HIGHLIGHTS

Uptake of influenza vaccination in Canada

Influenza vaccination is the most effective way to prevent infection. The recommended target for vaccine coverage is 80% in high-risk groups (those 65 years of age or older and those between 18 and 64 years with chronic conditions). This study used nationally representative data from the 2007 to 2014 cycles of the Canadian Community Health Survey to examine trends in influenza vaccination coverage. Over the 8-year study period, the average influenza vaccination rate reported in Canada was 29%, but varied by province or territory. National vaccine coverage declined by 9% over time in those 65 years of age or older and 11% in those 85 years or older (Figure 1). No high-risk group met the recommended coverage target. Among all groups, the most commonly reported reason for not receiving influenza vaccination was perceiving it to be unnecessary. ***CMAJ Open* 2016;4:E455-62.**

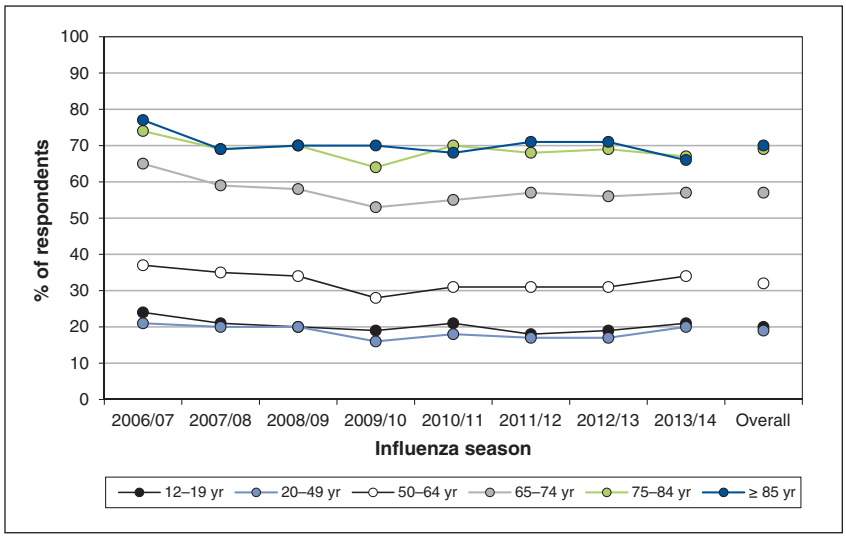

Figure 1: Percentage reporting influenza vaccination within the previous 12 months in the 2006/07 to 2013/14 influenza seasons, by age group. Note: For age groups 65–74, 75–84 and ≥ 85, values changed by ≥ 5 percentage points during the study period.

How much exercise do Canadian youth get?

Exercise has many benefits for young people, including reduced adiposity, favourable risk profiles for cardiovascular and metabolic disease, and fewer symptoms of depression. This study analyzed data from the 2003–2012 Canadian Community Health Survey for nearly 55 000 youths between 12 and 17 years. Substantially fewer girls than boys achieved the recommended exercise level (36.9% v. 51.9%). Significant variations were seen between health regions and between neighbourhoods within the provinces (Figure 2). Most variation occurred between urban neighbourhoods, suggesting greater inequalities in opportunities for exercise in these settings. The authors found that contextual factors affected exercise levels differently in girls and boys. Girls in urban settings had lower odds of achieving exercise targets, whereas living in an urban setting had no effect in boys. Winter was observed as a major barrier to exercise in both sexes. ***CMAJ Open* 2016;4:E436-43.**

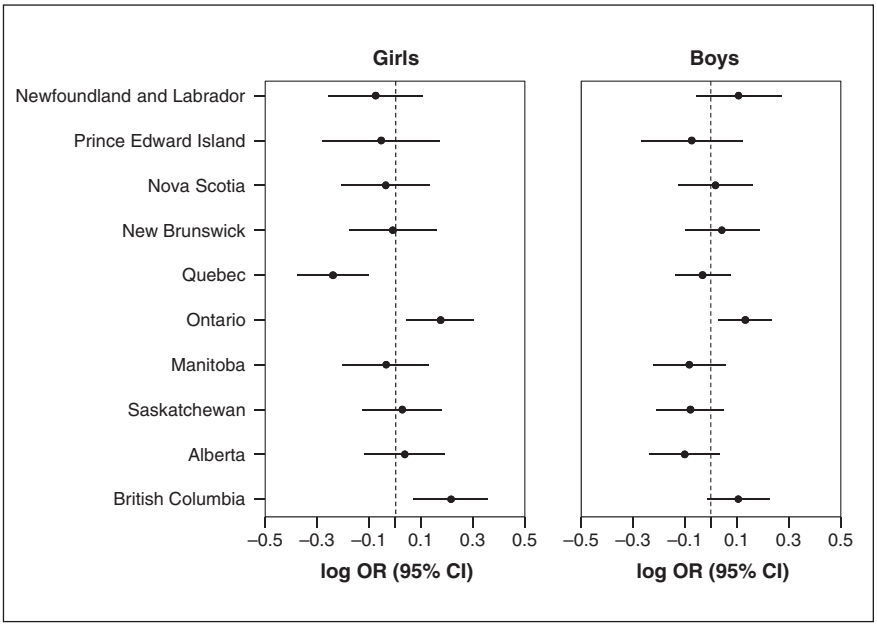

Figure 2: Province-level residuals of the logarithm of the odds ratio (OR) for achieving the recommended level of leisure-time physical activity among girls and boys. CI = confidence interval.

CMAJ 2016. DOI 10.1503/cmaj.160989