



HALDIMAND-NORFOLK HealthSTATS

■ Chronic Disease Prevention Health Status Report 2009 ■

■ Introduction

The Haldimand and Norfolk Chronic Disease Prevention Health Status Report 2009 is the first focus report to be completed for Haldimand and Norfolk. This report compares data for Haldimand and Norfolk compared to Ontario. In compliance with the Ontario Public Health Standards and inquiry from program planners, the following Indicators were examined:



1. Vegetables and fruit consumption.
2. Cost of nutritious food basket.
3. Food insecurity.
4. Poverty (adults and children and youth).
5. Smoking (teen and adult).
6. Exposure to second-hand smoke (smoke-free homes and vehicles).
7. Access to tobacco by youth.
8. Body weight (teenagers and adults).
9. Leisure-time physical activity.
10. Alcohol drinking populations (type of drinking, underage drinking).
11. Alcohol-use risk levels (overall and both sexes).
12. Heavy drinking.
13. Self-perceived work stress.
14. Breast cancer screening practices.
15. Cervical cancer screening practices.
16. Colorectal cancer screening practices.

Other indicators including drinking and driving prevalence, sun safety, and clinical breast exams are not presented here due to data access limitations. Due to time constraints, some indicators were examined for the years 2005 and 2007, depending on whether the data was already examined in previous reports. It is important to note that significance testing was not employed due to time constraints. The report provides statistics that will be useful for physicians, health care providers, local politicians and members of the media.

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■ Chronic Disease Health Status Report Highlights

■ VEGETABLES AND FRUIT CONSUMPTION

Recommendation: The current recommendation is for adults to consume at least 7 servings of vegetables and fruit daily. However, since The Canadian Community Health Survey (2007) used the prior recommendation of at least 5 servings of vegetables and fruit daily, this is the standard that was examined.

- In 2007, in Haldimand and Norfolk, less than half the population, age 12 years and older (40.4%), consumed the recommended daily allowance of at least 5 servings of vegetables and fruit daily.
- In 2007, a higher percentage of Haldimand and Norfolk residents, age 12 years and older, consumed at least 5 servings of vegetables and fruit compared to 2005 (40.4% and 39.7% respectively).
- In 2007, a slightly higher percentage of Haldimand and Norfolk residents, age 12 years and older, consumed at least 5 servings of vegetables and fruit compared to Ontario (40.4% and 39.7% respectively).

■ COST OF NUTRITIOUS FOOD BASKET

- In Haldimand and Norfolk, the average cost of feeding a family of 4 per week increased from \$126.76/per week in 2007 to \$133.77/per week in 2008.

■ FOOD INSECURITY

- In 2007, 5.7% of households in Haldimand and Norfolk were classified as food insecure.
- In 2007, a slightly lower percentage of households in Haldimand and Norfolk were classified as food insecure compared to Ontario (5.7% and 7.1% respectively).

■ POVERTY

- In 2005, 5.7% of Haldimand and Norfolk residents lived in poverty. This accounts for 6,143 people (all ages and both sexes).
- In 2005, 7.4% of children and youth (age 17 and below) lived in poverty. This accounts for 1,800 children and youth (both sexes).
- Compared to Ontario, a lower percentage of children and youth and adults live in poverty.

■ SMOKING

TEEN SMOKING

- In 2007, 24.7% of Haldimand and Norfolk teenagers, age 12 to 19 years, smoked daily or occasionally.
- In 2007, the percentage of teenagers, age 12 to 19 years who smoked, was more than double compared to Ontario (24.7% and 9.5% respectively).

ADULT SMOKING

- In 2007, 26.8% of Haldimand and Norfolk adults, age 20 years and older, smoked daily or occasionally.
- In 2007, a higher percentage of

Haldimand and Norfolk adults, age 20 years and older, smoked daily or occasionally compared to Ontario (26.8% and 22.2% respectively).

■ EXPOSURE TO SECOND-HAND SMOKE SMOKE-FREE HOMES

- In 2007, 93.4% of Haldimand and Norfolk households were smoke free.
- In 2007, a higher percentage of Haldimand and Norfolk households were smoke free compared to 2005 (93.4% and 89.7% respectively).
- In 2007, a slightly lower percentage of Haldimand and Norfolk households were smoke free compared to Ontario (93.4% and 93.9% respectively).

SMOKE-FREE VEHICLES

- In 2007, 90.8% of Haldimand and Norfolk vehicles were smoke free.
- In 2007, a slightly lower percentage of Haldimand and Norfolk vehicles were smoke free compared to 2005 (90.8% and 91.5% respectively).
- In 2007, a slightly lower percentage of Haldimand and Norfolk vehicles were smoke free compared to Ontario (90.8% and 91.6% respectively).

■ ACCESS TO TOBACCO BY YOUTH

- In 2008, there were no vendors in Haldimand and Norfolk selling tobacco products to minors.
- Overall, there are 123 tobacco vendors in Haldimand and Norfolk.
- In 2008, overall there were 261



compliance checks on the 123 tobacco vendors.

■ OVERWEIGHT AND OBESITY

Recommendation: The Body Mass Index (BMI) classification system for persons age 18 and older consists of underweight, normal weight, overweight, obese, obese class 1, obese class 2 and obese class 3. BMI is calculated using the person's height and weight. There is a risk of developing health problems associated with BMI. It is recommended that adults (18 and over) have a body mass index of 18.5-24.9, which is considered normal weight.

ADULT BODY MASS INDEX

- In 2007, over half (56.5%) of Haldimand and Norfolk residents, age 18 years and older, were overweight or obese.
- In 2007, 56.5% of Haldimand and Norfolk residents, age 18 years and older, were at increased risk or extremely high risk of developing health problems as a result of being overweight or obese.
- In 2007, a higher percentage of Haldimand and Norfolk residents, age 18 years and older, were overweight or obese compared to 2005 (56.5% and 53.4% respectively).
- In 2007, a higher percentage of Haldimand and Norfolk residents, age 18 years and older, were overweight or obese compared to Ontario (56.5% and 49.5% respectively).

TEENAGE BODY MASS INDEX

- In 2007, 74.3% of teenagers, age 12 to 17 years, were at a healthy weight (neither obese or overweight).

