

Good Health & Well-Being

NORTHUMBERLAND'S

VitalSigns®



Community Foundation
of Campbellford/Seymour
and Northumberland

Key Indicators:

- Smoking Rate
- Heavy Drinking
- Obesity Rate
- Proportion of Population with a Regular Health Care Provider
- Proximity to Health Care
- Physician-to-100,000 Population Ratio
- Psychiatrists-to-100,000 Population Ratio
- Perceived Life Stress
- Perceived Mental Health
- Life Expectancy at Birth (by sex)

Sustainable Development Goals:



[#3 Good Health and Well-Being](#) - Ensure healthy lives and promote well-being for all at all ages.

Goal #3 is directly interconnected with six other goals, including #1 – No Poverty, #2 – Zero Hunger, #7 – Affordable and Clean Energy, #8 – Decent Work and Economic Growth, #10 – Reduced Inequalities and #15 - Life on Land.

“The disruption caused by the pandemic has now halted progress and even reversed some gains made.”

[Source – United Nations SDGs](#)

Sources

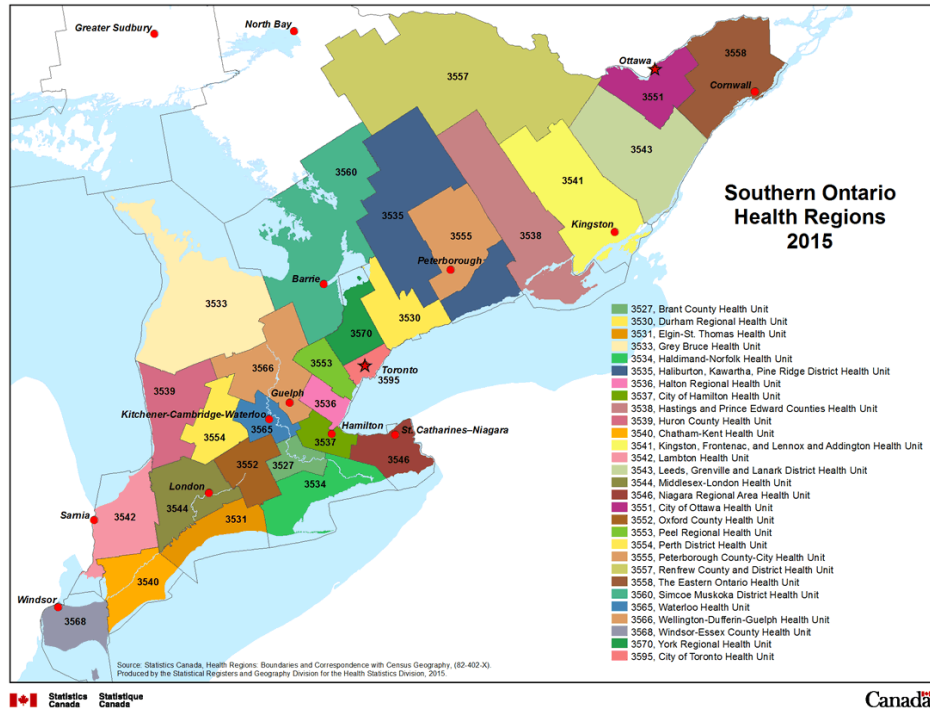
- [Health characteristics, two-year period estimates \(statcan.gc.ca\)](#)
- [Health characteristics, two-year period estimates, census metropolitan areas and population centres \(statcan.gc.ca\)](#)
- [Scott's Medical Database metadata | CIHI](#)
- [Proximity Measures Database \(statcan.gc.ca\)](#)
- [Life expectancy, at birth and at age 65, by sex, three-year average, Canada, provinces, territories, health regions and peer groups \(statcan.gc.ca\)](#)

Note: These data in the following report uses both percent change (%) and percentage point change (% pt.). Percent change describes how much a number has changed in relation to a previous number. Percentage point is the difference between percentages. (A value of 10% falling by 1 percentage point becomes 9% (10% has 10 percentage points). A fall of 1% would result in a value of 9.9%).

The data presented is broader than Northumberland County and encompasses the **Haliburton, Kawartha, Pine Ridge District Health Unit** region and the former **Central East Local Health Integration Network** (now known as Central East Home and Community Care Support Services (HCCSS)) region.

