

Healthy Northern Communities 2011

Town of Smithers

Revised
October, 2011

Smithers - Town



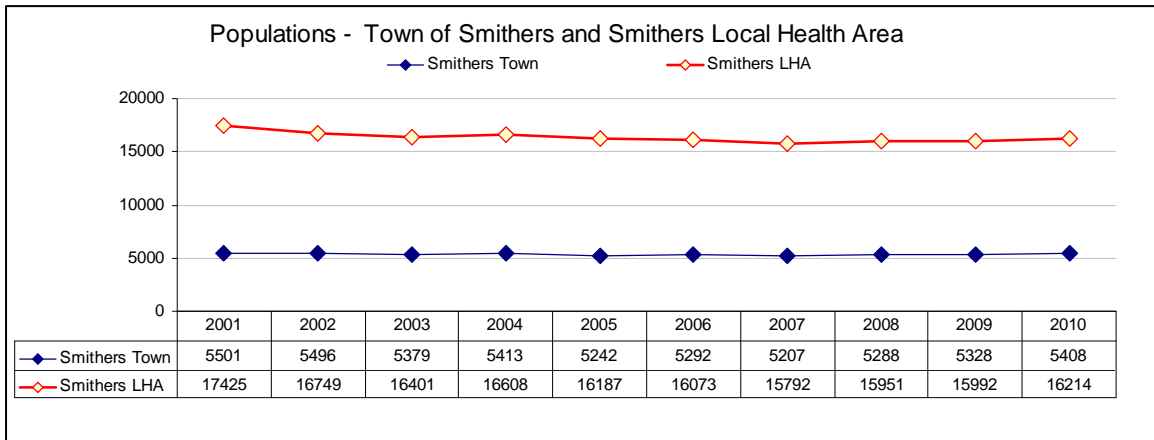
northern health
the northern way of caring

Town of Smithers

The Town of Smithers was incorporated in 1921. The town is located approximately 371 km west of Prince George and 350 km east of Prince Rupert.¹

The Town of Smithers is also situated within the Bulkley Nechako Regional District, within the Smithers Local Health Area (LHA 054) and within the Northwest Health Service Delivery Area of Northern Health. Smithers is served by School District No. 54.

This broad area is the traditional territories of the Wet'suwet'en and Dakelh (Carrier) peoples. The nearby Wet'suwet'en community of Moricetown is located on the southern edge of the Upper Skeena LHA. The Dakelh communities of Wit'at (Fort Babine), Nedo'ats (Old Fort), and Tachet are located nearby on Babine Lake.^{2, 3}



The estimated 5,408 people within the Town of Smithers account for approximately 34 % of the Smithers LHA population (5,408 / 16,074 persons) and for 13.8 % of the Bulkley Nechako Regional District population (5,408 / 39,183 persons).^{4, 5, 6}

During the 2009 calendar year, there were 87 births, 46 deaths and 35 marriages to the residents of Smithers. The average life expectancy for Smithers residents was 79.3 years. This was slightly less than the BC average life expectancy of 81.4 years.⁷

Community Information

Town of Smithers: <http://www.smithers.ca/>

Town of Smithers, Official Community Plan: <http://www.smithers.ca/>

Lake Babine Nation: <http://www.lakebabine.com/>

Wet'suwet'en Nations: <http://www.wetsuweten.com/>

Bulkey Nechako Regional District: <http://www.rdbn.bc.ca/>

Official Rural Plan: (see Regional Services / Planning) <http://www.rdbn.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}

