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Well-being of Canadian Regular Force Veterans, Findings from LASS 2016 Survey

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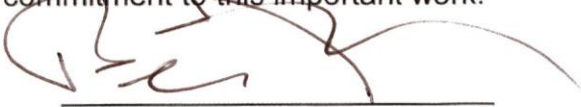
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Foreword

Bernard Butler, Assistant Deputy Minister,
Strategic Policy and Commemoration, Veterans Affairs Canada

Veterans Affairs Canada is proud of the work we do to support the men and women who serve our nation. Part of this work involves research to better understand the physical, mental and social well-being of Canadian Armed Forces Veterans. Building this evidence base helps ensure that the programs and policies we put in place are responsive to Veterans' needs and ultimately enhance their well-being. An increasingly important part of this evidence base is the Life After Service Studies (LASS) program of research that we undertake with our partners at Department of National Defence/Canadian Armed Forces and Statistics Canada. LASS 2016 represents the third cycle of surveys which, for the first time, included a longitudinal component that will be described in future reports. This latest survey also included more questions related to families (from the Veteran's perspective) - information that will serve as an important resource for our Department. Once again, Veterans participated in these surveys with very high response rates. We are very grateful for their input and I thank them for their time and commitment to this important work.

Signed:



Bernard Butler

June 29th / 17
Date

Lieutenant-General C. A. Lamarre, Commander, Military Personnel Command
Department of National Defence

The Life After Service Studies (LASS) program of research, a partnership with Veterans Affairs Canada (VAC) and Statistics Canada initiated in 2010, has provided a wealth of information on the health and well-being of Veterans and the factors that can aid or hinder successful adjustment to civilian life, so that the departments can better understand Veterans' experiences and their needs. The longitudinal component of the research, included for the first time in the LASS 2016 survey, will allow us to monitor how Veterans are doing over time in their health and adjustment. The information from the LASS program of research is used to inform policies and programs to contribute to the well-being of our Veterans. It is important that the policies, practices and programs of both DND and VAC be aligned in order to ensure a seamless transition from military to civilian life. Continued collaboration on the LASS program of research helps both departments to meet this goal so that we can best serve our Veterans.

Signed:


LGen C. A. Lamarre

26/6/17
Date

Well-Being of Canadian Regular Force Veterans, Findings from LASS 2016 Survey

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Executive Summary

The Life After Service Studies (LASS) program of research is designed to further understand the transition from military to civilian life and ultimately improve the health of Veterans in Canada. LASS partners are Veterans Affairs Canada (VAC), the Department of National Defence/Canadian Armed Forces (DND/CAF), and Statistics Canada. LASS 2016 expands on the earlier studies from 2010 and 2013 by including family content and a longitudinal component in two major studies: the survey of health and well-being, and the record linkage for pre- and post-release income trends. This technical report provides initial cross-sectional findings for Regular Force Veterans from the 2016 survey. Additional analysis will be covered in subsequent reports.

LASS 2016 survey data was collected by telephone in February and March 2016 by Statistics Canada interviewers who obtained a 73% response rate. Results describe Veterans who released (at post-entry ranks) from the CAF Regular Force between 1998 and 2015.

Findings indicate that 52% of Veterans reported an easy adjustment to civilian life, while 32% reported difficulty. Officers had a lower rate of difficult adjustment (17%), compared to 29% of Senior Non-Commissioned Members (SrNCM) and 39% of Junior Non-Commissioned Members (JrNCM). Veterans with recent releases (between 2012 and 2015) had a higher rate of difficult adjustment (42%), compared to earlier releases between 1998 and 2012 (29%). Compared to those with earlier releases, these recently-released Veterans had higher rates of service in Afghanistan, fair or poor self-rated mental health and less than 10 years of military service, all factors associated with difficult adjustment.

Veterans reported chronic conditions, including arthritis (29%), depression (21%), anxiety (15%), and post-traumatic stress disorder (PTSD) (14%), at higher prevalences than Canadians of comparable age and sex. SrNCM had the highest rate of arthritis (40%), and JrNCM had the highest rates of depression (24%), anxiety (18%), and PTSD (18%). Veterans also reported higher rates than Canadians for hearing problems, pain, and activity limitations. Since LASS 2013, the trend for chronic conditions has been increasing, although not statistically significant.

Most Veterans were employed (65%). SrNCM had a lower employment rate (57%) compared to Officers (64%), and JrNCM (70%). The unemployment rate for Veterans was 8%, similar to Canadians of comparable age and sex. Non-labour force activities for Veterans included retirement (16%), on disability (8%), and training (5%). Since LASS 2013, the trend for non-labour force activities has been increasing, although not statistically significant.

Some Veterans experienced low income (4%). This was lower than Canadians of comparable age and sex (14%), and has not changed since LASS 2013. JrNCM had the highest rate (6%). Most Veterans were satisfied with their finances (69%), and has decreased since LASS 2013 (74%). Officers had a higher satisfaction rate (85%) compared to SrNCM (75%), and JrNCM (60%).

LASS 2016 included new content on families. When asked about the effect their release had on the family, most Veterans reported that the transition was easy for their partner (57%) and their children (60%). However, 28% of Veterans indicated their partners had difficulty with their release, and 17% reported their children had difficulty with their release.

LASS findings have provided evidence to inform the efforts of both VAC and DND/CAF to support transition to civilian life. LASS 2016 findings will continue to contribute to improvements to programs, benefits, communications and outreach, to ultimately improve the health and well-being of Veterans in Canada.

Sommaire

Le programme de recherche Études sur la vie après le service militaire (EVASM) vise à nous aider à mieux comprendre la transition de la vie militaire à la vie civile et en bout de ligne à améliorer la santé des vétérans au Canada. Les partenaires des EVASM sont Anciens Combattants Canada (ACC), le ministère de la Défense nationale/les Forces armées canadiennes (MDN/FAC) et Statistique Canada. Les EVASM 2016 élargissent les études antérieures réalisées en 2010 et 2013 en incluant la dimension familiale et une composante longitudinale dans deux études importantes : l'enquête sur la santé et le bien-être et le couplage de données sur les tendances en matière de revenu avant et après la libération. Ce rapport technique fournit les premières constatations transversales de l'enquête de 2016 pour les vétérans de la Force régulière. Une analyse supplémentaire sera traitée dans des rapports subséquents.

Les données de l'enquête dans le cadre des EVASM 2016 ont été recueillies par téléphone en février et en mars 2016 par des intervieweurs de Statistique Canada qui ont obtenu un taux de réponse de 73 %. Les résultats décrivent les vétérans qui ont été libérés (à des grades postérieurs à l'entrée) de la Force régulière des FAC entre 1998 et 2015.

Les constatations indiquent que 52 % des vétérans ont déclaré que leur transition à la vie civile avait été facile, alors que cette transition a été difficile pour 32 % d'entre eux. Les officiers affichaient un plus faible taux de difficulté d'adaptation (17 %), comparativement aux militaires de rang supérieur (MR sup) (29 %) et aux militaires de rang subalterne (MR sub) (39 %). Les vétérans récemment libérés (entre 2012 et 2015) ont affiché un taux plus élevé de difficulté d'adaptation (42 %), comparativement aux vétérans libérés entre 1998 et 2012 (29 %). Comparativement aux vétérans libérés plus tôt, les vétérans récemment libérés affichaient un taux plus élevé de service en Afghanistan, une auto-évaluation de la santé mentale passable ou mauvaise, et moins de 10 années de service militaire, soit tous des facteurs associés à une adaptation difficile.

Les vétérans ont déclaré souffrir d'affections chroniques, comme l'arthrite (29 %), la dépression (21 %), l'anxiété (15 %) et l'état de stress post-traumatique (ESPT) (14 %), à un taux de prévalence plus élevé que dans la population canadienne de même âge et sexe. Le taux d'arthrite était le plus élevé chez les MR sup (40 %), alors que les MR sub affichaient les taux les plus élevés de dépression (24 %), d'anxiété (18 %) et d'ESPT (18 %). Les taux de problèmes d'audition, de douleur et d'incapacités fonctionnelles étaient plus élevés chez les vétérans que chez les Canadiens. Depuis les EVASM 2013, la tendance pour les affections chroniques a augmenté, mais pas statistiquement significative.

La plupart des vétérans occupaient un emploi (65 %). Le taux d'emploi des MR sup (57 %) était inférieur à celui des officiers (64 %) et des MR sub (70 %). Le taux de chômage chez les vétérans était de 8 %, semblable à celui de la population canadienne de même âge et sexe. Les activités autres que main d'œuvre pour les vétérans comprenaient la retraite (16 %), l'état d'invalidité (8 %) et la formation (5 %). Depuis les EVASM 2013, la tendance pour les activités autres que main d'œuvre a augmenté, mais pas statistiquement significative.

Certains vétérans avaient un faible revenu (4 %). Le taux était inférieur à celui de la population canadienne de même âge et sexe (14 %), et il est inchangé depuis les EVASM 2013. Les MR sub affichaient le taux le plus élevé (6 %). La plupart des vétérans étaient satisfaits de leur situation financière (69 %). Les officiers affichaient le plus haut taux de satisfaction (85 %) comparativement aux MR sup (75 %) et aux MR sub (60 %) et a diminué depuis les EVASM 2013 (74 %).

Les EVASM 2016 comprenaient une nouvelle dimension sur les familles. Lorsqu'on a demandé aux vétérans quelle avait été l'incidence de leur libération sur leur famille, la plupart d'entre eux ont indiqué que la transition avait été facile pour leur partenaire (57 %) et leurs enfants (60 %).

Toutefois, 28 % des vétérans ont indiqué que leurs partenaires avaient de la difficulté avec leur libération, et 17 % ont indiqué que leurs enfants avaient eu de la difficulté avec leur libération.

Les résultats des EVASM ont permis de fournir des éléments de preuve pour documenter les efforts d'ACC et du MDN/FAC et appuyer ainsi la transition vers la vie civile. Les résultats des EVASM 2016 continueront de contribuer à l'amélioration des programmes, des avantages, des communications et de la sensibilisation, pour améliorer en bout de ligne la santé et le bien-être des vétérans au Canada.

1. Introduction

The Life After Service Studies (LASS) program of research is designed to enhance understanding of the transition from military to civilian life and ultimately improve the health of Veterans in Canada (VanTil 2011). LASS partners are Veterans Affairs Canada, the Department of National Defence/Canadian Armed Forces and Statistics Canada.

LASS includes two major studies: the survey of health and well-being, and the record linkage for pre- and post-release income trends. LASS 2016 expands on the earlier studies in 2010¹ and 2013². LASS 2010 studied former Regular Force personnel who released from service during 1998-2007. LASS 2013 studied both Regular Force Veterans and Primary Reserve Force Veterans. LASS 2016 includes new family content and longitudinal design methods in both major studies.

Veterans³ in Canada are former officers or non-commissioned members of the Canadian Armed Forces (CAF), Regular or Reserve.⁴ As of March 2016, there were about 670,000 Veterans living among the general population in Canada. Of these, about 600,000 served after 1953.⁵

This report provides cross-sectional findings for Regular Force Veterans from the 2016 survey. The indicators can contribute to VAC's domains of well-being. The objective of this report is to describe the health and well-being of the 60,000 Regular Force Veterans who released from service (at post-entry ranks) during 1998 to 2015.

¹ Thompson JM, MacLean MB, Van Til L, et al. Survey on Transition to Civilian Life: Report on Regular Force Veterans. VAC Research Directorate Technical Report, 2011. <http://publications.gc.ca/pub?id=9.694222&sl=0>

² Thompson JM, Poirier A, Sweet J, et al. Health and Well-being of Canadian Armed Forces Veterans, LASS 2013. VAC Research Directorate Technical Report. 3 July 2014. <http://publications.gc.ca/pub?id=9.818364&sl=0>

³ Canadian Forces Members and Veterans Re-establishment and Compensation Act, SC 2005, c21, s2(1).

⁴ VanTil L, Thompson JM, MacLean MB, Pedlar D. Screening questions to identify Canadian Veterans. J Military Veteran Family Health, 2016; 2(1): 28–32. <http://dx.doi.org/10.3138/jmvfh.3587>

⁵ VAC Statistics Directorate, VAC Facts & Figures, March 2016.

2. Methods

LASS 2016 survey design incorporated both cross-sectional and longitudinal design. The cross-sectional design represents Veterans who released from the Regular Force between 1998 and 2015. The longitudinal design follows Veterans of the Regular and Reserve Forces that participated in LASS 2013. Longitudinal results will be described in a subsequent report.

The LASS 2016 cross-sectional survey design describes Veterans who released from the Regular Force between 1998 and 2015. To incorporate design changes that include new content, entry ranks⁶ were excluded from the survey. Statistics Canada removed out-of-scope records for those identified with a residence in the three northern Territories or outside Canada, in an institution, death, or re-enrollment in CAF.

The LASS 2016 survey was stratified into three groups by rank⁷ at release:

- Officers,
- Senior non-commissioned members (SrNCM),
- Junior non-commissioned members (JrNCM).

Survey data was collected over a 6 week period in February and March 2016 by Statistics Canada interviewers using the Computer Assisted Telephone Interview. Survey questions for LASS 2016⁸ are similar to LASS 2013 and used Canadian Community Health Survey (CCHS) modules where possible. New content was added to describe the Veterans' families. Figure 1 shows the sample design, 73% response rate, and 91% agreed to share their data with VAC and DND.

