoba	41,082 ^E	5.5 ^E
Saskatchewan	46,463 ^E	6.9 ^E
Alberta	87,951 ^E	4.5 ^E
British Columbia	135,813	5.1
Same self-rated health 1, 2		
Canada	15,359,999	73.7
Newfoundland and Labrador	324,603	76.6
Prince Edward Island	72,299	76.9
Nova Scotia	469,424	70.9
New Brunswick	372,602	68.3
Quebec	4,069,183	77.7
Ontario	5,690,663	72.4
Manitoba	531,939	71.7
Saskatchewan	463,768	69.2
Alberta	1,445,862	73.6
British Columbia	1,919,656	72.3
Health improvements and deteriorations 1, 2		
Canada	3,859,487	18.5
Newfoundland and Labrador	68,309	16.1
Prince Edward Island	14,926	15.9
Nova Scotia	120,886	18.3
New Brunswick	130,567	23.9
Quebec	813,014	15.5
Ontario	1,492,876	19.0
Manitoba	143,689	19.4
Saskatchewan	144,686	21.6
Alberta	376,967	19.2
British Columbia	553,567	20.8

1. The table shows the changes in self-rated health of the 1994/1995 household population aged 12 and over every 2 years from cycle 1 to cycle 7 of the National Population Health Survey. Population, age, sex, Canada and province are based on the first survey cycle (cycle 1) in 1994/1995.

2. The table also excludes children under 12 and non-response (missing values), that is, "not applicable", "don't know", "refusal" and "not stated".

Note(s): When comparing estimates, it is important to use confidence intervals to determine if differences between values are statistically significant. Confidence intervals describe sampling variability and give an indication of the precision of a given estimate. Please note that confidence intervals and coefficient of variations are provided in the CANSIM tables.

Source(s): Statistics Canada, National Population Health Survey, 2006/2007 longitudinal data file (CANSIM table 104-7018).

Table 10
Changes, by category, in self-rated health between 1994/1995 and 2006/2007, by sex, Canada

	Persons who rated their health as "good", "very good" or "excellent" in:											
	1996/1997		1998/1999		2000/2001		2002/2003		2004/2005		2006/2007	
	number	%	number	%	number	%	number	%	number	%	number	%
Persons who rated their health as "good", "very good" or "excellent" in 1994/1995^{1, 2}												
Both sexes	20,215,243	86.0	19,491,422	85.6	18,700,073	84.0	18,240,270	83.8	18,013,752	84.5	17,587,633	84.3
Males	10,150,974	87.7	9,755,930	87.1	9,325,558	85.5	9,125,959	85.8	9,056,567	86.8	8,777,692	86.1
Females	10,064,269	84.2	9,735,492	84.1	9,374,515	82.6	9,114,311	81.8	8,957,185	82.2	8,809,941	82.6
Persons who rated their health as "fair" or "poor" in 1994/1995^{1, 2}												
Both sexes	1,097,168	4.7	1,108,960	4.9	1,009,767	4.5	898,019	4.1	924,870	4.3	888,229	4.3
Males	480,172	4.2	447,642	4.0	412,854	3.8	346,599	3.3	342,630	3.3	312,664	3.1
Females	616,996	5.2	661,318	5.7	596,913	5.3	551,420	4.9	582,239	5.3	575,564	5.4
	Persons who rated their health as "fair" or "poor" in:											
	1996/1997		1998/1999		2000/2001		2002/2003		2004/2005		2006/2007	
	number	%	number	%	number	%	number	%	number	%	number	%
Persons who rated their health as "good", "very good" or "excellent" in 1994/1995^{1, 2}												
Both sexes	1,057,685	4.5	1,230,067	5.4	1,705,003	7.7	1,797,940	8.3	1,695,979	8.0	1,773,303	8.5
Males	487,391	4.2	619,751	5.5	819,294	7.5	826,632	7.8	758,861	7.3	855,642	8.4
Females	570,295	4.8	610,316	5.3	885,709	7.8	971,309	8.7	937,118	8.6	917,661	8.6
Persons who rated their health as "fair" or "poor" in 1994/1995^{1, 2}												
Both sexes	1,148,631	4.9	942,957	4.1	841,568	3.8	835,572	3.8	695,598	3.3	611,473	2.9
Males	449,583	3.9	377,487	3.4	343,391	3.2	331,629	3.1	279,923	2.7	243,655	2.4
Females	699,047	5.8	565,470	4.9	498,177	4.4	503,942	4.5	415,675	3.8	367,818	3.4

1. The table shows the changes in self-rated health of the 1994/1995 household population aged 12 and over every 2 years, at each cycle of the National Population Health Survey. Population, age, sex, Canada and province are based on the first survey cycle (cycle 1) in 1994/1995.

