

DIAGNOSED MOOD DISORDERS

Diagnosed Mood disorder:

Age-adjusted percentage of the population aged 12 years or older who reported having a mood 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 depression, bipolar disorder, mania or dysthymia.

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 mood 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 1.5%.

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

Time period	NBPSDHU Region	North East LHIN Region	Ontario
2007/08	9.2 (7.0, 12.1)	7.8 (6.7, 9.1)	7.3 (6.9, 7.7)
2009/10	9.6 ^E (6.8, 13.3)	7.7 (6.3, 9.2)	7.0 (6.6, 7.4)
2011/12	10.8 (8.1, 14.4)	9.2 (7.5, 11.4)	7.7 (7.2, 8.2)
2013/14	11.5 (8.4, 15.6)	10.2 (8.6, 12)	8.5 (8.1, 9.0)

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

Mood Disorders: Gender

Data from 2007 to 2014 was combined to analyze diagnoses of mood disorders by gender. The age-standardized percentage of females who had a mood disorder was significantly higher in the North East LHIN region and Ontario, and about 4% higher in females compared to males in our region (Table 2). The age-standardized percentage of mood disorder diagnoses was significantly higher in males and females in our region compared to Ontario between 2007 and 2014.

Table 2. Age-Standardized Percentage (95% CI) of Individuals Aged 12 Years or Older Who Reported Having a Mood Disorder, By Region, 2007 – 2014 Combined

Gender	NBPSDHU Region	North East LHIN Region	Ontario
Male (ref.)	7.8* (6.1, 10.0)	6.4 (5.4, 7.5)	5.7 (5.4, 6.0)
Female	12.2* (10.0, 14.8)	11.0‡* (9.9, 12.3)	9.5‡ (9.2, 9.9)

* 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

Mood Disorders: Age Group

Data from 2007 to 2014 was combined to analyze mood disorder diagnosis by age group. Mood disorders did not vary significantly by age group in our region (Table 3). In the North East LHIN region and Ontario, diagnoses of mood disorders were highest among 45 to 64 year olds and 25 to 44 year olds.

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

Age Group (Years)	NBPSDHU Region	North East LHIN Region	Ontario
12-17 (ref.)	F	5.0 (3.4, 7.3)	3.3 (2.9, 3.7)
18-24	F	8.9 ^E (6.3, 12.4)	6.4‡ (5.7, 7.2)
25-44	10.9 (8.2, 14.4)	10.7 (8.8, 12.9)	7.6‡ (7.2, 8.0)
45-64	12.3 (9.4, 15.9)	9.6‡ (8.4, 10.8)	9.7 ‡ (9.2, 10.2)
65 or older	6.7 ^E (4.6, 9.7)	5.8 (4.9, 6.9)	6.7‡ (6.3, 7.1)

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

F – Estimate suppressed; too unreliable to be released

‡ Estimate is significantly different from reference group

Mood Disorders: Adjusted Household Income

Data from 2007 to 2014 was combined to analyze mood disorder diagnosis by adjusted household income. In all regions, a significantly higher percentage of the population living in low income households had a mood disorder diagnosis compared to high income households (Table 4). The percentage of the age-standardized population diagnosed with a mood disorder in low income households in our region and the North East LHIN region was significantly higher compared to the same population in Ontario.

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

Income Level	NBPSDHU Region	North East LHIN Region	Ontario
Low income	16.4*‡ (13.4, 20.0)	15.9*‡ (14.0, 18.0)	11.5‡ (10.9, 12.0)
Mid income	8.5 (6.4, 11.4)	6.6 (5.6, 7.9)	6.5‡ (6.1, 6.8)
High income (ref.)	5.0 ^E (3.5, 7.0)	5.0 (4.1, 6.1)	5.7 (5.4, 6.0)

‡ Estimate is significantly different from reference group
 E – Interpret with caution; the estimate is associated with high sampling variability
 * Estimate is significantly different from provincial estimate

Mood Disorders: Education

Data from 2011 to 2014 was combined to analyse mood disorder diagnosis by highest level of education completed. In our region, about one in every four of the population with less than a high school education were diagnosed with a mood disorder, significantly higher compared about two of every 25 people with a trade, college, university education or higher (Table 5). The percentage diagnosed with mood disorders among those with less than a high school education in our region was significantly higher compared to the same population in Ontario. In Ontario and the North East LHIN region, a significantly higher percentage of those with less than a high school education were diagnosed with a mood disorder compared to those with a trade education or higher.

Table 5. Age-Standardized Percentage (95% CI) of Individuals Aged 12 Years or Older Who Reported Having an Mood Disorder, By Region and Highest Level of Education Completed, 2011 – 2014 Combined

Education	NBPSDHU Region	North East LHIN Region	Ontario
Less than high school	27.9*‡ (19.9, 37.6)	19.3‡ (14.2, 25.8)	13.6‡ (12.0, 15.3)
Completed high school	12.0 ^E (8.0, 17.7)	10.3 (7.5, 14.0)	9.8‡ (8.9, 10.8)
Trade/Apprenticeship/ College/University or higher (ref.)	8.6 ^E (6.2, 11.9)	9.5 (7.0, 12.7)	7.2 (6.8, 7.8)

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

Mood Disorders: Aboriginal identity

Data from 2011 to 2014 was combined to analyze mood disorder diagnoses by Aboriginal identity. A significantly higher percentage of those who identify as Aboriginal in Ontario were diagnosed with a mood disorder compared to those who did not identify as Aboriginal (Table 6).

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

Aboriginal Identity	NBPSDHU Region	North East LHIN Region	Ontario
Identified as Aboriginal	F	13.0 (9.4, 17.8)	13.5‡ (11.4, 16.0)
Did not identify as Aboriginal (ref.)	9.9 (7.8, 12.5)	9.6 (8.3, 11.1)	8.0 (7.6, 8.3)

‡ Estimate is significantly different from reference group

F – Estimate suppressed; too unreliable to be released