

Table 1. Description of independent variables

<i>Predisposing factors</i>	
Age	Age group: 3=20-24 years, 4=25-29 years, 5=30-34 years, 6=35-39 years, 7=40-44 years, 8=45-49 years, 9=50-54 years, 10=55-59 years, 11=60-64 years, 12=65-69 years, 13=70-74 years, 14=75-79 years, 15=80+ years
Sex	0=female, 1=male
Minority	0=white or not stated, 1=visible minority
Education	Highest level of education: 1=less than secondary education, 2=secondary graduate and no or some post-secondary education, 3=post-secondary graduate, 4=currently in school, 99=missing
<i>Enabling factors</i>	
Home ownership	Whether a member of household owns the dwelling: 0=no, 1=yes, 99=missing
Household income	Household income adjusted for the number of people living in the household: 1=lowest income, 2=lower middle income, 3=middle income, 4=upper middle income, 5=highest income, 99=missing
Self-help group participation	Attendance at self-help group: 0=no or not stated, 1=yes
Sense of belonging to community	Strong sense of belonging to local community: 0=no, 1=yes, 99=missing
<i>Need factors</i>	
Health Utilities Index	Health states, continuous: 0=death, 1=perfect health
Self-perceived health	1=excellent, 2=very good, 3=good, 4=fair or poor, missing=99
Stress	Amount of stress in most days: 0=not at all or not very stressed, 1= a bit stressed, 2= quite a bit or extremely stressed, 99=missing
Depression	Periods during which the respondent felt sad or depressed or lost interest in everyday things within the past 12 months, categorical: 0=no or mild depressive symptoms, 4=maximum, 99=missing
Activities of daily living (ADL)	0=no activity limitation or not stated, 1=sometimes has activity limitation, 2=often has activity limitation
Instrumental activities of daily living (IADL)	Needs help for preparing for meals, shopping for necessities, housework, heavy household chores, personal care, or moving about inside the house: 0=no, 1=yes, 99=missing
Birth	Has given birth in the past 5 years: 0=no, 1=yes
Injury	Injured in the past 12 months: 0=no, 1=yes
Number of chronic conditions	Number of chronic conditions: 0=0, 1=1, 2=2, 3=3, 4=4+, 99=missing
Food allergies	0=no or not stated, 1=yes
Other allergies	Allergies other than food allergies: 0=no or not stated, 1=yes
Asthma	0=no or not stated, 1=yes
Arthritis	Arthritis or rheumatism: 0=no or not stated, 1=yes
High blood pressure	0=no or not stated, 1=yes
Migraine	0=no or not stated, 1=yes
Urinary incontinence	0=no or not stated, 1=yes
Diabetes	0=no or not stated, 1=yes
Chronic bronchitis	Chronic bronchitis, emphysema, or chronic obstructive pulmonary disease: 0=no or not stated, 1=yes
Heart disease	Heart disease or angina: 0=no or not stated, 1=yes
Cancer	0=no or not stated, 1=yes
Stomach or intestinal ulcers	0=no or not stated, 1=yes
Bowel disorders	Bowel disorder or Crohn's disease or colitis: 0=no or not stated, 1=yes
Eye problem	Cataracts or glaucoma: 0=no or not stated, 1=yes
Thyroid condition	0=no or not stated, 1=yes
Epilepsy	0=no or not stated, 1=yes
Chronic fatigue syndrome	Chronic fatigue syndrome, multiple chemical sensitivities, or fibromyalgia: 0=no or not stated, 1=yes
Stroke	Suffers from the effects of a stroke: 0=no or not stated, 1=yes
<i>Health behaviour</i>	
Overweight	0=underweight or acceptable weight, 1=overweight, 99=missing
Smoking	0=never smoked, 1=former smoker, 2=current smoker, 99=missing
Drinking	0=not regular drinker, 1=regular drinker, 99=missing
Physical activity	1=moderate or inactive, 2=active, 99=missing
Fruit and vegetable consumption	Total daily fruit and vegetable consumption: 1=less than 5 servings per day, 2=5+ servings per day, 99=missing
Alternative health care	Consulted alternative health care provider (e.g., acupuncturist, homeopath, or massage therapist) for physical, emotional or mental health for the past 12 months: 0=no or not stated, 1=yes
<i>Health services system</i>	
Province of residence	10=Newfoundland, 11=Prince Edward Island, 12=Nova Scotia, 13=New Brunswick, 24=Quebec, 46=Manitoba, 47=Saskatchewan, 48=Alberta, 59=British Columbia