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Government Data shows that Canadians with Chronic Fatigue Syndrome (CFS) are disadvantaged

The following information was extracted by the National ME/FM Action Network from the Statistics Canada datafile for the 2005 Canadian Community Health Survey.

An estimated **334,000 Canadians have been diagnosed with CFS**. Roughly one half were between the ages of 45 and 64, 30% were younger than 45, and 20% were 65 years old or older. Two thirds were female, and one third were male.

Canadians with CFS showed a high degree of activity limitation.

% of group reporting	Canadians with CFS	Canadians in General
Need help – preparing meals	17%	3%
Need help – getting to appointments and running errands	32%	5%
Need help – doing housework	35%	5%
Need help – heavy household chores (spring cleaning, yard work)	56%	12%
Need help – personal care	9%	2%
Need help – moving about inside the house	8%	1%

Canadians with CFS also experienced socio-economic disadvantage.

% of group reporting	Canadians with CFS	Canadians in general
Permanently unable to work (ages 15-74)	18%	2%
Annual personal income less than \$15,000 (ages 15+)	44%	29%
Food insecure	17%	5%
Very weak sense of belonging to local community	19%	10%

There are gaps in service to Canadians with CFS.

% of group reporting	Canadians with CFS	Canadians in General
Unmet health care needs over the previous 12 months	30%	11%
Unmet home care needs over the previous 12 months (ages 18+)	14%	2%

The National ME/FM Action Network has been telling government health officials for years that:

- **Chronic Fatigue Syndrome is a very disabling illness,**
- **the illness has substantial impact on people's lives**
- **there are significant gaps in health care delivery.**

Now Canadian government data confirms what we have been saying.

Please share this important information with others. Help to make this information as widely known as possible.

About the Canadian Community Health Survey

The Canadian Community Health Survey is a major survey designed by Canadian health authorities to identify and monitor health issues affecting Canadians aged 12 and up. There were 27,100,000 Canadians in scope for the survey. Over 130,000 Canadians were interviewed.

About the National ME/FM Action Network

The National ME/FM Action Network is a registered charity working on behalf of Canadians with Myalgic Encephalomyelitis/Chronic Fatigue Syndrome and Fibromyalgia. Please visit www.mefmaction.net. These tables were compiled by Margaret Parlor, President. Ms Parlor recently retired from a 30 year public service career where she worked as a statistician, policy analyst and manager.