



Capital Health

Our Health Community Conversations

Our Health: A Community Health Assessment Survey

Southeastern 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 Southeastern CHB

- Cole Harbour
-
- Lawrencetown
-
- Cow Bay
- Cherry Brook/Lake Loon
- East Preston
- Eastern Passage
- Mineville
- Shearwater
- North Preston



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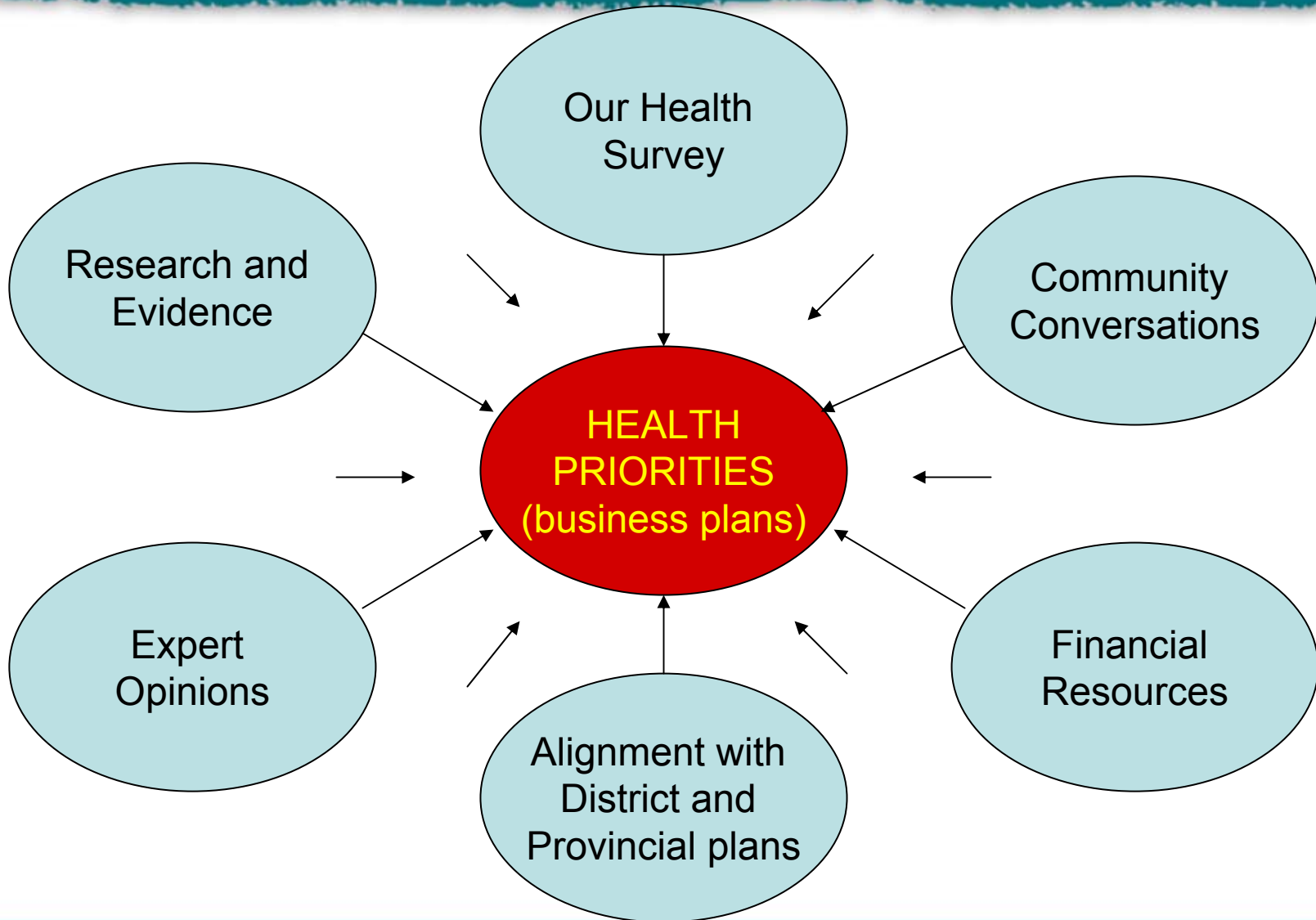
The Survey: Our Health

