

PROMOTE, PREVENT, PROTECT
PRINCE EDWARD ISLAND
CHIEF PUBLIC HEALTH OFFICER'S REPORT
AND HEALTH TRENDS 2014



Health and Wellness

KEEP MOVING ON LIFE'S JOURNEY
Technical Appendix



APPENDIX

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Methodology

The Health Trends section of the report updates previous health indicators reports prepared since 2003. This report provides comparisons with Canada and comparisons over time on a broad range of indicators.

Multiple sources of health surveillance data from both federal and provincial government departments were used in the formation of this document which include: Canadian Community Health Survey (including Healthy Aging 2009), Canadian Chronic Disease Surveillance System, National Population Health Survey, Vital Statistics Birth and Death databases, Canadian Cancer Registry, PEI Reproductive Care Program database, Cancer Trends in PEI: 1980 to 2009, PEI Public Health Nursing database, Provincial Treasury 39th Annual Statistical Review 2012, and Department of Health and Wellness Chief Public Health Office Communicable Disease database. Sources used for each indicator are noted in the main documented.

One of the primary sources for this report is the Canadian Community Health Survey (CCHS). This survey is conducted by Statistics Canada over two years to provide regular and timely cross-sectional estimates of various health indicators. There are limitations to the interpretation of survey data, since self-report often provides socially desirable responses. Few of the self-report measures have been validated for their ability to measure the “truth”.

The most recent data collection was in 2011/12. Approximately 118,000 Canadians over these two years, using both computer-assisted personal and telephone interviews were sampled. The target population of the CCHS includes household residents, age 12 and over, in all provinces and territories, with the principal exclusion of populations on Native Reserves, those in the Military, some remote areas, and persons living in institutions. In PEI, the sample size was 1,712 Islanders, including 899 from urban and 813 from rural areas. During the 2011/12 survey, the overall response rate for PEI (agreement to participate in the survey) was 67% which was lower than the Canadian response rate (68%).

The content of the survey includes common content to be asked all across Canada, and optional content that may be selected from a predefined list of modules. The full content is available on the Statistics Canada website³.

Information for diabetes, hypertension, asthma, and chronic obstructive pulmonary disease is based on the Canadian Chronic Disease Surveillance System (CCDSS) coordinated by the Public Health Agency of Canada. This surveillance system links the Prince Edward Island health insurance registry database with physician billing and hospitalization data. Identifying whether or not a person has the chronic disease is based on a validated procedure of medical code searching in the linked data.

Age standardization is a procedure for adjusting rates, designed to minimize the effects of differences in age composition when comparing rates for different populations. The direct method was used to average age-specific rates, using the distribution of a standard population as weights. The adjusted rate then represents what the observed rate would have been if that population had the same distribution as the standard population. The standard population used was the 1991 Canadian population.

Case counts are converted to rates per 100,000 to allow for comparable health indicators. In instances when there are less than 10 (CCHS) or less than 5 (sexually transmitted infections data) responses or cases, then the data may be suppressed because of the small sample size.

Comparisons with other data sources may result in different numbers for similar concepts, usually as a result of differences in methodology. To minimize problems, comparisons should use the same data source, and look for trends over time. Sometimes several documents using the same data sources will report different numbers. This may be the result of reporting on more current data, the use of different age groups, or the use of sub-samples of the dataset.

Aging and Frailty

Population

Definition: Population size, including age groupings, provides information on the changing characteristics, structure and shifting service demands of our population.

PEI Population Projections by Age and Sex

Age	2010	2020	2030	2040	2050
Male					
<20	16,955	15,191	14,705	13,168	12,043
20-34	12,402	12,983	10,622	10,083	9,671
35-49	15,126	12,258	13,179	11,801	10,044
50-64	15,148	16,376	13,671	13,338	13,932
65+	9,803	13,980	18,198	18,716	17,216
Female					
<20	16,296	14,548	13,936	12,496	11,438
20-34	13,163	13,298	11,004	10,465	9,846
35-49	15,203	13,266	14,273	12,612	10,987
50-64	15,853	16,695	13,932	14,326	14,545
65+	12,420	16,959	22,028	22,700	21,715
Total					
<20	33,251	29,739	28,641	25,664	23,481
20-34	25,565	26,281	21,626	20,549	19,517
35-49	30,328	25,524	27,451	24,413	21,031
50-64	31,001	33,072	27,603	27,665	28,476
65+	22,223	30,939	40,226	41,416	38,931

Healthy Aging

Healthy Aging, PEI and Canada, 2010

Concept	PEI		Canada	
	%	CI	%	CI
Self perceived general health - very good to excellent				
50-64 years	61.8	56.8-66.6	56.9	55.2-58.6
65+	52.2	47.3-57.1	43.6	42.4-44.9
Self perceived mental Health - very good to excellent				
50-64 years	76.5	71.9-80.6	75.4	73.9-76.8
65+	74.5	70.0-78.5	70.4	69.3-71.5
Level of pain - no pain or pain does not prevent activity				
50-64 years	86.0	82.5-88.9	82.1	80.8-83.4
65+	82.3	78.2-85.8	78.7	77.6-79.7
Cognition problems - able to remember most things, may or may not have a little difficulty solving day to day problems				
50-64 years	76.2	71.7-80.2	78.1	76.7-79.5
65+	65.4	60.6-69.9	71.3	70.2-72.4
Hearing problems - able to hear what is said in a room with at least three people without a hearing aid				
50-64 years	94.7	91.5-96.6	96.5	95.9-97.0
65+	81.5	78.0-84.5	85.4	84.6-86.2
Mobility problems - able to walk around the neighborhood with or without difficulty without walking equipment				
50-64 years	97.3	95.6-98.3	97.4	96.9-97.9
65+	87.9	85.1-90.2	87.5	86.8-88.2
Emotional problems - somewhat happy to happy and interested in life				
50-64 years	96.8	94.9-98.0	96.1	95.4-96.6
65+	97.4	96.0-98.4	95.8	95.3-96.3
Vision problems - able to see well enough to read ordinary newsprint and recognize a friend on other side of street with or without glasses				
50-64 years	98.6	96.7-99.5	98.8	98.3-99.2
65+	95.9	94.0-97.2	96.2	95.7-96.6
Satisfaction with life - slightly to extremely satisfied with life				
50-64 years	88.2	84.8-90.8	86.3	85.1-87.5
65+	91.5	88.9-93.5	89.6	88.8-90.4
Social participation - participated in community activity monthly or more frequently				
50-64 years	95.4	93.0-96.8	94.4	93.6-95.1
65+	95.5	93.4-97.0	91.9	91.3-92.5
Companionship - hardly ever lacks companionship				
50-64 years	77.5	73.0-81.4	73.0	71.4-74.4
65+	76.5	72.5-80.1	72.4	71.3-73.5
Nutrition - not a nutritional risk				
50-64 years	62.0	56.8-66.9	62.3	60.6-63.9
65+	68.4	63.8-72.7	65.3	64.1-66.5
Physical leisure activities - participates in leisure physical activities				
50-64 years	88.0	84.5-90.7	88.4	87.3-89.4
65+	77.2	72.9-81.0	84.3	83.5-85.1

Concept	PEI		Canada	
	%	CI	%	CI
Smoking - non-smokers (former and never)				
50-64 years	77.9	73.5-81.8	77.6	76.1-79.1
65+	88.6	84.9-91.5	90.2	89.5-90.9
Drinking (alcohol) – binge drinker				
50-64 years	22.5	17.6-28.2	18.2	16.8-19.7
65+	8.0	5.2-12.1	6.8	6.1-7.6
Drinker (alcohol) - regular drinker				
50-64 years	58.1	52.9-63.2	65.2	63.5-66.8
65+	36.7	32.1-41.6	52.0	50.8-53.3
Weight - normal BMI				
50-64 years	28.4	23.7-33.6	36.9	35.2-38.6
65+	34.5	29.9-39.4	40.1	38.9-41.4

