

Health Fact Sheet

Quick facts by census metropolitan area, 2015-2016

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Table of Contents

Census metropolitan area of:

St. John's, Newfoundland and Labrador.....	4
Halifax, Nova Scotia	6
Moncton, New Brunswick	8
Saint John, New Brunswick	10
Saguenay, Quebec	12
Québec, Quebec	14
Sherbrooke, Quebec	16
Trois-Rivières, Quebec	18
Montréal, Quebec.....	20
Ottawa-Gatineau, Quebec part	22
Ottawa-Gatineau, Ontario part.....	24
Kingston, Ontario	26
Peterborough, Ontario.....	28
Oshawa, Ontario.....	30
Toronto, Ontario.....	32
Hamilton, Ontario	34
St. Catharines-Niagara, Ontario	36
Kitchener-Cambridge-Waterloo, Ontario.....	38
Brantford, Ontario.....	40
Guelph, Ontario	42
London, Ontario	44
Windsor, Ontario.....	46
Barrie, Ontario	48
Greater Sudbury, Ontario	50
Thunder Bay, Ontario	52
Winnipeg, Manitoba	54
Regina, Saskatchewan.....	56
Saskatoon, Saskatchewan	58
Calgary, Alberta	60
Edmonton, Alberta	62
Kelowna, British Columbia	64
Abbotsford-Mission, British Columbia	66
Vancouver, British Columbia.....	68
Victoria, British Columbia.....	70

Health Fact Sheets

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Census metropolitan area of St. John's, Newfoundland and Labrador

In 2015-2016, residents aged 12 and over of the St. John's, Newfoundland and Labrador census metropolitan area (CMA), reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appear below. The data are also compared to the data for Newfoundland and Labrador and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ($p < 0.05$). "Higher" means the difference observed is significantly higher, "lower" means the difference is significantly lower and "similar" means the difference is not statistically significant.

Well-Being

- Perceived health, very good or excellent: 66.8%; higher than Newfoundland and Labrador (62.0%); and higher than the national average (61.5%).
- Perceived mental health, very good or excellent: 75.0%; similar to Newfoundland and Labrador (70.9%); and similar to the national average (71.6%).
- Perceived life stress, quite a bit or extremely stressful: 15.2%; similar to Newfoundland and Labrador (13.3%); and lower than the national average (21.5%).

Health conditions

- Body mass index, adjusted self-reported, adult (18 years and over), overweight: 33.2%; similar to Newfoundland and Labrador (31.9%); and similar to the national average (35.8%).
- Body mass index, adjusted self-reported, adult (18 years and over), obese: 34.2%; lower than Newfoundland and Labrador (41.1%); and higher than the national average (26.3%).

Health behaviours

- Fruit and vegetable consumption, 5 times or more per day: 26.6%; higher than Newfoundland and Labrador (20.4%); and lower than the national average (30.8%).
- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 57.9%; higher than Newfoundland and Labrador (49.8%); and similar to the national average (57.7%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 63.9%; similar to Newfoundland and Labrador (57.6%); and similar to the national average (59.8%).
- Heavy drinking: 26.4%; similar to Newfoundland and Labrador (25.7%); and higher than the national average (19.1%).
- Current smoker, daily or occasional: 17.6%; lower than Newfoundland and Labrador (21.6%); and similar to the national average (17.4%).

Health system

- Has a regular healthcare provider: 94.5%; higher than Newfoundland and Labrador (89.1%); and higher than the national average (83.6%).
- Contact with a medical doctor: 84.5%; similar to Newfoundland and Labrador (81.1%); and higher than the national average (73.4%).
- Overall quality of the last consultation with a health professional, very good or excellent: 81.9%; similar to Newfoundland and Labrador (79.9%); and higher than the national average (77.6%).
- Consultation with a health professional about emotional or mental health: 18.8%; higher than Newfoundland and Labrador (14.3%); and higher than the national average (14.2%).
- Influenza immunization: 27.6%; similar to Newfoundland and Labrador (28.5%); and lower than the national average (32.4%).

Personal resources

- Life satisfaction, satisfied or very satisfied: 92.2%; similar to Newfoundland and Labrador (92.0%); and similar to the national average (92.9%).
- Sense of belonging to local community, somewhat strong or very strong: 72.8%; lower than Newfoundland and Labrador (79.1%); and higher than the national average (68.4%).

Note

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

Census metropolitan area of Halifax, Nova Scotia

In 2015-2016, residents aged 12 and over of the Halifax, Nova Scotia census metropolitan area (CMA), reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appear below. The data are also compared to the data for Nova Scotia and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ($p < 0.05$). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

Well-Being

- Perceived health, very good or excellent: 63.7%; higher than Nova Scotia (59.3%); and similar to the national average (61.5%).
- Perceived mental health, very good or excellent: 69.1%; similar to Nova Scotia (67.8%); and similar to the national average (71.6%).
- Perceived life stress, quite a bit or extremely stressful: 19.8%; similar to Nova Scotia (18.7%); and similar to the national average (21.5%).

Health conditions

- Body mass index, adjusted self-reported, adult (18 years and over), overweight: 35.2%; similar to Nova Scotia (35.2%); and similar to the national average (35.8%).
- Body mass index, adjusted self-reported, adult (18 years and over), obese: 29.6%; lower than Nova Scotia (34.2%); and higher than the national average (26.3%).

Health behaviours

- Fruit and vegetable consumption, 5 times or more per day: 25.2%; similar to Nova Scotia (24.1%); and lower than the national average (30.8%).
- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 61.4%; higher than Nova Scotia (56.5%); and higher than the national average (57.7%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 69.7%; similar to Nova Scotia (63.1%); and higher than the national average (59.8%).
- Heavy drinking: 23.8%; similar to Nova Scotia (20.8%); and higher than the national average (19.1%).
- Current smoker, daily or occasional: 17.0%; similar to Nova Scotia (19.3%); and similar to the national average (17.4%).

Health system

- Has a regular healthcare provider: 87.4%; similar to Nova Scotia (89.2%); and higher than the national average (83.6%).
- Contact with a medical doctor: 78.3%; similar to Nova Scotia (78.3%); and higher than the national average (73.4%).
- Overall quality of the last consultation with a health professional, very good or excellent: 80.8%; similar to Nova Scotia (81.8%); and higher than the national average (77.6%).
- Consultation with a health professional about emotional or mental health: 16.4%; similar to Nova Scotia (16.7%); and similar to the national average (14.2%).
- Influenza immunization: 49.3%; similar to Nova Scotia (48.5%); and higher than the national average (32.4%).

Personal resources

- Life satisfaction, satisfied or very satisfied: 92.3%; similar to Nova Scotia (91.6%); and similar to the national average (92.9%).
- Sense of belonging to local community, somewhat strong or very strong: 73.2%; similar to Nova Scotia (74.9%); and higher than the national average (68.4%).

Note

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

Census metropolitan area of Moncton, New Brunswick

In 2015-2016, residents aged 12 and over of the Moncton, New Brunswick census metropolitan area (CMA), reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appear below. The data are also compared to the data for New Brunswick and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ($p < 0.05$). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

Well-Being

- Perceived health, very good or excellent: 59.5%; similar to New Brunswick (56.3%); and similar to the national average (61.5%).
- Perceived mental health, very good or excellent: 70.3%; similar to New Brunswick (66.3%); and similar to the national average (71.6%).
- Perceived life stress, quite a bit or extremely stressful: 18.5%; similar to New Brunswick (18.7%); and similar to the national average (21.5%).

Health conditions

- Body mass index, adjusted self-reported, adult (18 years and over), overweight: 36.0%; similar to New Brunswick (34.4%); and similar to the national average (35.8%).
- Body mass index, adjusted self-reported, adult (18 years and over), obese: 40.1%; similar to New Brunswick (38.7%); and higher than the national average (26.3%).

Health behaviours

- Fruit and vegetable consumption, 5 times or more per day: 27.9%; similar to New Brunswick (27.0%); and similar to the national average (30.8%).
- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 49.4%; similar to New Brunswick (49.7%); and lower than the national average (57.7%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 41.0%;¹ similar to New Brunswick (52.9%); and lower than the national average (59.8%).
- Heavy drinking: 19.6%; similar to New Brunswick (18.8%); and similar to the national average (19.1%).
- Current smoker, daily or occasional: 14.1%;¹ similar to New Brunswick (18.2%); and similar to the national average (17.4%).

Health system

- Has a regular healthcare provider: 87.8%; similar to New Brunswick (90.6%); and higher than the national average (83.6%).
- Contact with a medical doctor: 79.2%; similar to New Brunswick (77.1%); and higher than the national average (73.4%).
- Overall quality of the last consultation with a health professional, very good or excellent: 78.7%; similar to New Brunswick (79.5%); and similar to the national average (77.6%).
- Consultation with a health professional about emotional or mental health: 16.7%; similar to New Brunswick (15.9%); and similar to the national average (14.2%).
- Influenza immunization: 32.6%; similar to New Brunswick (37.6%); and similar to the national average (32.4%).

Personal resources

- Life satisfaction, satisfied or very satisfied: 92.3%; similar to New Brunswick (91.6%); and similar to the national average (92.9%).
- Sense of belonging to local community, somewhat strong or very strong: 61.7%; lower than New Brunswick (71.2%); and lower than the national average (68.4%).

Notes

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

1. Use with caution: data with a coefficient of variation (CV) from 15.1% to 35.0%.

Census metropolitan area of Saint John, New Brunswick

In 2015-2016, residents aged 12 and over of the Saint John, New Brunswick census metropolitan area (CMA), reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appear below. The data are also compared to the data for New Brunswick and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ($p < 0.05$). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

Well-Being

- Perceived health, very good or excellent: 58.9%; similar to New Brunswick (56.3%); and similar to the national average (61.5%).
- Perceived mental health, very good or excellent: 68.0%; similar to New Brunswick (66.3%); and similar to the national average (71.6%).
- Perceived life stress, quite a bit or extremely stressful: 20.1%; similar to New Brunswick (18.7%); and similar to the national average (21.5%).

Health conditions

- Body mass index, adjusted self-reported, adult (18 years and over), overweight: 38.6%; similar to New Brunswick (34.4%); and similar to the national average (35.8%).
- Body mass index, adjusted self-reported, adult (18 years and over), obese: 34.5%; similar to New Brunswick (38.7%); and higher than the national average (26.3%).

Health behaviours

- Fruit and vegetable consumption, 5 times or more per day: 27.8%; similar to New Brunswick (27.0%); and similar to the national average (30.8%).
- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 53.3%; similar to New Brunswick (49.7%); and similar to the national average (57.7%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 65.6%; similar to New Brunswick (52.9%); and similar to the national average (59.8%).
- Heavy drinking: 19.8%; similar to New Brunswick (18.8%); and similar to the national average (19.1%).
- Current smoker, daily or occasional: 22.7%; similar to New Brunswick (18.2%); and similar to the national average (17.4%).

