

THE REAL FACE OF MEN'S HEALTH REPORT CANADA

TECHNICAL METHODOLOGY NOTES

28 MAY 2025

SECTION 1: MEN’S EXPERIENCES IN PRIMARY CARE SURVEY

1. OBJECTIVES

The primary goal was to identify factors influencing men’s engagement and satisfaction with healthcare providers, including general practitioners, allied health practitioners, and social workers. The analysis focused on three stages of engagement: **reach**, **respond**, and **retain**. Additionally, the study examined men’s perceptions of gender stereotypes and their impact on health behaviours, attitudes, and healthcare experiences.

2. RESEARCH METHODOLOGY

- **Data Collection Period:** January – February 2025
- **Method:** 15-minute online survey
- **Sample:** 1,502 Canadian men, nationally representative of age, Indigenous status, and rurality
- **Questionnaire:** Approximately 50 questions, including screening, designed to gather essential data while maintaining engagement and data minimization
- **Analysis:** Standard statistical methods, utilizing significance tests at a 95% confidence level to identify trends and subgroup differences

3. ACCURACY

Sample Population: Canadian men aged 18 and above

Error Margin: ±2.48% at 95% confidence, indicating the range within which the true population value likely falls

Limitations: Not a census; results may contain sampling error; data is preliminary and subject to revisions

4. SURVEY SECTIONS

SECTION	PURPOSE	NUMBER OF QUESTIONS
Screener & Introduction	Establish demographics, recent healthcare engagement, and long-term health conditions	4
Healthcare Usage & Satisfaction	Assess satisfaction and reasons for healthcare visits	4
First Encounters & Catalysts	Explore triggers for seeking care and first encounter experiences	11
Communication & Relationship	Evaluate practitioner communication, relationship quality, and continuity of care	9

SECTION	PURPOSE	NUMBER OF QUESTIONS
Awareness & Education	Measure knowledge of services, screenings, and health information sources	6
Gender Responsiveness & Myth Busting	Assess perceptions of gender-specific needs and stereotypes	7
Conclusion & Demographics	Final thoughts and demographic information	9
Total Questions		50

SECTION 2: HEALTHY MEN, HEALTHY WORLD SURVEY (CAREGIVERS OF MEN)

1. OBJECTIVES

Investigate how men’s health issues affect their caregivers and society, aiming to foster awareness and support for program and service improvements. The focus was on understanding caregiver responsibilities and their emotional, physical, and social impacts.

2. RESEARCH METHODOLOGY

Data Collection Period: January – February 2025

Method: 15-minute online survey

Sample: 1,366 Canadian informal caregivers, nationally representative by age, Indigenous status, and rurality

Quota Targeting: 25% male caregivers, 75% female caregivers, with diversity across health conditions and roles

Questionnaire: About 50 questions, with a focus on relevant caregiving experiences and impacts

Analysis: Employing standard statistical tests (95% confidence) to discern trends and subgroup differences

3. ACCURACY

Sample Population: Caregivers aged 18+

Error Margin: ±2.65% at 95% confidence

Limitations: Not a census; results may contain sampling error; data is preliminary and subject to revisions

4. INCLUSION CRITERIA

Caregiver Definition: Any gender individual providing at least 3 hours/week of support to a man over 16 with a diagnosed or ongoing health condition

Health Condition Definition: Experience or recent diagnosis/treatment (within last 12 months) of mental or physical health issues, excluding childhood or neurodevelopmental conditions

Key Activities: Research, transportation, appointment management, emotional, physical, domestic support, communication, and advocacy roles

5. SURVEY SECTIONS:

SECTION	PURPOSE	NUMBER OF QUESTIONS
Screenener & Introduction	Define caregiver roles, eligibility, purpose	13
Caregiver Impact	Assess burden, responsibilities, and resources	9

SECTION	PURPOSE	NUMBER OF QUESTIONS
Mental Health Deep Dive	Evaluate emotional impact and wellbeing	5
Barriers & Pain Points	Identify challenges and support needs	6
Positive Aspects & Enablers	Explore benefits and positive motivators	4
Conclusion & Demographics	Final thoughts and demographics	12
Total Questions		49

