

Health Indicators

7. Behaviour and Health

7A. Smoking

7A-01. Smoking Status

[Description](#)

		Under 20 years		20+ Years		All Ages	
		EOHU	Ontario	EOHU	Ontario	EOHU	Ontario
2001	Smoker	13.1%	16.6%	34.9%	25.7%	31.8%	24.5%
	Daily	10.3%	11.3%	31.5%	21.4%	28.5%	20.1%
	Occasional	2.8%	5.4%	3.4%	4.3%	3.3%	4.4%
	Nonsmoker	86.9%	83.4%	65.1%	74.3%	68.2%	75.5%
	Former smoker	15.1%	14.5%	38.3%	38.4%	35.1%	35.4%
	Never Smoked	71.8%	68.9%	26.8%	35.9%	33.1%	40.1%
2003	Smoker	16.8%	13.7%	25.1%	23.4%	23.9%	22.2%
	Daily	13.8%	7.9%	21.3%	18.1%	20.2%	16.8%
	Occasional	3.0%	5.8%	3.8%	5.3%	3.7%	5.3%
	Nonsmoker	83.2%	86.3%	74.9%	76.6%	76.1%	77.8%
	Former smoker	7.1%	12.4%	46.8%	40.8%	41.2%	37.2%
	Never Smoked	76.1%	73.9%	28.1%	35.8%	34.8%	40.6%
2005	Smoker	16.6%	10.6%	28.3%	22.3%	26.7%	20.8%
	Daily	12.7%	5.8%	24.1%	17.2%	22.5%	15.8%
	Occasional	3.9%	4.8%	4.2%	5.0%	4.2%	5.0%
	Nonsmoker	83.4%	89.4%	71.7%	77.7%	73.3%	79.2%
	Former smoker	17.3%	10.6%	39.7%	40.4%	36.5%	36.7%
	Never Smoked	66.1%	78.8%	32.0%	37.3%	36.8%	42.5%
2007	Smoker	12.3%	9.0%	29.1%	21.9%	26.8%	20.3%
	Daily	10.3%	5.4%	26.2%	17.4%	24.0%	15.9%
	Occasional	2.1%	3.6%	2.9%	4.5%	2.8%	4.4%
	Nonsmoker	87.7%	91.0%	70.9%	78.1%	73.2%	79.7%
	Former smoker	13.6%	10.1%	42.0%	38.5%	38.1%	35.0%
	Never Smoked	74.1%	80.8%	28.8%	39.6%	35.0%	44.7%

Source: Canadian Community Health Survey (CCHS), Cycle 1.1-4.1, weighted data

7A-02. Smoke-Free Homes

[Description](#)

There are Smoking Restrictions in the Home

		<20 years	20+ years	All Ages
EOHU	2001	49.5%	56.8%	55.5%
	2003	60.6%	60.6%	60.6%
	2005	56.8%	63.9%	62.9%
	2007	66.5%	71.6%	70.9%
Ontario	2001	67.6%	61.4%	68.6%
	2003	70.0%	69.2%	70.1%
	2005	75.4%	74.1%	75.6%
	2007	78.4%	77.9%	78.4%

Source: Canadian Community Health Survey (CCHS), Cycle 1.1-4.1, weighted data

There is No Smoking Allowed in the House

		<20 years	20+ years	All Ages
EOHU	2001	85.2%	94.3%	92.8%
	2003	79.6%	87.9%	86.7%
	2005	89.8%	90.6%	90.5%
	2007	88.0%	87.3%	87.4%
Ontario	2001	95.1%	92.6%	95.5%
	2003	91.5%	90.2%	91.6%
	2005	93.8%	92.5%	94.0%
	2007	94.4%	93.4%	94.5%

Source: Canadian Community Health Survey (CCHS), Cycle 1.1-4.1, weighted data

Smoking is Only Allowed in Certain Rooms of the Home

		<20 years	20+ years	All Ages
EOHU	2001	14.8%	5.8%	7.2%
	2003	21.3%	8.5%	10.3%
	2005	4.3%	6.9%	6.6%
	2007	7.7%	7.8%	7.8%
Ontario	2001	3.9%	5.8%	3.6%
	2003	6.2%	6.5%	6.2%
	2005	4.4%	5.6%	4.3%
	2007	3.8%	4.3%	3.7%

