

CHRONIC DISEASE AND INJURY INDICATOR FRAMEWORK

QUICK STATS, 2015 EDITION

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INDICATOR GROUP	INDICATOR MEASURE(S)	LATEST DATA ^a	DATA SOURCE (YEAR)
SOCIAL AND ENVIRONMENTAL DETERMINANTS			
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)
EARLY LIFE/CHILDHOOD RISK AND PROTECTIVE FACTORS			
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 (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 (NEW)	32.3%	CCHS-MH (2012)
BEHAVIOURAL RISK AND PROTECTIVE FACTORS			
Physical activity	% of children and youth who met physical activity guidelines by accumulating at least 60 minutes of moderate-to-vigorous physical activity per day, population aged 5–17 years (NEW)	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 (NEW)	22.2%	CHMS (2012–2013)
Sedentary behaviour	% children and youth who reported exceeding sedentary behaviour guidelines by spending more than 2 hours per day watching television or using computers during leisure-time, population aged 5–17 years	72.7%	CHMS (2012–2013)
	Average amount of time per day spent sedentary, excluding sleep time, population aged 5–17 years (NEW)	8.5 hours	CHMS (2012–2013)
	Average amount of time per day spent sedentary, excluding sleep time, population aged 18+ years (NEW)	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 (NEW)	74.6%	CHMS (2012–2013)
Chronic stress and coping	% of population that reported a high level of coping, population aged 18+ years (NEW)	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 reports being current smokers (daily), population aged 15+ years	10.9%	CTADS 2013
RISK CONDITIONS			
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 ^b blood glucose (measured), population aged 20+ years	4.1%	CHMS (2012–2013)
Elevated blood cholesterol	% of population that has elevated ^b blood cholesterol [TC:HDL-C ratio] (measured), population aged 20+ years	16.8%	CHMS (2012–2013)
Elevated blood pressure	Prevalence of hypertension, population aged 20+ years (NEW)	24.2%	CHMS (2012–2013)
DISEASE PREVENTION PRACTICES (SECONDARY PREVENTION)			
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)
HEALTH OUTCOMES/STATUS			
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)
Morbidity – Prevalence	% of population with at least one of 10 main chronic diseases ^c , population aged 20+ years (NEW)	38.4%	CCHS (2014)
	% of population with at least 1 major ^d chronic disease (cancer, diabetes, cardiovascular disease, 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) ^e
	Prevalence of diabetes, population aged 20+ years	10.0%	CCDSS (2011/12) ^e

