

Health Fact Sheet

Life satisfaction, 2016

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Health Fact Sheets

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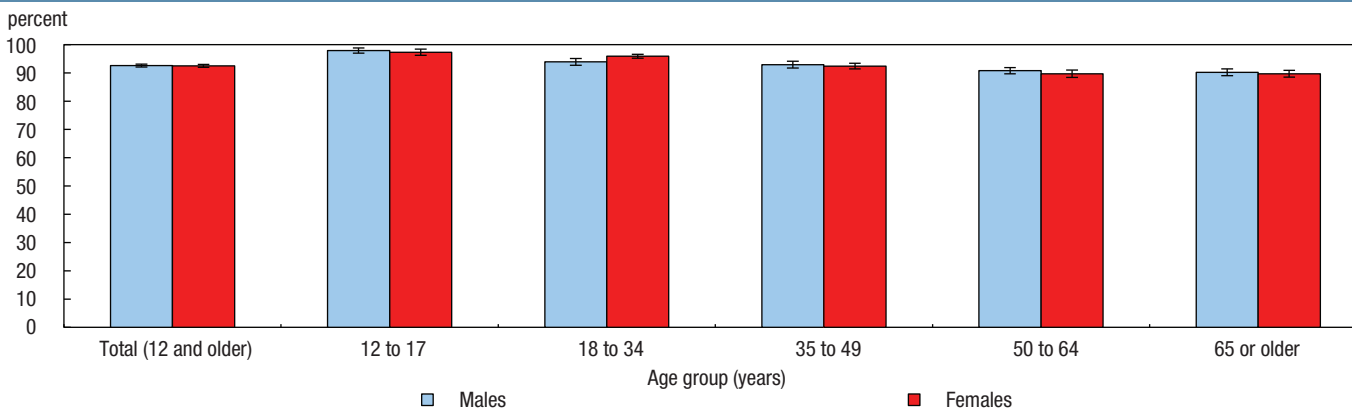
Life satisfaction, 2016

In 2016, 92.5% of Canadians aged 12 and older, or roughly 27.3 million people, reported that they were satisfied or very satisfied with life.¹ Overall there was no difference in life satisfaction between the sexes.² The proportion of males aged 12 and older who reported that they were satisfied or very satisfied decreased slightly from 93.4% in 2015 to 92.6% in 2016. For females, there was no change between 2015 and 2016.

Life satisfaction had slight variations between provinces however the proportion of people who were satisfied or very satisfied remained above 90% for all provinces.

Males and females aged 12 to 17 were the most likely to report being satisfied or very satisfied with life (97.9 % of males and 97.3% of females). Although more than 9 out of 10 people report a high level of satisfaction, this proportion decreases with age. For females, life satisfaction decreased between each age group from age 12 to 64 (Chart 1).

Chart 1 Life satisfaction, satisfied or very satisfied with life, by age group and sex, household population aged 12 and older, Canada, 2016

