

# Healthy Northern Communities 2012

District Municipality of Stewart  
(Snow Country - Local Health Area)

Revised  
February 14, 2012



**northern health**  
*the northern way of caring*

## ***District Municipality of Stewart and Snow Country Local Health Area***

Incorporated in 1930, the District Municipality of Stewart covers 571.5 square km. The District is located at the head of Portland Canal, approximately 338 km north of Terrace.<sup>1</sup>

The District is located within the larger Snow Country Local Health Area (LHA). Over 90% of the Snow Country LHA population lives within the District of Stewart. As a result, we tend to use the terms LHA and District interchangeably. When using these terms, we are referring to the same population.<sup>2,3</sup>

The District of Stewart is also served by the Kitimat-Stikine Regional District and School District No. 54 (Smithers).<sup>4,5</sup> The Bear Valley School located in Stewart delivers a K-12 student curriculum. At present there is an enrollment of approximately 79 students.<sup>6</sup>

During the 2009 calendar year, there were 3 births, 4 deaths and 1 marriage attributed to Snow Country residents. The average age of the Snow Country population was 39.9 years. This was slightly younger than the BC average of 40.4 years. During 2009, the average life expectancy for Snow Country residents was 79.4 years. This life expectancy was slightly less than the BC average life expectancy of 81.4 years.<sup>7</sup>

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### **Community Information**

District of Stewart

<http://www.districtofstewart.com/>

Kitimat Stikine Regional District

<http://www.rdks.bc.ca/>

Stewart Investment Ready Profile

<http://www.districtofstewart.com/District/District.htm>

Stewart- Hyder Chamber of Commerce

<http://www.stewart-hyder.com/>

Stewart-Cassiar Highway

<http://www.stewartcassiar.com/>

Super Natural British Columbia: Stewart BC

<http://www.hellobc.com/stewart.aspx>

Meziadan Lake Provincial Park

[http://www.env.gov.bc.ca/bcparks/explore/parkpgs/meziadin\\_lk/](http://www.env.gov.bc.ca/bcparks/explore/parkpgs/meziadin_lk/)

Statistics Canada: Census 2006; Community Profile.

<http://www12.statcan.ca/census-recensement/2006/dp-pd/prof/92-591/index.cfm?Lang=E>

BC Stats: Census 2006; Community Profile.

