

Health Status Report

Perceived General Health in Perth County by Age, Sex, Income, and Education

PURPOSE

The purpose of this report is to:

- Examine how Perth County residents perceive their general health compared to Ontarians.
- Compare differences in perception of health between males and females, various age groups, education and income levels.
- Identify patterns that can be used for planning and implementing local programming and services.

SUMMARY OF RESULTS

- Respondents were asked, "In general, would you say that your general health is: Excellent? Very Good? Good? Fair? Poor?"
- For the Summary, the answers "good", "very good" and "excellent" have been grouped and described as "positively"
- A higher percentage of Perth County females perceived their general health positively compared to their Ontario peers. The percentage of Perth County males who perceived their general health positively was similar to their Ontario peers (Fig 1).
- The percentage of Perth County females and males who perceived their general health positively did not change significantly over time, from 2003 to 2010 (Fig 2).
- Similar to Ontarians, as Perth County residents became older, they were less likely to perceive their general health positively. However, for the age groups 45-64 years and 65+ years, Perth County residents were more likely to perceive their health positively compared with their Ontario peers (Fig 3).
- Similar to Ontarians, in Perth County the trend showed that people with a higher education level also had a higher perception of their general health. In addition, a higher percentage of Perth County residents with less than high school or a high school education perceived their general health positively compared to their Ontario peers respectively (Fig 4).
- The percentage of Perth County residents who rated their general health positively according to education did not show a significant pattern over time from 2003 to 2010 (Fig 5).
- A lower percentage of Perth County residents living in low income perceived their general health positively compared to the percentage of Perth County residents living in middle income and high income (Fig 6).
- The percentage of Perth County residents living in low income who perceived their general health positively has decreased over time from 2003 to 2010 (Fig 7).

BACKGROUND

- The World Health Organization has defined health as: "A state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity."¹
- Self-perceived health is a reliable predictor of a person's health status.²
- Health generally declines with age.
- Seventy five percent of our health outcomes are determined by factors outside the health care delivery system.³

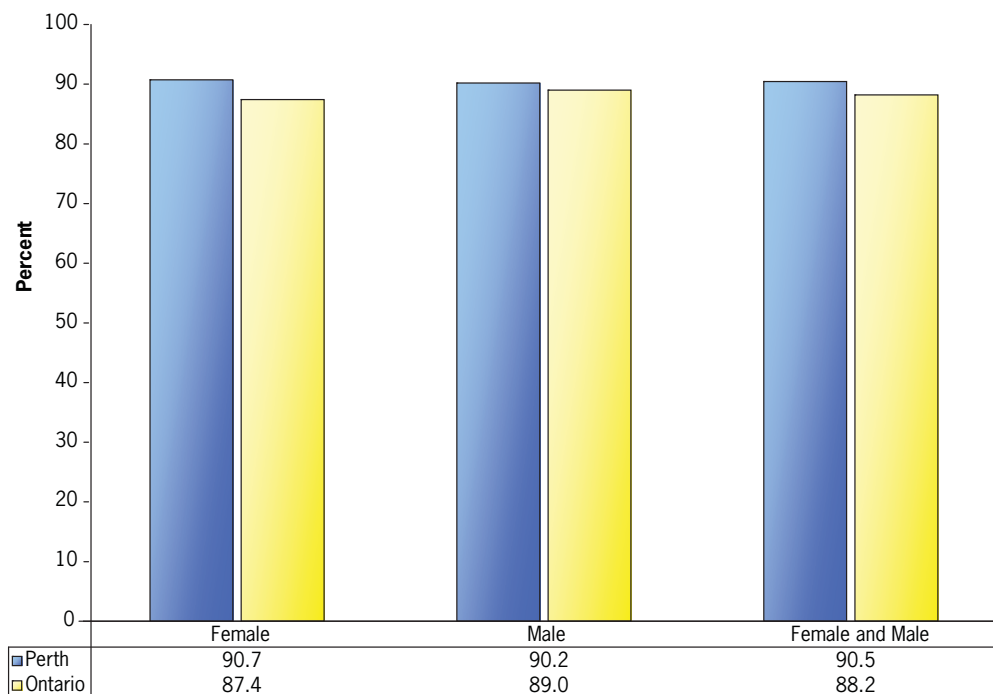
- The Public Health Agency of Canada describes how health is determined by a complex interaction of “social and economic factors, the physical environment and individual behavior.”⁴
- Income is widely accepted as the most important social determinant of health. Education is another critical determinant of health.⁵

RESULTS

In this report, data from the 2003, 2005, 2007, 2008, 2009 and 2010 Canadian Community Health Survey were combined and analyzed. The graphs show results from Perth County compared to Ontario. The descriptions note statistically significant differences. Trends of interest have also been noted for some figures.

