

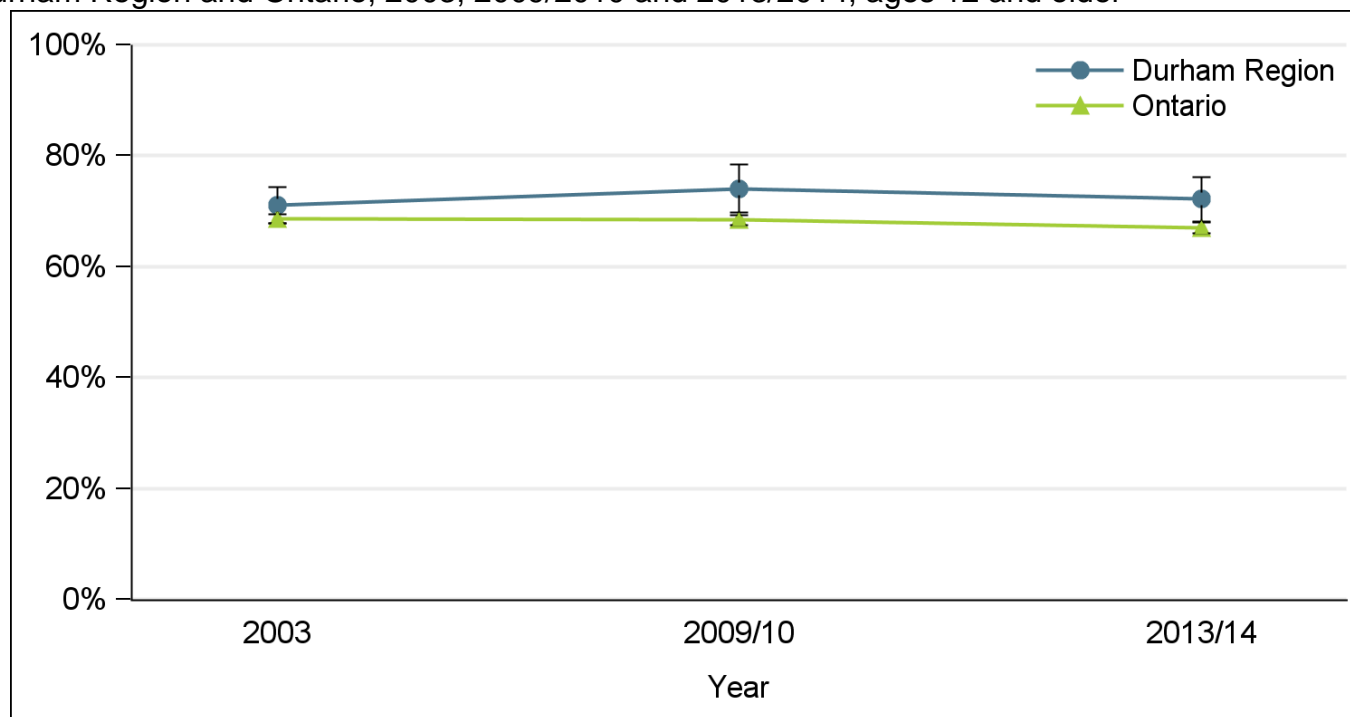
March 2017

Highlights

- In 2013/2014, 72 per cent of Durham Region residents aged 12 and older reported they drove a motor vehicle or motorcycle when feeling tired in the past year. Rates for both Durham Region and Ontario have remained the same since 2003.
- Among the 36 Ontario public health units, the proportion of respondents who reported driving a when feeling tired ranged from 59 per cent to 75 per cent.
- Those most likely to report driving when feeling tired were those between the age of 25 and 44, males, those in high income and those with a post-secondary degree or diploma.

Trend over time

Figure 1. Proportion who drove a motor vehicle or motorcycle when feeling tired in the past year, Durham Region and Ontario, 2003, 2009/2010 and 2013/2014, ages 12 and older

