



DISRUPTION & MENTAL HEALTH THE ROLE OF COMMUNITY MEMBERS & LOCAL HEALTH AGENCIES

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This article exists as part of the online archive for HuffPost Canada, which closed in 2021.

LIFE

Too Many Rural Canadian Communities Are Losing Young Men To Suicide

What the research shows us is that communities like mine need to demand the development of new preventative resources.

CANADA

'There's no help': Older, rural Canadian men dying by suicide, new study reveals

By [Brittany Rosen](#) • Global News
Posted October 19, 2020 6:49 pm

"Farmers Aren't into the Emotions and Things, Right?": A Qualitative Exploration of Motivations and Barriers for Mental Health Help-Seeking among Canadian Farmers

Briana N. M. Hagen, Alex Sawatzky, Sherilee L. Harper, Terri L. O'Sullivan & Andria Jones-Bitton

See discussions, stats, and author profiles for this publication at: <https://www.researchgate.net/publication/319984490>

"You've Gotta Be That Tough Crust Exterior Man": Depression and Suicide in Rural-Based Men

Article in *Qualitative Health Research* · October 2017
DOI: 10.1177/1049732317718148

FARMERS FORUM

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BREAKING NEWS

fuelled by Gov. Gretchen Wilson's political ambitions, and the end game is bad for Canada

HOME » NEWS » FEATURED NEWS » 60-YEAR-OLD FARMER WHO DIED OF COVID HAD FARMER'S LUNG DISEASE

60-year-old farmer who died of COVID had farmer's lung disease

on: May 03, 2021 In: Featured News, News



Farmers pay tribute to Peter Verspeek who died on April 11. (Kris Richer photos)



Rurality – what is it?

- The concept of rural is HIGHLY contested;
- Rural is not simply in contrast to urban, but a complex collection of variables that may differ from one community to the next;
- Changing dynamics within rural communities such as **urban-to-rural migration**, **diversifying economies**, and **changing cultures** must be considered;
- Understandings of rurality that are less theoretically rigid and more **constructivist** are more relevant;

Need to recognize representation, building understanding based on the ways in which people within communities understanding their own rurality.

Why does local,
rural data
matter?

