

Health Status Report

Mental Health

PURPOSE

The purpose of this report is to:

- Examine how Perth County residents perceive their mental health compared to Ontarians
- Compare differences between males and females, various age groups, and education and income levels
- Identify trends that can be used for planning and implementing local programming and services.

SUMMARY OF RESULTS

- The percentage of Perth County residents who perceived their mental health as very good or excellent is lower compared to the Ontario average (Fig1). From 2007 to 2009, this percentage dropped and the percentage of residents, regardless of sex, education, or household income, who perceived their mental health as very good or excellent reached its lowest point in 2009 (Fig 2).
- In Perth County, those aged 12 to 19 were more likely to perceive their mental health as very good or excellent compared to older age ranges. However, fewer people aged 65 and older perceived their mental health as very good or excellent compared to any other age group (Fig 3).
- In Perth County, the trend showed that people with a higher education level also had a higher perception of their mental health (Fig 4).
- In Perth County, the trend showed that as household income level rose so did the percentage of respondents who reported they perceived their mental health as very good or excellent (Fig 6).

BACKGROUND

- The World Health Organization defines mental health as, "A state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community" (2010).
- The Public Health Agency of Canada states that, "Mental illnesses are characterized by alterations in thinking, mood or behaviour (or some combination thereof) associated with significant distress and impaired functioning over an extended period of time" (2002).
- Mental illnesses can take many forms, including mood disorders, schizophrenia, anxiety disorders, personality disorders, eating disorders and addictions such as substance dependence and gambling" (Public Health Agency of Canada, 2002).
- It is estimated that one in five people in Ontario will experience a mental illness and/or addiction at some point in life (Canadian Mental Health Association, 2011, as cited by Perth District Health Unit, 2011).
- Approximately 70% of mental health problems and illnesses begin during childhood or adolescence (Mental Health Commission of Canada, 2009).
- Before the age of 25, most mental disorders begin. These tend to be chronic, with significant negative short- and long-term outcomes. (Child and Youth Advisory Committee of the Mental Health Commission of Canada, 2010)

- It is predicted that by 2020, mental health issues in Canadian children and youth will rise by 50% (Health Canada, 2007, as cited in Perth District Health Unit, 2011).
- The cost of mental health includes direct medical costs, unemployment, excess absenteeism from work, and excess loss in health-related quality of life (Perth District Health Unit, 2011).
- In 2003, the economic burden of Canadians aged 20 and over with mental health problems was estimated at \$51 billion (Lim, Jacobs, Ohinmaa, Schopflocher, Dewa, 2008, as cited by Perth District Health Unit, 2011).

