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Our Health Community Conversations

# Our Health: A Community Health Assessment Survey

## Chebucto West Community Health Board Presentation





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# Purpose of this Evening

- Share information on the health of the citizens in our communities
- Increase community participation in health planning
- Help Community Health Boards, Capital Health and the IWK Health Centre identify priorities for action on health issues



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# Community Health Boards

- There are 7 CHBs within Capital Health
- Legislated CHB Role:
  - Assess the health of the community
  - Identify health issues and priorities
  - Recommend health improvement actions to Capital Health



# Communities within Chebucto West CHB

- Clayton Park
- Flemming Heights
- Hacketts Cove
- Hatchet Lake
- Herring Cove
- Hubbards
- Peggy's Cove
- Prospect
- Sambro
- Spryfield
- St. Margarets Bay
- Tantallon
- Terence Bay
- Timberlea



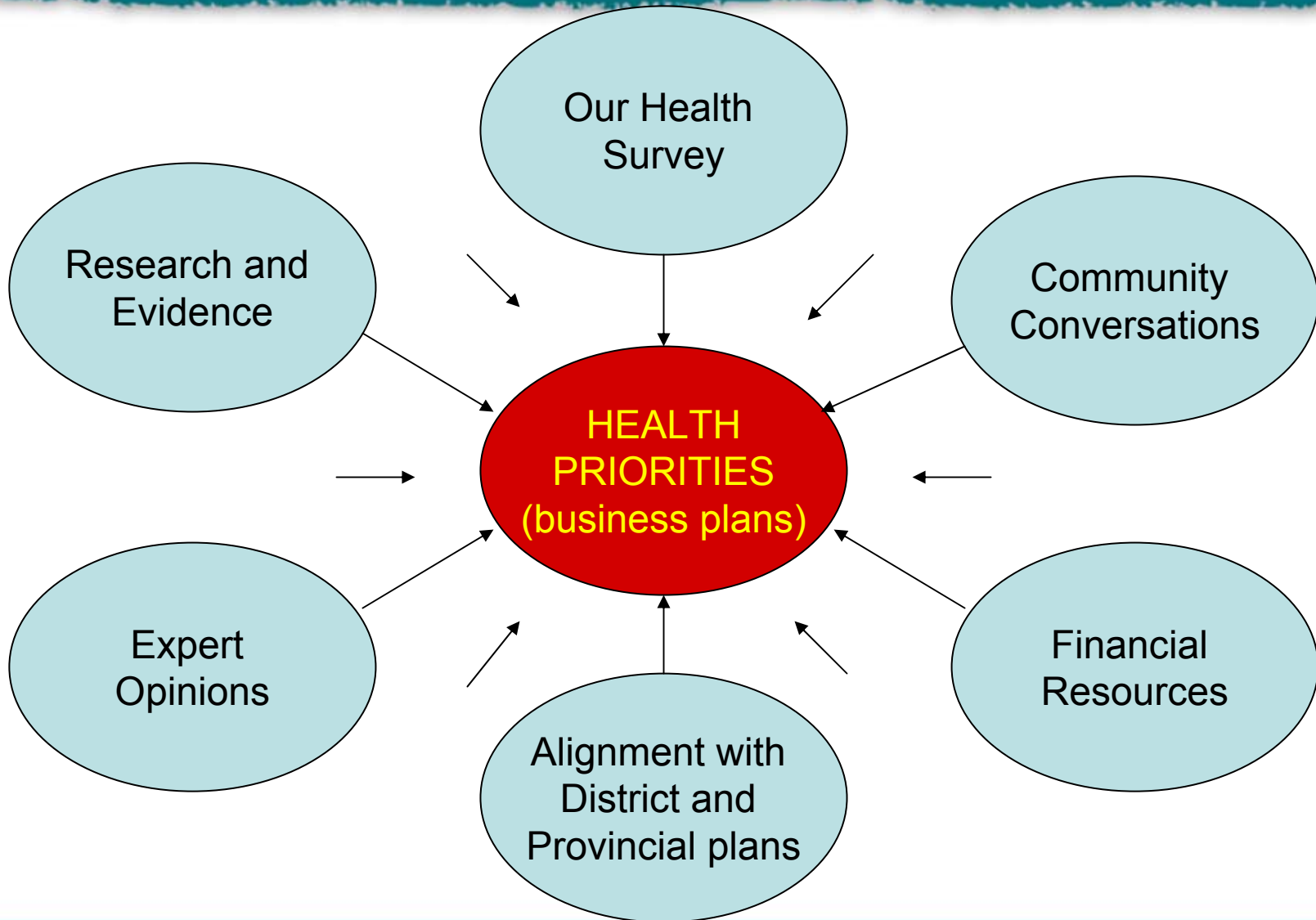
# The Survey: Our Health

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



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## Factors Used to help Identify Health Priorities





