

# Healthy Northern Communities 2011

*District Municipality  
of Kitimat*

Revised  
August 6, 2011



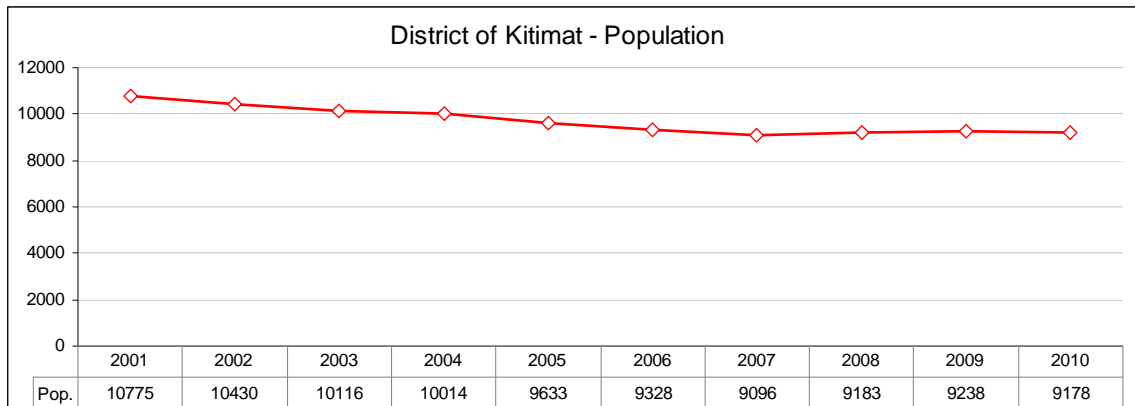
**northern health**  
*the northern way of caring*

## District Municipality of Kitimat

The District Municipality of Kitimat was incorporated in 1953. Kitimat is located approximately 64 km south of Terrace and 204 km east of Prince Rupert.<sup>1</sup>

The District of Kitimat is also situated within the Kitimat-Stikine Regional District, within the Kitimat Local Health Area (LHA 080) and also within the Northwest Health Service Delivery Area of Northern Health. Kitimat is served by School District No. 82.

This is the traditional territories of the Tsimshian and Haisla peoples. The coastal community Kitkatla of the Gitxaala Nation is located on Dolphin Island. Hartley Bay, located near the entrance to Douglas Channel is a community of the Gitga'at Nation. At the head of Douglas Channel is the Haisla community of Kitimaat Village.<sup>2, 3</sup>



The estimated 9,178 people within the District of Kitimat account for approximately 89 % of the Kitimat LHA population (9,178 / 10,263 persons) and for 23.4 % of the larger Kitimat-Stikine Regional District population (9,178 / 39,160 persons).<sup>4, 5, 6</sup>

During the 2009 calendar year, there were 103 births, 58 deaths and 31 marriages to District of Kitimat residents. Kitimat residents had an average life expectancy of 79.6 years. The life expectancy for BC residents during this time was 81.4 years.<sup>7</sup>

### Community Information

District of Kitimat, Website and Official Community Plan:

<http://www.kitimat.ca/assets/Business/PDFs/official-community-plan-2008.pdf>

Haisla Nation: <http://haisla.ca/>

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

Gitxaala Nation: <http://gitxaala.com/>

Kitimat Stikine Regional District: <http://www.rdks.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.<sup>8, 9</sup>