- In 2007, a slightly higher percentage of Haldimand and Norfolk residents, age 12 to 17 years, were at a healthy weight (neither obese nor overweight) compared to Ontario (74.3% and 71.7% respectively).

■ LEISURE-TIME PHYSICAL ACTIVITY

Recommendation: According to Canada's Physical Activity Guide to Healthy Active Living (CPAG)(2002), people should be active most days of the week. Health benefits can be achieved by accumulating either 30 to 60 minutes of moderate-intensity activity or 60 minutes of light-intensity activity, 4 to 7 days a week. Total activity can be accumulated at 10-minute intervals.

- In 2007, over half the population (52.1%) in Haldimand and Norfolk, age 12 years and older, were inactive.
- In 2007, a higher percentage of Haldimand and Norfolk residents, age 12 years and older, were inactive compared to 2005 (52.1% and 45.9% respectively).
- In 2007, a higher percentage of Haldimand and Norfolk residents, age 12 years and older, were inactive compared to Ontario (52.1% and 49.0% respectively).

■ ALCOHOL

Recommendation: The Low-Risk Drinking Guidelines recommend having no more than 2 standard drinks on any day. The guidelines specify no more than 2 standard drinks on any day with a weekly limit of up to 9 standard drinks for women and up to 14 for men.

ADULT ALCOHOL CONSUMPTION

- In 2007, 85.1% of Haldimand and Norfolk adults, age 19 years and older, consumed alcohol in the past 12 months.
- In 2007, a higher percentage of Haldimand and Norfolk adults, age 19 years and older, consumed alcohol in the past 12 months compared to Ontario (85.1% and 77.4% respectively).

UNDERAGE DRINKING

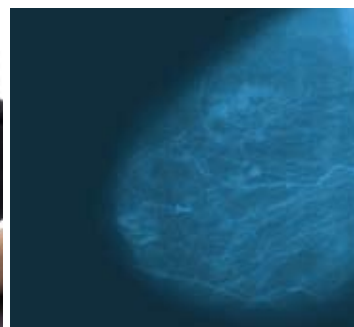
- In 2007, over half of adolescents (64%), age 12 to 18 years, engaged in underage drinking.
- In 2007, in Haldimand and Norfolk, a higher percentage of adolescents, age 12 to 18 years, engaged in underage drinking compared to Ontario (64.0% and 41.4% respectively).

■ ALCOHOL RISK LEVELS

- In 2007, 52% of Haldimand and Norfolk residents, age 20 years of age and older who are current drinkers, are at high risk for alcohol-related problems.
- In 2007, a higher percentage of Haldimand and Norfolk residents, age 20 years and older, were at high risk for alcohol-related problems compared to Ontario (52.0% and 42.8% respectively).

ALCOHOL RISK LEVELS, MALES

- In 2007, over 2/3 (66.8%) of Haldimand and Norfolk males, age 20 years and older, were at high risk for alcohol-related problems.
- In 2007, a higher percentage of Haldimand and Norfolk males, age 20 years and older, were at high risk for



alcohol-related problems compared to Ontario (66.8% and 49% respectively).

ALCOHOL RISK LEVELS, FEMALES

- In 2007, 24.3% Haldimand and Norfolk females, age 20 years and older, were at high risk for alcohol-related problems.
- In 2007, a lower percentage of Haldimand and Norfolk females, age 20 years and older, were at high risk for alcohol-related problems compared to Ontario (24.3% and 34.2% respectively).

HEAVY DRINKING

- In 2007, 25.1% of Haldimand and Norfolk residents, age 20 years and older, engaged in heavy drinking in the past 12 months.
- In 2007, a higher percentage of Haldimand and Norfolk residents, age 20 years and older, engaged in heavy drinking in the past 12 months compared to Ontario (25.1% and 17.6% respectively).

SELF-PERCEIVED WORK STRESS

- In 2007, in the past 12 months, 26.4% of Haldimand and Norfolk residents, age 20 to 64 years, reported that they were stressed on most days at work (main job or business).
- In 2007, a slightly higher percentage of Haldimand and Norfolk females (27.3%), compared to Haldimand and Norfolk males (25.8%), age 20 to 64 years, reported that they were stressed on most days at work (main job or business).
- In 2007, a lower percentage of Haldimand and Norfolk residents, age 20 to 64 years, reported that they were stressed on most days at work compared to Ontario (main job or business).

SCREENING PRACTICES

BREAST CANCER

ROUTINE SCREENING WITH MAMMOGRAM

Recommendation: Women age 50 to 69 should have a mammogram every 2 years. Evidence shows that women age 50 to 69 benefit the most from regular mammograms. The evidence for mammography for women aged 40 to 49 is not clear compared to women age 50 to 69. Therefore, in Ontario, it is recommended that women age 40 to 49 talk to their doctors to make a personal decision about mammography. The time to go for screening is when you feel fine. If one is worried about any breast problem, consult with your doctor.

- In 2007, over half of Haldimand and Norfolk females, age 50 to 69 years (59%), received routine screening with a mammogram within the last 2 years.
- In 2007, a higher percentage of Haldimand and Norfolk females, age 50 to 69 years, received routine screening with a mammogram within the last 2 years compared to 2005 (59% and 54.3% respectively).
- In 2007, a higher proportion of Haldimand and Norfolk females, age 50 to 69 years, received routine screening with a mammogram within the last 2 years compared to Ontario (59% and 56.7% respectively).

CERVICAL CANCER

CERVICAL CANCER SCREENING,

Recommendation: Women who are, or have been, sexually active should be screened for cervical cancer. Women should be screened for cervical cancer every 3 years.

CERVICAL CANCER SCREENING

- In 2007, 62.6% of Haldimand and Norfolk females, age 18 years and older, had a Pap Test within the last 3 years compared to Ontario (68.5%).

COLORECTAL CANCER

Recommendation: Both sexes, age 50 years of age and older, should have a Fecal Occult Blood Test (FOBT) every 2 years.

