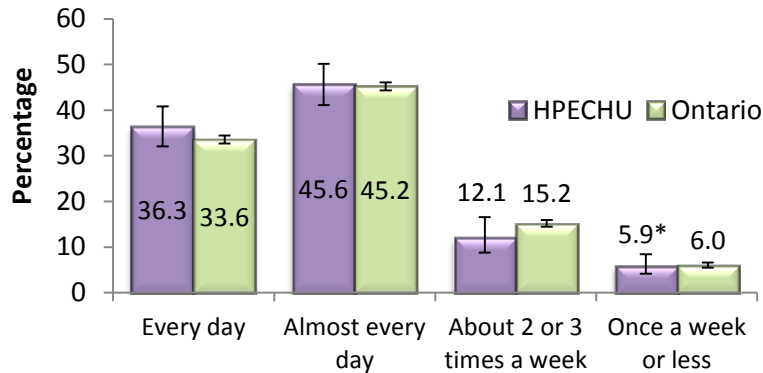


Positive Mental Health



A. Frequency of respondents feeling happy in the past month in HPECHU and Ontario, 2011/12



Sample: Residents 12 and over in HPECHU area and Ontario.

Source: Canadian Community Health Survey, 2011/12. Statistics Canada.

Interpretation:

Figure A: In HPECHU area in 2011/12, 36.3% (32.1-40.9) of respondents felt happy every day in the past month.

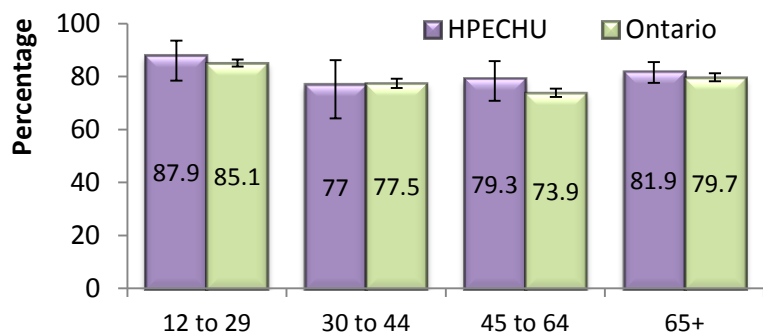
Figure B: In Ontario, people 12 to 29 were more likely to feel happy every day or almost every day than other age groups.

Figure C: In Ontario and HPECHU area there were no differences between males and females in the percentage feeling happy every day or almost every day in the past month.

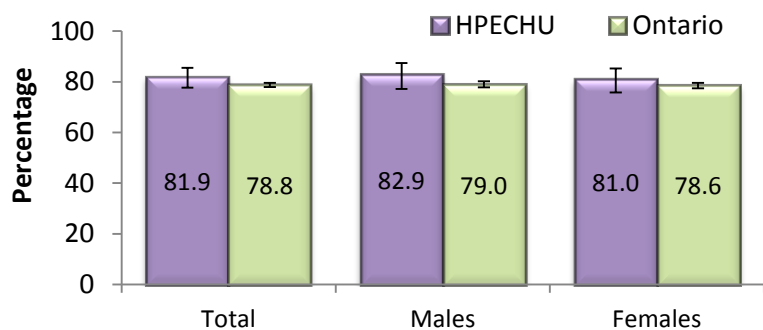
I = (in the graphs) represents the 95% confidence interval.

* = use with caution.

