





























**Table 14**  
**Frequency of fruit and vegetable consumption by sex, population aged 12 years and older, Western Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

Sex	Frequency of fruit and vegetable consumption (% of population)							
	<5 times per day				≥5 times per day			
	2005	2007-2008	2009-2010	2011-2012	2005	2007-2008	2009-2010	2011-2012
Male	86.2	64.3	69.0	80.3	13.8 <sup>E</sup>	35.7	31.0	19.7 <sup>E</sup>
Female	61.0	62.4	56.4	72.2	39.0	37.6	43.6	27.8

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2007-2008, 2009-2010 & 2011-2012  
 Statistics Canada, Canadian Community Health Survey, Sub sample 1, Share File, 2005

**Table 15**  
**Frequency of fruit and vegetable consumption by sex, population aged 12 years and older, Labrador/Grenfell Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

Sex	Frequency of fruit and vegetable consumption (% of population)							
	<5 times per day				≥5 times per day			
	2005	2007-2008	2009-2010	2011-2012	2005	2007-2008	2009-2010	2011-2012
Male	88.6	78.9	85.0	74.2	11.4 <sup>E</sup>	21.2 <sup>E</sup>	15.0	25.8 <sup>E</sup>
Female	71.5	67.3	68.4	72.0	28.5	32.7	31.6	28.0 <sup>E</sup>

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2007-2008, 2009-2010 & 2011-2012  
 Statistics Canada, Canadian Community Health Survey, Sub sample 1, Share File, 2005

**Table 16**  
**Frequency of fruit and vegetable consumption by household income, population aged 12 years and older, Newfoundland and Labrador, 2005, 2007-2008, 2009-2010 and 2011-2012**

Household Income	Frequency of fruit and vegetable consumption (% of population)							
	<5 times per day				≥5 times per day			
	2005	2007-2008	2009-2010	2011-2012	2005	2007-2008	2009-2010	2011-2012
Under \$15,000	83.0	76.6	75.4	79.5	17.0 <sup>E</sup>	23.4 <sup>E</sup>	24.6 <sup>E</sup>	20.5 <sup>E</sup>
\$15,000-\$29,999	77.8	71.1	72.4	76.0	22.2	28.9	27.6	24.0
\$30,000-\$49,999	79.8	74.5	72.1	76.4	20.2	25.5	27.9	23.6
\$50,000-\$59,999	70.6	68.8	73.2	81.1	29.4	31.2	26.8	18.9 <sup>E</sup>
\$60,000-\$79,999	78.2	68.1	74.3	75.8	21.8	31.9	25.7	24.2
\$80,000 and up	70.8	62.0	62.8	68.3	29.2	38.0	37.2	31.7

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2007-2008, 2009-2010 & 2011-2012  
 Statistics Canada, Canadian Community Health Survey, Sub sample 1, Share File, 2005

## **INDICATOR 2: PHYSICAL ACTIVITY LEVEL**

**Notes:**

- Physical activity level is a derived variable based on a series of questions regarding physical activity. Respondents are classified as active, moderately active or inactive based on the estimated total daily Energy Expenditure values (kcal/kg/day) calculated.

**Table 17**

**Percentage of the population aged 12 years and older who are active, moderately active or inactive, Newfoundland and Labrador, 2005, 2007-2008, 2009-2010 and 2011-2012**

Year	Physical Activity Level (%)		
	Active	Moderately active	Inactive
2005	21.6	23.9	54.4
2007-2008	23.7	21.5	54.8
2009-2010	24.7	22.8	52.5
2011-2012	25.7	24.5	49.8

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005, 2007-2008, 2009-2010 & 2011-2012

**Table 18**

**Percentage of the population aged 12 years and older who are active, moderately active or inactive, Eastern Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

Year	Physical Activity Level (%)		
	Active	Moderately active	Inactive
2005	21.0	25.0	54.0
2007-2008	25.3	20.6	54.1
2009-2010	22.5	22.7	54.8
2011-2012	27.3	23.9	48.8

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005, 2007-2008, 2009-2010 & 2011-2012



**Table 19**  
**Percentage of the population aged 12 years and older who are active, moderately active or inactive,**  
**Central Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

Year	Physical Activity Level (%)		
	Active	Moderately active	Inactive
2005	20.8	21.3	50.4
2007-2008	18.3	23.0	58.7
2009-2010	24.7	24.8	50.4
2011-2012	21.8	21.8	56.4

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**Table 20**  
**Percentage of the population aged 12 years and older who are active, moderately active or inactive,**  
**Western Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

Year	Physical Activity Level (%)		
	Active	Moderately active	Inactive
2005	25.0	24.6	50.4
2007-2008	22.7	23.9	53.5
2009-2010	32.2	21.5	46.3
2011-2012	25.8	29.1	45.1