Health system

- Has a regular healthcare provider: 89.6%; similar to New Brunswick (90.6%); and higher than the national average (83.6%).
- Contact with a medical doctor: 72.1%; similar to New Brunswick (77.1%); and similar to the national average (73.4%).
- Overall quality of the last consultation with a health professional, very good or excellent: 76.1%; similar to New Brunswick (79.5%); and similar to the national average (77.6%).
- Consultation with a health professional about emotional or mental health: 14.3%;¹ similar to New Brunswick (15.9%); and similar to the national average (14.2%).
- Influenza immunization: 39.6%; similar to New Brunswick (37.6%); and higher than the national average (32.4%).

Personal resources

- Life satisfaction, satisfied or very satisfied: 89.0%; similar to New Brunswick (91.6%); and lower than the national average (92.9%).
- Sense of belonging to local community, somewhat strong or very strong: 67.0%; similar to New Brunswick (71.2%); and similar to the national average (68.4%).

Notes

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

1. Use with caution: data with a coefficient of variation (CV) from 15.1% to 35.0%.

Census metropolitan area of Saguenay, Quebec

In 2015-2016, residents aged 12 and over of the Saguenay, Quebec census metropolitan area (CMA), reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appear below. The data are also compared to the data for Quebec and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ($p < 0.05$). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

Well-Being

- Perceived health, very good or excellent: 61.7%; similar to Quebec (62.6%); and similar to the national average (61.5%).
- Perceived mental health, very good or excellent: 73.9%; similar to Quebec (74.2%); and similar to the national average (71.6%).
- Perceived life stress, quite a bit or extremely stressful: 20.8%; similar to Quebec (23.7%); and similar to the national average (21.5%).

Health conditions

- Body mass index, adjusted self-reported, adult (18 years and over), overweight: 38.1%; similar to Quebec (36.3%); and similar to the national average (35.8%).
- Body mass index, adjusted self-reported, adult (18 years and over), obese: 22.0%; similar to Quebec (24.4%); and lower than the national average (26.3%).

Health behaviours

- Fruit and vegetable consumption, 5 times or more per day: 32.3%; lower than Quebec (38.6%); and similar to the national average (30.8%).
- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 52.9%; similar to Quebec (54.9%); and lower than the national average (57.7%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 51.3%; similar to Quebec (55.1%); and similar to the national average (59.8%).
- Heavy drinking: 25.0%; similar to Quebec (21.2%); and higher than the national average (19.1%).
- Current smoker, daily or occasional: 20.3%; similar to Quebec (18.4%); and similar to the national average (17.4%).

Health system

- Has a regular healthcare provider: 80.9%; higher than Quebec (73.3%); and similar to the national average (83.6%).
- Contact with a medical doctor: 74.5%; higher than Quebec (69.4%); and similar to the national average (73.4%).
- Overall quality of the last consultation with a health professional, very good or excellent: 84.4%; higher than Quebec (79.1%); and higher than the national average (77.6%).
- Consultation with a health professional about emotional or mental health: 15.4%; similar to Quebec (12.4%); and similar to the national average (14.2%).
- Influenza immunization: 32.9%; higher than Quebec (24.4%); and similar to the national average (32.4%).

Personal resources

- Life satisfaction, satisfied or very satisfied: 94.7%; similar to Quebec (93.7%); and higher than the national average (92.9%).
- Sense of belonging to local community, somewhat strong or very strong: 66.9%; higher than Quebec (58.9%); and similar to the national average (68.4%).

Note

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

Census metropolitan area of Québec, Quebec

In 2015-2016, residents aged 12 and over of the Québec, Quebec census metropolitan area (CMA), reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appear below. The data are also compared to the data for Quebec and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ($p < 0.05$). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

Well-Being

- Perceived health, very good or excellent: 69.0%; higher than Quebec (62.6%); and higher than the national average (61.5%).
- Perceived mental health, very good or excellent: 78.8%; higher than Quebec (74.2%); and higher than the national average (71.6%).
- Perceived life stress, quite a bit or extremely stressful: 22.6%; similar to Quebec (23.7%); and similar to the national average (21.5%).

Health conditions

- Body mass index, adjusted self-reported, adult (18 years and over), overweight: 36.4%; similar to Quebec (36.3%); and similar to the national average (35.8%).
- Body mass index, adjusted self-reported, adult (18 years and over), obese: 20.9%; lower than Quebec (24.4%); and lower than the national average (26.3%).

Health behaviours

- Fruit and vegetable consumption, 5 times or more per day: 39.9%; similar to Quebec (38.6%); and higher than the national average (30.8%).
- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 54.8%; similar to Quebec (54.9%); and similar to the national average (57.7%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 54.9%; similar to Quebec (55.1%); and similar to the national average (59.8%).
- Heavy drinking: 24.9%; higher than Quebec (21.2%); and higher than the national average (19.1%).
- Current smoker, daily or occasional: 14.9%; lower than Quebec (18.4%); and lower than the national average (17.4%).

Health system

- Has a regular healthcare provider: 76.0%; higher than Quebec (73.3%); and lower than the national average (83.6%).
- Contact with a medical doctor: 68.9%; similar to Quebec (69.4%); and lower than the national average (73.4%).
- Overall quality of the last consultation with a health professional, very good or excellent: 83.6%; higher than Quebec (79.1%); and higher than the national average (77.6%).
- Consultation with a health professional about emotional or mental health: 12.0%; similar to Quebec (12.4%); and lower than the national average (14.2%).
- Influenza immunization: 25.0%; similar to Quebec (24.4%); and lower than the national average (32.4%).

Personal resources

- Life satisfaction, satisfied or very satisfied: 95.9%; higher than Quebec (93.7%); and higher than the national average (92.9%).
- Sense of belonging to local community, somewhat strong or very strong: 55.2%; lower than Quebec (58.9%); and lower than the national average (68.4%).

Note

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

Census metropolitan area of Sherbrooke, Quebec

In 2015-2016, residents aged 12 and over of the Sherbrooke, Quebec census metropolitan area (CMA), reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appear below. The data are also compared to the data for Quebec and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ($p < 0.05$). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

Well-Being

- Perceived health, very good or excellent: 62.8%; similar to Quebec (62.6%); and similar to the national average (61.5%).
- Perceived mental health, very good or excellent: 74.9%; similar to Quebec (74.2%); and similar to the national average (71.6%).
- Perceived life stress, quite a bit or extremely stressful: 23.9%; similar to Quebec (23.7%); and similar to the national average (21.5%).

Health conditions

- Body mass index, adjusted self-reported, adult (18 years and over), overweight: 38.4%; similar to Quebec (36.3%); and similar to the national average (35.8%).
- Body mass index, adjusted self-reported, adult (18 years and over), obese: 21.7%; similar to Quebec (24.4%); and lower than the national average (26.3%).

Health behaviours

- Fruit and vegetable consumption, 5 times or more per day: 42.9%; similar to Quebec (38.6%); and higher than the national average (30.8%).
- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 56.0%; similar to Quebec (54.9%); and similar to the national average (57.7%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 61.6%; similar to Quebec (55.1%); and similar to the national average (59.8%).
- Heavy drinking: 24.7%; similar to Quebec (21.2%); and higher than the national average (19.1%).
- Current smoker, daily or occasional: 16.0%; similar to Quebec (18.4%); and similar to the national average (17.4%).

Health system

- Has a regular healthcare provider: 70.8%; similar to Quebec (73.3%); and lower than the national average (83.6%).
- Contact with a medical doctor: 63.1%; lower than Quebec (69.4%); and lower than the national average (73.4%).
- Overall quality of the last consultation with a health professional, very good or excellent: 80.3%; similar to Quebec (79.1%); and similar to the national average (77.6%).
- Consultation with a health professional about emotional or mental health: 15.4%; higher than Quebec (12.4%); and similar to the national average (14.2%).
- Influenza immunization: 23.9%; similar to Quebec (24.4%); and lower than the national average (32.4%).

Personal resources

- Life satisfaction, satisfied or very satisfied: 93.6%; similar to Quebec (93.7%); and similar to the national average (92.9%).
- Sense of belonging to local community, somewhat strong or very strong: 60.9%; similar to Quebec (58.9%); and lower than the national average (68.4%).

Note

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

Census metropolitan area of Trois-Rivières, Quebec

In 2015-2016, residents aged 12 and over of the Trois-Rivières, Quebec census metropolitan area (CMA), reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appear below. The data are also compared to the data for Quebec and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ($p < 0.05$). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

Well-Being

- Perceived health, very good or excellent: 62.5%; similar to Quebec (62.6%); and similar to the national average (61.5%).
- Perceived mental health, very good or excellent: 76.8%; similar to Quebec (74.2%); and higher than the national average (71.6%).
- Perceived life stress, quite a bit or extremely stressful: 20.4%; similar to Quebec (23.7%); and similar to the national average (21.5%).

Health conditions

- Body mass index, adjusted self-reported, adult (18 years and over), overweight: 36.5%; similar to Quebec (36.3%); and similar to the national average (35.8%).
- Body mass index, adjusted self-reported, adult (18 years and over), obese: 27.2%; similar to Quebec (24.4%); and similar to the national average (26.3%).

Health behaviours

- Fruit and vegetable consumption, 5 times or more per day: 39.0%; similar to Quebec (38.6%); and higher than the national average (30.8%).
- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 48.1%; lower than Quebec (54.9%); and lower than the national average (57.7%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 59.6%;¹ similar to Quebec (55.1%); and similar to the national average (59.8%).
- Heavy drinking: 20.7%; similar to Quebec (21.2%); and similar to the national average (19.1%).
- Current smoker, daily or occasional: 17.1%; similar to Quebec (18.4%); and similar to the national average (17.4%).

Health system

- Has a regular healthcare provider: 73.8%; similar to Quebec (73.3%); and lower than the national average (83.6%).
- Contact with a medical doctor: 72.9%; similar to Quebec (69.4%); and similar to the national average (73.4%).
- Overall quality of the last consultation with a health professional, very good or excellent: 85.0%; higher than Quebec (79.1%); and higher than the national average (77.6%).
- Consultation with a health professional about emotional or mental health: 11.9%;¹ similar to Quebec (12.4%); and similar to the national average (14.2%).
- Influenza immunization: 23.2%; similar to Quebec (24.4%); and lower than the national average (32.4%).

Personal resources

- Life satisfaction, satisfied or very satisfied: 95.9%; higher than Quebec (93.7%); and higher than the national average (92.9%).
- Sense of belonging to local community, somewhat strong or very strong: 66.3%; higher than Quebec (58.9%); and similar to the national average (68.4%).

