


## Positive Mental Health Surveillance Indicator Framework - Youth

Atlantic Summer Institute on Healthy and Safe Communities 2017  
Symposium on Promoting Child and Youth Mental Health: Moving Evidence to Action

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PROTECTING AND EMPOWERING CANADIANS  
TO IMPROVE THEIR HEALTH

### Objective

- Overview of the development of the Public Health Agency of Canada's Positive Mental Health Surveillance Indicator Framework (Framework)
- Highlights from the Youth (12-17 years old) Framework
- Navigating the data
- Uptake and policy implications

## Background

- Canada's first national strategy for mental health – “Changing Directions, Changing Lives” (Mental Health Commission of Canada, 2012) acknowledged gaps in data on mental health/mental illness.
- In response, the Agency developed the *Positive Mental Health Surveillance Indicator Framework*
- The *Framework* was developed to be a rigorous conceptual framework to inform policy and programs
- Adult Framework (18 years + ) and associated products (including interactive data tool) released January 2016 (<http://infobase.phac-aspc.gc.ca/positive-mental-health/index-en.aspx>)
- Youth Framework (12-17 years old) and associated products including (interactive data tool) was released April 2017 (<http://infobase.phac-aspc.gc.ca/positive-mental-health/index-en.aspx>)

## What Is Positive Mental Health

A state of well-being that allows people to feel, think, and act in ways that enhance their ability to enjoy life and deal with challenges.

– Public Health Agency of Canada

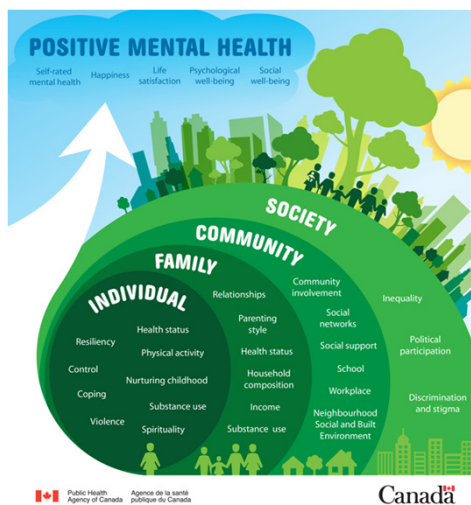
## Methodology

- Environmental Scan of Relevant Publications and Existing Data Sources
- Develop a Conceptual Framework and Inclusion Criteria for Indicator Selection
- Identify Indicators and Apply Inclusion Criteria to Prioritize Indicators
- Finalize Indicator Set
- Identify Measures and Data Sources; Identify Data Gaps
- Analyze Data
- Develop Comprehensive Knowledge, Development and Exchange (KDE) Plan
- Disseminate Knowledge Products
- Ongoing Validation of Indicators and Dissemination Activities

Orpana et al. Monitoring Positive Mental Health And Its Determinants In Canada  
*Health Promotion and Chronic Disease Prevention in Canada (36:1/January 2016)*  
<http://www.phac-aspc.gc.ca/publicat/hpcdp-pspmc/36-1/index-eng.php>

## Conceptual Model For Positive Mental Health Surveillance

- Socioecological Model
- Positive Mental Health Outcomes for all Canadians
- Lifecourse Approach
- Risk and Protective Factors



## Positive Mental Health Outcome Indicators

- Positive mental health includes two types of outcomes:
  - Feeling good
  - Functioning well
  
- We measure these through five outcome indicators:
  - Self rated mental health
  - Happiness
  - Life satisfaction
  - Psychological well-being
  - Social well-being

## Risk And Protective Indicators

<b>DOMAIN</b>	<b>Individual Determinants</b>
<b>INDICATOR</b>	<b>Nurturing Childhood Environment</b>
<b>CONCEPT DEFINITION</b>	Nurturing childhood environments are environments that foster and promote optimal development. They are the social and physical conditions that teach and support positive social and emotional competence (including prosocial behaviours and skills), and the emotional and cognitive development necessary to become successful and productive adults.
<b>MEASURE</b>	<b>% of grade 6–10 students who report having dinner together with their family five times or more per week</b>
<b>MEASURE DEFINITION</b>	Percentage of grade 6-10 students who report having an evening meal together with their mother, father, or other adult family member 5 days a week or more.
<b>CURRENT DATA SOURCE</b>	Health Behaviours in School-Aged Children, 2013-2014
<b>ONGOING AVAILABILITY</b>	Survey conducted every 4 years
<b>POPULATION</b>	Population Grade 6-10 students
<b>METHOD OF CALCULATION</b>	Numerator: Number of grade 6 -10 students who report having an evening meal together with their mother, father or other adult family member 5 days a week or more. Denominator: Total population, grade 6-10 students.
<b>ADDITIONAL NOTES</b>	A high percentage can be interpreted as a positive result.

## Risk And Protective Indicators – Youth Indicator Framework

**Individual** behaviours and experiences are associated with positive mental health



**43%** of youth reported they could cope well with unexpected and difficult problems and day to day demands, population aged 15-17 years.

