

August 2016

Northern Saskatchewan Health Indicators

Health Status: Well-being and Functional Health



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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: Irvine J, Quinn B. Northern Saskatchewan Health Indicators, Health Status: Well-being and Functional Health. Athabasca Health Authority, Keewatin Yatthé Health Region and Mamawetan Churchill River Health Region. Population Health Unit, La Ronge, 2016.

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

Key Messages

Well-being

Self-reported Health

- Significantly fewer people in Northern Saskatchewan off-reserve communities report perceiving their own health status as very good or excellent compared to the province as a whole. The northern rate has remained relatively stable between 2007-2008 and 2013-2014, ranging between 44% and 48%. In comparison, the provincial rate has ranged from 55% to 60%. Compared to other northern regions, Northern Saskatchewan had a lower rate of self-reported health, although this was not significantly different.

Self-reported Mental Health

- Significantly fewer people in Northern Saskatchewan off-reserve communities report perceiving their own mental health status as very good or excellent compared to the province as a whole. The northern rate has remained relatively stable between 2007-2008 and 2013-2014, ranging between 56% and 64%. In comparison, the provincial rate has ranged from 68% to 72%. Compared to other northern regions, Northern Saskatchewan had a lower rate of self-reported mental health, although this was not significantly different.

Perceived Life Stress

- The Northern Saskatchewan off-reserve population indicate similar rates of life stress compared to the province as a whole. Between 2007-2008 and 2013-2014, Northern Saskatchewan rates ranged from 19% to 23%, while Saskatchewan rates ranged from 19% to 20%.

Functional Health

Activity Limitation

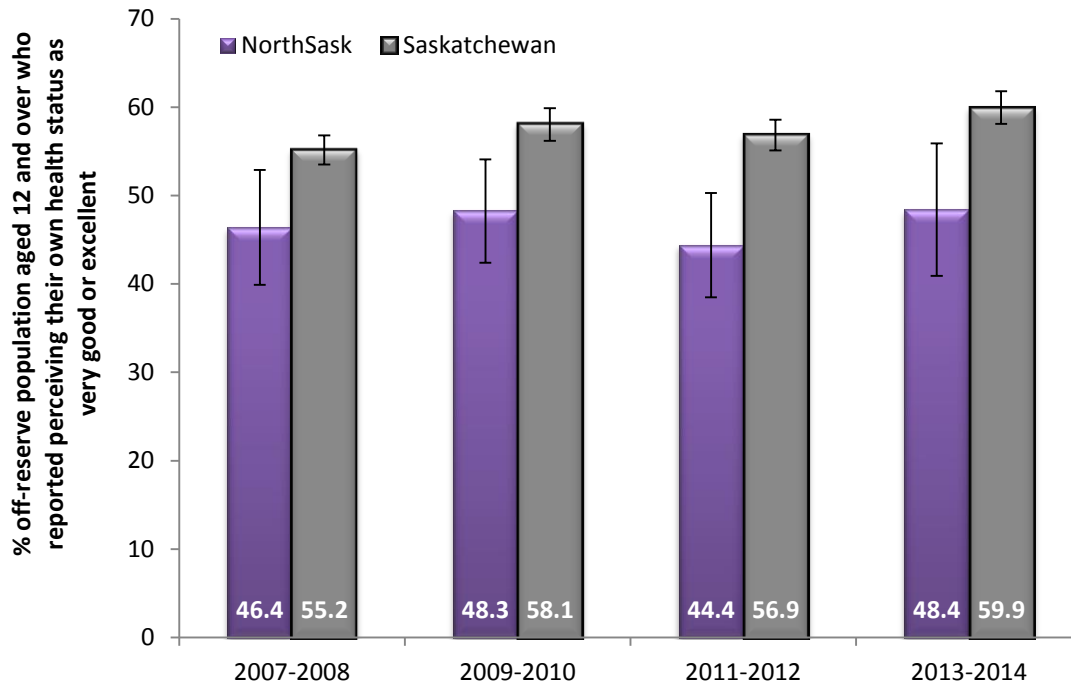
- Rates of activity limitation in the Northern Saskatchewan and Saskatchewan off-reserve populations remained relatively stable between 2007-2008 and 2013-2014, ranging between 36% and 38% in Northern Saskatchewan and 30% and 34% in Saskatchewan.

