

River East

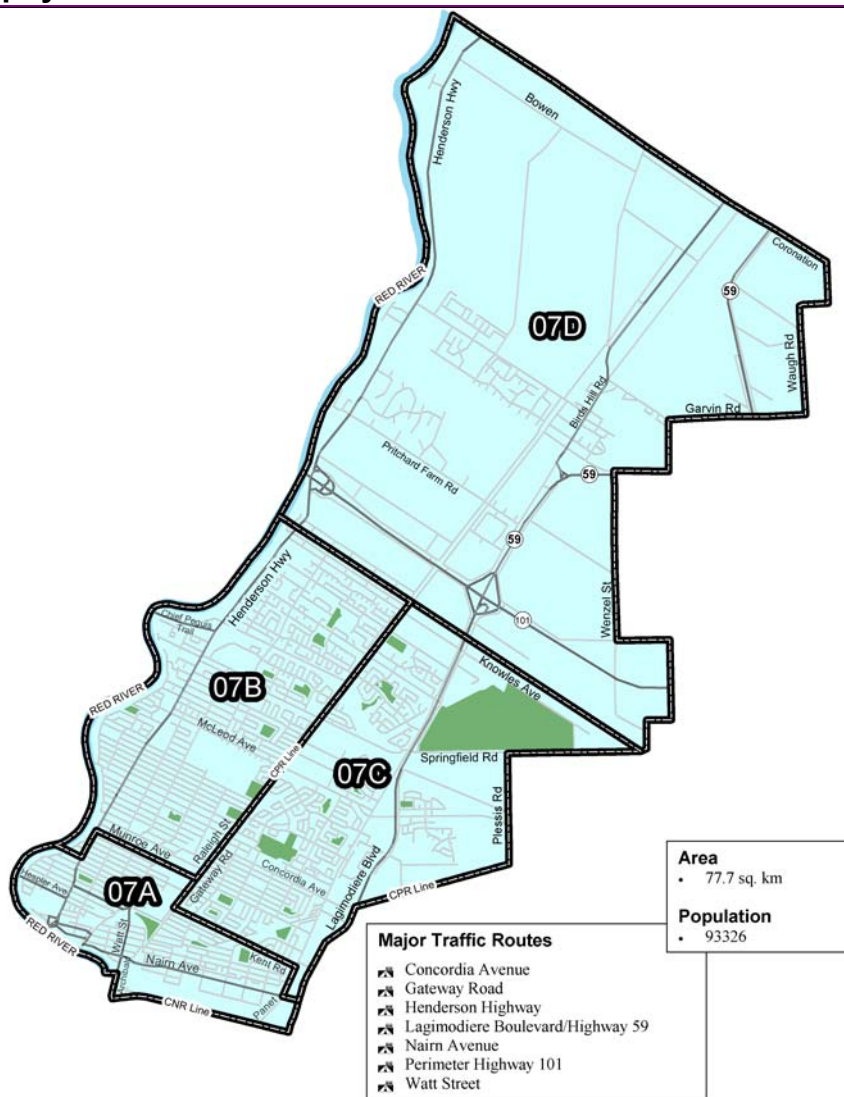
The River East Community Area (CA) is one of 12 community areas (CAs) in the Winnipeg Health Region (WHR). A population health profile has been generated for the River East CA in order to identify its key health issues by integrating the information in the Data Book, CHA Report 2004 for people in the River East CA.

While recognizing the diversity of individual needs and strengths, a population health approach responds to the collective needs and strengths of an entire population. The term population health emphasizes not just health outcomes as issues that need to be addressed, but also the determinants of health known to influence the health and well-being of an entire population. It is recommended that the reader refer to the Community Area Overview, as well as, the Winnipeg Health Region Overview. These chapters contain additional information, which will aid in the understanding of the population health profile for this community area.

