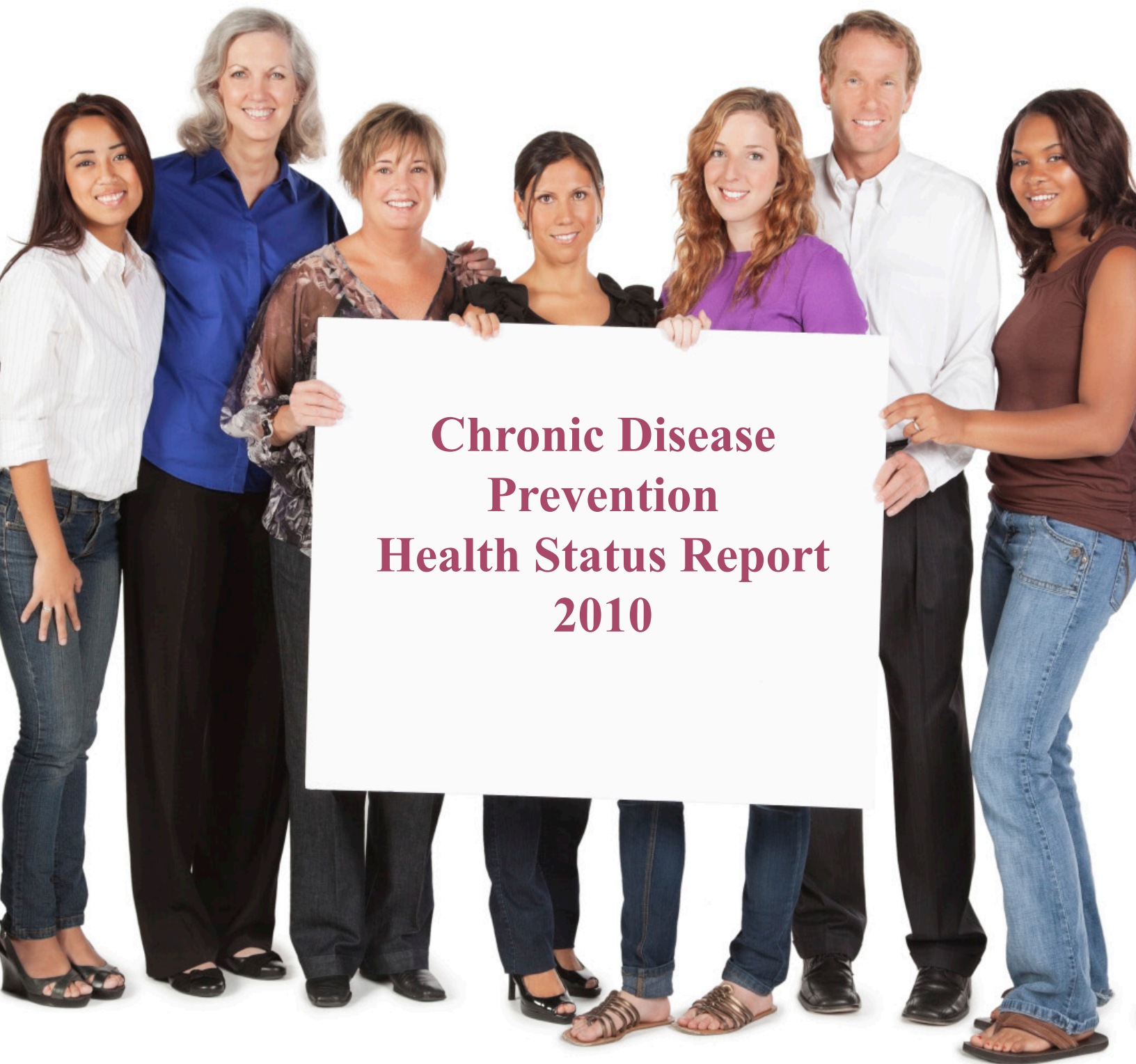


# Algoma Health STATS



**Chronic Disease  
Prevention  
Health Status Report  
2010**

**Published: February 2011**



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# INDICATORS FOR HEALTHY COMMUNITIES

The Chronic Disease Prevention Health Status Report 2010 is a focused report that brings together several indicators for chronic diseases. The report compares data for Algoma District to Ontario. The purpose of this report is to provide a unique example of certain indicators of health in the Algoma District, which contribute to the overall measure of community health in our region. Specific health indicators included are Statistics Canada (CANSIM) resources taken from the period of 2003 to 2009.

**The following health indicators were examined in this report:**

**Vegetables and fruit consumption:** Daily consumption of vegetables and fruit; household food security status; and the cost of a nutritious food basket in Algoma District.

**Smoking:** Teen and adult smoking rates; exposure to second-hand smoke in homes and vehicles; access to tobacco by youth.

**Alcohol-consumption:** Alcohol drinking populations (type of drinking and underage drinking); heavy drinking; alcohol-use risk levels; and drinking and driving prevalence.

**Physical activity:** Level of physical activity including nature, frequency and duration of participation in leisure-time physical activity.



**Life stress:** Self-perceived life stress (ages 20 to 64) refers to the amount of stress in the person's life.

**Life satisfaction** Respondents being satisfied or very satisfied with their life in general.

**Sense of belonging:** Sense of belonging to the local community has a high correlation with physical and mental health.

**Mental health:** 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 self-reported (physical) health.

# INTRODUCTION

**The health of individuals and communities is significantly influenced by complex interactions between social and economic factors, the physical environment, and individual behaviours and living conditions.**

These factors are referred to as the determinants of health, and together they play a key role in determining the health status of the population as a whole. The specific selected health indicators include; healthy eating, physical activity, rates of obesity and overweight (BMI), healthy eating and nutrition/food costs, tobacco use/exposure, alcohol use, mental health, sense of belonging and community stress. Health indicators were collected from the year 2003, 2005, 2007, 2008, and 2009 from the Algoma District and are compared to the Ontario Provincial average for the same years.

This report also identifies unique strengths and weaknesses in the health of the population of the Algoma district and enables action to be taken in areas that the region requires.

Ministry of Health and Long-term Care (2009a).

## Did you know?

The median age of Algoma's population is 45; 6 years older than the provincial population. In 2006, there were 22,195 people that were 65 or older in Algoma (out of a total population of 116,250).

# ALGOMA DISTRICT PROFILE

The Algoma District covers 48,737 kilometres on the eastern shore of Lake Superior, the north shore of Lake Huron and the St. Mary's River. Sault Ste. Marie and Elliot Lake are the two largest cities within the Algoma District. Additionally, there are 19 municipalities located in Algoma including; Blind River, Bruce Mines, Thessalon, Spanish Townships – Dubreuilville, Hilton, Huron Shores, Jocelyn, Johnson, and Laird among other communities, and a large unorganized area north and northeast of Sault Ste. Marie. There are also many First Nations communities located within the Algoma district.

The population of northern Ontario, including Algoma, has declined slowly since the early 1980's with a more rapid decline through the 1990's. Algoma's population declined by 5.5% from 1996 to 2006. According to the 2006 Census the total population of Algoma was 117,461, while the population of Ontario was 12,160,289.


The Algoma District has many unique characteristics that influence the overall general health. Great geographic distances, isolated and rural nature of communities, the increasing age of residents, lack of recreational facilities and reduced access to health care are all factors that contribute to the overall general health of the population of Algoma. Algoma generally has higher rates of unhealthy eating, smoking and being overweight. Stress, depression and general mental health issues are becoming more observable in northern Ontario communities.


