

Health Indicator Report

Self-Perceived Life and Work Stress

Background

The purpose of this health indicator report is to provide information about self-perceived life stress among residents aged 15 and over and self-perceived work stress among residents aged 20-64 living in Halton Region and Ontario.

Stress is a normal and rather common life experience, yet too much stress can result in serious health concerns.¹ Stress can present itself in many forms and signs of it can include irritability, changes in sleep patterns, changes in weight or appetite, difficulty concentrating, negative thinking, and restlessness.¹ Stress can arise for many different reasons and can occur due to events in one's personal or work life. Stress is a risk factor for many conditions including heart disease, bowel disease and mental illness.¹ Stress can contribute to negative health behaviours such as smoking, over-consumption of alcohol, and poor diet.² Maintaining a healthy diet, exercise, adequate sleep, and a supportive social network can help to reduce stress.³

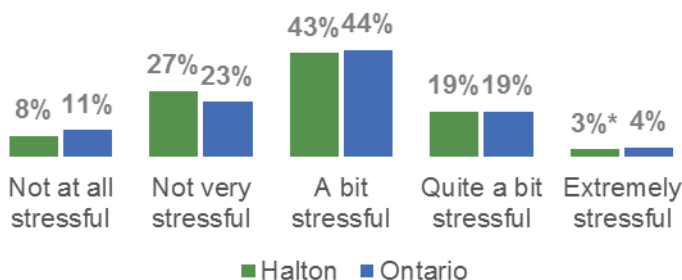
This health indicator report uses data from the Canadian Community Health Survey (CCHS).

Self-Perceived Life Stress

Overall Findings

In 2013/14, 8% of Halton residents aged 15 and over reported that most days of their life were not at all stressful, 27% reported most days as not very stressful, 43% a bit stressful, 19% quite a bit stressful and 3% extremely stressful.

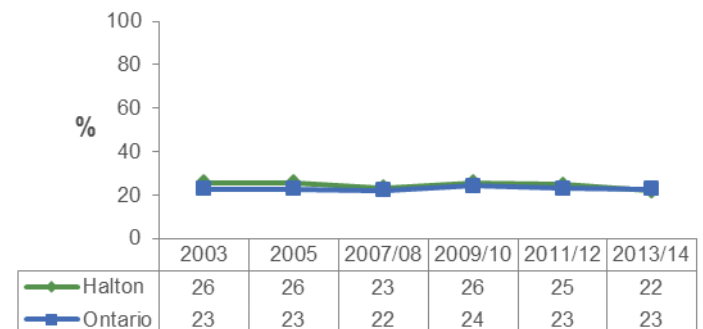
When compared to Halton, Ontario had a significantly higher percentage of residents who reported that most days were not at all stressful. There were no significant differences in any other categories.



Self-perceived life stress, residents aged 15 and over, Halton Region and Ontario, 2013/14

Trends Over Time

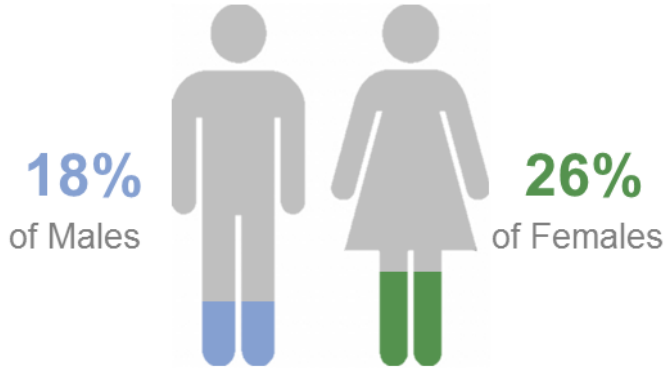
In 2013/14, 22% of Halton residents aged 15 and over reported their life as quite a bit or extremely stressful most days, compared to 23% of Ontario residents. There were no statistically significant changes in Halton Region or Ontario from 2003 to 2013/14.



