

# Provincial Wellness Plan Report

*April 2014*

## Table of Contents

|   |    |
|---|----|
| INTRODUCTION.....   | 1  |
| TECHNICAL NOTES .....   | 1  |
| INDICATOR 1: FRUIT & VEGETABLE CONSUMPTION .....  | 2  |
| Table 1 Frequency of fruit and vegetable consumption, population aged 12 years and older, Newfoundland and Labrador, 2005, 2007-2008, 2009-2010 and 2011-2012.....  | 2  |
| Table 2 Frequency of fruit and vegetable consumption, population aged 12 years and older, Eastern Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012 .....                         | 2  |
| Table 3 Frequency of fruit and vegetable consumption, population aged 12 years and older, Central Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012.....                          | 3  |
| Table 4 Frequency of fruit and vegetable consumption, population aged 12 years and older, Western Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012 .....                         | 3  |
| Table 5 Frequency of fruit and vegetable consumption, population aged 12 years and older, Labrador/Grenfell Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012                     | 4  |
| Table 6 Frequency of fruit and vegetable consumption by age group, population aged 12 years and older, Newfoundland and Labrador, 2005, 2007-2008, 2009-2010 and 2011-2012 .....                              | 4  |
| Table 7 Frequency of fruit and vegetable consumption by age group, population aged 12 years and older, Eastern Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012 .....            | 5  |
| Table 8 Frequency of fruit and vegetable consumption by age group, population aged 12 years and older, Central Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012.....             | 5  |
| Table 9 Frequency of fruit and vegetable consumption by age group, population aged 12 years and older, Western Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012.....             | 6  |
| Table 10 Frequency of fruit and vegetable consumption by age group, population aged 12 years and older, Labrador/Grenfell Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012 ..... | 6  |
| Table 11 Frequency of fruit and vegetable consumption by sex, population aged 12 years and older, Newfoundland and Labrador, 2005, 2007-2008, 2009-2010 and 2011-2012.....                                    | 7  |
| Table 12 Frequency of fruit and vegetable consumption by sex, population aged 12 years and older, Eastern Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012.....                  | 7  |
| Table 13 Frequency of fruit and vegetable consumption by sex, population aged 12 years and older, Central Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012 .....                 | 7  |
| Table 14 Frequency of fruit and vegetable consumption by sex, population aged 12 years and older, Western Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012 .....                 | 8  |
| Table 15 Frequency of fruit and vegetable consumption by sex, population aged 12 years and older, Labrador/Grenfell Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012             | 8  |
| Table 16 Frequency of fruit and vegetable consumption by household income, population aged 12 years and older, Newfoundland and Labrador, 2005, 2007-2008, 2009-2010 and 2011-2012 .....                      | 9  |
| INDICATOR 2: PHYSICAL ACTIVITY LEVEL.....   | 10 |

|  |           |
|--|-----------|
| Table 17 Percentage of the population aged 12 years and older who are active, moderately active or inactive, Newfoundland and Labrador, 2005, 2007-2008, 2009-2010 and 2011-2012 .....                                   | 10        |
| Table 18 Percentage of the population aged 12 years and older who are active, moderately active or inactive, Eastern Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012                       | 10        |
| Table 19 Percentage of the population aged 12 years and older who are active, moderately active or inactive, Central Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012.                      | 11        |
| Table 20 Percentage of the population aged 12 years and older who are active, moderately active or inactive, Western Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012                       | 11        |
| .....  | 11        |
| Table 21 Percentage of the population aged 12 years and older who are active, moderately active or inactive, Labrador/Grenfell Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012.....        | 11        |
| Table 22 Percentage of the population aged 12 years and older who are active, moderately active or inactive by age group, Newfoundland and Labrador, 2005, 2007-2008, 2009-2010 and 2011-2012 ...                        | 12        |
| Table 23 Percentage of the population aged 12 years and older who are active, moderately active or inactive by sex, Newfoundland and Labrador, 2005, 2007-2008, 2009-2010 and 2011-2012 .....                            | 12        |
| Table 24 Percentage of the population aged 12 years and older who are active, moderately active or inactive by sex, Eastern Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012 .....          | 13        |
| Table 25 Percentage of the population aged 12 years and older who are active, moderately active or inactive by sex, Central Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012 .....          | 13        |
| Table 26 Percentage of the population aged 12 years and older who are active, moderately active or inactive by sex, Western Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012 .....          | 13        |
| Table 27 Percentage of the population aged 12 years and older who are active, moderately active or inactive by sex, Labrador/Grenfell Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012..... | 14        |
| <b>INDICATOR 3A: BODY MASS INDEX FOR THOSE AGED 12-17 YEARS.....</b>   | <b>15</b> |
| Table 28 Self-reported youth body mass index (BMI), population aged 12-17 years, Newfoundland and Labrador, 2005, 2007-2008, 2009-2010 and 2011-2012 .....   | 15        |
| Table 29 Self-reported youth body mass index (BMI), population aged 12-17 years, Eastern Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012.....  | 15        |
| Table 30 Self-reported youth body mass index (BMI), population aged 12-17 years, Central Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012.....  | 16        |
| Table 31 Self-reported youth body mass index (BMI), population aged 12-17 years, Western Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012.....  | 16        |
| Table 32 Self-reported youth body mass index (BMI), population aged 12-17 years, Labrador/Grenfell Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012 .....                                   | 16        |
| Table 33 Self-reported youth body mass index (BMI) by sex, population aged 12-17 years, Newfoundland and Labrador, 2005, 2007-2008, 2009-2010 and 2011-2012.....   | 17        |

|  |           |
|--|-----------|
| <b>INDICATOR 3B: BODY MASS INDEX FOR THOSE AGED 18 YEARS AND OLDER .....</b>   | <b>18</b> |
| Table 34 Self-reported adult body mass index (BMI), population aged 18 years and older, Newfoundland and Labrador, 2005, 2007-2008, 2009-2010 and 2011-2012.....   | 18        |
| Table 35 Self-reported adult body mass index (BMI), population aged 18 years and older, Eastern Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012.....                                       | 18        |
| Table 36 Self-reported adult body mass index (BMI), population aged 18 years and older, Central Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012.....                                       | 19        |
| Table 37 Self-reported adult body mass index (BMI), population aged 18 years and older, Western Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012.....                                       | 19        |
| Table 38 Self-reported adult body mass index (BMI), population aged 18 years and older, Labrador/Grenfell Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012 .....                            | 19        |
| Table 39 Self-reported adult body mass index (BMI) by age group, population aged 18 years and older, Newfoundland and Labrador, 2005, 2007-2008, 2009-2010 and 2011-2012 .....   | 20        |
| Table 40 Self-reported adult body mass index (BMI) by sex, population aged 18 years and older, Newfoundland and Labrador, 2005, 2007-2008, 2009-2010 and 2011-2012.....  | 20        |
| Table 41 Self-reported adult body mass index (BMI) by sex, population aged 18 years and older, Eastern Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012.....                                | 21        |
| Table 42 Self-reported adult body mass index (BMI) by sex, population aged 18 years and older, Central Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012 .....                               | 21        |
| Table 43 Self-reported adult body mass index (BMI) by sex, population aged 18 years and older, Western Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012 .....                               | 21        |
| Table 44 Self-reported adult body mass index (BMI) by sex, population aged 18 years and older, Labrador/Grenfell Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012 .....                     | 22        |
| <b>INDICATOR 4: FOOD SECURITY.....</b>   | <b>23</b> |
| Table 45 Percentage of the population aged 12 years and older living in households that are food secure or food insecure, Newfoundland and Labrador, 2007-2008, 2009-2010 and 2011-2012.....                             | 23        |
| Table 46 Percentage of the population aged 12 years and older living in households that are food secure or food insecure, Eastern Regional Health Authority Residents, 2007-2008, 2009-2010 and 2011-2012.....           | 23        |
| Table 48 Percentage of the population aged 12 years and older living in households that are food secure or food insecure, Western Regional Health Authority Residents, 2007-2008, 2009-2010 and 2011-2012.....           | 24        |
| Table 49 Percentage of the population aged 12 years and older living in households that are food secure or food insecure, Labrador/Grenfell Regional Health Authority Residents, 2007-2008, 2009-2010 and 2011-2012..... | 24        |
| Table 50 Percentage of the population aged 12 years and older living in households that are food secure or food insecure by age group, Newfoundland and Labrador, 2007-2008, 2009-2010 and 2011-2012 .....               | 25        |

|  |           |
|--|-----------|
| Table 51 Percentage of the population aged 12 years and older living in households that are food secure or food insecure by sex, Newfoundland and Labrador, 2007-2008, 2009-2010 and 2011-2012 .....                             | 25        |
| Table 52 Percentage of the population aged 12 years and older living in households that are food secure or food insecure by sex, Eastern Regional Health Authority Residents, 2007-2008, 2009-2010 and 2011-2012 .....           | 26        |
| Table 53 Percentage of the population aged 12 years and older living in households that are food secure or food insecure by sex, Central Regional Health Authority Residents, 2007-2008, 2009-2010 and 2011-2012 .....           | 26        |
| Table 54 Percentage of the population aged 12 years and older living in households that are food secure or food insecure by sex, Western Regional Health Authority Residents, 2007-2008, 2009-2010 and 2011-2012 .....           | 26        |
| Table 55 Percentage of the population aged 12 years and older living in households that are food secure or food insecure by sex, Labrador/Grenfell Regional Health Authority Residents, 2007-2008, 2009-2010 and 2011-2012 ..... | 27        |
| <b>INDICATOR 5: ASTHMA .....</b>   | <b>28</b> |
| Table 56 Percentage of the population aged 12 years and older who reported that they have asthma, Newfoundland and Labrador, 2005, 2007-2008, 2009-2010 and 2011-2012 .....  | 28        |
| Table 57 Percentage of the population aged 12 years and older who reported that they have asthma, Eastern Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012 .....                                    | 28        |
| Table 58 Percentage of the population aged 12 years and older who reported that they have asthma, Central Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012 .....                                    | 28        |
| Table 59 Percentage of the population aged 12 years and older who reported that they have asthma, Western Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012 .....                                    | 29        |
| Table 60 Percentage of the population aged 12 years and older who reported that they have asthma, Labrador/Grenfell Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012 .....                          | 29        |
| Table 61 Percentage of the population aged 12 years and older who reported that they have asthma by age group, Newfoundland and Labrador, 2005, 2007-2008, 2009-2010 and 2011-2012 .....   | 29        |
| Table 62 Percentage of the population aged 12 years and older who reported that they have asthma by sex, Newfoundland and Labrador, 2005, 2007-2008, 2009-2010 and 2011-2012 .....   | 30        |
| Table 63 Percentage of the population aged 12 years and older who reported that they have asthma by sex, Eastern Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012 .....                             | 30        |
| Table 64 Percentage of the population aged 12 years and older who reported that they have asthma by sex, Central Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012 .....                             | 30        |
| Table 65 Percentage of the population aged 12 years and older who reported that they have asthma by sex, Western Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012 .....                             | 31        |
| Table 66 Percentage of the population aged 12 years and older who reported that they have asthma by sex, Labrador/Grenfell Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012 .....                   | 31        |
| <b>INDICATOR 6: BICYCLE HELMET USE .....</b>   | <b>32</b> |

