

Self-rated Mental Health by Sub-group

Highlights

- Self-rated mental health is highest among those in the youngest age category 12 to 19 years (78.2%), those with the highest income (79.6%), those living in the least deprived areas of Saskatoon (81.6%) and those with at least a high school education (72.3% to 81.1%) (Table 1).
- To learn more about the data, click [here](#).

Table 1: Individuals Reporting Self-rated Mental Health as “Very good” or “Excellent,” by Sub-group, Saskatoon Health Region, 2008 to 2012

	Number Reporting Very Good to Excellent Self-rated Mental Health	Percent Reporting Very Good to Excellent Self-rated Mental Health	Lower CI	Upper CI
Total Saskatoon Health Region	184,708	71.6	69.3	73.8
Sex				
Male	91,650	71.8	68.4	75.2
Female	93,058	71.3	68.2	74.4
Age Group (Years)				
12-19	25,309	78.2	72.2	84.3
20-44	83,766	74.7	71.0	78.3
45-64	53,488	68.4	63.9	72.9
65+	22,144	62.6	58.2	66.9
Household Income Level				
Lowest income quintile	27,363	56.9	50.4	63.3
Second lowest income quintile	32,206	67.2	61.9	72.5
Middle income quintile	36,603	77.6	72.4	82.7
Second highest income quintile	36,931	76.8	71.8	81.8
Highest income quintile	35,621	79.6	74.7	84.5
Socio-economic status by deprivation index				
Most Deprived Areas	20,943	59.8	52.4	67.2
Second Most Deprived Areas	20,931	68.1	61.4	74.9
Middle Areas	24,781	71.3	64.8	77.8
Second Least Deprived Areas	23,318	73.3	67.6	79.0
Least Deprived Areas	41,453	81.6	76.7	86.5
Education Level				
Less than high school	27,971	62.6	57.1	68.0
High school graduate	34,933	73.4	68.2	78.6
Some post-secondary	21,213	81.1	75.3	87.0
Post-secondary graduate	99,163	72.3	69.1	75.5

Table 1 (continued): Individuals Reporting Self-rated Mental Health as “Very Good” or “Excellent,” by Sub-group, Saskatoon Health Region, 2008 to 2012

	Number Reporting Very Good to Excellent Self-rated Mental Health	Percent Reporting Very Good to Excellent Self-rated Mental Health	Lower CI	Upper CI
Ethnicity				
White	157,516	72.2	69.8	74.6
Visible Minority	25,971	69.5	63.6	75.3
Immigrant status				
Recent immigrant	10,987	75.8	64.0	87.6
Long term immigrant	8,625	70.6	60.8	80.4
Non-immigrant	164,698	71.5	69.1	74.0
Geography				
Rural Saskatoon Health Region	36,581	69.2	65.0	73.4
Urban Saskatoon city	148,127	72.2	69.5	74.8
Geography by Rural Planning Zones				
Humboldt and Area	7,323	67.3	59.5	75.2
Rosthern and Area	7,702	69.8	61.3	78.3
Watrous and Area	5,873	67.2	56.5	78.0
Saskatoon Area	15,682	70.7	63.2	78.2

* Use estimate with caution, high sampling variability.

NR=not reportable due to low sample size.

All estimates are weighted to the Saskatoon Health Region population.

This study was conducted, in part, with data provided by the Saskatchewan Ministry of Health to the Health Quality Council. The interpretations and conclusions herein do not necessarily represent those of the Saskatchewan Ministry of Health or Government of Saskatchewan. The analyses are based on data from Statistics Canada and the opinions expressed do not represent the views of Statistics Canada.