



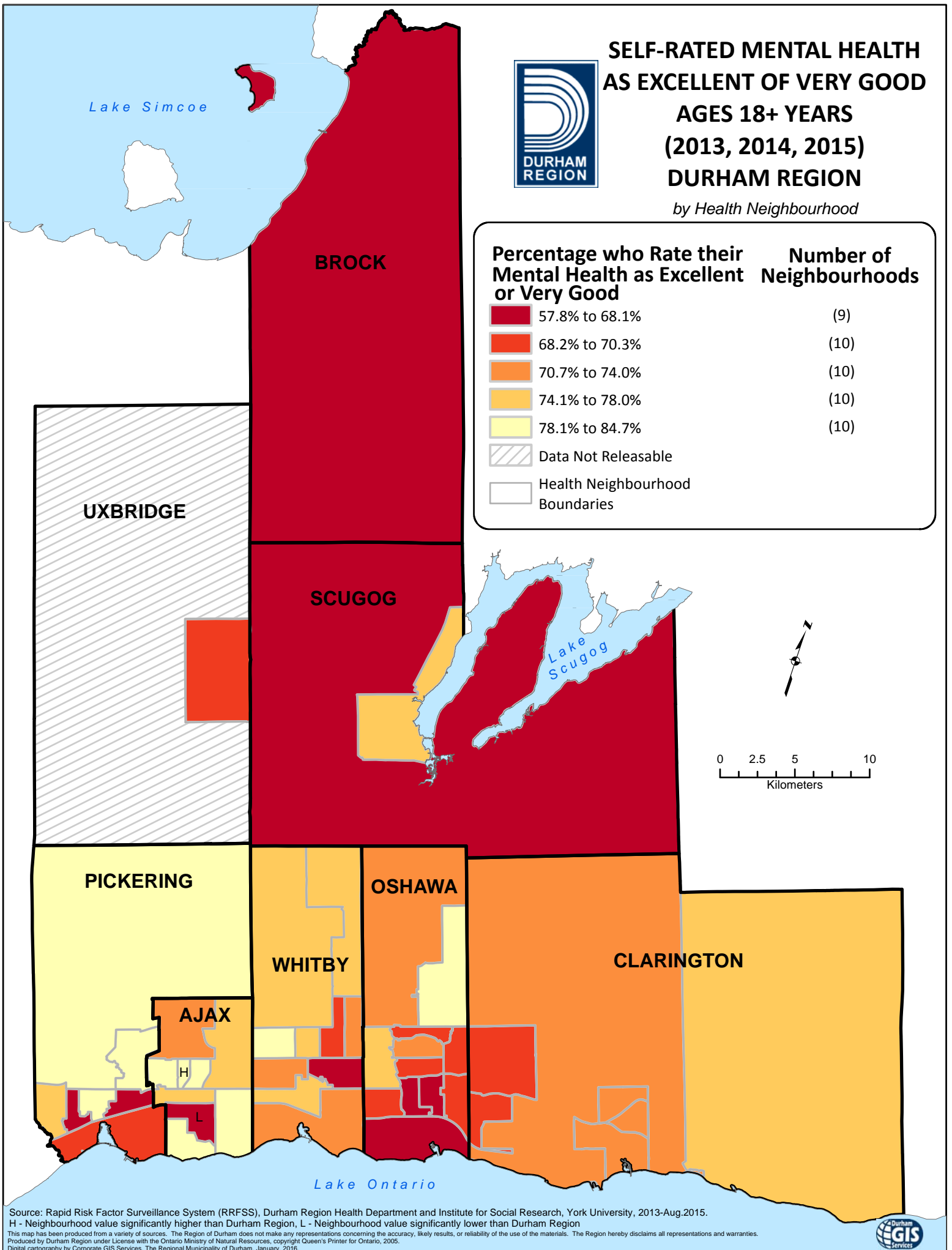
SELF-RATED MENTAL HEALTH AS EXCELLENT OF VERY GOOD AGES 18+ YEARS (2013, 2014, 2015) DURHAM REGION

by Health Neighbourhood

**Percentage who Rate their
Mental Health as Excellent
or Very Good**

**Number of
Neighbourhoods**

	57.8% to 68.1%	(9)
	68.2% to 70.3%	(10)
	70.7% to 74.0%	(10)
	74.1% to 78.0%	(10)
	78.1% to 84.7%	(10)
	Data Not Releasable	
	Health Neighbourhood Boundaries	



0 2.5 5 10
Kilometers

Source: Rapid Risk Factor Surveillance System (RRFSS), Durham Region Health Department and Institute for Social Research, York University, 2013-Aug.2015.

