



PRELIMINARY REPORT

Prepared by
Research Teams

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Table Of Contents

01

Introduction

02

Socio-demographics & Lifestyle

03

Medical History

04

Healthcare Utilization

05

Health System Literacy

06

Cancer Screening



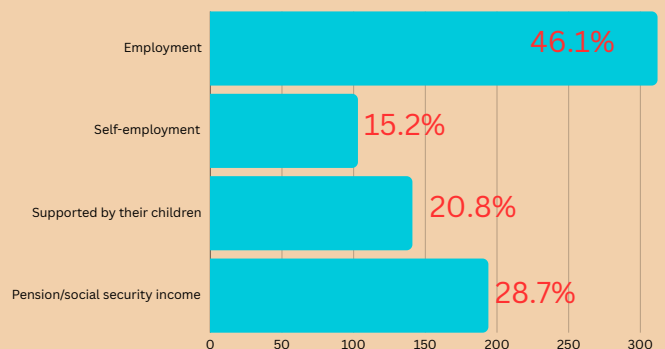
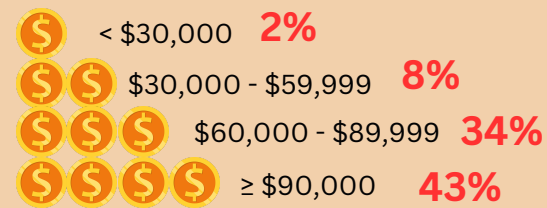
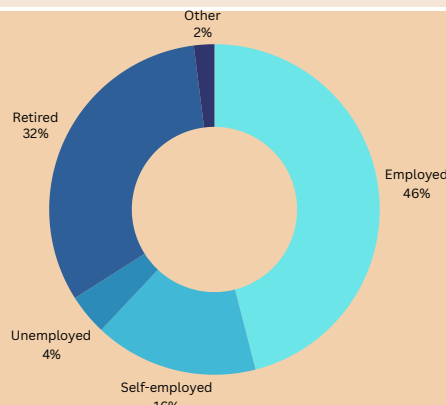
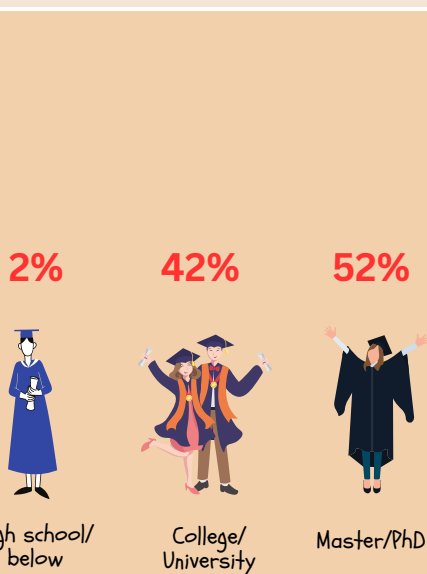
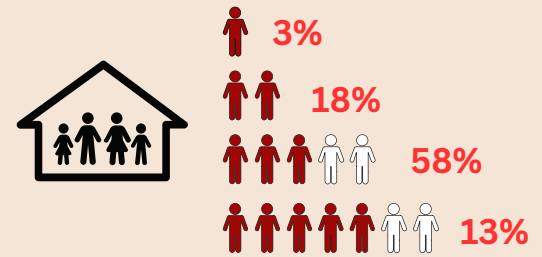
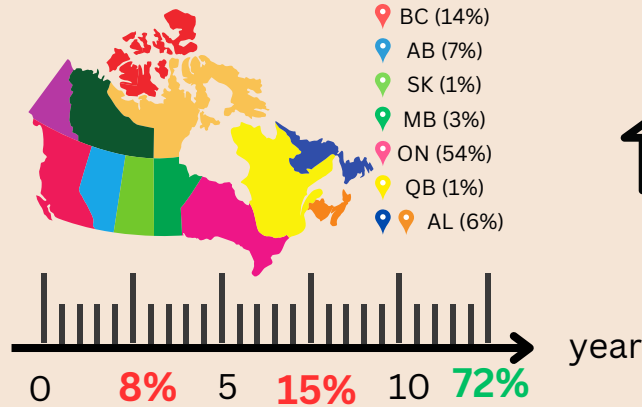
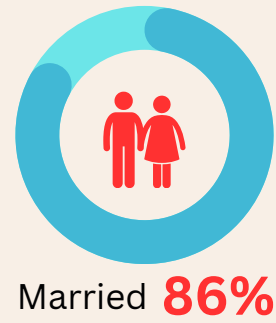
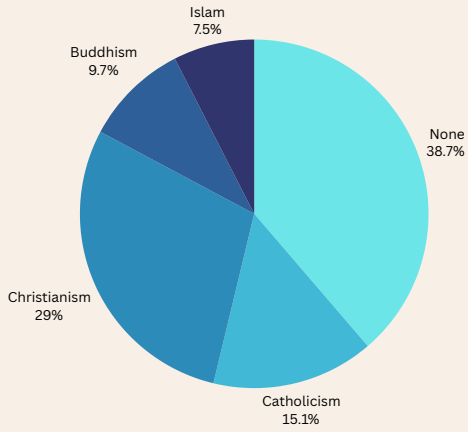
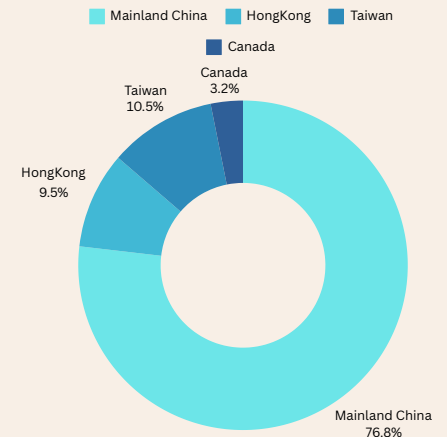
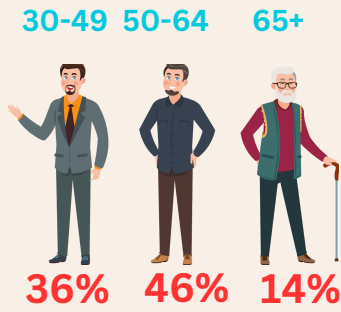
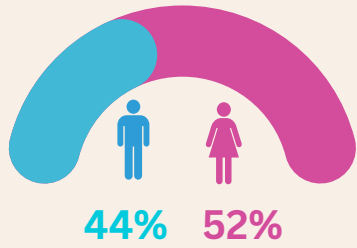
The Health Access and Resource Evaluation Survey for Chinese Canadians