Notes

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

1. Use with caution: data with a coefficient of variation (CV) from 15.1% to 35.0%.

Census metropolitan area of Montréal, Quebec

In 2015-2016, residents aged 12 and over of the Montréal, Quebec census metropolitan area (CMA), reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appear below. The data are also compared to the data for Quebec and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ($p < 0.05$). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

Well-Being

- Perceived health, very good or excellent: 63.2%; similar to Quebec (62.6%); and higher than the national average (61.5%).
- Perceived mental health, very good or excellent: 73.3%; similar to Quebec (74.2%); and higher than the national average (71.6%).
- Perceived life stress, quite a bit or extremely stressful: 24.7%; similar to Quebec (23.7%); and higher than the national average (21.5%).

Health conditions

- Body mass index, adjusted self-reported, adult (18 years and over), overweight: 35.1%; similar to Quebec (36.3%); and similar to the national average (35.8%).
- Body mass index, adjusted self-reported, adult (18 years and over), obese: 22.9%; similar to Quebec (24.4%); and lower than the national average (26.3%).

Health behaviours

- Fruit and vegetable consumption, 5 times or more per day: 37.8%; similar to Quebec (38.6%); and higher than the national average (30.8%).
- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 56.9%; higher than Quebec (54.9%); and similar to the national average (57.7%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 54.5%; similar to Quebec (55.1%); and lower than the national average (59.8%).
- Heavy drinking: 20.0%; similar to Quebec (21.2%); and similar to the national average (19.1%).
- Current smoker, daily or occasional: 17.9%; similar to Quebec (18.4%); and similar to the national average (17.4%).

Health system

- Has a regular healthcare provider: 68.3%; lower than Quebec (73.3%); and lower than the national average (83.6%).
- Contact with a medical doctor: 68.9%; similar to Quebec (69.4%); and lower than the national average (73.4%).
- Overall quality of the last consultation with a health professional, very good or excellent: 76.2%; lower than Quebec (79.1%); and similar to the national average (77.6%).
- Consultation with a health professional about emotional or mental health: 12.5%; similar to Quebec (12.4%); and lower than the national average (14.2%).
- Influenza immunization: 23.7%; similar to Quebec (24.4%); and lower than the national average (32.4%).

Personal resources

- Life satisfaction, satisfied or very satisfied: 93.2%; similar to Quebec (93.7%); and similar to the national average (92.9%).
- Sense of belonging to local community, somewhat strong or very strong: 57.2%; similar to Quebec (58.9%); and lower than the national average (68.4%).

Note

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

Census metropolitan area of Ottawa-Gatineau, Quebec part

In 2015-2016, residents aged 12 and over of the Ottawa-Gatineau, Quebec part census metropolitan area (CMA), reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appear below. The data are also compared to the data for Quebec and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ($p < 0.05$). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

Well-Being

- Perceived health, very good or excellent: 61.0%; similar to Quebec (62.6%); and similar to the national average (61.5%).
- Perceived mental health, very good or excellent: 73.0%; similar to Quebec (74.2%); and similar to the national average (71.6%).
- Perceived life stress, quite a bit or extremely stressful: 25.9%; similar to Quebec (23.7%); and higher than the national average (21.5%).

Health conditions

- Body mass index, adjusted self-reported, adult (18 years and over), overweight: 40.3%; similar to Quebec (36.3%); and similar to the national average (35.8%).
- Body mass index, adjusted self-reported, adult (18 years and over), obese: 24.6%; similar to Quebec (24.4%); and similar to the national average (26.3%).

Health behaviours

- Fruit and vegetable consumption, 5 times or more per day: 38.3%; similar to Quebec (38.6%); and higher than the national average (30.8%).
- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 56.4%; similar to Quebec (54.9%); and similar to the national average (57.7%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 55.6%; similar to Quebec (55.1%); and similar to the national average (59.8%).
- Heavy drinking: 20.6%; similar to Quebec (21.2%); and similar to the national average (19.1%).
- Current smoker, daily or occasional: 22.5%; higher than Quebec (18.4%); and higher than the national average (17.4%).

Health system

- Has a regular healthcare provider: 76.1%; similar to Quebec (73.3%); and lower than the national average (83.6%).
- Contact with a medical doctor: 68.6%; similar to Quebec (69.4%); and lower than the national average (73.4%).
- Overall quality of the last consultation with a health professional, very good or excellent: 75.8%; similar to Quebec (79.1%); and similar to the national average (77.6%).
- Consultation with a health professional about emotional or mental health: 13.2%; similar to Quebec (12.4%); and similar to the national average (14.2%).
- Influenza immunization: 22.7%; similar to Quebec (24.4%); and lower than the national average (32.4%).

Personal resources

- Life satisfaction, satisfied or very satisfied: 93.0%; similar to Quebec (93.7%); and similar to the national average (92.9%).
- Sense of belonging to local community, somewhat strong or very strong: 52.1%; lower than Quebec (58.9%); and lower than the national average (68.4%).

Note

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

Census metropolitan area of Ottawa-Gatineau, Ontario part

In 2015-2016, residents aged 12 and over of the Ottawa-Gatineau, Ontario part census metropolitan area (CMA), reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appear below. The data are also compared to the data for Ontario and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ($p < 0.05$). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

Well-Being

- Perceived health, very good or excellent: 66.9%; higher than Ontario (61.0%); and higher than the national average (61.5%).
- Perceived mental health, very good or excellent: 72.6%; similar to Ontario (71.1%); and similar to the national average (71.6%).
- Perceived life stress, quite a bit or extremely stressful: 22.0%; similar to Ontario (22.0%); and similar to the national average (21.5%).

Health conditions

- Body mass index, adjusted self-reported, adult (18 years and over), overweight: 35.8%; similar to Ontario (35.2%); and similar to the national average (35.8%).
- Body mass index, adjusted self-reported, adult (18 years and over), obese: 24.5%; similar to Ontario (26.2%); and similar to the national average (26.3%).

Health behaviours

- Fruit and vegetable consumption, 5 times or more per day: 32.7%; higher than Ontario (27.8%); and similar to the national average (30.8%).
- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 66.6%; higher than Ontario (57.4%); and higher than the national average (57.7%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 60.5%; similar to Ontario (60.0%); and similar to the national average (59.8%).
- Heavy drinking: 19.1%; similar to Ontario (18.2%); and similar to the national average (19.1%).
- Current smoker, daily or occasional: 15.0%; similar to Ontario (16.7%); and lower than the national average (17.4%).

Health system

- Has a regular healthcare provider: 88.3%; similar to Ontario (89.9%); and higher than the national average (83.6%).
- Contact with a medical doctor: 77.1%; higher than Ontario (73.7%); and higher than the national average (73.4%).
- Overall quality of the last consultation with a health professional, very good or excellent: 81.1%; higher than Ontario (77.8%); and higher than the national average (77.6%).
- Consultation with a health professional about emotional or mental health: 17.5%; higher than Ontario (14.6%); and higher than the national average (14.2%).
- Influenza immunization 39.7%; higher than Ontario (34.3%); and higher than the national average (32.4%).

Personal resources

- Life satisfaction, satisfied or very satisfied: 94.6%; higher than Ontario (92.6%); and higher than the national average (92.9%).
- Sense of belonging to local community, somewhat strong or very strong: 70.4%; similar to Ontario (70.9%); and similar to the national average (68.4%).

Note

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

Census metropolitan area of Kingston, Ontario

In 2015-2016, residents aged 12 and over of the Kingston, Ontario census metropolitan area (CMA), reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appear below. The data are also compared to the data for Ontario and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ($p < 0.05$). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

Well-Being

- Perceived health, very good or excellent: 62.4%; similar to Ontario (61.0%); and similar to the national average (61.5%).
- Perceived mental health, very good or excellent: 65.8%; lower than Ontario (71.1%); and lower than the national average (71.6%).
- Perceived life stress, quite a bit or extremely stressful: 25.9%; similar to Ontario (22.0%); and similar to the national average (21.5%).

Health conditions

- Body mass index, adjusted self-reported, adult (18 years and over), overweight: 31.3%; similar to Ontario (35.2%); and similar to the national average (35.8%).
- Body mass index, adjusted self-reported, adult (18 years and over), obese: 32.4%; higher than Ontario (26.2%); and higher than the national average (26.3%).

Health behaviours

- Fruit and vegetable consumption, 5 times or more per day: 29.0%; similar to Ontario (27.8%); and similar to the national average (30.8%).
- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 63.0%; similar to Ontario (57.4%); and similar to the national average (57.7%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 58.3%; similar to Ontario (60.0%); and similar to the national average (59.8%).
- Heavy drinking: 20.9%; similar to Ontario (18.2%); and similar to the national average (19.1%).
- Current smoker, daily or occasional: 17.2%; similar to Ontario (16.7%); and similar to the national average (17.4%).

Health system

- Has a regular healthcare provider: 90.1%; similar to Ontario (89.9%); and higher than the national average (83.6%).
- Contact with a medical doctor: 77.6%; higher than Ontario (73.7%); and higher than the national average (73.4%).
- Overall quality of the last consultation with a health professional, very good or excellent: 76.1%; similar to Ontario (77.8%); and similar to the national average (77.6%).
- Consultation with a health professional about emotional or mental health: 21.6%; higher than Ontario (14.6%); and higher than the national average (14.2%).
- Influenza immunization: 49.2%; higher than Ontario (34.3%); and higher than the national average (32.4%).

Personal resources

- Life satisfaction, satisfied or very satisfied: 92.6%; similar to Ontario (92.6%); and similar to the national average (92.9%).
- Sense of belonging to local community, somewhat strong or very strong: 74.1%; similar to Ontario (70.9%); and higher than the national average (68.4%).

Note

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

Census metropolitan area of Peterborough, Ontario

In 2015-2016, residents aged 12 and over of the Peterborough, Ontario census metropolitan area (CMA), reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appear below. The data are also compared to the data for Ontario and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ($p < 0.05$). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

Well-Being

- Perceived health, very good or excellent: 61.0%; similar to Ontario (61.0%); and similar to the national average (61.5%).
- Perceived mental health, very good or excellent: 67.5%; similar to Ontario (71.1%); and similar to the national average (71.6%).
- Perceived life stress, quite a bit or extremely stressful: 20.6%; similar to Ontario (22.0%); and similar to the national average (21.5%).

Health conditions

- Body mass index, adjusted self-reported, adult (18 years and over), overweight: 33.7%; similar to Ontario (35.2%); and similar to the national average (35.8%).
- Body mass index, adjusted self-reported, adult (18 years and over), obese: 32.9%; higher than Ontario (26.2%); and higher than the national average (26.3%).

