

Health Indicator Report

Mood and Anxiety Disorders

Background

The purpose of this health indicator report is to provide information about mood and anxiety disorders among residents aged 12 and over living in Halton Region and Ontario.

The World Health Organization 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 Mood and anxiety disorders are among the most common types of mental health disorders in Canada.² Mood disorders include depression, bipolar disorder, mania or dysthymia.³ Anxiety disorders typically involve phobias, obsessive-compulsive disorder, and panic disorder.³ Both mood and anxiety disorders can interfere with an individual’s overall health and everyday life.² Care from a mental health professional and early recognition can improve the well-being of individuals affected by these disorders, allowing them to reach improved quality of life.² For more information on programs and resources supporting positive mental health in Halton, visit [Halton Region’s Mental Health webpage](#).⁴

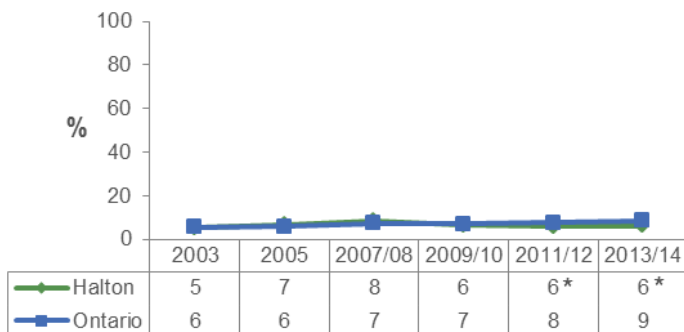
This health indicator report uses data from the Canadian Community Health Survey (CCHS).

Mood Disorders

Trends Over Time

In 2013/14, 6%* of Halton residents aged 12 and over reported having been diagnosed with a mood disorder. There were no statistically significant changes in Halton Region from 2003 to 2013/14.

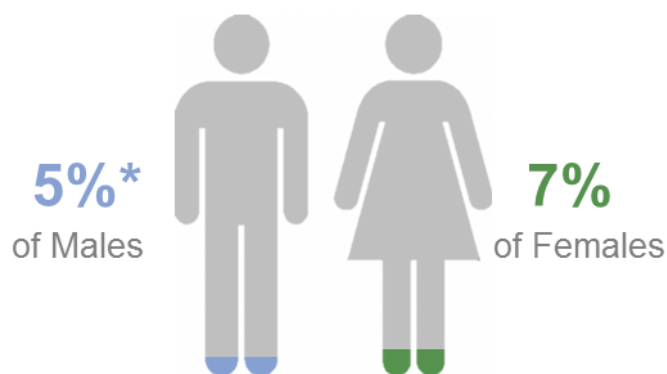
From 2003 to 2013/14 the percentage of Ontario residents aged 12 and over who reported having been diagnosed with a mood disorder increased from 6% to 9% and this increase was statistically significant. There were no statistically significant differences when comparing Halton and Ontario.



Percentage of residents aged 12 and over who reported having been diagnosed with a mood disorder, Halton Region and Ontario, 2003-2014

Sex

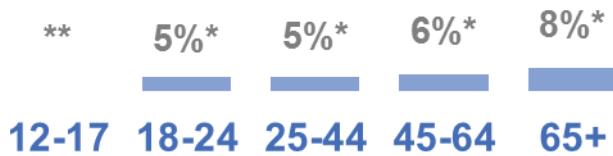
For 2011 to 2014 combined, there was no statistically significant difference by sex in the percentage of Halton residents who reported having been diagnosed with a mood disorder.



