

# Explain Research



**ICES Plain Language Thesaurus**





# ICES Plain Language Thesaurus

This *Plain Language Thesaurus* is a living document created to improve the communication of research results to the public and communities. It compiles words, phrases, and sentences commonly used in ICES Reports and provides plain language synonyms for these, including outlining examples of how to use them in a sentence.

Please complete [the ongoing usability testing survey](#) to help us improve this tool.

## How to use this tool

1. Use **CTRL+F** to search for a statistical, clinical, or diagnostic term and find its '**Meaning in Plain Language.**'
2. Notice how the term could be used in a typical academic sentence under the '**Academic Example**' heading.
3. Explore what the academic example would look like in plain language under the '**Plain Language Examples**' heading.

Questions? Please email us at [public@ices.on.ca](mailto:public@ices.on.ca)

A

Term	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
Acute	<ul style="list-style-type: none"><li>• Sudden</li><li>• Happened without warning.</li><li>• Sickness that lasts a short time and goes away.</li><li>• Rapid or sudden start of symptoms. It is sometimes painful and serious.</li><li>• Care provided in a hospital</li></ul>	Mumps is an acute viral illness.	<p>Mumps is a sudden illness that is caused by a virus.</p> <p>Mumps usually causes these symptoms for 7 to 10 days: fever, headache, muscle aches, tiredness, loss of appetite, and swollen glands.</p>	<a href="#">CDC</a> <a href="#">MSSU</a> <a href="#">Arthritis Glossary</a>
Adhere/ Adherence	<ul style="list-style-type: none"><li>• The extent to which a person carries out the agreed health recommendations from their health care provider.</li><li>• Follow</li><li>• Stick to</li><li>• Carryout</li></ul>	Persons who are living with diabetes should start taking medicines and adhere to their treatment.	Persons who are living with diabetes should start taking medicines and stick to their treatments.	<a href="#">CDC</a>
Adverse Events	<ul style="list-style-type: none"><li>• Possible side effects from taking a medication or medicinal substance.</li><li>• Unwanted or harmful effects</li><li>• Downside</li></ul>	Adverse events following flu vaccination should be reported to the public health authorities.	You should report any reactions to public health authorities after getting a flu shot.	<a href="#">Cochrane</a>  <a href="#">Berkeley (Health Statistics)</a>
Adjusted Rates or Standardized Rates  Age- and sex-adjusted number of people	A rate that compares and describes: <ul style="list-style-type: none"><li>• how often a health event or disease occurs.</li><li>• in a specific group of people or population.</li><li>• over a specific period of time.</li><li>• after accounting for how the health event/ disease.</li></ul>	Both crude, age- and sex-adjusted rates of prevalence and incidence of diabetes were calculated for First Nations people and other people in Ontario.	We calculated how often diabetes occurs among First Nations people and other people in Ontario across different age groups and by sex/gender.	Academic example taken from <a href="#">ICES   First Nations and Diabetes in Ontario</a>  ICES Public and Community

Term	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
				Engagement, Knowledge Translation Team
			<p>People in one region might be older (on average) than people in another region. How do we know that we are looking at differences between regions instead of differences between ages?</p> <p>An age-standardized rate lets us look only at region differences because it makes age the same.</p>	
<p>Analysis / statistical analysis (noun)</p> <p>Analyze (verb)</p>	<ul style="list-style-type: none"><li>• Analysis uses or is the process of using raw data to understand the distributions of, and relationships between, a set of factors.</li><li>• Using specific methods to examine or identify patterns.</li><li>• Summarizing the research results</li><li>• Mathematical rules that can help tell researchers what the data from their research means.</li></ul>	<p>First, we conducted in-depth analyses of First Nations–specific health outcomes and service utilization for the first time.</p> <p>After exclusions, a total of 936 RHS respondents were retained for the analysis.</p>	<p>First, we looked at the health outcomes and health services used by First Nations people.</p> <p>We used the data from 936 RHS respondents in our calculations.</p>	<p>Academic example taken from <a href="#">ICES   First Nations and Diabetes in Ontario</a></p> <p>ICES Public and Community Engagement, Knowledge Translation Team <a href="#">MSSU</a></p>
<p>Analytics (noun)</p>	<ul style="list-style-type: none"><li>• Results</li><li>• Story</li></ul> <p>Analytics is a process of examining existing data to find patterns and trends to gain insights and draw conclusions. For prescribed entities like ICES, analytics are used to</p>	<p>Data from multiple providers enables the conduct of population-based analytics on an integrated health system for health planning, delivery and quality improvement initiatives.</p>	<p>When information from different sources (like hospitals or surveys) comes together at ICES, it can be used to tell a story of a population’s healthcare journey and describe patterns and trends. These</p>	<p>ICES Public and Community Engagement, Knowledge Translation Team</p>

Term	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
	evaluate, plan for, or manage the health system.		stories can be used to help make important improvements or changes to the healthcare system.	/ ICES Public Advisory Council  <a href="https://www.ices.on.ca/publications/research-reports/modernizing-ontarios-personal-health-information-protection-act-recommendations-for-a-data-driven-health-system/">https://www.ices.on.ca/publications/research-reports/modernizing-ontarios-personal-health-information-protection-act-recommendations-for-a-data-driven-health-system/</a>
Approximately	<ul style="list-style-type: none"><li>About</li><li>Around</li><li>Near</li><li>close</li></ul>	Approximately 2.4 million people are affected by diabetes in Canada.	About 2.4 million Canadians live with diabetes.	<a href="#">CDC</a>
Assessment(noun) / Assess (verb)	To make an evaluation of something based on available information. <ul style="list-style-type: none"><li>Review</li><li>Summarize</li><li>Evaluate</li></ul>	The last step in the assessment process is to present and report what was learned during the workplace health assessment to key organizational stakeholders and decision-makers.	The last step is to summarize the workplace health information. Then, report it to key decision-makers.	<a href="#">CDC</a>
Algorithms	A set of instructions, like a recipe, that tells you how to get something done.  Synonym:	The researchers developed a new genetic sequencing algorithm that significantly improves the accuracy of disease variant identification.	Researchers studying human DNA developed a set of specific instructions that can look at a person’s DNA to find any changes that will increase their risk or	ICES Public and Community Engagement, Knowledge

Term	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
	<ul style="list-style-type: none"><li>• Procedure</li><li>• Method</li><li>• Process</li><li>• System</li><li>• Formula</li><li>• Routine</li><li>• Recipe</li><li>• Code</li><li>• Solution</li></ul>		make them more likely to develop a particular disease.	Translation Team
Association (noun)  / Associated (verb)	<ul style="list-style-type: none"><li>• Group</li><li>• Relation</li><li>• Organization</li></ul>	This study demonstrates that autism spectrum disorder is not associated with immunological stimulation from vaccines during the first 2 years of life.	This study shows that autism spectrum disorder is not related to shots given to children 2 years old and younger.	<a href="#">CDC</a>

B

Word	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
Body Mass Index	Your BMI is calculated using your height and weight. It can be a starting point for understanding how your body fat may impact your overall health.  BMI is sometimes considered a biased measure that does not consider other factors (e.g., body composition, race, ethnicity, age, etc.).		The Plain Language Meaning/definition is also considered the plain language example that could be used in a report.	<a href="#">CIHI (organ donor glossary)</a>
Burden	<ul style="list-style-type: none"><li>• Toll of something (financial, physical, emotional, etc.).</li><li>• Amount of something</li><li>• Size of something</li></ul>	Given that the diabetes burden was projected to affect those experiencing socioeconomic disadvantage disproportionately, efforts to address the factors that drive low household income and food insecurity among people living in certain communities are needed to realize	Diabetes has a bigger impact on people with lower incomes. Helping people with affordable food access will help them with their diabetes.	ICES Public and Community Engagement, Knowledge Translation



Word	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
	<ul style="list-style-type: none"><li>• Results</li><li>• Consequences</li><li>• Effect</li><li>• Cost</li><li>• Impact</li></ul>	meaningful reductions in diabetes.		Team

C

Word	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
Cardiac Disease / Cardiac Events	Having to do with the heart Heart disease Heart problems	Compared with people without diabetes, those with diabetes develop cardiovascular disease 15 years earlier, and their prognosis after a cardiovascular event is poorer, resulting in premature morbidity and mortality.	People with diabetes get heart disease 15 years earlier than people without diabetes. People with diabetes also have poorer recoveries after a heart attack, which can lead to more medical problems or even an earlier death.	<a href="#">Arthritis Glossary</a> ICES Public and Community Engagement, Knowledge Translation Team
Carcinoma	Cancer	A common form of breast cancer is ductal carcinoma. It begins in the cells that line the milk ducts in the breast, also called the lining of the breast ducts.	A common kind of breast cancer is ductal carcinoma or cancer in the milk "tubes" or ducts in the breast. Carcinoma is the medical term for cancer. Cancer of the milk ducts begins in the cells inside the ducts.	ICES Public and Community Engagement, Knowledge Translation Team
Case-control Study	A study compares people with a sickness, medical or health condition, or injury to a group of people without the sickness, medical or health condition, or injury.	A recent case-control study published in the Journal of 21st Century Medicine reported that 80 out of 100 patients with rheumatoid arthritis seen at a university rheumatology referral center were found to carry the common variant C707T of the rheumatoid arthritis (R.A.) gene.	A recent study published in the Journal of 21st Century Medicine compared people with rheumatoid arthritis to people without it. The results show that 4 of 5 people with the sickness had a particular gene with a common and important difference variant C707T of the	<a href="#">CDC</a>

