

HEALTHY POPULATIONS

SUMMARY OF INDICATORS

CIW National Report 2012	Vaughan Wellbeing Report	
<i>Self-rated health</i> – % self-rated health as excellent or very good	<i>Self-rated health for York Region</i> – % self-rated health as excellent or very good	■
<i>Diabetes prevalence</i> – % with self-reported diabetes	<i>Diabetes prevalence for York Region</i> – % with self-reported diabetes	■
<i>Life expectancy at birth</i> – the number of years a person would be expected to live, starting from birth		■
<i>Smoking rate</i> – % of population aged 12 to 19 reporting they are current cigarette smokers (including daily or occasional)	<i>Smoking rate for York Region</i> – % of population aged 12 to 19 reporting they are current cigarette smokers (including daily or occasional)	■
<i>Probable risk of depression</i> – % with probably depression among population aged 12 and over	<i>Self-rated mental health for York Region</i> – % reporting mental health as excellent or very good	■
<i>Patient satisfaction with overall health services</i> – % of population aged 15 and over who report being either very satisfied or somewhat satisfied with the overall health care services received in the past 12 months	<i>Satisfaction with hospitals and emergency services</i>	■
<i>Influenza immunization rate</i> – % of adults getting influenza immunization	<i>Influenza immunization rate for York Region</i> – % of adults getting influenza immunization	■
<i>Health Adjusted Life Expectancy (HALE)</i> – Average remaining years expected to be lived in good health		■

- Comparable indicator available
- Similar indicator or indicator representing a broader geographical area available
- No comparable indicator available

