

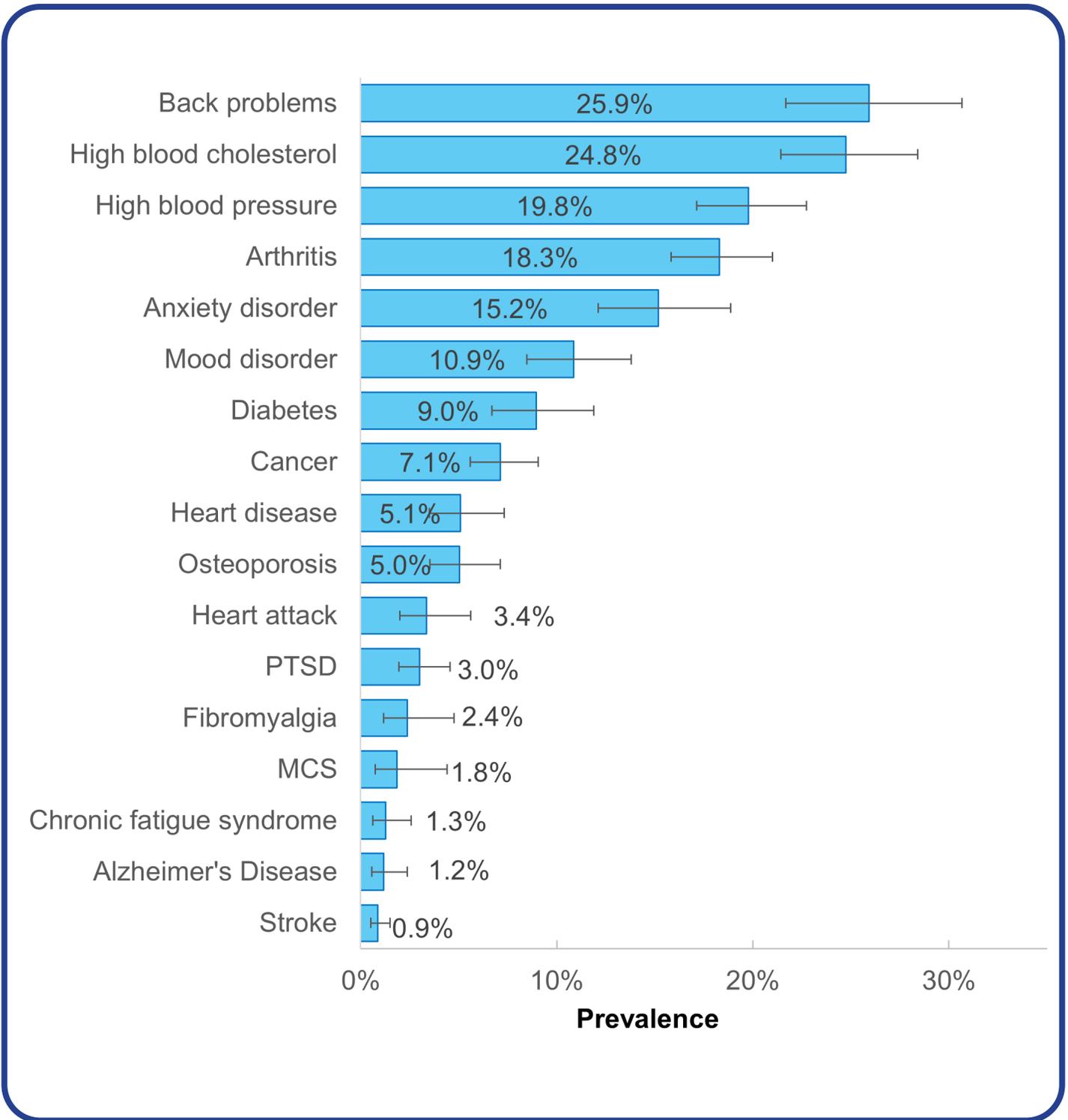
# How Common Are Chronic Conditions in Durham Region? (2022-2023)



**CCHS Summary Report  
March 2026**

## The most common chronic conditions among Durham Region residents are back problems, high blood cholesterol, high blood pressure, and arthritis.

