

# MENTAL & EMOTIONAL HEALTH & WELL-BEING

**INDICATOR #23** Positive Self-esteem

**INDICATOR #24** Positive Self-rated Mental Health

**INDICATOR #25** Positive Life Satisfaction

## DEFINITIONS

**INDICATOR #23** — Percentage of BC students in grades 7–12 who report positive self-esteem, based on self-reporting that they usually felt good about themselves.

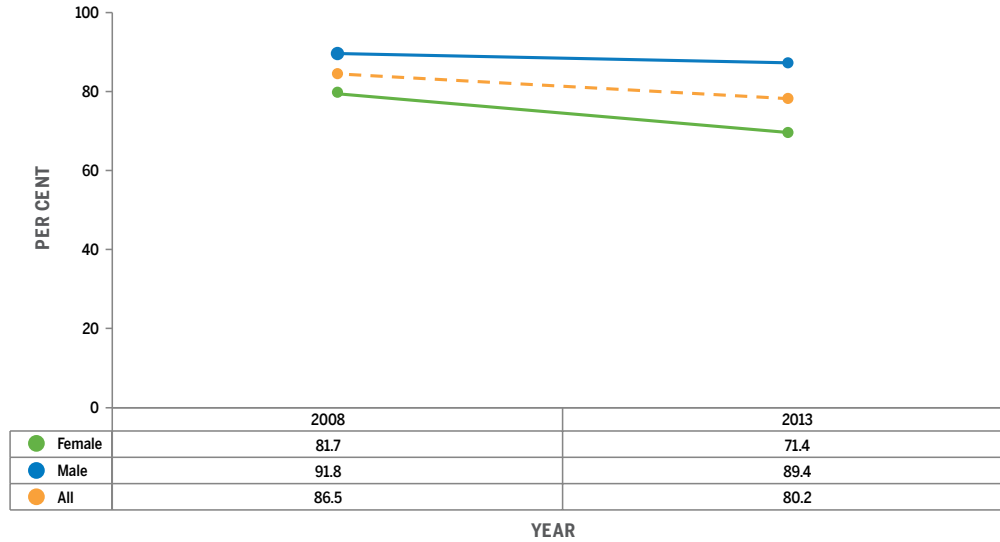
**INDICATOR #24** — Percentage of BC students in grades 7–12 who report “excellent” and/or “very good” self-rated mental health.

