

Self-perceived mental health of First Nations people living off reserve, Métis and Inuit by age group and gender, Data Tables, 2022 [1, 2, 3, 4, 5]

Indigenous identity [4, 6]		Quebec Inuk (Inuit)				
Reference period		2022				
Statistics [7, 8]		Number of persons	Percent [11]	Low 95% confidence interval	High 95% confidence interval	
Age group [9]	Gender [10]	Self-perceived mental health [3, 11]				
		Persons	Percent			
Total, 1 year and over	Total, gender	Total, self-perceived mental health	15,240	100.0	100.0	100.0
		Excellent or very good	7,840	51.4	48.4	54.4
		Excellent	3,500	23.0	20.4	25.8
		Very good	4,340	28.5	25.8	31.3
		Good	5,300	34.8	32.1	37.6
		Fair or poor	2,010	13.2	11.3	15.4
		Self-perceived mental health not specified [12]	F	F	F	F
	Men+ [13]	Total, self-perceived mental health	7,440	100.0	100.0	100.0
		Excellent or very good	4,300	57.9	53.5	62.1
		Excellent	1,880	25.3	21.3	29.8
		Very good	2,420	32.6	28.6	36.8
		Good	2,370	31.9	28.0	36.1
		Fair or poor	730E	9.8	7.5	12.8
		Self-perceived mental health not specified [12]	F	F	F	F
	Women+ [14]	Total, self-perceived mental health	7,800	100.0	100.0	100.0
		Excellent or very good	3,540	45.3	41.2	49.5
		Excellent	1,620	20.8	17.7	24.2
		Very good	1,910	24.5	20.9	28.5
		Good	2,930	37.5	33.7	41.5
		Fair or poor	1,280	16.5	13.6	19.8
Self-perceived mental health not specified [12]		F	F	F	F	
1 to 14 years	Total, gender	Total, self-perceived mental health	4,940	100.0	100.0	100.0
		Excellent or very good	3,510	71.0	66.8	75.0
		Excellent	1,750	35.4	31.1	39.9
		Very good	1,760	35.7	31.5	40.1
		Good	1,220	24.7	21.0	28.8
		Fair or poor	F	3.7	2.3	5.9
		Self-perceived mental health not specified [12]	F	F	F	F
	Men+ [13]	Total, self-perceived mental health	2,450	100.0	100.0	100.0
		Excellent or very good	1,770	72.3	66.2	77.7
		Excellent	870E	35.6	29.7	42.1
		Very good	900E	36.7	30.7	43.1
		Good	560E	22.8	17.9	28.6
		Fair or poor	F	4.9	2.7	8.7
		Self-perceived mental health not specified [12]	F	F	F	F
	Women+ [14]	Total, self-perceived mental health	2,490	100.0	100.0	100.0
		Excellent or very good	1,740	69.8	63.5	75.4
		Excellent	870E	35.1	29.3	41.3
		Very good	860E	34.7	28.7	41.2
		Good	660E	26.6	21.3	32.7
		Fair or poor	F	F	F	F
Self-perceived mental health not specified [12]		F	F	F	F	
1 to 5 years	Total, gender	Total, self-perceived mental health	2,050	100.0	100.0	100.0
		Excellent or very good	1,430	69.6	63.1	75.3
		Excellent	850E	41.6	35.2	48.3
		Very good	570E	28.0	22.4	34.3
		Good	560E	27.4	21.9	33.7
		Fair or poor	F	F	F	F
		Self-perceived mental health not specified [12]	F	F	F	F
	Men+ [13]	Total, self-perceived mental health	940E	100.0E	100.0	100.0
		Excellent or very good	660E	69.7E	60.0	77.9
		Excellent	F	36.3E	27.5	46.2