FINDINGS BY INDICATOR

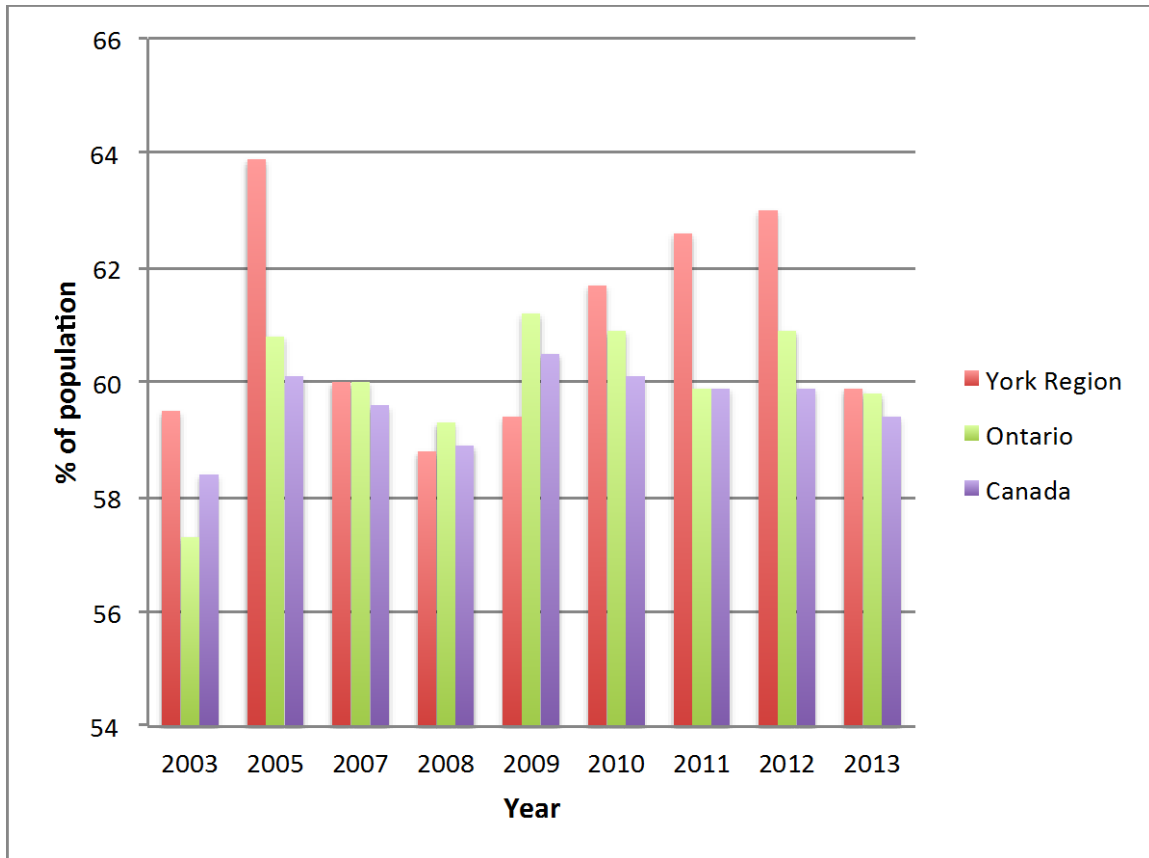
SELF-RATED HEALTH

Data from the Canadian Community Health Survey¹ (Statistics Canada, 2014) showed that 59.9% of the York Region² population aged 12 years and over reported their health as 'excellent' or 'very good' in 2013. The Ontario and national proportions were 59.8 and 59.4, respectively, in the same year. Overall, the proportion of population who reported their health status as 'excellent' or 'very good' for York Region increased 1% from 2003, while Ontario and Canada observed an increase of 4% and 2%, respectively. With the exception of the year 2005, where the proportion for York Region was higher than Ontario and national averages, the York Region self-rated health were similar to that reported for the province and Canada from 2003 to 2013. (Statistics Canada, 2014)

Figure 1. Self-rated health¹ among population aged 12 years and over, York Region², Ontario and Canada, 2003 – 2013.

¹ Unless otherwise noted, the data presented in this report are based on self-report data from the Canadian Community Health Survey, a national survey administered by Statistics Canada.

² Unless otherwise noted, the data presented in this report are reported for the York Regional Health Unit, which is comprised of the following cities and towns: Vaughan, Markham, Richmond Hill, Whitchurch-Stouffville, Aurora, Newmarket, King, East Gwillimbury, Georgina, and the Chippewas of Georgina Island First Nation (Indian reserve).



Notes:

1. Based on respondents who reported perceiving their own health status as being either excellent or very good. According to Statistics Canada’s definition, perceived health refers to the perception of a person’s health in general (physical, mental and social wellbeing), either by the person himself or herself, or, in the case of proxy response, by the person responding.
2. Data reported for the York Regional Health Unit.

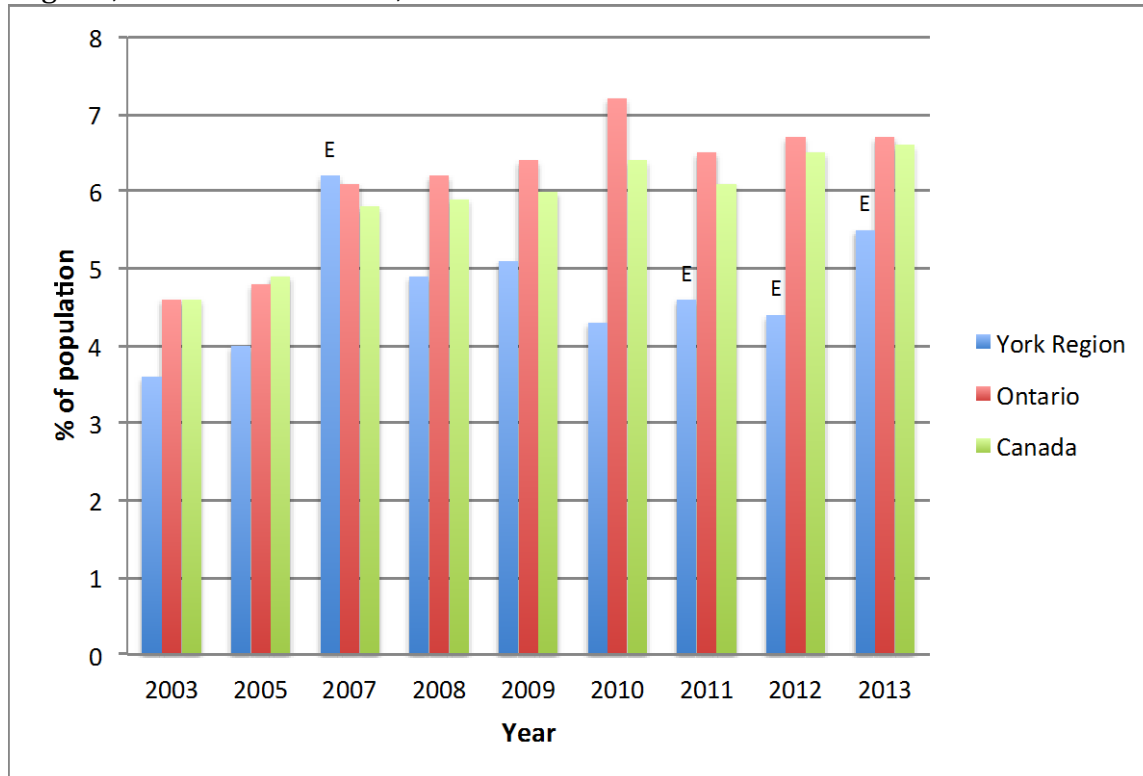
Source: Statistics Canada. (2014). Table 105-0501 - Health indicator profile, annual estimates, by age group and sex, Canada, provinces, territories, health regions (2013 boundaries) and peer groups, occasional, CANSIM (database). Retrieved from: <http://www5.statcan.gc.ca/cansim/a05?lang=eng&id=1050501>

