

# Healthy Northern Communities 2011

*District Municipality of  
Hudson's Hope*

Revised  
August 6, 2011



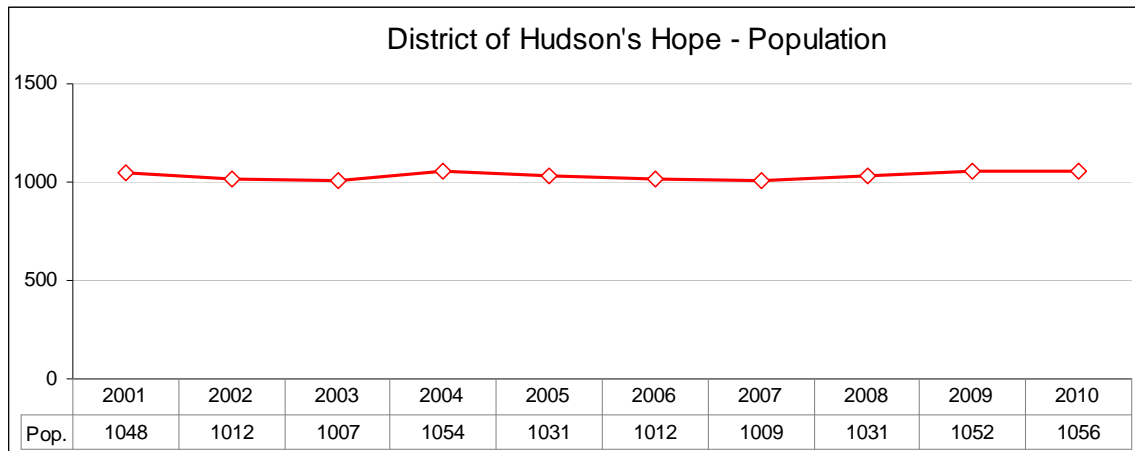
**northern health**  
*the northern way of caring*

## District Municipality of Hudson's Hope

The District Municipality of Hudson's Hope was incorporated in 1965. The district is located approximately 89 km west of Fort St. John and 65 km north of Chetwynd. <sup>1</sup>

Hudson's Hope is also situated within the Peace River Regional District, within the Peace River North Local Health Area (LHA 060) and within the Northeast Health Service Delivery Area of Northern Health. Hudson's Hope is served by School District No. 60.

The area of Hudson's Hope is the traditional territories of the Dane-zaa (Beaver), Cree and Saulteau speaking peoples. The Saulteau First Nation and West Moberly First Nations, as well as many Metis people, presently call this area home. <sup>2, 3, 4</sup>



The estimated 1,056 people living within the District of Hudson's Hope account for approximately 3.0 % of the Peace River North LHA population (1,056 / 35,36 persons) and for 1.6 % of the Peace River Regional District population (1,056 / 63,368 persons). The local area population that is attributable to industrial work camps is uncertain. <sup>5, 6, 7</sup>

During the 2009 calendar year, there were 8 births, 7 deaths and 3 marriages to the residents of Hudson's Hope. The average life expectancy for Hudson's Hope residents was 79.5 years. This was less than the BC average life expectancy of 81.4 years. <sup>8</sup>

### Community Information

District of Hudson's Hope: <http://hudsonshope.ca/>

District of Hudson's Hope Official Community Plan: <http://hudsonshope.ca/district.html>

District of Hudson's Hope Community Profile: <http://hudsonshope.ca/community.html>

Saulteau First Nations: <http://www.saulteau.com/>

West Moberly First Nations: <http://www.treaty8.bc.ca/communities/westmoberly.php>