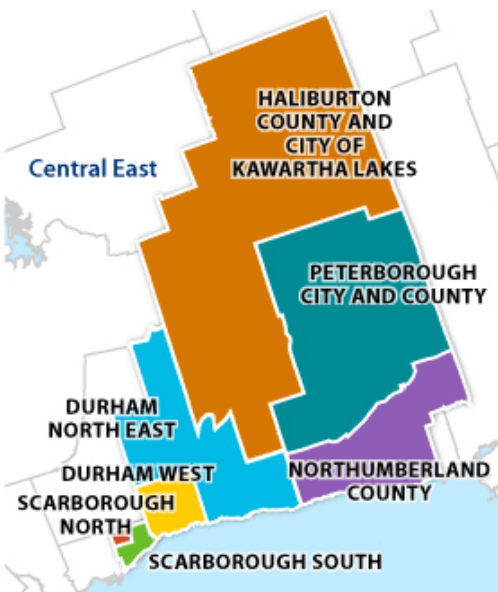
Haliburton, Kawartha, Pine Ridge District Health Unit (Dark blue on the map)

[Website](#)



Central East Home and Community Care Support Services (formerly Central East Local Health Integration Network (LHIN))

[Website](#)



Smoking Rate (12+) – Current Smoker Daily or Occasional

Population aged 12 and over who reported being a daily or occasional smoker. Does not take into account the number of cigarettes smoked, or the use of electronic cigarettes. Occasional smoker refers to those who reported smoking cigarettes occasionally. This includes former daily smokers who now smoke occasionally. Daily smoker refers to those who reported smoking cigarettes every day.

In the **Haliburton, Kawartha, Pine Ridge District Health Unit** region 13.9% of the population 12 and over reported smoking cigarettes daily or on occasion in the 2019/2020 reporting period. This is down 7.8 percentage points from the 2015/2016 reporting period.

The percentage for Canada is also 13.9% and is down 3.5 percentage points from the 2015/2016 reporting period. Ontario is lower at 12.7%, down 4 percentage points from the 2015/2016 reporting period.

HKPRD HEALTH UNIT	MALES	FEMALES
2015/2016	23.4%	20.0%
2019/2020	14.6%	13.2%
Change from 2015/2016	-8.8 %pts	-6.8 %pts

Heavy Drinking (Percent of Population, 12+)

Heavy drinking refers to males who reported having 5 or more drinks, or women who reported having 4 or more drinks, on one occasion, at least once a month in the past year.

In the **Haliburton, Kawartha, Pine Ridge District Health Unit** region 20.8% of the population 12 and over reported engaging in heavy drinking at least once a month in the past year in the 2019/2020 reporting period. This is down 1.9 percentage points from the 2015/2016 reporting period.

The percentage for Canada is 17.5% and is down 1.6 percentage points from the 2015/2016 reporting period. Ontario is slightly lower than the national average at 15.6%, down 2.6 percentage points from the 2015/2016 reporting period.

HKPRD HEALTH UNIT	MALES	FEMALES
2015/2016	25.7%	19.8%
2019/2020	26.1%	15.8%
Change from 2015/2016	0.4 %pts	-4.0 %pts

Obesity Rates (18+) – Body mass index, self-reported

Body mass index (BMI) is a method of classifying body weight according to health risk. According to the World Health Organization (WHO) and Health Canada guidelines, health risk levels are associated with each of the following BMI categories: normal weight = least health risk; underweight and overweight = increased health risk; obese, class I = high health risk; obese, class II = very high health risk; obese, class III = extremely high health risk. Body mass index (BMI) is calculated by dividing the respondent's body weight (in kilograms) by their height (in metres squared).

In the **Haliburton, Kawartha, Pine Ridge District Health Unit** region 34.5% of the population 18 and over were considered to be obese in the 2019/2020 reporting period. This is down 3.9 percentage points from the 2015/2016 reporting period.

The percentage for Canada is 28% and is up 1.7 percentage points from the 2015/2016 reporting period. Ontario is slightly higher than the national average at 28.1%, up 1.9 percentage points from the 2015/2016 reporting period.