- First ever comprehensive survey of health status, behaviors and other factors in Southeastern 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
- 403 completed interviews with Southeastern 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

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



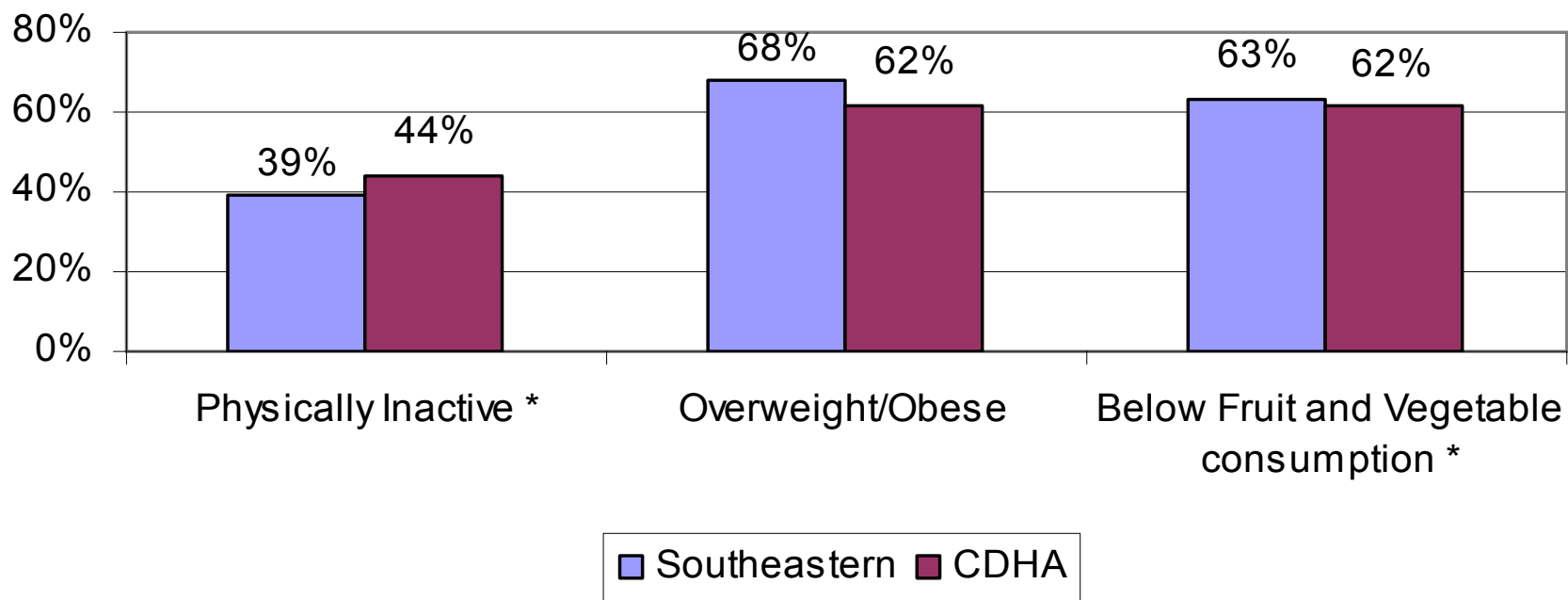
Living Healthy Snapshot

- 39% - physically inactive
- 63% - below fruit & vegetable requirement
- 68% - overweight or obese
 - 27% thought their weight was “just about right”

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



Living Healthy Comparison



* **Southeastern results were similar to CDHA results.**

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



Intentions to Live Healthy

- 71% felt they should make changes to improve their physical health.
 - Of those, 71% 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 (58%)
 - Change diet/improve eating habits (24%)
 - Lose weight (17%)



