

# CHRONIC DISEASE AND INJURY INDICATOR FRAMEWORK

## QUICK STATS, 2016 EDITION

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INDICATOR GROUP	INDICATOR MEASURE(S)	LATEST DATA <sup>a</sup>	DATA SOURCE (YEAR)
<b>SOCIAL AND ENVIRONMENTAL DETERMINANTS</b>			
Education	% of population with less than a high school education, population aged 20+ years	12.8%	CCHS (2014)
Income	% of population living below low-income cut-offs, after tax, total population	9.7%	CIS (2013)
Employment	Average annual unemployment rate (% of labour force that was unemployed during reference period), population aged 15+ years	6.8%	LFS (2015)
<b>EARLY LIFE/CHILDHOOD RISK AND PROTECTIVE FACTORS</b>			
Breastfeeding	% of women who reported exclusive breastfeeding of their child for at least the first 6 months of life, women aged 15+ years	26.2%	CCHS (2011–2012)
Birth weight	% of live births with a low birth weight	6.1%	CVS (2011)
Exposure to second-hand smoke	% of households with children aged less than 12 years regularly exposed to environmental tobacco smoke at home	3.1%	CTADS (2013)
Family violence	% of population that experienced any of three types of child abuse [physical abuse, sexual abuse or exposure to intimate partner violence] before the age of 16	32.3%	CCHS-MH (2012)
<b>BEHAVIOURAL RISK AND PROTECTIVE FACTORS</b>			
Physical activity	% of children and youth accumulating at least 60 minutes of moderate-to-vigorous physical activity per day, population aged 5–17 years	9.3%	CHMS (2012–2013)
	% of adults who met physical activity guidelines by accumulating at least 150 minutes of moderate-to-vigorous physical activity each week, in bouts of 10 minutes or more, population aged 18+ years	22.2%	CHMS (2012–2013)
Sedentary behaviour	% children and youth who reported spending more than 2 hours per day watching television or using computers during leisure-time, population aged 5–17 years	48.2% <sup>b</sup>	CHMS (2012–2013)
	Average amount of time per day spent sedentary, excluding sleep time, population aged 5–17 years	8.5 hours	CHMS (2012–2013)
	Average amount of time per day spent sedentary, excluding sleep time, population aged 18+ years	9.8 hours	CHMS (2012–2013)
Healthy eating	% of population that reported consuming fruit and vegetables at least 5 times/day, population aged 12+ years	39.7%	CCHS (2014)
Unhealthy eating	% of children and youth who reported drinking sugar-sweetened beverages daily, population aged 5–17 years	17.2%	CHMS (2012–2013)
Adequate sleep	% of children and youth who reported obtaining adequate daily sleep (10–13 hours for those aged 5 years, 9–11 hours for ages 6–13 years and 8–10 hours for ages 14–17 years), population aged 5–17 years	74.6%	CHMS (2012–2013)
Chronic stress and coping	% of population that reported a high level of coping, population aged 18+ years	56.9%	CCHS-MH (2012)
	% of population that reported life to be “quite a bit” or “extremely” stressful most days in the last 12 months, population aged 12+ years	22.4%	CCHS (2014)
Alcohol use	% of population that exceeds low risk alcohol drinking guidelines for chronic drinking, population aged 15+ years	15.7%	CTADS (2013)
Smoking	% of population that reported being current smokers (daily or occasional), population aged 15+ years	14.6%	CTADS (2013)
	% of population that reported being current smokers (daily), population aged 15+ years	10.9%	CTADS (2013)
<b>RISK CONDITIONS</b>			
Obesity	% of population that is obese (measured), children and youth aged 5–17 years	12.5%	CHMS (2012–2013)
	% of population that is obese (measured), population aged 18+ years	26.4%	CHMS (2012–2013)
Elevated blood glucose	% of population that has elevated <sup>c</sup> blood glucose (measured), population aged 20+ years	4.1%	CHMS (2012–2013)
Elevated blood cholesterol	% of population that has elevated <sup>c</sup> blood cholesterol [TC:HDL-C ratio] (measured), population aged 20+ years	16.8%	CHMS (2012–2013)
Hypertension	Prevalence of hypertension, population aged 20+ years	24.9%	CCDSS (2011/12) <sup>d</sup>
<b>DISEASE PREVENTION PRACTICES</b>			
Contact with health care professional	% of population that reported consulting a family physician or general practitioner at least once in the past 12 months, population aged 12+ years	75.6%	CCHS (2014)
	% of population that reported consulting a dentist, dental hygienist or orthodontist at least once in the past 12 months, population aged 12+ years	66.9%	CCHS (2014)
Disease screening	% of women who reported having a mammogram at least once in the past 5 years, population aged 50–74 years	83.5%	CCHS (2012)
	% of women who reported having at least 1 Pap smear test in the past 3 years, population aged 25–69 years	79.7%	CCHS (2012)
	% of population that reported having at least 1 fecal occult blood test, colonoscopy and/or sigmoidoscopy in the recommended time period, population aged 50–74 years	51.1%	CCHS (2012)
Vaccination (influenza)	% of population living with a chronic health condition that reported having a seasonal flu shot in the past 12 months, population aged 12+ years	50.4%	CCHS (2014)
<b>HEALTH OUTCOMES/STATUS</b>			
General health	% of population that rates their health as “very good” or “excellent”, population aged 12+ years	59.1%	CCHS (2014)
	% of population that rates their mental health as “very good” or “excellent”, population aged 12+ years	71.2%	CCHS (2014)
	Life expectancy at birth	83.0 years	CCDSS (2009/10–2011/12)
	Life expectancy at 65 years	21.5 years	CCDSS (2009/10–2011/12)
	Health-adjusted life expectancy at birth	72.6 years	CCDSS (2008/09–2010/11)
	Health-adjusted life expectancy at 65 years of age	16.4 years	CCDSS (2008/09–2010/11)