The population health profile for the River East CA contains the following sections:

- Geography (*describing where the population lives*)
- Population Characteristics (*describing who the people are*)
- Health Issues (*leading health issues based on size and severity*)
- Determinants of Health
- Summary of Key Issues (*emerging themes from the data*)

Geography



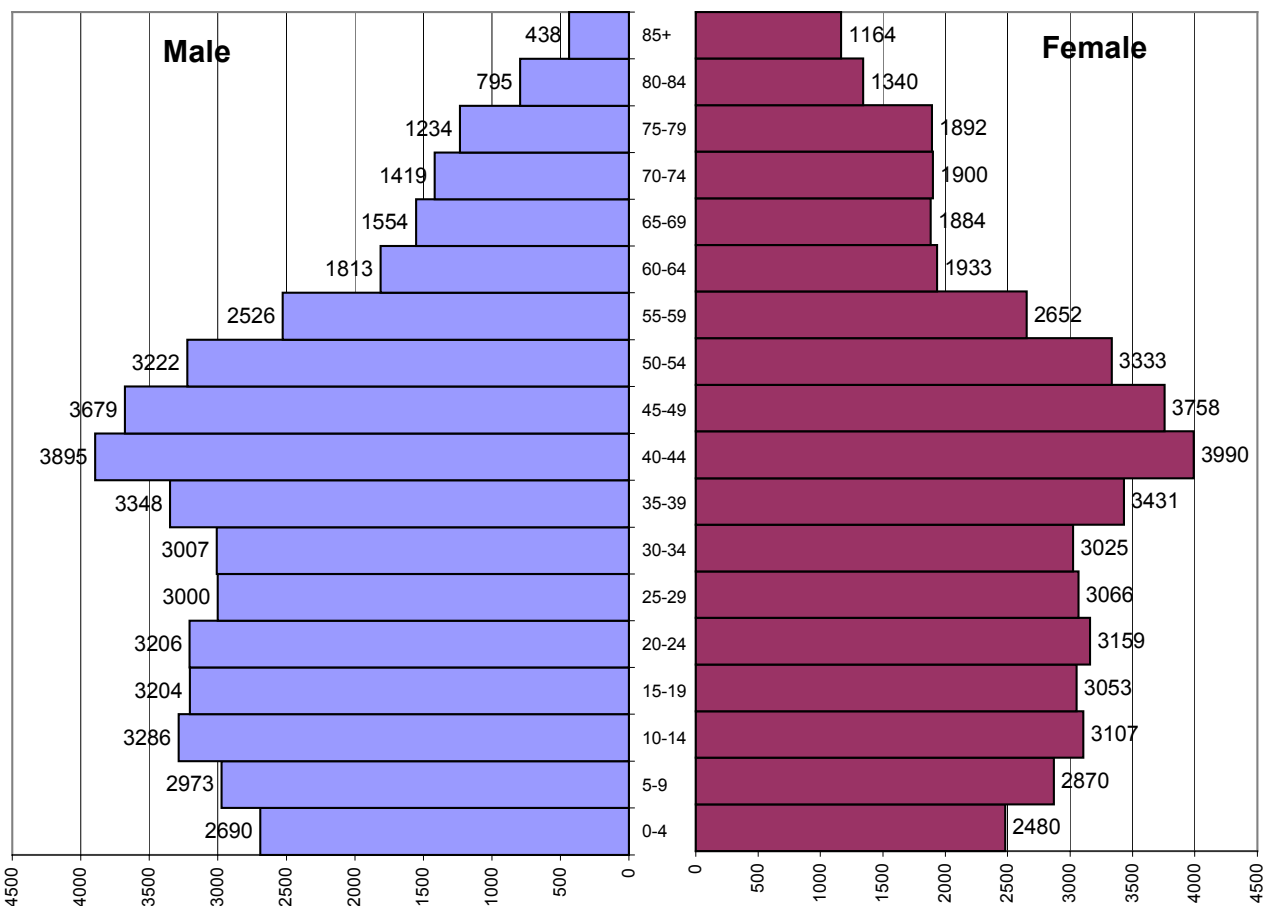
Population Characteristics

The demography of the population forms the foundation of the Winnipeg Regional Health Authority's (WRHA) community health assessment. The most basic pieces of information - the age and sex distribution of the population - form an outline of a picture of the population. Information in areas such as family structure, ethnicity and economics describes population characteristics that enhance our understanding of the people living in the River East CA. Every community has characteristics that make it unique, with both strengths and challenges to overcome. In this section, some of these characteristics are described for this community area. This information is derived using data from the 2001 Census, along with the most recent population figures from the Manitoba Health Population Health Registry File, 2003.

