



island health

# The Health & Wellness of the Population of Oceanside

Island Health Board, Public Forum

Dr. Stephane Trepanier

*Medical Health Officer, Central Island*

Dr. Robert McDermitt

*Resident Physician,*

*Public Health & Preventative Medicine*

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Photo by Island Health

With humility, we acknowledge the First Nations peoples of the Qualicum and Snaw-Naw-As First Nations, whose relationships to these lands and waters have existed since time immemorial.



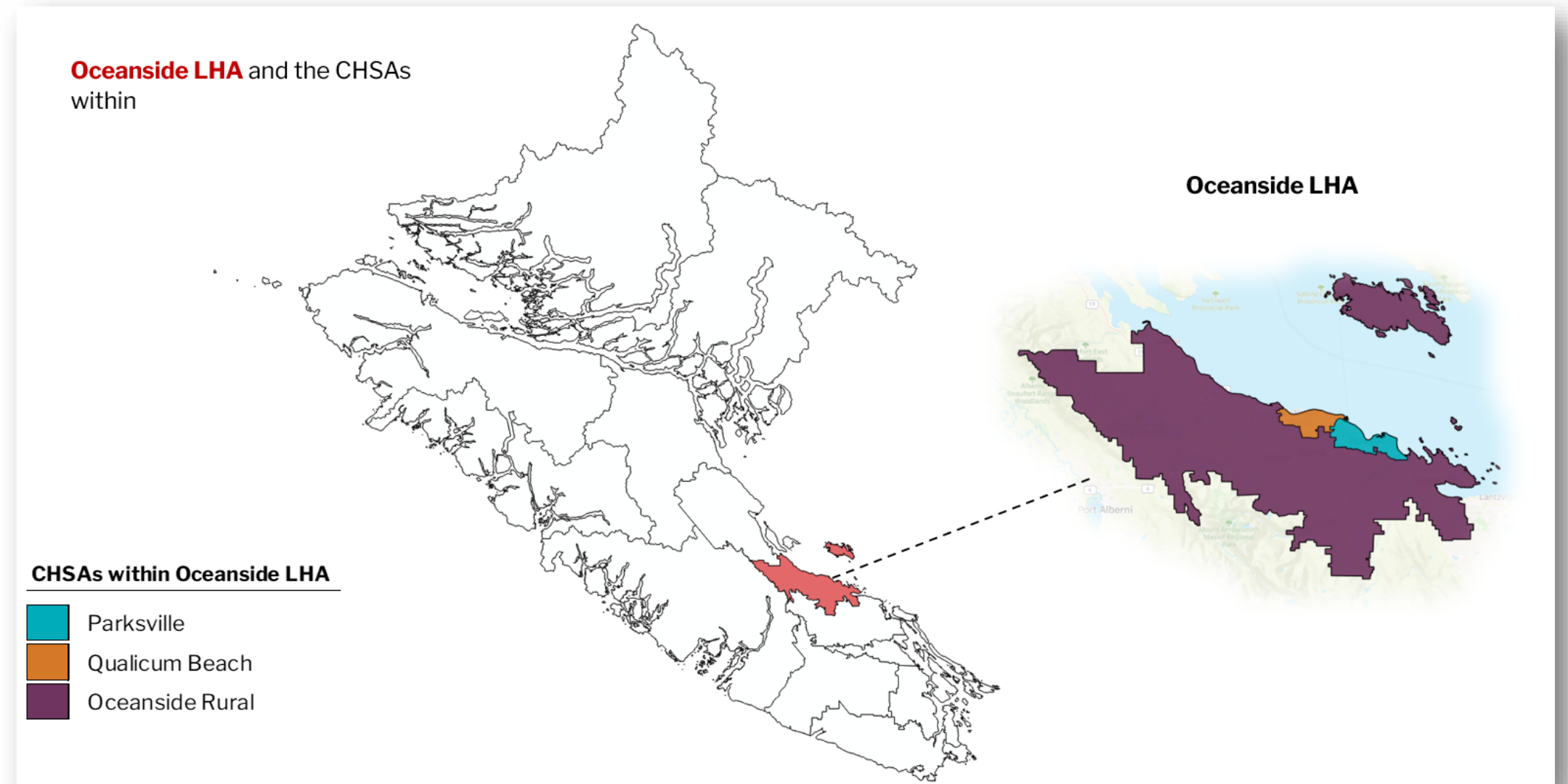
# Today's Presentation

## About Oceanside local health area (LHA)

- Population demographics
- Health status of our population

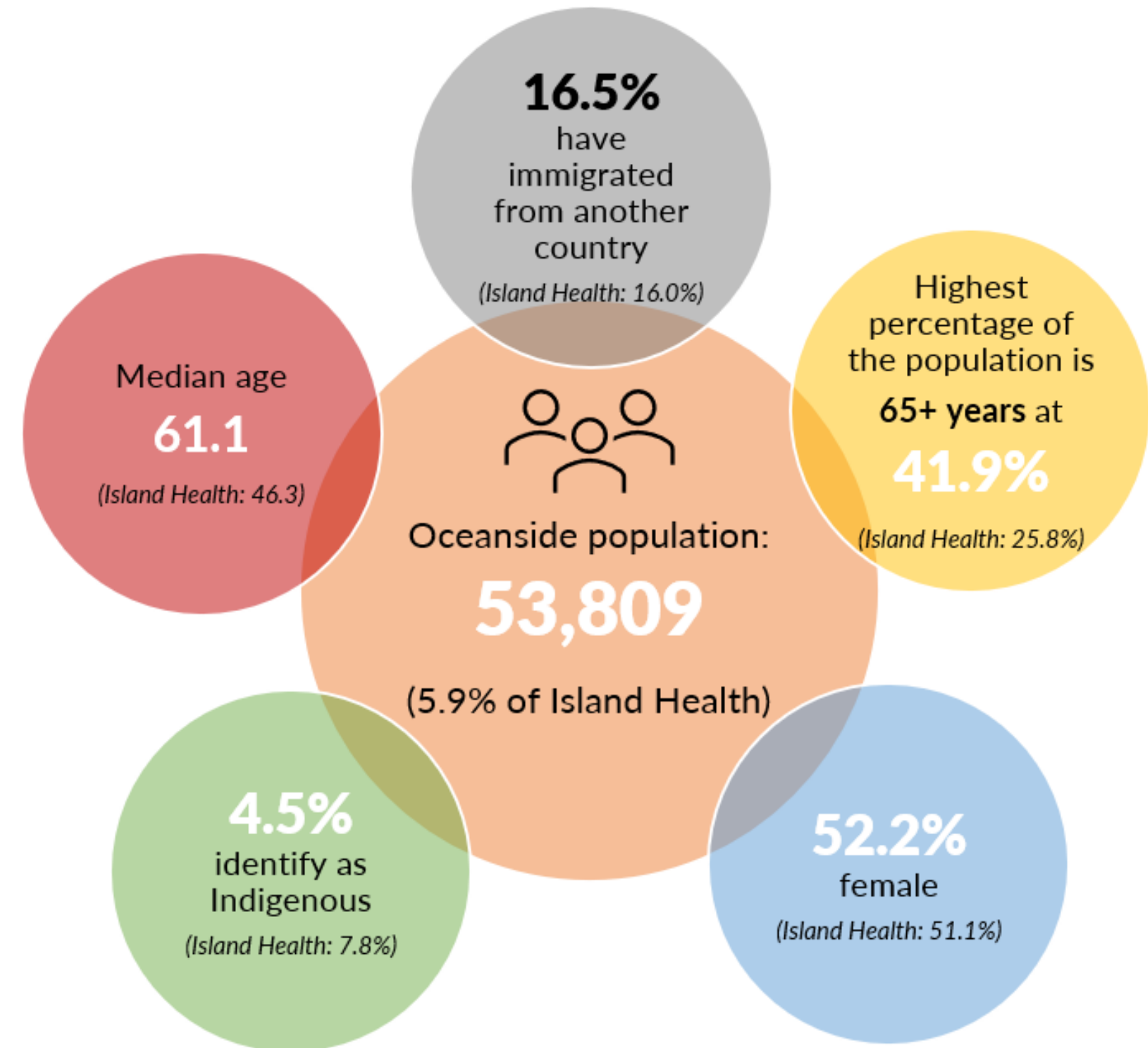
## Focus on Healthy Aging

- How we're doing
- Barriers to health & wellbeing in older adulthood
- Moving forward together



