The Journey to Wellness

Population Health Priorities of Richmond Residents

Dr. Meena Dawar
Medical Health Officer - Richmond

22 Feb 2017
Overview

• Illness, wellness, determinants

• Review population health priorities identified by the MHMC survey and other data sources

• Universal versus Targeted Action: My Health My Community neighborhood atlas
Main causes of morbidity and mortality have changed over time

- **19th century**: Communicable diseases
- **20th century**: Injury and disease prevention
- **21st century**: Chronic health problems - prevention & management
Wellness - a mandate beyond the health care system

WHAT MAKES CANADIANS SICK?

50% YOUR LIFE
- INCOME
- EARLY CHILDHOOD DEVELOPMENT
- DISABILITY
- EDUCATION
- SOCIAL EXCLUSION
- SOCIAL SAFETY NET
- GENDER
- EMPLOYMENT/WORKING CONDITIONS
- RACE
- ABORIGINAL STATUS
- SAFE AND NUTRITIOUS FOOD
- HOUSING/HOMELESSNESS
- COMMUNITY BELONGING

25% YOUR HEALTH CARE
- ACCESS TO HEALTH CARE
- HEALTH CARE SYSTEM
- WAIT TIMES

15% YOUR BIOLOGY
- BIOLOGY
- GENETICS

10% YOUR ENVIRONMENT
- AIR QUALITY
- CIVIC INFRASTRUCTURE

These are Canada’s Social Determinants of Health #SDOH
Population level impact requires attention to inequities.
Richmond  Wellness Strategy 2010-2015

First partnership agreement in BC between a local government and health.

Desired Outcomes:
- Increased commitment to wellness and well-being
- Increased physical activity and physical fitness
- Increased sense of connectedness to the community
Indicators of interest

• Overall assessment of physical and mental health
• Lifestyle risk factors
  – Physical activity
  – Diet
  – Tobacco
  – Alcohol
• Access to primary care
• Social connectedness
**Population health successes - adults**

<table>
<thead>
<tr>
<th>Indicators</th>
<th>Richmond</th>
<th>VCH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Life expectancy (years)</td>
<td>85.5</td>
<td>~ 84</td>
</tr>
<tr>
<td>Obesity</td>
<td>17%</td>
<td>22%</td>
</tr>
<tr>
<td>Smoking rate (daily/occasional – 10%*)</td>
<td>8%</td>
<td>11%</td>
</tr>
<tr>
<td>Binge drinking (1+ times/month – 14*)</td>
<td>15%</td>
<td>23%</td>
</tr>
<tr>
<td>Stress (extremely/quite)</td>
<td>14%</td>
<td>16%</td>
</tr>
<tr>
<td>Have a family doctor</td>
<td>87%</td>
<td>81%</td>
</tr>
</tbody>
</table>

*BC Public Health Framework Targets
Data source for all indicators: My Health My Community
# Population health successes – children and youth

<table>
<thead>
<tr>
<th>Indicators</th>
<th>Richmond</th>
<th>BC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self-rated excellent/very good health&lt;sup&gt;1&lt;/sup&gt;</td>
<td>86%</td>
<td>87%</td>
</tr>
<tr>
<td>Self-rated positive mental health&lt;sup&gt;1&lt;/sup&gt;</td>
<td>80%</td>
<td>81%</td>
</tr>
<tr>
<td>Happiness indicator – Gr 4 % thriving&lt;sup&gt;2&lt;/sup&gt;</td>
<td>68%</td>
<td></td>
</tr>
<tr>
<td>Ever tried smoking&lt;sup&gt;1&lt;/sup&gt;</td>
<td>14%</td>
<td>21%</td>
</tr>
<tr>
<td>Two year old immunization coverage&lt;sup&gt;3&lt;/sup&gt;</td>
<td>72%</td>
<td>69% (VCH)</td>
</tr>
</tbody>
</table>

<sup>1</sup>McCreary Adolescent Youth Survey, 2013  
<sup>2</sup>Middle Development Instrument, HELP, 2013  
<sup>3</sup>VCH Immunization Coverage Survey, 2012 birth cohort
## Population health opportunities - adults

<table>
<thead>
<tr>
<th>Indicators</th>
<th>Richmond (%)</th>
<th>VCH (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self-rated excellent/very good health</td>
<td>42</td>
<td>50</td>
</tr>
<tr>
<td>Self-rated positive mental health (80%*)</td>
<td>52</td>
<td>55</td>
</tr>
<tr>
<td>5+ fruit/veg per day (55%*)</td>
<td>21</td>
<td>27</td>
</tr>
<tr>
<td>Meeting physical activity guidelines (70%*)</td>
<td>38</td>
<td>46</td>
</tr>
<tr>
<td>Walk or cycle for errands</td>
<td>12</td>
<td>28</td>
</tr>
<tr>
<td>Strong sense of community belonging</td>
<td>56</td>
<td>58</td>
</tr>
<tr>
<td>4+ people to confide in/turn to for help</td>
<td>42</td>
<td>48</td>
</tr>
</tbody>
</table>

