



### **Fact Sheet: Canadian Health and Wellness Statistics**

OptiMYz magazine offers a balanced approach to fitness and lifestyle. We're looking at the trends and encouraging Canadians to fight the statistics with real solutions for real people. Make 2012 your best year yet- whether you're looking to begin to lead an active, healthy life, or are searching for fun fitness challenges, OptiMYz magazine speaks to Atlantic Canadians at all levels.

#### **Here are some recent health statistics from Statistics Canada and the Canadian Fitness and Lifestyle Research Institute:**

In 2010, 1 in 6 Canadians over the age of 12 had been diagnosed with hypertension (high blood pressure). <http://www.statcan.gc.ca/daily-quotidien/110621/dq110621b-eng.htm>

Between 2003 and 2010, obesity among men rose from 16% to nearly 20%, and among women, from 15% to 18%. <http://www.statcan.gc.ca/daily-quotidien/110621/dq110621b-eng.htm>

In 2010, 52.1% of Canadians were at least 'moderately active' during their leisure time. <http://www.statcan.gc.ca/pub/82-625-x/2011001/article/11467-eng.htm>

In 2010, 54.9% of males reported that they were at least moderately active during leisure time, down from 56.4% in 2009. The proportion of females who were at least moderately active was 49.4%, about the same as in 2009. <http://www.statcan.gc.ca/pub/82-625-x/2011001/article/11467-eng.htm>

Daily stress rates were highest in the core working ages (35 to 54), peaking at about 30% in the 35 to 44 and 45 to 54 age groups. People in these age groups are most likely to be managing multiple career and family responsibilities. <http://www.statcan.gc.ca/pub/82-625-x/2011001/article/11466-eng.htm>

In 2010, 24.9% of females reported that most days were quite a bit or extremely stressful, compared with 22.0% of males. <http://www.statcan.gc.ca/pub/82-625-x/2011001/article/11466-eng.htm>

In 2009, 19.2% of women and 3.4% of men aged 50 or older reported that they had been diagnosed with osteoporosis. Physicians often recommend increased intake of calcium and vitamin D for people with osteoporosis. <http://www.statcan.gc.ca/daily-quotidien/110720/dq110720b-eng.htm> Note: This study is based on self-reported data from 28,400 respondents aged 50 or older to the 2009 Canadian Community Health Survey: Healthy Aging.

In 2007, nearly 3 out of every 10 Canadian adults (29%) reported that, on average, they watched television for 15 or more hours a week, that is, more than two hours a day. About 19% reported 21 or more hours per week, or an average of at least 3 hours per day.

<http://www.statcan.gc.ca/daily-quotidien/080618/dq080618c-eng.htm>

Several barriers to physical activity are reportedly very important to a sizable number of Canadians who do not participate in sport. Barriers, such as:

- Other competing obligations, 46%
- Lack of time, 40%
- Sport takes time away from family, 20%
- Excessive costs, 18%
- Inconvenience, 17%

Perceived barriers may influence feelings of the amount of control that one has over the choice to be active. <http://72.10.49.94/media/node/355/files/Bulletin%203.pdf>

Those who live in Newfoundland and Labrador, Prince Edward Island, New Brunswick, Quebec, Saskatchewan, and the North\* are less likely than average to be at least moderately active. [http://72.10.49.94/media/node/82/files/PAM2008FactsFigures\\_Bulletin02\\_PA\\_among\\_CanadiansEN.pdf](http://72.10.49.94/media/node/82/files/PAM2008FactsFigures_Bulletin02_PA_among_CanadiansEN.pdf)

OptiMYz is about living better. OptiMYz puts an end to fitness stereotypes and welcomes people looking for credible information. Join us for the 2012 Live Health Expo and discover a new path to health and lifestyle balance.

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