my Health
my Community

Preliminary findings
Sunshine Coast Community Dialogue
Pender Harbour, September 17th, 2014

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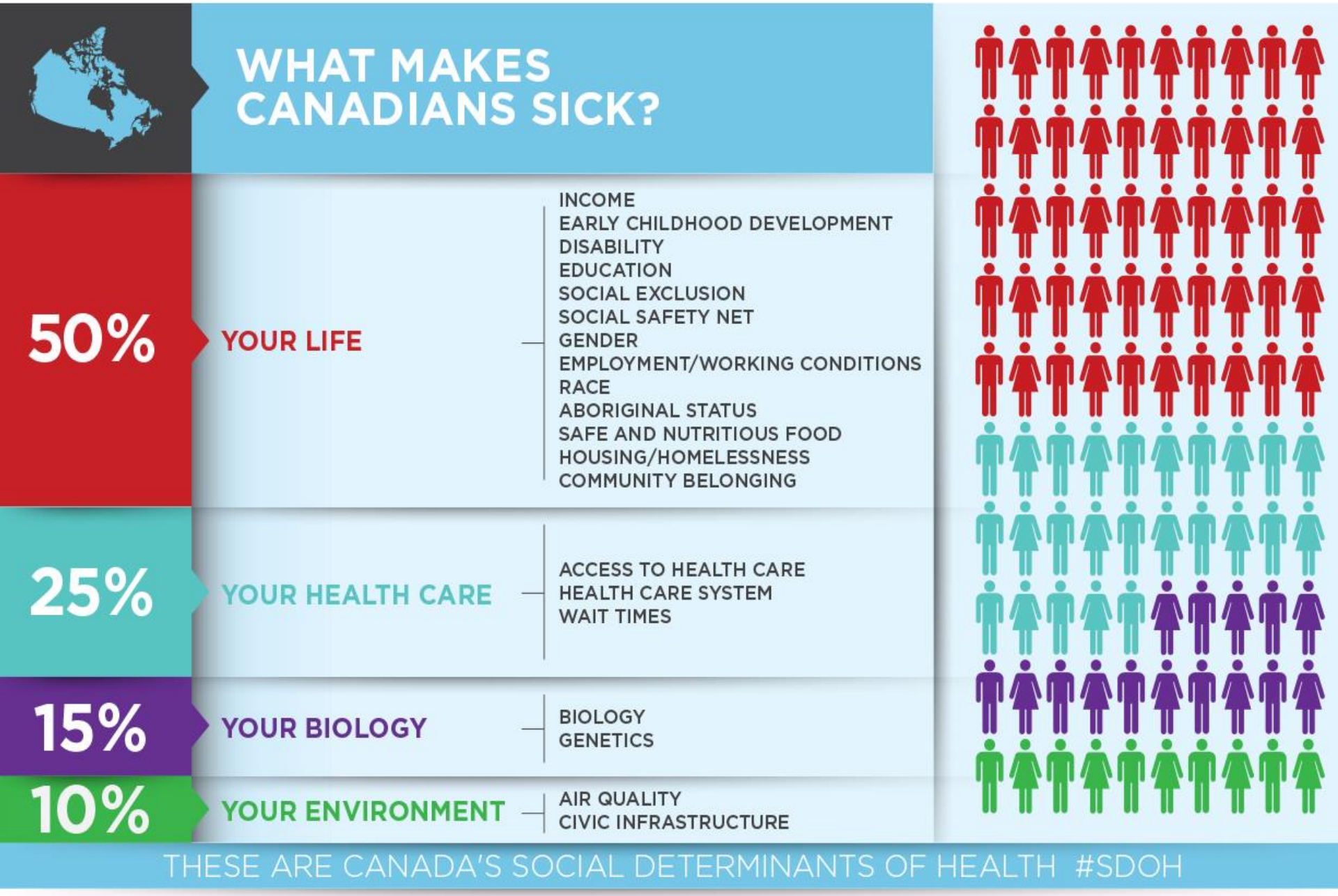
My Health My Community

GOALS

- Understand the burden & determinants of chronic disease
- Address current & emerging needs and develop more effective prevention
- Partner with local governments & community organizations to create health-promoting environments
- Advocate for healthy public policies that reduce inequities and improve wellness



Source: Canadian Medical Association - healthcaretransformation.ca

My Health My Community | Your Voice For A Healthier Community

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Video available at www.myhealthmycommunity.org
or https://www.youtube.com/watch?v=m7oasWyR95I

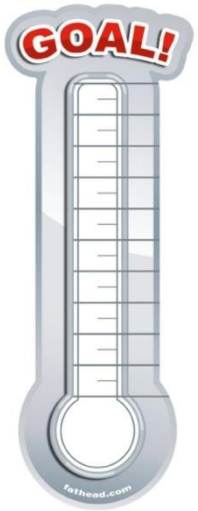
How did we collect our information?