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**Table 21**  
**Percentage of the population aged 12 years and older who are active, moderately active or inactive,**  
**Labrador/Grenfell Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

Year	Physical Activity Level (%)		
	Active	Moderately active	Inactive
2005	21.7	21.0	57.3
2007-2008	27.4	19.5	53.1
2009-2010	26.9	20.9	52.2
2011-2012	21.0	26.8	52.1

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**Table 22**  
**Percentage of the population aged 12 years and older who are active, moderately active or inactive by age group, Newfoundland and Labrador, 2005, 2007-2008, 2009-2010 and 2011-2012**

Age Group	Physical Activity Level (%)											
	Active				Moderately active				Inactive			
	2005	2007-2008	2009-2010	2011-2012	2005	2007-2008	2009-2010	2011-2012	2005	2007-2008	2009-2010	2011-2012
12-19	49.6	53.4	49.2	51.1	24.0	23.7	18.2 <sup>E</sup>	22.7	26.4	22.9	32.6	26.2
20-29	30.4	33.9	28.9	34.3	21.5	19.1	25.7	27.1	48.1	47.0	45.4	36.8
30-39	17.8	21.7	22.9	22.4	25.2	22.2	25.7	32.2	56.9	56.2	51.4	45.4
40-49	16.6	17.2	24.8	22.7	23.7	23.1	21.8	19.8	59.7	59.7	53.4	57.5
50-59	13.8	16.7	18.7	18.4	28.0	23.7	25.5	28.4	58.2	59.6	55.8	53.2
60-69	17.2	17.8	18.3	22.1	25.0	22.4	21.4	21.8	57.8	59.8	60.3	56.2
70-79	9.4 <sup>E</sup>	16.5	16.4 <sup>E</sup>	19.8 <sup>E</sup>	18.1 <sup>E</sup>	13.1 <sup>E</sup>	19.3 <sup>E</sup>	19.8 <sup>E</sup>	72.5	70.3	64.4	60.4
80-89	F	F	F	F	F	F	F	F	82.0	84.5	77.8 <sup>E</sup>	78.5 <sup>E</sup>
90+	F	F	F	F	F	F	F	F	F	F	F	F

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**Table 23**  
**Percentage of the population aged 12 years and older who are active, moderately active or inactive by sex, Newfoundland and Labrador, 2005, 2007-2008, 2009-2010 and 2011-2012**

Sex	Physical Activity Level (%)											
	Active				Moderately active				Inactive			
	2005	2007-2008	2009-2010	2011-2012	2005	2007-2008	2009-2010	2011-2012	2005	2007-2008	2009-2010	2011-2012
Male	26.7	29.5	28.6	28.9	23.5	20.9	22.4	24.3	49.9	49.7	49.0	46.9
Female	16.9	18.5	21.0	22.7	24.4	22.1	23.2	24.8	58.7	59.4	55.8	52.6

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**Table 24**  
**Percentage of the population aged 12 years and older who are active, moderately active or inactive by sex, Eastern Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

Sex	Physical Activity Level (%)											
	Active				Moderately active				Inactive			
	2005	2007-2008	2009-2010	2011-2012	2005	2007-2008	2009-2010	2011-2012	2005	2007-2008	2009-2010	2011-2012
Male	26.3	32.9	26.9	30.9	24.3	19.2	22.5	23.4	49.4	47.9	50.6	45.7
Female	16.1	18.5	18.4	23.9	25.6	21.9	23.0	24.4	58.3	59.7	58.6	51.7

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**Table 25**  
**Percentage of the population aged 12 years and older who are active, moderately active or inactive by sex, Central Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

Sex	Physical Activity Level (%)											
	Active				Moderately active				Inactive			
	2005	2007-2008	2009-2010	2011-2012	2005	2007-2008	2009-2010	2011-2012	2005	2007-2008	2009-2010	2011-2012
Male	26.8	20.0	29.2	21.8	20.1	21.1	26.4	21.9	53.1	58.9	44.4	56.3
Female	15.0	16.6	20.6	21.8	22.4	24.9	23.4	21.6	62.5	58.5	56.0	56.5

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**Table 26**  
**Percentage of the population aged 12 years and older who are active, moderately active or inactive by sex, Western Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

Sex	Physical Activity Level (%)											
	Active				Moderately active				Inactive			
	2005	2007-2008	2009-2010	2011-2012	2005	2007-2008	2009-2010	2011-2012	2005	2007-2008	2009-2010	2011-2012
Male	27.9	27.4	35.8	31.6	27.3	25.7	17.8	27.5	44.8	46.9	46.4	40.8
Female	22.3	18.4	28.9	20.2 <sup>E</sup>	22.1	22.1	24.9	30.7	55.7	59.5	46.2	49.1

