

Renfrew County and District Community Health Profile

Selected Socio-economic and Health Indicators

EXECUTIVE SUMMARY

The purpose of this report is to provide a brief overview of the socio-economic and health status of residents served by the Renfrew County and District Health Unit. It is intended to inform the work of Health Unit staff, community partners, government decision-makers and community members as we work to address local health issues and improve health.

Population size, growth, age and fertility: Just over 105,000 people live in Renfrew County and District. The area is characterized by a large rural population (almost half) and a relatively low population density. A higher proportion of the population is over age 45 compared to Ontario. The population is aging and growing slowly. The fertility rate has increased in recent years to 50 live births per 1,000 females age 15 to 49, and is higher than Ontario.

Culture and language: Prominent cultural groups are German and Polish. A small proportion of the population (2%) belong to a visible minority and only 5% are immigrants. About 2% are registered or treaty Indians and almost 8% claim Aboriginal identity. The population is predominantly English-speaking.

Income: Median incomes are lower than Ontario as a whole. However, the prevalence of low income is lower than Ontario (12% vs. 14%).

Employment and education: Employment indicators such as labour force participation rate, unemployment rate, and full-time vs. part-time work are similar to those for Ontario. A smaller proportion of the population age 15 and over has a post-secondary certificate, diploma or degree.

Life expectancy: Life expectancy for females (82.8 years) is significantly lower than Ontario. Life expectancy for males (79 years) is similar to Ontario.

Availability of physicians: There are more general family physicians per 100,000 population than Ontario, but there are fewer specialist physicians.

Well-being: The proportion of the population that perceive their health and their mental health as very good or excellent is similar to Ontario. However, the proportion that perceives that most days are quite a bit or extremely stressful (29%) is significantly higher than Ontario.

Reportable infectious diseases: Incidence rates of selected reportable infectious diseases are comparable to or lower than Ontario.

Health risk factors: Rates of high alcohol intake, smoking and obesity among adults are higher than Ontario. Other health risk factors such as overweight, vegetable and fruit consumption 4

or fewer times per day, and physical inactivity during leisure time are comparable to Ontario. The prevalence of these risk factors is concerning in both jurisdictions.

Causes of death: The leading causes of death are cancers, circulatory diseases, respiratory diseases and injuries. Mortality rates are similar to Ontario except for circulatory diseases, which is higher.