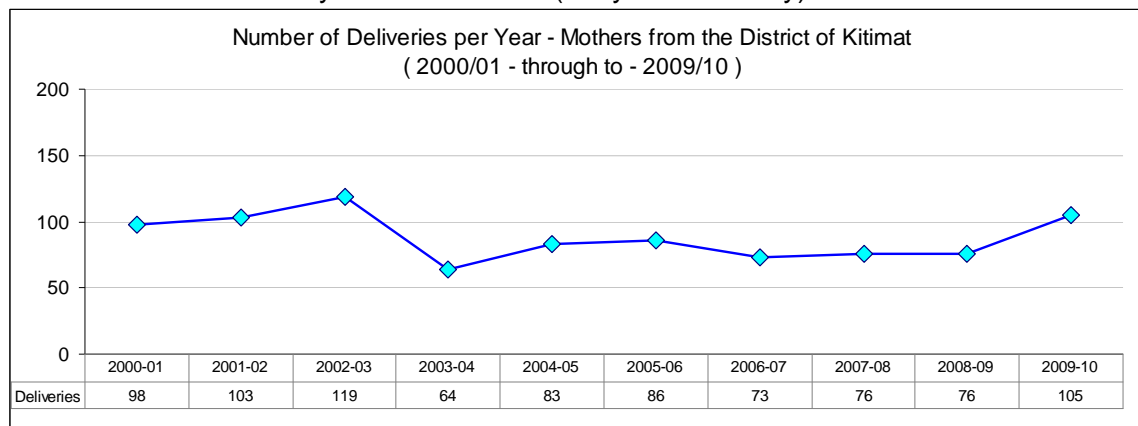
Selected Determinants of Health			
<b>Demographics</b>	<b>Kitimat<sup>10</sup></b>	<b>LHA<sup>11</sup></b>	<b>BC<sup>12</sup></b>
Percent of population who are 0 – 19 yrs old	26.4	23.9	23.2
Percent of population who are ages 65+	10.7	12.3	15.0
Percent Visible Minorities	7	6.0	24.5
Percent Aboriginal Identity	8	18.1	4.8
<b>Income</b>			
Percent of families earning < \$20,000 per year	4.3	6.4	8.0
Percent of families earning from \$20,000 - \$80,000 per year	40.7	42.6	53.8
Percent of families earning > \$80,000 per year	55.0	50.6	38.1
* Percent of population receiving Income Assistance > 1 yr.	nca	2.4	1.0
<b>Early Development and Educational Achievement</b>			
Percent of kindergarten children vulnerable on 1 or more EDI scales <sup>13</sup>	47.9	57.6	28.6
† Percent of Grade 4 & 7 students below standard on FSA - Reading	nca	19.2	20.7
† Percent of Grade 4 & 7 students below standard on FSA - Writing	nca	24.9	17.9
† Percent of Grade 4 & 7 students below standard on FSA - Math	nca	26.8	23.4
† Grade 10 Provincial-exam non-completion rate - English	nca	20.4	15.9
† Percent of 18 yr olds who did not graduate	nca	34.0	29.0
Percent of persons ages 25 to 54: without high school completion	19.0	20.4	11.1
Percent of persons ages 25 to 64: with university degree or above	10.4	9.8	24.1
<b>Housing</b>			
Percent of households that are renting	19.2	19.4	30.4
Percent of tenants paying 30 % or more of income towards housing	33.0	32.6	43.4
Percent of owners paying 30 % or more of income towards housing	5.0	5.0	22.7
<b>Children and Youth at Risk</b>			
* Children (ages <15) receiving Income Assistance > 1 year	nca	6.2	1.7
* Youth (ages 15 - 24) receiving Income Assistance > 1 yr	nca	2.4	0.9
Children in care rate per 1,000 population, ages 0 – 18	nca	8.3	9.2
Teen pregnancies per 1,000 women ages 15 – 19 (2007-2009)	nca	47.7	26.3
<b>Other Indicators</b>			
Alcohol sales per capita in 2010 (Dollars Spent)	nca	752	790
Alcohol sales per capita in 2010 (Litres Consumed)	nca	117	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 Kitimat Local Health Area (LHA - 080).			
* 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.bced.gov.bc.ca/reporting/">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 Kitimat mothers (ten year summary).<sup>14</sup>



### Delivery locations for Kitimat mothers (five year summary).<sup>15</sup>

Mother's community or Regional District area	Delivery Location: 2005/06 – 2009/10					Total Deliveries
	Kitimat	Terrace	Prince Rupert	Other BC Location	Home Births	
Gitxaahla (Kitkatla)	0	1	28	0	0	28
Gitga'at (Hartley Bay)	0	0	20	1	0	21
Kitimat (DM)	325	81	2	7	1	400
Total Deliveries	325	82	50	8	1	466

Note: Kitimat (DM) also includes the births attributed to residents from Kitimaat Village.