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**Table 27**  
**Percentage of the population aged 12 years and older who are active, moderately active or inactive by sex, Labrador/Grenfell Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

Sex	Physical Activity Level (%)											
	Active				Moderately active				Inactive			
	2005	2007-2008	2009-2010	2011-2012	2005	2007-2008	2009-2010	2011-2012	2005	2007-2008	2009-2010	2011-2012
Male	26.6	30.8	26.9	23.0 <sup>E</sup>	17.0 <sup>E</sup>	22.8 <sup>E</sup>	21.1 <sup>E</sup>	30.6 <sup>E</sup>	56.4	46.4	52.0	46.5
Female	16.8 <sup>E</sup>	24.0 <sup>E</sup>	27.0	19.1 <sup>E</sup>	24.9	16.2 <sup>E</sup>	20.8 <sup>E</sup>	23.0 <sup>E</sup>	58.7	59.4	52.3	57.8

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

### **INDICATOR 3A: BODY MASS INDEX FOR THOSE AGED 12-17 YEARS**

Notes:

- Body mass index (BMI) for youth is different from that of adults as they are still maturing. This variable classifies the measured BMI of children aged 12 to 17 as “obese” or “overweight” according to the age- and sex-specific BMI cut-off points as defined by Cole and others. The Cole cut-off points are based on pooled international data (Brazil, Great Britain, Hong Kong, Netherlands, Singapore and United States) for BMI and linked to the internationally accepted adult BMI cut-off points of 25 (overweight) and 30 (obese). Respondents who do not fall within the categories of “obese” or “overweight” (as defined by Cole and others) have been classified by the Canadian Community Health Survey (CCHS) as “neither overweight nor obese”.
- Calculation of BMI is based on self-reported heights and weights of respondents.

**Table 28**  
**Self-reported youth body mass index (BMI), population aged 12-17 years, Newfoundland and Labrador, 2005, 2007-2008, 2009-2010 and 2011-2012**

Year	Body Mass Index (% of population)	
	Overweight/Obese	Neither/Nor
2005	25.9	74.1
2007-2008	34.8	65.2
2009-2010	30.2	69.8
2011-2012	35.4	64.6

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**Table 29**  
**Self-reported youth body mass index (BMI), population aged 12-17 years, Eastern Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

Year	Body Mass Index (% of population)	
	Overweight/Obese	Neither/Nor
2005	21.9 <sup>E</sup>	78.1
2007-2008	31.8 <sup>E</sup>	68.2
2009-2010	24.2 <sup>E</sup>	75.8
2011-2012	38.3 <sup>E</sup>	61.7 <sup>E</sup>

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**Table 30**  
**Self-reported youth body mass index (BMI), population aged 12-17 years, Central Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

Year	Body Mass Index (% of population)	
	Overweight/Obese	Neither/Nor
2005	30.5 <sup>E</sup>	69.5 <sup>E</sup>
2007-2008	47.8 <sup>E</sup>	52.2 <sup>E</sup>
2009-2010	39.9 <sup>E</sup>	60.7 <sup>E</sup>
2011-2012	F	--

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**Table 31**  
**Self-reported youth body mass index (BMI), population aged 12-17 years, Western Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

Year	Body Mass Index (% of population)	
	Overweight/Obese	Neither/Nor
2005	F	--
2007-2008	F	--
2009-2010	43.0 <sup>E</sup>	57.0 <sup>E</sup>
2011-2012	F	--

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**Table 32**  
**Self-reported youth body mass index (BMI), population aged 12-17 years, Labrador/Grenfell Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

Year	Body Mass Index (% of population)	
	Overweight/Obese	Neither/Nor
2005	38.3 <sup>E</sup>	61.7 <sup>E</sup>
2007-2008	42.3 <sup>E</sup>	57.7 <sup>E</sup>
2009-2010	F	--
2011-2012	F	F

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**Table 33**  
**Self-reported youth body mass index (BMI) by sex, population aged 12-17 years, Newfoundland and Labrador, 2005, 2007-2008, 2009-2010 and 2011-2012**

Sex	Body Mass Index (% of population)							
	Overweight/Obese				Neither/Nor			
	2005	2007-2008	2009-2010	2011-2012	2005	2007-2008	2009-2010	2011-2012
Male	33.0	41.3	30.0 <sup>E</sup>	42.5 <sup>E</sup>	67.0	58.7	70.0	57.5 <sup>E</sup>
Female	18.0 <sup>E</sup>	28.3 <sup>E</sup>	30.5 <sup>E</sup>	28.4 <sup>E</sup>	82.0	71.7	69.5	71.6

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**INDICATOR 3B: BODY MASS INDEX FOR THOSE AGED 18 YEARS AND OLDER**

## Notes:

- Calculation of BMI based on self-reported heights and weights of respondents.

