Healthy People = Thriving Communities
(and Thriving Communities = Healthy People)

West Coast Coming Together Forum
May 31 2018

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Health

• “A state of complete physical, mental and social well-being.”

• To achieve health an individual or group must be able to:
  – identify and to realize aspirations.
  – satisfy needs.
  – change or cope with the environment.
Health vs. Disease

• Enabling individuals and communities to increase control over the circumstances which improve their health.
• Why are some people are “more healthy” than others
• Increase “equity”
• Determinants of health
Determinants of Health

Diseases
- Heart
- Cancer
- Lung
- Stroke
- Arthritis
- Depression

Risk factors
- Tobacco
- Alcohol
- Diet
- Physical Fitness
- Social Fitness

Determinants
- Economic status
- Education
- Worklife
- Environment
- Social support
- Genetics
- Gender
- Child life
- Culture
- Lifestyles and coping
- Health Services

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The Health Gradient

Individually oriented preventive action

Health hazards

Environmental health hazards
Lack of education
Inadequate food and nutrition
Unemployment
Poor Housing
Poverty

Source: adapted from Making Partners: intersectoral action for health.
Continuum of upstream work

- Home visiting for families
- Partner for affordable housing
- Collaborate for healthy schools
- Advocate for income supports
- Be socially inclusive
- TB treatment
- Support smoking bans
Well, my guess is, it means "Welcome Stranger!"...
What’s New

West Coast

- Census 2016
- EDI – 2014-2016
- MDI – 2014-2017
- West Coast out of area utilization data 2015-2016
- Education information by schools 15/16
  - Alberni Clayoquot regional district.
- Alberni LHA profile to 2016
- Alberni LHA utilization, primary and community care profiles 2016
- District graduation rates 15/16
Data Quality Varies
What is coming

Much of the data in the LHA profiles and some of the utilization and primary and community care data – at the new West Coast CHSDA – Community health services delivery area
Who are we?
(culture, socioeconomic status)

- 5534 residents
  - 32.9% First Nations – 2/3rds in FN communities
- 0.8% growth per year
  - 1025 children under 15 (18½%)
  - 550 families with children
    - 29% led by lone parent
- Low income(*FN communities not included)
  - 15.5% of all residents
  - 19.7% of children under 6 (145 children)
  - 10.6% 65+ (50 seniors)
How does that compare?

- **West Coast**
- **Rest of ACRD**
- **Island**
- **BC**
- **Canada**

**Categories:**
- Lone parent families
- Poverty rate
- Children in poverty

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Who are we?
(social support, worklife, education)

• 55% adults married/common law
  – 60% married
• 34% never married
• 60% of those 25-65 have a university degree
• 74% labour force participation
  – Only 32% worked full time full year
  – Unemployment rate 6.6%
Where we live?
(home environment, social connection)

• 2/3 own, 1/3 rent (most band housing not included)
• 13% of housing stock needing major repair
• 20% of housing not used by “usual residents’
• 25% spending more than 30% income on shelter(*FN communities not included)
• Only 50% have not moved in last 5 years (nationally 60%)
  – Half of these have moved in from ‘elsewhere’
Income (2016)

Living Wage

A Living Wage is the income a family requires to meet its basic needs and to maintain a decent standard of living. Working families that do not earn a living wage may face tough choices, such as deciding between paying rent or buying healthy food.

Learn more at clayoquotbiosphere.org/vital-signs

Our region’s Living Wage is $19.27 per hour.

Minimum wage in BC is $11.35. Increasing to $12.65 June 1 per hour.

Earnings for a family of four with both parents working 35 hours a week and making a Living Wage is $70,143.

40% of our region earns less than or close to minimum wage.

67% of our region earns less than our Living Wage.
Housing (2015)

- **Tofino**: $509,400 (9% increase)
- **Ucluelet**: $272,000 (less than 1% change)
- **Port Alberni**: $175,100 (4% decrease)
- **Victoria**: $547,200 (less than 1% change)

Median assessed value of a single-family
Voter Turnout for municipal elections decreased from 46% in 2011 to 33% in 2014. While this showed a decrease of the turnout was significantly higher than the provincial average.
Percentage of people in our region who feel satisfied with their life.

