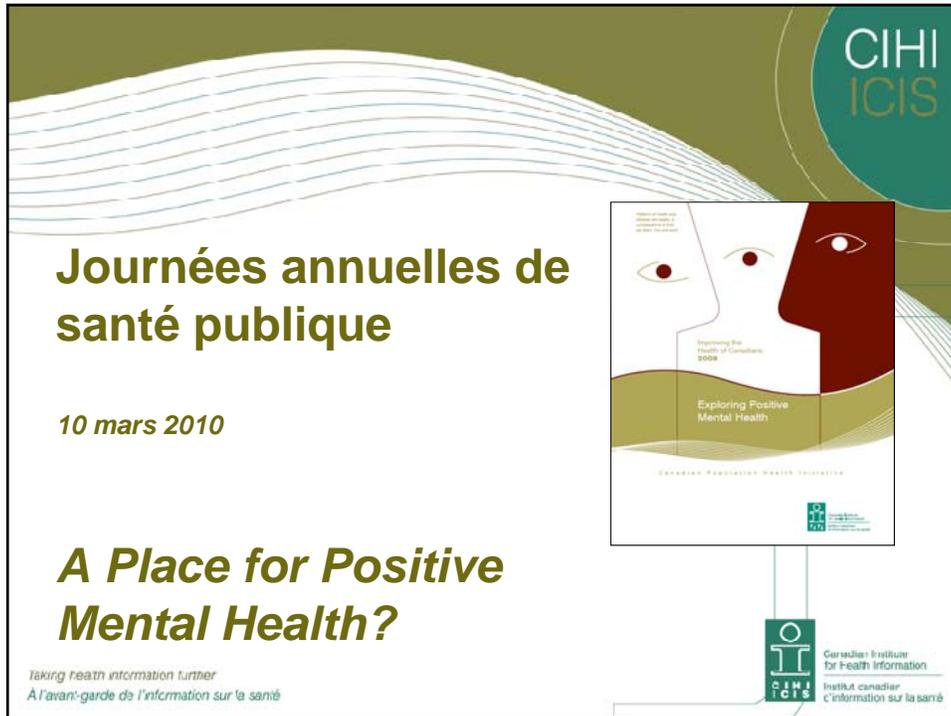


Cette présentation a été effectuée le 10 mars 2010, au cours de la journée « Implanter des interventions éprouvées en promotion de la santé mentale » dans le cadre des Journées annuelles de santé publique (JASP) 2010. L'ensemble des présentations est disponible sur le site Web des JASP, à l'adresse <http://www.inspq.qc.ca/archives/>.



Journées annuelles de santé publique

10 mars 2010

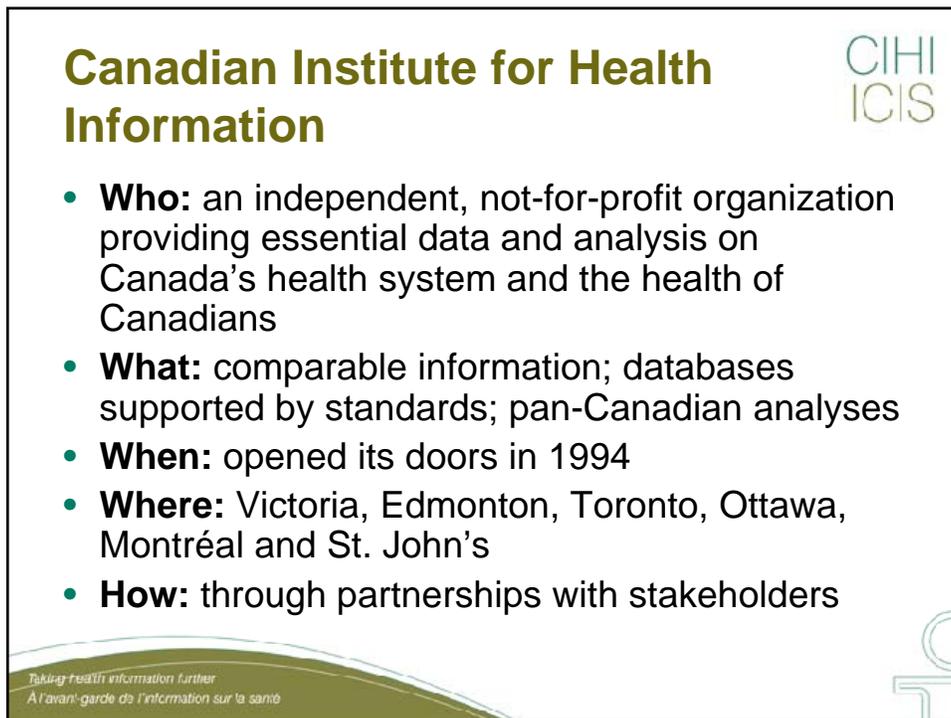
A Place for Positive Mental Health?