DIABETES PREVALENCE

In 2013, the diabetes prevalence reported for the York Region was 5.5%³, compared to 6.7% in Ontario and 6.6% in Canada (Figure 2). The trend observed in York Region is similar to those observed provincially and nationally, which is that diabetes prevalence has increased since 2003. Between 2008 and 2013, diabetes prevalence appears to be lower for the York Region compared to the provincial and national figures. (Statistics Canada, 2014)

³ Use with caution due to high sampling variability.

Figure 2. Diabetes prevalence¹ among population aged 12 years and over, York Region², Ontario and Canada, 2003 – 2013.



E = Use with caution due to high sampling variability.

Notes:

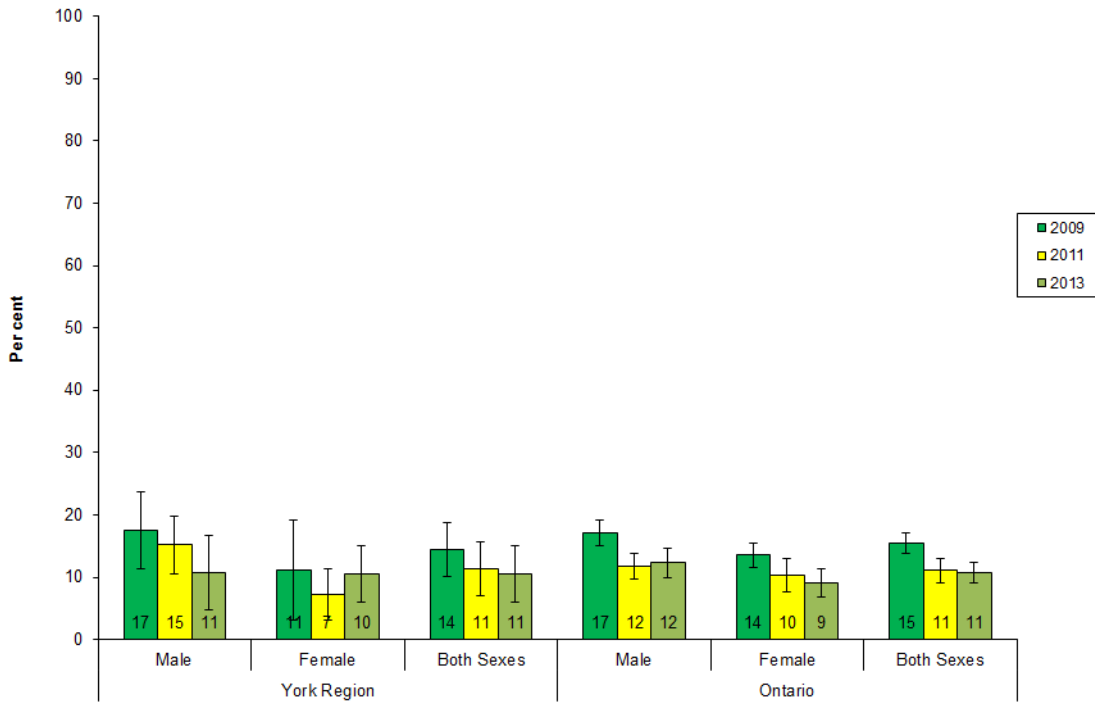
1. Based on respondents who reported that they have been diagnosed by a health professional as having Type 1 or Type 2 diabetes. Diabetes includes females aged 15 years and over who reported that they have been diagnosed with gestational diabetes.
2. Data reported for the York Regional Health Unit.