Percentage of residents aged 15 and over who reported their life as quite a bit or extremely stressful most days, Halton Region and Ontario, 2003-2014

Sex

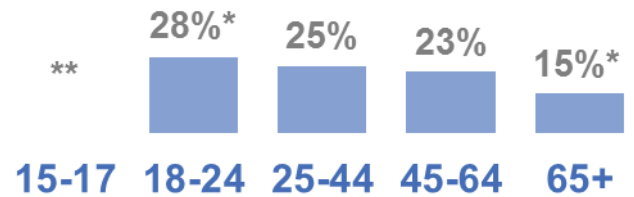
In 2013/14, there was no statistically significant difference by sex in the percentage of Halton residents aged 15 and over who reported their life as quite a bit or extremely stressful most days.



Percentage of residents aged 15 and over who reported their life as quite a bit or extremely stressful most days, by sex, Halton Region, 2013/14

Age

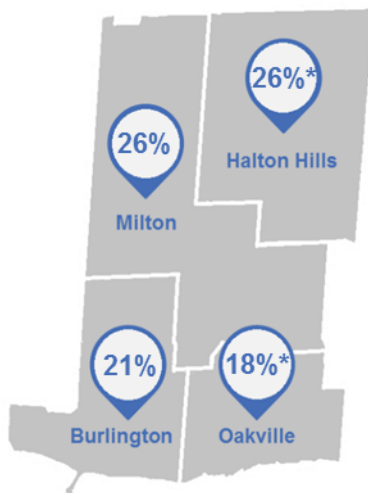
In 2013/14, the percentage of Halton residents aged 15 and over who reported their life as quite a bit or extremely stressful most days was higher among residents aged 18-24 when compared to residents aged 65 and over. However, this difference was not statistically significant.



Percentage of residents aged 15 and over who reported their life as quite a bit or extremely stressful most days, by age, Halton Region, 2013/14

Municipality

In 2013/14, there were no statistically significant differences by municipality in the percentage of Halton residents aged 15 and over who reported their life as quite a bit or extremely stressful most days.



Percentage of residents aged 15 and over who reported their life as quite a bit or extremely stressful most days, by municipality, Halton Region, 2013/14

Income

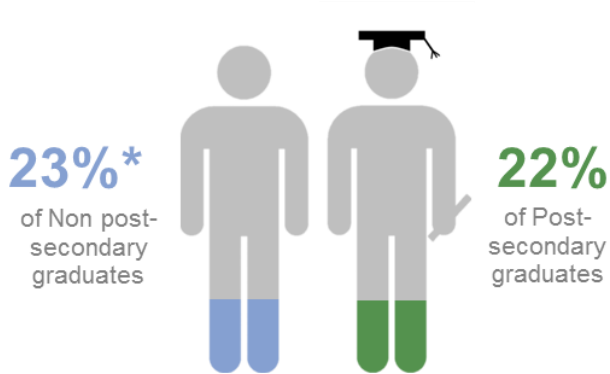
In 2013/14, there were no statistically significant differences by income in the percentage of Halton residents aged 15 and over who reported their life as quite a bit or extremely stressful most days.



Percentage of residents aged 15 and over who reported their life as quite a bit or extremely stressful most days, by income, Halton Region, 2013/14

Education

In 2013/14, there was no statistically significant difference by education in the percentage of Halton residents aged 25 and over who reported their life as quite a bit or extremely stressful most days.

