

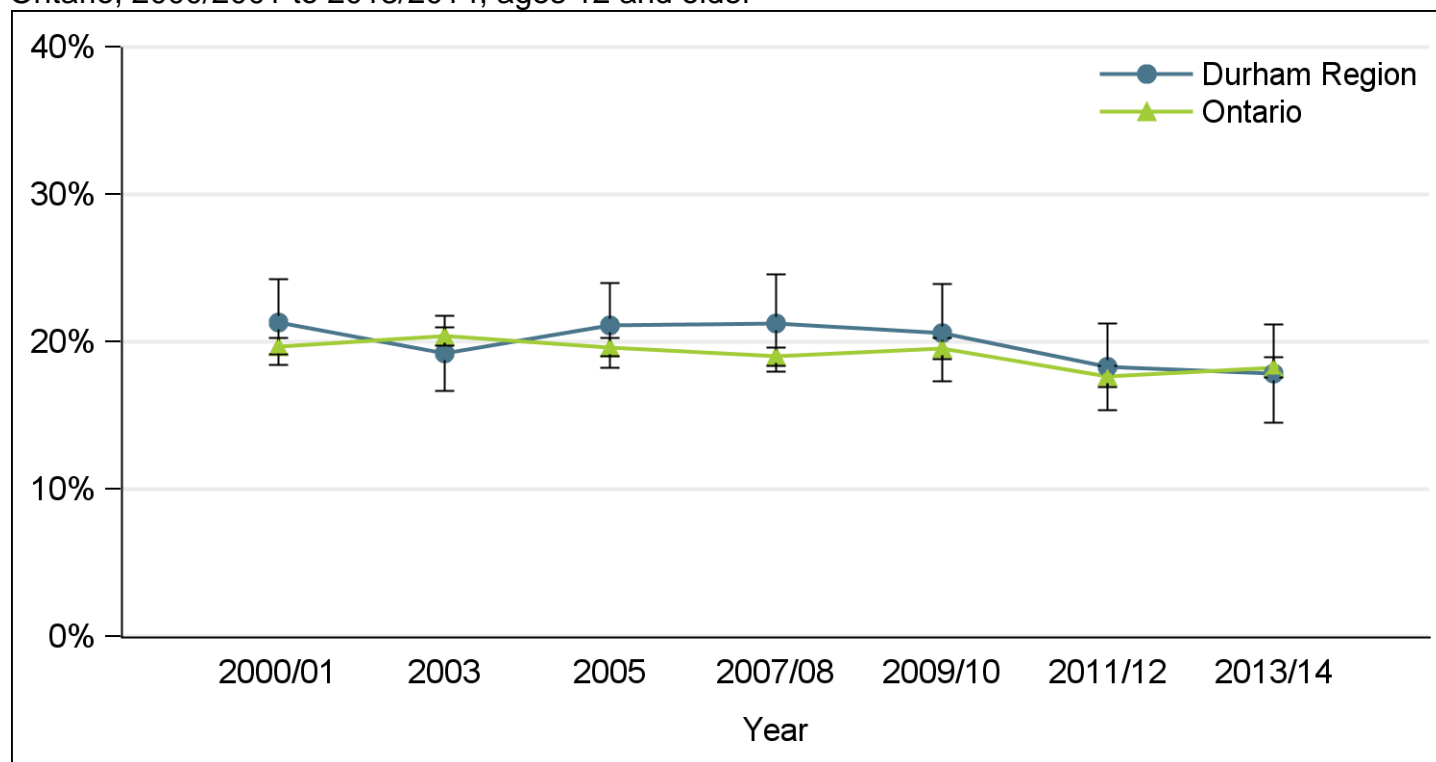
September 2016

### Highlights

- In 2013/2014, 18% of Durham Region residents 12 and older reported they felt stressed at work on most days in the past year.
- Among the 36 Ontario public health units, the proportion of respondents who reported feeling stressed at work ranged from 9% to 21%.
- Those most likely to report feeling stressed at work were those 25-44 years of age, high income earners, and those with a post-secondary education.