Statistics Canada (2006)

# PREFACE

Since the Canadian Community Health Survey (CCHS) survey data is based on a random sample of households within areas, the averages will vary from sample to sample, in this case from area to area. The Ministry of Health calculates whether data from a specific area, such as the Algoma District, differs from the provincial average by an amount greater than what could be reasonably considered as just sample-to-sample variation. If the difference exceeds what would be considered as simply random, sample-to-sample variation, the difference is considered statistically significant.

## Legend

 Shaded colour indicates that the Algoma region has a statistically significant higher percentage of a specific health measure when compared to the Ontario Average

 Shaded colour indicates that the Algoma region has a statistically significant lower percentage of a specific health measure when compared to the Ontario Average

E - Indicates use with caution

# PERCEIVED HEALTH

**Indicator:**  
Perceived health  
**Age Group:**  
Total, 12 years and over  
**Sex:** Both sexes

**Definition:** Population aged 12 and over 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 a proxy response, by the person responding. Health means not only the absence of disease or injury but also physical, mental and social well-being.



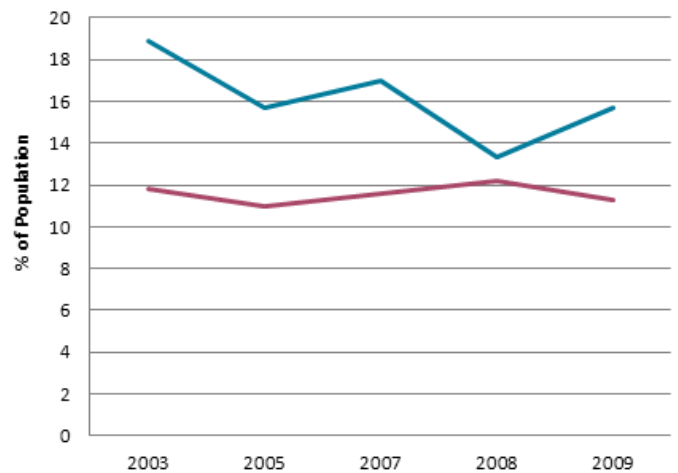
Graph 1.1: Perceived very good or excellent health



	2003	2005	2007	2008	2009
Algoma perceived health	54.4%	56.7%	51.4%	59.9%	54%
Ontario perceived health	57.3%	60.8%	60%	59.3%	61.2%

Source: Statistics Canada, Canadian Community Health Survey (CCHS) 2003-2009

Graph 1.2 Perceived fair or poor health



	2003	2005	2007	2008	2009
Algoma perceived health	18.9%	15.7%	17%	13.3%	15.7%
Ontario perceived health	11.8%	11%	11.6%	12.2%	11.3%

Source: Statistics Canada, Canadian Community Health Survey (CCHS) 2003-2009

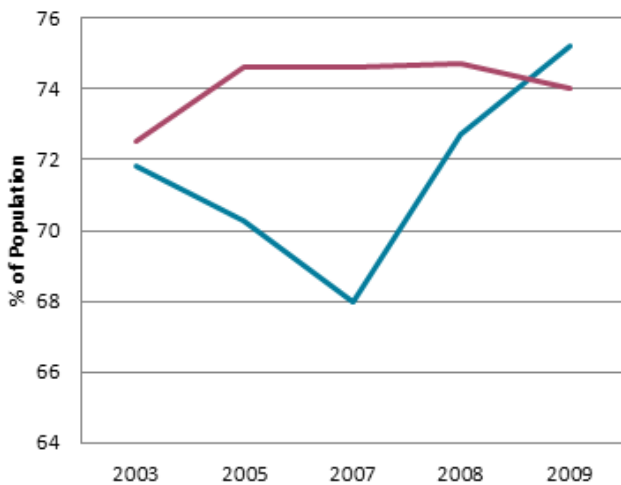
# PERCEIVED MENTAL HEALTH

**Indicator:** Perceived mental health  
**Age Group:** Total, 12 years and over  
**Sex:** Both sexes

Definition: Population aged 12 and over 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 provides a general indication of the population suffering from some form of mental disorder, mental or emotional problems, or distress, not necessarily reflected in self-reported (physical) health.



Graph 2.1: Perceived very good or excellent mental health (2003-2009)



	2003	2005	2007	2008	2009
Algoma perceived mental health	71.8%	70.3%	68.0%	72.7%	75.2%
Ontario perceived mental health	72.5%	74.6%	74.6%	74.7%	74.0%

Source: Statistics Canada, Canadian Community Health Survey (CCHS) 2003-2009

Graph 2.2: Perceived mental health as fair or poor (2003-2009)

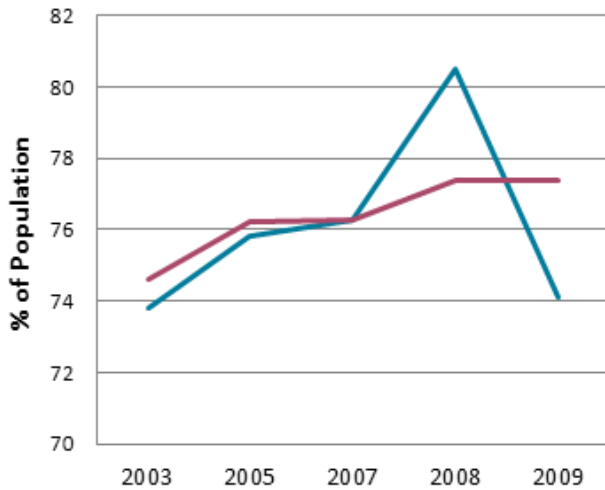


	2003	2005	2007	2008	2009
Algoma perceived mental health	6.2% <sup>E</sup>	6.6%	5.0% <sup>E</sup>	3.9% <sup>E</sup>	3.5% <sup>E</sup>
Ontario perceived mental health	4.9%	5.1%	5.0%	5.7%	5.7%

Source: Statistics Canada, Canadian Community Health Survey (CCHS) 2003-2009  
 E - Use with caution

# PERCEIVED MENTAL HEALTH

Graph 2.3: Perceived mental health as excellent or very good (2009) ages 12-19 years

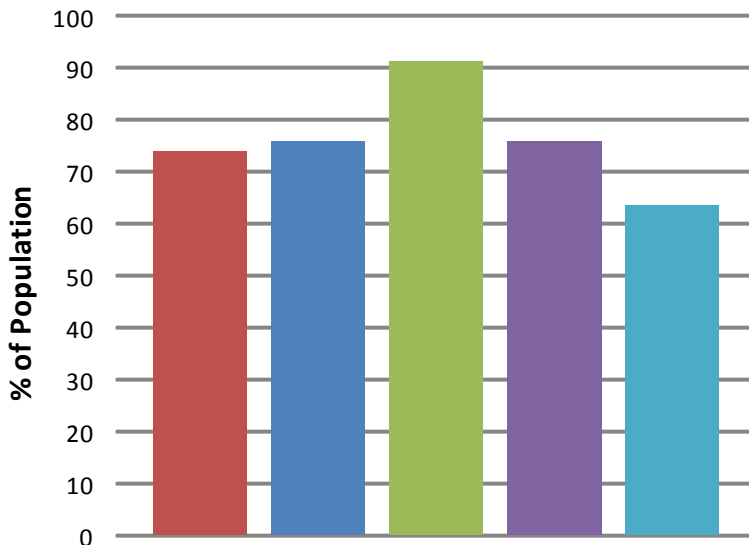


Perceived mental health 12-19 years					
	2003	2005	2007	2008	2009
Algoma	73.8%	75.8%	76.3%	80.5%	74.1%
Ontario	74.6%	76.2%	76.3%	77.4%	77.4%

“In 2007-2008, Ontario’s health care system spent more than \$2.5 billion on mental health and addictions.” “Investing in actively supporting people to stay mentally healthy saves money. Every \$1 spent on mental health and addictions saves \$7 in health costs and \$30 dollars in lost productivity and social costs.”

