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Our Health Community Conversations

Our Health: A Community Health Assessment Survey

West Hants-Uniacke Community Health Board Presentation



West Hants-Uniacke
Community Health Board



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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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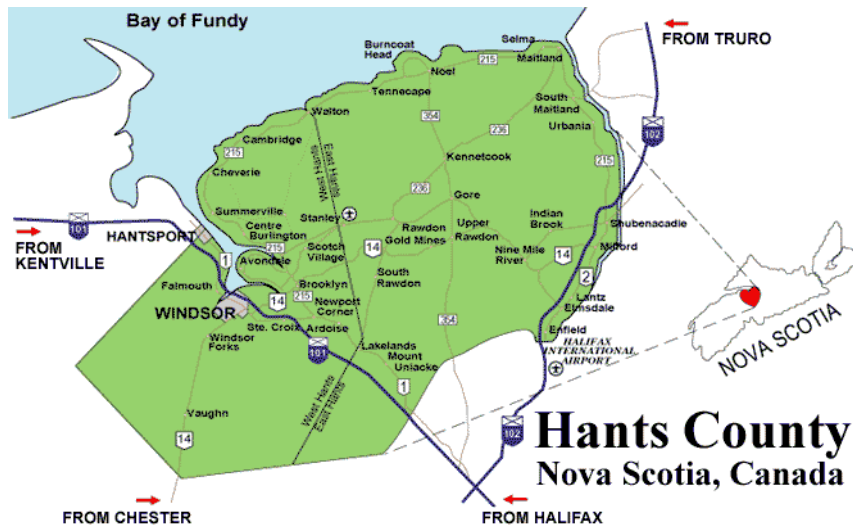
Community Health Boards

- 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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Communities within West Hants-Uniacke CHB



The **West Hants Uniacke area** takes in the geographic area from the Halifax County Line in Mount Uniacke to the Kings County Line in Hantsport to the Lunenburg County line on the Chester-Windsor highway and along the east/west boarder on the Kempt Shore.

Our area includes the towns of Windsor and Hantsport



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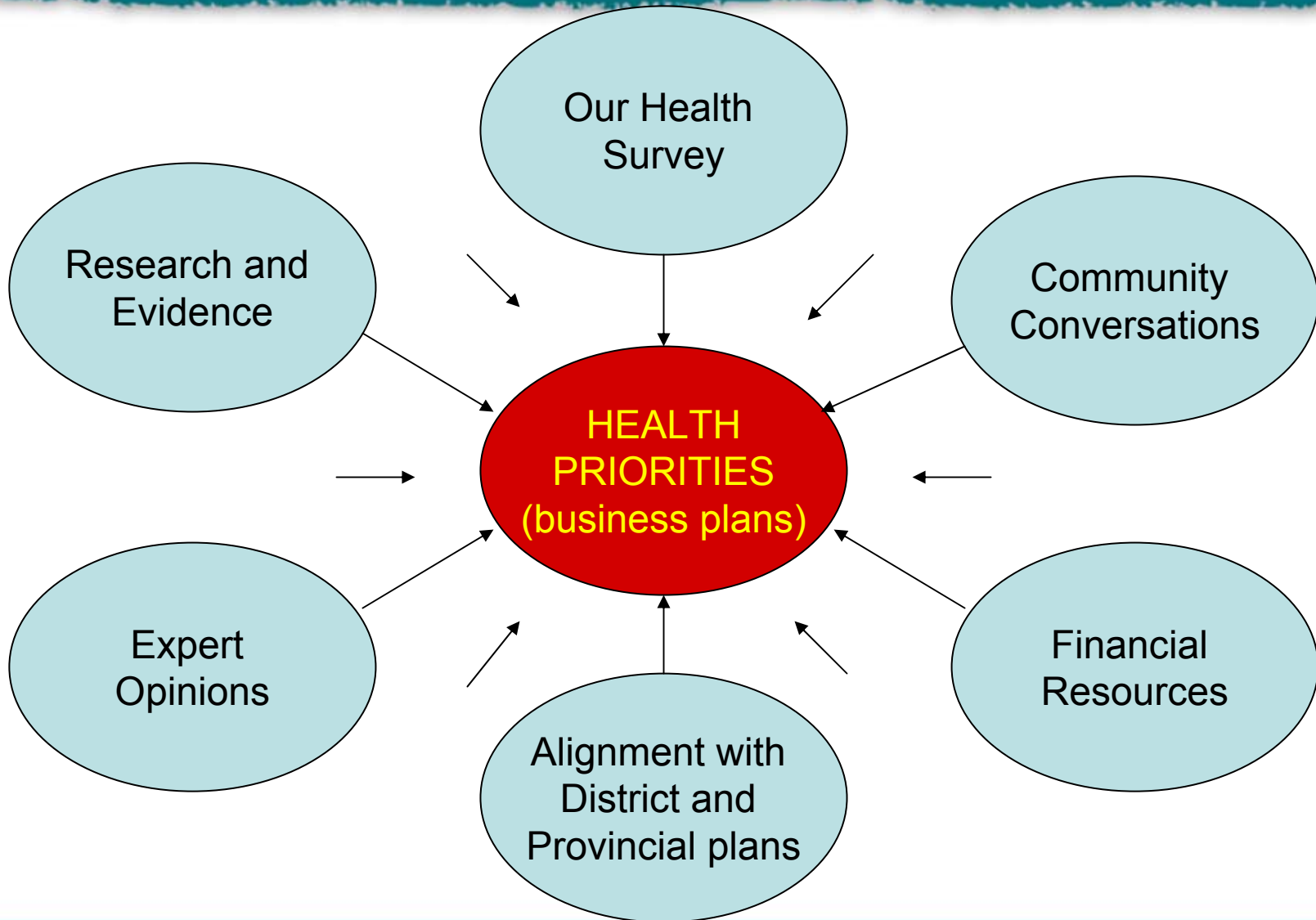
The Survey: Our Health