Source: Canadian Community Health Survey (CCHS), Cycle 1.1-4.1, weighted data

Smoking in the Home is Only Restricted in the Presence of Young Children

		<20 years	20+ years	All Ages
EOHU	2001	.0%	.2%	.2%
	2003	.7%	5.3%	4.7%
	2005	2.3%	6.0%	5.5%
	2007	5.9%	7.2%	7.0%
Ontario	2001	.6%	.9%	.6%
	2003	2.3%	3.2%	2.2%
	2005	2.4%	2.4%	2.3%
	2007	3.2%	3.3%	3.2%

Source: Canadian Community Health Survey (CCHS), Cycle 1.1-4.1, weighted data

7A-03. Second-Hand Smoke Exposure

[Description](#)

Exposed to Second-Hand Smoke at Home

	2003	2005	2007	
EOHU	< 20 years	26.3%	28.0%	29.9%
	20+ years	10.2%	9.6%	9.6%
	All Ages	12.7%	12.5%	12.9%
Ontario	< 20 years	20.9%	17.7%	14.3%
	20+ years	7.3%	5.6%	4.4%
	All Ages	9.2%	7.3%	5.8%

Source: Canadian Community Health Survey (CCHS), Cycle 1.1-4.1, weighted data

Exposed to Second-Hand Smoke in a Private Vehicle

	2003	2005	2007	
EOHU	< 20 years	25.2%	27.7%	24.7%
	20+ years	8.3%	9.1%	7.5%
	All Ages	10.9%	12.1%	10.3%
Ontario	< 20 years	22.5%	18.1%	16.2%
	20+ years	7.6%	6.0%	6.0%
	All Ages	9.7%	7.7%	7.4%

Source: Canadian Community Health Survey (CCHS), Cycle 1.1-4.1, weighted data

Exposed to Second-Hand Smoke in Public Places

	2003	2005	2007	
EOHU	< 20 years	24.5%	21.7%	22.1%
	20+ years	15.2%	12.7%	5.9%
	All Ages	16.6%	14.1%	8.5%
Ontario	< 20 years	27.5%	23.9%	20.6%
	20+ years	16.3%	11.1%	9.9%
	All Ages	17.8%	12.9%	11.4%

Source: Canadian Community Health Survey (CCHS), Cycle 1.1-4.1, weighted data

7A-04. Minors' Access to Tobacco

[Description](#)

Smoking Among High School Students (12-17 Years)

	Percent (%)
Current smoker	12.6
Occasional Smoker	5.4
Daily Smoker	7.2

Source: Youth Risk Behaviour Survey (YRBS), January 2008, EOHU

Minors' Access to Tobacco

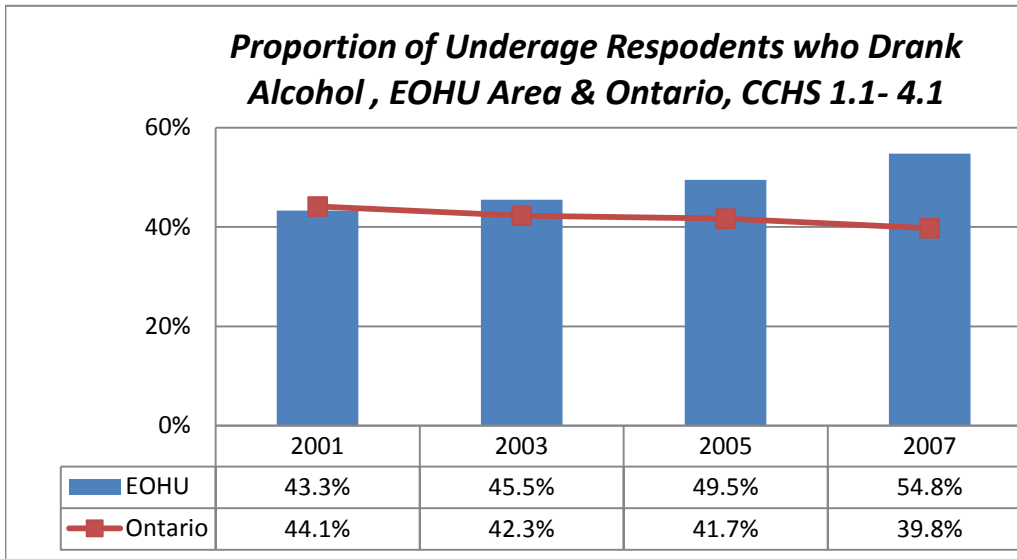
	Percent (%)
Never Refused when purchased Cigarettes from a Vendor (%)	56.2

