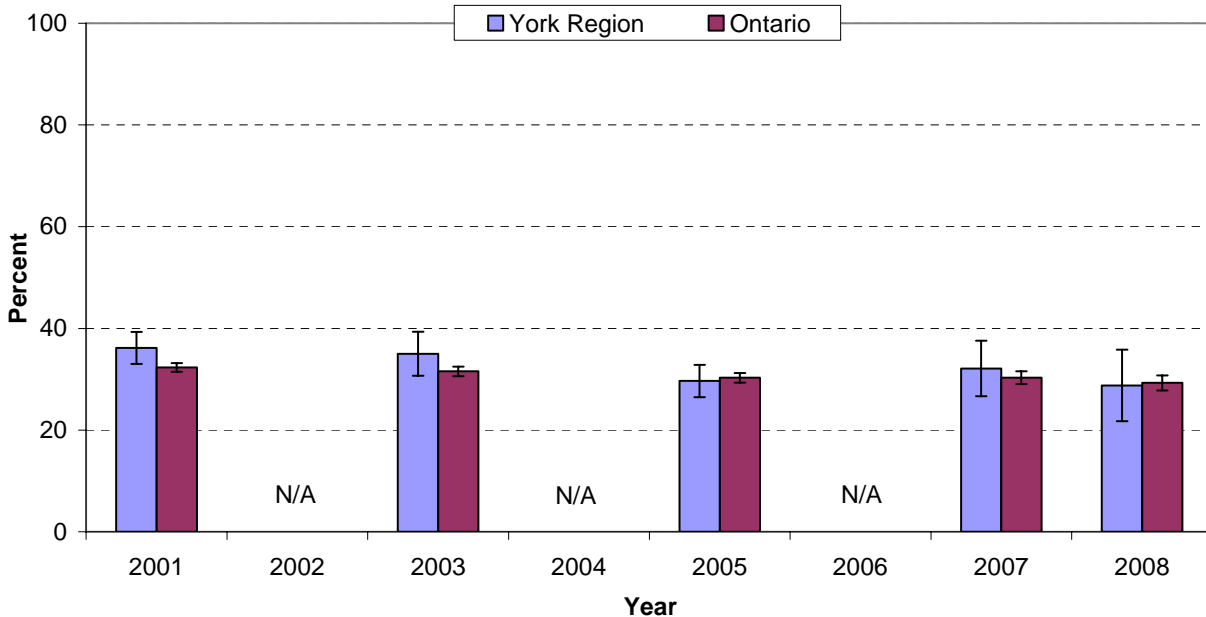


## Self-Perceived Work Stress

This summary focuses on working individuals aged 20 to 64 years who reported that most days at work were “Quite a Bit Stressful” or “Extremely Stressful” in the past 12 months.

Ontario Public Health Standards, Population Health Assessment and Surveillance Protocol, Req 1.b.vi.

### Self-Perceived Work Stress in the Past 12 Months, York Region and Ontario, 2001-2008



Data Source: Canadian Community Health Survey, 2001-2008, Statistics Canada, Ontario Share File, Ontario Ministry of Health and Long-Term Care.

#### Interpretation:

- Generally, the rates of self-perceived work stress reported by York Region and Ontario residents between the ages of 20 and 64 years were similar for the five years of data collected. In 2008, 29% ( $\pm 7$ ) of York Region working residents and 29% ( $\pm 2$ ) of Ontario residents reported that most days at work were either “quite a bit stressful” or “extremely stressful”.
- No significant differences were noted between sexes or age groups (data not shown).

**Data Source:** Canadian Community Health Survey (CCHS), 2001 – 2008, General Health Module. For more information on CCHS, visit [www.statcan.gc.ca](http://www.statcan.gc.ca).

The CCHS is a federal survey of residents aged 12 years and older in all provinces and territories, excluding populations on Indian Reserves, Canadian Forces Bases and some remote areas. Data collection is done by a combination of computer assisted personal and telephone interviewing.

The indicators from the survey are based on self-reported information and may be subject to biases, such as recall bias or social desirability bias, or result in high non-response. As such, the estimates may be an underestimate or overestimate of the true prevalence in the population.

┌ and  $\pm$  represents the 95% confidence interval, meaning 19 times out of 20 the results will fall within this range.