# Survey Approach

- Length: 40 minute telephone/cell phone survey
- Questions comes from the Canadian Community Health Survey
- 404 completed interviews with Chebucto West residents who were 15 years of age or older
- Sample selections were based on age & gender
- Results are accurate +/- 4.86 percentage points, 19 times out of 20



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# Key Survey Results

90% rated their general health as good, very good or excellent. Despite this, key health issues were identified...



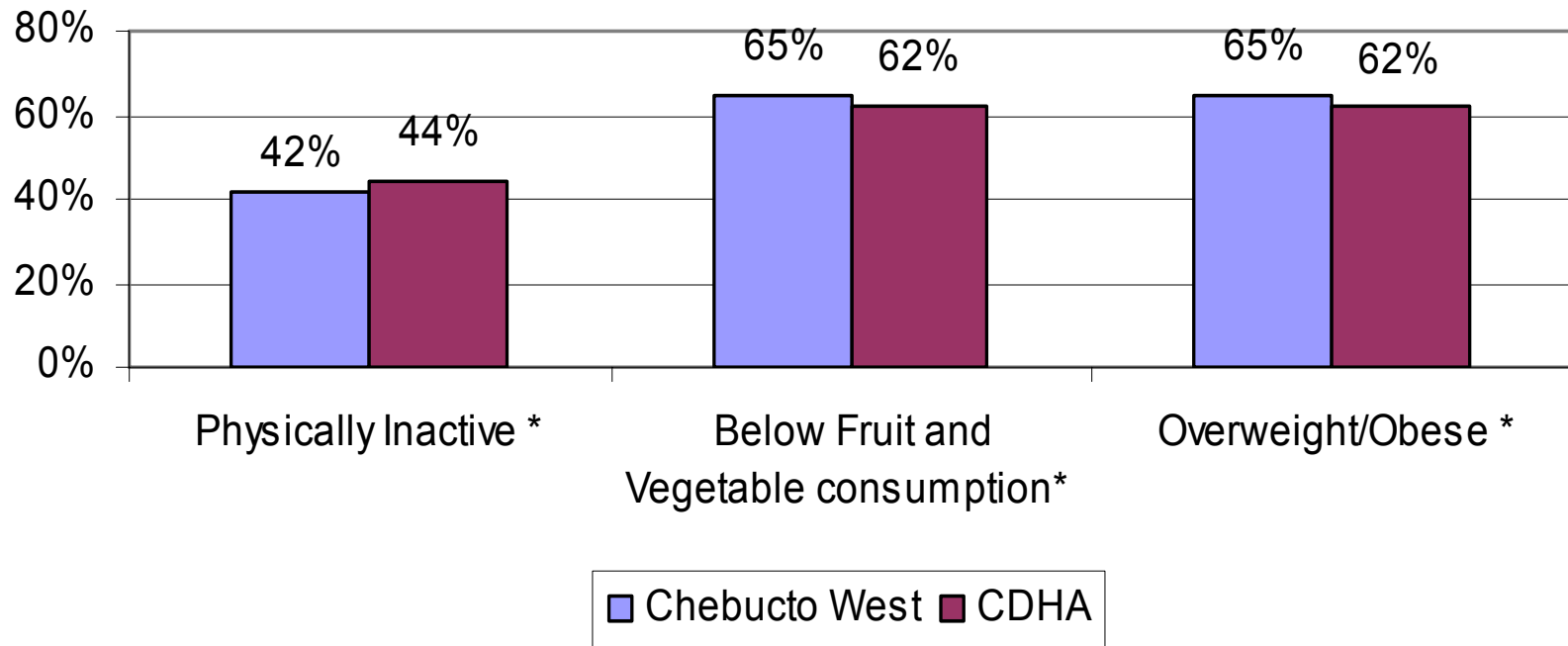
# Living Healthy Snapshot

- 42% - physically inactive
- 65% - below fruit & vegetable requirement
- 65% - overweight or obese \*
  - 23% thought their weight was “just about right”