**Table 34****Self-reported adult body mass index (BMI), population aged 18 years and older, Newfoundland and Labrador, 2005, 2007-2008, 2009-2010 and 2011-2012**

Year	Body Mass Index (% of population)			
	Underweight	Normal	Overweight	Obese
2005	1.5 <sup>E</sup>	35.7	38.3	24.5
2007-2008	1.6 <sup>E</sup>	34.9	38.1	25.4
2009-2010	1.0 <sup>E</sup>	34.3	36.5	28.2
2011-2012	1.2 <sup>E</sup>	32.5	39.3	27.0

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
2007-2008, 2009-2010 & 2011-2012

**Table 35****Self-reported adult body mass index (BMI), population aged 18 years and older, Eastern Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

Year	Body Mass Index (% of population)		
	Normal	Overweight	Obese
2005	37.5	37.0	23.6
2007-2008	36.7	37.2	24.4
2009-2010	36.0	34.2	28.8
2011-2012	33.0	39.7	25.8

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
2007-2008, 2009-2010 & 2011-2012



**Table 36**  
**Self-reported adult body mass index (BMI), population aged 18 years and older, Central Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

Year	Body Mass Index (% of population)		
	Normal	Overweight	Obese
2005	33.2	38.4	27.3
2007-2008	28.3	40.1	30.6
2009-2010	27.5	44.0	27.5
2011-2012	31.0	40.8	27.1

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**Table 37**  
**Self-reported adult body mass index (BMI), population aged 18 years and older, Western Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

Year	Body Mass Index (% of population)		
	Normal	Overweight	Obese
2005	33.5	41.8	23.7
2007-2008	37.4	39.5	21.3
2009-2010	35.4	37.6	26.1
2011-2012	32.9	36.2	30.0

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**Table 38**  
**Self-reported adult body mass index (BMI), population aged 18 years and older, Labrador/Grenfell Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

Year	Body Mass Index (% of population)		
	Normal	Overweight	Obese
2005	33.1	40.7	25.6
2007-2008	32.7	36.4	29.6
2009-2010	35.1	35.3	28.9
2011-2012	30.2	39.0	30.5

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**Table 39**  
**Self-reported adult body mass index (BMI) by age group, population aged 18 years and older, Newfoundland and Labrador, 2005, 2007-2008, 2009-2010 and 2011-2012**

Age Group	Body Mass Index (% of population)											
	Normal				Overweight				Obese			
	2005	2007-2008	2009-2010	2011-2012	2005	2007-2008	2009-2010	2011-2012	2005	2007-2008	2009-2010	2011-2012
18-29	50.2	48.3	54.0	46.1	31.3	28.5	28.3	32.0	16.2	18.0	16.7	18.5
30-39	28.7	36.6	31.1	25.3	39.6	36.6	35.0	36.8	30.6	26.2	33.5	37.1
40-49	33.2	31.9	31.2	30.4	39.4	38.6	36.1	36.9	27.1	29.1	31.6	32.4
50-59	30.3	28.9	28.5	29.7	39.1	38.8	39.7	44.0	29.2	31.3	30.6	25.9
60-69	32.6	29.3	26.0	25.3	42.8	45.1	42.6	47.4	23.9	24.5	30.9	26.7
70-79	38.5	31.8	35.3	40.9	42.5	45.8	39.9	38.1	16.3 <sup>E</sup>	21.5 <sup>E</sup>	23.4 <sup>E</sup>	20.2 <sup>E</sup>
80-89	43.8 <sup>E</sup>	45.2 <sup>E</sup>	45.2 <sup>E</sup>	48.3 <sup>E</sup>	38.1 <sup>E</sup>	41.0 <sup>E</sup>	F	33.0 <sup>E</sup>	F	F	F	F
90+	F	F	F	F	F	F	F		F	F	F	F

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
2007-2008, 2009-2010 & 2011-2012

**Table 40**  
**Self-reported adult body mass index (BMI) by sex, population aged 18 years and older, Newfoundland and Labrador, 2005, 2007-2008, 2009-2010 and 2011-2012**

Sex	Body Mass Index (% of population)											
	Normal				Overweight				Obese			
	2005	2007-2008	2009-2010	2011-2012	2005	2007-2008	2009-2010	2011-2012	2005	2007-2008	2009-2010	2011-2012
Male	30.1	31.0	26.6	24.7	43.6	41.2	42.5	45.3	25.7	27.0	30.3	29.2
Female	41.3	38.7	41.7	40.0	33.1	35.0	30.8	33.5	23.2	23.9	26.2	24.9

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
2007-2008, 2009-2010 & 2011-2012

**Table 41**  
**Self-reported adult body mass index (BMI) by sex, population aged 18 years and older, Eastern Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

