

# LIFE SATISFACTION

## **Life Satisfaction:**

Age-adjusted percentage of the population aged 12 years or older who reported being satisfied or very satisfied with life.

## **Happy & interested in life:**

Age-adjusted percentage of the population aged 12 years or older who reported feeling at least somewhat happy and interested in life.

## **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**

Between 2009 and 2014, about nine of every ten individuals of the age-standardized population aged 12 years or older in the NBPSDHU region reported being satisfied or very satisfied with life, similar to the percentages for the North East LHIN region and Ontario populations (Table 1). In all regions, 19 of every 20 individuals aged 12 years or older were at least somewhat happy and interested in life, in 2009/10 and 2013/14 (Table 2).

**Table 1. Age-Standardized Percentage (95% CI) of Individuals Aged 12 Years or Older Who Reported Being Satisfied or Very Satisfied with Life, By Region, 2009 – 2014**

Time period	NBPSDHU Region	North East LHIN Region	Ontario
2009/10	88.9 (85.3, 91.8)	88.1 (86.3, 89.7)	89.0 (88.4, 89.5)
2011/12	90.8 (87.9, 93.1)	88.8 (86.9, 90.5)	89.2 (88.7, 89.8)
2013/14	88.4 (84.9, 91.2)	88.7 (86.8, 90.3)	88.3 (87.6, 88.9)

<sup>Δ</sup> Estimate is significantly different from the North East LHIN estimate

\* Estimate is significantly different from provincial estimate

**Table 2. Age-Standardized Percentage (95% CI) of Individuals Aged 12 Years or Older Who Reported Feeling at Least Somewhat Happy and Interested in Life, By Region, 2009/10 & 2013/14**

Time period	NBPSDHU Region	North East LHIN Region	Ontario
2009/10	96.3 (94.2, 97.7)	95.8 (94.5, 96.9)	96.0 (95.7, 96.3)
2013/14	95.4 (92.2, 97.3)	95.8 (94.7, 96.7)	95.4 (95, 95.8)

## **Life Satisfaction: Gender**

Data from 2009 to 2014 was combined to analyze life satisfaction by gender. Life satisfaction did not vary significantly by gender in our region or Ontario (Table 3).

Data from 2009/10 and 2013/14 was combined to analyze happiness and interest in life by gender. Happiness and interest in life did not vary significantly by gender in any of the three regions (Table 4).

**Table 3. Age-Standardized Percentage (95% CI) of Individuals Aged 12 Years or Older Who Reported Being Satisfied or Very Satisfied with Life, By Gender & Region, 2009 – 2014 Combined**

Gender	NBPSDHU Region	North East LHIN Region	Ontario
Male (ref.)	89.8 (87.0, 92.0)	86.8 (85.1, 88.3)	88.6 (88.1, 89.1)
Female	89.0 (86.2, 91.4)	90.0‡ (88.7, 91.2)	89.0 (88.5, 89.4)

‡ Estimate is significantly different from reference group

**Table 4. Age-Standardized Percentage (95% CI) of Individuals Aged 12 Years or Older Who Reported Feeling at Least Somewhat Happy and Interested in Life, By Gender & Region, 2009/10 & 2013/14 Combined**

Gender	NBPSDHU Region	North East LHIN Region	Ontario
Male (ref.)	95.5 (92.6, 97.3)	95.6 (94.2, 96.7)	95.8 (95.4, 96.1)
Female	96.1 (93.8, 97.5)	96.0 (95.0, 96.8)	95.6 (95.3, 96)

## Life Satisfaction: Age Group

Data from 2009 to 2014 was combined to analyze life satisfaction by age group. In our region, life satisfaction did not vary significantly by age group (Table 5). A significantly lower percentage of youth aged 12 to 17 years in the North East LHIN region were satisfied with life compared to youth in Ontario.

Data from 2009/10 and 2013/14 was combined to analyze happiness and interest in life by age group. Happiness and interest in life did not vary significantly by gender in our region or the North East LHIN regions (Table 6).

