

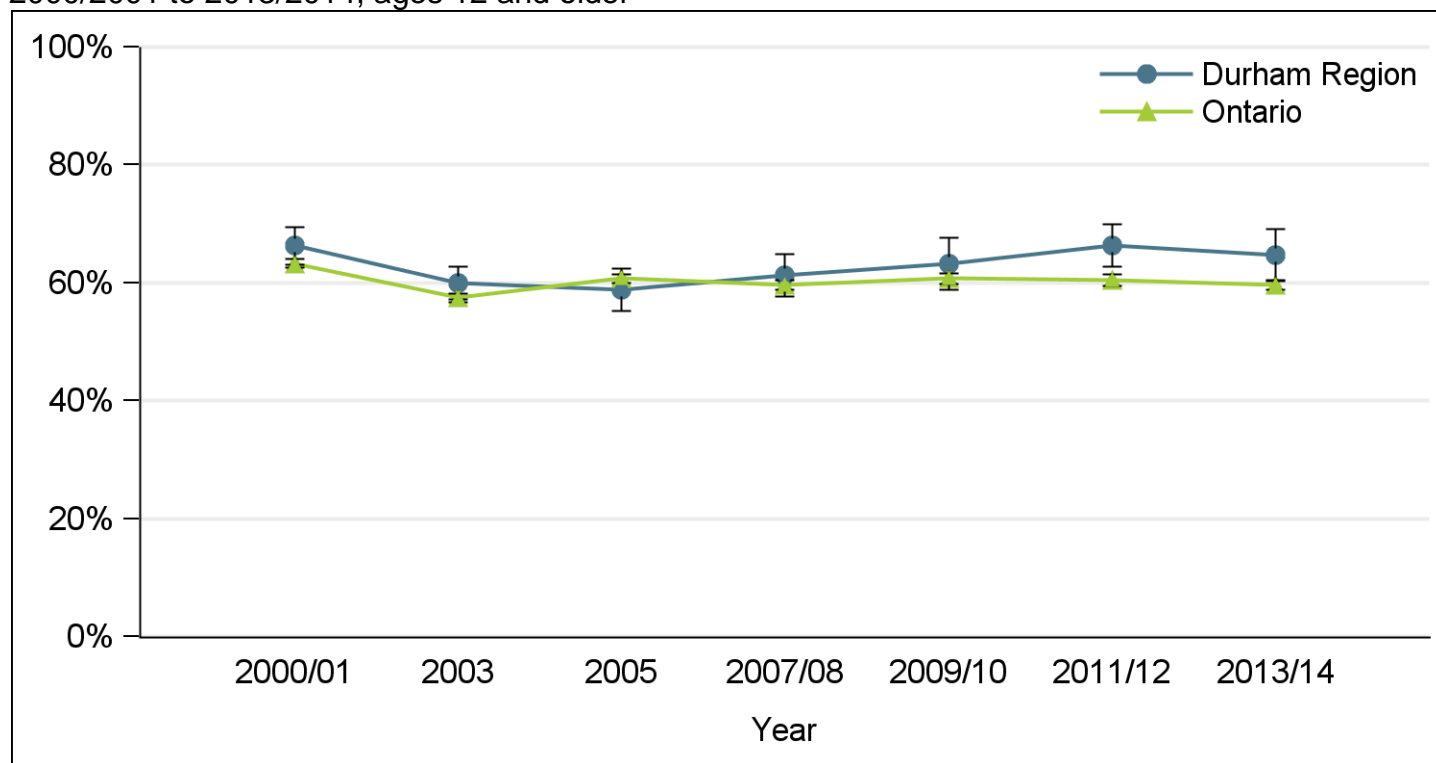
September 2016

Highlights

- In 2013/2014 65% of Durham Region residents 12 and older rated their health as excellent or very good. Rates for both Durham Region and Ontario have remained stable since 2000/2001.
- Among the 36 Ontario public health units, the proportion of respondents who rated their health as excellent or very good ranged from 45% to 66%.
- Those most likely to report excellent or very good health were Upper income earners, and those with a post-secondary education.

