

Health Fact Sheets

Life satisfaction, 2017

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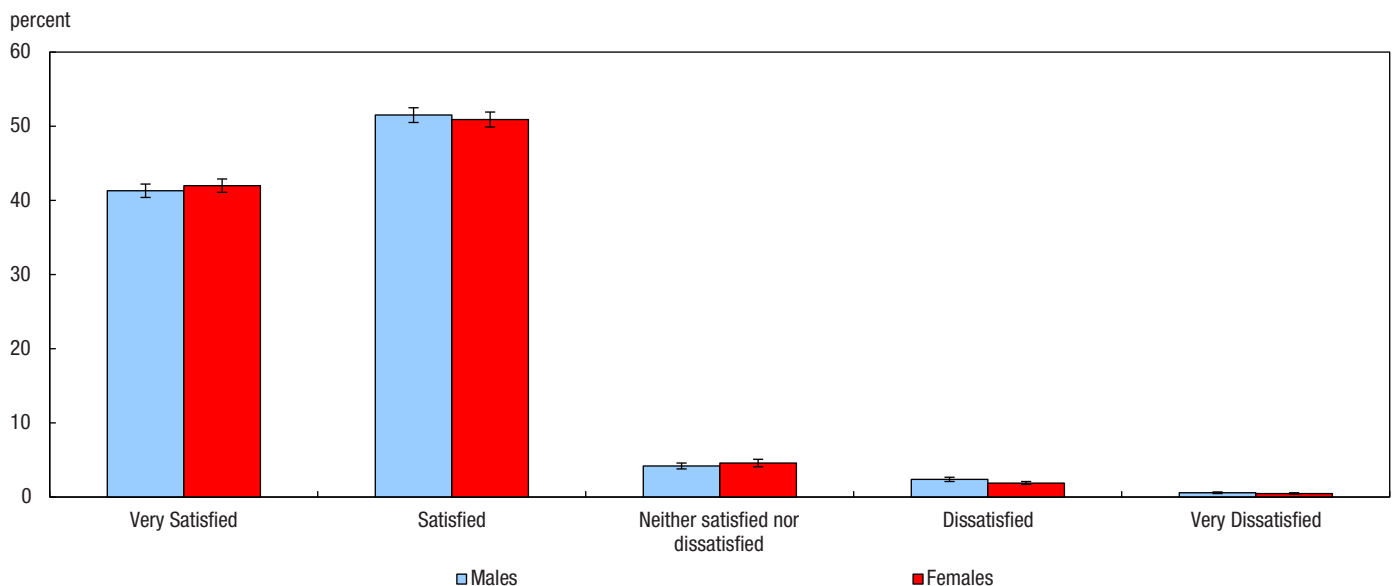
Health Fact Sheets

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Life satisfaction, 2017

In 2017, 51.2% of Canadians aged 12 and older reported that they were satisfied with life with an additional 41.7% reporting that they were very satisfied (Chart 1).¹ Males were more likely to report being dissatisfied than females (2.4%, 1.9%), while the distribution did not differ by sex among the other four categories.² The proportion of people who reported being satisfied or very satisfied in 2017 (92.9%) has remained stable since 2015 (93.1%).