SELF-PERCEIVED GENERAL HEALTH BY FEMALES AND MALES

Figure 1. Percentage of Perth County and Ontario females and males who perceived their general health as good, very good, or excellent, 2003 - 2010

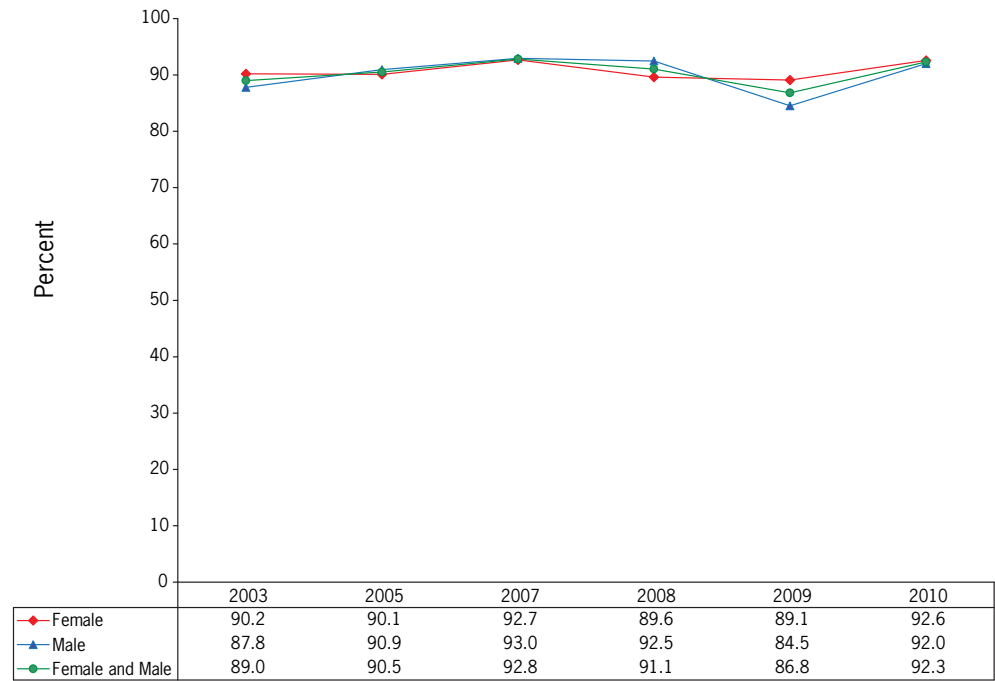


Source: Canadian Community Health Survey 2003, 2005, 2007, 2008, 2009 and 2010

A higher percentage of Perth County females (91%) perceived their general health as good, very good, or excellent compared to their Ontario peers (87%).

The percentage of Perth County males who perceived their general health as good, very good, or excellent was similar to their Ontario peers

Figure 2. Percentage of Perth County females and males who perceived their general health as good, very good, or excellent, by year, 2003-2010

