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# Canadian Survey and Surveillance: Results available to the DRI Panel on Vitamin D and Calcium

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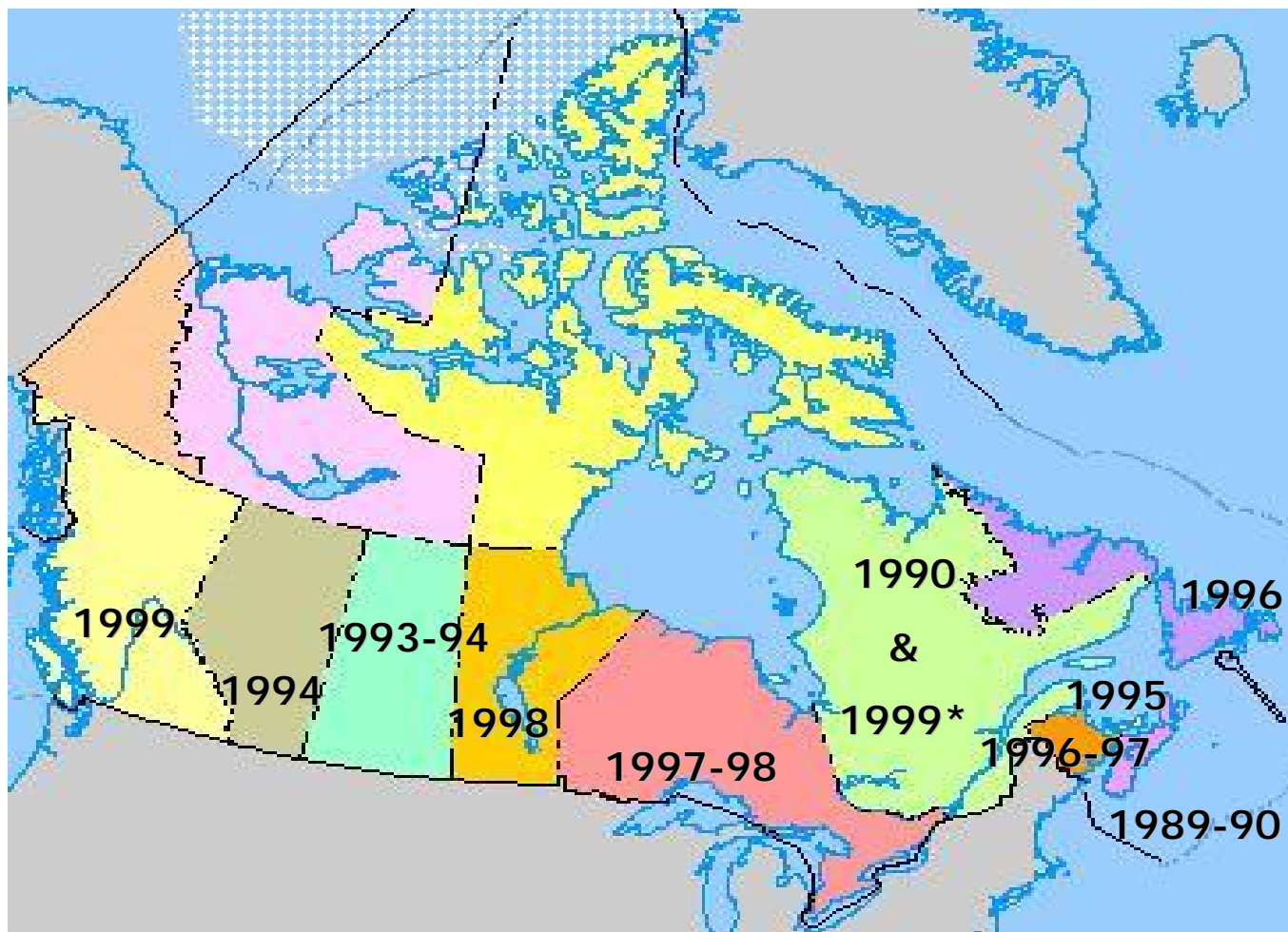
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Canada

# Food Intake Data (1) Provincial Surveys



# Provincial Surveys: Sample Target Population: 2000 individuals/Province

## Inclusion Criteria

- 18-74 years old adults (BC: seniors up to 84 years old)
- Non-institutionalized people

## Exclusion Criteria

- Pregnant and lactating women
- Army personnel living on military bases
- Native people living on reserves
- People living in institutions

- 24-hour Dietary Recall (repeat recall for approx 1/3 of participants)
- Supplement use
  - Ø Vitamins Natural
  - Ø Minerals Homeopathic products
- Food Frequency Questionnaires
- Knowledge and attitude survey
- Demographic Profile
- Measurements:
  - Ø Weight Waist
  - Ø Height Hips
- Specific Provincial Questionnaires