Functional Health

- The off-reserve population that reports good to full functional health in Northern Saskatchewan has remained stable between 2009-2010 and 2013-2014, decreasing slightly from 78% to 76%. Similar rates are seen in the province and other northern regions in Canada.

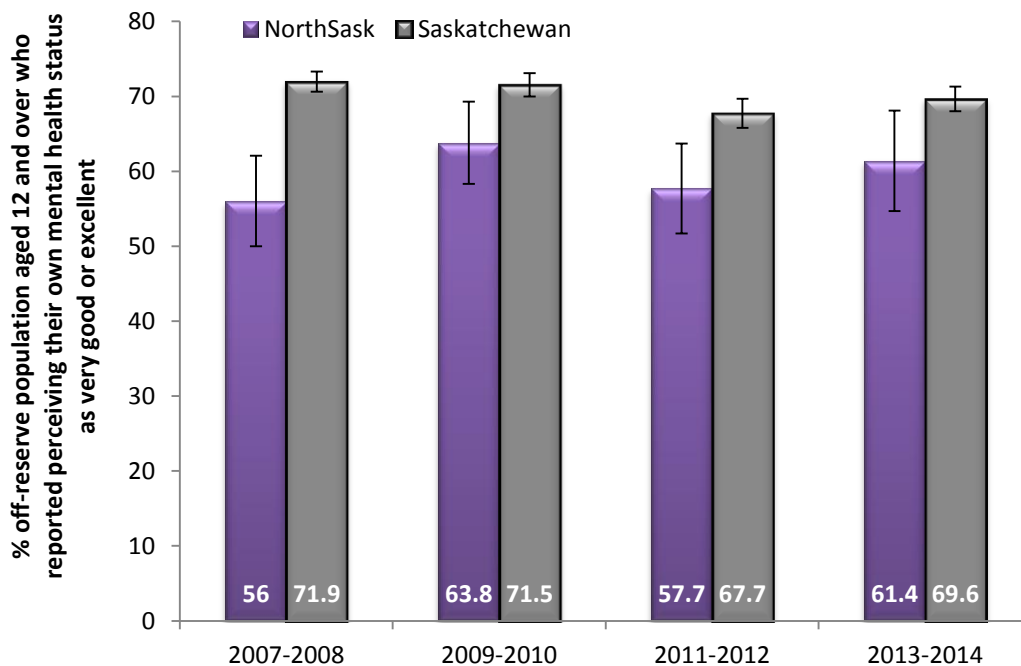
Well-being

Figure 1: Health status – Population aged 12 and over, off-reserve, who reported perceiving their own health status as very good or excellent, Northern Saskatchewan and Saskatchewan, 2007-2008 to 2013-2014