Word	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
			rheumatoid arthritis gene.  (Note: 80 of 100 reduced to 4 of 5 because smaller numbers are more concrete and easier to understand.)	
Case report	A description of a patient's illness, including symptoms, diagnosis, treatment, and follow-up.	They work with various healthcare providers, including laboratories, hospitals, and private providers, to obtain case reports on infectious and some non-infectious diseases.	They work with different healthcare providers, including labs, hospitals, and private providers, to get descriptions of patients' sicknesses.	<a href="#">CDC</a>
Cesarian Deliveries	C-section  Surgical delivery of a baby through the mother's abdomen and uterus.	Cesarian deliveries have a higher prevalence in urban city centres compared to rural regions.	C-sections happen more often in hospitals in large cities than in smaller, rural areas.	ICES Public and Community Engagement, Knowledge Translation Team
Cessation / Smoking cessation	<ul style="list-style-type: none"><li>• Stop/stopping</li><li>• Quit/quitting</li></ul>	Smoking cessation drastically decreases the risk of myocardial infarction.	People who smoke may use medicines to help them stop, which can lower their risk of heart attack.	<a href="#">Cochrane</a>
Chronic	<ul style="list-style-type: none"><li>• Long-term; Long-lasting</li><li>• Does not go away (arthritis glossary)</li><li>• A long-term condition that can get worse over time (national partnership for women &amp; families)</li></ul>	Diabetes is one of the top chronic health conditions impacting Canadians.	Diabetes is one of the most common long-term health conditions in Canadians.	<a href="#">CDC</a>  ICES Public and Community Engagement, Knowledge Translation Team
Chronic Diseases, illnesses, or conditions	<ul style="list-style-type: none"><li>• Long-lasting disease.</li><li>• A disease that lasts for years.</li><li>• A constant health problem affects your health for a long time.</li><li>• A type of sickness that goes on for a long time and</li></ul>	Chronic diseases and conditions—such as heart disease, stroke, cancer, diabetes, obesity, and arthritis—are among the most common, costly, and preventable of all health problems.	Chronic diseases—those that go on for a long time and often don't go away completely—are among the most common and costly health problems, and we often know how to prevent them.	<a href="#">CDC</a>



Word	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
	<p>often doesn't go away completely.</p> <ul style="list-style-type: none"><li>• People's symptoms may improve or worsen over time, and they may use treatments to control and feel better.</li></ul>		<p>(Note: Proportions converted to a common denominator for easier comparison.)</p>	
Cohort	<ul style="list-style-type: none"><li>• A group of people or individuals who have something in common.</li><li>• People who live in the same location, people who are in the same age group, people who are educated in the same period of time.</li><li>• A group of people who have been included in a study</li></ul>	Depression was a common problem for people in the 20-25 age cohort.	Depression was a common problem for people aged 20 to 25 years old.	ICES Public and Community Engagement, Knowledge Translation Team <a href="#">MSSU</a>
Comorbidity / Multimorbidity	When a person has two or more illnesses/conditions	Multimorbidity was assessed using the Johns Hopkins Aggregate Diagnosis Groups (ADGs).	We looked at the number of different health conditions each person had using the "Johns Hopkins Aggregate Diagnosis Group" tool.	ICES Public and Community Engagement, Knowledge Translation Team <a href="#">MSSU</a>
Compare / Comparison	<ul style="list-style-type: none"><li>• The act of finding out the differences and similarities between two or more people or things.</li><li>• The act of comparing two or more people/things.</li><li>• Research to learn about which check-ups, tests, and medicines work best or how well different treatments work for the same disease.</li></ul>	Baseline characteristics were compared between the two cohorts to ensure homogeneity.	Different characteristics were looked at between the two groups to ensure they were similar enough at the beginning of the study that smaller changes could be measured later.	<a href="#">CDC</a>
Comparable	Like, similar, or almost the same.	Overall, however, the comparable findings in cardiac risk factors and disease management between young adults ages 18 to 28 who identify as males and others in Ontario suggest that young adults who identify as males with diabetes are accessing cardiovascular-related health care similarly.	Young adults who identify as male between the ages of 18 to 28 and other people in Ontario have a similar chance of getting heart disease. They also use similar heart health services.	<a href="#">CDC</a>  ICES Public and Community Engagement, Knowledge

Word	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
				Translation Team
Complication	<p>Something that makes the situation more difficult.</p> <p>An extra medical problem that makes it more difficult to treat an existing illness.</p>	Diabetic retinopathy is the most common complication of diabetes and the leading cause of blindness and vision impairment among working-age adults.	Poor eye health is the most common medical problem caused by diabetes. Diabetes is the most common cause of blindness for working-age adults.	<a href="#">CDC</a>  ICES Public and Community Engagement, Knowledge Translation Team
Confidence Interval	<p>Cochrane recommends avoiding it altogether if possible; state the implications instead.</p> <ul style="list-style-type: none"><li>• [Intervention] may cause a large reduction/increase in [outcome].</li><li>• We do not know if [Intervention] has an effect on [outcome].</li><li>• [Intervention] may reduce/increase/have little to no effect on [outcome], but we are very uncertain about the results.</li></ul>	The rate of progression to severe diabetic retinopathy requiring therapy was approximately 20% higher among First Nations people than among other people in Ontario (hazard ratio: 1.19; 95% confidence interval: 1.02– 1.38).	First Nations people with diabetes needed eye care (because of the effects of diabetes) sooner than other people in Ontario.	Academic example taken from <a href="#">ICES   First Nations and Diabetes in Ontario</a>  ICES Public and Community Engagement, Knowledge Translation Team
Congenital Anomalies	<p>Born with.</p> <p>Inborn.</p>	Congenital anomalies had a two-fold higher incidence in mothers exposed to volatile organic compounds.	When mothers were exposed to certain chemicals during pregnancy, there was a higher chance that their infants would be born with specific health problems.	<a href="#">CDC</a>
Constant over-time	<ul style="list-style-type: none"><li>• Stayed the same</li><li>• Unchanged</li></ul>	These proportions have remained constant over time.	These percentages have stayed the same over the last many years.	ICES Public and Community Engagement, Knowledge Translation Team
Consumption (noun)	Eat	Adults who consumed traditional vegetation (e.g., berries, wild plants, and wild rice) often or a	Adults who ate traditional plants (such as berries and wild rice) had a lower chance	ICES Public and Community

Word	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
/ Consume (verb)		few times in the previous 12 months were predicted to have slightly lower diabetes risk than those who reported not at all.	of getting diabetes than those who did not eat traditional plants.	Engagement, Knowledge Translation Team
Contextualize	To provide more information on a situation.	Reducing the impact of diabetes on marginalized communities requires specific population-based and individual-level initiatives and a contextualized understanding of the social determinants of health.	We need more information and resources on how diabetes occurs because of a person's living situation and environment. This can help lessen the impact that diabetes has on specific groups of people.	ICES Public and Community Engagement, Knowledge Translation Team
Continuity of Care	Care is provided by the same provider and without delays in treatment or referral.	Continuity of care is significantly associated with increased patient satisfaction and a reduction in hospital admissions.	Care provided by the same doctor is not only preferred by patients but also helps to prevent being admitted to the hospital.	ICES Public and Community Engagement, Knowledge Translation Team
Covariates/covariance	<p>Covariance tells you how much two random characteristics (i.e., variables) change together.</p> <p>Covariates are characteristics of the participants in an experiment. If you collect data on characteristics before you run an experiment, you could use that data to see how your treatment affects different groups or populations.</p>	The two populations were stratified by a number of covariates, including age group, rurality, and comorbidity, and for First Nations people, on- or off-reserve status.	We looked at differences in diabetes care based on a person's age group, where they live, whether they had other health conditions and their on- or off-reserve status.	<p>Academic example taken from <a href="#">ICES   First Nations and Diabetes in Ontario</a></p> <p>ICES Public and Community Engagement, Knowledge Translation Team</p>
Counts/counts of (used as a noun)	Total number	Low absolute counts of major cardiac events among people in Northern Ontario limited our ability to report results for many subgroups.	Low total numbers of heart problems in Northern Ontario made it difficult for us to separate results for different subgroups.	<p><a href="#">Plainlanguage.gov</a></p> <p>ICES Public and Community Engagement, Knowledge</p>

Word	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
				Translation Team
Crude Number	The observed number of cases of a disease or event in a group or population at a specific time.	Data on the crude prevalence of diabetes among other people in the country are presented in exhibit 14A.	Information on how many cases of diabetes were found per 100,000 people in the country is presented in exhibit 14A.  This graph shows the number of doctors' visits for every 100,000 persons. Higher numbers mean that condition was seen more than those with lower numbers.	ICES Public and Community Engagement, Knowledge Translation Team <a href="#">Missouri Department of Health</a>
Cumulative	Combined or added over time.	The cumulative estimated number of persons with diagnosed HIV infection ever classified as stage 3 (AIDS) through 2012 in the United States was 1,194,039.	CDC data shows that approximately 1,194,039 people in the U.S. ever diagnosed with HIV developed AIDS by the end of 2012.	<a href="#">CDC</a>

