

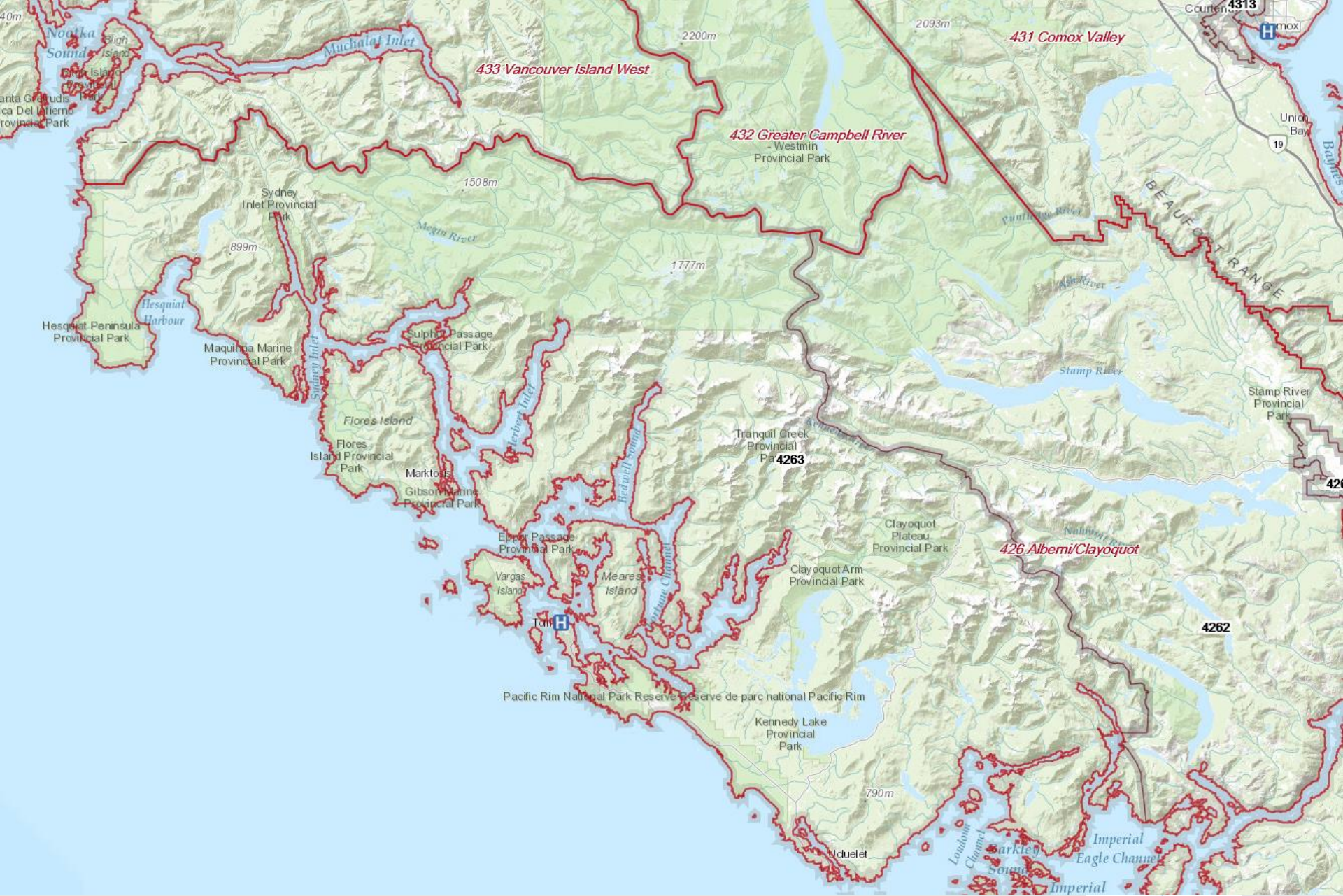
# Healthy People = Thriving Communities

(and Thriving Communities = Healthy People)

West Coast Coming Together Forum  
May 31 2018

Paul Hasselback MD MSc FRCPC  
Medical Health Officer





# Health

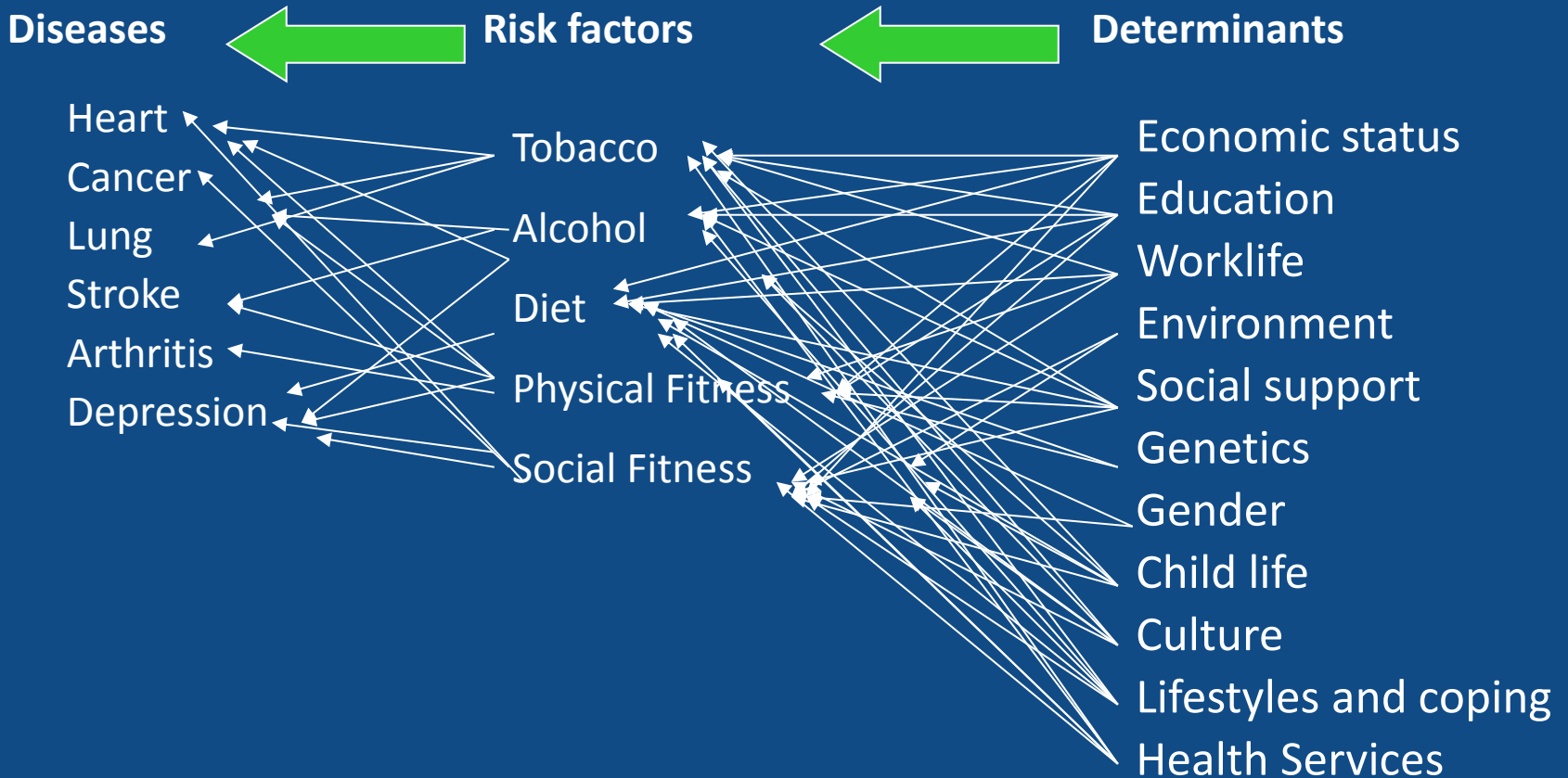
- *“A state of complete physical, mental and social well-being.”*
- To achieve health an individual or group must be able to:
  - identify and to realize aspirations.
  - satisfy needs.
  - change or cope with the environment.



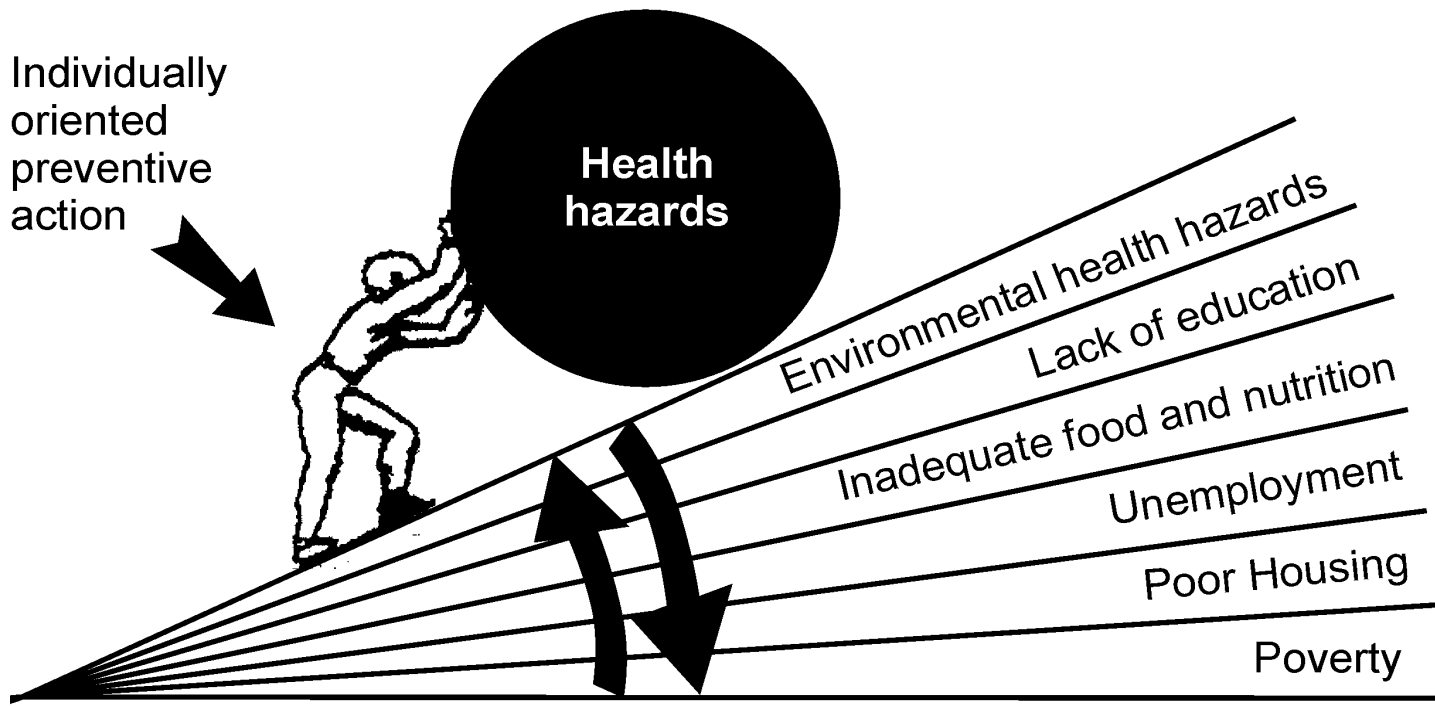
# Health vs. Disease

- 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



# The Health Gradient



Source: adapted from Making Partners: intersectoral action for health.

