

The weight of Canadians in 2002: Profiles of women and men, parents, employed parents, women and men, French and non-French Roman Catholics, liberal Protestants, and conservative Christians; with the results of regression estimates of the body mass index of women and men, mothers and fathers

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Summary: This study provides profiles (numbers, rates, and percentage distributions) of underweight, acceptable weight, some excess weight, and overweight Canadians for the title-noted subpopulations, each portrayed by region and socio-economic characteristics. Charts display relationships of many of these characteristics with the percentage of groups that are overweight, and of acceptable weight. Analytical results show the relationship between the body mass index (BMI, Canadian standard), and the adult's age and sex, number of children, educational attainment, spiritual commitment, faith community affiliation, use of marijuana, sleep, and region of residence for women and men, mothers and fathers, married or widowed mothers, and lone mothers. The survey population applies to the non-institutional population, excluding those on reserves, in the provinces only. The age range is 20 to 64.

Thanks are due to Gord Walford of Ottawa and Martha Sanipe of Gatineau for reviews. Thanks are also due to Statistics Canada for access to the micro-data. Remaining errors and omissions are my own.

Abstract

Our assumption in this study is that excess weight as measured by the BMI, is a public “bad”, and is positively associated with other public bads, such as gambling, smoking, illicit drug use and intoxication, and negatively associated with public goods such as education and spiritual health.

The evidence from tables and analyses supports this assumption only in part, for education, physical activity, and sleep, for example.

A third type of assumption is that overweight reduces the quality of life, satisfaction with life and ability to function well in life and work for example. Again the evidence only weakly supports this assumption.

The detailed evidence is presented in tables that profile Canadians who are of insufficient weight (7% overall), of acceptable weight (41%), with some excess weight (17%), and who are overweight (35%). 39% of men are overweight and 30% of women, an “advantage” true in most sub-groups.

The percentage overweight rises consistently with age, from 21% for those 20 to 24, to 43% for those 60 to 64. It is lowest in Quebec and British Columbia, 32% each, and highest in Newfoundland, 49%, then Saskatchewan, 45%, and New Brunswick and Manitoba, 43%.

Concerning public bads, the percentage overweight rises strongly with the frequency of overeating or undereating to relieve stress (31% never, to 53% often), with the frequency of gambling (non-gambler, 29%; problem gambler, 40%)

Concerning public goods, the percentage overweight unexpectedly rises with the frequency of praying or seeking spiritual help to relieve stress, (27% never, to 35% often), worship, and religiosity; but as expected falls with the frequency of exercising to relieve stress (39% never, to 28% often).

The percentage overweight varies little by satisfaction with life in general.

Also as expected, the percentage overweight falls with education (43% of those without a secondary diploma, 33% of those with a post-secondary degree or diploma). It falls with activity limitations (33% of those with no activity limitations, and 45% of those with frequent limitations).

The results of preliminary analyses of the BMI reveal, for all subpopulations studied, strong positive associations with age, and being male (rather than female), and strong negative associations with education, hours of sleep, and being non-Christian rather than liberal Christian.

Associations were statistically insignificant in all subpopulations between the BMI (natural log in all analyses) and the number of children under six, marijuana smoking, the spiritual health indicator (except for men, a negative association) and Alberta (compared with Ontario).

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Table 4. Body mass index, parents	112	124	136
Table 5. Body mass index, the employed	149	161	173
Table 6. Body mass index, employed women	186	198	210
Table 7. Body mass index, employed men	223	235	247
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1. Introduction and summary of results

Basic assumptions

Our assumption in this study is that excess weight as measured by the BMI, is a public “bad”, and is positively associated with other public bads, such as attempted suicide, gambling, smoking, illicit drug use and intoxication. The basic reason for this assumption is that all these behaviours reflect either neglect or an abuse of the health of the body. Or, in the case of gambling especially, all these behaviors are passive in nature and some are addictive as well and so tend to close the mind to more healthy life concerns.

Another part of our argument is that being overweight is negatively associated with public goods such as education, physical exercise, and spiritual health. The more highly educated are expected to realize more fully the importance of caring for the body in all ways, such as weight control. They may also be better informed concerning good eating habits and weight control methods, so while they may eat more because of the higher income that goes with more education, they would also eat better, and balance the eating by exercise. As for spiritual health, which includes religiosity, worship frequency and other forms of religious commitment, it is assumed that a part of faith is care of the body, and implicit teachings such as turning to God in times of eating and drinking, stress or anxiety rather than overindulgence in food or alcohol. Such teachings are implied in biblical passages such as the following:

Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's. 1 Corinthians 6:19-20

Cast your burden on the LORD, And He shall sustain you; He shall never permit the righteous to be moved. Psalm 55:22

But seek first the kingdom of God and His righteousness, and all these things shall be added to you. Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Matthew 6: 33-34a

[New King James Version]

A third type element in the argument is that being overweight reduces the quality of one's life, or satisfaction with life and ability to function well in life and work. This is partly because of the media emphasis on slimness in North American culture, which imposes an emotional burden on those who

are overweight, and the reduced energy and physical activity experienced by those who are overweight.

In the above argument it is assumed that being overweight is far more important than being underweight in Canada. The data support this conclusion, as does casual observation. Obviously those underweight also have problems, and these should not be ignored at all, but in this study the emphasis is on those who are overweight. Still, abundant data appear in Appendix 2 on those of insufficient weight, as much in fact as on those who are overweight.

Data source: Our source of data is Statistics Canada's *Canadian Community Health Survey, Cycle 1.2* on mental health conducted between May and December, 2002 in Canada's provinces. This survey asked the height and weight of respondents aged 20 to 64, thus allowing a body mass index to be calculated. More details on the questions and the source survey are provided in Appendix 1.

Some facts in the tables and charts

The detailed evidence is presented in tables that profile four weight classes of Canadians: those who are of insufficient weight (7% overall), of acceptable weight (41%), with some excess weight (17%), and overweight (35%). Some 39% of men and 30% of women are overweight, an "advantage" or excess of nine percentage points, true more or less in most sub-groups. The percentage overweight rises consistently with age, from 21% for those 20 to 24, to 43% for those 60 to 64. The male advantage is only four points for the age group 20 to 24, rises to 20 in the age group 45 to 49, then falls to four in the age group 60 to 64.

The percentage overweight is lowest in Quebec and British Columbia, 32% each, and highest in Newfoundland, 49%, then Saskatchewan, 45%, and New Brunswick and Manitoba, 43%. The male advantage is highest in Saskatchewan, 14 percentage points, followed by Quebec, 13 points, and is lowest in Newfoundland and New Brunswick, one point each. Among the census metropolitan areas for which we have estimates, the percentage overweight is highest in St Catharine's, Oshawa and Winnipeg, 41% to 43%, (as in all non-metro areas) and lowest in Calgary and Vancouver, 27% to 28% followed by Montreal and Toronto, 30% each. The male advantage is highest in Montreal and Edmonton, 15 to 16 points, and lowest in Oshawa, Toronto, Ottawa-Hull, and Winnipeg, five to eight points.

Concerning public bads, the percentage overweight rises strongly with the frequency of overeating or undereating to relieve stress (31% never, to 53% often), as expected, but falls with drinking alcohol to relieve stress (37% never, 31% rarely), and with smoking to relieve stress (37% never, 30% rarely). Also unexpectedly, the percentage overweight is lower among those who have used illicit drugs, 27%, than those who have not, 37%. Perhaps overweight people's drug of choice is food, and the drug users prefer drugs.

Concerning public goods, the percentage overweight unexpectedly rises with the frequency of praying or seeking spiritual help to relieve stress, (27% never, to 35% often), but as expected falls with the frequency of exercising to relieve stress (39% never, to 28% often). Unexpectedly, the percentage overweight rises somewhat with religiosity, 34% for those not religious, and 38% for those very religious; and with the frequency of worship, 36% of those not worshipping the past year, 39% weekly of weekly worshippers. These unexpected associations with religion may reflect the fact that the church culture, at least in North America, is food-centred. The percentage overweight falls with education (43% of those without a secondary diploma, 33% of those with a post-secondary degree or diploma). It falls with activity limitation, 33%, no activity limitations, and 45% of those with frequent limitations.

The percentage overweight varies little by perceived satisfaction with life in general.

Of the many other results that could be noted, we conclude with some big differences among the employed. Some 36% are overweight, 28% of women and 40% of men. Within Canada the percentage overweight varies widely from 32% to 33% in Quebec and British Columbia, to 50% in Newfoundland. Among selected metro areas, the percentage varies from 27% to 30% in Vancouver, Calgary and Toronto, to 47% in Oshawa; it is 33% in the urban core areas and 43% in the rural areas outside the cities. By age group, the percentage overweight ranges from 22% for those aged 20 to 24, to 43% for those aged 60 to 64 – 18% to 42% among women, and 24% to 44% among men. Among selected ethnic groups, the Chinese have the lowest percentage overweight, 15%, Aboriginals the highest, 46%, and Scottish, Welsh, Italian, German, and Polish also high, 39% to 40%. Among religions, the lowest percentage overweight is found in the Hindu-Buddhist-Sikh group, 17%, and the highest for Lutherans, United Church and the Eastern Orthodox/ Ukrainian Catholic group, 43% to 44%.

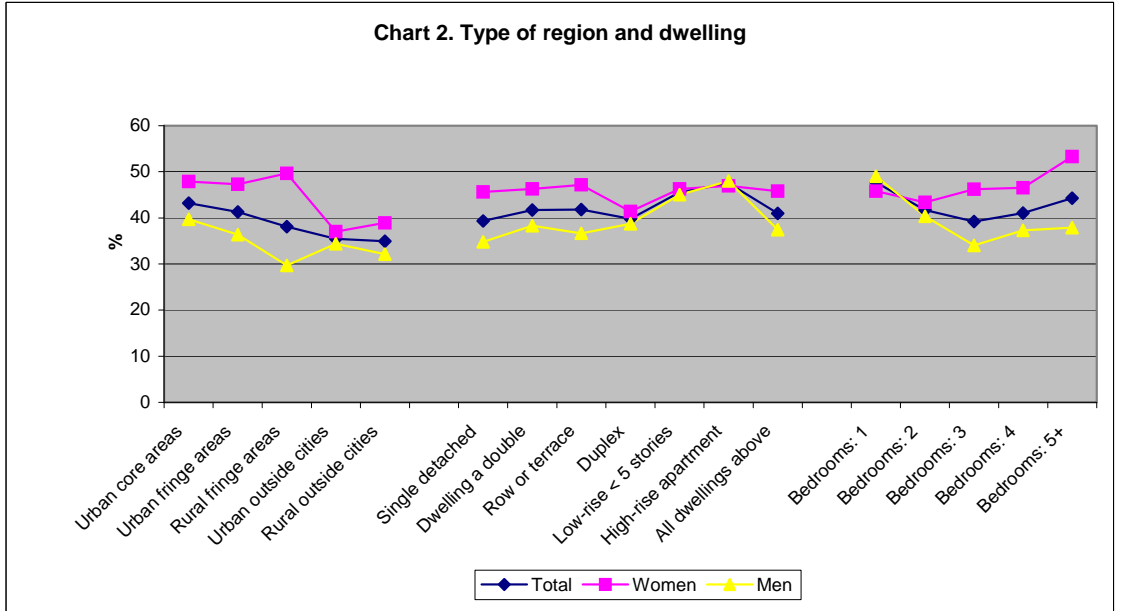
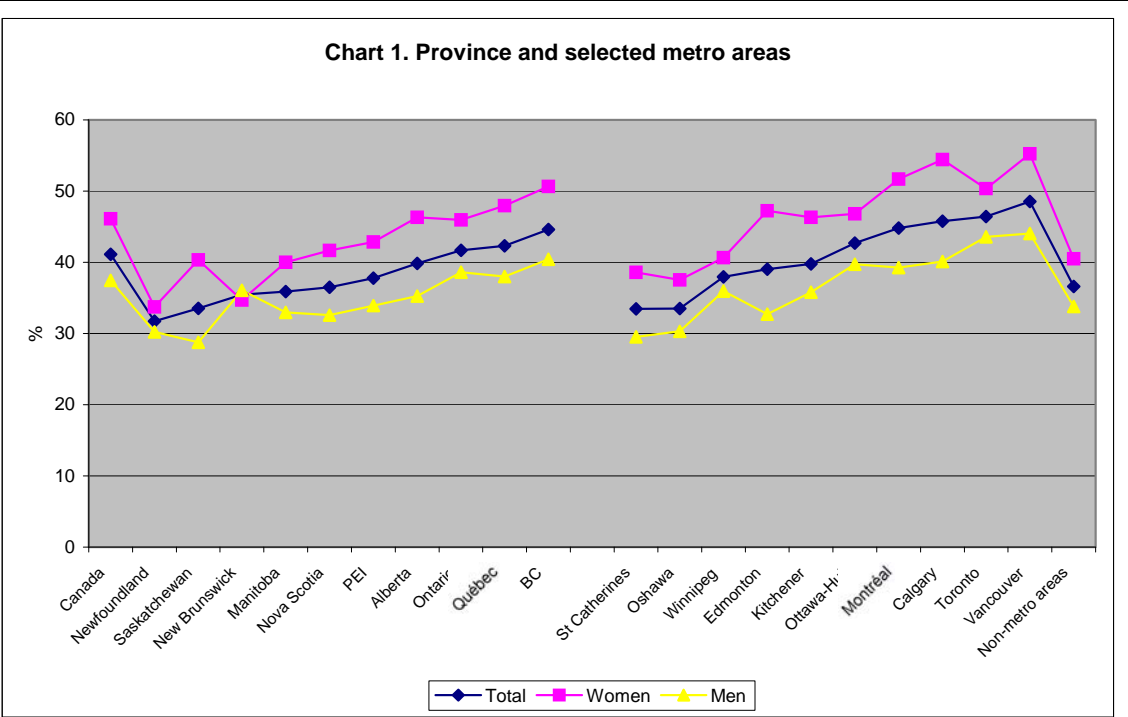
Among the employed with selected chronic conditions, the percentages overweight ranged from 29% to 30% among those with cancer and bowel disorders, to 59% to 60% among those with diabetes and high blood pressure. Some 31% of those never coping with stress by eating more (or less) are overweight, compared with 53% who often cope in this way. By occupation group, the lowest percentages overweight are among technologists/technicians, professionals/accountants, and sales/service, 30% to 32%, and the highest among managers and farmers/forestry/fishing, 42% to 43%. Some 30% of those working under 30 hours a week, and 30 to 38 hours a week are overweight, compared with 41% of those working over 42 hours a week. Some 36% of those reporting no work stress are overweight, compared with 46% of those reporting extreme work stress. And finally, 32% of those not satisfied at all with their work are overweight, compared with 37% who are very satisfied with their work.

Some analytical results

Regression results are presented in the tables of Chapter 6. The aim of the analyses is to estimate the relationship between the BMI (natural log) and several factors considered of potential importance: age, sex, marital status, number of children, education, religious affiliation, spiritual commitment, use of marijuana, hours of sleep, and region of residence. The estimates allow for a more in-depth analysis of relationships than do those in the tables, by revealing statistically significant associations between the dependent variable, log of the BMI, and each of the other variables (while holding constant the effect of the other variables in the model). The footnotes to the table provide basic information on the methods and definition of variables. Estimates are presented for eight groups: all adults, parents, men, women, mothers, fathers, non-smokers and smokers.

In the following we comment on the variables in order. Only statistically significant associations (at the 0.01% level) receive comment. The results of preliminary analyses of the BMI reveal, for all subpopulations studied, strong positive associations with age, and being male (rather than female), and strong negative associations with education, hours of sleep, and being non-Christian rather than liberal Christian. Associations were statistically insignificant in all subpopulations between the BMI and the number of children under six, marijuana smoking, the spiritual health indicator (except for men, a negative association) and Alberta (compared with Ontario).

**Chapter 1. Charts of women and men with acceptable weight
(BMI 20 to under 25)**



Percentage of women and men of acceptable weight (BMI 20 to under 25)
 See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.
 Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 3. Dwelling ownership; household size; and number of children under 11 in the household

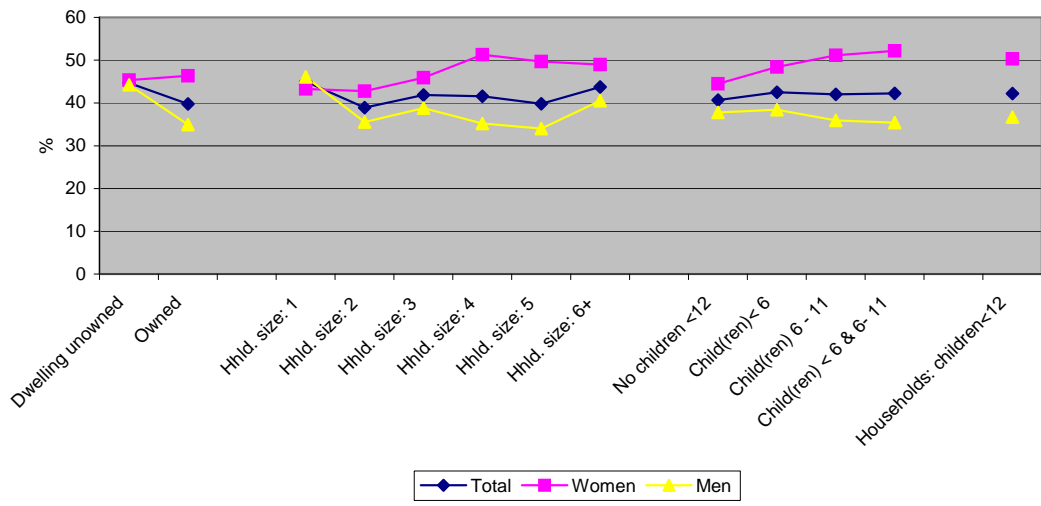
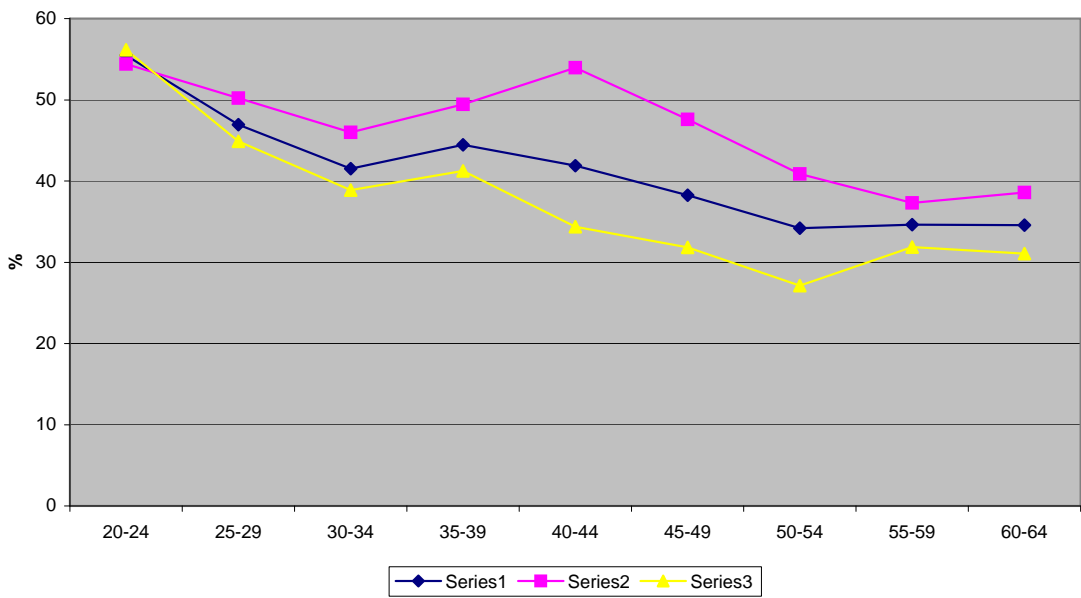


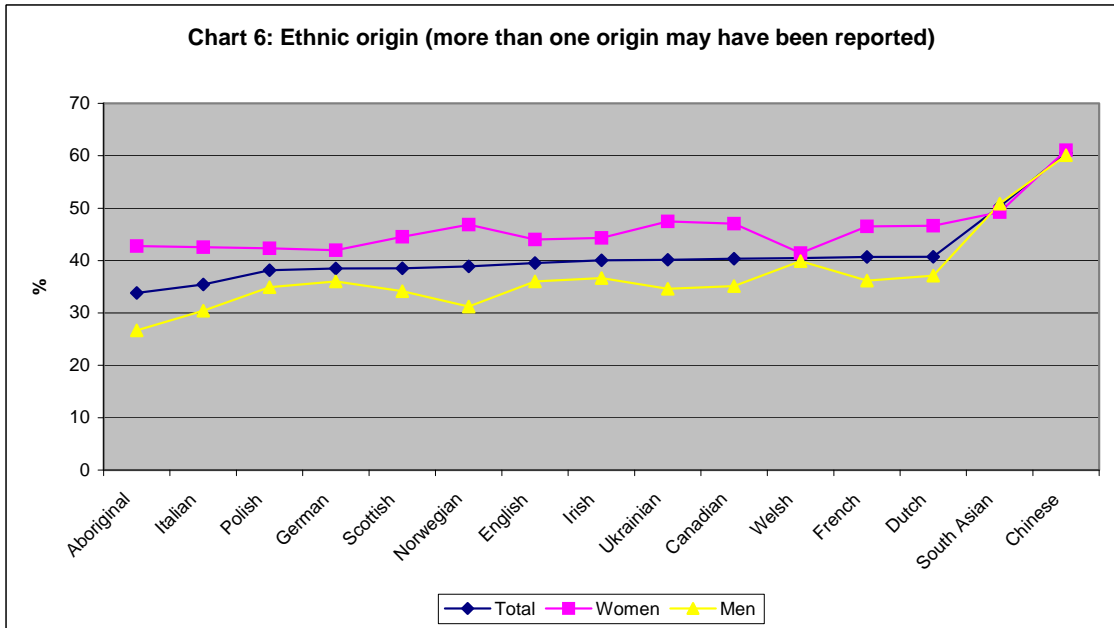
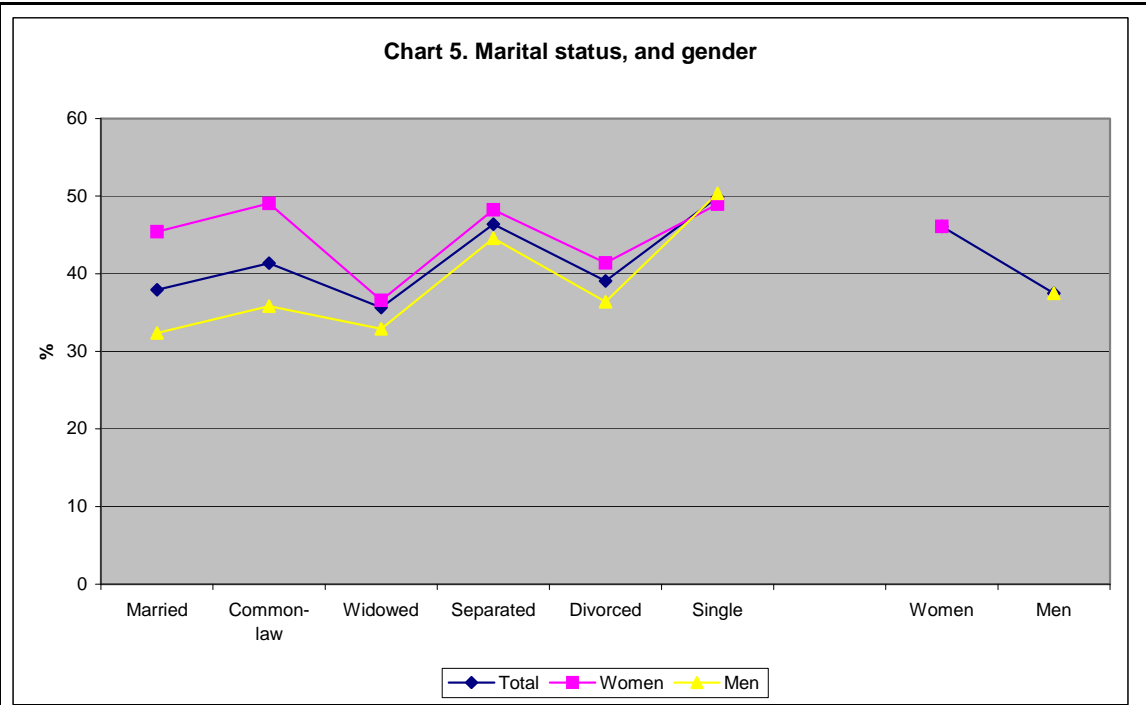
Chart 4. Age groups



Percentage of women and men of acceptable weight (BMI 20 to under 25)

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002



Percentage of women and men of acceptable weight (BMI 20 to under 25)
 See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.
 Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 7. Student status; and level of education

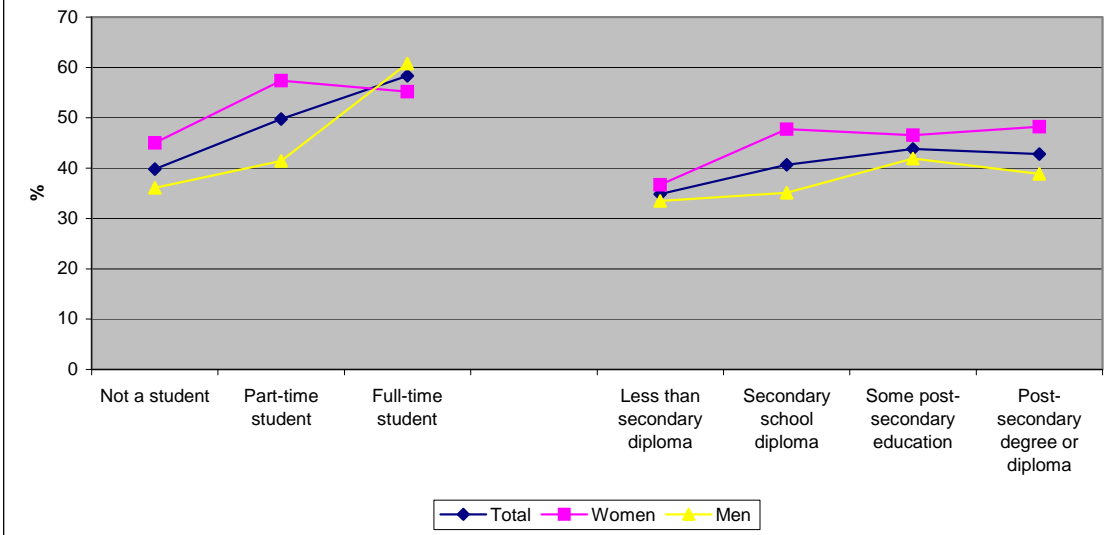
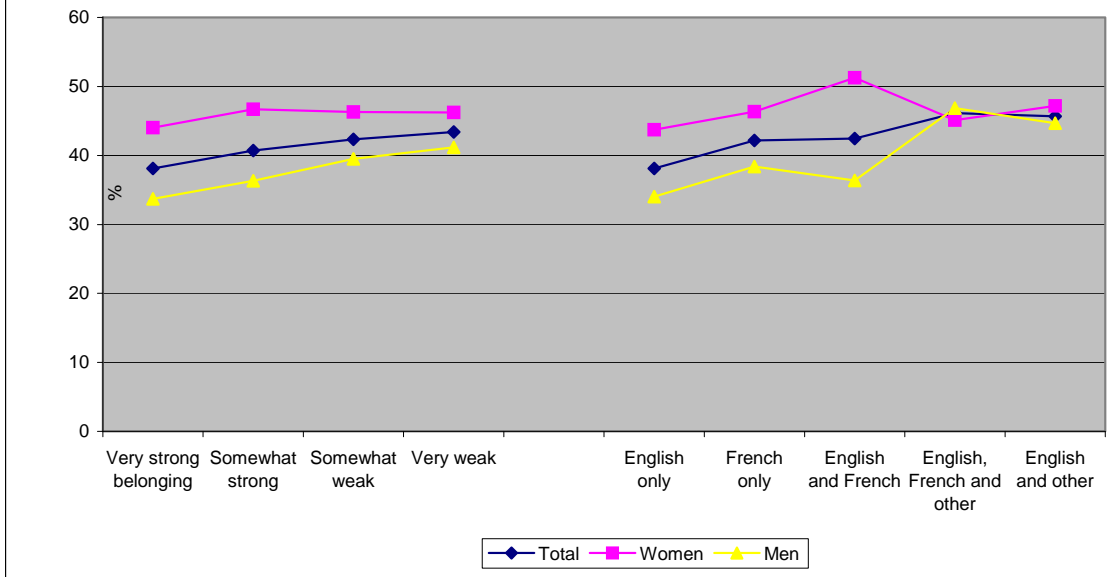


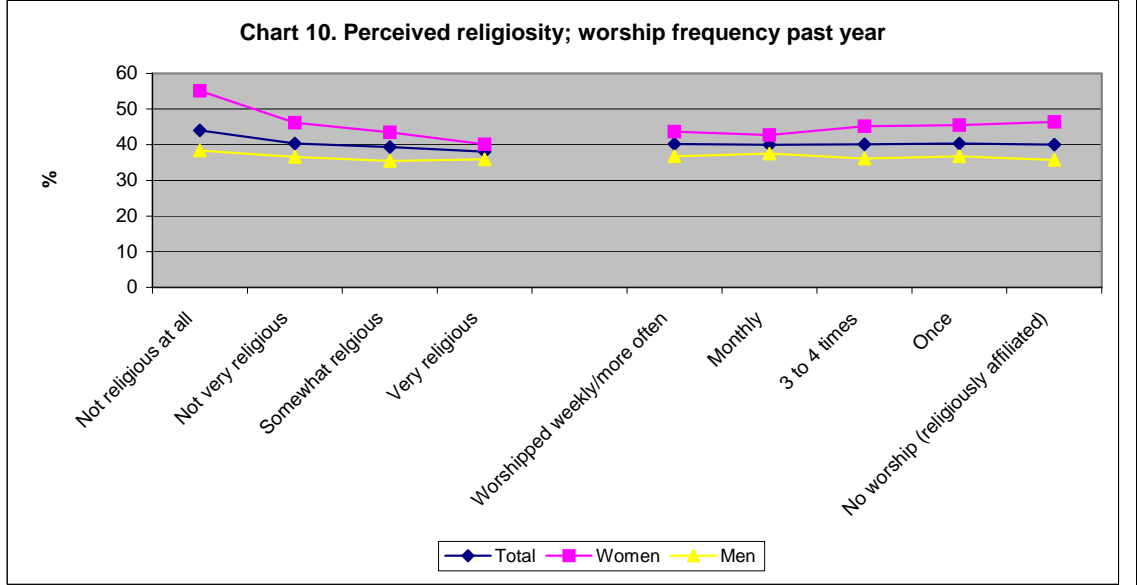
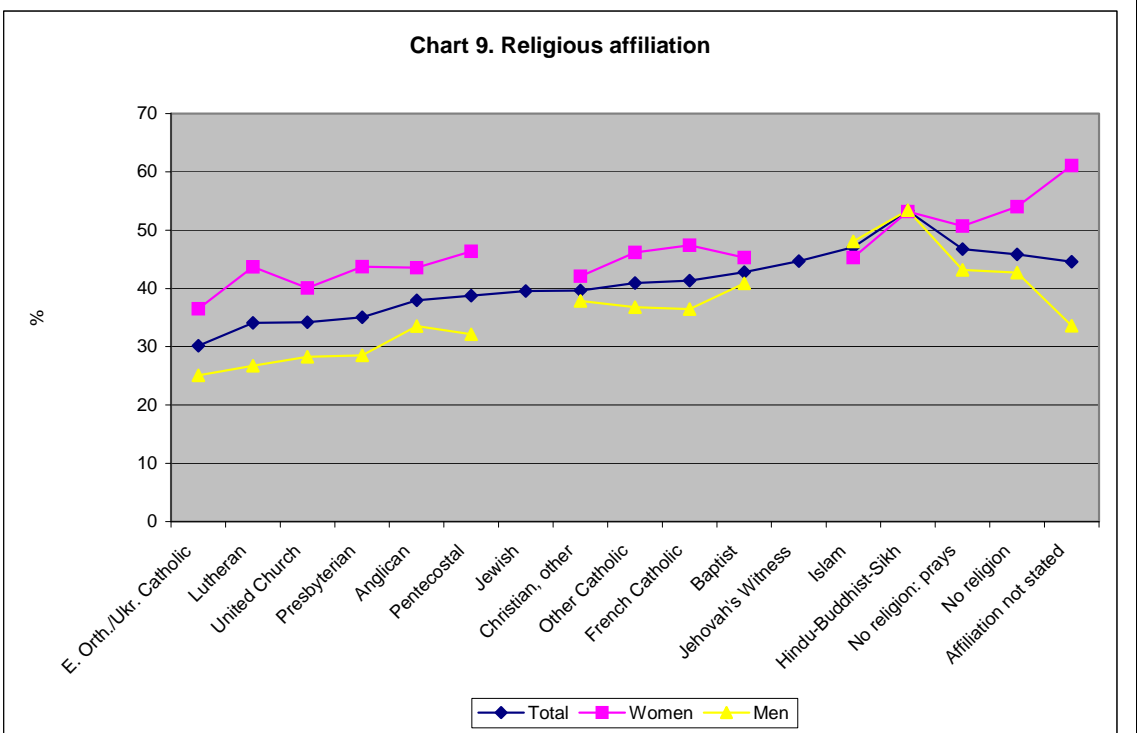
Chart 8. Strength of belonging to the community of residence; and language



Percentage of women and men of acceptable weight (BMI 20 to under 25)

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002



Percentage of women and men of acceptable weight (BMI 20 to under 25)
 See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.
 Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 11. The role of spiritual values in providing understanding of life's difficulties; and period of immigration

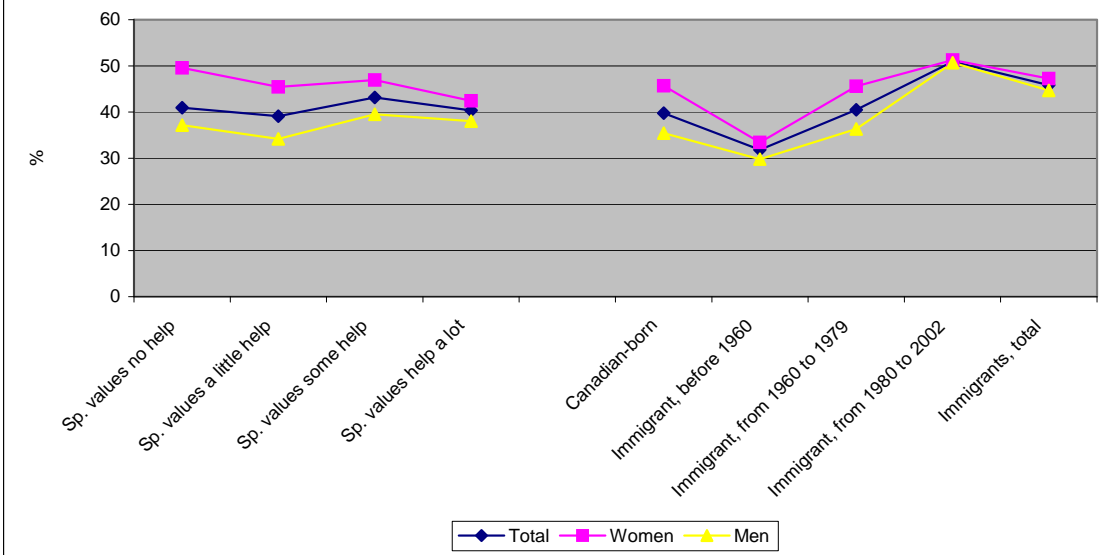
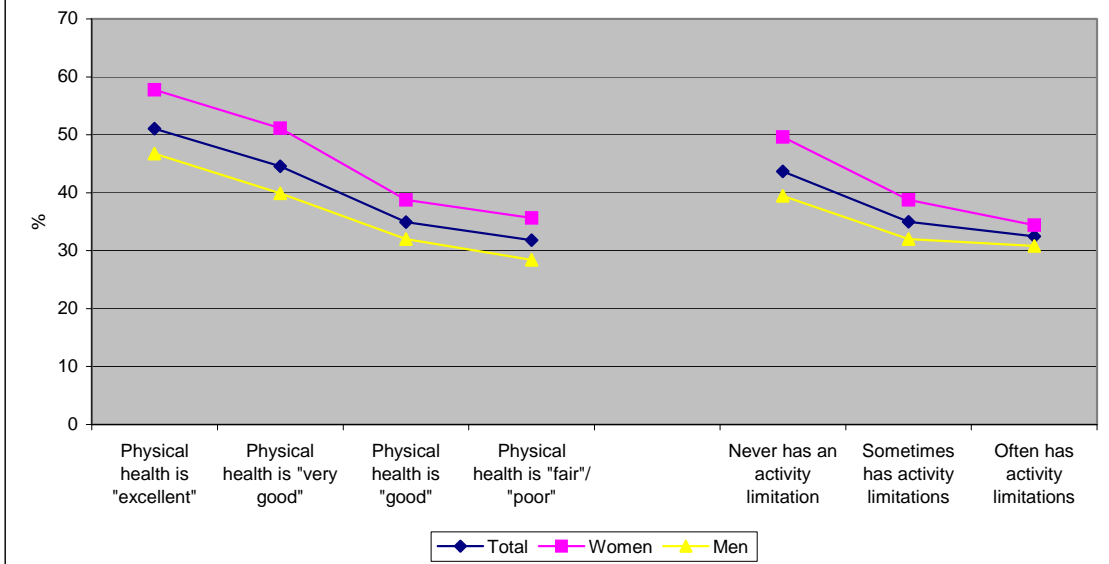


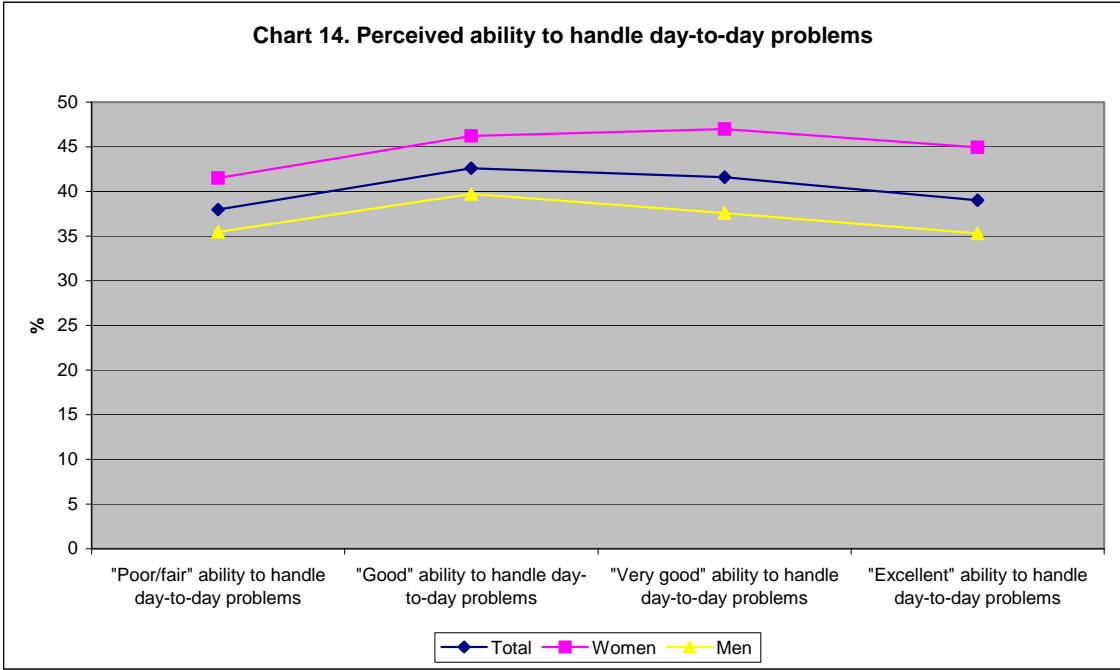
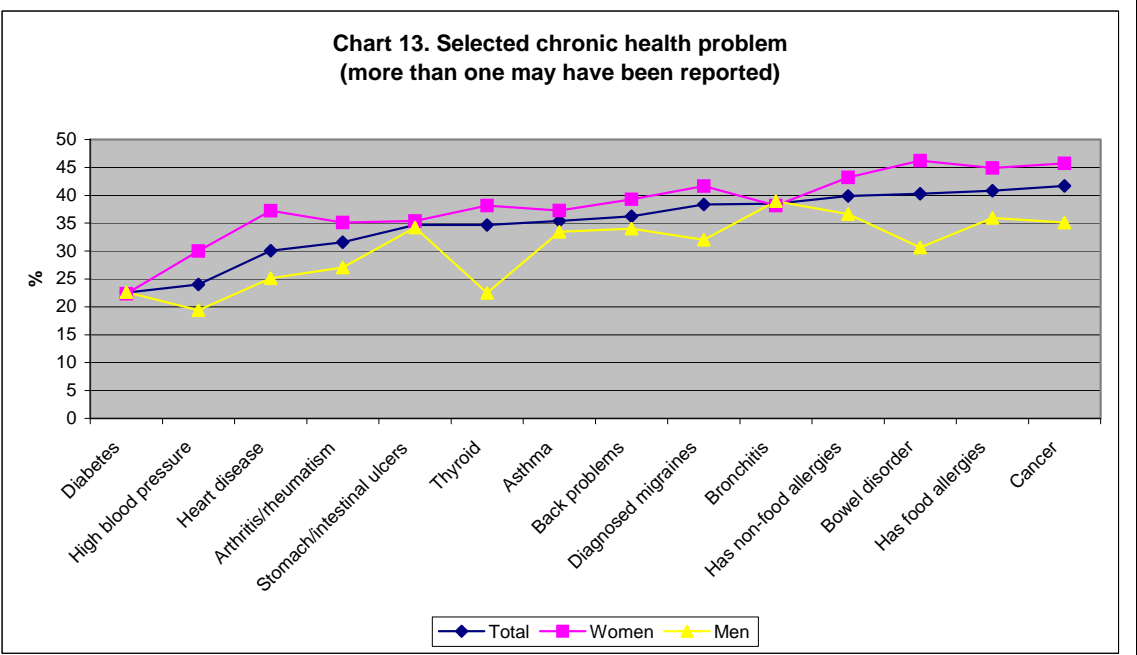
Chart 12. Perceived physical health status; frequency of activity limitations



Percentage of women and men of acceptable weight (BMI 20 to under 25)

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002



Percentage of women and men of acceptable weight (BMI 20 to under 25)

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 15. Stress level most days; and perceived quality of mental health

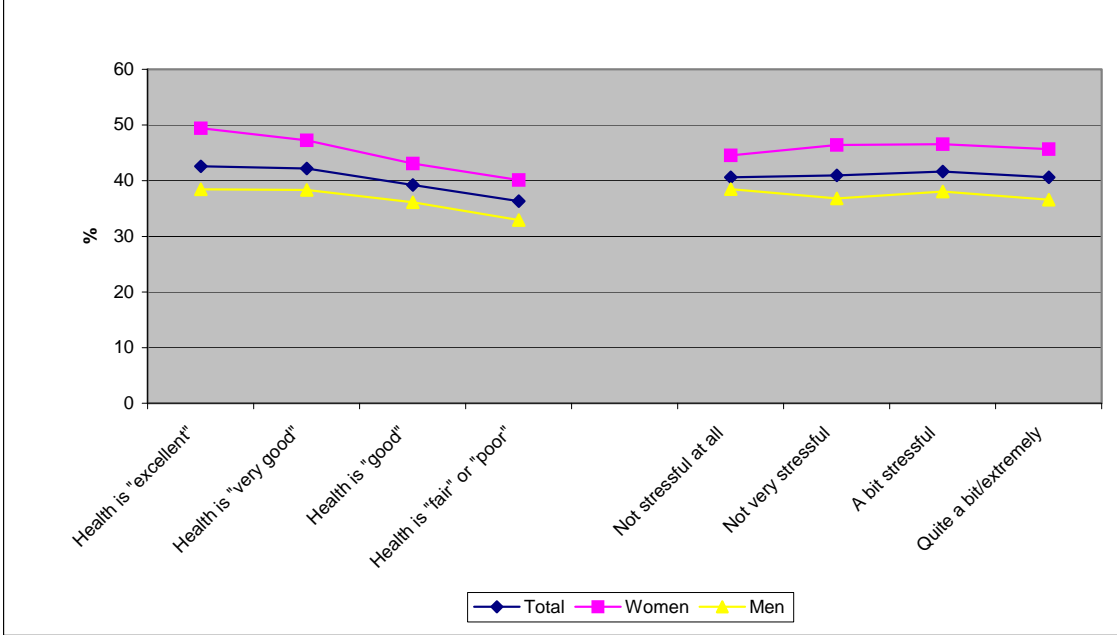
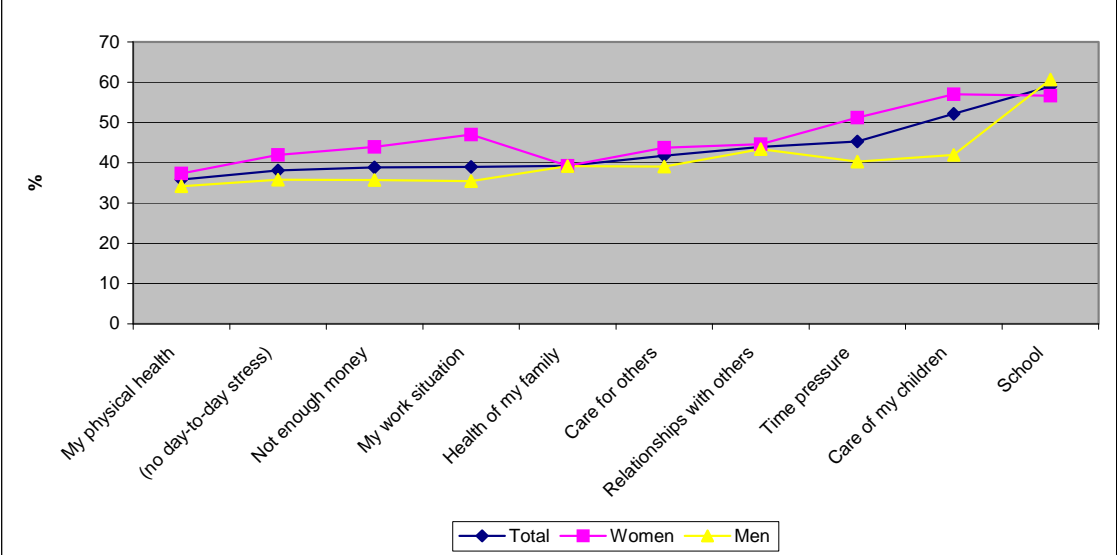


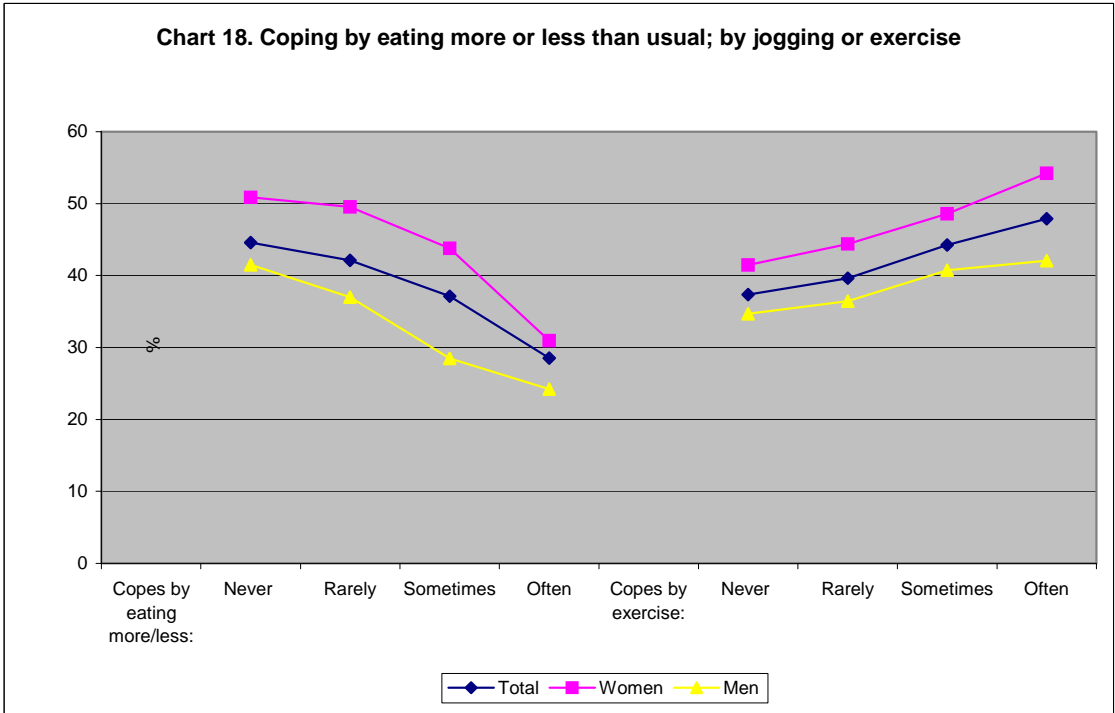
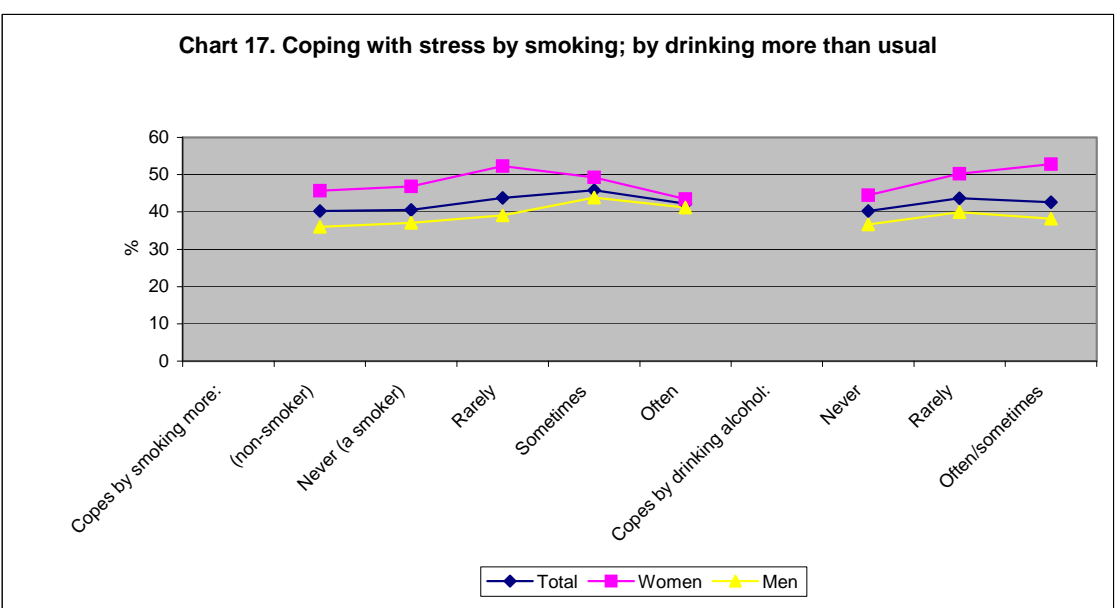
Chart 16. Most important source of daily stress



