

Table 105-0438<sup>1</sup>

Life stress, by age group and sex, household population aged 18 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>	Age group	Sex	Life stress <sup>10</sup>	Characteristics <sup>11,12,13,14</sup>	2005
	Total, 18 years and over	Both sexes	Total population for the variable life stress	Number of persons	24,314
				Percent	100.0
			Life stress, not at all	Number of persons	3,993
				Percent	16.4
			Life stress, some	Number of persons	14,722
				Percent	60.5
		Males	Life stress, quite a lot	Number of persons	5,549
				Percent	22.8
			Life stress, not stated	Number of persons	F
				Percent	F
		Females	Total population for the variable life stress	Number of persons	12,154
				Percent	100.0
			Life stress, not at all	Number of persons	2,245
				Percent	18.5
			Life stress, some	Number of persons	7,045
				Percent	58.0
			Life stress, quite a lot	Number of persons	2,814
				Percent	23.2
			Life stress, not stated	Number of persons	F
				Percent	F
	18 to 34 years	Both sexes	Total population for the variable life stress	Number of persons	7,403
				Percent	100.0
			Life stress, not at all	Number of persons	991 <sup>E</sup>
				Percent	13.4 <sup>E</sup>
			Life stress, some	Number of persons	4,793
				Percent	64.7
		Males	Life stress, quite a lot	Number of persons	1,620 <sup>E</sup>
				Percent	21.9
			Life stress, not stated	Number of persons	F
				Percent	F
		Females	Total population for the variable life stress	Number of persons	3,428
				Percent	100.0
			Life stress, not at all	Number of persons	551 <sup>E</sup>
				Percent	16.1 <sup>E</sup>
			Life stress, some	Number of persons	2,240
				Percent	65.3
			Life stress, quite a lot	Number of persons	637 <sup>E</sup>
				Percent	18.6 <sup>E</sup>
			Life stress, not stated	Number of persons	F
				Percent	F
		Both sexes	Total population for the variable life stress	Number of persons	5,580
				Percent	100.0
			Life stress, not at all	Number of persons	607 <sup>E</sup>
				Percent	10.9 <sup>E</sup>
		Males	Life stress, some	Number of persons	3,564
				Percent	63.9

35 to 44 years		Life stress, quite a lot	Number of persons	1,410 <sup>E</sup>
			Percent	25.3
		Life stress, not stated	Number of persons	F
			Percent	F
	Males	Total population for the variable life stress	Number of persons	2,807
			Percent	100.0
		Life stress, not at all	Number of persons	375 <sup>E</sup>
			Percent	F
		Life stress, some	Number of persons	1,898
			Percent	67.6
		Life stress, quite a lot	Number of persons	534 <sup>E</sup>
			Percent	19.0 <sup>E</sup>
		Life stress, not stated	Number of persons	F
			Percent	F
	Females	Total population for the variable life stress	Number of persons	2,773
			Percent	100.0
		Life stress, not at all	Number of persons	F
			Percent	F
		Life stress, some	Number of persons	1,666
			Percent	60.1
		Life stress, quite a lot	Number of persons	875 <sup>E</sup>
			Percent	31.6 <sup>E</sup>
		Life stress, not stated	Number of persons	F
			Percent	F
45 to 64 years	Both sexes	Total population for the variable life stress	Number of persons	9,228
			Percent	100.0
		Life stress, not at all	Number of persons	1,776
			Percent	19.2
		Life stress, some	Number of persons	5,237
			Percent	56.8
		Life stress, quite a lot	Number of persons	2,164
			Percent	23.5
		Life stress, not stated	Number of persons	F
			Percent	F
	Males	Total population for the variable life stress	Number of persons	4,816
			Percent	100.0
		Life stress, not at all	Number of persons	1,048
			Percent	21.8
		Life stress, some	Number of persons	2,300
			Percent	47.8
		Life stress, quite a lot	Number of persons	1,417 <sup>E</sup>
			Percent	29.4 <sup>E</sup>
		Life stress, not stated	Number of persons	F
			Percent	F
	Females	Total population for the variable life stress	Number of persons	4,412
			Percent	100.0
		Life stress, not at all	Number of persons	728 <sup>E</sup>
			Percent	16.5 <sup>E</sup>
		Life stress, some	Number of persons	2,937
			Percent	66.6
		Life stress, quite a lot	Number of persons	747 <sup>E</sup>
			Percent	16.9 <sup>E</sup>
		Life stress, not stated	Number of persons	F
			Percent	F
65 years and over	Both sexes	Total population for the variable life stress	Number of persons	2,103
			Percent	100.0
		Life stress, not at all	Number of persons	619 <sup>E</sup>
			Percent	29.4 <sup>E</sup>
		Life stress, some	Number of persons	1,128
			Percent	53.6
		Life stress, quite a lot	Number of persons	F
			Percent	F
		Life stress, not stated	Number of persons	F
			Percent	F
	Males	Total population for the variable life stress	Number of persons	1,103
			Percent	100.0
		Life stress, not at all	Number of persons	F
			Percent	F
		Life stress, some	Number of persons	607 <sup>E</sup>
			Percent	55.0 <sup>E</sup>
		Life stress, quite a lot	Number of persons	F
			Percent	F
		Life stress, not stated	Number of persons	F
			Percent	F
		Total population for the variable life stress	Number of persons	1,000
			Percent	100.0
		Life stress, not at all	Number of persons	348 <sup>E</sup>
			Percent	34.8 <sup>E</sup>

