

Community Health Assessment in Manitoba

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Physical Activity Coalition of
Manitoba AGM

May 5, 2016

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Manitoba



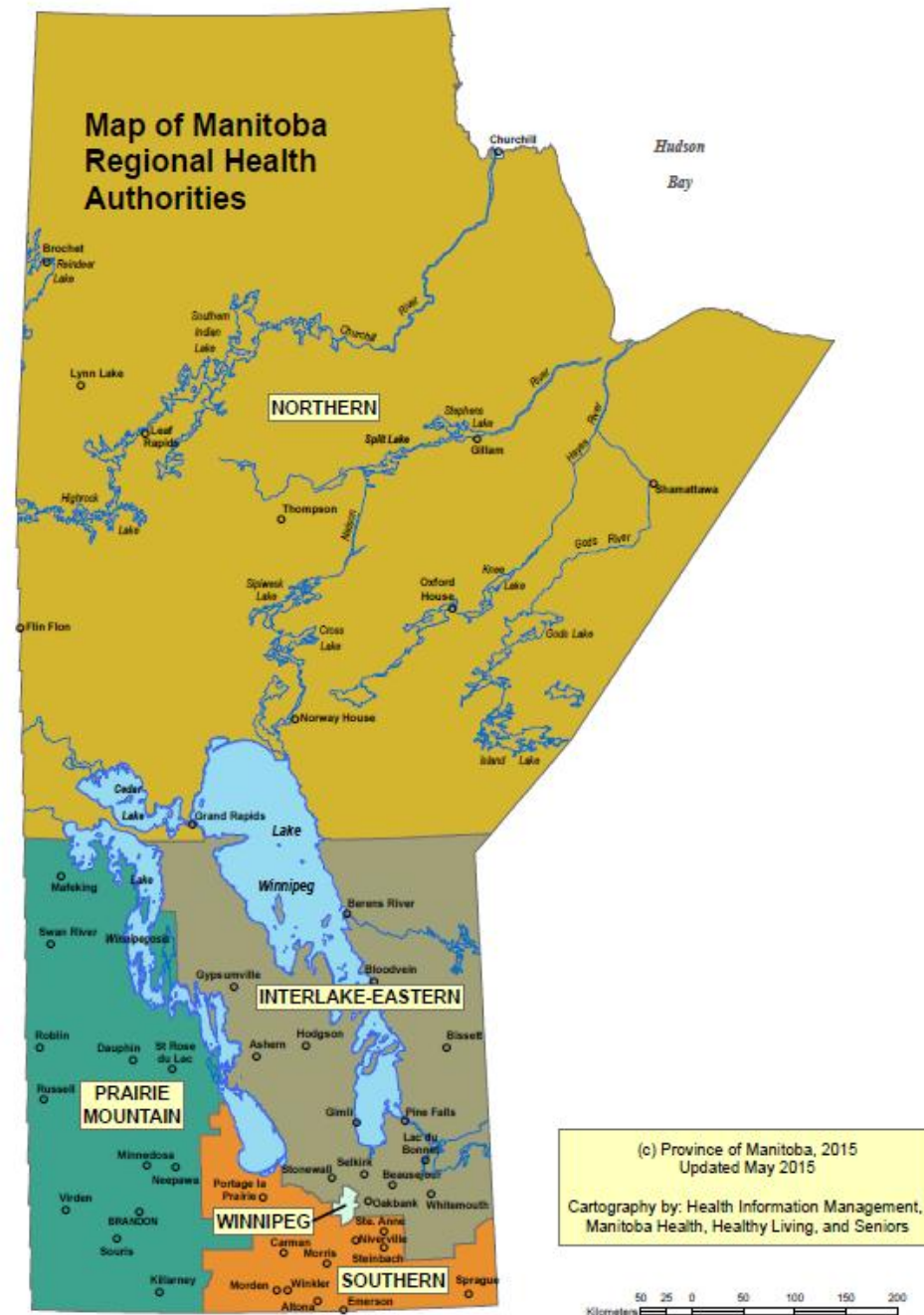
Community Health Assessment (CHA) is legislated

Regional Health Authorities (RHA) Act and Regulations require RHAs to:

- assess the health needs in the health region on an ongoing basis
- publish reports about the assessments on the authority's website
- consult with the residents of its health regions
- incorporates the health needs of the health region as assessed in their strategic planning