<http://www.bcstats.gov.bc.ca/data/cen06/profiles/detailed/59049032.pdf>

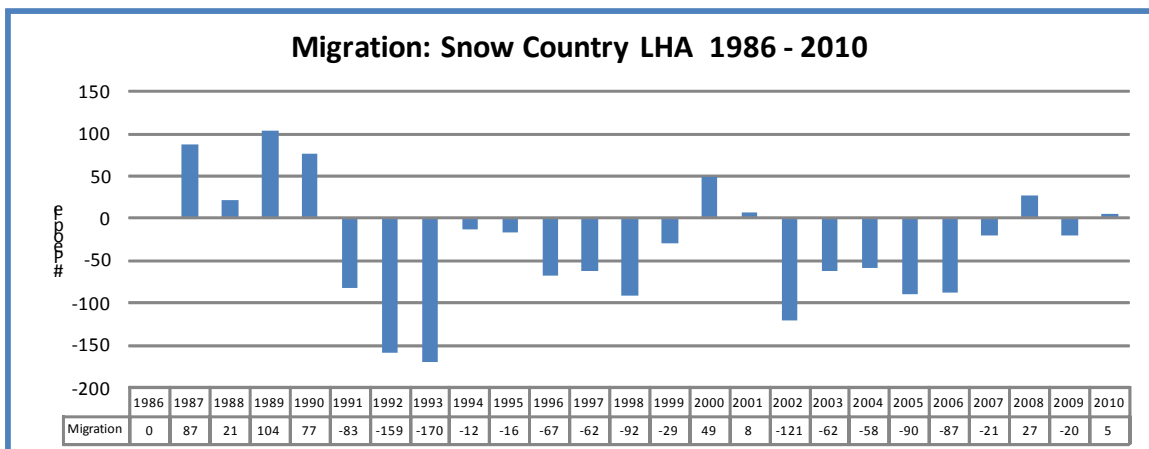
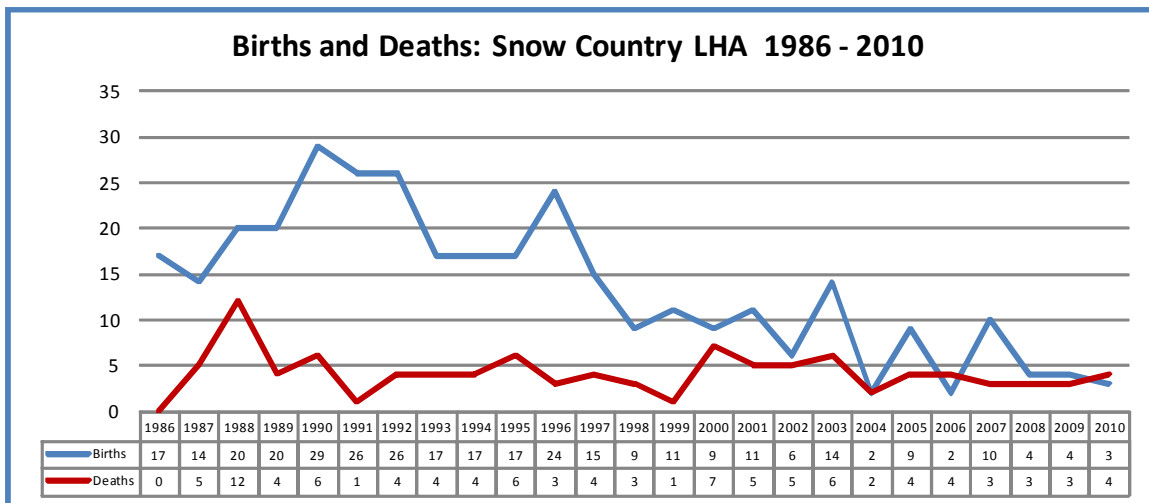
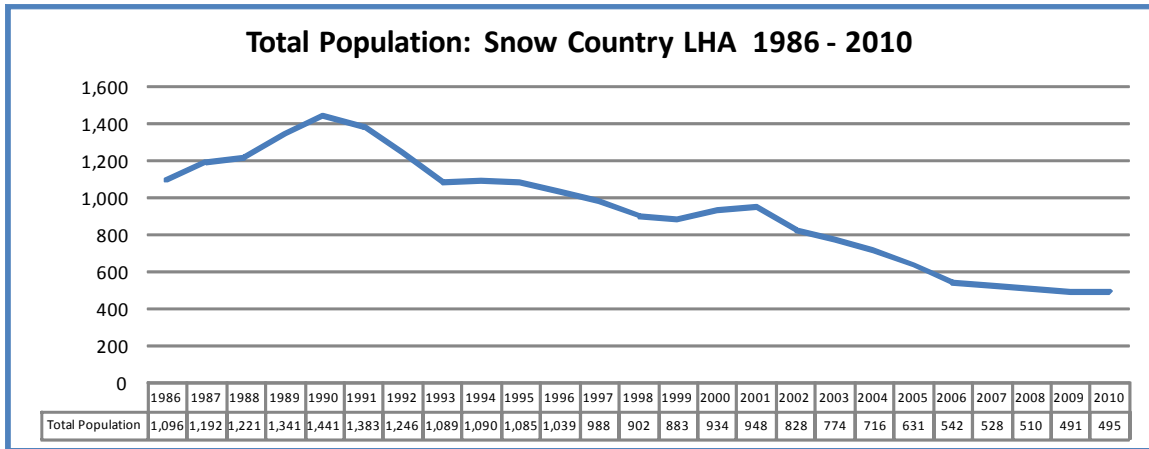
BC Stats: Community Fact Sheets; Stewart.

<http://www.bcstats.gov.bc.ca/data/dd/facsheet/cf204.pdf>

Northern Health: Community Health Information Portal

<http://chip.northernhealth.ca>

## Population Trends <sup>8</sup>



## What Determines Health?

A good strong start in life, early and enriching experiences, educational opportunities and achievement, a sufficient and equitable distribution of employment and income, housing, food, interactions with the natural and human built environments, our choices towards certain risk factors and lifestyles, as well as access to high quality health services, are just a few of the many determinants of health and wellbeing.<sup>9, 10</sup>