LASS 2016 survey used stratified survey design as well as inclusion of the 2013 survey cohort and oversampling releases since the 2013 survey. This complex design requires all survey estimates and analyses to use sample weights, similar to the methodology of LASS 2013⁹. These weights were calculated by Statistics Canada to incorporate the unequal probabilities of selection, eligibility, non-response, and sharing. This report applied cross-sectional share weights using Stata SVY commands, and excluded missing responses from the denominator.

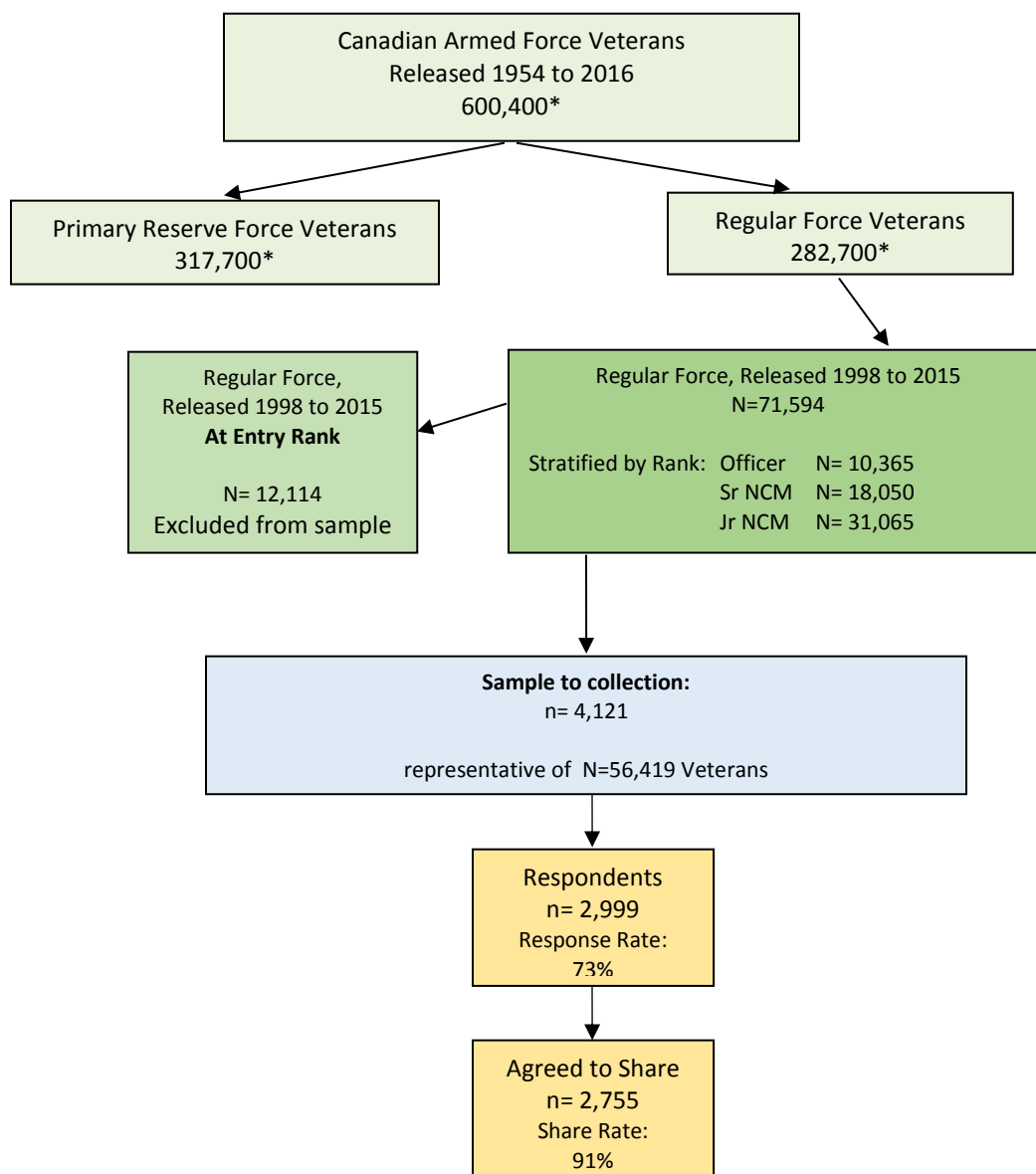
⁶ Entry ranks: Private (Recruit), Officer Cadet, and Second Lieutenant; and their Navy equivalents: Ordinary Seaman (Recruit), Naval Cadet, Acting Sub-Lieutenant.

⁷ www.forces.gc.ca/en/honours-history-badges-insignia/rank.page

⁸ Statistics Canada. Life After Service Survey.
<http://www23.statcan.gc.ca/imdb/p2SV.pl?Function=getSurvey&Id=257809>

⁹ VanTil L, Perrie S, Poirier P, et al. Methodology: Life After Service Studies 2013. VAC Research Directorate Technical Report; 31 December 2014. <http://publications.gc.ca/pub?id=9.629947&sl=0>

Figure 1. LASS 2016 Cross-sectional Sample



*Source: VAC Facts & Figures, March 2016

LASS 2016 indicators of well-being are defined in **Appendix 1**. Analysis in this report describes Veterans in 2016 in a series of tables:

- **Appendix 2** lists the indicators by the three rank groups,
- **Appendix 3** lists the indicators by three age groups,
- **Appendix 4** lists the indicators by the three LASS cycles in 2010, 2013, and 2016. This comparison used only post-entry rank releases for all 3 cycles. Confidence intervals were produced by Stat SVY commands and will differ from those produced using Statistics Canada bootstrap weights. Confidence intervals that do not overlap were considered statistically significant. Additional analysis is required to account for differences in age, sex, and other factors, and to take into account the dependence of the 2013 and 2016 samples.
- **Appendix 5** lists the indicators by two periods of release: LASS 2016 recent release (2012 to 2015), and LASS 2016 earlier release (1998 to 2012). For comparison LASS 2013 is also listed (1998 to 2012).
- **Appendix 6** lists the indicators by 2016 compared to Canadian data. Most of the Canadian comparators were from the most recent Canadian Community Health Survey (2013-14), age-sex adjusted to the Veteran population (who are predominantly younger and male).

Strengths of the LASS 2016 survey include the use of DND administrative data to identify Veterans and the use of Statistics Canada resources to survey participants and protect their confidentiality, and achieve a high response rate. The survey content used validated questions, mostly from national Canadian population health studies. Limitations of this report include the cross-sectional design that does not provide evidence about causal relationships between factors such as military service or VAC programs and well-being outcomes, but does allow quantification of the strength of association. Findings cannot necessarily be generalized to all Veterans; however the findings of this report are representative of Regular Force Veterans who released in 1998 to 2015.

3. Demographics

The average age of Regular Force Veterans participating in LASS 2016 was 48 years (see Table 1). JrNCM were the youngest (42 years), compared to SrNCM (55 years) and Officers (55 years). The majority of Regular Force Veterans were male (88%) and married or common-law (77%) at the time of the survey.

The highest level of education attained at the time of the survey is described in Table 1. Overall, 17% of Regular Force Veterans had a university degree. Officers had the highest rate of university graduation (75%), compared to JrNCM (6%) and SrNCM (4%).

Table 1. Demographic indicators, by Rank Group

Indicator	Category	Officers (17%)	Senior NCM (31%)	Junior NCM (52%)	Regular Force (100%)
Age	Mean (years)	55	55	42	48
	≤ 30	F	F	14%	8%
	30-39	8%	2%	32%	19%
	40-49	18%	18%	24%	21%
	50-59	38%	51%	27%	37%
	60-69	35%	29%	F	16%
Gender	Male	88%	90%	86%	88%
	Female	12%	10%	14%	12%
Marital status	Married/Common-law	88%	83%	70%	77%
	Widowed/Separated/Divorced	8%	11%	11%	11%
	Single, never married	5%	5%	20%	13%
Education	Less than high school graduation	F	6%	4%	4%
	High school graduation	12%	54%	45%	42%
	Post-secondary graduation	13%	37%	45%	37%
	University degree	75%	4%	6%	17%

Since LASS 2013, the age of participants has increased (see Appendix 4), this is likely the result of longitudinal sample design. Appendix 3 lists the indicators by three age groups. The trend for gender, marital status, and a university degree have not changed (see Appendix 4).

Compared to Canadians of similar age and sex, Veterans report higher rates of married or common-law (77% vs. 73%), and lower rates of post-secondary education (54% vs. 65%), see Appendix 6.

The large differences in the age and sex distribution of the Veteran population compared to the Canadian population require comparisons that adjust for age and sex.

4. Military Characteristics

The majority of Regular Force Veterans had service in the Army (52%), 31% in the Air Force, and 18% in the Navy (see Table 2). JrNCM had the highest rate of service in the Army (61%), compared to SrNCM (42%) and Officers (39%).

About half of Veterans had more than 20 years of military service, 54% of Regular Force Veterans (see Table 2). JrNCM had the lowest rate (25%), compared to Officers (73%) and SrNCM (91%). This pattern across rank groups was also observed for the rate of deployment during their military service.

Table 2. Military Characteristics, by Rank Group

Indicator	Category	Officers (17%)	Senior NCM (31%)	Junior NCM (52%)	Regular Force (100%)
Age	Mean (years)	55	55	42	48
Service Environment	Air*	41%	37%	24%	31%
	Land*	39%	42%	61%	52%
	Sea*	20%	22%	15%	18%
Enrolment Era	1954-1975	28%	27%	F	14%
	1976-1990	50%	65%	35%	47%
	1991-2000	10%	6%	19%	13%
	2001-2015	12%	F	44%	26%
Length of Service	< 10 years	14%	2%	53%	31%
	10 to 19 years	13%	7%	22%	16%
	≥ 20 years	73%	91%	25%	54%
Release Type	Voluntary	84%	71%	63%	69%
	Involuntary	F	F	8%	5%
	Medical	15%	28%	29%	26%
Deployment	Deployed during military service	77%	90%	64%	74%

* also known as Air Force, Army, Navy.

Since LASS 2013, most military characteristics have not changed (see Appendix 4). The trend for medical releases has been increasing.

5. Health

Self-rated health of very good or excellent was reported by 46% of Regular Force Veterans (see Table 3). SrNCM had the lowest rate (38%), compared to JrNCM (44%) and Officers (62%). This pattern across rank groups was also observed for diabetes, bowel disorders, heart disease, chronic pain, activity limitations, and needing help with activities of daily living.

Self-rated mental health of very good or excellent was reported by 56% of Regular Force Veterans (see Table 3). JrNCM had the lowest rate (50%), compared to SrNCM (55%) and Officers (74%). This pattern across rank groups was also observed for depression, anxiety, asthma, TBI effects, moderate psychological distress, probable PTSD symptoms, and suicidal ideation¹⁰.

Table 3. Health Indicators, by Rank Group

Indicator	Category	Officers (17%)	Senior NCM (31%)	Junior NCM (52%)	Regular Force (100%)
Age	Mean (years)	55	55	42	48
Self-Rated health	Very good or excellent	62%	38%	44%	46%
Self-Rated mental health	Very good or excellent	74%	55%	50%	56%
Chronic Conditions	Arthritis	28%	40%	23%	29%
	Depression	11%	20%	24%	21%
	Anxiety	6%	14%	18%	15%
	PTSD	8%	18%	18%	16%
	Diabetes	5%	12%	5%	7%
	Bowel disorders	6%	8%	6%	7%
	Asthma	5%	6%	7%	6%
	Heart disease	6%	8%	F	5%
	TBI effects	F	4%	5%	4%
Hearing Problem	Has hearing problem	11%	19%	8%	12%
Chronic Pain	Has chronic pain	32%	48%	39%	41%
Activity Limitations	Often restricted activity	21%	34%	28%	29%
ADL	Needs help with at least one daily activity	14%	23%	21%	20%
Psychological distress	Moderate or severe distress (K-10 score 15-40)	7%	16%	21%	17%
PC-PTSD Screen	Probable PTSD (3+ symptoms)	9%	18%	22%	18%
BMI	Obese	23%	33%	28%	29%
Suicidal Ideation	12-Month Ideation	4%	7%	10%	8%

The prevalence of most chronic health conditions increase with age, however the mental health conditions are most prevalent in mid-life (see Appendix 3). Chronic health conditions are associated with chronic pain¹¹ and with activity limitations¹².

