

Attitudes and beliefs about determinants of health

Health indicator report

Background

- The purpose of this report is to provide information on the attitudes and beliefs of Halton residents aged 18 and over about 10 determinants of health.
- Health is not solely determined by genetics or lifestyle choices such as physical activity and nutrition. It is shaped by factors that influence the social, political, economic, and environmental conditions where we live, learn, work, and play. Factors such as income, education and social support are referred to as social determinants of health. Social determinants of health are not the same for each person, which can lead to differences in health status. For example, Canadians who are economically disadvantaged tend to have poorer health than other Canadians.¹
- Public policies that address the determinants of health can reduce health inequities and help improve the health of the population. However, these types of policies are often influenced by public opinion. It is therefore important to understand how Halton residents perceive the determinants of health.
- This health indicator report uses data from the Rapid Risk Factor Surveillance System (RRFSS).

Key findings

- In 2017, Halton adults were less likely to recognize that income and education are important in making a person healthy than they were to recognize that other determinants of health, including access to health care, coping abilities, housing and lifestyle choices, can impact health.
- There were some differences in whether or not Halton adults recognized that determinants of health were important in making a person healthy based on sex, age, income and education.



Attitudes and beliefs about determinants of health

Overview

In 2017, Halton adults aged 18 and over were asked to rate how important (not at all, not very, somewhat, very, or extremely) they felt the following 10 determinants of health were in helping make a person healthy:



Money



Education



Employment



Government policies & programs



Early childhood experiences



Helpful family, friends and neighbours



Lifestyle choices



Housing

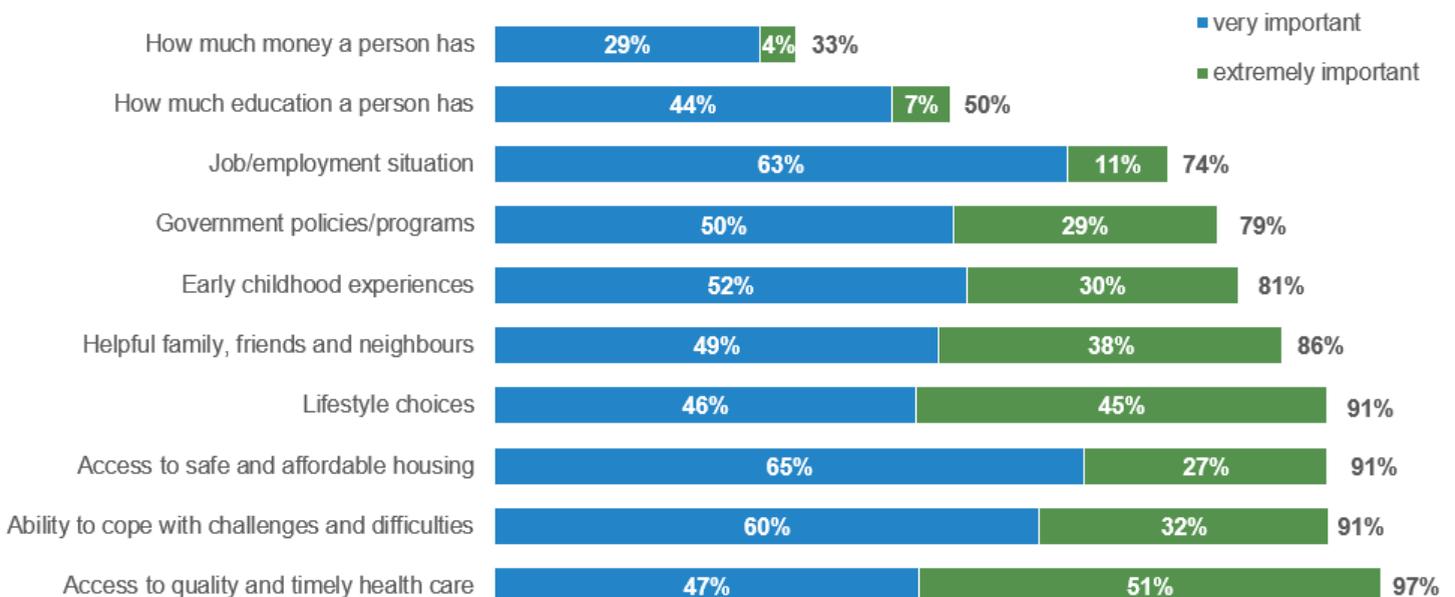


Coping abilities



Access to health care

Halton adults were less likely to recognize that social determinants of health, such as income and education can impact health than they were to recognize that other determinants of health are important in making a person healthy.