Source: Ministry of Health and Long-Term Care, “Every Door is the Right Door: Towards a 10 year Mental Health and Addictions Strategy: A discussion paper”, July 2009

Graph 2.4: Perceived mental health as very good or excellent health (2009)



Algoma perceived mental health as excellent or very good by age group (2009)	
12 to 19 yrs	74.1%
20 to 34 yrs	75.9%
35 to 44 yrs	91.4%
45 to 64 yrs	76.0%
65 yrs and over	63.8%

Source: Statistics Canada, Canadian Community Health Survey (CCHS) 2003-2009



# PERCEIVED LIFE STRESS

**Indicator:**

Perceived life stress; quite a lot

**Age Group:**

Total, 15 years and over

**Sex:** Both sexes

**Definition:**

Population aged 15 and over who reported perceiving that most days in their life were quite a lot 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.

“Life should be a pleasure. Take a time out! Make an extra effort to experience the good in your life.”

Source: Canadian Mental Health Association, Heart & Stroke Foundation “Coping with Stress” booklet. 2009

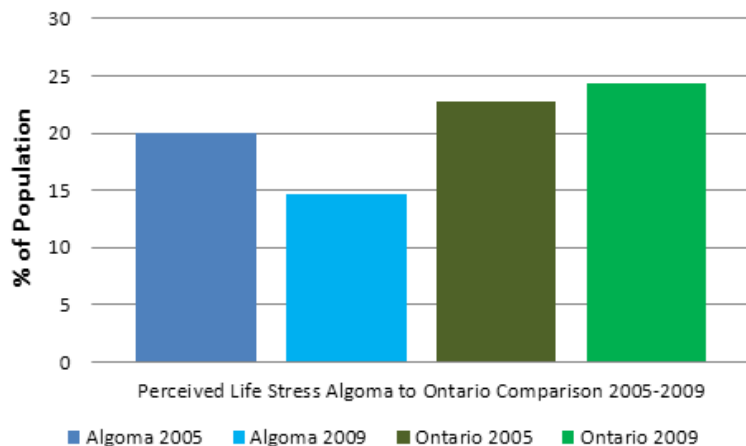
Graph 3.1: Perceived life stress; quite a lot



	2003	2005	2007	2008	2009
Algoma	23.0%	20.0%	14.8%	18.0%	14.7%
Ontario	24.3%	22.8%	22.2%	22.3%	24.3%

Source: Statistics Canada, Canadian Community Health Survey (CCHS) 2003-2009

Graph 3.2: Perceived life stress; quite a lot. Algoma compared to Ontario



Algoma 2005	20.0%
Algoma 2009	14.7%
Ontario 2005	22.8%
Ontario 2009	24.3%

Source: Statistics Canada, Canadian Community Health Survey (CCHS) 2003-2009

# LIFE SATISFACTION

**Indicator:**

Life satisfaction

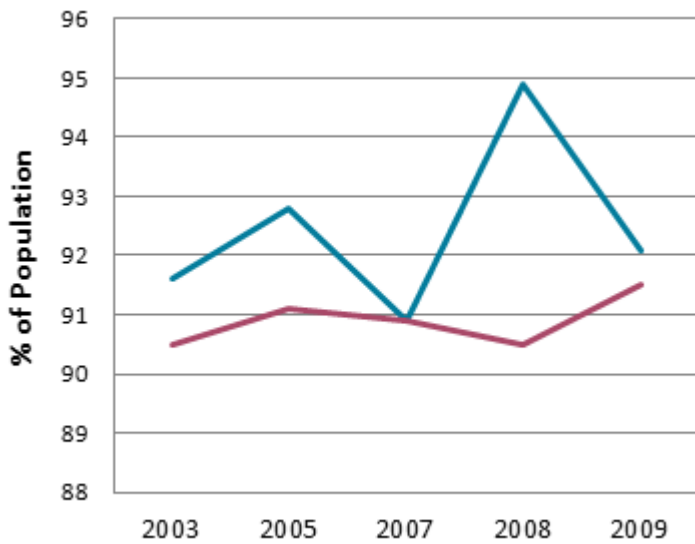
**Age Group:**

Total, 12 years and over

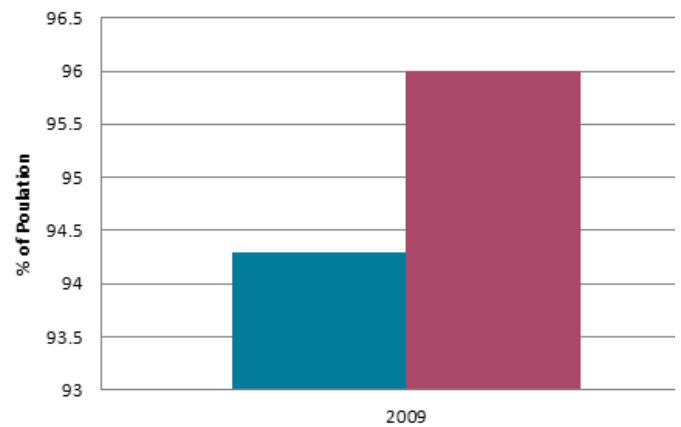
**Sex:** Both sexes

**Definition:** Population aged 12 and over who reported being satisfied or very satisfied with their life in general.

Graph 4.1: Life satisfaction, satisfied or very satisfied Algoma/Ontario comparison



Graph 4.2: Life satisfaction, satisfied or very satisfied ages 12-19 (2009)



	2003	2005	2007	2008	2009
Algoma life satisfaction, satisfied or very satisfied	91.6%	92.8%	90.9%	94.9%	92.1%
Ontario life satisfaction, satisfied or very satisfied	90.5%	91.1%	90.9%	90.5%	91.5%

	2009
Algoma life satisfaction, satisfied or very satisfied ages 12-19 (2009)	94.3%
Ontario life satisfaction, satisfied or very satisfied ages 12-19 (2009)	96.0%

Source: Statistics Canada, Canadian Community Health Survey (CCHS) 2003-2009

Source: Statistics Canada, Canadian Community Health Survey (CCHS) 2003-2009





# SENSE OF BELONGING

**Indicator:**

*Sense of belonging to a community*

**Age Group:**

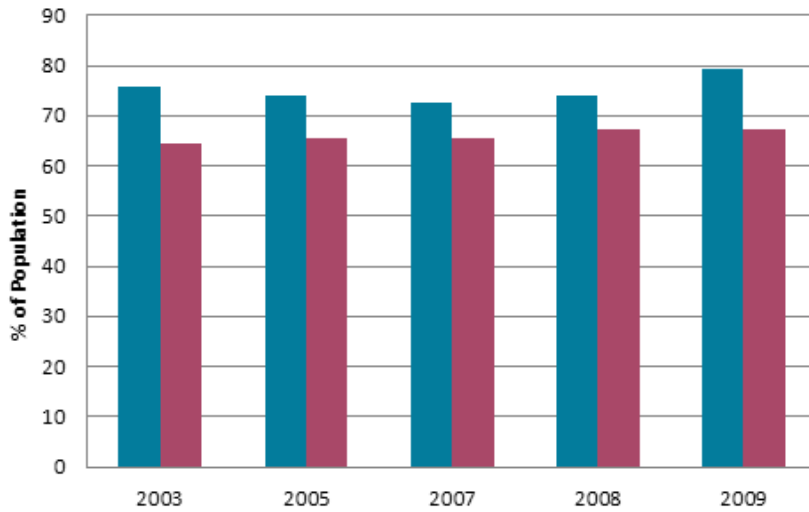
*Total, 12 years and over*

**Sex:** *Both sexes*

**Definition:**

Population aged 12 and over who reported their sense of belonging to their local community as being somewhat strong or very strong. Research shows a high correlation of sense of community belonging with physical and mental health.