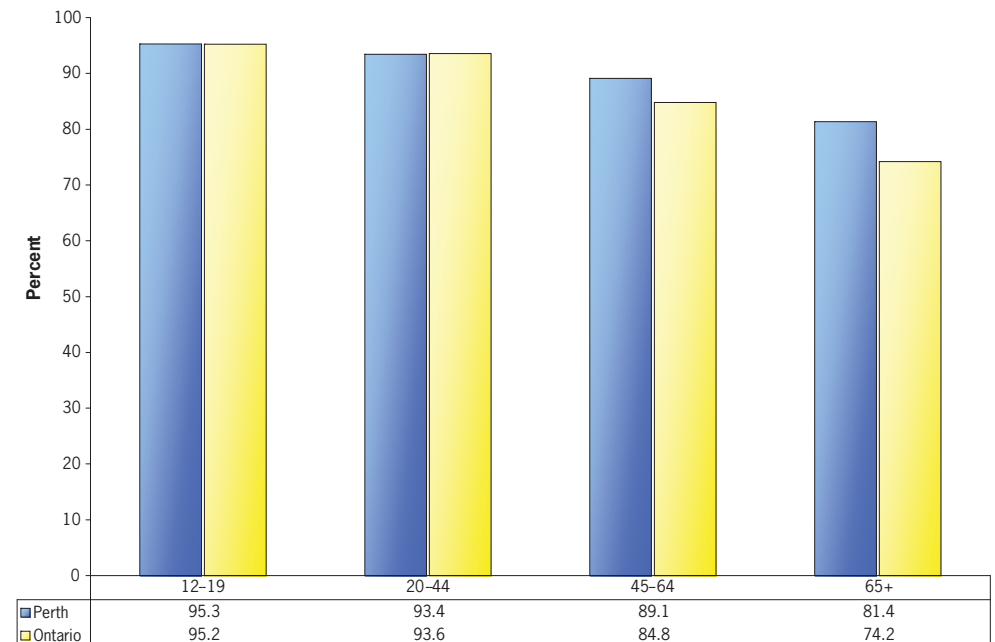


Source: Canadian Community Health Survey 2003, 2005, 2007, 2008, 2009 and 2010

The percentage of Perth County females and males who perceived their general health as good, very good, or excellent, did not change significantly over time, from 2003 to 2010.

SELF-PERCEIVED GENERAL HEALTH BY AGE

Figure 3. Percentage of Perth County and Ontario residents who perceived their general health as good, very good, or excellent, by age group, 2003-2010

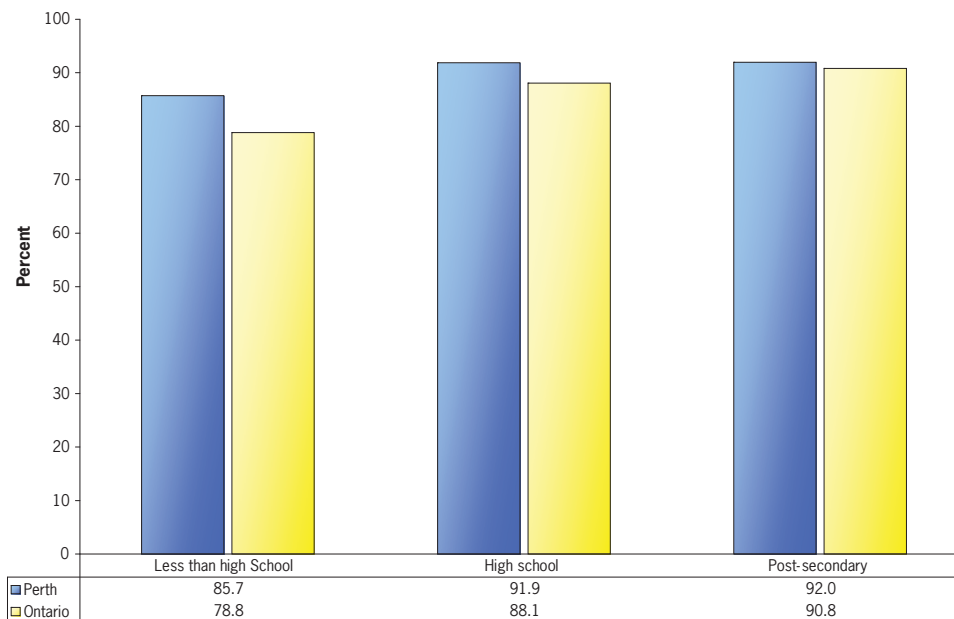


- A higher percentage of Perth County residents aged 12-19 years (95%) and 20-44 years (93%) perceived their general health as good, very good, or excellent, compared to age groups 45-64 years (89%) and aged 65 years and over (81%).
- A higher percentage of Perth County residents aged 45-64 years (89%) and 65+ years (81%) perceived their general health as good, very good, or excellent, compared to their Ontarian peers (85% and 74%) respectively.