EVER BEEN SCREENED WITH AN FOBT

- In 2007, 40.3% of Haldimand and Norfolk residents, age 50 years and older, had received at least one screen for colorectal cancer with an FOBT.
- In 2007, a higher percentage of Haldimand and Norfolk residents, age 50 years and older, had received at least one screen for colorectal cancer with an FOBT compared to 2005 (40.3% and 30.7% respectively).
- In 2007, a slightly higher percentage of Haldimand and Norfolk residents, age 50 years and older, had received at least one screen for colorectal cancer with an FOBT compared to Ontario (40.3% and 38.7% respectively).

RECEIVED ROUTINE SCREENING FOR COLORECTAL CANCER WITH AN FOBT

- In 2007, 22.5% of Haldimand and Norfolk residents, age 50 years and older, had been screened for colorectal cancer with an FOBT within the last 2 years.
- In 2007, a higher percentage of Haldimand and Norfolk residents, age 50 years and older, had been screened for colorectal cancer with an FOBT within the last 2 years compared to Ontario (22.5% and 18.6% respectively).

■ Chronic Disease Prevention Health Status

■ VEGETABLES AND FRUIT CONSUMPTION

RECOMMENDED NUMBER OF VEGETABLES AND FRUIT SERVINGS PER DAY

Table 1: Recommended Number of Vegetable and Fruit Servings per Day

Sex	Children			Teens		Adults			
	Both Sexes	Both Sexes	Both Sexes	Female	Male	Female	Male	Female	Male
Age	2-3	4-8	9-13	14-18	14-18	19-50	19-50	51+	51+
Servings	4	5	6	7	8	7-8	8-10	7	7

Health Canada (2007). Canada's Food Guide for Healthy Living.



DAILY CONSUMPTION OF VEGETABLES AND FRUIT

Table 2: Daily Consumption of Vegetables and Fruit, age 12 years and older, Haldimand and Norfolk and Ontario, 2005 and 2007.

	H&N 2005 (% ± 95% CI)	H&N 2007 (% ± 95% CI)	ON 2005 (% ± 95% CI)	ON 2007 (% ± 95% CI)
Fewer than 5 Daily Servings	58.3 ± 4.6	56.9 ± 5.8	53.8 ± 0.8	55.1 ± 1.0
Five to 10 Daily Servings	32.5 ± 4.6	33.6 ± 5.4	37.5 ± 0.8	35.8 ± 1.0
More than 10 Daily Servings	*2.8 ± 1.5	*6.8 ± 3.6	3.7 ± 0.3	3.9 ± 0.5
Not Stated	*6.4 ± 2.4	*2.7 ± 1.8	5.0 ± 0.37	5.2 ± 0.4
Total	100	100	100	100

Source: Canadian Community Health Survey 2005, and 2007, Statistics Canada, Share File, Knowledge Management and Reporting Branch, Ontario MOHLTC.
Data Notes: Derived Variable. * High sampling variability, interpret with caution. Not stated includes don't know, refuse, and not stated.

■ COST OF NUTRITIOUS FOOD BASKET

AVERAGE COST OF FEEDING A FAMILY OF 4 IN HALDIMAND AND NORFOLK

Table 3: Average Cost of Feeding a Family of 4

	2007	2008
Average Cost for Feeding a Family of 4/week	\$126.76	\$133.77
% change from 2007 to 2008		5.5%

Data Source: Haldimand-Norfolk Health Unit.

Data Notes: Family of four consists of the following: Man 25 to 49 years of age, woman 25 to 49 years of age, girl 4 to 9 years of age and boy 13 to 15 years of age.



■ FOOD INSECURITY

HOUSEHOLD FOOD SECURITY STATUS

Table 4: Household Food Security Status-Modified Version, Haldimand and Norfolk and Ontario, 2007.

	H&N 2007 (% ± 95% CI)	ON 2007 (% ± 95% CI)
Food Secure	89.9 ± 4.5	87.8 ± 0.7
Food Insecure	*5.7 ± 3.1	7.1 ± 0.6
Not Stated	**	5.1 ± 0.5
Total	NC	100

Source: Canadian Community Health Survey 2007, Statistics Canada, Share File, Knowledge Management and Reporting Branch, Ontario MOHLTC.

Data Notes: Derived Variable. * High sampling variability, interpret with caution. ** High sampling variability data is not releasable. NC: Not able to compute. Not stated includes don't know, refuse, and not stated. This variable is based on a set of 18 questions and indicates whether households both with and without children were able to afford the food they needed in the previous 12 months. It captures three kinds of situations: 1. Food secure: No, or one, indication of difficulty with income-related food access; 2. Moderately food insecure: Indication of compromise in quality and/or quantity of food consumed; 3. Severely food insecure: Indication of reduced food intake and disrupted eating patterns. Food Insecure is both moderately and severe food insecurity. This variable is adopted from the Health Canada model of food security status.

■ **POVERTY**

Table 5: 2005 Low-Income Cut-Offs (LICOs) (before taxes) for rural areas, such as Haldimand and Norfolk.

Size of Family	LICO
1 person	\$14,303
2 persons	\$17,807
3 persons	\$21,891
4 persons	\$26,579
5 persons	\$30,145
6 persons	\$33,999
7+ persons	\$37,853

Data Notes: Low-Income Cut-Offs are based on the cost of living, family size, and place of residence (urban or rural).



Data Source: 2006 Census, Health Unit Profiles. Statistics Canada Website: <http://www12.statcan.ca>.

Data Notes: (1) In 2005, the total number of low-income people, after tax (based on LICO), in Ontario is 1.35 million, which accounts for 11.1% of the total Ontario population (all ages, both sexes). (2) In 2005, the number of low-income people, age 17 and below, after tax (based on LICO), in Ontario is 372,504, which accounts for 13.7% of the Ontario population age 17 and below.

LOW-INCOME CUT-OFF (LICO)

Table 6: Percent of Total Low-Income People, Haldimand and Norfolk and Ontario, 2006.