Sex	Body Mass Index (% of population)											
	Normal				Overweight				Obese			
	2005	2007-2008	2009-2010	2011-2012	2005	2007-2008	2009-2010	2011-2012	2005	2007-2008	2009-2010	2011-2012
Male	31.8	33.0	27.0	24.3	42.7	39.7	40.4	47.1	24.9	26.2	31.8	27.4
Female	43.1	40.2	44.5	41.5	31.4	34.8	28.3	32.5	22.3	22.6	26.0	24.2

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**Table 42**  
**Self-reported adult body mass index (BMI) by sex, population aged 18 years and older, Central Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

Sex	Body Mass Index (% of population)											
	Normal				Overweight				Obese			
	2005	2007-2008	2009-2010	2011-2012	2005	2007-2008	2009-2010	2011-2012	2005	2007-2008	2009-2010	2011-2012
Male	29.6	23.2	17.3	21.6 <sup>E</sup>	44.0	43.5	53.2	48.1	25.8	33.3	29.4	30.1
Female	36.8	33.2	37.0	40.2	32.9	36.8	35.3	34.2	28.8	28.0	25.7	24.3

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**Table 43**  
**Self-reported adult body mass index (BMI) by sex, population aged 18 years and older, Western Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

Sex	Body Mass Index (% of population)											
	Normal				Overweight				Obese			
	2005	2007-2008	2009-2010	2011-2012	2005	2007-2008	2009-2010	2011-2012	2005	2007-2008	2009-2010	2011-2012
Male	25.9	35.0	33.7	26.9	44.2	43.8	41.0	39.2	29.5	20.8	24.8	33.6
Female	41.1	39.6	37.0	38.7	39.5	35.5	34.4	33.4	18.0	21.7	27.3	26.6

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**Table 44**  
**Self-reported adult body mass index (BMI) by sex, population aged 18 years and older,**  
**Labrador/Grenfell Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

Sex	Body Mass Index (% of population)											
	Normal				Overweight				Obese			
	2005	2007-2008	2009-2010	2011-2012	2005	2007-2008	2009-2010	2011-2012	2005	2007-2008	2009-2010	2011-2012
Male	28.0	26.9	31.2	24.7	48.1	41.7	37.0	45.3	23.8	30.7	31.5	32.1 <sup>E</sup>
Female	38.5	38.9	39.4	29.2 <sup>E</sup>	32.9	30.8	33.4	41.3	27.4	28.5	26.0	28.8 <sup>E</sup>

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

### **INDICATOR 4: FOOD SECURITY**

**Notes:**

- Food security is based on the Canadian Community Health Survey (CCHS) Food Security module, a set of 18 questions, and indicates whether households both with and without children were able to afford the food they needed in the previous 12 months. The levels of food security are defined as: 1- Food secure: No, or one, indication of difficulty with income-related food access; 2- Moderately food insecure: Indication of compromise in quality and/or quantity of food consumed; 3- Severely food insecure: Indication of reduced food intake and disrupted eating patterns.
- This variable is adopted from the Health Canada model of food security status.
- Food Security presented below reflects the number of people living in a household with food security/insecurity.
- Data for this indicator is not available for 2005.

**Table 45**

**Percentage of the population aged 12 years and older living in households that are food secure or food insecure, Newfoundland and Labrador, 2007-2008, 2009-2010 and 2011-2012**

Year	Food Security Status (%)		
	Food Secure	Moderately Food Insecure	Severely Food Insecure
2007-2008	91.7	6.7	1.7
2009-2010	94.4	4.2	1.4 <sup>E</sup>
2011-2012	93.0	5.7	1.4 <sup>E</sup>

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2007-2008, 2009-2010 & 2011-2012

**Table 46**

**Percentage of the population aged 12 years and older living in households that are food secure or food insecure, Eastern Regional Health Authority Residents, 2007-2008, 2009-2010 and 2011-2012**

Year	Food Security Status (%)		
	Food Secure	Moderately Food Insecure	Severely Food Insecure
2007-2008	91.5	6.7	1.8 <sup>E</sup>
2009-2010	94.5	4.2	1.3 <sup>E</sup>
2011-2012	92.7	5.8	1.5 <sup>E</sup>

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2007-2008, 2009-2010 & 2011-2012

**Table 47**

**Percentage of the population aged 12 years and older living in households that are food secure or food insecure, Central Regional Health Authority Residents, 2007-2008, 2009-2010 and 2011-2012**

Year	Food Security Status (%)	
	Food Secure	Moderately/Severely Food Insecure
2007-2008	92.4	7.6
2009-2010	93.5	6.5 <sup>E</sup>
2011-2012	94.2	5.8 <sup>E</sup>