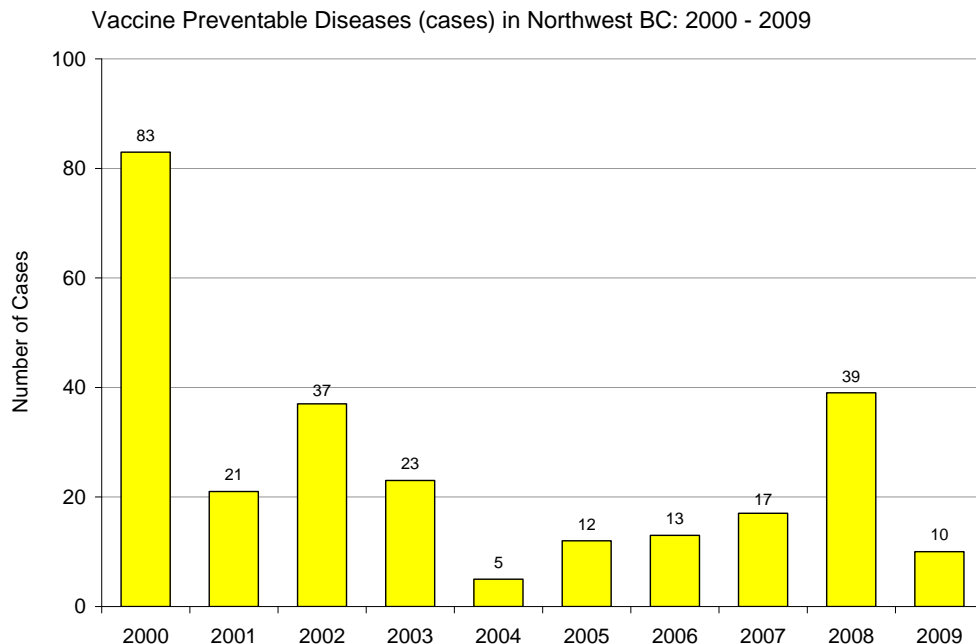
The communities of Gitxaahla / Kitkatla and Gitga'at / Hartley Bay are within the Kitimat Local Health Area (LHA). Practically, however, the Prince Rupert Regional Hospital is the destination for the many mothers who reside in these isolated west coast communities. For example, of the many births in the Prince Rupert Hospital between 2005/06 and 2009/010: 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.<sup>16, 17</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 Kitimat area, who are fully immunized, is 74.5%.<sup>18</sup>

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



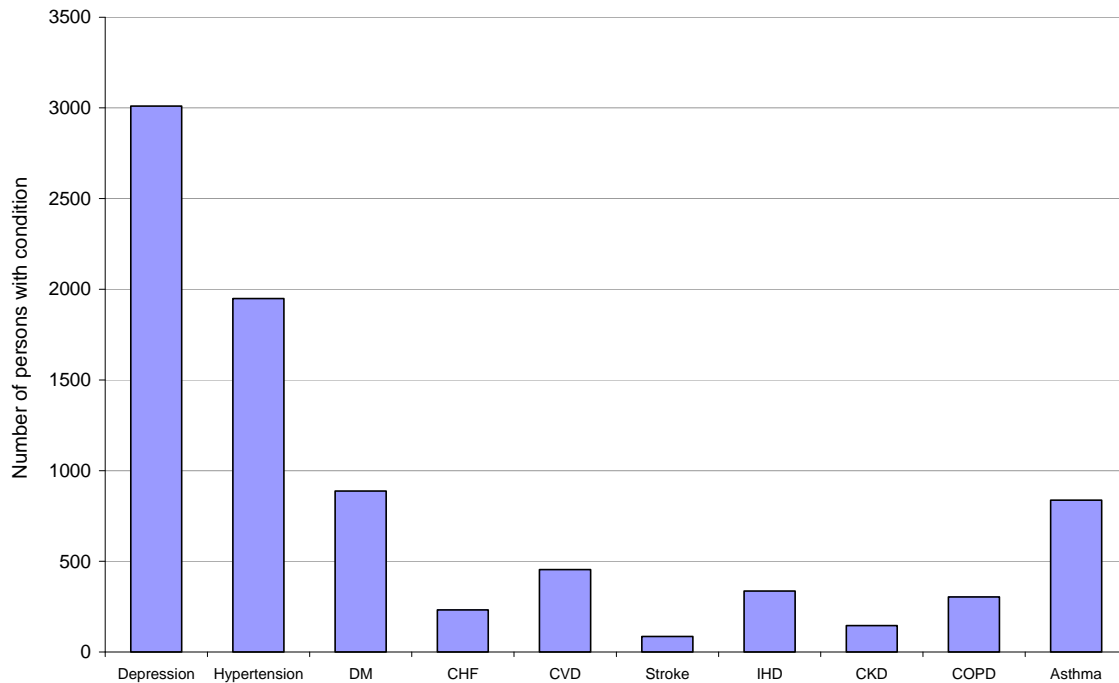
Vaccine Preventable Diseases (cases) in Northwest BC: 2000 - 2009 <sup>19</sup>											
Community	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	Total
Dease Lake	1	0	0	1	0	0	0	1	0	0	3
Hazelton	1	0	1	8	0	0	1	3	2	1	17
Houston	3	4	14	1	2	0	0	0	2	0	26
Kitimat	4	2	1	2	1	0	0	0	0	2	12
Masset	5	3	1	1	0	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
<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