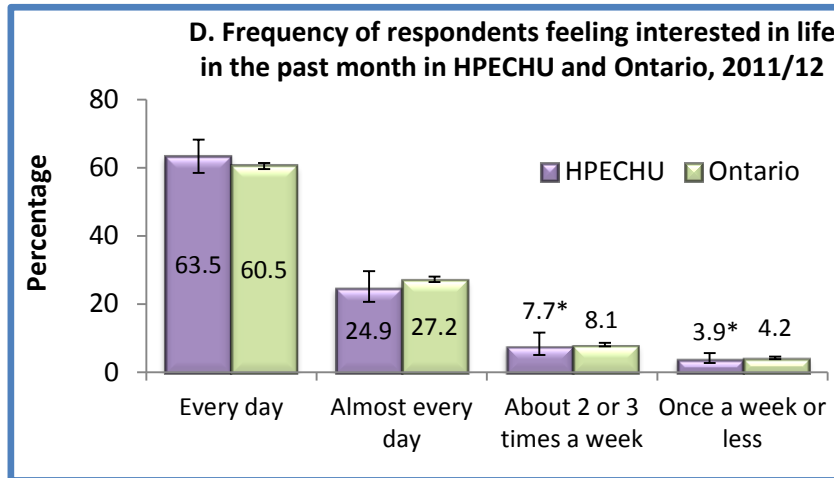
B. Frequency of respondents feeling happy in the past month in HPECHU by age group and Ontario, 2011/12



C. Frequency of respondents feeling happy in the past month in HPECHU by sex and Ontario, 2011/12



Positive Mental Health



Sample: Residents 12 and over in HPECHU area and Ontario.

Source: Canadian Community Health Survey, 2011/12. Statistics Canada.

Interpretation:

Figure D: In HPECHU area in 2011/12, 63.5% (58.5-68.2) of respondents felt, every day in the previous month, interested in life. There were no differences between age groups or males and females (data not shown).

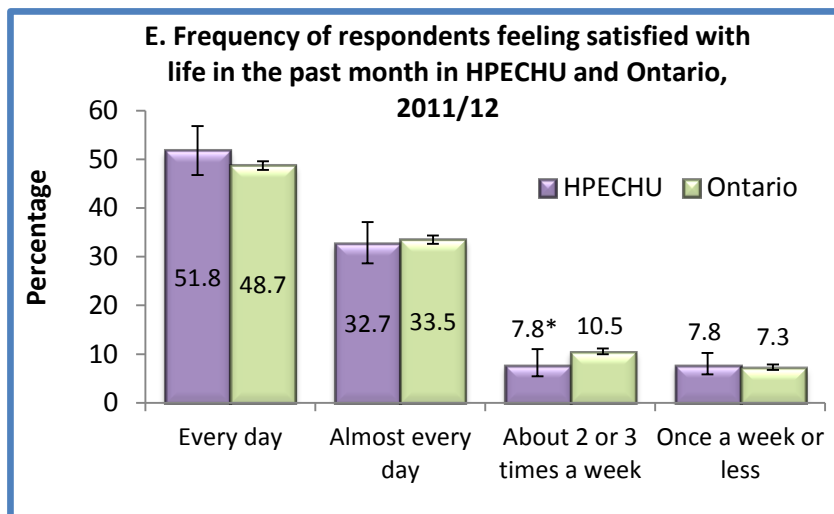


Figure E: In HPECHU area in 2011/12, 51.8% (46.7-56.8) of respondents felt, every day in the previous month, satisfied with life. There were no differences between age groups or males and females (data not shown).

