



Renfrew County and District Health Unit

Check-up on Renfrew County and District's health, 2009/10

Current smokers ¹ Significantly higher than Ontario	25%
Heavy drinkers ¹ Significantly higher than Ontario	22%
Overweight or obese adults ¹ Significantly higher than Ontario	61%
Fruit and vegetable consumption 5 or more times per day ¹ Significantly lower than Ontario	20.4%
Physically active in leisure time ¹ Not significantly different from Ontario	53.4%
Participation and activity limitation sometimes or often ¹ Significantly higher than Ontario	37%
Have a regular medical doctor ¹ Significantly lower than Ontario	84%
Got a flu shot in the past 12 months ¹ Not significantly different from Ontario	34%
Sense of belonging to local community ¹ Not significantly different from Ontario	72%
Life satisfaction (satisfied or very satisfied) ¹ Significantly higher than Ontario	94%
Injured in the past 12 month and sought medical attention ¹ Not significantly different from Ontario	9%

1 [Definitions](#)

Source: Statistics Canada, Canadian Community Health Survey [Table 105-0502 Health Indicator Profile, 2-year period estimates](#)



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"Promoting Healthy People in a Healthy Environment"

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Definitions of the health indicators listed in “Checkup on Renfrew County and District’s health, 2007/08”:

Current smokers: Proportion of the population aged 12 and over who reported being a daily or occasional smoker. This measure does not take into account the number of cigarettes smoked.

Heavy drinkers: Proportion of the population aged 12 and over who reported having 5 or more drinks on one occasion, at least once a month in the past 12 months.

Overweight or obese adults: Body mass index (BMI) is a method of classifying body weight according to health risk. According to the World Health Organization (WHO) and Health Canada guidelines, health risk levels are associated with each of the following BMI categories: normal weight = least health risk; underweight and overweight = increased health risk; obese, class I = high health risk; obese, class II = very high health risk; obese, class III = extremely high health risk. BMI is calculated by dividing the respondent's body weight (in kilograms) by their height (in metres) squared. The index is calculated for the population aged 18 and over, excluding pregnant females and persons less than 3 feet (0.914 metres) tall or greater than 6 feet 11 inches (2.108 metres). Those with a BMI less than 18.50 are classified as underweight; normal weight includes those with a BMI of 18.50 to 24.99; overweight = BMI 25.00 to 29.99; obese class I = BMI 30.00 to 34.99; obese class II = BMI 35.00 to 39.99; obese class III = BMI 40.00 or greater.

Physically active in leisure time: Proportion of the population aged 12 and over who were defined as active or moderately active in their leisure time, based on their responses to questions about the nature, frequency and duration of their participation in leisure-time physical activity. Note that leisure-time physical activity accounts for a relatively small part of total daily physical activity levels. There is substantial variation in the energy expended to earn a living (occupational physical activity), domestic chores and active transportation.

Participation and activity limitation sometimes or often: Proportion of the population aged 12 and over who reported being limited in selected activities (home, school, work and other activities) because of a physical condition, mental condition or health problem that has lasted or is expected to last 6 months or longer.

Have a regular medical doctor: Proportion of the population aged 12 and over who reported that they have a regular medical doctor.

Fruit and vegetable consumption 5 or more times per day: Indicates the usual number of times (frequency) per day that a person reported eating fruits and vegetables. Does not take into account the amount consumed.

Got a flu shot in the past 12 months: Proportion of the population age 12 and over who reported getting an influenza immunization in the past 12 months.

Injured in the past 12 months and sought medical attention: Proportion of the population age 12 and over who sustained injuries in the past 12 months and who sought medical attention from a health professional in the 48 hours following the injury.

Sense of belonging to local community: Proportion of the population aged 12 and over who reported their sense of belonging to their local community as being very strong or somewhat strong (as opposed to “weak” or “very weak”). Research shows a high correlation of sense of community belonging with good physical and mental health.

Life satisfaction (satisfied or very satisfied): Proportion of the population aged 12 and over who reported being satisfied or very satisfied with their life in general (as opposed to “neither satisfied nor dissatisfied”, “dissatisfied” or “very dissatisfied”).

Mood disorder: Proportion of the population aged 12 and over who reported that they have been diagnosed by a health professional as having a mood disorder such as depression, bipolar disorder, mania or dysthymia.