2. The table also excludes children under 12 and non-response (missing values), that is, "not applicable", "don't know", "refusal" and "not stated".

Note(s): When comparing estimates, it is important to use confidence intervals to determine if differences between values are statistically significant. Confidence intervals describe sampling variability and give an indication of the precision of a given estimate. Please note that confidence intervals and coefficient of variations are provided in the CANSIM tables.

Source(s): Statistics Canada, National Population Health Survey, 1996/1997, 1998/1999, 2000/2001, 2002/2003, 2004/2005 and 2006/2007 longitudinal data files (CANSIM table 104-7018).

Table 11
Changes, by category, in self-rated health between 1994/1995 and 2006/2007, by age group, Canada

	Persons who rated their health as "good", "very good" or "excellent" in:											
	1996/1997		1998/1999		2000/2001		2002/2003		2004/2005		2006/2007	
	number	%	number	%	number	%	number	%	number	%	number	%
Persons who rated their health as "good", "very good" or "excellent" in 1994/1995^{1,2}												
Both sexes	20,215,243	86.0	19,491,422	85.6	18,700,073	84.0	18,240,270	83.8	18,013,752	84.5	17,587,633	84.3
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Persons who rated their health as "fair" or "poor" in 1994/1995^{1,2}												
Both sexes	1,097,168	4.7	1,108,960	4.9	1,009,767	4.5	898,019	4.1	924,870	4.3	888,229	4.3
Males	480,172	4.2	447,642	4.0	412,854	3.8	346,599	3.3	342,630	3.3	312,664	3.1
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	Persons who rated their health as "good", "very good" or "excellent" in:											
	1996/1997		1998/1999		2000/2001		2002/2003		2004/2005		2006/2007	
	number	%	number	%	number	%	number	%	number	%	number	%
Persons who rated their health as "good", "very good" or "excellent" in 1994/1995^{1,2}												
Both sexes	20,215,243	86.0	19,491,422	85.6	18,700,073	84.0	18,240,270	83.8	18,013,752	84.5	17,587,633	84.3
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1. The table shows the changes in self-rated health of the 1994/1995 household population aged 12 and over every 2 years, at each cycle of the National Population Health Survey. Population, age, sex, Canada and province are based on the first survey cycle (cycle 1) in 1994/1995.

2. The table also excludes children under 12 and non-response (missing values), that is, "not applicable", "don't know", "refusal" and "not stated".

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Source(s): Statistics Canada, National Population Health Survey, 1996/1997, 1998/1999, 2000/2001, 2002/2003, 2004/2005 and 2006/2007 longitudinal data files (CANSIM table 104-7018).

Table 12
Changes, by category, in self-rated health between 1994/1995 and 2006/2007, Canada and provinces

	Persons who rated their health as "good", "very good" or "excellent" in:											
	1996/1997		1998/1999		2000/2001		2002/2003		2004/2005		2006/2007	
	number	%	number	%	number	%	number	%	number	%	number	%
Persons who rated their health as "good", "very good" or "excellent" in 1994/1995^{1,2}												
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Females	616,996	5.2	661,318	5.7	596,913	5.3	551,420	4.9	582,239	5.3	575,564	5.4

	Persons who rated their health as "good", "very good" or "excellent" in:											
	1996/1997		1998/1999		2000/2001		2002/2003		2004/2005		2006/2007	
	number	%	number	%	number	%	number	%	number	%	number	%
Persons who rated their health as "good", "very good" or "excellent" in 1994/1995^{1,2}												
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Persons who rated their health as "fair" or "poor" in 1994/1995^{1,2}												
Both sexes	1,097,168	4.7	1,108,960	4.9	1,009,767	4.5	898,019	4.1	924,870	4.3	888,229	4.3
Males	480,172	4.2	447,642	4.0	412,854	3.8	346,599	3.3	342,630	3.3	312,664	3.1
Females	616,996	5.2	661,318	5.7	596,913	5.3	551,420	4.9	582,239	5.3	575,564	5.4

1. The table shows the changes in self-rated health of the 1994/1995 household population aged 12 and over every 2 years, at each cycle of the National Population Health Survey. Population, age, sex, Canada and province are based on the first survey cycle (cycle 1) in 1994/1995.

2. The table also excludes children under 12 and non-response (missing values), that is, "not applicable", "don't know", "refusal" and "not stated".

