

Northern Saskatchewan Health Indicators

Social Determinants of Health:
Personal Health Practices and
Personal Resources

2023

Population Health Unit

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Refer to A Guide to the Reports: Understanding the Presentation of Data for an explanation of the variety of ways data is presented.

Suggested reference: Quinn B, Irvine J. Northern Saskatchewan Health Indicators, Social Determinants of Health: Personal Health Practices and Personal Resources. Athabasca Health Authority and Saskatchewan Health Authority, Population Health Unit, La Ronge, 2023.

Copies of this document and related reports can be downloaded from the Population Health Unit website www.pophealthnorthsask.ca

KEY MESSAGES

For the purpose of this report, northern Saskatchewan refers to the former health regions of Mamawetan Churchill River, Keewatin Yatthé and the Athabasca Health Authority.

Personal Health Practices

Overall, compared to the province, the population living off-reserve in northern Saskatchewan has statistically higher rates of daily or occasional smoking, elevated rates of heavy drinking although not statistically greater, and similar rates of physical activity and fruit and vegetable consumption.

Smoking (Non-traditional use of tobacco)

Smoking rates refers to smoking cigarettes daily or occasionally, excluding smoking alternative tobacco products. There has been a slow decrease in smoking rates in the northern Saskatchewan off-reserve population over the past number of years. Rates declined from 37.2% in 2015-2016 to 25.6% in 2019-2020, although this did not reach statistical significance. Northern Saskatchewan continues to have a statistically higher rate of smoking, compared to the province. In 2019-2020, northern Saskatchewan's rate of 25.6% was over 1.5 times greater than the provinces' rate of 16.4%. The rate in northern Saskatchewan was similar to many other northern regions, although statistically lower than Nunavut's rate of 53.1%.

Heavy Drinking

Heavy drinking refers to males who reported having 5 or more drinks, or women who reported having 4 or more drinks, on one occasion, at least once a month in the past year. Northern Saskatchewan's rate of heavy drinking for those living off-reserve has remained stable between 2015-2016 and 2019-2020, ranging from 27.4% to 30%. Throughout the time period northern Saskatchewan's rates have been elevated compared to the province, although this did not reach statistical significance in 2019-2020. Northern Saskatchewan had similar rates of heavy drinking compared to other northern regions of Canada.

Physical Activity

Physical activity rates is specific to adults aged 18 years and over and refers to adults that participate in at least 150 minutes of moderate to vigorous intensity aerobic physical activity per week, in bouts of 10 minutes or more. Moderate exercise is defined as an activity that causes a person to breathe harder and sweat at least a little. Northern rates of physical activity for those living off-reserve have decreased from 63.9% in 2015-2016 to 45.6% in 2017-2018, before increasing again in 2019-2020 to 64.3%. In the 2019-2020 the northern rate was close to 10% higher than the Saskatchewan rate of 53.4%, although this was not statistically significant. In 2019-2020, the northern Saskatchewan male physical activity rate of 72.7% was 17.6% higher than the female rate of 55.1%, although this did not reach statistical significance.

Fruit and Vegetable Consumption

Fruit and vegetable consumption refers to the usual number of times per day a person reported eating fruit and vegetables, including pure fruit juice, frozen or canned fruit and vegetables, and dried fruit, but excludes fried potatoes. Rates of daily fruit and vegetable consumption of 5 or more in northern Saskatchewan have remained stable between 2015-2016 and 2019-2020, ranging from 22.3 to 32.9% for those living off-reserve. The rate in 2019-2020 is similar to the provincial rate of 25.9%.

Personal Resources

Overall, compared to the province, northern Saskatchewan residents living off-reserve reported lower rates of life satisfaction and a sense to community belonging, although these differences did not reach statistical significance.

Sense of Community Belonging

Between 2015-2016 and 2017-2018 the proportion of the northern Saskatchewan population off-reserve that reported a strong or somewhat strong sense of belonging to their local community, was just shy of 79%, before falling in 2019-2020 to 62.1%. The Saskatchewan rate remained stable at close to 75%. Throughout the time period, females had a slightly higher rates than males in northern Saskatchewan. Compared to other northern regions in Canada, northern Saskatchewan had the lowest rate, with other northern regions having rates ranging from 75-85%.

Life Satisfaction

The proportion of the northern Saskatchewan population living off-reserve that reported being satisfied or very satisfied with their life ranged 87-92%. This is consistently lower, although not statistically, than the provincial rates, ranging from 93-95%. Rates were similar between males and females in northern Saskatchewan, and between northern Saskatchewan and other northern regions in Canada.

SOCIAL DETERMINANTS OF HEALTH

Personal Health Practices

Figure 1: Population aged 12 and over, off-reserve, reporting current daily or occasional smoking, northern Saskatchewan and Saskatchewan, 2015-2016 to 2019-2020

