

Healthy Northern Communities 2011

City of Prince Rupert

Revised
August 6, 2011



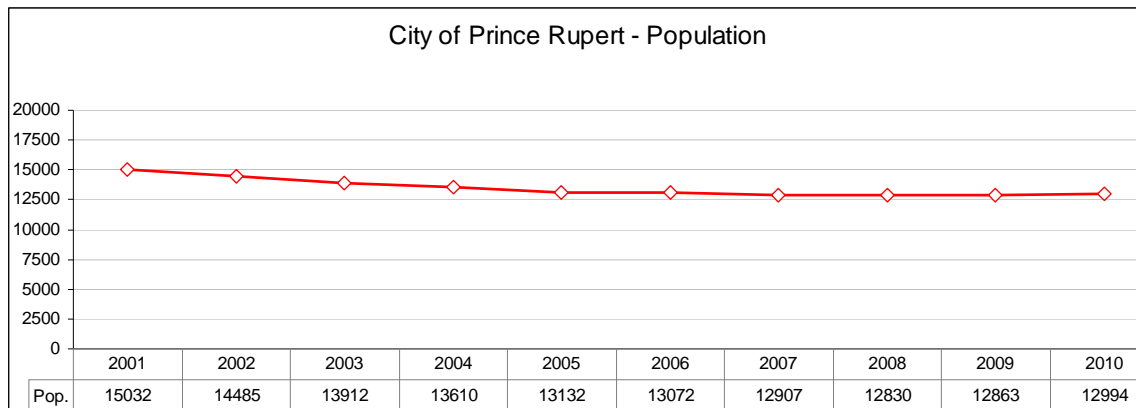
northern health
the northern way of caring

City of Prince Rupert

The City of Prince Rupert was incorporated in 1910. Prince Rupert is located approximately 1,507 km northwest of Vancouver and 721 km west of Prince George.¹

Prince Rupert is also situated within the Skeena-Queen Charlotte Regional District, within the Prince Rupert Local Health Area (LHA 052) and the Northwest Health Service Delivery Area of Northern Health. Prince Rupert is served by School District No. 52.

This area is the traditional territories of the Tsimshian peoples. Metlakatla, a Tsimshian community is accessed via ferry from Prince Rupert. Others such as Lax Kw'alaams, Gitxaala and Giga'at are only accessible by float plane or boat, weather permitting.^{2, 3}



The estimated 12,994 people within the City of Prince Rupert account for approximately 91 % of the Prince Rupert LHA population (12,994 /14,258 persons) and for 66.6 % of the Skeena-Queen Charlotte Regional District population (12,994 /19,497 persons).^{4, 5, 6}

During the 2009 calendar year, there were 168 births, 85 deaths and 33 marriages to residents of Prince Rupert. The life expectancy for Prince Rupert residents was 78.2 years. This was slightly less than the BC average life expectancy of 81.4 years.⁷