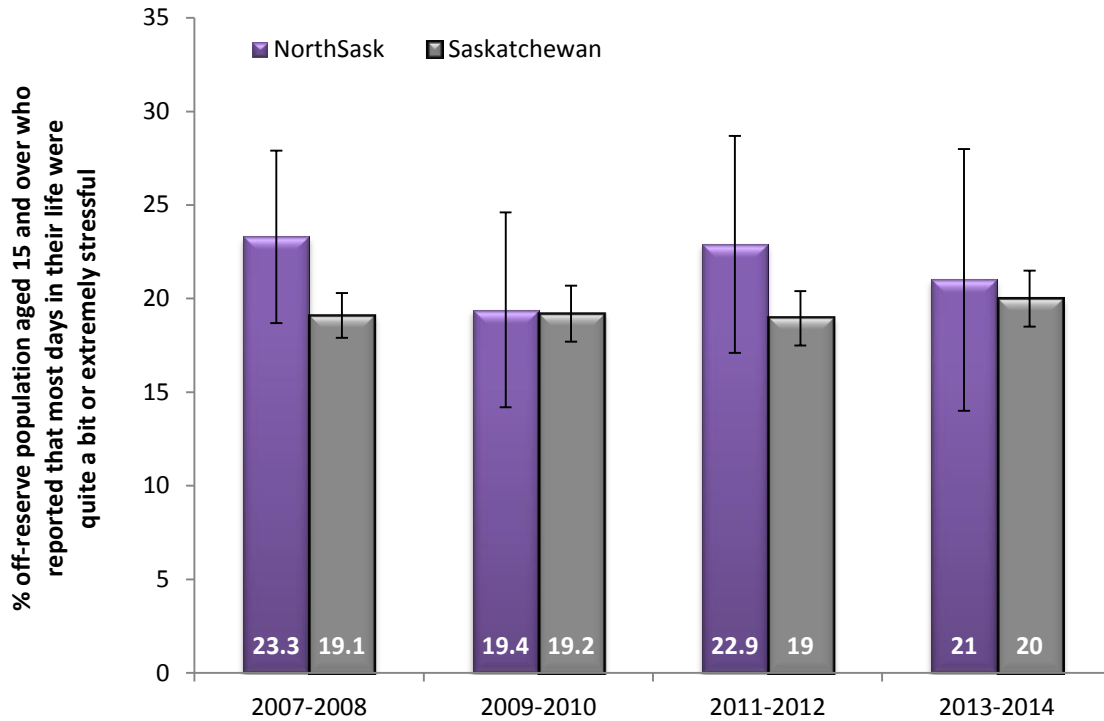
Source: Statistics Canada (CCHS) Table 105-0502, Prepared by PHU, July 2015

Figure 2: Mental health status – Population aged 12 and over, off-reserve, who reported perceiving their own mental health status as very good or excellent, Northern Saskatchewan and Saskatchewan, 2007-2008 to 2013-2014



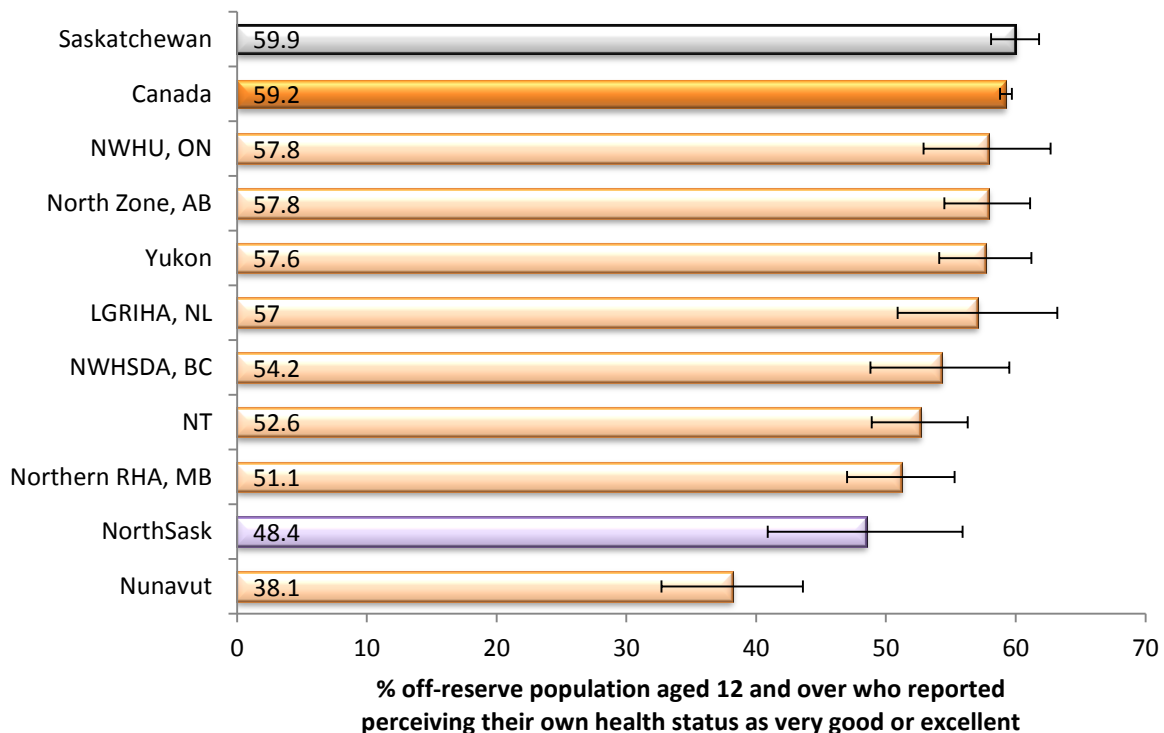
Source: Statistics Canada (CCHS) Table 105-0502, Prepared by PHU, July 2015

