

Table 105-0421<sup>1</sup>

Self-rated mental health, by age group and sex, household population aged 12 and over, Canada, provinces, territories, health regions (June 2005 boundaries) and peer groups, every 2 years

Survey or program details:

Canadian Community Health Survey - 3226

Geography<sup>2,3</sup>=Northwest Territories [61]

Age group	Sex	Self-rated mental health <sup>10</sup>	Characteristics <sup>11,12,13,14</sup>	2005
Total, 12 years and over	Both sexes	Total population for the variable self-rated mental health	Number of persons	34,664
			Percent	100.0
		Very good or excellent self-rated mental health	Number of persons	25,106
			Percent	72.4
		Excellent self-rated mental health	Number of persons	12,820
			Percent	37.0
		Very good self-rated mental health	Number of persons	12,286
			Percent	35.4
		Good self-rated mental health	Number of persons	7,174
			Percent	20.7
		Fair or poor self-rated mental health	Number of persons	1,626
			Percent	4.7
		Self-rated mental health, not stated	Number of persons	F
			Percent	F
	Males	Total population for the variable self-rated mental health	Number of persons	18,070
			Percent	100.0
		Very good or excellent self-rated mental health	Number of persons	13,568
			Percent	75.1
		Excellent self-rated mental health	Number of persons	7,327
			Percent	40.5
		Very good self-rated mental health	Number of persons	6,241
			Percent	34.5
		Good self-rated mental health	Number of persons	3,132
			Percent	17.3
		Fair or poor self-rated mental health	Number of persons	841 <sup>E</sup>
			Percent	4.7 <sup>E</sup>
		Self-rated mental health, not stated	Number of persons	F
			Percent	F
	Females	Total population for the variable self-rated mental health	Number of persons	16,594
			Percent	100.0
		Very good or excellent self-rated mental health	Number of persons	11,538
			Percent	69.5
		Excellent self-rated mental health	Number of persons	5,493
			Percent	33.1
		Very good self-rated mental health	Number of persons	6,045
			Percent	36.4
		Good self-rated mental health	Number of persons	4,042
			Percent	24.4
			Number of persons	

		Fair or poor self-rated mental health		785 <sup>E</sup>
			Percent	4.7 <sup>E</sup>
		Self-rated mental health, not stated	Number of persons	F
			Percent	F
12 to 19 years	Both sexes	Total population for the variable self-rated mental health	Number of persons	5,716
			Percent	100.0
		Very good or excellent self-rated mental health	Number of persons	3,961
			Percent	69.3
		Excellent self-rated mental health	Number of persons	1,880
			Percent	32.9
		Very good self-rated mental health	Number of persons	2,081
			Percent	36.4
		Good self-rated mental health	Number of persons	991 <sup>E</sup>
			Percent	17.3 <sup>E</sup>
		Fair or poor self-rated mental health	Number of persons	F
			Percent	F
		Self-rated mental health, not stated	Number of persons	F
			Percent	F
	Males	Total population for the variable self-rated mental health	Number of persons	2,987
			Percent	100.0
		Very good or excellent self-rated mental health	Number of persons	2,013
			Percent	67.4
		Excellent self-rated mental health	Number of persons	977 <sup>E</sup>
			Percent	32.7 <sup>E</sup>
		Very good self-rated mental health	Number of persons	1,037 <sup>E</sup>
			Percent	34.7 <sup>E</sup>
		Good self-rated mental health	Number of persons	F
			Percent	F
		Fair or poor self-rated mental health	Number of persons	F
			Percent	F
		Self-rated mental health, not stated	Number of persons	F
			Percent	F
	Females	Total population for the variable self-rated mental health	Number of persons	2,730
			Percent	100.0
		Very good or excellent self-rated mental health	Number of persons	1,947
			Percent	71.3
		Excellent self-rated mental health	Number of persons	903
			Percent	33.1
		Very good self-rated mental health	Number of persons	1,044 <sup>E</sup>
			Percent	38.3 <sup>E</sup>
		Good self-rated mental health	Number of persons	F
			Percent	F
		Fair or poor self-rated mental health	Number of persons	F
			Percent	F
		Self-rated mental health, not stated	Number of persons	F
			Percent	F
		Total population for the variable self-rated mental health	Number of persons	10,944
			Percent	100.0
		Very good or excellent self-rated mental health	Number of persons	8,039
			Percent	73.5
			Number of persons	4,334