BC Community Facts: <http://www.bcstats.gov.bc.ca/data/dd/facsheet/cf264.pdf>

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.<sup>9, 10</sup>

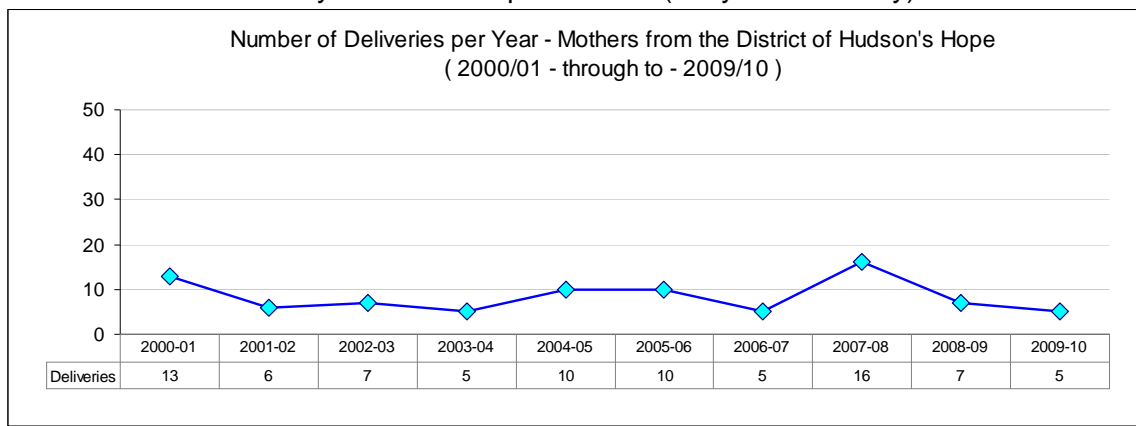
Selected Determinants of Health			
Demographics	Hudson's Hope <sup>11</sup>	LHA <sup>12</sup>	BC <sup>13</sup>
Percent of population who are 0 – 19 yrs old	26.4	29.8	23.2
Percent of population who are ages 65+	13.9	7.2	15.0
Percent of population who are Visible Minorities	1.0	3.5	24.5
Percent of population who are Aboriginal Identity	17	22.1	4.8
<b>Income</b>			
Percent of families earning < \$20,000 per year	7	11.4	8.0
Percent of families earning from \$20,000 - \$80,000 per year	48	50.8	53.8
Percent of families earning > \$80,000 per year	45	37.7	38.1
* Percent of population receiving Income Assistance > 1 yr.	nca	0.4	1.0
<b>Early Development and Educational Achievement</b>			
Percent of kindergarten children vulnerable: 1 or more EDI scales <sup>14</sup>	nca	32.3	28.6
† Percent of Grade 4 & 7 students below standard on FSA - Reading	nca	21.1	20.7
† Percent of Grade 4 & 7 students below standard on FSA - Writing	nca	12.5	17.9
† Percent of Grade 4 & 7 students below standard on FSA - Math	nca	27.6	23.4
† Grade 10 Provincial-exam non-completion rate - English	nca	23.5	15.9
† Percent of 18 yr olds who did not graduate	nca	40.1	29.0
Percent of persons ages 25 to 54: without high school completion	nca	21.2	11.1
Percent of persons ages 25 to 64: with university degree or above	11.5	10.9	24.1
<b>Housing</b>			
Percent of households that are renting	20.2	20.3	30.4
Percent of tenants paying 30 % or more of income towards housing	41	29.7	43.4
Percent of owners paying 30 % or more of income towards housing	6	12.1	22.7
<b>Children and Youth at Risk</b>			
* Children (ages <15) receiving Income Assistance > 1 year	nca	0.6	1.7
* Youth (ages 15 - 24) receiving Income Assistance > 1 yr	nca	0.4	0.9
Children in care rate per 1,000 population, ages 0 – 18	nca	4.9	9.2
Teen pregnancies per 1,000 women ages 15 – 19 (2007-2009)	nca	51.4	26.3
<b>Other Indicators</b>			
Alcohol sales per capita in 2010 (Dollars Spent)	nca	890	790
Alcohol sales per capita in 2010 (Litres Consumed)	nca	134	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 Peace River North Local Health Area (LHA - 060).			
* 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 Hudson's Hope mothers (ten year summary).<sup>15</sup>



### Delivery locations for Hudson's Hope mothers (five year summary).<sup>16</sup>

Mother's community or Regional District area	Delivery Location: 2005/06 – 2009/10				
	Ft St John Hospital	Dawson Creek	Prince George	Other BC Location	Total Deliveries
Ft St John (City)	1,738	9	16	31	1,770
Hudson's Hope (DM)	40	1	2	0	43
Peace River R/D (B)	355	7	2	7	371
Peace River R/D (C)	527	1	5	10	543
Taylor (DM)	153	7	0	4	164
<b>Total Deliveries</b>	<b>2,813</b>	<b>25</b>	<b>25</b>	<b>52</b>	<b>2,915</b>

