# Decoded Values for All Columns :

## ADM\_RNO1 : This column is not encoded

## Province : Coding of this column does not add any deeper insights into the data

# Health\_region\_grouped - Code Mapping

Note: This variable is the health region based on GEODVPC (postal code) and is derived using the information available on the survey frame at the time of sampling and the geographic information provided by the respondent. GEODVHR4 and GEODVPC are not included in the Public Use Microdata File.

|  |  |
| --- | --- |
| Code | Meaning |
| 10911 | Eastern Regional |
| 10912 | Central Regional |
| 11900 | Prince Edward Island |
| 12901 | Zone 1 - Western |
| 12902 | Zone 2 - Northern |
| 12903 | Zone 3 - Eastern |
| 12904 | Zone 4 - Central |
| 13901 | Zone 1 (Moncton area) |
| 13902 | Zone 2 (Saint John area) |
| 13903 | Zone 3 (Fredericton area) |
| 24901 | Bas-Saint-Laurent |
| 24902 | Saguenay - Lac-Saint-Jean |
| 24903 | Capitale-Nationale |
| 24904 | Mauricie et du Centre-du-Québec |
| 24905 | L’Estrie |
| 24906 | Région de Montréal |
| 24907 | L’Outaouais |
| 24908 | L’Abitibi-Témiscamingue |
| 24909 | Côte-Nord |
| 24911 | Gaspésie - Îles-de-la-Madeleine |
| 24912 | Chaudière-Appalaches |
| 24913 | Région de Laval |
| 24914 | Région de Lanaudière |
| 24915 | Région des Laurentides |
| 24916 | Montérégie |
| 35926 | The District of Algoma HU |
| 35927 | Brant County HU |
| 35930 | Durham Regional HU |
| 35933 | Grey Bruce HU |
| 35934 | Haldimand-Norfolk HU |
| 35935 | Haliburton, Kawartha, Pine Ridge District HU |
| 35936 | Halton Regional HU |
| 35937 | City of Hamilton HU |
| 35938 | Hastings and Prince Edward Counties HU |
| 35939 | Group: GEODVHR4 = (3539, 3554) |
| 35940 | Chatham-Kent HU |
| 35941 | Kingston, Frontenac and Lennox and Addington HU |
| 35942 | Lambton HU |
| 35943 | Leeds, Grenville and Lanark District HU |
| 35944 | Middlesex-London HU |
| 35946 | Niagara Regional Area HU |
| 35947 | Group: GEODVHR4 = (3547, 3563) |
| 35949 | Group: GEODVHR4 = (3549, 3556) |
| 35951 | City of Ottawa HU |
| 35953 | Peel Regional HU |
| 35955 | Peterborough County-City HU |
| 35957 | Renfrew County and District HU |
| 35958 | Eastern Ontario HU |
| 35960 | Simcoe Muskoka District HU |
| 35961 | Sudbury and District HU |
| 35962 | Thunder Bay District HU |
| 35965 | Waterloo HU |
| 35966 | Wellington-Dufferin-Guelph HU |
| 35968 | Windsor-Essex County HU |
| 35970 | York Regional HU |
| 35975 | Oxford Elgin St. Thomas HU |
| 35995 | City of Toronto HU |
| 46901 | Winnipeg RHA |
| 46902 | Prairie Mountain Health |
| 46903 | Group: GEODVHR4 = (4603, 4604) |
| 46905 | Southern Health |
| 47901 | Group: GEODVHR4 = (4701, 4702, 4703) |
| 47904 | Regina Qu’Appelle RHA |
| 47905 | Group: GEODVHR4 = (4705, 4708) |
| 47906 | Saskatoon RHA |
| 47907 | Group: GEODVHR4 = (4707, 4710) |
| 47909 | Group: GEODVHR4 = (4709, 4714) |
| 48931 | South Zone |
| 48932 | Calgary Zone |
| 48933 | Central Zone |
| 48934 | Edmonton Zone |
| 48935 | North Zone |
| 59911 | East Kootenay HSDA |
| 59912 | Kootenay-Boundary HSDA |
| 59913 | Okanagan HSDA |
| 59914 | Thompson/Cariboo HSDA |
| 59921 | Fraser East HSDA |
| 59922 | Fraser North HSDA |
| 59923 | Fraser South HSDA |
| 59931 | Richmond HSDA |
| 59932 | Vancouver HSDA |
| 59933 | North Shore/Coast Garibaldi HSDA |
| 59941 | South Vancouver Island HSDA |
| 59942 | Central Vancouver Island HSDA |
| 59943 | North Vancouver Island HSDA |
| 59951 | Group: GEODVHR4 = (5951, 5953) |
| 59952 | Northern Interior HSDA |
| 60901 | Yukon/Northwest Territories/Nunavut |

