Medical Health Officer Update

VCH Open Board Forum
October 27, 2016

Dr. Mark Lysyshyn, Medical Health Officer
North Shore and Sea to Sky
Outline

• My Health My Community Survey
  – Results for Powell River

• VCH Healthy Communities Initiative
  – Update on Powell River activities

• Provincial Overdose Emergency
  – Update on Powell River situation
Health Status

**SELF-RATED GENERAL HEALTH**

- **48% EXCELLENT OR VERY GOOD**
  - AGE:
    - 18-39: 61%
    - 40-64: 45%
    - 65+: 42%
  - GENDER:
    - Female: 52%
    - Male: 43%

55% Coastal Rural excellent or very good

**SELF-RATED MENTAL HEALTH**

- **62% EXCELLENT OR VERY GOOD**
  - AGE:
    - 18-39: 48%
    - 40-64: 68%
    - 65+: 62%
  - GENDER:
    - Female: 61%
    - Male: 64%

63% Coastal Rural excellent or very good
Healthy Behaviours

12%

- **DAILY OR OCCASIONAL SMOKERS**
  - Age:
    - 18 - 39: 17%
    - 40 - 64: 17%
    - 65+: 17%
  - Gender:
    - Female: 10%
    - Male: 10%
    - $ = suppressed

35%

- **5+ FRUIT & VEGETABLE SERVINGS DAILY**
  - Age:
    - 18 - 39: 48%
    - 40 - 64: 35%
    - 65+: 28%
  - Gender:
    - Female: 41%
    - Male: 28%
    - $ = suppressed

54%

- **150+ MINUTES OF WEEKLY PHYSICAL ACTIVITY**
  - Age:
    - 18 - 39: 59%
    - 40 - 64: 54%
    - 65+: 54%
  - Gender:
    - Female: 45%
    - Male: 64%
    - $ = suppressed

55%

- **2+ HOURS OF DAILY SCREEN TIME**
  - Age:
    - 18 - 39: 57%
    - 40 - 64: 50%
    - 65+: 63%
  - Gender:
    - Female: 56%
    - Male: 54%

Coastal Rural: 50%
Healthy Communities Initiative

• Program that encourages partnership between health authorities and local governments to stimulate local actions and policies that support healthy living

• Recognizes the vital role that local governments play in supporting the health and wellbeing of their residents
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

Source: Canadian Medical Association
EQUALITY  EQUITY
The Impact of Local Government

- Parks & recreation facilities
- Economic development plan
- Land use planning
- Community grants

- Access to rec, ease of physical activity
- Economic stability
- Access to nutritious food
- Community participation, sense of belonging

Improved health and well-being of the community
Potential Areas of Collaboration

• Healthy Built Environment
  – Active Transportation
  – Neighbourhood design and planning
  – Parks/Access to greenspace
  – Housing
• Early Childhood Development
• Social Connectedness
• Food Security
• Many more…. 
Partnership Activities in Coastal Rural Communities

- **Sunshine Coast** – hosted *Moving Beyond Urban Centres: Active Transportation Forum*, for all non-urban communities in VCH Region (Councillor Russell Brewer was there!)

- **Squamish** – supporting 3 public consultations to inform new Official Community Plan (Early Childhood Development, Active Transportation, Food Systems)
Partnership In Powell River

• City of Powell River, VCH and Division of Family Practice working together:
  – Bike Racks by Kids
  – Presentation at Just for the Health of It
  – Funding for Powell River Wellness project
  – Chronic Disease Management program (2017)
Upcoming Partnership Activities in Powell River

- Comprehensive plan for supporting increased physical activity

- Potential future initiatives linked to proposed *Community Social Plan*, from Tapping the Groundswell conference
Overdose Deaths (BC)
# Overdose Deaths (BC)

