



UNIVERSITY
OF MANITOBA

Manitoba Seniors: Health Status Update

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Table of Contents

Introduction	5
Life Expectancy and Mortality	6
Life Expectancy Trends	7
Life Expectancy at Age 65 in a National Perspective	9
Survival Rates	11
Mortality Rates	13
Changes in Mortality Rates From 1996 to 2006	14
Cause of Death	16
Physical and Mental Health Status	19
Self-rated Health	20
Chronic Health Conditions	22
Ratings of Vision and Hearing	26
Activities of Daily Living	28
Mobility	31
Functional Health	33
Self-rated Mental Health	35
Loneliness	36
Suicide	38
Cognitive Functioning	39
Developmental and Psychological Disability	41

List of Tables

Table 1: Average Years of Life Remaining at Age 65 by Gender, Provinces and Canada, 2006	9
Table 2: Survival Rates (Percentage Chance of Surviving to Next Age Group), Manitoba, 2005	11
Table 3: Number of Deaths and Standardized Mortality Rates per 1,000 Population in Selected Age Groups by Gender, Manitoba, 2006	13
Table 4: Leading Causes of Death (ICD-10 Diagnostic Categories) in Selected Age Groups by Gender, Canada, 2005	17
Table 5: Standardized Mortality Rates per 100,000 Population for Leading Causes of Death in Selected Age Groups by Gender, Canada, 2005	17

Table 6: Self-rated Health, Population Aged 65+ by Gender and in Selected Age Groups, Manitoba, 2005	20
Table 7: Diagnosed Chronic Health Conditions by Gender and by Age Groups, Manitoba, 2005	23
Table 8: Diagnosed Chronic Health Conditions in Selected Age Groups by Gender, Manitoba, 2005	24
Table 9: Ratings of Vision and Hearing by Gender and Age Groups, Manitoba, 2007....	27
Table 10: Assistance Required With at Least One Task by Gender and by Age Groups, Manitoba, 2005	28
Table 11: Assistance with Specific Tasks by Gender and Age Groups, Manitoba, 2005 ..	30
Table 12: Mobility by Gender, by Age Groups and by Age Groups and Gender, Manitoba, 2007	32
Table 13: Functional Health Status by Gender and by Age Groups and by Age Groups and Gender, Manitoba, 2007	34
Table 14: Self-rated Mental Health by Gender for Selected Age Groups, Manitoba, 2005	35
Table 15: Feelings of Loneliness by Gender and by Age Groups, Manitoba, 2007.....	36
Table 16: Age-Specific Suicide Rates by Sex, Canada, 2005	38
Table 17: Developmental or Psychological Disabilities Among Canadians and Manitobans Aged 65-74 and Aged 75+, 2006	41

List of Figures

Figure 1: Average Years of Life Remaining at Birth and at Age 65 by Gender, Manitoba, 1996-2006	8
Figure 2: Average Years of Life Remaining at Age 65 by Gender, Provinces, and Canada, 2006	10
Figure 3: Survival Rates, Manitoba, 2005.....	12
Figure 4: Age-Standardized Mortality Rates per 1,000 Population Aged 60 and Over by Gender, Manitoba, 1996-2006	15
Figure 5: Leading Cause of Death (ICD-10 Diagnostic Categories) in Selected Age Groups, Canada, 2005.....	18
Figure 6: Self-rated Health in Selected Age Groups by Gender, Manitoba, 2005	21
Figure 7: Diagnosed Chronic Health Conditions in Selected Age Groups by Gender, Manitoba, 2005	25
Figure 8: Assistance Required with at Least One Task by Age Groups and Gender, Manitoba, 2005	29
Figure 9: Loneliness by Gender and Age Groups, Manitoba, 2007	37
Figure 10: Cognitive Functioning by Gender and Age Groups, Manitoba, 2007	40

Introduction

In 2005, the Centre on Aging compiled the Manitoba Fact Book on Aging highlighting a wide variety of statistical information about Manitoba's older population. In 2008, an update focusing on socio-demographic information available from the 2006 Census of Canada was completed. This report further updates information from the 2005 Fact Book with specific emphasis on the health status, both physical (e.g., chronic conditions, functional ability) and mental (e.g., self-rated mental health, loneliness).

Data used in this Update were obtained from the 2006 Census of Canada data available on the Statistics Canada website (www.statscan.ca) and both the 2005 Canadian Community Health Survey (CCHS 3.1) and 2007 General Social Survey (Cycle 21) public use microdata files. The exact Statistics Canada 'http' link used for each table/figure is not provided, however, detailed information as to which Statistics Canada table was used is provided in the 'source' at the bottom of each page. Definitions have been provided where appropriate to ensure that the reader has an adequate understanding of the material presented. The Statistics Canada website served as the source for these definitions.

The information on the tables and figures includes both percentages and absolute numbers. When the percentages do not add to 100 percent, it is due to rounding. In these cases, the percentages may add to 99% or to 101%. As well, due to rounding by Statistics Canada, there are instances where the numbers presented in one table may vary slightly from another table, or where the numbers may not equal the total.

Terms such as the aged, elderly persons, older adults and older Manitobans generally refer to individuals aged 65 and over. This is conventional usage and reflects the age groupings used in available data sources. The use of these terms is not intended to imply a lack of diversity among older persons nor a lack of appreciation that individuals in other age groups have needs as well. In some instances, information on younger individuals, particularly the 55 to 64 age group, is presented for comparative purposes.

LIFE EXPECTANCY AND MORTALITY

In this section, information regarding life expectancy and mortality is present. Topics discussed include:

- **life expectancy trends;**
- **survival rates**
- **mortality rates;**
- **changes in mortality from 1996 to 2006; and,**
- **cause of death.**

The data in this section are primarily from Statistics Canada.

Life Expectancy Trends

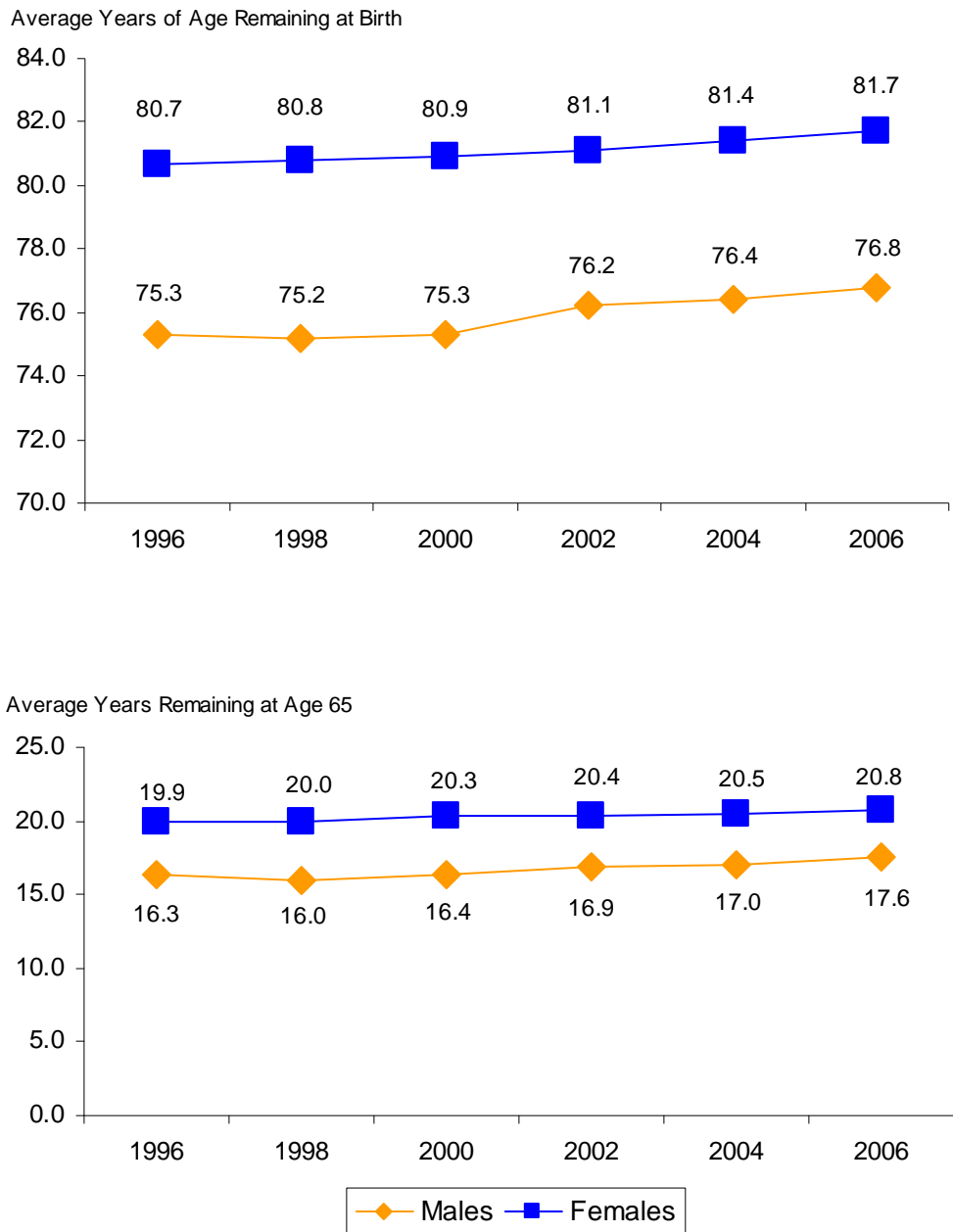
In 2006:

- Life expectancy at birth for Manitoba females was 81.7 years, an increase from 80.7 years in 1996.
- For Manitoba males, life expectancy at birth was 76.8 years, an increase from 75.3 years in 1996.
- At age 65, women could expect to live an average of 20.8 more years while men could expect 17.6 more years of life.
- Health adjusted life expectancy is the number of years in perfect health that an individual can expect to live given the current morbidity and mortality conditions. The latest figures available are for 2001 as published in the 2005 Fact Book. These figures indicated that at age 65 men on average will live another 12.2 years of life while women could expect another 14.3 years of life.