- Online survey
- 18 years +
- Media and social media promotions

- Community partnerships
- Outreach
- Incentives

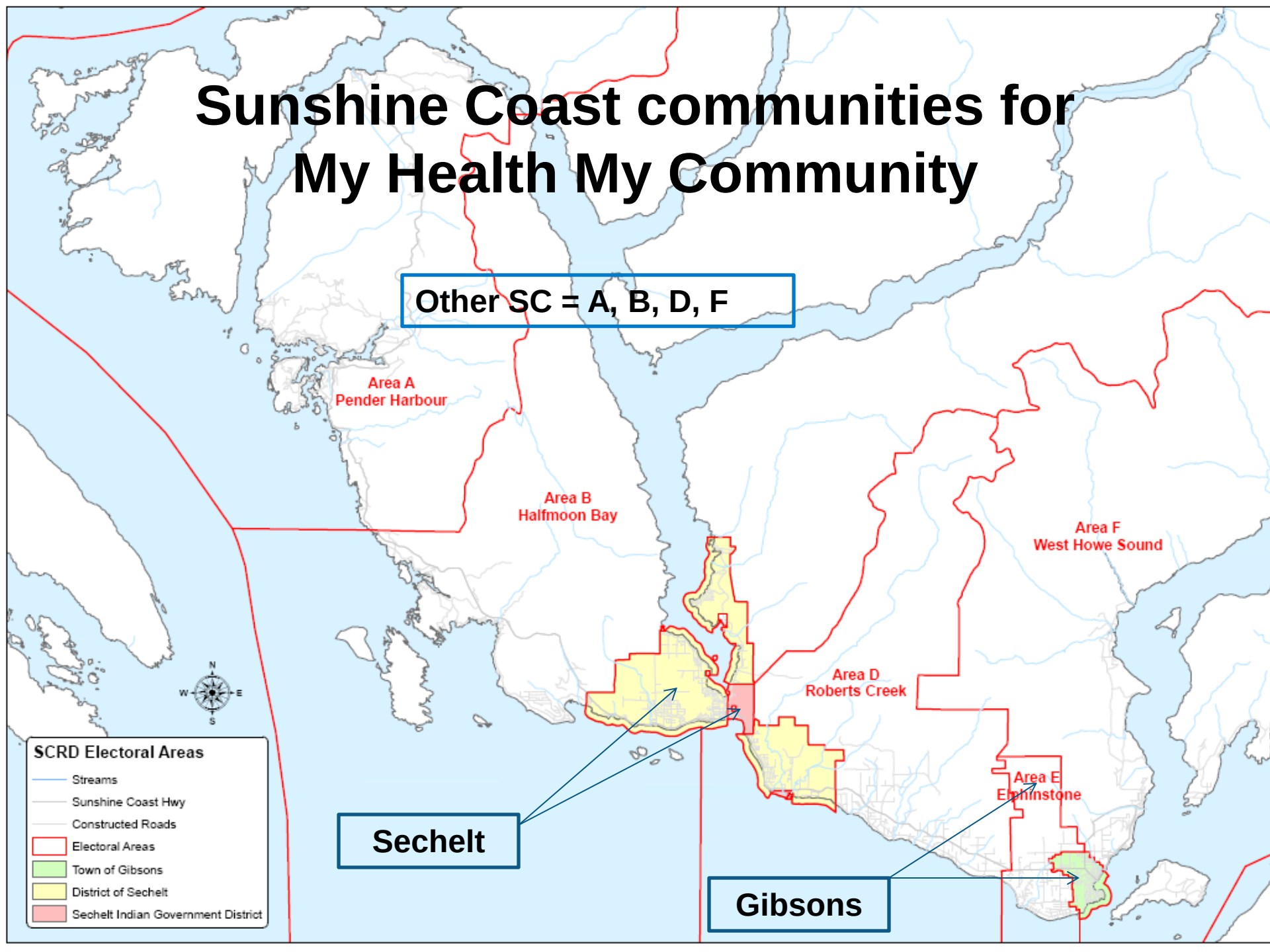
1. Socio-demographics
2. Health status
3. Health care access
4. Lifestyle
5. Built environment
6. Community resiliency

Do the results represent all Sunshine Coast residents?



- 4% population target overall
- Purposeful sampling
- Monitoring of progress
- Outreach
- Post-collection weighting
  - Age, gender and geography ← current
  - Education ← to follow

Sunshine Coast communities for My Health My Community



Who are the residents on the Sunshine Coast?

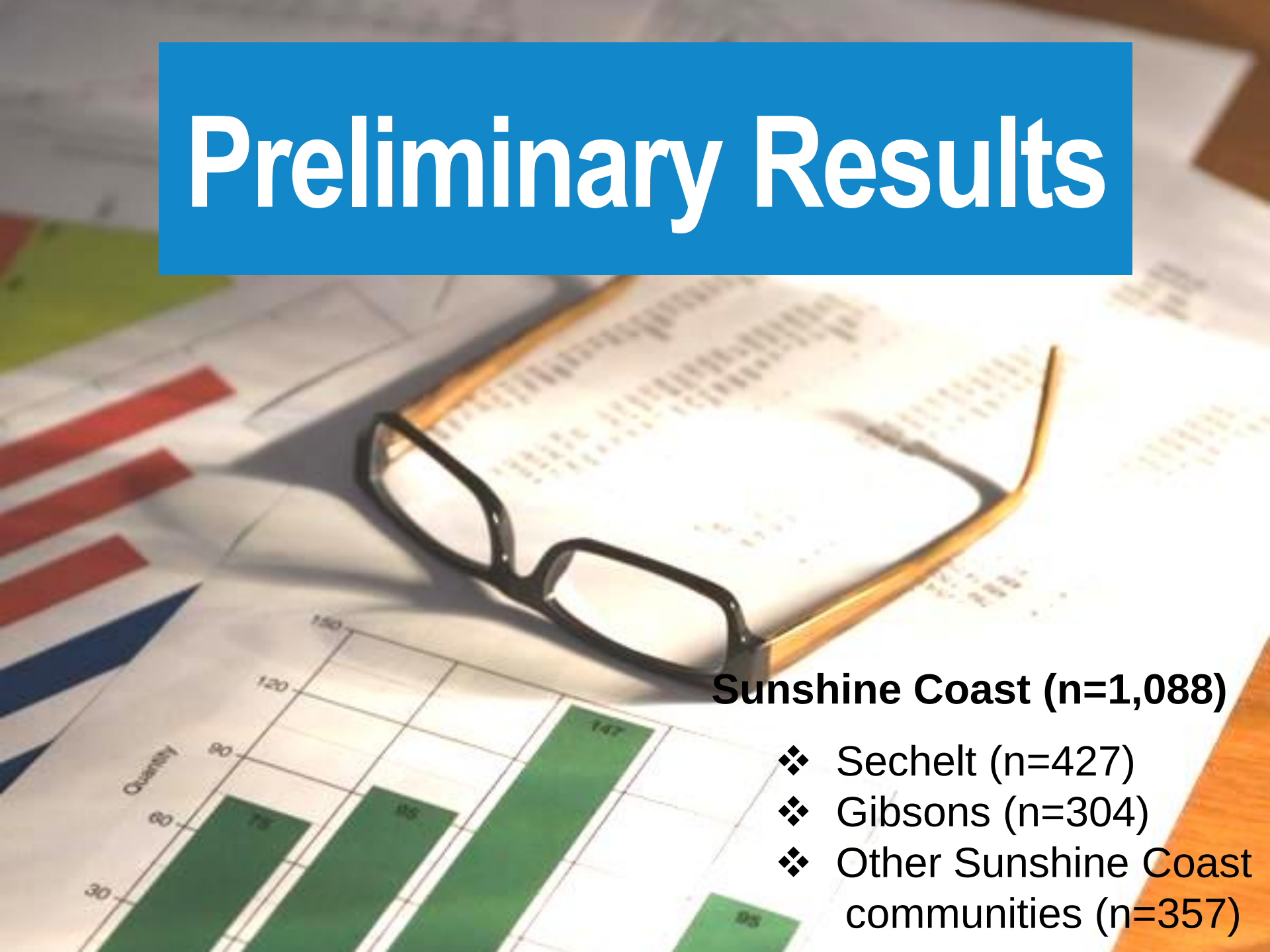
- Approx 28,000 residents – 52% female
- Older population
  - 52% of adult population is 55+ years (2011)
- 20-25% university level education (2011)
- >80% Canadian-born (2011)
- 53% household income >$60K

