

May 4th to May 10th, 2009

Mental Health Week 2009

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Health is Cool 2009 Survey Summary



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Newfoundland and Labrador Division

Mental Health

1. Would you say that your level of stress is currently lower, the same or higher compared to one year ago?

Region	Higher (%)
Total (n:1062)	
Canada	36.3
Atlantic Provinces	33.2
Quebec	27.7
Ontario	40.1
Prairies	34.7
British Columbia	38.0

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2. Name the three aspects of your life that are the most stressful for you or worry you the most.

Region	Money (%)	Work/ Workload/ Working conditions (%)	Family (%)	Health (%)	Job Security (%)
Total (n:1062)					
Canada	29.2	24.8	10.2	7.9	4.9
Atlantic Provinces	38.4	26.5	9.7	4.5	3.4
Quebec	15.0	30.2	10.7	15.1	3.0
Ontario	34.1	24.9	10.1	6.0	4.9
Prairies	31.5	21.5	10.8	7.1	6.8
British Columbia	35.3	18.2	9.0	3.3	6.7

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3. Since the start of this recession, have you experienced one or more of the following health issues as a consequence of your current work environment? (This question was asked of the respondents who indicated their work environment was not totally positive since the start of the recession.)

Region	Stress (%)	Anxiety (%)	Lack or loss of sleep (%)	Headaches, muscle aches, tension (%)
Total (n:976)				
Canada	46.9	29.2	33.5	32.7
Atlantic Provinces	41.4	25.9	32.9	34.4
Quebec	36.0	24.7	23.0	27.4
Ontario	55.4	32.6	40.4	32.3
Prairies	41.3	26.4	32.0	37.0
British Columbia	51.6	32.2	33.8	36.2

Money

4. Since the start of the current recession, you are paying more attention to your personal finances and your spending habits.

Region	Agree (%)
Total (n: 1060)	
Canada	83.1
Atlantic Provinces	81.6
Quebec	75.7
Ontario	85.3
Prairies	85.1
British Columbia	88.2

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5. Do you have ...?

Region	A steady source of income (%)	Personal savings put away (%)	Money saved up for the future or retirement (%)	A written financial plan (%)	Life, disability, or salary insurance (%)	A lifestyle that allows you to remain healthy (%)	An RRSP (%)
Total (n: 1062)							
Canada	90.2	42.7	49.5	12.2	63.5	45.3	66.7
Atlantic Provinces	96.6	33.0	42.6	6.1	72.2	41.2	66.5
Quebec	86.4	53.1	60.9	17.9	80.4	51.0	72.6
Ontario	88.4	36.7	43.0	9.2	52.3	42.2	63.0
Prairies	92.6	52.6	58.1	13.6	69.7	47.9	72.8
British Columbia	95.4	33.4	39.7	11.8	51.3	42.7	59.0

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6. As a consequence of the current recession, your employment income has decreased.

Region	Agree (%)
Total (n: 1058)	
Canada	28.7
Atlantic Provinces	24.2
Quebec	22.3
Ontario	34.9
Prairies	27.7
British Columbia	26.9

Work

7. Since the start of the current recession, you worry about losing your job.

Region	Agree (%)
Total (n: 1033)	
Canada	42.7
Atlantic Provinces	34.1
Quebec	32.4
Ontario	54.9
Prairies	31.5
British Columbia	46.8

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8. Since the start of this recession, you have experienced one or more of the following situations as a consequence of your current work environment. (This question was asked of the respondents who indicated their work environment was not totally positive since the start of the recession.)

Region	Reduced work productivity (%)	More time off from work (%)
Total (n: 976)		
Canada	29.4	20.1
Atlantic Provinces	23.0	14.5
Quebec	25.8	15.7
Ontario	31.1	22.7
Prairies	29.0	23.0
British Columbia	34.4	19.5

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9. Since the start of this recession, you are less engaged in your work due to your current work environment. (This question was asked of the respondents who indicated their work environment was not totally positive since the start of the recession.)

Region	Agree (%)
Total (n: 972)	
Canada	25.6
Atlantic Provinces	17.8
Quebec	18.9
Ontario	26.6
Prairies	28.5
British Columbia	34.4

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10. In your opinion, the current recession has no impact on your work-life balance.

Region	Disagree (%)
Total (n: 1048)	
Canada	53.9
Atlantic Provinces	45.0
Quebec	42.2
Ontario	63.3
Prairies	48.7
British Columbia	60.4

General

11. How long will the current recession in Canada last?

Region	Less than one year (%)	One year or more (%)	Don't Know (%)
Total (n: 1062)			
Canada	34.3	47.2	18.4
Atlantic Provinces	26.8	51.0	22.1
Quebec	33.8	51.7	14.5
Ontario	37.1	45.3	17.7
Prairies	36.8	47.0	16.3
British Columbia	29.0	42.8	28.2

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For more information on investing in your mental health in these stressful economic times, please visit the National CMHA website:

www.cmha.ca

Or get in touch with us:

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