- River East is one of twelve Community Areas within the Winnipeg Health Region.
- As of June 1, 2003, the population of the River East CA was 93 326, which accounts for 14.2% of the population in the Winnipeg Health Region.
- This Community Area is 77.7 square kilometres in size.
- The River East CA has the largest population of all the Community Areas in the Region.
- The Rural Municipality of East St. Paul is included in the River East Community Area.

Age and Sex Distribution

River East CA - 2003 Population by Age and Gender



| | Male | Female | Both Genders |
|-----------------------|--------------|--------------|--------------|
| Total All Ages | 45289 | 48037 | 93326 |

Source: Manitoba Health Population Health Registry File, June 2003.

The River East CA has a mid-range proportion of children and youth 19 years of age and under (25.4%) and a mid-range proportion of senior citizens 65 years of age and older (14.6%).

In the WHR and this CA, the male to female ratio is approximately equal for most age groups, although overall females tend to outnumber males slightly. This is more pronounced in the older age groups (60 years of age and older). The River East CA has the largest population of all the CAs. The base of the pyramid (younger age groups) is fairly uniform, though decreasing slightly. The largest age group is that of the 40-44-year-olds.

Family Structure

The WHR is home to many different types of families. “Families shape and are shaped by the communities and societies in which they are embedded.”¹ According to Statistics Canada, Canadian families have become more diverse over the past twenty years.² This has been attributed to increases in separation, divorce, remarriage, common-law unions, and lone parent families. This is also influenced by a general decline in fertility rates and an increase in the ageing population. Statistics Canada routinely measures components of family structure through the Census. Although the Census definitions of family may be limiting in some aspects, it is important to note that the Census provides the best available information on family structure. In this section, selected information on family structure in the WHR is presented. Further detail can also be found in the Data Book, CHA Report 2004.

The majority of people in the WHR (83.8%) are considered members of *economic families*, while a similar majority (81.7%) are considered members of *census families*^{3 4}. For the River East CA, 86.0% of people are in economic families, while 84.4% are in census families. Those members of a population who are not in economic families are termed *unattached individuals*. The proportion of unattached individuals in the River East CA is 14.0%, which is slightly lower than that for the WHR, at 16.2%. According to Statistics Canada, senior citizens are more likely to live alone than other members of a population.² The proportion of senior citizens (65 years of age and older) in the WHR that live alone is 34.9%, which is higher than that for Canada, at 28.9%. The proportion of senior citizens in River East CA that live alone is 35.2%.

Statistics Canada also indicates that Canadian family size is declining.² In the WHR, most families consist of two persons. More specifically, 49.6% of census families are two-person families, while 21% are four-person families. Such family composition varies by CA. In the River East CA, 46.7% of census families consist of two persons, while 21.0% consist of four persons. The majority of the River East CA population 15 years of age and older is married at 51.5%, which is similar to that for the WHR population, at 49.1%. In this CA, 6.7% of the population reports a common-law relationship, compared to 6.9% of the WHR population. In both the WHR and the River East CA, most married couples have children living at home, 58.7% and 58.9% respectively. However, at 39.4% and 44.0% respectively, common-law couples in the WHR and the River East CA are less likely to have children living at home. In the River East CA, 7.5% of the population is divorced, which is similar to that of the WHR, 7.6 %.

