

INFO BRIEF

FAST FACTS ON...

VETERAN PHYSICAL & MENTAL HEALTH

According to the Life After Service Studies, Canadian Regular Force Veterans (released from 1998-2012) reported high levels of life satisfaction. However, when compared to the general Canadian population, there are some areas of concern for Veterans including much higher prevalences of chronic pain, musculoskeletal disorders, hearing problems and mental health conditions (see Figure 1).

1 Majority rate health “very good/excellent”

Over half of Regular Force Veterans (53%) rate their health as “very good/excellent”. This is less than the general Canadian population (63%).

2 Physical health conditions more likely

Chronic physical health conditions are 3-4 times more prevalent in Regular Force Veterans than chronic mental health conditions.

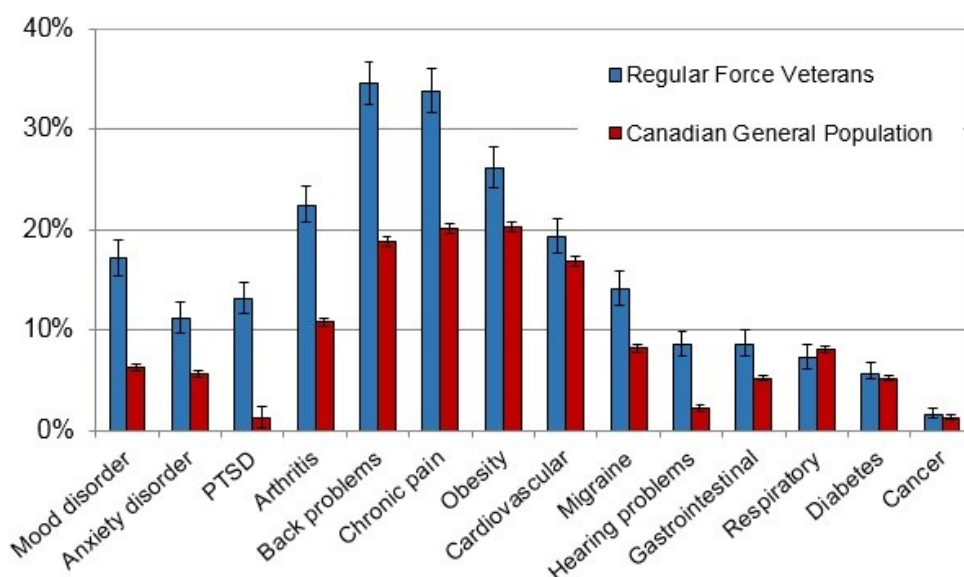
3 Co-occurrence is common

90% of those with a mental health condition also report a physical health condition. This comorbidity has a disproportionate impact on the Veteran’s quality of life.

4 Stress levels similar to Canadians

Regular Force Veterans are slightly less likely than the general Canadian population to report high life stress (23% vs 26%).

Figure 1: Prevalence of Chronic Conditions



...see back for References

Info Brief Reference (Veteran Physical and Mental Health):

Thompson JM, Van Til L, Poirier A, Sweet J, McKinnon K, Sudom K, Dursun S, Pedlar D. *Health and Well-Being of Canadian Armed Forces Veterans: Findings from the 2013 Life After Service Survey*. Charlottetown PE: Research Directorate, Veterans Affairs Canada.03 July 2014.

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