Frailty

Frailty Index Components (including question name) from CCHS 2011/12 dataset

General Health	<ul style="list-style-type: none"> Self-perceived health. In general, how would you say your health is now? (GEN01) Change in self-perceived health. Compared to one year ago, how would you say your health is now? (GEN02) Satisfaction with life in general. (GEN_02A2)
Emotional/Mental Health	<ul style="list-style-type: none"> Self-perceived mental health. (GEN_02B) Perceived life stress. (GEN_07) Sense of belonging to local community. (GEN_10) How often did you feel happy in the past month? (PMH_01) How often did you feel interested in life in the past month? (PMH_02) How often did you feel good at managing responsibilities of your daily life in the past month? (PMH_10) Positive mental health classification. (PMHDCLA)
Physical Size	<ul style="list-style-type: none"> BMI class (18+); excluding pregnant (HWTDISW)
Activity Level	<ul style="list-style-type: none"> Leisure physical activity index (PACDPAL) Leisure and transportation physical activity index (PACDLTI)
Pain	<ul style="list-style-type: none"> Classification based on responses to HUP_01 and HUP_03: How does pain impact activity level? (HUPDPAD)
Chronic Conditions	<ul style="list-style-type: none"> Arthritis (CCC_051) Back problems (CCC_061) High blood pressure (CCC_071) COPD (CCC_091) Diabetes (CCC_101) Heart disease (CCC_121) Cancer (CCC_131) Ulcers (CCC_141) Effects of stroke (CCC_151) Urinary incontinence (CCC_161) Bowel disorders (CCC_171) Alzheimer's disease (CCC_181) Mood disorders (CCC_280) Anxiety disorders (CCC_290)

Demographics

Life Expectancy

Definition: Life expectancy is the main measure of the health of a population. Life expectancy at birth is the average number of years a person would be expected to live if current trends remain the same. Infant mortalities affect overall life expectancy.

Life Expectancy in Years, by Year of Birth, Past 10 Years*

Year of Birth	Male		Female	
	PEI	Canada	PEI	Canada
1999	75.2	76.3	80.8	81.7
2000	75.2	76.6	81.7	81.9
2001	75.4	77	81.7	82
2002	75.9	77.2	81.8	82.2
2003	76.4	77.5	81.5	82.3
2004	76.9	77.7	81.8	82.5
2005	77.3	78	82.1	82.8
2006	77.6	78.3	82.7	83
2007	77.5	78.5	82.9	83.1
2008	77.5	78.8	82.8	83.3

*Statistics Canada uses a 3 year rolling average method

Leading Causes of Death

Definition: Ranking the leading causes of death is a valuable way to provide information on current mortality patterns in PEI and Canada. The ten leading causes of death in PEI are found in the table below; Canadian rates for these causes of death are also listed.

Leading Causes of Death, PEI and Canada, 2011

Cause of Death	Mortality Rate (per 100,000 population)	
	PEI	Canada
Malignant neoplasms (cancer)	150.4	154.1
Diseases of heart (heart disease)	106.7	91.0
Cerebrovascular diseases (stroke)	30.3	24.8
Unintentional injuries (accidents)	26.0	24.2
Influenza and pneumonia	24.5	10.4
Chronic lower respiratory diseases	23.8	22.1
Diabetes mellitus (diabetes)	12.5	14.5
Alzheimer's disease	8.7	10.8
Kidney Disease	7.4	6.1
Intentional self-harm (suicide)	6.0	10.1

Age Standardized

Low Birth Weight

Definition: Live births greater than 500 grams and less than 2,500 grams, expressed as a percentage of all live births with a known birth weight greater than 499 grams. Low birth weights are adjusted for borderline viable births, since over time there has been increased registration of live births with birth weight less than 500 grams. The adjustment improves comparability of this indicator over an extended time period.

Proportion of Total Infant Births Classified as Low Birth Weight, Past 10 Years

Year	PEI (%)	Canada (%)
2002	5.3	5.6
2003	3.9	5.8
2004	5.5	5.8
2005	5.3	5.9
2006	4.8	6.0
2007	5.8	5.9
2008	5.1	5.9
2009	6.5	6.0
2010	5.3	6.1
2011	4.5	6.0

Education

Definition: Individuals aged 20 and older, reporting highest level of education obtained. Mutually exclusive categories used are:

- **Less than high school:** no schooling, elementary, or some secondary school
- **High school graduates:** high school graduation certificate, or some college or university
- **Post-secondary graduates:** diploma, certificate, or degree.

Self-Reported Personal Education Level in PEI and Canadian Populations, Age 20+

Year	PEI		Canada	
	%	CI	%	CI
Less than High School				
2001	25.1	23.3-27.0	22.2	21.9-22.6
2003	25.0	22.5-27.8	19.0	18.6-19.3
2005	24.2	21.7-26.8	16.5	16.2-16.8
2007/08	21.2	19.0-23.5	15.6	15.2-15.9
2009/10	19.0	16.4-21.9	14.4	14.1-14.8
2011/12	16.7	14.4-19.2	13.4	13.1-13.8
High School				
2001	25.8	23.9-27.9	28.1	27.7-28.5
2003	23.5	20.8-26.4	26.8	26.3-27.2
2005	21.2	18.6-24.0	24.3	23.9-34.7
2007/08	24.0	21.5-26.7	24.2	23.8-24.7
2009/10	20.8	18.1-23.7	23.7	23.3-24.2
2011/12	21.7	19.0-24.7	23.1	22.6-23.6
Post-secondary				
2001	49.1	46.8-51.3	49.6	49.2-50.1
2003	51.5	48.2-54.7	54.2	53.7-54.7
2005	54.6	51.4-57.8	59.2	58.8-59.7
2007/08	54.8	51.9-57.7	60.2	59.7-60.7
2009/10	60.2	56.7-63.6	61.8	61.3-62.4
2011/12	61.6	58.1-65.0	63.5	62.9-64.1

Self-reported Personal Education Level by Age and Sex, PEI 2011/12

Sex	20-34 yr.		35-49 yr.		50-64 yr.		65+ yr.		Total	
	%	CI	%	CI	%	CI	%	CI	%	CI
Less than High School										
Male	7.7	3.5-16.0	16.3	10.2-25.0	20.7	14.1-29.2	38.5	30.4-47.3	20.0	16.4-24.1
Female	5.2	2.1-12.4	9.8	4.8-19.0	8.4	5.5-12.5	34.6	27.3-42.7	13.6	10.9-16.8
Total	6.5	3.6-11.4	13.1	8.8-18.9	14.4	10.7-19.0	36.4	30.8-42.3		
High School										
Male	39.2	28.8-50.6	17.6	10.9-27.0	19.1	13.2-26.9	15.6	10.1-23.3	22.6	18.6-27.2
Female	32.3	24.0-41.8	10.6	5.7-19.0	23.7	17.3-31.5	16.1	11.1-22.7	20.8	17.3-24.8
Total	35.7	28.9-43.1	14.1	9.7-20.1	21.5	16.9-26.8	15.8	12.0-20.7		
Post-secondary										
Male	53.1	41.9-64.1	66.1	55.4-75.4	60.2	50.1-69.6	45.9	37.3-54.7	57.4	52.1-62.6
Female	62.5	52.8-71.3	79.6	69.3-87.1	68.0	59.5-75.4	49.3	41.1-57.6	65.6	61.0-70.0
Total	57.9	50.4-65.0	72.8	65.6-79.1	64.2	57.7-70.2	47.8	41.8-53.8		

Self-Reported Household Education in PEI and Canadian Populations Aged 20+

Education Level	PEI		Canada	
	%	CI	%	CI
Less than High School				
2007/08	11.9	10.4-13.7	8.1	7.8-8.3
2009/10	9.5	7.8-11.4	7.5	7.3-7.8
2011/12	8.7	7.2-10.4	6.7	6.5-7.0
High School Grad				
2007/08	17.3	15.2-19.7	16.1	15.7-16.5
2009/10	16.9	14.3-20.0	15.8	15.4-16.2
2011/12	15.4	13.1-18.1	14.9	14.4-15.3
Post-secondary Grad				
2007/08	70.7	68.0-73.2	75.8	75.3-76.2
2009/10	73.6	70.3-76.7	76.7	76.2-77.2
2011/12	75.9	72.9-78.7	78.4	78.0-78.9

Income

Definition: Median total household income, by economic family type, 2011 constant dollars, annual, all family types.