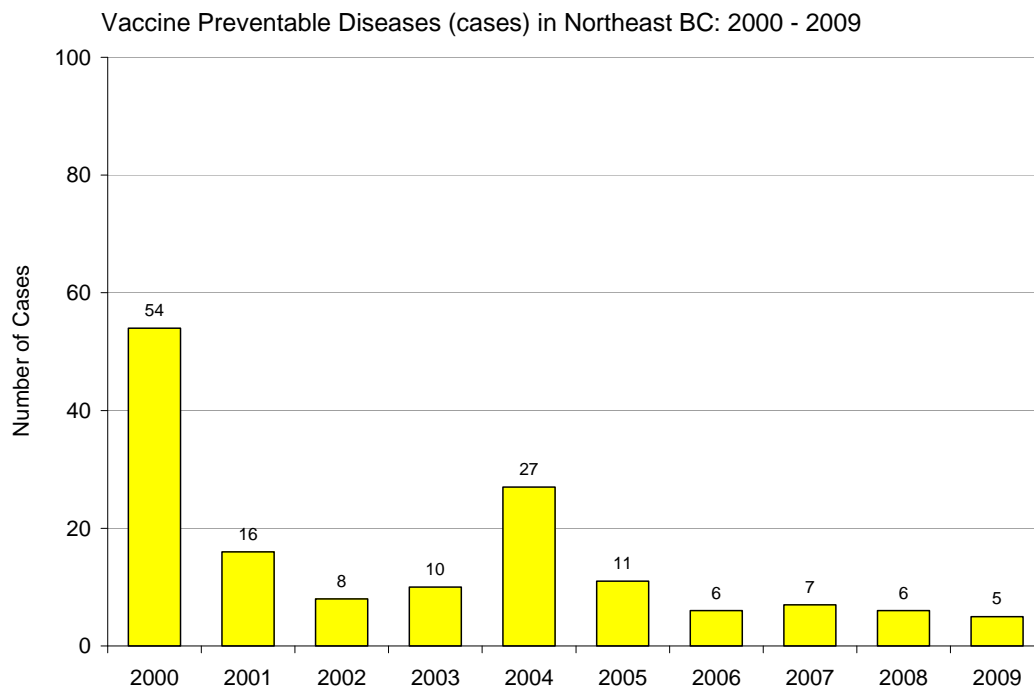
Note: Fort St. John figures also include 24 deliveries attributed to residents of the Blueberry River First Nations.

## 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>17, 18</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 Hudson's Hope, who are fully immunized, is 88.9%.<sup>19</sup>

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



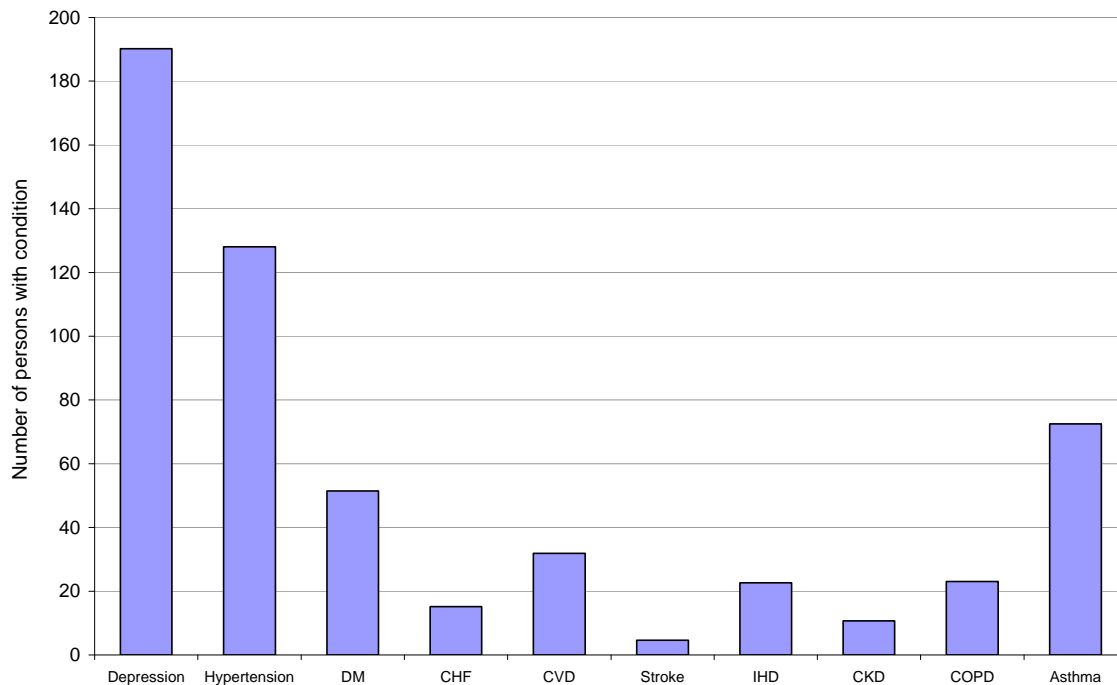
Vaccine Preventable Diseases (cases) in Northeast BC: 2000 - 2009 <sup>20</sup>											
Community	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	Total
Chetwynd	1	4	2	1	2	1	1	0	1	1	14
Dawson Cr.	7	10	3	2	21	3	1	3	2	1	53
Fort Nelson	3	0	1	0	1	1	0	3	0	2	11
Fort St John	43	2	1	7	3	5	4	1	2	1	69
Hudson's Hope	0	0	1	0	0	0	0	0	1	0	2
Tumbler Ridge	0	0	0	0	0	1	0	0	0	0	1
<b>Total</b>	<b>54</b>	<b>16</b>	<b>8</b>	<b>10</b>	<b>27</b>	<b>11</b>	<b>6</b>	<b>7</b>	<b>6</b>	<b>5</b>	<b>150</b>