Percentage of women and men of acceptable weight (BMI 20 to under 25)

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002



Percentage of women and men of acceptable weight (BMI 20 to under 25)
 See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.
 Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 19. Coping by praying/spiritual help; and by blaming oneself

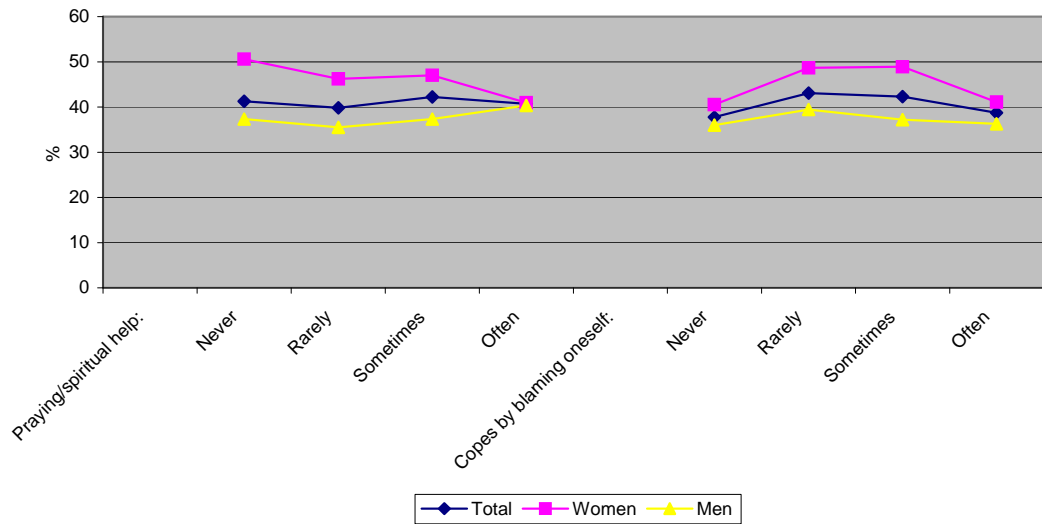
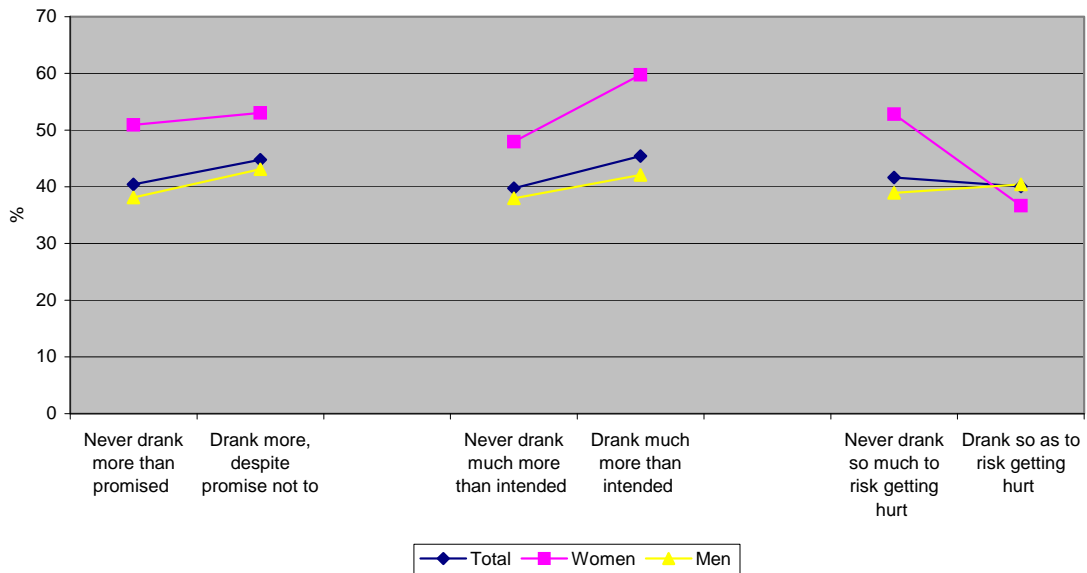


Chart 20. Promises regarding drinking; intentions; risks of getting hurt past year



Percentage of women and men of acceptable weight (BMI 20 to under 25)

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 21. Lifetime use of marijuana; and use of illicit drugs past year

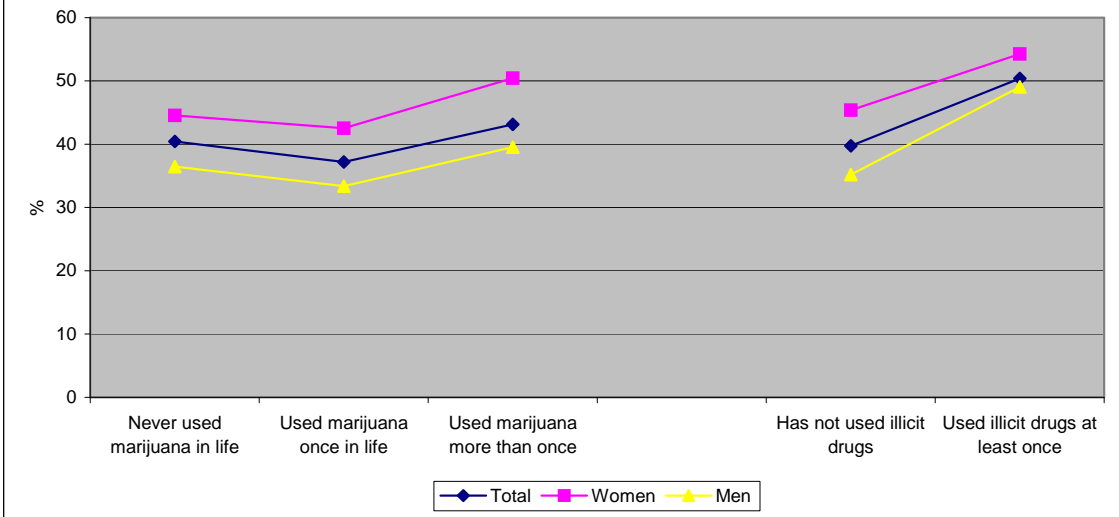
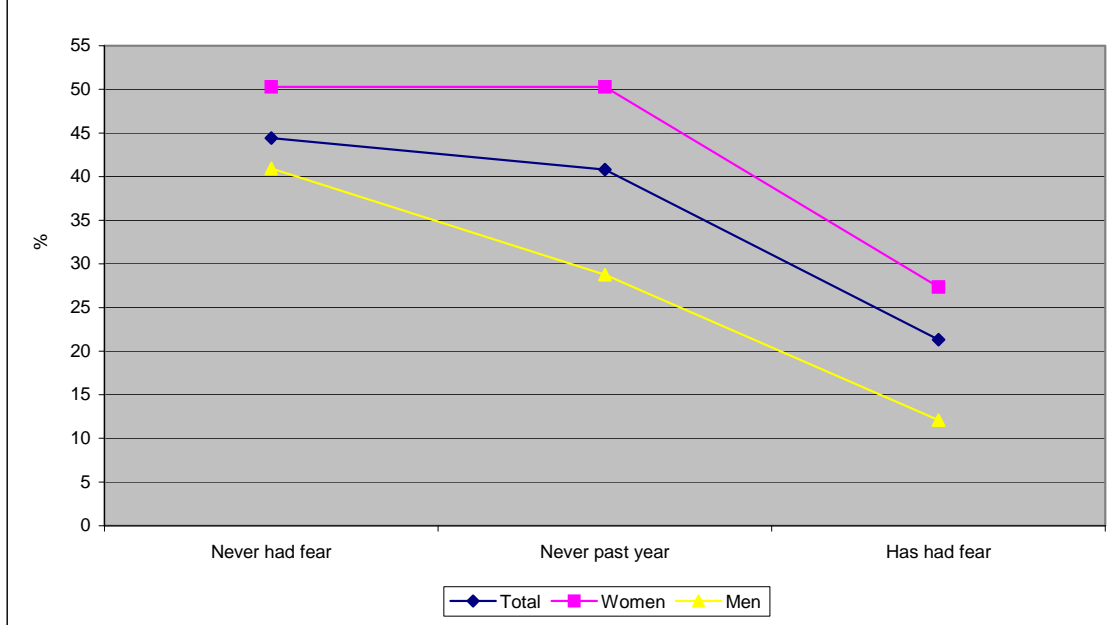


Chart 22. Fear of being overweight past year



Percentage of women and men of acceptable weight (BMI 20 to under 25)

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 23. Serious consideration of suicide; and type of gambler

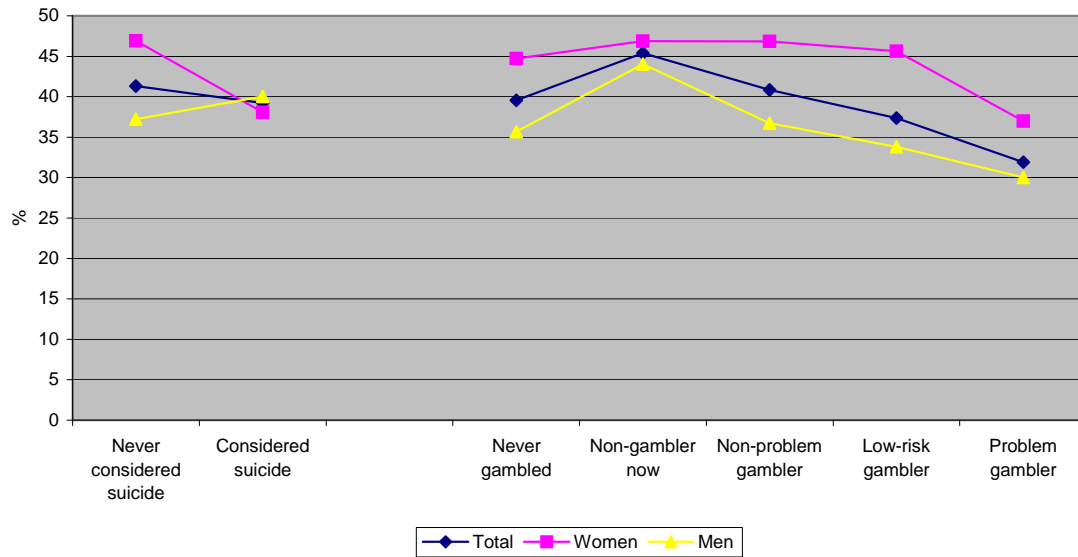
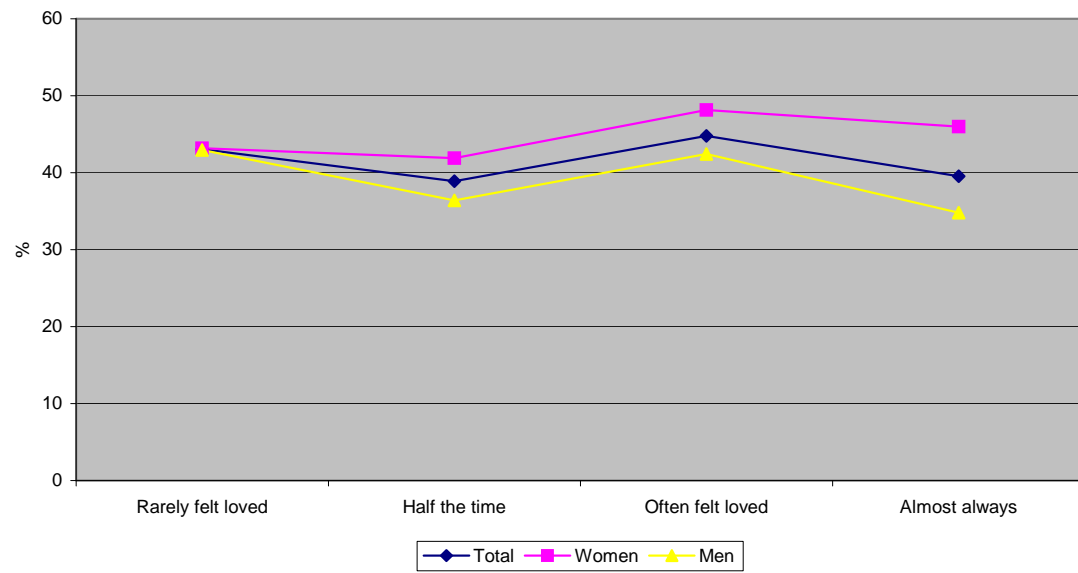


Chart 24. Frequency of feeling loved and appreciated past month



Percentage of women and men of acceptable weight (BMI 20 to under 25)

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 25. Frequency past month of feeling at peace; emotionally balanced; and useful

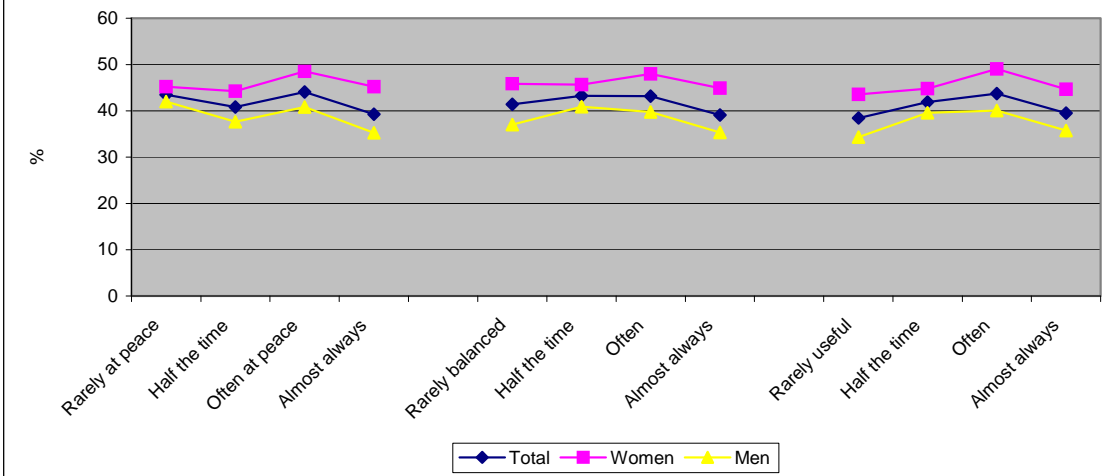
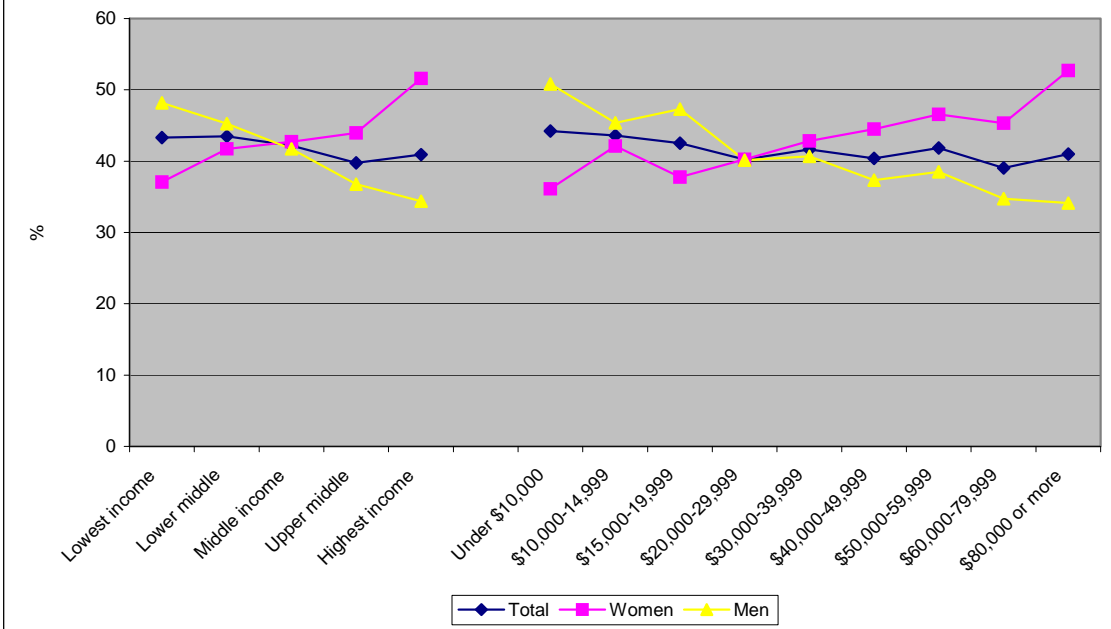


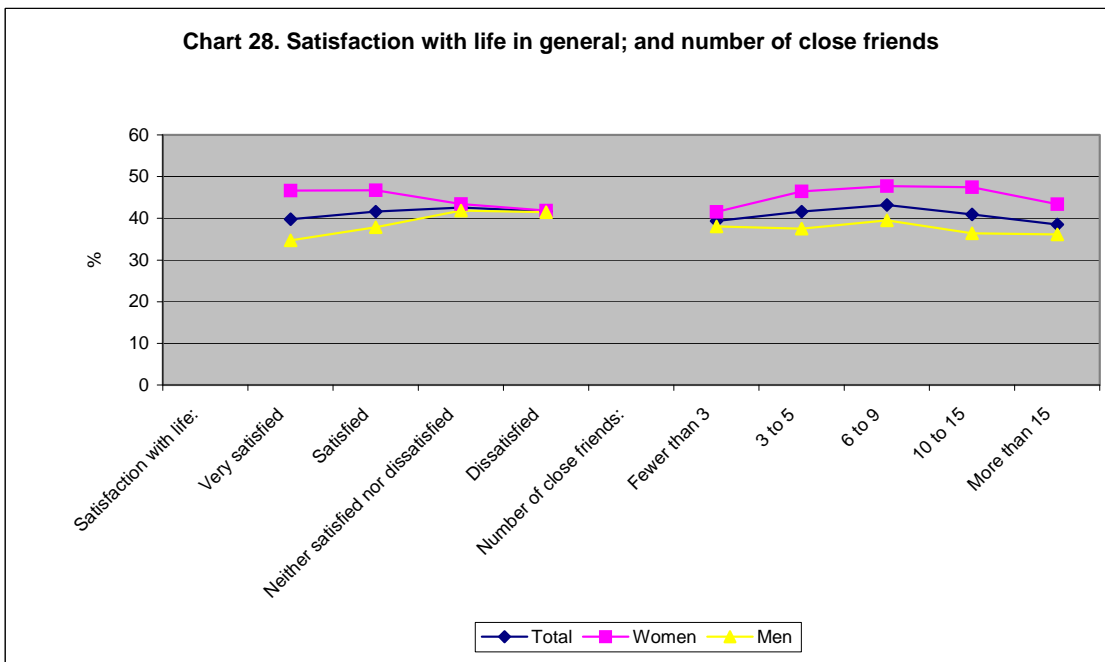
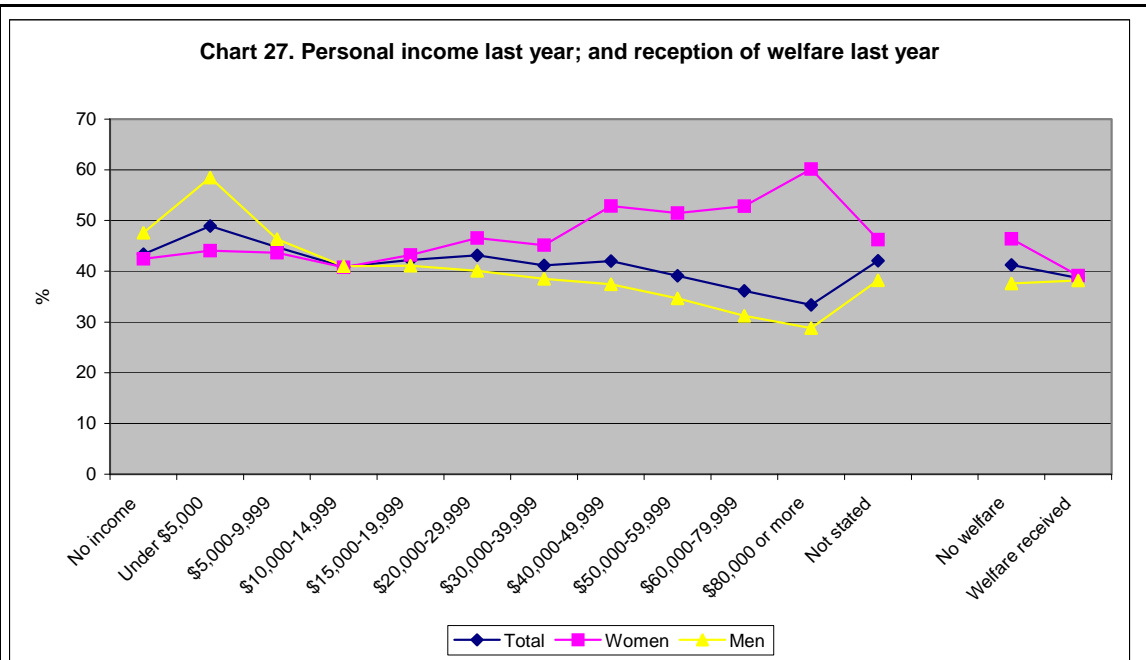
Chart 26. Household income adequacy, and household income past year



Percentage of women and men of acceptable weight (BMI 20 to under 25)

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002



Percentage of women and men of acceptable weight (BMI 20 to under 25)

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 29. Occupation group; usual hours worked per week in main job; and weekend work

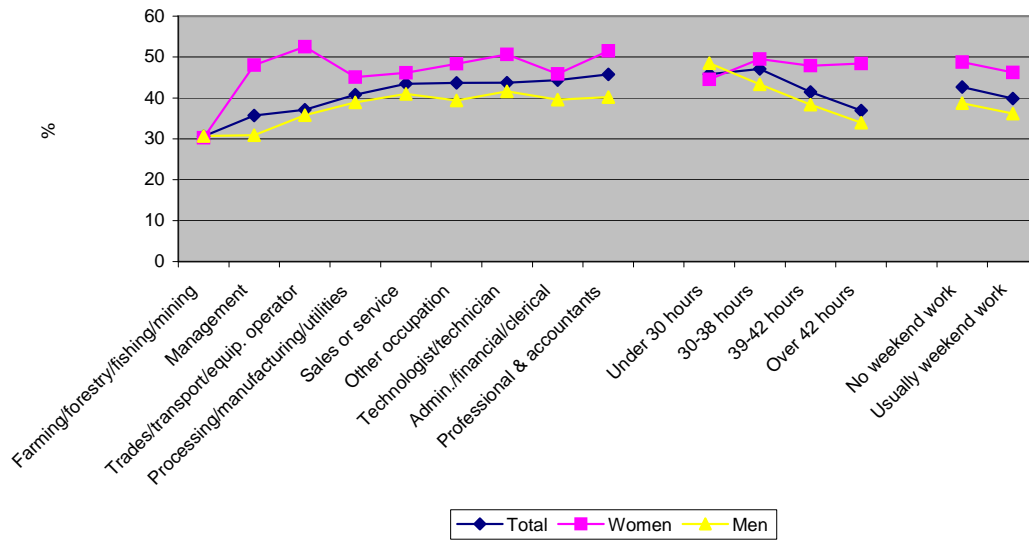
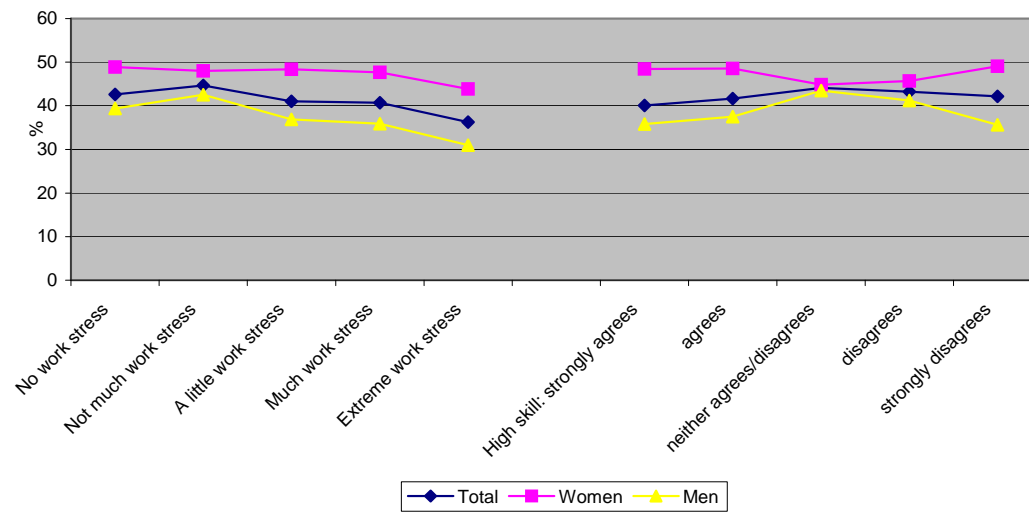


Chart 30. Level of work stress (main job), and skill requirement, past year



Percentage of women and men of acceptable weight (BMI 20 to under 25)

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 31. Agreement that the job is very hectic; free from conflicting demands, employed

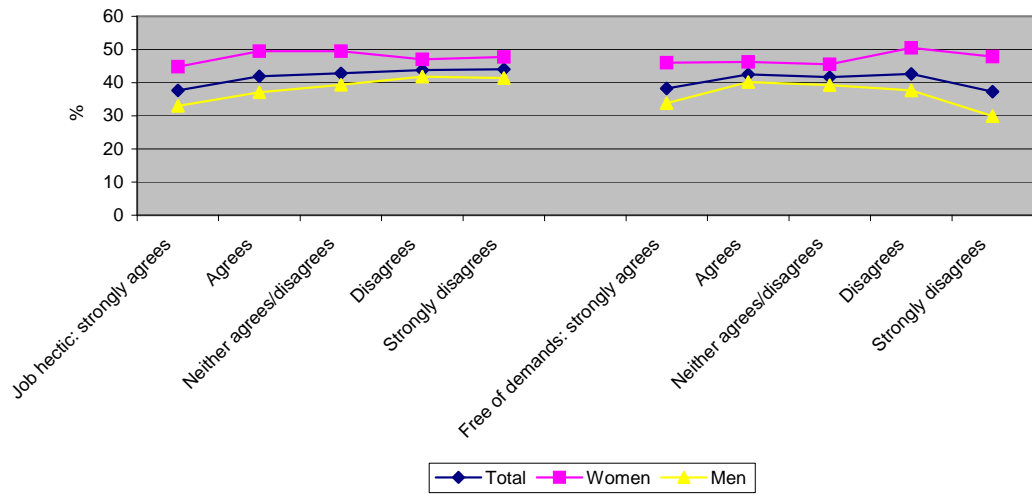
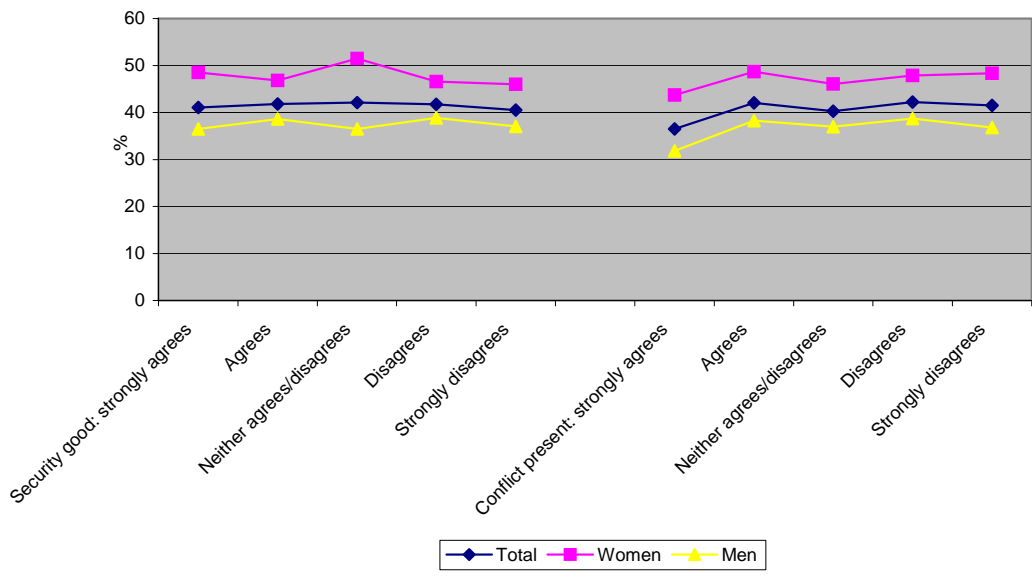


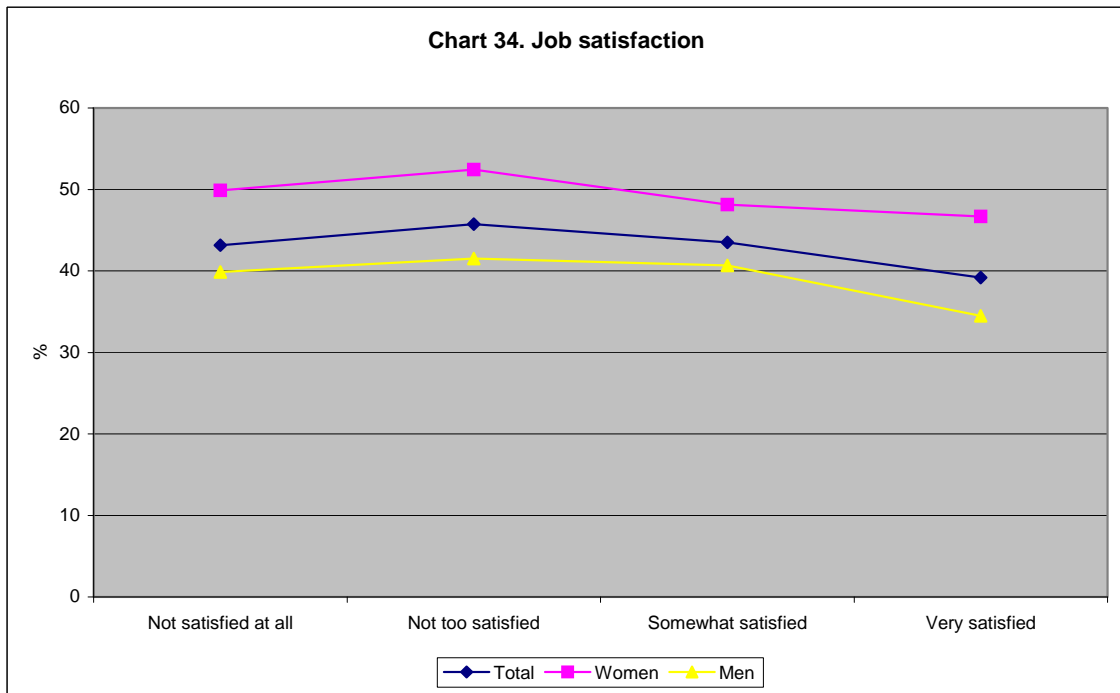
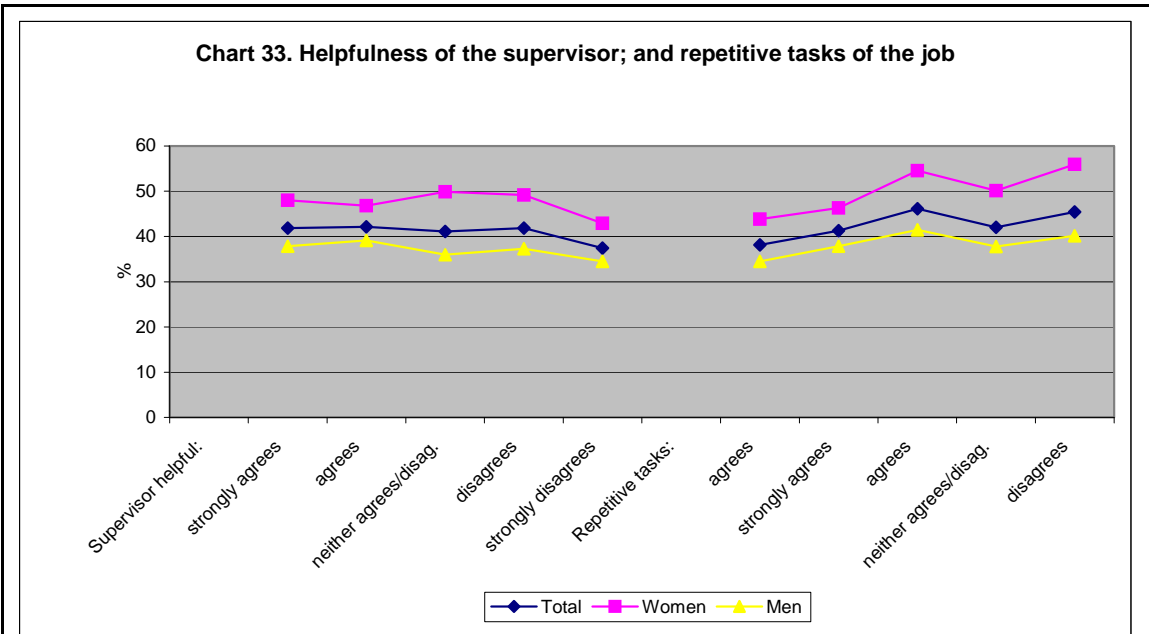
Chart 32. Job security; and presence of conflict with other employees



Percentage of women and men of acceptable weight (BMI 20 to under 25)

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002



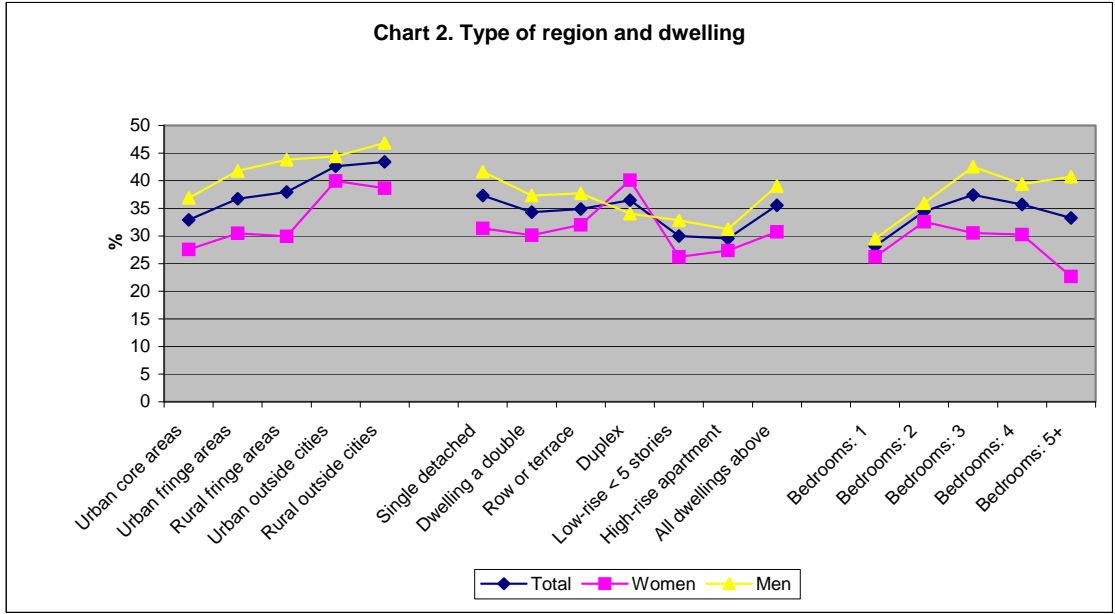
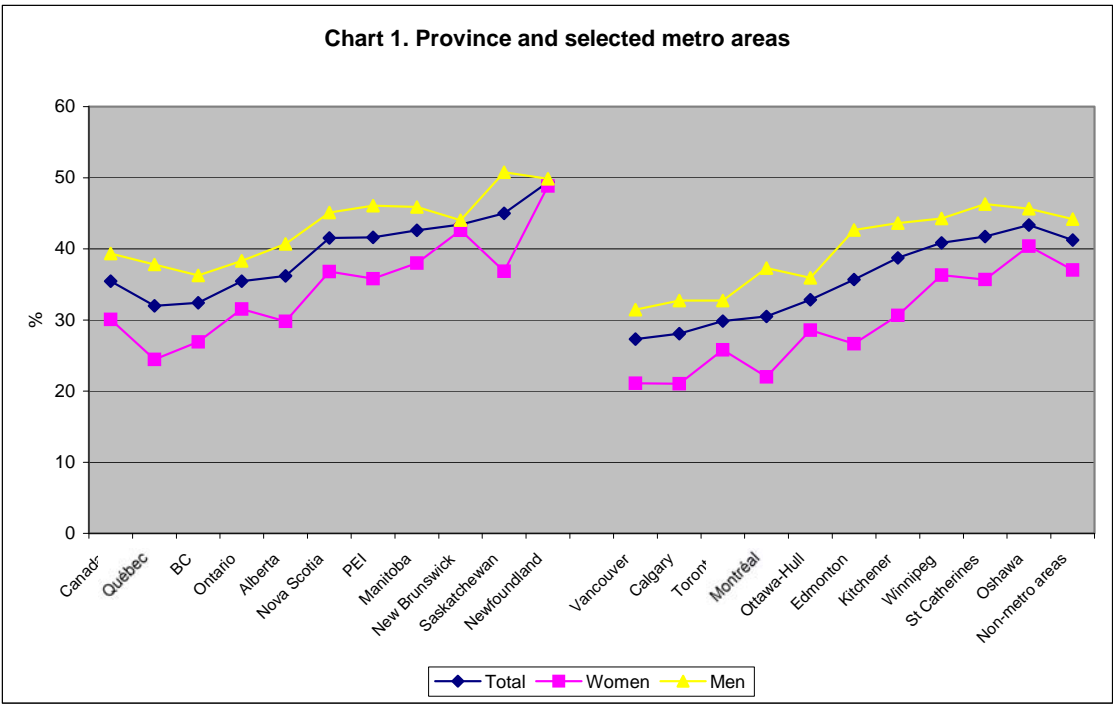
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Chapter 2. Charts of overweight women and men

(BMI over 27)



Percentage of women and men who are overweight (BMI over 27)
 See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.
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Chart 3. Dwelling ownership; household size; and number of children under 11 in the household

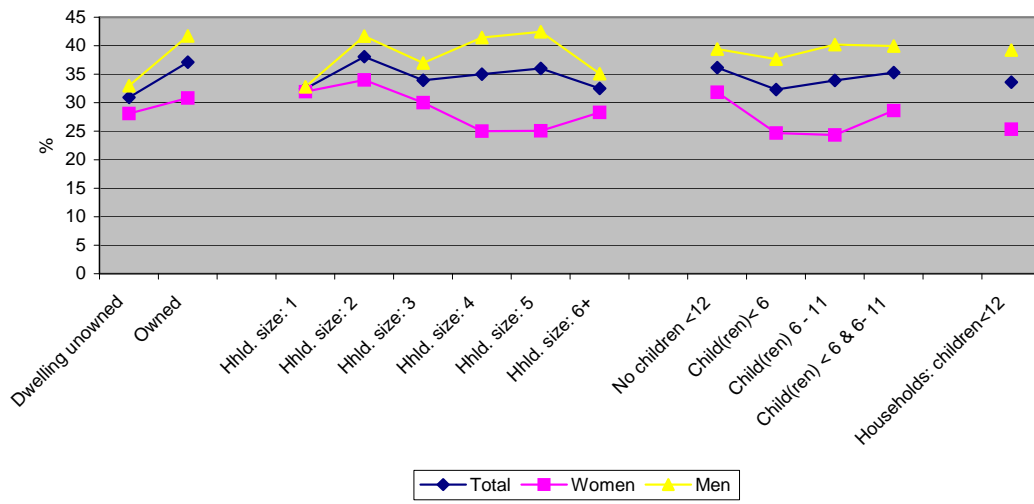
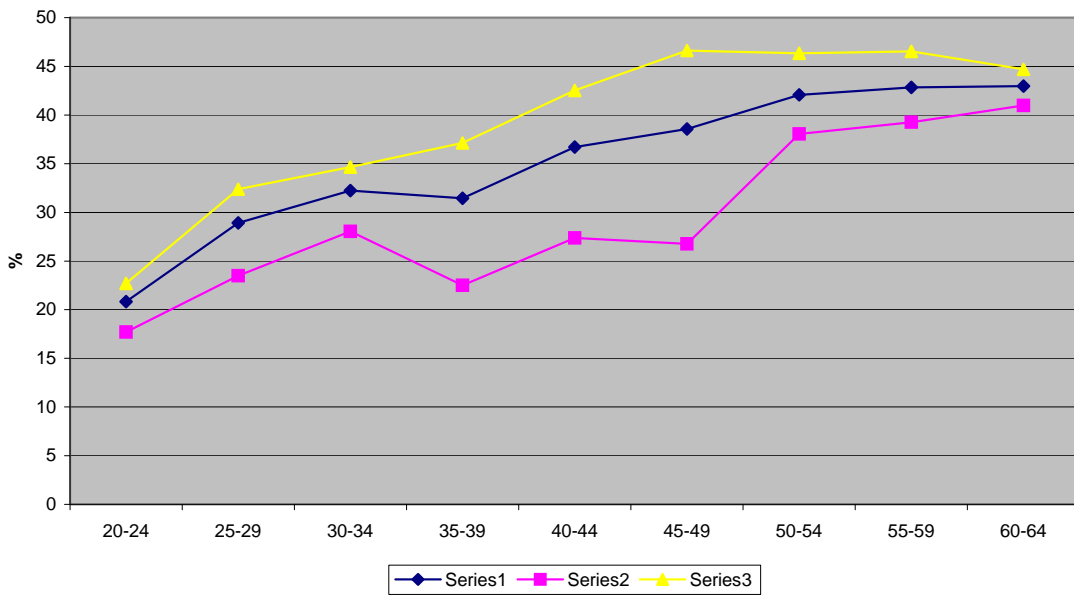


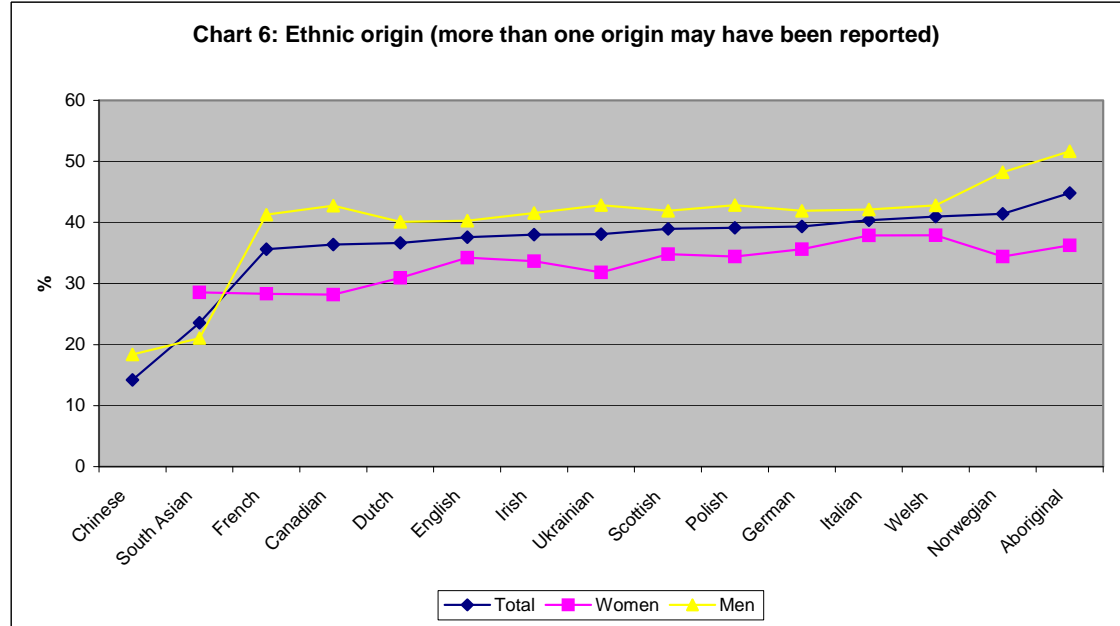
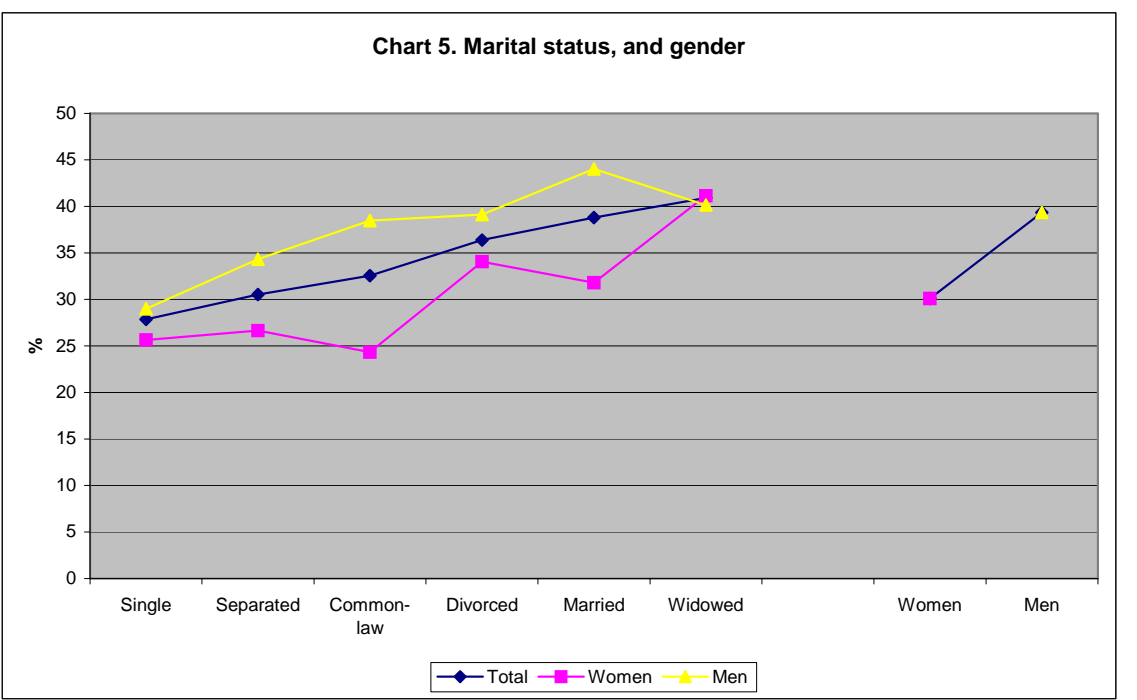
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Chart 7. Student status; and level of education

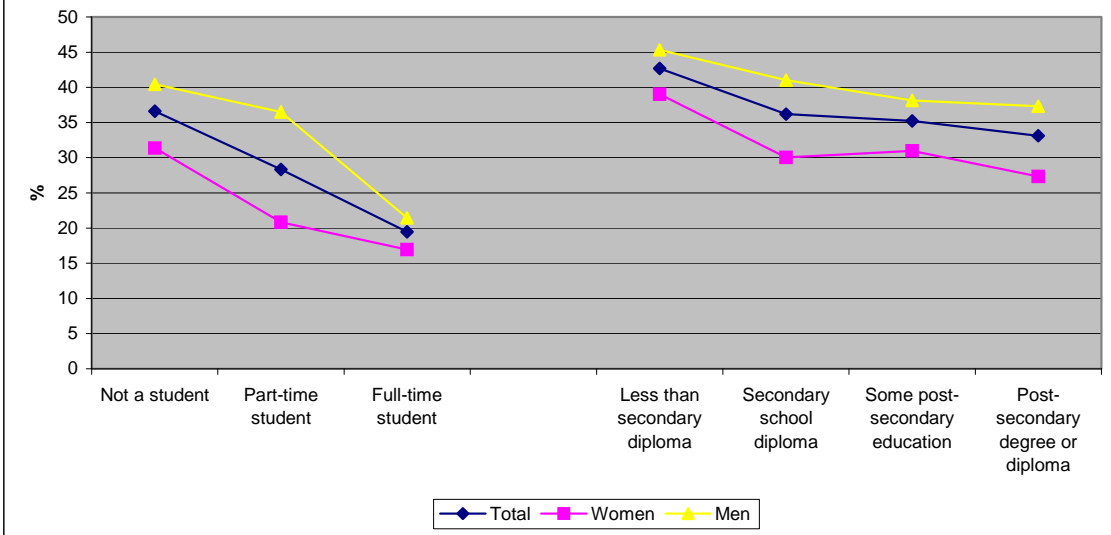
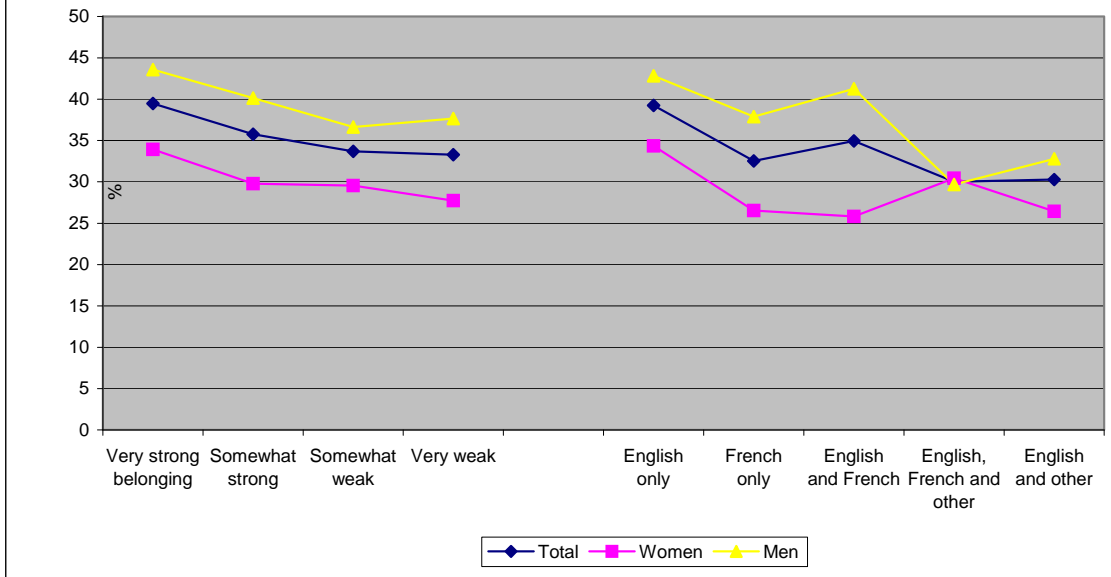


