

Healthy Northern Communities 2013

Burns Lake

Revised
September 24, 2013



northern health
the northern way of caring

What Determines Health?

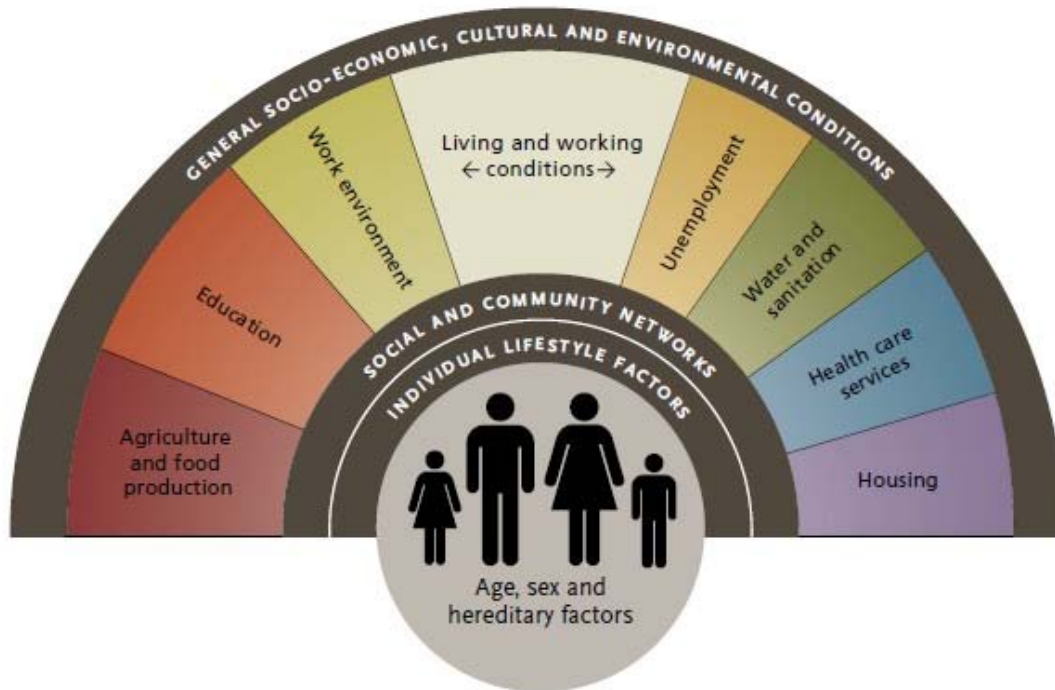


Figure: Health Council of Canada, 2010.

Broadly speaking: a good strong start in life; early and enriching experiences; educational opportunities; a sufficient and equitable distribution of employment, income, housing and food; water and sanitation; our interactions with the environment; our choices towards certain lifestyles and risks; our age and sex; genetics; as well as access to appropriate high quality health care are some of the many factors that are known to influence our health.

Additional Information (text below is hyperlinked)

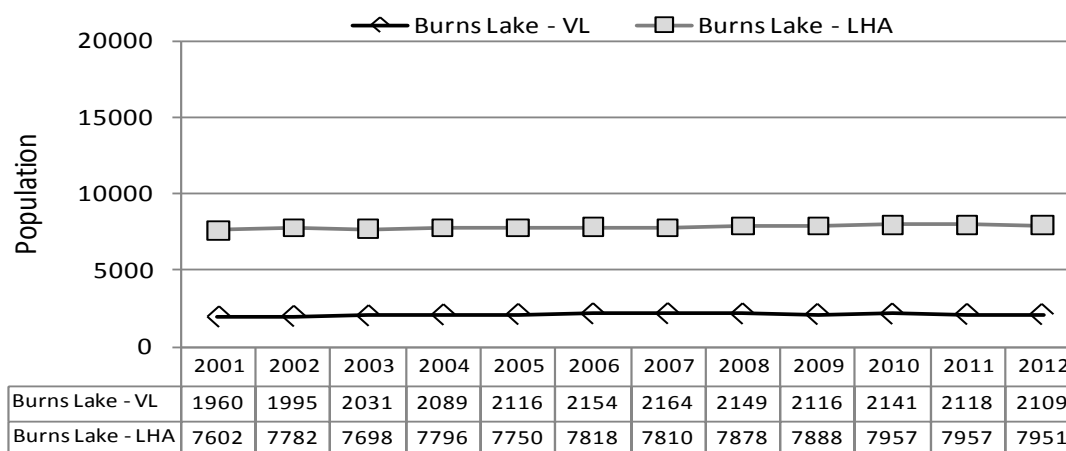
- [World Health Organization: Social Determinants of Health](#)
- [Public Health Agency of Canada: Best Practices Portal](#)
- [Canadian Institute for Health Information: Factors Affecting Health](#)
- [Canadian Institute for Health Information: Health System Performance](#)
- [Health Council of Canada: Stepping it Up to a Healthier Canada.](#)
- [National Collaborating Centre for Aboriginal Health: Social Determinants of Health](#)
- [Northern Health: Community Health Information Portal](#)