- Clayoquot Sound Biosphere Reserve Region: 79%
- British Columbia: 69%

An increase of 10% over 10 years.
Child development – EDI

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<thead>
<tr>
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<tbody>
<tr>
<td>Physical</td>
<td>11</td>
<td>15</td>
<td>20</td>
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<td>Social</td>
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<td>5</td>
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<td>15</td>
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<td>Emotional</td>
<td>7</td>
<td>4</td>
<td>10</td>
<td>15</td>
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<tr>
<td>Language</td>
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<td>5</td>
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<td>9</td>
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<tr>
<td>Communication</td>
<td>14</td>
<td>11</td>
<td>13</td>
<td>18</td>
<td></td>
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<tr>
<td>One or More Scales</td>
<td>27</td>
<td>21</td>
<td>29</td>
<td>32</td>
<td></td>
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</tbody>
</table>
Child development: EDI subscales

As components of the EDI Scales, EDI subscales provide more detailed information and can reveal which developmental areas are contributing to increases or decreases in scale-level vulnerability rates.
Child development MDI

- SD 70 a provincial leader in use of MDI, and an innovator in applying the data.
- 4 years, Grades 4 and 7.
  - Some data available for West Coast.
- Interpretation is without solid context
- Increase in students “thriving” – mostly through shift from those with medium to high well-being and without change in “low”
<table>
<thead>
<tr>
<th>Year</th>
<th>Grade 4 Thriving</th>
<th>Grade 4 Low</th>
<th>Grade 7 Thriving</th>
<th>Grade 7 Low</th>
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</thead>
<tbody>
<tr>
<td>2014/15 *</td>
<td>49%</td>
<td>29</td>
<td>43</td>
<td>45</td>
</tr>
<tr>
<td>2015/16</td>
<td>54</td>
<td>19</td>
<td>43</td>
<td>49</td>
</tr>
<tr>
<td>2018/17</td>
<td>44</td>
<td>40</td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>

* *All of ‘regional districts’
- Minimum set of children for data to be reported
MDI Assets Index

- 66-80% peer relationships on west coast (low)
- 80-90% report presence of adult relationship
- Nutrition and sleep 60-70% (better)
- 80-90% report out of school activities (better)
Child Development – Youth

Belonging and Leadership

63% of youth don’t feel they have a say in how their community is run. In 2014, less than half felt this way.

- 81% I belong in my community
- 98% I have people in my life who care about me
- 19% I volunteered recently
- 91% I enjoy spending time with my family
6 year graduation rates for school districts (education)

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</tr>
</thead>
<tbody>
<tr>
<td>Nanaimo-Ladysmith - SD 68</td>
<td>68.2</td>
<td>69.6</td>
<td>71.6</td>
<td>72.3</td>
<td>72.5</td>
<td>73.2</td>
<td>72.6</td>
</tr>
<tr>
<td>Alberni - SD 70</td>
<td>64</td>
<td>63.9</td>
<td>68.1</td>
<td>73.4</td>
<td>74.3</td>
<td>76.6</td>
<td>74.6</td>
</tr>
<tr>
<td>Parksville-Qualicum - SD 69</td>
<td>76.8</td>
<td>78.8</td>
<td>76.5</td>
<td>72.1</td>
<td>69</td>
<td>69.9</td>
<td>71.2</td>
</tr>
<tr>
<td>BC</td>
<td>79.7</td>
<td>81</td>
<td>81.8</td>
<td>83.6</td>
<td>84.2</td>
<td>83.9</td>
<td>83.6</td>
</tr>
</tbody>
</table>
SAFETY WARNING!

Opening this box will result in Death by Electrocution & a £20 Fine.
The Development of a Crisis

Overdose fatalities Alberni LHA, Vancouver Island, BC

West Coast: pre-2017 under 5 fatalities over 10 years. Recent high profile tragedies
Current Use Estimates – West Coast

- 45 injection drug users
- 50 regular users non-injection.
- 700 cannabis users in past year.

(using a very crude modeling based on Alberni area 2017 estimates developing by BCCDC)
Alcohol Consumption
(litres of absolute alcohol sold per person, 1L=58 standard drinks)

- BC: 9.0
- Island Health: 10.9
- Nanaimo: 10.8
- Qualicum: 9.8
- Alberni - Clayoquot: 14.4

Source: Alcohol and Other Drugs Resource Centre, 2014
My cookie recipe

C - Compassion
H - Hope
I - Inclusion
P - Professionalism
S - Sincerity
Life expectancy 3.2 years less than Vancouver Island
Birth Statistics