	H&N	ON
Total Population in 2006, both sexes (Code1)	107,775	12,160,282
% in low income after tax. All persons based on LICO (Code277)	5.7%	11.1%
Number of low income people after tax. (Total population), based on LICO	6,143	1,349,791
Population age 17 and below, 2006 (Code8 -12)	24,324	2,719,005
Percent in low income after tax. Persons age 17 and below based on LICO (Code279)	7.4%	13.7%
Number of low-income persons age 17 and below, after tax, based on LICO	1,800	372,504
Total number of all persons in private households, counts with income (Code275)	105,905	11,926,140
Total number of persons 15 years and over with income, counts (Code268)	83,690	9,340,020
Median income after tax, persons 15 years and over (Code270)	\$22,745	\$24,604

■ SMOKING - SMOKING STATUS

TEEN SMOKING

Table 7: Smoking Status, age 12 to 19, Haldimand and Norfolk and Ontario, 2007.

	H&N 2007 (% ± 95% CI)	ON 2007 (% ± 95% CI)
Daily or Occasionally	24.7 ± 15.1	9.5 ± 1.6
Former	**	9.9 ± 1.8
Never	73.6 ± 15.1	80.4 ± 2.3
Not Stated		**
Total	NC	NC

Source: Canadian Community Health Survey 2007, Statistics Canada, Share File, Knowledge Management and Reporting Branch, Ontario MOHLTC.

Data Notes: Derived Variable. ** High sampling variability data is not releasable. NC: Not able to compute. Not stated includes don't know, refuse, and not stated.



ADULT SMOKING

Table 8: Smoking Status, age 20 and over, Haldimand and Norfolk and Ontario, 2007.

	H&N 2007 (% ± 95% CI)	ON 2007 (% ± 95% CI)
Daily or Occasionally	26.8 ± 6.8	22.2 ± 0.9
Former	43.1 ± 7.5	38.5 ± 1.0
Never	29.9 ± 6.0	38.5 ± 1.1
Not Stated	**	*.80 ± 0.2
Total	NC	100

Source: Canadian Community Health Survey 2007, Statistics Canada, Share File, Knowledge Management and Reporting Branch, Ontario MOHLTC.

Data Notes: Derived Variable. * High sampling variability, interpret with caution ** High sampling variability data is not releasable. NC: Not able to compute. Not stated includes don't know, refuse, and not stated.

■ EXPOSURE TO SECOND-HAND SMOKE

Table 9: Smoke-Free Homes, Haldimand and Norfolk, Ontario, 2005 and 2007.

	H&N 2005 (% ± 95% CI)	H&N 2007 (% ± 95% CI)	ON 2005 (% ± 95% CI)	ON 2007 (% ± 95% CI)
Smoke-Free Homes	89.7 ± 3.2	93.4 ± 3.4	92.6 ± 0.4	93.9 ± 0.5
Non Smoke-Free Homes	10.3 ± 3.2	*6.6 ± 3.4	7.3 ± 0.4	5.6 ± 0.5
Not Stated			0.1 ± 0.1	*0.4 ± 0.2
Total	100	100	100	100

Source: Canadian Community Health Survey 2005 and 2007, Statistics Canada, Share File, Knowledge Management and Reporting Branch, Ontario MOHLTC.
Data Notes: * High sampling variability, interpret with caution. Not stated includes don't know, refused, and not stated. Non-applicable responses were excluded. Smoke-free homes are defined as homes in which neither household members nor regular visitors, smoke every day or almost every day.

Table 10: Smoke-Free Vehicles, Haldimand and Norfolk, Ontario, 2005 and 2007.

	H&N 2005 (% ± 95% CI)	H&N 2007 (% ± 95% CI)	ON 2005 (% ± 95% CI)	ON 2007 (% ± 95% CI)
Smoke-Free Vehicles	91.5 ± 2.8	90.8 ± 5.6	92.1 ± 0.4	91.6 ± 0.7
Non Smoke-Free Vehicles	*8.5 ± 2.8	*9.2 ± 5.6	7.7 ± 0.4	7.9 ± 0.7
Not Stated	**		*0.2 ± 0.1	*0.5 ± 0.2
Total	NC	100	100	100

Source: Canadian Community Health Survey 2005 and 2007, Statistics Canada, Share File, Knowledge Management and Reporting Branch, Ontario MOHLTC.
Data Notes: * High sampling variability, interpret with caution, ** High sampling variability data is not releasable. NC: Not able to compute. Not stated includes don't know, refused, and not stated. Non-applicable responses were excluded. Smoke-free vehicles are defined as cars or private vehicles that are not exposed to second-hand smoke every day or almost every day in the past month.

■ ACCESS TO TOBACCO BY YOUTH

There are 123 tobacco vendors in Haldimand and Norfolk. There were 261 compliance checks to establish whether the 123 tobacco vendors were selling tobacco products to minors, whereby a test shopper 16 years of age would try

to purchase cigarettes. In 2008, it was found that none of the tobacco vendors were selling to minors in 2008 (see Table 12). It is important to note that youth have access to tobacco on the reserves in Haldimand and Norfolk; therefore, the

data may be misleading. Moreover, since Haldimand and Norfolk is considered a rural community where “everyone knows each other,” the vendors in small townships are more likely able to recognize a test shopper.



Table 11: Minor Access to Tobacco, Haldimand and Norfolk, 2008.

Total Number of Tobacco Vendors	123
Total Number of Compliance Checks	261
Number of Vendors Selling to Minors	0
Minors' Access to Tobacco	0%

Data Source: Haldimand-Norfolk Health Unit.

■ BODY WEIGHT

HEALTH-RISK CLASSIFICATION TABLE ACCORDING TO BODY MASS INDEX (BMI)

Table 12: Health Risk Classification According to Body Mass Index (BMI). For use with adults 18 and older, excluding pregnant or breastfeeding women.

BMI Category	Classification	Risk of Developing Health Problems
<18.5	Underweight	Increased risk
18.5-24.9	Normal/Healthy weight	Least risk
25.0-29.9	Overweight	Increased risk
30 and over	Obese	
30-34.9	Obese Class 1	High risk
35.0-39.9	Obese Class 2	Very high risk
>40	Obese Class 3	Extremely high risk

Note: For persons 65 and older, the "normal" range may begin slightly above BMI 18.5 and extend into the "overweight" range. Source: Canadian Guidelines for Body Weight Classification in Adults. Health Canada 2003.

ADULT BODY MASS INDEX

Table 13: Self-Reported Body Mass Index, Age 18 and Older, Haldimand and Norfolk, Ontario, 2005 and 2007.