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>20, 21, 22, 23</sup>

### Chronic Disease Estimates

Estimated prevalence (number of existing cases) of selected chronic conditions  
District Municipality of Kitimat residents: 2009 - 2010



Selected Chronic Conditions	Existing cases	New cases / yr	Cost / patient / yr
Depression	3010	102	\$3,000
Hypertension	1949	158	\$4,629
Diabetes	887	77	\$5,899
Congestive Heart Failure (CHF)	232	34	\$13,431
Cardiovascular Disease (CVD)	455	40	\$9,613
Stroke	85	8	\$16,266
Ischemic Heart Disease (IHD)	336	20	\$9,002
Chronic Kidney Disease (CKD)	146	18	\$13,471
COPD	303	56	\$8,675
Asthma	837	81	\$2,090

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.<sup>25</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 %

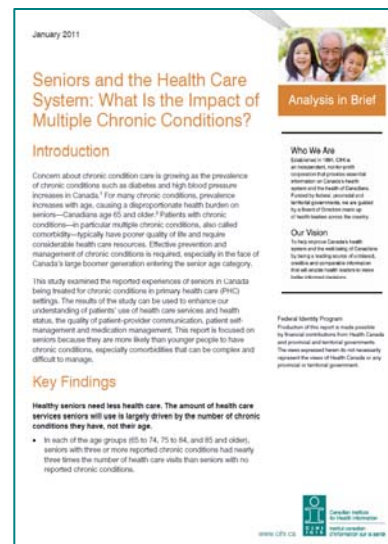
## How do we compare to the rest of Canada?

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>26</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>27</sup>

For Kitimat residents during the five year period: 2005/06 - 2009/10.							
Number of Cases and Days	Location of Hospital Care						Total
	Kitimat	Terrace	Prince Rupert	Other NH	Other BC	OOP	
Cases	5,174	646	476	162	951	26	7,435
Days	23,367	3,601	1,509	1,717	9,563	104	39,861