|   |    |
|---|----|
| Table 67 Percentage of the population aged 12 years and older who reported never wearing a bicycle helmet while bicycling in the past 12 months, by sex, Newfoundland and Labrador, 2009-2010 and 2011-2012 .....                             | 32 |
| Table 68 Percentage of the population aged 12 years and older who reported never wearing a bicycle helmet while bicycling in the past 12 months, by sex, Eastern Regional Health Authority Residents, 2009-2010 and 2011-2012 .....           | 32 |
| Table 69 Percentage of the population aged 12 years and older who reported never wearing a bicycle helmet while bicycling in the past 12 months, by sex, Central Regional Health Authority Residents, 2009-2010 and 2011-2012 .....           | 32 |
| Table 70 Percentage of the population aged 12 years and older who reported never wearing a bicycle helmet while bicycling in the past 12 months, by sex, Western Regional Health Authority Residents, 2009-2010 and 2011-2012 .....           | 33 |
| Table 71 Percentage of the population aged 12 years and older who reported never wearing a bicycle helmet while bicycling in the past 12 months, by sex, Labrador/Grenfell Regional Health Authority Residents, 2009-2010 and 2011-2012 ..... | 33 |
| Table 72 Percentage of the population aged 12 years and older who reported never wearing a bicycle helmet while bicycling in the past 12 months, by age group, Newfoundland and Labrador, 2009-2010 and 2011-2012 .....                       | 33 |

## **INTRODUCTION**

This report, compiled by the Research & Evaluation Department at the Newfoundland and Labrador Centre for Health Information, includes indicators of wellness for residents of the province of Newfoundland and Labrador. These indicators are outlined in the Wellness Plan developed by the Health Promotion and Wellness Division within the Department of Health and Community Services. Indicators presented in this report include fruit and vegetable consumption, physical activity level, body mass index, food security, asthma and bicycle helmet use.

## **TECHNICAL NOTES**

1. Data used to produce this report were extracted from the Statistics Canada, Canadian Community Health Survey (CCHS), Share Files for CCHS 2005, 2007-2008, 2009-2010 and 2011-2012. Share Files contain all variables for respondents who agreed to have their information shared with survey share partners. The Share Files contain all of the variables available on the CCHS Master Files but only for about 95% of respondents. The files are weighted so that the Master Files and Share Files produce comparable results.
2. The CCHS targets persons aged 12 years or older who are living in private dwellings in the ten provinces and three territories. Persons living on Indian Reserves or Crown lands, residents of institutions, full-time members of the Canadian Armed Forces and residents of certain remote regions are excluded from the survey. The CCHS covers approximately 98% of the Canadian population aged 12 years and older.
3. Data used to prepare this report were weighted so that estimates represent the general population.
4. Previously, CCHS data were released every two years. As of 2007, CCHS data are released annually. Every two years, a file combining two consecutive annual cycles are also released.
5. Data with a coefficient of variation (CV) from 16.6% to 33.3% are identified by an (E) and should be interpreted with caution.
6. Data with a coefficient of variation (CV) greater than 33.3% were suppressed (F) due to extreme sampling variability.
7. Data suppressed due to privacy policies are identified by (--).

## **INDICATOR 1: FRUIT & VEGETABLE CONSUMPTION**

Notes:

- For each general population health survey cycle of CCHS (with the exception of CCHS 2000-2001), a set of modules are asked only of a subset of respondents (around 30,000). The aim of these modules is to permit calculation of provincial and national estimates while minimizing response burden. In 2005, three sub sample files were created. Fruit and Vegetable consumption was an indicator included in one of these files, Sub Sample 1. This is a derived variable that is based on specific questions regarding respondents' consumption of fruit, fruit juice and vegetables. Fruit and Vegetable consumption became core content starting in 2007.
- This indicator is an estimation of the usual number of times (frequency) per day a person reported eating fruits and vegetables. Measure does not take into account the amount consumed

**Table 1**

**Frequency of fruit and vegetable consumption, population aged 12 years and older, Newfoundland and Labrador, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Year      | Frequency of fruit and vegetable consumption<br>(% of population) |                   |
|-----------|---|-------------------|
|           | <5 times per day  | >=5 times per day |
| 2005      | 76.5  | 23.5              |
| 2007-2008 | 69.0  | 31.0              |
| 2009-2010 | 70.3  | 29.7              |
| 2011-2012 | 74.0  | 26.0              |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2007-2008, 2009-2010 & 2011-2012  
 Statistics Canada, Canadian Community Health Survey, Sub sample 1, Share File, 2005

**Table 2**

**Frequency of fruit and vegetable consumption, population aged 12 years and older, Eastern Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Year      | Frequency of fruit and vegetable consumption<br>(% of population) |                   |
|-----------|---|-------------------|
|           | <5 times per day  | >=5 times per day |
| 2005      | 76.1  | 23.9              |
| 2007-2008 | 69.5  | 30.5              |
| 2009-2010 | 68.9  | 31.1              |
| 2011-2012 | 70.4  | 29.6              |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2007-2008, 2009-2010 & 2011-2012  
 Statistics Canada, Canadian Community Health Survey, Sub sample 1, Share File, 2005

**Table 3****Frequency of fruit and vegetable consumption, population aged 12 years and older, Central Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Year      | Frequency of fruit and vegetable consumption<br>(% of population) |                   |
|-----------|---|-------------------|
|           | <5 times per day  | >=5 times per day |
| 2005      | 79.1  | 20.9              |
| 2007-2008 | 71.0  | 29.0              |
| 2009-2010 | 79.5  | 20.5              |
| 2011-2012 | 84.7  | 15.3              |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2007-2008, 2009-2010 & 2011-2012  
 Statistics Canada, Canadian Community Health Survey, Sub sample 1, Share File, 2005

**Table 4****Frequency of fruit and vegetable consumption, population aged 12 years and older, Western Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Year      | Frequency of fruit and vegetable consumption<br>(% of population) |                   |
|-----------|---|-------------------|
|           | <5 times per day  | >=5 times per day |
| 2005      | 73.5  | 26.5              |
| 2007-2008 | 63.3  | 36.7              |
| 2009-2010 | 62.3  | 37.7              |
| 2011-2012 | 76.1  | 23.9              |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2007-2008, 2009-2010 & 2011-2012  
 Statistics Canada, Canadian Community Health Survey, Sub sample 1, Share File, 2005

**Table 5**  
**Frequency of fruit and vegetable consumption, population aged 12 years and older, Labrador/Grenfell Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Year      | Frequency of fruit and vegetable consumption<br>(% of population) |                   |
|-----------|---|-------------------|
|           | <5 times per day  | >=5 times per day |
| 2005      | 80.4  | 19.6              |
| 2007-2008 | 73.1  | 26.9              |
| 2009-2010 | 76.6  | 23.4              |
| 2011-2012 | 73.1  | 26.9              |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2007-2008, 2009-2010 & 2011-2012  
 Statistics Canada, Canadian Community Health Survey, Sub sample 1, Share File, 2005

**Table 6**  
**Frequency of fruit and vegetable consumption by age group, population aged 12 years and older, Newfoundland and Labrador, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Age Group | Frequency of fruit and vegetable consumption (% of population) |           |                   |           |                   |                   |                   |                   |
|-----------|--|-----------|-------------------|-----------|-------------------|-------------------|-------------------|-------------------|
|           | <5 times per day   |           |                   |           | >=5 times per day |                   |                   |                   |
|           | 2005   | 2007-2008 | 2009-2010         | 2011-2012 | 2005              | 2007-2008         | 2009-2010         | 2011-2012         |
| 12-19     | 69.8   | 67.4      | 65.7              | 71.9      | 30.2              | 32.6              | 34.3              | 30.7              |
| 20-29     | 83.4   | 62.5      | 70.9              | 70.9      | 16.6              | 37.5              | 29.1              | 29.1              |
| 30-39     | 83.9   | 71.3      | 67.2              | 69.1      | 16.1              | 28.7              | 32.8              | 30.9              |
| 40-49     | 83.6   | 74.9      | 72.3              | 80.4      | 16.4              | 25.1              | 27.7              | 19.6              |
| 50-59     | 70.8   | 69.9      | 69.4              | 76.6      | 29.2              | 30.1              | 30.6              | 23.4              |
| 60-69     | 69.2   | 66.1      | 78.4              | 75.7      | 30.8              | 33.9              | 21.6              | 24.3              |
| 70-79     | 73.9   | 64.4      | 66.4              | 71.8      | 26.1 <sup>E</sup> | 35.6              | 33.6              | 28.2 <sup>E</sup> |
| 80-89     | --   | 72.2      | 56.4 <sup>E</sup> | 68.2      | F                 | 27.8 <sup>E</sup> | 43.6 <sup>E</sup> | 31.8 <sup>E</sup> |
| 90+       | F  | F         | F                 | F         | F                 | F                 | F                 | F                 |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2007-2008, 2009-2010 & 2011-2012  
 Statistics Canada, Canadian Community Health Survey, Sub sample 1, Share File, 2005

