



Capital Health

Our Health Community Conversations

Our Health: A Community Health Assessment Survey

Cobequid 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



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 Cobequid CHB

- Beaver Bank
- Fall River, Wellington & Windsor Junction
- Bedford
- Waverley
- Hammonds Plains & Lucasville
- Lower-Middle Sackville
- Upper Sackville



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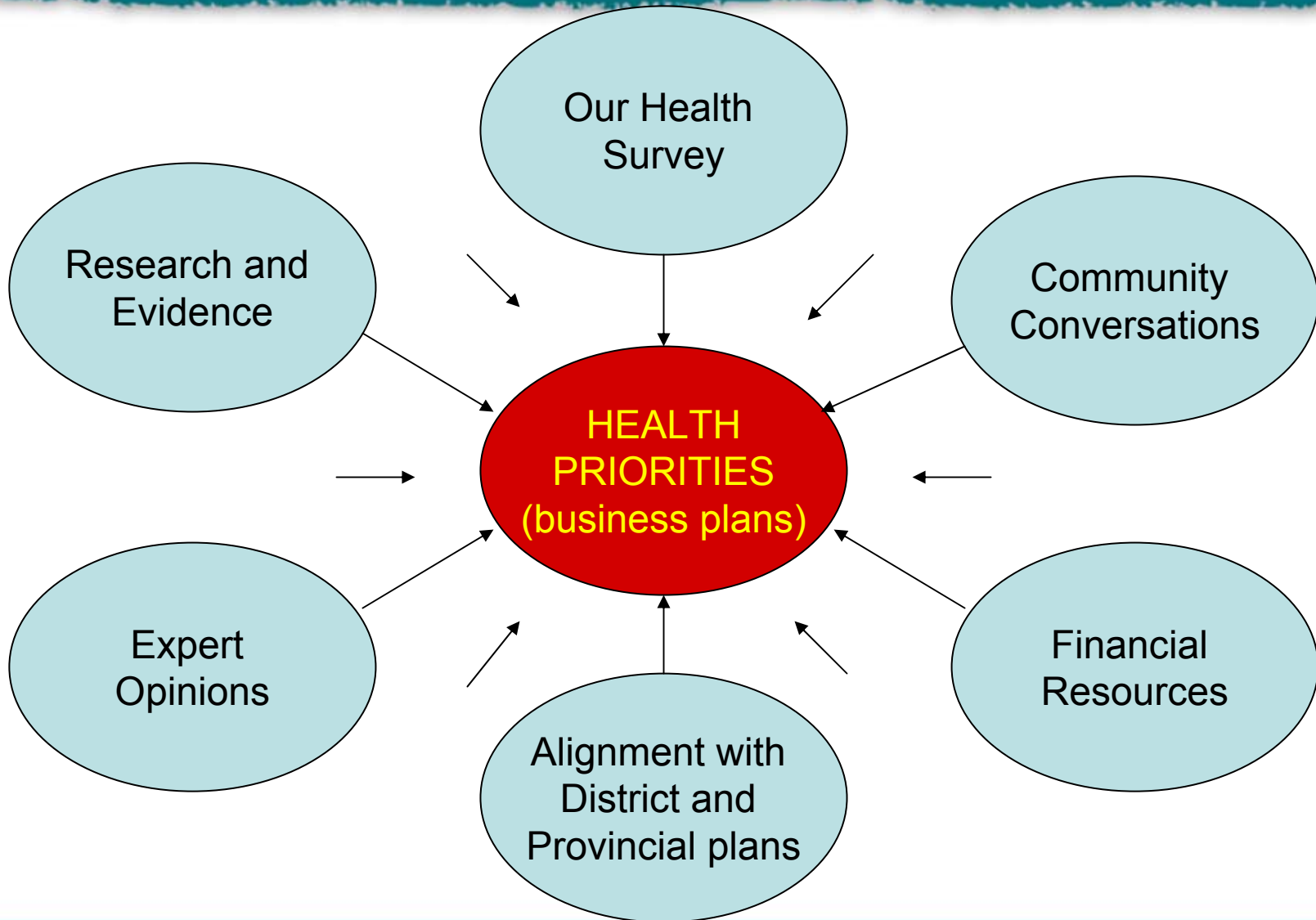
The Survey: Our Health

- First ever comprehensive survey of health status, behaviors and other factors in Cobequid 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 come from the Canadian Community Health Survey
- 406 completed interviews with Cobequid residents who were 15 years of age or older
- Sample selections were based on age & gender
- Results are accurate +/- 4.85 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, many key health issues were identified...