Community Information

City of Prince Rupert: <http://www.princerupert.ca/>

City of Prince Rupert, Official Community Plan: <http://www.princerupert.ca/>

Metlakatla: <http://www.metlakatla.ca/>

Gitga'at Nation: <http://www.gitgaat.net>

Lax Kw'alaams: <http://www.laxkwalaams.ca>

Skeena Queen Charlotte Regional District: <http://www.sqcrd.bc.ca/>

BC Community Facts: <http://www.bcstats.gov.bc.ca/data/dd/facsheet/facsheet.asp>

Northern BC, Community Health Information Portal <http://chip.northernhealth.ca>

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.^{8, 9}

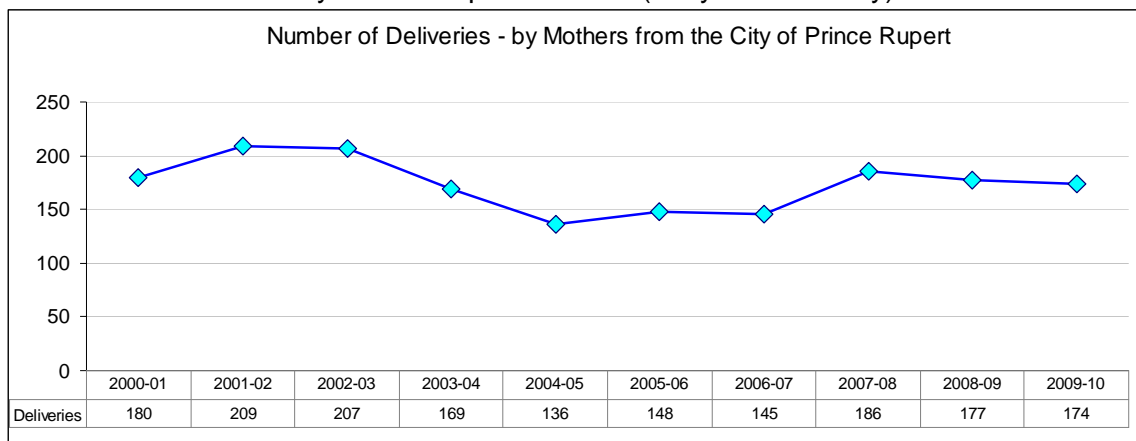
Selected Determinants of Health			
Demographics	Prince Rupert ¹⁰	LHA ¹¹	BC ¹²
Percent of population who are 0 – 19 yrs old	28.8	26.2	23.2
Percent of population who are ages 65+	10.5	11.8	15.0
Percent of population who are Visible Minorities	11.0	9.9	24.5
Percent of population who are Aboriginal Identity	35.0	38.9	4.8
Income			
Percent of families earning < \$20,000 per year	10.5	12.0	8.0
Percent of families earning from \$20,000 - \$80,000 per year	55.0	55.0	53.8
Percent of families earning > \$80,000 per year	34.5	33.0	38.1
* Percent of population receiving Income Assistance > 1 yr.	nca	4.1	1.0
Early Development and Educational Achievement			
Percent of kindergarten children vulnerable: 1 or more EDI scales ¹³	29.5 – 50.0	48.1	28.6
† Percent of Grade 4 & 7 students below standard on FSA - Reading	nca	36.0	20.7
† Percent of Grade 4 & 7 students below standard on FSA - Writing	nca	28.8	17.9
† Percent of Grade 4 & 7 students below standard on FSA - Math	nca	44.7	23.4
† Grade 10 Provincial-exam non-completion rate - English	nca	36.4	15.9
† Percent of 18 yr olds who did not graduate	nca	45.6	29.0
Percent of persons ages 25 to 54: without high school completion	nca	25.0	11.1
Percent of persons ages 25 to 64: with university degree or above	14.5	13.7	24.1
Housing			
Percent of households that are renting	38.3	37	30.4
Percent of tenants paying 30 % or more of income towards housing	33	32.7	43.4
Percent of owners paying 30 % or more of income towards housing	19	18.3	22.7
Children and Youth at Risk			
* Children (ages <15) receiving Income Assistance > 1 year	nca	8.1	1.7
* Youth (ages 15 - 24) receiving Income Assistance > 1 yr	nca	3.3	0.9
Children in care rate per 1,000 population, ages 0 – 18	nca	22.5	9.2
Teen pregnancies per 1,000 women ages 15 – 19 (2007-2009)	nca	64.0	26.3
Other Indicators			
Alcohol sales per capita in 2010 (Dollars Spent)	nca	972	790
Alcohol sales per capita in 2010 (Litres Consumed)	nca	156	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. http://www.earlylearning.ubc.ca			
LHA = Local Health Area. In this table we are referring to the Prince Rupert Local Health Area (LHA - 052).			
* 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 BC Stats Socio-economic profiles . Please also see BC Ministry of Education http://www.bced.gov.bc.ca/reporting/			

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 Prince Rupert mothers (ten year summary).¹⁴



Delivery locations for Prince Rupert mothers (five year summary).¹⁵

Mother's community or Regional District area	Delivery Location: 2005/06 – 2009/10			Total Deliveries
	Prince Rupert	Terrace	Other BC Location	
Lax Kw'alaams (VL)	54	2	0	56
Port Edward (DM)	24	1	0	25
Prince Rupert (City)	796	8	26	830
Total Deliveries	874	11	30	911

Prince Rupert Regional Hospital is the destination for many mothers who reside in isolated west coast communities. For example, of the many births in the Prince Rupert Hospital between 2005/06 and 2009/10: there were 95 births to mothers from Haida Gwaii; 54 births to mothers from [Lax Kw'alaams](#); 28 births to mothers from the [Gitxaala Nation](#) (Kitkatla); and, 20 births to mothers from the [Gitga'at Nation](#) (Hartley Bay).

