

# Health Indicator Report

## Happiness

### Background

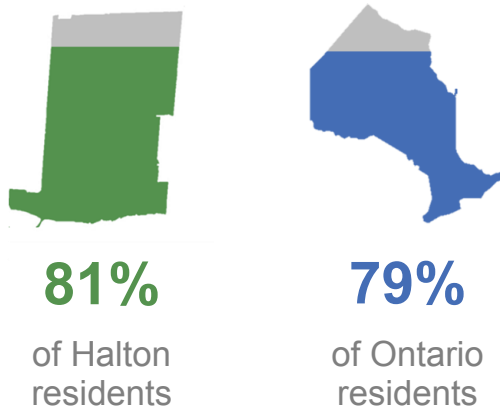
The purpose of this health indicator report is to provide information on self-reported happiness in the past month among residents aged 12 and over in Halton Region and Ontario.

The World Health Organization (WHO) defines mental health as “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”<sup>1</sup> The WHO constitution emphasizes positive mental health in their definition of health stating “health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”<sup>2</sup> Regular feelings of happiness can contribute to an individual’s overall state of positive mental health.<sup>3, 4</sup> For more information on programs and resources supporting positive mental health in Halton, visit [Halton Region’s Mental Health webpage](#).<sup>5</sup>

This health indicator report uses data from the Canadian Community Health Survey (CCHS).

### Overall Findings

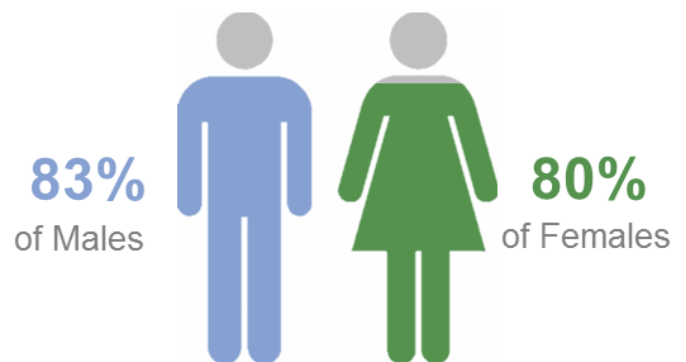
In 2011/12, 81% of Halton residents and 79% of Ontario residents reported feeling happy every day or almost every day in the past month. This difference was not statistically significant.



Percentage of residents aged 12 and over who reported feeling happy every day or almost every day, Halton Region and Ontario, 2011/12

### Sex

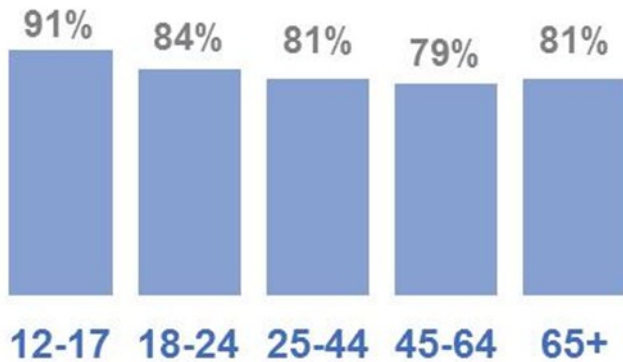
In 2011/12, there was no statistically significant difference by sex in the percentage of Halton residents who reported feeling happy every day or almost every day in the past month.



Percentage of residents aged 12 and over who reported feeling happy every day or almost every day, by sex, Halton Region, 2011/12

## Age

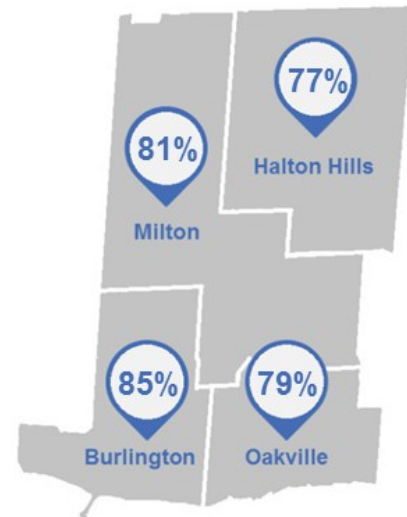
In 2011/12, residents aged 12 to 17 were more likely to report feeling happy every day or almost every day in the past month compared to residents aged 25 and over. However, these differences were not statistically significant.