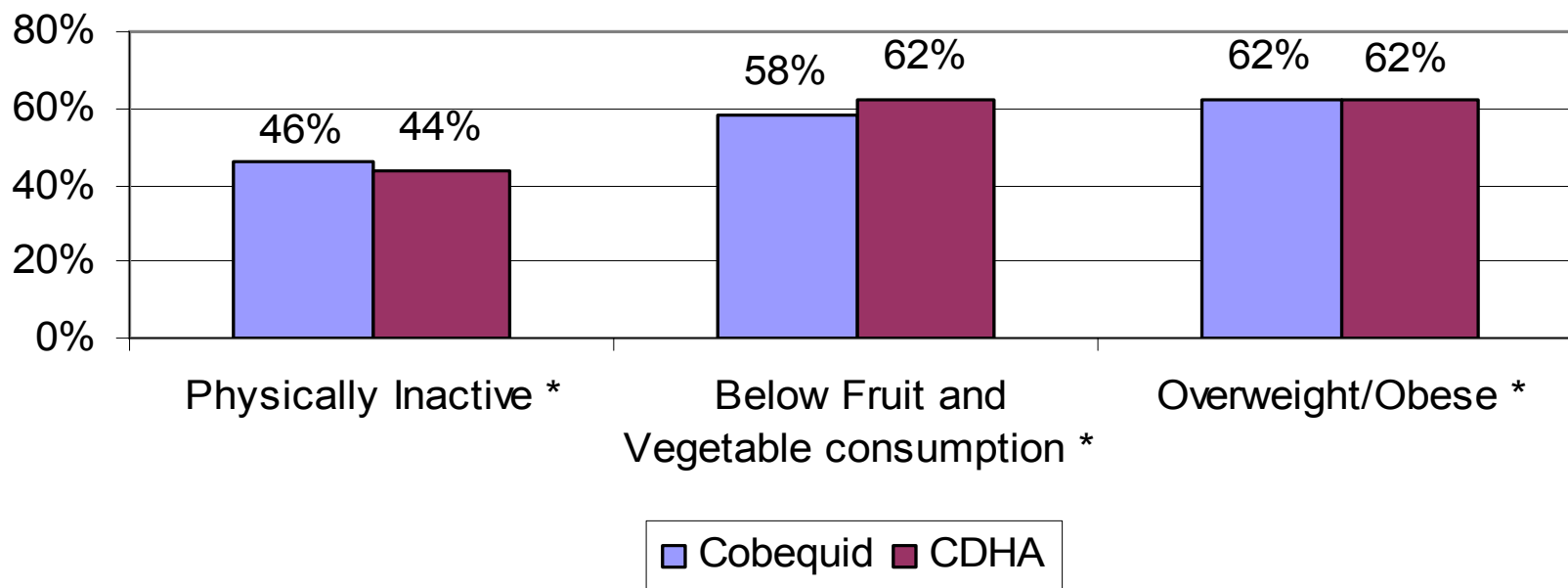
Living Healthy Snapshot

- 46% - physically inactive
- 58% - below fruit & vegetable requirement
- 62% - overweight or obese
 - 27% thought their weight was “just about right”

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



Living Healthy Comparison



*** Cobequid results were similar to CDHA results**

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



Intentions to Live Healthy

- 75% felt they should make changes to improve their physical health.
 - Of those, 69% 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 (65%)
 - Change diet/improve eating habits (21%)
 - Lose weight (21%)



Chronic Conditions

- 62% (15 yrs+) reported having at least one chronic condition. Such as:
 - Back problems (23%)
 - Arthritis (19%)
 - Cardiovascular Conditions (18%) (Includes high blood pressure, heart disease and stroke)
 - Migraine Headaches (15%)
 - Asthma (9%)
 - Bowel Disorder (9%)
 - Mood disorders (9%)
 - Diabetes (8%)
 - Cancer (8%) (2% currently have; 6% have had in the past)