## Gender: Sex at birth

No Question

|  |  |
| --- | --- |
| Code | Meaning |
| 1 | Male |
| 2 | Female |
| 9 | Not stated |

## Marital\_status : Marital status - grouped

No Question

|  |  |
| --- | --- |
| Code | Meaning |
| 1 | Married/Common-law |
| 2 | Widowed/Divorced/Separated/Single, never married |
| 3 | Valid skip |
| 9 | Not stated |

## Household: Household size – Grouped

No Question

|  |  |
| --- | --- |
| Code | Meaning |
| 1 | Lives alone (household size=1) |
| 2 | Household size 2 or more |
| 9 | Not stated |

## Age: Age – Grouped

No Question

|  |  |
| --- | --- |
| Code | Meaning |
| 1 | 12 to 17 years |
| 2 | 18 to 34 years |
| 3 | 35 to 49 years |
| 4 | 50 to 64 years |
| 5 | 65 and older |

## Worked\_job\_business: Worked at job / business - 12 mo

Question: Have you worked at a job or business at any time in the past 12 months?

|  |  |
| --- | --- |
| Code | Meaning |
| 1 | Yes |
| 2 | No |
| 6 | Valid skip |
| 7 | Don’t know |
| 8 | Refusal |
| 9 | Not stated |

## Edu\_level: Highest level of education - household, 3 levels - (D)

No Question

|  |  |
| --- | --- |
| Code | Meaning |
| 1 | Less than secondary school graduation |
| 2 | Secondary school graduation, no post-secondary education |
| 3 | Post-secondary certificate/diploma /university degree |
| 9 | Not stated |

## Gen\_health\_state: Perceived health

Question: In general, would you say your health is... ?

|  |  |
| --- | --- |
| Code | Meaning |
| 1 | Excellent |
| 2 | Very good |
| 3 | Good |
| 4 | Fair |
| 5 | Poor |
| 6 | Don’t know |
| 9 | Refusal |

## Life\_satisfaction: Satisfaction with life in general

Question: Using a scale of 0 to 10, where 0 means "Very dissatisfied" and 10 means "Very satisfied", how do you feel about your life as a whole right now?

|  |  |
| --- | --- |
| Code | Meaning |
| 00-10 | Scale of 0 to 10 |
| 97 | Don’t know |
| 98 | Refusal |
| 99 | Not stated |

## Mental\_health\_state: Perceived mental health

Question: In general, would you say your mental health is...?

|  |  |
| --- | --- |
| Code | Meaning |
| 1 | Excellent |
| 2 | Very good |
| 3 | Good |
| 4 | Fair |
| 5 | Poor |
| 7 | Don’t know |
| 8 | Refusal |
| 9 | Not stated |

## Stress\_level: Perceived life stress

Question : Thinking about the amount of stress in your life, would you say that most of your days are...?

|  |  |
| --- | --- |
| Code | Meaning |
| 1 | Not at all stressful |
| 2 | Not very stressful |
| 3 | A bit stressful |
| 4 | Quite a bit stressful |
| 5 | Extremely stressful |
| 7 | Don’t know |
| 8 | Refusal |

