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# Our Health Community Conversations

## District and Local Survey Highlights





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# Purpose of this Conversation

The results are in...

and

We need your help...



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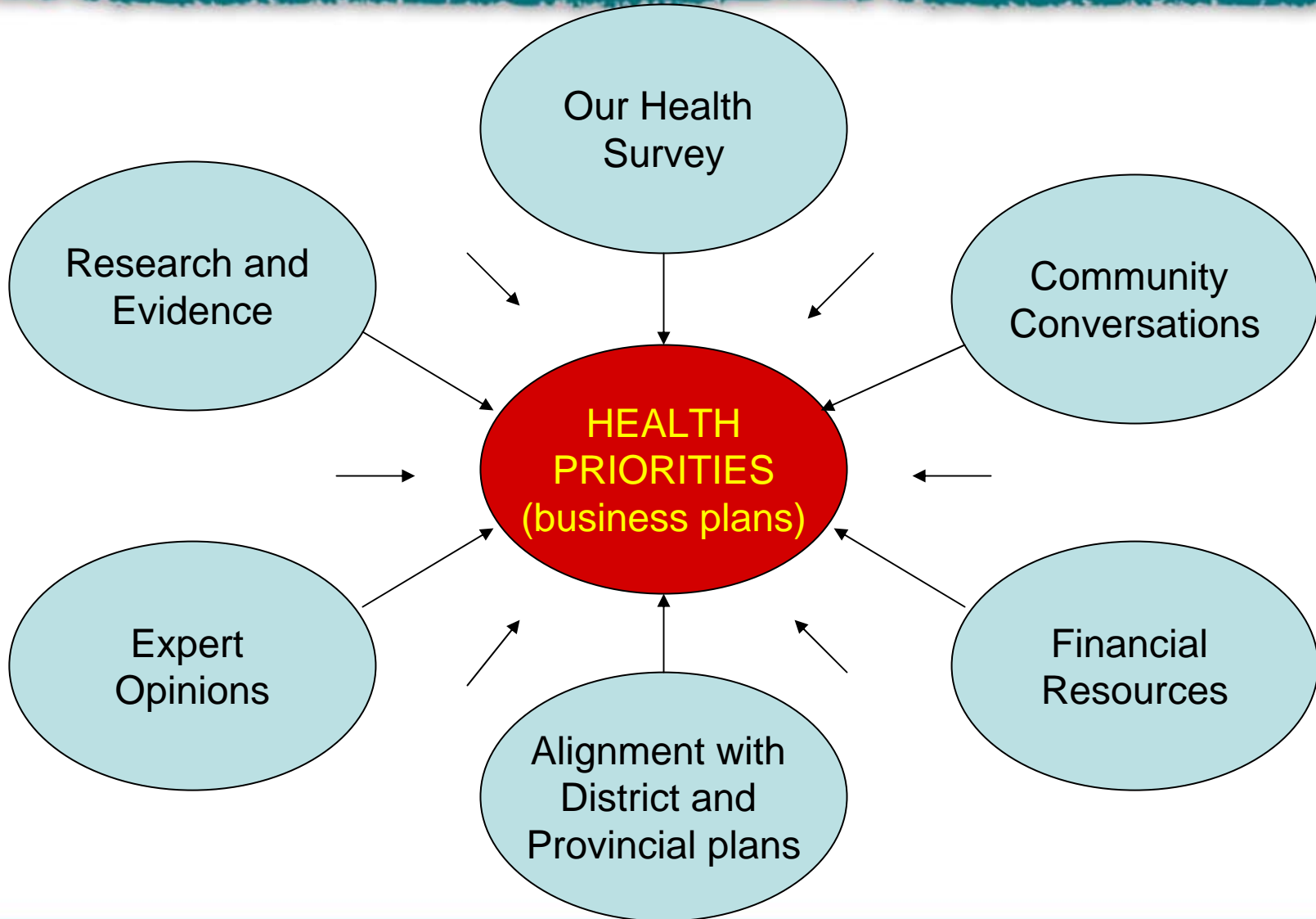
# The Survey: Our Health

