

2015 Sun Life Canadian Health Index

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The Sun Life Canadian Health Index

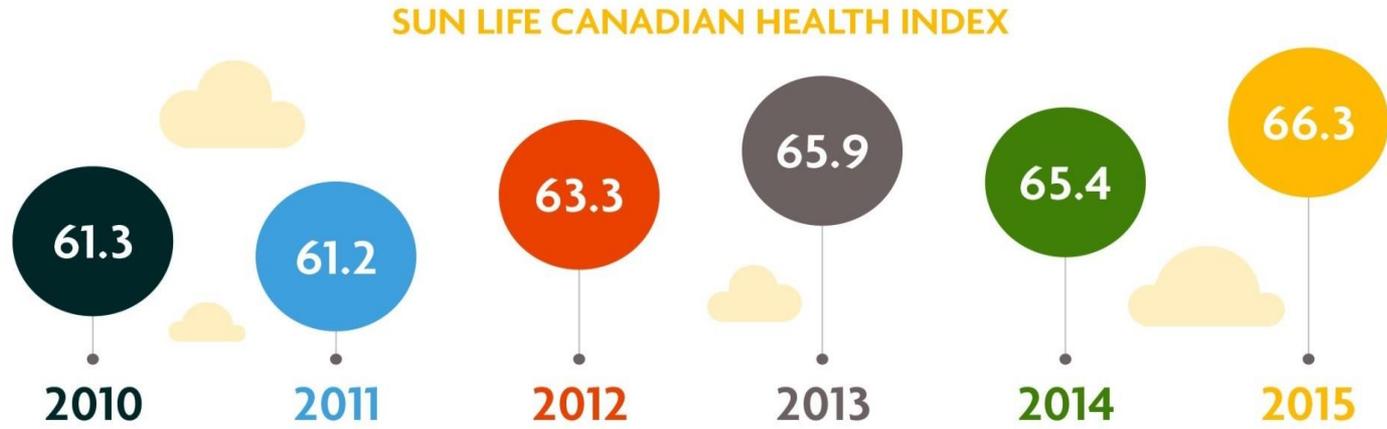
- The online survey was conducted between June 15 and 23, 2015.
- Sample of 2,404 Canadians from 18 to 80 years of age was drawn from the Ipsos I-Say online panel.
- Ipsos employed weighting to balance demographics and help ensure that the sample's composition reflects that of the adult population according to Census data and to provide results intended to approximate the sample universe.
- The precision of Ipsos online surveys is measured using a credibility interval. In this case, the survey is accurate to within +/-2.3% at 95% confidence level had all Canadian adults been polled.

All sample surveys and polls may be subject to other sources of error, including, but not limited to methodological change, coverage error and measurement error.



How are we feeling?

This is the best we've felt in five years



Source: 2015 Sun Life Canadian Health Index

The **Sun Life Canadian Health Index** is based on a series of questions covering health perceptions, attitudes and behaviours.

This is the best we've felt in five years

- We asked Canadians to tell us how they feel about their overall health. The mean score is 79.7, flat relative to last year.
- 76% answered in the 75-to-100 range.
- Mean score on physical health: 76.7 (76.5 in 2014). 68% scored in the 75-100 range.
- Mean score on emotional health: 80.7 (81.4 in 2014). 75% scored in top quartile.
- Albertans are most likely to report in the top quartile for physical health (74% gave a score of 75 or greater). Quebecers had the largest number of scores over 75 on mental health (81% in the top quartile).
- 58% of Canadians say they are very comfortable with their current level of health (based on a top-quartile score).

Canadians understand the importance of lifestyle and are ready to make improvements.

Seven in 10 are highly motivated to attain and maintain a healthy lifestyle



TOP QUARTILE SCORES



Q4. How motivated are you to attain and maintain a healthy lifestyle? (100 - Highly motivated/0 - Not at all motivated)
Base: Total Answering (n=2404). *Finding is statistically higher than other results.



