

# Self-Assessed Health, Sense of Belonging and Life Satisfaction of Youth in Newfoundland and Labrador

## Objective

To compare health and social indicators between Canadian provinces for persons aged 12–17 years and persons aged 18–34 years.

## Practice Points

1. A major indicator of well-being is how a person rates their health status. Similarly, sense of belonging and satisfaction with life in general can contribute to overall well-being.
2. It is important to ask children and young people directly how they feel about their lives and experiences because their well-being is distinct from that of the adults in their lives.

## Methods

1. Data on self-assessed health, sense of belonging, and life satisfaction were obtained from Statistics Canada for persons aged 12–17 years and those aged 18–34 years (Source: Health Characteristics, annual estimates, Table 13-10-0096-01, Statistics Canada).
2. Indicators were compared over time for Newfoundland and Labrador (NL) and Canada (CA) and between provinces (2021–2022).

## Results

### Youth Aged 12–17 Years

Table 1. Well-Being Indicators for those Aged 12–17 Years in NL and CA (%), 2019–2022

Indicator	NL (%)				CA (%)			
	2019	2020	2021	2022	2019	2020	2021	2022
Self-Assessed Health Status, Very Good or Excellent	76.7	76.0	71.6	76.3 <sup>E</sup>	75.7	76.5	71.9	74.8
Self-Assessed Mental Health, Very Good or Excellent	73.4	73.5	64.7	54.2 <sup>E</sup>	73.0	68.6	62.3	58.1

Table 1. continued

Indicator	NL (%)				CA (%)			
	2019	2020	2021	2022	2019	2020	2021	2022
Sense of Belonging to a Community, Strong or Very Strong	96.1	85.1	95.0	83.4 <sup>E</sup>	86.5	85.9	83.5	77.7
Satisfaction with Life in General, Satisfied or Very Satisfied	100	95.9	94.7	86.6 <sup>E</sup>	97.8	97.0	95.0	90.8

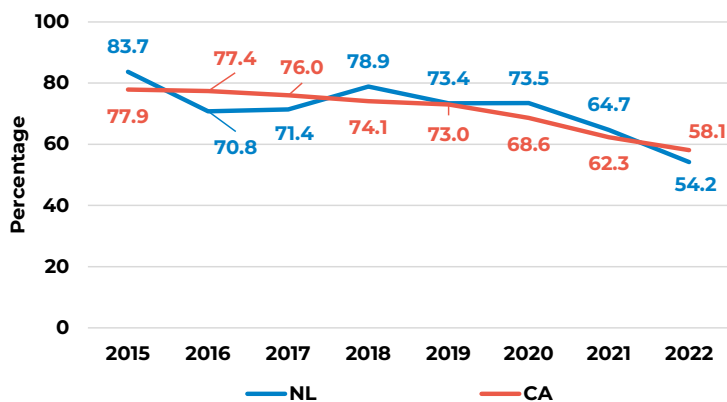


Figure 1. Self-Assessed Mental Health Status (very good or excellent) for those Aged 12–17 Years in NL and CA (%), 2015–2022

- Among those aged 12–17 years, self-assessed health status (very good or excellent) has remained fairly constant over time and was similar for both NL and CA.
- From 2015 to 2022, self-assessed mental health status (very good or excellent) substantially decreased in NL and across CA for those aged 12–17 years. From 2015 to 2022, NL saw a 35% decrease in mental health status and CA saw a 23% decrease.
- Sense of belonging (strong or very strong) has decreased for those aged 12–17 years in both NL and CA, however, sense of belonging has generally remained higher in NL compared to CA.
- From 2020 onwards, NL has rated their satisfaction with life (satisfied or very satisfied) lower than CA for those aged 12–17 years. From 2019 to 2022, NL saw a 13% decrease in life satisfaction and CA saw a 7% decrease.

Table 2. Well-Being Indicators for those Aged 12–17 Years by Province (%), 2021–2022

Province	Self-Assessed Health Status, Very Good or Excellent		Self-Assessed Mental Health, Very Good or Excellent		Sense of Belonging to a Community, Strong or Very Strong		Satisfaction with Life in General, Satisfied or Very Satisfied	
	2021	2022	2021	2022	2021	2022	2021	2022
NL	71.6	76.3 <sup>E</sup>	64.7	54.2 <sup>E</sup>	95.0	83.4 <sup>E</sup>	94.7	86.6 <sup>E</sup>
PE	75.7	58.0 <sup>E</sup>	60.2	54.9	79.8	75.4 <sup>E</sup>	95.9	84.5 <sup>E</sup>
NS	67.6	81.2	60.2	53.5	93.5	70.3	98.6	88.4
NB	81.9	70.1	68.5	60.5	83.2	82.2	97.6	85.0
QC	74.8	79.7	64.2	67.6	80.5	75.1	96.0	95.6
ON	69.7	74.8	62.1	54.8	81.9	78.1	94.0	90.6
MB	77.4	79.2	59.3	62.9	81.7	80.1	94.8	93.5
SK	60.4	73.1	51.0	55.1	88.0	83.8	94.3	89.5
AB	76.0	73.5	66.7	61.0	89.1	82.4	94.9	90.8
BC	70.1	66.6	58.2	49.5	83.9	73.7	95.9	84.7
CA	71.9	74.8	62.3	58.1	83.5	77.7	95.0	90.8

<sup>E</sup>Use with Caution. Indicates estimate has a coefficient of variation between 16.6% and 33.3% and has a high sampling variability.

