

## TECHNICAL APPENDIX



# HEALTH FOR ALL ISLANDERS



Promote, Prevent, Protect: PEI Chief Public Health Officer's Report | 2016



# APPENDIX



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## Methodology

The Health Trends section of the report updates previous health indicators reports prepared since 2003. This report provides comparisons with Canada and comparisons over time on a broad range of indicators.

Multiple sources of health surveillance data from both federal and provincial government departments were used in the formation of this document which include: Canadian Community Health Survey, Canadian Chronic Disease Surveillance System, National Population Health Survey, Vital Statistics Birth and Death databases, PEI Cancer Registry, Canadian Cancer Registry, PEI Public Health Nursing database, Provincial Treasury 42<sup>nd</sup> Annual Statistical Review 2015, and Department of Health and Wellness Chief Public Health Office Communicable Disease database. Sources used for each indicator are noted in the main document.

One of the primary sources of data for this report is the Canadian Community Health Survey (CCHS). This survey is conducted by Statistics Canada over two years to provide regular and timely cross-sectional estimates of various health indicators. Survey data should always be viewed as estimates with the associated confidence interval as survey sample size can have significant impacts on estimates. It is also important to remember that CCHS data is self-reported. In some instances, individuals may respond with socially desirable responses to questions.

The most recent data collection was in 2013/14. Approximately 121,500 Canadians over these two years, using both computer-assisted personal and telephone interviews, were sampled. The target population of the CCHS includes household residents, age 12 and over, in all provinces and territories, with the principle exclusion of populations on Native Reserves, those in the Military, some remote areas, and persons living in institutions. In PEI, the sample size was 1,884 Islanders, including 1,066 from urban and 818 from rural areas.

Information for diabetes, hypertension, heart disease, chronic obstructive pulmonary disease and mood and anxiety disorders is based on the Canadian Chronic Disease Surveillance System (CCDSS) coordinated by the Public Health Agency of Canada. This surveillance system links the Prince Edward Island health insurance registry database with physician billing, hospitalization, and vital statistics data. Identifying whether or not a person has the chronic disease is based on a validated procedure of medical code searching in the linked data.

Age standardization is a procedure for adjusting rates, designed to minimize the effects of differences in age composition when comparing rates for different populations. The direct method was used to average age-specific rates, using the distribution of a standard population as weights. The adjusted rate then represents what the observed rate would have been if that population had the same distribution as the standard population. The standard population used was the 1991 Canadian population. When interpreting age-standardized rates, individual values should not be emphasized. Instead, focus should be placed on trends in data.

Case counts are converted to rates per 100,000 to allow for comparable health indicators. In instances when there are less than 10 (CCHS) or less than 5 responses or cases, the data may be suppressed because of the small sample size.

Comparisons with other data sources may result in different numbers for similar concepts, usually as a result of differences in methodology. To minimize problems, comparisons should use the same data source, and look for trends over time. Sometimes several documents using the same data

sources will report different numbers. This may be the result of reporting on more current data, the use of different age groups, or the use of sub-samples of the dataset.

Statistical significance implies that the difference in results is not due simply to chance alone. When determining statistical differences within this report, non-overlapping confidence intervals at 85% were considered significant.



## Population

**Definition:** Population size, including age groupings, provides information on the changing characteristics, structure and shifting service demands of our population.

### PEI Population Projections by Age and Sex

Age	2015	2025	2035	2045	2055
<b>Male</b>					
<20	16,463	17,062	16,764	16,667	17,217
20-34	12,616	12,195	12,302	12,891	12,464
35-49	13,661	13,123	13,234	12,746	13,528
50-64	16,215	16,203	14,982	14,849	14,436
65+	12,378	16,904	19,876	20,083	19,518
<b>Female</b>					
<20	15,804	16,698	16,526	16,389	16,902
20-34	13,042	12,247	12,284	13,019	12,626
35-49	14,374	14,827	14,894	13,834	14,947
50-64	17,092	16,582	15,843	16,565	15,443
65+	14,802	20,201	24,058	24,644	24,711
<b>Total</b>					
<20	32,267	33,760	33,290	33,056	34,119
20-34	25,658	24,442	24,586	25,910	25,090
35-49	28,035	27,950	28,128	26,580	28,475
50-64	33,307	32,785	30,825	31,414	29,879
65+	27,180	37,105	43,934	44,727	44,229

## Health Status

### All Cause Mortality - Leading Causes of Death

Definition: Ranking the leading causes of death is a valuable way to provide information on current mortality patterns in PEI and Canada. The ten leading causes of death in PEI are found in the table below; Canadian rates for these causes of death are also listed.

#### Leading Causes of Death, PEI and Canada, 2012

Cause of Death	Mortality Rate (per 100,000 population)	
	PEI	Canada
Malignant neoplasms (cancer)	171.1	154.1
Diseases of heart (heart disease)	105.9	91.6
Chronic lower respiratory diseases	31.0	21.6
Cerebrovascular diseases (stroke)	26.4	24.3
Unintentional injuries (accidents)	23.5	25.3
Influenza and pneumonia	14.9	10.1
Alzheimer's disease	13.9	10.7
Diabetes mellitus (diabetes)	12.4	13.9
Kidney Disease	11.9	6.1
Sepsis	7.0	5.0

*Age Standardized*

## Life Expectancy

Definition: Life expectancy is the main measure of the health of a population. Life expectancy at birth is the average number of years a person would be expected to live if current trends remain the same. Infant mortalities affect overall life expectancy.

### Life Expectancy in Years, by Year of Birth, Past 10 Years\*

Year of Birth	Male		Female	
	PEI	Canada	PEI	Canada
1999	75.2	76.3	80.8	81.7
2000	75.2	76.6	81.7	81.9
2001	75.4	77.0	81.7	82.0
2002	75.9	77.2	81.8	82.2
2003	76.4	77.5	81.5	82.3
2004	76.9	77.7	81.8	82.5
2005	77.3	78.0	82.1	82.8
2006	77.6	78.3	82.7	83.0
2007	77.5	78.5	82.9	83.1
2008	77.5	78.8	82.8	83.3

*\*Statistics Canada uses a 3 year rolling average method*

**Self-reported General Health**

**Question:** “By health, we mean not only the absence of disease or injury but also physical, mental and social well-being....in general, would you say your health is: excellent, very good, good, fair, poor?”

**Self-reported Excellent or Very Good Health, PEI and Canada, Aged 12+**

Year	PEI		Canada	
	%	CI	%	CI
2001	65.9	63.8-67.9	62.5	62.2-62.9
2003	65.9	63.1-68.5	59.8	59.4-60.2
2005	60.7	57.9-63.5	61.5	61.1-61.9
2007/08	61.1	58.4-63.7	61.1	60.6-61.6
2009/10	65.7	62.4-68.9	62.1	61.6-62.6
2011/12	60.9	57.6-64.1	62.0	61.5-62.6
2013/14	61.4	58.4-64.3	61.4	60.9-61.9

*Age Standardized*

**Self-reported Excellent or Very Good Health, by Age and Sex, PEI 2013/14**

Sex	12-19 yr.		20-34 yr.		35-49 yr.		50-64 yr.		65+ yr.		Total	
	%	CI	%	CI	%	CI	%	CI	%	CI	%	CI
Male	62.3	58.9-72.5	64.2	53.2-73.9	69.1	59.0-77.6	51.9	43.5-60.3	46.9	39.8-54.2	58.1	54.0-62.1
Female	72.3	61.5-81.0	59.6	50.6-68.0	64.7	55.2-73.1	49.4	41.6-57.1	58.3	52.3-64.0	59.0	55.1-62.8
Total	67.1	59.2-74.2	61.9	55.4-68.0	66.6	60.2-72.5	50.7	44.8-56.5	53.1	48.2-57.8	58.6	55.7-61.4

### Self-reported Mental Health

Question: "In general, would you say your mental health is: excellent, very good, good, fair, or poor?"