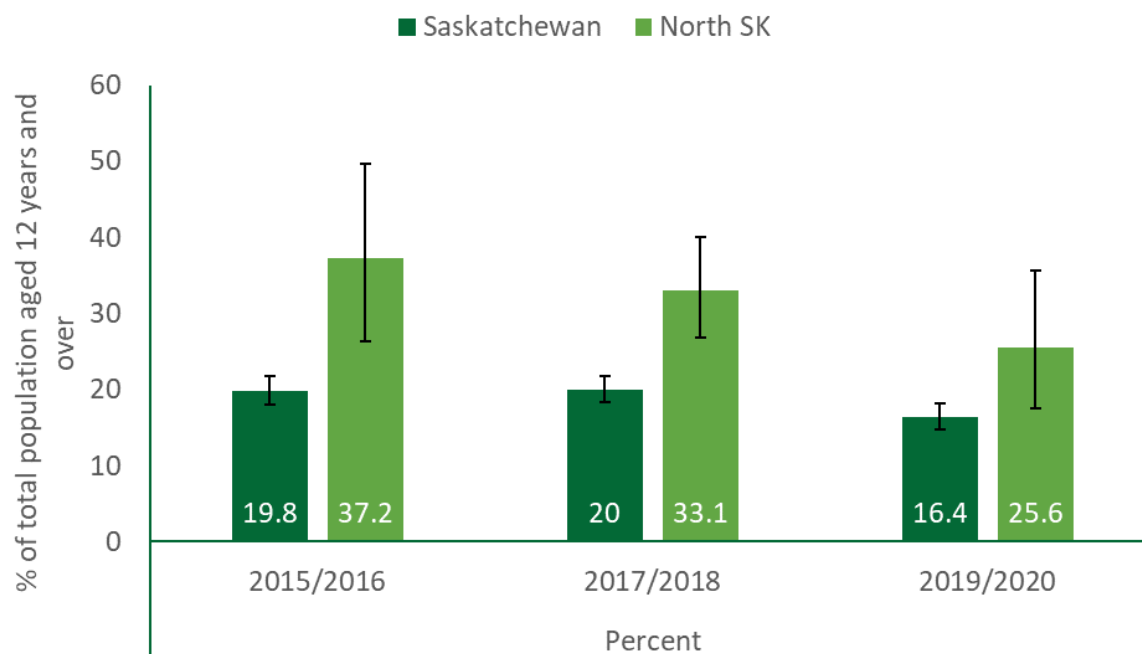


Figure 2: Population aged 12 and over, off-reserve, reporting current daily or occasional smoking, by northern region, 2019-2020

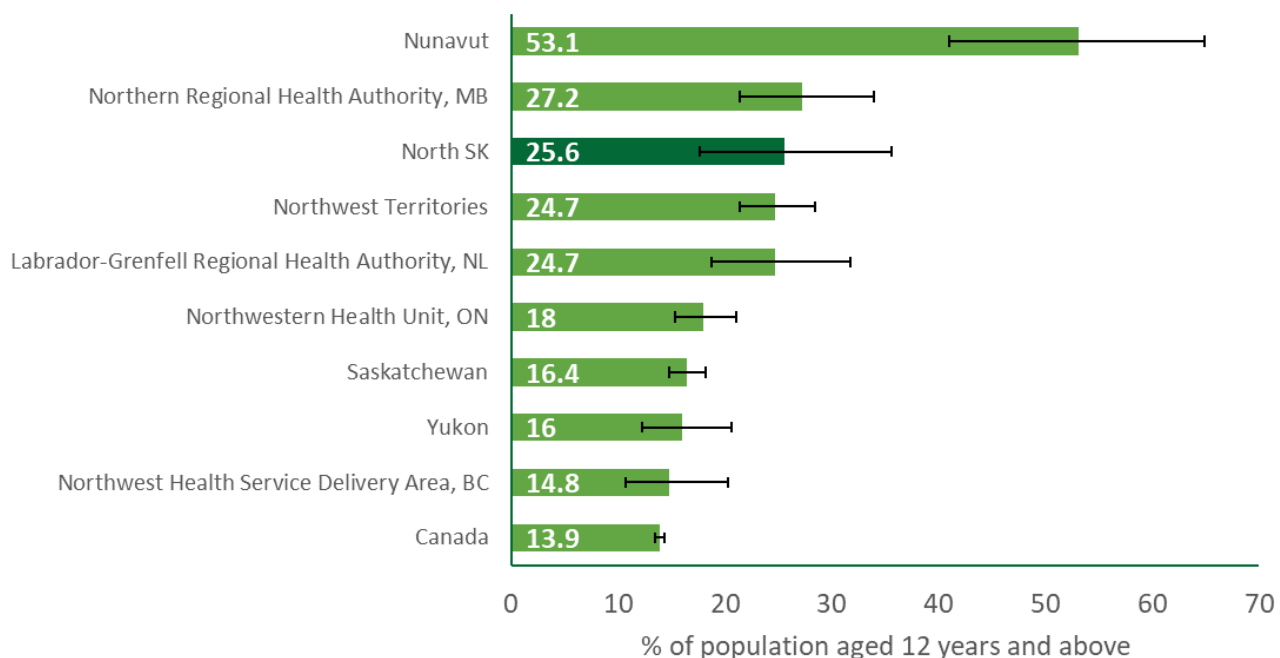


Figure 3: Population aged 12 and over, off-reserve, reporting heavy drinking, northern Saskatchewan and Saskatchewan, 2015-2016 to 2019-2020