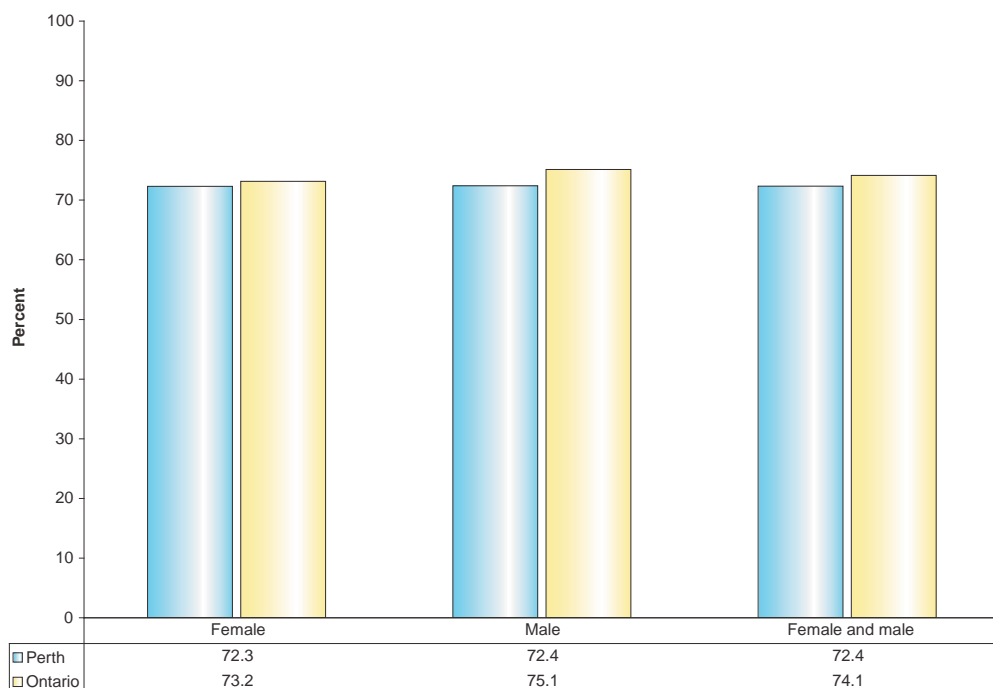
RESULTS

Data from the CCHS conducted in 2003, 2005, 2007, 2008, and 2009 were combined and analyzed. The results are highlighted in the following figures.

The graphs show results from Perth County compared to Ontario. The descriptions note statistically significant differences.

MENTAL HEALTH PERCEIVED BY FEMALES AND MALES

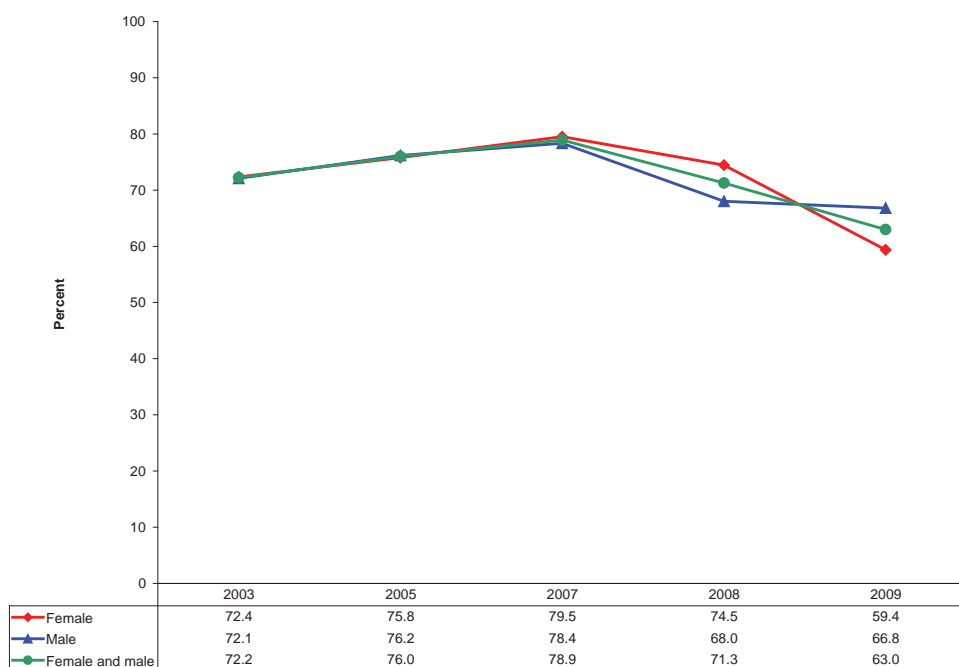
Figure 1. Percentage of Perth County and Ontario females and males who perceived their mental health as very good or excellent



The percentage of Perth County residents who perceived their mental health as very good or excellent (72%) was lower compared to Ontario (74%).

Source: Canadian Community Health Survey 2003, 2005, 2007, 2008, and 2009

Figure 2. Percentage of Perth County females and males who perceived their mental health as very good or excellent by year