**Table 5. Age-Standardized Percentage (95% CI) of Individuals Aged 12 Years or Older Who Reported Being Satisfied or Very Satisfied with Life, By Region & Age Group, 2009 – 2014 Combined**

Age Group (Years)	NBPSDHU Region	North East LHIN Region	Ontario
12-17 (ref.)	88.4 (79.8, 93.6)	88.7* (83.8, 92.3)	94.3 (93.6, 95.0)
18-24	U	93.4 (90.0, 95.8)	93.7 (92.6, 94.6)
25-44	92.8 (88.9, 95.3)	92.2 (90.1, 93.9)	91.7 ‡ (91.1, 92.2)
45-64	88.7 (84.9, 91.7)	88.8 (86.9, 90.5)	87.5‡ (86.8, 88.2)
65 or older	85.3 (81.1, 88.6)	79.3‡ (76.9, 81.4)	80.7‡ (79.9, 81.5)

‡ Estimate is significantly different from reference group

\* Estimate is significantly different from provincial estimate

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

### 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

**Table 6. Age-Standardized Percentage (95% CI) of Individuals Aged 12 Years or Older Who Reported Feeling at Least Somewhat Happy and Interested in Life, By Region & Age Group, 2009/10 & 2013/14 Combined**

Age Group (Years)	NBPSDHU Region	North East LHIN Region	Ontario
12-17 (ref.)	96.1 (88.5, 98.8)	96.2 (92.9, 98.0)	97.3 (96.6, 97.8)
18-24	U	96.0 (92.4, 98.0)	96.9 (96.1, 97.5)
25-44	96.1 (91.2, 98.3)	96 (93.6, 97.5)	96.1 (95.6, 96.5)
45-64	95.3 (92.1, 97.2)	95.7 (94.4, 96.7)	94.8‡ (94.2, 95.3)
65 or older	96.9 (94.4, 98.3)	95.7 (94.4, 96.7)	95.3‡ (94.8, 95.7)

‡ Estimate is significantly different from reference group

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

### Life Satisfaction: Adjusted Household Income

Data from 2009 to 2014 was combined to analyze life satisfaction by adjusted household income. Life satisfaction was significantly lower by about 10% in households with low adjusted household income levels compared to those in mid incomes and high income in our region (Table 7).

Data from 2009/10 and 2013/14 was combined to analyze happiness & interest in life by adjusted household income level. Happiness & interest in life did not vary by adjusted household income level in our region (Table 8). However, in the North East LHIN region and Ontario happiness & interest in life was significantly lower in those living low income households compared to high income households by about 4% (Table 8).

**Table 7. Age-Standardized Percentage (95% CI) of Individuals Aged 12 Years or Older Who Reported Being Satisfied or Very Satisfied with Life, By Region & Adjusted Household Income Level, 2009 – 2014 Combined**

Income Level	NBPSDHU Region	North East LHIN Region	Ontario
Low income	83.0 ‡ (79.0, 86.4)	80.8 (78.3, 83.1)	82.2 (81.4, 83.0)
Mid income	90.8 (86.8, 93.7)	91.9 (90.2, 93.3)	91.4 (90.9, 91.9)
High income (ref.)	93.5 (90.5, 95.5)	U	U

‡ Estimate is significantly different from reference group

**Table 8. Age-Standardized Percentage (95% CI) of Individuals Aged 12 Years or Older Who Reported Feeling at Least Somewhat Happy and Interested in Life, By Region & Adjusted Household Income Level, 2009/10 & 2013/14 Combined**

Income Level	NBPSDHU Region	North East LHIN Region	Ontario
<b>Low income</b>	92.8 (88.6, 95.6)	92.5 ‡ (90.4, 94.2)	92.6 ‡ (91.9, 93.3)
<b>Mid income</b>	97.7 (95.3, 98.9)	97.2 (95.8, 98.1)	96.8 (96.4, 97.1)
<b>High income (ref.)</b>	96.7 (93.9, 98.2)	97.1 (95.6, 98.1)	97.0 (96.7, 97.3)

‡ Estimate is significantly different from reference group

## Life Satisfaction: Education

Data from 2011 to 2014 was combined to analyze life satisfaction by highest level of education completed. About eight of every 10 individuals aged 12 years or older who completed less than a high school education were satisfied with life, compared to about nine of every ten persons who completed a trade/college/university or higher education in all regions (Table 9).