Taking health information further
À l'avant-garde de l'information sur la santé

**CIHI
ICIS**

Canadian Institute for Health Information
Institut canadien d'information sur la santé

Exploring Positive Mental Health
Canadian Psychological Association



Canadian Institute for Health Information

- **Who:** an independent, not-for-profit organization providing essential data and analysis on Canada's health system and the health of Canadians
- **What:** comparable information; databases supported by standards; pan-Canadian analyses
- **When:** opened its doors in 1994
- **Where:** Victoria, Edmonton, Toronto, Ottawa, Montréal and St. John's
- **How:** through partnerships with stakeholders

Taking health information further
À l'avant-garde de l'information sur la santé

**CIHI
ICIS**

CPHI's Key Themes 2007-2012

CIHI
ICIS

Mental Health and Resilience



Place and Health



Reducing Gaps in Health

Promoting Healthy Weights



Taking health information further
À l'avant-garde de l'information sur la santé

Improving the Health of Canadians- Report Series on Mental Health

CIHI
ICIS

Report	Release Date
<i>Mental Health and Homelessness</i>	August 30, 2007
<i>Mental Health, Delinquency and Criminal Activity</i>	April 29, 2008
<i>Exploring Positive Mental Health</i>	March 4, 2009

Taking health information further
À l'avant-garde de l'information sur la santé

Improving the Health of Canadians: Exploring Positive Mental Health

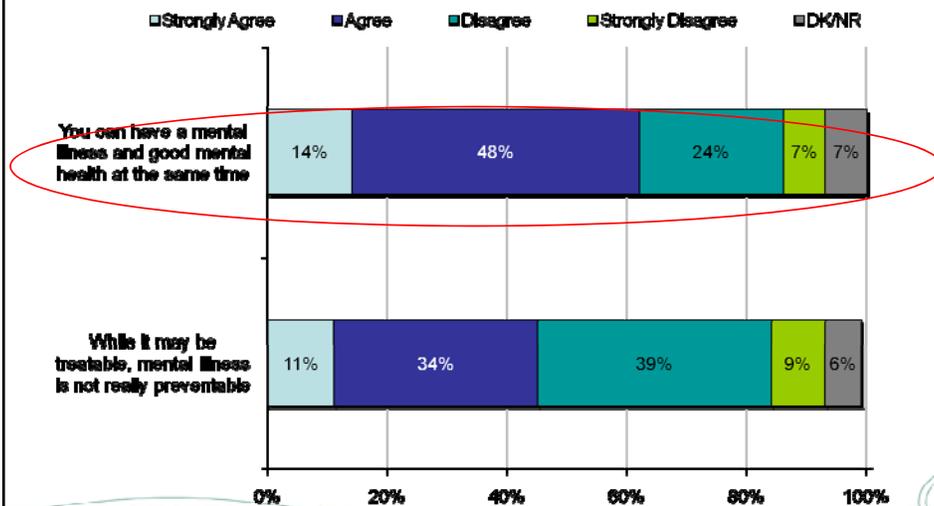
CIHI
ICIS

- What is *positive* mental health? And how is it measured?
- Does *positive* mental health impact (overall) health?
- What are determinants of *positive* mental health?
- How do you promote mental health using a population health approach?