- First ever comprehensive survey of health status, behaviors and other factors at the CHB level
- Supports the development of Community Health Plans and helps guide business planning within Capital Health



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# Priority Setting





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# Survey Approach

- Length: 40 minute telephone/cell phone survey
- Questions come from the Canadian Community Health Survey (75% core / 25% unique)
- 2819 respondents (~ 400 per CHB) 15 years of age or older
- Sample selections were based on age & gender
- Results are accurate +/- 5.0 percentage points, 19 times out of 20



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# Key Survey Results

89% rated their general health as good, very good or excellent. Despite this, key health issues were identified...



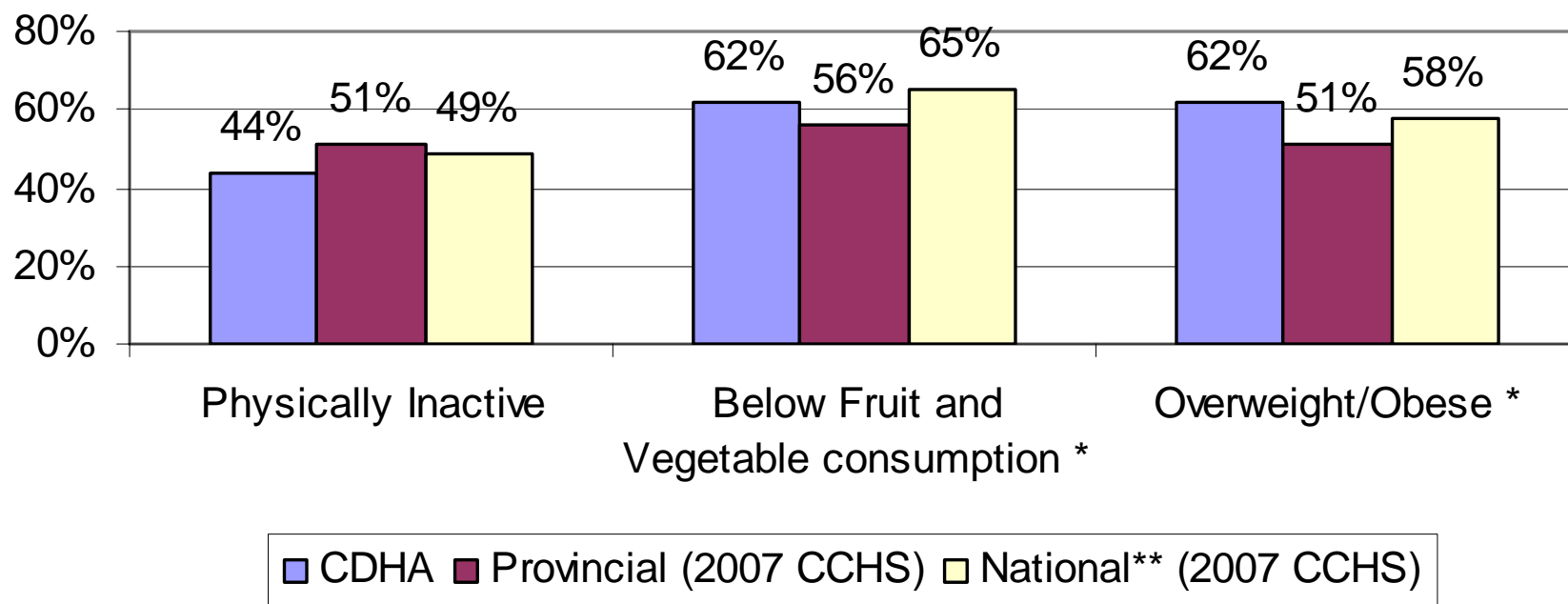
# Living Healthy Snapshot

- 44% - physically inactive
- 62% - below fruit & vegetable requirement
- 62% - overweight or obese \*
  - 24% thought their weight was “just about right”

