



Labrador - Grenfell
Health

COMMUNITY HEALTH NEEDS ASSESSMENT

HIGHLIGHTS FROM THE LABRADOR-GRENFELL HEALTH REGION

January 2020

Objectives



Provide an opportunity for stakeholders and the general public to participate in a dialogue about health and healthcare issues from a local and regional perspective



Understand, document, prioritize and provide recommendations to improve the health status of residents of the Labrador-Grenfell Health region

Key Questions



WHAT ARE THE STRENGTHS OF THE COMMUNITY?



WHAT ARE THE CHALLENGES FACING THE COMMUNITY?



WHAT NEEDS ARE NOT CURRENTLY BEING ADDRESSED?



WHAT ARE THE MAJOR HEALTH CONCERNS OF THE COMMUNITY?

Methods



COMMUNITY PROFILES

6 REGIONAL ZONES PROFILED USING MOST RECENT DATA AVAILABLE



Data gathered to develop a demographic and health profile of each of the 6 regional zones



Population, income, education and employment information derived from Statistics Canada, Census of Population 2016 and Census of Population 2006



Birth rate information: NL Centre for Health Information, Live Birth System, 2016



Hospitalization data: NL Centre for Health Information, Clinical Database Management System, fiscal years 2012-2017



Mortality data: NL Centre for Health Information, using Statistics Canada mortality data, calendar years 2013-2018



Nunatsiavut health status & priorities: Regional Health Plan 2019-2024, Dept of Health and Social Development, Nunatsiavut Government, March 2019



SURVEYS

436 VOLUNTARY ONLINE PUBLIC SURVEYS COMPLETED DURING NOVEMBER AND DECEMBER 2018



Voluntary, anonymous, confidential, online survey conducted on Survey Gizmo and accessed through L-GH website



Available online from November 19, 2018 to December 21, 2018



Promoted through a variety of means, including radio ads, posters at L-GH facilities, L-GH webpage and social media

Number of Survey Respondents from Each Region

141 Labrador West

115 Central Labrador

1 Innu First Nations

15 Nunatsiavut

40 Southern Labrador

124 Northern Peninsula



COMMUNITY FOCUS GROUPS

10 PUBLIC MEETINGS IN 9 DIFFERENT COMMUNITIES FROM MARCH TO AUGUST 2019 WITH 183 PARTICIPANTS



Open to the general public to discuss specific issues and concerns in an informal setting



Dates and times of consultations publicized and promoted in advance using radio ads, posters, the L-GH website and social media



Participants encouraged to register in advance due to capacity and logistical considerations



Participants at each consultation assigned to a smaller discussion group with a facilitator and notetaker to capture comments



Discussion in each small group was facilitated with a list of prepared questions



At some consultations, participants also polled using electronic keypads

Number of Participants, Locations & Dates of Focus Groups

56 Labrador City April 3, 2019

15 Happy Valley-Goose Bay April 1, 2019

14 Sheshatshiu April 2, 2019

6 Natuashish August 13, 2019

16 Port Hope Simpson May 13, 2019

13 Forteau April 3, 2019

52 St. Anthony March 4, 2019

7 Anchor Point March 5, 2019

4 Roddickton April 2, 2019



KEY INFORMANT INTERVIEWS

56 INTERVIEWS WITH COMMUNITY LEADERS, RESIDENTS, & STAKEHOLDERS THROUGHOUT REGION



One-on-one interviews with community leaders, residents, employees, or someone directly affected by an area of interest



Individuals contacted and interviews conducted via telephone



Participants interviewed using a list of prepared questions to capture their knowledge about a specific topic or aspect of their community

Number of Key Informant Interviews from Each Region

6 Labrador West

7 Central Labrador

5 Innu First Nations

11 Nunatsiavut

16 Southern Labrador

11 Northern Peninsula

Labrador West

Highlights



Highest median household income in the region

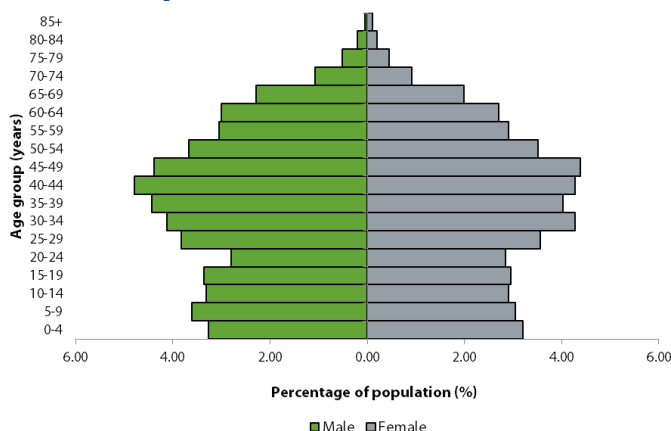


Lowest unemployment in the region



Highest proportion of adults with a secondary and/or post-secondary certificate, degree, or diploma in the region

Population Distribution



Top 5 Reasons for Hospitalization (2012-2017)