**Median Household Income (Dollars),
PEI and Canada**

Year	PEI	Canada
	\$	\$
2000	43,000	52,400
2001	42,100	53,600
2002	44,700	53,300
2003	46,200	53,200
2004	48,100	53,900
2005	47,900	54,700
2006	49,200	56,100
2007	51,600	57,400
2008	53,900	58,100
2009	53,000	57,000
2010	51,900	57,000
2011	50,300	57,000

Unemployment

Definition: Labour force aged 15 and over who did not have a job. The labour force consists of people who are currently employed and people who are unemployed but were available to work and had looked for work.

Proportion of Labour Force Aged 15+ Who are Unemployed, past 10 Years

Year	PEI (%)	Canada (%)
2003	11.1	7.6
2004	11.3	7.2
2005	10.9	6.7
2006	11.0	6.3
2007	10.3	6.0
2008	10.8	6.1
2009	12.1	8.3
2010	11.2	8.0
2011	11.3	8.0
2012	11.3	7.2

Age Standardized

Self-Reported Hours Worked

Question: About how many hours a week do you usually work at your job or business? If you usually work extra hours, paid or unpaid, please include these hours. (Total hours for all work of population ≥15 to 75). Those who did not work in the week prior to the interview have been excluded).

Self-Reported Usual Hours Worked per Week in PEI and Canadian Populations Aged 15+

Hours Worked per Week	PEI		Canada	
	%	CI	%	CI
<30 Hours per Week				
2007/08	17.8	15.2-20.7	16.6	16.2-17.1
2009/10	13.6	11.1-16.7	17.4	16.9-18.0
2011/12	16.0	13.1-19.4	17.6	17.0-18.1
≥30 Hours per Week				
2007/08	82.2	79.3-84.8	83.4	82.9-83.8
2009/10	86.4	83.3-88.9	82.6	82.1-83.1
2011/12	84.0	80.6-86.9	82.4	81.9-83.0
60+ Hours per Week				
2007/08	13.2	10.7-16.0	10.0	9.6-10.3
2009/10	11.2	8.6-14.4	9.5	9.1-9.9
2011/12	14.0	11.1-17.4	10.1	9.6-10.6

Health Status and Determinants

Self-reported Health

Question: “By health, we mean not only the absence of disease or injury but also physical, mental and social well-being....in general, would you say your health is: excellent, very good, good, fair, poor?”

Self-reported Health in PEI and Canadian Populations Aged 12+, 2011/12

Self-Reported Health	PEI		Canada	
	%	CI	%	CI
Excellent/Very Good	59.6	57.1-62.1	61.4	61.1-61.7
Good	29.8	27.4-32.2	28.4	28.1-28.6
Fair/Poor	10.6	9.2-12.1	10.3	10.1-10.4

Age Standardized

Proportion of Population Aged 12+ with Excellent or Very Good Self-reported Health

Year	PEI		Canada	
	%	CI	%	CI
2001	64.9	63.3-66.4	62.7	62.4-62.9
2003	66.0	64.0-68.1	59.8	59.6-60.1
2005	60.9	58.8-63.1	61.5	61.3-61.8
2007/08	60.7	58.6-62.8	60.5	60.2-60.7
2009/10	64.5	62.3-66.8	61.4	61.1-61.6
2011/12	59.6	57.1-62.1	61.4	61.1-61.7

Age Standardized

Proportion of Population with Excellent or Very Good Self-reported Health, by Age and Sex, PEI 2011/12

Sex	12-19 yr.		20-34 yr.		35-49 yr.		50-64 yr.		65+ yr.		Total	
	%	CI	%	CI	%	CI	%	CI	%	CI	%	CI
Male	69.4	57.3-79.3	59.0	47.4-69.6	68.1	56.0-78.1	51.5	40.9-61.9	45.2	36.8-54.0	57.9	52.9-62.7
Female	57.0	43.0-70.0	67.9	58.1-76.3	63.4	51.2-74.1	59.7	50.3-68.5	46.6	38.7-54.7	59.3	54.6-63.9
Total	63.3	54.0-71.8	63.5	55.9-70.4	65.7	57.2-73.3	55.7	48.6-62.5	46.0	40.2-51.9		

Self-reported Mental Health

Question: "In general, would you say your mental health is: excellent, very good, good, fair, or poor?"

Self-reported Mental Health in PEI and Canadian Populations Aged 12+

Self-Reported Mental Health	PEI		Canada	
	%	CI	%	CI
Very Good/ Excellent				
2007/08	74.8	72.3-77.1	74.6	74.1-75.0
2009/10	75.1	72.2-77.8	73.8	73.3-74.5
2011/12	70.9	67.7-74.0	72.2	71.7-72.7
Good				
2007/08	20.7	18.5-23.0	20.5	20.1-20.9
2009/10	19.7	17.2-22.5	21.0	20.6-21.4
2011/12	23.3	20.4-26.4	22.1	21.6-22.6
Fair/Poor				
2007/08	4.5	3.6-5.6	4.9	4.7-5.1
2009/10	5.2	4.1-6.6	5.2	5.0-5.4
2011/12	5.8	4.5-7.6	5.7	5.5-6.0

Proportion of Population with Excellent or Very Good Self-reported Mental Health, by Age and Sex, PEI and Canada 2011/12

Sex	12-19 yr.		20-34 yr.		35-49 yr.		50-64 yr.		65+ yr.	
	%	CI	%	CI	%	CI	%	CI	%	CI
PEI										
Male	83.4	73.0-90.3	74.2	63.7-82.5	76.1	64.6-84.7	68.9	57.3-78.5	65.7	56.6-73.8
Female	68.7	54.6-80.1	72.9	63.2-80.7	77.8	67.6-85.5	66.6	57.1-74.8	58.7	50.3-66.6
Total	76.1	67.3-83.1	73.5	66.6-79.5	77.0	69.5-83.0	67.7	60.4-74.2	61.8	55.7-67.6
Canada										
Total	77.6	76.4-78.7	74.4	73.3-75.4	71.3	70.1-72.4	71.5	69.4-71.6	69.3	68.4-70.2

Fruit and Vegetable Consumption

Definition: The average number of times per day that individuals consume fruit and vegetables.

Proportion of Population Aged 12+ Consuming 5 or More Fruits and Vegetables per Day

Year	PEI		Canada	
	%	CI	%	CI
2001	34.7	33.1-36.3	37.3	37.0-37.6
2003	31.4	29.2-33.5	41.5	41.2-41.8
2005	32.7	30.6-34.9	43.9	43.3-44.4
2007/08	37.5	35.4-39.6	43.9	43.6-44.2
2009/10	36.5	34.1-38.9	44.2	43.9-44.5
2011/12	31.8	29.3-34.3	40.8	40.5-41.1

Age Standardized

Proportion of Population Consuming 5 or More Fruits and Vegetables per Day by Age and Sex, PEI 2011/12

	12-19 yr.		20-34 yr.		35-49 yr.		50-64 yr.		65+ yr.		Total	
	%	CI	%	CI	%	CI	%	CI	%	CI	%	CI
Male	29.2	19.5-41.2	25.5	16.8-36.8	19.1	11.9-29.1	26.6	16.8-39.4	30.9	23.0-40.0	25.6	21.2-30.7
Female	24.3	14.8-37.3	40.9	31.5-51.0	34.2	24.9-45.0	45.7	36.2-55.4	45.2	36.8-53.8	39.6	35.1-44.3
Total	26.8	19.6-35.4	33.5	26.7-41.0	26.6	20.5-33.8	36.4	29.5-43.9	38.8	32.8-45.2		

Self-reported Obesity

Definition: Body Mass Index (BMI) is calculated from the respondent's self-reported weight and height as follows: weight in kilograms divided by height in meters squared. BMI is a common method of determining if an individual's weight is in a healthy range based on their height. Pregnant women are excluded. International standards for interpreting the index are:

- *Underweight* *BMI < 18.5*
- *acceptable weight* *BMI = 18.5 to 24.9*
- *overweight* *BMI = 25 to 29.9*
- *obese* *BMI ≥ 30*