**INDICATOR #25** — Percentage of BC youth age 12–19 who report being “satisfied” or “very satisfied” with their lives.

## KEY MESSAGES

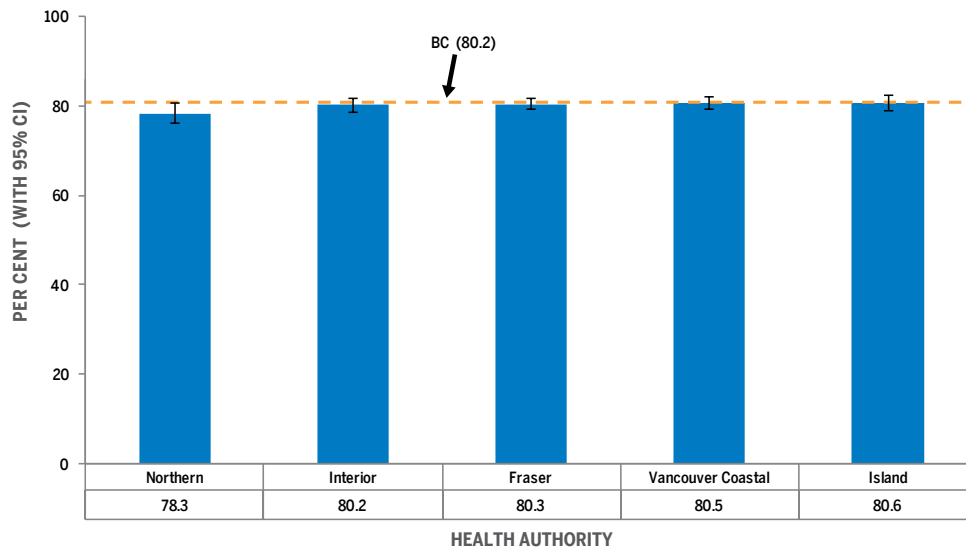
- ▶ A range of social, behavioural, and developmental characteristics that are associated with **self-esteem** among youth have been identified in the literature.<sup>1</sup> Several studies point to the importance of positive self-esteem in decreasing depression, suicidality, and behavioural adjustment during adolescence.<sup>2,3</sup>
  - ▶ A US study showed associations between positive youth self-rated mental health status and higher quality of life, as measured by satisfaction with self, family, friends, school environment, and overall **life satisfaction**. In a BC study, self-reports of poor mental health and poor physical health were associated with lower self-reported quality of life, including in the areas of family, friends, living environment, school, and self.<sup>4</sup>
  - ▶ Positive life satisfaction is another good predictor of positive physical and mental health outcomes, and is associated with optimal functioning. Life satisfaction is a subjective measure of general well-being based on people’s own perceptions of how content or happy they are with their life as a whole.<sup>5,6</sup>
  - ▶ Research shows that a healthy lifestyle, good physical health, exercise, and participation in sports foster positive life satisfaction.
- Additionally, positive environmental elements help to produce positive youth life satisfaction, such as living in safe neighbourhoods; housing quality, stability, and security; and adequate social supports like good familial and parental relationships, and peer and other social supports.<sup>7</sup>
- ▶ For all three indicators there was a difference between the sexes. In comparison to females, a larger percentage of males in grades 7 to 12 reported that they usually feel good about themselves (Figure 23.1), that they have “good” or “excellent” mental health (Figure 24.1), and that they are satisfied with their lives (Figure 25.1).
  - ▶ As shown in Figure 23.1, in 2008, the majority (86.5 per cent) of BC students in grades 7–12 reported that they felt good about themselves; by 2013, this percentage had dropped to 80.2 per cent. This decline was largely a product of the decline among females over this time from 81.7 to 71.4 per cent. However, Figure 25.1 shows that the trend over time for life satisfaction remained relatively stable from 2007–08 to 2013–14.

**FIG 23.1** Percentage of Students in Grades 7-12 Who Reported Usually Feeling Good about Themselves, by Sex, BC, 2008 and 2013



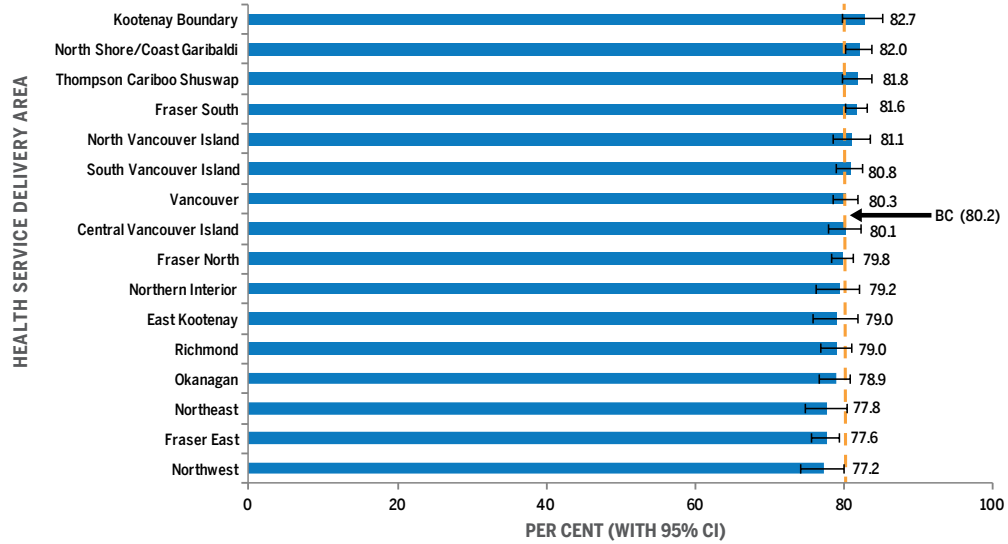
**Notes:** "Usually feeling good about themselves" means youth who "agreed" or "mostly agreed" that they usually felt good about themselves. Data are not available for 2003. The difference between years was statistically significant for all groups. See Appendix B for more information about this data source.  
**Source:** McCreary Centre Society, BC Adolescent Health Survey, 2008, 2013. Prepared by the Surveillance and Epidemiology Team, BC Office of the Provincial Health Officer, 2016.

