

Table III-7 : Self-rated Mental Health for Vital Signs for the Proportion of the Population 12 years and over by CMA and Health Regions, 2003, 2005 and 2007, Per Cent

	perceived very good or excellent mental health, per cent			Percentage-point change, 2003-2007
	2003	2005	2007	
Canada	71.6	72.9	72.7	1.1
New Brunswick	65.3	68.4	67.1	1.8
Saint John (CMA)				
Saint John (N.B. Health Region 2)	68.4	70.6	71.9	3.5
Fredericton (N.B. Region 3)	64.5	72.8	67.3	2.8
Quebec	74.7	75.0	75.3	0.6
Montreal (CMA)	74.4	74.3	74.5	0.1
Montreal Health Region	72.3	72.5	71.9	-0.4
Laval Health Region	76.9	73.8	75.0	-1.9
Monteregie Health Region	76.6	76.9	78.0	1.4
Ontario	70.7	72.8	72.6	1.9
Ottawa- Gatineau (CMA)				
City of Ottawa Health Unit	72.7	74.6	75.9	3.2
Sudbury (CMA)				
Sudbury and District Health Unit	72.6	72.5	74.4	1.8
Toronto (CMA)	70.3	72.8	71.9	1.6
City of Toronto Health Unit	70.2	72.2	70.2	0.0
York Regional Health Unit	69.8	72.8	73.6	3.8
Halton Regional Health Unit	76.3	76.1	78.6	2.3
Peel Regional Health Unit	68.7	72.9	71.7	3.0
Guelph (CMA)				
Wellington -Dufferin-Guelph Health Unit	74.9	76.6	71.6	-3.3
Kitchener (CMA)				
Waterloo Health Unit	71.4	74.4	73.0	1.6
London (CMA)				
Middlesex-London Health Unit	71.8	73.9	73.0	1.2
Oakville				
Halton Regional Health Unit	76.3	76.1	78.6	2.3
Saskatchewan	71.3	70.7	70.7	-0.6
Saskatoon (CMA)				
Saskatoon Regional Health Unit	70.1	71.3	71.6	1.5
Alberta	72.3	73.4	74.6	2.3
Calgary (CMA)				
Calgary Health Region	74.8	76.2	78.5	3.7
Lethbridge (Chinook Regional Health Authority)	69.1	74.2	70.4	1.3
Medicine Hat (Palliser Regional Health Unit)	69.1	70.3	71.7	2.6
Red Deer (David Thompson Regional Health Authority)	69.4	71.7	71.6	2.2
British Columbia	68.4	71.1	68.4	0.0
Vancouver (CMA)	67.3	70.4	67.7	0.4
Vancouver Health Service Delivery Area	62.6	66.3	69.2	6.6
Fraser East Health Service Delivery Area	69.3	72.8	63.7	-5.6
Fraser North Health Service Delivery Area	67.0	71.4	73.7	6.7
Fraser South Health Service Delivery Area	72.0	73.7	64.7	-7.3
Richmond Health Service Delivery Area	64.3	65.9	60.6	-3.7
Victoria (CMA)				
South Vancouver Island Service Delivery Area	69.7	73.0	73.3	3.6

Source: Statistics Canada. Canadian Community Health Survey (CCHS), Indicator Profile, for Canada, Provinces and Health Regions, Cansim Table 105-0502.

Note: Data by CMA are not available. Where there are data for more than one health region within a CMA, estimates for the CMA were population weighted using the 2005 health region populations. This was done for Montreal, Toronto and Vancouver. When there was only one health region associated with the CMA, we recommend using the health region data even though the health region is often larger than the CMA.

Note: Data are for population 12 and over based on self-reported mental health.

Note: Oakville is under the Halton Regional Health Unit