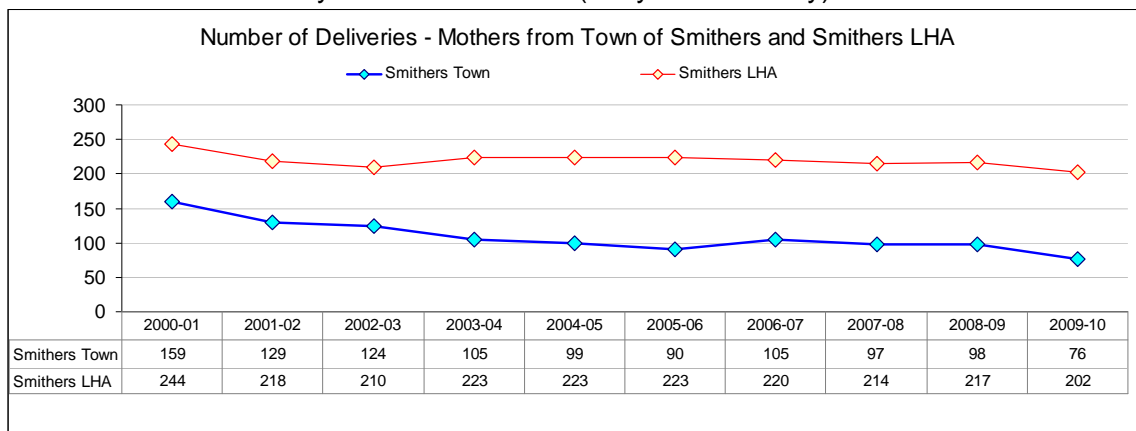
Selected Determinants of Health			
Demographics	Smithers ¹⁰	LHA ¹¹	BC ¹²
Percent of population who are 0 – 19 yrs old	30.3	27.8	23.2
Percent of population who are ages 65+	11.1	11.5	15.0
Percent of population who are Visible Minorities	5.0	3.6	24.5
Percent of population who are Aboriginal Identity	15.0	11.5	4.8
Income			
Percent of families earning < \$20,000 per year	10.5	6.2	8.0
Percent of families earning from \$20,000 - \$80,000 per year	54.7	53.5	53.8
Percent of families earning > \$80,000 per year	34.8	40.3	38.1
* Percent of population receiving Income Assistance > 1 yr.	nca	1.3	1.0
Early Development and Educational Achievement			
Percent of kindergarten children vulnerable: 1 or more EDI scales ¹³	nca	28.8	28.6
† Percent of Grade 4 & 7 students below standard on FSA - Reading	nca	21.7	20.7
† Percent of Grade 4 & 7 students below standard on FSA - Writing	nca	13.3	17.9
† Percent of Grade 4 & 7 students below standard on FSA - Math	nca	22.9	23.4
† Grade 10 Provincial-exam non-completion rate - English	nca	19.6	15.9
† Percent of 18 yr olds who did not graduate	nca	14.5	29.0
Percent of persons ages 25 to 54: without high school completion	16.7	13.9	11.1
Percent of persons ages 25 to 64: with university degree or above	17.1	14.3	24.1
Housing			
Percent of households that are renting	31.6	21.7	30.4
Percent of tenants paying 30 % or more of income towards housing	39.0	29.4	43.4
Percent of owners paying 30 % or more of income towards housing	13.0	9.9	22.7
Children and Youth at Risk			
* Children (ages <15) receiving Income Assistance > 1 year	nca	2.2	1.7
* Youth (ages 15 - 24) receiving Income Assistance > 1 yr	nca	1.4	0.9
Children in care rate per 1,000 population, ages 0 – 18	nca	10.2	9.2
Teen pregnancies per 1,000 women ages 15 – 19 (2007-2009)	nca	32.1	26.3
Other Indicators			
Alcohol sales per capita in 2010 (Dollars Spent)	nca	991	790
Alcohol sales per capita in 2010 (Litres Consumed)	nca	153	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 Smithers Local Health Area (LHA - 054).			
* 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 Smithers mothers (ten year summary).¹⁴