Source: Statistics Canada. Cansim Table 102-0511 – Life Expectancy, Abridged Life Table, at Birth and at Age 65, by Sex, Canada, Provinces and Territories, Annual (Years), 1996-2006.

Statistics Canada. Cansim Table 102-0121 – Health adjusted Life Expectancy at Age 65, by Sex and Income Group, Canada and Provinces, 2001.

Figure 1; Average Years of Life Remaining at Birth and at Age 65 by Gender, Manitoba, 1996-2006



Source: Statistics Canada. Cansim Table 102-0511 – Life Expectancy, Abridged Life Table, at Birth and at Age 65, by Sex, Canada, Provinces and Territories, Annual (Years), 1996-2006.

Life Expectancy At Age 65 In A National Perspective

In 2006:

- At age 65, Canadian men could expect to live 18 more years on average while women could expect to live 21 years.
- Average years of life remaining for both Manitoba men and women were similar to the national figures.
- Among men, the highest life expectancy at age 65 was in British Columbia while the lowest was in the Territories.
- British Columbia and Quebec had the highest life expectancies at age 65 for women while the Territories had the lowest.

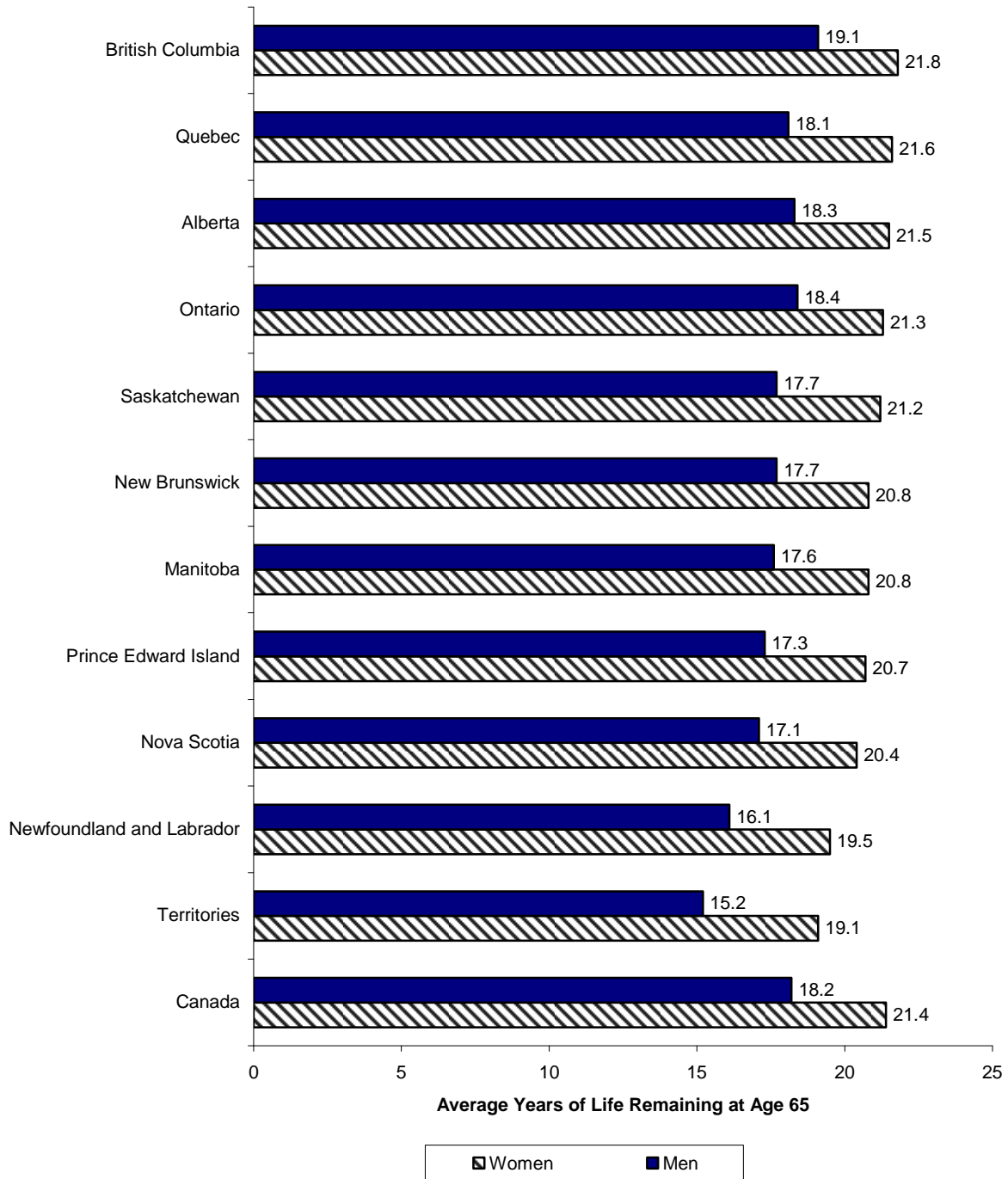
Table 1: Average Years of Life Remaining at Age 65 by Gender, Provinces and Canada, 2006

	Average Years Remaining at Age 65	
	Men	Women
British Columbia	19.1	21.8
Alberta	18.3	21.5
Ontario	18.4	21.3
MANITOBA	17.6	20.8
Saskatchewan	17.7	21.2
New Brunswick	17.7	20.8
Quebec	18.1	21.6
Nova Scotia	17.1	20.4
Prince Edward Island	17.3	20.7
Newfoundland and Labrador	16.1	19.5
Territories*	15.2	19.1
Canada	18.2	21.4

* Includes Northwest Territories, Yukon, and Nunavut. No data available from 2006 for territories individually.

Source: Statistics Canada. Cansim Table 102-0511 – Life Expectancy, Abridged Life Table, at Birth and at Age 65, by Sex, Canada, Provinces and Territories, Annual (Years), 1996-2006.

Figure 2: Average Years of Life Remaining at Age 65 by Gender, Provinces and Canada, 2006



Source: Statistics Canada. Cansim Table 102-0511 – Life Expectancy, Abridged Life Table, at Birth and at Age 65, by Sex, Canada, Provinces and Territories, Annual (Years), 1996-2006.

Survival Rates

Survival rates represent the percentage chance an individual has of surviving from one age category to the next age category.

In 2005:

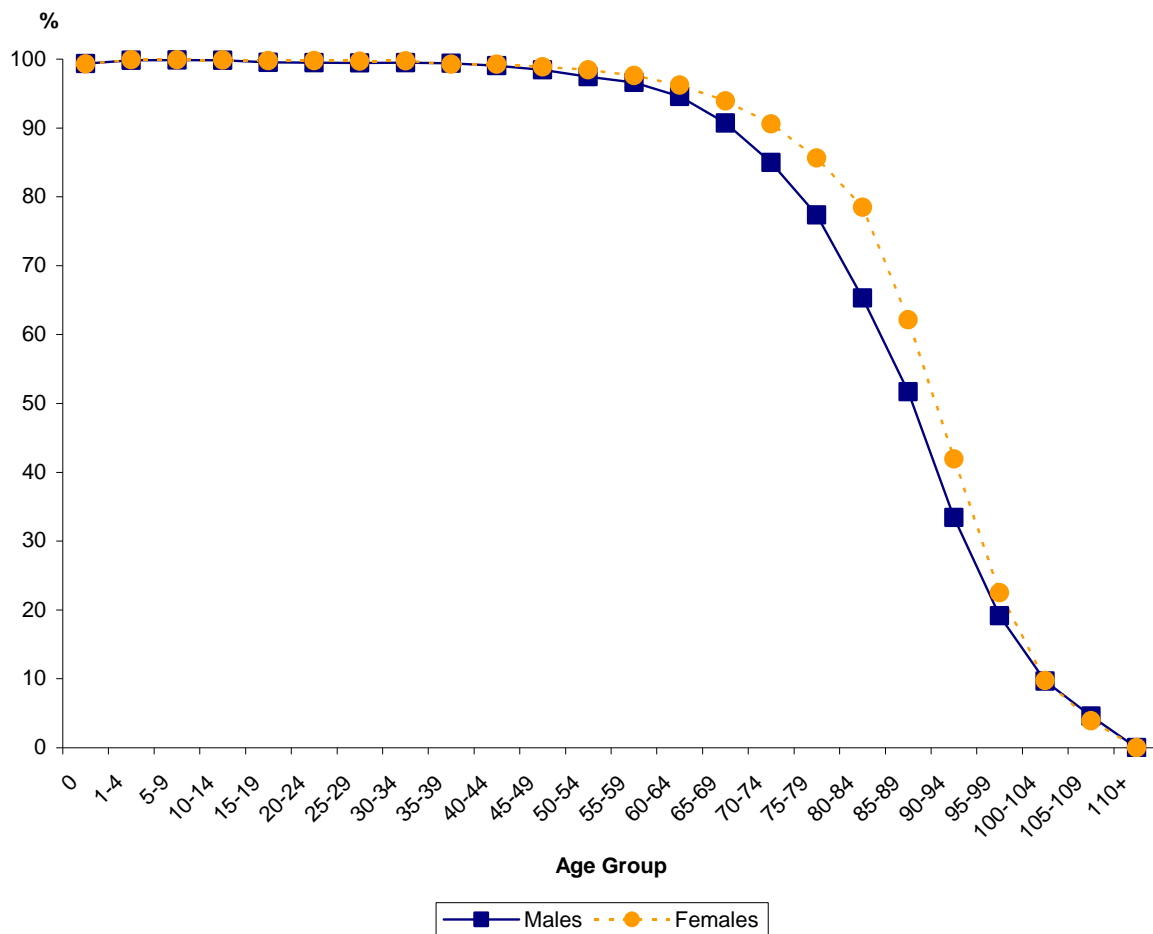
- In Manitoba, survival rates of both men and women under the age of 65 were very similar.
- Women between the ages of 65 and 69 had a 93.9% chance of surviving to age 70, while men in this age group had a 90.7% chance.
- Women aged 85 to 89 had a 62.1% chance of reaching 90, while men aged 85 to 89 had only a 51.7% chance.

