

Community Belonging and Perception of Health

People with a very strong sense of community belonging were:

2.6x

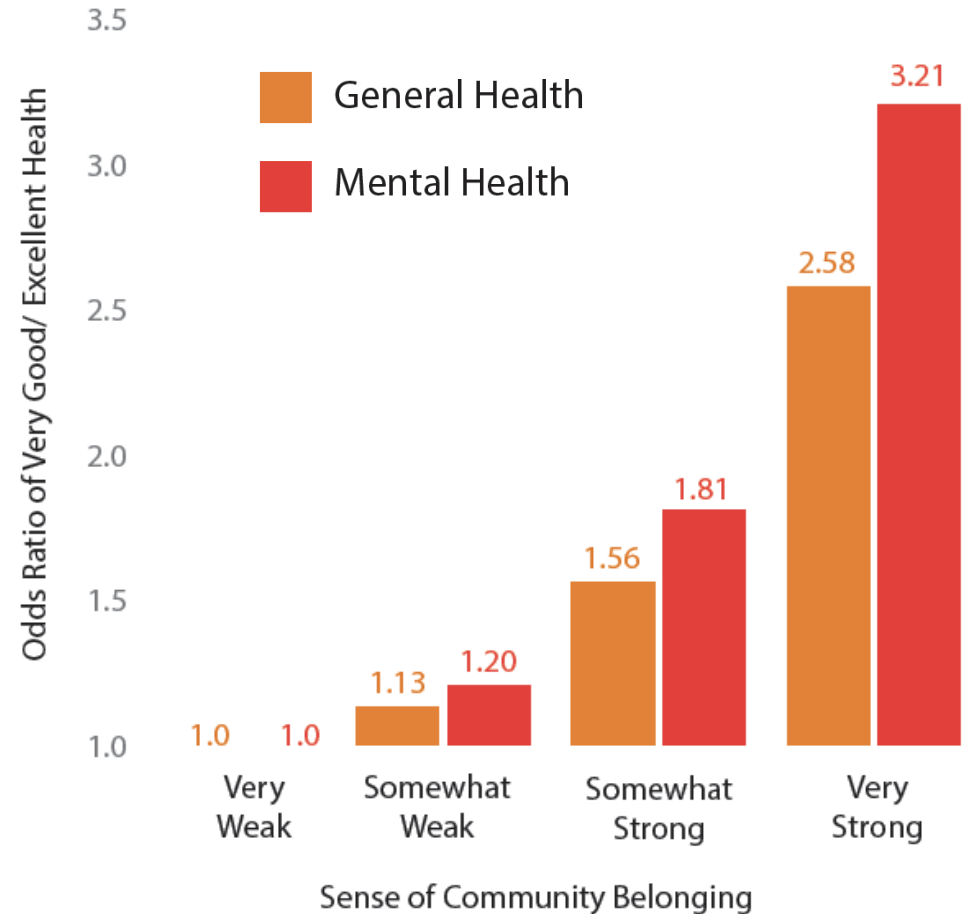
MORE LIKELY TO REPORT VERY GOOD/ EXCELLENT HEALTH*

3.2x

MORE LIKELY TO REPORT VERY GOOD/EXCELLENT MENTAL HEALTH*

*compared to those with very weak sense of community belonging

ASSOCIATION BETWEEN SENSE OF COMMUNITY BELONGING AND PERCEPTION OF HEALTH



Number of People to Confide In and Perception of Health

People with 7+ people to confide in were:

70%

MORE LIKELY TO REPORT VERY GOOD/ EXCELLENT GENERAL HEALTH**

3.4x

MORE LIKELY TO REPORT VERY GOOD/EXCELLENT MENTAL HEALTH**

**compared to those with no one to confide in.

ASSOCIATION BETWEEN NUMBER OF PEOPLE TO CONFIDE IN AND PERCEPTION OF HEALTH