Source: Statistics Canada. (2014). Table 105-0501 - Health indicator profile, annual estimates, by age group and sex, Canada, provinces, territories, health regions (2013 boundaries) and peer groups, occasional, CANSIM (database). Retrieved from: <http://www5.statcan.gc.ca/cansim/a05?lang=eng&id=1050501>

YOUTH SMOKING RATE

The Ontario Student Drug Use and Health Survey (OSDUH) examines physical and mental health as well as risk behaviours among youth, including substance use, eating habits, physical activity and violence. In 2013, the survey found that 11% of York Region students in Grades 7 to 12 reported smoking cigarettes in the last 12 months, compared to 11% in 2011 and 14% in 2009 (Figure 3). This was similar to the percentages reported for Ontario students during the same years. (Regional Municipality of York, 2014)

Figure 3. Cigarette smoking in the past 12 months among youth¹, York Region and Ontario, 2009-2013.



Note:

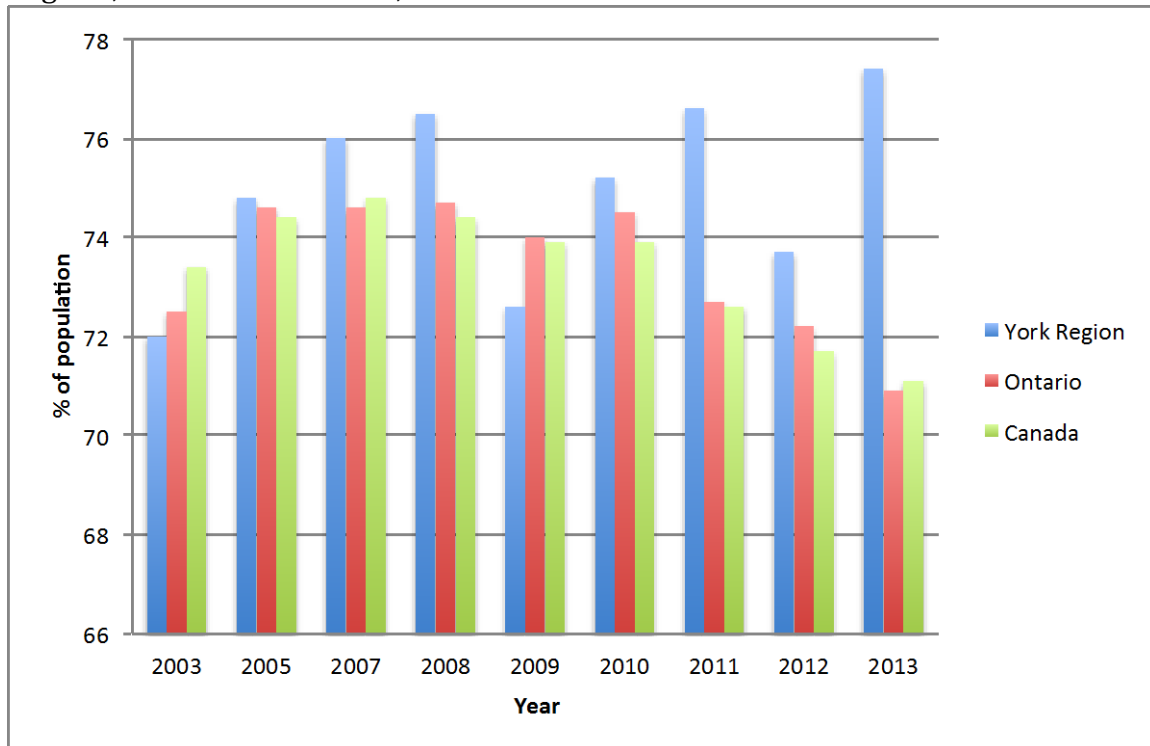
1. Data reported for students in Grades 7 to 12.

Source: Adapted from Regional Municipality of York. (2014). York Region Student Drug Use and Health Report, 2009-2013. York Region, Public Health, Community and Health Services. Retrieved from: <http://www.york.ca/wps/wcm/connect/yorkpublic/5e3dd756-e8ab-4e4b-8d8b-b9f97a02466e/YORK+Ontario+Student+Drug+Use+Survey+2013.pdf?MOD=AJPERES&CACHEID=5e3dd756-e8ab-4e4b-8d8b-b9f97a02466e>

SELF-RATED MENTAL HEALTH

Figure 4 shows the self-rated mental health among the 12+ population in York Region, Ontario and Canada from 2003 to 2013. In 2013, 77.4% of the York Region population aged 12 years and over reported their mental health status as ‘excellent’ or ‘very good’. This was higher than the proportions reported for Ontario (70.9) and Canada (71.1) in the same year. Overall, the proportion of the York Region population reporting ‘excellent’ or ‘very good’ mental health increased since 2003, while Ontario and Canada observed an overall decrease. (Statistics Canada, 2014)

Figure 4. Self-rated mental health¹ among population aged 12 years and over, York Region², Ontario and Canada, 2003 – 2013.



