CIHI Exercise

1. SCENARIO
You intuitively know that as patients get older, their health problems get worst and they tend to stay longer in the hospital. However, you find yourself wondering if you can find any statistics concerning the subject.

2. FIND CIHI'S "QUICK STATS"
CIHI has a lot of data about hospitals and the health system, so it seems like a logical place to start your search.

   • Go to CIHI's "quick stats".
     → Go to https://www.cihi.ca/en/quick-stats
     → OR search Google for "CIHI quick stats".

3. FIND A GOOD DATASET
Find a dataset that lets you examine the link between patient age and length of hospitalization.

   • Find the "Inpatient Hospitalizations: Volumes and Length of Stay" Pre-formatted table.
     → Search for "inpatient hospitalizations".
     → A lot of tables in the list of results share similar names. Make sure to find a pre-formatted table with the exact title of "Inpatient Hospitalizations: Volumes and Length of Stay".

   • Find data for Moncton (NB) or for the most precise level of geography available. Compare a younger age group with an older age group.
     → Which age group tends to stay in the hospital the longest? ____________________
     → How big is the gap between the two age groups? ____________________

   • What year was this data collected? ____________________
4. SCENARIO
A monster slides out from under your bed, and tells you that many seniors have mood disorders, and that they rarely involve themselves in their communities. If you can prove it wrong, it promises to move in under someone else’s bed.

You decide to find data on seniors’ mental health and sense of belonging in their communities.

5. FIND THE APPROPRIATE CANSIM TABLE
Find the right CANSIM table from the Canadian Community Health Survey.

- Find CANSIM table #105-0508
  → Go to statcan.gc.ca and enter the numbers in the search bar OR do a Google search for CANSIM 105-0508.

6. FIND AN ANSWER
Find how many seniors have mood disorders in Nova Scotia, and how many seniors feel a sense of belonging.

- Click on "Add/Remove Data".

<table>
<thead>
<tr>
<th>Table 105-0508</th>
<th>CANadian health characteristics, annual estimates, by age group and sex, Canada (excluding territories) and provinces occasional (number)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Data table</td>
<td>Add/Remove data  Manipulate  Download  Related information  Help</td>
</tr>
<tr>
<td>The data below is a part of CANSIM table 105-0508. Use the Add/Remove data tab to customize your table.</td>
<td></td>
</tr>
</tbody>
</table>

- Select the following options for the specified sections:
  → Step 1 – Canada and Nova Scotia.
  → Step 2 – Click "All" twice to deselect everything. Click on "65 years and over".
  → Step 4 – Click on "Expand". Click on "All" to deselect everything. Click on "Mood disorder" and "Sense of belonging (...)".
  → Step 5 – Click on "Percent" and keep the checkmark for "Number of persons".
  → Step 8 – Click on apply.

- Find the answer!
  → Number and percent of persons 65+ with a mood disorder in Nova Scotia: ___________  ___________
  → Number and percent of persons 65+ with a mood disorder in Canada: ___________  ___________
  → Number and percent of persons 65+ with a sense of belonging in Nova Scotia: ___________  ___________
  → Number and percent of persons 65+ with a sense of belonging in Canada: ___________  ___________

- Find more CANSIM tables from the Canadian Community Health Survey.
  → Click on the "Related Information" tab.
  → Click on "Canadian Community Health Survey – Annual Component - 3226".
  → Click on "Related Products"
  → Click on "CANSIM".
Health Indicators Exercise

1. SCENARIO
Your friend from Edmonton was just released from the hospital after suffering from a heart attack during a game of laser tag. Instead of doing something normal like bringing her flowers, you decide to cheer her up with some health statistics.

Use Statistic Canada's Health Indicators to learn about high blood pressure and in-hospital deaths following a heart attack in Edmonton's health region.

2. FIND STATISTIC CANADA’S HEALTH INDICATORS
Start by finding Statistic Canada’s health indicators.

- Go directly to the health indicator's page: https://www.statcan.gc.ca/pub/82-221-x/2013001/tbl-eng.htm
- OR simply search in Google for: health indicators Stats Can and hope you are looking at the right page.

3. ACCESS THE RELEVANT INDICATOR FOR HIGH BLOOD PRESSURE
You decide to start by finding some high blood pressure numbers.

- Click on "Data tables, maps and fact sheets".
- In the list of indicators, find the "Health Status" topic and the "Health conditions" sub-topic.
- Click on "High blood pressure".