*BC Public Health Framework Targets

Data source for all indicators: My Health My Community
## Population health opportunities - children and youth

<table>
<thead>
<tr>
<th>Indicators</th>
<th>Richmond (%)</th>
<th>BC (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>% children vulnerable on any Early Development Index dimension¹ (21%*)</td>
<td>35</td>
<td></td>
</tr>
<tr>
<td>Child poverty rate²</td>
<td>24</td>
<td>20</td>
</tr>
<tr>
<td>Gr 3/4 Children consuming 5+ fruit/veg³</td>
<td>54</td>
<td>52</td>
</tr>
<tr>
<td>Gr 10 Youth consuming 5+ fruit/veg per day³</td>
<td>44</td>
<td>44</td>
</tr>
<tr>
<td>Gr 3/4 Children physically active³</td>
<td>42</td>
<td>44</td>
</tr>
<tr>
<td>Gr 10 Youth physically active³</td>
<td>38</td>
<td>44</td>
</tr>
<tr>
<td>Feel connected to their community⁴</td>
<td>42</td>
<td>40</td>
</tr>
</tbody>
</table>

*BC Public Health Guiding Framework Targets
¹Early Years Development Index, Human Early Learning Partnership
³BC School Satisfaction Survey 2013-2014
⁴BC Adolescent Health Survey, McCreary
PHYSICAL ACTIVITY
Physical activity: 150 minutes or more per week
My Health My Community Survey 2013-2014

Survey respondents (%)

Whistler
Squamish
West Vancouver/Lions Bay
Coastal Rural
Bowen Island
Port Moody
District of North Vancouver
Gibsons
Rural Sunshine Coast
Powell River
Sechelt
City of North Vancouver
T Township of Langley
South Surrey/White Rock
Port Coquitlam
Maple Ridge
Abbotsford
Delta
Vancouver
Fraser Valley
Mission
New Westminster
Metro Vancouver
Chilliwack
Pitt Meadows
Surrey
City of Langley
Burnaby
Hope
Coquitlam
Richmond

Municipal value
Regional benchmark
95% confidence limits for region
Canada value*


* Comparison source: Canadian Health Measures Survey 2012-2013.
Students meeting physical activity target
(moderate to vigorous activity 30 mins/day)

Richmond

<table>
<thead>
<tr>
<th>Year</th>
<th>Grade 3/4</th>
<th>Grade 7</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012</td>
<td>42%</td>
<td>33%</td>
<td>37%</td>
</tr>
<tr>
<td>2013</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2014</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

BC AVERAGE

<table>
<thead>
<tr>
<th>Year</th>
<th>Grade 3/4</th>
<th>Grade 7</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012</td>
<td>44%</td>
<td>33%</td>
<td>39%</td>
</tr>
<tr>
<td>2013</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2014</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Range: 27% - 49%

Satisfaction Survey, BC Ministry of Education.
Adults meeting physical activity target
(150+ mins of moderate to vigorous physical activity/week)
### Total walking - 30+ min/day (%)

<table>
<thead>
<tr>
<th>Measure</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Burnaby</td>
<td>65.6</td>
</tr>
<tr>
<td>British Coquitlam/West Cambie</td>
<td>56.6</td>
</tr>
<tr>
<td>Broadmoor</td>
<td>61.6</td>
</tr>
<tr>
<td>City Centre</td>
<td>73.6</td>
</tr>
<tr>
<td>Golden Ears</td>
<td>63.3</td>
</tr>
<tr>
<td>Hamilton East Richmond/Fraser</td>
<td>71.1</td>
</tr>
<tr>
<td>Sea Island/Shorefront</td>
<td>67.0</td>
</tr>
<tr>
<td>Sooke</td>
<td>62.8</td>
</tr>
<tr>
<td>Steveston</td>
<td>69.4</td>
</tr>
</tbody>
</table>

**Definition:** Percentage of respondents who walked for a total of 30 minutes or more per day as part of their commute, to run errands or shopping, or for leisure or recreation.

**Notes:** Total walking was missing for around third of the respondents.

**Geographic Areas:** 120

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**Legend**
- Local Areas: 56.6 - 60.3, 60.4 - 62.8, 62.9 - 67.0, 67.1 - 71.1, 71.2 - 73.5
- Rapid Transit
- Major Roads
- Municipal Labels
- Community Labels
- HSDA
- Vancouver Coastal Health
- Fraser Health

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**Map Overview:**
- Richmond
- Sea Island
- Delta
- North Delta
- White Rock
- Surrey
- Langley
- Abbotsford
- Mission
- Hope
- Chilliwack

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**Survey Average:**

- Adult Survey Average: 55.0%
- Survey 95% Confidence Intervals: 52.0% - 58.0%

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**Geographic Comparison:**

- Total walking - 30+ min/day
- Geographic Area Values

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**Additional Information:**
- www.fraserhealth.ca/MHMCAtlas/index.html
- Questions? Comments? info@myhealthmycommunity.ca
- My Health, My Community
Transportation to work or school

