

The Berger Population Health Monitor
Le sondage Berger de la santé publique

with The Hay Health Care Consulting Group

Physical and Sexual Abuse: Prevalence, Lifestyle, Personal Health and Use of Health Services:

Findings from *The Berger
Population Health Monitor
and Canada Health Monitor
1988-2004*

Earl Berger Ph.D.(Econ.) CMC
Managing Director

In collaboration with the Canadian Fitness and Lifestyle
Research Institute
with the Hay Health Care Consulting Group

May 2004

Table of Contents

<u>Section</u>	<u>Page</u>
ACKNOWLEDGEMENTS	I
EXECUTIVE SUMMARY	I
PURPOSES OF THIS PAPER	1
BACKGROUND	2
ISSUES IN REPORTING	3
UNDER REPORTING	3
<i>Estimates of Under-Reporting of Physical Abuse of Men and Women: Using the RTT calculations, we arrived at the following conclusions:.....</i>	<i>4</i>
INTERVIEWER GENDER	4
MAJOR FINDINGS	7
PHYSICAL AND SEXUAL ABUSE: NATIONAL	7
WOMEN	7
MEN	8
IN SUMMARY:.....	9
<i>Analysis</i>	<i>9</i>
PHYSICAL AND SEXUAL ABUSE: DEMOGRAPHICS.....	10
LIFESTYLE	18
LIFESTYLE COMPOSITE	18
LIFESTYLE COMPOSITE WOMEN	20
LIFESTYLE COMPOSITE MEN.....	20
LIFESTYLE BEHAVIOUR.....	21
HEALTH STATUS AND USE OF HEALTH SERVICES.....	27
HEALTH STATUS	27
HEALTH SERVICES	28
THE INTERNET	33
USE OF THE INTERNET.....	33
USE OF THE INTERNET FOR HEALTH-RELATED PURPOSES	33
PURCHASES OVER THE INTERNET	34
PREVIOUS STUDIES.....	35
DOMESTIC ABUSE	35
ABUSE IN THE WORKPLACE	40
WORKPLACE ABUSE AND GENDER	41
REGIONAL ASPECTS OF WORKPLACE ABUSE	42
WORKPLACE ABUSE IN THE PREVIOUS YEAR	43
HEALTH EFFECTS OF WORKPLACE ABUSE	43
ABUSE AT HOME AND INJURY AND ILLNESS IN THE WORKPLACE	44
WORKPLACE ABUSE AND IMPACTS ON HEALTH AND FINANCES	45
NEXT STEPS	47

APPENDIX I: ABUSE BY GENDER.....	48
APPENDIX II: LIFESTYLES BEHAVIOURS.....	49
APPENDIX III: HEALTH SERVICES.....	50
APPENDIX IV: SMOKING	51
APPENDIX V: INTERNET.....	52

Acknowledgements

The topics in this report were commissioned by Health Canada. *The Berger Population Health Monitor* acknowledges with gratitude the leadership of Carol Macleod, Family Violence Prevention Unit, Healthy Communities Division, Centre for Healthy Human Development, with whom we have worked closely over the years on issues pertaining to abuse and its effects on society. We thank Stephen Jeffery, Public Opinion Research and Evaluation, for coordinating this project. We also acknowledge the support in past years of the Ontario Women's Health Council, which co-sponsored the work on inter-generational abuse, and of the Institute for Work and Health which co-sponsored with Health Canada the work on workplace abuse, both of which are cited in the 'Previous Studies' section of this report.

Cora Craig and Christine Cameron of the Canadian Fitness and Lifestyle Research Institute provided essential work in the statistical analyses.

We thank the **Hay Health Care Consulting Group** for its continuing support of *The Monitor* and for contributing their specialist knowledge of health policy issues, the health care delivery system and population health to this difficult subject.

We alone are responsible for any errors or omissions in this report.

Executive Summary

1. Abuse is widespread in the home and in the workplace. Without taking into account under-reporting, the following results were obtained.
2. Women:
 - 2.1 12% of women 19 and older report experience of physical abuse by a family member or someone else at some point in their lives;
 - a) Of these women, 15% report the physical abuse happened in the previous year,
 - b) 9% of women 19 and older report being sexually abused by a family member or someone else at some point in their lives;
 - c) Of these women, approximately 4%¹ said the sexual abuse had occurred in the previous year;
 - 2.2 In all, 14% of women 19 and older reported being physically or sexually abused at some time in their lives.
 - 2.3 Assuming approximately 10 million women 19 and older in Canada, this represents 1.4 million women who have been physically or sexually abused or both².
3. Men
 - 3.1 13% of men 19 and older report being physically abused by a family member or someone else at some point in their lives;

¹ Because of the size of the sub sample (N), the percentage reporting the abuse in the previous year cannot be published; however 96% of those women who reported sexual abuse said that it had *not* occurred in the previous year – leading to the conclusion that the proportion to whom the abuse had occurred in the previous year was 4%.

² In 1999 (Survey #20) a more detailed question found 16% of women reporting physical abuse by spouse or partner, and 3% reporting DK/NA, for a total of 19%. Using RTT-derived under-reporting factor of 60%, this indicates that about 30% of women had been physically abused by spouse, partner or boyfriend. This would raise the number of abused women to about 3 million.

- a) Of these men, 16% report that the physical abuse occurred during the previous year;
 - b) 1% of men 19 and older report being sexually abused by a family member or someone else at some point in their lives;
 - c) Of these member approximately 5% report that sexual abuse occurred during the previous year;
- 3.2 In all, 13% of men 19 and older report being physically or sexually abused or both at some time in their lives.
- 3.3 Assuming approximately 11 million men 19 and older, this represents about 1.4 million men who have been physically or sexually abused or both.
4. When provision is made for under-reporting, the percentages of physically abused women increases by 60% and of physically abused men increases by 21%.
5. Physical and sexual abuse are associated with unhealthy lifestyles and risk behaviours which often lead to poor health and use of health services. Persons who report they have been physically or sexually abused are more likely than those not abused to:
- a) Smoke
 - b) Start smoking at an earlier age
 - c) Smoke in bed and fall asleep with a lit cigarette
 - d) Eat a diet low in fruits and vegetables
 - e) Be obese
 - f) Drink alcohol more often and to drink more.
6. Physical and sexual abuse are also associated with less than good health and higher levels of use of health services.
- a) 22% of those in Fair or Poor Health report being abused compared to 16% of those in Excellent or Good Health
 - b) 73% of those abused report using health services in the previous year, compared to only 63% of those not abused.

- c) If abused persons used health services at the rate of non-abused persons, approximately 300,000 fewer people would use health services in a given year. This is approximately the population of London, Ontario, before taking into account under-reporting.
7. Persons who report abuse are more likely than those not abused to report difficulties with the health care sector:
- a) 28% of abused health service users said the services they received were Fair or Poor, compared to 18% of those not abused;
 - b) 43% of abused health service users said it was very or a bit difficult to obtain health services when needed, compared to 34% of those not abused;
 - c) 24% of abused health service users reported they were unable to obtain health services when needed, compared to 16% of those not abused;
 - d) Abused health service users needing hospital services were less likely than non-abused persons to report they received the hospital services they needed (55% vs 61%)
 - e) Similarly, abused persons are more likely to be unable to obtain community (non-hospital) health services when needed, and are less likely than non-abused persons to report that they eventually received these community health services (46% vs 67%).
8. Abuse in the workplace³:
- a) 25% of women and 20% of men, currently or previously working, report being subjected to one or more of four types of verbal, physical or sexual abuse in the workplace
 - b) This represents approximately 1.9 million working women and 1.6 million working men. Some

³ These findings are drawn from an earlier Monitor survey (Survey #21, 2000) prepared in collaboration with Health Canada and the Institute for Work and Health.

600,000 working women and 1.1 million working men reported being subjected to one or more of the four types of abuse in the previous year. These figures do not take into account under-reporting.

- c) Workers who report abuse at home or in the workplace are more likely to report health problems related to stress, work-related injuries and physical illness.
 - d) Workers who report abuse and work-related health problems are more likely to use health benefits and to be absent from work. For example, among workers with health problems who reported domestic abuse, 17% used health benefits compared to only 3% of those with health problems who were not abused at home.
9. The conclusions to be drawn from the 2003-2004 surveys, and previous surveys are:
- a) Physical and sexual abuse in the home and the workplace are common among the Canadian population;
 - b) Persons who are abused are more likely to report using health services than those who are not abused and thus are more costly for the health sector.



Purposes of This Paper

The purposes of this paper are to summarize selected findings from the surveys of *The Berger Population Health Monitor*, including the *Canada Health Monitor* (1988-98), to explore three questions.

The questions we addressed were:

1. What proportion of Canadians has experienced physical and sexual in their lifetime, and what proportion of this group have experienced abuse in the previous year?
2. Do Canadians who have experienced abuse have characteristics that differ statistically from those of the non-abused population?
3. Do the data indicate that those persons reporting abuse have health, well being, lifestyle or related characteristics or behaviours which differ significantly in a statistical context from those who did not report abuse? and
4. What do the data suggest are the effects of abuse on the health care system?

Primary Topics

1. Physical abuse by family, others, ever
2. Physical abuse in past year
3. Sexual abuse by family, others, ever
4. Sexual abuse in past year
5. Abused and non-abused
 - a. Lifestyle
 - b. Health status
 - c. Health system use
 - d. Internet

Previous Studies

6. Inter-generation Abuse
7. Workplace Abuse

The *Monitor* has tracked various aspects of abuse over the course of the past 15 years. This report deals primarily with the results of a series of questions posed from April 1 2003 to March 31, 2004.

The questions were included as part of the monthly national surveys conducted by the Monitor from April 2003 through March 2004. The surveys were administered by the Institute for Social Research at York University using computer-assisted telephone interview procedures. Results from previous surveys and reports are summarized in the Previous Studies section of this Report.



Background

We began looking at domestic abuse in 1989 in Survey #3 at the request of Health Canada. At that time domestic abuse was much discussed but a relatively unknown subject.

We found that half the population had personal knowledge of spousal abuse and a quarter knew of a child or an elder who had been or was being physically or emotionally abused, neglected or financially abused by their family or those close to them⁴. We also found that those with personal knowledge of abuse were more likely to be smokers and more likely to be in poor or fair health rather than those not personally aware of abuse.

The scale of abuse indicated by these responses, and the apparent health implications, launched the Monitor into 15 years of tracking various aspects of abuse. As a result the *Monitor* has the largest private population-based database on physical, sexual and other abuse in the home and in the workplace.

⁴ Survey #3, 1989. The percentages were so unexpectedly high that on our own initiative we undertook a telephone callback to ensure that those who responded in the affirmative understood that we were asking about someone they personally knew and not someone they had heard about through the media. The callback responses affirmed the original results.



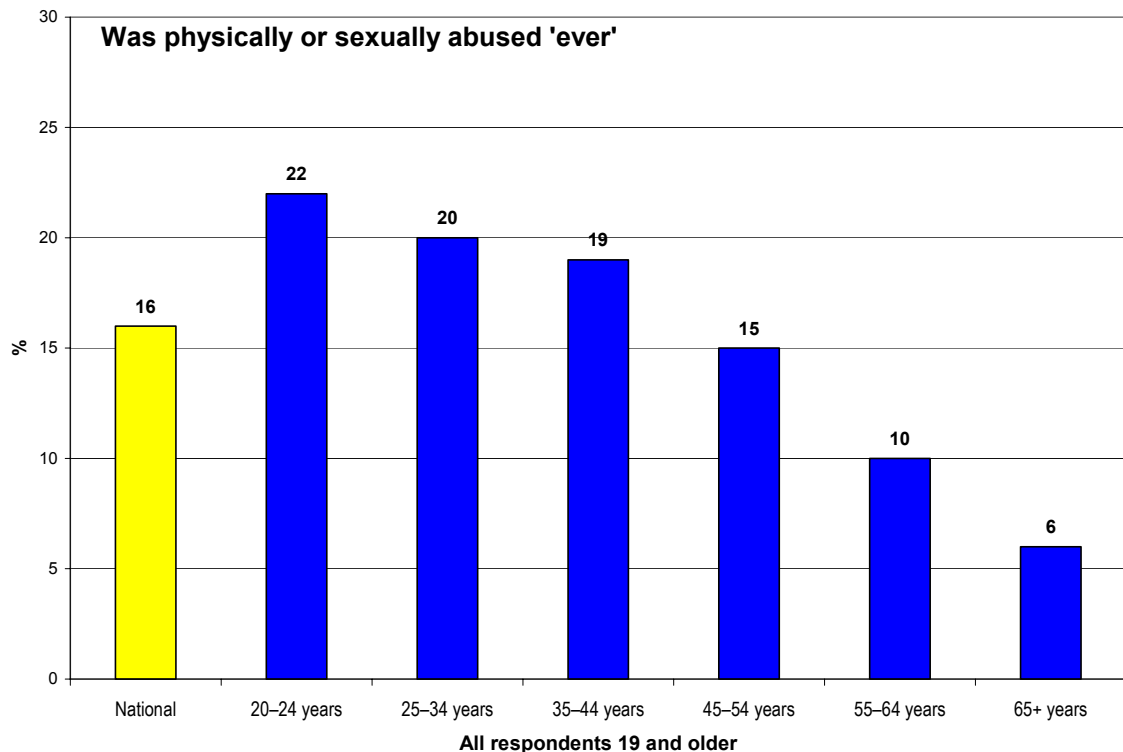
Issues in Reporting

There are several issues which may affect responses to questions on abuse and which should be noted here:

1. Under-reporting;
2. Interviewer gender.

Under Reporting

One of the major obstacles to identifying and tracking abuse has been under-reporting. One indication of under-reporting can be judged from this chart below. We see that the likelihood of someone reporting they had been physically or sexually abused decreases dramatically with age⁵.