20 to 34 years

20 to 34 years	Both sexes	Excellent self-rated mental health	Percent	39.6
		Very good self-rated mental health	Number of persons	3,705
			Percent	33.9
		Good self-rated mental health	Number of persons	2,264
			Percent	20.7
		Fair or poor self-rated mental health	Number of persons	640 <sup>E</sup>
			Percent	5.9 <sup>E</sup>
		Self-rated mental health, not stated	Number of persons	F
			Percent	F
	Males	Total population for the variable self-rated mental health	Number of persons	5,591
			Percent	100.0
		Very good or excellent self-rated mental health	Number of persons	4,306
			Percent	77.0
		Excellent self-rated mental health	Number of persons	2,407
			Percent	43.0
		Very good self-rated mental health	Number of persons	1,899
			Percent	34.0
		Good self-rated mental health	Number of persons	1,040 <sup>E</sup>
			Percent	18.6 <sup>E</sup>
		Fair or poor self-rated mental health	Number of persons	F
			Percent	F
		Self-rated mental health, not stated	Number of persons	F
			Percent	F
	Females	Total population for the variable self-rated mental health	Number of persons	5,352
			Percent	100.0
		Very good or excellent self-rated mental health	Number of persons	3,733
			Percent	69.8
		Excellent self-rated mental health	Number of persons	1,928
			Percent	36.0
		Very good self-rated mental health	Number of persons	1,806
			Percent	33.7
		Good self-rated mental health	Number of persons	1,223 <sup>E</sup>
			Percent	22.9 <sup>E</sup>
		Fair or poor self-rated mental health	Number of persons	396 <sup>E</sup>
			Percent	7.4 <sup>E</sup>
		Self-rated mental health, not stated	Number of persons	F
			Percent	F
	Both sexes	Total population for the variable self-rated mental health	Number of persons	7,169
			Percent	100.0
		Very good or excellent self-rated mental health	Number of persons	5,690
			Percent	79.4
		Excellent self-rated mental health	Number of persons	3,001
			Percent	41.9
		Very good self-rated mental health	Number of persons	2,689
			Percent	37.5
		Good self-rated mental health	Number of persons	1,271 <sup>E</sup>
			Percent	17.7 <sup>E</sup>
		Fair or poor self-rated mental health	Number of persons	F
			Percent	F
		Self-rated mental health, not stated	Number of persons	F
			Percent	F

35 to 44 years	Males	Total population for the variable self-rated mental health	Number of persons	3,710
			Percent	100.0
		Very good or excellent self-rated mental health	Number of persons	2,940
			Percent	79.2
		Excellent self-rated mental health	Number of persons	1,646
			Percent	44.4
		Very good self-rated mental health	Number of persons	1,294
			Percent	34.9
		Good self-rated mental health	Number of persons	652 <sup>E</sup>
			Percent	F
	Females	Fair or poor self-rated mental health	Number of persons	F
			Percent	F
		Self-rated mental health, not stated	Number of persons	F
			Percent	F
		Total population for the variable self-rated mental health	Number of persons	3,459
			Percent	100.0
		Very good or excellent self-rated mental health	Number of persons	2,750
			Percent	79.5
		Excellent self-rated mental health	Number of persons	1,355 <sup>E</sup>
			Percent	39.2 <sup>E</sup>
45 to 64 years	Both sexes	Very good self-rated mental health	Number of persons	1,395 <sup>E</sup>
			Percent	40.3 <sup>E</sup>
		Good self-rated mental health	Number of persons	619 <sup>E</sup>
			Percent	17.9 <sup>E</sup>
		Fair or poor self-rated mental health	Number of persons	F
			Percent	F
		Self-rated mental health, not stated	Number of persons	F
			Percent	F
	Males	Total population for the variable self-rated mental health	Number of persons	9,053
			Percent	100.0
		Very good or excellent self-rated mental health	Number of persons	6,261
			Percent	69.2
		Excellent self-rated mental health	Number of persons	3,221
			Percent	35.6
		Very good self-rated mental health	Number of persons	3,039
			Percent	33.6
		Good self-rated mental health	Number of persons	2,173
			Percent	24.0
		Fair or poor self-rated mental health	Number of persons	F
			Percent	F
		Self-rated mental health, not stated	Number of persons	F
			Percent	F
		Total population for the variable self-rated mental health	Number of persons	4,888
			Percent	100.0
		Very good or excellent self-rated mental health	Number of persons	3,682
			Percent	75.3
		Excellent self-rated mental health	Number of persons	2,156
			Percent	44.1
		Very good self-rated mental health	Number of persons	1,526 <sup>E</sup>
			Percent	31.2 <sup>E</sup>
			Number of persons	805 <sup>E</sup>