# Continuum of upstream work







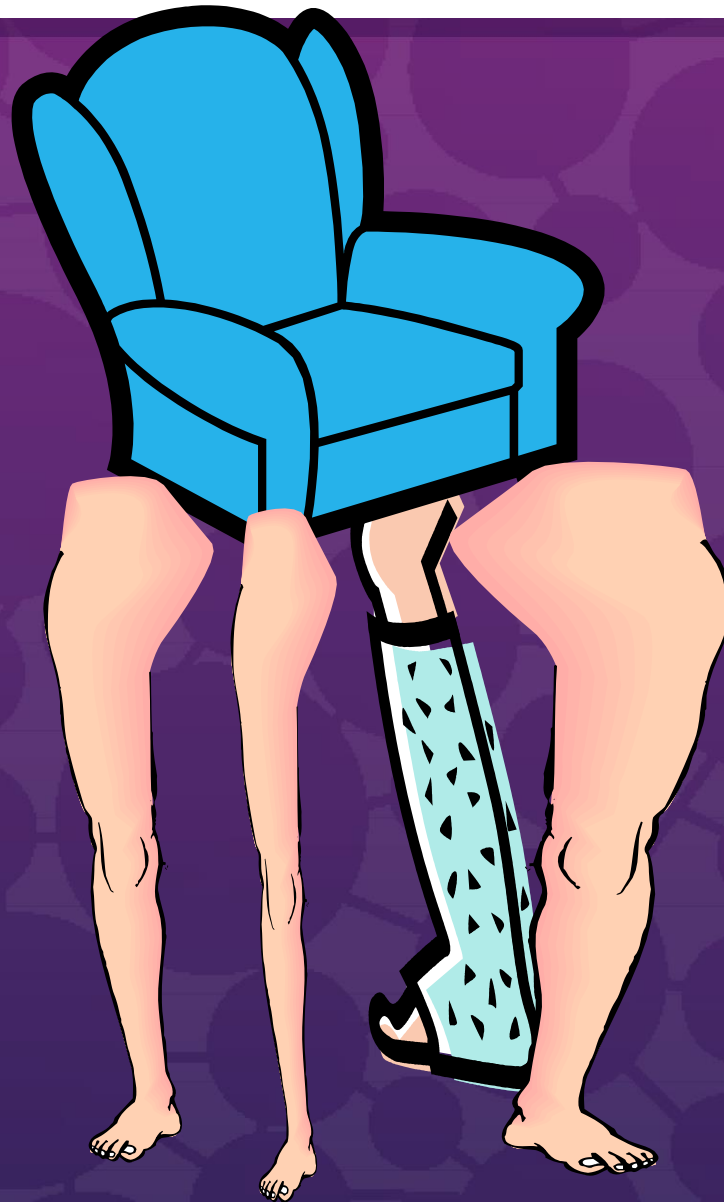


# What's New

## 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



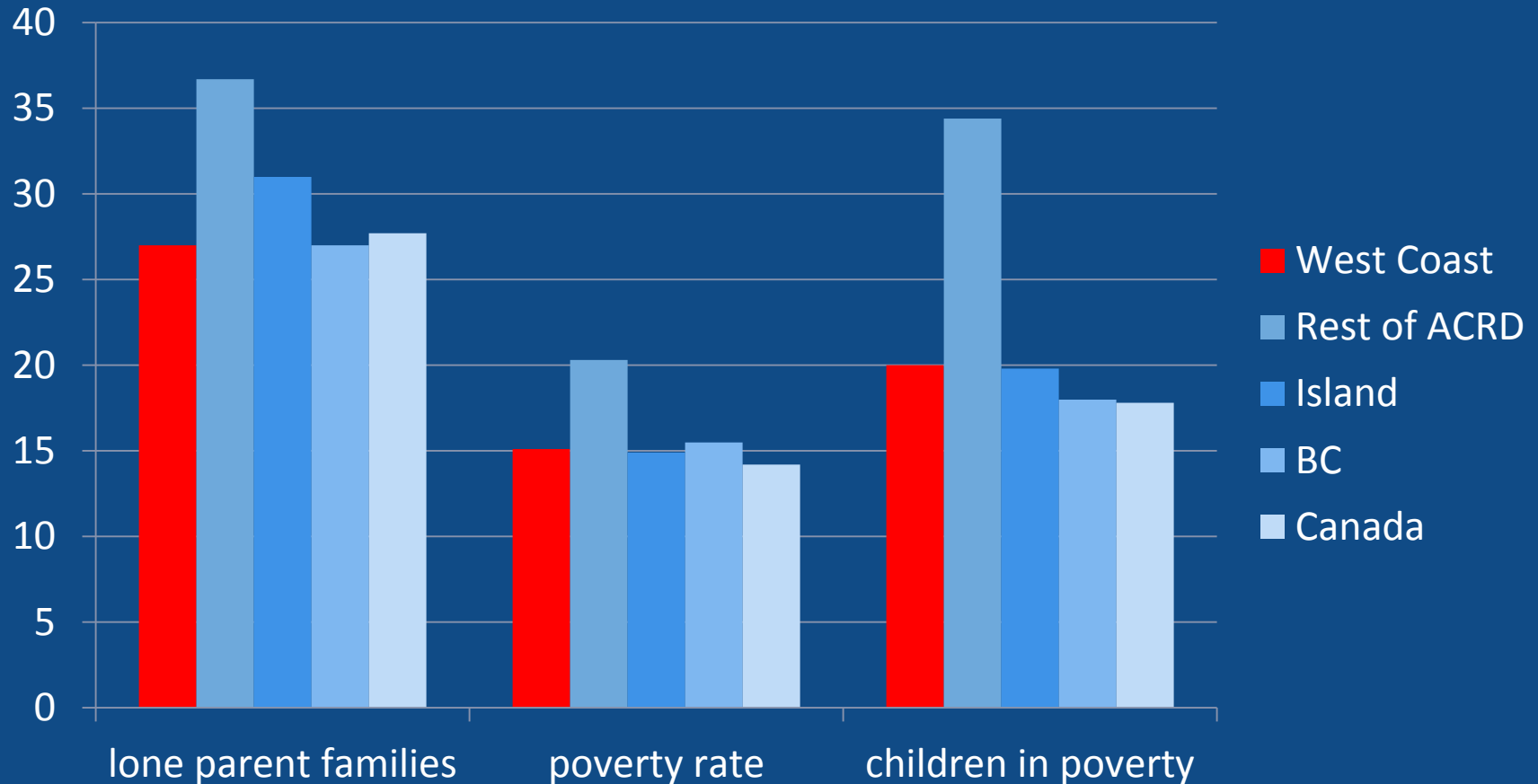


# Who are we?

(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?



# 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](http://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.

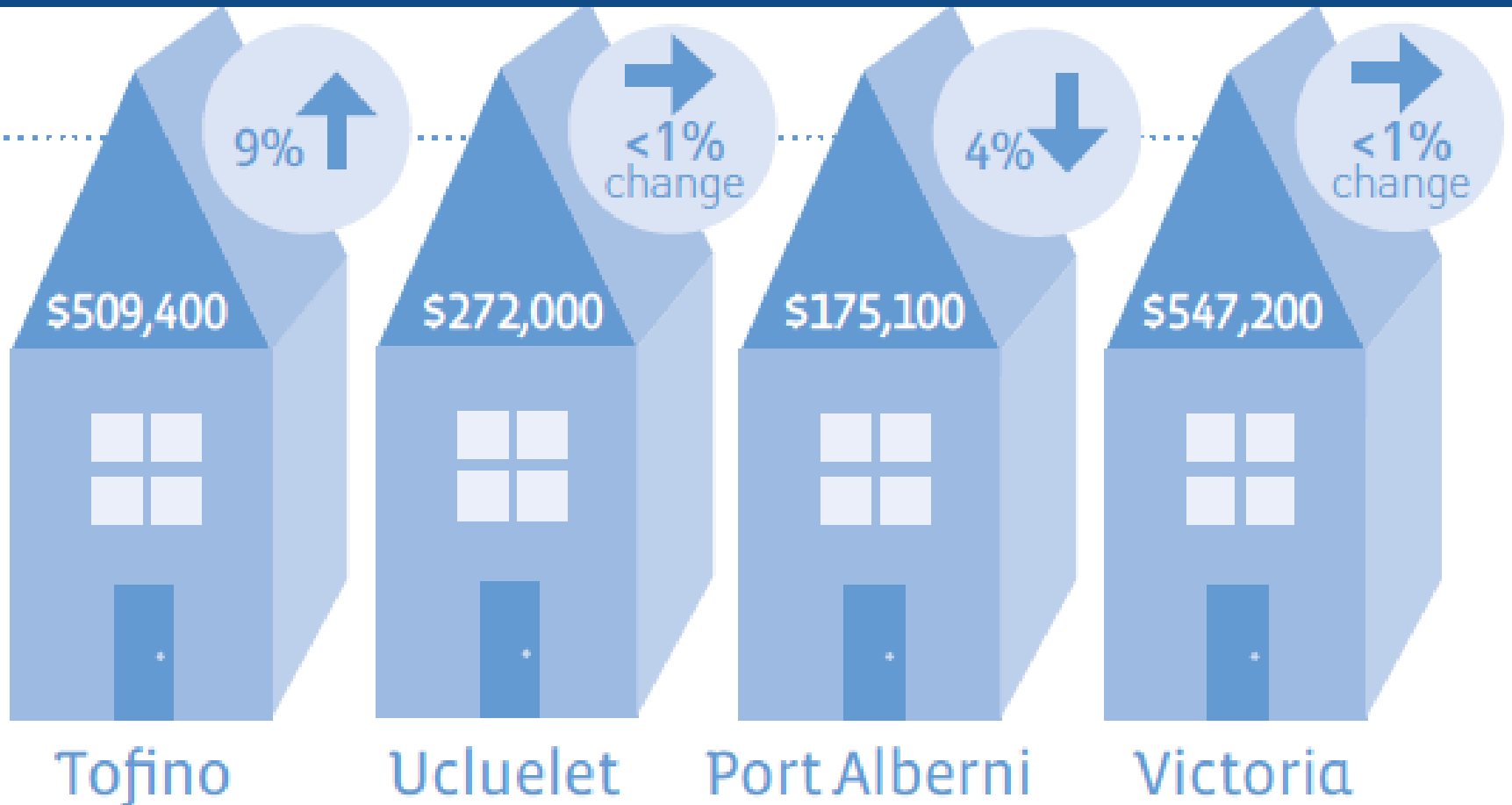
Earnings for a family of four with both parents working 35 hours a week and making a Living Wage.

**\$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)



Median assessed value of a single-family



# Social connection (2014)

Voter Turnout for  
municipal elections

decreased from

46%

in 2011

to

41%

in 2014

33%

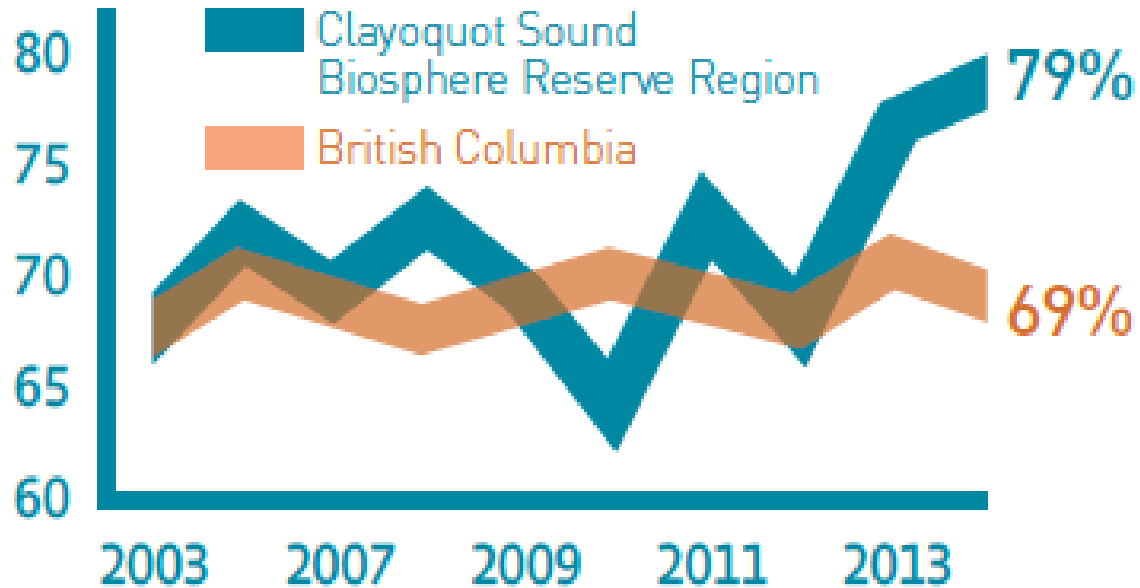
Provincial  
average

While this showed a decrease of  
the turnout was significantly  
higher than the provincial average.<sup>1</sup>

5%

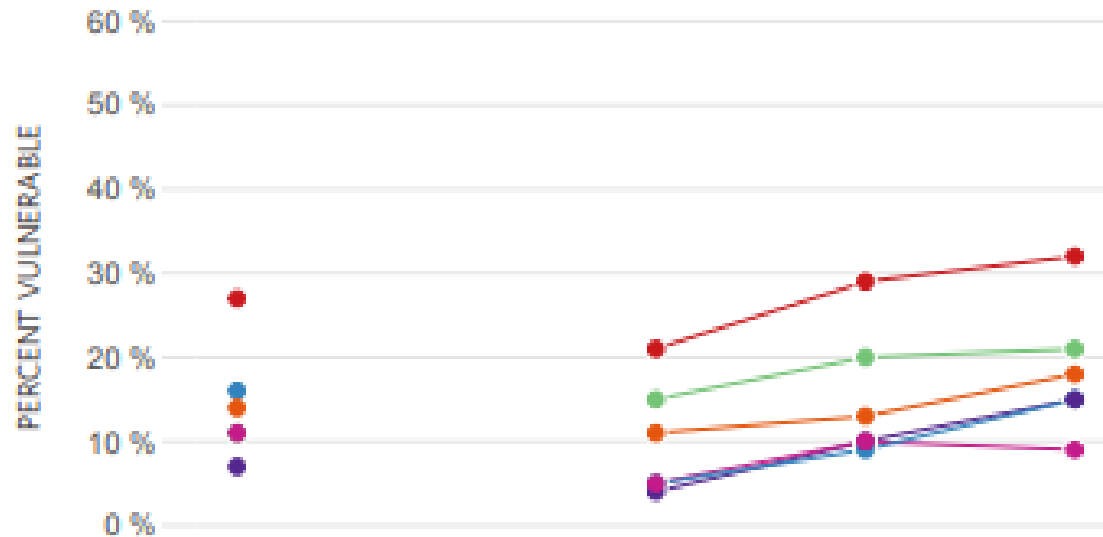
# Personal perception (2013)

Percentage of people in our region who feel satisfied with their life.