Note(s): When comparing estimates, it is important to use confidence intervals to determine if differences between values are statistically significant. Confidence intervals describe sampling variability and give an indication of the precision of a given estimate. Please note that confidence intervals and coefficient of variations are provided in the CANSIM tables.

Source(s): Statistics Canada, National Population Health Survey, 1996/1997, 1998/1999, 2000/2001, 2002/2003, 2004/2005 and 2006/2007 longitudinal data files (CANSIM table 104-7018).

Table 13
Changes, by category, in body mass index (BMI) from 1994/1995 to 2006/2007, by sex, Canada

	Changes, by category, in body mass index (BMI) from 1994/1995 to 2006/2007	
	number	percent
Increased body mass index ^{1, 2}		
Both sexes	4,414,407	30.5
Males	2,373,552	31.6
Females	2,040,855	29.4
Same body mass index ^{1, 2}		
Both sexes	9,199,947	63.6
Males	4,757,755	63.4
Females	4,442,192	63.9
Lower body mass index ^{1, 2}		
Both sexes	840,138	5.8
Males	373,692	5.0
Females	466,446	6.7

1. The table shows body mass index (BMI) changes of the 1994/1995 household population aged 18 to 56, in cycle 1 and in another cycle of the National Population Health Survey. Population, age and sex are based on the first survey cycle (cycle 1) in 1994/1995.

2. Body mass index (BMI) is calculated by dividing the respondent's body weight (in kilograms) by their height (in metres) squared. The index is: under 18.5 (underweight); 18.5 to 24.9 (normal weight); 25.0 to 29.9 (overweight); 30.0 or higher (obese).

Note(s): When comparing estimates, it is important to use confidence intervals to determine if differences between values are statistically significant. Confidence intervals describe sampling variability and give an indication of the precision of a given estimate. Please note that confidence intervals and coefficient of variations are provided in the CANSIM tables.

Source(s): Statistics Canada, National Population Health Survey 2006/2007 longitudinal data file (CANSIM table 104-7030).

Table 14
Changes between body mass index (BMI) categories from 1994/1995 to 2006/2007, by sex, Canada

	Underweight in 2006/2007		Normal weight in 2006/2007		Overweight in 2006/2007		Obese in 2006/2007	
	number	%	number	%	number	%	number	%
Underweight in 1994/1995^{1, 2}								
Both sexes	47,701^E	0.3^E	242,756	1.7	F	F	F	F
Males	F	F	F	F	F	F	F	F
Females	43,057 ^E	0.6 ^E	205,571	3.0	F	F	F	F
Normal weight in 1994/1995^{1, 2}								
Both sexes	97,641^E	0.7^E	4,484,623	31.0	2,365,796	16.4	335,576	2.3
Males	F	F	1,649,891	22.0	1,312,070	17.5	155,796 ^E	2.1 ^E
Females	85,758 ^E	1.2 ^E	2,834,733	40.8	1,053,725	15.2	179,780	2.6
Overweight in 1994/1995^{1, 2}								
Both sexes	F	F	478,667	3.3	3,139,818	21.7	1,459,392	10.1
Males	F	F	240,632	3.2	2,294,461	30.6	867,927	11.6
Females	F	F	238,035	3.4	845,357	12.2	591,464	8.5
Obese in 1994/1995^{1, 2}								
Both sexes	F	F	F	F	247,979	1.7	1,527,805	10.6
Males	F	F	F	F	113,985 ^E	1.5 ^E	808,760	10.8
Females	F	F	F	F	133,995 ^E	1.9 ^E	719,045	10.3

1. The table shows body mass index (BMI) changes of the 1994/1995 household population aged 18 to 56, in cycle 1 and in another cycle of the National Population Health Survey. Population, age and sex are based on the first survey cycle (cycle 1) in 1994/1995.

2. Body mass index (BMI) is calculated by dividing the respondent's body weight (in kilograms) by their height (in metres) squared. The index is: under 18.5 (underweight); 18.5 to 24.9 (normal weight); 25.0 to 29.9 (overweight); 30.0 or higher (obese).

Note(s): When comparing estimates, it is important to use confidence intervals to determine if differences between values are statistically significant. Confidence intervals describe sampling variability and give an indication of the precision of a given estimate. Please note that confidence intervals and coefficient of variations are provided in the CANSIM tables.

Source(s): Statistics Canada, National Population Health Survey 2006/2007 longitudinal data file (CANSIM table 104-7030).