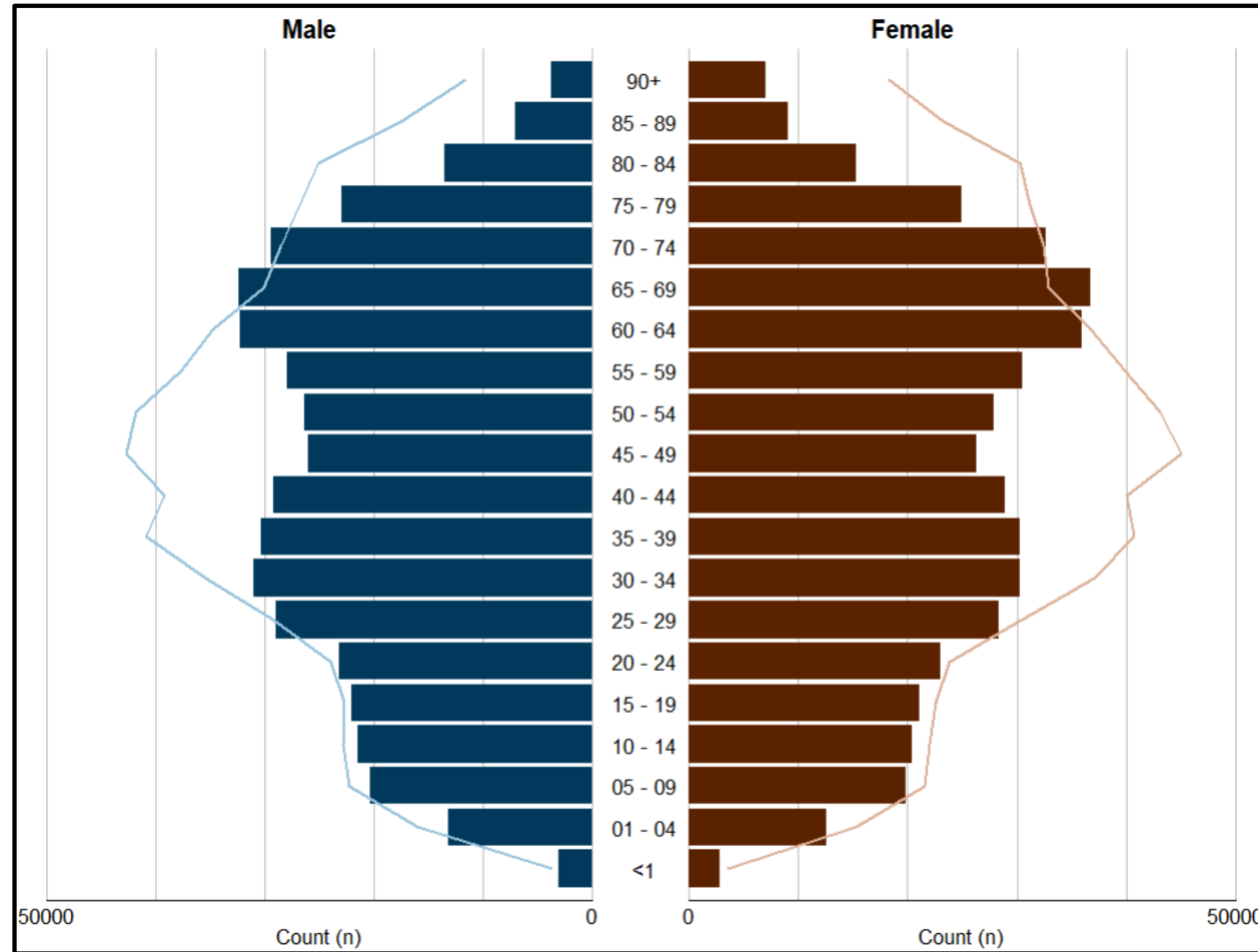
# Population Demographics

## Oceanside LHA

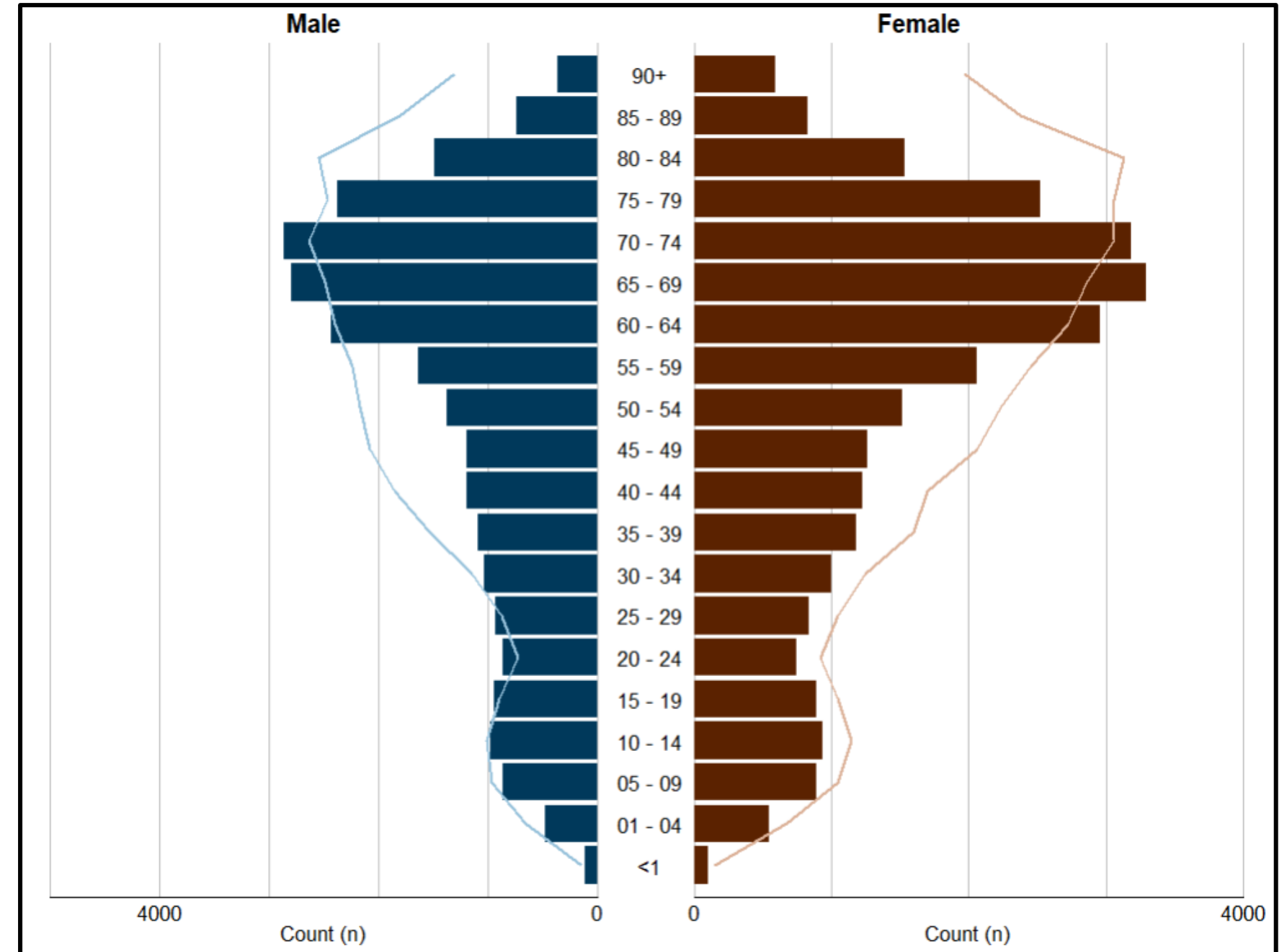


# Population Demographics

*Island Health*



*Oceanside LHA*

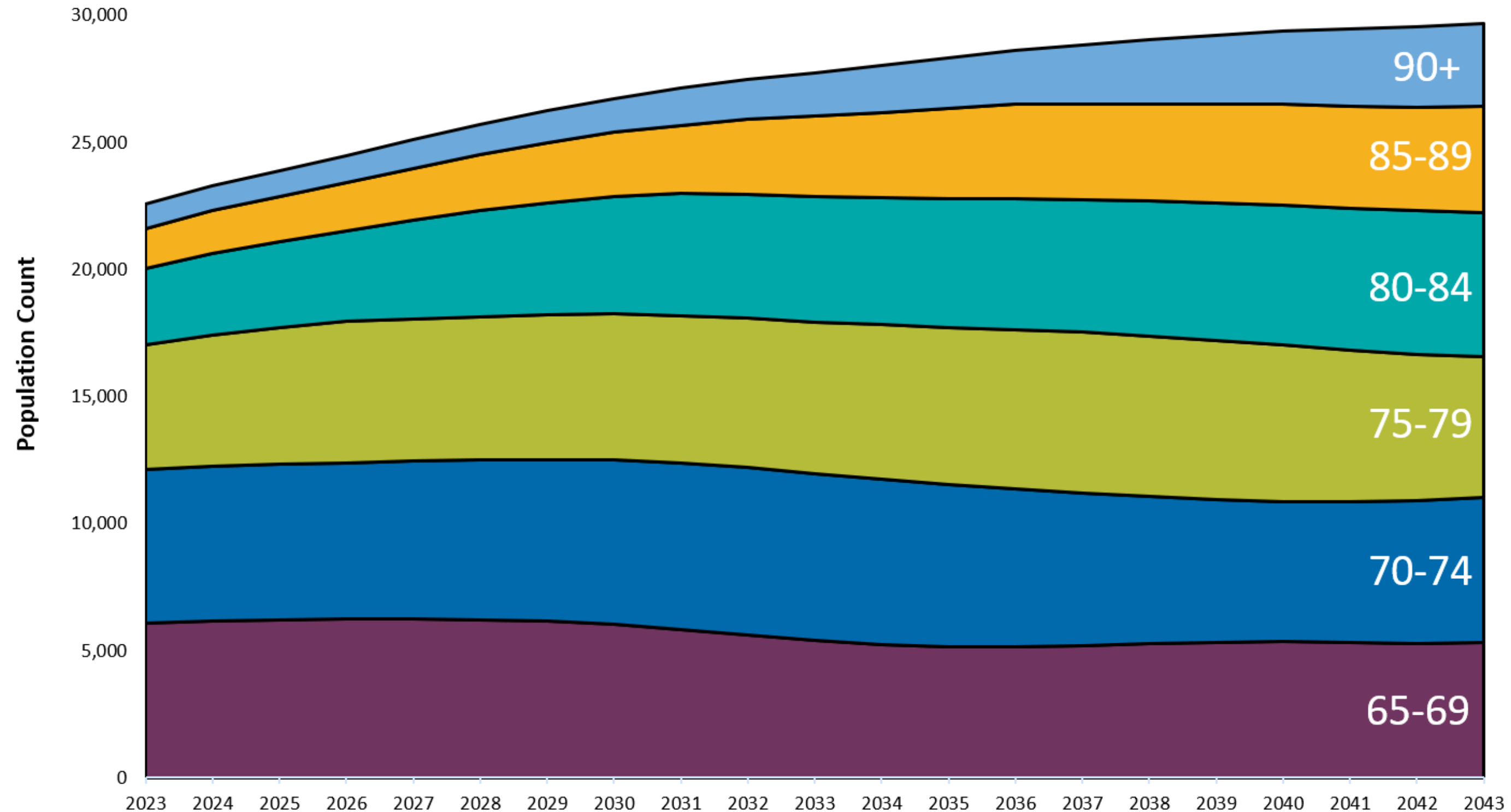