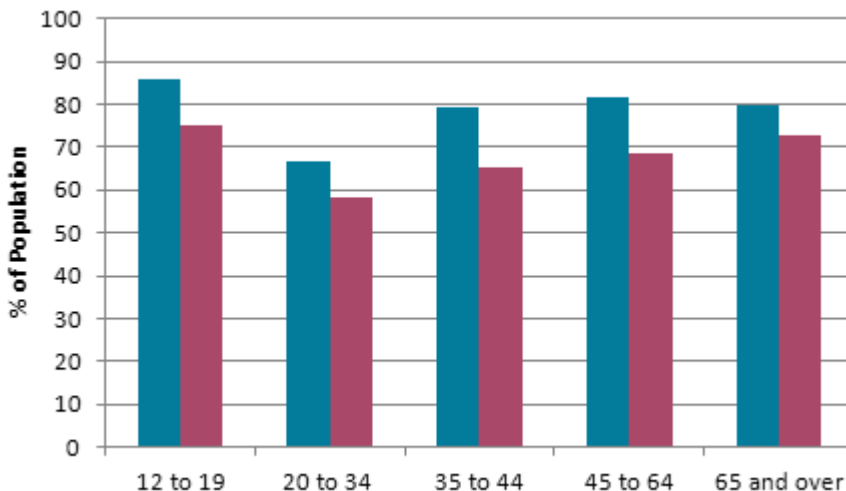
Graph 5.1: Sense of belonging to local community; somewhat strong or very strong



	2003	2005	2007	2008	2009
Algoma sense of belonging to local community	75.8%	74.0%	72.7%	73.9%	79.2%
Ontario sense of belonging to local community	64.4%	65.5%	65.5%	67.3%	67.1%

Source: Statistics Canada, Canadian Community Health Survey (CCHS) 2003-2009

Graph 5.2: Sense of belonging by age group somewhat strong or very strong, Algoma/Ontario comparison (2009)



Algoma/Ontario sense of belonging by age group (2009)		
	Algoma	Ontario
12 to 19	86.0%	75.3%
20 to 34	66.7%	58.5%
35 to 44	79.1%	65.2%
45 to 64	81.8%	68.8%
65 and over	79.7%	73.0%

Source: Statistics Canada, Canadian Community Health Survey (CCHS) 2003-2009

# PHYSICAL ACTIVITY

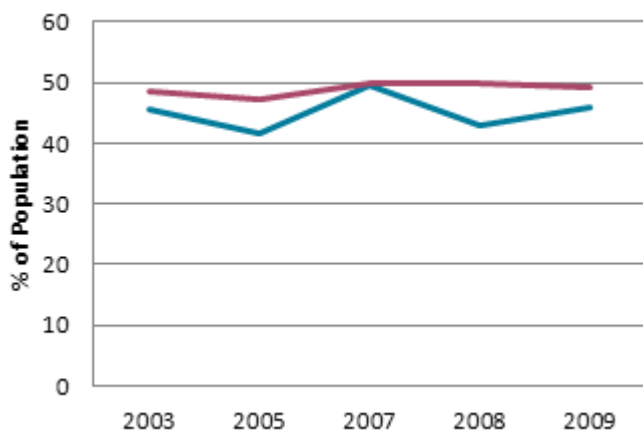
**Indicator:** Physical activity during leisure-time, moderately active or active.

**Age Group:** Total, 12 years and over

**Sex:** Both sexes

**Definition:** Population aged 12 and over who reported a level of physical activity, based on their responses to questions about the nature, frequency and duration of their participation in leisure-time physical activity. Respondents are classified as active, moderately active or inactive based on an index of average daily physical activity over the past 3 months. For each leisure time physical activity engaged in by the respondent, an average daily energy expenditure is calculated by multiplying the number of times the activity was performed by the average duration of the activity by the energy cost (kilocalories per kilogram of body weight per hour) of the activity. The index is calculated as the sum of the average daily energy expenditures of all activities. Respondents are classified as follows: 3.0 kcal/kg/day or more = physically active; 1.5 to 2.9 kcal/kg/day = moderately active; less than 1.5 kcal/kg/day = inactive.

Graph 6.1: Physical inactivity 2003-2009



Physical activity during leisure time, inactive	2003	2005	2007	2008	2009
Algoma	45.6%	41.6%	49.6%	42.8%	45.9%
Ontario	48.6%	47.1%	50.0%	50.5%	49.3%

Source: Statistics Canada, Canadian Community Health Survey (CCHS) 2003-2009

Graph 6.2: Physical activity during leisure time (moderately active or active) 2003-2009

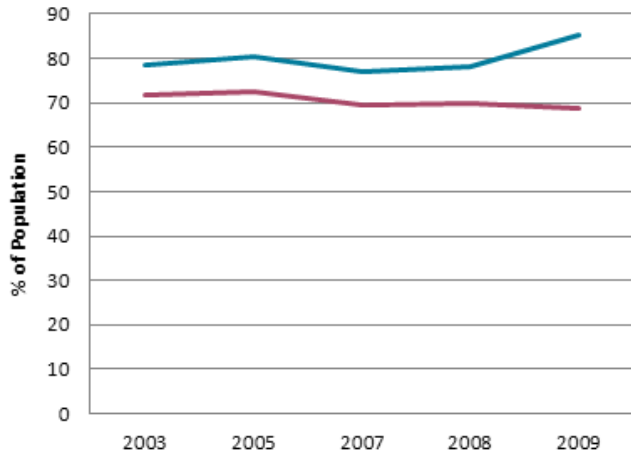


Physical activity (moderately active or active)	2003	2005	2007	2008	2009
Algoma	54.4%	58.4%	50.4%	57.2%	54.1%
Ontario	51.4%	52.9%	50.0%	49.5%	50.7%

Source: Statistics Canada, Canadian Community Health Survey (CCHS) 2003-2009

# PHYSICAL ACTIVITY BY AGE GROUP

Graph 6.3: Physical activity during leisure time as moderately active or active (12-19)



Physical activity as moderately active or active for ages 12-19 years					
	2003	2005	2007	2008	2009
Algoma	78.4%	80.2%	77.0%	78.1%	85.1%
Ontario	71.9%	72.3%	69.4%	69.7%	68.9%

Source: Statistics Canada, Canadian Community Health Survey (CCHS) 2003-2009

Graph 6.4: Physical activity during leisure time, moderately active or active by age group (20 to 34)