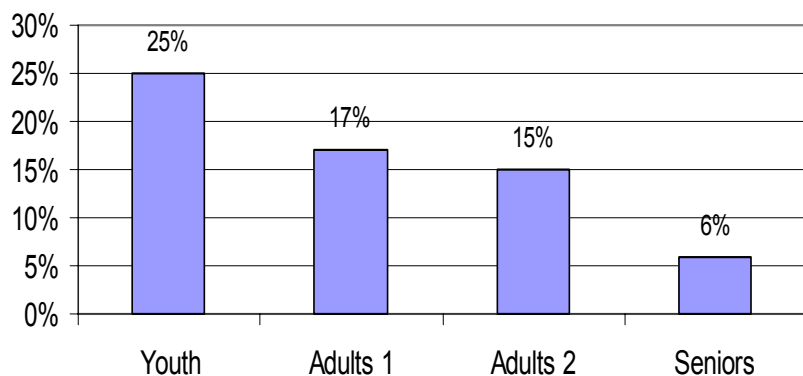
Chronic Conditions continued...

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

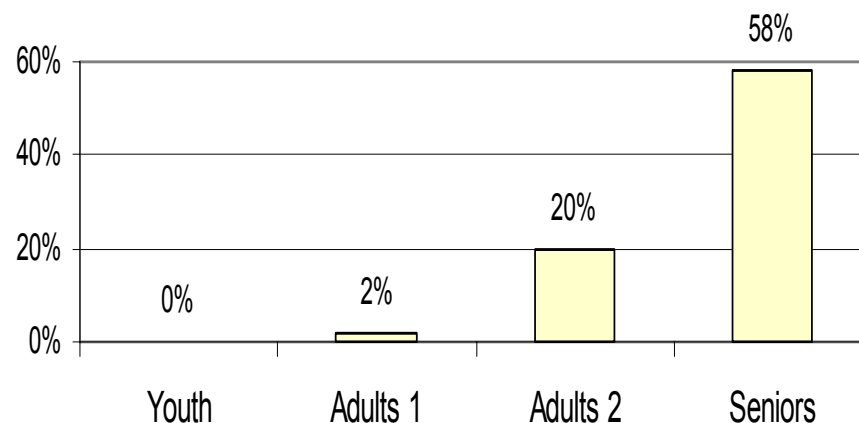


Ex. Chronic Conditions that Varied by Age

Migraines by Age



Cardiovascular Conditions by Age



Youth -15-19

Adults 1 – 20-34

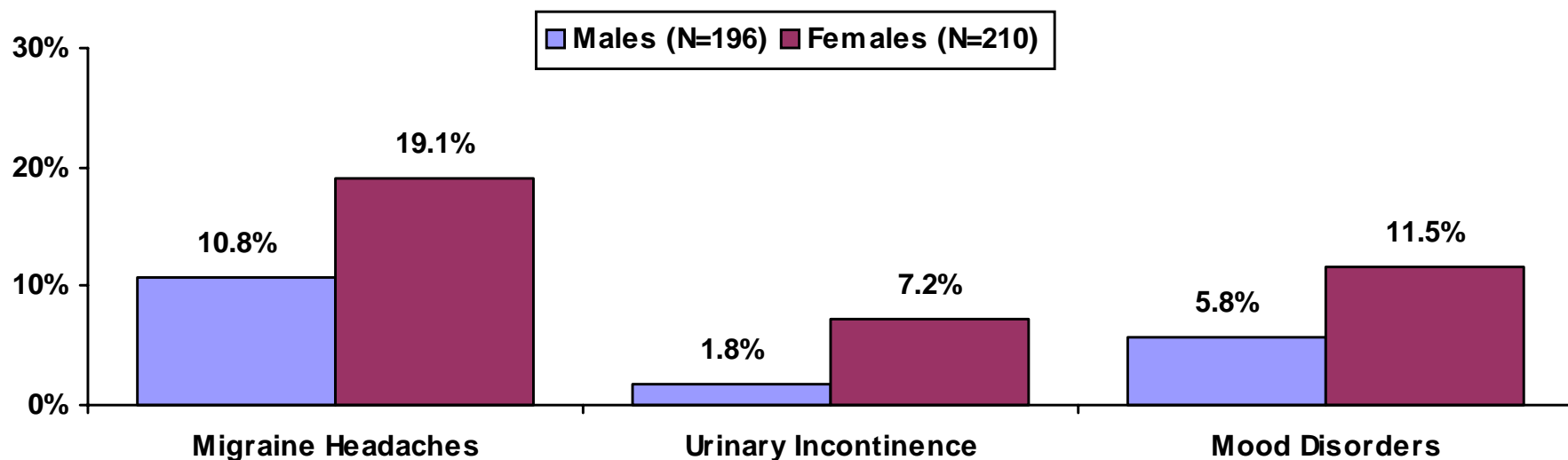
Adults 2 – 34-65

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