HKPRD HEALTH UNIT	MALES	FEMALES
2015/2016	42.5%	34.2%
2019/2020	32.1%	37.1%
Change from 2015/2016	-10.4 %pts	2.9 %pts

Footnote: *A systematic review of the literature concluded that the use of self-reported data among adults underestimates weight and overestimates height, resulting in lower estimates of obesity than those obtained from measured data. Using data from the 2005 Canadian Community Health Survey (CCHS) subsample, where both measured and self-reported height and weight were collected, BMI correction equations have been developed.*

According to the World Health Organization (WHO) and Health Canada guidelines, the index for body weight classification for the population aged 18 and older is:

- less than 18.50 (underweight)
- 18.50 to 24.99 (normal weight)
- 25.00 to 29.99 (overweight)
- 30.00 to 34.99 (obese, class I)
- 35.00 to 39.99 (obese, class II)
- 40.00 or greater (obese, class III).

The population aged 12 to 17 is classified as "severely obese", "obese", or "overweight" according to age and sex specific cut-off points defined by the World Health Organization.

Proportion of Population (12+) with a Regular Health Care Provider

Percentage of population aged 12 and over who have a healthcare provider they regularly see or talk to when they need normal care or advice for their health.

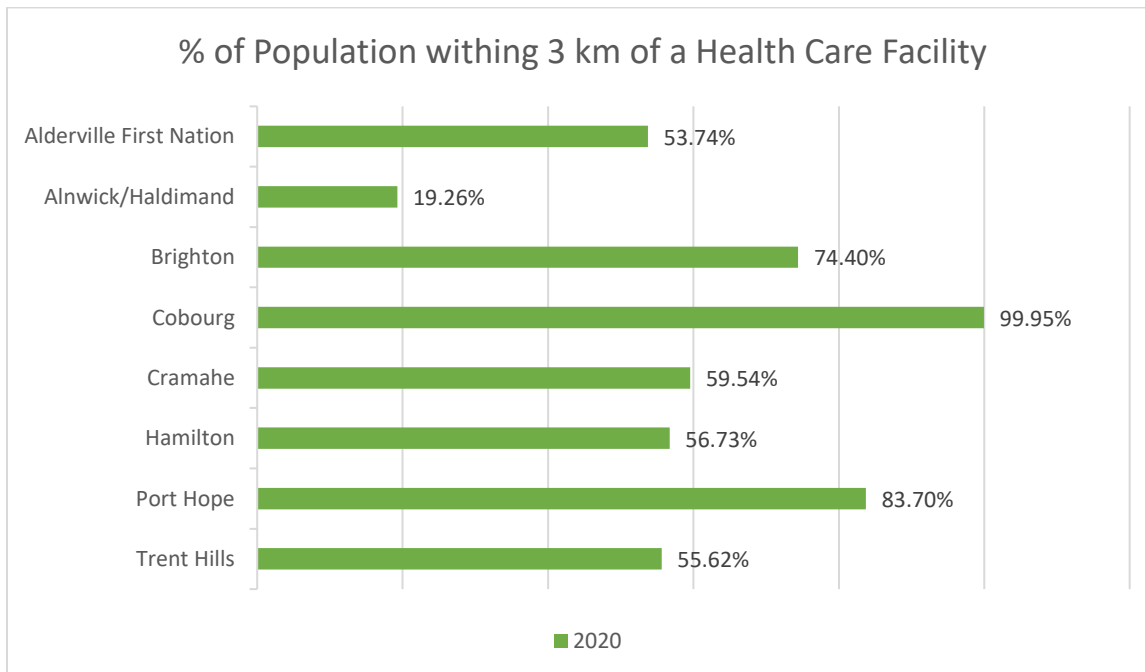
In the **Haliburton, Kawartha, Pine Ridge District Health Unit** region 91.5% of the population 12 and over reported having a regular healthcare provider in the 2019/2020 reporting period. This is down 2.5 percentage points from the 2015/2016 reporting period (94%).

The percentage for Canada is 85.6% and is up 2 percentage points from the 2015/2016 reporting period, and Ontario is higher than the national average at 90.6%, up 0.7 percentage points from the 2015/2016 reporting period.

