

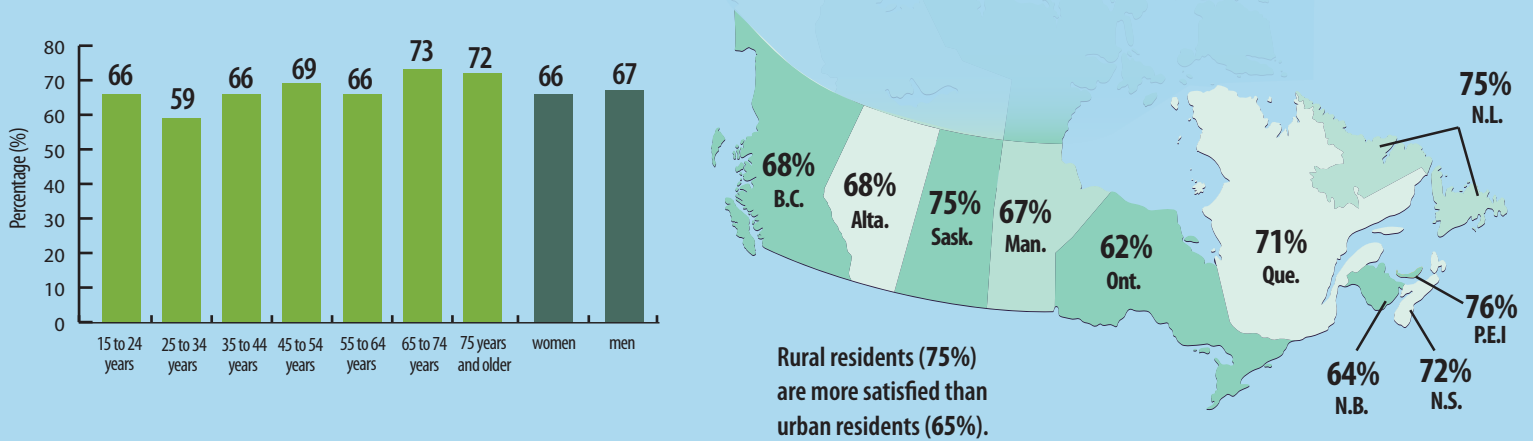
# Local Environments Lift Life Satisfaction



## Canada's Quality of Life Framework – Environment Domain

Satisfaction with local environment, life satisfaction and self-rated mental health are indicators in the Quality of Life Framework for Canada. Using data from the Canadian Social Survey, this infographic looks at a high level of satisfaction with the local environment among the population aged 15 years and older in Canada's 10 provinces.

### Two-thirds of Canadians have a high level of satisfaction with their local environment.<sup>1</sup>



### People with high satisfaction with their local environment tend to say they have high levels of life satisfaction and mental health.<sup>2,3</sup>

#### Life satisfaction

64% of those with high satisfaction with the local environment reported high life satisfaction

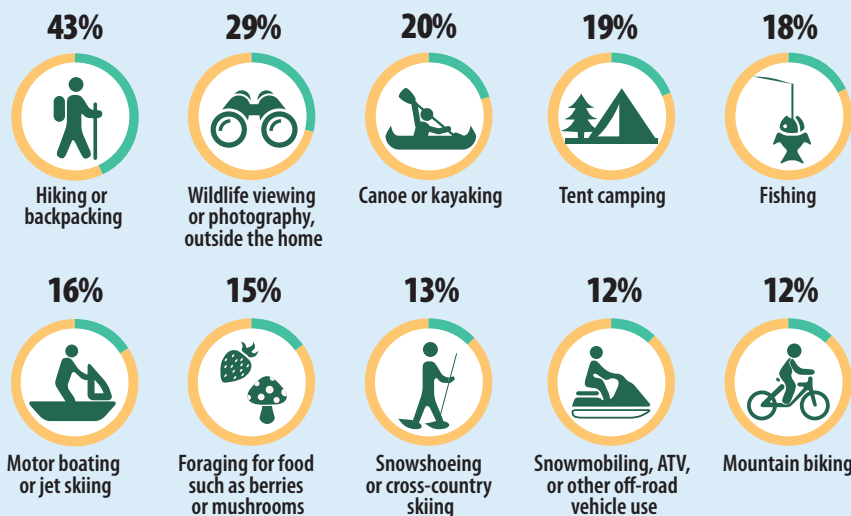
54% of the total population reported high life satisfaction

#### Mental health

59% of those with high satisfaction with the local environment said they have excellent/very good mental health

52% of the total population has excellent/very good mental health

### Outdoor activity participation rates of individuals with high satisfaction in their local environment...



Canadians use nearby greenspaces: in 2019, **9 in 10** Canadian households lived within 10 minutes of a park or public greenspace. Of these households, **85%** had visited it in the previous year.<sup>4</sup>

1. For the purposes of this infographic, respondents are said to have high satisfaction with the local environment if they answered 8, 9 or 10 to the question "On a scale from 0 to 10, where 0 means you feel 'Not at all satisfied' and 10 means you are 'Completely satisfied,' how satisfied are you with the quality of your local environment such as access to green space, and air or water quality?"  
 2. For the purposes of this infographic, respondents are said to have high life satisfaction if they answered 8, 9 or 10 to the question "Using a scale of 0 to 10, where 0 means 'Very dissatisfied' and 10 means 'Very satisfied,' how do you feel about your life as a whole right now?"  
 3. Includes respondents who answered 'Excellent' or 'Very good' to the question "In general, how is your mental health?"  
 4. Households and the Environment Survey, 2019. <https://www150.statcan.gc.ca/n1/daily-quotidien/211019/dq211019b-eng.htm>

Source: Statistics Canada, Canadian Social Survey, Wave 2, August to September 2021, Households and the Environment Survey, 2019.

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Catalogue number: 11-627-M | ISBN: 978-0-660-43124-6