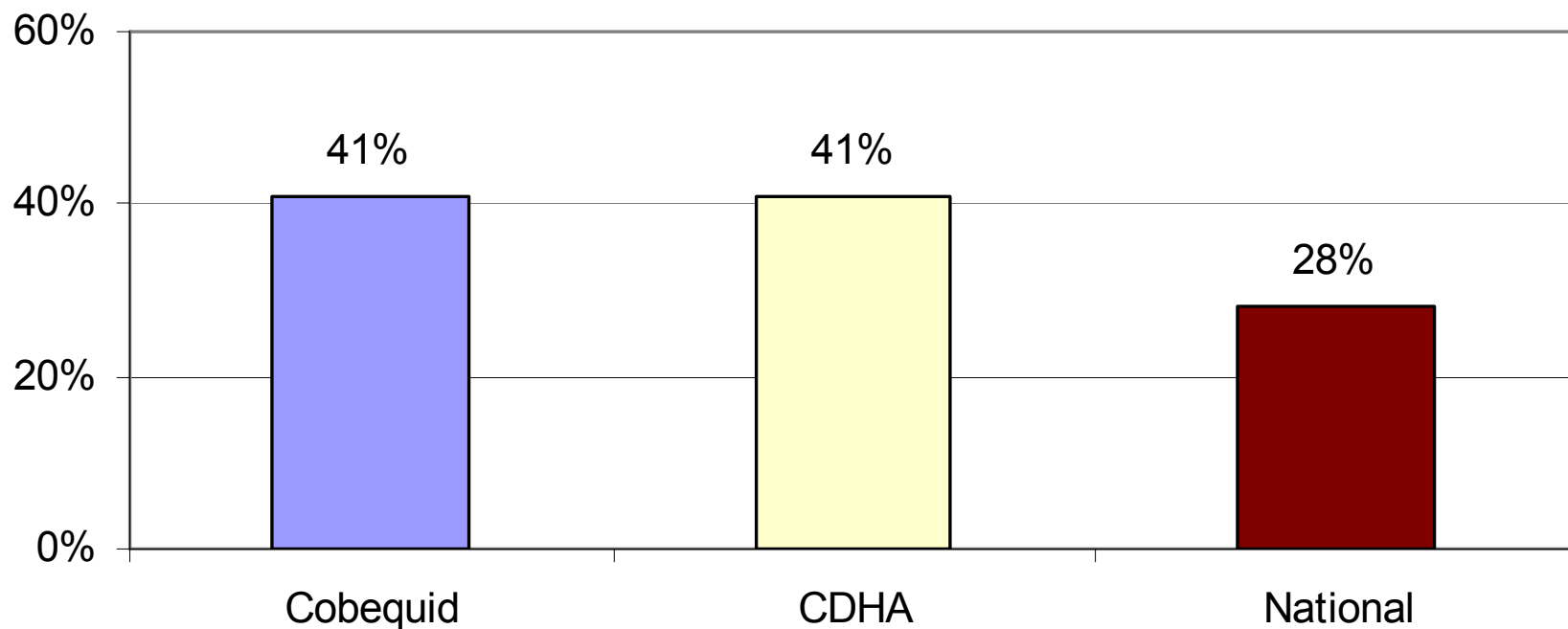
Access to Health Services & Information

- 95% have access to a regular medical doctor
 - Similar to CDHA (96%)
 - National average is 86% *
- 41% required a visit to a medical specialist in the past 12 months
 - Similar to CDHA (41%)
 - National average is 28% *
- Of those, 23% experienced difficulty getting the specialized care
 - Wait times common difficulty (85%)

