

Healthy Northern Communities 2011

*District Municipality of
Fort St. James*

Revised
October, 2011



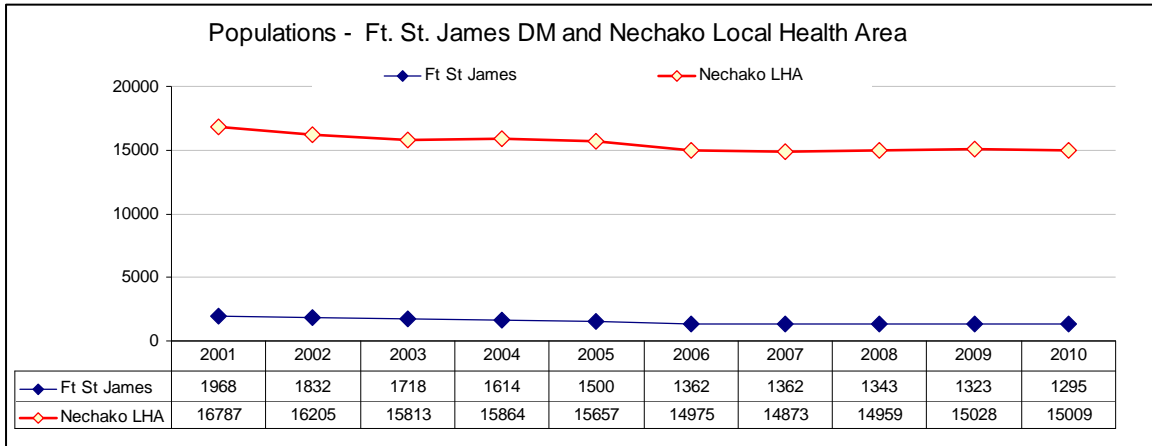
northern health
the northern way of caring

District Municipality of Fort St. James

The District Municipality of Fort St. James was incorporated in 1952. It is located approximately 62 km north of Vanderhoof and 159 km northwest of Prince George.¹

Fort St. James is also situated within the Bulkley Nechako Regional District, within the Nechako Local Health Area (LHA 056) and within the Northern Interior Health Service Delivery Area of Northern Health. Fort St. James is served by School District No. 91.

This area is the traditional territories of the Dakelh (Carrier) peoples. First Nations in this local area include Tl'azt'enne, Nak'azdli, and Yekooche First Nations. Considerably farther north of Fort St. James is the Takla Lake First Nation.^{2, 3}



The estimated 1,295 people within the District Municipality of Fort St. James account for approximately 8.6 % of the Nechako LHA population (1,295 / 15,066 persons) and for 3.3 % of the Bulkley Nechako Regional District population (1,295 / 39,183 persons).^{4, 5, 6}

During the 2009 calendar year, there were 71 births, 28 deaths and 15 marriages to the residents of the District of Fort St. James. The average life expectancy for residents was 77.1 years. This was less than the BC average life expectancy of 81.4 years.⁷

Community Information

District of Fort St. James: <http://www.stuartnechako.ca/fort-st-james/>

Fort St. James Profile: <http://stuartnechako.ca/fort-st-james/visitors/category/profile/>