Self-Reported BMI Category in PEI and Canadian Populations Aged 18+

Year	PEI		Canada	
	%	CI	%	CI
Acceptable				
2003	38.3	35.2-41.4	47.8	47.3-48.3
2005	38.5	35.5-41.7	47.2	46.7-47.6
2007/08	38.5	35.7-41.4	46.3	45.8-46.8
2009/10	40.8	37.3-44.3	45.5	44.9-46.0
2011/12	39.2	35.5-43.0	45.3	44.7-45.9
Overweight				
2003	38.4	35.3-41.7	34.1	33.7-34.6
2005	37.4	34.4-40.5	34.2	33.8-34.7
2007/08	36.5	33.6-39.4	33.9	33.5-34.4
2009/10	36.0	32.7-39.5	34.0	33.4-34.5
2011/12	34.9	31.4-38.5	33.8	33.2-34.4
Obese				
2003	21.5	19.0-24.3	15.4	15.0-15.7
2005	23.0	20.5-25.8	15.8	15.5-16.2
2007/08	23.7	21.2-26.5	17.1	16.7-17.5
2009/10	21.7	18.8-24.8	18.1	17.7-18.5
2011/12	24.7	21.7-28.0	18.4	18.0-18.9

Proportion of Population Self-Reporting Overweight or Obese by Age and Sex, PEI 2011/12

Sex	18-34 yr.		35-49 yr.		50-64 yr.		65 + yr.		Total	
	%	CI	%	CI	%	CI	%	CI	%	CI
Male	56.9	45.9-67.2	72.2	61.3-80.9	75.8	65.8-83.5	74.5	66.0-81.4	69.9	64.7-74.7
Female	33.1	25.1-42.2	48.9	37.3-60.7	54.4	44.3-64.2	62.3	54.0-70.1	49.7	44.6-54.8
Total	45.1	38.1-52.2	60.7	52.2-68.6	64.9	57.4-71.7	67.9	62.0-73.3		

Self-reported Childhood Obesity

Self-Reported BMI Category in PEI and Canadian Populations Ages 12-17 years

Year	PEI		Canada	
	%	CI	%	CI
Neither Overweight nor Obese				
2005	77.8	70.7-83.6	80.5	79.4-81.5
2007/08	75.8	67.9-82.3	80.8	79.5-81.9
2009/10	78.1	68.6-85.4	79.9	78.7-81.1
2011/12	72.6	62.0-81.2	78.9	77.4-80.3
Overweight				
2005	16.9	11.8-23.7	14.6	13.7-15.6
2007/08	18.2	12.5-25.7	14.6	13.6-15.7
2009/10	14.5	8.3-24.1	15.2	14.1-16.4
2011/12	19.7	12.2-30.1	16.3	15.0-17.7
Obese				
2005	5.3	2.9-9.2	4.9	4.3-5.5
2007/08	6.0	3.3-10.6	4.6	4.0-5.4
2009/10	6.4	3.4-11.9	4.4	3.8-4.9
2011/12	7.7	3.9-14.7	4.9	4.2-5.6

Physical Activity

Definition: Population aged 12 and over reporting level of physical activity, based on their responses to questions about the type of activity, frequency and duration of their participation in leisure-time physical activity. Intensity of each activity was assigned a value for the metabolic energy demand. Categories of physical activity used are:

- *Active: average 3.0 or more kcal/kg/day of energy expenditure. This amount of exercise is required for cardiovascular health benefit*
- *Moderate: average 1.5 - 2.9 kcal/kg/day of energy expenditure. This amount of exercise may produce some health benefits, but little cardiovascular benefit*
- *Inactive: average below 1.5 kcal/kg/day of energy expenditure*

Self-Reported Physical Activity Levels in PEI and Canadian Populations Aged 12+

Year	PEI		Canada	
	%	CI	%	CI
Inactive				
2001	53.0	51.4-54.7	52.8	52.5-53.1
2003	54.3	52.1-56.5	47.4	47.2-47.7
2005	54.6	52.3-56.8	47.2	46.9-47.5
2007/08	51.1	48.9-53.2	48.3	48.0-48.6
2009/10	48.2	45.8-50.7	46.3	46.0-46.6
2011/12	48.0	45.4-50.6	44.6	44.3-44.9
Moderate				
2001	23.1	21.6-24.5	23.6	23.4-23.9
2003	21.9	20.0-23.8	25.0	24.8-25.3
2005	23.0	21.1-25.0	25.2	24.9-25.4
2007/08	23.2	21.4-25.1	24.7	24.5-25.0
2009/10	27.1	24.9-29.3	25.0	24.7-25.3
2011/12	21.3	19.2-23.4	25.2	24.9-25.4
Active				
2001	23.9	22.5-25.3	23.5	23.3-23.8
2003	23.8	21.9-25.7	27.5	27.3-27.8
2005	22.3	20.5-24.2	27.6	27.4-27.9
2007/08	25.7	23.8-27.5	26.9	26.7-27.2
2009/10	24.6	22.5-26.7	28.7	28.4-28.9
2011/12	30.7	28.3-33.1	30.3	30.0-30.5

Age Standardized

Proportion of Population Reporting Physical Inactivity by Age and Sex, PEI 2011/12

Sex	12-19 yr.		20-34 yr.		35-49 yr.		50-64 yr.		65+ yr.		Total	
	%	CI	%	CI	%	CI	%	CI	%	CI	%	CI
Male	29.5	19.5-42.0	40.1	29.6-51.7	48.8	37.5-60.2	54.1	43.3-64.6	61.1	52.4-69.2	48.1	43.0-53.3
Female	27.6	16.9-41.7	41.0	31.8-50.8	55.9	44.7-66.6	54.3	44.7-63.6	62.3	53.7-70.2	50.4	45.7-55.2
Total	28.5	20.9-37.7	40.6	33.4-48.1	52.4	44.4-60.4	54.2	47.0-61.3	61.8	55.7-67.5		

Alcohol Use

Definition: A drink was defined to respondents as: one bottle or can of beer or glass of draft; one glass of wine or a wine cooler; one cocktail with 1 ½ ounces of liquor.

Heavy drinking: Population aged 12 and over who are current drinkers and who reported drinking 5 or more drinks per occasion, at least 12 times in the past 12 months.

Frequency of Drinking 5+ Drinks per Occasion in Past 12 Months In PEI and Canada, Aged 12+

Year	PEI		Canada	
	%	CI	%	CI
Never				
2001	53.8	51.8-55.8	56.7	56.4-57.0
2003	48.6	45.6-51.5	53.6	53.3-53.9
2005	47.2	44.0-50.3	51.3	51.0-51.6
2007/08	47.0	44.8-49.2	52.4	52.1-52.7
2009/10	43.9	41.1-46.6	50.5	50.1-50.8
2011/12	43.1	40.1-46.1	48.9	48.5-49.2
< 12 Times				
2001	23.1	21.5-24.7	23.4	23.2-23.8
2003	26.0	23.4-28.6	25.3	25.0-25.8
2005	28.0	24.9-31.1	26.4	26.1-26.7
2007/08	28.2	26.0-30.4	25.7	25.4-26.0
2009/10	30.0	27.2-32.7	26.9	26.5-27.2
2011/12	30.4	27.3-33.5	27.0	26.6-27.3
≥ 12 Times				
2001	23.1	21.6-24.9	19.8	19.6-20.1
2003	25.4	22.9-28.0	21.1	20.9-21.4
2005	24.8	22.6-27.0	22.2	22.0-22.5
2007/08	24.7	22.6-26.8	21.9	21.7-22.2
2009/10	26.2	23.7-28.6	22.7	22.4-23.0
2011/12	26.5	24.0-29.0	24.2	23.9-24.4

Age Standardized

Proportion of Current Drinkers Reporting Heavy Drinking by Age and Sex, PEI 2011/12

Sex	12-19 yr.		20-34 yr.		35-49 yr.		50-64 yr.		65+ yr.		Total	
	%	CI	%	CI	%	CI	%	CI	%	CI	%	CI
Male	41.0	24.3-60.2	52.3	41.0-63.7	27.4	18.5-38.5	32.7	22.8-44.6	26.1	17.3-37.4	35.8	30.4-41.2
Female	36.4	20.6-55.7	35.3	26.0-45.8	15.2	6.6-31.3	7.6	3.6-15.2	6.7	2.8-15.0	17.8	13.7-22.0
Total	38.8	26.6-52.5	43.8	36.1-51.8	21.1	14.5-29.8	19.3	13.8-26.4	16.0	10.9-22.8		

Smoking

Definition: Population aged 12 and over who reported being either a smoker (daily or occasional) or a non-smoker (former or never smoked). A series of questions on frequency and amount smoked is used to create the following smoking status categories: daily smoker, occasional smoker, former smoker, never smoked.

