

# Point Douglas

COMMUNITY  
AREA PROFILE  
2020

The **Point Douglas community area (CA)** is comprised of two neighbourhood clusters: Point Douglas North (10A) and Point Douglas South (10B).

*Our Health,  
Our Community*

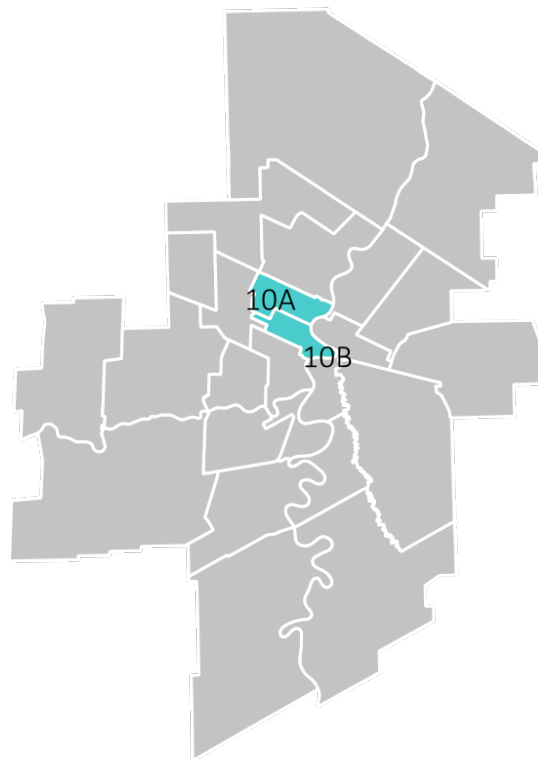


## Introduction

The Community Area Profile is a snapshot of the 2019 Community Health Assessment (CHA), which provides information about the health of our population (for example, health status, health disparities, determinants of health and health services utilization). Each CA profile offers the healthcare system, social services, community development, support agencies and others, valuable insight into the health of the communities they serve. The information presented in the CA profiles can help to guide the way services are designed, determine which services are offered in communities and neighbourhoods, identify how community partners can work together to provide better support and services to their community members, and determine how to best meet the identified needs of the community area.

## Where does the data come from?

The data included in the CA profiles are obtained from multiple sources including: Administrative Health and Surveillance Data, Canadian Community Health Survey, 2016 Canada Census, and Healthy Child Manitoba. It is important to note that different data sources, such as the ones used in this report, collect data using different time periods. For that reason, not all indicators in this profile are reported using the same time periods.



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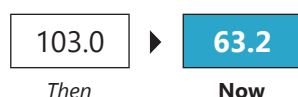
# Areas of Strength and Areas for Improvement

This page illustrates health indicators that saw the most statistically significant changes over time. 'Areas of Strength' are health indicators that have improved ("now") compared to the last reported time period ("then") within the community area, and 'Areas for Improvement' are health indicators that have worsened compared to the last reported time period.

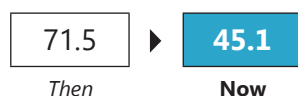
## Areas of Strength



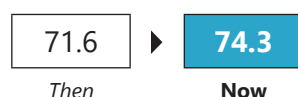
**Teen pregnancy rates decreased over time**  
(per 1,000)



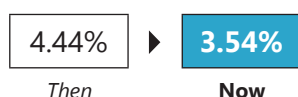
**Teen birth rates decreased over time**  
(per 1,000)



**Male life expectancy increased over time**



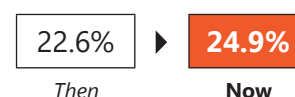
**Fewer residents were living with osteoporosis**



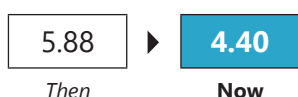
**More children were living with asthma**



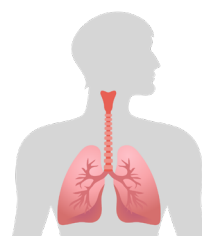
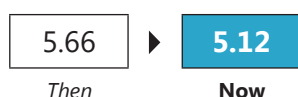
**More residents were living with hypertension**



