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Our Health Community Conversations

# Our Health: A Community Health Assessment Survey

Dartmouth 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



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# Communities within Dartmouth CHB

Five Districts (District 5,6,7,8,9)

- Woodlawn
- Dartmouth Centre
- Shannon Park
- Wallis Heights
- Southdale
- Woodside
- Montebello
- Highfield Park
- Portland Estates
- Manor Park
- Waverley
- Chrichton Park
- Bel Ayr Park
- Albro Lake
- Harbourview



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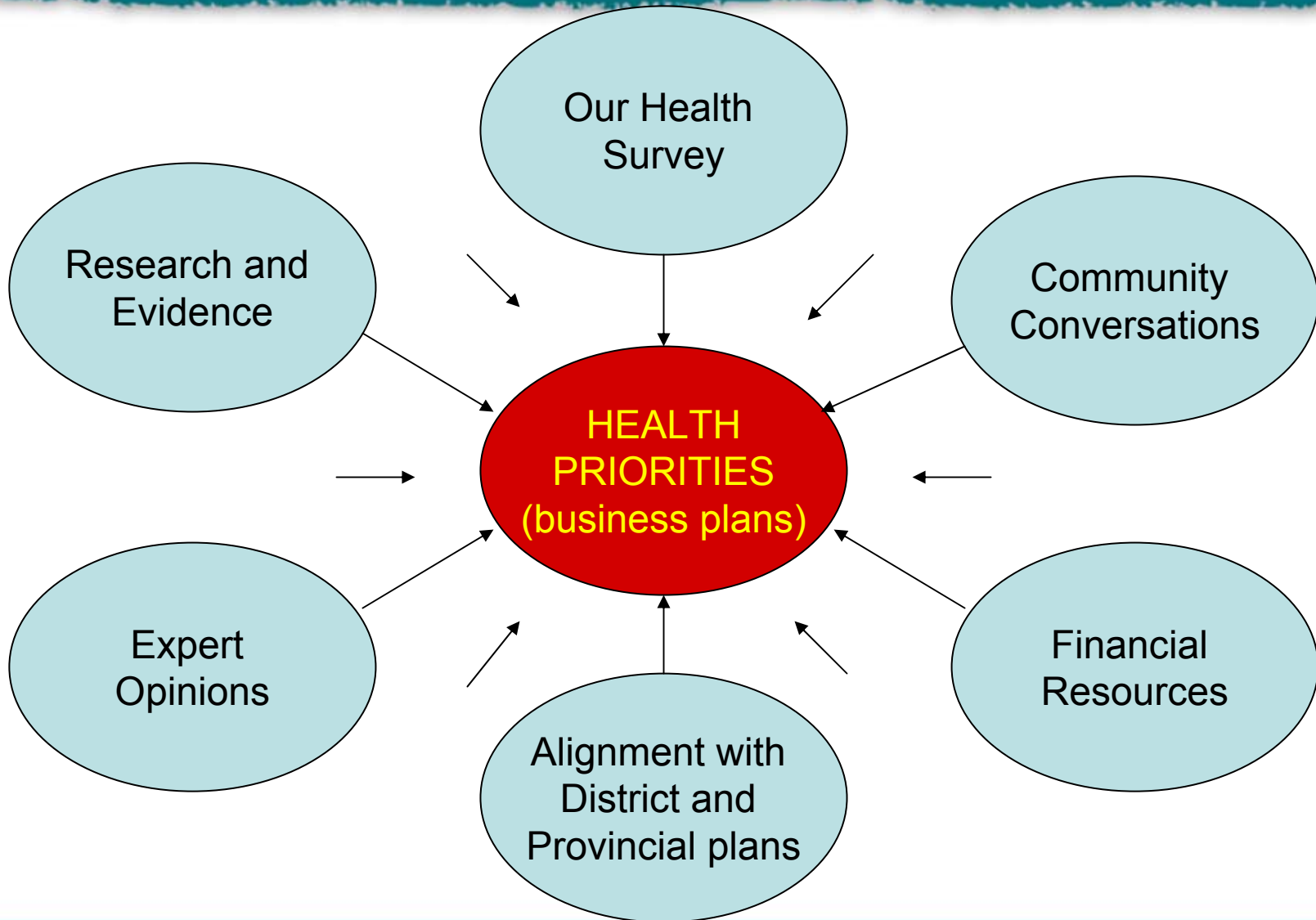
# The Survey: Our Health