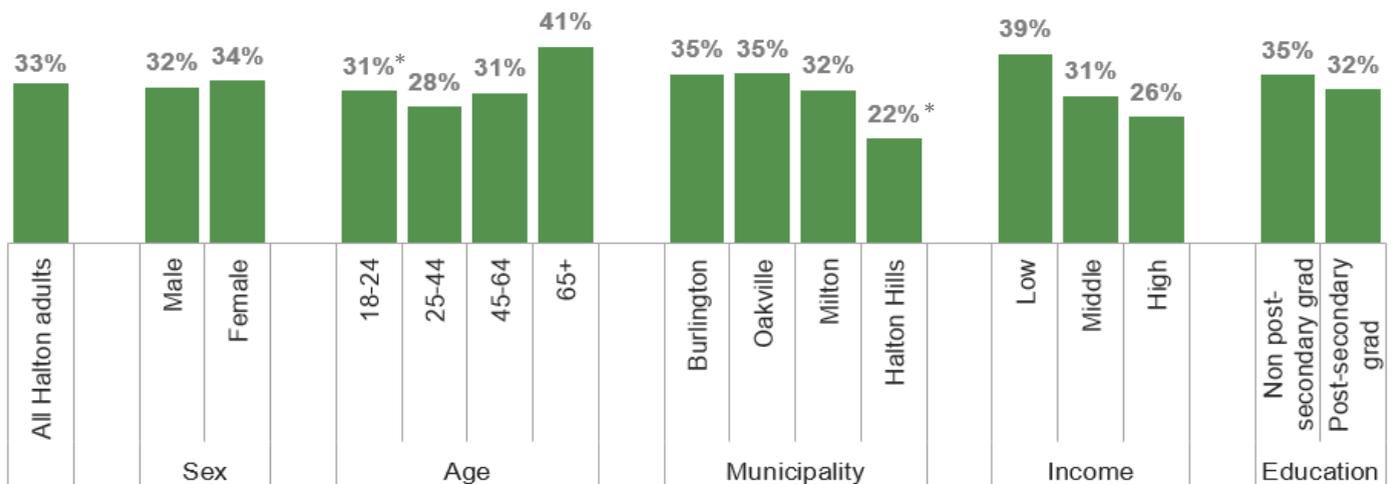
Percentage of Halton adults aged 18+ who rated these selected determinants of health as very or extremely important in helping make a person healthy, Halton Region, 2017



Money

How much money a person has

- In 2017:
 - Halton adults aged 65 and over were more likely than adults in any other age group to recognize that money is very or extremely important in helping make a person healthy. When compared to adults aged 25 to 44, this difference was statistically significant. There were no other significant differences by age.
 - Halton adults in the lowest income group were more likely than adults in the highest income group to believe that money is very or extremely important in helping make a person healthy. This difference was statistically significant.
 - There were no statistically significant differences by sex, municipality or education in the percentage of Halton adults who believed that money is very or extremely important in helping make a person healthy.



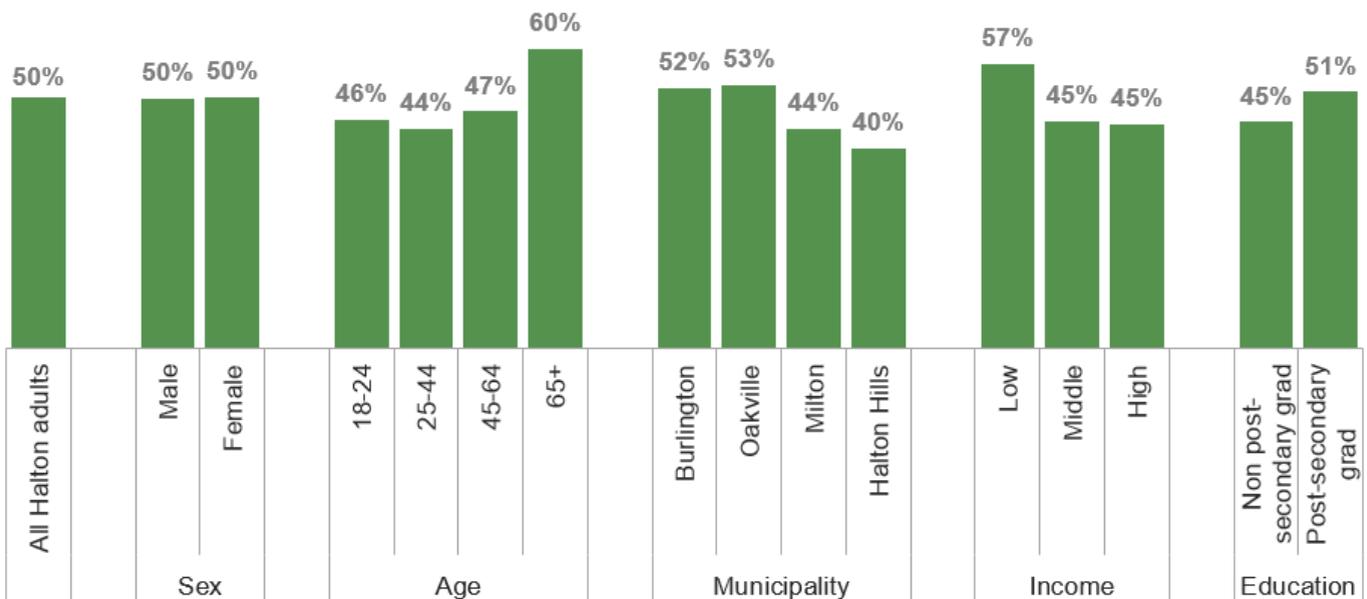
Percentage of adults aged 18+ who believe that money is very or extremely important in helping make a person healthy, Halton Region, 2017



Education

How much education a person has

- In 2017:
 - Halton adults aged 65 and over were more likely than all other age groups to believe that education is very or extremely important in helping make a person healthy. These differences were statistically significant when comparing adults aged 65+ to adults aged 25-44 and 45-64.
 - Halton adults in the middle and high income groups were less likely to believe that education is very or extremely important in helping make a person healthy, however these differences were not statistically significant.
 - There were no statistically significant differences by sex, municipality or education in the percentage of Halton adults who believed that education is very or extremely important in helping make a person healthy.