A online survey led by Chinese scholars has been launching. A online survey aimed to understand Barriers to Medical care utilization among senior Chinese immigrants in Canada during the Covid-19 Pandemic: Opportunities and Challenges in the e-Health and AI Era. Although the survey is on-going, the research team determined to preliminarily summarize the data which have been collected since Feb 2024. Doing so allows us to provide timely feedback to the community. This project was funded by Social Science and Humanities Research Canada, and approved by the Interdisciplinary Committee on Ethics in Human Research.

The research team include esteemed members: *Professor Wang Peizhong (Epidemiology) of Memorial University of Newfoundland, Professor Yang Lixia (Psychology) of Ryerson University, Professor Desai Shan of Memorial university of Newfoundland (Immigrant Health), Mrs. Helen Cao, Vice President of The Centre For New Immigrant Well-Being.*

In addition, the research team is supported and assisted by many groups, especially Chinese Canadian communities, and about 700 participants across Canada.

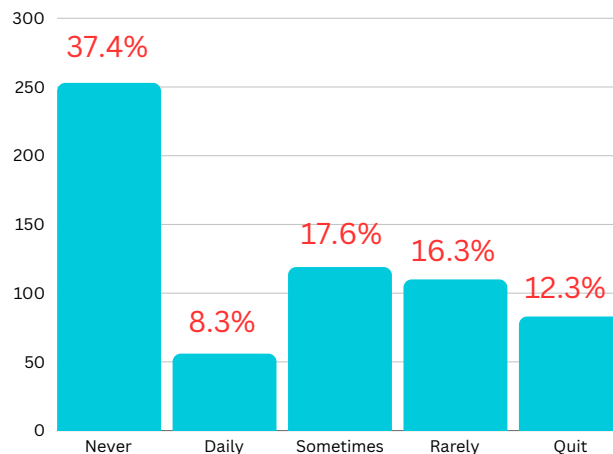
Socio-demographics & Life Styles (number of responses = 677)



Socio-demographics & Life Styles (number of responses = 677)

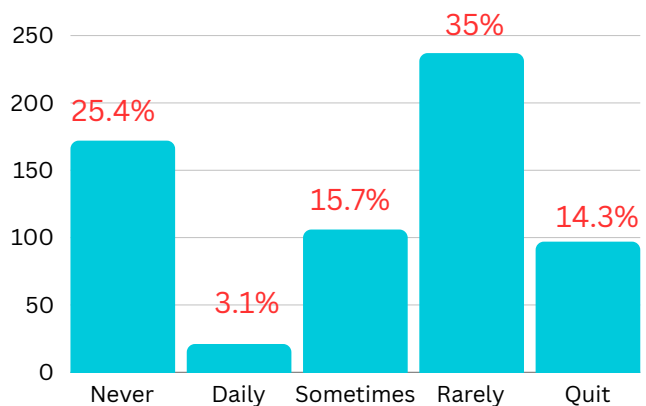
Smoking

- 37.4% of respondents have never smoked cigarette.
- Approximate 8.3% of respondents are smoking daily.
- 17.6% and 16.3% of respondents sometimes (2-5 times per week) or rarely (up to once a week) smoke, respectively.
- About 12.3% of participants quit smoking at least three months



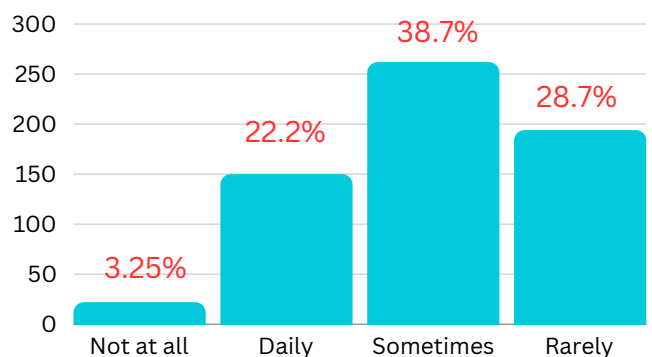
Alcohol

- 25.4% of respondents have never drunk alcohol.
- 35% of participants drinks up to once a week, followed by 15.7% drinking two or five times per week.
- 3.10% uses alcohol daily while 14.3% quit at least three months.