H - Neighbourhood value significantly higher than Durham Region, L - Neighbourhood value significantly lower than Durham Region

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Self-Rated Mental Health as Excellent or Very Good, Ages 18+ Years (2013-Aug.2015)

Table 1: Health Neighbourhoods Indicator Summary

↑ Higher is Better

	Percentage who Rate their Mental Health as Excellent or Very Good	95% Confidence Interval	Compared to Durham Rate		
			Lower	Similar	Higher
Pickering	74%	70% - 78%			
Frenchman's Bay (P1)	70%	61% - 78%			
West Rouge (P2)	77%	67% - 87%			
Amberlee (P3)	68%	54% - 82%			
Dunbarton (P4)	78%	69% - 88%			
Pickering City Centre (P5)	67%	55% - 80%			
Brock Ridge Pickering (P6)	83%	70% - 96%			
Pickering North (P7)	79%	69% - 89%			
Ajax	77%	73% - 80%			
Ajax Waterfront (A1)	78%	69% - 87%			
Downtown Ajax (A2)	58%	46% - 70%	↓		
Carruthers (A3)	79%	68% - 89%			
Central Ajax (A4)	78%	68% - 88%			
Riverside-Hermitage (A5)	79%	69% - 89%			
Westney Heights (A6)	84%	74% - 93%			↑
Applecroft (A7)	85%	74% - 96%			
Ajax Northwest (A8)	74%	61% - 86%			
Ajax Northeast (A9)	76%	59% - 93%			
Whitby	73%	70% - 76%			
Whitby South (W1)	71%	61% - 80%			
Downtown Whitby (W2)	74%	67% - 82%			
Cochrane South (W3)	72%	61% - 82%			
Manning (W4)	68%	60% - 76%			
Williamsburg (W5)	81%	70% - 92%			
Whitby Brock North (W6)	75%	66% - 85%			
Dryden-Anderson (W7)	70%	60% - 80%			
Dryden East (W8)	74%	63% - 84%			
Brooklin East (W9)	74%	64% - 84%			
Brooklin West (W10)	78%	69% - 87%			
Oshawa	71%	68% - 73%			
Lakeview (O1)	65%	56% - 75%			
Gibb West (O2)	70%	60% - 81%			
Downtown Oshawa (O3)	68%	56% - 79%			
Central Park (O4)	67%	57% - 77%			
Grandview South (O5)	68%	59% - 78%			
Stevenson North (O6)	76%	69% - 83%			
Hillsdale (O7)	69%	59% - 79%			
Beatrice South (O8)	71%	63% - 79%			
Grandview North (O9)	70%	60% - 80%			
Beatrice North (O10)	68%	57% - 80%			
Oshawa Northwest (O11)	72%	62% - 81%			
Oshawa Northeast (O12)	81%	72% - 89%			
Clarington	72%	69% - 75%			
Courtice South (C1)	69%	60% - 78%			
Courtice North (C2)	69%	58% - 80%			
Bowmanville South (C3)	72%	63% - 81%			
Bowmanville Central (C4)	73%	62% - 84%			
Bowmanville North (C5)	74%	65% - 83%			
Darlington (C6)	71%	62% - 81%			
Clarke (C7)	75%	67% - 82%			
Scugog	71%	64% - 78%			
Port Perry (S1)	77%	69% - 85%			
Rural Scugog (S2)	65%	54% - 76%			
Uxbridge	68%	60% - 77%			
Urban Uxbridge (U1)	70%	61% - 79%			
Rural Uxbridge (U2)	NR				
Brock					
Brock (B1)	66%	58% - 74%			
Durham Region	72%	71% - 74%			
Range	58% - 85%				

Date of Last Revision: January 14, 2016

Source: Rapid Risk Factor Surveillance System (RRFSS), Durham Region Health Department and Institute for Social Research, York University, 2013-Aug.2015.

Note: Estimates marked with * should be used with caution because of high sampling variability with a Coefficient of Variation (CV) between 16.5% and 33.3%. Estimates with a CV greater than 33.3%, a numerator less than 5 or a denominator less than 30 have been suppressed and are marked as Not releasable (NR). Lower (down arrow) or Higher (up arrow) means that the 95% confidence intervals do not overlap with those of Durham Region and are significantly different.

