

# FACT SHEET 7 GENERAL HEALTH



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

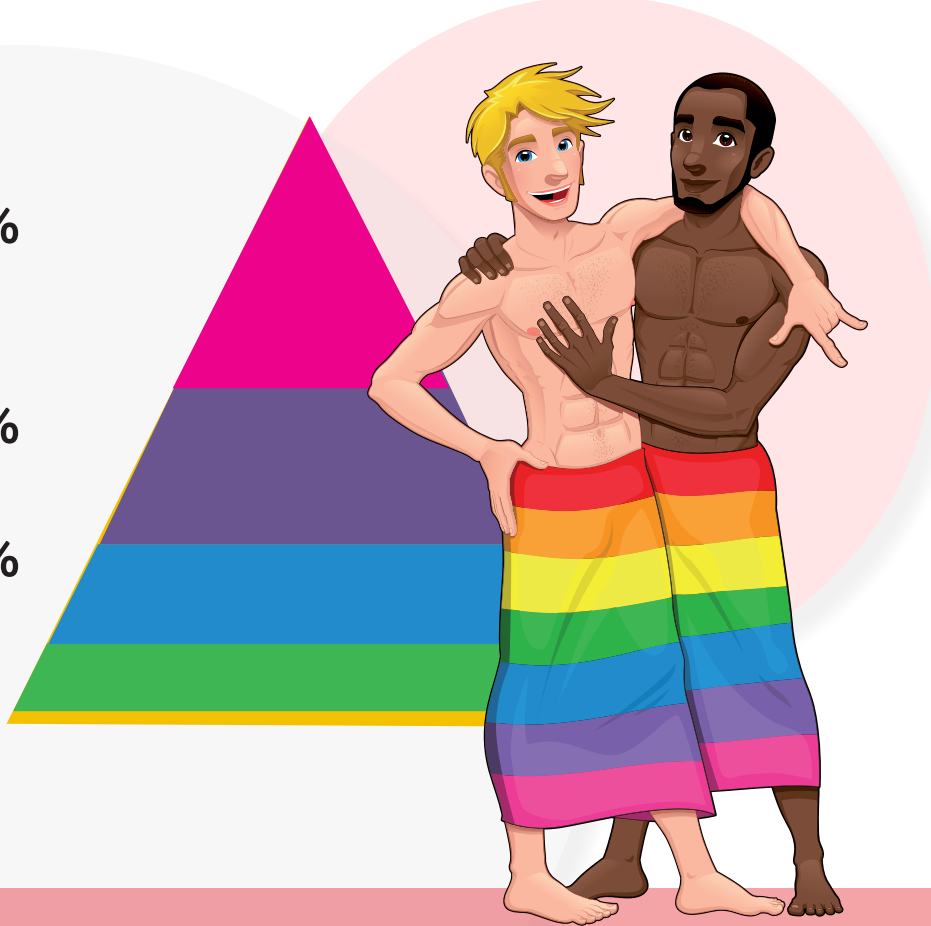
**EXCELLENT 23.7%**

**VERY GOOD 40.2%**

**GOOD 24.9%**

**FAIR 9.0%**

**POOR 2.2%**



## BODY MASS INDEX (BMI)

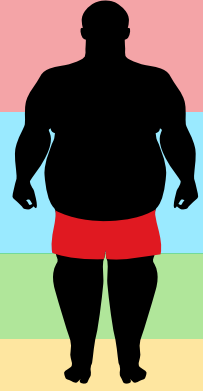
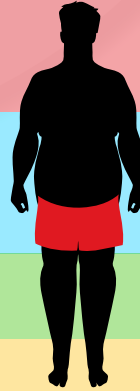
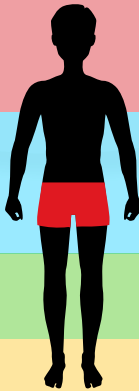
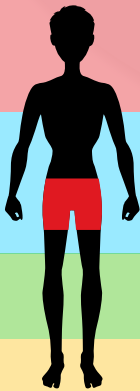
On average the overall body mass index (BMI) of Male Call Canada's sample was lower than the general male population.