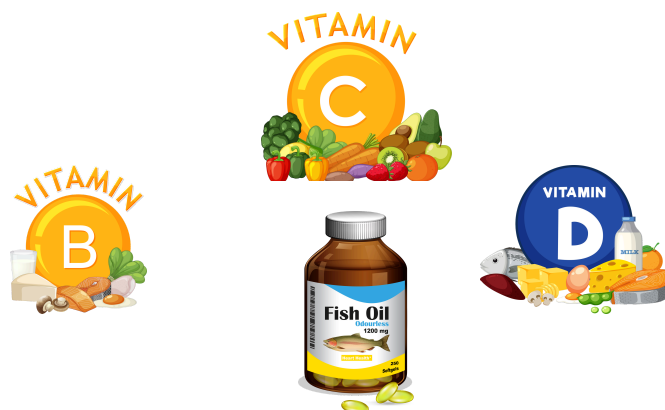
Physical activity

- 22.2% of respondents do physical activity daily whereas 3.25% don't do at all
- Many respondents spent 2-5 times per days (38.70%) or up to once a week (28.7%) for physical activity



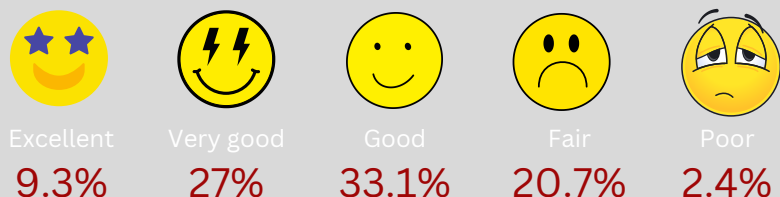
Regular vitamin/supplement intake

- 78% responded to take vitamin supplement regularly
- Some common vitamin or supplements used, including Vitamin D (45.2%), Vitamin C (46.7%), Vitamin B (47.2%), Fish oil (20.7%), and others (4.7%)



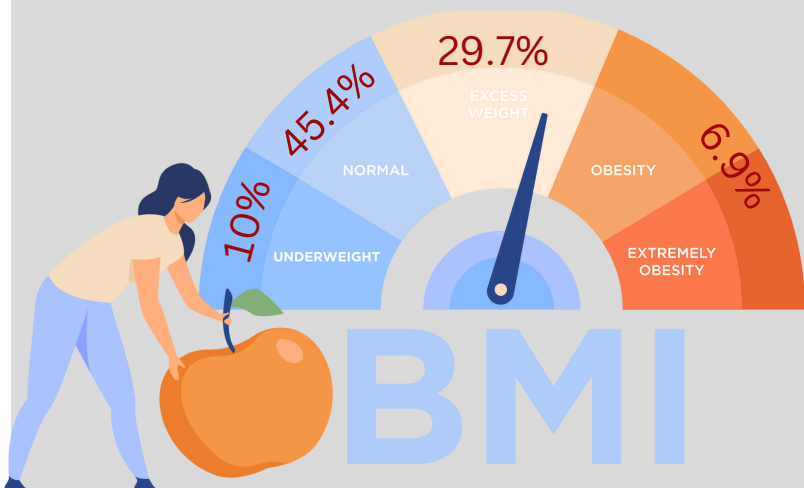
Self-rated health status

- Majority of respondents self-rated their health status from excellent (9.3%), very good (27%) to good (33.1%).
- About 20.7% self-rated as fair health and 2.4% as poor health



Body Mass Index (BMI)

- 45.4% of respondents had a normal BMI
- 10% of participants were underweight
- Participants who were overweight or obese accounted for 29.7% and 6.9%, respectively

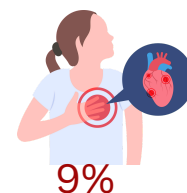


BMI values

- Underweight: BMI <18.5 kg/m²
- Normal: 18.5 ≤ BMI <23 kg/m²
- Overweight: 23 ≤ BMI < 27.5 kg/m²
- Obesity: BMI ≥ 27.5 kg/m²

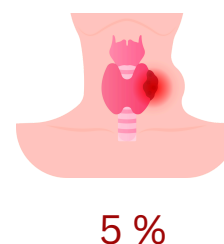
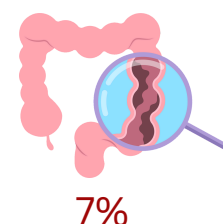
Common non-cancer chronic disease

- Majority of respondents have at least one non-care chronic disease. The five most common chronic disease reported by participants, including



Common diagnosed cancer

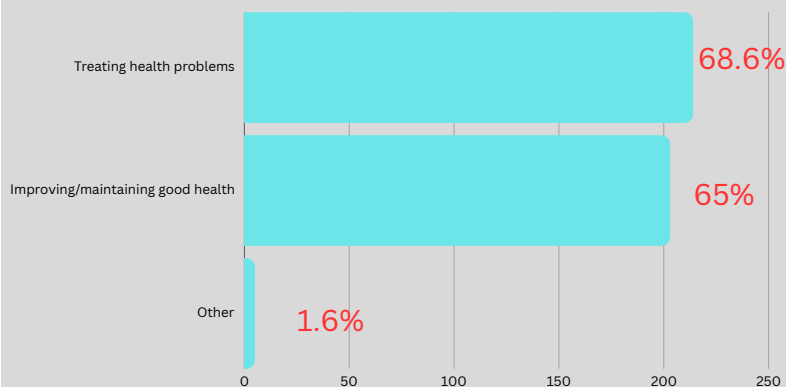
- Approximate 25% participants diagnosed with cancer. Three common types of cancers included



Healthcare Utilization (number of responses = 677)

