

## Definition/Description:

Population aged 18 and over who reported their level of life stress as: Not At All, Some and Quite a Lot.

## Source:

Statistics Canada, Canadian Community Health Survey Cycle 1.1, 2001

## Findings:

### Population Who Self-Reported their Level of Life Stress

Life Stress	Sex	Geography	Per Cent	Low 95% confidence interval - per cent	High 95% confidence interval - per cent
Life stress, quite a lot	Both	Canada	26.1	25.7	26.5
		Manitoba	24.7	23.2	26.2
		Winnipeg Health Region	26.6	24.2	28.9
	F	Canada	26.8	26.3	27.3
		Manitoba	24.0	22.0	25.9
		Winnipeg Health Region	25.5	22.5	28.5
	M	Canada	25.3	24.7	25.8
		Manitoba	25.5	23.3	27.7
		Winnipeg Health Region	27.7	24.3	31.1
Life stress, some	Both	Canada	61.0	60.6	61.5
		Manitoba	65.6	64.0	67.2
		Winnipeg Health Region	63.7	61.2	66.2
	F	Canada	61.6	61.1	62.2
		Manitoba	66.6	64.5	68.7
		Winnipeg Health Region	65.4	62.3	68.5
	M	Canada	60.4	59.9	61.0
		Manitoba	64.6	62.1	67.0
		Winnipeg Health Region	61.9	58.1	65.6
Life stress, not at all	Both	Canada	12.8	12.5	13.0
		Manitoba	9.5	8.5	10.5
		Winnipeg Health Region	9.7	8.3	11.2
	F	Canada	11.4	11.1	11.8
		Manitoba	9.3	8.1	10.5
		Winnipeg Health Region	9.1	7.4	10.8
	M	Canada	14.1	13.7	14.5
		Manitoba	9.7	8.3	11.1
		Winnipeg Health Region	10.4	8.2	12.6

## Highlights:

- In the WHR, more than 89% of residents reported a level of life stress ('some' and 'quite a lot'). This value is similar to that of Canada (87.1%) and Manitoba (90.3%).
- Approximately one quarter the population, for all the geographies, indicated having "quite a lot" of life stress. A higher percentage of male residents (27.7%) than female residents (25.5%) in the WHR were found to have "quite a lot" of life stress compared to Canada, where the females reported a higher percentage (26.8%) than males (25.3%).
- Canada as a whole, reported a higher percentage of no level of life stress at all (12.8%) compared WHR (9.7%) and Manitoba (9.5%).