D

Word	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
Data/ data sets/ data registry/ data holdings	<ul style="list-style-type: none"><li>Information, facts, numbers.</li><li>Structured information.</li><li>A large list of information on many people or a population.</li><li>Facts or figures from which conclusions can be drawn.</li><li>Pieces of information that can be grouped and used for research.</li></ul>	This report series provides data on older adult health at the national and state levels and calls to action, state success stories, and other resources.	This report provides information about older adults' health in each state and country. It also suggests actions to improve older adults' health.  Many of our ICES data are pieces of information about interactions with the health system (for example, a visit to the doctor, or a prescription refill).	ICES Public and Community Engagement, Knowledge Translation Team <a href="#">CDC</a> <a href="#">Raising the Village (from Data to</a>

Word	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
				<a href="#">Action)</a> <a href="#">AISP</a> <a href="#">PopData BC</a> <a href="#">MSSU</a>
Data: Administrative data or	<ul style="list-style-type: none"><li>• Data collected because of an organization’s day-to-day operations.</li><li>• Information that is collected during the provision of services.</li><li>• Information that is collected for registration, payment, or record-keeping.</li><li>• Information that is collected in a routine process.</li></ul>	The ICES Data Repository consists of record-level, coded, and linkable health data sets. It encompasses much of the publicly funded administrative health services records for the Ontario population eligible for universal health coverage and can integrate research-specific data, registries, and surveys.	Your data may come to us from a patient record at a hospital, a survey, or from somewhere else. Any time we collect your data from another person or organization, we sign agreements with those data providers. These agreements ensure we all understand how to legally and properly use and protect your data.	<a href="#">CDC</a> <a href="#">Statistics Canada</a>
De-identified / de-identification	<ul style="list-style-type: none"><li>• Removing or replacing personal information.</li><li>• De-identified data is data in which any information that can identify a person’s identity has been removed, such as their name.</li></ul>	Using a confidential algorithm, every Ontarian is assigned a unique, 10-digit number based on their original OHIP number, called an ICES Key Number (IKN). The IKN allows individuals’ records to become linkable across different data and over time at ICES without the use of direct identifiers.	Before using the data, we removed the personal identifiers of individuals. This reduces the chance that someone specific could be singled out.  De-identified” means that names, dates, sex, gender, location, or other identifying information have been removed or changed so that people cannot determine an individual person.	PopData BC <a href="#">MSSU</a> ICES/ CHILD-BRIGHT Network
Denominators	<ul style="list-style-type: none"><li>• The bottom number is a fraction.</li><li>• The numerator (the top number in the fraction) is the number of people who experience the outcome. The denominator (the bottom number) is</li></ul>	Prevalence rates were calculated annually using each annual cohort as the denominator for that year. The numerator was calculated as those in the denominator diagnosed with diabetes on or before the end of the year, according to the ODD.	We figured out the percentage of people who got diabetes each year. To do this, we took the number of new people with diabetes each year and divided it by the total number of people with diabetes.	Academic example taken from <a href="#">ICES   First Nations and Diabetes in Ontario</a>

Word	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
	the number of people who could experience it.			<a href="#">Berkeley (Health Statistics)</a>  ICES Public and Community Engagement, Knowledge Translation Team
Detect	<ul style="list-style-type: none"><li>To find, to identify.</li></ul>	The sooner public health professionals can detect the source and spread of diseases or other health threats and investigate their effects in the community, the more quickly they can protect the public.	The sooner public health professionals find and check into the causes and results of sicknesses and other health threats in a community, the more quickly they can protect the public's health.	<a href="#">CDC</a>
Determinants of health / social determinants / social factors / structural determinants	<ul style="list-style-type: none"><li>Interrelated social, political, and economic circumstances.</li><li>Conditions of daily living that impact health.</li><li>Processes that create unfair differences in money, power, resources, and health.</li></ul>	The data can answer important questions about social determinants of health and their connection with other health-related factors affecting well-being and development.	Social determinants of health are the non-medical factors that can positively and negatively influence health outcomes for people, such as living or working conditions, social supports, income, employment, or educational opportunities. Social determinants of health impact a person's access to healthcare.	<a href="#">NCCDH</a>  <a href="#">ICES   Modernizing Ontario's Personal Health Information Protection Act: Recommendations for a Data-Driven Health System</a>
Diabetes	<ul style="list-style-type: none"><li>A disease caused by the lack of insulin in the body.</li><li>Elevated sugar in the blood.</li></ul>		The Plain Language Meaning/definition is also considered the plain language example that could be used in a report.	<a href="#">CIHI (organ donor glossary)</a>



Word	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
	<ul style="list-style-type: none"><li>Diabetes is a disease that makes your body unable to make or use insulin. Insulin makes sugar into energy to keep you alive.</li></ul>			
Diagnose (verb)  / Diagnosis (noun)	<ul style="list-style-type: none"><li>Verb: to figure out what is causing health problems.</li><li>Verb: test, find out, figure out, learn cause.</li><li>Noun: a condition, disease, or medical answer</li></ul>	A substantial proportion of the population who were exposed to environmental toxins were subsequently diagnosed with malignant tumors.	Many people who lived in areas with harmful chemicals in the environment later were found to have cancer.	<a href="#">CDC</a> <a href="#">Arthritis Glossary</a>
Dialysis	<ul style="list-style-type: none"><li>A type of renal replacement therapy whereby the blood is cleaned, and wastes and excess water are removed from the body.</li><li>A process that uses a machine to clean the blood. This process removes harmful substances from the blood when the kidneys cannot do this.</li></ul>		The Plain Language Meaning/definition is also considered the plain language example that could be used in a report.	<a href="#">Lupus Glossary</a>
Disease	<ul style="list-style-type: none"><li>Sickness; illness.</li></ul>	Screening for cervical, colorectal, and breast cancers also helps find these diseases at an early stage when treatment works best.	Checking your body for cancer, even if you don't have symptoms, helps find sicknesses early when treatment often works best.	<a href="#">CDC</a>
Disease Registry	<ul style="list-style-type: none"><li>A collection of information or lists about a group of people with a specific sickness; a system for recording or tracking specific illnesses.</li></ul>	The national registry of recognized diabetes prevention programs lists contact information for type 2 diabetes prevention programs in communities across the United States.  It is the only population-based registry in the U.S. that collects information to help scientists learn more about who gets ALS and its causes.	The list includes contact information for CDC-approved type 2 diabetes prevention programs in communities across the United States.	<a href="#">CDC</a>
Disproportionate	<ul style="list-style-type: none"><li>Uneven, affecting one or more groups more or less</li></ul>	Men who have sex with men continue to bear	Some groups are affected by HIV more	<a href="#">CDC</a>

Word	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
	than others.	the greatest burden of HIV infection, and among races/ethnicities, African Americans continue to be disproportionately affected.	than others. Men who have sex with men are the most affected. African Americans are strongly affected, too.	
Distribution	<ul style="list-style-type: none"><li>Where something is located.</li><li>How something is provided or handed out.</li><li>How often does something, such as a characteristic or event, appear in a group or the pattern of the characteristic or event.</li></ul>	The distribution, range, and abundance of the lone star tick have increased over the past 20–30 years, and lone star ticks have been recorded in large numbers as far north as Maine and as far west as Central Texas and Oklahoma.	In the past 20 to 30 years, lone star ticks have increased and spread into new areas in the country. Lone star ticks are found in large numbers as far north as Maine and west as central Texas and Oklahoma.	<a href="#">CDC</a>
Dose	<ul style="list-style-type: none"><li>Amount or number of times.</li></ul>	Some children 6 months through 8 years of age require two doses of influenza vaccine.	Some children 6 months through 8 years of age need the flu shot or nasal spray two times.	<a href="#">CDC</a>
Drug	<ul style="list-style-type: none"><li>A substance that if taken into the body can change how it functions or works.</li><li>A drug is a substance that can have both physical and mental effects on the person taking it.</li><li>Medicine</li><li>Medication</li><li>Substance</li></ul> <p><i>See examples for Pharmacotherapy</i></p>	The drug regimen for the treatment of diabetes includes insulin.	Insulin is a medicine that can be used to treat diabetes.  Insulin can be used with other medicines in a treatment plan for diabetes.	ICES Public and Community Engagement, Knowledge Translation Team
Drug Dispensing	<ul style="list-style-type: none"><li>The process of giving medication to a patient.</li><li>The act of providing medication to a patient by a</li></ul>	As part of the intervention, the pharmacist reviews the list of trial participants and then	The pharmacist provided the antibiotics to the patient after reviewing the	ICES Public and Community

Word	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
	pharmacist or qualified medical professional. <ul style="list-style-type: none"><li>To give out medicine.</li><li>To prepare and distribute medicine.</li><li>To provide medicine.</li></ul>	dispenses amoxicillin to the intervention arm patient.	prescription.	Engagement, Knowledge Translation Team
Drug Discontinuation	<ul style="list-style-type: none"><li>The process of stopping the use of a medicine, medication, agent, or substance.</li></ul>	If a medication has successfully treated a condition, a doctor may recommend discontinuing it. For example, if someone takes antibiotics for an infection, they will discontinue them once it is gone.	If a medication has successfully treated a condition, a doctor may ask you to stop taking it. For example, if someone is taking antibiotics for an infection, they will stop them once the infection is gone.	ICES Public and Community Engagement, Knowledge Translation Team

