Measuring Positive Mental Health
Positive Mental Health Surveillance Indicator Framework

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Public Health Agency of Canada

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PROTECTING AND EMPOWERING CANADIANS
TO IMPROVE THEIR HEALTH

Objectives

- Present the Public Health Agency of Canada's *Positive Mental Health Surveillance Indicator Framework* developed for surveillance and reporting purposes at the Federal level

- Provide an overview of the process to develop the *Framework* for the adult population

- Present key findings from the adult *Framework*

What is Positive Mental Health

A state of well-being that allows us to feel, think, and act in ways that enhance our ability to enjoy life and deal with the challenges we face.

– Public Health Agency of Canada

Why Measure Positive Mental Health?

- Good mental health is important for maintaining good physical health and wellbeing, building healthy relationships, and developing the ability to cope with unexpected difficulties

- Canada's first national strategy for mental health – "Changing Directions, Changing Lives" (Mental Health Commission of Canada, 2012) acknowledged gaps in data on mental health

- In response, the Agency developed the *Positive Mental Health Surveillance Indicator Framework (Framework)*

- The *Framework* was developed to be a rigorous conceptual framework to inform policy and programs

Methods

Environmental Scan of Relevant Publications and Existing Data Sources

Develop a Conceptual Framework and Inclusion Criteria for Indicator Selection

Identify Indicators and Apply Inclusion Criteria to Prioritize Indicators

Finalize Indicator Set

Identify Measures and Data Sources; Identify Data Gaps

Analyze Data

Develop Comprehensive Knowledge, Development and Exchange (KDE) Plan

Disseminate First in Series of Knowledge Products

Ongoing Validation of Indicators and Dissemination Activities

Monitoring positive mental health and its determinants in Canada
Health Promotion and Chronic Disease Prevention in Canada (36:1/January 2016)
http://www.phac-aspc.gc.ca/publicat/hpcdp-pspmc/36-1/index-eng.php

Conceptual Model for Positive Mental Health

- Socioecological Model
- Positive Mental Health Outcomes for all Canadians
- Lifecourse Approach
- Risk and Protective Factors

Positive Mental Health Outcomes

- Positive mental health includes two types of outcomes:
  Feeling Good
  Functioning Well

- We measure these through five outcome indicators:
  Self-Rated Mental Health, Happiness, Life Satisfaction,
  Psychological Well-Being and Social Well-being

Outcome Measures

POSITIVE MENTAL HEALTH IN ADULTS CAN BE MEASURED THROUGH THESE FIVE INDICATORS

High self-rated mental health	Happy	Satisfied with life	High psychological well-being	High social well-being
65%	82%	82%	70%	62%

Source: 2012 Canadian Community Health Survey – Mental Health Share File; Self-reported data of Canadian adults aged 18 years and older

Risk and Protective Indicators

Individual behaviours and experiences are associated with positive mental health

57% of Canadians reported they could cope well with unexpected and difficult problems, and day to day demands (CCHS – MH 2012)

42% of Canadians report they have a high level of control over their life chances (CCHS – MH 2012)

Healthy **family** relationships provide an important foundation for positive mental health

36% of Canadians who have a family member who has problems with their emotions, mental health or use of alcohol or drugs report that their life is affected "a lot" or "some" by their family member's problems (CCHS-MH 2012)

Risk and Protective Indicators

Positive mental health is supported by strong ties to the **community**

87% of Canadians report that their neighbourhood is a place where neighbours help each other (GSS 2008)

At the **societal** level, factors such as discrimination and stigma are related to positive mental health

21% of Canadians with a mental health problem report having been affected by negative opinions or unfair treatment, due to their mental health problem (CCHS – MH 2012)

