

# Better Health for All

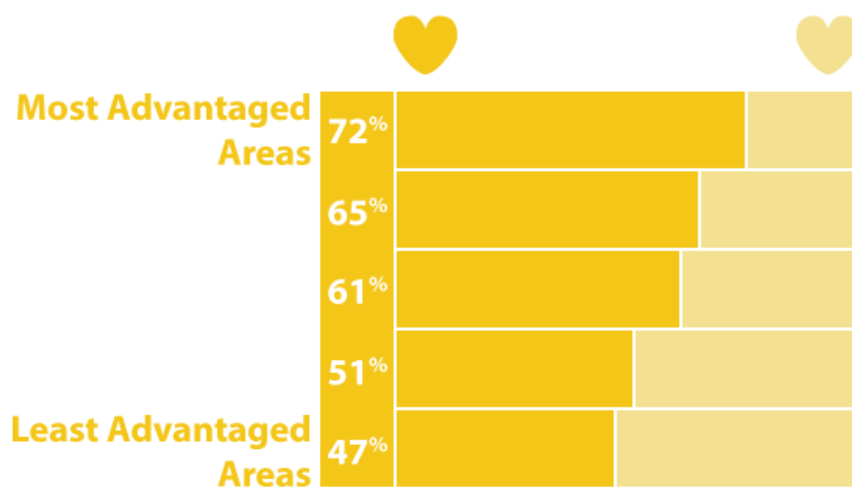
## Health Behaviours and Risk Conditions

Health behaviours and risk conditions are not solely individual “choices,” but involve actions and circumstances largely determined by the physical, social, cultural and policy environments in which we live, work, learn and play.

### Self-Rated Health



Over 65% of individuals in the Region rated their health as “very good” or “excellent” in 2014.

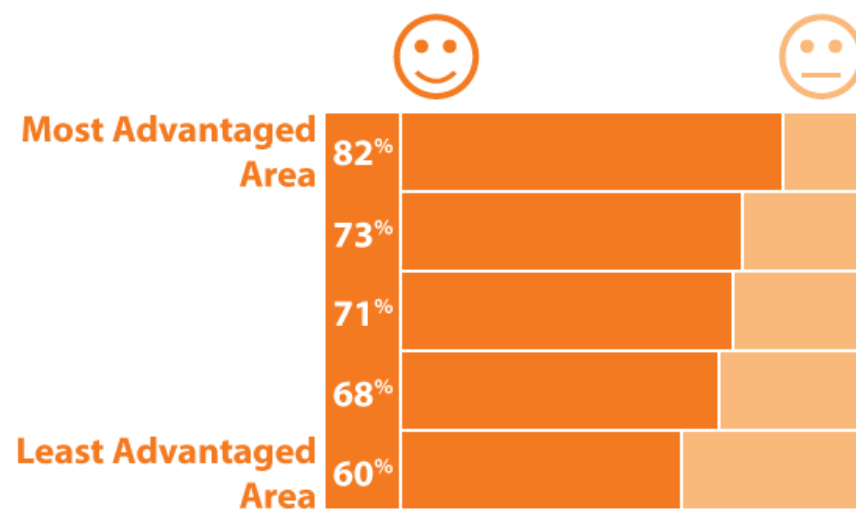


People living in the most advantaged areas of Saskatoon had the highest self-rated health.

### Self-Rated Mental Health



Over 7 in 10 individuals in the Region rated their mental health as “very good” or “excellent” in 2014.



People living in the most advantaged areas of Saskatoon had the highest self-rated mental health.