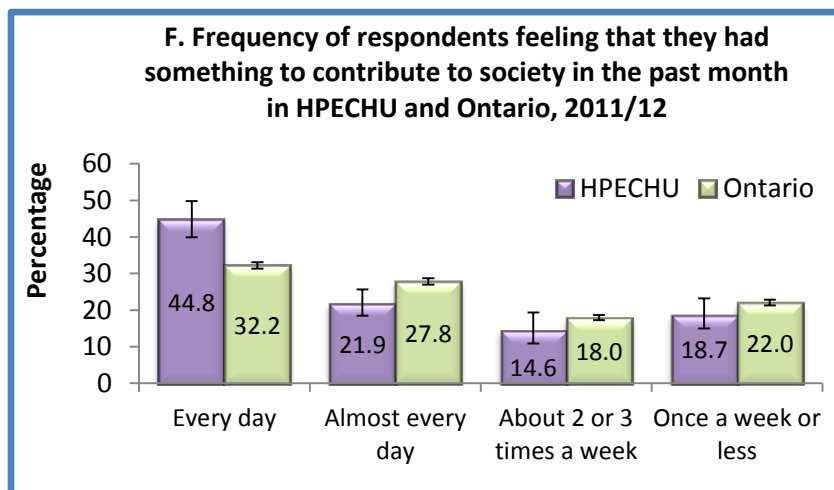
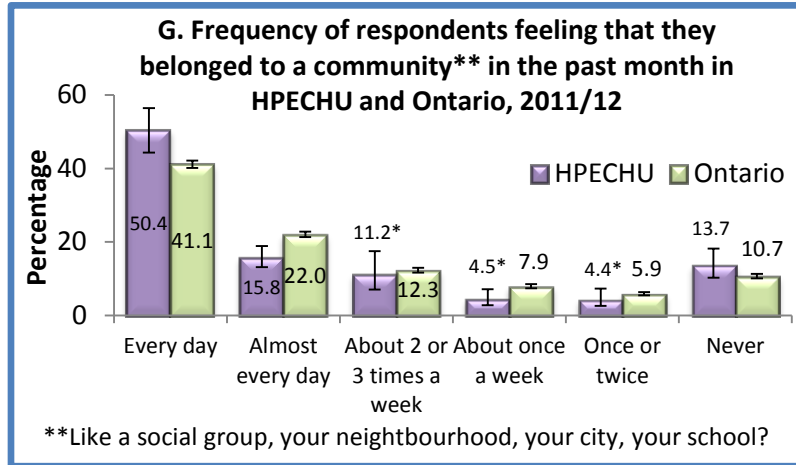


Figure F: In HPECHU area in 2011/12, 44.8% (40.0-49.8) of respondents felt, every day in the previous month, they had something to contribute to society. In Ontario, those aged 12 to 29 and 65+ more frequently stated they had something to contribute to society every day in the previous month than those aged 30 to 64.

I = (in the graphs) represents the 95% confidence interval.

Positive Mental Health



Interpretation:

Figure G: In HPECHU area in 2011/12, 50.4% (44.3-56.4) of respondents felt, every day in the previous month, they belonged to a community (like a social group, their neighbourhood, their city or their school). Those aged 65+ more frequently stated they felt, every day or almost every day in the previous month, like they belonged to a community than those aged 45 to 64 (data not shown). In Ontario, females more than males stated they felt, every day or almost every day in the previous month, like they belonged to a community (data not shown).

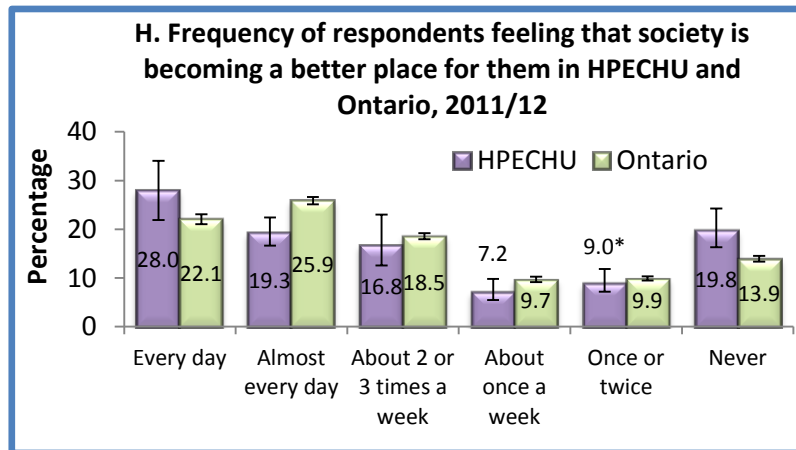
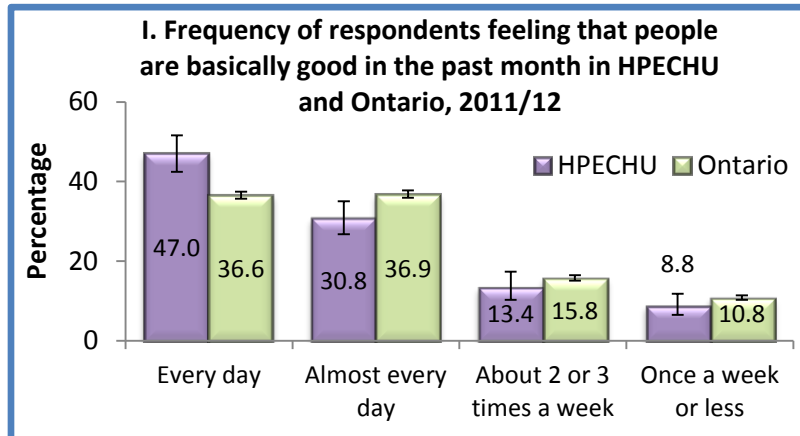