*Published reports for each Province and combined report; Also a compendium data set of 5 most recent Provinces plus Quebec children (1997-1999)*



# Food Intake Data - CCHS

## Overview of Canadian Community Health Survey (CCHS) Cycles

### Cycle 1.1 (2000-2001)

- Ø General health
- Ø 130,000 participants
- Ø 12 years and older

### Cycle 1.2 (2002)

- Ø Mental health
- Ø 30,000 participants
- Ø 15 years and older

### Cycle 2.1 (2003)

- Ø General health
- Ø 130,000 participants
- Ø 12 years and older

### Cycle 2.2 (2004)

- Ø Nutrition
- Ø 30,000 participants
- Ø 0 and older

### Cycle 3.1 (2005)

- Ø General health
- Ø 130,000 participants
- Ø 12 years and older

### CHMS cycle 1 (2006-2009)

- Ø Health Measures
- Ø 5,000 participants
- Ø 6 to 79 years of age

### Cycle 4.1 (2007-2008)

- Ø General health
- Ø 65,000 participants /year
- Ø Over 2 years
- Ø 12 years and older

### Cycle 4.2 (2009)

- Ø Healthy Aging
- Ø 30,000 participants
- Ø 50 years and older



## CCHS 2.2 Sample Information

### Data collected during 2004

#### Population exclusions:

- 3 territories;
- individuals living on Aboriginal Reserves and Crown Lands;
- residents of institutions;
- full-time members of the Canadian Forces;
- residents of some remote areas;

Sample buy-ins by HC and 3 provinces;

#### DRI age/sex groups:

- <1 both sexes
- 1-3 both sexes
- 4-8 both sexes
- 9-13 m - f separate
- 14-18 m - f separate
- 19-30 m - f separate
- 31-50 m - f separate
- 51-70 m - f separate
- 71+ m - f separate

Response rate: 76.5%.



## CCHS 2.2 - 2 major components:

### 24-hour Dietary Recall

- (repeat recall for approx 1/3 of participants)
- Final sample size: slightly over 35,000

### General and Health Questionnaires

- Measured Height and Weight
- General Health
- Physical Activity
- Chronic Conditions
- Smoking, Alcohol Consumption
- Socio-Demographics
- Household Food Security
- Vitamin and Mineral Supplements
- Others ...



# CCHS 2.2 Results

<http://www.statcan.ca/Daily/English/060706/td060706.htm>

Available through HC Publications Centre and as a CD of 3 volume set of results



## Wave 1:

- Daily of July 6, 2005;
- 2 articles available;
- All questionnaires, except the 24-hour recall and vitamin & mineral supplements;

## Wave 2:

- Daily of July 6, 2006;
- 1 article available;
- 24-hour recall only.