# 65+ Population Projections

*Oceanside LHA*

The **90+** population in Oceanside is projected to **increase 3.4x** over the next 20 years.

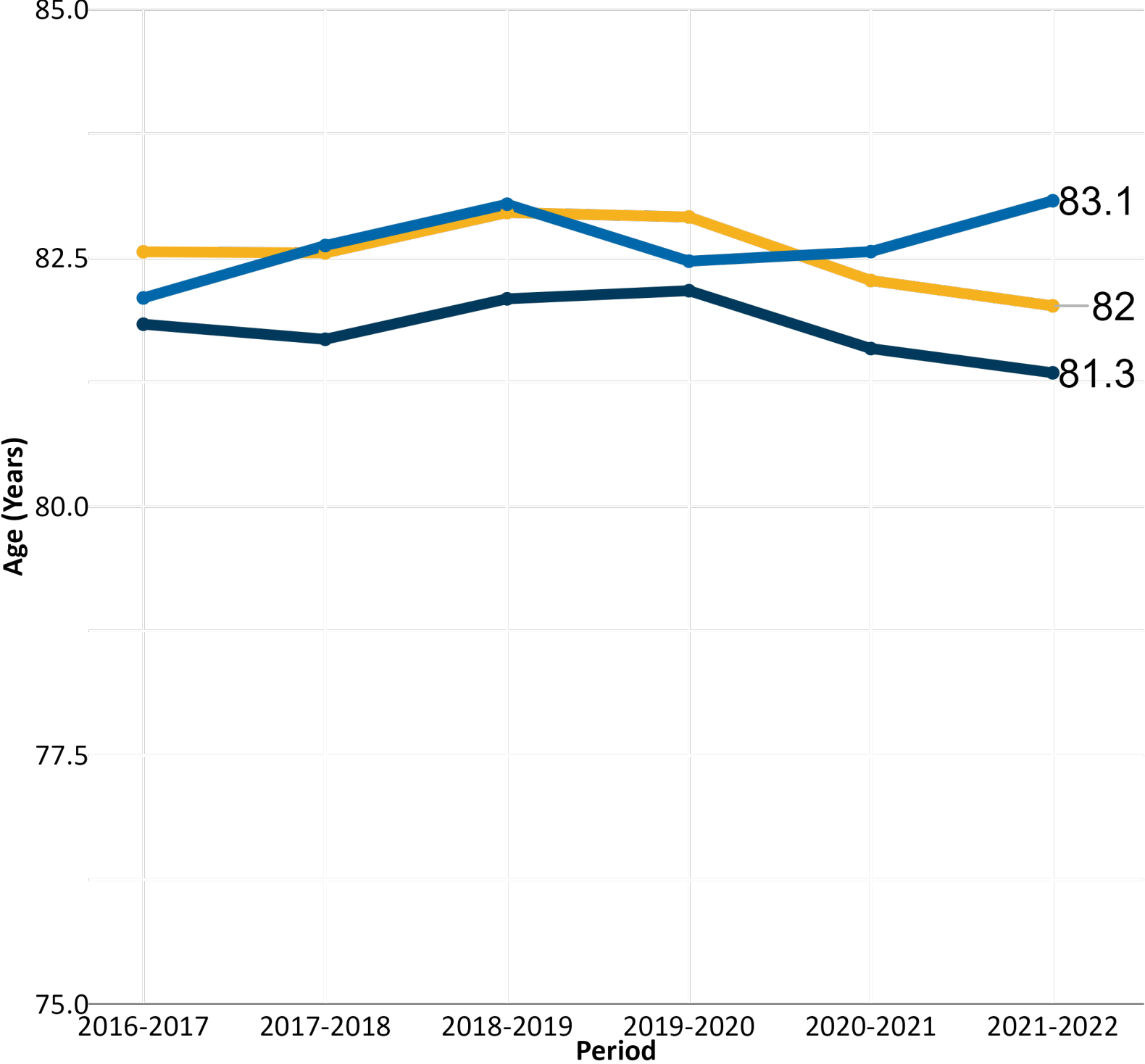




# Life Expectancy at Birth

## Oceanside LHA

Life Expectancy at Birth, Oceanside LHA, 2016-2022



Oceanside  
BC  
Island Health





The life expectancy at birth for Oceanside has been **trending upward** and is higher than the Island Health and BC rates.





