

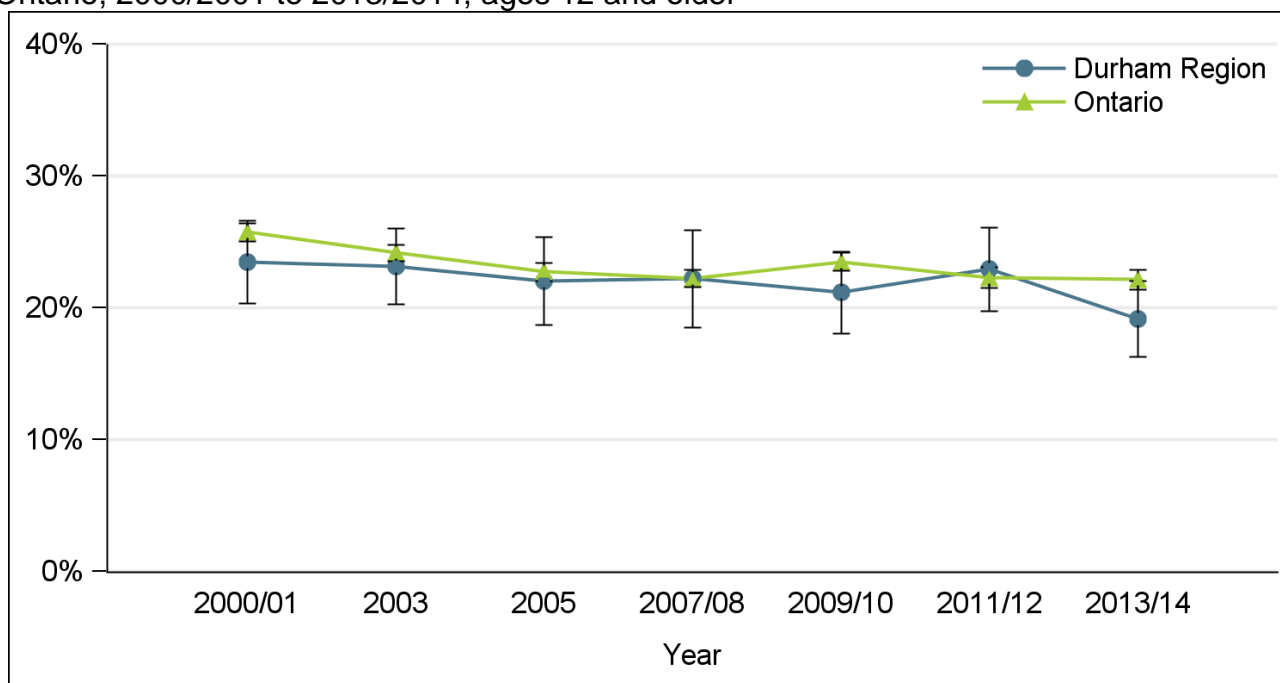
September 2016

Highlights

- In 2013/14 19% of Durham Region residents 12 years and older reported they felt stressed on most days in the past year. Rates for both Durham Region and Ontario have remained stable since 2000/2001.
- Among the 36 Ontario public health units, the proportion of respondents who reported they felt stressed on most days in the past year ranged from 16% to 28%.
- Those most likely to report they felt stressed on most days in the past year were those aged 45-64 year, and those with a post-secondary degree or diploma.

