CANADIAN CHRONIC DISEASE INDICATORS
QUICK STATS, 2017 EDITION

INDICATOR GROUP	INDICATOR MEASURE(S)	LATEST DATA[a]	DATA SOURCE (YEAR)
SOCIAL AND ENVIRONMENTAL DETERMINANTS			
Education	% of population that reports having less than a high school education, population aged 20+ years	12.1%	CCHS (2015)
Income	% of population living below low-income cut-offs, after tax, total population	9.2%	CIS (2015)
Childhood poverty	% of children living below low-income cut-offs, after tax, population aged < 18 years[b] (New)	8.6%	CIS (2015)
Employment	Average annual unemployment rate (% of labour force that was unemployed during reference period), population aged 15+ years	7.1%	LFS (2016)
Community belonging	% of population that reports a "very strong" or "somewhat strong" sense of belonging to their local community, population aged 12+ years (New)	67.9%	CCHS (2015)
MATERNAL AND CHILD HEALTH RISK AND PROTECTIVE FACTORS			
Family violence	% of population that reports experiencing any of three types of child abuse (physical abuse, sexual abuse or exposure to intimate partner violence) before the age of 15, population aged 15+ years	23.6%	GSS (2014)
Diabetes during pregnancy	Rate of pregnant women with diagnosed diabetes (pre-existing and gestational diabetes) (New)	81.7 per 1000 total births[c]	DAD (2015–2016)
Hypertension during pregnancy	Rate of pregnant women with diagnosed hypertension (pre-existing and gestational hypertension) (New)	68.1 per 1000 total births[c]	DAD (2015–2016)
Maternal weight during pregnancy	% of women who report gestational weight gain above recommended Health Canada guidelines (New)	48.9%	CCHS (2015)
Congenital heart defects	Rate of infants with congenital heart defects (New)	108.2 per 10 000 total births[c]	CCASS (2014)[d]
Preterm birth	% of live births with a gestational age at birth of less than 37 completed weeks (New)	8.0 per 100 live births	DAD (2015)
Breastfeeding	% of women who report exclusive breastfeeding of their child for at least the first 6 months of life, women aged 15+ years	31.7%	CCHS (2015)
Exposure to second-hand smoke	% of households with children aged < 15 years that report regular child exposure to environmental tobacco smoke at home	2.8%	CTADS (2015)
BEHAVIOURAL RISK AND PROTECTIVE FACTORS			
24-hour movement	% of children and youth who meet the 24-Hour Movement Guidelines, population aged 5 to 17 years (New)	9.5%	CHMS (2014–2015)
Physical activity	% of children and youth who meet physical activity recommendations by accumulating at least 60 minutes of moderate-to-vigorous physical activity per day (measured data), population aged 5 to 17 years	37.6%[e]	CHMS (2014–2015)
	% of adults who meet physical activity guidelines by accumulating at least 150 minutes of moderate-to-vigorous physical activity each week, in bouts of 10 minutes or more (measured data), population aged 18+ years	17.5%	CHMS (2014–2015)
Sedentary behaviour	% children and youth who report meeting sedentary behaviour recommendations by spending 2 hours or less per day watching television or using computers during leisure time, population aged 5 to 17 years	28.5%[e]	CHMS (2014–2015)
Sleep	% of population that reports obtaining the recommended amount of daily sleep, population aged 5+ years	65.5%	CHMS (2014–2015)
Nutrition	% of population that reports consuming fruit and vegetables at least 5 times/day, population aged 12+ years	31.5%[e]	CCHS (2015)
	% of children and youth who report drinking sugar-sweetened beverages daily, population aged 5 to 17 years	16.0%	CHMS (2014–2015)
Chronic stress	% of population that reports life to be "quite a bit" or "extremely" stressful most days in the last 12 months, population aged 12+ years	21.4%	CCHS (2015)
Alcohol use	% of population that reports exceeding low risk alcohol drinking guidelines for chronic drinking, population aged 15+ years	15.2%	CTADS (2015)
Smoking	% of population that reports being current smokers (daily or occasional), population aged 15+ years	30.0%	CTADS (2015)
Drug use	% of population that reported using cannabis at least once a week in the last 3 months, population aged 15+ years (New)	5.2%	CTADS (2015)
Main chronic disease risk factors prevalence	% of population that reports having at least one of four main chronic disease risk factors (tobacco smoking, physical inactivity, unhealthy eating and harmful use of alcohol), population aged 20+ years (New)	84.7%	CCHS (2015)
RISK CONDITIONS			
Obesity	% of children and youth that are obese (measured data), population aged 5 to 17 years	13.1%	CHMS (2014–2015)
	% of adults that are obese (measured data), population aged 18+ years	28.1%	CHMS (2014–2015)
Elevated blood glucose	% of population with elevated[f] blood glucose (measured data), population aged 18+ years	4.1%	CHMS (2014–2015)
Elevated blood cholesterol	% of population with elevated[f] blood cholesterol [TC:HDL-C ratio] (measured data), population aged 18+ years	18.7%	CHMS (2014–2015)
Hypertension	% of population with diagnosed hypertension, population aged 20+ years	25.1%	CCDSS (2013/14)[g]