The Village of Burns Lake was incorporated in 1923 and is located approximately 226 km west of Prince George and 81 km east of Houston.¹

Burns Lake is situated within the Bulkley Nechako Regional District, within the Burns Lake Local Health Area (LHA 055) and the Northern Interior Health Service Delivery Area of Northern Health. The Burns Lake area is served by Nechako Lakes School District No. 91.

This area is the traditional territories of the Dakelh (Carrier) and Wet'suwet'en peoples. People from the Skin-Tyee, Nee Tahí Buhn, Cheslatta Carrier, T'sil Kaz Koh, Lake Babine and Wet'suwet'en nations, consider the surrounding areas to be home.^{2,3}

Local Area Populations 2001 to 2012



The estimated 2,109 people within the Village of Burns Lake account for approximately 27 % of the Burns Lake LHA population (2,109/ 7,951 persons) and for 5 % of the Bulkley Nechako Regional District population (2,109 / 39,319 persons).^{4,5,6}

During the 2011 calendar year, there were 80 live births, 51 deaths and 25 marriages that could be attributed to Burns Lake LHA residents. Of these, 63 live births, 47 deaths and 19 marriages could be attributed to the Village of Burns Lake residents. The average life expectancy for both populations was 79.2 years: less than the British Columbia (BC) average of 82 years.⁷

Additional Community Information

Village of Burns Lake: <http://portal.burnslake.ca/>

Burns Lake Chamber of Commerce: <http://www.burnslakechamber.com/>

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

T'sil Kaz Koh: <http://www.cstc.bc.ca/cstc/37/tsil+kaz+koh+first+nation>

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

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

Northern Health: Community Health Information Portal <http://chip.northernhealth.ca>

Selected Community Indicators

Demographics	Burns Lake	LHA	BC
Percent of population who are 0 – 19 yrs old	31	26	21
Percent of population who are ages 65+	13	15	15
Percent of population who are Visible Minorities	1.0	0.9	24.5
Percent of population who are Aboriginal Identity	37	27.7	4.8
Income			
Percent of families earning < \$20,000 per year	10	9.7	8.0
Percent of families earning from \$20,000 - \$80,000 per year	52	57.5	53.8
Percent of families earning > \$80,000 per year	38	32.1	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	41.2	40.0	28.6
† Percent of Grade 4 & 7 students below standard on FSA - Reading	nca	39.7	20.7
† Percent of Grade 4 & 7 students below standard on FSA - Writing	nca	41.9	17.9
† Percent of Grade 4 & 7 students below standard on FSA - Math	nca	46.0	23.4
† Percent of 18 yr olds who did not graduate	nca	48.2	29.0
Percent of persons ages 25 to 54: without high school completion	nca	25.8	11.1
Percent of persons ages 25 to 64: with university degree or above	13.9	10.5	24.1
Housing			
Percent of households that are renting	45	26.5	30.4
Percent of tenants paying 30 % or more of income towards housing	38	34.1	43.4
Percent of owners paying 30 % or more of income towards housing	19	12.5	22.7
Children and Youth at Risk			
* Children (ages <15) receiving Income Assistance > 1 year	nca	3.0	1.7
* Youth (ages 15 - 24) receiving Income Assistance > 1 yr	nca	0.8	0.9
Children in care rate per 1,000 population, ages 0 – 18	nca	27.5	9.2
Teen pregnancies per 1,000 women ages 15 – 19 (2007-2009)	nca	38.5	26.3
Other Indicators			
Alcohol sales per capita in 2010 (Dollars Spent)	nca	631	790
Alcohol sales per capita in 2010 (Litres Consumed)	nca	100	107
nca = means this level of data detail or data aggregation is "not currently available."			
* Income Assistance figures may be understated as they do not include Aboriginal people who are living on reserve.			