		Females	Life stress, some	Number of persons	522 <sup>E</sup>		
				Percent	52.2 <sup>E</sup>		
			Life stress, quite a lot	Number of persons	F		
				Percent	F		
			Life stress, not stated	Number of persons	F		
				Percent	F		
Total, 18 years and over	Both sexes	Total population for the variable life stress		Number of persons	30,019		
				Percent	100.0		
			Life stress, not at all		Number of persons	3,344	
					Percent	11.1	
			Life stress, some		Number of persons	21,168	
					Percent	70.5	
		Life stress, quite a lot		Number of persons	5,507		
				Percent	18.3		
		Life stress, not stated		Number of persons	F		
				Percent	F		
		Males	Total population for the variable life stress		Number of persons	15,660	
					Percent	100.0	
			Life stress, not at all		Number of persons	1,979 <sup>E</sup>	
					Percent	12.6 <sup>E</sup>	
			Life stress, some		Number of persons	10,942	
					Percent	69.9	
		Life stress, quite a lot		Number of persons	2,739		
				Percent	17.5		
	Life stress, not stated		Number of persons	F			
			Percent	F			
	Females	Total population for the variable life stress		Number of persons	14,359		
				Percent	100.0		
		Life stress, not at all		Number of persons	1,365 <sup>E</sup>		
				Percent	9.5 <sup>E</sup>		
		Life stress, some		Number of persons	10,226		
				Percent	71.2		
	Life stress, quite a lot		Number of persons	2,768			
			Percent	19.3			
	Life stress, not stated		Number of persons	F			
			Percent	F			
	18 to 34 years	Both sexes	Total population for the variable life stress		Number of persons	12,015	
					Percent	100.0	
			Life stress, not at all		Number of persons	1,234 <sup>E</sup>	
					Percent	10.3 <sup>E</sup>	
			Life stress, some		Number of persons	8,951	
					Percent	74.5	
			Life stress, quite a lot		Number of persons	1,830 <sup>E</sup>	
					Percent	15.2 <sup>E</sup>	
			Life stress, not stated		Number of persons	F	
					Percent	F	
			Males	Total population for the variable life stress		Number of persons	6,168
						Percent	100.0
		Life stress, not at all			Number of persons	811 <sup>E</sup>	
					Percent	13.2 <sup>E</sup>	
		Life stress, some			Number of persons	4,565	
					Percent	74.0	
		Life stress, quite a lot			Number of persons	F	
					Percent	F	
Life stress, not stated				Number of persons	F		
				Percent	F		
Females		Total population for the variable life stress		Number of persons	5,846		
				Percent	100.0		
		Life stress, not at all		Number of persons	F		
				Percent	F		
		Life stress, some		Number of persons	4,387		
				Percent	75.0		
		Life stress, quite a lot		Number of persons	1,037 <sup>E</sup>		
				Percent	17.7 <sup>E</sup>		
Life stress, not stated			Number of persons	F			
			Percent	F			
		Both sexes	Total population for the variable life stress		Number of persons	7,169	
					Percent	100.0	
			Life stress, not at all		Number of persons	596 <sup>E</sup>	
					Percent	8.3 <sup>E</sup>	
			Life stress, some		Number of persons	5,099	
					Percent	71.1	
	Life stress, quite a lot			Number of persons	1,474 <sup>E</sup>		
				Percent	20.6 <sup>E</sup>		
	Life stress, not stated			Number of persons	F		
				Percent	F		
	Total population for the variable life stress			Number of persons	3,710		
				Percent	100.0		