Figure H: In HPECHU area in 2011/12, 28.0% (23.0-33.6) of respondents felt every day that society is becoming a better place for them. In Ontario, those aged 12 to 29 and 65+ felt, every day or almost every day in the previous month, that society is becoming a better place for them more frequently than those 30 to 64 (data not shown).

I (in the graphs) represents the 95% confidence interval.

* = use with caution.

Positive Mental Health



Interpretation:

Figure I: In HPECHU area in 2011/12, 47.0% (42.5-51.6) of respondents felt, every day in the previous month, that people are basically good. In HPECHU area, those aged 65+ more frequently stated that people are basically good in the past month than other age groups (not shown). In Ontario, those aged 45-64 and 65+ more frequently stated that people are basically good in the past month than other age groups (not shown).

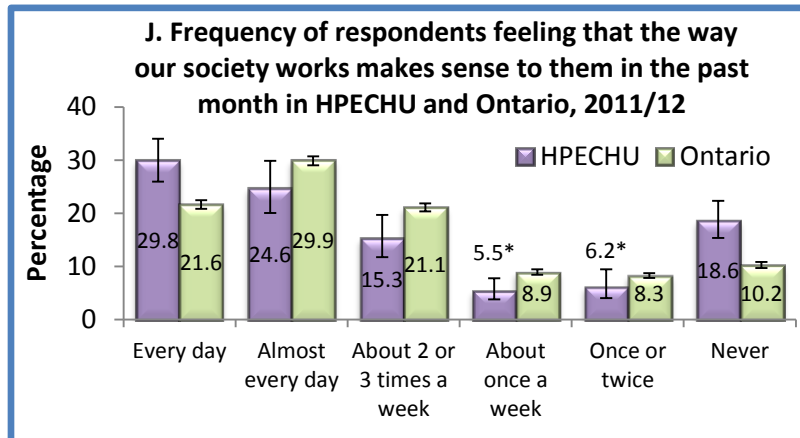


Figure J: In HPECHU area in 2011/12, 29.8% (26.0-34.0) of respondents felt, every day in the previous month, that the way our society works makes sense to them. Of note, 18.6% (15.4-22.3) of respondents never felt, in the previous month, that the way our society works made sense to them. There were no differences by age group or sex.