#### Self-reported Mental Health, PEI and Canada, Aged 12+

Self-Reported Mental Health	PEI		Canada	
	%	CI	%	CI
<b>Very Good/ Excellent</b>				
2007/08	74.8	72.2-77.2	75.2	74.7-75.6
2009/10	75.9	73.1-78.5	74.4	73.9-74.8
2011/12	72.4	68.9-75.7	72.9	72.4-73.4
2013/14	70.2	66.9-73.3	71.8	71.3-72.3
<b>Good</b>				
2007/08	21.1	18.8-23.6	20.1	19.7-20.6
2009/10	19.5	17.2-22.1	20.7	20.3-21.1
2011/12	22.5	19.5-25.8	21.7	21.2-22.2
2013/14	23.0	20.3-25.9	22.1	21.7-22.6
<b>Fair/Poor</b>				
2007/08	4.1	3.1-5.5	4.7	4.5-4.9
2009/10	4.6	3.5-5.9	4.9	4.7-5.2
2011/12	5.1	3.9-6.8	5.4	5.2-5.7
2013/14	6.8	5.4-8.7	6.1	5.8-6.3

*Age Standardized*

#### Self-reported Excellent or Very Good Mental Health, by Age and Sex, PEI 2013/14

Sex	12-19 yr.		20-34 yr.		35-49 yr.		50-64 yr.		65+ yr.		Total	
	%	CI	%	CI	%	CI	%	CI	%	CI	%	CI
Male	79.5	69.0-87.2	68.4	55.2-79.2	68.2	57.4-77.3	79.0	68.3-82.2	70.1	62.3-76.9	72.3	67.7-76.4
Female	73.4	62.5-72.0	70.7	63.3-77.2	63.0	52.7-72.2	65.4	57.8-72.3	68.5	62.2-74.2	67.4	63.5-71.2
Total	76.5	69.2-82.5	69.6	62.6-75.8	65.3	57.8-72.1	70.8	65.3-75.7	69.2	64.9-73.2		

### **Mental Health Disorders - Mood and Anxiety**

Mood and anxiety disorders include disorders such as depression, bipolar disorder, and generalized anxiety disorder. This table represents the proportion of Islanders who received treatment each year from a physician or who were hospitalized for a mood or anxiety disorder according to the CCDSS case definition.<sup>1</sup>

#### **Annual Prevalence of Treated Mood and Anxiety Disorders, Aged 1+, PEI and Canada, 2004-2013**

Year	PEI		Canada	
	%	CI	%	CI
2004	10.5	10.3-10.6	10.2	10.2-10.2
2005	10.1	9.9-10.2	10.2	10.2-10.2
2006	9.7	9.5-9.8	10.0	10.0-10.0
2007	9.6	9.5-9.8	9.7	9.7-9.7
2008	10.4	10.2-10.6	9.5	9.5-9.6
2009	10.5	10.3-10.6	9.4	9.4-9.5
2010	10.9	10.7-11.0		
2011	11.4	11.2-11.5		
2012	11.6	11.4-11.8		
2013	11.7	11.5-11.8		

*Age Standardized*

#### **Annual Prevalence of Mood and Anxiety Disorders by Sex, PEI, 2004-2013**

Year	Male		Female	
	%	CI	%	CI
2004	7.9	7.7-8.1	12.9	12.7-13.2
2005	7.4	7.2-7.6	12.6	12.3-12.9
2006	7.3	7.1-7.5	12.0	11.7-12.2
2007	7.2	7.0-7.4	12.0	11.8-12.3
2008	7.6	7.4-7.8	13.1	12.8-13.3
2009	7.7	7.5-8.0	13.1	12.8-13.4
2010	8.2	8.0-8.4	13.4	13.2-13.7
2011	8.5	8.3-8.8	14.1	13.8-14.4
2012	8.6	8.4-8.8	14.5	14.2-14.8
2013	8.6	8.4-8.8	14.7	14.4-15.0

*Age Standardized*

<sup>1</sup> This does not include individuals who received private treatment and/or who sought treatment from counselors, psychologists, social workers or other allied health professionals only.

## Self-reported Obesity

**Definition:** Body Mass Index (BMI) is calculated from the respondent's self-reported weight and height as follows: weight in kilograms divided by height in meters squared. BMI is a common method of determining if an individual's weight is in a healthy range based on their height. Pregnant women are excluded. International standards for interpreting the index are:

- Underweight            BMI < 18.5
- Acceptable weight    BMI = 18.5 to 24.9
- Overweight            BMI = 25 to 29.9
- Obese                    BMI ≥ 30

### Self-Reported BMI Category, PEI and Canada, Aged 18+

Year	PEI		Canada	
	%	CI	%	CI
<b>Acceptable</b>				
2003	38.8	35.3-41.3	49.0	48.5-49.4
2005	39.9	36.6-43.2	48.4	48.9-48.9
2007/08	41.3	38.4-44.3	48.9	48.4-49.4
2009/10	42.6	39.0-46.3	48.1	47.6-48.7
2011/12	42.1	38.4-45.8	47.9	47.2-48.5
2013/14	38.5	34.9-42.4	46.3	45.6-46.9
<b>Overweight</b>				
2003	38.4	35.3-41.7	33.2	32.8-33.7
2005	36.2	33.2-39.4	33.3	32.9-33.8
2007/08	35.4	32.4-38.5	32.2	31.7-32.6
2009/10	35.5	32.0-39.0	32.1	31.5-32.6
2011/12	33.2	29.9-36.6	32.1	31.5-32.7
2013/14	35.1	31.7-38.6	32.3	31.7-32.8
<b>Obese</b>				
2003	21.5	18.8-24.5	14.9	14.6-15.3
2005	22.8	20.1-25.9	15.3	15.0-15.7
2007/08	21.9	19.5-24.4	16.0	15.6-16.3
2009/10	19.9	17.4-22.7	16.9	16.5-17.3
2011/12	23.5	20.4-26.9	17.0	16.6-17.5
2013/14	24.4	21.6-27.4	18.2	17.7-18.6

*Age Standardized*

### Self-Reported Overweight or Obese by Age and Sex, Aged 18+, PEI 2013/14

Sex	18-34 yr.		35-49 yr.		50-64 yr.		65 + yr.		Total	
	%	CI	%	CI	%	CI	%	CI	%	CI
Male	50.9	39.9-61.8	66.5	55.4-76.0	76.4	68.9-82.5	73.4	65.8-79.8	67.2	62.9-71.2
Female	49.3	41.0-57.6	66.0	56.5-74.3	59.1	50.7-67.0	62.7	56.5-68.5	59.2	54.9-63.4
Total	50.1	42.9-57.3	66.2	58.8-72.9	68.0	62.2-73.2	67.6	63.0-71.9		

### **Self-Reported Chronic Conditions**

**Definition:** Population aged 12 and over who report that they have been diagnosed by a health professional as having a chronic condition.