*\* Aged 18 years or older, excluding pregnant females*



# Living Healthy Comparison



\* District results are not significantly different from provincial results

\*\* National results are provided for reference only. Unable to determine statistical significance

◆ Self reported data from CDHA's "Our Health 2009" survey



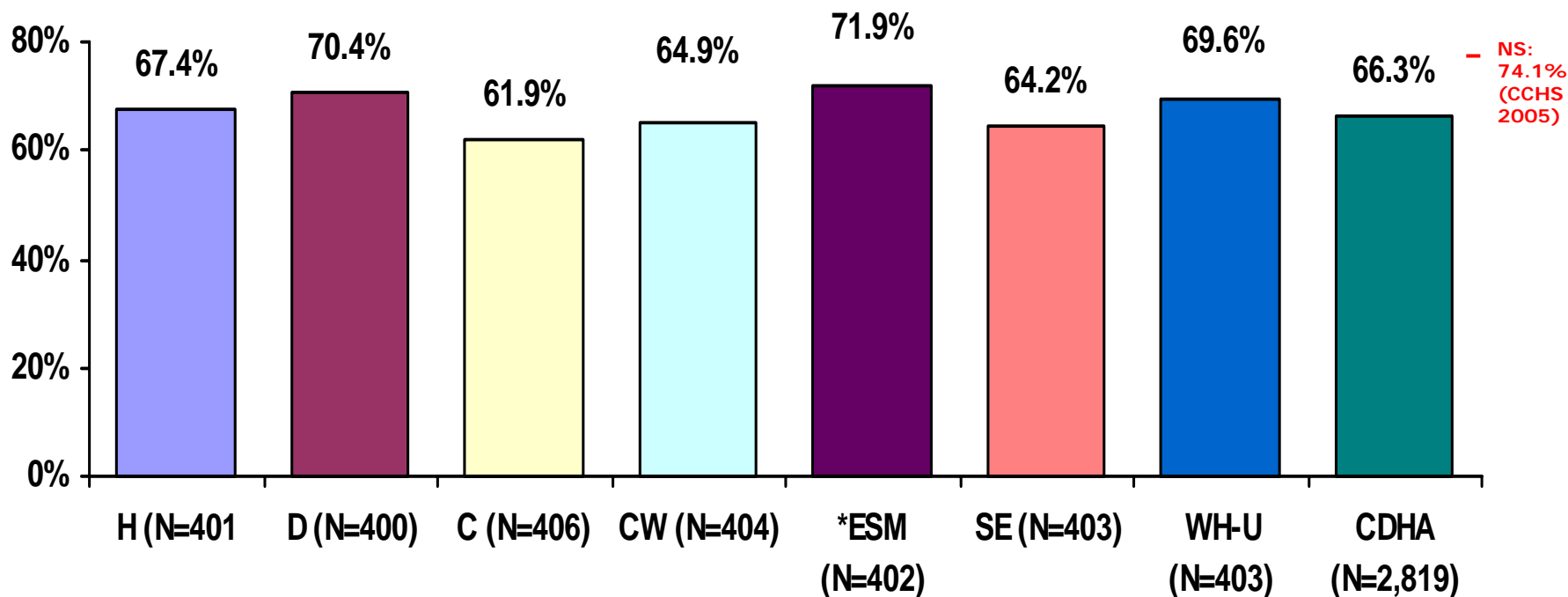
# Intentions to Live Healthy

- 73% felt they should make changes to their physical health (69% of these intended to do so within the next 12 months). The top three ways they intend to do this are:
- Start/increase exercise/sports/physical activity (65%)
- Change diet/improve eating habits (23%)
- Lose weight (17%)



# Chronic Conditions

- 66% (15 yrs+) reported having at least one chronic condition.



\* Significant difference between particular CHB and CDHA.