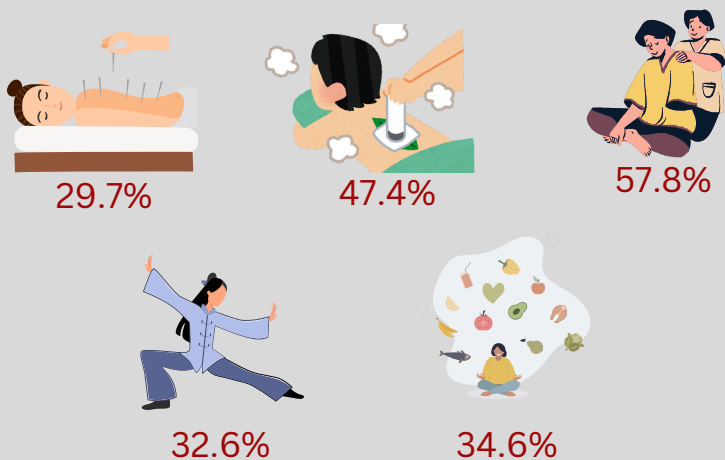
Traditional Chinese medicines on a regular basis

- 46% of participants used traditional Chinese medicines.
- Traditional Chinese medicines were used to
 - Treating health problems (68.6%)
 - Improving/maintaining good health (65%)
 - Other purposes (1.6%)

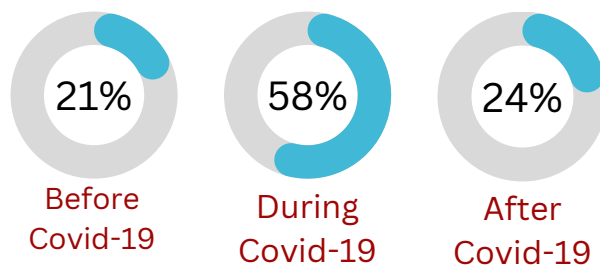


Traditional Chinese modalities on a regular basis

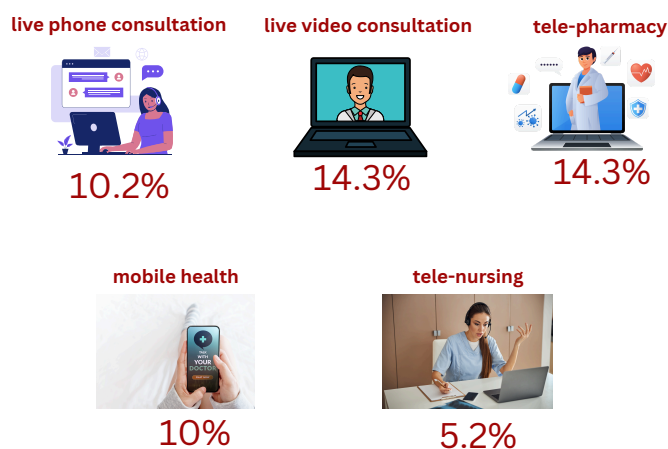
- 6 out of 10 participants used traditional Chinese medicines.
- Five common traditional Chinese modalities used, including



Used telehealth (Mobile Health or telemedicine) services



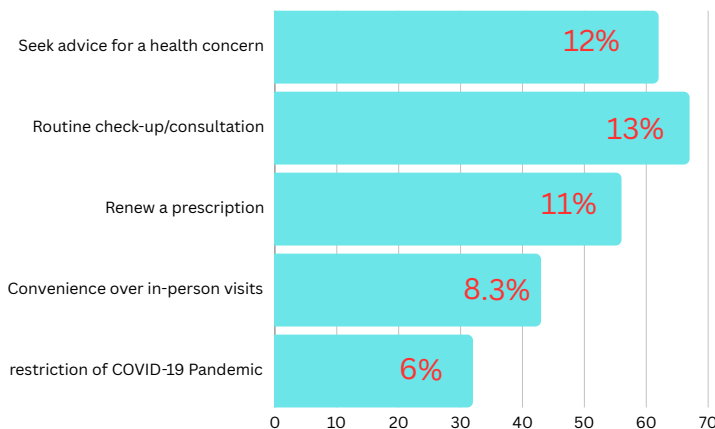
Types of telehealth



Types of telehealth

Five common uses of telehealth includes

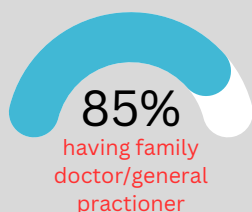
- 12% using for seeking advice for a health concern
- 13% using for routine check-up/consultation,
- 11% using for renew a prescription
- 8.3% using due to convenience over in-person visits
- 6% using due to restrictions of COVID-19 pandemic



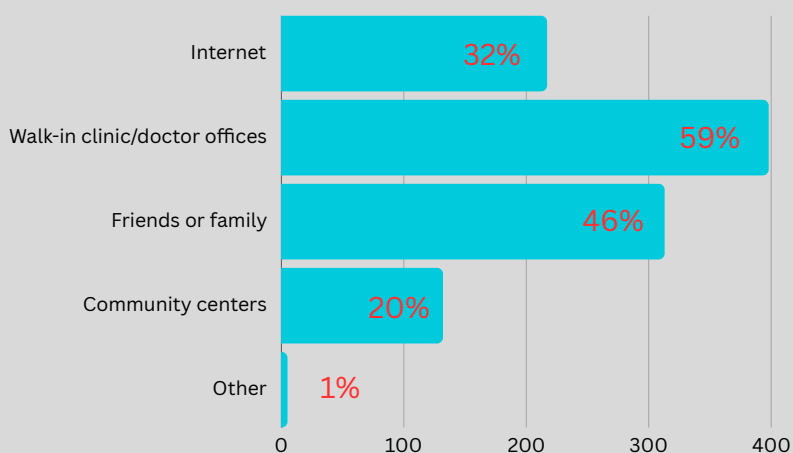
Healthcare Utilization (number of responses = 677)

