



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.

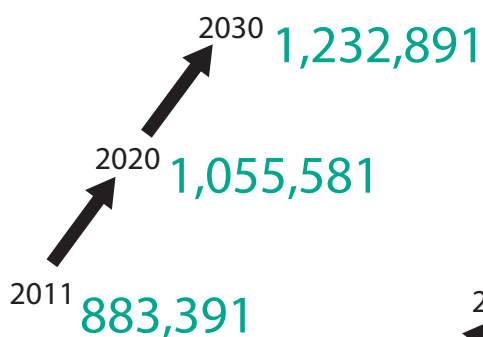
A complete and accessible version of this report, with references, is available at ottawa.ca/healthreports.

DEMOGRAPHICS

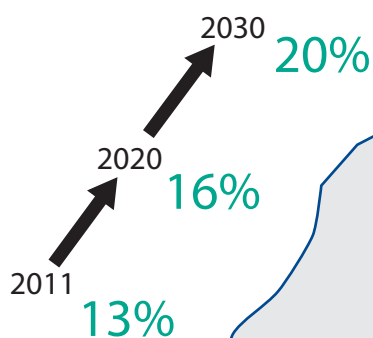
Ottawa is growing, aging and becoming increasingly diverse.



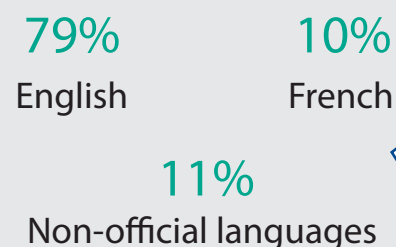
Ottawa's population³



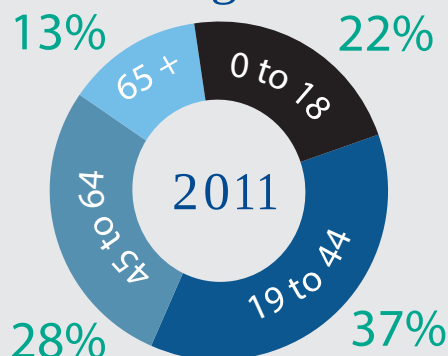
% of population over age 65³



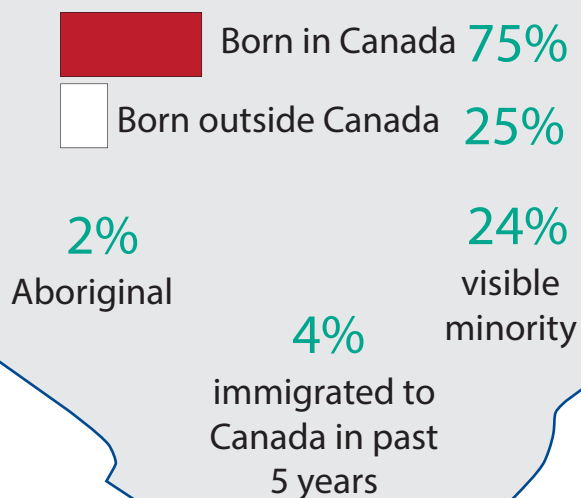
Most common language spoken at home⁷



Age³



