

Healthy Northern Communities 2011

City of Terrace

Revised
October 2011



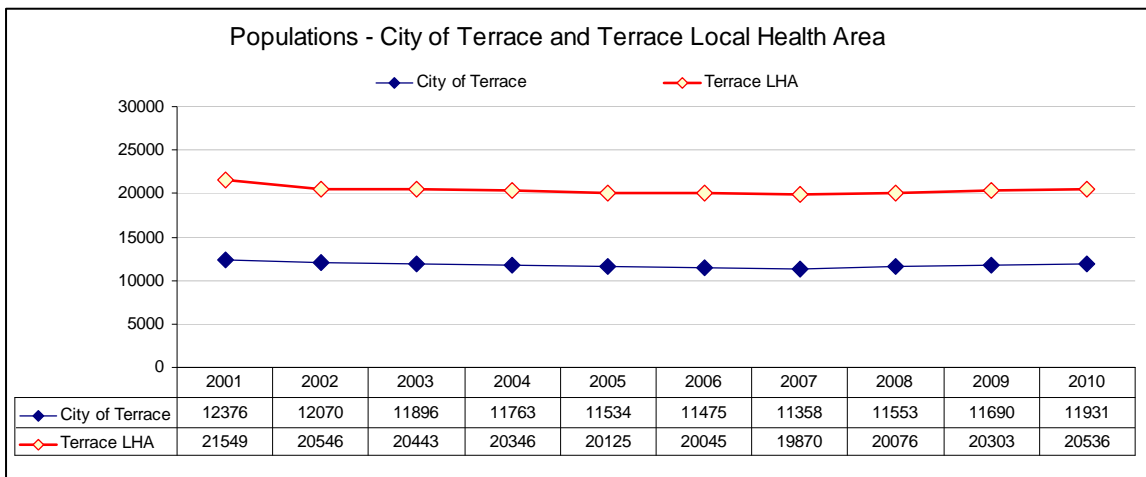
northern health
the northern way of caring

City of Terrace

The City of Terrace was incorporated in 1927. The city is located approximately 64 km north of Kitimat, 140 km east of Prince Rupert and 210 km west of Smithers.¹

Terrence is also situated within the Kitimat-Stikine Regional District, within the Terrace Local Health Area (LHA 088) and also within the Northwest Health Service Delivery Area of Northern Health. Terrace is served by School District No. 82.

The Tsimshian communities of Kitsumkalum and Kitselas / Gitselasu are located within a few minutes of Terrace. To the northeast are the Gitksan communities of Gitwangak / Kitwanga and Gitanyow / Kitwancool.^{2, 3}



The estimated 11,931 people living within the City of Terrace account for approximately 59 % of the Terrace LHA population (11,931 /20,213 persons) and for 30.4 % of the Kitimat Stikine Regional District population (12,994 /39,160 persons).^{4, 5, 6}

During the 2009 calendar year, there were 147 births, 83 deaths and 48 marriages attributed to the residents of Terrace. The average life expectancy for Terrace residents was 79.0 years. This was slightly less than BC average life expectancy of 81.4 years.⁷

Community Information

City of Terrace: <http://www.terrace.ca/>

Official Community Plan: http://www.terrace.ca/news/official_community_plan_2011

Kitselas Nation: <http://www.kitselas.com/>

Kitsumkalum Nation: <http://www.kitsumkalum.bc.ca/>

Gitksan Chiefs Office: <http://www.gitksan.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.^{8, 9}