Figure 3: Life stress – Population aged 15 and over, off-reserve, who reported that most days in their life were quite a bit or extremely stressful, Northern Saskatchewan and Saskatchewan, 2007-2008 to 2013-2014



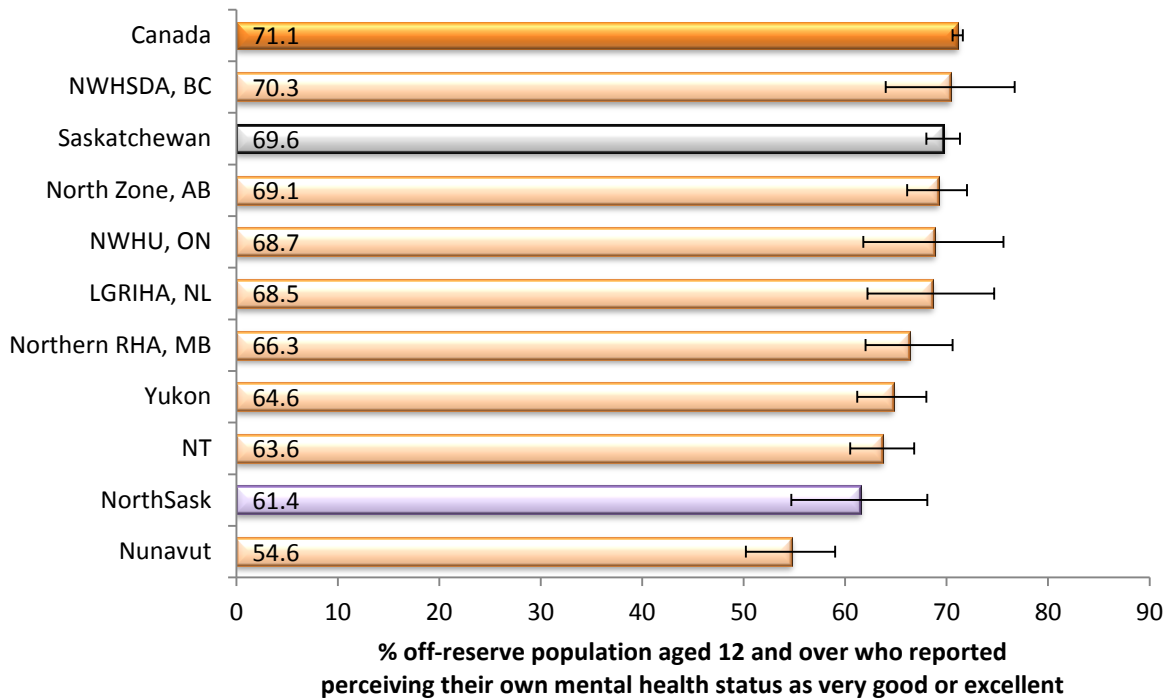
Source: Statistics Canada (CCHS) Table 105-0502, Prepared by PHU, July 2015

