

community health facts 2013

Cowichan

Demographics

The Cowichan area (which encompasses Shawnigan Lake, Cobble Hill, Mill Bay, Duncan and North Cowichan) is home to approximately 59,000 people.

- 9.4% identify as Aboriginal.
- 9% are aged 75 and over.
- The population is expected to grow by 23% over the next 20 years.
- The population over age 75 is expected to double by 2033, while the population under 20 is expected to grow by 14%.

Health and Wellbeing

Compared to Island Health as a whole, the Cowichan area has (based on most recent data available):

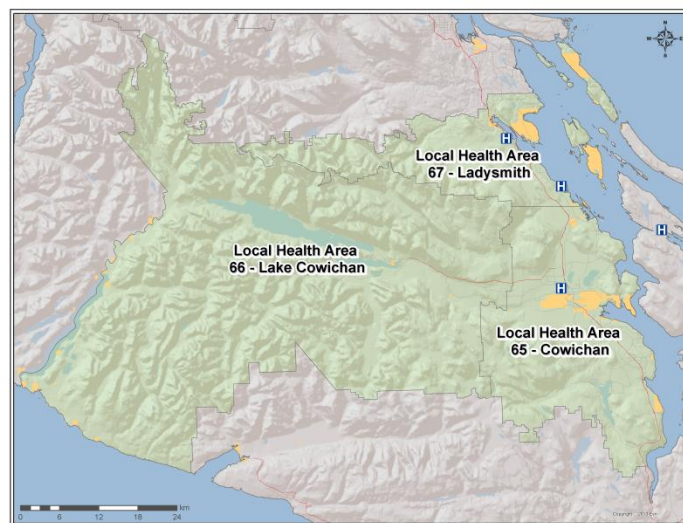
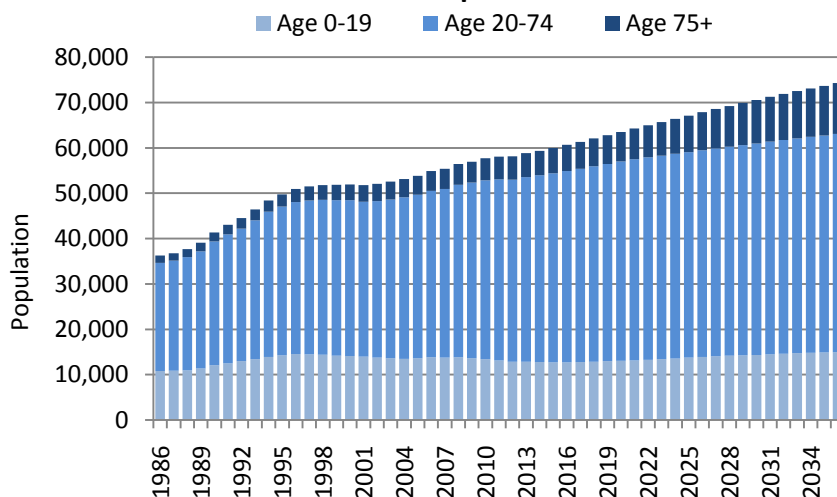
- A higher birth rate.
- Higher rates of pre-term births, low birth weight babies, and births to teen mothers.
- A similar life expectancy (81 years).
- Lower rates of drug-induced deaths and deaths due to falls, but higher rates of death due to motor vehicle accidents and suicide.
- Similar prevalence of leading chronic conditions including depression/anxiety, hypertension and asthma.

Social Determinants of Health

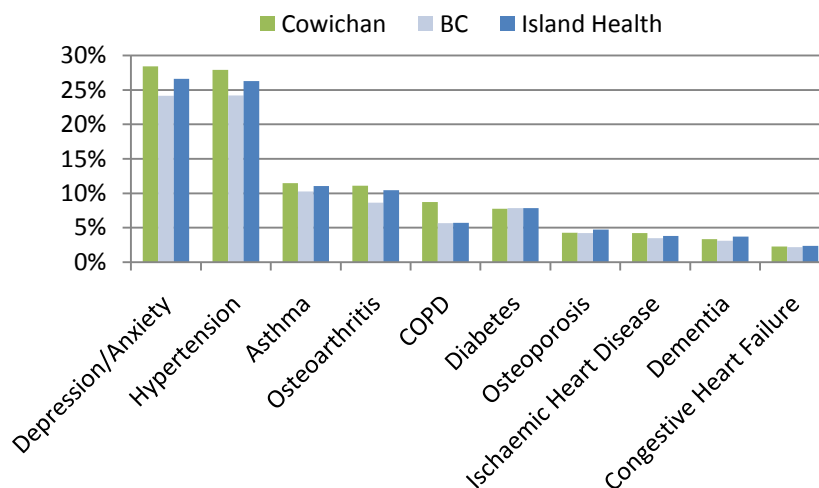
Housing, employment, education and social support can have a big impact on the health of our communities and our ability to make healthy lifestyle choices. Compared to Island Health overall (based on most recent data available):