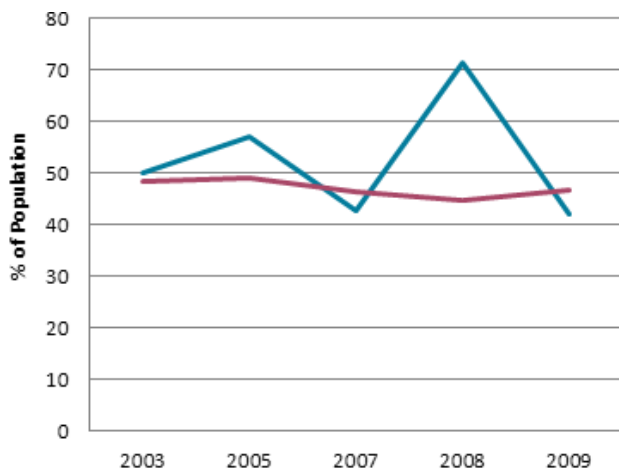
Physical activity as moderately active or active for ages 20 to 34 years					
	2003	2005	2007	2008	2009
Algoma	45.6%	73.5%	53.4%	59.7%	56.8%
Ontario	54.1%	56.4%	51.7%	51.2%	54.5%

Source: Statistics Canada, Canadian Community Health Survey (CCHS) 2003-2009



# PHYSICAL ACTIVITY BY AGE GROUP

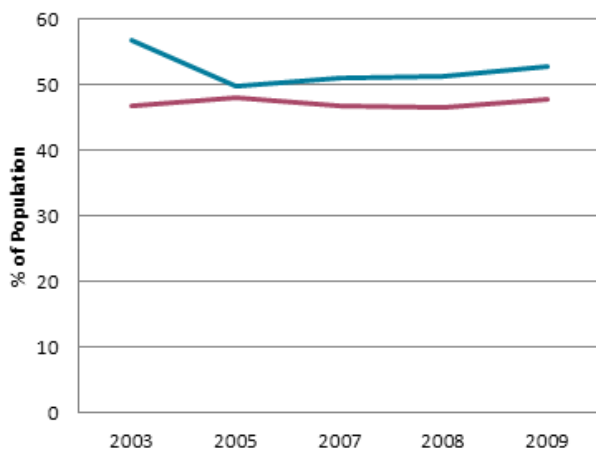
Graph 6.5: Physical activity during leisure time, moderately active or active by age group (35 to 44)



Physical activity during leisure time, moderately active or active by age group (35 to 44)					
	2003	2005	2007	2008	2009
Algoma	50.1%	57.2%	42.9% <sup>E</sup>	71.5%	42.2% <sup>E</sup>
Ontario	48.4%	49.0%	46.4%	44.9%	46.6%

Source: Statistics Canada, Canadian Community Health Survey (CCHS) 2003-2009  
E - Use with caution

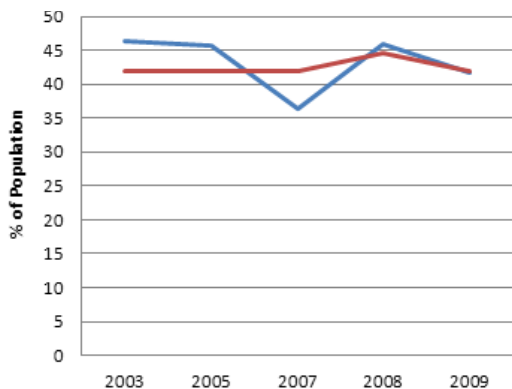
Graph 6.6: Physical activity during leisure time, moderately active or active by age group (45 to 64)



Physical activity during leisure time, moderately active or active by age group (45 to 64)					
	2003	2005	2007	2008	2009
Algoma	56.8%	49.7%	51.0%	51.2%	52.7%
Ontario	46.8%	48.1%	46.7%	46.5%	47.7%

Source: Statistics Canada, Canadian Community Health Survey (CCHS) 2003-2009

Graph 6.7: Physical activity during leisure time, moderately active or active by age group (65 and over)



Physical activity during leisure time, moderately active or active by age group (65 and over)					
	2003	2005	2007	2008	2009
Algoma	46.3%	45.8%	36.3%	46.0%	41.8%
Ontario	41.9%	44.5%	42.0%	42.1%	40.8%

Source: Statistics Canada, Canadian Community Health Survey (CCHS) 2003-2009

# BODY MASS INDEX

**Indicator:** Body Mass Index, self reported  
**Age Group:** Adult, 18 years and over  
**Sex:** Both sexes

**Definition:** Body mass index (BMI) is a method of classifying body weight according to health risk. According to the World Health Organization (WHO) and Health Canada guidelines, health risk levels are associated with each of the following BMI categories: normal weight = least health risk; underweight and overweight = increased health risk; obese, class I = high health risk; obese, class II = very high health risk; obese, class III = extremely

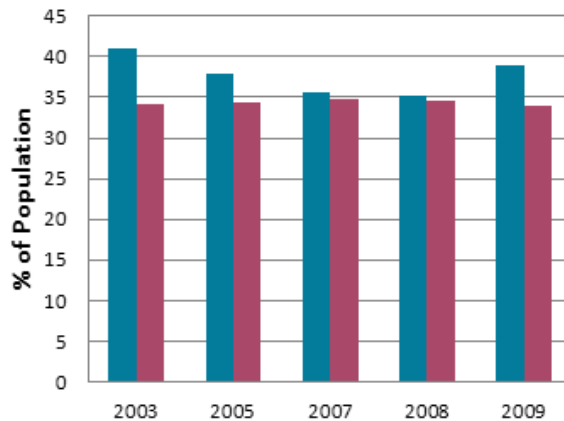
high health risk. Body mass index (BMI) is calculated by dividing the respondent's body weight (in kilograms) by their height (in metres) squared. A definition change was implemented in 2004 to conform with the World Health Organization (WHO) and Health Canada guidelines for body weight classification. The index is calculated for the population aged 18 and over, excluding pregnant females and persons less than 3 feet (0.914 metres) tall or greater than 6 feet 11 inches (2.108 metres). According to the World Health Organization (WHO) and Health Canada guidelines, the index for body weight classification is: less than 18.50 (underweight); 18.50 to 24.99 (normal weight); 25.00 to 29.99 (overweight); 30.00 to 34.99 (obese, class I); 35.00 to 39.99 (obese, class II); 40.00 or greater (obese, class III). This indicator is measured by those 18 years and over only.

## Healthy weight

“While many factors influence weight, promoting a balance between healthy food choices (energy intake) and regular physical activity (energy output) is important to maintaining a healthy weight and preventing chronic diseases.”

