

Youth happiness & life satisfaction

Health indicator report

Background

- The purpose of this health indicator report is to provide information about happiness and life satisfaction among youth aged 12-17 living in Halton Region.
- Life satisfaction provides the best available umbrella measure of the combined effects on well-being, such as health, social connections, mobility, employment and incomes.¹
- Youth happiness and youth life satisfaction are two of five positive mental health outcomes identified by the Public Health Agency of Canada.² Understanding and enabling improved self-reported well-being is an important preventative measure in the promotion of mental health.³
- This health indicator report uses data from the Canadian Health Survey on Children and Youth (CHSCY).

Key findings

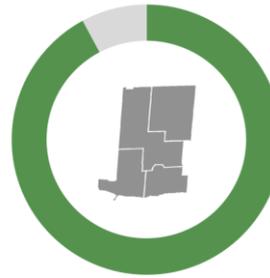
- In 2019, 92% of Halton youth aged 12-17 reported being generally happy (happy and interested in life & somewhat happy).
- There were no statistically significant differences in youth happiness by sex, municipality, household income, parent education, or immigration.
- In 2019, 90% of Halton youth aged 12-17 reported being satisfied or very satisfied with life in general.
- Youth in the highest household income group were most likely to report being satisfied or very satisfied with life in general. There were no statistically significant differences in youth life satisfaction by sex, municipality, parent education or immigration.



Happiness

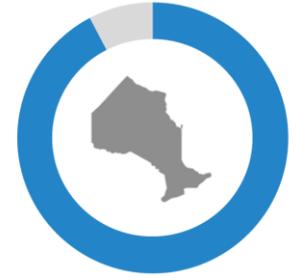
Halton vs. Ontario

- In 2019, 92% of youth in both Halton and Ontario aged 12-17 reported being generally happy.



92%

of Halton youth



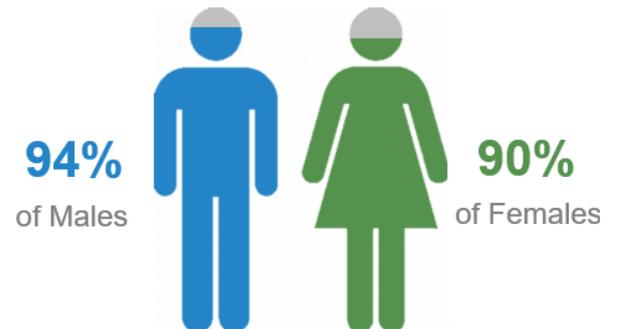
92%

of Ontario youth

Percentage of youth aged 12-17 who reported being generally happy, Halton Region and Ontario, 2019

Sex

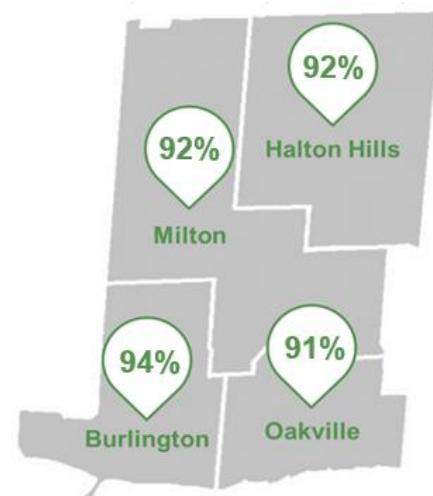
- In 2019, there was no statistically significant differences by sex in the percentage of youth aged 12-17 who reported being generally happy.



Percentage of youth aged 15-17 who reported being generally happy, by sex, Halton Region, 2019

Municipality

- In 2019, there were no statistically significant differences by municipality in the percentage of youth aged 12-17 who reported being generally happy.