¹⁰ Thompson JM, Zamorski MA, Sweet J, et al. Roles of physical and mental health in suicidal ideation in Canadian Armed Forces Regular Force veterans. Can J Public Health 2014;105(2):e109-e115. Avail: <http://journal.cpha.ca/index.php/cjph/article/view/4217>

¹¹ VanDenKerkhof EG, VanTil LD, Thompson JM, et al. Pain in Canadian Veterans: Analysis of data from the Survey on Transition to Civilian Life. Pain Research and Management, 2015; 20(2):89-95. Avail: www.ncbi.nlm.nih.gov/pmc/articles/PMC4391444/

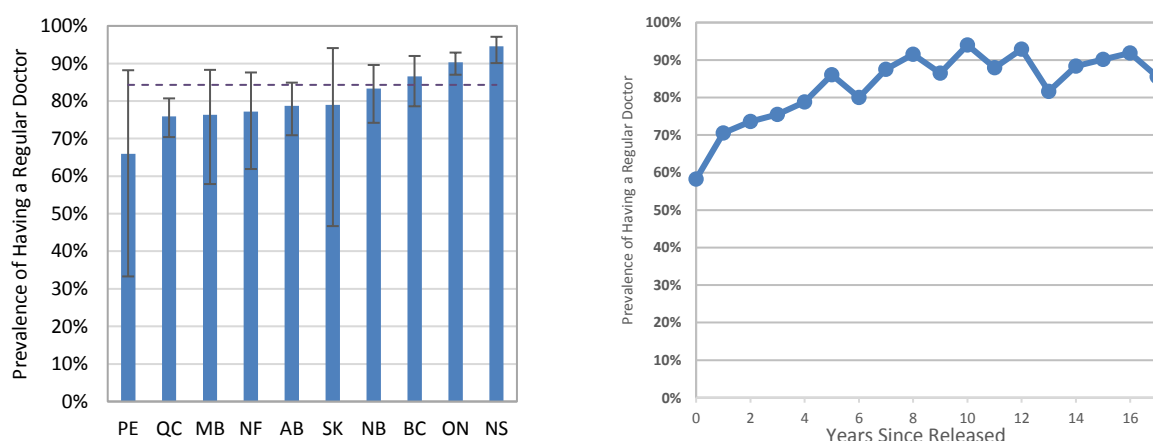
¹² Thompson JM, Pranger T, Sweet J, et al. Disability correlates in Canadian Armed Forces Regular Force Veterans. J Disability and Rehabilitation, 2015; 37(10): 884-891. Avail: [dx.doi.org/10.3109/09638288.2014.947441](https://doi.org/10.3109/09638288.2014.947441)

Since LASS 2013, the trend for chronic conditions has been increasing, although not statistically significant (see Appendix 4). Veterans with recent releases (between 2012 and 2015) had a lower rate of excellent/very good mental health (51%), compared to earlier releases between 1998 and 2012 (see Appendix 5).

For most health indicators, Veterans reported higher prevalences than Canadians of comparable age and sex (see Appendix 6). There are multiple hypotheses for the higher prevalence of mental health disorders in Veterans that span their life course before, during, and after service¹³. Additional health indicators can be derived from the survey data (see Table 4). These include SF-12 categories^{14, 15}, comorbidity by count of conditions¹⁶ and a composite indicator to describe a comprehensive picture of the full spectrum of mental health problems¹⁷. Different measures of hearing problems have also been measured¹⁸.

Prevalence of having a regular medical doctor was 83% (see Table 4). Differences by province were not statistically significant (see Fig 2), and the trend was for lower prevalence for the more recently released Veterans.

Figure 2. Prevalence of having a regular medical doctor, LASS 2016



¹³ Thompson JM, VanTil L, Zamorski MA, et al. Mental health of Canadian Armed Forces Veterans – review of population studies. J Military Veteran Family Health, 2016; 2(1): 70–86. <http://dx.doi.org/10.3138/jmvfh.3258>

¹⁴ Thompson JM, Hopman W, Sweet J, et al. Health-related quality of life of Canadian Forces veterans after transition to civilian life. Can J Public Health 2013;104(1):e15-e21.

Avail: <http://journal.cpha.ca/index.php/cjph/article/view/3403>

¹⁵ Hopman WM, Thompson JM, Sweet J, et al. Multivariate assessment of health-related quality of life in CAF Veterans after transition to civilian life. J Military Veteran Family Health, 2015; 1(2): 61-70.

Avail: <http://dx.doi.org/10.3138/jmvfh.2986>

¹⁶ Thompson JM, Poirier A, Sweet J, et al. Health and Well-being of CAF Veterans, LASS 2013. VAC Research Directorate Technical Report. 3 July 2014. <http://publications.gc.ca/pub?id=9.818364&sl=0>

¹⁷ Thompson JM, VanTil L, Zamorski MA, et al. Composite Measure of Mental Health Problems in Canadian Armed Forces Veterans, LASS 2013. VAC Research Directorate Technical Report. 15 May 2017.

¹⁸ Thompson JM, VanTil LD, Feder K, et al. Prevalence of Hearing Problems in Canadian Armed Forces Veterans – Life After Service Studies. J Military Veteran Family Health, 2016; 2(2).

Avail: <http://dx.doi.org/10.3138/jmvfh.4030>

Table 4. Additional Health Indicators, by LASS cycle

Indicator	Category	LASS 2010	LASS 2013	LASS 2016
Age	Mean years	46.3	46.8	48.1
Quality of Life (PCS)	PCS, Mean	46.2 (45.9, 46.6)	46.8 (46.2, 47.4)	48.3 (47.8, 48.9)
	SF-12 60+	1.7% (1.2, 2.4)	4.1% (3.1, 5.4)	5.4% (4.3, 6.8)
	SF-12 50-59	49.6% (47.7, 51.4)	48.6% (46.1, 51.1)	48.6% (46.0, 51.1)
	SF-12 40-49	20.2% (18.7, 21.9)	20.5% (18.5, 22.5)	23.0% (21.0, 25.2)
	SF-12 30-39	15.8% (14.6, 17.2)	14.8% (13.1, 16.6)	14.9% (13.4, 16.7)
	SF-12 <30	12.6% (11.7, 13.7)	12.2% (10.6, 13.9)	8.0% (6.9, 9.3)
Quality of Life (MCS)	MCS, Mean	51.6 (51.2, 52.0)	51.2 (50.6, 51.8)	50.7 (50.1, 51.3)
	SF-12 60+	15.3% (13.9, 16.8)	21.3% (19.3, 23.3)	19.8% (18.0, 21.8)
	SF-12 50-59	55.7% (53.8, 57.7)	44.9% (42.4, 47.5)	45.5% (43.0, 48.0)
	SF-12 40-49	12.6% (11.3, 14.0)	16.8% (14.7, 18.6)	16.6% (14.7, 18.6)
	SF-12 30-39	9.5% (8.5, 10.6)	9.9% (8.4, 11.6)	10.9% (9.4, 12.5)
	SF-12 <30	6.9% (6.1, 7.9)	7.4% (6.1, 8.9)	7.3% (6.0, 8.7)
Physical Health Condition (PHC)	Any PHC*	75.6% (73.7, 77.4)	69.4% (67.0, 71.8)	70.6% (68.1, 72.9)
	Musculoskeletal (back problem, arthritis)	53.6% (51.6, 55.5)	49.1% (46.6, 51.6)	50.8% (48.3, 53.3)
	Cardiovascular (high BP, heart dis, stroke)	23.8% (22.2, 25.5)	21.9% (20.0, 23.9)	23.0% (21.1, 25.1)
	Gastrointestinal (ulcers, bowel disorders)	12.1% (11.0, 13.4)	8.9% (7.6, 10.3)	9.6% (8.3, 11.0)
	Respiratory (asthma, COPD)	8.7% (7.6, 9.9)	8.0% (6.7, 9.4)	8.3% (7.0, 9.8)
	Diabetes	6.3% (5.4, 7.3)	6.7% (5.6, 8.0)	7.2% (6.2, 8.5)
	Cancer	1.4% (1.0, 1.9)	1.7% (1.3, 2.3)	2.6% (2.0, 3.4)
	Urinary	--	3.2% (2.5, 4.2)	4.1% (3.3, 5.0)
	Central Nervous System (migraine, dementia, TBI effects)	--	16.9% (15.0, 18.9)	16.6% (14.8, 18.6)
	Obesity	29.8% (28.0, 31.6)	27.4% (25.2, 29.7)	28.8% (26.6, 31.1)
Mental Health Condition (MHC)	Any MHC	25.8% (24.2, 27.3)	25.4% (23.2, 27.7)	30.3% (28.0, 32.7)
	Mood disorder	--	18.1% (16.2, 20.2)	20.5% (18.5, 22.7)
	Anxiety Disorder	11.2% (10.2, 12.4)	11.8% (10.2, 13.6)	14.6% (12.9, 16.4)
Comorbid Condition	PTSD	12.8% (11.8, 13.9)	15.2% (13.5, 17.2)	16.4% (14.7, 18.3)
	Both PHC and MHC	23.4 (21.9, 24.9)	21.7% (19.7, 23.9)	24.7% (22.6, 26.9)
Suicidal Ideation	No PHC or MHC	21.9 (20.1, 23.8)	27.0% (24.8, 29.4)	25.5% (23.3, 27.8)
	12-Month Ideation	6.2% (5.4, 7.2)	6.8% (5.6, 8.2)	8.1% (6.8, 9.5)
Health Services	Lifetime Ideation	18.6% (17.2, 20.2)	20.8% (18.8, 23.0)	21.7% (19.6, 23.9)
	Have a regular medical doctor	83.6% (81.9, 85.1)	83.1% (80.9, 85.0)	82.8% (80.8, 84.7)
	Unmet health care need in past year	--	16.3% (14.5, 18.3)	10.7% (9.2, 12.3)

*presence of musculoskeletal, cardiovascular, gastrointestinal, respiratory conditions, diabetes, cancer, obesity.

6. Employment, Main Activity

The current employment rate of Regular Force Veterans was 65% (see Table 5). SrNCM had the lowest rate (57%), compared to Officers (64%) and JrNCM (70%). This pattern across rank groups is similar to work as the main activity in the past year. Veterans not in the workforce report their main activity as retired (16%), on disability (8%), or training (5%). Veterans not in the workforce was associated with older age and female gender¹⁹.

Satisfaction with their main activity was reported by 74% of Regular Force Veterans (see Table 5). JrNCM had the lowest rate (68%), compared to SrNCM (77%) and Officers (85%). This pattern across rank groups was also observed for transferability of military skills to a civilian job.

Table 5. Employment indicators, by Rank Group

Indicator	Category	Officers (17%)	Senior NCM (31%)	Junior NCM (52%)	Regular Force (100%)
Age	Mean (years)	55	55	42	48
Labour Force Status (current)	Unemployment Rate	6%	8%	9%	8%
	Employment Rate	64%	57%	70%	65%
	Not in the workforce	31%	38%	22%	29%
Main activity (past year)	Work	64%	59%	72%	66%
	Retired	27%	28%	6%	16%
	On disability	3%	7%	11%	8%
	Training	2%	3%	7%	5%
Satisfaction with main activity	Satisfied or very satisfied	85%	77%	68%	74%
Skills transferability	Agree/strongly agree	69%	61%	40%	51%

In LASS 2016, of those who listed working as their main activity, 81% were satisfied or very satisfied with their main activity. Veterans not in the labour force reported higher rates of dissatisfaction with their main activity and with life²⁰.

Since LASS 2013, the trend for non-labour force activities has been increasing, although not statistically significant (see Appendix 4). Satisfaction with main activity and transferability of military skills has not changed.

Compared to Canadians of similar age and sex, Veterans report higher rates of being not in the workforce (see Appendix 6).

¹⁹ MacLean MB, Keough J, Poirier A, et al. Labour-market outcomes of Veterans. VAC Research Directorate Technical Report. 15 February 2016. <http://publications.gc.ca/pub?id=9.811336&sl=0>

²⁰ Keough J, MacLean MB, VanTil LD, et al. Regular Force Veterans not in the labour force. VAC Research Directorate Data Report. 14 December 2015. <http://publications.gc.ca/pub?id=9.808249&sl=0>

7. Finances

Some Veterans experienced low income, 4% of Regular Force Veterans reported incomes below the Low Income Measure (see Table 6). JrNCM had the highest rate (6%), compared to small numbers of SrNCM and Officers (too few to report).

Satisfaction with finances was reported by 69% of Regular Force Veterans (see Table 6). JrNCM had the lowest rate (60%), compared to SrNCM (75%) and Officers (85%). This pattern across rank groups was also observed for other satisfaction measures such as satisfaction with work.²¹

Table 6. Financial indicators, by Rank Group

Indicator	Category	Officers (17%)	Senior NCM (31%)	Junior NCM (52%)	Regular Force (100%)
Age	Mean (years)	55	55	42	48
Low Income Measure	Below LIM	F	F	6%	4%
Household income	\$0 to <\$50,000	3%	12%	17%	13%
	\$50,000 to <\$100,000	23%	41%	41%	38%
	\$100,000 to <\$150,000	25%	28%	23%	25%
	\$150,000+	48%	19%	19%	24%
Satisfaction with Finances	Satisfied or very satisfied	85%	75%	60%	69%

Since LASS 2013, low income rates have improved (see Appendix 4). The trend for satisfaction with finances has decreased.

Compared to Canadians of similar age and sex, Veterans report lower rates of low income (4% vs. 14%), see Appendix 6.

Income of Veterans will be described in a subsequent report, using the LASS 2016 income linkage study.

²¹ MacLean MB, VanTil L, Sweet J, et al. Factors associated with work satisfaction among veterans. J Military Veteran Family Health, 2017.

8. Social Indicators

An easy adjustment to civilian life was reported by 52% of Regular Force Veterans, while 32% reported difficulty (see Table 7). Officers had the lowest rate of difficult adjustment (17%), compared to SrNCM (29%) and JrNCM (39%). This pattern across rank groups is similar to other indicators of social indicators, including social support²².