Local nuances

Not a monolith

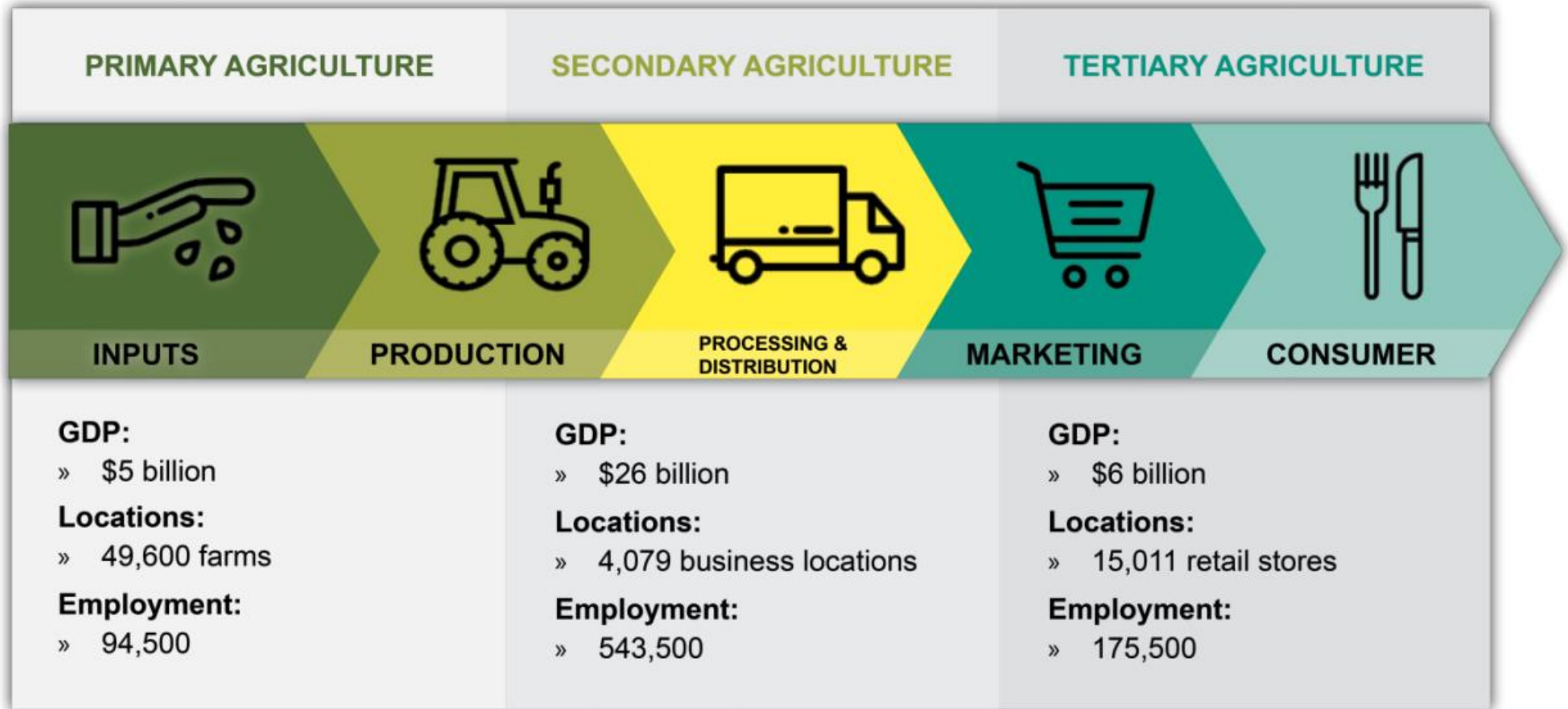
(Re)presentation

Relevance

Legitimacy

Buy-in

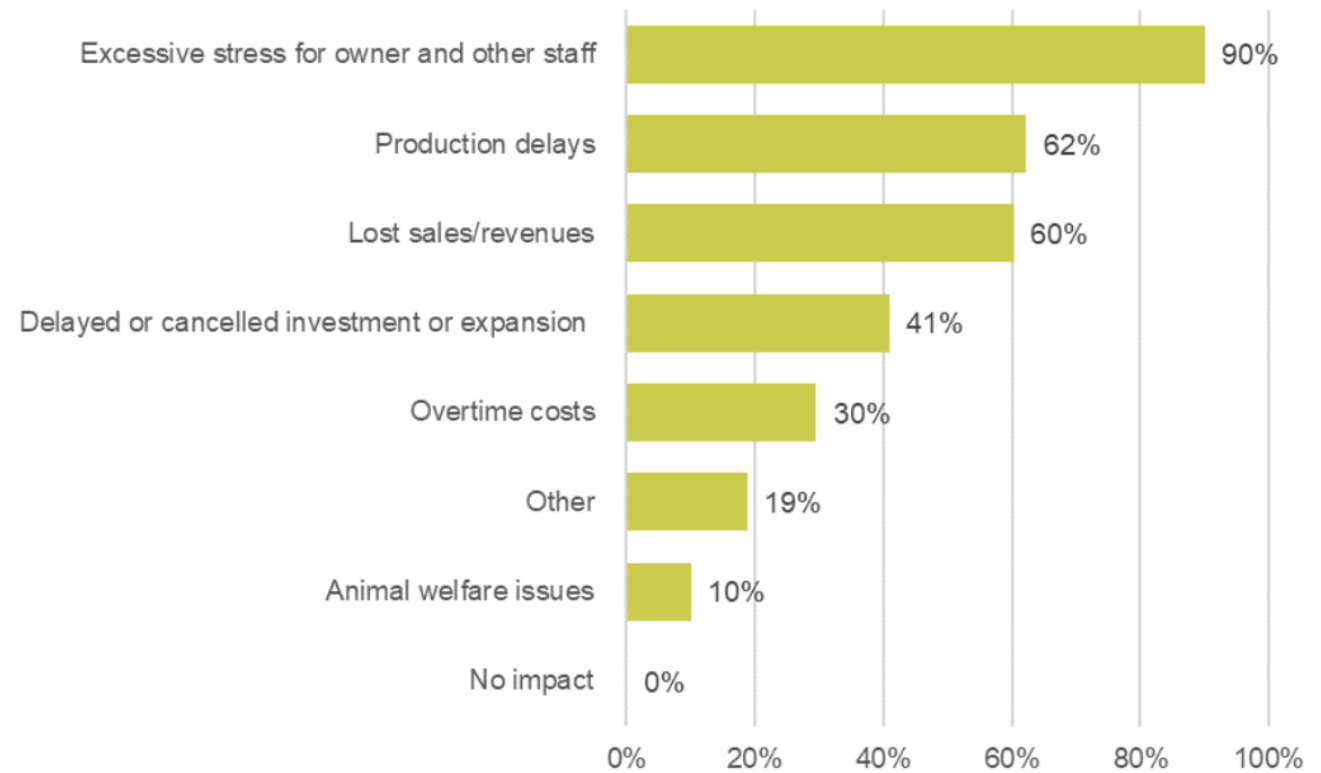
Economic Impacts along Ontario's Agricultural Value Chain



Impacts of COVID-19 on Agriculture & Agri-Food

- Significant labour shortages (41% of employers were unable to find the workers they needed; 79% were crop producers)
- Nearly 80% of operators applied for government support (big three: Canada Emergency Business Account (CEB), the Mandatory Isolation Support for Temporary Foreign Workers (MISTFWP) and the Agrilvest program)
- 60% of employers lost sales while 62% experienced delays (based on N = 95)

Chart 8: Labour shortages put enormous strain on owners and other staff
(share of employers who indicated a labour shortage because of COVID)



If the sample is representative of agricultural operators across Canada, it is estimated that agriculture lost \$2.9 billion in sales because of labour shortages attributed to COVID-19.



Project goal is to explore the experiences of residents from rural and small communities related to the ongoing COVID-19 pandemic.



Rural Response to COVID-19

The Catalyst

“COVID-19 is going to be really difficult for small business owners, particularly those who own and operate businesses within the services – food & beverage sector. It is going to be imperative that they pivot and use the digital platforms that are available.”

- Ontario Minister

Objectives

1. Identify vulnerable populations from rural and small communities affected by COVID-19.
2. Determine priority programs to support vulnerable populations during and post-COVID-19.
3. Explore opportunities for the non-profit/charitable sector during and post-COVID-19.
4. Identify emergent mental health and economic concerns generated by COVID-19.
5. Provide locally-relevant, reliable, and valid data that can be used to advocate for funding and enhance policy development.

Quantitative Data

The Survey

1. Demographics
2. Individual well-being
3. Social behaviour
4. Day-to-day living
5. Planning and preparation

INDIVIDUAL WELL-BEING:

Prior to the COVID-19 pandemic (March 1st, 2020), how would you rate your:

12.	Excellent	Good	Average	Satisfactory	Poor	Not applicable
Physical health						
Mental health						
Personal finances						
Employment satisfaction						
Retirement						
Living arrangements						
Personal safety						

SOCIAL BEHAVIOUR

Prior to the COVID-19 pandemic (March 1st, 2020), how often did you:

13.	More than 3 times/week	1-3 times/week	1-2 times/month	Never or not at all
Spend time with family and/or friends				
Use public transport				
Support businesses/stores in my community				
Grocery shop (including markets)				
Online shop				
Visit restaurants/ bars/coffee shops				
Order take-out food				
Attend church/faith-based services/activities				
Participate in an in-person activity (e.g. recreation or leisure activities, service clubs, social clubs, other)				
Participate in a virtual activity (e.g. Facebook chat, online games, app such as <i>HouseParty</i>)				
Volunteer				

Why?