Taking health information further
À l'avant-garde de l'information sur la santé

How Does Mental Illness Relate to Mental Health?

CIHI
ICIS



Taking health information further
À l'avant-garde de l'information sur la santé

Base: All respondents (n = 1,840) except statements denoted with an asterisk which were each asked of half

Measures in Canadian Health Surveys

Part of certain CCHS or NPHS cycles or optional:

- Affect Balance Scale
- Self-Esteem
- Mastery
- Sense of Coherence
- Psychological Well-Being
- Happiness

Consistently measured in several surveys for the entire population

- Life Satisfaction
- Self-Rated Mental Health

Health and High Life Satisfaction Across Canada by Province, Population 12 Years and Older, 2005

Prince Edward Island	17.8**	11	34.4	7	41.5**	2
Nova Scotia	17.2**	12	33.1**	9	40.6**	3
New Brunswick	16.9**	13	32.5**	12	38.5	5
Quebec	23.4**	1	40.7**	1	38.2	8
Ontario	22.0	4	37.5	3	38.2	7
Manitoba	20.8	7	34.0**	8	36.1**	11
Saskatchewan	18.5**	10	33.0**	11	36.3**	10
Alberta	21.8	5	35.4**	5	39.6**	4
British Columbia	22.3	2	34.9**	6	37.6	9
Yukon	18.6	9	33.0**	10	42.3	1
Northwest Territories	21.0	6	37.0	4	33.4**	13
Nunavut	22.2	3	32.0	13	34.6	12
Canada	21.9		37.2		38.2	

*Significantly different from Canada at $p < 0.05$ using bootstrap estimated variance

Source
Canadian Community Health Survey (Cycle 3.1, 2005), Statistics Canada.

Exploring Positive Mental Health



Report Framework

*“Mental health is the capacity of each and all of us to feel, think, and act in ways that enhance our ability to **enjoy life** and **deal with the challenges** we face. It is a positive sense of **emotional and spiritual well-being** that respects the importance of culture, equity, social justice, **interconnections** and personal dignity.”*

Source
Public Health Agency of Canada, *The Human Face of Mental Health and Mental Illness in Canada, 2006.*

Taking health information further
À l'avant-garde de l'information sur la santé

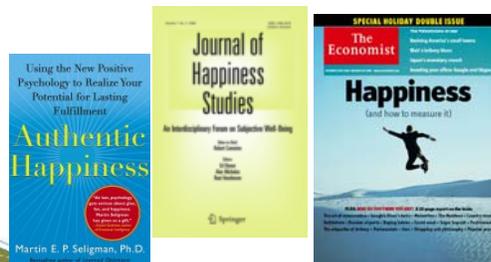
Ability to Enjoy Life



1. Life enjoyment measured using concepts such as

- happiness,
- life satisfaction and
- subjective well-being

Life enjoyment can change over time based on life circumstances, family and social environments, social structures, and behaviours



Taking health information further
À l'avant-garde de l'information sur la santé

Dealing with Life Events

CIHI
ICIS

2. Our ability to **cope with the challenges** we face throughout our lives, and our **resilience in overcoming adversity**

Coping can involve engaging and actively dealing with events or disengaging and avoiding them

- Engaging (such as focusing efforts on managing problems) is linked to more positive health outcomes

Coping and resilience are not about avoiding change or adversity but rather supporting people to grow from and engage with all life events.

Taking health information further
À l'avant-garde de l'information sur la santé

Other elements of Positive Mental Health

CIHI
ICIS

3. **Emotional well-being** involves **experiencing positive emotions** (joy, interest, contentment, love); and **regulating emotions** to maximize the benefits and limit negative aspects

4. **Spiritual values/well-being** can involve **religious practices**, as well as searching for, and finding meaning and **purpose in life**, and feelings of **connectedness** to oneself, others and **something larger than oneself**

5. **Social well-being/connectedness** refers to the **quality of connections** we have in the environments in which we live, learn, work and play

Taking health information further
À l'avant-garde de l'information sur la santé

Positive Mental Health CCHS 1.2

CIHI
ICIS

Current State (in the last month I almost always . . .)