There are 31 285 single parent (referred to as “lone parent” in the 2001 Census) families within the WHR. This represents 18.3% of WHR census families, which is higher than Canada’s 16.0% of census families. At 83%, the vast majority of WHR single parent families are headed by women. The proportion of the single parent population varies throughout the WHR. In the River East CA, 18.5% of census families are single parent families, of which 82.6% are headed by women. The neighbourhood cluster (NC) River East 7A has one of the

¹ Vanier Institute of the Family. *Profiling Canada's Families II*. Ottawa: Vanier Institute of the Family, 2002.

² Canada. Statistics Canada. *Profile of Canadian families and households: Diversification continues*. Ottawa: Government of Canada, 2002.

³ An *economic family* refers to a group of two or more persons who live in the same dwelling and are related to each other by blood, marriage, common-law or adoption. Canada. Statistics Canada. *2001 Canadian Census Dictionary* (rev. ed.). Ottawa: Government of Canada, 2004.

⁴ A *census family* refers to a married couple (with or without children of either or both spouses), a couple living common-law (with or without children of either or both partners) or a lone parent (of any marital status), with at least one child living in the same dwelling. A couple living in common-law can be of the opposite or same sex. Children in a census family include grandchildren living with their grandparent(s) but with no parents present. Census families are a subset of economic families. Canada. Statistics Canada. *2001 Canadian Census Dictionary* (rev. ed.). Ottawa: Government of Canada, 2004.

higher proportions of single parent families found in the WHR; similar to those in the neighbourhood clusters in the Point Douglas CA, and Downtown CA.

Ethnicity

The WHR is well known for its cultural diversity. It is evident that a variety of cultures and their respective languages are present in the River East CA, as many of its residents provided multiple responses to the 2001 Census questions about ethnic origin. For ease of interpretation of the data, only 'single' responses were examined. In the River East CA, 52.6% of the population provided single responses on ethnic origin. Of these, the most common was German, (reported by 19.2%) of the population, followed by Canadian (reported by 16.5%) and Ukrainian (reported by 14.2%). As with ethnic origin, only single responses to questions regarding languages spoken at home are presented in this report. In the River East CA, 88.2% of the population provided only single responses. While these responses show that English is the most common language spoken at home, 1.1% of the River East CA residents speak German, making it the next most common language spoken at home. This is followed by Punjabi (0.6%) and Polish (0.4%).

In the WHR, 8.5% of residents identified themselves as Aboriginal. According to Statistics Canada, Winnipeg has the largest proportion of urban Aboriginal population of all the 'major' cities in Canada.⁵ In the River East CA, 7.5% of the population is Aboriginal. This is one of the mid-range percentages of all the CAs in the WHR.

The number of 'recent' immigrants (those individuals who immigrated between 1996 and 2001) to the WHR varies by CA. In the River East CA, about 10.9% of immigrants are recent immigrants. This is one of the mid-range percentages of all the CAs in the WHR. The places of birth of recent immigrants vary by CA. In the River East CA, the highest proportion are from Bosnia and Herzegovina (10.4%), followed by India (9.4%) and Croatia (5.2%).

In the River East CA, 7.7% of the population is comprised of visible minorities. This is one of the mid-range percentages of all the CAs in the WHR.

Economic Characteristics

The average household income in the WHR in 2001 was \$53,752, while the 'median' household income was \$43,837. Median is used to indicate that 50% of the population has an annual income of more than \$43,837, while the other 50% of the population has less than \$43,837 in annual income. In the River East CA, the average 2001 household income was \$52,060 and the median was \$43,576. This is a mid-range median income compared to the other CAs. The 2001 median incomes for females in this CA was \$17,927 and for males was \$29,089.

People living in poverty face difficult challenges that may ultimately have an effect on their health and well-being. While the majority of WHR families do not live in poverty, special attention needs to be paid to the issue. Census information on poverty is provided using 'low income cut-offs', also known as LICOs.⁶ These (low incomes) vary by family structure and geography.

The incidence of low income (poverty status) in the WHR in 2000 was 20.0% of the population in private households. This measure is further subdivided to report incidence of low income for unattached individuals and individuals in economic families. In the WHR, unattached individuals were nearly three times more likely to have low-income status than individuals in economic families (44.0% and 15.0% respectively).