As the reader can see, 22% of respondents between 20-24 reported they had been physically or sexually abused at some time in their life; among those 65 and older the figure is 6%. There are several possible explanations for this pattern. One explanation is that seniors are much less likely to have

⁵ Surveys #25,#26,#27, April 2003-March 2004.

Estimates of Under-Reporting of Physical Abuse of Men and Womenⁱⁱ: Using the RTT calculations, we arrived at the following conclusions:

experienced physical abuse during their lifetime than those who are younger. Another explanation is that abuse inflicted on seniors has been ‘normalized’; for example, that people took spankings as a normal part of growing up, or drunken violence was just one of those things that happened occasionally. There is also the matter of memory; some people might not remember. There is also the possibility that some people might choose not to talk about such things at all, or not to a stranger over the telephone. Whatever, the reasons, the matter of under-reporting was serious enough that we had to address it.

Using a random telephone technique (RTT) procedureⁱ, we investigated the under reporting. Because of the complexity of the procedures we used it only for spousal/partner abuse suffered by women and men, and financial abuse of women and of men.

- Under-reporting of physical abuse of women 19 and older by a spouse/partner is $\pm 60\%$ ⁶ and we assume that under-reporting of sexual abuse of women is at least that.
- Regarding physical abuse of men, we find 21% under-reporting⁷ and again we assume that under-reporting of sexual abuse of men is at least that.

These RTT procedures were not used on other abuse questions because of the cost and time they absorb during the administration of the questionnaire. Consequently, except where we explicitly say so, all the percentages cited below are not adjusted for under-reporting.

Interviewer Gender

Another consideration is the gender of the interviewer. It appears that the response of men regarding physical abuse is not affected by the gender of the interviewer:

⁶ Survey #20, 1999. Questions on abuse have not been asked the same way in each survey over the years because the clients’ understanding of the subject has evolved and the objectives of particular questions differed in different surveys. For example, some questions on physical abuse contained a sexual component, others did not because the intent was to separate the two types of abuse. Some questions were preceded by a promise not to ask for details, others made no such promise because details were wanted. When the promise regarding details was not made fewer respondents acknowledged they had been abused.

⁷ Survey #21, May 2000.



Interviewer's gender	Total	No physical abuse	Physical abuse 1 way	Physical abuse 2 ways
Male	150	85	n.a.	n.a.
Female	194	85	n.a.	n.a.

Here we see that⁸ 85% of the men responded that they had not been physically abused regardless of whether they were answering a male or female interviewer.

With women respondents, however, there appears to be a substantial interviewer gender effect.

Interviewer's gender	Total	No physical abuse	Physical abuse 1 way	Physical abuse 2 ways
Male	1585	89	10	n.a.
Female	1531	84	15	n.a.

Here we see that 15% of women said yes to a female interviewer but only 10% said yes to a male interviewer; a 50% response difference. It is not clear to what extent this difference is subsumed within the under-reporting described above.

If only women interviewers had been used the proportion of women reporting physical abuse would have been 15%. This is an important consideration in subsequent surveys regarding abuse.

Looking at this matter further. With respect to physical abuse in the previous year, there is no difference between the responses of men in relation to the gender of the interviewer.

However, when women are interviewed regarding physical abuse in the previous year, we find a higher proportion of women saying yes to a female interviewer.

Interviewer's gender	N	No	Yes
Male	188	83	n.a.
Female	219	87	n.a.

The difference is not statistically significant because of the small N; however the pattern seems consistent.

⁸ Responses with a N too small to publish are marked as n.a. In many instances, the Ns for the other response categories are large enough that one can, with some confidence, estimate the percentage for the n.a. response.



With respect to sexual abuse ‘ever’, there is no difference in the responses of men and women regardless of the gender of the interviewer. But, when we look at sexual abuse in the previous year, we find evidence that the gender of the interviewer is a consideration.

Interviewer's gender - Women	N	No	Yes
Male	144	94	n.a.
Female	157	99	n.a.

Because of the N size, we have to look at those who reported that the abuse did *not* happen in the previous year, and we find a statistically significant difference. Those women interviewed by men were less likely to say that the sexual abuse had happened in the previous year: one can infer that those women interviewed by men were more likely to say that the sexual abuse had occurred in the previous year.

Overall, the data suggest that compared to male respondents women respondents are:

1. More likely to tell female interviewers that they have been physically abused;
2. As likely to tell female interviewers as male interviewers that they have been sexually abused;
3. Once they have acknowledged that they have been sexually abused at some point, women are more likely to tell male interviewers than female interviewers that they have been sexually abused in the previous year.

These matters deserve consideration in the design of subsequent surveys of abuse.

In the discussion below, we consider the numbers as presented, without regard to under-reporting or the possible effects of interviewer gender.



Major Findings

Nationally 13% of Canadians 19 and older report experience of physical or sexual abuse at some point in their lives, including 13% of men and 12% of women.

More detailed analyses is provided below.

Physical and Sexual Abuse: National

The following provides national data on responses by gender.

NOTE: All comparisons are statistically significant ($\pm 5\%$, 95 times out of 100 with an even bipolar response of 50/50; unbalanced responses have a smaller margin of error) unless otherwise noted.

Women

Physical Abuse

<i>Question: Has someone in your family or someone else known to you ever hurt you by kicking, punching, choking, physically attacking you or hitting you with an object?</i>				
	N	No	Yes	Don't know
National Physical Abuse Women	3981	87	12	1

Twelve percent of women report they have been physically abused by a family member or someone else.

<i>Question: Has someone in your family or someone else known to you hurt you in any of these ways in the past year?</i>			
	N	No	Yes
Past Year Physical Abuse Women	493	85	15

Of this group, 15% say that the physical abuse happened in the past year.

Sexual Abuse

<i>Question: Has someone in your family or someone else known to you touched you in a place that you did not want to be touched or done something to you sexually which you did not want.</i>				
	N	No	Yes	Don't know
National Sexual Abuse Women	3980	90	9	1

Nine percent of women report they have been sexually abused by a family member or someone else.



<i>Question: Has someone in your family or someone else known to you touched you or done something to you sexually that you did not want in the past year?</i>			
	Total	No	Yes
Past Year Sexual Abuse Women	367	96	n.a.

Of this group, the N for ‘in the past year’ is too small to report, but 96% reported that the sexual abuse had not happened in the past year; suggesting that 4% said it did happen in the past year.

Physical or Sexual Abuse at Any Time

<i>Question: Physical or sexual abuse at any time</i>				
	Total	No abuse	Abuse 1 way	Abuse 2 ways
National women	3948	83	14	4

In all 14% of women report they have been physically or sexually abused, and 4% report they have been both physically and sexually abused.

Men

Physical Abuse

<i>Question: Has someone in your family or someone else known to you ever hurt you by kicking, punching, choking, physically attacking you or hitting you with an object?</i>				
	N	No	Yes	Don't know
National Physical Abuse Men	3145	87	13	n.a.

Thirteen percent of men report they have been physically abused.

<i>Question: Has someone in your family or someone else known to you hurt you in any of these ways in the past year?</i>				
	N	No	Yes	Don't know
Past Year Physical Abuse Men	409	84	16	n.a.

Of this group of abused men, 16% report that it took place in the past year.

Sexual Abuse

<i>Question: Has someone in your family or someone else known to you touched you in a place that you did not want to be touched or done something to you sexually which you did not want.</i>				
	N	No	Yes	Don't know
Sexual Abuse Men	3145	98	1	1

One percent of men report they have been sexually abused at some time in their lives



<i>Question: Has someone in your family or someone else known to you touched you or done something to you sexually that you did not want in the past year?</i>			
	Total	No	Yes
Past Year Sexual Abuse Men	52	95	n.a.

Of this group the N reporting it happened in the past year is too small to report, but 95% say it did *not* happen in the past year.

Men Physical or Sexual Abuse Total

	Total	No abuse	Abuse 1 way	Abuse 2 ways
<i>Physical or sexual abuse total Men</i>	3123	86	13	n.a.

In all, 13% of men report they have been physically or sexually abused at some point.

In summary:

- 12% of women and 13% of men report they have been physically abused, a statistically insignificant difference.
- Among those physically abused, 15% of women and 16% of men report that the physical abused happened in the past year.
- 9% of women and 1% of men report they have been sexually abused; the difference is statistically significant.
- Among those sexually abused, about 4% to 5% of both groups report the abuse happened in the past year.
- In all, 14% of women report they have been physically or sexually abused, and 4% report they have been physically and sexually abused; among men 13% report they have been physically or sexually abused, and approximately 1% report they have been both physically and sexually abused.

Analysis

Because of the small Ns involved with sexual abuse, and with physical abuse and sexual abuse in the past year, it is not possible to write up the detailed results – by region, community size, diet, etc. – in a consistent format.

The results in the following section are provided for physical and sexual abuse combined.

The data for the responses for physical and for sexual abuse separately are provided in the statistical tables appended to this Report.

Physical and Sexual Abuse: Demographics

Age - Women

Question: Physical or sexual abuse at any time	Total	No abuse	Abuse 1 way	Abuse 2 ways
<i>National women</i>	3948	83	14	4
<i>Age Groups</i>				
20–24 years	270	80	17	n.a.
25–34 years	681	78	17	5
35–44 years	836	79	15	6
45–54 years	756	82	14	4
55–64 years	607	88	10	n.a.
65+ years	748	94	6	0

Reports of abuse are more common among the young – 17% of women 20-24 reported at least one form of abused - compared to seniors; 6% of those 65+ reported at least one form of abuse. As we discuss in the section on under-reporting, this gradual decrease in reporting as we move through the older age cohorts may reflect a number of factors. Based on our experience in previous surveys we consider that the percentages above are conservative.

Age-Men

Physical or sexual abuse at any time	N	No abuse	Abuse 1 way	Abuse 2 ways
<i>National - Men</i>	3123	86	13	1
<i>Age Groups</i>				
20–24 years	261	76	21	n.a
25–34 years	532	85	14	n.a
35–44 years	714	83	17	n.a
45–54 years	685	89	10	n.a
55–64 years	456	94	6	n.a
65+ years	431	94	n.a.	n.a

As with women, reports of physical or sexual abuse are more common among the young, and decline with age: 21% of those 20-24 compared to 6% of those 55 and older.

It also appears that reports of both physical and sexual abuse are more common among the youngest age cohort given that only 76% claimed they had not been abused and 21% reported that they had been abused one way – that leaves 3% unaccounted for.



Region - Women

<i>Region – Women</i>	N	No	Abuse1 way	Abuse 2 ways
East	375	80	16	n.a.
Newfoundland	95	89	n.a.	n.a.
Prince Edward	88	83	n.a.	n.a.
Nova Scotia	92	77	n.a.	n.a.
New Brunswick	100	78	n.a.	n.a.
Quebec.	989	87	11	n.a.
Ontario	1522	83	12	5
West	846	79	17	4
Manitoba	97	82	n.a.	n.a.
Saskatchewan	103	83	n.a.	n.a.
Alberta	307	80	16	n.a.
British Columbia	339	77	19	n.a.
North	216	77	17	n.a.
Yukon	114	79	n.a.	n.a.
Northwest Territories	102	75	n.a.	n.a.

Among women, reports of abuse by region show that Quebec has the lowest level of reporting one or more forms of abuse.

Nova Scotia, British Columbia, and the Northwest Territories are the least likely to report that no abuse took place. The differences between Quebec and the other provinces are statistically significant.

