

Perceived Health:

Crude percentage of individuals 12 years or older who reported perceiving their own health status as being either very good/excellent or fair/poor.

Data sources:

Canadian Community Health Survey 2007/08, 2009/10, 2011/12. Statistics Canada. Table 105-0502 – Health indicator profile, two year period estimates, by age group and sex, Canada, provinces, territories, health regions (2013 boundaries) and peer groups, occasional, CANSIM (database). (accessed: April 7, 2017).

Interpretation if a significant difference:

A statistic interpreted as ‘significantly different’ from another is an estimate found to be statistically meaningful, in such a way that the difference between two estimates is unlikely due to chance and represents a real difference. If there is no overlap in range of 95% confidence intervals, the difference can be described as statistically significant.

Perceived Health

In 2013/14, one of every two individuals aged 12 years or older in the North Bay Parry Sound District Health Unit Region had very good or excellent perceived health, significantly lower compared to individuals in Ontario where about 60% had very good or excellent perceived health (Table 1).

About one in eight individuals in our region had fair or poor perceived health in 2013/14, comparable to individuals in the North East LHIN region and Ontario (Table 2).

The percentage of the population with very good/excellent perceived or fair/poor perceived health has not changed significantly since 2007/08 in any of the three regions.

Table 1. Percentage (95%) of Individuals Aged 12 Years or Older Who Had Very Good or Excellent Perceived Health, By Region, 2007/08 to 2013/14

Years	NBPSDHU Region	North East LHIN Region	Ontario
2007/08	57.7 (52.5, 62.9)	55.7* (53.6, 57.8)	59.7 (58.9, 60.4)
2009/10	58.3 (52.8, 63.8)	58.1 (55.7, 60.5)	61.0 (60.2, 61.8)
2011/12	58.6 (53.8, 63.4)	56.3* (54.0, 58.6)	60.4 (59.6, 61.3)
2013/14	53.6* (49.2, 58.1)	54.9* (52.8, 57.1)	59.5 (58.8, 60.3)

* Estimate is significantly different from provincial estimate

Table 2. Percentage (95%) of Individuals Aged 12 Years or Older Who Had Fair or Poor Perceived Health, By Region, 2007/08 to 2013/14

Years	NBPSDHU Region	North East LHIN Region	Ontario
2007/08	15.3* (12.2, 18.4)	15.5* (14.1, 16.9)	11.9 (11.4, 12.4)
2009/10	11.7 (9.1, 14.3)	14.5* (13.1, 15.9)	11.9 (11.4, 12.4)
2011/12	12.9 (10.0, 15.7)	15.6* (13.7, 17.4)	11.1 (10.6, 11.7)
2013/14	14.6 (11.1, 18.0)	14.9* (13.3, 16.4)	11.7 (11.2, 12.2)

* Estimate is significantly different from provincial estimate

Perceived Mental Health:

Crude percentage of the population aged 12 years and older who reported perceiving their own mental health status as being either very good/excellent, or fair/poor.

Perceived Mental Health

In 2013/14, about seven in every ten individuals aged 12 years or older in our region had very good or excellent mental health, similar to the percentages of the population in the North East LHIN region and Ontario (Table 3). The percentage of the population with very good or excellent mental health has decreased significantly in Ontario between 2007/08 and 2013/14 by about 4%.

About six in a hundred individuals had fair or poor mental health in 2013/14 within our region, similar compared to the population in the North East LHIN region and Ontario (Table 4). The percentage of the population with fair or poor mental health has increased significantly in Ontario between 2007/08 and 2013 by about 1.5%.

Table 3. Percentage (95%) of Individuals Aged 12 Years or Older Who Had Very Good or Excellent Perceived Mental Health, By Region, 2007/08 to 2013/14

Years	NBPSDHU Region	North East LHIN Region	Ontario
2007/08	75.8 (72.3, 79.4)	72.0* (70.3, 73.8)	74.6 (73.9, 75.3)
2009/10	76.7 (72.8, 80.6)	73.8 (71.8, 75.8)	74.3 (73.6, 75.0)
2011/12	76.0 (72.6, 79.4)	72.8 (70.7, 74.8)	72.4 (71.5, 73.3)
2013/14	71.7 (66.8, 76.5)	70.6 (68.4, 72.7)	70.7 (69.8, 71.5)

* Estimate is significantly different from provincial estimate

Table 4. Percentage (95%) of Individuals Aged 12 Years or Older Who Had Fair or Poor Perceived Mental Health, By Region, 2007/08 to 2013/14

Years	NBPSDHU Region	North East LHIN Region	Ontario
2007/08	6.5 (4.8, 8.3)	5.8 (4.9, 6.7)	5.4 (5.0, 5.8)
2009/10	5.0 ^E (3.2, 6.9)	5.9 (4.6, 7.1)	5.7 (5.3, 6.1)
2011/12	7.7 (5.3, 10.2)	7.4 (6.1, 8.7)	6.2 (5.8, 6.7)
2013/14	6.3 ^E (4.2, 8.4)	7.1 (5.9, 8.3)	7.0 (6.6, 7.4)

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

Perceived Life Stress:

Crude percentage of the population aged 15 years or older who reported perceiving that most days in their life were quite a bit or extremely stressful. It refers to the amount of stress in the person's life, on most days, as perceived by the person, or in case of proxy response, by the person responding.

Perceived Life Stress

In 2013/14, about 17% of the population aged 15 years or older in our region had quite a lot of life stress, significantly lower by about 6% compared to the percentage for the Ontario population (23%; Table 5). Having quite a lot of life stress has not significantly changed between 2007/08 and 2013/14 in any of the three regions.

Table 5. Percentage (95%) of Individuals Aged 15 Years or Older Who Had Quite a Lot of Perceived Life Stress, By Region, 2007/08 to 2013/14

Years	NBPSDHU Region	North East LHIN Region	Ontario
2007/08	18.9 (15.3, 22.4)	18.1* (16.6, 19.6)	22.2 (21.6, 22.9)
2009/10	27.4 (22.1, 32.8)	21.8 (19.5, 24.0)	24.0 (23.3, 24.7)
2011/12	18.8 (13.9, 23.6)	20.0 (17.7, 22.3)	22.8 (22.0, 23.6)
2013/14	17.0* (13.1, 21.0)	20.7 (18.7, 22.7)	22.9 (22.1, 23.7)

* Estimate is significantly different from provincial estimate