1. Depressive Episode



2. Laparoscopic Cholecystectomy



3. Substance Abuse with Other State



4. Chemotherapy/Radiotherapy Admission for Neoplasm



5. Myocardial Infarction/Shock/Arrest without Coronary Angiogram



9,831

POPULATION
(2016 CENSUS OF CANADA)



+ 1.8%

POPULATION CHANGE
(BETWEEN 2006 AND 2016)



11.8

CRUDE BIRTH RATE
(PER 1000 POPULATION)



36.9

MEDIAN AGE
(YEARS)



7.8%

SENIORS
(AGE ≥ 65 YEARS)



86.5%

ADULTS HAVE COMPLETED
A CERTIFICATE, DIPLOMA,
AND/OR DEGREE AT THE
SECONDARY LEVEL OR
ABOVE



8.5%

UNEMPLOYMENT RATE



\$127,077

MEDIAN HOUSEHOLD
INCOME

Top 5 Causes of Death (2013-2018)



1. Cancer



2. Diseases of the Circulatory System



3. Endocrine, Nutritional and Metabolic Diseases



4. External Causes (e.g. accidents, intentional self-harm)



5. Diseases of the Respiratory System

Labrador West



Labrador - Grenfell
Health

Community Factors

- Good community partnerships
- Many activities for youth and adults

"Our community is a very lovely place to live. It has a lot of great options to do things."

Perceptions of Health and Barriers to Healthcare Access

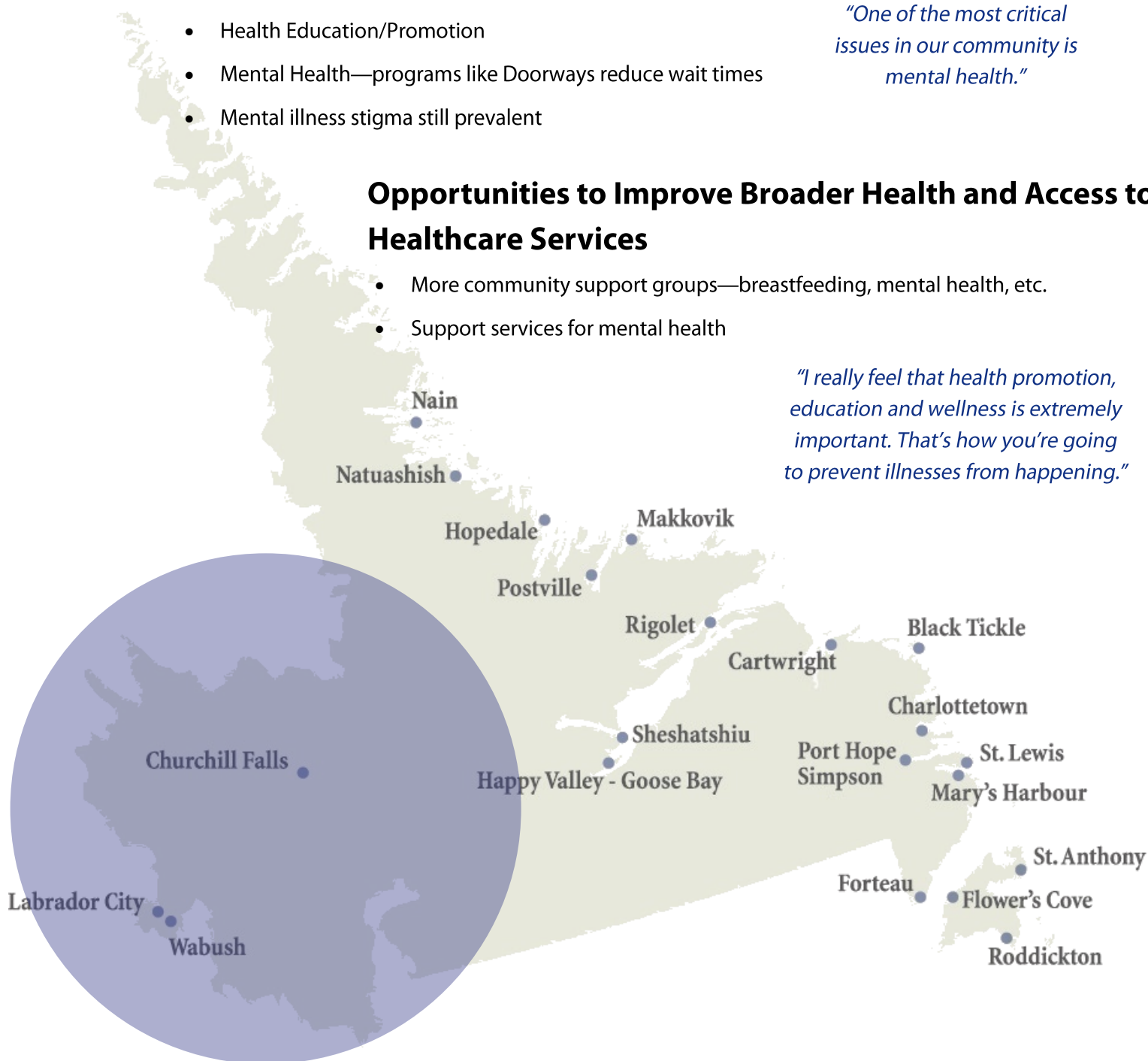
- Lack of attachment to Family Physicians and frequent turnover of health professionals
- Recruitment and retention of needed health professionals
- Health Education/Promotion
- Mental Health—programs like Doorways reduce wait times
- Mental illness stigma still prevalent

"One of the most critical issues in our community is mental health."

