



Community-Specific Health Data

Background

This activity was designed to present information about the health status and health decisions of community residents. This information is compared to regional and provincial levels.

The Canadian Community Health Survey (CCHS)

The CCHS is a national health survey conducted by Statistics Canada. Our analysis used data collected in 2007 and 2008 from over 130,000 respondents in more than 135 health regions across Canada. The survey gathers information related to health status, use of health care resources, and exposure to factors that increase or decrease an individual's risk for disease.

Our Approach to Analyzing the Data

The CCHS was designed to report data at the national, provincial and health region levels. Though the number of respondents across the country is large, the number of individuals responding in any single community can be quite small. As a result, estimates of community level health data can be very unstable. For this reason, we used statistical methods to predict community levels based on: (1) the information from the community respondents; and, (2) the levels of respondents in the surrounding region and province.

Overview of the Bonnyville Results

Some results from the Bonnyville CCHS analysis are presented here in comparison with the results from the regional and provincial levels. A more detailed report from this analysis can be found on the DVD included with this package.

TABLE 1. GENERAL HEALTH

	Regional Comparison	Provincial Comparison
Self-perceived health	↑	—
Self-perceived health – compared to 1 year ago	↑	↑
Satisfaction with life in general	↑	↑
Self-perceived mental health	—	—
Perceived life stress	↑	↑
Sense of belonging – local community	↑	↑

Key

- ↑ Probably Above the Regional/Provincial Average
- Likely Similar to the Regional/Provincial Average
- ↓ Probably Below the Regional/Provincial Average

Example description: Respondents from Bonnyville were found to have higher self-perceived health status than respondents from the remainder of the Aspen Region. When compared to the province, respondents from Bonnyville were found to have a similar level of self-perceived health.



TABLE 2. OBESITY

	Regional Comparison	Provincial Comparison
Overweight or Obese	↓	—

TABLE 3. PHYSICAL ACTIVITY

	Regional Comparison	Provincial Comparison
Physical activity level	↓	↓
Time spent walking for exercise	↓	↓

TABLE 4. CHANGES TO IMPROVE HEALTH

	Regional Comparison	Provincial Comparison
Did something to improve health	↑	↑
Changed eating habits	↓	↓
Lost weight	↓	↓
Participated in more exercise	↑	↑
Smoked less or stopped smoking	—	—
Intending to improve health over next year	↑	↑
Change eating habits	—	—
Lose weight	↓	↓
Participate in more exercise	↓	↓
Smoke less or stopped smoking	↑	↑

TABLE 5. SEDENTARY ACTIVITIES

	Regional Comparison	Provincial Comparison
Total number of sedentary hours per week	↓	↓
Number of hours on a computer	↓	↓
Number of hours watching TV or videos	↓	↓
Number of hours reading	—	—
Total number of sedentary hours per week (excl. reading)	↓	↓



Participants were also asked to identify: (1) their favourite destinations in the community to visit, (2) their favourite destinations to visit in the winter, and (3) key community landmarks. This information was used to help identify what local recreation amenities should be highlighted on signage within the community.

Participants' favourite community destinations were:

- Jessie Lake,
- Centennial Centre,
- Sobeys,
- swimming pool,
- bank, and
- Brosseau's.

Participants' favourite winter destinations were:

- Jessie Lake,
- Centennial Centre,
- toboggan park, and
- Pontiac Park.

The top community landmarks identified by residents were:

- Jessie Lake, and
- parks.

Community Benches

In the spring of 2011, five concrete benches will be installed throughout the community. The benches are being placed at key locations throughout the community. The benches will provide a resting place for individuals travelling along Main Street, as well as those travelling to and from Main Street. In the spirit of promoting physical activity in the community, all of the benches have a plaque with a slogan, created by community partners, "take a step towards a healthier you".

Recreation Amenity Signage

In the winter of 2011, twenty-seven signs will be placed throughout the community. The signs are being used to promote the local recreation amenities for both residents and visitors to the community.

Community Walking Map

At the time of preparation of this summary document, the research team was in the process of developing a community walking map. The walking map will highlight local walking routes that can be used throughout the community that are accessible.

These maps will be distributed in Bonnyville in the spring of 2011.

Next Steps

The researchers are continuing to look for opportunities to partner with the community to undertake similar projects in future years.