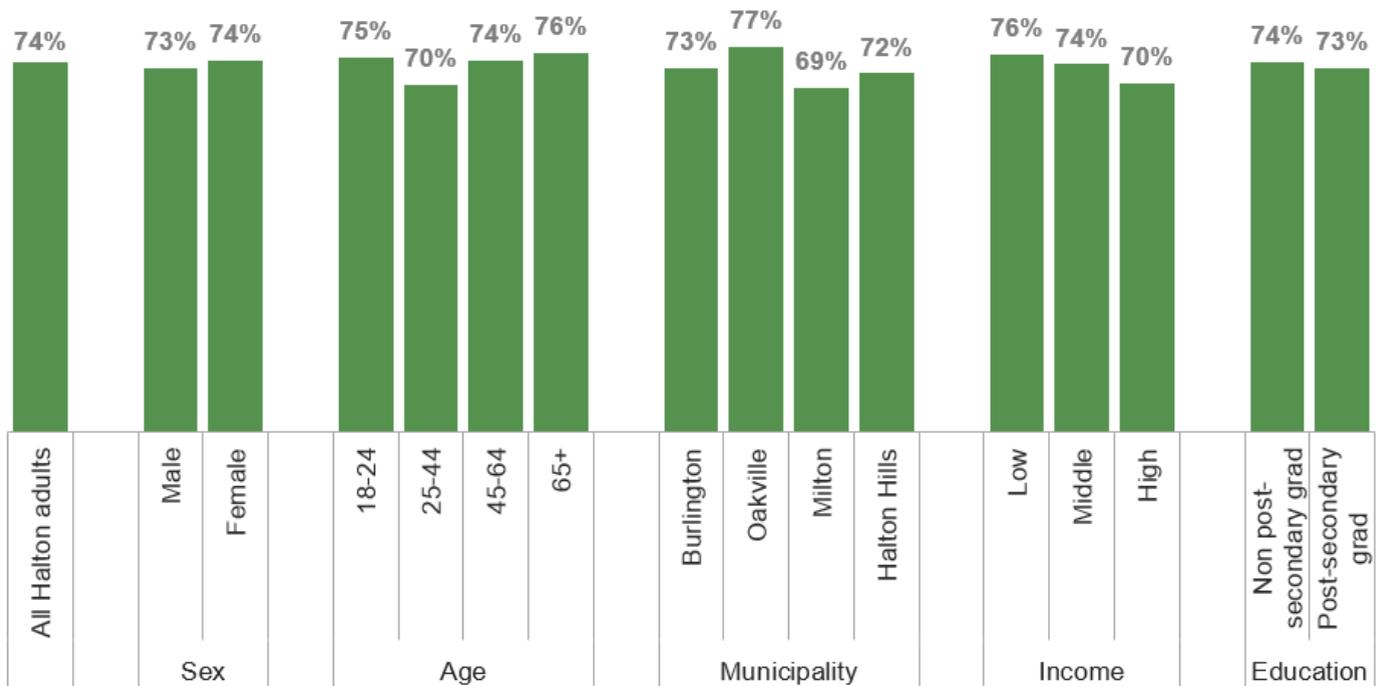
Percentage of adults aged 18+ who believe that education is very or extremely important in helping make a person healthy, Halton Region, 2017



Employment

Job and employment situation

- In 2017:
 - There were no statistically significant differences by sex, age, municipality, income or education in the percentage of Halton adults who recognized that employment is very or extremely important in helping make a person healthy.



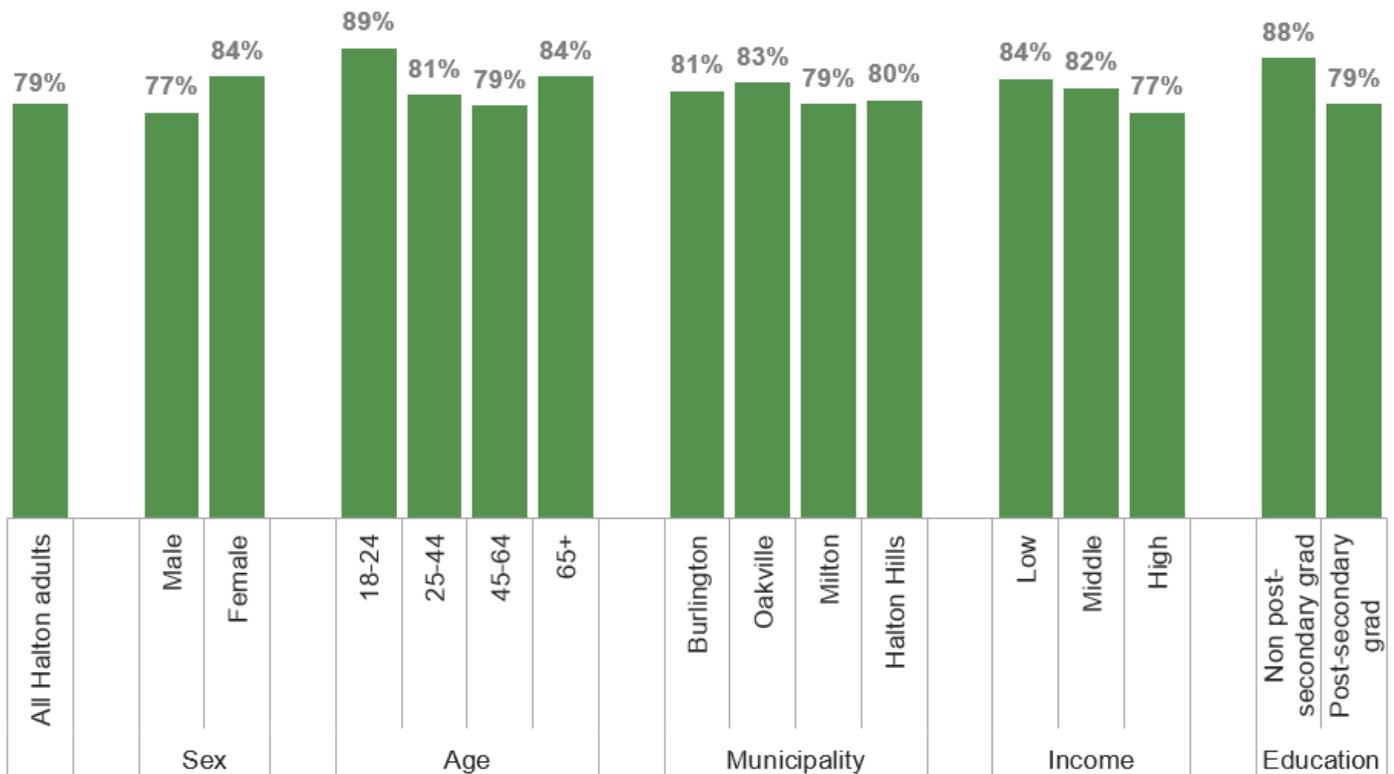
Percentage of adults aged 18+ who believe that employment is very or extremely important in helping make a person healthy, Halton Region, 2017



