

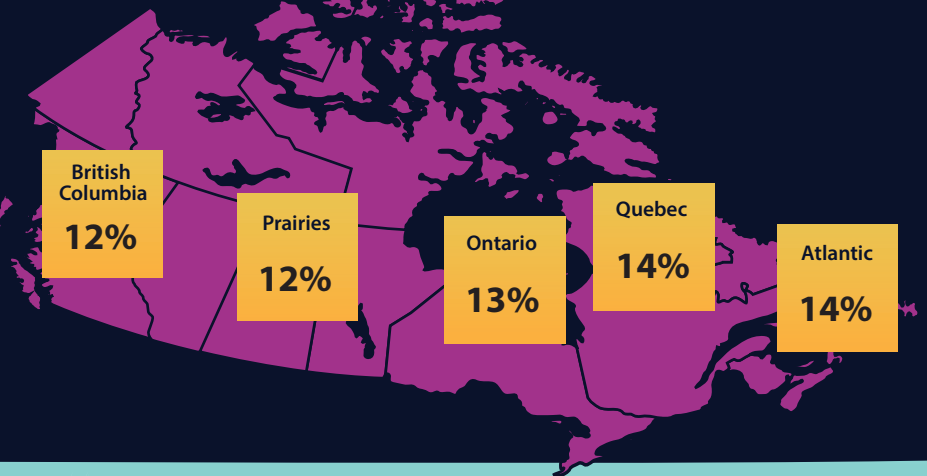
Loneliness in Canada



In Canada, 13% of people aged 15 and older reported always or often feeling lonely

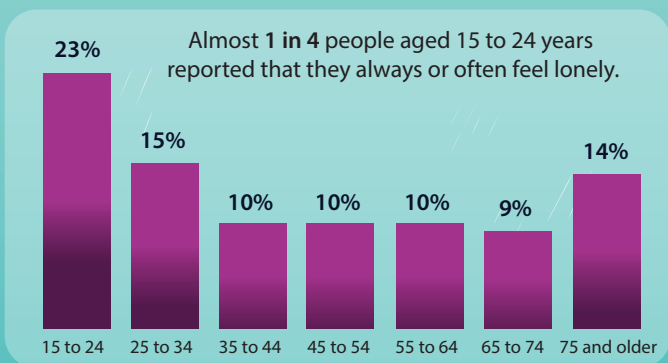
Loneliness is prevalent across Canada

If you feel lonely, you're not alone.

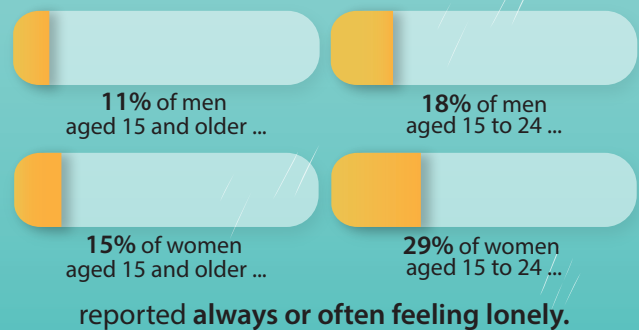


* Differences in the proportion of people reporting loneliness from region to region are not statistically significant.

Loneliness has no age restriction



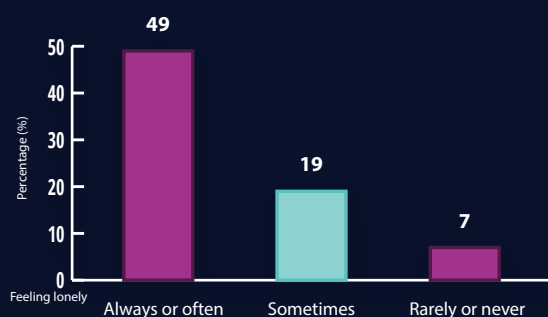
Women report higher levels of loneliness than men



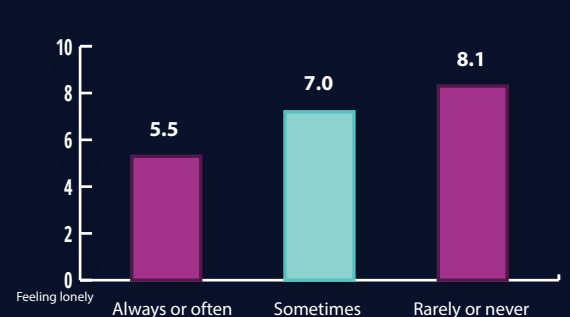
Those who are lonely report worse mental health and lower life satisfaction



Percentage of people who reported fair or poor mental health

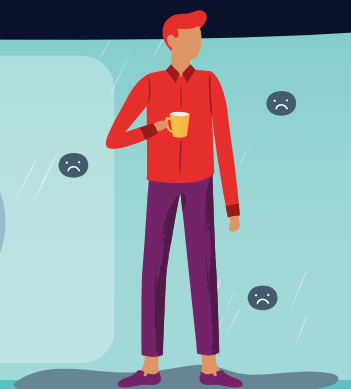
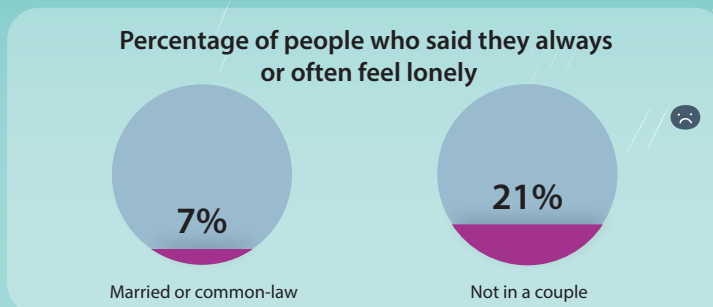


Mean life satisfaction rating (based on scale from 0 to 10)



People who are married or in a common-law relationship are less lonely

* "Not in a couple" refers to people who are widowed, separated, divorced or single.



1. Loneliness, life satisfaction and self-rated mental health are indicators in the National Quality of Life Framework for Canada.
2. The data in this infographic reflect the responses of the population aged 15 and older in Canada's 10 provinces.