△ Comparisons cannot be made between CHBs as statistical significance tests have not been completed. The CHB data is presented for informational value only.



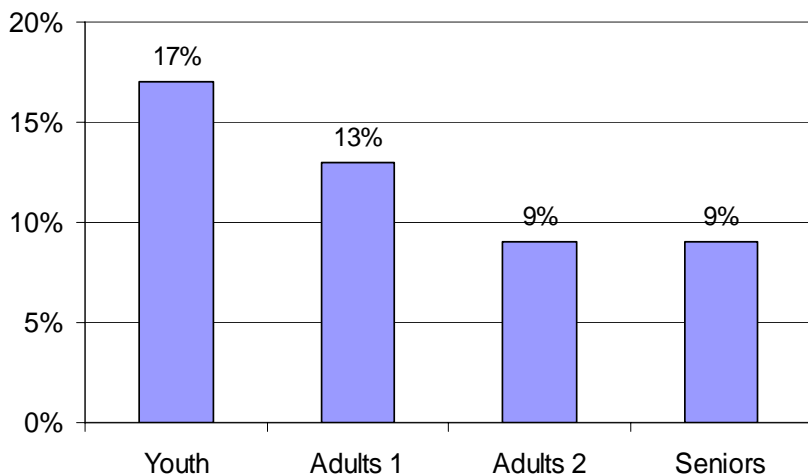
# Chronic Conditions continued...

- Those who were physically inactive or overweight/obese were more likely to have one or more of the following chronic conditions:
  - Arthritis
  - Back problems
  - High blood pressure
  - Heart disease
  - Asthma
  - Diabetes
- Chronic conditions vary by age and gender. For instance:

