

MENTAL HEALTH IN EASTERN ONTARIO EXECUTIVE SUMMARY

Influenced by individual, family, community and societal factors, mental health is defined as “a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community” and is an essential component of overall health.^{1,2}

Based on the Public Health Agency of Canada’s Positive Mental Health Surveillance Framework indicators and inspired by Ottawa Public Health’s Status of Mental Health in Ottawa report, this snapshot aims to identify the current state of mental health in the Eastern Ontario Health Unit’s (EOHU) region and acts as a baseline for future mental health promotion and surveillance efforts by the EOHU and local community partners.^{3,4} The full snapshot can be found [here](#).

In order to measure positive mental health, the Public Health Agency of Canada’s Positive Mental Health Surveillance Framework provides a structure based on 5 outcomes and 25 different indicators.⁵ These indicators are distributed across different levels, taking into account the complexities of interconnected factors influencing positive mental health. For more information and to consult the complete framework, see the [Positive Mental Health Surveillance Indicator Framework](#).

The following tables represent local data for the EOHU region:

Positive Mental Health Determinants

INDICATOR	MEASURE	EOHU	ONTARIO	SOURCE
Self-Rated Mental Health	Proportion of the population aged 12 and over who reported perceiving their own mental health status as being excellent or very good	70.8%	71.1%	CCHS 2015/2016
Life Satisfaction	Proportion of the population aged 12 and over who reported being satisfied or very satisfied with their life in general	91.2%	92.6%	CCHS 2015/2016
Social Well-Being	Proportion of the population aged 12 and over who reported their sense of belonging to their local community as being very strong or somewhat strong	71.6%	70.9%	CCHS 2015/2016
Self Injury	Number (and age-standardized rate per 100 000 population) of ED visits for intentional self-harm (all ages)	342 (206.1)	19 006 (154.9)	NACRS 2017
Suicide	Number (and age-standardized rate per 100 000 population) of mortality from injuries due to intentional self-harm (all ages)	22 (10.6)	1 338 (10.8)	NACRS 2015



INDICATOR	MEASURE	EOHU	ONTARIO	SOURCE
Life Stress	Proportion of the population aged 12 and over who reported perceiving that most days in their life were quite a bit or extremely stressful	18.9%	22%	CCHS 2015/2016

Individual Determinants

INDICATOR	MEASURE	EOHU	ONTARIO	SOURCE
Healthy Childhood Development**	Number (and proportion) of kindergarten children vulnerable in one or more Early Development Instrument domains	689 (32.8%)	29.4%	Early Development Instrument Cycle 4 - 2014 to 2015
Health Status	Proportion of the population aged 12 and over who reported perceiving their own health status as being either excellent or very good	60.8%	61%	CCHS 2015/2016
Physical Activity	Proportion of the population aged 18 and over who indicate being physically active (participate in at least 150 minutes of moderate to vigorous intensity aerobic physical activity per week, in bouts of 10 minutes or more)	55.9%	57.4%	CCHS 2015/2016
Alcohol Use	Proportion of the population 19 and older self-reporting exceeding the number of drinks set out in the low-risk alcohol drinking guidelines (Injury and Chronic Disease)	48.2%	44.4%	CCHS 2015/2016
Alcohol Use	Proportion of the population 12 years and older self-reporting heavy drinking on one occasion at least once a month in the past year (Heavy drinking = 5 or more drinks for men and 4 or more for women)	17.7%	18.2%	CCHS 2015/2016
Drug Use	Number (and age-standardized rate per 100 000 population) of opioid-related ED visits (all ages)	65 (31.3)	7 764 (54.6)	NACRS 2017
Violence	Number (and age-standardized rate per 100 000 population) of ED visits for injuries due to assault (all ages)	451 (248.7)	33 328 (239.1)	NACRS 2017
Tobacco	Proportion of the population aged 12 and over who reported being a current smoker. Does not consider the number of cigarettes smoked.	16.4%*	11.9%	CCHS 2015/2016
Sleep**	Proportion of the population reporting an average sleep duration of 7-8 hours per night (all ages)	49.53%	46.04%	CCHS 2015/2016

INDICATOR	MEASURE	EOHU	ONTARIO	SOURCE
Sleep**	Proportion of the population reporting experiencing trouble going to sleep or staying asleep most or all of the time (all ages)	19.78%	16.21%	CCHS 2015/2016
Sleep**	Proportion of the population reporting never or rarely experiencing refreshing sleep (all ages)	16.51%	15.5%	CCHS 2015/2016

Family Determinants

INDICATOR	MEASURE	EOHU	ONTARIO	SOURCE
Household Composition	Proportion of lone parent households	14.8%	17%	Census 2016
Household Composition	Proportion of population who live alone (one-person household)	26%	25.9%	Census 2016
Household Composition	Proportion of population married or living common law	61.8%	57.2%	Census 2016
Household Income	Prevalence of low-income based on low-income cut-off after tax	5.3%	9.8%	Census 2016

Societal Determinants

INDICATOR	MEASURE	EOHU	ONTARIO	SOURCE
Unemployment	Percentage of population aged 15 years and over who are unemployed	6.6%	7.4%	Census 2016
Food Security	Percentage of households considered food insecure (marginal, moderate and severe)	13.4%	11.9%	CCHS 2012-2014 combined

CCHS – Canadian Community Health Survey.

NACRS – National Ambulatory Care Reporting System.

EDI – Early Development Instrument.

* – Statistically significant.

** – Indicator not in PHAC Framework.

A description of the indicators and their connection to mental health can be found in the full snapshot, which can be accessed [here](#). The data demonstrates that the EOHU region seems to be comparable to the provincial average when it comes to the indicators used in this snapshot, barring a few exceptions (i.e. suicide rates). Nonetheless, there is still a need for local mental health-focused promotion efforts in the region to bring the population to flourish in all aspects of health. Although local data was not available for all indicators, this baseline provides a foundation upon which the EOHU and local community partners can build a broader local mental health surveillance and promotion strategy.

References

1. Ministry of Health and Long-Term Care (2018) Mental Health Promotion Guideline. Ontario, Canada
2. World Health Organization. Mental Health: A state of well-being 2014 [Available from: http://www.who.int/features/factfiles/mental_health/en/].
3. Centre for Chronic Disease Prevention. Positive Mental Health Surveillance Indicator Framework: Quick Statistics, adults (18 years of age and older), Canada, 2016 Edition. Ottawa (ON): Public Health Agency of Canada; 2016.
4. Ottawa Public Health. Status of Mental Health in Ottawa. June 2018. Ottawa (ON): Ottawa Public Health; 2018
5. Orpana, H., Vachon, J., Dykxhoorn, J., McRae, L., & Jayaraman, G. (2016). Monitoring positive mental health and its determinants in Canada: the development of the Positive Mental Health Surveillance Indicator Framework. Health promotion and chronic disease prevention in Canada: research, policy and practice, 36(1), 1.