**Table 7**  
**Frequency of fruit and vegetable consumption by age group, population aged 12 years and older,  
Eastern Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Age Group | Frequency of fruit and vegetable consumption (% of population) |           |                   |           |                   |                   |                   |                   |
|-----------|--|-----------|-------------------|-----------|-------------------|-------------------|-------------------|-------------------|
|           | <5 times per day   |           |                   |           | >=5 times per day |                   |                   |                   |
|           | 2005   | 2007-2008 | 2009-2010         | 2011-2012 | 2005              | 2007-2008         | 2009-2010         | 2011-2012         |
| 12-19     | 69.9   | 73.7      | 63.0              | 64.8      | 30.1              | 26.3 <sup>E</sup> | 37.0              | 35.2 <sup>E</sup> |
| 20-29     | 83.2   | 61.5      | 71.3              | 69.5      | 16.8 <sup>E</sup> | 38.5              | 28.7              | 30.5              |
| 30-39     | 82.8   | 68.8      | 68.4              | 65.1      | 17.2 <sup>E</sup> | 31.2              | 31.6              | 34.9              |
| 40-49     | 78.3   | 76.3      | 67.8              | 75.9      | 21.7              | 23.7              | 32.2              | 24.1 <sup>E</sup> |
| 50-59     | 76.4   | 71.3      | 66.1              | 72.0      | 23.6              | 28.7              | 33.9              | 28.0 <sup>E</sup> |
| 60-69     | 64.9   | 67.1      | 79.6              | 73.2      | 35.1 <sup>E</sup> | 32.9              | 20.4              | 26.8 <sup>E</sup> |
| 70-79     | --   | 59.0      | 62.3 <sup>E</sup> | 73.7      | F                 | 41.0 <sup>E</sup> | 37.7 <sup>E</sup> | 26.3 <sup>E</sup> |
| 80-89     | 45.3 <sup>E</sup>  | --        | F                 | --        | 54.7 <sup>E</sup> | F                 | F                 | F                 |
| 90+       | F  | F         | F                 | F         | F                 | F                 | F                 | F                 |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File,  
2007-2008, 2009-2010 & 2011-2012  
Statistics Canada, Canadian Community Health Survey, Sub sample 1, Share File, 2005

**Table 8**  
**Frequency of fruit and vegetable consumption by age group, population aged 12 years and older,  
Central Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Age Group | Frequency of fruit and vegetable consumption (% of population) |                   |                   |           |                   |                   |                   |                   |
|-----------|--|-------------------|-------------------|-----------|-------------------|-------------------|-------------------|-------------------|
|           | <5 times per day   |                   |                   |           | >=5 times per day |                   |                   |                   |
|           | 2005   | 2007-2008         | 2009-2010         | 2011-2012 | 2005              | 2007-2008         | 2009-2010         | 2011-2012         |
| 12-19     | 72.4 <sup>E</sup>  | 67.7 <sup>E</sup> | 72.9 <sup>E</sup> | --        | 27.6 <sup>E</sup> | 32.3 <sup>E</sup> | 27.1 <sup>E</sup> | F                 |
| 20-29     | --   | 58.4 <sup>E</sup> | --                | --        | F                 | 41.6 <sup>E</sup> | F                 | F                 |
| 30-39     | --   | --                | 67.6              | --        | F                 | F                 | 32.4 <sup>E</sup> | F                 |
| 40-49     | --   | 72.7              | --                | --        | F                 | 27.3 <sup>E</sup> | F                 | F                 |
| 50-59     | 64.1   | 73.7              | 82.2              | 86.0      | 35.9 <sup>E</sup> | 26.3 <sup>E</sup> | 17.8 <sup>E</sup> | 14.0 <sup>E</sup> |
| 60-69     | 72.4   | 63.2              | --                | 80.2      | 27.6 <sup>E</sup> | 36.8 <sup>E</sup> | F                 | 19.8 <sup>E</sup> |
| 70-79     | --   | --                | --                | --        | F                 | F                 | F                 | F                 |
| 80-89     | F  | F                 | F                 | --        | F                 | F                 | F                 | F                 |
| 90+       | F  | F                 | F                 | F         | F                 | F                 | F                 | F                 |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File,  
2007-2008, 2009-2010 & 2011-2012  
Statistics Canada, Canadian Community Health Survey, Sub sample 1, Share File, 2005

**Table 9**  
**Frequency of fruit and vegetable consumption by age group, population aged 12 years and older,  
Western Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Age Group | Frequency of fruit and vegetable consumption (% of population) |                   |                   |           |                   |                   |                   |                   |
|-----------|--|-------------------|-------------------|-----------|-------------------|-------------------|-------------------|-------------------|
|           | <5 times per day   |                   |                   |           | >=5 times per day |                   |                   |                   |
|           | 2005   | 2007-2008         | 2009-2010         | 2011-2012 | 2005              | 2007-2008         | 2009-2010         | 2011-2012         |
| 12-19     | 64.2 <sup>E</sup>  | 46.5 <sup>E</sup> | 67.7 <sup>E</sup> | 65.5      | 35.8 <sup>E</sup> | 53.5 <sup>E</sup> | 32.3 <sup>E</sup> | 34.5 <sup>E</sup> |
| 20-29     | --   | 66.7              | 60.0 <sup>E</sup> | --        | F                 | 33.3 <sup>E</sup> | 40.0 <sup>E</sup> | F                 |
| 30-39     | --   | 65.6              | 52.7 <sup>E</sup> | 64.4      | F                 | 34.4 <sup>E</sup> | 47.3 <sup>E</sup> | 35.6 <sup>E</sup> |
| 40-49     | 86.9   | 71.1              | 70.3              | --        | 13.1 <sup>E</sup> | 28.9 <sup>E</sup> | 29.7 <sup>E</sup> | F                 |
| 50-59     | 55.8   | 56.5              | 62.7              | 77.2      | 44.2 <sup>E</sup> | 43.5              | 37.3              | 22.8 <sup>E</sup> |
| 60-69     | 70.9   | 69.3              | 64.3              | --        | 29.1 <sup>E</sup> | 30.7 <sup>E</sup> | 35.7 <sup>E</sup> | F                 |
| 70-79     | 69.0 <sup>E</sup>  | --                | 57.9 <sup>E</sup> | --        | 31.0 <sup>E</sup> | F                 | 42.1 <sup>E</sup> | F                 |
| 80-89     | F  | F                 | F                 | --        | F                 | F                 | F                 | F                 |
| 90+       | F  | F                 | F                 | F         | F                 | F                 | F                 | F                 |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File,  
2007-2008, 2009-2010 & 2011-2012  
Statistics Canada, Canadian Community Health Survey, Sub sample 1, Share File, 2005

**Table 10**  
**Frequency of fruit and vegetable consumption by age group, population aged 12 years and older,  
Labrador/Grenfell Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Age Group | Frequency of fruit and vegetable consumption (% of population) |                   |           |           |                   |                   |           |           |
|-----------|--|-------------------|-----------|-----------|-------------------|-------------------|-----------|-----------|
|           | <5 times per day   |                   |           |           | >=5 times per day |                   |           |           |
|           | 2005   | 2007-2008         | 2009-2010 | 2011-2012 | 2005              | 2007-2008         | 2009-2010 | 2011-2012 |
| 12-19     | --   | 67.7 <sup>E</sup> | --        | --        | F                 | 32.4 <sup>E</sup> | F         | F         |
| 20-29     | 76.4 <sup>E</sup>  | 71.3 <sup>E</sup> | --        | --        | 23.6 <sup>E</sup> | 28.7 <sup>E</sup> | F         | F         |
| 30-39     | 78.7   | 76.3              | --        | --        | 21.3              | 23.7 <sup>E</sup> | F         | F         |
| 40-49     | --   | 76.4              | --        | --        | F                 | 23.6 <sup>E</sup> | F         | F         |
| 50-59     | 69.5   | --                | --        | --        | 30.5 <sup>E</sup> | F                 | F         | F         |
| 60-69     | --   | 55.1 <sup>E</sup> | --        | --        | F                 | 44.9 <sup>E</sup> | F         | F         |
| 70-79     | F  | --                | F         | --        | F                 | F                 | F         | F         |
| 80-89     | F  | F                 | F         | --        | F                 | F                 | F         | F         |
| 90+       | F  | F                 | F         | F         | F                 | F                 | F         | F         |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File,  
2007-2008, 2009-2010 & 2011-2012  
Statistics Canada, Canadian Community Health Survey, Sub sample 1, Share File, 2005

**Table 11**  
**Frequency of fruit and vegetable consumption by sex, population aged 12 years and older,  
 Newfoundland and Labrador, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Sex    | Frequency of fruit and vegetable consumption (% of population) |           |           |           |                   |           |           |           |
|--------|--|-----------|-----------|-----------|-------------------|-----------|-----------|-----------|
|        | <5 times per day   |           |           |           | >=5 times per day |           |           |           |
|        | 2005   | 2007-2008 | 2009-2010 | 2011-2012 | 2005              | 2007-2008 | 2009-2010 | 2011-2012 |
| Male   | 82.0   | 73.0      | 77.2      | 78.5      | 18.0              | 27.0      | 22.8      | 21.5      |
| Female | 71.3   | 65.4      | 64.0      | 69.7      | 28.7              | 34.6      | 36.0      | 30.3      |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2007-2008, 2009-2010 & 2011-2012  
 Statistics Canada, Canadian Community Health Survey, Sub sample 1, Share File, 2005

**Table 12**  
**Frequency of fruit and vegetable consumption by sex, population aged 12 years and older, Eastern  
 Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Sex    | Frequency of fruit and vegetable consumption (% of population) |           |           |           |                   |           |           |           |
|--------|--|-----------|-----------|-----------|-------------------|-----------|-----------|-----------|
|        | <5 times per day   |           |           |           | >=5 times per day |           |           |           |
|        | 2005   | 2007-2008 | 2009-2010 | 2011-2012 | 2005              | 2007-2008 | 2009-2010 | 2011-2012 |
| Male   | 79.9   | 72.7      | 76.0      | 76.0      | 20.1              | 27.3      | 24.0      | 24.0      |
| Female | 72.4   | 66.5      | 62.3      | 65.2      | 27.6              | 33.5      | 37.7      | 34.8      |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2007-2008, 2009-2010 & 2011-2012  
 Statistics Canada, Canadian Community Health Survey, Sub sample 1, Share File, 2005

**Table 13**  
**Frequency of fruit and vegetable consumption by sex, population aged 12 years and older, Central  
 Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Sex    | Frequency of fruit and vegetable consumption (% of population) |           |           |           |                   |           |                   |                   |
|--------|--|-----------|-----------|-----------|-------------------|-----------|-------------------|-------------------|
|        | <5 times per day   |           |           |           | >=5 times per day |           |                   |                   |
|        | 2005   | 2007-2008 | 2009-2010 | 2011-2012 | 2005              | 2007-2008 | 2009-2010         | 2011-2012         |
| Male   | 81.8   | 79.2      | 84.8      | 87.6      | 18.2 <sup>E</sup> | 20.8      | 15.2 <sup>E</sup> | 12.4 <sup>E</sup> |
| Female | 76.8   | 63.7      | 74.5      | 82.0      | 23.2              | 36.3      | 25.5              | 18.0 <sup>E</sup> |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2007-2008, 2009-2010 & 2011-2012  
 Statistics Canada, Canadian Community Health Survey, Sub sample 1, Share File, 2005