Opportunities to Improve Broader Health and Access to Healthcare Services

- More community support groups—breastfeeding, mental health, etc.
- Support services for mental health

"I really feel that health promotion, education and wellness is extremely important. That's how you're going to prevent illnesses from happening."



Central Labrador

Highlights



Second highest median household income in the region



Second lowest unemployment in the region



Second highest proportion of adults with a secondary and/or post-secondary certificate, degree, or diploma in the region



8,710

POPULATION
(2016 CENSUS OF CANADA)



+ 7.2%

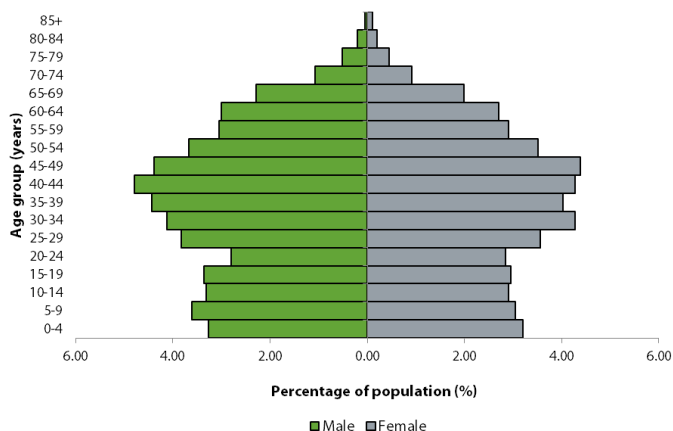
POPULATION CHANGE
(BETWEEN 2006 AND 2016)



11.6

CRUDE BIRTH RATE
(PER 1000 POPULATION)

Population Distribution



39.4

MEDIAN AGE
(YEARS)



11.5%

SENIORS
(AGE ≥ 65 YEARS)



80.0%

ADULTS HAVE COMPLETED
A CERTIFICATE, DIPLOMA,
AND/OR DEGREE AT THE
SECONDARY LEVEL OR
ABOVE



8.6%

UNEMPLOYMENT RATE



\$110,362

MEDIAN HOUSEHOLD
INCOME

Top 5 Reasons for Hospitalization (2012-2017)



1. Depressive Episode



2. Viral/Unspecified Pneumonia



3. Chronic Obstructive Pulmonary Disease



4. Tie – Myocardial Infarction/Shock/Arrest without
Coronary Angiogram & Laparoscopic Cholecystectomy



5. Symptom/Sign of Digestive System

Top 5 Causes of Death (2013-2018)



1. Cancer



2. Diseases of the Circulatory System



3. External Causes (e.g. accidents, intentional self-harm)



4. Tie – Diseases of the Respiratory System & Mental
and Behavioural Disorders



5. Diseases of the Digestive System

Central Labrador



Labrador - Grenfell
Health

Community Factors

- Volunteerism/community spirit
- Outdoor activities
- Population growth and birth rate are stable

"...you forego some of the more urban aspects that you find in other areas, but you embrace some of the community living and outdoor activities that come along with the rural lifestyle."