Chronic Conditions

- 64% (15 yrs+) reported having at least one chronic condition. Such as:
 - Back problems (25%)
 - Cardiovascular Conditions (23%) (Includes high blood pressure, heart disease and stroke)
 - Arthritis (22%)
 - Migraine Headaches (17%)
 - Diabetes (11%)
 - Mood disorders (9%)
 - Asthma (8%)
 - Bowel Disorder (6%)
 - Cancer (6%) (2% currently have; 4% have had in the past)



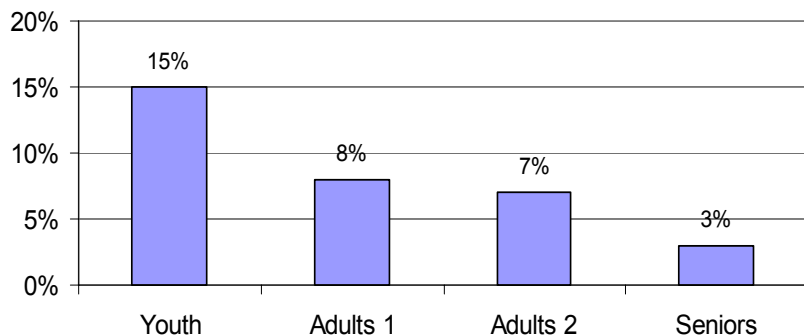
Chronic Conditions continued...

- 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
 - Back problems
 - Asthma
 - Heart disease
- Chronic conditions vary by age and gender. For instance:

