



The Daily

Statistics Canada

Friday, September 22, 1995

For release at 8:30 a.m.

STATISTICS STATISTIQUE
CANADA CANADA

SEP 22 1995

MAJOR RELEASES

LIBRARY
BIBLIOTHÈQUE

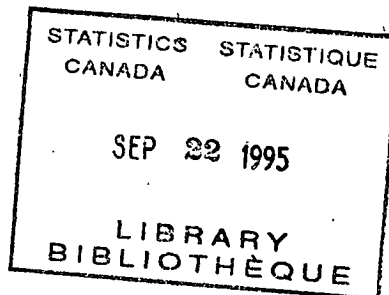
- **The health of Canadians, 1994** 2
Most Canadians say they are healthy and in reasonable condition, and only a few say they have had trouble getting medical services. But there is still room to shape up.

OTHER RELEASES

- Railway carloadings, seven-day period ending August 14, 1995 4
- Processed fruits and vegetables, July 1995 4
- Lime industry, 1994 Annual Survey of Manufactures 4

PUBLICATIONS RELEASED 5

RELEASE DATES: September 25-29 6



Statistics
Canada

Statistique
Canada

Canada

MAJOR RELEASES

The health of Canadians

1994

Most Canadians say they are healthy and in reasonable shape, and only a few say they have had trouble getting medical services.

In 1994, 62% of the adult population rated their health as excellent or very good, while just 11% reported they were in fair or poor health. In addition, only a small minority (4%) felt they had been unable to receive the health care they required during the past year.

Still, there is room to shape up. For example, a quarter of the population aged 20 to 64 is overweight, which is not surprising because a majority of Canadians are inactive during their leisure time.

Women face unique health issues. Compared with men, women report more chronic health problems and double the rate of depression. Women are also more likely than men to use medications. And they are more likely than men to be underweight, particularly at younger ages.

A quarter of us are overweight

In 1994, about 3.9 million Canadians, or 23% of those aged 20 to 64, were overweight in relation to their height. As well, another 23% had some excess weight. The weight of fewer than half of all adults (43%) was in the acceptable range, and 9% were underweight.

A quarter of all men were overweight, compared with 20% of women. For both sexes, weight tends to rise at older ages—a trend that may be partly attributable to a more sedentary lifestyle.

In 1994, a majority of Canadians (56%) reported they were inactive during their leisure time. In fact, just 17% of the population aged 15 and over had physically active leisure pursuits. For both sexes, physical activity peaked among 15- to 19-year-olds, and was much less common at older ages.

Not unexpectedly, weight was related to levels of physical activity. In 1994, just 17% of people who were physically active were overweight, compared with 22% of the moderately active and 25% of those who were sedentary.

One in five adults both drink and smoke

The link between alcohol consumption and smoking is striking. In 1994, more than a third (35%) of current drinkers (that is, persons who consumed alcohol at

Note to readers

The National Population Health Survey was designed to measure the health of Canadians and to expand knowledge of what makes people healthy. The survey will collect information from the same panel of individuals every two years for up to two decades. It will provide increasingly valuable information on the interplay of factors that affect health and illness.

The first wave of the survey was conducted between June 1994 and June 1995. It examined health status, use of health services, risk factors, and demographic and socio-economic characteristics.

Residents in 26,400 households in all provinces (except persons living on Indian reserves or on Canadian Forces bases) were interviewed. The final response rate was 88%.

Body mass index

To calculate if the weight of respondents aged 20 to 64 (excluding pregnant women) was suitable for their height, their weight in kilograms was divided by the square of their height in metres. A value less than 20 indicates that the respondent was underweight; between 20 and 24 indicates an acceptable weight; between 25 and 27, some excess weight; and 28 and over, overweight.

least once a month) also smoked. But among those who never drank, only 10% smoked. One in five adults—25% of men and 16% of women—were both smokers and current drinkers.

Over half (58%) of adult Canadians, or 13.0 million people, reported they were current drinkers in 1994. An additional 21% drank on occasion, 12% were former drinkers, and 10% had never consumed alcohol.