- CCHS – MH, 2012

Healthy **family** relationships provide an important foundation for positive mental health



**83%** of grade 6-10 students report it is “very easy” or “easy” to talk to their parents about things that really bother them.

- HBSC, 2013-2014

## Data Online: Infobase

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### Positive Mental Health Surveillance Indicator Framework

The Positive Mental Health Surveillance Indicator Framework (PMHSIF) provides information on positive mental health outcomes and its associated risk and protective factors. Positive mental health is a state of well-being that allows us to feel, think, and act in ways that enhance our ability to enjoy life and deal with the challenges we face.

The PMHSIF contains a core set of indicators grouped by positive mental health outcomes and four key domains as listed below. Each indicator has a corresponding measure. For each measure in the PMHSIF, pan-Canadian estimates are available for adults aged 18 and older, and youth aged 12–17 years, along with breakdowns by key demographic and socioeconomic variables. A Framework for children is under development. The indicators identified in the PMHSIF are the same for each age group; however, the corresponding measure does differ according to the age group.

For a quick overview of the PMHSIF click on any of the domains listed below. A list of all indicators and measures within the domain, for adults (aged 18 and older) and youth (aged 12–17 years), with their corresponding pan-Canadian estimates, will unfold. Additionally, a detailed description of each measure can be obtained by clicking on the “Description” link next to each measure. The most current versions of the PMHSIF’s Quick Stats are also available in a printer-friendly format ([Youth](#) and [Adults](#)).

The “Data Tool” button situated below brings you to a selection tool that provides access to all available **data breakdowns** for every indicator in the PMHSIF.

[Use the PMHSIF Data Tool](#)

**POSITIVE MENTAL HEALTH SURVEILLANCE INDICATOR FRAMEWORK**

INDICATOR	MEASURE	ESTIMATE	DESCRIPTION
...	...	...	...

PMHSIF's Quick Stats is also available in a printer-friendly format:

- Youth - [PDF document](#)
- Adults - [PDF document](#)

<http://infobase.phac-aspc.gc.ca/index-en.html>

## Try it! Navigating the Data

INDICATOR GROUP	INDICATOR MEASURE(S)	LATEST ESTIMATE	DATA SOURCE (YEAR)
<b>POSITIVE MENTAL HEALTH OUTCOMES</b>			
Self-rated mental health	% of population who self-rate their mental health as "excellent" or "very good"	75.4%	CCHS (2014)
Happiness	% of population who report being usually "happy and interested in life"	77.7%	CCHS (2014)
Life satisfaction	% of population who report they are "very satisfied" with their life in general	47.7%	CCHS (2014)
	Mean life satisfaction rating (0–10 scale) among Grade 6–10 students	7.34	HBSC (2013–2014)
Psychological well-being	% of Grade 6–12 students who have high autonomy	74.7%	CSTADS (2014–2015)
	% of Grade 6–12 students who have high competence	81.5%	CSTADS (2014–2015)
Social well-being	% of Grade 6–12 students who have high relatedness	83.1%	CSTADS (2014–2015)
<b>INDIVIDUAL DETERMINANTS</b>			
Resilience	In development		
Coping	% of population aged 15–17 years who report a high level of coping	43.3%	CCHS-MH (2012)
Nurturing childhood environment	% of Grade 6–10 students who report having dinner together with their family five or more times per week	69.8%	HBSC (2013–2014)
	% of Grade 6–10 students who report their family is willing to help them make decisions	74.2%	HBSC (2013–2014)
Control and self-efficacy	% of population aged 15–17 years who report a high level of perceived control over life chances	45.0%	GSS Social Networks (2008)
Violence	% of Grade 6–10 students who report they were in a physical fight at least once in the past 12 months	28.3%	HBSC (2013–2014)
	% of Grade 6–12 students who report they have been bullied by other students in the past 30 days	25.1%	CSTADS (2014–2015)
	% of Grade 6–12 students who report they have bullied other students in the past 30 days	14.0%	CSTADS (2014–2015)
Health status	% of population who self-rate their health as "excellent" or "very good"	70.0%	CCHS (2014)
	% of population with no disability or mild disability	70.1%	CCHS (2014)
Physical activity	% of population who meet physical activity recommendations by accumulating at least 60 minutes of moderate-to-vigorous physical activity per day	4.3%	CHMS (2009–2013)
Substance use	% of Grade 9 and 10 boys who report they have had 5 or more drinks and girls who report they have had 4 or more drinks on one occasion, once a month or more in the past year	17.7%	HBSC (2013–2014)
	% of Grade 6–10 students who report they drink alcohol every week or more	6.5%	HBSC (2013–2014)

## Summary And Next Steps

- Select indicators for those in development (i.e. resilience, inequality)
- Continue to explore options to address data gaps (ex: Canadian Health Survey on Children and Youth & CCHS Thematic Content)
- As the *Framework* is intended to be "evergreen", the intention is to review contents on a regular basis and update to reflect the latest available evidence
- PMHSIF - *Child* Framework in development

**Thank you**

## **Contact Information**

For questions or comments on the PMHSIF-Youth please contact:

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