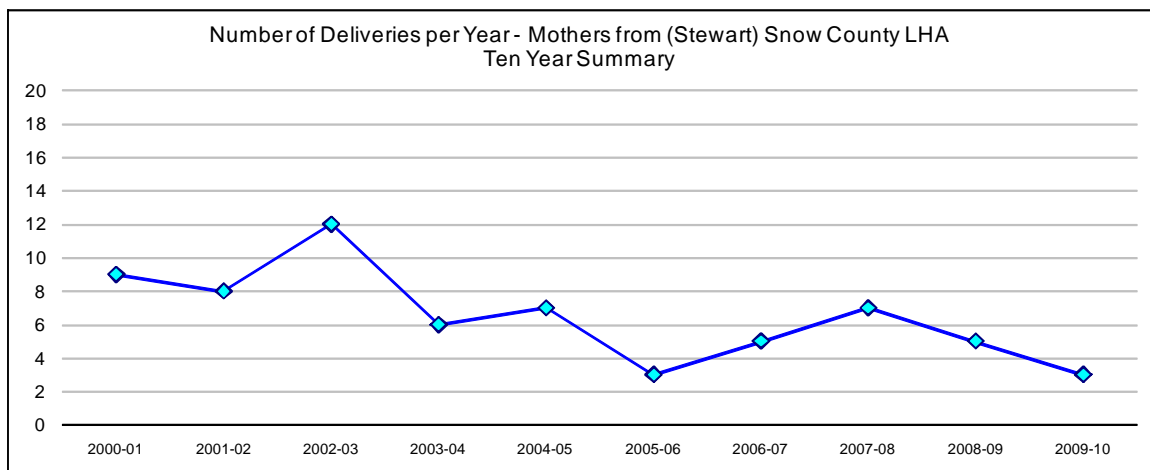
| Selected Determinants of Health for Stewart / Snow Country   |                   |                  |
|--|-------------------|------------------|
| Demographics   | LHA <sup>11</sup> | BC <sup>12</sup> |
| Percent of population who are 0 – 19 yrs old   | 24.2              | 23.2             |
| Percent of population who are ages 65+   | 11.0              | 15.0             |
| Percent of population who are Visible Minorities   | 2.0               | 24.5             |
| Percent of population who are Aboriginal Identity  | 11.0              | 4.8              |
| Income   |                   |                  |
| Percent of families earning < \$20,000 per year  | 6.1               | 8.0              |
| Percent of families earning from \$20,000 - \$80,000 per year  | 70.4              | 53.8             |
| Percent of families earning > \$80,000 per year  | 23.5              | 38.1             |
| * Percent of population receiving Income Assistance > 1 yr.  | nca               | 1.0              |
| Early Development and Educational Achievement  |                   |                  |
| Percent of kindergarten children vulnerable:1 or more EDI scales <sup>13</sup>   | nca               | 28.6             |
| † Percent of Grade 4 & 7 students below standard on FSA - Reading  | nca               | 20.7             |
| † Percent of Grade 4 & 7 students below standard on FSA - Writing  | nca               | 17.9             |
| † Percent of Grade 4 & 7 students below standard on FSA - Math   | nca               | 23.4             |
| † Grade 10 Provincial-exam non-completion rate - English   | nca               | 15.9             |
| † Percent of 18 yr olds who did not graduate   | nca               | 29.0             |
| Percent of persons ages 25 to 64: no certificate, diploma or degree  | 25.9              | 12.4             |
| Percent of persons ages 25 to 64: with university certificate or degree  | 13.8              | 24.1             |
| Housing  |                   |                  |
| Percent of households that are renting   | 17.7              | 30.4             |
| Percent of tenants paying 30 % or more of income towards housing   | 0                 | 43.4             |
| Percent of owners paying 30 % or more of income towards housing  | 17                | 22.7             |
| Children and Youth at Risk   |                   |                  |
| * Children (ages <15) receiving Income Assistance > 1 year   | nca               | 1.7              |
| * Youth (ages 15 - 24) receiving Income Assistance > 1 yr  | nca               | 0.9              |
| Children in care rate per 1,000 population, ages 0 – 18  | nca               | 9.2              |
| Teen pregnancies per 1,000 women ages 15 – 19 (2007-2009)  | nca               | 26.3             |
| Other Indicators   |                   |                  |
| Alcohol sales per capita in 2010 /11 (Dollars Spent in BCLDB store #47) <sup>14</sup>  | 991               | 790              |
| Alcohol sales per capita in 2010 /11 (Litres sold in BCLDB store #47) <sup>15</sup>  | 124               | 107              |
| nca = means this level of data detail or data aggregation is “not currently available.”  |                   |                  |
| EDI = the Early Development Index is an early child development assessment tool. <a href="http://www.earlylearning.ubc.ca">http://www.earlylearning.ubc.ca</a>   |                   |                  |
| LHA = Local Health Area. In this table we are referring to the Upper Skeena Local Health Area (LHA - 053).   |                   |                  |
| * Income Assistance figures may be understated as they do not include Aboriginal people who are living on reserve.   |                   |                  |
| † education measures shown are an average for the period 2007/08 - 2009/10. The LHA and BC figures were obtained from <a href="http://www.bcstats.gov.bc.ca">BC Stats Socio-economic profiles</a> . Please also see BC Ministry of Education <a href="http://www.bced.gov.bc.ca/reporting/">http://www.bced.gov.bc.ca/reporting/</a> |                   |                  |

## Promoting Health and Delivering High Quality Services

**A good strong start in life** is more likely if infants, children and family members are healthy. Towards this, we consider community characteristics (Determinants of Health), the number of mothers delivering infants and where these infants are being delivered.

This type of information informs services such as prenatal education, parenting skills programs, post delivery follow-ups for moms, immunizations, as well as the screening services intended to detect and address vision, hearing and dental health concerns.