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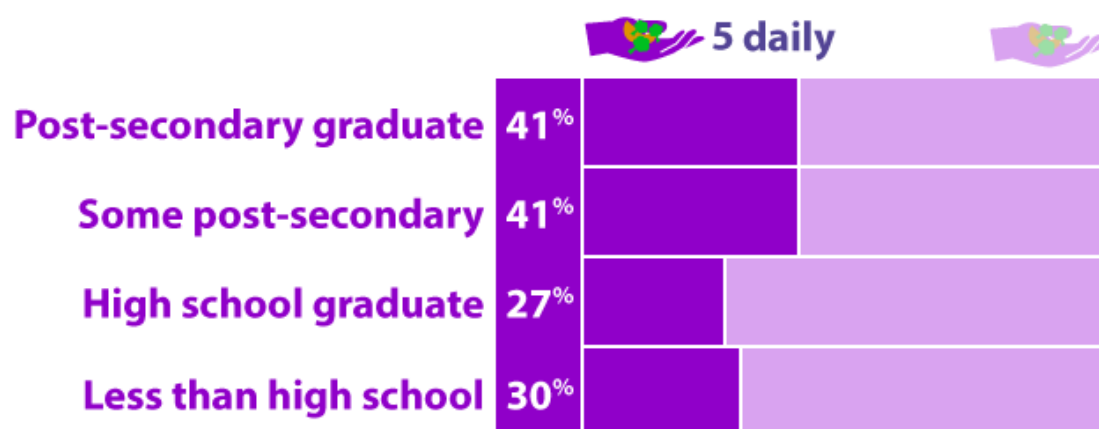
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### Vegetable and Fruit Consumption

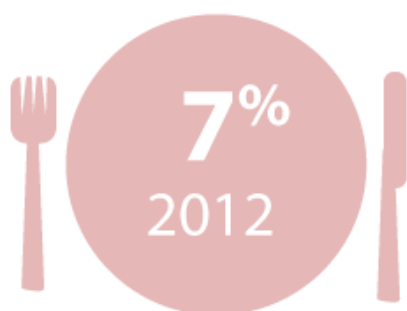


About 40% of the Region’s population ate at least 5 vegetables and fruit daily in 2014.



People with the highest levels of education in the Region also reported the highest levels of vegetable and fruit consumption.

### Food Insecurity



About 20,000 people in the Region reported food insecurity.



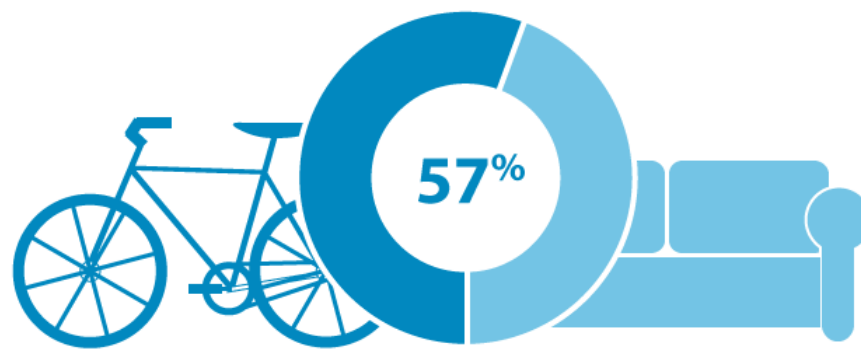
1 in 5 households in the lowest income quintiles in the Region experience food insecurity.

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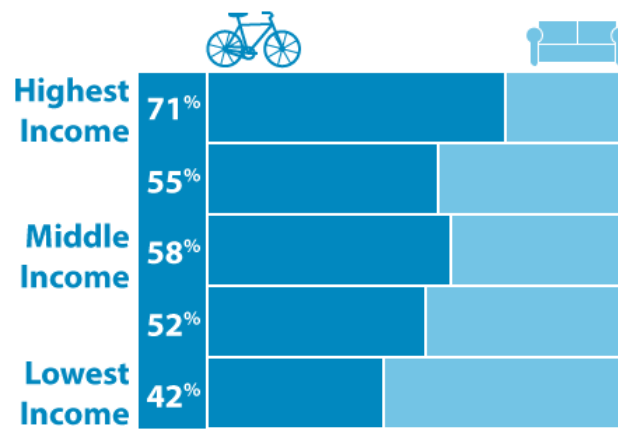
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### Physical Activity



Over half of the Region’s population was either “moderately active” or “physically active” in 2014.