# Health Status

Oceanside LHA

		<u>Oceanside</u>	<u>Island Health</u>
Cancer (2022/23)		1.5% (population)	2.0% (population)
Unregulated Drug Poisoning Deaths (2023)		27.9 (crude rate per 100,000)	53.6 (crude rate per 100,000)
Ischemic Heart Disease (2022/23)		79.0 (age-standardized prevalence per 1,000)	69.8 (age-standardized prevalence per 1,000)
Alzheimer's Disease and Other Dementia (2022/23)		17.1 (age-standardized prevalence per 1,000)	18.6 (age-standardized prevalence per 1,000)



# Socio - Economic Factors

## Oceanside LHA



Tenant households:

**43.6%**

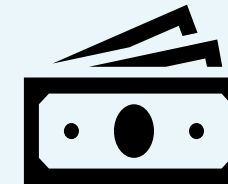
(ISLH: 39.4%)

Owner households:

**13.6%**

(ISLH: 15.8%)

**Unaffordable Housing:** Spending more than 30% of their income on shelter costs (%)



**11.2%**

(ISLH: 10.2%)

**Low Income:** Based on after-tax low income measure (%)



**83.3%**

(ISLH: 77.5%)

**Primary Care:** Population attached to a physician at the practice level (%)



**11.2%**

(ISLH: 18.7%)

**Food Insecure:** You worry that food will run out before you get money to buy more (%)



# Healthy Aging



Photo by [Free Pik](#)



## Connection & Culture

Seniors Centers

Community Health Services: Clubs

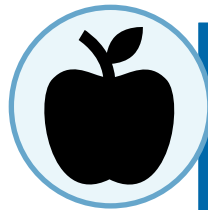


## Physical Activity

Community Health Services: Direct Services (OT, PT)

Recreation Centers

Age-Friendly Urban Planning



## Healthy Eating

ISLH Community Resilience Grants: Community Programs

Community Health Network

Public Health Dietician

Food Hubs

Community Food Programs



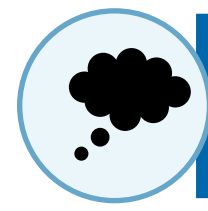
## Substance Use Safety

Primary Prevention

Alcohol Policies

Screening

Community Health Services: Geri Psych, Substance Use



## Meaning

Harm Reduction Coordinators



## Healthy Environment

Urban Planning

Policy



## Access

Social Prescribing

Transportation

Home Care



## Housing & Financial Security

Newcomers Services

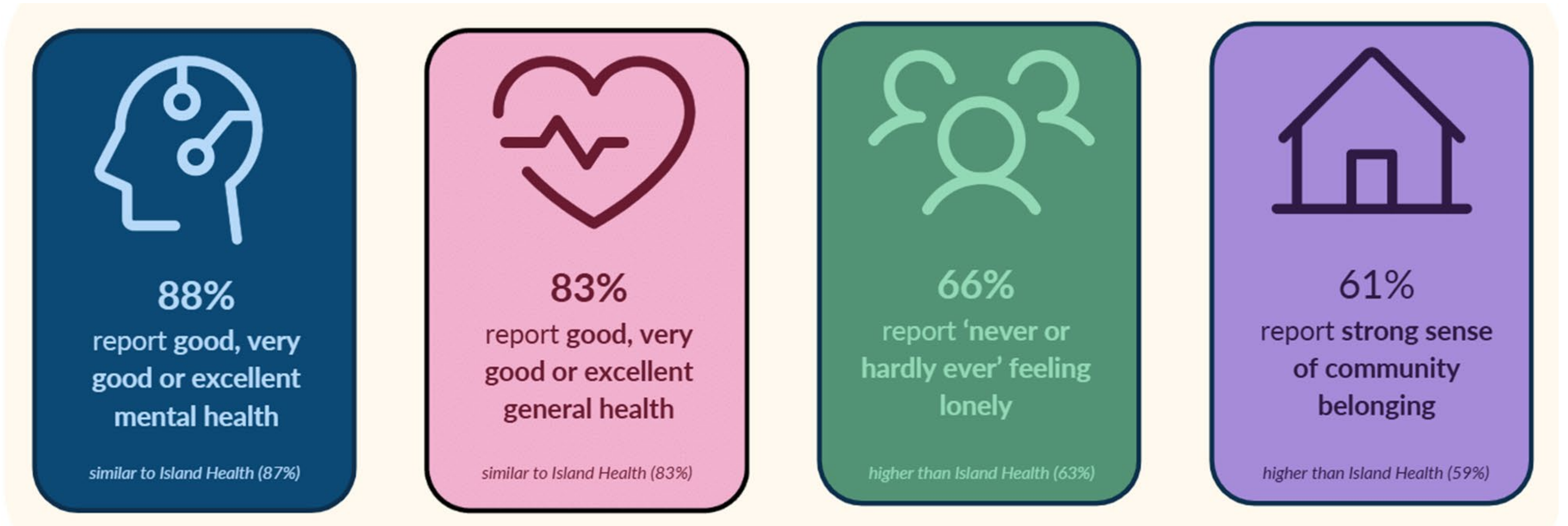
Surveillance & Policy



How are older adults in Oceanside doing?