**Fewer residents were hospitalized or died due to a heart attack**  
(per 1,000)



**Premature mortality rate decreased over time**  
(per 1,000)



**More residents were living with total respiratory morbidity**

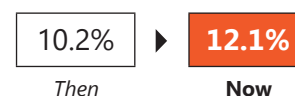


## Areas for Improvement

**More residents were newly diagnosed with diabetes**  
(per 100 person years)



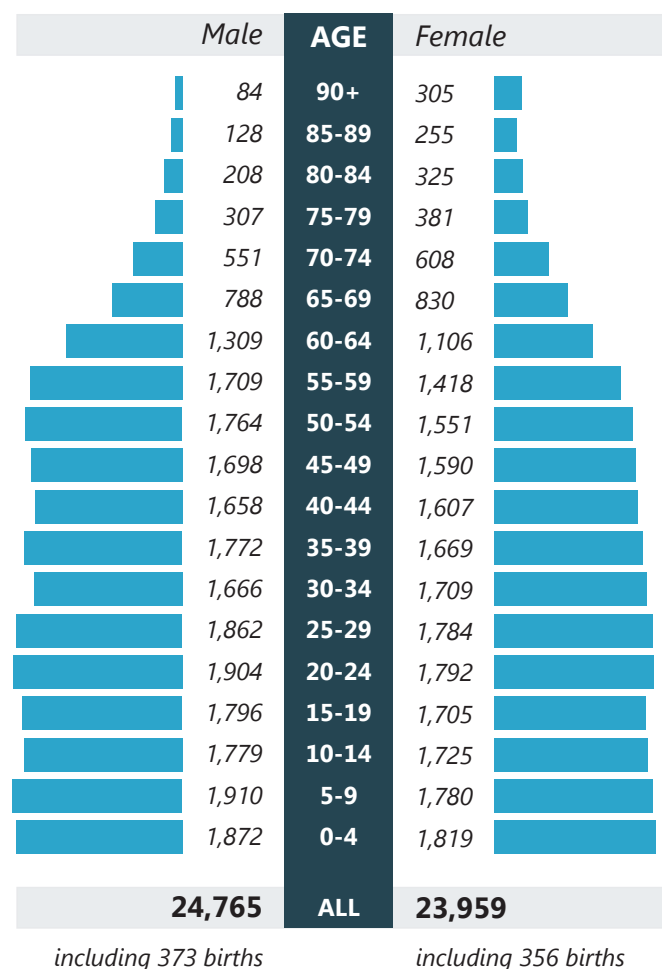
**More residents were living with diabetes**



# Who lives in Point Douglas?

A brief overview of the community area's population by age and sex, demographic information, life expectancy at birth, as well as mortality. The Point Douglas community area is comprised of two neighbourhood clusters: Point Douglas North (10A) and Point Douglas South (10B). The comparator, the Winnipeg Health Region (WHR), comprises Winnipeg, East St. Paul, West St. Paul, and Churchill.

## Population (2018): 48,724 residents



## Demographic info (2016)

|                      | CA (range)            |              | WHR   |
|----------------------|-----------------------|--------------|-------|
| Indigenous           | Overall: <b>29.0%</b> |              | 12.2% |
|                      | North: 22.2%          | South: 44.4% |       |
| Visible minority     | Overall: <b>35.4%</b> |              | 27.5% |
|                      | North: 39.1%          | South: 27.1% |       |
| Lone-parent families | Overall: <b>32.1%</b> |              | 18.3% |
|                      | North: 27.5%          | South: 44.0% |       |
| Immigrant status     | Overall: <b>31.4%</b> |              | 25.2% |
|                      | North: 34.8%          | South: 23.7% |       |