Health behaviours

- Fruit and vegetable consumption, 5 times or more per day: 28.8%; similar to Ontario (27.8%); and similar to the national average (30.8%).
- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 63.3%; higher than Ontario (57.4%); and higher than the national average (57.7%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 54.6%;¹ similar to Ontario (60.0%); and similar to the national average (59.8%).
- Heavy drinking: 20.0%; similar to Ontario (18.2%); and similar to the national average (19.1%).
- Current smoker, daily or occasional: 15.8%; similar to Ontario (16.7%); and similar to the national average (17.4%).

Health system

- Has a regular healthcare provider: 91.1%; similar to Ontario (89.9%); and higher than the national average (83.6%).
- Contact with a medical doctor: 77.7%; higher than Ontario (73.7%); and higher than the national average (73.4%).
- Overall quality of the last consultation with a health professional, very good or excellent: 81.6%; similar to Ontario (77.8%); and similar to the national average (77.6%).
- Consultation with a health professional about emotional or mental health: 18.3%; similar to Ontario (14.6%); and similar to the national average (14.2%).
- Influenza immunization: 39.4%; similar to Ontario (34.3%); and higher than the national average (34.2%).

Personal resources

- Life satisfaction, satisfied or very satisfied: 92.3%; similar to Ontario (92.6%); and similar to the national average (92.9%).
- Sense of belonging to local community, somewhat strong or very strong: 76.8%; higher than Ontario (70.9%); and higher than the national average (68.4%).

Notes

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

1. Use with caution: data with a coefficient of variation (CV) from 15.1% to 35.0%.

Census metropolitan area of Oshawa, Ontario

In 2015-2016, residents aged 12 and over of the Oshawa, Ontario census metropolitan area (CMA), reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appear below. The data are also compared to the data for Ontario and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ($p < 0.05$). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

Well-Being

- Perceived health, very good or excellent: 64.8%; similar to Ontario (61.0%); and similar to the national average (61.5%).
- Perceived mental health, very good or excellent: 71.4%; similar to Ontario (71.1%); and similar to the national average (71.6%).
- Perceived life stress, quite a bit or extremely stressful: 24.0%; similar to Ontario (22.0%); and similar to the national average (21.5%).

Health conditions

- Body mass index, adjusted self-reported, adult (18 years and over), overweight: 34.8%; similar to Ontario (35.2%); and similar to the national average (35.8%).
- Body mass index, adjusted self-reported, adult (18 years and over), obese: 29.2%; similar to Ontario (26.2%); and similar to the national average (26.3%).

Health behaviours

- Fruit and vegetable consumption, 5 times or more per day: 27.9%; similar to Ontario (27.8%); and similar to the national average (30.8%).
- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 61.6%; similar to Ontario (57.4%); and similar to the national average (57.7%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 68.7%; similar to Ontario (60.0%); and similar to the national average (59.8%).
- Heavy drinking: 23.5%; higher than Ontario (18.2%); and similar to the national average (19.1%).
- Current smoker, daily or occasional: 18.0%; similar to Ontario (16.7%); and similar to the national average (17.4%).

Health system

- Has a regular healthcare provider: 91.3%; similar to Ontario (89.9%); and higher than the national average (83.6%).
- Contact with a medical doctor: 76.6%; similar to Ontario (73.7%); and similar to the national average (73.4%).
- Overall quality of the last consultation with a health professional, very good or excellent: 76.7%; similar to Ontario (77.8%); and similar to the national average (77.6%).
- Consultation with a health professional about emotional or mental health: 19.3%; similar to Ontario (14.6%); and similar to the national average (14.2%).
- Influenza immunization: 34.5%; similar to Ontario (34.3%); and similar to the national average (32.4%).

Personal resources

- Life satisfaction, satisfied or very satisfied: 91.8%; similar to Ontario (92.6%); and similar to the national average (92.9%).
- Sense of belonging to local community, somewhat strong or very strong: 68.4%; similar to Ontario (70.9%); and similar to the national average (68.4%).

Note

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

Census metropolitan area of Toronto, Ontario

In 2015-2016, residents aged 12 and over of the Toronto, Ontario census metropolitan area (CMA), reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appear below. The data are also compared to the data for Ontario and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ($p < 0.05$). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

Well-Being

- Perceived health, very good or excellent: 60.8%; similar to Ontario (61.0%); and similar to the national average (61.5%).
- Perceived mental health, very good or excellent: 71.9%; similar to Ontario (71.1%); and similar to the national average (71.6%).
- Perceived life stress, quite a bit or extremely stressful: 23.0%; similar to Ontario (22.0%); and higher than the national average (21.5%).

Health conditions

- Body mass index, adjusted self-reported, adult (18 years and over), overweight: 35.1%; similar to Ontario (35.2%); and similar to the national average (35.8%).
- Body mass index, adjusted self-reported, adult (18 years and over), obese: 21.3%; lower than Ontario (26.2%); and lower than the national average (26.3%).

Health behaviours

- Fruit and vegetable consumption, 5 times or more per day: 26.4%; similar to Ontario (27.8%); and lower than the national average (30.8%).
- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 54.6%; lower than Ontario (57.4%); and lower than the national average (57.7%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 57.6%; similar to Ontario (60.0%); and similar to the national average (59.8%).
- Heavy drinking: 15.1%; lower than Ontario (18.2%); and lower than the national average (19.1%).
- Current smoker, daily or occasional: 14.2%; lower than Ontario (16.7%); and lower than the national average (17.4%).

Health system

- Has a regular healthcare provider: 89.2%; similar to Ontario (89.9%); and higher than the national average (83.6%).
- Contact with a medical doctor: 74.5%; similar to Ontario (73.7%); and similar to the national average (73.4%).
- Overall quality of the last consultation with a health professional, very good or excellent: 76.0%; similar to Ontario (77.8%); and lower than the national average (77.6%).
- Consultation with a health professional about emotional or mental health: 12.4%; lower than Ontario (14.6%); and lower than the national average (14.2%).
- Influenza immunization: 32.0%; lower than Ontario (34.3%); and similar to the national average (32.4%).

Personal resources

- Life satisfaction, satisfied or very satisfied: 92.5%; similar to Ontario (92.6%); and similar to the national average (92.9%).
- Sense of belonging to local community, somewhat strong or very strong: 68.7%; lower than Ontario (70.9%); and similar to the national average (68.4%).

Note

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

Census metropolitan area of Hamilton, Ontario

In 2015-2016, residents aged 12 and over of the Hamilton, Ontario census metropolitan area (CMA), reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appear below. The data are also compared to the data for Ontario and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ($p < 0.05$). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

Well-Being

- Perceived health, very good or excellent: 60.3%; similar to Ontario (61.0%); and similar to the national average (61.5%).
- Perceived mental health, very good or excellent: 71.1%; similar to Ontario (71.1%); and similar to the national average (71.6%).
- Perceived life stress, quite a bit or extremely stressful: 21.5%; similar to Ontario (22.0%); and similar to the national average (21.5%).

Health conditions

- Body mass index, adjusted self-reported, adult (18 years and over), overweight: 38.3%; similar to Ontario (35.2%); and similar to the national average (35.8%).
- Body mass index, adjusted self-reported, adult (18 years and over), obese: 26.1%; similar to Ontario (26.2%); and similar to the national average (26.3%).

Health behaviours

- Fruit and vegetable consumption, 5 times or more per day: 26.4%; similar to Ontario (27.8%); and lower than the national average (30.8%).
- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 61.8%; higher than Ontario (57.4%); and higher than the national average (57.7%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 51.8%; similar to Ontario (60.0%); and similar to the national average (59.8%).
- Heavy drinking: 19.8%; similar to Ontario (18.2%); and similar to the national average (19.1%).
- Current smoker, daily or occasional: 18.0%; similar to Ontario (16.7%); and similar to the national average (17.4%).

Health system

- Has a regular healthcare provider: 94.5%; higher than Ontario (89.9%); and higher than the national average (83.6%).
- Contact with a medical doctor: 73.5%; similar to Ontario (73.7%); and similar to the national average (73.4%).
- Overall quality of the last consultation with a health professional, very good or excellent: 76.9%; similar to Ontario (77.8%); and similar to the national average (77.6%).
- Consultation with a health professional about emotional or mental health: 16.8%; similar to Ontario (14.6%); and higher than the national average (14.2%).
- Influenza immunization: 31.4%; lower than Ontario (34.3%); and similar to the national average (32.4%).

Personal resources

- Life satisfaction, satisfied or very satisfied: 92.7%; similar to Ontario (92.6%); and similar to the national average (92.9%).
- Sense of belonging to local community, somewhat strong or very strong: 73.1%; similar to Ontario (70.9%); and higher than the national average (68.4%).

Note

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

Census metropolitan area of St. Catharines-Niagara, Ontario

In 2015-2016, residents aged 12 and over of the St. Catharines-Niagara, Ontario census metropolitan area (CMA), reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appear below. The data are also compared to the data for Ontario and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ($p < 0.05$). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

Well-Being

- Perceived health, very good or excellent: 61.4%; similar to Ontario (61.0%); and similar to the national average (61.5%).
- Perceived mental health, very good or excellent: 76.0%; higher than Ontario (71.1%); and higher than the national average (71.6%).
- Perceived life stress, quite a bit or extremely stressful: 21.2%; similar to Ontario (22.0%); and similar to the national average (21.5%).

Health conditions

- Body mass index, adjusted self-reported, adult (18 years and over), overweight: 35.0%; similar to Ontario (35.2%); and similar to the national average (35.8%).
- Body mass index, adjusted self-reported, adult (18 years and over), obese: 29.8%; similar to Ontario (26.2%); and similar to the national average (26.3%).

Health behaviours

- Fruit and vegetable consumption, 5 times or more per day: 26.8%; similar to Ontario (27.8%); and similar to the national average (30.8%).
- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 57.4%; similar to Ontario (57.4%); and similar to the national average (57.7%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 64.0%; similar to Ontario (60.0%); and similar to the national average (59.8%).
- Heavy drinking: 20.5%; similar to Ontario (18.2%); and similar to the national average (19.1%).
- Current smoker, daily or occasional: 20.3%; similar to Ontario (16.7%); and similar to the national average (17.4%).

Health system

- Has a regular healthcare provider: 90.8%; similar to Ontario (89.9%); and higher than the national average (83.6%).
- Contact with a medical doctor: 74.8%; similar to Ontario (73.7%); and similar to the national average (73.4%).
- Overall quality of the last consultation with a health professional, very good or excellent: 80.9%; similar to Ontario (77.8%); and similar to the national average (77.6%).
- Consultation with a health professional about emotional or mental health: 18.0%; similar to Ontario (14.6%); and higher than the national average (14.2%).
- Influenza immunization: 36.4%; similar to Ontario (34.3%); and similar to the national average (32.4%).