		Very good	F	33.3E	24.8	43.2
		Good	F	27.3E	19.4	36.8
		Fair or poor	F	F	F	F
		Self-perceived mental health not specified [12]	F	F	F	F
	Women+ [14]	Total, self-perceived mental health	1,110	100.0	100.0	100.0
		Excellent or very good	770E	69.5E	60.6	77.1
		Excellent	F	46.0E	37.3	55.0
		Very good	F	23.4E	16.5	32.1
		Good	F	27.5E	20.2	36.2
		Fair or poor	F	F	F	F
		Self-perceived mental health not specified [12]	F	F	F	F
6 to 14 years	Total, gender	Total, self-perceived mental health	2,880	100.0	100.0	100.0
		Excellent or very good	2,080	72.1	66.1	77.3
		Excellent	890E	30.9	25.4	37.1
		Very good	1,190E	41.1	35.2	47.4
		Good	660E	22.8	18.0	28.5
		Fair or poor	F	4.4	2.5	7.8
		Self-perceived mental health not specified [12]	F	F	F	F
	Men+ [13]	Total, self-perceived mental health	1,510	100.0	100.0	100.0
		Excellent or very good	1,110E	73.9E	65.9	80.7
		Excellent	F	35.2E	27.3	44.0
		Very good	F	38.7E	30.6	47.5
		Good	F	20.0	14.2	27.5
		Fair or poor	F	F	F	F
		Self-perceived mental health not specified [12]	F	F	F	F
	Women+ [14]	Total, self-perceived mental health	1,380	100.0	100.0	100.0
		Excellent or very good	970E	70.0E	60.8	77.9
		Excellent	F	26.3E	19.3	34.7
		Very good	F	43.8E	35.1	52.9
		Good	F	25.9E	18.5	35.0
		Fair or poor	F	F	F	F
		Self-perceived mental health not specified [12]	F	F	F	F
15 years and older	Total, gender	Total, self-perceived mental health	10,300	100.0	100.0	100.0
		Excellent or very good	4,330	42.0	38.1	46.0
		Excellent	1,750	17.0	14.0	20.6
		Very good	2,570	25.0	21.6	28.7
		Good	4,080	39.6	36.0	43.4
		Fair or poor	1,830	17.8	15.1	20.8
		Self-perceived mental health not specified [12]	F	F	F	F
	Men+ [13]	Total, self-perceived mental health	4,990	100.0	100.0	100.0
		Excellent or very good	2,530	50.8	45.0	56.6
		Excellent	1,010E	20.2	15.4	26.0
		Very good	1,530	30.6	25.6	36.1
		Good	1,810	36.4	31.1	41.9
		Fair or poor	610E	12.2	9.0	16.4
		Self-perceived mental health not specified [12]	F	F	F	F
	Women+ [14]	Total, self-perceived mental health	5,310	100.0	100.0	100.0
		Excellent or very good	1,800	33.8	28.8	39.2
		Excellent	750E	14.1	10.7	18.3
		Very good	1,050E	19.7	15.4	25.0
		Good	2,270	42.7	37.7	47.8
		Fair or poor	1,220E	23.0	18.9	27.7
		Self-perceived mental health not specified [12]	F	F	F	F
15 to 24 years	Total, gender	Total, self-perceived mental health	2,760	100.0	100.0	100.0
		Excellent or very good	1,160E	42.0	35.2	49.1
		Excellent	F	15.5	10.9	21.4
		Very good	730E	26.5	20.4	33.8
		Good	1,010	36.6	30.5	43.1
		Fair or poor	580E	21.1	15.7	27.8
		Self-perceived mental health not specified [12]	F	F	F	F
	Men+ [13]	Total, self-perceived mental health	1,530	100.0	100.0	100.0
		Excellent or very good	770E	50.4E	40.5	60.2

