

Table 11
Frequency of fruit and vegetable consumption by sex, population aged 12 years and older, Newfoundland and Labrador, 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	82.0	73.0	77.2	78.5	18.0	27.0	22.8	21.5
Female	71.3	65.4	64.0	69.7	28.7	34.6	36.0	30.3

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 12
Frequency of fruit and vegetable consumption by sex, population aged 12 years and older, Eastern 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	79.9	72.7	76.0	76.0	20.1	27.3	24.0	24.0
Female	72.4	66.5	62.3	65.2	27.6	33.5	37.7	34.8

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 13
Frequency of fruit and vegetable consumption by sex, population aged 12 years and older, Central 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	81.8	79.2	84.8	87.6	18.2 ^E	20.8	15.2 ^E	12.4 ^E
Female	76.8	63.7	74.5	82.0	23.2	36.3	25.5	18.0 ^E

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 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 ^E	35.7	31.0	19.7 ^E
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 ^E	21.2 ^E	15.0	25.8 ^E
Female	71.5	67.3	68.4	72.0	28.5	32.7	31.6	28.0 ^E

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 ^E	23.4 ^E	24.6 ^E	20.5 ^E
\$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 ^E
\$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 ^E	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 ^E	16.5	16.4 ^E	19.8 ^E	18.1 ^E	13.1 ^E	19.3 ^E	19.8 ^E	72.5	70.3	64.4	60.4
80-89	F	F	F	F	F	F	F	F	82.0	84.5	77.8 ^E	78.5 ^E
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 ^E	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 ^E	17.0 ^E	22.8 ^E	21.1 ^E	30.6 ^E	56.4	46.4	52.0	46.5
Female	16.8 ^E	24.0 ^E	27.0	19.1 ^E	24.9	16.2 ^E	20.8 ^E	23.0 ^E	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 ^E	78.1
2007-2008	31.8 ^E	68.2
2009-2010	24.2 ^E	75.8
2011-2012	38.3 ^E	61.7 ^E

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 ^E	69.5 ^E
2007-2008	47.8 ^E	52.2 ^E
2009-2010	39.9 ^E	60.7 ^E
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 ^E	57.0 ^E
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 ^E	61.7 ^E
2007-2008	42.3 ^E	57.7 ^E
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 ^E	42.5 ^E	67.0	58.7	70.0	57.5 ^E
Female	18.0 ^E	28.3 ^E	30.5 ^E	28.4 ^E	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 ^E	35.7	38.3	24.5
2007-2008	1.6 ^E	34.9	38.1	25.4
2009-2010	1.0 ^E	34.3	36.5	28.2
2011-2012	1.2 ^E	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 ^E	21.5 ^E	23.4 ^E	20.2 ^E
80-89	43.8 ^E	45.2 ^E	45.2 ^E	48.3 ^E	38.1 ^E	41.0 ^E	F	33.0 ^E	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 ^E	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 ^E
Female	38.5	38.9	39.4	29.2 ^E	32.9	30.8	33.4	41.3	27.4	28.5	26.0	28.8 ^E

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 ^E
2011-2012	93.0	5.7	1.4 ^E

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 ^E
2009-2010	94.5	4.2	1.3 ^E
2011-2012	92.7	5.8	1.5 ^E

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 ^E
2011-2012	94.2	5.8 ^E

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 ^E
2011-2012	91.9	8.1 ^E

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 ^E
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 ^E	9.8 ^E	11.4 ^E
20-29	90.9	93.1	88.3	9.1 ^E	6.9 ^E	11.7 ^E
30-39	90.6	--	92.4	9.4 ^E	F	7.6 ^E
40-49	90.8	93.9	93.0	9.2 ^E	6.1 ^E	7.0 ^E
50-59	92.2	94.2	93.5	7.8 ^E	5.8 ^E	6.5 ^E
60-69	93.4	95.5	--	6.6 ^E	4.5 ^E	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 ^E	1.3 ^E	F
Female	92.0	94.1	93.1	6.5	4.4	5.6	1.5 ^E	1.5 ^E	1.4 ^E

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 ^E	7.2 ^E
Female	92.1	94.4	92.5	7.9	5.5 ^E	7.5 ^E

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 ^E	5.7 ^E	6.1 ^E
Female	91.6	92.7	94.6	8.4 ^E	7.3 ^E	5.4 ^E

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 ^E	F	9.5 ^E
Female	92.0	94.1	93.3	7.9	5.9 ^E	6.7 ^E

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 ^E
2007-2008	7.8
2009-2010	6.4
2011-2012	7.0 ^E

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 ^E

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 ^E
2009-2010	8.4 ^E
2011-2012	6.9 ^E

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 ^E	18.0 ^E	15.2 ^E
20-29	10.3 ^E	7.1 ^E	9.4 ^E	9.7 ^E
30-39	7.8 ^E	5.5 ^E	6.9 ^E	7.7 ^E
40-49	8.1 ^E	5.4 ^E	6.9 ^E	7.5 ^E
50-59	5.4 ^E	6.8 ^E	7.1 ^E	4.8 ^E
60-69	8.8 ^E	4.1 ^E	5.5 ^E	7.5 ^E
70-79	9.5 ^E	7.2 ^E	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 ^E	7.7	7.7 ^E
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 ^E	7.0 ^E	F	F
Female	6.8 ^E	8.6 ^E	8.2 ^E	10.0 ^E

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 ^E	7.9 ^E	7.7 ^E	7.1 ^E
Female	12.8 ^A	8.9 ^E	8.2 ^E	9.8 ^E

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 ^E	F	F	F
Female	15.9 ^E	7.9 ^E	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 ^E	25.9 ^E
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 ^E
Female	49.1 ^E	54.0 ^E
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 ^E	30.0 ^E
Female	46.5 ^E	F
Total	44.8	30.0 ^E

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 ^E

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 ^E
20-29	43.9 ^E	45.2 ^E
30-39	45.1 ^E	51.3
40-49	37.4 ^E	38.3 ^E
50-59	34.5 ^E	41.7 ^E
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