Living Births per 1,000 Population

### Birth Statistics Per 1,000 Live Births

<table>
<thead>
<tr>
<th>Category</th>
<th>BC</th>
<th>Island Health</th>
<th>Alberni and Central West CC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infant Mortality</td>
<td>3.7</td>
<td>3.7</td>
<td>5.2</td>
</tr>
<tr>
<td>Stillbirths</td>
<td>10.7</td>
<td>8.5</td>
<td>11.9</td>
</tr>
<tr>
<td>Mothers under 20 years</td>
<td>22.2</td>
<td>32.4</td>
<td>96.0</td>
</tr>
<tr>
<td>Low Birth Weight</td>
<td>57.6</td>
<td>52.5</td>
<td>51.5</td>
</tr>
<tr>
<td>Pre-term Births</td>
<td>75.3</td>
<td>77.3</td>
<td>99.2</td>
</tr>
<tr>
<td>Cesarean Sections</td>
<td>320.6</td>
<td>280.5</td>
<td>275.1</td>
</tr>
<tr>
<td>Mothers 35 years and over</td>
<td>241.1</td>
<td>212.2</td>
<td>129.5</td>
</tr>
</tbody>
</table>
Maternal young age at birth
(social support, early childhood development)
Children in Care

Children and Youth in Care per 1,000 Children and Youth

Children/Youth in Care

- Alberni and C.
- Island Health
- Qualicum
- BC
- Nanaimo

2014: 29.6
2015: 25.8
2016: 14.8

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Healthy life styles and coping

Figure 16. Self-Reported Chronic Disease Burden Risk
Central Vancouver Island (HSDA 42), 2013 and 2014

- Current smoker, daily or occasional
- Heavy drinking
- Injuries in the past 12 months causing limitation of usual activity
## Chronic Disease Prevalence

### Chronic Disease Prevalence Rates (2014/15)
Per 1,000 Individuals

<table>
<thead>
<tr>
<th>Condition</th>
<th>BC</th>
<th>Island Health</th>
<th>Alberni and Central..</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart Failure</td>
<td>14.1</td>
<td>12.6</td>
<td>16.7</td>
</tr>
<tr>
<td>Chronic Kidney Disease</td>
<td>16.9</td>
<td>16.5</td>
<td>18.5</td>
</tr>
<tr>
<td>Alzheimer's Disease and Other Dementia</td>
<td>18.0</td>
<td>19.1</td>
<td>20.0</td>
</tr>
<tr>
<td>Ischemic Heart Disease</td>
<td>53.8</td>
<td>47.3</td>
<td>49.3</td>
</tr>
<tr>
<td>Diabetes</td>
<td>61.5</td>
<td>54.1</td>
<td>69.9</td>
</tr>
<tr>
<td>Chronic Obstructive Pulmonary Disease</td>
<td>62.1</td>
<td>61.2</td>
<td>70.1</td>
</tr>
<tr>
<td>Osteoarthritis</td>
<td>64.0</td>
<td>68.6</td>
<td>79.0</td>
</tr>
<tr>
<td>Asthma</td>
<td>120.7</td>
<td>129.7</td>
<td>136.1</td>
</tr>
<tr>
<td>Hypertension</td>
<td>182.6</td>
<td>173.7</td>
<td>189.2</td>
</tr>
<tr>
<td>Depression</td>
<td>218.5</td>
<td>246.2</td>
<td>259.3</td>
</tr>
<tr>
<td>Mood &amp; Anxiety Disorders</td>
<td>267.0</td>
<td>302.4</td>
<td>300.7</td>
</tr>
</tbody>
</table>
Age Adjusted Incidence and Prevalence Rates for Diabetes

Source: Ministry of Health, Chronic Disease Registries, 2014-2015
## Mortality as a Health Measure