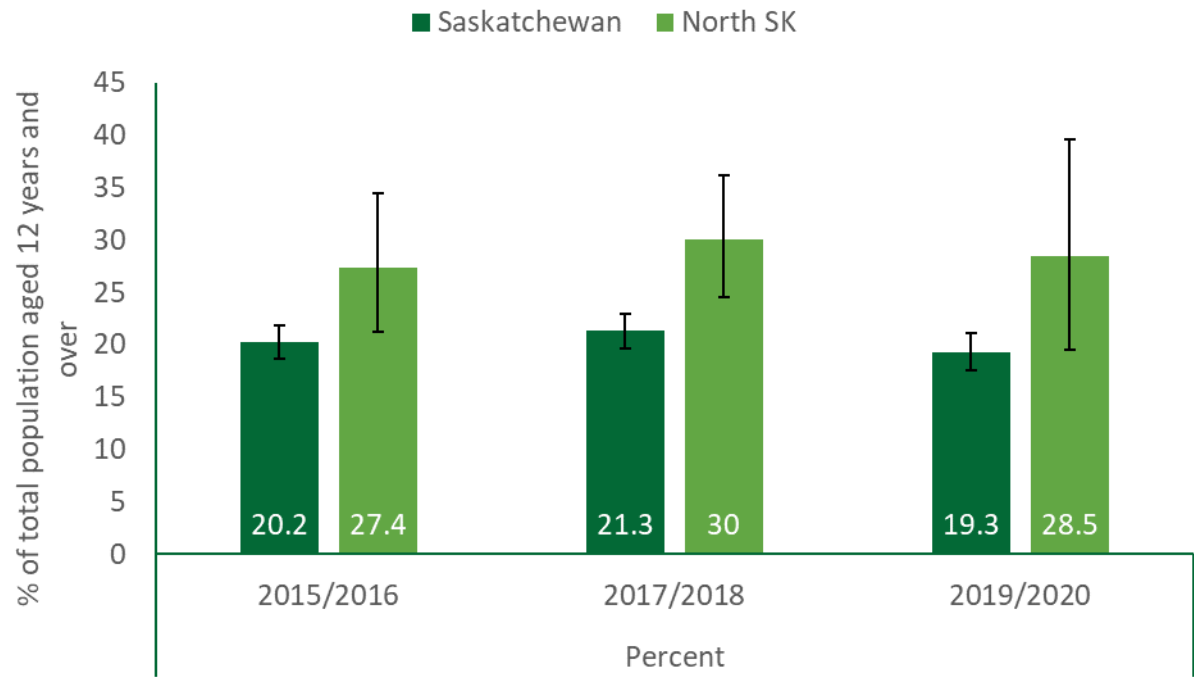


Figure 4: Population aged 12 and over, off-reserve, reporting heavy drinking, by northern region, 2019-2020

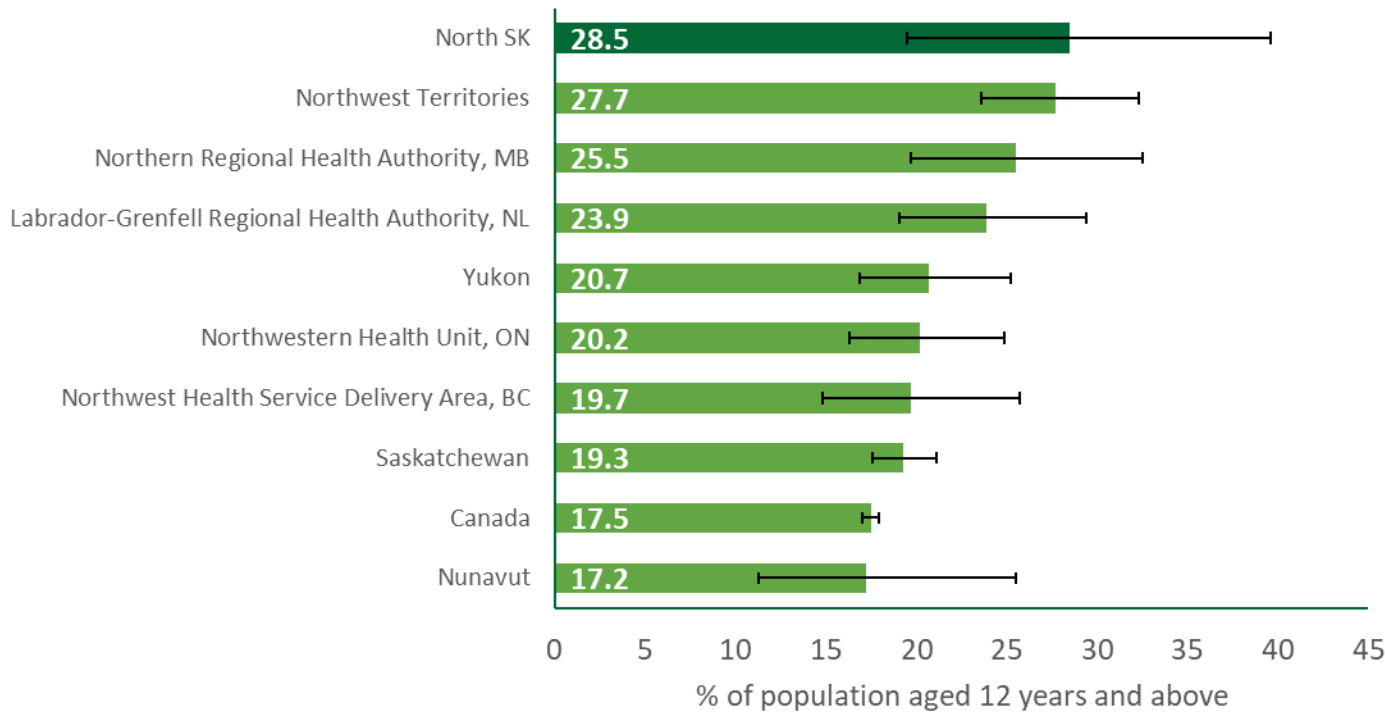


Figure 5: Population aged 18 and over, off-reserve, reporting being physically active, northern Saskatchewan and Saskatchewan, 2015-2016 to 2019-2020