Psychological Well-Being Scale (Massé)

- **Life Enjoyment:** enjoyed life, had good morale, found life exciting and smiled easily (30%)
- **Emotional Well-Being:** was emotionally balanced, was at peace with myself, was self-confident and had pride in myself (24%)
- **Social Connectedness:** got along well with others, listened to friends (45%)

Overall Trait (in general)

- **Spiritual Well-Being:** spiritual values play a role and help them find meaning in life (33%)
- **Coping Ability:** very good/excellent ability to handle day-to-day demands and unexpected problems (24%)

Compared results with - Life Satisfaction (very satisfied with life in general)

Taking health information further
À l'avant-garde de l'information sur la santé

Source
CPHI analysis of Canadian Community Health
Survey (Cycle 1.2, 2002), Statistics Canada.

Role of Positive Mental Health In Health

CIHI
ICIS

Better Physical Health/Less Illness

- reduced mortality, lower blood pressure, reduced risk of hypertension diagnosis, and better future self-assessed health

Less Mental Illness and Better Mental Functioning

- fewer mental illness symptoms and disorders
- better cognitive functioning and competence

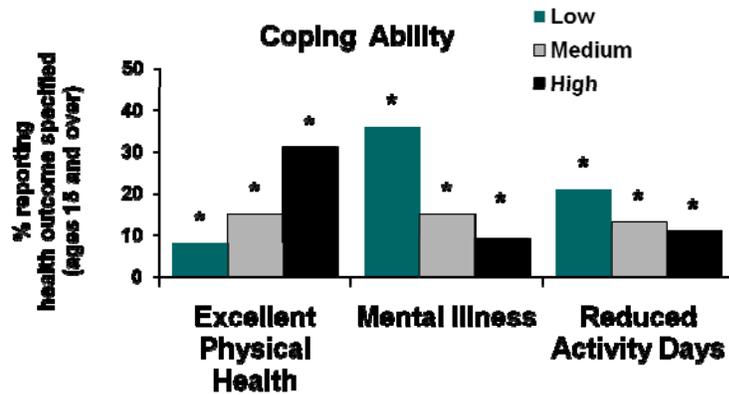
Positive Mental Health Dimensions are Interconnected

- Coping is linked to better emotional well-being & life satisfaction.
- Spiritual beliefs, practices and coping skills are linked to better life satisfaction and happiness, more prosocial behaviour, and improved support and connections to others.

Taking health information further
À l'avant-garde de l'information sur la santé

Positive Mental Health & Health Outcomes

CIHI
ICIS



Source:

CPHI analyses of Canadian Community Health Survey (Cycle 1.2, 2002), Statistics Canada
* Pairwise comparisons significantly different at $p < 0.05$ adjusted for multiple comparisons.

Taking health information further
À l'avant-garde de l'information sur la santé

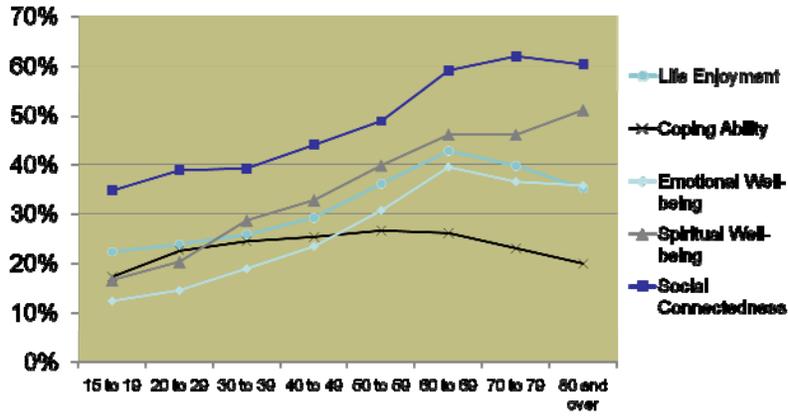
Characteristics of Populations With Positive Mental Health