INDICATOR GROUP	INDICATOR MEASURE(S)	LATEST DATA <sup>a</sup>	DATA SOURCE (YEAR)
Morbidity – Prevalence	% of population with at least one of 10 main chronic diseases <sup>e</sup> , population aged 20+ years	38.4%	CCHS (2014)
	% of population with at least 1 major <sup>f</sup> chronic disease (cancer, diabetes, cardiovascular diseases, chronic respiratory diseases), population aged 20+ years	21.4%	CCHS (2014)
	Prevalence of diabetes, children and youth aged 1–19 years	0.3%	CCDSS (2011/12)
	Prevalence of diabetes, population aged 20+ years	9.8%	CCDSS (2011/12)
	Prevalence of cardiovascular disease (self-reported), population aged 20+ years	6.2%	CCHS (2014)
	Prevalence of stroke, population aged 20+ years	2.7%	CCDSS (2011/12)
	Prevalence of heart failure, population aged 40+ years	3.6%	CCDSS (2011/12)
	Prevalence of ischemic heart disease, population aged 20+ years	8.4%	CCDSS (2011/12)
	Prevalence of asthma, children and youth aged 1–19 years	15.3%	CCDSS (2011/12)
	Prevalence of asthma, population aged 20+ years	9.5%	CCDSS (2011/12)
	Prevalence of chronic obstructive pulmonary disease, population aged 35+ years	9.6%	CCDSS (2011/12)
	Prevalence of arthritis, population aged 20+ years	17.9%	CCHS (2014)
	Prevalence of lifetime mental illness and substance use disorders, population aged 15+ years	33.3%	CCHS-MH (2012)
	Annual prevalence of the use of health services for mental disorders, children and youth aged 1–19 years	8.7%	CCDSS (2011/12)
	Annual prevalence of the use of health services for mental disorders, population aged 20+ years	16.3%	CCDSS (2011/12)
	Prevalence of mood and/or anxiety disorders, children and youth aged 12–19 years	9.3%	CCHS (2014)
	Prevalence of mood and/or anxiety disorders, population aged 20+ years	12.0%	CCHS (2014)
	Prevalence of diagnosed osteoporosis, population aged 40+ years	11.6%	CCDSS (2011/12)
% of the population that has been diagnosed with cancer in the previous 10 years	2.4%	CCR (1999–2008)	
Morbidity – Incidence	Incidence rate of diabetes, children and youth aged 1–19 years	41.0 per 100 000	CCDSS (2011/12)
	Incidence rate of diabetes, population aged 20+ years	790.5 per 100 000	CCDSS (2011/12)
	Incidence rate of asthma, children and youth aged 1–19 years	1079.7 per 100 000	CCDSS (2011/12)
	Incidence rate of asthma, population aged 20+ years	353.2 per 100 000	CCDSS (2011/12)
	Incidence rate of chronic obstructive pulmonary disease, population aged 35+ years	885.2 per 100 000	CCDSS (2011/12)
	Incidence rate of heart failure, population aged 40+ years	522.6 per 100 000	CCDSS (2011/12)
	Incidence rate of ischemic heart disease, population aged 20+ years	631.0 per 100 000	CCDSS (2011/12)
	Incidence rate of acute myocardial infarction, population aged 20+ years	220.0 per 100 000	CCDSS (2011/12)
	Annual hip fracture rates, population aged 40+ years	149.7 per 100 000	CCDSS (2011/12)
	Incidence rate of all cancers, all male population	438.0 per 100 000 <sup>g</sup>	CCR (2010)
	Incidence rate of all cancers, all female population	368.0 per 100 000 <sup>g</sup>	CCR (2010)
	Incidence rate of all unintentional injuries, total population	607.3 per 100 000	HMDB (2010–2011)
	Incidence rate of all injuries due to intentional self-harm, total population	47.4 per 100 000	HMDB (2010–2011)
	Incidence rate of all injuries due to assault, total population	24.1 per 100 000	HMDB (2010–2011)
Multimorbidity	% of population with multiple chronic diseases <sup>e</sup> (2+ of 10 chronic diseases), population aged 20+ years	14.8%	CCHS (2014)
Disability	% of population that reported being limited in their activities “sometimes” or “often” due to disease/illness, population aged 12+ years	32.7%	CCHS (2014)
Mortality	Mortality rate due to a major chronic disease (cardiovascular diseases, all cancers, chronic respiratory diseases, diabetes), total population	469.9 per 100 000	CVS (2012)
	Mortality rate due to cardiovascular diseases, total population	191.9 per 100 000	CVS (2012)
	Mortality rate due to cancer, total population	213.2 per 100 000	CVS (2012)
	Mortality rate due to chronic respiratory diseases, total population	44.8 per 100 000	CVS (2012)
	Mortality rate due to all unintentional injuries, total population	32.4 per 100 000	CVS (2012)
	Mortality rate due to homicides, total population	1.4 per 100 000	CVS (2012)
	Mortality rate due to suicide, total population	11.3 per 100 000	CVS (2012)
	Mortality rate due to diabetes, total population	20.0 per 100 000	CVS (2012)
Premature mortality	Probability of dying (%) between ages 30 and 69 years from major chronic diseases (CVD, cancer, chronic respiratory disease, diabetes)	10.7%	CVS (2012)
	Probability of dying (%) between ages 30 and 69 years from cardiovascular disease	3.2%	CVS (2012)
	Probability of dying (%) between ages 30 and 69 years from cancer	6.8%	CVS (2012)
	Probability of dying (%) between ages 30 and 69 years from chronic respiratory diseases	0.7%	CVS (2012)
	Probability of dying (%) between ages 30 and 69 years from diabetes	0.5%	CVS (2012)