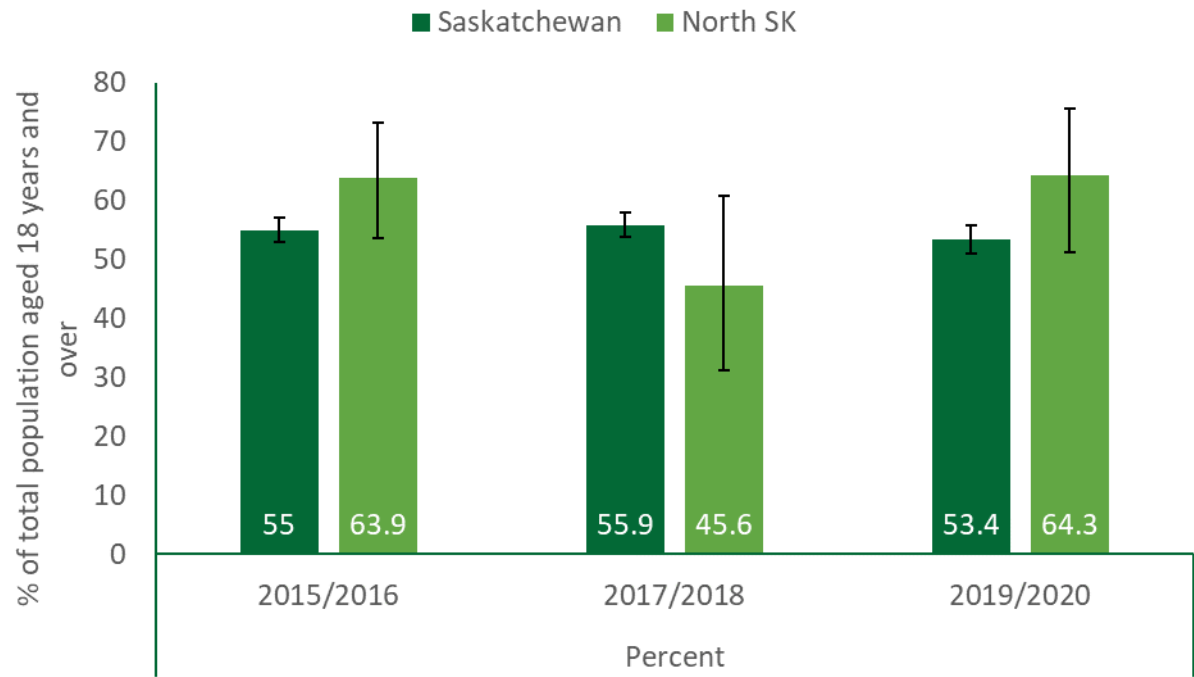


Figure 6: Population aged 18 and over, off-reserve, reporting being physically active, by sex, northern Saskatchewan 2019-2020

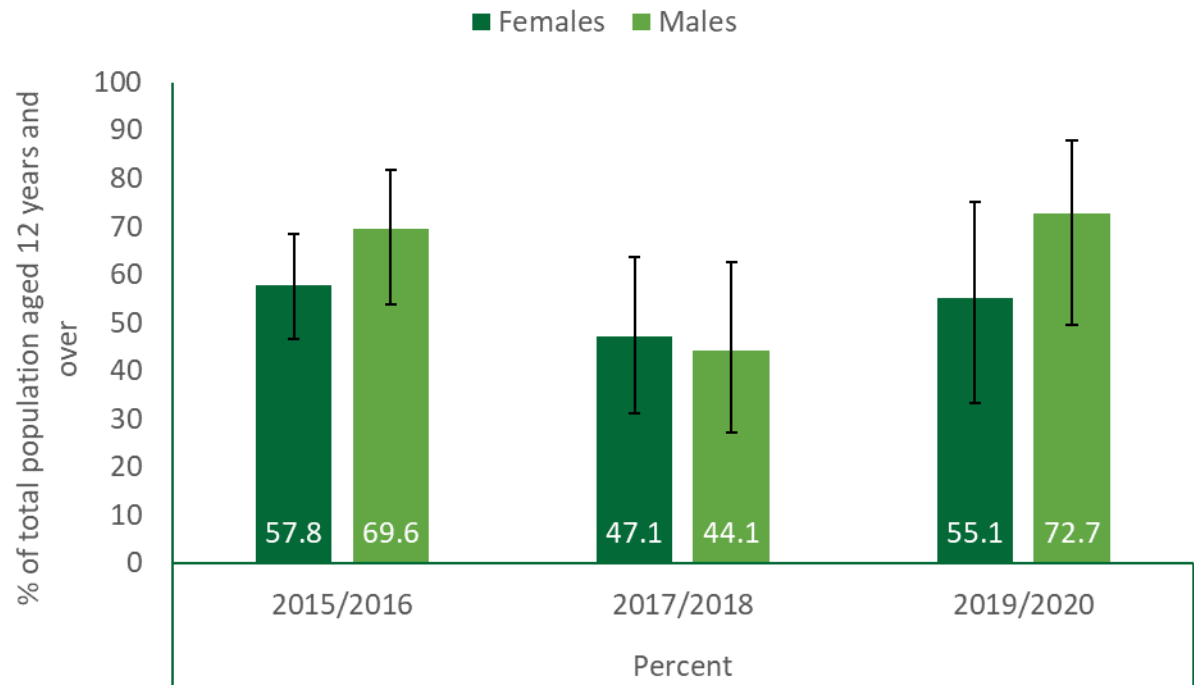
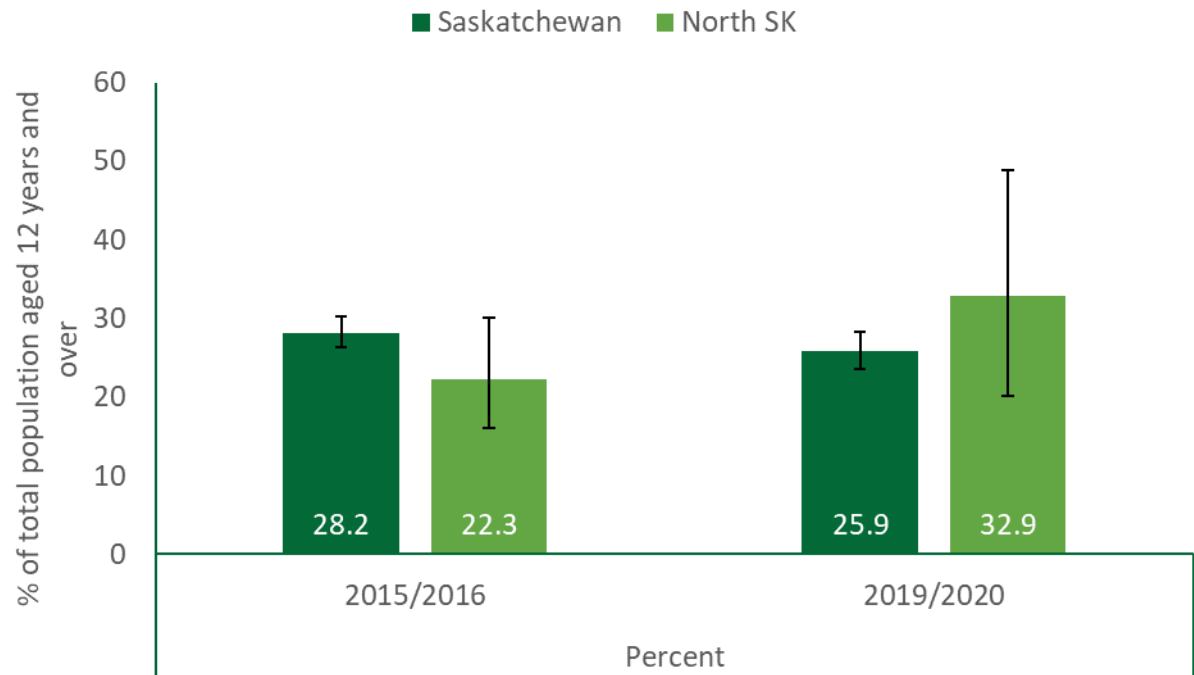