Personal resources

- Life satisfaction, satisfied or very satisfied: 93.4%; similar to Ontario (92.6%); and similar to the national average (92.9%).
- Sense of belonging to local community, somewhat strong or very strong: 71.2%; similar to Ontario (70.9%); and similar to the national average (68.4%).

Note

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

Census metropolitan area of Kitchener-Cambridge-Waterloo, Ontario

In 2015-2016, residents aged 12 and over of the Kitchener-Cambridge-Waterloo, Ontario census metropolitan area (CMA), reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appear below. The data are also compared to the data for Ontario and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ($p < 0.05$). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

Well-Being

- Perceived health, very good or excellent: 63.4%; similar to Ontario (61.0%); and similar to the national average (61.5%).
- Perceived mental health, very good or excellent: 69.8%; similar to Ontario (71.1%); and similar to the national average (71.6%).
- Perceived life stress, quite a bit or extremely stressful: 21.9%; similar to Ontario (22.0%); and similar to the national average (21.5%).

Health conditions

- Body mass index, adjusted self-reported, adult (18 years and over), overweight: 35.1%; similar to Ontario (35.2%); and similar to the national average (35.8%).
- Body mass index, adjusted self-reported, adult (18 years and over), obese: 28.4%; similar to Ontario (26.2%); and similar to the national average (26.3%).

Health behaviours

- Fruit and vegetable consumption, 5 times or more per day: 33.4%; higher than Ontario (27.8%); and similar to the national average (30.8%).
- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 58.1%; similar to Ontario (57.4%); and similar to the national average (57.7%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 60.0%; similar to Ontario (60.0%); and similar to the national average (59.8%).
- Heavy drinking: 20.8%; similar to Ontario (18.2%); and similar to the national average (19.1%).
- Current smoker, daily or occasional: 18.7%; similar to Ontario (16.7%); and similar to the national average (17.4%).

Health system

- Has a regular healthcare provider: 90.0%; similar to Ontario (89.9%); and higher than the national average (83.6%).
- Contact with a medical doctor: 70.2%; similar to Ontario (73.7%); and similar to the national average (73.4%).
- Overall quality of the last consultation with a health professional, very good or excellent: 74.8%; similar to Ontario (77.8%); and similar to the national average (77.6%).
- Consultation with a health professional about emotional or mental health: 16.4%; similar to Ontario (14.6%); and similar to the national average (14.2%).
- Influenza immunization: 29.0%; lower than Ontario (34.3%); and lower than the national average (32.4%).

Personal resources

- Life satisfaction, satisfied or very satisfied: 92.1%; similar to Ontario (92.6%); and similar to the national average (92.9%).
- Sense of belonging to local community, somewhat strong or very strong: 69.1%; similar to Ontario (70.9%); and similar to the national average (68.4%).

Note

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

Census metropolitan area of Brantford, Ontario

In 2015-2016, residents aged 12 and over of the Brantford, Ontario census metropolitan area (CMA), reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appear below. The data are also compared to the data for Ontario and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ($p < 0.05$). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

Well-Being

- Perceived health, very good or excellent: 61.9%; similar to Ontario (61.0%); and similar to the national average (61.5%).
- Perceived mental health, very good or excellent: 69.3%; similar to Ontario (71.1%); and similar to the national average (71.6%).
- Perceived life stress, quite a bit or extremely stressful: 17.7%; similar to Ontario (22.0%); and similar to the national average (21.5%).

Health conditions

- Body mass index, adjusted self-reported, adult (18 years and over), overweight: 37.0%; similar to Ontario (35.2%); and similar to the national average (35.8%).
- Body mass index, adjusted self-reported, adult (18 years and over), obese: 27.1%; similar to Ontario (26.2%); and similar to the national average (26.3%).

Health behaviours

- Fruit and vegetable consumption, 5 times or more per day: 27.9%; similar to Ontario (27.8%); and similar to the national average (30.8%).
- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 58.1%; similar to Ontario (57.4%); and similar to the national average (57.7%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 73.8%; similar to Ontario (60.0%); and similar to the national average (59.8%).
- Heavy drinking: 21.3%; similar to Ontario (18.2%); and similar to the national average (19.1%).
- Current smoker, daily or occasional: 22.2%; higher than Ontario (16.7%); and higher than the national average (17.4%).

Health system

- Has a regular healthcare provider: 89.3%; similar to Ontario (89.9%); and higher than the national average (83.6%).
- Contact with a medical doctor: 72.5%; similar to Ontario (73.7%); and similar to the national average (73.4%).
- Overall quality of the last consultation with a health professional, very good or excellent: 78.8%; similar to Ontario (77.8%); and similar to the national average (77.6%).
- Consultation with a health professional about emotional or mental health: 15.8%; similar to Ontario (14.6%); and similar to the national average (14.2%).
- Influenza immunization: 34.6%; similar to Ontario (34.3%); and similar to the national average (32.4%).

Personal resources

- Life satisfaction, satisfied or very satisfied: 93.0%; similar to Ontario (92.6%); and similar to the national average (92.9%).
- Sense of belonging to local community, somewhat strong or very strong: 74.0%; similar to Ontario (70.9%); and higher than the national average (68.4%).

Note

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

Census metropolitan area of Guelph, Ontario

In 2015-2016, residents aged 12 and over of the Guelph, Ontario census metropolitan area (CMA), reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appear below. The data are also compared to the data for Ontario and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ($p < 0.05$). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

Well-Being

- Perceived health, very good or excellent: 62.0%; similar to Ontario (61.0%); and similar to the national average (61.5%).
- Perceived mental health, very good or excellent: 69.0%; similar to Ontario (71.1%); and similar to the national average (71.6%).
- Perceived life stress, quite a bit or extremely stressful: 26.0%; similar to Ontario (22.0%); and similar to the national average (21.5%).

Health conditions

- Body mass index, adjusted self-reported, adult (18 years and over), overweight: 37.4%; similar to Ontario (35.2%); and similar to the national average (35.8%).
- Body mass index, adjusted self-reported, adult (18 years and over), obese: 27.6%; similar to Ontario (26.2%); and similar to the national average (26.3%).

Health behaviours

- Fruit and vegetable consumption, 5 times or more per day: 32.4%; similar to Ontario (27.8%); and similar to the national average (30.8%).
- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 62.3%; similar to Ontario (57.4%); and similar to the national average (57.7%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 51.5%;¹ similar to Ontario (60.0%); and similar to the national average (59.8%).
- Heavy drinking: 15.0%; lower than Ontario (18.2%); and lower than the national average (19.1%).
- Current smoker, daily or occasional: 15.3%;¹ similar to Ontario (16.7%); and similar to the national average (17.4%).

Health system

- Has a regular healthcare provider: 94.4%; higher than Ontario (89.9%); and higher than the national average (83.6%).
- Contact with a medical doctor: 73.9%; similar to Ontario (73.7%); and similar to the national average (73.4%).
- Overall quality of the last consultation with a health professional, very good or excellent: 82.8%; similar to Ontario (77.8%); and higher than the national average (77.6%).
- Consultation with a health professional about emotional or mental health: 17.8%;¹ similar to Ontario (14.6%); and similar to the national average (14.2%).
- Influenza immunization: 33.0%; similar to Ontario (34.3%); and similar to the national average (32.4%).

Personal resources

- Life satisfaction, satisfied or very satisfied: 92.8%; similar to Ontario (92.6%); and similar to the national average (92.9%).
- Sense of belonging to local community, somewhat strong or very strong: 67.1%; similar to Ontario (70.9%); and similar to the national average (68.4%).

Notes

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

1. Use with caution: data with a coefficient of variation (CV) from 15.1% to 35.0%.

Census metropolitan area of London, Ontario

In 2015-2016, residents aged 12 and over of the London, Ontario census metropolitan area (CMA), reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appear below. The data are also compared to the data for Ontario and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ($p < 0.05$). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

Well-Being

- Perceived health, very good or excellent: 59.2%; similar to Ontario (61.0%); and similar to the national average (61.5%).
- Perceived mental health, very good or excellent: 68.7%; similar to Ontario (71.1%); and similar to the national average (71.6%).
- Perceived life stress, quite a bit or extremely stressful: 21.3%; similar to Ontario (22.0%); and similar to the national average (21.5%).

Health conditions

- Body mass index, adjusted self-reported, adult (18 years and over), overweight: 33.8%; similar to Ontario (35.2%); and similar to the national average (35.8%).
- Body mass index, adjusted self-reported, adult (18 years and over), obese: 25.7%; similar to Ontario (26.2%); and similar to the national average (26.3%).

Health behaviours

- Fruit and vegetable consumption, 5 times or more per day: 30.2%; similar to Ontario (27.8%); and similar to the national average (30.8%).
- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 57.8%; similar to Ontario (57.4%); and similar to the national average (57.7%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 64.6%; similar to Ontario (60.0%); and similar to the national average (59.8%).
- Heavy drinking: 20.4%; similar to Ontario (18.2%); and similar to the national average (19.1%).
- Current smoker, daily or occasional: 17.3%; similar to Ontario (16.7%); and similar to the national average (17.4%).

Health system

- Has a regular healthcare provider: 87.6%; similar to Ontario (89.9%); and higher than the national average (83.6%).
- Contact with a medical doctor: 70.9%; similar to Ontario (73.7%); and similar to the national average (73.4%).
- Overall quality of the last consultation with a health professional, very good or excellent: 80.4%; similar to Ontario (77.8%); and similar to the national average (77.6%).
- Consultation with a health professional about emotional or mental health: 14.7%; similar to Ontario (14.6%); and similar to the national average (14.2%).
- Influenza immunization: 37.1%; similar to Ontario (34.3%); and higher than the national average (32.4%).

Personal resources

- Life satisfaction, satisfied or very satisfied: 93.2%; similar to Ontario (92.6%); and similar to the national average (92.9%).
- Sense of belonging to local community, somewhat strong or very strong: 70.8%; similar to Ontario (70.9%); and similar to the national average (68.4%).

Note

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

Census metropolitan area of Windsor, Ontario

In 2015-2016, residents aged 12 and over of the Windsor, Ontario census metropolitan area (CMA), reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appear below. The data are also compared to the data for Ontario and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ($p < 0.05$). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

Well-Being

- Perceived health, very good or excellent: 60.6%; similar to Ontario (61.0%); and similar to the national average (61.5%).
- Perceived mental health, very good or excellent: 74.7%; similar to Ontario (71.1%); and similar to the national average (71.6%).
- Perceived life stress, quite a bit or extremely stressful: 18.9%; similar to Ontario (22.0%); and similar to the national average (21.5%).

