

POSITIVE MENTAL HEALTH SURVEILLANCE INDICATOR FRAMEWORK

QUICK STATS, YOUTH (12 TO 17 YEARS OF AGE), CANADA, 2023 EDITION

INDICATOR GROUP	INDICATOR MEASURE(S)	LATEST DATA	DATA SOURCE (YEAR)
POSITIVE MENTAL HEALTH OUTCOMES			
Self-rated mental health	Percentage (%) of population aged 12–17 years who report their mental health is "very good" or "excellent"	62.2%	CCHS (2021)
Happiness	Percentage (%) of population aged 12–17 years who report being usually "happy and interested in life"	73.0%	CCHS (2020)
Life satisfaction	Percentage (%) of population aged 12–17 years who report they are very satisfied with their life in general	53.6%	CCHS (2021)
	Mean life satisfaction rating (0-10 scale) for population aged 12–17 years	8.4	CCHS (2021)
Psychological well-being	Percentage (%) of population aged 12–17 years who have high autonomy	80.8%	CHSCY (2019)
	Percentage (%) of population aged 12–17 years who have high competence	84.3%	CHSCY (2019)
Social well-being	Percentage (%) of population aged 12–17 years who have high relatedness	89.3%	CHSCY (2019)
INDIVIDUAL DETERMINANTS			
Resilience	In development		
Coping	Percentage (%) of population aged 12–17 years who report a high level of coping	75.5%	CCHS (2019)
Nurturing childhood environment	Percentage (%) of grade 6–10 students who report usually having meals together with their family "every day" or "most days"	83.0%	HBSC (2018)
	Percentage (%) of grade 6–10 students who report their family is willing to help them make decisions	69.5%	HBSC (2018)
Control and self-efficacy	Percentage (%) of population aged 15–17 years who report a high level of perceived control over life chances	45.0%	GSS Social Networks (2008)
Violence	Percentage (%) of grade 6–10 students who report they were in a physical fight at least once in the past 12 months	27.7%	HBSC (2018)
	Percentage (%) of grade 7–12 students who report they have been bullied by other students in the past 30 days	23.0%	CSTADS (2018-2019)
	Percentage (%) of grade 7–12 students who report they have bullied other students in the past 30 days	12.0%	CSTADS (2018-2019)

Health status	Percentage (%) of population aged 12–17 years who report their health is "very good" or "excellent"	72.3%	CCHS (2021)
	Percentage (%) of population aged 12–17 with moderate to poor functional health, as per the Health Utilities Index (HUI)	18.4%	CCHS (2020)
Physical activity	Percentage (%) of population aged 12–17 years who meet physical activity recommendations by accumulating an average of at least 60 minutes of moderate-to-vigorous physical activity per day	35.6%	CHMS (2018-2019)
Substance use	Percentage (%) of grade 7–12 students who report they have had 5 or more drinks on at least one occasion in the past 30 days	14.3%	CSTADS (2018-2019)
	Percentage (%) of grade 7–12 students who report using cannabis at least once a week in the last 30 days	5.4%	CSTADS (2018-2019)
Spirituality	Percentage (%) of population aged 15–17 years who report that religious or spiritual beliefs are "very important" or "somewhat important" to the way they live their life	48.4%	GSS Family (2017)

FAMILY DETERMINANTS

Family relationships	Percentage (%) of grade 6–10 students who report it is "very easy" or "easy" to talk to their parents about things that really bother them	84.1%	HBSC (2018)
	Percentage (%) of grade 6–10 students who have high communication in their family	58.3%	HBSC (2013-2014)
Parenting style	Percentage (%) of grade 6–10 students who report their parents/guardians trust them	77.0%	HBSC (2018)
	Percentage (%) of grade 6–10 students who report their parents/guardians expect too much from them	27.4%	HBSC (2018)
Family health status and substance use by family members	Percentage (%) of population aged 15–17 years with one or more family members who have problems with their emotions, mental health, or use of alcohol or drugs	29.4%	CCHS Mental Health (2012)
	Among population aged 15–17 years with one or more family members who have problems with their emotions, mental health, or use of alcohol or drugs, percentage (%) who report that their life is affected "some" or "a lot" by their family member's problems	26.5%	CCHS Mental Health (2012)
Household composition	Percentage (%) of population aged 12–17 years living in a lone parent household	21.0%	CCHS (2021)
	Percentage (%) of population aged 12–17 years living in a two-parent household	68.7%	CCHS (2021)
Household income	Percentage (%) of population under the age of 18 years who live below low-income cut-offs, after tax	4.7%	CIS (2020)

COMMUNITY DETERMINANTS

Community involvement	Percentage (%) of grade 6–10 students who are involved in at least one club or organization	86.7%	HBSC (2018)
Social networks	Percentage (%) of grade 6–10 students who report they can count on their friends when things go wrong	63.9%	HBSC (2018)
	Percentage (%) of grade 6–10 students who have friends to share their happy and sad feelings with	61.1%	HBSC (2018)
Social support	Percentage (%) of population aged 12–17 years with a high level of perceived social support	93.6%	CCHS (2021)
School environment	Percentage (%) of grade 6–10 students who "agree" or "strongly agree" that they feel they belong at their school	59.6%	HBSC (2018)
Neighbourhood social environment	Percentage (%) of grade 6–10 students who report they trust the people in the area where they live	59.5%	HBSC (2018)
	Percentage (%) of population aged 15–17 years who report that their neighbourhood is a place where neighbours help each other	90.4%	GSS Victimization (2014)
	Percentage (%) of population aged 15–17 years who report that social disorder in their neighbourhood is "a big problem" or "a moderate problem"	6.3%	GSS Victimization (2014)
Neighbourhood built environment	Percentage (%) of population aged 12–17 years who report that their neighbourhood has several free or low cost recreation facilities	89.5%	CCHS (2017) Barriers to Physical Activity Rapid Response

SOCIETY DETERMINANTS

Inequality	In development		
Discrimination and stigma	Percentage (%) of population aged 12–17 years who experienced unfair treatment at least once in the past year based on characteristics such as gender, race, age, or appearance	39.1%	CCHS (2013) Discrimination Rapid Response

Data Sources (Abbreviations): Canadian Community Health Survey (CCHS); Canadian Health Measures Survey (CHMS); Canadian Health Survey on Children and Youth (CHSCY); Canadian Income Survey (CIS); Canadian Student Tobacco, Alcohol and Drugs Survey (CSTADS); General Social Survey (GSS); Health Behaviour in School-Aged Children (HBSC).

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 (2023). Positive Mental Health Indicator Framework Quick Statistics, youth (12 to 17 years of age), Canada, 2023 Edition. Ottawa (ON): Public Health Agency of Canada.

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