

## Outcomes:

- Ontario's Mental Health and Addictions Strategy expected results: Lower prevalence of mental health and addictions problems in Ontario and fewer attempted and completed suicides
- Positive mental health outcomes include: self-reported happiness, and good or excellent mental health (Public Health Agency of Canada, PHAC)

## MENTAL HEALTH

INDICATOR/SOURCE	DATA	NOTES
<p><b>Self-rated mental health – adults</b></p> <p>The percentage of individuals age 20 to 64 that reported their mental health as very good or excellent</p> <p>SOURCE: Statistics Canada CANSIM table 105-0501</p>	<p><b>Middlesex London Health Unit (MLHU) Health Region:</b></p> <p>2010: 72% 2011: 72% 2012: 75% 2013: 67% 2014: 64%</p> <p><b>Comparison:</b> 2012: Age 20 to 34 are statistically higher than 2011; 2013 statistically lower than 2012</p> <p>2012: Age 20 to 34 are statistically higher compared to Canada and Ontario</p>	<p>Over the last few years, relatively fewer people in London and Middlesex report having very good or excellent mental health.</p> <p>Adults age 20 to 64 are least likely compared to other age groups to report having very good or excellent mental health.</p>
<p><b>Self-rated mental health – youth</b></p> <p>The percentage of individuals age 12 to 19 that reported their mental health as very good or excellent</p> <p>SOURCE: Statistics Canada CANSIM Table 105-0501</p>	<p><b>MLHU Health Region:</b></p> <p>2010: 77.7% 2011: 83.9% 2012: 83.9% 2013: 76% 2014: 72.5%</p>	<p><b>Per cent of people reporting very good or excellent mental health (2014):</b></p> <p>Population age 12+: 66% Age 12 to 19: 72.5% Age 20 to 64: 64% Age 65+: 71.5%</p>
<p><b>Self-rated mental health – seniors</b></p> <p>The percentage of individuals age 65 and over that reported their mental health as very good or excellent</p> <p>SOURCE: Statistics Canada CANSIM Table 105-0501</p>	<p><b>MLHU Health Region:</b></p> <p>2010: 73.6% 2011: 78.7% 2012: 76.6% 2013: 71.7% 2014: 71.5%</p> <p><b>Comparison:</b> 2011 statistically higher than Ontario and Canada</p>	<p><b>Per cent of people age 12 and over reporting very good or excellent mental health, 2012 and 2014:</b></p> <p>2012: 76% 2014: 66%</p>
<p><b>Self-rated mental health – general population</b></p> <p>The percentage of individuals age 12 and over that reported their mental health as very good or excellent in 2011/2012.</p> <p>SOURCE: Statistics Canada CANSIM Table 105-0501</p>	<p><b>MLHU Health Region:</b></p> <p>2010: 73.1% 2011: 74.6% 2012: 76% 2013: 68.8% 2014: 66%</p> <p><b>Comparison:</b> 2012 is statistically higher when compared to Canada; 2013 is statistically lower than 2012 in the MLHU Health Region</p>	