Figure 7: Population aged 12 and over, off-reserve, reporting fruit and vegetable consumption of 5 or more times per day, northern Saskatchewan and Saskatchewan, 2015-2016 to 2019-2020



Personal Resources

Figure 8: Population aged 12 and over, off-reserve, who reported their sense of belonging to their local community as very strong or somewhat strong, 2015-2016 to 2019-2020

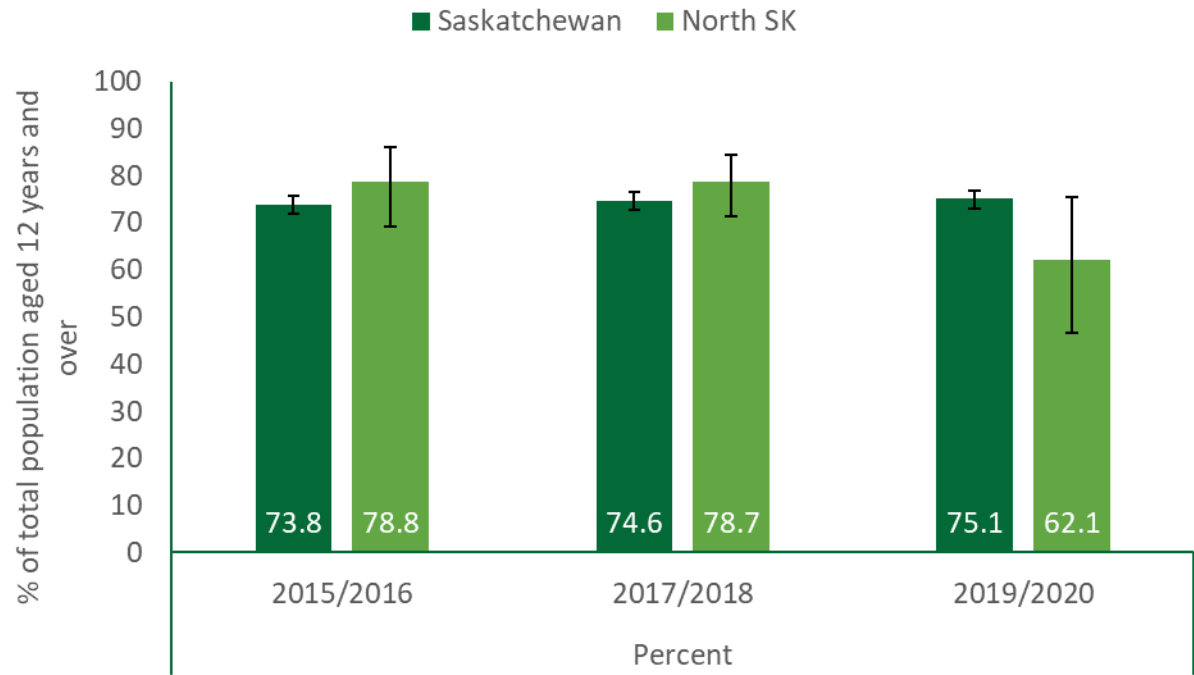


Figure 9: Population aged 12 and over, off-reserve, who reported their sense of belonging to their local community as very strong or somewhat strong, northern Saskatchewan by sex, 2015-2016 to 2019-2020

