

July 18, 2006

Report gives historical look at health status of Albertans

Edmonton... Albertans today are living longer and are generally healthier, according to a new report that looks at the health status of Albertans over the past 100 years.

The *Report on the Health of Albertans* traces many key developments in building the province's health care system and improving health outcomes for Albertans. The report contains information on the population's life expectancy and fertility rates, the incidence of communicable and chronic diseases, as well as injury rates and determinants of health, such as tobacco use and healthy eating habits.

"This report gives us a picture of how healthy we are as a province" said Iris Evans, Minister of Health and Wellness. "The report shows how far we have come in some areas, such as immunization programs to protect children from communicable diseases like measles and meningococcal disease. But the data also shows we still have work to do to combat obesity and the rising rates of chronic diseases, such as Type 2 diabetes and cardiovascular disease."

Highlights from the *Report on the Health of Albertans* include:

- By 2033, the Alberta population will surpass five million people with 19 per cent over the age of 65 years. Currently, 10.5 per cent of the population is over the age of 65.
- Life expectancy was about 60 years in 1931 and is now 82.3 years for women and 77.5 years for men.
- Only 45 per cent of women and 30 per cent of men consume five or more servings of fruit and vegetables each day.
- One in five Alberta women and one in 10 Alberta men received care in the past year for a mental health problem.
- About 40 per cent of Albertans are overweight or obese.
- Diabetes treatment rates have doubled in the past 20 years.

"This report helps us to monitor our progress in building a healthier province and helps to guide planning for department programs and initiatives," said Evans.

The *Report on the Health of Albertans* is available at <http://www.health.gov.ab.ca/public/HAlbertans06.htm>

- 30 -

Media enquiries may be directed to:

Micky Elabdi
Communications
Alberta Health and Wellness
Phone: (780) 427-7164

To call toll-free within Alberta dial 310-0000.

Send us your comments or questions

Copyright(c); 2006 Government of Alberta

Return to [Government Home Page](#)