Sources of the above information:

BC Stats Socio-economic Profiles

<http://www.bcstats.gov.bc.ca/StatisticsBySubject/SocialStatistics/SocioEconomicProfilesIndices.aspx>

Census 2011: Statistics Canada

<http://www12.statcan.ca/census-recensement/2011/dp-pd/prof/index.cfm?Lang=E>

BC Ministry of Education K -12 Reporting

<http://www.bced.gov.bc.ca/reporting/province.php>

Human Early Learning Partnership: Early Development Instrument

<http://earlylearning.ubc.ca/edi/>

Population Forecasts (with a focus on seniors)

Although the percentage of seniors in northern BC is the smallest of all the health regions, this group is expected to grow quickly over the next 15 years. From 2015 to 2030, the 65+, 75+ and 85+ populations in northern BC are expected to grow by 78 %, 111 % and 106 % respectively: the highest overall seniors' growth rates in BC's health authorities.⁸

Below is a forecast of what we might expect at the local health service delivery levels.

Burns Lake Local Health Area: Population Projection						Population Change 2015 - 2030	
Broad Age Groups	2010	2015	2020	2025	2030	number	%
<20	2,090	1,898	1,689	1,537	1,420	-478	-25.2
20-44	2,279	2,176	2,117	2,107	2,026	-150	-6.9
45-64	2,395	2,431	2,278	1,975	1,740	-691	-28.4
65+	1,189	1,418	1,742	2,027	2,242	824	58.1
Total Population	7,953	7,923	7,826	7,646	7,428	-495	-6.2
Focus on Seniors						number	%
65+	1,189	1,418	1,742	2,027	2242	824	58.1
75+	511	563	749	915	1109	546	97.0
85+	133	162	246	287	380	218	134.6
90+	49	56	75	114	127	71	126.8

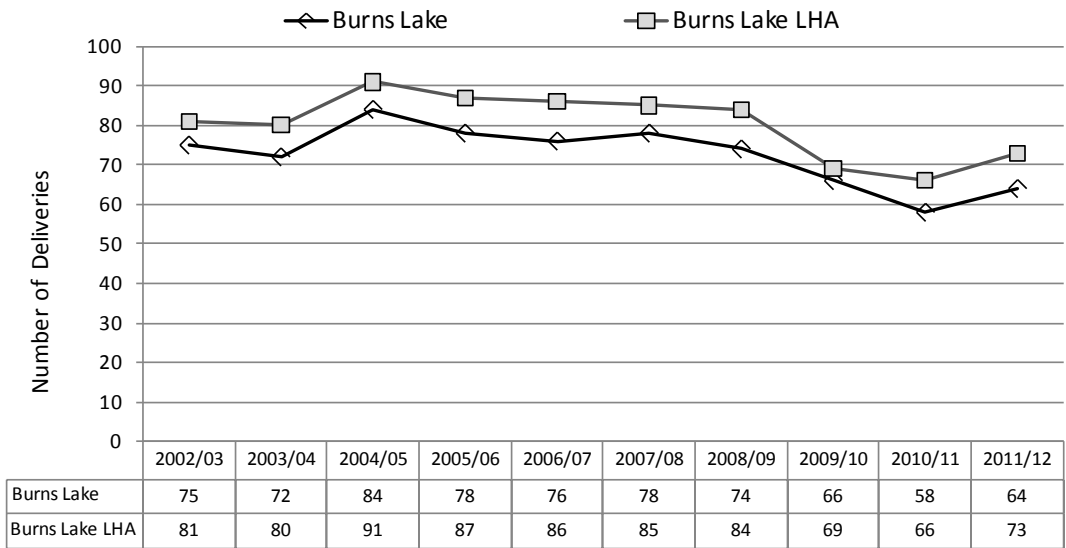
Northern Interior HSDA: Population Projection						Population Change 2015 - 2030	
Broad Age Groups	2010	2015	2020	2025	2030	number	%
<20	36,011	33,430	32,085	31,639	30,913	-2,517	-7.5
20-44	47,526	48,196	47,511	47,029	46,853	-1,343	-2.8
45-64	43,103	43,603	41,925	38,914	36,621	-6,982	-16.0
65+	17,065	21,723	27,375	32,656	37,062	15,339	70.6
Total Population	143,705	146,952	148,896	150,238	151,449	4,497	3.1
Focus on Seniors						number	%
65+	17,065	21,723	27,375	32,656	37,062	15,339	70.6
75+	6,720	8,303	10,451	13,468	17,007	8,704	104.8
85+	1,619	2,280	3,022	3,685	4,639	2,359	103.5
90+	534	850	1,220	1,572	1,883	1,033	121.5

