

TABLE 1

## POSITIVE MENTAL HEALTH SURVEILLANCE INDICATOR FRAMEWORK

### QUICK STATS, ADULTS (18 YEARS OR OLDER), CANADA, 2019 EDITION

INDICATOR GROUP	INDICATOR MEASURE(S)	LATEST DATA	DATA SOURCE (YEAR)
<b>POSITIVE MENTAL HEALTH OUTCOMES</b>			
Self-rated mental health	% of population who self-rate their mental health as being “excellent” or “very good”	69.9%	CCHS (2017)
Happiness	% of population who report being happy “every day” or “almost every day”	85.9%	CCHS (2015)
Life satisfaction	% of population who report being satisfied with life “every day” or “almost every day”	87.1%	CCHS (2015)
	Mean life satisfaction rating (0–10 scale)	8.1	CCHS (2017)
Psychological well-being	% of population who have high psychological well-being	75.2%	CCHS (2015)
Social well-being	% of population who report that they “very strongly” or “somewhat strongly” belong to their local community	68.1%	CCHS (2017)
<b>INDIVIDUAL DETERMINANTS</b>			
Resilience	In development		
Coping	% of population who report a high level of coping	56.9%	CCHS – Mental Health (2012)
Control and self-efficacy	% of population who report a high level of perceived control over life chances	41.6%	GSS Social Networks (2008)
Violence	% of the population who report experiencing, before age 15 years, any of these three types of childhood violence: physical or sexual abuse by an adult and/or exposure to violence by parents or guardians	34.0%	GSS Victimization (2014)
	% of population who report being the victim of physical or sexual abuse in the past 12 months	3.9%	GSS Victimization (2014)
	% of population who report being the victim of spousal violence in the past 5 years	2.7%	GSS Victimization (2014)
Health status	% of population who self-rate their health as “excellent” or “very good”	59.9%	CCHS (2017)
	% of population with no or mild disability	68.5%	CCHS (2015)
Physical activity	% of population who are “active” or “moderately active” during their leisure-time based on self-reported data	69.4%	CCHS (2017)
	% of population aged 18–79 years who meet physical activity guidelines by accumulating at least 150 minutes of moderate-to-vigorous physical activity each week, in bouts of 10 minutes or more	16.4%	CHMS (2016–2017)
Substance use	% of population whose reported alcohol consumption falls within the low-risk alcohol drinking guidelines	83.4%	CTADS (2017)
Spirituality	% of population who report that religious or spiritual beliefs are “very important” or “somewhat important” in their daily life	62.7%	CCHS – Mental Health (2012)
<b>FAMILY DETERMINANTS</b>			
Family relationships	In development		
Family health status and substance use by family members	% of population with a family member who has problems with their emotions, mental health or use of alcohol or drugs	39.8%	CCHS – Mental Health (2012)
	% of population with a family member who has problems with their emotions, mental health or use of alcohol or drugs, who report that their life is affected “a lot” or “some” by their family member’s problems	35.6%	CCHS – Mental Health (2012)
Household composition	% of population living with a spouse or partner	70.5%	CCHS (2017)
	% of population living in a lone-parent household	8.8%	CCHS (2017)
	% of population living alone	16.1%	CCHS (2017)
Household income	% of the total Canadian population below low-income cut-offs after tax	8.8%	SLID (2011)

Continued on the following page

INDICATOR GROUP	INDICATOR MEASURE(S)	LATEST DATA	DATA SOURCE (YEAR)
<b>COMMUNITY DETERMINANTS</b>			
Community involvement	% of population that are members of or participate in at least one recreational or professional organization, group, association or club	63.4%	GSS Social Identity (2013)
Social networks	% of population who report having no close friends or family members	6.1%	GSS Social Identity (2013)
	% of population who report having between 1 and 5 close friends or family members	57.1%	GSS Social Identity (2013)
	% of population who report having 6 or more close friends or family members	36.8%	GSS Social Identity (2013)
Social support	% of population who report a high level of perceived social support	94.2%	CCHS – Mental Health (2012)
Workplace environment	% of employed population aged 18–75 years experiencing high job strain	14.8%	CCHS – Mental Health (2012)
Neighbourhood social environment	% of population who report that their neighbourhood is a place where neighbours help each other	88.5%	GSS Victimization (2014)
	% of population who report that social disorder in their neighbourhood is “a very big problem” or “a fairly big problem”	5.3%	GSS Victimization (2014)
Neighbourhood built environment	In development		
<b>SOCIETY DETERMINANTS</b>			
Inequality	In development		
Discrimination and stigma	% of population who experienced unfair treatment at least once in the past 5 years based on characteristics such as gender, race, age or appearance	11.5%	GSS Victimization (2014)
	% of population with a mental health problem who report having been affected by negative opinions or unfair treatment, due to their mental health problem	21.0%	CCHS – Mental Health (2012)
Political participation	% of registered electors who voted in the 2015 federal election	68.3%	Elections Canada (2015)

**Abbreviations:** CCHS, Canadian Community Health Survey; CHMS, Canadian Health Measures Survey; CTADS, Canadian Tobacco, Alcohol and Drug Survey; GSS, General Social Survey; SLID, Survey of Labour and Income Dynamics.

**Note:** “In development” refers to measures that are under development either because a data source is currently not available or because more research has to be done to identify a promising measure and data source.

**Suggested citation:** Public Health Agency of Canada, Centre for Surveillance and Applied Research. At-a-glance: An update on positive mental health among adults in Canada. Quick Stats, Adults (18 years of age or older), Canada, 2019 Edition. Ottawa (ON): Public Health Agency of Canada; 2020.

For questions or comments, please contact us at: [phac.infobase.aspc@canada.ca](mailto:phac.infobase.aspc@canada.ca)