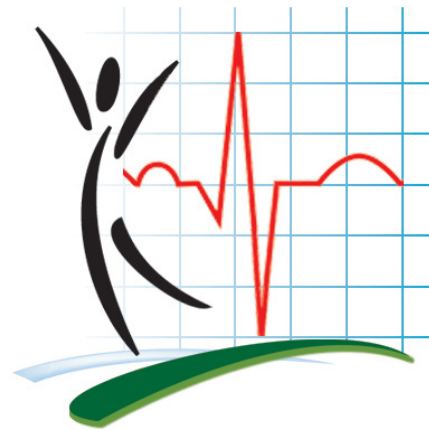


Health Fact Sheets

Healthy behaviours, 2015



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- .. not available for a specific reference period
- ... not applicable
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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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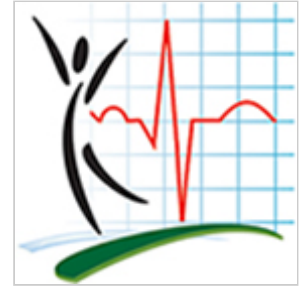
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Health Fact Sheets Healthy behaviours, 2015



This article combines four indicators of health behaviour into a single score, called the Healthy Behaviours Score (HBS), which counts the number of positive health behaviours an individual has. See 'About the Healthy Behaviours Score' and Table 1 for more information about the derivation and meaning of this score.

Table 1
Indicators of the Healthy Behaviours Score, negative and positive health behaviours

Health indicator	Negative health behaviour associated with characteristic:	Positive health behaviour associated with characteristic:
Physical activity ¹	Less than 150 minutes of activity per week	Physically active 150 minutes or more per week
Smoking status	Current daily or occasional smoker	Current non-smoker
Drinking status	Heavy drinker ² in past 12 months	Not a heavy drinker in past 12 months
Fruit and vegetables consumption	Consumed fruits and vegetables less than five times per day	Consumed fruits and vegetables five or more times per day

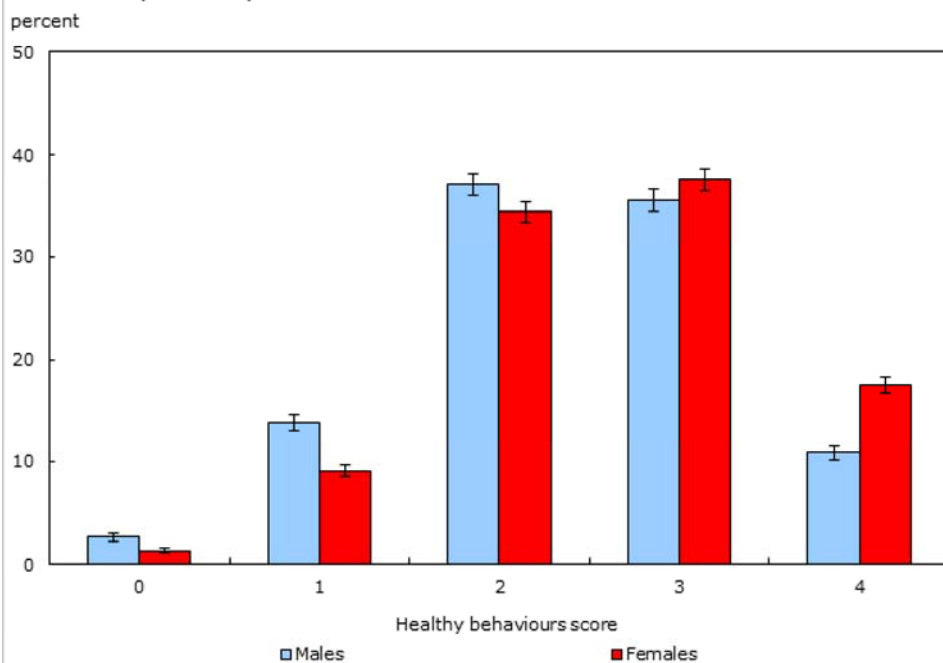
1 "Physically active" is defined by the Canadian Physical Activity Guidelines as having at least 150 minutes of moderate to vigorous intensity aerobic physical activity per week (causing the respondent to sweat a little and breathe harder), in bouts of 10 minutes or more.

2 Heavy drinkers are men who consumed 5 or more drinks per occasion, at least once a month in the past year. Women are heavy drinkers if they consumed 4 or more drinks per occasion, at least once a month in the past year. See **Heavy drinking, 2015** (www.statcan.gc.ca/pub/82-625-x/2017001/article/14765-eng.htm)

Note: The health summary score is calculated by adding 1 for each characteristic with the positive health behaviour associated, and 0 for those with the negative behaviour. For example, an individual who was a current smoker (0) who was physically active (1), not a heavy drinker (1), and eating fruits/vegetables 5 times per day (1) would have a score of 3.

In 2015, 50.9% of Canadians aged 18 and older, or roughly 13.2 million people, had a HBS of 3 or 4.³ Overall, women were more likely than men to have a score of 3 or 4 (55.1% of women, compared to 46.5% of men).⁴ The difference in the HBS between the sexes was attributable to the higher likelihood of men to be smokers or heavy drinkers and the higher likelihood of women to eat fruits and vegetables 5 or more times per day. These differences were somewhat offset by a higher rate of physical activity among men (Chart 1).

