

# Peel Health Data Zone M3

## Health Profile 2016

The burden of illness and preventable loss of life arises in large part because of the conditions in which people are born, grow, live, work and age.<sup>1</sup> Peel Health Data Zones (PHDZ) arose out of a need for data at small areas of geography to aid with planning programs and services that will in turn work towards improving public health outcomes. The PHDZ are defined geographic areas within Peel that are smaller than the municipality level, use Census Tracts as the building blocks, and where plausible, respect natural and man-made boundaries.

### Description:

PHDZ M3 is located in the middle of Mississauga and is mostly sprawling suburban neighbourhoods with some industrial/employment areas (see Map 1).

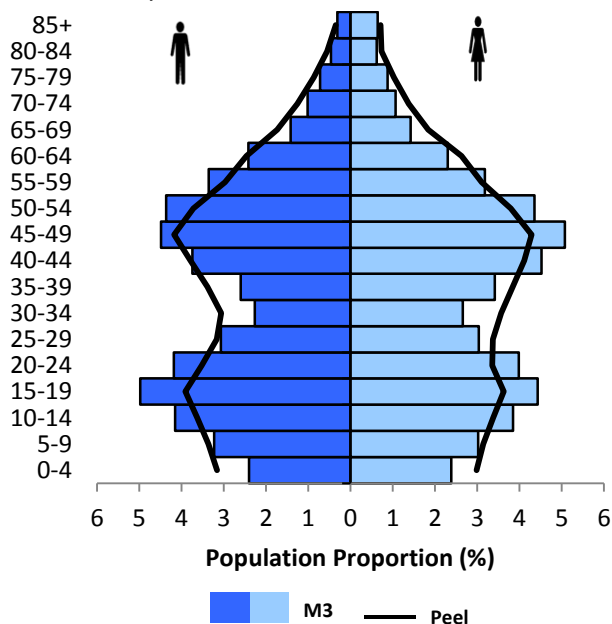
### Socio-demographic summary:

A lower proportion of M3's population is aged 0-4, 30-34 and 65-69 years compared to Peel. The average household income is \$92,494, about \$13,300 more than Peel's average. M3 has a similar prevalence of low income households compared to Peel. The top three languages spoken at home are English, Chinese and Urdu. Forty-five per cent of M3's population identifies as East Indian, Chinese or Filipino.

### Adult Health:

Life expectancy at birth in M3 is similar to that in Peel. The leading causes of death among those 20 years and older in M3 are: ischemic heart disease, dementia and Alzheimer's and diabetes. Age standardized mortality rates in M3 compared to Peel were lower for lung cancer and higher for dementia and Alzheimer's, diabetes, and influenza and pneumonia. Just under half of M3 residents are classified as overweight or obese (42%) which is similar to Peel (51%). M3 residents had a similar rate of current smokers (8%) compared to Peel (15%).

**Population Distribution by Age Group, M3 and Peel, 2011**



**Population:** 65,850

Source: 2011 Census, Statistics Canada

### Child health:

A similar proportion of the population aged 0-18 years are living in low income in M3 (15%) compared to Peel (16%). Both the *small for gestational age rate* and the *infant mortality rate* are higher in M3 compared to Peel.