Nak'azdli First Nation: <http://www.nakazdli.ca/>

Takla First Nation: <http://www.taklafn.ca>

Tl'azt'en First Nation: <http://tlc.baremetal.com/index.htm>

Yekooche First Nation: <http://www.yekooche.com/>

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

BC Stats Fact Sheets: <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}

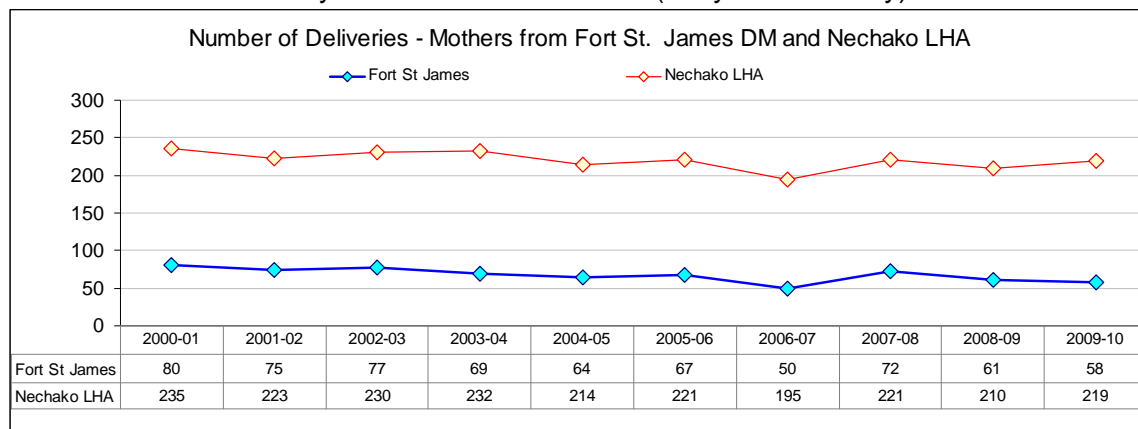
Selected Determinants of Health			
Demographics	Ft St James ¹⁰	LHA ¹¹	BC ¹²
Percent of population who are 0 – 19 yrs old	28.6	28.5	23.2
Percent of population who are ages 65+	10.8	12.7	15.0
Percent of population who are Visible Minorities	15	3.5	24.5
Percent of population who are Aboriginal Identity	12	22.1	4.8
Income			
Percent of families earning < \$20,000 per year	7.3	11.4	8.0
Percent of families earning from \$20,000 - \$80,000 per year	41.4	50.8	53.8
Percent of families earning > \$80,000 per year	51.3	37.7	38.1
* Percent of population receiving Income Assistance > 1 yr.	nca	1.5	1.0
Early Development and Educational Achievement			
Percent of kindergarten children vulnerable: 1 or more EDI scales ¹³	42.2	32.3	28.6
† Percent of Grade 4 & 7 students below standard on FSA - Reading	nca	28.3	20.7
† Percent of Grade 4 & 7 students below standard on FSA - Writing	nca	27.8	17.9
† Percent of Grade 4 & 7 students below standard on FSA - Math	nca	35.0	23.4
† Grade 10 Provincial-exam non-completion rate - English	nca	27.1	15.9
† Percent of 18 yr olds who did not graduate	nca	25.1	29.0
Percent of persons ages 25 to 54: without high school completion	nca	24.7	11.1
Percent of persons ages 25 to 64: with university degree or above	16.9	10.2	24.1
Housing			
Percent of households that are renting	23.4	20.3	30.4
Percent of tenants paying 30 % or more of income towards housing	23	29.7	43.4
Percent of owners paying 30 % or more of income towards housing	7	12.1	22.7
Children and Youth at Risk			
* Children (ages <15) receiving Income Assistance > 1 year	nca	2.5	1.7
* Youth (ages 15 - 24) receiving Income Assistance > 1 yr	nca	2.0	0.9
Children in care rate per 1,000 population, ages 0 – 18	nca	19.5	9.2
Teen pregnancies per 1,000 women ages 15 – 19 (2007-2009)	nca	68.0	26.3
Other Indicators			
Alcohol sales per capita in 2010 (Dollars Spent)	nca	933	790
Alcohol sales per capita in 2010 (Litres Consumed)	nca	158	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 Nechako Local Health Area (LHA - 056).			
* 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 Fort St. James mothers (ten year summary).¹⁴