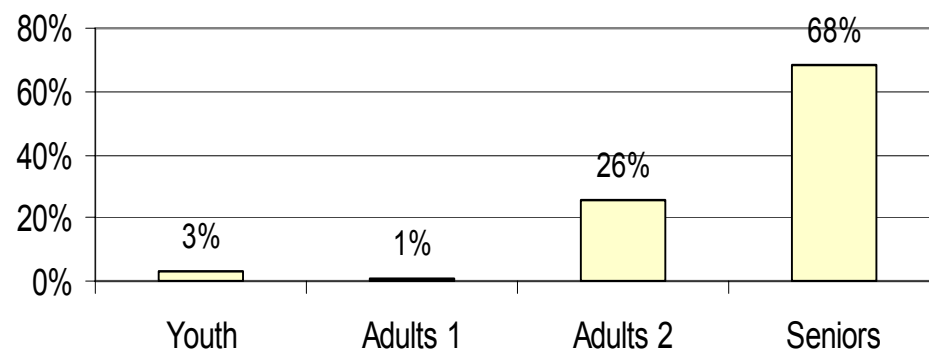


Ex. Chronic Conditions that Varied by Age

Asthma by Age



Cardiovascular Conditions by Age



Youth -15-19

Adults 2 – 34-65

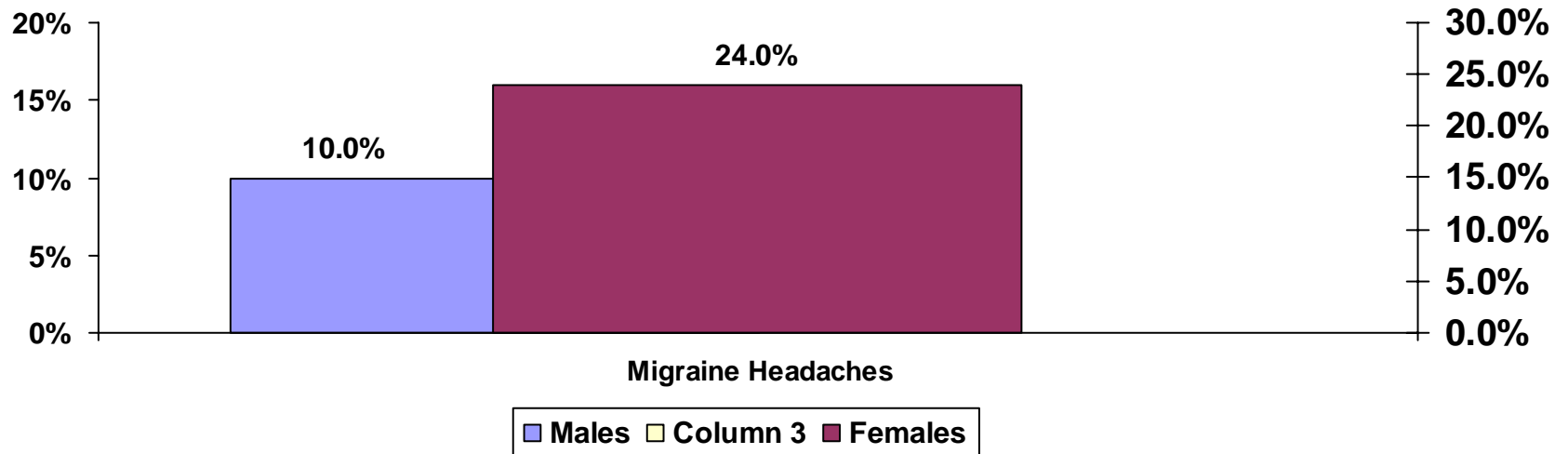
Adults 1 – 20-34

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