Drinking among men was heaviest at ages 25 to 29, with almost 8 out of 10 (79%) reporting that they had at least one drink a month. Among women, drinking was most common at ages 20 to 24 and 35 to 44: at those ages, just over half (54%) were current drinkers.

Drinking rates were highest in Quebec and British Columbia. In both provinces, about 6 out of 10 residents were current drinkers.

In 1994, 6.9 million Canadians, or 31% of adults, were smokers. After 20 years of reduction in the prevalence of smoking (from 1970 to 1990), the rate has since remained stable. Men were more likely than women to be smokers (33% versus 29%). The exception was young people: at ages 15 to 19, 30% of women smoked, compared with 28% of men.

These estimates are consistent with the the first three cycles of the 1994-95 Survey on Smoking in

Canada. But they are somewhat higher than the estimate from the final cycle (total smokers, 27.4%). In the Survey on Smoking in Canada, the same persons were interviewed four times over a nine-month period, and the survey focussed on changes in individual behaviour. The final cycle's responses may have been affected by seasonality or repeated interviewing.

Some issues for women

The higher rate of smoking among young women is only one of a number of health issues where the situation of women differs from that of men.

For example, the prevalence of most chronic conditions was higher among women than among men. Women were also more likely to report multiple chronic conditions.

As well, the proportion of women who reported suffering depression in the 12 months before the survey was twice that of men (8% versus 4%).

A substantial proportion of young women were underweight. The percentage was highest among 20- to 24-year-olds, 25% of whom were underweight, compared with 9% of their male counterparts.

And, perhaps because they were more likely to suffer chronic conditions, women were also more likely than men to use medications. In 1994, 83% of women (compared with 71% of men) reported using at least one prescription or over-the-counter medicine in the month before the survey. Even after accounting for birth control medications and hormone replacement therapy, women still averaged 1.7 medications during the previous month, compared with 1.3 for men.

Half of Canadians consulted a dentist in 1994

Physicians and dentists are the most frequently consulted health care professionals. In 1994, over three-quarters (77%) of adults reported they had consulted a physician during the 12 months before the survey, and half (55%) had consulted a dentist. While there is no relationship between income and physician visits, the proportion visiting a dentist rises with household income.

Universal access and equity in the distribution of health care are principles underlying Canada's health care system. Only a small minority—4% of people aged 15 and over—reported that they had difficulty getting medical services during the past year. This proportion did not vary significantly by age or sex, nor were there marked differences by income or educational attainment.

About 15% of adult Canadians, 3.3 million people, reported using some form of alternative medicine in the previous year, such as chiropractic services, homeopathy or massage therapy.

National population health survey overview, 1994-95 (82-567, \$10) is now available. See "How to order publications".

For further information about the National Population Health Survey, contact Gary Catlin (613-951-3830, fax: 613-951-4198), Health Statistics Division. ■

OTHER RELEASES

Railway carloadings

Seven-day period ending August 14, 1995

Carloadings of freight (excluding intermodal traffic) during the seven-day period ending August 14, 1995, decreased 4.6% to 4.2 million tonnes. The number of cars loaded decreased 6.0% from the same period of last year.

Intermodal traffic (piggyback) tonnage totalled 295 000 tonnes, a 3.6% decrease from the same period of last year. The year-to-date figures show an increase of 14.6%.

Total traffic (carloadings of freight and intermodal traffic) decreased 4.5% during the period. This brought the year-to-date total to 157.3 million tonnes, a 4.5% increase from the previous year.

All year-to-date figures have been revised.

For further information on this release, contact Angus MacLean (613-951-2528, fax: 613-951-0579), Surface Transport Unit, Transportation Division. ■

Processed fruits and vegetables

July 1995

Data for July 1995 on processed fruits and vegetables are now available.

Canned and frozen fruits and vegetables, monthly (32-011, \$6/\$60) will be available shortly. See "How to order publications".

For further information on this release, contact Peter Zylstra (613-951-3511), Industry Division. ■

Lime industry

1994 Annual Survey of Manufactures

In 1994, the value of shipments of goods of own manufacture for the lime industry (SIC 3581) totalled \$179.7 million, up 3.5% from \$173.6 million in 1993.