Data from 2013/14 was used to analyze happiness & interest in life by highest level of education completed. In our region and Ontario, a significantly lower percentage of the population who completed less than a high school education were happy and interested in life, compared to those who completed a trade or higher education (Table 10).

**Table 9. Age-Standardized Percentage (95% CI) of Individuals Aged 12 Years or Older Who Reported Being Satisfied or Very Satisfied with Life, By Region & Highest Level of Education Completed, 2011 – 2014 Combined**

Education	NBPSDHU Region	North East LHIN Region	Ontario
<b>Less than high school</b>	78.6 ‡ (68.9, 85.9)	77.9 ‡ (72.4, 82.5)	79.9 ‡ (78.0, 81.7)
<b>Completed high school</b>	88.8 (83.5, 92.5)	89.0 ‡ (86.0, 91.4)	87.1 ‡ (85.9, 88.2)
<b>Trade/Apprenticeship/College/University or higher (ref.)</b>	91.6 (88.4, 94)	89.1 (84.8, 92.3)	91.3 (90.7, 91.8)

‡ Estimate is significantly different from reference group

**Table 10. Age-Standardized Percentage (95% CI) of Individuals Aged 12 Years or Older Who Reported Feeling at Least Somewhat Happy and Interested in Life, By Region & Highest Level of Education Completed, 2009/10 & 2013/14 Combined**

Education	NBPSDHU Region	North East LHIN Region	Ontario
<b>Less than high school</b>	89.7 ‡ (86.4, 92.3)	91.5 (85.9, 95.0)	92.5 ‡ (90.5, 94.1)
<b>Completed high school</b>	91.9 ‡ (84.1, 96)	94.8 (91.6, 96.8)	94.9 (93.8, 95.8)
<b>Trade/ Apprenticeship/College/University or higher (ref.)</b>	98.2 <sup>Δ</sup> (96.5, 99.1)	93.3* (91.4, 94.9)	96.1 (95.5, 96.6)

- ‡ Estimate is significantly different from reference group
- \* Estimate is significantly different from provincial estimate
- ^ Estimate is significantly different from North East LHIN region estimate

## Life Satisfaction: Aboriginal identity

Data from 2011 to 2014 was combined to analyze life satisfaction by Aboriginal identity. Life satisfaction did not vary significantly by Aboriginal identity in the North East LHIN region or Ontario (Table 11). Data from 2013/14 was used to analyze happiness & interest in life by Aboriginal identity. Happiness & interest in life did not vary significantly by Aboriginal identity in either the North East LHIN region or Ontario (Table 12).

**Table 11. Age-Standardized Percentage (95% CI) of Individuals Aged 12 Years or Older Who Reported Being Satisfied or Very Satisfied with Life, By Region & Aboriginal Identity, 2011 – 2014 Combined**

Aboriginal Identity	NBPSDHU Region	North East LHIN Region	Ontario
Identified as Aboriginal	U	21.5 <sup>E</sup> (15.2, 29.4)	28.2 (24.9, 31.8)
Did not identify as Aboriginal (ref.)	19.6 (15.6, 24.4)	24.3 (21.6, 27.3)	24.7 (24.0, 25.5)

E – Interpret with caution; the estimate is associated with high sampling variability  
 U -Estimate for combined sample unavailable as estimate changed significantly between time periods

**Table 12. Age-Standardized Percentage (95% CI) of Individuals Aged 12 Years or Older Who Reported Feeling at Least Somewhat Happy and Interested in Life, By Region & Aboriginal Identity, 2009/10 & 2013/14 Combined**

Aboriginal Identity	NBPSDHU Region	North East LHIN Region	Ontario
Identified as Aboriginal	F	17.1 <sup>E</sup> (12.0, 23.8)	22.7 (19.6, 26.1)
Did not identify as Aboriginal (ref.)	19.4 (15.6, 23.8)	21.7 (19.4, 24.3)	23.4 (22.6, 24.1)

E – Interpret with caution; the estimate is associated with high sampling variability  
 F – Estimate suppressed; too unreliable to be released