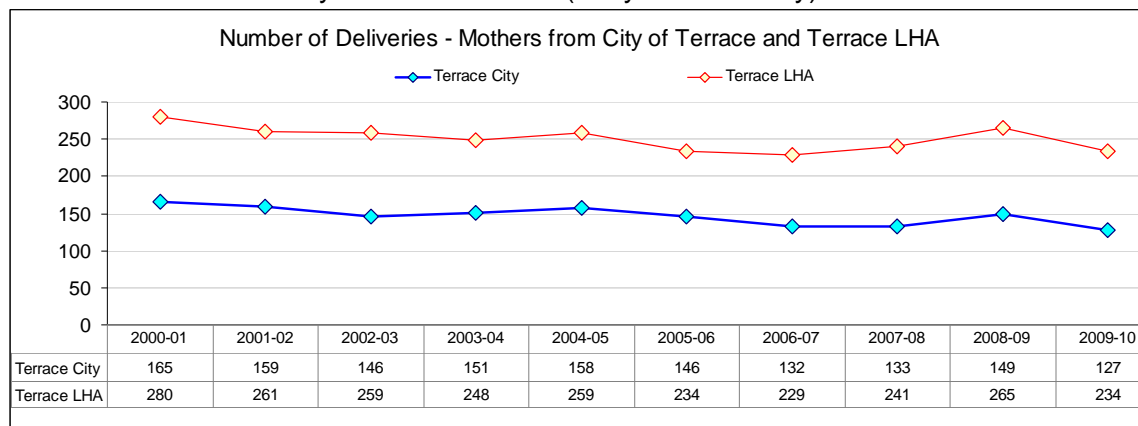
Selected Determinants of Health			
Demographics	Terrace ¹⁰	LHA ¹¹	BC ¹²
Percent of population who are 0 – 19 yrs old	30.5	27.2	23.2
Percent of population who are ages 65+	11.0	12.2	15.0
Percent of population who are Visible Minorities	8.0	5.1	24.5
Percent of population who are Aboriginal Identity	21.0	23.6	4.8
Income			
Percent of families earning < \$20,000 per year	8.4	9.4	8.0
Percent of families earning from \$20,000 - \$80,000 per year	56.4	57.6	53.8
Percent of families earning > \$80,000 per year	35.2	32.8	38.1
* Percent of population receiving Income Assistance > 1 yr.	nca	2.3	1.0
Early Development and Educational Achievement			
Percent of kindergarten children vulnerable: 1 or more EDI scales ¹³	23 – 44.9	28.1	28.6
† Percent of Grade 4 & 7 students below standard on FSA - Reading	nca	25.9	20.7
† Percent of Grade 4 & 7 students below standard on FSA - Writing	nca	28.6	17.9
† Percent of Grade 4 & 7 students below standard on FSA - Math	nca	40.3	23.4
† Grade 10 Provincial-exam non-completion rate - English	nca	31.9	15.9
† Percent of 18 yr olds who did not graduate	nca	44.7	29.0
Percent of persons ages 25 to 54: without high school completion	nca	17.2	11.1
Percent of persons ages 25 to 64: with university degree or above	15.7	12.2	24.1
Housing			
Percent of households that are renting	28	25.0	30.4
Percent of tenants paying 30 % or more of income towards housing	41	40.4	43.4
Percent of owners paying 30 % or more of income towards housing	13	13.5	22.7
Children and Youth at Risk			
* Children (ages <15) receiving Income Assistance > 1 year	nca	4.2	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	17.5	9.2
Teen pregnancies per 1,000 women ages 15 – 19 (2007-2009)	nca	60.9	26.3
Other Indicators			
Alcohol sales per capita in 2010 (Dollars Spent)	nca	959	790
Alcohol sales per capita in 2010 (Litres Consumed)	nca	150	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 Terrace Local Health Area (LHA - 088).			
* 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 Terrace mothers (ten year summary).¹⁴



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

Mother's community or Regional District area	Delivery Location: 2005/06 – 2009/10					
	Terrace	Kitimat	Hazelton	Prince Rupert	Other BC Location	Total
Gitwagak	81	0	17	2	5	105
Kitimat-Stikine (C pt.1)	174	1	0	1	3	179
Kitimat-Stikine (E)	216	3	0	0	2	221
Terrace (City)	673	4	0	1	20	698
Total	1,144	4	17	4	39	1,203

Note: Births attributable to residents of Kitsumkalum and Kitselas have been included in the Terrace City figures.

Mills Memorial Hospital (Terrace) is often the destination for mothers from the [Nisga'a territories](#). In the five year period (2005/06 – 2009/10), there were 169 deliveries to mothers from Nisga'a. Of these deliveries, 161 / 169 took place at Mills Memorial Hospital.¹⁶