About these Population Forecasts: These projections incorporate the known trends in terms of births, deaths, migration, fertility, age-group (cohort) survival etc. The extra populations that "might" result from the many anticipated projects in the north are not yet explicitly considered. At best, these projections reflect a base-case of what our future population might look like if currently known trends continue into the future. For methodological reasons, these forecasts are not produced at the community level.

A Good Strong Start in Life is more likely if infants, children and all family members are as healthy as possible. In thinking about this we consider many factors including trends in the number of mothers delivering babies and the locations where the infants are delivered.

This type of information informs services such as prenatal education, parenting skills programs, post delivery follow-ups for moms, immunizations, and the many childhood screening services that are intended to detect and address vision, hearing and dental health concerns.

Deliveries per year by Burns Lake mothers: ⁹

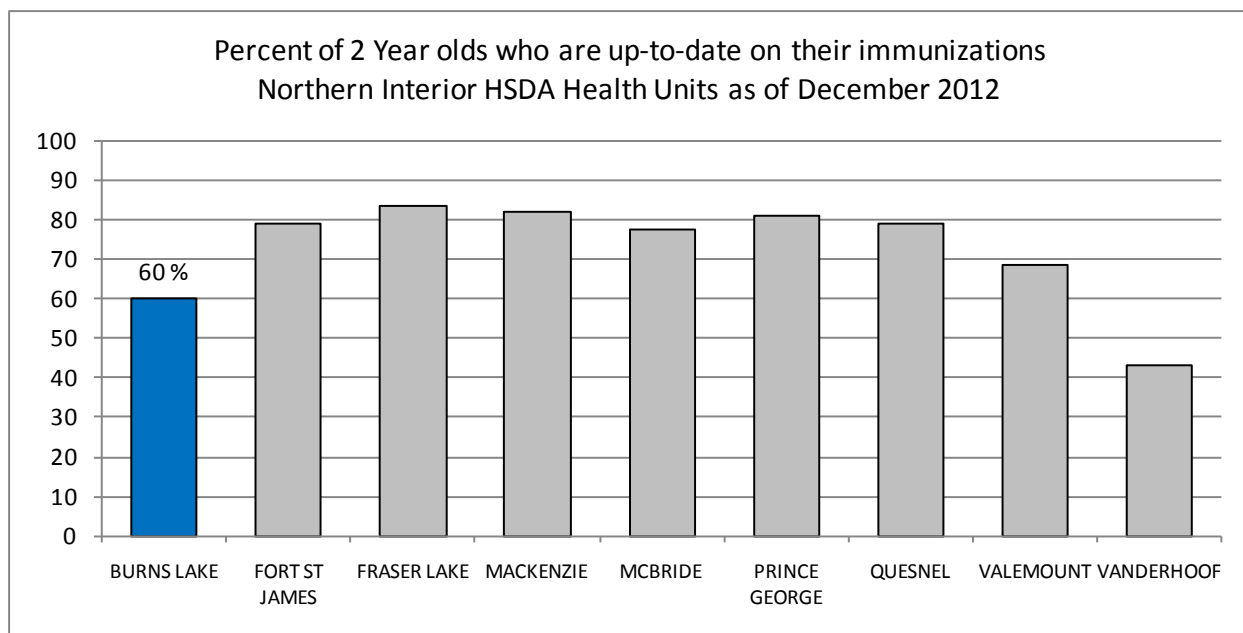


Delivery locations for Burns Lake mothers (five year summary).

Mom's Home Community	Delivery Location: 2007/08 – 2011/12^						