An increase of **10%** over 10 years.<sup>2</sup>

# Child development – EDI

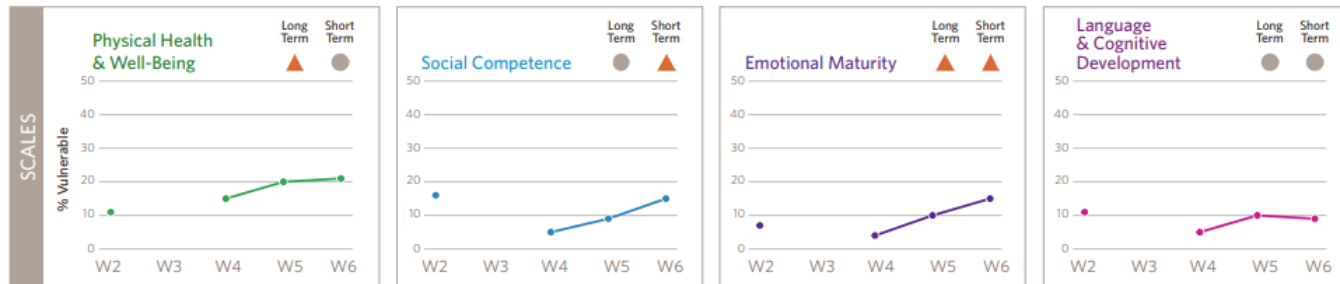


	WAVE 2 2004-07	WAVE 3 2007-09	WAVE 4 2009-11	WAVE 5 2011-13	WAVE 6 2013-16
Physical	11		15	20	21
Social	16		5	9	15
Emotional	7		4	10	15
Language	11		5	10	9
Communication	14		11	13	18
One or More Scales	27		21	29	32

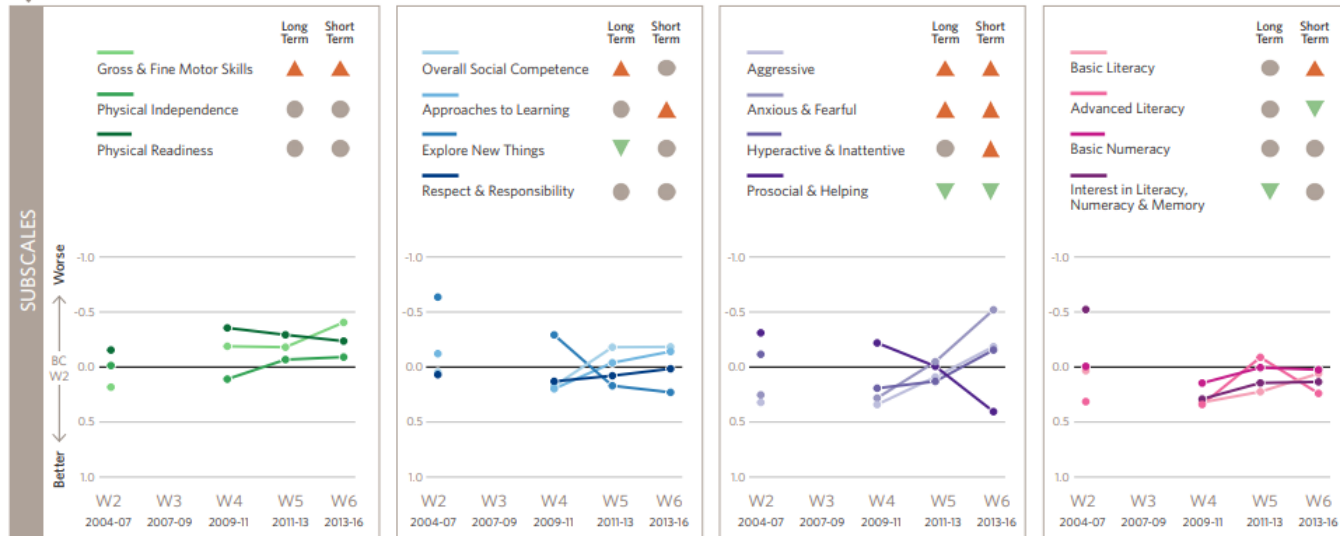
# Child development: EDI subscales

NEIGHBOURHOOD DATA ■ WEST COAST

NUMBER OF CHILDREN W2: 71 W3: 30 W4: 75 W5: 103 W6: 110



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.



TYPE OF TREND Long Term (W2 - W6) Short Term (W5 - W6) DIRECTION OF TREND ▲ Getting Worse ● No Change ▼ Getting Better

Trend note: The precise amount of change that is required to meet the threshold for being a meaningful trend ("getting better" or "getting worse") is unique for each EDI scale and subscale.

earlylearning.ubc.ca/media/subscales\_wave\_6\_sent\_2017/w6\_edi\_subscale\_community\_profile\_-\_70\_alberni.pdf

# 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”



# MDI Well-being index

## West coast

	Grade 4		Grade 7	
	Thriving	Low	Thriving	Low
2014/15 *	49%	29	43	45
2015/16	54	19	43	49
2018/17	44	40	-	-

