

Quebecers experience highest perceived life stress but not as much pressure

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Quebecers can be a stressful lot according to findings released from the Canadian Community Health Survey (the public use micro data file was released in November 2011 for the year 2010). Amongst those between the age of 35 and 44, in 2010 some 36.6 percent of Quebecers reported quite a lot of life stress compared with 30% for the province of Ontario. Residents of Newfoundland and PEI were the least stressed. For those Quebecers than regard the Laurentians as a relaxing area to escape from the stress of the city it may come as a surprise to learn that the CCHS has the area listed as second amongst the most stressful regions in the country.

Table 1

Characteristics: Percent	Age group: 35 to 44 years		Perceived life stress, quite a lot (15 years and over)		
	2005	2007	2008	2009	2010
Quebec	34.0	36.0	33.2	33.7	36.6
Ontario	29.4	28.6	28.4	29.4	30.1
Alberta	27.7	25.6	27.1	29.3	28.0
Saskatchewan	24.8	24.3	28.0	21.7	27.3
Nova Scotia	30.3	26.2	24.5	25.8	27.2
British Columbia	29.3	28.0	25.2	28.2	25.1
Manitoba	28.0	29.6	25.7	25.0	23.9
New Brunswick	26.6	26.4	24.3	26.9	22.1
Prince Edward Island	25.0	18.3	26.4	19.4	15.7
Newfoundland and Labrador	19.4	20.3	14.6	18.1	15.3

Stress levels peak at age 35-44.

Table 2

Indicators: Perceived life stress, quite a lot (15 years and over)	Characteristics: Percent	Sex: Both sexes	Date: 2010			
	Total, 12 years and over	12 to 19 years	20 to 34 years	35 to 44 years	45 to 64 years	65 years and over
Newfoundland and Labrador	15.5	15.5	17.0	15.3	16.6	11.7
Prince Edward Island	13.4	F	13.3	15.7	13.4	10.1
Nova Scotia	19.1	15.5	15.1	27.2	22.2	12.6
New Brunswick	20.3	17.5	22.1	22.1	22.0	14.1
Quebec	26.7	21.6	29.8	36.6	29.4	10.1
Ontario	23.7	18.6	21.5	30.1	28.0	13.1
Manitoba	20.5	11.2	17.7	23.9	28.9	9.5
Saskatchewan	19.3	10.4	17.5	27.3	24.7	8.9
Alberta	22.1	16.2	21.2	28.0	24.2	13.3
British Columbia	22.8	19.0	22.2	25.1	27.9	12.6

Although Quebecers may be the most stressed out, they rank sixth amongst the provinces when it comes to the percentage reporting high blood pressure for the age group 45-64. Despite being ranked the least stressed, Newfoundlanders reported the highest percentage of persons with high blood pressure in that age category for the year 2010.

Table 3

Characteristics: Percent	Age group: 45 to 64 years	Sex: Both sexes	High blood pressure		
	2005	2007	2008	2009	2010
Newfoundland and Labrador	28.7	29.0	26.6	29.6	34.0
New	28.0	28.4	26.1	28.7	27.2

Brunswick					
Saskatchewan	21.9	24.5	27.2	23.9	26.1
Nova Scotia	26.3	24.0	28.4	29.6	24.9
Alberta	18.6	20.6	24.9	21.9	23.7
Quebec	22.4	22.4	22.0	22.5	23.5
Ontario	22.4	23.6	23.7	23.9	23.5
Manitoba	20.6	23.5	26.5	23.6	22.4
Prince Edward Island	24.3	22.9	27.2	19.9	21.6
British Columbia	17.8	18.7	19.1	20.2	19.3

Table 4

As regards the self-reporting of being either overweight or obese, Quebecers aged 35-44 rank themselves on the lower end of the spectrum when compared with Ontario, Alberta and British Columbia ranking lower. Manitoba and Saskatchewan ranked highest in 2010 in that age group.

Characteristics: Percent	Age group: 35 to 44 years	Sex: Both sexes	Date: 2010
	Body mass index, self-reported, adult (18 years and over), overweight or obese	Body mass index, self-reported, adult (18 years and over), overweight	Body mass index, self-reported, adult (18 years and over), obese
Manitoba	66.0	40.7	25.3
Saskatchewan	64.2	39.4	24.8
Newfoundland and Labrador	63.6	31.7	32.0
Nova Scotia	62.8	34.5	28.3
New Brunswick	60.1	31.5	28.6
Prince Edward Island	60.0	38.4	21.6
Quebec	53.2	36.8	16.5
Ontario	52.7	34.0	18.8
Alberta	52.0	32.1	19.9
British Columbia	42.2	31.3	10.9

Table 5

As regards the self-reporting of being either overweight or obese, Quebecers aged 45-64 rank themselves on the lower end of the spectrum when compared with other provinces with only PEI and BC giving themselves a lower rating.