		Excellent	F	17.8E	11.5	26.5
		Very good	F	32.5E	23.4	43.2
		Good	F	33.6E	25.6	42.6
		Fair or poor	F	15.5E	9.0	25.4
		Self-perceived mental health not specified [12]	F	F	F	F
	Women+ [14]	Total, self-perceived mental health	1,220	100.0	100.0	100.0
		Excellent or very good	F	31.5E	23.4	40.8
		Excellent	F	12.5	7.1	21.0
		Very good	F	19.0E	12.6	27.5
		Good	490E	40.4E	31.8	49.6
		Fair or poor	F	28.2E	20.0	38.1
		Self-perceived mental health not specified [12]	F	F	F	F
25 to 54 years	Total, gender	Total, self-perceived mental health	5,680	100.0	100.0	100.0
		Excellent or very good	2,280	40.1	34.6	45.8
		Excellent	F	16.6	12.5	21.8
		Very good	1,330E	23.4	18.9	28.7
		Good	2,360	41.5	36.1	47.2
		Fair or poor	1,010E	17.8	14.0	22.4
		Self-perceived mental health not specified [12]	F	F	F	F
	Men+ [13]	Total, self-perceived mental health	2,510	100.0	100.0	100.0
		Excellent or very good	1,270E	50.6E	41.7	59.5
		Excellent	F	19.9E	13.0	29.1
		Very good	F	30.8E	23.4	39.3
		Good	980E	38.8E	30.6	47.7
		Fair or poor	F	9.9	6.1	15.8
		Self-perceived mental health not specified [12]	F	F	F	F
	Women+ [14]	Total, self-perceived mental health	3,170	100.0	100.0	100.0
		Excellent or very good	1,000E	31.7	25.4	38.8
		Excellent	F	14.0	9.7	19.9
		Very good	F	17.7	12.6	24.3
		Good	1,390E	43.7E	36.6	51.1
		Fair or poor	F	24.1	18.4	30.8
		Self-perceived mental health not specified [12]	F	F	F	F
25 to 34 years	Total, gender	Total, self-perceived mental health	2,430	100.0	100.0	100.0
		Excellent or very good	F	34.6E	26.9	43.2
		Excellent	F	18.0E	11.8	26.3
		Very good	F	16.6	11.5	23.4
		Good	1,050E	43.2E	34.9	51.9
		Fair or poor	F	20.8	14.7	28.7
		Self-perceived mental health not specified [12]	F	F	F	F
	Men+ [13]	Total, self-perceived mental health	1,010E	100.0E	100.0	100.0
		Excellent or very good	F	42.6E	29.3	57.0
		Excellent	F	F	F	F
		Very good	F	23.0E	14.3	34.9
		Good	F	43.8E	30.8	57.6
		Fair or poor	F	F	F	F
		Self-perceived mental health not specified [12]	F	F	F	F
	Women+ [14]	Total, self-perceived mental health	1,420E	100.0E	100.0	100.0
		Excellent or very good	F	28.9E	20.6	38.9
		Excellent	F	16.8E	10.2	26.4
		Very good	F	12.1E	6.9	20.4
		Good	F	42.8E	32.5	53.7
		Fair or poor	F	27.1E	18.5	38.0
		Self-perceived mental health not specified [12]	F	F	F	F
35 to 44 years	Total, gender	Total, self-perceived mental health	1,620E	100.0E	100.0	100.0
		Excellent or very good	F	46.4E	35.3	57.8
		Excellent	F	17.2E	10.6	26.7
		Very good	F	29.2E	19.4	41.3
		Good	F	38.2E	28.5	48.9
		Fair or poor	F	15.5E	9.6	24.0
		Self-perceived mental health not specified [12]	F	F	F	F

45 to 54 years	Men+ [13]	Total, self-perceived mental health	F	F	F	F	
		Excellent or very good	F	F	F	F	
		Excellent	F	F	F	F	
		Very good	F	F	F	F	
		Good	F	F	F	F	
		Fair or poor	F	F	F	F	
	Women+ [14]	Self-perceived mental health not specified [12]	F	F	F	F	
		Total, self-perceived mental health	F	F	F	F	
		Excellent or very good	F	F	F	F	
		Excellent	F	F	F	F	
		Very good	F	F	F	F	
		Good	F	F	F	F	
	55 years and over	Total, gender	Fair or poor	F	F	F	F
			Self-perceived mental health not specified [12]	F	F	F	F
			Total, self-perceived mental health	1,630E	100.0E	100.0	100.0
			Excellent or very good	F	41.9E	32.3	52.1
			Excellent	F	14.0E	7.8	23.8
			Very good	F	27.9E	20.1	37.3
Men+ [13]		Good	F	42.5E	32.4	53.2	
		Fair or poor	F	15.7E	9.8	24.2	
		Self-perceived mental health not specified [12]	F	F	F	F	
		Total, self-perceived mental health	F	F	F	F	
		Excellent or very good	F	F	F	F	
		Excellent	F	F	F	F	
Women+ [14]		Very good	F	F	F	F	
		Good	F	F	F	F	
		Fair or poor	F	F	F	F	
		Self-perceived mental health not specified [12]	F	F	F	F	
		Total, self-perceived mental health	910E	100.0E	100.0	100.0	
		Excellent or very good	F	30.2E	20.1	42.8	
55 years and over	Total, gender	Excellent	F	F	F	F	
		Very good	F	22.7E	14.0	34.6	
		Good	F	49.0E	35.4	62.7	
		Fair or poor	F	20.8E	11.9	33.7	
		Self-perceived mental health not specified [12]	F	F	F	F	
		Total, self-perceived mental health	1,860	100.0	100.0	100.0	
	Men+ [13]	Excellent or very good	900	48.1E	40.4	56.0	
		Excellent	F	20.7E	14.0	29.5	
		Very good	510E	27.4E	19.9	36.5	
		Good	710	38.2	31.7	45.0	
		Fair or poor	F	12.8	9.5	17.1	
		Self-perceived mental health not specified [12]	F	F	F	F	
	Women+ [14]	Total, self-perceived mental health	940	100.0	100.0	100.0	
		Excellent or very good	490E	51.9E	42.4	61.3	
		Excellent	F	24.9E	14.7	39.0	
		Very good	F	27.0E	20.3	35.0	
		Good	320E	34.4E	26.9	42.6	
		Fair or poor	F	13.2	8.7	19.4	
55 years and over	Total, gender	Self-perceived mental health not specified [12]	F	F	F	F	
		Total, self-perceived mental health	920	100.0	100.0	100.0	
		Excellent or very good	F	44.3E	32.2	57.1	
		Excellent	F	16.4E	10.1	25.5	
		Very good	F	27.9E	16.0	43.9	
		Good	390E	42.1E	31.6	53.3	
	Men+ [13]	Fair or poor	F	12.5	8.0	18.9	
		Self-perceived mental health not specified [12]	F	F	F	F	
		Total, self-perceived mental health	920	100.0	100.0	100.0	
		Excellent or very good	F	44.3E	32.2	57.1	
Women+ [14]	Excellent	F	16.4E	10.1	25.5		
	Very good	F	27.9E	16.0	43.9		
	Good	390E	42.1E	31.6	53.3		
	Fair or poor	F	12.5	8.0	18.9		
	Self-perceived mental health not specified [12]	F	F	F	F		
	Total, self-perceived mental health	920	100.0	100.0	100.0		