CHA applies to CancerCare Manitoba and 5 RHAs:

- Northern Health Region
- Prairie Mountain Health
- Interlake-Eastern RHA
- Southern Health-Santé Sud
- Winnipeg RHA



Community Health Assessment (CHA) ...

a planned approach to collect, analyze and interpret information about the health needs and strengths of the communities:

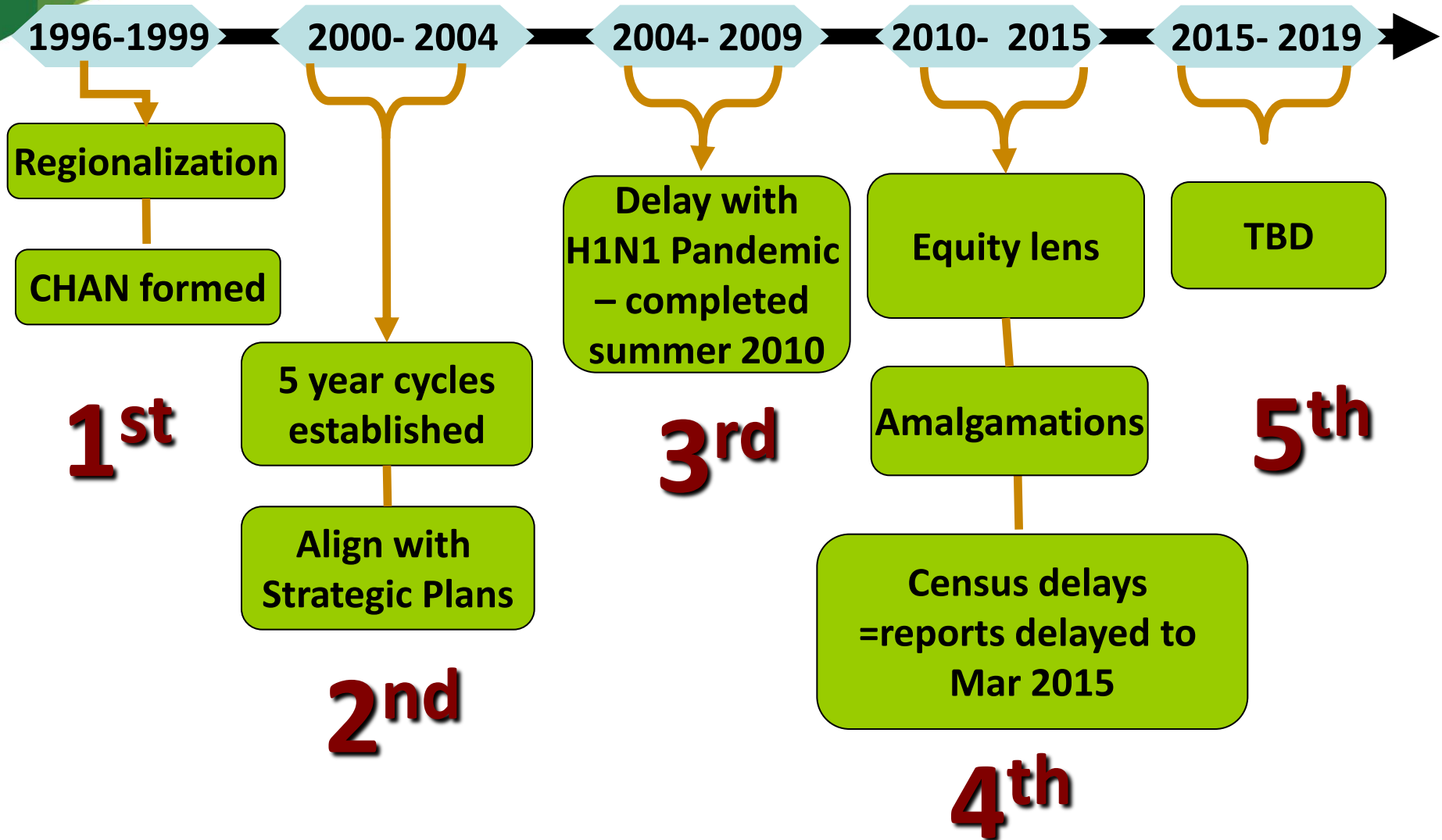
- region / district
- province
- sub-populations
(eg., seniors, women, First Nations



Planners for CHA ... Community Health Assessment Network (CHAN)



CHA CYCLES



CHA questions:

- 1. What are the strengths in your community?*
- 2. What are the priority risk factors identified in your community?*
- 3. Which activities would help you address these risk factors?*

CHA Network Collaboration to:

- develop a common framework
- develop common set of indicators
- produce research
- engage with community to fill gaps / make sense of the data



CHA Indicator Framework

1 – Health Status

- How healthy are regional residents?