**Abbreviations:** CCDSS, Canadian Chronic Disease Surveillance System; CCHS, Canadian Community Health Survey; CCR, Canadian Cancer Registry; CHMS, Canadian Health Measures Survey; CIS, Canadian Income Survey; CTADS, Canadian Tobacco, Alcohol and Drugs Survey; CVD, cardiovascular disease; CVS, Canadian Vital Statistics; HDL-C, high-density lipoprotein cholesterol; HMDB, Hospital Morbidity Database; LFS, Labour Force Survey; MH, Mental Health; TC, total cholesterol.

<sup>a</sup> All pan-Canadian rates in this table are crude unless otherwise stated.

<sup>b</sup> The estimates for sedentary behaviour differ from those presented in the 2015 CDiIF due to an adjustment made to account for a change in variable formatting during the survey's data collection.

<sup>c</sup> This indicator captures people found to have elevated levels of the condition when assessed at a single clinical visit regardless of diagnosis status (i.e. those previously diagnosed and well controlled are not captured).

<sup>d</sup> CHMS data exist for this indicator presenting pan-Canadian rates according to diagnosis and control status of hypertension.

<sup>e</sup> The ten chronic diseases included are heart disease, stroke, cancer, asthma, chronic obstructive pulmonary disease, diabetes, arthritis, Alzheimer's or other dementia, mood disorder (depression), and anxiety.

<sup>f</sup> The four main groups of chronic diseases include cancer, diabetes, cardiovascular disease (heart disease and/or stroke), chronic respiratory diseases (asthma and/or chronic obstructive pulmonary disease).

<sup>g</sup> Rates are age-standardized to the 1991 Canadian population.

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**Visit the Chronic Disease and Injury Indicator Framework's online tool to view additional data breakdowns:** <http://infobase.phac-aspc.gc.ca/cdiif>