Demographics of respondents

	Age (adults 55+)	Gender (% female)	University Education	Canadian born	Income >$60K
Sechelt	55%	53%	33%	79%	50%
Gibsons	48%	53%	39%	68%	47%
Other SC	54%	52%	38%	84%	58%

- *Represents age and gender (weighted)*
- *Represents income level & immigration*
- *Over represent university educated*

Preliminary Results



Sunshine Coast (n=1,088)

- Sechelt (n=427)
- Gibsons (n=304)
- Other Sunshine Coast communities (n=357)

How do you rate your own health?

	Self-rated health		Self-rated mental health	
	Excellent/ Very good	Fair/poor	Excellent/ Very good	Fair/poor
Sechelt	53%	13%	65%	12%
Gibsons	55%	9%	69%	5%
Other SC	**65%**	**12%**	**64%**	**11%**

Making improvements to health… (Sunshine Coast overall)

- *~42% consulted a health care professional in the last year*
- *~40% nothing stopping them from improving health*
- *~11% services not available in their area*

Is stress an issue?

Most days are…		
	Not very or a bit stressful	Quite or extremely stressful
Sechelt	59%	15%
Gibsons	63%	10%
Other SC	59%	20%

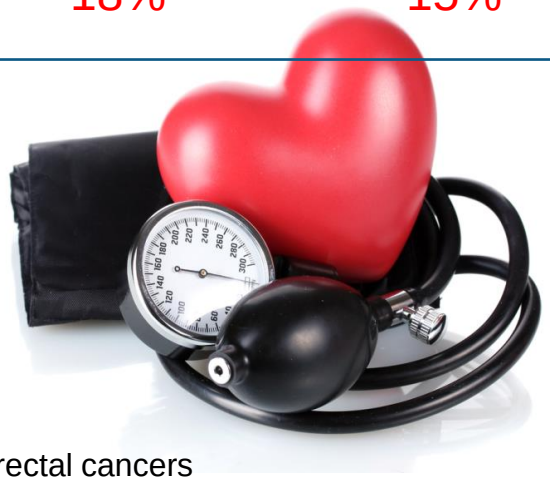
What's causing Sunshine Coast residents stress?

Financial situation > Work or school situation > Personal relationships > Not having enough time

Chronic disease

**

	Sechelt	Gibsons	Other SC	**
Cancer*	6%	6%	**6%**	**5%**
Diabetes	7%	6%	**3%**	**6%**
High blood pressure	22%	22%	**24%**	**18%**
Heart disease	7%	10%	**7%**	**4%**
Arthritis	17%	21%	**20%**	**16%**
Mood or anxiety disorder	18%	15%	**13%**	**8%**