**Richmond**

**Commuting Mode to Work or School**

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>18 - 39</th>
<th>40 - 64</th>
<th>65+</th>
<th>Female</th>
<th>Male</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Car/Truck</strong></td>
<td>64%</td>
<td>57%</td>
<td>72%</td>
<td>54%</td>
<td>67%</td>
<td>60%</td>
</tr>
<tr>
<td><strong>Transit</strong></td>
<td>22%</td>
<td>32%</td>
<td>13%</td>
<td>29%</td>
<td>20%</td>
<td>25%</td>
</tr>
<tr>
<td><strong>Walk/Cycle</strong></td>
<td>10%</td>
<td>7%</td>
<td>12%</td>
<td>13%</td>
<td>10%</td>
<td>11%</td>
</tr>
</tbody>
</table>

**Gender Distribution**

<table>
<thead>
<tr>
<th>Gender</th>
<th>Car/Truck</th>
<th>Transit</th>
<th>Walk/Cycle</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>67%</td>
<td>20%</td>
<td>10%</td>
</tr>
<tr>
<td>Male</td>
<td>60%</td>
<td>25%</td>
<td>11%</td>
</tr>
</tbody>
</table>

**Median* Commute Time (One-Way)** (in minutes)

- **Overall**: 30 min
- **Car/Truck**: 20 min
- **Transit**: 60 min
- **Walk/Cycle**: 20 min

**Walk or Cycle for Errands**

<table>
<thead>
<tr>
<th></th>
<th>18 - 39</th>
<th>40 - 64</th>
<th>65+</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Gender</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female</td>
<td>10%</td>
<td>12%</td>
<td>11%</td>
</tr>
<tr>
<td>Male</td>
<td>12%</td>
<td>13%</td>
<td>13%</td>
</tr>
</tbody>
</table>

*Middle value
Walking, cycling and public transit commuters in relation to existing and proposed transit service routes and areas. Metro Vancouver, My Health My Community Survey 2013-2014

Walking, Cycling and Public Transit Use
- Lower than average
- Higher than average
- No data/data supressed

Transit Service Routes and Areas
- Existing B-Line/SeaBus
- Proposed B-Line
- Existing Rapid Transit
- Proposed Rapid Transit
- New Transit Service Areas
- New or Expanded Transit Exchanges

Data source: My Health My Community Survey, 2013-2014

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HEALTHY EATING
Youth: Fruits and vegetable consumption in previous 24 hours

![Graph showing fruits and vegetable consumption trends over years for different grades in Richmond and BC average.](image-url)
Adults: Fruit and veggie consumption

21% of adults eat 5+ servings of fruit and vegetables daily.

By age:
- 18 - 39: 21%
- 40 - 64: 22%
- 65+: 18%

By gender:
- Female: 25%
- Male: 16%

25% of adults in Metro Vancouver eat 5+ servings daily.
Neighborhood Food Environment

Healthier and Less Healthy Food Outlets in Richmond between June 27, 2013 and June 1, 2014.

- HEALTHIER
  e.g. grocery stores, green grocers, meat and fish stores

- LESS HEALTHY
  e.g. convenience stores, gas stations and limited service

My Health My Community, 2016-2018.

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Neighborhood Food Environment Research Results: Access influences outcome

Living in proximity to limited service or fast food restaurants

- lower consumption of fruits and vegetables
- higher consumption (3+ times/wk) sugary beverages or sugary snacks.

Living in neighborhoods with a higher retail food environment index (RFEI)

- less likely to be overweight or obese than people living in a neighborhood with a lower RFEI.

Data source: My Health My Community
SOCIAL CONNECTEDNESS
Various Forms of Social Connection

• Social Cohesion
  – Perception of belonging to a ‘community’
  – Address well being of all members

• Social Capital
  – Access to support, resources, and information due to relationships with others

• Social Inclusion
  – Full and equal participation in social, cultural and political institutions for all members of a ‘community’
Community Belonging: % People with strong sense of community belonging

- Hamilton/East Richmond/Fraser Lands
- Blundell/Broadmoor
- Gillmore/Shellmont
- City Centre
- Bridgeport/East Cambie/West Cambie
- Seafair
- Sea Island/Steveston

Metro-Vancouver Average
Richmond Average

Data Source: My Health, My Community
Conclusion

1. Journey of wellness is important to continue
2. There is a shared commitment to creation of an active, caring and connected community
3. Continue with original priorities: active living, wellness and belonging
4. Recommend an added focus on healthy eating, mental wellness and early childhood development
5. Incorporate the role of the built environment on health and wellness
6. Focus on reach and population level impact
7. Use local level data to target programs and services
Acknowledgements

• My Health My Community project team and participants
• Public Health Surveillance Unit
• Richmond Food Environment Study
• Population Health Team
• Data from external sources
  – BC Adolescent Health Survey, McCreary
  – BC School Satisfaction Survey, PHSA
  – Middle Years Development Index, HELP
  – Early Years Development Index, HELP