## 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.<sup>21, 22, 23, 24</sup>

### Chronic Disease Estimates

Estimated prevalence (number of existing cases) of selected chronic conditions  
District Municipality of Hudson's Hope residents: 2009 - 2010



Chronic Disease Estimates for District of Hudson's Hope residents: 2009 - 10 <sup>25</sup>			
Selected Chronic Conditions	Existing cases	New cases / yr	Cost / patient / yr
Depression	190	13	\$2,362
Hypertension	128	9	\$3,853
Diabetes	51	5	\$4,794
Congestive Heart Failure (CHF)	15	3	\$9,908
Cardiovascular Disease (CVD)	32	4	\$7,602
Stroke	5	0	\$8,339
Ischemic Heart Disease (IHD)	23	2	\$6,603
Chronic Kidney Disease (CKD)	11	2	\$10,373
COPD	23	5	\$8,448
Asthma	72	4	\$1,253

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 379 residents of northeast BC receiving home-support services. Here is a clinical profile of these residents.<sup>26</sup>

<b>Male</b>	32.5%	<b>Married</b>	31 %	<b>Aged 75+</b>	68 %
<b>Female</b>	67.5%	<b>Widowed</b>	44 %	<b>Aboriginal</b>	7 %
<b>Frequently Noted Health Conditions</b>					
Hypertension	57 %	Depression	42 %	Chronic Arterial	22%
Arthritis	51 %	Diabetes	24 %	Congestive Heart	20 %
<b>Clients with Multiple Health Conditions</b>					
≤ 3 Conditions	27 %	3 - 5 Conditions	37 %	≥5 Conditions	36 %
<b>Clients with Cognitive Impairment (Cognitive Performance Score)</b>					
No impairment	39 %	Borderline /mild	49 %	Mod- Very Severe	12 %
<b>Clients with independence difficulty in 1- 3 daily activities (IADL Difficulty Scale)</b>					
No difficulty	30 %	Some difficulty	25 %	Great difficulty	45 %

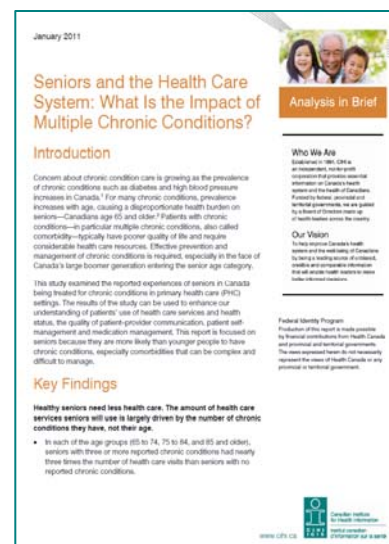
## How do we compare to the rest of Canada?