Table 7. Social indicators, by Rank Group

Indicator	Category	Officers (17%)	Senior NCM (31%)	Junior NCM (52%)	Regular Force (100%)
Age	Mean (years)	55	55	42	48
Adjustment to Civilian Life	Very or moderately easy	69%	57%	44%	52%
	Neither difficult nor easy	14%	14%	17%	15%
	Very or moderately difficult	17%	29%	39%	32%
Satisfaction with Life	Satisfied or very satisfied	94%	84%	81%	84%
Social Support	High support	92%	84%	81%	84%
Satisfaction with Family	Satisfied or very satisfied	93%	89%	83%	87%
Sense of Community Belonging	Very or somewhat strong	68%	61%	52%	57%
Alcohol use	Heavy drinker	19%	25%	31%	27%
Life Stress	Extremely or quite a bit stressful	22%	20%	27%	24%

Since LASS 2013, the rate of difficult adjustment has been increasing, although not statistically significant (see Appendix 4). The other social indicators have not changed.

Veterans with recent releases (between 2012 and 2015) had a higher rate of difficult adjustment (42%), compared to earlier releases between 1998 and 2012 (see Appendix 5). Compared to those with earlier releases, these recently-released Veterans had higher rates of poor self-rated mental health and less than 10 years of military service. Recently-released Veterans had higher rates of service in Afghanistan (53%), compared to Veterans with earlier releases (18%). These factors are associated with difficult adjustment^{23, 24, 25}.

Compared to Canadians of similar age and sex, Veterans report the same rate of life stress, and lower satisfaction with life and community belonging (see Appendix 6).

²² Hachey K, Sudom K, Sweet J, et al. Transitioning from military to civilian life: The role of mastery and social support. *J Military Veteran Family Health*, 2016; 2(1): 9–18. <http://dx.doi.org/10.3138/jmvfh.3379>

²³ MacLean MB, VanTil L, Thompson JM, et al. Post-military adjustment to civilian life: potential risk and protective factors. *Physical Therapy J.* 2014; 94(8):1186-1195. <http://dx.doi.org/10.2522/ptj.20120107>

²⁴ Hachey K, Sudom K, Sweet J, et al. Differences in adjustment to civilian life between male and female CAF Veterans. *Res Militaris, ERGOMAS Women in the Military (PtII)*, February 2016; published online. Avail:http://resmilitaris.net/ressources/10227/15/res_militaris_article_hachey_et_al_differences_in_adjustment_to_civilian_life_between_male_and_female_canadian_veterans.pdf

²⁵ Thompson JM, Sweet J, VanTil L, et al. Correlates of mental health problems in CAF Veterans, LASS 2013. VAC Research Directorate Technical Report, 14 September 2016.

9. Health Services

Most Veterans visited a family doctor in the year prior to the survey, reported by 72% of Regular Force Veterans (see Table 8). Officers had the highest rate (82%), compared to SrNCM (79%) and JrNCM (65%).

Almost half were receiving services from VAC, reported by 46% of Regular Force Veterans (see Table 8). SrNCM had the highest rate (59%), compared to Officers (35%) and JrNCM (42%). Characteristics of VAC clients were described in an earlier report²⁶.

Table 8. Utilization of health services in the past year, by Rank Group

Indicator	Category	Officers (17%)	Senior NCM (31%)	Junior NCM (52%)	Regular Force (100%)
Age	Mean (years)	55	55	42	48
Service Use in past year	Family doctor visit	82%	79%	65%	72%
	Mental health visit	16%	24%	27%	24%
	Home care	7%	12%	11%	10%
	Hospitalization	8%	9%	7%	8%
	VAC client	35%	59%	42%	46%

Since LASS 2013, VAC clients have increased, while other service use has not changed (see Appendix 4).

Compared to Canadians of similar age and sex, Veterans report the same rates of visits to family doctors and hospitals (see Appendix 6).

²⁶ Thompson JM, Poirier A, Sweet J, et al. Health and Well-being of Canadian Armed Forces Veterans, LASS 2013. VAC Research Directorate Technical Report. 3 July 2014. <http://publications.gc.ca/pub?id=9.818364&sl=0>

10. Family

Following LASS 2013, the research on Veteran families was summarized²⁷, and identified as requiring further study. LASS 2016 included new content on the families of Veterans, and this section provides further description of the family.

Family structure surrounding Veterans varies by age group (see Table 9). For example, the most common family composition for Veterans aged 55 or older was the Veteran living with their partner (74%). For Veterans aged 35 to 54, the most common family composition includes children (43%). For Veterans under the age of 35, the most common family composition includes children (35%), or living with extended family (25%) such as parents, siblings, in-laws, or not-related persons. The majority of Veterans (87%) reported satisfaction with their family.

Table 9. Family Composition, by age group

LASS 2016	Age Groups			
	<35	35-54	55+	Total
Veteran living with Partner, no children	24%	34%	74%	45%
Veteran living with children <=18yr	35%	43%	7%	30%
Veteran living alone	16%	13%	14%	14%
Veteran living with extend family	25%	10%	6%	11%
Total	100%	100%	100%	100%
Satisfaction with family	83%	85%	90%	87%

The majority of Veterans have a current partner; 79% are married or common-law (see Appendix 4). For Veterans with a current partner, 90% experienced the Veteran's release from the military. This was most common for Veterans aged 55 or older (94%), 89% for Veterans aged 35 to 54, and 76% for Veterans under the age of 35.

The majority of Veterans report high social support (84%, see Appendix 4), and 96% agreed they had people to count on in an emergency. For these Veterans, 71% indicated their partner was the person they can count on in an emergency for support (see Table 10).

Table 10. Source of Social Support in an emergency, by age group

LASS 2016	Age Groups			
	<35	35-54	55+	Total
Spouse or partner	61%	71%	76%	71%
Parent or sibling	23%	11%	4%	11%
Friends or neighbours	12%	13%	11%	12%
Son or daughter	F	F	6%	3%
Other extended family	F	3%	F	3%
Total	100%	100%	100%	100%

²⁷ MacLean MB, Campbell L, Macintosh S, et al. Research on Military/Veteran Families. VAC Research Directorate Technical Report. 14 December 2015. <http://publications.gc.ca/pub?id=9.808502&sl=0>

About a quarter of Veterans report they need help with daily activities of living (24%, see Appendix 4). For these Veterans, 76% indicated their partner was the person who provides the most unpaid help (see Table 11).

Table 11. Source of Support for ADL Needs, by age group

LASS 2016	Age Groups			
	<35	35-54	55+	Total
Spouse or partner	63%	73%	84%	76%
Parent or sibling	F	9%	F	7%
Friends or neighbours	F	12%	F	10%
Son or daughter	F	F	F	5%
Other extended family	F	F	F	F
Total	100%	100%	100%	100%

Since partners (married or common-law) are an important part of the Veteran's family, their characteristics of level of education, main activity, and activity limitations are described in Table 12.

Table 12. Characteristics of Veteran Partners, by age group

LASS 2016	Age Group of Veterans			
	<35	35-54	55+	Total
Partner's Highest Education				
Less than high school	F	F	5%	3%
High school graduation	27%	30%	39%	32%
Post-secondary graduation	45%	37%	35%	38%
University degree	27%	31%	21%	27%
Total	100%	100%	100%	100%
Partner's Main Activity				
Working	66%	72%	49%	63%
Retired	F	7%	33%	15%
Caring for children/home	26%	13%	12%	15%
Other	F	7%	7%	7%
Total	100%	100%	100%	100%
Partner's Activity Limitations at Home				
No activity limitation	80%	60%	52%	60%
Sometimes restricted activity	17%	24%	28%	24%
Often restricted activity	F	17%	21%	16%
Total	100%	100%	100%	100%

About a third of Veterans report they had a difficult adjustment to civilian life (32%, see Appendix 4). Of the 80% of Veterans who described the effect of their release on their partner, 28% reported their partner had difficulty with their release. Of the 60% of Veterans who described the effect of their release on their children, 17% reported their children had difficulty with their release (see Table 13).

Table 13. Difficult Adjustment to Civilian Life, by age group

LASS 2016		Age Group of Veterans			
		<35	35-54	55+	Total
Veteran	Easy	41%	50%	62%	52%
	Neither	20%	15%	14%	15%
	Difficult	40%	35%	24%	32%
Partner	Easy	53%	53%	63%	57%
	Neither	17%	15%	17%	16%
	Difficult	29%	33%	20%	28%
Children	Easy	63%	57%	64%	60%
	Neither	F	23%	23%	23%
	Difficult	F	20%	13%	17%

Appendix 1. Definitions of LASS 2016 Indicators of Well-being

Indicator	Definition	Source
Demographics		
Age	Age at survey.	DND
Sex	Male or female.	DND
Marital Status	Are you ... married, living common-law, widowed, separated, divorced, single never married.	LASS 2010 LASS 2013 LASS 2016
Education	What is the highest certificate, diploma or degree that you have <u>completed</u> ? Less than high school; High school or equivalent; Post-secondary grad (Trade certificate; College/CEGEP diploma; University certif); University degree (Bachelor or above).	LASS 2010 LASS 2013 LASS 2016
Military Characteristics		
Rank	Rank ²⁸ at release, grouped as Officer, Senior NCM, Junior NCM Excludes Entry Ranks – (Recruit, Officer Cadet, 2 nd Lieut).	DND
Service Environment	Environment at release: Air (Air Force), Land (Army), Sea (Navy).	DND
Enrolment Era	Year of CAF enrolment grouped into 4 periods.	DND
Length of Service	Years of Regular Force service calculated from the first date of enrolment to last date of release.	DND
Release Type	Voluntary (Immediate Annuity, Fixed Service, Retirement, Service Complete); Involuntary (dismissal, misconduct, illegally absent, fraudulent/irregular enrollment, unsatisfactory conduct, reduction in strength, not advantageously employed); Medical (career-limiting medical limitations 3a, 3b).	DND
Deployment	During your military service, did you ever deploy? Include international or domestic deployments, exclude training exercises.	LASS 2010 LASS 2016
Health		
Self-rated health	In general, would you say your health is...? Excellent, Very good, Good, Fair, Poor.	LASS 2010 LASS 2013 LASS 2016
Self-rated mental health	In general, would you say your mental health is...? Excellent, Very good, Good, Fair, Poor.	LASS 2010 LASS 2013 LASS 2016
Chronic Conditions (>6 month duration)	Do you have any of the following diagnosed by a health professional? ... back problems , excluding fibromyalgia and arthritis? ... arthritis , excluding fibromyalgia? ... high blood pressure? ... mood disorder such as depression , mania, dysthymia or bipolar disorder? ... anxiety disorder such as phobia, obsessive-compulsive or panic disorder? ... PTSD? ... migraine headaches? ... diabetes? ... bowel disorder such as Crohn's, ulcerative colitis, Irritable Bowel, bowel incontinence? ... asthma? ... heart disease? ... intestinal or stomach ulcers ? ... urinary incontinence? ... effects of a traumatic brain injury (TBI) or concussion? ... cancer? ... chronic bronchitis, emphysema or chronic obstructive pulmonary disease (COPD)? ... effects of a stroke ? ... Alzheimer's Disease or any other dementia ?	LASS 2010 LASS 2013 LASS 2016