SECTION 3: SUMMARY OF CANADIAN PREMATURE MORTALITY DATA

1. DATA SOURCES

The dataset utilized in this analysis derives from the following sources:

- **Premature mortality data:** Statistics Canada (2025), Canadian Vital Statistics - Death Database (CVSD), obtained via a custom data extract focusing on deaths occurring before age 75, categorized by age, gender, and location-based designations.
- **Leading causes of premature mortality:** Statistics Canada (2025), obtained via a custom data extract focusing on the leading causes of deaths occurring before age 75, categorized by age, gender, and location-based designations.
- **Population data:** Statistics Canada, 2023 Census Profile (2021 Census of Population), accessed via Catalogue no. 98-316-X2021001, released on November 15, 2023. This data provides demographic estimates necessary for rate calculations.

2. LOCATION-BASED DESIGNATIONS

The data is organized across multiple geographical stratifications:

- **Total Canada:** National overview from 2013 to 2023
- **Federal Electoral Districts (2023 boundaries):** Covering the same period (2013–2023)
- **Canadian regions:** Sub-national regional analysis (2013–2023)
- **Provinces and territories:** Provincial data (2013–2023)
- **Remoteness Index:** Data at the census subdivision level (2023), capturing geographic remoteness.

Additionally, the analysis encompasses the top 10 leading causes of premature mortality, segmented by sex, across these geographic divisions for the year 2023.

3. DEFINITIONS AND DESCRIPTIONS

- **Data period:** For causes of premature mortality, the most recent data available for Canada as of 2023. For premature mortality, data between 2013 – 2023.
- **Data access:** Extracted from the Statistics Canada Canadian Vital Statistics - Death Database (CVSD) and demographic estimates. This information was compiled upon a custom request and is not publicly available on official Statistics Canada websites, though it has been approved for public release.
- **Premature mortality:** Defined as deaths occurring before the age of 75.
- **Rates:** All rates are expressed as the number of deaths per 100,000 population. This normalization allows for comparison across regions with differing population sizes, facilitating a more accurate assessment of mortality patterns.
- **Age standardization:**
 - All mortality rates are adjusted through age standardization, which recalculates the rates to reflect a hypothetical population with a uniform age structure.
 - This process corrects for demographic differences and ensures that comparisons across locations are not confounded by varying age distributions.
 - Age standardization enhances the reliability of interpretations concerning true differences in mortality risks and trends.

- The data was age standardized to the 2011 Canadian census population profile to match prior Statistics Canada produced data.
- The age standardization was undertaken using the 'calculate_dsr' function from the package 'PHEindicatormethods' in R.
- Prevalence of low income is defined as the proportion or percentage of units whose income falls below a specified low-income line. For the 2021 Census, the reference period for low-income data is the calendar year 2020. <https://www12.statcan.gc.ca/census-recensement/2021/ref/dict/az/definition-eng.cfm?ID=fam025>
- Income distribution as defined as Statistics Canada, 2021 Census, Income Explorer <https://www12.statcan.gc.ca/census-recensement/2021/dp-pd/dv-vd/income-revenu/index-en.html>
- Indigenous identity refers to whether the person identified with the Indigenous peoples of Canada. This includes those who identify as First Nations (North American Indian), Métis and/or Inuk (Inuit), and/or those who report being Registered or Treaty Indians (that is, registered under the Indian Act of Canada), and/or those who have membership in a First Nation or Indian band. Aboriginal peoples of Canada (referred to here as Indigenous peoples) are defined in the Constitution Act, 1982, Section 35 (2) as including the Indian, Inuit and Métis peoples of Canada. <https://www23.statcan.gc.ca/imdb/p3Var.pl?Function=DEC&Id=42927>
- **Limitations and considerations:**
 - Age-standardized rates may not precisely reflect the actual mortality experience within specific populations but serve as a tool for trend analysis and geographic comparison.
 - For purposes requiring actual counts, such as health service provisioning, non-age-standardized data may be more appropriate.

End of Methodology Section