	H&N 2005 (% ± 95% CI)	H&N 2007 (% ± 95% CI)	ON 2005 (% ± 95% CI)	ON 2007 (% ± 95% CI)
Underweight	*2.2 ± 1.4	**	2.7 ± 0.3	2.7±0.4
Normal Weight/Healthy Weight	39.8 ± 5.2	38.4 ± 6.6	46.2 ± 0.8	43.5 ±1.0
Overweight	35.7 ± 4.8	34.4 ± 6.2	33.5 ± 0.8	33.2 ± 1.0
Obese	17.7 ± 3.6	22.1 ± 5.0	15.1 ± 0.6	16.3± 0.7
Not Stated	*4.6 ± 2.1	**	2.4 ± 0.3	4.4 ± 0.5
Total	100	NC	100	100

Source: Canadian Community Health Survey 2005 and 2007, Statistics Canada, Share File, Knowledge Management and Reporting Branch, Ontario MOHLTC.
Data Notes: Derived Variable. * High sampling variability, interpret with caution. ** High sampling variability data is not releasable. Excludes non-applicable. Not stated includes don't know, refuse, and not stated. NC: Not able to compute. Ontario overweight and obese (2005, 48.6% and 2007, 49.5% ± 1.1). H&N overweight and obese (2005, 53.4% ± 5.4 and 2007, 56.5± 5.8).
Notes: BMI Classification: Underweight (<18.50), Normal Weight (18.50-24.99); Overweight (25.00-29.99); and Obese (30 and over). Excluded female respondents, age 18-49, who were pregnant or did not answer the pregnancy question.

TEENAGE BODY MASS INDEX

Table 14: Self-Reported Body Mass Index, Age 12 to 17, Haldimand and Norfolk, 2007.

	H&N 2007 (% ± 95% CI)	ON 2007 (% ± 95% CI)
Neither Obese or Overweight	74.3 ± 20.5	71.7 ± 3.1
Overweight	**	13.1 ± 2.0
Obese	**	*4.8 ± 1.6
Not Stated	**	10.4 ± 2.1
Total	NC	100

Source: Canadian Community Health Survey 2007, Statistics Canada, Share File, Knowledge Management and Reporting Branch, Ontario MOHLTC.
Data Notes: Derived Variable. * High sampling variability, interpret with caution. ** High sampling variability data is not releasable. Excludes non-applicable. NC: Not able to compute. Not stated includes don't know, refuse, and not stated.
Notes: Respondents who do not fall within the categories of "Obese" or "Overweight" (as defined by Cole et al.) have been classified by CCHS as "neither obese nor overweight." Excluded female respondents, aged 15 to 17, who were pregnant or did not answer the pregnancy question. BMI cut-off points of 25 (overweight) and 30 (obese).

■ LEISURE-TIME PHYSICAL ACTIVITY

LEISURE-TIME PHYSICAL ACTIVITY

Table 15: Leisure-Time Physical Activity, Age 12 and older, Haldimand and Norfolk, Ontario, 2005 and 2007.

	H&N 2005 (% ± 95% CI)	H&N 2007 (% ± 95% CI)	ON 2005 (% ± 95% CI)	ON 2007 (% ± 95% CI)
Active	26.8 ± 3.8	24.7 ± 6.3	27.6 ± 0.7	25.4 ± 0.9
Moderate	24.3 ± 4.1	22.1 ± 4.4	24.1 ± 0.6	23.2 ± 0.9
Inactive	45.9 ± 4.8	52.1 ± 6.7	46.0 ± 0.8	49.0 ± 1.0
Not Stated	*2.9 ± 1.9	**	2.3 ± 0.3	2.4 ± 1.3
Total	100	NC	100	100



Source: Canadian Community Health Survey 2005 and 2007, Statistics Canada, Share File, Knowledge Management and Reporting Branch, Ontario MOHLTC.

Data Notes: Derived Variable. * High sampling variability, interpret with caution. ** High sampling variability data is not releasable. NC: Not able to compute. Not stated includes don't know, refuse, and not stated. Note: The Physical Activity Index is calculated as the sum of the average daily energy expenditures of all leisure time activities. Individuals are classified as follows: 3.0kcal/kg/day or more=physical active, 1.5-2.9kcal/kg/day=moderately active; less than 1.5kcal/day=inactive. Leisure-time physical activity refers to any type of physical activity done outside of work and school.

■ ALCOHOL

ADULT ALCOHOL CONSUMPTION

Table 16: Type of Drinker, Age 20 and Older, in the Past 12 Months, Haldimand and Norfolk, Ontario, 2007.

	H&N 2007 (% ± 95% CI)	ON 2007 (% ± 95% CI)
Regular	70.3 ± 5.8	61.5 ± 1.1
Occasional	14.8 ± 4.2	15.9 ± 0.8
No Drink	12.2 ± 3.2	19.9 ± 0.9
Not Stated	**	2.8 ± 0.4
Total	NC	100

Source: Canadian Community Health Survey 2007, Statistics Canada, Share File, Knowledge Management and Reporting Branch, Ontario MOHLTC.

Data Notes: Derived Variable. ** High sampling variability data is not releasable. NC: Not able to compute. This variable indicates the type of drinker the respondent is based on his/her drinking habits in the past 12 months. Not stated includes don't know, refuse, and not stated.

UNDERAGE DRINKING

Table 17: Underage Drinking, in the Past 12 Months, Age 12 to 18, Haldimand and Norfolk, Ontario, 2007.

	H&N 2007 (% ± 95% CI)	ON 2007 (% ± 95% CI)
Underage Drinking	64.0 ± 16.8	41.4 ± 3.1
No Underage Drinking	*36.0 ± 16.8	57.7 ± 3.1
Not Stated		*0.9 ± 0.5
Total	100	100

Source: Canadian Community Health Survey 2007, Statistics Canada, Share File, Knowledge Management and Reporting Branch, Ontario MOHLTC.

Data Notes: * High sampling variability, interpret with caution. Underage drinking is defined as persons, age 12 to 18 years of age, who consumed alcohol in the past 12 months. Not stated includes don't know, refuse, and not stated.