**Table 14**  
**Frequency of fruit and vegetable consumption by sex, population aged 12 years and older, Western Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Sex    | Frequency of fruit and vegetable consumption (% of population) |           |           |           |                   |           |           |                   |
|--------|--|-----------|-----------|-----------|-------------------|-----------|-----------|-------------------|
|        | <5 times per day   |           |           |           | >=5 times per day |           |           |                   |
|        | 2005   | 2007-2008 | 2009-2010 | 2011-2012 | 2005              | 2007-2008 | 2009-2010 | 2011-2012         |
| Male   | 86.2   | 64.3      | 69.0      | 80.3      | 13.8 <sup>E</sup> | 35.7      | 31.0      | 19.7 <sup>E</sup> |
| Female | 61.0   | 62.4      | 56.4      | 72.2      | 39.0              | 37.6      | 43.6      | 27.8              |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2007-2008, 2009-2010 & 2011-2012  
 Statistics Canada, Canadian Community Health Survey, Sub sample 1, Share File, 2005

**Table 15**  
**Frequency of fruit and vegetable consumption by sex, population aged 12 years and older, Labrador/Grenfell Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Sex    | Frequency of fruit and vegetable consumption (% of population) |           |           |           |                   |                   |           |                   |
|--------|--|-----------|-----------|-----------|-------------------|-------------------|-----------|-------------------|
|        | <5 times per day   |           |           |           | >=5 times per day |                   |           |                   |
|        | 2005   | 2007-2008 | 2009-2010 | 2011-2012 | 2005              | 2007-2008         | 2009-2010 | 2011-2012         |
| Male   | 88.6   | 78.9      | 85.0      | 74.2      | 11.4 <sup>E</sup> | 21.2 <sup>E</sup> | 15.0      | 25.8 <sup>E</sup> |
| Female | 71.5   | 67.3      | 68.4      | 72.0      | 28.5              | 32.7              | 31.6      | 28.0 <sup>E</sup> |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2007-2008, 2009-2010 & 2011-2012  
 Statistics Canada, Canadian Community Health Survey, Sub sample 1, Share File, 2005

**Table 16**  
**Frequency of fruit and vegetable consumption by household income, population aged 12 years and older, Newfoundland and Labrador, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Household Income  | Frequency of fruit and vegetable consumption (% of population) |           |           |           |                   |                   |                   |                   |
|-------------------|--|-----------|-----------|-----------|-------------------|-------------------|-------------------|-------------------|
|                   | <5 times per day   |           |           |           | >=5 times per day |                   |                   |                   |
|                   | 2005   | 2007-2008 | 2009-2010 | 2011-2012 | 2005              | 2007-2008         | 2009-2010         | 2011-2012         |
| Under \$15,000    | 83.0   | 76.6      | 75.4      | 79.5      | 17.0 <sup>E</sup> | 23.4 <sup>E</sup> | 24.6 <sup>E</sup> | 20.5 <sup>E</sup> |
| \$15,000-\$29,999 | 77.8   | 71.1      | 72.4      | 76.0      | 22.2              | 28.9              | 27.6              | 24.0              |
| \$30,000-\$49,999 | 79.8   | 74.5      | 72.1      | 76.4      | 20.2              | 25.5              | 27.9              | 23.6              |
| \$50,000-\$59,999 | 70.6   | 68.8      | 73.2      | 81.1      | 29.4              | 31.2              | 26.8              | 18.9 <sup>E</sup> |
| \$60,000-\$79,999 | 78.2   | 68.1      | 74.3      | 75.8      | 21.8              | 31.9              | 25.7              | 24.2              |
| \$80,000 and up   | 70.8   | 62.0      | 62.8      | 68.3      | 29.2              | 38.0              | 37.2              | 31.7              |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2007-2008, 2009-2010 & 2011-2012  
 Statistics Canada, Canadian Community Health Survey, Sub sample 1, Share File, 2005

## **INDICATOR 2: PHYSICAL ACTIVITY LEVEL**

Notes:

- Physical activity level is a derived variable based on a series of questions regarding physical activity. Respondents are classified as active, moderately active or inactive based on the estimated total daily Energy Expenditure values (kcal/kg/day) calculated.

**Table 17**

**Percentage of the population aged 12 years and older who are active, moderately active or inactive,  
Newfoundland and Labrador, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Year      | Physical Activity Level (%) |                   |          |
|-----------|-----------------------------|-------------------|----------|
|           | Active                      | Moderately active | Inactive |
| 2005      | 21.6                        | 23.9              | 54.4     |
| 2007-2008 | 23.7                        | 21.5              | 54.8     |
| 2009-2010 | 24.7                        | 22.8              | 52.5     |
| 2011-2012 | 25.7                        | 24.5              | 49.8     |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005, 2007-2008, 2009-2010 & 2011-2012

**Table 18**

**Percentage of the population aged 12 years and older who are active, moderately active or inactive,  
Eastern Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Year      | Physical Activity Level (%) |                   |          |
|-----------|-----------------------------|-------------------|----------|
|           | Active                      | Moderately active | Inactive |
| 2005      | 21.0                        | 25.0              | 54.0     |
| 2007-2008 | 25.3                        | 20.6              | 54.1     |
| 2009-2010 | 22.5                        | 22.7              | 54.8     |
| 2011-2012 | 27.3                        | 23.9              | 48.8     |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005 2007-2008, 2009-2010 & 2011-2012

**Table 19**  
**Percentage of the population aged 12 years and older who are active, moderately active or inactive,  
Central Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Year      | Physical Activity Level (%) |                   |          |
|-----------|-----------------------------|-------------------|----------|
|           | Active                      | Moderately active | Inactive |
| 2005      | 20.8                        | 21.3              | 50.4     |
| 2007-2008 | 18.3                        | 23.0              | 58.7     |
| 2009-2010 | 24.7                        | 24.8              | 50.4     |
| 2011-2012 | 21.8                        | 21.8              | 56.4     |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
2007-2008, 2009-2010 & 2011-2012

**Table 20**  
**Percentage of the population aged 12 years and older who are active, moderately active or inactive,  
Western Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Year      | Physical Activity Level (%) |                   |          |
|-----------|-----------------------------|-------------------|----------|
|           | Active                      | Moderately active | Inactive |
| 2005      | 25.0                        | 24.6              | 50.4     |
| 2007-2008 | 22.7                        | 23.9              | 53.5     |
| 2009-2010 | 32.2                        | 21.5              | 46.3     |
| 2011-2012 | 25.8                        | 29.1              | 45.1     |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
2007-2008, 2009-2010 & 2011-2012

**Table 21**  
**Percentage of the population aged 12 years and older who are active, moderately active or inactive,  
Labrador/Grenfell Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Year      | Physical Activity Level (%) |                   |          |
|-----------|-----------------------------|-------------------|----------|
|           | Active                      | Moderately active | Inactive |
| 2005      | 21.7                        | 21.0              | 57.3     |
| 2007-2008 | 27.4                        | 19.5              | 53.1     |
| 2009-2010 | 26.9                        | 20.9              | 52.2     |
| 2011-2012 | 21.0                        | 26.8              | 52.1     |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
2007-2008, 2009-2010 & 2011-2012

**Table 22**  
**Percentage of the population aged 12 years and older who are active, moderately active or inactive by age group, Newfoundland and Labrador, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Age Group | Physical Activity Level (%) |           |                   |                   |                   |                   |                   |                   |          |           |                   |                   |
|-----------|-----------------------------|-----------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|----------|-----------|-------------------|-------------------|
|           | Active                      |           |                   |                   | Moderately active |                   |                   |                   | Inactive |           |                   |                   |
|           | 2005                        | 2007-2008 | 2009-2010         | 2011-2012         | 2005              | 2007-2008         | 2009-2010         | 2011-2012         | 2005     | 2007-2008 | 2009-2010         | 2011-2012         |
| 12-19     | 49.6                        | 53.4      | 49.2              | 51.1              | 24.0              | 23.7              | 18.2 <sup>E</sup> | 22.7              | 26.4     | 22.9      | 32.6              | 26.2              |
| 20-29     | 30.4                        | 33.9      | 28.9              | 34.3              | 21.5              | 19.1              | 25.7              | 27.1              | 48.1     | 47.0      | 45.4              | 36.8              |
| 30-39     | 17.8                        | 21.7      | 22.9              | 22.4              | 25.2              | 22.2              | 25.7              | 32.2              | 56.9     | 56.2      | 51.4              | 45.4              |
| 40-49     | 16.6                        | 17.2      | 24.8              | 22.7              | 23.7              | 23.1              | 21.8              | 19.8              | 59.7     | 59.7      | 53.4              | 57.5              |
| 50-59     | 13.8                        | 16.7      | 18.7              | 18.4              | 28.0              | 23.7              | 25.5              | 28.4              | 58.2     | 59.6      | 55.8              | 53.2              |
| 60-69     | 17.2                        | 17.8      | 18.3              | 22.1              | 25.0              | 22.4              | 21.4              | 21.8              | 57.8     | 59.8      | 60.3              | 56.2              |
| 70-79     | 9.4 <sup>E</sup>            | 16.5      | 16.4 <sup>E</sup> | 19.8 <sup>E</sup> | 18.1 <sup>E</sup> | 13.1 <sup>E</sup> | 19.3 <sup>E</sup> | 19.8 <sup>E</sup> | 72.5     | 70.3      | 64.4              | 60.4              |
| 80-89     | F                           | F         | F                 | F                 | F                 | F                 | F                 | F                 | 82.0     | 84.5      | 77.8 <sup>E</sup> | 78.5 <sup>E</sup> |
| 90+       | F                           | F         | F                 | F                 | F                 | F                 | F                 | F                 | F        | F         | F                 | F                 |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
2007-2008, 2009-2010 & 2011-2012