Source: Ministry of Health Promotion, Standards, Programs & Community Development Branch, “Healthy Eating, Physical Activity and Healthy Weights Guidance Document”, 2010 pg. 9

Graph 7.1: Overweight population rates



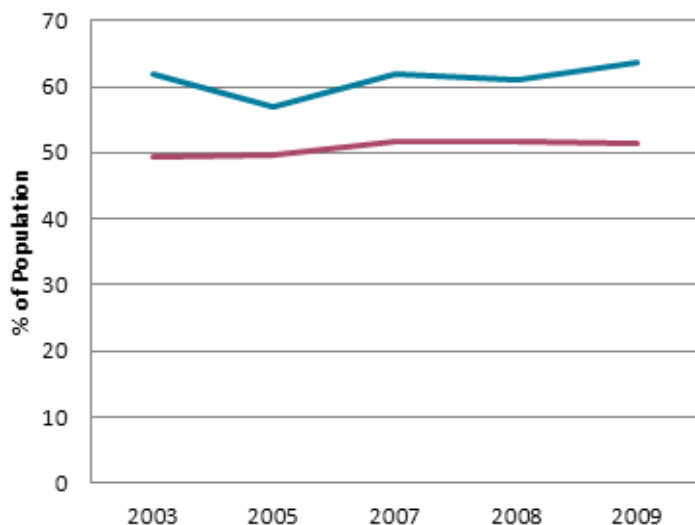
Overweight population rates					
	2003	2005	2007	2008	2009
Algoma	41.1%	37.9%	35.7%	35.1%	38.9%
Ontario	34.2%	34.3%	34.7%	34.5%	34.0%

Source: Statistics Canada, Canadian Community Health Survey (CCHS) 2003-2009



# BODY MASS INDEX

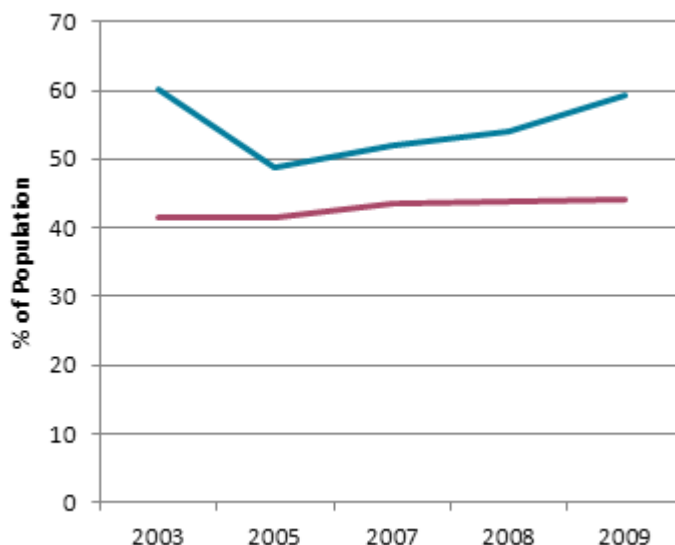
Graph 7.2: Overweight or obese rates: Algoma / Ontario comparison.



	2003	2005	2007	2008	2009
Algoma overweight or obese rates	61.9%	57.0%	62.0%	60.9%	63.7%
Ontario overweight or obese rates	49.5%	49.7%	51.6%	51.6%	51.4%

Source: Statistics Canada, Canadian Community Health Survey (CCHS) 2003-2009

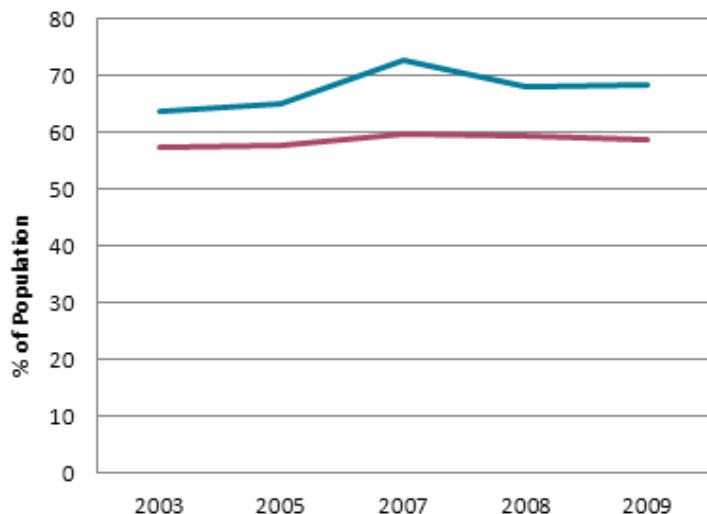
Graph 7.3: Females body mass index, self reported adult (18 and over), overweight or obese: Algoma/ Ontario comparison.



	2003	2005	2007	2008	2009
Algoma females overweight or obese rates	60.2%	48.7%	52.0%	53.9%	59.2%
Ontario females overweight or obese rates	41.6%	41.5%	43.6%	43.9%	44.1%

Source: Statistics Canada, Canadian Community Health Survey (CCHS) 2003-2009

Graph 7.4: Males body mass index, self reported adult (18 and over), overweight or obese Algoma/Ontario comparison.



	2003	2005	2007	2008	2009
Algoma males overweight or obese rates	63.6%	65.2%	72.7%	68.0%	68.3%
Ontario males overweight or obese rates	57.3%	57.9%	59.6%	59.3%	58.7%

Source: Statistics Canada, Canadian Community Health Survey (CCHS) 2003-2009

# FRUITS AND VEGETABLES

**Indicator:**

Fruits and vegetable consumption

**Age Group:**

Total, 12 years and over

**Sex:** Both sexes

**Definition:**

Indicates the usual number of times (frequency) per day a person reported eating fruits and vegetables. Measurement doesn't take into account the amount consumed. Canada and provincial estimates are based on sub-sample weights for 2005 data.

Graph 8.1: Fruit and vegetable consumption rates



Fruit and vegetable consumption rates (5 or more servings per day)				
	2003	2007	2008	2009
Algoma	35.6%	33.7%	35.0%	37.1%
Ontario	41.9%	42.2%	40.5%	44.1%

Source: Statistics Canada, Canadian Community Health Survey (CCHS) 2003-2009

**Reduce the risk!**

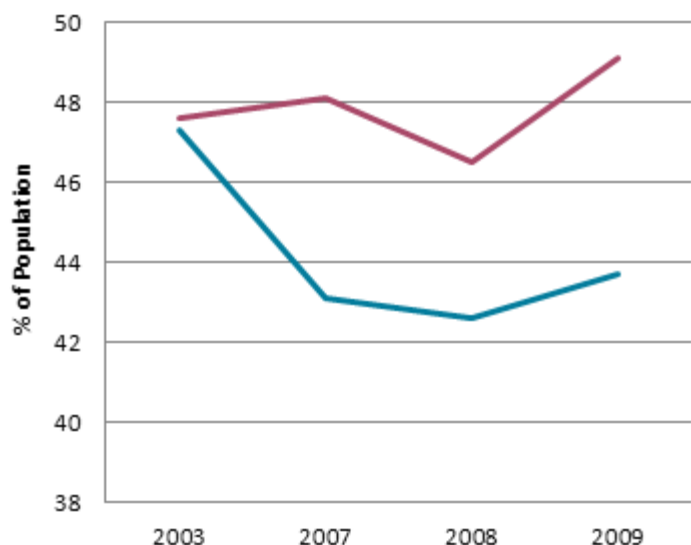
“A healthy diet rich in a variety of vegetables and fruit may help reduce the risk of some types of cancer. Eating lots of vegetables and fruit regularly may also lower your risk for heart disease.