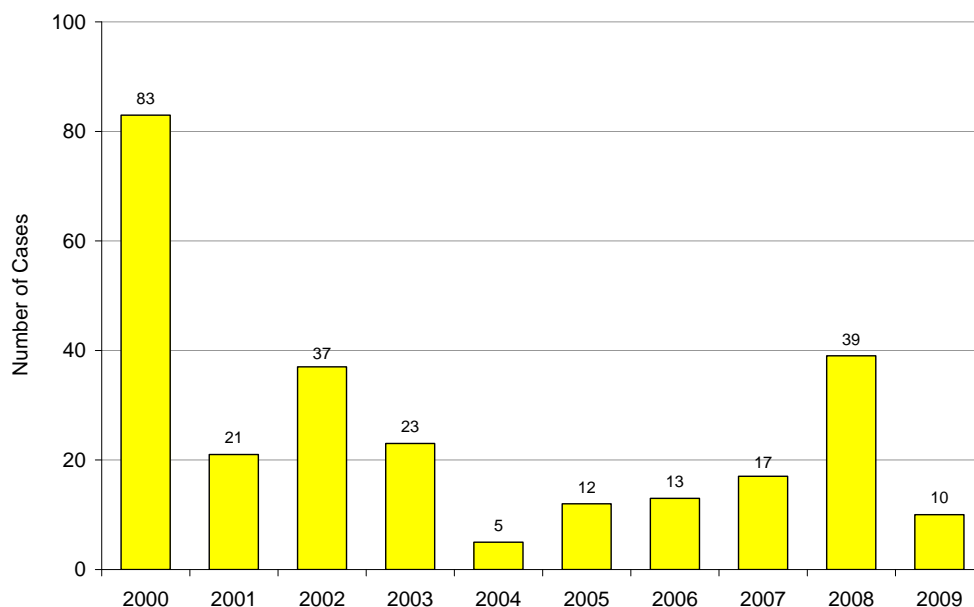
Promoting Health and Delivering High Quality Services

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.^{17, 18}

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 Terrace area, who are fully immunized, is 78.2%.¹⁹

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



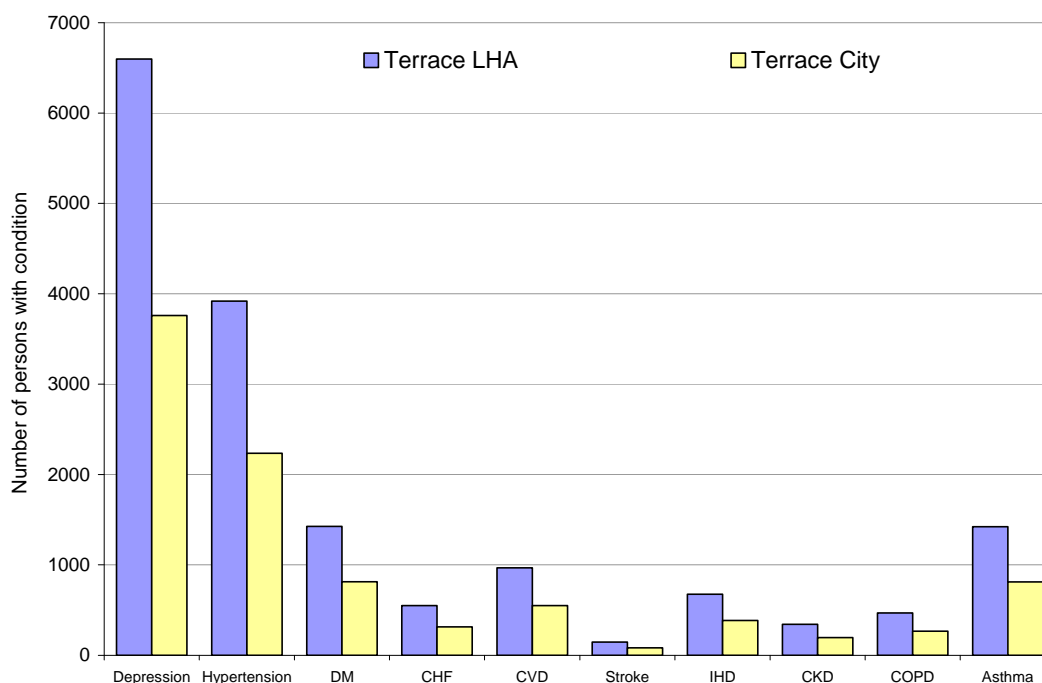
Vaccine Preventable Diseases (cases) in Northwest BC: 2000 - 2009 ²⁰											
Community	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	Total
Dease Lake	1	0	0	1	0	0	0	1	0	0	3
Hazelton	1	0	1	8	0	0	1	3	2	1	17
Houston	3	4	14	1	2	0	0	0	2	0	26
Kitimat	4	2	1	2	1	0	0	0	0	2	12
Masset	5	3	1	1	0	0	0	1	1	0	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. ^{21, 22, 23, 24}