**Table 23**  
**Percentage of the population aged 12 years and older who are active, moderately active or inactive by sex, Newfoundland and Labrador, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Sex    | Physical Activity Level (%) |           |           |           |                   |           |           |           |          |           |           |           |
|--------|-----------------------------|-----------|-----------|-----------|-------------------|-----------|-----------|-----------|----------|-----------|-----------|-----------|
|        | Active                      |           |           |           | Moderately active |           |           |           | Inactive |           |           |           |
|        | 2005                        | 2007-2008 | 2009-2010 | 2011-2012 | 2005              | 2007-2008 | 2009-2010 | 2011-2012 | 2005     | 2007-2008 | 2009-2010 | 2011-2012 |
| Male   | 26.7                        | 29.5      | 28.6      | 28.9      | 23.5              | 20.9      | 22.4      | 24.3      | 49.9     | 49.7      | 49.0      | 46.9      |
| Female | 16.9                        | 18.5      | 21.0      | 22.7      | 24.4              | 22.1      | 23.2      | 24.8      | 58.7     | 59.4      | 55.8      | 52.6      |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
2007-2008, 2009-2010 & 2011-2012

**Table 24**  
**Percentage of the population aged 12 years and older who are active, moderately active or inactive by sex, Eastern Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Sex    | Physical Activity Level (%) |           |           |           |                   |           |           |           |          |           |           |           |
|--------|-----------------------------|-----------|-----------|-----------|-------------------|-----------|-----------|-----------|----------|-----------|-----------|-----------|
|        | Active                      |           |           |           | Moderately active |           |           |           | Inactive |           |           |           |
|        | 2005                        | 2007-2008 | 2009-2010 | 2011-2012 | 2005              | 2007-2008 | 2009-2010 | 2011-2012 | 2005     | 2007-2008 | 2009-2010 | 2011-2012 |
| Male   | 26.3                        | 32.9      | 26.9      | 30.9      | 24.3              | 19.2      | 22.5      | 23.4      | 49.4     | 47.9      | 50.6      | 45.7      |
| Female | 16.1                        | 18.5      | 18.4      | 23.9      | 25.6              | 21.9      | 23.0      | 24.4      | 58.3     | 59.7      | 58.6      | 51.7      |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**Table 25**  
**Percentage of the population aged 12 years and older who are active, moderately active or inactive by sex, Central Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Sex    | Physical Activity Level (%) |           |           |           |                   |           |           |           |          |           |           |           |
|--------|-----------------------------|-----------|-----------|-----------|-------------------|-----------|-----------|-----------|----------|-----------|-----------|-----------|
|        | Active                      |           |           |           | Moderately active |           |           |           | Inactive |           |           |           |
|        | 2005                        | 2007-2008 | 2009-2010 | 2011-2012 | 2005              | 2007-2008 | 2009-2010 | 2011-2012 | 2005     | 2007-2008 | 2009-2010 | 2011-2012 |
| Male   | 26.8                        | 20.0      | 29.2      | 21.8      | 20.1              | 21.1      | 26.4      | 21.9      | 53.1     | 58.9      | 44.4      | 56.3      |
| Female | 15.0                        | 16.6      | 20.6      | 21.8      | 22.4              | 24.9      | 23.4      | 21.6      | 62.5     | 58.5      | 56.0      | 56.5      |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**Table 26**  
**Percentage of the population aged 12 years and older who are active, moderately active or inactive by sex, Western Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Sex    | Physical Activity Level (%) |           |           |                   |                   |           |           |           |          |           |           |           |
|--------|-----------------------------|-----------|-----------|-------------------|-------------------|-----------|-----------|-----------|----------|-----------|-----------|-----------|
|        | Active                      |           |           |                   | Moderately active |           |           |           | Inactive |           |           |           |
|        | 2005                        | 2007-2008 | 2009-2010 | 2011-2012         | 2005              | 2007-2008 | 2009-2010 | 2011-2012 | 2005     | 2007-2008 | 2009-2010 | 2011-2012 |
| Male   | 27.9                        | 27.4      | 35.8      | 31.6              | 27.3              | 25.7      | 17.8      | 27.5      | 44.8     | 46.9      | 46.4      | 40.8      |
| Female | 22.3                        | 18.4      | 28.9      | 20.2 <sup>E</sup> | 22.1              | 22.1      | 24.9      | 30.7      | 55.7     | 59.5      | 46.2      | 49.1      |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**Table 27**  
**Percentage of the population aged 12 years and older who are active, moderately active or inactive by sex, Labrador/Grenfell Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Sex    | Physical Activity Level (%) |                   |           |                   |                   |                   |                   |                   |          |           |           |           |
|--------|-----------------------------|-------------------|-----------|-------------------|-------------------|-------------------|-------------------|-------------------|----------|-----------|-----------|-----------|
|        | Active                      |                   |           |                   | Moderately active |                   |                   |                   | Inactive |           |           |           |
|        | 2005                        | 2007-2008         | 2009-2010 | 2011-2012         | 2005              | 2007-2008         | 2009-2010         | 2011-2012         | 2005     | 2007-2008 | 2009-2010 | 2011-2012 |
| Male   | 26.6                        | 30.8              | 26.9      | 23.0 <sup>E</sup> | 17.0 <sup>E</sup> | 22.8 <sup>E</sup> | 21.1 <sup>E</sup> | 30.6 <sup>E</sup> | 56.4     | 46.4      | 52.0      | 46.5      |
| Female | 16.8 <sup>E</sup>           | 24.0 <sup>E</sup> | 27.0      | 19.1 <sup>E</sup> | 24.9              | 16.2 <sup>E</sup> | 20.8 <sup>E</sup> | 23.0 <sup>E</sup> | 58.7     | 59.4      | 52.3      | 57.8      |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

### **INDICATOR 3A: BODY MASS INDEX FOR THOSE AGED 12-17 YEARS**

Notes:

- Body mass index (BMI) for youth is different from that of adults as they are still maturing. This variable classifies the measured BMI of children aged 12 to 17 as "obese" or "overweight" according to the age- and sex-specific BMI cut-off points as defined by Cole and others. The Cole cut-off points are based on pooled international data (Brazil, Great Britain, Hong Kong, Netherlands, Singapore and United States) for BMI and linked to the internationally accepted adult BMI cut-off points of 25 (overweight) and 30 (obese). Respondents who do not fall within the categories of "obese" or "overweight" (as defined by Cole and others) have been classified by the Canadian Community Health Survey (CCHS) as "neither overweight nor obese".
- Calculation of BMI is based on self-reported heights and weights of respondents.

**Table 28**

**Self-reported youth body mass index (BMI), population aged 12-17 years, Newfoundland and Labrador, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Year      | Body Mass Index (% of population) |             |
|-----------|-----------------------------------|-------------|
|           | Overweight/Obese                  | Neither/Nor |
| 2005      | 25.9                              | 74.1        |
| 2007-2008 | 34.8                              | 65.2        |
| 2009-2010 | 30.2                              | 69.8        |
| 2011-2012 | 35.4                              | 64.6        |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
2007-2008, 2009-2010 & 2011-2012

**Table 29**

**Self-reported youth body mass index (BMI), population aged 12-17 years, Eastern Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Year      | Body Mass Index (% of population) |                   |
|-----------|-----------------------------------|-------------------|
|           | Overweight/Obese                  | Neither/Nor       |
| 2005      | 21.9 <sup>E</sup>                 | 78.1              |
| 2007-2008 | 31.8 <sup>E</sup>                 | 68.2              |
| 2009-2010 | 24.2 <sup>E</sup>                 | 75.8              |
| 2011-2012 | 38.3 <sup>E</sup>                 | 61.7 <sup>E</sup> |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
2007-2008, 2009-2010 & 2011-2012

**Table 30**  
**Self-reported youth body mass index (BMI), population aged 12-17 years, Central Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Year      | Body Mass Index (% of population) |                   |
|-----------|-----------------------------------|-------------------|
|           | Overweight/Obese                  | Neither/Nor       |
| 2005      | 30.5 <sup>E</sup>                 | 69.5 <sup>E</sup> |
| 2007-2008 | 47.8 <sup>E</sup>                 | 52.2 <sup>E</sup> |
| 2009-2010 | 39.9 <sup>E</sup>                 | 60.7 <sup>E</sup> |
| 2011-2012 | F                                 | --                |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**Table 31**  
**Self-reported youth body mass index (BMI), population aged 12-17 years, Western Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Year      | Body Mass Index (% of population) |                   |
|-----------|-----------------------------------|-------------------|
|           | Overweight/Obese                  | Neither/Nor       |
| 2005      | F                                 | --                |
| 2007-2008 | F                                 | --                |
| 2009-2010 | 43.0 <sup>E</sup>                 | 57.0 <sup>E</sup> |
| 2011-2012 | F                                 | --                |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**Table 32**  
**Self-reported youth body mass index (BMI), population aged 12-17 years, Labrador/Grenfell Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Year      | Body Mass Index (% of population) |                   |
|-----------|-----------------------------------|-------------------|
|           | Overweight/Obese                  | Neither/Nor       |
| 2005      | 38.3 <sup>E</sup>                 | 61.7 <sup>E</sup> |
| 2007-2008 | 42.3 <sup>E</sup>                 | 57.7 <sup>E</sup> |
| 2009-2010 | F                                 | --                |
| 2011-2012 | F                                 | F                 |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**Table 33**  
**Self-reported youth body mass index (BMI) by sex, population aged 12-17 years, Newfoundland and Labrador, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Sex    | Body Mass Index (% of population) |                   |                   |                   |             |           |           |                   |
|--------|-----------------------------------|-------------------|-------------------|-------------------|-------------|-----------|-----------|-------------------|
|        | Overweight/Obese                  |                   |                   |                   | Neither/Nor |           |           |                   |
|        | 2005                              | 2007-2008         | 2009-2010         | 2011-2012         | 2005        | 2007-2008 | 2009-2010 | 2011-2012         |
| Male   | 33.0                              | 41.3              | 30.0 <sup>E</sup> | 42.5 <sup>E</sup> | 67.0        | 58.7      | 70.0      | 57.5 <sup>E</sup> |
| Female | 18.0 <sup>E</sup>                 | 28.3 <sup>E</sup> | 30.5 <sup>E</sup> | 28.4 <sup>E</sup> | 82.0        | 71.7      | 69.5      | 71.6              |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**INDICATOR 3B: BODY MASS INDEX FOR THOSE AGED 18 YEARS AND OLDER**

## Notes:

- Calculation of BMI based on self-reported heights and weights of respondents.