- Arthritis: excludes fibromyalgia
- Asthma
- Heart and Stroke: includes heart disease and stroke, excludes high blood pressure
- Diabetes: includes all types of diabetes
- Cancer: includes all types of cancer

### **Self-Reported Chronic Conditions, PEI and Canada, Aged 12+**

Year	PEI		Canada	
	%	CI	%	CI
<b>Any of Arthritis, Asthma, Heart/Stroke, Diabetes or Cancer</b>				
2001	30.1	28.3-31.9	26.8	26.5-27.2
2003	30.2	27.9-32.5	27.4	27.1-27.7
2005	30.0	27.9-32.3	26.6	26.3-27.0
2007/08	28.3	26.3-30.5	25.4	25.0-25.7
2009/10	28.5	25.8-31.3	26.5	26.1-27.0
2011/12	30.3	27.3-33.5	27.0	26.5-27.4
2013/14	29.2	26.7-31.8	25.8	25.3-26.2

*Age Standardized*

### **Self-Reported Chronic Condition, by Age, PEI and Canada Aged 12+, 2013/14**

	12-19 yr.		20-34 yr.		35-49 yr.		50-64 yr.		65 + yr.	
	%	CI	%	CI	%	CI	%	CI	%	CI
PEI	27.6	19.8-36.9	12.7	8.9-17.8	18.7	13.6-25.2	47.2	41.6-52.9	65.7	60.0-69.1
Canada	13.7	12.8-14.7	12.5	11.9-13.3	18.9	17.9-19.8	39.0	37.9-40.2	62.7	61.8-63.5



### Chronic Condition - Diabetes

*Diabetes mellitus* is a chronic condition that occurs when the body is unable to produce or properly use insulin, a hormone that controls the level of sugars in the blood. These data are produced using the CCDSS case definition which links physician billing and hospital data. Data for Canada for 2010 to 2013 are unavailable at this time.

#### Prevalence of Diabetes, PEI and Canada Aged 1+, 2004-2013

Year	PEI		Canada	
	%	CI	%	CI
2004	6.0	5.9-6.2	4.8	4.8-4.8
2005	6.3	6.1-6.4	5.0	5.0-5.0
2006	6.6	6.4-6.7	5.3	5.2-5.3
2007	6.7	6.6-6.9	5.4	5.4-5.4
2008	6.9	6.8-7.0	5.6	5.6-5.6
2009	7.1	6.9-7.2	5.8	5.8-5.8
2010	7.2	7.1-7.3		
2011	7.3	7.2-7.5		
2012	7.4	7.3-7.5		
2013	7.5	7.4-7.6		

*Age Standardized*

#### Prevalence of Diabetes by Sex, Aged 1+, PEI, 2004-2013

Year	Male		Female	
	%	CI	%	CI
2004	7.0	6.8-7.2	5.2	5.1-5.4
2005	7.1	6.9-7.4	5.5	5.3-5.6
2006	7.5	7.3-7.7	5.7	5.5-5.9
2007	7.7	7.4-7.9	5.9	5.7-6.1
2008	7.8	7.6-8.0	6.0	5.8-6.2
2009	8.1	7.9-8.3	6.2	6.0-6.3
2010	8.2	8.0-8.5	6.3	6.1-6.4
2011	8.4	8.2-8.6	6.4	6.2-6.5
2012	8.4	8.2-8.6	6.4	6.3-6.6
2013	8.6	8.4-8.8	6.5	6.3-6.7

*Age Standardized*

**Chronic Condition - Hypertension**

Blood pressure is the force of your blood on the walls of blood vessels as your heart pumps blood through your body. High blood pressure, also known as hypertension, means there is too much of this pressure in the blood vessels. These data are produced using the CCDSS case definition which links physician billing and hospital data. Data for Canada for 2010 to 2013 are unavailable at this time.

**Prevalence of Hypertension, PEI and Canada, Aged 20+, 2004-2013**

Year	PEI		Canada	
	%	CI	%	CI
2004	23.7	23.4-24.0	18.3	18.3-18.3
2005	24.2	24.0-24.5	18.9	18.8-18.9
2006	24.7	24.4-25.0	19.3	19.3-19.3
2007	24.9	24.7-25.2	19.6	19.6-19.6
2008	25.3	25.0-25.6	19.8	19.8-19.8
2009	25.4	25.1-25.7	20.0	20.0-20.0
2010	25.6	25.3-25.8		
2011	25.5	25.3-25.8		
2012	25.5	25.2-25.8		
2013	25.4	25.2-25.7		

*Age Standardized*

**Prevalence of Hypertension by Sex, PEI, Aged 20+, 2004-2013**

Year	Male		Female	
	%	CI	%	CI
2004	22.2	21.8-22.6	24.9	24.5-25.3
2005	22.9	22.5-23.3	25.3	24.9-25.7
2006	23.5	23.1-24.0	25.6	25.2-26.0
2007	24.0	23.6-24.4	25.7	25.3-26.1
2008	24.6	24.1-25.0	25.8	25.4-26.2
2009	24.9	24.5-25.3	25.8	25.4-26.2
2010	25.3	24.9-25.7	25.7	25.3-26.1
2011	25.4	25.0-25.8	25.5	25.2-25.9
2012	25.5	25.1-25.9	25.4	25.0-25.7
2013	25.6	25.2-26.0	25.2	24.8-25.6

*Age Standardized*

### Chronic Condition - Heart Disease

Heart disease is a condition where heart problems are caused due to narrowed or blocked arteries which restrict the amount of blood and oxygen that reaches the heart muscle. This can lead to chest pain, shortness of breath, or a heart attack. These data are produced using the CCDSS case definition which links physician billing, hospital and vital statistics data<sup>2</sup>. Data for Canada for 2010 to 2013 are unavailable at this time.

#### Prevalence of Heart Disease, PEI and Canada, Aged 20+, 2004-2013

Year	PEI		Canada	
	%	CI	%	CI
2004	7.2	7.0-7.3	6.6	6.6-6.6
2005	7.3	7.2-7.5	6.7	6.7-6.7
2006	7.4	7.2-7.5	6.7	6.7-6.7
2007	7.3	7.1-7.4	6.7	6.7-6.7
2008	7.3	7.1-7.4	6.7	6.7-6.7
2009	7.3	7.1-7.4	6.6	6.6-6.6
2010	7.2	7.1-7.4		
2011	7.1	7.0-7.3		
2012	7.0	6.8-7.1		
2013	6.9	6.7-7.0		

*Age Standardized*

#### Prevalence of Heart Disease by Sex, PEI, Aged 20+, 2004-2013

Year	Male		Female	
	%	CI	%	CI
2004	9.3	9.0-9.6	5.4	5.2-5.6
2005	9.5	9.2-9.7	5.5	5.3-5.6
2006	9.5	9.2-9.8	5.5	5.3-5.7
2007	9.4	9.1-9.7	5.5	5.3-5.7
2008	9.3	9.1-9.6	5.5	5.3-5.6
2009	9.3	9.1-9.6	5.4	5.2-5.6
2010	9.3	9.1-9.6	5.4	5.2-5.6
2011	9.2	9.0-9.4	5.3	5.1-5.4
2012	9.1	8.9-9.4	5.1	4.9-5.2
2013	8.9	8.7-9.2	5.0	4.8-5.1

*Age Standardized*

<sup>2</sup> The CCDSS case definition differs between PEI and Canada as PEI's case definition includes vital statistics data whereas the Canadian case definition does not as this data source is not available in all provinces and territories. Therefore, the PEI rate may be higher as it includes individuals who have died from heart disease who had never previously been diagnosed by a physician.

**Chronic Condition - Chronic Obstructive Pulmonary Disease (COPD)**

Chronic Obstructive Pulmonary Disease (COPD) is a disease of the lungs that includes chronic bronchitis and emphysema. COPD develops over time and is commonly seen in older adults, and is often caused by smoking. These data are produced using the CCDSS case definition which links physician billing and hospital data. Data for Canada for 2010 to 2013 are unavailable at this time.

