Adults in Ontario with chronic disease risk factors and related costs*

For more information, read the report at:
ccohealth.ca/cdburden

Living with disease
In 2015, a large number of people in Ontario were living with chronic diseases.

- 1.3 million diabetes
- 900,000 chronic obstructive pulmonary disease
- 1.0 million ischemic heart disease
- 600,000 a cancer diagnosed in the past 30 years

Health inequities
In 2015, compared to the richest 20%, the poorest 20% were more likely to die from chronic diseases.

- 2.3x more deaths from diabetes
- 2.1x more deaths from chronic lower respiratory diseases
- 1.6x more deaths from cardiovascular diseases
- 1.5x more deaths from cancer

Over 7 in 10 deaths in 2015 were due to a chronic disease

242,054 hospitalizations in 2016 were due to cardiovascular diseases, diabetes, chronic lower respiratory diseases or cancer

- 18% are current smokers
- 72% have inadequate vegetable and fruit consumption
- 42% are physically inactive
- 21% exceed Canada’s low-risk drinking guidelines

*Risk factor estimates are for 2015/16. Costs include direct healthcare and indirect costs.
**The total cost of unhealthy eating is $5.6 billion, which includes $1.8 billion for inadequate vegetable and fruit consumption.

Inadequate vegetable and fruit consumption
- 72%

Canada's low-risk drinking guidelines
- 21%

Physical inactivity
- 42%

Current smokers
- 18%

Over 7 in 10 deaths in 2015 were due to a chronic disease

The Burden of Chronic Diseases in Ontario

*Risk factor estimates are for 2015/16. Costs include direct healthcare and indirect costs.

Inadequate vegetable and fruit consumption
- 72%

Canada's low-risk drinking guidelines
- 21%

Physical inactivity
- 42%

Current smokers
- 18%