

Health Indicator Report

Life Satisfaction

Background

The purpose of this health indicator report is to provide information on self-reported life satisfaction among residents aged 12 and over in Halton Region and Ontario.

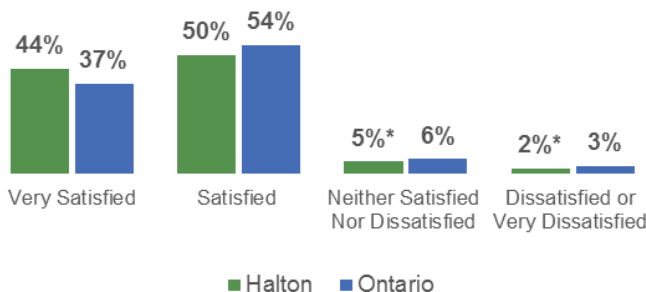
The World Health Organization (WHO) defines mental health as “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”¹ The WHO constitution emphasizes positive mental health in their definition of health stating “health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”² Life satisfaction is a key indicator of positive mental health that measures how favourably people evaluate their life as a whole.^{3,4} For more information on programs and resources supporting positive mental health in Halton, visit [Halton Region’s Mental Health webpage](#).⁵

This health indicator report uses data from the Canadian Community Health Survey (CCHS).

Overall Findings

In 2013/14, 44% of Halton residents aged 12 and over reported feeling very satisfied with life as a whole, 50% satisfied, 5% neither satisfied nor dissatisfied, and 2% dissatisfied or very dissatisfied.

When compared to Ontario, Halton had a significantly higher percentage of residents who reported feeling very satisfied with life as a whole.

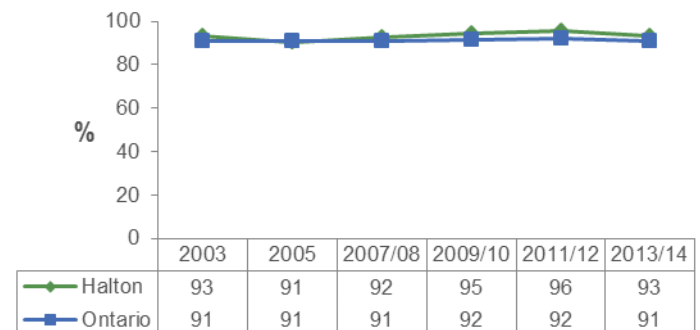


Life satisfaction, residents aged 12 and over, Halton Region and Ontario, 2013/14

Trends Over Time

In 2013/14, 93% of Halton residents aged 12 and over reported feeling satisfied or very satisfied with life as a whole. There were no statistically significant changes over time in Halton Region or Ontario from 2003 to 2013/14.

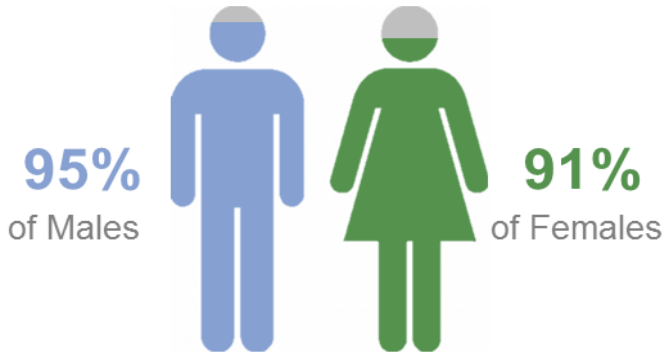
The percentage of Halton residents who reported feeling satisfied or very satisfied with life as a whole was generally higher than the percentage of Ontario residents. These differences were **statistically significant** in 2003, 2009/10 and 2011/12.



Percentage of residents aged 12 and over who reported feeling satisfied or very satisfied with life as a whole, Halton Region and Ontario, 2003-2014

Sex

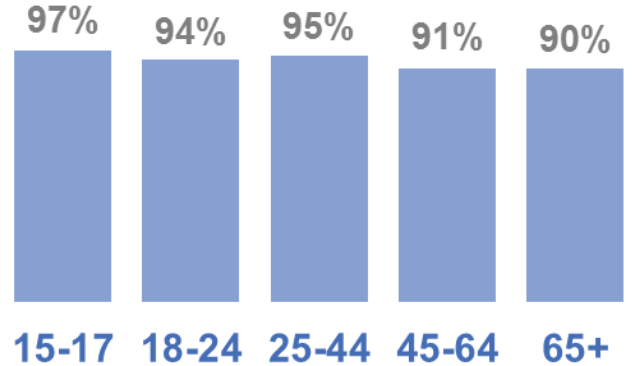
In 2013/14, there was no statistically significant difference by sex in the percentage of Halton residents who reported feeling satisfied or very satisfied with life as a whole.