83% of Canadians without a health condition are willing to make lifestyle changes in order to prevent chronic health conditions

	TOTAL	GEN Y (18-30)	GEN X (31-47)	LATE BOOMER (48-57)	EARLY BOOMER (58-66)	PRE- BOOMER (67-80)
Very willing to make changes	43%	50%*	37%	43%	41%	47%
Somewhat willing to make changes	41%	32%	50%*	37%	39%	40%
Neither	15%	14%	13%	17%	16%	12%
Somewhat unwilling to make changes	1%	3%	0%	1%	3%	1%
Very unwilling to make changes	1%	1%	1%	2%	-	-



QGB8. How willing are you to make positive lifestyle changes (e.g. diet, exercise, stress management) in order to help prevent you from developing a chronic health condition such as Diabetes, Heart Disease or Depression. Base: Those with no health conditions (n=1840) Note: Due to rounding some data points may not appear to add up.

*Finding is statistically higher than other results.

92% of Canadians with a health condition believe leading a healthy lifestyle is important

	TOTAL	GEN Y (18-30)	GEN X (31-47)	LATE BOOMER (48-57)	EARLY BOOMER (58-66)	PRE- BOOMER (67-80)
Very important	58%	60%	55%	57%	61%	61%
Somewhat important	34%	33%	33%	37%	30%	35%
Neither	6%	5%	9%	6%	6%	3%
Somewhat unimportant	1%	0%	2%	0%	1%	0%
Very unimportant	0%	0%	1%	0%	1%	0%
Don't know	1%	1%	0%	0%	1%	0%



QGB6. How important do you believe leading a healthy lifestyle was / is for your recovery or management of your health condition? Base: Those with at least one health condition (n=1013) Note: Due to rounding some data points may not appear to add up.

The majority of Canadians with a health condition say they plan to make lifestyle changes in the next 6 months to improve their health

	TOTAL	GEN Y (18-30)	GEN X (31-47)	LATE BOOMER (48-57)	EARLY BOOMER (58-66)	PRE- BOOMER (67-80)
Yes	71%	68%	76%*	75%*	64%	63%
No	13%	13%	9%	12%	17%*	25%*
Don't know	15%	19%	15%	13%	19%	12%



QGB10. Do you plan on making lifestyle changes (e.g. exercising more, eating healthier, quitting smoking) in the next 6 months to improve your health?

Base: Respondents who said they had one or more health conditions at QGB9 (n=1234) Note: Due to rounding some data points may not appear to add up.

*Finding is statistically higher than other results.

Over half of Canadians lack the willpower necessary to engage in healthy behaviours

Reasons for not engaging in healthy behaviours	TOTAL	GEN Y (18-30)	GEN X (31-47)	LATE BOOMER (48-57)	EARLY BOOMER (58-66)	PRE-BOOMER (67-80)
Lack of willpower/motivation/drive	53%	55%	55%	52%	49%	48%
Lack of time	34%	53%	43%	26%	18%	10%
Lack of money	33%	46%	39%	31%	21%	14%
Your current physical condition or health	22%	15%	19%	24%	30%	27%
Lack of access to exercise equipment	16%	23%	15%	14%	13%	9%
Lack of comfort	15%	24%	15%	12%	14%	9%
Lack of knowledge	15%	25%	17%	8%	12%	6%
Lack of access to healthy food	8%	16%	7%	8%	4%	2%
None of these affect me	19%	16%	13%	20%	25%	34%

Q. Listed below are some reasons that people have said impact their ability to engage in healthy behaviours such as exercising regularly, eating a healthy diet or managing stress. Please check each of the following if it is regularly a barrier to you being able to engage in these types of behaviours: (Please select all that apply) Base: All Answering (n=2404)