Government policies and programs

Government policies and programs

- In 2017:
 - Halton adults aged 18 to 24 were more likely than adults aged 45 to 64 to believe that government policies and programs are very or extremely important in helping make a person healthy, however this difference was not significant.
 - Halton adults aged 25 and over who were not post-secondary graduates were more likely to believe that government policies and programs are very or extremely important in helping make a person healthy compared to adults who had a post-secondary education. This difference was statistically significant.
 - There were no statistically significant differences by sex, municipality, or income in the percentage of Halton adults who believed that government policies and programs are very or extremely important in helping make a person healthy.



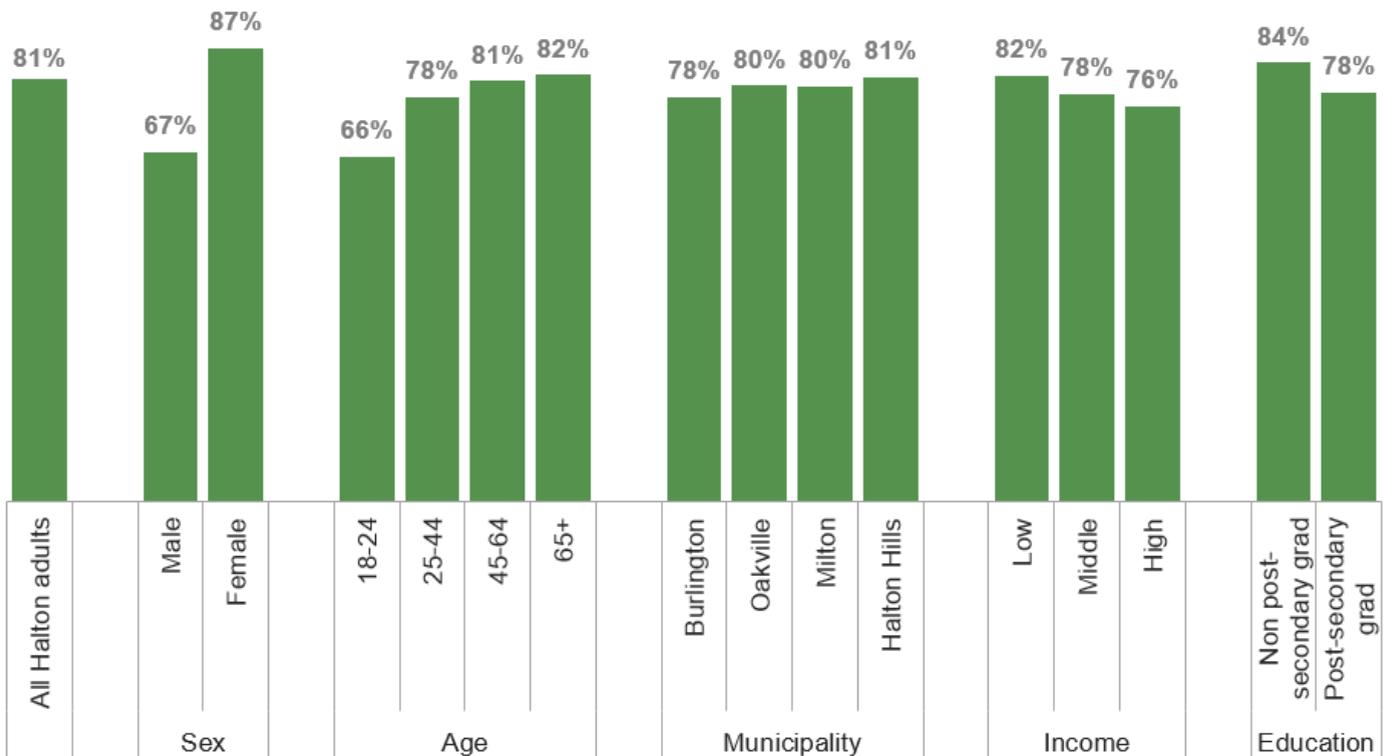
Percentage of adults aged 18+ who believe that government policies and programs are very or extremely important in helping make a person healthy, Halton Region, 2017



Early childhood experiences

Early childhood experiences

- In 2017:
 - Halton females were more likely than Halton males to believe that early childhood experiences are very or extremely important in helping make a person healthy and this difference was statistically significant.
 - Halton adults aged 18 to 24 were less likely to believe that early childhood experiences are very or extremely important in helping make a person healthy than adults aged 45 to 64 or aged 65 and over. These differences were statistically significant.
 - There were no statistically significant differences by municipality, income or education in the percentage of Halton adults who believed that early childhood experiences are very or extremely important in helping make a person healthy.