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2007-2008, 2009-2010 & 2011-2012

**Table 48**

**Percentage of the population aged 12 years and older living in households that are food secure or food insecure, Western Regional Health Authority Residents, 2007-2008, 2009-2010 and 2011-2012**

Year	Food Security Status (%)	
	Food Secure	Moderately/Severely Food Insecure
2007-2008	90.8	9.3
2009-2010	95.2	4.8 <sup>E</sup>
2011-2012	91.9	8.1 <sup>E</sup>

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2007-2008, 2009-2010 & 2011-2012

**Table 49**

**Percentage of the population aged 12 years and older living in households that are food secure or food insecure, Labrador/Grenfell Regional Health Authority Residents, 2007-2008, 2009-2010 and 2011-2012**

Year	Food Security Status (%)	
	Food Secure	Moderately/Severely Food Insecure
2007-2008	92.7	7.3 <sup>E</sup>
2009-2010	--	F
2011-2012	--	F

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2007-2008, 2009-2010 & 2011-2012

**Table 50**  
**Percentage of the population aged 12 years and older living in households that are food secure or food insecure by age group, Newfoundland and Labrador, 2007-2008, 2009-2010 and 2011-2012**

Age Group	Food Security Status (%)					
	Food Secure			Moderately/Severely Food Insecure		
	2007-2008	2009-2010	2011-2012	2007-2008	2009-2010	2011-2012
12-19	90.0	90.2	88.6	10.0 <sup>E</sup>	9.8 <sup>E</sup>	11.4 <sup>E</sup>
20-29	90.9	93.1	88.3	9.1 <sup>E</sup>	6.9 <sup>E</sup>	11.7 <sup>E</sup>
30-39	90.6	--	92.4	9.4 <sup>E</sup>	F	7.6 <sup>E</sup>
40-49	90.8	93.9	93.0	9.2 <sup>E</sup>	6.1 <sup>E</sup>	7.0 <sup>E</sup>
50-59	92.2	94.2	93.5	7.8 <sup>E</sup>	5.8 <sup>E</sup>	6.5 <sup>E</sup>
60-69	93.4	95.5	--	6.6 <sup>E</sup>	4.5 <sup>E</sup>	F
70-79	--	--	--	F	F	F
80-89	--	--	--	F	F	F
90+	F	F	--	--	--	F

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2007-2008, 2009-2010 & 2011-2012

**Table 51**  
**Percentage of the population aged 12 years and older living in households that are food secure or food insecure by sex, Newfoundland and Labrador, 2007-2008, 2009-2010 and 2011-2012**

Sex	Food Security Status (%)								
	Food Secure			Moderately Food Insecure			Severely Food Insecure		
	2007-2008	2009-2010	2011-2012	2007-2008	2009-2010	2011-2012	2007-2008	2009-2010	2011-2012
Male	91.3	94.6	92.9	6.9	4.0	--	1.8 <sup>E</sup>	1.3 <sup>E</sup>	F
Female	92.0	94.1	93.1	6.5	4.4	5.6	1.5 <sup>E</sup>	1.5 <sup>E</sup>	1.4 <sup>E</sup>

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2007-2008, 2009-2010 & 2011-2012

**Table 52**  
**Percentage of the population aged 12 years and older living in households that are food secure or food insecure by sex, Eastern Regional Health Authority Residents, 2007-2008, 2009-2010 and 2011-2012**

Sex	Food Security Status (%)					
	Food Secure			Moderately/Severely Food Insecure		
	2007-2008	2009-2010	2011-2012	2007-2008	2009-2010	2011-2012
Male	91.0	94.6	92.8	9.1	5.4 <sup>E</sup>	7.2 <sup>E</sup>
Female	92.1	94.4	92.5	7.9	5.5 <sup>E</sup>	7.5 <sup>E</sup>

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2007-2008, 2009-2010 & 2011-2012

**Table 53**  
**Percentage of the population aged 12 years and older living in households that are food secure or food insecure by sex, Central Regional Health Authority Residents, 2007-2008, 2009-2010 and 2011-2012**

Sex	Food Security Status (%)					
	Food Secure			Moderately/Severely Food Insecure		
	2007-2008	2009-2010	2011-2012	2007-2008	2009-2010	2011-2012
Male	93.2	94.3	93.9	6.8 <sup>E</sup>	5.7 <sup>E</sup>	6.1 <sup>E</sup>
Female	91.6	92.7	94.6	8.4 <sup>E</sup>	7.3 <sup>E</sup>	5.4 <sup>E</sup>

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2007-2008, 2009-2010 & 2011-2012

**Table 54**  
**Percentage of the population aged 12 years and older living in households that are food secure or food insecure by sex, Western Regional Health Authority Residents, 2007-2008, 2009-2010 and 2011-2012**