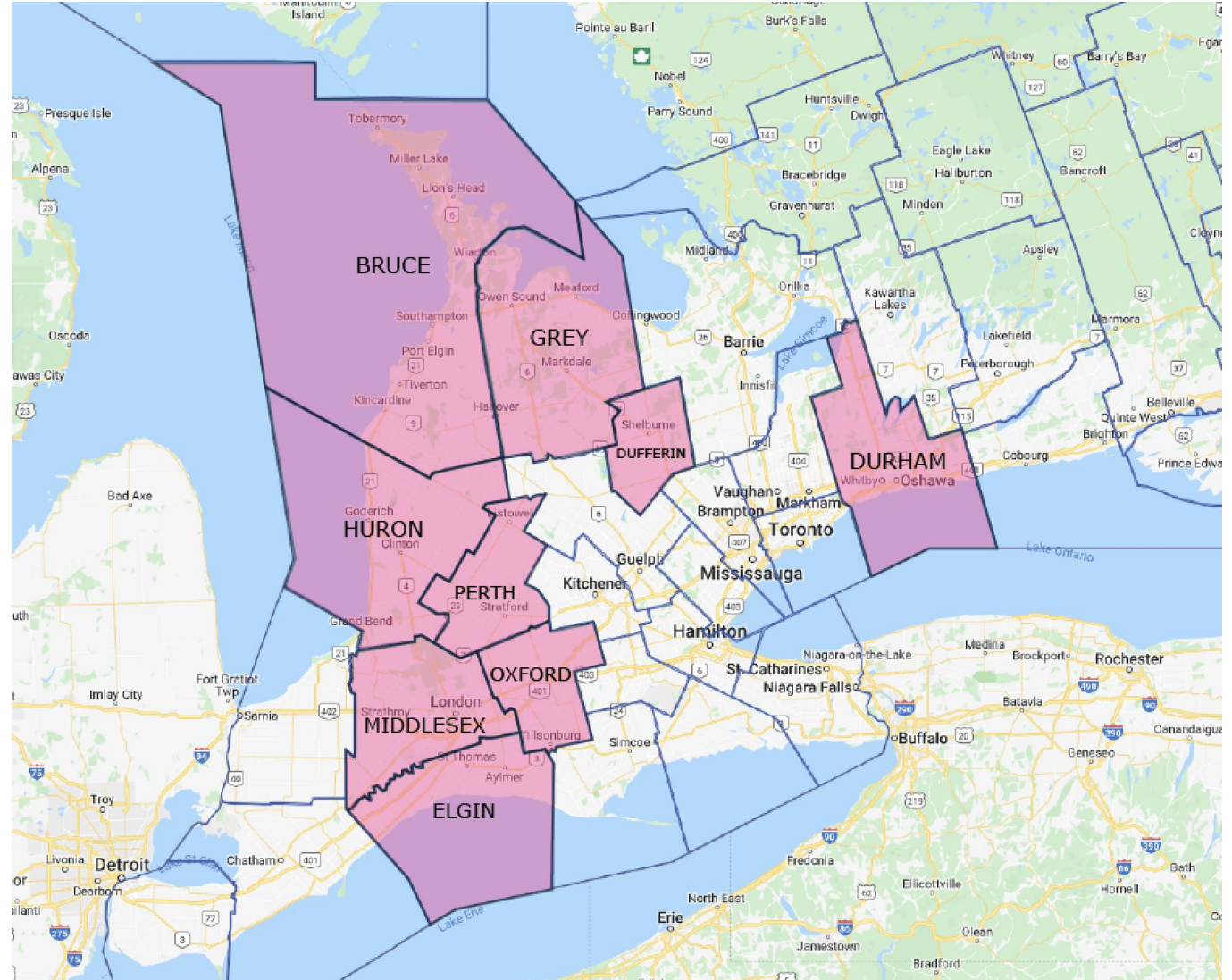


The Pilot Study

- Launched in September 2020 across Perth and Huron Counties to **gather information on the experiences of residents from small and rural communities related to the ongoing COVID-19 pandemic.**
- Developed (in consultation with advisory committee) a quantitative survey with five sections: demographics, individual well being, day-to-day living, social behaviour, and risk management and planning (question total N=38)
- Approximately 3,600 completed surveys
- Results highlight the impact of the pandemic on mental health, the disproportionate impact on self-identifying females, people <40 years, the relationship between age, gender, income, and access
- Secured \$235k for expansion

The Expanded Study

- Survey launched in September 2021 across seven counties (closed November 2021)
- Digital/Paper delivery
- Bruce, Grey, Dufferin, Durham (North Durham Region), Elgin, Middlesex, Oxford
- Goal: To survey residents of rural and small communities about their experiences related to the ongoing COVID-19 pandemic



We received just shy of 25,000 completed responses.

Some Interesting Highlights

13% of respondents have lived in the area less than three years

20% indicated they experienced trouble securing housing

72% of sample self-identify as white

30% have children or dependents at home

5.5% accessed childcare services

49% had difficulty securing childcare services

26.5% of participants indicated they had a very strong sense of belonging to their community BEFORE the pandemic. This drops 13.5% since the start.

Demographics



How do you describe your gender?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Man	1312	34.0	34.7	34.7
	Woman	2451	63.5	64.8	99.4
	Non-binary	8	.2	.2	99.6
	I use a different pronoun or prefer not to answer	14	.4	.4	100.0
	Total	3785	98.1	100.0	
Missing	System	74	1.9		
Total		3859	100.0		

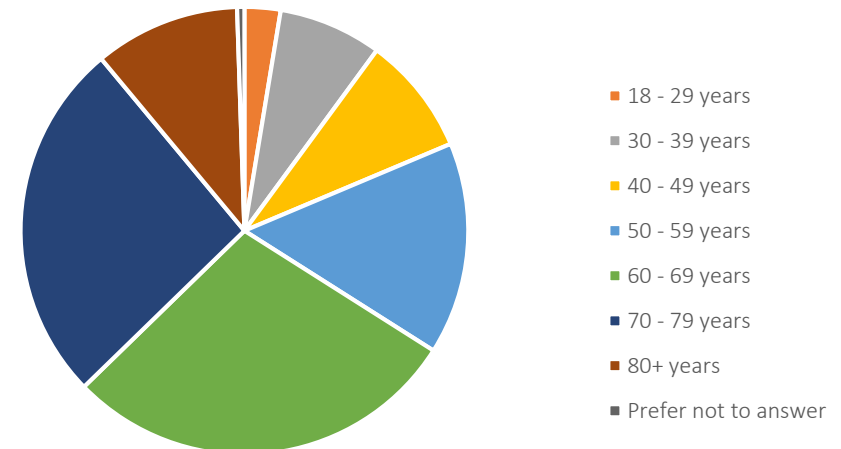
How old are you?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	18 - 29 years	99	2.6	2.6	2.6
	30 - 39 years	284	7.4	7.5	10.1
	40 - 49 years	326	8.4	8.6	18.7
	50 - 59 years	583	15.1	15.3	34.0
	60 - 69 years	1092	28.3	28.7	62.7
	70 - 79 years	997	25.8	26.2	89.0
	80+ years	400	10.4	10.5	99.5
	Prefer not to answer	20	.5	.5	100.0
	Total	3801	98.5	100.0	
Missing	System	58	1.5		
Total		3859	100.0		

Statistics Canada, Grey [2021]

Age	Percentage
30 - 39	10%
40 - 49	10%
50 - 59	14%
60 - 69	18%
70 - 79	14%

How old are you?