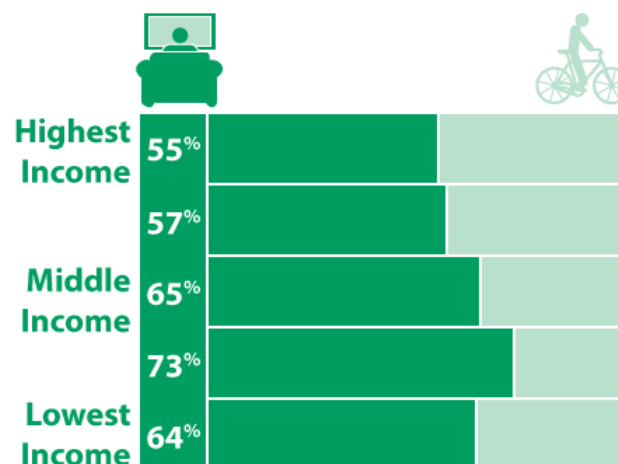


People with the highest incomes in the Region also had the highest physical activity rates.

### Sedentary Behaviour



More than 60% of the Region’s population was sedentary (e.g. screentime) more than 2 hours per day in their leisure time in 2012.



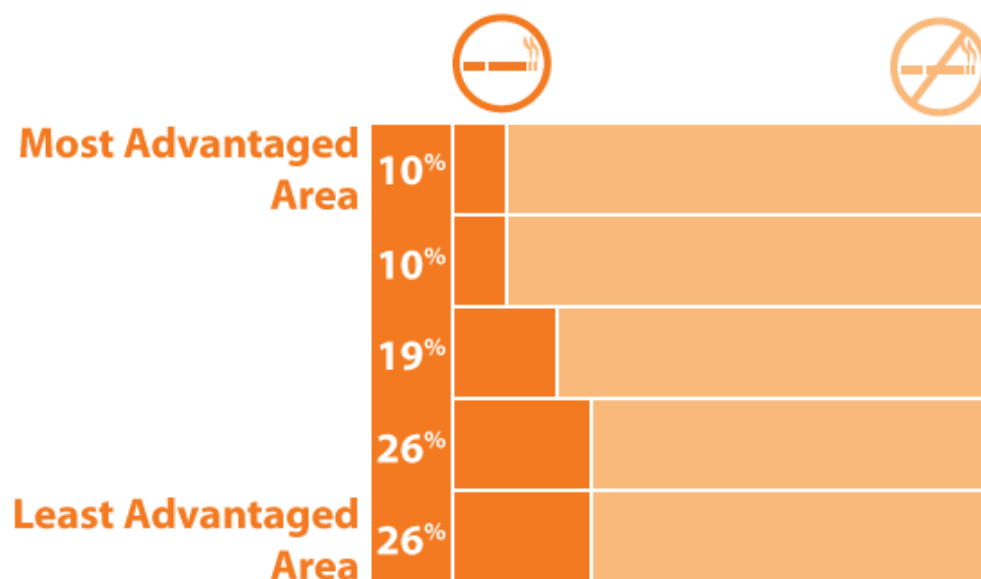
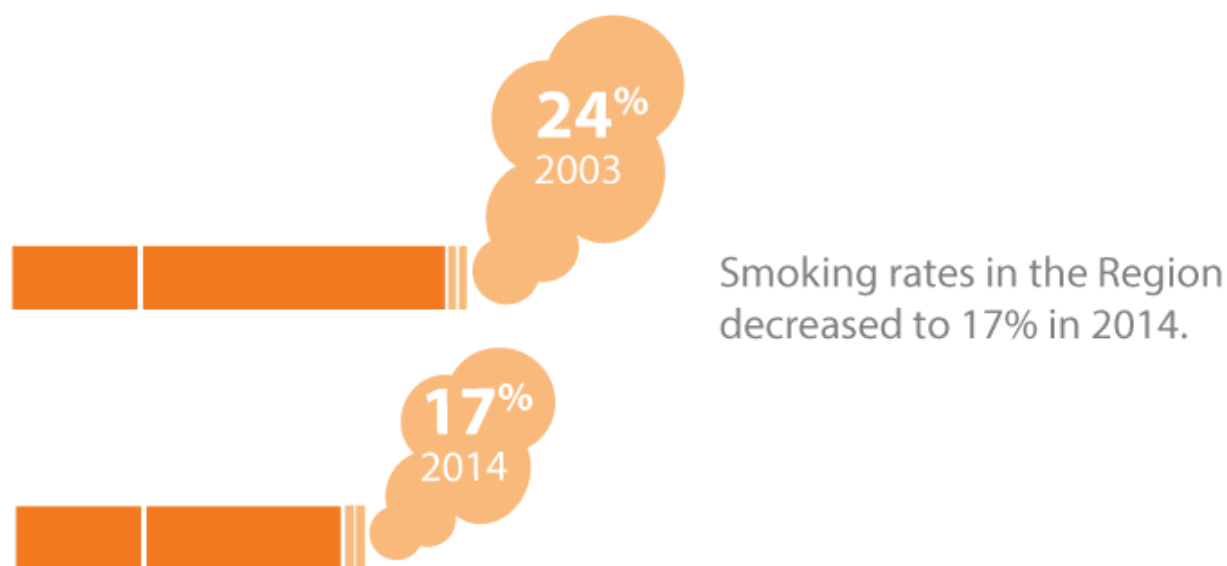
People with the highest incomes in the Region were least likely to be sedentary.

