



HAVING SOMEONE TO COUNT ON

The Quality of Life Framework includes indicators such as *someone to count on* and *self-rated mental health*. In this infographic, data about someone to count on are from responses to the question "How often would you say you have people you can depend on to help you when you really need it?" from the Canadian Social Survey, which was conducted from January to March 2022.

1 Three-quarters of people in Canada said they **always** or **often** have someone to count on

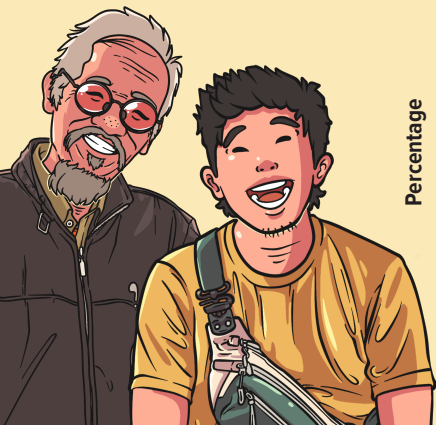
45% Always | 30% Often | 17% Sometimes | 6% Rarely | 2% Never

77% WOMEN | 74% MEN

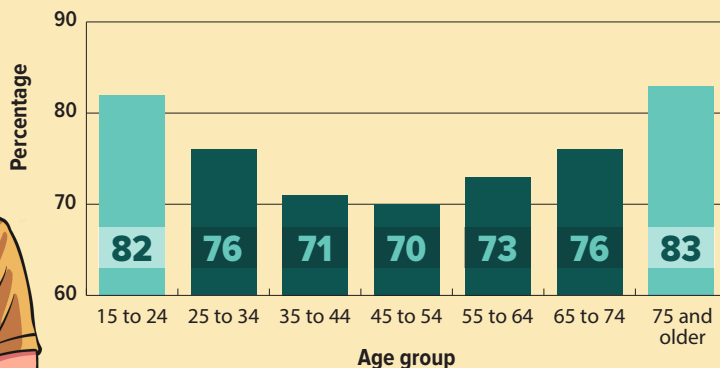
71% Living alone | 76% Living in a household with more than one person



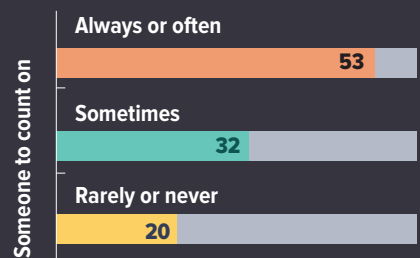
2 Youth and seniors reported higher levels of support than other age groups



Percentage who reported always or often having someone to count on



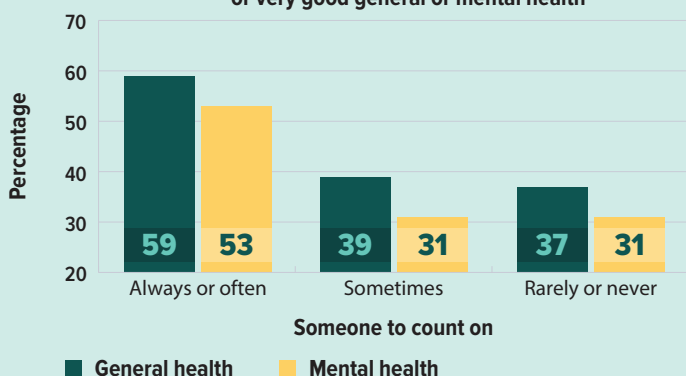
3 People who said they have someone to count on are more likely to report a strong sense of belonging to their community



Percentage who reported a very strong or somewhat strong sense of belonging to their local community

4 Over half of those with someone to count on reported excellent or very good health

Percentage who reported excellent or very good general or mental health



Note: The data reflect the responses of the population 15 years and older in Canada's 10 provinces.
Source: Statistics Canada, Canadian Social Survey, Wave 4, January to March 2022.

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