ALCOHOL-USE RISK LEVELS

Table 18: Low-Risk Drinking Guidelines

Number of Drinks	Low-Risk Drinking Guidelines
0	Zero drinks=lowest risk of an alcohol-related problem
2	No more than 2 standard drinks on any one day
9	Women: up to 9 standard drinks a week
14	Men: up to 14 standard drinks a week

Data Source: Developed by social researchers from the University of Toronto and the Centre for Addiction and Mental Health (CDMH).

Table 19: Alcohol-Use Risk Levels of Current Drinkers, Age 20 years and Over, Both Sexes, Haldimand and Norfolk, Ontario, 2007.

	H&N 2007 (% ± 95% CI)	ON 2007 (% ± 95% CI)
Low Risk for Alcohol-Related Health Problems	48.1 ± 9.7	57.2 ± 1.5
High Risk for Alcohol-Related Health Problems	52.0 ± 9.6	42.8 ± 1.5
Total	100	100

Source: Canadian Community Health Survey 2007, Statistics Canada, Share File, Knowledge Management and Reporting Branch, Ontario MOHLTC.
Data Notes: The Low-Risk Drinking Guidelines specify no more than 2 standard drinks on any day with a weekly limit of up to 9 standard drinks for women and up to 14 for men. Excluded don't know, refused, and not stated.

ALCOHOL-USE RISK LEVELS, SEX

Table 20: Alcohol-Use Risk Levels of Current Drinkers, Age 20 years and Over, Males, Haldimand and Norfolk, Ontario, 2007.

	H&N 2007 (% ± 95% CI)	ON 2007 (% ± 95% CI)
Low Risk for Alcohol-Related Health Problems	*33.2 ± 12.0	50.9 ± 1.9
High Risk for Alcohol-Related Health Problems	66.8 ± 12.0	49.0 ± 1.9
Total	100	100

Source: Canadian Community Health Survey 2007, Statistics Canada, Share File, Knowledge Management and Reporting Branch, Ontario MOHLTC.
Data Notes: * High sampling variability, interpret with caution. The Low-Risk Drinking Guidelines specify no more than 2 standard drinks on any day with a weekly limit up to 14 for men. Excluded don't know, refused, and not stated.

Table 21: Alcohol-Use Risk Levels of Current Drinkers, Age 20 Years and Over, Females, Haldimand and Norfolk, Ontario, 2007.

	H&N 2007 (% ± 95% CI)	ON 2007 (% ± 95% CI)
Low Risk for Alcohol-Related Health Problems	75.7 ± 10.0	65.8 ± 2.1
High Risk for Alcohol-Related Health Problems	*24.3 ± 9.9	34.2 ± 2.1
Total	100	100

Source: Canadian Community Health Survey 2007, Statistics Canada, Share File, Knowledge Management and Reporting Branch, Ontario MOHLTC.
Data Notes: * High sampling variability, interpret with caution. The Low-Risk Drinking Guidelines specify no more than 2 standard drinks on any day with a weekly limit of up to 9 standard drinks for women. Excluded don't know, refused, and not stated.



■ HEAVY DRINKING

Table 22: Frequency of Heavy Drinking, Current Drinkers in the Past 12 months, Age 20 and Older, Haldimand and Norfolk and Ontario, 2007.

	H&N 2007 (% ± 95% CI)	ON 2007 (% ± 95% CI)
Never 5 or More Drinks on One Occasion	50.2 ± 6.5	56.1 ± 1.3
5 or More Drinks on One Occasion Less than 12 Times a Year	21.3 ± 6.1	21.9 ± 1.1
5 or More Drinks on One Occasion, 12 or More Times a Year	25.1 ± 7.8	17.6 ± 0.9
Not Stated	**	*0.4 ± 0.2
Total	100	100



Source: Canadian Community Health Survey 2005 and 2007, Statistics Canada, Share File, Knowledge Management and Reporting Branch, Ontario MOHLTC.

Data Notes: * High sampling variability, interpret with caution. ** High sampling variability data is not releasable. Not stated includes don't know, refuse, and not stated. The Centre for Addiction and Mental Health (CAMH) also defines heavy binge drinking as consuming 5 or more drinks on one occasion, 12 or more times a year.



■ SELF-PERCEIVED WORK STRESS

Table 23: Self-Perceived Work Stress, Age 20 to 64, in the Past 12 Months, Haldimand and Norfolk and Ontario, 2007.

	H&N 2007 (% ± 95% CI)	ON 2007 (% ± 95% CI)
Total quite a bit or extremely stressful	26.4 ± 8.3	30.0 ± 1.3
Females quite a bit or extremely stressful	*27.3 ± 9.7	30.2 ± 1.7
Males quite a bit or extremely stressful	*25.8 ± 11.8	29.8 ± 1.8

Source: Canadian Community Health Survey 2007, Statistics Canada, Share File, Knowledge Management and Reporting Branch, Ontario MOHLTC.

Data Notes: * High sampling variability, interpret with caution.

■ BREAST CANCER SCREENING PRACTICES

ROUTINE SCREENING FOR BREAST CANCER WITH A MAMMOGRAM

It is important to note that although the indicator examines routine screening with a mammogram in the last 2 years, it does not specify at what age and time the person started receiving routine screening with a mammogram.

Table 24: Mammogram Obtained Within the Last Two Years, Females, Age 50 to 69, Haldimand and Norfolk and Ontario, 2005 and 2007.

	H&N 2005 (% ± 95% CI)	H&N 2007 (% ± 95% CI)	ON 2005 (% ± 95% CI)	ON 2007 (% ± 95% CI)
Received Routine Screening Mammogram within the Last 2 Years	54.3 ± 10.7	59.0 ± 14.2	53.5 ± 2.1	56.7 ± 2.8
Received Mammogram within the Last 2 Years for Other Reasons	*13.1 ± 7.8	**	18.0 ± 1.7	16.6 ± 1.8
No Mammogram for at Least 2 Years	*29.6 ± 10.9	*26.2 ± 14.0	*26.3 ± 1.8	24.2 ± 2.3
Not Stated	**	**	*2.2 ± 0.8	*2.5 ± 1.1
Total	NC	NC	100	100

Source: Canadian Community Health Survey 2005 and 2007 Statistics Canada, Share File, Knowledge Management and Reporting Branch, Ontario MOHLTC.

