



# Towards a Healthier Canada— Health Inequalities Data Table

Health inequalities are differences in health between individuals or population groups.

In addition to reporting on indicators measured among children overall, reporting on health inequalities reveals how some children are experiencing better or worse outcomes in achieving healthy weights, physical activity, healthy eating and healthy environments than others.

The measures in the following table come from the *Health Inequalities Data Tool*—a joint initiative of the Public Health Agency of Canada, the Pan-Canadian Public Health Network, Statistics Canada and the Canadian Institute of Health Information. The objective of this pan-Canadian resource is to make available data on health inequalities experienced by a comprehensive range of population groups in Canada, including those presented in the table below. For more information about the Data Tool, please visit: <http://infobase.phac-aspc.gc.ca/health-inequalities>.

Topic-Indicator	Population Groups <sup>1</sup>	Population Sub-groups	Multi-year Prevalence (%)	Confidence intervals
Healthy Weights— Obesity prevalence <sup>i</sup>	Income (household)	Lowest income	15.1 (E) <sup>2</sup>	8.0–22.2
		Middle income	14.4	11.4–17.3
		Highest income	9.8	7.8–11.8
	Education (household)	High school graduate or less	15.5	10.3–20.7
		Some post-secondary education or more	11.5	9.8–13.2
	Indigenous populations / visible minority status <sup>4</sup>	First Nations people living off reserve <sup>3</sup> / Inuit / Métis	18.2 (E)	7.1–29.2
		Visible minority	12.1	9.3–15.0
		Not a visible minority	11.7	9.8–13.6
	Physical Activity— Physical activity, active or moderately active <sup>ii</sup>	Income (household)	Q1 (lowest)	69.5
Q5 (highest)			79.6	77.6–81.7
First Nations off reserve / Inuit / Métis populations		First Nations people living off reserve	69.7	65.1–74.3
		Inuit	68.2	57.1–79.4
		Métis	75.6	70.1–81.1
		Non-Indigenous	72.9	71.8–73.9
Cultural / racial background		Arab / West Asian	69.6	61.9–77.3
		Black	72.0	64.8–79.2
		East / Southeast Asian	62.8	58.2–67.5
		Latin American	57.8	48.0–67.7
		South Asian	70.5	65.4–75.7
		White	74.6	73.5–75.6

For further information:

[www.towardsahealthiercanada.ca](http://www.towardsahealthiercanada.ca)

Topic-Indicator	Population Groups <sup>1</sup>	Population Sub-groups	Multi-year Prevalence (%)	Confidence intervals
Healthy Eating—Fruit/ vegetable consumption, 5 or more servings per day <sup>iii</sup>	Income (household)	Q1 (lowest)	41.7	39.1–44.3
		Q5 (highest)	53.0	50.5–55.6
	First Nations off reserve / Inuit / Métis populations	First Nations people living off reserve	37.2	32.1–42.3
		Inuit	30.9 (E)	19.4–42.4
		Métis	39.1	32.9–45.2
		Non-Indigenous	46.5	45.3–47.7
	Cultural / racial background	Arab / West Asian	52.8	44.3–61.3
		Black	49.3	42.0–56.6
		East / Southeast Asian	35.2	30.7–39.8
		Latin American	47.1	36.5–57.7
		South Asian	42.5	36.7–48.3
		White	47.9	46.7–49.2
	Healthy Eating—Breastfeeding, exclusive <sup>iv</sup>	Income (household)	Q1 (lowest)	24.9
Q5 (highest)			31.5	28.1–34.9
First Nations off reserve / Inuit / Métis populations		First Nations people living off reserve	17.7 (E)	11.7–23.7
		Inuit	– <sup>5</sup>	–
		Métis	20.9 (E)	13.5–28.2
		Other than First Nations / Inuit / Métis	28.6	27.1–30.1
Cultural / racial background		Arab / West Asian	38.1	26.8–49.4
		Black	21.0	14.6–27.4
		East / Southeast Asian	29.9	24.6–35.1
		Latin American	22.9 (E)	12.7–33.0
		South Asian	31.2 (E)	24.7–37.7
		White	28.2	26.5–29.9
Healthy Eating—Breastfeeding, initiation <sup>v</sup>		Income (household)	Q1 (lowest)	82.7
	Q5 (highest)		91.5	89.6–93.5
	First Nations off reserve / Inuit / Métis populations	First Nations people living off reserve	78.6	67.8–89.3
		Inuit	74.7	61.4–87.9
		Métis	75.6	66.1–85.1
		Other than First Nations / Inuit / Métis	89.5	88.6–90.4
	Cultural / racial background	Arab / West Asian	92.5	86.2–98.7
		Black	94.5	91.0–98.0
		East / Southeast Asian	92.4	88.8–96.0
		Latin American	93.0	86.1–99.9
		South Asian	94.9	92.1–97.6
		White	88.1	87.1–89.2