Region - Men

<i>Region - Men</i>	N	No abuse	Abuse 1 way	Abuse 2 ways
East	299	83	15	n.a.
Newfoundland	69	85	n.a.	n.a.
Prince Edward	80	79	n.a.	n.a.
Nova Scotia	85	82	n.a.	n.a.
New Brunswick	65	85	n.a.	n.a.
Quebec.	792	91	8	n.a.
Ontario	1183	85	14	n.a.
West	678	84	15	n.a.
Manitoba	67	88	n.a.	n.a.
Saskatchewan	59	80	n.a.	n.a.
Alberta	257	80	19	n.a.
British Columbia	295	86	13	n.a.
North	171	83	n.a.	n.a.



<i>Region - Men</i>	N	No abuse	Abuse 1 way	Abuse 2 ways
Yukon	93	82	n.a.	n.a.
Northwest Territories	78	84	n.a.	n.a.

As with Quebec women, Quebec men are the least likely to report they have been abused one way (8%). PEI men are the least likely to report they have *not* been abused at all (79%), suggesting that 21% have been abused but the N is too small to report.

Alberta men (19%) are among the most likely to report they have been abused either sexually or physically.

Community Size – Women

<i>Community size Women</i>	N	No	Abuse 1 way	Abuse 2 ways
Over one million	820	83	14	n.a.
500,000 to 1 million	468	82	14	n.a.
250,000 to 499,999	260	81	15	n.a.
100,000 to 249,999	283	83	12	n.a.
50,000 to 99,999	181	75	20	n.a.
30,000 to 49,999	105	81	n.a.	n.a.
10,000 to 29,999	292	80	15	n.a.
5,000 to 9,999	122	82	n.a.	n.a.
1,000 to 4,999	387	81	14	n.a.
Less than 1,000	147	87	n.a.	n.a.

Reporting of abuse is most common among women respondents in the smaller cities 50,000 to 99,999; a statistically significant difference from communities reporting 15% and lower.

Community size - Men

<i>Community size - Men</i>	N	No abuse	Abuse 1 way	Abuse 2 ways
Over one million	642	87	12	n.a.
500,000 to 1 million	398	83	16	n.a.
250,000 to 499,999	204	83	15	n.a.
100,000 to 249,999	214	85	n.a.	n.a.
50,000 to 99,999	161	88	n.a.	n.a.
30,000 to 49,999	82	86	n.a.	n.a.
10,000 to 29,999	195	90	n.a.	n.a.
5,000 to 9,999	105	86	n.a.	n.a.
1,000 to 4,999	299	89	11	n.a.
Less than 1,000	101	87	n.a.	n.a.



Men in communities from 250,000 to 1 million are the least likely to report they have not been abused (83%). Those men most likely to report they have not been abused live in communities of 10,000 to 29,999 (90%) and 1,000 to 4,999 (89%).

Marital Status – Women

<i>Marital status Women</i>	N	No	Abuse 1 way	Abuse 2 ways
Married	2204	86	11	3
Widowed, divorced, separated	915	77	17	7
Never married	806	77	18	5

Women who report they have never married, and widowed, divorced, separated women, are the most likely to report they have been abused physically or sexually, and both ways.

By comparison, only 11% of married women report they have been abused physically or sexually, and only 3% of them report they have been abused both ways.

Marital Status - Men

<i>Marital status - Men</i>	N	No abuse	Abuse 1 way	Abuse 2 ways
Married	1872	89	11	0
Widowed, divorced, separated	428	85	14	1
Never married	811	81	17	2

Those men who report they have never married are the most likely to report one form of abuse. The differences between married men – the least likely to report abuse (11%) - and never married men is statistically significant. The other differences are not.

Education - Women

<i>Education - Women</i>	N	No	Abuse 1 way	Abuse 2 ways
Less than secondary school	165	92	n.a.	n.a.
High school	1405	83	13	4
College, Vocational school	1023	81	15	4
University, Post graduate	1285	83	14	3

Woman of all educational levels are similarly likely to report abuse. However, if we combine those who have less than a high school education, with those who have a high school



education, the difference between them and those with college and university education is on the edge of statistical significance.

Education - Men

<i>Education - Men</i>	N	No abuse	Abuse 1 way	Abuse 2 ways
Less than secondary school	118	92	8	0
High school	1193	86	13	1
College, Vocational school	700	85	15	1
University, Post graduate	1075	88	12	0

Those men with less than high school education are the most likely to report they have *not* been abused. The difference between those men with less than secondary school education and those with a college education is statistically significant. The other differences are not.

Household Income – Women

<i>Household Income - Women</i>	N	No	Abuse 1 way	Abuse 2 ways
Less than \$20,000	550	74	19	7
\$20,000–29,999	484	80	15	n.a.
\$30,000–49,999	825	82	13	4
\$50,000–79,999	734	83	14	n.a.
\$80,000–99,999	273	83	15	n.a.
More than \$100,000	396	83	12	n.a.

The likelihood of reporting abuse declines with income. Those women in the lowest income group (<\$20,000) are the most likely of all income groups to report abuse (if one combines the \$20,000 to \$49,999 income categories).

Household Income - Men

<i>Household Income - Men</i>	N	No abuse	Abuse 1 way	Abuse 2 ways
Less than \$20,000	257	86	13	n.a.
\$20,000–29,999	342	87	13	n.a.
\$30,000–49,999	644	85	14	n.a.
\$50,000–79,999	739	87	12	n.a.
\$80,000–99,999	266	83	17	n.a.
More than \$100,000	484	85	14	n.a.

Those men in the \$80,000-\$99,999 household income category are the most likely to report they were abused physically or sexually (17%). The difference between this



group and those earning \$50,000-79,999 (12%) is statistically significant.

Employment Status - Women

<i>Employment status - Women</i>	N	No	Abuse 1 way	Abuse 2 ways
Full-time	1765	81	15	4
Part-time	500	83	12	n.a.
School	195	75	19	n.a.
Homemaker	388	83	14	n.a.
Laid-off, unemployed, ill	59	64	n.a.	n.a.
Retired	825	93	6	n.a.

Those women who are laid off, unemployed or ill, and those still in school, are the least likely to report they did not suffer either physical or sexual abuse: 64% and 75% respectively.

Employment Status - Men

<i>Employment status - Men</i>	N	No abuse	Abuse 1 way	Abuse 2 ways
Full-time	2036	86	13	n.a.
Part-time	207	85	n.a.	n.a.
School	154	82	n.a.	n.a.
Homemaker	9	n.a.	n.a.	n.a.
Laid-off, unemployed, ill	51	81	n.a.	n.a.
Retired	510	94	6	n.a.

The ‘homemaker’ response is too small to count. As with women, those men who are in the laid off, unemployed, ill category, and those in school are the least likely to report they have not been abused, but the N regarding abuse is too small to report. Those least likely to report abuse are the retired (6%) and the differences between them and the other employment status groups are statistically significant.

Religion – Women

<i>Religion - Women</i>	N	No	Abuse 1 way	Abuse 2 ways
Catholic	1615	85	12	3
Protestant	1099	84	12	4
None, including agnostic	624	77	17	6
Other Judeo-Christian	349	79	16	n.a.
Non Judeo-Christian	194	81	n.a.	n.a.



Those women with no religion, including agnostics, are the most likely to report experience of physical or sexual abuse (17%). They are followed closely by Other Judeo-Christian.

Those women least likely to report physical or sexual abuse are Catholics and Protestants (12% each). The differences between Catholics and Protestants and the other groups are statistically significant.

Religion – Men

<i>Religion - Men</i>	N	No abuse	Abuse 1 way	Abuse 2 ways
Catholic	1177	89	11	n.a.
Protestant	724	89	10	n.a.
None, including agnostic	697	80	19	n.a.
Other Judeo-Christian	297	86	14	n.a.
Non Judeo-Christian	159	87	n.a.	n.a.

As with women, those men most likely to report one or more types of abuse are the ‘None, agnostics’: only 80% report they were not abused, compared to 86% to 89% for the other groups. The differences between the Agnostics and the other religions are statistically significant.

Ethnicity - Women

<i>Ethnicity - Women</i>	N	No	Abuse 1 way	Abuse 2 ways
Other	684	78	17	5
British	1248	82	13	4
French	572	86	10	n.a.
Canadian, incl. Aboriginals	434	86	12	n.a.
Asian	125	89	n.a.	n.a.
Other European	635	80	16	n.a.

Women in the ‘Other’ ethnic category, along with ‘Other European’ are the most likely to report physical or sexual abuse (17% and 16% respectively); Asian women are the most likely to report they have suffered neither type of abuse (89%).



Ethnicity - Men

<i>Ethnicity - Men</i>	N	No abuse	Abuse 1 way	Abuse 2 ways
Other	566	82	17	0
British	948	85	14	1
French	511	89	10	1
Canadian, incl. Aboriginals	289	91	7	1
Asian	116	96	4	0
Other European	523	85	14	1

As with women, those men most likely to report they were *not* abused are Asians (96%), and those most likely to report abuse are those men in the ‘Other’ category.

Canadian/Aboriginal women are more likely to report they experienced both types of abuse than are Canadian/Aboriginal men (14% vs 8%). Conversely, Other European women are more likely to report both types of abuse than Other European men (20% vs 15%).

Extended Health Insurance - Women

<i>Medical insurance - Women</i>	N	No	Abuse 1 way	Abuse 2 ways
Extra insurance	2291	83	13	4
Provincial insurance only	1616	82	14	4

The difference between those women with EHI and those without is not statistically significant.

Extended Health Insurance - Men

<i>Medical insurance - Men</i>	N	No abuse	Abuse 1 way	Abuse 2 ways
Extra insurance	1953	87	12	1
Provincial insurance only	1115	85	14	1

There is also no difference between those men with and without EHI.

When, however, males and females are combined, the two-point difference becomes statistically significant.



Lifestyle

We have examined lifestyle and risk behaviours in relation to reports of physical and sexual abuse. The results are productive. We find there is a strong statistical association among various lifestyle risk behaviours and abuse. In brief, those who are physically or sexually abused are more likely to have an unhealthy lifestyle and to be more likely to engage in risky lifestyle behaviour.

Lifestyle Composite

We have developed a ‘Lifestyle Composite’ made up of behaviours relating to smoking, diet, alcohol intake and level of physical activity.

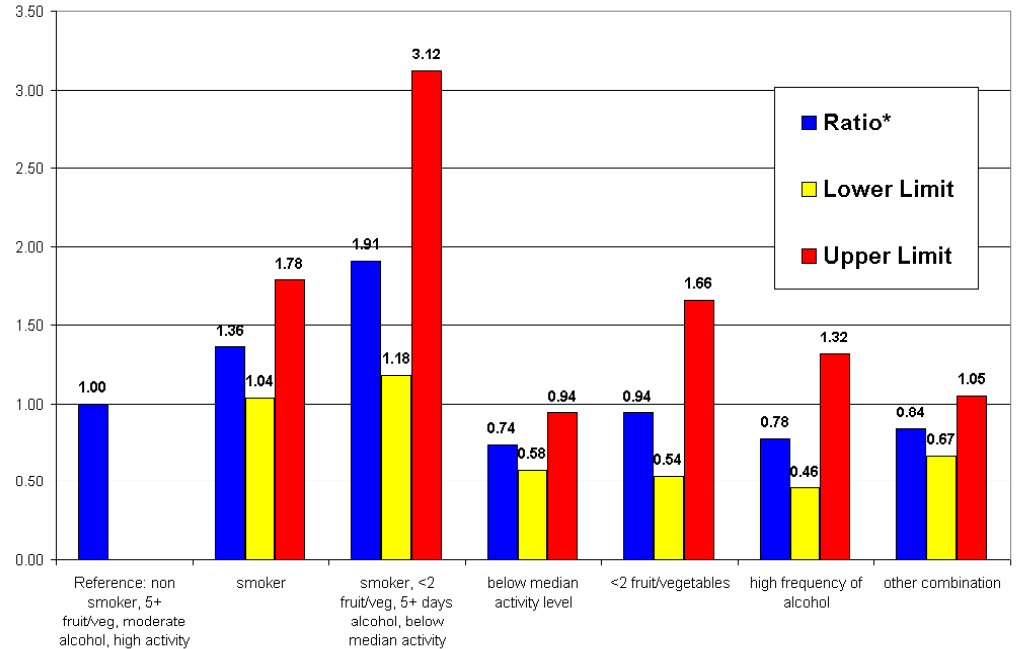
The results are summarized in table format as follows:

		Adults, 20 years and older		
	Odds	95.0% C.I. for Odds Ratio		Significance
Lifestyle Composite	Ratio*	Lower Limit	Upper Limit	Level
Reference: non smoker, 5+ fruit/veg, moderate alcohol, high activity	1.00			
Smoker	1.36	1.04	1.78	0.025
Smoker, <2 fruit/veg, 5+ days alcohol, below median activity	1.91	1.18	3.12	0.010
Physical activity below median level	0.74	0.58	0.94	0.015
<2 fruit/vegetable servings a day	0.94	0.54	1.66	
High frequency of alcohol	0.78	0.46	1.32	
Other combination	0.84	0.67	1.05	
	* Adjusted odds ratio for the likelihood of reporting abuse controlling for sex, age group, education and income.			