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



# Living Healthy Comparison



• **Chebucto West results were similar to CDHA results**

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



# Intentions to Live Healthy

- 76% felt they should make changes to improve their physical health.
  - Of those, 73% intended to improve their physical health in the next 12 months
- The top 3 ways they intend to do this:
  - Start/increase exercise/sports/physical activity (68%)
  - Change diet/improve eating habits (23%)
  - Lose weight (18%)



# Chronic Conditions

- 65% (15 yrs +) reported having at least one chronic condition. Such as:
  - Back problems (27%)
  - Arthritis (21%)
  - Cardiovascular Conditions (21%) (Includes high blood pressure, heart disease and stroke)
  - Migraine Headaches (17%)
  - Cancer (10%) (4% currently have; 6% have had in the past )
  - Asthma (9%)
  - Diabetes (8%)
  - Mood disorders (8%)
  - Bowel Disorder (8%)



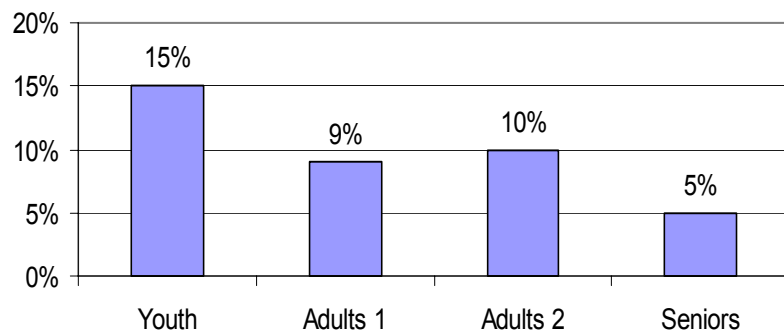
# Chronic Conditions continued...