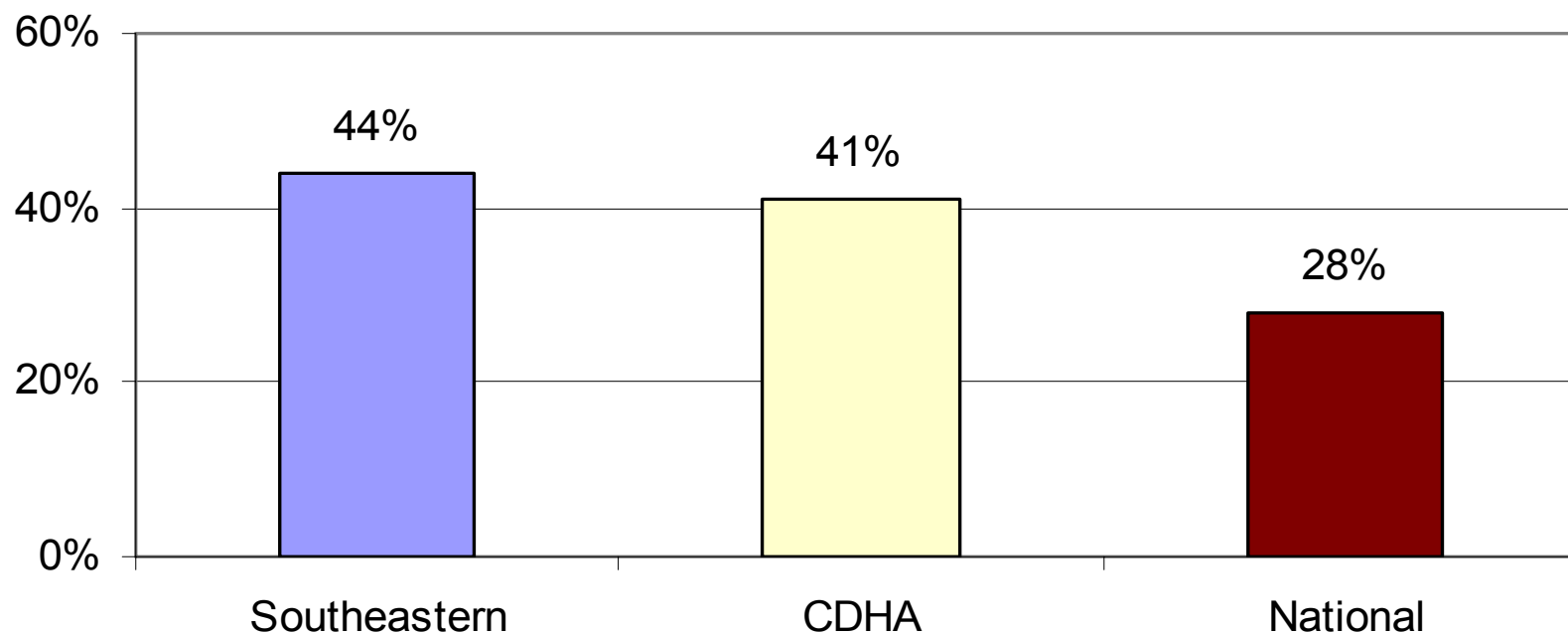


Access to Health Services & Information

- 97% 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, 22% experienced difficulty getting the specialized care
 - Wait times common difficulty (78%)