Having family doctor

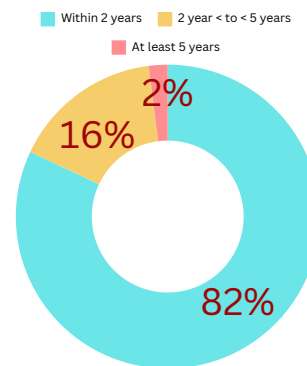
- 8.5 out of 10 people having family doctors
- 81% family doctors/general practitioners able to speak Chinese
- 44% of respondents required assistances to see healthcare professionals
- 82% of respondents have regular physical check-up



Resources used to search information about health services in Canada

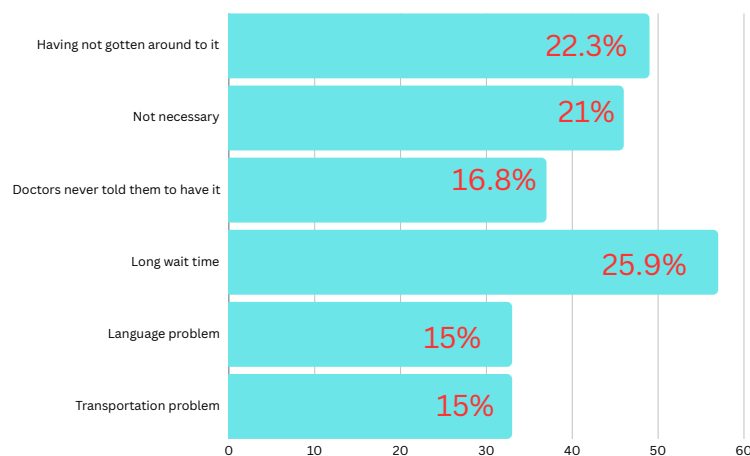


Physical check-up

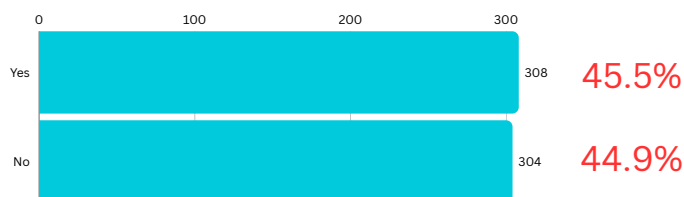


Reasons for not having regular physical check-up

- 22.3 % respondents having not gotten around to it
- 21% respondents reported not necessary
- 16.8% respondents said their doctors never told them to have it
- 25.9% said that wait time is too long
- 15% reported due to language barrier and transportation problems for each



Reluctant to seek care due to difficulties in understanding/using Canadian healthcare services



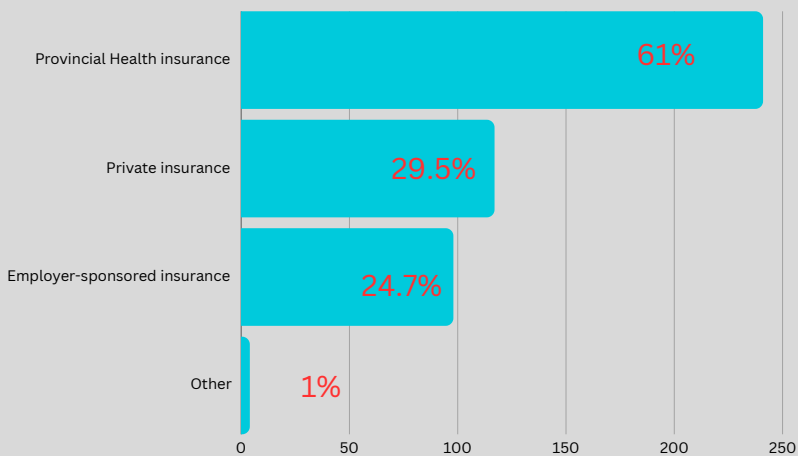
Healthcare Utilization (number of responses = 677)

Health insurance status

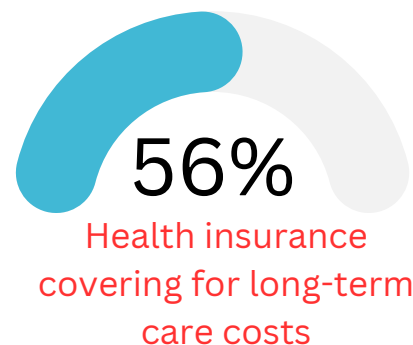
- Approximate 6 out of 10 people having health insurance covering all or part of the cost of your prescription medications



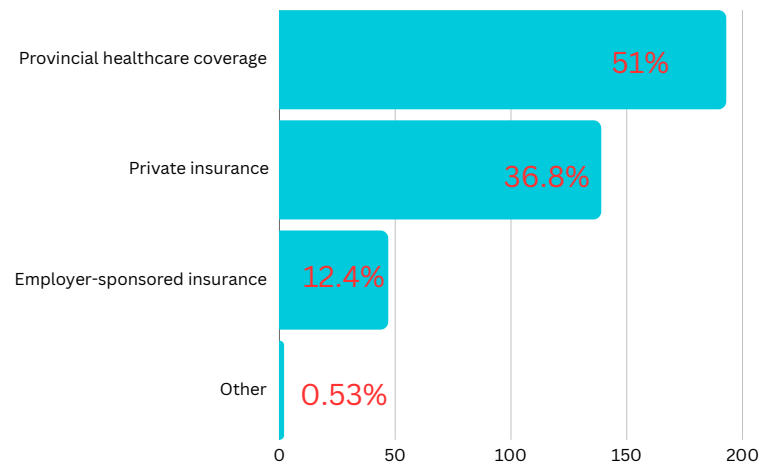
- Provincial health coverage is the most common health insurance covering for these health services (61%), followed by private health insurance (29.5%) and employer-sponsored insurance (24.7%)