Infobase
http://infobase.phac-aspc.gc.ca/index-en.html

Infobase: "Very Good" or "Excellent" Self-Rated Mental Health

Self-Rated Mental Health by Household Income Quintile, Canadians Aged 18 Years and Older, 2012
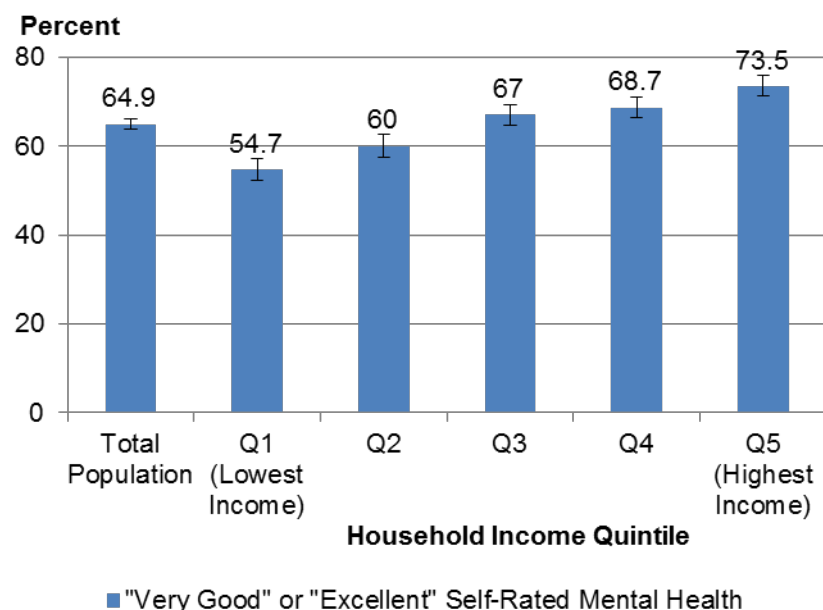
Household Income Quintile	Percentage (%)	Lower 95% CI	Upper 95% CI
Total Population	64.9	63.8	66.1
Q1 (Lowest Income)	54.7	52.2	57.2
Q2	60	57.4	62.7
Q3	67	64.8	69.2
Q4	68.7	66.4	71
Q5 (Highest Income)	73.5	71.3	75.8

Source: 2012 Canadian Community Health Survey - Mental Health; Self-reported data of population aged 18 years and older

Infobase: High Psychological Well-being

High Psychological Well-being by Age, Canadians Aged 18 Years and Older, 2012
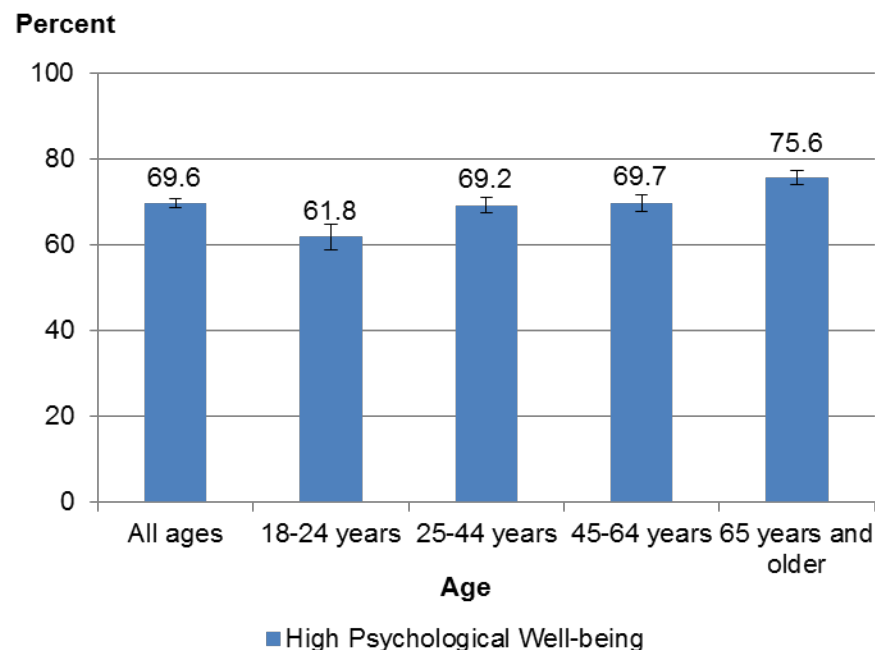
Percent

Age Group	Percentage (%)	Lower 95% CI	Upper 95% CI
All ages	69.6	68.6	70.7
18-24 years	61.8	58.8	64.8
25-44 years	69.2	67.4	70.9
45-64 years	69.7	67.8	71.7
65 years and older	75.6	73.9	77.3

