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Females are more likely than males to have anxiety disorders among adults aged 65 years or older

Anxiety disorders are the most common mental illness among Canadians. While treatable, anxiety disorders can have many negative consequences on health and well-being. However, few studies have examined the prevalence of, and factors associated with, anxiety disorders among older Canadians (65 years or older), with a particular focus on Indigenous and racialized population groups.

The study "[Anxiety disorders among older Canadians: Focus on Indigenous and racialized population groups](#)" found that from 2015 to 2022, on average, 6.0% of older Canadians reported a diagnosis of an anxiety disorder, with females (7.5%) more likely than males (4.2%) to have done so.

The prevalence of anxiety disorders is higher among Indigenous people than the non-Indigenous, non-racialized population

From 2015 to 2022, the prevalence of anxiety disorders was higher among Indigenous people than the non-Indigenous, non-racialized population—for both males and females. According to an analysis that accounted for demographic, socioeconomic, geographic and health-related factors, Indigenous males were found to have 1.5 times higher odds of anxiety disorders than non-Indigenous, non-racialized males. The poor mental health outcomes of Indigenous people may be due to several factors including historical and intergenerational trauma, socioeconomic disparities, and persistent inequities in access to health care services.

Chinese females and other racialized females are less likely to report a diagnosis of an anxiety disorder than non-Indigenous, non-racialized females

From 2015 to 2022, Chinese females (0.6 times) and other racialized females (0.7 times) were less likely to experience anxiety disorders than non-Indigenous, non-racialized females after controlling for other factors. The stigma associated with reporting mental disorders is thought to be higher among racialized individuals and may contribute to the lower likelihood of anxiety disorder diagnosis among racialized population groups.

Older Canadians in lower-income households are more likely to experience anxiety disorders

From 2015 to 2022, older Canadians in lower-income households had higher odds of experiencing anxiety disorders compared with those living in the households with the highest income. For example, both males and females in the lowest-income households had 1.9 times the odds of anxiety compared with those in the highest-income households, whereas both males and females in middle-income households had 1.3 times the odds of anxiety compared with those in the highest-income households.

Findings of this study highlight the importance of considering Indigenous and racialized population groups as well as disaggregation by sex in examining anxiety disorder among older Canadians to inform screening, service provision, and intervention programs.

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The article "[Anxiety disorders among older Canadians: Focus on Indigenous and racialized population groups](#)" is now available in the December 2024 online issue of *Health Reports*, Vol. 35, No. 12 (**82-003-X**).

This issue of *Health Reports* also contains the article "[From BpTRU to OMRON: The impact of changing automated blood pressure measurement devices on blood pressure estimates among children and youth.](#)"

For more information, or to enquire about the concepts, methods or data quality of this release, contact us (toll-free 1-800-263-1136; 514-283-8300; infostats@statcan.gc.ca) or Media Relations (statcan.mediahotline-ligneinfomedias.statcan@statcan.gc.ca).