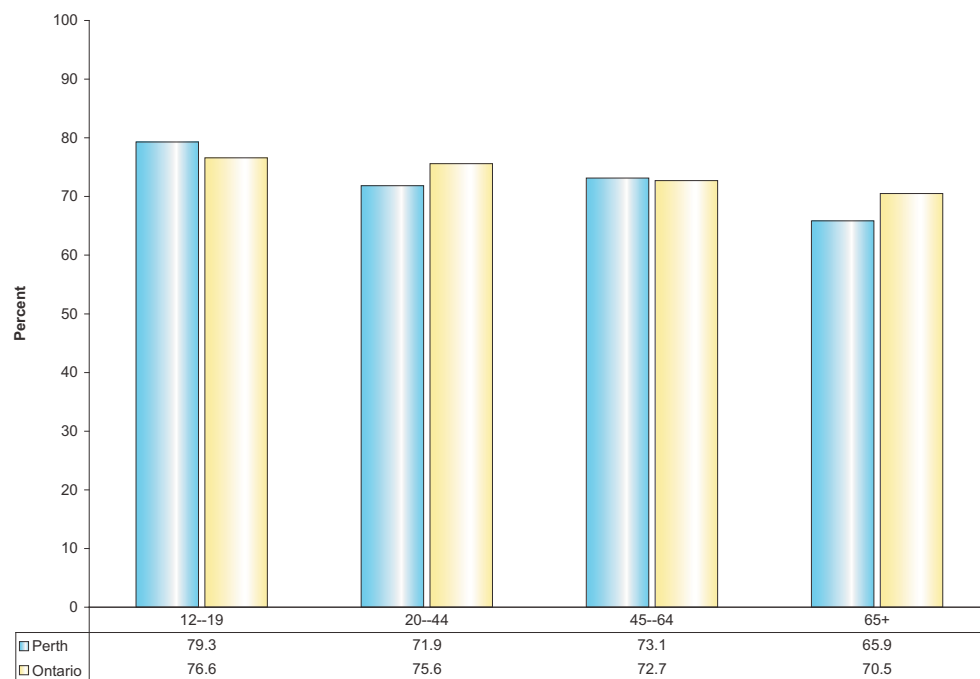


In 2009, the percentage of Perth County residents who perceived their mental health as very good or excellent (63%) was lower than in 2005 (76%), 2007 (79%), and 2008 (71%).

Source: Canadian Community Health Survey 2003, 2005, 2007, 2008, and 2009

SELF-PERCEIVED MENTAL HEALTH BY AGE GROUP

Figure 3. Percentage of Perth County and Ontario residents who perceived their mental health as very good or excellent by age group



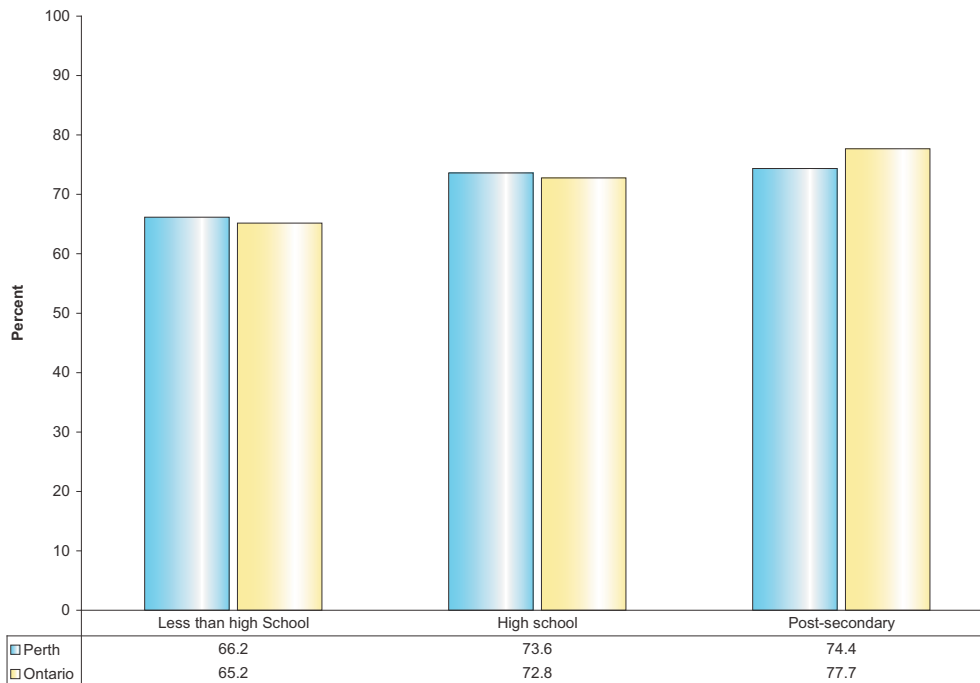
A higher percentage of Perth County residents aged 12-19 (79%) perceived their mental health as very good or excellent compared to the age groups 20-44 and 65+.

A lower percentage of Perth County residents aged 65 and older (66%) perceived their mental health as very good or excellent compared to the age groups 12-19 and 45-65.