⁵ Canada. Statistics Canada. *2001 Census: Analysis Series Aboriginal peoples of Canada: A demographic profile*. Ottawa: Government of Canada, 2003.

⁶ Low Income Cut Off (LICO): Defined by Statistics Canada as the income level at which families (or unattached individuals) spend 20% more than the average on food, shelter, and clothing (the basic necessities). This assumes that a household paying 20% more than the average for the basic necessities would be in economic constraint. LICO values are updated annually and are based upon national family expenditure data gathered in previous years. They are determined by community size and family size, not age group or province. Canada. Statistics Canada. *2001 Canadian Census Dictionary* (rev. ed.). Ottawa: Government of Canada, 2004.

In the River East CA, the incidence of low income (poverty status) in 2000 was 19.0% of the population in private households: in economic families it was 16.0%, while it was 40.0% for unattached individuals. For private households, this incidence of low income is mid-range compared to the other CAs. Within the WHR, the community areas with the highest incidence of living with low income are Point Douglas CA and Downtown CA.

Health Issues

Health issues were identified by examining indicators in five health domains: chronic health conditions, communicable disease, infant and maternal health, injury, and mental health. Each indicator had to have valid crude rate for each CA and the WHR using the same (or at the very least, similar) methodology. Each of the five domains had three to eight indicators for comparison. Relative ratio of the rates and rate differences were compared for each indicator. Specifically, CA rates were compared to WHR rates. As a supplementary filter, a sixth domain, mortality, was compared between each CA and the WHR rates, as an additional assessment of the seriousness of the health issue.

To summarize the overall health status of a population, comparisons among the community areas were made for the six health domains. In particular, for each CA a health domain was categorized as average, below or above average based on the indicators that were associated with that domain. Based on the categorization of the domains for each CA, an overall health status was characterized as being average, above average or below average. For a detailed description of how to interpret these measures, see the **Community Areas Overview** and the **Methods** chapter entitled Relative Ratios and Rate Differences. Although the health issues identified here are specific to the River East CA, the overall health issues identified at the regional-level are equally important to this Community Area (see **Winnipeg Health Region Overview**).

In River East CA, chronic disease, in particular cardiovascular disease measures, appear to be worse than those for the region. *Diabetes* is another chronic disease that appears to be a health issue in this CA as the prevalence rate is higher for males ages 50-69 in the Neighbourhood Cluster River East 7A than the regional average. As an overall indicator of health status, premature mortality rates are average in River East compared to the WHR.

Based on the following, and as noted above, cardiovascular disease appears to be a health issue in the River East CA:

- The treatment rates of *acute myocardial infarction (AMI)* and *stroke*, as well as death due to *cerebrovascular disease*, were high relative to the region. Stroke may be of particular concern.
- *Hypertension* treatment is also higher than average, as the rate difference indicated that a larger number of people in the River East CA are being treated for hypertension.
- Variability within this community area identifies such health outcomes as teenage pregnancy, communicable diseases and injury as comparable to other very low health status Community Areas, such as Point Douglas and Downtown.

As a result, in the River East Community Area health issues that are in need of improvement include cardiovascular disease and diabetes. Due to disparities within this community area, other areas to focus on include teen pregnancy, communicable diseases and injury.

Determinants of Health

There are many factors that contribute to the health and well-being of individuals and an entire population. These are often referred to as determinants of health and represent one component of the Population Health Assessment Framework.

Determinants of Health

- **Income and Social Status**
- **Social Support Networks**
- **Social Environments**
- **Education and Literacy**
- **Employment and Working Conditions**
- **Physical Environment**
- **Biology and Genetics**
- **Personal Health Behaviours**
- **Healthy Child Development**
- **Health Services**
- **Culture**
- **Gender**

Indicators are reported on for each of the 12 determinants of health in the Data Book, CHA Report 2004. Although, the Data Book provides information on each of the determinants of health separately, it is important to recognize that the factors influencing one's health are often interrelated. For example, personal health behaviours, such as diet and smoking, differ considerably for persons with different education levels.