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Topic-Indicator	Population Groups <sup>1</sup>	Population Sub-groups	Multi-year Prevalence (%)	Confidence intervals
Supportive Environments— Food insecurity, moderate or severe <sup>vi</sup>	Income (household)	Q1 (lowest income)	27.2	24.8–29.6
		Q5 (highest income)	1.1 (E)	0.6–1.6
	First Nations off reserve / Inuit / Métis populations	First Nation people living off reserve	27.0	22.6–31.5
		Inuit	33.6	23.5–43.6
		Métis	13.6	9.7–17.4
		Non-Indigenous	9.5	8.8–10.2
	Cultural / racial background	Arab / West Asian	18.3 (E)	11.5–25.1
		Black	25.6	18.6–32.5
		East / Southeast Asian	7.4	5.2–9.6
		Latin American	18.1 (E)	9.8–26.3
		South Asian	9.2 (E)	5.5–12.8
		White	8.4	7.7–9.1

**Indicator/measure definitions:**

- <sup>i.</sup> *Obesity prevalence*—Body mass index (BMI) score equal to 30.0 or above, based on measured height and weight, population aged 6–17 years, Canadian Health Measures Survey (CHMS; 2009–2013)
- <sup>ii.</sup> *Physical activity, active or moderately active*—Respondents classified as “active” or “moderately active”, based on their responses to questions about the frequency, nature and duration of their participation in leisure time physical activity, population aged 12–17 years, Canadian Community Health Survey (CCHS; 2010–2013)
- <sup>iii.</sup> *Fruit/vegetable consumption, 5 or more servings per day*—Respondents who reported consuming fruits and vegetables 5 times or more per day, population aged 12–17 years, CCHS (2010–2013)
- <sup>iv.</sup> *Breastfeeding, exclusive*—Women aged 18–55 years who breastfed their child exclusively for at least the first 6 months of life (the child received only breast milk, without any additional liquid or solid food), CCHS (2009–2012)
- <sup>v.</sup> *Breastfeeding, initiation*—Women aged 18–55 years, who breastfed or tried to breastfeed their last child (including short duration), CCHS (2009–2012)
- <sup>vi.</sup> *Food insecurity, moderate or severe*—Proportion of children aged 12–17 years living in households with severe or moderate food insecurity, derived from reported income-related difficulties accessing or utilizing food that influence the quantity or quality of food consumed, CCHS (2009–2012)

**Notes:**

1. Results are not directly comparable across population groups.
2. Cells with an (E) notation should be interpreted with caution, as the measure itself or at least one of the components used to calculate the value has a coefficient of variation between 16.6% to 33.3%.
3. To align with OCAP<sup>®</sup> principles, the Health Inequalities Data Tool does not include data from the First Nations Regional Health Survey (RHS), which is the leading source of health data for First Nations people living on reserve. As a result, data on First Nations people living on-reserve are not included in this table. Efforts are being made to work with the First Nations Information Governance Centre to include information on this population sub-group in the 2019 progress report.
4. Obesity prevalence by Indigenous populations/visible minority status: for this indicator, due to the small sample size of the data source (CHMS), children were grouped into three broad sub-group categories large enough to support data disaggregation: Indigenous populations, Visible minority, and Not a visible minority. However, each of these population sub-groups contain high levels of internal heterogeneity. Consequently, while the observed differences in obesity prevalence between these sub-groups may signal real inequalities, the data should be interpreted with caution.
5. Cells with a dash (–) notation indicate that values have been suppressed because the measure itself or at least one of the components used to calculate the value has a coefficient of variation greater than 33.3%, a small numerator (<10), small denominator (<20), or empty age-standardization groups.