Chronic Disease Estimates

Estimated number of existing or treated cases of selected chronic conditions
Terrace LHA and City of Terrace residents: 2009 - 2010



Chronic Disease Estimates for Terrace LHA and City of Terrace residents: 2009 - 10 ²⁵					
Selected Chronic Conditions	Existing or treated cases		New cases / yr		Cost per patient / yr
	Terrace	LHA	Terrace	LHA	
Depression	3761	6598	161	283	\$2,703
Hypertension	2234	3919	131	230	\$4,040
Diabetes	813	1427	56	98	\$5,486
Congestive Heart Failure (CHF)	314	550	50	87	\$10,229
Cardiovascular Disease (CVD)	551	966	60	106	\$8,216
Stroke	83	146	9	15	\$11,120
Ischemic Heart Disease (IHD)	385	676	27	47	\$7,206
Chronic Kidney Disease (CKD)	196	343	36	63	\$12,232
COPD	267	468	39	68	\$8,661
Asthma	811	1423	47	83	\$1,538

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.²⁶

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 %

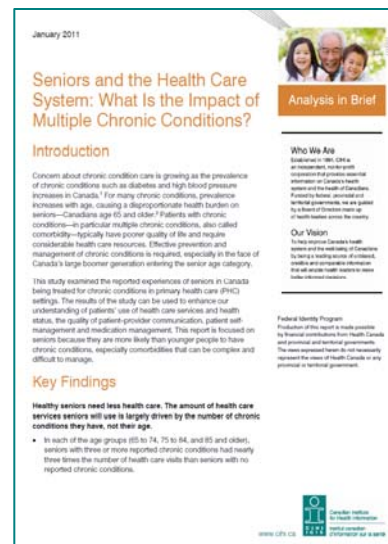
How do we compare to the rest of Canada?

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.²⁷

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.

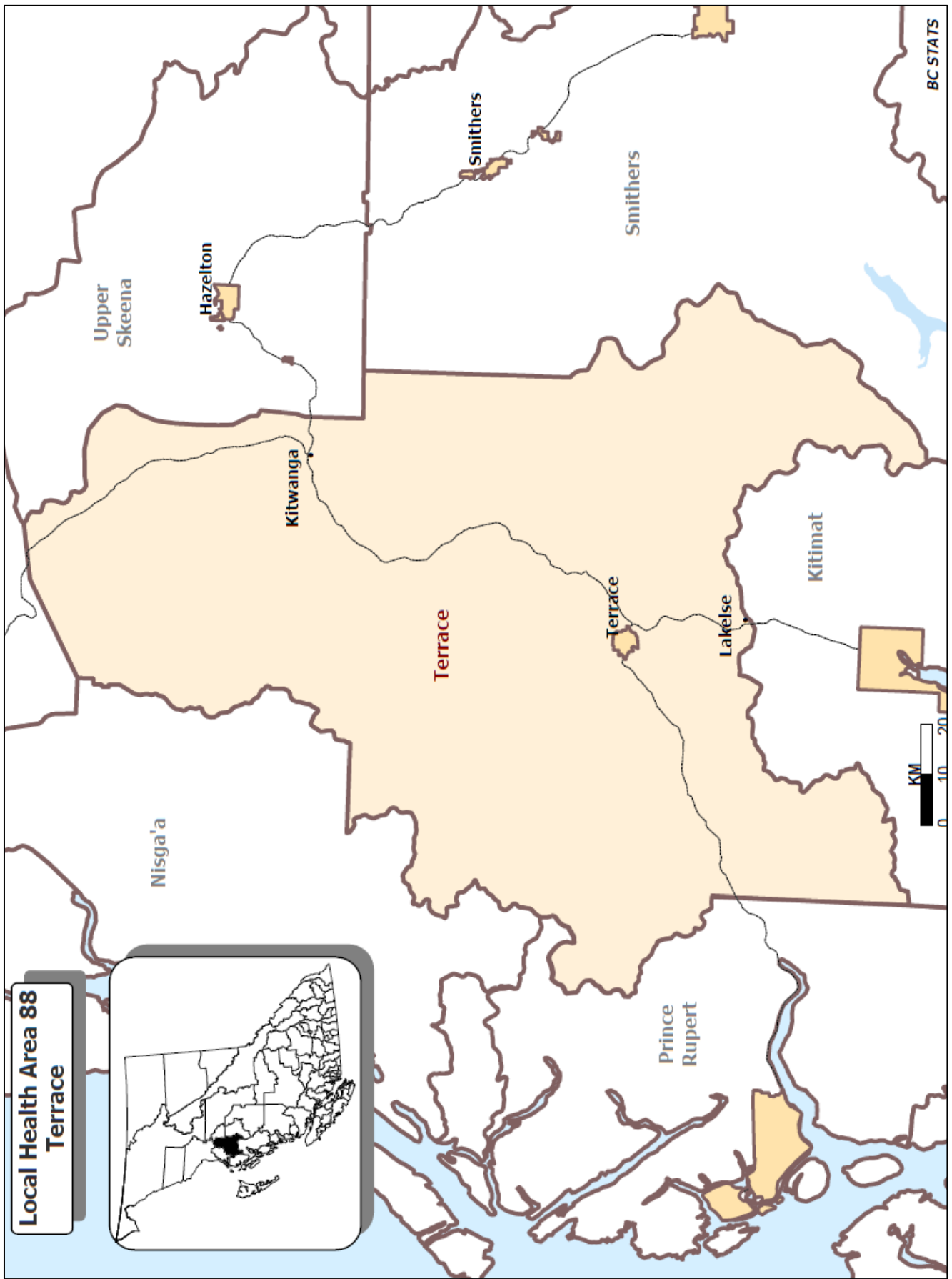
Location: where inpatient hospital services were received.²⁸