Chart values: All ages 69.6; 18-24 years 61.8; 25-44 years 69.2; 45-64 years 69.7; 65 years and older 75.6
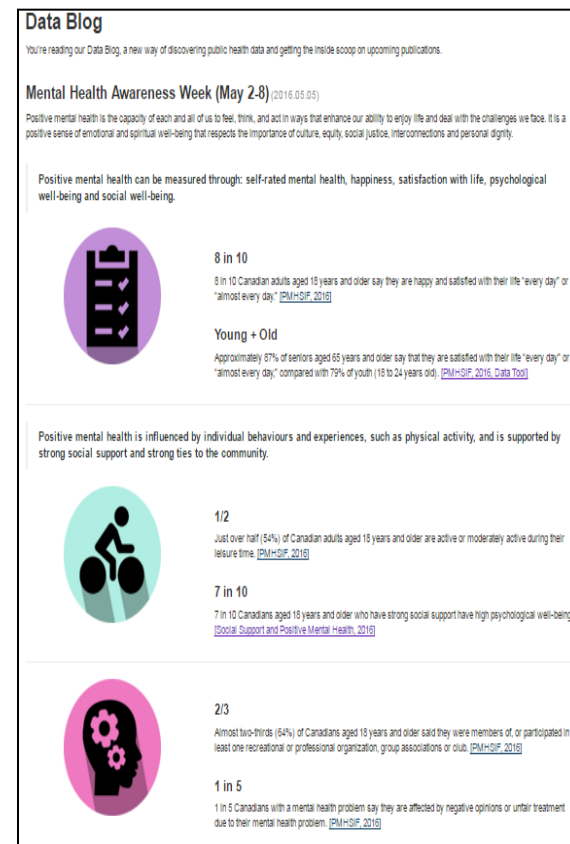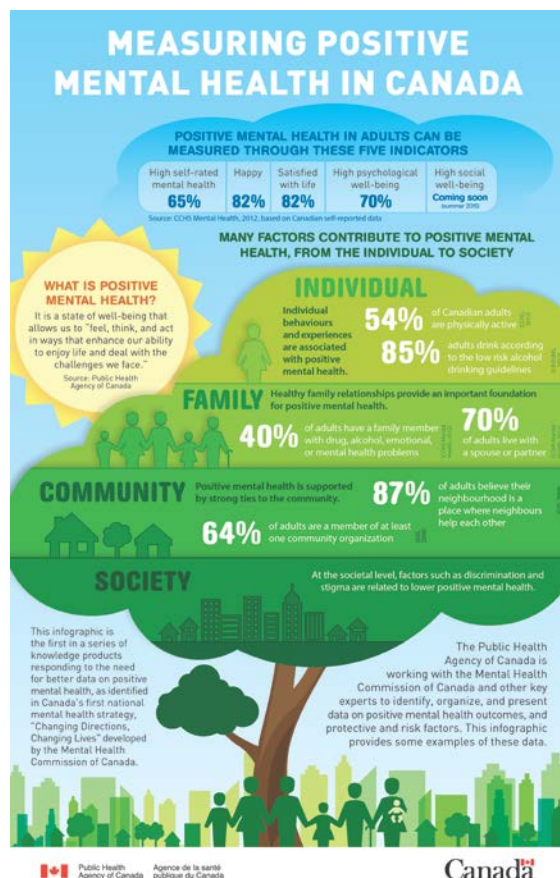
■ High Psychological Well-being

Source: 2012 Canadian Community Health Survey - Mental Health; Self-reported data of population aged 18 years and older

Key Findings – Population Aged 18+

- Men and women are doing about the same in their positive mental health
  - Happiness and high life satisfaction (82%)
  - High psychological well-being (70%)

- Seniors aged 65+ (85.7%) report the highest rates of life satisfaction, while youth aged 18 to 24 years report the lowest (76.2%)

- Immigrants (78%) are less happy than the Canadian born population (83%), however, they report higher community belonging (67%) than their Canadian born counterparts (61%)

Data products

http://infobase.phac-aspc.gc.ca/datalab/visualize-en.html

http://66.240.150.18/datalab/positive-mental-health-blog-en.html

Next Steps

- Finalizing measures for the youth framework is in progress

- Identifying measures for the child framework requires further research

- Continue to explore options to address data gaps

- As the Framework is intended to be "evergreen," the intention is to review content on a regular basis, and update to reflect the latest available evidence

Thank you

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