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Our Health Community Conversations

Our Health: A Community Health Assessment Survey

Eastern Shore Musquodoboit (ESM)
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



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Eastern Shore Musquodoboit Community Health Board

Serves communities from Lake Echo to Ecum
Secum and from Meagher's Grant to Dean

It is comprised of many small, rural communities surrounding three service "hubs" – Sheet Harbour, Middle Musquodoboit, and Porter's Lake/Musquodoboit Harbour with three local community hospitals: Twin Oaks, Musquodoboit Valley and Eastern Shore Memorial.



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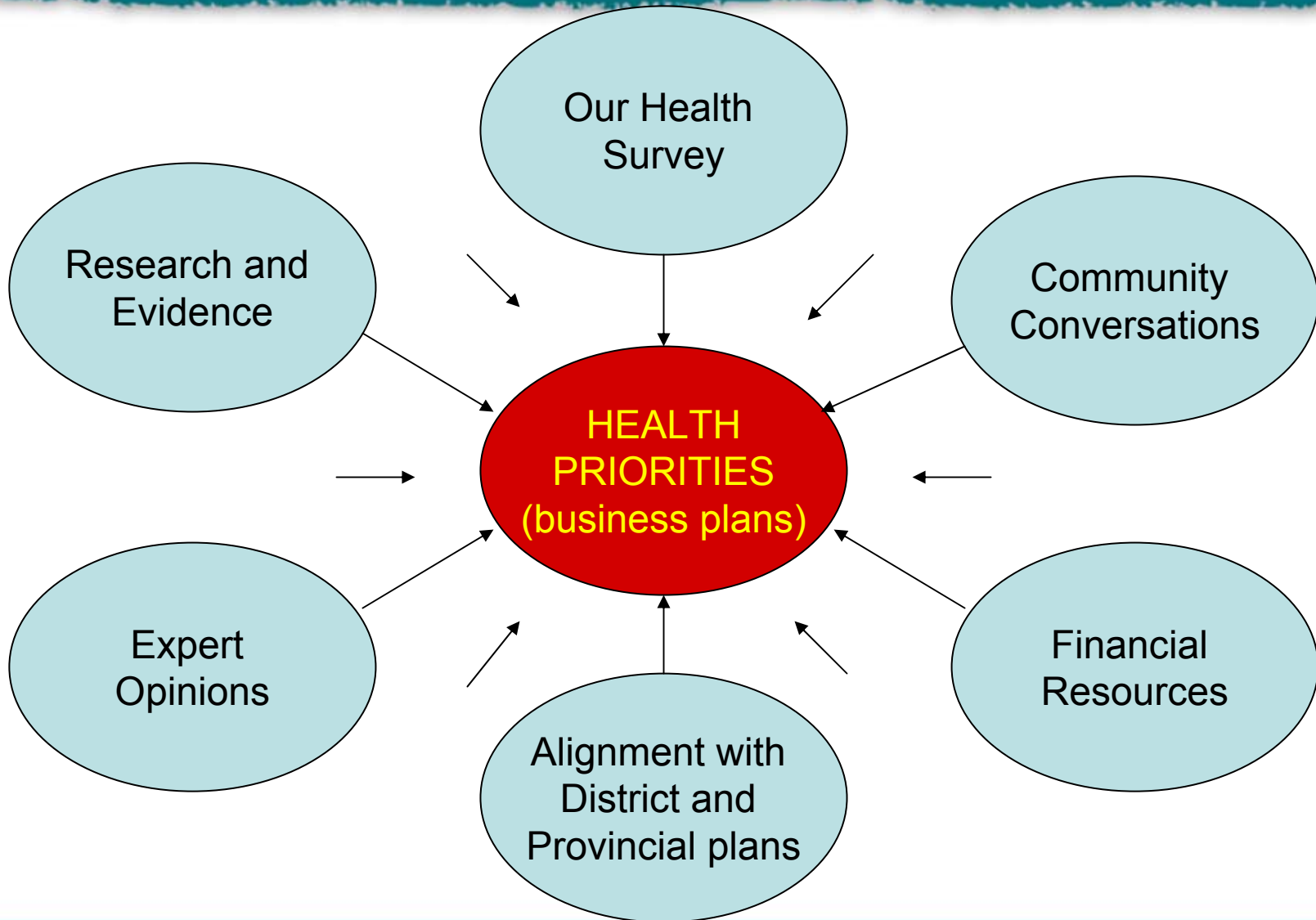
The Survey: Our Health