*Includes lung, breast, prostate and colorectal cancers

**Canadian Community Health Survey, Statistics Canada 2011/12

Accessing care

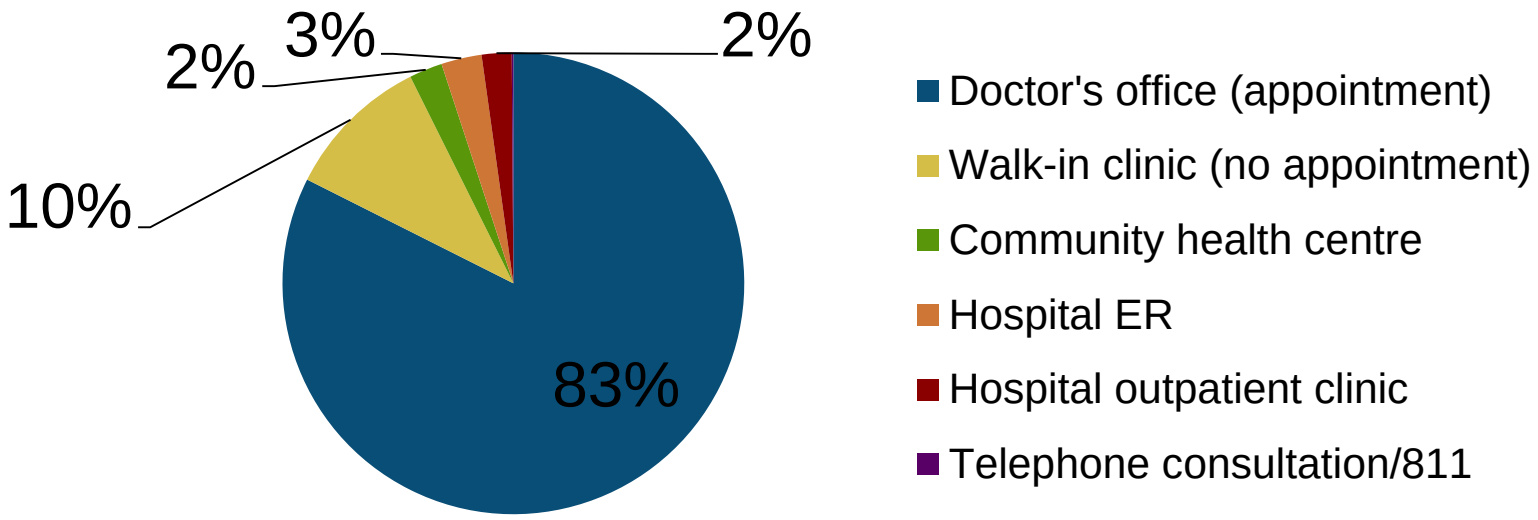
Do you have a regular family doctor?

	Sechelt	Gibsons	Other SC
✓	90%	83%	**94%**
✗	10%	17%	**6%**

Alternative health care provider?

Sechelt	Gibsons	Other SC
38%	35%	**48%**

The last time you saw a doctor/health professional – where was it? (Sunshine Coast overall)



Alcohol consumption

Drink alcohol 4 + times per week

Sechelt	Gibsons	Other SC
26%	21%	**32%***

Binge drink 2+ times per month

Sechelt	Gibsons	Other SC
11%	14%	**9%**
15%	18%	**24%**

*Statistically significantly higher than Gibsons

Smoking

Sunshine Coast residents smoke less than BC overall

- Sechelt & Gibsons – 10%
- Other SC – 6%

BC – 16%*

*Canadian Community Health Survey, Statistics Canada 2013

Healthy eating

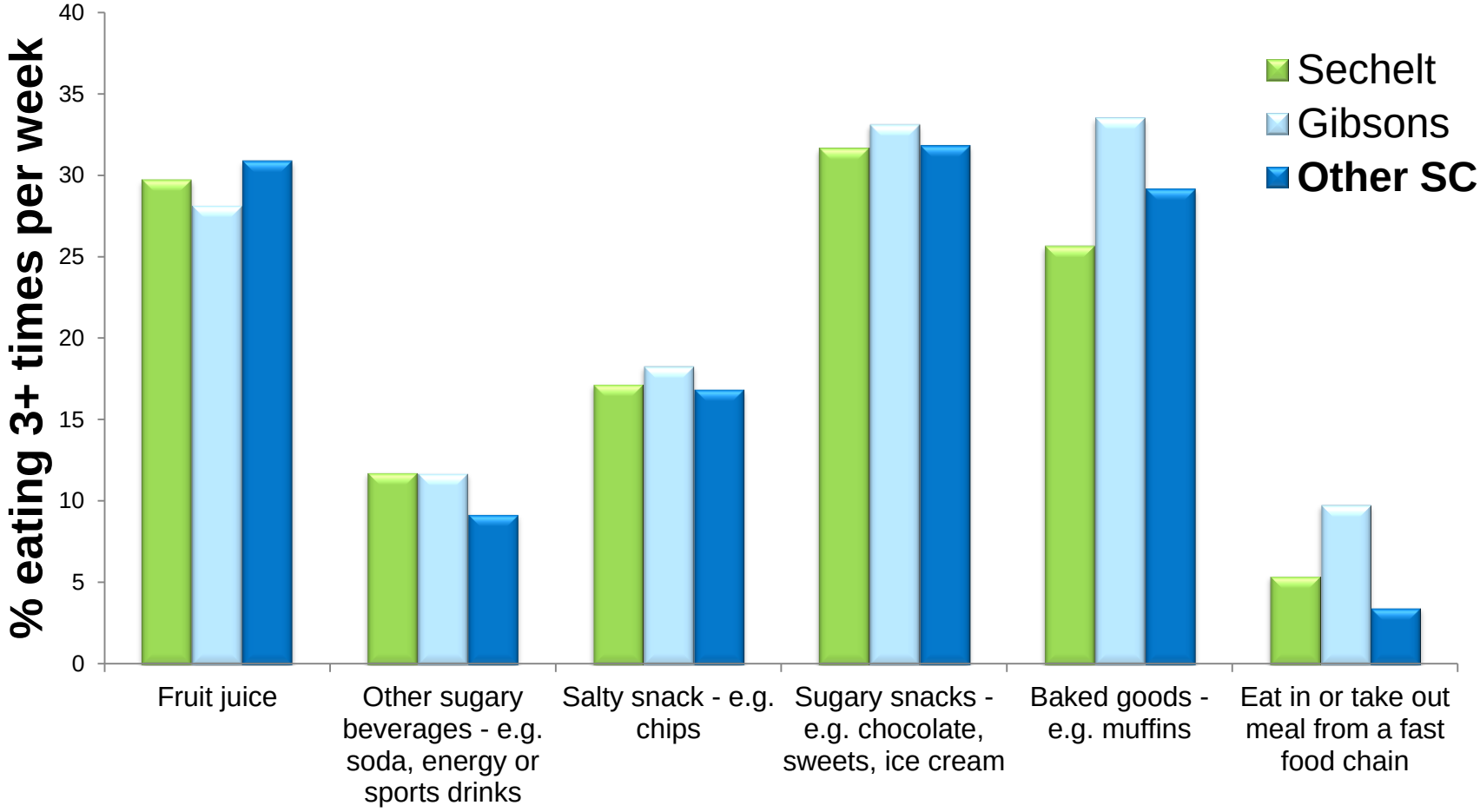
Are you eating the recommended servings of fruits and vegetables?