**Prevalence of COPD, PEI and Canada, Aged 35+, 2004-2013**

Year	PEI		Canada	
	%	CI	%	CI
2004	6.6	6.4-6.8	7.7	7.7-7.7
2005	6.8	6.6-7.0	7.8	7.8-7.9
2006	7.0	6.8-7.2	8.0	7.9-8.0
2007	7.0	6.8-7.2	8.1	8.1-8.1
2008	7.3	7.2-7.5	8.2	8.2-8.2
2009	7.7	7.5-7.9	8.4	8.3-8.4
2010	8.1	7.9-8.3		
2011	8.4	8.2-8.6		
2012	8.8	8.6-8.9		
2013	9.0	8.8-9.2		

*Age Standardized*

**Prevalence of COPD by Sex, PEI, Aged 35+, 2004-2013**

Year	Male		Female	
	%	CI	%	CI
2004	7.4	7.2-7.7	6.1	5.9-6.3
2005	7.5	7.3-7.8	6.3	6.1-6.6
2006	7.7	7.4-8.0	6.5	6.3-6.8
2007	7.7	7.4-8.0	6.6	6.3-6.8
2008	8.0	7.7-8.2	7.0	6.8-7.2
2009	8.3	8.0-8.6	7.3	7.0-7.5
2010	8.6	8.3-8.9	7.7	7.5-8.0
2011	8.9	8.6-9.2	8.1	7.9-8.4
2012	9.3	9.0-9.6	8.4	8.2-8.7
2013	9.5	9.2-9.8	8.7	8.5-9.0

*Age Standardized*

**Cancer**

Cancer incidence, or the number of new cases of cancer diagnosed in a given year, is a useful way to gauge the impact of different types of cancer in a population. It is expressed as a rate per 100,000 population.

**Lung, Colorectal, Prostate, and Breast Cancer Incidence Rate<sup>^</sup> per 100,000 Population by Sex, PEI, 2006-2014**

	Lung		Colorectal		Prostate	Female Breast
	Male	Female	Male	Female	Male	Female
2006	92.9	76.8	68.1	69.7	223.6	118.0
2007	92.1	83.8	98.1	51.1	243.7	125.0
2008	115.2	63.3	84.1	73.2	180.2	154.8
2009	124.4	82.4	82.0	79.6	215.2	134.1
2010	114.2	67.6	80.9	59.3	183.5	187.7
2011	99.5	62.4	95.3	81.4	229.0	141.1
2012	104.4	72.6	86.1	78.0	190.5	166.7
2013	87.6	69.7	100.3	75.0	125.7	172.8
2014	91.2	106.8	110.9	74.8	106.7	149.5

<sup>^</sup>Crude

For comparability with Canada, rates are based on Statistics Canada Table 103-0553 (New cases and age-standardized rate for primary cancer (based on the May 2015 CCR tabulation file)) for the most recent full Canadian data.

**Lung, Colorectal, Prostate, and Breast Cancer Incidence Rates\* per 100,000 Population, by Sex, PEI and Canada, 2008- 2012**

Year	Male				Female			
	PEI		Canada		PEI		Canada	
	rate	CI	rate	CI	rate	CI	rate	CI
<b>Lung</b>								
2008	89.3	69.2-109.4	66.8	65.6-68.0	39.7	28.5-55.8	48.4	47.4-49.3
2009	95.5	74.9-116.0	65.8	64.6-66.9	54.3	40.0-68.6	48.2	47.3-49.1
2010	84.7	65.8-103.7	62.8	61.7-63.9	45.1	33.1-61.9	46.6	45.7-47.5
2011	71.9	54.5-89.3	60.8	59.7-61.9	39.1	28.4-54.6	46.2	45.3-47.1
2012	75.3	57.8-92.8	59.6	58.5-60.6	45.7	33.1-58.4	46.4	45.6-47.3
<b>Colorectal</b>								
2008	61.3	44.4-78.2	61.6	60.4-62.7	49.6	35.5-63.7	40.7	39.8-41.5
2009	61.5	45.0-78.0	60.0	58.9-61.1	49.5	35.7-63.4	40.4	39.5-41.2
2010	57.0	41.5-72.5	56.8	55.8-57.9	37.0	26.0-53.1	39.7	38.9-40.5
2011	68.6	51.8-85.4	57.0	55.9-58.0	47.0	34.1-59.9	39.2	38.4-40.0
2012	57.0	42.0-72.1	55.1	54.1-56.1	48.3	35.2-61.3	38.8	38.0-39.6
<b>Prostate and Female Breast</b>								
2008	136.0	111.6-160.4	115.7	114.2-117.2	107.6	86.2-129.0	97.3	95.9-98.6
2009	158.8	132.8-184.8	113.2	111.7-114.7	86.3	67.4-105.2	99.5	98.1-100.8
2010	133.9	110.4-157.4	108.8	107.3-111.2	115.6	94.8-136.5	100.3	99.0-101.7
2011	159.3	134.5-184.1	109.7	108.3-111.1	92.1	73.4-110.8	100.6	99.3-101.9
2012	132.2	109.6-154.7	95.0	93.7-96.3	104.3	84.8-123.7	97.6	96.3-98.9

\* Age Standardized

**Communicable Diseases - Enteric, Food and Waterborne Diseases****Number of Cases and Rate per 100,000 Population, PEI 2006-2015**

	2006		2007		2008		2009		2010		2011		2012		2013		2014		2015	
	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate
Amoebiasis	1	0.7	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Botulism	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Campylobacteriosis	28	20.3	32	23.2	42	30.3	35	25.0	36	25.4	37	25.7	52	35.8	42	28.9	41	28.0	38	25.9
Cholera	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Cryptosporidiosis	0	0.0	0	0.0	4	2.9	6	4.3	5	3.5	1	0.7	6	4.1	7	4.8	5	3.4	11	7.5
Cyclosporiasis	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Giardiasis	7	5.8	9	6.5	8	5.8	16	11.4	11	7.8	16	11.1	14	9.6	7	4.8	10	6.8	7	4.8
Hepatitis A	0	0.0	0	0.0	0	0.0	2	1.4	1	0.7	1	0.7	2	1.4	0	0.0	0	0.0	0	0.0
Listeriosis	0	0.0	0	0.0	1	0.7	1	0.7	0	0.0	0	0.0	0	0.0	1	0.7	1	0.7	1	0.7
Norovirus ‡									44	31.1	29	20.1	90	62.0	88	60.6	66	45.1	68	46.4
Paralytic shellfish Poisoning											0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Salmonellosis	30	21.8	21	15.2	23	16.6	16	11.4	34	24.0	22	15.3	29	20.0	20	13.8	32	21.9	22	15.0
Shigellosis	1	0.7	0	0.0	2	1.4	0	0.0	3	2.1	0	0.0	2	1.4	1	0.7	3	2.1	0	0.0
Typhoid†	-	-	-	-	0	0.0	0	0.0	1	0.7	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Verotoxic <i>Escherichia coli</i>	5	3.6	14	10.2	2	1.4	9	6.4	2	1.4	16	11.1	12	8.3	5	3.4	8	5.5	3	2.0
<i>Vibrio</i> <i>parahaemolyticus</i>	-	-	-	-	-	-	-	-	-	-	-	-	3	2.1	1	0.7	0	0.0	1	0.7
Yersinosis	1	0.7	1	0.7	1	0.7	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0

‡ Outbreaks of Norovirus – 2 in 2011, 12 in 2012, 6 in 2013, 10 in 2014, 12 in 2015

† Typhoid for 2006 and 2007 – we are not able to separate from *Salmonella*

### Communicable Diseases - Diseases Transmitted by Respiratory Routes

#### Number of Cases and Rate per 100,000 Population, PEI 2006-2015

	2006		2007		2008		2009		2010		2011		2012		2013		2014		2015	
	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate
Hantavirus	-	-	-	-	-	-	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Invasive Group A Streptococcal Disease	4	2.9	8	5.8	5	3.6	2	1.4	5	3.5	8	5.	4	2.8	2	1.4	5	3.4	0	0.0
Invasive Meningococcal Disease	1	0.7	1	0.7	0	0.0	2	1.4	0	0.0	0	0.0	1	0.7	0	0.0	0	0.0	1	0.7
Invasive Pneumococcal Disease	-	-	-	-	-	-	14	10.0	12	8.5	10	6.9	27	18.6	15	10.3	16	10.9	21	14.3
Influenza*	-	-	-	-	-	-	140	100.7	1	0.7	109	75.7	78	53.7	100	68.9	134	91.6	200	136.6
Legionellosis									0	0.0	0	0.0	0	0.0	0	0.0	1	0.7	0	0.0
Leprosy	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Tuberculosis	0	0.0	0	0.0	0	0.0	1	0.7	1	0.7	3	2.1	1	0.7	0	0.0	3	2.1	3	2.0