### Number of deliveries: by Snow Country (Stewart) mothers 2000/01 – 2009/10.<sup>16</sup>



### Delivery locations: for Snow Country (Stewart) mothers, 2000/01 – 2009/10.<sup>17</sup>

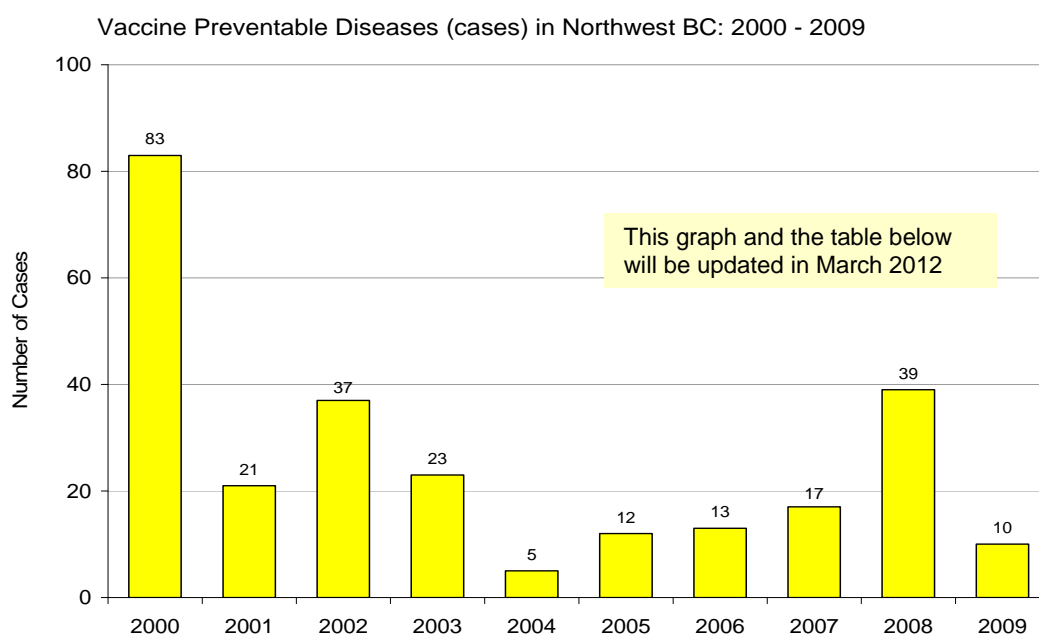
| Mother's Home Community | Delivery Location: (10 year summary) |           |               |                   | Total Deliveries |
|-------------------------|--------------------------------------|-----------|---------------|-------------------|------------------|
|                         | Terrace                              | Smithers  | Prince Rupert | Other BC Location |                  |
| Snow Country            | 40                                   | 11        | 5             | 9                 | 65               |
| <b>Total Deliveries</b> | <b>40</b>                            | <b>11</b> | <b>5</b>      | <b>9</b>          | <b>65</b>        |

## Promoting Health and Delivering High Quality Services

**Immunizations** are some of the best health investments that we can make. Along with better sanitation and clean drinking water, immunizations have been responsible for the huge increases in life expectancy that we have seen around the world.<sup>18, 19</sup>

Because they are such a good investment and the protection they provide to individuals and communities as a whole is so important, we actively monitor whether certain target populations are fully immunized. For example, we know that the percent of 2 year old children in the Stewart LHA, who are fully immunized, is almost 100%.<sup>20</sup>

**Vaccine Preventable Diseases** are illnesses that may have been avoided if individuals and communities were sufficiently immunized. The community of Stewart has reported 18 cases in the last 10 years: 17 reported cases of Pertussis (whooping cough) in 2000, and 1 reported case of Invasive Pneumococcal Disease during 2008.



| Community     | 2000      | 2001      | 2002      | 2003      | 2004     | 2005      | 2006      | 2007      | 2008      | 2009      | Total      |
|---------------|-----------|-----------|-----------|-----------|----------|-----------|-----------|-----------|-----------|-----------|------------|
| Dease Lake    | 1         | 0         | 0         | 1         | 0        | 0         | 0         | 1         | 0         | 0         | 3          |
| Hazelton      | 1         | 0         | 1         | 8         | 0        | 0         | 1         | 3         | 2         | 1         | 17         |
| Houston       | 3         | 4         | 14        | 1         | 2        | 0         | 0         | 0         | 2         | 0         | 26         |
| Kitimat       | 4         | 2         | 1         | 2         | 1        | 0         | 0         | 0         | 0         | 2         | 12         |
| Masset        | 5         | 3         | 1         | 1         | 0        | 0         | 0         | 1         | 1         | 0         | 12         |
| Prince Rupert | 17        | 9         | 8         | 4         | 0        | 7         | 5         | 4         | 2         | 2         | 58         |
| Q. C. Village | 12        | 1         | 0         | 0         | 1        | 0         | 0         | 2         | 2         | 0         | 18         |
| Smithers      | 4         | 0         | 9         | 1         | 1        | 2         | 4         | 4         | 25        | 2         | 52         |
| Stewart       | 17        | 0         | 0         | 0         | 0        | 0         | 0         | 0         | 1         | 0         | 18         |
| Terrace       | 19        | 2         | 3         | 5         | 0        | 3         | 3         | 2         | 4         | 3         | 44         |
| <b>Total</b>  | <b>83</b> | <b>21</b> | <b>37</b> | <b>23</b> | <b>5</b> | <b>12</b> | <b>13</b> | <b>17</b> | <b>39</b> | <b>10</b> | <b>260</b> |