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>East Kootenay</td>
<td>2.7</td>
<td>2.6</td>
<td>1.3</td>
<td>0.0</td>
<td>1.3</td>
<td>2.6</td>
<td>5.3</td>
<td>5.2</td>
<td>2.6</td>
<td>8.7</td>
</tr>
<tr>
<td>Kootenay Boundary</td>
<td>5.2</td>
<td>0.0</td>
<td>2.6</td>
<td>3.9</td>
<td>5.1</td>
<td>5.2</td>
<td>2.6</td>
<td>3.9</td>
<td>7.8</td>
<td>8.6</td>
</tr>
<tr>
<td>Okanagan</td>
<td>3.9</td>
<td>2.6</td>
<td>4.3</td>
<td>5.2</td>
<td>8.1</td>
<td>4.6</td>
<td>9.2</td>
<td>7.6</td>
<td>12.2</td>
<td>16.4</td>
</tr>
<tr>
<td>Thompson Cariboo</td>
<td>7.5</td>
<td>5.1</td>
<td>7.8</td>
<td>7.4</td>
<td>2.3</td>
<td>4.6</td>
<td>6.9</td>
<td>6.3</td>
<td>5.9</td>
<td>22.9</td>
</tr>
<tr>
<td>Fraser East</td>
<td>3.3</td>
<td>5.1</td>
<td>3.2</td>
<td>7.8</td>
<td>10.9</td>
<td>7.0</td>
<td>6.6</td>
<td>5.5</td>
<td>13.2</td>
<td>15.2</td>
</tr>
<tr>
<td>Fraser North</td>
<td>3.3</td>
<td>3.8</td>
<td>3.8</td>
<td>4.2</td>
<td>4.0</td>
<td>4.8</td>
<td>5.5</td>
<td>7.9</td>
<td>11.2</td>
<td>12.7</td>
</tr>
<tr>
<td>Fraser South</td>
<td>4.3</td>
<td>4.2</td>
<td>3.7</td>
<td>5.3</td>
<td>8.0</td>
<td>7.2</td>
<td>6.6</td>
<td>7.7</td>
<td>11.6</td>
<td>16.2</td>
</tr>
<tr>
<td>Richmond</td>
<td>0.0</td>
<td>0.5</td>
<td>1.6</td>
<td>2.0</td>
<td>2.0</td>
<td>0.5</td>
<td>1.5</td>
<td>1.5</td>
<td>2.4</td>
<td>1.9</td>
</tr>
<tr>
<td>Vancouver</td>
<td>9.5</td>
<td>6.1</td>
<td>9.6</td>
<td>6.6</td>
<td>10.7</td>
<td>10.4</td>
<td>12.2</td>
<td>15.1</td>
<td>20.1</td>
<td>21.8</td>
</tr>
<tr>
<td><strong>North Shore/Coast Garibaldi</strong></td>
<td><strong>1.9</strong></td>
<td><strong>3.0</strong></td>
<td><strong>2.2</strong></td>
<td><strong>2.2</strong></td>
<td><strong>2.9</strong></td>
<td><strong>2.2</strong></td>
<td><strong>4.7</strong></td>
<td><strong>5.3</strong></td>
<td><strong>5.0</strong></td>
<td><strong>7.1</strong></td>
</tr>
<tr>
<td>South Vancouver Island</td>
<td>5.9</td>
<td>8.6</td>
<td>4.1</td>
<td>3.5</td>
<td>4.6</td>
<td>5.4</td>
<td>7.0</td>
<td>6.2</td>
<td>5.8</td>
<td>18.6</td>
</tr>
<tr>
<td>Central Vancouver Island</td>
<td>3.2</td>
<td>2.3</td>
<td>5.0</td>
<td>2.3</td>
<td>6.5</td>
<td>7.6</td>
<td>9.1</td>
<td>9.4</td>
<td>11.2</td>
<td>19.8</td>
</tr>
<tr>
<td>North Vancouver Island</td>
<td>5.2</td>
<td>5.1</td>
<td>4.2</td>
<td>3.4</td>
<td>8.3</td>
<td>4.2</td>
<td>6.7</td>
<td>5.8</td>
<td>6.6</td>
<td>15.3</td>
</tr>
<tr>
<td>Northwest</td>
<td>2.7</td>
<td>2.7</td>
<td>0.0</td>
<td>4.1</td>
<td>1.4</td>
<td>0.0</td>
<td>8.2</td>
<td>1.4</td>
<td>6.9</td>
<td>11.1</td>
</tr>
<tr>
<td>Northern Interior</td>
<td>5.0</td>
<td>2.1</td>
<td>3.6</td>
<td>5.0</td>
<td>5.6</td>
<td>8.5</td>
<td>5.7</td>
<td>8.5</td>
<td>11.6</td>
<td>12.6</td>
</tr>
<tr>
<td>Northeast</td>
<td>3.1</td>
<td>1.5</td>
<td>1.5</td>
<td>4.5</td>
<td>8.9</td>
<td>8.8</td>
<td>7.2</td>
<td>11.3</td>
<td>7.2</td>
<td>24.7</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>4.7</td>
<td>4.2</td>
<td>4.6</td>
<td>4.7</td>
<td>6.5</td>
<td>6.0</td>
<td>7.2</td>
<td>8.0</td>
<td>10.8</td>
<td>15.7</td>
</tr>
</tbody>
</table>
Illicit Fentanyl
Fentanyl Detected Deaths (BC)

- 2012: 5% fentanyl detected, 95% no fentanyl detected
- 2013: 15% fentanyl detected, 85% no fentanyl detected
- 2014: 25% fentanyl detected, 75% no fentanyl detected
- 2015: 30% fentanyl detected, 70% no fentanyl detected
- 2016 YTD*: 62% fentanyl detected, 38% no fentanyl detected

*YTD: Year to Date
Provincial Overdose Emergency Update

- Overdose deaths have doubled this year in Powell River
- Fentanyl was detected in most of these deaths
- Take Home Naloxone kits and training are now available at Powell River Hospital Emergency Department
- Take Home Naloxone kits and training also at Powell River Community Health Centre