E

Word	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
Effect/ Effectiveness	<ul style="list-style-type: none"><li>Result, success, consequence, how something works.</li><li>Works well.</li></ul>	<p>1. The effectiveness of birth control methods is critically important for reducing the risk of unintended pregnancy.</p> <p>2. The major effect of benzene from long-term exposure is on the blood.</p>	<p>1. Birth control methods work by lowering the chances a woman will get pregnant when she isn't planning to.</p> <p>2. Some birth control methods work better than others in preventing pregnancy.</p> <p>Long-term contact with benzene, a dangerous chemical, can cause problems with your blood.</p>	<p><a href="#">CDC</a></p> <p><a href="#">Arthritis Glossary</a></p>
Epidemiology/ Epidemiologic	<ul style="list-style-type: none"><li>The study of the spread, pattern, and or causes of sickness in a group of people.</li></ul>	EIS officers are on the public health frontlines, conducting epidemiologic investigations, research, and public health surveillance	CDC's public health workers, such as doctors, nurses, and epidemiologists study health problems that affect groups	<p><a href="#">CDC</a></p>

Word	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
	<ul style="list-style-type: none"><li>Disease study.</li></ul>	nationally and internationally.	of people and communities. They ask questions and gather and review information about who is getting sick or hurt or is dying because of a health problem and why the problem is happening. They track health problems in the United States and other countries to see if they improve or worsen over time.	
Estimate	<ul style="list-style-type: none"><li>A calculation or judgment of a value, number, quantity, or what may happen.</li></ul>	The cost estimate of mental health conditions in the global economy will be \$16 trillion by 2030.	Mental health conditions are on the rise and have big impacts on the global economy. Researchers calculated that these conditions may cost \$16 trillion by 2030.	ICES Public and Community Engagement, Knowledge Translation Team  Academic example taken from the <a href="#">Lancet Commission</a>
Equity	<ul style="list-style-type: none"><li>Fairness, fair access</li><li>Just, justice</li><li>People have unequal starting places, so different resources are needed to correct the imbalance.</li><li>People’s needs guide how resources are distributed.</li><li>When unfair, avoidable differences are eliminated</li></ul>	Advancing health equity through consideration of the social determinants of health requires a recognition in healthcare legislation that health issues and outcomes are strongly affected by contexts and circumstances that exist outside of clinical settings.	Health equity means everyone has a fair opportunity to meet their health potential, regardless of race, social status, economic status, or any other characteristic. An equitable health system offers services that are accessible, available, and acceptable to everyone.	<a href="#">AISP</a> <a href="#">MSSU</a> <a href="#">NCCDH</a>  <a href="#">ICES   Modernizing Ontario's Personal Health Information Protection Act: Recommendations for a Data-Driven Health System</a>

Word	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
Evidenced-based	<ul style="list-style-type: none"><li>Uses facts, data, evidence, scientific studies, and other objective or scientifically derived information; tested; shown to work; proven to work.</li></ul>	[The organization] works with multiple clinical and program sites to increase agencies' capacity to provide evidence-based interventions and connect youth to clinic services.	[The organization] helps clinics and community groups provide programs shown to work to prevent teen pregnancies and connect youth to clinic services.	<a href="#">CDC</a>
Exposure/ Exposed	<ul style="list-style-type: none"><li>Openness or closeness to.</li><li>Not protected from something that can cause harm or sickness.</li><li>Chance of getting sick or being harmed.</li><li>Contact with a chemical by swallowing, breathing, or touching.</li><li>(Note: When possible, use words or phrases that indicate how the exposure happens or will affect someone or something.)</li><li>Been around.</li><li>Come in contact with.</li></ul>	<p>1. Any penetration of the skin by teeth constitutes a bite exposure.</p> <p>2. People are also exposed to secondhand smoke in public places.</p> <p>3. Workers at increased risk of UV damage from sun exposure include lifeguards, construction workers, agricultural workers, landscapers, gardeners, and other outdoor workers.</p> <p>4. How might I be exposed to formaldehyde?</p>	<p>1. When an animal sick with rabies bites you and breaks the skin, there is a chance you can get sick with rabies.</p> <p>2. People can also be harmed by breathing secondhand smoke in public places.</p> <p>3. Workers who have a higher chance of skin damage because of long hours in the sun include lifeguards, construction and agricultural workers, landscapers, gardeners, and other outdoor workers.</p> <p>4. How might I breathe, swallow, or touch formaldehyde?</p>	<a href="#">CDC</a>

F

Word	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
Fiscal Year	<ul style="list-style-type: none"><li>April 1 to March 31</li></ul>	Outcomes were observed over the course of the	The study period was from April 1, 2020,	<a href="#">PROOF (UofT)</a>

Word	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
		2020/2021 fiscal year.	until March 31, 2021.	
Food Insecurity	<ul style="list-style-type: none"><li>Inadequate or limited (not enough) access to food.</li></ul>	First Nations adults living in certain First Nations communities were observed to experience a higher prevalence of food insecurity compared to those living in other parts of the province.	A higher percentage of First Nations adults who live in certain First Nations communities have challenges accessing enough food for their families compared to those living in other parts of the province.	Academic example taken from <a href="#">ICES   First Nations and Diabetes in Ontario</a>  ICES Public and Community Engagement, Knowledge Translation Team

H

Word	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
Health System	<ul style="list-style-type: none"><li>The way care is given and received.</li><li>How you get medical care</li><li>Delivery system</li></ul>	Health systems with strong primary care have better outcomes, lower costs, and fewer disparities.	Places with good family doctors have better health, lower medical care costs, and fewer health differences between people.	<a href="#">National partnership for women &amp; families</a>  ICES Public and Community Engagement, Knowledge Translation Team
Hospitalization /	<ul style="list-style-type: none"><li>Hospital stays</li></ul>	People with diabetes have higher rates of	The severe effects of diabetes cause more	ICES Public and



Word	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
Admission / Admitted (verb)	<ul style="list-style-type: none"><li>Hospital care</li><li>Hospital visit</li><li>Time in the hospital</li></ul>	hospitalization for acute complications compared to other people in Ontario.	hospital stays for those living with the condition.	Community Engagement, Knowledge Translation Team
Hyperglycemia	<ul style="list-style-type: none"><li>High blood sugar</li></ul>	The majority of hypo- and hyperglycemic events can be self-managed by patients outside of the acute care setting.	You can treat most low and high blood sugars at home without going to the hospital.	ICES Public and Community Engagement, Knowledge Translation Team
Hyperlipidemia	<ul style="list-style-type: none"><li>High cholesterol</li></ul>	Diabetes is also associated with an increased prevalence of other vascular risk factors, including hypertension and hyperlipidemia.	People with diabetes have a higher chance of also having high cholesterol and high blood pressure.	<a href="#">CDC</a> ICES Public and Community Engagement, Knowledge Translation Team
Hypertension	<ul style="list-style-type: none"><li>High blood pressure</li></ul>	Hypertension is a risk factor for cardiovascular disease.	High blood pressure can increase your risk of heart disease.	<a href="#">CDC</a> ICES Public and Community Engagement, Knowledge Translation Team

I

Word	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
------	-----------------------------	------------------	-------------------------	---------

Word	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
Inadequate	<p>This can mean that something isn’t good enough or not working well for a particular purpose.</p> <p>This can also be applied to describing:</p> <ul style="list-style-type: none"><li>• Amounts</li><li>• Quality</li><li>• Scope</li></ul>	This study aimed to identify inadequate adverse event reporting in RCTs by early career researchers (ECRs) using an online tool (COBPeer).	This study wanted to look at different research studies that were done by new researchers. They wanted to identify those that weren’t always reporting side effects to medications in their research very well using an online tool.	The academic example was adapted from this <a href="#">PUBMED Article</a>
Incidence or Incidence Rate	<ul style="list-style-type: none"><li>• How often an event happens in a group of people in a certain period of time.</li></ul> <p>(Note: When calculating the incidence rate, the denominator is the population at risk, and the numerator is the number of new cases in the time period.)</p>	This fact sheet gives an overview of HIV incidence in the United States.	This fact sheet gives an overview of how many people in the United States were newly infected with HIV.	<a href="#">CDC</a>
Include	<p>Note: Try not to use this term because "include" often creates a hidden or extra verb. Notice how the plain language sentences use action verbs instead of "include."</p>	<p>Included in these reports are assessments of how well the response operations met objectives, recommendations for correcting gaps or weaknesses, and plans for improving response operations.</p> <p>Your Exposure Control Plan should describe how your facility meets each basic element.</p>	<p>These reports summarize how well the response met goals and how to improve future responses.</p> <p>Your exposure control plan should describe how your workplace meets standards for each basic element. (Note: Say the type of workplace)</p>	<a href="#">CDC</a> ICES Public and Community Engagement, Knowledge Translation Team
Inclusion Criteria  / Exclusion criteria	<ul style="list-style-type: none"><li>• A list of characteristics a group must have to be included in a study.</li><li>• A list of characteristics would cause a group not to be included in a study.</li></ul>	The randomized controlled trial's inclusion criteria included a diagnosis of depression, ages 40-50, female, and living in Canada.	To be included in the study, volunteers had to be living with depression, be between the ages of 40 to 50, identify as female, and live in Canada.	ICES Public and Community Engagement, Knowledge Translation Team