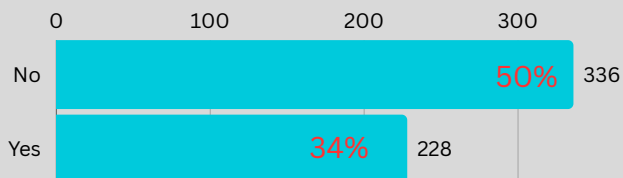
- Approximate 5.6 out of 10 people having health insurance covering all or part of the cost of your long-term care costs, including home care



- Provincial health coverage is the most common health insurance covering for these health services (51%), followed by private health insurance (36.8%) and employer-sponsored insurance (12.4%)



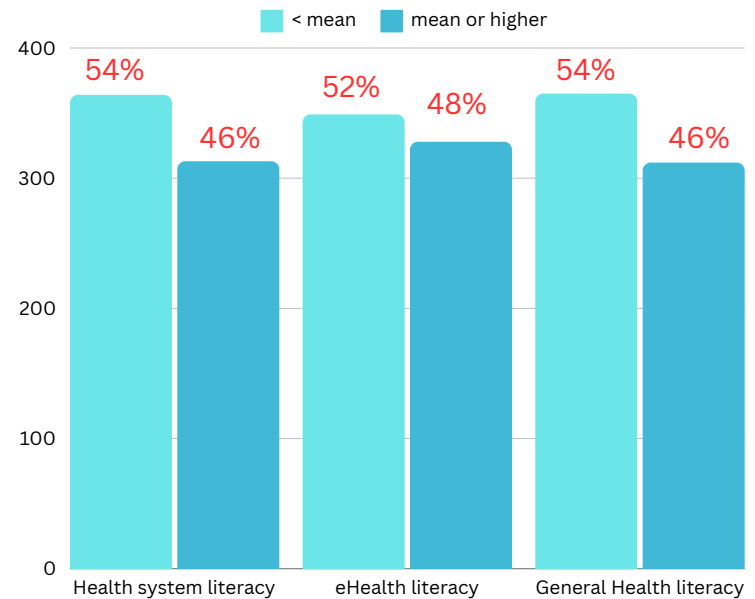
Given up taking prescribed medication or undergoing a prescribed treatment because of cost concerns



Health system literacy (number of responses = 677)

Health system literacy

- Slightly over a half of participants lower health literacy than mean values, encompassing health system, eHealth, and general health health system, eHealth, and general health literacy