Trend Over Time

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

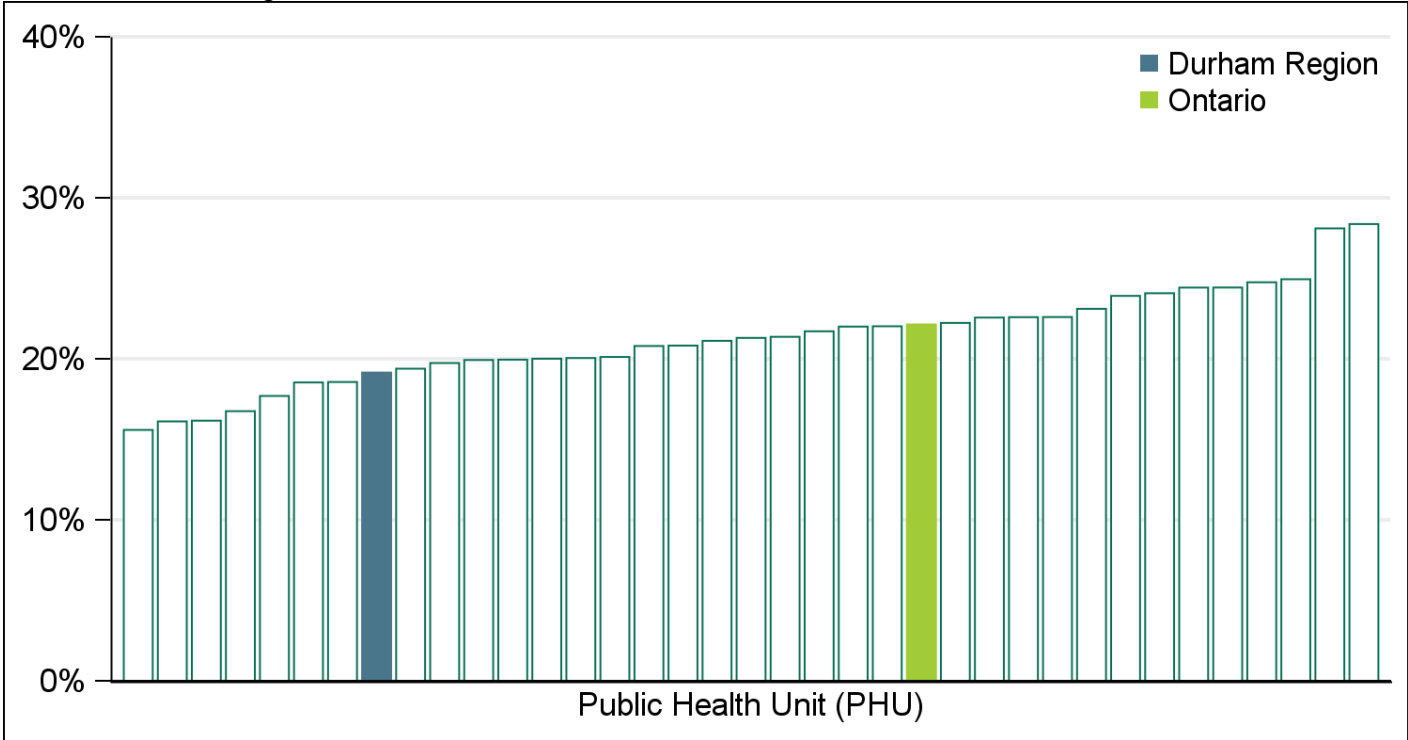


Place of residence	2000/01	2003	2005	2007/08	2009/10	2011/12	2013/14
Durham	24%	23%	22%	22%	21%	23%	19%
95% CI (Durham)	20-27%	20-26%	19-25%	19-26%	18-24%	20-26%	16-22%
Ontario	26%	24%	23%	22%	24%	22%	22%
95% CI (Ontario)	25-26%	24-25%	22-23%	22-23%	23-24%	22-23%	21-23%

In 2013/2014, nearly 1 in 5 Durham Region residents 12 years and older reported they felt stressed on most days in the past year. This rate is similar than the rate observed for Ontario of 22%. Figure 1 shows that rates for both Durham Region and Ontario have remained stable since 2000/2001.

Provincial Comparison

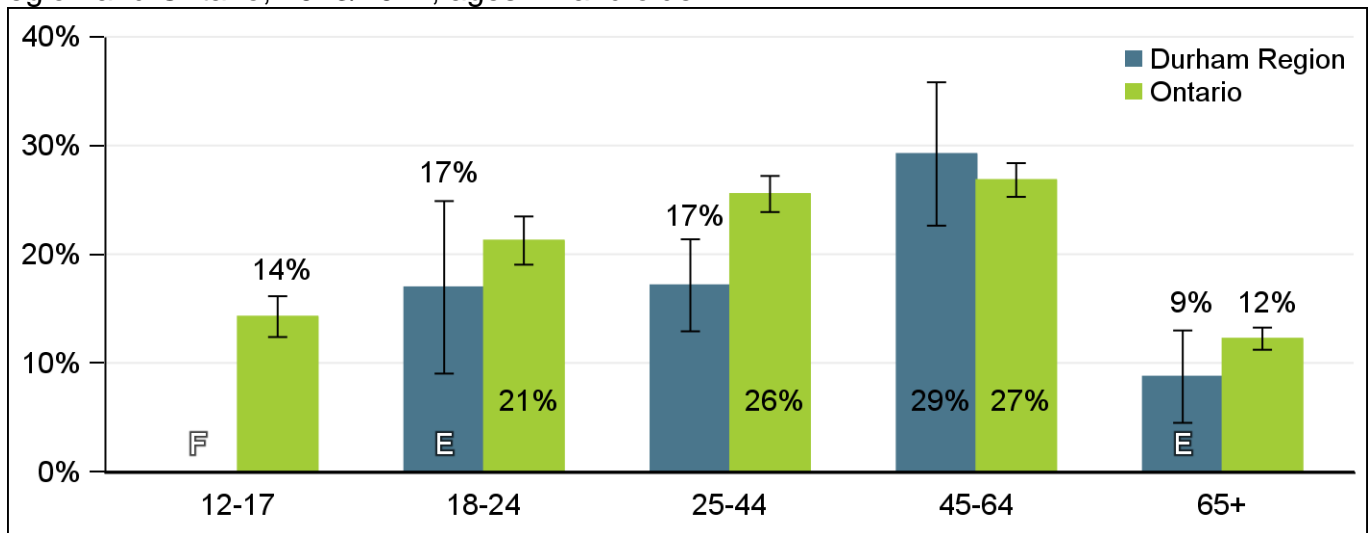
Figure 2. Proportion who reported they felt stressed on most days in the past year, by public health unit, 2013/2014, ages 12 and older