	Sechelt	Gibsons	Other SC
5+ servings per day	28%	32%	**36%**

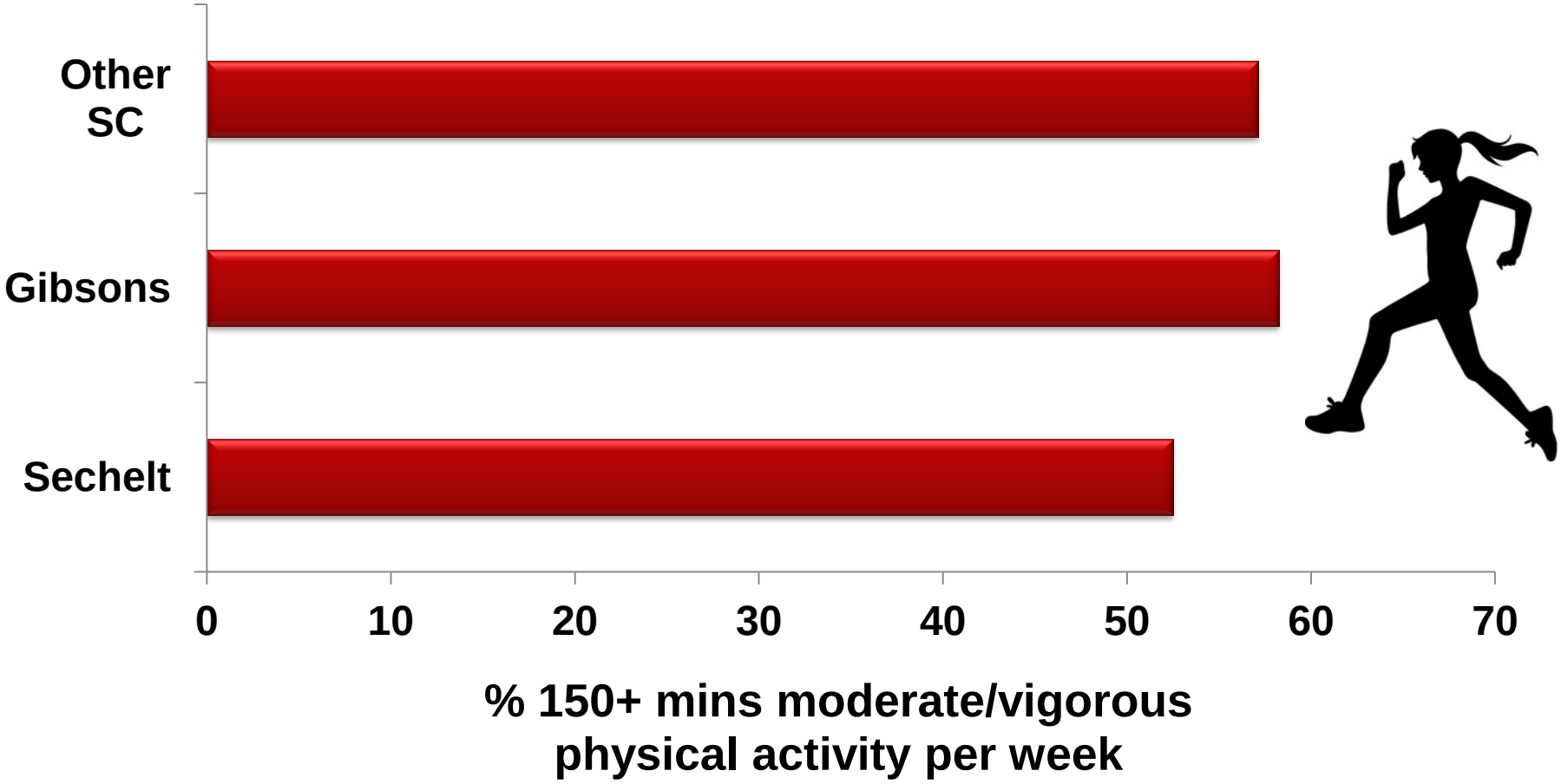
Do you have access to a large selection of fruits and vegetables in your neightbourhod?

	Sechelt	Gibsons	Other SC
Agree (somewhat or strongly)	59%	65%	**30%**

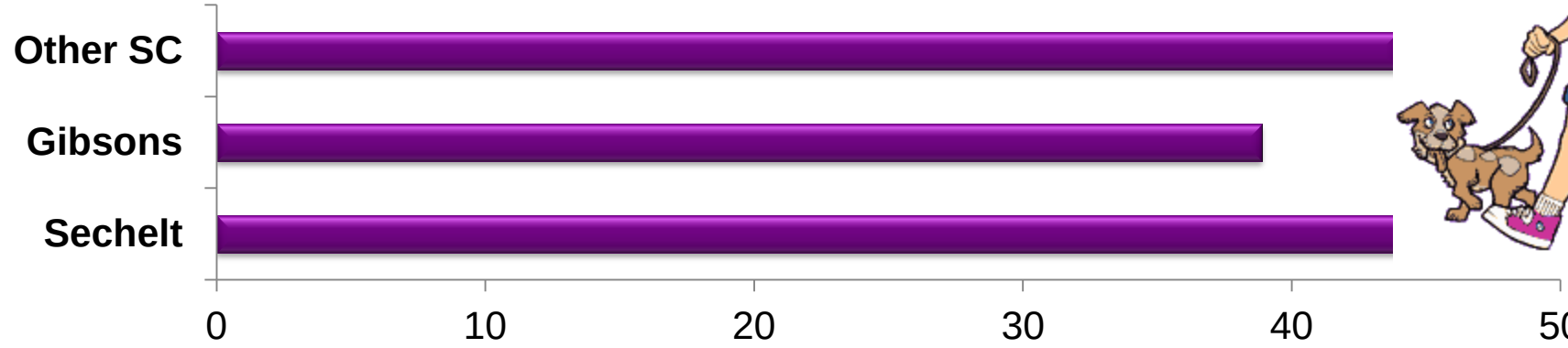
…what about junk food?