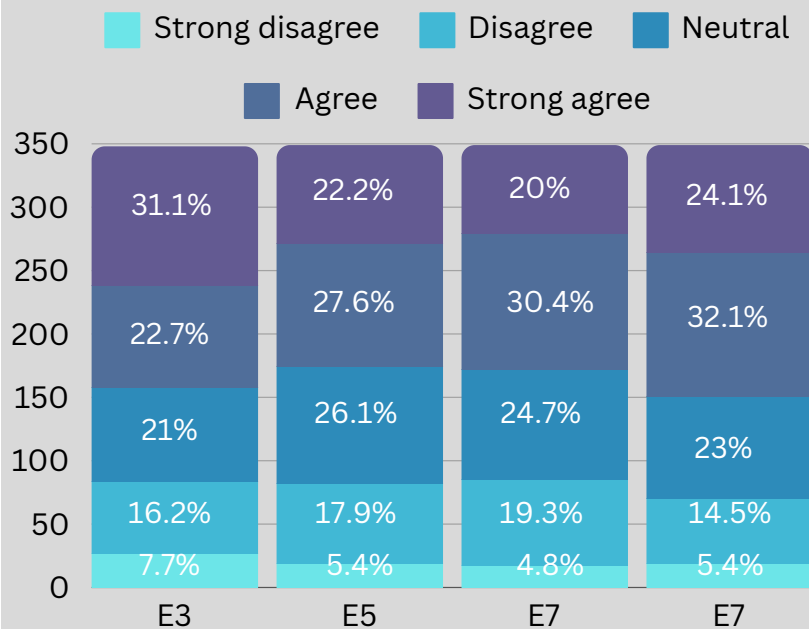


Cancer screening

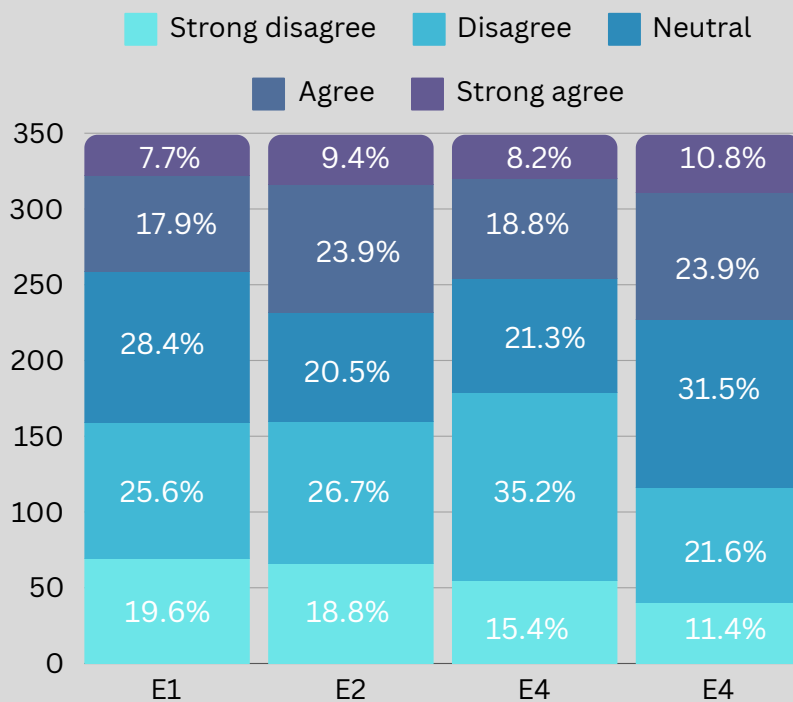
Cancer screening beliefs

Numbers of respondents = 352

Positive beliefs



Negative beliefs

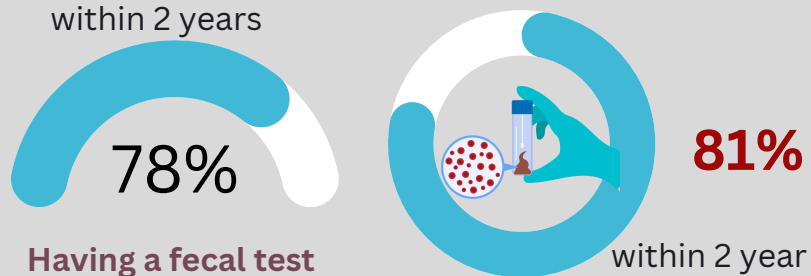


Item	Description
Positive belief	
E3	Cancer screening could reduce my chances of dying from cancer
E5	Cancer screenings are now very routine tests
E7	Regular cancer screening would give me a feeling of control over my health
E8	I would be more likely to participate in screening if my doctor told me how important it was
Negative beliefs	
E1	I would be so worried about what might be found during screening, that I would prefer not to do it
E2	Cancer screening is only necessary if I have symptoms
E4	If I have a healthy lifestyle, I don't need to worry about having regular cancer screening
E6	Cancer screening tests have a high risk of leading to unnecessary surgery

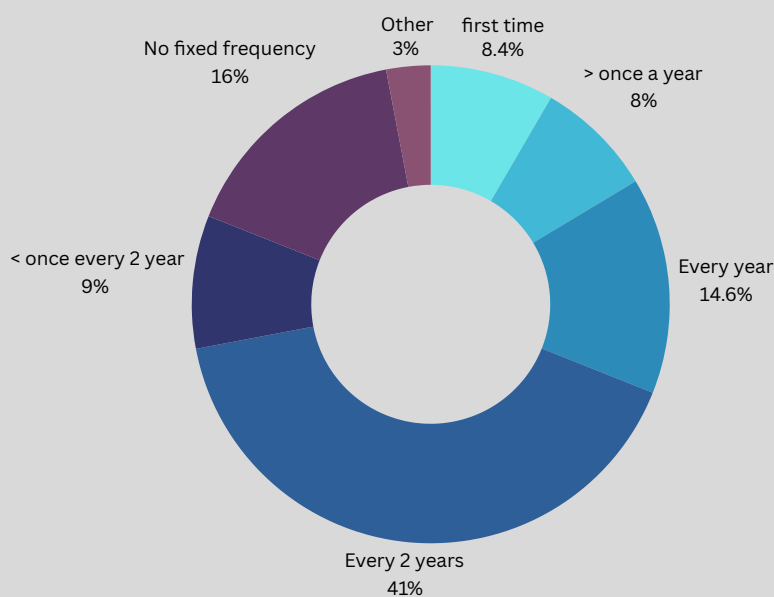
Cancer screening - Colorectal Cancer Screening

Fecal test (numbers of responses having fecal test = 273)

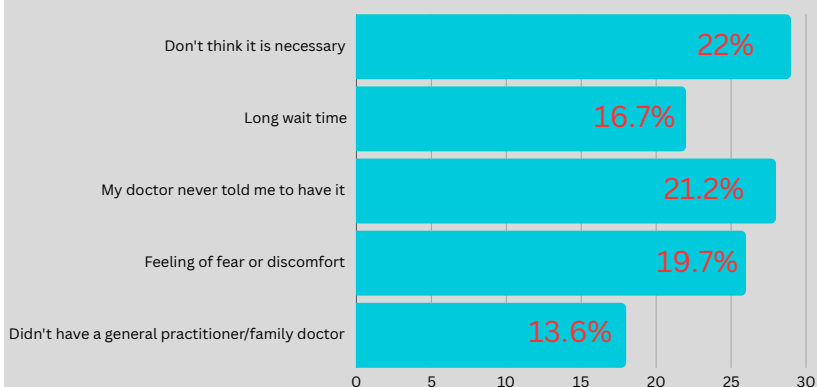
- Nearly 78% of respondents having a fecal test in their lives
- Nearly 81% of them having the last fecal test within 2 years