Table 15
Changes in physical activity level since 1994/1995, by sex, Canada

	Changes in the level of physical activity from 1994/1995 to 2006/2007	
	number	percent
Higher level of physical activity^{1, 2}		
Both sexes	1,081,975	6.0
Males	455,960	5.4
Females	626,015	6.5
Stable active level of physical activity^{1, 2}		
Both sexes	292,295	1.6
Males	194,526	2.3
Females	97,769 E	1.0 E
Stable moderately active level of physical activity^{1, 2}		
Both sexes	F	F
Males	F	F
Females	F	F
Stable inactive level of physical activity^{1, 2}		
Both sexes	2,399,357	13.3
Males	946,163	11.1
Females	1,453,194	15.1
Lower level of physical activity^{1, 2}		
Both sexes	732,921	4.0
Males	368,924	4.3
Females	363,997	3.8
Several changes in the level of physical activity^{1, 2}		
Both sexes	13,581,708	75.0
Males	6,511,403	76.7
Females	7,070,305	73.5

1. The table shows changes in the physical activity level of the 1994/1995 household population 12 years or over, between cycle 1 and another cycle of the National Population Health Survey. Population, age, sex, Canada and province are based on the first survey cycle (cycle 1) in 1994/1995. Respondents are classified as active, moderately active or inactive based on an index of average daily physical activity over the past 3 months. For each leisure time physical activity engaged in by the respondent, an average daily energy expenditure is calculated by multiplying the number of times the activity was performed by the average duration of the activity by the energy cost (kilocalories per kilogram of body weight per hour) of the activity. The index is calculated as the sum of the average daily energy expenditures of all activities. Respondents are classified as follows with regards to physical activity: 3.0 kcal/kg/day or more = active; 1.5 to 2.9 kcal/kg/day = moderately active; less than 1.5 kcal/kg/day = inactive.
2. The table also excludes non-response (missing values), that is, "not applicable", "don't know", "refusal" and "not stated".

Note(s): When comparing estimates, it is important to use confidence intervals to determine if differences between values are statistically significant. Confidence intervals describe sampling variability and give an indication of the precision of a given estimate. Please note that confidence intervals and coefficient of variations are provided in the CANSIM tables.

Source(s): Statistics Canada, National Population Health Survey 2006/2007 longitudinal data file (CANSIM table 104-7040).

Table 16
Changes in physical activity level since 1994/1995, by age group, Canada

	Changes in the level of physical activity from 1994/1995 to 2006/2007	
	number	percent
Higher level of physical activity^{1, 2}		
Total, 12 years and over	1,081,975	6.0
12 to 19 years	134,707 ^E	4.9 ^E
20 to 34 years	312,341	5.8
35 to 44 years	303,174	7.0
45 to 64 years	301,185	6.6
65 years and over	30,569 ^E	2.8 ^E
Stable active level of physical activity^{1, 2}		
Total, 12 years and over	292,295	1.6
12 to 19 years	56,454 ^E	2.1 ^E
20 to 34 years	86,962 ^E	1.6 ^E
35 to 44 years	70,099 ^E	1.6 ^E
45 to 64 years	56,723 ^E	1.2 ^E
65 years and over	F	F
Stable moderately active level of physical activity^{1, 2}		
Total, 12 years and over	F	F
12 to 19 years	F	F
20 to 34 years	F	F
35 to 44 years	F	F
45 to 64 years	F	F
65 years and over	F	F
Stable inactive level of physical activity^{1, 2}		
Total, 12 years and over	2,399,357	13.3
12 to 19 years	110,086 ^E	4.0 ^E
20 to 34 years	676,971	12.5
35 to 44 years	698,041	16.2
45 to 64 years	699,232	15.3
65 years and over	215,027	20.0
Lower level of physical activity^{1, 2}		
Total, 12 years and over	732,921	4.0
12 to 19 years	171,983 ^E	6.3 ^E
20 to 34 years	198,004 ^E	3.7 ^E
35 to 44 years	151,138	3.5
45 to 64 years	145,799	3.2
65 years and over	65,997 ^E	6.2 ^E
Several changes in the level of physical activity^{1, 2}		
Total, 12 years and over	13,581,708	75.0
12 to 19 years	2,265,601	82.6
20 to 34 years	4,132,091	76.4
35 to 44 years	3,074,546	71.5
45 to 64 years	3,372,691	73.6
65 years and over	736,779	68.7

1. The table shows changes in the physical activity level of the 1994/1995 household population 12 years or over, between cycle 1 and another cycle of the National Population Health Survey. Population, age, sex, Canada and province are based on the first survey cycle (cycle 1) in 1994/1995. Respondents are classified as active, moderately active or inactive based on an index of average daily physical activity over the past 3 months. For each leisure time physical activity engaged in by the respondent, an average daily energy expenditure is calculated by multiplying the number of times the activity was performed by the average duration of the activity by the energy cost (kilocalories per kilogram of body weight per hour) of the activity. The index is calculated as the sum of the average daily energy expenditures of all activities. Respondents are classified as follows with regards to physical activity: 3.0 kcal/kg/day or more = active; 1.5 to 2.9 kcal/kg/day = moderately active; less than 1.5 kcal/kg/day = inactive.
2. The table also excludes non-response (missing values), that is, "not applicable", "don't know", "refusal" and "not stated".