Source: Youth Risk Behaviour Survey (YRBS), January 2008, EOHU

7B. Alcohol

7B-01. Underage Alcohol Consumption

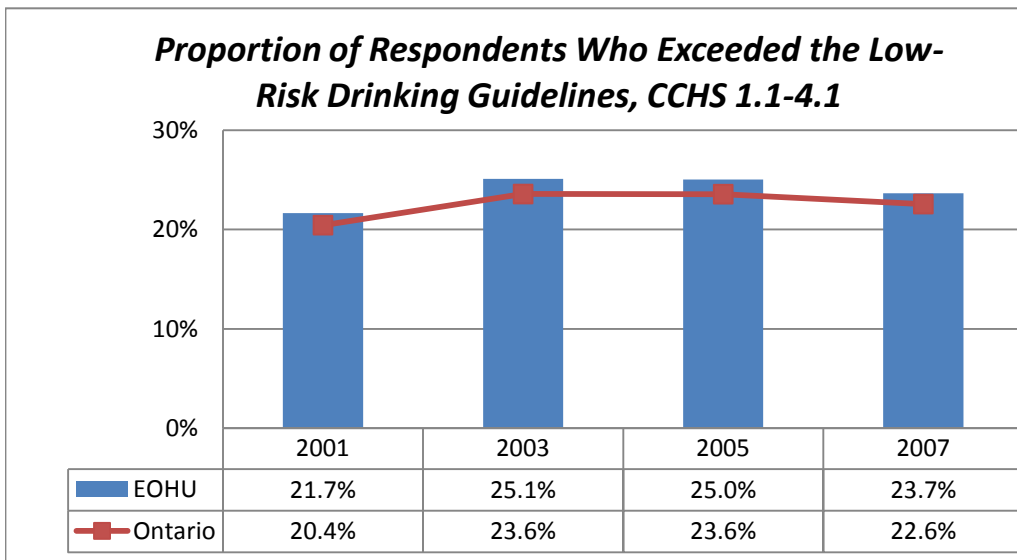
[Description](#)



Source: Canadian Community Health Survey (CCHS), Cycle 1.1-4.1, weighted data

7B-02. Low-Risk Drinking

[Description](#)

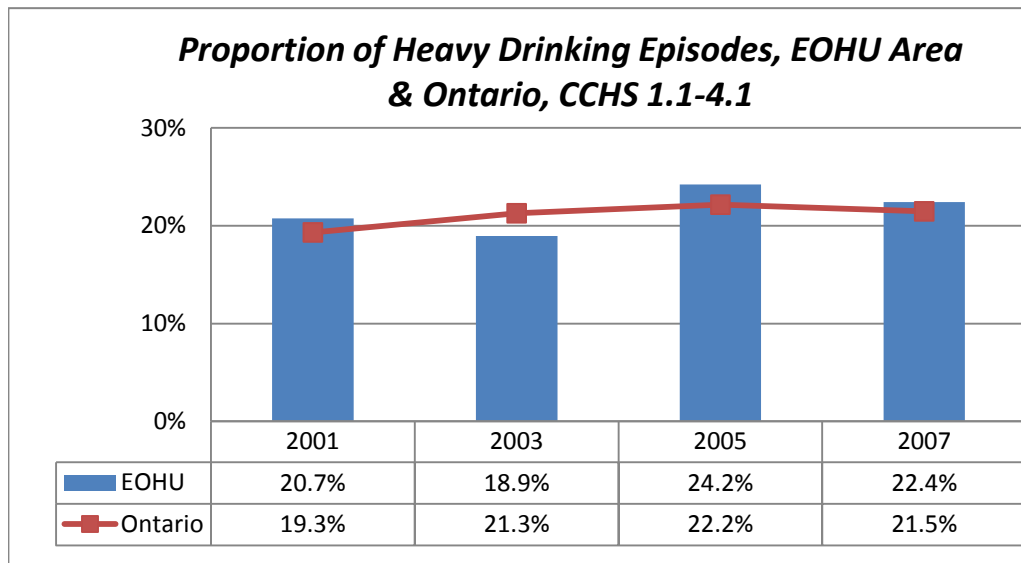


Source: Canadian Community Health Survey (CCHS), Cycle 1.1-4.1, weighted data

7B-03. Heavy Drinking Episodes

[Description](#)