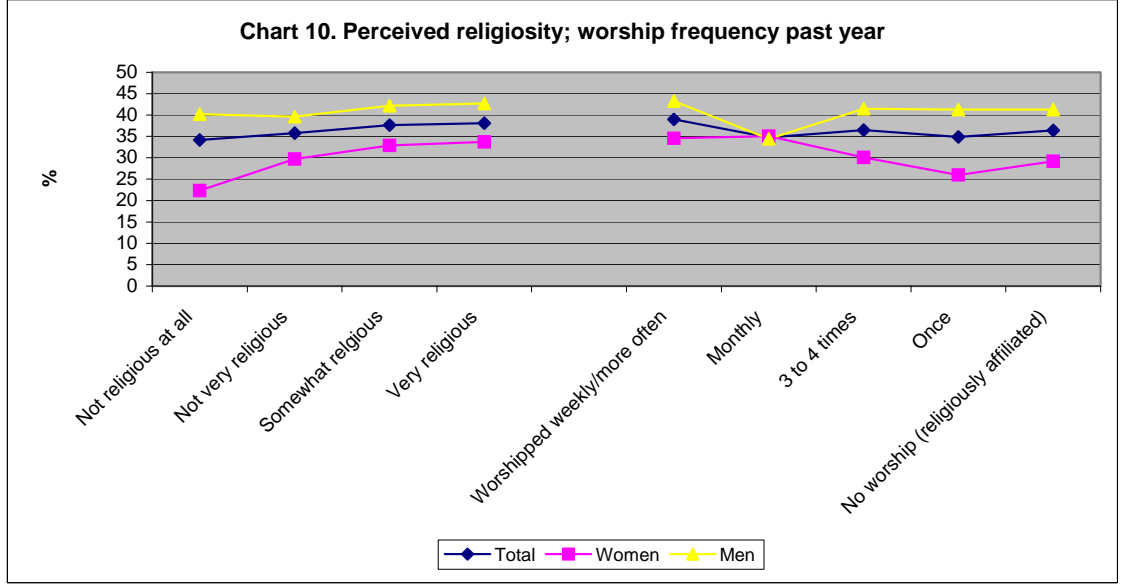
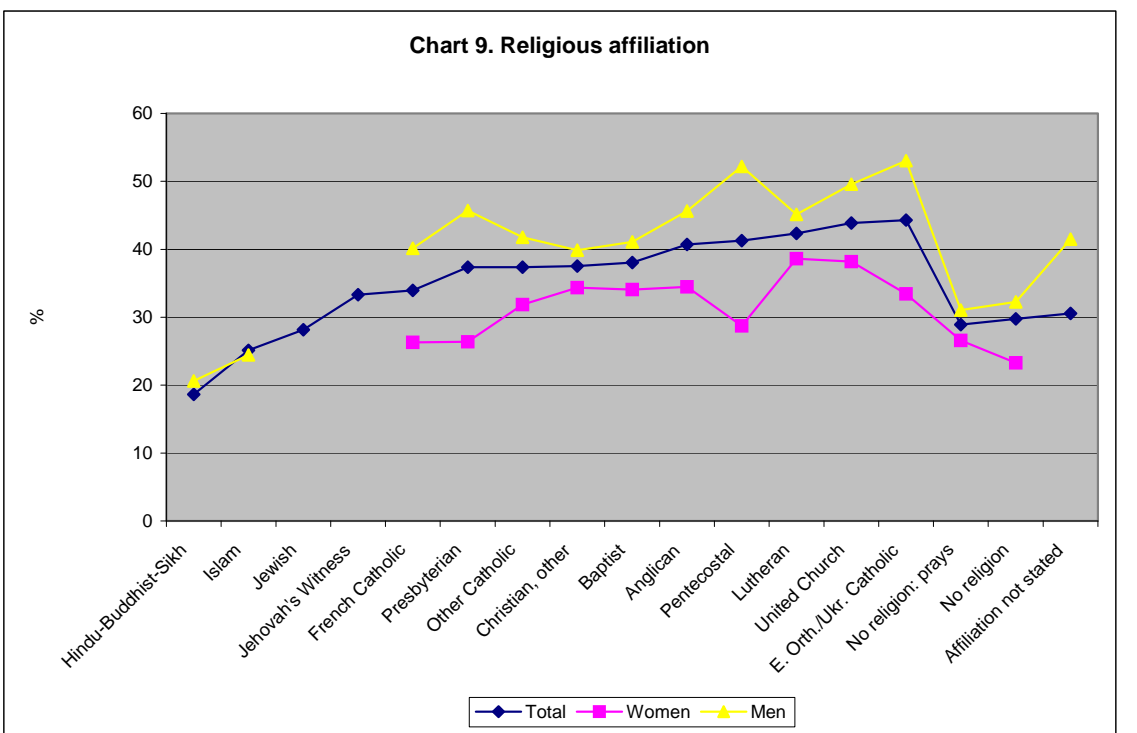
Chart 8. Strength of belonging to the community of residence; and language



Percentage of women and men who are overweight (BMI over 27)

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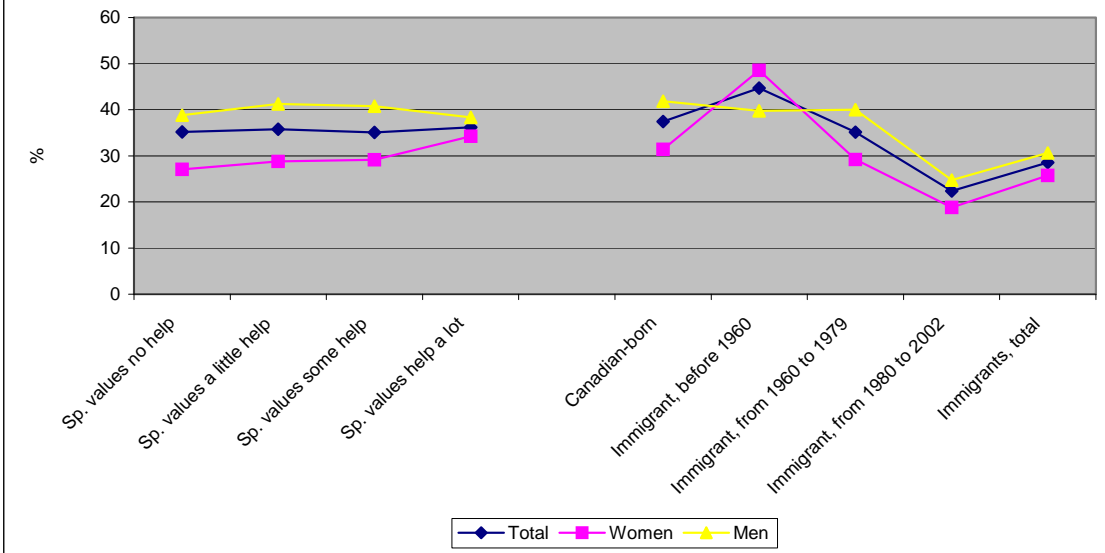
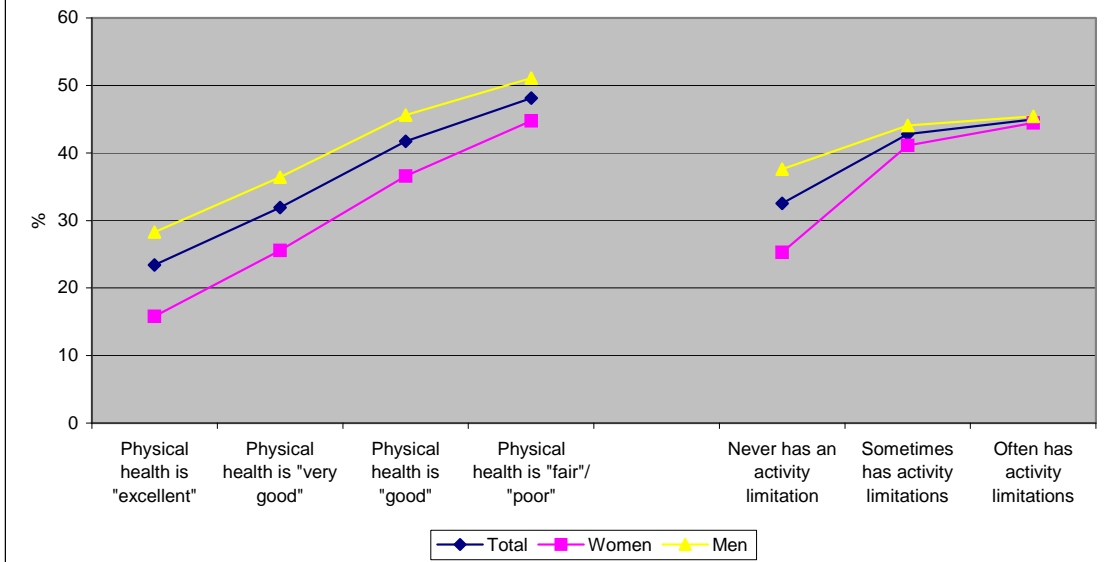


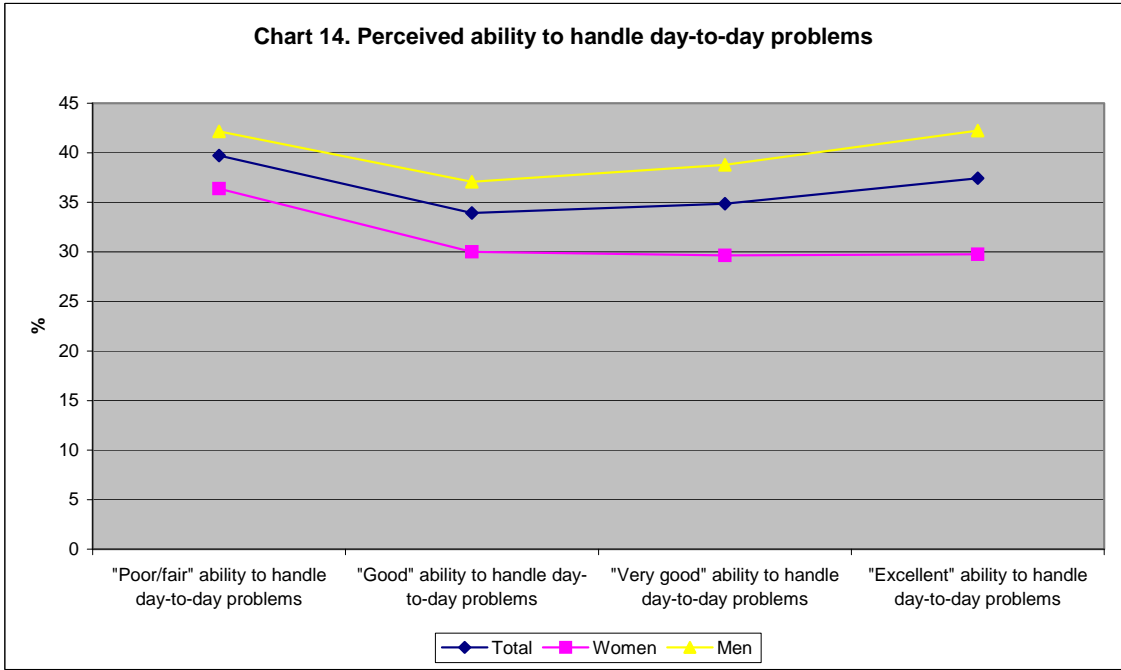
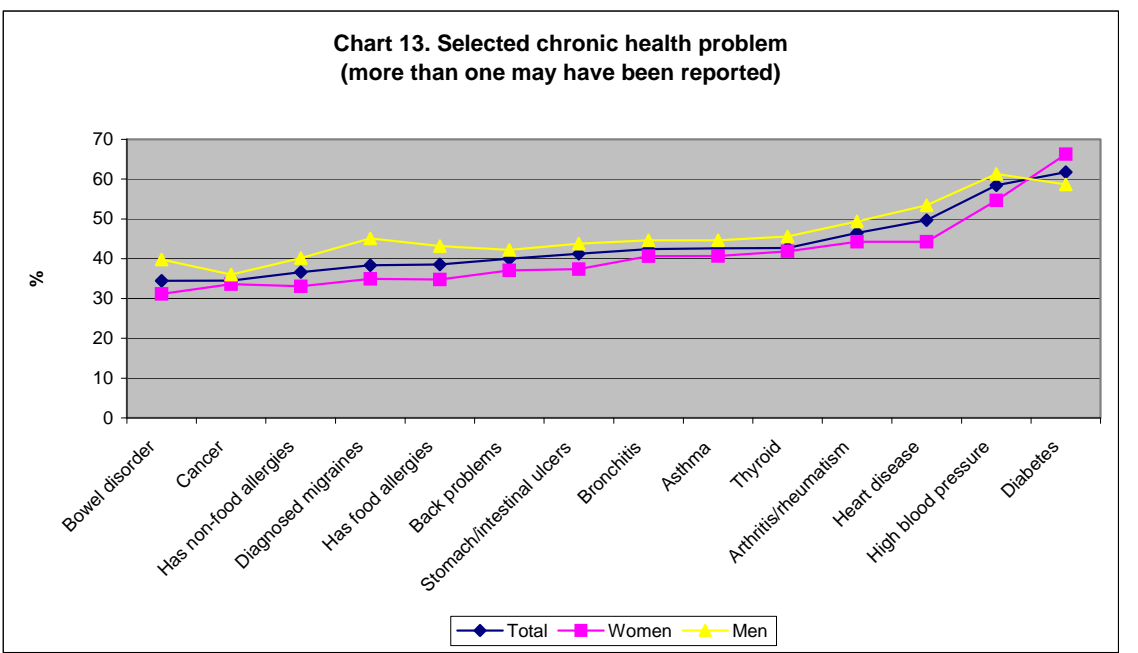
Chart 12. Perceived physical health status; frequency of activity limitations



Percentage of women and men who are overweight (BMI over 27)

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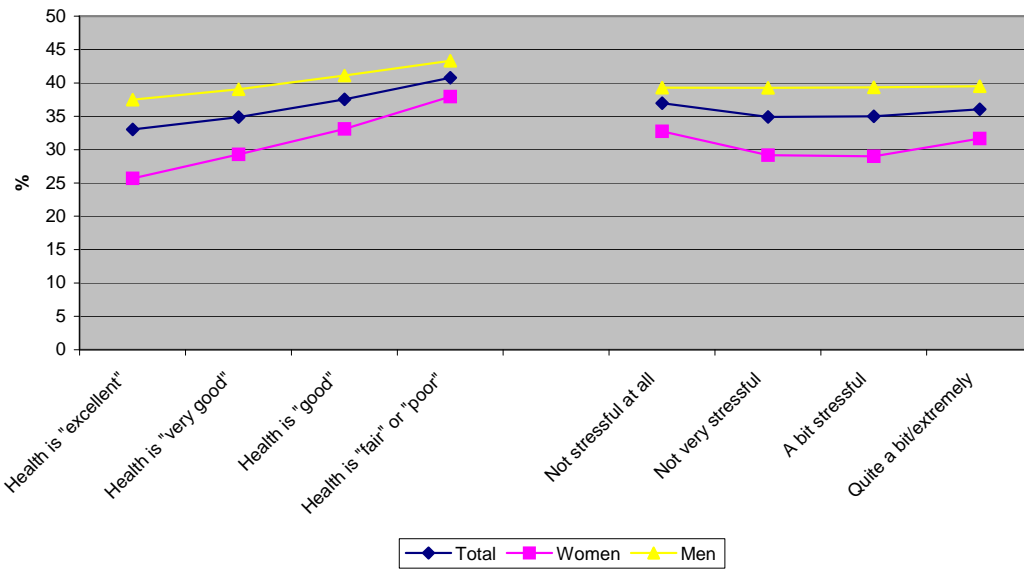
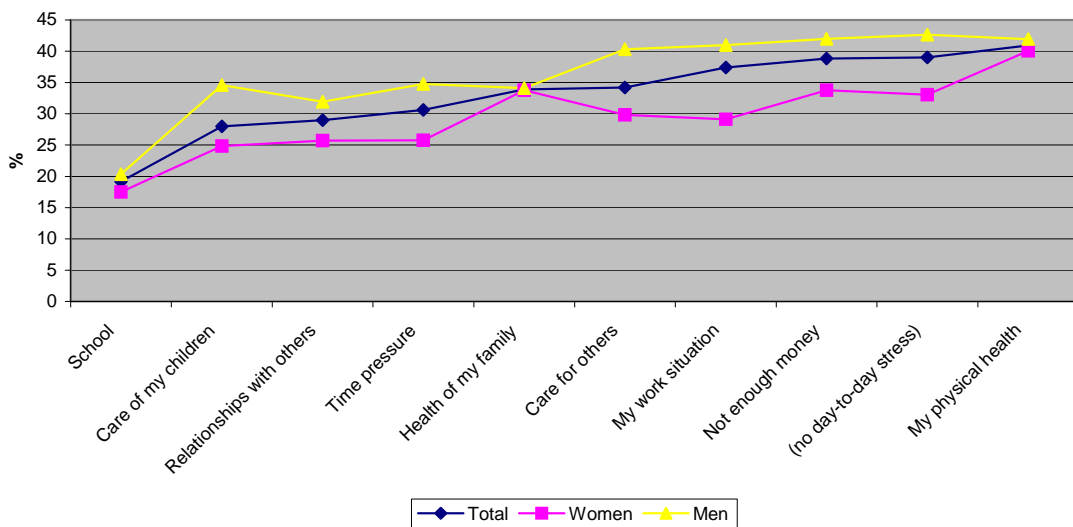


Chart 16. Most important source of daily stress



Percentage of women and men who are overweight (BMI over 27)

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Chart 17. Coping with stress by smoking; by drinking more than usual

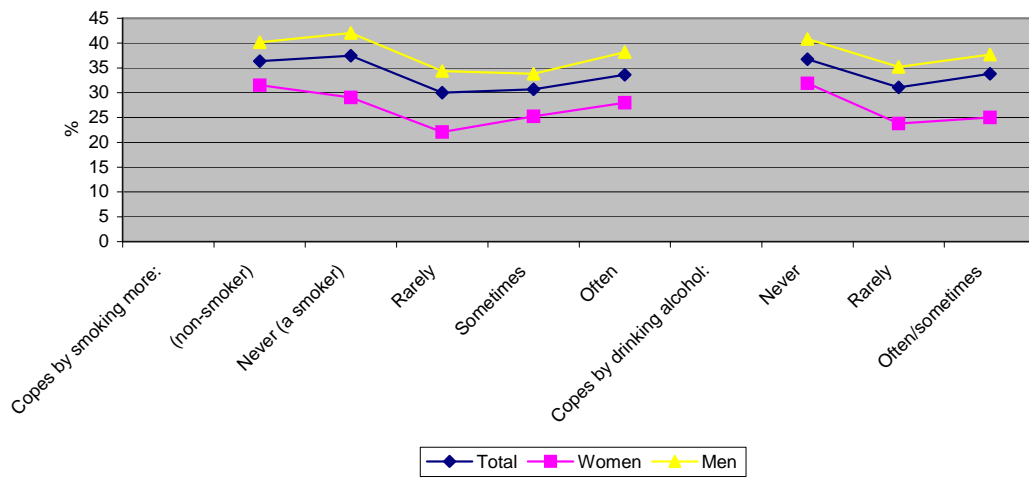
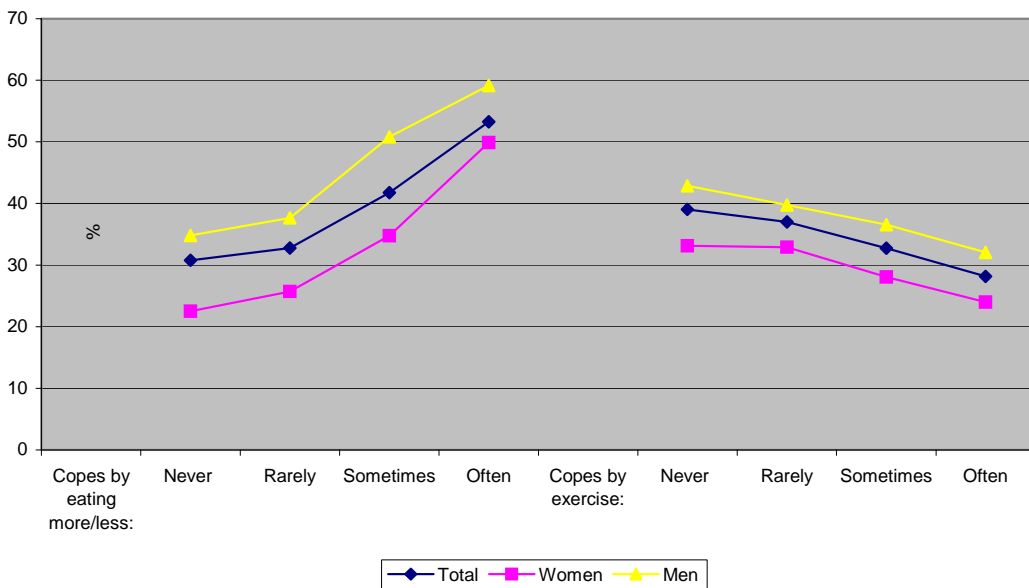


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Percentage of women and men who are overweight (BMI over 27)

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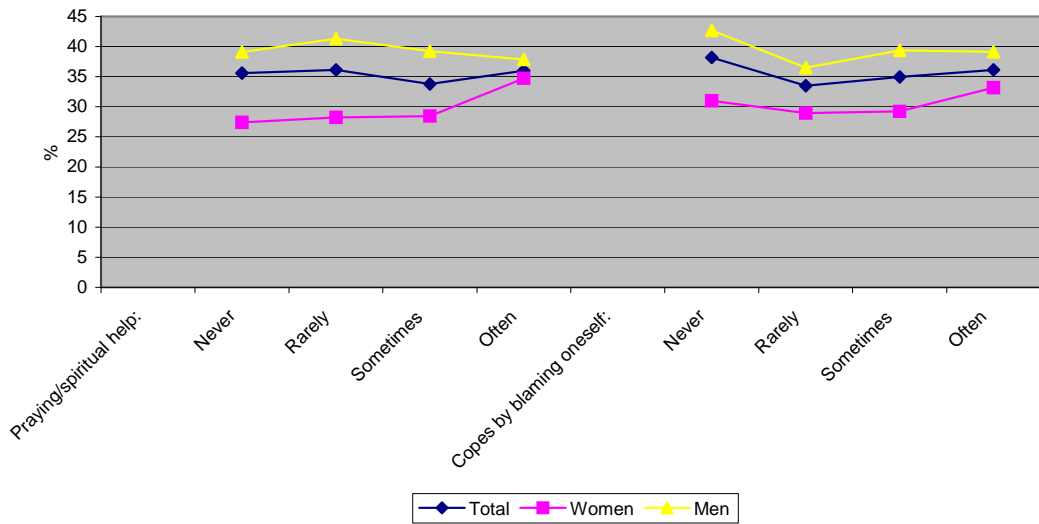
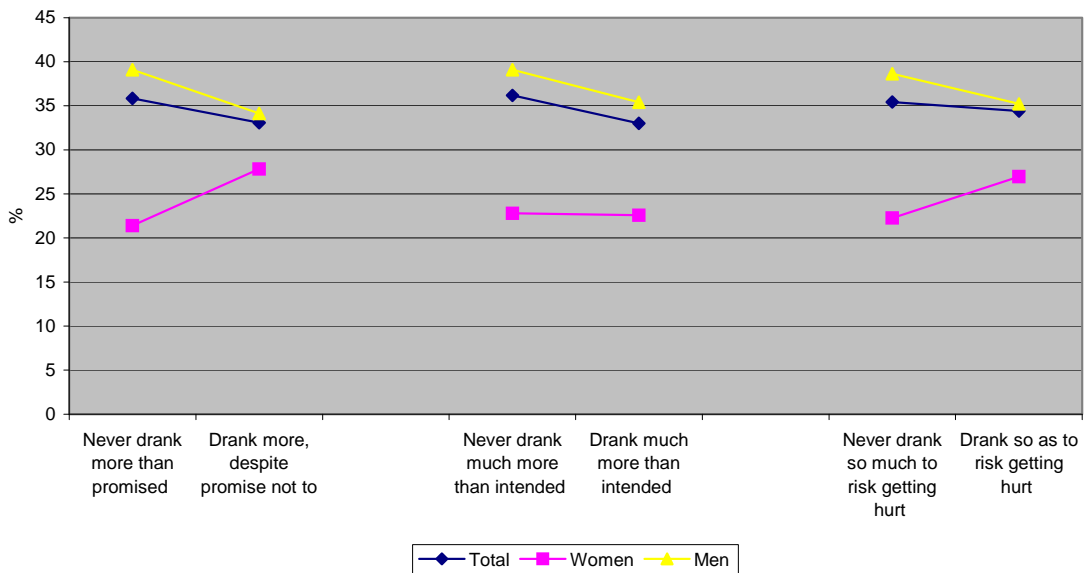


Chart 20. Promises regarding drinking; intentions; risks of getting hurt past year



Percentage of women and men who are overweight (BMI over 27)

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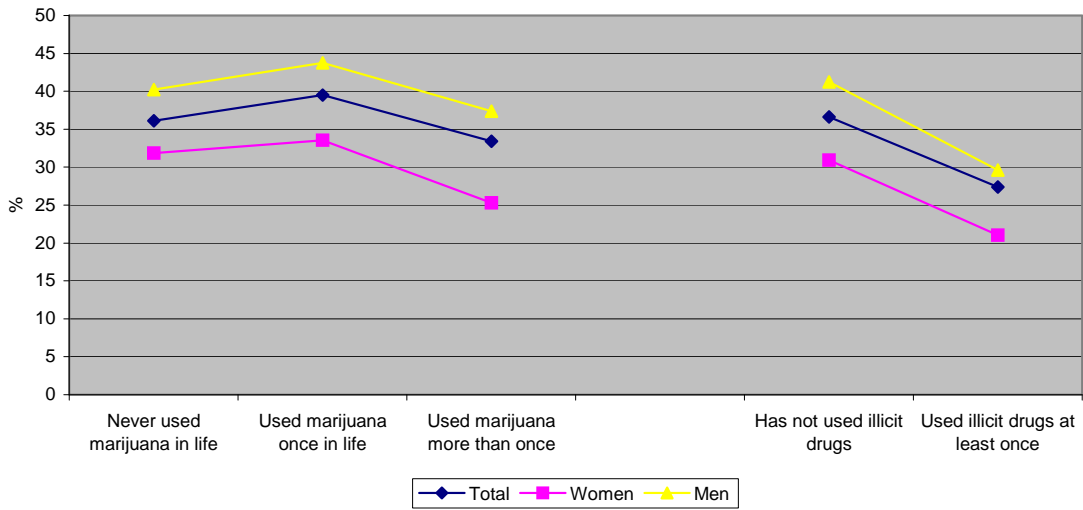
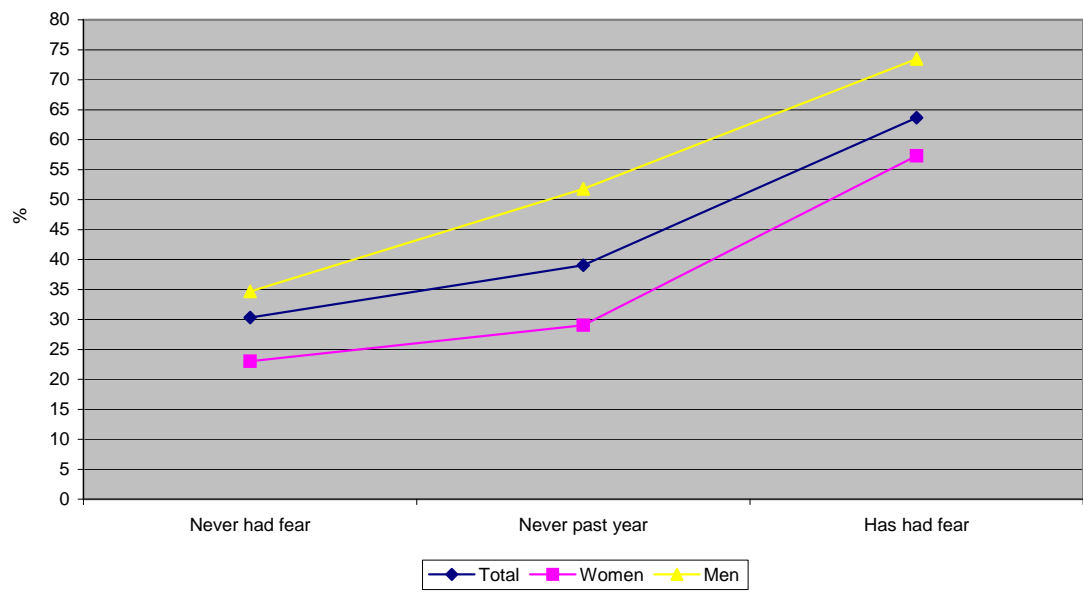


Chart 22. Fear of being overweight past year



Percentage of women and men who are overweight (BMI over 27)

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Chart 23. Serious consideration of suicide; and type of gambler

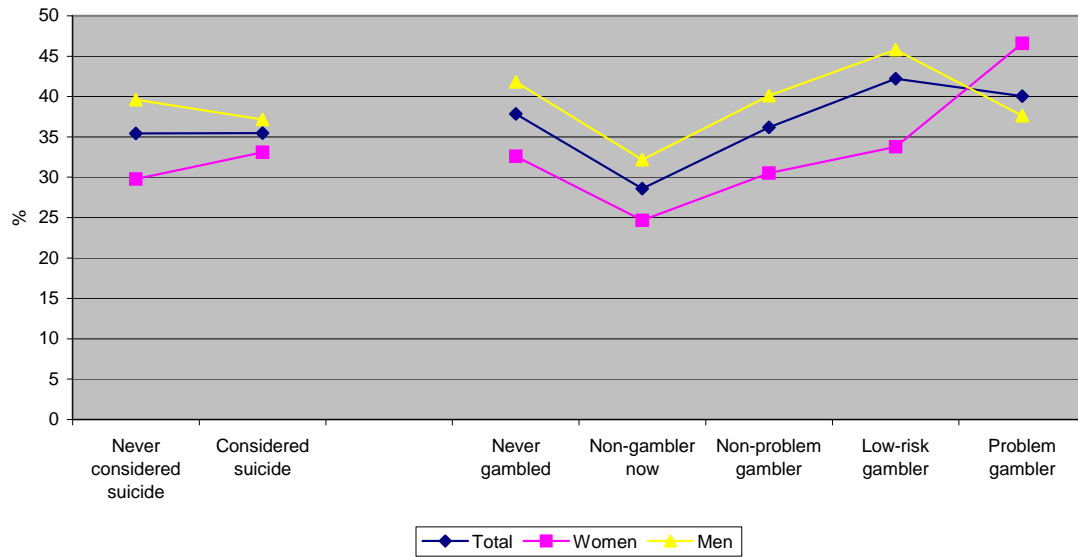
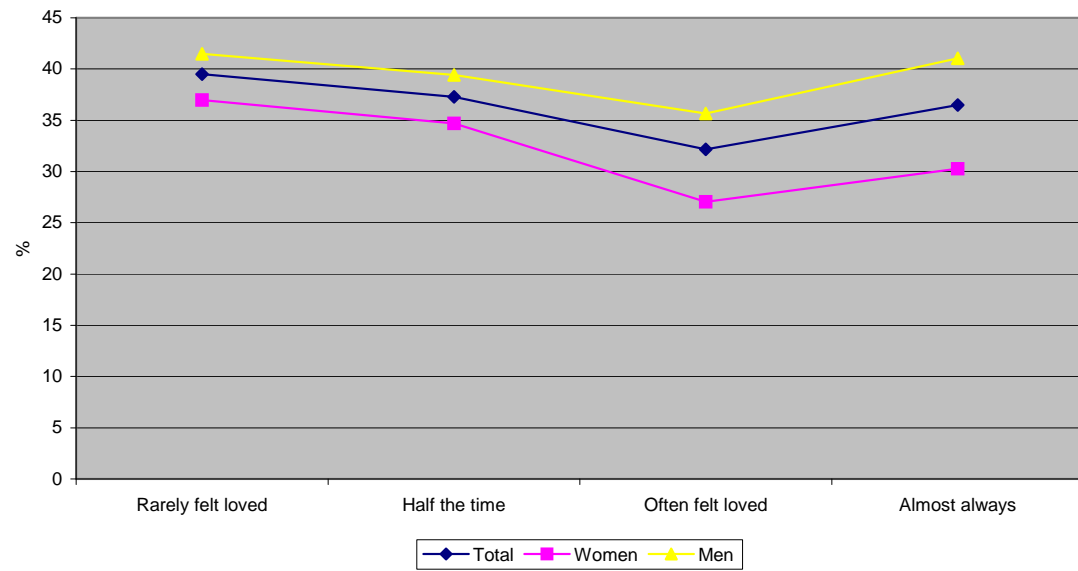


Chart 24. Frequency of feeling loved and appreciated past month



Percentage of women and men who are overweight (BMI over 27)

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.

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Chart 25. Frequency past month of feeling at peace; emotionally balanced; and useful

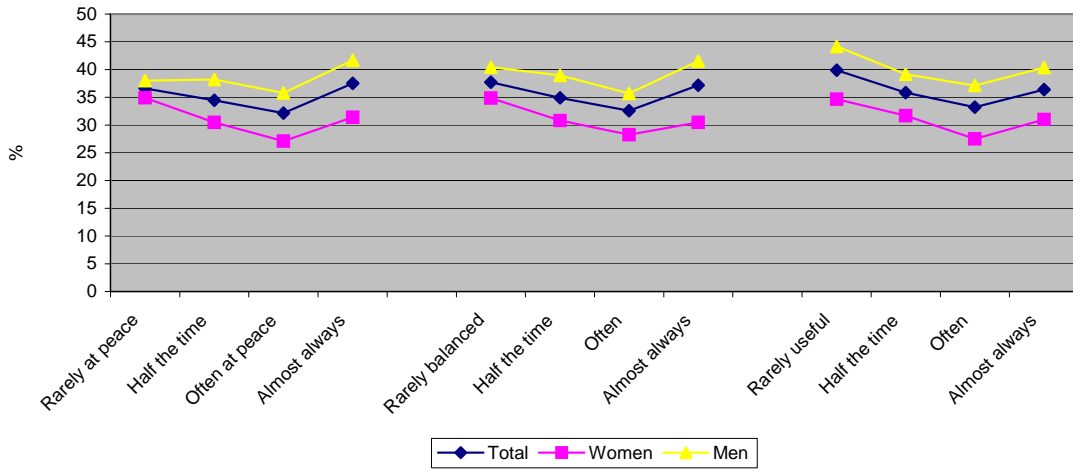
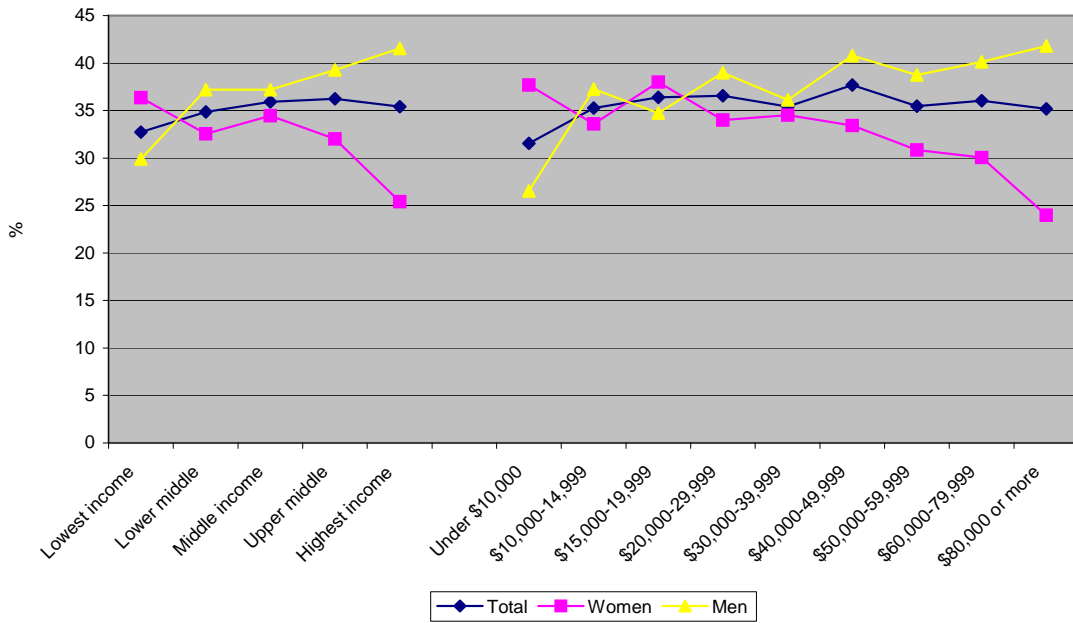


Chart 26. Household income adequacy, and household income past year



Percentage of women and men who are overweight (BMI over 27)

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 27. Personal income last year; and reception of welfare last year

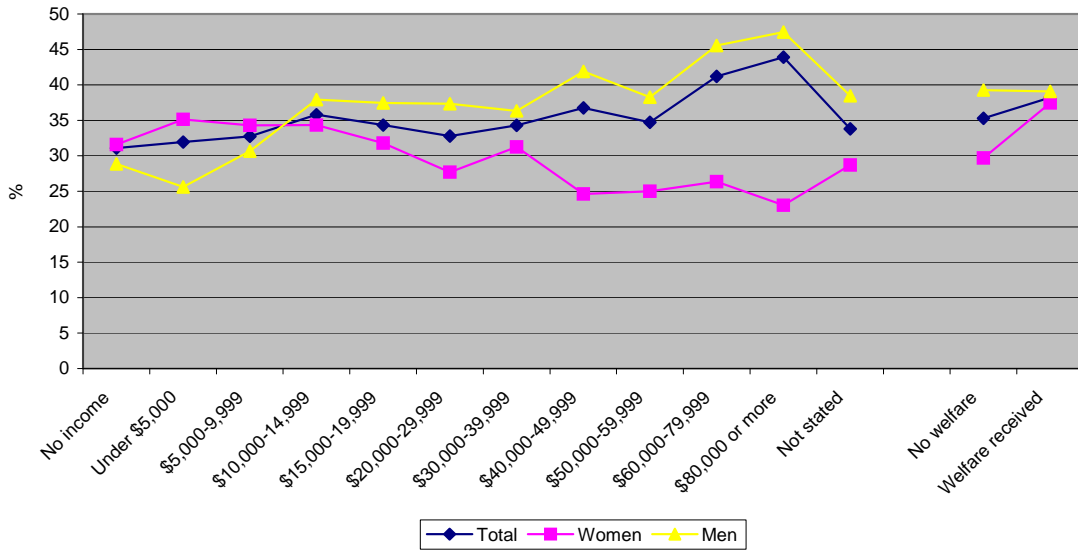
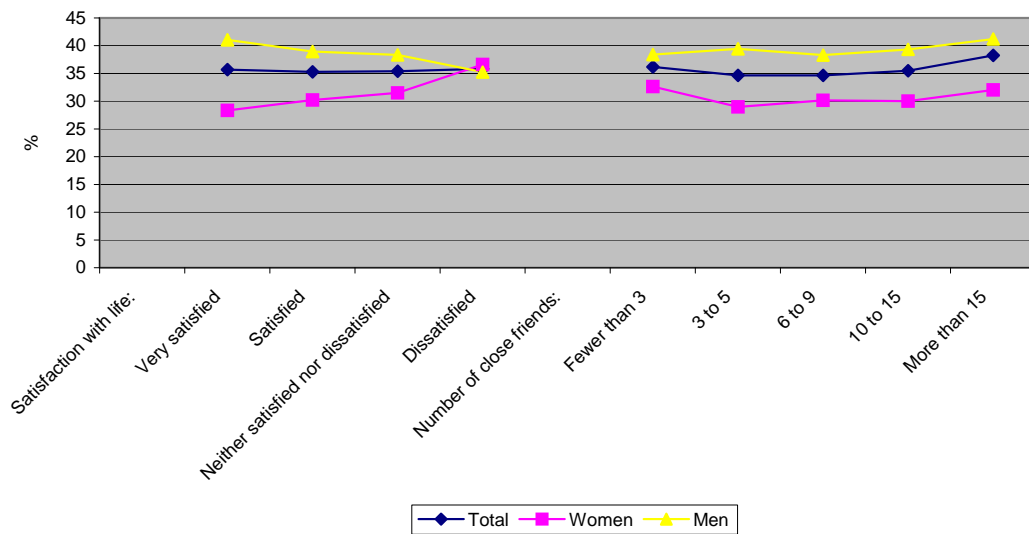


Chart 28. Satisfaction with life in general; and number of close friends



Percentage of women and men who are overweight (BMI over 27)

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 29. Occupation group; usual hours worked per week in main job; and weekend work

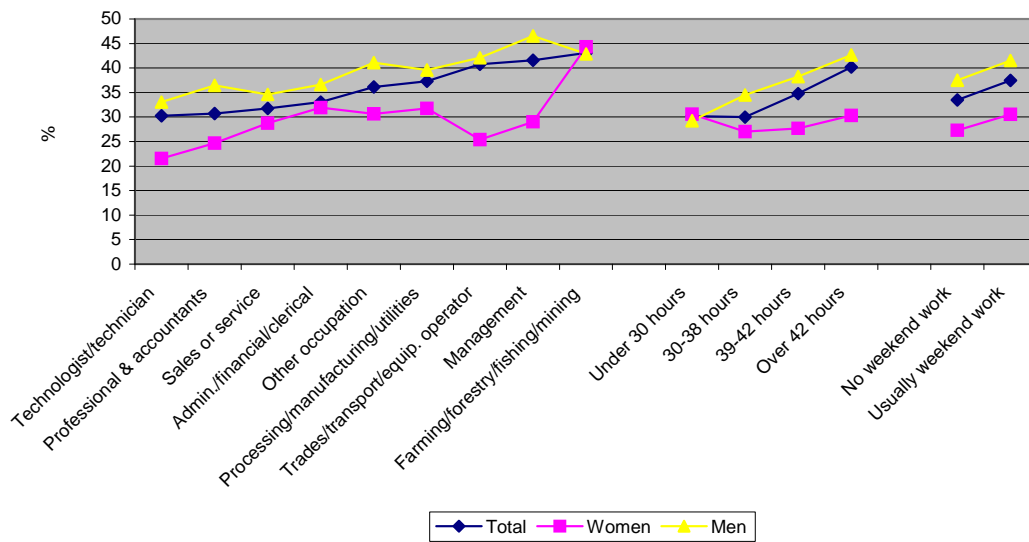
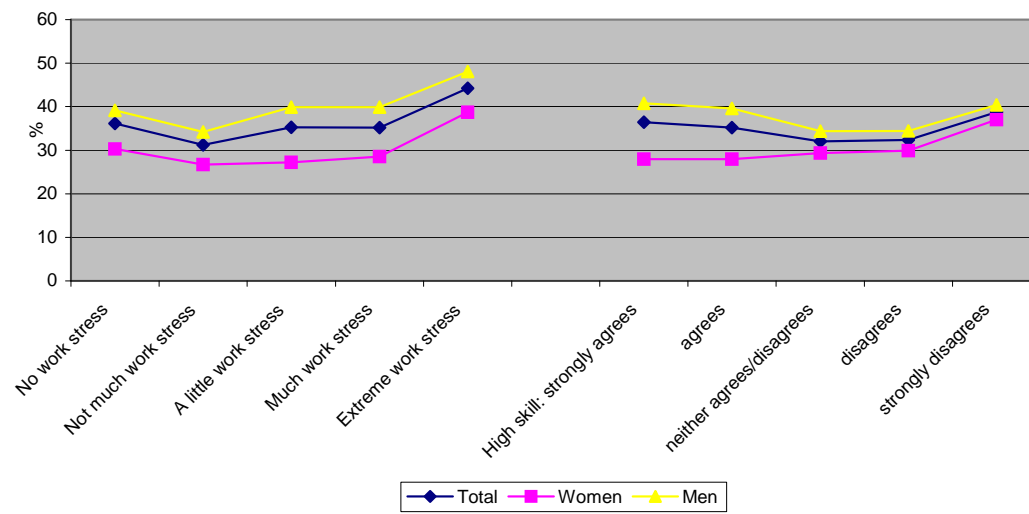


Chart 30. Level of work stress (main job), and skill requirement, past year



Percentage of women and men who are overweight (BMI over 27)

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 31. Agreement that the job is very hectic; free from conflicting demands, employed

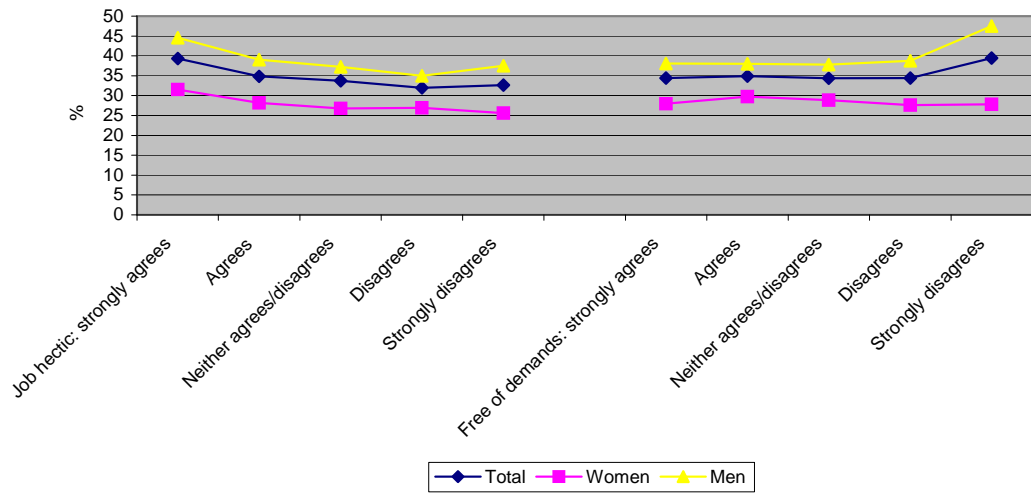
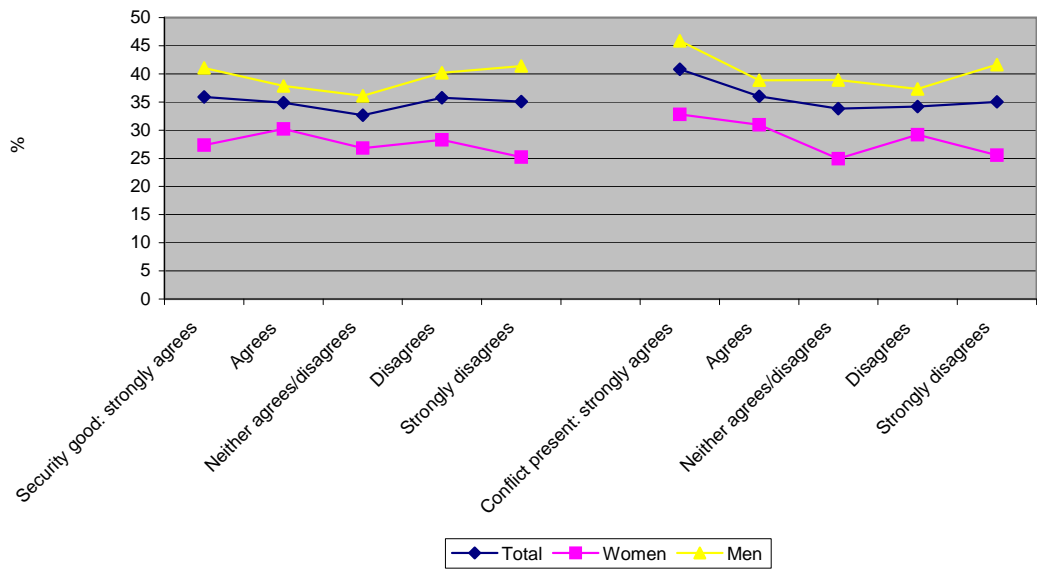


Chart 32. Job security; and presence of conflict with other employees



Percentage of women and men who are overweight (BMI over 27)

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.