Sex	Food Security Status (%)					
	Food Secure			Moderately/Severely Food Insecure		
	2007-2008	2009-2010	2011-2012	2007-2008	2009-2010	2011-2012
Male	89.5	--	90.5	10.5 <sup>E</sup>	F	9.5 <sup>E</sup>
Female	92.0	94.1	93.3	7.9	5.9 <sup>E</sup>	6.7 <sup>E</sup>

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2007-2008, 2009-2010 & 2011-2012



**Table 55**  
**Percentage of the population aged 12 years and older living in households that are food secure or food insecure by sex, Labrador/Grenfell Regional Health Authority Residents, 2007-2008, 2009-2010 and 2011-2012**

Sex	Food Security Status (%)					
	Food Secure			Moderately/Severely Food Insecure		
	2007-2008	2009-2010	2011-2012	2007-2008	2009-2010	2011-2012
Male	--	--	--	F	F	F
Female	--	--	--	F	F	F

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2007-2008, 2009-2010 & 2011-2012

**INDICATOR 5: ASTHMA**

## Notes:

- Includes the population aged 12 and over who reported that they have been diagnosed by a health professional as having asthma.

**Table 56**  
**Percentage of the population aged 12 years and older who reported that they have asthma, Newfoundland and Labrador, 2005, 2007-2008, 2009-2010 and 2011-2012**

Year	Has asthma (%)
2005	9.2
2007-2008	6.6
2009-2010	8.4
2011-2012	8.3

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**Table 57**  
**Percentage of the population aged 12 years and older who reported that they have asthma, Eastern Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

Year	Has asthma (%)
2005	9.0
2007-2008	5.7
2009-2010	8.9
2011-2012	8.7

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**Table 58**  
**Percentage of the population aged 12 years and older who reported that they have asthma, Central Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

Year	Has asthma (%)
2005	7.6 <sup>E</sup>
2007-2008	7.8
2009-2010	6.4
2011-2012	7.0 <sup>E</sup>

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**Table 59**  
**Percentage of the population aged 12 years and older who reported that they have asthma, Western Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

Year	Has asthma (%)
2005	10.8
2007-2008	8.4
2009-2010	7.9
2011-2012	8.5 <sup>E</sup>

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**Table 60**  
**Percentage of the population aged 12 years and older who reported that they have asthma, Labrador/Grenfell Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

Year	Has asthma (%)
2005	12.0
2007-2008	6.5 <sup>E</sup>
2009-2010	8.4 <sup>E</sup>
2011-2012	6.9 <sup>E</sup>

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**Table 61**  
**Percentage of the population aged 12 years and older who reported that they have asthma by age group, Newfoundland and Labrador, 2005, 2007-2008, 2009-2010 and 2011-2012**

Age Group	Has asthma (%)			
	2005	2007-2008	2009-2010	2011-2012
12-19	17.4	11.8 <sup>E</sup>	18.0 <sup>E</sup>	15.2 <sup>E</sup>
20-29	10.3 <sup>E</sup>	7.1 <sup>E</sup>	9.4 <sup>E</sup>	9.7 <sup>E</sup>
30-39	7.8 <sup>E</sup>	5.5 <sup>E</sup>	6.9 <sup>E</sup>	7.7 <sup>E</sup>
40-49	8.1 <sup>E</sup>	5.4 <sup>E</sup>	6.9 <sup>E</sup>	7.5 <sup>E</sup>
50-59	5.4 <sup>E</sup>	6.8 <sup>E</sup>	7.1 <sup>E</sup>	4.8 <sup>E</sup>
60-69	8.8 <sup>E</sup>	4.1 <sup>E</sup>	5.5 <sup>E</sup>	7.5 <sup>E</sup>
70-79	9.5 <sup>E</sup>	7.2 <sup>E</sup>	F	F
80-89	F	F	F	F
90+	F	F	F	F

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**Table 62**  
**Percentage of the population aged 12 years and older who reported that they have asthma by sex, Newfoundland and Labrador, 2005, 2007-2008, 2009-2010 and 2011-2012**

Sex	Has asthma (%)			
	2005	2007-2008	2009-2010	2011-2012
Male	8.1	5.8	7.1	6.8
Female	10.3	7.3	9.5	9.6

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**Table 63**  
**Percentage of the population aged 12 years and older who reported that they have asthma by sex, Eastern Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

Sex	Has asthma (%)			
	2005	2007-2008	2009-2010	2011-2012
Male	7.8	5.0 <sup>E</sup>	7.7	7.7 <sup>E</sup>
Female	10.1	6.4	9.9	9.7

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**Table 64**  
**Percentage of the population aged 12 years and older who reported that they have asthma by sex, Central Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