Delivery locations for Fort St. James mothers (five year summary).¹⁵

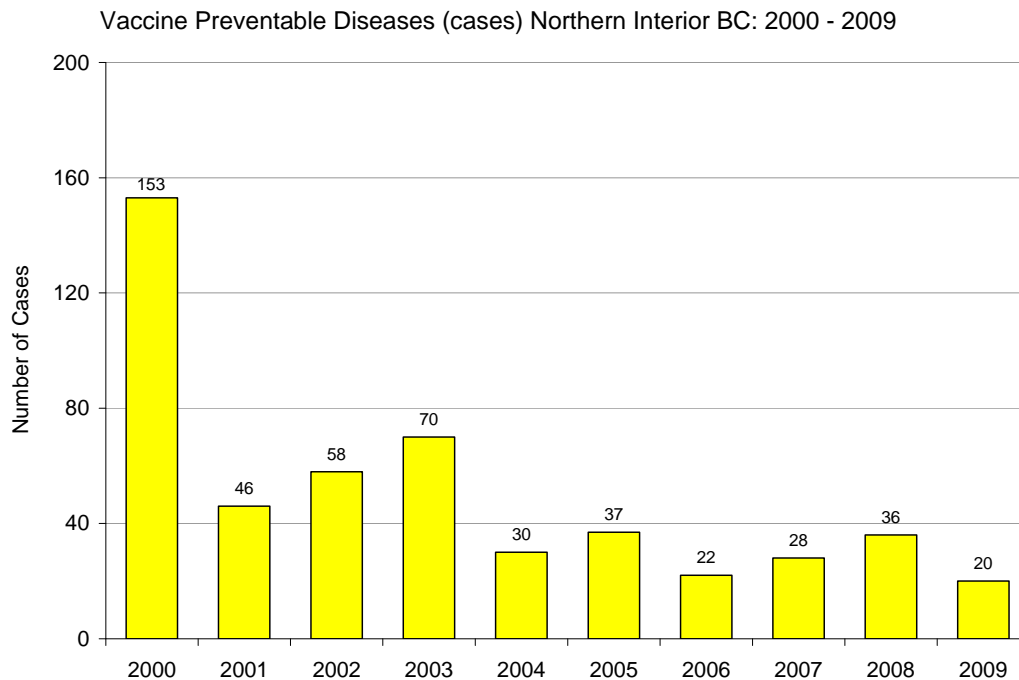
Mother's community or Regional District area	Delivery Location: 2005/06 – 2009/10					
	Vanderhoof	Ft St James	Prince George	Other BC Location	Home Births	Total Deliveries
Bulk-Nechako RD (D)	2	0	0	0	1	3
Bulk-Nechako RD (C)	4	0	5	0	0	9
Fraser Lake (VL)	88	0	18	6	0	112
Fort Fraser (Nautley)	39	0	3	1	1	44
Ft St James (DM)	148	97	53	10	0	308
Vanderhoof (DM)	530	0	52	7	1	590
Total Deliveries	811	97	131	24	3	1,066

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 Fort St. James area, who are fully immunized, is 63%.¹⁸

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



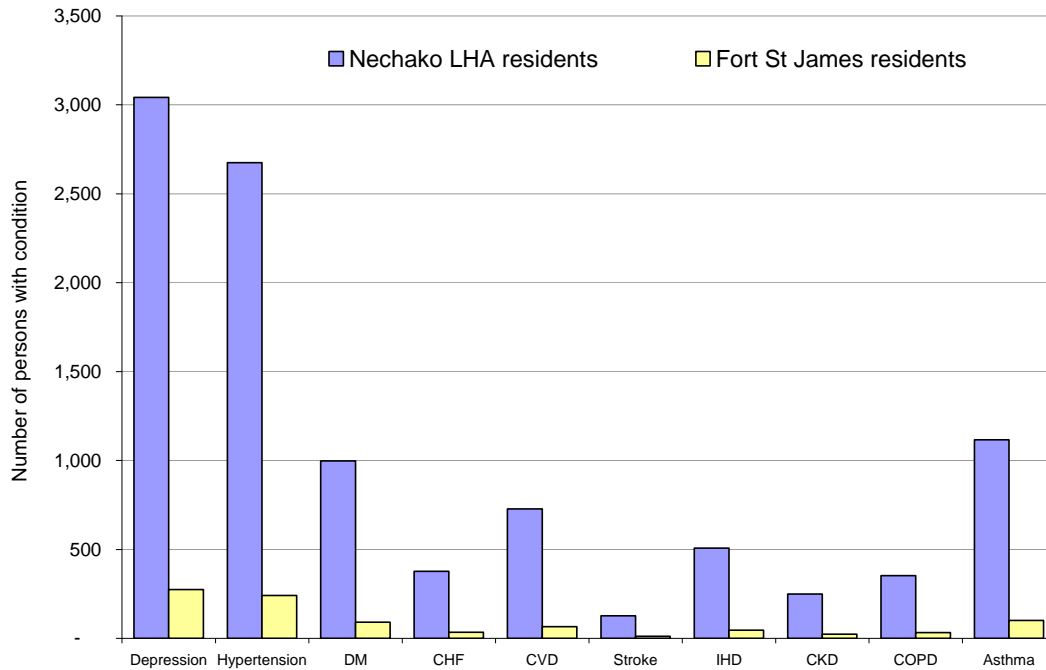
Vaccine Preventable Diseases (cases) in Northern Interior BC: 2000 - 2009 ¹⁹											
Community	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	Total
Burns Lake	0	1	26	1	0	4	0	0	1	2	35
Ft. St. James	3	2	2	0	0	1	3	2	2	0	15
Fraser Lake	0	0	0	5	0	1	0	0	1	0	7
Mackenzie	1	0	0	1	0	0	1	0	0	1	4
McBride	0	1	0	0	0	0	0	0	0	0	1
Prince George	129	35	26	52	26	22	17	19	31	13	370
Quesnel	18	6	1	5	4	9	1	4	1	4	53
Valemount	0	0	0	4	0	0	0	0	0	0	4
Vanderhoof	2	1	3	2	0	0	0	3	0	0	11
Total	153	46	58	70	30	37	22	28	36	20	500