2 – Social Determinants of Health

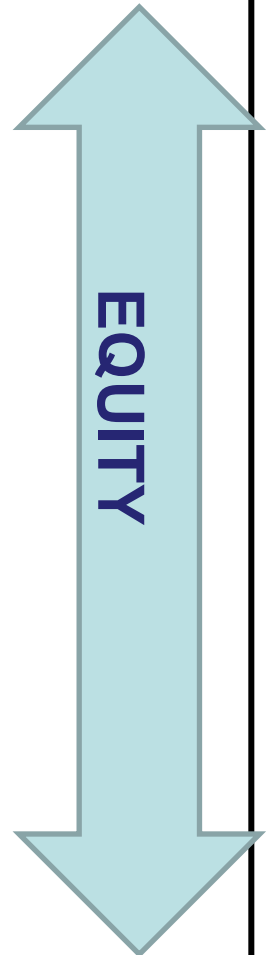
- Outside the health system, what factors affect residents health?

3 – Health System Quality

- How healthy is the health system?

4 – Community & Health System Characteristics

- How do regional residents use health care?



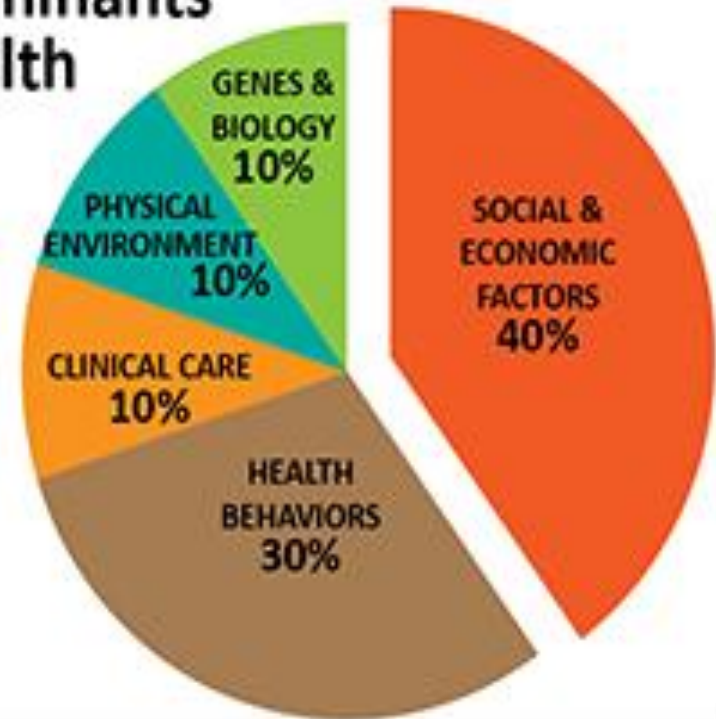
CHA Indicators

- Foundation for CHA
- Selected using rigorous criteria within a population health based framework
- Important criteria= reportable at RHA level (or at lower geographical level)
- For 4th CHA, 148 indicators selected
 - 80 Core CHA indicators = required
 - 58 Optional CHA indicators

Applying an equity lens

- Addressing social **determinants of health** is a primary approach to achieving health equity.
- Income is considered to be one of the most important proxy measures for health equity, so most CHA indicators produced by income quintiles.

Determinants of health



Data Analysis




- The quantitative and qualitative data (the numbers and the community voice) is synthesized, time trends and regional comparisons are examined, and results are interpreted in the regional context to provide an over-all picture of the health of the population in the CHA reports.

Relevance of CHA for Physical Activity Promotion?