## Promoting Health and Delivering High Quality Services

**Healthy and independent** northerners is what we want to see when we look around northern BC communities. Indeed, that is a large part of what we do see. However, we know that our population is aging very quickly and that with increasing age there often comes an accumulation of chronic health conditions that inhibit independence.

Long-term home support and other services provided by northern health intend to keep people healthy and independent. During 2011, there were 530 residents of northwest BC receiving home-support services. Here is a clinical profile of these residents.<sup>22</sup>

|  |      |                  |      |                   |      |
|--|------|------------------|------|-------------------|------|
| <b>Male</b>  | 36 % | <b>Married</b>   | 25 % | <b>Aged 75+</b>   | 67 % |
| <b>Female</b>  | 64 % | <b>Widowed</b>   | 44 % | <b>Aboriginal</b> | 22 % |
| <b>Frequently Noted Health Conditions</b>  |      |                  |      |                   |      |
| Hypertension   | 60 % | Depression       | 46 % | Chronic Arterial  | 25 % |
| Arthritis  | 60 % | Diabetes         | 28 % | Osteoporosis      | 24 % |
| <b>Clients with Multiple Health Conditions</b>   |      |                  |      |                   |      |
| ≤ 3 Conditions   | 28 % | 3 - 5 Conditions | 37 % | ≥5 Conditions     | 34 % |
| <b>Clients with Cognitive Impairment (Cognitive Performance Score)</b>                       |      |                  |      |                   |      |
| No impairment  | 43 % | Borderline /mild | 48 % | Mod- Very Severe  | 12 % |
| <b>Clients with independence difficulty in 1- 3 daily activities (IADL Difficulty Scale)</b> |      |                  |      |                   |      |
| No difficulty  | 38 % | Some difficulty  | 24 % | Great difficulty  | 38 % |

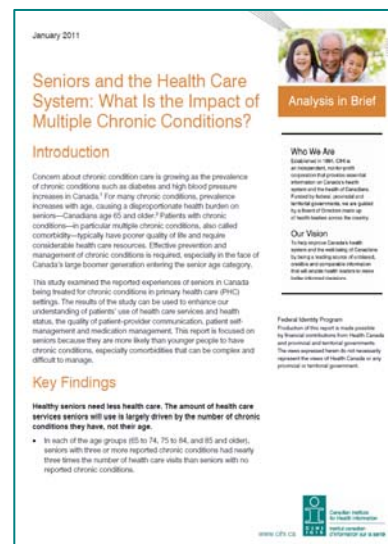
## How do we compare to the rest of Canada?

The most frequently reported chronic conditions affecting Canadian seniors overall are:

- Hypertension (47%)
- Arthritis (27%)
- Hypertension and arthritis (14%)
- Hypertension and heart disease (12%)
- Hypertension and diabetes (11%)

The amount of health care that Canadian seniors need as they age is largely driven by the number of chronic conditions that they have, not their age.<sup>23</sup>

These are just a few of the many findings contained in the report: *Seniors and the Health Care System: What is the Impact of Multiple Chronic Conditions?*



## Promoting Health and Delivering High Quality Services

We employ the best available information related to community characteristics and the determinants of health, population trends, disease occurrences, health needs and health services utilization when assessing services and when planning for the future.

These tables provide a glimpse into some of the inpatient and facility activity.