## Life expectancy at birth [in years] (2012-16)

| Male        | Point Douglas  | Female      |
|-------------|----------------|-------------|
| <b>74.3</b> | <b>Overall</b> | <b>77.8</b> |
| 78.7        | <b>North</b>   | 82.9        |
| 68.8        | <b>South</b>   | 72.5        |
| 79.4        | <b>WHR</b>     | 83.4        |

## Mortality (per 1,000 residents)

| Indicator (2012-16)   | CA North | CA South | CA   | WHR  |
|---|----------|----------|------|------|
| Premature mortality rate (before 75 years old)  | 3.78     | 7.65     | 5.12 | 2.64 |
| Potential years of life lost (life lost when people die before age 75)                    | 60.5     | 158.3    | 94.6 | 45.2 |
| Potentially avoidable deaths (avoidable through primary prevention efforts before age 75) | 2.72     | 5.83     | 3.8  | 1.98 |
| Total mortality rate (all ages)   | 7.9      | 15.6     | 10.9 | 6.3  |

## Legend

BETTER

SIMILAR

WORSE

than the **MB** average (not just the WHR)

# Summary of Key Health Indicators

This page highlights two measures:

**Trend:** How key indicators have changed in the community since the last reported time period.

**vs MB:** How those key indicators compare to the Manitoba average.

## Chronic Diseases and Illnesses

| Cardiovascular                      | Trend   | vs MB |
|-------------------------------------|---------|-------|
| Hypertension prevalence             | WORSE   | WORSE |
| Ischemic heart disease prevalence   | SIMILAR | WORSE |
| Heart attack rate                   | BETTER  | WORSE |
| Congestive heart failure prevalence | SIMILAR | WORSE |
| Stroke rate                         | SIMILAR | WORSE |

| Diabetes                         | Trend   | vs MB |
|----------------------------------|---------|-------|
| Diabetes incidence               | WORSE   | WORSE |
| Diabetes prevalence              | WORSE   | WORSE |
| Lower limb amputation prevalence | SIMILAR | WORSE |

| Respiratory                      | Trend | vs MB |
|----------------------------------|-------|-------|
| Total respiratory morbidity rate | WORSE | WORSE |
| Asthma prevalence for children   | WORSE | WORSE |

| Musculoskeletal         | Trend   | vs MB   |
|-------------------------|---------|---------|
| Osteoporosis prevalence | BETTER  | SIMILAR |
| Arthritis prevalence    | SIMILAR | WORSE   |

| Mental illness                             | Trend   | vs MB   |
|--|---------|---------|
| Benzodiazepine overprescribing – community | SIMILAR | BETTER  |
| Antidepressant prescription follow-up      | SIMILAR | SIMILAR |
| Suicide rate                               | SIMILAR | WORSE   |

| Injury                                    | Trend   | vs MB   |
|---|---------|---------|
| Unintentional injury hospitalization rate | SIMILAR | SIMILAR |
| Intentional injury hospitalization rate   | SIMILAR | WORSE   |

## Maternal and Child Health

| Healthy Child Development | Trend   | vs MB |
|---------------------------|---------|-------|
| Teen pregnancy rate       | BETTER  | WORSE |
| Teen birth rate           | BETTER  | WORSE |
| Inadequate prenatal care  | SIMILAR | WORSE |
| Breastfeeding initiation  | SIMILAR | WORSE |

## Healthcare

| Primary Care   | Trend   | vs MB   |
|--|---------|---------|
| Ambulatory consultations   | SIMILAR | WORSE   |
| Continuity of care   | SIMILAR | SIMILAR |
| Ambulatory care sensitive conditions (ACSC) hospitalization rate | SIMILAR | SIMILAR |

| Personal Care Homes                    | Trend   | vs MB   |
|--|---------|---------|
| Median waiting times for PCH admission | SIMILAR | SIMILAR |
| – from hospital                        |         |         |
| – from community                       | SIMILAR | BETTER  |
| Residents in PCH                       | SIMILAR | SIMILAR |

