



Community-Specific Health Data

Background

This activity was designed to present information about the health status and health decisions of community residents. This information is compared to regional and provincial levels.

The Canadian Community Health Survey (CCHS)

The CCHS is a national health survey conducted by Statistics Canada. Our analysis used data collected in 2007 and 2008 from over 130,000 respondents in more than 135 health regions across Canada. The survey gathers information related to health status, use of health care resources, and exposure to factors that increase or decrease an individual's risk for disease.

Our Approach to Analyzing the Data

The CCHS was designed to report data at the national, provincial and health region levels. Though the number of respondents across the country is large, the number of individuals responding in any single community can be quite small. As a result, estimates of community level health data can be very unstable. For this reason, we used statistical methods to predict community levels based on: (1) the information from the community respondents; and, (2) the levels of respondents in the surrounding region and province.

Overview of the St. Paul Results

Some results from the St. Paul CCHS analysis are presented here in comparison with the results from the regional and provincial levels. A more detailed report from this analysis can be found on the DVD included with this package.

TABLE 1. GENERAL HEALTH

	Regional Comparison	Provincial Comparison
Self-perceived health	↓	↓
Self-perceived health – compared to 1 year ago	↓	–
Satisfaction with life in general	↑	↑
Self-perceived mental health	–	↓
Perceived life stress	–	↓
Sense of belonging – local community	↑	↑

Key

- ↑ Probably Above the Regional/Provincial Average
- Likely Similar to the Regional/Provincial Average
- ↓ Probably Below the Regional/Provincial Average

Example description: Respondents from St. Paul were found to have lower self-perceived health status than respondents from the remainder of the Aspen Region. When compared to the province, respondents from St. Paul were found to have lower self-perceived health.



TABLE 2. OBESITY

	Regional Comparison	Provincial Comparison
Overweight or Obese	—	↑

TABLE 3. PHYSICAL ACTIVITY

	Regional Comparison	Provincial Comparison
Physical activity level	↑	↑
Time spent walking for exercise	↓	↓

TABLE 4. CHANGES TO IMPROVE HEALTH

	Regional Comparison	Provincial Comparison
Did something to improve health	↓	↓
Changed eating habits	↑	↑
Lost weight	↓	↑
Participated in more exercise	—	↓
Smoked less or stopped smoking	↓	↓
Intending to improve health over next year	↓	↓
Change eating habits	↑	↑
Lose weight	↓	↑
Participate in more exercise	↑	—
Smoke less or stopped smoking	—	—

TABLE 5. SEDENTARY ACTIVITIES

	Regional Comparison	Provincial Comparison
Total number of sedentary hours per week	↓	↓
Number of hours on a computer	↑	↑
Number of hours watching TV or videos	↓	↑
Number of hours reading	—	↓
Total number of sedentary hours per week (excluding reading)	—	—