**FIG 23.2** Percentage of Students in Grades 7-12 Who Reported Usually Feeling Good about Themselves, by Health Authority, BC, 2013



**Notes:** "Usually feeling good about themselves" means youth who "agreed" or "mostly agreed" that they usually felt good about themselves. Health authority is based on the location of the school. See Appendix B for more information about this data source.  
**Source:** McCreary Centre Society, BC Adolescent Health Survey, 2013. Prepared by the Surveillance and Epidemiology Team, BC Office of the Provincial Health Officer, 2016.

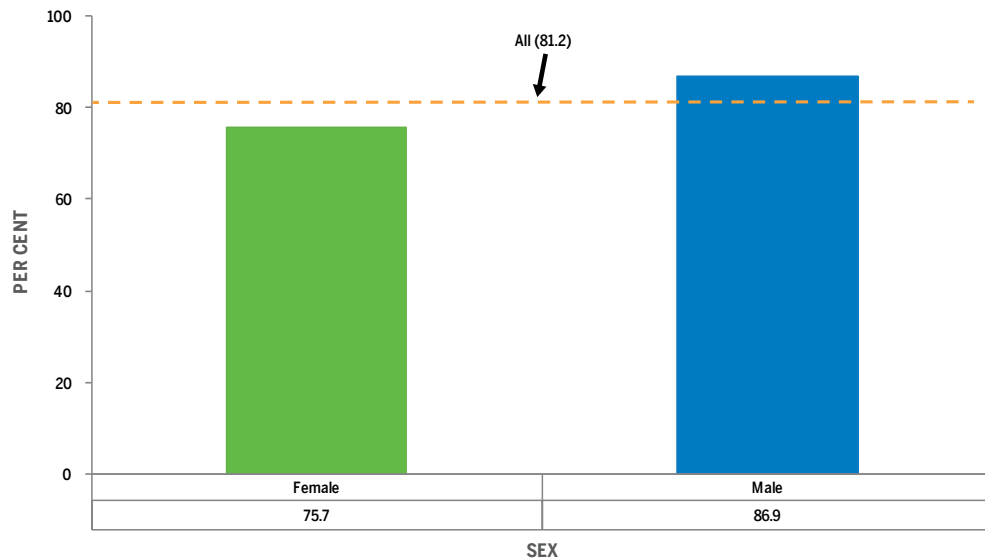
**FIG 23.3** Percentage of Students in Grades 7-12 Who Reported Usually Feeling Good about Themselves, by Health Service Delivery Area, BC, 2013



**Notes:** "Usually feeling good about themselves" means youth who "agreed" or "mostly agreed" that they usually felt good about themselves. Health service delivery area is based on the location of the school. See Appendix B for more information about this data source.

**Source:** McCreary Centre Society, BC Adolescent Health Survey, 2013. Prepared by the Surveillance and Epidemiology Team, BC Office of the Provincial Health Officer, 2016.