### Location: where inpatient hospital services were received.<sup>24</sup>

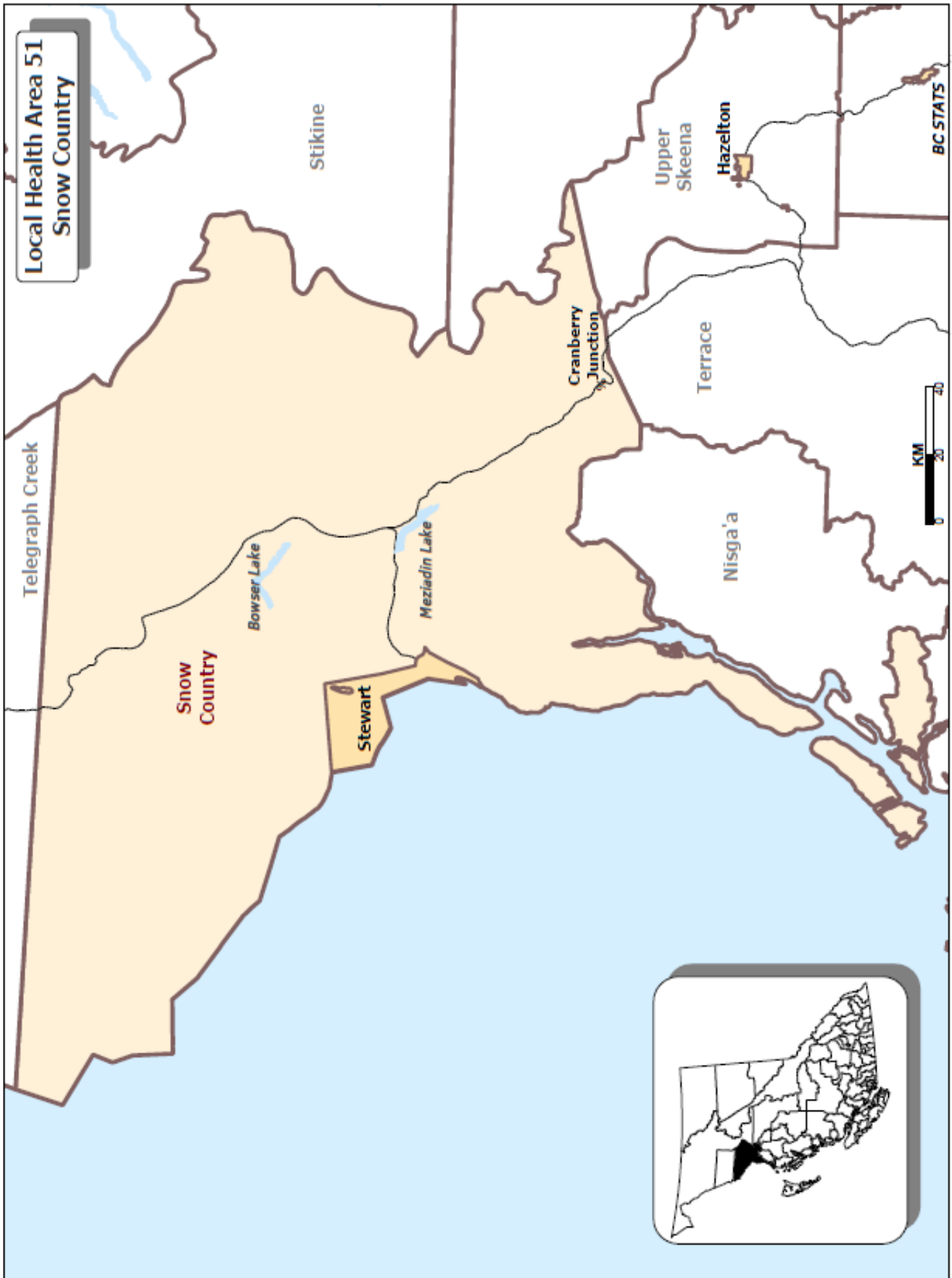
| For Snow Country (Stewart) residents in the five year period: 2005/06 - 2009/10. |                  |         |               |          |          |          |     |       |
|--|------------------|---------|---------------|----------|----------|----------|-----|-------|
| Number of Cases and Days   | Location of Care |         |               |          |          |          |     | Total |
|  | Terrace          | Kitimat | Prince Rupert | Smithers | Other NH | Other BC | OOP |       |
| Cases  | 109              | 25      | 18            | 13       | 20       | 111      | 4   | 300   |
| Days   | 623              | 97      | 29            | 30       | 76       | 709      | 22  | 1586  |