CIHI
ICIS

- Bi-variate analyses showed positive mental health outcomes varied, but not consistently across:
 - Geographic location
 - Age, sex, race/culture
 - Income and education level
- The following factors were associated with high levels more consistently across all or most positive mental health outcomes:
 - High job security and self-employment
 - Having available social support
 - High community belonging

Taking health information further
À l'avant-garde de l'information sur la santé

Age

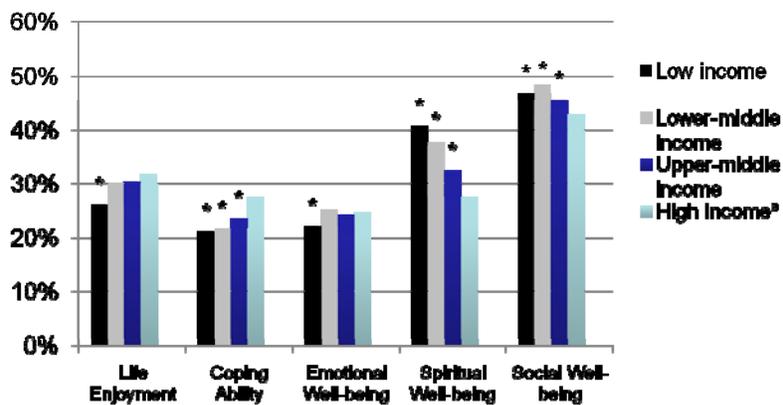


Source
CPHI analysis of Canadian Community Health Survey (Cycle 1.2, 2002), Statistics Canada.

Taking health information further
À l'avant-garde de l'information sur la santé



Household Income

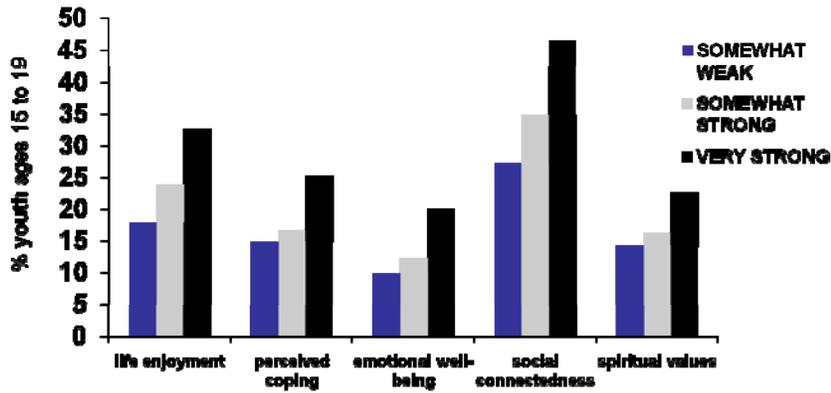


Source
CPHI analysis of Canadian Community Health Survey (Cycle 1.2, 2002), Statistics Canada.

Taking health information further
À l'avant-garde de l'information sur la santé



Community Belonging



Source
CPHI analysis of Canadian Community Health Survey (Cycle 1.2, 2002), Statistics Canada.