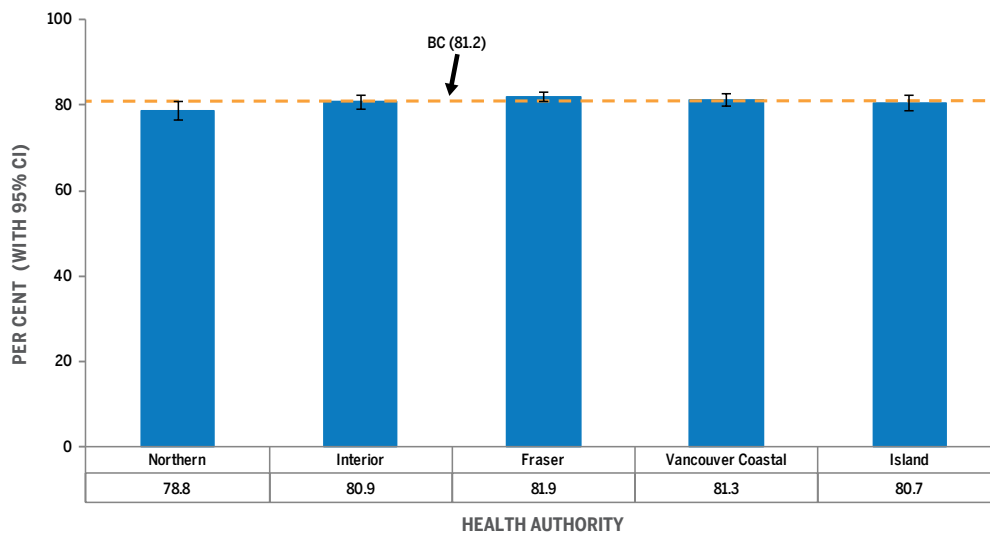
**FIG 24.1** Percentage of Students in Grades 7-12 Who Reported Positive Mental Health, by Sex, BC, 2013



**Notes:** "Positive mental health" means youth reported their mental health as either "good" or "excellent." Data are not available for 2003 or 2008. See Appendix B for more information about this data source.

**Source:** McCreary Centre Society, BC Adolescent Health Survey, 2013. Prepared by the Surveillance and Epidemiology Team, BC Office of the Provincial Health Officer, 2016.

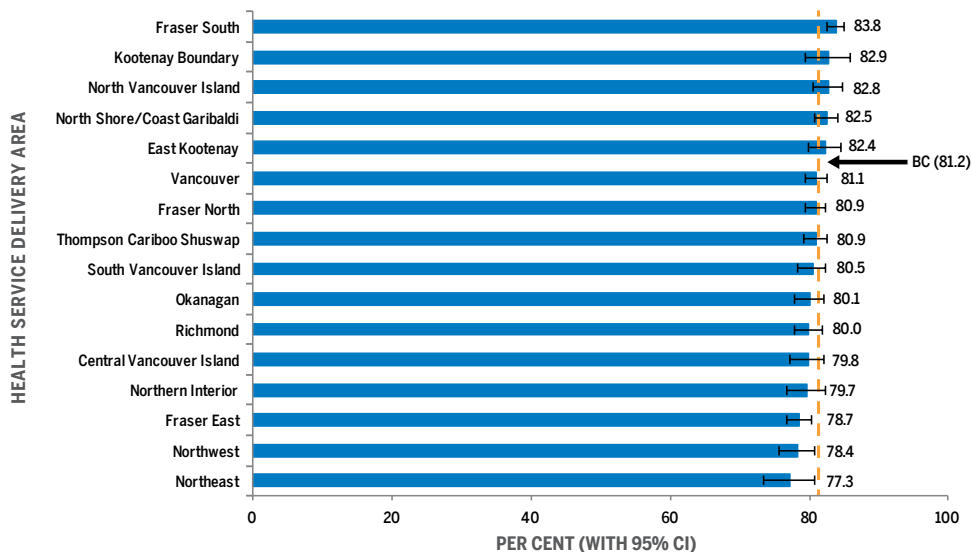
**FIG 24.2** Percentage of Students in Grades 7-12 Who Reported Positive Mental Health, by Health Authority, BC, 2013



**Notes:** "Positive mental health" means youth reported their mental health as either "good" or "excellent." Health authority is based on the location of the school. See Appendix B for more information about this data source.