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

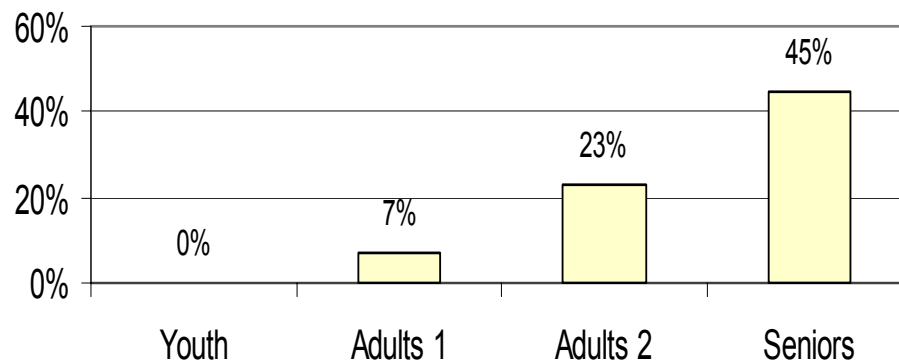


# Ex. Chronic Conditions that Varied by Age

Asthma by Age



Cardiovascular Conditions by Age



Youth -15-19

Adults 1 – 20-34

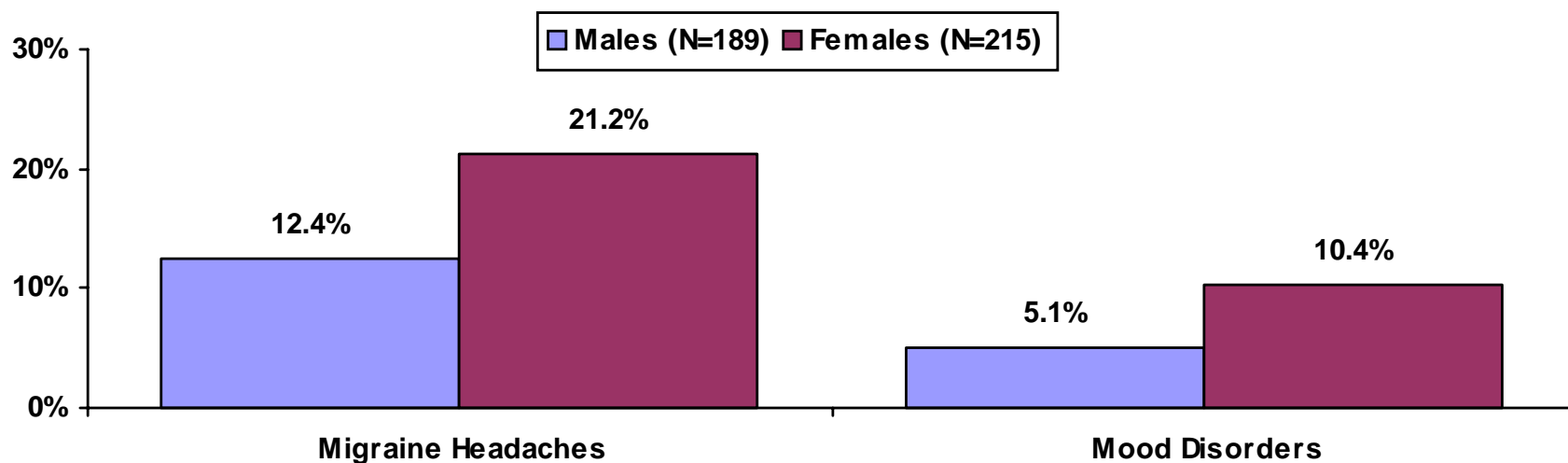
Adults 2 – 34-65

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

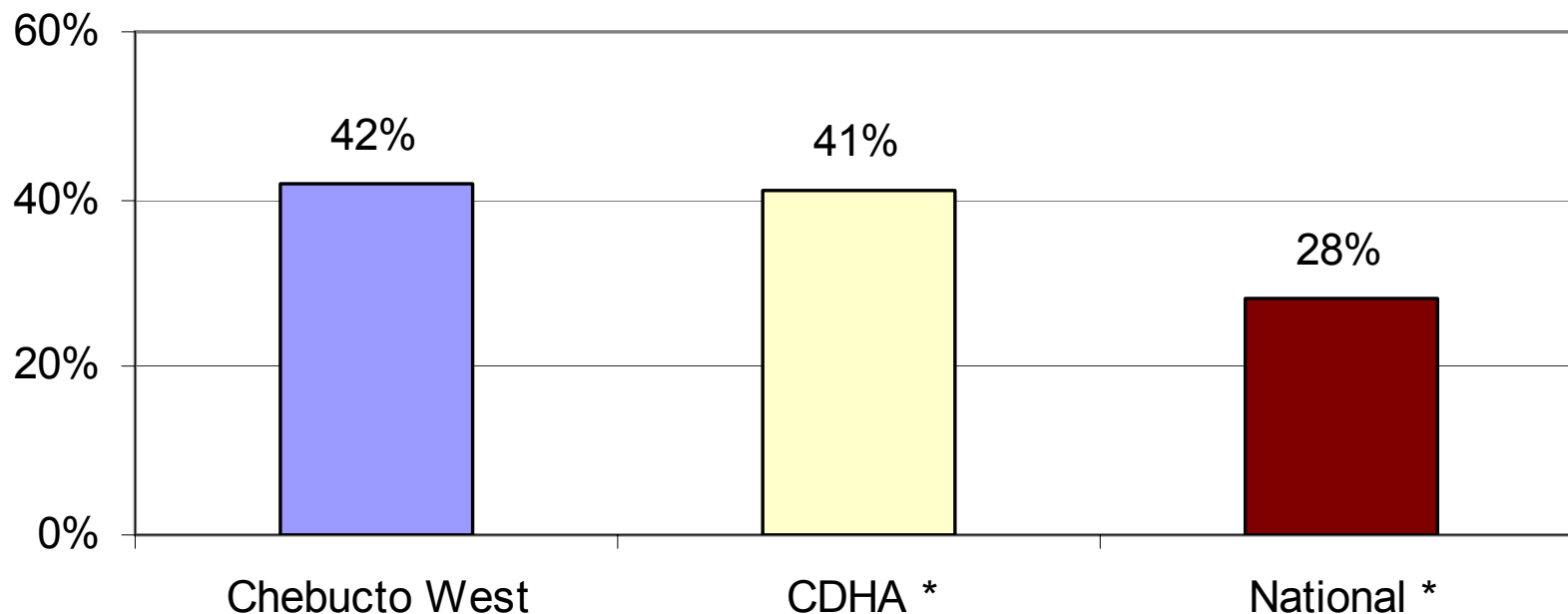


# Access to Health Services & Information

- 97% have access to a regular medical doctor
  - Similar to CDHA (96%)
  - National average is 86% \*
- 42% required a visit to a medical specialist in the past 12 months
  - Similar to CDHA (41%)
  - National average is 28% \*
- Of those, 18% experienced difficulty getting the specialized care
  - Wait times common difficulty (87%)



## Referrals to a Medical Specialist



\* Chebucto West results were similar to CDHA results. For national results, there was a lack of data. More analysis at the CHB level is needed for statistical comparison