- \* 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



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%

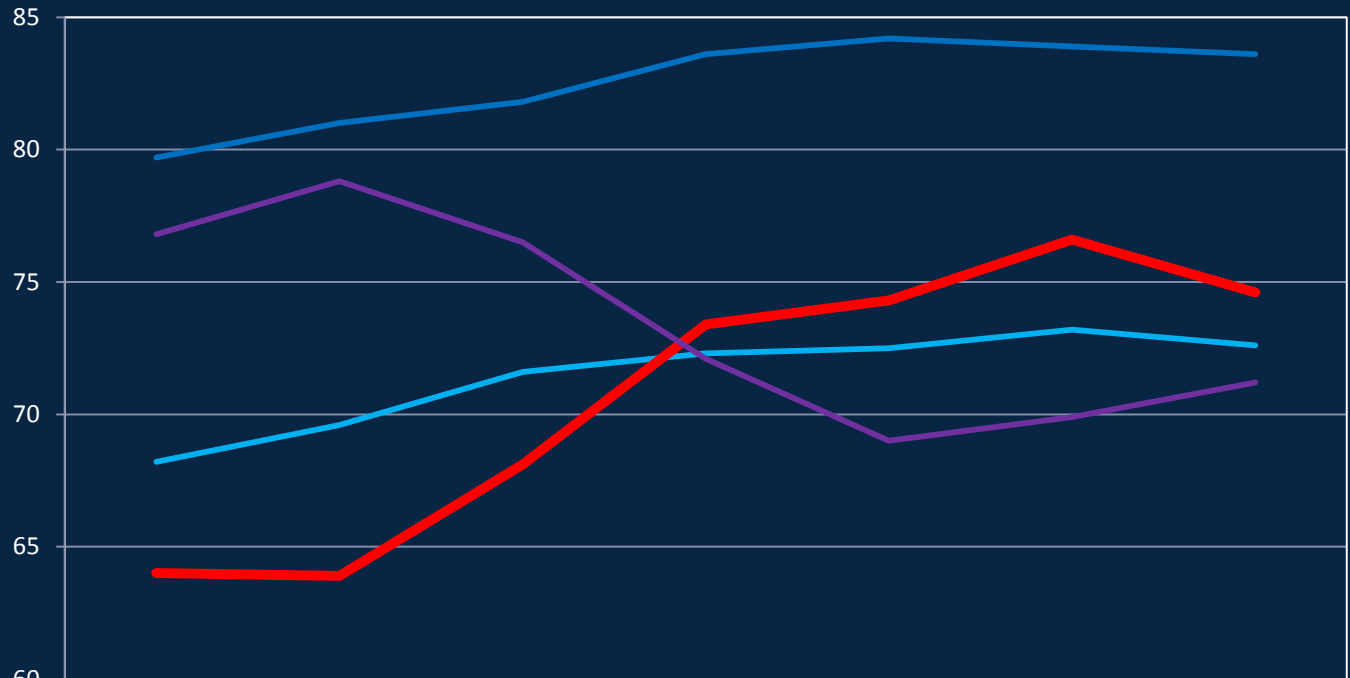
I volunteered recently



91%

I enjoy spending time with my family

# 6 year graduation rates for school districts (education)

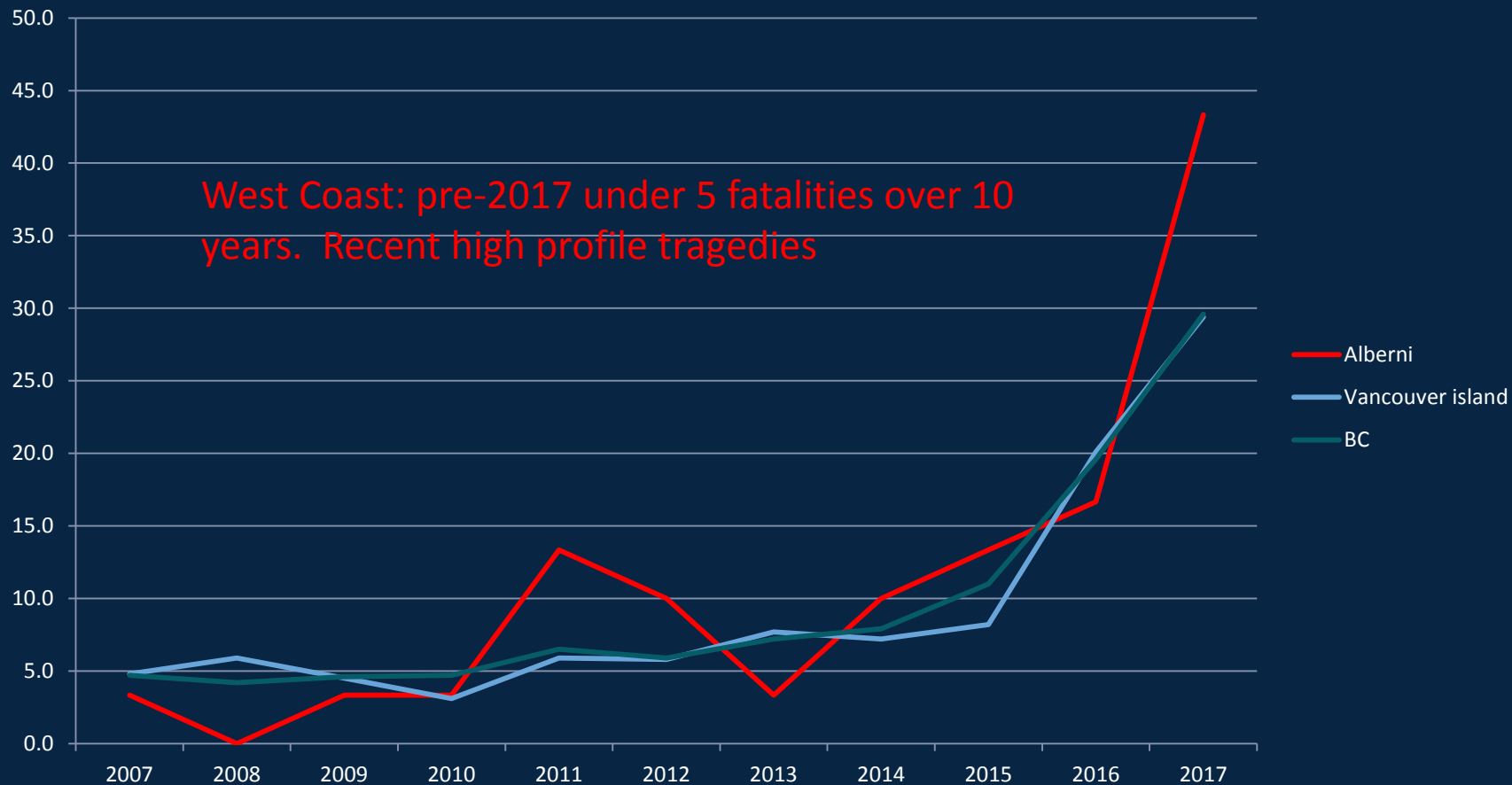






# The Development of a Crisis

## Overdose fatalities Albemni LHA, Vancouver Island, BC

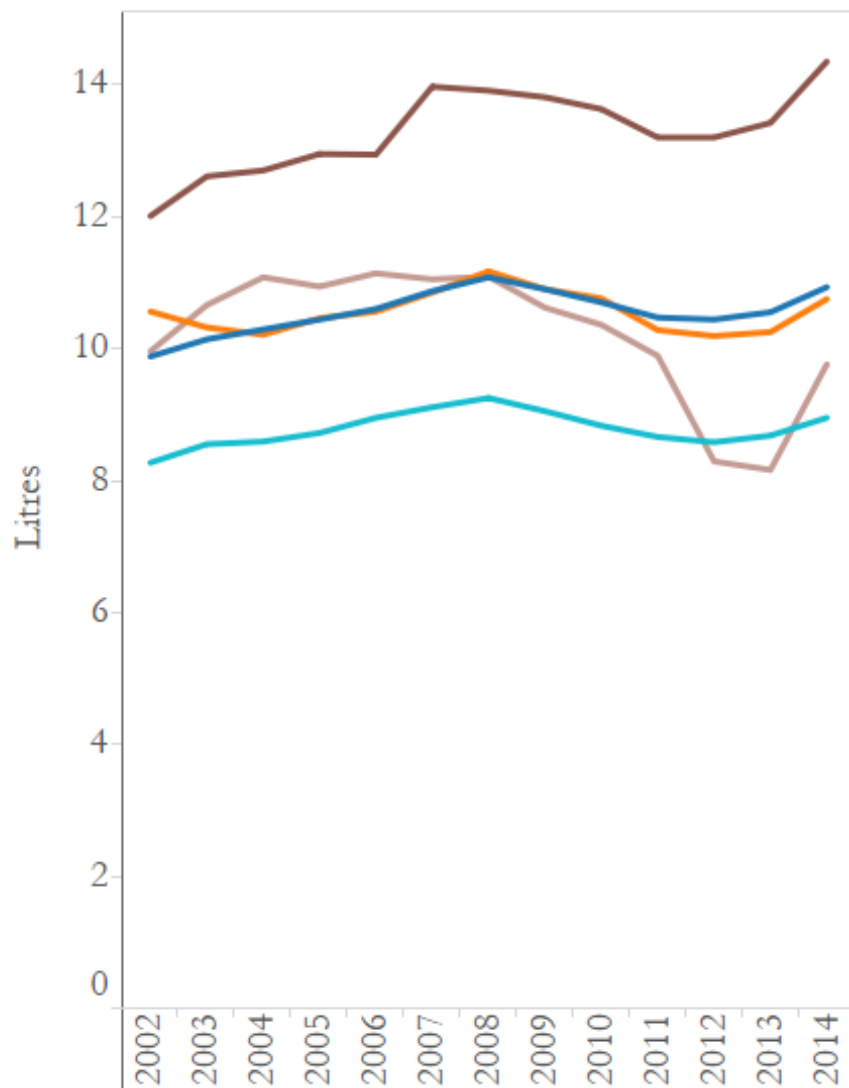
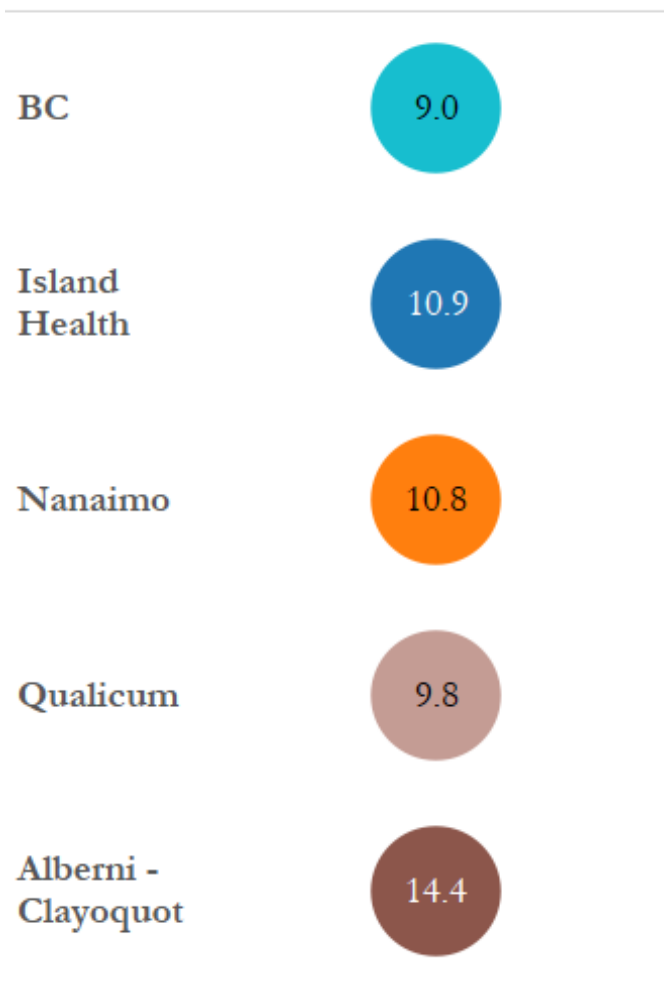


# Current Use Estimates – West Coast

- 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)

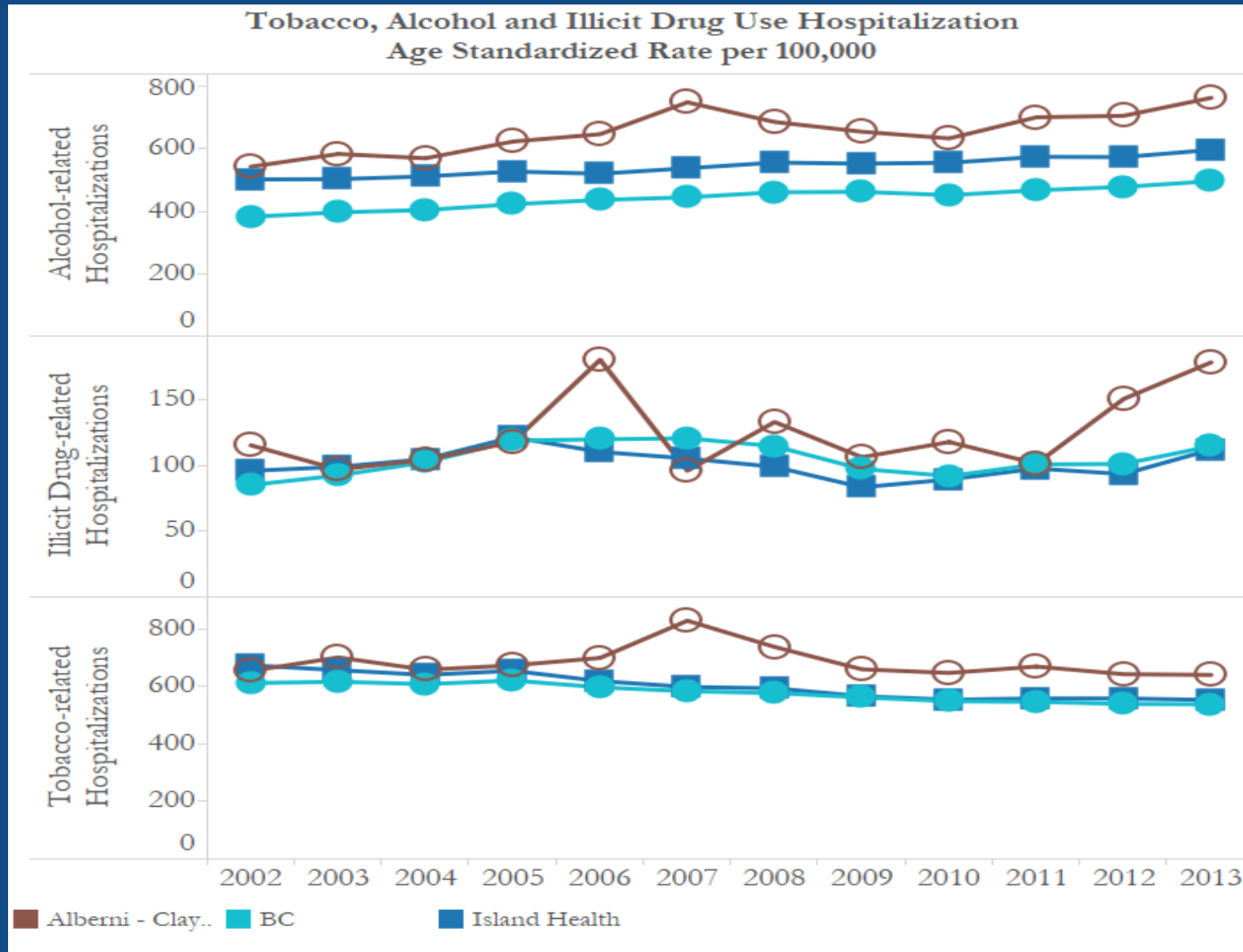
## Alcohol Consumption (litres of absolute alcohol sold per person, 1L=58 standard drinks)



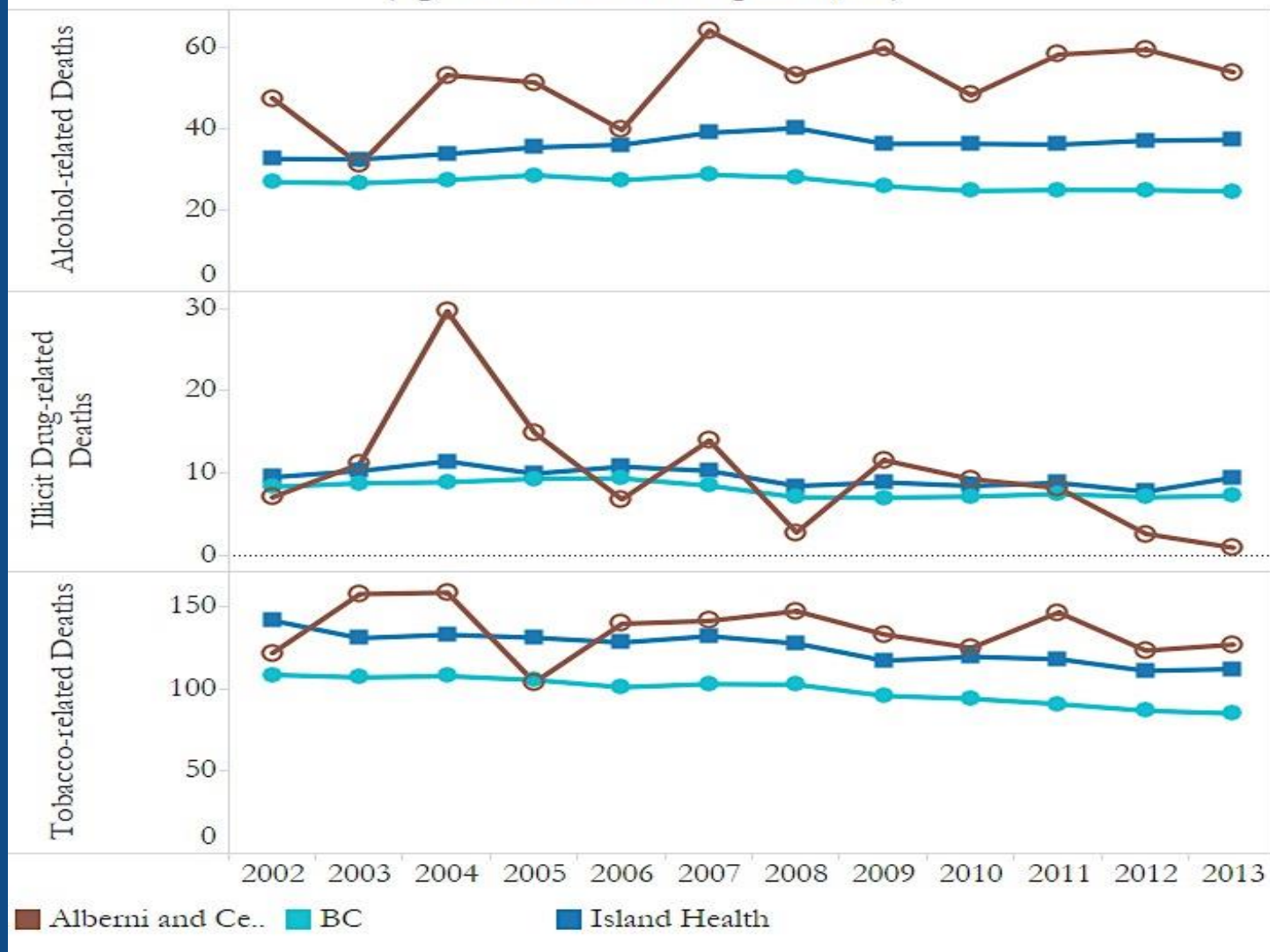
■ Alberni - Clayoquot   
 ■ BC   
 ■ Island Health   
 ■ Nanaimo   
 ■ Qualicum

