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Clinical Services Plan Bulletin

The [Clinical Services Plan](#) (CSP) is a planning initiative that will identify what the health needs of the HNHB LHIN population are, what services are required to meet those needs, and who will provide those services, in order to provide our residents with the right care, in the right place, at the right time, with the right resources.

As part of the CSP process, [Planning Advisory Groups](#) (PAGs) are proposing ideal service delivery models based on clinical areas. To begin, PAGs were given a number of resources, including an HNHB LHIN population health profile.

POPULATION HEALTH HIGHLIGHTS

The HNHB LHIN covers 7,000 km², encompassing Brant, Burlington, Haldimand, Hamilton, Niagara and most of Norfolk. With approximately 1.4 million people, it includes small rural communities and large urban centres, with population that is culturally and linguistically diverse.

Relative to the province (Ontario), HNHB has a higher percent of:

- lone parent families
- people limited in their daily activities
- daily or occasional smokers
- people who are obese
- people with arthritis/rheumatism, high blood pressure, and asthma

The HNHB LHIN also has

- the most seniors of any LHIN
- a higher rate of premature death and hospitalization
- a lower percent of adults with post-secondary education

DEMOGRAPHICS

The [HNHB LHIN](#) is home to nearly 1.4 million people -- about 11% of the population of Ontario. The HNHB LHIN population is

estimated to grow 4.7% by 2014, and 9.6% by 2019 (Source: Population Projections, Provincial Health Planning Database).

While the total number of people 45-74 years old is growing the fastest, the largest changes will be among people ages 65-74 (growing by 43.5%) and over 84 (growing by 28.5%) over the next 10 years. The HNHB LHIN's population is aging.

More than 200,000 seniors live in the HNHB LHIN which is the largest number of seniors of all Ontario LHINs (Source: Statistics Canada: 2006 Census).

SOCIO DEMOGRAPHIC CHARACTERISTICS

The HNHB LHIN has a diverse population. For 18% of HNHB residents, neither English nor French is their first language. The LHIN is home to Francophone, First Nations, and urban and rural Aboriginal people. Compared to Ontario, the HNHB LHIN has a lower percent of immigrants and visible minorities. Of the communities in the HNHB LHIN, Hamilton has the highest number of immigrants and visible minorities.

HNHB LHIN has a higher percent of lone parent families, and lower percent of adults with post secondary education than the Ontario average (Source: 2006 Census of Canada, Statistics Canada).

HEALTH STATUS

Self-reported health is an important measure of health and wellness. Similar to Ontario's rates, more than 60% of HNHB residents rate their health as 'excellent' or 'very good' (Source: Canadian Community Health Survey, 2007). However, significantly more HNHB LHIN residents (37%) say they are limited in activities because of a physical or mental condition or health problem, as compared to Ontario rate of 33.1%.

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ILLNESS, DISEASE AND DEATH

Living with chronic conditions reduces people's quality of life. HNHB LHIN residents have significantly more arthritis/rheumatism, high blood pressure, and asthma compared to the province as a whole. Diabetes rates are slightly, but not significantly, lower than the provincial rates (Source: Canadian Community Health Survey, 2007).

Death rates reflect the overall health of the population. Lower death rates show success in preventing, detecting, and treating disease, and reducing suicide. In 2004, heart disease, lung cancer, and stroke were the top three leading causes of death.

Overall, HNHB LHIN residents are sicker and die younger when compared to Ontario overall. Deaths, potential years of life lost (premature death i.e. before age 75) and hospitalization rates in the HNHB LHIN are higher than provincial rates (Source: Deaths, Provincial Health Planning Database).

HEALTH PRACTICES AND PREVENTATIVE CARE

Poor health practices increase the risk of chronic disease, disability, and death. Relative to the province, more people in the HNHB LHIN smoke daily or occasionally, drink heavily, and are obese (Source: Canadian Community Health Survey, 2007).

Preventive health care services can help find disease early, which over the long term reduces illness and death. Of the selected preventive health indicators, none are significantly different from Ontario as a whole. Within the last three years, 71.7% of women in the HNHB LHIN had a Pap smear (for cervical cancer screening), 54.5% of women received a routine mammogram in the previous two years, and 36.9% had a flu shot in the past year (Source: Canadian Community Health Survey, 2005 and 2007).

Most people get their care through their family doctors. Doctors also play a key role in coordinating care and managing chronic conditions. Most people (79.0%) in the HNHB LHIN talked, either in person or by phone, with a doctor in the last year. This is similar to the Ontario rate of 80.6%.

AVAILABILITY OF PRIMARY CARE

The HNHB LHIN has a significantly lower rate of general practitioners (GPs) to population - 76 GPs per 100,000 people

- compared to the Ontario rate of 85 per 100,000. Rates of GP availability vary across the LHIN (number of GPs per 100,000):

• Hamilton	85
• Burlington	84
• Brant	72
• Niagara	69
• Haldimand-Norfolk	59

The Underserved Area Program (UAP) of the Ministry of Health and Long-Term Care designated Niagara, Haldimand Norfolk, Brant and Burlington as 'underserved areas' for primary care (*note Hamilton is not designated as such).

There are currently 119 primary care physician vacancies in the HNHB LHIN, representing 17% of Ontario vacancies; a disproportionately high number considering the HNHB LHIN population represents 11% of the Ontario population. Based on this number of vacancies, it is estimated that almost 12% (nearly 165,000 people) of the HNHB LHIN population do not have a family doctor.

If you do not have a family doctor, Ontario's [Health Care Connect](#) program can help you find one. Visit www.hnhblhin.on.ca for details.

For further details about the HNHB LHIN population health profile and its role in the development of the CSP, please visit www.hnhblhin.on.ca or contact:

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The CSP Bulletin is a monthly publication designed to keep you informed about the Hamilton Niagara Haldimand Brant LHIN's Clinical Services Plan. It is available in electronic and paper format and online at www.hnhblhin.on.ca. If you would like to be added to the distribution list, please contact Jodie Long at Jodie.Long@lhins.on.ca.