**Figure 1: Self-reported chronic conditions among Durham Region residents, age 18+, 2022-2023.**



PTSD: Post-traumatic stress disorder

MCS: Multiple chemical sensitivity

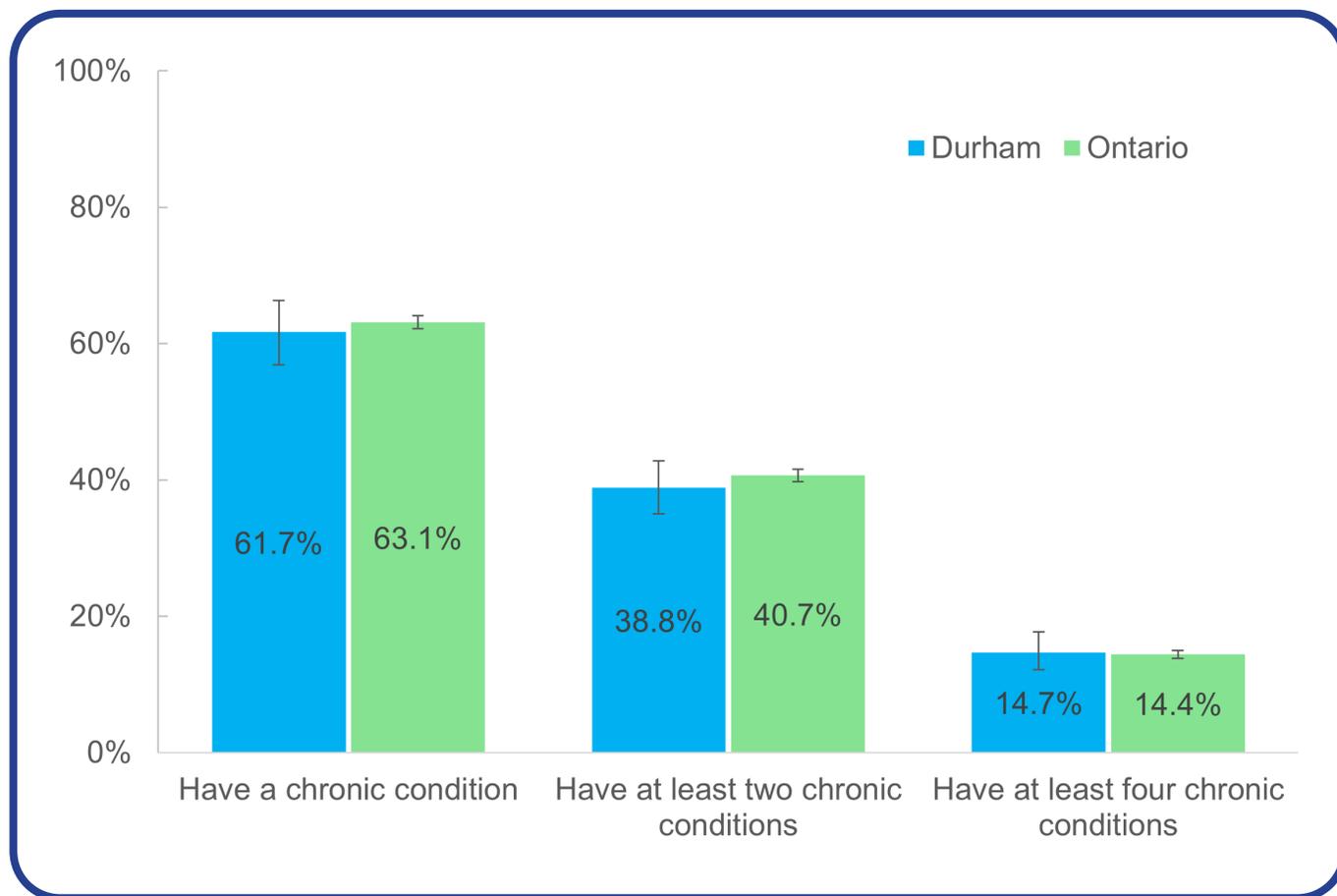
# KEY STATISTICS:

- In 2022-2023 the most common chronic condition among Durham Region residents aged 18 and above is back problems (25.9%), followed by high blood cholesterol (24.8%), high blood pressure (19.8%), and arthritis (18.3%). These top four chronic conditions each affect large segments of the Durham Region population, impacting approximately 152,000, 146,000, 116,000, and 107,000 residents respectively.
- Mental health conditions are also common, with anxiety disorders (15.2%) and mood disorders (10.9%) ranking next. These account for about 89,600 and 63,800 Durham Region residents, respectively.
- Other diseases include diabetes (9.0%, about 52,900 people), cancer (7.1%, about 42,000 people), heart disease (5.1%, about 29,800 people), and osteoporosis (5.0%), while heart attack, PTSD, and stroke are the least commonly reported chronic conditions.