	Prince George	Burns Lake	Vanderhoof	Smithers	Other Location	Home Births	Total Deliveries
Burns Lake (VL)	108	96	70	46	11	9	340
Granisle (VL)	8	1		7	0		16
Bulk-Nechako R/D (E)	5	5	4	6	1	0	21
Total Deliveries	121	102	74	59	21	9	377

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. ^{10, 11}

Because immunizations 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 Burns Lake area, who are up-to-date with their immunizations, is 60%. ¹²



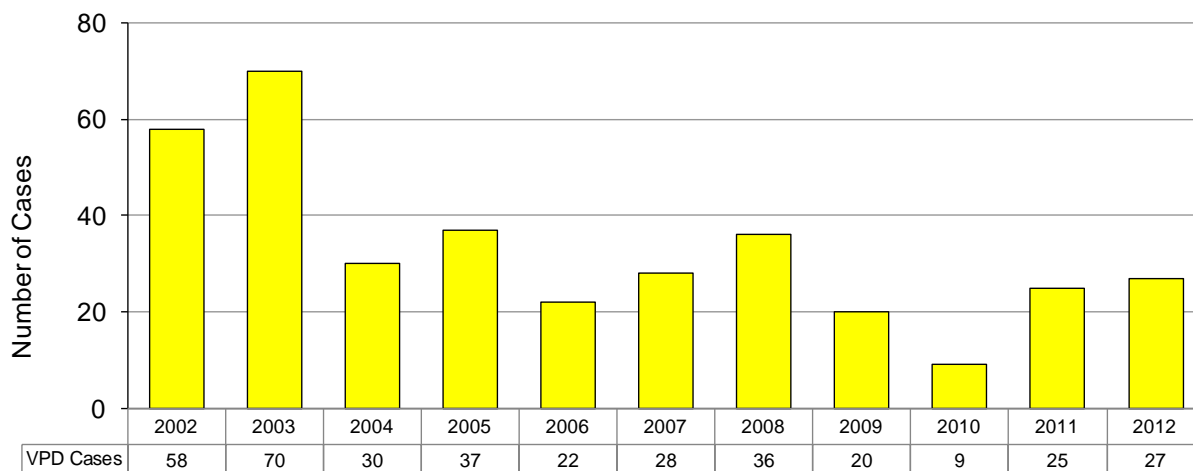
The above graph represents children who were born during the year 2010 and who were two years of age as of Dec 31st, 2012. To be considered as up-to-date for their age, two year old children must have completed the following immunizations by their second birthday:

- 4 doses of DTP vaccine
 - 3 doses of Polio vaccine
 - 3 doses of Hepatitis B vaccine
 - 1 dose each of Measles, Mumps and Rubella vaccines
 - at least 2 doses of Pneumococcal conjugate vaccine
 - at least 1 dose of Meningococcal conjugate vaccine
 - at least 1 dose of Haemophilus Influenza B vaccine after month 15
 - 1 dose of Varicella (chicken-pox) vaccine or past disease by the 2nd birthday.
- Note: DTP = Diphtheria, Tetanus and Pertussis (whooping cough).

Vaccine Preventable Diseases (VPD) are illnesses that may have been avoided if individuals and communities were sufficiently immunized.