The Annual Survey of Manufactures provides information on over 200 different industries. Principal statistics for each industry will be released as they become available.

Available on CANSIM: matrix 6859.

Data for the lime industry will appear in *Non-metallic mineral industries* (44-250, \$38), which will be released at a later date. See "How to order publications".

For further information on this release, contact Suzanne Pépin-O'Brien (613 951-3514), Industry Division. ■

PUBLICATIONS RELEASED

National population health survey overview,
1994-95

Catalogue number 82-567

(Canada: \$10; United States: US\$12; other countries:
US\$14).

The paper used in this publication meets the minimum requirements of American National Standard for Information Sciences - Permanence of Paper for Printed Library Materials, ANSI Z39.48 - 1984.



How to order publications

Simplify your data search with *Statistics Canada Catalogue*, 1994 (11-204E, \$15; United States: US\$18; other countries: US\$21). Its keyword Index will guide you to statistics on Canada's social and economic activity.

Order *The Daily* and other publications by phone:

Please refer to the • Title • Catalogue number • Volume number • Issue number • Your VISA or MasterCard number.

In Canada and the United States call:

1-800-267-6677

From other countries call:

1-613-951-7277

Or fax your order to us:

1-613-951-1584

For address changes: Please refer to your customer account number.

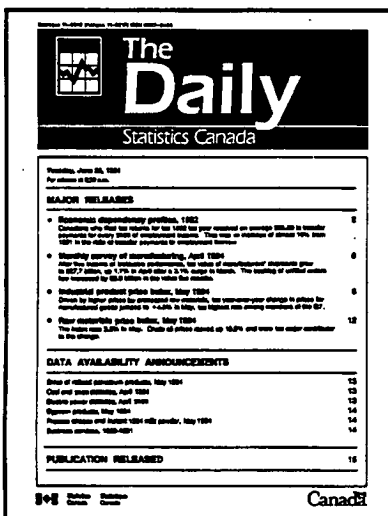
To order a publication by mail write: Sales and Service, Marketing Division, Statistics Canada, Ottawa, K1A 0T6.

Include a cheque or money order payable to Receiver General of Canada/Publications. Canadian customers add 7% GST.

Statistics Canada Regional Reference Centres provide a full range of the Agency's products and services.

For the reference centre nearest you, check the blue pages or your telephone directory under Statistics Canada.

Authorized agents and bookstores also carry Statistics Canada's catalogued publications.



Statistics Canada's official release bulletin

Catalogue 11-001E. (Canada: \$240; United States: US\$288; other countries: US\$336.)

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

To receive *The Daily* from the Internet, send an E-mail message to listproc@statcan.ca. Leave the subject line blank. In the body of the message, type "subscribe daily firstname lastname".

Editor: Tim Prichard (613-951-1103)

Head of Official Release: Jacques Lefebvre (613-951-1088)

Published by authority of the Minister responsible for Statistics Canada. © Minister of Industry, 1995. Citation in newsprint, magazine, radio, and television reporting is permitted subject to the requirement that Statistics Canada is acknowledged as the source. Any other reproduction is permitted subject to the requirement that Statistics Canada is acknowledged as the source on all copies as follows: Statistics Canada, *The Daily*, catalogue 11-001E, along with date and page references.



1010199496

The Daily, September 22, 1995

RELEASE DATES: SEPTEMBER 25-29

Week of September 25-29
(Release dates are subject to change.)

Release date	Title	Reference period
25	Canada's international transactions in securities	July 1995
25	Breaking and entering	1994
26	Unemployment insurance	July 1995
27	Domestic travel expenditures	1994
27	Industrial product price index	August 1995
27	Raw materials price index	August 1995
28	Employment, earnings and hours	July 1995
28	Senior families	1993
28	StatCan CANSIM disc	
29	Real gross domestic product at factor cost by industry	July 1995

Use the command "DATES" to retrieve this calendar from CANSIM.