Origin and identity⁷



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 64⁷

Postsecondary certificate, diploma or degree 75%

High school diploma or equivalent 19%

No certificate, diploma or degree 7%



Unemployment rates⁷

7%
of people
aged 15+

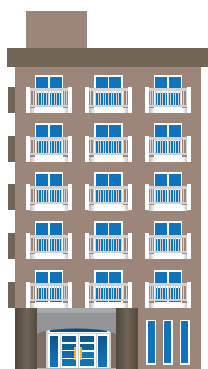


15%
of people
aged 15 to 24

Who spends 30% or more of household income on housing?⁷



15%
of home
owners

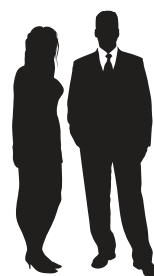


39%
of
renters

Median after-tax income^{7, 12}



\$105,400
couples with
children



\$80,400
couples without
children



\$33,200
persons living
alone



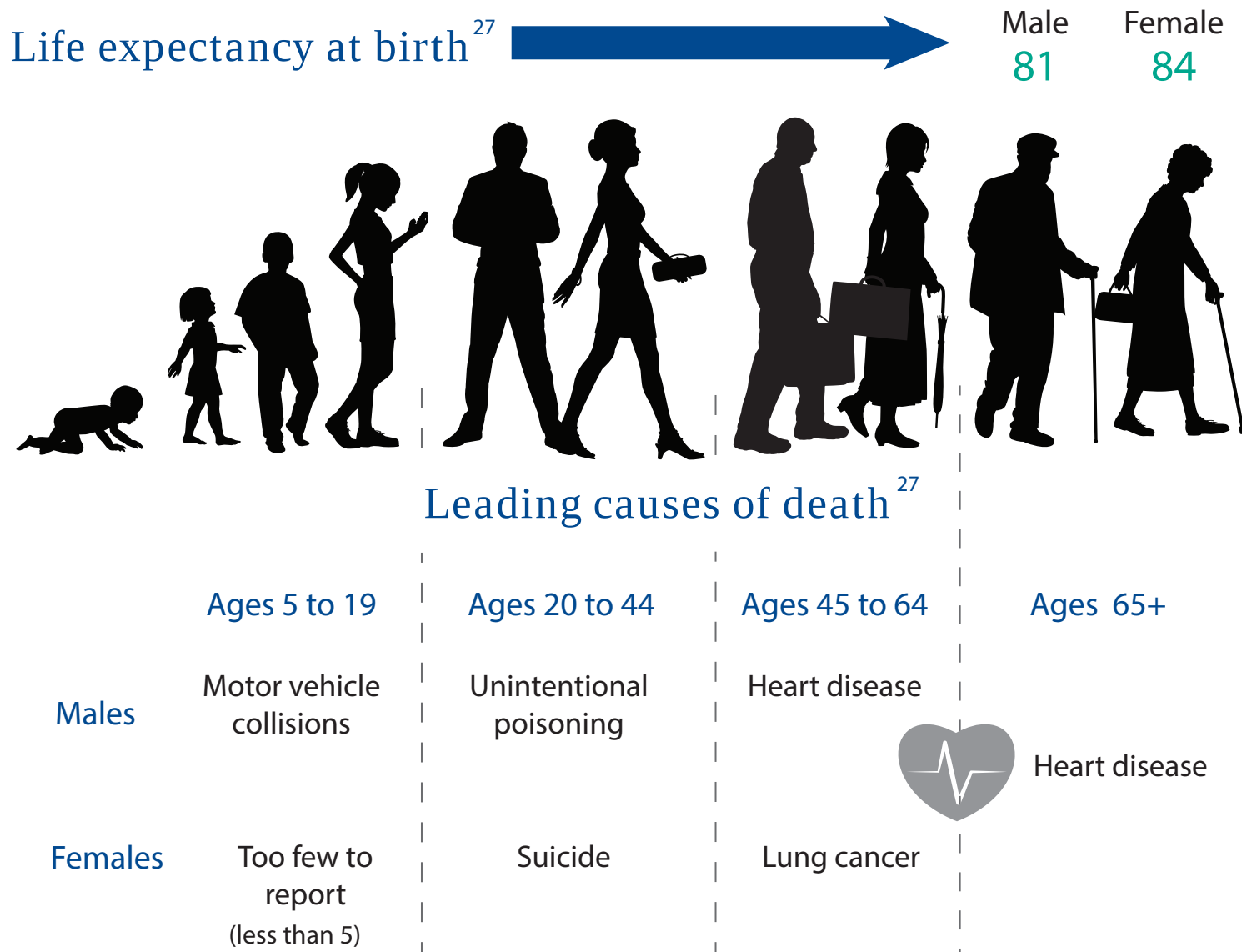
\$52,100
single parents

12% of people are living in low income.⁷

GENERAL HEALTH

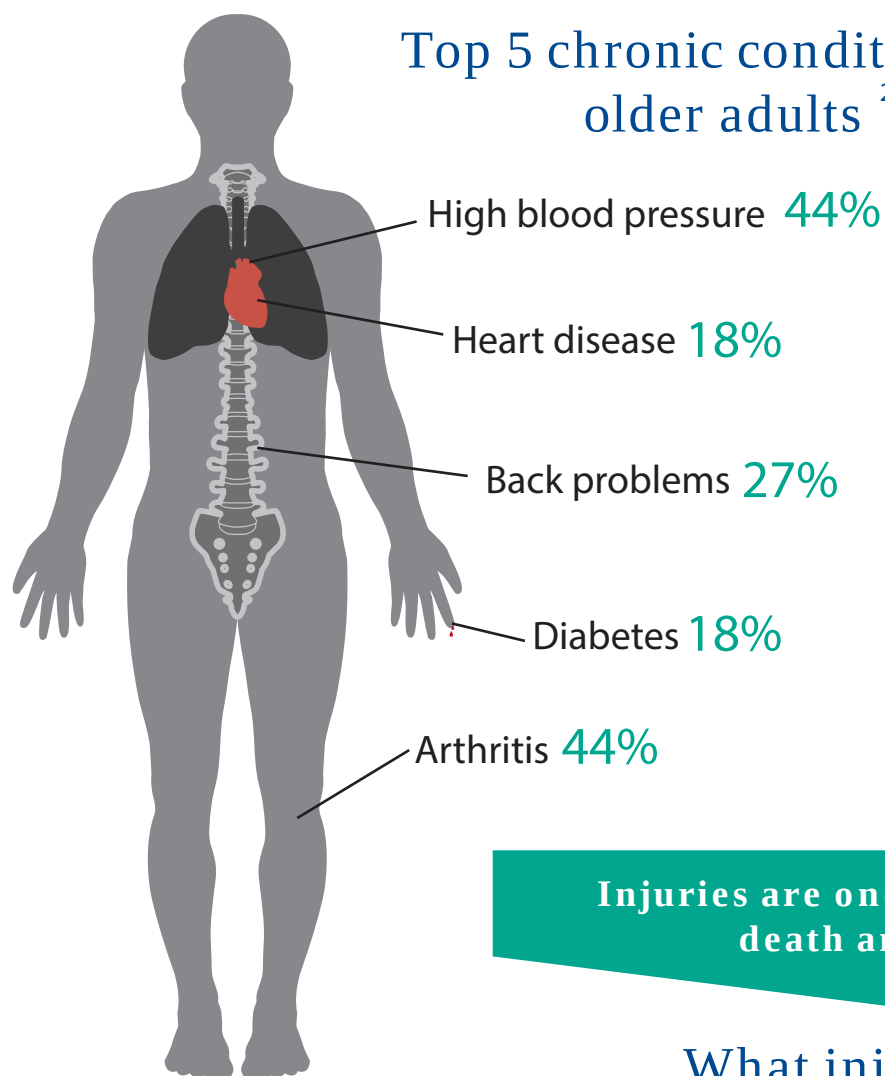
“Health is a state of complete physical, mental, and social well-being and not merely the absence of disease.” (WHO,1999)

Ottawa residents aged 12 and older ²⁴ **62%** rate their health as excellent/very good
72% rate their mental health as excellent/very good



Early death from these causes can be prevented with public health programs and policies. ³⁵