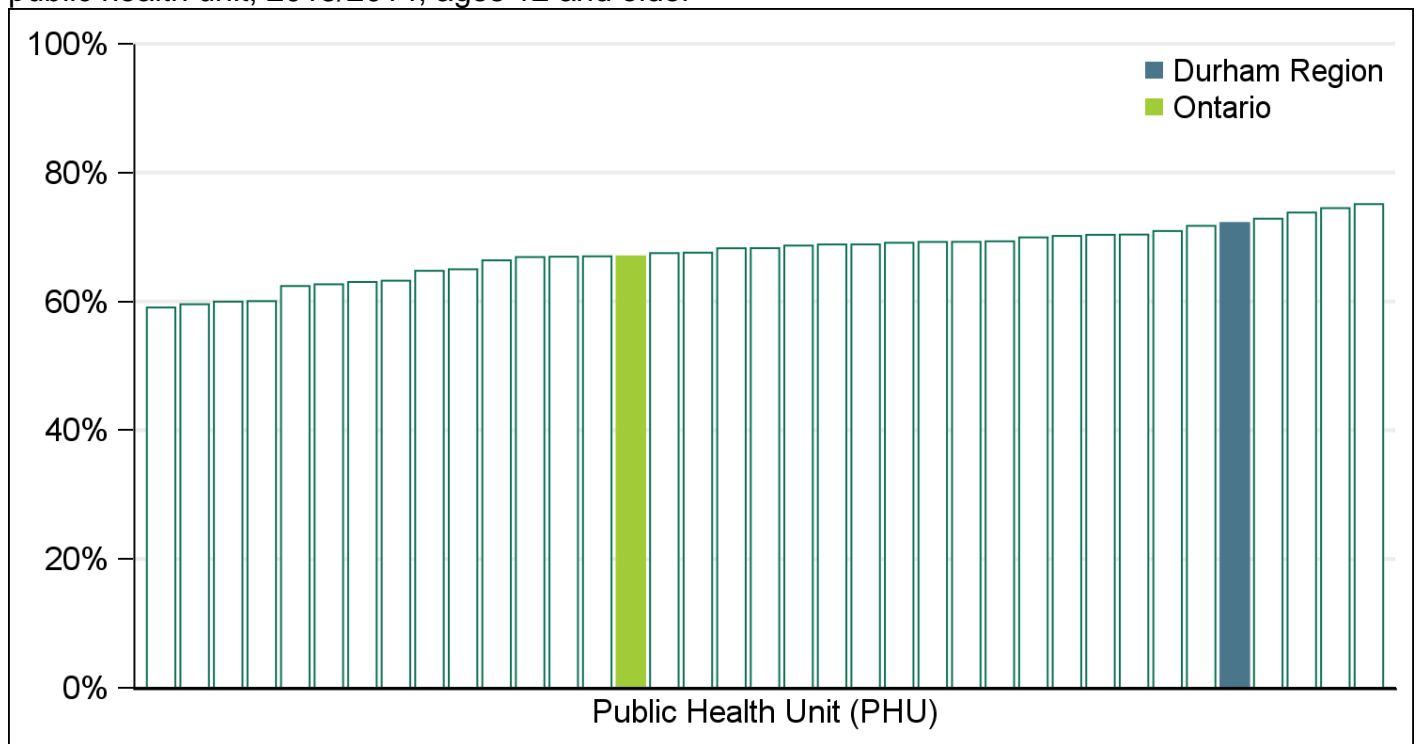


Place of residence	2003	2009/10	2013/14
Durham	71%	74%	72%
95 per cent CI (Durham)	68-74%	70-78%	68-76%
Ontario	69%	68%	67%
95 per cent CI (Ontario)	68-69%	67-69%	66-68%

In 2013/2014, 72 per cent of Durham Region residents aged 12 and older reported they drove a motor vehicle or motorcycle when feeling tired in the past year. This rate is similar to the rate observed for Ontario of 67 per cent. Figure 1 shows that rates for both Durham Region and Ontario have remained the same since 2003.