- First ever comprehensive survey of health status, behaviors and other factors in Dartmouth 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
- 400 completed interviews with Dartmouth residents who were 15 years of age or older
- Sample selections were based on age & gender
- Results are accurate +/- 4.88 percentage points, 19 times out of 20



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# Key Survey Results

87% rated their general health as good, very good or excellent. Despite this, key health issues were identified...

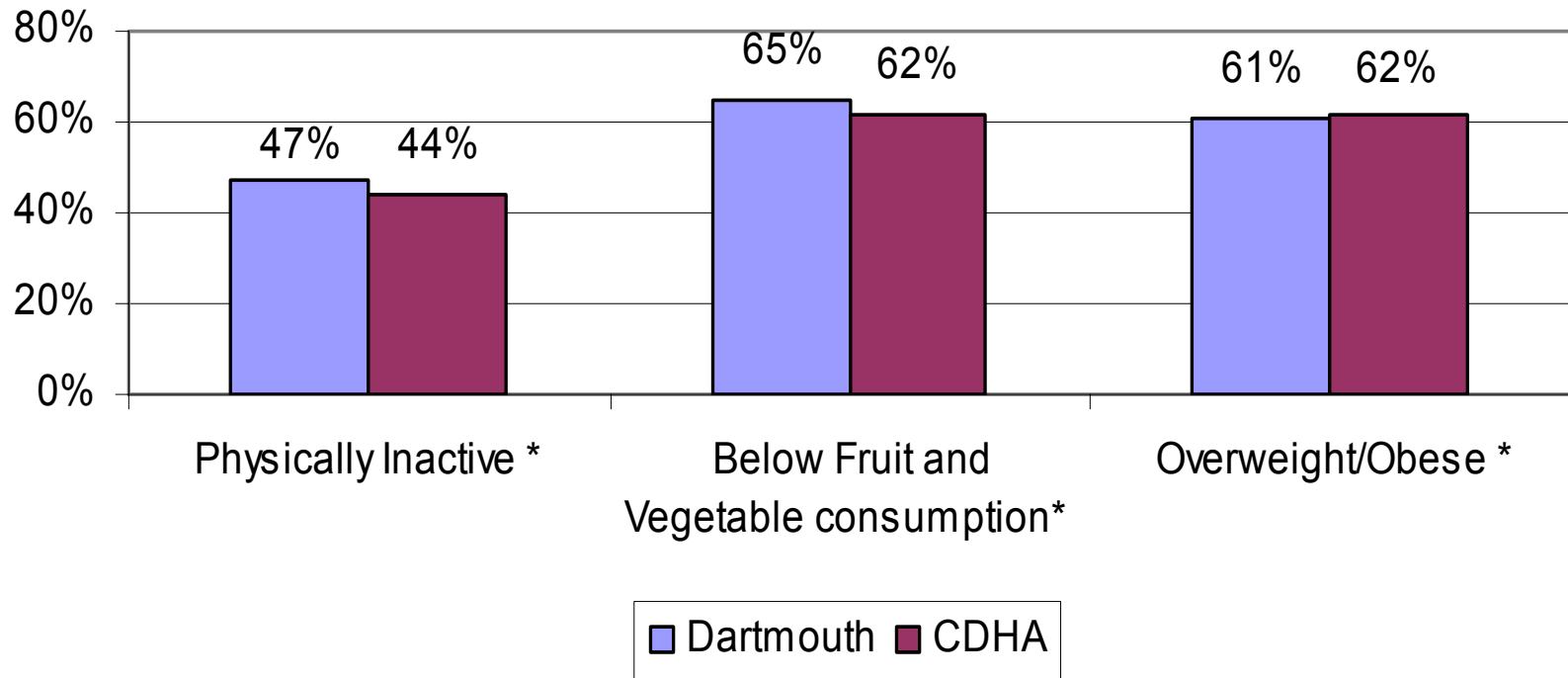


# Living Healthy Snapshot

- 47% - physically inactive
  - 65% - below fruit & vegetable requirement
  - 61% - overweight or obese
    - 23% thought their weight was “just about right”
- \* *Aged 18 years or older, excluding pregnant females*