Top 5 chronic conditions in older adults²⁴

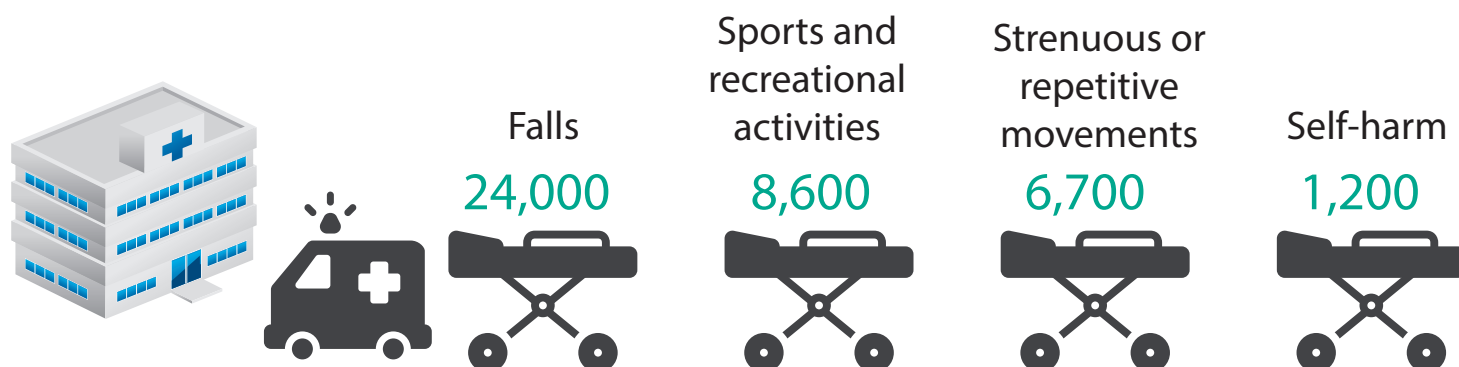


Chronic conditions usually develop slowly, last a long time, and affect quality of life.

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?⁵³



Falls caused the most injury-related...^{27,53}

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 eating⁷⁹



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 day⁸⁴



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

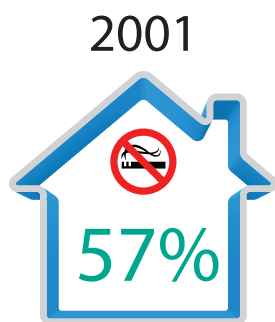
People who report being overweight or obese^{74, 84}

23% Middle and high school students

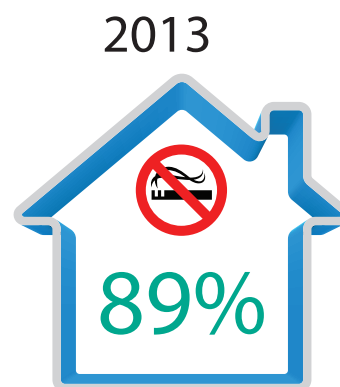
47% Adults

Smoking rates in 2013 continue to be at historic low levels.¹¹⁸

12%



Smoke-free homes¹¹⁸



Who uses cannabis at least once a year?^{76, 84}

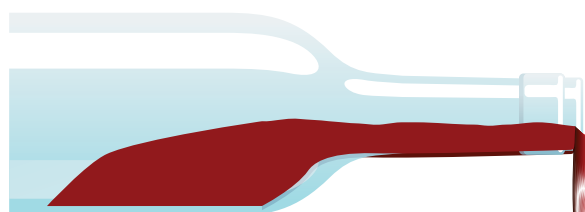
32%
of high school
students



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.¹⁰³



31%
of adults drink too
much every week⁷⁶

62%* of adults aged 19 to 44 binge
drink at least **once a year**⁷⁶

30%* of high school students binge
drink at least **once a month**⁸⁴

*This is likely an underestimate of binge drinking

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:

Female: 4 or more drinks on one occasion
Male: 5 or more drinks on one occasion

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.