Percentage of residents aged 12 and over who reported feeling satisfied or very satisfied with life as a whole, by sex, Halton Region, 2013/14

Age

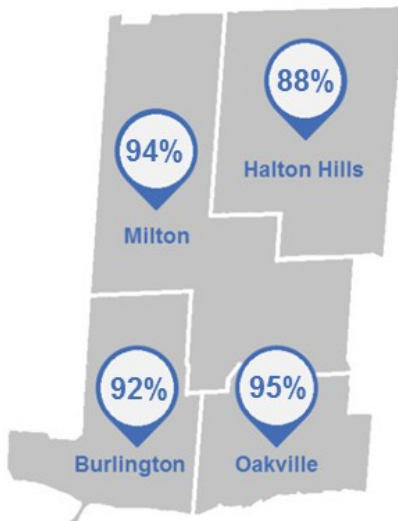
In 2013/14, there were no statistically significant differences by age in the percentage of Halton residents who reported feeling satisfied or very satisfied with life as a whole.



Percentage of residents aged 12 and over who reported feeling satisfied or very satisfied with life as a whole, by age, Halton Region, 2013/14

Municipality

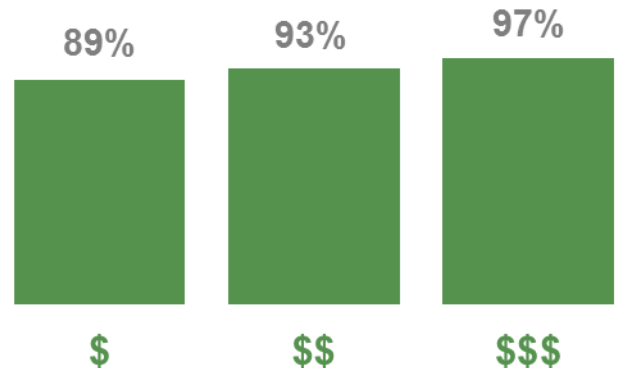
In 2013/14, there were no statistically significant differences by municipality in the percentage of Halton residents who reported feeling satisfied or very satisfied with life as a whole.



Percentage of residents aged 12 and over who reported feeling satisfied or very satisfied with life as a whole, by municipality, Halton Region, 2013/14

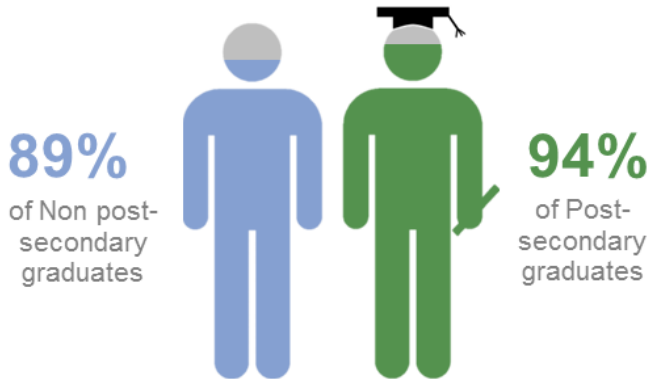
Income

In 2013/14, the percentage of Halton residents who reported feeling satisfied or very satisfied with life as a whole increased as income increased. This difference was **statistically significant** when comparing residents in the lowest income group to residents in the highest income group.



Percentage of residents aged 12 and over who reported feeling satisfied or very satisfied with life as a whole, by income, Halton Region, 2013/14

In 2013/14, there was no statistically significant difference by education in the percentage of Halton residents who reported feeling satisfied or very satisfied with life as a whole.



Percentage of residents aged 25 and over who reported feeling satisfied or very satisfied with life as a whole, by education, Halton Region, 2013/14

For more information on CCHS, methods, statistical significance and limitations associated with health indicator reports, please see the Data Notes and Guide available at www.halton.ca.

Definitions: **Mental health** is defined by the World Health Organization as “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”¹

Data Source: Canadian Community Health Survey [2003-2014], Statistics Canada, Share File, Ontario MOHLTC

Limitations: In general, individuals with mental illness are more difficult to reach in surveys. The perception of social disapproval by respondents may also affect their response to questions.

Estimates marked with an asterisk (*) should be interpreted with caution due to high variability. Estimates marked with a double asterisk (**) are not reportable.

References

1. World Health Organization. 2016. Mental Health. Accessed November 2016 from http://www.who.int/features/factfiles/mental_health/en/
2. World Health Organization. 2014. Mental Health: A state of well-being. Accessed November 2016 from http://www.who.int/features/factfiles/mental_health/en/
3. OECD Better Life Index. 2016. Life Satisfaction. Accessed November 2016 from <http://www.oecdbetterlifeindex.org/topics/life-satisfaction/>
4. Orpana H, Vachon J, Dykxhoorn J, McRae L, Jayaraman G. 2016. Monitoring Positive Mental Health and its Determinants in Canada: The Development of the Positive Mental Health Surveillance Indicator Framework. Health Promotion and Chronic Disease Prevention in Canada Research Policy and Practice. 36(1), 1-15.
5. Halton Region Health Department. 2016. Mental Health. Accessed October 2016 from <http://www.halton.ca>

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

Last Revised: November 22, 2016
Expected Update: 2017