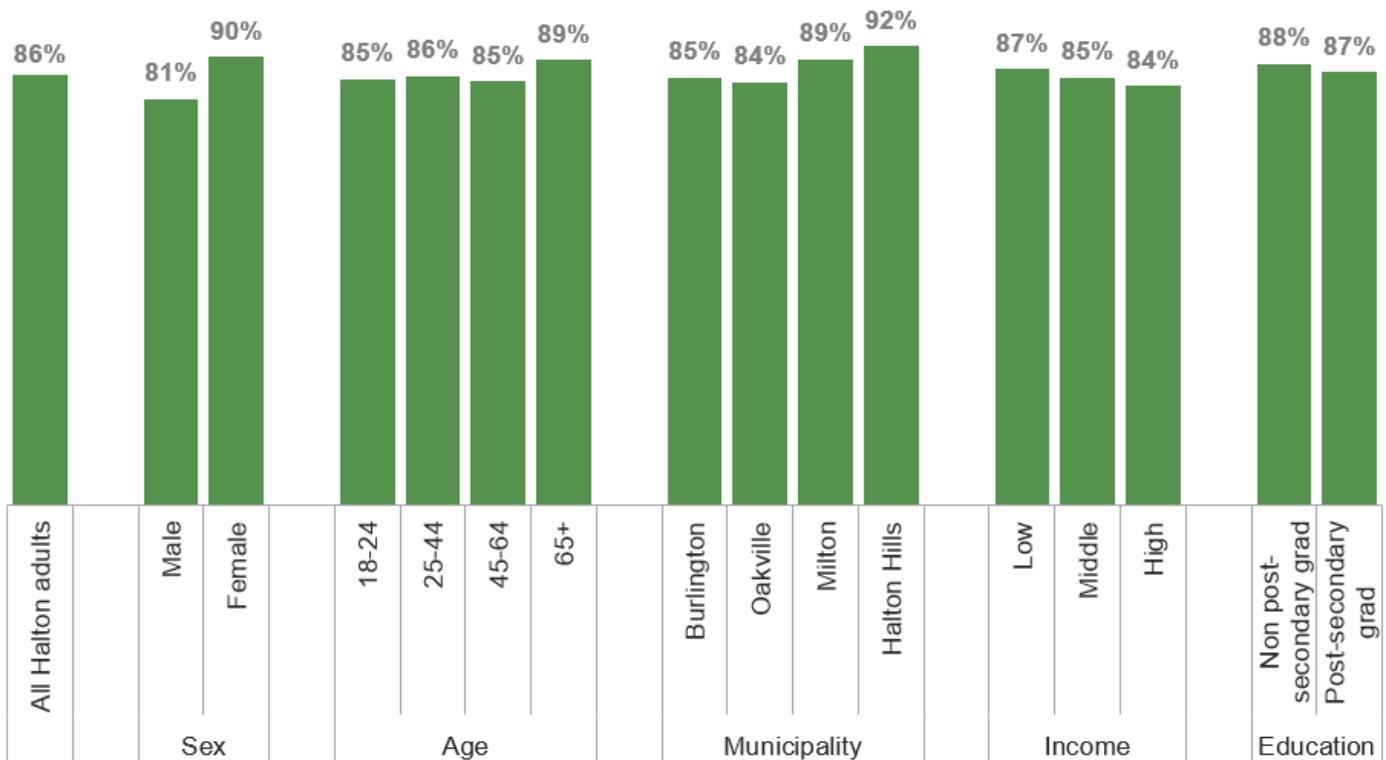
Percentage of adults aged 18+ who believe that early childhood experiences are very or extremely important in helping make a person healthy, Halton Region, 2017



Helpful family, friends and neighbours

Helpful family, friends and neighbours

- In 2017:
 - Halton females were more likely than Halton males to believe that helpful family, friends and neighbours are very or extremely important in helping make a person healthy. This difference was statistically significant.
 - There were no statistically significant differences by age, municipality, income or education in the percentage of Halton adults who believed that that helpful family, friends and neighbours are very or extremely important in helping make a person healthy.



