

Table 105-0421¹

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^{2,3}=Nunavut [62]

Age group	Sex	Self-rated mental health ¹⁰	Characteristics ^{11,12,13,14}	2005
Total, 12 years and over	Both sexes	Total population for the variable self-rated mental health	Number of persons	14,948
			Percent	100.0
		Very good or excellent self-rated mental health	Number of persons	9,535
			Percent	63.8
		Excellent self-rated mental health	Number of persons	4,782
			Percent	32.0
		Very good self-rated mental health	Number of persons	4,753
			Percent	31.8
		Good self-rated mental health	Number of persons	4,271
			Percent	28.6
		Fair or poor self-rated mental health	Number of persons	873 ^E
			Percent	5.8 ^E
		Self-rated mental health, not stated	Number of persons	269 ^E
			Percent	1.8 ^E
	Males	Total population for the variable self-rated mental health	Number of persons	7,627
			Percent	100.0
		Very good or excellent self-rated mental health	Number of persons	4,878
			Percent	64.0
		Excellent self-rated mental health	Number of persons	2,366
			Percent	31.0
		Very good self-rated mental health	Number of persons	2,513
			Percent	32.9
		Good self-rated mental health	Number of persons	2,227 ^E
			Percent	29.2 ^E
		Fair or poor self-rated mental health	Number of persons	354 ^E
			Percent	4.6 ^E
		Self-rated mental health, not stated	Number of persons	168 ^E
			Percent	2.2 ^E
	Females	Total population for the variable self-rated mental health	Number of persons	7,321
			Percent	100.0
		Very good or excellent self-rated mental health	Number of persons	4,657
			Percent	63.6
		Excellent self-rated mental health	Number of persons	2,417
			Percent	33.0
		Very good self-rated mental health	Number of persons	2,241
			Percent	30.6
		Good self-rated mental health	Number of persons	2,044

12 to 19 years				Percent	27.9
			Fair or poor self-rated mental health	Number of persons	519 ^E
				Percent	7.1 ^E
			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	3,321
				Percent	100.0
			Very good or excellent self-rated mental health	Number of persons	1,789
				Percent	53.9
			Excellent self-rated mental health	Number of persons	974
				Percent	29.3
			Very good self-rated mental health	Number of persons	815 ^E
				Percent	24.5 ^E
			Good self-rated mental health	Number of persons	1,316
				Percent	39.6
			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	1,683
				Percent	100.0
			Very good or excellent self-rated mental health	Number of persons	945
				Percent	56.2
			Excellent self-rated mental health	Number of persons	521 ^E
				Percent	31.0 ^E
			Very good self-rated mental health	Number of persons	424 ^E
				Percent	25.2 ^E
			Good self-rated mental health	Number of persons	673 ^E
				Percent	40.0 ^E
			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	1,638
				Percent	100.0
			Very good or excellent self-rated mental health	Number of persons	843
				Percent	51.5
			Excellent self-rated mental health	Number of persons	453 ^E
				Percent	27.7 ^E
			Very good self-rated mental health	Number of persons	390
				Percent	23.8
			Good self-rated mental health	Number of persons	642 ^E
				Percent	39.2 ^E
			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	5,278
				Percent	100.0
			Very good or excellent self-rated mental health	Number of persons	3,500

20 to 34 years	Both sexes		Percent	66.3
		Excellent self-rated mental health	Number of persons	1,731 ^E
			Percent	32.8 ^E
		Very good self-rated mental health	Number of persons	1,768
			Percent	33.5
		Good self-rated mental health	Number of persons	1,395
			Percent	26.4 ^E
		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	2,730
			Percent	100.0
		Very good or excellent self-rated mental health	Number of persons	1,869
			Percent	68.5
		Excellent self-rated mental health	Number of persons	941 ^E
			Percent	34.5 ^E
		Very good self-rated mental health	Number of persons	929 ^E
			Percent	34.0 ^E
		Good self-rated mental health	Number of persons	703 ^E
			Percent	25.7 ^E
		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	2,548
			Percent	100.0
		Very good or excellent self-rated mental health	Number of persons	1,630
			Percent	64.0
		Excellent self-rated mental health	Number of persons	791 ^E
			Percent	31.0 ^E
		Very good self-rated mental health	Number of persons	840
			Percent	33.0
		Good self-rated mental health	Number of persons	693
			Percent	27.2
		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
	Both sexes	Total population for the variable self-rated mental health	Number of persons	2,900
			Percent	100.0
		Very good or excellent self-rated mental health	Number of persons	2,036
			Percent	70.2
		Excellent self-rated mental health	Number of persons	966
			Percent	33.3
		Very good self-rated mental health	Number of persons	1,070
			Percent	36.9
		Good self-rated mental health	Number of persons	689 ^E
			Percent	23.8 ^E
		Fair or poor self-rated mental health	Number of persons	F

