

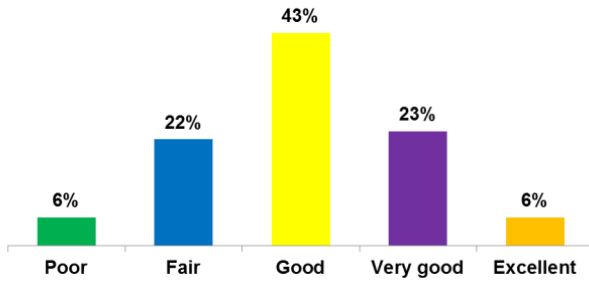


HEALTHY POPULATIONS

The **Healthy Populations** domain measures the (self-reported) physical and mental wellbeing of the community. There are many social and lifestyle factors known to have an impact on health.

SELF-RATED PHYSICAL HEALTH

Self-rated Physical Health

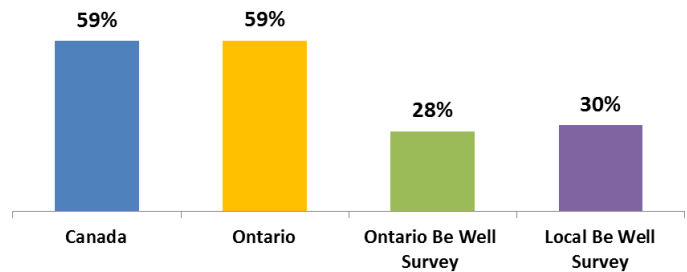


30% of survey respondents reported their physical health to be “very good” or “excellent”.

Perceived health is a relative measure – evidence suggests that people assess their health in relation to their circumstances and expectations, and peers.

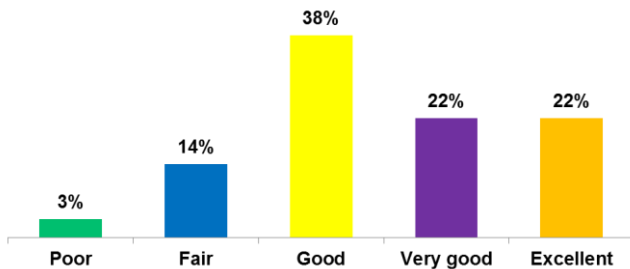
Compared to the national and provincial averages, a fewer local survey respondents rated their physical health was Very Good or Excellent.

Individuals rating their physical health as "Very Good" or "Excellent"



SELF-RATED MENTAL HEALTH

Self-rated Mental Health



45% of local respondents reported their mental health to be “very good” or “excellent”.

Local survey respondents were more likely to rate their mental health as “very good” or “excellent” compared to Ontario Be Well survey respondents, but less likely to do so compared to other national and provincial sources.

Individuals reporting self-rated mental health as "Very Good" or "Excellent"