## Work\_stress: Perceived stress at work

Question: Would you say that most days at work were...?

|  |  |
| --- | --- |
| Code | Meaning |
| 1 | Not at all stressful |
| 2 | Not very stressful |
| 3 | A bit stressful |
| 4 | Quite a bit stressful |
| 5 | Extremely stressful |
| 6 | Valid skip |
| 7 | Don’t know |
| 8 | Refusal |
| 9 | Not stated |

## Sense\_belonging:

Question: How would you describe your sense of belonging to your local community? Would you say it is...?

|  |  |
| --- | --- |
| Code | Meaning |
| 1 | Very strong |
| 2 | Somewhat strong |
| 3 | Somewhat weak |
| 4 | Very weak |
| 7 | Don’t know |
| 8 | Refusal |
| 9 | Not stated |

## Weight\_state: Self-perceived weight

Question: Do you consider yourself...?

|  |  |
| --- | --- |
| Code | Meaning |
| 1 | Overweight |
| 2 | Underweight |
| 3 | Just about right |
| 6 | Valid skip |
| 7 | Don’t know |
| 8 | Refusal |
| 9 | Not stated |

## BMI\_12\_17 : BMI age 12 to 17 (self-reported) - WHO classification - (D, G)

No Question

|  |  |
| --- | --- |
| Code | Meaning |
| 1 | Thinness/Normal |
| 2 | Overweight/Obese |
| 6 | Valid skip |
| 9 | Not stated |

## BMI\_18\_above : BMI classification for adults aged 18 and over (adjusted) – internati

No Question

|  |  |
| --- | --- |
| Code | Meaning |
| 1 | Underweight/ Normal weight |
| 2 | Overweight / Obese - Class I, II, III |
| 6 | Valid skip |
| 9 | Not stated |

## Sleep\_apnea : Has sleep apnea

Question: Have you been told by a health professional that you have sleep apnea?

|  |  |
| --- | --- |
| Code | Meaning |
| 1 | Yes |
| 2 | No |
| 7 | Don’t know |
| 8 | Refusal |

## High\_BP : High blood pressure - took medication - 1 mo

Question: Do you have high blood pressure?

|  |  |
| --- | --- |
| Code | Meaning |
| 1 | Yes |
| 2 | No |
| 7 | Don’t know |
| 8 | Refusal |

## High\_cholestrol : High blood cholesterol / lipids - took medication - 1 mo

Question: Do you have high blood pressure?

|  |  |
| --- | --- |
| Code | Meaning |
| 1 | Yes |
| 2 | No |
| 6 | Valid skip |
| 7 | Don’t know |
| 8 | Refusal |

## Diabetic : Has diabetes

Question Do you have diabetes?

|  |  |
| --- | --- |
| Code | Meaning |
| 1 | Yes |
| 2 | No |
| 6 | Valid skip |
| 7 | Don’t know |
| 8 | Refusal |

## Fatigue\_syndrome : Has chronic fatigue syndrome

Question: Do you have chronic fatigue syndrome?

|  |  |
| --- | --- |
| Code | Meaning |
| 1 | Yes |
| 2 | No |
| 7 | Don’t know |
| 8 | Refusal |

## Mood\_disorder : Has a mood disorder (depression, bipolar, mania, dysthymia)

Question: Do you have a mood disorder such as depression, bipolar disorder, mania or dysthymia?

|  |  |
| --- | --- |
| Code | Meaning |
| 1 | Yes |
| 2 | No |
| 7 | Don’t know |
| 8 | Refusal |

## Anxiety\_disorder : Has an anxiety disorder (phobia, OCD, panic)

Question: Do you have an anxiety disorder such as a phobia, obsessive-compulsive disorder or a panic disorder?

|  |  |
| --- | --- |
| Code | Meaning |
| 1 | Yes |
| 2 | No |
| 7 | Don’t know |
| 8 | Refusal |