**UNDERWEIGHT\***

**AVERAGE\***

**OVERWEIGHT\***

**OBESE\***



**MALE CALL CANADA PARTICIPANTS**

1.7%

37.3%

42.5%

18.5%

**CANADIAN MALE POPULATION**

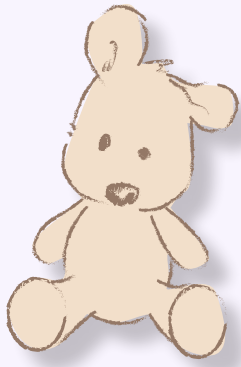
1.4%

30.4%

42.1%

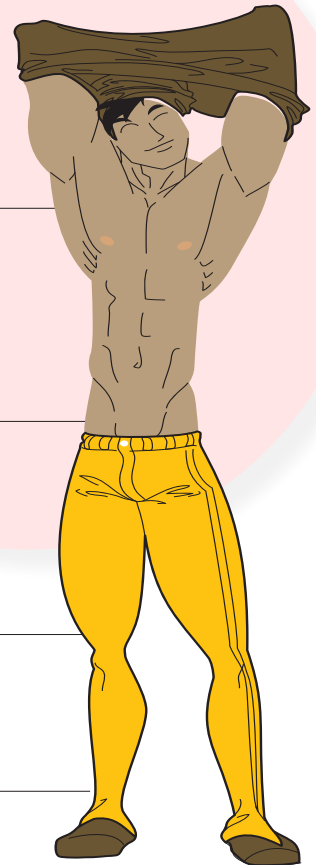
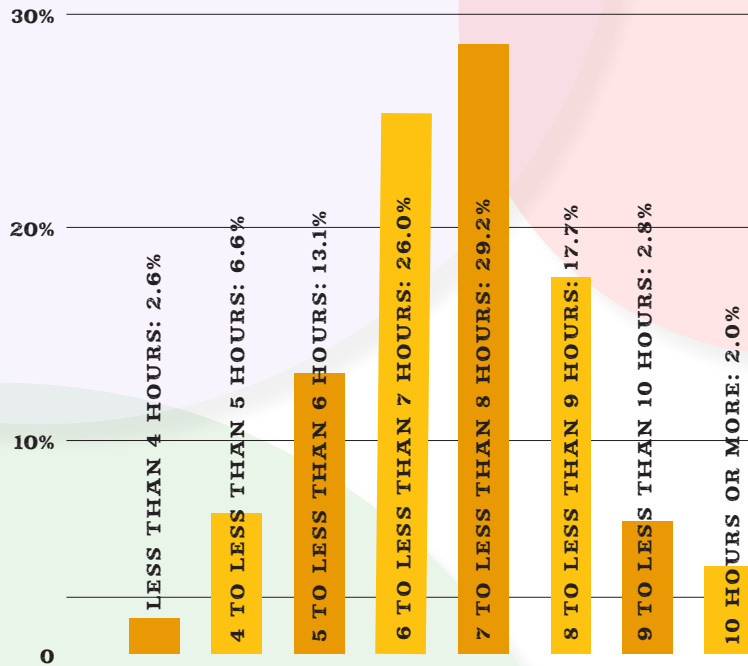
26.0%

\* 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.



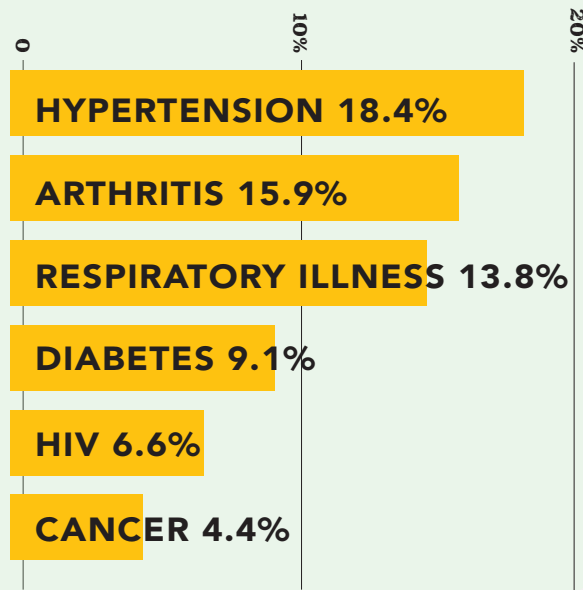
## HOW LONG DO YOU USUALLY SPEND SLEEPING EACH DAY

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.