# HEALTH

INDICATOR/SOURCE	DATA	NOTES
<p><b>Suicide rate</b></p> <p>Number of deaths by suicide per 100,000 individuals age 20 to 64 years</p> <p>SOURCE: London Middlesex Suicide Prevention Council. <a href="http://lmspc.ca/statistics/">http://lmspc.ca/statistics/</a></p>	<p><b>Middlesex County:</b></p> <p>For the period 2002 to 2012, statistics recorded by the Office of the Chief Coroner show:</p> <p>There has been an average of 49.2 deaths by suicide per year in the last 10 years; ranging between 30 and 54 deaths per year.</p> <p>73% of the deaths by suicide are males; 38% are females.</p> <p>33% of those who died were over age 50; 67% of those who died were age 50 or under.</p> <p><b>Deaths by suicide in the City of London:</b></p> <p>For the period 2000 to 2010, statistics recorded by the London Police show:</p> <p>There has been an average of 34 deaths by suicide in the last 10+ years; ranging from 26 to 47 deaths per year.</p> <p>75% of the deaths by suicide are males; 25% are females.</p>	<p>Fewer attempted and completed suicides is one of the results expected from Ontario's Mental Health &amp; Addiction Strategy.</p>
<p><b>Proxy measure for suicide rate:</b></p> <p>Self-injury rate – number of hospitalizations due to self-injury/100,000 population (2011 standardized population)</p> <p>SOURCE: Canadian Institute for Health Information Health Indicator portal:</p> <p><a href="http://yourhealthsystem.cihi.ca/epub/search.jspa?href=http%253A">http://yourhealthsystem.cihi.ca/epub/search.jspa?href=http%253A</a></p>	<p><b>MLHU Health Region:</b></p> <p>2010: 71/100,000            2011: 65/100,000            2012: 70/100,000            2013: 82/100,000            2014: 83/100,000</p> <p>London rate in 2013 &amp; 2014 is higher than Canada's rate.</p> <p><b>2014:</b></p> <p>Females: 106/100,000 – higher than Canada            Males: 61/100,000 – similar to Canada</p>	<p>While self-harm is not necessarily a predictor of suicide, it is a sign of emotional distress (Mental Health Commission of Canada, MHCC). In 2013 &amp; 2014, compared to Canada, relatively more people living in Middlesex and London were hospitalized due to self-injury.</p>

# HEALTH

## Student Well Being

INDICATOR/SOURCE	DATA
<p>Thames Valley District School Board (TVDSB)</p> <p>Safe Schools and Student Well-being Survey 2014</p> <p>Elementary System</p> <p><a href="http://www.tvdsb.ca/files/123073/ssweb9may2014elementarysystem.pdf">http://www.tvdsb.ca/files/123073/ssweb9may2014elementarysystem.pdf</a></p> <p>Secondary System</p> <p><a href="http://www.tvdsb.ca/files/123073/ssweb9may2014secondarysystem.pdf">http://www.tvdsb.ca/files/123073/ssweb9may2014secondarysystem.pdf</a></p>	<p>Per cent of students that consider themselves to be happy:</p> <p>Junior elementary: 85.2%</p> <p>Intermediate elementary: 79%</p> <p>Intermediate secondary: 75.2%</p> <p>Senior secondary: 76%</p>
<p><b>The Mental Health and Wellbeing of Ontario Students, 1991-2015</b></p> <p>Ontario Student Drug Use and Health Survey, CAMH Research Document Series No. 43, Boak, et. al</p> <p><a href="http://www.camh.ca/en/research/news_and_publications/ontario-student-drug-use-and-health-survey/Documents/2015%20OSDUHS%20Documents/2015OSDUHS_Detailed%20MentalHealthReport.pdf">http://www.camh.ca/en/research/news_and_publications/ontario-student-drug-use-and-health-survey/Documents/2015%20OSDUHS%20Documents/2015OSDUHS_Detailed%20MentalHealthReport.pdf</a></p>	<p>While most students rate their mental health as excellent or very good, there are some concerning trends across Ontario:</p> <ul style="list-style-type: none"><li>• Increase in reported psychological distress, increase in per cent rating their mental health as fair or poor</li><li>• Increase in per cent visiting mental health care professional in the last year – this may reflect increased access or increase in population in need of service</li><li>• Increase in proportion prescribed medication for anxiety, depression or both</li><li>• Increase in time spent on video gaming and indications of having a video gaming problem, particularly among males</li></ul> <p><b>CAUTION: London and Middlesex are not well represented in this survey. It cannot be assumed that local trends are similar to Ontario.</b></p>

# HEALTH

## Access to Services

“Mental illnesses can disrupt a person’s life or create challenges, but with the right supports, a person can get back on a path to recovery and wellness” (Canadian Mental Health Association (CMHA) Mental Health <http://www.cmha.ca/mental-health/>).

“1/3 of those who need mental health-related services do not receive treatment either due to stigma or because they don’t have access to programs in their community” (Bell Let’s Talk).