Figure 4: Health status – Population aged 12 and over, off-reserve, who reported perceiving their own health status as very good or excellent, by northern region, 2013-2014



Source: Statistics Canada (CCHS) Table 105-0502, Prepared by PHU, July 2015

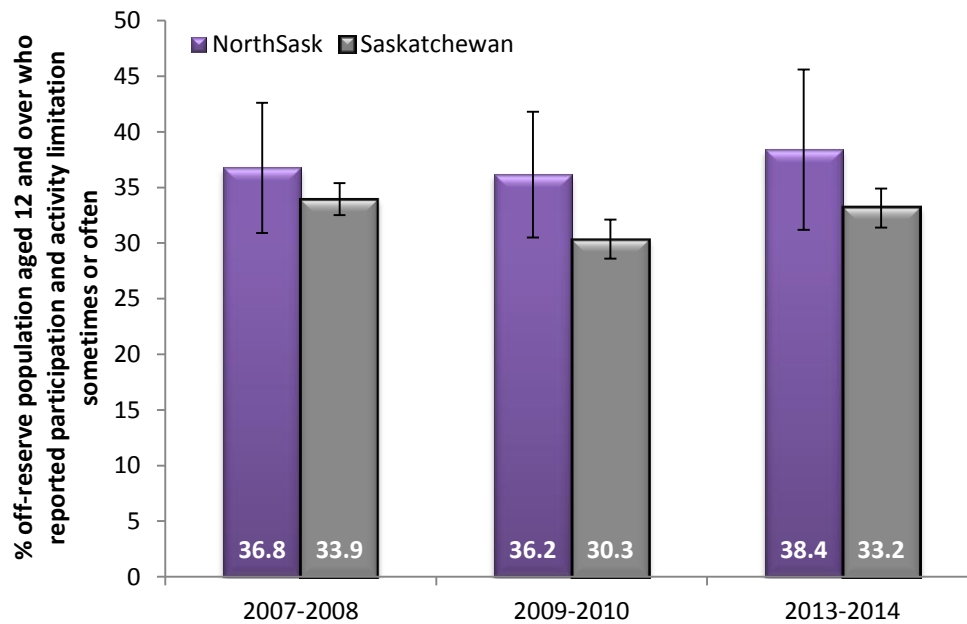
Figure 5: Mental health status – Population aged 12 and over, off-reserve, who reported perceiving their own mental health status as very good or excellent, by northern region, 2013-2014