Delivery locations for Smithers mothers (five year summary).¹⁵

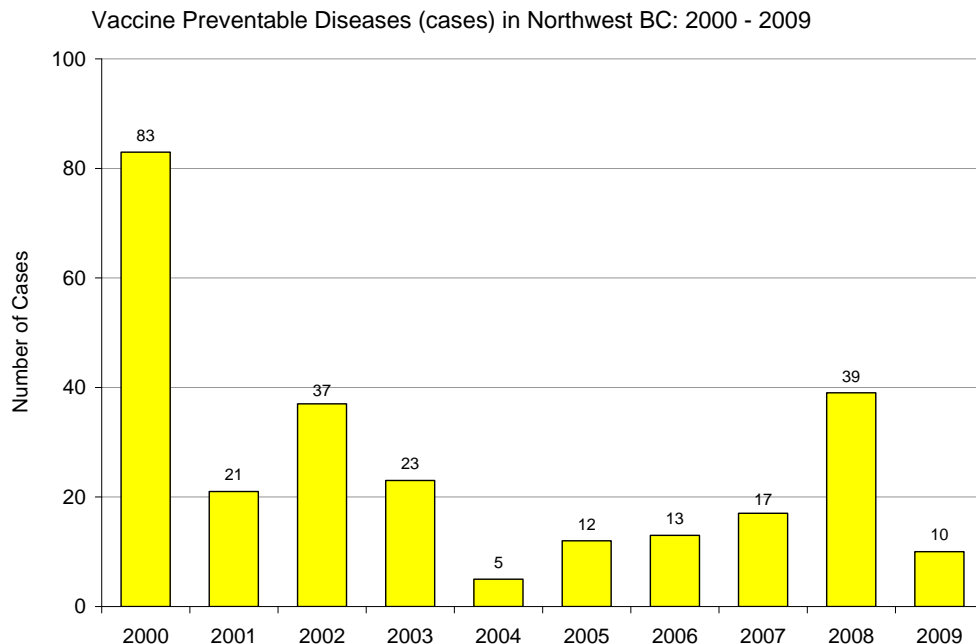
Mother's community or Regional District area	Delivery Location: 2005/06 – 2009/10			
	Smithers	Burns Lake	Other BC Location	Total Deliveries
Bulk-Nechako RD (A)	225	0	20	245
Bulk-Nechako RD (G)	3	1	4	8
Houston (DM)	214	2	17	233
Smithers (Town)	428	0	38	466
Telkwa (VL)	116	0	8	124
Total Deliveries	986	3	87	1,076

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 Smithers area, who are fully immunized, is 47.2%.¹⁸

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



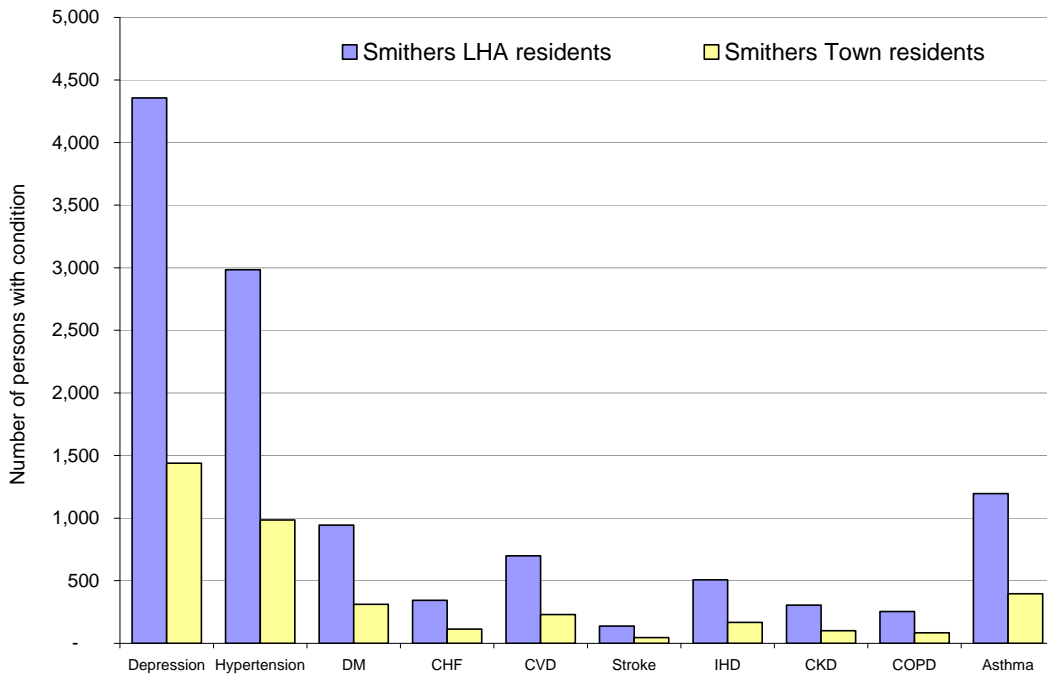
Vaccine Preventable Diseases (cases) in Northwest BC: 2000 - 2009 ¹⁹											
Community	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	Total
Dease Lake	1	0	0	1	0	0	0	1	0	0	3
Hazelton	1	0	1	8	0	0	1	3	2	1	17
Houston	3	4	14	1	2	0	0	0	2	0	26
Kitimat	4	2	1	2	1	0	0	0	0	2	12
Masset	5	3	1	1	0	0	0	1	1	0	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 number of existing or treated cases of selected chronic conditions
Smithers LHA and Smithers Town residents: 2009 - 2010