- First ever comprehensive survey of health status, behaviors and other factors in West Hants-Uniacke 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 West Hants-Uniacke residents who were 15 years of age or older
- Sample selections were based on age & gender
- Results are accurate +/- 4.82 percentage points, 19 times out of 20



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Key Survey Results

82% rated their general health as good, very good or excellent. Despite this, key health issues were identified...



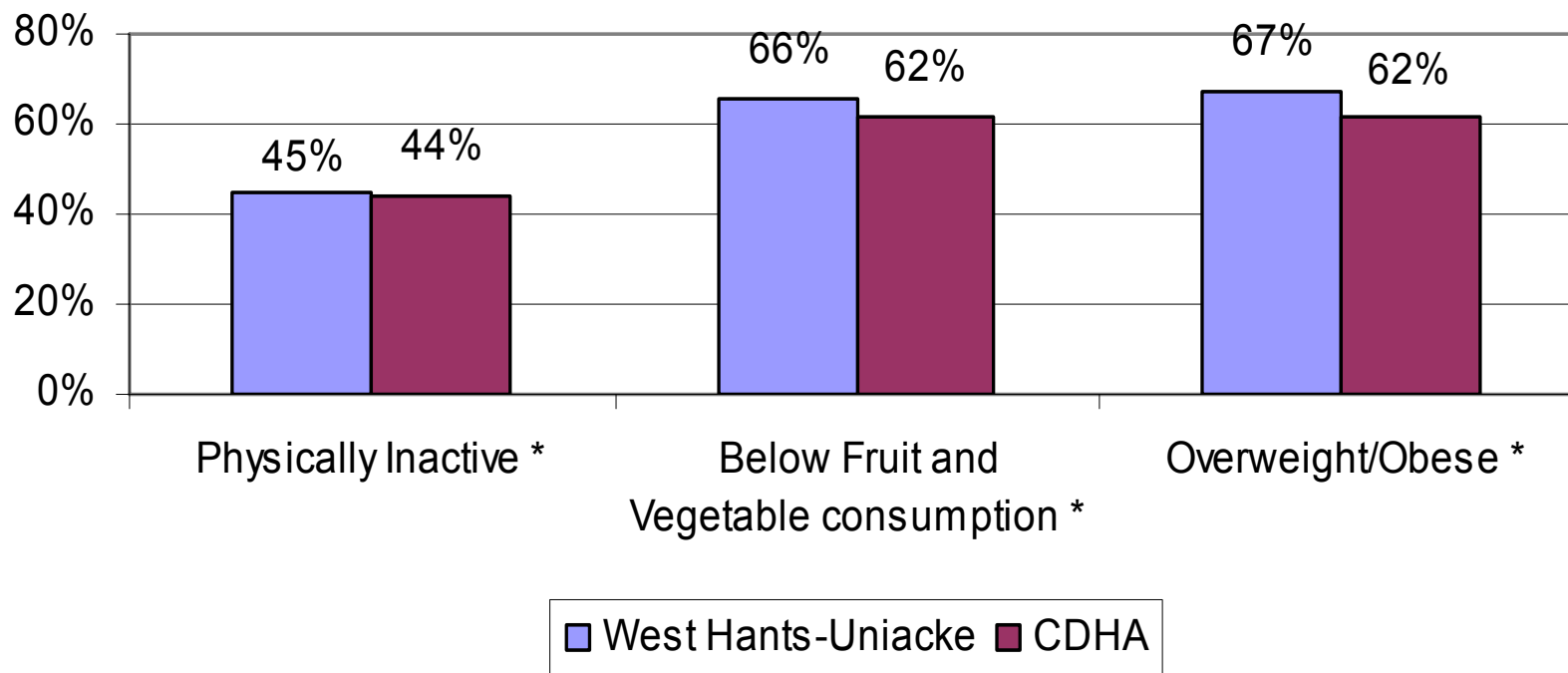
Living Healthy Snapshot

- 45% - physically inactive
- 66% - below fruit & vegetable requirement
- 67% - overweight or obese
 - 24% thought their weight was “just about right”

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



Living Healthy Comparison



*** West Hants-Uniacke results were similar to CDHA results**

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



Intentions to Live Healthy

- 64% felt they should make changes to improve their physical health.
 - Of those, 66% 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 (61%)
 - Change diet/improve eating habits (22%)
 - Lose weight (22%)



Chronic Conditions

- 70% (15 yrs+) reported having at least one chronic condition. Such as:
 - Back problems (30%)
 - Arthritis (29%)
 - Cardiovascular Conditions (25%) (Includes high blood pressure, heart disease and stroke)
 - Migraine Headaches (14%)
 - Asthma (10%)
 - Mood disorders (10%)
 - Bowel Disorder (10%)
 - Cancer (9%) (2% currently have; 7% have had in the past)
 - Diabetes (9%)



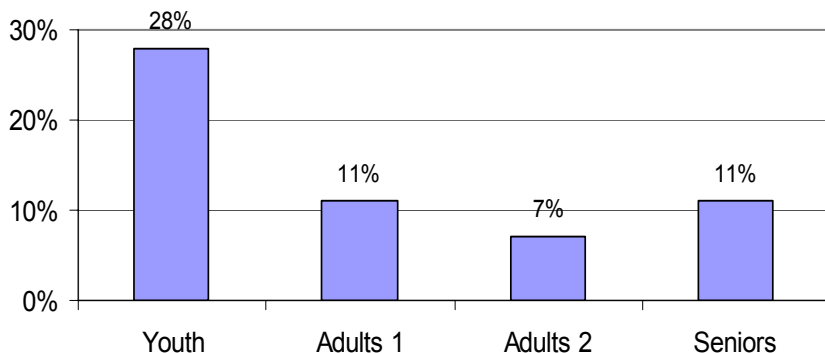
Chronic Conditions continued...