**Lack of data. More analysis is needed for statistical comparison*



Referrals to a Medical Specialist



* **Cobequid 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*

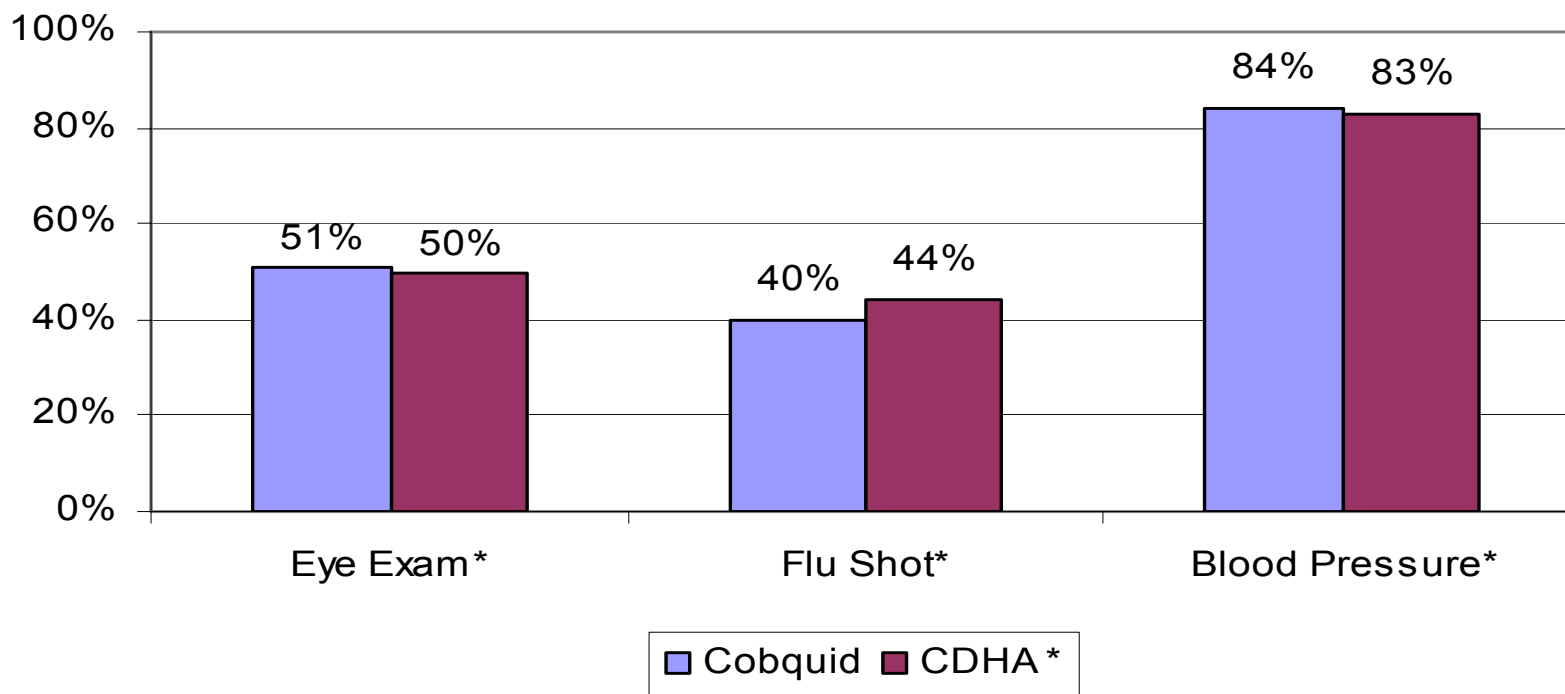


Health Screenings

- 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 **