This can be expressed in a figurative way:



Adjusted Odds Ratio for the Likelihood of Reporting Abuse Controlling for Gender, Age Group, Education and Income: Men and Women



To summarize the chart:

1. We take as our reference point (1.00) an adult with a healthy lifestyle, defined as a non-smoker, eating 5 or more servings of fruits and/or vegetables a day, a moderate drinker and maintaining a high level of physical activity.
2. A smoker would be 1.36 times as likely as our reference point, the healthy lifestyle adult, to report physical or sexual abuse; at the lower limit, the smoker would be 1.04 times as likely to report abuse, and at the upper range 1.78 times as likely to report abuse.
3. The adult following the least healthy lifestyle combination (smoke, have poor quality diet, drink alcohol frequently and have lower than median activity level) would be twice as likely (1.91) as those with a healthy lifestyle to report physical or sexual abuse. The low range is 1.18 times as likely as those with a healthy lifestyle, and the high range is 3.12 times as likely.
4. Among those with below median physical activity, or eating less than 2 servings of fruits and vegetables a day, or with a high frequency of alcohol intake or other combinations or lifestyles, they are about as likely as our reference point adults to report abuse; at the lower level,



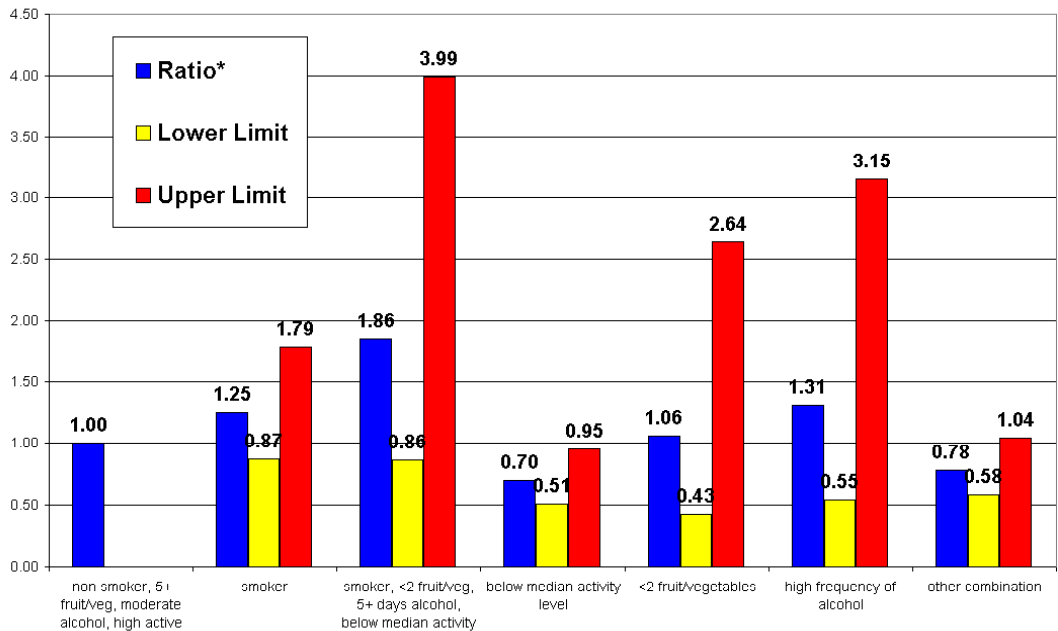
perhaps half as likely, and at the high level up to 1.56 times as likely to report abuse.

- Smoking and drinking in combination with poor diet seem to be the most powerful factors associated with reports of abuse.

Lifestyle Composite Women

Looking at women we see a similar pattern, although the analysis is less powerful because we have relatively few women reporting the ‘least healthy lifestyle’ combination. The smaller sample size for women may have resulted in inadequate power to detect the same kind of relationship as we find with men in terms of the likelihood of reporting abuse (the counts upon which these analyses are based on contained in the end noteⁱⁱⁱ.)

Lifestyle Composite Women: Adjusted Odds Ratio for the Likelihood of Reporting Abuse Controlling for Gender, Age Group, Education and Income



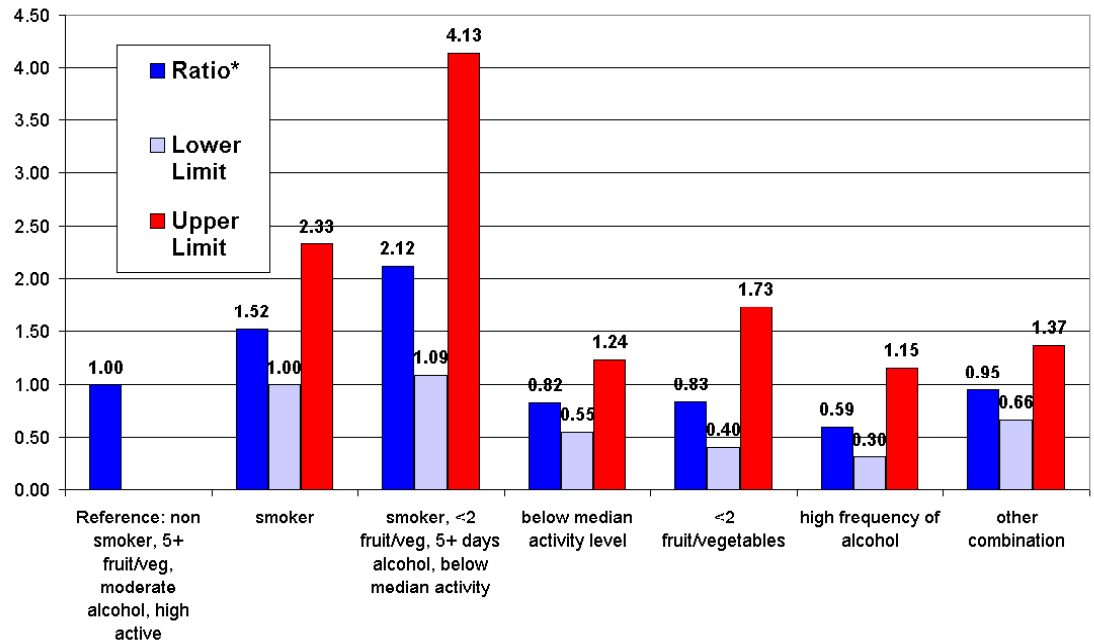
Women who were less active than the 'norm' were less likely to report abuse than were women following the healthiest lifestyle combination. This is consistent with earlier findings related to physical activity and warrants further investigation.

Lifestyle Composite Men

For men we find comparable associations:



Lifestyle Composite Men: Adjusted Odds Ratio for the Likelihood of Reporting Abuse Controlling for Gender, Age Group, Education and Income



1. Men who smoke were 1.52 times as likely to report abuse on average as our healthy lifestyle adults (1.00). The low end of the ratio was at 1.00 but the high end was more than twice as likely, 2.33.
2. Men following the least healthy lifestyle combination (smoke, have poor quality diet, drink alcohol frequently and have lower than median activity level) were 2.12 times as likely as those with a healthy lifestyle to report physical or sexual abuse. The low range was only 1.09 times as likely as those with a healthy lifestyle, but the high range was 4.13 times as likely.
3. Men who had low levels of physical activity or who ate few fruits and vegetables or drank too much were about as likely as our healthy lifestyle men to report abuse.

Lifestyle Behaviour

The following examines lifestyle factors individually in relation to reports of physical and sexual abuse.

Smoking

As we saw in the Lifestyle Composite charts above, smoking and abuse are closely associated.



Smoking habits	N	Non-smoker	Quit smoking	Smoker
<i>Physical or sexual abuse at any time</i>				
Abused total	606	37	31	32
Abused men	237	30	32	37
Abused women	369	42	29	28
Not abused total	3057	47	35	18
Not abused, men	1387	43	38	19
Not abused, women	1670	51	32	17

In the table above, we see that 32% of abused people smoke: 37% of abused men and 28% of abused women. In contrast, 18% of the non-abused smoke, 19% of non-abused men and 17% of non-abused women.

Looking at the data another way, we see that 13% of women non-smokers report they have been physically or sexually abused, compared to 18% of smokers.

<i>Smoking status Women, physical or sexual abuse</i>				
Non-smoker	972	85	13	n.a.
Quitter	682	84	14	n.a.
Smoker	406	75	18	7

We see a similar pattern with men, although the difference between abused and non-abused is larger: by comparison, 11% of male non-smokers and 12% of Quitters report abuse compared to 23% of smokers.

<i>Smoking status: Men physical or sexual abuse</i>				
Non-smoker	641	89	11	n.a.
Quitter	606	88	12	n.a.
Smoker	379	75	23	n.a.

Considering that smoking is a risky behaviour, the association between smoking and physical abuse carries implications for the well being of the individual and for demands on the health system.

First Cigarette of the Day

Not only are those who are abused more likely to smoke than those not abused, but the abused men reach for their first cigarette of the day earlier than do the non-abused men: 69% of the abused men have their first cigarette within 30 minutes of waking, compared to 61% of non-abused men.



How soon after you wake up do you usually smoke your first cigarette?	N	Within 30 minutes	31-60 minutes
<i>Physical or sexual abuse at any time</i>			
Abused, total	170	59	42
Abused, men	66	69	31
Abused, women	104	51	50
Not abused, total	490	56	44
Not abused, men	252	61	39
Not abused, women	238	51	49

Abused women tend to behave the same as non-abused women in this regard.

Physical Activity

Daily activity	N	Lowest	Low	Moderate	Highest
<i>Physical or sexual abuse at any time</i>					
Abused total	1141	15	17	27	41
Abused men	436	12	13	27	48
Abused women	705	17	19	27	37
Not abused, total	5885	18	19	26	37
Not abused, men	2673	16	16	25	44
Not abused, women	3212	20	21	27	32

The physical activity scores hint at the complexity of how people handle physical and sexual abuse. Overall, men are more likely than women to report the highest level of physical activity.

But abused women and men are more likely than their non-abused counterparts to report the highest levels of physical activity. And within the abused category, abused men are more likely than abused women to report the highest level of physical activity.

Conversely, abused men and abused women are the least likely to be in the lowest level of physical activity. The reasons why those who have been abused are more likely to engage in higher levels of physical activity seem worthy of further exploration.

Body Mass Index

Body Mass Index (BMI) appears to be weakly associated with abuse. The patterns of BMI among abused men and women

are similar to those among men and women who have not reported abuse

Body Mass Index	N	Under-weight	Normal	Over-weight	Obese
<i>Physical or sexual abuse at any time</i>					
Abused total	1141	5	42	34	19
Abused men	436	n.a.	36	46	17
Abused women	705	8	46	27	19
Not abused, total	5885	5	42	36	16
Not abused, men	2673	2	33	46	19
Not abused, women	3212	8	50	28	14

What is noticeable, however, is that the abused population as a whole is more likely to be obese compared to the non-abused population (19% vs 16%).

Within the abused population, abused men are much more likely than abused women to have a BMI indicating they are overweight (46% to 36%), but this difference in BMI is similar to men and women who are not abused.

Drinking

People who are abused are more likely to drink and to drink more than people who are not abused.

How often at least one drink containing alcohol	N	5 or more days per week	1-4 days per week	1-3 days per month	< than one a month	None in the last 12 months
<i>Physical or sexual abuse at any time</i>						
Abused total	1123	10	31	26	20	14
Abused men	434	16	41	21	12	10
Abused women	689	6	24	29	25	16
Not abused total	5811	10	28	26	17	19
Not abused, men	2637	15	35	24	12	15
Not abused, women	3174	6	21	28	22	22

For example, 19% of the non-abused report not having had a drink the last 12 months, compared to 14% of those who were abused, a significant difference.

The differences between the abused and non-abused become more apparent when we look at the amounts consumed.

Abused men, for example, are more likely to have had 5 or more drinks a day 1 or more days a week, compared to non-abused men (27% vs 14%). And only 11% of abused men report not having had 5 or more drinks in a day during the past 12 months compared to 21% of non-abused men.