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

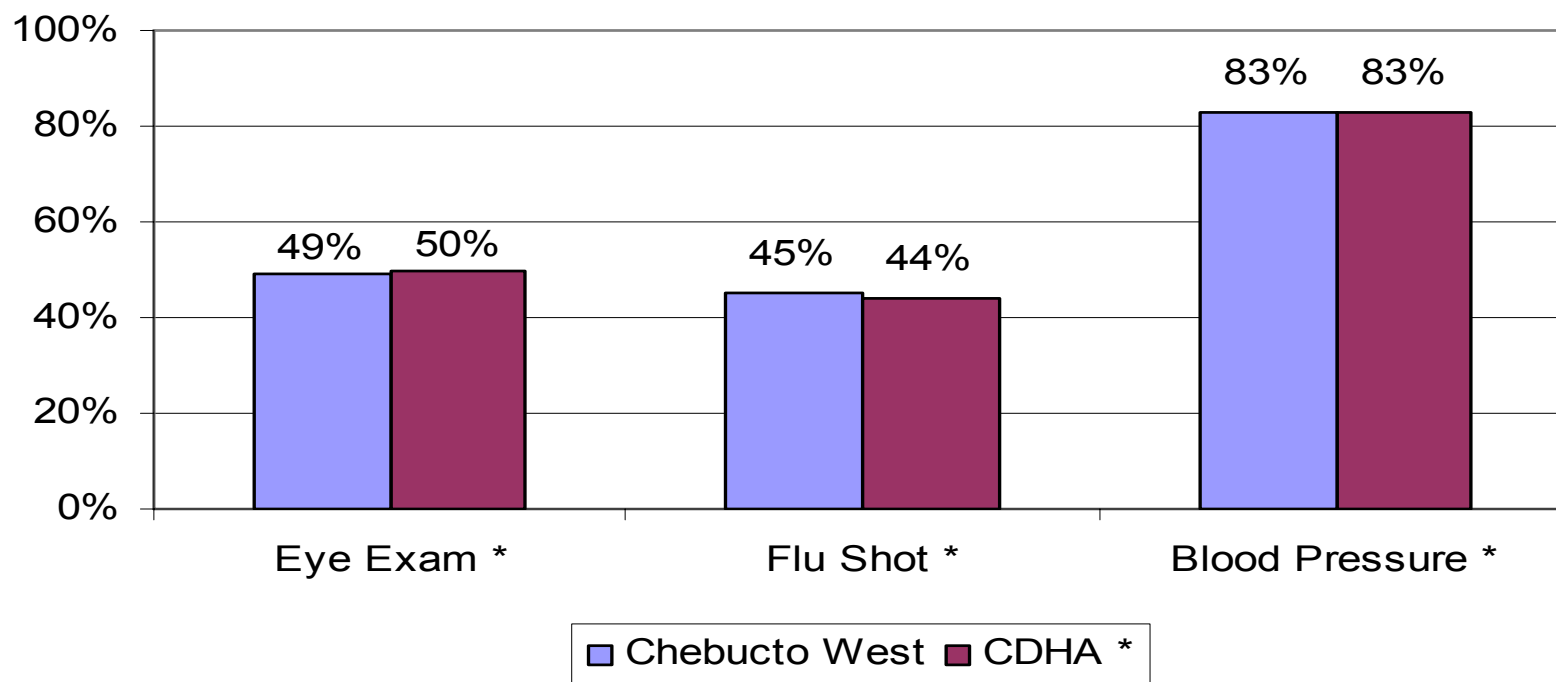


# Health Screenings

- 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 \*\*



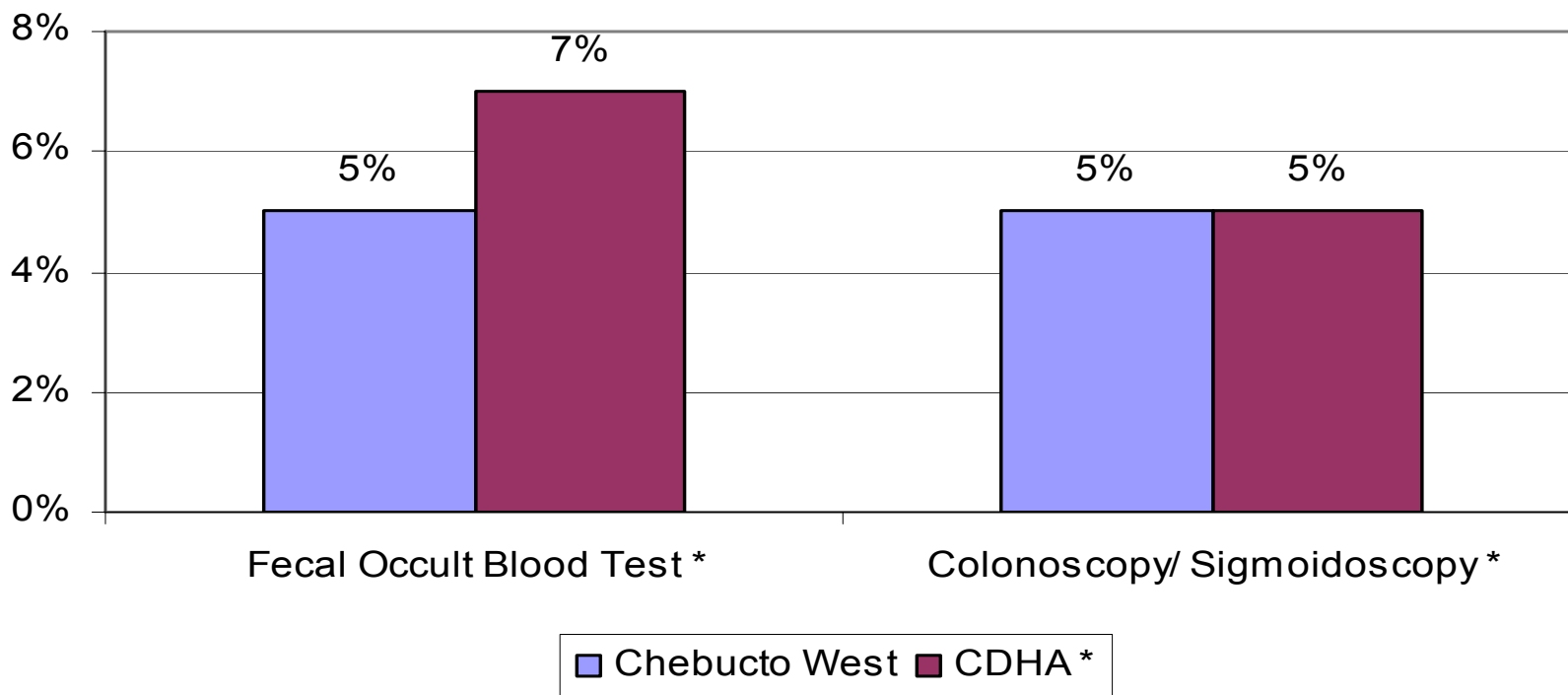
**\*Chebucto West results were similar to CDHA results.**

**\*\*More analysis is needed to determine if the recommended guidelines are being met  
1 asked to those 18 years of age or older – eye, flu & BP**