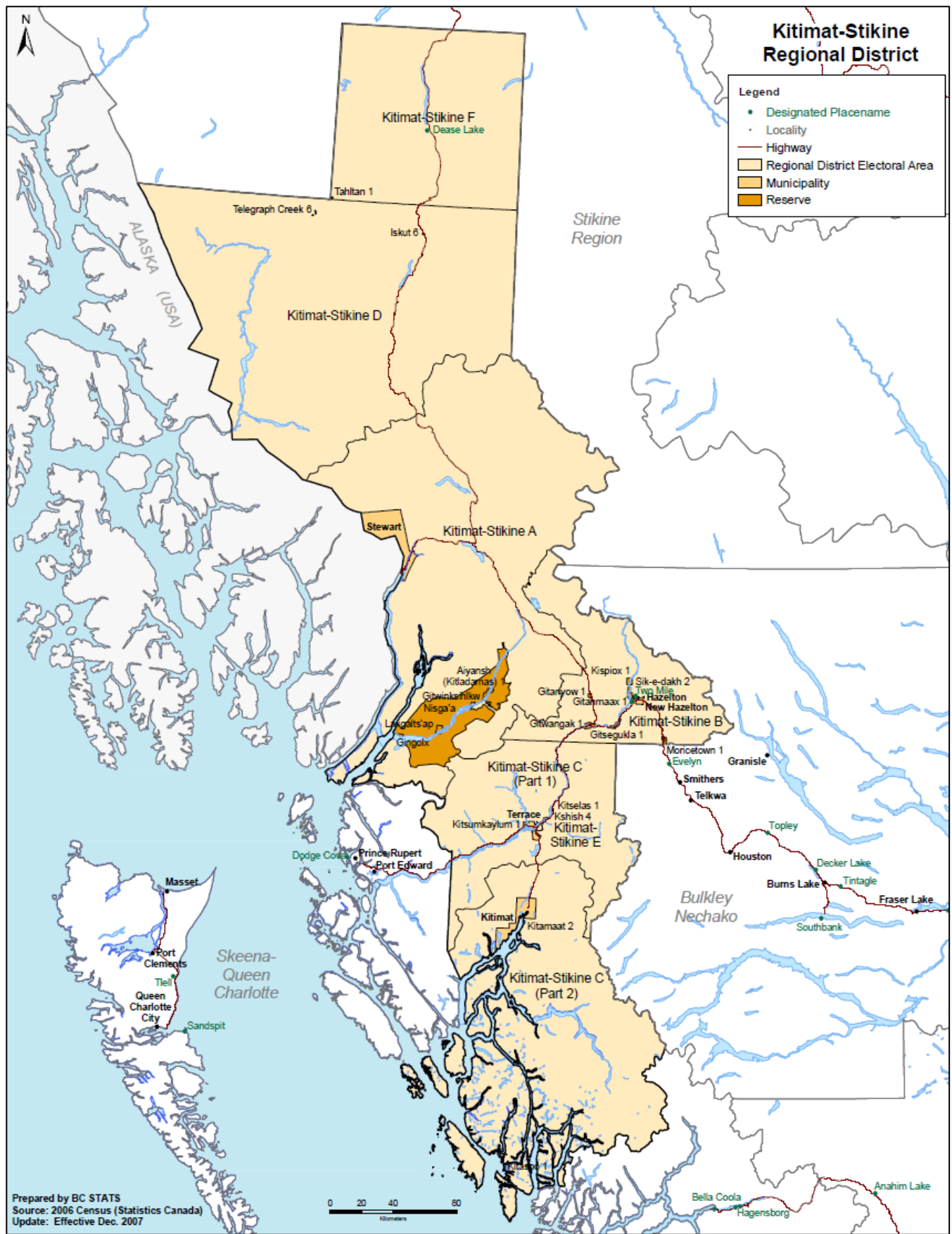
- Cases These are inpatient cases - client was admitted to the facility.
- Days These are inpatient days - does not include days attributable to ALC.
- Other NH Care was received at a Northern Health facility other than those shown.
- Other BC Care was received at a non Northern Health facility in BC.
- 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>28</sup>

### Facility and Patient Activity (selected measures).<sup>29</sup>

No. 917 - Kitimat General Hospital & Health Centre					
Selected Measures	2006/07	2007/08	2008/09	2009/10	2010/11
Acute discharges/deaths total	1,450	1,496	1,135	1,086	1058
Acute in-patient admissions total	1,469	1,464	1,120	1,089	1,056
Acute in-patient days (excl. ALC)	6,006	5,969	5,520	5,331	5,571
ALC days total	513	546	1,273	1,527	1,273
Ambulatory visits (excl. E/R).	1,521	2,880	4,645	3,099	2,969
Emergency visits (excl. Ambul)	10,462	11,301	10,752	12,621	10,406
In-patient surgical cases total	511	489	382	356	344
Surgical day care cases total	1,185	1,421	1,361	1,366	1,255
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	12,848	12,500	18,671	12,103	11,092
Lab and Medical Imaging Tests	340,721	308,217	248,833	251,653	231,887







## References

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