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

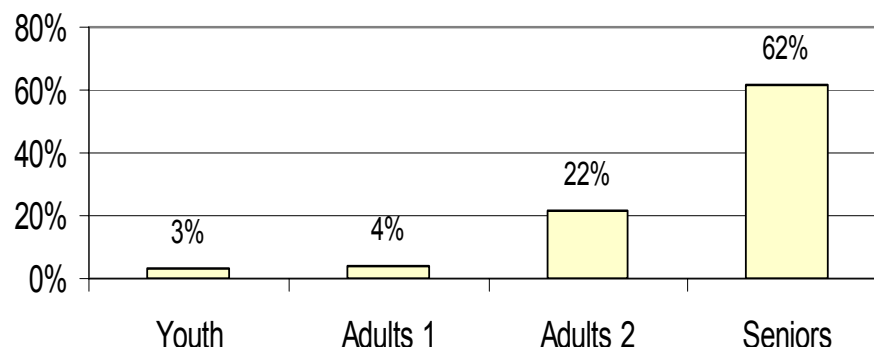


Ex. Chronic Conditions that Varied by Age

Asthma by Age



Cardiovascular Conditions by Age



Youth -15-19

Adults 2 – 34-65

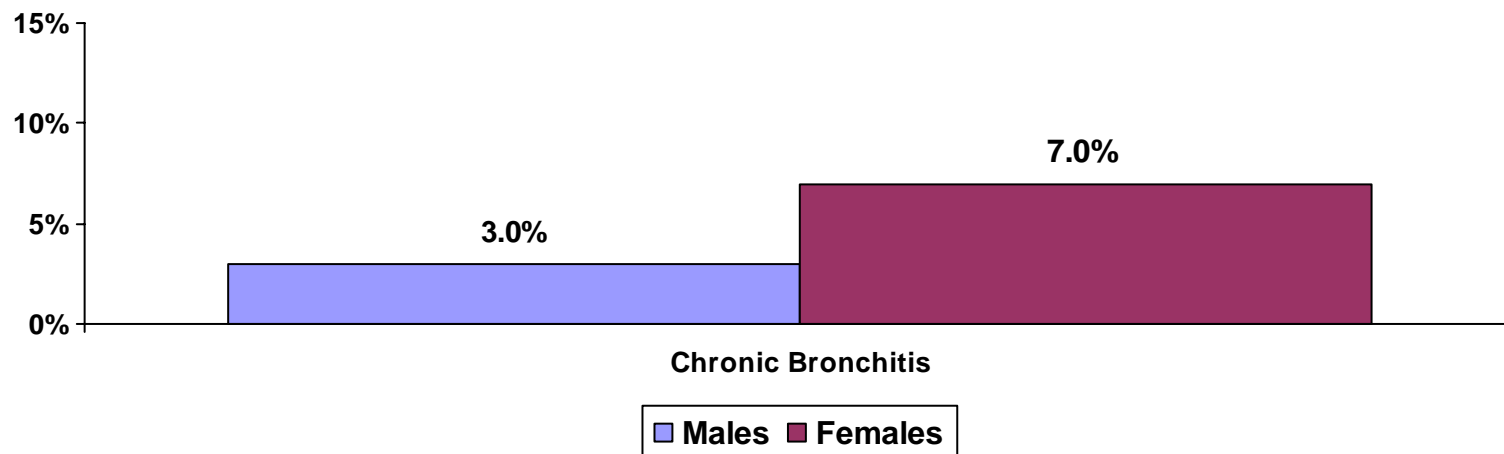
Adults 1 – 20-34

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



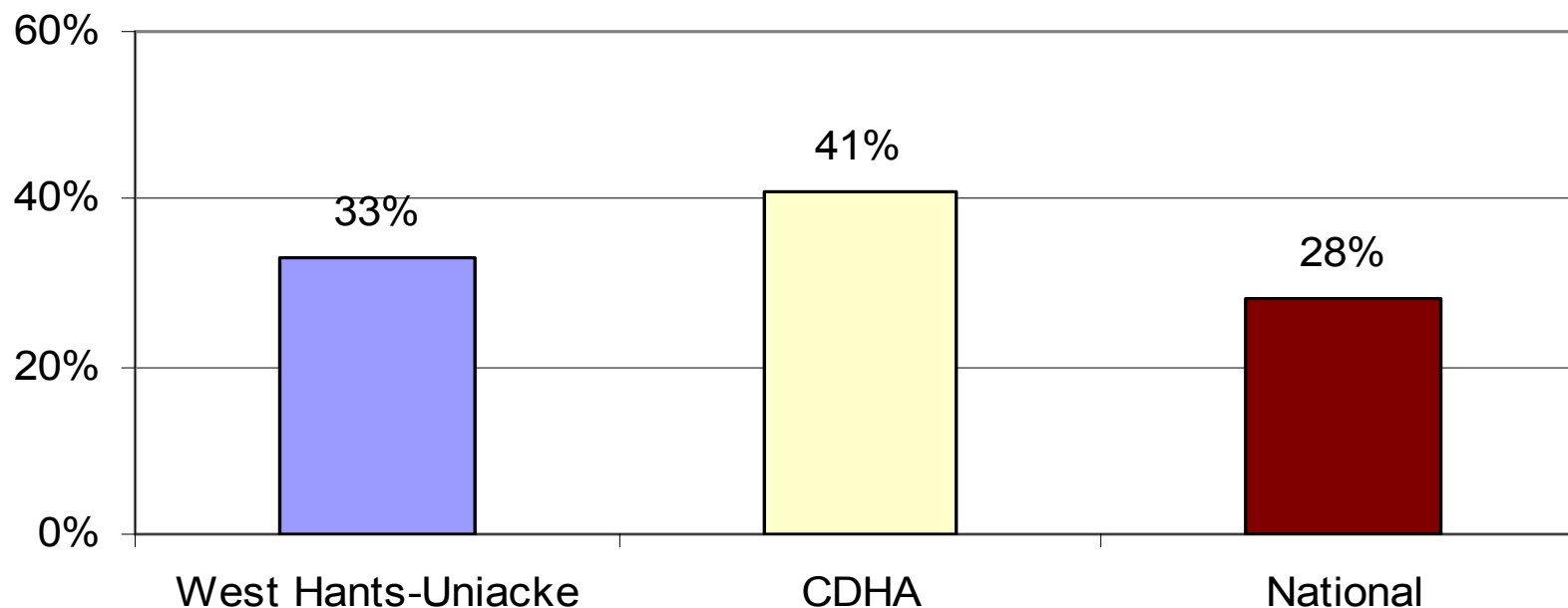
Access to Health Services & Information

- 96% have access to a regular medical doctor
 - Similar to CDHA (96%)
 - National average is 86% *
- 33% required a visit to a medical specialist in the past 12 months
 - Similar to CDHA (41%)
 - National average is 28% *
- Of those, 27% experienced difficulty getting the specialized care
 - Wait times common difficulty (97%)