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



## Past Year General Health Screenings \*\* Continued...



**\*Chebucto West results were similar to CDHA results.**

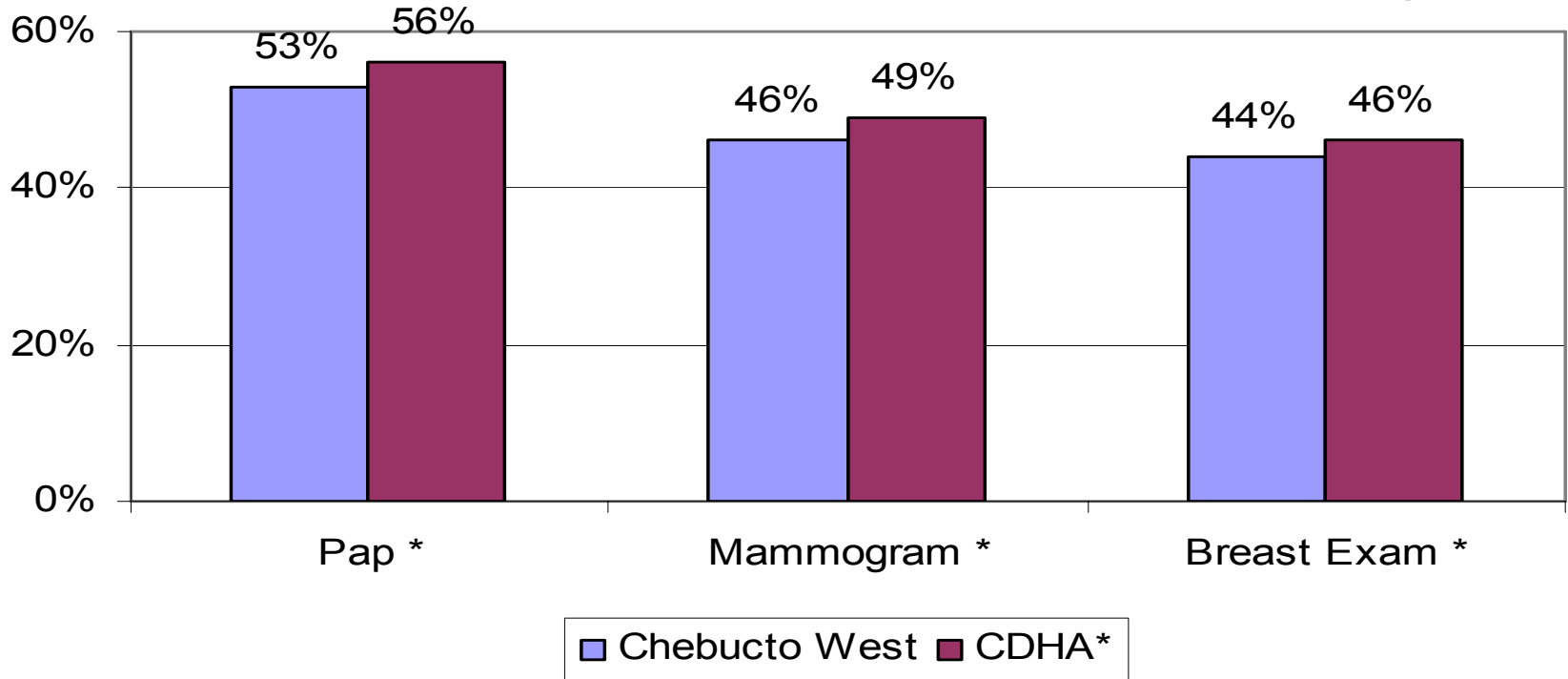
**\*\*More analysis is needed to determine if the recommended guidelines are being met**