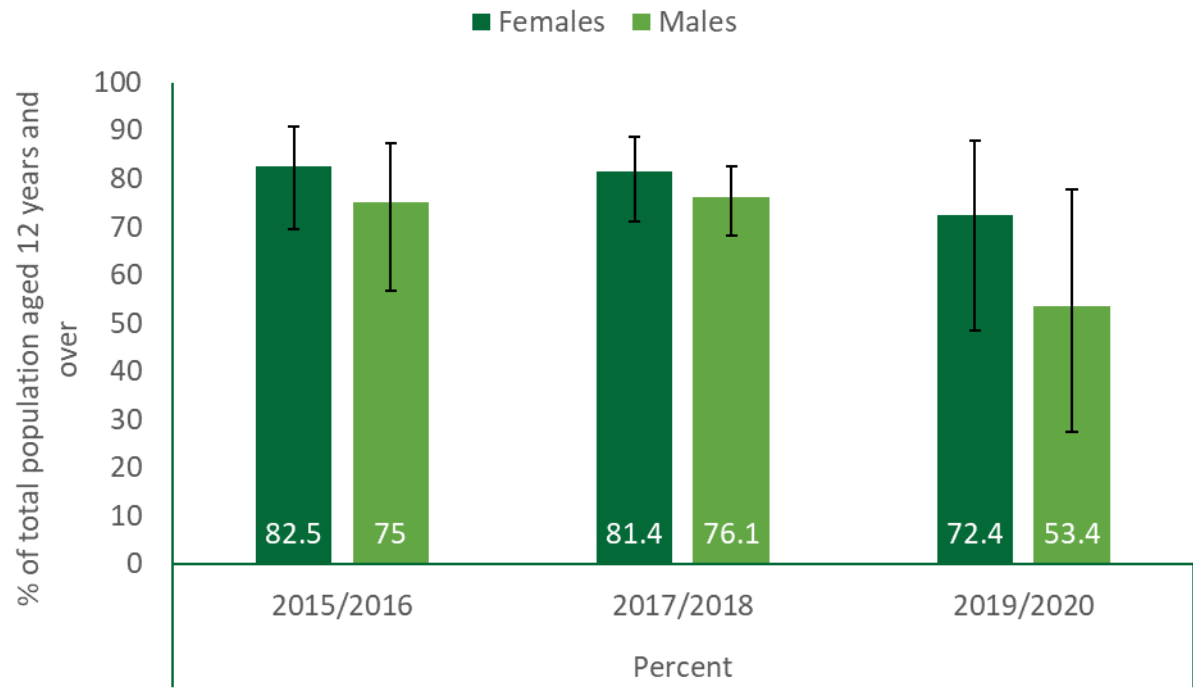


Figure 10: Population aged 12 and over, off-reserve, who reported their sense of belonging to their local community as very strong or somewhat strong, by northern region, 2019-2020

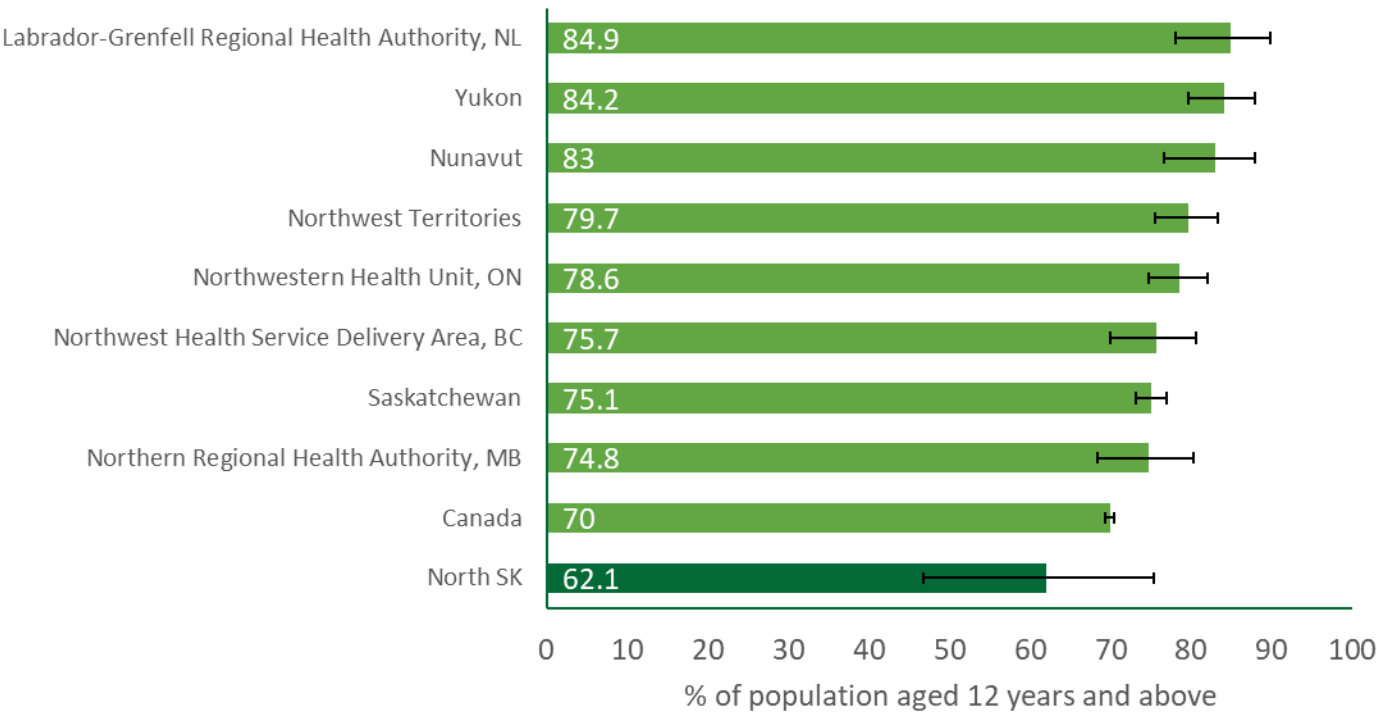


Figure 11: Population aged 12 and over, off-reserve, who reported being satisfied or very satisfied with their life in general, northern Saskatchewan and Saskatchewan, 2015-2016 to 2019-2020