For 2013/2014, the proportion of respondents who reported they felt stressed on most days in the past 12 months ranged by public health unit from 16% to 28%. The rate for Durham Region was in the lower end of this range at 19% (See Figure 2 above).

Self-Perceived Stress in Life and the Determinants of Health

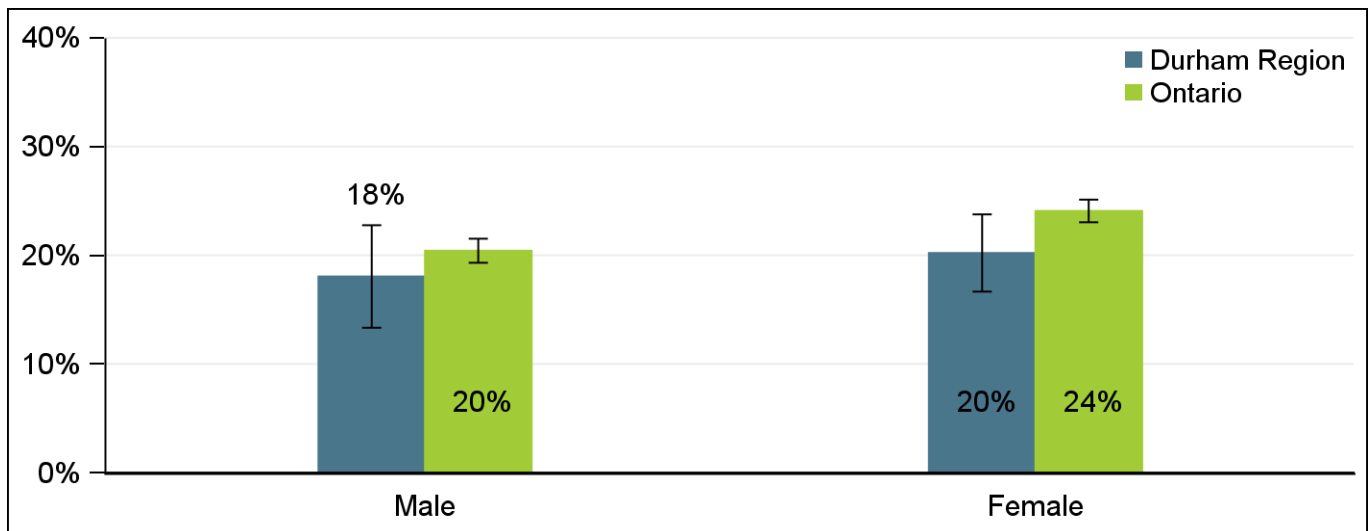
Figure 3. Proportion who reported they felt stressed on most days in the past year by age, Durham Region and Ontario, 2013/2014, ages 12 and older



Association between age and self-perceived stress in life 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 that those aged 45-64 were most likely to report that they felt stress on most days in the past year, where the proportion declines among older and younger adults. This relationship is observed for both Durham Region and Ontario.