\* Influenza is reported here based on calendar year, but data is collected based on Flu season (begins in August)

### Communicable Diseases - Diseases Spread by Direct Contact or Through the Provision of Health Care

#### Number of Cases and Rate per 100,000 Population, PEI 2006-2015

	2006		2007		2008		2009		2010		2011		2012		2013		2014		2015	
	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate
Creutzfeld Jacob Disease, Classic	0	0.0	0	0.0	0	0.0	2	1.4	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Creutzfeld Jacob Disease, Variant	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Group B Streptococcal Disease of the Newborn	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Herpes (Neonatal)	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0

**Communicable Diseases - Diseases Preventable by Routine Vaccination****Number of Cases and Rate per 100,000 Population, PEI 2006-2015**

	2006		2007		2008		2009		2010		2011		2012		2013		2014		2015	
	n	Rate	n	Rate	N	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate
Congenital Rubella Syndrome	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Diphtheria	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Hepatitis B	3	2.2	6	4.4	3	2.2	9	6.4	6	4.2	8	5.6	15	10.3	12	8.3	16	10.9	6	4.1
Invasive <i>Haemophilus influenzae</i> , Non B (non vaccine preventable)	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	2	1.4	1	0.7	2	1.4
Invasive <i>Haemophilus influenzae</i> , Serotype B	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	2	1.4	0	0.0	0	0.0	1	0.7	0	0.0
Measles	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	2	1.4	0	0.0	0	0.0
Mumps	0	0.0	13	9.4	0	0.0	1	0.7	0	0.0	1	0.7	0	0.0	0	0.0	0	0.0	0	0.0
Pertussis	0	0.0	0	0.0	0	0.0	2	1.4	5	3.5	0	0.0	1	0.7	2	1.4	67	45.8	18	12.3
Poliomyelitis	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Rotavirus	-	-	-	-	-	-	-	-	-	-	130	90.3	13	9.0	15	10.3	7	4.8	8	5.5
Rubella	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Tetanus	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Varicella (Chicken Pox)	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	1	0.7	0	0.0	0	0.0



### Communicable Diseases - Bloodborne Pathogens and Sexually Transmitted Infections

#### Number of Cases and Rate per 100,000 Population, PEI 2006-2015

	2006		2007		2008		2009		2010		2011		2012		2013		2014		2015	
	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate
Chlamydia	169	122.5	168	121.6	194	139.8	202	144.4	213	150.3	220	152.7	257	177.0	242	166.6	254	173.6	227	155.0
Gonorrhoea	1	0.7	2	1.4	8	5.7	1	0.7	0	0.0	11	7.6	8	5.5	6	4.1	7	4.8	10	6.8
Hepatitis C	38	27.6	49	35.6	46	33.0	35	25.0	56	39.5	49	34.0	56	38.6	58	39.9	73	49.9	39	26.6
Herpes Simplex											131	90.9	131	90.2	140	96.4	141	96.4	134	91.5
HIV	5	3.6	0	0.0	2	1.4	0	0.0	1	0.7	1	0.7	2	1.4	3	2.1	1	0.7	0	0.0
Lymphogranuloma Venereum (LGV)									0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Syphilis (Infectious)	0	0.0	1	0.7	1	0.7	0	0.0	2	1.4	1	0.7	5	3.4	5	3.4	9	6.2	9	6.1

### Communicable Diseases - Vectorborne and Other Zoonotic Diseases

#### Number of Cases and Rate per 100,000 Population, PEI 2006-2015

	2006		2007		2008		2009		2010		2011		2012		2013		2014		2015	
	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate
Anthrax	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Brucellosis	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Malaria	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	1	0.7	0	0.0	0	0.0
Plague	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Rabies	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Tularemia	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
West Nile Virus	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Yellow Fever	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Lyme Disease	1	0.7	2	1.4	0	0.0	0	0.0	0	0.0	1	0.7	2	1.4	0	0.0	0	0.0	2	1.4

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**Health Determinants****Breast Milk Feeding at Discharge**

Definition: Newborns that are receiving any amount of breast milk upon discharge from the hospital.

**Breast Milk Feeding at Discharge,  
PEI 2003-2014**

Year	Newborns breastfeeding at discharge
	%
2003	63.0
2004	65.9
2005	*
2006	65.9
2007	64.9
2008	66.4
2009	*
2010	*
2011	73.2
2012	76.4
2013	*
2014	77.0

\* data unavailable

### Fruit and Vegetable Consumption

Definition: The average number of times per day that individuals consume fruit and vegetables.

#### **Self-Reported Consuming of 5 or More Fruits and Vegetables per Day, PEI and Canada Aged 12+**

Year	PEI		Canada	
	%	CI	%	CI
2001	34.2	32.1-36.4	37.4	36.9-37.8
2003	31.3	28.5-34.3	41.6	41.2-42.1
2005	32.8	29.8-35.9	42.5	41.9-43.2
2007/08	36.7	34.3-39.3	44.1	43.6-44.6
2009/10	36.7	33.4-40.1	44.5	43.9-45.0
2011/12	31.4	28.3-34.7	40.8	40.2-41.3
2013/14	31.1	28.3-34.1	40.8	40.2-41.4

*Age Standardized*

#### **Self-Reported Consuming of 5 or More Fruits and Vegetables per Day by Age and Sex, PEI 2013/14**

	12-19 yr.		20-34 yr.		35-49 yr.		50-64 yr.		65+ yr.		Total	
	%	CI	%	CI	%	CI	%	CI	%	CI	%	CI
Male	28.5	18.1-41.7	24.6	16.7-34.8	14.5	8.9-22.9	25.3	18.3-33.9	27.5	20.8-35.3	23.8	20.2-27.9
Female	47.7	36.8-58.7	35.4	26.6-45.4	32.8	24.7-42.1	39.8	33.1-46.9	43.8	37.5-50.3	38.9	34.9-43.0
Total	37.7	29.9-46.2	30.1	23.7-37.4	24.6	19.1-31.1	32.4	27.4-38.0	36.2	31.9-40.8		

**Physical Activity**

**Definition:** Population aged 12 and over reporting level of physical activity, based on their responses to questions about the type of activity, frequency and duration of their participation in leisure-time physical activity. Intensity of each activity was assigned a value for the metabolic energy demand. Categories of physical activity used are:

- Active: average 3.0 or more kcal/kg/day of energy expenditure. This amount of exercise is required for cardiovascular health benefit
- Moderate: average 1.5 - 2.9 kcal/kg/day of energy expenditure. This amount of exercise may produce some health benefits, but little cardiovascular benefit
- Inactive: average below 1.5 kcal/kg/day of energy expenditure

