POSITIVE MENTAL HEALTH SURVEILLANCE INDICATOR FRAMEWORK

QUICK STATS, ADULTS (18 YEARS OF AGE AND OLDER), CANADA, 2016 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 "excellent" or "very good"	64.9%	CCHS Mental Health (2012)
Happiness	% of population who report being happy "every day" or "almost every day"	81.9%	CCHS Mental Health (2012)
Life satisfaction	% of population who report being satisfied with life "every day" or "almost every day"	82.1%	CCHS Mental Health (2012)
	Mean life satisfaction rating (0–10 scale)	7.9	CCHS Mental Health (2012)
Psychological well-being	% of population who have high psychological well-being	69.6%	CCHS Mental Health (2012)
Social well-being	% of population who report that they "very strongly" or "somewhat strongly" belong to their local community	62.4%	CCHS Mental Health (2012)
INDIVIDUAL DETERMINANTS			
Resilience	In development		
Coping	% of population who report a high level of coping	56.9%	CCHS Mental Health (2012)
Control and self-efficacy	% of population who report a high level of perceived control over life chances	41.6%	GSS Social Networks (2008)
Violence	% of population who experienced any of three types of child abuse before age 16 (physical abuse, sexual abuse or exposure to intimate partner violence)	32.3%	CCHS Mental Health (2012)
	% of population who report being the victim of physical or sexual assault in the past 12 months	3.9%	GSS Victimization (2014)
	% of population who report being the victim of spousal violence in the past 5 years	2.7%	GSS Victimization (2014)
Health status	% of population who self-rate their health as "excellent" or "very good"	58.6%	CCHS (2013)
	% of population with no or mild disability	68.1%	CCHS (2013)
Physical activity	% of population who are "active" or "moderately active" during their leisure time based on self-reported data	53.8%	CCHS (2013)
	% of population aged 18–79 years who accumulate at least 150 minutes per week of moderate or vigorous physical activity in 10-minute bouts based on measured data	13.6%	CHMS (2009–2011)
Substance use	% of population whose reported alcohol consumption falls within the low-risk alcohol drinking guidelines	85.0%	CADUMS (2012)
Spirituality	% of population who report that religious or spiritual beliefs are "very important" or "somewhat important" in their daily life	62.9%	CCHS Mental Health (2012)
FAMILY DETERMINANTS			
Family relationships	In development		
Family health status and substance use by family members	% of population with a family member who has problems with their emotions, mental health or use of alcohol or drugs	39.8%	CCHS Mental Health (2012)
	% of population 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	35.6%	CCHS Mental Health (2012)
Household composition	% of population who live with spouse or partner	70.2%	CCHS (2013)
	% of population who live in a lone parent household	8.9%	CCHS (2013)
	% of population who live alone	15.6%	CCHS (2013)
Household income	% of the total Canadian population, all ages, below low-income cut-off after tax	8.8%	SLID (2011)

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COMMUNITY DETERMINANTS			
Community involvement	% of population who are members of, or participate in at least one recreational or professional organization, group, association or club	63.6%	GSS Social Networks (2008)
Social networks	% of population who report having no close friends or family members	6.1%	GSS Social Networks (2008)
	% of population who report having 1–5 close friends or family members	59.2%	GSS Social Networks (2008)
	% of population who report having 6 or more close friends or family members	34.7%	GSS Social Networks (2008)
Social support	% of population who report high level of perceived social support	94.1%	CCHS Mental Health (2012)
Workplace environment	% of employed population aged 18–75 years experiencing high job strain	14.8%	CCHS Mental Health (2012)
Neighbourhood social environment	% of population who report that their neighbourhood is a place where neighbours help each other	86.6%	GSS Victimization (2009)
	% of population who report that social disorder in their neighbourhood is "a very big problem" or "a fairly big problem"	13.4%	GSS Victimization (2009)
Neighbourhood built environment	In development		
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	32.4%	CCHS (2013) Discrimination Rapid Response
	% of population with a mental health problem who report being affected by negative opinions or unfair treatment due to their mental health problem	21.0%	CCHS Mental Health (2012)
Political participation	% of registered electors who voted in the 2015 federal election	68.5%	Elections Canada (2015)

Abbreviations: CADUMS, Canadian Alcohol and Other Drug Use Monitoring Survey; CCHS, Canadian Community Health Survey; CHMS, Canadian Health Measures Survey; GSS, General Social Survey; SLID, Survey of Labour and Income Dynamics.

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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