

## Health Fact Sheets

### Life satisfaction, 2015



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- . not available for any reference period
- .. not available for a specific reference period
- ... not applicable
- 0 true zero or a value rounded to zero
- 0<sup>s</sup> value rounded to 0 (zero) where there is a meaningful distinction between true zero and the value that was rounded
- <sup>P</sup> preliminary
- <sup>r</sup> revised
- X suppressed to meet the confidentiality requirements of the *Statistics Act*
- <sup>E</sup> use with caution
- F too unreliable to be published
- \* significantly different from reference category ( $p < 0.05$ )

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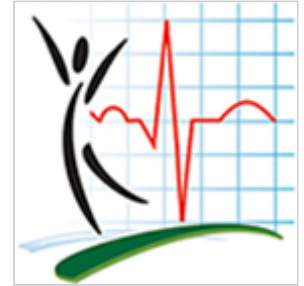
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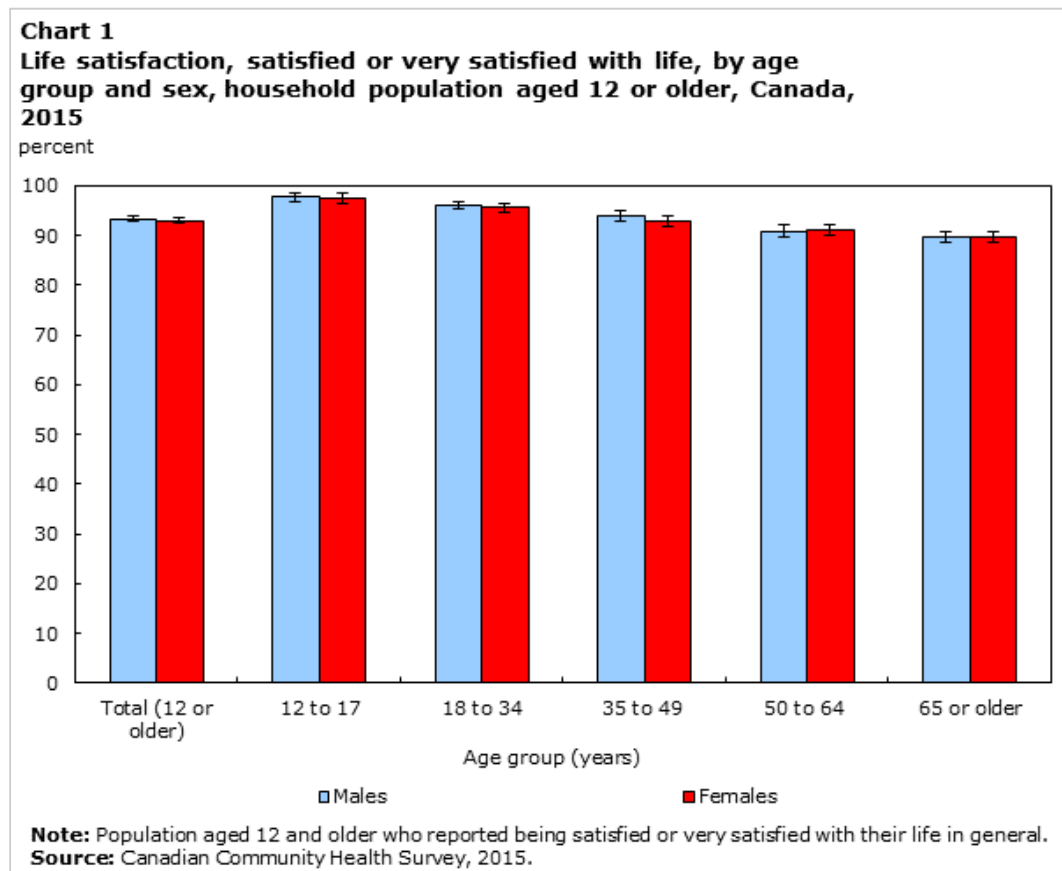
## Health Fact Sheets Life satisfaction, 2015



In 2015, 93.2% of Canadians aged 12 and older, or roughly 27.3 million people, reported that they were satisfied or very satisfied with life.<sup>1</sup> Overall there was no difference in life satisfaction between the sexes.

Life satisfaction is a personal subjective assessment of global well-being. In the Canadian Community Health Survey, respondents are asked to rate their life satisfaction on an 11-point scale (0–10), where zero represents “very dissatisfied” and ten represents “very satisfied”.

Males and females aged 12 to 17 were the most likely to report being satisfied or very satisfied with life (97.8% of males and 97.6% of females).<sup>2</sup> Although more than 9 out of 10 people report a high level of satisfaction, this proportion decreases with age. For males, life satisfaction decreased between each age group from age 12 to 64 and for females, satisfaction decreased across all age groups (Chart 1).