Demographics



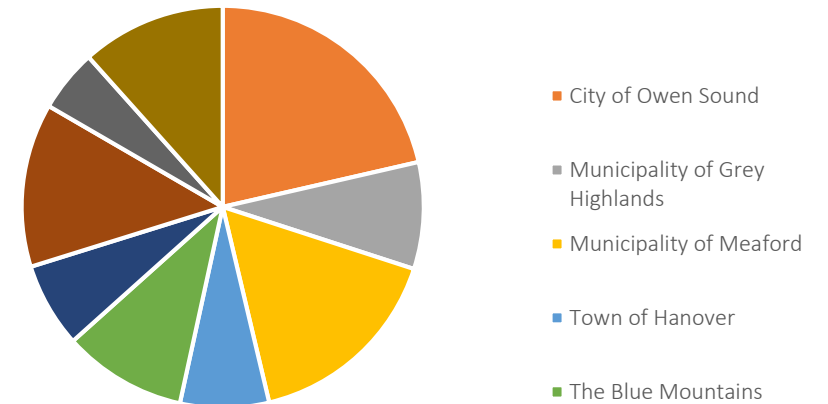
Within Grey County, your primary place of residence is:

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	City of Owen Sound	798	20.7	21.4	21.4
	Municipality of Grey Highlands	320	8.3	8.6	30.0
	Municipality of Meaford	607	15.7	16.3	46.3
	Town of Hanover	266	6.9	7.1	53.4
	The Blue Mountains	371	9.6	10.0	63.4
	Township of Chatsworth	254	6.6	6.8	70.2
	Township of Georgian Bluffs	491	12.7	13.2	83.4
	Township of Southgate	187	4.8	5.0	88.4
	Municipality of West Grey	433	11.2	11.6	100.0
	Total	3727	96.6	100.0	
Missing	System	132	3.4		
Total		3859	100.0		

What is your highest level of education completion?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Grades 1 - 6	7	.2	.2	.2
	Grades 7 - 13	957	24.8	25.8	26.0
	Trades certificate	228	5.9	6.1	32.1
	Undergraduate degree/College diploma	1946	50.4	52.5	84.6
	Post-graduate degree (e. g., Master's, PhD, MD)	505	13.1	13.6	98.2
	Prefer not to answer	65	1.7	1.8	100.0
	Total	3708	96.1	100.0	
Missing	System	151	3.9		
Total		3859	100.0		

Within Grey County, your primary place of residence is:



Demographics



Which of the following best describes your primary source...

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Self-employed	421	10.9	11.5	11.5
	Employed on a casual basis (less than 10 hours/week)	29	.8	.8	12.3
	Employed full time (30+ hours/week)	854	22.1	23.3	35.5
	Employed part time (10-30 hours/week)	175	4.5	4.8	40.3
	Unemployed and not looking for work	33	.9	.9	41.2
	Unemployed and looking for work	25	.6	.7	41.9
	Social assistance	38	1.0	1.0	42.9
	Student or recent graduate	14	.4	.4	43.3
	Retired	2050	53.1	55.9	99.2
	Prefer not to answer	31	.8	.8	100.0
	Total	3670	95.1	100.0	
Missing	System	189	4.9		
Total		3859	100.0		

Do you identify with any of the ethnicities listed below ...

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Arab (e.g., Syrian, Egyptian, Yemeni)	3	.1	.1	.1
	Asian-East (e.g., Chinese, Korean, Japanese)	11	.3	.3	.4
	Asian-South-East (e.g., Filipino, Vietnamese, Cambodian, Malaysian, Laotian)	5	.1	.2	.6
	Asian-South or Indo-Caribbean (e.g., Indian, Pakistani, Sri Lankan, Indo-Guyanese, Indo-Trinidadian)	3	.1	.1	.7
	Black-Canadian/American	4	.1	.1	.8
	Black-Afro-Caribbean or Afro-Latinx (e.g., Jamaican, Haitian, Afro-Brazilian)	5	.1	.2	.9
	Latin American (e.g., Brazilian, Mexican, Chilean, Cuban)	4	.1	.1	1.1
	White (e.g., European, French, Ukrainian, Euro-Latinx)	2753	71.3	83.8	84.9
	Indigenous (e.g., Inuit, Metis, First Nation)	25	.6	.8	85.6
	Non-Canadian Indigenous (e.g., American Indian, Quechua)	2	.1	.1	85.7
	Other	229	5.9	7.0	92.7
	Don't know	82	2.1	2.5	95.2
	Prefer not to answer	159	4.1	4.8	100.0
	Total	3285	85.1	100.0	
Missing	System	574	14.9		
Total		3859	100.0		

Demographics



How do you describe your gender?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Man	896	34.7	36.4	36.4
	Woman	1563	60.5	63.5	99.9
	Non-binary	2	.1	.1	100.0
	I use a different pronoun or prefer not to answer	1	.0	.0	100.0
	Total	2462	95.3	100.0	
Missing	System	121	4.7		
Total		2583	100.0		

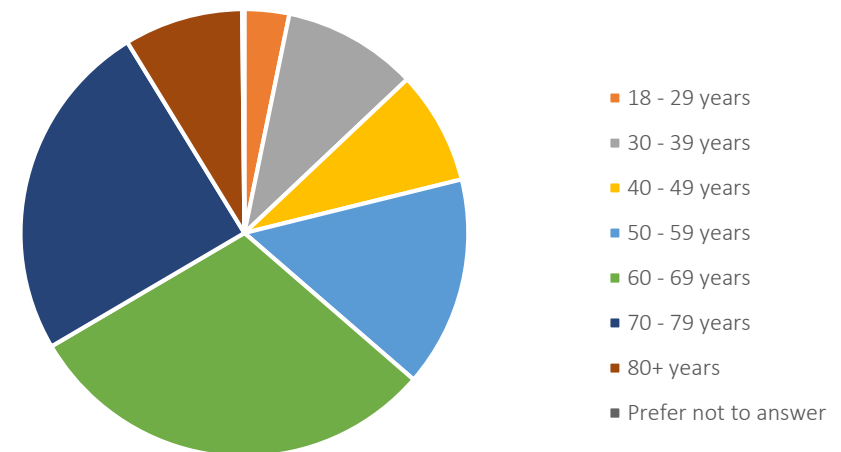
How old are you?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	18 - 29 years	80	3.1	3.2	3.2
	30 - 39 years	241	9.3	9.7	13.0
	40 - 49 years	203	7.9	8.2	21.1
	50 - 59 years	377	14.6	15.2	36.4
	60 - 69 years	748	29.0	30.2	66.5
	70 - 79 years	612	23.7	24.7	91.2
	80+ years	213	8.2	8.6	99.8
	Prefer not to answer	4	.2	.2	100.0
Total		2478	95.9	100.0	
Missing	System	105	4.1		
Total		2583	100.0		

Statistics Canada, Grey [2021]

Age	Percentage
30 - 39	12%
40 - 49	9%
50 - 59	13%
60 - 69	19%
70 - 79	12%

How old are you?