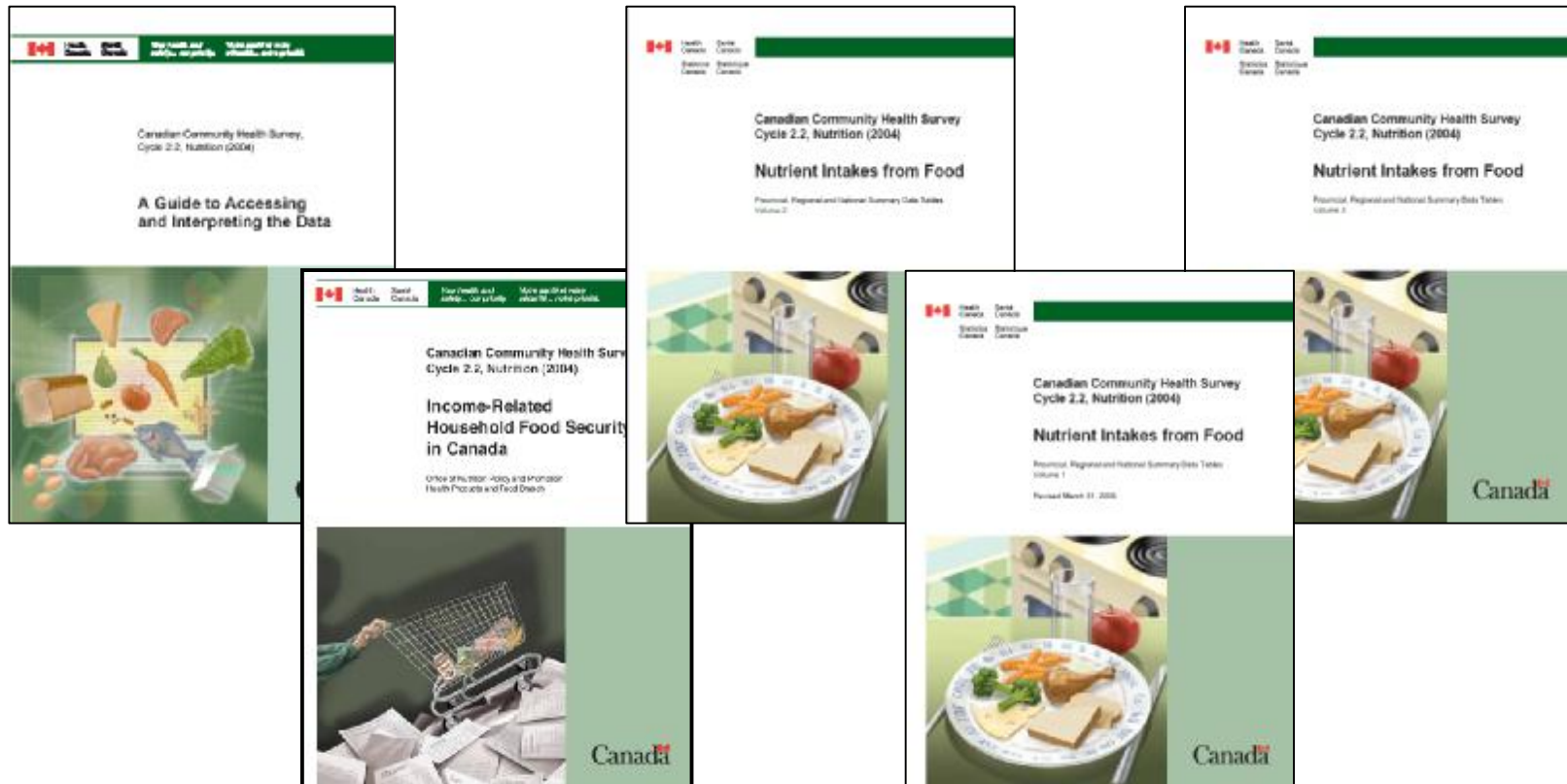
## Wave 3:

- Daily of April 4, 2008;
- Nutritional supplements;
- Corrected files for 24-hour recall;



# Canadian Community Health Survey Cycle 2.2, Nutrition (2004) Publications

[http://www.hc-sc.gc.ca/fn-an/surveill/nutrition/commun/cchs\\_focus-volet\\_escr\\_e.html](http://www.hc-sc.gc.ca/fn-an/surveill/nutrition/commun/cchs_focus-volet_escr_e.html)



# Biological Measures - CCHS

## Overview of Canadian Health Measures Survey (CHMS)

### Survey to collect information about general health and lifestyle characteristics

- Approximately 5000 Canadians, aged 6 to 79 years
- Cycle 1 – in field March 2007 to March 2009;
- Children in Cycle 2 only – collection commencing 2010); Total >10,000 Canadians over two Cycles (3–75 y)
- Excludes: persons living on Indian Reserves or Crown lands, residents of institutions, full-time members of the Canadian Forces and residents of certain remote regions Interviews, physical and biological measures
- Estimate prevalence of certain diseases and risk factors
  - Chronic diseases, including diet related risk factors
  - Exposure to environmental toxicants
  - Exposure to certain infectious diseases



## CHMS Associated Questionnaires

- FFQ:
  - Targeted foods that are highest contributors to vitamin D in the Canadian diet and the food supply
  - Mostly milk, margarine (small in fish)
- Lifestyle (self-reported):
  - Sun exposure (2 questions)
  - Exercise questions (type, frequency, duration)
  - Physical activity readiness (Self-reported bone or joint problem with identification of condition affecting bones and joints)



## CHMS Data availability relative to vitamin D and calcium

### Current

- Chronic disease questionnaire (self-reported, including osteoporosis), stratified by age and sex

### July 2009

- Total 25(OH)D – distribution by age and sex, normalized for population

### Fall 2010

- Self-reported medication intake in the home and clinic (eg Fosamax; Ca and vitamin D supplements)
- Self-reported sun exposure
- Physical activity readiness



## For more information on:

Food consumption and nutrition surveys:

[http://www.hc-sc.gc.ca/fn-an/surveill/nutrition/index\\_e.html](http://www.hc-sc.gc.ca/fn-an/surveill/nutrition/index_e.html)

Canadian Community Health Survey – Nutrition (CCHS 2.2):

<http://www.statcan.ca/english/sdds/5049.htm>

Canadian Health Measures Survey:

<http://www.statcan.ca/english/sdds/5071.htm>