**Self-Reported Physical Activity Levels, PEI and Canada, Aged 12+**

Year	PEI		Canada	
	%	CI	%	CI
<b>Inactive</b>				
2001	56.0	53.5-58.5	52.8	52.3-53.3
2003	54.4	51.5-57.3	47.5	47.0-48.0
2005	54.4	51.3-57.5	47.2	46.1-48.3
2007/08	50.1	47.3-53.0	48.0	47.5-48.6
2009/10	46.8	43.6-50.1	45.9	45.4-46.8
2011/12	46.9	43.0-50.7	44.4	43.8-45.0
2013/14	48.3	45.2-51.4	43.9	43.3-44.5
<b>Moderate</b>				
2001	22.6	20.7-24.7	23.6	23.3-24.0
2003	22.0	19.4-24.8	25.0	24.6-25.4
2005	23.4	20.8-26.2	25.2	24.7-25.6
2007/08	23.5	21.2-26.1	25.3	24.9-25.7
2009/10	27.6	24.7-30.7	24.8	24.3-25.2
2011/12	21.2	18.6-24.0	25.2	24.7-25.7
2013/14	23.4	20.9-26.0	24.9	24.4-25.4
<b>Active</b>				
2001	21.4	19.6-23.4	23.6	23.2-24.0
2003	23.6	21.1-26.4	27.5	27.1-28.0
2005	22.2	19.8-24.8	27.6	26.7-28.5
2007/08	26.4	24.0-28.9	22.2	21.7-22.6
2009/10	25.6	22.8-28.7	29.3	28.8-29.8
2011/12	31.9	28.8-35.3	30.4	29.9-31.0
2013/14	28.4	25.7-31.3	31.2	30.7-31.8

*Age Standardized*

**Self-Reported Physical Inactivity by Age and Sex, PEI 2013/14**

Sex	12-19 yr.		20-34 yr.		35-49 yr.		50-64 yr.		65+ yr.		Total	
	%	CI	%	CI	%	CI	%	CI	%	CI	%	CI
Male	29.7	20.4-41.1	39.5	28.3-51.9	47.4	36.7-58.4	60.3	51.6-68.4	60.6	52.9-67.8	50.0	45.6-54.2
Female	30.2	20.9-41.5	56.0	46.4-65.1	46.3	37.4-55.4	55.6	47.8-63.1	64.0	57.3-70.2	52.5	48.8-56.3
Total	29.9	22.8-38.3	47.9	40.2-55.7	46.8	39.7-54.1	58.0	52.0-63.7	62.5	57.2-67.5	51.3	48.3-54.2

**Alcohol Use – Heavy Drinking**

**Definition:** A drink was defined to respondents as: one bottle or can of beer or glass of draft; one glass of wine or a wine cooler; one cocktail with 1 ½ ounces of liquor.

**Heavy drinking:** Population aged 12 and over who are current drinkers and who reported drinking 5 or more drinks per occasion, at least 12 times in the past 12 months.

**Self-Reported Drinking 5+ Drinks per Occasion in Past 12 Months, PEI and Canada, Aged 12+**

Year	PEI		Canada	
	%	CI	%	CI
<b>Did Not Drink in Past 12 Months</b>				
2001	55.3	52.4-58.1	56.9	56.4-57.3
2003	49.0	45.8-52.2	53.7	53.2-54.2
2005	47.4	43.5-51.4	51.4	50.9-52.0
2007/08	48.7	45.9-51.5	53.1	52.6-53.6
2009/10	43.1	38.9-47.5	51.0	50.5-51.6
2011/12	41.7	37.3-46.3	49.6	49.0-50.2
2013/14	37.4	34.6-40.3	45.1	44.4-45.8
<b>&lt; 12 Times</b>				
2001	22.3	20.0-24.9	23.4	23.0-23.8
2003	26.1	23.1-29.3	25.2	24.8-25.7
2005	28.0	24.3-32.1	26.4	25.8-26.9
2007/08	27.5	25.1-30.1	25.4	24.9-25.8
2009/10	31.2	27.1-35.5	26.7	26.1-27.3
2011/12	32.4	27.8-37.4	26.9	26.3-27.6
2013/14	36.9	27.3-47.7	30.6	29.9-31.2
<b>≥ 12 Times (Heavy Drinking)</b>				
2001	22.4	20.2-24.8	19.8	19.4-20.1
2003	24.9	21.8-28.3	21.1	20.7-21.5
2005	24.6	21.6-27.8	22.2	21.8-22.6
2007/08	23.8	21.3-26.4	21.6	21.2-22.0
2009/10	25.7	22.6-29.1	22.3	21.8-22.7
2011/12	25.9	22.9-29.1	23.5	22.9-24.0
2013/14	25.7	22.5-29.1	24.4	23.8-25.0

*Age Standardized*

**Current Drinkers Self-Reporting Heavy Drinking by Age and Sex, PEI 2013/14**

Sex	12-19 yr.		20-34 yr.		35-49 yr.		50-64 yr.		65+ yr.		Total	
	%	CI	%	CI	%	CI	%	CI	%	CI	%	CI
Male	40.9	21.2-63.9	52.8	39.8-65.4	36.5	26.0-48.5	24.3	17.0-33.3	13.7	8.8-20.8	33.4	28.5-38.7
Female	44.5	27.0-63.5	23.5	15.9-33.4	17.5	10.8-27.0	13.5	8.9-19.9	4.3	2.1-8.7	17.5	14.1-21.5
Total	42.9	29.7-57.1	38.9	30.8-47.6	25.9	19.9-32.9	19.3	14.7-24.9	9.1	6.3-12.8		

## Smoking

**Definition:** Population aged 12 and over who reported being either a smoker (daily or occasional) or a non-smoker (former or never smoked). A series of questions on frequency and amount smoked is used to create the following smoking status categories: daily smoker, occasional smoker, former smoker, never smoked.

### Self-Reported Daily Smoking, PEI and Canada Aged 12+

Year	Source	PEI		Canada	
		%	CI	%	CI
1995‡	NPHS	27.2	24.1-30.4	24.3	23.2-25.1
1997‡	NPHS	26.7	23.2-30.2	23.6	22.9-24.2
1999‡	NPHS	27.7	24.4-31.0	22.8	22.0-23.7
2001	CCHS	25.6	23.4-27.9	21.5	21.2-21.9
2003*	CCHS	20.9	18.5-23.6	17.8	17.5-18.2
2005*	CCHS	17.6	15.4-20.0	16.7	16.3-17.1
2007/08*	CCHS	16.6	14.8-18.6	16.6	16.3-17.0
2009/10*	CCHS	16.8	14.5-19.3	15.0	14.6-15.3
2011/12*	CCHS	19.5	16.5-22.9	14.6	14.2-15.0
2013/14*	CCHS	17.2	14.8-20.0	13.3	12.9-13.7

‡Statistics Canada. (2010). National Population Health Survey – 1994-1995, 1996-1997, 1998-1999.

Available from: [http://www4.statcan.gc.ca/health-sante/fbs-rpe/fbs\\_r-rpe\\_r-eng.aspx](http://www4.statcan.gc.ca/health-sante/fbs-rpe/fbs_r-rpe_r-eng.aspx)

\*2003, 2005, and 2007/08, 2009/10, 2011/12, and 2013/14 rates are calculated excluding non-response categories

*Age Standardized*

### Self-Reported Daily Smoking by Age and Sex, PEI 2013/14

Sex	12-19 yr.		20-34 yr.		35-49 yr.		50-64 yr.		65+ yr.		Total	
	%	CI	%	CI	%	CI	%	CI	%	CI	%	CI
Male	12.8	6.6-23.5	26.1	18.0-36.2	37.4	27.8-48.0	20.0	13.8-28.0	7.7	4.8-12.0	21.5	18.2-25.2
Female	0.7	0.1-6.8	15.3	9.8-23.1	14.6	8.6-23.7	20.4	14.1-28.7	2.7	1.6-4.5	12.5	9.8-15.7
Total	6.9	3.7-12.6	20.7	15.3-27.3	24.8	18.9-31.7	20.2	15.3-26.2	5.0	3.5-7.1	16.8	14.6-19.3

### Changes to Improve Health

**Questions:** “Is there anything you intend to do to improve your physical health in the next year? If yes, what is that?.....Start or increase exercise, sports, physical activity; lose weight; change diet/improve eating habits; quit smoking/reduce amount smoked/ drink less alcohol/ reduce stress level; receive medical treatment; take vitamins; other”.