***Cobquid results were similar to CDHA results.**

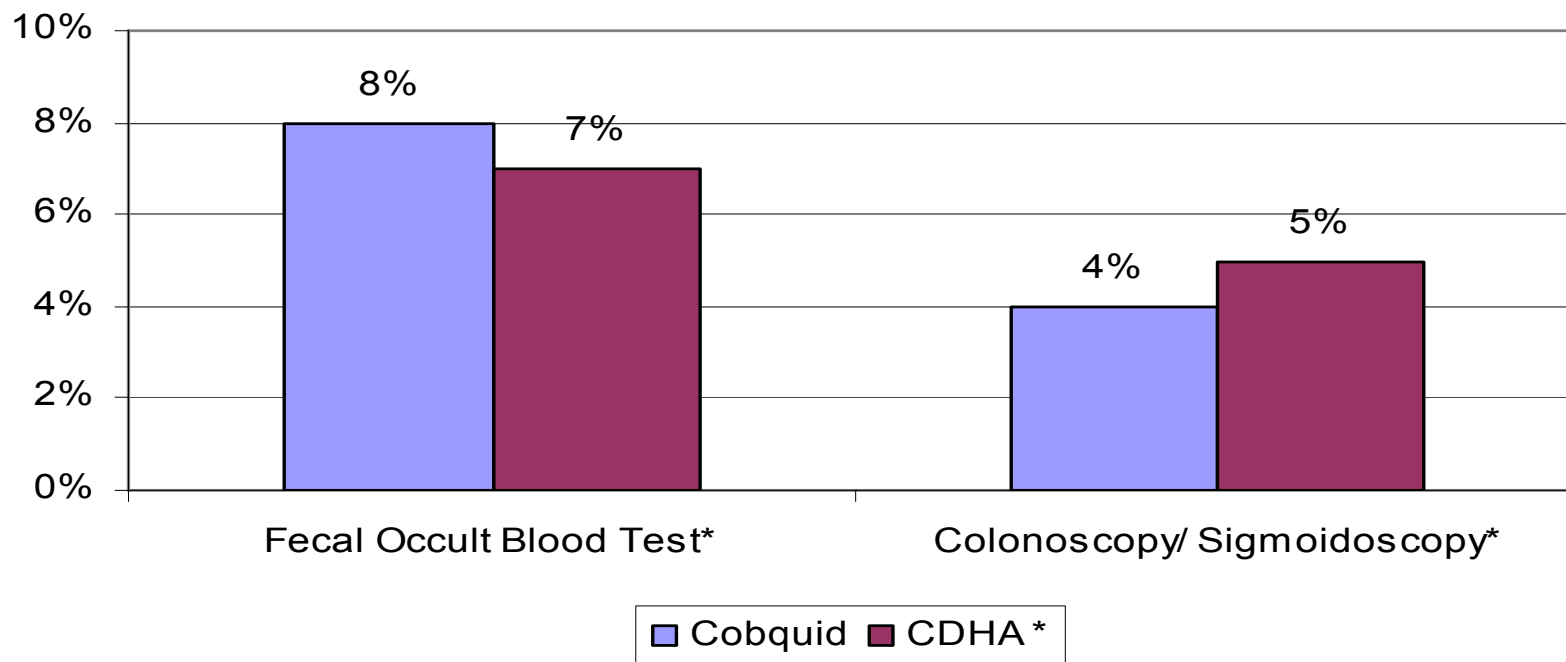
****More analysis is needed to determine if the recommended guidelines are being met**

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...