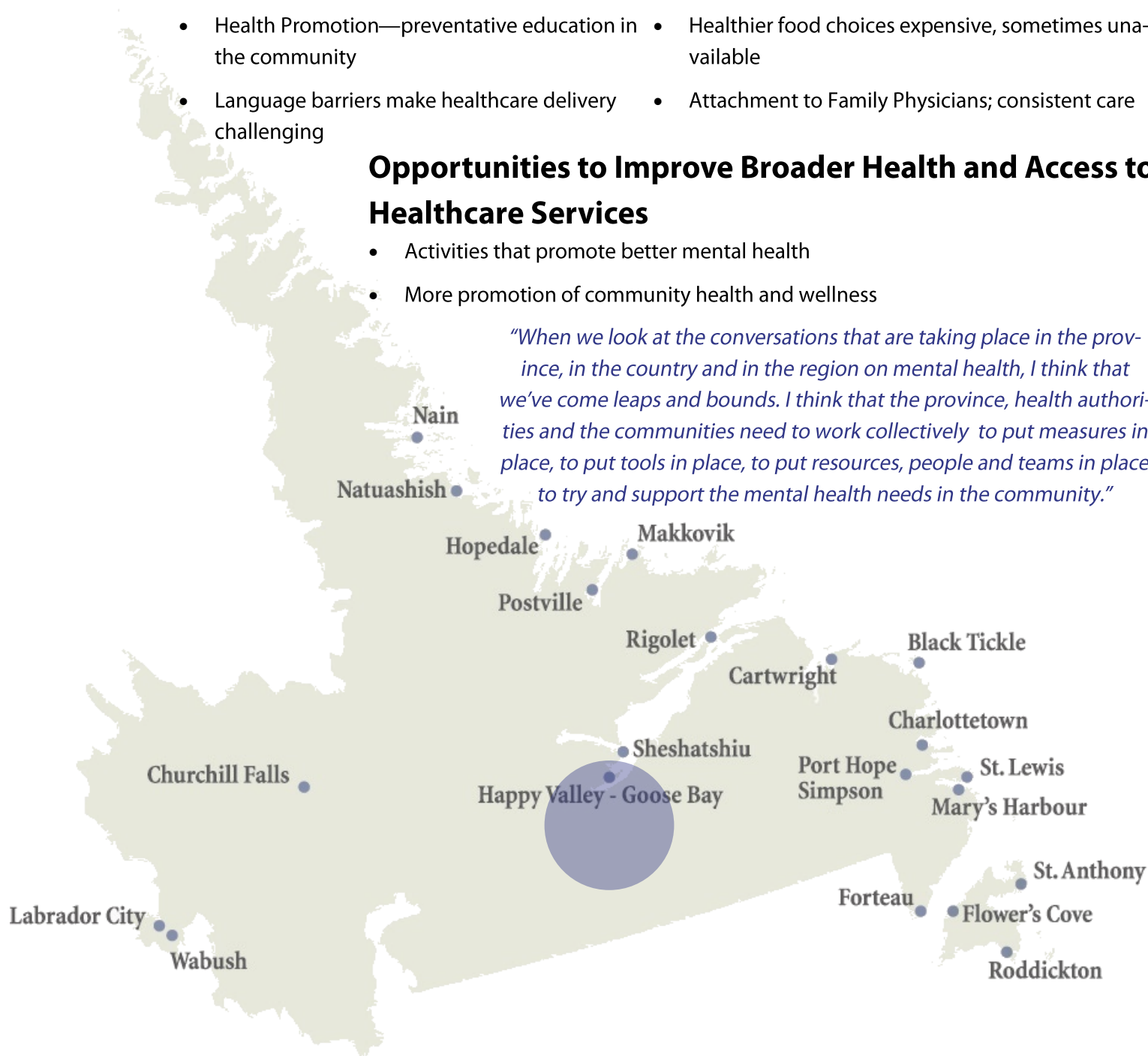
Perceptions of Health and Barriers to Healthcare Access

- Aging population—diabetes
- Health Promotion—preventative education in the community
- Language barriers make healthcare delivery challenging
- Access to mental health and addiction treatment
- Healthier food choices expensive, sometimes unavailable
- Attachment to Family Physicians; consistent care

Opportunities to Improve Broader Health and Access to Healthcare Services

- Activities that promote better mental health
- More promotion of community health and wellness

"When we look at the conversations that are taking place in the province, in the country and in the region on mental health, I think that we've come leaps and bounds. I think that the province, health authorities and the communities need to work collectively to put measures in place, to put tools in place, to put resources, people and teams in place to try and support the mental health needs in the community."



Innu First Nations



Labrador - Grenfell
Health

Highlights



Highest birth rate in the region



Youngest population - 55.7% are under the age of 25



Lowest proportion of adult population with a certificate, diploma, or degree at the secondary level or above



1,959

POPULATION
(2016 CENSUS OF CANADA)



+ 11.3%

POPULATION CHANGE
(BETWEEN 2006 AND 2016)



35.2

CRUDE BIRTH RATE
(PER 1000 POPULATION)



21.5

MEDIAN AGE
(YEARS)



2.3%

SENIORS
(AGE ≥ 65 YEARS)



34.4%

ADULTS HAVE COMPLETED
A CERTIFICATE, DIPLOMA,
AND/OR DEGREE AT THE
SECONDARY LEVEL OR
ABOVE



25.5%

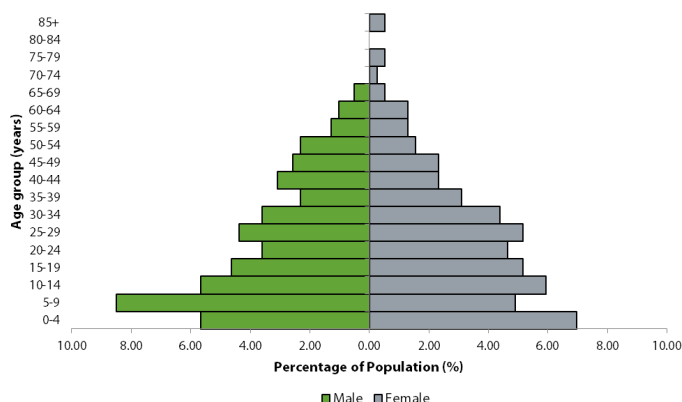
UNEMPLOYMENT RATE



\$83,314

MEDIAN HOUSEHOLD
INCOME

Population Distribution



Top 5 Reasons for Hospitalization (2012-2017)



