

FACT SHEET 7 GENERAL HEALTH



IN GENERAL, WOULD YOU SAY YOUR PHYSICAL HEALTH IS...

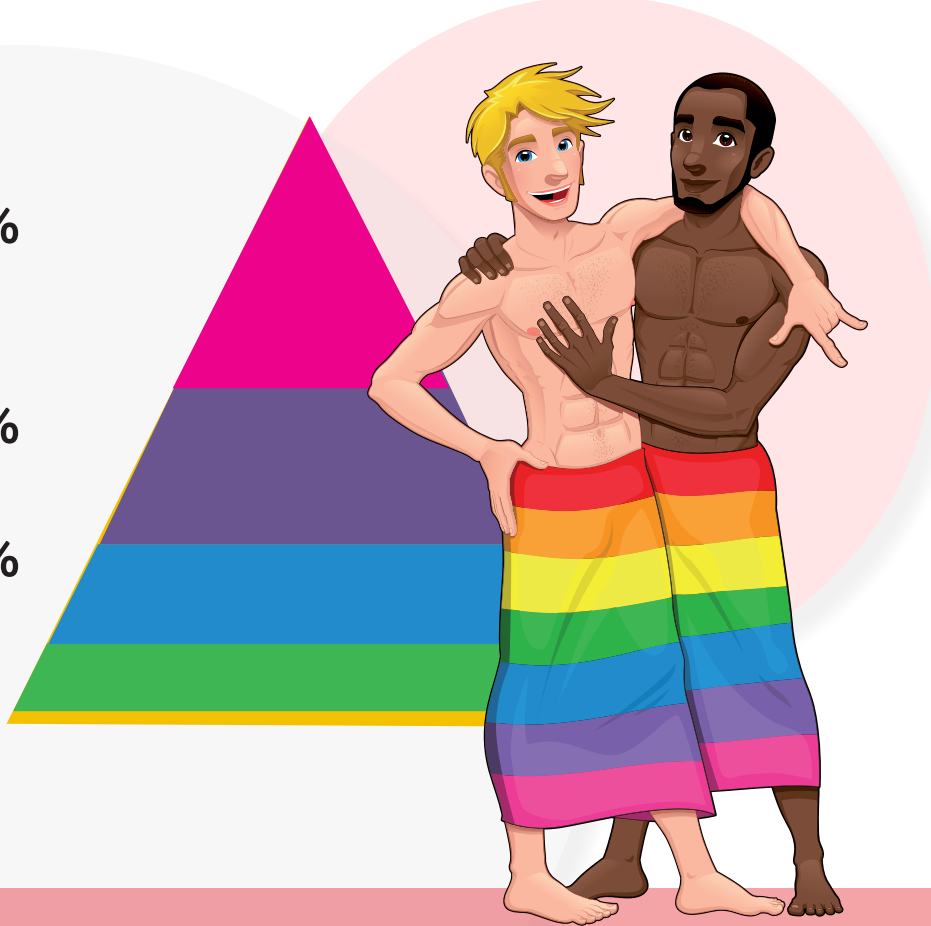
EXCELLENT 23.7%

VERY GOOD 40.2%

GOOD 24.9%

FAIR 9.0%

POOR 2.2%



BODY MASS INDEX (BMI)

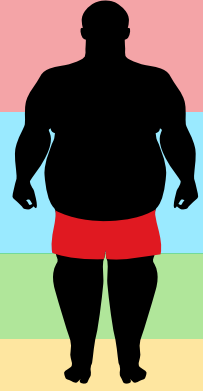
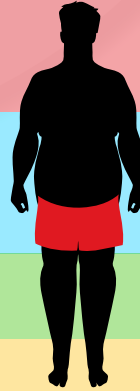
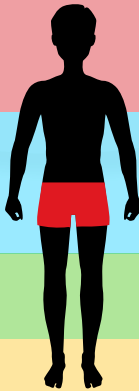
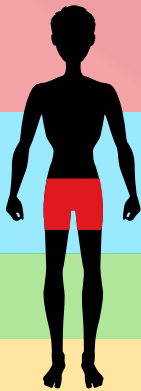
On average the overall body mass index (BMI) of Male Call Canada's sample was lower than the general male population.