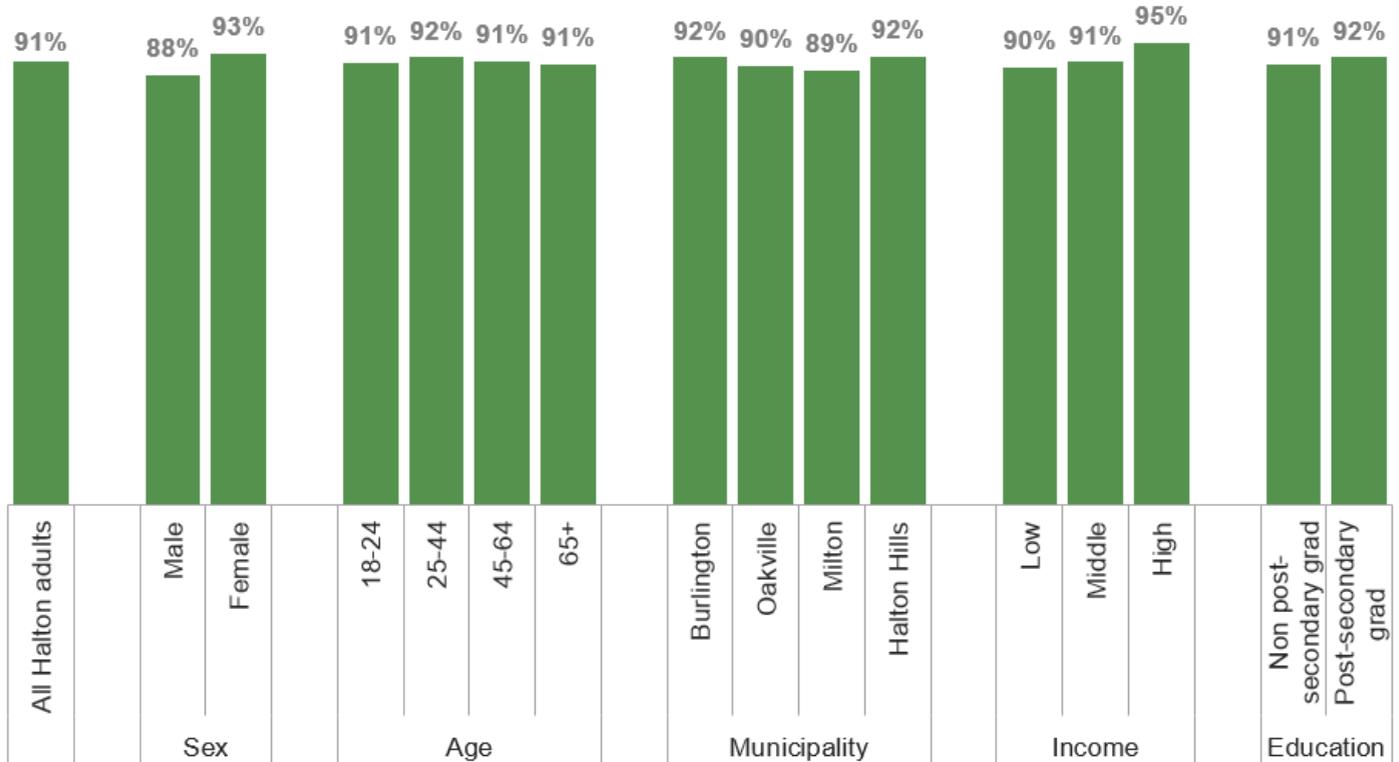
Percentage of adults aged 18+ who believe that helpful family, friends and neighbours are very or extremely important in helping make a person healthy, Halton Region, 2017



Lifestyle choices

Lifestyle choices

- In 2017:
 - There were no statistically significant differences by sex, age, municipality, income or education in the percentage of Halton adults who believed that lifestyle choices are very or extremely important in helping make a person healthy.



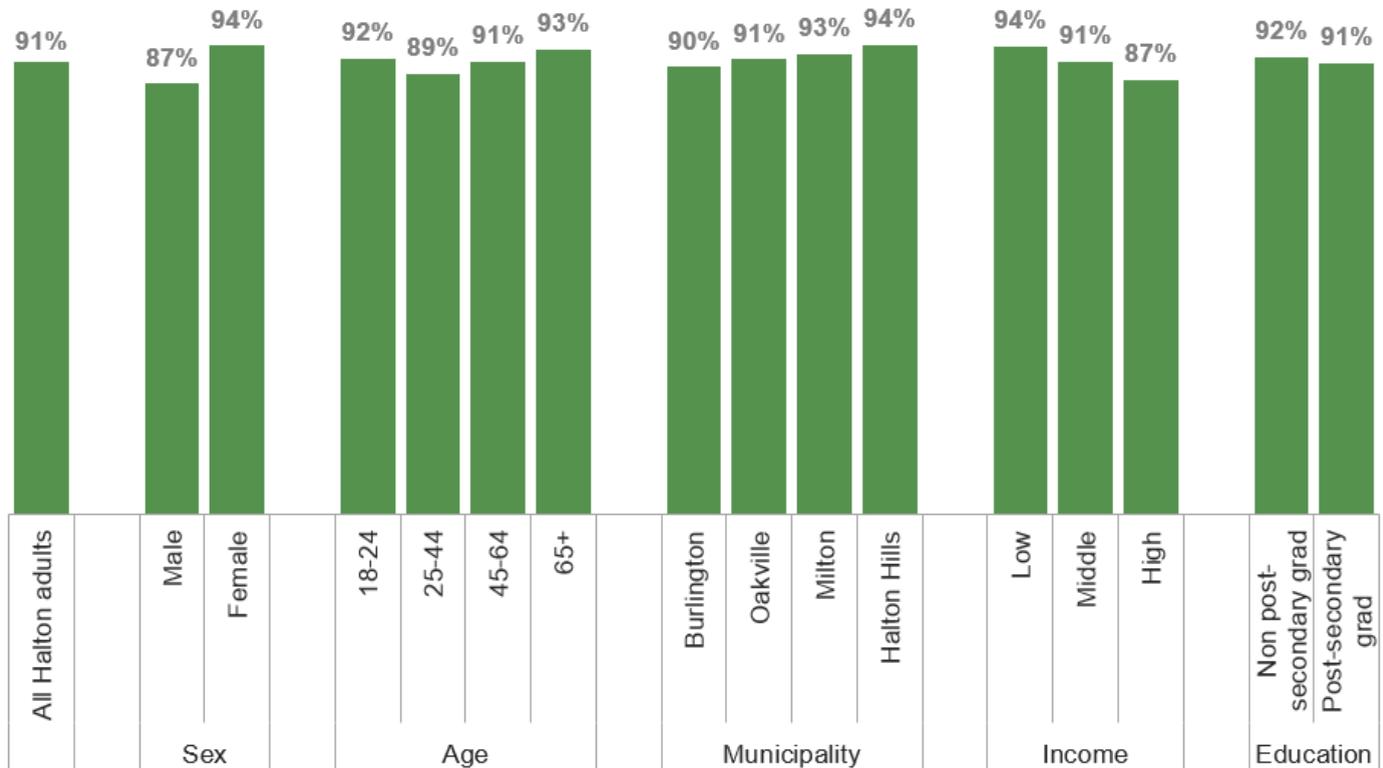
Percentage of adults aged 18+ who believe that lifestyle choices are very or extremely important in helping make a person healthy, Halton Region, 2017