1. Viral/Unspecified Pneumonia



2. Depressive Episode



3. Chronic Obstructive Pulmonary Disease



4. Laparoscopic Cholecystectomy



5. Seizure Disorder, except Status Epilepticus

Top 5 Causes of Death (2013-2018)



1. Tie - Diseases of the Circulatory System & External Causes (e.g. accidents, intentional self-harm)



2. Cancer



3. Endocrine, Nutritional and Metabolic Diseases



4. Tie - Diseases of the Respiratory System & Diseases of the Digestive System



5. Diseases of the Nervous System

Innu First Nations



Labrador - Grenfell
Health

Community Factors

- Willingness to work together
- Partnerships with other community organizations
- Strong cultural and language roots

"I think the traditional life that the people are following, like hunting and fishing – doing cultural activities and speaking our language [is important to our wellbeing]."

Perceptions of Health and Barriers to Healthcare Access

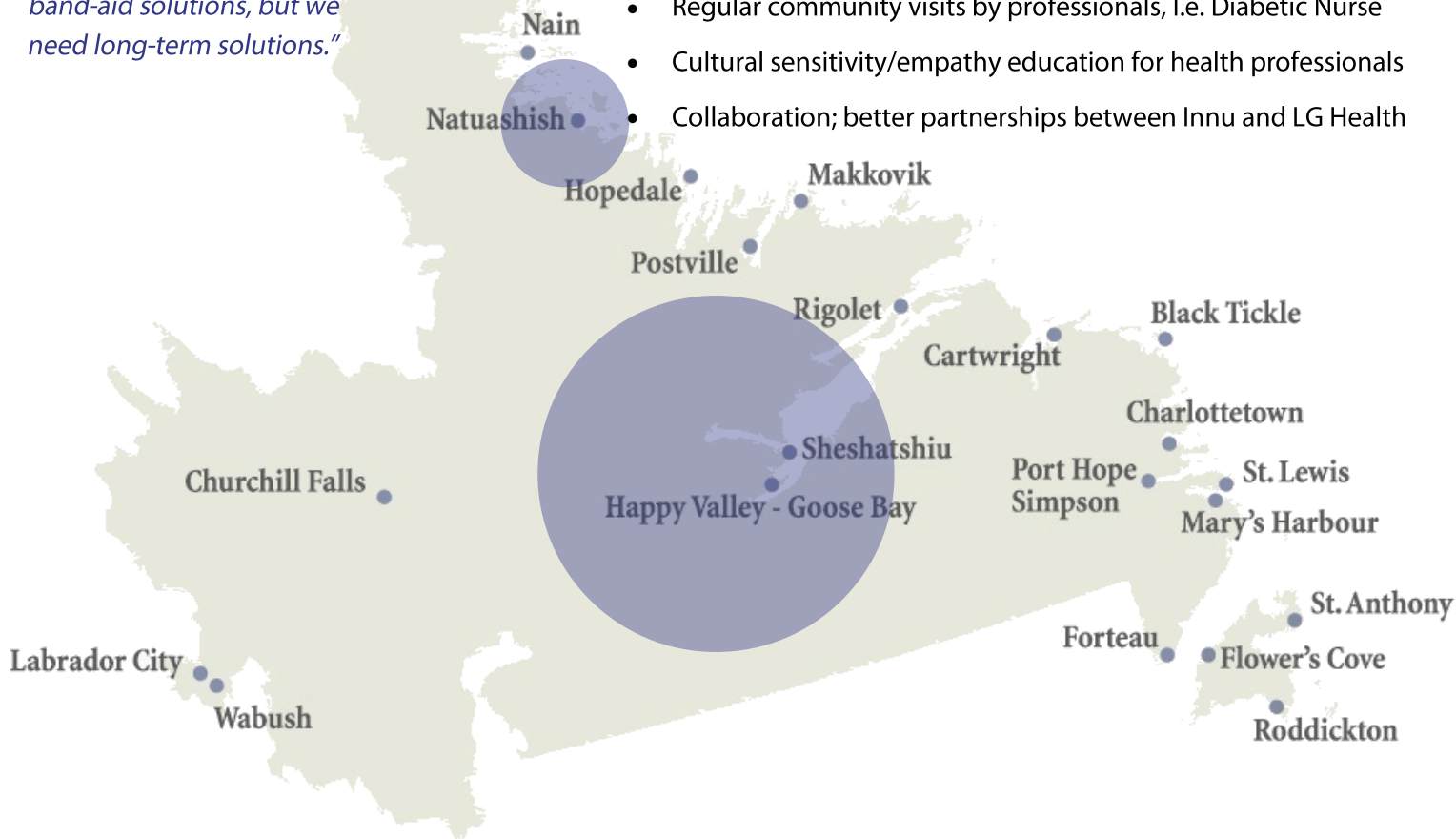
- Discrimination – people are pre-judged; professionals have preconceived ideas
- Language barriers
- Chronic conditions such as Diabetes, Heart Disease
- Mental Health/Illnesses; intergenerational trauma, addictions to drugs and alcohol
- Consuming processed foods vs. traditional foods; cost/availability of healthier choices

"Generally, people aren't looking after themselves like they used to at one point. They don't go out into the bush anymore to be active and to live in harmony."