Table 2: Survival Rates (Percentage Chance of Surviving to Next Age Group), Manitoba, 2005.

Age Group	Males	Females	Age Group	Males	Females
0	99.3	99.3	55-59	96.6	97.6
1-4	99.8	99.9	60-64	94.6	96.2
5-9	99.9	99.9	65-69	90.7	93.9
10-14	99.8	99.9	70-74	85.0	90.6
15-19	99.5	99.8	75-79	77.4	85.6
20-24	99.5	99.8	80-84	65.3	78.5
25-29	99.4	99.7	85-89	51.7	62.1
30-34	99.5	99.7	90-94	33.4	41.9
35-39	99.4	99.3	95-99	19.2	22.5
40-44	99.0	99.3	100-104	9.6	9.8
45-49	98.4	98.9	105-109	4.6	3.9
50-54	97.4	98.4	110+	0.0	0.0

Source: Canadian Human Mortality Database. Department of Demography. Université de Montréal (Canada). Available at www.demo.umontreal.ca/chmd/ (Accessed March 23, 2009).

Figure 3: Survival Rates, Manitoba, 2005



How to Read This Chart:

Select the age group of interest from the horizontal axis. Draw a line up to the survival curve and then across to the vertical axis. The percentage on the vertical axis gives the percentage chance an individual has of surviving from one age group to the next. For example, men between the ages of 55 and 59 had 96.6% chance of reaching the age of 60, while women aged 55 to 59 had a 97.6% chance.

Source: Canadian Human Mortality Database. Department of Demography, Université de Montréal (Canada). Available at www.demo.umontreal.ca/chmd/ (Accessed March 23, 2009).

Mortality Rates

Mortality rates refer to the number of deaths per 1,000 population within the geographical areas. These rates are adjusted for differences in the age and gender breakdown of the population and are therefore called standardized rates.

In 2006:

- There were a total of 8,138 deaths of Manitobans aged 60 and over.
- This was almost equally split between men (46.9%) and women (53.1%).
- Almost two-thirds (60.9%) of these deaths were among those aged 80 and over.
- In terms of mortality rates, there were 14 deaths per 1,000 men aged 60 to 69 compared to 37 for the 70 to 79 age group and 112 for the 80 and over age group.
- Among women, the rates per 1,000 population were 9 for the 60 to 69 age group, 24 for the 70 to 79 age group, and 91 for the 80 and over age group.

Table 3: Number of Deaths and Standardized Mortality Rates per 1,000 Population in Selected Age Groups by Gender, Manitoba, 2006

	Age 60-69		Age 70-79		Age 80+	
	Men	Women	Men	Women	Men	Women
Number of deaths	670	461	1,157	896	1,989	2,965
Standardized mortality rates per 1,000 population	14.33	9.39	36.91	23.50	112.44	90.91

Source: Statistics Canada. 2006. Cansim Table 102-503. Deaths by Age and Sex, Canada, Provinces and Territories, Annual Number.

Statistics Canada. (July 17, 2007). Age (123) and Sex (3) for the Population of Canada, Provinces, Territories, Census Divisions and Census Subdivisions, 2006 Census – 100% Data.

Changes in Mortality Rates From 1996 to 2006

From 1996 to 2006:

- Among men aged 60 to 69, the mortality rate remained about the same between 1996 and 2000. However, there was a decrease between 2003 and 2006.
- The mortality rate for men aged 70 to 79 increased between 1996 and 1999. However, there was a steady decrease between 1999 and 2006.
- Among women aged 60 to 69, there was little change in mortality rate between 1996 and 2000. However, there was a very slight decrease between 2003 and 2006.
- There was a steady decline in mortality rate for women aged 70 to 79 between 1996 and 2006.
- Among men aged 80 and over, the highest mortality rate was seen in 1999. For women in the same age group, the highest was in 1996.

Sources: Statistics Canada (2001). Annual Demographic Statistics, 2001. Catalogue No. 91-213-XIB (Table 1.23, p.64).
Statistics Canada (2003). Annual Demographic Statistics, 2003. Catalogue No. 91-213-XIB (Table 1.23, p.64).
Statistics Canada (2004). Annual Demographic Statistics, 2004. Catalogue No. 91-213-XIB (Table 1.23, p.64).
Statistics Canada (July 17, 2007). Age (123) and Sex (3) for the Population of Canada, Provinces, Territories, Census Divisions and Subdivisions, 2006 Census – 100% Data.
Statistics Canada. CansimTable 102-0504. Deaths by Age Group and Sex, Canada, Provinces and Territories, Annual (Number).

Figure 4: Age-Standardized Mortality Rates per 1,000 Populated Aged 60 and Over by Gender, Manitoba, 1996-2006.



Sources: Statistics Canada (2001). Annual Demographic Statistics, 2001. Catalogue No. 91-213-XIB (Table 1.23, p.64).
 Statistics Canada (2003). Annual Demographic Statistics, 2003. Catalogue No. 91-213-XIB (Table 1.23, p.64).
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 Statistics Canada (July 17, 2007). Age (123) and Sex (3) for the Population of Canada, Provinces, Territories, Census Divisions and Subdivisions, 2006 Census – 100% Data.
 Statistics Canada. CansimTable 102-0504. Deaths by Age Group and Sex, Canada, Provinces and Territories, Annual (Number).

Cause of Death

Causes of death for selected age groups by sex are presented for Canada as a whole. This data is not available by province.

Cause of death refers to the underlying cause of death. This is defined as “(a) the disease or injury which initiated the train of morbid events leading directly to death, or (b) the circumstances of the accident or violence which produced the fatal injury”. This underlying cause of death is selected from a number of conditions listed on the medical certificate of cause of death.

Beginning in the year 2000 in Canada, causes of death and stillbirth are coded to the 10th revision of the World Health Organization’s **International Statistical Classification of Diseases and Related Health Problems** (ICD–10).

ICD–10 codes refer to the International Statistical Classification of Diseases and Related Health Problems (ICD) codes, 10th Revision, established by the World Health Organization in 1992. The ICD–10 manual assigns codes to specific diseases, injuries and causes of death.

In 2005:

- The leading cause of death among Canadians aged 60 and over was malignant neoplasms (28.6%), followed by diseases of the heart (24.3%) and cerebrovascular diseases (6.8%).
- Among the 60 to 74 age group, the leading cause of death was malignant neoplasms (44.8%) compared to diseases of the heart (26.1%) for those aged 75 and over.
- Among both men and women aged 60-74, the standardized mortality rate was highest for malignant neoplasms, followed by diseases of the heart. The reverse was true for women aged 75 and over.

Source: Statistics Canada. (April 2009). Mortality, Summary List of Causes, Tables 2-14 to 2-20 and Appendix II. Catalogue No. 84F0209XIE.

Table 4: Leading Causes of Death (ICD-10 Diagnostic Categories) in Selected Age Groups by Gender, Canada, 2005.

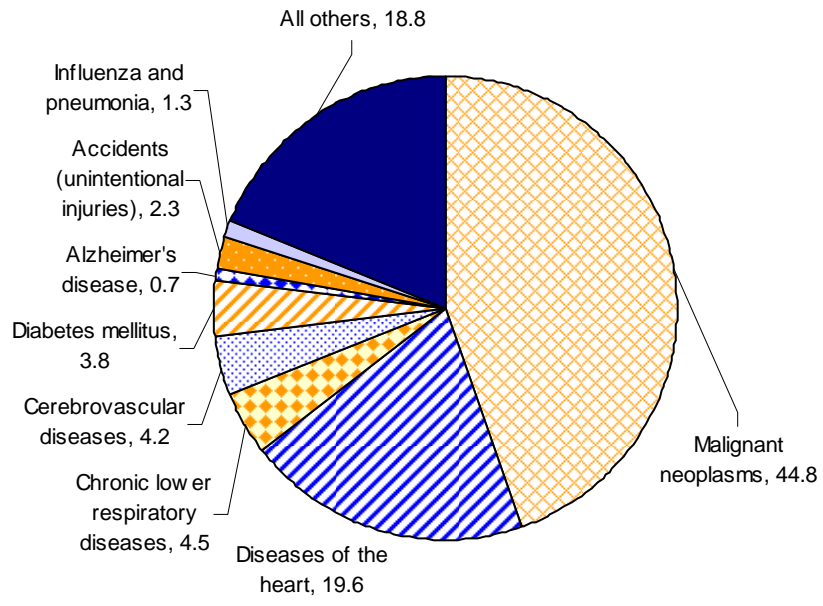
Cause of Death	% of Deaths Among Aged 60+			% of Deaths in Age Group	
	Total	Men	Women	60-74	75+
Malignant neoplasms (C00-C97)	28.6	31.8	25.6	44.8	22.4
Diseases of the heart (I00-I09, I11, I13, I20-I51)	24.3	24.8	23.8	19.6	26.1
Cerebrovascular diseases (I60-I69)	6.8	5.7	7.9	4.2	7.8
Chronic lower respiratory diseases (J40-J47)	5.3	5.8	4.8	4.5	5.6
Diabetes mellitus (E10-E14)	3.7	3.7	3.6	3.8	3.6
Alzheimer's disease (G30)	3.0	1.8	4.1	0.7	3.9
Influenza and pneumonia (J10-J18)	2.9	2.5	3.2	1.3	3.5
Accidents (unintentional injuries) (V01-X59, Y85-Y86)	2.5	2.6	2.5	2.3	2.7
All others	23.0	21.3	24.5	18.8	24.6
Number of deaths (all causes)	191,647	92,062	99,585	53,098	138,549

Table 5: Standardized Mortality Rates per 100,000 Population for Leading Causes of Death in Selected Age Groups by Gender, Canada, 2005.