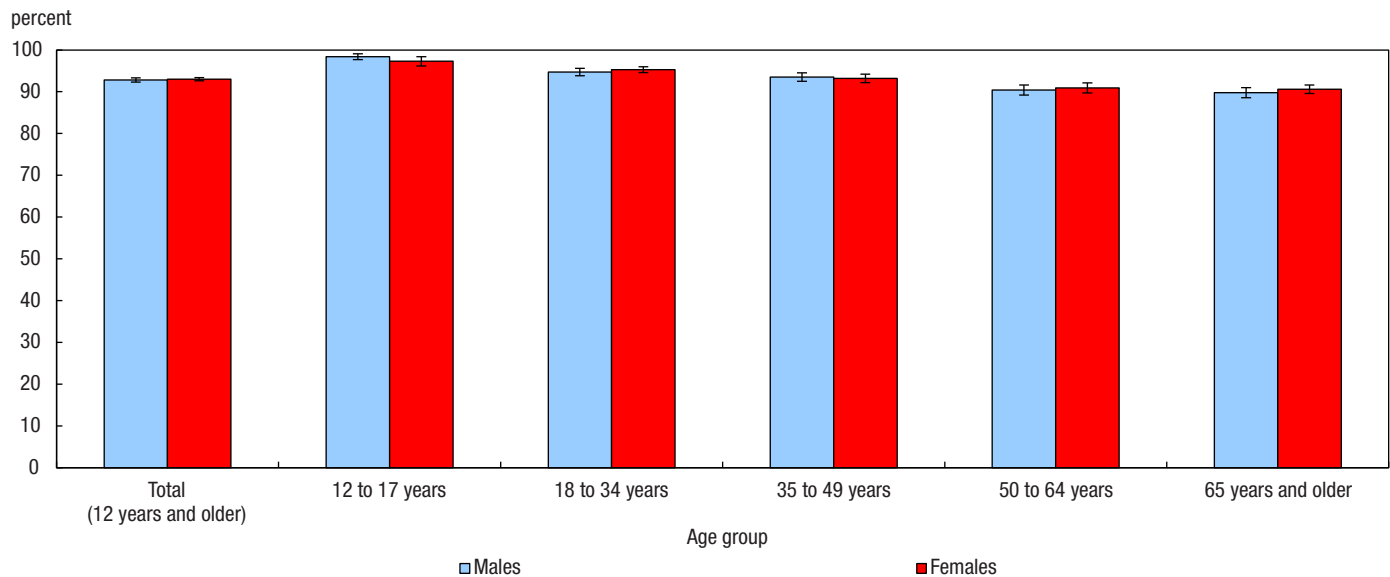
Chart 1 Life satisfaction, by sex, population aged 12 and older, Canada, 2017



Source: Canadian Community Health Survey, 2017.

Males and females aged 12 to 17 were the most likely to report being satisfied or very satisfied with life (98.4% of males and 97.3% of females). Although more than 9 out of 10 females report a high level of satisfaction, this proportion decreases with age. Among females, life satisfaction decreased between each age group from age 12 to 64. There was a similar decrease for males, although there was no difference between the 18 to 34 and 35 to 49 age groups (Chart 2).

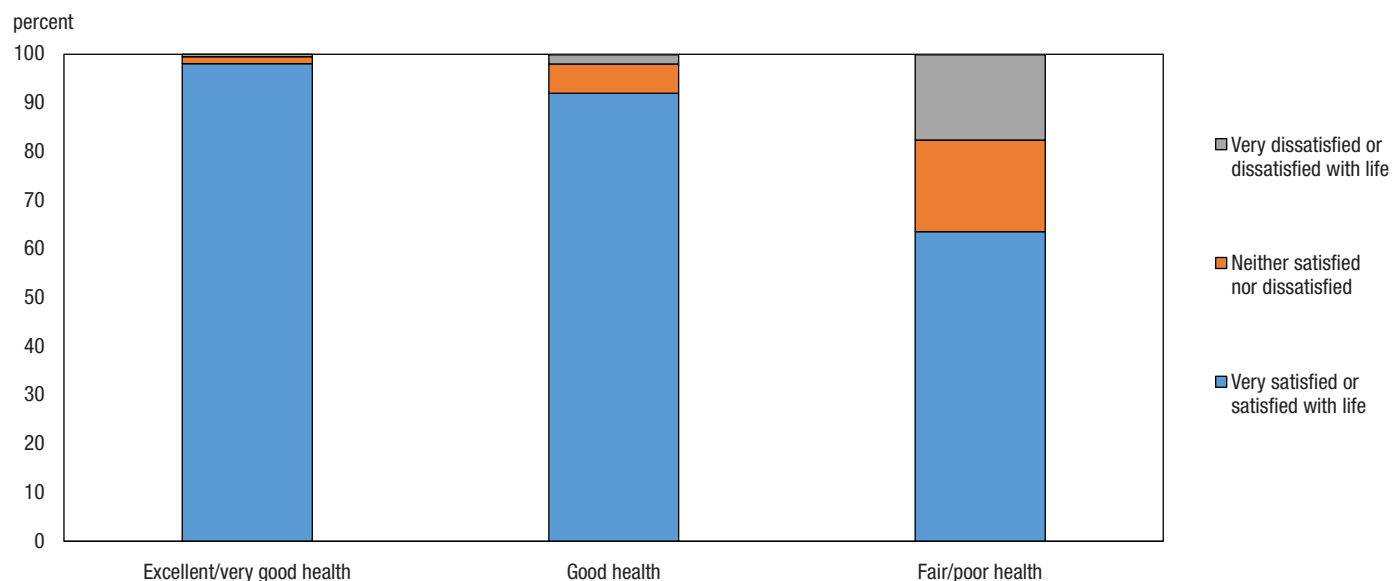
Chart 2 Life satisfaction, by age group and sex, population aged 12 and older, Canada, 2017