This page presents a summary of the most frequently reported Vaccine Preventable Diseases for the Northern Interior Health Service Delivery Area.

Vaccine Preventable Disease Cases in Northern Interior BC: 2002 - 2012



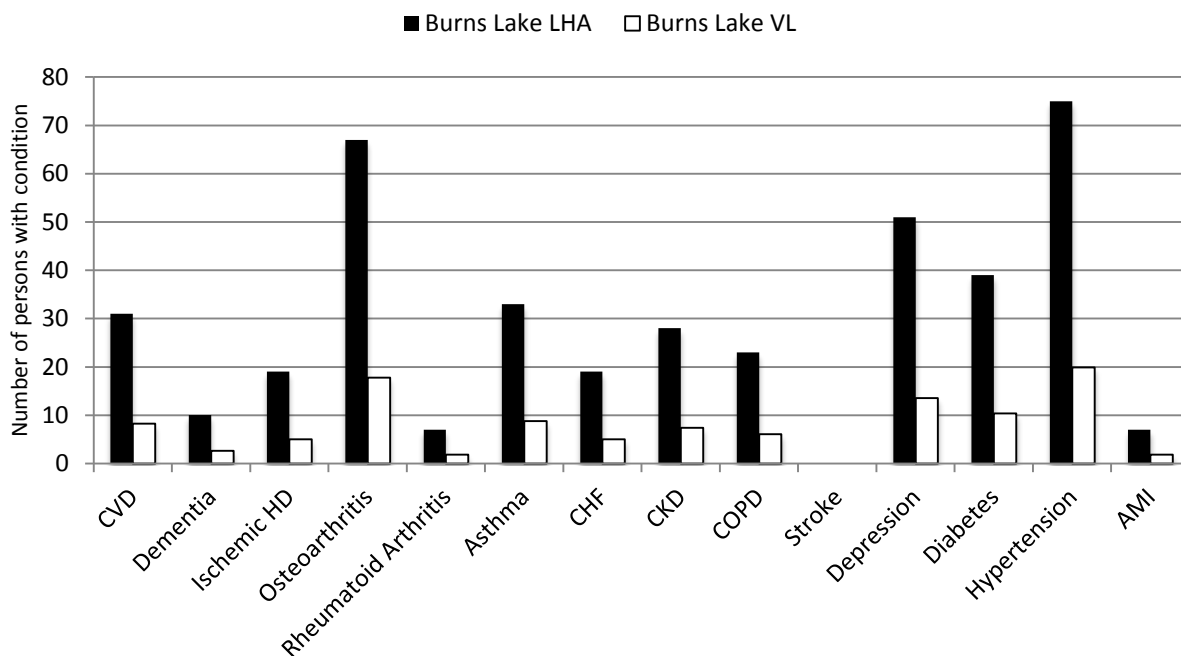
VPD in Northern Interior BC: Cases by Community 2002 - 2012 ¹³												
Community	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	Total
Burns Lake	26	1	0	4	0	0	1	2	0	0	3	37
Ft. St. James	2	0	0	1	3	2	2	0	0	2	3	15
Fraser Lake	0	5	0	1	0	0	1	0	0	0	0	7
Mackenzie	0	1	0	0	1	0	0	1	1	0	0	4
McBride	0	0	0	0	0	0	0	0	0	0	0	0
Prince George	26	52	26	22	17	19	31	13	7	20	15	248
Quesnel	1	5	4	9	1	4	1	4	1	1	3	34
Valemount	0	4	0	0	0	0	0	0	0	0	1	5
Vanderhoof	3	2	0	0	0	3	0	0	0	2	2	12
Total	58	70	30	37	22	28	36	20	9	25	27	362

From 2002 to 2012, the most frequently reported VPDs in the Northern Interior HSDA were:

- Invasive Pneumococcal Disease - 167 cases
- Pertussis (whooping cough) - 109 cases
- Hepatitis B - 60 cases
- Invasive Meningococcal Disease - 16 cases
- Haemophilus Influenza B – 5 cases.