Trend Over Time

Figure 1. Proportion who reported excellent or very good health, Durham Region and Ontario, 2000/2001 to 2013/2014, ages 12 and older

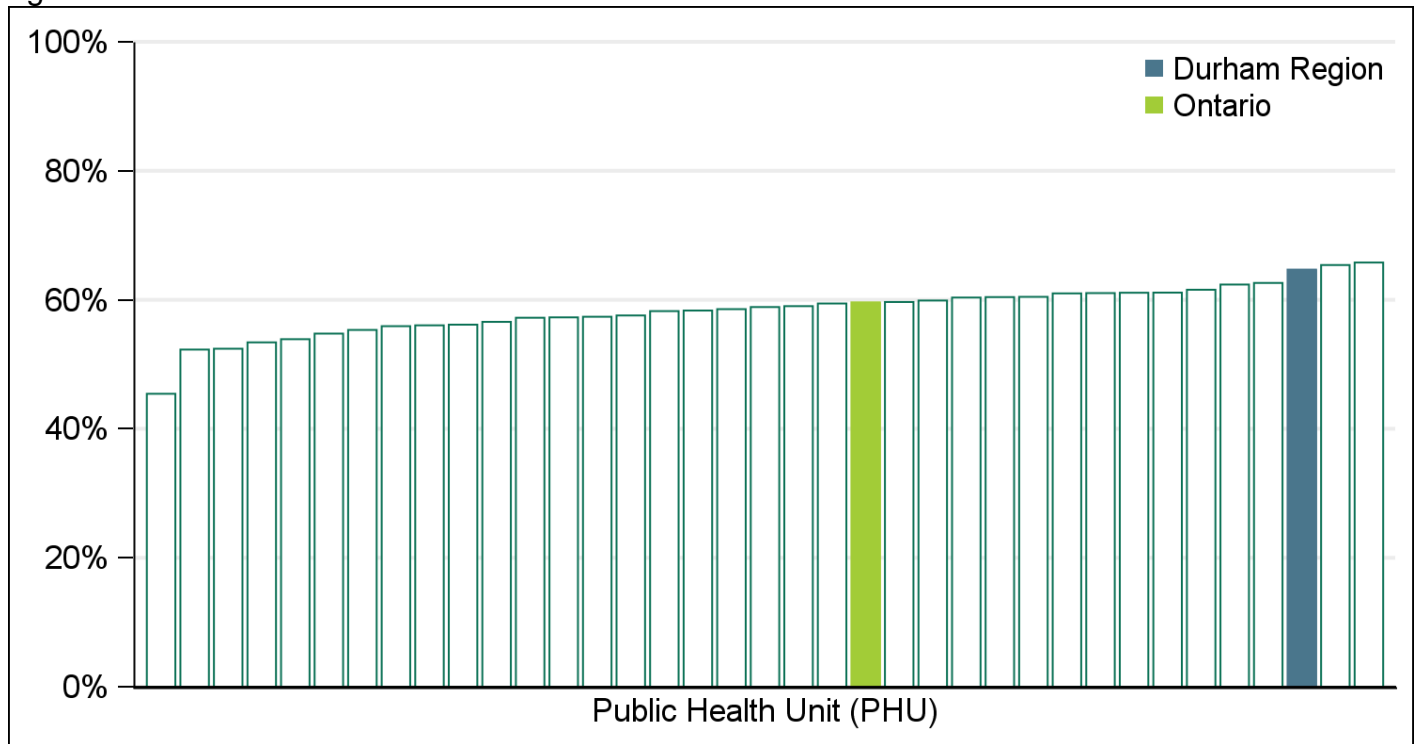


Place of residence	2000/01	2003	2005	2007/08	2009/10	2011/12	2013/14
Durham	66%	60%	59%	61%	63%	66%	65%
95% CI (Durham)	63-70%	57-63%	55-62%	58-65%	59-68%	63-70%	60-69%
Ontario	63%	58%	61%	60%	61%	61%	60%
95% CI (Ontario)	63-64%	57-58%	60-62%	59-60%	60-62%	60-61%	60-61

In 2013/2014, two thirds of Durham Region residents aged 12 and older reported their health as very good or excellent. This rate is higher than the rate observed for Ontario of 60%. Figure 1 shows that rates for both Durham Region and Ontario have remained stable since 2000/2001.