- In 2022, NL ranked fourth in self-assessed health status and eighth in self-assessed mental health status for those aged 12–17 years (1 = best and 10 = worst).
- Among the Canadian provinces, NL ranked second in sense of belonging to a community and seventh in satisfaction with life in general for those aged 12–17 years.

## Youth Aged 18–34 Years

Table 3. Well-Being Indicators for those Aged 18–34 Years in NL and CA (%), 2019–2022

Indicator	NL (%)				CA (%)			
	2019	2020	2021	2022	2019	2020	2021	2022
Self-Assessed Health Status, Very Good or Excellent	68.5	68.9	61.9	57.9	67.6	69.0	66.1	62.4
Self-Assessed Mental Health, Very Good or Excellent	63.5	64.6	42.3	46.4	60.9	59.0	51.1	47.6
Sense of Belonging to a Community, Strong or Very Strong	67.8	81.7	72.4	65.2	62.5	63.1	64.3	58.2
Satisfaction with Life in General, Satisfied or Very Satisfied	94.9	97.4	93.3	85.4	95.0	94.7	93.6	86.9

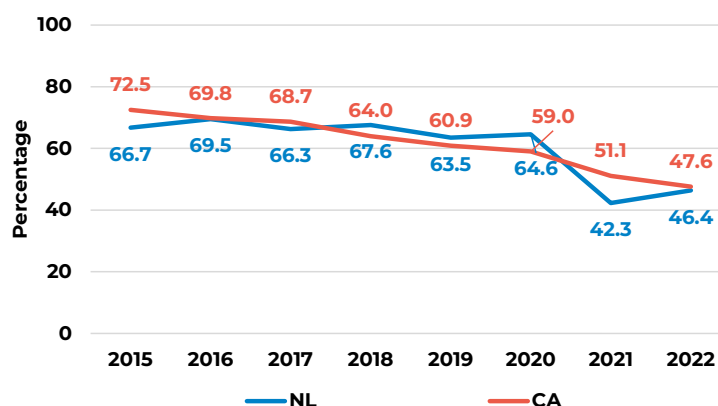


Figure 2. Self-Assessed Mental Health Status (very good or excellent) for those Aged 18–34 Years in NL and CA (%), 2015–2022

- Among those aged 18–34 years, self-assessed health status (very good or excellent) has decreased from 2019 to 2022 for both NL and CA.
- From 2015 to 2022, self-assessed mental health status (very good or excellent) substantially decreased in NL and across CA for those aged 18–34 years. From 2015 to 2022, NL saw a 30% decrease in mental health status and CA saw a 34% decrease.
- Sense of belonging (strong or very strong) has decreased slightly for those aged 18–34 years in both NL and CA, however, sense of belonging has generally remained higher in NL compared to CA.
- Overall, from 2019 to 2022, life satisfaction (satisfied or very satisfied) has decreased by approximately 10% in both NL and across CA for those aged 18–34 years.

**Table 4. Well-Being Indicators for those Aged 18–34 Years by Province (%), 2021–2022**

Province	Self-Assessed Health Status, Very Good or Excellent		Self-Assessed Mental Health, Very Good or Excellent		Sense of Belonging to a Community, Strong or Very Strong		Satisfaction with Life in General, Satisfied or Very Satisfied	
	2021	2022	2021	2022	2021	2022	2021	2022
<b>NL</b>	<b>68.5</b>	<b>68.9</b>	<b>42.3</b>	<b>46.4</b>	<b>72.4</b>	<b>65.2</b>	<b>93.3</b>	<b>85.4</b>
PE	64.3	F	47.9	F	77.1	F	92.4	F
NS	71.6	65.0	56.7	43.7	72.2	68.5	93.8	81.5
NB	63.6	61.0	49.9	46.8	71.5	66.0	94.0	88.0
QC	68.4	70.1	59.5	56.6	62.0	55.9	96.7	91.2
ON	65.2	59.5	47.6	44.1	63.7	57.0	92.2	85.3
MB	66.0	63.5	50.7	48.0	65.7	63.6	93.6	86.0
SK	65.4	57.5	50.8	40.7	68.8	63.0	94.2	84.9
AB	65.2	64.9	49.8	49.4	62.1	58.4	93.7	88.3
BC	66.1	58.4	49.8	45.7	66.6	58.9	92.8	85.8
<b>Canada</b>	66.1	62.4	51.1	47.6	64.3	58.2	93.6	86.9

F—too unreliable to be published.

- In 2022, NL ranked second in self-assessed health status and fifth in self-assessed mental health status for those aged 18–34 years (1 = best and 10 = worst).
  - Among the Canadian provinces, NL ranked third in sense of belonging to a community and sixth in satisfaction with life in general for those aged 18–34 years.
2. In 2022, rates for self-assessed health status and sense of belonging to community were higher in NL compared to CA for those aged 12–17 years, whereas, rates for self-assessed mental health status and satisfaction with life in general were lower in NL compared to CA.
  3. Self-assessed health status, self-assessed mental health status, sense of belonging to community, and life satisfaction have all decreased in both NL and across CA for those aged 18–34 years.

## Conclusions

1. Self-assessed mental health status, sense of belonging to community, and satisfaction with life in general have decreased in both NL and across CA for persons aged 12–17 years. Self-assessed health status has remained constant for these groups.
4. In 2022, rates for self-assessed health status and sense of belonging to community were higher in NL compared to CA for those aged 18–34 years, whereas, rates for self-assessed mental health status and satisfaction with life in general were slightly lower in NL compared to CA.