Demographics



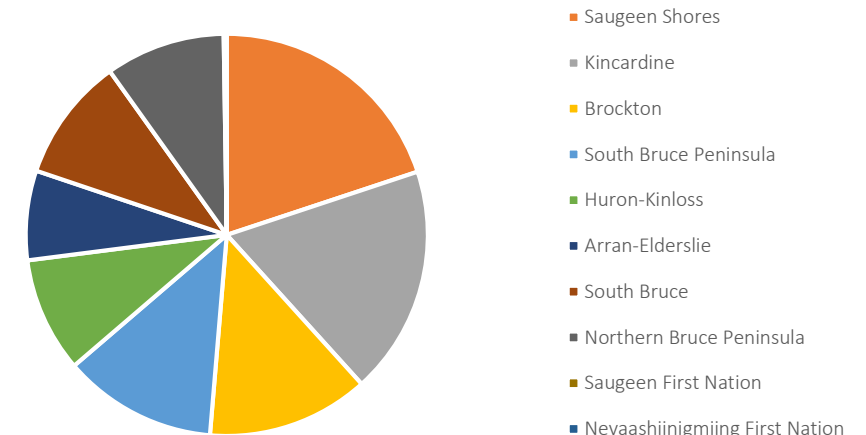
Within Bruce County, your primary place of residence is:

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Saugeen Shores	484	18.7	19.9	19.9
	Kincardine	447	17.3	18.4	38.3
	Brockton	317	12.3	13.0	51.3
	South Bruce Peninsula	301	11.7	12.4	63.7
	Huron-Kinloss	225	8.7	9.3	73.0
	Arran-Elderslie	175	6.8	7.2	80.2
	South Bruce	242	9.4	10.0	90.1
	Northern Bruce Peninsula	234	9.1	9.6	99.8
	Saugeen First Nation	3	.1	.1	99.9
	Neyaashiinigiing First Nation	3	.1	.1	100.0
	Total	2431	94.1	100.0	
Missing	System	152	5.9		
Total		2583	100.0		

What is your highest level of education completion?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Grades 1 - 6	3	.1	.1	.1
	Grades 7 - 13	570	22.1	23.8	23.9
	Trades certificate	182	7.0	7.6	31.5
	Undergraduate degree/College diploma	1312	50.8	54.7	86.2
	Post-graduate degree (e. g., Master's, PhD, MD)	296	11.5	12.3	98.5
	Prefer not to answer	35	1.4	1.5	100.0
	Total	2398	92.8	100.0	
Missing	System	185	7.2		
Total		2583	100.0		

Within Bruce County, your primary place of residence is:



- Saugeen Shores
- Kincardine
- Brockton
- South Bruce Peninsula
- Huron-Kinloss
- Arran-Elderslie
- South Bruce
- Northern Bruce Peninsula
- Saugeen First Nation
- Neyaashiinigiing First Nation

Demographics



Which of the following best describes your primary source...

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Self-employed	268	10.4	11.2	11.2
	Employed on a casual basis (less than 10 hours/week)	15	.6	.6	11.8
	Employed full time (30+ hours/week)	584	22.6	24.3	36.1
	Employed part time (10-30 hours/week)	115	4.5	4.8	40.9
	Unemployed and not looking for work	32	1.2	1.3	42.2
	Unemployed and looking for work	13	.5	.5	42.7
	Social assistance	12	.5	.5	43.2
	Student or recent graduate	7	.3	.3	43.5
	Retired	1344	52.0	55.9	99.5
	Prefer not to answer	13	.5	.5	100.0
	Total	2403	93.0	100.0	
Missing	System	180	7.0		
Total		2583	100.0		

Do you identify with any of the ethnicities listed below ...

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Arab (e.g., Syrian, Egyptian, Yemeni)	1	.0	.0	.0
	Asian-East (e.g., Chinese, Korean, Japanese)	9	.3	.4	.5
	Asian-South-East (e.g., Filipino, Vietnamese, Cambodian, Malaysian, Laotian)	3	.1	.1	.6
	Asian-South or Indo-Indo-Caribbean (e.g., Indian, Pakistani, Sri Lankan, Indo-Guyanese, Indo-Trinidadian)	6	.2	.3	.9
	Asian-West (e.g., Iranian, Afghan)	1	.0	.0	.9
	Black-Canadian/American	5	.2	.2	1.2
	Black-Afro-Caribbean or Afro-Latinx (e.g., Jamaican, Haitian, Afro-Brazilian)	4	.2	.2	1.4
	White (e.g., European, French, Ukrainian, Euro-Latinx)	1770	68.5	83.6	84.9
	Indigenous (e.g., Inuit, Metis, First Nation)	30	1.2	1.4	86.4
	Non-Canadian Indigenous (e.g., American Indian, Quechua)	2	.1	.1	86.4
	Other	143	5.5	6.8	93.2
	Don't know	42	1.6	2.0	95.2
	Prefer not to answer	102	3.9	4.8	100.0
	Total	2118	82.0	100.0	
Missing	System	465	18.0		
Total		2583	100.0		

Mental Health - We asked participants to self-assess their mental health – BEFORE and AFTER – the COVID-19 pandemic.