Sex	Has asthma (%)			
	2005	2007-2008	2009-2010	2011-2012
Male	8.3 <sup>E</sup>	7.0 <sup>E</sup>	F	F
Female	6.8 <sup>E</sup>	8.6 <sup>E</sup>	8.2 <sup>E</sup>	10.0 <sup>E</sup>

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**Table 65**  
**Percentage of the population aged 12 years and older who reported that they have asthma by sex,**  
**Western Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

Sex	Has asthma (%)			
	2005	2007-2008	2009-2010	2011-2012
Male	8.6 <sup>E</sup>	7.9 <sup>E</sup>	7.7 <sup>E</sup>	7.1 <sup>E</sup>
Female	12.8 <sup>A</sup>	8.9 <sup>E</sup>	8.2 <sup>E</sup>	9.8 <sup>E</sup>

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**Table 66**  
**Percentage of the population aged 12 years and older who reported that they have asthma by sex,**  
**Labrador/Grenfell Regional Health Authority Residents, 2005, 2007-2008, 2009-2010 and 2011-2012**

Sex	Has asthma (%)			
	2005	2007-2008	2009-2010	2011-2012
Male	8.1 <sup>E</sup>	F	F	F
Female	15.9 <sup>E</sup>	7.9 <sup>E</sup>	F	F

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2005  
 2007-2008, 2009-2010 & 2011-2012

**INDICATOR 6: BICYCLE HELMET USE**

## Notes:

- Data for this indicator is not available in 2005 and 2007-2008.
- This question was only asked of respondents who responded “yes” to the question “In the past 12 months, have you done any bicycling?”

**Table 67**

**Percentage of the population aged 12 years and older who reported never wearing a bicycle helmet while bicycling in the past 12 months, by sex, Newfoundland and Labrador, 2009-2010 and 2011-2012**

Sex	Never wears bicycle helmet (%)	
	2009-2010	2011-2012
Male	43.7	42.8
Female	34.9	33.9
Total	40.6	39.4

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2009-2010 & 2011-2012

**Table 68**

**Percentage of the population aged 12 years and older who reported never wearing a bicycle helmet while bicycling in the past 12 months, by sex, Eastern Regional Health Authority Residents, 2009-2010 and 2011-2012**

Sex	Never wears bicycle helmet (%)	
	2009-2010	2011-2012
Male	36.9	40.0
Female	23.8 <sup>E</sup>	25.9 <sup>E</sup>
Total	32.6	35.0

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2009-2010 & 2011-2012

**Table 69**

**Percentage of the population aged 12 years and older who reported never wearing a bicycle helmet while bicycling in the past 12 months, by sex, Central Regional Health Authority Residents, 2009-2010 and 2011-2012**

Sex	Never wears bicycle helmet (%)	
	2009-2010	2011-2012
Male	62.6	64.3 <sup>E</sup>
Female	49.1 <sup>E</sup>	54.0 <sup>E</sup>
Total	57.4	60.0

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2009-2010 & 2011-2012

**Table 70**  
**Percentage of the population aged 12 years and older who reported never wearing a bicycle helmet while bicycling in the past 12 months, by sex, Western Regional Health Authority Residents, 2009-2010 and 2011-2012**

	Never wears bicycle helmet (%)	
	2009-2010	2011-2012
Sex		
Male	43.9 <sup>E</sup>	30.0 <sup>E</sup>
Female	46.5 <sup>E</sup>	F
Total	44.8	30.0 <sup>E</sup>

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2009-2010 & 2011-2012

**Table 71**  
**Percentage of the population aged 12 years and older who reported never wearing a bicycle helmet while bicycling in the past 12 months, by sex, Labrador/Grenfell Regional Health Authority Residents, 2009-2010 and 2011-2012**

	Never wears bicycle helmet (%)	
	2009-2010	2011-2012
Sex		
Male	F	F
Female	F	F
Total	46.2	55.8 <sup>E</sup>

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2009-2010 & 2011-2012

**Table 72**  
**Percentage of the population aged 12 years and older who reported never wearing a bicycle helmet while bicycling in the past 12 months, by age group, Newfoundland and Labrador, 2009-2010 and 2011-2012**

Age Group	Never wears bicycle helmet (%)	
	2009-2010	2011-2012
12-19	38.9	29.4 <sup>E</sup>
20-29	43.9 <sup>E</sup>	45.2 <sup>E</sup>
30-39	45.1 <sup>E</sup>	51.3
40-49	37.4 <sup>E</sup>	38.3 <sup>E</sup>
50-59	34.5 <sup>E</sup>	41.7 <sup>E</sup>
60-69	F	F
70-79	F	F
80-89	F	F
90+	F	F

Data Source: Statistics Canada, Canadian Community Health Survey, Share File, 2009-2010 & 2011-2012