²⁸ www.forces.gc.ca/en/honours-history-badges-insignia/rank.page

Indicator	Definition	Source
Hearing Problem	Scale of 5 questions on hearing from the Health Utilities Index Mark 3 scale (HUI3), derived by CHMS into 6 levels; this report used “not able to hear conversation in a group of three other persons without a hearing aid” (levels 2-6).	LASS 2013 LASS 2016
Chronic Pain	Scale of 3 questions on chronic pain or discomfort from the Health Utilities Index Mark 3 scale (HUI3), derived by CCHS into 5 levels; this report used pain that prevents a few, some, or most activities (levels 3-5).	LASS 2013 LASS 2016
SF-12	Quality Metric's SF-12 Health Survey is a short form scale that uses proprietary software to generate a physical component score (PCS) and mental component score (MCS).	LASS 2010 LASS 2013 LASS 2016
Activity Limitations	Scale of 5 questions to measure health-related reduction of activity in life domains of home, school/work, or other activities such as transportation or leisure. Ranked as none, sometimes, often (RACDIMP).	LASS 2010 LASS 2013 LASS 2016
ADL Need	Scale of 6 questions that list basic and instrumental activities of daily living; ADL need included help with any of: personal care, indoor mobility; meals, errands, housework, or bill payment.	LASS 2010 LASS 2013 LASS 2016
Psychological Distress	Kessler's scale of 10 questions on symptoms of depression and anxiety; low distress (score 0-9), mild distress (score 10-14); moderate distress (score 15-19); severe distress (score 20 to 40, likely severe mental disorder).	LASS 2013 LASS 2016
PC-PTSD screen	Primary Care PTSD scale of 4 questions on the symptoms of re-experiencing trauma, numbing, avoidance, and hyper-arousal. Probable PTSD if score 3+.	LASS 2013 LASS 2016
Body Mass Index (BMI)	Series of questions on self-reported weight and height are used to calculate BMI. $BMI = [weight \text{ in kilograms} / height \text{ in metres}]^2$ SQUARED BMI categories use the international standard: Underweight (< 18.5), Normal weight (18.50 - 24.99), Overweight (25.00 - 29.99), Obese (30.00+).	LASS 2010 LASS 2013 LASS 2016
Suicidal ideation	Have you ever seriously considered committing suicide or taking your own life, in the past 12 months.	LASS 2010 LASS 2013 LASS 2016
Employment, Main Activity		
Labour Force Status	Unemployment Rate: Looking for work in past 4 weeks, of those in the labour force. Employment Rate: Have a job (working or absent), of those in the population. Not in the labour force: Neither employed nor unemployed, of those in the pop'n. <i>NOTE: Status at time of survey; LFS definitions of categories do not total 100%.</i>	LASS 2010 LASS 2013 LASS 2016
Main Activity	Main activity in the past 12 months: Worked at a job or ran a business; Retired and not looking for work; Attended school or training; Looked for work; Cared or nurtured a family member or partner; Was disabled or on disability.	LASS 2010 LASS 2013 LASS 2016
Satisfaction with main activity	How satisfied are you with your main activity? Very satisfied, satisfied, neither satisfied nor dissatisfied, dissatisfied, very dissatisfied.	LASS 2010 LASS 2013 LASS 2016
Military skills transfer	The knowledge and skills at current job are the same as used in military service. Strongly agree, Agree, Neither agree nor disagree, Disagree, Strongly disagree.	LASS 2013 LASS 2016 LASS 2010
Finances		
Low income	Household income below the Low Income Measure. Calculated by household size, and corresponding LIM thresholds published by Statistics Canada.	LASS 2010 LASS 2013 LASS 2016
Household Income	Estimate of income (before taxes) received by all household members, from all sources, for the 2015 year.	LASS 2010 LASS 2013 LASS 2016
Satisfaction with finances	How satisfied are you with your financial situation? Very satisfied, satisfied, neither satisfied nor dissatisfied, dissatisfied, very dissatisfied.	LASS 2010 LASS 2013 LASS 2016

Indicator	Definition	Source
Social Indicators		
Adjustment to civilian life	In general, how has the adjustment to civilian life been since you were released from the Canadian Forces? Very Difficult, Moderately Difficult, Neither Difficult nor Easy, Moderately Easy, Very Easy.	LASS 2010 LASS 2013 LASS 2016
Satisfaction with life	How do you feel about your life as a whole right now? (Score 0-10). Converted to very satisfied (9-10), satisfied (6-8), neither (5), dissatisfied (2-4), very dissatisfied (0-1).	LASS 2010 LASS 2013 LASS 2016
Social Support	Social Provisions Scale of 10 questions on perceived social support. High social support for SPS score 30-40 (strongly agree or agree).	LASS 2013 LASS 2016
Satisfaction with family	How satisfied are you with your relationships with family members? very satisfied, satisfied, neither, dissatisfied, very dissatisfied.	LASS 2010 LASS 2016
Community belonging	How would you describe your sense of belonging to your local community? very strong/ somewhat strong; somewhat weak/ very weak	LASS 2010 LASS 2013 LASS 2016
Heavy drinking	5 or more drinks per occasion, at least monthly in the past year. In 2016, used 4 or more for women.	LASS 2010 LASS 2013 LASS 2016
Life stress	Thinking about the amount of stress in your life, would you say that most days are...? Not at all, not very, a bit, quite a bit, extremely (stressful).	LASS 2010 LASS 2013 LASS 2016
Health Services		
Family Doctor	Seen or talked to a family doctor or general practitioner, in the past year.	LASS 2010 LASS 2013 LASS 2016
Mental Health	Seen or talked to a health professional about your emotional or mental health, in the past year.	LASS 2016
Home Care	Received any home care services, in the past 12 months.	LASS 2013 LASS 2016
Hospitalization	Overnight patient in a hospital, in past 12 months.	LASS 2013 LASS 2016
VAC Client	Veteran received any benefit from VAC as of 31 March 2016; includes all disability benefit clients (DA and/or DP).	VAC

Appendix 2. LASS 2016 by 3 Rank Groups

Variable	Category	LASS 2016					
		Officers		Senior NCM		Junior NCM	
		n	Wt%	n	Wt%	n	Wt%
		893	17.3%	981	30.5%	881	52.2%
Age	Mean (years)	54.5		55.1		41.5	
	≤ 30	F	F	F	F	171	14.4%
	30-39	64	8.4%	F	F	260	32.3%
	40-49	150	17.9%	173	18.3%	211	23.8%
	50-59	368	37.7%	512	51.4%	217	27.3%
	60-69	300	34.9%	277	28.5%	F	F
Sex	Male	790	87.9%	881	90.4%	743	86.3%
	Female	103	12.1%	100	9.6%	138	13.7%
Marital status	Married/Common-law	772	87.5%	824	83.4%	570	69.4%
	Widowed/Separated/Divorced	68	7.8%	102	11.2%	108	10.9%
	Single, never married	53	4.6%	54	5.4%	202	19.7%
Education	Less than high school graduation	F	F	54	5.7%	41	4.3%
	High school graduation	117	12.3%	532	53.7%	383	44.5%
	Post-secondary graduation	124	12.6%	355	36.5%	415	45.2%
	University degree	646	74.5%	36	4.0%	42	6.0%
Service Environment	Air	337	40.7%	362	36.7%	193	23.5%
	Land	359	39.1%	419	41.6%	558	61.5%
	Sea	197	20.3%	200	21.7%	130	14.9%
Enrolment Era	1954-1975	209	27.8%	263	26.9%	F	F
	1976-1990	454	50.0%	625	65.1%	261	35.4%
	1991-2000	93	10.3%	63	5.8%	143	18.8%
	2001-2015	137	11.9%	F	F	465	44.2%
Length of Service	< 10 years	119	14.1%	F	F	439	53.1%
	10 to 19 years	117	12.6%	71	6.8%	229	21.5%
	≥ 20 years	657	73.3%	891	91.5%	212	25.4%
Release Type	Voluntary	643	83.6%	616	70.8%	456	62.7%
	Involuntary	F	F	F	F	53	8.0%
	Medical	239	15.0%	354	28.0%	371	29.2%
Deployment	Deployed during military service	713	76.9%	884	89.5%	578	63.6%
Self-Rated health	Very good or excellent	498	62.2%	340	38.2%	333	44.2%
	Good	242	25.4%	339	34.8%	268	31.4%
	Fair or poor	153	12.4%	302	27.0%	280	24.4%
Self-Rated mental health	Very good or excellent	619	74.1%	517	54.9%	389	49.8%
	Good	149	16.1%	228	23.2%	224	25.8%
	Fair or poor	125	9.9%	235	21.9%	267	24.4%
Chronic Conditions	Back problems	340	34.0%	490	48.1%	380	38.8%
	Arthritis	284	27.6%	413	40.2%	241	23.1%
	High blood pressure	227	24.0%	299	30.4%	125	13.9%
	Depression	136	11.4%	219	19.9%	246	23.9%
	Anxiety	81	5.9%	154	14.1%	191	17.7%
	PTSD	107	7.6%	203	18.4%	211	18.2%
	Migraine	91	9.0%	134	12.5%	145	15.2%
	Diabetes	52	5.3%	133	11.9%	51	5.2%
	Bowel disorders	69	6.1%	88	8.4%	70	5.7%
	Asthma	46	5.4%	61	6.1%	66	6.9%
	Heart disease	56	5.7%	87	8.2%	F	F
	Ulcers	F	F	54	5.7%	38	4.2%
	Urinary	33	3.9%	61	5.8%	34	3.1%
	TBI effects	F	F	40	3.6%	51	4.7%
	Cancer	31	3.3%	35	3.5%	F	F
	COPD	F	F	37	3.5%	F	F
	Stroke	F	F	F	F	F	F
	Dementia	F	F	F	F	F	F

Variable	Category	LASS 2016					
		Officers		Senior NCM		Junior NCM	
		n	Wt%	n	Wt%	n	Wt%
		893	17.3%	981	30.5%	881	52.2%
Hearing Problems	Has hearing problem	109	10.9%	178	19.2%	82	8.1%
Chronic Pain	Has chronic pain	339	31.6%	517	48.4%	405	39.3%
SF-12	Physical Component Score (mean)	50.5		45.8		49.1	
	Mental Component Score (mean)	54.0		51.8		49.0	
Activity Limitations	No activity limitation	383	50.3%	294	33.3%	309	42.6%
	Sometimes restricted activity	261	28.4%	315	32.5%	246	29.3%
	Often restricted activity	248	21.3%	371	34.2%	326	28.1%
ADL	Needs help with at least one ADL	172	14.1%	259	23.4%	237	20.5%
Psychological Distress	Low distress (K10 <10)	734	86.2%	685	72.1%	553	69.6%
	Mild distress (K10 = 10-14)	68	6.9%	121	12.0%	99	9.5%
	Moderate distress (K10 = 15-19)	34	2.8%	78	7.3%	79	6.6%
	Severe distress (K10 = 20-40)	56	4.0%	92	8.5%	148	14.4%
PC-PTSD screen	Probable PTSD (3+ symptoms)	110	9.0%	193	17.9%	231	21.6%
Body Mass Index (BMI)	Underweight	F	F	F	F	F	F
	Normal weight	218	26.9%	163	17.6%	242	28.0%
	Overweight	424	49.3%	475	49.1%	352	43.2%
	Obese	241	23.3%	328	32.7%	271	28.4%
Suicidal Ideation	12-Month Ideation	56	4.4%	78	7.1%	120	9.8%
Labour Force Status (current)	Unemployment Rate		6.4%		7.5%		9.4%
	Employment Rate	519	64.4%	525	57.3%	516	70.3%
	Not in the workforce	325	31.2%	402	38.1%	278	22.4%
Main activity (past year)	Work	506	63.8%	533	58.5%	522	71.9%
	Retired	254	26.9%	273	27.5%	69	6.3%
	Disability	58	3.4%	82	7.0%	137	10.6%
	Training	34	1.9%	41	2.7%	93	6.6%
	Looked for work	F	F	F	F	38	2.2%
	Caregiving	F	F	F	F	F	F
Satisfaction with main activity	Satisfied or very satisfied	733	85.4%	737	77.1%	541	68.3%
	Neither satisfied nor dissatisfied	62	5.9%	111	11.5%	140	14.3%
	Dissatisfied or very dissatisfied	96	8.7%	131	11.4%	200	17.4%
Skills Transferability	Agree/strongly agree	453	69.3%	437	60.7%	265	39.9%
	Neither	63	8.6%	81	11.0%	90	14.4%
	Disagree/strongly disagree	139	22.1%	202	28.3%	317	45.8%
Low Income Measure	Below LIM	F	F	F	F	64	6.0%
Household income	\$0 to <\$50,000	F	F	114	12.1%	172	17.1%
	\$50,000 to <\$100,000	235	23.4%	392	41.4%	372	41.0%
	\$100,000 to <\$150,000	223	25.1%	246	27.5%	176	23.3%
	\$150,000+	382	48.2%	155	19.0%	113	18.6%
Satisfaction with Finances	Satisfied or very satisfied	742	84.7%	724	75.3%	467	59.5%
	Neither satisfied nor dissatisfied	83	7.9%	119	11.3%	180	17.0%
	Dissatisfied or very dissatisfied	68	7.3%	133	13.4%	234	23.5%
Adjustment to Civilian Life	Very or moderately easy	588	68.8%	533	57.0%	337	44.2%
	Neither difficult nor easy	111	13.9%	135	13.5%	126	16.7%
	Very or moderately difficult	193	17.2%	312	29.4%	417	39.1%
Satisfaction with Life	Satisfied or very satisfied	809	94.0%	802	83.5%	669	81.3%
	Neither	34	2.7%	101	9.1%	98	8.6%
	Dissatisfied or very dissatisfied	47	3.3%	78	7.4%	114	10.1%
Social Support	High support	787	91.9%	795	84.1%	658	80.8%
Satisfaction with Family	Satisfied or very satisfied	817	93.0%	867	89.1%	717	82.8%
	Neither satisfied nor dissatisfied	36	3.8%	58	6.1%	99	9.4%
	Dissatisfied or very dissatisfied	38	3.1%	52	4.8%	63	7.7%
Community Belonging	Very or somewhat strong	571	68.4%	573	60.7%	401	51.7%
	Very or somewhat weak	321	31.6%	400	39.3%	477	48.3%

Variable	Category	LASS 2016					
		Officers		Senior NCM		Junior NCM	
		n	Wt%	n	Wt%	n	Wt%
		893	17.3%	981	30.5%	881	52.2%
Alcohol Use	Heavy drinker	180	18.9%	247	25.4%	275	31.2%
Life Stress	Not at all or Not very on most days	372	40.5%	389	40.4%	209	24.5%
	A bit stressful	332	37.6%	386	39.6%	413	48.4%
	Extremely or quite a bit stressful	189	21.9%	203	20.1%	258	27.1%
Service Use in past year	Family doctor visit	739	81.9%	784	79.0%	608	64.8%
	Mental health visit	185	16.1%	259	24.1%	292	26.8%
	Home Care	86	6.6%	131	11.7%	119	10.9%
	Hospitalization	73	7.8%	98	9.0%	67	7.1%
	VAC Client	401	35.4%	615	58.7%	464	41.5%