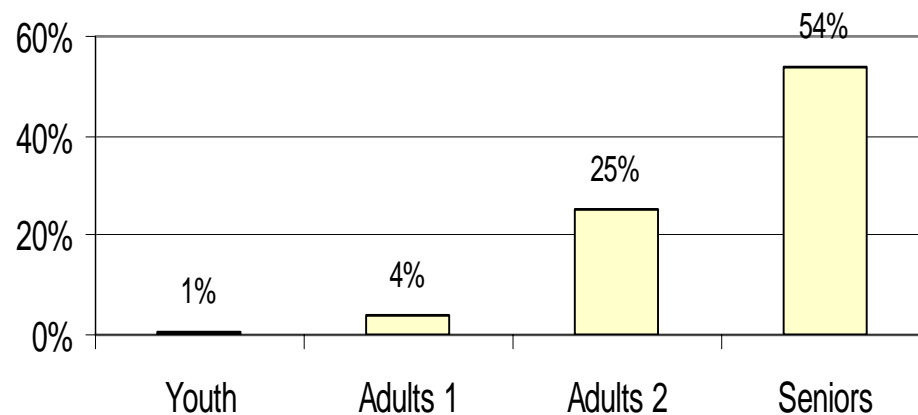


# Ex: Chronic Condition that Varied by Age

Asthma by Age



Cardiovascular Conditions by Age



Youth -15-19

Adults 1 – 20-34

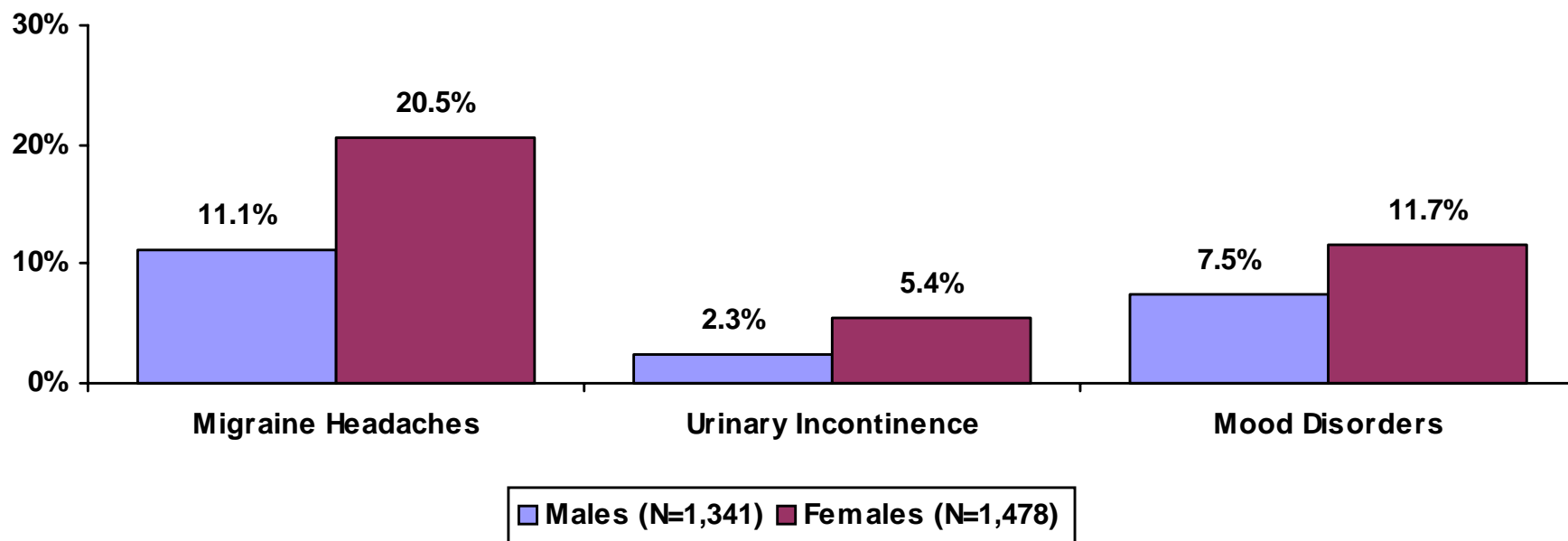
Adults 2 – 34-65

Seniors – 65+

◆ Self reported data from CDHA's "Our Health 2009" survey



## Ex: Chronic Condition that Varied by Gender



◆ Self reported data from CDHA's "Our Health 2009" survey

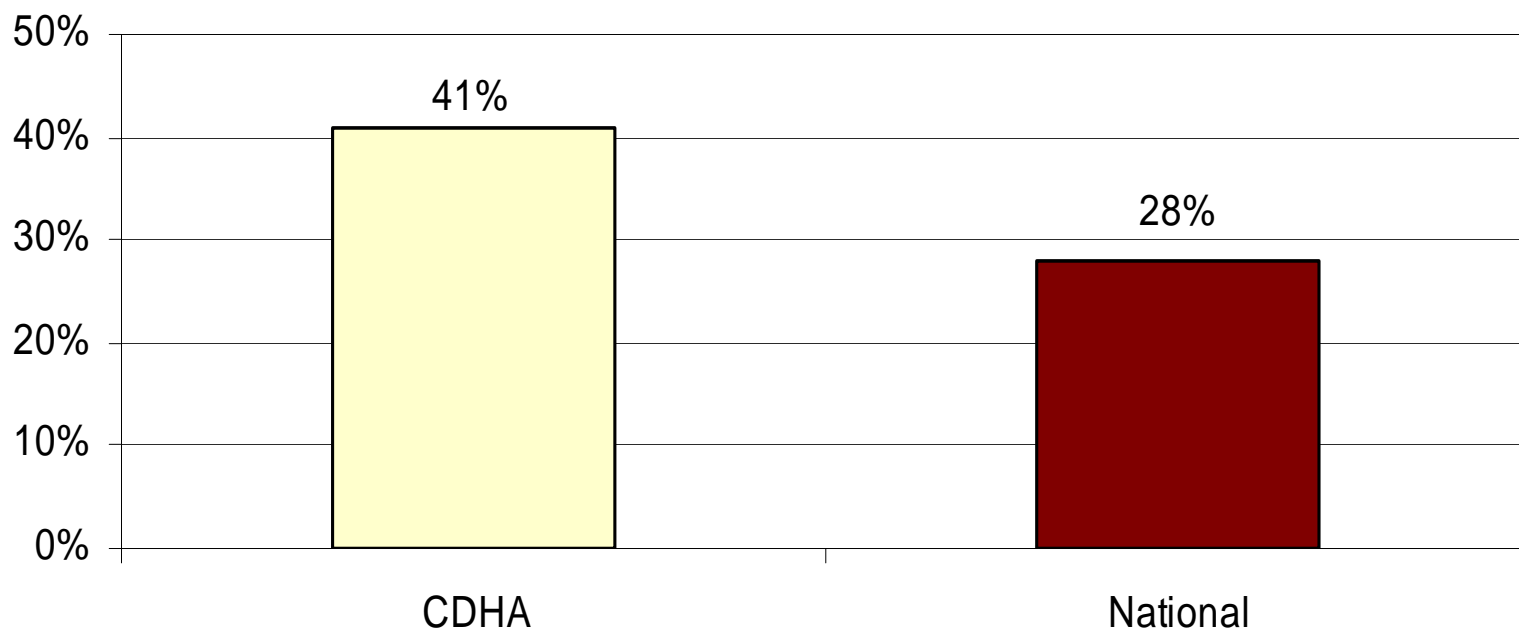


# Access to Health Services & Information

- 96% have access to a regular medical doctor
  - Similar to the province (94%)
  - Higher than the national average (86%)
- 41% required a visit to a medical specialist in the past 12 months
  - No provincial data is available
  - Higher than the national average (28%)
- Of those, 23% experienced difficulty getting the specialized care
  - Wait times common difficulty (83%)