Health conditions

- Body mass index, adjusted self-reported, adult (18 years and over), overweight: 31.1%; similar to Ontario (35.2%); and similar to the national average (35.8%).
- Body mass index, adjusted self-reported, adult (18 years and over), obese: 34.7%; higher than Ontario (26.2%); and higher than the national average (26.3%).

Health behaviours

- Fruit and vegetable consumption, 5 times or more per day: 25.6%; similar to Ontario (27.8%); and lower than the national average (30.8%).
- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 53.3%; similar to Ontario (57.4%); and similar to the national average (57.7%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 56.6%; similar to Ontario (60.0%); and similar to the national average (59.8%).
- Heavy drinking: 18.2%; similar to Ontario (18.2%); and similar to the national average (19.1%).
- Current smoker, daily or occasional: 17.8%; similar to Ontario (16.7%); and similar to the national average (17.4%).

Health system

- Has a regular healthcare provider: 89.0%; similar to Ontario (89.9%); and higher than the national average (83.6%).
- Contact with a medical doctor: 76.1%; similar to Ontario (73.7%); and similar to the national average (73.4%).
- Overall quality of the last consultation with a health professional, very good or excellent: 81.0%; similar to Ontario (77.8%); and similar to the national average (77.6%).
- Consultation with a health professional about emotional or mental health: 13.0%; similar to Ontario (14.6%); and similar to the national average (14.2%).
- Influenza immunization: 39.8%; higher than Ontario (34.3%); and higher than the national average (32.4%).

Personal resources

- Life satisfaction, satisfied or very satisfied: 91.6%; similar to Ontario (92.6%); and similar to the national average (92.9%).
- Sense of belonging to local community, somewhat strong or very strong: 73.6%; similar to Ontario (70.9%); and higher than the national average (68.4%).

Note

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

Census metropolitan area of Barrie, Ontario

In 2015-2016, residents aged 12 and over of the Barrie, Ontario census metropolitan area (CMA), reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appear below. The data are also compared to the data for Ontario and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ($p < 0.05$). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

Well-Being

- Perceived health, very good or excellent: 61.3%; similar to Ontario (61.0%); and similar to the national average (61.5%).
- Perceived mental health, very good or excellent: 67.2%; similar to Ontario (71.1%); and similar to the national average (71.6%).
- Perceived life stress, quite a bit or extremely stressful: 28.4%; higher than Ontario (22.0%); and higher than the national average (21.5%).

Health conditions

- Body mass index, adjusted self-reported, adult (18 years and over), overweight: 32.3%; similar to Ontario (35.2%); and similar to the national average (35.8%).
- Body mass index, adjusted self-reported, adult (18 years and over), obese: 31.9%; similar to Ontario (26.2%); and similar to the national average (26.3%).

Health behaviours

- Fruit and vegetable consumption, 5 times or more per day: 31.5%; similar to Ontario (27.8%); and similar to the national average (30.8%).
- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 61.0%; similar to Ontario (57.4%); and similar to the national average (57.7%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 77.1%; similar to Ontario (60.0%); and similar to the national average (59.8%).
- Heavy drinking: 21.1%; similar to Ontario (18.2%); and similar to the national average (19.1%).
- Current smoker, daily or occasional: 20.4%;¹ similar to Ontario (16.7%); and similar to the national average (17.4%).

Health system

- Has a regular healthcare provider: 92.6%; similar to Ontario (89.9%); and higher than the national average (83.6%).
- Contact with a medical doctor: 74.2%; similar to Ontario (73.7%); and similar to the national average (73.4%).
- Overall quality of the last consultation with a health professional, very good or excellent: 74.4%; similar to Ontario (77.8%); and similar to the national average (77.6%).
- Consultation with a health professional about emotional or mental health: 19.8%;¹ similar to Ontario (14.6%); and similar to the national average (14.2%).
- Influenza immunization: 29.1%; similar to Ontario (34.3%); and similar to the national average (32.4%).

Personal resources

- Life satisfaction, satisfied or very satisfied: 93.3%; similar to Ontario (92.6%); and similar to the national average (92.9%).
- Sense of belonging to local community, somewhat strong or very strong: 73.2%; similar to Ontario (70.9%); and similar to the national average (68.4%).

Notes

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

1. Use with caution: data with a coefficient of variation (CV) from 15.1% to 35.0%.

Census metropolitan area of Greater Sudbury, Ontario

In 2015-2016, residents aged 12 and over of the Greater Sudbury, Ontario census metropolitan area (CMA), reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appear below. The data are also compared to the data for Ontario and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ($p < 0.05$). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

Well-Being

- Perceived health, very good or excellent: 58.5%; similar to Ontario (61.0%); and similar to the national average (61.5%).
- Perceived mental health, very good or excellent: 64.9%; lower than Ontario (71.1%); and lower than the national average (71.6%).
- Perceived life stress, quite a bit or extremely stressful: 20.4%; similar to Ontario (22.0%); and similar to the national average (21.5%).

Health conditions

- Body mass index, adjusted self-reported, adult (18 years and over), overweight: 34.3%; similar to Ontario (35.2%); and similar to the national average (35.8%).
- Body mass index, adjusted self-reported, adult (18 years and over), obese: 32.3%; higher than Ontario (26.2%); and higher than the national average (26.3%).

Health behaviours

- Fruit and vegetable consumption, 5 times or more per day: 26.4%; similar to Ontario (27.8%); and similar to the national average (30.8%).
- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 53.5%; similar to Ontario (57.4%); and similar to the national average (57.7%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 66.1%;¹ similar to Ontario (60.0%); and similar to the national average (59.8%).
- Heavy drinking: 20.9%; similar to Ontario (18.2%); and similar to the national average (19.1%).
- Current smoker, daily or occasional: 22.5%; higher than Ontario (16.7%); and similar to the national average (17.4%).

Health system

- Has a regular healthcare provider: 83.4%; lower than Ontario (89.9%); and similar to the national average (83.6%).
- Contact with a medical doctor: 67.9%; lower than Ontario (73.7%); and lower than the national average (73.4%).
- Overall quality of the last consultation with a health professional, very good or excellent: 79.8%; similar to Ontario (77.8%); and similar to the national average (77.6%).
- Consultation with a health professional about emotional or mental health: 16.5%; similar to Ontario (14.6%); and similar to the national average (14.2%).
- Influenza immunization: 35.5%; similar to Ontario (34.3%); and similar to the national average (32.4%).

Personal resources

- Life satisfaction, satisfied or very satisfied: 89.9%; similar to Ontario (92.6%); and similar to the national average (92.9%).
- Sense of belonging to local community, somewhat strong or very strong: 72.1%; similar to Ontario (70.9%); and similar to the national average (68.4%).

Notes

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

1. Use with caution: data with a coefficient of variation (CV) from 15.1% to 35.0%.

Census metropolitan area of Thunder Bay, Ontario

In 2015-2016, residents aged 12 and over of the Thunder Bay, Ontario census metropolitan area (CMA), reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appear below. The data are also compared to the data for Ontario and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ($p < 0.05$). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

Well-Being

- Perceived health, very good or excellent: 54.9%; lower than Ontario (61.0%); and lower than the national average (61.5%).
- Perceived mental health, very good or excellent: 67.8%; similar to Ontario (71.1%); and similar to the national average (71.6%).
- Perceived life stress, quite a bit or extremely stressful: 17.4%; lower than Ontario (22.0%); and lower than the national average (21.5%).

Health conditions

- Body mass index, adjusted self-reported, adult (18 years and over), overweight: 38.8%; similar to Ontario (35.2%); and similar to the national average (35.8%).
- Body mass index, adjusted self-reported, adult (18 years and over), obese: 32.5%; higher than Ontario (26.2%); and higher than the national average (26.3%).

Health behaviours

- Fruit and vegetable consumption, 5 times or more per day: 29.7%; similar to Ontario (27.8%); and similar to the national average (30.8%).
- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 62.8%; similar to Ontario (57.4%); and similar to the national average (57.7%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 61.9%; similar to Ontario (60.0%); and similar to the national average (59.8%).
- Heavy drinking: 24.0%; higher than Ontario (18.2%); and higher than the national average (19.1%).
- Current smoker, daily or occasional: 22.5%; higher than Ontario (16.7%); and higher than the national average (17.4%).

Health system

- Has a regular healthcare provider: 87.7%; similar to Ontario (89.9%); and similar to the national average (83.6%).
- Contact with a medical doctor: 76.2%; similar to Ontario (73.7%); and similar to the national average (73.4%).
- Overall quality of the last consultation with a health professional, very good or excellent: 73.9%; similar to Ontario (77.8%); and similar to the national average (77.6%).
- Consultation with a health professional about emotional or mental health: 18.7%; similar to Ontario (14.6%); and higher than the national average (14.2%).
- Influenza immunization: 39.3%; higher than Ontario (34.3%); and higher than the national average (32.4%).

Personal resources

- Life satisfaction, satisfied or very satisfied: 91.5%; similar to Ontario (92.6%); and similar to the national average (92.9%).
- Sense of belonging to local community, somewhat strong or very strong: 74.1%; similar to Ontario (70.9%); and higher than the national average (68.4%).

Note

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

Census metropolitan area of Winnipeg, Manitoba

In 2015-2016, residents aged 12 and over of the Winnipeg, Manitoba census metropolitan area (CMA), reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appear below. The data are also compared to the data for Manitoba and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ($p < 0.05$). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

Well-Being

- Perceived health, very good or excellent: 61.3%; similar to Manitoba (60.3%); and similar to the national average (61.5%).
- Perceived mental health, very good or excellent: 69.5%; similar to Manitoba (69.5%); and similar to the national average (71.6%).
- Perceived life stress, quite a bit or extremely stressful: 21.0%; similar to Manitoba (20.1%); and similar to the national average (21.5%).

Health conditions

- Body mass index, adjusted self-reported, adult (18 years and over), overweight: 34.2%; similar to Manitoba (34.3%); and similar to the national average (35.8%).
- Body mass index, adjusted self-reported, adult (18 years and over), obese: 26.8%; lower than Manitoba (30.3%); and similar to the national average (26.3%).

Health behaviours

- Fruit and vegetable consumption, 5 times or more per day: 26.7%; similar to Manitoba (27.3%); and lower than the national average (30.8%).
- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 55.1%; similar to Manitoba (54.0%); and similar to the national average (57.7%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 61.2%; similar to Manitoba (60.1%); and similar to the national average (59.8%).
- Heavy drinking: 17.8%; similar to Manitoba (18.2%); and similar to the national average (19.1%).
- Current smoker, daily or occasional: 19.0%; similar to Manitoba (18.8%); and similar to the national average (17.4%).

