

# Youth mental health

## Health indicator report

### Background

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- The purpose of this health indicator report is to provide information about the mental health of youth aged 12-17.
- Approximately 1 in 5 children and youth in Ontario have a mental health challenge.<sup>1</sup> Identifying mental health challenges early can help children and youth get the support that they need, and lead to improved school achievement and better health outcomes.<sup>1</sup> More information about mental health and supports for children, youth and their parents is available at [halton.ca](https://halton.ca).<sup>2</sup>
- This health indicator report uses data from the Canadian Health Survey on Children and Youth (CHSCY).
- In the 2019 CHSCY survey, data were collected from the person most knowledgeable (PMK) about the preselected child or youth aged 1 to 17, or directly from youth aged 12-17.<sup>3</sup> The PMK was usually the birth, step or adoptive parent of the selected child or youth (98%).<sup>3</sup> For simplicity, the term “parent” is used in this report.
- Youth aged 12 to 17 were asked to rate their own mental health using five broad categories: excellent, very good, good, fair or poor. Parents were also asked to rate the mental health of their child using the same categories.

### Key findings

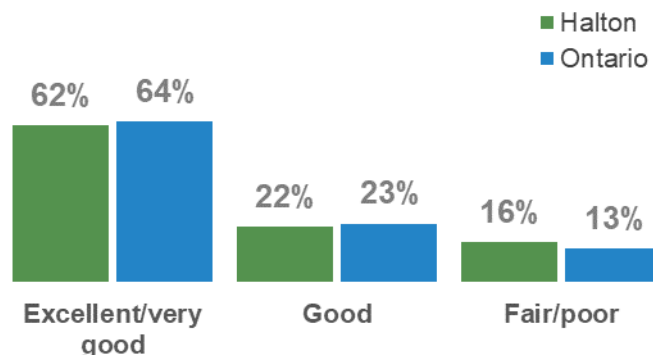
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- In 2019, 62% of Halton youth aged 12-17 reported that their mental health was very good or excellent, while 22% reported that it was good and 16% that it was fair or poor. This was similar to Ontario.
- Youth in the highest household income group were more likely to report very good or excellent mental health than those in the middle income group.

# Youth self-rated mental health

## Halton vs. Ontario

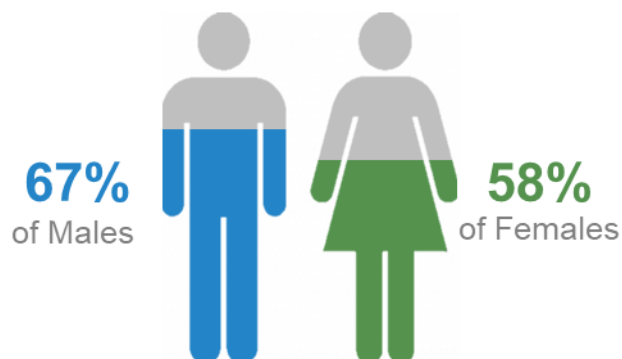
- In 2019, 62% of Halton youth aged 12-17 reported that their mental health was very good or excellent, while 22% reported that it was good and 16% that it was fair or poor.
- In 2019, 64% of Ontario youth aged 12-17 reported that their mental health was very good or excellent, while 23% reported that it was good and 13% that it was fair or poor.
- There were no statistically significant differences in youth self-rated mental health between Halton and Ontario.



Self-rated mental health, youth aged 12-17, Halton Region and Ontario, 2019

## Sex

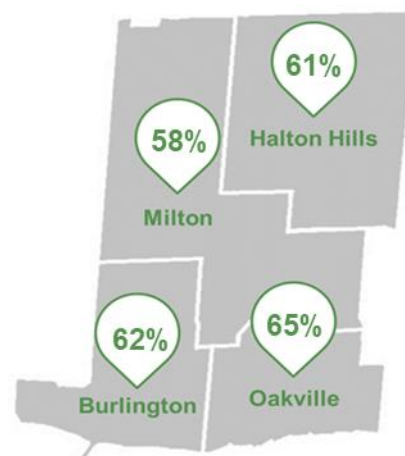
- In 2019, male youth were more likely than female youth to report that their mental health was very good or excellent, however this difference was not statistically significant.



