

Table of Contents

TABLE OF CONTENTS	I
LIST OF TABLES	V
LIST OF APPENDICES	XI
LIST OF ABBREVIATIONS	XII
1 INTRODUCTION	1
1.1 CANADIAN COMMUNITY HEALTH SURVEY, CYCLE 2.2 – NUTRITION: AN OVERVIEW	2
1.1.1 <i>Target population and sampling:</i>	2
1.1.2 <i>Data Collection:</i>	2
1.1.3 <i>Response Rate:</i>	3
1.1.4 <i>24-Hour Dietary Intake Recall:</i>	4
1.1.5 <i>The Household Food Security Survey Module (HFSSM):</i>	5
2 STATISTICAL METHODS AND DATA PRESENTATION	6
2.1 GENERAL METHODS.....	6
2.2 SAMPLING VARIABILITY GUIDELINES	6
3 ENERGY AND NUTRIENT INTAKES OF ONTARIO CHILDREN AND ADULTS	7
3.1 INTRODUCTION.....	7
3.2 ESTIMATION OF USUAL INTAKES AND PREVALENCE OF INADEQUACY	7
3.2.1 <i>Methods</i>	7
3.2.1.1 Estimation of the Distribution of Usual Intakes:	7
3.2.1.2 Assessing the Adequacy of Energy Intakes:	8
3.2.1.3 Estimating the Prevalence of Inadequate Nutrient Intakes:.....	9
3.2.1.4 Estimating the Prevalence of Inadequate Iron Intakes:	10
3.2.1.5 Assessing Total Nutrient Exposures and the Prevalence of Excessive Intakes:	10
3.2.2 <i>Findings and Discussion</i>	10
3.2.2.1 Energy and Macronutrients:.....	12
3.2.2.2 Vitamins and Minerals:	14
3.2.2.2.1 Folate:	14
3.2.2.2.2 Niacin:	15
3.2.2.2.3 Riboflavin:.....	15
3.2.2.2.4 Thiamin:	15
3.2.2.2.5 Vitamin B6:	16

3.2.2.2.6	Vitamin B12:	16
3.2.2.2.7	Vitamin C:	17
3.2.2.2.8	Vitamin A:	17
3.2.2.2.9	Vitamin D:	18
3.2.2.2.10	Calcium:	19
3.2.2.2.11	Phosphorus:	19
3.2.2.2.12	Magnesium:	20
3.2.2.2.13	Iron:	20
3.2.2.2.14	Zinc:.....	21
3.2.2.2.15	Potassium:.....	21
3.2.2.2.16	Sodium:.....	22
3.2.2.3	Mean Nutrient Intakes by Health Region, by DRI Group:	22
3.2.2.4	Discussion of Prevalence Estimates for Nutrient Inadequacies:.....	23
3.3	MULTIVARIATE ANALYSES:	25
3.3.1	<i>Methods</i>	25
3.3.1.1	Rationale:	25
3.3.1.2	Preliminary Analyses:	25
3.3.1.3	Final Models:	26
3.3.1.3.1	Model 1:.....	26
3.3.1.3.2	Model 2:.....	27
3.3.2	<i>Findings and Discussion:</i>	27
3.3.2.1	Men (19 years or older):.....	27
3.3.2.2	Women (19 years and older):.....	28
3.3.2.3	Boys (9 to 18 years):	28
3.3.2.4	Girls (9 to 18 years):	28
3.3.2.5	Discussion of Findings from Multivariate Analyses:	29
3.4	SUMMARY AND CONCLUSIONS.....	30
4	WEIGHT STATUS OF ONTARIO CHILDREN AND ADULTS, IN RELATION TO KEY SOCIO-DEMOGRAPHIC AND LIFESTYLE CHARACTERISTICS	76
4.1	INTRODUCTION.....	76
4.2	METHODS.....	76
4.3	FINDINGS	78
4.3.1	<i>Descriptive Statistics:</i>	78
4.3.1.1	Measured Weight Status of the Adult Population Overall:	78
4.3.1.2	Weight Status of Adult Men:	80

4.3.1.2.1	Age:	80
4.3.1.2.2	Health Region:	80
4.3.1.2.3	Urbanization and Metropolitan Zones of Influence:	80
4.3.1.2.4	Education Level:	80
4.3.1.2.5	Household Income Adequacy:	81
4.3.1.2.6	Born in Canada:	81
4.3.1.3	Weight Status of Adult Women:	84
4.3.1.3.1	Age:	84
4.3.1.3.2	Health Region:	84
4.3.1.3.3	Urbanization and Metropolitan Zones of Influence:	84
4.3.1.3.4	Education Level:	84
4.3.1.3.5	Household Income Adequacy:	84
4.3.1.3.6	Born in Canada:	85
4.3.1.4	Weight Status in Relation to Leisure Time Physical Activity and Smoking among Men:	88
4.3.1.5	Weight Status in Relation to Leisure Time Physical Activity and Smoking among Women:	89
4.3.1.6	Weight Status of Children and Adolescents:	90
4.3.1.7	Physical Activity, Sedentary Activities and Weight Status among Children aged 6 to 11:	93
4.3.1.8	Leisure Time Physical Activity, Sedentary Activities and Weight Status among Adolescents aged 12 to 17:	95
4.3.2	<i>Multivariate Analyses:</i>	97
4.3.2.1	Preliminary Linear Regressions:	97
4.3.2.2	Logistic Regressions:	97
4.3.2.3	Statistical Significance of Results:	98
4.3.2.4	Comparison of Regression Findings to Descriptive Statistics:	99
4.3.2.5	Results for Men:	99
4.3.2.6	Results for Women:	100
4.3.2.7	Results for Children and Youth:	101
4.3.2.8	Results for 6 to 11 year olds:	101
4.3.2.9	Results for 12 to 17 year olds:	101
4.3.2.10	Comparison of Descriptive Statistics versus Regression Findings:	102
4.4	SUMMARY AND CONCLUSIONS	104
5	FOOD SECURITY STATUS OF ONTARIO HOUSEHOLDS, IN RELATION TO KEY SOCIO-DEMOGRAPHIC CHARACTERISTICS	118
5.1	INTRODUCTION	118
5.2	METHODS	118

5.2.1	<i>Determining Food Security Status:</i>	119
5.2.2	<i>Statistical Analysis:</i>	120
5.2.3	<i>Treatment of missing values:</i>	121
5.2.4	<i>Body Weight Status:</i>	121
5.3	FINDINGS	122
5.3.1	<i>Variation in Income-Related Household Food Security at the level of Health Region:</i>	122
5.3.2	<i>Variation in Income-Related Household Food Security by Selected Socio-demographic Characteristics:</i>	124
5.3.3	<i>Variation in Body Weight Status by Income-Related Household Food Security:</i>	131
5.4	SUMMARY AND CONCLUSIONS.....	133
6	CONCLUSIONS AND IMPLICATIONS.....	135
6.1	KEY FINDINGS.....	135
6.1.1	<i>Dietary Intakes</i>	135
6.1.2	<i>Overweight and Obesity</i>	137
6.1.3	<i>Household Food Insecurity</i>	138
6.2	DISCUSSION	139
6.2.1	<i>Policy Implications</i>	139
6.2.2	<i>Research and Monitoring</i>	142
6.3	CONCLUSIONS	144
6.4	IMPLICATIONS OF THE FINDINGS	144
	APPENDICES	177
	REFERENCES	180