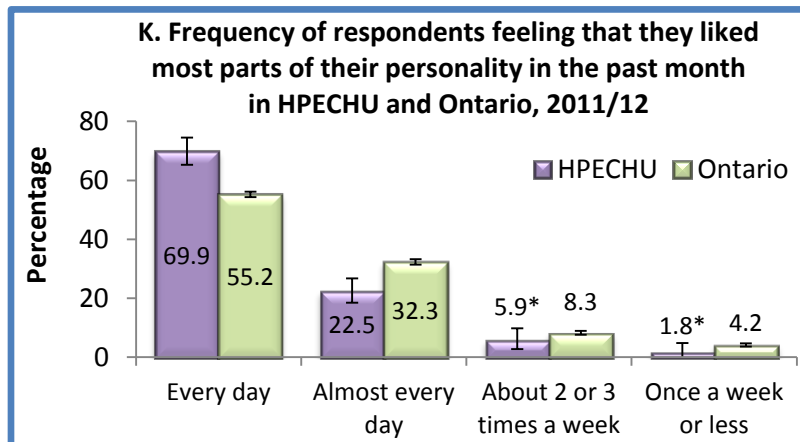
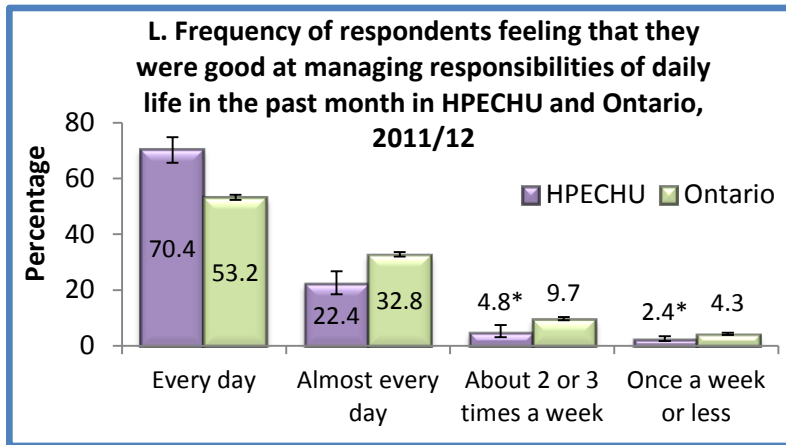


Figure K: About 70% (65.1-74.2) of HPECHU respondents felt, every day in the previous month, they liked most parts of their personality. There were no differences by age group or sex.

I = (in the graphs) represents the 95% confidence interval.

* = use with caution.

Positive Mental Health



Interpretation:

Figure L: About 70% (65.6-74.8) of HPECHU respondents felt, every day in the previous month, they were good at managing responsibilities of daily life. In Ontario, the frequency with which respondents stated they were good at managing responsibilities of daily life every day or almost every day in the past month increased with age (not shown).

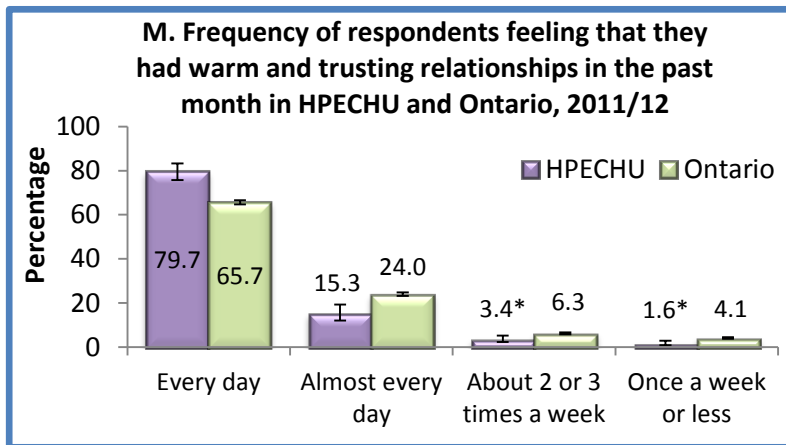


Figure M: In HPECHU area in 2011/12, 79.7% (75.7-83.2) of respondents felt, every day in the previous month, that they had warm and trusting relationships with others.