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



Referrals to a Medical Specialist



* **West Hants-Uniacke 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*

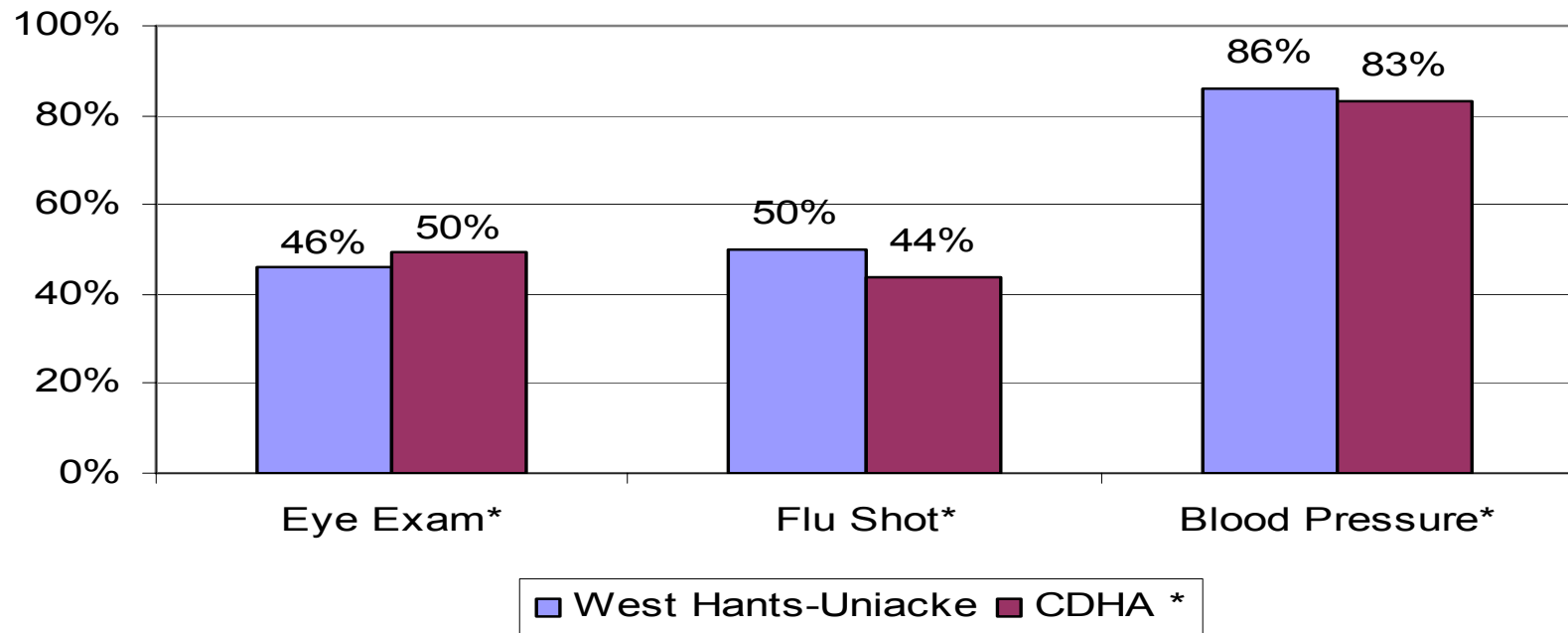


Health Screenings

- 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 **