**Table 34****Self-reported adult body mass index (BMI), population aged 18 years and older, Newfoundland and Labrador, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Year      | Body Mass Index (% of population) |        |            |       |
|-----------|-----------------------------------|--------|------------|-------|
|           | Underweight                       | Normal | Overweight | Obese |
| 2005      | 1.5 <sup>E</sup>                  | 35.7   | 38.3       | 24.5  |
| 2007-2008 | 1.6 <sup>E</sup>                  | 34.9   | 38.1       | 25.4  |
| 2009-2010 | 1.0 <sup>E</sup>                  | 34.3   | 36.5       | 28.2  |
| 2011-2012 | 1.2 <sup>E</sup>                  | 32.5   | 39.3       | 27.0  |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
2007-2008, 2009-2010 & 2011-2012

**Table 35****Self-reported adult body mass index (BMI), population aged 18 years and older, Eastern Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Year      | Body Mass Index (% of population) |            |       |
|-----------|-----------------------------------|------------|-------|
|           | Normal                            | Overweight | Obese |
| 2005      | 37.5                              | 37.0       | 23.6  |
| 2007-2008 | 36.7                              | 37.2       | 24.4  |
| 2009-2010 | 36.0                              | 34.2       | 28.8  |
| 2011-2012 | 33.0                              | 39.7       | 25.8  |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
2007-2008, 2009-2010 & 2011-2012

**Table 36**  
**Self-reported adult body mass index (BMI), population aged 18 years and older, Central Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Year      | Body Mass Index (% of population) |            |       |
|-----------|-----------------------------------|------------|-------|
|           | Normal                            | Overweight | Obese |
| 2005      | 33.2                              | 38.4       | 27.3  |
| 2007-2008 | 28.3                              | 40.1       | 30.6  |
| 2009-2010 | 27.5                              | 44.0       | 27.5  |
| 2011-2012 | 31.0                              | 40.8       | 27.1  |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**Table 37**  
**Self-reported adult body mass index (BMI), population aged 18 years and older, Western Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Year      | Body Mass Index (% of population) |            |       |
|-----------|-----------------------------------|------------|-------|
|           | Normal                            | Overweight | Obese |
| 2005      | 33.5                              | 41.8       | 23.7  |
| 2007-2008 | 37.4                              | 39.5       | 21.3  |
| 2009-2010 | 35.4                              | 37.6       | 26.1  |
| 2011-2012 | 32.9                              | 36.2       | 30.0  |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**Table 38**  
**Self-reported adult body mass index (BMI), population aged 18 years and older, Labrador/Grenfell Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Year      | Body Mass Index (% of population) |            |       |
|-----------|-----------------------------------|------------|-------|
|           | Normal                            | Overweight | Obese |
| 2005      | 33.1                              | 40.7       | 25.6  |
| 2007-2008 | 32.7                              | 36.4       | 29.6  |
| 2009-2010 | 35.1                              | 35.3       | 28.9  |
| 2011-2012 | 30.2                              | 39.0       | 30.5  |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**Table 39**  
**Self-reported adult body mass index (BMI) by age group, population aged 18 years and older,  
 Newfoundland and Labrador, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Age Group | Body Mass Index (% of population) |                   |                   |                   |                   |                   |           |                   |                   |                   |                   |                   |
|-----------|-----------------------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-----------|-------------------|-------------------|-------------------|-------------------|-------------------|
|           | Normal                            |                   |                   |                   | Overweight        |                   |           |                   | Obese             |                   |                   |                   |
|           | 2005                              | 2007-2008         | 2009-2010         | 2011-2012         | 2005              | 2007-2008         | 2009-2010 | 2011-2012         | 2005              | 2007-2008         | 2009-2010         | 2011-2012         |
| 18-29     | 50.2                              | 48.3              | 54.0              | 46.1              | 31.3              | 28.5              | 28.3      | 32.0              | 16.2              | 18.0              | 16.7              | 18.5              |
| 30-39     | 28.7                              | 36.6              | 31.1              | 25.3              | 39.6              | 36.6              | 35.0      | 36.8              | 30.6              | 26.2              | 33.5              | 37.1              |
| 40-49     | 33.2                              | 31.9              | 31.2              | 30.4              | 39.4              | 38.6              | 36.1      | 36.9              | 27.1              | 29.1              | 31.6              | 32.4              |
| 50-59     | 30.3                              | 28.9              | 28.5              | 29.7              | 39.1              | 38.8              | 39.7      | 44.0              | 29.2              | 31.3              | 30.6              | 25.9              |
| 60-69     | 32.6                              | 29.3              | 26.0              | 25.3              | 42.8              | 45.1              | 42.6      | 47.4              | 23.9              | 24.5              | 30.9              | 26.7              |
| 70-79     | 38.5                              | 31.8              | 35.3              | 40.9              | 42.5              | 45.8              | 39.9      | 38.1              | 16.3 <sup>E</sup> | 21.5 <sup>E</sup> | 23.4 <sup>E</sup> | 20.2 <sup>E</sup> |
| 80-89     | 43.8 <sup>E</sup>                 | 45.2 <sup>E</sup> | 45.2 <sup>E</sup> | 48.3 <sup>E</sup> | 38.1 <sup>E</sup> | 41.0 <sup>E</sup> | F         | 33.0 <sup>E</sup> | F                 | F                 | F                 | F                 |
| 90+       | F                                 | F                 | F                 | F                 | F                 | F                 | F         |                   | F                 | F                 | F                 | F                 |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**Table 40**  
**Self-reported adult body mass index (BMI) by sex, population aged 18 years and older, Newfoundland and Labrador, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Sex    | Body Mass Index (% of population) |           |           |           |            |           |           |           |       |           |           |           |
|--------|-----------------------------------|-----------|-----------|-----------|------------|-----------|-----------|-----------|-------|-----------|-----------|-----------|
|        | Normal                            |           |           |           | Overweight |           |           |           | Obese |           |           |           |
|        | 2005                              | 2007-2008 | 2009-2010 | 2011-2012 | 2005       | 2007-2008 | 2009-2010 | 2011-2012 | 2005  | 2007-2008 | 2009-2010 | 2011-2012 |
| Male   | 30.1                              | 31.0      | 26.6      | 24.7      | 43.6       | 41.2      | 42.5      | 45.3      | 25.7  | 27.0      | 30.3      | 29.2      |
| Female | 41.3                              | 38.7      | 41.7      | 40.0      | 33.1       | 35.0      | 30.8      | 33.5      | 23.2  | 23.9      | 26.2      | 24.9      |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**Table 41**  
**Self-reported adult body mass index (BMI) by sex, population aged 18 years and older, Eastern Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Sex    | Body Mass Index (% of population) |           |           |           |            |           |           |           |       |           |           |           |
|--------|-----------------------------------|-----------|-----------|-----------|------------|-----------|-----------|-----------|-------|-----------|-----------|-----------|
|        | Normal                            |           |           |           | Overweight |           |           |           | Obese |           |           |           |
|        | 2005                              | 2007-2008 | 2009-2010 | 2011-2012 | 2005       | 2007-2008 | 2009-2010 | 2011-2012 | 2005  | 2007-2008 | 2009-2010 | 2011-2012 |
| Male   | 31.8                              | 33.0      | 27.0      | 24.3      | 42.7       | 39.7      | 40.4      | 47.1      | 24.9  | 26.2      | 31.8      | 27.4      |
| Female | 43.1                              | 40.2      | 44.5      | 41.5      | 31.4       | 34.8      | 28.3      | 32.5      | 22.3  | 22.6      | 26.0      | 24.2      |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**Table 42**  
**Self-reported adult body mass index (BMI) by sex, population aged 18 years and older, Central Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Sex    | Body Mass Index (% of population) |           |           |                   |            |           |           |           |       |           |           |           |
|--------|-----------------------------------|-----------|-----------|-------------------|------------|-----------|-----------|-----------|-------|-----------|-----------|-----------|
|        | Normal                            |           |           |                   | Overweight |           |           |           | Obese |           |           |           |
|        | 2005                              | 2007-2008 | 2009-2010 | 2011-2012         | 2005       | 2007-2008 | 2009-2010 | 2011-2012 | 2005  | 2007-2008 | 2009-2010 | 2011-2012 |
| Male   | 29.6                              | 23.2      | 17.3      | 21.6 <sup>E</sup> | 44.0       | 43.5      | 53.2      | 48.1      | 25.8  | 33.3      | 29.4      | 30.1      |
| Female | 36.8                              | 33.2      | 37.0      | 40.2              | 32.9       | 36.8      | 35.3      | 34.2      | 28.8  | 28.0      | 25.7      | 24.3      |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**Table 43**  
**Self-reported adult body mass index (BMI) by sex, population aged 18 years and older, Western Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Sex    | Body Mass Index (% of population) |           |           |           |            |           |           |           |       |           |           |           |
|--------|-----------------------------------|-----------|-----------|-----------|------------|-----------|-----------|-----------|-------|-----------|-----------|-----------|
|        | Normal                            |           |           |           | Overweight |           |           |           | Obese |           |           |           |
|        | 2005                              | 2007-2008 | 2009-2010 | 2011-2012 | 2005       | 2007-2008 | 2009-2010 | 2011-2012 | 2005  | 2007-2008 | 2009-2010 | 2011-2012 |
| Male   | 25.9                              | 35.0      | 33.7      | 26.9      | 44.2       | 43.8      | 41.0      | 39.2      | 29.5  | 20.8      | 24.8      | 33.6      |
| Female | 41.1                              | 39.6      | 37.0      | 38.7      | 39.5       | 35.5      | 34.4      | 33.4      | 18.0  | 21.7      | 27.3      | 26.6      |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**Table 44**  
**Self-reported adult body mass index (BMI) by sex, population aged 18 years and older,  
Labrador/Grenfell Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Sex    | Body Mass Index (% of population) |           |           |                   |            |           |           |           |       |           |           |                   |
|--------|-----------------------------------|-----------|-----------|-------------------|------------|-----------|-----------|-----------|-------|-----------|-----------|-------------------|
|        | Normal                            |           |           |                   | Overweight |           |           |           | Obese |           |           |                   |
|        | 2005                              | 2007-2008 | 2009-2010 | 2011-2012         | 2005       | 2007-2008 | 2009-2010 | 2011-2012 | 2005  | 2007-2008 | 2009-2010 | 2011-2012         |
| Male   | 28.0                              | 26.9      | 31.2      | 24.7              | 48.1       | 41.7      | 37.0      | 45.3      | 23.8  | 30.7      | 31.5      | 32.1 <sup>E</sup> |
| Female | 38.5                              | 38.9      | 39.4      | 29.2 <sup>E</sup> | 32.9       | 30.8      | 33.4      | 41.3      | 27.4  | 28.5      | 26.0      | 28.8 <sup>E</sup> |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
2007-2008, 2009-2010 & 2011-2012

#### **INDICATOR 4: FOOD SECURITY**

Notes:

- Food security is based on the Canadian Community Health Survey (CCHS) Food Security module, a set of 18 questions, and indicates whether households both with and without children were able to afford the food they needed in the previous 12 months. The levels of food security are defined as: 1- Food secure: No, or one, indication of difficulty with income-related food access; 2- Moderately food insecure: Indication of compromise in quality and/or quantity of food consumed; 3- Severely food insecure: Indication of reduced food intake and disrupted eating patterns.
- This variable is adopted from the Health Canada model of food security status.
- Food Security presented below reflects the number of people living in a household with food security/insecurity.
- Data for this indicator is not available for 2005.

