

Chronic Stress by Sub-group

Highlights

- Stress levels are highest among those in the 20 to 44 year (19.6%) and 45 to 64 year (21.9%) age groups, post-secondary graduates (21.4%) and those considered visible minorities (25.8%) (Table 1).
- To learn more about the data, click [here](#).

Table 1: Individuals Reporting High Levels of Stress, by Sub-group, Saskatoon Health Region, 2008 to 2012

	Number Reporting Quite a Bit or Extreme Stress	Percent Reporting Quite a Bit or Extreme Stress	Lower CI	Upper CI
Total Saskatoon Health Region	46,123	17.8	15.8	19.8
Sex				
Male	21,840	17.0	13.9	20.1
Female	24,283	18.5	15.9	21.1
Age Group (Years)				
12-19*	3,336	10.8	6.7	14.9
20-44	22,249	19.6	16.7	22.5
45-64	17,113	21.9	17.4	26.3
65+	3,425	9.2	6.8	11.6
Household Income Level				
Lowest income quintile	11,054	22.4	16.9	27.9
Second lowest income quintile	9,654	20.1	14.9	25.2
Middle income quintile*	7,028	14.9	9.2	20.7
Second highest income quintile	7,828	16.3	11.8	20.8
Highest income quintile	7,756	17.1	12.6	21.5
Socio-economic status by deprivation index				
Most Deprived Areas	7,467	20.7	14.0	27.3
Second Most Deprived Areas	6,194	20.0	14.1	25.9
Middle Areas*	4,116	11.9	7.4	16.3
Second Least Deprived Areas	4,950	15.5	10.7	20.2
Least Deprived Areas	9,022	17.6	12.0	23.2
Education Level				
Less than high school	5,060	11.2	7.8	14.6
High school graduate*	6,177	12.7	7.7	17.6
Some post-secondary*	4,449	17.1	10.7	23.4
Post-secondary graduate	29,311	21.4	18.7	24.0

Table 1 (continued): Individuals Reporting High Levels of Stress, by Sub-group, Saskatoon Health Region, 2008 to 2012

	Number Reporting Quite a Bit or Extreme Stress	Percent Reporting Quite a Bit or Extreme Stress	Lower CI	Upper CI
Ethnicity				
White	35,868	16.3	14.2	18.4
Visible Minority	9,573	25.8	19.4	32.3
Immigrant status				
Recent immigrant*	4,088	28.3	16.4	40.3
Long term immigrant*	1,454	11.9	6.0	17.9
Non-immigrant	40,260	17.4	15.4	19.3
Geography				
Rural Saskatoon Health Region	8,995	17.1	14.1	20.2
Urban Saskatoon city	37,128	17.9	15.5	20.4
Geography by Rural Planning Zones				
Humboldt and Area*	1,674	15.7	8.3	23.1
Rosthern and Area*	1,858	16.9	10.3	23.4
Watrous and Area*	1,245	14.4	7.7	21.0
Saskatoon Area	4,219	19.0	13.6	24.4

* 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.