Note(s): When comparing estimates, it is important to use confidence intervals to determine if differences between values are statistically significant. Confidence intervals describe sampling variability and give an indication of the precision of a given estimate. Please note that confidence intervals and coefficient of variations are provided in the CANSIM tables.

Source(s): Statistics Canada, National Population Health Survey 2006/2007 longitudinal data file (CANSIM table 104-7040).

Table 17
Changes in physical activity level since 1994/1995, Canada and provinces

	Changes in the level of physical activity from 1994/1995 to 2006/2007	
	number	percent
Higher level of physical activity^{1, 2}		
Canada	1,081,975	6.0
Newfoundland and Labrador	25,867 ^E	6.9 ^E
Prince Edward Island	4,794 ^E	5.8 ^E
Nova Scotia	39,184 ^E	6.2 ^E
New Brunswick	30,980 ^E	6.4 ^E
Quebec	261,087	5.5
Ontario	422,208	6.0
Manitoba	40,363 ^E	6.7 ^E
Saskatchewan	29,457 ^E	5.7 ^E
Alberta	93,716 ^E	6.0 ^E
British Columbia	134,317 ^E	6.3 ^E
Stable active level of physical activity^{1, 2}		
Canada	292,295	1.6
Newfoundland and Labrador	F	F
Prince Edward Island	F	F
Nova Scotia	F	F
New Brunswick	F	F
Quebec	F	F
Ontario	141,941 ^E	2.0 ^E
Manitoba	F	F
Saskatchewan	F	F
Alberta	35,559 ^E	2.3 ^E
British Columbia	73,451 ^E	3.5 ^E
Stable moderately active level of physical activity^{1, 2}		
Canada	F	F
Newfoundland and Labrador	F	F
Prince Edward Island	F	F
Nova Scotia	F	F
New Brunswick	F	F
Quebec	F	F
Ontario	F	F
Manitoba	F	F
Saskatchewan	F	F
Alberta	F	F
British Columbia	F	F
Stable inactive level of physical activity^{1, 2}		
Canada	2,399,357	13.3
Newfoundland and Labrador	52,060	13.8
Prince Edward Island	20,373	24.7
Nova Scotia	101,614	16.1
New Brunswick	83,480	17.2
Quebec	697,509	14.7
Ontario	946,711	13.6
Manitoba	80,977 ^E	13.5 ^E
Saskatchewan	83,249	16.1
Alberta	165,420	10.5
British Columbia	167,964	7.9
Lower level of physical activity^{1, 2}		
Canada	732,921	4.0
Newfoundland and Labrador	19,221 ^E	5.1 ^E
Prince Edward Island	1,530 ^E	1.9 ^E
Nova Scotia	20,438 ^E	3.2 ^E
New Brunswick	17,968 ^E	3.7 ^E
Quebec	240,345 ^E	5.1 ^E
Ontario	285,742	4.1
Manitoba	25,480 ^E	4.2 ^E
Saskatchewan	28,609 ^E	5.5 ^E
Alberta	42,355 ^E	2.7 ^E
British Columbia	51,233 ^E	2.4 ^E

See footnotes at the end of the table.

Table 17 – continued

Changes in physical activity level since 1994/1995, Canada and provinces

	Changes in the level of physical activity from 1994/1995 to 2006/2007	
	number	percent
Several changes in the level of physical activity^{1, 2}		
Canada	13,581,708	75.0
Newfoundland and Labrador	276,256	73.5
Prince Edward Island	54,537	66.2
Nova Scotia	463,482	73.3
New Brunswick	347,800	71.7
Quebec	3,513,166	74.2
Ontario	5,177,996	74.2
Manitoba	447,629	74.5
Saskatchewan	369,220	71.2
Alberta	1,230,039	78.3
British Columbia	1,701,583	79.9

1. The table shows changes in the physical activity level of the 1994/1995 household population 12 years or over, between cycle 1 and another cycle of the National Population Health Survey. Population, age, sex, Canada and province are based on the first survey cycle (cycle 1) in 1994/1995. Respondents are classified as active, moderately active or inactive based on an index of average daily physical activity over the past 3 months. For each leisure time physical activity engaged in by the respondent, an average daily energy expenditure is calculated by multiplying the number of times the activity was performed by the average duration of the activity by the energy cost (kilocalories per kilogram of body weight per hour) of the activity. The index is calculated as the sum of the average daily energy expenditures of all activities. Respondents are classified as follows with regards to physical activity: 3.0 kcal/kg/day or more = active; 1.5 to 2.9 kcal/kg/day = moderately active; less than 1.5 kcal/kg/day = inactive.
2. The table also excludes non-response (missing values), that is, "not applicable", "don't know", "refusal" and "not stated".