#### **Self-Reported Intent to Improve Health in the Next Year, PEI Aged 15+**

Intended Change	2013/14		2011/12		2009/10		2007/08	
	%	CI	%	CI	%	%	%	CI
<b>Intend to do Something</b>	56.1	52.8-59.3	61.0	57.5-64.3	57.9	54.5-61.1	51.9	49.0-54.7
More exercise	65.5	61.5-69.3	71.5	67.3-75.4	66.4	61.7-70.8	64.0	59.8-67.9
Improve eating habits	25.8	22.3-29.6	25.7	21.6-31.3	21.1	17.4-25.2	17.8	15.0-21.0
Lose weight	8.5	6.5-11.0	11.4	8.9-14.6	11.7	8.9-15.1	15.6	12.6-19.1
Reduce/quit smoking	9.7	7.4-12.5	8.9	6.6-11.9	11.3	8.3-15.1	12.4	9.7-15.7
Reduce stress	1.9	1.0-3.7	3.3	1.9-5.5	1.0	0.5-1.7	3.4	2.1-5.4
Other*	6.5	4.8-8.8	6.3	4.5-8.7	5.2	3.4-7.8	7.1	8.2-9.4

\*Other includes: take vitamins, drink less alcohol, receive medical treatment, manage stress, other  
*Crude*

#### **Self-Reported Intent to Improve Health in the Next Year, by age and sex, PEI Aged 12+ 2013/14**

Sex	12-19 yr.		20-34 yr.		35-49 yr.		50-64 yr.		65+ yr.		Total	
	%	CI	%	CI	%	CI	%	CI	%	CI	%	CI
Male	61.4	48.2-73.0	64.1	52.4-74.4	58.7	47.6-69.1	49.6	41.2-57.9	42.6	35.1-50.3	54.6	50.1-59.1
Female	54.3	42.4-65.8	64.4	54.6-76.1	60.2	50.3-69.4	62.0	53.1-70.1	41.4	34.7-48.5	57.4	53.1-61.6
Total	57.9	49.3-66.1	64.3	56.9-71.0	59.6	51.9-66.8	55.7	49.8-61.5	41.9	36.8-47.3		



### Exposure to Environmental Tobacco Smoke

**Questions:** “Including both household members and regular visitors, does anyone smoke inside your home, every day or almost every day? In the past month, were you exposed to second-hand smoke, every day or almost every day, in a car or other private vehicle? In the past month were you exposed to second hand smoke every day or almost every day, in public places (such as bars, restaurants, shopping malls, arenas, bingo halls, bowling alleys)?”

#### **Self-Reported Exposure to Environmental Tobacco Smoke Among Non-Smokers, Aged 12+, PEI and Canada**

Year	PEI		Canada	
	%	CI	%	CI
<b>Home</b>				
2007/08	14.9	12.9-17.1	13.1	12.8-13.4
2009/10	9.8	8.1-11.8	11.1	10.8-11.5
2011/12	11.5	9.5-13.7	9.4	9.0-9.7
2013/14	9.1	7.3-11.3	7.5	7.2-7.8
<b>Car</b>				
2003	14.2	11.9-16.8	10.6	10.3-11.0
2005	12.5	10.4-15.0	8.4	8.1-8.8
2007/08	10.0	8.1-12.3	8.5	8.2-8.8
2009/10	7.0	5.4-9.2	7.6	7.3-8.0
2011/12	9.4	7.5-11.6	7.0	6.6-7.3
2013/14	8.2	6.1-10.8	6.2	5.9-6.5
<b>Public Place</b>				
2003	13.3	11.3-15.7	20.7	20.3-21.2
2005	6.1	4.5-8.3	15.6	15.0-16.1
2007/08	6.8	5.4-8.7	11.3	10.9-11.7
2009/10	6.3	4.8-8.3	11.3	11.0-11.7
2011/12	10.9	8.8-13.5	14.0	13.5-14.4
2013/14	10.0	8.0-12.4	14.5	14.0-14.9

*Age Standardized*

#### **Self-Reported Exposure to Environmental Tobacco Smoke among Non-Smokers, by Age, PEI 2013/14**

	12-19 yr.		20-34 yr.		35-49 yr.		50-64 yr.		65+ yr.		Total	
	%	CI	%	CI	%	CI	%	CI	%	CI	%	CI
<b>Home</b>	8.5	4.6-15.2	9.9	6.4-15.0	9.8	6.1-15.4	13.0	9.2-18.0	4.2	2.6-6.6	9.5	7.7-11.5
<b>Car</b>	10.6	6.5-16.9	13.2	8.2-20.7	5.0	2.5-9.5	6.0	3.3-10.7	2.3	1.1-4.7	6.9	5.4-8.9
<b>Public Place</b>	18.6	12.4-26.8	11.9	7.5-18.5	9.4	5.8-15.1	6.6	4.0-10.6	2.0	1.0-3.9	8.6	7.0-10.5

**Sense of Belonging**

**Question:** “How would you describe your sense of belonging to your local community? Very strong, somewhat strong, somewhat weak, or very weak?”

**Self-Reported Sense of Belonging to a Local Community, PEI and Canada, Aged 12+**

Self-Reported Sense of Belonging	PEI		Canada	
	%	CI	%	CI
<b>Very or Somewhat Strong</b>				
2007/08	72.5	70.0-74.9	65.0	64.5-65.6
2009/10	72.1	69.1-75.0	65.5	65.0-66.0
2011/12	74.5	71.3-77.4	65.6	65.1-66.2
2013/14	73.7	70.5-76.6	66.2	65.7-66.7
<b>Very or Somewhat Weak</b>				
2007/08	27.5	25.1-30.0	35.0	34.5-35.5
2009/10	27.9	25.0-30.9	34.5	34.0-35.0
2011/12	25.6	22.6-28.7	34.4	33.8-34.9
2013/14	26.3	23.4-29.5	33.8	33.3-34.3

*Age Standardized*

**Self-Reported Very or Somewhat Strong Sense of Belonging to a Local Community, by Age and Sex, PEI 2013/14**

Sex	12-19 yr.		20-34 yr.		35-49 yr.		50-64 yr.		65+ yr.		Total	
	%	CI	%	CI	%	CI	%	CI	%	CI	%	CI
<b>Male</b>	79.5	68.7-87.2	65.7	54.1-75.6	78.4	67.4-86.4	71.3	62.4-78.7	84.4	77.5-89.5	74.7	70.6-78.5
<b>Female</b>	89.8	80.7-94.9	65.9	57.6-73.2	71.0	61.0-79.4	62.9	54.5-70.6	83.3	78.0-87.6	72.1	68.4-75.6
<b>Total</b>	84.6	77.5-89.7	65.8	58.9-72.0	74.3	67.3-80.3	67.2	61.0-72.9	83.8	79.8-87.2	73.4	70.4-76.1

**Visit with Dentist**

**Definition:** “Have you consulted a dentist, dental hygienist, or orthodontist in the past 12 months regarding your health?”