Percentage of residents aged 12 and over who reported having been diagnosed with a mood disorder, by sex, Halton Region, 2011-2014 combined

Age

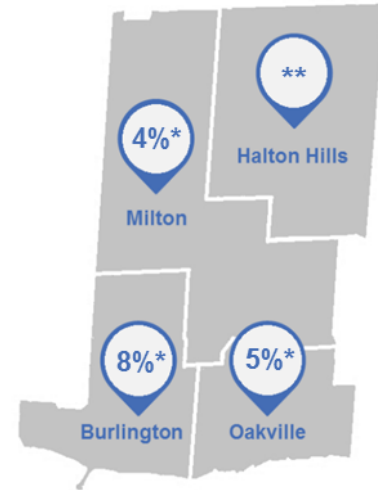
For 2011 to 2014 combined, there were no statistically significant differences by age in the percentage of Halton residents who reported having been diagnosed with a mood disorder.



Percentage of residents aged 12 and over who reported having been diagnosed with a mood disorder, by age, Halton Region, 2011-2014 combined

Municipality

For 2011 to 2014 combined, there were no statistically significant differences by municipality in the percentage of Halton residents who reported having been diagnosed with a mood disorder.



Percentage of residents aged 12 and over who reported having been diagnosed with a mood disorder, by municipality, Halton Region, 2011-2014 combined

Income

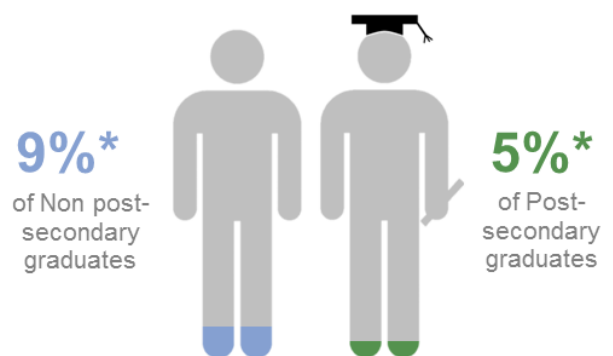
For 2011 to 2014 combined, there were no statistically significant differences by income in the percentage of Halton residents who reported having been diagnosed with a mood disorder.



Percentage of residents aged 12 and over who reported having been diagnosed with a mood disorder, by income, Halton Region, 2011-2014 combined

Education

For 2011 to 2014 combined, there was no statistically significant difference by education in the percentage of Halton residents who reported having been diagnosed with a mood disorder.



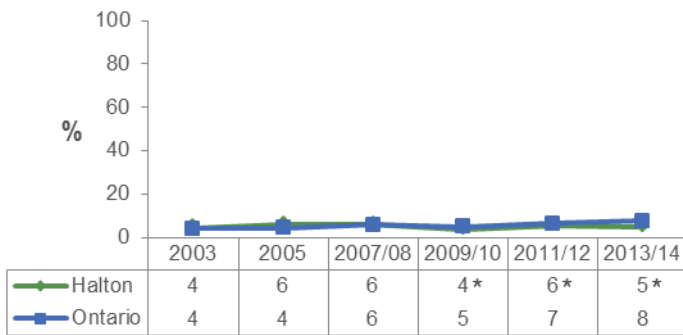
Percentage of residents aged 25 and over who reported having been diagnosed with a mood disorder, by education, Halton Region, 2011-2014 combined

Anxiety Disorders

Trends Over Time

In 2013/14, 5%* of Halton residents aged 12 and over reported having been diagnosed with an anxiety disorder. There were no statistically significant changes in Halton Region from 2003 to 2013/14.

From 2003 to 2013/14 the percentage of Ontario residents aged 12 and over who reported having been diagnosed with an anxiety disorder increased from 4% to 8% and this increase was statistically significant. There were no statistically significant differences when comparing Halton and Ontario.



Percentage of residents aged 12 and over who reported having been diagnosed with an anxiety disorder, Halton Region and Ontario, 2003-2013/14

Sex

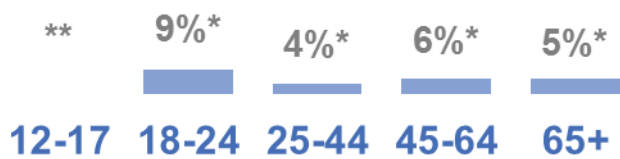
For 2011 to 2014 combined, there was no statistically significant difference by sex in the percentage of Halton residents who reported having been diagnosed with an anxiety disorder.