Northwest Territories [61]	35 to 44 years	Males	Life stress, not at all	Number of persons	F
				Percent	F
			Life stress, some	Number of persons	2,680
				Percent	72.2
			Life stress, quite a lot	Number of persons	863 <sup>E</sup>
				Percent	23.2 <sup>E</sup>
		Females	Life stress, not stated	Number of persons	F
				Percent	F
			Total population for the variable life stress	Number of persons	3,459
				Percent	100.0
			Life stress, not at all	Number of persons	F
				Percent	F
			Life stress, some	Number of persons	2,420
				Percent	69.9
			Life stress, quite a lot	Number of persons	611 <sup>E</sup>
				Percent	17.7 <sup>E</sup>
			Life stress, not stated	Number of persons	F
				Percent	F
	45 to 64 years	Both sexes	Total population for the variable life stress	Number of persons	9,053
				Percent	100.0
			Life stress, not at all	Number of persons	1,006 <sup>E</sup>
				Percent	11.1 <sup>E</sup>
			Life stress, some	Number of persons	6,089
				Percent	67.3
		Males	Life stress, quite a lot	Number of persons	1,957
				Percent	21.6
			Life stress, not stated	Number of persons	F
				Percent	F
		Females	Total population for the variable life stress	Number of persons	4,888
				Percent	100.0
			Life stress, not at all	Number of persons	F
				Percent	F
			Life stress, some	Number of persons	3,164
				Percent	64.7
		Females	Life stress, quite a lot	Number of persons	1,004
				Percent	20.5
			Life stress, not stated	Number of persons	F
				Percent	F
	65 years and over	Both sexes	Total population for the variable life stress	Number of persons	4,164
				Percent	100.0
			Life stress, not at all	Number of persons	F
				Percent	F
			Life stress, some	Number of persons	2,925
				Percent	70.2
		Males	Life stress, quite a lot	Number of persons	953 <sup>E</sup>
				Percent	22.9 <sup>E</sup>
			Life stress, not stated	Number of persons	F
				Percent	F
		Females	Total population for the variable life stress	Number of persons	1,782
				Percent	100.0
			Life stress, not at all	Number of persons	508 <sup>E</sup>
				Percent	28.5 <sup>E</sup>
			Life stress, some	Number of persons	1,029
				Percent	57.7
		Males	Life stress, quite a lot	Number of persons	F
				Percent	F
			Life stress, not stated	Number of persons	F
				Percent	F
		Females	Total population for the variable life stress	Number of persons	894
				Percent	100.0
			Life stress, not at all	Number of persons	F
				Percent	F
			Life stress, some	Number of persons	534 <sup>E</sup>
				Percent	59.8 <sup>E</sup>
		Females	Life stress, quite a lot	Number of persons	F
				Percent	F
			Life stress, not stated	Number of persons	F
				Percent	F
		Males	Total population for the variable life stress	Number of persons	889
				Percent	100.0
			Life stress, not at all	Number of persons	F
				Percent	F
			Life stress, some	Number of persons	495
				Percent	55.6
		Females	Life stress, quite a lot	Number of persons	F
				Percent	F
			Life stress, not stated	Number of persons	F
				Percent	F
			Total population for the variable life stress	Number of persons	12,266

Total, 18 years and over	Both sexes	Total population for the variable life stress	Percent	100.0
		Life stress, not at all	Number of persons	2,406 <sup>E</sup>
			Percent	19.6 <sup>E</sup>
		Life stress, some	Number of persons	7,408
			Percent	60.4
		Life stress, quite a lot	Number of persons	2,433 <sup>E</sup>
			Percent	19.8 <sup>E</sup>
	Males	Life stress, not stated	Number of persons	F
			Percent	F
		Total population for the variable life stress	Number of persons	6,323
			Percent	100.0
		Life stress, not at all	Number of persons	1,755
			Percent	27.8
	Females	Life stress, some	Number of persons	3,513
			Percent	55.6
		Life stress, quite a lot	Number of persons	1,055 <sup>E</sup>
			Percent	16.7 <sup>E</sup>
		Life stress, not stated	Number of persons	F
			Percent	F
18 to 34 years	Both sexes	Total population for the variable life stress	Number of persons	5,944
			Percent	100.0
		Life stress, not at all	Number of persons	F
			Percent	F
		Life stress, some	Number of persons	3,895
			Percent	65.5
	Males	Life stress, quite a lot	Number of persons	1,379 <sup>E</sup>
			Percent	23.2 <sup>E</sup>
		Life stress, not stated	Number of persons	F
			Percent	F
	Females	Total population for the variable life stress	Number of persons	5,917
			Percent	100.0
		Life stress, not at all	Number of persons	1,083 <sup>E</sup>
			Percent	18.3 <sup>E</sup>
		Life stress, some	Number of persons	3,818
			Percent	64.5
35 to 44 years	Both sexes	Life stress, quite a lot	Number of persons	997 <sup>E</sup>
			Percent	16.9 <sup>E</sup>
		Life stress, not stated	Number of persons	F
			Percent	F
	Males	Total population for the variable life stress	Number of persons	3,109
			Percent	100.0
		Life stress, not at all	Number of persons	859 <sup>E</sup>
			Percent	27.6 <sup>E</sup>
		Life stress, some	Number of persons	1,904
			Percent	61.2
	Females	Life stress, quite a lot	Number of persons	346 <sup>E</sup>
			Percent	11.1 <sup>E</sup>
		Life stress, not stated	Number of persons	F
			Percent	F
	Females	Total population for the variable life stress	Number of persons	2,808
			Percent	100.0
		Life stress, not at all	Number of persons	F
			Percent	F
		Life stress, some	Number of persons	1,914
			Percent	68.2
35 to 44 years	Both sexes	Life stress, quite a lot	Number of persons	651 <sup>E</sup>
			Percent	23.2 <sup>E</sup>
		Life stress, not stated	Number of persons	F
			Percent	F
	Males	Total population for the variable life stress	Number of persons	2,900
			Percent	100.0
		Life stress, not at all	Number of persons	496 <sup>E</sup>
			Percent	17.1 <sup>E</sup>
		Life stress, some	Number of persons	1,721
			Percent	59.4
	Males	Life stress, quite a lot	Number of persons	683 <sup>E</sup>
			Percent	23.6 <sup>E</sup>
		Life stress, not stated	Number of persons	F
			Percent	F
	Males	Total population for the variable life stress	Number of persons	1,433
			Percent	100.0
		Life stress, not at all	Number of persons	328 <sup>E</sup>
			Percent	22.9 <sup>E</sup>
		Life stress, some	Number of persons	820
			Percent	57.2
	Males	Life stress, quite a lot	Number of persons	F
			Percent	19.9 <sup>E</sup>

