

The Health of Yukoners in 2015

Highlights from the 2015 Yukon Health Status Report

Yukon's population is growing and changing.

20%

Yukon's population has increased every year since 2005, for a total increase of nearly 20% over the last decade.



Our population is aging – about 11% of our residents are aged 65 and older. The proportion of young people is decreasing. Today, those under the age of 25 make up only 28% of the population.



Life expectancy is lower in Yukon than in Canada, by about 4 years. A baby boy born between 2009 and 2011 in Yukon can expect to live to age 75, while a baby girl can expect to live to age 80.

The Yukon lifestyle contributes to both positive and negative health effects.



Yukon leads the country in activity, with nearly two-thirds of us reporting active or moderately active lifestyles. Yukon women, at 63%, outperform Canadian women overall, at 52%.

40%

Although Yukoners are active, nearly 40% are overweight. The national average is 34%.



Yukon sees nearly three times the number of deaths from unintentional injury than Canada.

Yukoners are learning to manage chronic conditions.



A substantial portion of the population in both Yukon and Canada are burdened with one or more chronic conditions, such as arthritis (18%), diabetes (6.4%), asthma (68%), high blood pressure (15%) and back problems (20%).



Yukon has a lower rate of cancer incidence, but a higher rate of mortality from cancer, than Canada as a whole.



Many chronic conditions may be managed through effective primary care and self-management tools and techniques.

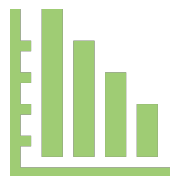
Mental well-being plays an important part in every facet of our lives.

9/10

Nine out of 10 Yukoners report being satisfied or very satisfied with life, despite the fact that nearly one-quarter report experiencing quite a lot of life stress.



An estimated 65% of Yukoners reported very good or excellent mental health in 2013/14, compared to 71% nationally.



Both Yukon and Canada are seeing downward trends in the percentage of people who report very good or excellent mental health.

To read the full report, visit: hss.gov.yk.ca