Chronic Diseases tend to accumulate with age and limit our independence. Our personal choices 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 how we age and whether we remain free from certain types of cancers and chronic illnesses. ^{14, 15, 16, 17}

Estimated numbers of new cases of selected chronic conditions Burns Lake LHA and Burns Lake VL residents: 2010-2011



Chronic Conditions	Existing or treated cases		New cases / yr		Cost per patient / year
	Burns Lake VL	LHA	Burns Lake VL	LHA	
Cardiovascular Disease (CVD)	99	374	8	31	\$7,498
Dementia	23	88	3	10	\$9,169
Ischemic Heart Diseases (IHD)	61	230	5	19	\$7,381
Osteoarthritis	179	674	18	67	\$4,057
Rheumatoid Arthritis	22	82	2	7	\$5,697
Asthma	132	497	9	33	\$1,649
Congestive Heart Failure (CHF)	63	236	5	19	\$9,155
Chronic Kidney Disease (CKD)	46	175	7	28	\$8,863
COPD	54	203	6	23	\$8,064
Stroke	17	65	0	0	\$7,997
Depression	390	1,472	14	51	\$2,879
Diabetes	137	517	10	39	\$4,438
Hypertension	368	1,389	20	75	\$3,802
AMI	28	104	2	7	\$7,013

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.

Healthy and independent seniors are what we want to see when we look around the communities in northern BC. The population however, is aging and with that often comes an accumulation of chronic health conditions that inhibit our independence.

Home support and other services provided by Northern Health intend to keep people healthy and independent. As of March 2013, there were 917 northern interior residents receiving long-term home-support services. Here is an abbreviated profile of these residents.¹⁸

Male	37 %	Married	28 %	Aged 75+	71 %
Female	63 %	Widowed	44 %	Aboriginal	9 %
Frequently Noted Health Conditions					
Hypertension	58 %	Diabetes	23 %	Any Psychiatric Diagnosis	21 %
Arthritis	44%	Osteoporosis	22%		
Clients with Multiple Health Conditions					
≤ 3 Conditions	28.5 %	3 - 5 Conditions	39.8 %	≥5 Conditions	31.7 %
Clients with Cognitive Impairment (Cognitive Performance Score)					
No impairment	38 %	Borderline /mild	45 %	Moderate	10 %
Clients with independence difficulty in 1- 3 daily activities (IADL Difficulty Scale)					
No difficulty	29.7 %	Some difficulty	23.7 %	Great difficulty	46.7 %

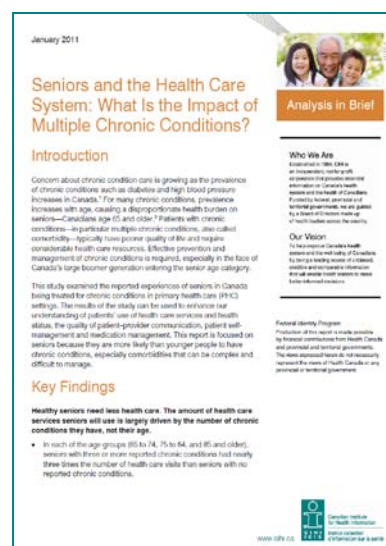
How do we compare to the rest of Canada?

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.¹⁹

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?*



This publication is available from the Canadian Institute for Health Information: https://secure.cihi.ca/free_products/air-chronic_disease_aib_en.pdf

Acute care (hospital) services are an important part of the health care services continuum. This page provides a 5 year snap-shot of where residents received acute care services and a glimpse into the activities occurring at local facilities.

Location where inpatient hospital services were received: ²⁰

For Burns Lake residents during the five year period: 2008/09 – 2012/13.							
Number of Cases and Days	Location of Hospital Care						
	Burns Lake	Vanderhoof	Smithers	Other NH	Other BC	OOP	Total
Cases	2,352	189	143	1,181	360	25	4,250
Days	12,620	364	244	5,930	3,539	278	22,975

- 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.²¹
- 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.