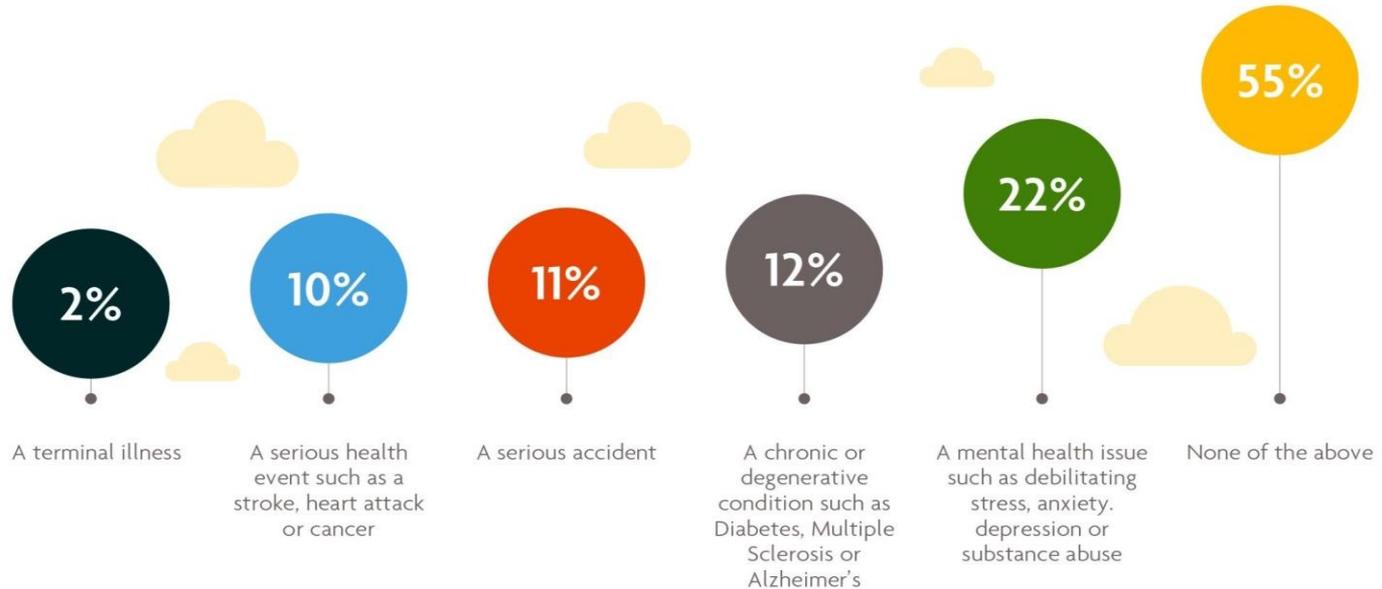
Commentary

- Canadians have the best intentions.
- Most say they're motivated to attain and maintain a healthy lifestyle.
- And when you put the lifestyle question in the context of health conditions, the number prepared to do what's right rises to 9 in 10.
- Still, there are real barriers that prevent Canadians from putting their plans into action.

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There is a personal finance impact
associated with health

Forty-five per cent of Canadians have experienced a serious health event



Q8. Which of the following have you personally experienced? Base: All Answering (n=2404)

50% of Canadians who experienced a serious health event saw a financial impact as a result

Impact of serious health issue on personal finances	TOTAL	GEN Y (18-30)	GEN X (31-47)	LATE BOOMER (48-57)	EARLY BOOMER (58-66)	PRE-BOOMER (67-80)
Reduced/depleted my savings	21%	16%	29%	27%	18%	8%
Caused me some financial hardship	19%	18%	20%	23%	16%	11%
Caused me significant financial hardship	15%	9%	16%	21%	20%	4%
Increased my credit card debt	15%	12%	15%	23%	15%	4%
Caused me to use a personal line of credit	9%	4%	10%	17%	9%	4%
Caused me to borrow money from friends/family	9%	14%	11%	8%	5%	0%
Caused me to use some/all of my RRSPs	7%	5%	6%	14%	7%	3%
Caused me to remortgage my home	2%	1%	2%	2%	6%	2%
Caused me to return to the workforce from retirement	2%	2%	0%	2%	6%	1%
Caused me to sell my home and downsize	2%	1%	1%	3%	4%	1%
Other	9%	9%	9%	12%	7%	3%
No impact	50%	58%	44%	37%	50%	73%

Q. How has your personal experience with [...] impacted your personal finances, if at all? Please select all that apply, or select "No impact" if applicable. Base: Respondents who have experienced a health event (n=1047)

Too many Canadians misunderstand Universal Healthcare

Who would you expect to pay?	ME	MY EMPLOYER (I.E. WORKPLACE BENEFITS)	THE PROVINCIAL GOVERNMENT	DON'T KNOW
Nursing home residence	44%	10%	40%	22%
Long-term care residence	42%	11%	46%	20%
Home care	42%	14%	45%	19%
Hearing aids	42%	30%	31%	17%
Eye care	42%	35%	33%	12%
Chiropractic services	41%	35%	23%	18%
Physiotherapy	35%	35%	34%	15%
Prescription drugs	35%	39%	43%	12%
Psychiatric treatment	25%	23%	46%	21%
Hospital stay	13%	22%	68%	12%