Opportunities to Improve Broader Health and Access to Healthcare Services

- Better communication – knowledge of existing services
- More focus on illness prevention and health promotion activities
- Regular community visits by professionals, i.e. Diabetic Nurse
- Cultural sensitivity/empathy education for health professionals
- Collaboration; better partnerships between Innu and LG Health

"I think people here in the community are just given band-aid solutions, but we need long-term solutions."



Nunatsiavut Communities



Labrador - Grenfell
Health

Highlights



Second highest birthrate in the region



Second lowest median household income



Second lowest proportion of adult population with a certificate, diploma, or degree at the secondary level or above



2,558

POPULATION
(2016 CENSUS OF CANADA)



+ 6.0%

POPULATION CHANGE
(BETWEEN 2006 AND 2016)



20.3

CRUDE BIRTH RATE
(PER 1000 POPULATION)



33.4

MEDIAN AGE
(YEARS)



8.2%

SENIORS
(AGE ≥ 65 YEARS)



57.2%

ADULTS HAVE COMPLETED
A CERTIFICATE, DIPLOMA,
AND/OR DEGREE AT THE
SECONDARY LEVEL OR
ABOVE



29.4%

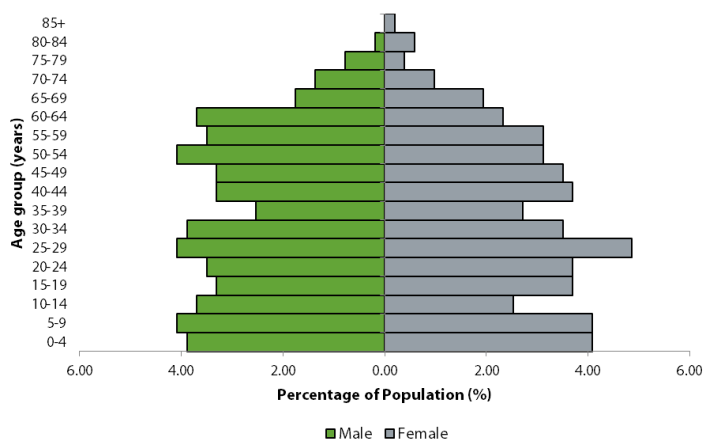
UNEMPLOYMENT RATE



\$70,614

MEDIAN HOUSEHOLD
INCOME

Population Distribution



Top 5 Reasons for Hospitalization (2012-2017)



1. Viral/Unspecified Pneumonia



2. Gastrointestinal Obstruction



3. Laparoscopic Cholecystectomy



4. Depressive Episode



5. Tie – Oral Cavity/Pharynx Intervention & Symptom/Sign of Digestive System

Top 5 Causes of Death (2013-2018)



1. External Causes (e.g. accidents, intentional self-harm)



2. Diseases of the Circulatory System



3. Cancer



4. Diseases of the Respiratory System



5. Mental and Behavioural Disorders

Nunatsiavut Communities



Labrador - Grenfell
Health

Community Factors

- Resilient
- Supportive in times of crisis
- Support from elders/community resources

"We're pretty close-knit and we come together when things are hard. People fundraise together and help each other out when we are having difficulties. And I believe we are a very resilient people for the many traumas and difficulties we have had in our community."

Perceptions of Health and Barriers to Healthcare Access

- Cost/affordability of food
- Aging population – isolation, mobility issues, transportation
- Consistency of care – turnover of mental health professionals
- Chronic illness and disease
- Incidence of self-harm and suicide*
- Mental Health – lack of community supports, privacy, stigma, need crisis response team
- Cultural sensitivity and language barriers

*Food insecurity is a major problem in many homes in Nunatsiavut, but especially so in Nain and Hopedale. Household food insecurity prevalence is slightly higher in households with children **

*Chronic illness is one of the most common and costly health issues facing Nunatsiavut **

Opportunities to Improve Broader Health and Access to Healthcare Services

- Using community freezers, eating locally/traditionally
- Orientation on cultural sensitivity
- Community wellness clinics
- Outreach work in partnership with DHSD to promote healthier lifestyles
- Increase health education in schools
- Education on existing services



Southern Labrador

Highlights



Second lowest birth rate in the region



Second highest unemployment rate in the region



Second highest proportion of seniors in the region



3,645

POPULATION
(2016 CENSUS OF CANADA)



- 16.5%

POPULATION CHANGE
(BETWEEN 2006 AND 2016)



8.8

CRUDE BIRTH RATE
(PER 1000 POPULATION)



48.5

MEDIAN AGE
(YEARS)



20.6%

SENIORS
(AGE ≥ 65 YEARS)