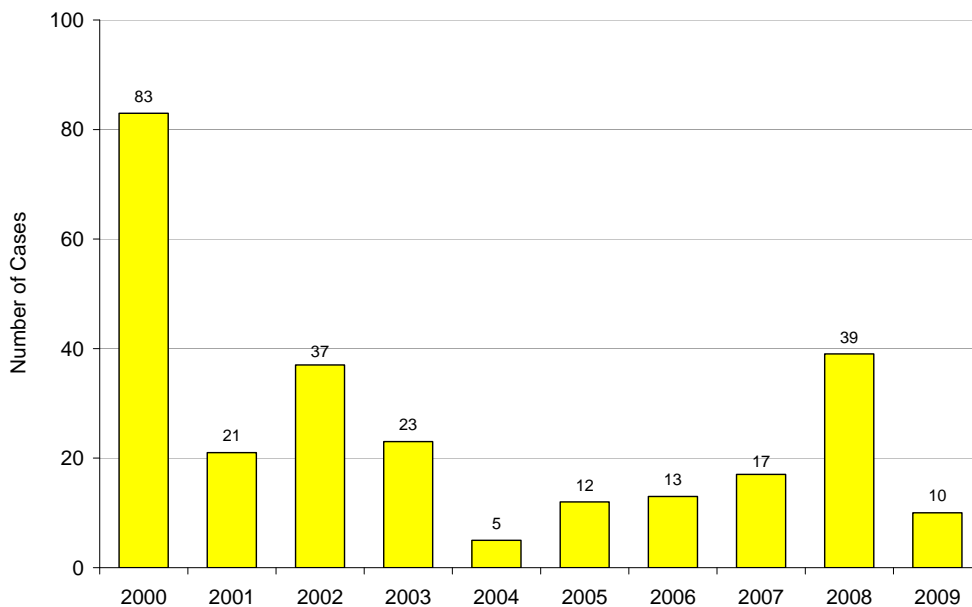
Promoting Health and Delivering High Quality Services

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.^{16, 17}

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 Prince Rupert area, who are fully immunized, is 59.8%.¹⁸

Vaccine Preventable Diseases are illnesses that may have been avoided if individuals and communities were sufficiently immunized. These cases are summarized below.

Vaccine Preventable Diseases (cases) in Northwest BC: 2000 - 2009



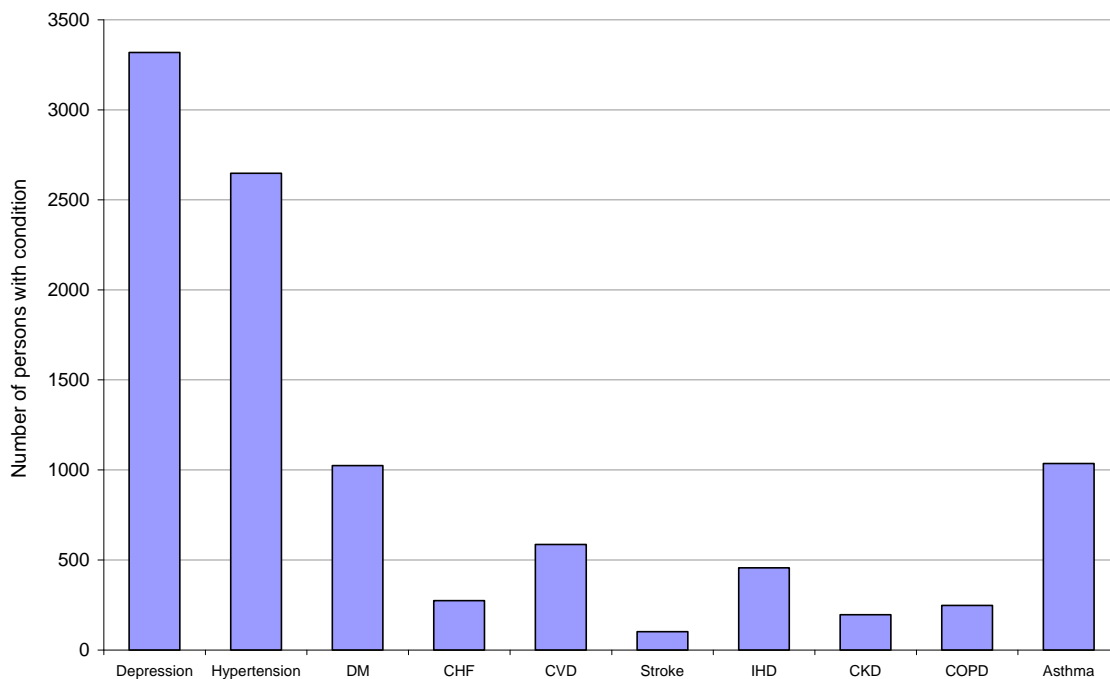
Vaccine Preventable Diseases (cases) in Northwest BC: 2000 - 2009 ¹⁹											
Community	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	Total
Dease Lake	1	0	0	1	0	0	0	1	0	0	3
Hazelton	1	0	1	8	0	0	1	3	2	1	17
Houston	3	4	14	1	2	0	0	0	2	0	26
Kitimat	4	2	1	2	1	0	0	0	0	2	12
Masset	5	3	1	1	0	0	0	1	1	0	12
Prince Rupert	17	9	8	4	0	7	5	4	2	2	58
Q. C. City	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
Total	83	21	37	23	5	12	13	17	39	10	260