Symbol legend:

E : use with caution

F : too unreliable to be published

Footnotes:

[1] Source: Indigenous Peoples Survey 2022.

[2] The target population of the 2022 Indigenous Peoples Survey (IPS) was composed of the Indigenous identity population of Canada, 1 year of age and over as of April 27, 2022, living in private dwellings excluding persons living on Indian reserves and settlements and in certain First Nations communities in Yukon and the Northwest Territories (NWT).

[3] Self-perceived mental health refers to the perception of a person's mental health in general. For respondents under the age of 15, the question on self-perceived mental health was asked of the person most knowledgeable about the respondent. For respondents aged 15 and older, the question on self-perceived mental health was only asked of respondents who completed their own (non-proxy) interviews. Respondents were asked "In general, how is your mental health? Would you say... Excellent? Very good? Good? Fair? Poor?".

[4] Indigenous identity includes persons living off reserve who reported being an Indigenous person, that is, First Nations (North American Indian), Métis or Inuk (Inuit) and/or those who reported Registered or Treaty Indian status, that is registered under the Indian Act of Canada, and/or those who reported membership in a First Nation or Indian band. Indigenous peoples of Canada are defined in the Constitution Act, 1982, Section 35 (2) as including the Indian, Inuit and Métis peoples of Canada. The sum of the categories included in this variable is greater than the total population estimate for Indigenous identity because a person may have reported more than one Indigenous identity: for example, a person could self-identify as both First Nations and Métis.

[5] Proxy reporting was used in the 2022 Indigenous Peoples Survey for children aged 1 to 14 years and for adults aged 15 years and older in certain specific situations (for example when the selected adult was not able to answer for health related reasons, due to a language barrier, or because the selected respondent was going to be away from home for the duration of the survey.)

[6] The sum of the categories included in this variable does not equal the total population estimate for Indigenous identity because a person may have reported more than one Indigenous identity (for example, a person could have self-identified as both First Nations and Métis).

[7] The confidence interval illustrates the degree of variability associated with an estimate. A wider confidence interval indicates higher variability, meaning that the estimate should be interpreted with due caution. The 95% confidence interval of an estimate means that if the survey were repeated over and over, the confidence interval would cover the true population value 95% of the time (or 19 times out of 20). Bootstrapping techniques were used to produce the 95% confidence intervals.

[8] Estimates flagged with the letter E should be used with caution. In these cases, data users should use the 95% confidence interval to assess whether the quality of the estimate is sufficient. The letter F indicates estimates that are too unreliable to be published.

[9] Age is derived from the respondent's date of birth and from the Indigenous Peoples Survey reference date of April 27, 2022. The reference date corresponds approximately to the beginning of data collection for the survey.

[10] Given that the non-binary population is small, data aggregation to a two-category gender variable is sometimes necessary to protect the confidentiality of responses. In these cases, individuals in the category "non-binary persons" are distributed into the other two gender categories and are denoted by the "+" symbol.

[11] All percentages for the component "self-perceived mental health" are calculated using the number of persons in "total, self-perceived mental health" as denominator.

[12] Not specified" categories consist of item non-response ("Not stated").

[13] This category includes men (and/or boys), as well as some non-binary persons.

[14] This category includes women (and/or girls), as well as some non-binary persons.

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