Housing

Access to safe and affordable housing

- In 2017:
 - Halton females were more likely than Halton males to believe that access to safe and affordable housing is very or extremely important in helping make a person healthy. This difference was statistically significant.
 - There were no statistically significant differences by age, municipality, income or education in the percentage of Halton adults who believed that access to safe and affordable housing is very or extremely important in helping make a person healthy.



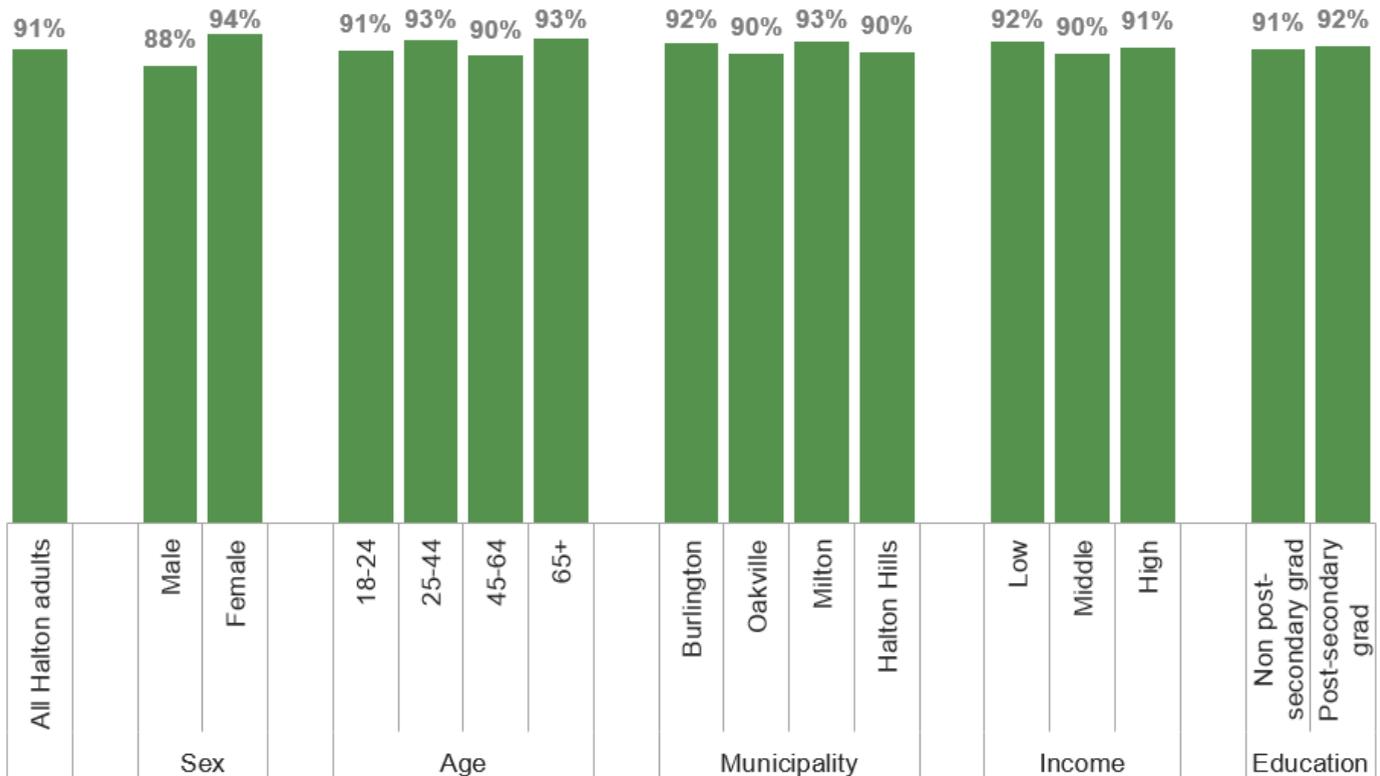
Percentage of adults aged 18+ who believe that access to safe and affordable housing is very or extremely important in helping make a person healthy, Halton Region, 2017



Coping abilities

Ability to cope with challenges and difficulties

- In 2017:
 - Halton females were more likely than Halton males to believe that coping abilities were very or extremely important in helping make a person healthy.
 - There were no statistically significant differences by age, municipality, income or education in the percentage of Halton adults who believed that the ability to cope with challenges and difficulties is very or extremely important in helping make a person healthy.