Provincial Comparison

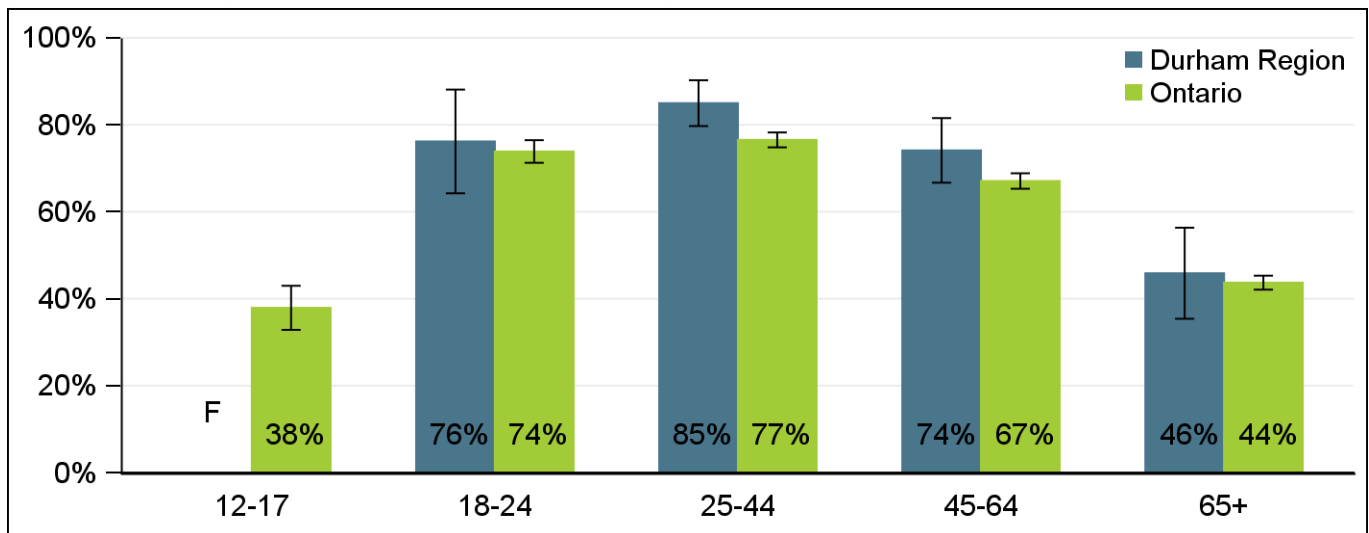
Figure 2. Proportion who drove a motor vehicle or motorcycle when feeling tired in the past year by public health unit, 2013/2014, ages 12 and older



For 2013/2014, the proportion of respondents who reported they drove a motor vehicle or motorcycle when feeling tired in the past 12 months ranged by public health unit from 59 per cent to 75 per cent. The rate for Durham Region was in the upper end of this range at 72 per cent (See Figure 2 above.)

Driving when tired and the determinants of health

Figure 3. Proportion who drove a motor vehicle or motorcycle when feeling tired in the past year by age, Durham Region and Ontario, 2013/2014, ages 12 and older

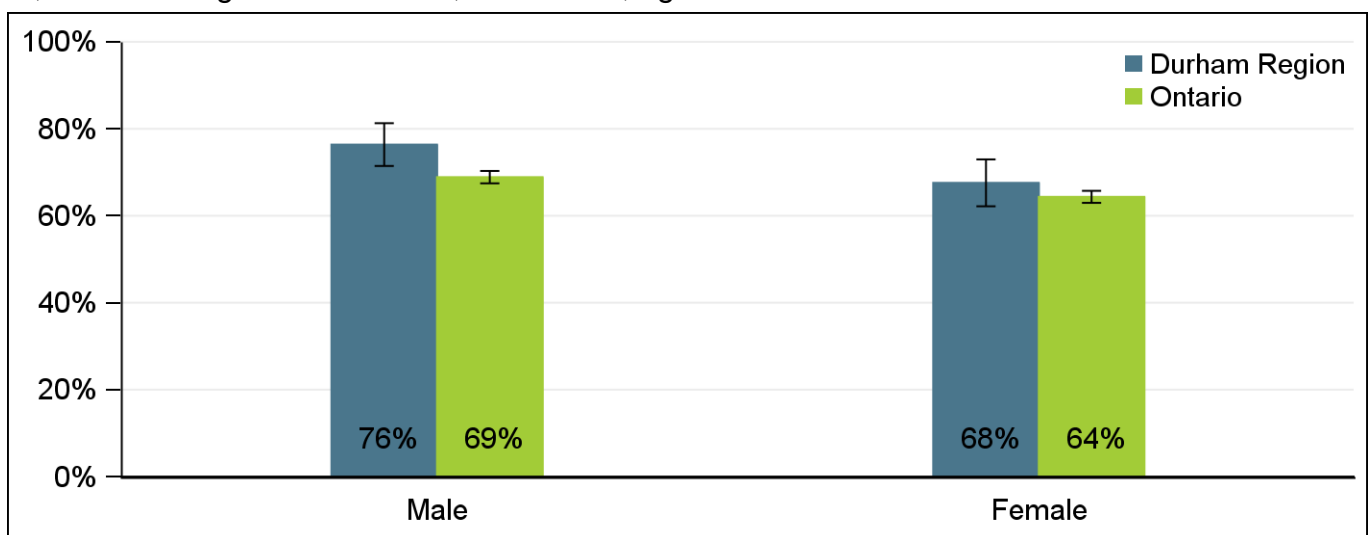


Association between age groups and driving when tired is significant for both Durham Region and Ontario.