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
Nechako LHA and Fort St James residents: 2009 - 2010



Chronic Disease Estimates for Nechako LHA and Ft St James residents: 2009 - 10 ²⁴					
Selected Chronic Conditions	Existing or treated cases		New cases / yr		Cost per patient / year
	Ft St James	LHA	Ft St James	LHA	
Depression	274	3043	17	193	\$2,884
Hypertension	241	2676	14	157	\$4,067
Diabetes	90	998	8	84	\$5,342
Congestive Heart Failure (CHF)	34	376	4	47	\$11,174
Cardiovascular Disease (CVD)	66	728	6	68	\$8,067
Stroke	11	127	2	19	\$14,414
Ischemic Heart Disease (IHD)	46	507	3	36	\$7,794
Chronic Kidney Disease (CKD)	22	249	4	42	\$14,221
COPD	32	352	5	52	\$7,020
Asthma	101	1117	5	60	\$1,571

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 856 residents of the northern interior receiving home-support services. Here is a clinical profile of these residents.²⁵

Male	36 %	Married	28 %	Aged 75+	72 %
Female	64 %	Widowed	44 %	Aboriginal	6 %
Frequently Noted Health Conditions					
Hypertension	56 %	Depression	27 %	Osteoporosis	22%
Arthritis	46 %	Diabetes	24 %	Chronic Arterial	20 %
Clients with Multiple Health Conditions					
≤ 3 Conditions	28 %	3 - 5 Conditions	37 %	≥5 Conditions	34 %
Clients with Cognitive Impairment (Cognitive Performance Score)					
No impairment	39 %	Borderline /mild	49 %	Mod - Very Severe	12 %
Clients with independence difficulty in 1- 3 daily activities (IADL Difficulty Scale)					
No difficulty	28 %	Some difficulty	22 %	Great difficulty	50 %

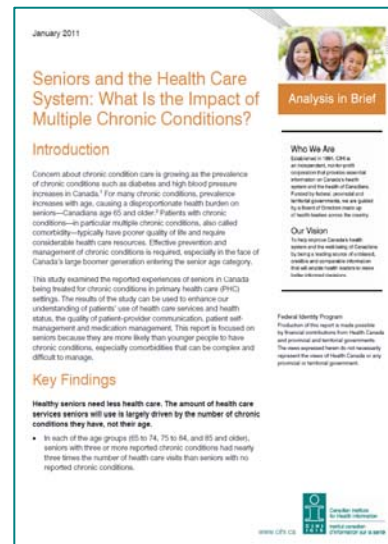
How do we compare to the rest of Canada?

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.