## SOCIO-DEMOGRAPHIC SUMMARY

Indicator	M3	Peel	Compared to Peel
<b>Population</b>			
Total population	65,850	1,296,815	
Population aged 0-4 years	4.8%	6.1%	Lower
Population aged 5-9 years	6.2%	6.5%	Similar
Population aged 10-14 years	8.0%	7.0%	Similar
Population aged 15-19 years	9.4%	7.5%	Higher
Population aged 20-24 years	8.2%	6.9%	Similar
Population aged 25-29 years	6.1%	6.5%	Similar
Population aged 30-34 years	4.9%	6.6%	Lower
Population aged 35-39 years	6.0%	7.2%	Similar
Population aged 40-44 years	8.3%	7.9%	Similar
Population aged 45-49 years	9.6%	8.5%	Similar
Population aged 50-54 years	8.7%	7.5%	Similar
Population aged 55-59 years	6.5%	6.1%	Similar
Population aged 60-64 years	4.7%	5.1%	Similar
Population aged 65-69 years	2.8%	3.6%	Lower
Population aged 70-74 years	2.1%	2.6%	Similar
Population aged 75-79 years	1.6%	1.9%	Similar
Population aged 80-84 years	1.1%	1.3%	Similar
Population aged 85+ years	0.9%	1.1%	Similar
<b>Language/Immigration</b>			
Knowledge of official language – neither English nor French	4.2%	3.9%	Similar
Immigration status – Immigrants	61.0%	50.5%	Higher
Time period of immigration: immigrated between 2006-2011	13.0%	15.5%	Similar
<b>Education</b>			
Highest level of education achieved (ages 25-64 years), 2011			
Less than high school	7.2%	10.4%	Lower
High school certificate or equivalent	18.3%	23.6%	Lower
Apprenticeship or trades certificate or diploma	5.3%	6.5%	Similar
College, CEGEP or other non-university certificate or diploma	18.9%	21.0%	Similar
University certificate, diploma or degree	50.2%	38.5%	Higher
<b>Income</b>			
Private household after-tax median income	\$83,431	\$68,251	Higher
Private household after-tax average income	\$92,494	\$79,146	Similar
Prevalence of low income in private households (LIM-AT)	11.4%	12.6%	Similar
Less than 18 years	15.0%	16.3%	Similar
Less than 6 years	18.8%	17.1%	Similar
18-64 years	10.7%	12.0%	Similar
65 years and over	6.2%	7.8%	Similar
Tenant households spending 30%+ of household income on shelter cost	39.4%	41.5%	Similar
Owner households spending 30+ of household income on shelter cost	26.6%	28.1%	Similar

Sources: Census 2011, Statistics Canada.

National Household Survey 2011, Statistics Canada.

### Top 10 Languages Spoken at Home, Data Zone M3 and Peel, 2011

M3		Peel	
Language	Per cent	Language	Per cent
English	63.5	English	70.6
Chinese	7.9	Panjabi (Punjabi)	7.4
Urdu	5.2	Chinese	2.8
Panjabi (Punjabi)	3.2	Urdu	2.7
Arabic	2.7	Polish	1.8
Tagalog (Pilipino, Filipino)	2.1	Spanish	1.4
Vietnamese	2.0	Tamil	1.2
Tamil	1.8	Arabic	1.2
Polish	1.5	Tagalog (Pilipino, Filipino)	1.1
Portuguese	1.1	Portuguese	1.1

Source: Census 2011, Statistics Canada

### Top Three Ethnic Origins, Data Zone M3 and Peel, 2011

M3		Peel	
Ethnic Origin	Per cent	Ethnic Origin	Per cent
East Indian	21.8	East Indian	20.9
Chinese	14.2	Canadian	12.1
Filipino	8.8	English	11.2

Only single origins were included in the top three ranking.

Source: Census 2011, Statistics Canada

## CHILD HEALTH

Top 5 Leading Causes of Mortality (ages 1 to 19 years, 2007-2011 combined)	M3 <sup>†</sup>	Peel <sup>†</sup>
Injuries or poisonings	NR	5.2
Cancer of the brain or central nervous system	NR	0.8
Bone cancer	NR	0.7
Metabolic disorders	NR	0.5
Epilepsy	NR	0.3
Asthma	NR	0.3

<sup>†</sup> Age specific rate per 100,000 population.

NR = Not releasable due to small numbers.

Sources: Ontario Mortality Database 2011, Ontario Registrar General. IntelliHEALTH Ontario, Ministry of Health and Long-Term Care.

Population Estimates 2011, Statistics Canada. IntelliHEALTH Ontario, Ministry of Health and Long-Term Care.

Indicator	M3	Peel	Compared to Peel
Number of live births <sup>1</sup>	618	15,827	
General fertility rate <sup>1,2</sup> (per 1,000 females age 15-49 years)	34.6	43.8	Lower
Pre-term live births rate (per 100 live births) <sup>1</sup>	8.2	8.2	Similar
Small for gestational age rate <sup>1</sup> (per 100 singleton births 22-43 weeks gestation)	16.6	12.1	Higher
Infant mortality rate <sup>3</sup> (per 1,000 live births)	8.1	5.1	Higher
Vulnerable in one or more Early Development Instrument domains <sup>4</sup>	28.3%	30.3%	Similar

Source: <sup>1</sup>Ontario Live Birth Database 2011, Ontario Registrar General. IntelliHEALTH Ontario, Ministry of Health and Long-Term Care.

