

# LIFE STRESS



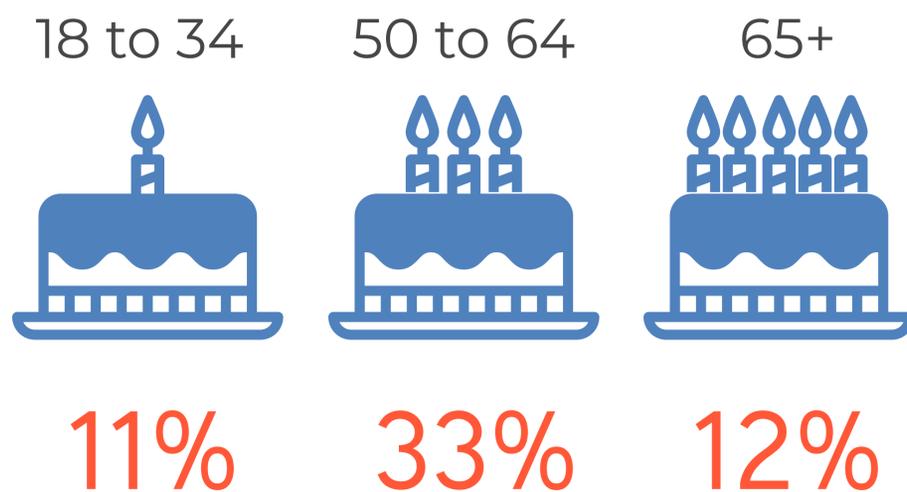
## LOCAL RATES SIMILAR TO ONTARIO RATES

Grey Bruce residents and Ontarians are similarly likely to find most days of their lives quite a bit to extremely stressful.

18 to 34 year-olds in Grey Bruce are less stressed than Ontarians in their age group, while those aged 50 to 64 are more stressed than their Ontario counterparts.

## HIGH LEVELS OF STRESS AMONG 50 TO 64 YEAR- OLDS

Grey Bruce residents aged 50 to 64 are more stressed than those aged 18 to 34 and those aged 65 and older.



NOTES:

1. The following local estimates were suppressed and could not be compared to Ontario:

- Life stress among 12 to 17 year-olds

2. Source: Canadian Community Health Survey, 2015-16