## Chronic conditions are common in Durham Region residents and are similar to residents across Ontario.

**Figure 2: Prevalence of residents with one or more chronic conditions, age 18+, Durham Region and Ontario, 2022-2023.**



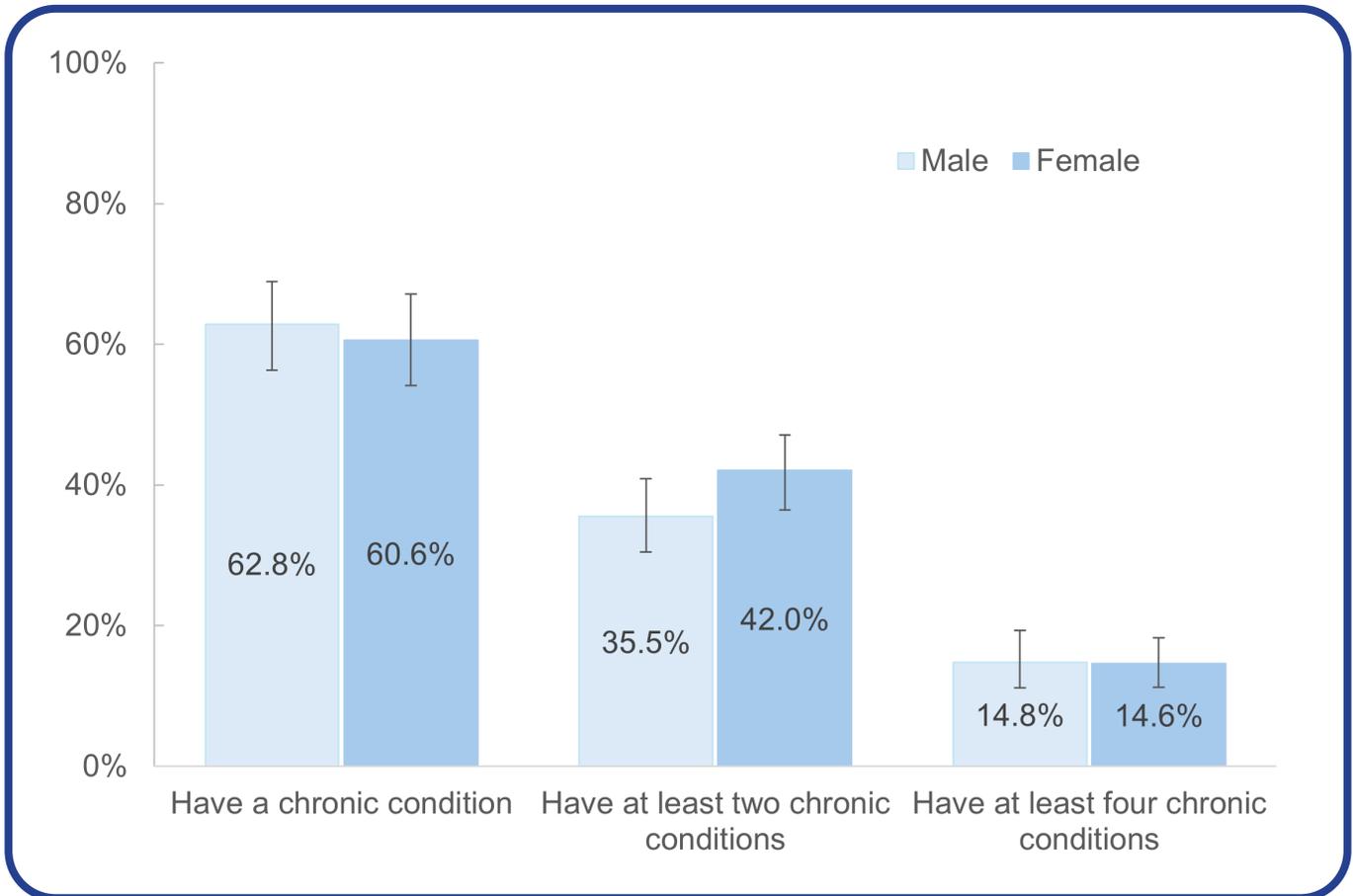
### KEY STATISTICS:

Figure 2 shows whether respondents reported at least one, two, or four of the 17 chronic conditions included in the CCHS (see definition in the data notes).

