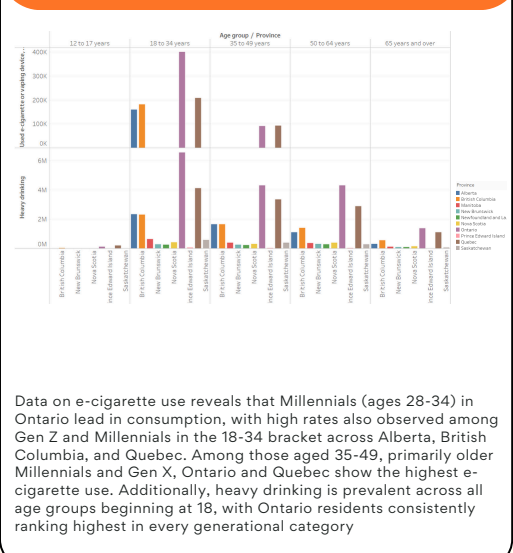




# From Coast to Coast: A Look at Health Trends Across Canada

→ Discovering the health story of Canada through key data insights, revealing regional differences, shared challenges, and trends that shape the well-being of Canadians.

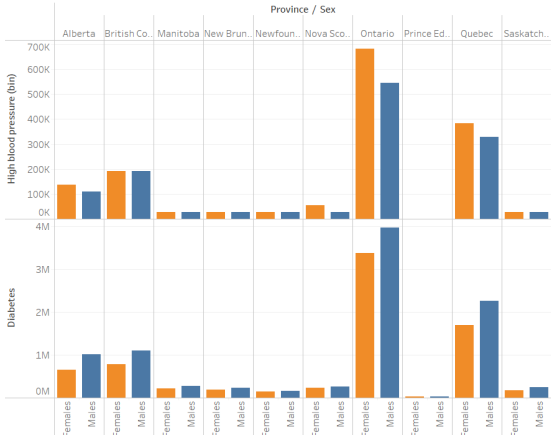
## Heavy Drinking and e-cigarette Usage Analysis by Province



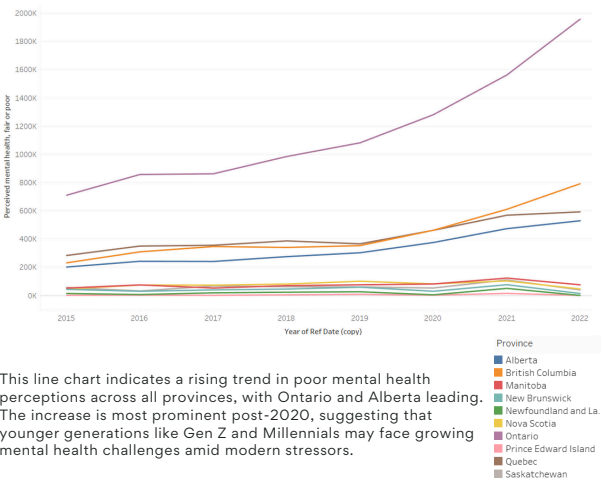
## HBP and Diabetes Metrics Analysis



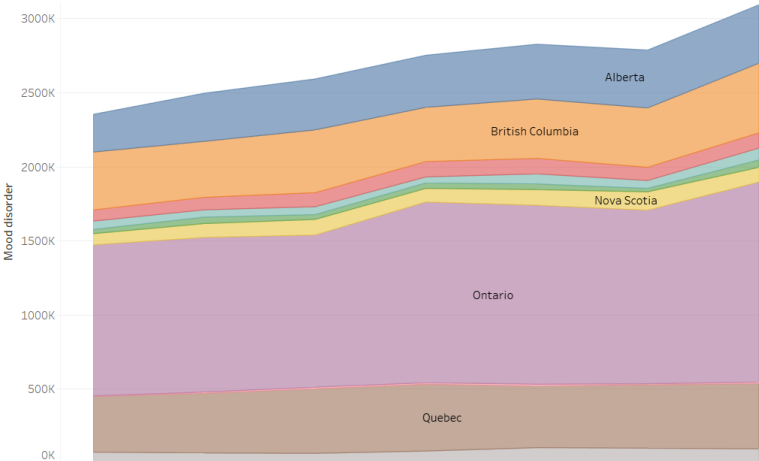
## Key Health Indicators by Province



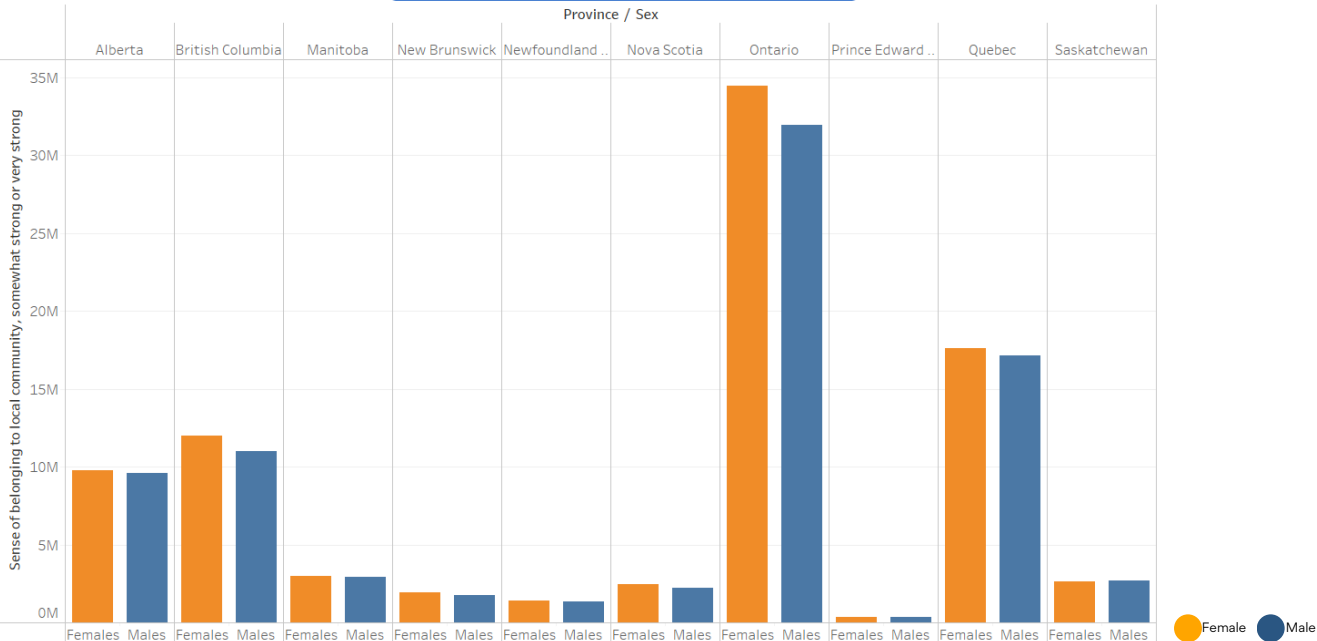
## Mental Health by Province



## Mood Disorder by Province



## Sense of Belonging by Province



Canada's health landscape reflects a blend of diversity and common challenges. Each region faces unique health issues, from mental health, chronic conditions, addictions and a sense of belonging within communities. Ontario, Quebec, and British Columbia consistently rank highest across many health indicators, emphasizing areas where targeted support could make a significant impact. How does your province's health profile measure up? What actions can you or your community take toward a healthier Canada? Join the conversation on what wellness means for every region.