35 to 44 years			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	1,433
			Percent	100.0
		Very good or excellent self-rated mental health	Number of persons	1,017
			Percent	71.0
		Excellent self-rated mental health	Number of persons	408 ^E
			Percent	28.5 ^E
		Very good self-rated mental health	Number of persons	609
			Percent	42.5
		Good self-rated mental health	Number of persons	347 ^E
			Percent	24.2 ^E
		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	1,467
			Percent	100.0
		Very good or excellent self-rated mental health	Number of persons	1,019
			Percent	69.4
		Excellent self-rated mental health	Number of persons	558 ^E
			Percent	38.1 ^E
		Very good self-rated mental health	Number of persons	461 ^E
			Percent	31.4 ^E
		Good self-rated mental health	Number of persons	342 ^E
			Percent	23.3 ^E
		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
	Both sexes	Total population for the variable self-rated mental health	Number of persons	2,931
			Percent	100.0
		Very good or excellent self-rated mental health	Number of persons	2,022
			Percent	69.0
		Excellent self-rated mental health	Number of persons	1,020
			Percent	34.8
		Very good self-rated mental health	Number of persons	1,001
			Percent	34.2
		Good self-rated mental health	Number of persons	744 ^E
			Percent	25.4 ^E
		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	1,466
			Percent	100.0
		Very good or excellent self-rated mental health	Number of persons	876
			Percent	59.7
		Excellent self-rated mental health	Number of persons	420 ^E

45 to 64 years	Males		Percent	28.7 ^E
		Very good self-rated mental health	Number of persons	455 ^E
			Percent	31.1 ^E
		Good self-rated mental health	Number of persons	473 ^E
			Percent	32.3 ^E
		Fair or poor self-rated mental health	Number of persons	F
			Percent	F
	Females	Self-rated mental health, not stated	Number of persons	F
			Percent	F
		Total population for the variable self-rated mental health	Number of persons	1,465
			Percent	100.0
		Very good or excellent self-rated mental health	Number of persons	1,146
			Percent	78.2
		Excellent self-rated mental health	Number of persons	600 ^E
			Percent	40.9 ^E
		Very good self-rated mental health	Number of persons	546 ^E
			Percent	37.3 ^E
		Good self-rated mental health	Number of persons	271 ^E
			Percent	18.5 ^E
		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	519
			Percent	100.0
		Very good or excellent self-rated mental health	Number of persons	F
			Percent	F
		Excellent self-rated mental health	Number of persons	F
			Percent	F
		Very good self-rated mental health	Number of persons	F
			Percent	F
		Good self-rated mental health	Number of persons	F
			Percent	F
		Fair or poor self-rated mental health	Number of persons	F
			Percent	F
	Males	Self-rated mental health, not stated	Number of persons	F
			Percent	F
		Total population for the variable self-rated mental health	Number of persons	315
			Percent	100.0
		Very good or excellent self-rated mental health	Number of persons	F
			Percent	F
		Excellent self-rated mental health	Number of persons	F
			Percent	F
		Very good self-rated mental health	Number of persons	F
			Percent	F
		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	204
			Percent	100.0
		Very good or excellent self-rated mental health	Number of persons	F
			Percent	F
		Excellent self-rated mental health	Number of persons	F
			Percent	F
		Very good self-rated mental health	Number of persons	F
			Percent	F
		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

Symbol legend:

^E 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 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/)

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