The determinants of health form the cornerstone of a population health approach. This moves the focus from the individual to the population. There is a large amount of research that has demonstrated the influence of the determinants of health on the health status of a population. The following section highlights the determinants of health for this community area.

Income and Social Status

Income and social status is thought to be the most influential health determinant. Higher income and social status is associated with better health. This leads to better living conditions, such as better housing, food and transportation. Improvements in these living conditions ultimately affect one's health and, therefore, the health of the population. Research suggests, however, that the degree of control over one's circumstances in life affects health at a biological level. This degree of control is usually mediated by income and social status.⁷ The elements described in **Economic Characteristics** in the **Population Characteristics** section provide important information on this health determinant in the River East CA.

Social Support Networks

People who have support from families and friends tend to have better health. This includes having someone to confide in, count on in a crisis, and feeling loved and cared for. Studies have shown that the more social contacts people have the lower their premature death rates. The elements described in **Family Structure** in the **Population Characteristics** section provide information about the social support health determinant in the River East CA.

⁷ Health Canada (2004). *Population Health Approach*. Accessed April 29, 2004. Available On-Line at: <http://www.hc-sc.gc.ca/hppb/phdd/index.html>

Social Environments

The concept of social environment expands the importance of social support from family and friends to social support from the community. The latter being the relationship of the individual to the community and vice versa. This includes one's sense of belonging to and safety in a community. It also includes one's participation in the community. Volunteerism and community vitality are key themes of this determinant.

Transience or mobility of a population is important to the stability of the social environment. A less mobile population is more stable, and provides opportunity to build strong community networks. Mobility status is determined in the Census by asking the question: "Have you moved in the past year or the past five years?"

The River East CA population is slightly less 'mobile' than the WHR population as a whole. In this CA, 13.0% of the population moved in the past year, while in the past five years, 39.8% moved. The proportion of the WHR population that moved in the past year is 15.0%. In the last five years, 42.1% of the WHR population moved.

Education and Literacy

It is well documented that education levels of a population are tied to economic characteristics, as those individuals who achieve higher levels of education are more employable and tend to earn more income. In addition, literacy (the ability to interpret the written word and numbers) is considered to be a determinant of health, as it may influence the ability to use health information, which is largely written. Literacy levels in a population can be indirectly measured through educational attainment levels.

In the River East CA, 8.7% of the population 20 years and older have less than a grade nine level of education. This is one of the mid-range percentages among the CAs. Many in this CA population have a high school education (with or without a high school graduation certificate) as the highest level of education attained (36.6%). In the WHR, 7.7% of the population has less than a grade nine level of education, and another 32.0% has reached grades 9 to 13 with or without a high school diploma.

Employment and Working Conditions

Employment has a significant effect on all aspects of health and well-being. Unemployment and underemployment, as well as stressful or unsafe working conditions, are associated with poorer health. Some dimensions of the employment and working conditions that exist in the WHR are presented, including the unemployment rate, the labour force participation rate, and hours of unpaid work.

At the time of the 2001 Census, 5.0% of the River East CA population 15 years of age and older was unemployed; this rate is consistent with most of the other CAs. The overall WHR unemployment rate at the time of the 2001 Census was 6.0% for the population 15 years of age and older. In the River East CA, youth 15 to 24 years of age had an unemployment rate of 10.0%, and for those 25 years of age and older it was 4.0%. In the River East CA, the unemployment rate for male youth tends to be higher than that for female youth. However, this difference is not apparent in the adult population, 25 years of age and older (see Data Book, CHA Report 2004).

The labour force participation rate for the general population was examined for those 15 years of age and older. In 2001, in the River East CA this was 70.0%, which is similar to that of the WHR, at 68.0%. This rate is one of the mid-range rates among the CAs. There appears to be a difference in labour force participation between males and females (15 years of age and over) in the WHR: it is higher for males than for females. This is also evident in this CA, where the labour force participation rate was 73.0% for males and 62.0% for females (15 years of age and over).