Men: 5 or more alcoholic drinks in a single day?	N	1 or more days per week	1-3 days per month	< than one a month	None in the last 12 months
<i>Physical or sexual abuse at any time</i>					
Abused men	373	27	20	42	11
Not abused, men	2199	14	22	43	21

The pattern is similar for women: 25% of abused women report having 4 or more drinks a day at least one day a month or more often, compared to only 18% of non-abused women. And, abused women are much less likely to have not had 4 or more drinks a day in the past 12 months than non-abused women (27% vs 38%).

Women: 4 or more alcoholic drinks in a single day?	N	1 or more days per week	1-3 days per month	< than one a month	None in the last 12 months
<i>Physical or sexual abuse at any time</i>					
Abused women	565	7	18	47	27
Not abused women	2389	7	11	45	38

Diet

Generally, abused people eat less well than those not abused.

Fruit: those who report abuse eat less fruit than those not abused: 41% of those who are abused report eating 1 serving of fruit a day, or not every day or not at all, compared to 36% of those not abused.

Servings of fruit usually eat each day	N	1 serving a day	2-4 servings a day	5-8 servings a day	Not every day/at all
<i>Physical or sexual abuse at any time</i>					
Abused total	1126	29	49	10	12
Yes, men	431	36	42	8	14
Yes, women	695	24	53	11	11
Not abused, total	5791	27	56	8	9
Not abused, men	2623	35	47	6	12
Not abused, women	3168	21	63	10	5



Overall, women eat more fruit than men: 73% of non-abused women and 53% of non-abused men eat 2-8 servings of fruit a day. But among the abused, the gap between men and women is smaller: abused women are almost as likely to consume less fruit as abused men.

- 12% of non-abused men eat fruit less than once a day or not at all; in comparison only 5% of non-abused women eat this poorly.
- Among the abused, however, 14% of abused men and 11% of abused women eat fruit less than once a day or not at all.

Vegetables: We see a similar pattern with vegetables although the differences between the abused and non-abused regarding vegetables are smaller than with fruit.

Servings of vegetables each day	N	1 serving a day	2-4 servings a day	5-8 servings a day	Not every day/not at all
<i>Physical or sexual abuse at any time</i>					
Abused total	1127	29	55	12	6
Abused, men	432	39	48	7	8
Abused, women	695	22	60	14	n.a.
Not abused, total	5800	30	56	8	5
Not abused, men	2634	42	47	5	7
Not abused, women	3166	20	64	12	4

Overall, women are more likely than men to eat 2-8 servings a day of vegetables among both the abused and non-abused. But, if we look at the differences between abused and non-abused men, or abused and non-abused women, the differences are statistically insignificant.



Health Status and Use Of Health Services

The data indicate that persons who report physical or sexual abuse are significantly more likely than those not reporting abuse to:

- Regard themselves as in poorer health
- Have fewer chronic health conditions
- Use health services
- Have more difficulty accessing health services
- Not obtain the health services they need.

Health Status

Women

Women in excellent/good health are more likely to report they have not been abused than are women in fair/poor health (84% vs 78%). The difference is significant.

General health status -Women	N	No	Abuse 1 way	Abuse 2 ways
Excellent/Good	3176	84	13	3
Fair Poor	752	78	16	6

Men

General health status - Men	N	No abuse	Abuse 1 way	Abuse 2 ways
Excellent/Good	2527	87	13	n.a.
Fair Poor	591	84	14	n.a.

The difference among abused and non-abused men teeters on the edge of statistical significance: an extra 4 people in the Fair/Poor N would do it.

Looking at female and male responses combined, the difference between those in Fair/Poor Health and Excellent/Good Health is statistically significant.

Number of Non-Infectious Chronic Diseases (NCDs)

Although those who are abused tend to regard themselves as in poorer health than those who have not been abused, nonetheless they report fewer NCDs than those who were not abused.



Number of chronic conditions	N	No NCDs	One or more NCDs
<i>Physical or sexual abuse at any time</i>			
Abused total	1141	78	22
Yes, men	436	79	21
Yes, women	705	78	22
Not abused, total	5885	75	25
Not abused, men	2673	76	24
Not abused, women	3212	75	25

Among those who are abused 22% report one or more NCDs, compared to 25% of those who were not abused.

Risk For Chronic Conditions – Women

There are no statistical differences regarding reports of physical abuse from men and women who are at high and lower risk for chronic conditions.

<i>Risk for chronic conditions-Women</i>	N	No	Yes	Don't know
High risk	248	89	n.a.	n.a.
Lower risk	3733	87	12	1

Risk For Chronic Conditions – Men

<i>Risk for chronic conditions</i>	N	No	Yes	Refuse
High risk	154	87	n.a	n.a
Lower risk	2969	86	13	n.a

As with women, there is no statistical significance in the difference between those at high risk for chronic health conditions, and those with lower risk.

Health Services

Use of Health Services

<i>Question: Have you personally received any services from a doctor, hospital, nurse or other health care provider in the past 12 months?</i>			
	N	No	Yes
<i>Physical or sexual abuse at any time</i>			
Abused total	1132	27	73
Yes, men	435	35	65
Yes, women	697	22	78
Not abused, total	5856	37	63
Not abused, men	2651	43	57
Not abused, women	3205	33	67



Persons who have been physically or sexually abused are much more likely to have used health services in the previous year than persons not abused: 73% vs. 63%. This also holds true for men and women within each group.

Overall, physically or sexually abused people are 16% more likely to use health services than are those not reporting abuse.

Perceptions of Quality of Care

<i>Question: Overall, how would you rate the quality of health care you personally received in the past 12 months, excellent, good, fair, or poor?</i>						
	N	Excellent	Good	Varies	Fair	Poor
<i>Physical or sexual abuse at any time</i>						
Abused total	830	30	41	n.a	20	8
Yes, men	296	31	41	n.a	20	n.a.
Yes, women	534	29	42	n.a	19	9
Not abused, total	3702	41	41	n.a	13	5
Not abused, men	1531	41	41	n.a	11	6
Not abused, women	2171	41	41	n.a	14	4

Physically and sexually abused persons using health services are less likely to consider that the health care they received was excellent than are non-abused persons: 30% vs 41%. And, they are also more likely to consider that the health care they received was only fair or poor: 28% vs 18%

How Easy or Hard to Get Health Services

<i>Question: How easy or difficult is it for you to get the health care services you need when you need them very easy, somewhat easy, a bit difficult, very difficult?</i>					
	N	Very difficult	A bit difficult	Somewhat easy	Very easy
<i>Physical or sexual abuse at any time</i>					
Abused total	821	15	28	35	22
Yes, men	293	12	27	34	27
Yes, women	528	16	28	36	20
Not abused, total	3659	9	25	38	28
Not abused, men	1512	8	25	39	28
Not abused, women	2147	10	25	38	28

Abused persons are more likely to report that it was very difficult to obtain the health services they needed when they needed them: 15% compared to only 9% for those not abused.



Unable to Access Health Services When Needed

<i>Question: Were you or members of your immediate family ever not able to obtain health care services when you needed them?</i>			
	N	No	Yes
<i>Physical or sexual abuse at any time</i>			
Abused total	822	76	24
Yes, men	294	80	20
Yes, women	528	73	27
Not abused, total	3682	84	16
Not abused, men	1524	86	14
Not abused, women	2158	83	17

A quarter (24%) of those reporting abuse said they could not obtain health services when they needed them compared to 16% of those not reporting abuse. The difference is particularly noticeable for women: 27% of abused women reported they could not obtain health services when needed compared to only 17% of non-abused women – a 10 point or 59% difference.

Type of Unavailable Services

<i>Question: Were these services in a hospital or provided outside a hospital?</i>				
	N	Both	In a hospital	Outside a hospital
<i>Physical or sexual abuse at any time</i>				
Abused total	195	10	46	44
Yes, men	58	13	43	43
Yes, women	137	8	47	45
Not abused, total	566	8	45	47
Not abused, men	206	7	51	42
Not abused, women	360	8	42	50

There is no difference between abused and non-abused regarding the type (hospital/non-hospital) of unavailable health services.



Receiving Hospital Services

Abused persons were less likely than non-abused persons to report that eventually they received the hospital services they needed: 55% vs 61%.

<i>Did you (or your family) eventually receive the hospital services you required, or do without the hospital service?</i>		
	N	Eventually received services
<i>Physical or sexual abuse at any time</i>		
Abused total	58	55
Not abused, total	196	61

Unavailable Non-Hospital Services

Respondents were asked to identify which non-hospital services they were unable to obtain. Overall, those reporting abuse were more likely to report that they did not receive two or more of these services.

<i>Question: Which NON-HOSPITAL services were you (or your family) unable to obtain when you needed them</i>			
	N	One service	Two or more
<i>Physical or sexual abuse at any time</i>			
Abused total	113	48	51
Not abused, total	298	61	39

Eventually Received Non-Hospital Services

<i>Question: Did you eventually receive the health services you needed, or did you (or your family) do without the health service?</i>				
	N	Do without the health services	Eventually received health services	Both
<i>Physical or sexual abuse at any time</i>				
Abused total	107	49	46	n.a.
Not abused, total	306	31	67	n.a.

Abused persons were more likely to report that eventually they did without the needed health services: 49% of the abused compared to only 31% of the non-abused.

Was the wait for services too long or acceptable.

<i>Question: Did you think that the time you had to wait was acceptable or too long?</i>		
	N	Too long
<i>Physical or sexual abuse at any time</i>		
Abused total	51	93
Not abused, total	210	82

Abused persons are more likely to agree that the time they had to wait for non-hospital health services was too long.



The Internet

The following examines the use of the Internet and abuse.

The data suggest that those women and men who have been abused physical and/or sexually are more likely than those not abused to use the Internet and to use it for health-related purposes.

Use of the Internet

<i>Question: Have you personally used the Internet in the past six months?</i>			
	N	No	Yes
<i>Physical or sexual abuse at any time</i>			
Abused total	1134	24	76
Abused men	436	20	80
Abused women	698	27	73
Not abused, total	5863	31	69
Not abused, men	2659	29	71
Not abused, women	3204	34	66

- Those reporting abuse – men and women - are more likely to have used the Internet in the past six months than those not abused (76% vs 69%);

Use of the Internet for Health-Related Purposes

We see a similar pattern regarding the use of the Internet for health-related purposes.

<i>Question: Used the Internet for anything to do with health, including finding information on health, medical conditions, alternative remedies, or buying something health related?</i>			
	N	No	Yes
<i>Physical or sexual abuse at any time</i>			
Yes, total	841	50	50
Yes, men	337	57	43
Yes, women	504	45	55
Not abused, total	3818	56	44
Not abused, men	1812	63	37
Not abused, women	2006	50	50



- Those reporting abuse – men and women - are significantly more likely to report using the Internet for health-related purposes than those not reporting abuse;
- Within the abused group, abused women are more likely to use the Internet for health-related purposes than are abused men (55% vs 43%);
- But, within the non-abused group as well, women are more likely to use the Internet for health purposes than men (50% vs 37%).

Purchases Over the Internet

The differences between those reporting abuse and those not, and the women and men within each group, are sometimes significant and sometimes not depending upon the products and services. But, even where the differences are statistically significant, they are not substantial and it is difficult to ascertain patterns.

However, when one aggregates the data some clear patterns emerge.

<i>Purchased products from the Internet-Total, (April 2003-March 2004)</i>				
<i>Question: In the past month have you bought anything over the Internet that was related to health</i>				
	N	Purchased none	Purchased one	Purchased two or more
<i>Physical or sexual abuse at any time</i>				
Abused total	316	73	14	13
<i>Not abused, total</i>				
Not abused, total	1271	80	10	10

Previous Studies

The following is a summary of key findings from previous research conducted by the Monitor with respect to abuse.

Domestic Abuse⁹

Domestic abuse – abuse, which occurs in the home between adults, or between adults and children - is widespread. It consists of several dimensions.

Parent to Parent Abuse: Among Canadian parents with children 18 and younger at home:

- 25% report they were raised in a house where, before they were 16, their parents engaged with each other in one or more of such activities as:
 - putting each other down and name calling (22%),
 - damaging each other’s possessions (8%),
 - threatening each other with physical violence (12%),
 - pushing, grabbing, shoving each other (12%),
 - slapping, kicking, biting and hitting each other (9%).
- 14% reported that before they were 16 two or more of these events had occurred between their parents. Women were more likely than men to report each of these events, and two or more of these events.
- 5% reported they were raised in a home where all these things happened between their parents before they were 16.

Parent to child abuse:

We have looked at several forms of parental abuse of children. In the series cited below we asked parents with children 18 and younger at home about emotional abuse, physical abuse and sexual abuse.