- First ever comprehensive survey of health status, behaviors and other factors in ESM 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
- 402 completed interviews with ESM residents who were 15 years of age or older
- Sample selections were based on age & gender
- Results are accurate +/- 4.83 percentage points, 19 times out of 20



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Key Survey Results

85% rated their general health as good, very good or excellent. Despite this, key health issues were identified...



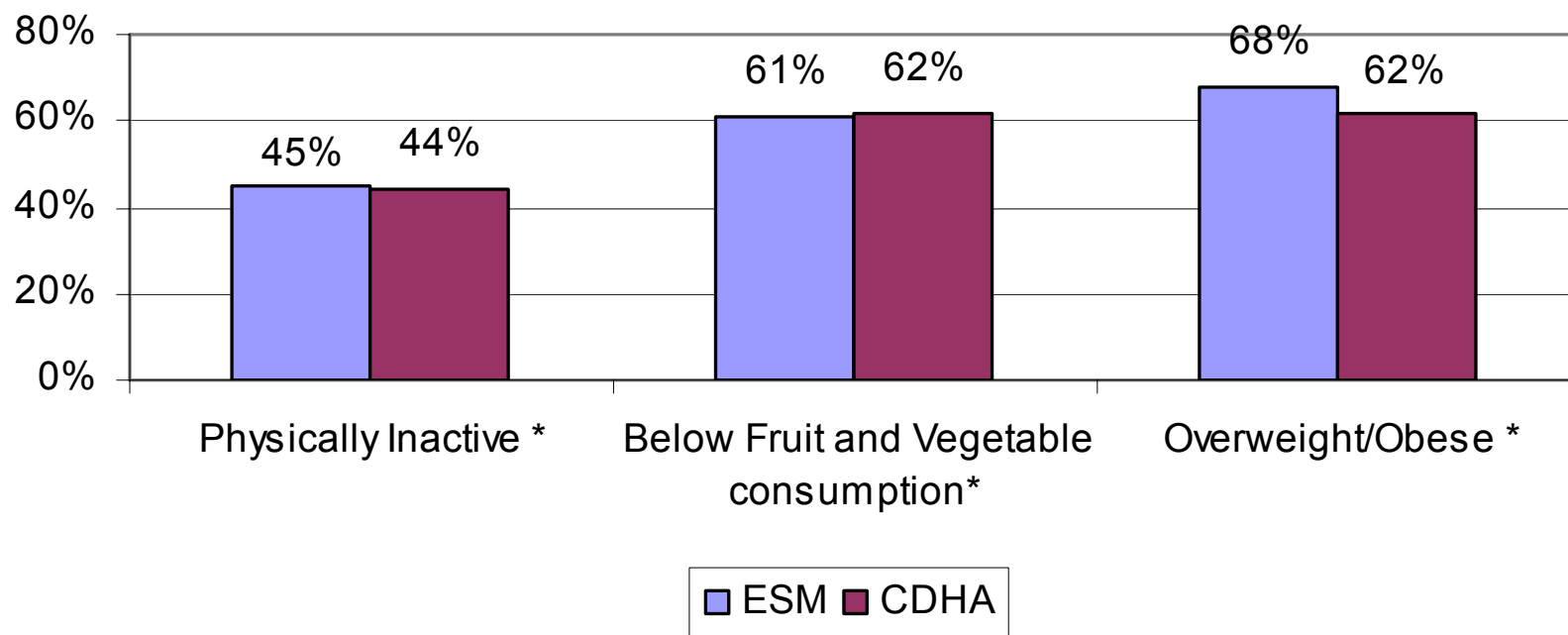
Living Healthy Snapshot

- 45% - physically inactive
- 61% - below fruit & vegetable requirement
- 68% - overweight or obese
 - 24% thought their weight was “just about right”