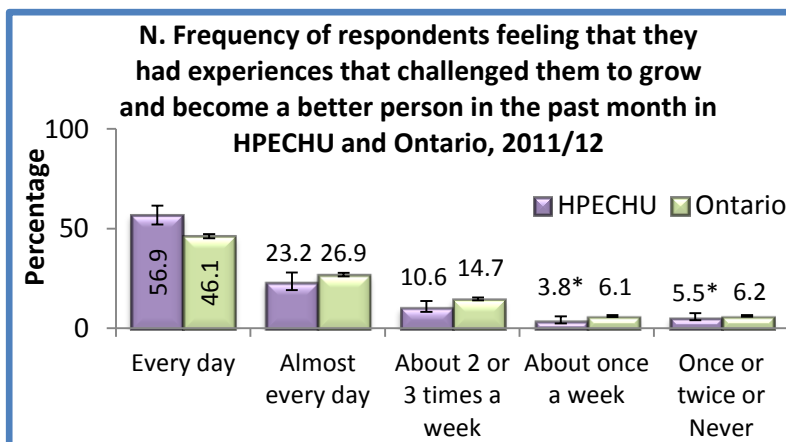
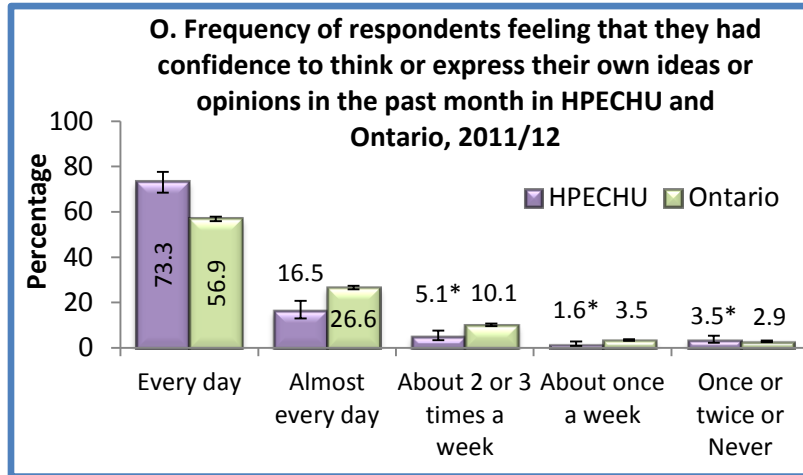


Figure N: In HPECHU area in 2011/12, 56.9% (52.1-61.6) of respondents felt, every day in the previous month, that they had experiences that challenged them to grow and become a better person. In Ontario, the frequency with which respondents stated they had experiences that challenged them to grow and become a better person every day or almost every day in the past month decreased with age (not shown). Also, females more frequently had experiences that challenged them to grow and become a better person every day or almost every day in the past month than males in Ontario (not shown).

I = (in the graphs) represents the 95% confidence interval.

Positive Mental Health



Interpretation:

Figure O: Almost three quarters of HPECHU respondents felt, every day in the previous month, they had the confidence to think or express their own ideas or opinions. In Ontario, the frequency with which respondents stated they had the confidence to think or express their own ideas or opinions every day or almost every day in the past month was higher among those 65+ than those aged 12 to 29 (not shown).

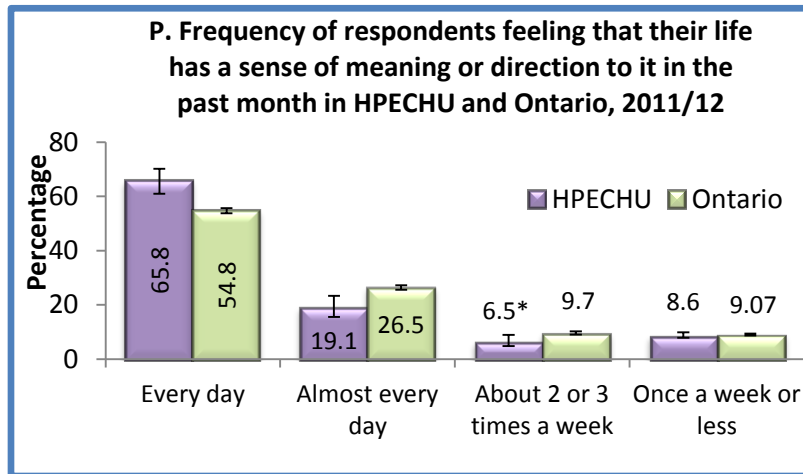


Figure P: In HPECHU 65.8% (60.4-70.9) respondents felt their life has a sense of meaning or direction to it every day in the past month. There were no differences by age group or sex.

I = (in the graphs) represents the 95% confidence interval.

* = use with caution.