F = too few to calculate a reliable estimate

Appendix 3. LASS 2016 by 3 Age Groups

Variable Category		LASS 2016					
		<35		35-54		55+	
		n	Wt%	n	Wt%	n	Wt%
Sex	Male	315	89.8%	1059	84.7%	1040	91.7%
	Female	45	10.2%	204	15.3%	92	8.3%
Marital status	Married/Common-law	187	59.0%	1004	78.4%	975	83.7%
	Widowed/Separated/Divorced	F	F	141	10.8%	112	12.2%
	Single, never married	148	34.8%	117	10.7%	44	4.0%
Education	Less than high school graduation	F	F	38	3.3%	55	6.0%
	High school graduation	156	45.4%	445	38.6%	431	44.6%
	Post-secondary graduation	157	44.7%	440	39.9%	297	28.1%
	University degree	40	7.2%	340	18.1%	344	21.3%
Rank	Officer	37	4.3%	355	14.2%	501	29.2%
	Senior NCM	F	F	447	28.0%	530	50.4%
	Junior NCM	319	95.1%	461	57.8%	101	20.4%
Service Environment	Air	34	7.8%	372	28.5%	486	45.8%
	Land	272	78.3%	654	52.7%	410	35.5%
	Sea	54	14.0%	237	18.8%	236	18.7%
Enrolment Era	1954-1975	F	F	F	F	483	43.1%
	1976-1990	F	F	781	59.4%	559	52.5%
	1991-2000	F	F	266	24.4%	F	F
	2001-2015	350	95.9%	215	16.2%	66	3.3%
Length of Service	< 10 years	308	93.4%	218	27.0%	50	2.9%
	10 to 19 years	52	6.6%	316	26.5%	49	2.9%
	≥ 20 years	F	F	728	46.4%	1032	94.3%
Release Type	Voluntary	248	77.7%	656	61.9%	811	74.9%
	Involuntary	32	10.6%	35	5.6%	F	F
	Medical	80	11.6%	571	32.5%	313	24.7%
Deployment	Deployed during military service	168	41.6%	1052	78.3%	955	84.1%
Self-Rated health	Very good or excellent	185	51.9%	470	43.3%	516	45.4%
	Good	103	35.1%	395	30.6%	351	30.6%
	Fair or poor	72	12.9%	398	26.1%	265	23.9%
Self-Rated mental health	Very good or excellent	187	52.8%	604	51.1%	734	64.1%
	Good	93	28.6%	280	23.2%	228	20.7%
	Fair or poor	80	18.6%	379	25.7%	168	15.2%
Chronic Conditions	Back problems	93	24.2%	612	44.7%	505	43.5%
	Arthritis	37	7.9%	434	29.5%	467	39.8%
	High blood pressure	F	F	251	18.2%	384	33.5%
	Depression	67	16.2%	362	25.0%	172	15.8%
	Anxiety	55	12.8%	262	18.3%	109	9.6%
	PTSD	51	8.0%	344	22.9%	126	10.6%
	Migraine	46	11.1%	213	16.3%	111	9.9%
	Diabetes	F	F	88	5.8%	148	13.4%
	Bowel disorders	F	F	129	7.7%	84	7.3%
	Asthma	F	F	98	7.4%	59	5.5%
	Heart disease	F	F	45	3.0%	113	9.1%
	Ulcers	F	F	65	5.1%	45	4.9%
	Urinary	F	F	55	3.7%	69	6.5%
	TBI – yes	F	F	65	4.7%	F	F
	Cancer	F	F	F	F	55	4.9%
	COPD	F	F	35	2.6%	43	4.0%
	Stroke	F	F	F	F	F	F
	Dementia	F	F	F	F	F	F

Variable Category		LASS 2016					
		<35		35-54		55+	
		n	Wt%	n	Wt%	n	Wt%
Hearing Problems	Has hearing problem	F	F	147	10.4%	205	18.6%
Chronic Pain	Has chronic pain	107	27.0%	667	46.2%	487	39.6%
SF-12	Physical Component Score (mean)	53.9		47.5		46.7	
	Mental Component Score (mean)	49.7		49.3		53.5	
Activity Limitations	No activity limitation	192	61.3%	369	35.8%	425	38.7%
	Sometimes restricted activity	88	23.5%	386	31.1%	348	32.0%
	Often restricted activity	80	15.2%	507	33.1%	358	29.3%
ADL	Needs help with at least one ADL	42	5.6%	396	25.7%	230	19.7%
Psychological Distress	Low distress (K10 <10)	259	76.5%	809	67.9%	904	80.0%
	Mild distress (K10 = 10-14)	34	8.8%	148	10.7%	106	8.9%
	Moderate distress (K10 = 15-19)	30	7.2%	110	7.0%	51	4.3%
	Severe distress (K10 = 20-40)	36	7.5%	195	14.4%	65	6.8%
PC-PTSD Screen	Probable PTSD (3+ symptoms)	70	15.1%	337	23.6%	127	11.5%
Body Mass Index (BMI)	Underweight	F	F	F	F	F	F
	Normal weight	137	37.8%	273	23.9%	213	18.8%
	Overweight	135	41.6%	550	44.7%	566	50.5%
	Obese	78	20.2%	418	31.0%	344	29.9%
Suicidal Ideation	12-Month Ideation	33	7.4%	159	10.3%	62	4.8%
Labour Force Status (current)	Unemployment Rate		13.9%		6.5%		7.8%
	Employment Rate	239	76.0%	802	70.5%	519	51.3%
	Not in the workforce	69	11.8%	381	24.5%	555	44.4%
Main activity (past year)	Work	238	77.7%	801	71.3%	522	52.7%
	Retired	F	F	130	8.8%	460	36.4%
	Disability	31	6.3%	166	9.7%	80	6.9%
	Training	58	11.1%	91	4.9%	F	F
	Looked for work	F	F	46	2.3%	F	F
	Caregiving	F	F	F	F	F	F
Satisfaction with main activity	Satisfied or very satisfied	221	66.8%	883	73.1%	907	79.2%
	Neither satisfied nor dissatisfied	65	16.8%	147	11.4%	101	10.2%
	Dissatisfied or very dissatisfied	74	16.5%	232	15.5%	121	10.6%
Skills Transferability	Agree/strongly agree	105	34.1%	537	50.0%	513	62.8%
	Neither	45	17.9%	110	12.0%	79	9.7%
	Disagree/strongly disagree	150	48.0%	318	38.0%	190	27.5%
Low Income Measure	Below LIM	35	8.7%	43	4.0%	F	F
Household income	\$0 to <\$50,000	82	20.9%	125	11.6%	106	11.4%
	\$50,000 to <\$100,000	150	43.7%	400	32.5%	449	43.7%
	\$100,000 to <\$150,000	56	17.1%	319	27.2%	270	25.5%
	\$150,000+	55	18.3%	360	28.8%	235	19.4%
Satisfaction with Finances	Satisfied or very satisfied	173	52.6%	851	67.6%	909	79.1%
	Neither satisfied nor dissatisfied	79	18.4%	189	13.6%	114	11.3%
	Dissatisfied or very dissatisfied	108	29.0%	222	18.8%	105	9.6%
Adjustment to Civilian Life	Very or moderately easy	134	40.5%	601	50.1%	723	62.3%
	Neither difficult nor easy	59	19.7%	174	14.8%	139	13.6%
	Very or moderately difficult	166	39.8%	486	35.1%	270	24.1%
Satisfaction with Life	Satisfied or very satisfied	291	85.3%	1007	82.7%	982	85.7%
	Neither	32	5.7%	123	8.9%	78	6.9%
	Dissatisfied or very dissatisfied	37	9.0%	131	8.3%	71	7.3%
Social Support	High support	295	87.9%	983	80.9%	962	86.0%
Satisfaction with Family	Satisfied or very satisfied	300	83.2%	1063	85.2%	1038	90.4%
	Neither satisfied nor dissatisfied	46	11.1%	101	7.9%	46	4.7%
	Dissatisfied or very dissatisfied	F	F	98	6.8%	41	4.9%

Variable Category		LASS 2016					
		<35		35-54		55+	
		n	Wt%	n	Wt%	n	Wt%
Community Belonging	Very or somewhat strong	167	54.2%	632	53.7%	746	64.7%
	Very or somewhat weak	190	45.8%	626	46.3%	382	35.3%
Alcohol Use	Heavy drinker	118	34.2%	355	29.2%	229	20.7%
Life Stress	Not at all or Not very on most days	104	30.3%	317	23.8%	549	46.0%
	A bit stressful	159	49.0%	561	46.0%	411	37.7%
	Extremely or quite a bit stressful	97	20.7%	383	30.2%	170	16.2%
Service Use in past year	Family doctor visit	190	48.5%	988	73.1%	953	83.2%
	Mental health visit	95	22.5%	431	28.6%	210	18.0%
	Home Care	F	F	190	12.3%	129	11.3%
	Hospitalization	F	F	106	6.8%	109	9.9%
	VAC Client	114	22.5%	767	50.9%	599	50.0%

F = too few to calculate a reliable estimate

Appendix 4. LASS 2010, 2013 and 2016²⁹

Variable	Category	LASS 2010	LASS 2013	LASS 2016
Year of Release		1998-2007	1998-2012	1998-2015
Sample Size		2,857	1,998	2,755
Years Since Release (mean)		6.9	7.4	8.6
Age	Mean (years)	46.3	46.8	48.1
	≤ 30	7.7% (6.5, 9.1)	8.9% (7.3, 10.9)	7.7% (6.5, 9.1)
	30-39	15.7% (14.1, 17.4)	16.7% (14.7, 19.0)	18.8% (16.6, 21.2)
	40-49	39.1% (37.2, 41.1)	28.6% (26.4, 31.0)	21.1% (19.1, 23.3)
	50-59	28.2% (26.4, 30.0)	34.1% (31.9, 36.4)	36.5% (34.2, 38.8)
	60-69	9.4% (8.3, 10.6)	11.6% (10.4, 12.9)	16.0% (14.7, 17.4)
Sex	Male	88.5% (87.1, 89.7)	87.5% (85.7, 89.1)	87.8% (86.1, 89.4)
	Female	11.5% (10.3, 12.9)	12.5% (10.9, 14.3)	12.2% (10.6, 13.9)
Marital status	Married/Common-law	81.0% (79.4, 82.6)	77.9% (75.6, 80.0)	76.8% (74.6, 78.9)
	Widowed/Separated/Divorced	10.1 (8.9, 11.3)	11.3% (9.8, 13.0)	10.5% (9.1, 12.1)
	Single, never married	8.9 (7.7, 10.3)	10.9% (9.2, 12.8)	12.7% (11.0, 14.6)
Education	Less than high school	6.9% (6.0, 8.0)	5.3% (4.3, 6.6)	4.1% (3.2, 5.2)
	High school graduation	42.2% (40.2, 44.2)	44.5% (42.1, 47.1)	41.7% (39.3, 44.2)
	Post-secondary graduation	36.2% (34.3, 38.2)	35.0% (32.6, 37.5)	37.0% (34.5, 39.4)
	University degree	14.7% (13.2, 16.2)	15.2% (13.8, 16.7)	17.3% (15.9, 18.7)
Rank	Officer	17.6% (16.1, 19.2)	17.1% (15.7, 18.6)	17.3% (16.6, 18.1)
	Senior NCM	33.4% (31.5, 35.3)	30.6% (28.6, 32.6)	30.5% (29.5, 31.6)
	Junior NCM	49.0% (47.0, 51.1)	52.3% (49.9, 54.8)	52.2% (50.7, 53.6)
Service Environment	Air	47.9% (45.9, 50.0)	32.1% (29.9, 34.4)	30.5% (28.3, 32.8)
	Land	35.2% (33.2, 37.2)	51.5% (49.0, 54.0)	51.6% (49.1, 54.0)
	Sea	16.9% (15.4, 18.6)	16.4% (14.6, 18.2)	17.9% (16.1, 19.9)
Enrolment Era	1954-1975	21.3% (19.8, 23.0)	17.8% (16.3, 19.4)	13.9% (12.7, 15.2)
	1976-1990	55.3% (53.3, 57.3)	49.5% (47.0, 52.0)	47.0% (44.5, 49.4)
	1991-2000	13.9% (12.4, 15.6)	13.9% (12.1, 16.0)	13.4% (11.6, 15.4)
	2001-2015	9.4% (8.1, 10.9)	18.8% (16.5, 21.2)	25.8% (23.6, 28.1)
Length of Service	<10 years	22.3% (20.5, 24.3)	28.2% (25.7, 30.8)	30.7% (28.3, 33.1)
	10-19 years	15.3% (13.9, 16.8)	13.9% (12.1, 15.8)	15.5% (13.7, 17.4)
	20+ years	62.4% (60.3, 64.4)	58.0% (55.3, 60.5)	53.9% (51.6, 56.1)
Release Type	Voluntary	69.4% (67.8, 70.9)	71.1% (68.7, 73.4)	68.8% (66.4, 71.1)
	Involuntary	2.6% (1.9, 3.4)	4.3% (3.2, 5.8)	4.8% (3.5, 6.5)
	Medical	28.1% (26.6, 29.5)	24.6% (22.5, 26.9)	26.4% (24.3, 28.5)
Deployment	Deployed during military service	70.3% (68.3, 72.2)	--	73.8% (71.4, 76.1)
Self-Rated health	Very good or excellent	52.0% (50.1, 53.9)	48.9% (46.4, 51.4)	45.5% (43.0, 48.0)
	Good	28.1% (26.4, 29.9)	31.0% (28.7, 33.4)	31.4% (29.1, 33.8)
	Fair or poor	19.9% (18.5, 21.3)	20.1% (18.2, 22.2)	23.1% (21.2, 25.2)
Self-Rated mental health	Very good or excellent	64.9% (63.0, 66.7)	59.9% (57.4, 62.4)	55.6 (53.1, 58.1)
	Good	19.8% (18.3, 21.5)	23.1% (21.0, 25.3)	23.3 (21.2, 25.6)
	Fair or poor	15.3% (14.1, 16.6)	17.0% (15.2, 19.0)	21.1 (19.2, 23.2)
Chronic Conditions	Back problems	43.8% (41.9, 45.8)	39.2% (36.8, 41.7)	40.8% (38.4, 43.3)
	Arthritis	26.6% (25.0, 28.2)	26.1% (24.0, 28.2)	29.1% (27.0, 31.3)
	High blood pressure	20.8% (19.2, 22.4)	19.6% (17.8, 21.5)	20.7% (18.9, 22.6)
	Depression	--	18.1% (16.2, 20.2)	20.5% (18.5, 22.7)
	Anxiety	11.2% (10.2, 12.4)	11.8% (10.2, 13.6)	14.6% (12.9, 16.4)
	PTSD	12.8% (11.8, 13.9)	15.2% (13.5, 17.2)	16.4% (14.7, 18.3)
	Migraine	--	13.7% (12.0, 15.6)	13.3% (11.7, 15.2)
	Diabetes	6.3% (5.4, 7.3)	6.7% (5.6, 8.0)	7.2% (6.2, 8.5)
	Bowel disorders	7.4% (6.5, 8.5)	6.0% (4.9, 7.2)	6.6% (5.6, 7.8)
	Asthma	6.1% (5.2, 7.1)	6.0% (4.9, 7.3)	6.4% (5.3, 7.8)
	Heart disease	4.7% (3.9, 5.6)	3.8% (3.1, 4.7)	4.5% (3.7, 5.4)