F – data suppressed (these data have a coefficient of variation >33.3%)

Figure 3 shows that adults aged 25 to 44 were most likely to report driving when feeling tired in the past year. The proportion reported in Durham Region of 85 per cent was similar to the proportion reported for Ontario of 77 per cent.

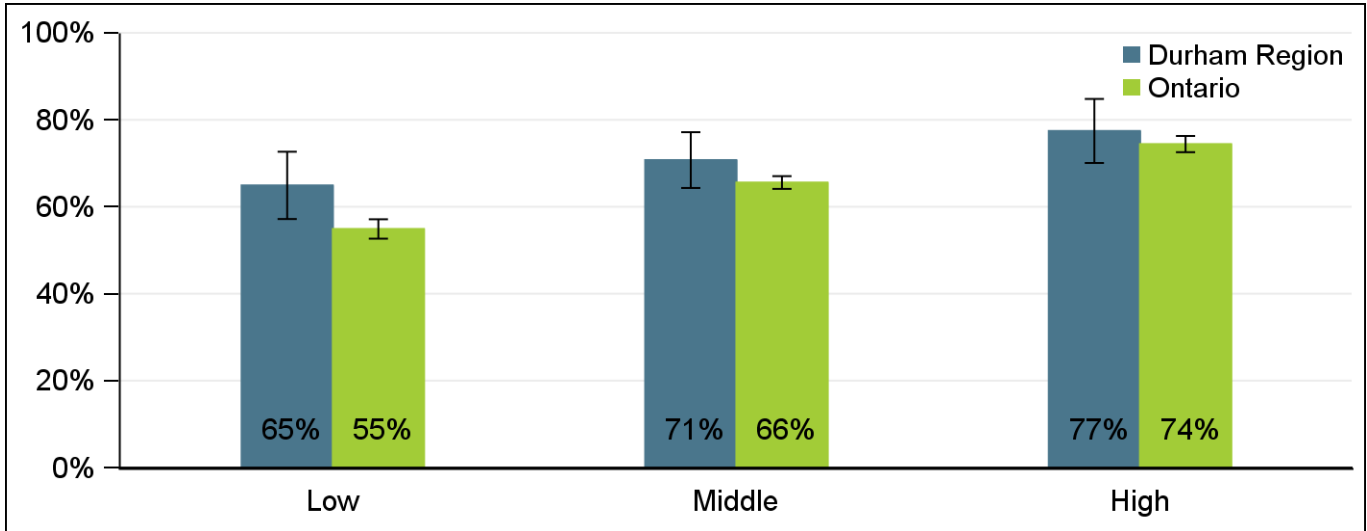
Figure 4. Proportion who drove a motor vehicle or motorcycle when feeling tired in the past year by sex, Durham Region and Ontario, 2013/2014, ages 12 and older



Association between sex and driving when tired is significant for both Durham Region and Ontario.

Figure 4 shows that males were more likely than females to report driving when feeling tired in the past year. In Durham Region, 76 per cent of males and 69 per cent of females reported this behaviour. This was similar to the proportion observed in Ontario at 68 per cent for males and 64 per cent for females.

