

TABLE 1

POSITIVE MENTAL HEALTH SURVEILLANCE INDICATOR FRAMEWORK

QUICK STATS, YOUTH (12 TO 17 YEARS OF AGE), CANADA, 2019 EDITION

INDICATOR GROUP	INDICATOR MEASURE(S)	LATEST DATA	DATA SOURCE (YEAR)
POSITIVE MENTAL HEALTH OUTCOMES			
Self-rated mental health	% of population who self-rate their mental health as being “excellent” or “very good”	75.9%	CCHS (2017)
Happiness	% of population who report being usually “happy and interested in life”	79.3%	CCHS (2015)
Life satisfaction	% of population who report they are “very satisfied” with their life in general	61.0%	CCHS (2017)
	Mean life satisfaction rating (0–10 scale) among Grade 6–10 students	7.3	HBSC (2013–2014)
Psychological well-being	% of Grade 7–12 students who have high autonomy	73.0%	CSTADS (2016–2017)
	% of Grade 7–12 students who have high competence	78.4%	CSTADS (2016–2017)
Social well-being	% of Grade 7–12 students who have high relatedness	81.8%	CSTADS (2016–2017)
INDIVIDUAL DETERMINANTS			
Resilience	In development		
Coping	% of population aged 15–17 years who report a high level of coping	43.3%	CCHS – Mental Health (2012)
Nurturing childhood environment	% of Grade 6–10 students who report having dinner together with their family five or more times per week	69.8%	HBSC (2013–2014)
	% of Grade 6–10 students who report their family is willing to help them make decisions	74.2%	HBSC (2013–2014)
Control and self-efficacy	% of population aged 15–17 years who report a high level of perceived control over life chances	45.0%	GSS Social Networks (2008)
Violence	% of Grade 6–10 students who report they were in a physical fight at least once in the past 12 months	28.3%	HBSC (2013–2014)
	% of Grade 7–12 students who report they have been bullied by other students in the past 30 days	23.5%	CSTADS (2016–2017)
	% of Grade 7–12 students who report they have bullied other students in the past 30 days	13.2%	CSTADS (2016–2017)
Health status	% of population who self-rate their health as “excellent” or “very good”	75.6%	CCHS (2017)
	% of population with no or mild disability	70.7%	CCHS (2015)
Physical activity	% of population who meet physical activity recommendations by accumulating at least 60 minutes of moderate-to-vigorous physical activity per day	30.9%	CHMS (2016–2017)
Substance use	% of Grade 9 and 10 students who report they have had 5 or more drinks (4 or more for girls) on one occasion, once a month or more in the past year	17.7%	HBSC (2013–2014)
	% of Grade 6–10 students who report drinking alcohol every week or more	6.5%	HBSC (2013–2014)
	% of Grade 7–12 students who have used marijuana or cannabis in the past 12 months	16.7%	CSTADS (2016–2017)
Spirituality	% of population aged 15–17 years who report that religious or spiritual beliefs are “very important” or “somewhat important” in their daily life	45.7%	CCHS – Mental Health (2012)

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INDICATOR GROUP	INDICATOR MEASURE(S)	LATEST DATA	DATA SOURCE (YEAR)
FAMILY DETERMINANTS			
Family relationships	% of Grade 6–10 students who report it is “very easy” or “easy” to talk to their parents about things that really bother them	83.2%	HBSC (2013–2014)
	% of Grade 6–10 students who have high levels of communication in their family	58.3%	HBSC (2013–2014)
Parenting style	% of Grade 6–10 students who report their parents trust them	77.3%	HBSC (2013–2014)
	% of Grade 6–10 students who report their parents expect too much from them	28.7%	HBSC (2013–2014)
Family health status and substance use by family members	% of population aged 15–17 years with a family member who has problems with their emotions, mental health or use of alcohol or drugs	29.4%	CCHS – Mental Health (2012)
	% of population aged 15–17 years 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	26.5%	CCHS – Mental Health (2012)
Household composition	% of population living in a lone-parent household	18.7%	CCHS (2017)
	% of population living in a two-parent household	71.1%	CCHS (2017)
Household income	% of population under the age of 18 years who live below low-income cut-offs after tax	8.5%	CIS (2014)
COMMUNITY DETERMINANTS			
Community involvement	% of Grade 6–10 students who are involved in at least one club or organization	88.9%	HBSC (2013–2014)
Social networks	% of Grade 6–10 students who report they can count on their friends when things go wrong	74.3%	HBSC (2013–2014)
	% of Grade 6–10 students who have friends to share joys and sorrows with	79.2%	HBSC (2013–2014)
Social support	% of population aged 15–17 years with a high level of perceived social support	95.4%	CCHS – Mental Health (2012)
School environment	% of Grade 6–10 students who report they feel they belong at their school	63.2%	HBSC (2013–2014)
Neighbourhood social environment	% of Grade 6–10 students who report they trust the people in the area where they live	60.2%	HBSC (2013–2014)
	% of population aged 15–17 years who report that their neighbourhood is a place where neighbours help each other	90.4%	GSS Victimization (2014)
	% of population aged 15–17 years who report that social disorder in their neighbourhood is “a very big problem” or “a fairly big problem”	6.3%	GSS Victimization (2014)
Neighbourhood built environment	% of Grade 6–10 students who report there are places such as recreation centres, parks and shopping centres to spend free time in the area where they live	74.2%	HBSC (2013–2014)
SOCIETY DETERMINANTS			
Inequality	In development		
Discrimination and stigma	% of population 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

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

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.

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