### Trend Over Time

Figure 1. Proportion who felt stressed at work on most days in the past year, Durham Region and Ontario, 2000/2001 to 2013/2014, ages 12 and older

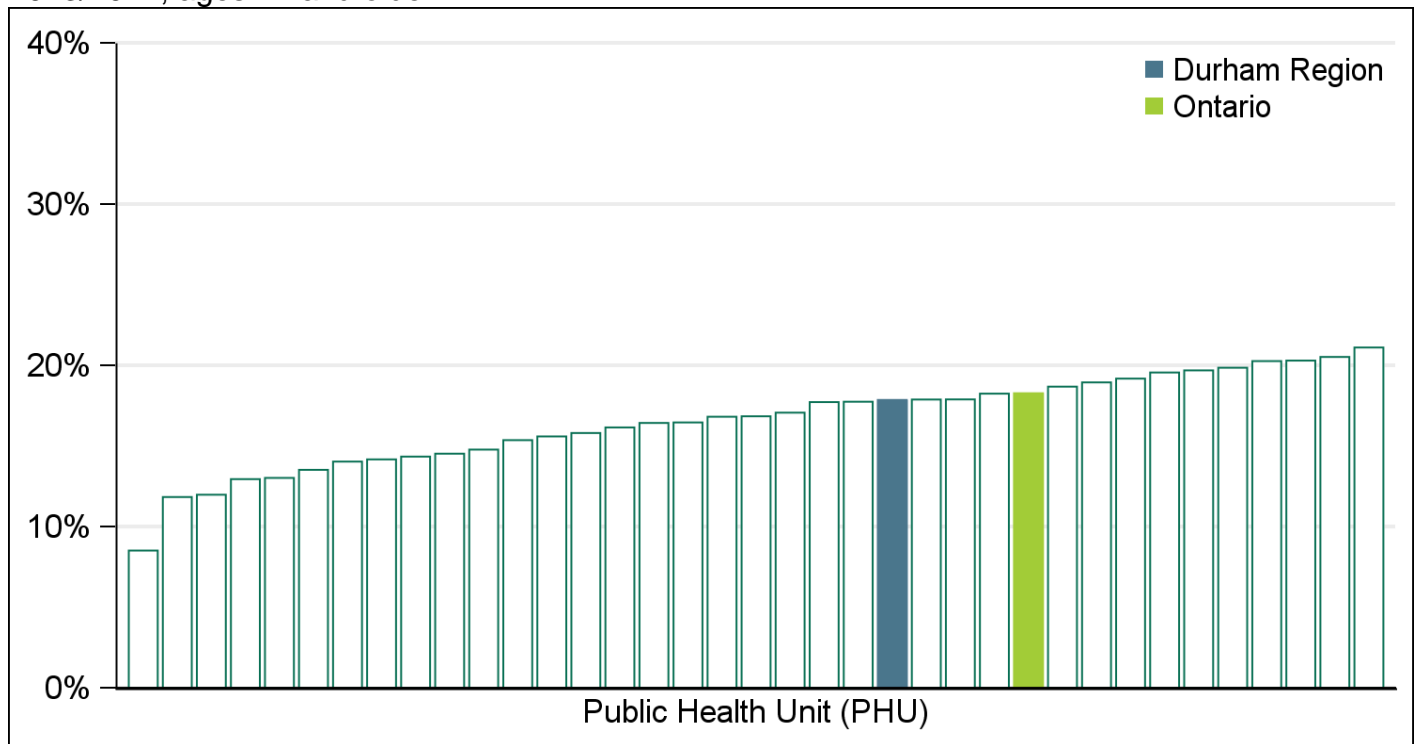


Place of residence	2000/01	2003	2005	2007/08	2009/10	2011/12	2013/14
<b>Durham</b>	21%	19%	21%	21%	21%	18%	18%
<b>95% CI (Durham)</b>	18-24%	17-22%	18-24%	18-25%	17-24%	15-21%	15-21%
<b>Ontario</b>	20%	20%	20%	19%	20%	18%	18%
<b>95% CI (Ontario)</b>	19-20%	20-21%	19-20%	18-20%	19-20%	17-18%	18-19%

In 2013/2014, 18% of Durham Region residents aged 12 and older reported they felt stressed at work. This rate is similar than the rate observed for Ontario of 18%. Figure 1 shows that rate for both Durham Region and Ontario has remained stable since 2000/2001.