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Chart 33. Helpfulness of the supervisor; and repetitive tasks of the job

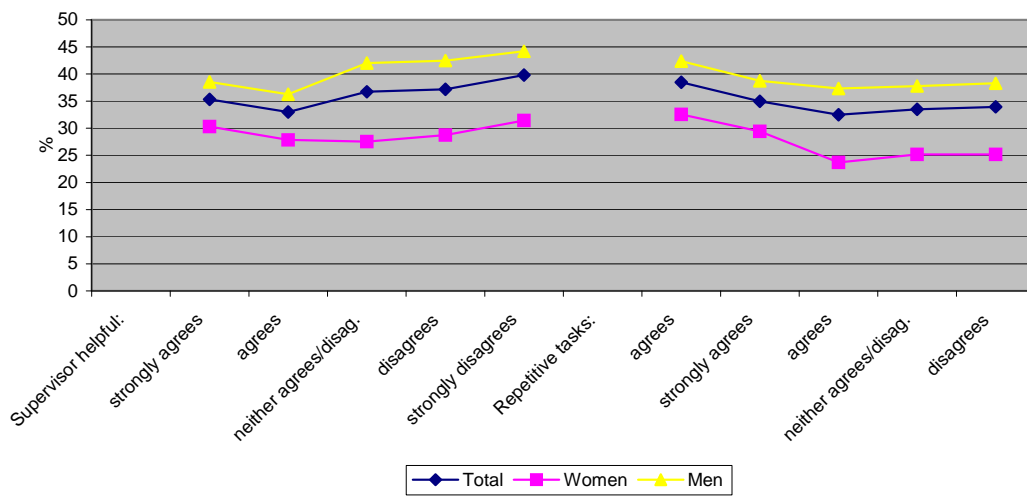
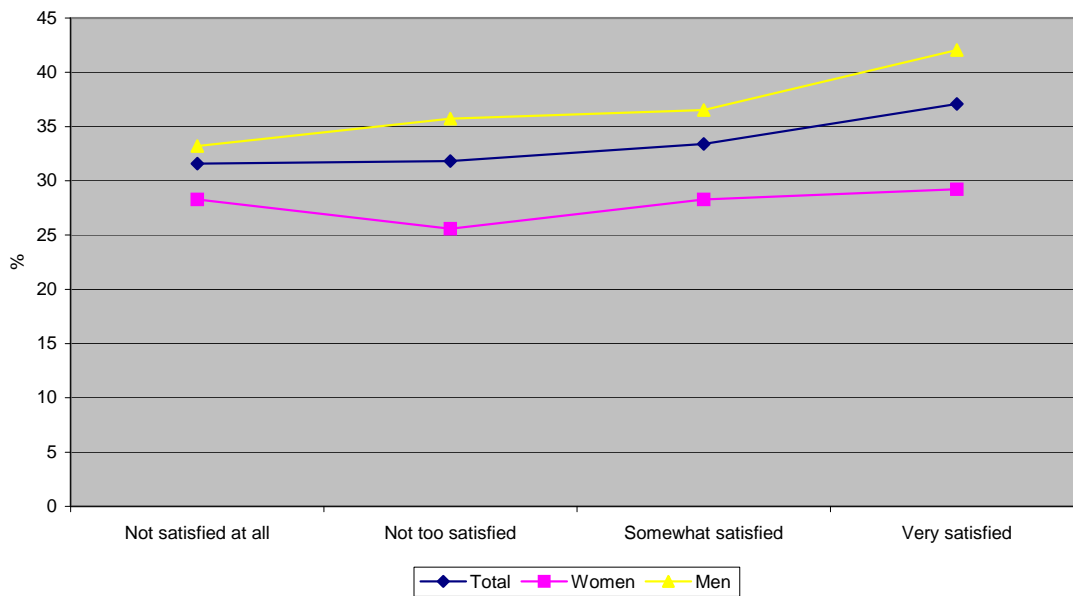


Chart 34. Job satisfaction

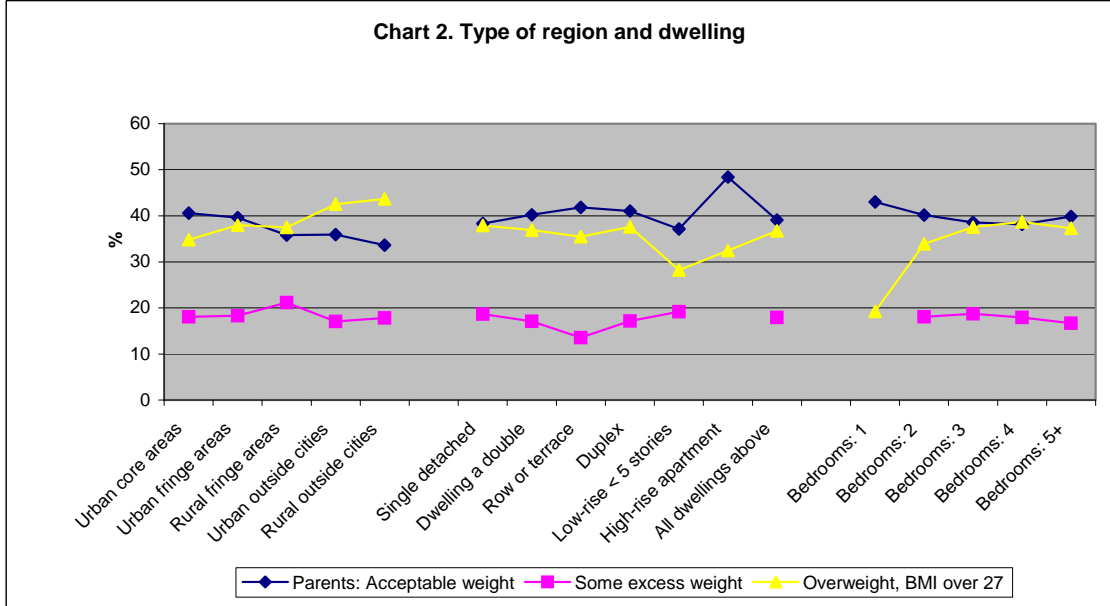
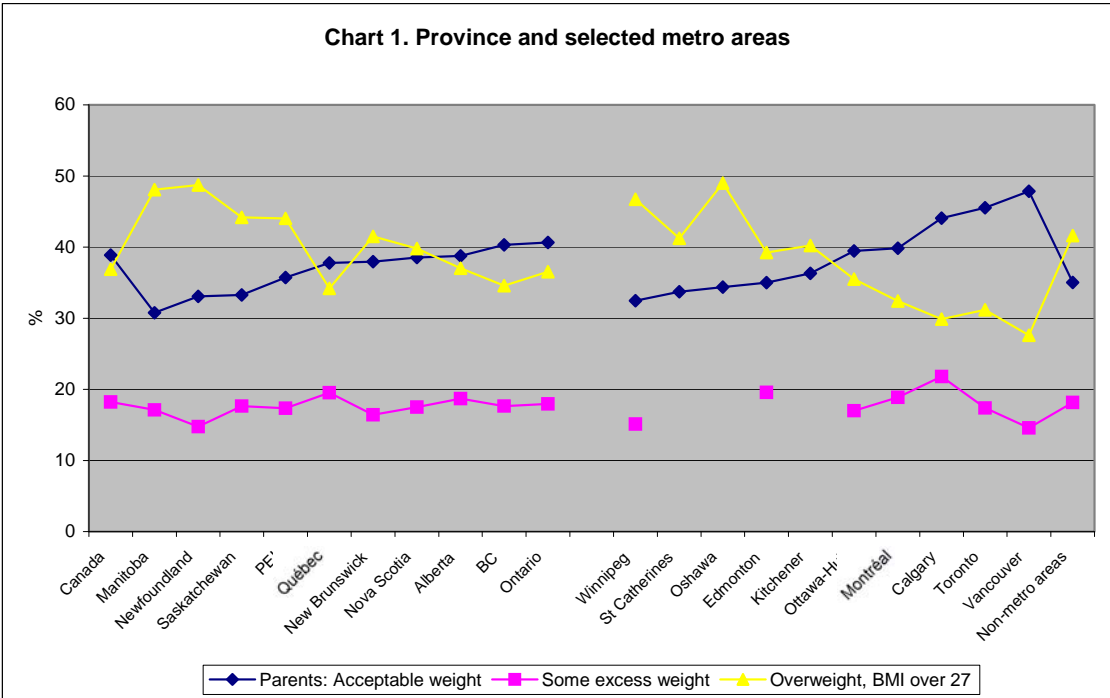


Percentage of women and men who are overweight (BMI over 27)

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.

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**Chapter 3. Charts of parents of acceptable weight
and those overweight**



Percentage of parents who are of acceptable weight, have some excess weight, and are overweight
 See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.
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Chart 3. Dwelling ownership; household size; and number of children under 11 in the household

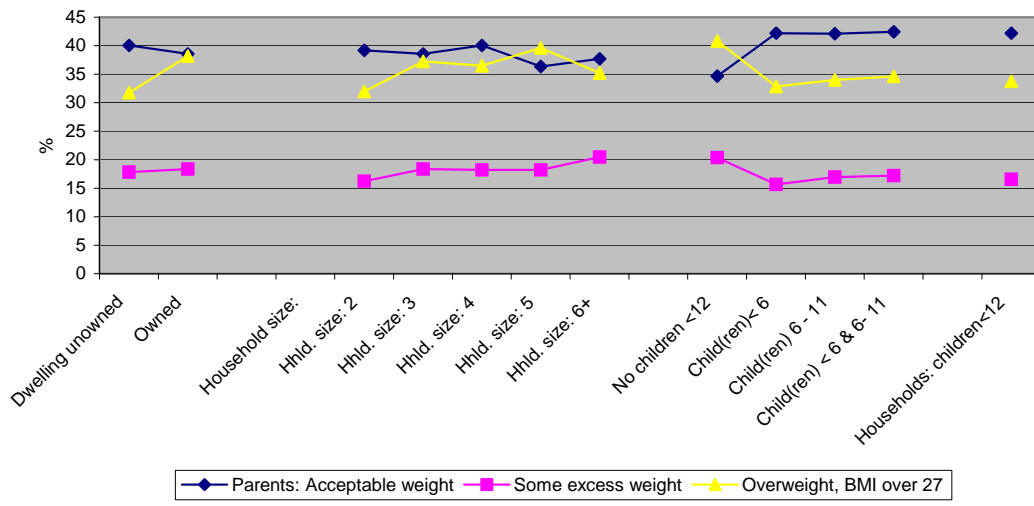
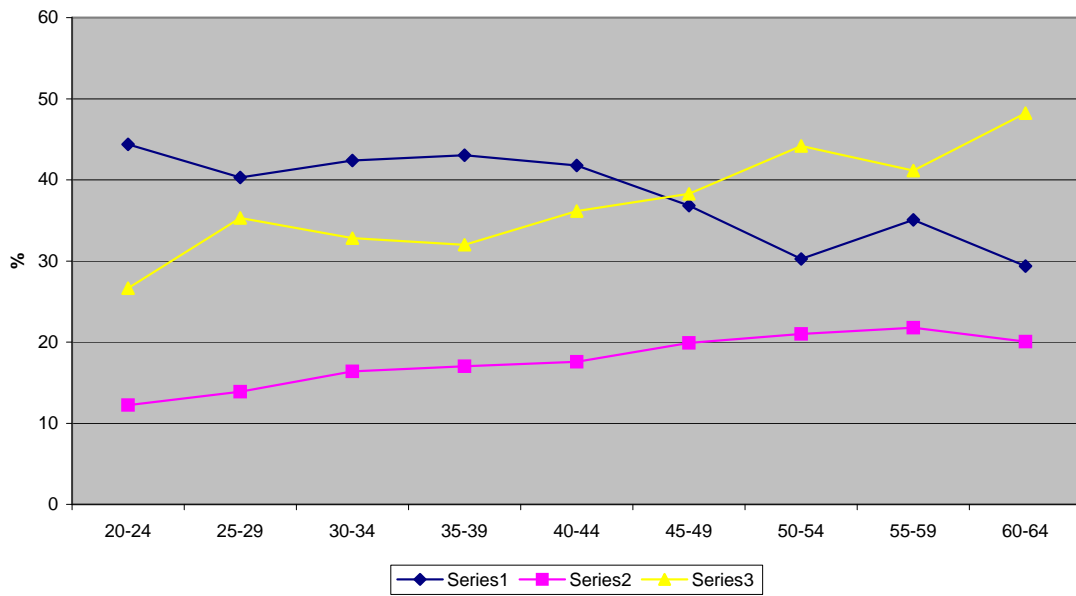


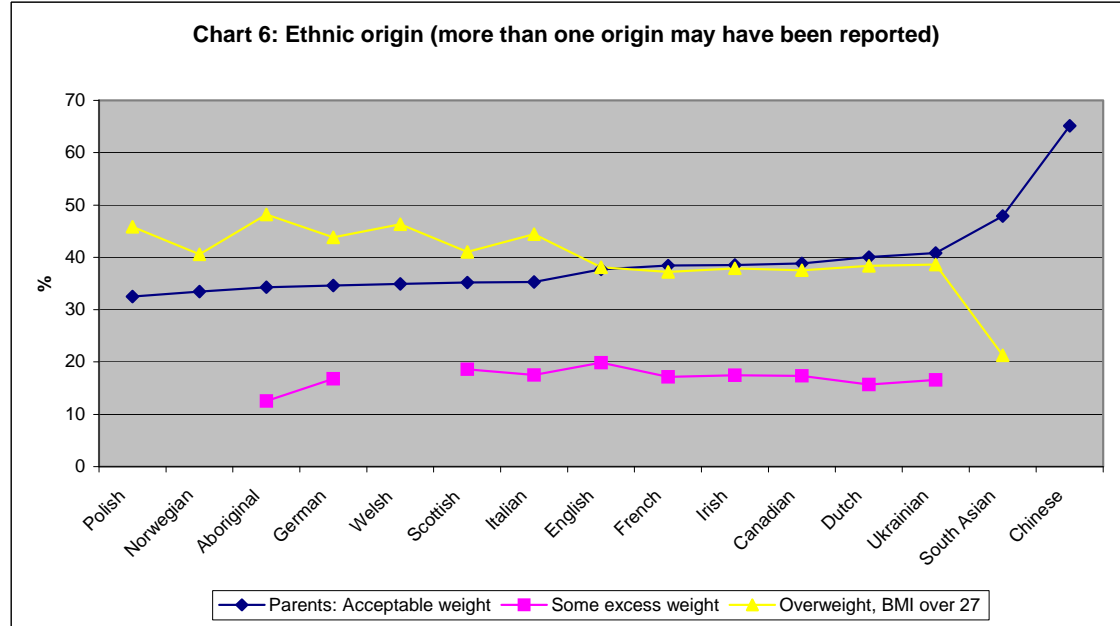
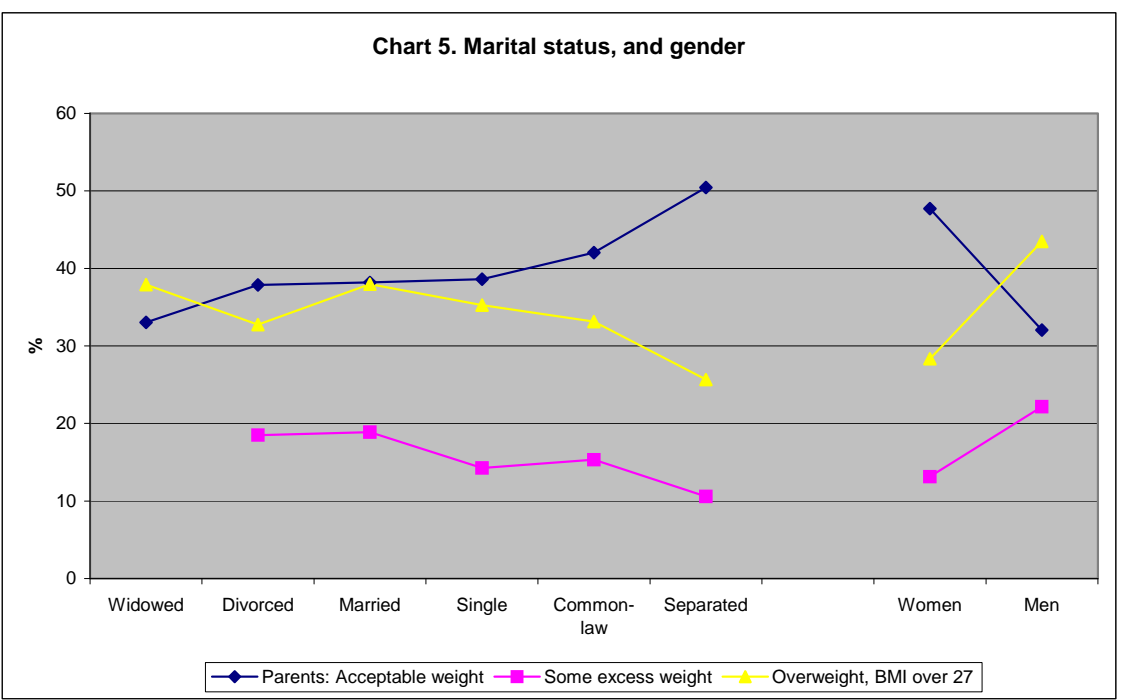
Chart 4. Age groups



Percentage of parents who are of acceptable weight, have some excess weight, and are overweight

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.

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Chart 7. Student status; and level of education

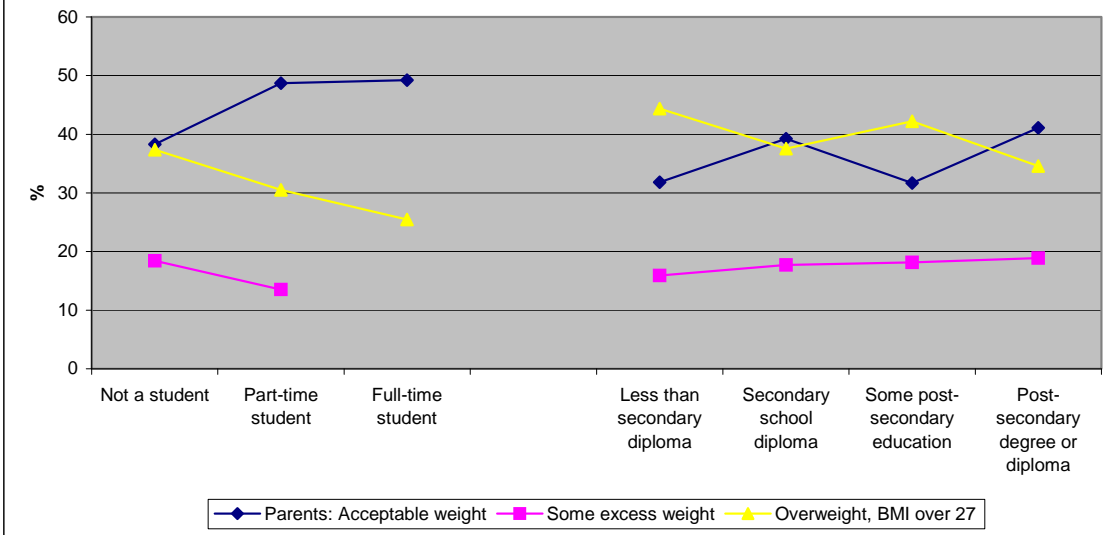
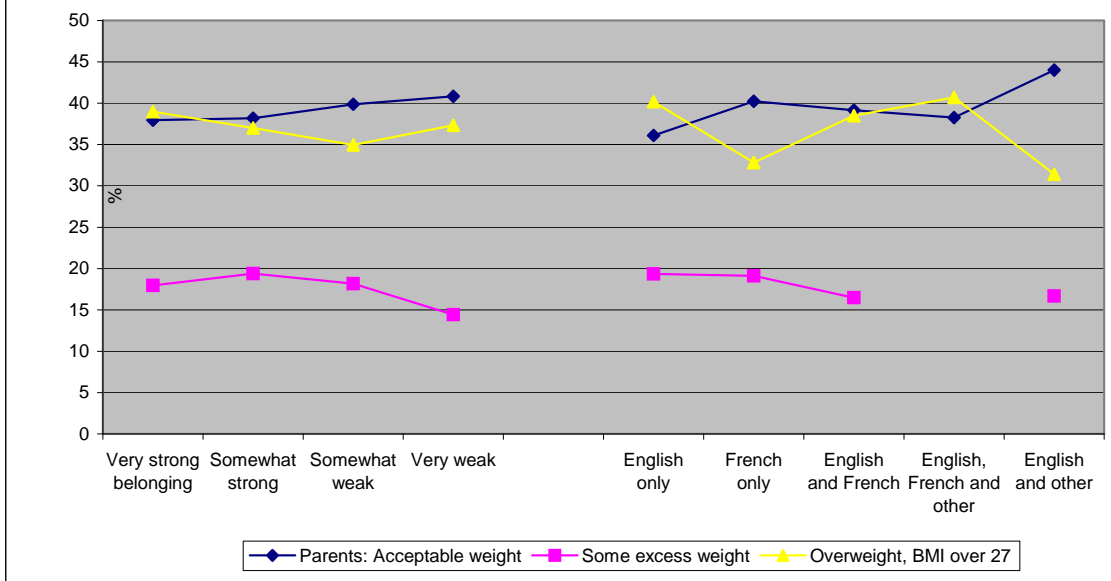
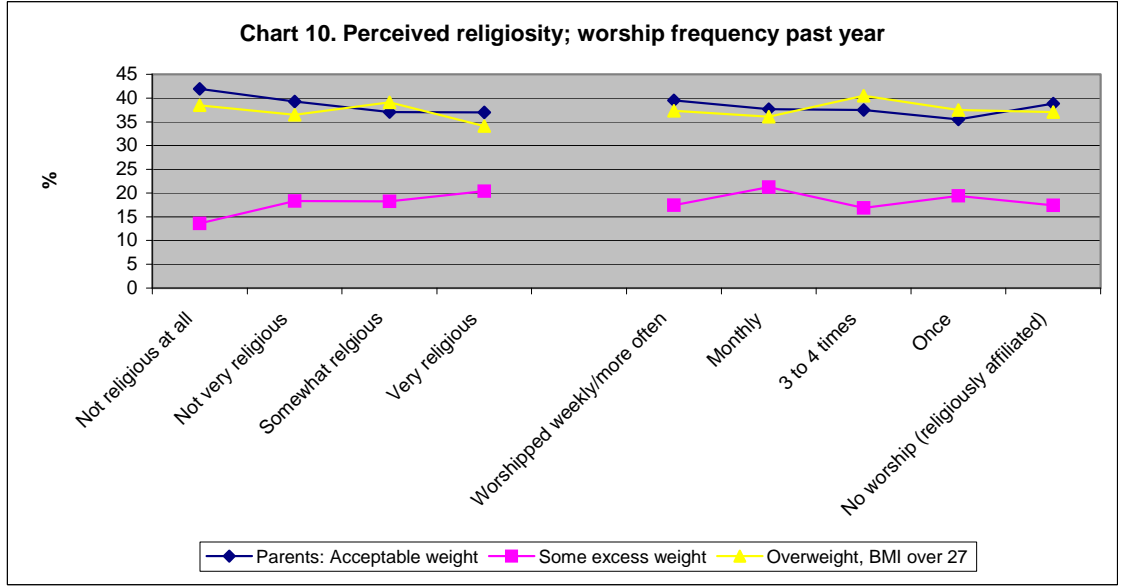
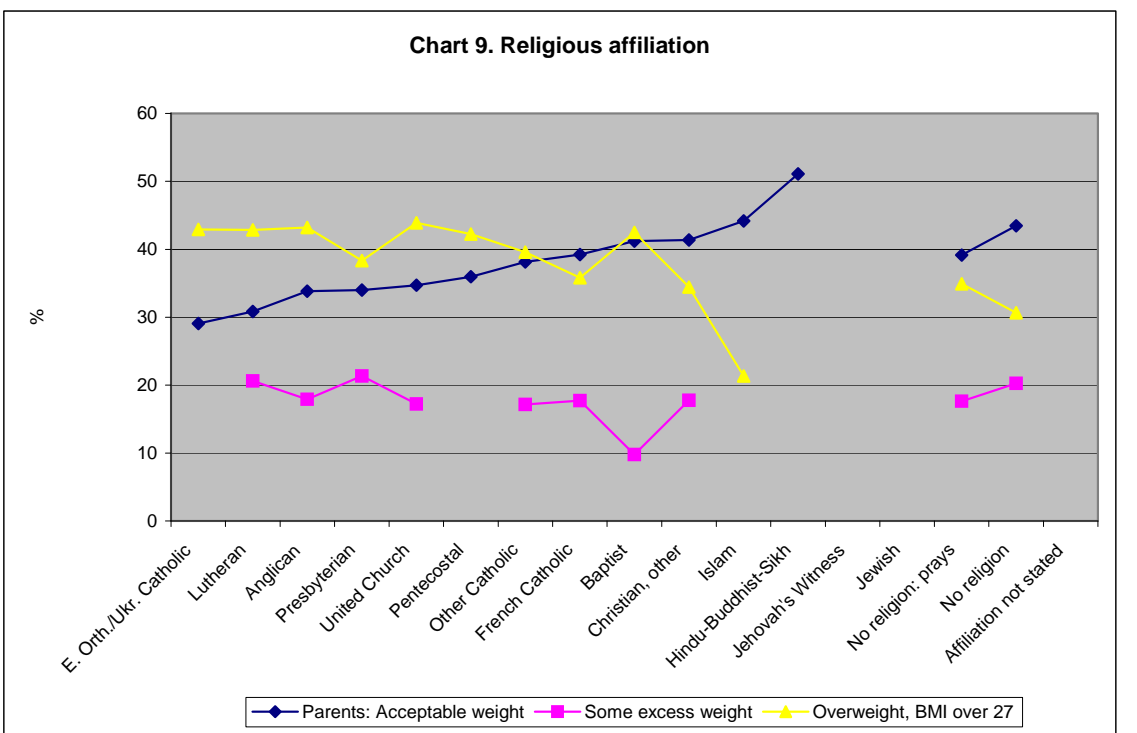


Chart 8. Strength of belonging to the community of residence; and language



Percentage of parents who are of acceptable weight, have some excess weight, and are overweight

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.
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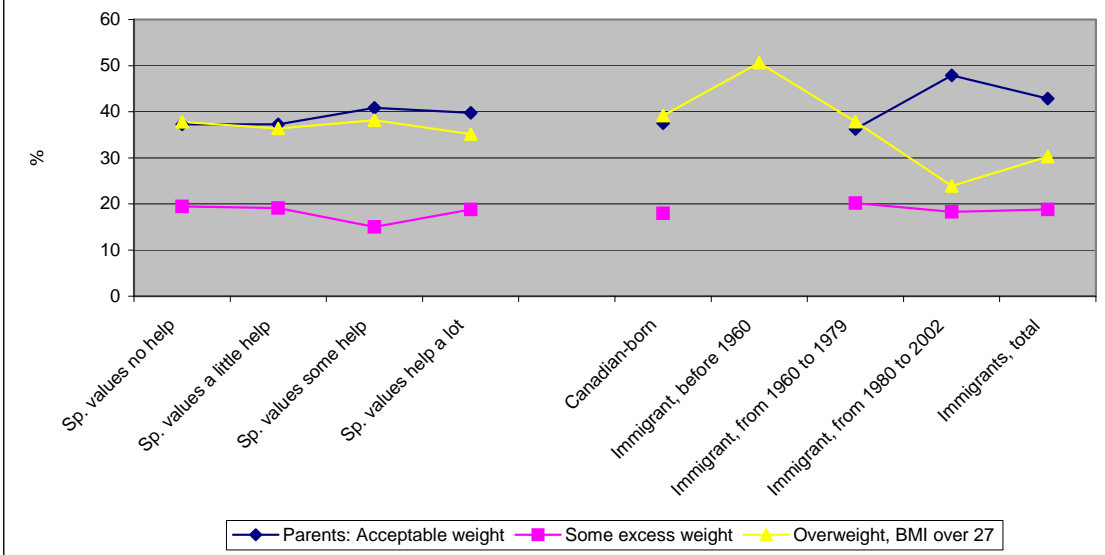
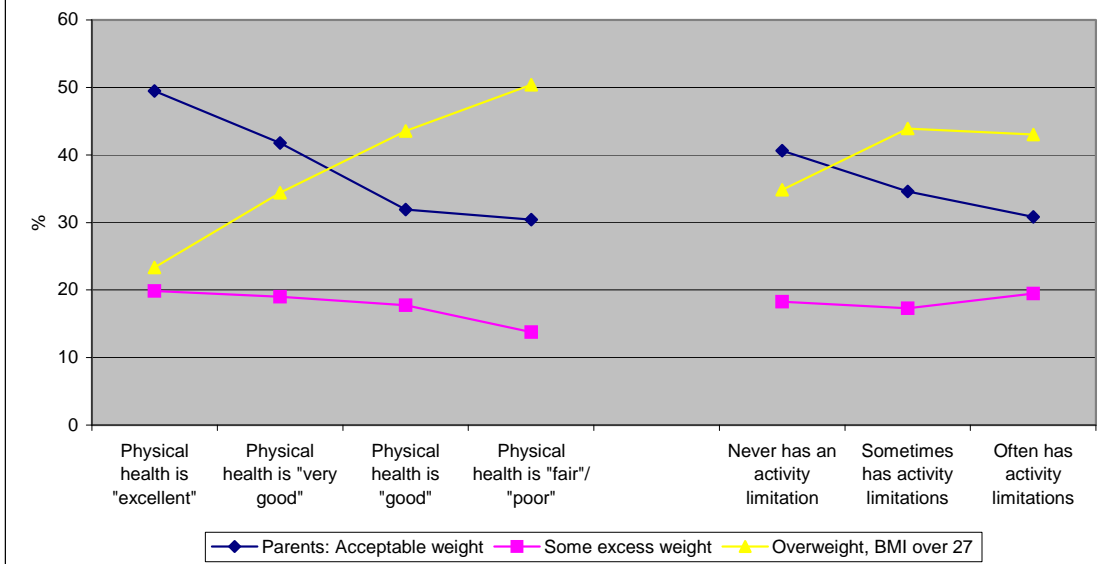


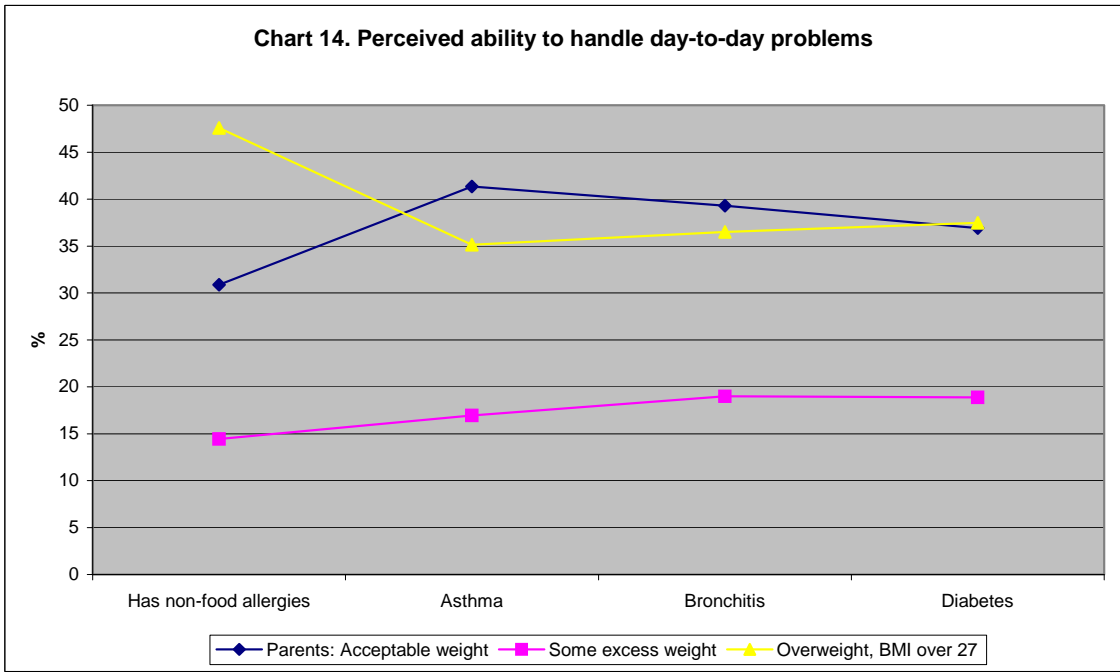
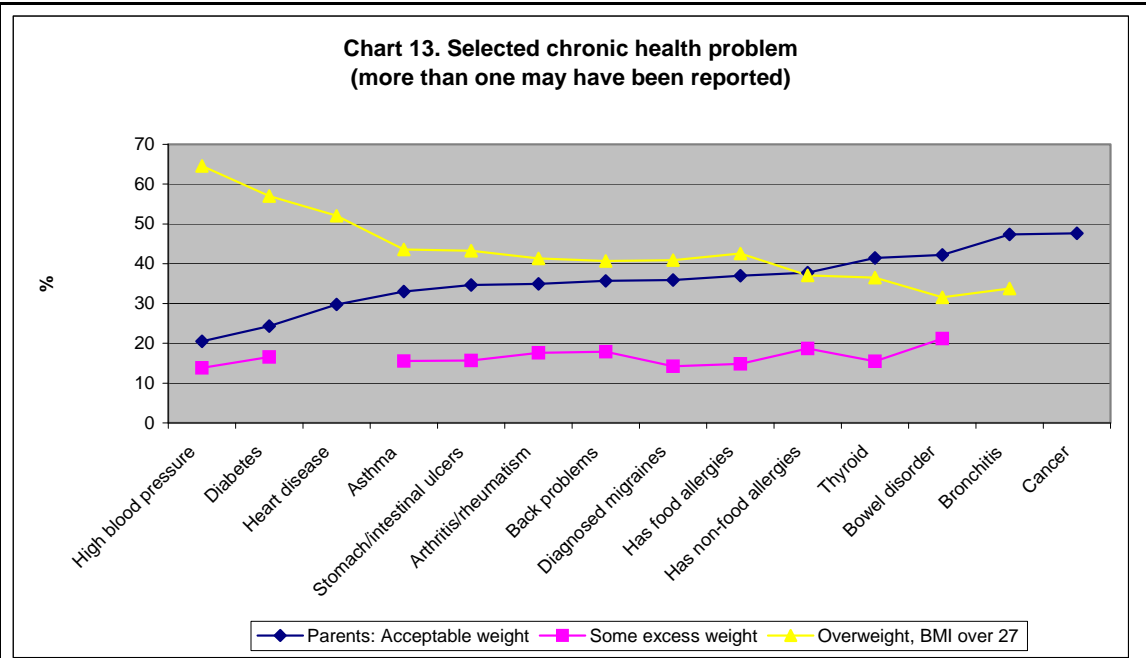
Chart 12. Perceived physical health status; frequency of activity limitations



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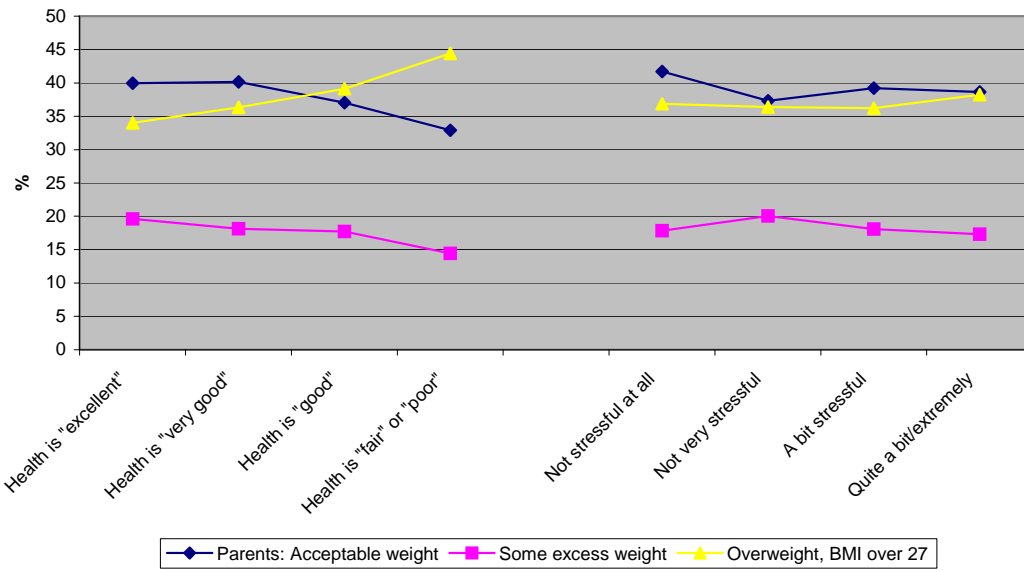
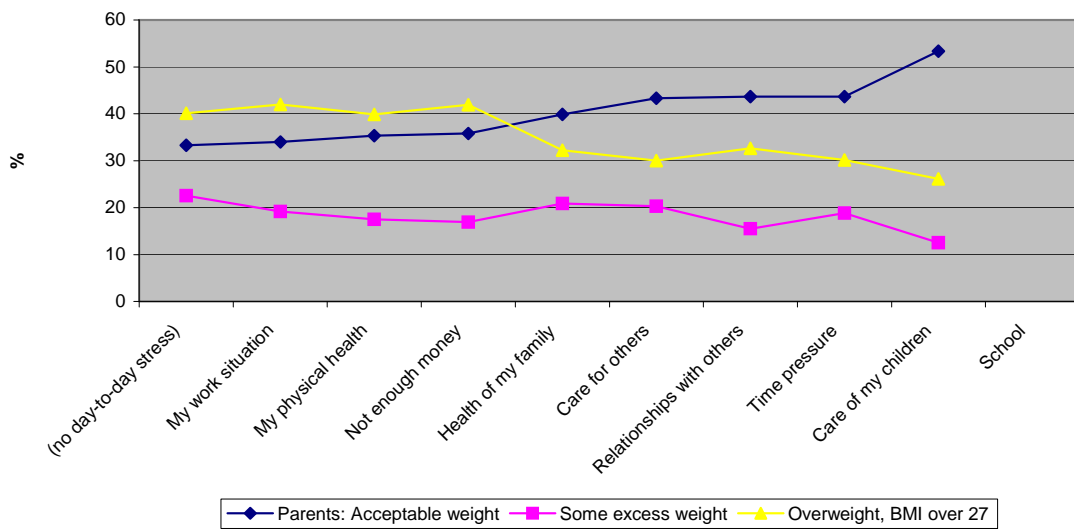


Chart 16. Most important source of daily stress



Percentage of parents who are of acceptable weight, have some excess weight, and are overweight

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Chart 17. Coping with stress by smoking; by drinking more than usual

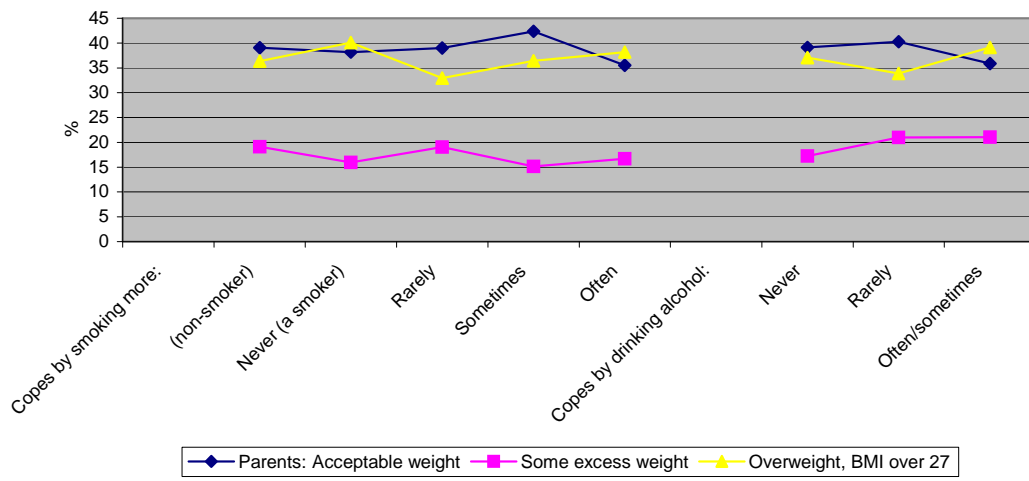
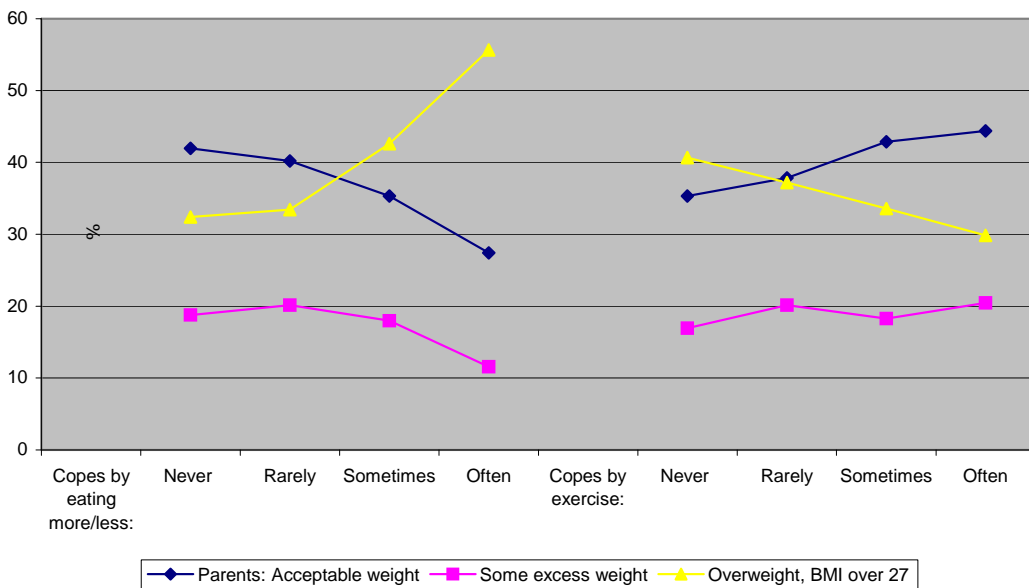


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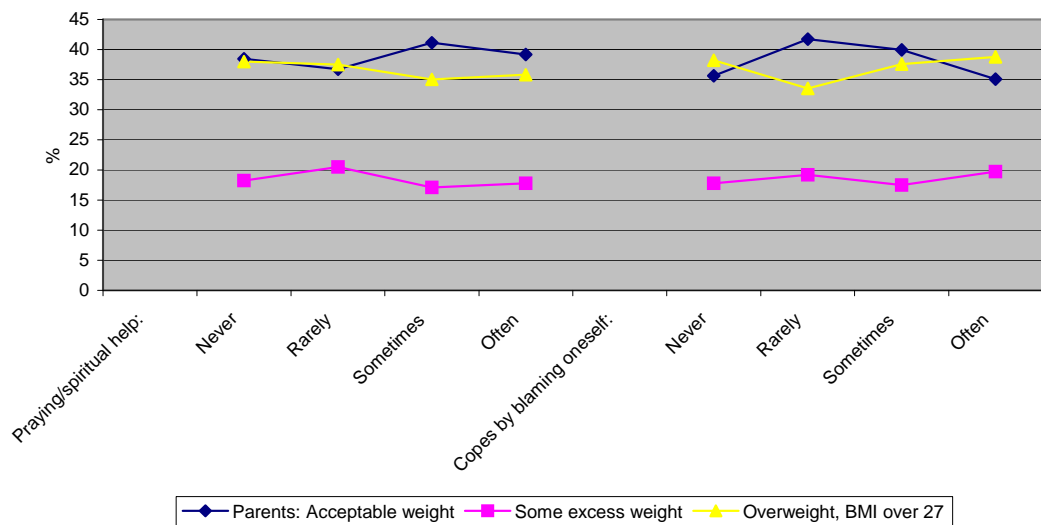
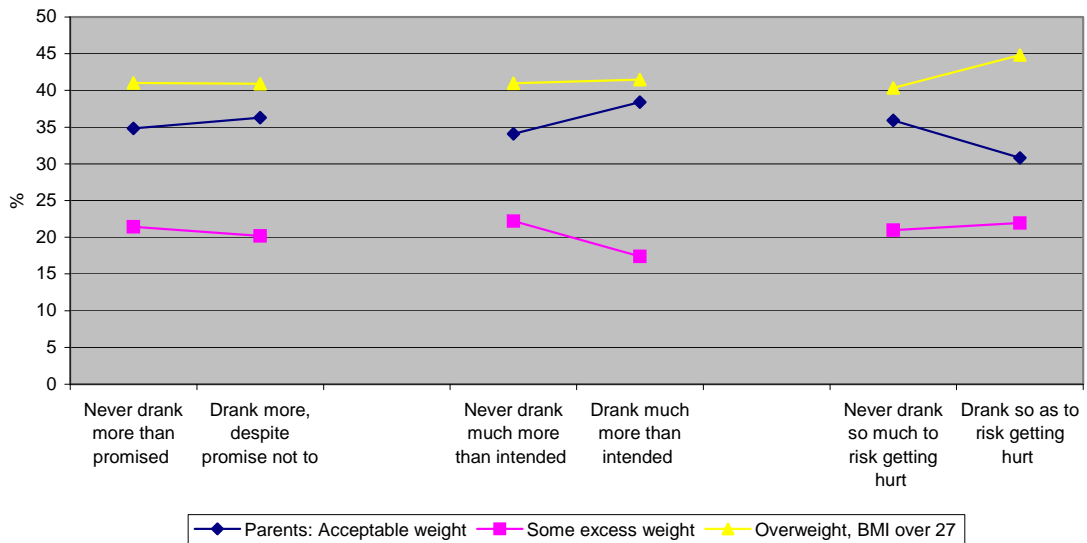


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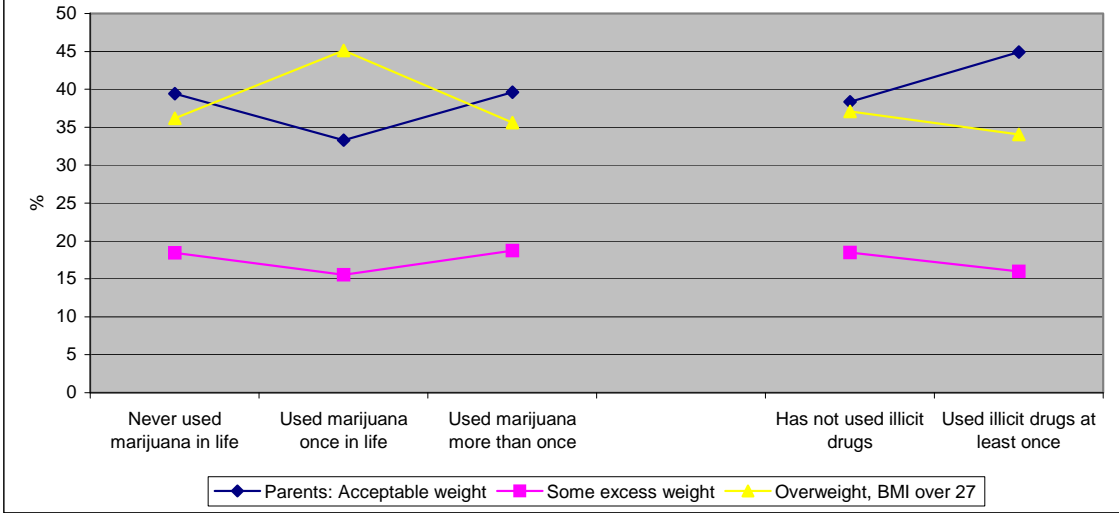
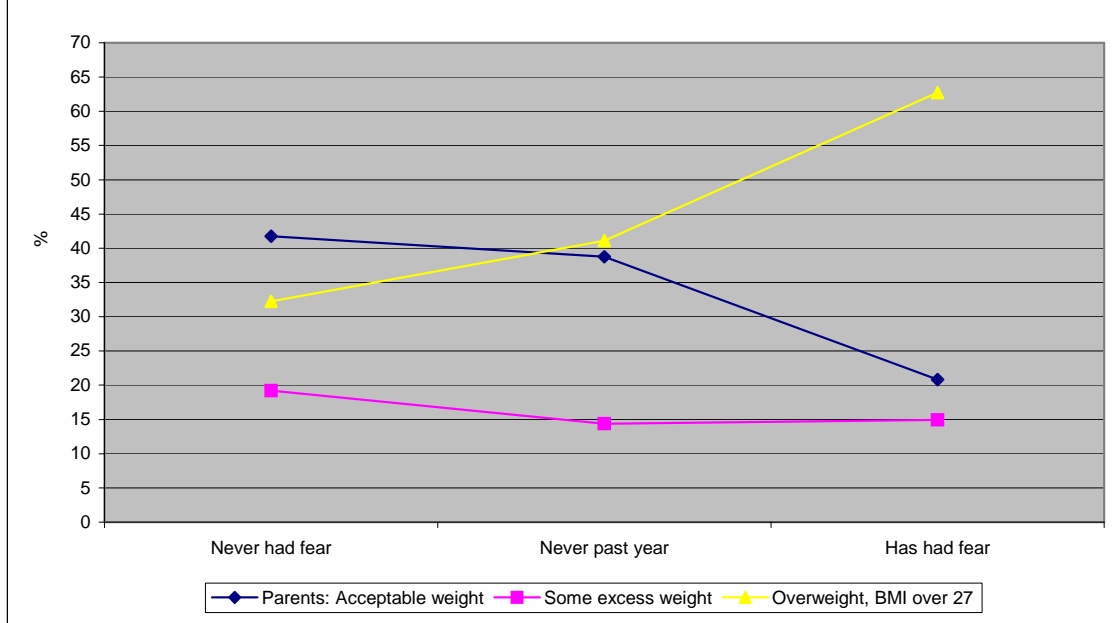


Chart 22. Fear of being overweight past year



Percentage of parents who are of acceptable weight, have some excess weight, and are overweight

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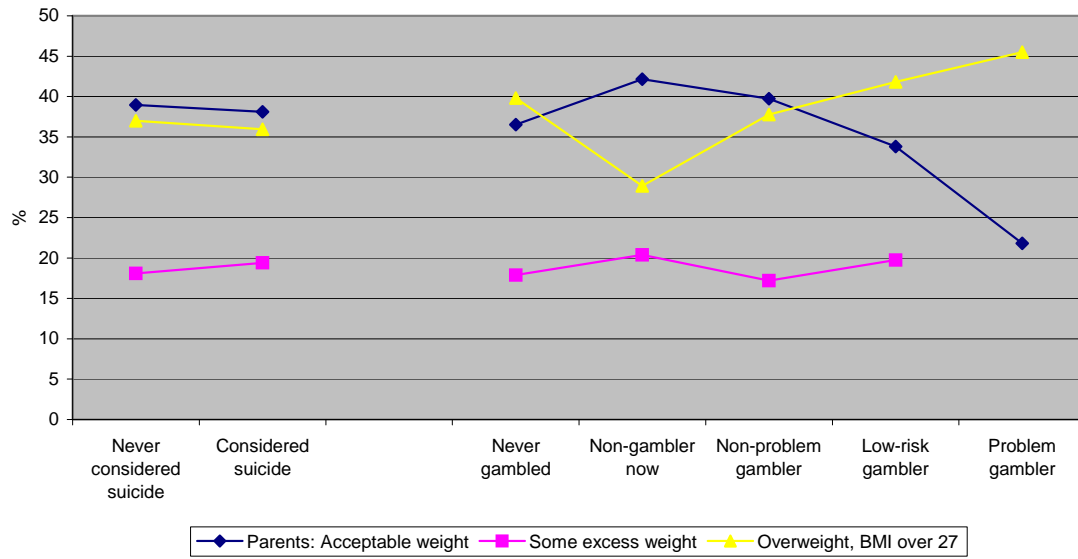
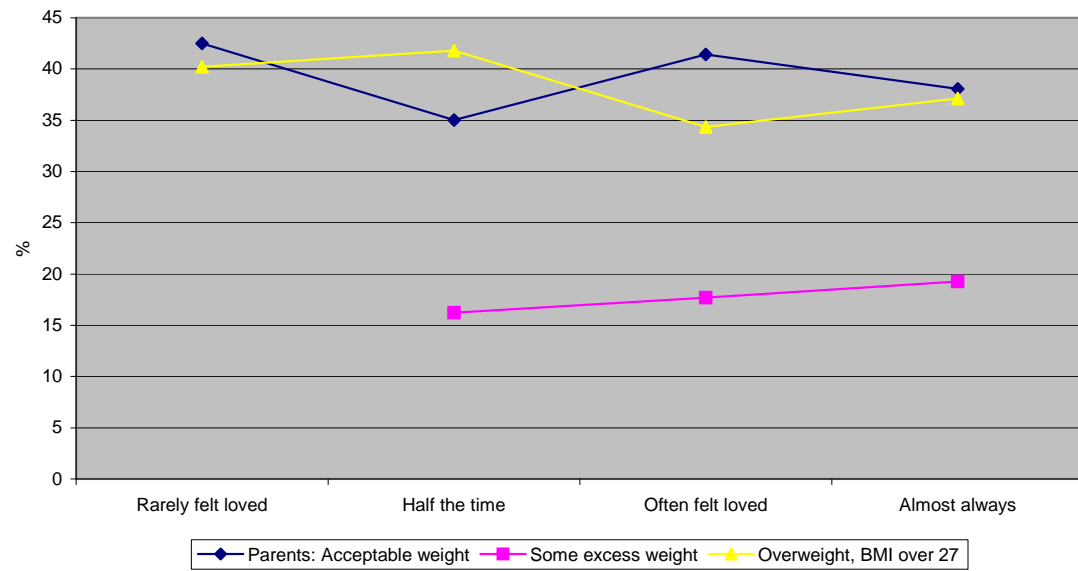


Chart 24. Frequency of feeling loved and appreciated past month



Percentage of parents who are of acceptable weight, have some excess weight, and are overweight

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.

