Window on Health

A snapshot of the health of Sudburians

Sudbury & District Board of Health
Window on health: Why?

- The fewer clear facts you have in support of an opinion, the stronger your emotional attachment to that opinion.

Anonymous
Window on health

- Health statistics and trends
- Health unit initiatives – working in partnership
- Future
Did you ever wonder...?

1. How has the City of Greater Sudbury population changed since 2001?
   a) 2% ↑  b) no change  c) 2% ↓  d) 0.2% ↓

2. What percentage of Greater Sudbury residents identify as Francophone?
   a) 40%  b) 28%  c) 10%  d) 35%

3. For which of the following local health issue is Sudbury area now ‘even’ with the province?
   a) heart disease  b) cancer  c) motor vehicle crashes
Did you ever wonder…?

5. True or False: Sudburians are less physically active than Ontarians as a whole?
   a) True  b) False

   6. What percentage of northern students grades 7 to 12 report having used cannabis?
   a) 12%  b) 35%  c) 100%  d) 78%
Demographics
What does our population look like?

Population Pyramid -- City of Greater Sudbury

Source: Provincial Health Planning Database, extracted April 25, 2005
How is our population changing?

Sudbury & District Health Unit 1996 - 2001

Age Groups

-20 -15 -10 -5 0 5 10 15

<table>
<thead>
<tr>
<th>Age Groups</th>
<th>Males</th>
<th>Females</th>
<th>Overall</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 to 9</td>
<td>-14</td>
<td>-13</td>
<td>-14</td>
</tr>
<tr>
<td>10 to 19</td>
<td>-15</td>
<td>-9</td>
<td>-14</td>
</tr>
<tr>
<td>20 to 44</td>
<td>-14</td>
<td>-9</td>
<td>-14</td>
</tr>
<tr>
<td>45 to 64</td>
<td></td>
<td></td>
<td>8</td>
</tr>
<tr>
<td>65+</td>
<td></td>
<td></td>
<td>11</td>
</tr>
<tr>
<td>Total</td>
<td>-6</td>
<td>-4</td>
<td>-5</td>
</tr>
</tbody>
</table>

Source: Statistics Canada, Census 2001 (Sudbury & District Health Unit Area Demographic Profile 2001)
For example, in Greater Sudbury:

- 28% Francophone (5% in Ontario)
- 4.6% Aboriginal (1.7% in Ontario; 7.5% all SDHU area residents)
- 9% unemployment rate (Ontario 6%)
Health and illness
Self-rated health

% Reporting Very Good or Excellent Health
Ontario and SDHU Area, 2000/01 and 2003

Source: Canadian Community Health Survey (2000/01 and 2003)
Time trends: all cancers

Rates of all New Cancers

<table>
<thead>
<tr>
<th>Time Period</th>
<th>SDHU</th>
<th>Ontario</th>
</tr>
</thead>
<tbody>
<tr>
<td>1978-1981</td>
<td>384.0</td>
<td>362.9</td>
</tr>
<tr>
<td>1982-1986</td>
<td>376.9</td>
<td>373.4</td>
</tr>
<tr>
<td>1987-1991</td>
<td>401.0</td>
<td>388.2</td>
</tr>
<tr>
<td>1992-1996</td>
<td>434.6</td>
<td>394.5</td>
</tr>
<tr>
<td>1997-2001</td>
<td>434.8</td>
<td>398.1</td>
</tr>
</tbody>
</table>

Source: Ontario Cancer Registry, 2003
Time trends: lung cancer

Rates of all New Lung Cancers

<table>
<thead>
<tr>
<th>Time Period</th>
<th>SDHU</th>
<th>Ontario</th>
</tr>
</thead>
<tbody>
<tr>
<td>1978-1981</td>
<td>63.2</td>
<td>51.6</td>
</tr>
<tr>
<td>1982-1986</td>
<td>70.4</td>
<td>56.3</td>
</tr>
<tr>
<td>1987-1991</td>
<td>77.2</td>
<td>58.3</td>
</tr>
<tr>
<td>1992-1996</td>
<td>71.0</td>
<td>57.0</td>
</tr>
<tr>
<td>1997-2001</td>
<td>69.8</td>
<td>54.5</td>
</tr>
</tbody>
</table>

Source: Ontario Cancer Registry, 2003
Time trends: heart disease

Deaths from Diseases of the Circulatory System, Ontario and SDHU area, 1995 to 1999

Source: PHPDB, Modified by Northern Health Information Partnership
Time trends: motor vehicle crashes

Hospitalizations from Motor Vehicle Traffic Collisions

Year


Age Standardized Rate (per 100,000)

140 120 100 80 60 40 20

SDHU  Ontario

Source: PHPDB, Modified by Northern Health Information Partnership
Adult asthma (self-reported)

Asthma, Ontario and SDHU Area, 2000/01 and 2003

Source: Canadian Community Health Survey (2000/01 and 2003)
Hepatitis C

Rate of Hepatitis C Cases
SDHU Area and Ontario, 1990-1998

Rate per 100,000

Source: Reportable Disease Information System, MOHLTC

Sudbury & District Board of Health
Trends in HIV diagnoses

• Among persons diagnosed with HIV in Sudbury, risk activities are changing:
  – fewer are men who have sex with men
    • 47% to 28% (from 1985-96 to 1997-03)
  – more are persons who use injection drugs
    • 16% to 51% (from 1985-91 to 1992-2003)