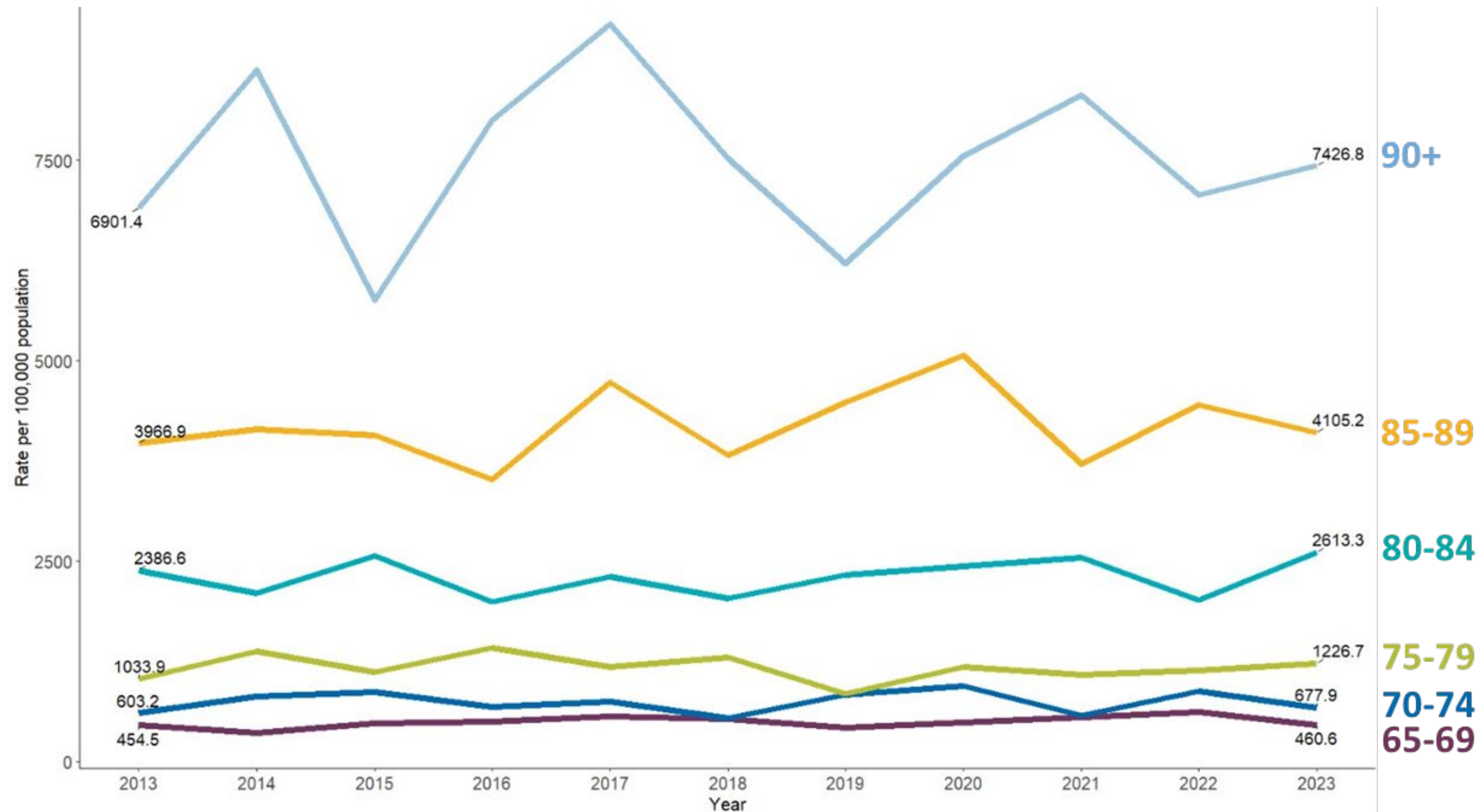
# Results from SPEAK Round 3

## Oceanside: Ages 65+



# Hospital Admissions Due to Falls, 2013-2023

## Oceanside: Ages 65+



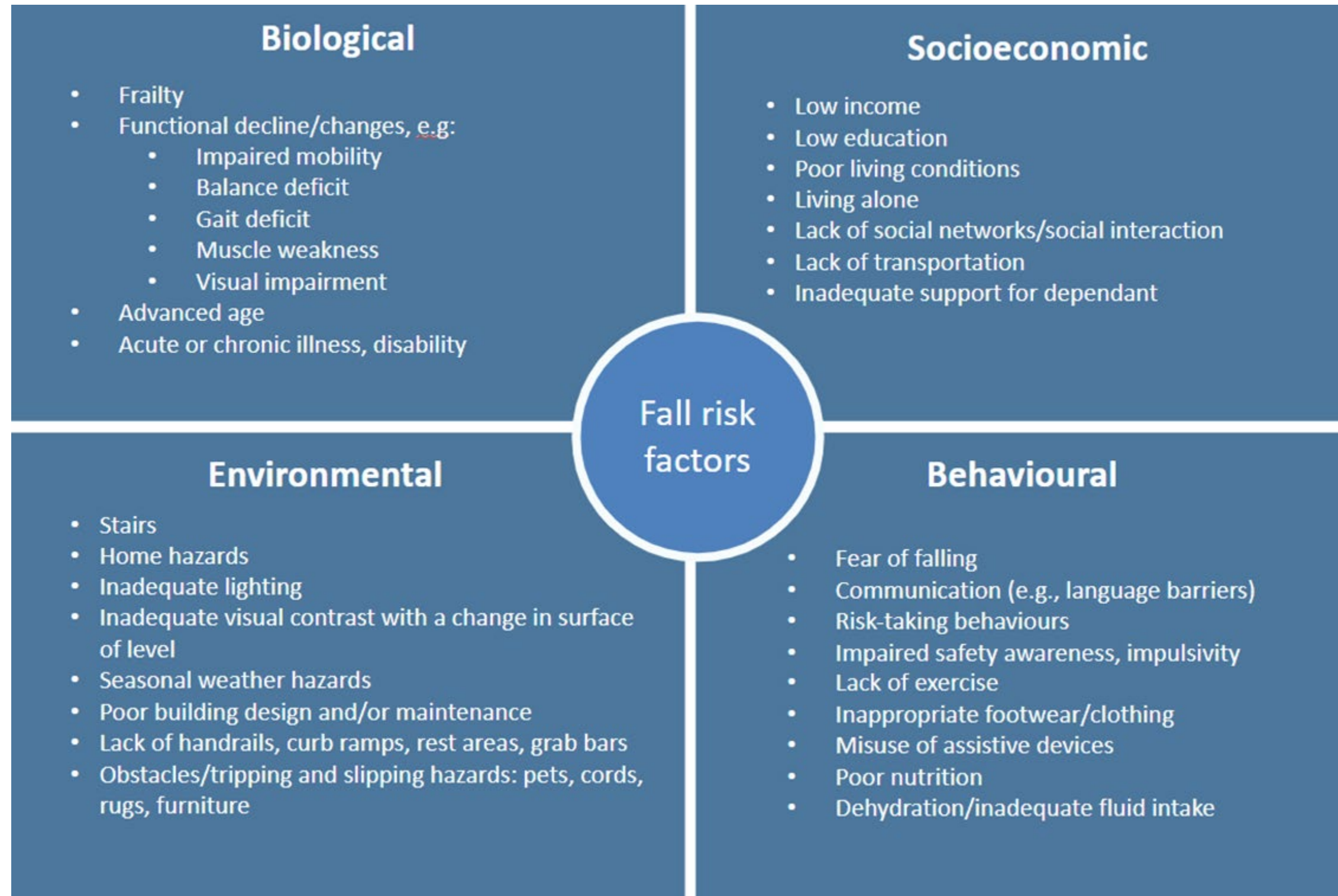
The rate of hospital admissions due to falls **increases with age**.

The rate of hospital admissions due to falls among **people age 90+** were **16x higher** than those 65+ years in 2023.

The rate of hospital admissions due to falls among each age group is **lower in Oceanside** compared to Island Health overall.



# Risk Factors Associated with Falls & Fall-related Injuries



# Community Organizations & Programs Supporting Seniors



Island Health  
Community  
Health Services

Oceanside Health  
Centre

Naut'sa mawt  
Oceanside  
Wellness (NOW)  
Network

The Bradley  
Centre

BC Housing -  
Shelter Aid for  
Elderly Renters  
(SAFER)

Bayshore Home  
Health

Comfort Keepers

Just Like Family  
Home Care

Oceanside Better  
at Home

Parksville Seniors  
Activity and Drop  
In Centre

Qualicum Beach  
Seniors' Activities  
Centre

Regional District  
of Nanaimo  
Recreation and  
Parks

Society Of  
Organized  
Services (SOS)

Others!



# Moving Forward Together

## Island Health PPH

- \*MHOs support social prescribing initiatives
- \*Falls prevention work
- \*Support healthy lifestyle across the lifespan
- \*Advise on healthier policies related to alcohol

## + Community







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# Thank you

Dr. Stephane Trepanier

*Medical Health Officer, Central Island*

[stephane.trepanier@islandhealth.ca](mailto:stephane.trepanier@islandhealth.ca)