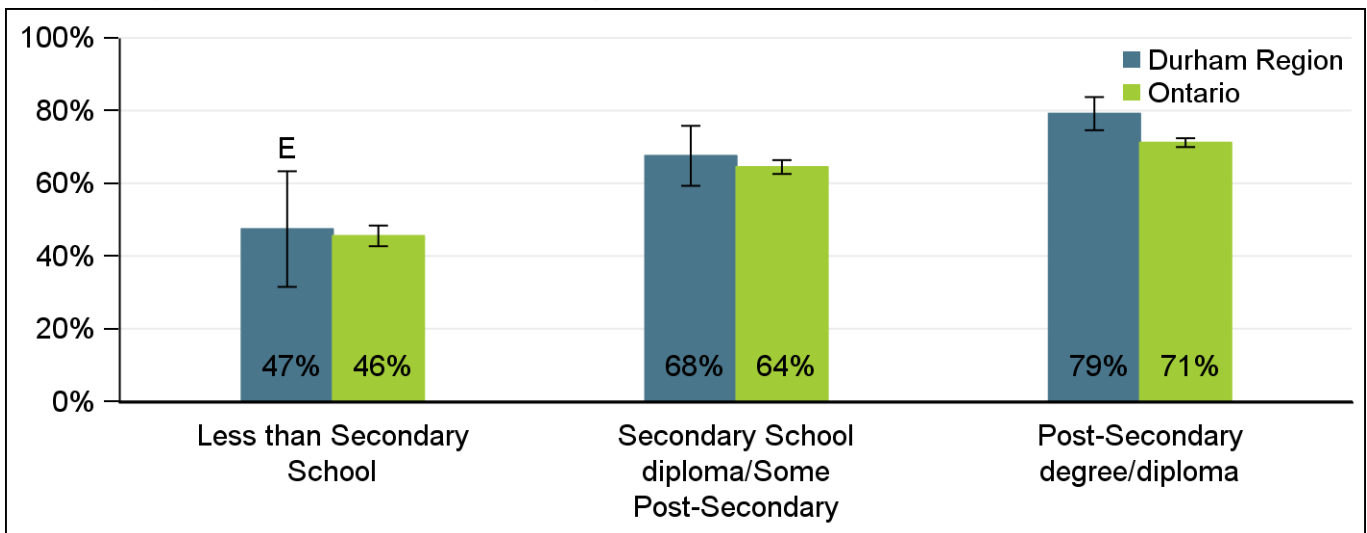
Figure 5. Proportion who drove a motor vehicle or motorcycle when feeling tired in the past year by household income, Durham Region and Ontario, 2013/2014, ages 12 and older



Association between household income group and driving when tired is significant for both Durham Region and Ontario.

In 2013/2014, a positive association was observed between driving when tired and household income group, with those in the highest income category most likely to report this behaviour (see figure 5 above.) The proportion of high income earners who reported driving when feeling tired in the past year in Durham Region, 77 per cent, was similar to the proportion in Ontario at 74 per cent.

Figure 6. Proportion who drove a motor vehicle or motorcycle when feeling tired by education level, Durham Region and Ontario, 2013/2014, ages 12 and older



Association between education level and driving when tired is significant for both Durham Region and Ontario.

E – use with caution (these data have a coefficient of variation between 16.6% and 33.3%).

Figure 6 shows a positive association between driving when tired and education level, with post-secondary degree or diploma holders most likely to report this behaviour. The proportion of post-secondary degree or diploma holder who reported driving when feeling tired in Durham Region, 79 per cent, was higher than the proportion in Ontario at 71 per cent.

Data Notes

Data Source: The **Canadian Community Health Survey (CCHS)** is a cross-sectional survey that collects information related to health status, health care utilization and health determinants for the Canadian population. It surveys a large sample of respondents and is designed to provide reliable estimates at the health region level. Since 2007, data are collected on an ongoing basis with annual releases, rather than every two years as was the case prior to 2007. The CCHS data are collected from persons aged 12 and over living in private dwellings, excluding individuals living on Indian Reserves and on Crown Lands, institutional residents, full-time members of the Canadian Forces, and residents of certain remote regions. Interviews are conducted using computer assisted interviewing, either in person or over the telephone.

Definitions and Survey Questions: Proportion of the population 12 years and older that reported driving a motor vehicle or motorcycle when feeling tired in the past year.

Data Analysis: The CCHS share file obtained from the Ontario Ministry of Health and Long-Term Care was used for analysis. Data were analyzed using SAS version 9.4. Estimates were weighted using the final CCHS sampling weight. Error bars in the graphs represent the 95% confidence interval (CI) around the estimate. The true or actual estimate falls within the range of values 95 out of 100 times. For all analyses, response options of “refusal”, “don't know”, “not stated” and “not applicable” were excluded, unless otherwise stated.

The CCHS 2013/2014 dataset was used for the driving when tired and the determinants of health analysis. Statistical significance was assessed based on a chi-square test with a p-value less than 0.05. A statistically significant difference between groups means that the association is not likely due to chance.

The income categories of low, middle and high were based on a CCHS derived variable which distributed residents according to the adjusted ratio of their total household income to the low income cut-off corresponding to their household and community size. The ten categories in this variable were grouped with “low” income corresponding to the lowest 30 per cent, “middle” including the middle 40 per cent, and “high” corresponding to highest 30 per cent of earners.