## Provincial Comparison

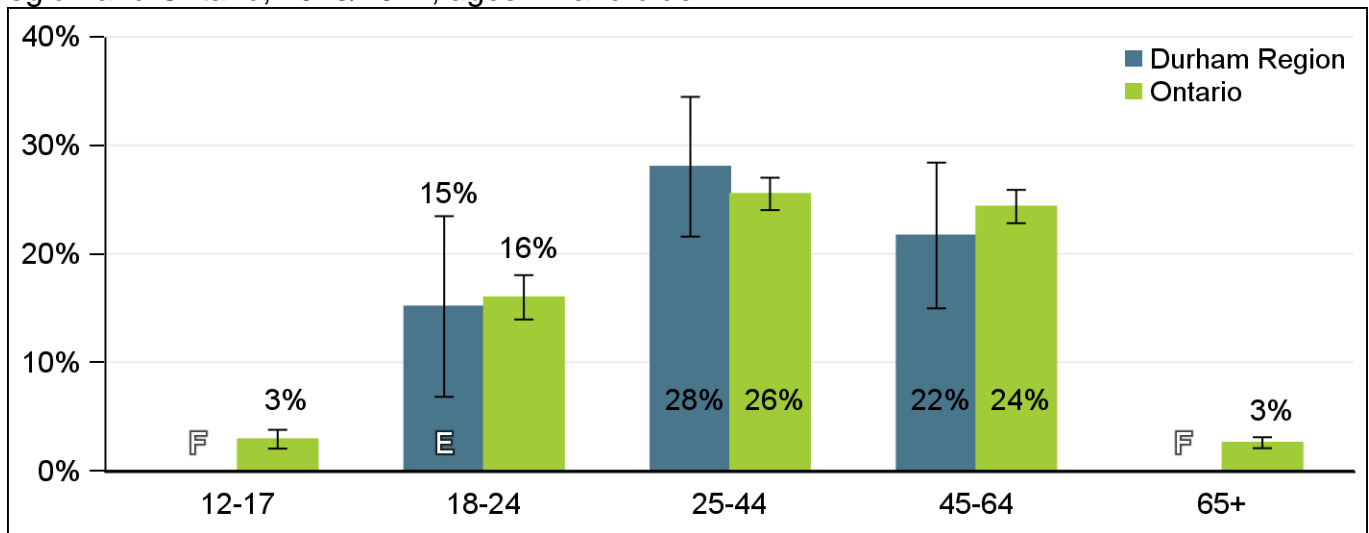
Figure 2. Proportion who felt stressed at work on most days in the past year, by public health unit, 2013/2014, ages 12 and older



For 2013/2014, the proportion of respondents who felt stressed at work on most days in the past year ranged by public health unit from 9% to 21%. The rate for Durham Region was in the middle of this range at 11% (Figure 2).

## Self-Perceived Stress at Work and the Determinants of Health

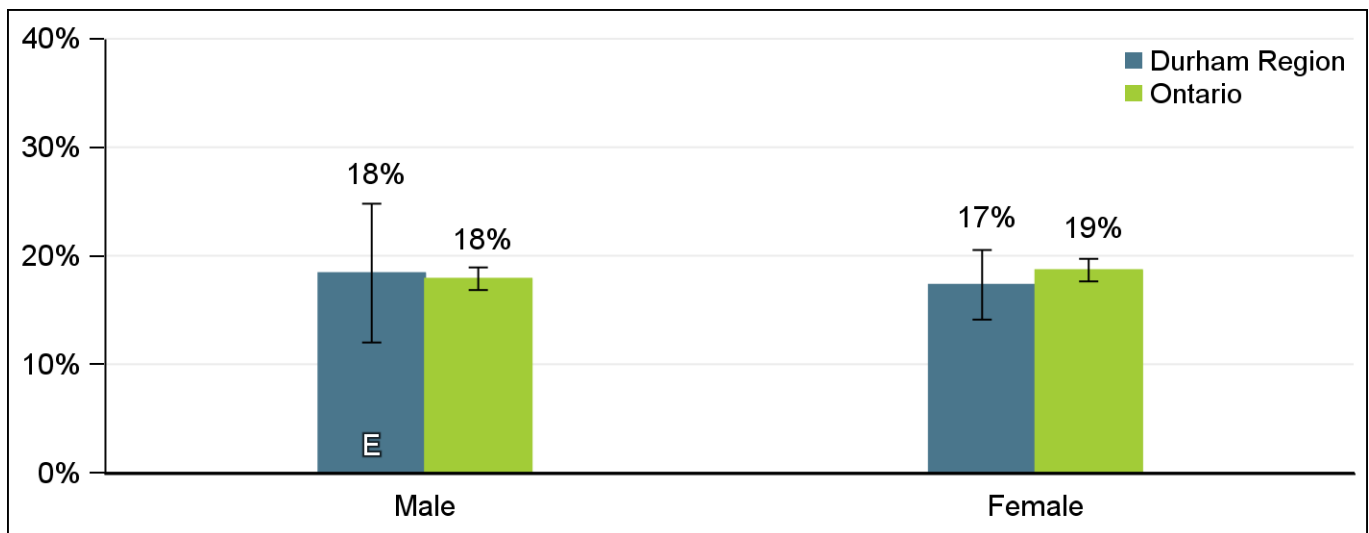
Figure 3. Proportion who felt stressed at work on most days in the past year by age, Durham Region and Ontario, 2013/2014, ages 12 and older