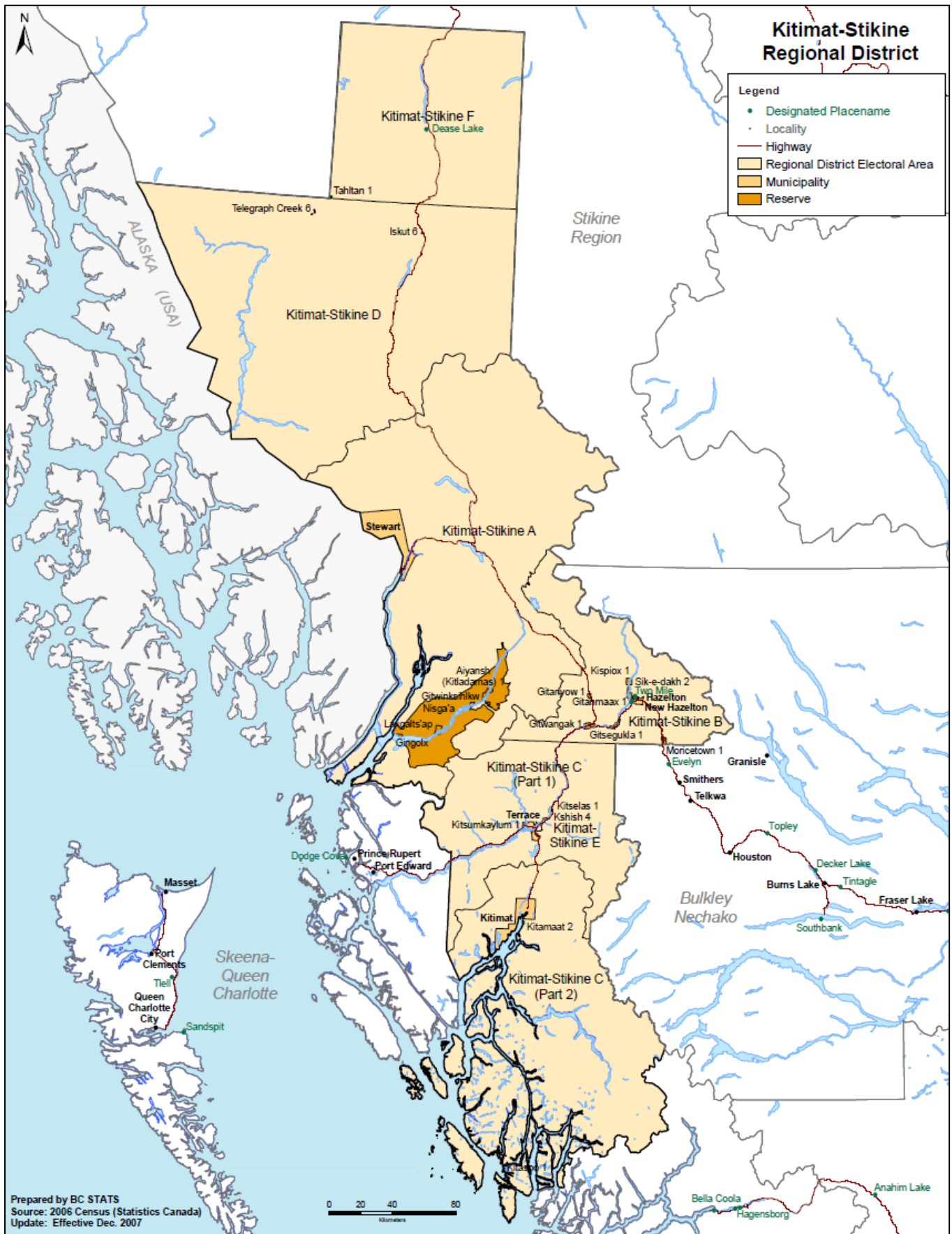
- Cases These are inpatient cases - client was admitted to the facility.
- Days These are inpatient days - does not include days attributable to ALC.
- Other NH Care was received at a Northern Health facility other than those shown.
- Other BC Care was received at a non Northern Health facility in BC.
- OOP Care was received Out of Province – in most cases this means Alberta.
- ALC Alternate Level of Care. Clients who no longer need acute services and who are waiting to be discharged to a setting more appropriate to their needs.<sup>25</sup>

### Facility and Patient Activity (selected measures).<sup>26</sup>

| No. 910 – Stewart Health Centre   |         |         |         |         |         |
|-----------------------------------|---------|---------|---------|---------|---------|
| Selected Measures                 | 2006/07 | 2007/08 | 2008/09 | 2009/10 | 2010/11 |
| Acute discharges/deaths total     | 12      | 0       | 0       | 0       | 0       |
| Acute in-patient admissions total | 12      | 0       | 0       | 0       | 0       |
| Acute in-patient days (excl. ALC) | 48      | 0       | 0       | 0       | 0       |
| ALC days total                    | n/a     | n/a     | n/a     | n/a     | n/a     |
| Ambulatory visits (excl. E/R).    | n/a     | n/a     | n/a     | n/a     | n/a     |
| Emergency visits (excl. Ambul)    | 743     | 750     | 937     | 977     | 902     |
| Medical Imaging Tests             | 373     | 499     | 91      | 276     | 390     |
| Lab Tests (excludes respiratory)  | 16,468  | 11,887  | 2,166   | 8,733   | 5,941   |







