

DIAGNOSED ANXIETY DISORDERS

Diagnosed anxiety disorder:

Age-adjusted percentage of the population aged 12 years or older who reported having an anxiety disorder that was diagnosed by a health professional and that was expected to last or had already lasted for six months or more, such as a phobia, obsessive-compulsive disorder or a panic disorder.

North East LHIN region:

The North East Local Health Integration Network (NE LHIN) region boundaries normally include the North Bay Parry Sound District Health Unit (NBPSDHU) Region. However, for comparison purposes the NE LHIN region is defined as the whole of the region excluding the NBPSDHU region.

Data sources:

Canadian Community Health Survey 2009/10, 2011/12, 2013/14, Statistics Canada, Share File, Ontario Ministry of Health and Long-Term Care.

Rate calculations:

Crude rates were age-standardized using the Direct Method and standard 2011 Canadian population.

Data analysis for Canadian Community Health Survey (CCHS) data:

The confidence intervals and variance were measured using the bootstrapping method, calculated with STATA IC/14.2 (2014).

Interpretation of a significant difference:

A statistic interpreted as 'significantly different' from another is an estimate found to be statistically meaningful; the difference is unlikely due to chance. Error bars noted in figures within this report illustrate 95% confidence intervals. If there is no overlap in range between confidence intervals, the difference can be described as statistically significant.

Overall

In 2013/14, the age-standardized percentage of the population aged 12 years or older who reported having a diagnosed anxiety disorder was similar between the NBPSDHU region, the North East LHIN region, and Ontario (Table 1). In Ontario, this percentage has increased significantly from 2007/08 by about 2%.

Table 1. Age-Standardized Percentage (95% CI) of Individuals Aged 12 Years or Older Who Reported Having an Anxiety Disorder, By Region, 2007 – 2014

| Time period | NBPSDHU Region | North East LHIN Region | Ontario |
|-------------|---------------------------------|------------------------|-------------------|
| 2007/08 | 8.6* (6.4, 11.4) | 7.1 (6.0, 8.4) | 5.8 (5.5, 6.2) |
| 2009/10 | 4.6 ^E (3.0, 7.1) | 6.1 (5.0, 7.5) | 5.0 (4.7, 5.4) |
| 2011/12 | 7.0 ^E (4.9, 9.9) | 8.2* (6.7, 10.0) | 6.5 (6.1, 7.0) |
| 2013/14 | 8.6 ^E (6.1, 11.9) | 10.6 (8.9, 12.6) | 7.5 (7.1, 8.1) |

^E – Interpret with caution; the estimate is associated with high sampling variability

* Estimate is significantly different from provincial estimate

Anxiety Disorders: Gender

In 2013/14, the age-standardized percentage of Ontario females who had a diagnosis of anxiety disorder was significantly higher by about 3% compared to males in Ontario (Table 2).

Table 2. Age-Standardized Percentage (95% CI) of Individuals Aged 12 Years or Older Who Reported Having an Anxiety Disorder, By Region & Gender, 2013/14

| Gender | NBPSDHU Region | North East LHIN Region | Ontario |
|-------------|----------------------------------|------------------------|--------------------|
| Male (ref.) | F | 7.9 (5.7, 10.9) | 6.0 (5.3, 6.8) |
| Female | 11.2 ^E (7.7, 16.2) | 13.1* (10.8, 15.9) | 9.0‡ (8.4, 9.7) |

* Estimate is significantly different from provincial estimate

‡ Estimate is significantly different from reference group

Adjusted Household Income:

The population's household income adjusted for family size, divided into three equally sized groups (lowest income, middle income, and highest income). Household income is divided by the squared number of persons in that household, for each person. For example, lowest income represents the one third of households with the lowest income per household size and the third tertile represents the one third of households with the highest income per household size

Anxiety Disorders: Age Group

Data from 2007 to 2014 was combined to analyze diagnosed anxiety disorders by age group. Anxiety disorders did not vary significantly by age group in any of the three regions (Table 3).