<sup>2</sup>Population Estimates 2011, Statistics Canada. IntelliHEALTH Ontario, Ministry of Health and Long-Term Care.

<sup>3</sup>Ontario Mortality Database 2011, Office of the Registrar General, obtained through IntelliHEALTH Ontario, Ministry of Health and Long-Term Care.

<sup>4</sup>Early Development Instrument 2010, Ontario Ministry of Children and Youth Services. Offord Centre for Child Studies, McMaster University.

## ADULT HEALTH

Health Behaviour Indicator	M3	Peel	Compared to Peel
Current smoker (age 18+, 2009-2014 combined)	7.9*%	14.6%	Similar
Exceeded Low Risk Drinking Guidelines (age 19+, 2009-2014 combined)	NR	15.5%	
Overweight or obese adults (age 18+, 2009-2014 combined)	41.9%	51.0%	Similar
Physically inactivity during leisure time (age 12+, 2009-2014 combined)	46.5%	53.8%	Similar
Consume fruits and vegetables less than five times per day (age 18+, 2009-2014 combined)	63.5%	58.3%	Similar
Had a flu shot in the past year (age 18+, 2009-2014 combined)	60.8%	57.1%	Similar
Ever had a mammogram – Breast cancer screening (females age 35+, 2007/2008 and 2011/2012 combined)	53.2*%	60.2%	Similar
Ever had PAP test – Cervical cancer screening (sexually active females 18+, 2007/2008 and 2011/2012 combined)	96.0*%	88.1%	Similar
Ever had fecal occult blood test – Colorectal cancer screening (age 50+, 2007/2008 to 2011/2012 combined)	52.3*%	46.4%	Similar

\*Use estimate with caution.

NR=not releasable due to small numbers

**Current Smoker** is defined as a person who currently smokes daily or occasionally, has smoked at least 100 cigarettes in their lifetime and some in the past 30 days. **Low Risk Drinking** includes female who have nine or less drinks in the past week, males who have 14 or less drinks in the past week and no more than two drinks on each day of the week for both males and females.

Source: Canadian Community Health Survey Share File, 2007/2008, 2009/2010, 2011/2012, 2013/2014, Statistics Canada. Ontario Ministry of Health and Long-Term Care.

Cause of Death and Life Expectancy	M3	Peel	Compared to Peel
<b>Top 5 Leading Causes of Mortality (age 20+ years)<sup>†</sup></b>			
Ischemic heart disease	49.0	48.1	Similar
Dementia and Alzheimer's disease	43.4	27.5	Higher
Diabetes	31.8	13.0	Higher
Influenza and pneumonia	21.9	8.4	Higher
Lung cancer	21.9	28.1	Lower
<b>Life Expectancy</b>			
Life expectancy at birth - Males	81.6 years	82.3 years	Similar
Life expectancy at birth - Females	83.9 years	86.1 years	Similar

<sup>†</sup> Age standardized rate (per 100,000 population) to the 1991 Canadian population.

Source: Ontario Mortality Database 2011, Ontario Registrar General. IntelliHEALTH Ontario, Ministry of Health and Long-Term Care.

Population Estimates 2011, Statistics Canada. IntelliHEALTH Ontario, Ministry of Health and Long-Term Care.

**Notes:**

For the Canadian Community Health Survey indicators presented in the tables above the term “lower” or “higher” means the 95% confidence intervals do not overlap between the data zone and Peel and therefore the differences between the estimates are statistically significant.

