

POSITIVE MENTAL HEALTH SURVEILLANCE INDICATOR FRAMEWORK

QUICK STATS, YOUTH (12 TO 17 YEARS OF AGE), CANADA, 2017 EDITION

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Positive mental health is a state of well-being that allows people to feel, think and act in ways that enhance the ability to enjoy life and deal with challenges.¹ The Positive Mental Health Surveillance Indicator Framework (“the Framework”) provides comprehensive, high quality information on the outcomes and risk and protective factors associated with positive mental health across four domains (individual, family, community and society), to support research and policy development. The release of the Framework for youth aged 12 to 17 years is the second in a series; the Framework for adults aged 18 years and older was released in early 2016.² The Framework was developed in consultation with stakeholders working in mental health surveillance, programs and policy. The details of the development of the Frameworks across the life course, for adults, youth and children, can be found in the paper “Monitoring positive mental health and its determinants.”³ More data on positive mental health can be found online using the Public Health Agency of Canada’s interactive data tool, “Infobase.”⁴

INDICATOR GROUP	INDICATOR MEASURE(S)	LATEST ESTIMATE	DATA SOURCE (YEAR)
POSITIVE MENTAL HEALTH OUTCOMES			
Self-rated mental health	% of population who self-rate their mental health as “excellent” or “very good”	75.4%	CCHS (2014)
Happiness	% of population who report being usually “happy and interested in life”	77.7%	CCHS (2014)
Life satisfaction	% of population who report they are “very satisfied” with their life in general	47.7%	CCHS (2014)
	Mean life satisfaction rating (0–10 scale) among Grade 6–10 students	7.34	HBSC (2013–2014)
Psychological well-being	% of Grade 6–12 students who have high autonomy	74.7%	CSTADS (2014–2015)
	% of Grade 6–12 students who have high competence	81.5%	CSTADS (2014–2015)
Social well-being	% of Grade 6–12 students who have high relatedness	83.1%	CSTADS (2014–2015)
INDIVIDUAL DETERMINANTS			
Resilience	In development		
Coping	% of population aged 15–17 years who report a high level of coping	43.3%	CCHS-MH (2012)
Nurturing childhood environment	% of Grade 6–10 students who report having dinner together with their family five or more times per week	69.8%	HBSC (2013–2014)
	% of Grade 6–10 students who report their family is willing to help them make decisions	74.2%	HBSC (2013–2014)
Control and self-efficacy	% of population aged 15–17 years who report a high level of perceived control over life chances	45.0%	GSS Social Networks (2008)
Violence	% of Grade 6–10 students who report they were in a physical fight at least once in the past 12 months	28.3%	HBSC (2013–2014)
	% of Grade 6–12 students who report they have been bullied by other students in the past 30 days	25.1%	CSTADS (2014–2015)
	% of Grade 6–12 students who report they have bullied other students in the past 30 days	14.0%	CSTADS (2014–2015)
Health status	% of population who self-rate their health as “excellent” or “very good”	70.0%	CCHS (2014)
	% of population with no disability or mild disability	70.1%	CCHS (2014)
Physical activity	% of population who meet physical activity recommendations by accumulating at least 60 minutes of moderate-to-vigorous physical activity per day	4.3%	CHMS (2009–2013)
Substance use	% of Grade 9 and 10 boys who report they have had 5 or more drinks and girls who report they have had 4 or more drinks on one occasion, once a month or more in the past year	17.7%	HBSC (2013–2014)
	% of Grade 6–10 students who report they drink alcohol every week or more	6.5%	HBSC (2013–2014)
	% of Grade 7–12 students who report they have used marijuana or cannabis in the past 12 months	16.5%	CSTADS (2013–2014)
Spirituality	% of population aged 15–17 years reporting that religious or spiritual beliefs are “very important” or “somewhat important” in their daily life	45.7%	CCHS-MH (2012)
FAMILY DETERMINANTS			
Family relationships	% of Grade 6–10 students who report it is “very easy” or “easy” to talk to their parents about things that really bother them	83.2%	HBSC (2013–2014)
	% of Grade 6–10 students who have high communication in their family	58.3%	HBSC (2013–2014)
Parenting style	% of Grade 6–10 students who report that their parents trust them	77.3%	HBSC (2013–2014)
	% of Grade 6–10 students who report that their parents expect too much from them	28.7%	HBSC (2013–2014)
Family health status and substance use by family members	% of population aged 15–17 years with a family member who has problems with their emotions, mental health or use of alcohol or drugs	29.4%	CCHS-MH (2012)
	% of population aged 15–17 years with a family member who has problems with their emotions, mental health or use of alcohol or drugs, who report that their life is affected “a lot” or “some” by their family member’s problems	26.5%	CCHS-MH (2012)
Household composition	% of population who live in a lone-parent household	18.0%	CCHS (2014)
	% of population who live in a two-parent household	69.7%	CCHS (2014)
Household income	% of population under the age of 18 years living below low-income cut-offs, after tax	8.5%	CIS (2014)

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COMMUNITY DETERMINANTS			
Community involvement	% of Grade 6–10 students who are involved in at least one club or organization	88.9%	HBSC (2013–2014)
Social networks	% of Grade 6–10 students who report they can count on their friends when things go wrong	74.3%	HBSC (2013–2014)
	% of Grade 6–10 students who have friends to share their joys and sorrows with	79.2%	HBSC (2013–2014)
Social support	% of population aged 15–17 years with a high level of perceived social support	95.4%	CCHS–MH (2012)
School environment	% of Grade 6–10 students who report they feel they belong at their school	63.2%	HBSC (2013–2014)
Neighbourhood social environment	% of Grade 6–10 students who report they can trust people in the area where they live	60.2%	HBSC (2013–2014)
	% of population aged 15–17 years who report that their neighbourhood is a place where neighbours help each other	90.4%	GSS Victimization (2014)
	% of population aged 15–17 years who report that social disorder in their neighbourhood is “a very big problem” or “a fairly big problem”	6.3%	GSS Victimization (2014)
Neighbourhood built environment	% of Grade 6–10 students who report there are places such as recreation centres, parks and shopping centres to spend free time in the area where they live	74.2%	HBSC (2013–2014)
SOCIETAL/STRUCTURAL DETERMINANTS			
Inequality	In development		
Discrimination and stigma	% of population who experienced unfair treatment at least once in the past year based on characteristics such as gender, race, age or appearance	39.1%	CCHS (2013) Discrimination Rapid Response

Abbreviations: CCHS, Canadian Community Health Survey; CCHS-MH, Canadian Community Health Survey—Mental Health; CHMS, Canadian Health Measures Survey; CIS, Canadian Income Survey; CSTADS, Canadian Student Tobacco, Alcohol and Drugs Survey; GSS, General Social Survey; HBSC, Health Behaviours in School-Aged Children.

Note: “In development” refers to measures that are under development either because a data source is currently not available or because more research has to be done to identify a promising measure and data source.

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