## Living Healthy Comparison



**\* Dartmouth results were similar to CDHA results**

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



# Intentions to Live Healthy

- 72% 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 (66%)
  - Change diet/improve eating habits: (23%)
  - Lose weight (15%)



# Chronic Conditions

- 70% (15 yrs +) reported having at least one chronic condition. Such as:
  - Back problems (28%)
  - Arthritis (26%)
  - Cardiovascular Conditions (25%) (Includes high blood pressure, heart disease and stroke)
  - Migraine Headaches (18%)
  - Asthma (12%)
  - Mood disorders (12%)
  - Bowel Disorder (10%)
  - Cancer (8%) (2% currently have; 6% have had in the past )
  - Diabetes (8%)



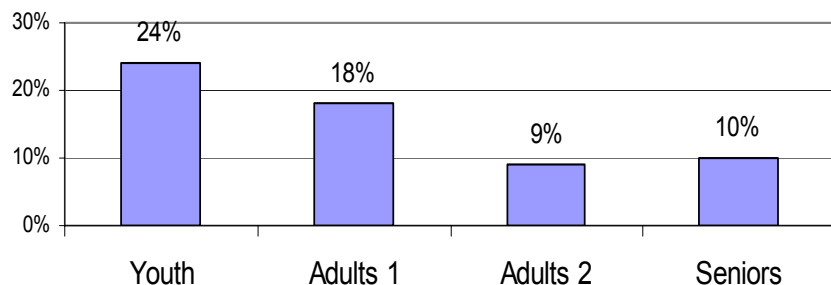
# Chronic Conditions continued...