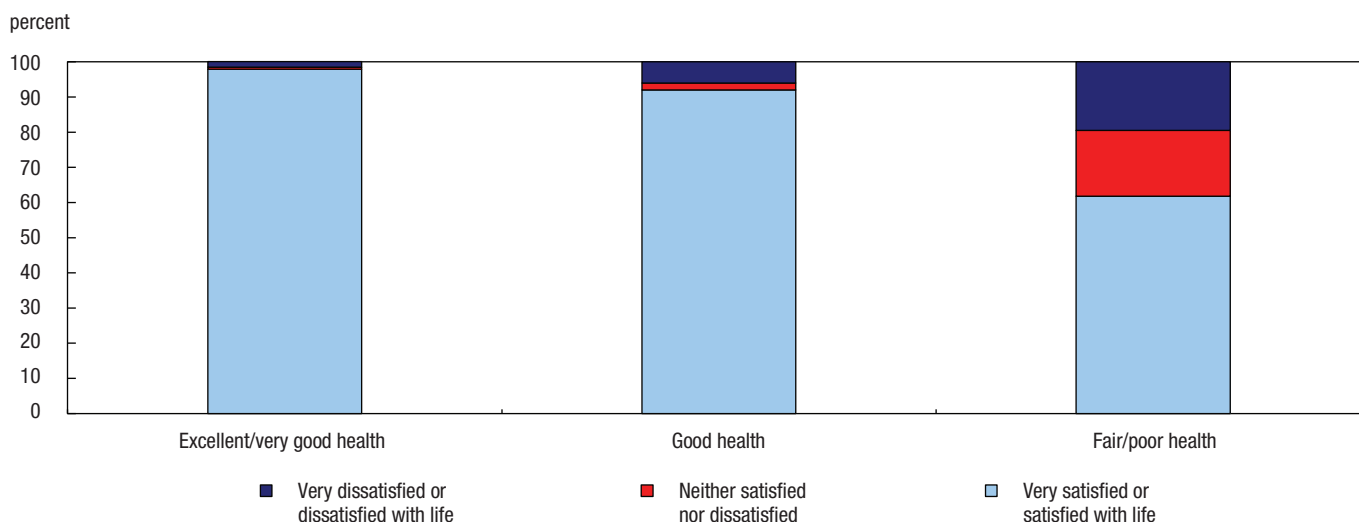


Note: Population aged 12 and older who reported being satisfied or very satisfied with their life in general. 95% confidence intervals are denoted by vertical lines overlaid on the bars in this chart. They indicate the degree of variability in the estimates.

Source: Canadian Community Health Survey, 2016.

Research has shown that people who have good mental and physical health are more likely to be satisfied with life.³ Respondents who reported that their health was ‘excellent’ or ‘very good’ were most likely to be ‘satisfied’ or ‘very satisfied’ with their lives (97.9%). In contrast, respondents who reported that their health was ‘fair’ or ‘poor’ were more likely to be ‘dissatisfied’ or ‘very dissatisfied’ with their life (18.7%, Chart 2).

Chart 2 Life satisfaction, by perceived health, household population aged 12 and older, Canada, 2016



Note: Perceived health refers to a person’s health in general — not only the absence of disease or injury, but also physical, mental and social well-being.

Source: Canadian Community Health Survey, 2016.

About Life Satisfaction

Life satisfaction is a personal subjective assessment of global well-being. In the Canadian Community Health Survey, respondents are asked to rate their current life satisfaction on an 11-point scale (0 to 10), where 0 represents “very dissatisfied” and 10 represents “very satisfied”. Satisfied or very satisfied represents those who indicated a value of 6 or more out of 10.

Notes

1. Estimates in this article referring to the national average or Canada rate exclude the territories. This is because the coverage of CCHS in 2016 does not represent the entire population of the territories. Only half of the communities in the territories were visited in 2015, and the other half in 2016 so analyses based on the territories is only available for two year cycles of the CCHS (e.g. 2015–2016).
2. In this article when two estimates are said to be different this indicates that the difference was statistically significant at a 95% confidence level (p-value less than 5%).
3. Strine T.W., D.P. Chapman, L.S. Baluz, D.G. Moriarty, A.H. Mokdad. 2008. *The Associations Between Life Satisfaction and Health related Quality of Life, Chronic Illness, and Health Behaviors among U.S. Community-dwelling Adults*. J Community Health. 33:40–50. https://www.researchgate.net/publication/5768806_The_Associations_Between_Life_Satisfaction_and_Health-related_Quality_of_Life_Chronic_Illness_and_Health_Behaviors_among_US_Community-dwelling_Adults (accessed July 12, 2017)

References

- Lu C., G. Schellenberg, F. Hou, and J.F. Helliwell. 2015. *How's Life in the City? Life Satisfaction Across Census Metropolitan Areas and Economic Regions in Canada*. Statistics Canada Catalogue no. 11-626-X, no. 48. <http://www.statcan.gc.ca/pub/11-626-x/11-626-x2015046-eng.htm> (accessed January 17, 2017)

Data

Additional data from the Canadian Community Health Survey are available from CANSIM table 105–0508 <http://www5.statcan.gc.ca/cansim/a26?lang=eng&retrLang=eng&id=1050508>.

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