Promoting Health and Delivering High Quality Services

We know that many factors influence our health. Our choices in lifestyle and towards a handful of well known risk factors: tobacco use; physical inactivity; poor dietary choices; obesity; inappropriate alcohol and drug use; certain sexual activities; and, excessive sun exposure can greatly determine whether we remain healthy and free from certain types of cancers and other chronic illnesses.^{20, 21, 22, 23}

Chronic Disease Estimates

Estimated prevalence (number of existing cases) of selected chronic conditions
City of Prince Rupert residents: 2009 - 2010



Chronic Disease Estimates for City of Prince Rupert residents: 2009 - 10 ²⁴			
Selected Chronic Conditions	Existing cases	New cases / yr	Cost / patient / yr
Depression	3319	125	\$2,681
Hypertension	2648	184	\$3,720
Diabetes	1024	61	\$5,200
Congestive Heart Failure (CHF)	275	35	\$12,870
Cardiovascular Disease (CVD)	587	51	\$8,591
Stroke	102	12	\$10,734
Ischemic Heart Disease (IHD)	456	30	\$7,735
Chronic Kidney Disease (CKD)	196	25	\$15,164
COPD	248	40	\$10,778
Asthma	1036	49	\$1,531

These community level estimates are based upon each community's relative share of the total Local Health Area (LHA) population and reflect what "might be expected" at the community level, given the known experience of the larger LHA.

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.²⁵

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

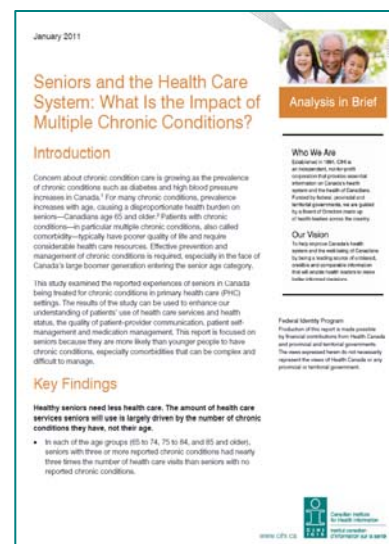
How do we compare to the rest of Canada?

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.²⁶

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 of some of the inpatient and facility activity.