Source: Canadian Community Health Survey 2003, 2005, 2007, 2008, and 2009

SELF-PERCEIVED MENTAL HEALTH BY EDUCATION

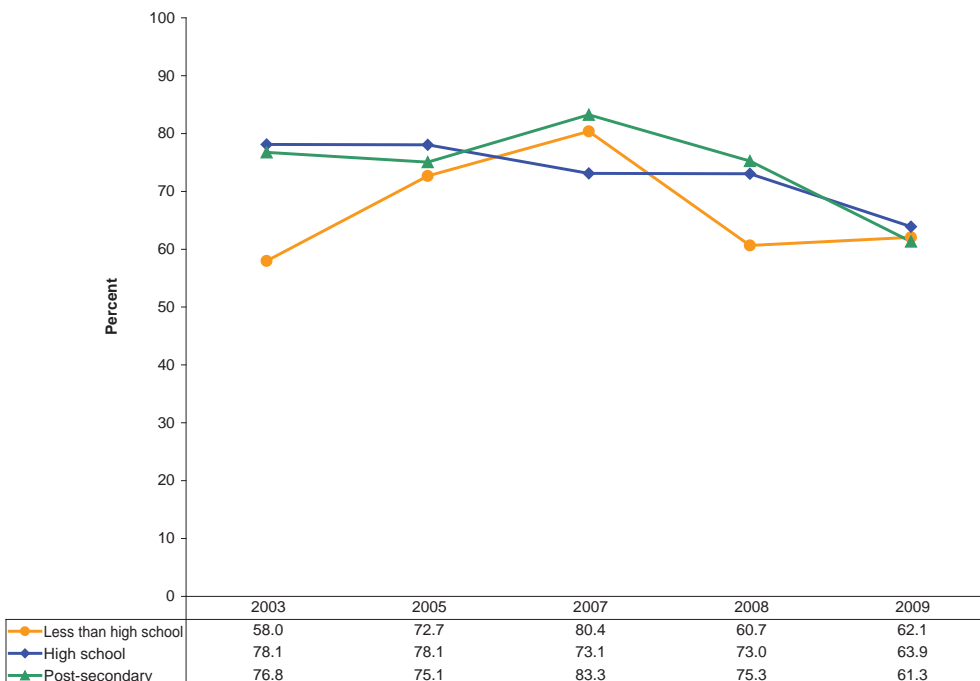
Figure 4. Percentage of Perth County residents and Ontarians who perceived their mental health as very good or excellent by education level



A higher percentage of Perth County residents with a post-secondary education (74%) perceived their mental health as very good or excellent compared to Perth County residents who did not graduate from high school (66%).

Source: Canadian Community Health Survey 2003, 2005, 2007, 2008, and 2009

Figure 5. Percentage of Perth County residents who perceived their mental health as very good or excellent by education level and year

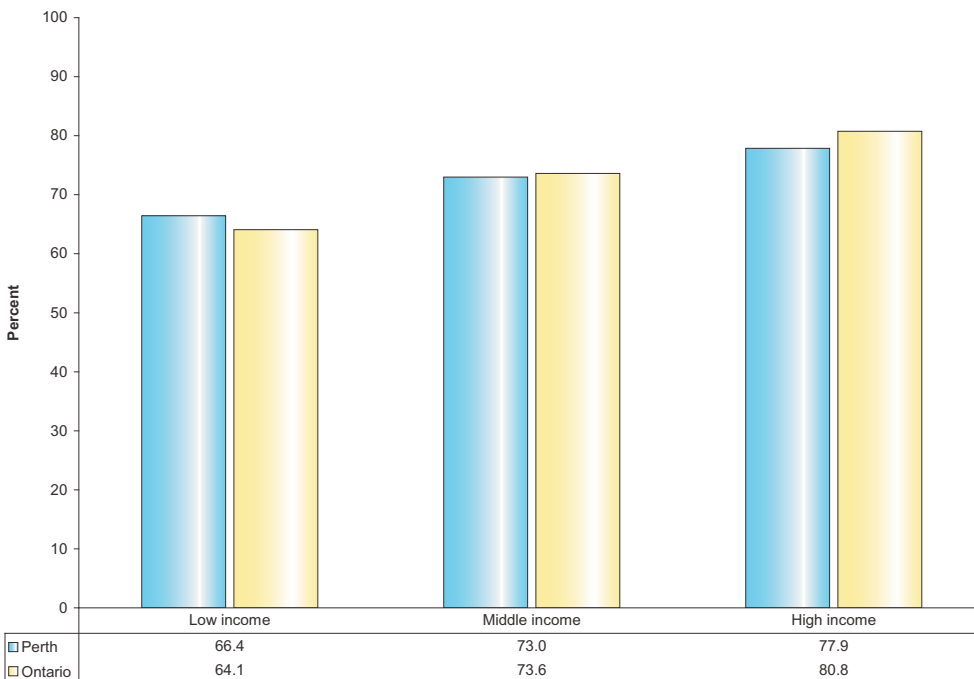


From 2007 to 2009, the percentage of Perth County residents who perceived their mental health as very good or excellent decreased for those with less than high school and those with post secondary education.