### Legend

|        |         |       |
|--------|---------|-------|
| BETTER | SIMILAR | WORSE |
|--------|---------|-------|

Trend: Than last time period  
vs. MB: Compared to MB average

# Social Determinants of Health



This section highlights social determinants of health (SDOH), or “systematic social and economic conditions that influence a person’s health”<sup>1</sup>. They include education, income, employment, housing, early childhood development, and health behaviours that can have a significant impact on individual and population health.

| <b>Education</b> (Statistics Canada Census 2016)  | <b>Community avg.</b><br>(range) | <b>WHR avg.</b> |
|---|----------------------------------|-----------------|
| Educational attainment - % of residents (aged 15+) who have high school diploma or higher | <b>69%</b> (59 - 74%)            | 83%             |

| <b>Healthy Child Development (readiness for school learning)</b> (HCMO 2019) |  |                             |       |
|--|--|-----------------------------|-------|
| <b>Kindergarten children vulnerable in the:</b>                              | Physical health and well-being domain    | <b>24.0%</b> (17.9 - 35.9%) | 15.1% |
|  | Social performance domain                | <b>18.7%</b> (12.6 - 30.4%) | 12.6% |
|  | Emotional maturity domain                | <b>17.9%</b> (12.9 - 27.7%) | 14.9% |
|  | Language and cognitive domain            | <b>21.9%</b> (18.3 - 28.8%) | 14.4% |
|  | Communication & general knowledge domain | <b>23.9%</b> (17.4 - 36.6%) | 17.6% |

| <b>Income</b> (Statistics Canada Census 2016)                    |  |          |
|--|--|----------|
| Median household income after tax                                | <b>\$44,437</b><br>(\$30,465 - \$51,661) | \$59,510 |
| Low Income Measure-After Tax (LIM-AT)                            | <b>30%</b> (20 - 51%)                    | 16%      |
| Proportion of children (aged 0-17) living in low income families | <b>40.9%</b> (28.7 - 63.3%)              | 22.6%    |

| <b>Employment</b> (Statistics Canada Census 2016) |                             |       |
|---|-----------------------------|-------|
| Unemployment rate (aged 15+)                      | <b>9.6%</b> (8.2 - 13.9%)   | 6.5%  |
| Labour force participation (aged 15+)             | <b>60.9%</b> (48.4 - 66.1%) | 67.1% |

| <b>Housing</b> (Statistics Canada Census 2016)                                       |   |                         |
|--|---|-------------------------|
| Housing affordability (spending more than 30% of total before-tax income on housing) | <b>44% tenant</b><br>(41 - 46%)<br><b>13% owner</b><br>(13 - 14%) | 40% tenant<br>12% owner |