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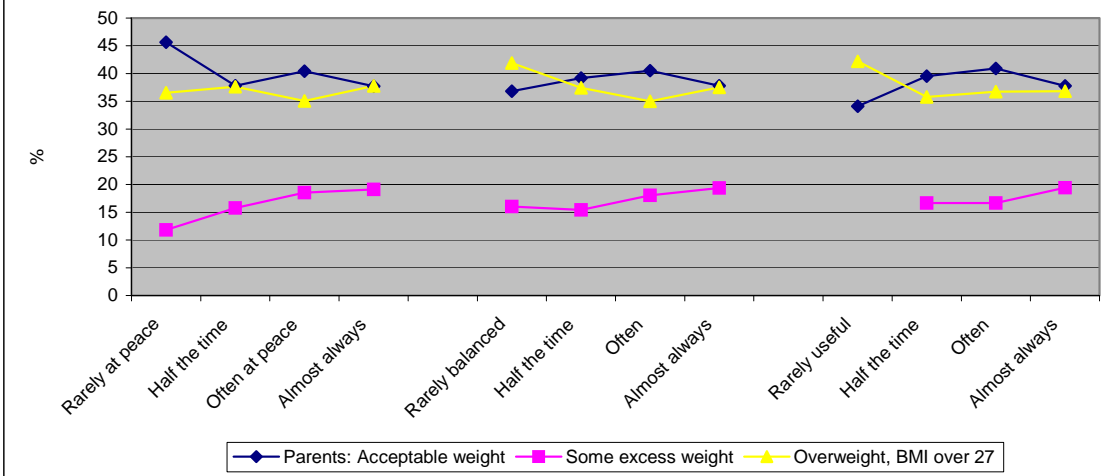
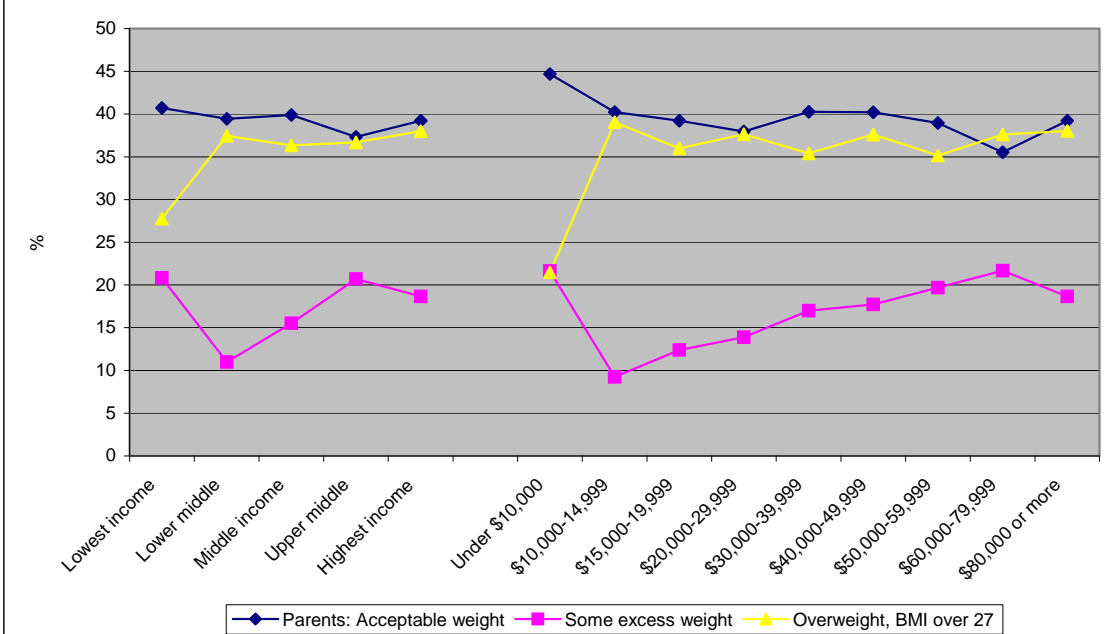


Chart 26. Household income adequacy, and household income past year



Percentage of parents who are of acceptable weight, have some excess weight, and are overweight

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 27. Personal income last year; and reception of welfare last year

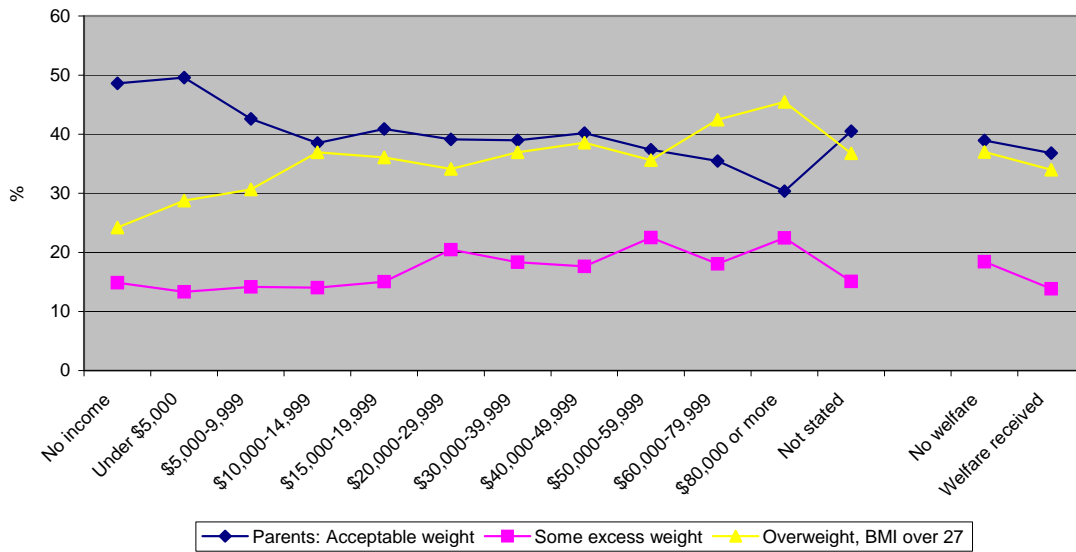
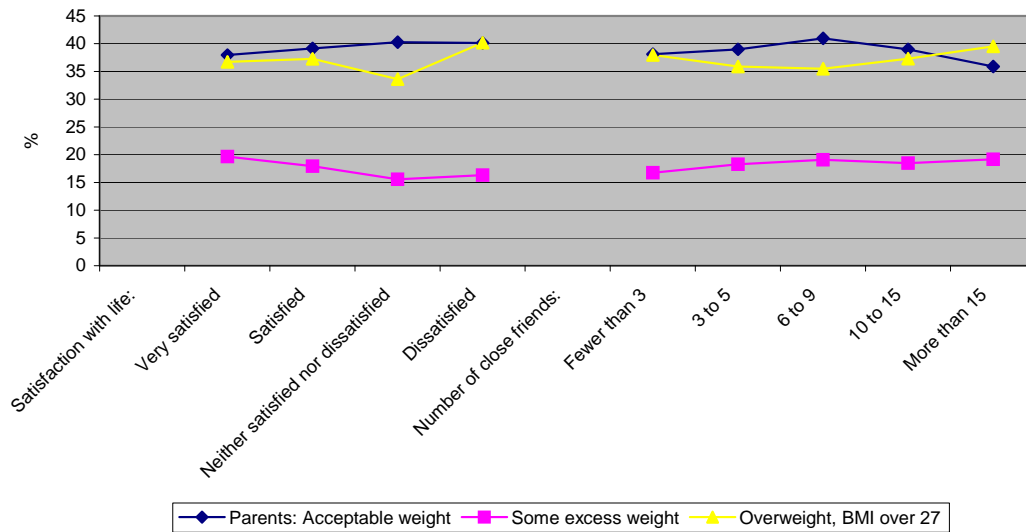


Chart 28. Satisfaction with life in general; and number of close friends



Percentage of parents who are of acceptable weight, have some excess weight, and are overweight

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 29. Occupation group; usual hours worked per week in main job; and weekend work

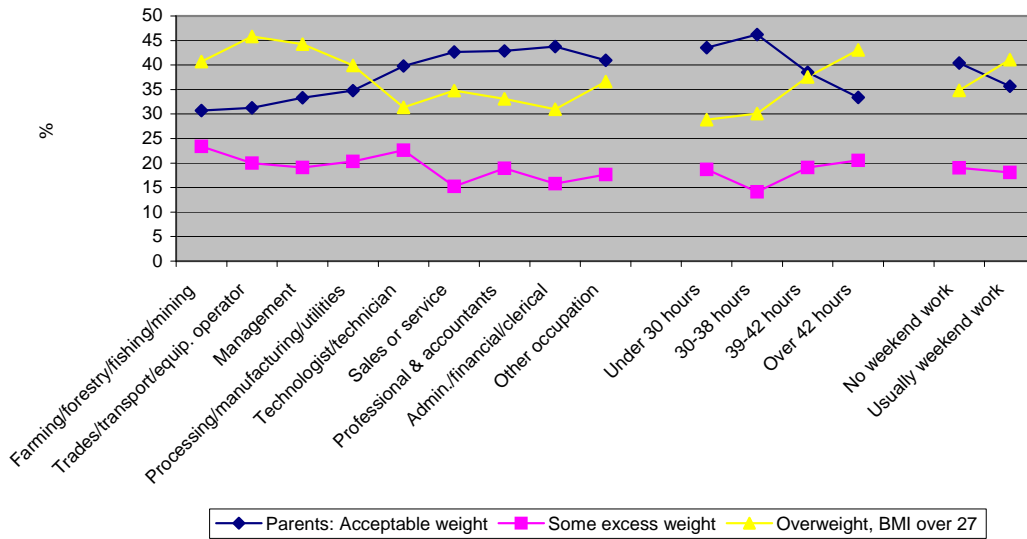
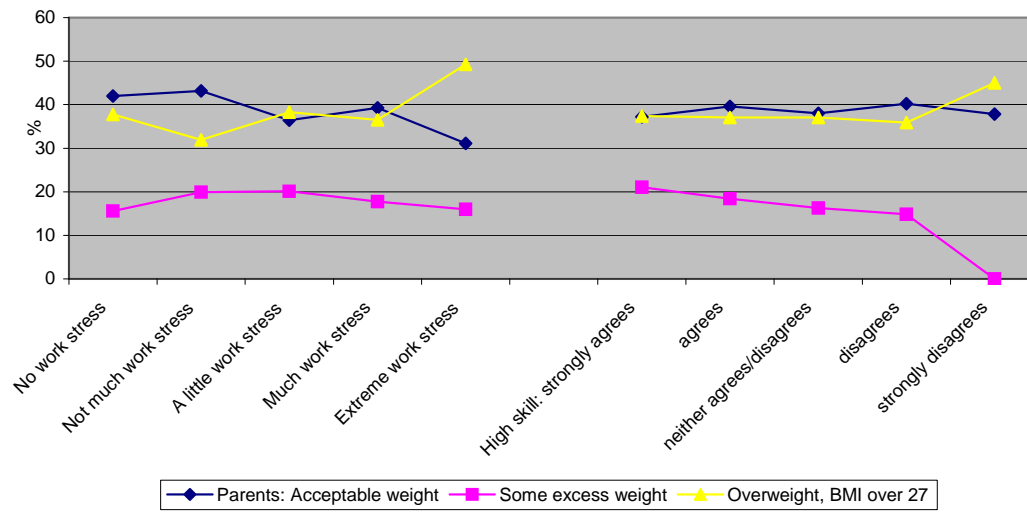


Chart 30. Level of work stress (main job), and skill requirement, past year



Percentage of parents who are of acceptable weight, have some excess weight, and are overweight

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 31. Agreement that the job is very hectic; free from conflicting demands, employed

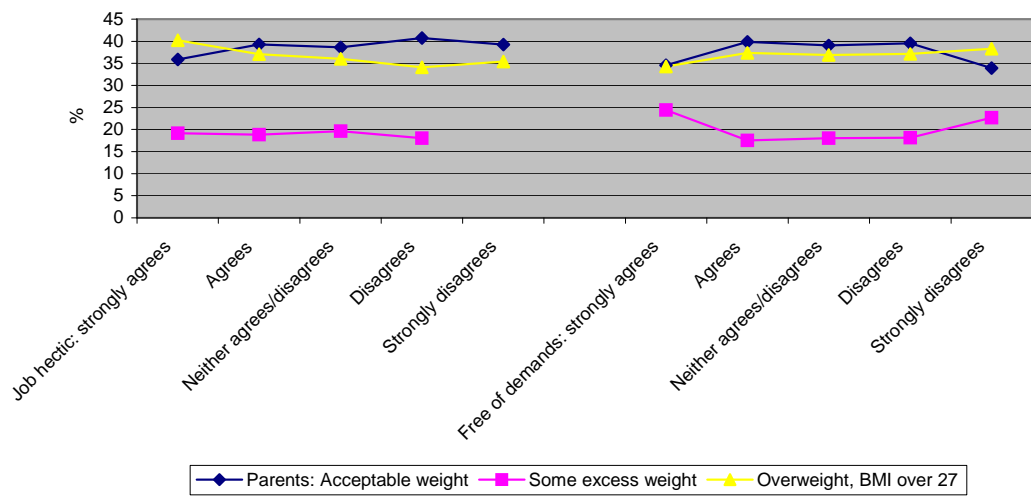
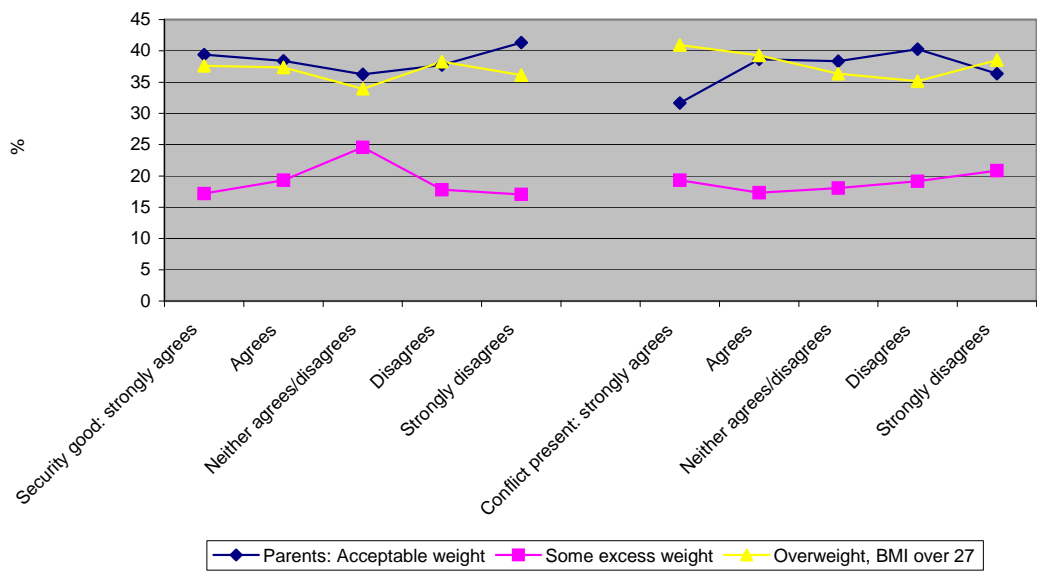


Chart 32. Job security; and presence of conflict with other employees



Percentage of parents who are of acceptable weight, have some excess weight, and are overweight

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 33. Helpfulness of the supervisor; and repetitive tasks of the job

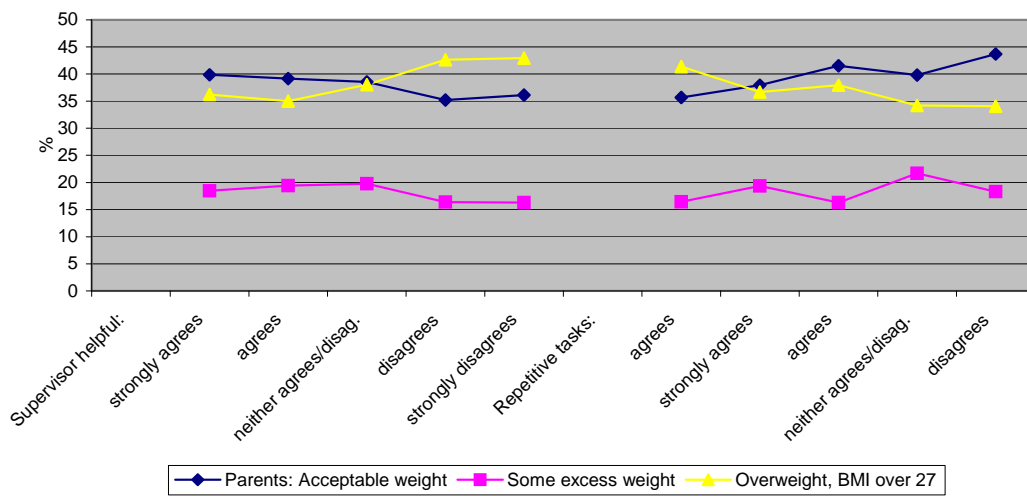
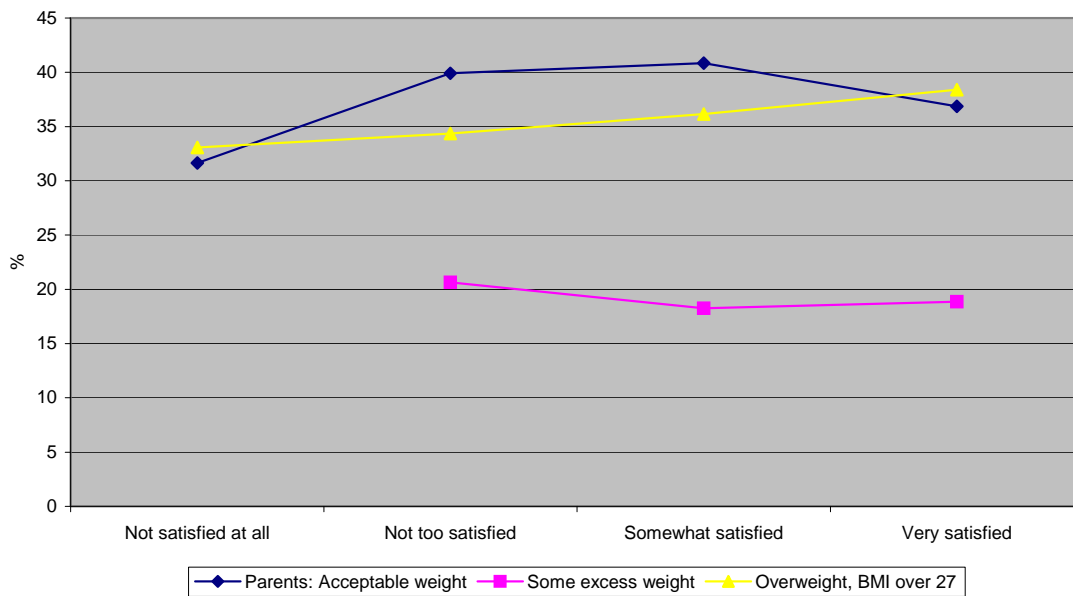


Chart 34. Job satisfaction

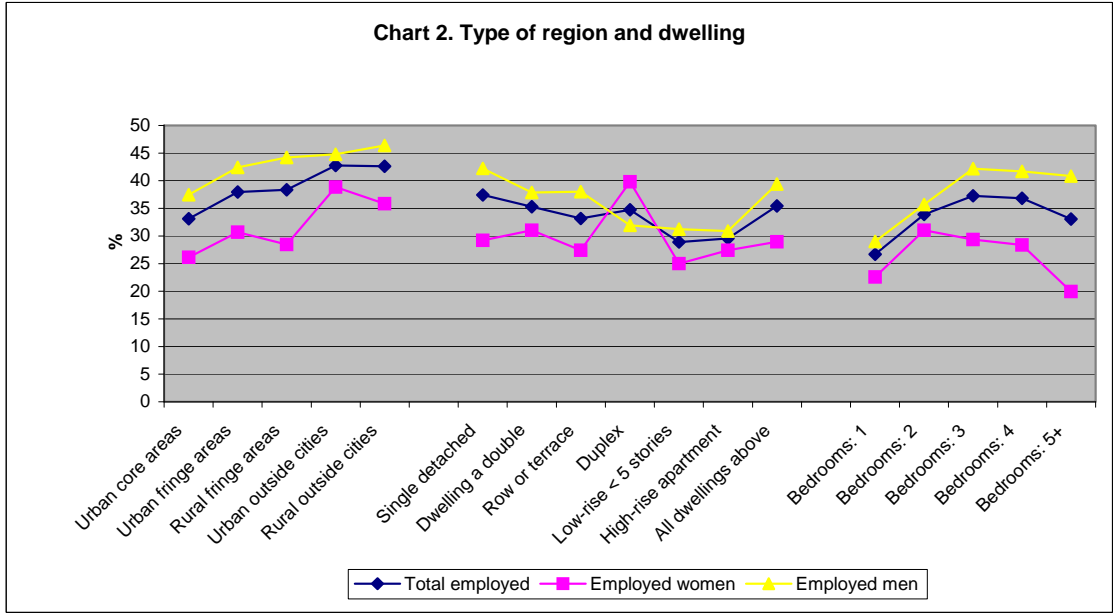
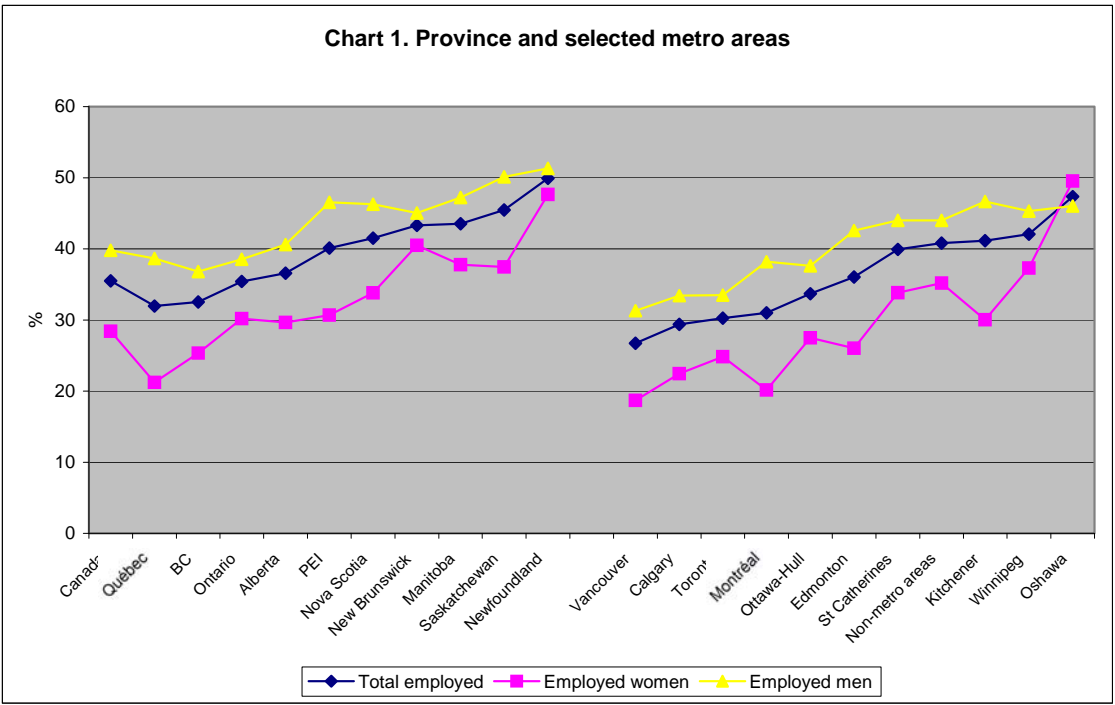


Percentage of parents who are of acceptable weight, have some excess weight, and are overweight

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

**Chapter 4. Charts of employed women and men
who are overweight**



Percentage of employed women and men who are overweight (BMI over 27)
 See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.
 Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 3. Dwelling ownership; household size; and number of children under 11 in the household

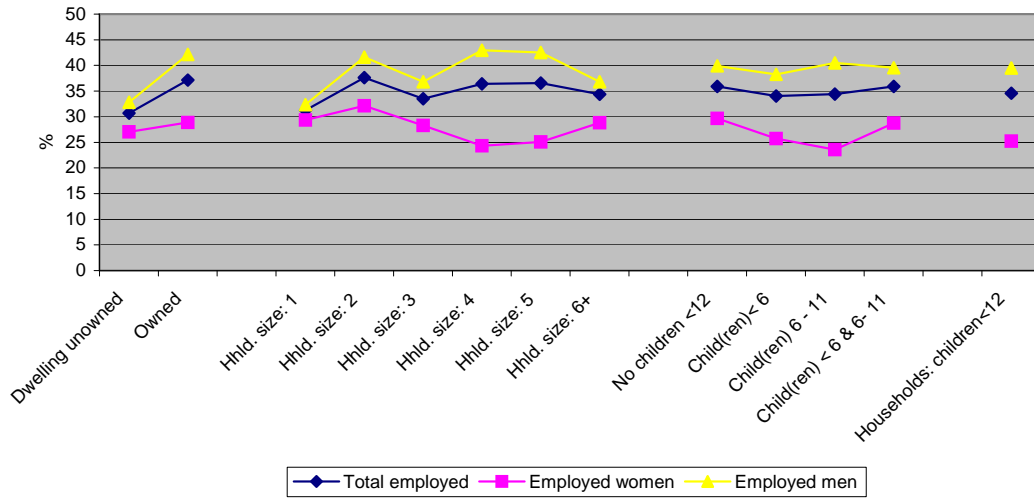
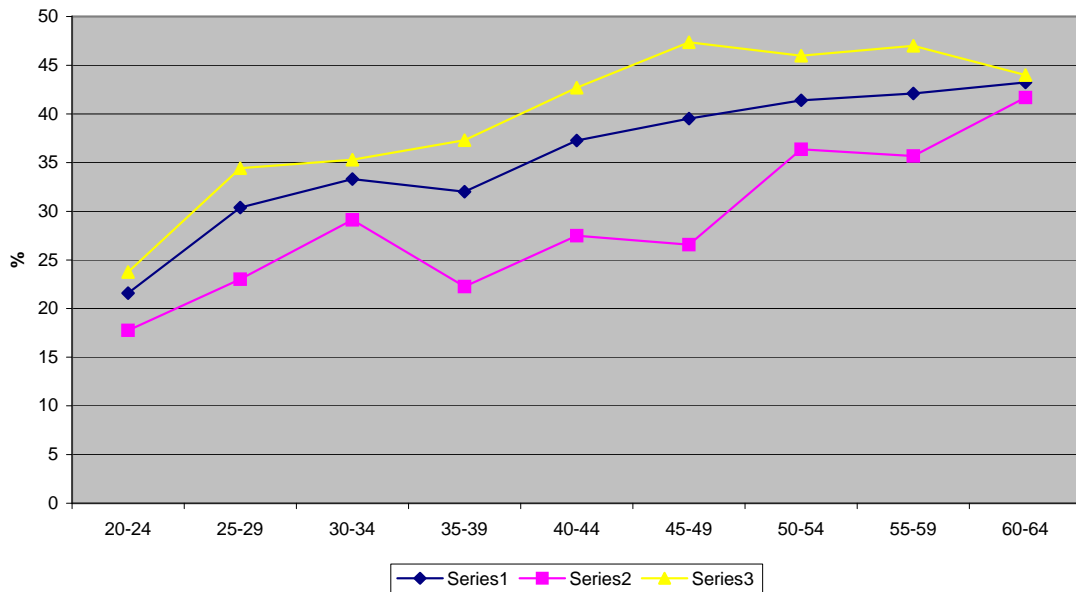


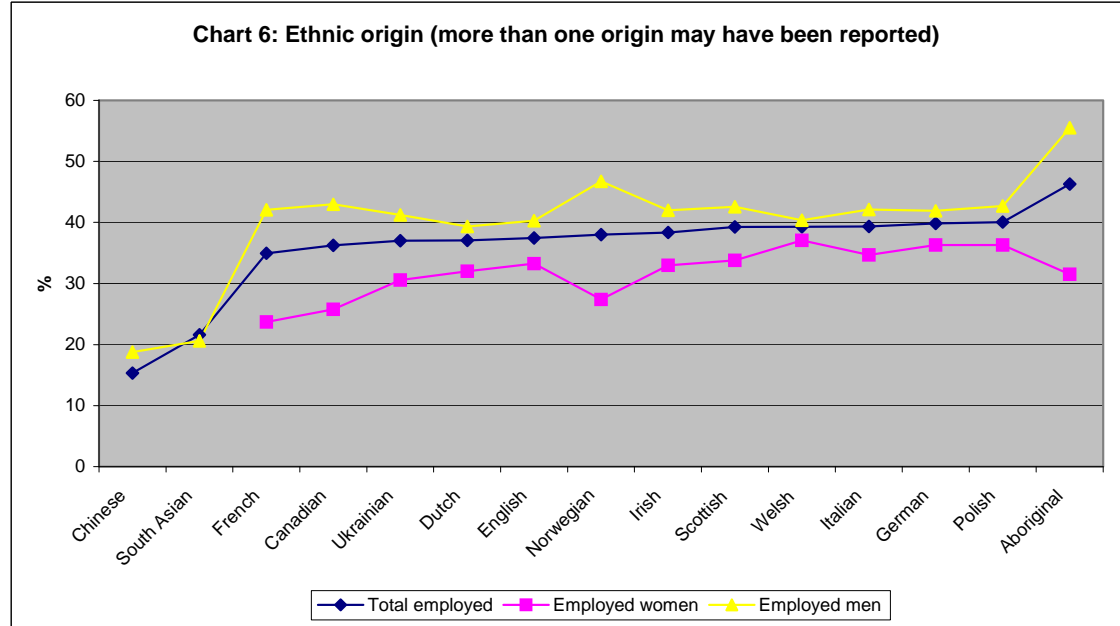
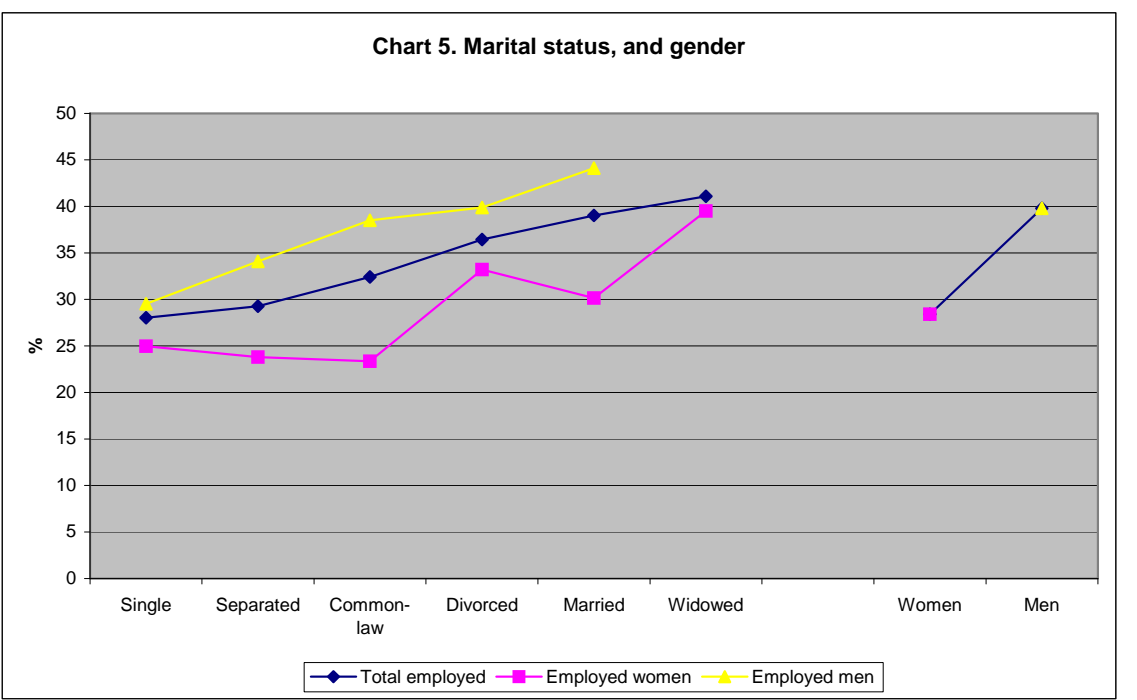
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Percentage of employed women and men who are overweight (BMI over 27)

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.

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Chart 7. Student status; and level of education

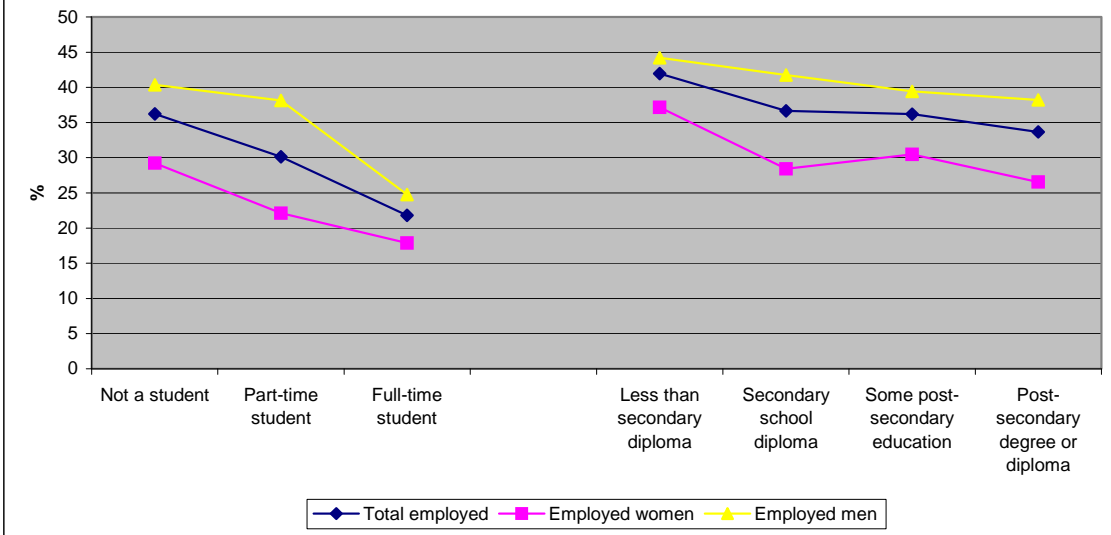
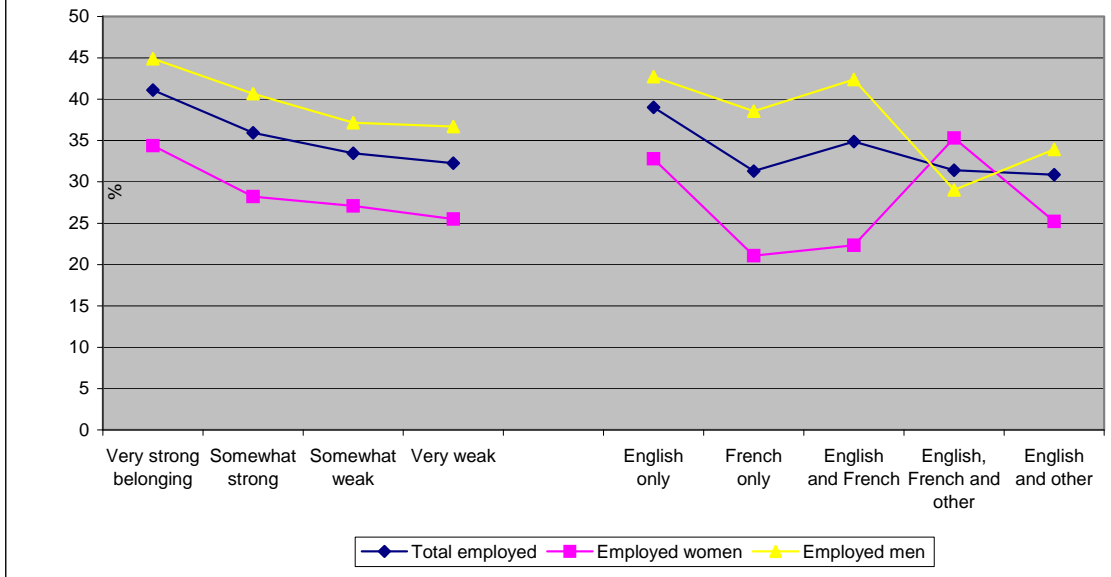


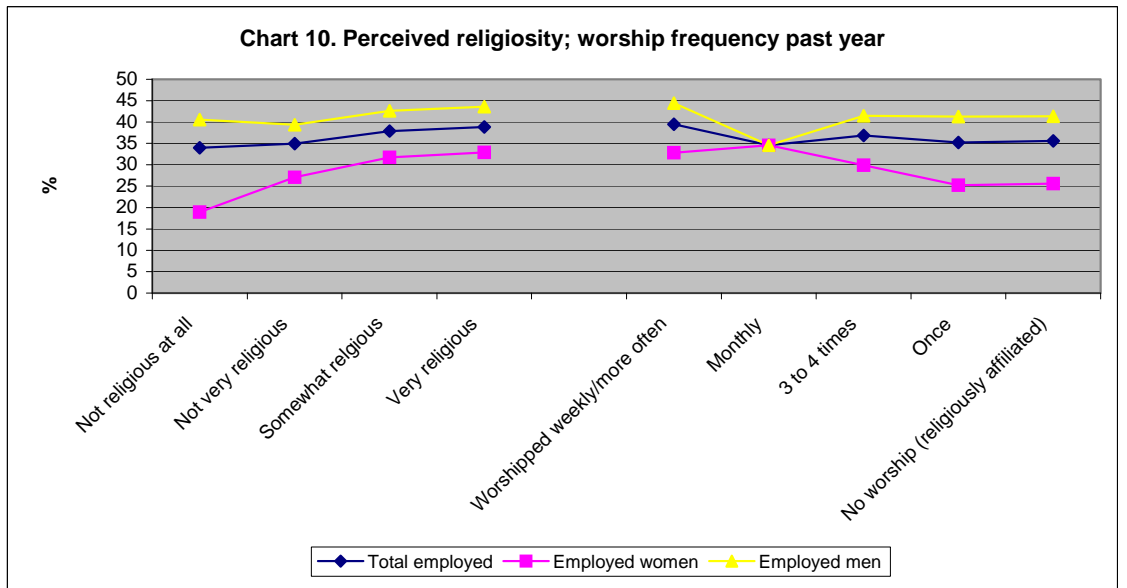
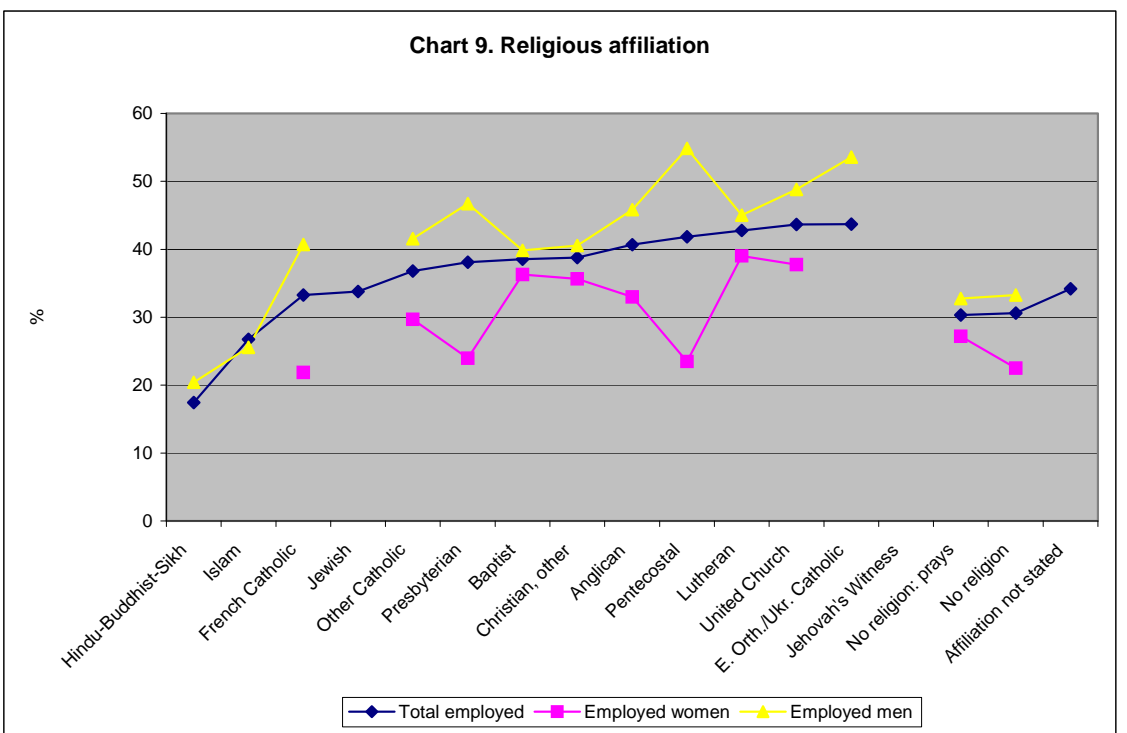
Chart 8. Strength of belonging to the community of residence; and language



Percentage of employed women and men who are overweight (BMI over 27)

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002



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Chart 11. The role of spiritual values in providing understanding of life's difficulties; and period of immigration

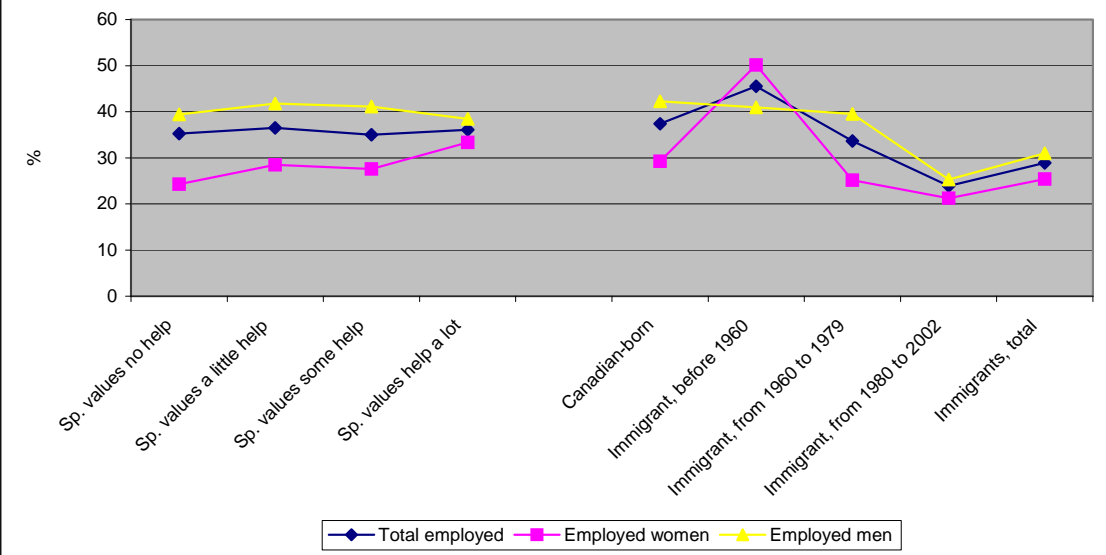
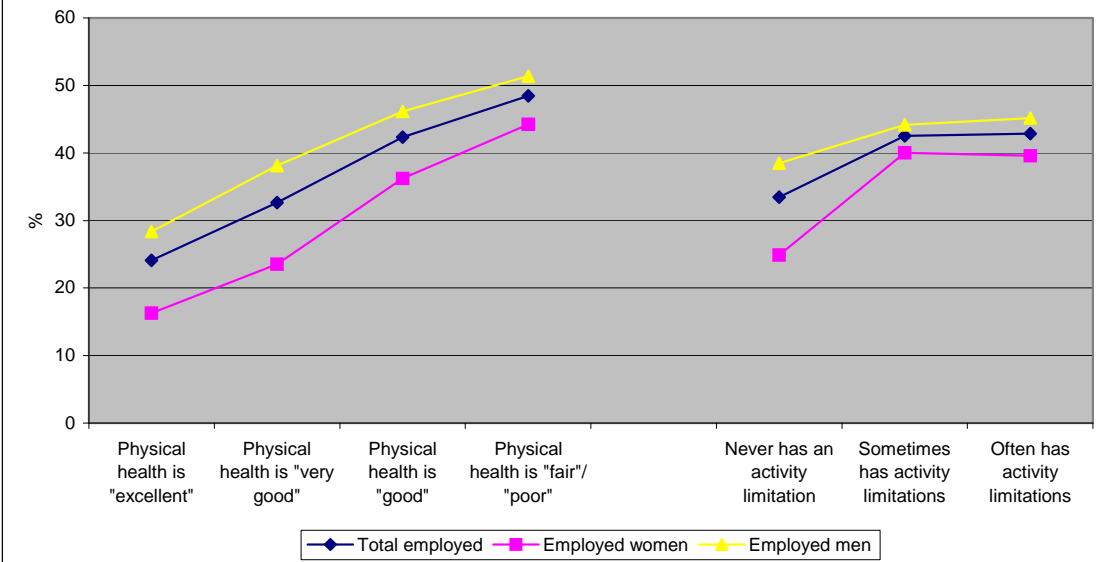


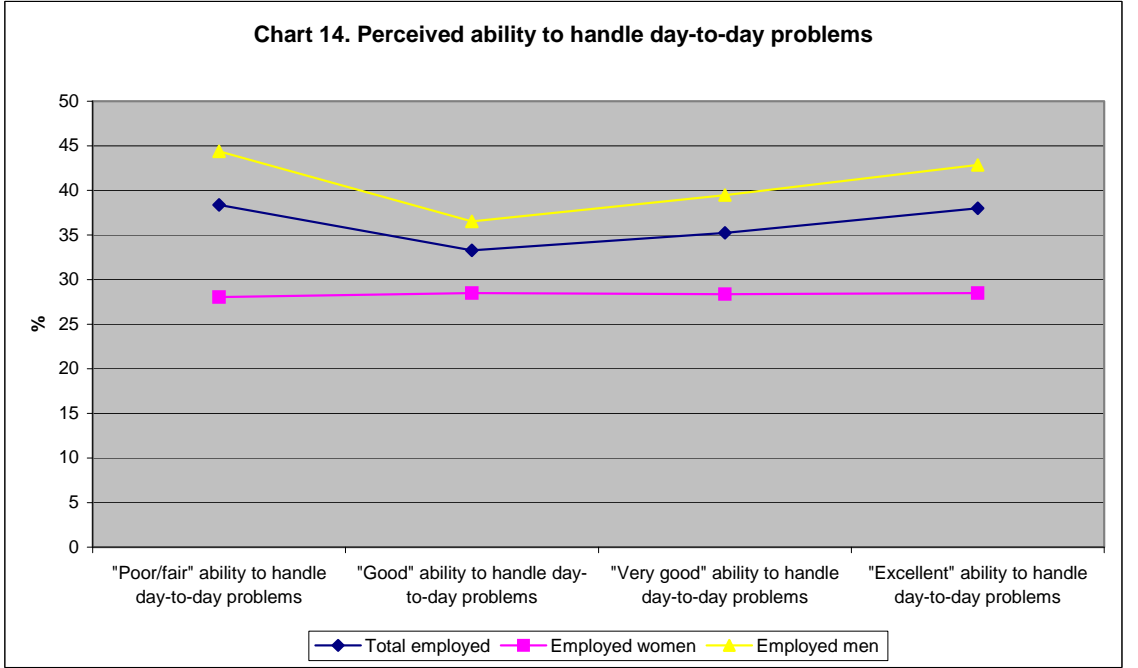
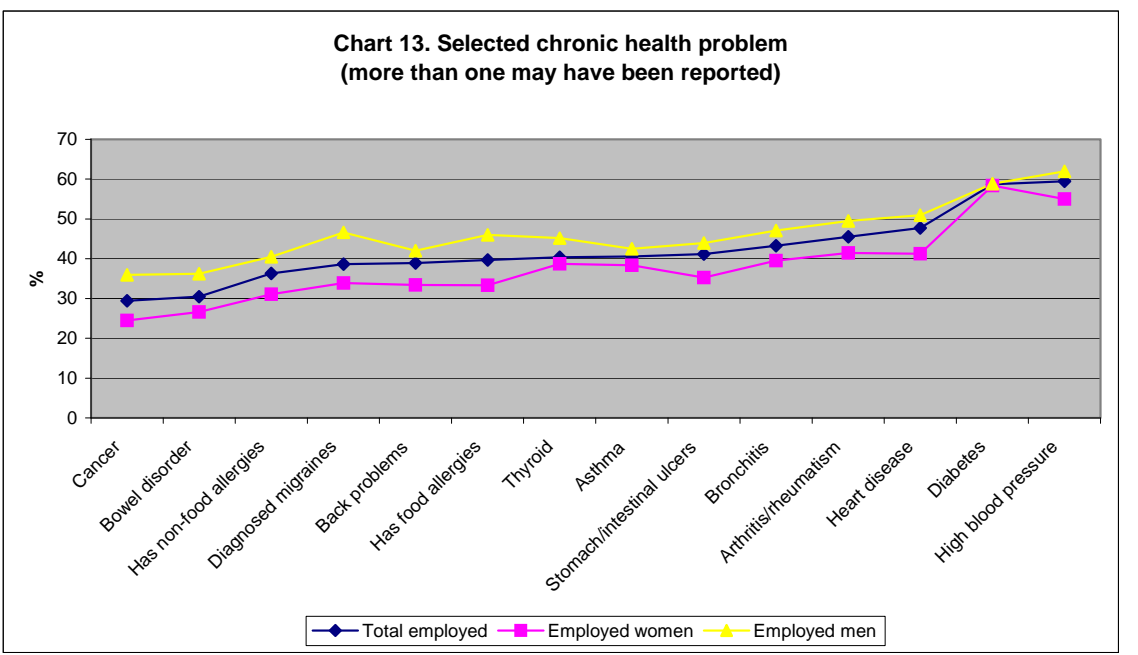
Chart 12. Perceived physical health status; frequency of activity limitations