Notes:

1. Based on respondents who reported perceiving their own mental health status as being either excellent or very good. According to Statistics Canada’s definition, perceived mental health refers to the perception of a person’s mental health in general, providing a general indication of the person’s suffering from some form of mental disorder, mental or emotional problems, or distress.
2. Data reported for the York Regional Health Unit.

Source: Statistics Canada. (2014). Table 105-0501 - Health indicator profile, annual estimates, by age group and sex, Canada, provinces, territories, health regions (2013 boundaries) and peer groups, occasional, CANSIM (database). Retrieved from:

<http://www5.statcan.gc.ca/cansim/a05?lang=eng&id=1050501>

PATIENT SATISFACTION WITH OVERALL HEALTH SERVICES

The City of Vaughan Citizen Satisfaction Survey⁴ reported that in both 2011 and 2012, Vaughan residents placed hospitals and emergency health care services as

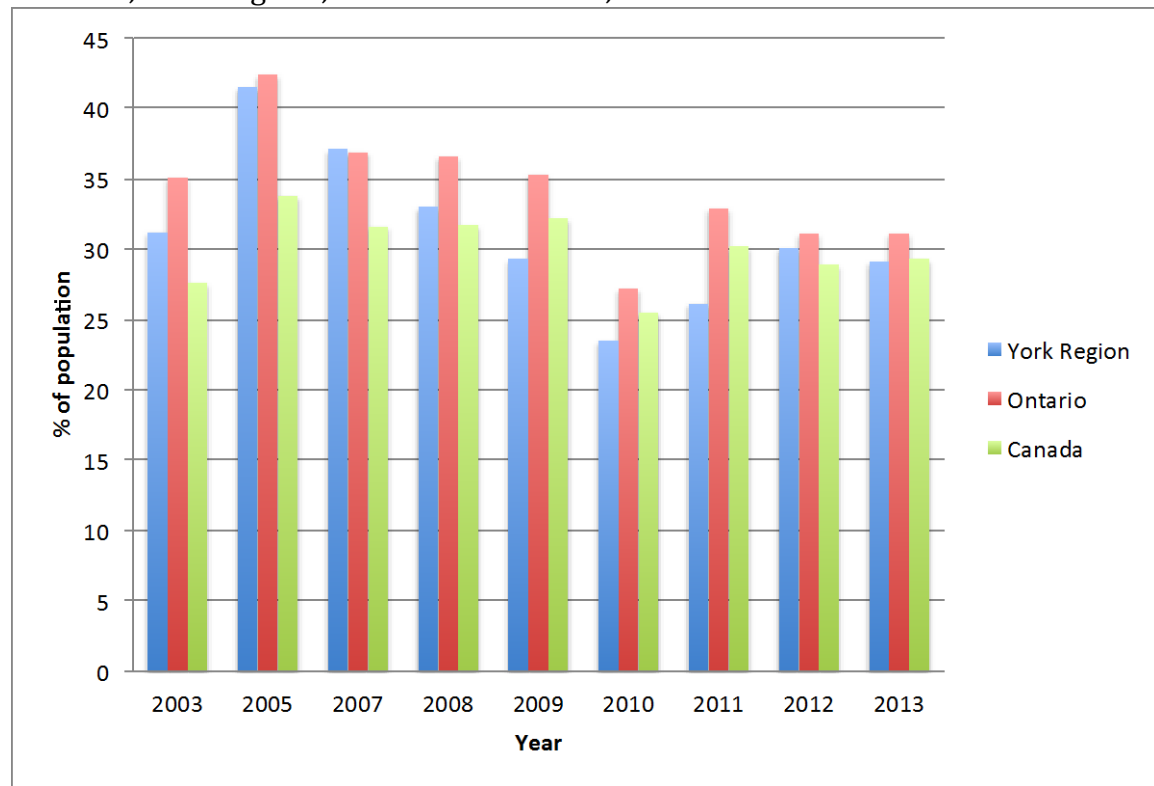
⁴ The City of Vaughan Citizen Satisfaction Survey is a longitudinal survey conducted by Ipsos Reid that collects information on perceptions of and attitudes toward City services. The survey was conducted in 2007, 2009, 2011, and 2012 with sample sizes of 300 for the first two cycles and 500 for the two latter cycles. The most recent survey was conducted in 2014 and the total sample size was 800. For each survey, telephone interviews were completed among residents aged 18 years and over. The survey uses a random sampling method based on the distribution of the population across the regions of City of Vaughan (Concord, Kleinburg, Maple, Thornhill, and Woodbridge). The survey results are weighted by age, gender, and region to reflect the population distribution of the City.