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

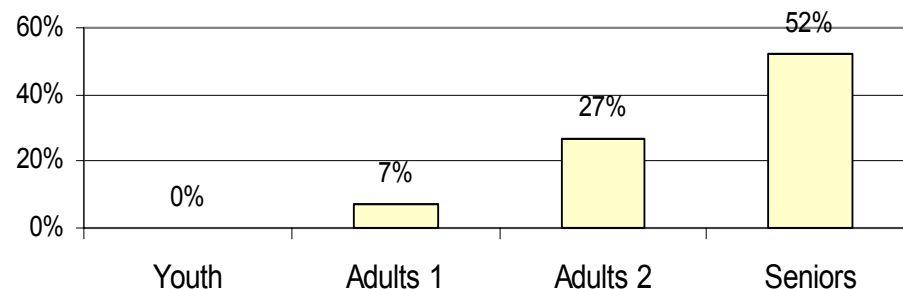


# Ex. Chronic Conditions that Varied by Age

Asthma by Age



Cardiovascular Conditions by Age



Youth -15-19

Adults 1 – 20-34

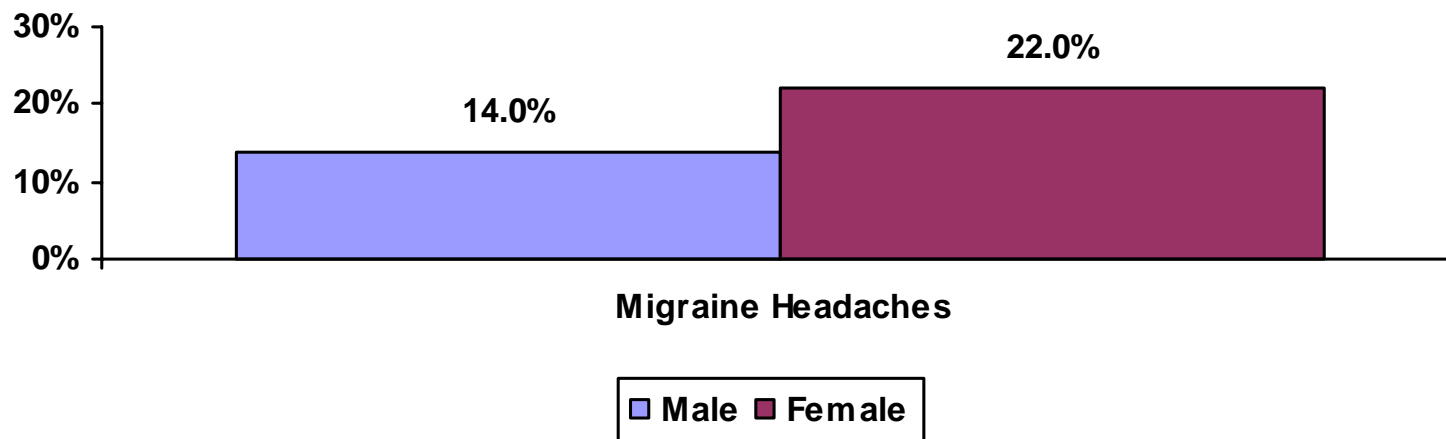
Adults 2 – 34-65

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



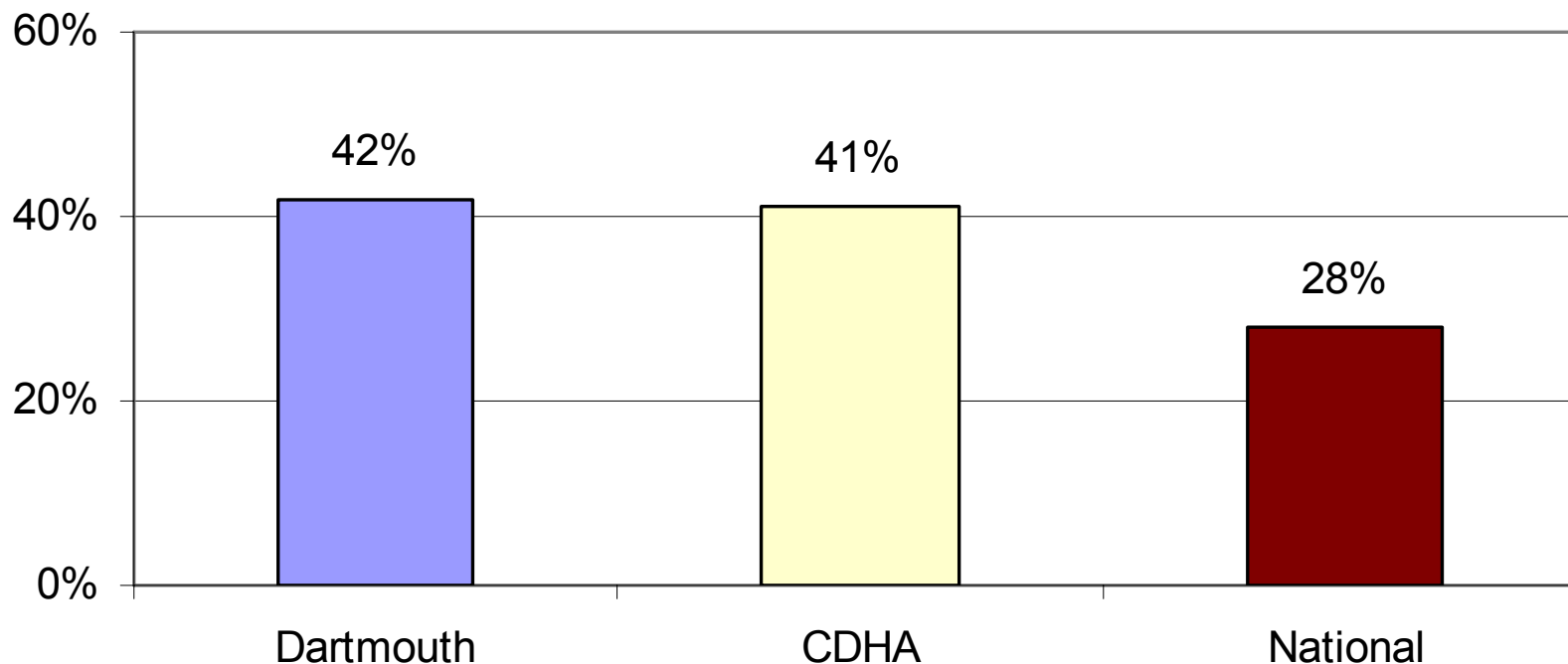
# Access to Health Services & Information