Percentage of employed women and men who are overweight (BMI over 27)

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002



Percentage of employed women and men who are overweight (BMI over 27)
 See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.
 Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 15. Stress level most days; and perceived quality of mental health

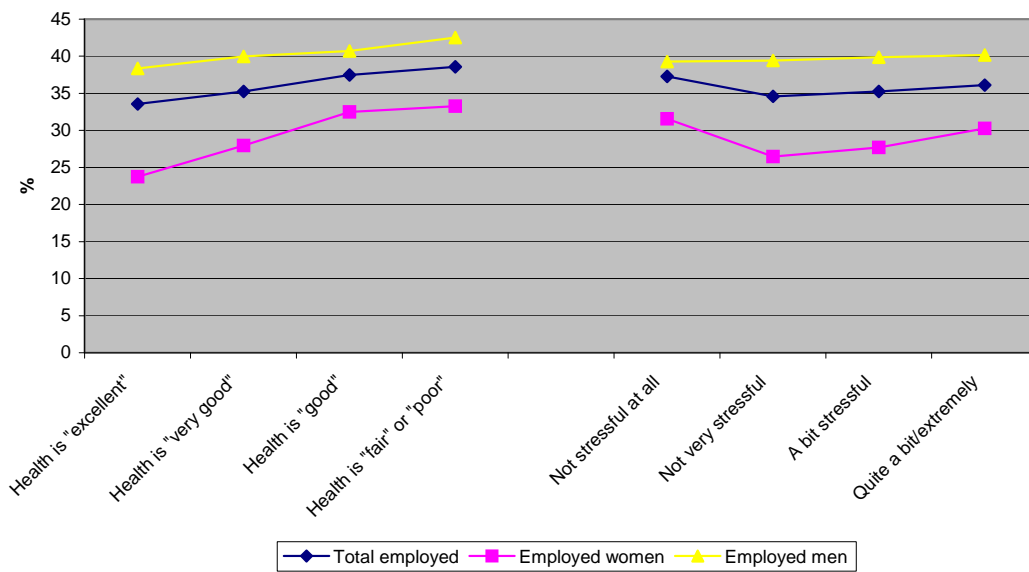
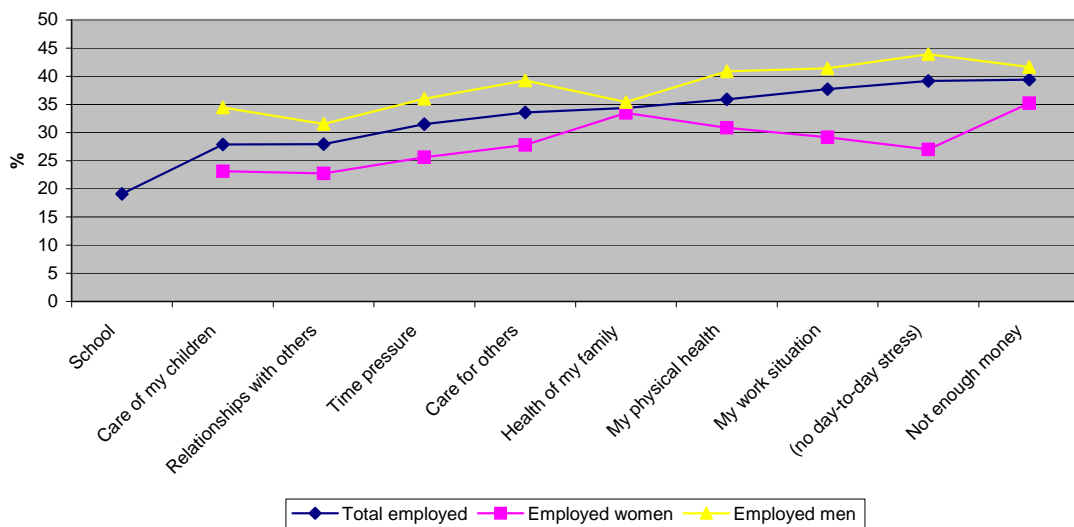


Chart 16. Most important source of daily stress



Percentage of employed women and men who are overweight (BMI over 27)

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 17. Coping with stress by smoking; by drinking more than usual

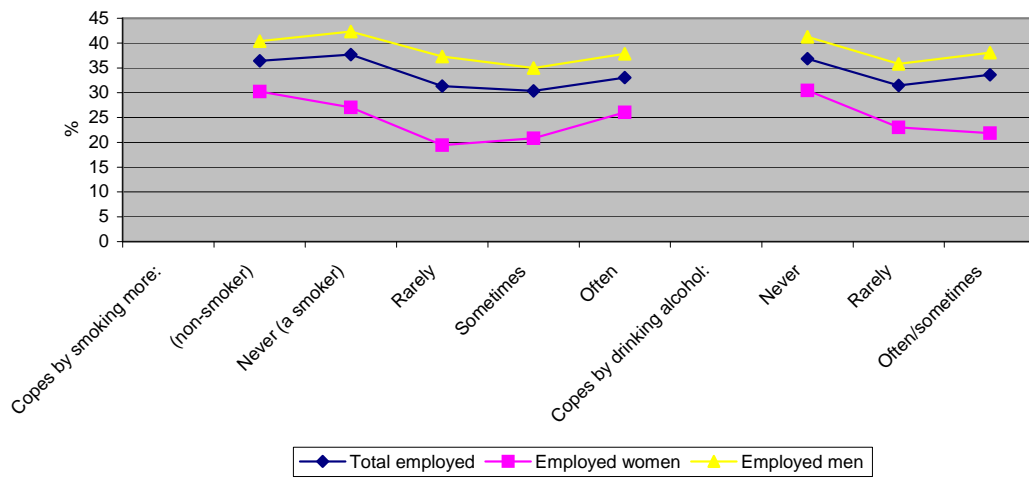
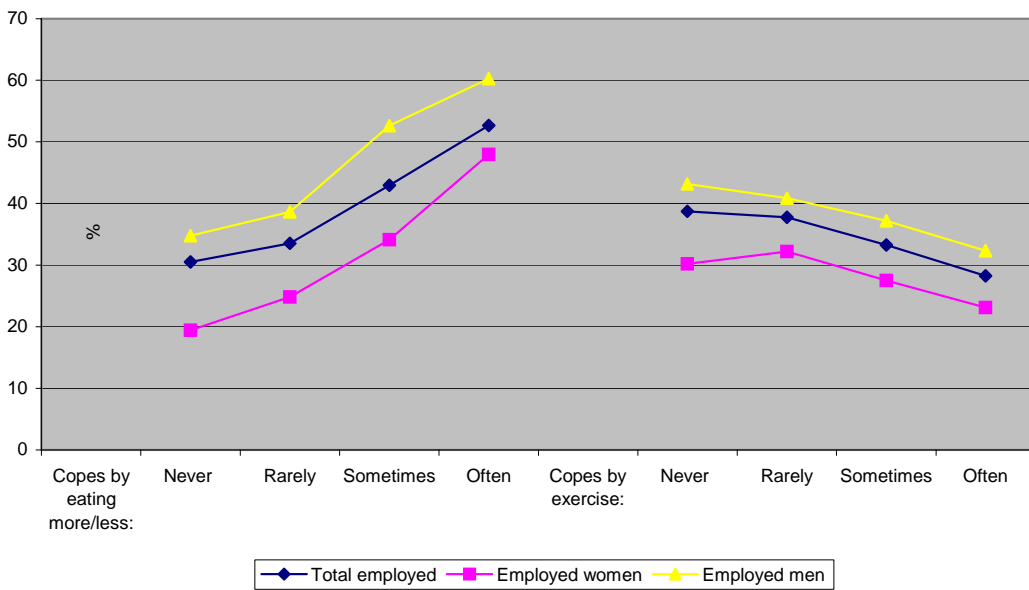


Chart 18. Coping by eating more or less than usual; by jogging or exercise



Percentage of employed women and men who are overweight (BMI over 27)

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 19. Coping by praying/spiritual help; and by blaming oneself

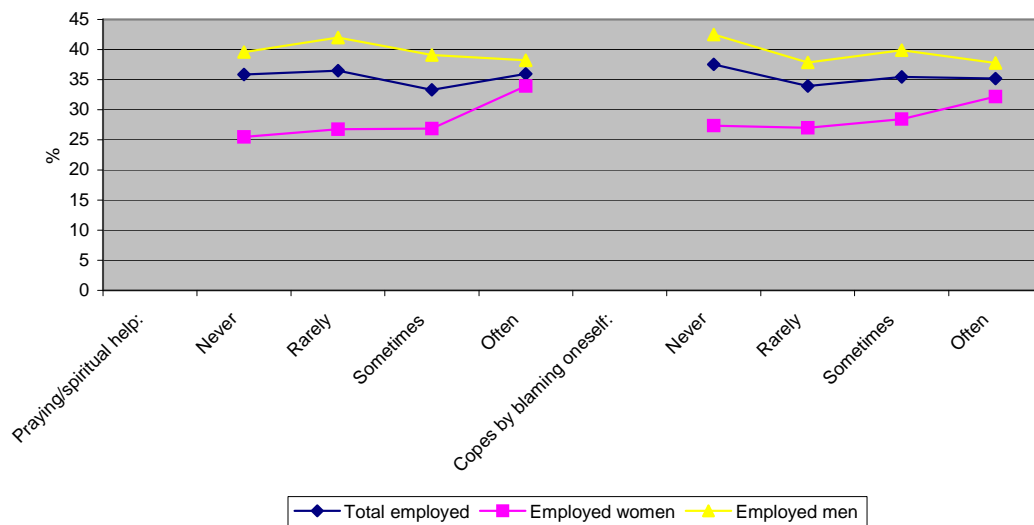
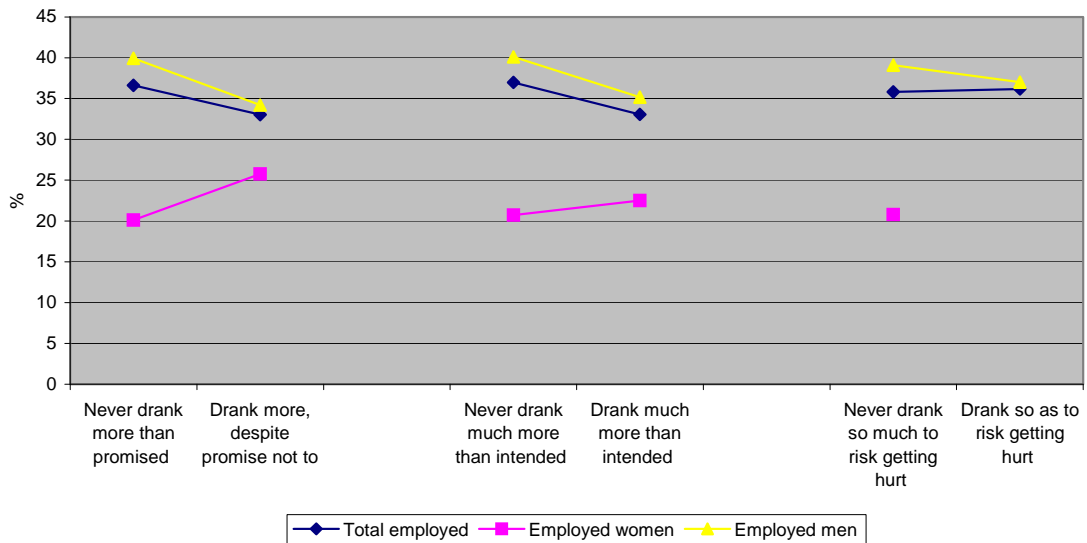


Chart 20. Promises regarding drinking; intentions; risks of getting hurt past year



Percentage of employed women and men who are overweight (BMI over 27)

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 21. Lifetime use of marijuana; and use of illicit drugs past year

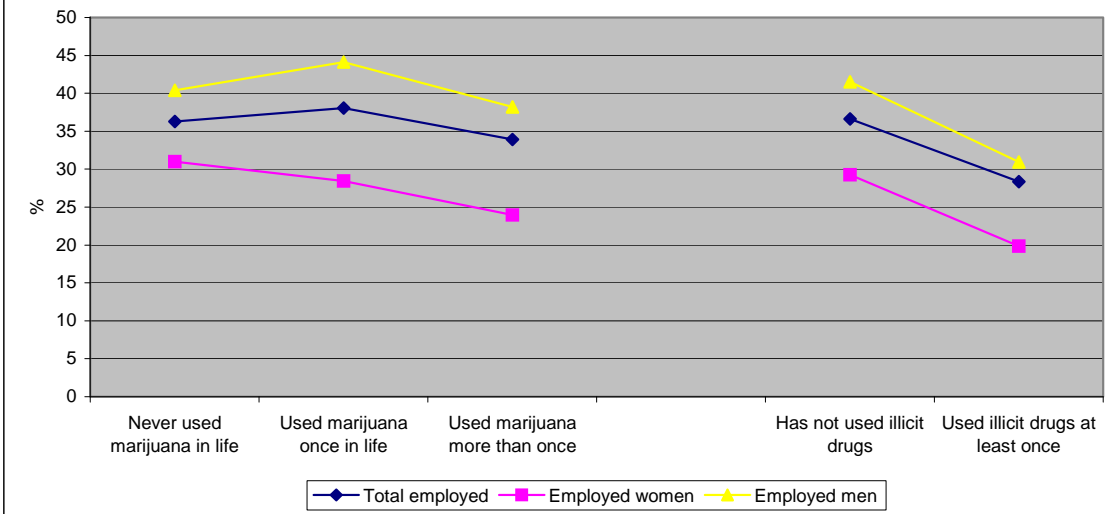
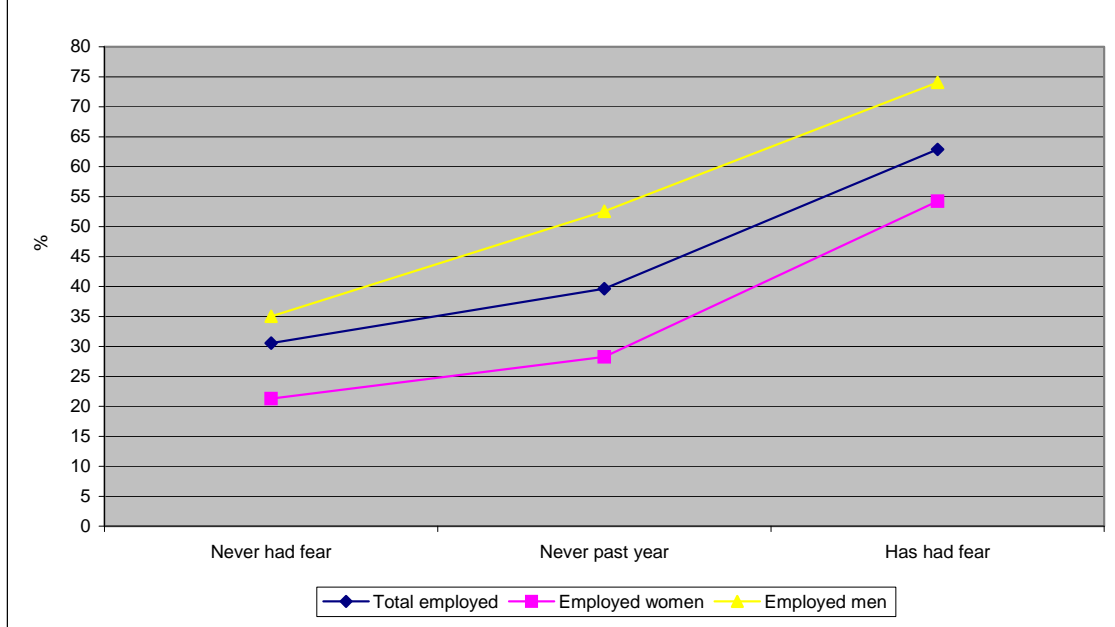


Chart 22. Fear of being overweight past year



Percentage of employed women and men who are overweight (BMI over 27)

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 23. Serious consideration of suicide; and type of gambler

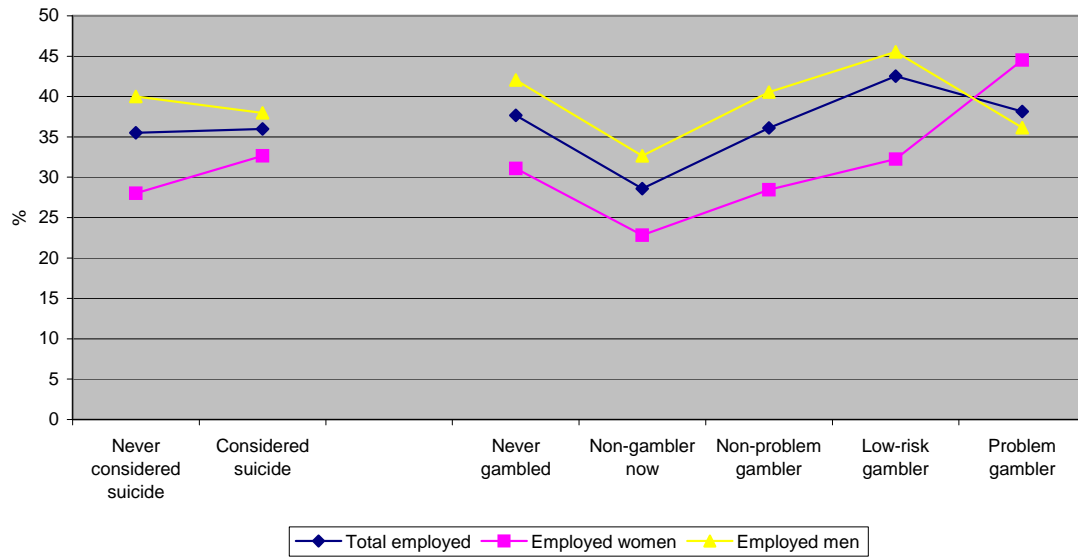
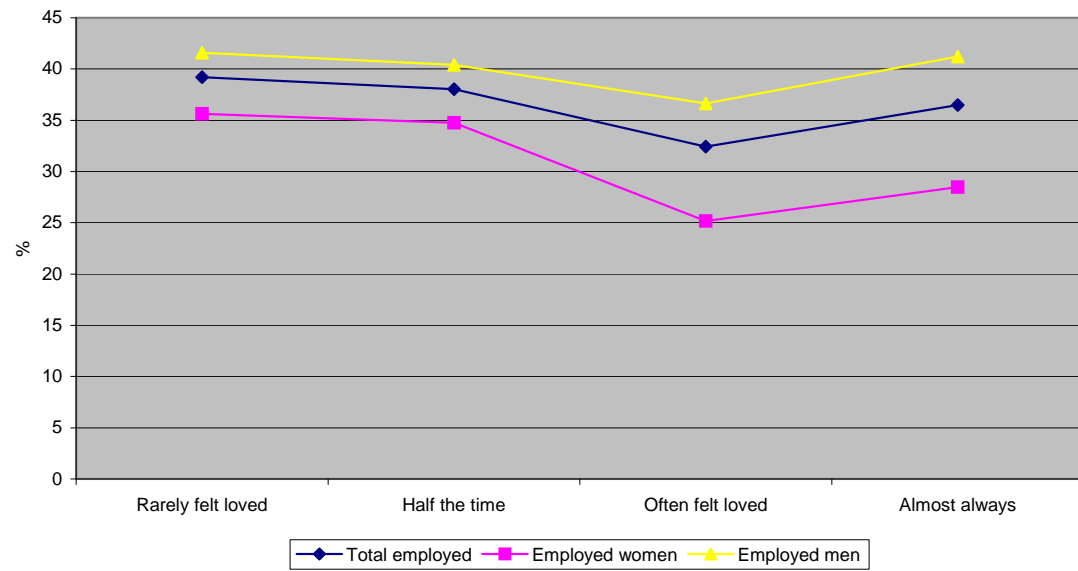


Chart 24. Frequency of feeling loved and appreciated past month



Percentage of employed women and men who are overweight (BMI over 27)

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 25. Frequency past month of feeling at peace; emotionally balanced; and useful

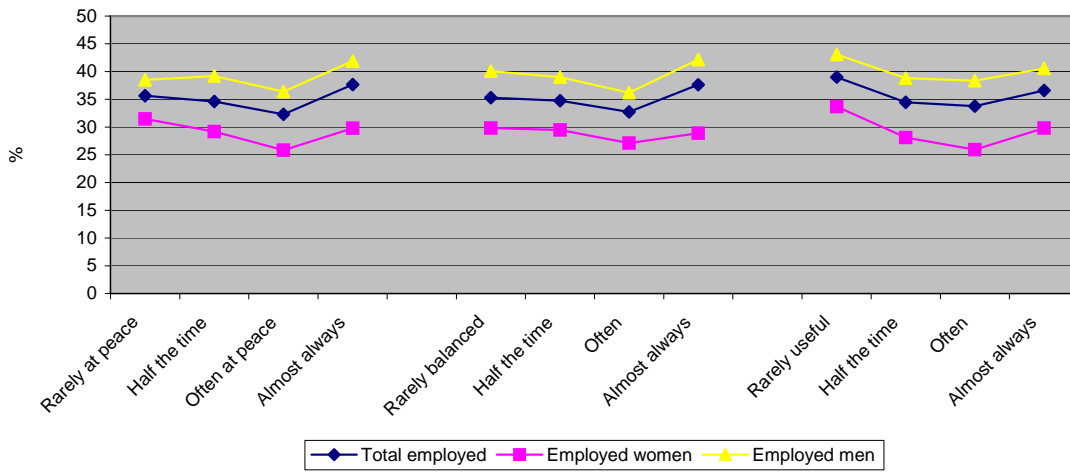
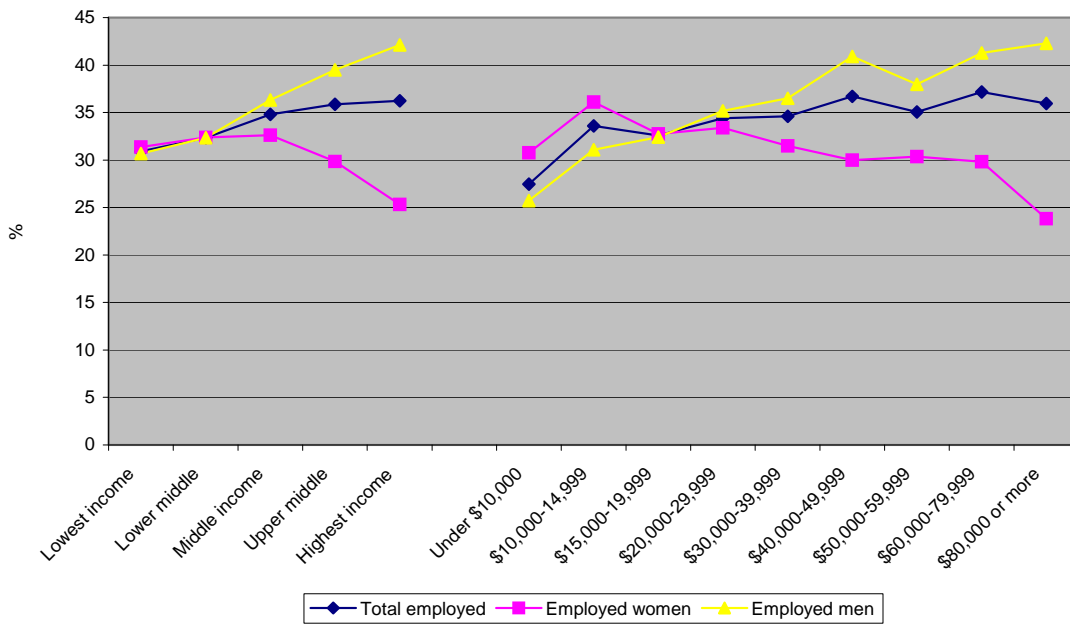


Chart 26. Household income adequacy, and household income past year



Percentage of employed women and men who are overweight (BMI over 27)

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 27. Personal income last year; and reception of welfare last year

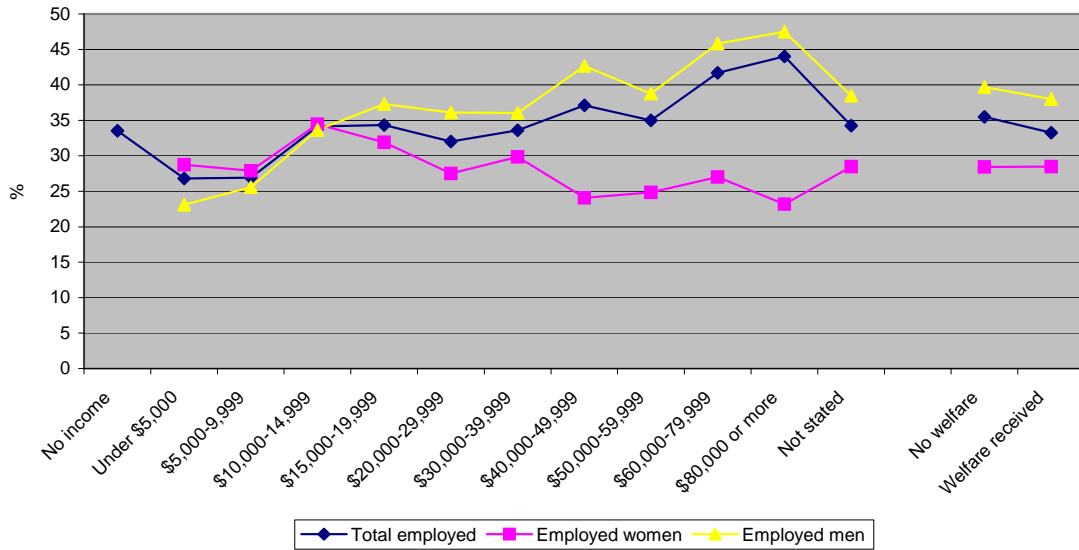
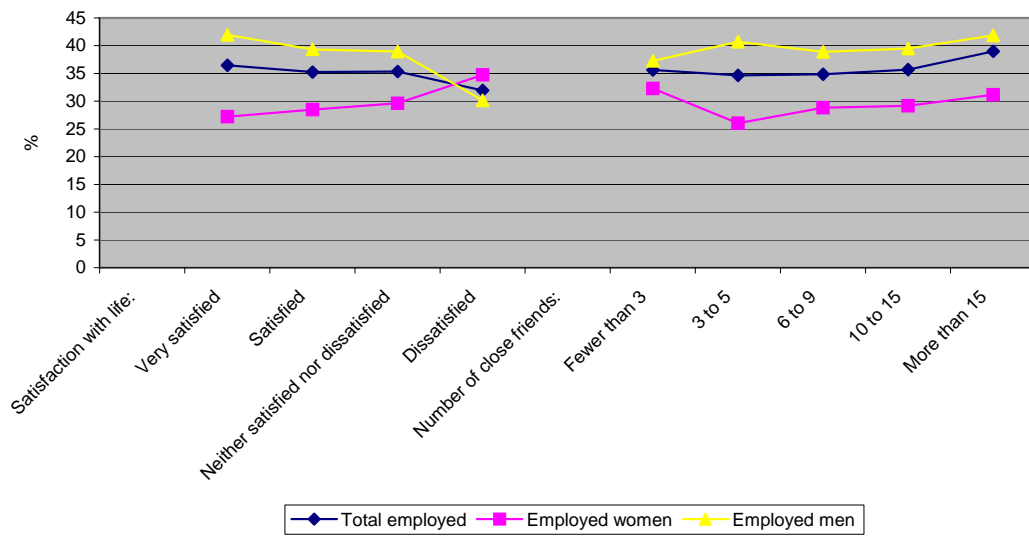


Chart 28. Satisfaction with life in general; and number of close friends



Percentage of employed women and men who are overweight (BMI over 27)

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 29. Occupation group; usual hours worked per week in main job; and weekend work

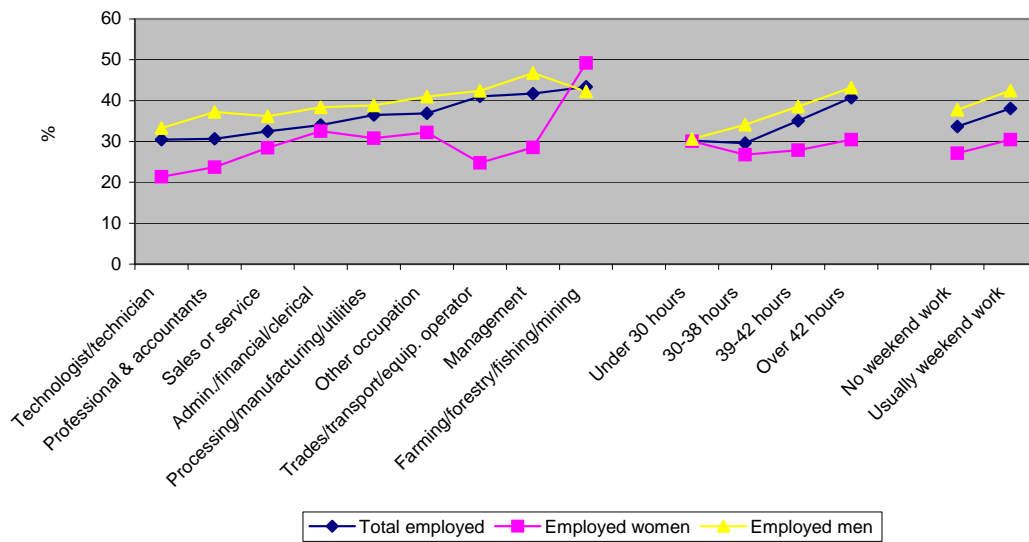
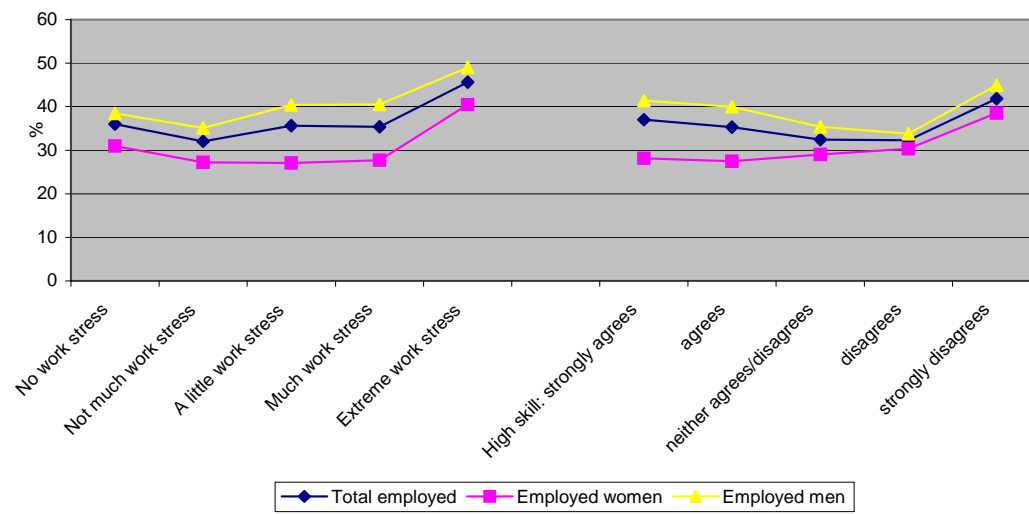


Chart 30. Level of work stress (main job), and skill requirement, past year



Percentage of employed women and men who are overweight (BMI over 27)

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.

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Chart 31. Agreement that the job is very hectic; free from conflicting demands, employed

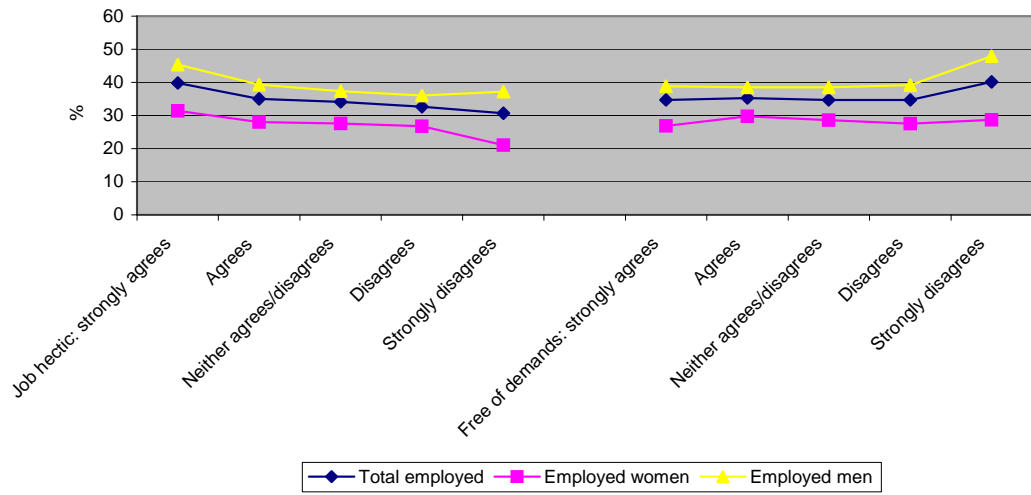
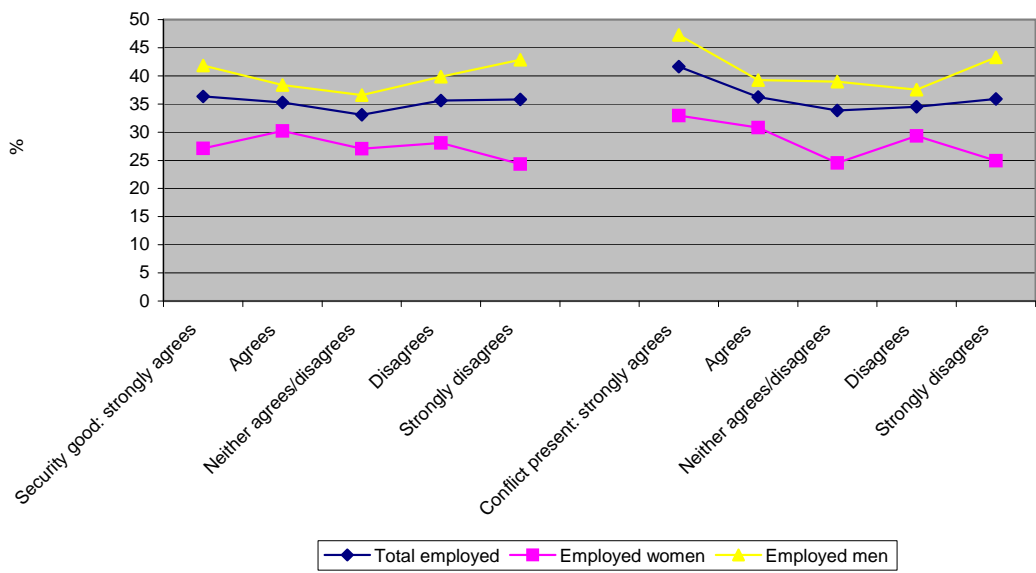


Chart 32. Job security; and presence of conflict with other employees



Percentage of employed women and men who are overweight (BMI over 27)

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.

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Chart 33. Helpfulness of the supervisor; and repetitive tasks of the job

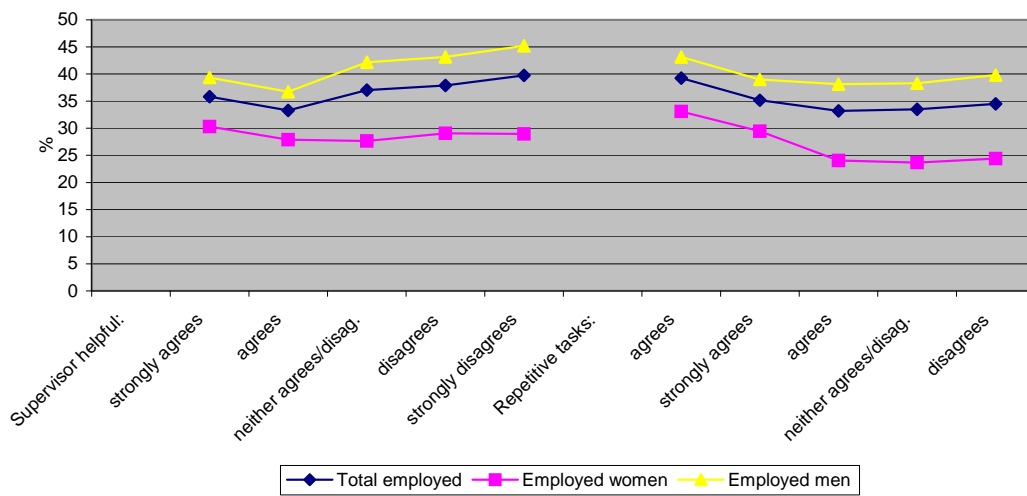
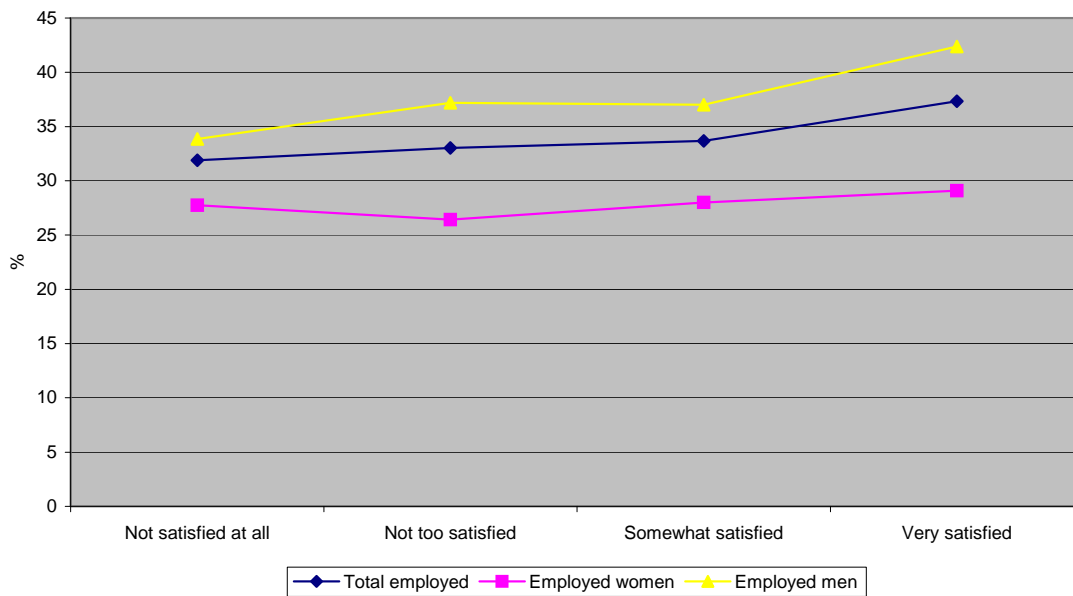


Chart 34. Job satisfaction

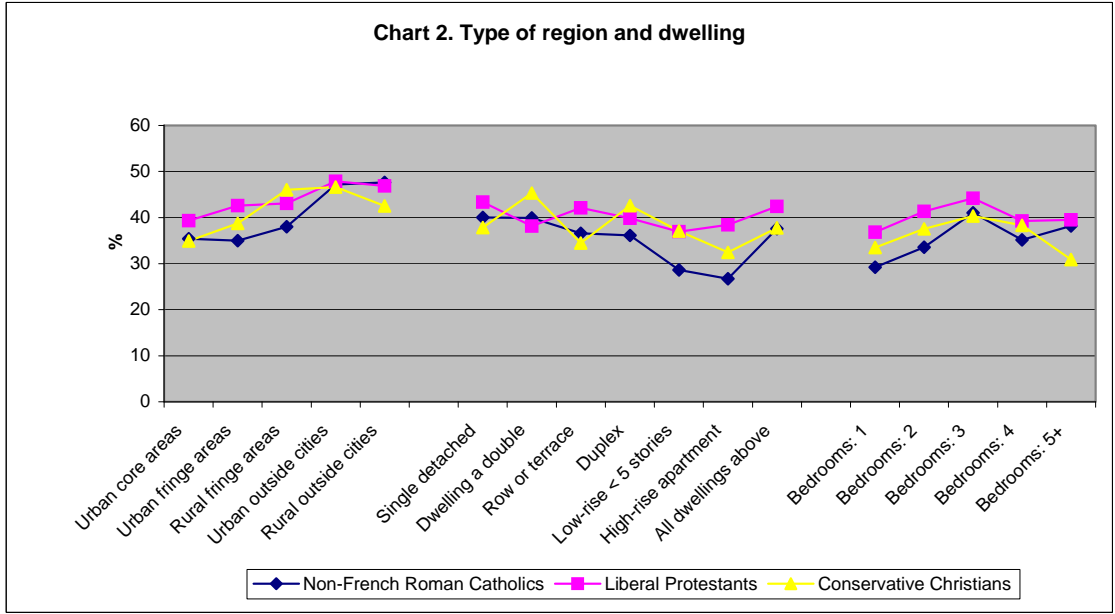
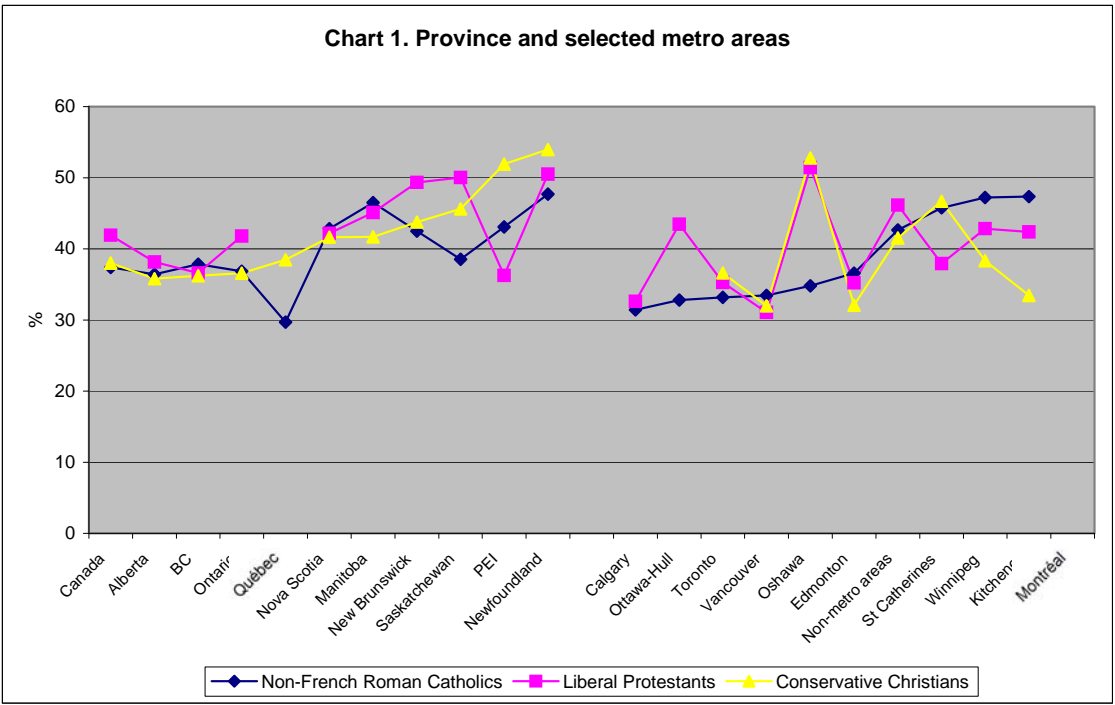


Percentage of employed women and men who are overweight (BMI over 27)

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

**Chapter 5. Charts of overweight non-French Roman Catholics,
liberal Protestants, and conservative Christians**



Percentage of Canadians of selected faith traditions who are overweight (BMI over 27)
 See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.
 Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 3. Dwelling ownership; household size; and number of children under 11 in the household

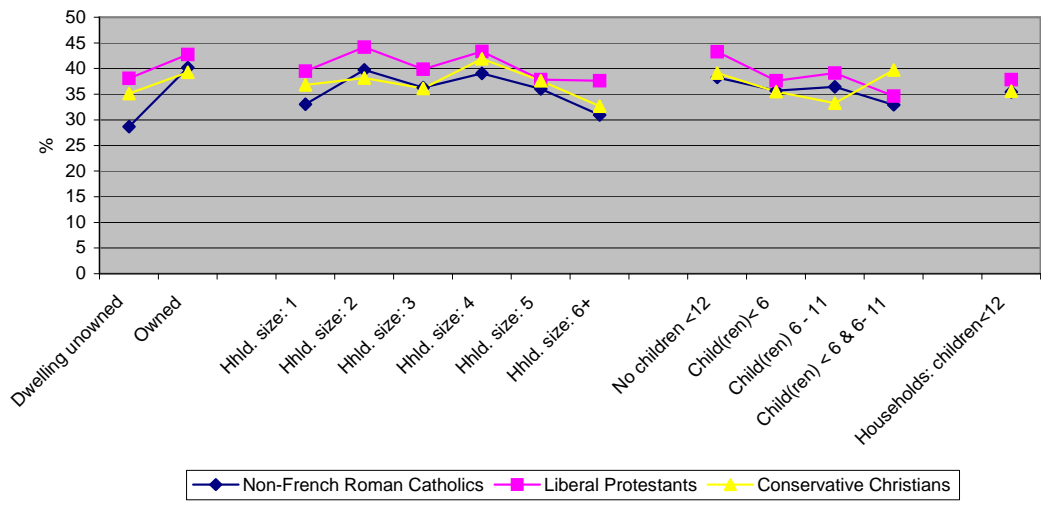
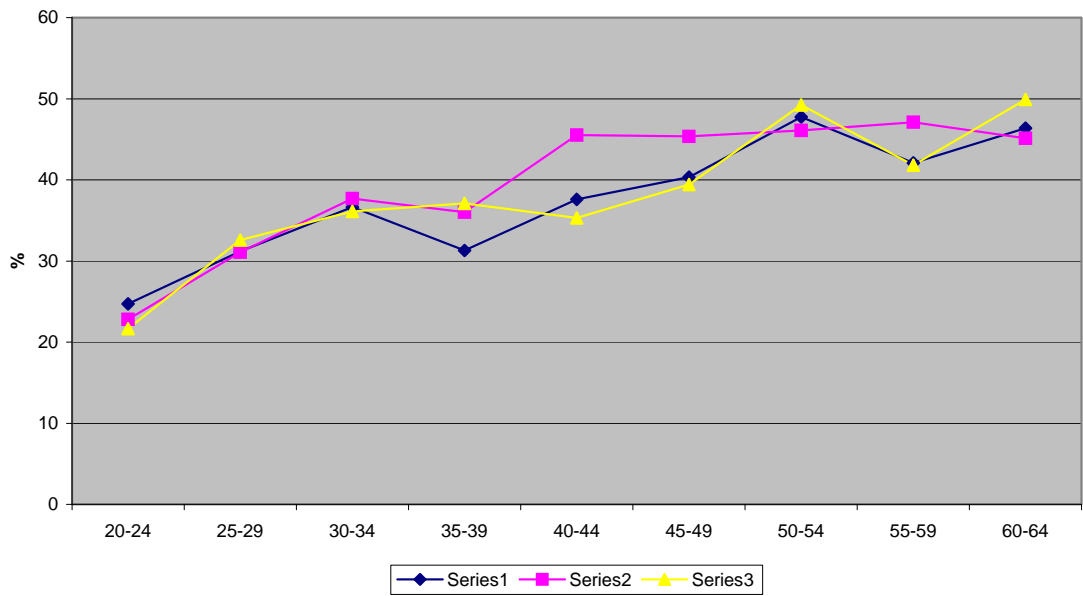


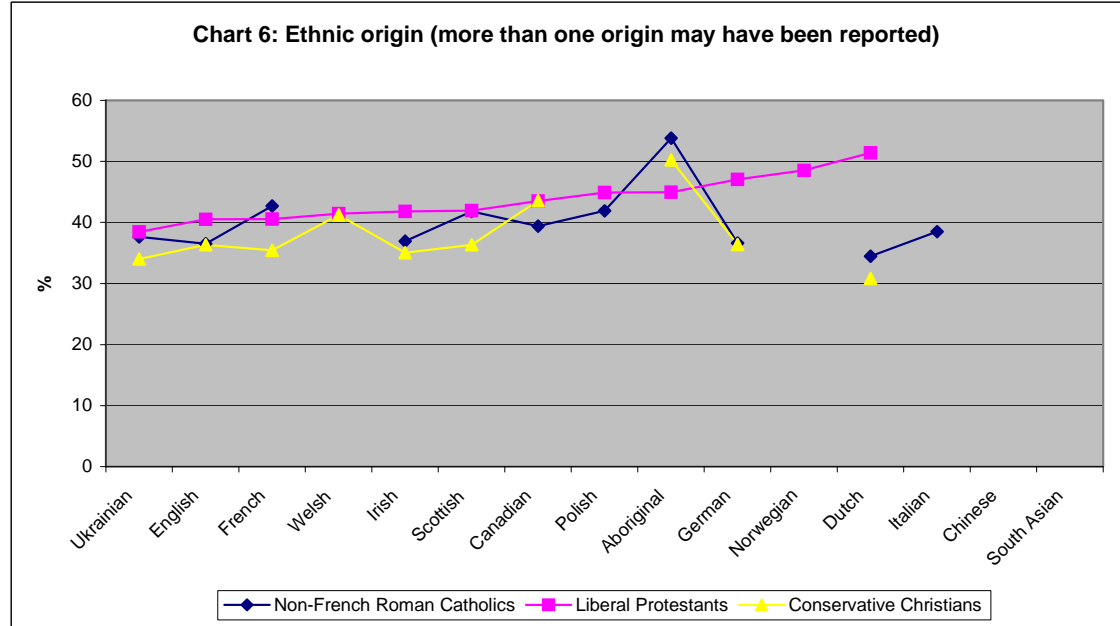
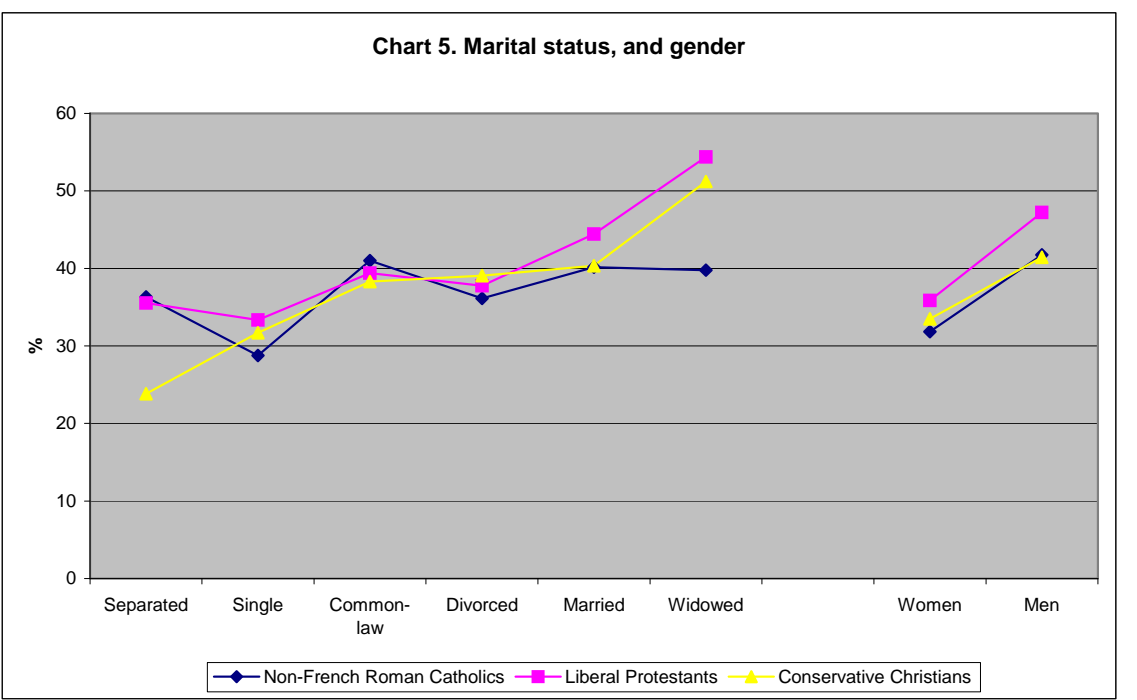
Chart 4. Age groups