women who reported smoking during their pregnancy ¹³⁹

5%

women who reported consuming alcohol during their pregnancy ¹³⁹

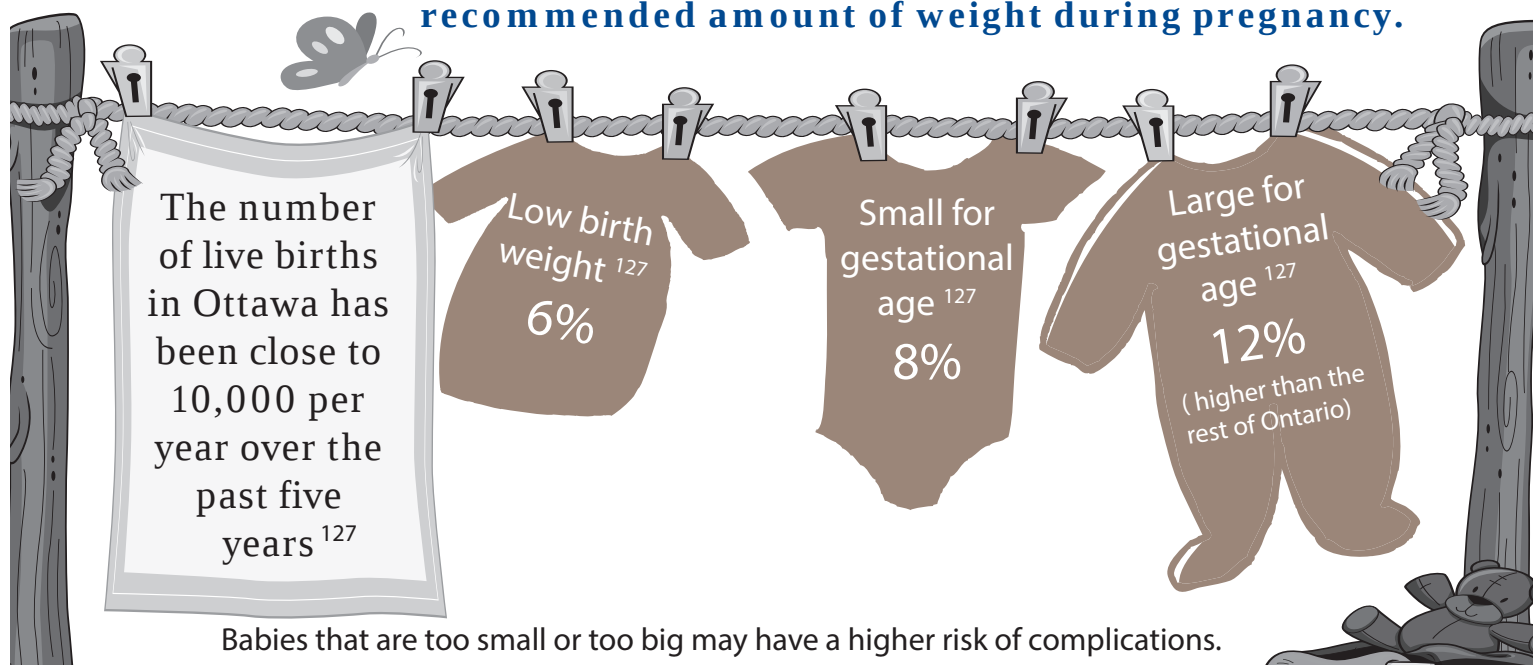
3%

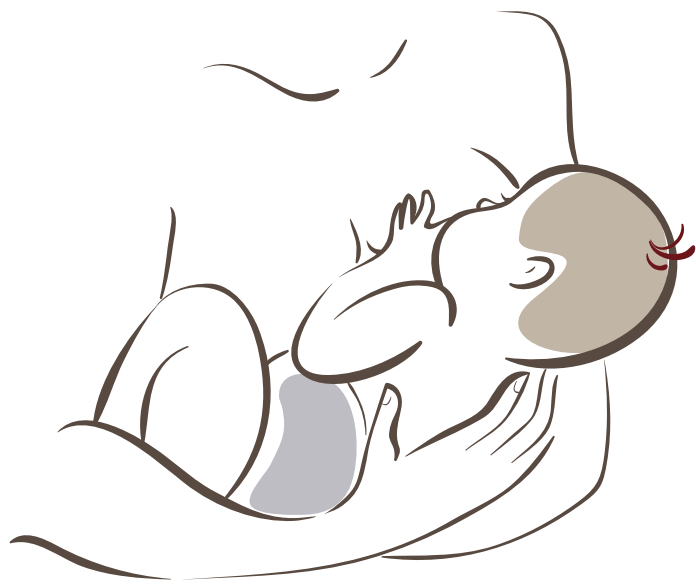
The teen pregnancy rate in Ottawa has decreased from 25 per 1000 teens in 2003 to 18 in 2012 ¹⁴⁷

Average age of first time mothers in 2012 was 29.8 years

The highest birth rates are among women aged 30 to 34. ¹²⁷

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.