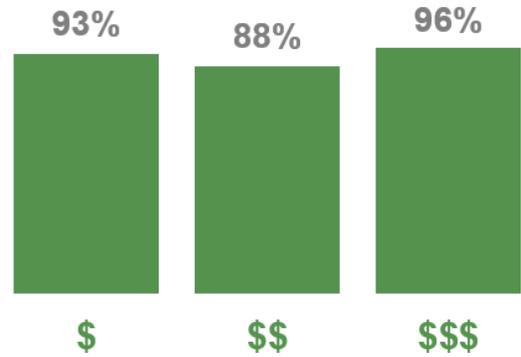
Percentage of youth aged 12-17 who reported being generally happy, by municipality, Halton Region, 2019



Happiness

Household income

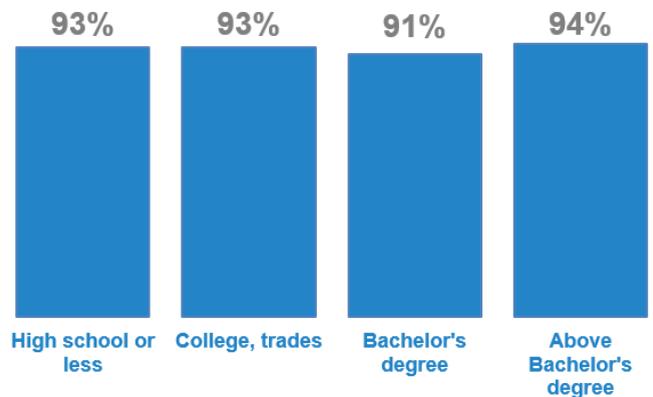
- In 2019, there were no statistically significant differences by household income in the percentage of youth aged 12-17 who reported being generally happy.



Percentage of youth aged 12-17 who reported being generally happy, by household income group, Halton Region, 2019

Parents' education

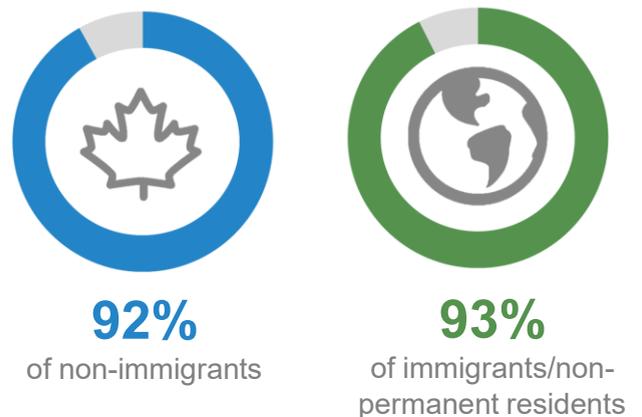
- In 2019, there were no statistically significant differences by parents' education in the percentage of youth aged 12-17 who reported being generally happy.



Percentage of youth aged 12-17 who reported being generally happy, by parents' highest level of education, Halton Region, 2019

Immigrant status

- In 2019, there was no statistically significant differences by immigrant status in the percentage of youth aged 12-17 who reported being generally happy.



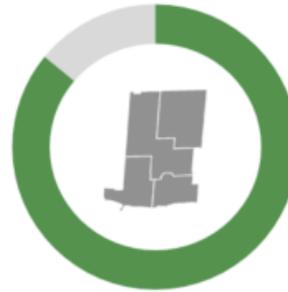
Percentage of aged 12-17 who reported being generally happy, by immigration status, Halton Region, 2019



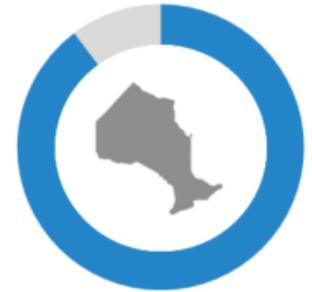
Life satisfaction

Halton vs. Ontario

- In 2019, 86% of Halton youth aged 12-17 and 90% of Ontario youth aged 12-17 reported being satisfied or very satisfied with life in general. This difference was not statistically significant.



