



Capital Health

# Our Health Community Conversations

## District and Local Survey Highlights

### Highlights from all Community Health Boards

#### Healthy Living

- 89% rated their general health as good, very good or excellent
- 44% – physically inactive
- 62% – below fruit and vegetable requirement
- 62% – overweight or obese (aged 18 years or older, excluding pregnant females)
  - 24% thought their weight was “just about right”
- 69% intended to improve their physical health in the next 12 months

#### Chronic Conditions

- 66% (15 yrs+) reported having at least one chronic condition (such as back problems, arthritis, cardiovascular conditions, asthma, migraine headaches, diabetes, cancer, bowel disorder, mood disorder).
  - Those who were physically inactive or overweight/obese were more likely to have one or more chronic condition.

#### Access to Health Services & Information

- 96% have access to a regular medical doctor. This is higher than the national average of 86%.
- 41% required a visit to a medical specialist in the past 12 months. This is higher than the national average of 28%.
  - Of these, 23% experienced difficulty getting the specialized care and wait times were a common difficulty (83%).

#### Health Screenings (in the past 12 months)

- 50% Eye Exam
- 44% Flu Shot
- 83% Blood Pressure
- 7% Fecal Occult Blood Test
- 5% Colonoscopy/Sigmoidoscopy
- 56% Pap Test
- 49% Mammogram
- 46% Breast Exam
- 34% PSA
- 23% Digital Rectal Exam

#### Mental Health

- 19% have seen or talked to a health professional about their mental or emotional health in the past 12 months (an average of 5 times)
  - 55% of these respondents contacted their family doctor about their emotional or mental health concerns

#### Stress

- 65% experience daily stress
- 72% experience stress at work
- 91% believe they have the ability to handle unexpected and difficult problems
- 95% believe they have the ability to handle the day-to-day demands of life

#### Sense of Belonging

- 32% indicated that they have a weak sense of belonging to their community.
  - These people were generally between the ages of 20 and 34, had lower income, had no medical doctor or insurance, and rated mental and oral health negatively. This was consistent across rural and urban areas.

#### Smoking

- 20% of survey respondents smoke

#### Gambling (in the past 12 months)

- 26% instant win/scratch or daily lotto
- 8% VLTs
- 1% Internet or arcade gambling

#### Oral Health

- 10% reported fair or poor oral health

#### Alcohol Consumption

- 9% consume 5 or more drinks on one occasion at least once a week

#### Sexual Health

- 92% sexually active
- 29% used a condom the last time they had sexual intercourse
- 9% have been diagnosed with an STD

### West Hants/Uniacke

- 84% felt they had someone to show love and affection toward
- 86% had someone to count on
- To cope with stress, 34% eat more or less than usual, 24% sleep more, 12% smoke more, 17% use alcohol, drugs or medication
- 26% are smokers compared to 20% in the rest of Capital Health

### Cobequid

- 23% reported being physically active compared with 29% in the rest of Capital Health
- 62% have at least one chronic health condition
- 62% over the age of 18 are overweight or obese
- 75% intend to improve their health

### Eastern Shore/Musquodoboit

- Younger age groups, especially younger women, used sunscreen more than others
- 72% reported having at least one chronic health condition compared to 66% in the rest of Capital Health
- Chronic health conditions increased with age, with 90% of seniors likely to have at least one chronic condition

### Southeastern

- 11% had diabetes compared to 8% in the rest of Capital Health
- 20% smoke, on average with the rest of Capital Health
- 71% of smokers said they had a serious desire to quit compared to 64% in the rest of Capital Health

### Chebucto West

- 34% felt a weak sense of belonging to their local community
- 21% of respondents have seen or talked to a health professional about their emotional or mental health within the past 12 months
- 31% have never had a flu shot
- loss of respect by the young toward elders was the number one community problem

### Halifax

- 87% were generally satisfied with life
- 52% said spiritual values played an important role in their lives
- 66% had some stress in their daily lives
- 36% participate in volunteer activity
- 33% don't feel a strong connection to the community

### Dartmouth

- 72% feel they should improve their health in the future
- 12% have had an STD – slightly higher than the rest of Capital Health
- 65% of people reported some level day-to-day stress
- 19% watch television/videos for more than 20 hours/week
- 33% feel their sense of belonging to their community is weak