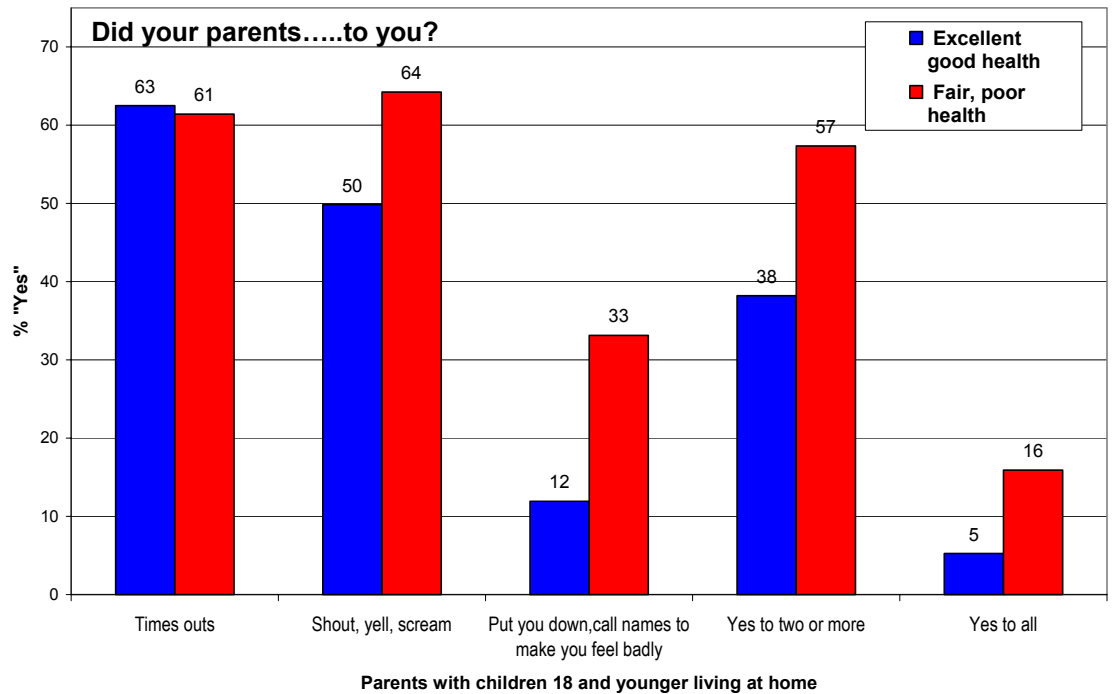
⁹ These results are taken from: *National Report on Abuse: A Summary of Findings Regarding Inter-Generational Child, Spousal and Parental Abuse and Workplace Abuse in Canada*, The Berger Population Health Monitor, March 2002.



Emotional abuse by parents towards their children:

- Four in 10 Canadian parents with young children at home reported that they had been emotionally abused in at least two of the following ways by their parents at least 10 times before they were 16:
- Time outs when the parents did not like what the child (respondent) was doing (not a form of abuse, but a non-threatening introduction to the abuse items);
- Shouting, yelling and screaming at the child,
- Putting the child down, calling the child names – remember these things happened at least 10 times to the responding parent before they were 16.

These respondents are much more likely to report they are in Fair/Poor Health rather than Excellent/Good compared to those who were not emotionally abused.



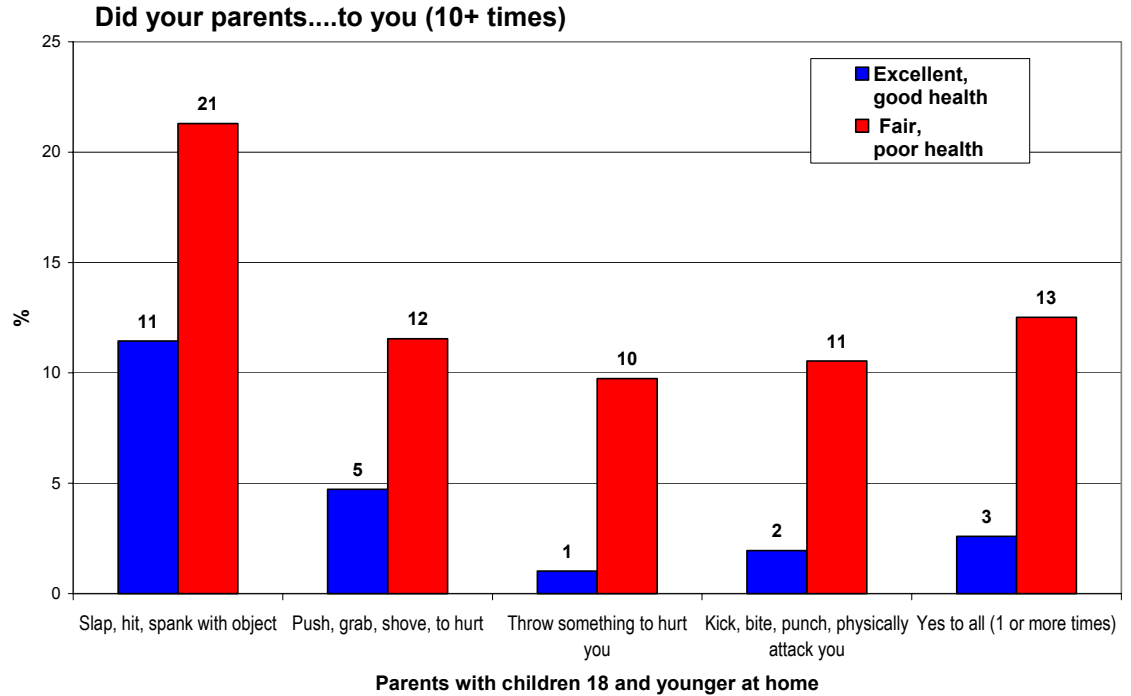
Physical Abuse by parents towards their children: Among parents with young children at home:

- 13% reported they were hit or slapped, or hit by an object, by their parents on at least 10 occasions before they were 16,
- 6% reported their parents pushed, grabbed or shoved to hurt them on at least 10 occasions before they were 16,



- 2% reported something was thrown at them on at least 10 occasions, and
- 3% reported that they were kicked, bitten or attacked physically at least 10 times.

As with emotional abuse, those who were physically abused by their parents are more likely than those not physically abused to describe themselves as in Fair/Poor Health rather than Excellent/Good.



Sexual abuse of children by their parents: Among parents with young children at home:

- 3% reported their parents touched their private parts before they were 16, or made them touch their parents private parts, and
- 2%, mostly men, reported they were uncomfortable answering the questions.

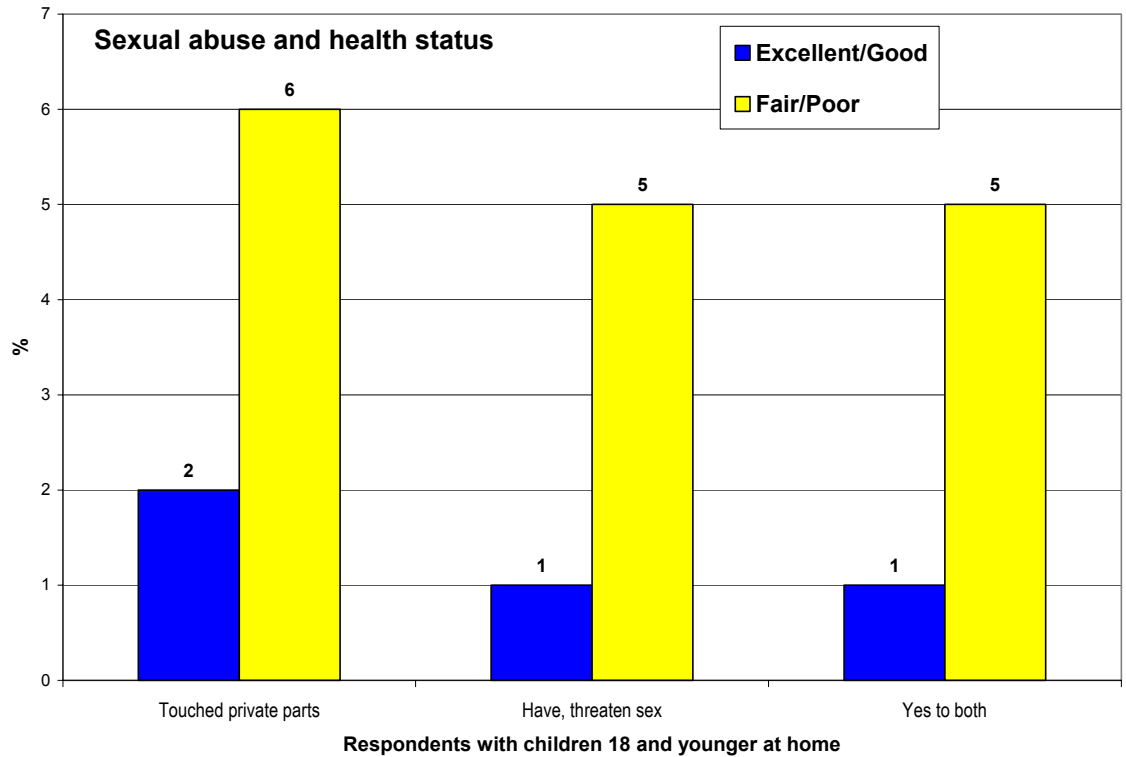
In another question on sexual abuse:

- 2% of our parents with young children at home reported that before they were 16 their own parents had threatened to, or had actually, forced themselves on our respondents – , and
- 4% reported they were uncomfortable answering the question; suggesting that the actual percentage is at least 6% plus a percentage for under-reporting.



- About half of those who acknowledged the sexual abuse had happened said that it had happened 6 or more times before they were 16.

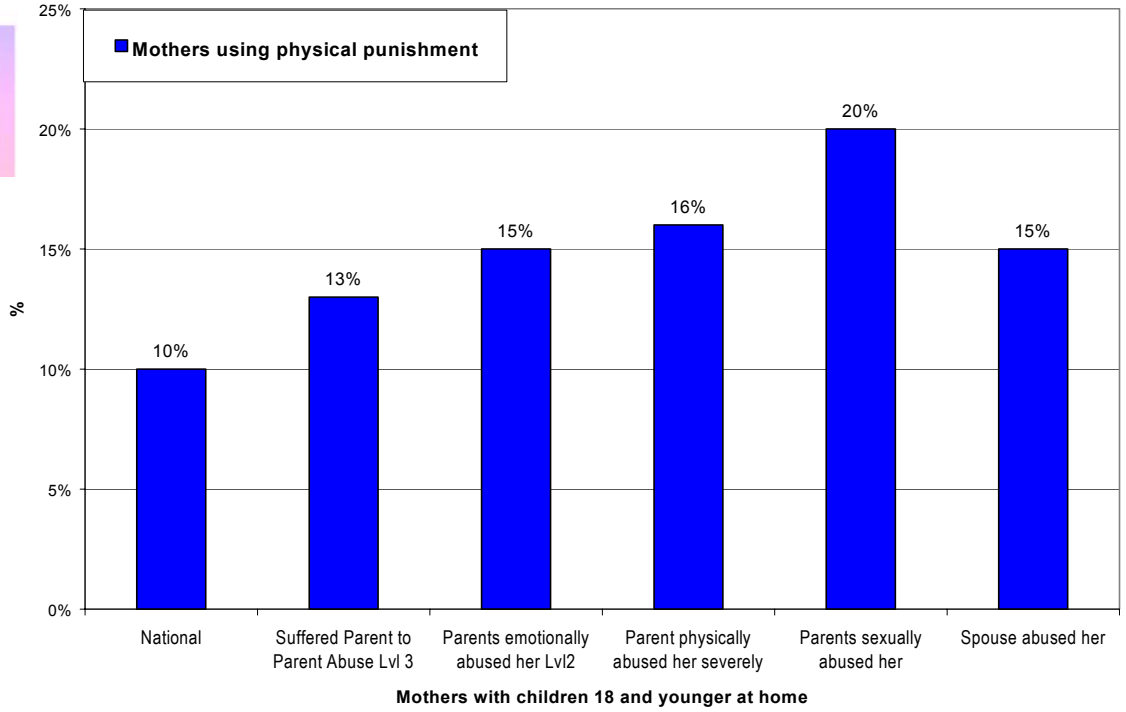
Those in Fair/Poor Health were more likely to report one or both types of sexual abuse.