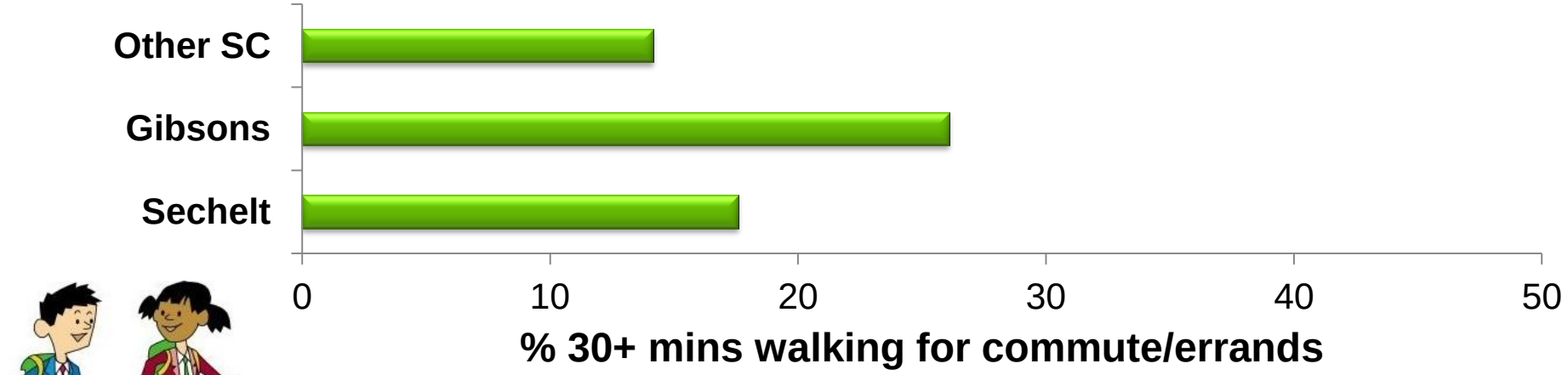


Being physically active…

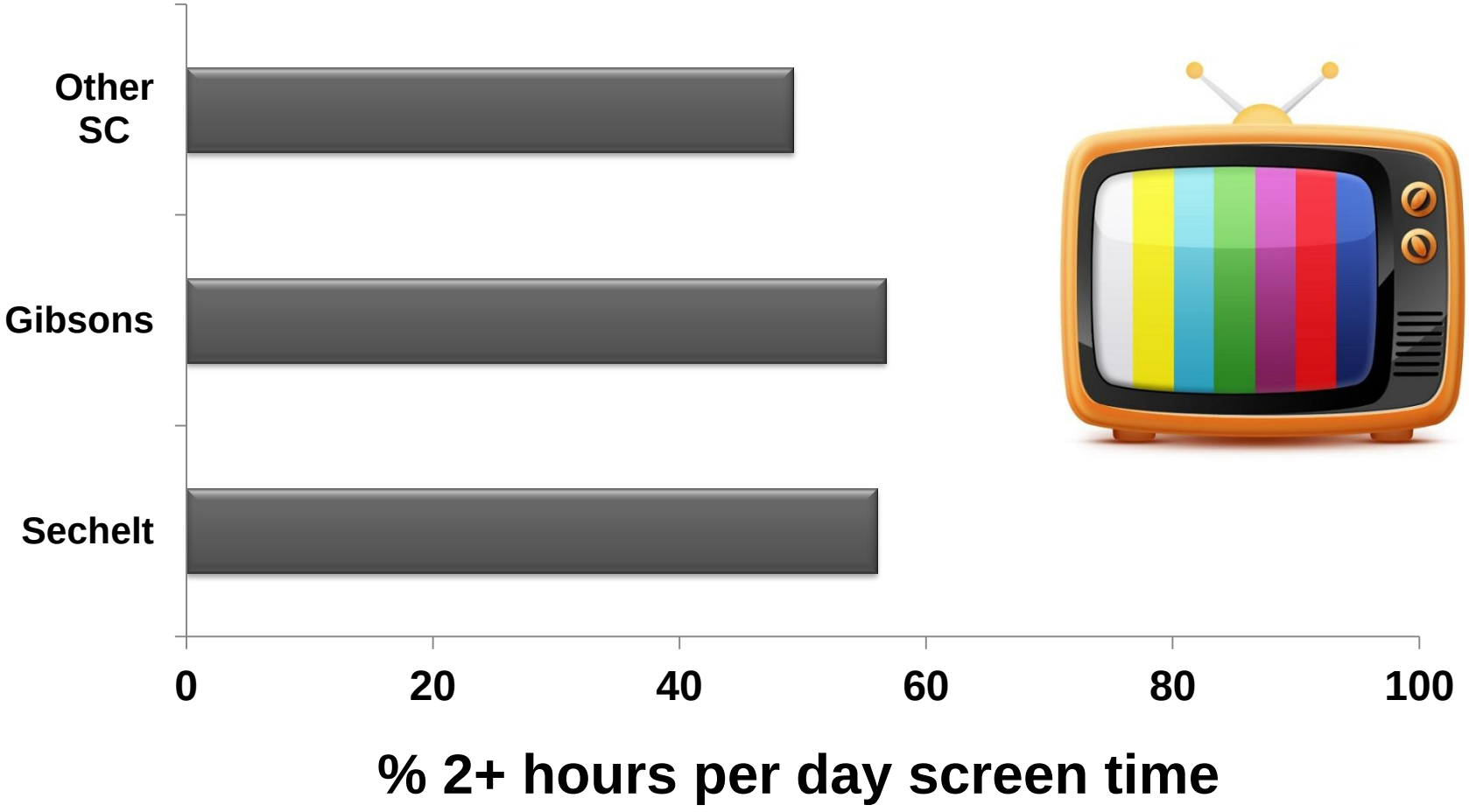


…walking about

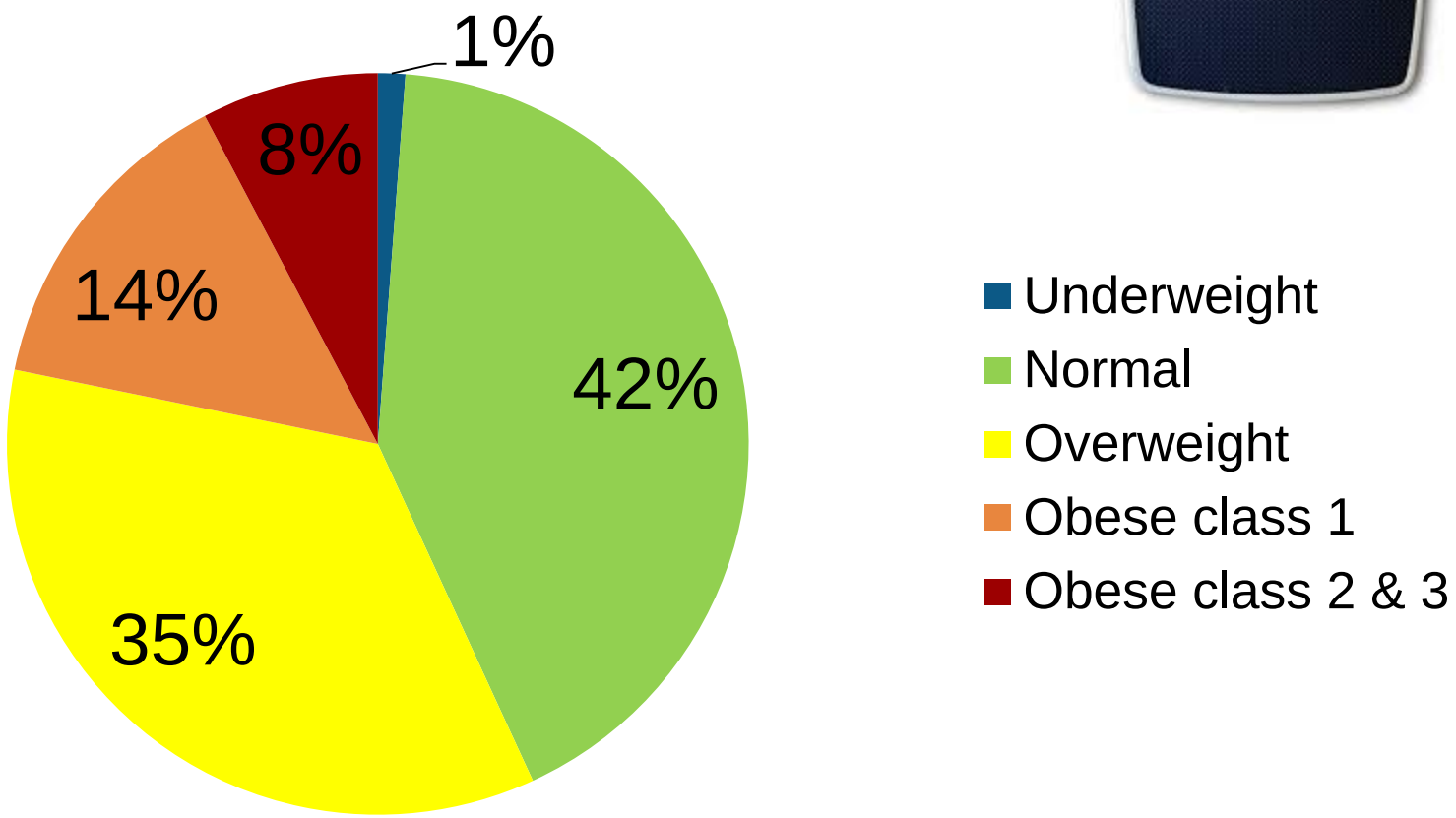




Sedentary behaviour



Weight matters…



More than 1 in 5 Sunshine Coast residents are obese

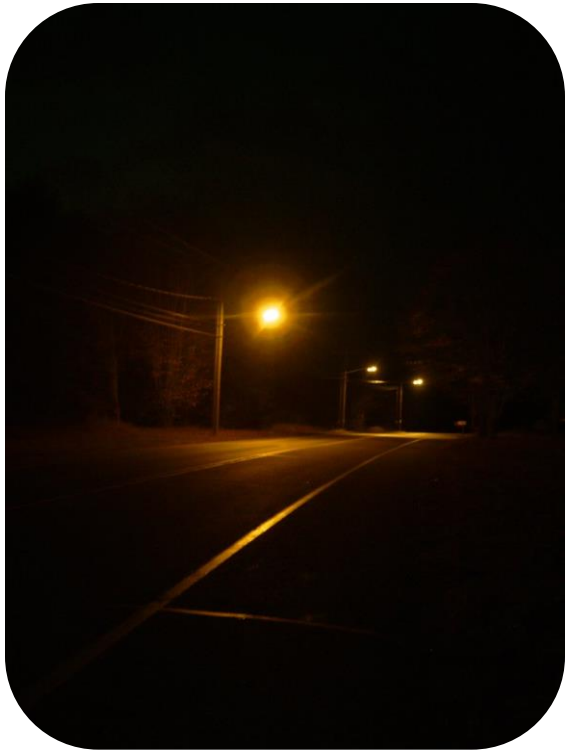
Active transportation

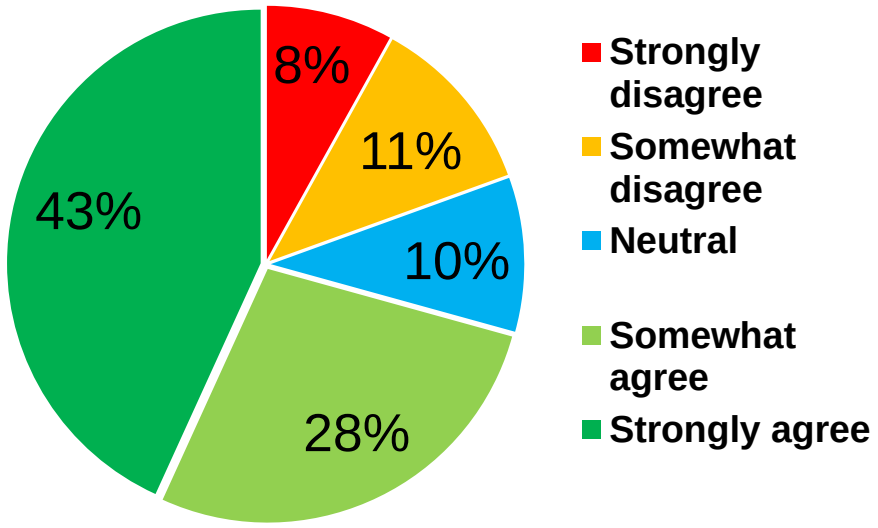
Using active modes of transportation for primary mode of travelling for…

	Sechelt	Gibsons	Other SC
Commuting	13%	26%	**14%**
Errands	14%	15%	**3%**

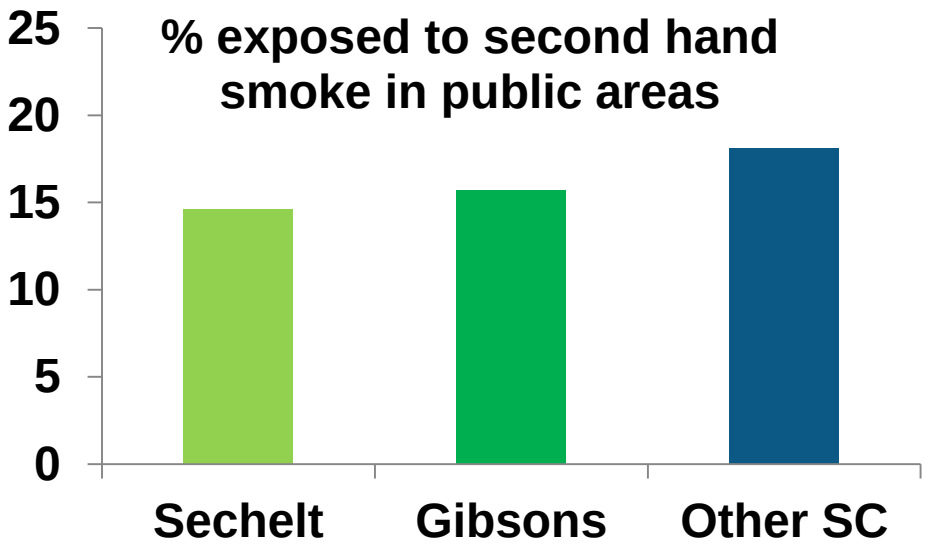
Neighbourhood safety

Do you feel safe walking alone in your neighbourhood after dark? (Sunshine Coast overall)





Second hand smoke



Do you know your neighbours?

¾ Sunshine Coast residents feel a strong sense of community belonging

½ Sunshine Coast residents have 4 or more people they can confide in