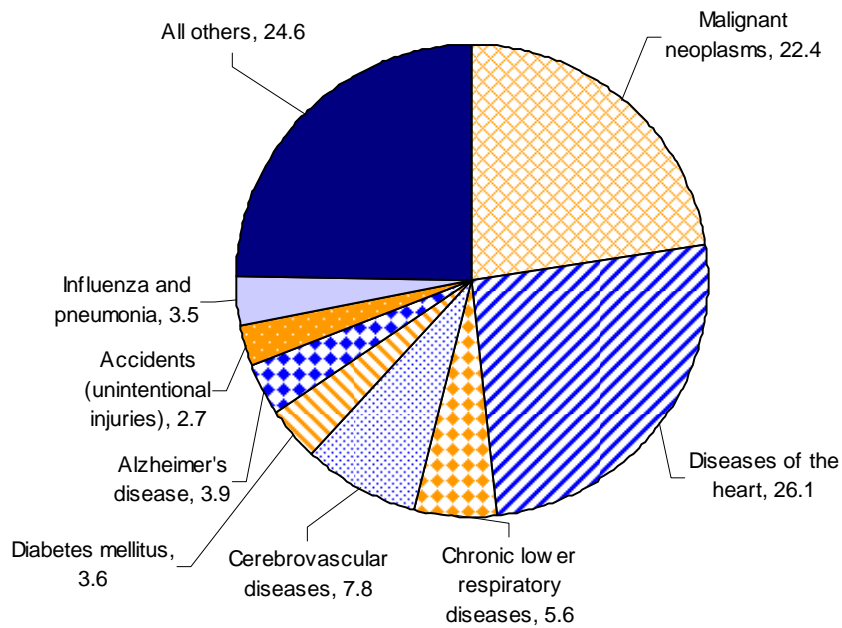
Cause of Death	Rate per 100,000 Population Aged 60-74		Rate per 100,000 Population Aged 75+	
	Men	Women	Men	Women
Malignant neoplasms (C00-C97)	747.52	527.97	2043.69	1256.09
Diseases of the heart (I00-I09, I11, I13, I20-I51)	393.87	170.07	2030.09	1685.30
Cerebrovascular diseases (I60-I69)	71.85	48.43	510.98	571.31
Chronic lower respiratory diseases (J40-J47)	71.58	55.06	524.46	302.86
Diabetes mellitus (E10-E14)	68.20	40.66	281.98	231.89
Alzheimer's disease (G30)	9.95	10.12	194.16	317.96
Influenza and pneumonia (J10-J18)	21.74	14.49	245.58	239.15
Accidents (unintentional injuries) (V01-X59, Y85-Y86)	43.42	21.74	204.00	173.46
Number of deaths (all causes)	1756.37	1097.58	7812.11	6456.53

Source: Statistics Canada. (April 2009). Mortality, Summary List of Causes, Tables 2-14 to 2-20 and Appendix II. Catalogue No. 84F0209XIE.

Figure 5: Leading Cause of Death (ICD-10 Diagnostic Categories) in Selected Age Groups, Canada, 2005



% of Deaths Among Aged 60-74



% of Deaths Among Aged 75+

Source: Statistics Canada. (April 2009). Mortality, Summary List of Causes, Tables 2-14 to 2-20 and Appendix II. Catalogue No. 84F0209XIE.

PHYSICAL AND MENTAL HEALTH STATUS

In this section, the physical and mental health status, of older Manitobans is highlighted. Topics discussed include:

- self-rated health status,
- self-reported chronic health conditions,
- assistance with activities of daily living,
- mobility,
- functional health,
- self-rated mental health status,
- loneliness,
- suicide,
- cognitive functioning, and,
- developmental and psychological disability.

These data are primarily from the following sources:

- **Canadian Community Health Survey (CCHS): Cycle 3.1** - This nation-wide survey conducted by Statistics Canada in 2005 collected information related to health status, health care utilization and health care determinants. The CCHS Cycle 3.1 included persons aged 12 or older, living in private occupied dwellings in 122 health regions covering all provinces and territories. Excluded from the study are individuals living on Indian Reserves and on Crown Lands, including institutional residents, full-time members of the Canadian Forces, and residents of certain remote regions. The CCHS covers approximately 98% of the Canadian population aged 12 and over. The data were weighted to be representative of the Canadian population.
- **General Social Survey (GSS): Cycle 21** - This nation-wide survey conducted by Statistics Canada between March and December 2007 involved persons aged 45 and over excluding full-time residents of institutions and residents of the Yukon, Northwest Territories and Nunavut. The survey focused on social support and aging. The data were weighted to be representative of the Canadian population.

Self-Rated Health

Self-rated health status refers to overall rating of one's own health. It reflects an individual's own assessment of his/her health.

- In 2005, participants of the Canadian Community Health Survey were asked:

In general, would you say your health is excellent, very good, good, fair or poor?

According to the 2005 Canadian Community Health Survey:

- Roughly one-third (35.7%) of Manitobans aged 65 and over indicated that their health was "excellent" or "very good".
- Increased age was associated with a slight decrease in the percentage who considered their health to be "excellent".
- Men aged 75 and over were slightly more likely than women to rate their health as fair or poor (43.5% vs. 34.7%).

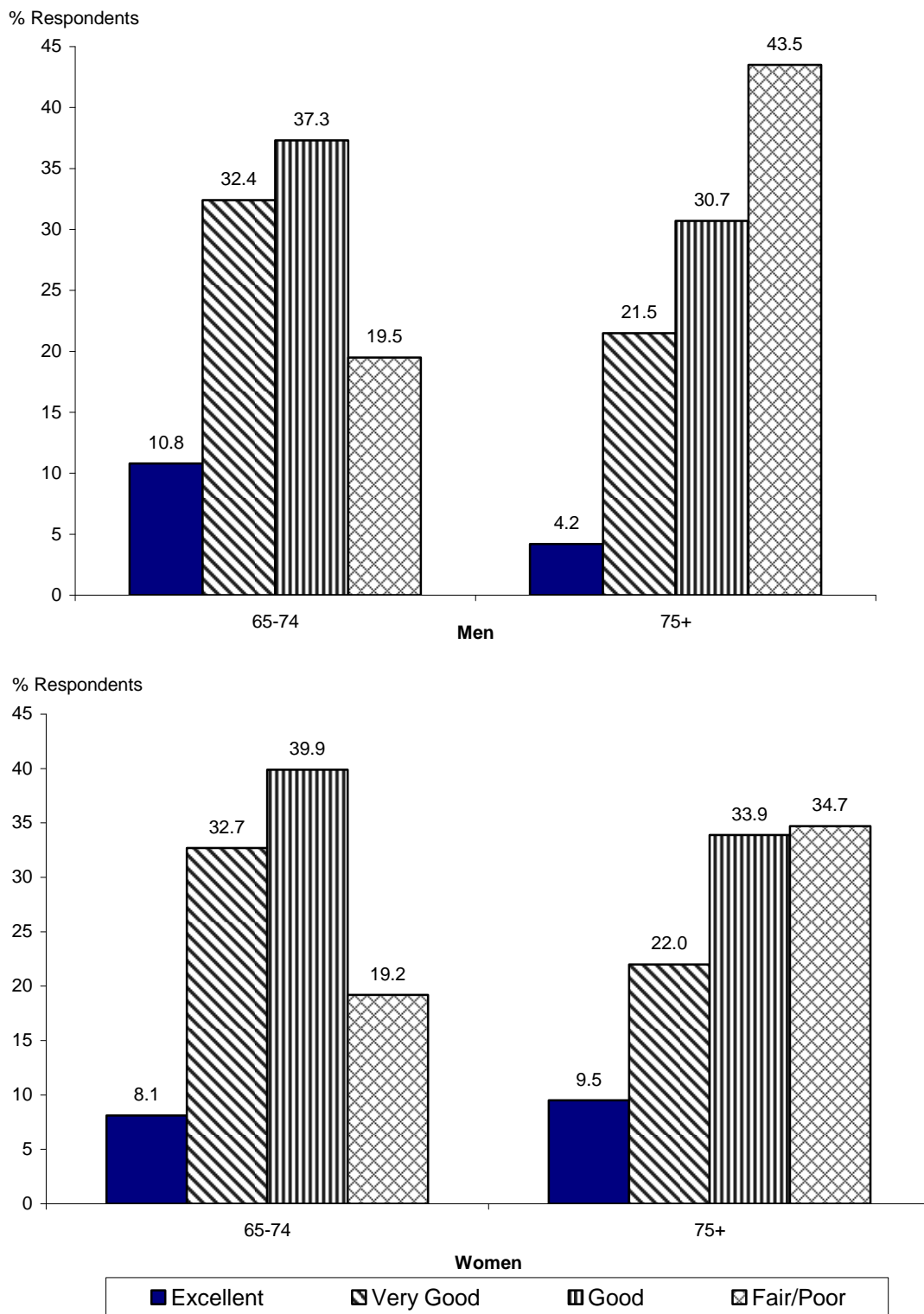
Table 6: Self-rated Health, Population Aged 65+ by Gender and in Selected Age Groups, Manitoba, 2005

Self-rated Health Status	% of Respondents Aged 65+			% of Respondents in Age Group	
	Total	Men	Women	65-74	75+
Excellent	8.4	7.9 ^E	8.8 ^E	9.4 ^E	7.4 ^E
Very Good	27.3	27.6	27.0	32.5	21.8
Good	35.7	34.4	36.7	38.7	32.6
Fair/Poor	28.6	30.0	27.4	19.3	38.1

^E Use with caution.