***Cobequid results were similar to CDHA results.**

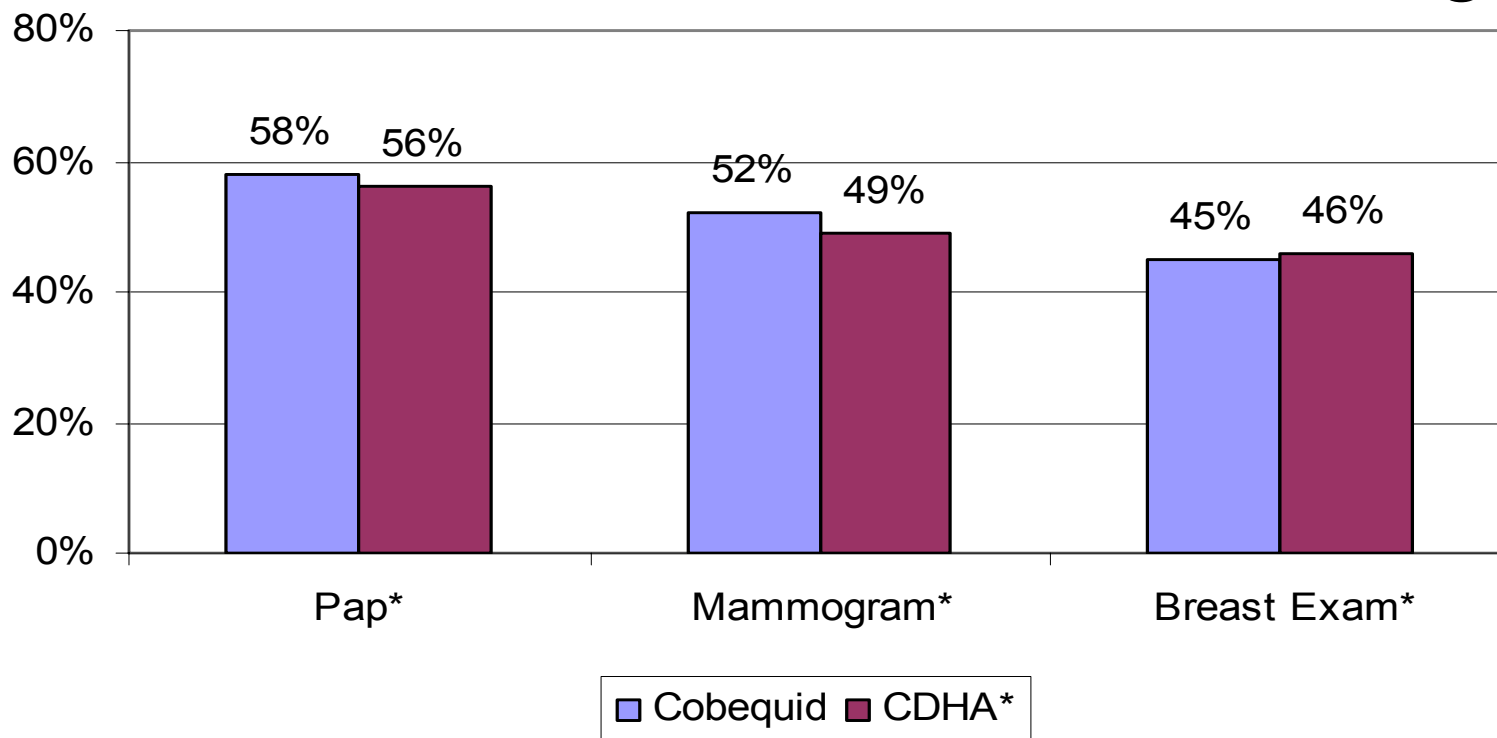
****More analysis is needed to determine if the recommended guidelines are being met**