***West Hants-Uniacke results were similar to CDHA results.**

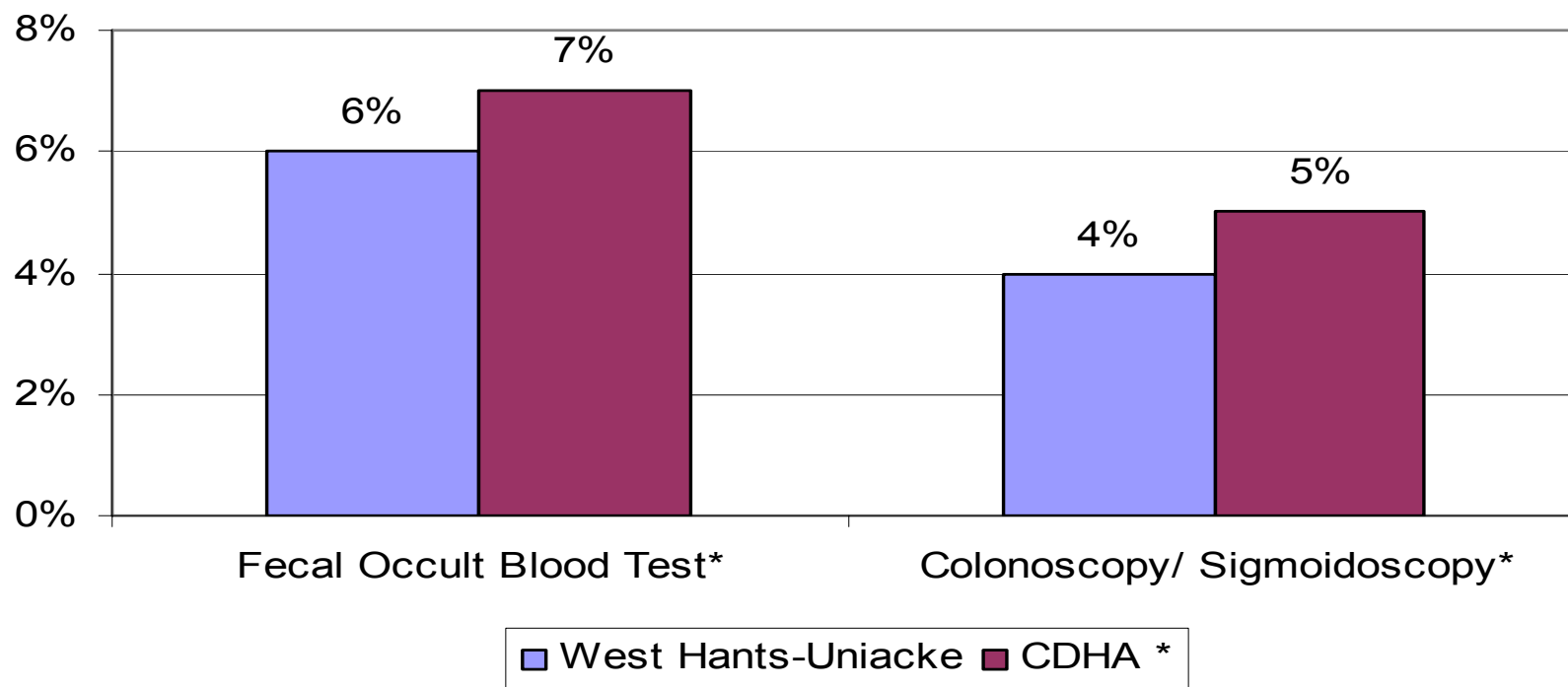
****More analysis is needed to determine if the recommended guidelines are being met**

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...