- 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, 30% experienced difficulty getting the specialized care
  - Wait times common difficulty(87%)

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



## Referrals to a Medical Specialist



\* **Dartmouth 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*

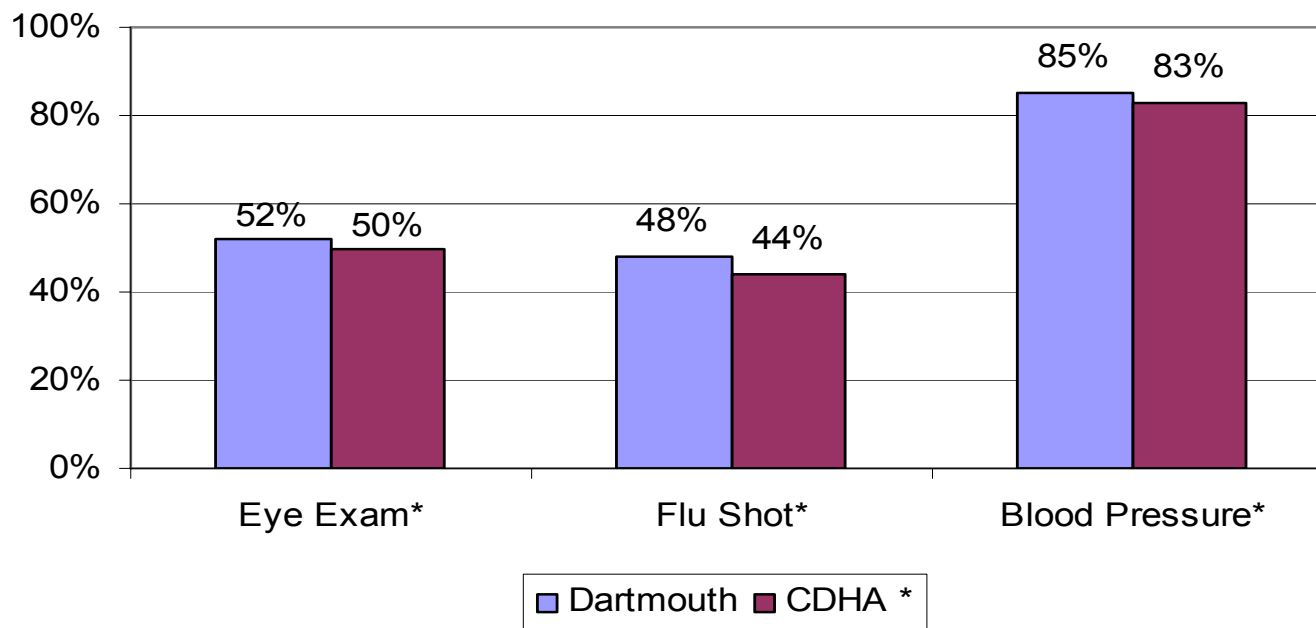


# Health Screenings

- 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 \*\*



**\*Dartmouth results were similar to CDHA results.**

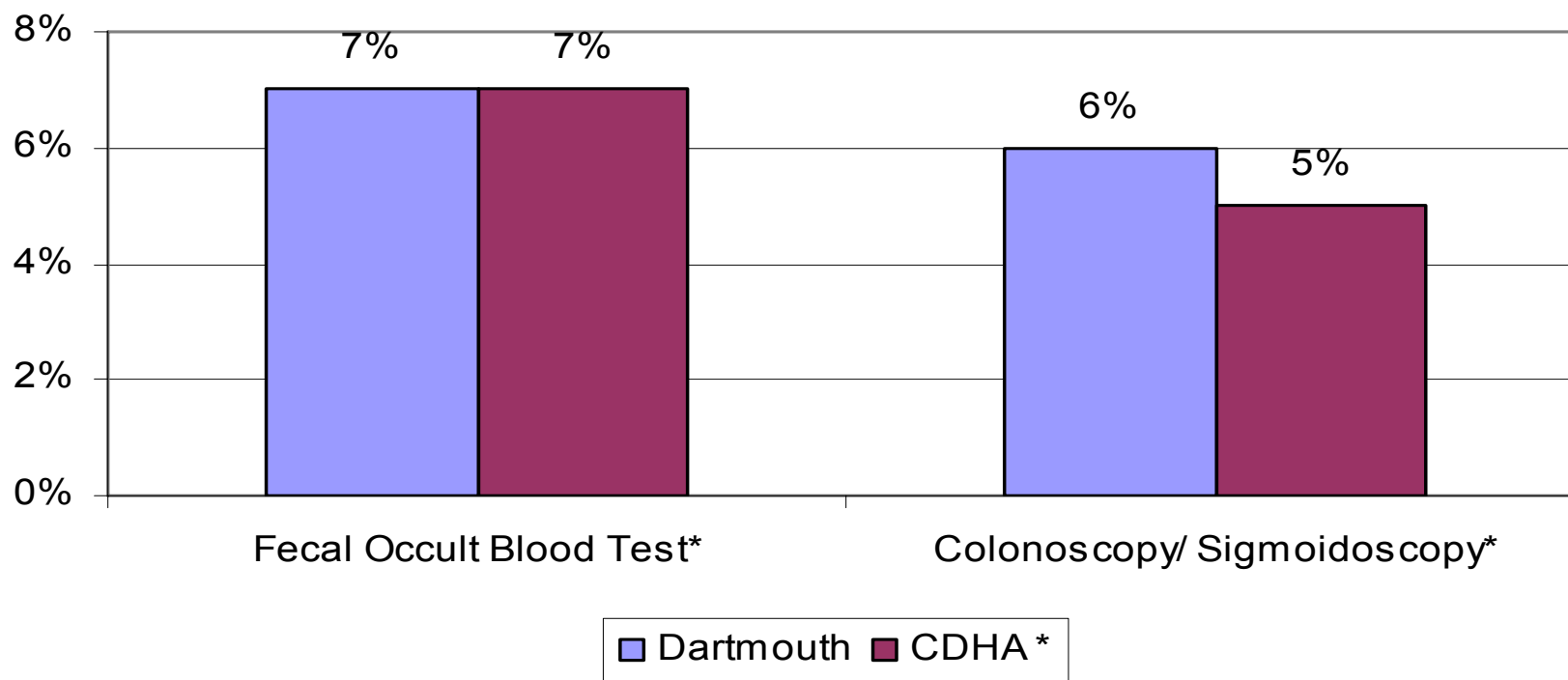
**\*\*More analysis is needed to determine if the recommended guidelines are being met**