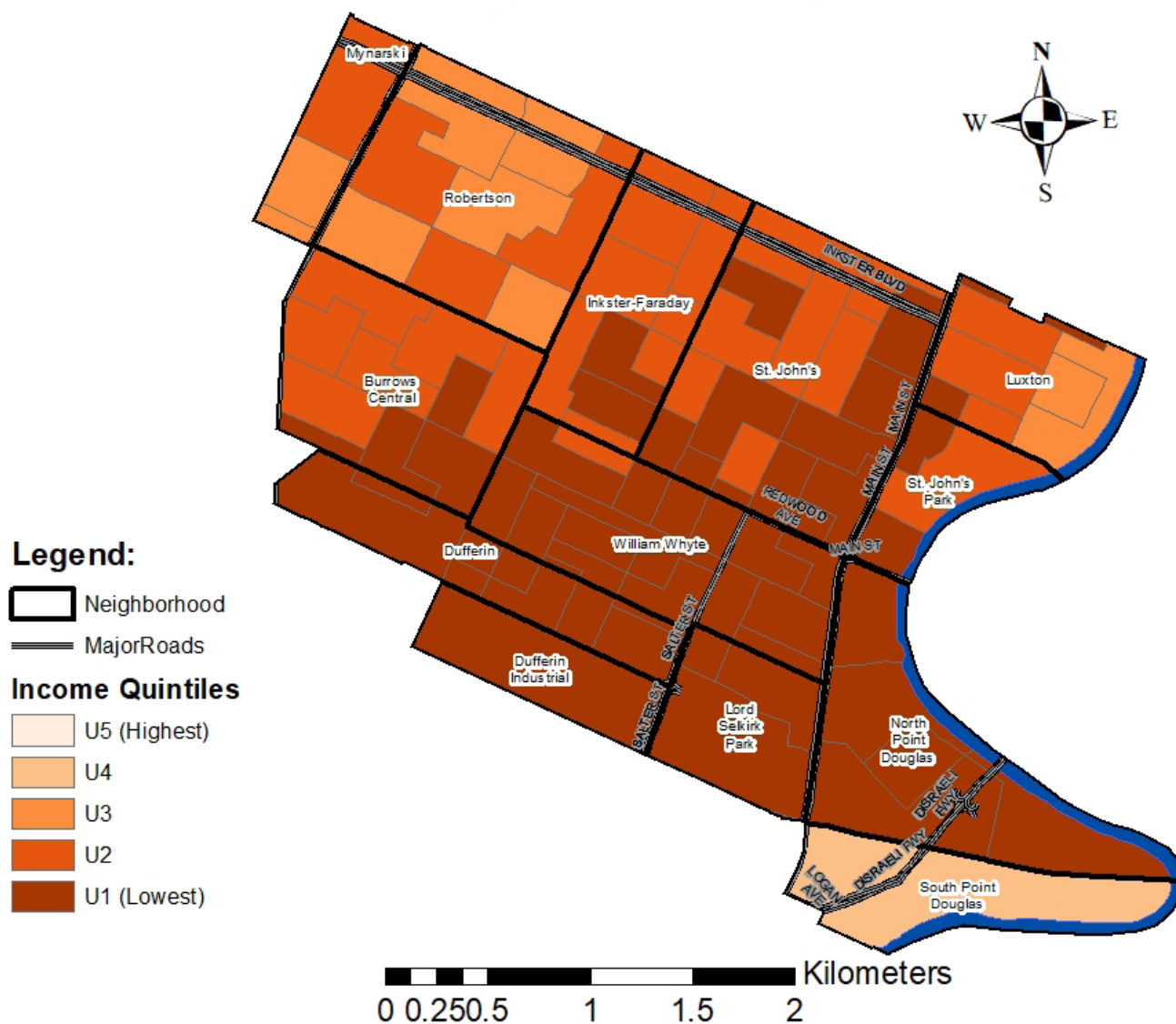
| <b>Health Behaviours</b> (MCHP Mental Illness Among Adult Manitobans 2018) |  |      |
|--|--|------|
| Substance use disorders  | <b>No CA level-data</b><br>(8.1 - 18.0%) | 5.6% |

Some important SDOH factors are not listed here due to incomplete community-level data (e.g., food insecurity, health behaviours, personal health determinants).

## Boundaries & Income Quintiles Map

This map of the **Point Douglas community area** highlights income quintiles for each neighbourhood. The map also highlights main roads to show the boundaries for the community area.

### Point Douglas Community Area



Source: Statistics Canada Census 2016

Map: Created by Population and Public Health Unit, WRHA, September 2020

## At-a-Glance of Selected Indicators

Compares the health of people in the community area or in each neighbourhood cluster to the health of Winnipeg Health Region residents and Manitobans overall.