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



Living Healthy Comparison



*** Eastern Shore Musquodoboit 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, 65% 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: (19%)
 - Lose weight (14%)



Chronic Conditions

- 72% (15 yrs+) reported having at least one chronic condition. Such as:
 - Back problems (30%)
 - Cardiovascular Conditions (29%) (Includes high blood pressure, heart disease and stroke)
 - Arthritis (28%)
 - Migraine Headaches (15%)
 - Diabetes (11%)
 - Mood disorders (9%)
 - Bowel Disorder (9%)
 - Cancer (7%) (1% currently have; 6% have had in the past)



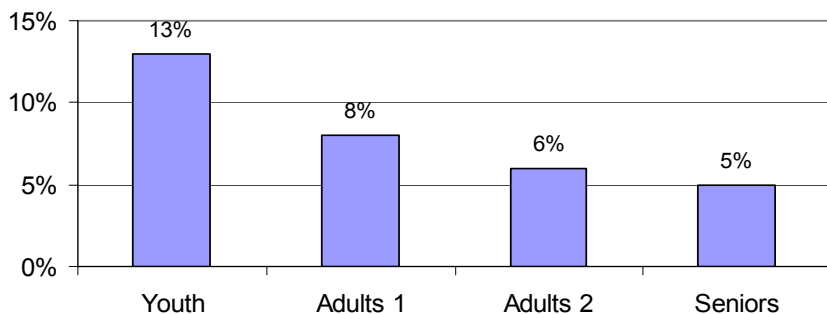
Chronic Conditions continued...