HKPRD HEALTH UNIT	MALES	FEMALES
2015/2016	92.6%	95.4%
2019/2020	88.9%	94%
Change from 2015/2016	-3.7 %pts	-1.4 %pts

Proximity to Health Care

The percent of population in **Northumberland County** communities within 3 km (driving distance) to a health care facility in 2020.

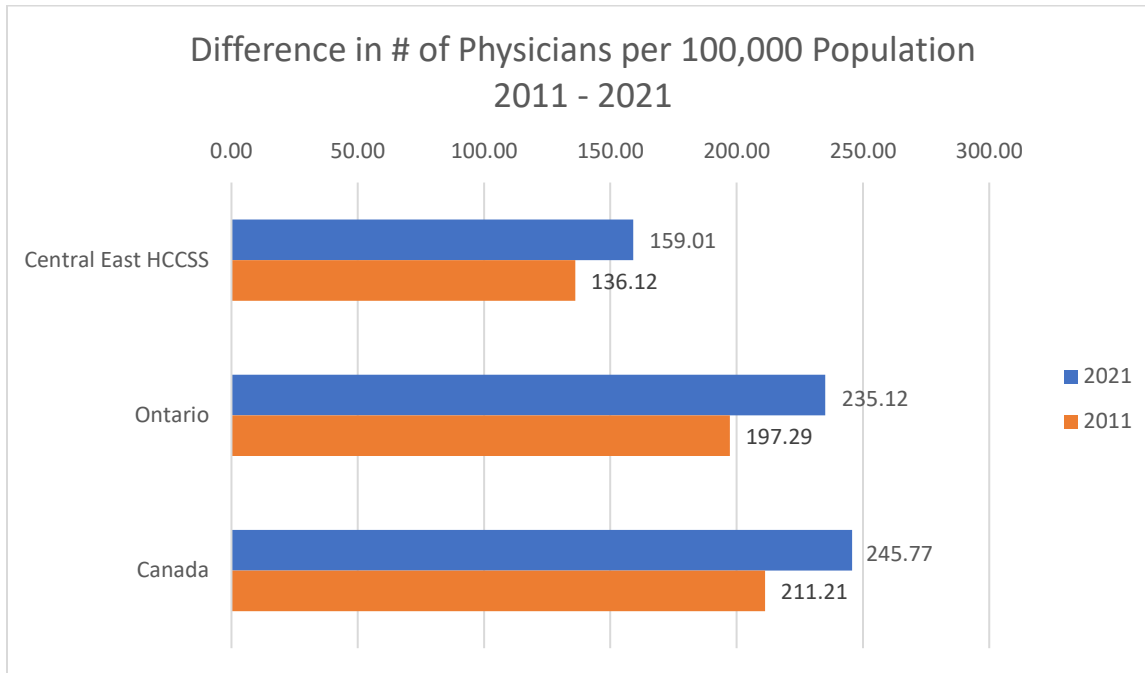


A Health Care Facility is defined as Offices of Physicians, Dentists, Health Practitioners, Community Health Centres, and Hospitals.

Physician-To-100,000 Population Ratio

In the **Central East Home and Community Care Support Services** health region (Formerly Central East LHIN) the ratio of physicians to 100,000 population was 159.01 in 2021. This was an increase of 22.89 physicians/100,000 from 2011.

In Canada in 2021, the ratio was 245.77 per 100,000 population, an increase of 34.56/100,000 since 2011. In Ontario, the ratio was 235.12 physicians to 100,000 population, an increase of 37.83/100,000 physicians from 2011.