|                                | Indicator                               | Time period     | CA Count | Rate  |          |          |       |       |
|--------------------------------|---|-----------------|----------|-------|----------|----------|-------|-------|
|                                |   |                 |          | CA    | CA North | CA South | WHR   | MB    |
| Maternal and child health      | Teen pregnancy (per 1,000 females)      | 2012/13-2016/17 | 541      | 63.2  | 45.5     | 97.9     | 23.3  | 30.0  |
|                                | Teen birth (per 1,000 females)          | 2012/13-2016/17 | 387      | 45.1  | 31.3     | 72.4     | 13.9  | 21.5  |
|                                | Breastfeeding initiation                | 2016/17         | 490      | 73.3% | 76.7%    | 68.5%    | 86.8% | 84.2% |
|                                | Families first 3+ risk factors          | 2017            | 412      | 45.3% | 35.8%    | 58.4%    | 24.6% | 26.7% |
|                                | Inadequate prenatal care                | 2012/13-2016/17 | 481      | 13.1% | 9.5%     | 18.6%    | 6.6%  | 10.3% |
| Chronic diseases and illnesses | Hypertension prevalence                 | 2016/17         | 7,363    | 24.9% | 24.6%    | 26.2%    | 20.7% | 20.7% |
|                                | Ischemic heart disease prevalence       | 2012/13-2016/17 | 2,636    | 9.7%  | 10.8%    | 12.4%    | 8.6%  | 8.3%  |
|                                | Heart attack rate (per 1,000, aged 40+) | 2012-2016       | 372      | 4.40  | 4.23     | 4.95     | 3.00  | 3.24  |
|                                | Congestive heart failure prevalence     | 2016/17         | 412      | 2.48% | 2.06%    | 3.57%    | 1.57% | 1.59% |
|                                | Stroke rate (per 1,000)                 | 2012-2016       | 300      | 3.64  | 3.06     | 4.78     | 2.43  | 2.48  |
|                                | Diabetes incidence                      | 2014/15-2016/17 | 1,158    | 1.20  | 1.07     | 1.40     | 0.74  | 0.80  |
|                                | Diabetes prevalence                     | 2014/15-2016/17 | 5,019    | 12.1% | 10.5%    | 14.0%    | 7.9%  | 8.7%  |
|                                | Lower limb amputation due to diabetes   | 2012/13-2016/17 | 64       | 1.52% | 0.89%    | 2.53%    | 0.91% | 1.09% |
|                                | Total respiratory morbidity rate        | 2016/17         | 7,215    | 14.6% | 13.1%    | 16.8%    | 11.1% | 10.3% |
|                                | Asthma prevalence for children          | 2015/16-2016/17 | 2,049    | 19.6% | 18.1%    | 22.1%    | 16.7% | 15.1% |
|                                | Osteoporosis prevalence                 | 2016/17         | 386      | 3.54% | 3.49%    | 3.75%    | 4.05% | 3.83% |
|                                | Arthritis prevalence                    | 2015/16-2016/17 | 8,451    | 26.1% | 23.6%    | 31.8%    | 20.4% | 20.4% |
|                                | Mood & anxiety disorders                | 2010/11-2014/15 | N/A      | N/A   | 23.2%    | 33.6%    | 24.7% | 23.2% |
|                                | Antidepressant prescription follow-up   | 2012/13-2016/17 | 482      | 54.8% | 54.5%    | 55.1%    | 55.3% | 51.7% |
|                                | Dementia prevalence                     | 2010/11-2014/15 | N/A      | N/A   | 8.8%     | 17.7%    | 10.7% | 10.3% |
|                                | Suicide rate (per 1,000, aged 10+)      | 2012-2016       | 64       | 0.33  | N/A      | N/A      | 0.15  | 0.17  |