Location: where inpatient hospital services were received.²⁷

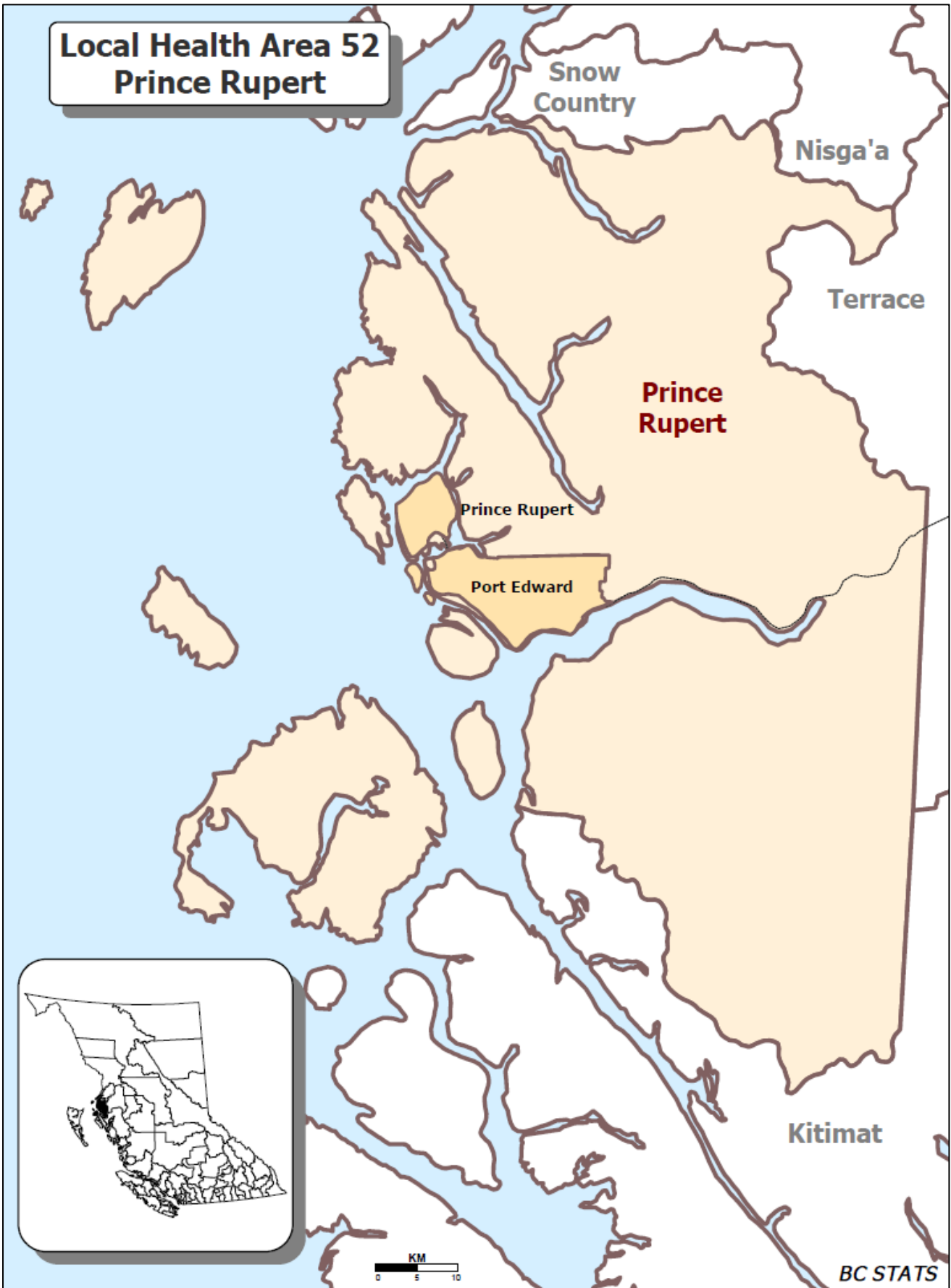
For Prince Rupert residents during the five year period: 2005/06 - 2009/10.							
Number of Cases and Days	Location of Hospital Care						
	Prince Rupert	Terrace	Kitimat	Other NH	Other BC	OOP	Total
Cases	7,642	270	80	242	1,347	44	9,625
Days	30,966	2,277	219	1,978	12,281	209	47,930

- 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.²⁸

Facility and Patient Activity (selected measures).²⁹

No. 902 - Prince Rupert Regional Hospital					
Selected Measures	2006/07	2007/08	2008/09	2009/10	2010/11
Acute discharges/deaths total	1,937	2,058	1,984	1,948	2,121
Acute in-patient admissions total	1,959	2,051	2,003	1,938	2,125
Acute in-patient days (excl. ALC)	6,703	7,415	7,753	7,468	7,551
ALC days total	1,233	1,548	1,609	930	1,177
Ambulatory visits (excl. E/R).	8,481	10,088	11,780	8,041	10,583
Emergency visits (excl. Ambul)	19,150	22,702	24,905	27,492	23,606
In-patient surgical cases total	584	567	612	461	543
Surgical day care cases total	2,074	1,956	1,932	1,662	1,880
Psychiatry/addiction admissions	n/a	n/a	n/a	n/a	n/a
Psychiatry/addiction I/P days	n/a	n/a	n/a	n/a	n/a
Medical Imaging Tests	16,972	18,194	18,017	17,461	17,836
Lab Tests (excludes respiratory)	336,563	371,662	384,848	350,060	395,332

**Local Health Area 52
Prince Rupert**



Skeena-Queen Charlotte Regional District

Legend

- Designated Placename
- Locality
- Highway
- Reserve
- Municipality
- Regional District Electoral Area



Prepared by BC Stats
 Source: 2006 Census
 Statistics Canada

0 5 10 20
 Kilometers

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