Source: Statistics Canada. Canadian Community Health Survey, 2005. Public Use Microdata File.

Figure 6: Self-Rated Health in Selected Aged Groups by Gender, Manitoba, 2005



Source: Statistics Canada. Canadian Community Health Survey, 2005. Public Use Microdata File.

Chronic Health Conditions

In 2005, participants of the Canadian Community Health Survey were asked:

Now I'd like to ask about certain chronic health conditions which you may have.

These conditions were self-reported, but have lasted or are expected to last 6 months or more and **have been diagnosed by a health professional.**

According to the 2005 Canadian Community Health Survey:

- Most (88.8%) Manitobans aged 65 and over reported having at least one chronic health condition. Almost half (49.0%) reported three or more of these conditions.
- The chronic health problems reported by at least 20% of older Manitobans included: arthritis/rheumatism (49.6%), high blood pressure (43.9%), back problems (23.9%), cataracts (21.1%), and allergies other than food (20.2%).
- Women were more likely to report these chronic health conditions than men, with the exception of back problems.
- A larger proportion of women in both the 65-74 age group and the 75 and over age group reported having arthritis/rheumatism.
- Cataracts were reported more often in the 75 and over age group (26.4%) than among those 65-74. This was true for both men and women.
- There was a decrease in heart disease for Manitobans aged 65 and over between 2001 and 2005 (20.3% to 15.3%). This was true for both men and women aged 65 and over.

Source: Statistics Canada. Canadian Community Health Survey, 2005. Public Use Microdata File.

Table 7: Diagnosed Chronic Health Conditions by Gender and by Age Groups, Manitoba, 2005.

Health Conditions*	% of Respondents Aged 65+			% of Respondents in Age Group	
	Total	Men	Women	65-74	75+
Arthritis/Rheumatism	49.6	40.9	56.3	43.1	56.4
High blood pressure	43.9	40.3	46.6	44.2	43.5
Back problems	23.9	24.2	23.7	24.6	23.2
Cataracts	21.1	17.2	24.1	16.0	26.4
Allergies other than food	20.2	11.6 ^E	26.9	20.4	20.1
Number of Conditions					
None	11.2	14.7 ^E	8.6 ^E	14.1 ^E	8.2 ^E
1-2	39.8	43.3	37.2	43.5	36.1
3-4	29.1	29.1	29.0	26.5	31.7
5 or more	19.9	12.9 ^E	25.2	15.9	24.0

* Only those reported by at least 20% of all respondents are listed. Other chronic conditions included: heart disease (15.3%), diabetes (12.1%), urinary incontinence (11.9%), thyroid (10.1%), asthma (7.8%), cancer (4.7%), glaucoma (7.9%), stroke/effects of stroke (4.7%), food allergies (7.7%), chronic bronchitis (3.4%), bowel disorders (4.5%), stomach/intestinal ulcers (4.2%), migraine headaches (4.8%), fibromyalgia (1.7%), and epilepsy (0.5%).

^E Use with caution.

Source: Statistics Canada. Canadian Community Health Survey, 2005. Public Use Microdata File.

Table 8: Diagnosed Chronic Health Conditions in Selected Age Groups by Gender, Manitoba, 2005.

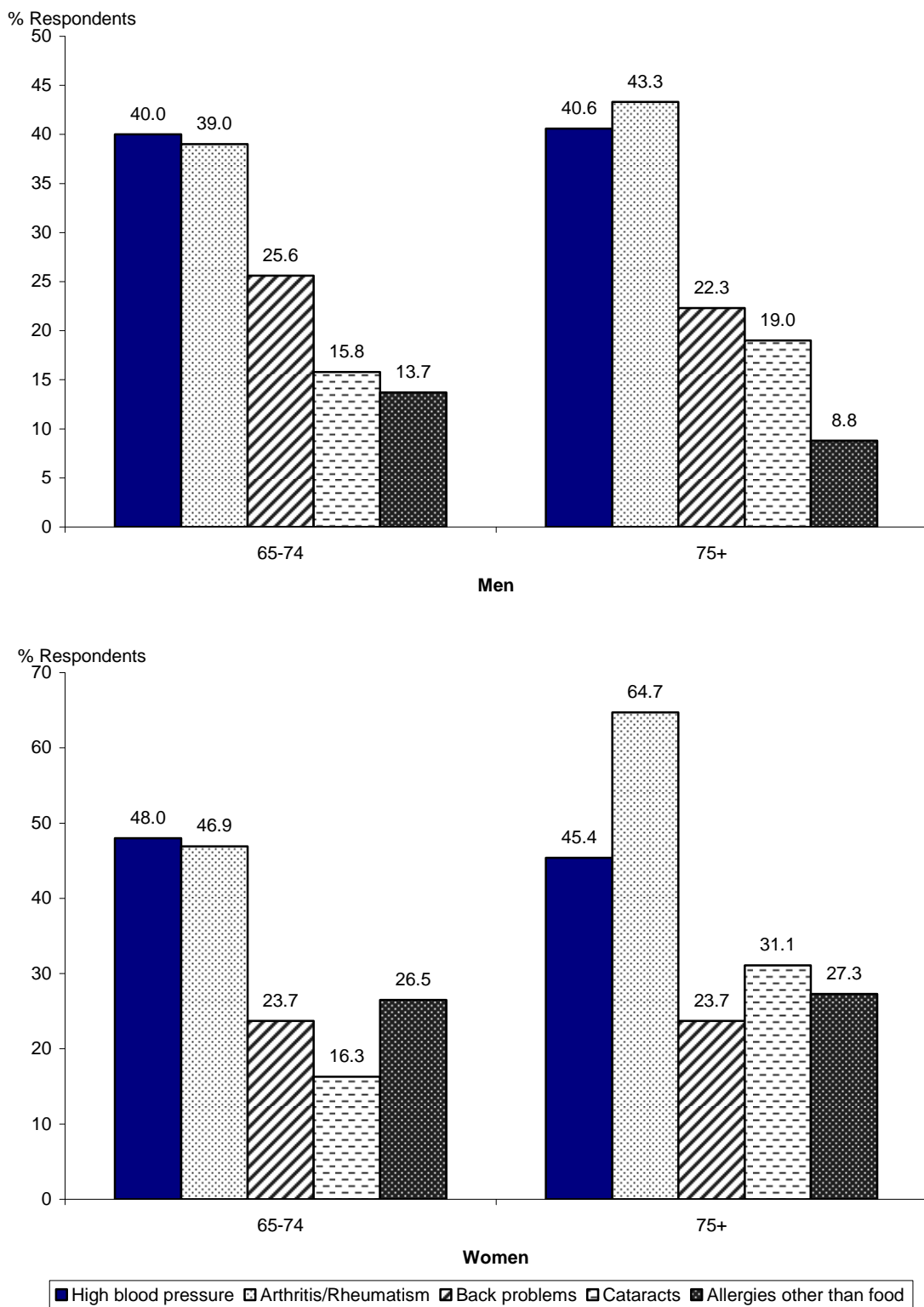
Health Conditions*	% of Respondents Aged 65-74		% of Respondents Aged 75+	
	Men	Women	Men	Women
Arthritis/Rheumatism	39.0	46.9	43.3	64.7
High blood pressure	40.0	48.0	40.6	45.4
Back problems	25.6	23.7	22.3	23.7
Cataracts	15.8 ^E	16.3 ^E	19.0	31.1
Allergies other than food	13.7 ^E	26.5	8.8 ^E	27.3
Number of Conditions				
None	17.9 ^E	10.7 ^E	10.6 ^E	6.7 ^E
1-2	44.6	42.5	41.8	32.4
3-4	26.7	26.2	32.0	31.5
5 or more	10.8 ^E	20.6 ^E	15.5 ^E	29.3

* Only those reported by at least 20% of all respondents are listed. Other chronic conditions included: heart disease (15.3%), diabetes (12.1%), urinary incontinence (11.9%), thyroid (10.1%), asthma (7.8%), cancer (4.7%), glaucoma (7.9%), stroke/effects of stroke (4.7%), food allergies (7.7%), chronic bronchitis (3.4%), bowel disorders (4.5%), stomach/intestinal ulcers (4.2%), migraine headaches (4.8%), fibromyalgia (1.7%), and epilepsy (0.5%).