- Indicators of interest:
- Potential uses

CHA physical activity indicator (adult)

Total Physical Activity Levels (Leisure + Travel) (% active, moderate, inactive)

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- CCHS, age 12 and older
 - Based on the average daily energy expenditure values calculated from questions on physical activity for travel and leisure time in the previous three months.
 - Combined cycles 2007-2008, 2009/10 & 2011/12
 - Age and sex adjusted, by current and former RHAs and RHA Districts / Winnipeg CA's / NC's.

dreamstime.com

Note: 3rd cycle CHA reported on total activity levels as **work+leisure+travel** by age/sex standardized rates of total activity aged 15 – 75

CHA indicator of physical activity (youth)

YOUTH HEALTH SURVEY		
Year	2006-2008	2012-2013
Grades	9 to 12 (6 to 12 in some RHAs)	7 to 12
# Students	48,000	64000
# Schools	407	476
Topics included	physical activity	physical activity
	healthy eating	healthy eating
	body mass index	body mass index
	school connectedness; hopelessness	school and community connectedness; hopelessness and mental wellbeing
Survey - School Administers		Elements of the school environment

Youth Health Survey indicators

- Student Demographics
- Physical Activity Rates
- Physical Activity Levels by Grade
- Active Students by Grade and Sex
- Participation in Physical Activities inside and outside of school
- Physical Activity Influences
- Active Transportation by grade
- Barriers and Facilitators to physical activity, by sex
- Screen time, weekend and weekday, by grade

Other CHA indicators of potential interest include:

Health Status Indicators:

- **Premature Mortality Rates**
- Activity Limitation
- **Self-rated Health**
- Self-Rated Health Among Youth
- **SF36 Physical Functioning Scale**

SDOH indicators:

- **Body Mass Index - Obesity prevalence=
Overweight & Obesity**
- Youth Body Mass Index



Think Like a Health Planner

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What you can learn from the evidence.....

Suggestions for use of CHA for physical activity promotion

- To determine geographical areas of greatest need to target efforts, look to promote equity
- What are the differences between regions and districts?
- Track trends over time
- Check if the community voice is reported
- Consider SDOH and demographic information when planning (eg. education and income levels, age and population distributions, cultural considerations)

CHA evaluation revealed top 5 uses of CHA in RHAs:

1. Raised awareness / identified health issues
2. Established priorities
3. Developed recommendations
4. Activity directed to reduction of health inequity in community
5. Developed or modified health strategy, program or service

The plan for CHAs moving forward

Starting a new 5 year planning cycle

- Indicator Selection: review and revise
 - Stakeholder engagement
 - Identify information gaps
 - Aim to support another cycle of YHS
- Continue equity lens
- Monitor and promote use of CHA
- Explore expanding partnerships

Where to find the 2015 CHA Reports



Winnipeg Regional Health Authority

<http://www.wrha.mb.ca/research/cha2014/files/CHAReport2014.pdf>

Interlake Eastern Regional Health Authority

http://www.ierha.ca/data/2/rec_docs/20654_2014CommunityHealthAssessment-Interlake-EasternRHA.pdf

Prairie Mountain Health

http://www.prairiemountainhealth.ca/images/Community_Health_Assessment.pdf

Northern Regional Health Authority

http://www.northernhealthregion.ca/data/1/rec_docs/1083_NHR_2014_CHA_Report.pdf

Southern Health-Santé Sud

<http://www.southernhealth.ca/cha.php?lang=en&>

CancerCare Manitoba

http://www.cancercare.mb.ca/resource/File/Epi-Cancer_Registry/CCMB_CHA_Report-2014.pdf

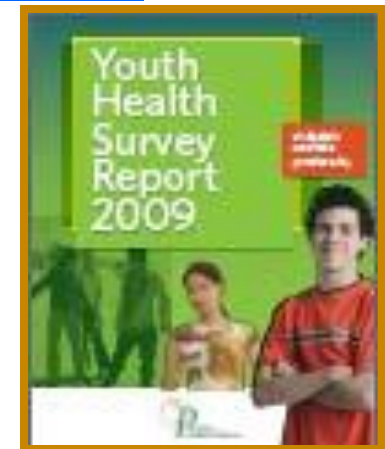
Other sources of information

Healthy Living Youth and Seniors website for Active Living:

- <http://www.gov.mb.ca/healthyliving/hlp/activity.html>

Youth Health Survey Reports:

- <http://partners.healthincommon.ca/tools-and-resources/youth-health-survey/>
- Business card with scan-able link



For additional information such as:

- referral to regional CHA contacts
- a list of CHA indicators / source information
- Master Index of where to find CHA indicators in CHA reports, contact:

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