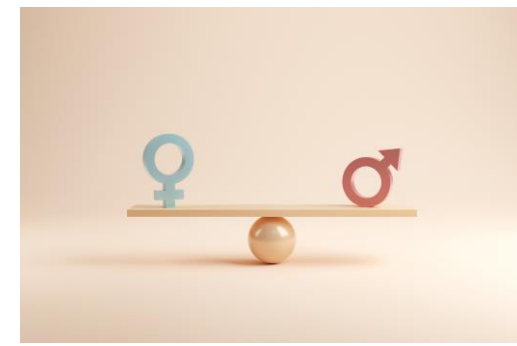
	Oxford			North Durham			Middlesex			Elgin		
Excellent	24.7%	12.6%	- 48%	27.4%	13.2%	- 51.8%	27.0%	13.8%	- 48.8%	25.5%	11.3%	- 55.6%
Good	48.7%	32.8%	- 32.6%	49.6%	34.8%	- 29.8%	49.4%	35.9%	- 27.3%	47.8%	32.6%	- 31.7%
Average	13.8%	20.7%	+ 33.3%	14.2%	21.9%	+ 35.1%	13.6%	20.9%	+ 34.9%	14.6%	21.2%	+ 31.3%
Satisfactory	6.1%	16.3%	+ 62.5%	4.9%	15.6%	+ 68.5%	5.9%	14.7%	+ 59.8%	6.1%	16.6%	+ 63.2%
Poor	2.0%	13.0%	+ 84.6%	1.6%	11.6%	+ 86.2%	1.1%	11.5%	+ 90.4%	2.1%	13.4%	+ 84.3%

	Bruce			Dufferin			Grey		
Excellent	27.4%	13.4%	- 51%	25.0%	12.6%	- 49.6%	25.9%	14.0%	- 45.9
Good	49.3%	39.3%	- 20.2%	53.1%	36.6%	- 31.1%	52.3%	38.6%	- 26.2
Average	11.4%	20.9%	+ 45.4%	13.6%	21.6%	+ 37%	12.0%	21.5%	+ 44.2
Satisfactory	5.3%	13.3%	+ 60.1%	4.7%	15.5%	+ 69.7%	5.5%	13.7%	+ 59.9
Poor	1.5%	7.2%	+ 76.4%	1.4%	10.2%	+ 86.3%	1.7%	8.9%	+ 80.9

How has COVID-19 impacted mental health?

	Aggregate change since start of pandemic
Excellent	- 50.1% [-51%] [-45.9%]
Good	- 28.4% [-20.2%] [-26.2%]
Average	+ 37.3% [+45.4%] [+44.2%]
Satisfactory	+ 63.4% [+60.1%] [+59.9%]
Poor	+ 84.2% [+76.4%] [+80.9%]

Gender & Mental Health



Dufferin

		Man	Woman
Mental health	Excellent	9.5%	15.9%
	Good	17.6%	36.6%
	Average	3.0%	10.9%
	Satisfactory	1.4%	3.4%
	Poor	0.5%	0.8%
Total		32.0%	67.5%

Oxford

		Man	Woman
Mental health	Excellent	10.3%	15.3%
	Good	17.7%	33.2%
	Average	4.0%	10.5%
	Satisfactory	1.6%	4.7%
	Poor	0.8%	1.3%
	Not applicable		
Total		34.4%	65.1%

Middlesex

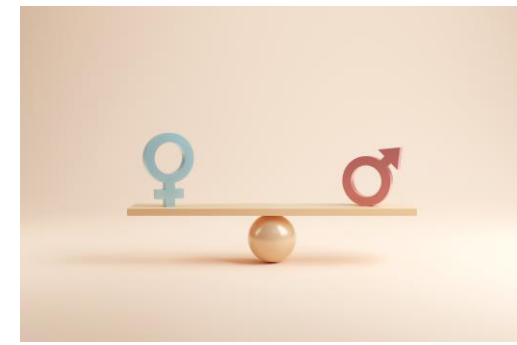
		Man	Woman
Mental health	Excellent	10.8%	17.0%
	Good	17.5%	33.1%
	Average	4.1%	9.7%
	Satisfactory	1.4%	4.6%
	Poor	0.1%	0.9%
	Not applicable	0.0%	0.1%
Total		34.1%	65.4%

		Man	Woman
Mental health	Excellent	5.9%	7.1%
	Good	15.0%	22.5%
	Average	5.6%	16.7%
	Satisfactory	3.5%	12.6%
	Poor	1.8%	8.5%
Total		32.0%	67.5%

		Man	Woman
Mental health	Excellent	6.8%	6.1%
	Good	14.1%	20.0%
	Average	6.2%	15.3%
	Satisfactory	4.3%	12.8%
	Poor	2.8%	10.7%
	Not applicable	0.2%	0.3%
Total		34.4%	65.1%

		Man	Woman
Mental health	Excellent	6.8%	7.3%
	Good	15.3%	21.5%
	Average	6.2%	15.2%
	Satisfactory	3.6%	11.4%
	Poor	2.3%	9.4%
	Not applicable	0.1%	0.3%
Total		34.5%	65.1%

Gender & Mental Health Before/After



North Durham		Man	Woman
Mental health	Excellent	10.3%	17.4%
	Good	15.2%	35.5%
	Average	3.8%	10.7%
	Satisfactory	1.6%	3.3%
	Poor	0.4%	1.2%
	Not applicable	0.1%	0.1%
Total		31.5%	68.2%

Bruce		Man	Woman
Mental health	Excellent	11.2%	17.6%
	Good	18.9%	32.9%
	Average	3.9%	8.2%
	Satisfactory	1.7%	3.9%
	Poor	0.6%	0.9%
	Not applicable	0.1%	
Total		36.3%	63.5%

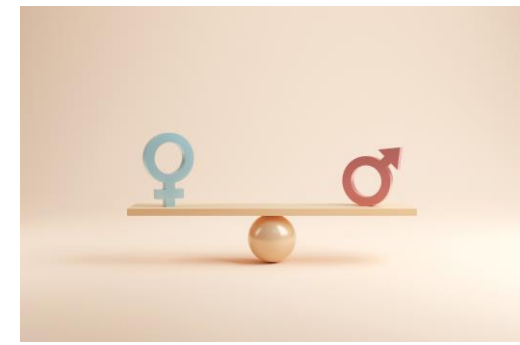
Grey		Man	Woman
Mental health	Excellent	10.5%	15.9%
	Good	18.4%	35.0%
	Average	3.6%	8.7%
	Satisfactory	1.7%	3.7%
	Poor	0.3%	1.4%
	Not applicable	0.1%	0.1%
Total		34.6%	64.8%

		Man	Woman
Mental health	Excellent	6.2%	7.5%
	Good	12.5%	23.3%
	Average	6.4%	15.7%
	Satisfactory	3.7%	12.3%
	Poor	2.4%	9.3%
	Not applicable	0.2%	0.2%
Total		31.4%	68.3%

		Man	Woman
Mental health	Excellent	6.4%	7.8%
	Good	17.1%	24.5%
	Average	6.7%	15.3%
	Satisfactory	3.9%	10.0%
	Poor	1.7%	5.8%
	Not applicable	0.2%	0.4%
Total		36.2%	63.7%