^E Use with caution.

Source: Statistics Canada. Canadian Community Health Survey, 2005. Public Use Microdata File.

Figure 7: Diagnosed Chronic Health Conditions in Selected Age Groups by Gender, Manitoba, 2005.



Source: Statistics Canada. Canadian Community Health Survey, 2005. Public Use Microdata File.

Ratings of Vision and Hearing

In the 2007 General Social Survey, individuals were asked a series of questions related to vision and hearing problems. Questions related to vision included:

Are you **usually** able to see well enough to read ordinary newsprint **without** glasses or contact lenses?

Are you **usually** able to see well enough to read ordinary newsprint **with** glasses or contact lenses?

Are you able to see at all?

Are you able to see well enough to recognize a friend on the other side of the street **without** glasses or contact lenses?

Are you **usually** able to see well enough to recognize a friend on the other side of the street **with** glasses or contact lenses?

Questions related to hearing problems included:

Are you **usually** able to hear what is said in a group conversation with at least three other people **without** a hearing aid?

Are you **usually** able to hear what is said in a group conversation with at least three other people **with** a hearing aid?

Are you able to hear at all?

Are you **usually** able to hear what is said in a conversation with one other person in a quiet room **without** a hearing aid?

Are you **usually** able to hear what is said in a conversation with one other person in a quiet room **with** a hearing aid?

- Responses to these individual questions were combined to create a measure of vision and hearing problems.
- Over two-thirds (71.8%) reported vision problems that had been corrected with glasses or contact lenses. A large majority (82.1%) of Manitobans aged 65+ reported no hearing problems.
- Men were slightly more likely than women to report no vision problems. Men and women were similar in their hearing ratings.
- Increasing age was associated with the likelihood of both vision and hearing problems.

Source: Statistics Canada. 2007 General Social Survey, Cycle 21 Family, Social Support and Retirement, Public Use Microdata file.

Table 9: Ratings of Vision and Hearing, by Gender and Age Groups, Manitoba, 2007.

Ratings	% of Respondents Aged 65+			% of Respondents in Age Group	
	Total	Men	Women	65-74	75+
Vision					
No vision problems	20.7	22.8	19.1	21.2	20.3
Corrected by lenses	71.8	69.8	73.5	75.4	68.2
Vision problems - not corrected	3.6 ^E	3.3 ^E	3.6 ^E	F	6.3 ^E
Unknown	3.9 ^E	F	F	F	5.2 ^E
Hearing					
No hearing problems	82.1	80.3	83.5	93.3	70.5
Problem hearing - corrected	8.9 ^E	8.4 ^E	9.3 ^E	F	14.4 ^E
Problem hearing - not corrected	3.5 ^E	F	F	F	6.1 ^E
Unknown	5.5 ^E	7.5 ^E	F	F	9.0 ^E

^E Use with caution.

F Too unreliable to publish.

Source: Statistics Canada. 2007 General Social Survey, Cycle 21 Family, Social Support and Retirement, Public Use Microdata file.

Activities of Daily Living

In the 2005 Canadian Community Health Survey, respondents were asked:

Because of any condition or health problem, do you need the help of another person with preparing meals, getting to appointments and running errands such as shopping for groceries, doing normal everyday housework, doing heavy household chores such as spring cleaning or yard work, with personal care such as washing, dressing or eating, and moving about inside the house.

In 2005:

- Slightly over one-third (36.8%) of Manitobans age 65 and over required assistance with at least one task mentioned above.
- Women were more likely than men to report requiring assistance.
- Increasing age was associated with a greater likelihood of requiring assistance with at least one task. This was true for men and women.
- In terms of specific tasks, 34.1% required assistance with doing heavy household chores. Only 3.2% needed assistance with moving about the house.

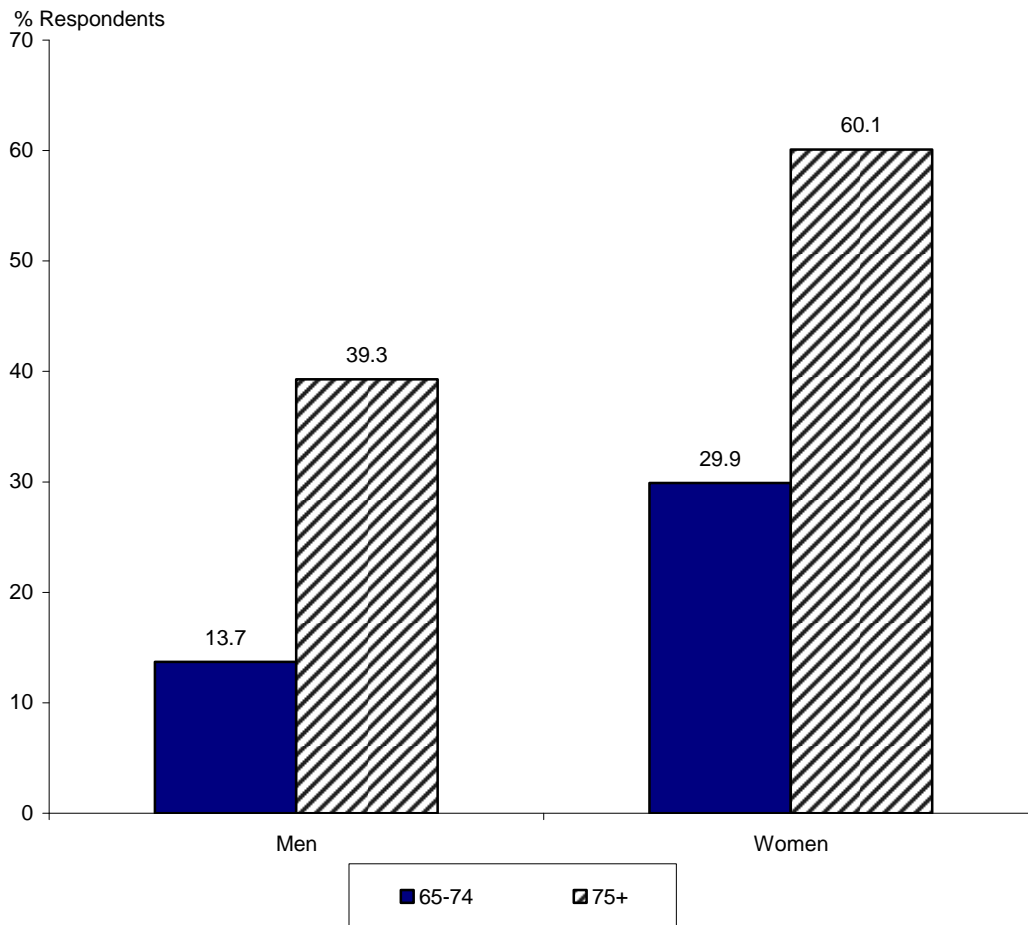
Table 10: Assistance Required With at Least One Task¹ by Gender and by Age Groups, Manitoba, 2005

Requires Assistance With:	% of Respondents Aged 65+			% of Respondents in Age Groups	
	Total	Men	Women	65-74	75+
At least one task	36.8	25.0	45.8	22.0	51.8

¹ Tasks include preparing meals, getting to appointments and running errands such as grocery shopping, everyday housework, heavy household chores, personal care, and moving about inside the house.

Source: Statistics Canada. Canadian Community Health Survey, 2005. Public Use Microdata File.

Figure 8: Assistance Required with at Least One Task* by Age Groups and Gender, Manitoba, 2005.



* Tasks include preparing meals, getting to appointments and running errands such as shopping for groceries, everyday housework, heavy household chores, personal care, and moving about inside the house.

Source: Statistics Canada. Canadian Community Health Survey, 2005. Public Use Microdata File.

Table 11: Assistance with Specific Tasks, by Gender and Age Groups, Manitoba, 2005.

Requires Assistance With:	% of Respondents Aged 65+			% of Respondents in Age Groups	
	Total	Men	Women	65-74	75+
Preparing meals	8.1	6.3 ^E	9.5 ^E	5.5 ^E	10.8 ^E
Getting to appointments and running errands^a	18.2	10.5 ^E	24.1	9.6 ^E	27.2
Housework	16.2	10.5 ^E	20.5	8.8 ^E	23.9
Heavy household chores^b	34.1	22.1	43.5	20.7	48.4
Personal care^c	7.3 ^E	5.7 ^E	8.5 ^E	F	11.5 ^E
Moving about inside the house	3.2 ^E	F	3.4 ^E	F	4.6 ^E

^a Includes shopping for groceries.

^b Includes washing walls or yard work.

^c Includes washing, dressing or eating.

^E Use with caution.

F Too unreliable to publish.

Source: Statistics Canada. Canadian Community Health Survey, 2005. Public Use Microdata File.

Mobility

Mobility refers to the ability to get around from place to place. In the 2007 General Social Survey, respondents were asked a series of questions related to mobility. These included:

Are you **usually** able to walk around the neighbourhood **without** difficulty and **without** mechanical support such as braces, a cane or crutches?

Are you able to walk at all?

Do you require mechanical support such as braces, a cane or crutches to be able to walk around in the neighbourhood?

Do you require the help of another person to be able to walk?

Do you require a wheelchair to get around?

Responses to these questions were combined to create a single indication of mobility problems.