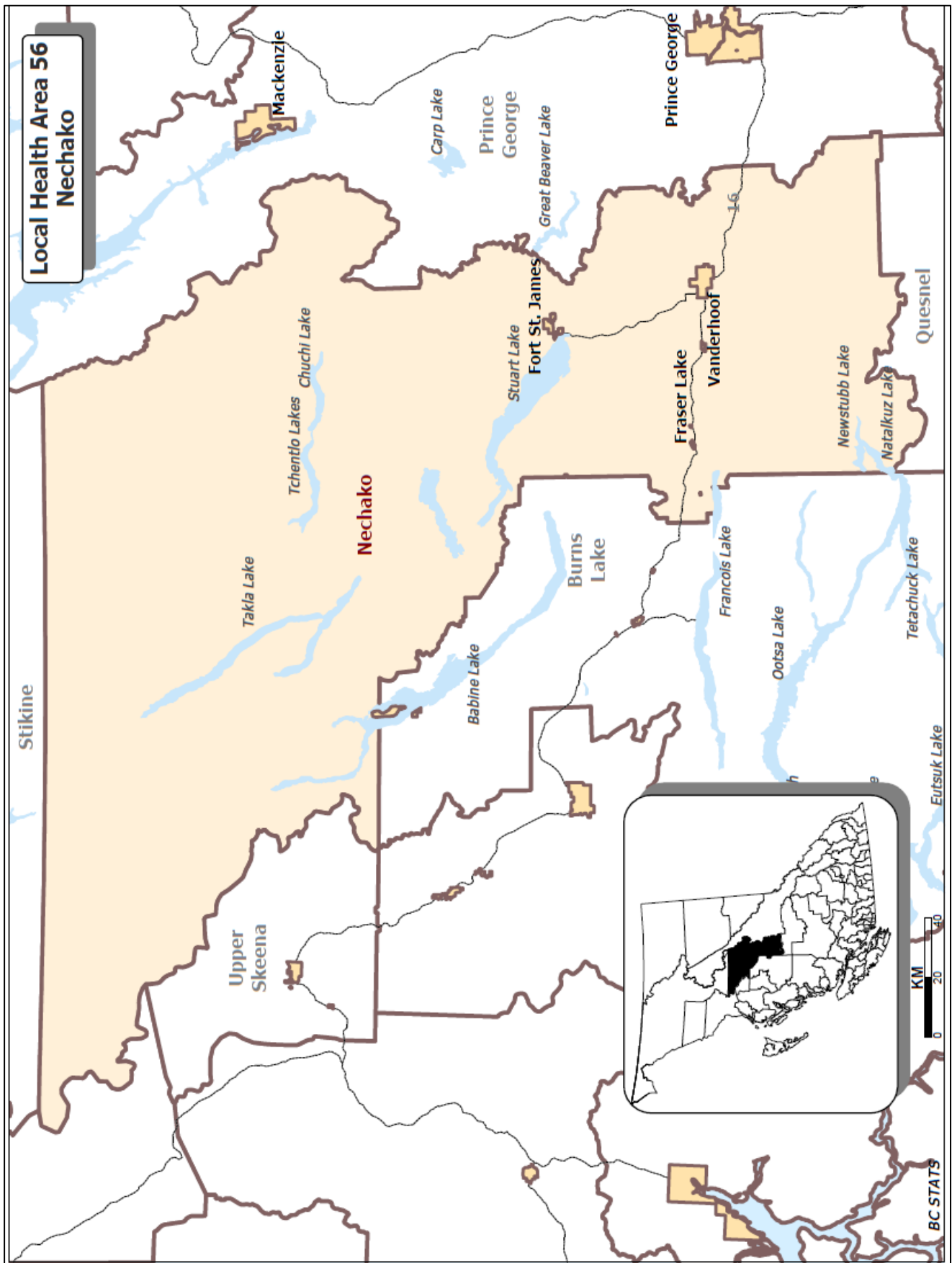
Location: where inpatient hospital services were received.²⁷

For Fort St. James residents during the five year period: 2005/06 - 2009/10.							
Number of Cases and Days	Location of Hospital Care						
	Fort St James	Prince George	Vanderhoof	Other NH	Other BC	OOP	Total
Cases	1,867	1,011	481	24	255	23	3,661
Days	7,569	6,653	1,137	74	21,87	232	17,852

- 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. 717 - Stuart Lake Hospital (Fort St. James)					
Selected Measures	2006/07	2007/08	2008/09	2009/10	2010/11
Acute discharges/deaths total	425	324	356	374	373
Acute in-patient admissions total	425	324	360	371	342
Acute in-patient days (excl. ALC)	1,710	1,595	1,158	1,219	1,210
ALC days total	50	222	415	33	29
Ambulatory visits (excl. E/R).	n/a	n/a	n/a	n/a	n/a
Emergency visits (excl. Ambul)	6,323	6,052	6,143	7,302	5,028
In-patient surgical cases total	n/a	n/a	n/a	n/a	n/a
Surgical day care cases total	n/a	n/a	n/a	n/a	n/a
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	3,514	3,622	3,598	3,036	2,159
Lab Tests (excludes respiratory)	87,446	97,178	103,647	112,080	102,384



Bulkley-Nechako Regional District



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- 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>
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