Percentage of residents aged 12 and over who reported feeling happy every day or almost every day, by age, Halton Region, 2011/12

## Municipality

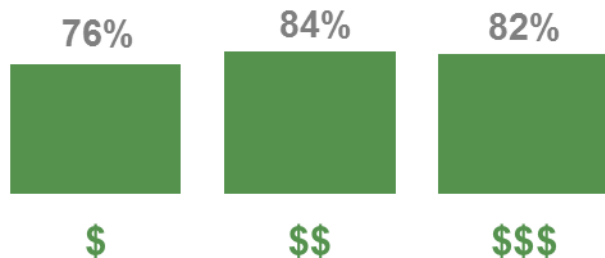
In 2011/12, there were no statistically significant differences by municipality in the percentage of Halton residents who reported feeling happy every day or almost every day in the past month.



Percentage of residents aged 12 and over who reported feeling happy every day or almost every day, by municipality, Halton Region, 2011/12

## Income

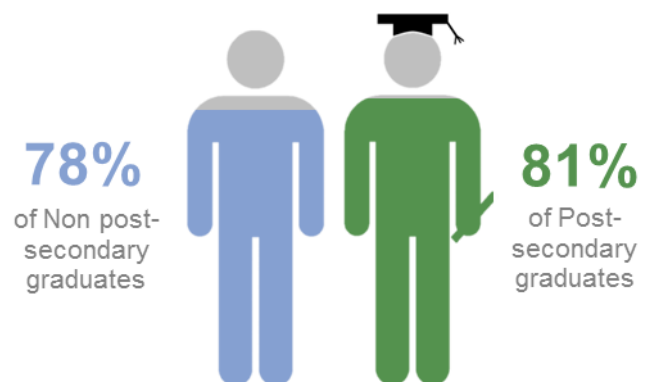
In 2011/12, there were no statistically significant differences by income in the percentage of Halton residents who reported feeling happy every day or almost every day in the past month.



Percentage of residents aged 12 and over who reported feeling happy every day or almost every day, by income, Halton Region, 2011/12

## Education

In 2011/12, there was no statistically significant difference by education in the percentage of Halton residents who reported feeling happy every day or almost every day in the past month.



Percentage of residents aged 25 and over who reported feeling happy every day or almost every day, by education, Halton Region, 2011/12

## Data Notes

For more information on CCHS, methods, statistical significance and limitations associated with health indicator reports, please see the Data Notes and Guide available at [www.halton.ca/healthstats](http://www.halton.ca/healthstats).

**Definitions:** **Mental health** is defined by the World Health Organization as “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”<sup>1</sup>

**Data Source:** Canadian Community Health Survey [2011-2012], Statistics Canada, Share File, Ontario MOHLTC

**Limitations:** In general, individuals with mental illness are more difficult to reach in surveys. The perception of social disapproval by respondents may also affect their response to questions.

### References

1. World Health Organization. 2016. Mental Health. Accessed November 2016 from [http://www.who.int/features/factfiles/mental\\_health/en/](http://www.who.int/features/factfiles/mental_health/en/)
2. World Health Organization. 2014. Mental Health: A state of well-being. Accessed November 2016 from [http://www.who.int/features/factfiles/mental\\_health/en/](http://www.who.int/features/factfiles/mental_health/en/)
3. Orpana H, Vachon J, Dykxhoorn J, McRae L, Jayaraman G. 2016. Monitoring Positive Mental Health and its Determinants in Canada: The Development of the Positive Mental Health Surveillance Indicator Framework. Health Promotion and Chronic Disease Prevention in Canada Research Policy and Practice. 36(1), 1-15.
4. Centre for Chronic Disease Prevention, Public Health Agency of Canada. 2016. Positive Mental Health Surveillance Indicator Framework, 2016 Edition.
5. Halton Region Health Department. 2016. Mental Health. Accessed October 2016 from [http://www.halton.ca/cms/One.aspx?portalId=8310&pageId=9531public\\_health/health\\_wellness/mental\\_health/](http://www.halton.ca/cms/One.aspx?portalId=8310&pageId=9531public_health/health_wellness/mental_health/)

For more health indicator and health status reports, visit the Halton Health Statistics website at [www.halton.ca/healthstats](http://www.halton.ca/healthstats).

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**Expected Update: 2017**