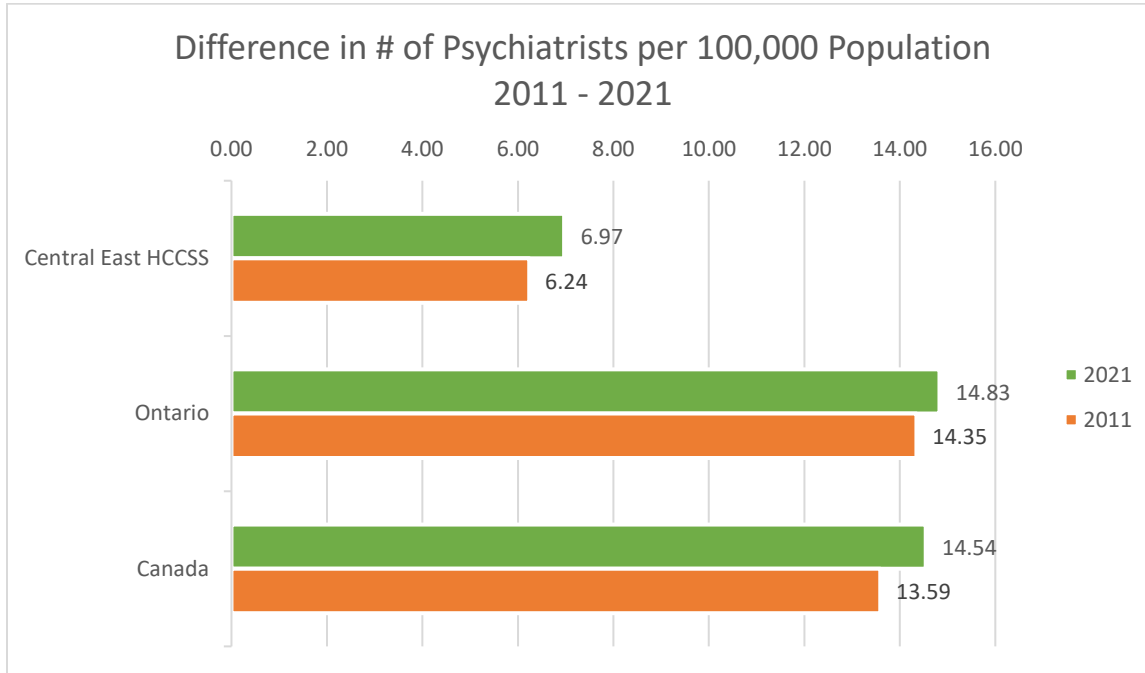


Note: Scott’s Medical Database (SMDB) provides information on the number of physicians and their distribution across Canada. It also contains demographic, education and migration information.

Psychiatrists-To-100,000 Population Ratio

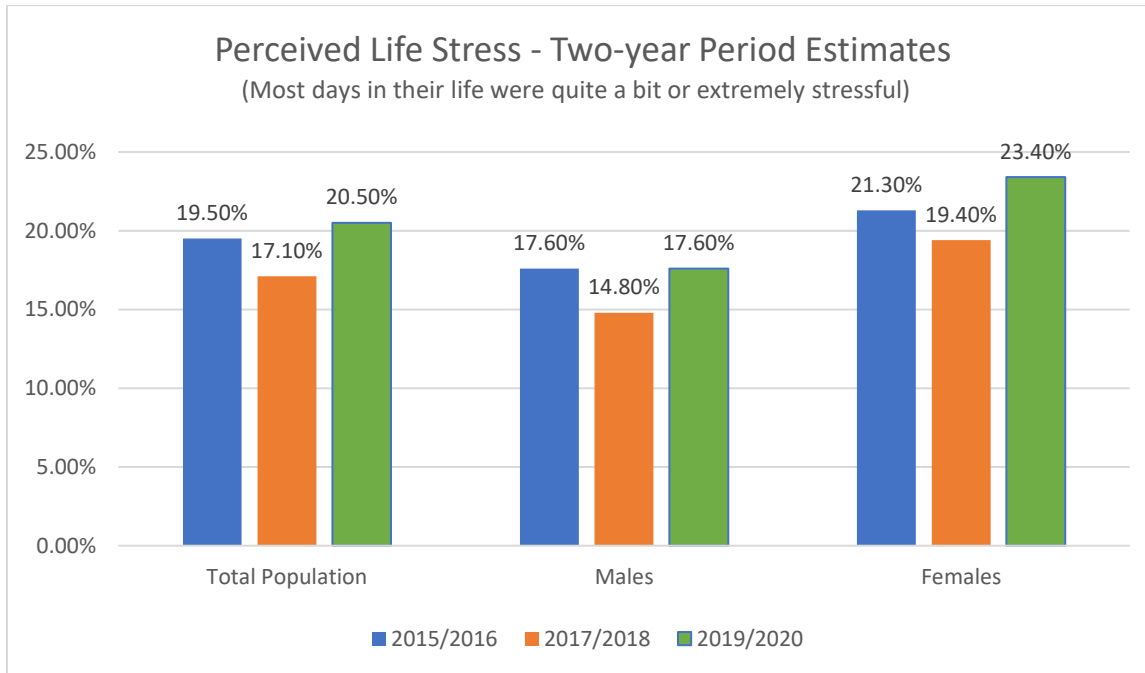
In the **Central East Home and Community Care Support Services** health region (Formerly Central East LHIN) the ratio of psychiatrists to 100,000 population is 6.97 in 2021. This is up 0.73 psychiatrists from 2011.