<table>
<thead>
<tr>
<th>Sub-group Description</th>
<th>Alberni and Central Wes.</th>
<th>Island Health</th>
<th>BC</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Causes of Death (Standardized Mortality Ratio)</td>
<td>1.3</td>
<td>1.0</td>
<td>1.0</td>
</tr>
<tr>
<td>Cancer (Standardized Mortality Ratio)</td>
<td>1.2</td>
<td>1.1</td>
<td>1.0</td>
</tr>
<tr>
<td>Endocrine, Nutritional &amp; Metabolic diseases (SMR)</td>
<td>1.4</td>
<td>1.0</td>
<td>1.0</td>
</tr>
<tr>
<td>Diabetes (Standardized Mortality Ratio)</td>
<td>1.4</td>
<td>1.0</td>
<td>1.0</td>
</tr>
<tr>
<td>Circulatory System (Standardized Mortality Ratio)</td>
<td>1.3</td>
<td>1.1</td>
<td>1.0</td>
</tr>
<tr>
<td>Ischaemic Heart Disease (SMR)</td>
<td>1.6</td>
<td>1.1</td>
<td>1.0</td>
</tr>
<tr>
<td>Cerebrovascular Disease (SMR)</td>
<td>1.3</td>
<td>1.0</td>
<td>1.0</td>
</tr>
<tr>
<td>Arteries, Arterioles &amp; Capillaries (SMR)</td>
<td>1.2</td>
<td>1.0</td>
<td>1.0</td>
</tr>
<tr>
<td>Respiratory System (SMR)</td>
<td>1.0</td>
<td>0.9</td>
<td>1.0</td>
</tr>
<tr>
<td>Pneumonia &amp; Influenza (SMR)</td>
<td>0.8</td>
<td>0.8</td>
<td>1.0</td>
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<tr>
<td>Chronic Lung Disease (SMR)</td>
<td>1.3</td>
<td>1.0</td>
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<tr>
<td>Digestive System (SMR)</td>
<td>1.5</td>
<td>1.1</td>
<td>1.0</td>
</tr>
<tr>
<td>Motor Vehicle Accidents (SMR)</td>
<td>1.9</td>
<td>0.9</td>
<td>1.0</td>
</tr>
<tr>
<td>Accidental Falls (SMR)</td>
<td>1.0</td>
<td>1.1</td>
<td>1.0</td>
</tr>
<tr>
<td>Suicide (SMR)</td>
<td>1.1</td>
<td>1.2</td>
<td>1.0</td>
</tr>
<tr>
<td>Potential Years of Life Lost (SMR)</td>
<td>1.7</td>
<td>1.1</td>
<td>1.0</td>
</tr>
</tbody>
</table>

Indexed to BC
Just look at the poor fools. Their side of the boat is sinking!!
Health business by LHA residents

• 4400 hospitalizations
  – 650 – West Coast residents
  • 50% at TGH
• 21000 emergency department visits
  – 3700 – West Coast residents
  • Increase to 82% of West Coast ED visits at TGH
• 200000 GP visits
• 200000 specialist visits
• 300000 visits for diagnostic services
Telehealth

Ucluelet MHAS site opened in 2014-15
- less than 5 consults per year
Exported care services

• Data for BCCH and BCCS not available at West Coast level.

• An average of 12 services are provided to West Coast residents a day at an Island Health facility other than TGH (a resident may receive more than one service)
  – ~ ½ to WCGH
  – ~ ¼ to NRGH
Unscheduled Emergency and Urgent Care Centre Visits
Rate per 1,000 Population and Percent of Higher Urgency (CTAS 1, 2 or 3)

Comparison of the number of monthly emergency room visits at Tofino General Hospital

Source: Island Health, Ideas, 2015-2016
Home Care Visits
Rate per 1,000 Population Age 75 and Over

<table>
<thead>
<tr>
<th>Year</th>
<th>Island Health</th>
<th>Alberni</th>
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</thead>
<tbody>
<tr>
<td>2014</td>
<td>2,574.9</td>
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<tr>
<td>2015</td>
<td>3,949.2</td>
<td></td>
</tr>
<tr>
<td>2016</td>
<td>3,754.6</td>
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</tbody>
</table>

Home Support Hours
Rate per 1,000 Population Age 75 and Over

<table>
<thead>
<tr>
<th>Year</th>
<th>Island Health</th>
<th>Alberni</th>
</tr>
</thead>
<tbody>
<tr>
<td>2014</td>
<td>34.8K</td>
<td></td>
</tr>
<tr>
<td>2015</td>
<td>39.0K</td>
<td></td>
</tr>
<tr>
<td>2016</td>
<td>37.9K</td>
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</tr>
</tbody>
</table>

Source: Island Health, 2015-2016
Conclusions

- West Coast ‘health’ is average or slightly better than average – not exceptional
- A cultural mix to celebrate
- Educated, mobile, younger
- While overall “average” socioeconomically, high differences between locations on West Coast.
- Children also diverse, with many thriving and many with substantive needs
Conclusions (2)

- Substance use a problem – led by alcohol with tragic impacts of the developing drug crisis
- Maternal health an issue for attention
- Overall disease indicators higher for Alberni and West Coast area
- Transportation out of area for service an issue
- Access to health care comparable (except perhaps residential care)
He finally did It
Resources

- Presentation to be posted at https://www.viha.ca/mho/publications/index.html community health topics
- LHA profile https://www.viha.ca/mho/stats/lha_profiles.html
- HELP data http://earlylearning.ubc.ca/# (maps and data)
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