Percentage of youth aged 12-17 who reported that their mental health was very good or excellent, by sex, Halton Region, 2019

## Municipality

- In 2019, there were no statistically significant differences by municipality in the percentage of youth aged 12-17 who reported that their mental health was very good or excellent.



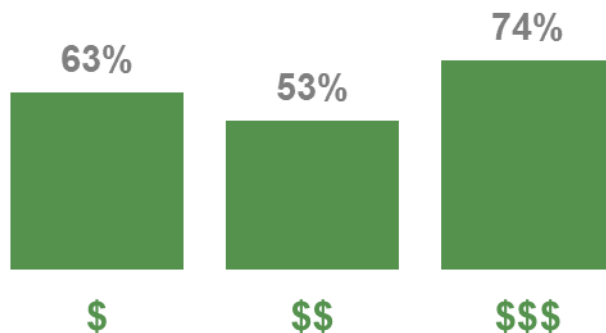
Percentage of youth aged 12-17 who reported that their mental health was very good or excellent, by municipality, Halton Region, 2019



# Youth self-rated mental health

## Household income

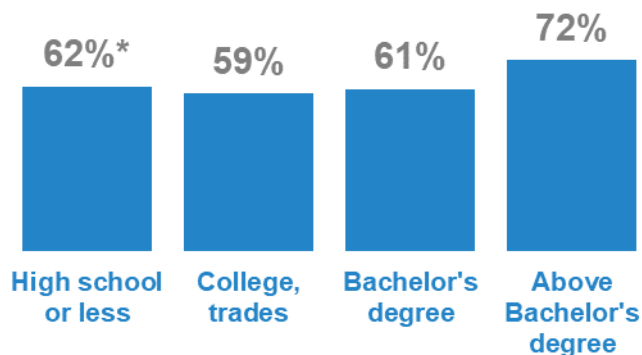
- In 2019, youth aged 12-17 in the highest household income group were most likely to report that their mental health was very good or excellent. These differences were **statistically significant** when comparing youth in the highest household income group to those in the middle household income group.



Percentage of youth aged 12-17 who reported that their mental health was very good or excellent, by household income, Halton Region, 2019

## Parents' education

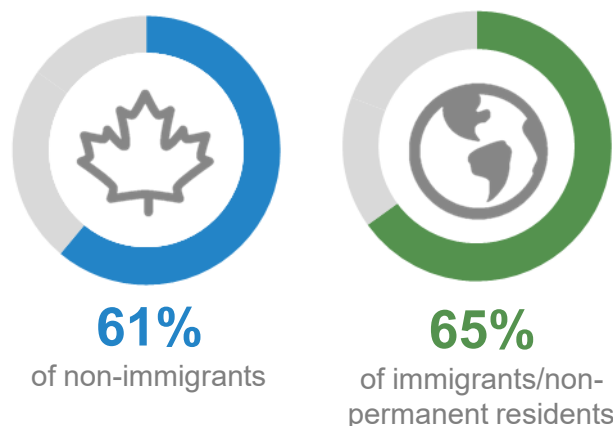
- In 2019, youth whose parents' highest level of education was above a Bachelor's degree were most likely to report that their mental health was very good or excellent, however these differences were not statistically significant.



Percentage of youth aged 12-17 who reported that their mental health was very good or excellent, by parents' highest level of education, Halton Region, 2019

## Immigrant status

- In 2019, there was no statistically significant difference by immigrant status in the percentage of youth aged 12-17 who reported that their mental health was very good or excellent.



Percentage of youth aged 12-17 who reported that their mental health was very good or excellent, by immigrant status, Halton Region, 2019

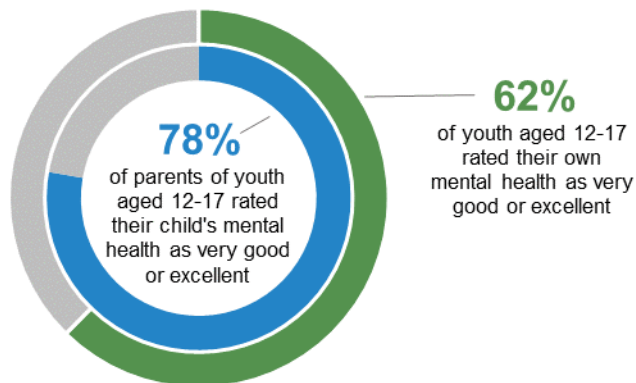
Estimates marked with an asterisk (\*) should be interpreted with caution due to high variability.



