Canadian Community Health Survey (CCHS) – Healthy Aging

Data Liberation Initiative Webinar

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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
- ~ 31,000 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

- Persons living in the three territories
- Those living on Indian Reserves/Crown lands
- Full-time members of the Armed Forces
- Residents of certain remote regions
- Residents of institutions
Population in health-related collective dwellings, Canada, 2006

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 (*2\textsuperscript{nd} 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 caregiving
- 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
Survey Content

**Labour Force, Retirement, Income**
- Labour force
- Reasons for retirement
- Retirement planning
- Home ownership
- Income

**Other**
- Socio-demographic characteristics
- Education
- Dwelling
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

Non-cog file
N=30,865
### File release dates

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Survey documentation / metadata

- **Documents:**
  - Questionnaire
  - Derived variables
  - User guide
  - Data dictionary for each file
  - Record layout for each file

- **Further information and access**
  - IMDB record # 5146 (link through STC “Health in Canada” portal).
    [www.statcan.gc.ca](http://www.statcan.gc.ca)
  - DLI webpage for PUMF and synthetic files
  - RDC webpage for master files
  - PUMF file CD-ROM also available by request (free)
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, at least 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](http://www.statcan.gc.ca/pub/82-003-x/2010003/article/11289-eng.htm)
25% of seniors have 4 or more serious health problems
Distribution of number of diagnosed chronic conditions, 2009

Source: 2008-2009 Canadian Community Health Survey – Healthy Aging
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
“Retirement, health and employment among those 55 plus”
by Jungwee Park in Perspectives on Labour and Income (Catalogue no. 75-001-X) – January 31, 2011

http://www.statcan.gc.ca/pub/75-001-x/75-001-x2011001-eng.htm
Older Canadians see themselves as being able to work

Self-perceived current ability to work (mean score out of 10)

- Never retired: 9.2
- Partially retired: 8.2
- Fully retired: 5.3
- Returned to work: 9.3

Population age 55 to 84
Source: 2008-2009 Canadian Community Health Survey – Healthy Aging
Data for fully and partially retired are significantly different from never retired before and after age-sex adjustment (p<0.05)
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
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 will receive CCHS survey responses of consenting respondents (CLSA share file)

www.clsa-elcv.ca
Questions?

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