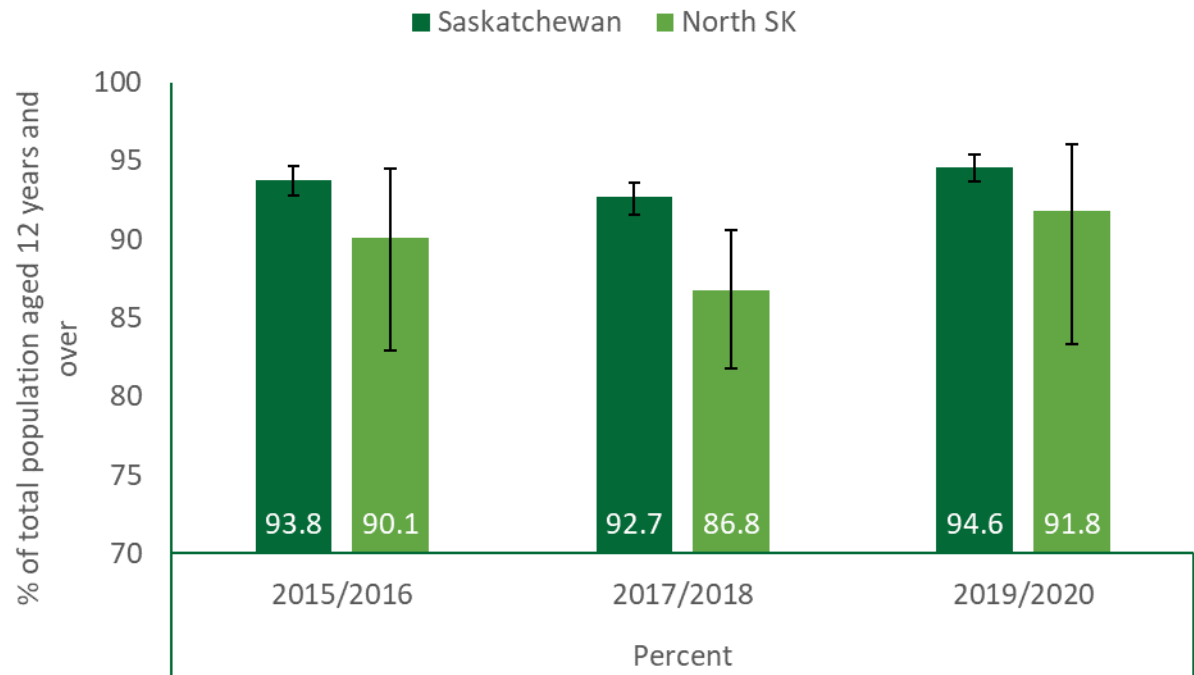


Figure 12: Population aged 12 and over, off-reserve, who reported being satisfied or very satisfied with their life in general, northern Saskatchewan by sex, 2015-2016 to 2019-2020