Note(s): When comparing estimates, it is important to use confidence intervals to determine if differences between values are statistically significant. Confidence intervals describe sampling variability and give an indication of the precision of a given estimate. Please note that confidence intervals and coefficient of variations are provided in the CANSIM tables.

Source(s): Statistics Canada, National Population Health Survey 2006/2007 longitudinal data file (CANSIM table 104-7040).

Table 18
Changes between physical activity level categories from 1994/1995 to 2006/2007, by sex, Canada

	Changes between physical activity level categories	
	number	percent
Persons active in 1994/1995 and moderately active in 2006/2007^{1, 2}		
Both sexes	1,000,232	5.3
Males	533,581	6.0
Females	466,651	4.7
Persons active in 1994/1995 and inactive in 2006/2007^{1, 2}		
Both sexes	1,097,786	5.8
Males	625,588	7.0
Females	472,198	4.8
Persons moderately active in 1994/1995 and active in 2006/2007^{1, 2}		
Both sexes	1,455,591	7.7
Males	781,637	8.8
Females	673,954	6.8
Persons moderately active in 1994/1995 and inactive in 2006/2007^{1, 2}		
Both sexes	1,641,225	8.7
Males	772,271	8.7
Females	868,954	8.8
Persons inactive in 1994/1995 and active in 2006/2007^{1, 2}		
Both sexes	1,885,130	10.0
Males	936,174	10.5
Females	948,956	9.6
Persons inactive in 1994/1995 and moderately active in 2006/2007^{1, 2}		
Both sexes	2,789,122	14.8
Males	1,218,821	13.7
Females	1,570,301	15.9

1. The table shows changes in the physical activity level of the 1994/1995 household population 12 years or over, between cycle 1 and another cycle of the National Population Health Survey. Population, age, sex, Canada and province are based on the first survey cycle (cycle 1) in 1994/1995. Respondents are classified as active, moderately active or inactive based on an index of average daily physical activity over the past 3 months. For each leisure time physical activity engaged in by the respondent, an average daily energy expenditure is calculated by multiplying the number of times the activity was performed by the average duration of the activity by the energy cost (kilocalories per kilogram of body weight per hour) of the activity. The index is calculated as the sum of the average daily energy expenditures of all activities. Respondents are classified as follows with regards to physical activity: 3.0 kcal/kg/day or more = active; 1.5 to 2.9 kcal/kg/day = moderately active; less than 1.5 kcal/kg/day = inactive.

2. The table also excludes non-response (missing values), that is, "not applicable", "don't know", "refusal" and "not stated".

Note(s): When comparing estimates, it is important to use confidence intervals to determine if differences between values are statistically significant. Confidence intervals describe sampling variability and give an indication of the precision of a given estimate. Please note that confidence intervals and coefficient of variations are provided in the CANSIM tables.

Source(s): Statistics Canada, National Population Health Survey 2006/2007 longitudinal data file (CANSIM table 104-7040).

Table 19
Changes between physical activity level categories from 1994/1995 to 2006/2007, by age group, Canada