- *Economic Wellbeing* – The Cowichan area has a higher percent of people on income assistance, but a lower percent of low income persons and low income seniors.
- *Education*– The Cowichan area has a lower percent of adults with high school certificate, but a higher percent of 18 years olds graduating high school.

Cowichan Population Growth



Prevalence of Chronic Conditions



Social Determinants of Health *(continued)*

- **Housing** – The Cowichan area has a higher percent of multiple-family households and crowded households, but a lower percent of older housing.
- **Child Health**– The Cowichan area has a higher rate of children in need of protection and a higher rate of hospitalization of children due to injury, poisoning and respiratory disease.

Health Services

The Cowichan area is served by Cowichan District Hospital, the Duncan Health Unit and the Margaret Moss Health Unit. The Cowichan Valley area, which also includes the Ladysmith and Lake Cowichan regions, has 483 residential care beds and 137 assisted living beds spread over nine sites, including Chemainus Health Care Centre. Additional services available include child, youth and family services, public health, home and community care, mental health and substance use and maternity clinic services.

Every year, Cowichan area residents have about 12,000 hospital admissions, and 27,500 unscheduled emergency department visits.

Of the 12,000 admissions in 2011/12:

- 70% were to Cowichan District Hospital,
- 12% were to the Royal Jubilee Hospital, and
- 11% were to the Victoria General Hospital.

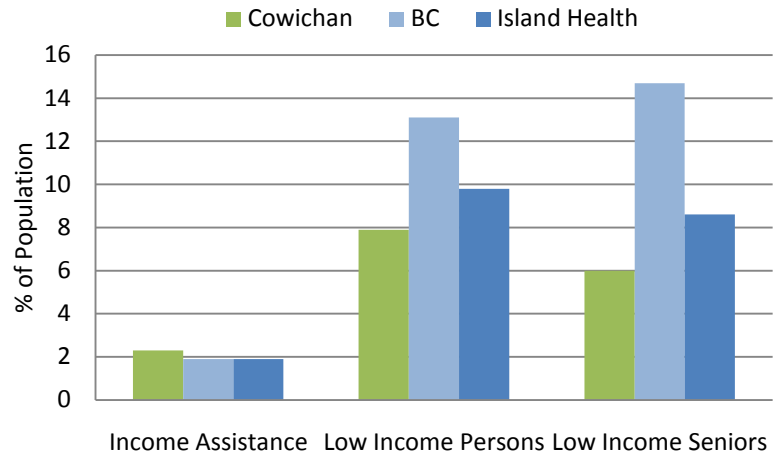
Of the 27,500 unscheduled emergency visits in 2012/13:

- 88% were to Cowichan District Hospital and 5% were to the Victoria General Hospital.
- 31% were for those over the age of 60.

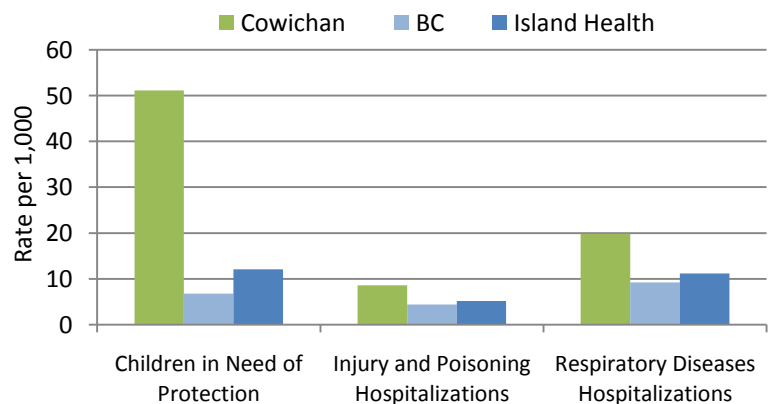
For more information on Island Health Services in your region, please visit:

<http://www.viha.ca/locations/>

Economic and Employment Statistics



Healthy Development and Child Health



Cowichan Resident Cases by Hospital