***West Hants-Uniacke results were similar to CDHA results.**

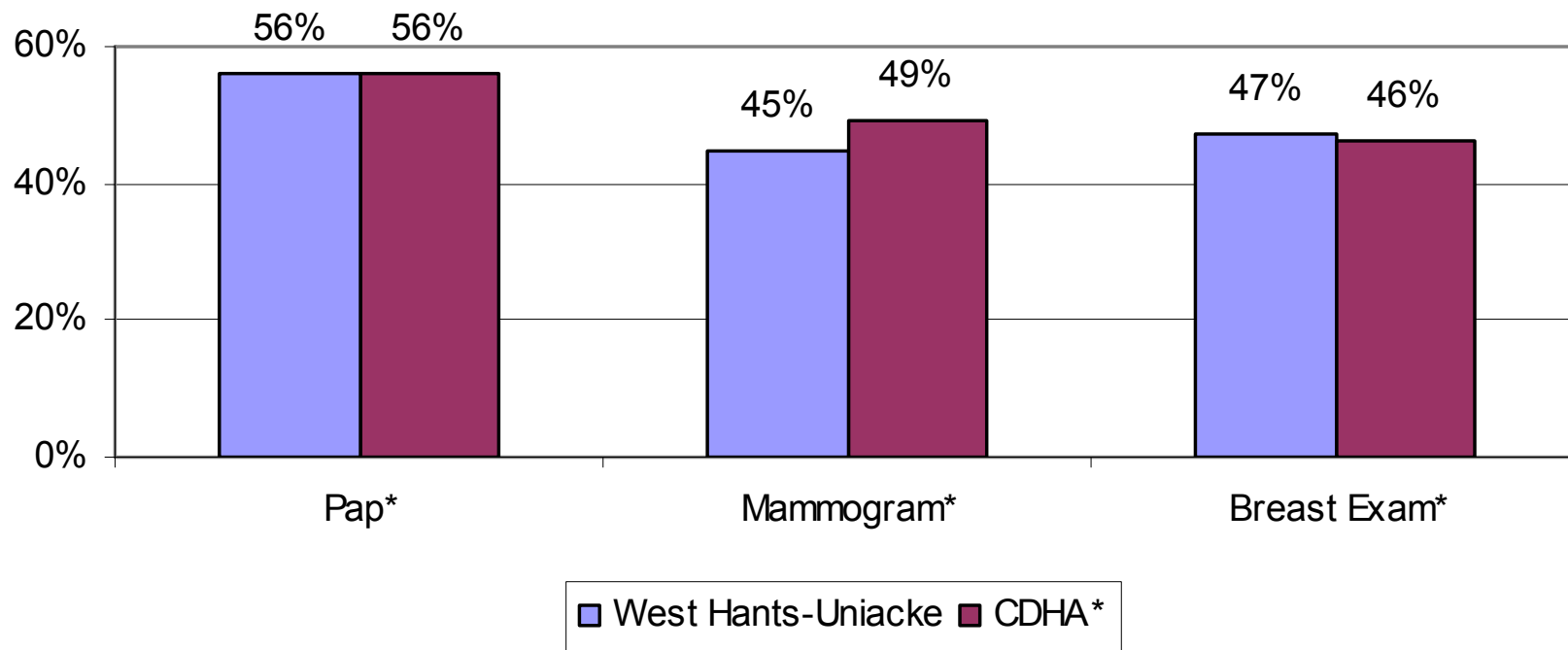
****More analysis is needed to determine if the recommended guidelines are being met**