97%

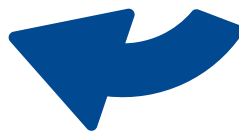
of Ottawa mothers started breastfeeding ¹⁵³



73%

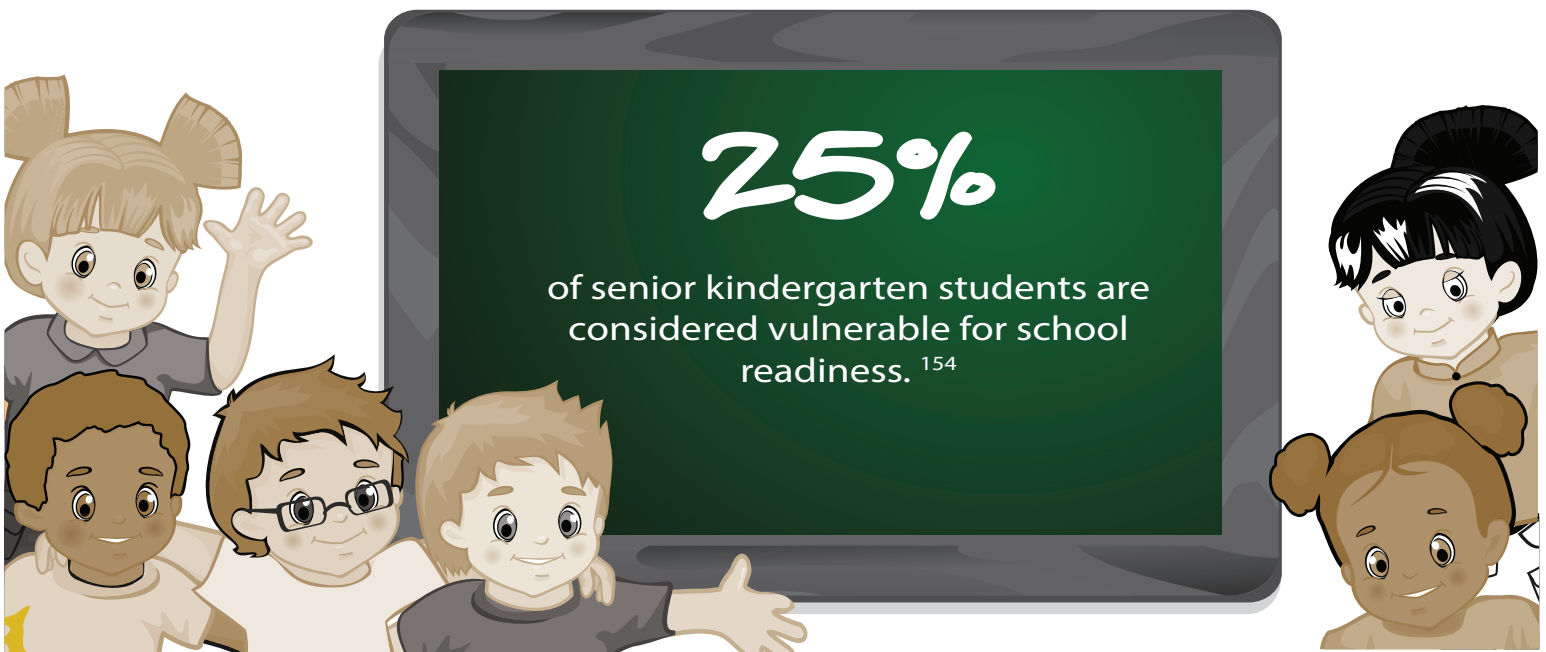
gave breastmilk in combination with other feeding methods for 6 months or more ¹⁵³

10%
exclusively gave breastmilk for 6 months ¹⁵³



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.