INDICATOR GROUP	INDICATOR MEASURE(S)	LATEST DATA*	DATA SOURCE (YEAR)
DISEASE PREVENTION PRACTICES			
Contact with health care professional	% of population that reports having a regular healthcare provider, population aged 12+ years (New)	81.8%	CCHS (2015)
	% of population that reported consulting a dentist, dental hygienist or orthodontist at least once in the past 12 months, population aged 12+ years	68.5%	CCHS (2015)
Disease screening	% of women who report having had a mammogram at least once in the past 5 years, population aged 50 to 74 years	83.5%	CCHS (2012)
	% of women who report having had at least one Pap smear test in the past 3 years, population aged 25 to 69 years	79.7%	CCHS (2012)
	% of population that reports having had at least one fecal occult blood test, colonoscopy and/or sigmoidoscopy in the recommended time period, population aged 50 to 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	50.0%	CCHS (2015)
HEALTH OUTCOMES/STATUS			
General health	% of population that reports their health is "very good" or "excellent," population aged 12+ years	62.0%	CCHS (2015)
	% of population that reports their mental health is "very good" or "excellent," population aged 12+ years	72.5%	CCHS (2015)
	Life expectancy at birth	83 years	CCDSS (2010/11–2012/13)
	Life expectancy at age 65	21.6 years	CCDSS (2010/11–2012/13)
	Health-adjusted life expectancy at birth	71.9 years	CCDSS (2010/11–2012/13)
	Health-adjusted life expectancy at age 65	16.6 years	CCDSS (2010/11–2012/13)
Morbidity—prevalence	% of population with diagnosed diabetes, population aged 1+ years	8.1%	CCDSS (2013/14)
	% of population that reports having diagnosed cardiovascular diseases (heart disease or stroke), population aged 20+ years	5.8%	CCHS (2015)
	% of population with diagnosed stroke, population aged 20+ years	2.7%	CCDSS (2013/14)
	% of population with diagnosed heart failure, population aged 40+ years	3.7%	CCDSS (2013/14)
	% of population with diagnosed ischemic heart disease, population aged 20+ years	8.5%	CCDSS (2013/14)
	% of population with diagnosed asthma, population aged 1+ years	11.1%	CCDSS (2013/14)
	% of population with diagnosed chronic obstructive pulmonary disease, population aged 35+ years	9.9%	CCDSS (2013/14)
	% of population that reports ever being diagnosed with cancer, population aged 12+ years (New)	7.1%	CCHS (2015)
	% of population that reports ever having symptoms consistent with at least 1 of 6 mental or substance use disorders,[h] population aged 15+ years	33.3%	CCHS (2012– MH)
	% of population that reports having diagnosed mood and/or anxiety disorders, population aged 12+ years	12.2%	CCHS (2015)
	% of population with diagnosed osteoarthritis, population aged 20+ years (New)	13.0%	CCDSS (2013/14)
	% of population with diagnosed osteoporosis, population aged 40+ years	11.7%	CCDSS (2013/14)
	% of population with diagnosed dementia, including Alzheimer's disease, population aged 65+ years (New)	7.1%	CCDSS (2013/14)
	% of population that reports having been diagnosed with at least 1 of the 5 major chronic diseases,[i] population aged 20+ years (New)	29.2%	CCHS (2015)
Multimorbidity	% of population that reports having been diagnosed with at least 2 of the 5 major chronic diseases,[i] population aged 20+ years (New)	6.9%	CCHS (2015)
	% of population that reports having been diagnosed with at least 2 of the 10 common chronic diseases,[j] population aged 20+ years	15.8%	CCHS (2015)
Morbidity—incidence	Rate of newly diagnosed diabetes cases, population aged 1+ years	593.1 per 100 000	CCDSS (2013/14)
	Rate of newly diagnosed asthma cases, population aged 1+ years	487.5 per 100 000	CCDSS (2013/14)
	Rate of newly diagnosed chronic obstructive pulmonary disease cases, population aged 35+ years	830.9 per 100 000	CCDSS (2013/14)
	Rate of newly diagnosed heart failure cases, population aged 40+ years	534.7 per 100 000	CCDSS (2013/14)
	Rate of newly diagnosed ischemic heart disease cases, population aged 20+ years	604.1 per 100 000	CCDSS (2013/14)
	Rate of newly diagnosed acute myocardial infarction cases, population aged 20+ years	224.4 per 100 000	CCDSS (2013/14)
	Rate of newly diagnosed osteoarthritis cases, population aged 20+ years (New)	886.8 per 100 000	CCDSS (2013/14)
	Rate of newly diagnosed hip fracture cases, population aged 40+ years	158.4 per 100 000	CCDSS (2013/14)
	Rate of newly diagnosed dementia cases, including Alzheimer's disease, population aged 65+ years (New)	1426.5 per 100 000	CCDSS (2013/14)
	Rate of all newly diagnosed cancer cases, total population	563.6 per 100 000[k]	CCR/NCIRS (2017)
Disability	% of population that reports being limited in their activities "sometimes" or "often" due to disease/illness, population aged 12+ years	32.7%	CCHS (2014)