## Respiratory\_chronic\_con: Has respiratory chronic condition (asthma or COPD)

No Question

|  |  |
| --- | --- |
| Code | Meaning |
| 1 | Yes |
| 2 | No |
| 9 | Not stated |

## Musculoskeletal\_con: Musculoskeletal condition (Arthritis, fibromyalgia, osteoporosis)

|  |  |
| --- | --- |
| Code | Meaning |
| 1 | Yes |
| 2 | No |
| 6 | Valid Skip |
| 9 | Not stated |

## Cardiovascular\_con: Cardiovascular condition (Heart disease or stroke)

|  |  |
| --- | --- |
| Code | Meaning |
| 1 | Yes |
| 2 | No |
| 9 | Not stated |

## Health\_utility\_indx: Health utilities index - (D, G)

No Question

|  |  |
| --- | --- |
| Code | Meaning |
| 1 | HUI Score < 0.8 (functional Health less than ’good to full’) |
| 2 | No |
| 9 | Not stated |

## Pain\_status: Pain health status – Grouped

No Question

|  |  |
| --- | --- |
| Code | Meaning |
| 1 | No usual pain or discomfort |
| 2 | Has usual pain or discomfort |
| 9 | Not stated |

## Act\_improve\_health: Did something to improve health - 12 mo

Question: Now, some questions about changes made to improve health. In the past 12 months, did you do anything to improve your health? (For example, lost weight, quit smoking, increased exercise.)

|  |  |
| --- | --- |
| Code | Meaning |
| 1 | Yes |
| 2 | No |
| 6 | Valid skip |
| 7 | Don’t know |
| 8 | Refusal |

## Fruit\_veg\_con: Grouping of total daily consumption - fruits and vegetables - (D)

|  |  |
| --- | --- |
| Code | Meaning |
| 1 | Less than 5 times/day |
| 2 | 5-10 times/day |
| 3 | More than 10 times/day |
| 6 | Valid skip |
| 9 | Not stated |

## Smoked: Num of cigarettes smoked daily (daily smoker)

Question: How many cigarettes do you smoke each day now?

|  |  |
| --- | --- |
| Code | Meaning |
| 001 - 080 | Number of cigarettes smoked daily |
| 996 | Valid skip |
| 997 | Don't know |
| 998 | Refusal |
| 999 | Not stated |

## Tobaco\_use: Used chewing tobacco / pinch / snuff - 30 d

Question: Alternative tobacco product usage - (D)

|  |  |
| --- | --- |
| Code | Meaning |
| 1 | Yes |
| 2 | No |
| 6 | Valid skip |
| 7 | Don’t know |
| 8 | Refusal |
| 9 | Not stated |

## weekly\_alcohol: Drank alcohol - 12 mo

Question: During the past 12 months, that is, from [date one year ago] to yesterday, have you had a drink of beer, wine, liquor or any other alcoholic beverage?

|  |  |
| --- | --- |
| Code | Meaning |
| 1 | Yes |
| 2 | No |
| 6 | Valid skip |
| 7 | Don’t know |
| 8 | Refusal |
| 9 | Not stated |

## Cannabies\_use: Used cannabis - 12 mo

Have you used cannabis in the past 12 months?

|  |  |
| --- | --- |
| Code | Meaning |
| 1 | Non-medical purposes only |
| 2 | Medical purposes only |
| 3 | Both medical and non-medical purposes |
| 6 | Valid skip |
| 7 | Don't know |
| 8 | Refusal |
| 9 | Not stated |

## Drug\_use: Any illicit drug use - 12 mo - (D)

No Question

|  |  |
| --- | --- |
| Code | Meaning |
| 1 | Has used at least one of the drugs - 12 mo |
| 2 | Has not used any of the drugs - 12 mo |
| 3 | Valid skip |
| 4 | Not stated |

## Total\_active\_time: Active transportation - 7 d - total – hours

Question: How much time in total, in the last 7 days, did you spend doing these activities? Please only include activities that lasted a minimum of 10 continuous minutes.