UNDERWEIGHT*

AVERAGE*

OVERWEIGHT*

OBESE*



MALE CALL CANADA PARTICIPANTS

1.7%

37.3%

42.5%

18.5%

CANADIAN MALE POPULATION

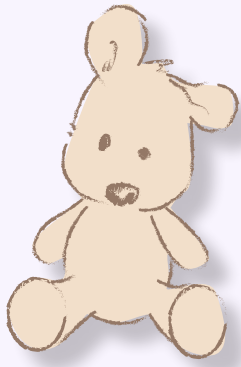
1.4%

30.4%

42.1%

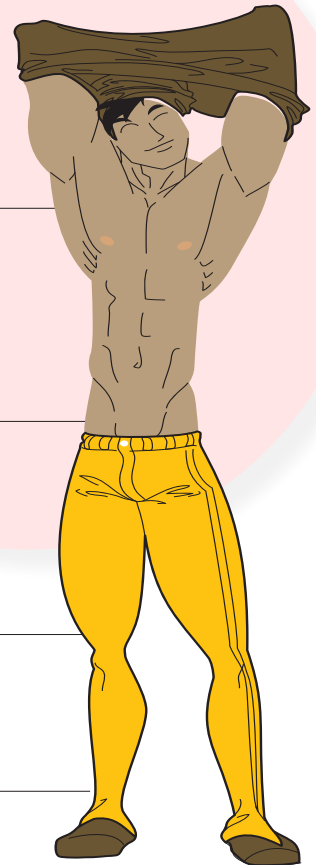
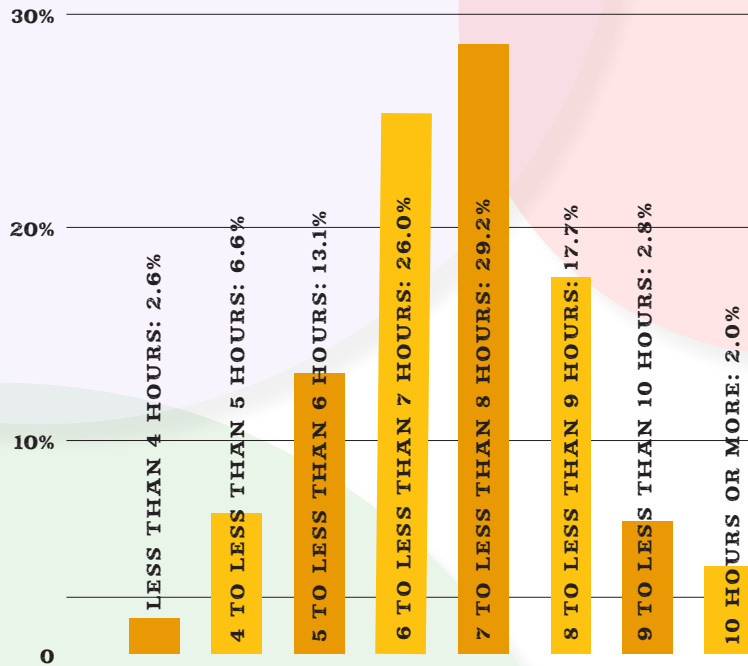
26.0%

* Underweight means a BMI less than 18.5, average means a BMI of 18.5 to 24.9, overweight means a BMI of 25.0 to 29.9 and obese means a BMI of 30.0 or more.



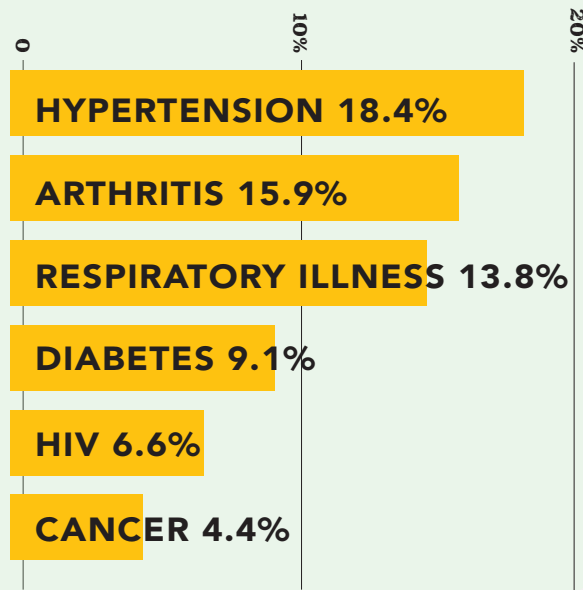
HOW LONG DO YOU USUALLY SPEND SLEEPING EACH DAY

77.5% of men reported sleeping less than 8 hours per day.



CHRONIC HEALTH CONDITIONS

Men reported a variety of chronic health conditions.



10.3%

of men had an unspecified physical disability.