²⁹ Entry ranks excluded from all 3 surveys. The confidence intervals were produced by Stata SVY commands and will differ from those produced using Statistics Canada bootstrap weights.

Variable	Category	LASS 2010	LASS 2013	LASS 2016
	Ulcers	6.6% (5.7, 7.5)	4.0% (3.2, 5.1)	4.3% (3.4, 5.4)
	Urinary	--	3.2% (2.5, 4.2)	4.1% (3.3, 5.0)
	TBI effects	--	2.9% (2.2, 3.9)	3.9% (3.0, 5.0)
	Cancer	1.4% (1.0, 1.9)	1.7% (1.3, 2.3)	2.6% (2.0, 3.4)
	COPD	3.1% (2.5, 3.8)	2.9% (2.2, 3.9)	2.6% (1.9, 3.4)
	Stroke	0.9% (0.6, 1.3)	F	F
	Dementia	--	F	F
Hearing Problems	Has hearing problem	--	10.2% (8.8, 11.7)	11.9% (10.5, 13.5)
Chronic Pain	Has chronic pain	--	37.2% (34.8, 39.6)	40.8% (38.4, 43.2)
SF-12	Physical Component Score (mean)	46.2 (45.9, 46.6)	46.8 (46.2, 47.4)	48.3 (47.8, 48.9)
	Mental Component Score (mean)	51.6 (51.2, 52.0)	51.2 (50.6, 51.8)	50.7 (50.1, 51.3)
Activity Limitations	No activity limitation	44.7% (42.9, 46.6)	44.7% (42.2, 47.2)	41.1% (38.6, 43.6)
	Sometimes restricted activity	28.1% (26.3, 29.9)	28.2% (26.0, 30.4)	30.1% (27.8, 32.5)
	Often restricted activity	27.2% (25.8, 28.7)	27.1% (25.0, 29.4)	28.8% (26.7, 31.0)
ADL	Needs help with at least one ADL	19.3% (18.0, 20.5)	23.0% (21.0, 25.2)	20.3% (18.4, 22.3)
Psychological Distress	Low distress (K10 <10)	--	77.6% (75.4, 79.7)	73.3% (71.0, 75.4)
	Mild distress (K10 = 10-14)	--	9.1% (7.8, 10.7)	9.8% (8.5, 11.3)
	Moderate distress (K10 = 15-19)	--	5.3% (4.2, 6.6)	6.2% (5.1, 7.4)
	Severe distress (K10 = 20-40)	--	8.0% (6.7, 9.6)	10.8% (9.3, 12.5)
PC-PTSD Screen	Probable PTSD (3+ symptoms)	--	15.6% (13.8, 17.6)	18.3% (16.4, 20.3)
Body Mass Index (BMI)	Underweight	F	F	F
	Normal weight	25.4% (23.6, 27.3)	25.3% (23.1, 27.6)	24.6% (22.5, 26.9)
	Overweight	44.7% (42.6, 46.7)	46.9% (44.4, 49.5)	46.1% (43.6, 48.6)
	Obese	29.8% (28.0, 31.6)	27.4% (25.2, 29.7)	28.8% (26.6, 31.1)
Suicidal Ideation	12-Month Ideation	6.2% (5.4, 7.2)	6.8% (5.6, 8.2)	8.1% (6.8, 9.5)
Labour Force Status (current)	Unemployment Rate	5.6% (4.7, 6.7)	6.2% (4.9, 7.8)	8.4% (6.9, 10.2)
	Employment Rate	72.8% (71.0, 74.5)	69.3% (67.0, 71.6)	65.3% (63.0, 67.5)
	Not in the workforce	21.8% (20.3, 23.4)	26.1% (24.0, 28.3)	28.7% (26.7, 30.9)
Main activity (past year)	Work	74.2% (72.5, 75.8)	68.3% (66.0, 70.5)	66.4% (64.2, 68.6)
	Retired	10.6% (9.5, 11.9)	15.0% (13.5, 16.6)	16.3% (14.9, 17.9)
	Disability	6.9% (6.2, 7.8)	6.7% (5.5, 8.1)	8.2% (7.0, 9.6)
	Training	2.7% (2.1, 3.5)	3.4% (2.5, 4.6)	4.6% (3.7, 5.7)
	Looked for work	2.2% (1.7, 2.9)	1.9% (1.4, 2.7)	2.1% (1.7, 2.8)
	Caregiving	1.8% (1.3, 2.4)	1.5% (1.0, 2.3)	2.3% (1.6, 3.2)
	Other	1.6% (1.2, 2.2)	3.2% (2.4, 4.2)	--
Satisfaction with main activity	Satisfied or very satisfied	75.5% (73.7, 77.1)	75.4% (73.1, 77.5)	74.0% (71.7, 76.1)
	Neither satisfied nor dissatisfied	10.4% (9.2, 11.7)	11.3% (9.7, 13.1)	12.0% (10.4, 13.7)
	Dissatisfied or very dissatisfied	14.2% (12.9, 15.5)	13.3% (11.7, 15.2)	14.1% (12.5, 15.9)
Skills transferability	Agree/strongly agree	75.1% (73.2, 77.0)	51.6% (49.1, 54.2)	50.8% (47.9, 53.6)
	Neither	8.3% (7.2, 9.6)	12.3% (10.7, 14.2)	12.4% (10.6, 14.5)
	Disagree/strongly disagree	16.6% (15.0, 18.3)	36.0% (33.6, 38.6)	36.8% (34.0, 39.7)
Low Income Measure	Below LIM	5.6% (4.7, 6.7)	4.8% (3.7, 6.1)	4.2% (3.2, 5.4)
Household income	\$0 to <\$50,000	15.6% (14.2, 17.2)	9.5% (8.0, 11.3)	13.2% (11.5, 15.0)
	\$50,000 to <\$100,000	40.1% (38.0, 42.1)	39.4% (36.8, 42.2)	38.0% (35.5, 40.6)
	\$100,000 to <\$150,000	26.5% (24.6, 28.4)	29.4% (26.9, 32.0)	24.9% (22.7, 27.2)
	\$150,000+	17.9% (16.3, 19.6)	21.7% (19.6, 23.9)	24.0% (21.8, 26.3)
Satisfaction with Finances	Satisfied or very satisfied	74.5% (72.6, 76.2)	73.8% (71.5, 76.1)	68.7% (66.3, 71.0)
	Neither	11.2% (10.0, 12.6)	10.7% (9.2, 12.4)	13.7% (12.1, 15.5)
	Dissatisfied or very dissatisfied	14.3% (13.0, 15.8)	15.5% (13.6, 17.5)	17.6% (15.7, 19.7)

Variable	Category	LASS 2010	LASS 2013	LASS 2016
Adjustment to Civilian Life	Very or moderately easy	59.5% (57.6, 61.5)	54.3% (51.8, 56.8)	52.4% (49.9, 54.9)
	Neither difficult nor easy	12.8% (11.5, 14.2)	16.1% (14.3, 18.1)	15.2% (13.5, 17.2)
	Very or moderately difficult	27.7% (26.0, 29.5)	29.6% (27.3, 32.0)	32.4% (30.1, 34.8)
Satisfaction with Life	Satisfied or very satisfied	83.9% (82.5, 85.3)	85.1% (83.2, 86.9)	84.1% (82.2, 85.9)
	Neither	8.6% (7.6, 9.8)	7.3% (6.1, 8.8)	7.7% (6.5, 9.1)
	Dissatisfied or very dissatisfied	7.5% (6.6, 8.4)	7.5% (6.3, 9.0)	8.1% (6.9, 9.6)
Social Support	High support	--	83.4% (81.4, 85.2)	83.7% (81.7, 85.6)
Satisfaction with Family	Satisfied or very satisfied	87.4% (86.1, 88.6)	--	86.5% (84.7, 88.2)
	Neither satisfied nor dissatisfied	6.2% (5.3, 7.2)	--	7.4% (6.2, 8.9)
	Dissatisfied or very dissatisfied	6.5% (5.6, 7.4)	--	6.0% (4.9, 7.4)
Community Belonging	Very or somewhat strong	59.0% (56.9, 61.0)	57.6% (55.1, 60.1)	57.4% (54.9, 59.8)
	Very or somewhat weak	41.1% (39.1, 43.1)	42.4 (39.9, 44.9)	42.6% (40.2, 45.2)
Alcohol Use	Heavy drinker	27.9% (25.9, 29.9)	24.7% (22.6, 27.0)	27.3% (25.1, 29.7)
Smoking	Daily Smoker	18.4% (16.9, 20.1)	16.6% (14.7, 18.7)	--
Life Stress	Not at all or Not very on most days	36.4% (34.4, 38.4)	36.9% (34.5, 39.3)	32.1% (29.9, 34.4)
	A bit	42.0% (40.0, 44.1)	40.2% (37.7, 42.7)	43.9% (41.4, 46.4)
	Extremely or quite a bit stressful	21.6% (20.0, 23.3)	23.0% (20.9, 25.2)	24.1% (21.9, 26.3)
Service Use in past year	Family doctor visit	--	76.6% (74.2, 78.8)	72.1% (69.7, 74.5)
	Mental health visit	--	--	24.1% (22.1, 26.3)
	Home Care	--	14.6% (13.0, 16.4)	10.4% (9.1, 12.0)
	Hospitalization	--	7.5% (6.3, 9.0)	7.8% (6.6, 9.2)
	VAC Client	39.0% (38.7, 39.2)	42.7% (40.2, 45.2)	45.7% (43.3, 48.2)