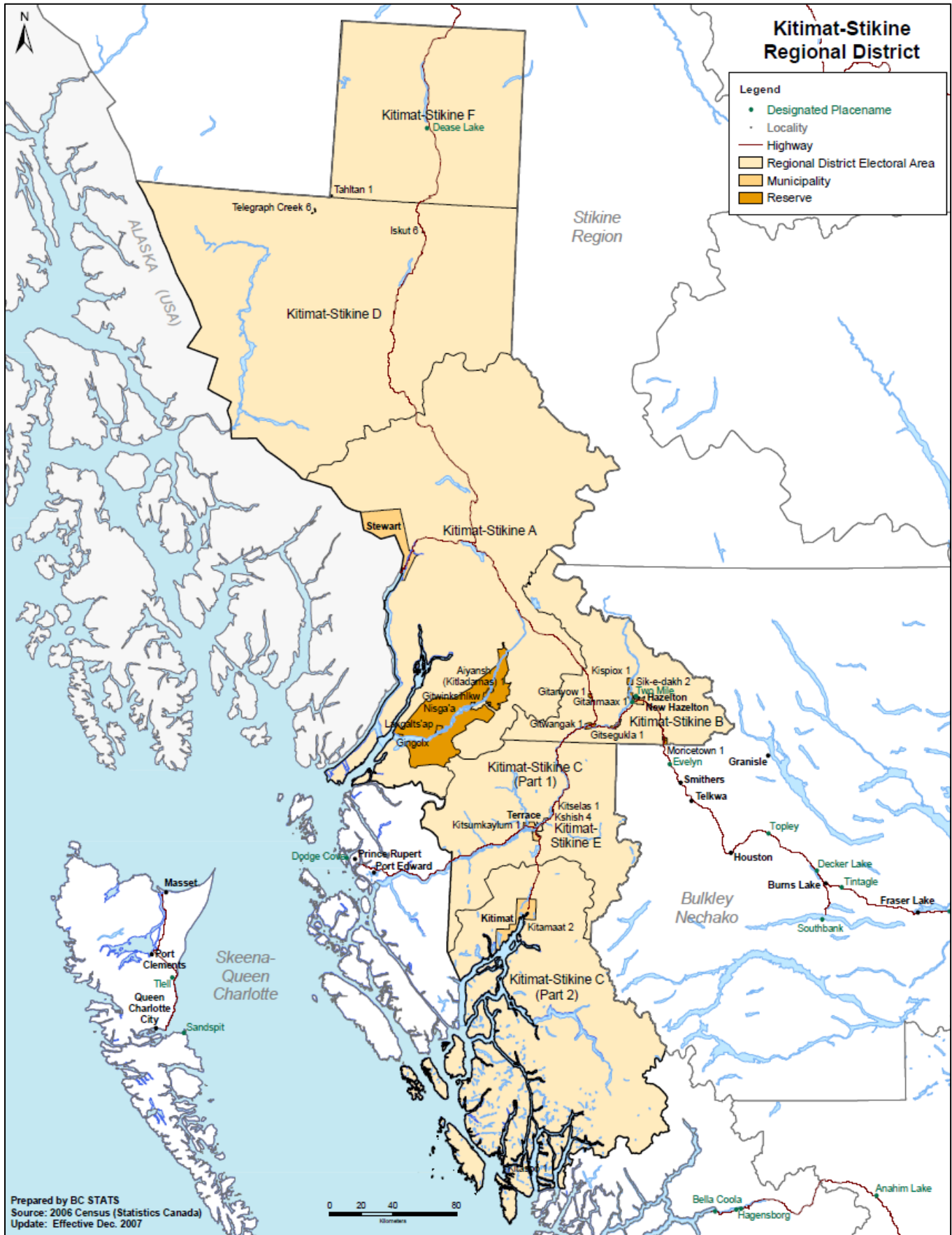
For Terrace residents during the five year period: 2005/06 - 2009/10.							
Number of Cases and Days	Location of Hospital Care						Total
	Terrace	Kitimat	Prince Rupert	Other NH	Other BC	OOP	
Cases	8,394	433	290	1,122	1,655	74	11,968
Days	45,220	1,437	716	6,219	16,133	811	70,536