According to the 2007 General Social Survey:

- Over four-fifths (83.2%) of Manitobans aged 65 and over reported no mobility problems or mobility problems but no aid required.
- Increasing age was associated with requiring some help from mechanical sources or in-person help. While only 4.9% of those aged 65-74 required support of a cane, crutches, braces or wheelchair, 17.7% of those aged 75 and over required such assistance with mobility.
- There was little difference between men and women aged 65 to 74 in terms of their mobility. Women aged 75 and over were more likely to have mobility problems that required the use of a wheelchair or help of another person than men in this age group (32.0% vs. 17.9%).

Source: Statistics Canada. 2007 General Social Survey, Cycle 21 Family, Social Support and Retirement, Public Use Microdata file.

Table 12: Mobility by Gender, by Age Groups and by Age Groups and Gender, Manitoba, 2007.

Mobility	% of Respondents Aged 65+			% of Respondents in Age Group	
	Total	Men	Women	65-74	75+
No mobility problems/ mobility problem but no aid required	83.2	87.8	79.7	92.3	73.5
Mobility problem - mechanical support or wheelchair required	11.1	9.7 ^E	12.1 ^E	4.9 ^E	17.7
Mobility problem - cannot walk or help from other people required	5.7 ^E	F	8.2 ^E	F	8.8 ^E

Mobility	% of Respondents Aged 65-74		% of Respondents Aged 75+	
	Men	Women	Men	Women
No mobility problems/ mobility problem but no aid required	92.2	92.4	82.2	68.0
Mobility problem - mechanical support or wheelchair required or help from other people required	7.8 ^E	7.6 ^E	17.9	32.0

^E Use with caution.

F Too unreliable to publish.

Source: Statistics Canada. 2007 General Social Survey, Cycle 21 Family, Social Support and Retirement, Public Use Microdata file.

Functional Health

The 2007 General Social Survey, Cycle 21 reported measures of overall functional health, based on 8 dimensions of functioning (vision, hearing, speech, mobility, dexterity, feelings, cognition and pain). This index, otherwise known as the Health Utility Index (HUI), was developed at McMaster University's Centre for Health Economics and Policy Analysis and is based on the Comprehensive Health Status Measurement System (CHSMS). A score of 0.8 to 1.0 is considered to be very good or perfect health; scores below 0.8 are considered to indicate moderate or severe functional health problems.

In 2007:

- Just over two-thirds (68.3%) of Manitobans aged 65 and over had very good or perfect functional health as measured by the Health Utility Index.
- Similarly, the Participation and Activity Limitation Survey (PALS), a post-censal survey conducted in 2006, also reported that 52.4% of Manitobans aged 65 and over had no limitations with everyday activities because of a health-related condition or problem.
- In all age categories, women were more likely than men to report moderate or severe functional health problems.
- Increasing age was associated with a greater likelihood of moderate or severe functional health problems. This was true for both men and women.

Sources: Statistics Canada. 2007 General Social Survey, Cycle 21 Family, Social Support and Retirement, Public Use Microdata file.

Statistics Canada (2007). The 2006 Participation and Activity Limitation Survey: Disability in Canada. Catalogue No. 89-628-XWE2007003.

Table 13: Functional Health Status by Gender and by Age Groups, and by Age Groups and Gender, Manitoba, 2007

Functional Health Status	% Respondents Aged 65+			% Respondents in Age Group	
	Total	Men	Women	65-74	75+
Moderate or severe functional health problems¹	31.7	28.0	34.6	22.8	42.2
Very good or perfect functional health²	68.3	72.0	65.4	77.2	57.8

¹Health Utility Index (HUI) score of below 0.8.

²Health Utility Index (HUI) score of 0.8 to 1.0.

Functional Health Status	% Respondents Aged 65-74		% Respondents Aged 75+	
	Men	Women	Men	Women
Moderate or severe functional health problems¹	19.5 ^E	25.7 ^E	39.6	43.8
Very good or perfect functional health²	80.5	74.3	60.4	56.2

¹Health Utility Index (HUI) score of below 0.8.

²Health Utility Index (HUI) score of 0.8 to 1.0.

^E Use with caution.

Sources: Statistics Canada. 2007 General Social Survey, Cycle 21 Family, Social Support and Retirement, Public Use Microdata file.

Self-Rated Mental Health

Self-rated mental health status refers to overall rating of one's own mental health. It reflects an individual's own assessment of his/her health.

In 2005, participants in the Canadian Community Health Survey were asked:

In general, would you say your mental health is excellent, very good, good, fair or poor?

According to the 2005 Canadian Community Health Survey:

- Approximately one-fourth (26.9%) of Manitobans aged 65 and over indicated that their mental health was “excellent” while just over one-third (37.4%) reported “very good” mental health status.
- Men and women aged 65 and over were generally similar in their self ratings of mental health.
- Manitobans aged 65 and over were less likely to rate their mental health as “excellent” compared to Manitobans aged 25 to 64 (26.9% vs. 34.9%).

Table 14: Self-rated Mental Health by Gender for Selected Age Groups, Manitoba, 2005.

Self-rated Mental Health Status	% of Respondents Aged 65+			% of Respondents Aged 25-64		
	Total	Men	Women	Total	Men	Women
Excellent	26.9	27.3	26.6	34.9	37.5	32.4
Very good	37.4	32.3	41.1	37.1	36.9	37.3
Good	30.7	35.8	27.1	23.0	21.2	24.8
Fair/Poor	4.9 ^E	4.6 ^E	5.2 ^E	4.9	4.3	5.5

^E Use with caution.

Source: Statistics Canada. Canadian Community Health Survey, 2005. Public Use Microdata File.

Loneliness

The General Social Survey included questions that are part of the 6-item loneliness scale, a reliable and valid measure of overall emotional and social loneliness¹. The questions are as follows:

- I experience a general sense of emptiness.
- There are plenty of people I can rely on when I have problems.
- There are many people I can trust completely.
- There are enough people I feel close to.
- I miss having people around.
- I often feel rejected.

These items are combined into a scale, where a score of zero (0) indicates no loneliness and six (6) indicates severe loneliness. These scores are further grouped into not lonely (scores of 0 or 1) and lonely (scores of 6 or more).

According to the 2007 General Social Survey:

- Slightly over one-third (35.9%) of Manitobans aged 65 and over reported feelings of loneliness. This was true for both men and women.
- Manitobans aged 75 and over were more likely to experience loneliness than those in the 65-74 age group (43.3% vs. 29.5%).
- Women were more likely than men to report feelings of loneliness especially in the 75 and over age group (46.3% vs. 27.6%).

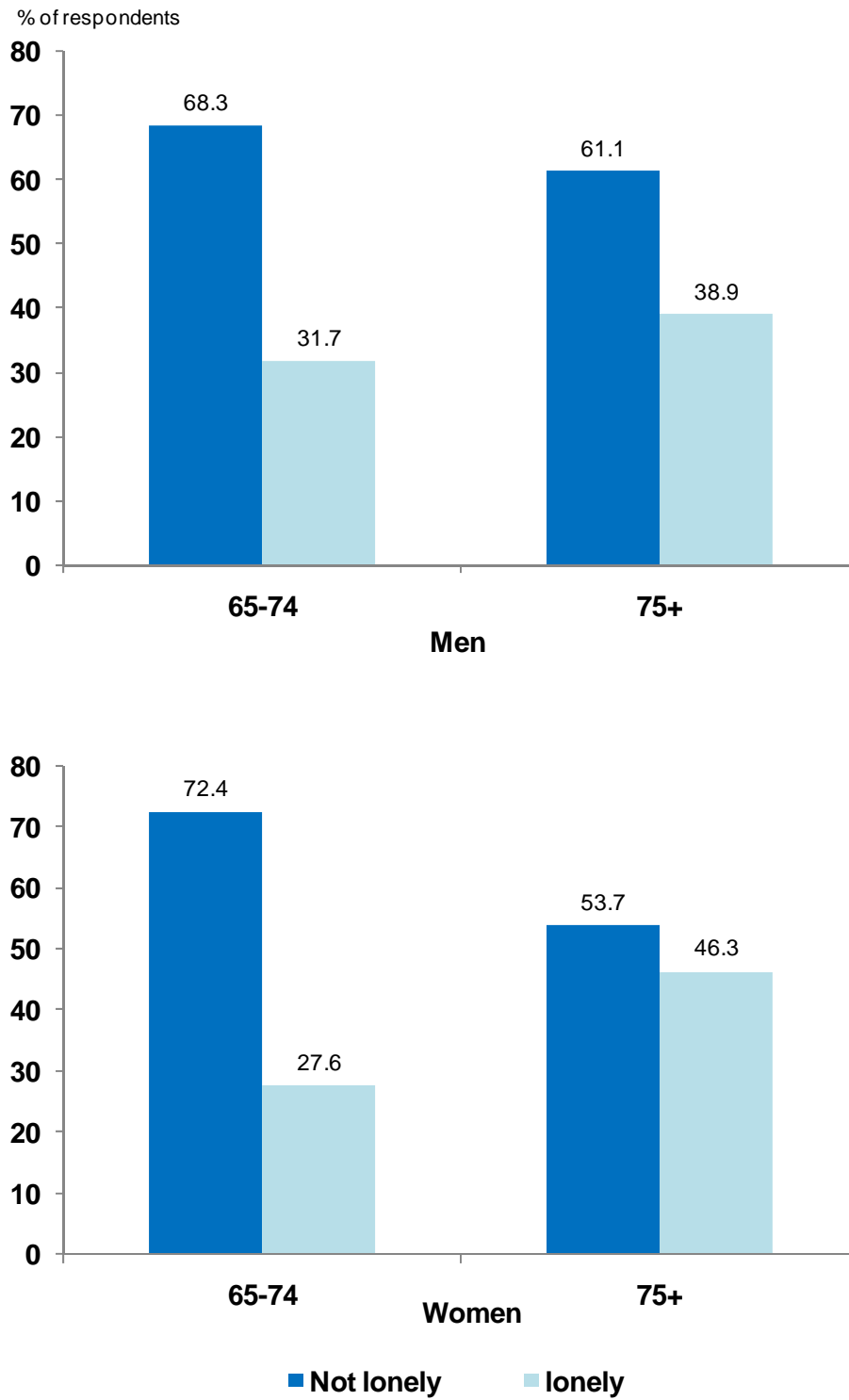
Table 15: Feelings of Loneliness by Gender and by Age Groups, Manitoba, 2007

Loneliness	% of Respondents Aged 65+			% of Respondents in Age Group	
	Total	Men	Women	65-74	75+
Not lonely	64.1	65.2	63.3	70.5	56.7
Lonely	35.9	34.8	36.7	29.5	43.3

¹ de Jong Gierveld, J., & van Tilburg, T.G. (2006). A 6-item scale for overall emotional, and social loneliness: Confirmatory tests on survey data. *Research on Aging*, 28, 582-598.