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

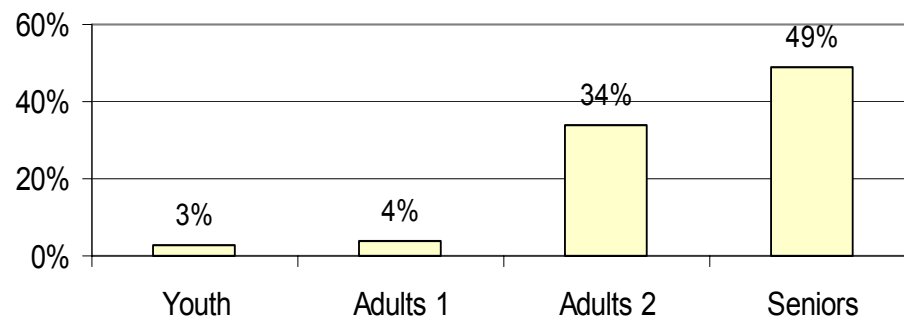


Ex. Chronic Conditions that Varied by Age

Asthma by Age



Cardiovascular Conditions by Age



Youth -15-19

Adults 2 – 34-65

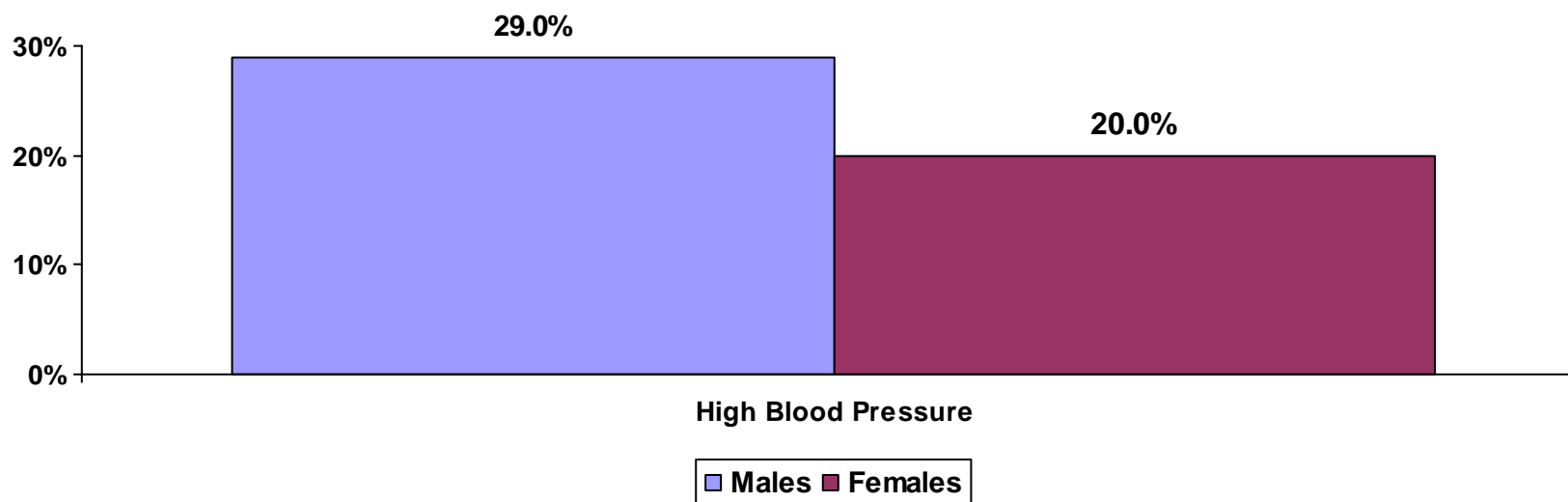
Adults 1 – 20-34

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



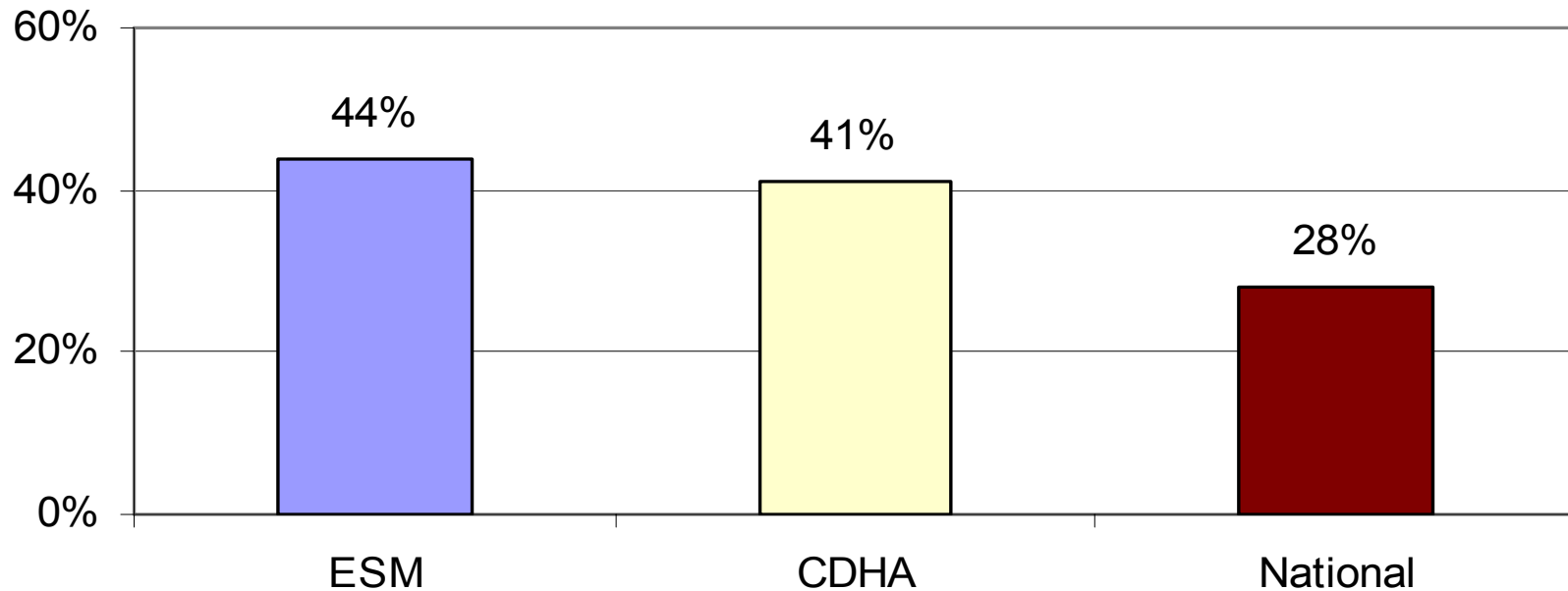
Access to Health Services & Information

- 92% have access to a regular medical doctor
 - Similar to CDHA (96%)
 - National average is 86% *
- 44% required a visit to a medical specialist in the past 12 months
 - Similar to CDHA (41%)
 - National average is 28% *
- Of those, 25% experienced difficulty getting the specialized care
 - Wait times common difficulty (93%)

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



Referrals to a Medical Specialist



Eastern Shore Musquodoboit 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*