Association between age self-perceived stress at work is significant for both Durham Region and Ontario.  
 E – Use with caution (these data have a coefficient of variation between 16.6% and 33.3%).  
 F – Data suppressed (these data have a coefficient of variation >33.3%)

Figure 3 shows those aged 25-44 were most likely to report that they felt stressed at work on most days in the past year and declines among older adults. This relationship is observed for both Durham Region and Ontario.

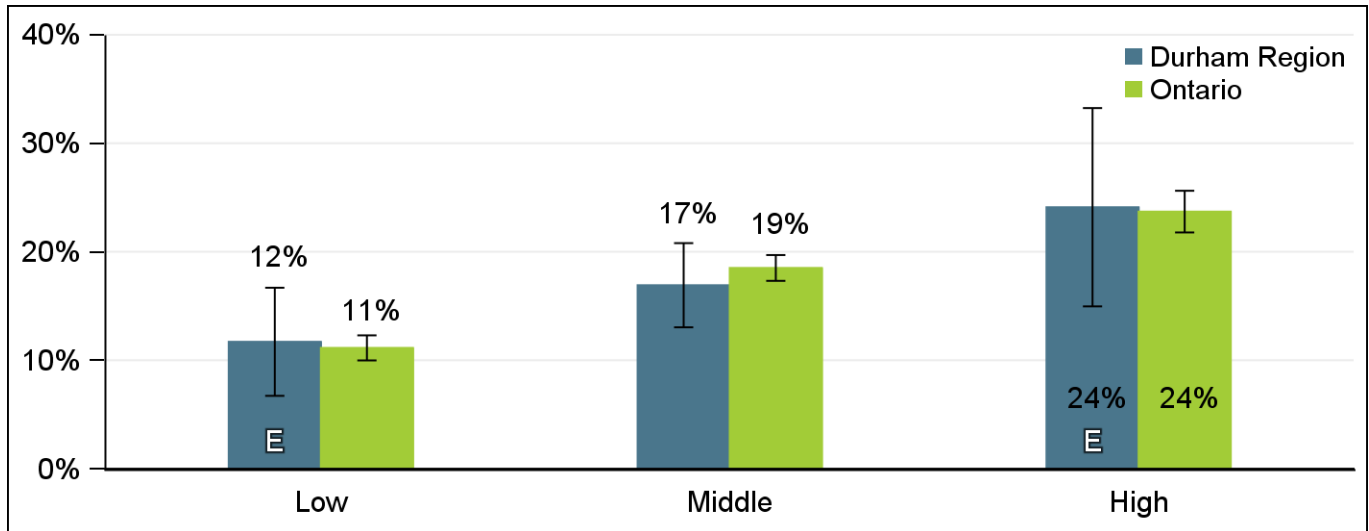
Figure 4. Proportion who felt stressed at work on most days in the past year by sex, Durham Region and Ontario, 2013/2014, ages 12 and over



No association was observed between sex and self-perceived stress at work for both Durham and Ontario.  
 E – Use with caution (these data have a coefficient of variation between 16.6% and 33.3%).

Figure 4 indicates that males and females were equally likely to report that they felt stressed at work on most days in the past year. This relationship is observed for both Durham Region and Ontario.

Figure 5. Proportion who felt stressed at work on most days in the past year by household income, Durham Region and Ontario, 2013/2014, ages 12 and over