Self-Reported Daily Smoking in PEI and Canadian Populations Aged 12+

Year	Source	PEI		Canada	
		%	CI	%	CI
1995‡	NPHS	27.2	24.1-30.4	24.3	23.2-25.1
1997‡	NPHS	26.7	23.2-30.2	23.6	22.9-24.2
1999‡	NPHS	27.7	24.4-31.0	22.8	22.0-23.7
2001	CCHS	24.5	22.5-26.5	21.5	21.1-21.8
2003*	CCHS	20.3	18.0-22.7	17.9	17.6-18.2
2005*	CCHS	17.6	15.4-19.9	16.6	16.3-16.9
2007/08*	CCHS	17.1	15.1-19.3	17.0	16.7-17.4
2009/10*	CCHS	16.9	14.5-19.7	15.5	15.2-15.9
2011/12*	CCHS	18.2	15.6-21.1	15.1	14.8-15.5

‡Statistics Canada. (2010). National Population Health Survey – 1994-1995, 1996-1997, 1998-1999.

Available from: http://www4.statcan.gc.ca/health-sante/fbs-rpe/fbs_rpe_r-eng.aspx

*2003, 2005, and 2007/08, 2009/10 and 2011/12 rates are calculated excluding non-response categories

Proportion of Population who Report Daily Smoking by Age and Sex, PEI 2011/12

Sex	12-19 yr.		20-34 yr.		35-49 yr.		50-64 yr.		65+ yr.		Total	
	%	CI	%	CI	%	CI	%	CI	%	CI	%	CI
Male	6.1	2.2-15.9	33.0	23.1-44.7	23.6	15.3-34.6	15.3	10.1-22.6	15.5	9.9-23.4	19.5	15.9-23.8
Female	5.8	1.9-16.3	24.3	16.4-34.4	28.1	17.7-41.6	14.5	9.5-21.5	7.0	4.3-11.2	16.9	13.3-21.2
Total	6.0	2.8-12.2	28.6	22.0-36.2	25.9	18.8-34.4	14.9	11.1-19.7	10.9	7.8-15.1		

Exposure to Environmental Tobacco Smoke

Questions: “Including both household members and regular visitors, does anyone smoke inside your home, every day or almost every day? In the past month, were you exposed to second-hand smoke, every day or almost every day, in a car or other private vehicle? In the past month were you exposed to second hand smoke every day or almost every day, in public places (such as bars, restaurants, shopping malls, arenas, bingo halls, bowling alleys)?”

Self-Reported Exposure to Environmental Tobacco Smoke Among Non-Smokers Aged 12+ in PEI and Canada

Year	PEI		Canada	
	%	CI	%	CI
Home				
2007/08	14.8	12.8-17.1	13.1	12.8-13.4
2009/10	9.6	7.9-11.6	11.1	10.8-11.5
2011/12	11.5	9.3-14.2	9.4	9.1-9.8
Car				
2003	13.5	11.2-16.1	10.1	9.8-10.4
2005	12.0	10.1-14.2	8.4	8.2-8.6
2007/08	9.6	7.9-11.6	7.9	7.6-8.2
2009/10	6.8	5.3-8.7	7.0	6.7-7.3
2011/12	9.3	7.2-11.8	6.4	6.1-6.6
Public Place				
2003	13.0	10.9-15.4	19.6	19.2-20.1
2005	5.7	4.4-7.3	15.5	15.3-15.8
2007/08	6.4	5.1-7.8	10.6	10.2-10.9
2009/10	6.2	4.8-7.9	10.5	10.2-10.9
2011/12	10.5	8.3-13.1	12.8	12.4-13.3

Self-Reported Exposure to Environmental Tobacco Smoke among Non-Smokers, by Age and Sex, PEI 2011/12

Sex	12-19 yr.		20-34 yr.		35-49 yr.		50-64 yr.		65+ yr.		Total	
	%	CI	%	CI	%	CI	%	CI	%	CI	%	CI
Home												
Male	17.7	10.7-27.8	17.6	9.9-29.3	9.4	3.9-20.9	16.6	8.7-29.4	5.0	2.5-9.9	13.4	9.8-18.1
Female	18.1	10.3-29.8	13.6	8.0-22.2	6.2	2.9-13.0	8.6	5.0-14.5	6.4	3.1-12.5	9.8	7.5-12.7
Total	17.9	12.3-25.2	15.5	10.5-22.4	7.8	4.2-13.8	12.5	7.8-19.2	5.8	3.5-9.4		
Car												
Male	15.6	8.0-28.2	5.2	2.2-11.5	11.5	4.4-26.9	10.8	5.6-19.8	1.5	0.5-4.3	9.7	6.1-13.3
Female	21.2	11.6-35.6	11.8	6.3-21.1	5.6	2.3-13.1	7.0	3.4-14.0	6.8	2.8-15.5	9.4	6.8-12.9
Total	18.4	11.8-27.5	8.8	5.2-14.4	8.6	4.2-16.8	8.8	5.4-14.1	4.5	2.1-9.5		
Public Place												
Male	15.4	8.7-25.9	13.5	7.3-23.7	17.4	8.8-31.5	12.3	5.8-24.1	3.1	1.2-7.7	12.4	8.8-17.0
Female	20.1	11.4-33.0	13.5	7.8-22.4	6.1	2.5-14.1	7.7	4.2-14.0	1.8	0.7-4.6	8.8	6.5-11.8
Total	17.7	11.9-25.6	13.5	9.0-19.8	11.9	6.8-20.0	9.9	5.9-16.1	2.3	1.2-4.5		

Changes to Improve Health

Questions: “Is there anything you intend to do to improve your physical health in the next year? If yes, what is that?.....Start or increase exercise, sports, physical activity; lose weight; change diet/improve eating habits; quit smoking/reduce amount smoked/ drink less alcohol/ reduce stress level; receive medical treatment; take vitamins; other”.

Self-Reported Intent to Improve Health in the Next Year in PEI Population Aged 15+

Intended Change	2011/12		2009/10		2007/08		2003	
	%	CI	%	CI	%	%	%	CI
Intend to do Something	61.0	57.5-64.3	57.9	54.5-61.1	51.9	49.0-54.7	50.1	47.0-53.2
More exercise	71.5	67.3-75.4	66.4	61.7-70.8	64.0	59.8-67.9	61.1	56.7-65.3
Improve eating habits	25.7	21.6-31.3	21.1	17.4-25.2	17.8	15.0-21.0	15.6	12.9-18.8
Lose weight	11.4	8.9-14.6	11.7	8.9-15.1	15.6	12.6-19.1	16.3	13.2-20.0
Reduce/quit smoking	8.9	6.6-11.9	11.3	8.3-15.1	12.4	9.7-15.7	16.1	13.2-19.5
Reduce stress	3.3	1.9-5.5	1.0	0.5-1.7	3.4	2.1-5.4	1.3	0.6-2.7
Other*	6.3	4.5-8.7	5.2	3.4-7.8	7.1	5.2-9.4	6.7	4.8-9.4

*Other includes: take vitamins, drink less alcohol, receive medical treatment, manage stress, other

Proportion of Population Aged 15+ Reporting Any Intent to Improve Their Health in the Next Year, by age and sex, PEI 2011/12

Sex	15-19 yr.		20-34 yr.		35-49 yr.		50-64 yr.		65+ yr.		Total	
	%	CI	%	CI	%	CI	%	CI	%	CI	%	CI
Male	55.4	40.1-69.6	59.7	48.2-70.3	62.3	51.3-72.2	58.5	47.7-68.6	40.4	31.7-49.7	56.4	51.2-61.5
Female	79.5	64.1-89.5	72.1	62.8-79.8	70.3	59.9-78.9	66.2	56.9-74.4	45.0	36.8-53.4	65.3	60.7-69.6
Total	66.7	55.5-76.2	66.1	58.7-72.8	66.3	58.9-73.1	62.5	55.4-69.1	42.9	36.9-49.2		

Sense of Belonging

Question: "How would you describe your sense of belonging to your local community? Very strong, somewhat strong, somewhat weak, or very weak?"