Selected Chronic Conditions	Existing or treated cases		New cases / yr		Cost/ patient per year
	Town	LHA	Town	LHA	
Depression	1438	4,357	65	196	\$2,627
Hypertension	985	2,984	63	192	\$3,880
Diabetes	312	944	23	71	\$5,633
Congestive Heart Failure (CHF)	113	343	17	52	\$11,425
Cardiovascular Disease (CVD)	230	698	25	76	\$8,638
Stroke	45	137	7	21	\$12,075
Ischemic Heart Disease (IHD)	167	507	15	44	\$8,010
Chronic Kidney Disease (CKD)	101	305	18	54	\$10,768
COPD	84	254	8	23	\$8,294
Asthma	395	1,196	19	59	\$1,343

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 %

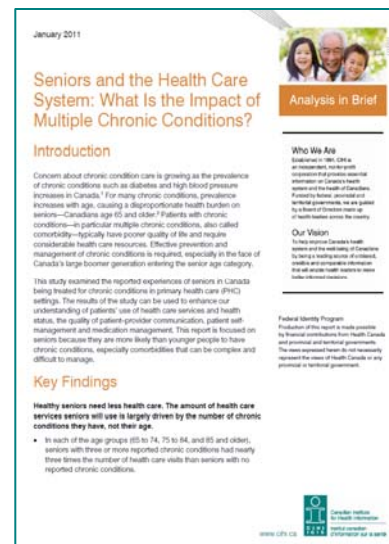
How do we compare to the rest of Canada?

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 into some of the inpatient and facility activity.

Location: where inpatient hospital services were received.²⁷

For Smithers residents during the five year period: 2005/06 - 2009/10.							
Number of Cases and Days	Location of Hospital Care						
	Smithers	Terrace	Prince Rupert	Other NH	Other BC	OOP	Total
Cases	5,388	403	230	1,010	943	34	8,008
Days	20,046	2,267	489	6,170	7,570	116	36,658

- 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. 903 - Bulkley Valley District Hospital (Smithers)					
Selected Measures	2006/07	2007/08	2008/09	2009/10	2010/11
Acute discharges/deaths total	1,603	1,335	1,449	1,432	1,458
Acute in-patient admissions total	1,610	1,324	1,456	1,433	1,453
Acute in-patient days (excl. ALC)	5,370	5,099	5,117	5,313	5,079
ALC days total	870	1,332	634	547	1,137
Ambulatory visits (excl. E/R).	3,122	4,252	4,918	4,371	4,710
Emergency visits (excl. Ambul)	14,765	14,396	13,701	13,363	13,966
In-patient surgical cases total	202	169	185	155	152
Surgical day care cases total	1,296	1,188	1,385	1,134	1,250
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	14,192	13,823	14,062	14,591	14,952
Lab Tests (excludes respiratory)	277,344	294,517	285,827	301,676	294,974