86%
of Halton youth

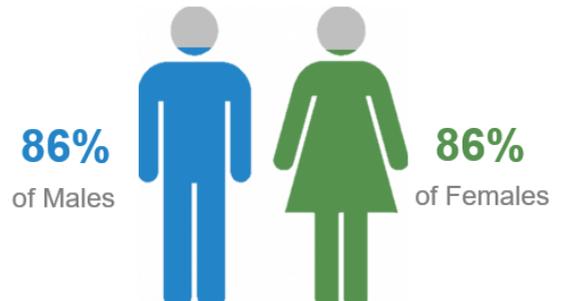


90%
of Ontario youth

Percentage of youth aged 12-17 who reported being satisfied or very satisfied with life in general, Halton Region and Ontario, 2019

Sex

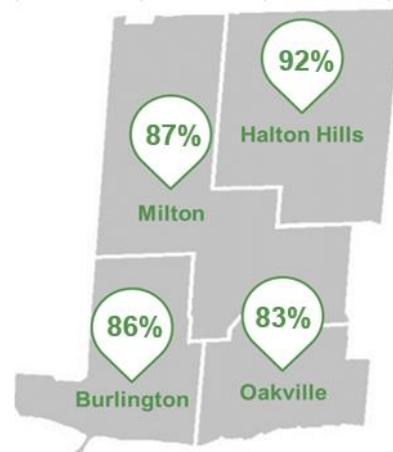
- In 2019, there was no statistically significant difference by sex in the percentage of youth aged 12-17 who reported being satisfied or very satisfied with life in general.



Percentage of youth aged 12-17 who reported being satisfied or very satisfied with life in general, by sex, Halton Region, 2019

Municipality

- In 2019, there were no statistically significant differences by municipality in the percentage of youth aged 12-17 who reported being satisfied or very satisfied with life in general.



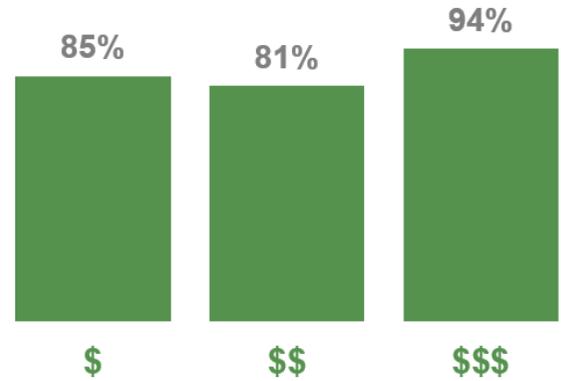
Percentage of youth aged 12-17 who reported being satisfied or very satisfied with life in general, by municipality, Halton Region, 2019



Life satisfaction

Household income

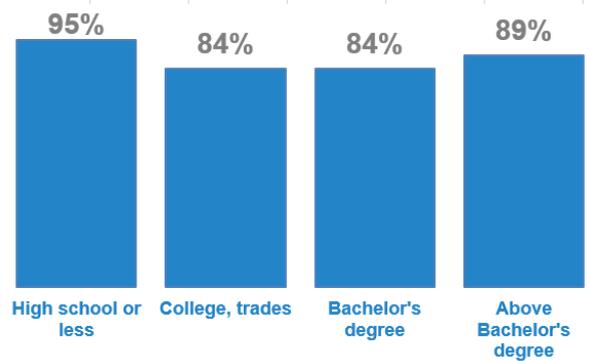
- In 2019, youth aged 12-17 in the highest household income group were more likely than youth in the middle income group to report being satisfied or very satisfied with life in general. This difference was **statistically significant**.