Self-Reported Sense of Belonging to a Local Community in PEI and Canadian Populations Aged 12+

Self-Reported Sense of Belonging	PEI		Canada	
	%	CI	%	CI
Very or Somewhat Strong				
2007/08	72.2	70.3-74.2	64.5	64.2-64.8
2009/10	71.4	69.2-73.6	63.3	65.1-65.6
2011/12	73.2	70.9-75.6	65.2	64.9-65.5
Very or Somewhat Weak				
2007/08	27.7	25.8-29.7	35.5	35.2-35.8
2009/10	28.6	26.4-30.8	34.7	34.4-34.9
2011/12	26.8	24.4-29.1	34.8	34.5-35.1

Age Standardized

Proportion of Population who Report a Very or Somewhat Strong Sense of Belonging to a Local Community, by Age and Sex, PEI 2011/12

Sex	12-19 yr.		20-34 yr.		35-49 yr.		50-64 yr.		65+ yr.		Total	
	%	CI	%	CI	%	CI	%	CI	%	CI	%	CI
Male	77.3	66.1-85.6	57.5	45.9-68.4	74.8	63.1-83.7	86.3	79.8-90.9	82.4	73.7-88.6	76.1	74.5-80.1
Female	78.3	65.5-87.3	67.5	57.9-75.8	69.8	57.3-80.0	73.0	63.9-80.6	79.1	71.0-85.5	73.0	68.4-77.1
Total	77.8	70.0-84.3	62.6	55.0-69.6	72.3	63.8-79.4	79.4	73.7-84.2	80.6	74.9-85.3		

Common and Chronic Conditions

Chronic Conditions

Definition: Population aged 12 and over who report that they have been diagnosed by a health professional as having a chronic condition.

- *Arthritis: excludes fibromyalgia*
- *Asthma*
- *Heart and Stroke: includes heart disease and stroke, excludes high blood pressure*
- *Diabetes: includes all types of diabetes*
- *Cancer: includes all types of cancer*

Proportion of Population Aged 12+ Reporting a Chronic Condition

Year	PEI		Canada	
	%	CI	%	CI
Arthritis				
2001	16.5	15.4-17.6	14.3	14.1-14.4
2003	18.3	16.8-19.8	15.2	15.0-15.3
2005	17.5	16.2-18.9	14.6	14.4-14.8
2007/08	15.8	14.5-17.2	14.1	13.9-14.3
2009/10	15.1	13.7-16.5	13.8	13.6-14.0
2011/12	16.1	14.6-17.6	13.9	13.7-14.1
Heart and Stroke				
2001	5.0	4.3-5.6	5.3	5.2-5.4
2003	4.9	4.1-5.8	5.2	5.1-5.3
2005	6.3	5.4-7.2	4.9	4.8-5.0
2007/08	5.4	4.6-6.2	5.1	5.0-5.3
2009/10	5.3	4.4-6.2	5.1	5.0-5.2
2011/12	5.3	4.4-6.2	5.0	4.9-5.1
Cancer				
2001	1.6	1.2-2.0	1.6	1.6-1.7
2003	1.2	0.8-1.6	1.5	1.4-1.6
2005	1.4	0.9-1.9	1.2	1.2-1.3
2007/08	2.4	1.8-3.1	1.7	1.6-1.8
2009/10	1.8	1.2-2.4	1.7	1.6-1.8
2011/12	2.8	2.0-3.5	2.0	1.9-2.0
Any of Arthritis, Asthma, Heart/Stroke, Diabetes or Cancer				
2003	30.0	28.2-31.9	27.2	27.0-27.4
2005	30.0	28.3-31.8	26.5	26.3-26.7
2007/08	29.8	28.0-31.6	26.8	26.6-27.0
2009/10	30.0	27.9-32.0	27.6	27.4-27.8
2011/12	31.4	29.2-33.7	28.2	27.9-28.4

Age Standardized

Proportion of Population Aged 12+ Reporting a Chronic Condition, by Age, PEI and Canada 2011/12

	12-19 yr.		20-34 yr.		35-49 yr.		50-64 yr.		65 + yr.	
	%	CI	%	CI	%	CI	%	CI	%	CI
PEI	17.6	11.7-25.6	15.0	10.0-21.7	25.5	18.6-33.8	41.6	34.8-48.8	69.1	63.6-74.1
Canada	15.6	14.6-16.8	13.1	12.3-13.9	19.7	18.7-20.7	39.6	38.5-40.8	64.8	63.9-65.7

Cancer

Cancer incidence, or the number of new cases of cancer diagnosed in a given year, is a useful way to gauge the impact of different types of cancer in a population. It is expressed as a rate per 100,000 population.

Overall Cancer Incidence Rate per 100,000 Population by Sex, Past 10 Years

Year	Male		Female	
	PEI	Canada	PEI	Canada
2004	529.0	466.3	371.5	354.1
2005	521.1	465.3	363.8	360.9
2006	551.5	464.9	331.3	361.0
2007	568.6	463.8	387.5	362.0
2008	499.0	466.0	376.5	364.1
2009	512.7	458.8	327.7	363.6
2010	455.0	467.0	386.0	365.0
2011 f	543.0	456.4	396.0	369.0
2012 f	528.0	456.0	337.0	368.0
2013 f	490.0	437.0	344.0	371.0

Age Standardized

f Forecasted

Incidence Rates of Prostate, Breast, Lung and Colorectal Cancer per 100,000 Population, PEI (2010) and Canada (2007)

Sex	Prostate		Breast		Lung		Colorectal	
	PEI	Canada	PEI	Canada	PEI	Canada	PEI	Canada
Male	131	126	-	-	82	69	56	61
Female	-	-	115	99	45	48	38	41

Age Standardized

Diabetes

Diabetes mellitus is a chronic condition that stems from the body's inability to produce and/or properly use insulin. The body needs insulin to use sugar as an energy source. This data is produced using the Canadian Chronic Disease Surveillance System and prevalent cases meet a validated case definition using administrative health data. Data for Canada for 2009 and 2010 are unavailable at this time.

Prevalence of Diabetes, PEI and Canada, Age 1+

Year	PEI		Canada	
	%	CI	%	CI
2000	3.8	3.7-3.9	3.8	3.8-3.8
2001	4.1	4.0-4.2	4.1	4.1-4.1
2002	4.4	4.3-4.5	4.3	4.3-4.3
2003	4.6	4.5-4.7	4.5	4.5-4.5
2004	4.8	4.7-4.9	4.8	4.7-4.8
2005	5.0	4.9-5.1	5.0	5.0-5.0
2006	5.2	5.1-5.3	5.2	5.2-5.2
2007	5.3	5.2-5.5	5.4	5.4-5.4
2008	5.5	5.4-5.6	5.6	5.6-5.6
2009	5.6	5.5-5.7		
2010	5.7	5.6-5.8		

Age Standardized

Prevalence of Diabetes by Sex, PEI, Aged 20+

Year	Male		Female	
	%	CI	%	CI
2000	5.8	5.6-6.0	4.4	4.2-4.6
2001	6.2	6.0-6.4	4.7	4.6-4.6
2002	6.6	6.4-6.8	5.1	4.9-5.2
2003	7.0	6.8-7.2	5.3	5.1-5.5
2004	7.3	7.1-7.5	5.5	5.3-5.7
2005	7.5	7.3-7.7	5.8	5.6-5.9
2006	7.8	7.6-8.1	6.0	5.8-6.2
2007	8.0	7.8-8.2	6.2	6.0-6.4
2008	8.2	8.0-8.4	6.3	6.1-6.5
2009	8.4	8.2-8.7	6.4	6.2-6.6
2010	8.6	8.4-8.9	6.5	6.4-6.7

Age Standardized

Hypertension

Blood pressure is a force exerted by circulating blood on the walls of blood vessels. This force is necessary to make blood flow throughout the body. High blood pressure, also called hypertension, means there is too much pressure in the arteries. Data for Canada for 2009 and 2010 are unavailable at this time.