INDICATOR/SOURCE	DATA	NOTES
<p><b>Mental illness hospital readmissions within 30 days:</b></p> <p>The percentage of people age 15 years or older in 2012/2013 readmitted to hospital within 30 days of hospital discharge for a stay related to a mental illness.</p> <p>SOURCE: Canadian Institute for Health Information Health Indicator portal: <a href="http://yourhealthsystem.cihi.ca/epub/search.jspa?href=http%253A">http://yourhealthsystem.cihi.ca/epub/search.jspa?href=http%253A</a></p>	<p><b>MLHU Health Region:</b></p> <p>2009: 11.7%            2010: 11.5%            2011: 11.6%            2012: 12.6%            2013: 11.1%</p>	<p>11% of people whose hospital stay was related to a mental illness are readmitted within one month after being discharged.</p> <p>Home care not being ready is one of the reasons for readmission within 30 days and for repeat hospitalizations. (Steven Harrison, Executive Director, CMHA)</p>
<p><b>One-year rate of repeat hospitalizations for persons with a mental illness</b></p> <p>The percentage of people age 15 years or older with at least three mental illness-related hospitalizations among those who had at least one hospital stay for a mental illness over a one-year period.</p> <p>SOURCE: Canadian Institute for Health Information Health Indicator portal: <a href="http://yourhealthsystem.cihi.ca/epub/search.jspa?href=http%253A">http://yourhealthsystem.cihi.ca/epub/search.jspa?href=http%253A</a></p>	<p><b>MLHU Health Region:</b></p> <p>2008: 9.9%            2009: 10.7%            2010: 9.7%            2011: 11.4%            2012: 9.7%</p>	

# HEALTH

## Additional Information:

INDICATOR/SOURCE	DATA
<p><b>Steven Harrison, Executive Director, CMHA</b></p>	<p>Data from the crisis centre shows it is working to divert people from emergency as well as reach people who otherwise would not have accessed help – 20% to 25% of people served would have gone to emergency; 66% would never have gone for help otherwise.</p>
<p><b>London Distress Centre</b></p> <p>From the London Free Press, May 4, 2016. London &amp; District Distress Centre Calling People to Offer Support. Jennifer O'Brien.</p>	<ul style="list-style-type: none"> <li>• 20,000 calls in 2015</li> <li>• 7,000 calls in 1st quarter 2016 – 38% increase compared to same time last year</li> </ul> <p><b>Top reasons:</b></p> <ul style="list-style-type: none"> <li>• Mental health</li> <li>• Seeking support for interpersonal</li> <li>• Physical health concerns</li> <li>• 90% seeking supportive listening</li> </ul>

## Access to Services: Aboriginal

SOURCE	NOTES
<p><b>Thunderbird Partnership Foundation</b></p> <p>Honouring Our Strengths: A Renewed Framework to Address Substance Use Issues Among First Nations People in Canada</p> <p><a href="http://nnapf.com/honouring-our-strengths-full-version-2/">http://nnapf.com/honouring-our-strengths-full-version-2/</a></p>	<p><b>The four pillars of mental wellness are:</b></p> <p><b>Hope, Belonging, Meaning and Purpose</b></p> <p>Honouring our Strengths is a national framework to address substance use issues among First Nations people in Canada. It outlines a continuum of care in order to support strengthened community, regional and national responses to substance use issues.</p> <p>A strengthened system of care is the shared responsibility with emphasis on ensuring that people, families and communities have access to a range of effective, culturally-relevant care options at any point in their healing journey.</p>

## Physical Health

INDICATOR/SOURCE	DATA
<p><b>Health status</b></p> <p>The per cent of the population age 12 and over who self-rate their health as “excellent” or “very good”</p> <p>SOURCE: Statistics Canada CANSIM Table 105-0501</p>	<p><b>MLHU Health Region</b></p> <p>2010: 63.5% 2011: 57.1% 2012: 63.8% 2013: 64.6% 2014: 60.5%</p> <p><b>Comparison:</b> 2013 is statistically higher than Canada</p>
<p><b>Health status</b></p> <p>The per cent of population age 12 and over with overall functional health good to full</p> <p>SOURCE: Statistics Canada CANSIM Table 105-0501</p>	<p><b>MLHU Health Region:</b></p> <p>2010: 79.7% 2011: not available 2012: not available 2013: 78.4% 2014: 76.4%</p>

# HEALTH

## Health Behaviours

“Individual behaviours and experiences are associated with positive mental health” (Public Health Agency of Canada).