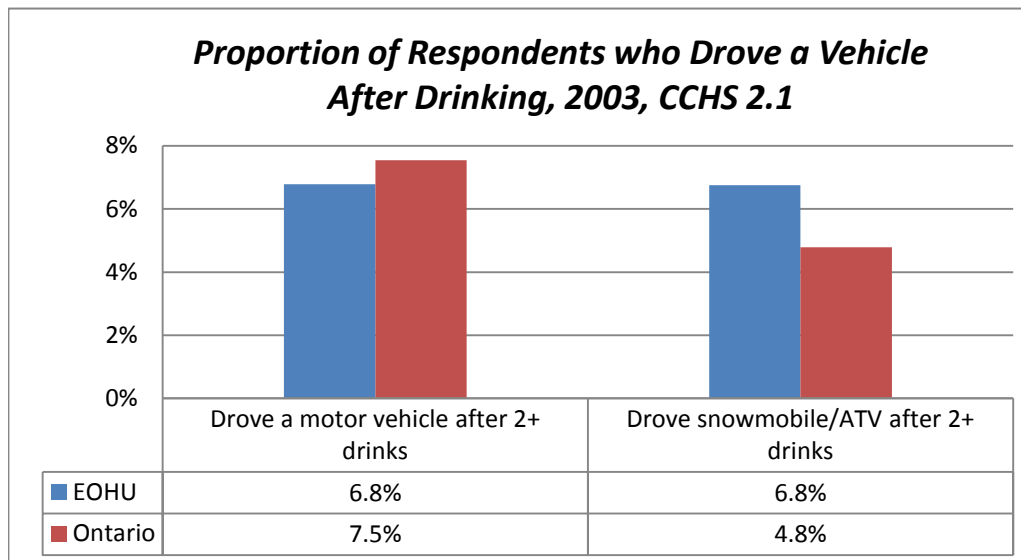
Heavy Drinking Episodes: -Consuming 5 or more drinks on at least one occasion per month in the past 12 months



Source: Canadian Community Health Survey (CCHS), Cycle 1.1-4.1, weighted data

7B-04. Drinking and Driving Prevalence

[Description](#)

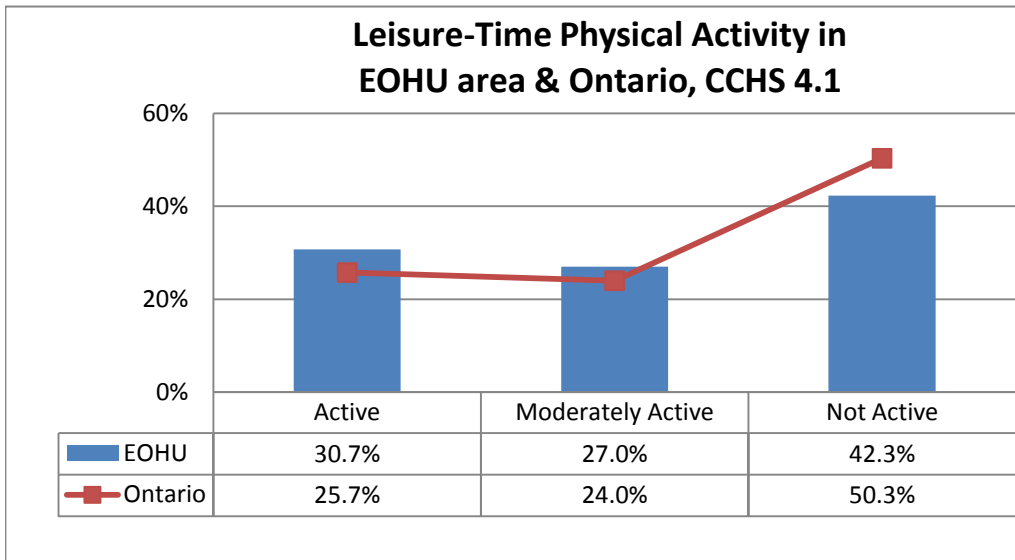


Source: Canadian Community Health Survey (CCHS), Cycle 2.1, weighted data

7C. Physical Activity

Leisure-Time Physical Activity

[Description](#)



Source: Canadian Community Health Survey (CCHS), Cycle 4.1, weighted data

7D. Nutrition and Healthy Weights

7D-01. Adult Body Mass Index (Age 20+ Years)