		Man	Woman
Mental health	Excellent	7.1%	7.2%
	Good	15.3%	24.1%
	Average	6.3%	15.9%
	Satisfactory	3.7%	10.3%
	Poor	2.0%	6.9%
	Not applicable	0.2%	0.4%
Total		34.5%	64.9%

Gender & Mental Health Before/After



Elgin

		Man	Woman
Mental health	Excellent	10.7%	15.5%
	Good	16.5%	33.0%
	Average	3.5%	11.5%
	Satisfactory	1.5%	4.9%
	Poor	0.5%	1.7%
	Not applicable	0.0%	0.1%
Total		32.8%	66.7%

		Man	Woman
Mental health	Excellent	6.4%	5.4%
	Good	13.4%	20.6%
	Average	5.6%	16.5%
	Satisfactory	4.3%	12.8%
	Poor	2.9%	11.0%
	Not applicable	0.2%	0.3%
Total		32.9%	66.6%

MALES

There was a 37% [42.8%] [32.4%] decrease in those who indicated that their mental health was excellent since the start of the pandemic and an 81% [64.7%] [85%] increase in those who indicated that their mental health was poor.

FEMALES

There was a 60% [55.7%] [55%] decrease in those who indicated that their mental health was excellence since the start of the pandemic and an 88% [85%] [80%] increase in those who indicated that their mental health was poor.

Age & Mental Health: Bruce County

Mental health * How old are you? Crosstabulation

% of Total

		How old are you?							Prefer not to answer	Total
		18 - 29 years	30 - 39 years	40 - 49 years	50 - 59 years	60 - 69 years	70 - 79 years	80+ years		
Mental health	Excellent	0.5%	1.9%	1.7%	4.0%	9.4%	8.4%	3.0%	0.0%	28.9%
	Good	1.4%	5.0%	4.4%	8.5%	15.9%	12.7%	4.0%		51.8%
	Average	0.7%	1.8%	1.4%	1.8%	3.6%	2.0%	0.7%	0.0%	12.0%
	Satisfactory	0.3%	0.9%	0.5%	0.8%	1.3%	1.2%	0.5%	0.0%	5.6%
	Poor	0.4%	0.3%	0.2%	0.4%	0.2%	0.1%	0.0%		1.6%
	Not applicable						0.0%			0.0%
Total		3.2%	9.9%	8.2%	15.5%	30.3%	24.5%	8.3%	0.1%	100.0%

Mental health * How old are you? Crosstabulation

% of Total

		How old are you?							Prefer not to answer	Total
		18 - 29 years	30 - 39 years	40 - 49 years	50 - 59 years	60 - 69 years	70 - 79 years	80+ years		
Mental health	Excellent	0.2%	0.3%	0.5%	1.9%	4.4%	4.9%	2.1%	0.0%	14.3%
	Good	0.8%	2.7%	2.8%	6.2%	13.3%	11.4%	4.2%		41.4%
	Average	0.9%	2.5%	2.6%	4.0%	6.5%	4.3%	1.2%	0.1%	22.1%
	Satisfactory	0.4%	2.4%	1.0%	2.3%	4.4%	2.6%	0.8%		14.0%
	Poor	0.9%	1.9%	1.2%	0.9%	1.7%	0.8%	0.1%	0.0%	7.6%
	Not applicable				0.0%	0.0%	0.4%	0.1%		0.6%
Total		3.3%	9.8%	8.1%	15.4%	30.3%	24.5%	8.4%	0.2%	100.0%

Age & Mental Health: Grey County

Mental health * How old are you? Crosstabulation

% of Total

		How old are you?							Prefer not to answer	Total
		18 - 29 years	30 - 39 years	40 - 49 years	50 - 59 years	60 - 69 years	70 - 79 years	80+ years		
Mental health	Excellent	0.4%	1.6%	1.4%	4.0%	8.6%	7.5%	2.9%	0.2%	26.6%
	Good	1.0%	3.5%	4.7%	8.2%	15.3%	15.3%	5.5%	0.2%	53.7%
	Average	0.5%	1.7%	1.6%	1.8%	3.2%	2.3%	1.1%	0.1%	12.2%
	Satisfactory	0.5%	0.5%	0.8%	0.9%	1.4%	1.0%	0.4%	0.0%	5.6%
	Poor	0.3%	0.3%	0.2%	0.3%	0.4%	0.1%	0.1%		1.7%
	Not applicable					0.1%	0.1%	0.1%		0.2%
Total		2.6%	7.6%	8.7%	15.3%	28.9%	26.3%	10.1%	0.5%	100.0%

Mental health * How old are you? Crosstabulation

% of Total

		How old are you?							Prefer not to answer	Total
		18 - 29 years	30 - 39 years	40 - 49 years	50 - 59 years	60 - 69 years	70 - 79 years	80+ years		
Mental health	Excellent	0.2%	0.4%	0.5%	1.8%	4.8%	4.6%	2.0%	0.2%	14.4%
	Good	0.3%	1.8%	2.2%	5.7%	11.7%	12.4%	5.5%	0.1%	39.7%
	Average	0.8%	2.1%	2.2%	3.5%	6.5%	5.3%	1.4%	0.2%	22.0%
	Satisfactory	0.6%	1.5%	2.0%	2.3%	4.1%	2.6%	1.0%	0.1%	14.1%
	Poor	0.8%	1.6%	1.8%	2.0%	1.7%	0.9%	0.2%	0.0%	9.1%
	Not applicable				0.0%	0.1%	0.2%	0.2%		0.6%
Total		2.6%	7.4%	8.7%	15.4%	28.9%	26.1%	10.3%	0.5%	100.0%

Age & Mental Health

	18 – 29yrs	30 - 39yrs	40 – 49yrs	50 – 59yrs	60 – 69yrs	70 – 79yrs
Excellent	-55% [-60%] [-50%]	-83% [-84.2%] [-75%]	-73% [-70.5%] [-64.3%]	-54% [-52.5%] [-55%]	-54% [-53.2%] [-44.2%]	-42% [41.2%] [-38.6%]
Good	-40%	-46%	-37%	-28%	-17%	-11%
Average	+23	+30%	+47%	+54%	+45%	+55%
Satisfactory	+12%	+61%	+48%	+83%	+71%	+55%
Poor	+57% [+56%] [+62.5%]	+85% [+84.3%] [+81.3%]	+87% [+83.3%] [+88.9%]	+61% [+55.6%] [+85%]	+89% [+88.2%] [+76.5%]	+90% [+87.5%] [+88.9%]