Word	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
Income quintiles	Sorting the annual income of a population into different groups from highest to lowest.	Most administrative data-based studies conducted at ICES use income quintiles for a defined geographic area as a proxy for individual-level socioeconomic status.	Studies at ICES often sort the annual income of a population into different groups. 5 groups sort income from highest to lowest to help understand a person's living conditions.	ICES Public and Community Engagement, Knowledge Translation Team
Indicators	<ul style="list-style-type: none"><li>• Signs</li><li>• Signals</li><li>• Suggest</li><li>• Point to</li></ul>	Compared with other people in Canada, fewer Ontarians with diabetes are monitored for key indicators of diabetes control.	The signs of diabetes control are checked less often among Ontarians than among other people in Canada.	<a href="#">CDC</a>
Individuals	<ul style="list-style-type: none"><li>• People or folks.</li></ul> <p>Using the word 'you' can sometimes be helpful to help make the concept more relatable. See plain language examples.</p>	Individuals who are infected with STDs are at least two to five times more likely than uninfected individuals to acquire HIV infection if they are exposed to the virus through sexual contact.	Having a sexually transmitted disease (STD) makes it more likely you could get HIV when you have sex with someone who has HIV. You are at least two to five times more likely than someone without an STD to get HIV when you have sex with someone with HIV. (Note: It would be important to explain what two to five times means and provide a visual representation.)	<a href="#">CDC</a>
Infection	<ul style="list-style-type: none"><li>• When germs (or illness, sickness, etc.) get into the body.</li></ul>	Most infections with CMV are "silent," meaning most people infected with CMV have no signs or symptoms.	Most of the time, when CMV gets in your body, you may not even know because you may not feel sick.	<a href="#">CDC</a>
Infectious Diseases	<ul style="list-style-type: none"><li>• Sickesses are caused by germs, such as bacteria, viruses, and fungi, that enter the body and grow in number; some of these germs spread from one person to another, and some spread in air, water,</li></ul>	Infectious diseases account for millions of school days lost each year for kindergarten through 12th-grade public school students in the United States.	Kids in public schools in the United States miss millions of school days each year because of sicknesses caused by germs.	<a href="#">CDC</a>

Word	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
	food, soil, insects, or animals.			
Inpatient / Inpatient care	An individual who a hospital has officially accepted to receive one or more health services: <ul style="list-style-type: none"><li>• stays overnight in the hospital.</li><li>• overnight hospital stays.</li><li>• checked into the hospital.</li></ul>	The rate of discharge to inpatient rehabilitation facilities was similar regardless of their area of residence.	People in Ontario had a similar percentage of going to rehabilitation after a hospital stay.	<a href="#">CIHI (patient cost estimator glossary)</a>
Interquartile Range	<ul style="list-style-type: none"><li>• a measure of where the fifty percent is in a data set.</li><li>• a measure of spread.</li></ul>	In 2014/15, the median HbA1c level was 9.1 (IQR, 6.7–11.3).	From 2014 to 2015, the values for a test to detect diabetes called A1C. were spread between 6.7-11.3. This means, that most of the test values were quite high.	<a href="#">StatisticsHowTo</a>  ICES Public and Community Engagement, Knowledge Translation Team
Implement or Implementation	<ul style="list-style-type: none"><li>• Use</li><li>• Uptake</li></ul>	This paper discusses the development of a triple C model for implementation that supports the sustainability of complex interventions in health care services.	In this paper, we discuss strategies that support the uptake and long-term use of special medical treatments and services in health care.	<a href="#">MSSU</a>  Academic example taken from <a href="#">BMC article.</a>

L

Word	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
Limitation	<ul style="list-style-type: none"><li>• Weakness or shortcomings of a study.</li><li>• Things that the study was not able to achieve or</li></ul>	However, this method has its limitations, as laboratory tests done in outpatient clinics at	The study has weaknesses or shortcomings because of missing data or	<a href="#">Cochrane ( Glossary of</a>

	address.	some hospitals may be covered under the hospital's global budget and would not be captured through OHIP billing claims.	data we could not obtain. For example, tests done in clinics attached to hospitals might be billed directly to the hospital, so we'd miss them when we look at OHIP bills.	<a href="#">terms</a> ) Example adjusted using ICES reports - ICES Public and Community Engagement, Knowledge Translation Team
Lipid monitoring /  Lipid values	<ul style="list-style-type: none"><li>Measuring the levels of cholesterol (a fat-like substance found in the blood)</li></ul>	Consistent lipid monitoring every 3 years was associated with primary prevention of cardiovascular disease in the older adult cohort.	Getting cholesterol checked every 3 years helps to prevent developing heart disease in older adults.	ICES Public and Community Engagement, Knowledge Translation Team

M

Word	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
Maternal health	<ul style="list-style-type: none"><li>Relating to women's health during pregnancy, childbirth, and the period after birth (postpartum).</li></ul>		The Plain Language Meaning/definition is also considered the plain language example that could be used in a report.	ICES Public and Community Engagement, Knowledge Translation Team
Mean	<ul style="list-style-type: none"><li>The average of a data set.</li></ul>	The mean triglyceride level of the control group was 2.0 mmol/L, significantly higher than the intervention group.	The average triglyceride level (a type of fat in your blood) was 2.0 mmol/L for those who did not receive the educational program. This average was higher than those who did receive the education	<a href="#">StatisticsHowTo</a>

Word	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
			program.	
Median	<ul style="list-style-type: none"><li>The value in the middle of a data set.</li><li>The middle of a set of numbers.</li></ul>	The median age of end-stage kidney disease onset was 52 years for the cohort.	People's age when they got end-stage kidney disease was between 44 and 66. The median (the middle value of the list of ages) was 52.	<a href="#">Statistics Canada</a>  <a href="#">Berkley – Health Statistics</a>  <a href="#">StatisticsHowTo</a>  ICES Public and Community Engagement, Knowledge Translation Team
Methods/methodology	<ul style="list-style-type: none"><li>How the study was done or carried out.</li></ul>	Major changes to BRFSS survey methods began in 2011.	Major changes to how researchers carry out the BRFSS survey began in 2011.	<a href="#">CDC</a>
Modifiable Risk Factor	<ul style="list-style-type: none"><li>A risk factor for a disease that can be changed through behaviour.</li></ul>	Some factors related to diabetes risk are nonmodifiable, such as genetic disorders, age and ethnicity. Other diabetes risk factors are potentially modifiable, such as high blood pressure, overweight/obesity, physical inactivity, and smoking.	Some things that increase your chance of getting diabetes, such as your family history and age, can't be changed. Other things can be changed, such as your blood pressure, your weight, how much you move, and whether you smoke.	ICES Public and Community Engagement, Knowledge Translation Team
Mode	<ul style="list-style-type: none"><li>The most common number or value.</li></ul>	There were over 15 types of mental health conditions diagnosed within the cohort dataset. The mode of the dataset was the condition of anxiety.	There were over 15 types of mental health conditions that people in the study had. Anxiety was the most common condition in the group.	<a href="#">Statistics Canada</a>  <a href="#">Berkley-Health Statistics</a>



Word	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
				<a href="#">StatisticsHowTo</a>
Modify	<ul style="list-style-type: none"><li>To change or to fix.</li></ul>	Modify recipes to reduce the amount of fat and calories.	Change recipes so they have less fat and fewer calories.	<a href="#">CDC</a>
Monitor	<ul style="list-style-type: none"><li>Check</li><li>Watch/watch closely</li><li>Keep track of</li></ul>	You will only know the plan's success if you monitor your progress.	You will only know the plan's success if you check your progress from time to time.	<a href="#">CDC</a>
Morbidity/morbidity rate	<ul style="list-style-type: none"><li>Sick / sickness</li><li>How many people have a certain illness</li></ul>	Maternal morbidity includes physical and psychological conditions that result from or are aggravated by pregnancy and have an adverse effect on a woman's health.	Women who've given birth can get sick because of physical and psychological reasons that pregnancy causes or makes worse.	<a href="#">CDC</a> <a href="#">MSSU</a>
Mortality / all-cause mortality	<ul style="list-style-type: none"><li>Death</li><li>Deaths by any cause</li></ul>	All-cause mortality was estimated by following each cohort to determine which individuals had died in the current 12-month period.	We looked at each group's total number of deaths by any cause in a year.	<a href="#">CDC</a> ICES Public and Community Engagement, Knowledge Translation Team
Myocardial Infarction	<ul style="list-style-type: none"><li>Heart attack</li></ul>	Compared with women in Ontario, a smaller proportion of men with diabetes visited a primary care physician after a hospitalization for heart failure or myocardial infarction.	After finishing a hospital stay for heart failure or heart attack, it's a good idea to visit your family doctor. We found that a smaller percentage of men with diabetes had this visit compared to women in Ontario.	ICES Public and Community Engagement, Knowledge Translation Team