Labour force participation is further examined by categorizing into two age groups: youth 15-24 years of age and adults 25 years of age and older. There is little difference in labour force participation rates between the sexes in the youth population. However, the difference between the sexes in labour force participation is more pronounced in adults 25 years of age and older. In the River East CA, the labour force participation rate was 73.0% for males and 60.0% for females 25 years and older. This difference is similar to that seen in the WHR as

a whole, where the labour force participation rates of males and females (25 years of age and older) were 74.0% and 61.0%, respectively.

One possible reason that women have lower labour force participation rates is that they are more likely to be involved in unpaid work such as childcare or eldercare. The proportion of females in the WHR that spent *any* amount of time providing unpaid childcare was 40.1% and that for males was 34.1%.⁸ Similarly, in the River East CA, 42.0% of females and 35.9% of males spent *any* amount of time providing unpaid childcare. However, as the hours increased, a greater percentage of females than males reported looking after children without pay. For example, in this CA 10.9% of females reported that they spent 60 hours or more providing unpaid childcare compared to 3.8% of males.

Eldercare can be examined using Statistics Canada data for provision of “unpaid care or assistance to seniors”. In the River East CA, about 20.5% of those 15 years of age and older reported that they spent *any* amount of time providing eldercare.⁹ Again, the difference between the sexes is more evident when increased hours spent providing eldercare were examined. In this CA, 4.0% of females spent 10 hours or more of unpaid care or assistance to senior citizens, compared to 2.1% of males.

Physical Environment

The physical environment, in which we live and work, can have an effect on health. This determinant comprises two areas: the ‘natural’ environment (which includes the air, water, food and soil), and the ‘built’ environment (such as dwellings). This section will focus on 2001 Census information about dwelling characteristics in order to describe the WHR’s built environment.

In the River East CA, 66.6% of residents live in *owned* housing, which is slightly higher than 62.1% of WHR residents. This is also a mid-range percentage, compared to the other CAs. Some 60.4% of WHR residents live in *single-detached* housing, while 64.8% of River East CA residents live in the same type of dwelling. At 79.0%, the majority of housing in the WHR was built prior to 1980, while the majority of housing in this CA was built between 1971 and 1980. In 2001, the average gross rent for a tenant in the WHR was \$541, compared to \$544 the River East CA. In 2001, the average value of an *owner-occupied* dwelling in the WHR was \$102,537, with an average major monthly payment of \$754. In this CA, the average value of an *owner-occupied* dwelling was \$106,430 in 2001, with an average major monthly payment of \$710. This is mid-range compared to the other CAs.

Biology and Genetics

The human body is a complex biological system. Genetic and environmental factors begin to interact at an early stage in life, and continue to interact throughout one’s lifespan. For some diseases, a strong genetic component is present, and little can be done to change predisposition to certain diseases or health issues. However, environmental influences in the form of the determinants of health may significantly improve health outcomes, assisting the individual to reach his or her full health potential. For example, it is known that individuals with strong family history of cardiovascular disease should be monitored for high blood pressure and abnormal lipid profiles. These individuals can also be encouraged to maintain a healthy lifestyle to minimize the risk of developing cardiovascular disease at a young age. There are currently no indicators measured for this determinant in the CHA Report, 2004.

Personal Health Behaviours

This refers to the actions that a person can take to prevent disease and to live a healthy lifestyle. It is important to recognize that personal choices that affect lifestyle are influenced by social, economic and environmental factors. For example, exposure to recreation and recreational facilities contributes positively to personal health, economic, social and spiritual needs and healthy child development. Research suggests that an individual’s

⁸ *Any* refers to those that spend less than five hours, 5-14 hours, 15-29 hours, 30-59 hours, or 60 hours or more providing unpaid childcare; this excludes those who reported 0 hours (Data Book, CHA Report 2004).