Source: Alcohol and Other Drugs Resource Centre, 2014

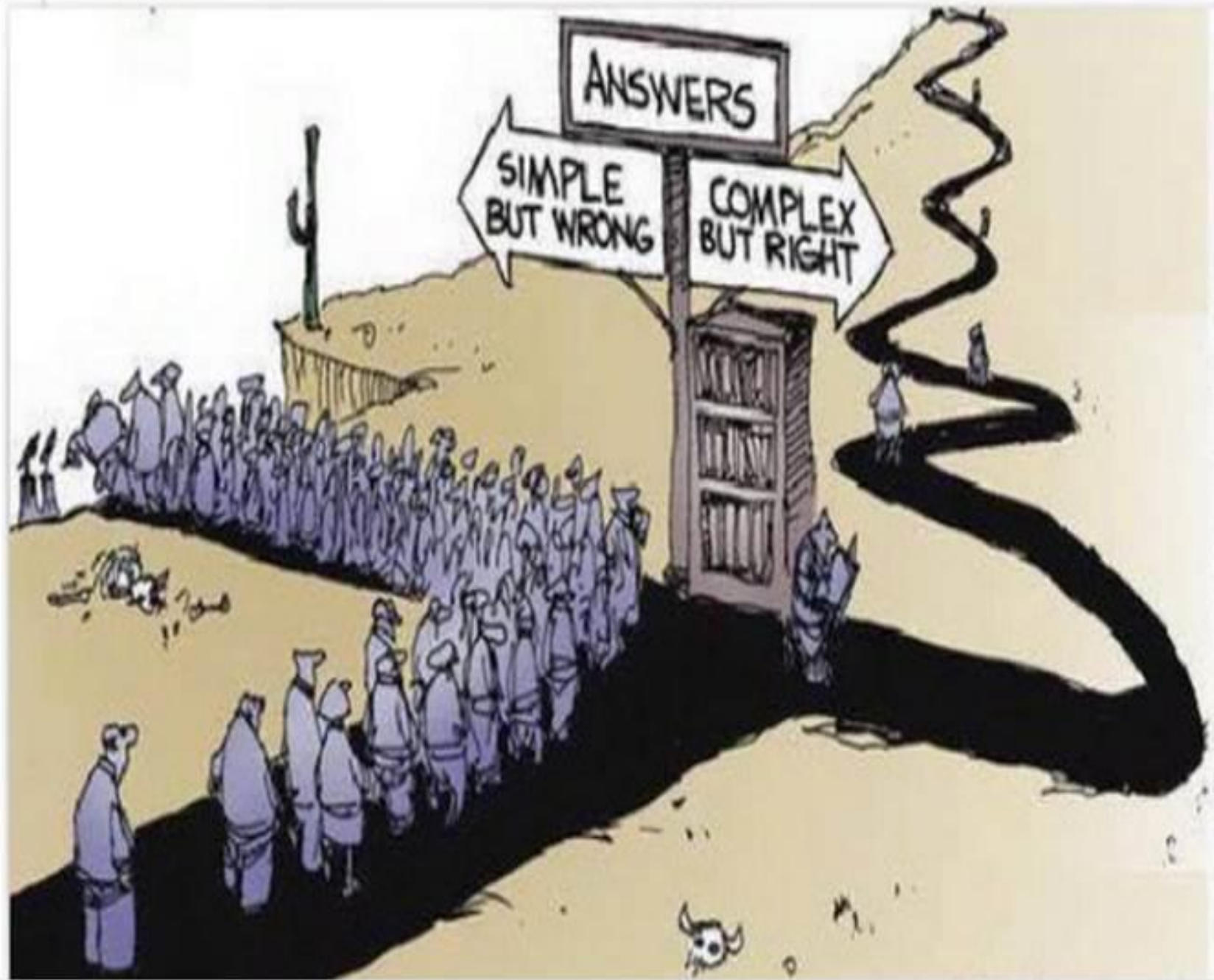
# Alcohol and Drug use Rates Rising



### Tobacco, Alcohol and Illicit Drug Use Mortality (Age Standardized Rate per 100,000)







# My cookie recipe

**C**ompassion

**H**ope

**I**nclusion

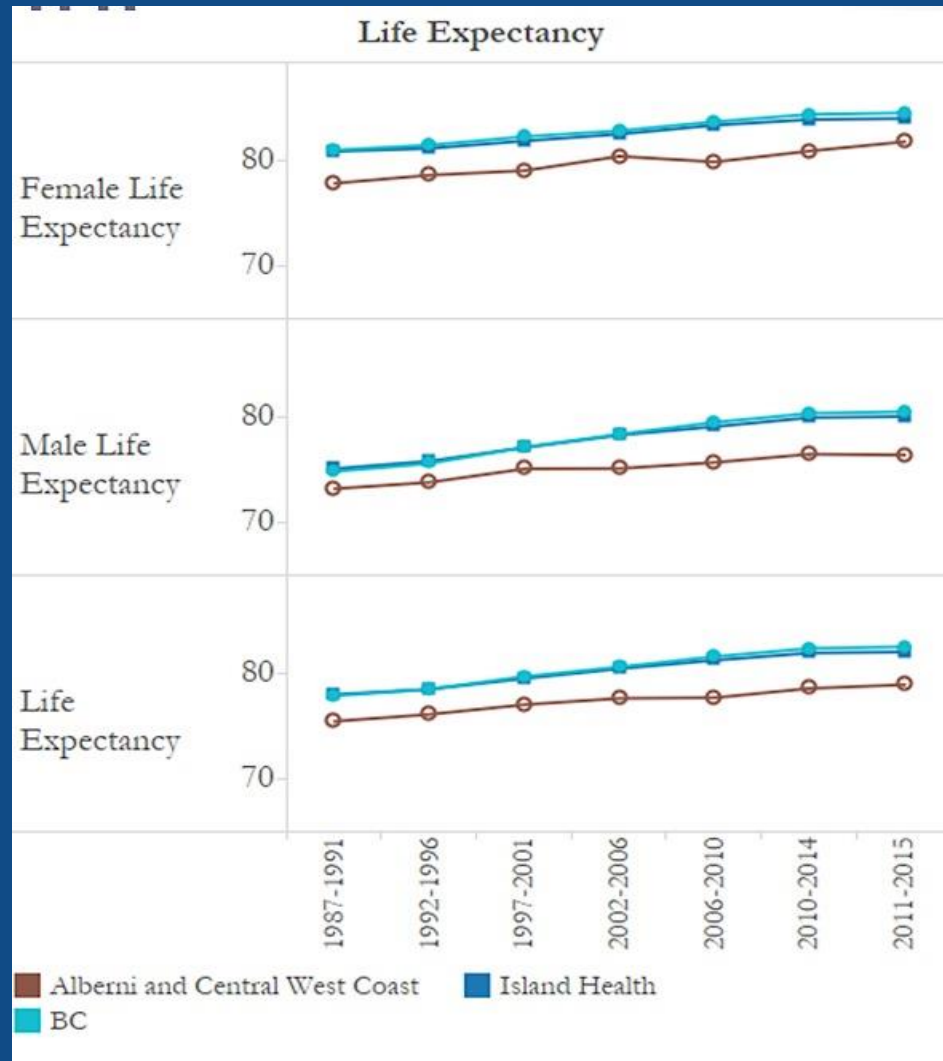
**P**rofessionalism

**S**incerity



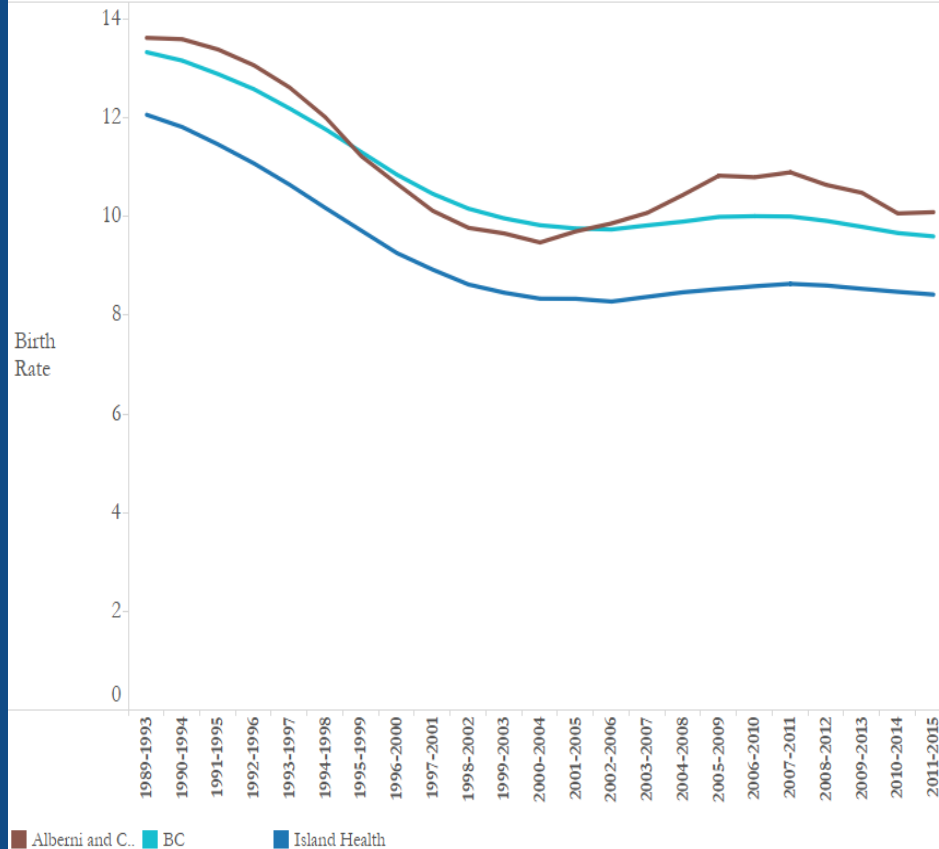
# Life Expectancy

- Life expectancy 3.2 years less than Vancouver Island



# Birth Statistics

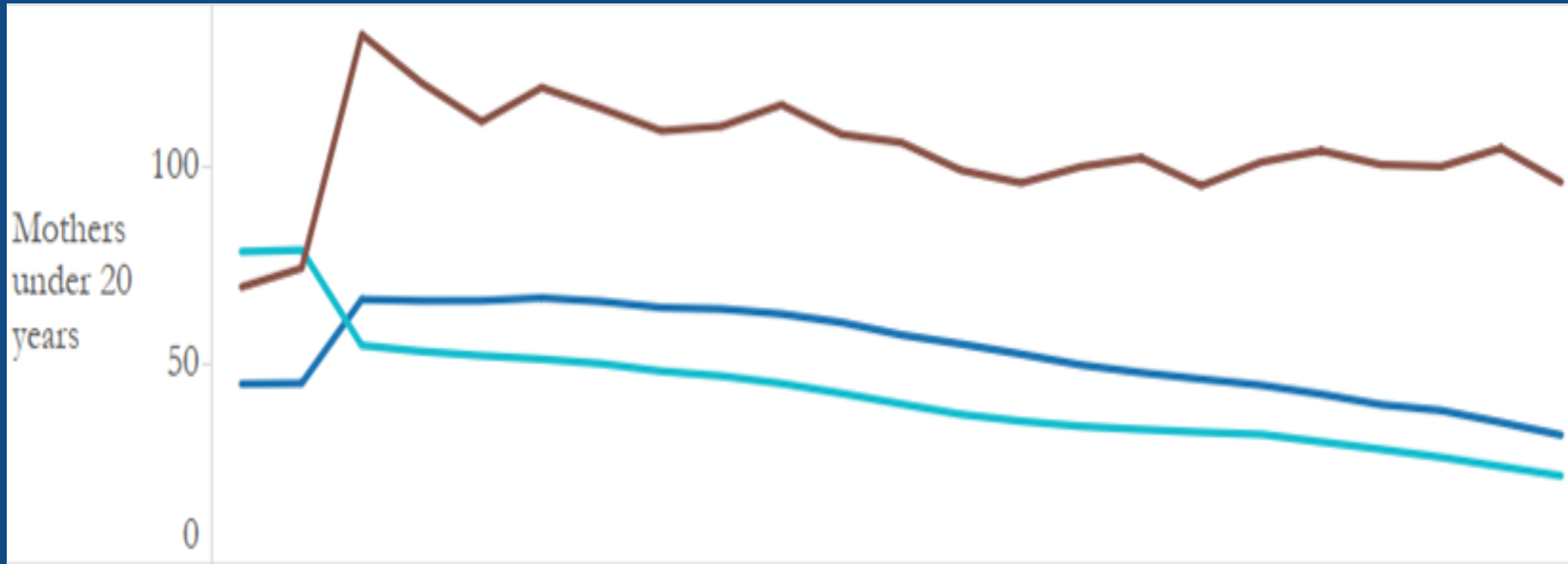
Birth Statistics  
Live Births per 1,000 Population