- Six in ten Durham Region residents aged 18 years and over have at least one chronic condition (61.7%, about 360,000 people), over three in ten having at least two conditions (38.8%, about 227,000 people), and over one in ten having at least four conditions (14.7%, about 85,900 people).
- Results for Ontario are similar to those found in Durham Region.

## The number of chronic conditions in Durham Residents is similar between males and females.

**Figure 3: Prevalence of residents with one or more chronic conditions by sex at birth, age 18+, Durham Region, 2022-2023**

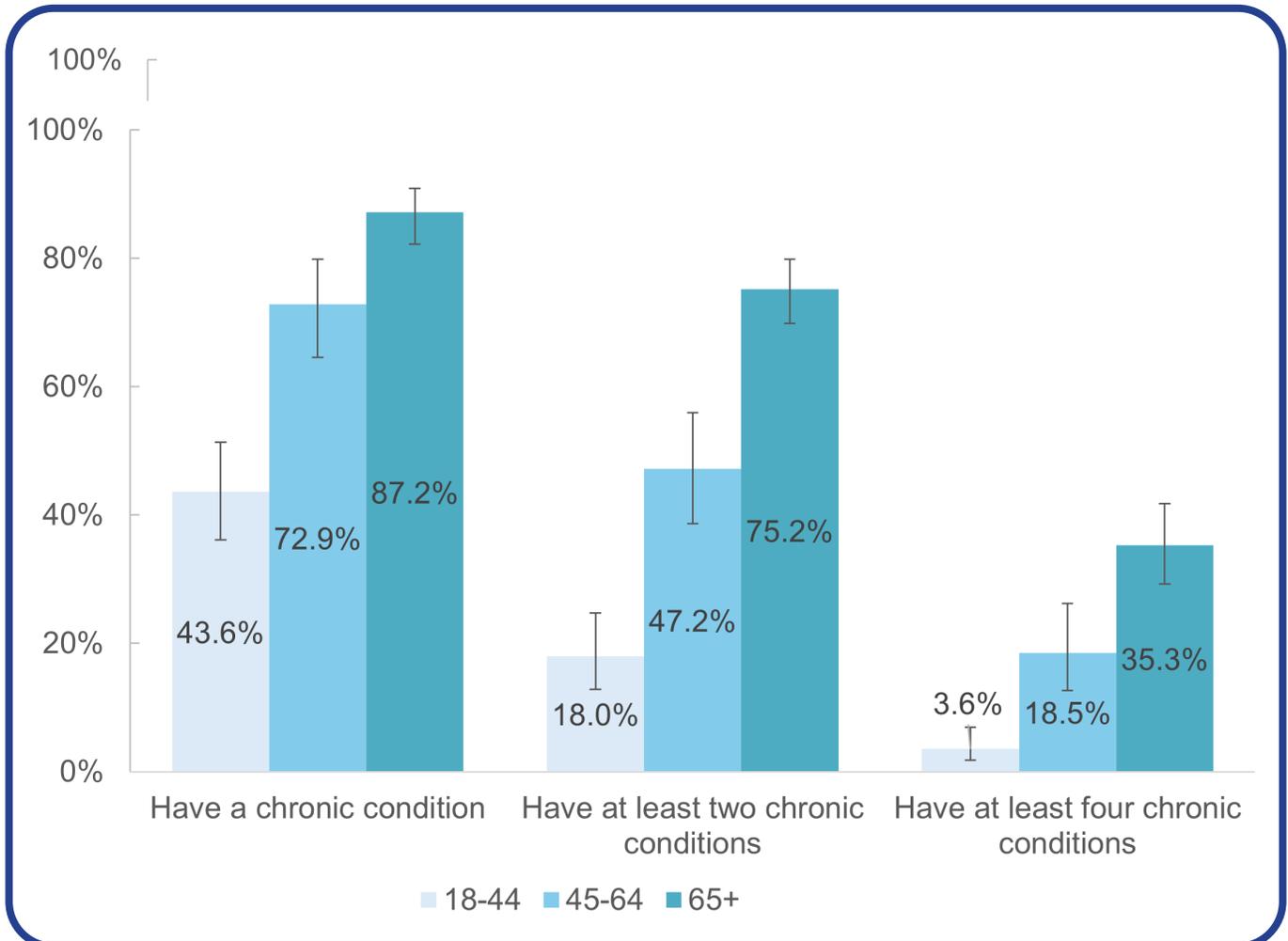


## KEY STATISTICS:

- There were no statistically significant differences between the proportion of males and females reporting one or more chronic conditions.