**<sup>1</sup> asked to those 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...



**\*Dartmouth results were similar to CDHA results.**

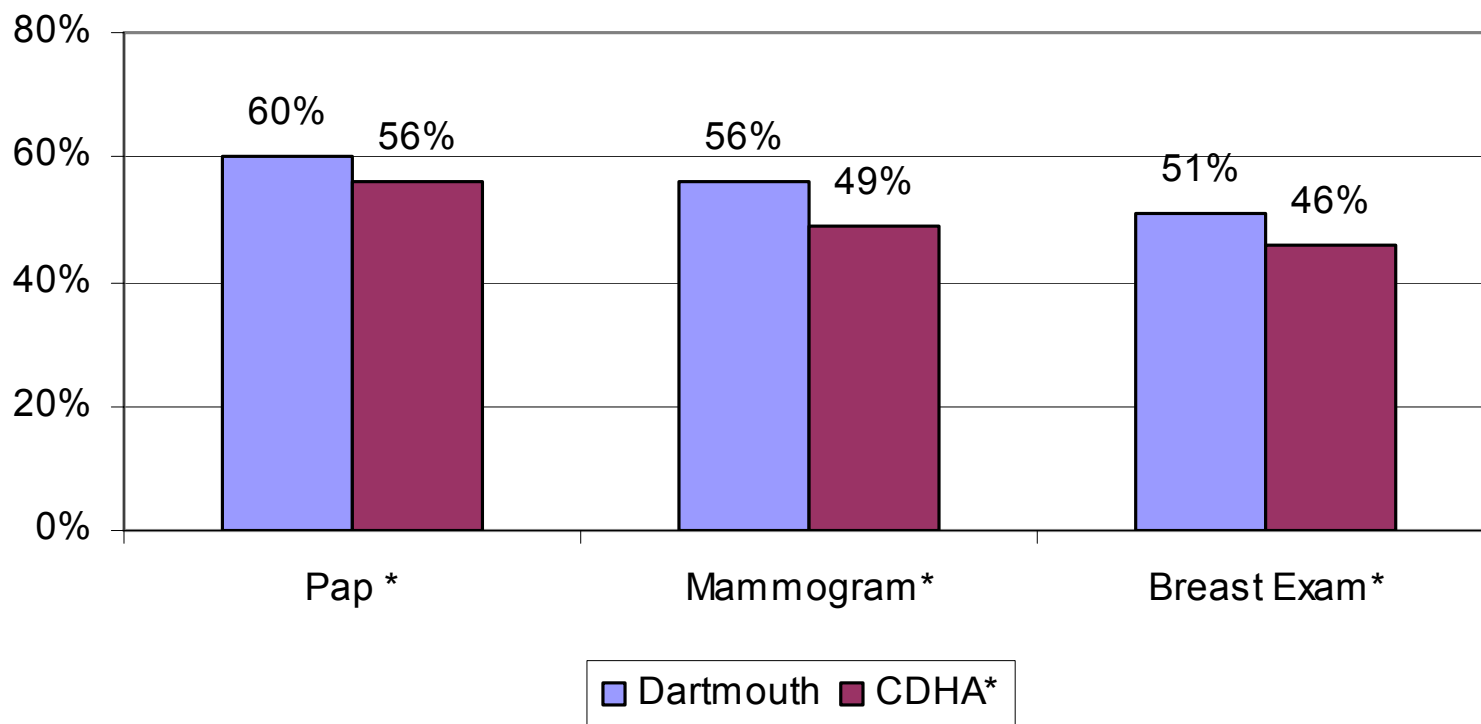
**\*\*More analysis is needed to determine if the recommended guidelines are being met**