	Changes between physical activity level categories	
	number	percent
Persons active in 1994/1995 and moderately active in 2006/2007^{1, 2}		
Total, 12 years and over	1,000,232	5.3
12 to 19 years	323,694	10.9
20 to 34 years	296,307	5.3
35 to 44 years	144,742	3.2
45 to 64 years	175,826	3.7
65 years and over	59,663 ^E	5.4 ^E
Persons active in 1994/1995 and inactive in 2006/2007^{1, 2}		
Total, 12 years and over	1,097,786	5.8
12 to 19 years	413,411	13.9
20 to 34 years	302,097	5.5
35 to 44 years	139,985	3.1
45 to 64 years	155,956	3.3
65 years and over	86,337 ^E	7.8 ^E
Persons moderately active in 1994/1995 and active in 2006/2007^{1, 2}		
Total, 12 years and over	1,455,591	7.7
12 to 19 years	255,359 ^E	8.6 ^E
20 to 34 years	468,460	8.5
35 to 44 years	350,078	7.9
45 to 64 years	348,198	7.4
65 years and over	33,497 ^E	3.0 ^E
Persons moderately active in 1994/1995 and inactive in 2006/2007^{1, 2}		
Total, 12 years and over	1,641,225	8.7
12 to 19 years	326,913	11.0
20 to 34 years	447,252	8.1
35 to 44 years	344,010	7.7
45 to 64 years	365,731	7.8
65 years and over	157,318	14.2
Persons inactive in 1994/1995 and active in 2006/2007^{1, 2}		
Total, 12 years and over	1,885,130	10.0
12 to 19 years	253,155 ^E	8.5 ^E
20 to 34 years	494,435	8.9
35 to 44 years	521,453	11.7
45 to 64 years	565,536	12.0
65 years and over	50,552 ^E	4.6 ^E
Persons inactive in 1994/1995 and moderately active in 2006/2007^{1, 2}		
Total, 12 years and over	2,789,122	14.8
12 to 19 years	285,127	9.6
20 to 34 years	951,222	17.2
35 to 44 years	728,469	16.3
45 to 64 years	742,492	15.8
65 years and over	81,812 ^E	7.4 ^E

1. The table shows changes in the physical activity level of the 1994/1995 household population 12 years or over, between cycle 1 and another cycle of the National Population Health Survey. Population, age, sex, Canada and province are based on the first survey cycle (cycle 1) in 1994/1995. Respondents are classified as active, moderately active or inactive based on an index of average daily physical activity over the past 3 months. For each leisure time physical activity engaged in by the respondent, an average daily energy expenditure is calculated by multiplying the number of times the activity was performed by the average duration of the activity by the energy cost (kilocalories per kilogram of body weight per hour) of the activity. The index is calculated as the sum of the average daily energy expenditures of all activities. Respondents are classified as follows with regards to physical activity: 3.0 kcal/kg/day or more = active; 1.5 to 2.9 kcal/kg/day = moderately active; less than 1.5 kcal/kg/day = inactive.

2. The table also excludes non-response (missing values), that is, "not applicable", "don't know", "refusal" and "not stated".

Note(s): When comparing estimates, it is important to use confidence intervals to determine if differences between values are statistically significant. Confidence intervals describe sampling variability and give an indication of the precision of a given estimate. Please note that confidence intervals and coefficient of variations are provided in the CANSIM tables.

Source(s): Statistics Canada, National Population Health Survey 2006/2007 longitudinal data file (CANSIM table 104-7040).

Table 20
Changes between physical activity level categories from 1994/1995 to 2006/2007, Canada and provinces

	Changes between physical activity level categories	
	number	percent
Persons active in 1994/1995 and moderately active in 2006/2007^{1, 2}		
Canada	1,000,232	5.3
Newfoundland and Labrador	25,890 ^E	6.7 ^E
Prince Edward Island	2,145 ^E	2.6 ^E
Nova Scotia	32,141 ^E	5.1 ^E
New Brunswick	21,989 ^E	4.4 ^E
Quebec	241,156 ^E	4.9 ^E
Ontario	329,406	4.6
Manitoba	33,696 ^E	5.2 ^E
Saskatchewan	25,920 ^E	4.7 ^E
Alberta	109,302 ^E	6.7 ^E
British Columbia	178,586 ^E	8.1 ^E
Persons active in 1994/1995 and inactive in 2006/2007^{1, 2}		
Canada	1,097,786	5.8
Newfoundland and Labrador	16,826 ^E	4.4 ^E
Prince Edward Island	2,690 ^E	3.2 ^E
Nova Scotia	28,803 ^E	4.5 ^E
New Brunswick	30,842 ^E	6.1 ^E
Quebec	269,746	5.5
Ontario	406,213	5.6
Manitoba	32,878 ^E	5.1 ^E
Saskatchewan	26,117 ^E	4.8 ^E
Alberta	116,616 ^E	7.1
British Columbia	167,054 ^E	7.6 ^E
Persons moderately active in 1994/1995 and active in 2006/2007^{1, 2}		
Canada	1,455,591	7.7
Newfoundland and Labrador	28,082 ^E	7.3 ^E
Prince Edward Island	5,376 ^E	6.4 ^E
Nova Scotia	27,544 ^E	4.3 ^E
New Brunswick	40,411 ^E	8.0 ^E
Quebec	378,171	7.7
Ontario	578,105	8.0
Manitoba	48,432 ^E	7.5 ^E
Saskatchewan	39,062 ^E	7.1 ^E
Alberta	109,370 ^E	6.7 ^E
British Columbia	201,038 ^E	9.2
Persons moderately active in 1994/1995 and inactive in 2006/2007^{1, 2}		
Canada	1,641,225	8.7
Newfoundland and Labrador	35,156	9.2
Prince Edward Island	5,525 ^E	6.6 ^E
Nova Scotia	49,841 ^E	7.9 ^E
New Brunswick	37,013 ^E	7.4 ^E
Quebec	434,999	8.8
Ontario	607,159	8.4
Manitoba	89,590	13.8
Saskatchewan	59,808	10.9
Alberta	164,994	10.1
British Columbia	157,140	7.2
Persons inactive in 1994/1995 and active in 2006/2007^{1, 2}		
Canada	1,885,130	10.0
Newfoundland and Labrador	49,014	12.8
Prince Edward Island	8,282	9.9
Nova Scotia	61,737	9.7
New Brunswick	56,320	11.2
Quebec	516,433	10.5
Ontario	768,699	10.6
Manitoba	67,434 ^E	10.4
Saskatchewan	32,088 ^E	5.8 ^E
Alberta	153,121	9.3
British Columbia	172,001 ^E	7.8 ^E