Characteristics: Percent	Age group: 45 to 64 years	Sex: Both sexes	Date: 2010
	Body mass index, self-reported, adult (18 years and over), overweight or obese	Body mass index, self-reported, adult (18 years and over), overweight	Body mass index, self-reported, adult (18 years and over), obese
New Brunswick	71.5	38.4	33.1
Nova Scotia	68.2	39.0	29.2
Manitoba	67.6	40.1	27.5
Newfoundland and Labrador	67.2	36.9	30.3
Saskatchewan	63.4	38.7	24.6
Alberta	62.6	39.0	23.7
Ontario	61.3	39.0	22.3
Quebec	59.5	41.1	18.4
Prince Edward Island	58.4	36.0	22.4
British Columbia	53.7	36.5	17.1

Table 6

When the criteria is 5 or more drinks on one occasion per month, in 2010, Canada's heaviest drinkers aged 35-44 appear to be Newfoundlanders a lead they have held for at least five years and they have managed to widen the gap with the rest of Canada with Nova Scotia well behind in second place. Quebecers are in sixth place in a virtual tie with Ontario and Saskatchewan.

Characteristics: Percent	Age group: 35 to 44 years		Indicators: 5 or more drinks on one occasion, at least once a month in the past year		
	2005	2007	2008	2009	2010
Newfoundland and Labrador	29.4	33.1	30.6	32.4	33.9
Nova Scotia	22.1	23.0	21.4	25.6	20.5
New Brunswick	23.0	18.9	23.2	21.0	20.4
Alberta	17.4	18.5	15.6	18.5	18.0
Ontario	17.5	16.8	15.2	15.7	16.9
Quebec	17.0	16.9	18.3	15.4	16.6
Saskatchewan	23.7	17.6	20.9	15.7	16.5
British Columbia	18.5	13.7	14.7	17.9	15.3
Prince Edward Island	17.2	-	-	11.5	14.2
Manitoba	21.1	17.1	19.2	16.1	13.1

Quebecers: They'd Rather Have a V8

Quebecers aged 35-44 are by far the biggest consumers of fruits and vegetables with British Columbians a distant second. Newfoundlanders are in last place amongst the provinces in this regard.

Table 7

Characteristics: Percent	Age group: 35 to 44 years				
	2003	2005	2007	2008	2009
Fruit and vegetable consumption, 5 times or more per day					
Quebec	41.0	50.8	51.3	54.1	53.6
British Columbia	41.3	42.6	40.9	41.3	43.0
Nova Scotia	22.9	29.3	28.5	32.6	42.1
Ontario by Health Unit	37.2	36.6	39.9	37.7	42.1
Alberta	37.2	36.1	38.4	38.3	41.6
Saskatchewan	33.1	37.6	32.3	35.7	41.0
New Brunswick	30.9	33.0	34.6	36.4	38.2
Manitoba	33.8	22.3	32.0	29.7	34.4
Prince Edward Island	26.5	26.9	32.7	30.1	29.6
Newfoundland and Labrador	19.5	16.4	24.1	27.0	27.0

Life Stress: Appendix 1

Characteristics: Percent	Age group: 35 to 44 years
Indicators: Perceived life stress, quite a lot (15 years and over)	2010
Canada	29.8
Haliburton, Kawartha, Pine Ridge Ontario	56.7
Région des Laurentides, Quebec	48.9
Central Regional Health Authority, Manitoba	47.7
Kingston, Ontario	43.6
Région de la Montérégie, Quebec	43.1
Toronto	42.8
Eastern Ontario Health Unit, Ontario	42.8
Quebec City	41.2
Région de Lanaudière, Quebec	41.2
Région de l'Outaouais, Quebec	40.5
Région de la Gaspésie - Îles-de-la-Madeleine, Quebec	39.6
Middlesex-London Health Unit, Ontario	39.1
Hastings and Prince Edward Counties Health Unit, Ontario	38.4
Région de Laval, Quebec	37.6
South East Health Integration Network, Ontario	37.6
Palliser Health Region, Alberta	36.8
Quebec Prov	36.6
North Bay Parry Sound District Health Unit, Ontario	36.0
Haldimand-Norfolk Health Unit, Ontario	35.6
Sudbury and District Health Unit, Ontario	35.4
South Vancouver Island Health Service Delivery Area, British Columbia	35.1
Capital District Health Authority, Nova Scotia	34.7