N

Word	Plain Language Meaning/definition	Academic Example	Plain language examples	Sources
Nephrology	<ul style="list-style-type: none"><li>The study of kidney function.</li></ul>	Access to nephrology care is similar for First Nations people and other people in Ontario.	First Nations people and other people in Ontario have the same access to kidney care.	<a href="#">ICES   First Nations and Diabetes in Ontario</a>  ICES Public and Community Engagement, Knowledge Translation Team

O

Word	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
Onset / age of onset	<ul style="list-style-type: none"><li>Start</li><li>Get</li><li>Diagnosed with</li></ul>	Diabetes in some populations has been found to have a younger age of onset, more rapid progression and higher complication rates than those experienced by the general Canadian population.	Compared to other Canadians, some people get diabetes at a younger age and experience worse effects sooner.	ICES Public and Community Engagement, Knowledge Translation Team
Oral Agents	<ul style="list-style-type: none"><li>Medicines that are taken by mouth (swallowed), usually in the form of a tablet, pill, lozenge, or liquid.</li></ul>	Prescriptions of only oral agents were similar for First Nations people and other people in Ontario.	Diabetes can sometimes be treated using medicines that are taken by mouth (swallowed). We found similar doctor's orders for this type of medicine for First Nations people and other people in Ontario.	Academic example taken from <a href="#">ICES   First Nations and Diabetes in Ontario</a>  ICES Public and

Word	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
				Community Engagement, Knowledge Translation Team
Outcomes	<ul style="list-style-type: none"><li>Result</li><li>Effect</li></ul> <p>[Name the specific outcome (for example blood pressure, sense of well-being, or something else)]</p>	Well-being is a meaningful positive outcome for people and many sectors of society because it tells us that people perceive that their lives are going well.	People, groups, and organizations care about well-being as a positive result. We know that people think their lives are going well when they report high levels of well-being.	<a href="#">CDC</a> <a href="#">MSSU</a> <a href="#">Cochrane (Glossary of terms)</a>
Outpatient Care	<ul style="list-style-type: none"><li>Care at a doctor's office or clinic outside of a hospital.</li></ul>	There was a two-fold increase in outpatient visits for post-surgical infection in the control group compared to the intervention group.	The number of people visiting a doctor's office for infections after surgery doubled for those who did not receive education.	<a href="#">National partnership for women &amp; families</a>
Overweight	<ul style="list-style-type: none"><li>Weight</li><li>Excess weight</li></ul>	The 10-year diabetes risk and the number of new cases are predicted to be disproportionately higher among individuals classified as overweight/obese and physically inactive and lower among those with normal weight and physically active.	The chance of being diagnosed with diabetes is higher among people who have a higher weight and a lower physical activity level.	<a href="#">Wadden &amp; Didie (2003)</a>

P

Word	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
Persons	<ul style="list-style-type: none"><li>People</li></ul>	Advances in the early diagnosis, treatment, and care of HIV+ persons have helped many people enjoy increased health and longer lives.	People with HIV have better health and longer lives today because diagnosis, treatment, and care have improved.	<a href="#">CDC</a>
Perinatal	<ul style="list-style-type: none"><li>The time immediately before and immediately after</li></ul>	Diabetes during pregnancy, either pre-existing or gestational diabetes, is a major contributor to	Diabetes during pregnancy can cause health problems before, during, and after	ICES Public and Community

Word	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
	birth.	maternal and perinatal adverse events.	pregnancy.	Engagement, Knowledge Translation Team
Pharmacotherapy  /study of drugs	<ul style="list-style-type: none"><li>Relating to the study or use of medicine.</li></ul>	We assessed the pharmacotherapy regimen, the distribution of different medication classes and the types of insulin prescribed.	We looked at how medicines were used and which types.	ICES Public and Community Engagement, Knowledge Translation Team
Population	<ul style="list-style-type: none"><li>A group of people.</li><li>Everyone in a group or a select group of people specific to a place, trade, or condition (Note: You can use the number of people affected.)</li><li>Can include the name of the specific population</li></ul>	The future health of the nation will be determined to a large extent by how effectively we work with communities to eliminate health disparities among those populations experiencing a disproportionate burden of disease, disability, and death.	How healthy we are as a country depends on getting rid of differences that cause millions of people to be less healthy, have more disabilities, and die earlier than expected.	<a href="#">CDC</a> <a href="#">Cochrane (Glossary of terms)</a>
Pre-eclampsia	<ul style="list-style-type: none"><li>High blood pressure in pregnancy can cause complications.</li></ul>		The Plain Language Meaning/definition is also considered the plain language example that could be used in a report.	ICES Public and Community Engagement, Knowledge Translation Team
Prescriptions (noun)  Prescribe (verb)	<ul style="list-style-type: none"><li>medicines, drugs</li><li>written directions from your doctor about your medicine (arthritis glossary)</li><li>doctor's orders (CDC)</li><li>ordered by a doctor</li></ul>	To capture prescriptions for antidiabetic drugs, we used the Drug Identification Number database to identify all antidiabetic drugs.	To find the number of doctor's orders for diabetic drugs, we used the "Drug Identification Number" database.	<a href="#">CDC</a> <a href="#">Cochrane (Glossary of Terms)</a>  <a href="#">National</a>

Word	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
				<a href="#">Partnership for Women &amp; Families</a>
Prevalence	<ul style="list-style-type: none"><li>• Number or percentage of people with a sickness or condition (Note: Specify the time period.)</li><li>• Spread, disease spread, number, figure</li></ul>	Studies in Asia, Europe, and North America have identified individuals with ASD with an average prevalence of about 1%.	About 1 in 100 people in Asia, Europe, and North America have autism spectrum disorder (ASD).	<a href="#">CDC</a>
Prevalent	<ul style="list-style-type: none"><li>• Widespread, common, everywhere, many people or places.</li></ul>	In the United States, arthritis, falls, and fall injuries are highly prevalent conditions among middle-aged (aged 45–64 years) and older (aged ≥65 years) adults.  Pharmacologic treatment is extremely prevalent.	Adults 45 years and older in the United States commonly have arthritis and fall injuries.  Treating people with prescription medicines is very common.	<a href="#">CDC</a>
Preventable	<ul style="list-style-type: none"><li>• Stopping something from happening.</li><li>• Keeps something from happening.</li></ul>	A mother's alcohol use during pregnancy is one of the top preventable causes of birth defects and developmental disabilities.	If a mother drinks during pregnancy, it can often cause birth defects and problems with her child's growth and abilities. The good news is there are ways to keep a baby from being born with these problems.	<a href="#">CDC</a>
Primary Care	<ul style="list-style-type: none"><li>• Family doctor.</li><li>• A doctor who cares for the whole patient.</li></ul>	Access to comprehensive primary care physicians and specialist care for diabetes control is lower for those in rural parts of Ontario.	People living in rural areas of Ontario have less access to family doctors and specialist diabetes doctors.	<a href="#">National partnership for women &amp; families</a>  ICES Public and Community Engagement, Knowledge Translation Team

Word	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
Prolonged	<ul style="list-style-type: none"><li>State the period of time, when possible; if not, "lengthy" or "a long time" is a more common term.</li></ul>	<p>Untreated heavy or prolonged bleeding can stop you from living your life to the fullest. It also can cause anemia.</p> <p>Teens and adults, especially those who haven't been vaccinated, may have a prolonged cough that keeps them up at night.</p>	<p>Heavy or long-lasting bleeding that goes without treatment can cause anemia and stop you from enjoying life.</p> <p>Teens and adults, especially those who haven't been vaccinated, may have coughing fits that can go on for up to 10 weeks or more.</p>	<p><a href="#">CDC</a></p> <p>ICES Public and Community Engagement, Knowledge Translation Team</p>
Progression  / disease progression	<ul style="list-style-type: none"><li>The course of a disease or condition.</li><li>Move forward, go on, get worse.</li></ul>	<p>Detecting kidney disease early and reducing the progression to end-stage kidney disease is a priority.</p>	<p>We need to notice people's kidney disease earlier so that we can stop it from getting worse.</p>	<p><a href="#">Arthritis Glossary</a></p> <p>ICES Public and Community Engagement, Knowledge Translation Team <a href="#">CDC</a></p>
Proportion	<ul style="list-style-type: none"><li>a part of</li><li>a percent</li><li>Amount of</li></ul>	<p>The proportion of women with diabetes increased from 6.1% in 1995 to 14.1% in 2014.</p>	<p>In 1995, the amount of women who had diabetes was 6.1%. By 2014, this had increased to 14.1%.</p>	<p><a href="#">StatisticsHowTo</a></p>
Proxy	<ul style="list-style-type: none"><li>A replacement measure in a study for something on which there may not be information.</li></ul>	<p>Income was used as a proxy variable for the socioeconomic status of individuals living within the geographic boundaries of the study.</p>	<p>To understand a person's living conditions, income was measured for people living in the areas included in the study.</p>	<p>ICES Public and Community Engagement, Knowledge Translation Team</p>
Psychosocial factors	<ul style="list-style-type: none"><li>Things that influence mental health or behaviour. These things can be caused by someone's environment, past life experiences, family, peers, or resources.</li></ul>	<p>A recent analysis of the socioeconomic patterning of women 's health found that psychosocial well-being displayed the steepest socioeconomic gradient.</p>	<p>The Plain Language Meaning/definition is also considered the plain language example that could be used in a report.</p>	<p><a href="#">Psychology Dictionary</a></p>