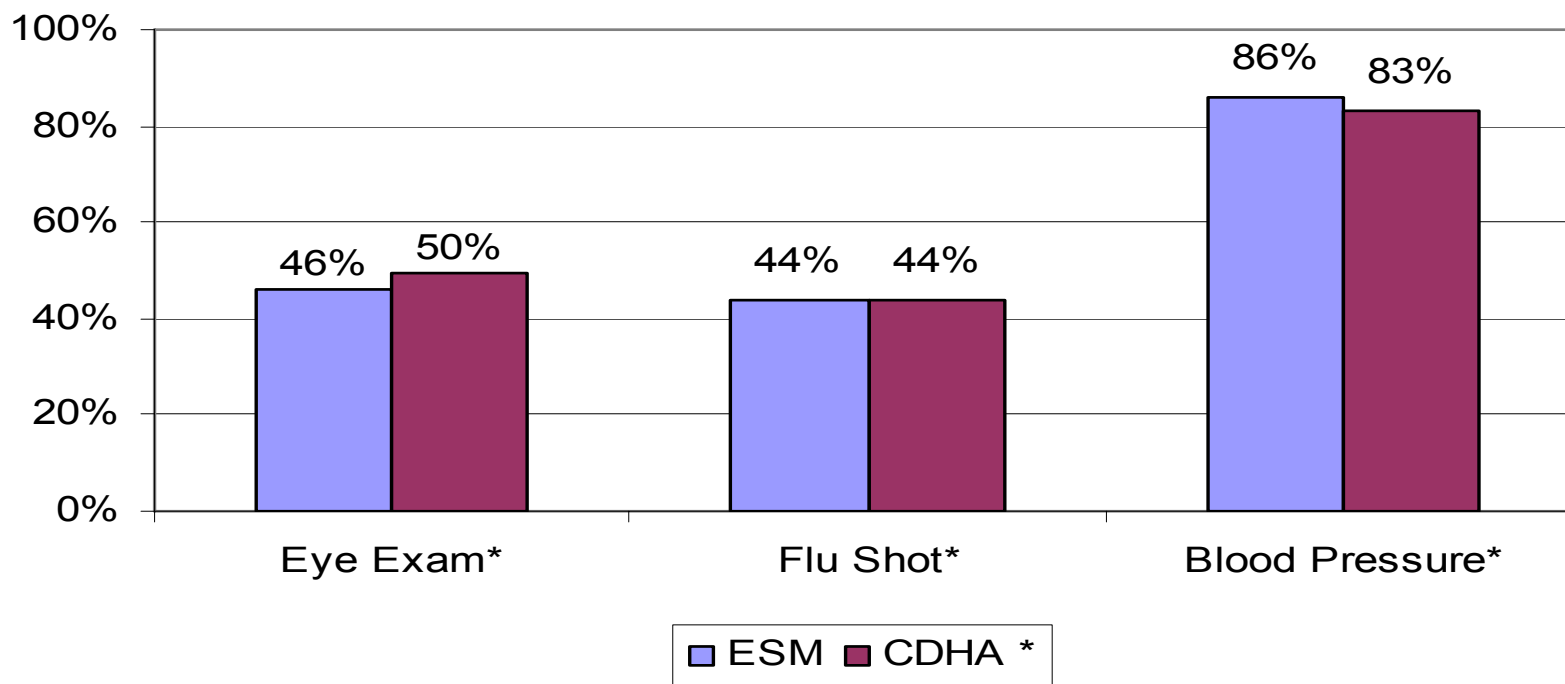


Health Screenings

- 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 **



***ESM results were similar to CDHA results.**

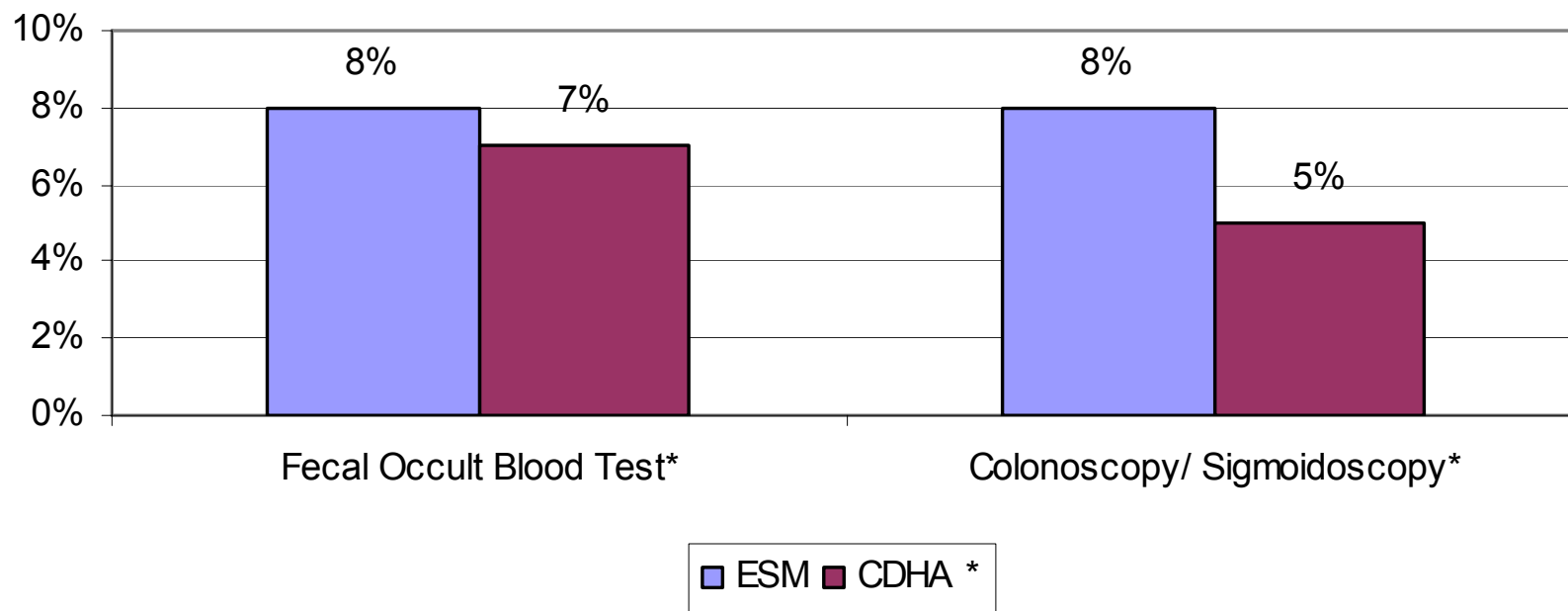
****More analysis is needed to determine if the recommended guidelines are being met**

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...