Q. Who would you expect to pay for the following medical products or services for you, should they be required?
Please select all that apply for each product or service. Base: All Answering (n=2404)

Who pays for healthcare?



sunlife.ca/whopaysforhealthcare



Commentary

- The majority of Canadians report feeling healthy and happy (we're a positive bunch).
- 'Under the hood,' Canadians are still experiencing health concerns.
- Mental health tops the list of self-reported health issues.
- Canadians don't appear to be prepared to finance a health issue, may lead to a cycle of stress and financial strain.

The background is a solid yellow color. It features several semi-transparent, stylized speech bubble graphics in various shades of orange and yellow, scattered across the page. The text is centered and reads:

Health impacts work and productivity, and there are generational differences

Over half of Gen Y have missed work in the past 6 months due to a health condition

Impact of your health condition on your presence at work	TOTAL	GEN Y (18-30)	GEN X (31-47)	LATE BOOMER (48-57)	EARLY BOOMER (58-66)*	PRE-BOOMER (67-80)*
Impact (NET)	38%	53%	39%	34%	33%	12%
Caused me to miss several days	19%	39%	19%	10%	11%	9%
Caused me to miss five to 10 consecutive days at least once	7%	5%	9%	6%	9%	0%
Caused me to go on short-term disability	7%	6%	5%	9%	10%	3%
Caused me to go on long-term disability	6%	2%	6%	9%	4%	0%
No Impact	59%	45%	57%	64%	64%	88%
Prefer not to say	3%	2%	4%	2%	3%	0%



Q. Over the past six months how has your health condition impacted your presence at work? Base: Working Canadians with at least one health condition (n=449) Note: Due to rounding some data points may not appear to add up. *Caution: very small sample size.

Nearly half of Gen Y say their productivity at work has been negatively affected by their mental or physical health

Impact of health on productivity at work	TOTAL	GEN Y (18-30)	GEN X (31-47)	LATE BOOMER (48-57)	EARLY BOOMER (58-66)	PRE-BOOMER (67-80)
Productivity affected (NET)	35%	47%	36%	30%	26%	3%
Yes, somewhat	28%	36%	31%	24%	19%	3%
Yes, significantly	7%	11%	5%	6%	7%	0%
No	65%	53%	64%	70%	74%	97%



Q. In the past 6 months, would you say your productivity at work has been negatively affected by your physical or mental health? Base: Working Canadians (n=1376)

Commentary

- Health issues impact the finances of both Canadians and their employers.
- Organizational impact is beyond disability claims – productivity, absences.
- While the numbers are low, older generations report more longer term absences due to a health condition. Gen Y reports more casual absences – is this a generational issue?

Employers have a role to play in supporting health – and employees say they are willing to participate

84% of working Canadians believe employers are responsible for supporting their employees' physical health

Responsibility employers have to support their employees' physical health	TOTAL	GEN Y (18-30)	GEN X (31-47)	LATE BOOMER (48-57)	EARLY BOOMER (58-66)	PRE-BOOMER (67-80)*
Responsibility (NET)	84%	85%	87%	80%	87%	77%
Some responsibility	54%	47%	57%	52%	55%	58%
Significant responsibility	31%	38%	30%	28%	32%	19%
No responsibility	11%	9%	10%	14%	11%	16%
Don't know	5%	6%	3%	6%	3%	6%



Q. In the past 6 months, would you say your productivity at work has been negatively affected by your physical or mental health? Base: Working Canadians (n=1376) *Caution: very small sample size.

86% of working Canadians believe employers are responsible for supporting their employees' psychological health

Responsibility employers have to support their employees' psychological health	TOTAL	GEN Y (18-30)	GEN X (31-47)	LATE BOOMER (48-57)	EARLY BOOMER (58-66)	PRE-BOOMER (67-80)*
Responsibility (NET)	86%	86%	89%	82%	87%	77%
Some responsibility	54%	49%	58%	53%	54%	55%
Significant responsibility	32%	37%	32%	30%	33%	23%
No responsibility	8%	6%	7%	11%	10%	16%
Don't know	5%	8%	4%	7%	3%	6%



Q. How much responsibility do you think employers should take in supporting their employees' psychological health?
 Base: Working Canadians (n=1376) Note: Due to rounding some data points may not appear to add up. *Caution: very small sample size.

