



# The Canadian Health Measures Survey aims to help us better understand how the health of Canadians aged 1 to 79 is affected by their lifestyle and environment

Your **voluntary participation** provides quality information that will guide future research, healthcare policies and services. By participating, you will receive your test results, which provide more information about your health than you would get from a typical doctor's visit, and **\$150 to cover expenses** related to your visit to our temporary examination centre.

## The survey steps

### Step 1



An in-home interview in which a Statistics Canada employee will provide you with information about the survey and ask you a series of questions.

### Step 2



A visit to our temporary examination centre in which trained and certified health specialists will take your physical measurements, administer tests, and collect samples.

## Viewing your results



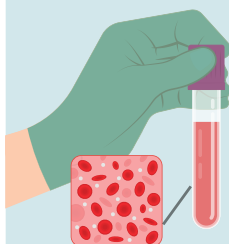
Some results will be available immediately after your visit to the temporary examination centre. All your results will be accessible online by you only through our secure My Results Portal, which will be updated frequently as new results become available.

## WHAT WE'VE LEARNED FROM PREVIOUS CYCLES OF THIS SURVEY



**3 in 10** adults with **high blood pressure** were unaware of their condition.

In 2017, just over **8 in 10** Canadians had bisphenol A (BPA, a chemical found in some types of plastics) detected in their urine. Most Canadians were exposed to low levels that are not thought to pose a health risk.



Between 2009 and 2017, **average blood lead levels decreased 30.8%** in Canadians aged 6 to 79 years. **Average urinary BPA decreased 32.5%** during the same period.

## Contact us

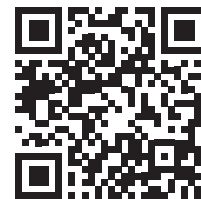
Do not hesitate to ask questions at any stage of the survey process; we're here to help

Toll-free number: 1-888-253-1087

Email address: [cdhm-cmds@statcan.gc.ca](mailto:cdhm-cmds@statcan.gc.ca)

TTY: 1-866-753-7083

Web page: [www.statcan.gc.ca/chms](http://www.statcan.gc.ca/chms)



As with all Statistics Canada surveys, any information provided will remain confidential pursuant to the *Statistics Act*. Statistics Canada takes the privacy of Canadians very seriously. Published data can never identify you or your household.



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