Provincial Comparison

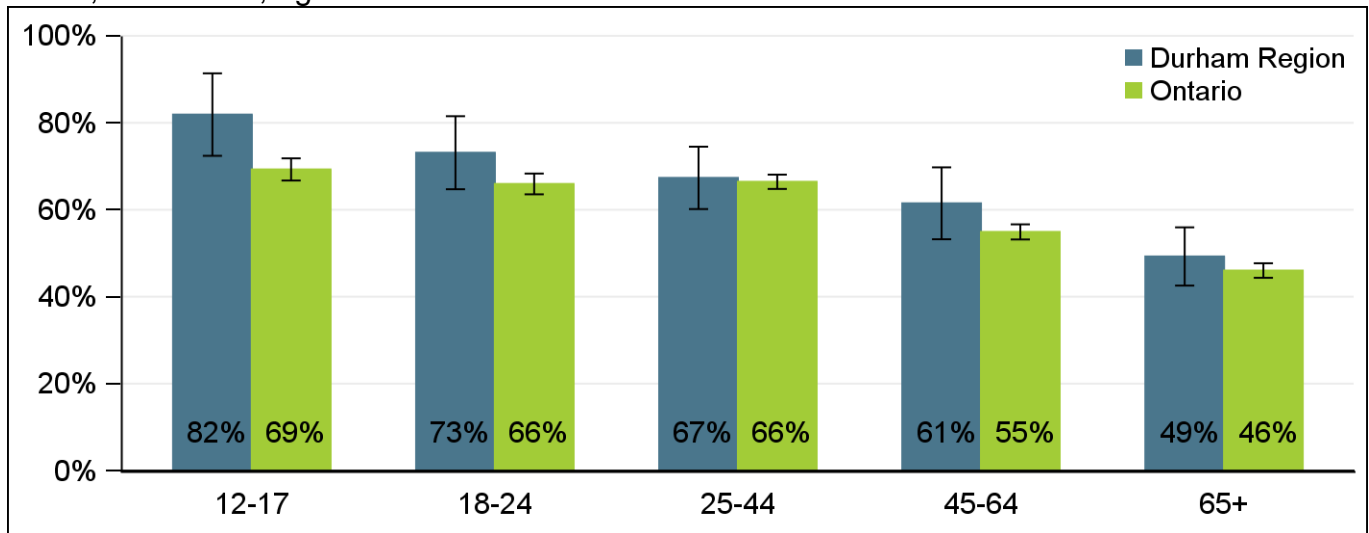
Figure 2. Proportion who reported excellent or very good health, by public health unit, 2013/2014, ages 12 and older



For 2013/2014, the proportion of respondents who reported their health as very good or excellent ranged by public health unit from 48% to 66%. The rate for Durham Region was in the upper end of this range at 65% (See Figure 2 above).