INDICATOR GROUP	INDICATOR MEASURE(S)	LATEST DATA ^a	DATA SOURCE (YEAR)
	Prevalence of cardiovascular disease, population aged 20+ years	6.2%	CCHS (2014)
	Prevalence of stroke, population aged 20+ years	1.2%	CCHS (2014)
	Prevalence of heart failure, population aged 40+ years	3.6%	CCDSS (2011/12)
	Prevalence of ischemic heart disease, population aged 20+ years	8.6%	CCDSS (2011/12)
	Prevalence of asthma, children and youth aged 1–19 years	15.7%	CCDSS (2011/12) ^e
	Prevalence of asthma, population aged 20+ years	9.5%	CCDSS (2011/12) ^e
	Prevalence of chronic obstructive pulmonary disease, population aged 35+ years	9.7%	CCDSS (2011/12) ^e
	Prevalence of arthritis, population aged 20+ years	17.9%	CCHS (2014)
	Prevalence of lifetime mental illness and substance use disorders, population aged 15+ years (NEW)	33.3%	CCHS-MH (2012)
	Prevalence of the use of health services for mental disorders, children and youth aged 1–19 years	8.9%	CCDSS (2011/12)
	Prevalence of the use of health services for mental disorders, population aged 20+ years	16.3%	CCDSS (2011/12)
	Prevalence of mood disorders and/or anxiety, children and youth aged 12–19 years	9.3%	CCHS (2014)
	Prevalence of mood disorders and/or anxiety, population aged 20+ years	12.0%	CCHS (2014)
	Prevalence of diagnosed osteoporosis, population age 40+ years	11.4%	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	795.6 per 100 000	CCDSS (2011/12)
	Incidence rate of asthma, children and youth aged 1–19 years	1090 per 100 000	CCDSS (2011/12)
	Incidence rate of asthma, population aged 20+ years	347.1 per 100 000	CCDSS (2011/12)
	Incidence rate of chronic obstructive pulmonary disease, population aged 35+ years	878.3 per 100 000	CCDSS (2011/12)
	Incidence rate of heart failure, population aged 40+ years	523 per 100 000	CCDSS (2011/12)
	Incidence rate of ischemic heart disease, population aged 20+ years	630.6 per 100 000	CCDSS (2011/12)
	Incidence rate of acute myocardial infarction, population aged 20+ years	225.5 per 100 000	CCDSS (2011/12)
	Annual hip fracture rates, population aged 40+ years	151.5 per 100 000	CCDSS (2011/12)
	Incidence rate of all cancers, all male population	438 per 100 000 ^f	CCR (2010)
	Incidence rate of all cancers, all female population	368 per 100 000 ^f	CCR (2010)
	Incidence rate of all unintentional injuries, total population	512.3 per 100 000	HMDB (2010–2011)
	Incidence rate of all injuries due to intentional self-harm, total population	47.3 per 100 000	HMDB (2010–2011)
	Incidence rate of all injuries due to assault, total population	26.0 per 100 000	HMDB (2010–2011)
Multimorbidity	% of population with multiple chronic diseases ^c (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 disease), total population	454.3 per 100 000	CVS (2010)
	Mortality rate due to cardiovascular diseases, total population	199.1 per 100 000	CVS (2010)
	Mortality rate due to cancer, total population	211.4 per 100 000	CVS (2010)
	Mortality rate due to chronic respiratory diseases, total population	43.8 per 100 000	CVS (2010)
	Mortality rate due to all unintentional injuries, total population	32.0 per 100 000	CVS (2010)
	Mortality rate due to homicides, total population	1.5 per 100 000	CVS (2010)
	Mortality rate due to suicide, total population	11.6 per 100 000	CVS (2010)
	All-cause mortality rate ratios among people with and without diabetes, population aged 20+ years	2.0 rate ratio ^f	CCDSS (2011/12)
Premature mortality	Potential years of life lost due to cancer	1480.6 per 100 000	CVS (2010)
	Potential years of life lost due to cardiovascular diseases	733.1 per 100 000	CVS (2010)
	Potential years of life lost due to chronic respiratory diseases	118.8 per 100 000	CVS (2010)
	Potential years of life lost due to suicide	314.8 per 100 000	CVS (2010)
	Probability of dying (%) between ages 30 and 69 years from major chronic diseases (CVD, cancer, chronic respiratory disease, diabetes)	11.0%	CVS (2010)
	Probability of dying (%) between ages 30 and 69 years from cardiovascular disease	3.4%	CVS (2010)
	Probability of dying (%) between ages 30 and 69 years from cancer	6.9%	CVS (2010)
	Probability of dying (%) between ages 30 and 69 years from chronic respiratory diseases	0.7%	CVS (2010)
	Probability of dying (%) between ages 30 and 69 years from diabetes	0.5%	CVS (2010)

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; CVS, Canadian Vitals Statistics; LFS, Labour Force Survey; HDL-C, high-density lipoprotein cholesterol; HMDB, Hospital Morbidity Database; MH, Mental Health; TC, total cholesterol.

Notes: Rates from CCDSS data do not include Alberta. Rates from CVS data do not include Quebec.

^aAll rates are crude unless otherwise stated.

^bThis 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).

^cThe 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.

^dThe 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).

^eCCHS 2014 data exist for this indicator and are available for use when disaggregating by demographic and social markers.

^fRates are age-standardized to the 1991 Canadian population.

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