Just under a quarter of Canadians say their employer does not support their physical health

	TOTAL	GEN Y (18-30)	GEN X (31-47)	LATE BOOMER (48-57)	EARLY BOOMER (58-66)	PRE- BOOMER (67-80) [*]
Support (NET)	68%	62%	70%	69%	67%	41%
Some support	48%	44% ⁺	53% ⁺	47% ⁺	40%	20%
Significant support	20%	18%	17%	22%	27%	21%
No support	24%	28%	21%	22%	27%	37% ⁺
Don't know	9%	11%	9%	8%	6%	22% ⁺



QGB2_1 To what degree do you feel your employer supports your physical health? Base: Working Canadians (n=1264)

Note: Due to rounding some data points may not appear to add up. *Caution: very small sample size. ⁺Finding is statistically higher than other results.

Nearly 30% of Canadians say their employer does not support their psychological health

	TOTAL	GEN Y (18-30)	GEN X (31-47)	LATE BOOMER (48-57)	EARLY BOOMER (58-66)	PRE- BOOMER (67-80)*
Support (NET)	60%	57%	61%	63%	58%	37%
Some support	44%	41%*	46%*	46%*	38%	21%
Significant support	16%	16%	15%	17%	20%	16%
No support	29%	31%	27%	27%	34%	40%
Don't know	10%	11%	11%	9%	8%	23%



QGB2_2 To what degree do you feel your employer supports your psychological health? Base: Working Canadians (n=1264)

Note: Due to rounding some data points may not appear to add up. *Caution: very small sample size. *Finding is statistically higher than other results.

Fewer than one third of working Canadians say their employer offers wellness programs

	TOTAL	ATLANTIC	QUEBEC	ONTARIO	MAN-SASK	ALBERTA	BC
Yes	31%	32%	28%	32%	27%	35%	29%
No	57%	59%	58%	56%	61%	52%	56%
Don't know	13%	8%	15%	12%	11%	13%	15%



Q28. Does your employer / workplace offer any program(s) or initiatives that promote(s) wellness and / or healthy living (e.g. health screening clinics, fitness classes, health education)? Base: Working Canadians (n=1264)

Interest in health and wellness initiatives

	AM ALREADY PARTICIPATING	WOULD PARTICIPATE	WOULDN'T PARTICIPATE	DON'T KNOW
Incentives for fitness and/or healthy behaviour	6%	58%*	16%	20%
Health screening (e.g. where blood measures are taken)	6%	53%*	21%	21%
Education programs for physical health (nutrition, exercise)	5%	51%*	21%	23%
Onsite fitness activities (e.g. exercise classes, walking groups, health challenges)	6%	50%*	22%	22%
Onsite gym/fitness equipment	7%	49%*	22%	22%
Subsidized gym membership	6%	48%*	24%	22%
Online health assessment questionnaire	4%	46%*	24%	25%
Education programs for mental health and stress reduction	4%	45%*	24%	27%
Health coaching (for either the prevention or management of a health condition)	4%	41%	26%	29%
Employee Assistance Program (EAP)/confidential counselling services	10%	40%	21%	29%
Online wellness portal/website	6%	38%	26%	30%
Mental health manager training	3%	33%	32%	32%
Smoking cessation programs	3%	17%	55%	25%

*Finding is statistically higher than other results.

Commentary

- Canadians look to – and expect – employers to support their health. Results are fairly consistent across generations.
- Goes beyond requirements for physical health and safety.
- Psychological wellbeing requires dedicated attention.
- Our definition of health must integrate physical, mental.
- Employees will participate if employers offer programs.
- Communication is key to promote participation and awareness.
- Make programs relevant and meaningful to employees.

Discussion

- Are you surprised by the results?
- Do you think this data mirrors employee beliefs at your organization?
- How do you see your role as employers – do you agree you have a key role to play in supporting employee health?
- Is this data valuable in helping you build a business case for taking action and providing greater support for health and wellness/prevention?

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Questions?

Sunlife.ca/canadianhealthindex