Sexually transmitted disease: Chlamydia

Source: Reportable Disease Information System, and MOHLTC
Health promoting/harming behaviours
Daily Smokers, ages 12+ for Ontario and SDHU Area, 2000/01 and 2003

Source: Canadian Community Health Survey (2000/01 and 2003)
Heavy drinking

Heavy Drinking, Ontario and SDHU Area, 2000/01 and 2003

Source: Canadian Community Health Survey (2000/01 and 2003)
Physical activity

Active or Moderately Active in Leisure Time, Ontario and SDHU Area, 2000/01 and 2003

<table>
<thead>
<tr>
<th>Year</th>
<th>Percentage (Ontario)</th>
<th>Percentage (SDHU)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2000/01</td>
<td>42.6</td>
<td>47.5</td>
</tr>
<tr>
<td>2003</td>
<td>50</td>
<td>52.2</td>
</tr>
</tbody>
</table>

Source: Canadian Community Health Survey (2000/01 and 2003)
Overweight and obesity

Proportion Obese and Overweight, Ages 20-64
Ontario and SDHU Area

Source: Canadian Community Health Survey (2000/01 and 2003)
Nutrition

Fruit and Vegetable Consumption
(5-10 servings per day) for Ontario and SDHU Area,
2000/01 and 2003

Source: Canadian Community Health Survey (2000/01 and 2003)
Student risk behaviour

Reported Use of Alcohol and Cigarettes
Grade 7-12

Source: 2003 Ontario Student Drug Use Survey
Student risk behaviour

Reported Drug Use
Grade 7-12

Source: 2003 Ontario Student Drug Use Survey

Sudbury & District Board of Health
Health unit initiatives -- working in partnership
Healthy Communities Model adapted from Hancock T. et al 1999

Sudbury & District Board of Health
Health Unit initiatives

• Board of Health: mandated health programs and address local health needs

• Highlights on the horizon:
  – Focus community project
  – Climate change
  – Obesity initiative
  – Sudbury soils study
  – Pandemic influenza planning
  – School asthma project
  – Tobacco initiatives

• Participation in provincial public health renewal
Sudbury FOCUS Community Project

- **Purpose:**
  - To raise awareness in our community about the harmful effects of alcohol and drug use, and injuries related to substance abuse.

- **Key accomplishments (≥ 30 partners):**
  - 38 projects completed in 2004-2005
  - Municipal Alcohol Policy Development
  - 7 projects targeted Francophone community (14,500)
  - 4 projects targeting First Nations community (430)
  - 11 projects targeting youth, reaching 2500 students
Climate Change

• Purpose
  – To prevent or reduce adverse health outcomes resulting from climate change.

• Key accomplishments
  – One-Tonne Challenge
  – Adverse weather/smog alerts
  – Children’s Water Festival (first in the north!)
  – Emissions campaign (anti-idling, alternate modes of transportation, Clean Air Sudbury)
  – Waste and energy management
Obesity initiative

• **Purpose**
  – Create a community-based framework for the Sudbury and Manitoulin district areas to reduce obesity rates

• **Key accomplishments**
  – Hosted a Community Forum (June 6 & 7, 2004)
  – Formation of Steering Committee and Working Group
  – Development of an Action Plan (May 31, 2005)
  – Multi-sectoral partnerships to steer and implement action plan
Sudbury Soils Study

• **Purpose**
  – Human Health (HHRA) and Ecological Risk Assessment (ERA) launched in 2003 to determine potential health or ecological risks related to metals from historical mining and smelting

• **Key accomplishments**
  – Oversight role for study with MOE, City of Greater Sudbury, Health Canada, Inco, Falconbridge
  – Critical appraisal of study from public health perspective
  – Expected completion August 2006
Pandemic influenza planning

• **Purpose**
  - A comprehensive region-wide approach to pandemic flu planning that complements the Ontario and Canada pandemic influenza plans.

• **Key accomplishments**
  - Draft plan being progressed with community partners’ input
  - Presentations and walk through activities planned over the next few months with partners, aims to engage the whole community
  - Involvement at the provincial level of planning
  - Ongoing preparation, planning and review to ensure the SDHU plan is accurate, timely and readily accessible to the community
School asthma project

• Purpose
  – Create asthma-friendly schools such that school-aged children become successful managers of their own asthma, reducing morbidity and mortality

• Key accomplishments
  – 34 elementary schools from the Rainbow District School Board and the Sudbury Catholic District School Board are involved in the project
  – Implementation of Asthma Friendly Guidelines
Tobacco initiatives

• Purpose
  – Reduce morbidity and mortality from tobacco use through cessation, prevention and protection.

• Key accomplishments
  – Municipal by-law development (10/19)
  – 100% provincial ban
  – Not To Kids program and mass media campaigns (Smoke-Free Movies, Breathing Space, Young Francophone Adult Smoking Cessation)
  – Future direction includes implementation of provincial smoke-free legislation and enhanced cessation programming
Participating in provincial public health renewal

- Walkerton 2000
- SARS 2002
- Operation Health Protection 2004
- Public Health Capacity Review
- Public Health Agency 2005
- O’Connor 2002
- Local Health Integrated Networks 2004
- Future of public health
Shaping it...
Window on Health

Sudbury & District Board of Health
Window on Health

A snapshot of the health of Sudburians

Sudbury & District Board of Health