Data Notes: * High sampling variability, interpret with caution. ** High sampling variability data is not releasable. NC: Not able to compute. Not stated includes don't know, refuse, and not stated.

■ CERVICAL CANCER SCREENING PRACTICES

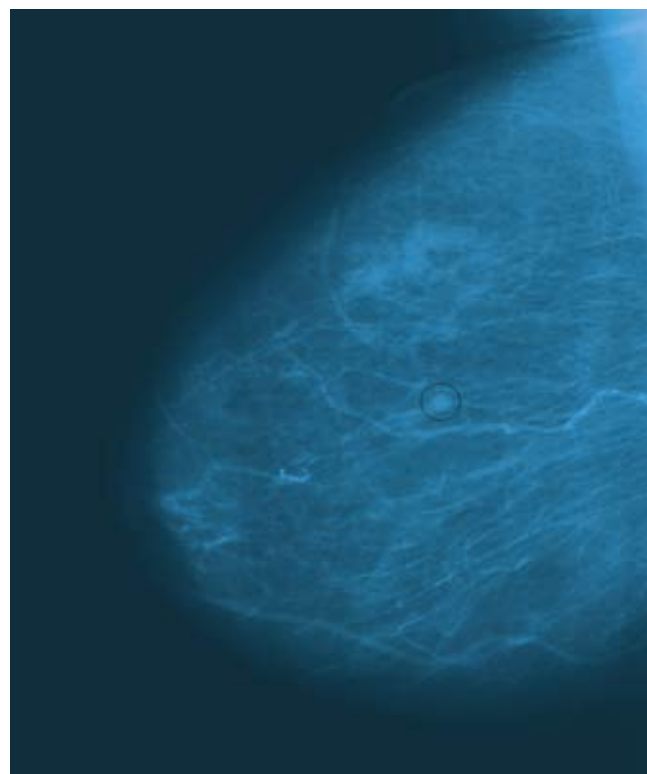
PAP TEST

Table 25: Proportion of Females, Age 18 and Over, Who Have Ever Been Screened for Cervical Cancer with a Pap Test within the last three years, Haldimand and Norfolk and Ontario, 2007.

	H&N 2007 (% ± 95% CI)	ON 2007 (% ± 95% CI)
Within the Last 3 Years	62.6 ± 7.0	68.5 ± 1.3
3 or More Years Ago	*24.9 ± 6.1	17.9 ± 1.0
Never	*10.8 ± 6.1	10.7 ± 1.1
Not Stated	**	2.8 ± 0.5
Total	NC	100

Source: Canadian Community Health Survey 2007, Statistics Canada, Share File, Knowledge Management and Reporting Branch, Ontario MOHLTC.

Data Notes: * High sampling variability, interpret with caution. ** High sampling variability data is not releasable. Not stated includes don't know and refuse. NC: Not able to compute.



■ COLORECTAL CANCER SCREENING PRACTICES

EVER BEEN SCREENED WITH AN FOBT

Table 26: Proportion of Persons, Age 50 and Older, Who Have Ever Been Screened for Colorectal Cancer with an FOBT, Haldimand and Norfolk and Ontario, 2005 and 2007.

	H&N 2005 (% ± 95% CI)	H&N 2007 (% ± 95% CI)	ON 2005 (% ± 95% CI)	ON 2007 (% ± 95% CI)
Ever Had an FOBT	30.7 ± 7.0	40.3 ± 9.0	34.9 ± 1.1	38.7 ± 1.1
Never Had an FOBT	64.4 ± 7.6	58.3 ± 9.0	60.1 ± 1.1	56.5 ± 1.4
Not Stated	*4.9 ± 3.1	**	5.0 ± 0.6	4.8 ± 0.7
Total	100	NC	100	100

Source: Canadian Community Health Survey 2005, Statistics Canada, Share File, Knowledge Management and Reporting Branch, Ontario MOHLTC
 Data Notes: FOBT is a Fecal Occult Blood Test used to detect colorectal cancer.* High sampling variability, interpret with caution. ** High sampling variability data is not releasable. Not stated includes don't know and refuse. NC: Not able to compute.

ROUTINE SCREENING FOR COLORECTAL CANCER WITH AN FOBT

It is important to note that although the indicator examines routine screening with a FOBT within the last 2 years, it does not specify at what time and age the person started receiving routine screening with a FOBT.

Table 27: FOBT Obtained Within the Last Two Years, Age 50 and Over, Haldimand and Norfolk and Ontario, 2007.

	H&N 2007 (% ± 95% CI)	ON 2007 (% ± 95% CI)
Received Routine Screening FOBT within the Last 2 Years	22.5 ± 7.0	18.6 ± 1.1
Received FOBT within the Last 2 Years for Other Reasons	**	4.8 ± 0.7
No FOBT for at Least 2 Years	73.5 ± 7.2	71.2 ± 1.3
Not Stated	**	5.3 ± 0.7
Total	NC	100

Source: Canadian Community Health Survey 2007, Statistics Canada, Share File, Knowledge Management and Reporting Branch, Ontario MOHLTC.
 Data Notes: FOBT is a Fecal Occult Blood Test used to detect colorectal cancer. ** High sampling variability data is not releasable. Not stated includes don't know and refuse. NC: Not able to compute. Not stated (CCS_180 = 7,8,9) or (CCS_182 =97,98,99).



■ The Canadian Community Health Survey (CCHS)

The Canadian Community Health Survey (2005) (CCHS) data source was used to extract data on lifestyle behaviours and cancer screening methods. The CCHS is a national population household survey conducted by Statistics Canada that provides timely, regular, cross-sectional estimates of health status, health determinants and health system utilization across Canada. The CCHS excludes populations on Indian Reserves, Canadian Forces Bases and some remote areas. Bootstrap weights were used to estimate precision.

