

POSITIVE MENTAL HEALTH SURVEILLANCE INDICATOR FRAMEWORK

QUICK STATS, ADULTS (18 YEARS OR OLDER), CANADA, 2024 EDITION

INDICATOR GROUP	INDICATOR MEASURE(S)	LATEST DATA	DATA SOURCE (YEAR)
POSITIVE MENTAL HEALTH OUTCOMES			
Self-rated mental health	Percentage (%) of population aged 18 years and older who report their mental health is "very good" or "excellent"	54.6%	CCHS (2022)
Happiness	Percentage (%) of population aged 18 years and older who report being usually "happy and interested in life"	73.6%	CCHS (2020)
Life satisfaction	Percentage (%) of population aged 18 years and older who report they are very satisfied with their life in general	29.0%	CCHS (2022)
	Mean life satisfaction rating (0-10 scale) for population aged 18 years and older	7.6	CCHS (2022)
Psychological well-being	Percentage (%) of population aged 18 years and older who have high psychological well-being	51.3%	SCMH (2023)
Social well-being	Percentage (%) of population aged 18 years and older who report a "very strong" or "somewhat strong" sense of belonging to their local community	63.4%	CCHS (2022)
INDIVIDUAL DETERMINANTS			
Resilience	In development		
Coping	Percentage (%) of population aged 18 years and older who report a high level of coping	49.9%	MHACS (2022)
Control and self-efficacy	Percentage (%) of population aged 18 years and older who report a high level of perceived control over life chances	35.0%	SCMH (2023)
Violence	Percentage (%) of population aged 18 years and older who report experiencing before the age of 15 any type of physical or sexual abuse and/or exposure to violence by an adult (18+ years)	33.0%	GSS Canadians' Safety (2019)
	Percentage (%) of population aged 18 years and older who report being the victim of physical or sexual assault in the past 12 months	4.2%	GSS Canadians' Safety (2019)
	Percentage (%) of population aged 18 years and older who report being the victim of intimate partner violence in the past 5 years	17.1%	GSS Canadians' Safety (2019)
Health status	Percentage (%) of population aged 18 years and older who report their health is "very good" or "excellent"	53.8%	CCHS (2022)
	Percentage (%) of population aged 18 years and older with moderate to poor functional health, as per the Health Utilities Index (HUI)	22.6%	CCHS (2020)

Physical activity	Percentage (%) of population aged 18–79 years who meet physical activity recommendations by accumulating at least 150 minutes of moderate-to-vigorous physical activity each week	49.2%	CHMS (2018-2019)
Substance use	Percentage (%) of population aged 18 years and older whose reported alcohol consumption exceeds the low risk alcohol drinking guidelines for chronic health effects	18.1%	CADS (2019)
	Percentage (%) of population aged 18 years and older whose reported alcohol consumption exceeds the low risk alcohol drinking guidelines	21.1%	CCHS (2022)
Spirituality	Percentage (%) of population aged 18 years and older who report that religious or spiritual beliefs are "very important" or "somewhat important" to the way they live their life	56.6%	GSS Social Identity (2020)

FAMILY DETERMINANTS

Family relationships	In development		
Family health status and substance use by family members	Percentage (%) of population aged 18 years and older with one or more family members who have problems with their emotions, mental health, or use of alcohol or drugs	40.1%	MHACS (2022)
	Among population aged 18 years and older 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	42.0%	MHACS (2022)
Household composition	Percentage (%) of population aged 18 years and older living in a lone parent household	7.7%	CCHS (2022)
	Percentage (%) of population aged 18 years and older living alone	20.9%	CCHS (2022)
	Percentage (%) of population aged 18 years and older living with a spouse or partner	52.2%	CCHS (2022)
Household income	Percentage (%) of the total population living below low-income cut-offs, after tax	6.4%	CIS (2022)

COMMUNITY DETERMINANTS

Community involvement	Percentage (%) of population aged 18 years and older that are a member or participant of at least one recreational or professional organization, group, association, or club	58.9%	GSS Social Identity (2020)
Social networks	Percentage (%) of population aged 18 years and older who report having no close friends or family members	0.9%	GSS Social Identity (2020)
	Percentage (%) of population aged 18 years and older who report having between 1 and 5 close friends or family members	77.7%	GSS Social Identity (2020)

	Percentage (%) of population aged 18 years and older who report having 6 or more close friends or family members	71.4%	GSS Social Identity (2020)
Social support	Percentage (%) of population aged 18 years and older with a high level of perceived social support	92.7%	MHACS (2022)
Neighbourhood social environment	Percentage (%) of population aged 18 years and older who report that their neighbourhood is a place where neighbours help each other	83.6%	GSS Canadians' Safety (2019)
	Percentage (%) of population aged 18 years and older who report that social disorder in their neighbourhood is "a big problem" or "a moderate problem"	8.1%	GSS Canadians' Safety (2019)
Neighbourhood built environment	Percentage (%) of population aged 18 years and older who report that their neighbourhood has several free or low cost recreation facilities	87.4%	CCHS (2017) Barriers to Physical Activity Rapid Response
Work environment	Percentage (%) of employed population aged 18-75 experiencing high job strain	12.8%	MHACS (2022)

SOCIETY DETERMINANTS

Inequality	In development		
Discrimination and stigma	Percentage (%) of population aged 18 years and older who experienced unfair treatment at least once in the past 5 years based on characteristics such as gender, race, age, or appearance	19.7%	GSS Canadians' Safety (2019)
	Percentage (%) of population aged 18 years and older with a mental health problem who report having been affected by negative opinions or unfair treatment, due to their mental health problem	15.9%	MHACS (2022)
Political participation	Percentage (%) of registered electors who voted in the 2021 federal election	62.6%	Elections Canada (2021)

Data Sources (Abbreviations): Canadian Community Health Survey (CCHS); Canadian Health Measures Survey (CHMS); Canadian Income Survey (CIS); Canadian Alcohol and Drugs Survey (CADS); General Social Survey (GSS); Mental Health and Access to Care Survey (MHACS); Survey on COVID-19 and Mental Health (SCMH).

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 (2024). Positive Mental Health Surveillance Indicator Framework Quick Statistics, adults (18 years of age or older), Canada, 2024 Edition. Ottawa (ON): Public Health Agency of Canada.

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