BETTER

SIMILAR

WORSE

than the **MB** average

##

Statistical testing not available

N/A denotes data not available



|                         | Indicator  | Time period     | CA Count | Rate  |          |          |       |       |
|-------------------------|--|-----------------|----------|-------|----------|----------|-------|-------|
|                         |  |                 |          | CA    | CA North | CA South | WHR   | MB    |
| Injury                  | Intentional injury hospitalization (per 1,000)   | 2016/17         | 90       | 2.03  | N/A      | N/A      | 0.65  | 0.80  |
|                         | Unintentional injury hospitalization (per 1,000) | 2016/17         | 281      | 6.94  | 4.80     | 11.02    | 4.54  | 5.42  |
| Preventative healthcare | Influenza immunization (aged 65+)                | 2017/18         | 2,260    | 47.2% | N/A      | N/A      | 58.2% | 55.2% |
|                         | Pneumococcal immunization (aged 65+)             | 2017/18         | 2,753    | 57.5% | N/A      | N/A      | 62.6% | 61.2% |
| Healthcare access       | Ambulatory consultations                         | 2016/17         | 13,024   | 29.0% | 28.3%    | 27.8%    | 31.8% | 29.0% |
|                         | Hospitalization for ACSC (per 1,000)             | 2016/17         | 440      | 9.1   | 6.6      | 15.8     | 4.5   | 6.1   |
|                         | Inpatient hospitalization rate (per 1,000)       | 2016/17         | 4,117    | 90.1  | 74.6     | 120.6    | 63.1  | 78.4  |
|                         | Continuity of care                               | 2015/16-2016/17 | 24,387   | 72.1% | 72.5%    | 70.0%    | 73.1% | 71.5% |
|                         | Benzodiazepine overprescribing-community         | 2012/13-2016/17 | 603      | 16.4% | 15.0%    | 17.0%    | 17.6% | 18.5% |
|                         | Median wait times for PCH-from hospital (weeks)  | 2015/16-2016/17 | 104      | 1.4   | N/A      | N/A      | 1.3   | 2.5   |
|                         | Median wait times for PCH-from community (weeks) | 2015/16-2016/17 | 74       | 2.3   | N/A      | N/A      | 4.3   | 8.1   |

BETTER

SIMILAR

WORSE

than the MB average

##

Statistical testing not available

N/A denotes data not available

## Select Definitions

**Inadequate prenatal care:** determined by the number of physician visits received by a prospective mother, considering when the first prenatal visit took place. A prenatal visit is defined as a visit to a health professional (e.g., physician, mid-wife, or nurse practitioner) where medical or healthcare was performed to take care of the pregnancy.

**Families First Risk factors:** three or more of the following risk factors identified as leading to poor childhood outcomes: 1) maternal alcohol use; 2) maternal smoking; 3) mother with less than high school education; 4) financial difficulties; 5) maternal depression and/or anxiety; 6) number of screens.

**Potentially avoidable deaths:** The average annual rate of avoidable deaths before age 75, per 1,000 population, over a five-year time period. Avoidable deaths include those that could be avoided through primary prevention efforts, such as lifestyle modifications, immunizations and health promotion initiatives.



# Acknowledgements & Additional Information

## ***For more information or to provide feedback to improve the community health assessment process in the future***

If you'd like additional information, have any questions, or if you would like to provide feedback on how we can improve the community health assessment process, including the CA profiles (e.g., design, language, content, additional information) please contact us:

[CHA@wrha.mb.ca](mailto:CHA@wrha.mb.ca)

## ***Additional links***

**To view the full 2019 Community Health Assessment:**

[wrha.mb.ca/research/community-health-assessment/2019-report](http://wrha.mb.ca/research/community-health-assessment/2019-report)

**For a suite of web-based interactive data tools, dashboards and maps, visit the Manitoba Collaborative Data Portal:**

[mbcdp.ca/community-health-assessment-2019.html](http://mbcdp.ca/community-health-assessment-2019.html)

## ***Acknowledgements***

Community Area Profiles were developed by the George & Fay Yee Centre for Healthcare Innovation's (CHI) Evaluation Platform.

The authors wish to acknowledge the contribution of many individuals who assisted in the development of this report. We greatly appreciate the support and guidance provided by the Community Area Facilitators and members of the Community Area Profile Advisory Committee throughout the production of this profile. We also wish to extend a sincere thanks to CHI's Knowledge Translation team for designing the layout of the report and to the Population and Public Health Unit (WRHA) for creating the community area maps.

<sup>1</sup> Canadian Medical Association. 2019. Social determinants of Health. Canadian Medical Association. Accessed from: <https://www.cma.ca/social-determinants-health>