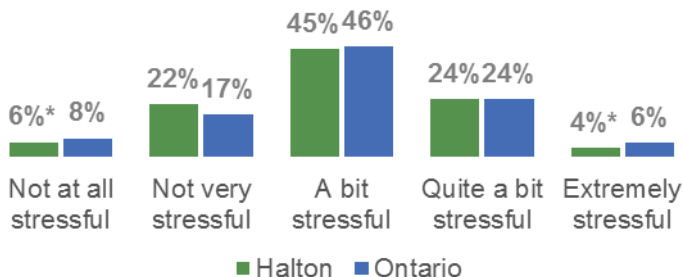


Percentage of residents aged 25 and over who reported their life as quite a bit or extremely stressful most days, by education, Halton Region, 2013/14

Self-Perceived Work Stress

Overall Findings

In 2013/14, 6% of Halton residents aged 20-64 reported that in the past 12 months, most days of work were not at all stressful, 22% reported most days at work were not very stressful, 45% a bit stressful, 24% quite a bit stressful and 4% extremely stressful. There were no significant differences when comparing Halton to Ontario.

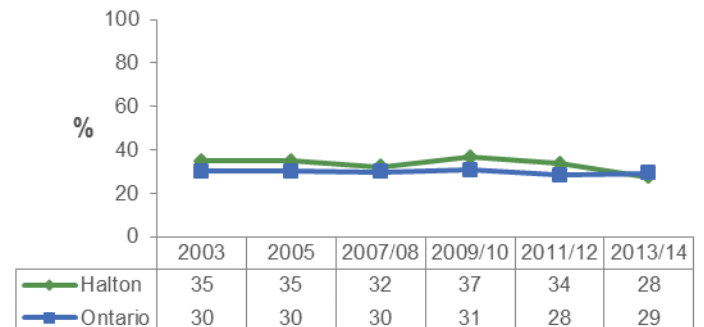


Self-perceived work stress, residents aged 20-64, Halton Region and Ontario, 2013/14

Trends Over Time

In 2013/14, 28% of Halton residents aged 20 to 64 reported their work as quite a bit or extremely stressful most days in the past 12 months. There were no statistically significant changes in Halton from 2003 to 2013/14.

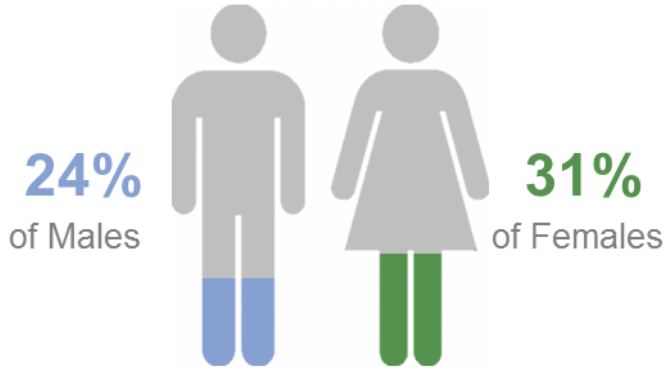
In 2013/14, 29% of Ontario residents aged 20 to 64 reported their work as quite a bit or extremely stressful most days in the past 12 months. There were no statistically significant changes in Ontario from 2003 to 2013/14.



Percentage of residents aged 20-64 who reported their work as quite a bit or extremely stressful most days in the past 12 months, Halton Region and Ontario, 2003-2014

Sex

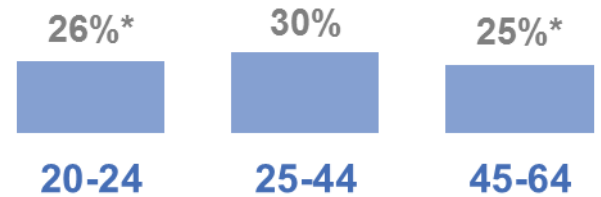
In 2013/14, there was no statistically significant difference by sex in the percentage of Halton residents aged 20 to 64 who reported their work as quite a bit or extremely stressful most days in the past 12 months.