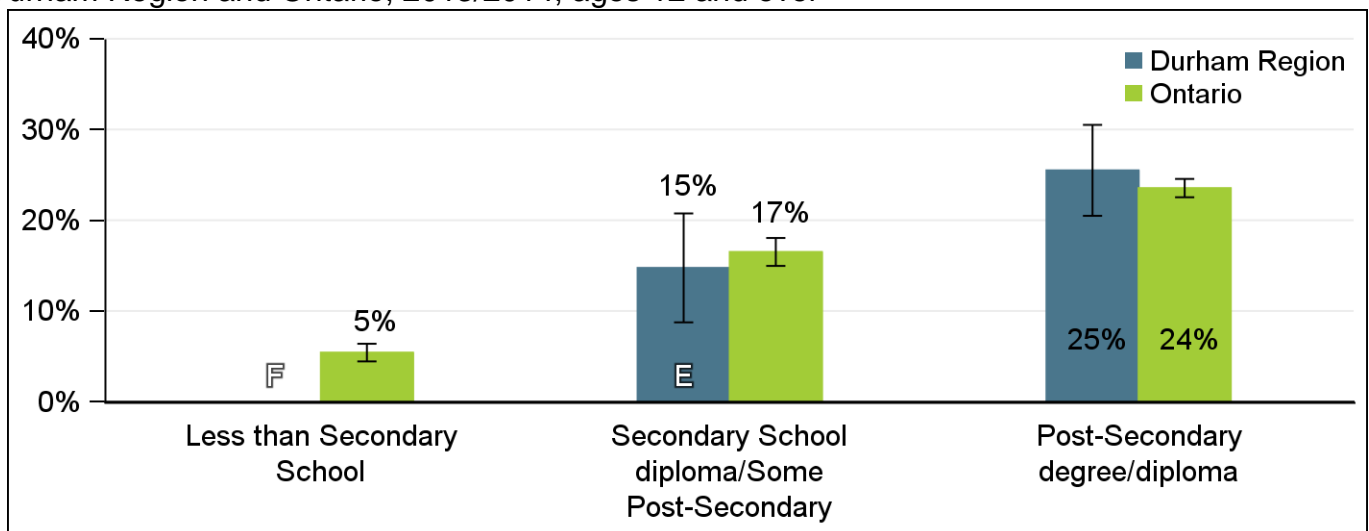


Association between household income and self-perceived stress at work is significant for Durham Region and Ontario.

E – Use with caution (these data have a coefficient of variation between 16.6% and 33.3%).

In 2013/2014, an increasing relationship was observed between those who felt stressed at work on most days in the past year and household income for Durham Region and Ontario. Within the highest income group, approximately 1 in 4 respondents reported that they felt stressed at work on most days in the past year (see Figure 5).

Figure 6. Proportion who felt stressed at work on most days in the past year by education level, Durham Region and Ontario, 2013/2014, ages 12 and over



Association between education level and self-perceived stress is significant for both Durham Region and Ontario.

E – Use with caution (these data have a coefficient of variation between 16.6% and 33.3%).

F – Data suppressed (these data have a coefficient of variation >33.3%).

Figure 6 shows an increase in the proportion who felt stressed at work on most days in the past year with increasing educational attainment. In Durham Region, those with a post-secondary degree/diploma reported the highest prevalence of this behaviour.

## Data Notes

**Data Source: The Canadian Community Health Survey (CCHS)** is a cross-sectional survey that collects information related to health status, health care utilization and health determinants for the Canadian population. It surveys a large sample of respondents and is designed to provide reliable estimates at the health region level. Since 2007, data are collected on an ongoing basis with annual releases, rather than every two years as was the case prior to 2007. The CCHS data are collected from persons aged 12 and over living in private dwellings, excluding individuals living on Indian Reserves and on Crown Lands, institutional residents, full-time members of the Canadian Forces, and residents of certain remote regions. Interviews are conducted using computer assisted interviewing, either in person or over the telephone.

**Definitions and Survey Questions:** Proportion of the population 12 years and older that reported they felt stressed (“quite a bit” or “extremely”) at work on most days in the past year.

**Data Analysis:** The CCHS share file obtained from the Ontario Ministry of Health and Long-Term Care was used for analysis. Data were analyzed using SAS version 9.4. Estimates are weighted using the final CCHS sampling weight. Error bars in the graphs represent the 95% confidence interval (CI) around the estimate. The true or actual estimate falls within the range of values 95 out of 100 times. For all analyses, response options of 'Refusal', 'Don't Know', 'Not Stated' and 'Not Applicable' were excluded, unless otherwise stated.

The CCHS 2013/2014 dataset was used for the 'Self-Perceived Stress at Work and the Determinants of Health' analysis. Statistical significance was assessed based on a chi-square test with a p-value less than 0.05. A statistically significant difference between groups means that the association is not likely due to chance.

The income categories of low, middle and high were based on a CCHS derived variable which distributed residents according to the adjusted ratio of their total household income to the low income cut-off corresponding to their household and community size. The ten categories in this variable were grouped with “low” income corresponding to the lowest 30%, “middle” including the middle 40%, and “high” corresponding to highest 30% of earners.