Facility Activities ²²

No. 707 - Lakes District Hospital & Health Centre					
Selected Measures	2008/09	2009/10	2010/11	2011/12	2012/13
Acute discharges/deaths total	700	707	509	493	599
Acute in-patient admissions total	693	712	544	492	596
Acute in-patient days (excl. ALC)	3,513	3,542	3,341	2,645	2,994
ALC days total	1,018	908	1,285	246	830
Psychiatry/addiction admissions	n/a	n/a	n/a	n/a	n/a
Ambulatory visits (excl. E/R).	419	309	458	115	572
Emergency visits (excl. Ambul)	11,395	11,880	9,895	8,543	8,361
In-patient surgical cases total	13	3	n/a	n/a	n/a
Surgical day care cases total	13	n/a	n/a	n/a	n/a
Lab Tests (excludes respiratory)	146,693	147,664	135,297	162,667	191,993
Medical Imaging Tests	4,206	3,954	3,902	7,354	4,012



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/StatisticsBySubject/SocialStatistics/CommunityFacts.aspx>
- ² BC Treaty Commission Statement of Intent Maps: GEO BC. <http://archive.ilmb.gov.bc.ca/cis/initiatives/treaty/index.html>
- 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 2013. <http://www.bcstats.gov.bc.ca/StatisticsBySubject/Demography/PopulationEstimates.aspx>
- ⁵ Population Estimates for Municipalities: BC Stats; 1996-2006, 2006-2012. <http://www.bcstats.gov.bc.ca/StatisticsBySubject/Demography/PopulationEstimates.aspx>
- ⁶ BC Stats: Population Estimates for Regional Districts: PEOPLE 2013. <http://www.bcstats.gov.bc.ca/StatisticsBySubject/Demography/PopulationEstimates.aspx>
- ⁷ BC Vital Statistics Annual Report: 2011. <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 BC Stats: Population Projections: PEOPLE 2013: Published August 2013.
- ⁹ Northern Health Resident Mothers that Delivered a Baby in British Columbia, by Resident Municipality: Prepared for Northern Health by Perinatal Services BC. Request 211051: April 24, 2013.
- ¹⁰ 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>
- ¹¹ Small Area Populations Projections (P.E.O.P.L.E.): Technical Paper. BC Stats, July 2009. (mortality: page 10) <http://www.bcstats.gov.bc.ca/StatisticsBySubject/Demography/TechnicalPapers.aspx>
- ¹² 2010 Cohort (2 year olds) Date of Birth Jan 01, 2010 to Dec 30, 2010. Up-to-date for age: (2010 definition). Data extracted Jan 15, 2013: Prepared by CM for JMH / MMP: Northern Health Public Health: August 2013.
- ¹³ Vaccine Preventable Disease: Northern Health-Public Health Internal Files: August 2013..
- ¹⁴ Population Patterns of Chronic Health Conditions in Canada: Health Council of Canada. <http://healthcouncilcanada.ca>
- ¹⁵ The Cost of Chronic Disease in Canada: GPI Atlantic. 2004. <http://gpiatlantic.org/pdf/health/chroniccanada.pdf>
- ¹⁶ Prevention: British Columbia Cancer Agency. 2009. <http://www.bccancer.bc.ca/PPI/Prevention/default.htm>
- ¹⁷ 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>
- ¹⁸ Inter-RAI Client Assessment Summary: Northern Health. Summary as of March 31, 2013. Data extracted July, 2013. Northern Health: Home and Community Care Services.
- ¹⁹ Seniors and the Health Care System: What is the Impact of Multiple Chronic Conditions? CIHI, January 2011. <https://secure.cihi.ca/estore/productFamily.htm?locale=en&pf=PFC1575>
- ²⁰ Hospitalizations by patient's home community 2003/ 04 to 2012/13: Special Analysis by the BC Ministry of Health for Northern Health. Project No. 2013_00828. Revised and Updated: September 2013.
- ²¹ Alternate Level of Care in Canada: CIHI. <https://secure.cihi.ca/estore/productSeries.htm?pc=PCC456>
- ²² Northern Facility Activity Summaries from Northern Health Finance: Extracted August 206, 2013.