STATE OF OTTAWA’S HEALTH
2014
The following is a graphical summary of each chapter in the State of Ottawa’s Health 2014 report. The report provides an overview of key health conditions and indicators that have a significant impact on the health of Ottawa’s population.

A complete and accessible version of this report, with references, is available at ottawa.ca/healthreports.
Ottawa is growing, aging and becoming increasingly diverse.

Ottawa’s population:
- 2011: 883,391
- 2020: 1,055,581
- 2030: 1,232,891

% of population over age 65:
- 2011: 13%
- 2020: 16%
- 2030: 20%

Origin and identity:
- Born in Canada: 75%
- Born outside Canada: 25%
- Aboriginal: 2%
- Visible minority: 24%
- Immigrated to Canada in past 5 years: 4%

Most common language spoken at home:
- English: 79%
- French: 10%
- Non-official languages: 11%

Age:
- 0 to 18: 28%
- 19 to 44: 37%
- 45 to 64: 22%
- 65+: 13%
Education, employment, income and housing impact health and well-being. These “determinants of health” are often affected by things beyond individual control.

**Education of Ottawa residents aged 25 to 64**

- Postsecondary certificate, diploma or degree: 75%
- High school diploma or equivalent: 19%
- No certificate, diploma or degree: 7%

**Unemployment rates**

- 7% of people aged 15+
- 15% of people aged 15 to 24

**Who spends 30% or more of household income on housing?**

- 15% of home owners
- 39% of renters

**Median after-tax income**

- $105,400 couples with children
- $80,400 couples without children
- $33,200 persons living alone
- $52,100 single parents

12% of people are living in low income.
GENERAL HEALTH

“Health is a state of complete physical, mental, and social well-being and not merely the absence of disease.” (WHO, 1999)

Ottawa residents aged 12 and older

62% rate their health as excellent/very good
72% rate their mental health as excellent/very good

Life expectancy at birth

Male 81 Female 84

Leading causes of death

<table>
<thead>
<tr>
<th>Ages 5 to 19</th>
<th>Ages 20 to 44</th>
<th>Ages 45 to 64</th>
<th>Ages 65+</th>
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<tbody>
<tr>
<td>Males</td>
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<td>Motor vehicle collisions</td>
<td>Unintentional poisoning</td>
<td>Heart disease</td>
<td>Heart disease</td>
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<td>Females</td>
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<td>Too few to report (less than 5)</td>
<td>Suicide</td>
<td>Lung cancer</td>
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Early death from these causes can be prevented with public health programs and policies.
Top 5 chronic conditions in older adults

- High blood pressure 44%
- Heart disease 18%
- Back problems 27%
- Diabetes 18%
- Arthritis 44%

Chronic conditions usually develop slowly, last a long time, and affect quality of life.
They also place a high cost on our health care system.

Injuries are one of the leading causes of early death and disability in Ottawa.

What injuries are sending us to the emergency room?

- Falls 24,000
- Sports and recreational activities 8,600
- Strenuous or repetitive movements 6,700
- Self-harm 1,200

Falls caused the most injury-related...

- 2,500 Hospitalizations
- 95 Deaths
DISEASE PREVENTION

Being healthy includes eating well, being active, maintaining a healthy weight, not smoking, and limiting alcohol.\(^74,103\) This is influenced by the information we have, the people in our lives, and the places where we live, learn, work and play.

Cost of basic healthy eating\(^79\)

Feeding a family of four per month in 2013 = $789

$44 (6%) increase

2012

60% of residents aged 12+ do not eat enough vegetables and fruits a day.\(^76\)

1 in 4 grade 7 to 12 students meet the Physical Activity Guidelines of 60 minutes per day\(^84\)

19% of grade 7 to 12 students walk or cycle to school

30% of adults are active during their leisure time

10% of residents walk or cycle to work

People who report being overweight or obese\(^74,84\)

23% Middle and high school students

47% Adults
Who uses cannabis at least once a year?  
- 32% of high school students
- 36% of adults aged 18 to 29 years

Excessive drinking in Ottawa is higher than the provincial average.

Binge drinking increases risk of injuries, while drinking too much every week leads to chronic diseases such as digestive diseases, cancer, and mental health conditions.

What’s too much?
- Men: more than 3 drinks a day and 15 per week
- Women: more than 2 drinks a day and 10 per week

Binge drinking is:
- Male: 5 or more drinks on one occasion
- Female: 4 or more drinks on one occasion

Smoke-free homes
- 2001: 57%
- 2013: 89%

Smoking rates in 2013 continue to be at historic low levels. 12%

Excessive drinking in Ottawa is higher than the provincial average.  *This is likely an underestimate of binge drinking*
MATERNAL AND CHILD HEALTH

Healthy pregnancies, newborns with healthy weights, and breastfeeding are all recipes for long-term well-being for both mother and baby.

- Average age of first time mothers in 2012 was 29.8 years
- The highest birth rates are among women aged 30 to 34.
- The teen pregnancy rate in Ottawa has decreased from 25 per 1000 teens in 2003 to 18 in 2012.

5% women who reported smoking during their pregnancy
3% women who reported consuming alcohol during their pregnancy

In 2013, about 34% of women were overweight/obese when they got pregnant. Also, over a third of pregnant women gained more than the recommended amount of weight during pregnancy.

The number of live births in Ottawa has been close to 10,000 per year over the past five years.

- Low birth weight 6%
- Small for gestational age 8%
- Large for gestational age 12% (higher than the rest of Ontario)

Babies that are too small or too big may have a higher risk of complications.
97% of Ottawa mothers started breastfeeding

73% gave breastmilk in combination with other feeding methods for 6 months or more

10% exclusively gave breastmilk for 6 months

School readiness

Children who are not able to hold a pencil well, cooperate with their classmates, tell a short story of their day, and follow simple instructions are at risk for difficulty in school years and beyond.

25% of senior kindergarten students are considered vulnerable for school readiness.
Infectious diseases (diseases you can catch) are a public health concern, and require ongoing surveillance and prevention.

4,600 cases of infectious diseases were reported to Ottawa Public Health in 2013.\(^{156}\)

The most common of these infectious diseases were:\(^{156}\)

**Sexually transmitted infections**

- **2,404** Chlamydia
  - This was double the cases compared to 10 years ago
- **257** Gonorrhea
  - The rate of gonorrhea increased sharply at the end of the year

**Blood borne infections**

- **240** Hepatitis C
  - Hepatitis C is spread through contact with blood

**Respiratory infections**

- **542** Influenza
  - The “flu” is a serious respiratory disease preventable through vaccination

**Enteric infections**

- **216** Campylobacter enteritis
- **130** Salmonellosis
  - These can be caused by contaminated food or drink

These are an underestimation of the actual rates of infectious diseases in Ottawa.
Outbreaks in long term care centres, retirement homes and acute care facilities in 2013

85 respiratory
61 enteric

Group A Streptococcal infections are spread by direct contact. Invasive infections are severe and can be fatal. There were 10 deaths in 2013.

Immunization is the most effective way to prevent many serious infectious diseases.

% of 17 year olds immunized in 2011-12 school year

- Measles 97%
- Mumps 95%
- Rubella 96%
- Diphtheria 89%
- Tetanus 89%
- Polio 97%

Invasive Group A Streptococcal infections

53 cases in 2013.

Lyme disease

47 cases in 2013.

Most people who got Lyme disease were bitten by ticks outside of Ottawa.

There were 19 cases in 2012.