**Source:** McCreary Centre Society, BC Adolescent Health Survey, 2013. Prepared by the Surveillance and Epidemiology Team, BC Office of the Provincial Health Officer, 2016.

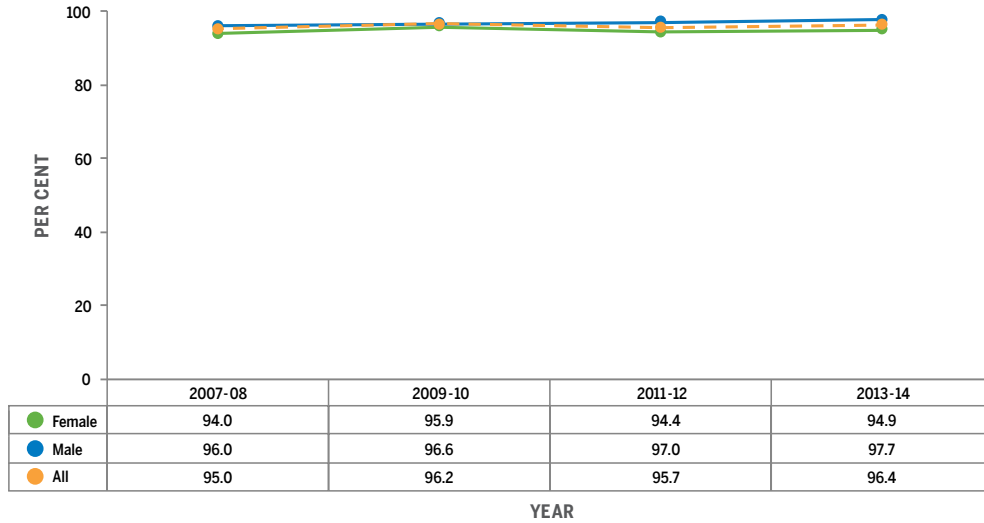
**FIG 24.3** Percentage of Students in Grades 7-12 Who Reported Positive Mental Health, by Health Service Delivery Area, BC, 2013



**Notes:** "Positive mental health" means youth reported their mental health as either "good" or "excellent." Health service delivery area is based on the location of the school. See Appendix B for more information about this data source.

**Source:** McCreary Centre Society, BC Adolescent Health Survey, 2013. Prepared by the Surveillance and Epidemiology Team, BC Office of the Provincial Health Officer, 2016.

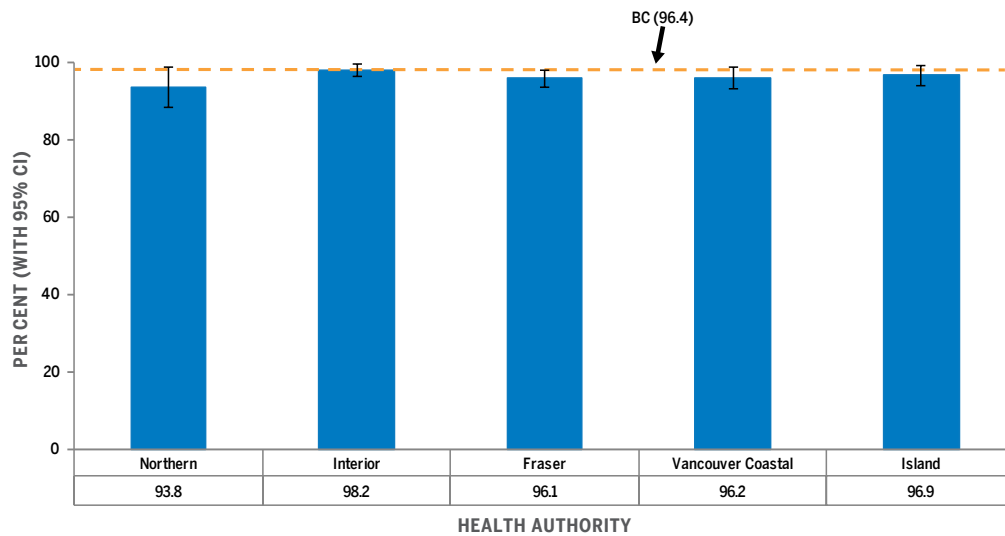
**FIG 25.1** Percentage of Youth Age 12-19 Who Reported Positive Life Satisfaction, by Sex, BC, 2007-08 to 2013-14



**Notes:** "Positive life satisfaction" means youth reported being "satisfied" or "very satisfied" with their life in general. See Appendix B for more information about this data source.