In Canada in 2021, the ratio is 14.54 per 100,000 population, up 0.95 since 2011. In Ontario, the ratio is 14.83 psychiatrists to 100,000 population, up 0.48 psychiatrists from 2011.



Perceived Life Stress (12+)

Population aged 12 and over in the **Haliburton, Kawartha, Pine Ridge District Health Unit** region who reported perceiving that most days in their life were quite a bit or extremely stressful. Perceived life stress refers to the amount of stress in the person's life, on most days, as perceived by the person or, in the case of proxy response, by the person responding.

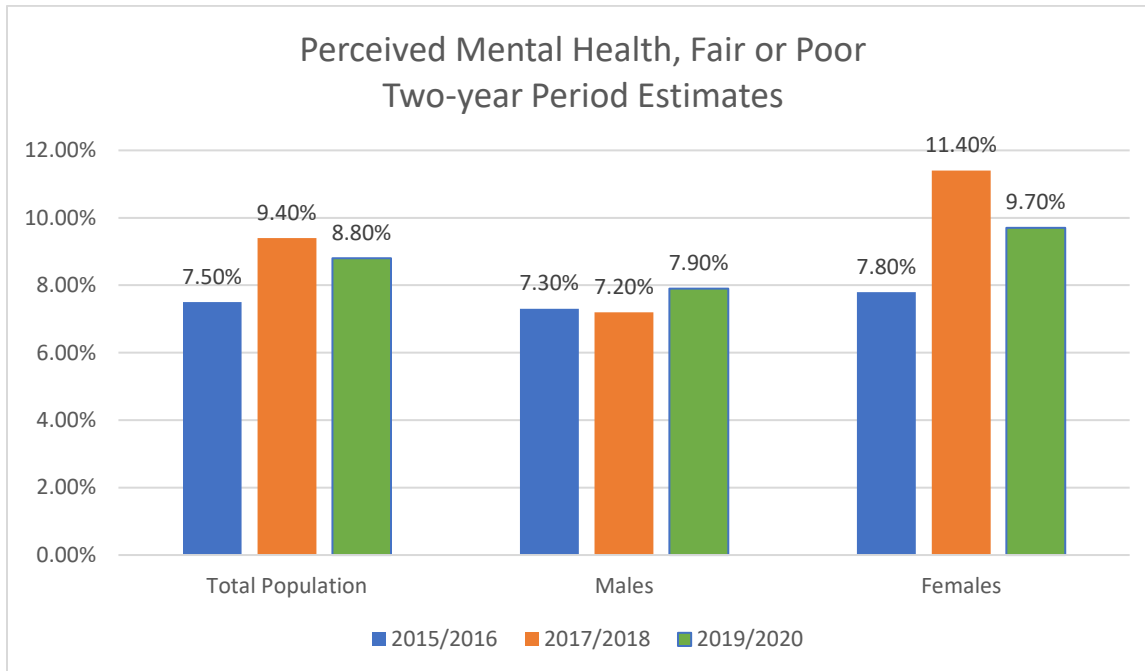


The percentage for **Canada** is 20.8% and is down 0.7 percentage points from the 2015/2016 reporting period for the total population; 19.4% for males, down 0.3 percentage points from the 2015/2016 reporting period; and 22.2% for females, down 1 percentage point from the 2015/2016 reporting period.

The percentage for **Ontario** is 20.9% and is down 1.1 percentage points from the 2015/2016 reporting period for the total population; 19.4% for males, down 0.7 percentage points from the 2015/2016 reporting period; and 22.3% for females, down 1.6 percentage points from the 2015/2016 reporting period.

