

# Health Indicator Chart for Halton Region

The chart below presents estimates for selected health status indicators. The "H" symbol shows how Halton is doing compared to Ontario overall ("O") and to the Ontario health units with the most ("+") and least favourable ("-") results.

	—	O	H	+
	Health unit with least favourable result	Ontario	Halton	Health unit with most favourable result
Indicator	Results			
<i>Higher value is more favourable</i>				
Life expectancy female 2007-09	—	79.1	83.6	85.8
			O H +	84.6*
Life expectancy male 2007-09	—	75.2	79.2	82.2
			O H +	81.1*
Physically active during leisure time <sup>†</sup> 2013-14	—	45.4	53.7	62.5
			O H +	60.9*
<i>Lower value is more favourable</i>				
Current smoking <sup>†</sup> 2013-14	+	13.6	16.2	33.5
			O H	18.9
Exceeds low risk drinking guidelines <sup>†</sup> 2013-14	+	32.9	42.6	59.0
			O H	46.1
Overweight or obese <sup>†</sup> 2013-14	+	46.5	54.3	66.4
			O H	55.3
Teen pregnancy rate <sup>‡</sup> 2013	+ H	8.6*	19.5	52.5
				—
Low birth weight <sup>#</sup> 2014	+	3.6	6.1	9.1
			H O	6.6
Large for gestational age <sup>#</sup> 2014	+	7.1	10.0	16.8
			O H	10.5
Colorectal cancer incidence <sup>^</sup> 2008-12	+	42.6	46.3	58.9
			H O	48.8
Colorectal cancer mortality <sup>^</sup> 2007-11	+ H	15.0	15.7*	26.6
			O	18.3
Lung cancer incidence <sup>^</sup> 2008-12	+	38.2	43.9*	76.0
			H O	52.5
Lung cancer mortality <sup>^</sup> 2007-11	+	27.4	33.4*	64.2
			H O	38.6
Breast cancer incidence <sup>^</sup> 2008-12	+	81.4	99.4	108.4*
			O	—
Breast cancer mortality <sup>^</sup> 2007-11	+	15.6	20.4	30.2
			O H	22.5

\*Indicates a statistically significant difference between Halton and Ontario

<sup>†</sup>Percentage of population age group; <sup>‡</sup>Per 1,000 females aged 15-19; <sup>#</sup>Per 100 live births; <sup>^</sup>Per 100,000 people, five years combined, age-standardized

Adapted with permission from Toronto Public Health's [2015 Key Stats at a Glance Summary Chart](#)

## Indicator Definitions and Data Sources

**Life Expectancy:** The number of years a person would be expected to live, beginning from birth, assuming the age- and sex-specific mortality rates for 2007-2009 combined were held constant over the lifespan. Life expectancy at birth was obtained from Statistics Canada, [CANSIM Table 102-4307: Life expectancy, at birth and at age 65, by sex, three-year average, Canada, provinces, territories, health regions and peer groups](#). Calculation of life expectancy was based on death data and population estimates from 2007-2009, using Greville's method for abridged life tables.

**Physical Activity during Leisure Time:** The percentage of people ages 12 and up who engage in moderate or vigorous physical activity while not at work. It reflects calculated estimates of the amount of energy expended during leisure time each day, based on survey respondents' answers regarding frequency and duration of physical activities during leisure time over the previous three months. Data on physical activity were obtained from Public Health Ontario's Health Behaviours: [Self-Reported Physical Activity Snapshot](#) using the following indicator: Self-reported rate of being active or moderately active during leisure time → Crude rate (both sexes), 2013-14. The relevant data source for this snapshot was the Canadian Community Health Survey, Cycle 2013/14, Statistics Canada, Ontario Share File, distributed by the Ontario Ministry of Health and Long-Term Care.