**<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 Female Health Screenings \*\*



**\*Chebucto West results were similar to CDHA results.**

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

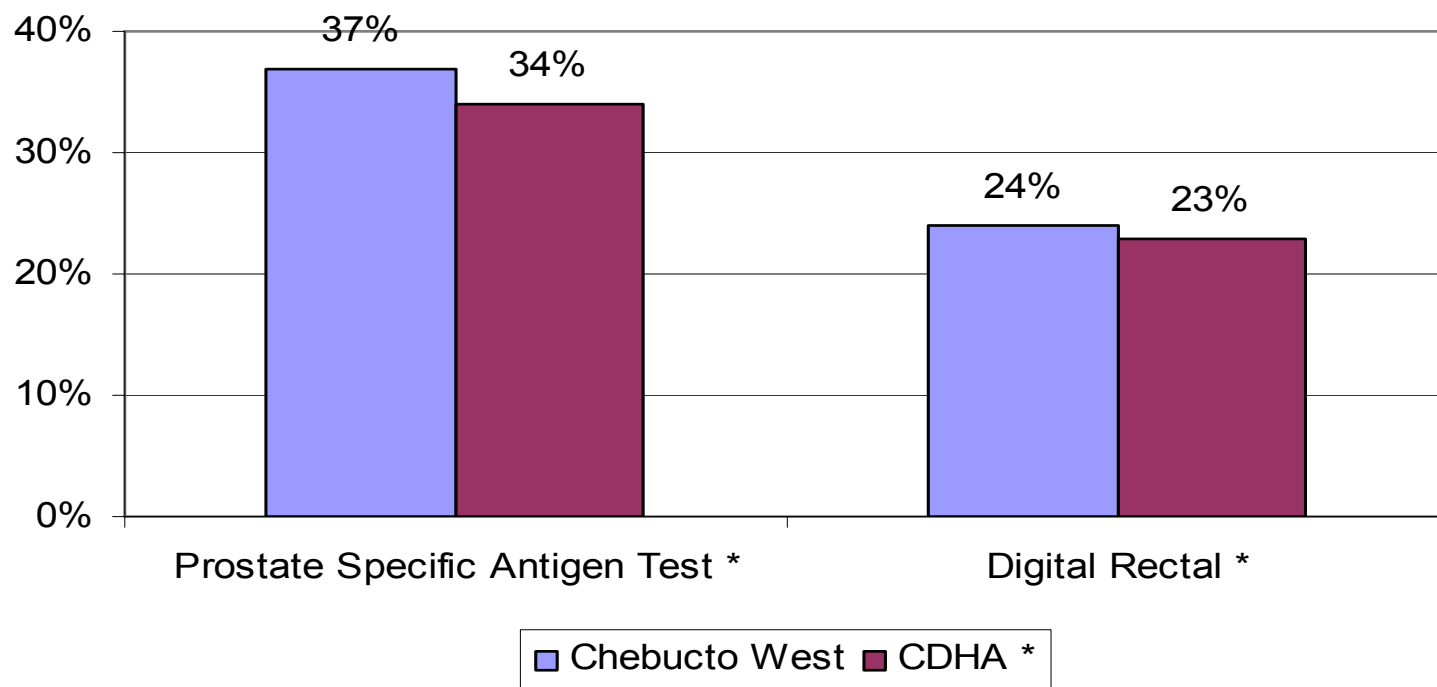
**<sup>1</sup> asked to those females 18 years of age or older – pap, breast exam**

**<sup>2</sup> asked to those females 35 years of age or older – mammogram**

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



# Past Year Male Health Screenings \*\*



**\*Chebucto West results were similar to CDHA results.**

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

**<sup>1</sup> asked to those males 35 years of age or older – PSA, Digital Rectal**

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



# Mental Health

- 22% have seen or talked to a health professional about their mental or emotional health in the past 12 months
  - (average of 5 times)
- 52% of these respondents contacted their family doctor about their emotional or mental health concerns



# Stress

- 65% experience daily stress
- 69% experience stress at work
- However:
- 91% believe they have the ability to handle unexpected and difficult problems
- 98% believe they have the ability to handle the day-to-day demands of life



# Coping With Stress

- Top 3 Positive Coping methods used often:
  - Try to solve the problem (75%)
  - Look on the bright side of things (73%)
  - Relax by doing something enjoyable (63%)
- Top 3 Negative Coping methods used often:
  - Wish the situation would go away (36%)
  - Blaming yourself (11%)
  - Eating more than usual (11%)



# Sense of Belonging

- 34% indicated that they have a weak sense of belonging to their community
  - Generally were between ages 15-34, no medical doctor or rate their mental health negatively
  - Across urban & rural areas



## Other Key Issues

- Smoking (20%)
- Sexual Health
  - 90% were sexually active
  - 26% used a condom the last time they had sexual intercourse
  - 8% have been diagnosed with an STD



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Q & A



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# Table Conversations

What do you think about what you have  
just heard?



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# Table Conversations

Given this information, your knowledge and experience...

Which health issues should be priorities for Chebucto West CHB and Capital Health for the coming years?



# List of Issues

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



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