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 **



***West Hants-Uniacke results were similar to CDHA results.**

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

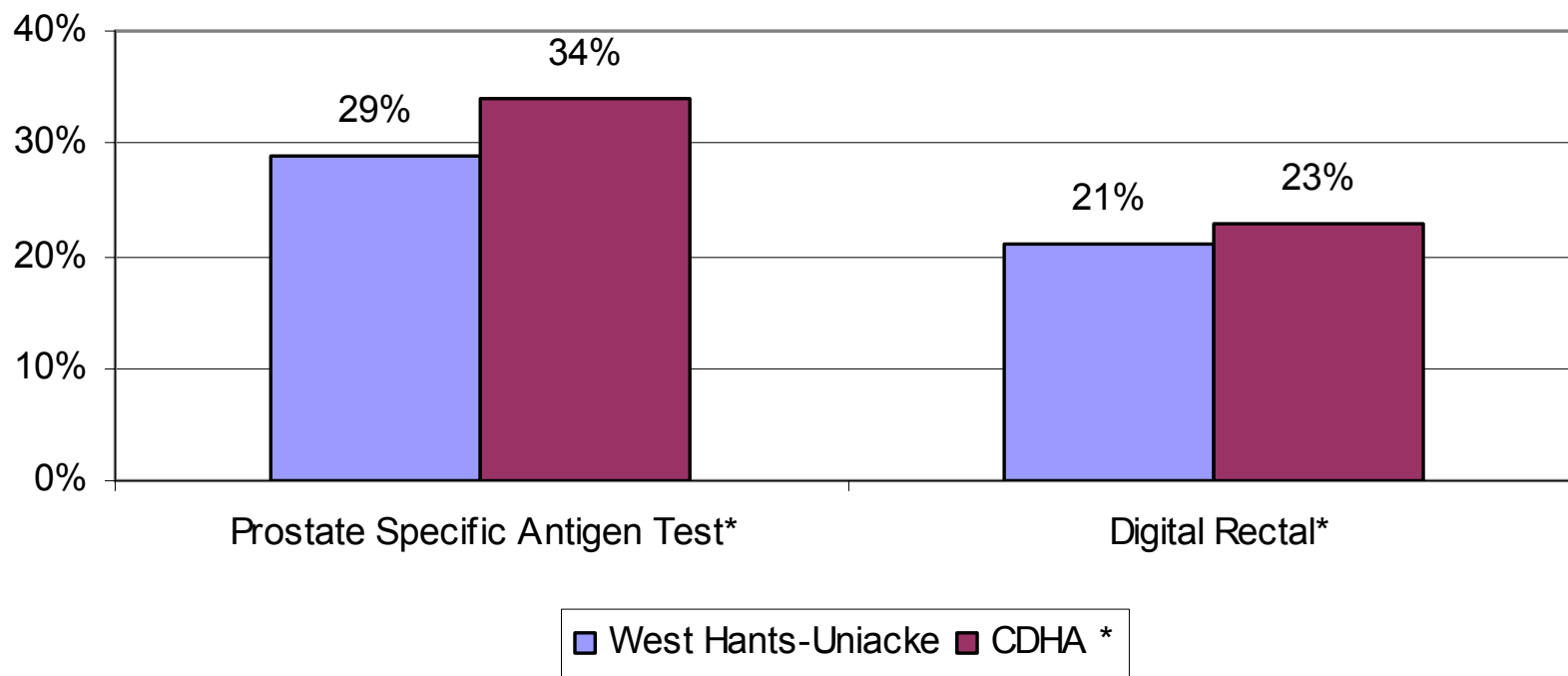
¹ asked to those females 18 years of age or older – pap, breast exam

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 **



***West Hants-Uniacke 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

- 17% have seen or talked to a health professional about their mental or emotional health in the past 12 months (average of 4 times)
- 57% of these respondents contacted their family doctor about their emotional or mental health concerns



Stress

- 62% experience daily stress
- 71% experience stress at work

However:

- 88% 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 (70%)
 - Look on the bright side of things (69%)
 - Relax by doing something enjoyable (63%)
- Top 3 Negative Coping methods used often:
 - Wish the situation would go away (40%)
 - Blaming yourself (10%)
 - Eating more than usual (10%)



Sense of Belonging

- 28% indicated that they have a weak sense of belonging to their community
 - Generally were between ages 15-34 or rate their mental or oral health negatively
 - Across urban & rural areas



Other Key Issues

- Smoking (26%)
- Gambling (in the past 12 months)
 - 29% instant win/scratch or daily lotto
 - 8% VLTs
 - 1% Internet or arcade gambling
- Oral health (13% *fair* or *poor* oral health)
- Sun safety
 - 45% had a sunburn in past 12 months



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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 West Hants-Uniacke 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
- Oral health
- Mental health
- Stress
- Sense of belonging
- Smoking
- Gambling
- Sun safety



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Our Health Community Conversations