## Referrals to Medical Specialists



◆ Self reported data from CDHA's "Our Health 2009" survey

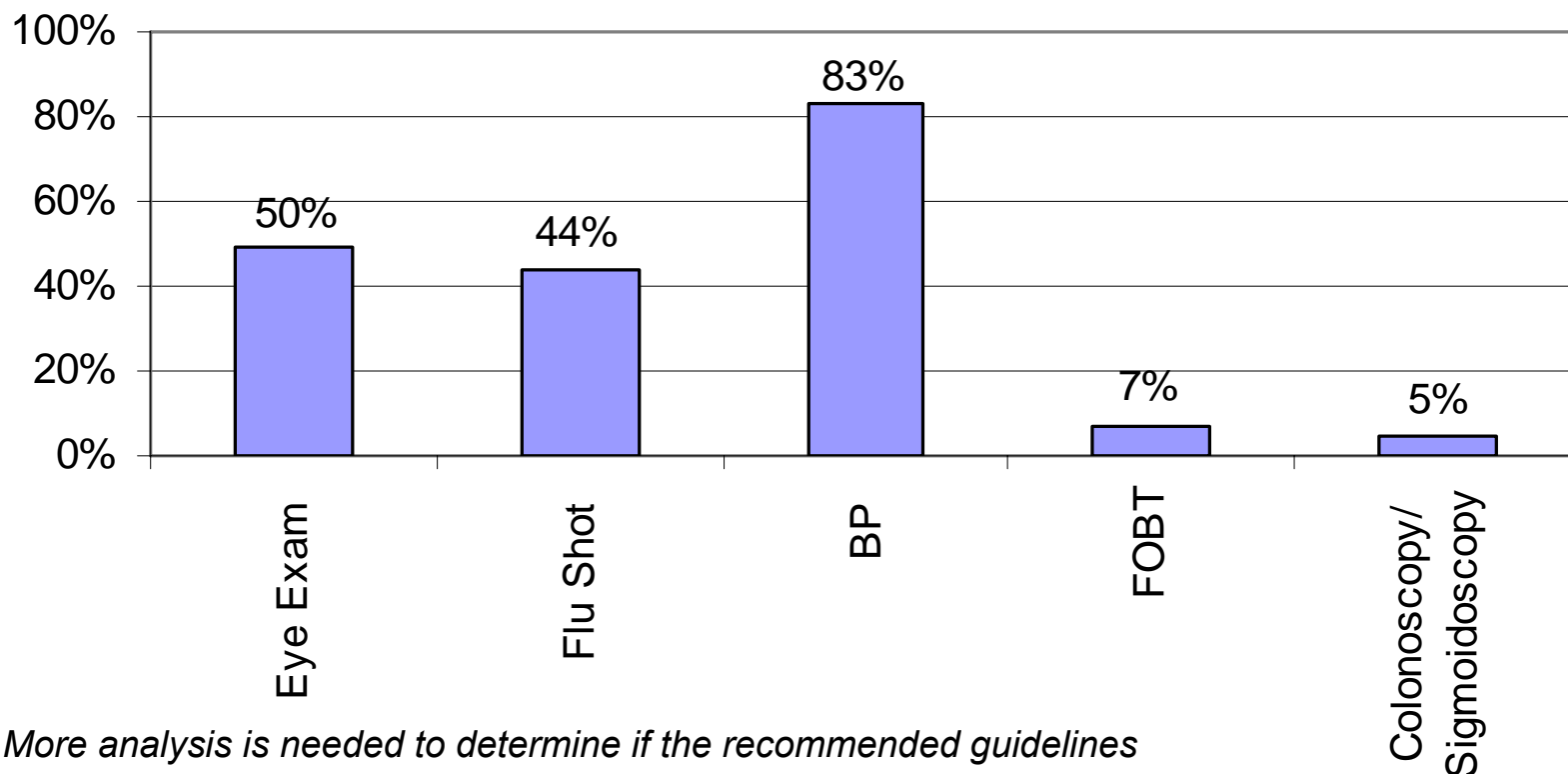


# Health Screenings

- Health screenings are important preventive health measures
- The survey shows... some people are being screened. However,
- The survey does not show... how close we are to meeting current screening guidelines



# Past Year General Health Screenings \*



\* More analysis is needed to determine if the recommended guidelines are being met