Percentage of residents aged 20-64 who reported their work as quite a bit or extremely stressful most days in the past 12 months, by sex, Halton Region, 2013/14

Age

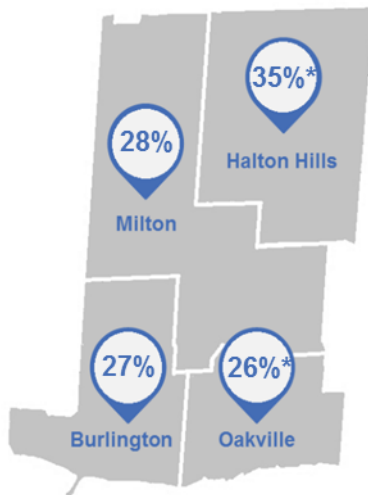
In 2013/14, there were no statistically significant differences by age in the percentage of Halton residents aged 20 to 64 who reported their work as quite a bit or extremely stressful most days in the past 12 months.



Percentage of residents aged 20-64 who reported their work as quite a bit or extremely stressful most days in the past 12 months, by age, Halton Region, 2013/14

Municipality

In 2013/14, there were no statistically significant differences by municipality in the percentage of Halton residents aged 20 to 64 who reported their work as quite a bit or extremely stressful most days in the past 12 months.



Percentage of residents aged 20-64 who reported their work as quite a bit or extremely stressful most days in the past 12 months, by municipality, Halton Region, 2013/14

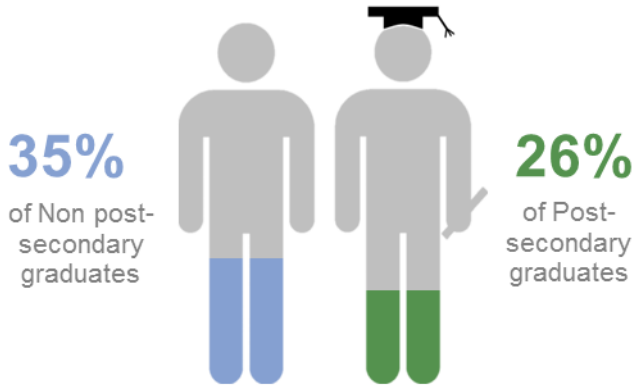
Income

In 2013/14, the percentage of Halton residents aged 20 to 64 who reported their work as quite a bit or extremely stressful most days in the past 12 months was lower among adults in the lowest income group compared to the middle and high income group. However, these differences were not statistically significant.



Percentage of residents aged 20-64 who reported their work as quite a bit or extremely stressful most days in the past 12 months, by income, Halton Region, 2013/14

In 2013/14, there was no statistically significant difference by education in the percentage of Halton residents aged 25 to 64 who reported their work as quite a bit or extremely stressful most days in the past 12 months.



Percentage of residents aged 25-64 who reported their work as quite a bit or extremely stressful most days in the past 12 months, 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.

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

Limitations:

In general, individuals with mental health conditions are more difficult to reach in surveys. As a result, the percentages may be underestimated. Also, the perception of social approval/disapproval by respondents may affect their response to questions.

The question about life stress does not specify whether the person is experiencing chronic or acute life stress or both. The question about work stress is directed at only working respondents, aged 20-64, as this more accurately reflects the ages of the working population.⁴

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. Health Canada. 2008. Mental Health—Coping with Stress. Accessed November 2016 from <http://www.hc-sc.gc.ca/hl-vs/iyh-vsv/life-vie/stress-eng.php>
2. Orpana, Heather, Lemyre, Louise, Gravel, Ronald. 2009. "Income and psychological distress: The role of the social environment." *Health Reports*. Vol. 20, no. 1. March. Statistics Canada Catalogue no. 82-003. Accessed November 2016 from <http://www.statcan.gc.ca/bsolc/olc-cel/olc-cel/?lang=eng&catno=82-003-X200900110772>
3. Dalhousie University Health and Wellness. 2015. Stress Management. Accessed November 2016 from http://www.dal.ca/campus_life/student_services/health-and-wellness/health-information/stress-management.html
4. APHEO. 2005. Self-Perceived Work Stress Core Indicator. Accessed November 2016 from <http://core.apheo.ca/index.php?pid=164>

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