[Description](#)

		2001	2003	2005	2007
EOHU	<i>Underweight (BMI<18.5)</i>	2.6%	1.9%	1.8%	1.3%
	<i>Healthy Weight (18.5>=BMI<25)</i>	41.5%	37.0%	38.6%	38.2%
	<i>At risk of Overweight (25>=BMI<30)</i>	34.5%	41.7%	40.5%	35.1%
	<i>Overweight (BMI>=30)</i>	21.4%	19.4%	19.1%	25.4%
Ontario	<i>Underweight (BMI<18.5)</i>	3.0%	2.6%	2.5%	2.7%
	<i>Healthy Weight (18.5>=BMI<25)</i>	47.6%	46.9%	46.7%	44.6%
	<i>At risk of Overweight (25>=BMI<30)</i>	34.1%	34.9%	34.9%	35.2%
	<i>Overweight (BMI>=30)</i>	15.3%	15.7%	15.8%	17.4%

Source: Canadian Community Health Survey (CCHS), Cycle 1.1- 4.1, weighted data

7D-02. Adolescent Body Mass Index (Age 12-19 Years)

[Description](#)

		2001	2003	2005	2007
EOHU	<i>Underweight (BMI<18.5)</i>	3.7%	3.8%	8.4%	4.1%
	<i>Healthy Weight (18.5>=BMI<25)</i>	74.2%	72.2%	62.5%	66.8%
	<i>At risk of Overweight (25>=BMI<30)</i>	11.2%	13.8%	17.2%	19.8%
	<i>Overweight (BMI>=30)</i>	11.0%	10.1%	11.8%	9.3%
Ontario	<i>Underweight (BMI<18.5)</i>	6.4%	5.4%	5.5%	8.9%
	<i>Healthy Weight (18.5>=BMI<25)</i>	72.9%	74.6%	72.9%	70.2%
	<i>At risk of Overweight (25>=BMI<30)</i>	13.1%	13.0%	14.2%	13.7%
	<i>Overweight (BMI>=30)</i>	7.5%	7.0%	7.4%	7.2%

Source: Canadian Community Health Survey (CCHS), Cycle 1.1- 4.1, weighted data

7D-03. Fruit and Vegetable Consumption

[Description](#)

Daily Consumption of Fruits and Vegetables (%) -Teenagers (12-19 Years)

		2001	2003	2005	2007
EOHU	<5 times/Day	49.2%	57.8%	55.0%	46.2%
	5-10 Times/Day	48.3%	37.1%	39.4%	43.7%
	>10 Times/Day	2.6%	5.1%	5.6%	10.1%
Ontario	<5 times/Day	62.1%	54.8%	53.7%	56.5%
	5-10 Times/Day	32.4%	39.5%	40.4%	36.8%
	>10 Times/Day	5.5%	5.6%	5.8%	6.7%

Source: Canadian Community Health Survey (CCHS), Cycle 1.1- 4.1, weighted data

Daily Consumption of Fruits and Vegetables (%) -Adults 20+ Years of Age

		2001	2003	2005	2007
EOHU	<5 times/Day	65.4%	59.3%	62.0%	55.8%
	5-10 Times/Day	32.3%	37.2%	34.7%	38.4%
	>10 Times/Day	2.3%	3.5%	3.3%	5.8%
Ontario	<5 times/Day	62.2%	58.4%	57.0%	59.1%
	5-10 Times/Day	33.9%	38.0%	39.3%	37.3%
	>10 Times/Day	3.9%	3.7%	3.7%	3.7%

Source: Canadian Community Health Survey (CCHS), Cycle 1.1- 4.1, weighted data

Daily Consumption of Fruits and Vegetables (%) -All Ages

		2001	2003	2005	2007
EOHU	<5 times/Day	63.1%	59.1%	61.0%	54.5%
	5-10 Times/Day	34.5%	37.2%	35.4%	39.1%
	>10 Times/Day	2.3%	3.7%	3.6%	6.4%
Ontario	<5 times/Day	62.2%	57.9%	56.6%	58.8%
	5-10 Times/Day	33.7%	38.2%	39.5%	37.2%
	>10 Times/Day	4.1%	3.9%	3.9%	4.0%

Source: Canadian Community Health Survey (CCHS), Cycle 1.1- 4.1, weighted data