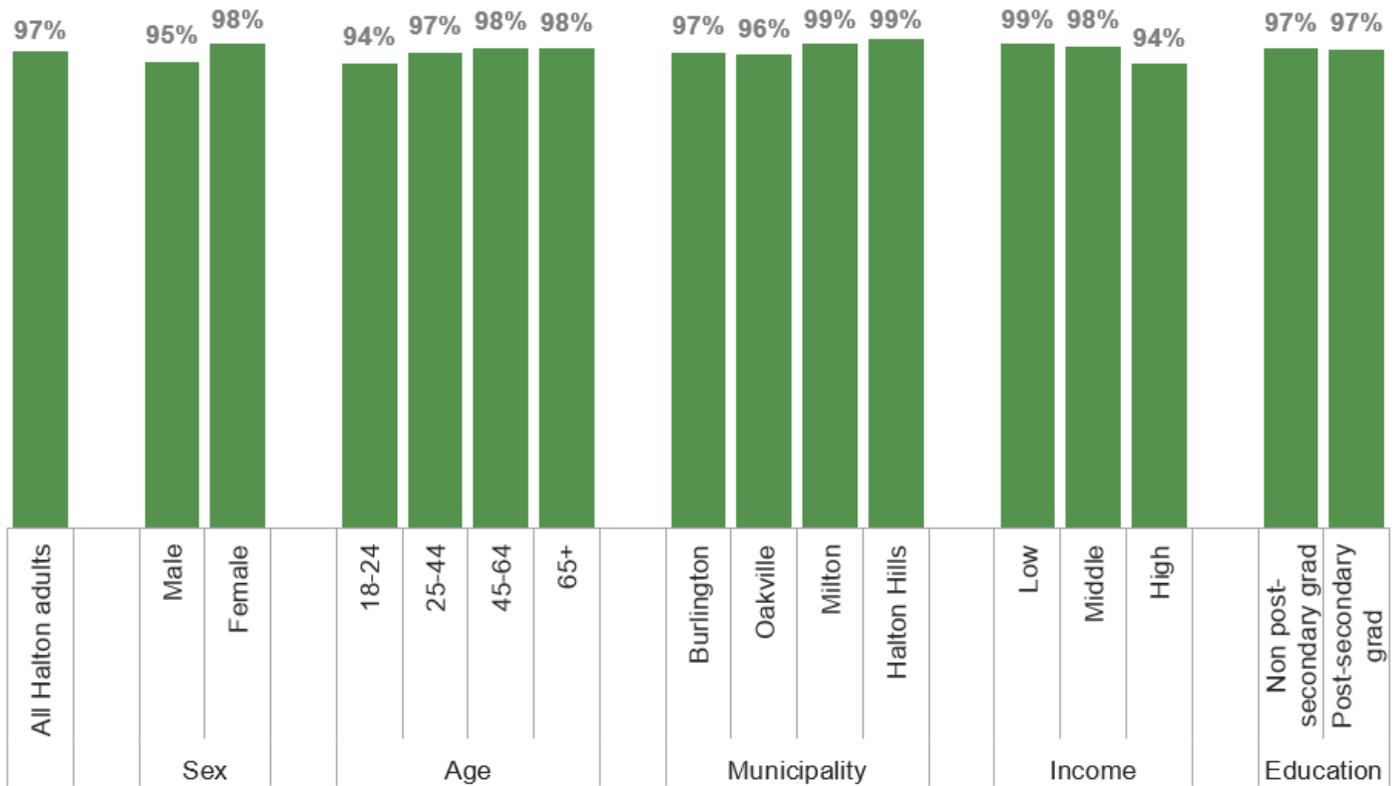
Percentage of adults aged 18+ who believe that the ability to cope with challenges and difficulties is very or extremely important in helping make a person healthy, Halton Region, 2017



Access to health care

Access to quality and timely health care

- In 2017:
 - Halton females were slightly more likely than Halton males to believe that access to quality and timely health care is very or extremely important in helping make a person healthy. This difference was statistically significant.
 - There were no statistically significant differences by age, municipality, income or education in the percentage of Halton adults who believed that access to quality and timely health care is very or extremely important in helping make a person healthy.



Percentage of adults aged 18+ who believe that access to quality and timely health care is very or extremely important in helping make a person healthy, Halton Region, 2017

About RRFSS

- The Rapid Risk Factor Surveillance System is an on-going telephone survey (land line and cell phone) used to collect information on attitudes, behaviours, knowledge and awareness of issues related to health in Halton. RRFSS is conducted by the Institute of Social Research and York University.
- Each year, a random sample of approximately 1,200 adults aged 18 and over are surveyed in Halton Region.
- In 2016, RRFSS underwent changes in sampling and analysis methodology. **Therefore, it is not recommended to compare data from the 2016 onwards to past years of RRFSS data.**
- For more information on RRFSS methodology and limitations, see the RRFSS Data Notes and Data Interpretation Guide at halton.ca

Data notes

Definitions:

Healthy was defined as a person's physical and mental health, being free from disease and pain, and being satisfied with life. Only adults who felt that each of these 10 determinants of health were very important or extremely important in helping make a person healthy were included in this report.

Data Source: Rapid Risk Factor Surveillance System [2017], Halton Region Health Department and Institute for Social Research, York University.

Estimates marked with an asterisk (*) should be interpreted with caution due to high variability.

References

1. Collins, P. 2012. Do great local minds think alike? Comparing perceptions of the social determinants of health between non-profit and governmental actors in two Canadian cities. Health Education Research (Vol 27, p371-84).

For more health indicator and health status reports, visit the Halton Health Statistics website at halton.ca

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