INDICATOR/SOURCE	DATA
<p><b>Physical activity: leisure-time spent being physically active or moderately active (population 12 and over)</b></p> <p>SOURCE: Statistics Canada CANSIM Table 105-0501</p>	<p><b>MLHU Health Region:</b></p> <p>2010: 56.6% 2011: 52.2% 2012: 54.5% 2013: 46% 2014: 46.4%</p> <p><b>Comparison:</b> 2013 and 2014 rates are lower than Canada and Ontario.</p>
<p><b>Heavy drinking – % of population age 12+ consuming 5 + drinks (male) or 4+ drinks (female), on one occasion, at least once a month in the past year</b></p> <p>SOURCE: Statistics Canada CANSIM Table 105-0501</p>	<p>2013: 17.4% 2014: 14.6%</p>
<p><b>Number of Clients Served by Addiction Services of Thames Valley</b></p> <p>(Data provided through Poverty Research Centre Mental Health and Addictions Data Base)</p>	<p>2006: 1,550 2007: 1,338 2008: 1,688 2009: 1,894 2010: 1,922 2011: 1,981 2012: 1,845 2013: 1,799 2014: 1,999</p>
<p><b>Addiction Services Thames Valley (ADSTV)</b></p> <p><a href="http://adstv.on.ca/wp-content/uploads/2016/06/Infograph_slider.jpg">http://adstv.on.ca/wp-content/uploads/2016/06/Infograph_slider.jpg</a></p>	<p>In 2015/2016, ADSTV served 2,310 London and Middlesex residents. Top three problem substances: alcohol, opioids, and cannabis.</p>

# HEALTH

## Stress

“Ontarians are happier, more resilient, more likely to succeed in school, work and life when they are able to cope with stress and manage the ups and downs of life” (Ontario Mental Health and Addictions Strategy, p. 6).

“What’s important is to teach students to manage the stress of everyday life. To teach them how to solve the problems causing the stress.” - Stan Kutcher, Dalhousie University (paraphrased from: Anderssen, E. “Number of Teens with Psychological Distress Rising at an Alarming Rate,” Globe and Mail, July 21, 2016).

INDICATOR/SOURCE	DATA
<p><b>Stress – general population</b></p> <p>The percentage of people age 12 years or over that reported that most days are quite a bit stressful or extremely stressful</p> <p>SOURCE: Statistics Canada CANSIM Table 105-0501</p>	<p>2010: 21.8% 2011: 22.3% 2012: 19.5% 2013: 20.2% 2014: 22.7%</p>
<p><b>Stress – youth</b></p> <p>The percentage of people age 12 to 19 that reported that most days are quite a bit stressful or extremely stressful</p> <p>SOURCE: Statistics Canada CANSIM Table 105-0501</p>	<p>No reliable local data except in 2011: 27.1%</p>
<p><b>Stress – young adults</b></p> <p>The percentage of people age 20 to 34 that reported that most days are quite a bit stressful or extremely stressful</p> <p>SOURCE: Statistics Canada CANSIM Table 105-0501</p>	<p>2010: 21% 2011: 20.2% 2012: 22.2% 2013: 20.7% 2014: 16.2%</p>
<p><b>Stress – middle age</b></p> <p>The percentage of people age 35 to 44 that reported that most days are quite a bit stressful or extremely stressful</p> <p>SOURCE: Statistics Canada CANSIM Table 105-0501</p>	<p>2010: 39.1% 2011: 25.7% 2012: 27% 2013: 18.3% 2014: 32.1%</p>
<p><b>Stress – older working age</b></p> <p>The percentage of people age 45 to 64 that reported that most days are quite a bit stressful or extremely stressful</p> <p>SOURCE: Statistics Canada CANSIM Table 105-0501</p>	<p>2010: 21.3% 2011: 25.5% 2012: 21.7% 2013: 28.8% 2014: 33.8%</p>
<p><b>Stress – 65+ years of age</b></p> <p>The percentage of people age 65 and over that reported that most days are quite a bit stressful or extremely stressful</p> <p>SOURCE: Statistics Canada CANSIM Table 105-0501</p>	<p>2010: 10.2% 2011: 14.5% 2012: 8.2% 2013: 9.9% 2014: 5.1%</p>