Source: Canadian Community Health Survey 2003, 2005, 2007, 2008, and 2009

SELF-PERCEIVED MENTAL HEALTH BY INCOME

Figure 6. Percentage of Perth County and Ontario residents who perceived their mental health very good or excellent by household income

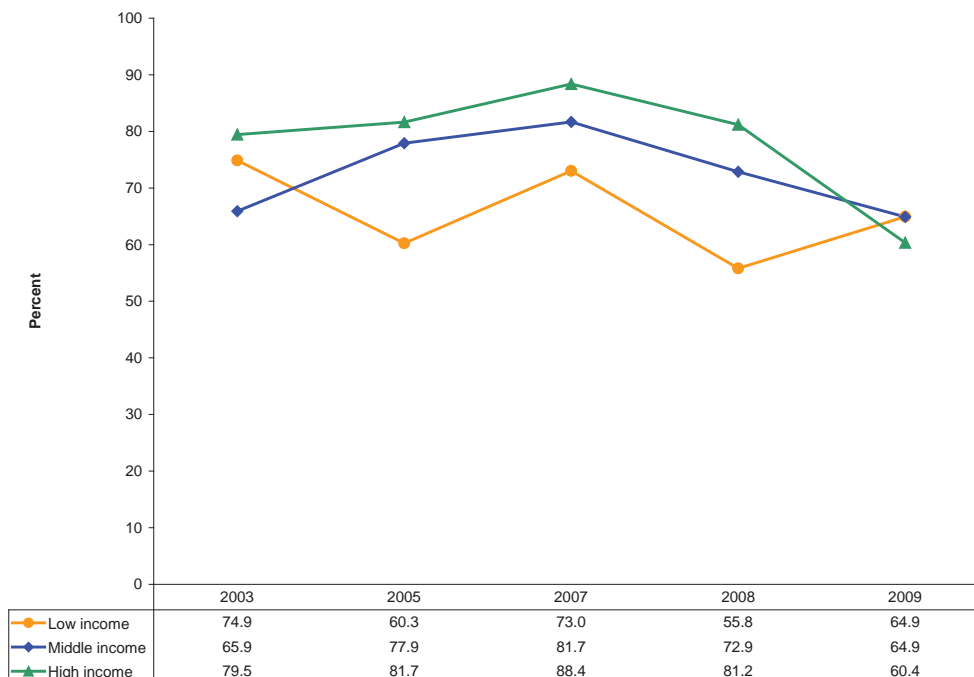


A higher percentage of Perth County residents with high income (78%) perceived their mental health as very good or excellent compared to those with low income (66%).

N.B. Low, middle, and high income was derived based on the total number of people in the household and total household income from all sources in the 12 months before the interview.

Source: Canadian Community Health Survey 2003, 2005, 2007, 2008, and 2009

Figure 7. Percentage of Perth County residents who perceived their mental health as very good or excellent by household income and year



From 2007 to 2009 the percentage of Perth County residents with middle and high household incomes who perceived their mental health as very good or excellent decreased.

Source: Canadian Community Health Survey 2003, 2005, 2007, 2008, and 2009

DATA SOURCE AND LIMITATIONS

The Canadian Community Health Survey (CCHS) is a general, cross-sectional health survey that covers the household population aged 12 years or older. Coverage in the provinces is in the range of 98%. The main limitation is that CCHS uses self-reported data, which can be subject to response bias. For more information on the CCHS visit www.statcan.gc.ca.

In this report, data from the 2003, 2005, 2007, 2008, and 2009 CCHS surveys were combined and analyzed. The question addressed was, "In general, would you say your mental health is: Excellent? Very good? Good? Fair? Poor?"

Self-perceived health (both physical and mental) is a reliable indicator of the health of an individual, and can be an indirect predictor of both physical and mental health.

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