Prevalence of Hypertension, PEI and Canada, Ages 20+

Year	PEI		Canada	
	%	CI	%	CI
2000	16.1	15.9-16.4		
2001	17.2	16.9-17.4	16.2	16.2-16.2
2002	18.0	17.7-18.2	17.1	17.1-17.1
2003	18.6	18.4-18.9	17.9	17.9-17.9
2004	19.4	19.1-19.6	18.5	18.5-18.5
2005	19.8	19.6-20.1	19.1	19.1-19.1
2006	20.2	20.0-20.5	19.6	19.6-19.6
2007	20.4	20.2-20.7	19.6	19.6-19.6
2008	20.7	20.5-20.9	19.8	19.8-19.8
2009	20.8	20.6-21.1		
2010	20.9	20.7-21.1		

Age Standardized

Prevalence of Hypertension by Sex, PEI, Aged 20+

Year	Male		Female	
	%	CI	%	CI
2000	14.7	14.3-15.0	17.3	17.0-17.7
2001	15.7	15.4-16.1	18.4	18.0-18.7
2002	16.5	16.2-16.9	19.2	18.8-19.5
2003	17.3	17.0-17.7	19.7	19.4-20.0
2004	18.1	17.8-18.5	20.4	20.0-20.7
2005	18.8	18.4-19.1	20.8	20.4-21.1
2006	19.3	19.0-19.7	21.0	20.6-21.3
2007	19.7	19.3-20.0	21.0	20.7-21.4
2008	20.2	19.8-20.5	21.1	20.8-21.5
2009	20.4	20.1-20.8	21.1	20.8-21.5
2010	20.7	20.4-21.1	21.0	20.7-21.3

Age Standardized

Asthma

Asthma is a chronic disease affecting many adults and children in PEI. Asthma is the result of hyper-responsive airways leading to chronic airway inflammation and an abnormal reduction of the airway size. The disease is characterized by repeated episodes of wheezing, shortness of breath, chest tightening, and coughing, often worse at night or in the morning. The reduction in airflow responsible for these symptoms is often reversible spontaneously or with treatment. Data for Canada are unavailable at this time.

Prevalence of Asthma, PEI

Year	PEI	
	%	CI
2000	7.4	7.3-7.5
2001	8.0	7.8-8.1
2002	8.5	8.3-8.6
2003	8.9	8.7-9.1
2004	9.3	9.1-9.5
2005	9.8	9.6-10.0
2006	10.1	9.9-10.3
2007	10.3	10.1-10.5
2008	10.5	10.4-10.7
2009	10.8	10.6-11.0
2010	11.1	10.9-11.3

Age Standardized

Prevalence of Asthma by Age and Sex, PEI, 2010

Age (years)	Male		Female		Total	
	%	CI	%	CI	%	CI
1-4	10.8	9.7-12.0	6.3	5.5-7.2	8.5	7.8-9.3
5-9	20.1	18.7-21.5	13.0	11.9-14.2	16.5	15.7-17.5
10-14	27.2	25.7-28.7	18.7	17.4-20.1	23.1	22.1-24.1
15-19	25.6	24.2-27.0	19.0	17.8-20.2	22.4	21.5-23.3
20-24	18.0	16.9-19.2	15.2	14.2-16.3	16.6	15.9-17.4
25-29	10.2	9.3-11.2	12.2	11.2-13.3	11.2	10.6-11.9
30-34	7.1	6.4-8.0	10.0	9.1-10.9	8.6	8.0-9.2
35-39	5.4	4.7-6.1	8.5	7.7-9.4	7.0	6.4-7.5
40-44	4.8	4.2-5.5	7.5	6.7-8.2	6.2	5.7-6.7
45-49	4.4	3.9-5.0	8.0	7.3-8.7	6.2	5.8-6.7
50-54	4.6	4.0-5.2	8.9	8.1-9.6	6.8	6.3-7.3
55-59	4.7	4.1-5.3	8.6	7.9-9.4	6.7	6.2-7.2
60-64	5.5	4.9-6.2	8.8	8.1-9.7	7.2	6.7-7.7
65-69	5.5	4.8-6.4	9.9	8.9-11.0	7.8	7.1-8.4
70-74	6.1	5.2-7.1	9.6	8.5-10.8	7.9	7.2-8.7
75-79	7.8	6.6-9.1	10.0	8.8-11.4	9.0	8.1-9.9
80-84	9.6	8.0-11.4	8.4	7.1-9.8	8.9	7.9-10.0
85+	10.2	8.4-12.3	9.1	8.0-10.4	9.5	8.5-10.5

Chronic Obstructive Pulmonary Disease (COPD)

Chronic Obstructive Pulmonary Disease or COPD is a term for multiple chronic respiratory diseases that include chronic bronchitis and emphysema. Most people with COPD have both conditions resulting in a chronic cough with mucus from the chronic bronchitis and progressive destruction of the lungs with shortness of breath from the emphysema. Data for Canada are unavailable at this time.

Prevalence of COPD by Sex Aged 35+, PEI, 2000-2010

Year	Male		Female		Total	
	%	CI	%	CI	%	CI
2000	5.9	5.6-6.2	4.4	4.2-4.6	5.0	4.8-5.1
2001	6.3	6.2-6.5	4.7	4.5-4.9	5.3	5.1-5.5
2002	6.5	6.2-6.8	5.0	4.8-5.2	5.6	5.4-5.8
2003	6.7	6.4-6.9	5.3	5.1-5.5	5.8	5.7-6.0
2004	6.7	6.4-6.9	5.6	5.4-5.8	6.0	5.8-6.2
2005	6.8	6.5-7.1	5.8	5.5-6.0	6.2	6.0-6.3
2006	6.9	6.7-7.2	5.9	5.7-6.1	6.3	6.1-6.5
2007	6.9	6.6-7.1	5.9	5.7-6.2	6.3	6.1-6.5
2008	7.1	6.9-7.4	6.3	6.1-6.6	6.6	6.5-6.8
2009	7.4	7.2-7.7	6.6	6.4-6.8	6.9	6.8-7.1
2010	7.8	7.5-8.0	7.0	6.8-7.2	7.3	7.0-7.5

Mental Health Conditions

Mental Health Conditions: any mental health condition diagnosed in the years 2000 to 2010 using the omnibus definition from the CCDSS and includes developmental conditions as well as episodic ones.

Prevalence of Mental Health Conditions, PEI

Year	Male		Female		Total	
	%	CI	%	CI	%	CI
2000	11.2	10.9-11.4	14.6	14.3-14.9	12.9	12.7-13.1
2001	11.5	11.2-11.7	15.0	14.7-15.3	13.3	13.1-13.5
2002	11.9	11.6-12.1	15.4	15.1-15.7	13.7	13.5-13.9
2003	12.2	12.0-12.5	15.5	15.3-15.8	13.9	13.7-14.1
2004	11.9	11.7-12.2	15.4	15.1-15.7	13.7	13.5-13.9
2005	11.5	11.3-11.8	15.0	14.7-15.2	13.3	13.1-13.5
2006	11.4	11.2-11.7	14.5	14.3-14.8	13.0	12.8-13.2
2007	11.7	11.5-12.0	15.0	14.7-15.2	13.4	13.2-13.6
2008	12.6	12.4-12.9	16.3	16.1-16.6	14.5	14.3-14.7
2009	12.9	12.7-13.2	16.3	16.0-16.6	14.7	14.5-14.9
2010	13.4	13.2-13.7	16.7	16.4-17.0	15.1	14.9-15.3

Age-specific Prevalence of Mental Health Conditions, PEI, 2010

	Male	Female	Total
	%	%	%
< 1	2.2	1.6	1.9
1-4	6.0	3.4	4.7
5-9	11.0	5.3	8.2
10-14	12.5	7.3	10.0
15-19	11.8	13.9	12.8
20-24	12.6	17.5	15.1
25-29	12.3	18.5	15.4
30-34	13.8	21.2	17.6
35-39	13.9	20.9	17.5
40-44	14.0	20.8	17.4
45-49	15.3	20.2	17.8
50-54	15.4	21.1	18.3
55-59	16.7	21.3	19.0
60-64	16.2	19.6	17.9
65-69	16.1	18.9	17.5
70-74	15.4	19.4	17.4
75-79	17.6	20.5	19.2
80-84	21.2	26.2	24.1
85 +	26.1	30.9	29.4