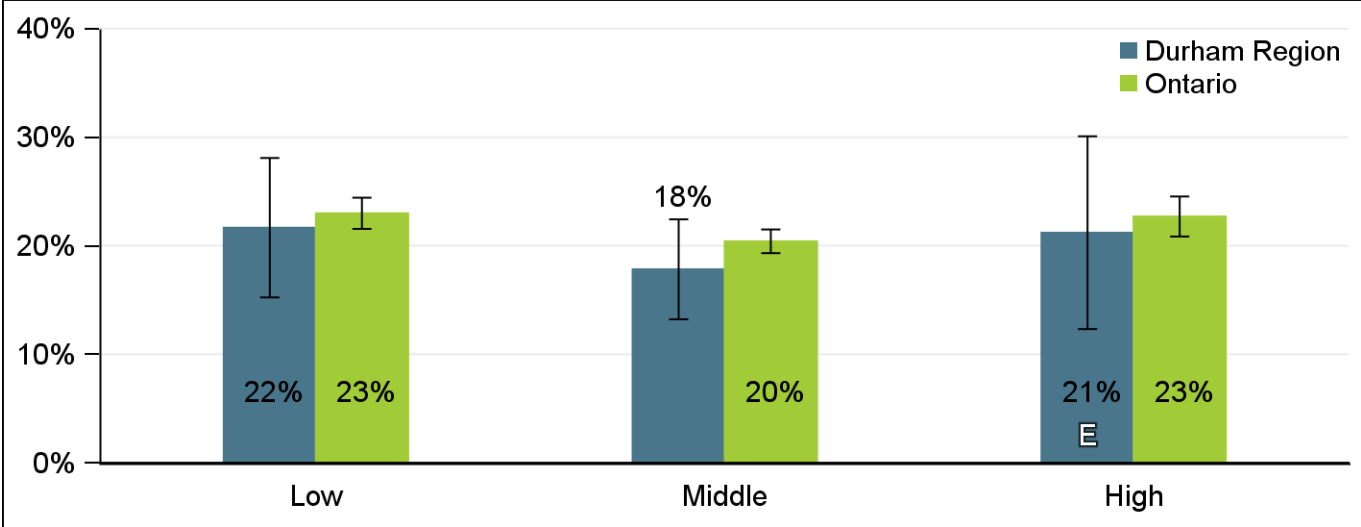
Figure 4. Proportion who reported they felt stressed on most days in the past year, Durham Region and Ontario, 2013/2014, ages 12 and older



Association between sex and self-perceived stress in life is significant for and Ontario only.

Figure 4 describes that males and females in Durham Region were equally likely to report that they felt stressed on most days in the past year. In Ontario, females were more likely to report this behaviour as compared to males.

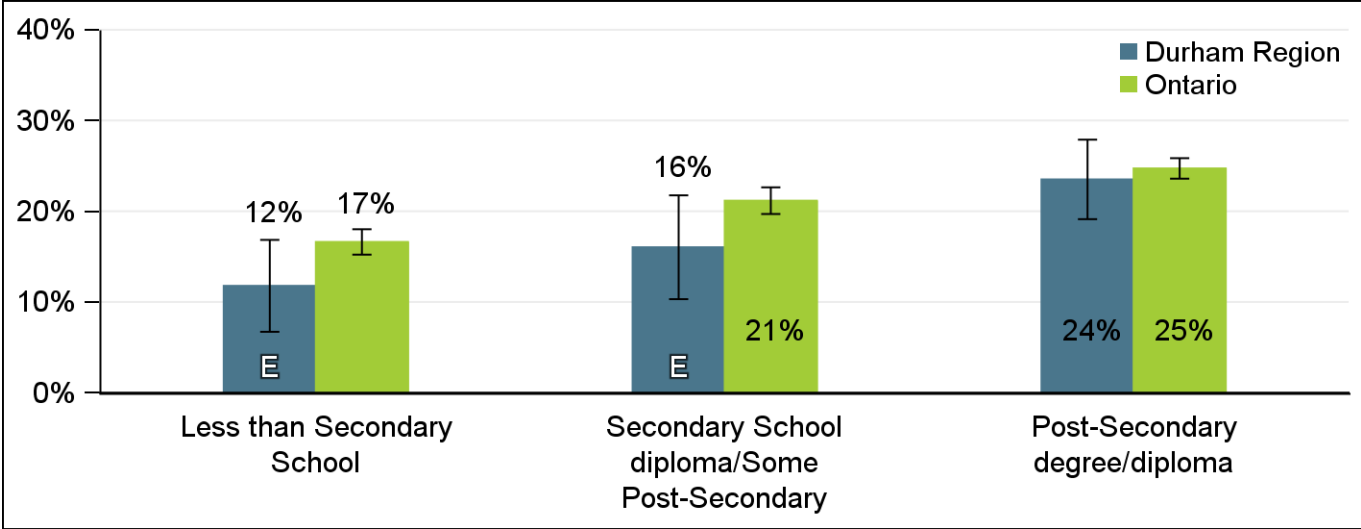
Figure 5. Proportion who reported they felt stressed on most days in the past year by household income, Durham Region and Ontario, 2013/2014, ages 12 and older



Association between household income group and self-perceived stress in life is significant for Ontario only. E – use with caution (these data have a coefficient of variation between 16.6% and 33.3%).

In 2013/2014, there was no observed association between those who reported that they felt stressed on most days in the past year and household income for Durham Region. Estimates for each of the three income groups were similar as compared with Ontario (see Figure 5).

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



Association between education and self-perceived stress in life is significant for both Durham and Ontario. E – Use with caution (these data have a coefficient of variation between 16.6% and 33.3%).

Figure 6 shows an increase in the proportion who reported that they felt stressed 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 who reported that most days in the past year were “quite a bit” or “extremely” stressful.

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 in life 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.