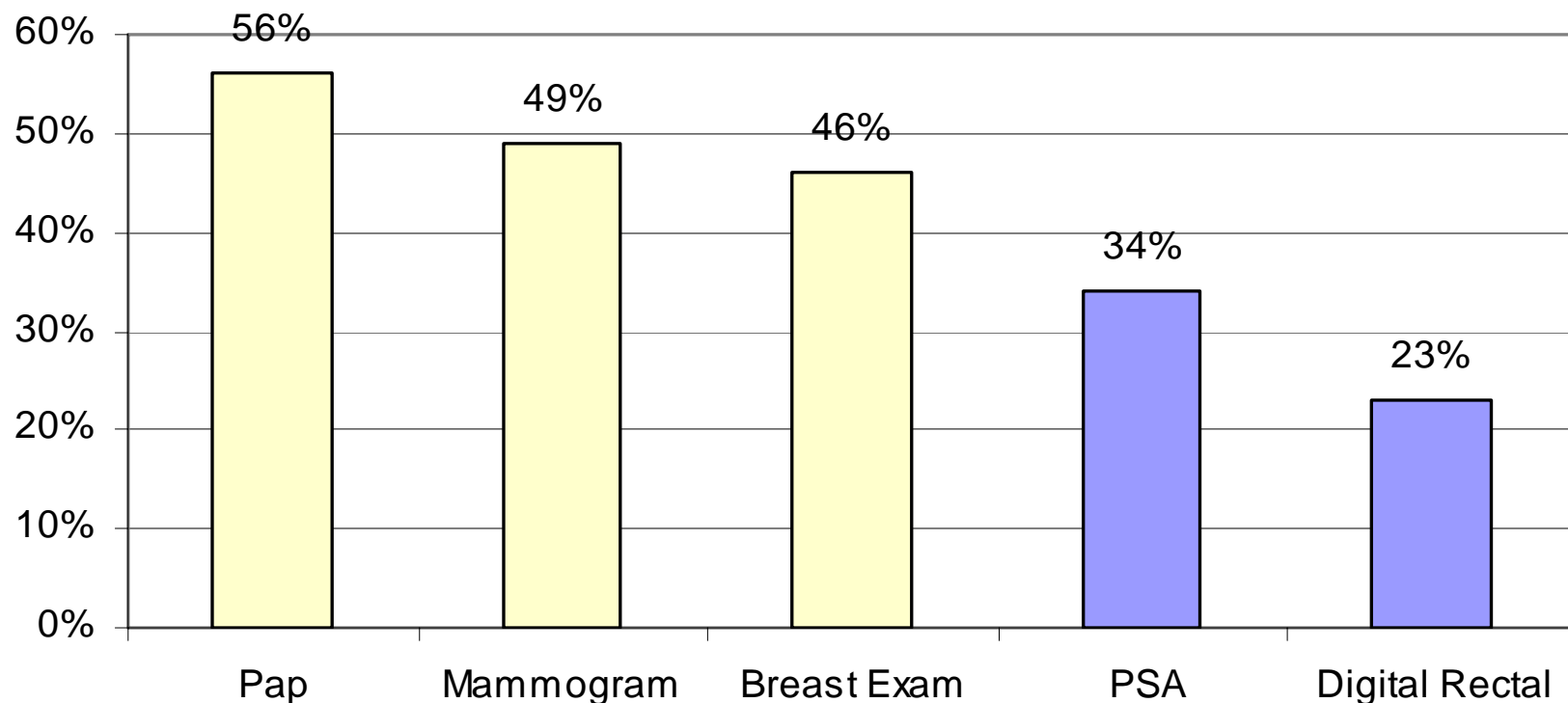
<sup>1</sup> asked to those 18 years of age or older – eye, flu & BP

<sup>2</sup> asked to those 35 years of age or older – FOBT & colonoscopy/sigmoidoscopy

♦ Self reported data from CDHA's "Our Health 2009" survey



# Past Year Gender Specific Health Screenings \*



\* More analysis is needed to determine if the recommended guidelines are being met

<sup>1</sup> asked to those females 18 years of age or older – pap, breast exam

<sup>2</sup> asked to those 35 years of age or older – mammogram, PSA, Digital Rectal

◆ Self reported data from CDHA's "Our Health 2009" survey



# Mental Health

- 19% have seen or talked to a health professional about their mental or emotional health in the past 12 months (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

However:

- 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
  - Generally were between ages 20-34, lower income, no medical doctor or insurance, rate mental and oral health negatively
  - Across urban & rural areas



## Other Key Issues

- Smoking (20%)
- Gambling (in the past 12 months)
  - 26% instant win/scratch or daily lotto
  - 8% VLTs
  - 1% Internet or arcade gambling
- Oral health (10% *fair* or *poor* oral health)
- Alcohol consumption
  - 9% consume 5 or more drinks on one occasion at least once a week
- Sexual health
  - 92% active
  - 29% used a condom the last time they had sexual intercourse
  - 9% have been diagnosed with an STD



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# Table Conversation

Given this information, your knowledge and experience...

Which health issues should be priorities for the CHBs Capital Health and the IWK Health Centre for the coming years?



## **Common Issues**

(across all CHBs)

- Physical inactivity/Healthy eating/Healthy weight
- Chronic conditions
- Access to health services information
- Health screenings
- Mental health
- Stress
- Sense of belonging

## **Other Key Issues**

(identified in some CHBs)

- Gambling
- Oral health
- Alcohol consumption
- Smoking
- Sexual health