See footnotes at the end of the table.

Table 20 – continued

Changes between physical activity level categories from 1994/1995 to 2006/2007, Canada and provinces

	Changes between physical activity level categories	
	number	percent
Persons inactive in 1994/1995 and moderately active in 2006/2007^{1, 2}		
Canada	2,789,122	14.8
Newfoundland and Labrador	57,659	15.0
Prince Edward Island	11,743	14.0
Nova Scotia	106,125	16.7
New Brunswick	67,994	13.5
Quebec	863,532	17.5
Ontario	1,023,385	14.2
Manitoba	61,448 ^E	9.5 ^E
Saskatchewan	88,084	16.0
Alberta	259,839	15.9
British Columbia	249,314	11.4

1. The table shows changes in the physical activity level of the 1994/1995 household population 12 years or over, between cycle 1 and another cycle of the National Population Health Survey. Population, age, sex, Canada and province are based on the first survey cycle (cycle 1) in 1994/1995. Respondents are classified as active, moderately active or inactive based on an index of average daily physical activity over the past 3 months. For each leisure time physical activity engaged in by the respondent, an average daily energy expenditure is calculated by multiplying the number of times the activity was performed by the average duration of the activity by the energy cost (kilocalories per kilogram of body weight per hour) of the activity. The index is calculated as the sum of the average daily energy expenditures of all activities. Respondents are classified as follows with regards to physical activity: 3.0 kcal/kg/day or more = active; 1.5 to 2.9 kcal/kg/day = moderately active; less than 1.5 kcal/kg/day = inactive.

2. The table also excludes non-response (missing values), that is, "not applicable", "don't know", "refusal" and "not stated".

Note(s): When comparing estimates, it is important to use confidence intervals to determine if differences between values are statistically significant. Confidence intervals describe sampling variability and give an indication of the precision of a given estimate. Please note that confidence intervals and coefficient of variations are provided in the CANSIM tables.

Source(s): Statistics Canada, National Population Health Survey 2006/2007 longitudinal data file (CANSIM table 104-7040).

Explanatory notes for the tables

These tables excludes persons who died or who were institutionalized after cycle 1 survey interview in 1994/1995.

These tables also excludes non-response (missing values), that is, "not applicable", "don't know", "refusal" and "not stated".

No estimates for smoking are provided for 1994/1995; what is shown instead are the changes in smoking. For estimates on smoking in 1994/1995, please refer to Health Indicators CANSIM table [104-0027](#), "Non-medical determinants of health, Health behaviours".

No estimates for self-rated health are provided for 1994/1995; what is shown instead are the changes in self-rated health. For estimates on self-rated health in 1994/1995, please refer to Health Indicators CANSIM table [104-0022](#), "Health status, Well-being".

No estimates for body mass index are provided for 1994/1995; what is shown instead are the changes from one body mass index category to another.

No estimates for physical activity level are provided for 1994/1995; what is shown instead are the changes in the physical activity level.

Percentages are based on the population with a specific characteristic (one category) in a given cycle as the numerator divided by the total population in 1994/1995 having all possible characteristics (all categories) as the denominator, excluding missing values.

Bootstrapping techniques were used to produce the coefficient of variation (CV) and 95% confidence intervals (CIs).

Data with a coefficient of variation (CV) from 16.6% to 33.3% are identified by an (E) and should be interpreted with caution.

Data with a coefficient of variation (CV) greater than 33.3% were suppressed (F) due to extreme sampling variability.