## References

- <sup>1</sup> BC Stats: Community Fact Sheets. <http://www.bcstats.gov.bc.ca/data/dd/facsheet/cf204.pdf>
- <sup>2</sup> BC Socio-economic profiles; BC Stats: June 2011. <http://www.bcstats.gov.bc.ca/data/sep/index.asp>
- <sup>3</sup> BC Stats: Population Estimates for LHAs: PEOPLE 36. <http://www.bcstats.gov.bc.ca/data/pop/popstart.asp>
- <sup>4</sup> BC Treaty Commission Statement of Intent Maps: GEO BC. <http://ilmbwww.gov.bc.ca/cis/initiatives/treaty/>
- <sup>5</sup> BC Ministry of Aboriginal Relations & Reconciliation: First Nations by Region. <http://www.gov.bc.ca/arr/treaty/regional.html>
- <sup>6</sup> BC Ministry of Education: Reporting and School District Contacts. Accessed February 2012. <http://www.bced.gov.bc.ca/reporting/>
- <sup>7</sup> BC Vital Statistics Annual Report: 2009. <http://www.vs.gov.bc.ca/stats/annual/index.html>  
This is calendar year data (Jan - Dec). There will be a small mismatch with fiscal year data of Perinatal-Services-BC.
- <sup>8</sup> BC Stats Components of Population Growth: PEOPLE 36. <http://www.bcstats.gov.bc.ca/data/pop/popstart.asp>
- <sup>9</sup> What Determines Health: Public Health Agency of Canada <http://www.phac-aspc.gc.ca/ph-sp/determinants/index-eng.php>
- <sup>10</sup> Healthy and Productive Canada: Determinants of Health Approach. Senate Committee on Health. <http://www.parl.gc.ca/40/2/parlbus/commbus/senate/Com-e/popu-e/rep-e/rephealthjun09-e.pdf>
- <sup>11</sup> BC Stats: Census 2006 Profile. <http://www.bcstats.gov.bc.ca/data/cen06/profiles/detailed/59049032.pdf>
- <sup>12</sup> BC figures from BC Stats: [BC Socio-economic profiles](#), [Census 2006 Profiles](#) and / or [PEOPLE 35](#).
- <sup>13</sup> Human Early Learning Partnership; the Early Development Index: a Population Health Perspective. <http://www.earlylearning.ubc.ca/research/initiatives/early-development-instrument/>
- <sup>14</sup> Alcohol Sales by Store and Region; 2010 / 11: Dollars spent and Litres sold divided by population count [http://www.bcliqorstores.com/files/2010\\_11\\_ldb\\_store\\_sales\\_by\\_region.pdf](http://www.bcliqorstores.com/files/2010_11_ldb_store_sales_by_region.pdf)
- <sup>15</sup> Alcohol Sales by Store and Region; 2010 / 11: Dollars spent and litres sold divided by population count. [http://www.bcliqorstores.com/files/2010\\_11\\_ldb\\_store\\_sales\\_by\\_region.pdf](http://www.bcliqorstores.com/files/2010_11_ldb_store_sales_by_region.pdf)
- <sup>16</sup> Northern Health Resident Mothers that Delivered a Baby in British Columbia, by Resident Municipality. Prepared for Northern Health by Perinatal Services BC. Request 211011: June 16, 2011.
- <sup>17</sup> Northern Health Resident Mothers that Delivered a Baby in British Columbia, by Resident Municipality. Prepared for Northern Health by Perinatal Services BC. Request 211011: June 16, 2011.
- <sup>18</sup> Immunization: A Report on the Health and Wellbeing of British Columbian. BC Provincial Health Officer, 1998. <http://www.health.gov.bc.ca/pho/pdf/phoannual1998.pdf>
- <sup>19</sup> Technical Assumptions for Population Forecasting in BC: Page 7. BC Stats, July 2009. <http://www.bcstats.gov.bc.ca/data/pop/pop/popproj.asp>
- <sup>20</sup> 2008 Cohort (2 year olds) Date of Birth Jan 01, 2009 to Dec 30, 2009. Up-to-date for all vaccines: (new definitions). MMP for JMH: Northern Health-Public and Preventive Health: Prepared February 2012.
- <sup>21</sup> Vaccine Preventable Disease: Northern Health; Public Health . Updated for February 2012.
- <sup>22</sup> InterRAI Client Assessment Summary: Northern Health. Summary as of March 31, 2011. Data extracted May 28, 2011. Northern Health Home and Community Care Services.
- <sup>23</sup> Seniors and the Health Care System: What is the Impact of Multiple Chronic Conditions? CIHI, January 2011. [http://secure.cihi.ca/cihiweb/products/air-chronic\\_disease\\_aib\\_en.pdf](http://secure.cihi.ca/cihiweb/products/air-chronic_disease_aib_en.pdf)
- <sup>24</sup> Hospitalizations by patient's home community 2003/ 04 to 2009/ 10: Special Analysis by the BC Ministry of Health for Northern Health. Project No. 2010\_0289. Revised and Updated: July, 2011.
- <sup>25</sup> Alternate Level of Care in Canada: CIHI. <https://secure.cihi.ca/estore/productSeries.htm?pc=PCC456>
- <sup>26</sup> Northern Facility Activity Summaries from Northern Health Finance: Executive Summary Reports (ESR). Figures are P13 for previous year. Lab and Medical Imaging prepared separately: July 2011.