Birth Statistics  
Per 1,000 Live Births

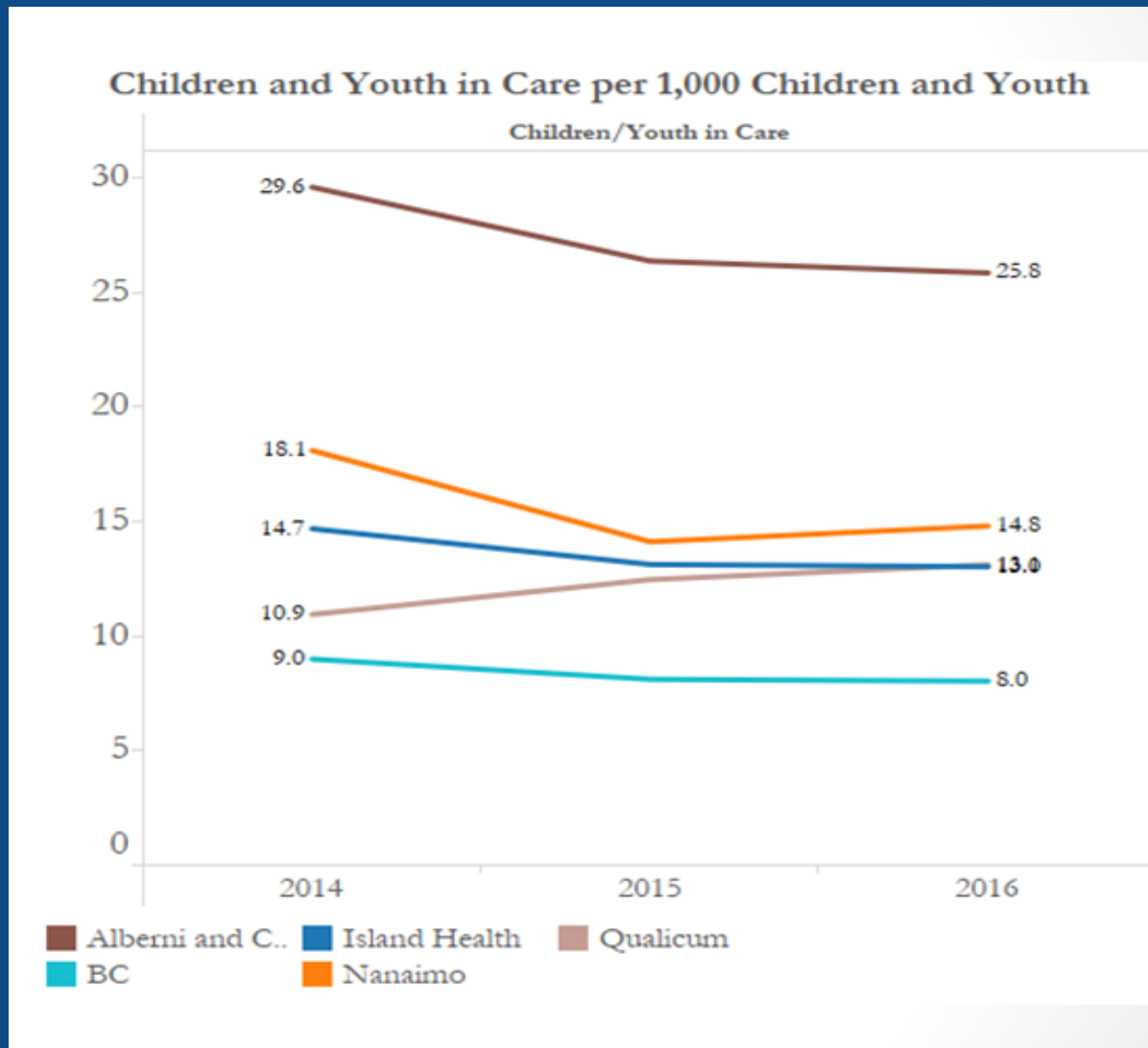
	BC	Island Health	Alberni and Central West C..
Infant Mortality	3.7	3.7	5.2
Stillbirths	10.7	8.5	11.9
Mothers under 20 years	22.2	32.4	96.0
Low Birth Weight	57.6	52.5	51.5
Pre-term Births	75.3	77.3	99.2
Cesarean Sections	320.6	280.5	275.1
Mothers 35 years and over	241.1	212.2	129.5

# Maternal young age at birth (social support, early childhood development)

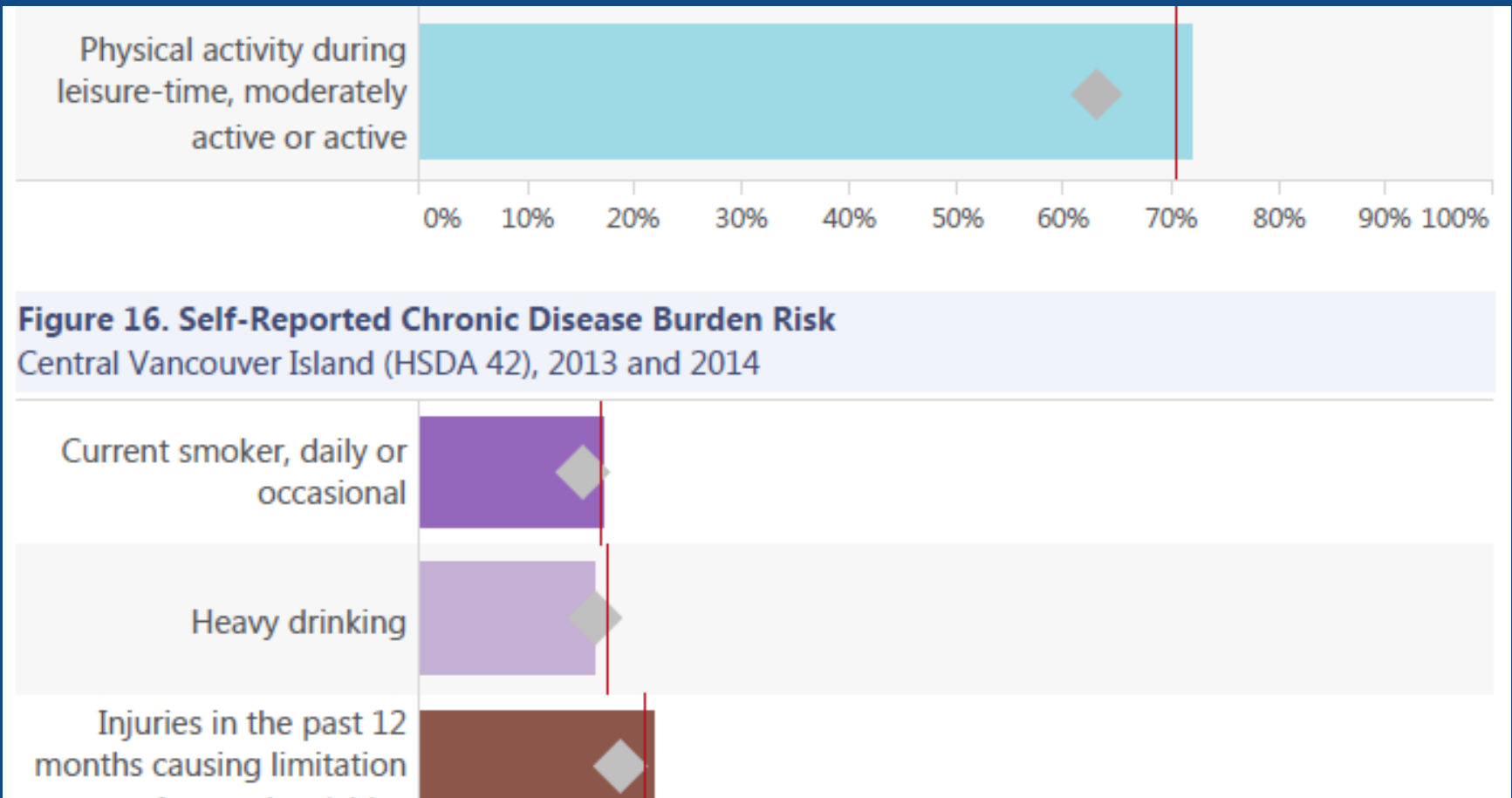










































# Children in Care

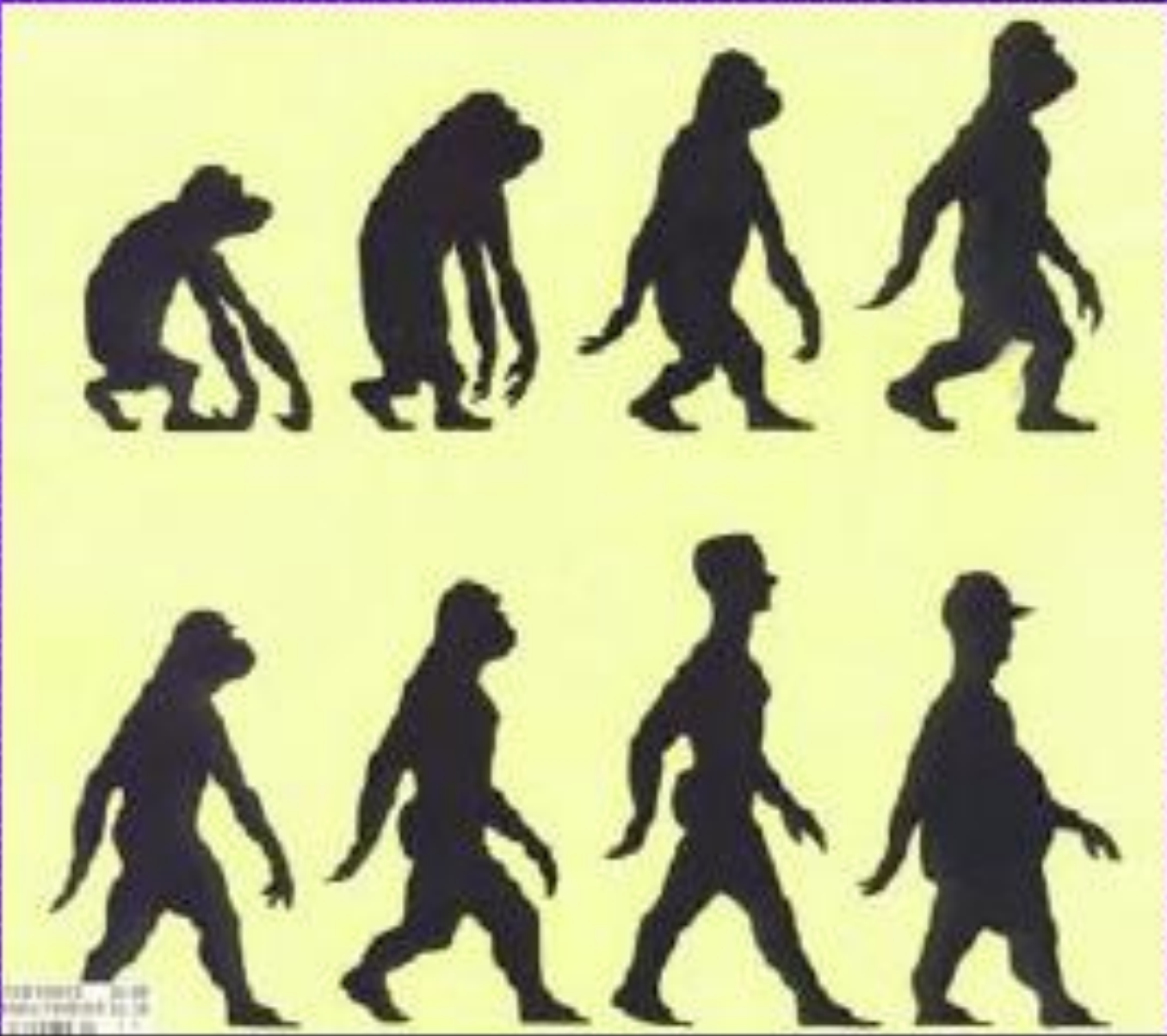


# Healthy life styles and coping



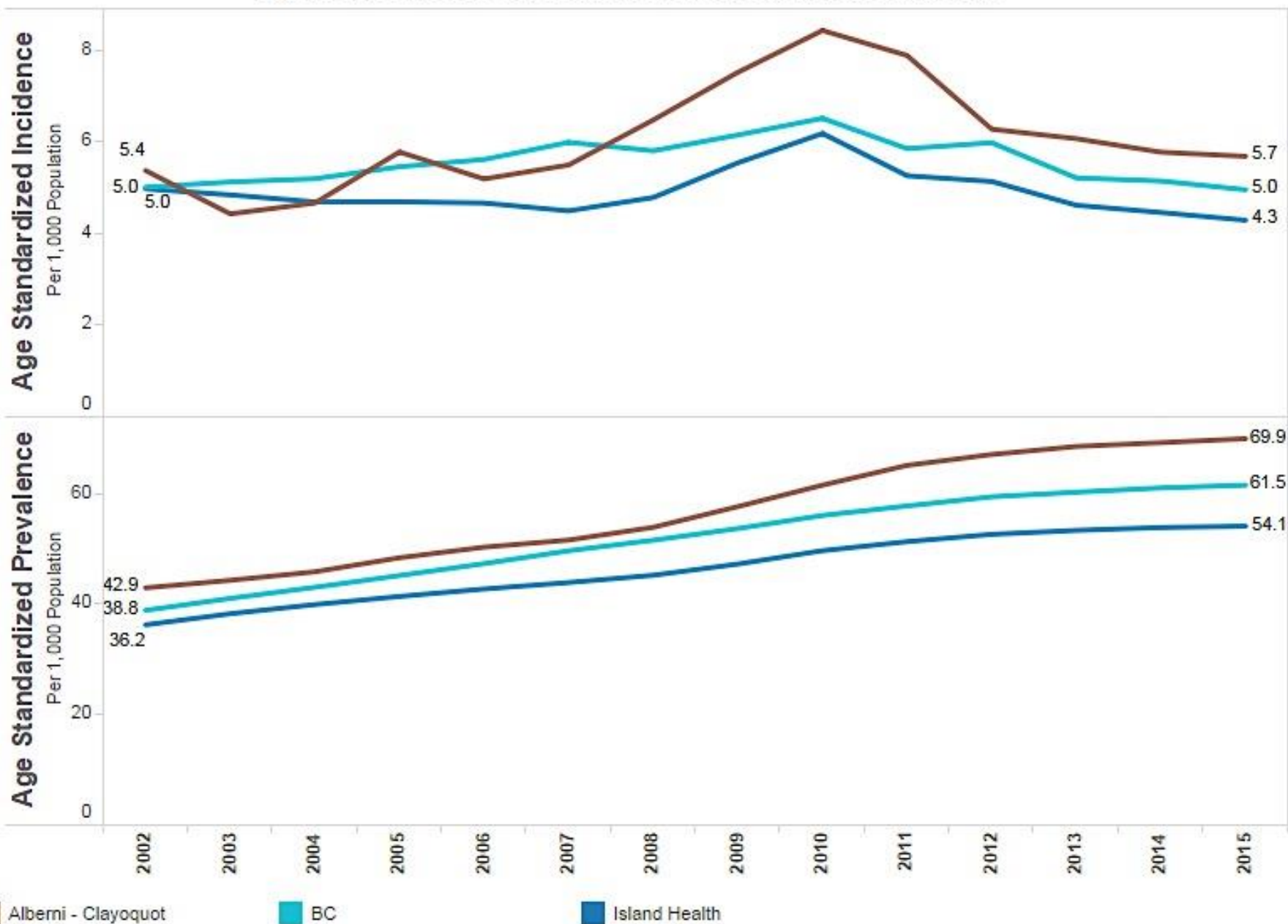
# Chronic Disease Prevalence

Chronic Disease Prevalence Rates (2014/15) Per 1,000 Individuals						
	BC		Island Health		Alberni and Centra..	
Heart Failure	 14.1		 12.6		 16.7	
Chronic Kidney Disease	 16.9		 16.5		 18.5	
Alzheimer's Disease and Other Dementia	 18.0		 19.1		 20.0	
Ischemic Heart Disease	 53.8		 47.3		 49.3	
Diabetes	 61.5		 54.1		 69.9	
Chronic Obstructive Pulmonary Disease	 62.1		 61.2		 70.1	
Osteoarthritis	 64.0		 68.6		 79.0	
Asthma	 120.7		 129.7		 136.1	
Hypertension	 182.6		 173.7		 189.2	
Depression	 218.5		 246.2		 259.3	
Mood & Anxiety Disorders	 267.0		 302.4		 300.7	



THE HISTORY OF THE  
HUMAN RACE  
BY  
J. H. BURNETT, M.A.