Wow, why are there so many options? You probably want one of the tables that actually includes health regions, by why is there both an annual estimate and a two-year period estimate?

Explore the Annual Estimates:
- Click on "CANSIM" under the "Annual Estimates" option.
- Click on "Add/Remove data".
- Select the appropriate options to create a table for: the Calgary health zone, the 35 to 44 years age group, females, and high blood pressure for 2014. Click on "Apply".
- Oh no, did that not work? Go back to the "Add/Remove data" tab and add "Both sexes" and "Total 12 years and over" as options.
- Hmm, what are we looking at exactly? What is the source of this data? _____________________
  → What does "E" mean? _____________________
  → What does "F" mean? _____________________
  → Find the footnote for high blood pressure (25). Is this a self-reported variable? _____________________

Try the two year period estimates:
- Click on "CANSIM" under the "Two year period estimates" option.
- Click on "Add/Remove data".
- Select the appropriate options to create a table for: the Calgary health zone, the 35 to 44 years age group, females, and high blood pressure for 2014. Click on "Apply".
- How is this different from the annual estimates? _____________________

Are these the most recent high blood pressure estimates available? _______
4. ACCESS THE RELEVANT INDICATOR FOR IN-HOSPITAL DEATHS AFTER A HEART ATTACK

Next, to tell your friend how lucky she is to have avoided the worst, you decide to look up in-hospital deaths after a heart attack. It is possible that you are a terrible friend.

- Go back to "Data tables, maps and fact sheets".
- Look under the "Effectiveness" subtopic, under the "Health system performance" topic. Can you find an indicator for in-hospital mortality from heart attacks?
  → If you can't, try looking for the fancy medical term used instead of "heart attack".
- Click on the appropriate indicator.

Wow, you're...somewhere else. Ok! This time, you won't be tricked by choosing only precise options, you'll keep the more general ones in the mix just in case!

- Select the following options:
  → Under "Geography", select both Edmonton's health region and Alberta (province).
  → Click on "All Years".
  → Select your desired indicator.
  → Click on "Both" and "Female" under "Sex".
  → Click on "Income".
  → Hit "Submit".

That's...uh...interesting?

- What is the 2014 rate for Calgary? _______________
- The rate is annotated with a symbol. What does it mean? _______________
- Look at Alberta. How do the rates change as you go up in Neighbourhood Income Quintiles? _______________
- What is the source of this data? _______________

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Google Search Exercise

1. SCENARIO
You have been hypnotized by a vampire who needs data and statistics about the dangers of high blood pressure, also known as the 'silent killer'. She claims to be 'too old for computers'. You're not too sure about her motivations, but it turns out you don't currently have any free will! You decide to expertly search Google for high blood pressure statistics.

2. TRY SOME BASIC SEARCHES AND FILTERS
The vampire psychically communicates that she would prefer Canadian statistics. And you know that 'high blood pressure' is also known as 'hypertension' which will help in creating an effective search. Start by opening up Google.

   • Go to Google. You don't really need a link, do you? But you do want to use the Canadian Google so here it is anyway: http://www.google.ca/

   • Search for (hypertension OR "high blood pressure") (statistics OR data OR dataset)
   → Take a look at the results. Already looking pretty good, right? But this is not Canadian data...

   • Click on "Tools" in the toolbar below the search box. Then click on "Any country" and choose "Country: Canada" from the drop-down menu. Take another look at the results. This is all Canadian stuff! Awesome!

3. OPERATE WITH OPERATORS
A lot of the search results are from Statistics Canada, but you already know their datasets pretty well. And if you find a spreadsheet, maybe the vampire will finally leave you alone? You decide to refine your search using advanced operators.

   • Add the following at the end of your search string and take a look at the search results: site:.gc.ca

   • To remove Statistics Canada, add the 'minus' symbol and the site operator for Stat Can: -site:statcan.gc.ca
   → Take a look at the results. You should see government of Canada results that don't include Statistics Canada. In a normal Google search for data and statistics, you would also try searching provincial and local government pages. For example, you might substitute site:princeedwardisland.ca for site:.gc.ca

   • Next, remove everything from the search string but the parentheses about high blood pressure, and add a filetype operator for CSV XLS or XLSX files: (hypertension OR "high blood pressure") (filetype:xls OR filetype:xlsx OR filetype:csv)
   → These are Excel compatible files that might be interesting to the vampire! She seems pleased, yay!