**Source:** Statistics Canada, Canadian Community Health Survey, 2007-08-2013-14. Table 105-0502, Health indicator profile, two year period estimates, by age group and sex, Canada, provinces, territories, health regions (2013 boundaries) and peer groups, CANSIM database. Prepared by the Surveillance and Epidemiology Team, BC Office of the Provincial Health Officer, 2016.

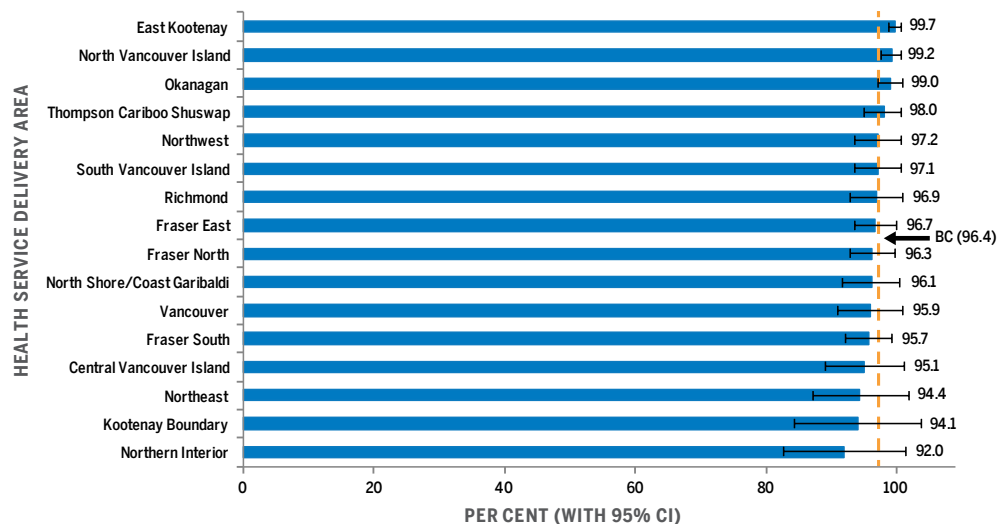
**FIG 25.2** Percentage of Youth Age 12-19 Who Reported Positive Life Satisfaction, by Health Authority, BC, 2013-14



**Notes:** "Positive life satisfaction" means youth reported being "satisfied" or "very satisfied" with their life in general. Health authority is based on the residence of the youth. See Appendix B for more information about this data source.

**Source:** Statistics Canada, Canadian Community Health Survey, 2013-14. Table 105-0502, Health indicator profile, two year period estimates, by age group and sex, Canada, provinces, territories, health regions (2013 boundaries) and peer groups, CANSIM database. Prepared by the Surveillance and Epidemiology Team, BC Office of the Provincial Health Officer, 2016.

**FIG 25.3** Percentage of Youth Age 12-19 Who Reported Positive Life Satisfaction, by Health Service Delivery Area, BC, 2013-14



**Notes:** "Positive life satisfaction" means youth reported being "satisfied" or "very satisfied" with their life in general. Health service delivery area is based on the residence of the youth. See Appendix B for more information about this data source.  
**Source:** Statistics Canada, Canadian Community Health Survey, 2013-14, Table 105-0502, Health indicator profile, two year period estimates, by age group and sex, Canada, provinces, territories, health regions (2013 boundaries) and peer groups, CANSIM database. Prepared by the Surveillance and Epidemiology Team, BC Office of the Provincial Health Officer, 2016.

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