Percentage of Canadians of selected faith traditions who are overweight (BMI over 27)

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002



Percentage of Canadians of selected faith traditions who are overweight (BMI over 27)

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 7. Student status; and level of education

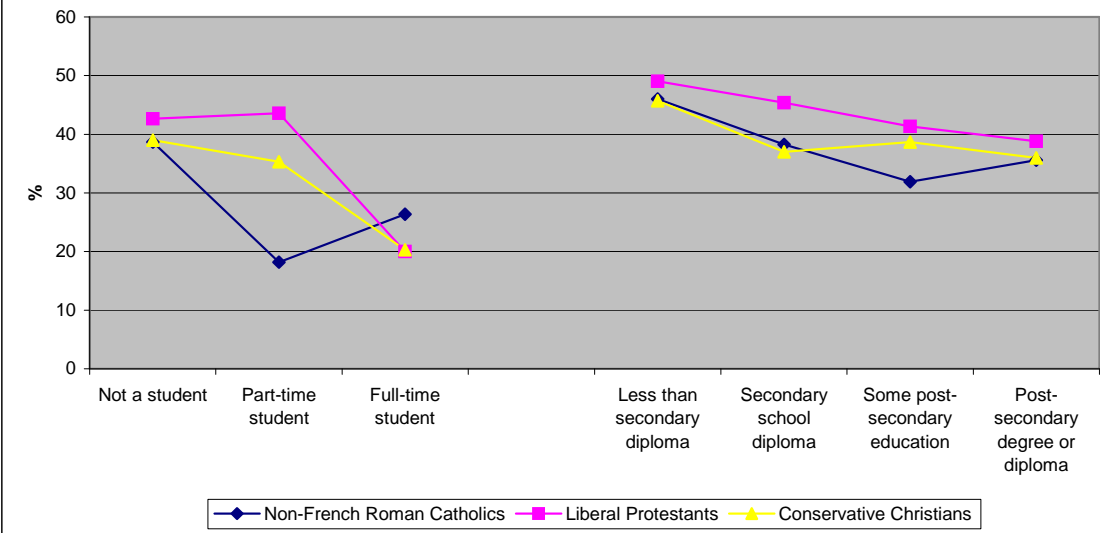
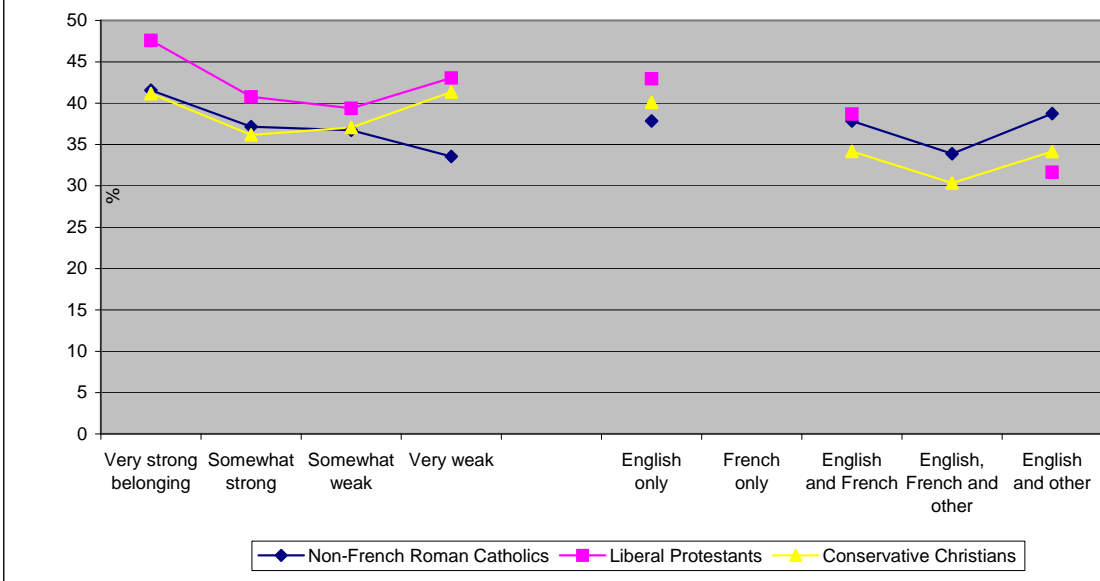


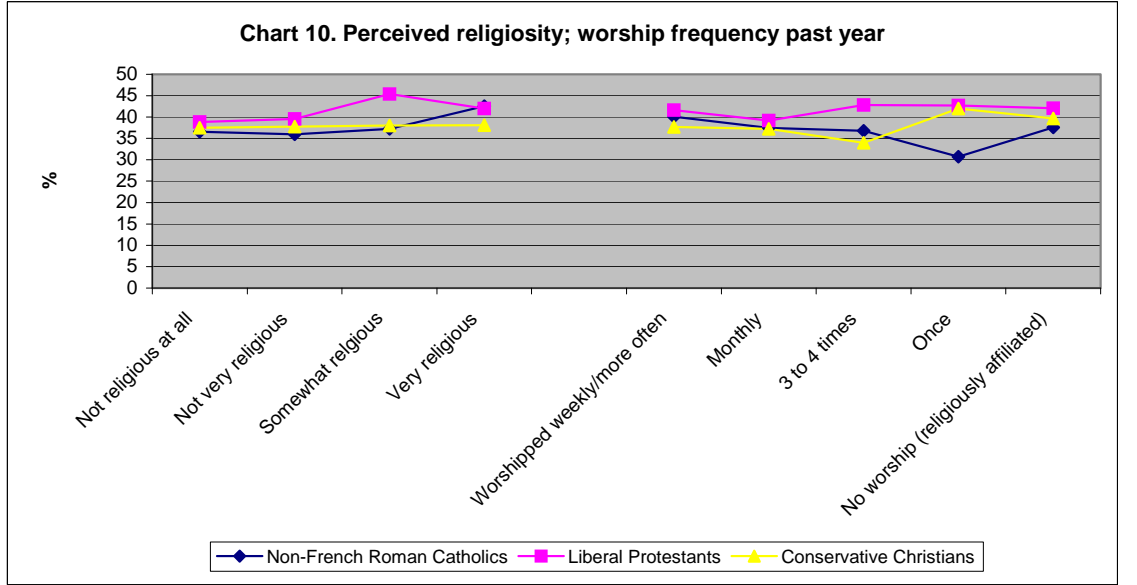
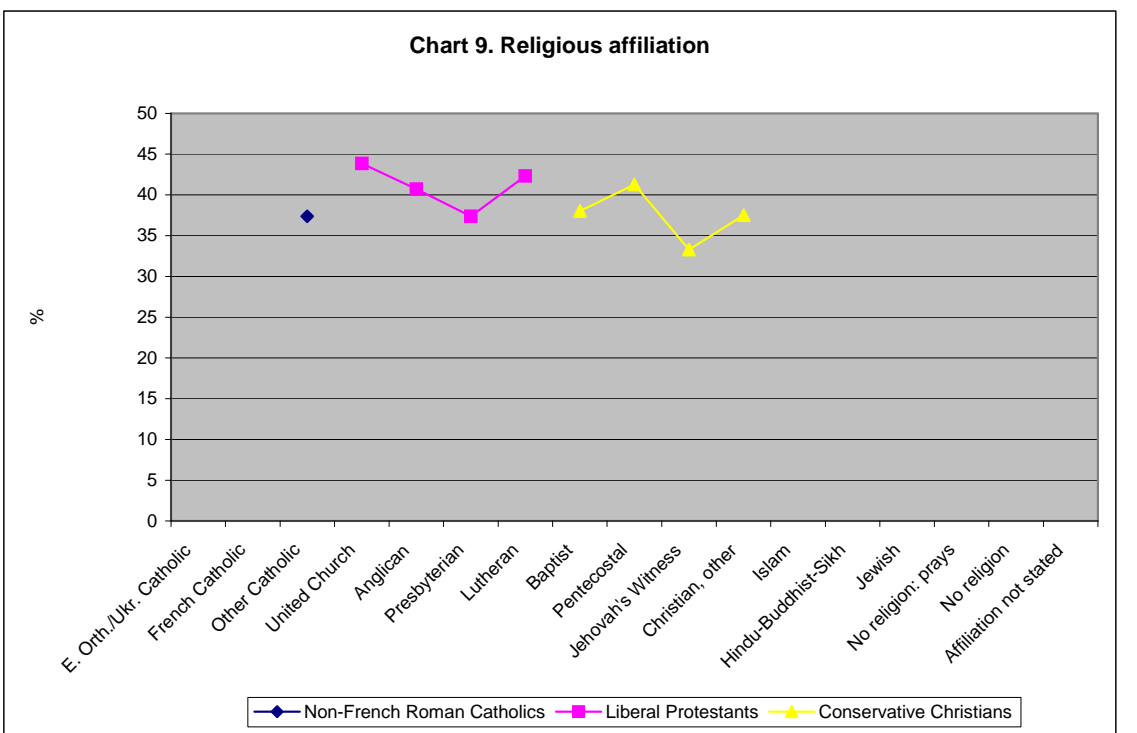
Chart 8. Strength of belonging to the community of residence; and language



Percentage of Canadians of selected faith traditions who are overweight (BMI over 27)

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002



Percentage of Canadians of selected faith traditions who are overweight (BMI over 27)

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Chart 11. The role of spiritual values in providing understanding of life's difficulties; and period of immigration

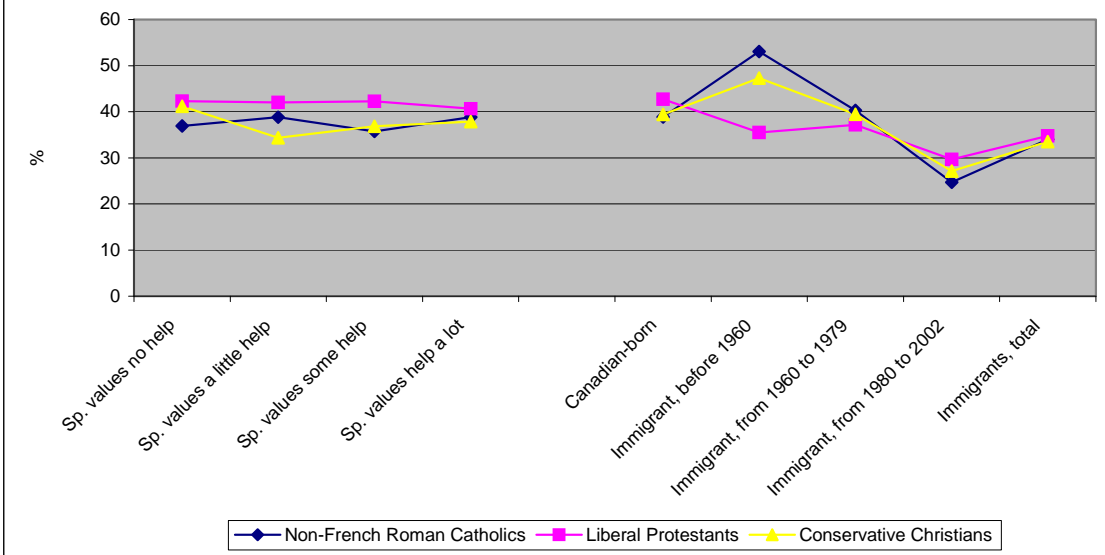
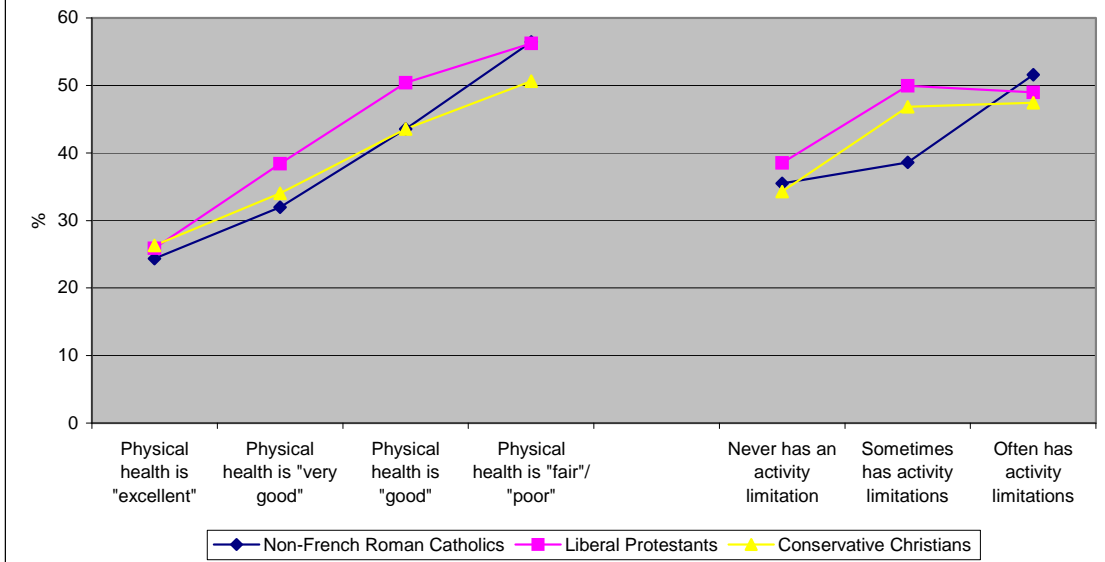


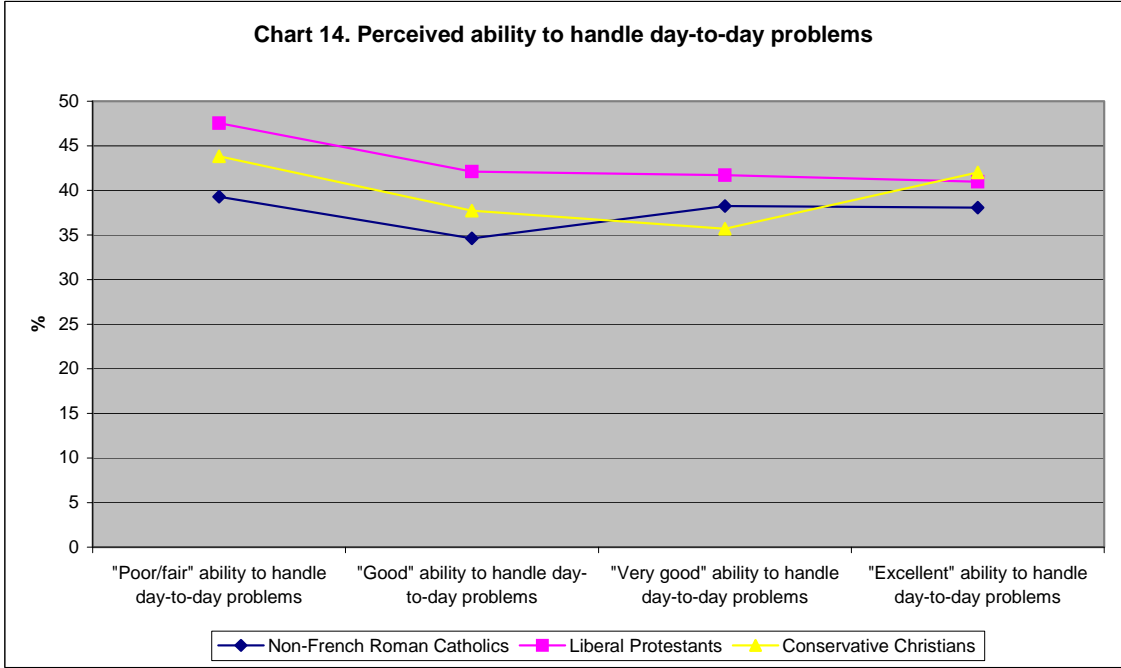
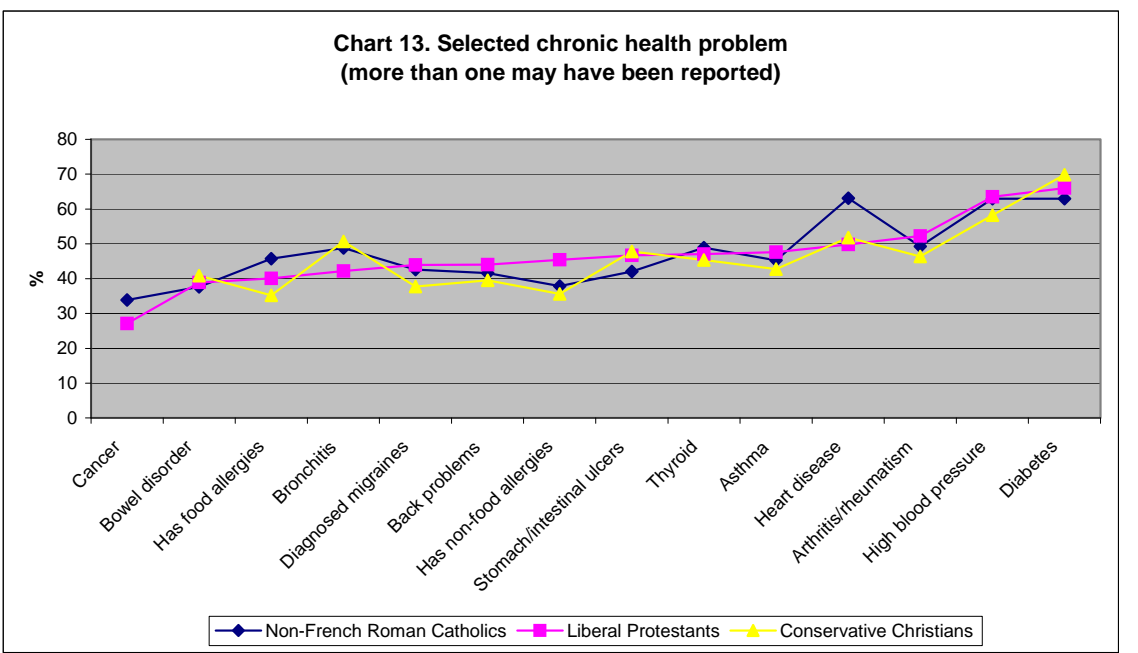
Chart 12. Perceived physical health status; frequency of activity limitations



Percentage of Canadians of selected faith traditions who are overweight (BMI over 27)

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.

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Chart 15. Stress level most days; and perceived quality of mental health

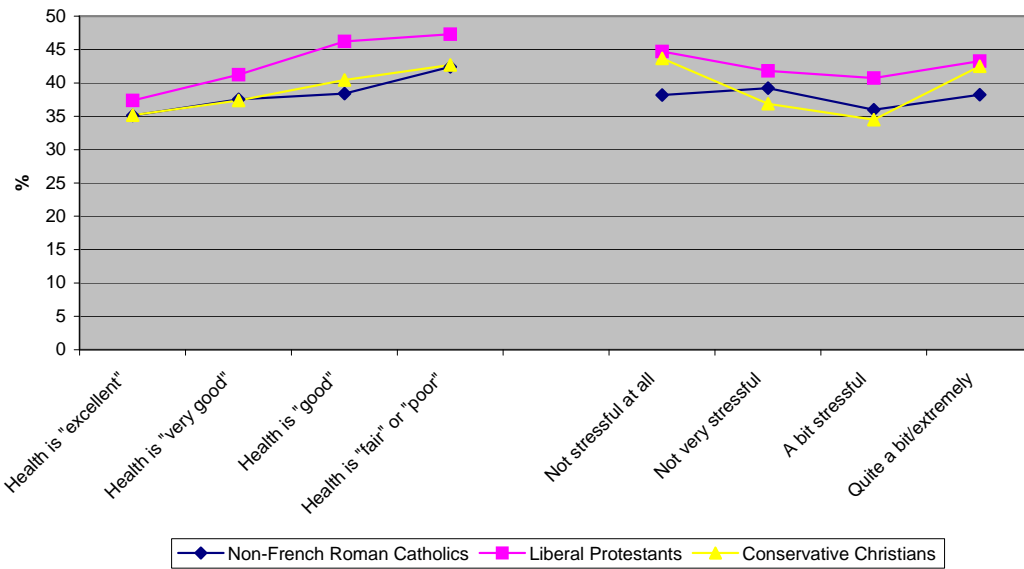
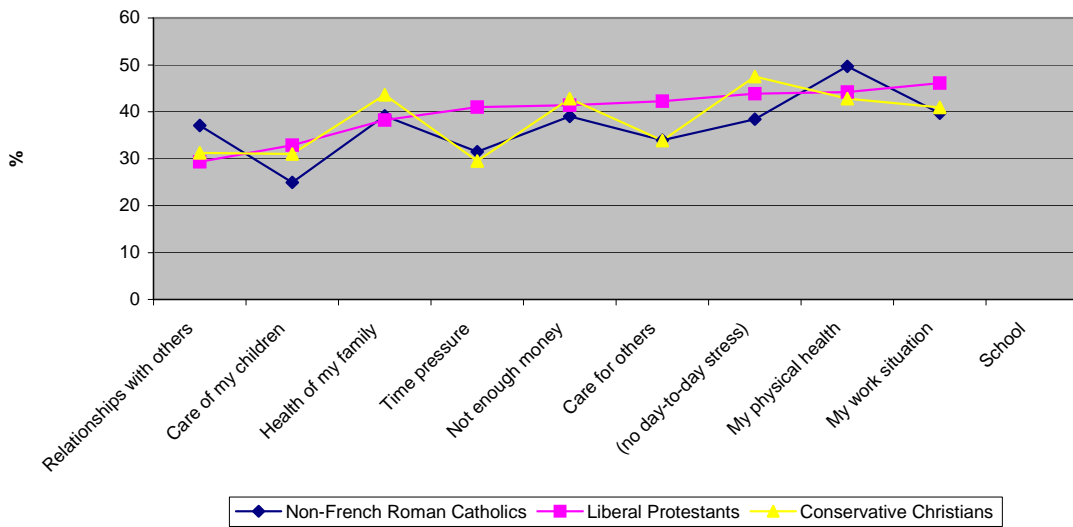


Chart 16. Most important source of daily stress



Percentage of Canadians of selected faith traditions who are overweight (BMI over 27)

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.

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Chart 17. Coping with stress by smoking; by drinking more than usual

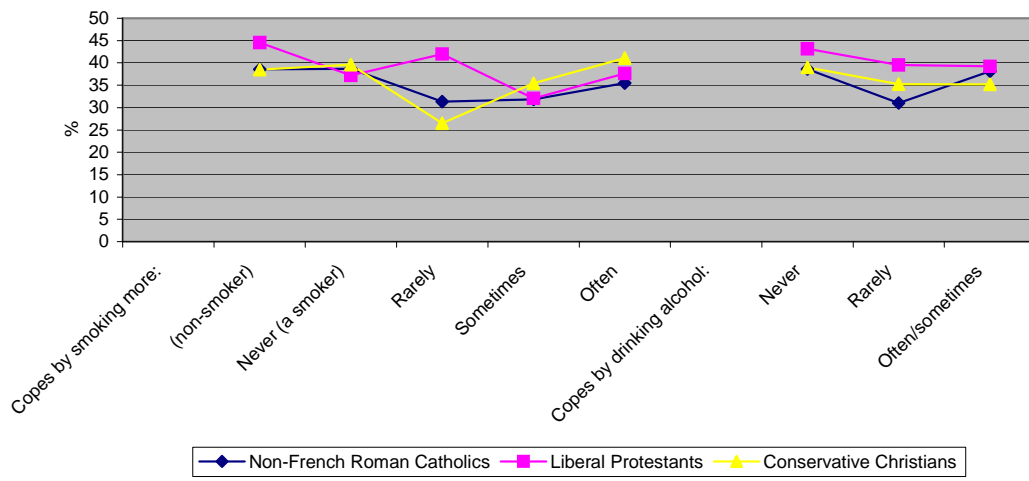
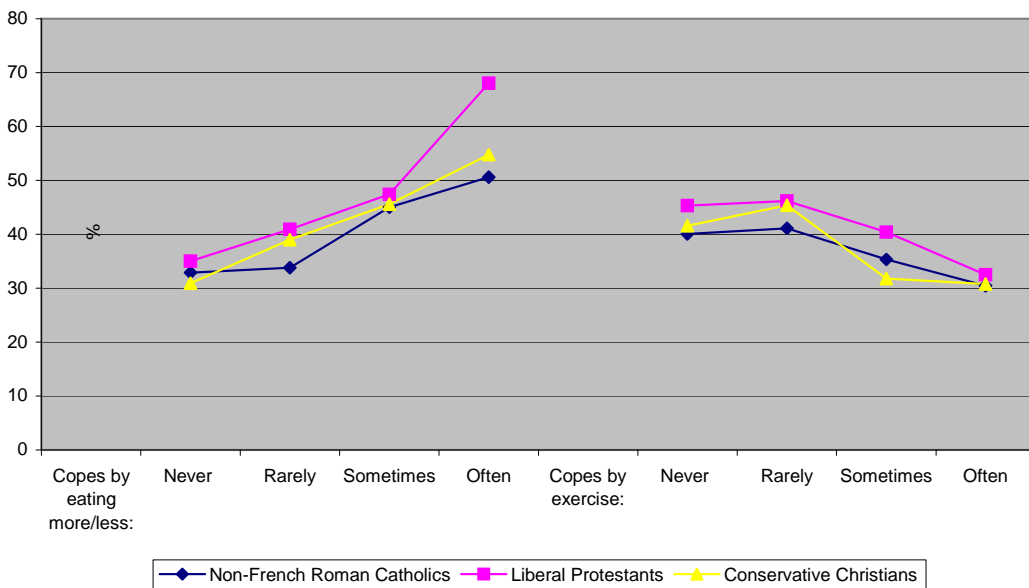


Chart 18. Coping by eating more or less than usual; by jogging or exercise



Percentage of Canadians of selected faith traditions who are overweight (BMI over 27)

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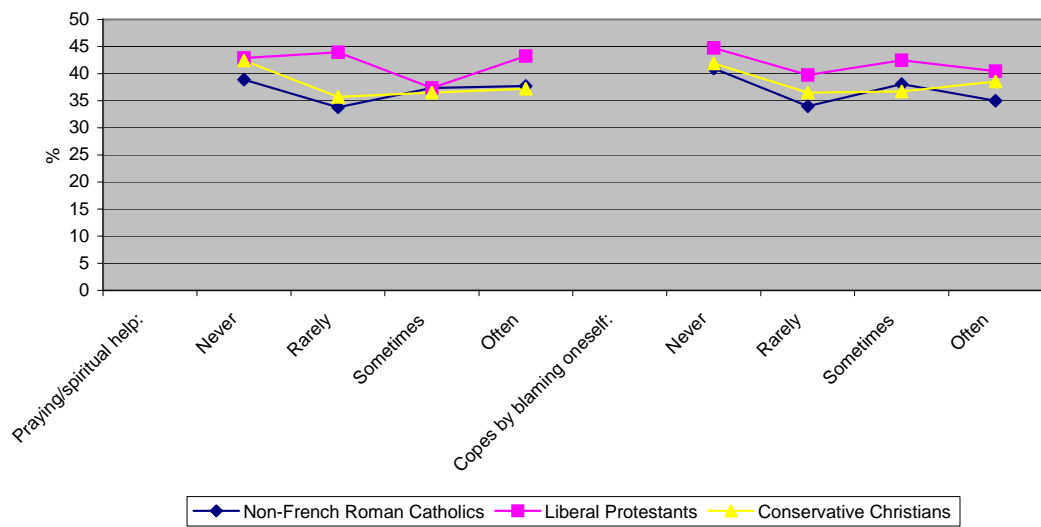
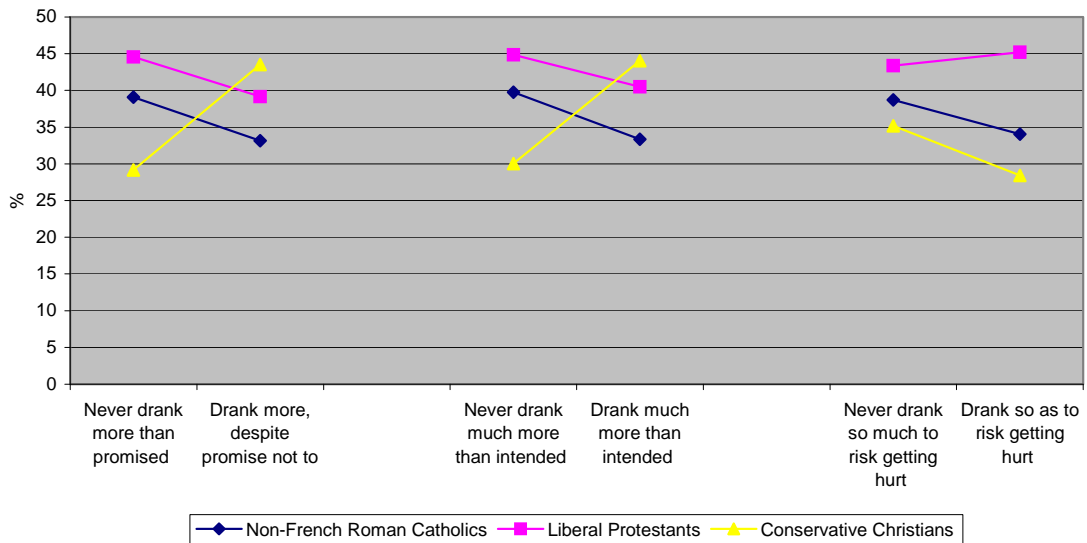


Chart 20. Promises regarding drinking; intentions; risks of getting hurt past year



Percentage of Canadians of selected faith traditions who are overweight (BMI over 27)

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 21. Lifetime use of marijuana; and use of illicit drugs past year

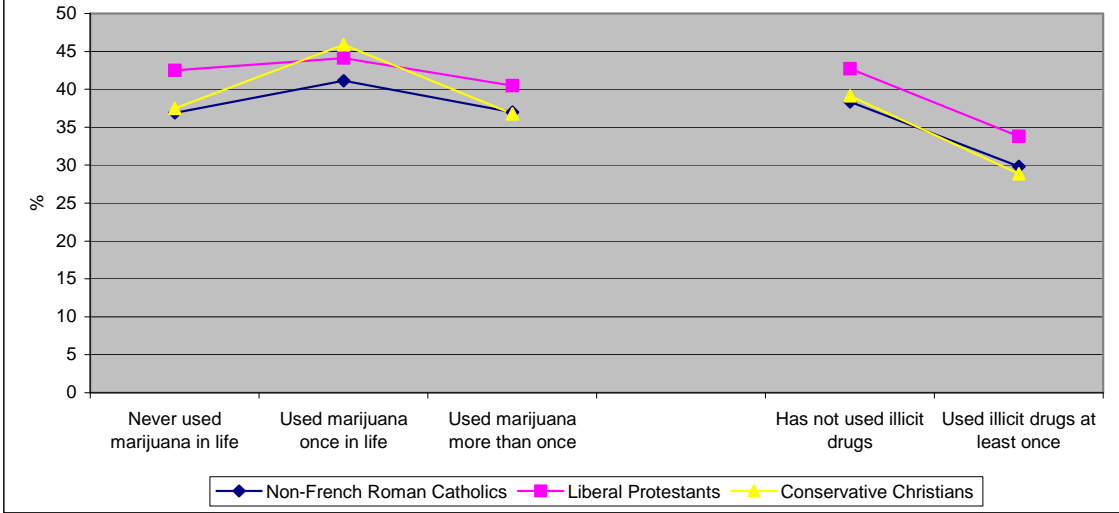
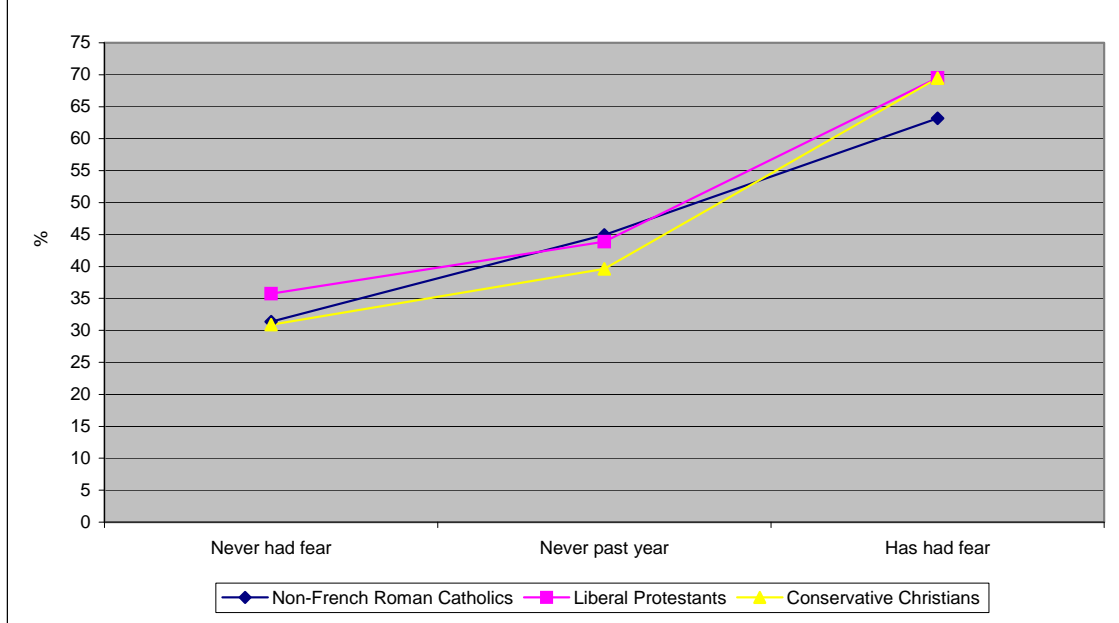


Chart 22. Fear of being overweight past year



Percentage of Canadians of selected faith traditions who are overweight (BMI over 27)

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 23. Serious consideration of suicide; and type of gambler

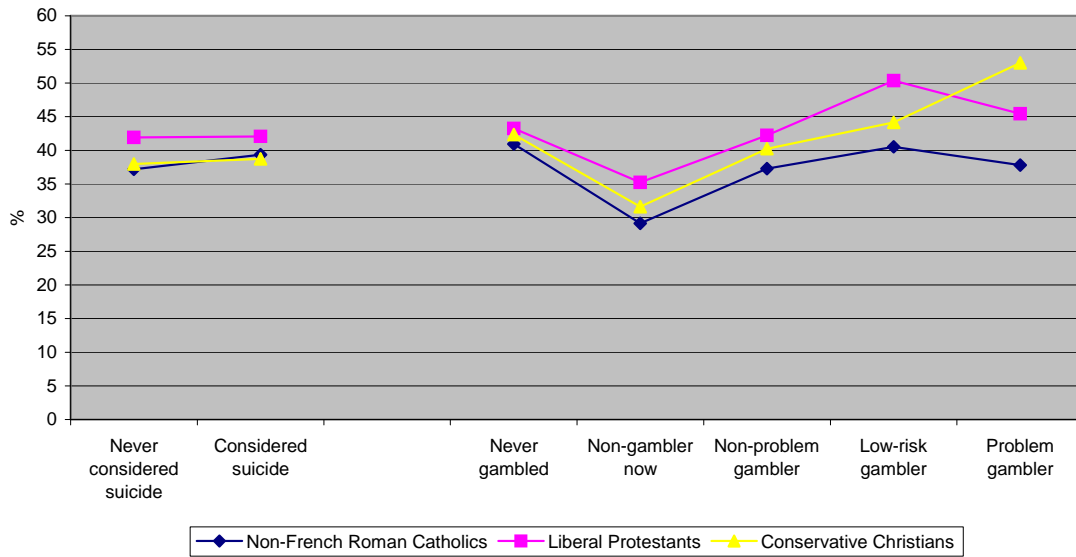
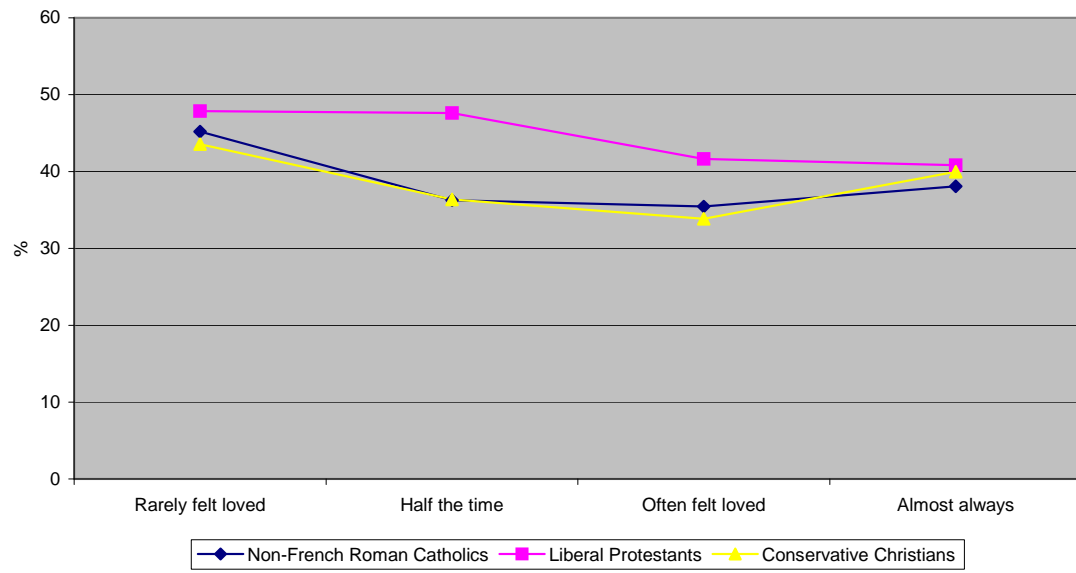


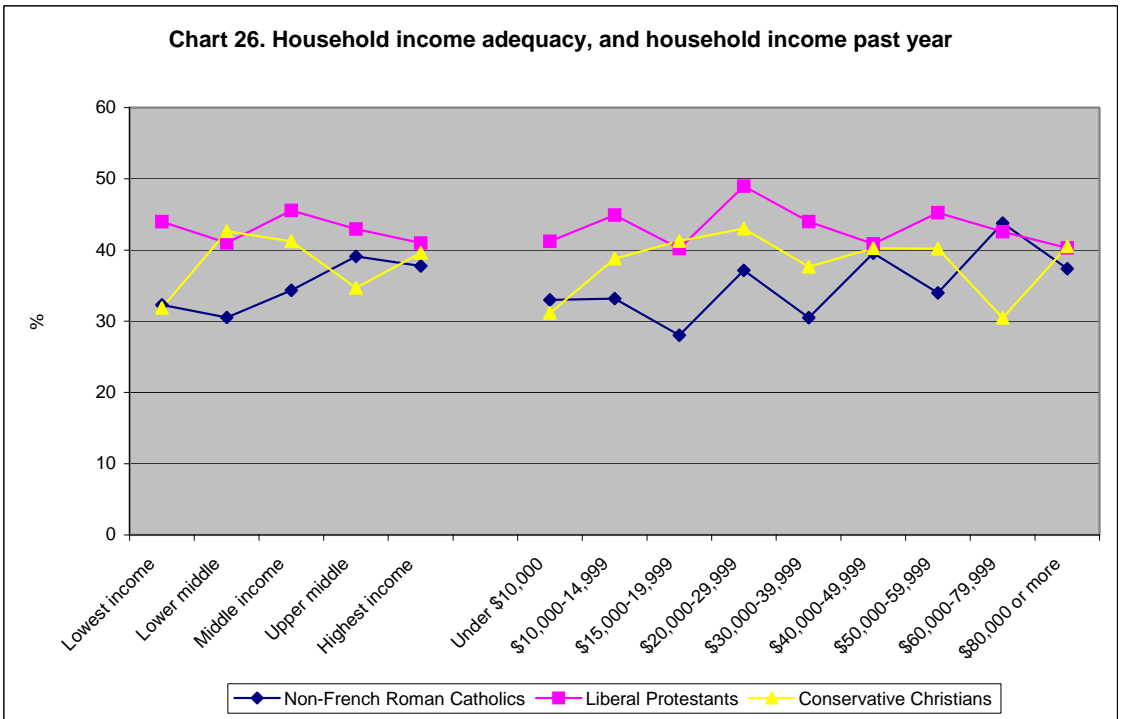
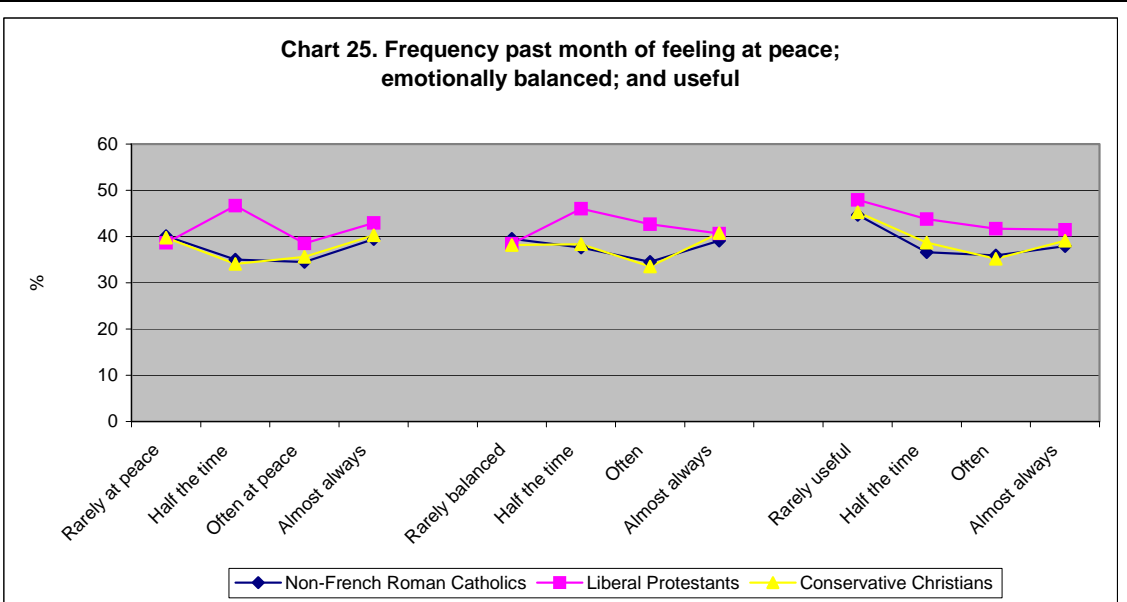
Chart 24. Frequency of feeling loved and appreciated past month



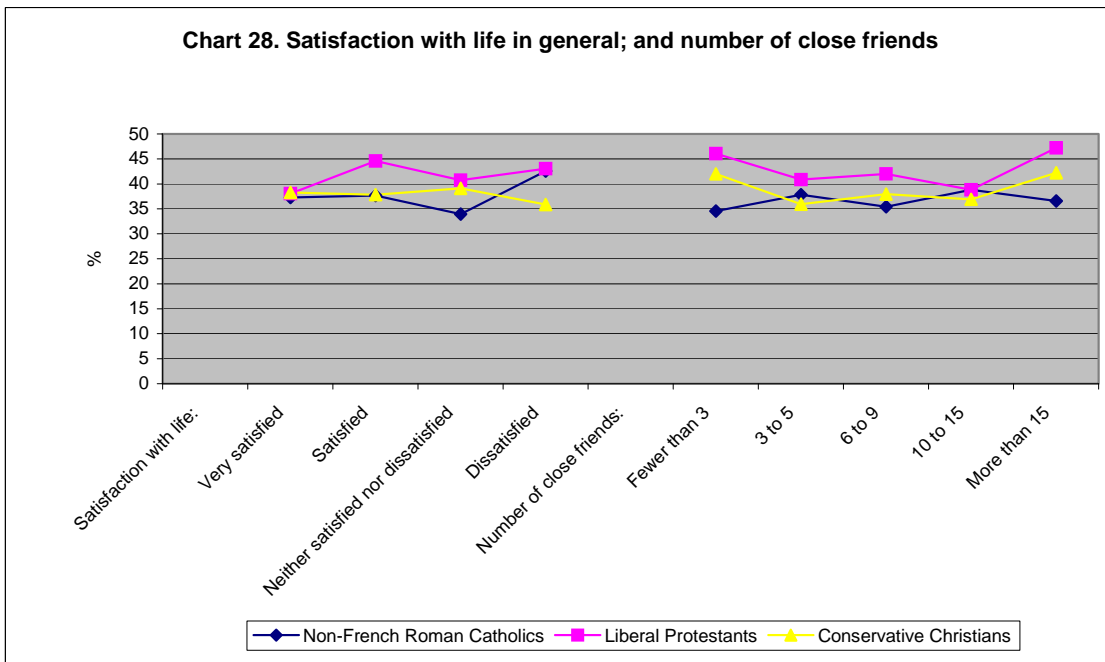
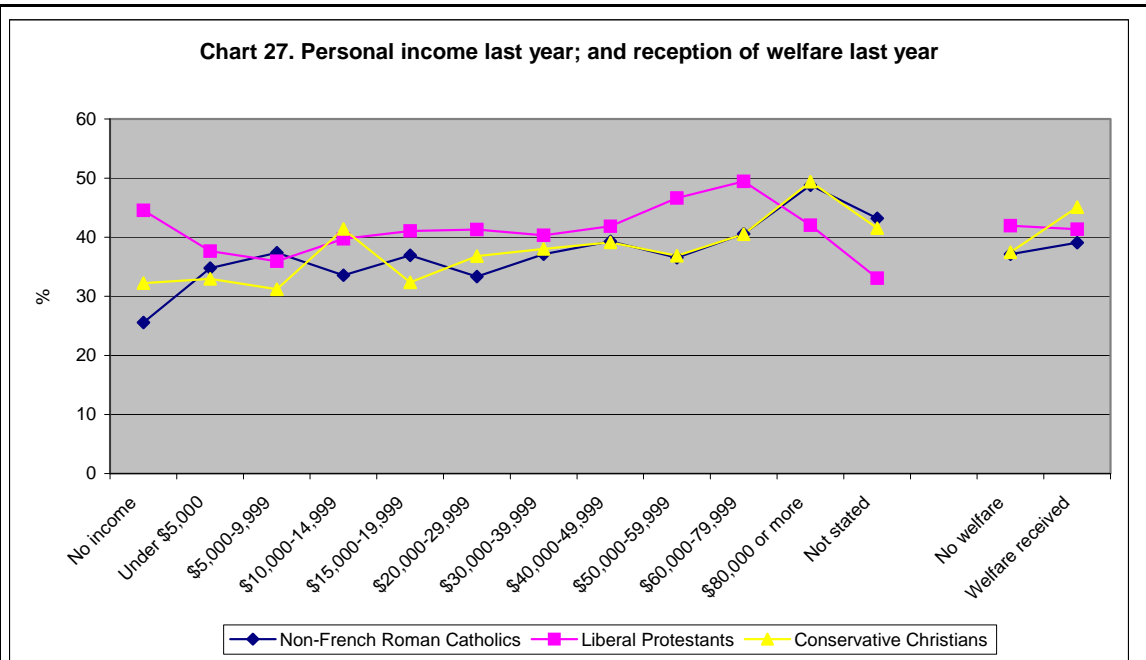
Percentage of Canadians of selected faith traditions who are overweight (BMI over 27)

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002



Percentage of Canadians of selected faith traditions who are overweight (BMI over 27)
 See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.
 Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002



Percentage of Canadians of selected faith traditions who are overweight (BMI over 27)

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 29. Occupation group; usual hours worked per week in main job; and weekend work