Self-Rated Mental Health as Excellent or Very Good, Ages 18+ (2013-Aug.2015)

Table 2: List of Health Neighbourhoods ranked from lowest to highest

Order	Health Neighbourhoods	Percentage who Rate their Mental Health as Excellent or Very Good	Compared to Durham Region (Higher is Better)	Quintile
1	Downtown Ajax (A2)	58%	LOWER	1
2	Rural Scugog (S2)	65%	similar	1
3	Lakeview (O1)	65%	similar	1
4	Brock (B1)	66%	similar	1
5	Central Park (O4)	67%	similar	1
6	Pickering City Centre (P5)	67%	similar	1
7	Downtown Oshawa (O3)	68%	similar	1
8	Amberlee (P3)	68%	similar	1
9	Manning (W4)	68%	similar	1
10	Beatrice North (O10)	68%	similar	2
11	Grandview South (O5)	68%	similar	2
12	Hillsdale (O7)	69%	similar	2
13	Courtice North (C2)	69%	similar	2
14	Courtice South (C1)	69%	similar	2
15	Frenchman's Bay (P1)	70%	similar	2
16	Grandview North (O9)	70%	similar	2
17	Dryden-Anderson (W7)	70%	similar	2
18	Gibb West (O2)	70%	similar	2
19	Urban Uxbridge (U1)	70%	similar	2
20	Whitby South (W1)	71%	similar	3
21	Beatrice South (O8)	71%	similar	3
22	Darlington (C6)	71%	similar	3
23	Cochrane South (W3)	72%	similar	3
24	Oshawa Northwest (O11)	72%	similar	3
25	Bowmanville South (C3)	72%	similar	3
26	Bowmanville Central (C4)	73%	similar	3
27	Dryden East (W8)	74%	similar	3
28	Ajax Northwest (A8)	74%	similar	3
29	Bowmanville North (C5)	74%	similar	3
30	Downtown Whitby (W2)	74%	similar	4
31	Brooklin East (W9)	74%	similar	4
32	Clarke (C7)	75%	similar	4
33	Whitby Brock North (W6)	75%	similar	4
34	Stevenson North (O6)	76%	similar	4
35	Ajax Northeast (A9)	76%	similar	4
36	West Rouge (P2)	77%	similar	4
37	Port Perry (S1)	77%	similar	4
38	Brooklin West (W10)	78%	similar	4
39	Central Ajax (A4)	78%	similar	4
40	Ajax Waterfront (A1)	78%	similar	5
41	Dunbarton (P4)	78%	similar	5
42	Carruthers (A3)	79%	similar	5
43	Riverside-Hermitage (A5)	79%	similar	5
44	Pickering North (P7)	79%	similar	5
45	Oshawa Northeast (O12)	81%	similar	5
46	Williamsburg (W5)	81%	similar	5
47	Brock Ridge Pickering (P6)	83%	similar	5
48	Westney Heights (A6)	84%	HIGHER	5
49	Applecroft (A7)	85%	similar	5
	Rural Uxbridge (U2)	Not Releasable		

Self-Rated Mental Health as Excellent or Very Good, Ages 18+ Years (2013-Aug.2015)

Table 3: Percentage who rate their mental health as excellent or very good by Durham Region Municipality

Municipality	Percentage who Rate their Mental Health as Excellent or Very Good	Compared to Durham Region (Higher is Better)
Pickering	74%	similar
Ajax	77%	similar
Whitby	73%	similar
Oshawa	71%	similar
Clarington	72%	similar
Scugog	71%	similar
Uxbridge	68%	similar
Brock	66%	similar
Durham Region	72%	

What You Need to Know

- A higher rate of self-rated mental health is better for health.
- The percentage of adults who rate their health as excellent or very good ranges by Health Neighbourhood from 58% to 85%.
- The Neighbourhoods of Downtown Ajax, Rural Scugog, and Lakeview were found to be the least likely to report their mental health as excellent or very good. The Ajax Neighbourhoods of Applecroft and Westney Heights had the highest rates of positive self-rated mental health with Westney Heights significantly higher than Durham Region.

Indicator Notes

- This indicator measures the percentage of adults aged 18 years or older who rate their mental health as excellent or very good.
- Source: Rapid Risk Factor Surveillance System (RRFSS), Durham Region Health Department and Institute for Social Research, York University, 2013-Aug.2015.
- RRFSS is an ongoing survey of adults in Durham Region that collects data related to health knowledge, attitudes and behaviours. Three years of data were combined to provide a large enough sample for analysis at the Neighbourhood level. Respondents were asked to rate their mental health as excellent, very good, good, fair or poor. This indicator combined two categories.
- Neighbourhoods were sorted by the percentage of adults with excellent or very good self-rated mental health and divided into quintiles (five equal groupings) with approximately 10 neighbourhoods in each quintile.

Release Date: February 2016.

For more information, refer to The Guide to Health Neighbourhoods.

If you require this information in an accessible format, contact 1-800-841-2729.