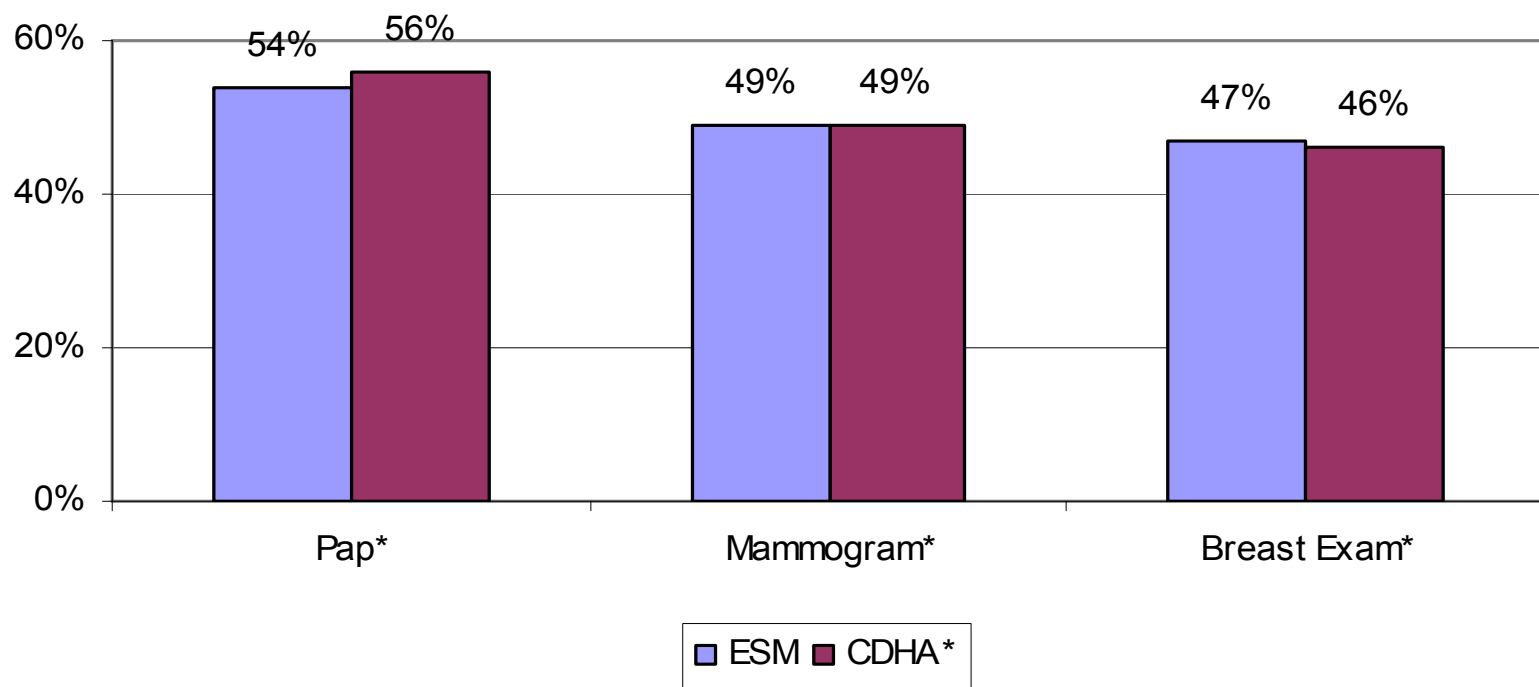
***ESM results were similar to CDHA results.**