Source: Statistics Canada. 2007 General Social Survey, Cycle 21 Family, Social Support and Retirement, Public Use Microdata file.

Figure 9: Loneliness by Gender and Age Groups, Manitoba, 2007.



Source: Statistics Canada. 2007 General Social Survey, Cycle 21 Family, Social Support and Retirement, Public Use Microdata file.

Suicide

In 2005:

- There were 3,743 suicide deaths reported among Canadians aged 10 and older. Of these, 166 were in Manitoba.
- Manitoba's age-standardized suicide rate was 14.4 suicides per 100,000 population compared to Canada's rate of 11.6 suicides per 100,000 population.
- Age-specific rates are available for Canada only. These rates refer to the number of suicide deaths per 100,000 population in a specific age group.
- The highest suicide rate was among Canadians aged 45 to 59, 17.0 suicides per 100,000 population.
- Among Canadians aged 10 and older, individuals in the age 75 and over age group has the lowest suicide rate, 11.2 suicides per 100,000 population.
- Men consistently had a higher rate of suicide than women across all age groups.

Table 16: Age-Specific Suicide Rates by Sex, Canada, 2005

Age Group	Suicide Rate per 100,000 Population		
	Total	Men	Women
10-14	2.0	1.7	2.4
15-19	9.9	13.4	6.3
20-29	11.8	18.8	4.5
30-44	15.8	24.1	7.3
45-59	17.0	25.9	8.2
60-74	10.7	17.6	4.4
75+	11.2	21.4	4.8
All ages	11.6	17.9	5.4

Source: Statistics Canada. (April 2009). Mortality, Summary List of Causes, Tables 2-4 to 2-20 and Appendix II. Catalogue No. 84F0209XIE.

Cognitive Functioning

In 2007, participants of the General Social Survey were asked:

How would you describe your usual ability to remember things?

How would you describe your usual ability to think and solve day-to-day problems?

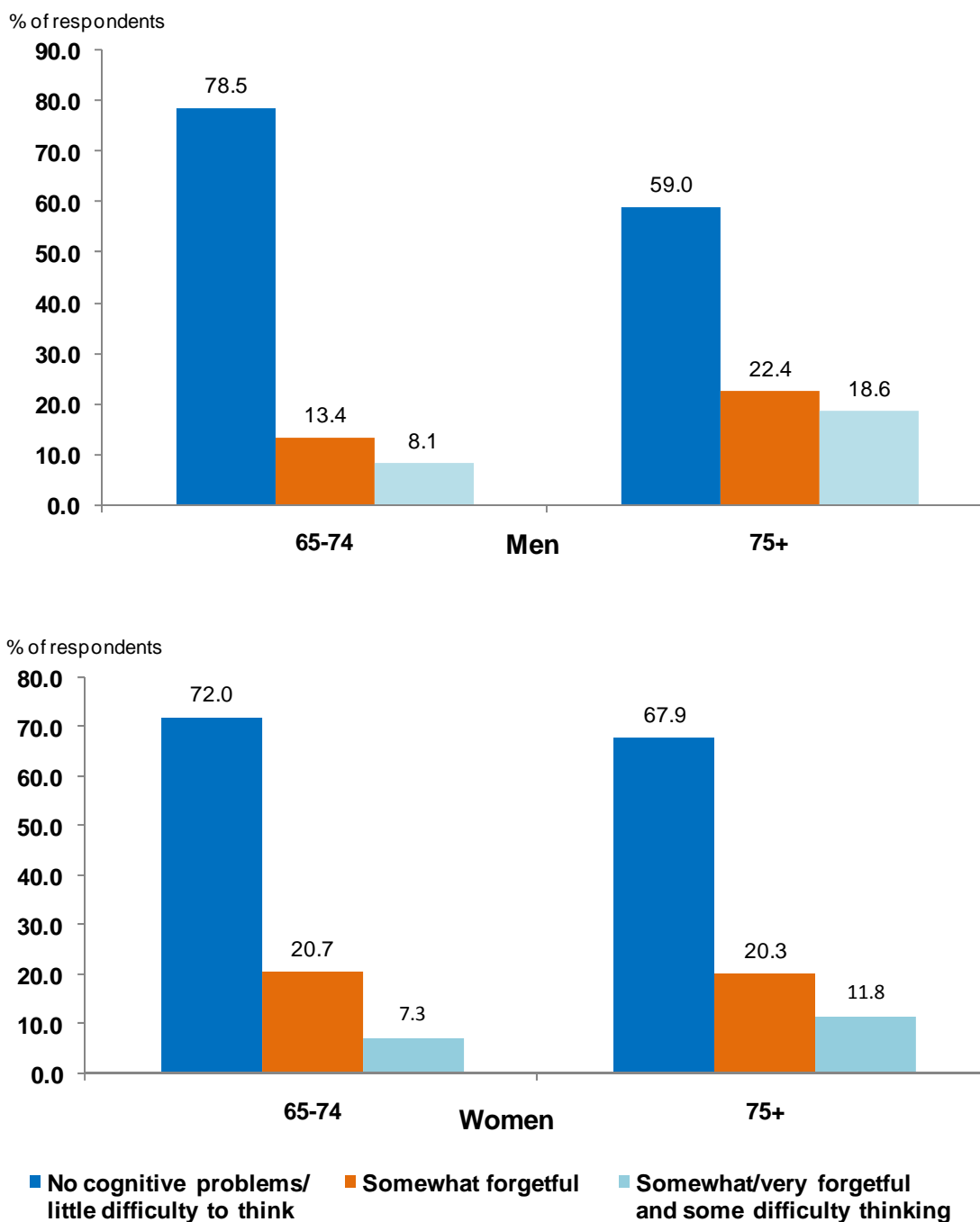
A measure of cognitive functioning was created from these two questions.

According to the 2007 General Social Survey:

- More than two-thirds (70%) of Manitobans aged 65 and over reported no cognitive problems or little difficulty thinking and/or solving day-to-day problems.
- Men and women were generally similar in their reporting of cognitive functioning although men aged 65 and over were slightly more likely to report difficulty remembering and/or solving day-to-day problems (12.6% vs. 9.6%).
- Manitobans aged 75 and over were more likely to report difficulty with remembering and/or solving day-to-day problems (35.5%) compared to individuals aged 65 to 74 (25.0%). This was true for both men and women.

Source: Statistics Canada. 2007 General Social Survey, Cycle 21 Family, Social Support and Retirement, Public Use Microdata file.

Figure 10: Cognitive Functioning by Gender and Age Groups, Manitoba, 2007.



Source: Statistics Canada. 2007 General Social Survey, Cycle 21 Family, Social Support and Retirement, Public Use Microdata file.

Developmental and Psychological Disability

The Participation and Activity Limitation Survey (PALS) is a national survey that gathers information about adults and children whose daily activities are limited by physical, mental, or other health-related condition or problem. The most recent PALS survey was complete in 2006.

Among individuals reporting at least one disability in the PALS 2006 survey:

- Less than 1% of Canadians aged 65 to 74 with at least one disability had a developmental disability¹. This was also true among Canadians aged 75 and over.
- The number of Manitobans in these age groups with a developmental disability was too small for Statistics Canada to consider reliable to be published.
- Less than 10% of Canadians aged 65 to 74 (6.2%) reported a psychological disability².
- Manitobans aged 65 to 74 (7.9%) were more likely to have a psychological disability than Manitobans aged 75 and over 4.2%.

Table 17: Developmental or Psychological Disabilities Among Canadians and Manitobans Aged 65-74 and Aged 75+, 2006.

Type of Disability	% of Individuals Reporting at Least One Disability			
	Canada		Manitoba	
	65-74	75+	65-74	75+
Developmental ¹	0.5 ^E	0.3 ^E	F	F
Psychological ²	6.2	3.7	7.9 ^E	4.2 ^E

¹ Developmental disability includes cognitive limitations due to the presence of a developmental disability or disorder, such as Down's syndrome, autism or an intellectual disability caused by a lack of oxygen at birth.

² Psychological disability refers to limitations in the amount or kind of activities that one can do due to the presence of an emotional, psychological or psychiatric condition, such as phobias, depression, schizophrenia, drinking or drug problems.

E – Use with caution.

F – Too unreliable to be published.

Source: Statistics Canada (2006). Participation and Activity Limitation Survey 2006: Tables. Tables 3.1-1, 3.8-1, 6.9.1 and 6.10-1, Catalogue no. 89-628.