Referrals to a Medical Specialist



Southeastern 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

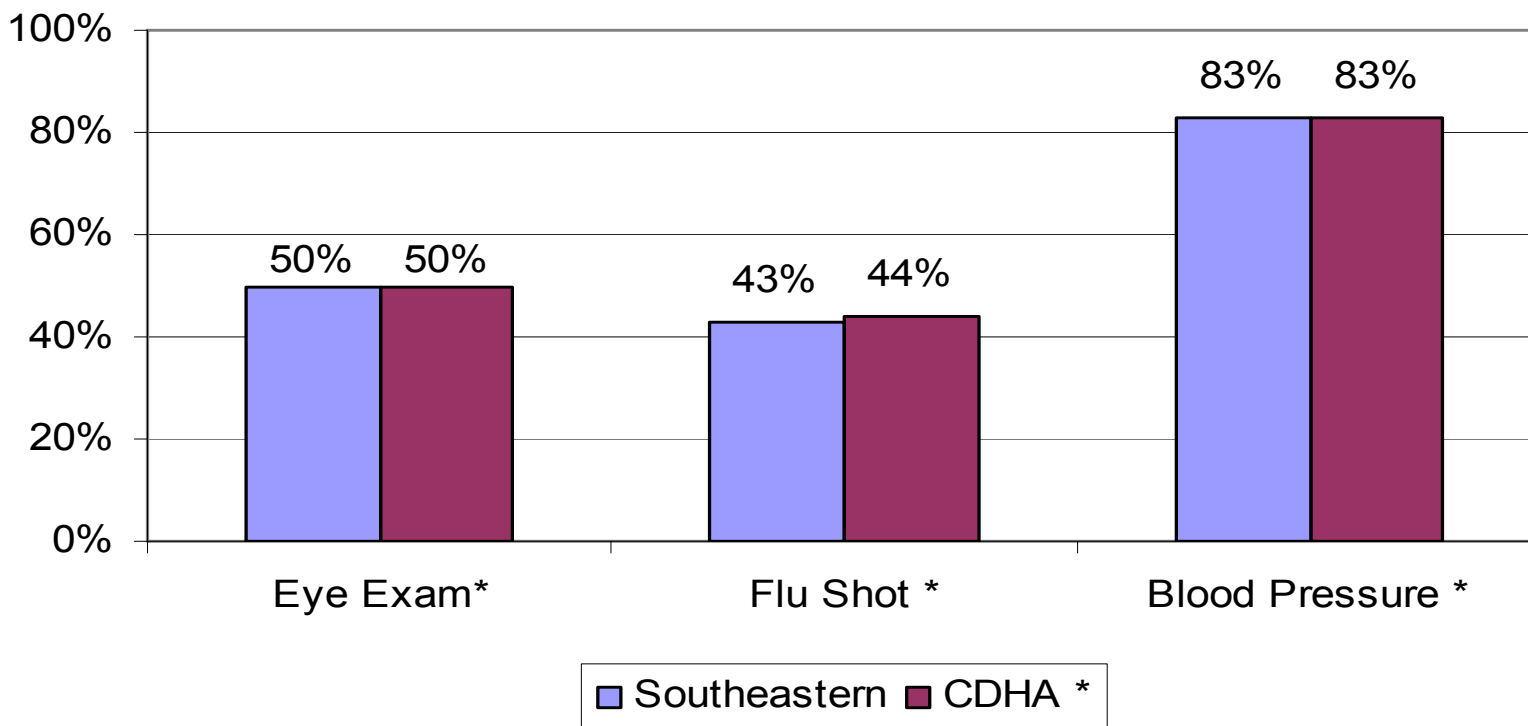


Health Screenings

- 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 **



***Southeastern results were similar to CDHA results.**

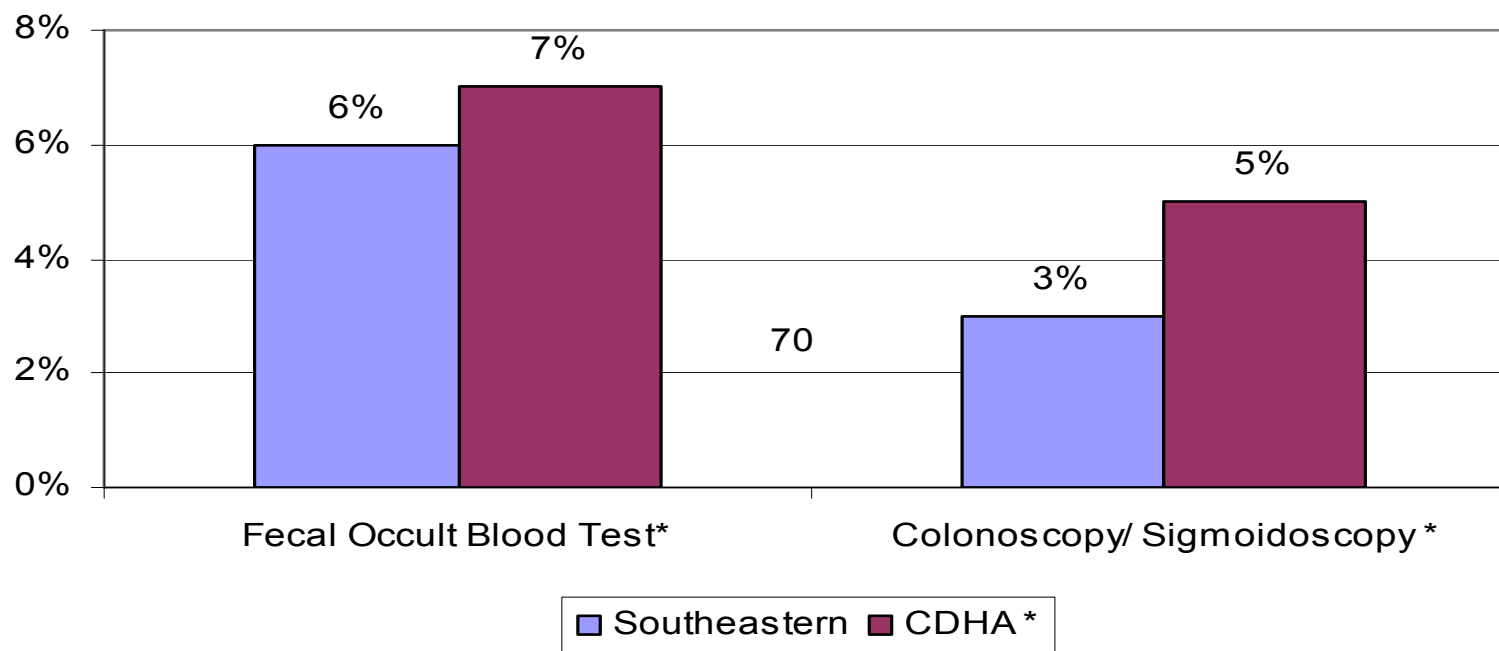
****More analysis is needed to determine if the recommended guidelines are being met**

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...