**Current Smoking:** The percentage of adults age 20 and up who have smoked greater than 100 cigarettes in their lifetime, and currently smoke daily or occasionally, in 2013/14. Smoking data were obtained from Public Health Ontario's Health Behaviours: [Self-Reported Smoking Status Snapshot](#), using the following indicator: Self-reported adult current smoking rate (daily or occasional) → Crude rate (both sexes), 2013-14. The relevant data source for this snapshot was the Canadian Community Health Survey (CCHS), Cycle 2013/14, Statistics Canada, Ontario Share File, distributed by the Ontario Ministry of Health and Long-Term Care. Please note that the smoking rates differ from those presented in the Halton [Smoking Status Indicator Report](#), which uses data from the Rapid Risk Factor Surveillance System (RRFSS). Differences between RRFSS and CCHS are likely due to differences in the socio-demographic factors between respondents in the two surveys, time periods for data collection, and differences in survey methodology and sampling.

**Exceeds Low Risk Drinking Guidelines:** The percentage of adults 19 and up who drink in excess of either or both of the Low Risk Alcohol Drinking Guidelines (LRADG). The first guideline recommends that women consume no more than 10 drinks per week, with no more than two drinks most days and with at least two alcohol-free days per week. It recommends that men consume no more than 15 drinks per week, with no more than three drinks most days and with at least two alcohol-free days per week. The second guideline pertains to special occasions, and recommends that men consume no more than four drinks on any occasion, and that women consume no more than three drinks on any occasion. Data on exceeding the LRADG were obtained from Public Health Ontario's Health Behaviours: [Self-Reported Alcohol Use Snapshot](#), using the following indicator: Self-reported rate of exceeding either low-risk alcohol drinking guidelines → Crude rate (both sexes), 2013-14. The relevant data source for this snapshot was the Canadian Community Health Survey, Cycle 2013/14, Statistics Canada, Ontario Share File, distributed by the Ontario Ministry of Health and Long-Term Care.

**Overweight or Obese:** The percentage of adults ages 18 and up with a Body Mass Index (BMI) of 25.0 or greater, based on their self-reported height and weight. A BMI of 25.0-29.9 is considered overweight; a BMI of 30.0 or up is considered obese. Data on BMI were obtained from Public Health Ontario's Health Behaviours: [Self-Reported Nutrition and Healthy Weights Snapshot](#) using the following indicator: Self-reported adult combined overweight and obese rate → Crude rate (both sexes), 2013-14. The relevant data source for this snapshot was the Canadian Community Health Survey, Cycle 2013/14, Statistics Canada, Ontario Share File, distributed by the Ontario Ministry of Health and Long-Term Care.

**Teen Pregnancy Rate:** The number of pregnancies (including live births, stillbirths, and therapeutic abortions) for females aged 15 to 19 years per 1,000 females in this age range, for the year 2013. The teen pregnancy rates were obtained from Public Health Ontario's [Reproductive Health Snapshot](#), using the following indicator: Pregnancy rate (per 1,000 females of reproductive age) → Teen pregnancy rate (15 to 19), 2013. The relevant data sources for this snapshot were: Hospitalizations—Inpatient Discharges, 2003-2014, Ontario Ministry of Health and Long-Term Care, IntelliHEALTH Ontario, extraction date: February 25, 2016; Therapeutic abortions—Hospital and Medical Services Data, 2006-2013, Ontario Ministry of Health and Long-Term Care, IntelliHEALTH Ontario, extraction date: February 25, 2016; and Population estimates—Population Estimates, 2006-2013, Ontario Ministry of Health and Long-Term Care, Health Analytics Branch, date received: July 3, 2014.

**Low Birth Weight:** The number of live births with a birth weight less than 2500 grams, per 100 live births (including multiples and singletons) in the area of interest, for the year 2014. The low birth weight rates were obtained from Public Health Ontario's [Reproductive Health Snapshot](#), using the following indicator: Low birth weight rate (per 100 live births) → Crude rate (both sexes), 2014. The relevant data source for this snapshot was Inpatient Discharges, 2003-2014, Ontario Ministry of Health and Long-Term Care, IntelliHEALTH Ontario, extraction date: February 25, 2016.