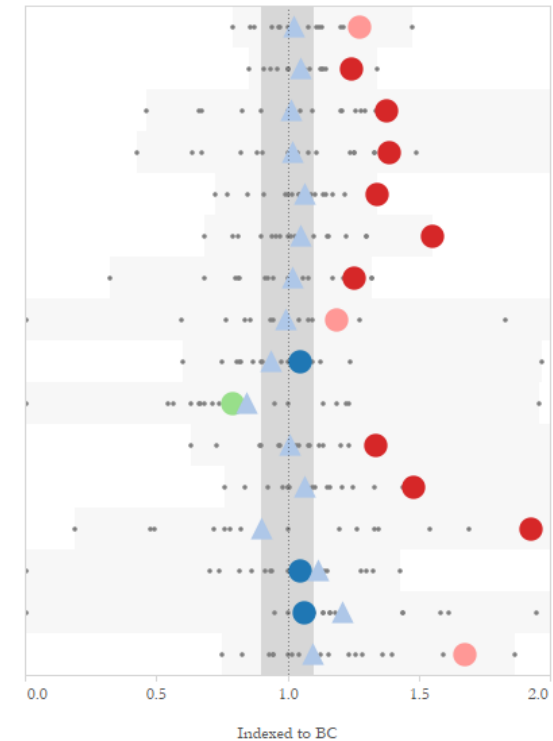
## Age Adjusted Incidence and Prevalence Rates for Diabetes



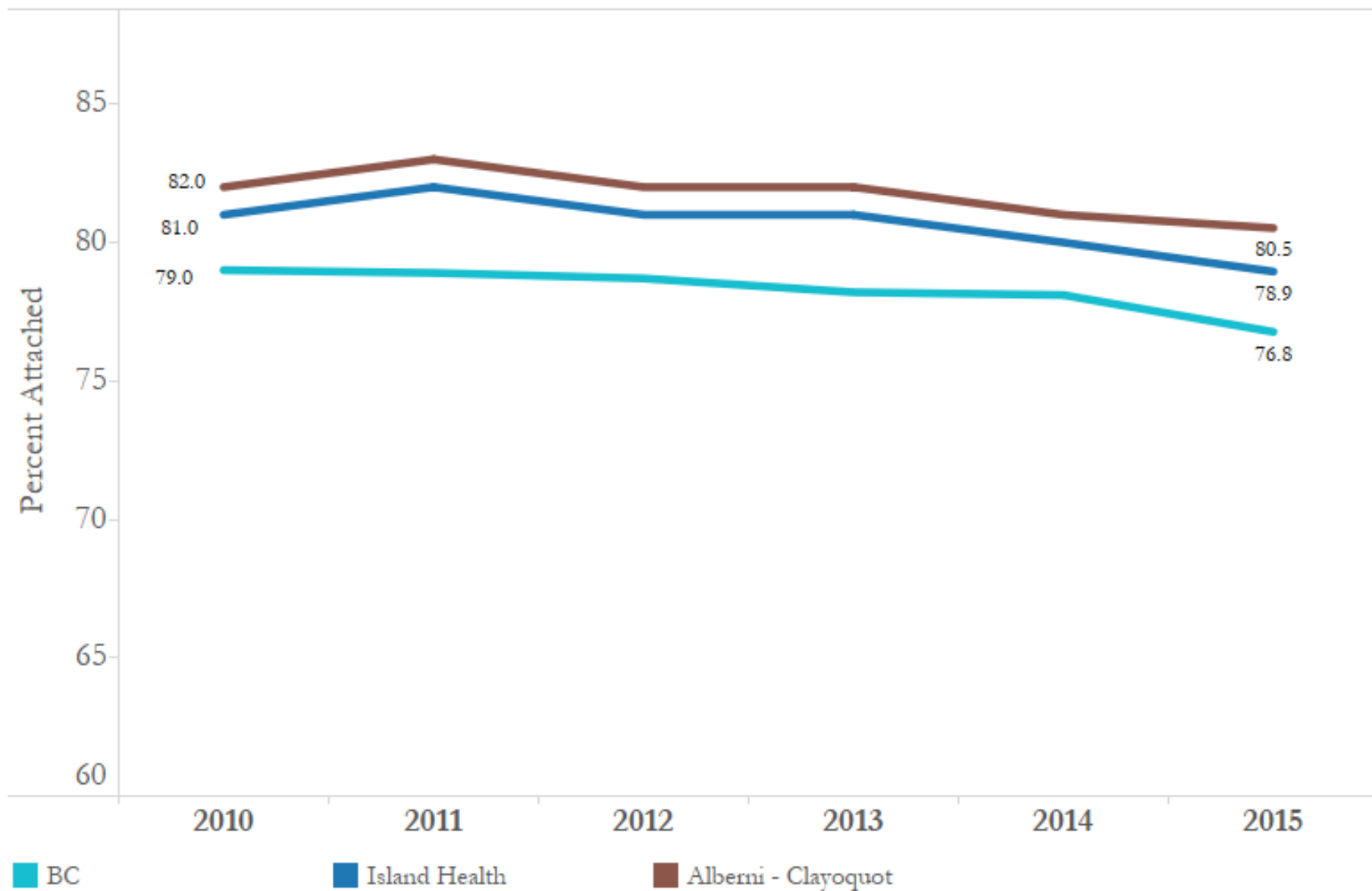
Source: Ministry of Health, Chronic Disease Registries, 2014-2015

# Mortality as a Health Measure

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



## Population Attached to Physician at the Practice Level (%)



Source: Ministry of Health, 2016





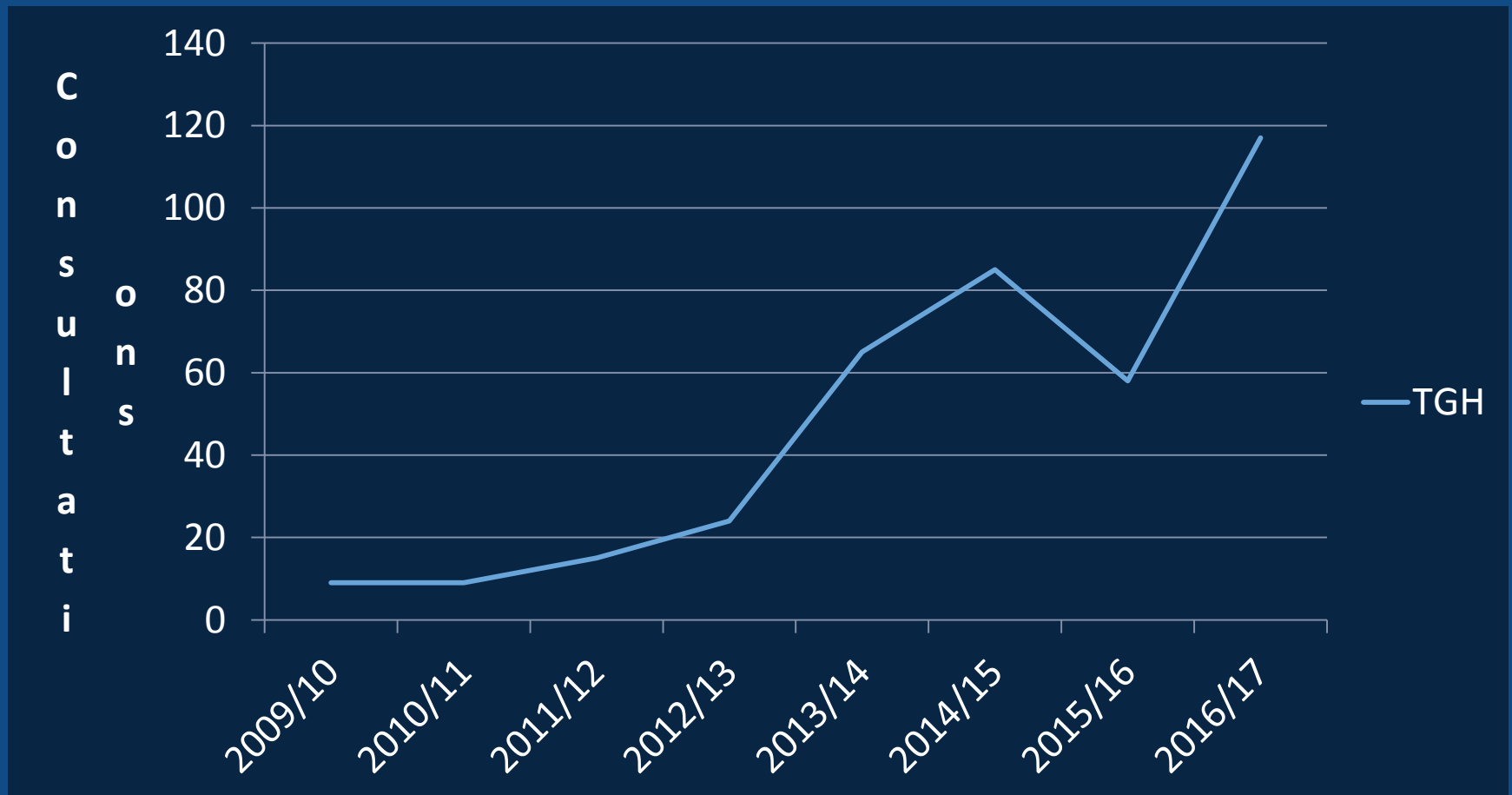
JUST LOOK AT THE  
POOR FOOLS, THEIR  
SIDE OF THE BOAT IS  
SINKING!!

# 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

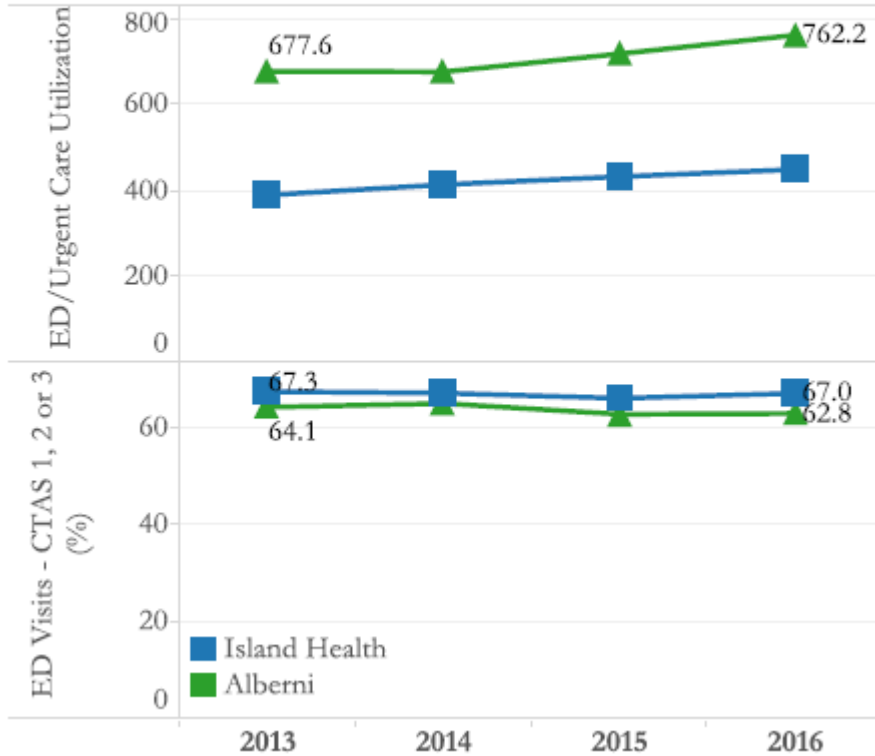
Ucluelet MHAS site opened in 2014-15  
- less than 5 consults per year