|  |  |
| --- | --- |
| Code | Meaning |
| 00000-30240 | Total weekly volume of activity |
| 99996 | Valid skip |
| 99997 | Don’t know |
| 99998 | Refusal |
| 99999 | Not stated |

## Total\_physical\_act\_time: Sports / fitness / recreational physical act 7 Days

Question: [Not including activities you just reported,] in the last 7 days, did you do sports, fitness or recreational physical activities, organized or non-organized, that lasted a minimum of 10 continuous minutes? Examples are walking, home or gym exercise, swimming, cycling, running, skiing, dancing and all team sports.

|  |  |
| --- | --- |
| Code | Meaning |
| 0000-2100 | Minutes spent in physical activity |
| 99996 | Valid skip |
| 99998 | Don't know |
| 99999 | Not stated |

## Other\_physical\_act\_time: Other physical activities - 7 d - total – minutes

Question: Enter number of minutes.

|  |  |
| --- | --- |
| Code | Meaning |
| 0000-2100 | Minutes spent in physical activity |
| 99996 | Valid skip |
| 99998 | Don't know |
| 99999 | Not stated |

## Physical\_vigorous\_act\_time: Physical activities - vigorous intensity-total – 7 Days minutes

Question: In the last 7 days, how much time in total did you spend doing vigorous activities that caused you to be out of breath?

|  |  |
| --- | --- |
| Code | Meaning |
| 00000 - 04860 | Num of minutes - vigorous physical act - 7d |
| 99996 | Valid Skip |
| 99999 | Not stated |

## Work\_hours: Total usual hours worked per week – Grouped

Note : Respondents aged 18 to 64

|  |  |
| --- | --- |
| Code | Meaning |
| 00-60 | Reported work hours |
| 96 | Valid skip |
| 99 | Not stated |

## working\_status : Full-time / part-time working status (for total usual hours)

Note: Respondents aged 18 to 64

|  |  |
| --- | --- |
| Code | Meaning |
| 1 | Full-time |
| 2 | Part-time |
| 6 | Valid Skip |
| 9 | Not stated |

## Aboriginal\_identity: Aboriginal identity - First nations / Métis / Inuk (Inuit)

Question: Are you an Aboriginal person, that is, First Nations, Métis or Inuk (Inuit)? First Nations includes Status and Non-Status Indians.

|  |  |
| --- | --- |
| Code | Meaning |
| 1 | Yes |
| 2 | No |
| 7 | Don't know |
| 8 | Refusal |
| 9 | Not stated |

## Birth\_country: Country of birth - Canada/other

|  |  |
| --- | --- |
| Code | Meaning |
| 1 | Canada |
| 2 | Other |
| 3 | Not stated |

## Immigrant

|  |  |
| --- | --- |
| Code | Meaning |
| 1 | Landed immigrant / non-permanent resident |
| 2 | Non-immigrant (Canadian born) |
| 9 | Not stated |

## Insurance\_cover: Health insurance coverage

|  |  |
| --- | --- |
| Code | Meaning |
| 1 | Yes |
| 2 | No |
| 9 | Not stated |

## Food\_security: Food security - adult status (including marginally) -

|  |  |
| --- | --- |
| Code | Meaning |
| 0 | Food secure |
| 1 | Marginally food insecure |
| 2 | Moderately food insecure |
| 3 | Severely food insecure |
| 6 | Valid skip |
| 9 | Not stated |

## Income\_source: Total household income - main source - Grouped

|  |  |
| --- | --- |
| Code | Meaning |
| 1 | Wages/salaries or self-employment |
| 2 | Other |
| 9 | Not stated |

## Total\_income

|  |  |
| --- | --- |
| Code | Meaning |
| 1 | No income or less than $20,000 |
| 2 | $20,000 to $39,999 |
| 3 | $40,000 to $59,999 |
| 4 | $60,000 to $79,999 |
| 5 | $80,000 or more |
| 9 | Not stated |