Perceived Mental Health (12+)

Population aged 12 and over in the **Haliburton, Kawartha, Pine Ridge District Health Unit** region who reported perceiving their own mental health status as being fair or poor. Perceived mental health refers to the perception of a person's mental health in general. Perceived mental health provides a general indication of the population suffering from some form of mental disorder, mental or emotional problems, or distress, not necessarily reflected in perceived health.



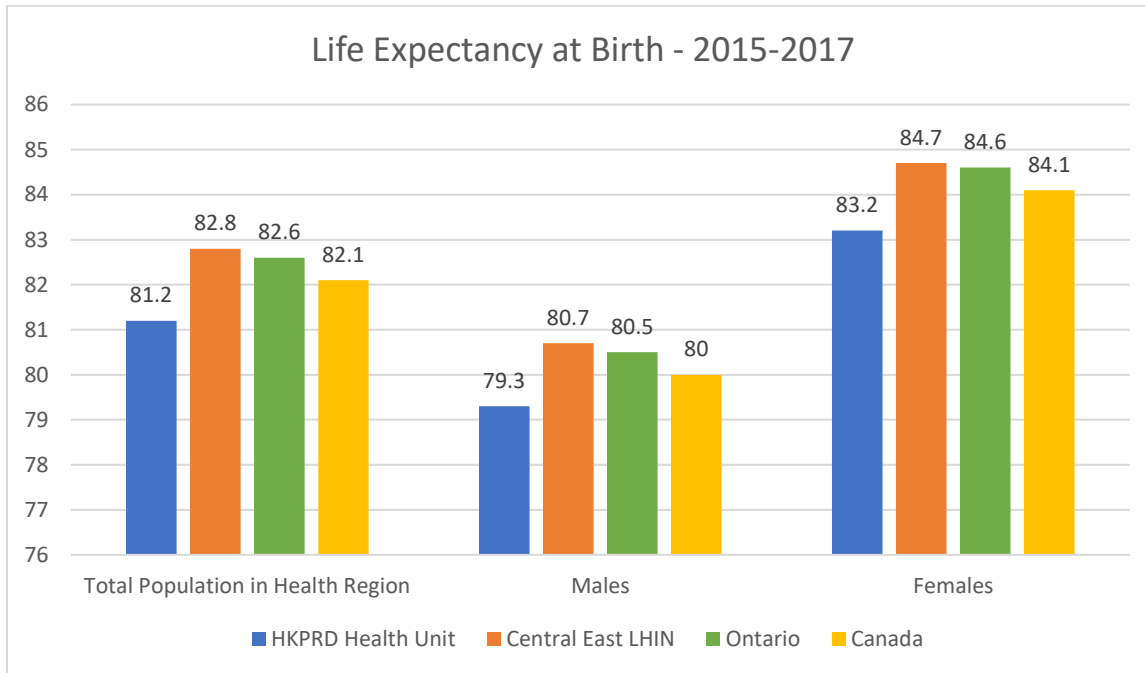
The percentage for **Canada** is 8.9% and is up 2.5 percentage points from the 2015/2016 reporting period for the total population; 8.0% for males, up 2.4 percentage points from the 2015/2016 reporting period; and 9.7% for females, up 2.5 percentage points from the 2015/2016 reporting period.

The percentage for **Ontario** is 9.8% and is up 2.9 percentage points from the 2015/2016 reporting period for the total population; 9.0% for males, up 3.2 percentage points from the 2015/2016 reporting period; and 10.6% for females, up 2.7 percentage points from the 2015/2016 reporting period.

Life Expectancy at Birth (by sex)

Life expectancy is the number of years a person would be expected to live, starting from birth if the age- and sex-specific mortality rates for a given observation period (such as a calendar year) were held constant over the estimated life span.

The calculation of life expectancy is based on three consecutive years of death data and population estimates and on data tabulated by place of residence.



The difference in Life Expectancy between 2006/2008 and 2015/2017			
HEALTH REGION	TOTAL POPULATION	MALE	FEMALE
HKPRD Health Unit	+0.8 years	+ 1.1 years	+ 0.7 years
Central East HCCSS	+ 1.2 years	+ 1.3 years	+ 1.1 years
Ontario	+ 1.5 years	+ 1.7 years	+ 1.3 years
Canada	+ 1.4 years	+ 1.7 years	+ 1.2 years