## Youth self-rated mental health

### Comparison to parents' perception of youth mental health

- In 2019, parents were more likely to report that their child aged 12-17 had very good or excellent mental health compared to the youth themselves. 62% of youth reported that their mental health was very good or excellent, whereas 78% of parents reported that their child's mental health was very good or excellent. This difference was statistically significant.



Percentage of youth aged 12-17 who reported that their mental health was very good or excellent and percentage of parents of youth aged 12-17 who reported that their child's mental health was very good or excellent, Halton Region, 2019

# About CHSCY

- The Canadian Health Survey on Children and Youth (CHSCY) explores issues that have an impact on the physical and mental health of children and youth. CHSCY is conducted by Statistics Canada.
- CHSCY is an occasional and voluntary survey that is designed to provide reliable estimates at the provincial level and across age groups. CHSCY was first conducted in 2019 and included 50,000 children and youth ages 1-17 from across Canada's provinces and territories, including 1,138 children and youth in Halton and 22,651 children and youth in Ontario.<sup>4</sup>
- In 2019, CHSCY was administered as a cross-sectional survey, meaning that respondents were surveyed at a single point in time.<sup>4</sup> In 2023, a longitudinal component is being added to the cross-sectional survey, and respondents from the previous cycle (2019) will be resurveyed to assess changes in health and well-being over time.<sup>5</sup>
- Two questionnaires were used to collect survey data. One questionnaire was administered to the Person Most Knowledgeable (PMK) about the selected child or youth aged 1 to 17.<sup>6</sup> A separate questionnaire was administered directly to the selected youth aged 12 to 17.<sup>6</sup> Youth aged 15 to 17 could be identified as their own PMK if they lived on their own or did not live with a parent.<sup>6</sup>
- For more information on CHSCY methodology and limitations, see the CHSCY Data Notes and Data Interpretation Guide at [www.halton.ca/For-Residents/Public-Health/Health-Statistics](http://www.halton.ca/For-Residents/Public-Health/Health-Statistics).

## Data notes

### Definitions:

**Parent** in this report means the person considered most knowledgeable (PMK) about the child or youth selected to be part of the CHSCY survey, and who completed portions of the survey. The term "parent" is used for simplicity, as the nearly all (98%) indicated that they were the birth, adoptive or step parent of the child.<sup>2</sup> It is important to note that in Halton, 87% of PMKs were female.

**Data Source:** Canadian Health Survey on Children and Youth [2019], Statistics Canada, Share File, Ontario MOHLTC

Estimates marked with an asterisk (\*) should be interpreted with caution due to high variability.

### References

1. Canadian Mental Health Association. Child and youth mental health: signs and symptoms. Retrieved November 2023 from: [Child and Youth Mental Health: Signs and Symptoms \(cmha.ca\)](https://www.cmha.ca/child-youth-mental-health/signs-symptoms)
2. Halton Region Public Health. Emotional well-being/mental health. Retrieved November 2023 from: [Halton - Emotional Well-Being and Mental Health](https://www.halton.ca/emotional-well-being-mental-health)
3. Statistics Canada. 2020. Canadian Health Survey on Children and Youth, 2019. Retrieved November 2023 from <https://www150.statcan.gc.ca/n1/daily-quotidien/200723/dq200723a-eng.htm>
4. Statistics Canada. 2019. Canadian Health Survey on Children and Youth. Accessed May 2023 from <https://www23.statcan.gc.ca/imdb/p2SV.pl?Function=getSurvey&Id=1215270>
5. Statistics Canada. 2023. Canadian Health Survey on Children and Youth. Accessed May 2023 from <https://www23.statcan.gc.ca/imdb/p2SV.pl?Function=getSurvey&SDDS=5233#a2>
6. Statistics Canada. 2020. 2019 Canadian Health Survey on Children and Youth (CHSCY): User Guide.

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

*Last updated: November 2023*