Source: Canada's Food Guide



# FRUITS AND VEGETABLES

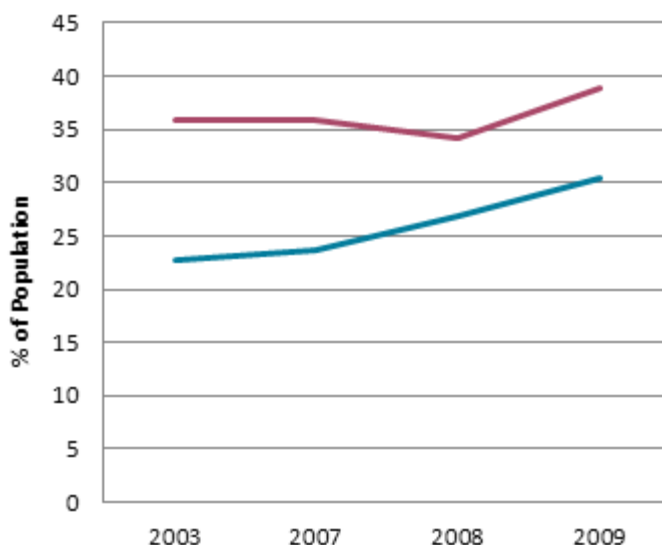
Graph 8.2: Female fruit and vegetable consumption rates, Algoma/Ontario comparison (5 times or more per day).



Female fruit and vegetable consumption rates (5 or more servings per day)				
	2003	2007	2008	2009
Algoma	47.3%	43.1%	42.6%	43.7%
Ontario	47.6%	48.1%	46.5%	49.1%

Source: Statistics Canada, Canadian Community Health Survey (CCHS) 2003-2009

Graph 8.3: Male fruit and vegetable consumption rates, Algoma/Ontario comparison (5 times or more per day).



Male fruit and vegetable consumption rates (5 or more servings per day)				
	2003	2007	2008	2009
Algoma	22.8%	23.6% <sup>E</sup>	26.8% <sup>E</sup>	30.4%
Ontario	35.8%	35.9%	34.2%	38.9%

Source: Statistics Canada, Canadian Community Health Survey (CCHS) 2003-2009  
E - Use with caution



# FOOD BASKET COSTS

Weekly "Cost of Eating Well" in Algoma District		
Sex and Age		Cost
Boy	2-3 years	\$23.12
	4-8 years	\$29.81
	9-13 years	\$39.60
	14-18 years	\$55.56
Girl	2-3 years	\$22.68
	4-8 years	\$28.92
	9-13 years	\$33.88
	14-18 years	\$40.39
Man	19-30 years	\$53.41
	31-50 years	\$48.29
	51-70 years	\$46.77
	71+ years	\$46.26
Woman	19-30 years	\$41.27
	31-50 years	\$40.88
	51-70 years	\$36.43
	71+ years	\$35.79

Eating a nutritious diet is important to help ensure optimal growth and development and helps to prevent some chronic diseases. Algoma Public Health conducts a food cost survey every year in local grocery stores to calculate the Cost of Eating Well in Algoma District according to sex and age. These costs are based on a healthy diet including a variety of foods from Canada's Food Guide.

\*based on average prices from 7 stores during May, 2010

Algoma Public Health, "The Cost of Eating Well in Algoma District"; handout, 2010



Weekly "Cost of Eating Well" in Algoma District for Pregnant and Breastfeeding Women		
Mother's Age at Pregnancy or Breastfeeding		Cost
Less than 18 years	Pregnancy	\$44.99
	Breastfeeding	\$46.94
19-30 years	Pregnancy	\$45.32
	Breastfeeding	\$48.01
31-50 years	Pregnancy	\$44.22
	Breastfeeding	\$46.91

Algoma Public Health, "The Cost of Eating Well in Algoma District"; handout, 2010

# SMOKING

**Indicator:**

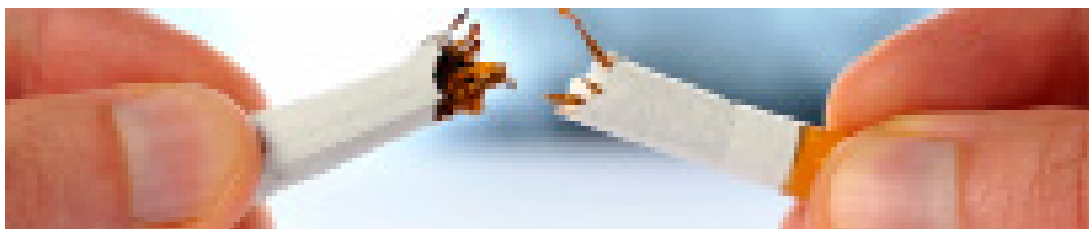
Current smoker, daily or occasional

**Age Group:**

Total, 12 years and over

**Sex:** Both sexes

**Definition:** Population aged 12 and over who reported being a current smoker. Daily smokers refers to those who reported smoking cigarettes every day. Does not take into account the number of cigarettes smoked. Occasional smokers refers to those who reported smoking cigarettes occasionally. This includes former smokers who now smoke occasionally.



Graph 9.1: Current smoker daily use rates. Algoma/Ontario comparison

Graph 9.2: Current smoker daily or occasional use rates. Algoma/Ontario comparison



**Current smoker daily use rates. Algoma/Ontario comparison**

	2003	2005	2007	2008	2009
Algoma	22.0%	18.6%	22.1%	14.5%	20.9%
Ontario	16.8%	15.8%	16.4%	15.4%	14.4%

Source: Statistics Canada, Canadian Community Health Survey (CCHS) 2003-2009

**Current smoker daily or occasional use rates. Algoma/Ontario comparison**

	2003	2005	2007	2008	2009
Algoma	27.0%	24.0%	26.4%	19.5%	25.7%
Ontario	22.3%	20.9%	20.8%	19.8%	18.6%

Source: Statistics Canada, Canadian Community Health Survey (CCHS) 2003-2009

# SECOND-HAND SMOKING

**Indicator:**

*Exposure to second-hand smoke at home*

**Age Group:**

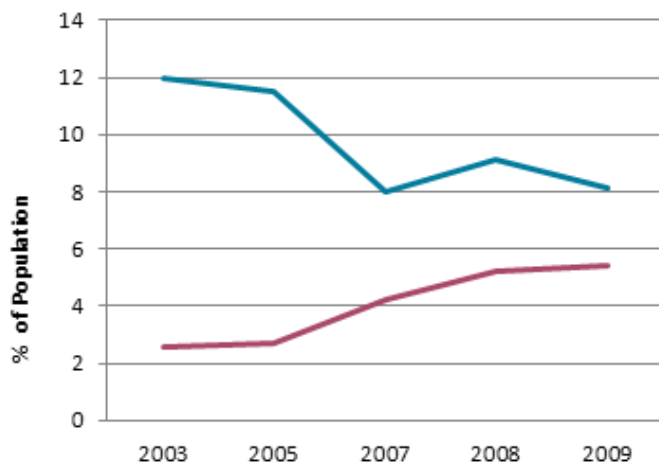
*Total, 12 years and over*

**Sex:** Both sexes

**Definition:**

Non-smoking population aged 12 and over who reported that at least one person smoke inside their home every day or almost every day. Smoking includes cigarettes, cigars and pipes.