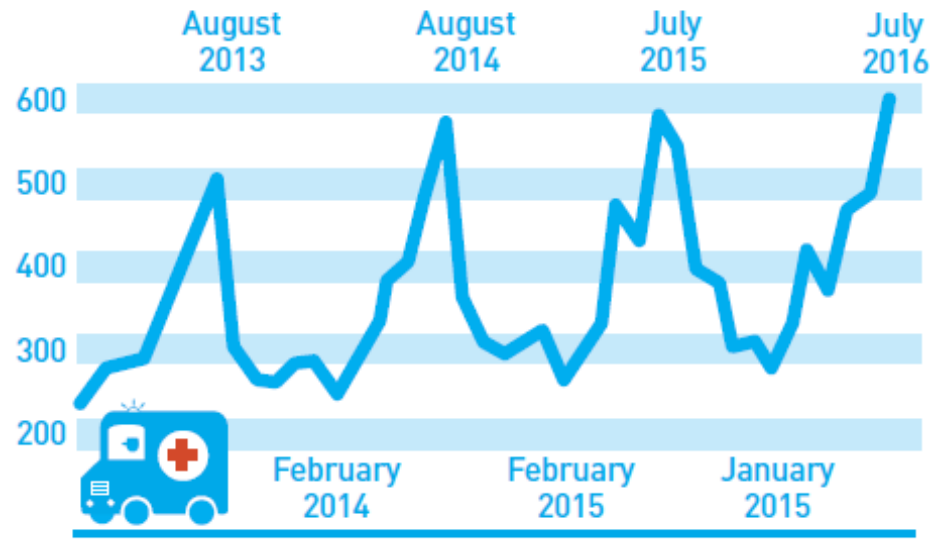
# Exported care services

- 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

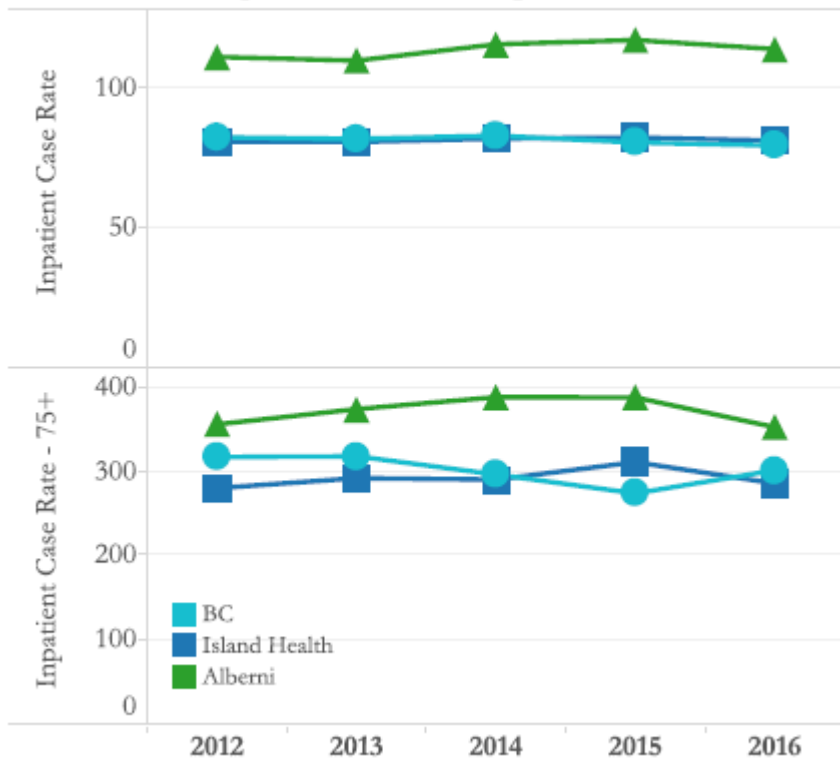
Unscheduled Emergency and Urgent Care Centre Visits  
Rate per 1,000 Population and Percent of Higher Urgency  
(CTAS 1, 2 or 3)



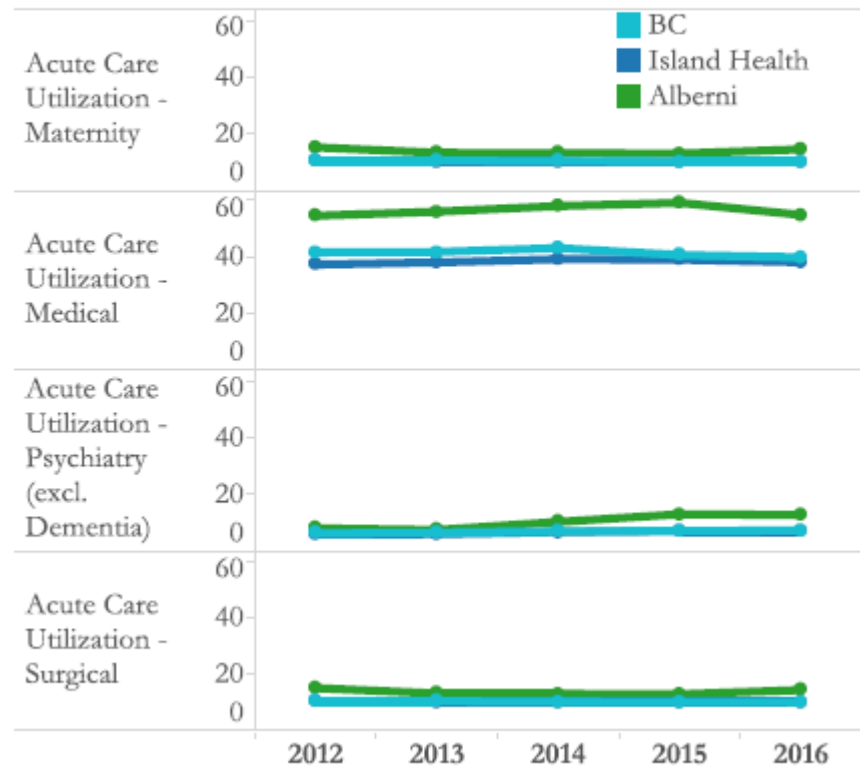
Comparison of the number of monthly emergency room visits at Tofino General Hospital <sup>21,23,24</sup>



**Acute Care Inpatient Cases  
(Age Standardized Rate per 10,000)**



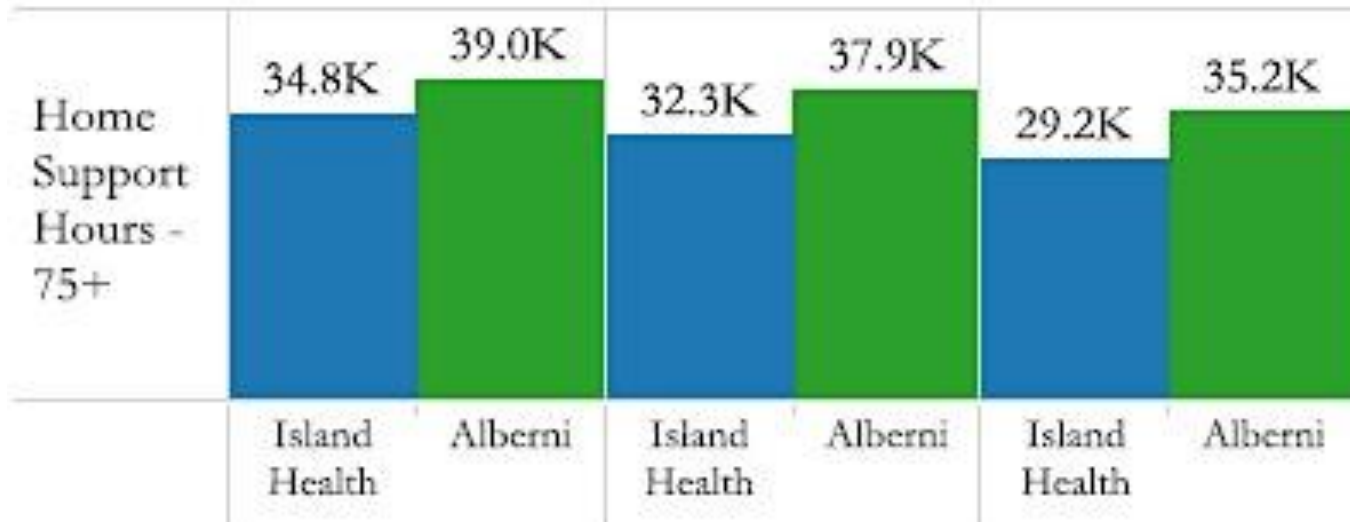
**Acute Care Inpatient Cases by Service  
(Age Standardized Rate per 10,000)**



**Home Care Visits**  
**Rate per 1,000 Population Age 75 and Over**

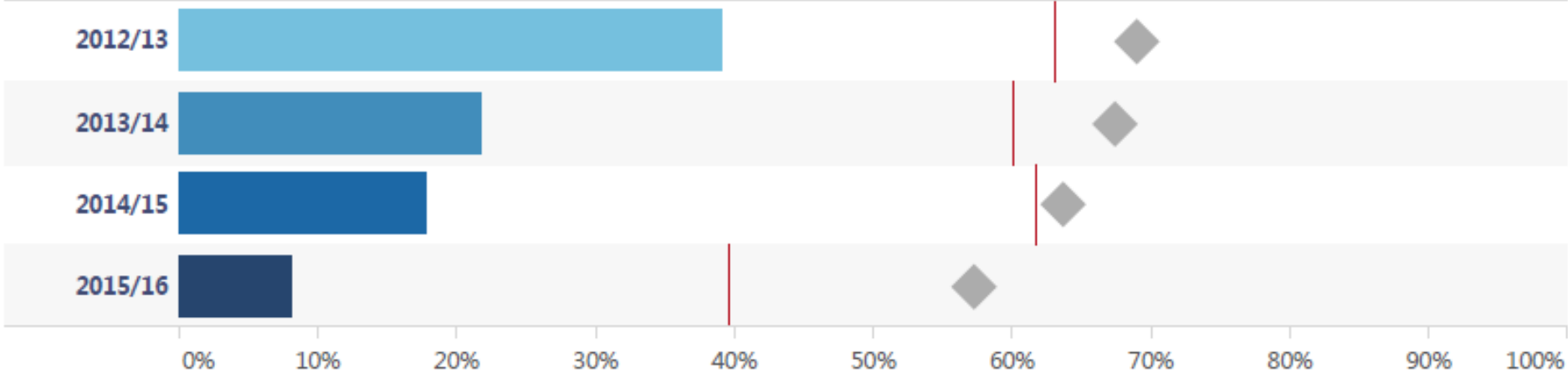


**Home Support Hours**  
**Rate per 1,000 Population Age 75 and Over**

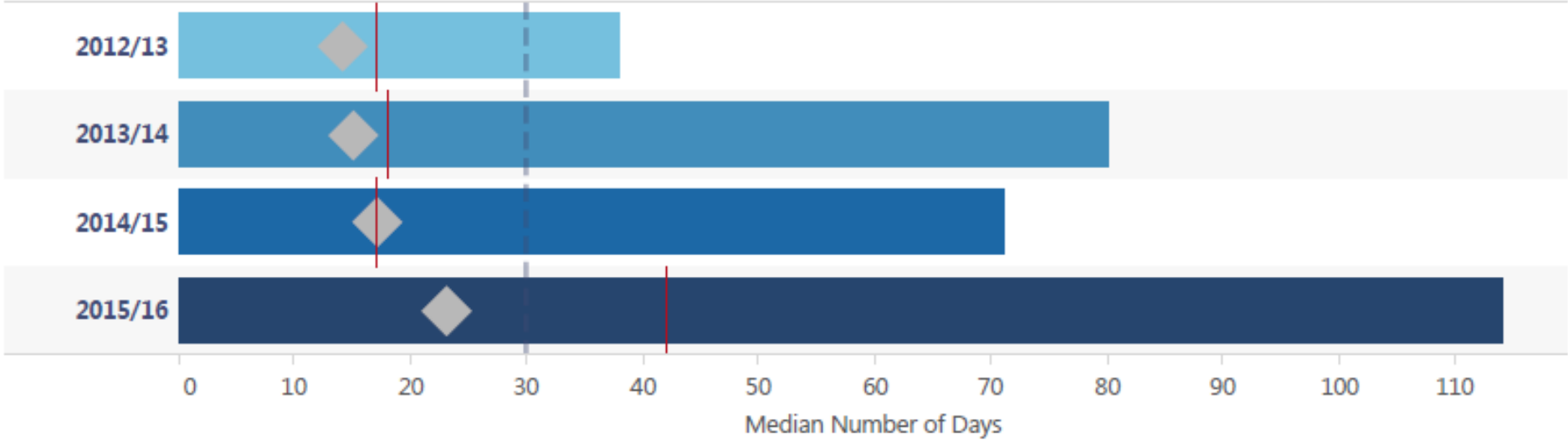




**Figure 19. Percent of Patients Admitted to Residential Care Within 30 Days, Alberni (070)**



**Figure 20. Median Number of Days to be Admitted to Residential Care, Alberni (070)**



# 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](https://www.viha.ca/mho/stats/lha_profiles.html)
- HELP data <http://earlylearning.ubc.ca/#> (maps and data)
- Census <https://www12.statcan.gc.ca/census-recensement/2016/dp-pd/prof/index.cfm?Lang=E>
- Education data - <http://www.bced.gov.bc.ca/reporting/province.php>
- West Coast Vital Signs <http://clayoquotbiosphere.org/news/vs2016a/>



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