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>27</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>28</sup>

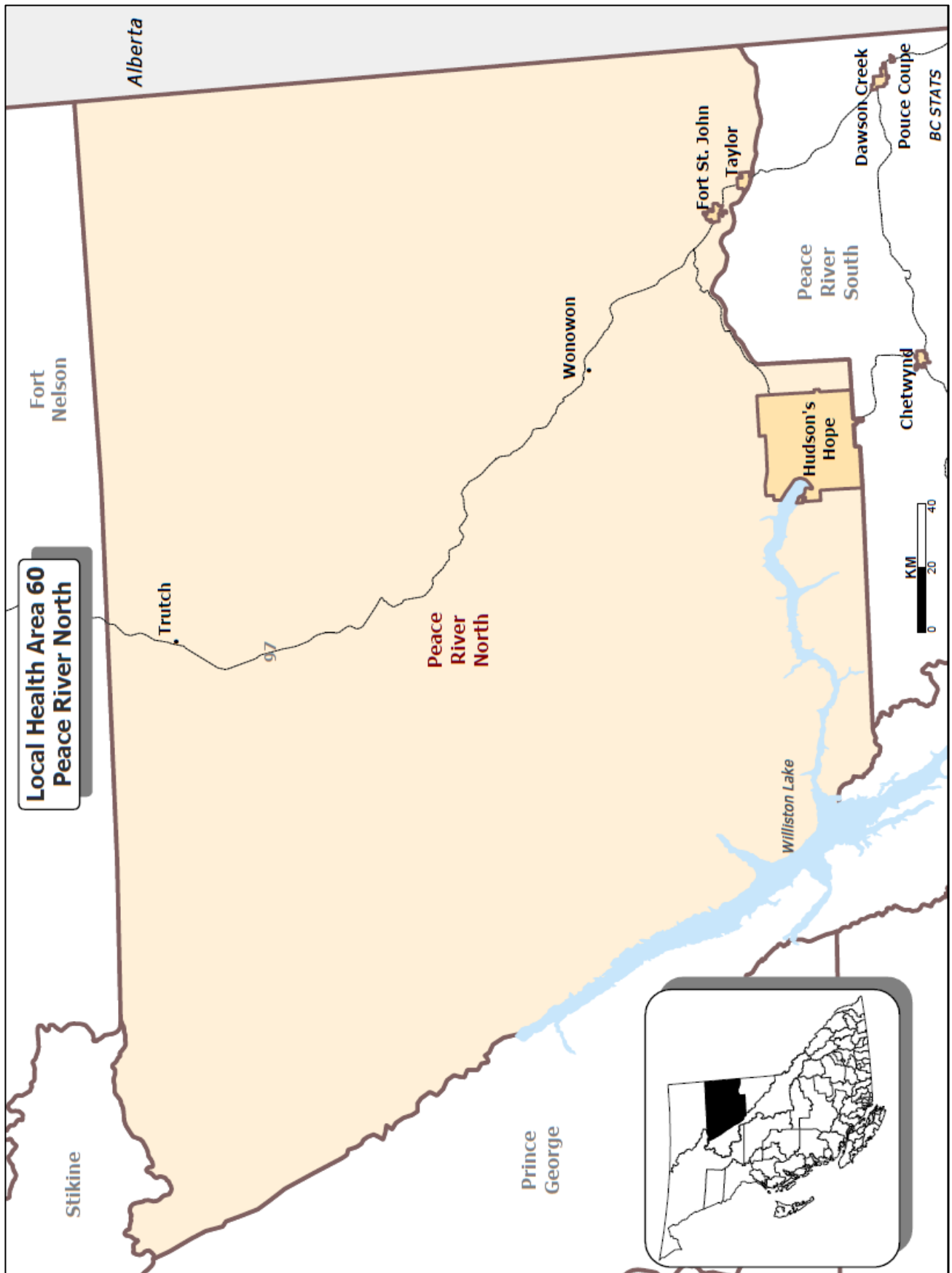
For Hudson's Hope residents during the five year period: 2005/06 - 2009/10							
Number of Cases and Days	Location of Hospital Care						
	Fort St. John	Dawson Creek	Chetwynd	Other NH	Other BC	OOP	Total
Cases	298	93	26	29	59	69	574
Days	1,117	721	63	221	367	701	3,190