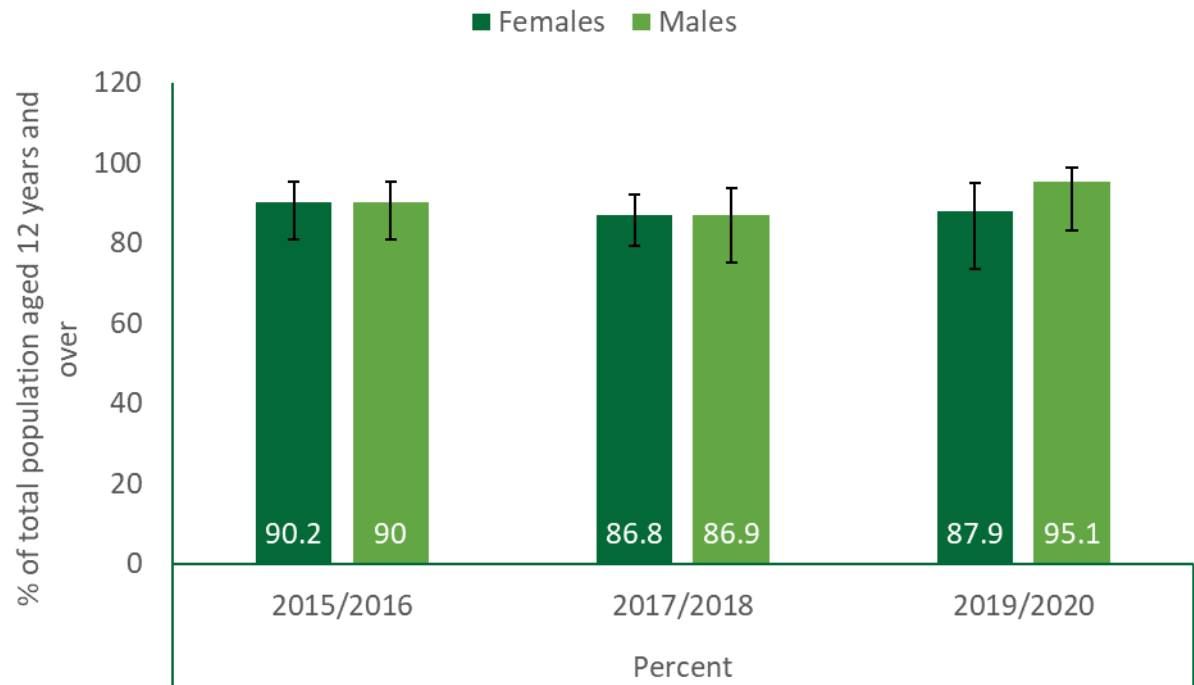
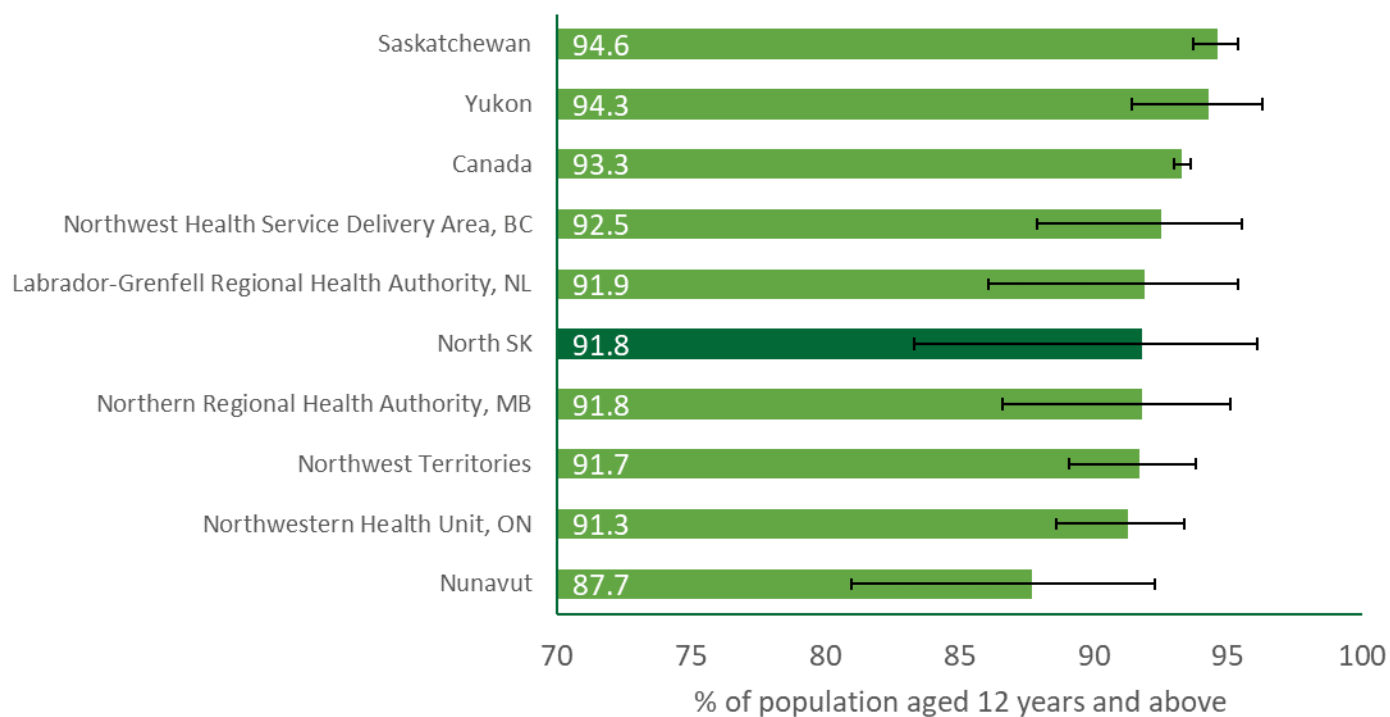


Figure 13: Population aged 12 and over, off-reserve, who reported being satisfied or very satisfied with their life in general, by northern region, 2019-2020



APPENDIX A – DATA NOTES

Data Sources

Canadian Community Health Survey two-year file table 13-10-0113-01. The CCHS is a Statistics Canada cross-sectional survey that collects information related to health status, health care utilization and health determinants for the Canadian population. The CCHS covers the population 12 years of age and over living in the ten provinces and the three territories. Excluded from the survey's coverage are: persons living on reserves and other Aboriginal settlements in the provinces; full-time members of the Canadian Forces; the institutionalized population, children aged 12-17 that are living in foster care, and persons living in the Quebec health regions of Région du Nunavik and Région des Terres-Cries-de-la-Baie-James. Altogether, these exclusions represent less than 3% of the Canadian population aged 12 and over. In the Canadian north, the frame for the CCHS covers 94% of the targeted population in the Yukon, 96% in the Northwest Territories and 93% in Nunavut. In northern Saskatchewan, the former health regions of Mamawetan Churchill River, Keewatin Yatthe and the Athabasca Health Authority are grouped together to provide one north wide off-reserve estimate. The CCHS produces an annual file and a file combining two years of data. Due to small sample size, data for northern Saskatchewan is always based on the two-year table files. Table 13-10-0113-01 contains two-year estimates from the 2015-2016, 2017-2018 and 2019-2020 years.

Data Notes

Presentation of Data (e.g. numbers of death, crude rates, age-standardized rates) – For a full description of crude rates, age-adjusted rates, and raw numbers, please refer to “A Guide to the Reports – Understanding the Presentation of Data” report on the Population Health Unit website:

([http://www.populationhealthunit.ca/mrws/filedriver/Health Indicator reports/A Guide to the Reports Understanding the Presentation of Data.pdf](http://www.populationhealthunit.ca/mrws/filedriver/Health%20Indicator%20reports/A%20Guide%20to%20the%20Reports%20Understanding%20the%20Presentation%20of%20Data.pdf)).

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