Percentage of residents aged 12 and over who reported having been diagnosed with an anxiety disorder, by sex, Halton Region, 2011-2014 combined

Age

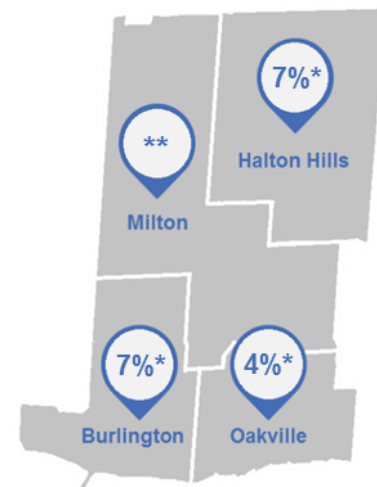
For 2011 to 2014 combined, there were no statistically significant differences by age in the percentage of Halton residents who reported having been diagnosed with an anxiety disorder.



Percentage of residents aged 12 and over who reported having been diagnosed with an anxiety disorder, by age, Halton Region, 2011-2014 combined

Municipality

For 2011 to 2014 combined, there were no statistically significant differences by municipality in the percentage of Halton residents who reported having been diagnosed with an anxiety disorder.



Percentage of residents aged 12 and over who reported having been diagnosed with an anxiety disorder, by municipality, Halton Region, 2011-2014 combined

Income

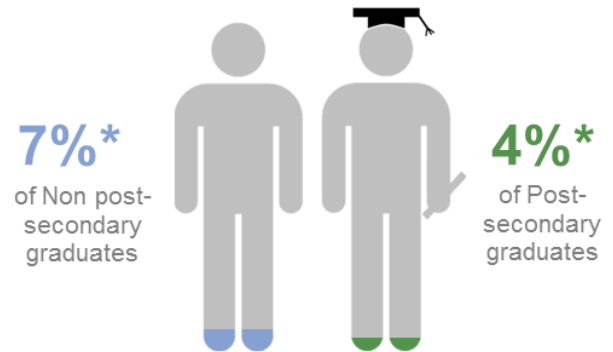
For 2011 to 2014 combined, there were no statistically significant differences by income in the percentage of Halton residents who reported having been diagnosed with an anxiety disorder.



Percentage of residents aged 12 and over who reported having been diagnosed with an anxiety disorder, by income, Halton Region, 2011-2014 combined

Education

For 2011 to 2014 combined, there was no statistically significant difference by education in the percentage of Halton residents who reported having been diagnosed with an anxiety disorder.



Percentage of residents aged 25 and over who reported having been diagnosed with an anxiety disorder, by education, Halton Region, 2011-2014 combined

Data Notes

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: **Mood disorders** include depression, bipolar disorder, mania and dysthymia. **Anxiety disorders** include phobias, obsessive-compulsive disorder and panic disorder. The CCHS questions specifically asked about conditions diagnosed by a health professional that are expected to last or have already lasted 6 months or more.

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 and may affect service use.⁵

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. Government of Canada. 2015. Mood and anxiety disorders in Canada. Accessed November 2016 from <http://healthycanadians.gc.ca/publications/diseases-conditions-maladies-affections/mental-mood-anxiety-anxieux-humeur/index-eng.php>
3. Public Health Agency of Canada. 2012. A Report on Mental Illnesses in Canada. Accessed November 2016 from http://www.phac-aspc.gc.ca/publicat/miic-mmacc/chap_1-eng.php
4. Halton Region Health Department. 2016. Mental Health. Accessed October November 2016 from <http://www.halton.ca>
5. Mawani F, Gilmour H. Validation study of self-rated mental health. Health Reports 2010(3):61-75. Accessed November 2016 from <http://www.ncbi.nlm.nih.gov/pubmed/20973435>

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

Last Revised: November 18, 2016
Expected Update: 2018