one of the top most important services. Specifically, 98% of residents in 2012 and 99% of residents in 2011 reported that it was ‘very important’ or ‘somewhat important’ (Ipsos Reid, 2012). Despite being perceived as services of high importance, satisfaction levels with hospitals and emergency services were low, whereby only 58% of residents in 2011 and 59% in 2012 reported that they were ‘very satisfied’ or ‘somewhat satisfied’ with such services (Ipsos Reid, 2012). Satisfaction levels remained unchanged over time. In 2014, the satisfaction level for hospitals, emergencies and clinics was 58% (Forum Research Inc., 2015). This core service was the 6th top priority service for improving overall satisfaction (Forum Research Inc., 2015).

INFLUENZA IMMUNIZATION RATE

In 2013, 29.1% of York Region residents reported that they had been immunized against the influenza virus in the previous year (Figure 5). This is compared to 31.1% reported in Ontario and 29.3 reported nationally. Overall, the influenza immunization rate reported for York Region peaked at 41.5% in 2005, then decreased over time. A similar declining trend was observed in Ontario; however, the rates reported for Ontario tend to be higher than those reported for York Region.

Figure 5. Influenza immunization¹, less than one year ago, population aged 12 years and over, York Region², Ontario and Canada, 2003 – 2013.



Notes:

1. Based on respondents who reported when they had their last influenza immunization. The 2009 data on influenza immunization may include immunization for H1N1 received in the fall of 2009. In 2010, the questionnaire was modified to collect data on the “seasonal” influenza and H1N1 vaccines separately. After 2010, the H1N1 separate module was no longer part of the questionnaire as the H1N1 vaccine was given in combination with the seasonal influenza vaccine.
2. Data reported for the York Regional Health Unit.

Source: Statistics Canada. (2014). Table 105-0501 - Health indicator profile, annual estimates, by age group and sex, Canada, provinces, territories, health regions (2013 boundaries) and peer groups, occasional, CANSIM (database). Retrieved from:

<http://www5.statcan.gc.ca/cansim/a05?lang=eng&id=1050501>

OBSERVATIONS

Due to the lack of data available for Vaughan, York Region health data have been used as a proxy for the Vaughan community throughout this report. It should be noted that the actual trends in Vaughan may be different from the trends observed for York Region.

York Region residents experienced improvements in some areas of health, such as an overall increase of residents reporting ‘excellent’ or ‘very good’ self-rated health and self-rated mental health, as well as a youth smoking rate that appears to be declining. However, what is disconcerting is the large number of areas that worsened. Like Ontario and Canada, increasingly more people in York Region are diagnosed with diabetes. Overall satisfaction with health services is low among York Region residents and did not show any improvement over time. Moreover, health services continue to be among the top important issues identified by Vaughan residents. Finally, influenza immunization rates for York Region declined since 2003 and have consistently been lower than the rates reported for Ontario.

REFERENCES

1. Statistics Canada. (2014). Table 105-0501 – Health indicator profile, annual estimates, by age group and sex, Canada, provinces, territories, health regions (2013 boundaries) and peer groups, occasional, CANSIM (database). Retrieved from:
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3. Ipsos Reid. (2012). City of Vaughan – Citizen Survey, March 2012. Retrieved from:
<https://www.vaughan.ca/projects/General%20Documents/City%20of%20Vaughan%20Survey%202012.pdf>
4. Forum Research Inc. (2015). City of Vaughan: 2014 Citizen Survey Results, FAA Presentation. Retrieved from:
http://www.vaughan.ca/projects/city_government/Citizen-Surveys/General%20Documents/FAA%20Presentation%20on%202014%20Citizen%20Survey%20Findings%20Jan%2023%202014.pdf