2 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 **



***Cobequid results were similar to CDHA results.**

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

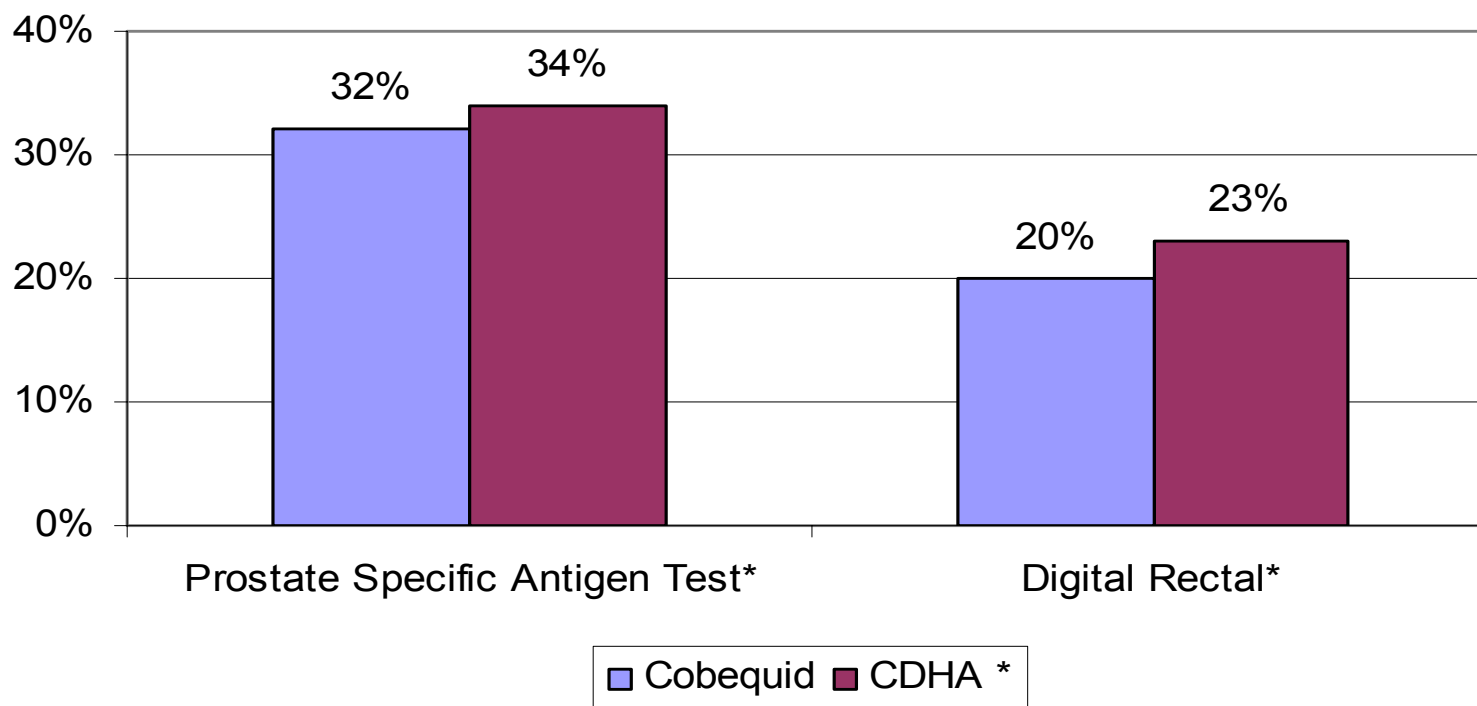
¹ asked to those females 18 years of age or older – pap, breast exam

² 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 **



***Cobequid results were similar to CDHA results.**

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

¹ 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

- 19% have seen or talked to a health professional about their mental or emotional health in the past 12 months (average of 5 times)
- 50% of these respondents contacted their family doctor about their emotional or mental health concerns



Stress

- 65% experience daily stress
- 73% experience stress at work

However:

- 95% believe they have the ability to handle unexpected and difficult problems
- 96% 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 (74%)
 - Look on the bright side of things (73%)
 - Relax by doing something enjoyable (62%)
- Top 3 Negative Coping methods used often:
 - Wish the situation would go away (32%)
 - Blaming yourself (9%)
 - Eating more than usual (9%)



Sense of Belonging

- 31% indicated that they have a weak sense of belonging to their community
 - Generally were between ages 20-34, no medical doctor or prescription insurance or rate their mental health negatively
 - Across urban & rural areas



Other Key Issues

- Problems in the Community
 - Loss of respect by young people toward elders (25%)
 - Illegal drug use (20%)
- Use of Protective Equipment
 - Bicycling (14% did not)
 - Downhill skiing (42% did not)
 - Snowboarding (0 out of 9 participants)
- Volunteering (61% did not)



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Q & A



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Table Conversation –Round One

What do you think about what you have
just heard?



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Table Conversation – Round Two

Given this information, your knowledge and your experience...

Which health issues should be priorities for Cobequid 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
- Problems in the community
- Use of protective equipment
- Volunteering



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Our Health Community Conversations





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Everything I need to know about life, I learned from Noah's Ark

One: Don't miss the boat.

Two: Remember that we are all in the same boat.

Three: Plan ahead. It wasn't raining when Noah built the Ark.

Four: Stay fit. When you're 600 years old, someone may ask you to do something really big.

Five: Don't listen to critics; just get on with the job that needs to be done.

Six: Build your future on high ground.

Seven: For safety travel in pairs.

Eight: Speed isn't always an advantage.

The snails were on board with the cheetahs.

Nine: When you're stressed, float a while.

Ten: Remember, the Ark was built by amateurs; the Titanic by professionals.