Health system

- Has a regular healthcare provider: 83.3%; similar to Manitoba (83.3%); and similar to the national average (83.6%).
- Contact with a medical doctor: 72.5%; similar to Manitoba (73.1%); and similar to the national average (73.4%).
- Overall quality of the last consultation with a health professional, very good or excellent: 74.2%; similar to Manitoba (74.6%); and lower than the national average (77.6%).
- Consultation with a health professional about emotional or mental health: 15.2%; similar to Manitoba (14.6%); and similar to the national average (14.2%).
- Influenza immunization: 32.5%; similar to Manitoba (31.1%); and similar to the national average (32.4%).

Personal resources

- Life satisfaction, satisfied or very satisfied: 91.9%; similar to Manitoba (92.3%); and similar to the national average (92.9%).
- Sense of belonging to local community, somewhat strong or very strong: 67.9%; similar to Manitoba (70.7%); and similar to the national average (68.4%).

Note

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

Census metropolitan area of Regina, Saskatchewan

In 2015–2016, residents aged 12 and over of the Regina, Saskatchewan census metropolitan area (CMA), reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appear below. The data are also compared to the data for Saskatchewan and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ($p < 0.05$). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

Well-Being

- Perceived health, very good or excellent: 57.8%; similar to Saskatchewan (59.8%); and similar to the national average (61.5%).
- Perceived mental health, very good or excellent: 69.2%; similar to Saskatchewan (70.3%); and similar to the national average (71.6%).
- Perceived life stress, quite a bit or extremely stressful: 18.1%; similar to Saskatchewan (17.7%); and lower than the national average (21.5%).

Health conditions

- Body mass index, adjusted self-reported, adult (18 years and over), overweight: 41.5%; similar to Saskatchewan (38.4%); and higher than the national average (35.8%).
- Body mass index, adjusted self-reported, adult (18 years and over), obese: 27.6%; similar to Saskatchewan (31.3%); and similar to the national average (26.3%).

Health behaviours

- Fruit and vegetable consumption, 5 times or more per day: 27.6%; similar to Saskatchewan (28.2%); and similar to the national average (30.8%).
- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 53.9%; similar to Saskatchewan (55.0%); and similar to the national average (57.7%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 55.6%; similar to Saskatchewan (60.0%); and similar to the national average (59.8%).
- Heavy drinking: 22.8%; similar to Saskatchewan (20.2%); and similar to the national average (19.1%).
- Current smoker, daily or occasional: 19.5%; similar to Saskatchewan (19.8%); and similar to the national average (17.4%).

Health system

- Has a regular healthcare provider: 82.0%; similar to Saskatchewan (81.0%); and similar to the national average (83.6%).
- Contact with a medical doctor: 75.9%; similar to Saskatchewan (72.8%); and similar to the national average (73.4%).
- Overall quality of the last consultation with a health professional, very good or excellent: 76.9%; similar to Saskatchewan (76.2%); and similar to the national average (77.6%).
- Consultation with a health professional about emotional or mental health: 15.6%; similar to Saskatchewan (13.6%); and similar to the national average (14.2%).
- Influenza immunization: 33.1%; similar to Saskatchewan (36.7%); and similar to the national average (32.4%).

Personal resources

- Life satisfaction, satisfied or very satisfied: 93.4%; similar to Saskatchewan (93.8%); and similar to the national average (92.9%).
- Sense of belonging to local community, somewhat strong or very strong: 73.0%; similar to Saskatchewan (73.8%); and higher than the national average (68.4%).

Note

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

Census metropolitan area of Saskatoon, Saskatchewan

In 2015-2016, residents aged 12 and over of the Saskatoon, Saskatchewan census metropolitan area (CMA), reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appear below. The data are also compared to the data for Saskatchewan and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ($p < 0.05$). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

Well-Being

- Perceived health, very good or excellent: 66.3%; higher than Saskatchewan (59.8%); and higher than the national average (61.5%).
- Perceived mental health, very good or excellent: 74.1%; similar to Saskatchewan (70.3%); and similar to the national average (71.6%).
- Perceived life stress, quite a bit or extremely stressful: 18.7%; similar to Saskatchewan (17.7%); and similar to the national average (21.5%).

Health conditions

- Body mass index, adjusted self-reported, adult (18 years and over), overweight: 41.2%; similar to Saskatchewan (38.4%); and higher than the national average (35.8%).
- Body mass index, adjusted self-reported, adult (18 years and over), obese: 24.9%; lower than Saskatchewan (31.3%); and similar to the national average (26.3%).

Health behaviours

- Fruit and vegetable consumption, 5 times or more per day: 30.1%; similar to Saskatchewan (28.2%); and similar to the national average (30.8%).
- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 60.2%; higher than Saskatchewan (55.0%); and similar to the national average (57.7%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 54.0%; similar to Saskatchewan (60.0%); and similar to the national average (59.8%).
- Heavy drinking: 21.1%; similar to Saskatchewan (20.2%); and similar to the national average (19.1%).
- Current smoker, daily or occasional: 18.4%; similar to Saskatchewan (19.8%); and similar to the national average (17.4%).

Health system

- Has a regular healthcare provider: 82.3%; similar to Saskatchewan (81.0%); and similar to the national average (83.6%).
- Contact with a medical doctor: 74.4%; similar to Saskatchewan (72.8%); and similar to the national average (73.4%).
- Overall quality of the last consultation with a health professional, very good or excellent: 74.6%; similar to Saskatchewan (76.2%); and similar to the national average (77.6%).
- Consultation with a health professional about emotional or mental health: 13.7%; similar to Saskatchewan (13.6%); and similar to the national average (14.2%).
- Influenza immunization: 38.6%; similar to Saskatchewan (36.7%); and higher than the national average (32.4%).

Personal resources

- Life satisfaction, satisfied or very satisfied: 94.0%; similar to Saskatchewan (93.8%); and similar to the national average (92.9%).
- Sense of belonging to local community, somewhat strong or very strong: 68.3%; lower than Saskatchewan (73.8%); and similar to the national average (68.4%).

Note

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

Census metropolitan area of Calgary, Alberta

In 2015-2016, residents aged 12 and over of the Calgary, Alberta census metropolitan area (CMA), reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appear below. The data are also compared to the data for Alberta and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ($p < 0.05$). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

Well-Being

- Perceived health, very good or excellent: 69.9%; higher than Alberta (65.2%); and higher than the national average (61.5%).
- Perceived mental health, very good or excellent: 75.5%; similar to Alberta (73.7%); and higher than the national average (71.6%).
- Perceived life stress, quite a bit or extremely stressful: 21.7%; similar to Alberta (21.2%); and similar to the national average (21.5%).

Health conditions

- Body mass index, adjusted self-reported, adult (18 years and over), overweight: 38.4%; similar to Alberta (37.4%); and higher than the national average (35.8%).
- Body mass index, adjusted self-reported, adult (18 years and over), obese: 24.3%; lower than Alberta (27.7%); and similar to the national average (26.3%).

Health behaviours

- Fruit and vegetable consumption, 5 times or more per day: 29.7%; similar to Alberta (30.0%); and similar to the national average (30.8%).
- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 60.8%; similar to Alberta (59.7%); and higher than the national average (57.7%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 56.3%; similar to Alberta (61.1%); and similar to the national average (59.8%).
- Heavy drinking: 17.9%; similar to Alberta (18.9%); and similar to the national average (19.1%).
- Current smoker, daily or occasional: 13.7%; lower than Alberta (18.4%); and lower than the national average (17.4%).

Health system

- Has a regular healthcare provider: 82.9%; similar to Alberta (81.3%); and similar to the national average (83.6%).
- Contact with a medical doctor: 75.6%; similar to Alberta (74.2%); and higher than the national average (73.4%).
- Overall quality of the last consultation with a health professional, very good or excellent: 77.7%; similar to Alberta (76.2%); and similar to the national average (77.6%).
- Consultation with a health professional about emotional or mental health: 15.5%; similar to Alberta (15.2%); and similar to the national average (14.2%).
- Influenza immunization: 38.5%; higher than Alberta (35.7%); and higher than the national average (32.4%).

Personal resources

- Life satisfaction, satisfied or very satisfied: 93.8%; similar to Alberta (93.3%); and similar to the national average (92.9%).
- Sense of belonging to local community, somewhat strong or very strong: 67.6%; similar to Alberta (69.5%); and similar to the national average (68.4%).

Note

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

Census metropolitan area of Edmonton, Alberta

In 2015-2016, residents aged 12 and over of the Edmonton, Alberta census metropolitan area (CMA), reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appear below. The data are also compared to the data for Alberta and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ($p < 0.05$). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

Well-Being

- Perceived health, very good or excellent: 64.6%; similar to Alberta (65.2%); and higher than the national average (61.5%).
- Perceived mental health, very good or excellent: 73.2%; similar to Alberta (73.7%); and similar to the national average (71.6%).
- Perceived life stress, quite a bit or extremely stressful: 21.0%; similar to Alberta (21.2%); and similar to the national average (21.5%).

Health conditions

- Body mass index, adjusted self-reported, adult (18 years and over), overweight: 38.6%; similar to Alberta (37.4%); and higher than the national average (35.8%).
- Body mass index, adjusted self-reported, adult (18 years and over), obese: 26.0%; similar to Alberta (27.7%); and similar to the national average (26.3%).

Health behaviours

- Fruit and vegetable consumption, 5 times or more per day: 30.3%; similar to Alberta (30.0%); and similar to the national average (30.8%).
- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 57.9%; similar to Alberta (59.7%); and similar to the national average (57.7%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 64.5%; similar to Alberta (61.1%); and similar to the national average (59.8%).
- Heavy drinking: 18.7%; similar to Alberta (18.9%); and similar to the national average (19.1%).
- Current smoker, daily or occasional: 19.2%; similar to Alberta (18.4%); and similar to the national average (17.4%).

Health system

- Has a regular healthcare provider: 80.2%; similar to Alberta (81.3%); and lower than the national average (83.6%).
- Contact with a medical doctor: 74.7%; similar to Alberta (74.2%); and similar to the national average (73.4%).
- Overall quality of the last consultation with a health professional, very good or excellent: 74.8%; similar to Alberta (76.2%); and lower than the national average (77.6%).
- Consultation with a health professional about emotional or mental health: 15.9%; similar to Alberta (15.2%); and similar to the national average (14.2%).
- Influenza immunization: 36.1%; similar to Alberta (35.7%); and higher than the national average (32.4%).

Personal resources

- Life satisfaction, satisfied or very satisfied: 93.4%; similar to Alberta (93.3%); and similar to the national average (92.9%).
- Sense of belonging to local community, somewhat strong or very strong: 68.5%; similar to Alberta (69.5%); and similar to the national average (68.4%).