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## Health Behaviours and Risk Conditions

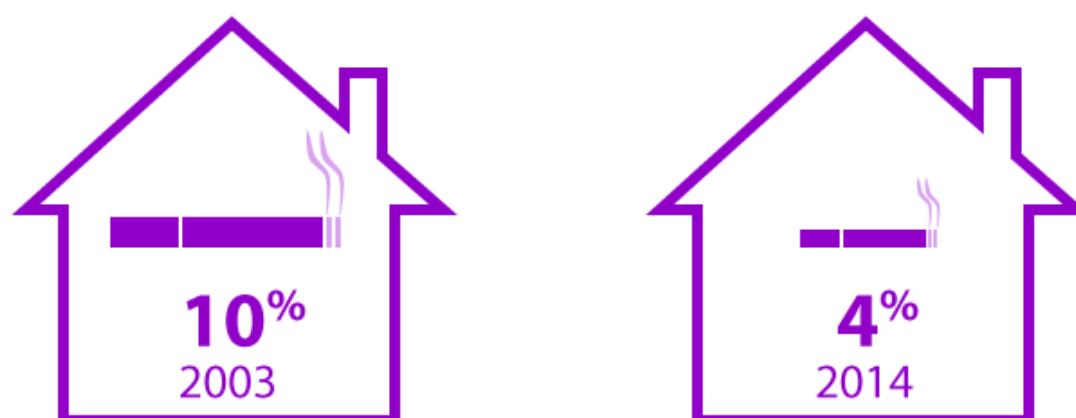
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### Smoking



People living in the most advantaged areas of Saskatoon had the lowest smoking rates.