<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 \*\*



**\*Dartmouth results were similar to CDHA results.**

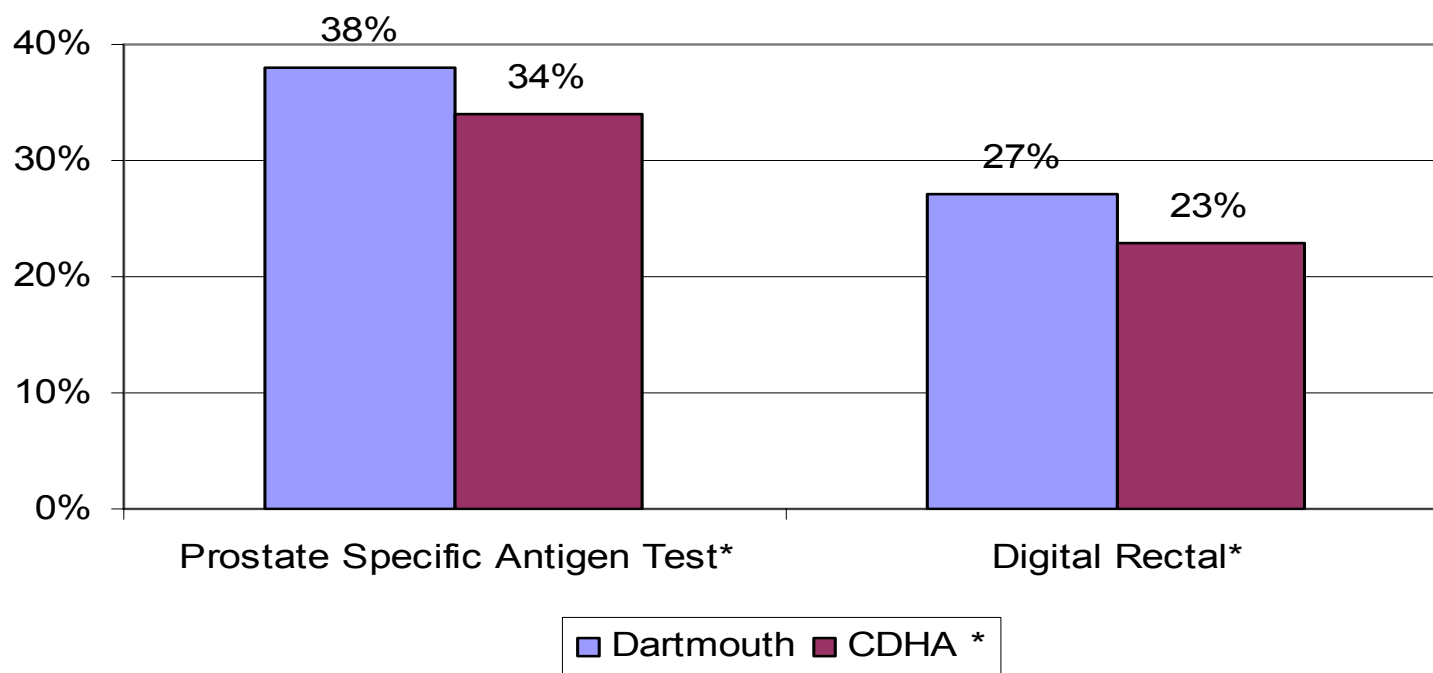
**\*\*More analysis is needed to determine if the recommended guidelines are being met**

<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



# Past Year Male Health Screenings \*\*



**\*Dartmouth 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

- 20% have seen or talked to a health professional about their mental or emotional health in the past 12 months (average of 4 times)
- 61% of these respondents contacted their family doctor about their emotional or mental health concerns



# Stress

- 65% experience daily stress
- 74% 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



# Coping With Stress

- Top 3 Positive Coping methods used often:
  - Try to solve the problem (73%)
  - Look on the bright side of things (71%)
  - Relax by doing something enjoyable (60%)
- Top 3 Negative Coping methods used often:
  - Wish the situation would go away (33%)
  - Blaming yourself (10%)
  - Avoid being with people (8%)



# Sense of Belonging

- 33% indicated that they have a weak sense of belonging to their community
  - Generally were between ages 20-34, had no medical doctor or insurance, or rated mental and oral health negatively
  - Across urban & rural areas



## Other Key Issues

- Smoking (21%)
- Alcohol consumption
  - 7% consume 5 or more drinks on one occasion at least once a week
- Specialist wait times
  - 42% required a visit to a medical specialist in the past 12 months
  - Higher than the national average (28%)
  - Of those, 30% experienced difficulty getting the specialized care
  - Wait times common difficulty



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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...

1. Which health issues should be priorities for Dartmouth CHB and Capital Health for the coming years?
2. Are there other priorities which have not been identified in this presentation?



# List of Issues

- Physical Inactivity/Healthy Eating/Healthy weight
- Chronic conditions
- Access to health services & information
- Health screenings
- Mental health
- Stress
- Alcohol consumption
- Smoking
- Specialist wait times



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# Our Health Community Conversations