Self-perceived Health and the Determinants of Health

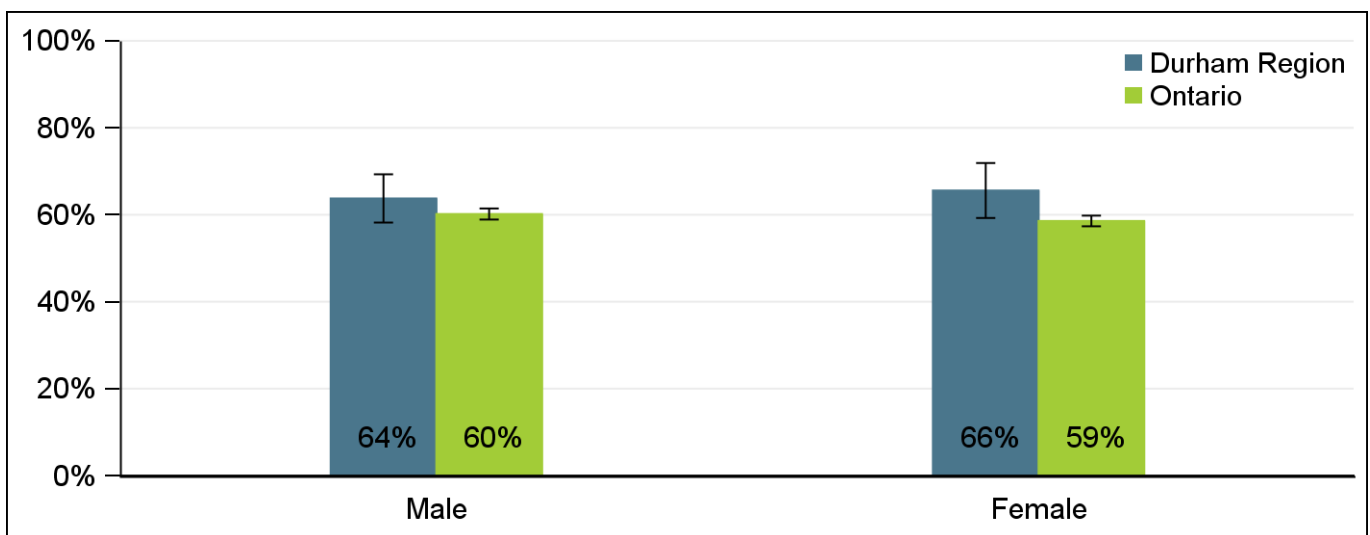
Figure 3. Proportion who reported excellent or very good health by age, Durham Region and Ontario, 2013/2014, ages 12 and older



Association between age groups and self-perceived health of very good or excellent is significant for both Durham Region and Ontario.

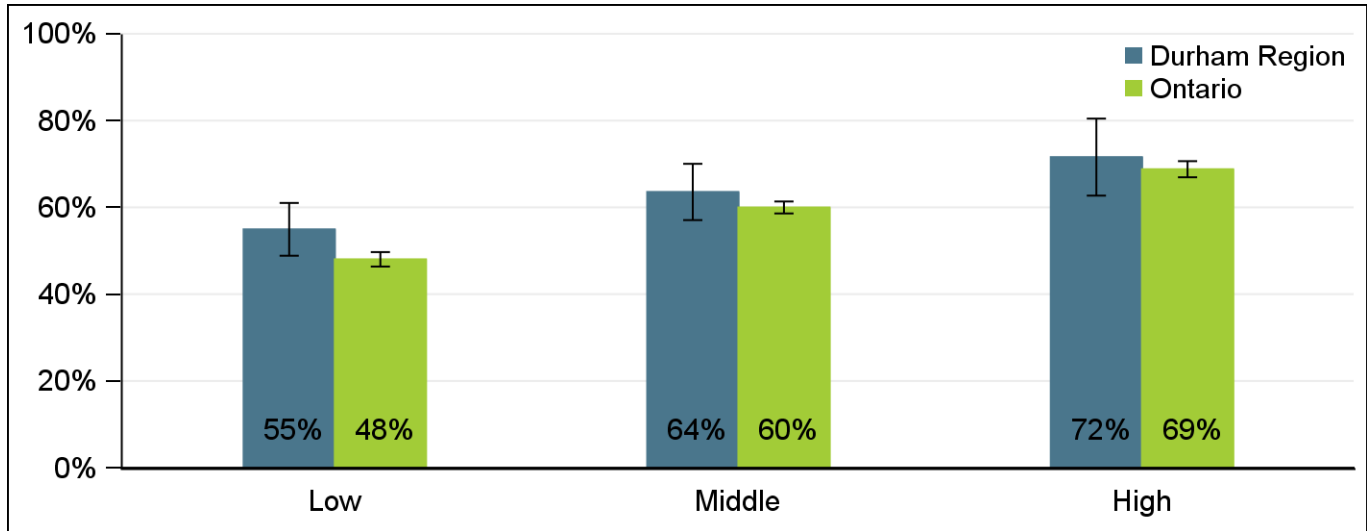
Figure 3 shows a decrease in the proportion who reported their health as very good or excellent with each increasing age group. This relationship is observed for both Durham Region and Ontario.