North Simcoe Muskoka Health Integration Network, Ontario	34.6
Sunrise Regional Health Authority, Saskatchewan	34.4
Porcupine Health Unit, Ontario	34.1
City of Toronto Health Unit, Ontario	33.6
Brant County Health Unit, Ontario	33.1
Région de l'Estrie, Quebec	33.0
Région de la Côte-Nord, Quebec	32.9
Central West Health Integration Network, Ontario	32.8
Simcoe Muskoka District Health Unit, Ontario	32.7
City of Ottawa Health Unit, Ontario	32.4
Peace Country Health, Alberta	32.4
Champlain Health Integration Network, Ontario	32.1
Région de Montréal, Quebec	31.9
Région de la Chaudière-Appalaches, Quebec	31.8
Lambton Health Unit, Ontario	31.8
Thompson/Cariboo Health Service Delivery Area, British Columbia	31.8
South West Health Integration Network, Ontario	31.6
Five Hills Regional Health Authority, Saskatchewan	31.6
Peterborough County-City Health Unit, Ontario	31.5
Zone 2 (Saint John area), New Brunswick	31.3
Northeast Health Service Delivery Area, British Columbia	31.2
Edmonton Zone, Alberta	30.9
Capital Health, Alberta	30.9
Halton Regional Health Unit, Ontario	30.8
North East Health Integration Network, Ontario	30.4
North West Health Integration Network, Ontario	30.3

Ontario by Local Health Integration Network	30.1
Ontario by Health Unit	30.1
Peel Regional Health Unit, Ontario	30.1
Mississauga Halton Health Integration Network, Ontario	29.4
Calgary Zone, Alberta	29.2
Calgary Health Region, Alberta	29.2
Annapolis Valley District Health Authority, Nova Scotia	29.1
Hamilton Niagara Haldimand Brant Health Integration Network, Ontario	28.8
Fraser South Health Service Delivery Area, British Columbia	28.8
Région de la Mauricie et du Centre-du-Québec, Quebec	28.3
Wellington-Dufferin-Guelph Health Unit, Ontario	28.2
Chatham-Kent Health Unit, Ontario	28.0
Alberta	28.0
Alberta by Regional Health Authority	28.0
Saskatoon Regional Health Authority, Saskatchewan	27.9
Niagara Regional Area Health Unit, Ontario	27.6
Central East Health Integration Network, Ontario	27.3
Leeds, Grenville and Lanark District Health Unit, Ontario	27.3
Saskatchewan	27.3
Nova Scotia	27.2
Okanagan Health Service Delivery Area, British Columbia	27.1
Vancouver Island Health Authority, British Columbia	26.9
Richmond Health Service Delivery Area, British Columbia	26.7
Fraser Health Authority, British Columbia	26.6
Région du Bas-Saint-Laurent, Quebec	26.3

York Regional Health Unit, Ontario	26.3
City of Hamilton Health Unit, Ontario	26.1
Waterloo Health Unit, Ontario	26.0
Fraser North Health Service Delivery Area, British Columbia	26.0
Waterloo Wellington Health Integration Network, Ontario	25.3
Northern Health Authority, British Columbia	25.3
British Columbia	25.1
Central Health Integration Network, Ontario	25.0
Interior Health Authority, British Columbia	24.2
Région de l'Abitibi- Témiscamingue, Quebec	23.9
Manitoba	23.9
North Shore/Coast Garibaldi Health Service Delivery Area, British Columbia	23.8
Central Zone, Alberta	23.2
South Zone, Alberta	23.1
Aspen Regional Health Authority, Alberta	23.1
Fraser East Health Service Delivery Area, British Columbia	22.9
Durham Regional Health Unit, Ontario	22.8
Vancouver Health Authority, British Columbia	22.6
Regina Qu'Appelle Regional Health Authority, Saskatchewan	22.2
New Brunswick	22.1
North Zone, Alberta	22.1
Central Vancouver Island Health Service Delivery Area, British Columbia	21.4
Vancouver Health Service Delivery Area, British Columbia	21.2
Zone 1 (Moncton area), New Brunswick	20.5
David Thompson Regional Health Authority, Alberta	19.3

Erie St. Clair Health Integration Network, Ontario	18.0
Zone 3 (Fredericton area), New Brunswick	17.9
Winnipeg Regional Health Authority, Manitoba	17.7
Eastern Regional Integrated Health Authority, Newfoundland and Labrador	16.1
Prince Edward Island	15.7
Newfoundland and Labrador	15.3
Windsor-Essex County Health Unit, Ontario	12.7

Appendix 2: Five Drinks or more on once occasion at least once a month over the past year