59.4%

ADULTS HAVE COMPLETED
A CERTIFICATE, DIPLOMA,
AND/OR DEGREE AT THE
SECONDARY LEVEL OR
ABOVE



36.5%

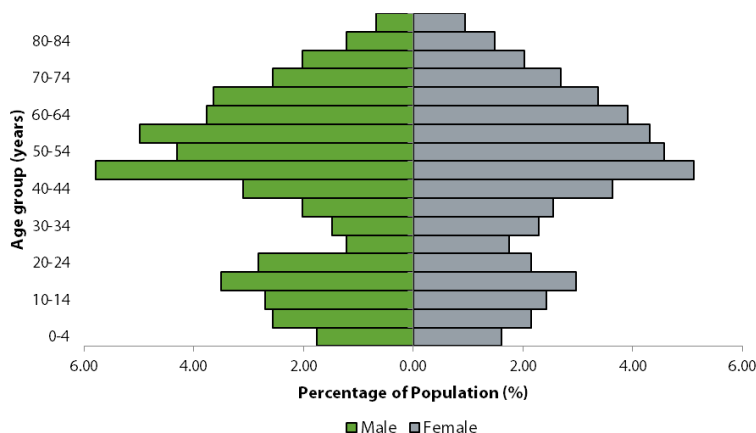
UNEMPLOYMENT RATE



\$81,309

MEDIAN HOUSEHOLD
INCOME

Population Distribution



Top 5 Reasons for Hospitalization (2012-2017)



1. Laparoscopic Cholecystectomy



2. Chemotherapy/Radiotherapy Admission for Neoplasm



3. Oral Cavity/Pharynx Intervention



4. Hysterectomy with Non-Malignant Diagnosis



5. Unilateral Knee Replacement

Top 5 Causes of Death (2013-2018)



1. Cancer



2. Diseases of the Circulatory System



3. Mental and Behavioural Disorders



4. Diseases of the Respiratory System



5. External Causes (e.g. accidents, intentional self-harm)

Southern Labrador



Labrador - Grenfell
Health

Community Factors

- Strong volunteer base
- Unity of communities
- Interested in others' well-being; helping each other

"I think the strengths of my community is the people who actually live here and their commitment to making their community a good place to live."

Perceptions of Health and Barriers to Healthcare Access

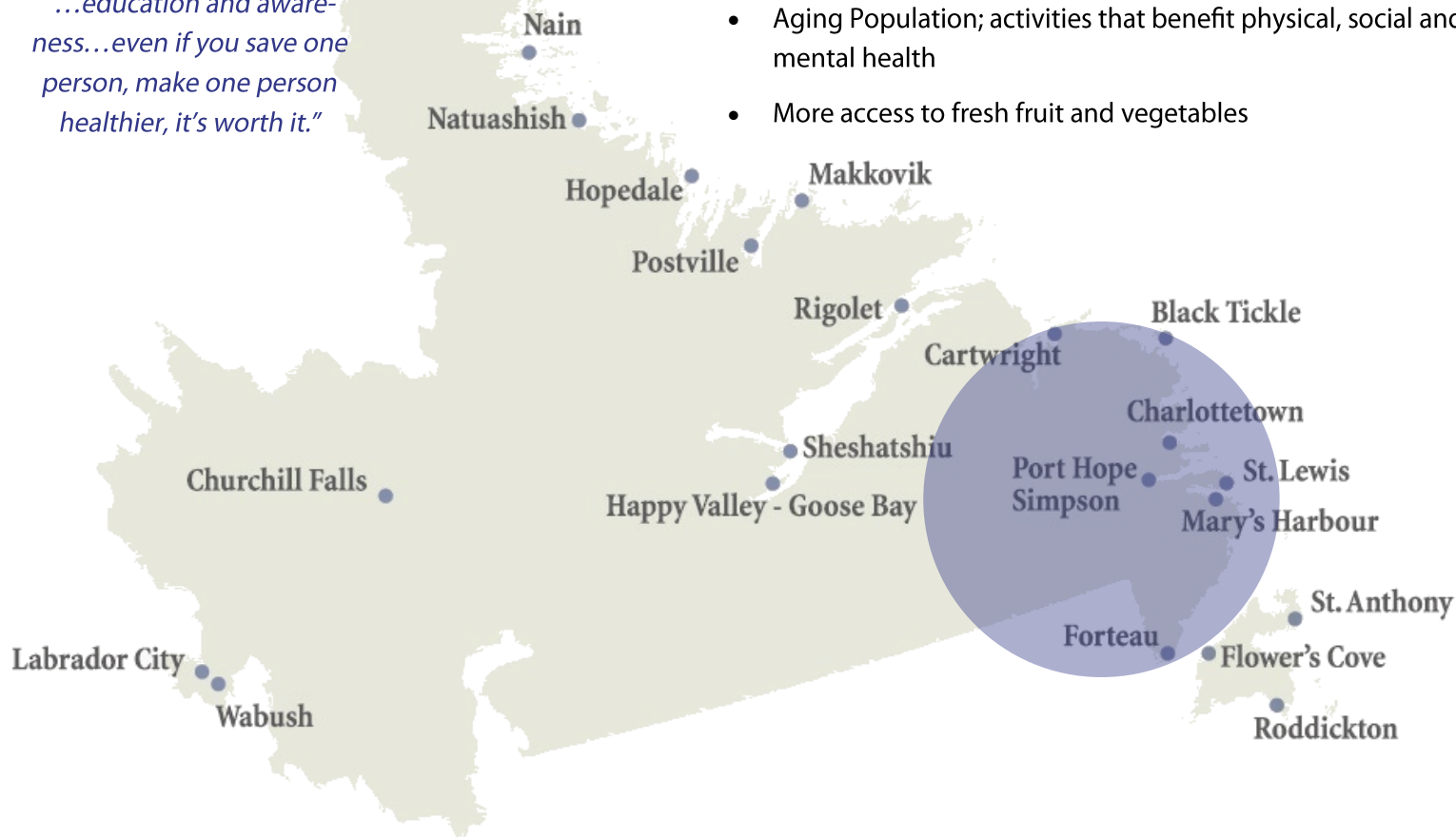
- Rates of chronic conditions – diabetes, heart disease
- Aging population – illnesses assoc. with age – diabetes, hypertension
- Environmental health – quality of drinking water
- Consuming more processed food; fresh fruit/vegetables expensive; short shelf life
- Transportation – seniors; barrier to attend community activities
- Lack of senior housing; fixed incomes - affects social/mental health

