

## OVERALL GOAL:

The goal of the proposed study is to generate epidemiological information for promoting healthy ageing and reducing the impacts of disabilities in seniors and to build capacity in this research area.

## DATA SOURCES:

### The National Population Health Survey (NPHS)

The NPHS is an ongoing national cohort study commissioned by Statistics Canada. 17,276 individuals were first interviewed in 1994/95, and have been followed every 2 years since that time. The NPHS cohort has been interviewed 8 times, first by face-to-face interview, and with subsequent interactions conducted over the phone. This survey uses self-report questions to gather information on many variables, such as income, education level, working status, depression, chronic health conditions, volunteer activities and disabilities. Trends over time and disease relationships can be examined with this data.

### The Canadian Community Health Survey (CCHS) 1.2

The CCHS is a cross-sectional survey commissioned by Statistics Canada. The target goal of the survey used here was mental health, in which 33,824 individuals were interviewed at one point in time. All CCHS interviews were face to face, and detailed information was collected on mental health conditions and important related factors. Also assessed in the CCHS were chronic health conditions, levels of exercise, disability status, perceived health, income, and working status.

## OBJECTIVE 1:

To estimate and compare the prevalence of various forms of employment in seniors overall, and in seniors with major depression. The estimations and comparisons will also be made at the provincial level.

Working status by employment type in Canada & Alberta

Working Status	Canada	Alberta
At Work	5.8%	8.1%
Absent from Work	8.7%	9.3%
No Job	6.9%	9.8%
Permanently Unable to Work	16.8%	13.8%

Prevalence of Mood Disorders Overall & by Employment Status & Age in Canada & Alberta

Outcome	Canada	Alberta
Mood Disorders 50-64 years	8.4%	8.0%
Mood Disorders 65+ years	5.4%	5.8%
Depressed, Employed & At Work	7.6%	6.1%
Depressed, Employed & Not At Work	8.3%	6.1%

## OBJECTIVE 2:

To estimate the prevalence and incidence of major depression and of comorbid mental and physical disorders, overall, by gender, age, employment status and province, compared to those aged 55 – 64 years old.

Annual Prevalence of Chronic Health Conditions by Age Group

Condition	Annual MD Prevalence (18+)	Annual MD Prevalence (50-64)	Annual MD Prevalence (65+)
Chronic Fatigue Syndrome	26.1%	17.7%	19.4%
Fibromyalgia	17.4%	16.0%	10.2%
Emphysema/COPD	9.0%	9.3%	4.9%
Heart Disease	5.5%	7.6%	3.5%
Arthritis/Rheumatism	6.3%	6.9%	2.4%
High Blood Pressure	4.7%	5.7%	2.1%

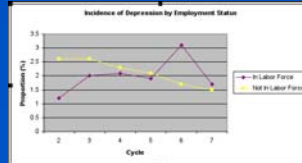
Adjusted Odds Ratios in those 50 years & over by Prevalent Chronic Health Conditions

Condition	Median Age (years)	Odds Ratio (adj. for age & sex)
Chronic Fatigue Syndrome	57	6.75
Fibromyalgia	58	4.65
Emphysema/COPD	60	2.84
Heart Disease	63.5	2.38
Arthritis/Rheumatism	59	2.13
High Blood Pressure	59	1.49

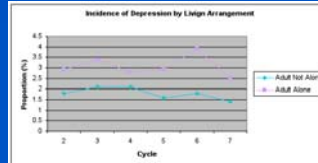
## OBJECTIVE 5:

To investigate the impacts of retirement age, labor force participation, living arrangement and marital status on later occurrence of major depression, health status and income.

Incidence of Depression by Employment Status



Incidence of Depression by Living Arrangement



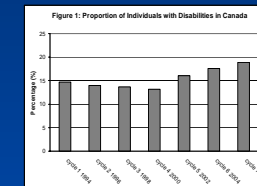
## OBJECTIVE 10:

To estimate the prevalence and incidence of major depression among individuals with disabilities, overall, by gender and age and by province.

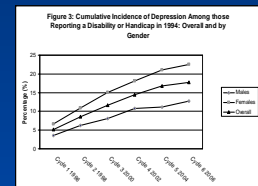
Prevalence of Disability or Handicap, Major Depression & Employment in 1994, 2000 & 2006

Outcome	1994	2000	2006
Disability or Handicap Overall	14.7%	13.2%	18.9%
D/H in Females	50.6%	52.5%	51.9%
D/H in 50-64 years	24.8%	28.9%	31.8%
D/H in 65-74 years	15.7%	12.8%	14.9%
D-H in 75+ years	11.1%	19.7%	21.1%
Major Depression	10.5%	10.8%	8.7%
Employed	36.5%	48.7%	50.5%

Proportion Individuals with Disabilities in Canada- 1994-2006



Incidence of Depression among those with a Disability, over all and by gender- 1994 -2006



## CONCLUSIONS:

The CCHS-1.2 data show that chronic health conditions are highly prevalent in Canadian seniors, particularly arthritis/rheumatism, high blood pressure and back problems. Furthermore, major depression was highly comorbid with many chronic health conditions. The three long-term medical conditions with the highest comorbidity with major depression are chronic fatigue syndrome, fibromyalgia and migraine headaches.

The NPHS data show that changes in employment status, living arrangements and marital status over time are associated with the incidence of major depression in seniors.

The prevalence of disabilities in Canada is increasing over time. Patterns in employment and major depression over time in individuals with disabilities have also been noted.

## ACKNOWLEDGEMENTS:

This analysis was supported by the Collaborative Research Grant Initiative operating grant from Alberta Health Services. The research and analysis are based on data from Statistics Canada. The opinions expressed do not represent the views of Statistics Canada.