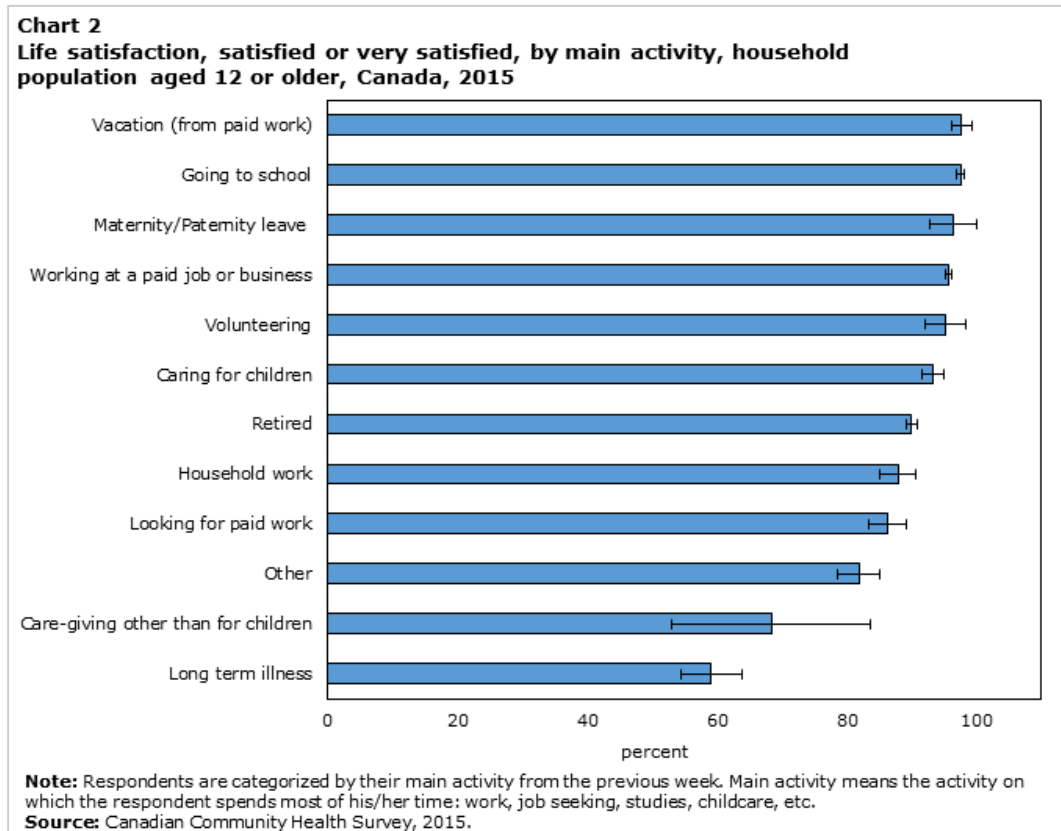
The proportion of residents who reported being satisfied or very satisfied with their life was lower than the national average (93.2%) in:

- Newfoundland and Labrador (90.8%)
- New Brunswick (90.0%)

The proportion of residents who reported being satisfied or very satisfied was the same as the national average in the other provinces.

Since older respondents tend to have lower levels of life satisfaction, provinces and territories with disproportionately 'older' populations are expected to have reported lower life satisfaction than the national average.

Overall, life satisfaction is high for Canadians although differences occur when breaking it down by main activity. Canadians who are attached to the labour market whether working at a paid job or business, or on maternity/paternity leave were among the most likely to report being satisfied or very satisfied with life. A higher rate was also seen among those on vacation from work or going to school. Canadians engaged in other activities whether retired, caring for children or doing housework were less likely to report being satisfied or very satisfied. The lowest rates of life satisfaction were seen among those who were suffering from a long term illness or providing care for someone other than children (Chart 2).



## 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. ([www.statcan.gc.ca/pub/11-626-x/11-626-x2015046-eng.htm](http://www.statcan.gc.ca/pub/11-626-x/11-626-x2015046-eng.htm) ) " Statistics Canada Catalogue no. 11-626-X, no. 48. (Accessed January 17th, 2017)

## Data

Additional data from the Canadian Community Health Survey are available from [CANSIM](https://www25.statcan.gc.ca/cansim/a26?lang=fr&retrLang=fr&id=1050508) table 105-0508 ([www.statcan.gc.ca/cansim/a26?lang=fr&retrLang=fr&id=1050508](http://www.statcan.gc.ca/cansim/a26?lang=fr&retrLang=fr&id=1050508) ).

## Notes

- 1 Estimates in this article referring to the national average or Canada rate exclude the territories. This is because the coverage of CCHS in 2015 does not represent the entire population of the territories. Only half of the communities in the territories were visited in 2015, and the other half in 2016 so analyses based on the territories is only available for two year cycles of the CCHS (e.g. 2015-2016).
- 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%).