Percentage of youth aged 12-17 who reported being satisfied or very satisfied with life in general, by household income group, Halton Region, 2019

Parents' education

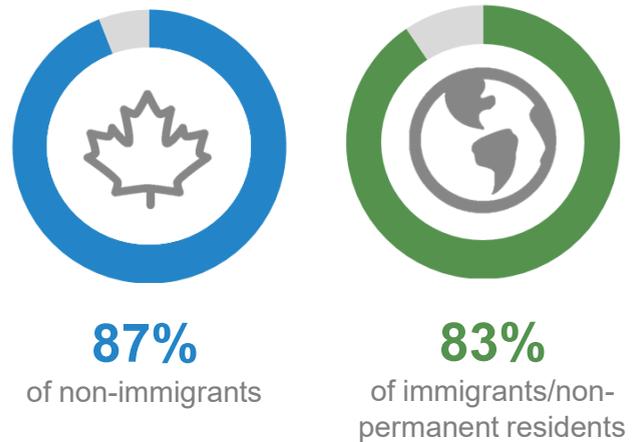
- In 2019, there were no statistically significant differences by parents' education in the percentage of youth aged 12-17 who reported being satisfied or very satisfied with life in general.



Percentage of youth aged 12-17 who reported being satisfied or very satisfied with life in general, by parents' highest level of education, Halton Region, 2019

Immigrant status

- In 2019, there were no statistically significant differences by immigrant status in the percentage of youth aged 12-17 who reported being satisfied or very satisfied with life in general.



Percentage of youth aged 12-17 who reported being satisfied or very satisfied with life in general, by immigration status, Halton Region, 2019

About CHSCY

- The Canadian Health Survey on Children and Youth (CHSCY) explores issues that have an impact on the physical and mental health of children and youth. CHSCY is conducted by Statistics Canada.
- CHSCY is an occasional and voluntary survey that is designed to provide reliable estimates at the provincial level and across age groups. CHSCY was first conducted in 2019 and included 50,000 children and youth ages 1-17 from across Canada's provinces and territories, including 1,138 children and youth in Halton and 22,651 children and youth in Ontario.⁴ In 2019, CHSCY was administered as a cross-sectional survey, meaning that respondents were surveyed at a single point in time.⁴ In 2023, a longitudinal component is being added to the cross-sectional survey, and respondents from the previous cycle (2019) will be resurveyed to assess changes in health and well-being over time.⁵
- Two questionnaires were used to collect survey data. One questionnaire was administered to the Person Most Knowledgeable (PMK) about the selected child or youth aged 1 to 17.⁶ A separate questionnaire was administered directly to the selected youth aged 12 to 17.⁶ Youth aged 15 to 17 could be identified as their own PMK if they lived on their own or did not live with a parent.⁶
- For more information on CHSCY methodology and limitations, see the CHSCY Data Notes and Data Interpretation Guide at www.halton.ca/For-Residents/Public-Health/Health-Statistics.

Data notes

Definitions:

Happiness includes being generally happy and interested in life and somewhat happy. **Life satisfaction** includes being very satisfied or satisfied with life in general.

Data Source: Canadian Health Survey on Children and Youth [2019], Statistics Canada, Share File, Ontario MOHLTC

References

1. Statistics Canada. 2020. Life satisfaction in Canada before and during the COVID-19 pandemic. Accessed July 2023 from <https://www150.statcan.gc.ca/n1/pub/11f0019m/11f0019m2020020-eng.htm>
2. Varin, M. 2020. At-a-glance: An update on positive mental health among youth in Canada. Retrieved July 2023 from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7093069/>
3. Mitra, R. 2021. Subjective well-being of Canadian children and youth during the COVID-19 pandemic: The role of the social and physical environment and healthy movement behaviours. Retrieved July 2023 from <https://www.sciencedirect.com/science/article/pii/S2211335521000942>
4. Statistics Canada. 2019. Canadian Health Survey on Children and Youth. Accessed May 2023 from <https://www23.statcan.gc.ca/imdb/p2SV.pl?Function=getSurvey&Id=1215270>
5. Statistics Canada. 2023. Canadian Health Survey on Children and Youth. Accessed May 2023 from <https://www23.statcan.gc.ca/imdb/p2SV.pl?Function=getSurvey&SDDS=5233#a2>
6. Statistics Canada. 2020. 2019 Canadian Health Survey on Children and Youth (CHSCY): User Guide.

For more health indicator and health status reports, visit the Halton Health Statistics webpage at halton.ca.

Last updated: July 2023