**Self-Reported Visit to a Dentist in past 12 Months, PEI and Canada, Aged 12+**

Year	PEI		Canada	
	%	CI	%	CI
2007/08	63.8	61.1-66.4	65.5	65.0-65.9
2009/10	69.3	66.5-72.0	66.9	66.4-67.5
2013/14	65.8	62.2-69.2	67.5	66.9-68.1

*Age Standardized*

**Self-Reported Visit to a Dentist in past 12 Months, by Age and Sex, PEI 2013/14**

Sex	12-19 yr.		20-34 yr.		35-49 yr.		50-64 yr.		65+ yr.		Total	
	%	CI	%	CI	%	CI	%	CI	%	CI	%	CI
<b>Male</b>	82.6	70.5-90.4	55.1	43.8-65.9	66.6	55.9-75.8	53.0	43.9-61.9	52.9	44.7-61.0	59.6	54.7-64.2
<b>Female</b>	90.7	82.8-95.2	62.7	53.9-70.7	68.9	58.5-77.6	71.1	64.2-77.2	55.3	49.4-61.1	67.8	64.1-71.2
<b>Total</b>	86.5	79.6-91.4	58.9	51.0-66.4	67.8	60.6-74.3	61.9	56.3-67.2	54.2	49.2-59.0	63.8	60.6-66.9

**Seasonal Influenza Vaccination**

**Definition:** Respondents were asked if they had received a seasonal influenza vaccination in the past year.

**Self-Reported Influenza Vaccination in Past Year, PEI and Canada**

Year	Age 12+				Age 65+			
	PEI		Canada		PEI		Canada	
	%	CI	%	CI	%	CI	%	CI
2001	19.4	18.0-20.9	28.8	28.3-29.3	61.8	57.0-66.5	69.3	68.0-70.5
2003	21.5	19.5-23.7	26.5	26.2-26.9	63.0	58.0-67.8	67.3	66.5-68.2
2005	28.4	25.9-31.0	32.4	32.0-32.8	69.9	63.8-75.3	71.3	70.5-72.0
2007/08	27.4	25.1-29.8	29.9	29.5-30.3	59.2	53.7-64.4	68.0	67.1-68.8
2009/10	26.6	23.9-29.4	27.1	26.7-27.6	61.9	55.6-67.8	63.3	62.3-64.2
2011/12	28.6	25.6-31.8	27.4	26.9-27.8	61.1	55.5-66.4	64.3	63.3-65.3
2013/14	31.4	28.7-34.2	28.4	28.0-28.9	60.7	55.1-64.9	63.8	62.9-64.8

*Age Standardized*

**Self-Reported Influenza Vaccination in Past Year by Age and Sex, PEI, 2013/14**

Sex	12-19 yr.		20-34 yr.		35-49 yr.		50-64 yr.		65+ yr.		Total	
	%	CI	%	CI	%	CI	%	CI	%	CI	%	CI
Male	22.9	14.0-35.3	18.9	9.9-33.0	21.0	13.5-31.2	29.2	22.6-36.9	57.4	49.2-65.2	29.7	25.6-34.2
Female	32.7	22.9-44.2	27.2	20.9-34.7	29.6	21.4-39.5	37.8	29.4-46.9	63.4	57.0-69.4	38.3	34.6-42.1
Total	27.9	21.1-35.8	23.1	17.4-30.0	25.8	20.1-32.5	33.4	28.3-39.1	60.7	55.1-65.9	34.2	31.6-36.8

**Education**

**Definition:** Individuals aged 20 and older, reporting highest level of education obtained. Mutually exclusive categories used are:

- **Less than high school:** no schooling, elementary, or some secondary school
- **High school graduates:** high school graduation certificate, or some college or university
- **Post-secondary graduates:** diploma, certificate, or degree.

**Self-Reported Personal Education Level, PEI and Canada, Age 20+**

Year	PEI		Canada	
	%	CI	%	CI
<b>Less than High School</b>				
2001	25.1	23.0-27.4	21.6	21.2-22.0
2003	23.6	21.1-26.2	18.2	17.8-18.6
2005	21.4	19.4-23.5	16.5	16.1-17.0
2007/08	18.3	16.2-20.7	14.6	14.3-14.9
2009/10	15.8	13.8-18.0	13.3	13.0-13.6
2011/12	14.6	12.4-17.1	12.2	11.9-12.6
2013/14	12.6	10.8-14.8	11.6	11.3-12.0
<b>High School</b>				
2001	26.3	24.2-28.6	28.3	27.8-28.7
2003	24.8	22.1-27.8	26.9	26.5-27.4
2005	21.6	18.9-24.5	24.3	23.9-24.7
2007/08	24.8	22.4-27.4	24.2	23.8-24.6
2009/10	21.6	19.2-24.2	23.5	23.0-23.9
2011/12	22.3	19.2-25.9	23.0	22.5-23.5
2013/14	27.7	24.8-30.8	24.7	24.2-25.2
<b>Post-secondary</b>				
2001	48.5	46.0-51.1	50.1	49.7-50.6
2003	51.6	48.3-54.9	54.9	54.4-55.4
2005	57.0	54.3-59.7	59.2	58.6-59.8
2007/08	56.9	53.9-59.8	61.2	60.7-61.7
2009/10	62.6	59.4-65.6	63.3	62.7-63.8
2011/12	63.1	59.2-66.8	64.8	64.2-65.4
2013/14	59.7	56.3-63.0	63.7	63.1-64.2

*Age Standardized*

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**Self-reported Personal Education Level by Age and Sex, PEI 2013/14**


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Sex	20-34 yr.		35-49 yr.		50-64 yr.		65+ yr.		Total	
	%	CI	%	CI	%	CI	%	CI	%	CI
<b>Less than High School</b>										
Male	7.7	3.4-16.6	8.1	4.3-14.7	21.3	14.9-29.7	35.1	28.0-42.9	17.9	14.9-21.4
Female	5.7	2.7-11.6	4.3	1.7-10.8	15.5	10.2-23.0	32.5	26.9-38.7	14.4	12.1-17.1
Total	6.7	3.5-12.3	6.0	3.6-9.9	18.5	13.9-24.1	33.7	28.9-38.9	16.1	14.1-18.3
<b>High School</b>										
Male	55.2	44.0-65.8	13.9	8.1-22.7	29.2	21.5-38.4	18.3	13.2-24.9	30.0	25.7-34.7
Female	30.5	23.5-38.5	24.2	16.4-34.2	18.8	14.1-24.8	18.3	14.1-23.5	22.7	19.4-26.3
Total	42.9	36.9-49.2	19.5	14.4-25.9	24.1	19.3-29.7	18.3	14.8-22.4	26.2	23.6-29.0
<b>Post-secondary</b>										
Male	37.2	26.8-48.9	78.1	68.4-85.4	49.4	40.2-58.7	46.6	39.5-53.8	52.1	47.2-56.9
Female	63.8	55.8-71.8	71.4	61.0-80.0	65.6	57.1-73.2	49.2	42.9-55.5	62.9	59.0-66.7
Total	50.4	44.2-56.6	74.5	67.7-80.2	57.4	51.2-63.4	48.0	43.2-52.9	57.7	54.6-60.7

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## **Unemployment**

**Definition:** Labour force aged 15 and over who did not have a job. The labour force consists of people who are currently employed and people who are unemployed but were available to work and had looked for work.

### **Proportion of Labour Force Aged 15+ Who are Unemployed, PEI and Canada, 2003-2014**

<b>Year</b>	<b>PEI (%)</b>	<b>Canada (%)</b>
2003	11.1	7.6
2004	11.3	7.2
2005	10.9	6.7
2006	11.0	6.3
2007	10.3	6.0
2008	10.8	6.1
2009	12.1	8.3
2010	11.4	8.1
2011	11.1	7.5
2012	11.2	7.3
2013	11.6	7.1
2014	10.6	6.9

*Age Standardized*

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**Income**

Definition: Median total economic family income annual, all family types which includes persons living alone.

**Median Family Income (Dollars),  
PEI and Canada, 2002-2013**

<b>Year</b>	<b>PEI</b>	<b>Canada</b>
	\$	\$
2002	45,700	54,600
2003	47,300	54,600
2004	49,300	55,200
2005	49,100	56,000
2006	50,900	57,400
2007	53,200	58,600
2008	55,000	59,600
2009	53,900	58,400
2010	53,700	58,300
2011	52,100	58,300
2012	54,600	60,200
2013	55,600	60,500