Source: Statistics Canada (CCHS) Table 105-0502, Prepared by PHU, July 2015

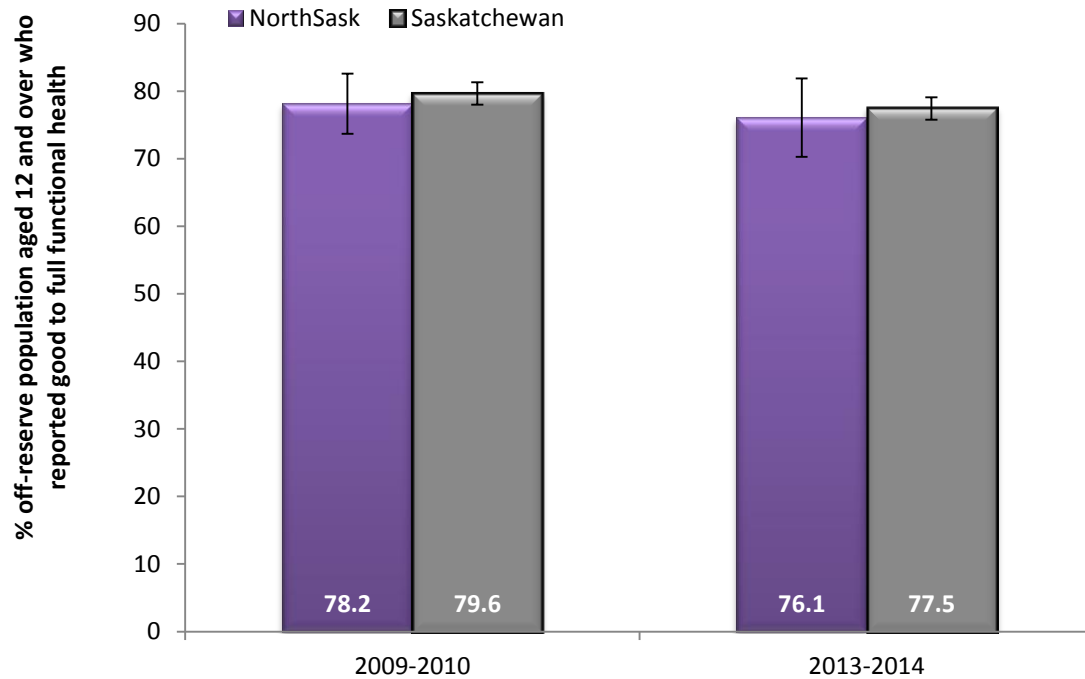
Functional Health

Figure 6: Activity limitation – Population aged 12 and over, off-reserve, who reported participation and activity limitation sometimes or often, Northern Saskatchewan and Saskatchewan, 2007-2008 to 2013-2014



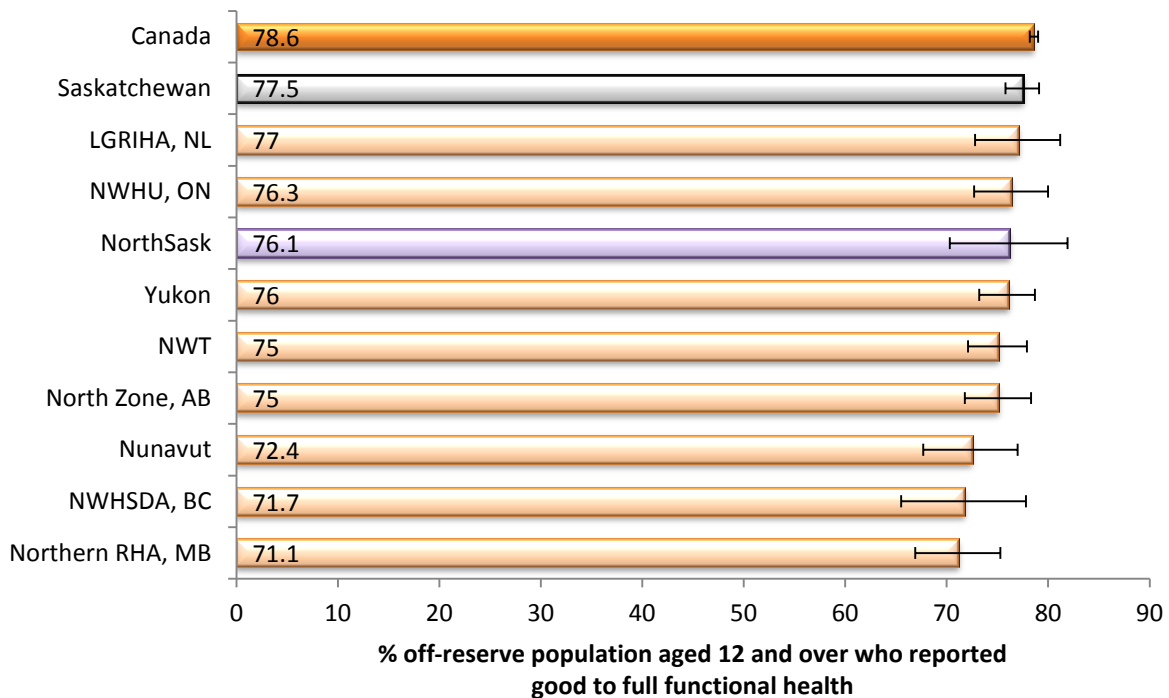
Source: Statistics Canada (CCHS) Table 105-0502, Prepared by PHU, July 2015