Note: Population aged 12 and older who reported being satisfied or very satisfied with their life in general.
Source: Canadian Community Health Survey, 2017.

Research has shown that people who have good mental and physical health are more likely to be satisfied with life.³ Canadians who reported that their overall health was excellent or very good were most likely to be satisfied or very satisfied with their lives (98.1%). In contrast, those who reported that their health was fair or poor were more likely to be dissatisfied or very dissatisfied with their life (17.5%, Chart 3).

Chart 3 Life satisfaction, by perceived health, population aged 12 and older, Canada, 2017



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, 2017.

Life satisfaction and healthy behaviours

Life satisfaction was greater for those who reported various healthy behaviours such as being physically active and not smoking.

Among adults and youth, those who were physically active according to the Canadian Physical Activity Guidelines⁴ were more likely to report being satisfied or very satisfied with life (94.3% of adults, 99.2% of youth) compared to those who reported no activity or were physically active below the recommended guidelines (90.1% of adults, 97.4% of youth).

Canadians were more likely to report being satisfied or very satisfied with life when they reported less than 4 hours of screen time (94.5%) compared to those who reported 4 to 6 hours (91.4%) or 6 or more hours (83.2%).⁵

Among current smokers, reported life satisfaction was lower than nonsmokers. Those who reported smoking either daily or occasionally were less likely to report being satisfied or very satisfied with life (86.9%) compared to nonsmokers (94.1%).

Life satisfaction by geography

The proportion of residents who were satisfied or very satisfied with life was **lower** than the national average (92.9%) in:

- Nova Scotia (91.1%)
- British Columbia (91.8%)

The proportion of residents who were satisfied or very satisfied with life was **higher** than the national average in Quebec (94.0%).

Life satisfaction was in line with the national average in all other provinces. Canadians residing in rural areas were more likely to report being satisfied or very satisfied with their life (93.9%) compared to those living in urban settings (92.7%).

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. “Dissatisfied” or “very dissatisfied” represents those who indicated a value of 4 or less out of 10. Those who indicated a value of 5 on the scale were categorized as “neither satisfied nor dissatisfied”.

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. 46. (accessed July 4, 2018).
- Strine T.W., D.P. Chapman, L.S. Baluz, D.G. Moriarty, and 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. (accessed July 4, 2018).

Data

Additional data from the Canadian Community Health Survey are available from table [13-10-0096-01](#).

Notes

1. Estimates in this article referring to the national average or Canada rate exclude the territories. This is because the coverage of the Canadian Community Health Survey (CCHS) in 2017 does not represent the entire population of the territories. Only half of the communities in the territories were visited in 2017, and the other half in 2018 so analyses based on the territories are only available for two year cycles of the CCHS (e.g. 2017-2018).
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, and 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. (accessed July 4, 2018).
4. Physical activity for youth aged 12 to 17 is defined as at least 60 minutes of moderate-to-vigorous physical activity each day. Physically active for adults is defined as having at least 150 minutes of moderate-to-vigorous-intensity aerobic physical activity per week, in bouts of 10 mins or more.
5. Screen time is based on a question in the CCHS that asked respondents to report the amount of time spent (on a day that was not a school or work day) watching television or a screen on any device while sitting or lying down.

For more information on the Canadian Community Health Survey, please contact Statistics Canada's Statistical Information Service (toll-free 1-800-263-1136; 613-951-8116; [STATCAN.infostats-infostats.STATCAN@canada.ca](#)).