Communicable Diseases

Enteric, Food and Waterborne Diseases

Number of Cases and Rate per 100,000 Population, PEI 2004-2013

	2004		2005		2006		2007		2008		2009		2010		2011		2012		2013	
	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate
Amoebiasis	0	0.0	0	0.0	1	0.7	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Botulism	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Campylobacteriosis	26	18.9	27	19.6	28	20.3	32	23.2	42	30.3	35	25.0	36	25.4	37	25.7	52	35.8	42	28.9
Cholera	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Cryptosporidiosis	3	2.2	2	1.4	0	0.0	0	0.0	4	2.9	6	4.3	5	3.5	1	0.7	6	4.1	7	4.8
Cyclosporiasis	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Giardiasis	4	2.9	9	6.5	7	5.8	9	6.5	8	5.8	16	11.4	11	7.8	16	11.1	14	9.6	7	4.8
Hepatitis A	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	2	1.4	1	0.7	1	0.7	2	1.4	0	0.0
Listeriosis	0	0.0	1	0.7	0	0.0	0	0.0	1	0.7	1	0.7	0	0.0	0	0.0	0	0.0	1	0.7
Norovirus ‡													44	31.1	29	20.1	90	62.0	88	60.6
Paralytic shellfish Poisoning															0	0.0	0	0.0	0	0.0
Salmonellosis	17	12.3	20	14.5	30	21.8	21	15.2	23	16.6	16	11.4	34	24.0	22	15.3	29	20.0	20	13.8
Shigellosis	0	0.0	5	3.6	1	0.7	0	0.0	2	1.4	0	0.0	3	2.1	0	0.0	2	1.4	1	0.7
Typhoid													1	0.7	0	0.0	0	0.0	0	0.0
Verotoxic <i>Escherichia coli</i>	6	4.4	3	2.2	5	3.6	14	10.2	2	1.4	9	6.4	2	1.4	16	11.1	12	8.3	5	3.4
<i>Vibrio parahaemolyticus</i>	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	3	2.1	1	0.7
Yersiniosis	0	0.0	1	0.7	1	0.7	1	0.7	1	0.7	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0

‡ Outbreaks of Norovirus – 2 in 2011, 12 in 2012, 6 in 2013

Diseases Transmitted by Respiratory Routes

Number of Cases and Rate per 100,000 Population, PEI 2004-2013

	2004		2005		2006		2007		2008		2009		2010		2011		2012		2013	
	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate
Hantavirus	-	-	-	-	-	-	-	-	-	-	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Invasive Group A Streptococcal Disease	1	0.7	0	0.0	4	2.9	8	5.8	5	3.6	2	1.4	5	3.5	8	5.	4	2.8	2	1.4
Invasive Meningococcal Disease	0	0.0	0	0.0	1	0.7	1	0.7	0	0.0	2	1.4	0	0.0	1	0.7	1	0.7	0	0.0
Invasive Pneumococcal Disease	-	-	-	-	-	-	-	-	-	-	14	10.0	12	8.5	10	6.9	27	18.6	15	10.3
Influenza*	-	-	-	-	-	-	-	-	-	-	140	100.7	1	0.7	109	75.7	78	53.7	100	68.9
Legionellosis													0	0.0	0	0.0	0	0.0	0	0.0
Leprosy	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Tuberculosis	1	0.7	1	0.7	0	0.0	0	0.0	0	0.0	1	0.7	1	0.7	3	2.1	1	0.7	0	0.0

* Influenza is reported here based on calendar year, but data is collected based on Flu season (begins in August)

Diseases Spread by Direct Contact or Through the Provision of Health Care

Number of Cases and Rate per 100,000 Population, PEI 2004-2013

	2004		2005		2006		2007		2008		2009		2010		2011		2012		2013	
	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate
Creutzfeld Jacob Disease, Classic	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Creutzfeld Jacob Disease, Variant	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Group B Streptococcal Disease of the Newborn	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Herpes (Neonatal)	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0

Diseases Preventable by Routine Vaccination**Number of Cases and Rate per 100,000 Population, PEI 2004-2013**

	2004		2005		2006		2007		2008		2009		2010		2011		2012		2013	
	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate
Poliomyelitis	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Diphtheria	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Invasive <i>Haemophilus influenzae</i> , Serotype B	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	2	1.4	0	0.0	0	0.0
Invasive <i>Haemophilus influenzae</i> , Non B (non vaccine preventable)	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	2	1.4
Hepatitis B	7	5.1	7	5.1	3	2.2	6	4.4	3	2.2	9	6.4	6	4.2	8	5.6	15	10.3	12	8.3
Measles	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	2	1.4
Mumps					0	0.0	13	9.4	0	0.0	1	0.7	0	0.0	1	0.7	0	0.0	0	0.0
Pertussis	17	12.3	1	0.7	0	0.0	0	0.0	0	0.0	2	1.4	5	3.5	0	0.0	1	0.7	2	1.4
Rotavirus	-	-	-	-	-	-	-	-	-	-	-	-	-	-	130	90.3	13	9.0	15	10.3
Rubella	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Congenital Rubella Syndrome	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Tetanus	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Varicella (Chicken Pox)	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	1	0.7

Bloodborne Pathogens and Sexually Transmitted Infections

Number of Cases and Rate per 100,000 Population, PEI 2004-2013

	2004		2005		2006		2007		2008		2009		2010		2011		2012		2013	
	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate
Chlamydia			184	133.3	169	122.5	168	121.6	194	139.8	202	144.4	213	150.3	220	152.7	257	177.0	242	166.6
Gonorrhea			^	^	^	^	^	^	8	5.7	^	^	0	0.0	11	7.6	8	5.5	6	4.1
Hepatitis C	36	26.1	44	31.9	38	27.6	49	35.6	46	33.0	35	25.0	56	39.5	49	34.0	56	38.6	58	39.9
Herpes Simplex															131	90.9	131	90.2	140	96.4
HIV	^	^	^	^	5	3.6	0	0.0	^	^	0	0.0	^	^	^	^	^	^	^	^
Lymphogranuloma Venereum (LGV)													0	0.0	0	0.0	0	0.0	0	0.0
Syphilis (Infectious)			0	0.0	0	0.0	^	^	^	^	0	0.0	^	^	^	^	5	3.4	6	4.1

^ Suppressed due to < 5 cases

Vectorborne and Other Zoonotic Diseases

Number of Cases and Rate per 100,000 Population, PEI 2004-2013

	2004		2005		2006		2007		2008		2009		2010		2011		2012		2013	
	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate	n	Rate
Anthrax	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Brucellosis	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Malaria	1	0.7	1	0.7	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	1	0.7
Plague	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Rabies	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Tularemia	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
West Nile Virus	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Yellow Fever	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Lyme Disease	0	0.0	0	0.0	1	0.7	2	1.4	0	0.0	0	0.0	0	0.0	1	0.7	2	1.4	0	0.0

Seasonal Influenza Vaccination

Definition: Respondents were asked if they had received a seasonal influenza vaccination in the past year.

Proportion of Population Reporting Influenza Vaccination in Past Year, PEI and Canada

Year	Age 12+				Age 65+			
	PEI		Canada		PEI		Canada	
	%	CI	%	CI	%	CI	%	CI
2001	20.5	19.0-22.1	17.3	17.0-17.6	62.4	57.8-66.8	63.0	61.6-64.3
2003	28.3	25.5-31.2	34.2	33.7-34.7	72.1	66.3-77.2	75.7	74.8-76.5
2005	30.6	28.0-33.4	33.9	33.5-34.3	69.8	64.1-75.0	71.3	70.4-72.1
2007/08	30.2	27.8-32.7	31.7	31.3-32.2	59.2	56.7-64.4	68.0	67.1-68.9
2009/10	28.0	25.3-30.9	28.9	28.5-32.4	61.9	56.1-67.4	63.3	62.3-64.2
2011/12	32.5	29.5-35.8	29.7	29.2-30.1	61.1	55.0-66.9	64.3	63.3-65.3

Proportion of Population Reporting Influenza Vaccination in Past Year by Age and Sex, PEI, 2011/12

Sex	12-19 yr.		20-34 yr.		35-49 yr.		50-64 yr.		65+ yr.		Total	
	%	CI	%	CI	%	CI	%	CI	%	CI	%	CI
Male	21.7	13.6-32.8	7.0	3.5-13.5	20.3	12.1-32.0	28.6	30.8-38.1	53.5	44.5-62.3	25.5	21.6-29.9
Female	18.6	10.6-30.5	16.9	11.0-25.0	35.6	26.0-46.6	46.8	37.2-56.6	67.2	59.3-74.3	39.1	34.6-43.7
Total	20.2	14.1-28.0	12.0	8.3-17.1	28.1	21.5-35.7	38.1	31.5-45.2	61.1	55.0-66.8		



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