Note

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

Census metropolitan area of Kelowna, British Columbia

In 2015-2016, residents aged 12 and over of the Kelowna, British Columbia census metropolitan area (CMA), reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appear below. The data are also compared to the data for British Columbia and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ($p < 0.05$). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

Well-Being

- Perceived health, very good or excellent: 60.2%; similar to British Columbia (59.8%); and similar to the national average (61.5%).
- Perceived mental health, very good or excellent: 70.6%; similar to British Columbia (69.3%); and similar to the national average (71.6%).
- Perceived life stress, quite a bit or extremely stressful: 18.8%; similar to British Columbia (19.7%); and similar to the national average (21.5%).

Health conditions

- Body mass index, adjusted self-reported, adult (18 years and over), overweight: 37.7%; similar to British Columbia (35.5%); and similar to the national average (35.8%).
- Body mass index, adjusted self-reported, adult (18 years and over), obese: 22.0%; similar to British Columbia (21.3%); and similar to the national average (26.3%).

Health behaviours

- Fruit and vegetable consumption, 5 times or more per day: 31.4%; similar to British Columbia (30.8%); and similar to the national average (30.8%).
- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 64.6%; similar to British Columbia (65.7%); and higher than the national average (57.7%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 80.6%; similar to British Columbia (67.0%); and higher than the national average (59.8%).
- Heavy drinking: 20.9%; similar to British Columbia (17.0%); and similar to the national average (19.1%).
- Current smoker, daily or occasional: 16.1%; similar to British Columbia (14.1%); and similar to the national average (17.4%).

Health system

- Has a regular healthcare provider: 82.3%; similar to British Columbia (83.4%); and similar to the national average (83.6%).
- Contact with a medical doctor: 80.1%; similar to British Columbia (76.6%); and higher than the national average (73.4%).
- Overall quality of the last consultation with a health professional, very good or excellent: 79.7%; similar to British Columbia (75.0%); and similar to the national average (77.6%).
- Consultation with a health professional about emotional or mental health: 14.9%; similar to British Columbia (14.7%); and similar to the national average (14.2%).
- Influenza immunization: 30.8%; similar to British Columbia (34.1%); and similar to the national average (32.4%).

Personal resources

- Life satisfaction, satisfied or very satisfied: 94.1%; similar to British Columbia (92.4%); and similar to the national average (92.9%).
- Sense of belonging to local community, somewhat strong or very strong: 70.8%; similar to British Columbia (71.6%); and similar to the national average (68.4%).

Note

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

Census metropolitan area of Abbotsford-Mission, British Columbia

In 2015-2016, residents aged 12 and over of the Abbotsford-Mission, British Columbia census metropolitan area (CMA), reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appear below. The data are also compared to the data for British Columbia and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ($p < 0.05$). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

Well-Being

- Perceived health, very good or excellent: 60.3%; similar to British Columbia (59.8%); and similar to the national average (61.5%).
- Perceived mental health, very good or excellent: 66.6%; similar to British Columbia (69.3%); and similar to the national average (71.6%).
- Perceived life stress, quite a bit or extremely stressful: 22.5%; similar to British Columbia (19.7%); and similar to the national average (21.5%).

Health conditions

- Body mass index, adjusted self-reported, adult (18 years and over), overweight: 33.1%; similar to British Columbia (35.5%); and similar to the national average (35.8%).
- Body mass index, adjusted self-reported, adult (18 years and over), obese: 33.1%; higher than British Columbia (21.3%); and higher than the national average (26.3%).

Health behaviours

- Fruit and vegetable consumption, 5 times or more per day: 31.3%; similar to British Columbia (30.8%); and similar to the national average (30.8%).
- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 63.7%; similar to British Columbia (65.7%); and similar to the national average (57.7%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 71.3%; similar to British Columbia (67.0%); and similar to the national average (59.8%).
- Heavy drinking: 16.1%;¹ similar to British Columbia (17.0%); and similar to the national average (19.1%).
- Current smoker, daily or occasional: 15.1%; similar to British Columbia (14.1%); and similar to the national average (17.4%).

Health system

- Has a regular healthcare provider: 81.1%; similar to British Columbia (83.4%); and similar to the national average (83.6%).
- Contact with a medical doctor: 75.4%; similar to British Columbia (76.6%); and similar to the national average (73.4%).
- Overall quality of the last consultation with a health professional, very good or excellent: 70.0%; similar to British Columbia (75.0%); and lower than the national average (77.6%).
- Consultation with a health professional about emotional or mental health: 15.0%; similar to British Columbia (14.7%); and similar to the national average (14.2%).
- Influenza immunization: 31.3%; similar to British Columbia (34.1%); and similar to the national average (32.4%).

Personal resources

- Life satisfaction, satisfied or very satisfied: 93.1%; similar to British Columbia (92.4%); and similar to the national average (92.9%).
- Sense of belonging to local community, somewhat strong or very strong: 74.2%; similar to British Columbia (71.6%); and higher than the national average (68.4%).

Notes

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

1. Use with caution: data with a coefficient of variation (CV) from 15.1% to 35.0%.

Census metropolitan area of Vancouver, British Columbia

In 2015-2016, residents aged 12 and over of the Vancouver, British Columbia census metropolitan area (CMA), reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appear below. The data are also compared to the data for British Columbia and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ($p < 0.05$). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

Well-Being

- Perceived health, very good or excellent: 59.8%; similar to British Columbia (59.8%); and similar to the national average (61.5%).
- Perceived mental health, very good or excellent: 69.0%; similar to British Columbia (69.3%); and lower than the national average (71.6%).
- Perceived life stress, quite a bit or extremely stressful: 20.1%; similar to British Columbia (19.7%); and similar to the national average (21.5%).

Health conditions

- Body mass index, adjusted self-reported, adult (18 years and over), overweight: 35.0%; similar to British Columbia (35.5%); and similar to the national average (35.8%).
- Body mass index, adjusted self-reported, adult (18 years and over), obese: 17.1%; lower than British Columbia (21.3%); and lower than the national average (26.3%).

Health behaviours

- Fruit and vegetable consumption, 5 times or more per day: 29.6%; similar to British Columbia (30.8%); and similar to the national average (30.8%).
- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 65.0%; similar to British Columbia (65.7%); and higher than the national average (57.7%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 61.6%; similar to British Columbia (67.0%); and similar to the national average (59.8%).
- Heavy drinking: 15.5%; similar to British Columbia (17.0%); and lower than the national average (19.1%).
- Current smoker, daily or occasional: 12.4%; lower than British Columbia (14.1%); and lower than the national average (17.4%).

Health system

- Has a regular healthcare provider: 82.6%; similar to British Columbia (83.4%); and similar to the national average (83.6%).
- Contact with a medical doctor: 76.7%; similar to British Columbia (76.6%); and higher than the national average (73.4%).
- Overall quality of the last consultation with a health professional, very good or excellent: 72.6%; lower than British Columbia (75.0%); and lower than the national average (77.6%).
- Consultation with a health professional about emotional or mental health: 13.6%; similar to British Columbia (14.7%); and similar to the national average (14.2%).
- Influenza immunization: 34.5%; similar to British Columbia (34.1%); and higher than the national average (32.4%).

Personal resources

- Life satisfaction, satisfied or very satisfied: 92.3%; similar to British Columbia (92.4%); and similar to the national average (92.9%).
- Sense of belonging to local community, somewhat strong or very strong: 69.8%; similar to British Columbia (71.6%); and similar to the national average (68.4%).

Note

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

Census metropolitan area of Victoria, British Columbia

In 2015-2016, residents aged 12 and over of the Victoria, British Columbia census metropolitan area (CMA), reported information related to their health in the Canadian Community Health Survey. A selection of health indicators that provide data for this CMA appear below. The data are also compared to the data for British Columbia and for Canada (i.e. the national average).

Comparisons indicate if the difference between estimates is statistically significant ($p < 0.05$). “Higher” means the difference observed is significantly higher, “lower” means the difference is significantly lower and “similar” means the difference is not statistically significant.

Well-Being

- Perceived health, very good or excellent: 61.6%; similar to British Columbia (59.8%); and similar to the national average (61.5%).
- Perceived mental health, very good or excellent: 73.7%; higher than British Columbia (69.3%); and similar to the national average (71.6%).
- Perceived life stress, quite a bit or extremely stressful: 17.5%; similar to British Columbia (19.7%); and lower than the national average (21.5%).

Health conditions

- Body mass index, adjusted self-reported, adult (18 years and over), overweight: 38.0%; similar to British Columbia (35.5%); and similar to the national average (35.8%).
- Body mass index, adjusted self-reported, adult (18 years and over), obese: 20.5%; similar to British Columbia (21.3%); and lower than the national average (26.3%).

Health behaviours

- Fruit and vegetable consumption, 5 times or more per day: 36.9%; higher than British Columbia (30.8%); and higher than the national average (30.8%).
- Self-reported physical activity, 150 minutes per week, adult (18 years and over): 67.4%; similar to British Columbia (65.7%); and higher than the national average (57.7%).
- Self-reported physical activity, average 60 minutes per day, youth (12 to 17 years old): 81.1%; higher than British Columbia (67.0%); and higher than the national average (59.8%).
- Heavy drinking: 17.6%; similar to British Columbia (17.0%); and similar to the national average (19.1%).
- Current smoker, daily or occasional: 14.5%; similar to British Columbia (14.1%); and similar to the national average (17.4%).

Health system

- Has a regular healthcare provider: 81.5%; similar to British Columbia (83.4%); and similar to the national average (83.6%).
- Contact with a medical doctor: 78.6%; similar to British Columbia (76.6%); and higher than the national average (73.4%).
- Overall quality of the last consultation with a health professional, very good or excellent: 80.4%; higher than British Columbia (75.0%); and similar to the national average (77.6%).
- Consultation with a health professional about emotional or mental health: 16.8%; similar to British Columbia (14.7%); and similar to the national average (14.2%).
- Influenza immunization: 37.5%; similar to British Columbia (34.1%); and higher than the national average (32.4%).

Personal resources

- Life satisfaction, satisfied or very satisfied: 94.3%; higher than British Columbia (92.4%); and similar to the national average (92.9%).
- Sense of belonging to local community, somewhat strong or very strong: 71.4%; similar to British Columbia (71.6%); and similar to the national average (68.4%).

Note

CMA: Area consisting of one or more adjacent municipalities situated around a major urban core. A census metropolitan area must have a total population of at least 100,000 of which 50,000 or more must live in the core.

For more information on the Canadian Community Health Survey, please contact Statistics Canada's Statistical Information Service (toll-free 1-800-263-1136; 613-951-8116; [STATCAN.infostats-infostats. STATCAN@canada.ca](mailto:STATCAN.infostats-infostats@STATCAN@canada.ca)).