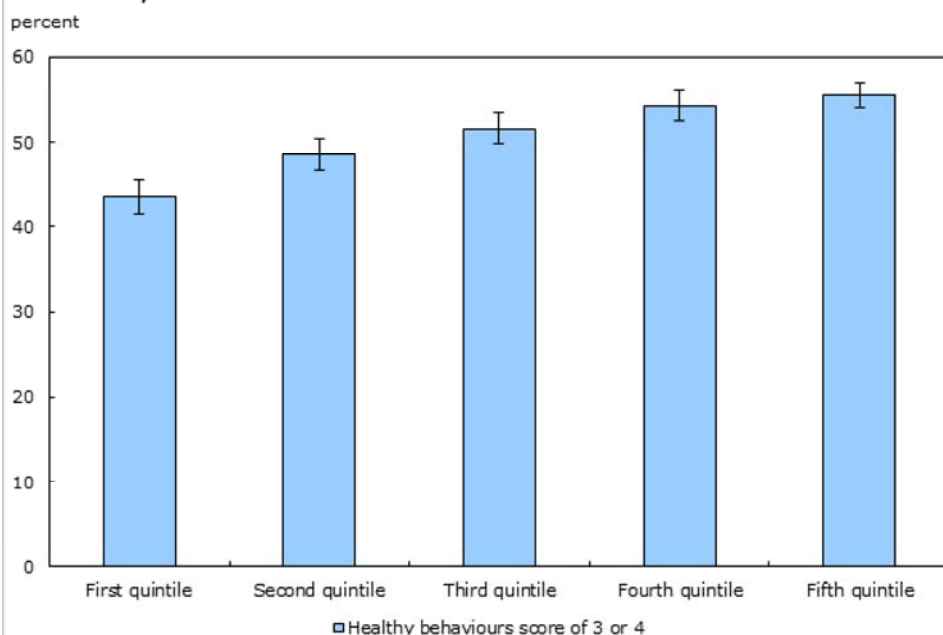
Chart 1
Healthy behaviours score, by sex, household population aged 18 or older, Canada, 2015



Source: Canadian Community Health Survey, 2015.

Income had a notable effect on the distribution of HBS. The proportion of adults in the lowest household income quintile⁵ were the least likely to have an HBS of 3 or 4 (43.6%). From the lowest quintile to the fourth quintile, the proportion of adults with a score of 3 or 4 increased while the fourth and fifth quintile had a similar proportion of adults. In the fourth and fifth quintile, around 55% of Canadian adults had a HBS of 3 or 4 (Chart 2).

Chart 2
Percentage of adults with a Healthy Behaviours Score of 3 or 4, by household income quintile, household population aged 18 or older, Canada 2015



Source: Canadian Community Health Survey, 2015.

The proportion of residents with an HBS of 3 or 4 was **lower** than the national average (50.9%) in:

The proportion of residents with an HBS of 3 or 4 was **lower** than the national average (50.9%) in:

- Newfoundland and Labrador (36.6%)
- Nova Scotia (46.7%)
- New Brunswick (46.4%)
- Ontario (49.4%)
- Manitoba (46.3%)
- Saskatchewan (45.1%)

The proportion of residents with an HBS of 3 or 4 was **higher** than the national average in:

- Alberta (53.0%)
- British Columbia (57.3%)

Residents of Prince Edward Island and Quebec reported rates that were about the same as the national average.

About the Healthy Behaviours Score

The Canadian Community Health Survey (CCHS) collects information on the various health behaviours of Canadians. The Healthy Behaviours Score (HBS) is based on four of them: smoking, drinking, physical activity, and fruit and vegetable consumption. A score of 1 or 0 is given depending on whether the reported behaviour is healthy or not. The HBS varies from 0 to 4 depending on the number of healthy behaviour reported.

As an example, an individual who was a current smoker (0), physically active for at least 150 minutes in the week (1), not a heavy drinker (1), and eating fruits and vegetables 5 or more times per day (1) would have a score of 3 (0+1+1+1).

Data

Additional data from the Canadian Community Health Survey are available from CANSIM table 105–0508 (www.statcan.gc.ca/cansim/a26?lang=fra&retrLang=fra&id=1050508).

Notes

- 3 Estimates in this article referring to the national average or Canada rate exclude the territories. This is because the coverage of CCHS in 2015 does not represent the entire population of the territories. Only half of the communities in the territories were visited in 2015, and the other half in 2016 so analyses based on the territories is only available for two year cycles of the CCHS (e.g., 2015-2016).
- 4 In this article when two estimates are said to be different this indicates that the difference was statistically significant at a 95% confidence level (p-value less than 5%).
- 5 Based on household income, adjusted by the before-tax low income cut-off (LICO) for the household and community size. The LICO is the threshold at which a family would typically spend a larger portion of its income than the average family on the necessities of food, shelter, and clothing. This accounts for spending power based on the family and community size.