- 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.²⁹

Facility and Patient Activity (selected measures).³⁰

No. 912 - Mills Memorial Hospital (Terrace)					
Selected Measures	2006/07	2007/08	2008/09	2009/10	2010/11
Acute discharges/deaths total	2,429	2,399	2,490	2,507	2,580
Acute in-patient admissions total	2,405	2,393	2,459	2,465	2,540
Acute in-patient days (excl. ALC)	13,859	12,756	13,413	13,239	13,995
ALC days total	1,198	2,111	2,455	2,016	1,626
Ambulatory visits (excl. E/R).	5,914	8,722	9,651	9,711	10,398
Emergency visits (excl. Ambul)	24,211	22,104	23,613	24,573	24,704
In-patient surgical cases total	456	510	498	507	548
Surgical day care cases total	2,936	3,060	3,002	2,894	2,821
Psychiatry/addiction admissions	146	179	160	133	103
Psychiatry/addiction I/P days	2,920	2,779	2,564	2,816	2,904
Medical Imaging Tests	25,142	24,247	25,232	27,511	28,611
Lab Tests (excludes respiratory)	319,861	307,374	334,605	350,138	404,039





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- 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/parlbus/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 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.
- ¹⁷ 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>
- ¹⁸ Technical Assumptions for Population Forecasting in BC: Page 7. BC Stats, July 2009. <http://www.bcstats.gov.bc.ca/data/pop/pop/popproj.asp>
- ¹⁹ 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.
- ²⁰ Vaccine Preventable Disease: Northern Health-Public Health / Preventive Public Health: May 2010.
- ²¹ Population Patterns of Chronic Health Conditions in Canada: Health Council of Canada. <http://healthcouncilcanada.ca>
- ²² The Cost of Chronic Disease in Canada: GPI Atlantic. 2004. <http://gpiatlantic.org/pdf/health/chroniccanada.pdf>
- ²³ Prevention: British Columbia Cancer Agency. 2009. <http://www.bccancer.bc.ca/PPI/Prevention/default.htm>
- ²⁴ 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>
- ²⁵ BC Ministry of Health Services: Chronic Conditions according to LHA. Project 2011_005_PHC
- ²⁶ InterRAI Client Assessment Summary: Northern Health. Summary as of March 31, 2011. Data extracted May 28, 2011. Northern Health Home and Community Care Services.
- ²⁷ 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
- ²⁸ 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.
- ²⁹ Alternate Level of Care in Canada: CIHI <https://secure.cihi.ca/estore/productSeries.htm?pc=PCC456>
- ³⁰ 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.