Source: Canadian Community Health Survey 2003, 2005, 2007, 2008, 2009 and 2010

SELF-PERCEIVED GENERAL HEALTH BY EDUCATION

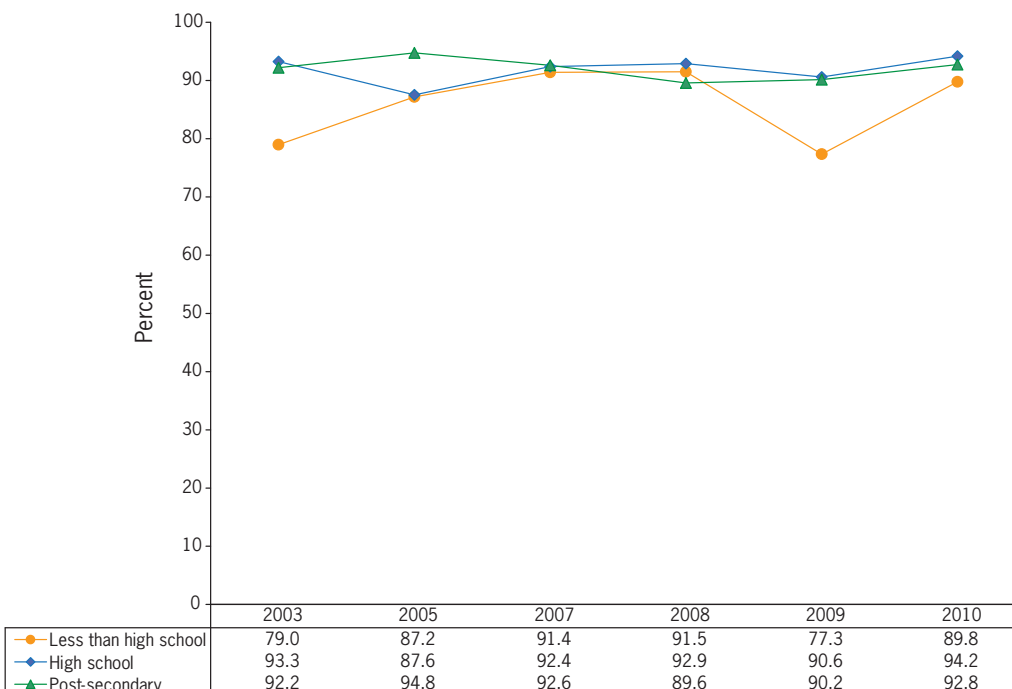
Figure 4. Percentage of Perth County and Ontario residents who perceived their general health as good, very good, or excellent, by education, 2003-2010



- A higher percentage of Perth County residents with less than high school (86%) or a high school education (92%) perceived their general health as good, very good, or excellent, compared to their Ontario peers (79% or 88%) respectively.
- A lower percentage of Perth County residents with less than high school (86%) perceived their general health as good, very good, or excellent, compared to the percentage of Perth County residents with high school education (92%) or a post-secondary education (92%).

Source: Canadian Community Health Survey 2003, 2005, 2007, 2008, 2009 and 2010

Figure 5. Percentage of Perth County residents who perceived their general health as good, very good, or excellent, by education and year, 2003-2010

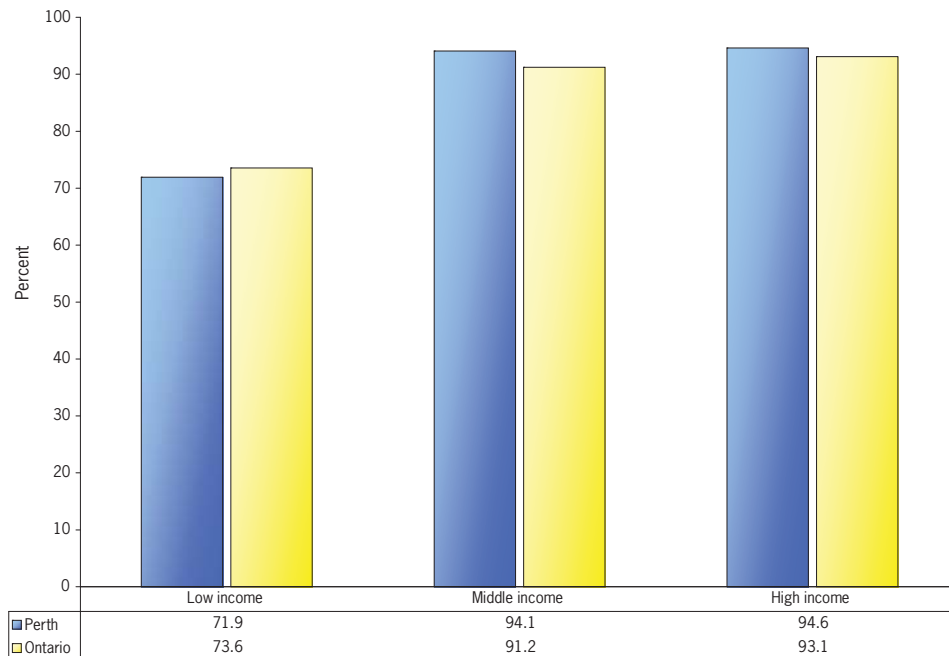


Source: Canadian Community Health Survey 2003, 2005, 2007, 2008, 2009 and 2010

The percentage of Perth County residents who rated their general health as good, very good, or excellent, according to education completed did not show a significant pattern over time.