Figure 4. Proportion who reported excellent or very good health by sex, Durham Region and Ontario, 2013/2014, ages 12 and older



Looking at the relationship between self-perceived health and sex in Figure 4, no differences were found between males and females for both Durham Region and Ontario. Likewise, within Durham Region and Ontario respectively, males and females reported very good or excellent health in similar proportions.

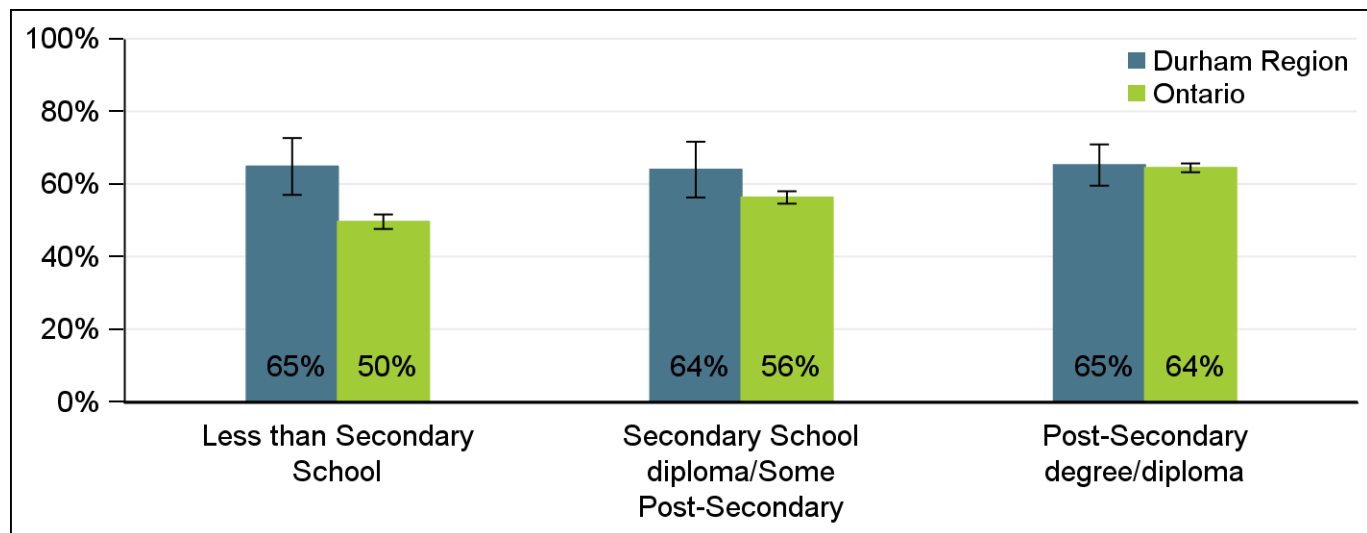
Figure 5. Proportion who reported excellent or very good health by household income, Durham Region and Ontario, 2013/2014, ages 12 and older



Association between household income group and self-perceived health of very good or excellent is significant for Durham Region and Ontario.

In 2013/2014, there was an association between those who reported very good or excellent health and household income for Durham Region. Within the highest income group, nearly 3 in 4 respondents in Durham Region reported very good or excellent health (see Figure 5).

Figure 6. Proportion who reported excellent or very good health by education level, Durham Region and Ontario, 2013/2014, ages 12 and older



Association between education level and consultation with a mental health professional is significant for Ontario only.

As seen in figure 6 above, respondents in Durham Region were equally likely to report very good or excellent health independent of their education level. However, in Ontario, those with a post-secondary degree/diploma reported the highest prevalence of this behaviour.

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 rated their health in general as excellent or very good.

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 are 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 'self-perceived health 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%, "middle" including the middle 40%, and "high" corresponding to highest 30% of earners.