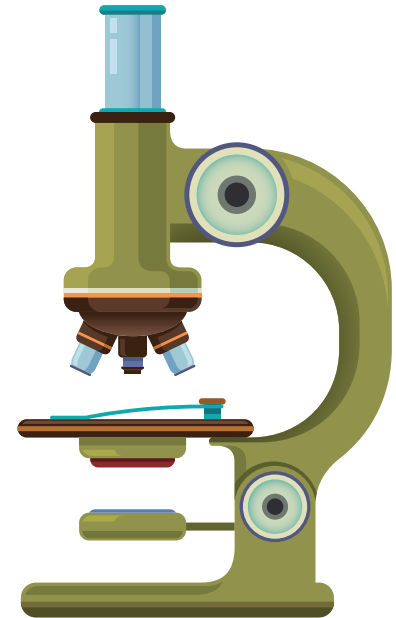


COMMUNICABLE DISEASES

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

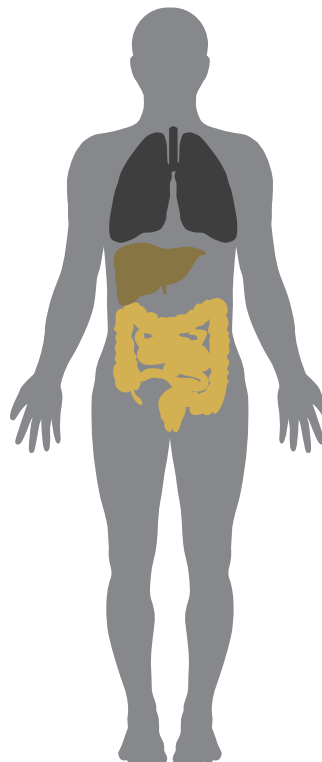
257 Gonorrhea

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

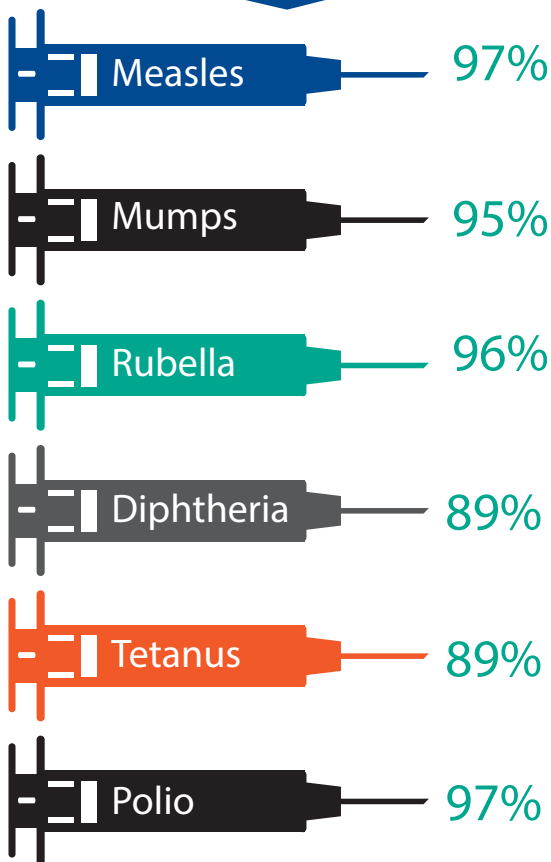
These can be caused by contaminated food or drink

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 2013¹⁵⁶



% of 17 year olds immunized in 2011-12 school year¹⁶⁵



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

Invasive Group A Streptococcal infections¹⁵⁶

53

cases in 2013.

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

Lyme disease¹⁵⁶

47

cases in 2013.

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



There were 19 cases in 2012.