**Table 45**  
**Percentage of the population aged 12 years and older living in households that are food secure or food insecure, Newfoundland and Labrador, 2007-2008, 2009-2010 and 2011-2012**

| Year      | Food Security Status (%) |                          |                        |
|-----------|--------------------------|--------------------------|------------------------|
|           | Food Secure              | Moderately Food Insecure | Severely Food Insecure |
| 2007-2008 | 91.7                     | 6.7                      | 1.7                    |
| 2009-2010 | 94.4                     | 4.2                      | 1.4 <sup>E</sup>       |
| 2011-2012 | 93.0                     | 5.7                      | 1.4 <sup>E</sup>       |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2007-2008, 2009-2010 & 2011-2012

**Table 46**  
**Percentage of the population aged 12 years and older living in households that are food secure or food insecure, Eastern Regional Health Authority Residents, 2007-2008, 2009-2010 and 2011-2012**

| Year      | Food Security Status (%) |                          |                        |
|-----------|--------------------------|--------------------------|------------------------|
|           | Food Secure              | Moderately Food Insecure | Severely Food Insecure |
| 2007-2008 | 91.5                     | 6.7                      | 1.8 <sup>F</sup>       |
| 2009-2010 | 94.5                     | 4.2                      | 1.3 <sup>E</sup>       |
| 2011-2012 | 92.7                     | 5.8                      | 1.5 <sup>E</sup>       |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2007-2008, 2009-2010 & 2011-2012

**Table 47**

**Percentage of the population aged 12 years and older living in households that are food secure or food insecure, Central Regional Health Authority Residents, 2007-2008, 2009-2010 and 2011-2012**

| Year      | Food Security Status (%) |                                   |
|-----------|--------------------------|-----------------------------------|
|           | Food Secure              | Moderately/Severely Food Insecure |
| 2007-2008 | 92.4                     | 7.6                               |
| 2009-2010 | 93.5                     | 6.5 <sup>E</sup>                  |
| 2011-2012 | 94.2                     | 5.8 <sup>E</sup>                  |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2007-2008, 2009-2010 & 2011-2012

**Table 48**

**Percentage of the population aged 12 years and older living in households that are food secure or food insecure, Western Regional Health Authority Residents, 2007-2008, 2009-2010 and 2011-2012**

| Year      | Food Security Status (%) |                                   |
|-----------|--------------------------|-----------------------------------|
|           | Food Secure              | Moderately/Severely Food Insecure |
| 2007-2008 | 90.8                     | 9.3                               |
| 2009-2010 | 95.2                     | 4.8 <sup>E</sup>                  |
| 2011-2012 | 91.9                     | 8.1 <sup>E</sup>                  |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2007-2008, 2009-2010 & 2011-2012

**Table 49**

**Percentage of the population aged 12 years and older living in households that are food secure or food insecure, Labrador/Grenfell Regional Health Authority Residents, 2007-2008, 2009-2010 and 2011-2012**

| Year      | Food Security Status (%) |                                   |
|-----------|--------------------------|-----------------------------------|
|           | Food Secure              | Moderately/Severely Food Insecure |
| 2007-2008 | 92.7                     | 7.3 <sup>E</sup>                  |
| 2009-2010 | --                       | F                                 |
| 2011-2012 | --                       | F                                 |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2007-2008, 2009-2010 & 2011-2012

**Table 50**  
**Percentage of the population aged 12 years and older living in households that are food secure or food insecure by age group, Newfoundland and Labrador, 2007-2008, 2009-2010 and 2011-2012**

| Age Group | Food Security Status (%) |           |           |                                   |                  |                   |
|-----------|--------------------------|-----------|-----------|-----------------------------------|------------------|-------------------|
|           | Food Secure              |           |           | Moderately/Severely Food Insecure |                  |                   |
|           | 2007-2008                | 2009-2010 | 2011-2012 | 2007-2008                         | 2009-2010        | 2011-2012         |
| 12-19     | 90.0                     | 90.2      | 88.6      | 10.0 <sup>E</sup>                 | 9.8 <sup>E</sup> | 11.4 <sup>E</sup> |
| 20-29     | 90.9                     | 93.1      | 88.3      | 9.1 <sup>E</sup>                  | 6.9 <sup>E</sup> | 11.7 <sup>E</sup> |
| 30-39     | 90.6                     | --        | 92.4      | 9.4 <sup>E</sup>                  | F                | 7.6 <sup>E</sup>  |
| 40-49     | 90.8                     | 93.9      | 93.0      | 9.2 <sup>E</sup>                  | 6.1 <sup>E</sup> | 7.0 <sup>E</sup>  |
| 50-59     | 92.2                     | 94.2      | 93.5      | 7.8 <sup>E</sup>                  | 5.8 <sup>E</sup> | 6.5 <sup>E</sup>  |
| 60-69     | 93.4                     | 95.5      | --        | 6.6 <sup>E</sup>                  | 4.5 <sup>E</sup> | F                 |
| 70-79     | --                       | --        | --        | F                                 | F                | F                 |
| 80-89     | --                       | --        | --        | F                                 | F                | F                 |
| 90+       | F                        | F         | --        | --                                | --               | F                 |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2007-2008, 2009-2010 & 2011-2012

**Table 51**  
**Percentage of the population aged 12 years and older living in households that are food secure or food insecure by sex, Newfoundland and Labrador, 2007-2008, 2009-2010 and 2011-2012**

| Sex    | Food Security Status (%) |           |           |                          |           |           |                        |                  |                  |
|--------|--------------------------|-----------|-----------|--------------------------|-----------|-----------|------------------------|------------------|------------------|
|        | Food Secure              |           |           | Moderately Food Insecure |           |           | Severely Food Insecure |                  |                  |
|        | 2007-2008                | 2009-2010 | 2011-2012 | 2007-2008                | 2009-2010 | 2011-2012 | 2007-2008              | 2009-2010        | 2011-2012        |
| Male   | 91.3                     | 94.6      | 92.9      | 6.9                      | 4.0       | --        | 1.8 <sup>E</sup>       | 1.3 <sup>E</sup> | F                |
| Female | 92.0                     | 94.1      | 93.1      | 6.5                      | 4.4       | 5.6       | 1.5 <sup>E</sup>       | 1.5 <sup>E</sup> | 1.4 <sup>E</sup> |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2007-2008, 2009-2010 & 2011-2012

**Table 52**

**Percentage of the population aged 12 years and older living in households that are food secure or food insecure by sex, Eastern Regional Health Authority Residents, 2007-2008, 2009-2010 and 2011-2012**

| Sex    | Food Security Status (%) |           |           |                                   |                  |                  |
|--------|--------------------------|-----------|-----------|-----------------------------------|------------------|------------------|
|        | Food Secure              |           |           | Moderately/Severely Food Insecure |                  |                  |
|        | 2007-2008                | 2009-2010 | 2011-2012 | 2007-2008                         | 2009-2010        | 2011-2012        |
| Male   | 91.0                     | 94.6      | 92.8      | 9.1                               | 5.4 <sup>E</sup> | 7.2 <sup>E</sup> |
| Female | 92.1                     | 94.4      | 92.5      | 7.9                               | 5.5 <sup>E</sup> | 7.5 <sup>E</sup> |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2007-2008, 2009-2010 & 2011-2012

**Table 53**

**Percentage of the population aged 12 years and older living in households that are food secure or food insecure by sex, Central Regional Health Authority Residents, 2007-2008, 2009-2010 and 2011-2012**

| Sex    | Food Security Status (%) |           |           |                                   |                  |                  |
|--------|--------------------------|-----------|-----------|-----------------------------------|------------------|------------------|
|        | Food Secure              |           |           | Moderately/Severely Food Insecure |                  |                  |
|        | 2007-2008                | 2009-2010 | 2011-2012 | 2007-2008                         | 2009-2010        | 2011-2012        |
| Male   | 93.2                     | 94.3      | 93.9      | 6.8 <sup>E</sup>                  | 5.7 <sup>E</sup> | 6.1 <sup>E</sup> |
| Female | 91.6                     | 92.7      | 94.6      | 8.4 <sup>E</sup>                  | 7.3 <sup>E</sup> | 5.4 <sup>E</sup> |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2007-2008, 2009-2010 & 2011-2012

**Table 54**

**Percentage of the population aged 12 years and older living in households that are food secure or food insecure by sex, Western Regional Health Authority Residents, 2007-2008, 2009-2010 and 2011-2012**

| Sex    | Food Security Status (%) |           |           |                                   |                  |                  |
|--------|--------------------------|-----------|-----------|-----------------------------------|------------------|------------------|
|        | Food Secure              |           |           | Moderately/Severely Food Insecure |                  |                  |
|        | 2007-2008                | 2009-2010 | 2011-2012 | 2007-2008                         | 2009-2010        | 2011-2012        |
| Male   | 89.5                     | --        | 90.5      | 10.5 <sup>E</sup>                 | F                | 9.5 <sup>E</sup> |
| Female | 92.0                     | 94.1      | 93.3      | 7.9                               | 5.9 <sup>E</sup> | 6.7 <sup>E</sup> |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2007-2008, 2009-2010 & 2011-2012

**Table 55**  
**Percentage of the population aged 12 years and older living in households that are food secure or food insecure by sex, Labrador/Grenfell Regional Health Authority Residents, 2007-2008, 2009-2010 and 2011-2012**

| Sex    | Food Security Status (%) |           |           |                                   |           |           |
|--------|--------------------------|-----------|-----------|-----------------------------------|-----------|-----------|
|        | Food Secure              |           |           | Moderately/Severely Food Insecure |           |           |
|        | 2007-2008                | 2009-2010 | 2011-2012 | 2007-2008                         | 2009-2010 | 2011-2012 |
| Male   | --                       | --        | --        | F                                 | F         | F         |
| Female | --                       | --        | --        | F                                 | F         | F         |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2007-2008, 2009-2010 & 2011-2012

## **INDICATOR 5: ASTHMA**

Notes:

- Includes the population aged 12 and over who reported that they have been diagnosed by a health professional as having asthma.