### Second-Hand Smoke



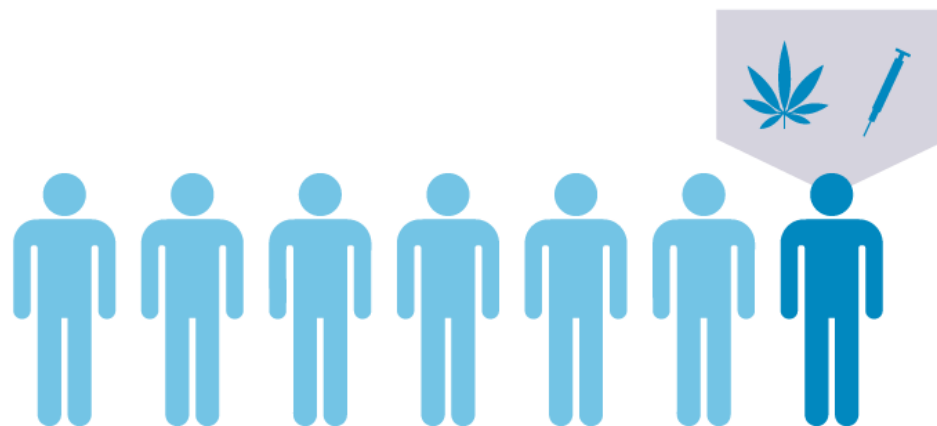
4% of the Region's population were exposed to second-hand smoke in their homes in 2014.

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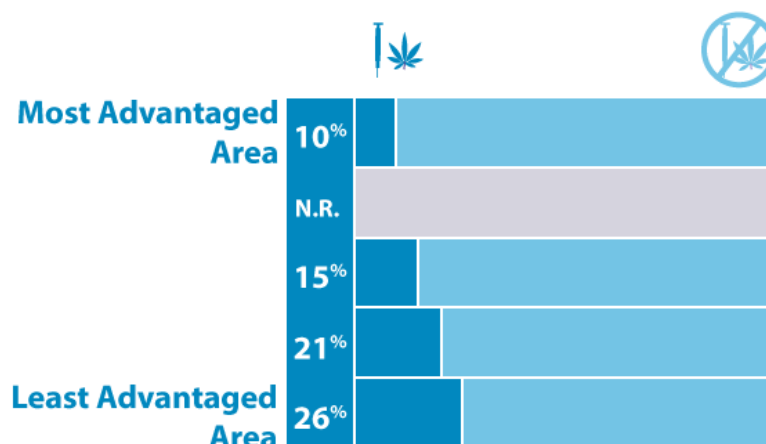
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### Illicit Drug Use



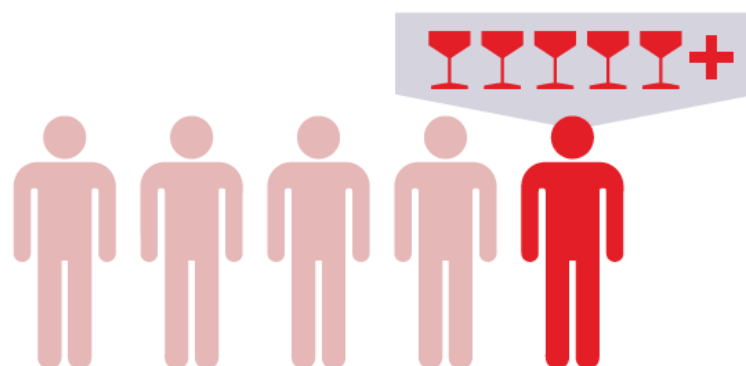
1 in 7 individuals in the Region used illicit drugs in the past year.



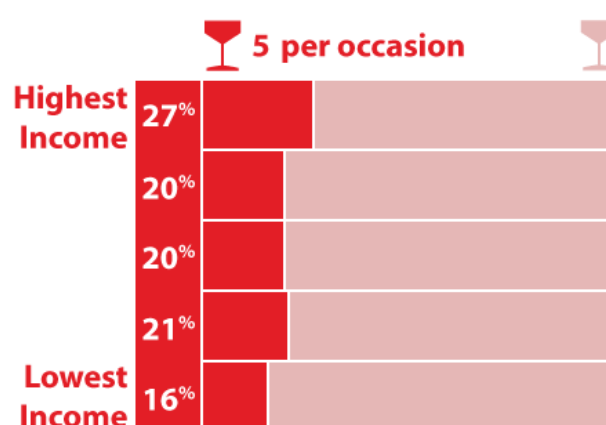
N.R. = not reportable due to small sample size

People living in the most advantaged areas of Saskatoon had the lowest illicit drug use rates.