F = too few to calculate a reliable estimate

Appendix 5. LASS 2016 Recent Releases and Earlier Releases Compared to LASS 2013

Variable		Category		LASS 2016				LASS 2013	
				Released		Released		Released	
				Sept 2012-2015		1998-Aug 2012		1998-Aug 2012	
		n	Wt%	n	Wt%	n	Wt%		
		1180		1575		1998			
Age	Mean (years)	41		50		47			
	≤ 30	163	22.5%	F	F	86	8.9%		
	30-39	217	21.9%	126	17.9%	206	16.7%		
	40-49	281	24.6%	253	20.0%	543	28.6%		
	50-59	409	25.7%	688	39.7%	801	34.1%		
	60-69	110	5.3%	489	19.2%	362	11.6%		
Sex	Male	1014	87.2%	1400	88.0%	1764	87.5%		
	Female	166	12.8%	175	12.0%	234	12.5%		
Marital status	Married/Common-law	850	65.7%	1316	80.2%	1646	77.9%		
	Widowed/Separated/Divorced	115	11.0%	163	10.3%	211	11.3%		
	Single, never married	214	23.2%	95	9.5%	141	10.9%		
Education	Less than high school	31	2.8%	69	4.5%	102	5.3%		
	High school graduation	421	42.8%	611	41.4%	829	44.5%		
	Post-secondary graduation	403	39.0%	491	36.3%	602	35.0%		
	University degree	325	15.5%	399	17.8%	460	15.2%		
Rank	Officer	405	17.1%	488	17.4%	588	17.1%		
	Senior NCM	289	29.3%	692	30.9%	844	30.6%		
	Junior NCM	486	53.6%	395	51.7%	566	52.3%		
Service Environment	Air	292	20.7%	600	33.5%	740	32.1%		
	Land	650	58.5%	686	49.5%	905	51.5%		
	Sea	238	20.7%	289	17.1%	353	16.4%		
Enrolment Era	1954-1975	F	F	455	17.7%	534	17.8%		
	1976-1990	471	33.6%	869	51.0%	1073	49.5%		
	1991-2000	170	12.7%	129	13.6%	191	13.9%		
	2001-2015	509	52.3%	222	17.7%	200	18.8%		
Length of Service	< 10 years	375	42.2%	201	27.2%	316	28.2%		
	10 to 19 years	240	18.1%	177	14.7%	222	13.9%		
	≥ 20 years	563	39.7%	1197	58.2%	1460	58.0%		
Release Type	Voluntary	562	64.3%	1153	70.2%	1483	71.1%		
	Involuntary	32	2.6%	39	5.5%	45	4.3%		
	Medical	586	33.1%	378	24.3%	463	24.6%		
Deployment	Deployed during military service	916	72.3%	1259	74.3%	--	--		
Self-Rated health	Very good or excellent	443	43.4%	728	46.1%	1006	48.9%		
	Good	365	29.9%	484	31.9%	611	31.0%		
	Fair or poor	372	26.8%	363	22.0%	381	20.1%		
Self-Rated mental health	Very good or excellent	579	51.4%	946	56.8%	1263	59.9%		
	Good	248	21.8%	353	23.8%	423	23.1%		
	Fair or poor	353	26.8%	274	19.4%	311	17.0%		
Chronic Conditions	Back problems	547	40.6%	663	40.8%	803	39.2%		
	Arthritis	400	27.5%	538	29.6%	572	26.1%		
	High blood pressure	231	15.4%	420	22.3%	465	19.6%		
	Depression	322	23.0%	279	19.8%	327	18.1%		
	Anxiety	237	17.7%	189	13.6%	207	11.8%		
	PTSD	294	20.8%	227	15.1%	269	15.2%		
	Migraine	188	14.7%	182	12.9%	250	13.7%		
	Diabetes	82	5.3%	154	7.8%	147	6.7%		
	Bowel disorders	112	7.1%	115	6.4%	123	6.0%		
	Asthma	72	5.8%	101	6.6%	117	6.0%		
	Heart disease	53	2.8%	107	5.0%	98	3.8%		
	Ulcers	46	3.5%	70	4.5%	80	4.0%		

Variable	Category	LASS 2016				LASS 2013	
		Released Sept 2012-2015		Released 1998-Aug 2012		Released 1998-Aug 2012	
		n	Wt%	n	Wt%	n	Wt%
		1180		1575		1998	
	Urinary	43	3.2%	85	4.3%	67	3.2%
	TBI effects	66	5.6%	49	3.4%	55	2.9%
	Cancer	F	F	60	3.0%	47	1.7%
	COPD	F	F	53	3.0%	64	2.9%
	Stroke	F	F	F	F	F	F
	Dementia	F	F	F	F	F	F
Hearing Problems	Has hearing problem	142	10.4%	227	12.4%	232	10.2%
Chronic Pain	Has chronic pain	608	44.6%	653	39.6%	750	37.2%
SF-12	Physical Component Score (mean)	48.0		48.4		46.8	
	Mental Component Score (mean)	49.3		51.2		51.2	
Activity Limitations	No activity limitation	354	38.6%	632	41.9%	866	44.7%
	Sometimes restricted activity	340	27.9%	482	30.8%	582	28.2%
	Often restricted activity	485	33.5%	460	27.4%	547	27.1%
ADL	Needs help with at least one ADL	339	21.4%	329	19.9%	450	23.0%
Psychological Distress	Low distress (K10 <10)	773	68.1%	1199	74.8%	1583	77.6%
	Mild distress (K10 = 10-14)	137	11.7%	151	9.2%	175	9.1%
	Moderate distress (K10 = 15-19)	106	8.8%	85	5.4%	92	5.3%
	Severe distress (K10 = 20-40)	163	11.4%	133	10.6%	135	8.0%
PC-PTSD Screen	Probable PTSD (3+ symptoms)	293	21.8%	241	17.2%	288	15.6%
Body Mass Index (BMI)	Underweight	F	F	F	F	F	F
	Normal weight	293	29.7%	330	23.1%	475	25.3%
	Overweight	484	40.6%	767	47.7%	972	46.9%
	Obese	384	29.0%	456	28.7%	533	27.4%
Suicidal Ideation	12-Month Ideation	151	10.9%	103	7.2%	114	6.8%
Labour Force Status (current)	Unemployment Rate		16.6%		6.1%		6.2%
	Employment Rate	588	56.7%	972	67.9%	1328	69.3%
	Not in the workforce	461	32.0%	544	27.7%	586	26.1%
Main activity (past year)	Work	569	55.4%	992	69.8%	1304	68.3%
	Retired	201	13.5%	395	17.1%	393	15.0%
	Disability	169	11.3%	108	7.3%	118	6.7%
	Training	149	12.4%	F	F	49	3.4%
	Looked for work	66	5.1%	F	F	40	1.9%
	Caregiving	F	F	33	2.3%	30	1.5%
	Other	F	F	F	F	64	3.2%
Satisfaction with main activity	Satisfied or very satisfied	784	67.1%	1227	76.0%	1556	75.4%
	Neither satisfied nor dissatisfied	156	13.9%	157	11.4%	194	11.3%
	Dissatisfied or very dissatisfied	240	19.0%	187	12.6%	241	13.3%
Skills transferability	Agree/strongly agree	383	47.7%	772	51.5%	1059	51.6%
	Neither	81	11.4%	153	12.7%	214	12.3%
	Disagree/strongly disagree	267	40.9%	391	35.8%	606	36.0%
Low Income Measure	Below LIM	56	6.2%	40	3.6%	73	4.8%
Household income	\$0 to <\$50,000	158	16.6%	155	12.1%	140	9.5%
	\$50,000 to <\$100,000	450	41.0%	549	37.1%	627	39.4%
	\$100,000 to <\$150,000	271	23.0%	374	25.5%	478	29.4%
	\$150,000+	252	19.4%	398	25.3%	436	21.7%
Satisfaction with Finances	Satisfied or very satisfied	744	59.7%	1189	71.4%	1553	73.8%
	Neither satisfied nor dissatisfied	198	17.9%	184	12.4%	187	10.7%
	Dissatisfied or very dissatisfied	237	22.4%	198	16.2%	254	15.5%

Variable	Category	LASS 2016				LASS 2013	
		Released Sept 2012-2015		Released 1998-Aug 2012		Released 1998-Aug 2012	
		n	Wt%	n	Wt%	n	Wt%
		1180		1575		1998	
Adjustment to Civilian Life	Very or moderately easy	537	45.6%	921	54.4%	1180	54.3%
	Neither difficult nor easy	136	12.6%	236	16.0%	302	16.1%
	Very or moderately difficult	504	41.7%	418	29.6%	514	29.6%
Satisfaction with Life	Satisfied or very satisfied	915	79.7%	1365	85.5%	1728	85.1%
	Neither	127	10.2%	106	7.0%	134	7.3%
	Dissatisfied or very dissatisfied	136	10.0%	103	7.6%	133	7.5%
Social Support	High support	912	81.8%	1328	84.3%	1647	83.4%
Satisfaction with Family	Satisfied or very satisfied	1005	85.7%	1396	86.8%	--	--
	Neither satisfied nor dissatisfied	101	9.5%	92	6.8%	--	--
	Dissatisfied or very dissatisfied	72	4.8%	81	6.4%	--	--
Community Belonging	Very or somewhat strong	558	48.4%	987	60.1%	1188	57.6%
	Very or somewhat weak	617	51.6%	581	39.9%	795	42.4%
Alcohol Use	Heavy drinker	346	32.1%	356	25.9%	470	24.7%
Life Stress	Not at all or Not very on most days	386	32.1%	584	32.1%	773	36.9%
	A bit stressful	483	42.8%	648	44.2%	789	40.2%
	Extremely or quite a bit stressful	310	25.1%	340	23.7%	432	23.0%
Service Use in past year	Family doctor visit	896	69.8%	1235	72.8%	1613	76.6%
	Mental health visit	401	30.1%	335	22.3%	--	--
	Home Care	157	9.9%	179	10.6%	297	14.6%
	Hospitalization	94	6.5%	144	8.1%	140	7.5%
	VAC Client	736	53.0%	744	43.5%	886	42.7%

F = too few to calculate a reliable estimate

Appendix 6. LASS 2016 with Canadian Comparators

Variable	Category	LASS 2016		Canadian data	
		n	Wt% (CI)	Canadian Comparator ³⁰	Source of comparator
Marital status	Married/Common-law	2166	76.8% (74.6, 78.9)	72.8%	CCHS 2013-14
	Widowed/Separated/Divorced	278	10.5% (9.1, 12.1)	9.9%	CCHS 2013-14
	Single/Never married	309	12.7% (11.0, 14.6)	17.3%	CCHS 2013-14
Education	Less than high school graduation	100	4.1% (3.2, 5.2)	5.0%	CCHS 2013-14
	High school graduation	1032	41.7% (39.3, 44.2)	19.8%	CCHS 2013-14
	Post-secondary education	1618	54.2% (51.7, 56.7)	64.8%	CCHS 2013-14
Self-Rated health	Very good or excellent	1171	45.5% (43.0, 48.0)	58.4%	CCHS 2013-14
Self-Rated mental health	Very good or excellent	1525	55.6% (53.1, 58.1)	71.2%	CCHS 2013-14
Chronic Conditions	Back problems	1210	40.8% (38.4, 43.3)	20.3%	CCHS 2013-14
	Arthritis	938	29.1% (27.0, 31.3)	13.6%	CCHS 2013-14
	High blood pressure	651	20.7% (18.9, 22.6)	19.6%	CCHS 2013-14
	Depression	601	20.5% (18.5, 22.7)	7.4%	CCHS 2013-14
	Anxiety	426	14.6% (12.9, 16.4)	5.7%	CCHS 2013-14
	PTSD	521	16.4% (14.7, 18.3)	1.3%	CCHS 2012
	Migraine	370	13.3% (11.7, 15.2)	7.7%	CCHS 2013-14
	Diabetes	236	7.2% (6.2, 8.5)	7.5%	CCHS 2013-14
	Bowel disorders	227	6.6% (5.6, 7.8)	3.6%	CCHS 2013-14
	Asthma	173	6.4% (5.3, 7.8)	6.5%	CCHS 2013-14
	Heart disease	160	4.5% (3.7, 5.4)	4.7%	CCHS 2013-14
	Ulcers	116	4.3% (3.4, 5.4)	2.9%	CCHS 2013-14
	Urinary	128	4.1% (3.3, 5.0)	1.9%	CCHS 2013-14
	Cancer	81	3.9% (3.0, 5.0)	1.5%	CCHS 2013-14
	COPD	78	2.6% (2.0, 3.4)	2.6%	CCHS 2013-14
Hearing Problem	Has hearing problem	369	11.9% (10.5, 13.5)	2.7%	CCHS 2013-14
Chronic Pain	Has chronic pain	1261	40.8% (38.4, 43.2)	21.7%	CCHS 2011-12
Activity Limitations	No activity limitation	986	41.1% (38.6, 43.6)	74.4%	CCHS 2013-14
	Sometimes restricted activity	822	30.1% (27.8, 32.5)	15.9%	CCHS 2013-14
	Often restricted activity	945	28.8% (26.7, 31.0)	9.6%	CCHS 2013-14
ADL	Needs help with at least one ADL	668	20.3% (18.4, 22.3)	6.6%	CCHS 2013-14
Body Mass Index (BMI)	Obese	840	28.8% (26.6, 31.1)	22.9%	CCHS 2013-14
Labour Force Status	Unemployment Rate		8.4% (6.9, 10.2)	7.5%	LFS Mar 2016
	Employment Rate	1560	65.3% (63.0, 67.5)	73.9%	LFS Mar 2016
	Not in the workforce	1005	28.7% (26.7, 30.9)	20.2%	LFS Mar 2016
Low Income Measure	Below LIM	96	4.2% (3.2, 5.4)	14.5%	SLID 2011
Satisfaction with Life	Satisfied or very satisfied	2280	84.1% (82.2, 85.9)	91.0%	CCHS 2013-14
Community Belonging	Very or somewhat strong	1545	57.4% (54.9, 59.8)	64.8%	CCHS 2013-14
Alcohol Use	Heavy drinker	702	27.3% (25.1, 29.7)	23.6%	CCHS 2013-14
Life Stress	Extremely or quite a bit stressful on most days	650	24.1% (21.9, 26.3)	25.6%	CCHS 2013-14
Service Use in past year	Family doctor visit	2131	72.1% (69.7, 74.5)	73.0%	CCHS 2013-14
	Hospitalization	238	7.8% (6.6, 9.2)	6.5%	CCHS 2013-14

³⁰ Canadian comparator is age and sex adjusted to LASS 2016 Veteran population.