***Southeastern results were similar to CDHA results.**

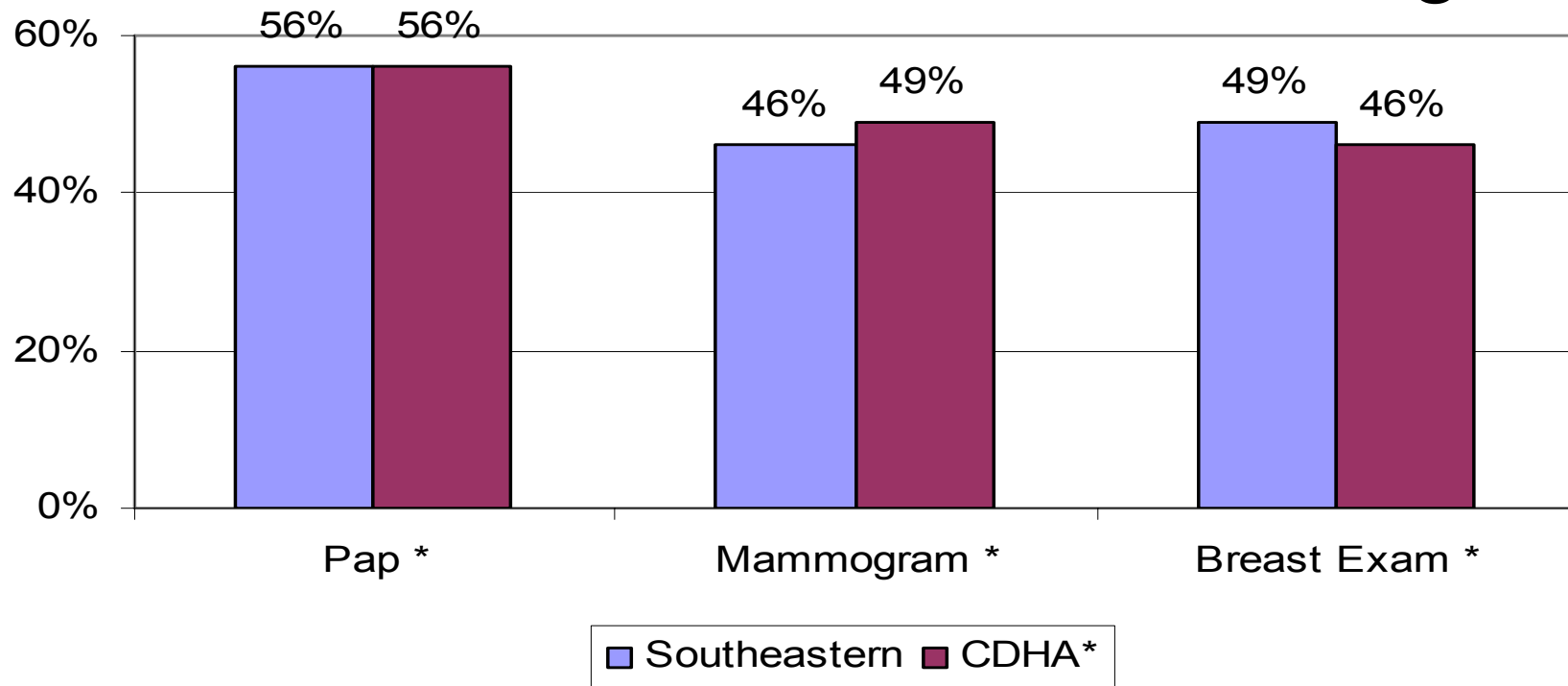
****More analysis is needed to determine if the recommended guidelines are being met**