### Heavy Drinking



About 20% of the Region’s population reported heavy drinking in 2014.



Heavy drinking was more common among the Region’s highest income earners.

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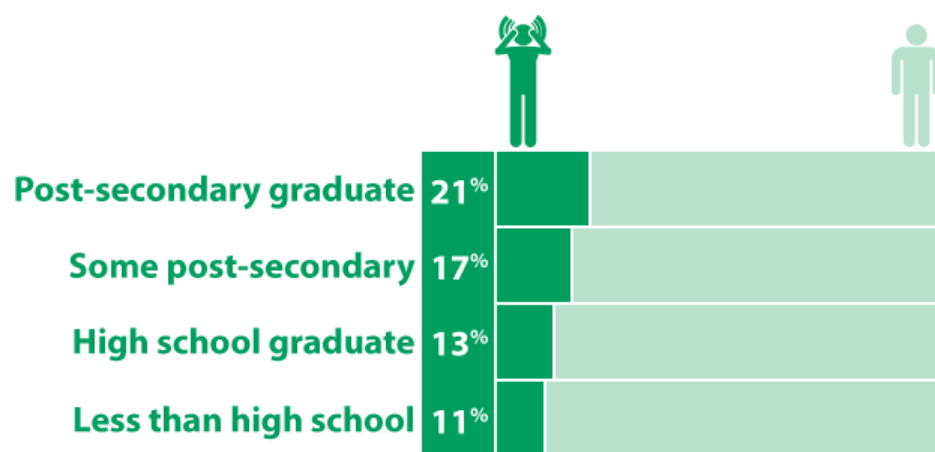
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### Chronic Stress

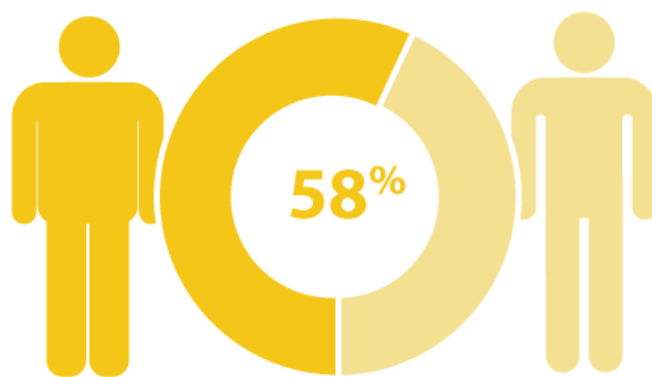


More than 1 in 5 individuals in the Region reported that most days were “quite a bit” or “extremely” stressful in 2014.

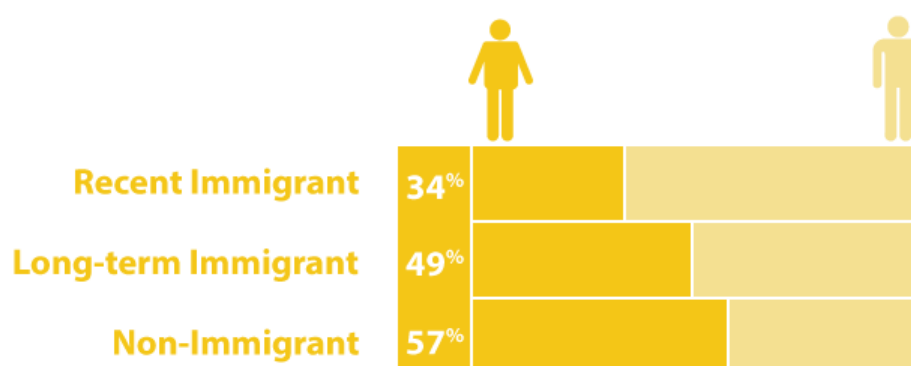


People with the highest levels of education in the Region also reported the highest stress levels.

### Overweight or Obese



Over half of the Region’s population was overweight or obese in 2014.



Recent immigrants to the Region had the lowest overweight or obesity rates.