Table 3. Age-Standardized Percentage (95% CI) of Individuals Aged 12 Years or Older Who Reported Having an Anxiety Disorder, By Region and Age Group, 2007 – 2014 Combined

| Age Group (Years) | NBPSDHU Region | North East LHIN Region | Ontario |
|-------------------|--------------------------------|---------------------------------|-------------------|
| 12-17 (ref.) | F | 7.1 ^E (4.8, 10.6) | U |
| 18-24 | F | 7.8 (5.6, 10.7) | 7.4 (6.5, 8.3) |
| 25-44 | 7.0 (5.0, 9.6) | 9.8 (8.1, 11.6) | U |
| 45-64 | 8.1 (6, 10.9) | 8.0 (6.9, 9.3) | 6.8 (6.3, 7.2) |
| 65 or older | 4.2 ^E (2.7, 6.6) | 5.3 (4.2, 6.6) | 4.2 (3.9, 4.5) |

E – Interpret with caution; the estimate is associated with high sampling variability

F – Estimate suppressed; too unreliable to be released

U - Estimate for combined sample unavailable as estimate changed significantly between time periods

Anxiety Disorders: Adjusted Household Income

Data from 2007 to 2014 was combined to analyze diagnosed anxiety disorders by adjusted household income. In our region and the North East LHIN region, a significantly higher percentage of the population living in low income households had a diagnosed anxiety disorder compared to high income households (Table 4).

Table 4. Age-Standardized Percentage (95% CI) of Individuals Aged 12 Years or Older Who Reported Having an Anxiety Disorder, By Region and Adjusted Household Income Level, 2007 – 2014 Combined

| Income Level | NBPSDHU Region | North East LHIN Region | Ontario |
|--------------------|--------------------------------|------------------------|-------------------|
| Low income | 10.9‡ (8.5, 13.8) | 13.8‡ (12.1, 15.7) | U |
| Mid income | 5.9 ^E (4.2, 8.3) | 5.9 (4.8, 7.2) | U |
| High income (ref.) | 5.7 ^E (4.0, 8.1) | 5.2 (4.3, 6.2) | 4.7 (4.5, 5.0) |

‡ Estimate is significantly different from reference group

U - Estimate for combined sample unavailable as estimate changed significantly between time periods

E – Interpret with caution; the estimate is associated with high sampling variability

Anxiety Disorders: Education

Data from 2011 to 2014 was combined to analyze diagnosed anxiety disorders by highest level of education completed. Significantly higher percentages of the population in our region and Ontario who had less than a high school education reported having an anxiety disorder, about double the percentage among those with a trade, college, university education or higher (Table 5). In the North East LHIN region, a significantly higher percentage of those with less than a high school education and with a trade education or higher had an anxiety disorder compared to the same populations in Ontario.

Table 5. Age-Standardized Percentage (95% CI) of Individuals Aged 12 Years or Older Who Reported Having an Anxiety Disorder, By Region & Highest Level of Education Completed, 2007 – 2014 Combined

| Education | NBPSDHU Region | North East LHIN Region | Ontario |
|--|------------------------------------|-----------------------------------|-----------------------------------|
| Less than high school | 17.5 ^{E‡} (10.8, 27.1) | 19.3* (14.2, 25.7) | 12.3 [‡] (10.6, 14.2) |
| Completed high school | 8.5 ^E (5.3, 13.3) | 9.3 (7.0, 12.3) | 10.5 [‡] (8.0, 13.5) |
| Trade/Apprenticeship/ College/University or higher (ref.) | 6.4 ^E (4.3, 9.4) | 10.5 ^{E*} (7.3, 15.0) | 6.4 (5.9, 6.9) |

E – Interpret with caution; the estimate is associated with high sampling variability

* Estimate is significantly different from provincial estimate

‡ Estimate is significantly different from reference group

Anxiety Disorders: Aboriginal identity

Data from 2011 to 2014 was combined to analyze diagnosed anxiety disorders by Aboriginal identity. A significantly higher percentage of those who identify as Aboriginal had an anxiety disorder compared to those who did not identify as Aboriginal in Ontario (Table 6).

Table 3 Age-Standardized Percentage (95% CI) of Individuals Aged 12 Years or Older Who Reported Having an Anxiety Disorder, By Region & Aboriginal Identity, 2011 – 2014 Combined

| Aboriginal Identity | NBPSDHU Region | North East LHIN Region | Ontario |
|---------------------------------------|--------------------|------------------------|----------------------------------|
| Identified as Aboriginal | F | 11.4 (8.2, 15.5) | 11.1 [‡] (9.5, 12.9) |
| Did not identify as Aboriginal (ref.) | 7.8 (6.0, 10.2) | 9.1* (7.9, 10.6) | 7.0 (6.6, 7.3) |

‡ Estimate is significantly different from reference group

F – Estimate suppressed; too unreliable to be released

* Estimate is significantly different from provincial estimate