Are you prepared?

2 in 5 have set aside emergency preparedness supplies for 3 or more days

Food security

More than **75%** of Sunshine Coast residents always had enough of the kinds of food that they wanted to eat…

…some residents sometimes or often did not have enough to eat in the last 12 months

Sechelt	Gibsons	Other SC
3.1%	3.4%	3.1%

Positive findings so far…

Self-rated health = BC*

Stress < BC*

Sense of community belonging > BC*

>50% meet physical activity guidelines

Smoking rates << BC*

Access to regular family doctor = BC*

*Compared to Canadian Community Health Survey, Statistics Canada 2011/12

Room for improvement?

Chronic disease burden appears **>** BC*

- Aging population demographic but other factors…

  Obesity **>** BC*

  <1/3 eat recommended 5+ servings of fruits & vegetables per day

  Alcohol consumption **>** BC overall

  Fewer opportunities for active transportation

*Compared to Canadian Community Health Survey, Statistics Canada 2011/12

We've got a lot more work to do!

"Stratified" analysis - demographics

How does Sunshine Coast compare to…

- Coastal Rural
- Vancouver Coastal Health Authority
- Metro Vancouver
- Fraser Valley
- Others?

We need community feedback…

…and that's where you come in!

Thank you!

my Health my Community

Jat Sandhu (Principal Investigator)

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Susan Hendricks (Administrative and outreach support)

Pamela Richmond (MHMC Outreach)

Sunshine Coast Community Foundation

…and to all who participated!

a place of mind
THE UNIVERSITY OF BRITISH COLUMBIA
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