- 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>29</sup>

### Facility and Patient Activity (selected measures).<sup>30</sup>

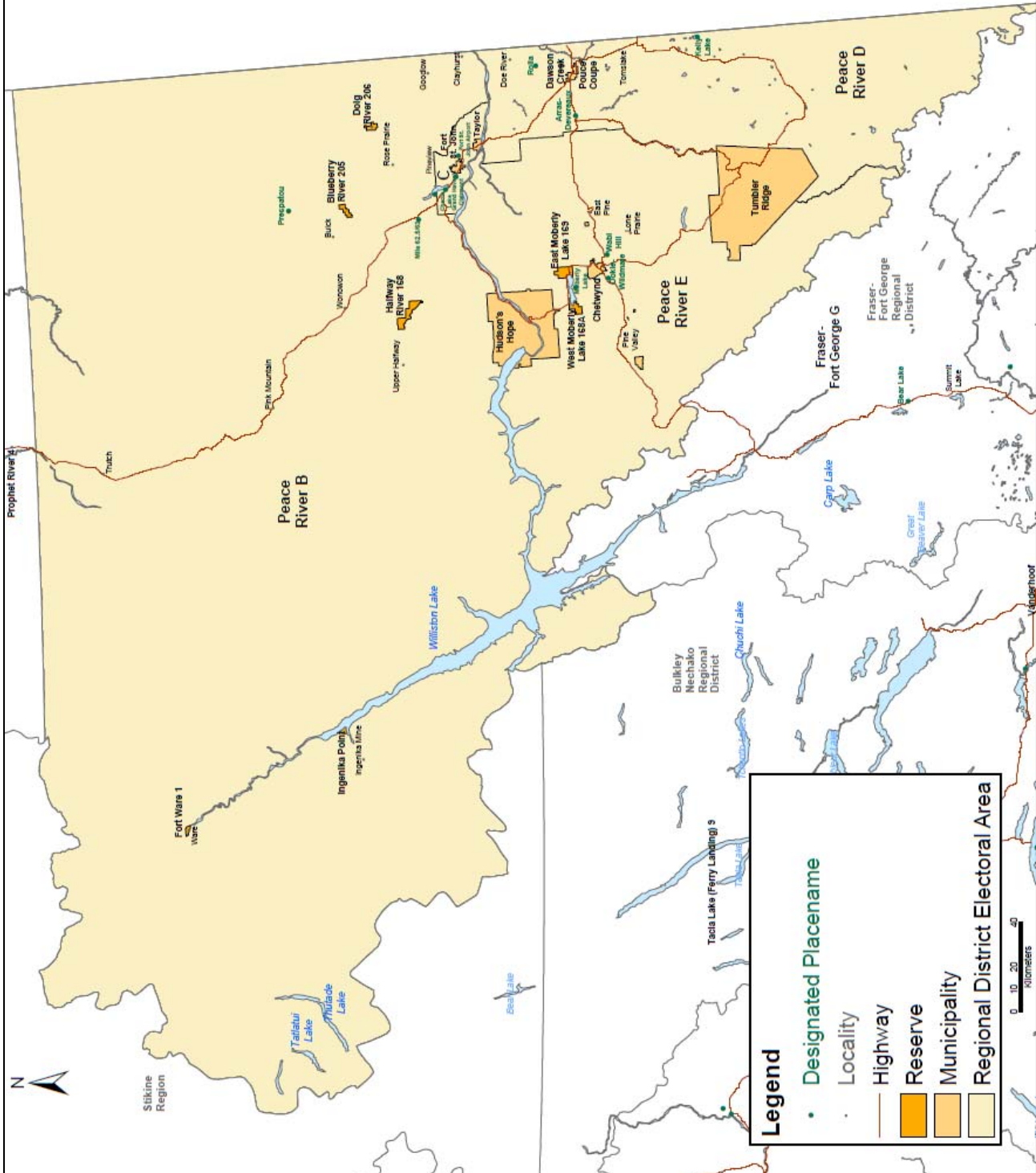
No. 720 - Tumbler Ridge Health Centre					
Selected Measures	2006/07	2007/08	2008/09	2009/10	2010/11
Ambulatory visits (excl E/R).	n/a	n/a	n/a	n/a	n/a
Emergency visits (excl Ambul)	1,792	1,474	1,268	932	753
Medical Imaging Tests	558	450	524	264	337
Lab Tests (excludes respiratory)	12,829	10,349	10,722	11,505	13,565





# Peace River Regional District

Prepared by BC Stats  
Source: 2006 Census  
Statistics Canada



## References

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- 4 Metis Nation of British Columbia: BC Metis Places. [http://www.bcmets.ca/manage\\_metsplace\\_display.php](http://www.bcmets.ca/manage_metsplace_display.php)
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