Presentation overview

- CCHS survey program
- Objectives
- Content
- Data collection / processing
- Products / documentation
- Analysis
- Canadian Longitudinal Study on Aging (CLSA)
- Questions?
Canadian Community Health Survey Program

- Annual Component: e.g. CCHS 2009
- Focus Content Component: e.g. CCHS Healthy Aging
- Special Projects: e.g. Survey of living with chronic diseases in Canada
Seniors by age as a percentage of the total population, Canada, 1951-2051

Data source: Statistics Canada
Survey objectives

- Examine links between various types of health and well-being with social, lifestyle, labour force, and economic factors as well as health care utilization;
- Identify determinants of healthy aging in Canada at different stages of life;
- Explore the needs of an aging population; and
- Understand the aging process by age group and sex.
Survey design and coverage

- National and provincial estimates
- 30,865 respondents aged 45 and over living in private households in 10 provinces
- Cross-sectional
- Voluntary participation with proxy interviews allowed
- Personal interviews (CAPI)
- Design exclusions
  - Territories, Indian reserves / Crown lands, remote regions, Armed Forces, institutions
Population in health-related collective dwellings, Canada, 2006

Source: Statistics Canada - 2006 Census.
Catalogue Numbers 97-554-XCB2006054 and 94-575-XCB2006001.
What is healthy aging?

- A lifelong **process** for improving and preserving health and physical, social and mental wellness, independence, quality of life and enhancing successful life-course transitions *(Health Canada, 2001)*

- Need a **multidimensional** perspective that includes both health and non-health elements
Survey content

Physical health and functioning

- General health
- Basic activities of daily living
- Instrumental activities of daily living
- Chronic conditions
- Health utilities index
- Pain and discomfort
- Falls
- Oral health
- Medications
Survey content

Cognitive and Psychological Health

- Cognition (*2nd release)
  - Assessed through 4 tasks
- Depression
  - CIDI-SF
- Loneliness
  - 3-item loneliness scale (M.H. Hughes)
- Satisfaction with life scale (E. Diener)
### Survey content

#### Social dimensions
- Social participation
- Social support availability

#### Health care and care giving
- Health care utilization
- Caregiving, Caregiving expenses
- Care receiving 1 (formal)
- Care receiving 2 (informal)

#### Lifestyle/behaviours
- Physical activity (PASE)
- Nutritional risk
- Smoking
- Alcohol use
- Dietary supplements
- Changes made to improve health
- Transportation
<table>
<thead>
<tr>
<th>Labour Force, Retirement, Income</th>
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<tbody>
<tr>
<td>- Labour force</td>
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<tr>
<td>- Reasons for retirement</td>
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<tr>
<td>- Retirement planning</td>
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<tr>
<td>- Home ownership</td>
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<td>- Income</td>
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<table>
<thead>
<tr>
<th>Other</th>
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<tbody>
<tr>
<td>- Socio-demographic characteristics</td>
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<tr>
<td>- Education</td>
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<tr>
<td>- Dwelling</td>
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</tbody>
</table>
Data collection and processing

- 62 minute average interview
- Response rate 74%
- Cognition module had lower response 62%
  - Only administered in person (no proxy, no telephone), in French or English, with permission for voice recording
  - Separate sample weight required
  - Further validation was required: See Findlay F et al. “Validation of cognitive functioning categories in the Canadian Community Health Survey – Healthy Aging” in Health Reports (catalogue 82-003) December 2010
Master file structure

Cognition file
N=25,864
(1100 variables)

Non-cog file
N=30,865
(1000 variables)
<table>
<thead>
<tr>
<th></th>
<th>Non-cognition</th>
<th>Cognition</th>
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<tbody>
<tr>
<td>Master file</td>
<td>May 12, 2010</td>
<td>December 12, 2010</td>
</tr>
<tr>
<td>Share file</td>
<td>May 12, 2010</td>
<td>December 12, 2010</td>
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<tr>
<td>Public Use Microdata File (PUMF)</td>
<td>April 1, 2011</td>
<td>No PUMF with cognition component</td>
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<tr>
<td>Synthetic (dummy) file</td>
<td>March 4, 2011</td>
<td>March 4, 2011</td>
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<tr>
<td>CLSA share file</td>
<td>May 12, 2010</td>
<td>December 12, 2010</td>
</tr>
</tbody>
</table>
Tabular data in CANSIM

Table 105-1200 (released May 12, 2010)
14 items by age group, sex, province

- Chronic conditions (cataracts, glaucoma, osteoporosis, thyroid condition, at least one chronic condition)
- Social participation (family and friends, religious activities, sports and physical activities, volunteer activities, participate at least once a month)
- Sleeping trouble
- Nutritional risk
- Mouth unhealthy
- Falls (65 years of age and over)
Social participation, once a month

Source: 2008-2009 Canadian Community Health Survey – Healthy Aging
Analytical release

- “Health-promoting factors and good health among Canadians in mid-to late life” by Pamela Ramage-Morin, Margot Shields and Laurent Martel in Health Reports (Catalogue no. 82-003-X) – July 21, 2010
- http://www.statcan.gc.ca/pub/82-003-x/2010003/article/11289-eng.htm
Prevalence of good health rises with the number of health-promoting factors in people's lives, 2009

Source: 2008-2009 Canadian Community Health Survey – Healthy Aging
Analytical release

  - [http://www.statcan.gc.ca/pub/75-001-x/75-001-x2011001-eng.htm](http://www.statcan.gc.ca/pub/75-001-x/75-001-x2011001-eng.htm)
Freedom 55? Age at first full or partial retirement, or planned age of retirement for the never-retired

- Population age 55 to 84
- Source: 2008-2009 Canadian Community Health Survey – Healthy Aging
CCHS - Healthy Aging and the Canadian Longitudinal Study on Aging (CLSA)

- The CLSA experts contributed to content development
- CLSA funded sample for ages 45-54
- CLSA are contacting consenting CCHS respondents (ages 45 to 85) to invite them to participate in their longitudinal survey
- CLSA received CCHS survey responses of consenting respondents (CLSA share file)
- www.clsa-elcv.ca
Questions?

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