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## About Capital Health

- Capital Health provides health programs and services to the people of Nova Scotia, from West Hants to Sheet Harbour (including Halifax Regional Municipality) – that's 400,000 people. We also provide critical, trauma and specialized care to residents of Atlantic Canada.
- We provide much more than inpatient hospital care. You'll also find us in the community, providing mental health services, public health services (like immunizations, pre- and post-natal care and school health), addiction prevention and treatment services, environmental health services, care for the elderly and continuing care. We also support family physicians in our district through our District Department of Family Practice.
- We are Nova Scotia's second largest employer, with 11,000 employees – nearly the population of Truro.
- Capital Health spends an average of \$2 million per day to provide care and promote health.
- Capital Health is educating the health care professionals of tomorrow. We have 400 medical students, 500 post-graduate students, 120 nursing students, 100 health sciences students and 3,500 students learning here from other institutions.
- Capital Health, in partnership with organizations like Dalhousie University and the IWK Health Centre, is a hub of research in Atlantic Canada. We have 550 people working on research to improve health in our province and around the world.
- More than 2,000 volunteers work in more than 300 programs at Capital Health. These volunteers are part of the Capital Health team, helping achieve our vision of becoming a world-leading haven for people-centred health, healing and learning.
- Capital Health includes seven Community Health Boards. These boards, led by volunteers, are the eyes, ears and voice for the health of our communities. Their work informs Capital Health on the health needs of our communities and helps shape health services plans for the district. Capital Health's Community Health Boards award community development grants to community-based projects and organizations for a wide variety of health and wellness initiatives aimed at improving the health of our citizens.
- As a citizen who cares about your health, you are a part of the Capital Health team. Together and as individuals, we will make decisions and take actions that will make each of us and our communities healthier. That is Our Promise. To learn more or to share your thoughts on what we can do together to improve the health of our communities, visit [www.ourpromise.ca](http://www.ourpromise.ca).

## Our Health Community Conversations

**ALL SESSIONS ARE FROM 6:30-8:30**  
**There will be a meet and greet at 6pm before each session.**

### Halifax Community Health Board

**October 5** Our Lady of Lebanon Church  
3844 Joseph Howe Drive, Halifax

### Dartmouth Community Health Board

**October 6** Dartmouth North Community Centre  
134 Pinecrest Drive, Dartmouth

### Chebucto West Community Health Board

**October 7** Our Lady of Lebanon Church  
3844 Joseph Howe Drive, Halifax

### Southeastern Community Health Board

**October 8** Cole Harbour Library, Cole Harbour Place  
51 Forest Hills Parkway, Dartmouth

### Eastern Shore/Musquodoboit Community Health Board

**October 14** Gaetz Brook Junior High School, Cafeteria  
6856 Highway #7, Gaetz Brook

### West Hants/Uniacke Community Health Board

**October 15** Three Mile Plains Community Hall  
4474 Highway #1, Three Mile Plains

### Cobequid Community Health Board

**October 21** Sackville Lion's Club  
101 Old Beaver Bank Road, Lower Sackville

## Our Health Community Conversations

### Survey Overview

In May and June, the seven Community Health Boards (CHB) of Capital Health, in cooperation with the IWK Health Centre, conducted an extensive telephone survey with 2,800 residents in HRM and West Hants. This survey, called *Our Health*, asked about health and health behaviours.

Every citizen in the Capital Health district can play an important role in setting health priorities in their community. Each Community Health Board is hosting open meetings where we will be asking you for help in setting priorities for health program and service planning in your community and across Capital Health.

- Total people surveyed in HRM and West Hants: 2,819
- Total people surveyed in each CHB area: 400+
- Considered accurate within 5%, 19 times out of 20
- Based on the Canadian Community Health Survey developed by StatsCan
- Survey sample is representative of age and gender
- 40-minute telephone survey conducted in May and June 2009

### Community Health Boards:

#### Who we are

There are seven CHBs within Capital Health. They are volunteer community advisory boards that act as the eyes, ears and voice for health at the community level. CHB volunteers come from all walks of life and reflect the diversity of our communities. Each board recruits members from its local area, and Board members generally serve three-year terms.

Community Health Boards contribute to the health of communities by:

- building awareness and advocating for local health issues
- creating capacity through community development
- building relationships that foster collaborative partnerships
- sharing local health issues and concerns with Capital Health, the IWK Health Centre and other community partners
- working collaboratively to improve the health of communities at a local level.

For complete survey results and other information, please visit [www.ourhealthsurvey.ca](http://www.ourhealthsurvey.ca) or call 460-6873

*Our Health Community Conversations* is an initiative of the seven Community Health Boards of Capital Health.