Bulkley-Nechako Regional District



Legend

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

Prepared by BC Stats
Source: 2006 Census
Statistics Canada

References

- ¹ BC Stats, Community Fact Sheets: <http://www.bcstats.gov.bc.ca/data/dd/facsheet/facsheet.asp>
- ² BC Treaty Commission Statement of Intent Maps: GEO BC. <http://ilmbwww.gov.bc.ca/cis/initiatives/treaty/>
- ³ BC Ministry of Aboriginal Relations & Reconciliation: First Nations by Region. <http://www.gov.bc.ca/arr/treaty/regional.html>
- ⁴ BC Stats: Population Estimates for Local Health Areas: PEOPLE 35. <http://www.bcstats.gov.bc.ca/data/pop/popstart.asp>
- ⁵ Population Estimates for Municipalities: BC Stats; 1996-2006, 2006-2010. <http://www.bcstats.gov.bc.ca/data/pop/pop/estspop.asp#totpop>
- ⁶ BC Stats: Population Estimates for Regional Districts: PEOPLE 35. <http://www.bcstats.gov.bc.ca/data/pop/popstart.asp>
- ⁷ 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.
- ⁸ What Determines Health: Public Health Agency of Canada <http://www.phac-aspc.gc.ca/ph-sp/determinants/index-eng.php>
- ⁹ Healthy and Productive Canada: Determinants of Health Approach. Senate Committee on Health. <http://www.parl.gc.ca/40/2/paribus/commbus/senate/Com-e/popu-e/rep-e/rephealthjun09-e.pdf>
- ¹⁰ Census 2006 Profiles: BC Stats. http://www.bcstats.gov.bc.ca/data/cen06/profiles/detailed/ch_alpha.asp
- ¹¹ BC Socio-economic profiles; BC Stats: June 2011. <http://www.bcstats.gov.bc.ca/data/sep/index.asp>
- ¹² BC figures from BC Stats: [BC Socio-economic profiles](#), [Census 2006 Profiles](#) and / or [PEOPLE 35](#).
- ¹³ Human Early Learning Partnership; the Early Development Index: Wave 3. <http://www.earlylearning.ubc.ca/research/initiatives/early-development-instrument/>
- ¹⁴ 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.
- ¹⁵ 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.
- ¹⁶ 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>
- ¹⁷ Technical Assumptions for Population Forecasting in BC: Page 7. BC Stats, July 2009. <http://www.bcstats.gov.bc.ca/data/pop/pop/popproi.asp>
- ¹⁸ 2008 Cohort (2 year olds) Date of Birth Jan 01, 2008 to Dec 30, 2008. Up-to-date for all vaccines: (new definitions). Data extracted Jan 17, 2011: MMP for JMH: Northern Health-Public and Preventive Health: June 2011.
- ¹⁹ Vaccine Preventable Disease: Northern Health-Public Health / Preventive Public Health: May 2010.
- ²⁰ Population Patterns of Chronic Health Conditions in Canada: Health Council of Canada. <http://healthcouncilcanada.ca>
- ²¹ The Cost of Chronic Disease in Canada: GPI Atlantic.2004. <http://gpiatlantic.org/pdf/health/chroniccanada.pdf>
- ²² Prevention: British Columbia Cancer Agency. 2009. <http://www.bccancer.bc.ca/PPI/Prevention/default.htm>
- ²³ Hospitalizations: Counts and Rates Attributable to Alcohol, Tobacco, and Illicit Drugs for BC Health Authorities. BC Centre for Addictions Research: AOD project. March 2010. <http://carbc.ca/AODMonitoring/tabid/541/Default.aspx>
- ²⁴ BC Ministry of Health Services: Chronic Conditions according to LHA. Project 2011_005_PHC
- ²⁵ InterRAI Client Assessment Summary: Northern Health. Summary as of March 31, 2011. Data extracted May 28, 2011. Northern Health Home and Community Care Services.
- ²⁶ 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
- ²⁷ 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.
- ²⁸ Alternate Level of Care in Canada: CIHI. <https://secure.cihi.ca/estore/productSeries.htm?pc=PCC456>
- ²⁹ 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.