⁹ *Any* refers to those that spend less than five hours, 5-9 hours or 10 hours or more providing unpaid care or assistance to seniors; this excludes those who reported 0 hours (Data Book, CHA Report 2004).

mental health benefits from exercise and physical activity, as they reduce depression and anxiety and promote self-esteem. As a result, a population's health, well-being and quality of life, as well as its communities and environment, are enhanced. The reader is directed to the Data Book, CHA Report 2004 for information on selected indicators of personal health behaviours in the WHR.

Healthy Child Development

Healthy children grow up into healthy adults. A child's development is greatly affected by experiences early in life. A loving, secure environment helps children to develop trust, self-esteem, and the ability to form positive relationships. These contribute to children's readiness to learn (education), and to their health especially as they grow and develop. The reader is directed to the Data Book, CHA Report 2004 for additional information on selected indicators of healthy child development in the WHR.

Health Services

The health services continuum of care includes treatment and secondary prevention of disease. Of the 12 health determinants, it appears to have the least affect on health and well-being of the population. The Data Book, CHA Report 2004 contains information on indicators of health services in the WHR.

Culture

Culture affects health on several levels. Cultural values may influence socio-economic status of individuals within a culture. There may be loss or devaluation of language and culture (resulting in stigmatization and marginalization) and lack of access to culturally appropriate health care. In addition, language barriers may limit access to health information and health services. Together or alone, these have an impact on health. The elements described under **Ethnicity** in the **Population Characteristics** section provide information about this health determinant in the River East CA.

Gender

This refers to the attitudes, behaviours, values, relative power, and influence that society confers upon the two sexes. Many health issues are influenced by gender-based social status or roles. For example, suicide rates are much higher for males than for females in the WHR and in all of Canada. The literature suggests that the gender difference for suicide in developed countries may be partly explained by the changes in gender roles for men and women.¹⁰ There are many indicators listed in the Data Book, CHA Report 2004, which provide information on gender differences at the regional level.

Each of the determinants of health is important in its own right. At the same time, the determinants of health are interrelated. Understanding the influences of the determinants of health on the health issues is key to improving the health of the population.

Summary of the Key Issues

It is the combination of factors (health outcomes and determinants) that together shape the health of our communities. Generally, in the River East Community Area, these factors are similar to those for the Winnipeg Health Region. However, there is variability within this CA for many of the measures of the determinants of health and health outcome. This variability identifies disparities of health that are similar to other community areas with population health challenges in the region.

In summary, in the River East Community Area, there appears to be many determinants of health that are comparable to those of the region. This provides the foundation for a population with average health outcomes. This is evidenced by:

¹⁰ Hawton, K. 2000. Sex and suicide. *British Journal of Psychiatry*. 177, pp.484-485.

- Average levels of social support: average marital status; average numbers of senior citizens living alone; more families; and more lone parent families concentrated in a particular neighbourhood cluster.
- Average socio-economic status: average unemployment levels; average income levels; average poverty levels; and average levels of education.
- Average social environment: average home ownership and less frequent permanent residence changes.
- When the River East Community Area was compared to the Winnipeg Health Region, many of its determinants of health were deemed average. Despite this, there may be other determinants of health at the community area level that were not measurable, but had some effect on these health issues, such as personal-health behaviours.

Opportunities for improvement in River East Community Area include:

- Cardiovascular disease
- Diabetes
- Due to disparities within this community area, other areas to focus include teenage pregnancy, communicable diseases, and injuries.

The overall health issues identified at the regional level are equally important to the River East Community Area, over and above the predominant health issues in this area. In the Winnipeg Health Region, the following health issues were identified:

- Cancer
- Cardiovascular disease
- Diabetes
- Infant and maternal health
- Injury
- Obesity
- Mental Health
- Respiratory illness (including tuberculosis)
- Sexually transmitted infections

It is anticipated that this community area profile will support decision-making and planning efforts, as well as enable constructive dialogue and debate, for residents of the River East Community Area.