## Indicator Definitions and Data Sources, continued

**Large for Gestational Age:** The number of live singleton births with birth weights greater than the 90th percentile of birth weights with the same sex and same gestational age in weeks according to the standard Kramer reference population, per 100 live births in the area of interest, for the year 2014. The large for gestational age rates were obtained from Public Health Ontario's [Reproductive Health Snapshot](#), using the following indicator: Large for gestational age (per 100 live singleton births) —> Crude rate (both sexes), 2014. The relevant data source for this snapshot was Inpatient Discharges, 2003-2014, Ontario Ministry of Health and Long-Term Care, IntelliHEALTH Ontario, extraction date: February 25, 2016.

**Colorectal Cancer Incidence:** The number of people per 100,000 in the population diagnosed with a malignant tumour of the colon or rectum between 2008 and 2012. A five-year average was used to account for any unstable rates that may be observed when assessing only one year of data. Rates were age-standardized to the 1991 Canadian population to permit comparisons between geographies and over time. Data were obtained from SEER\*Stat Package Release 10 – Ontario Cancer Registry, Cancer Care Ontario, extracted August 2015; with Population Estimates, Ontario Ministry of Health and Long-Term Care, IntelliHEALTH Ontario, extracted May 2015. To ensure consistency from 2008-2012, cases were included only if they met conservative multiple primary counting rules similar to those used by the International Association of Cancer Registries.

**Colorectal Cancer Mortality:** The number of deaths due to a malignant tumour of the colon or rectum per 100,000 deaths in the population between 2007 and 2011. A five-year average was used to account for any unstable rates that may be observed when assessing only one year of data. Rates were age-standardized to the 1991 Canadian population to permit comparisons between geographies and over time. Data were obtained from Vital Statistics: Mortality Data [2007-2011], Ontario Ministry of Health and Long-Term Care, IntelliHEALTH Ontario, extracted September 2014.

**Lung Cancer Incidence:** The number of people per 100,000 in the population diagnosed with a malignant tumour of the lung or bronchus between 2008 and 2012. A five-year average was used to account for any unstable rates that may be observed when assessing only one year of data. Rates were age-standardized to the 1991 Canadian population to permit comparisons between geographies and over time. Data were obtained from SEER\*Stat Package Release 10 – Ontario Cancer Registry, Cancer Care Ontario, extracted August 2015; with Population Estimates, Ontario Ministry of Health and Long-Term Care, IntelliHEALTH Ontario, extracted May 2015. To ensure consistency from 2008-2012, cases were included only if they met conservative multiple primary counting rules similar to those used by the International Association of Cancer Registries.

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**Breast Cancer Incidence:** The number of females per 100,000 in the population diagnosed with a malignant tumour of the breast between 2008 and 2012. A five-year average was used to account for any unstable rates that may be observed when assessing only one year of data. Rates were age-standardized to the 1991 Canadian population to permit comparisons between geographies and over time. Data were obtained from SEER\*Stat Package Release 10 – Ontario Cancer Registry, Cancer Care Ontario, extracted August 2015; with Population Estimates, Ontario Ministry of Health and Long-Term Care, IntelliHEALTH Ontario, extracted May 2015. To ensure consistency from 2008-2012, cases were included only if they met conservative multiple primary counting rules similar to those used by the International Association of Cancer Registries.

**Breast Cancer Mortality:** The number of deaths among females due to a malignant tumour of the breast per 100,000 deaths among females in the population between 2007 and 2011. A five-year average was used to account for any unstable rates that may be observed when assessing only one year of data. Rates were age-standardized to the 1991 Canadian population to permit comparisons between geographies and over time. Data were obtained from Vital Statistics: Mortality Data [2007-2011], Ontario Ministry of Health and Long-Term Care, IntelliHEALTH Ontario, extracted September 2014.