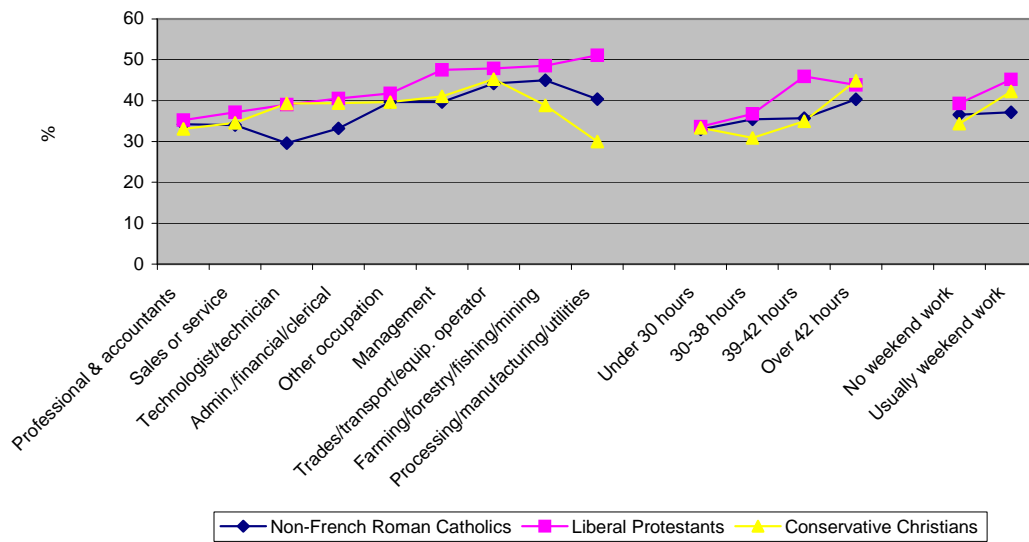
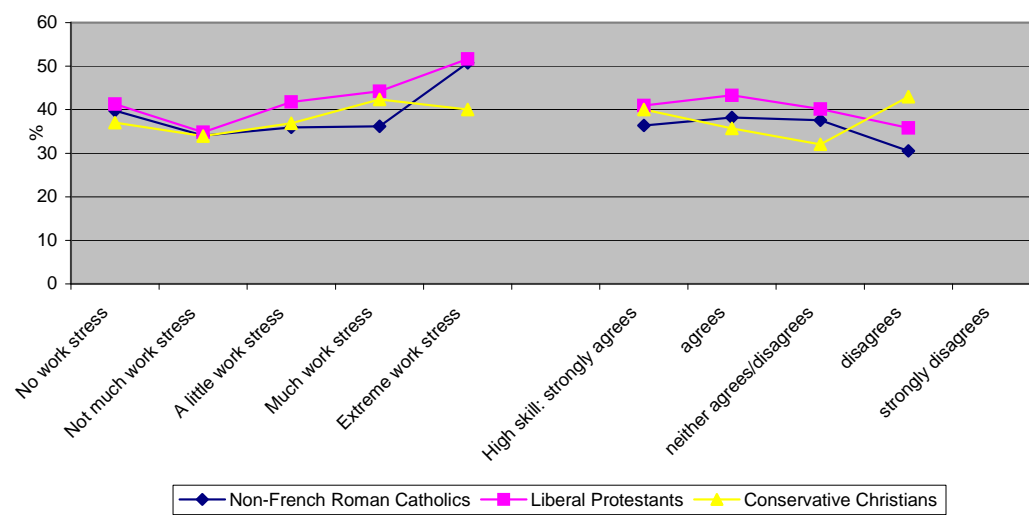


Chart 30. Level of work stress (main job), and skill requirement, past year



Percentage of Canadians of selected faith traditions who are overweight (BMI over 27)

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 31. Agreement that the job is very hectic; free from conflicting demands, employed

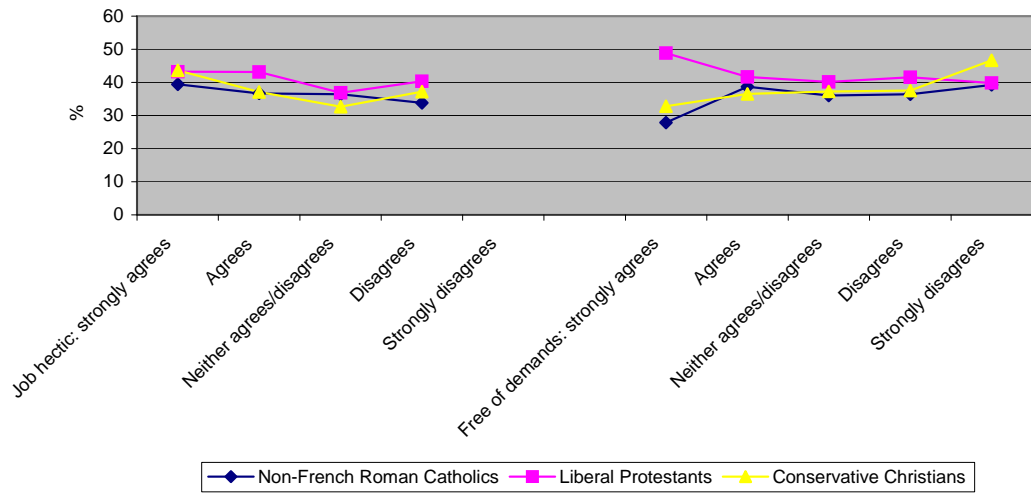
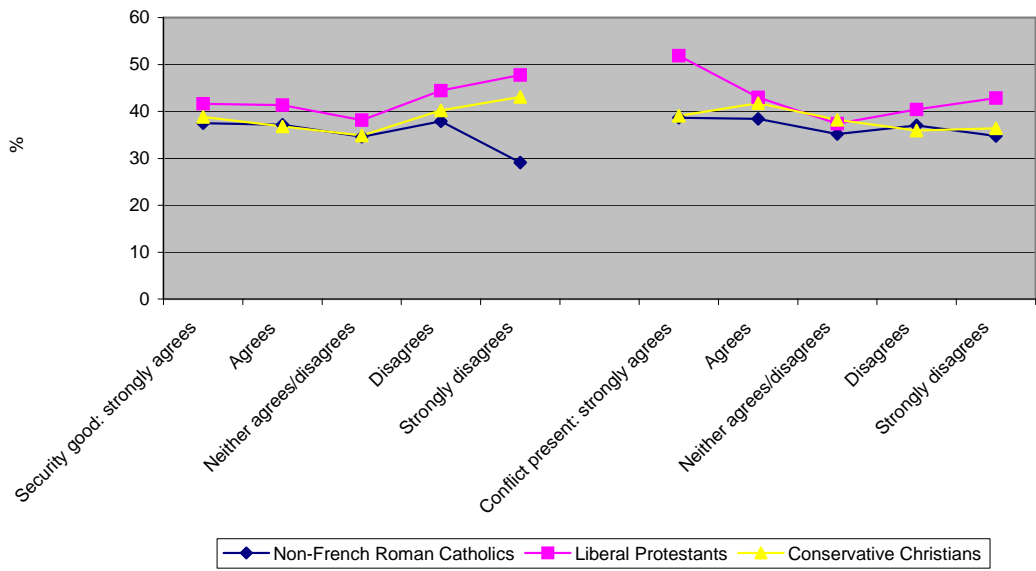


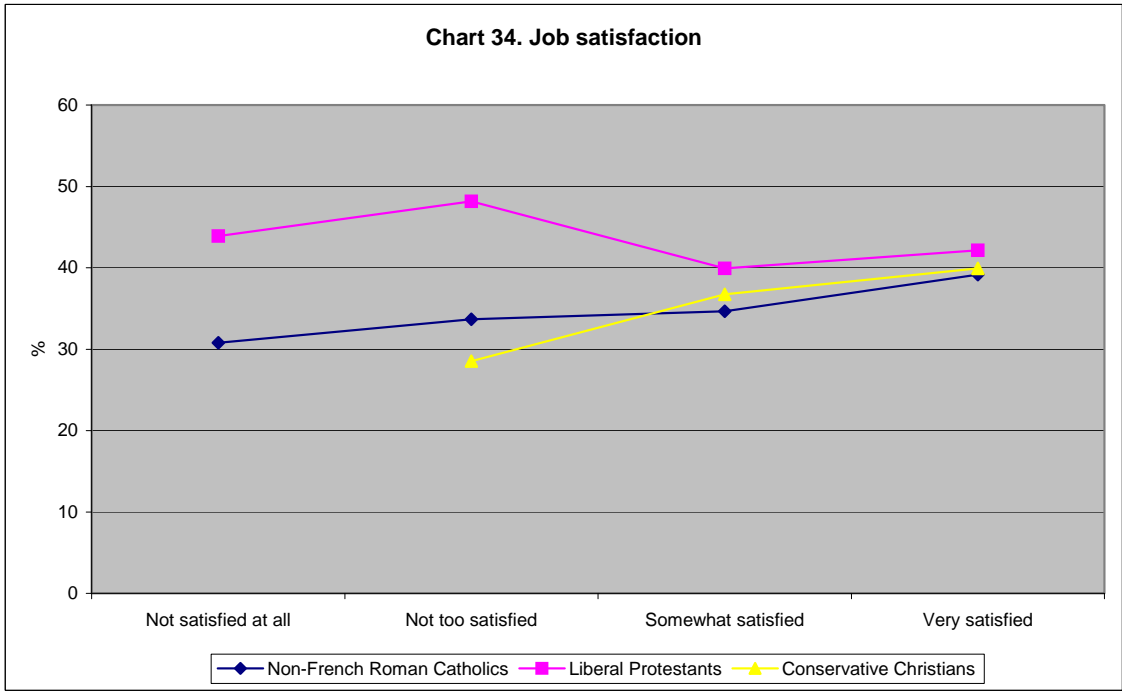
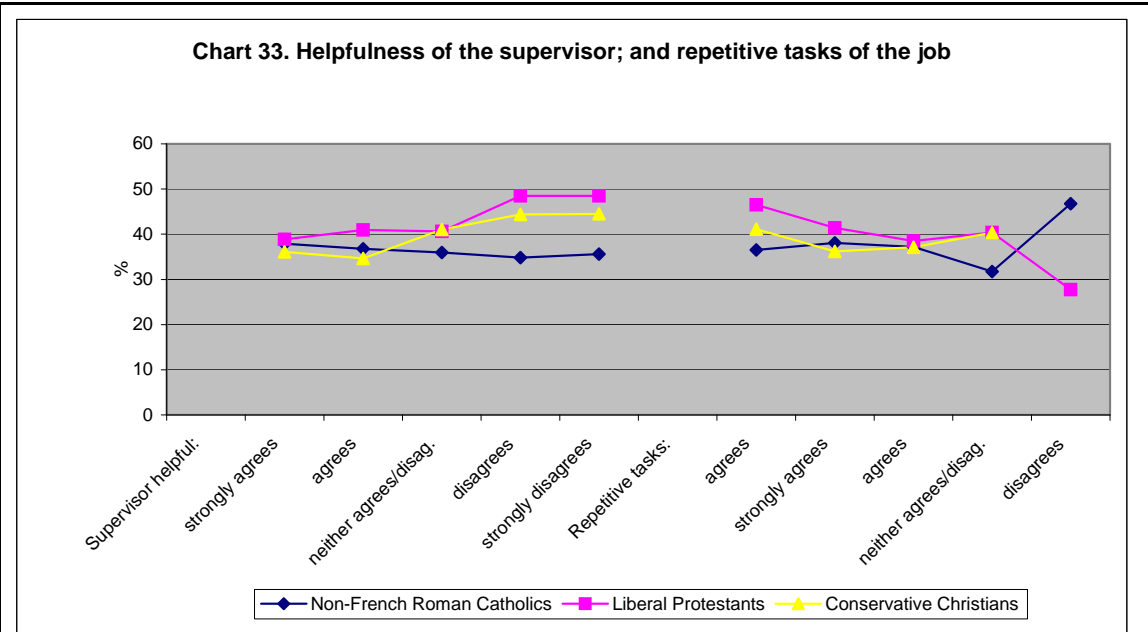
Chart 32. Job security; and presence of conflict with other employees



Percentage of Canadians of selected faith traditions who are overweight (BMI over 27)

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002



Percentage of Canadians of selected faith traditions who are overweight (BMI over 27)

See Appendix 1 for variable definitions and notes on the survey. The age range is 20 to 64.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chapter 6. Tables of regression estimates of the BMI

Regression table 1. Results of estimates of the body mass index (natural log), Canadian standard, of all Canadians, women, men and parents, Canada 2002

Regression table 2. Results of estimates of the body mass index (natural log), Canadian standard, mothers, fathers, married/widowed parents, and lone parents, Canada 2002

Regression table 1. Results of estimates of the body mass index (natural log), Canadian standard, of all Canadians, women, men and parents, Canada 2002

	<i>All Canadians</i>		<i>Parents</i>	
	N= 22,048		N= 7,359	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	2.999	145.4 **	3.145	64.9 **
Male (=1, female=0)	0.062	26.4 **	0.081	20.2 **
Age (natural log)	0.097	22.0 **	0.068	5.8 **
Married/widowed	0.012	4.2 **	0.016	3.0 **
Number of children under 6	0.003	1.6	-0.002	-0.7
Number of children 6 to 11	-0.002	-1.0	-0.010	-3.7 **
Education (natural log)	-0.011	-10.6 **	-0.014	-7.3 **
French Roman Catholic	-0.016	-3.4 **	-0.026	-3.4 **
Other Roman Catholic	-0.010	-2.9 **	-0.014	-2.4
Conservative Christian	-0.007	-1.7	-0.025	-3.7 **
Non-Christian	-0.068	-12.6 **	-0.080	-9.2 **
No religious affiliation	-0.035	-8.9 **	-0.045	-6.5 **
Spiritual health indicator	-0.002	-1.9	0.000	-0.1
Smoked marijuana in lifetime	-0.001	-1.5	-0.001	-1.6
Sleep (natural log of hours)	-0.049	-8.9 **	-0.068	-7.2 **
Atlantic region	0.027	6.0 **	0.020	2.7 **
Québec	-0.011	-2.7 **	0.000	0.1
Manitoba/Saskatchewan	0.034	7.0 **	0.039	4.8 **
Alberta	0.006	1.6	0.005	0.7
British Columbia	-0.007	-1.8	-0.003	-0.5
(Adjusted R squared:)	0.092	**	0.104	**
	<i>Women</i>		<i>Men</i>	
	N= 9,968		N= 12,079	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	2.965	86.4 **	3.092	123.3 **
Age (natural log)	0.112	15.3 **	0.081	15.1 **
Married/widowed	-0.001	-0.2	0.020	5.9 **
Number of children under 6	0.006	1.6	0.002	0.6
Number of children 6 to 11	-0.010	-2.9 **	0.003	1.3
Education (natural log)	-0.015	-8.7 **	-0.008	-5.9 **
French Roman Catholic	-0.015	-2.0	-0.016	-2.8 **
Other Roman Catholic	-0.012	-2.2	-0.009	-1.9
Conservative Christian	0.002	0.3	-0.013	-2.6
Non-Christian	-0.056	-5.9 **	-0.075	-11.7 **
No religious affiliation	-0.022	-3.3 **	-0.044	-9.3 **
Spiritual health indicator	0.002	1.3	-0.005	-4.2 **
Smoked marijuana in lifetime	-0.002	-2.3	0.000	-0.1
Sleep (natural log of hours)	-0.056	-6.3 **	-0.041	-5.9 **
Atlantic region	0.039	5.3 **	0.017	3.1 **
Québec	-0.024	-3.5 **	-0.001	-0.1
Manitoba/Saskatchewan	0.030	3.7 **	0.038	6.3 **
Alberta	-0.008	-1.2	0.016	3.3 **
British Columbia	-0.018	-3.0 **	0.001	0.3
(Adjusted R squared:)	0.077	**	0.071	**

Notes: Details on variable definitions are given in Appendix 1. Source: Statistics Canada's Canadian Community Health Survey 1.2. Reference groups: other marital statuses for married/widowed; households with no children under 12; liberal Protestant affiliations (United Church, Anglican, Presbyterian, Lutheran -- conservative Christian = smaller Christian denominations); and for the regions, Ontario. Respondents not reporting on any variable in the regression set are dropped from the analysis. Note the number of observations depends on the number of respondents answering all questions used to form the variables. The spiritual health indicator combines measures of worship frequency and the daily importance of spiritual values in one's life. **Significant at 0.01 level. Weighted regression estimates, where the weights = the respondent weight over the sum of the weights.

Regression table 2. Results of estimates of the body mass index (natural log), Canadian standard, mothers, fathers, married/widowed parents, and lone parents, Canada 2002

	<i>Mothers</i>		<i>Fathers</i>	
	N= 3,539		N= 3,819	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	3.156	40.8 **	3.200	52.0 **
Age (natural log)	0.069	3.7 **	0.066	4.5 **
Married/widowed	0.011	1.4	0.019	2.6 **
Number of children under 6	0.002	0.4	-0.005	-1.1
Number of children 6 to 11	-0.018	-4.0 **	-0.004	-1.2
Education (natural log)	-0.015	-5.2 **	-0.011	-4.8 **
French Roman Catholic	-0.017	-1.4	-0.033	-3.4 **
Other Roman Catholic	-0.005	-0.5	-0.022	-2.9 **
Conservative Christian	-0.028	-2.6 **	-0.021	-2.4
Non-Christian	-0.067	-4.5 **	-0.088	-8.4 **
No religious affiliation	-0.031	-2.6 **	-0.055	-6.7 **
Spiritual health indicator	0.003	1.3	-0.003	-1.6
Smoked marijuana in lifetime	-0.002	-1.6	-0.001	-0.6
Sleep (natural log of hours)	-0.078	-5.2 **	-0.055	-4.5 **
Atlantic region	0.034	2.8 **	0.008	0.8
Québec	-0.019	-1.7	0.015	1.8
Manitoba/Saskatchewan	0.026	2.0	0.051	4.9 **
Alberta	-0.009	-0.8	0.014	1.7
British Columbia	-0.009	-0.8	0.001	0.2

(Adjusted R squared:) 0.055 ** 0.057 **

	<i>Married / widowed mothers</i>		<i>Lone mothers</i>	
	N= 2,572		N= 966	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	3.134	33.9 **	3.200	22.3 **
Age (natural log)	0.075	3.3 **	0.058	1.7
Married/widowed	0.008	0.7	0.015	0.7
Number of children under 6	0.002	0.4	0.001	0.1
Number of children 6 to 11	-0.016	-3.0 **	-0.028	-3.2 **
Education (natural log)	-0.014	-4.0 **	-0.021	-3.5 **
French Roman Catholic	-0.028	-2.0	0.022	0.9
Other Roman Catholic	0.000	0.0	-0.032	-1.7
Conservative Christian	-0.029	-2.3	-0.027	-1.2
Non-Christian	-0.057	-3.2 **	-0.094	-3.3 **
No religious affiliation	-0.039	-2.8 **	0.006	0.3
Spiritual health indicator	0.003	1.1	0.006	1.0
Smoked marijuana in lifetime	-0.002	-0.9	-0.005	-1.9
Sleep (natural log of hours)	-0.081	-4.5 **	-0.056	-2.1
Atlantic region	0.038	2.7 **	0.018	0.7
Québec	-0.001	-0.1	-0.088	-4.2 **
Manitoba/Saskatchewan	0.030	2.0	0.008	0.3
Alberta	-0.002	-0.2	-0.032	-1.5
British Columbia	-0.004	-0.4	-0.024	-1.1

(Adjusted R squared:) 0.050 ** 0.081 **

Notes: Details on variable definitions are given in Appendix 1. Source: Statistics Canada's Canadian Community Health Survey 1.2. Reference groups: other marital statuses for married/widowed; households with no children under 12; liberal Protestant affiliations (United Church, Anglican, Presbyterian, Lutheran -- conservative Christian = smaller Christian denominations); and for the regions, Ontario. Respondents not reporting on any variable in the regression set are dropped from the analysis. Note the number of observations depends on the number of respondents answering all questions used to form the variables. The spiritual health indicator combines measures of worship frequency and the daily importance of spiritual values in one's life. **Significant at 0.01 level. Weighted regression estimates, where the weights = the respondent weight over the sum of the weights.

Appendix 1. Notes on the survey, sample and variables

A. The survey, sample, and estimates

Statistics Canada's *Canadian Community Health Survey, Cycle 1.2* on mental health was conducted between May and December, 2002 in Canada's provinces. The response rate was 77% nationally and 82% in Newfoundland, Prince Edward Island and Manitoba; 80% in Nova Scotia and Saskatchewan, 78% in New Brunswick, Québec, and British Columbia, 77% in Alberta, and 73% in Ontario. The sample used in this analysis was 36,984 and varied by province from 1,002 in Prince Edward Island to 13,184 in Ontario. All estimates appearing in the tables and charts are based on the reporting of 30 or more respondents.

B. Survey questions and derived variables.

Notes on questions and variables are given below for those variables in which the definition is not obvious from the names used in our charts or tables. The following variables were used in our analysis but not all appear in our detailed tables. Abbreviations are DK = don't know, and R = refused to answer the question. In almost all cases the "don't know" and refused responses were deleted from our analyses; exceptions are the income and religious affiliation variables. The intension of these notes is merely to convey a good idea of the care in which the survey questions were formed and to aid the reader in the interpretation of specific results; more detail on many of the questions appear in the technical documents of Statistics Canada. In addition, notes on the definition of the main variables used in this and related studies are provided. The indicators of the health of body, mind and spirit are defined in the last section of this appendix.

Variables used in the regressions are defined below after the respective questions. Often the variable was estimated in natural logarithm form as well in order to capture some of the non-linearity in the relationship, though comparisons of results showed little difference regarding the "t" values, level of significance and sign of the coefficient, our main interest.

Survey Introduction

The interviewer was given the following introduction. (*The survey will collect information on the well-being of people in Canada, on the use of health services and on some of the factors that can affect physical and emotional health.*)
This voluntary survey is conducted under the authority of the Statistics Act. All the information you provide will be kept strictly confidential and will be used for statistical purposes only. Your participation is essential if the results are to be accurate.

Metro area: These are the census metropolitan areas as defined for the 1996 census. Only those with large samples appear in the tables.

Urban-rural areas: The **urban cores** are the urban portions of census metropolitan areas and large urban areas, while the **urban fringe** areas are the surrounding urbanized areas and the **rural fringes** are the surrounding rural areas. The **smaller urban areas** and **rural areas outside of the census metropolitan areas** are also distinguished in our data.

Type of dwelling: only the first six types, below, are represented in our tables, the institutions, hotels, rooming/lodging houses, camps, and mobile homes being relatively rare.

What type of dwelling do you live in? Is it a:
... single detached? ... double? ... row or terrace? ... duplex?
... low-rise apartment of fewer than 5 stories or a flat?
... high-rise apartment of 5 stories or more?
... institution? ... hotel; rooming/lodging house; camp? ... mobile home? ... other –
Specify ...DK, R

Dwelling ownership: Is this dwelling owned by a member of your household? Yes, No
The variable used in the regressions = 1 if the dwelling is owned, and 0 if not.

Number of bedrooms: How many bedrooms are there in your dwelling?

Marital Status Without Confirmation:

What is [respondent name]'s marital status? Is [he/she]:
Interviewer: Read categories to respondent.
01 ... married?
02 ... living common-law?
03 ... widowed?
04 ... separated?
05 ... divorced?
06 ... single, never married?

Education:

What is the highest grade of elementary or high school [respondent name] ever completed?
1 Grade 8 or lower (Québec: Secondary II or lower)
2 Grade 9 – 10 (Québec: Secondary III or IV, Newfoundland: 1st year of secondary)
3 Grade 11 – 13 (Québec: Secondary V, Newfoundland: 2nd to 4th year of secondary)
DK, R

Did [respondent name] graduate from high school (secondary school)?
1 Yes, 2 No, DK, R

Has [respondent name] received any other education that could be counted towards a degree, certificate or diploma from an educational institution?

1 Yes, 2 No, DK, R

What is the highest degree, certificate or diploma [respondent name] has obtained?

01 No post-secondary degree, certificate or diploma

02 Trade certificate or diploma from a vocational school or apprenticeship training

03 Non-university certificate or diploma from a community college, CEGEP, school of nursing, etc.

04 University certificate below bachelor's level

05 Bachelor's degree

06 University degree or certificate above bachelor's degree

DK, R

The variable used in the regressions ranged from 1 to 3, less than high school graduation, 4= high school graduation, 5=some post-secondary, 6=trade or vocational school diploma, 7=community college or nursing diploma, 8= some university, 9=bachelor's degree, and 10 = post bachelor's degree.

Physical health: This survey deals with various aspects of your health. I'll be asking about such things as physical activity, social relationships and health status. By health, we mean not only the absence of disease or injury but also physical, mental and social well-being. I'll start with a few questions concerning your health in general.

In general, would you say your health is:

... excellent? ... very good? ... good? ... fair? ... poor?

The variable used in the regressions ranged from 1= poor, to 5= excellent.

How would you describe your sense of belonging to your local community? Would you say it is: ... very strong? ... somewhat strong? ... somewhat weak? ... very weak? DK, R

The variable used in the regressions ranged from 1= very weak, to 4= strong.

The next questions are about your well-being and areas of your life that could affect your physical and emotional health. Take your time to think about each question before answering.

How satisfied are you with your life in general? Very satisfied; Satisfied; Neither satisfied nor dissatisfied; Dissatisfied; Very dissatisfied; DK, R

The variable used in the regressions ranged from

1=very dissatisfied, to 5= very satisfied.

In general, would you say your physical health is:

... excellent? ... very good? ... good? ... fair? ... poor? DK, R

The variable used in the regressions ranged from 1= poor, to 5= excellent.

In general, would you say your mental health is:

... excellent? ... very good? ... good? ... fair? ... poor? DK, R

The variable used in the regressions ranged from 1= poor, to 5= excellent.

Sleep:

How long do you usually spend sleeping each night? Do not include time spent resting.

Under 2 hours

2 hours to less than 3 hours

3 hours to less than 4 hours

4 hours to less than 5 hours

5 hours to less than 6 hours

6 hours to less than 7 hours

7 hours to less than 8 hours

8 hours to less than 9 hours

9 hours to less than 10 hours

10 hours to less than 11 hours

11 hours to less than 12 hours

12 hours or more

DK, R

The variable used in the regressions ranged from 1= under 2, to 12= 12 hours or more.

How often do you have trouble going to sleep or staying asleep?

None of the time; A little of the time; Some of the time;

Most of the time; All of the time; DK, R

The variable used in the regressions ranged from 1= none of the time, to 5= all....

How often do you find your sleep refreshing?

None of the time; A little of the time; Some of the time;

Most of the time; All of the time; DK, R

The variable used in the regressions ranged from 1= none of the time, to 5= all....

How often do you find it difficult to stay awake when you want to?

None of the time; A little of the time; Some of the time;

Most of the time; All of the time; DK, R

The variable used in the regressions ranged from 1= none of the time, to 5= all....

Thinking about the amount of stress in your life, would you say that most days are:

... not at all stressful? ... not very stressful? ... a bit stressful? ... quite a bit stressful? ... extremely stressful? DK, R

The variable used in the regressions ranged from 1= not at all..., to 5= extremely....

Chronic conditions: Only the most common ones were examined in our studies. In each case the question's response options were yes, no, DK/R. The interviewers reminded the respondent that only diagnosed problems were of interest, and these prompts are included below.

Now I'd like to ask about certain chronic health conditions which you may have. We are interested in "long-term conditions which are expected to last or have already lasted 6 months or more and that have been diagnosed by a health professional.

Do you have food allergies?

Do you have any other allergies?
 Do you have asthma?
 Do you have fibromyalgia?
 Do you have arthritis or rheumatism, excluding fibromyalgia?
 Remember, we're interested in conditions diagnosed by a health professional --
 Do you have back problems, excluding fibromyalgia and arthritis?
 Do you have high blood pressure?
 (Remember, we're interested in conditions diagnosed by a health professional) --
 Do you have migraine headaches?
 (Remember, we're interested in conditions diagnosed by a health professional.) --
 Do you have chronic bronchitis?
 Do you have emphysema or chronic obstructive pulmonary disease (COPD)?
 Do you have diabetes?
 Do you have heart disease?
 Do you have cancer?
 (Remember, we're interested in conditions diagnosed by a health professional.) --
 Do you have stomach or intestinal ulcers?
 Do you suffer from the effects of a stroke?
 Do you have a bowel disorder such as Crohn's Disease or colitis?
 (if age over 18) Do you have cataracts? And -- Do you have glaucoma?
 Do you have a thyroid condition?
 (Remember, we're interested in conditions diagnosed by a health professional.)
 Do you have chronic fatigue syndrome?
 Do you suffer from multiple chemical sensitivities?
 Do you suffer from post-traumatic stress disorder?
The variable used in the regressions= 1 if the health problem was indicated, and 0 if not.

Psychological well-being. These questions relate to feelings over the past month.

Now I'm going to read you a series of statements that people might use to describe themselves. Please tell me if you had these feelings almost always, frequently, half the time, rarely or never.

During the past month, you felt self-confident.
 During the past month, you felt satisfied with what you were able to accomplish, you felt proud of yourself.
 (During the past month,) you were a "go-getter", you took on lots of projects.
 (During the past month,) you felt emotionally balanced.
 (During the past month,) you felt loved and appreciated.
 (During the past month,) you had goals and ambitions.
 During the past month, you felt useful.
 (During the past month,) you did a good job of listening to your friends.
 (During the past month,) you were curious and interested in all sorts of things.
 (During the past month,) you were able to clearly sort things out when faced with complicated situations.

(During the past month,) you found life exciting and you wanted to enjoy every moment of it.

(During the past month,) your life was well-balanced between your family, personal and professional activities.

During the past month, you were quite calm and level-headed.

(During the past month,) you were able to easily find answers to your problems.

(During the past month,) you had the impression of really enjoying life.

(During the past month,) you felt good, at peace with yourself.

(During the past month,) you were able to face difficult situations in a positive way.

The variables used in the regressions ranged from 1= never, to 5= almost always.

Feelings of distress. These questions all have the following responses: all of the time, most of the time, some of the time, a little of the time, none of the time.

The following questions deal with feelings you may have had during the past month. During the past month, about how often did you feel:

...tired out for no good reason? ... hopeless? ...sad or depressed? ...worthless?

The variable used in the regressions ranged from 1= none of the time, to 5= all...; except in the cases of feeling hopeless, and worthless, in which the reverse order was followed.

In general, how would you rate your ability to handle unexpected and difficult problems, for example, a family or personal crisis? Would you say your ability is:

... excellent? ... very good? ... good? ... fair? ... poor? DK, R

The variables used in the regressions ranged from 1= poor, to 5= excellent.

In general, how would you rate your ability to handle the day-to-day demands in your life, for example, handling work, family and volunteer responsibilities?

Would you say your ability is:

... excellent? ... very good? ... good? ... fair? ... poor? DK, R

The variables used in the regressions ranged from 1= poor, to 5= excellent.

Thinking about stress in your day-to-day life, what would you say is the most important thing contributing to feelings of stress you may have? Interviewer: Do not probe.

1 Time pressures / not enough time

2 Own physical health problem or condition

3 Own emotional or mental health problem or condition

4 Financial situation (e.g., not enough money, debt)

5 Own work situation (e.g., hours of work, working conditions)

6 School

7 Employment status (e.g., unemployment)

8 Caring for – own children

9 Caring for – others

10 Other personal or family responsibilities

11 Personal relationships

12 Discrimination

13 Personal and family's safety

14 Health of family members

- 15 Other – Specify
- 16 Nothing
- 17 Death of a loved one
- DK, R

The variables used in the regressions = 1, the indicated stress is important, and 0 if not.

Dealing with stress. In the case of each question the response options were: often, sometimes, rarely, never, DK, R. *Variables ranged from 1, never, to 4, often.*

People have different ways of dealing with stress. Thinking about the ways you deal with stress, please tell me how often you do each of the following.

- How often do you try to solve the problem?
- To deal with stress, how often do you talk to others?
- How often do you sleep more than usual to deal with stress?
- When dealing with stress, how often do you try to feel better by eating more, or less, than usual?
- When dealing with stress, how often do you try to feel better by smoking more cigarettes than usual?
- When dealing with stress, how often do you try to feel better by drinking alcohol?
- How often do you jog or do other exercise to deal with stress?
- How often do you pray or seek spiritual help to deal with stress?
- To deal with stress, how often do you try to relax by doing something enjoyable?
- How often do you blame yourself?

*The variables in the regressions are the natural logs of 10 plus:
4= often; 3= sometimes; 2= rarely; 1= never; 0= “I do not smoke” (smoking variable)*

Alcohol use.

The following questions are about your alcohol consumption.

When we use the word drink, it means:

- one bottle or can of beer or a glass of draft
- one glass of wine or a wine cooler
- one drink or cocktail with 1 and a 1/2 ounces of liquor.

During the past 12 months, have you had a drink of beer, wine, liquor or any other alcoholic beverage? Yes, no, DK, R.

During the past 12 months, how often did you drink alcoholic beverages?

- 1 Less than once a month
- 2 Once a month
- 3 2 to 3 times a month
- 4 Once a week
- 5 2 to 3 times a week
- 6 4 to 6 times a week
- 7 Every day

DK, R

How often in the past 12 months have you had 5 or more drinks on one occasion?

- 1 Never
- 2 Less than once a month
- 3 Once a month
- 4 2 to 3 times a month
- 5 Once a week
- 6 More than once a week
- DK, R

During the past 12 months, did you regularly drink more than 12 drinks a week?

Before (current month/current year), was there ever a 12 month period when, at least once every month, you had 5 drinks or more in one occasion? Yes, no, DK, R.

Again, before (current month/current year), did you ever regularly drink more than 12 drinks a week? Yes, no, DK, R.

Not counting small sips, how old were you when you started drinking alcoholic beverages? Drinking does not include having a few sips of wine for religious purposes. *The variable used in the regressions was the log of the actual age.*

The next questions are about how drinking can affect people in their activities. We will be referring to the past 12 months,

During the past 12 months, have you ever been drunk or hung-over while at work, school or while taking care of children? Yes, no, DK, R.

How many times? Was it:

- 1 ... once or twice?
- 2 ... 3 to 5 times?
- 3 ... 6 to 10 times?
- 4 ... 11 to 20 times?
- 5 ... more than 20 times?

The variable = 1 if drunk at work, school or during childcare in lifetime (or last year), and 0 if not.

The number of times drunk past year is a variable used in the regressions: 0=never, 1.5= once or twice, 4 if 3 to 5 times, 8 if 6 to 10 times, 15 if 11 to 20 times, and 25 if over 20 times. The log of 10 plus this variable is also estimated in regressions.

During the past 12 months, have you had a period of a month or more when you spent a great deal of time getting drunk or being hung-over? Yes, no, DK, R.

During the past 12 months, were you ever in a situation while drunk or hung-over which increased your chances of getting hurt? (For example, driving a boat, using guns, crossing against traffic, or during sports.) Yes, no, DK, R

Regression variable = 1 if yes, 0 if no.

Illicit drug use.

Now I am going to ask some questions about drug use. Again, I would like to remind you that everything you say will remain strictly confidential.

Have you ever used or tried marijuana, cannabis or hashish? Interviewer: Read categories to respondent. 1 Yes, just once, 2 Yes, more than once, 3 No

The variable used in the regressions = 0 if no, 1 if yes, just once, and 5 if more than once.

Have you used it in the past 12 months? Yes, no, DK, R.

How often (did you use marijuana, cannabis or hashish in the past 12 months)?

1 Less than once a month

2 1 to 3 times a month

3 Once a week

4 More than once a week

5 Every day

DK, R

Have you ever used or tried cocaine or crack?

1 Yes, just once

2 Yes, more than once

3 No

DK, R

How often (did you use cocaine or crack in the past 12 months)?

1 Less than once a month

2 1 to 3 times a month

3 Once a week

4 More than once a week

5 Every day

DK, R

Before one year ago, was there ever a period of 12 months when you took any of the drugs we mentioned, 1 to 3 times a month or more? Yes, no, DK, R.

During the past 12 months, did you ever have times when you used drugs even though you promised yourself you wouldn't, or times when you used a lot more drugs than you intended? Yes, no, DK, R.

During the past 12 months, were there ever times when you used drugs more frequently, or for more days in a row than you intended? Yes, no, DK, R.

During your life, did you ever have times when you used drugs even though you promised yourself you wouldn't, or times when you used a lot more drugs than you intended? Yes, no, DK, R.

The variable used in the regressions = 1 if yes if ever drugs used more than intended, despite promises not to, and 0 if no.

During your life, were there ever times when you used drugs more frequently, or for more days in a row than you intended? Yes, no, DK, R.

The variable used in the regressions = 1 if yes if ever drugs used more than intended, and 0 if no.

During your lifetime, have you ever seen, or talked on the telephone, to any of the following professionals about your emotions, mental health or use of alcohol or drugs?

Interviewer: Read categories to respondent. Mark all that apply.

Psychiatrist

Family doctor or general practitioner

Psychologist

Social worker, counsellor or psychotherapist

Religious or spiritual advisor such as a priest, chaplain or rabbi

With any of these professionals, did you ever have a session of psychological counselling or therapy that lasted 15 minutes or longer?

1 Yes, 2 No, DK, R

The variables used in the regressions = 1 if yes for each type of counsellor, and 0 if no.

Gambling.

People have different definitions of gambling. They may bet money and gamble on many different things, including buying lottery tickets, playing bingo or playing card games with their family or friends. The next questions are about gambling activities and experiences. Some of these questions may not apply to you, however they need to be asked of all respondents.

In the past 12 months, how often have you bet or spent money on instant win/scratch tickets or daily lottery tickets (Keno, Pick 3, Encore, Banco, Extra)?

1 Daily

2 Between 2 to 6 times a week

3 About once a week

4 Between 2 to 3 times a month

5 About once a month

6 Between 6 to 11 times a year

7 Between 1 to 5 times a year

8 Never

DK, R

The variable used in the regressions = 0 if never, 3.5 if 1 to 5 times a year, 8 if 6 to 11 times, 12 if monthly, 30 if 2 to 3 times a month, 52 if weekly, 100 if 2 to 6 times weekly, and 365 if daily.

(In the past 12 months,) how often have you bet or spent money on lottery tickets such as 6/49 and Super 7, raffles or fund-raising tickets? (same frequencies as above)

The variable used in the regressions = 0 if never, 3.5 if 1 to 5 times a year, 8 if 6 to 11 times, 12 if monthly, 30 if 2 to 3 times a month, 52 if weekly, 100 if 2 to 6 times weekly, and 365 if daily.

In the past 12 months, how much money, not including winnings, did you spend on all of your gambling activities?

- 1 Between 1 dollar and 50 dollars
- 2 Between 51 dollars and 100 dollars
- 3 Between 101 dollars and 250 dollars
- 4 Between 251 dollars and 500 dollars
- 5 Between 501 dollars and 1000 dollars
- 6 More than 1000 dollars

DK, R

The variable used in the regressions = 0 if a non-gambler, 25 if \$1 to 50, 175 if \$101 to 250, 325 if \$251 to 500, 750 if \$501 to 1000, and 1200 if over \$1000.

The next questions are about gambling attitudes and experiences. Again, all the questions will refer to the past 12 months. In the past 12 months, how often have you bet or spent more money than you wanted to on gambling?

- 1 Never
- 2 Sometimes
- 3 Most of the time
- 4 Almost always
- 5 I am not a gambler

DK, R

The variable used in the regressions = 0 if a non-gambler, 1 if never, and 2 if sometimes or never.

(In the past 12 months,) how often have you felt that you might have a problem with gambling?

- 1 Never
- 2 Sometimes
- 3 Most of the time
- 4 Almost always

DK, R

The variable used in the regressions = 0 if a non-gambler, 1 if never, and 2 if sometimes or more often.

In the past 12 months, how often have you felt guilty about the way you gamble or what happens when you gamble?

- 1 Never

- 2 Sometimes
- 3 Most of the time
- 4 Almost always
- DK, R

The variable used in the regressions = 0 if a non-gambler, 1 if never, and 2 if sometimes or more often.

In the past 12 months, how often have you bet more than you could really afford to lose?

- 1 Never
- 2 Sometimes
- 3 Most of the time
- 4 Almost always
- DK, R

The variable used in the regressions = 0 if a non-gambler, 1 if never, and 2 if sometimes or more often.

Eating Troubles.

This part of the interview is about problems people may have with their weight or with eating. Was there ever a time in your life when you had a strong fear or a great deal of concern about being overweight or overweight? Yes, no, DK, R.

During the past 12 months, did you have a strong fear or a great deal of concern about being overweight or overweight? Yes, no, DK, R.

The variable used in the regressions = 0 if never, 1 if not past year, and 2 if yes.

Now, I am going to read you a series of statements about food and eating habits that describe feelings and experiences that you may have had during the past 12 months.

Please tell me whether the statements are true for you by answering, “always”, “usually”, “often”, “sometimes”, “rarely”, or “never”.

You are terrified about being overweight?

You are preoccupied with a desire to be thinner.

The variable in the regressions = 0 if never, ... , 5 if always.

Fears.

Was there ever a time in your life when you felt very uncomfortable or afraid of either being in crowds, going to public places, travelling by yourself, or travelling far away from home? Yes, no

Was there ever a time in your life when you became very upset or nervous whenever you were in crowds, public places, or travelling?

Earlier you mentioned having a strong fear of things like being in crowds,

going to public places, travelling by yourself or travelling away from home. The next questions are about which of these things you feared. Tell me if you ever strongly feared any of the following situations. (Yes, no, DK, R)

Being in crowds?

Travelling away from home?

Did you ever strongly fear using public transportation?

Being in a movie theatre, auditorium, lecture hall or church?

The variables used in the regressions = 1 if one has the fear, and 0 if not.

Suicide.

Think of the period of 2 weeks or longer when your problems were most severe and frequent. During that time, (Yes, No, DK, R)

You seriously thought about committing suicide or taking your own life.

You made a plan for committing suicide.

You attempted suicide or tried to take your own life.

The variables used in the regressions = 1 if yes, 0 if no.

Activity limitations.

The next few questions deal with any current limitations in your daily activities caused by a long-term health condition or problem. In these questions, a “long-term condition” refers to a condition which is expected to last or has already lasted 6 months or more.

Do you have any difficulty hearing, seeing, communicating, walking, climbing stairs, bending, learning or doing any similar activities? Sometimes; Often; Never; DK, R

Does a long-term physical condition or mental condition or health problem, reduce the amount or the kind of activity you can do: ... at home? Sometimes; Often; Never; DK, R

The variable used in the regressions = 0 if never, 1 if sometimes, and 2 if often.

Friendships and social support.

Starting with a question on friendship, about how many close friends and close relatives do you have, that is, people you feel at ease with and can talk to about what is on your mind?

The variable in the regressions is the actual number.

People sometimes look to others for companionship, assistance or other types of support. How often is each of the following kinds of support available to you if you need it: None of the time; A little of the time; Some of the time; Most of the time; All of the time; DK, R

... someone to give you advice about a crisis?

... someone who shows you love and affection?

... someone to give you information in order to help you understand a situation?

... someone to confide in or talk to about yourself or your problems?

... someone to help with daily chores if you were sick?

... someone who understands your problems?

... someone to love you and make you feel wanted?

The variable in the regressions = 0 if none of the time, 25 if a little, 50 if some, 75 if most, and 100 if all of the time.

Socio-economic characteristics.

In what year did you first come to Canada to live?

The variable in the regression = 0 if not an immigrant, 1959 if immigrated before 1960, 1979 if from 1960 to 1979, and 2002 if 1980 to 2002.

Another variable used = 1 if an immigrant, and 0 if born in Canada.

To which ethnic or cultural group(s) did your ancestors belong? (For example: French, Scottish, Chinese, East Indian) Mark all that apply. If “Canadian” is the only response, probe. If the respondent hesitates, do not suggest Canadian.

The variables in the regressions = 1 if the ethnic or cultural group is stated, and 0 if not.

Spirituality.

I now have a few questions about spiritual values in your life. Do spiritual values play an important role in your life? Yes, No, DK, R.

If yes: To what extent do your spiritual values help you to find meaning in your life?

A lot; Some; A little; Not at all; DK, R

... To what extent do your spiritual values give you the strength to face everyday difficulties?

... To what extent do your spiritual values help you to understand the difficulties of life?

Variable: A lot=5; Some=4; A little=3; Not at all=1; DK, NR=1: the natural log.

What, if any, is your religion?

1 No religion (Agnostic, Atheist)

2 Roman Catholic

3 Ukrainian Catholic

4 United Church

5 Anglican (Church of England, Episcopalian)

6 Presbyterian

7 Lutheran

8 Baptist

9 Pentecostal

10 Eastern Orthodox

11 Jewish

12 Islam (Muslim)

- 13 Hindu
- 14 Buddhist
- 15 Sikh
- 16 Jehovah's Witness
- 17 Other – Specify
- DK, R

Variables used in the regressions = 1 if the faith community is mentioned, and 0 if not.
Liberal protestant = United Church, or Anglican, Presbyterian, or Lutheran.
Conservative Christian = Baptist, Pentecostal, Jehovah's Witness, or Other – specify.

(If a religious affiliation is given) Not counting events such as weddings or funerals, during the past 12 months, how often did you participate in religious activities or attend religious services or meetings? Do not include special events such as weddings, funerals, baptisms, bar mitzvahs, etc.

Once a week or more; Once a month; 3 or 4 times a year; Once a year; Not at all; DK, R
Variables used in the regressions = 0 if non-attendee, 1 if once a year, 3.5 if 3 or 4 times, 12 if monthly, and 52 if weekly.

(If a religious affiliation is given) In general, would you say that you are:
 ... very religious? ... religious? ... not very religious? ... not religious at all? DK, R

The no religion group is divided into two groups depending on whether or not the respondent prays or seeks spiritual help to help deal with stress – called no religion, prays in the tables.

Note attendance was only asked of those stating a faith affiliation. Potential dropouts are defined as regular (at least monthly) worshippers who never or rarely pray or seek spiritual help to relieve stress.

Potential regular (worshippers) attended 1 to 4 times, and prayed or sought spiritual help often or sometimes to relieve stress.

The employed.

The employed aged 15 to 75 who worked in the previous 12 months were asked questions on employment and related characteristics. Questions on the labour force in the previous week were addressed only to persons aged 15 to 74.

Have you worked at a job or business at any time in the past 12 months? Yes, no, DK, R.

The next question is about your main job or business in the past 12 months. Would you say that most days at work were: ... not at all stressful? ... not very stressful? ... a bit stressful? ... quite a bit stressful? ... extremely stressful? DK, R

Labour force.

(Population aged 15 to 75) The next few questions concern your activities in the last 7 days.

Last week, did you work at a job or a business? Please include part-time jobs, seasonal work, contract work, self-employment, baby-sitting and any other paid work, regardless of the number of hours worked.

The variable used in the regression = 1 if employed, and 0 if not.

Last week, did you have a job or business from which you were absent? Yes, No, DK, R.

In the past 4 weeks, did you do anything to find work? Yes, No, DK, R.

Now some questions about jobs or employment which you have had during the past 12 months.

Did you work at a job or a business at any time in the past 12 months? Please include part-time jobs, seasonal work, contract work, self-employment, baby-sitting and any other paid work, regardless of the number of hours worked.

The next questions are about your current/most recent job or business.

(If person currently holds more than one job or if the last time he/she worked it was at more than one job: Report on the job for which the number of hours worked per week is the greatest.)

Are/Were you an employee or self-employed?

Employee; Self-employed; Working in a family business without pay; DK, R

Which of the following best describes your occupation?

1 Management

2 Professional (including accountants)

3 Technologist, Technician or Technical occupation

4 Administrative, Financial or Clerical

5 Sales or Service

6 Trades, Transport or Equipment operator

7 Occupation in Farming, Forestry, Fishing or Mining

8 Occupation in Processing, Manufacturing or Utilities

9 Other – Specify

DK, R

The variables in the regression = 1 if the employee reported the occupation, and 0 if not.

About how many hours a week do/did you usually work at your job/business? If you usually work/worked extra hours, paid or unpaid, please include these hours.

The variable in the regression is the actual hours reported.

Do/Did you usually work on weekends at this job/business?

The variable in the regression = 1 if the employee usually works weekends, and 0 if not.

During the past 52 weeks, how many weeks did you do any work at a job or a business? (Include paid vacation leave, paid maternity leave, and paid sick leave.)

The regression variable = the actual weeks worked.

Work stress. These questions are asked of respondents aged 15 to 75 who were employed in the previous 12 months.

The next few questions are about your main job or business in the past 12 months. I'm going to read you a series of statements that might describe your job situation. Please tell me if you strongly agree, agree, neither agree nor disagree, disagree, or strongly disagree. Also, DK, R.

Your job required that you learn new things.
Your job required a high level of skill.
Your job allowed you freedom to decide how you did your job.
Your job required that you do things over and over.
Your job was very hectic.
You were free from conflicting demands that others made.
Your job security was good.
Your job required a lot of physical effort.
You had a lot to say about what happened in your job.
You were exposed to hostility or conflict from the people you worked with.
Your supervisor was helpful in getting the job done.
The people you work with were helpful in getting the job done.
The regression variables = 1 if strongly agree, 2 if agree, 3 if neither agree nor disagree, 4 if disagree, and 5 if strongly disagree.

How satisfied were you with your job?
Very satisfied; Somewhat satisfied; Not too satisfied; Not at all satisfied; DK, R.
The regression variable = 1 if not satisfied at all, 2 if not too satisfied, 3 if somewhat satisfied, and 4 if very satisfied.

Income.

Although many health expenses are covered by health insurance, there is still a relationship between health and income. Please be assured that, like all other information you have provided, these answers will be kept strictly confidential.

Thinking about the total income for all household members, from which of the following sources did your household receive any income in the past 12 months?

- 1 Wages and salaries
- 2 Income from self-employment
- 3 Dividends and interest (e.g. on bonds, savings)
- 4 Employment insurance
- 5 Worker's compensation
- 6 Benefits from Canada or Quebec Pension Plan
- 7 Retirement pensions, superannuation and annuities
- 8 Old Age Security and Guaranteed Income Supplement
- 9 Child Tax Benefit
- 10 Provincial or municipal social assistance or welfare
- 11 Child support

12 Alimony

13 Other (e.g. rental income, scholarships)

DK, R

A variable used in the regressions = 1 if social assistance or welfare income was reported, and 0 if not.

Household Income: What is your best estimate of the total income, before taxes and deductions, of all household members from all sources in the past 12 months? (MAX: 500,000; warning after 150,000)

Can you estimate in which of the following groups your personal income falls?

Was your total personal income less than \$20,000 or \$20,000 or more?

Was your total personal income less than \$10,000 or \$10,000 or more?

Was your total personal income less than \$5,000 or \$5,000 or more?

Was your total personal income less than \$15,000 or \$15,000 or more?

Was your total personal income less than \$40,000 or \$40,000 or more?

Was your total personal income less than \$30,000 or \$30,000 or more?

Was your total personal income:

... less than \$50,000?

... \$50,000 to less than \$60,000?

... \$60,000 to less than \$80,000?

... \$80,000 or more?

DK, R

The variable used in the regression used the mid point of the above income ranges as values.

A similar approach was used to determine personal income: What is your best estimate of your total personal income, before taxes and other deductions, from all sources in the past 12 months?

Household income adequacy groups were computed using household income and number of persons in the household, as follows:

Four groups – lowest income, lower middle, upper middle, and highest income –

Lowest income = under \$15,000 and one or two people, or under \$20,000 and three or four people, or under \$30,000 and five or more people.

Lower middle income = \$15,000 to 29,999 and one or two people; or \$20,000 to 39,999 and three or four people; or \$30,000 to 59,999 and five or more people.

Upper middle income = \$30,000 to 59,999 and one or two people; or \$40,000 to 79,999 and three or four people; or \$60,000 to 79,999 and five or more people.

Highest income = over \$60,000 and one or two people, or over \$80,000 and three or more people.

Five groups – lowest income, lower middle, middle, upper middle, and highest income –

Lowest income = under \$10,000 and one to four people, or under \$15,000 and five or more people.

Lower middle income = \$10,000 to 14,999 and one or two people; or \$10,000 to 19,999 and three or four people; or \$15,000 to 29,999 and five or more people.

Middle income = \$15,000 to 29,999 and one or two people; or \$20,000 to 39,999 and three or four people; or \$30,000 to 59,999 and five or more people.

Upper middle income and the highest income groups are the same as those in the four income groups, above.