## Chronic conditions increase with age.

**Figure 4: Prevalence of residents with one or more chronic conditions by age groups, Durham Region, 2022-2023**



## KEY STATISTICS:

- At least one condition: 44% of adults aged 18-44 rising to 73% (ages 45-64), 87% (ages 65+).
- At least two conditions: prevalence more than doubled from 19% in people aged 18-44 to 47% (adults aged 45-64), and continued to increase to 75% among seniors 65+.
- At least four conditions: prevalence increased from 4% in adults aged 18-44 to 35% in seniors 65+.

# DATA NOTES

## Data Source:

The Canadian Community Health Survey (CCHS) is a cross-sectional survey that collects information related to health status, health care utilization and health determinants for the Canadian population.

The 2022 CCHS introduced major changes, including a shift to an online electronic questionnaire and substantial questionnaire reformatting. Additional updates included returning to the Labour Force Survey (LFS) area frame for sampling adults instead of the 2021 DUF list frame, allowing 18-year-olds sampled from the Canadian Child Benefit frame to participate, and temporarily expanding coverage and sample size in the Territories to compensate for reduced access during the pandemic. Because of these methodological shifts, comparisons with earlier cycles require caution.

The CCHS collects data from individuals aged 12 and older. However, 12 to 17 year olds were not included in the 2023 CCHS cycle due to the launch of the Canadian Health Survey on Children and Youth. Therefore, this analysis includes only respondents aged 18 and older.

## Data Analysis:

The analysis used the CCHS share file obtained from the Ontario Ministry of Health. Stata version 16.1 was used to analyze the data. The final CCHS sampling weight formed the estimates.

Error bars in the graphs represent the 95% confidence interval (CI) around the estimate. The true or actual estimate falls within the range of values 95 out of 100 times. Confidence intervals were used to determine level of significance.

Data were released based on CCHS user guidelines. In general, the reliability of estimates was assessed based on sample size and sampling variability. Estimates that did not meet the required release criteria were considered unreliable and were labelled "NR: Not Releasable." Responses coded as "refusal," "don't know," and "not stated" were excluded from the analyses.

**Chronic health problems prevalence** is defined as proportion of the population that reports having been diagnosed with one or more selected chronic health problems.

# SURVEY QUESTIONS

The Canadian Community Health Survey (CCHS) has a core Chronic Conditions module that consists of a series of questions that ask about the chronic health problems the respondent may be living with. The respondent is asked about a variety of long-term problems that have been diagnosed by a health professional, and which are expected to last 6 months or more.

## **Definition of Chronic Condition Indicators (Used in Figures 2 and 3):**

The indicators “Have a chronic condition,” “Have at least two chronic conditions,” and “Have at least four chronic conditions” represent whether a respondent reported being diagnosed by a health professional with one or more of the following 17 long term chronic conditions, each expected to last six months or more:

1. Diabetes
2. Cancer
3. Heart disease
4. Heart attack (lifetime)
5. High blood pressure
6. High blood cholesterol (lifetime)
7. Stroke
8. Osteoporosis
9. Fibromyalgia
10. Arthritis (e.g., osteoarthritis, rheumatoid arthritis, gout)
11. Back problems (excluding scoliosis, fibromyalgia, and arthritis)
12. Mood disorder (e.g., depression, bipolar disorder, mania, dysthymia)
13. Anxiety disorder (e.g., phobia, panic disorder, generalized anxiety)
14. Post traumatic stress disorder (PTSD)
15. Alzheimer’s disease or other dementia
16. Chronic fatigue syndrome
17. Multiple chemical sensitivities (MCS)

## **Indicator definitions:**

- Have a chronic condition: respondent reported one or more of the above conditions.
- Have at least two chronic conditions: respondent reported two or more conditions.
- Have at least four chronic conditions: respondent reported four or more conditions, representing higher levels of multimorbidity