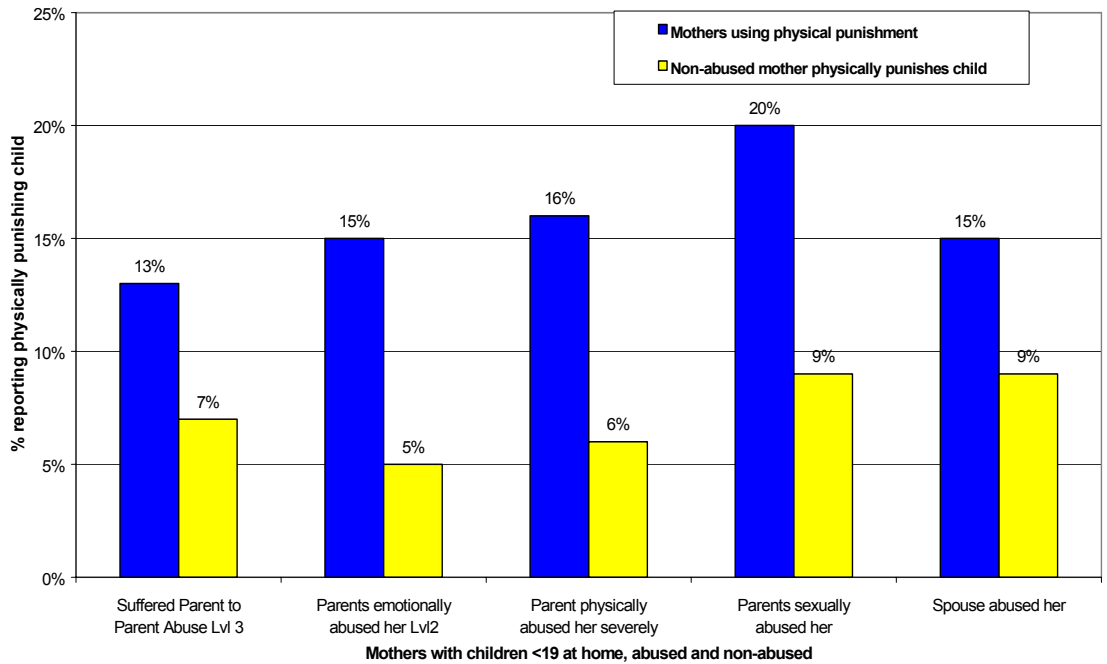
Being Abused by Parents and Abusing Children: Parents who were abused by their own parents are much more likely in turn to abuse their own children; abuse passes from generation to generation.

The chart below describes the responses of mothers with children 18 and under at home. The bar on the left shows that the national average of all mothers with young children at home who physically punish their children when children break the rules is 10%. But:

- Among mothers who said their parents emotionally abused each other, 13% report physically punishing their children;
- Among mothers who reported her parents physically punished her severely before she was 16, 16% report physically punishing her own children, and
- Amongst mothers sexually abused by her parents, 20% report physically punishing their children.



The next chart compares mothers who were abused in some way with mothers who were not abused, and we see that those who were abused are far more likely to yell or physically punish their children than mothers who were not abused¹⁰.



¹⁰ Both charts are from the 'National Report'.

Note the bars on the far right. Mothers who reported that their spouse abused her were almost twice as likely as non-abused mothers to physically punish their children.

Home Care and Spousal Abuse: There is also a strong association between those who require home care assistance and spousal abuse. As noted above, 9% of the population 19 and older report some form of spousal abuse. But among those who report they have a long-term physical or mental condition requiring help and assistance at home, 20% *or twice as many as the national average* report spousal abuse.

Home care respondents who are also parents with young children at home, and who have experienced spousal abuse, are also much more likely to have experienced abuse from their own parents: for example,

- 16% of these parents who receive home care assistance and have experienced spousal abuse reported that their parents severely abused them physically;
- Among these parents who had experienced spousal abuse, 62% reported that their parents severely abused them physically.

These data reinforce the conclusion that abuse is like a virus transmitted in changing forms from one generation to the next.

The health implications of this abuse have been described in the first section of this report.

Abuse in the Workplace

At the request of Health Canada, and the Institute for Work and Health, we have looked at different forms of abuse in the workplace: (surveys #20 '99, #21 '00). These forms of abuse are:

- Unwelcome remarks, jokes, innuendoes, or taunting about appearance, clothing, age, marital status, ethnic or national origin, or religion, or the display of explicit racist, offensive or derogatory pictures or written material;
- Unwelcome jokes, remarks about a person's body or private life, making passes or unwelcome invitations, leering, showing pornographic, sexual or other offensive or derogatory pictures or written material;
- Unnecessary or unwelcome physical contact, touching, pinching, patting or hitting;



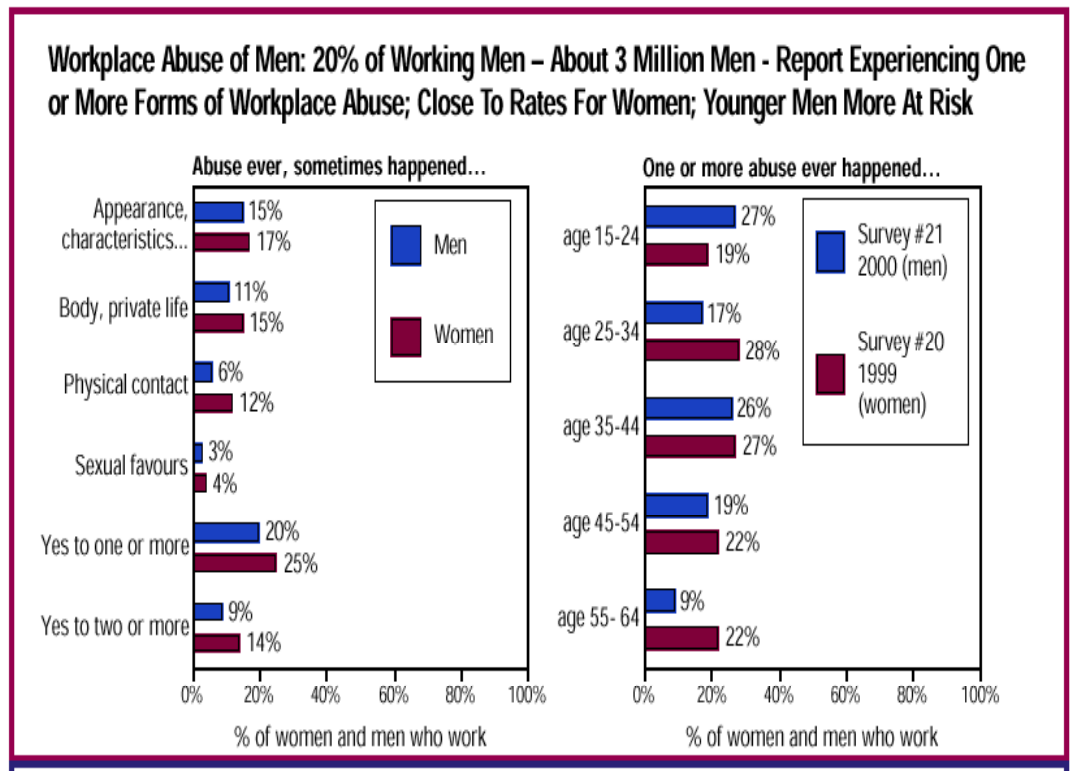
- Requests for sexual favours.

Workplace Abuse and Gender

The left hand chart below shows that 25% of women and 20% of men had experienced one or more of these types of abuse.

The right hand chart indicates what seems to be a strong sign of under-reporting:

- Among young workers 27% of the men reported one or more types of abuse, compared to only 19% of the women.
- Among 25-34 year olds 17% of the men workers reported one or more types of abuse compared to 18% of the women;
- Among workers 35-44, about 26% of both sexes reported abuse;
- Among those 45-54 about 20% of each reported abuse; and
- Among those 55-64, only 9% of the men compared to 22% of the women reported abuse.



Unless working conditions are much worse today than they were 30 years ago, it seems improbable that so few of the older male workers have ever experienced abuse compared to

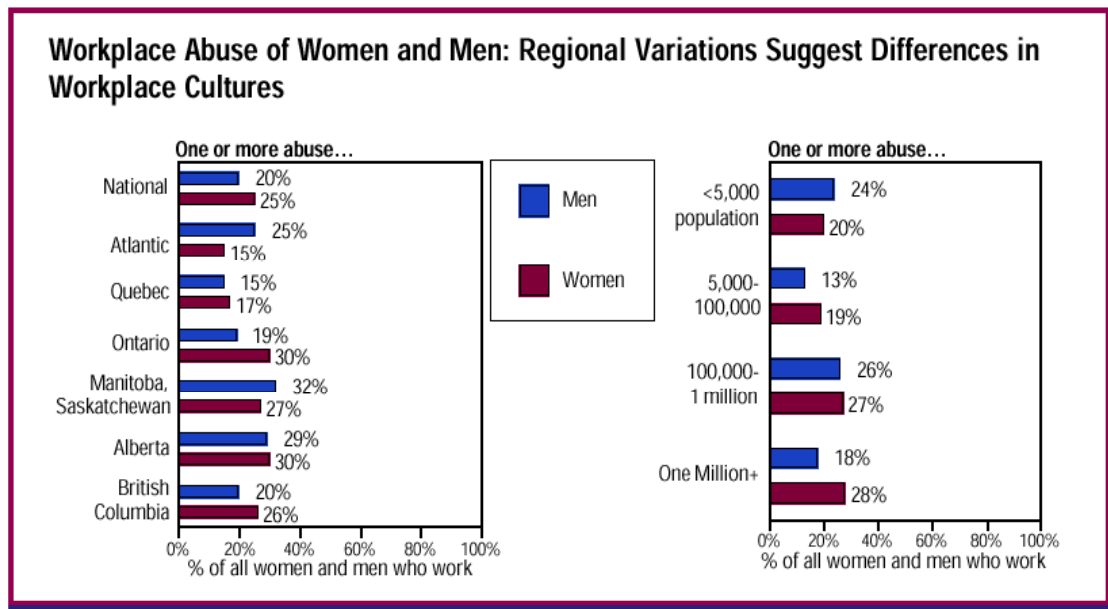


the younger male workers – and we assume our old friend ‘under-reporting’ is at work here.

Regional Aspects of Workplace Abuse

One of the interesting aspects of workplace abuse is that it appears to vary across the country, for men and women, by region and by community size. Some of the differences extend beyond statistical significance. For example:

- Quebec workers, men and women, are the least likely to report abuse compared to Manitoba/Saskatchewan and Alberta.
- Among women workers, those in the Atlantic provinces are among the least likely to report abuse while the Atlantic men are about the national average,
- While women in Ontario and Alberta are among the most likely to report workplace abuse.
- Similarly there are some differences by community size.

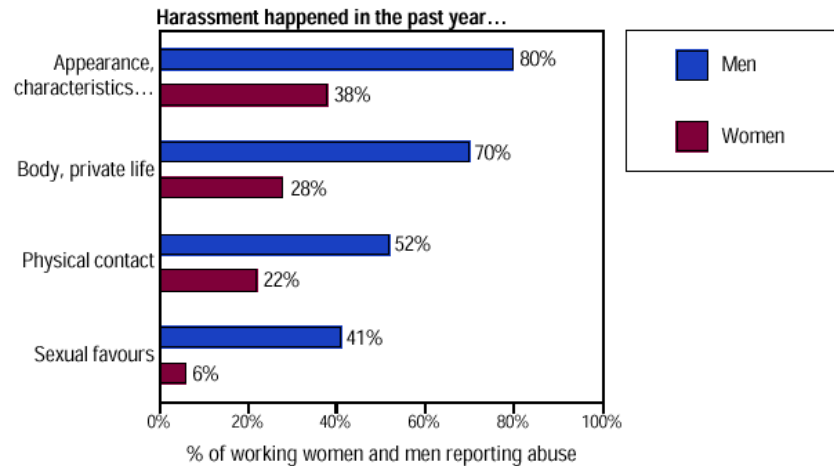


These differences may be related to cultural or social attitudes to reporting abuse, to local ‘cultures’ regarding the acceptability of abuse in the workplace, and to other factors, as well as to the actual incidence of abuse in various places across the country. Nonetheless, the data clearly suggest that these variations in the reports of abuse need to be addressed.

Workplace Abuse in the Previous Year

On average about 70% of the men, and 30% of the women reported that the abuse had occurred in the previous year¹¹.

Workplace Abuse of Women and Men: Abused Men Much More Likely Than Women To Report Abuse Happened in Past Year



Looking at actual numbers rather than percentages, and assuming 16 million employed people across Canada, according to the Statistics Canada *Labour Force Survey*, including 8.5 million men and 7.5 million women, the suggests that:

- About 1.9 million working women and 1.6 million working men have been abused at some point in the workplace¹², and
- About 600,000 working women and 1.1 million working men have been abused in the workplace in the past year.