Graph 10.1: Exposure to second hand smoke in the home



Exposure to second hand smoke in the home					
	2003	2005	2007	2008	2009
Algoma	12.0%	11.5%	8.0% <sup>E</sup>	9.1% <sup>E</sup>	8.1% <sup>E</sup>
Ontario	9.2%	7.3%	5.7%	5.9%	5.3%

Source: Statistics Canada, Canadian Community Health Survey (CCHS) 2003-2009  
E - Use with caution

**Indicator:** *Exposure to second-hand smoke in the past month, in vehicles and/or public places*

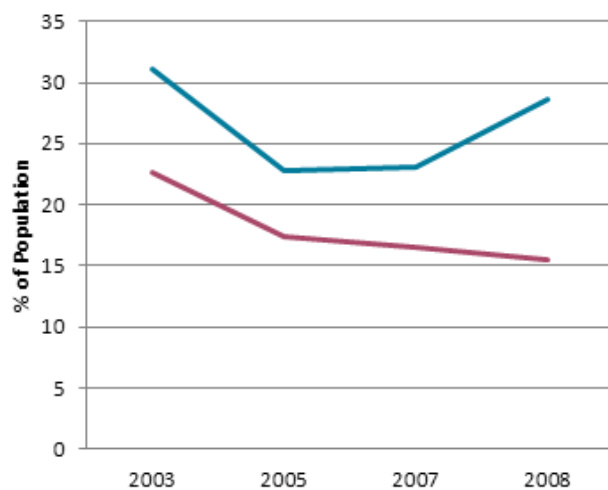
**Age Group:** *Total, 12 years and over*

**Sex:** Both sexes

**Definition:**

Non-smoking population aged 12 and over who reported being exposed to second-hand smoke in private vehicles and/or public places on every day or almost every day in the past month.

Graph 10.2: Exposure to second-hand smoke in a vehicle or public place



Exposure to second hand smoke in a vehicle or public place					
	2003	2005	2007	2008	2009
Algoma	31.1%	22.8%	23.1%	28.6%	15.2% <sup>E</sup>
Ontario	22.7%	17.4%	16.5%	15.5%	15.0%

Source: Statistics Canada, Canadian Community Health Survey (CCHS) 2003-2009  
E - Use with caution

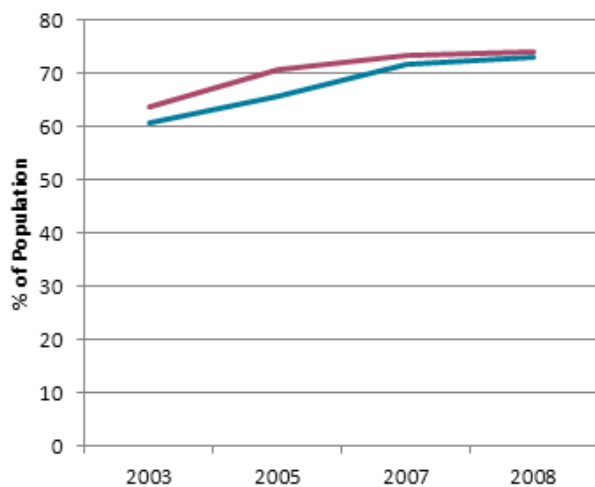
**Indicator:** Smokers asked to refrain from smoking in the house.

**Age Group:** Total, 12 years and over

**Sex:** Both sexes

**Definition:** Population aged 12 and over who reported that smokers were asked to refrain from smoking in the house.

Graph 10.3: Percentage of population who were asked not to smoke in the house



Percentage of population who were asked to not smoke in the house				
	2003	2005	2007	2008
Algoma	60.8%	65.7%	71.9%	73.2%
Ontario	63.7%	70.6%	73.4%	74.2%

Source: Statistics Canada, Canadian Community Health Survey (CCHS) 2003-2009

### Smoking (in home)

Young children are especially vulnerable to second-hand smoke in the home because:

- they breathe more air relative to body weight (and for the same level of exposure will absorb more tobacco smoke toxins)
- they are less able to complain (either because they are too young, or because their complaints are ignored)
- their immune system is less protective
- they are less able to remove themselves from exposure

Source: 'Physicians for a Smoke-free Canada' [http://www.smoke-free.ca/pdf\\_1/ETSKIDSHEALTH.PDF](http://www.smoke-free.ca/pdf_1/ETSKIDSHEALTH.PDF)

### Access to tobacco by youth (2010)

There are presently 143 tobacco vendors in the Algoma District. There were 421 compliance checks to establish whether the 143 tobacco vendors were selling tobacco products to minors, whereby a test shopper 16 years of age would try to purchase cigarettes. In 2010, there were 10 vendors charged with selling to minors.

Source: Algoma Public Health; 'Tobacco Inspection Systems Data Report', 2010

Total number of tobacco vendors	143
Total number of compliance checks	421
Number of vendors selling to minors	10
Minor's access to tobacco	2.4%

# ALCOHOL CONSUMPTION

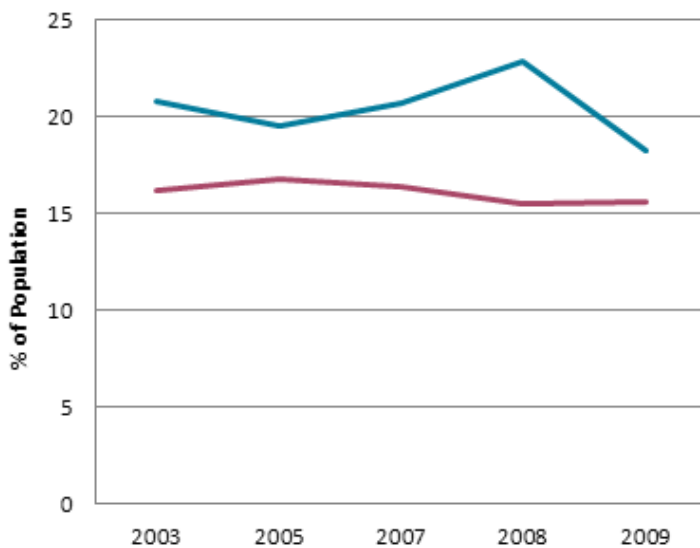
**Indicator:** 5 or more drinks on one occasion, at least once a month in the past year

**Age Group:** Total, 12 years and over

**Sex:** Both sexes

**Definition:** Population aged 12 and over who reported having 5 or more drinks on one occasion, at least once a month in the past year. (Binge drinking) Note: Starting in 2009, the denominator includes all the population aged 12 and over. This change applies to rates from all years in this table. In data released before 2009, the denominator included only the population who reported having had at least one drink in the past 12 months. Increasing the population in the denominator reduces the estimate rates. This change was implemented to produce more comparable rates over time and is more consistent with methods used in calculating other indicators.

Graph 11.1: Alcohol consumption: 5 or more drinks on one occasion at least once a month in the past year.



Alcohol consumption rates: 5 or more drinks on one occasion, at least once a month in the past year					
	2003	2005	2007	2008	2009
Algoma	20.8%	19.5%	20.7%	22.9%	18.3%
Ontario	16.2%	16.8%	16.4%	15.5%	15.6%

Source: Statistics Canada, Canadian Community Health Survey (CCHS) 2003-2009

## Low Risk Drinking Guidelines

The Low-Risk Drinking Guidelines were developed to minimize the risk for problematic substance use and consist of the following:

- Zero drinks = the lowest risk of alcohol related problems
- No more than one to two standard drinks per day.
- No more than nine standard drinks per week for women.
- No more than fourteen standard drinks per week for men.

For men and women, almost one in three drinkers (32%) consume alcohol at levels exceeding the Low-Risk Drinking Guidelines. While these guidelines help prevent misuse to prevent chronic diseases such as cancer and diabetes, alcohol consumption guidelines actually may be lower. (<http://www.lrdg.net/guidelines.html>)

Source: Standards, Programs & Community Development Branch Ministry of Health Promotion and Sport, "Prevention of Substance Misuse Guidance Document", May 2010, page 13



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Canadian Diabetes Association  
Canadian Mental Health Association  
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