

CANADA

Young adults aged 18-34 in Canada have an MHQ of 32 which puts them at a rank of 65 out of 84 countries. Older adults ranked at 49 compared to their global counterparts with a higher MHQ score of 96.

UPF consumption ranked high across both age groups (9th highest for those 18-34 with 69% consuming UPF regularly and 6th highest for those 55+ but with a lower percentage of 44% consuming UPF regularly).

The 18-24 group ranked 36 for a younger age of smartphone in childhood (or higher percentage of childhood on a smartphone).

Family closeness ranked in the middle third for the 18-34 and bottom third for the 55+ group.

Both younger and older adults ranked in the bottom quartile on spirituality (rank 59 out of 69 for both the 18-34 and 55+ age groups).

- Negative factors that degrade mind health
- Positive factors that enhance mind health