		Good self-rated mental health	Percent	16.5 <sup>E</sup>
		Fair or poor self-rated mental health	Number of persons	F
			Percent	F
		Self-rated mental health, not stated	Number of persons	F
	Percent		F	
	Females	Total population for the variable self-rated mental health	Number of persons	4,164
			Percent	100.0
		Very good or excellent self-rated mental health	Number of persons	2,579
			Percent	61.9
		Excellent self-rated mental health	Number of persons	1,065 <sup>E</sup>
			Percent	25.6 <sup>E</sup>
		Very good self-rated mental health	Number of persons	1,513 <sup>E</sup>
			Percent	36.3 <sup>E</sup>
		Good self-rated mental health	Number of persons	1,368 <sup>E</sup>
			Percent	32.9 <sup>E</sup>
		Fair or poor self-rated mental health	Number of persons	F
			Percent	F
		Self-rated mental health, not stated	Number of persons	F
			Percent	F
65 years and over		Both sexes	Total population for the variable self-rated mental health	Number of persons
	Percent			100.0
	Very good or excellent self-rated mental health		Number of persons	1,155
			Percent	64.8
	Excellent self-rated mental health		Number of persons	384 <sup>E</sup>
			Percent	21.5 <sup>E</sup>
	Very good self-rated mental health		Number of persons	771 <sup>E</sup>
			Percent	43.3 <sup>E</sup>
	Good self-rated mental health		Number of persons	476 <sup>E</sup>
			Percent	26.7 <sup>E</sup>
	Fair or poor self-rated mental health		Number of persons	F
			Percent	F
	Self-rated mental health, not stated		Number of persons	F
			Percent	F
	Males	Total population for the variable self-rated mental health	Number of persons	894
			Percent	100.0
		Very good or excellent self-rated mental health	Number of persons	626
			Percent	70.1
		Excellent self-rated mental health	Number of persons	F
			Percent	F
		Very good self-rated mental health	Number of persons	484 <sup>E</sup>
			Percent	54.2 <sup>E</sup>
		Good self-rated mental health	Number of persons	F
			Percent	F
		Fair or poor self-rated mental health	Number of persons	F
			Percent	F
		Self-rated mental health, not stated	Number of persons	F
			Percent	F
		Total population for the variable self-rated mental health	Number of persons	889
			Percent	100.0
			Number of persons	529

	Females	Very good or excellent self-rated mental health	Percent	59.5
		Excellent self-rated mental health	Number of persons	242 <sup>E</sup>
			Percent	27.2 <sup>E</sup>
		Very good self-rated mental health	Number of persons	287 <sup>E</sup>
			Percent	32.3 <sup>E</sup>
		Good self-rated mental health	Number of persons	327 <sup>E</sup>
			Percent	36.8 <sup>E</sup>
		Fair or poor self-rated mental health	Number of persons	F
			Percent	F
		Self-rated mental health, not stated	Number of persons	F
			Percent	F

### Symbol legend:

<sup>E</sup> Use with caution

F Too unreliable to be published

### Footnotes:

1. Source: Statistics Canada, Canadian Community Health Survey (CCHS 3.1), 2005.
2. Health regions are defined by the provincial ministries of health. These are legislated administrative areas in all provinces. The health regions presented in this table are based on boundaries and names in effect as of June 2005. For complete Canadian coverage, each of the northern territories also represents a health region.
3. A "peer group" is a grouping of health regions that have similar social and economic characteristics. The nine peer groups are identified by the letters A through I, which are appended to the health region 4-digit code.
10. Population aged 12 and over who rate their own mental health status as being excellent, very good, fair or poor. Self-reported mental health provides a general indication of the population suffering from some form of mental disorder, mental or emotional problems, or distress, not necessarily reflected in self-reported (physical) health.
11. When comparing estimates, it is important to use confidence intervals to determine if differences between values are statistically significant. Confidence intervals describe sampling variability and give an indication of the precision of a given estimate.
12. Bootstrapping techniques were used to produce the coefficient of variation (CV) and 95% confidence intervals (CIs).
13. Data with a coefficient of variation (CV) from 16.6% to 33.3% are identified as follows: (E) use with caution.
14. Data with a coefficient of variation (CV) greater than 33.3% were suppressed due to extreme sampling variability and are identified as follows: (F) too unreliable to be published.

**Source:** Statistics Canada. *Table 105-0421 - Self-rated mental health, by age group and sex, household population aged 12 and over, Canada, provinces, territories, health regions (June 2005 boundaries) and peer groups, every 2 years, CANSIM (database).*

<http://cansim2.statcan.ca/cgi-win/cnsmcgi.exe?>

[Lang=E&CANSIMFile=CII\CII\\_1\\_E.htm&RootDir=CII/](http://cansim2.statcan.ca/cgi-win/cnsmcgi.exe?Lang=E&CANSIMFile=CII\CII_1_E.htm&RootDir=CII/)

(accessed: October 8, 2008)

[Printer-friendly format](#)