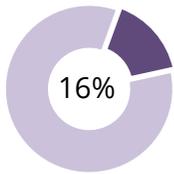
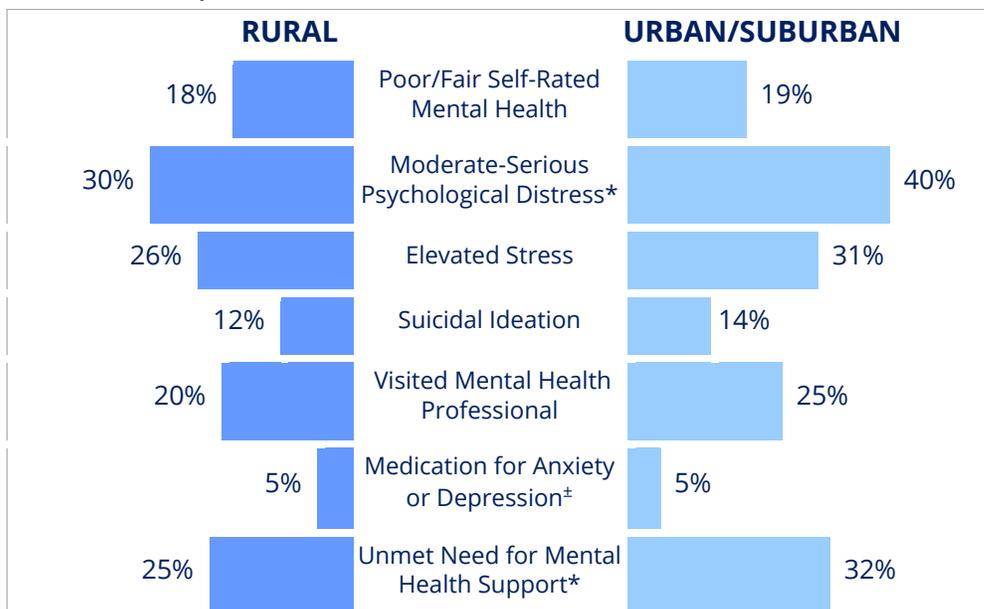


## Mental Health and Physical Health Indicators Among Ontario Students in Rural Areas



About 16% of Ontario students in grades 7-12 attended a school in a rural area in 2017.<sup>†</sup>

Percentage of students reporting mental health indicators by rural versus non-rural area, 2017 OSDUHS



Students who attended schools in rural areas of the province were significantly *less likely* than students who attended urban/suburban schools to report a moderate-to-serious level of psychological distress, and an unmet need for mental health support.

\* significant difference ( $p < .05$ ); <sup>‡</sup> among grades 9-12 only.

Percentage of students reporting physical health indicators by rural versus non-rural area, 2017 OSDUHS



\* significant difference ( $p < .05$ ).

Students who attended schools in rural areas of the province were significantly *more likely* than students who attended urban/suburban schools to report daily physical activity, and *less likely* to report three or more hours of screen time daily.

<sup>†</sup> Rural is based on Statistics Canada's definition of rural area classification, and derived using the 2016 Census Postal Code Conversion File (PCCF).