



A Researcher's Guide to the Canadian Health Measures Survey

About the survey

The Canadian Health Measures Survey (CHMS) is an ongoing, national survey administered by Statistics Canada in partnership with Health Canada and the Public Health Agency of Canada.

The survey collects important health information to create national baseline data on the extent of major health concerns.

How the survey is conducted

This survey is innovative in its use of direct physical measurements to collect data from participants in locations across the country. It consists of three main components:

- 1. Household interview**
 The household interview component involves an interviewer who visits randomly selected households to collect information related to, among other things, nutrition, smoking habits, alcohol use, medical history, current health status, lifestyle and physical activity, living environment and housing characteristics, as well as demographic and socio-economic variables.
- 2. Clinic visit**
 This component of the CHMS takes place in mobile clinics (in trailers). Respondents usually visit the clinic within a few days of their household interview. During the clinic visit, qualified health measures specialists take physical measurements, such as height, weight, and blood pressure, of participants.
- 3. Laboratory analysis**
 Blood and urine samples are collected for this component to test for cardiovascular health, nutritional status, chronic and infectious diseases, and environmental contaminants. In some cycles, indoor air and tap water samples from the participant's home are collected.

Survey documentation

Survey documentation, such as the data user guides and the CHMS Content Summary are available at the Research Data Centres (RDCs), in university libraries, and through Statistics Canada.

Many analytical products have been produced by Statistics Canada and by others who use the CHMS data. They are publicly available through the **CHMS bibliography web page**.

Access to Microdata

The main data access route for researchers is Statistics Canada's Research Data Centre (RDC) Program. With an approved agreement, researchers can access CHMS microdata at over 25 secure RDCs located at universities across Canada. More information on the RDC Program is available at www.statcan.gc.ca/rdc-cdr

For many measures, data is available for all respondents from each cycle (the full sample).

Cycle #	# of respondents	Age of respondents	Date data first available
1	5,604	6 to 79	Jan. 13, 2010
2	6,395	3 to 79	Sept. 20, 2012
3	5,785	3 to 79	Oct. 29, 2014
4	~5,700	3 to 79	Fall 2016
5	~5,700	3 to 79	Fall 2018

About the Biobank Program

At the clinic, respondents are asked to give their consent to store their blood and urine samples, including their DNA for use in future studies. The biospecimens are stored long-term at a secure facility.

These biospecimens are an invaluable, but finite (non-renewable), source of information. Therefore, a review of project proposals is required before researchers are granted access to the biospecimens. This ensures that the specimens are put to their best use.

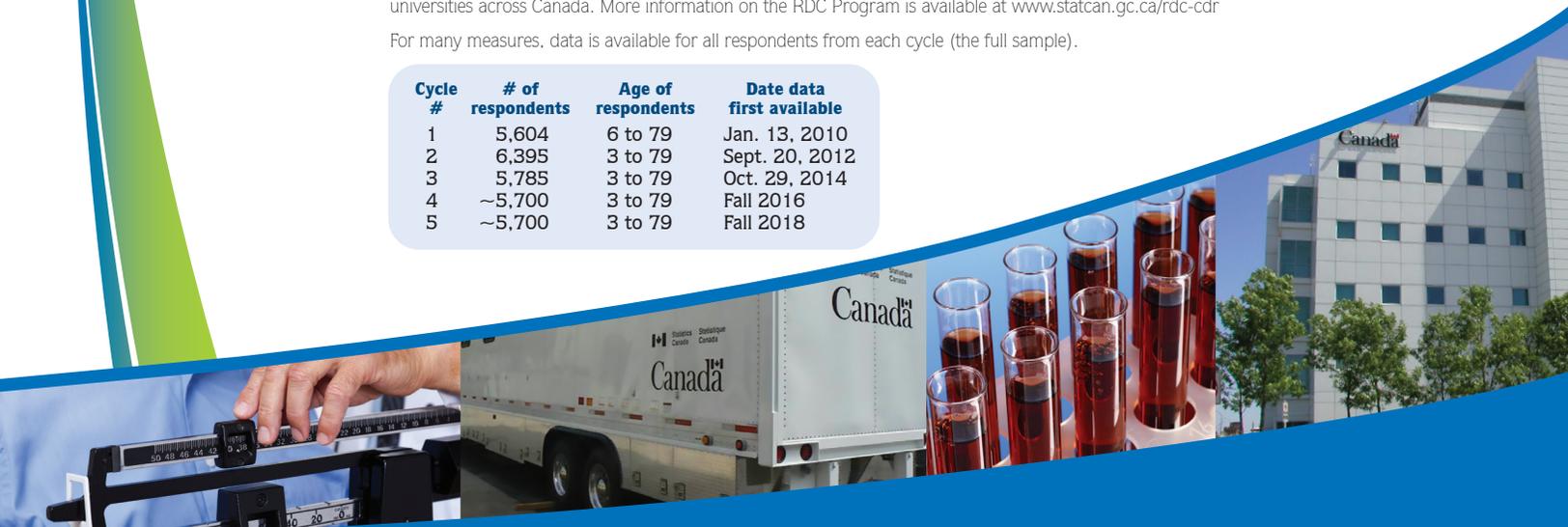
Over the course of several years, collections from the CHMS have amounted to hundreds of thousands of small test tubes of DNA, whole blood, blood fractions, and urine samples. Biospecimens will continue to be added to the biobank for future survey cycles. A list of the stored biospecimens is available at www.statcan.gc.ca/eng/survey/household/5071x

Access to the biospecimens is granted by Statistics Canada senior management once the researcher has shown proof of funding and has received Research Ethics Board approval. Approximate costs for researchers range from \$44,000 to \$48,000 for one series of about 3,500 to 6,200 samples.

Once access is granted, and researchers have completed their data analysis, they will have exclusive access to a data file for one year before the file becomes available to other researchers in the Research Data Centres (RDCs).

Researchers can obtain access to the CHMS biospecimens by following the detailed instructions on the biobank website. They can submit an application form during the biannual call for proposals (May to June and November to December). www.statcan.gc.ca/eng/survey/household/5071g

Further information about the biobank can be obtained through the biobank coordinator at chms-biobank@statcan.gc.ca



For more information

Phone (toll-free): 1-888-253-1087 | infostats@statcan.gc.ca
www.statcan.gc.ca/chms