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 **



***Southeastern results were similar to CDHA results.**

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

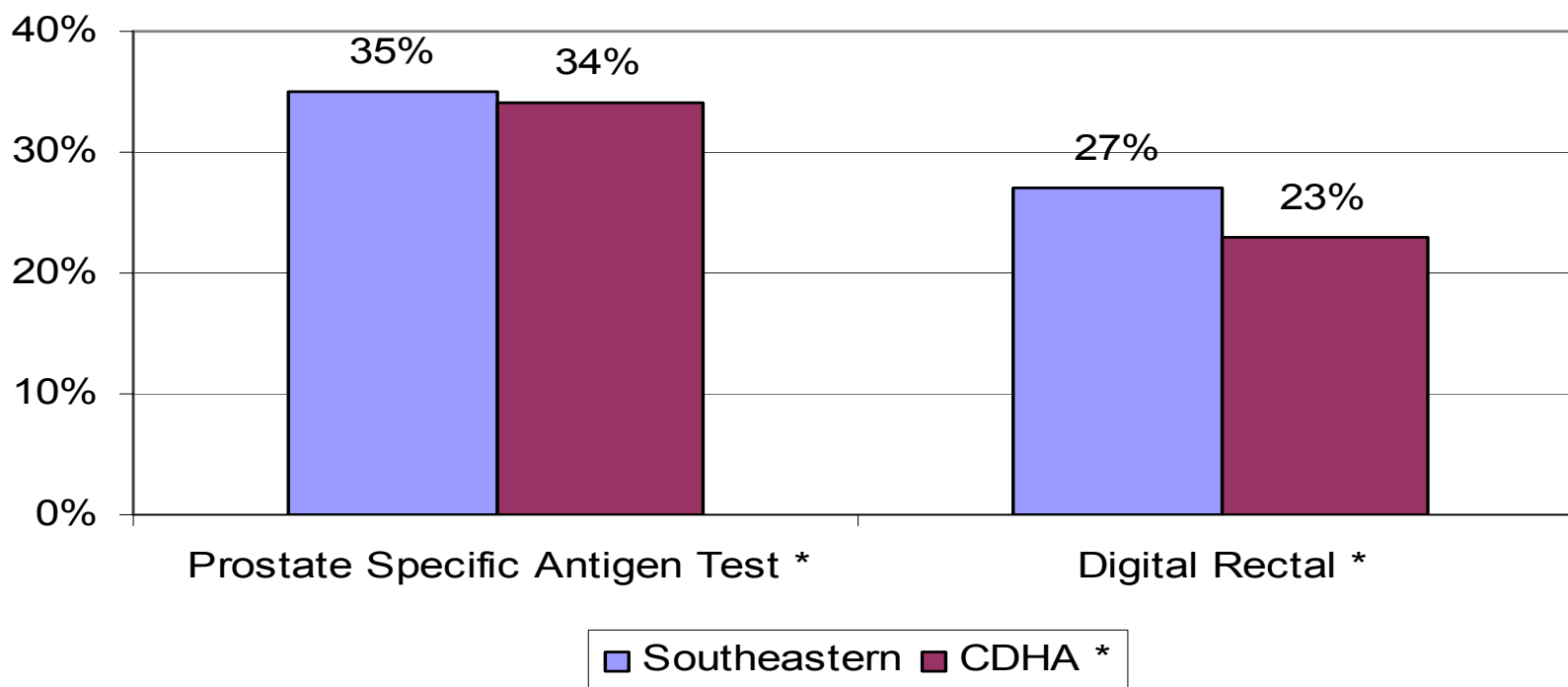
¹ asked to those females 18 years of age or older – pap, breast exam

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 **



***Southeastern 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

- 18% have seen or talked to a health professional about their mental or emotional health in the past 12 months (average of 5 times)
- 53% of these respondents contacted their family doctor about their emotional or mental health concerns



Stress

- 67% experience daily stress
- 71% experience stress at work

However:

- 91% believe they have the ability to handle unexpected and difficult problems
- 92% 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 (69%)
 - Relax by doing something enjoyable (61%)
- Top 3 Negative Coping methods used often:
 - Wish the situation would go away (35%)
 - Eating more than usual (9%)
 - Blaming yourself (8%)



Sense of Belonging

- 31% indicated that they have a weak sense of belonging to their community
 - Similar across urban & rural areas



Other Key Issues

- Smoking (20%)
- Gambling (in the past 12 months)
 - 29% instant win/scratch or daily lotto
 - 8% VLTs
 - 1% Internet or arcade gambling
- Sexual Health
 - 92% active
 - 29% used a condom the last time they had sexual intercourse
 - 10% have been diagnosed with an STD



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Health Risks and Disease in Communities of North Preston, East Preston, Cherry Brook/Lake Loon*

Main Health Issues:

- Heart Health, Cancer, Diabetes – Chronic Conditions
- Prevention (diet, lack of recreation) – Physical Inactivity/Healthy Eating/Healthy Weight
- Mental Health – Mental Health
- Source of Information – Access to health services information
- Social and Economic Issues

* Research by Health Association of African Canadian and Capital Health, released Feb 2009.



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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 Southeastern 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
- Gambling
- Mental health
- Stress
- Sense of belonging
- Smoking
- Sexual health



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