****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 **



***ESM results were similar to CDHA results.**

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

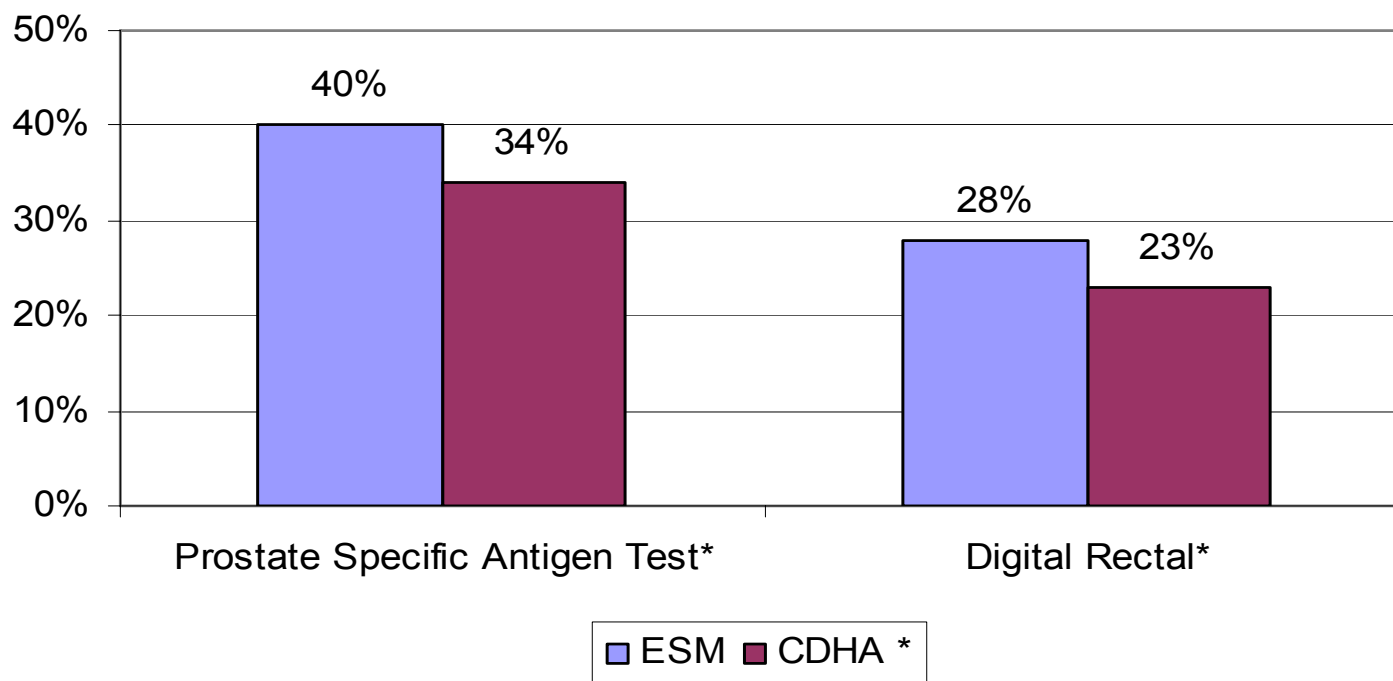
1 asked to those females 18 years of age or older – pap, breast exam

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 **



***ESM 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

- 14% have seen or talked to a health professional about their mental or emotional health in the past 12 months (average of 4 times)
- 62% of these respondents contacted their family doctor about their emotional or mental health concerns



Stress

- 62% experience daily stress
- 67% experience stress at work

However:

- 87% 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

- 28% indicated that they have a weak sense of belonging to their community
 - Generally were between ages 20-34
 - Across urban & rural areas



Other Key Issues

- Oral Health (14% *fair* or *poor* ratings)
- Home Care Services
 - 4% received home care services in past 12 months
 - 1% said they needed home care services in the past 12 months but didn't receive them
- Sun Safety
 - 47% had a sunburn in past 12 months
- Protective Equipment Use
 - 13% of those who bicycled did not use
 - 16 out of 29 downhill skiers did not use



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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 Eastern Shore Musquodoboit 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
- Use of Protective Equipment
- Mental Health
- Stress
- Sense of belonging
- Oral health
- Home Care Services
- Sun Safety



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Our Health Community Conversations