Contributors to Poor Mental Health

Worried about paying utilities	+48%
Worried about paying rent	+55%
Worried about living alone	+52%
Worried about illness or becoming ill	+73%
Worried about living with family	+67%
Worried about personal safety	+86%
Worried about how they're being perceived	+60%
Worried about friends and family	+59%

Aggregate Alcohol Consumption [Before/After]

Consume alcohol

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	More than 2x/wk	3357	17.8	21.0	21.0
	1 - 2 times/wk	4073	21.6	25.5	46.4
	1 - 2x/mnth	4357	23.1	27.2	73.7
	Never or not at all	4210	22.3	26.3	100.0
	Total	15997	84.8	100.0	
Missing	System	2867	15.2		
Total		18864	100.0		

Consume alcohol

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	More than 2x/wk	4154	22.0	26.2	26.2
	1 - 2x/wk	3450	18.3	21.8	48.0
	1 - 2x/mnth	3482	18.5	22.0	70.0
	Never or not at all	4744	25.1	30.0	100.0
	Total	15830	83.9	100.0	
Missing	System	3034	16.1		
Total		18864	100.0		

	Difference
More than 2x/wk	+ 19%
1- 2 times/wk	- 15.2%
1 - 2x/month	- 10.6%
Never or not at all	+ 11.1%

Aggregate Cannabis Consumption [Before/After]

Consume marijuana

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	More than 2x/wk	665	3.5	4.1	4.1
	1 - 2 times/wk	363	1.9	2.3	6.4
	1 - 2x/mnth	758	4.0	4.7	11.1
	Never or not at all	14276	75.7	88.9	100.0
	Total	16062	85.1	100.0	
Missing	System	2802	14.9		
Total		18864	100.0		

Consume marijuana

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	More than 2x/wk	891	4.7	5.6	5.6
	1 - 2x/wk	426	2.3	2.7	8.3
	1 - 2x/mnth	771	4.1	4.8	13.1
	Never or not at all	13837	73.4	86.9	100.0
	Total	15925	84.4	100.0	
Missing	System	2939	15.6		
Total		18864	100.0		

	Difference
More than 2x/wk	+ 25.5%
1- 2 times/wk	+ 17.3%
1 - 2x/month	+ 2.5%
Never or not at all	- 3%

Aggregate Access Social Services [Before/After]

I accessed social services (e.g., income supports, pre-employment services, food programs, counselling, other)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	631	3.3	4.0	4.0
	No	11647	61.7	73.8	77.8
	Sometimes	464	2.5	2.9	80.8
	Not applicable	3035	16.1	19.2	100.0
	Total	15777	83.6	100.0	
Missing	System	3087	16.4		
Total		18864	100.0		

I accessed social services (e.g., income supports, pre-employment services, food programs, counselling, other)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	1569	8.3	10.0	10.0
	No	11101	58.8	70.5	80.5
	Sometimes	404	2.1	2.6	83.1
	Not applicable	2666	14.1	16.9	100.0
	Total	15740	83.4	100.0	
Missing	System	3124	16.6		
Total		18864	100.0		

	Difference
Yes	+ 60.2%
No	- 4.7%
Sometimes	+ 16%

Aggregate Access Health Care Providers[Before/After]

I accessed health care providers for regular (e.g., annual) check-ups

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	13907	73.7	76.6	76.6
	No	3771	20.0	20.8	97.4
	Not applicable	453	2.4	2.5	99.9
	4	26	.1	.1	100.0
	Total	18157	96.3	100.0	
Missing	System	707	3.7		
Total		18864	100.0		

I accessed health care providers for regular (i.e., annual) check-ups

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	7987	42.3	45.4	45.4
	No	8279	43.9	47.1	92.5
	Not applicable	1062	5.6	6.0	98.6
	4	253	1.3	1.4	100.0
	Total	17581	93.2	100.0	
Missing	System	1283	6.8		
Total		18864	100.0		

	Difference
Yes	- 42.6%
No	+ 54.4%

Aggregate Access Mental Health Support[Before/After]

I accessed professional support for mental health

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	2674	14.2	14.8	14.8
	No	13269	70.3	73.4	88.2
	Not applicable	2119	11.2	11.7	99.9
	4	21	.1	.1	100.0
	Total	18083	95.9	100.0	
Missing	System	781	4.1		
Total		18864	100.0		

I accessed professional support for mental health

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	2193	11.6	12.3	12.3
	No	13705	72.7	76.7	88.9
	Not applicable	1905	10.1	10.7	99.6
	4	70	.4	.4	100.0
	Total	17873	94.7	100.0	
Missing	System	991	5.3		
Total		18864	100.0		

	Difference
Yes	- 18.3%
No	+ 3.3%

In September 2022, which aspects of your life do you predict to be most vulnerable?

	Percent
My family and home life	18.7%
My career, job, and work life	8.9%
My mental health	16.6%
My relationships with friends	17.8%
My finances	18.7%
My physical health	50.4%





Given your experience since the start of the COVID-19 pandemic, which of the following are your top three issues that you believe should require more support from the government?

	Percent
Education (K – 12)	27.7%
Education (post-secondary)	8.7%
Healthcare	78.9%
Housing	44%
Childcare	21%
Economic Development	25.5%
Risk Management	9.9%
Mental Health & Addiction	50.4%

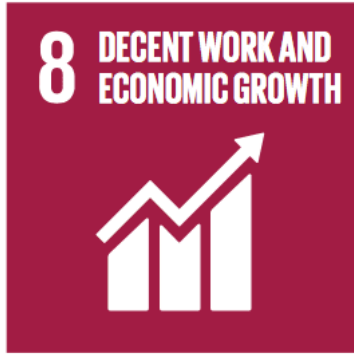
The take home ...

- COVID-19 has impacted ALL residents, however:
 - Self-identifying females disproportionately impacted (statistically significant)
 - Residents under 40 years have been disproportionately impacted (statistically significant)
 - Self-identifying females, under 30 years, the most significant impact (statistically significant)
 - Income NOT statistically significant
 - NO statistically significant difference across regions (exceptions around Bruce)



What are MY recommendations for YOU?

1. Argue for locally collected data
2. Education campaign (i.e., what does mental health mean?)
3. Targeted supports (e.g., females, residents <40 years)
4. Social service funding/support
5. Recruiting health care providers



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