Frequency of having fecal test

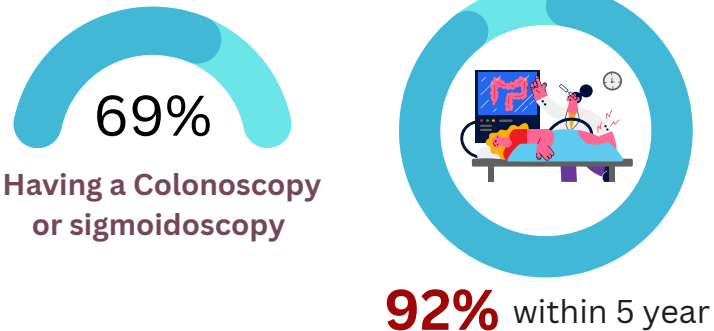


Reasons for not have fecal test in the past 2 years

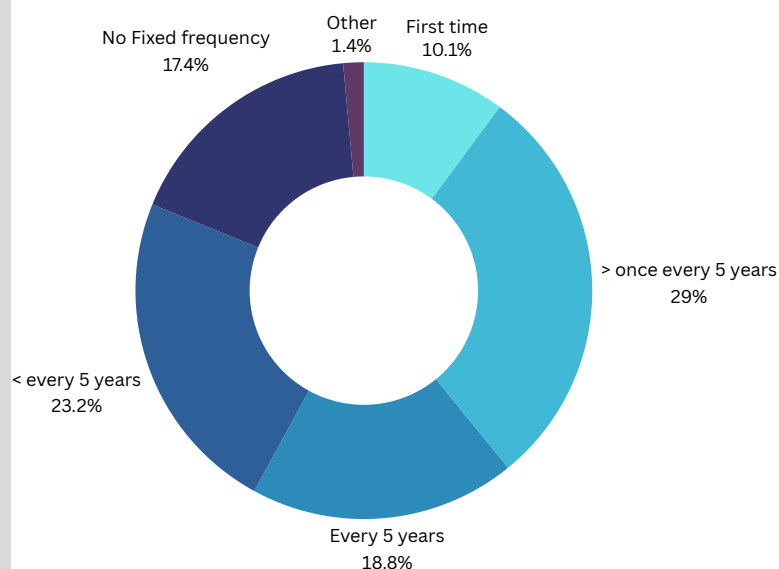


Colonoscopy or sigmoidoscopy (numbers of responses having the test = 243)

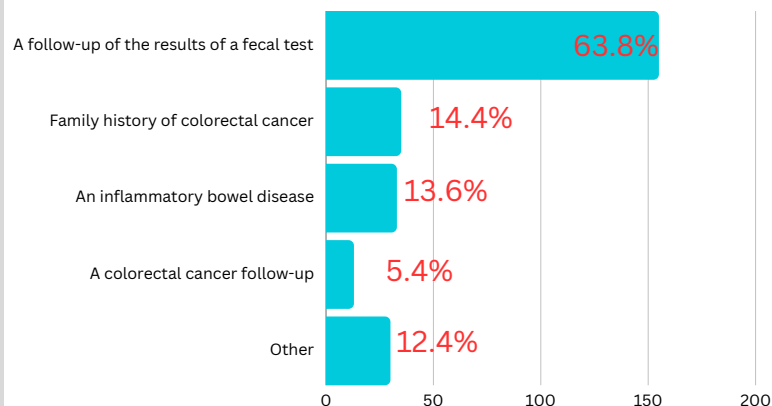
- Nearly 69% of respondents having the test
- Most participants (92%) got the test within 5 years, and 7% got it between 5 to 10 years



Frequency of having fecal test



Reasons for having the colonoscopy or sigmoidoscopy test in the past 10 years

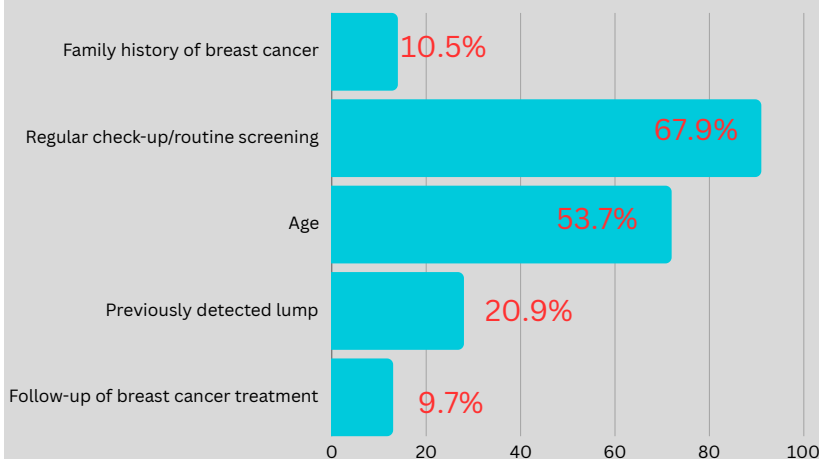


Cancer screening - Breast Cancer Screening (numbers of eligible responses=220)

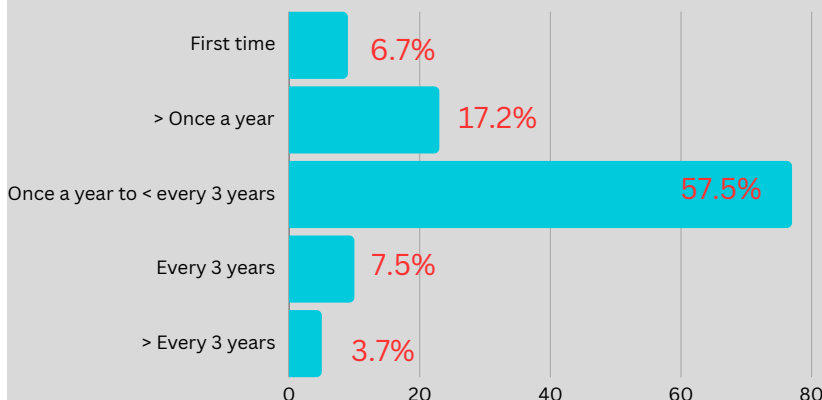
- Numbers of responses having a mammogram = 134
- Nearly 61% of respondents having a mammogram in their lives
- About 67% of respondents having the last mammogram within 2 years



Reasons for having a mammogram



Frequencies of having a mammogram



Reasons for not have a mammogram within the past 3 years