Figure 7: Functional health – Population aged 12 and over, off-reserve, who reported good to full functional health, Northern Saskatchewan and Saskatchewan, 2007-2008 to 2013-2014



Source: Statistics Canada (CCHS) Table 105-0502, Prepared by PHU, July 2015

Figure 8: Functional health – Population aged 12 and over, off-reserve, who reported good to full functional health, by northern region, 2013-2014



Source: Statistics Canada (CCHS) Table 105-0502, Prepared by PHU, July 2015

Appendix A – Data Notes

1. Data Sources

Canadian Community Health Survey (CCHS) – The CCHS is a national 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 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 Northern Saskatchewan, Mamawetan Churchill River Health Region, Keewatin Yatthé Health Region and the Athabasca Health Authority are grouped together to provide one north-wide off-reserve estimate. Data from 2007 onwards from the CCHS can be obtained from either a yearly file or from a combined two-year file. Due to the small sample sizes in northern regions, only the two-year file is presented (CANSIM Table 105-0502 - Health indicator profile, two year period estimates, by age group and sex, Canada, provinces, territories, health regions (2013 boundaries) and peer groups).

2. Definitions

Perceived Health – Population aged 12 and over off-reserve who reported perceiving their own health status as being either excellent or very good or fair or poor, depending on the indicator. Perceived health refers to the perception of a person's health in general, either by the person himself or herself, or, in the case of proxy response, by the person responding. Health means not only the absence of disease or injury but also physical, mental and social well-being.

Perceived Mental Health – Population aged 12 and over off-reserve who reported perceiving their own mental health status as being excellent or very good or fair or poor, depending on the indicator. Perceived mental health refers to the perception of a person's mental health in general. Perceived mental health provides a general indication of the population suffering from some form of mental disorder, mental or emotional problems, or distress, not necessarily reflected in perceived health.

Perceived Life Stress – Population aged 15 and over off-reserve who reported perceiving that most days in their life were quite a bit or extremely stressful. Perceived life stress refers to the amount of stress in the person's life, on most days, as perceived by the person or, in the case of proxy response, by the person responding.

Participation and Activity Limitation – Population aged 12 and over off-reserve who reported being limited in selected activities (home, school, work and other activities) because of a physical condition, mental condition or health problem which has lasted or is expected to last 6 months or longer. This indicator is derived from data collected from an optional content module. Only provincial and sub-provincial estimates are available for years when the module was selected by a given province.

Functional Health – Population aged 12 and over off-reserve reporting measures of overall functional health based on 8 dimensions of functioning (vision, hearing, speech, mobility, dexterity, feelings, cognition and pain). Scores between 0.8 and 1.0 are considered to indicate good to full functional health; scores below 0.8 are considered to indicate moderate to poor functional health. The Health Utility Index (HUI), developed at McMaster University's Centre for Health Economics and Policy Analysis, is based on the Comprehensive Health Status Measurement System (CHSMS). This indicator is derived from data collected from an optional content module. Only provincial and sub-provincial estimates are available for years when the module was selected by a given province.

Appendix B – Glossary of Acronyms

AB	Alberta
BC	British Columbia
CCHS	Canadian Community Health Survey
CHSMS	Comprehensive Health Status Measurement System
HUI	Health Utility Index
LGRIHA	Labrador-Grenfell Regional Integrated Health Authority (NL)
MB	Manitoba
NL	Newfoundland & Labrador
NRHA	Northern Regional Health Authority (MB)
NT	Northwest Territories
NWHSDA	Northwest Health Service Delivery Area (BC)
NWHU	Northwestern Health Unit (ON)
ON	Ontario
PHU	Population Health Unit
QC	Quebec
SK	Saskatchewan

Appendix C – Index of Figures

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