**Table 56**

**Percentage of the population aged 12 years and older who reported that they have asthma,  
Newfoundland and Labrador, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Year      | Has asthma (%) |
|-----------|----------------|
| 2005      | 9.2            |
| 2007-2008 | 6.6            |
| 2009-2010 | 8.4            |
| 2011-2012 | 8.3            |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
2007-2008, 2009-2010 & 2011-2012

**Table 57**

**Percentage of the population aged 12 years and older who reported that they have asthma, Eastern  
Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Year      | Has asthma (%) |
|-----------|----------------|
| 2005      | 9.0            |
| 2007-2008 | 5.7            |
| 2009-2010 | 8.9            |
| 2011-2012 | 8.7            |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
2007-2008, 2009-2010 & 2011-2012

**Table 58**

**Percentage of the population aged 12 years and older who reported that they have asthma, Central  
Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Year      | Has asthma (%)   |
|-----------|------------------|
| 2005      | 7.6 <sup>E</sup> |
| 2007-2008 | 7.8              |
| 2009-2010 | 6.4              |
| 2011-2012 | 7.0 <sup>E</sup> |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
2007-2008, 2009-2010 & 2011-2012

**Table 59**  
**Percentage of the population aged 12 years and older who reported that they have asthma, Western Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Year      | Has asthma (%)   |
|-----------|------------------|
| 2005      | 10.8             |
| 2007-2008 | 8.4              |
| 2009-2010 | 7.9              |
| 2011-2012 | 8.5 <sup>E</sup> |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**Table 60**  
**Percentage of the population aged 12 years and older who reported that they have asthma, Labrador/Grenfell Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Year      | Has asthma (%)   |
|-----------|------------------|
| 2005      | 12.0             |
| 2007-2008 | 6.5 <sup>E</sup> |
| 2009-2010 | 8.4 <sup>E</sup> |
| 2011-2012 | 6.9              |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**Table 61**  
**Percentage of the population aged 12 years and older who reported that they have asthma by age group, Newfoundland and Labrador, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Age Group | Has asthma (%)    |                   |                   |                   |
|-----------|-------------------|-------------------|-------------------|-------------------|
|           | 2005              | 2007-2008         | 2009-2010         | 2011-2012         |
| 12-19     | 17.4              | 11.8 <sup>E</sup> | 18.0 <sup>E</sup> | 15.2 <sup>E</sup> |
| 20-29     | 10.3 <sup>E</sup> | 7.1 <sup>E</sup>  | 9.4 <sup>E</sup>  | 9.7 <sup>E</sup>  |
| 30-39     | 7.8 <sup>E</sup>  | 5.5 <sup>E</sup>  | 6.9 <sup>E</sup>  | 7.7 <sup>E</sup>  |
| 40-49     | 8.1 <sup>E</sup>  | 5.4 <sup>E</sup>  | 6.9 <sup>E</sup>  | 7.5 <sup>E</sup>  |
| 50-59     | 5.4 <sup>E</sup>  | 6.8 <sup>E</sup>  | 7.1 <sup>E</sup>  | 4.8 <sup>E</sup>  |
| 60-69     | 8.8 <sup>E</sup>  | 4.1 <sup>E</sup>  | 5.5 <sup>E</sup>  | 7.5 <sup>E</sup>  |
| 70-79     | 9.5 <sup>E</sup>  | 7.2 <sup>E</sup>  | F                 | F                 |
| 80-89     | F                 | F                 | F                 | F                 |
| 90+       | F                 | F                 | F                 | F                 |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**Table 62**  
**Percentage of the population aged 12 years and older who reported that they have asthma by sex,  
 Newfoundland and Labrador, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Sex    | Has asthma (%) |           |           |           |
|--------|----------------|-----------|-----------|-----------|
|        | 2005           | 2007-2008 | 2009-2010 | 2011-2012 |
| Male   | 8.1            | 5.8       | 7.1       | 6.8       |
| Female | 10.3           | 7.3       | 9.5       | 9.6       |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**Table 63**  
**Percentage of the population aged 12 years and older who reported that they have asthma by sex,  
 Eastern Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Sex    | Has asthma (%) |                  |           |                  |
|--------|----------------|------------------|-----------|------------------|
|        | 2005           | 2007-2008        | 2009-2010 | 2011-2012        |
| Male   | 7.8            | 5.0 <sup>E</sup> | 7.7       | 7.7 <sup>E</sup> |
| Female | 10.1           | 6.4              | 9.9       | 9.7              |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**Table 64**  
**Percentage of the population aged 12 years and older who reported that they have asthma by sex,  
 Central Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Sex    | Has asthma (%)   |                  |                  |                   |
|--------|------------------|------------------|------------------|-------------------|
|        | 2005             | 2007-2008        | 2009-2010        | 2011-2012         |
| Male   | 8.3 <sup>E</sup> | 7.0 <sup>E</sup> | F                | F                 |
| Female | 6.8 <sup>E</sup> | 8.6 <sup>E</sup> | 8.2 <sup>E</sup> | 10.0 <sup>E</sup> |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**Table 65**  
**Percentage of the population aged 12 years and older who reported that they have asthma by sex,  
Western Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Sex    | Has asthma (%)    |                  |                  |                  |
|--------|-------------------|------------------|------------------|------------------|
|        | 2005              | 2007-2008        | 2009-2010        | 2011-2012        |
| Male   | 8.6 <sup>E</sup>  | 7.9 <sup>E</sup> | 7.7 <sup>E</sup> | 7.1 <sup>E</sup> |
| Female | 12.8 <sup>4</sup> | 8.9 <sup>E</sup> | 8.2 <sup>E</sup> | 9.8 <sup>E</sup> |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
2007-2008, 2009-2010 & 2011-2012

**Table 66**  
**Percentage of the population aged 12 years and older who reported that they have asthma by sex,  
Labrador/Grenfell Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

| Sex    | Has asthma (%)    |                  |           |           |
|--------|-------------------|------------------|-----------|-----------|
|        | 2005              | 2007-2008        | 2009-2010 | 2011-2012 |
| Male   | 8.1 <sup>E</sup>  | F                | F         | F         |
| Female | 15.9 <sup>E</sup> | 7.9 <sup>E</sup> | F         | F         |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
2007-2008, 2009-2010 & 2011-2012

## INDICATOR 6: BICYCLE HELMET USE

Notes:

- Data for this indicator is not available in 2005 and 2007-2008.
- This question was only asked of respondents who responded “yes” to the question “In the past 12 months, have you done any bicycling?”

**Table 67**

**Percentage of the population aged 12 years and older who reported never wearing a bicycle helmet while bicycling in the past 12 months, by sex, Newfoundland and Labrador, 2009-2010 and 2011-2012**

| Sex    | Never wears bicycle helmet (%) |           |
|--------|--------------------------------|-----------|
|        | 2009-2010                      | 2011-2012 |
| Male   | 43.7                           | 42.8      |
| Female | 34.9                           | 33.9      |
| Total  | 40.6                           | 39.4      |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2009-2010 & 2011-2012

**Table 68**

**Percentage of the population aged 12 years and older who reported never wearing a bicycle helmet while bicycling in the past 12 months, by sex, Eastern Regional Health Authority Residents, 2009-2010 and 2011-2012**

| Sex    | Never wears bicycle helmet (%) |                   |
|--------|--------------------------------|-------------------|
|        | 2009-2010                      | 2011-2012         |
| Male   | 36.9                           | 40.0              |
| Female | 23.8 <sup>E</sup>              | 25.9 <sup>E</sup> |
| Total  | 32.6                           | 35.0              |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2009-2010 & 2011-2012

**Table 69**

**Percentage of the population aged 12 years and older who reported never wearing a bicycle helmet while bicycling in the past 12 months, by sex, Central Regional Health Authority Residents, 2009-2010 and 2011-2012**

| Sex    | Never wears bicycle helmet (%) |                   |
|--------|--------------------------------|-------------------|
|        | 2009-2010                      | 2011-2012         |
| Male   | 62.6                           | 64.3 <sup>E</sup> |
| Female | 49.1 <sup>E</sup>              | 54.0 <sup>E</sup> |
| Total  | 57.4                           | 60.0              |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2009-2010 & 2011-2012

**Table 70**

**Percentage of the population aged 12 years and older who reported never wearing a bicycle helmet while bicycling in the past 12 months, by sex, Western Regional Health Authority Residents, 2009-2010 and 2011-2012**

|        | Never wears bicycle helmet (%) |                   |
|--------|--------------------------------|-------------------|
|        | 2009-2010                      | 2011-2012         |
| Sex    |                                |                   |
| Male   | 43.9 <sup>E</sup>              | 30.0 <sup>E</sup> |
| Female | 46.5 <sup>E</sup>              | F                 |
| Total  | 44.8                           | 30.0 <sup>E</sup> |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2009-2010 & 2011-2012

**Table 71**

**Percentage of the population aged 12 years and older who reported never wearing a bicycle helmet while bicycling in the past 12 months, by sex, Labrador/Grenfell Regional Health Authority Residents, 2009-2010 and 2011-2012**

|        | Never wears bicycle helmet (%) |                   |
|--------|--------------------------------|-------------------|
|        | 2009-2010                      | 2011-2012         |
| Sex    |                                |                   |
| Male   | F                              | F                 |
| Female | F                              | F                 |
| Total  | 46.2                           | 55.8 <sup>E</sup> |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2009-2010 & 2011-2012

**Table 72**

**Percentage of the population aged 12 years and older who reported never wearing a bicycle helmet while bicycling in the past 12 months, by age group, Newfoundland and Labrador, 2009-2010 and 2011-2012**

| Age Group | Never wears bicycle helmet (%) |                   |
|-----------|--------------------------------|-------------------|
|           | 2009-2010                      | 2011-2012         |
| 12-19     | 38.9                           | 29.4 <sup>E</sup> |
| 20-29     | 43.9 <sup>E</sup>              | 45.2 <sup>E</sup> |
| 30-39     | 45.1 <sup>E</sup>              | 51.3              |
| 40-49     | 37.4 <sup>E</sup>              | 38.3 <sup>E</sup> |
| 50-59     | 34.5 <sup>E</sup>              | 41.7 <sup>E</sup> |
| 60-69     | F                              | F                 |
| 70-79     | F                              | F                 |
| 80-89     | F                              | F                 |
| 90+       | F                              | F                 |

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2009-2010 & 2011-2012