SELF-PERCEIVED GENERAL HEALTH BY INCOME

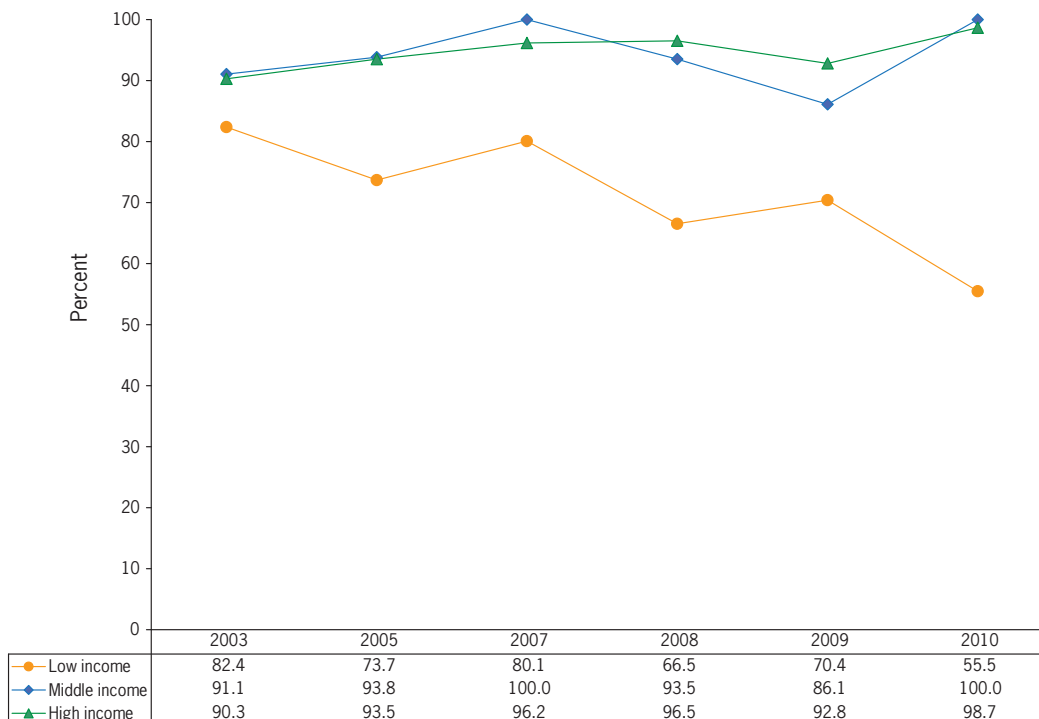
Figure 6. Percentage of Perth County and Ontario residents who perceived their general health as good, very good, or excellent, by income, 2003-2010



A lower percentage of Perth County residents living in low income (72%) perceived their general health as good, very good, or excellent, compared to the percentage of Perth County residents living in middle income (94%) and high income (95%).

Source: Canadian Community Health Survey 2003, 2005, 2007, 2008, 2009 and 2010

Figure 7. Percentage of Perth County residents who perceived their general health as good, very good, or excellent, by income and year, 2003-2010



- There was a trend toward a decreasing percentage of Perth County residents living in low income perceiving their general health as good, very good, or excellent, over time from 2003 to 2010. The overall difference is statistically significant between 2003 (82%) and 2010 (56%).
- The percentage of Perth County residents living in middle income and high income who perceived their general health as good, very good, or excellent, increased from 2003 to 2010.

Source: Canadian Community Health Survey 2003, 2005, 2007, 2008, 2009 and 2010

DATA SOURCES AND LIMITATIONS

The Canadian Community Health Survey (CCHS) is a general, cross-sectional health survey that covers the household population aged 12 years or older. Coverage in the provinces is in the range of 98%. The main limitation is that CCHS uses self-reported data, which can be subject to response bias. For more information on the CCHS visit www.statcan.gc.ca.

General Health

Self-perceived general health was measured by asking: "In general, would you say your general health is: Excellent? Very good? Good? Fair? Poor?"

Self-perceived health (both physical and mental) is a reliable indicator of the health of an individual, and can be an indirect predictor of both physical and mental health.

REFERENCES

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3. The Standing Senate Committee on Social Affairs, Science and Technology. (2009). A healthy productive Canada. A determinant of health approach. Final Report of Senate Subcommittee on Population Health. Ottawa, Canada.
4. Public Health Agency of Canada. (modified 2011). Determinants of Health. Retrieved from: <http://www.phac-aspc.gc.ca/ph-sp/determinants/index-eng.php#determinants>
5. King, A. (2011). Health, not health care – Changing the conversation. 2010 Annual Report of the Chief Medical Officer of Health of Ontario to the Legislative Assembly of Ontario. MOHLTC Government of Ontario