Health Effects of Workplace Abuse

When carrying out population surveys such as the *Monitor* does, it is usually difficult to determine with certainty that one thing ‘caused’ or led to another. What one can say is that some things – for example, abuse – seem to be ‘associated with’ other things, such as ill health.

¹¹ Survey #21, including data from Survey #20.

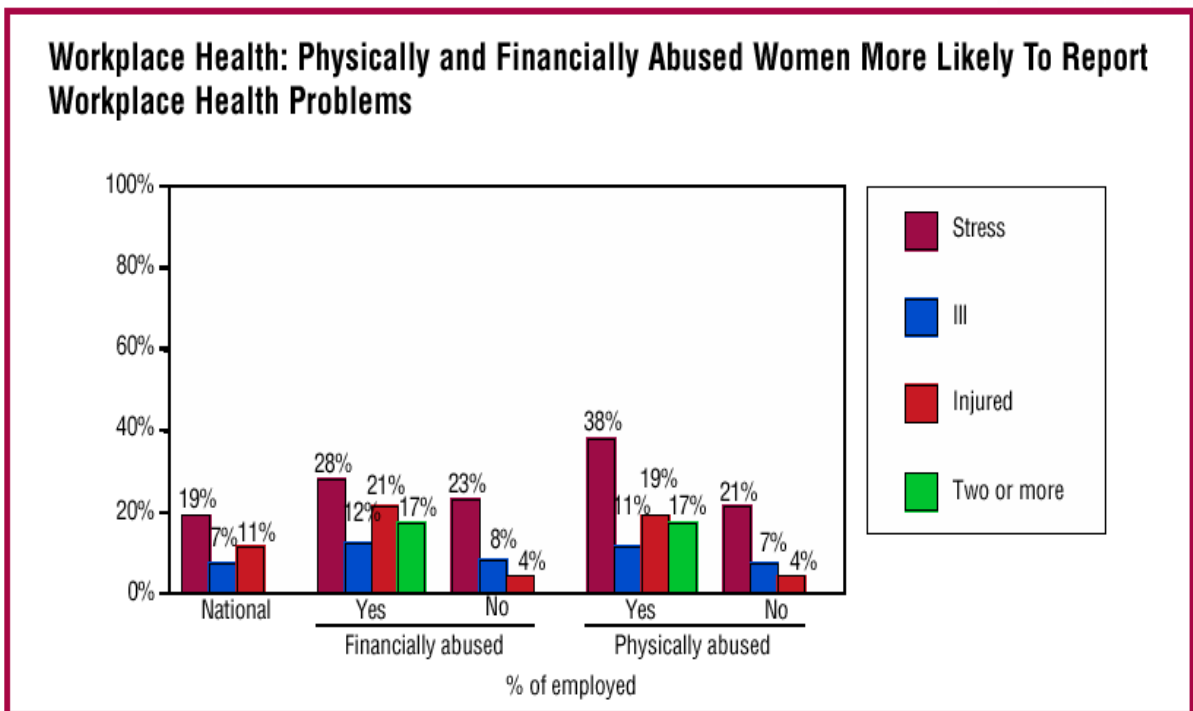
¹² The question includes people who are currently working, and people who are retired, laid off and unemployed. For those no longer working the question asked about their experiences when they were working.



Abuse at home and injury and illness in the workplace

For example, when we look at abuse at home and workplace-related health conditions together, we see that those who have been physically or financially abused at home are far more likely to have workplace related health conditions such as mental stress, physical illness or injury.

This chart below, for example, summarizes our findings of stress, injury and illness in the workplace in 1996¹³. In the chart we look at the differences between those working women who report domestic physical abuse or financial abuse by family members and those not reporting abuse.



The results in the left-hand cluster of columns indicate that 19% of working women reported a health problem related to stress at work, 7% reported work-related physical illness and 11% reported work-related injuries.

What the other results show, however, is that when we compare women who have suffered domestic physical abuse with those who have not been abused (right hand cluster), we find that work-related health problems are much more

¹³ Survey #13, 1996



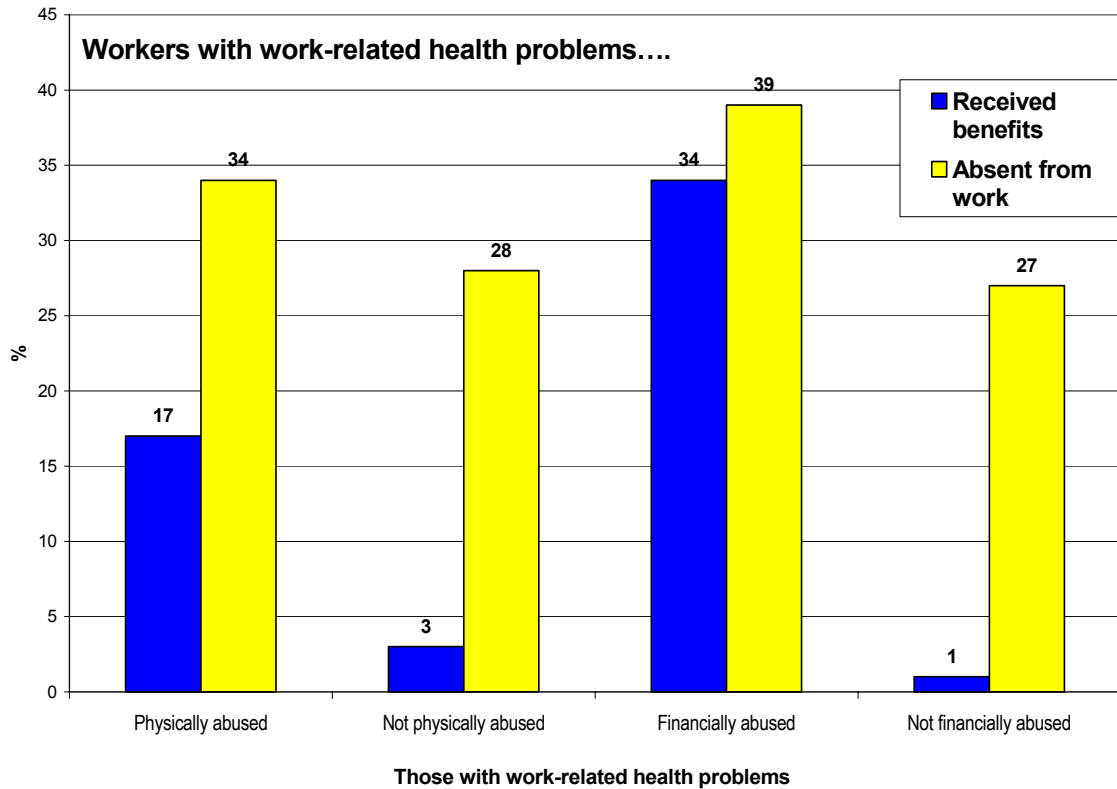
common – in some cases almost twice as common – among the abused women than among those who were not abused.

For example:

- 21% of women who were not abused at home reported a health problem related to workplace stress, compared to 38% of women who had been physically abused at home.
- Similarly, only 4% of women not physically abused at home reported a work-related injury, but 19% of abused women reported such a work-related injury.

Workplace Abuse and Impacts on Health and Finances

The effects of domestic abuse – physical and financial – upon the health sector, and the employer, can be substantial. The chart below describes the differences between those worker abused at home physically or financially and those not abused upon the use of health benefit plans and upon absenteeism



In brief, not only are workers who have been physically or financially abused at home much more likely to have work-related health problems, as we saw in the previous charts, but they are also much more likely to use health benefits for their

work-related health problems and to be absent from work because of those health problems.


For example, looking at all those workers who reported one or more work-related health problems in the previous year:

- Among those who reported domestic physical abuse, 17% used health benefits for their work-related health problems, compared to only 3% of those not abused at home.
- Among those who reported domestic financial abuse, 34% received health benefits compared to only 1% of those who were not abused;
- Among those who reported physical abuse by their family or others, 34% were absent from work compared to 28% of those not physically abused¹⁴;
- Among those who reported financial abuse by their family or others, 39% were absent from work compared to only 27% of those who were not financially abused.

What all these numbers suggest is that every year in Canada there are about two million or more employed people in all walks of life who are report workplace illnesses and use health benefits and are absent from work, and who were raised or live in circumstances which are physically, sexually or financially abusive.

¹⁴ This difference is on the verge of statistical significance. The other comparisons in this chart are statistically significant.

Next Steps



The Berger Population Health Monitor
Le sondage Berger de la santé publique

It would be useful to combine all the key questions on abuse together in one survey package: abuse as a child, spousal abuse and workplace abuse (physical and sexual) together with the usual components of lifestyle, health status, and health service use. This would provide a powerful tool for looking across all the dimensions of abuse at one time.

Appendix I: Abuse by Gender

The Berger Population Health Monitor
Le sondage Berger de la santé publique

Appendix II: Lifestyles Behaviours

The Berger Population Health Monitor
Le sondage Berger de la santé publique

Appendix III: Health Services

The Berger Population Health Monitor
Le sondage Berger de la santé publique

Appendix IV: Smoking

The Berger Population Health Monitor
Le sondage Berger de la santé publique

Appendix V: Internet

End Notes

ⁱⁱ Estimates of Under-Reporting of Physical Abuse of Men and Womenⁱⁱ

Using a random response technique (RTT) to divide the population into two groups – one asked directly about physical abuse, and the other asked to respond to a blind question about either a.) their birthday, or b.) physical abuse. Conducting calculations based on the statistical distribution of the population by birth date, we are able to arrive at an estimate of how what proportion of those asking the blind question were, in fact, answering about physical abuse and not their birth date. We are grateful to Dr. David Jamieson who suggested and implemented this test.

Using the RTT calculations, we arrived at the following conclusions:

- Under-reporting of physical abuse of women by a spouse/partner is $\pm 60\%$ ⁱⁱ. Therefore, using the latest survey results (Surveys #25-#27) we find 12.29% of the women respondents reported physical abuse by someone in their family, or someone else and 1.19% refused to answer the question. We assume that most of those who refused to answer had been abused, which gives us roughly 13.5% of women who had been abused. Taking into account 60% under reporting, that brings us to $\pm 22\%$ of women who have at some time been physically abused by someone in their family or someone else.

- Regarding physical abuse of men, we find 21% under-reportingⁱⁱ. 12.98% of men acknowledged that they had been physically abused by a family member or someone else at some point, and 0.84 refused to answer the question. Assuming that 13.5% of the men had been physically abused, that suggests that 16% of men have been abused at some point.
- With respect to sexual abuse, assuming the same rates of under-reporting for women and for men, 9.42% of women reported they had been sexually abused at some point and 1.5% declined to respond. That suggests about 11%; applying the 60% under-reporting factor, that suggests about 18% of women 19 and older had been sexually abused.
- The estimates for men are much lower. 1.7% of men reported they had been sexually abused and 1% refused to answer, suggesting a total of 2.7%. Applying the 21% under-reporting ratio, that suggests about 3% had been sexu
- 30% of women have at some time been physically or sexually abused by a partner, husband or boyfriend.
- Nine percent of men report being physically abused by their wife, partner or girl friend; and 1% report they do not know if they have been physically abused (again unlikely). The estimated under-reporting is ±21%. Therefore, ±13% of men have been physically abused by their wife, partner or girl friend.

These figures should not be taken as precise. We note that the figures for physical abuse of women are significantly lower than in earlier surveys when with under-reporting they came to about 30%, possibly because the description of the abuse in the question was more detailed and extensive. We also note that the figures for physical abuse of men in Surveys #25-#27 are higher than in earlier surveys, and that may be because men are becoming more open about the subject.

Going through a similar set of RTT calculations regarding financial abuse in Survey #21, we find 13% of women report financial abuse, and 3% do not know (which, in this case, may well be true). In any case we total 13% and 3% and assume 16% of women reported financial abuse.

Using the RTT procedure, we estimate that 25% of women have suffered financial abuse from family or partners. In the case of men, 7% of men reported financial abuse and 1% reported they did not know. Using the RTT procedure, we estimate that 9% of men have been financially abused, a much lower rate of under-reporting.

ii

iii The counts on which these analyses are based are:

Adults, 20 years and older	Total	Men	Women
Lifestyle Composite			
smoker, <2 fruit/veg, 5+ days alcohol, below median activity	230	137	93
smoker	1740	810	930
below median activity level	4242	1566	2676
<2 fruit/vegetables	203	153	50
high frequency of alcohol	255	198	57
other combination	2660	1282	1378
non smoker, 5+ fruit/veg, moderate alcohol, high active	983	405	578
Total	10313	4551	5762