Taking health information further
À l'avant-garde de l'information sur la santé

Factors Related to High Levels of Positive Mental Health

	Life Enjoyment	Coping Ability	Emotional Well-being	Spiritual Values	Social Conn.	Psyc. Well-being	Life Satisfaction
Sex	Female	1.00	1.00	1.00	1.00	1.00	1.00
	Male	0.98	1.24	1.26	0.61	0.73	1.11
Age Group	15 to 19	1.00	1.00	1.00	1.00	1.00	1.00
	20 to 29	1.27	1.46	1.27	1.79	1.23	1.32
	30 to 39	1.27	1.77	1.66	2.67	1.25	1.36
	40 to 49	1.51	1.74	2.23	3.45	1.53	1.70
	50 to 59	2.07	1.96	3.21	4.43	1.89	2.38
	60 to 69	2.41	1.89	4.11	4.76	2.33	2.96
	70 to 79	2.16	1.63	3.82	4.70	2.70	2.65
80 and Older	1.93	1.49	3.93	5.67	2.49	2.04	
Education	< Secondary	1.00	1.00	1.00	1.00	1.00	1.00
	Sec. or Some PS	0.91	1.15	1.04	1.06	0.96	0.93
	Post-Secondary	0.80	1.16	0.94	1.19	0.86	0.89
Income	High Income	1.12	1.09	0.97	0.56	0.88	1.07
	Upper-Middle	1.08	0.96	0.93	0.67	0.91	1.03
	Lower-Middle	1.06	0.95	1.00	0.78	1.00	1.07
	Lower	1.00	1.00	1.00	1.00	1.00	1.00
Marital Status	Single	1.00	1.00	1.00	1.00	1.00	1.00
	Common-law	1.12	1.07	1.17	0.79	1.01	1.14
	Wid/Sepl/Div	1.16	1.38	1.37	0.98	1.11	1.18
	Married	1.28	1.06	1.25	0.90	0.99	1.22

Notes
Shaded areas are significantly different from reference group at p<0.05.
Full model also controlled for province, community belonging, social support, mental illness, current physical health and stress (n = 29,000).

Source
Canadian Community Health Survey (Cycle 1.2, 2002), Statistics Canada.

Taking health information further
À l'avant-garde de l'information sur la santé

Factors Related to High Levels of Positive Mental Health (cont'd)

	Life Enjoyment	Coping Ability	Emotional Well-being	Spiritual Values	Social Conn.	Psyc. Well- being	Life Satisfaction
Community Belonging <i>Low</i>	1.00	1.00	1.00	1.00	1.00	1.00	1.00
Community Belonging <i>High</i>	1.41	1.22	1.27	1.30	1.27	1.51	1.46
Support <i>Not Always</i>	1.00	1.00	1.00	1.00	1.00	1.00	1.00
Support <i>Almost Always</i>	2.23	1.60	1.98	1.35	1.95	2.51	2.00
Mental Illness <i>Yes</i>	1.00	1.00	1.00	1.00	1.00	1.00	1.00
Mental Illness <i>No</i>	1.99	1.61	2.13	0.87	1.40	2.23	1.76

Notes

Shaded areas are significantly different from reference group at $p < 0.05$.

Full model also controlled for age, sex, province, income, education, marital status, current physical health and stress ($n = 29,000$).

Source

Canadian Community Health Survey (Cycle 1.2, 2002), Statistics Canada.

Promoting Positive Mental Health A Role For Everyone

A scan of emerging evidence indicates many programs:

- have a **symptom management, illness treatment or preventative focus;**
- **Are implemented at the grassroots level with little evaluation; and**
- **Target specific sub-groups; do not necessarily look at causes behind inequities or various determinants of health.**

Strategies that appear to be effective at promoting positive mental health:

- Bring about change in a variety of settings, such as the family, school, workplace and community; **ex: Families and Schools Together**
- Combine mental health promotion activities and prevention activities; and **ex: Friends for life**

Ensure strategies are tailored and sensitive to the needs of the target group. **Ex: Bi cultural competence skills**

Stop and Reflect

What would a positive mental health promotion “lens” look like applied to research? (Paradigm shift needed?)

What would approaches aimed to promote positive mental health look like in practice?

How does positive mental health fit into mental health and healthy living policies and strategies in Canada?

“We can't solve problems by using the same kind of thinking we used when we created them.” — Einstein



It's Your Turn



*“The cure for unhappiness is happiness.
I don't care what anybody says.”*

— Elizabeth McCracken (2005)

cphi@cihi.ca

www.cihi.ca/cphi