INDICATOR GROUP	INDICATOR MEASURE(S)	LATEST DATA[a]	DATA SOURCE (YEAR)
Mortality	Death rate due to a major chronic disease (diabetes, cancer, cardiovascular diseases, chronic respiratory diseases), total population	473.0 per 100 000	CVSD (2013)
	Death rate due to cardiovascular diseases, total population	194.7 per 100 000	CVSD (2013)
	Death rate due to cancer, total population	213.7 per 100 000	CVSD (2013)
	Death rate due to chronic respiratory diseases, total population	44.7 per 100 000	CVSD (2013)
	Death rate due to diabetes, total population	20.0 per 100 000	CVSD (2013)
	Death rate due to suicide, total population	11.5 per 100 000	CVSD (2013)
	Death rate due to dementia, including Alzheimer's disease, total population (New)	61.8 per 100 000	CVSD (2013)
	Death rate within one year of hip fracture, population aged 40+ years that had a hip fracture (New)	230.4 per 1000	CCDSS (2012/13)
Premature mortality	Probability of dying between ages 30 and 69 years from one of the major chronic diseases (cardiovascular diseases, cancer, chronic respiratory diseases, diabetes)	10.4%	CVSD (2013)
	Probability of dying between ages 30 and 69 years from cardiovascular disease	3.0%	CVSD (2013)
	Probability of dying between ages 30 and 69 years from cancer	6.3%	CVSD (2013)
	Probability of dying between ages 30 and 69 years from chronic respiratory disease	0.6%	CVSD (2013)
	Probability of dying between ages 30 and 69 years from diabetes	0.4%	CVSD (2013)

Abbreviations: CCASS, Canadian Congenital Anomalies Surveillance System; 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; CVSD, Canadian Vital Statistics–Death Database; DAD, Discharge Abstract Database; GSS, General Social Survey; HDL-C, high-density lipoprotein cholesterol; LFS, Labour Force Survey; MH, Mental Health; NCIRS, National Cancer Incidence Reporting System; TC, total cholesterol.

Note: Indicators/measures identified as data gaps: Prenatal smoking, prenatal alcohol drinking, developmental disorders (including autism spectrum disorder [ASD] and fetal alcohol spectrum disorder [FASD]), social support, resilience, discrimination and stigma and built environment.

[a] All rates in this table are crude and based on actual data, unless otherwise stated.

[b] Includes all children aged 0–17 years living in economic families and not living in economic families.

[c] Total births include live births and stillbirths.

[d] One year follow-up.

[e] This indicator has changed from previous editions; estimates are not directly comparable.

[f] This indicator captures people found to have elevated levels of the risk condition measured in a single fasting sample regardless of diagnosis status (excluding pregnant women).

[g] CHMS data exist for this indicator to present pan-Canadian rates of blood pressure status by diagnosis.

[h] The six mental or substance use disorders include major depressive episode, bipolar disorder, generalized anxiety disorder and abuse of or dependence on alcohol, cannabis or other drugs.

[i] The five main groups of chronic diseases include: cancer, diabetes, cardiovascular diseases (heart disease and/or stroke), chronic respiratory diseases (asthma and/or chronic obstructive pulmonary disease) and mood and anxiety disorders.

[j] The 10 chronic diseases included are heart disease, stroke, cancer, asthma, chronic obstructive pulmonary disease, diabetes, arthritis, Alzheimer's disease or other dementia, mood disorders and anxiety disorders.

[k] These numbers are projected estimates for 2017 that are based on the August 2015 CCR tabulation master file (1992–2013) and the NCIRS (1969–1991).

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For questions or comments, please contact us at: infobase@phac-aspc.gc.ca

Visit the Canadian Chronic Disease Indicators "online tool" to view additional data breakdowns (e.g. by sex, trends over time, etc.): http://infobase.phac-aspc.gc.ca/. Please note that the 2017 online tool will be released in September 2017.