

# Health Indicators

## Section 8 Mental Health

Data Source: CCHS 2015-2016

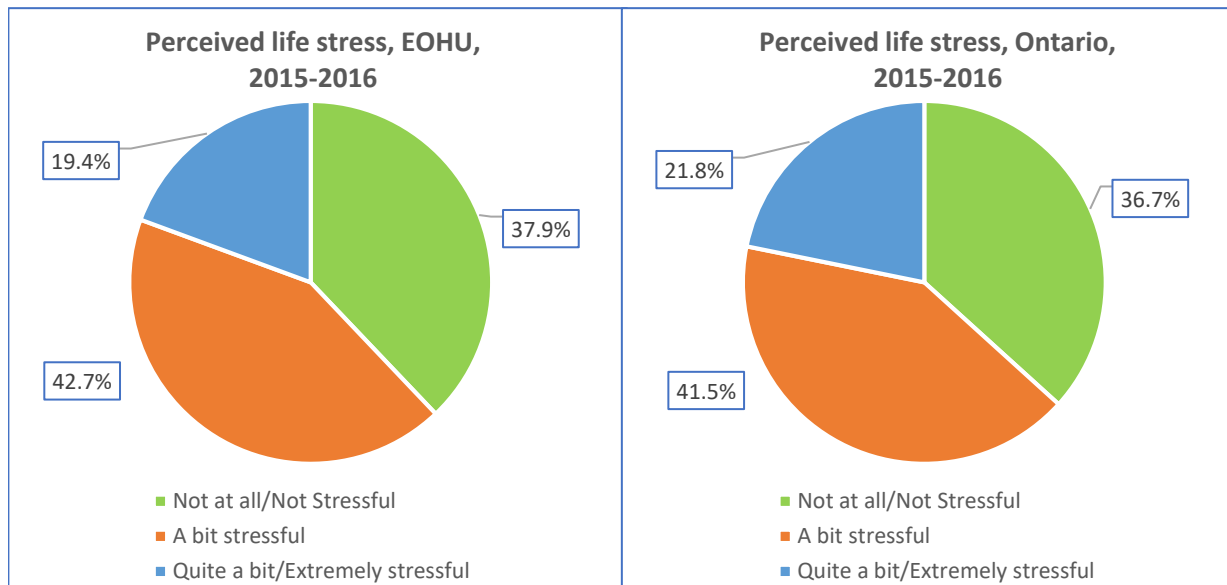
updated to 2019

### 8.3 Self-Perceived Life Stress

[Description](#)

#### Perceived life stress

		EOHU		Ontario	
		#	%	#	%
Before weighted	<i>Not at all stressful</i>	136	18.7%	4338	14.1%
	<i>Not very stressful</i>	164	22.5%	7859	25.6%
	<i>A bit stressful</i>	296	40.7%	12425	40.5%
	<i>Quite a bit stressful</i>	99	13.6%	5067	16.5%
	<i>Extremely stressful</i>	33	4.5%	1012	3.3%
	<i>Total</i>	728	100.0%	30701	100.0%
After weighted	<i>Not at all stressful</i>	29360	16.7%	1584564	13.4%
	<i>Not very stressful</i>	37424	21.2%	2750856	23.3%
	<i>A bit stressful</i>	75273	42.7%	4895033	41.5%
	<i>Quite a bit stressful</i>	23871	13.5%	2160979	18.3%
	<i>Extremely stressful</i>	10280	5.8%	414296	3.5%
	<i>Total</i>	176208	100.0%	11805728	100.0%



End of worksheet