Word	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
P Value	See examples for statistically significant			

Q

Word	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
Quartiles  / Quintiles	<ul style="list-style-type: none"><li>Grouping information into 4 categories, usually representing a range from highest to lowest.</li><li>Grouping information into 5 categories, usually representing a range from highest to lowest.</li></ul>	Most administrative data-based studies conducted at ICES use income quintiles for a defined geographic area as a proxy for individual-level socioeconomic status.	<p>Studies at ICES often sort the annual income of a population into different groups. 5 groups sort income from highest to lowest to help understand a person's living conditions.</p> <p>Researchers often group data into five quintiles. For example, to sort ten people into five quintiles by age:</p> <ul style="list-style-type: none"><li>•The two oldest people are in quintile 1</li><li>•The next two older people are in quintile 2</li><li>•People with ages in the middle are in quintile 3</li><li>•Two younger people are in quintile 4</li><li>•The two youngest people are in quintile 5</li></ul>	<p><a href="#">ICES   Agreement between area- and individual-level income measures in a population-based cohort: implications for population health research</a></p> <p>ICES Public and Community Engagement, Knowledge Translation Team</p>
Quantitative / Quantitative research /	<ul style="list-style-type: none"><li>Measuring</li><li>Counting</li><li>Using numbers</li></ul>	Quantitative research is the process of collecting and analyzing numerical data. It is used to describe, predict, or control variables of interest. The aim is to produce objective, empirical data that can be measured and expressed in numerical terms.	In quantitative research, researchers collect data in the form of numbers. Quantitative research might ask a question like how many people visit their family doctor each year, or what proportion of children have had a	<p><a href="#">Population Data BC</a></p> <p><a href="#">MSSU</a></p>

Word	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
			particular vaccine, or whether a new drug lowers blood pressure more than the drugs that are usually used.	

R

Word	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
Range	<ul style="list-style-type: none"><li>Go from (and include space between) two points.</li><li>The difference between the maximum and the minimum.</li></ul>	ASDs are "spectrum disorders," which means ASDs affect each person in different ways and can range from very mild to severe.	Autism spectrum disorders (ASDs) affect each person in different ways. ASDs are called "spectrum disorders" because the symptoms can be anywhere between mild and strong.	<a href="#">CDC</a>  <a href="#">Statistics Canada</a>
Rate	A number that compares and describes: <ul style="list-style-type: none"><li>how often a health event or disease occurs.</li><li>in a specific group of people or population</li><li>over a specific time period</li></ul>	Diabetes rates are higher in First Nations people than other people in Ontario.	First Nations people are more likely to develop diabetes than other people in Ontario.	<a href="#">ICES   First Nations and Diabetes in Ontario</a>  ICES Public and Community Engagement, Knowledge Translation Team
Reduce	<ul style="list-style-type: none"><li>Lower</li><li>Bring down</li><li>shrink</li></ul>	<p>There are many ways parents can reduce a child's exposure to lead.</p> <p>There may be several ways to reduce your risk of developing lung cancer.</p>	<p>Parents can do several things to protect their children from lead. (Note: Sentence was rewritten to focus on positive, protective behaviour rather than exposure risk.)</p> <p>You can do several things to lower your</p>	<a href="#">CDC</a>

Word	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
			chances of lung cancer.	
Residence/place of residence	<ul style="list-style-type: none"><li>Be in, live in</li><li>Home, apartment, house</li></ul>	The place of residence for First Nations people was categorized as being either in a First Nations community, outside of a First Nations community, out of province, or unknown.	We looked at where people lived: in a First Nations community, outside a First Nations community, or outside of the province.	<a href="#">ICES   First Nations and Diabetes in Ontario</a>  ICES Public and Community Engagement, Knowledge Translation Team
Response	<ul style="list-style-type: none"><li>What people, groups, or organizations do after something else happens.</li><li>An answer.</li></ul>	CDC uses the Incident Management System (IMS) to manage responses.	CDC uses the Incident Management System (IMS) to organize activities to protect people's health after an emergency.	<a href="#">CDC</a>
Risk	<ul style="list-style-type: none"><li>Chance or the likelihood for a health problem to occur.</li></ul>	There is an elevated risk of cancer in groups of people who are overweight, who smoke, consume alcohol, and have frequent and prolonged sun exposure.	You can reduce your chance of getting cancer in a variety of ways, including keeping a healthy weight, avoiding tobacco, limiting the amount of alcohol you drink, and protecting your skin.	<a href="#">CDC</a>
Relative Risk (RR)/ Risk Ratio	<ul style="list-style-type: none"><li>Relative risk tells you if a relationship exists and how strong that risk factor is.</li><li>A risk ratio (R.R.), also called relative risk, compares the risk of a health event (disease, injury, risk factor, or death) among one group with the risk among another group. An R.R. close to 1 means there is not much difference between the two groups; an R.R. notably higher or lower than 1 means we see more difference.</li></ul> <a href="#">NCCMT - URE - Relative Risk it's easy to calculate and</a>	When observing the number of Emergency Department (ED) visits per 1000 persons, those living in the highest quintile of residential instability had higher rates of E.D. use for mental health-related reasons than those living in the lowest quintile (2.15 RR).	People living in neighbourhoods with high levels of unstable housing had 2 times more visits to the Emergency Department for mental health concerns than people living in neighbourhoods with low levels of unstable housing.  A relative risk (RR) score compares how often something happens in one group and how often it happens in another group.	ICES Public and Community Engagement, Knowledge Translation Team

Word	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
	<a href="#">interpret - YouTube</a>		An RR of exactly 1 would mean there is no difference between the two groups.  An RR of 2.67 means that something is nearly three times more likely in one group than the other.	
Risk Assessment	<ul style="list-style-type: none"><li>Quiz, questionnaire, or other method to find out a person's or group's chances of having a health problem</li></ul>	The online Hepatitis Risk Assessment is designed to determine an individual's risk for viral hepatitis and asks questions based on CDC's testing and vaccination guidelines.	The online hepatitis quiz can help you find out if you are more likely to have a viral hepatitis infection.  Scientists use information from studies and places damaged by harmful chemicals to estimate if people might have a greater chance of getting sick because they were in contact with harmful chemicals. (Note: Provide risk context by adding where or why people might have a greater chance of getting sick.)	<a href="#">CDC</a>
Risk Factors	<ul style="list-style-type: none"><li>Anything that makes it more likely is the reason for or increases the chance a person or group of people will get sick, hurt, or die. People's beliefs and attitudes, what they do and don't do, where they live and work, their age, and family health history are some reasons people are more or less likely to develop health problems.</li><li>Something that makes a person more likely to get a particular disease or condition.</li><li>Decreases the chances of good health</li></ul>	Cigarette smoking is the number one risk factor for developing lung cancer.  Stroke risk factors include age and behaviours such as smoking.	Smoking is the number one reason people get lung cancer.  How old you are and the things you do, such as smoking cigarettes, will increase your chance of having a stroke.	<a href="#">CDC</a> <a href="#">NCCDH</a>

S

Word	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
Screening	<ul style="list-style-type: none"><li>• Testing or checking to see if a person is healthy or sick. A screening test is usually done when a person has not shown any symptoms of a disease.</li><li>• It is different from a diagnostic test, which is done when a person has had one or more symptoms and is suspected having of a disease.</li></ul>	Cervical cancer is often a preventable reproductive cancer if regular screening tests and follow-up are conducted.	Regular tests to find cervical cancer make it possible to find the cancer and catch it early.	<a href="#">CDC</a>
Sedentary	<ul style="list-style-type: none"><li>• Inactive</li><li>• Sitting or not much physical activity.</li></ul>	Efforts to address these risk factors must consider the cumulative effects of ongoing racism, dispossession from land, childhood and intergenerational trauma, changes in diet and an increase in sedentary lifestyles associated with colonization.	To help lower these risks, many things need to be considered. Things to help lower these risks should think about the effects of racism, how land has been stolen and continues to be stolen, trauma, changes in eating habits and less physical activity.	ICES Public and Community Engagement, Knowledge Translation Team
Self-reported	<ul style="list-style-type: none"><li>• According to the person, group, etc.</li></ul>	DPoRT is a validated population-based risk prediction algorithm that estimates the future risk of type 2 diabetes using self-reported risk factor information from health surveys, including age, sex, body mass index, education, smoking status, heart disease, and hypertension.	DPoRT is a way to predict risk based on calculations. The tool uses information according to the person on their age, sex, weight, height, education, smoking status, heart disease and blood pressure.	ICES Public and Community Engagement, Knowledge Translation Team
Sensitivity	<ul style="list-style-type: none"><li>• The ability of a tool or test to detect a positive result when a disease is present accurately.</li><li>• Tests with a high sensitivity have few false negatives.</li><li>• How to Interpret: If 100 patients known to have a disease were tested, and 60 correctly test positive, then the test has 60% sensitivity.</li></ul>	Data from this source have been validated against primary care health records and are demonstrated to be accurate for determining the incidence and prevalence of diabetes with a sensitivity of 86% and a specificity of 97%.	The source can detect diabetes correctly in 86 out of 100 patients.	ICES Public and Community Engagement, Knowledge Translation Team
Severe	Severe: strong, serious, harmful, dangerous, very bad.	It can cause mild to severe illness and, at times, can lead to death.	The flu can make you a little sick or very sick. For example, you may only	<a href="#">CDC</a>