Percent	35 to 44 years
5 or more drinks on one occasion, at least once a month in the past year	2010
Canada	17.1
Labrador-Grenfell Regional Integrated Health Authority, Newfoundland and Labrador	55.4
North Vancouver Island Health Service Delivery Area, British Columbia	49.3
Région de la Côte-Nord, Quebec	42.8
Région du Nord-du-Québec, Quebec	41.8
Porcupine Health Unit, Ontario	39.0
Lambton Health Unit, Ontario	37.8
Thompson/Cariboo Health Service Delivery Area, British Columbia	37.4
Western Regional Integrated Health Authority, Newfoundland and Labrador	37.2
Interlake Regional Health Authority, Manitoba	36.1
Central Regional Integrated	35.5

Health Authority, Newfoundland and Labrador	
Zone 6 (Bathurst area), New Brunswick	34.7
Niagara Regional Area Health Unit, Ontario	34.7
Newfoundland and Labrador	33.9
Northwestern Health Unit, Ontario	33.6
Région de l'Outaouais, Quebec	33.1
Région du Saguenay - Lac-Saint-Jean, Quebec	30.4
Eastern Regional Integrated Health Authority, Newfoundland and Labrador	30.0
Erie St. Clair Health Integration Network, Ontario	29.6
Windsor-Essex County Health Unit, Ontario	28.1
Chatham-Kent Health Unit, Ontario	27.9
Perth District Health Unit, Ontario	27.6
Interior Health Authority, British Columbia	27.3
Brant County Health Unit, Ontario	27.0
David Thompson Regional Health Authority, Alberta	27.0
East Kootenay Health Service Delivery Area, British Columbia	26.9
North Shore/Coast Garibaldi Health Service Delivery Area, British Columbia	26.6
Capital District Health Authority, Nova Scotia	26.1
Colchester East Hants/Cumberland, Nova Scotia	25.9
North East Health Integration Network, Ontario	25.5
Central Zone, Alberta	25.2
Leeds, Grenville and Lanark District Health Unit, Ontario	25.1
Zone 1 (Moncton area), New Brunswick	24.8
Haliburton, Kawartha, Pine Ridge	24.4

District Health Unit, Ontario	
Région de la Chaudière-Appalaches, Quebec	23.9
North Simcoe Muskoka Health Integration Network, Ontario	23.9
Région de la Capitale-Nationale, Quebec	23.7
Toronto Central Health Integration Network, Ontario	23.6
Simcoe Muskoka District Health Unit, Ontario	23.1
Hamilton Niagara Haldimand Brant Health Integration Network, Ontario	22.2
Mississauga Halton Health Integration Network, Ontario	21.8
Vancouver Island Health Authority, British Columbia	21.6
Peace Country Health, Alberta	21.5
North West Health Integration Network, Ontario	21.4
Middlesex-London Health Unit, Ontario	21.1
Nova Scotia	20.5
New Brunswick	20.4
Zone 3 (Fredericton area), New Brunswick	20.0
Edmonton Zone, Alberta	19.7
Capital Health, Alberta	19.7
South West Health Integration Network, Ontario	19.6
South Zone, Alberta	19.6
City of Hamilton Health Unit, Ontario	19.1
Regina Qu'Appelle Regional Health Authority, Saskatchewan	18.4
Sudbury and District Health Unit, Ontario	18.3
South Vancouver Island Health Service Delivery Area, British Columbia	18.3
Alberta	18.0
Alberta by Regional Health Authority	18.0
Eastern Ontario Health Unit,	17.3

Ontario	
South East Health Integration Network, Ontario	17.0
North Zone, Alberta	17.0
Ontario by Local Health Integration Network	16.9
Ontario by Health Unit	16.9
Quebec	16.6
Saskatchewan	16.5
Northern Health Authority, British Columbia	16.2
Halton Regional Health Unit, Ontario	16.1
Champlain Health Integration Network, Ontario	15.5
British Columbia	15.3
Fraser South Health Service Delivery Area, British Columbia	15.2
City of Ottawa Health Unit, Ontario	15.0
City of Toronto Health Unit, Ontario	14.9
Calgary Zone, Alberta	14.7
Calgary Health Region, Alberta	14.7
Waterloo Health Unit, Ontario	14.4
Prince Edward Island	14.2
Peel Regional Health Unit, Ontario	14.2
Région de la Montérégie, Quebec	14.0
Région de Montréal, Quebec	13.9
Waterloo Wellington Health Integration Network, Ontario	13.5
Manitoba	13.1
Fraser Health Authority, British Columbia	12.2
Vancouver Health Authority, British Columbia	11.3
Winnipeg Regional Health Authority, Manitoba	10.8
Central Health Integration Network, Ontario	10.6
Central East Health Integration Network, Ontario	7.7