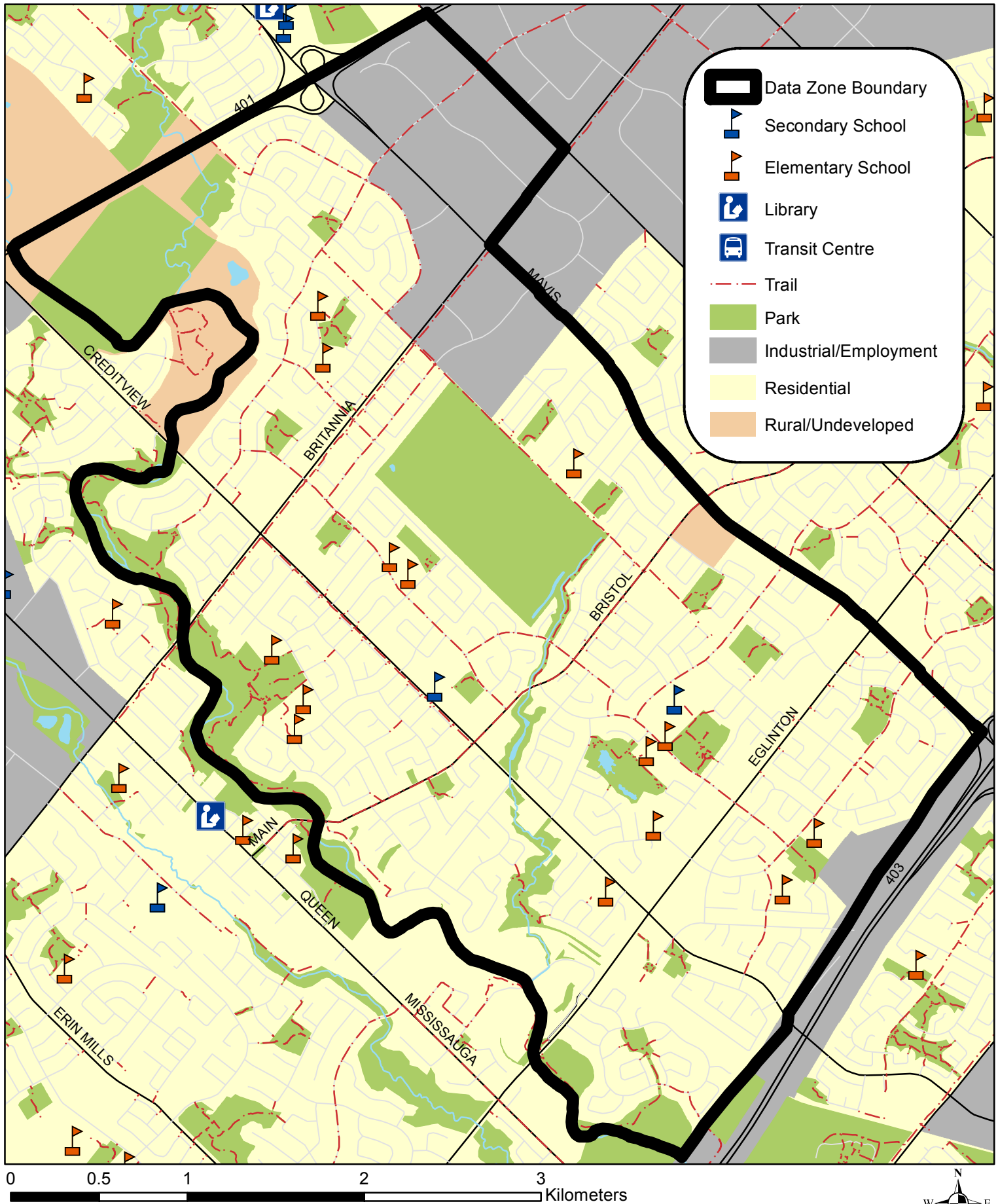
For the remaining indicators presented in the tables above, the term “lower” or “higher” refer to data zones with a rate that falls 20% above or 20% below the Peel rate.

For more information about these and other health related indicators in Peel please refer to the [Health Status Data](#) website.

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<sup>1</sup> Rose G, Day S. The population mean predicts the number of deviant individuals. BMJ. 1990 Nov 3; 301 (6759):1031-4.

# Map 1: Data Zone M3



Source: Compiled with data available through the Peel Data Centre Core GIS Data List  
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