"Public health programming is very good here. They have good communication with pregnant women and mothers with new babies, school visits..."

Opportunities to Improve Broader Health and Access to Healthcare

- Community education on healthy lifestyles, exercise, etc.
- Aging Population; activities that benefit physical, social and mental health
- More access to fresh fruit and vegetables

"...education and awareness...even if you save one person, make one person healthier, it's worth it."



Northern Peninsula

Highlights



Lowest median household income in the region and highest unemployment rate



Lowest birth rate in the region



Highest proportion of seniors in the region



9,281

POPULATION
(2016 CENSUS OF CANADA)



- 13.9%

POPULATION CHANGE
(BETWEEN 2006 AND 2016)



5.8

CRUDE BIRTH RATE
(PER 1000 POPULATION)



51.7

MEDIAN AGE
(YEARS)



24.9%

SENIORS
(AGE ≥ 65 YEARS)



62.0%

ADULTS HAVE COMPLETED
A CERTIFICATE, DIPLOMA,
AND/OR DEGREE AT THE
SECONDARY LEVEL OR
ABOVE



38.0%

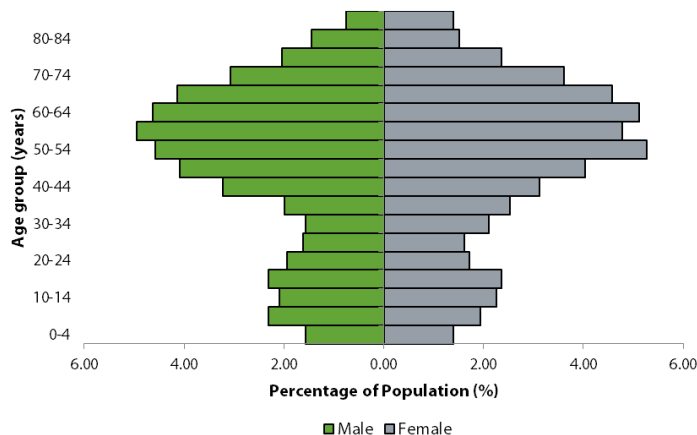
UNEMPLOYMENT RATE



\$65,090

MEDIAN HOUSEHOLD
INCOME

Population Distribution



Top 5 Reasons for Hospitalization (2012-2017)



1. Laparoscopic Cholecystectomy



2. Viral/Unspecified Pneumonia



3. Arrhythmia without Coronary Angiogram



4. Symptom/Sign of Digestive System



5. Tie - Chronic Obstructive Pulmonary Disease & Myocardial Infarction/Shock/Arrest without Coronary Angiogram

Top 5 Causes of Death (2013-2018)



1. Cancer



2. Diseases of the Circulatory System



3. Diseases of the Respiratory System



4. Endocrine, Nutritional and Metabolic Diseases



5. Mental and Behavioural Disorders

Northern Peninsula



Labrador - Grenfell
Health

Community Factors

- Resilient, resourceful and close-knit
- Aware of their personal health
- Good access to services

"While being in a rural community is sometimes considered to be a disadvantage, I consider that one of our strengths. It's a very close-knit community; people draw together during stressful times as they do in most small communities. People are willing to help each other, try to support each other in whatever way possible."

Perceptions of Health and Barriers to Healthcare Access

- Large aging-population
- Chronic conditions
- Healthcare professional turnover

Opportunities to Improve Broader Health and Access to Healthcare Services

- Better access to quality and affordable foods
- Educate residents on existing health and community services
- Introduce mental and social health activities/programming for seniors

"It's difficult for our seniors to travel outside for health services. I mean, even an hour and a half don't seem like a lot, but it is for a senior."