Bootstrap is a method used to create a mean value for a point estimate, calculate the point estimate using 500 different weights and calculate the variance and 95% confidence interval for that estimate. A confidence interval is an interval within the true value of the variable in which the proportion, rate and mean are contained. In this report, this is calculated as a 95% probability. If the confidence bounds between point estimates do not overlap, then the difference between the estimates being compared are most likely statistically

significant. The bootstrapping method also produces the coefficient of variation (CV), which is used to determine if the point estimate is releasable. Data with a CV between 16.6% and 33.3% should be determined with caution. Data with a CV greater than 33.3% are not reportable due to extreme sampling variability and are therefore suppressed. Missing variables (not stated, refuse and don't know) were collapsed to mean not stated. Based on the principles of proportion, non-applicable responses were removed from the data set.

■ Summary of Chronic Disease Prevention



■ LIFESTYLE BEHAVIOURS

NEGATIVE LIFESTYLE BEHAVIOURS

Over 50% of Haldimand and Norfolk...

- Residents consume fewer than 5 servings of vegetables and fruit daily (12+).
- Adults are overweight or obese (18+).
- Residents are inactive (12+).
- Adults drink regularly (20+).
- Teenagers engage in underage drinking (12 to 18).
- Adults are at high risk for alcohol-related problems (20+).
- Adult males are at high risk for alcohol-related problems (20+).
- Older adults never had a Fecal Occult

Blood Test, used to detect colorectal cancer (50+).

- Older adults never had an FOBT for at least 2 years (50+).

Did you know that in Haldimand and Norfolk...

- Less than 1/3 of teenagers (12 to 19) and adults smoke (20+).
- Less than 1/3 of adults engage in heavy drinking (20+).
- Less than 2/3 of females received routine screening with a mammogram in the last 2 years (50 to 69).
- Less than 2/3 of females received a Pap Test within the last 3 years (18+).
- The weekly cost of feeding a family of

four increased from \$126.76 in 2007 to \$133.77 in 2008.

- 5.7% of residents live in poverty.
- 7.4% of children and youth live in poverty (17 and below).
- 5.7% of households cannot afford to buy the food they need.
- 26.4% of Haldimand and Norfolk residents reported that their main job or business on most days of the week were stressful.

POSITIVE LIFESTYLE BEHAVIOURS

Did you know that in Haldimand and Norfolk...

- 93.4% of households are smoke free.
- 90.8% of vehicles are smoke free.
- 74.3% of teenagers are neither obese nor overweight (12 to 17).
- There were 261 compliance checks to establish whether the 123 tobacco vendors were selling tobacco products to minors. It was found that none of the tobacco vendors were selling to minors.
- In 2008, there were no vendors in Haldimand and Norfolk selling tobacco products to minors.

■ TRENDS

The table below provides an overview of trends of selected health indicators from 2005 and 2007. It is important to note that although some of the health indicators have improved, it is far from satisfactory when the data articulates formidable challenges in lifestyle behaviours.

Table 28: Selected Health Indicators, Haldimand and Norfolk, 2007 compared to 2005.

Selected Health Indicators	Improved	Not Improved
Vegetables and Fruit Consumption	✓ More people are consuming 5 or more servings of vegetables and fruit daily (12+)	
Cost of Nutritious Food Basket		✓ The cost for nutritious food is increasing
Smoke-Free Homes	✓ More smoke-free homes	
Smoke-Free Vehicles		✓ Slightly lower percentage of vehicles were smoke-free
Overweight/Obesity		✓ Higher percentage of adults were either overweight or obese and are at an increased or extremely high risk of developing health problems (18+)
Leisure-Time Physical Activity		✓ Higher percentage were inactive (12+)
Screening Practices	✓ Higher percentage received routine screening with a mammogram in the last 2 years (50 to 69) ✓ Higher percentage received an FOBT (50+)	

NEGATIVE LIFESTYLE BEHAVIOURS

Table 29: Selected Health Indicators, Haldimand and Norfolk, compared to Ontario, 2007.

Selected Health Indicators	Higher than Ontario	Lower than Ontario
Number of households that cannot afford to buy the food they need		✓
Adults and children and youth living in poverty		✓
Adult smoking (20+)	✓	
Teen smoking (12 to 19)	✓ (more than double)	
Adults who are overweight or obese (18+)	✓	
Inactive (12+)	✓	
Adults who drink alcohol (20+)	✓	
Underage drinking (12 to 18)	✓	
Adult alcohol-related risk for health problems (20+)	✓	
Adult alcohol-related risk for health problems among males (20+)	✓	
Adult alcohol-related risk for health problems among females (20+)		✓
Heavy drinking (20+)	✓	
Self-Perceived Workplace Stress		✓

Source: Canadian Community Health Survey 2005 and 2007, Statistics Canada, Share File, Knowledge Management and Reporting Branch, Ontario MOHLTC, Haldimand-Norfolk Health Unit. Please see tables in report for further information.

POSITIVE LIFESTYLE BEHAVIOURS

Table 30: Selected Health Indicators, Haldimand and Norfolk, compared to Ontario, 2007.

Selected Health Indicators	Higher than Ontario	Lower than Ontario
Consumption of 5 or more servings of vegetables and fruit daily	✓	
Smoke-Free Homes		✓
Smoke-Free Vehicles		✓
Teenagers neither obese or overweight (12 to 17)	✓	
Routine screening with a mammogram (50 to 69)	✓	
Adults who had a Pap Test within the last 3 years (18+)		✓
Older adults who ever had an FOBT (50+)	✓	
Older adults who had routine screening with an FOBT (50+)	✓	

Source: Canadian Community Health Survey 2005 and 2007, Statistics Canada, Share File, Knowledge Management and Reporting Branch, Ontario MOHLTC, Haldimand-Norfolk Health Unit. Please see tables in report for further information.



■ Objective and Recommendations

1. Provide residents, physicians, health care professionals, local politicians, the media, other Health Units, and local government with useful information for the purpose of program planning and prevention.
2. Identify program needs from the data and modify existing chronic disease prevention programs to address those needs.
3. Develop and implement healthy public policies and programs and to create supportive environments conducive to health that address healthy lifestyle behaviours, particularly in the alarming area of youth smoking rates.
4. Conduct further research on the lifestyle behaviours and risk factors presented in this report.
5. Identify best practices in rural health from a population health perspective.
6. Conduct a literature review into the emerging issue of alcohol as a risk factor for chronic diseases.
7. To foster a community collaborative approach to develop poverty reduction strategies from a rural health chronic disease perspective.