Word	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
			have a cough and runny nose or get something like a lung infection. The flu can even kill you.	
Social Determinants of Health/Socio-economic Factors	<ul style="list-style-type: none"><li>• Non-medical factors that influence health outcomes.</li><li>• The conditions in which people are born, grow, work, live, and age.</li><li>• The wider set of forces and systems shaping the conditions of daily life... including economic policies and systems, development agendas, social norms, social policies and political systems</li></ul>	<p>At a broad level, these gaps will require addressing the social determinants of health that fuel the epidemic and thwart its management.</p> <p>Exhibits 4.2 to 4.5 illustrate how diabetes risk and new diabetes cases are expected to be distributed across sociodemographic and risk factors.</p>	For everyone to be healthy, we must improve the non-medical factors influencing health outcomes.	<p><a href="#">Social determinants of health (who.int)</a></p> <p>ICES Public and Community Engagement, Knowledge Translation Team</p>
Specificity	<ul style="list-style-type: none"><li>• The ability of a tool or test to accurately detect a negative result when a disease is absent.</li><li>• Tests with a high specificity have few false positives.</li><li>• If 100 patients known to have no disease were tested and 60 correctly tested negative, then the test has 60% specificity.</li></ul>	Data from this source have been validated against primary care health records and are demonstrated to be accurate for determining the incidence and prevalence of diabetes with a sensitivity of 86% and a specificity of 97%.	The source has a low rate of false positives, with the ability to correctly identify a negative test in 97 out of 100 patients.	ICES Public and Community Engagement, Knowledge Translation Team
Standard Deviation	<ul style="list-style-type: none"><li>• Standard deviation is a measure of dispersal in statistics. "Dispersal" tells you how much your data is spread out or scattered.</li></ul>	The average blood sugar level for the intervention cohort was 5.2, with a standard deviation of 1.8.	A low standard deviation means that our results are similar to the average and helps us to understand how much blood sugar levels could vary. This gives us confidence in our intervention, as we can see that most people have a blood sugar value close to the average level.	<a href="#">StatisticsHowTo</a>
Statistically Significant	<ul style="list-style-type: none"><li>• Statistical Significance is a way to tell you if your test results are solid. Statistics isn't an exact science. You can think of stats as very finely tuned guesswork. As statistics requires some guesswork, we must know how close our "guess" is. That's</li></ul>	Age and sex-adjusted mortality point estimates measured at intervals of 7 days, 30 days and one year following admission to the hospital were consistently higher. However, the differences were not statistically significant.	When we looked at how people were doing 1 year after their hospital stay, we found no difference in the percentages of deaths.	<p><a href="#">StatisticsHowTo</a></p> <p><a href="#">Cochrane ( Glossary of terms)</a></p>

Word	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
	<p>where significance comes in.</p> <p>Cochrane recommends avoiding it if possible; state the implications instead.</p> <ul style="list-style-type: none"><li>• [Intervention] may cause a large reduction/increase in [outcome].</li><li>• We do not know if [Intervention] affects or has an effect on [outcome].</li><li>• [Intervention] may reduce/increase/have little to no effect on [outcome], but we are very uncertain about the results.</li></ul>			ICES Public and Community Engagement, Knowledge Translation Team
Strata  Stratify	<ul style="list-style-type: none"><li>• Subgroups</li><li>• Smaller groups</li><li>• To group according to specific characteristics.</li></ul>	The two populations were stratified by a number of covariates, including age group, rurality and comorbidity	We looked at differences in diabetes care based on a person's age group, where they live, and whether they had other health conditions.	ICES Public and Community Engagement, Knowledge Translation Team
Subsequently	<ul style="list-style-type: none"><li>• Next</li><li>• Following</li><li>• Later</li><li>• After</li><li>• Then</li></ul>	Upon completion of the cardiovascular prevention module, the statin was subsequently given to all participants.	Once people in the study finished the education module, they were then given a statin medication.	<a href="#">National partnership for women &amp; families</a>  <a href="#">Plainlanguage.gov</a>
Suppression  / Data suppression	<ul style="list-style-type: none"><li>• To hold back.</li><li>• To keep hidden for privacy reasons.</li></ul>	Because of the requirement to suppress small cell sizes, we could not meaningfully compare rates of E.D. visits and hospitalizations for acute complications by the Local Health Integration Network.	When very little data is available, we hide it to protect people's privacy. Because of this, we couldn't compare the number of hospital stays between different Local Health Integration Networks.	<a href="#">Arthritis glossary</a>  ICES Public and Community Engagement, Knowledge Translation Team



Word	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
Surveillance	<ul style="list-style-type: none"><li>Collecting or gathering information to help improve health or health care needs for certain groups or a population.</li></ul>	Occupational surveillance data guide efforts to improve worker safety and health and monitor trends and progress over time.	We gather information from places where people work so we can improve worker safety and health.	<a href="#">CDC</a>
Stroke	<ul style="list-style-type: none"><li>A blockage of blood flow to the brain is caused by a build-up of plaque (fatty substance) in the blood.</li></ul>	Smoking increases the risk of stroke.	The Plain Language Meaning/definition is also considered the plain language example that could be used in a report.	ICES Public and Community Engagement, Knowledge Translation Team
Survival Analysis/  Kaplan Meier	<ul style="list-style-type: none"><li>Statistical tools are used to assess the time until an event occurs. The event could be death or another measure, like when a disease happens.</li><li>Shows the probability of an event (for example, survival) at a certain time interval.</li></ul>	A survival analysis (Cox hazard model) with competing risk was carried out in order to adjust for age, sex and year of diagnosis.	To understand when death would occur because of heart disease, a special type of analysis was run. This analysis considers any differences in age, sex or year of diagnosis that could impact the results.	<a href="#">Graph pad</a>

T

Word	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
Transmit/Transmission	<ul style="list-style-type: none"><li>Spread to others, pass to others.</li></ul>	Although each can cause similar symptoms, they have different modes of transmission and can affect the liver differently.	The three types of hepatitis can cause similar symptoms, but they don't spread from person to person in the same way. The three types also can hurt your liver in different ways.	<a href="#">CDC</a>
Trends	<ul style="list-style-type: none"><li>Patterns in information that can be tracked.</li></ul>	The data was analyzed from 2012 to 2021 to determine if there were trends over time in hospitalizations for mental health conditions.	Information was looked at over 10 years to see if any patterns could be uncovered over time for things like the number of people being hospitalized for mental health reasons.	ICES Public and Community Engagement, Knowledge Translation

Word	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
				Team

U

Word	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
Utilize / Utilization	<ul style="list-style-type: none"><li>• Use</li><li>• Use of</li><li>• Make use of</li></ul>	Beyond simply presenting descriptions of complications and rates of health services utilization, this report provides important insights into the next steps for action.	This report describes the effects of diabetes and the use of health services. It also provides things we do to make changes.	<a href="#">ICES   First Nations and Diabetes in Ontario</a>  ICES Public and Community Engagement, Knowledge Translation Team

V

Word	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
Valid (adjective)  / Validated (verb)	<ul style="list-style-type: none"><li>• Good for</li><li>• Lasts for</li><li>• Proven</li><li>• Tested</li><li>• Confirmed</li></ul>	Data from this source have been validated against primary care health records. They are accurate for determining the incidence and prevalence of diabetes, with a sensitivity of 86% and a specificity of 97%.	We checked this source against other health records to confirm how accurate it was.	<a href="#">CDC</a>
Variation/variance	<ul style="list-style-type: none"><li>• Variance measures how far a data set is spread out or how different two things are.</li></ul>	The variation in diabetes prevalence between men and women was much more pronounced	A higher percentage of First Nations women have diabetes compared to First	<a href="#">StatisticsHowTo</a> <a href="#">ICES   First</a>

Word	Meaning (in Plain Language)	Academic Example	Plain Language Examples	Sources
		among those living in First Nations communities compared to those who lived outside of First Nations communities.	Nations men. The gender difference is bigger within First Nations communities (compared to outside of First Nations communities).	<a href="#">Nations and Diabetes in Ontario</a>

Disclaimer Statement:

Please note that the information contained in this Plain Language Thesaurus includes a compilation of terms, definitions and examples from various plain language thesauruses and resources that were produced, tested (where applicable) and published by a variety of statistics and health or health research organizations. In some cases, the plain language definitions and examples were adjusted to improve technical accuracy based on feedback from our ICES scientists and staff. Where possible, the links to the sources have been included in the document.



Data  
Discovery  
Better Health

# GOT QUESTIONS?

 [public@ices.on.ca](mailto:public@ices.on.ca)

© 2024 ICES

 2075 Bayview Avenue  
Toronto, Ontario, M4N 3M5

 416-480-4055  
Toll Free: 1-833-480-4055



 ICES Research Institute

 ICESOntario

 [ices.on.ca](https://ices.on.ca)

 [icesontario](https://www.instagram.com/icesontario)