			Life stress, not stated	Number of persons	F
				Percent	F
		Females	Total population for the variable life stress	Number of persons	1,467
				Percent	100.0
			Life stress, not at all	Number of persons	F
				Percent	11.4 <sup>E</sup>
			Life stress, some	Number of persons	901
				Percent	61.4
			Life stress, quite a lot	Number of persons	398 <sup>E</sup>
				Percent	27.1 <sup>E</sup>
			Life stress, not stated	Number of persons	F
				Percent	F
	45 to 64 years	Both sexes	Total population for the variable life stress	Number of persons	2,931
				Percent	100.0
			Life stress, not at all	Number of persons	584 <sup>E</sup>
				Percent	19.9 <sup>E</sup>
			Life stress, some	Number of persons	1,647
				Percent	56.2
			Life stress, quite a lot	Number of persons	700 <sup>E</sup>
				Percent	23.9 <sup>E</sup>
			Life stress, not stated	Number of persons	F
				Percent	F
		Males	Total population for the variable life stress	Number of persons	1,466
				Percent	100.0
			Life stress, not at all	Number of persons	366 <sup>E</sup>
				Percent	24.9 <sup>E</sup>
			Life stress, some	Number of persons	705 <sup>E</sup>
				Percent	48.1 <sup>E</sup>
			Life stress, quite a lot	Number of persons	F
				Percent	F
			Life stress, not stated	Number of persons	F
				Percent	F
		Females	Total population for the variable life stress	Number of persons	1,465
				Percent	100.0
			Life stress, not at all	Number of persons	F
				Percent	F
			Life stress, some	Number of persons	942
				Percent	64.3
			Life stress, quite a lot	Number of persons	F
				Percent	F
			Life stress, not stated	Number of persons	F
				Percent	F
	65 years and over	Both sexes	Total population for the variable life stress	Number of persons	519
				Percent	100.0
			Life stress, not at all	Number of persons	243 <sup>E</sup>
				Percent	46.9 <sup>E</sup>
			Life stress, some	Number of persons	222 <sup>E</sup>
				Percent	42.8 <sup>E</sup>
			Life stress, quite a lot	Number of persons	F
				Percent	F
			Life stress, not stated	Number of persons	F
				Percent	F
		Males	Total population for the variable life stress	Number of persons	315
				Percent	100.0
			Life stress, not at all	Number of persons	F
				Percent	F
			Life stress, some	Number of persons	F
				Percent	F
			Life stress, quite a lot	Number of persons	F
				Percent	F
			Life stress, not stated	Number of persons	F
				Percent	F
		Females	Total population for the variable life stress	Number of persons	204
				Percent	100.0
			Life stress, not at all	Number of persons	F
				Percent	F
			Life stress, some	Number of persons	F
				Percent	F
			Life stress, quite a lot	Number of persons	F
				Percent	F
			Life stress, 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. The CANSIM table 105-0438 is an update of CANSIM table 105-0238.

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 18 and over who reported their level of life stress.
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 105-0438 - Life stress, by age group and sex, household population aged 18 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?>

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