

# community health facts 2013

## Lake Cowichan

### Demographics

The Lake Cowichan area (which encompasses Lake Cowichan, Youbou, Mesachie Lake and Honeymoon Bay) is home to approximately 6,500 people.

- 9.1% identify as Aboriginal.
- 7% are aged 75 and over.
- The overall population is not expected to change over the next 20 years.
- The population over age 75 is expected to quadruple by 2033, while the population under 20 is expected to decrease by 13%.

### Health and Wellbeing

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

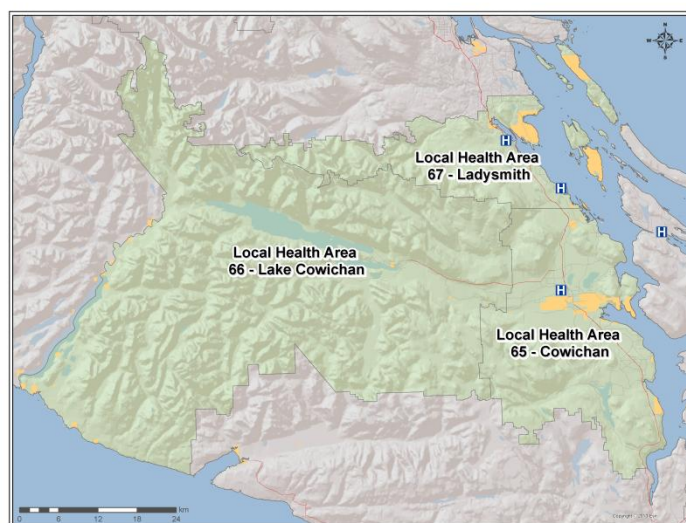
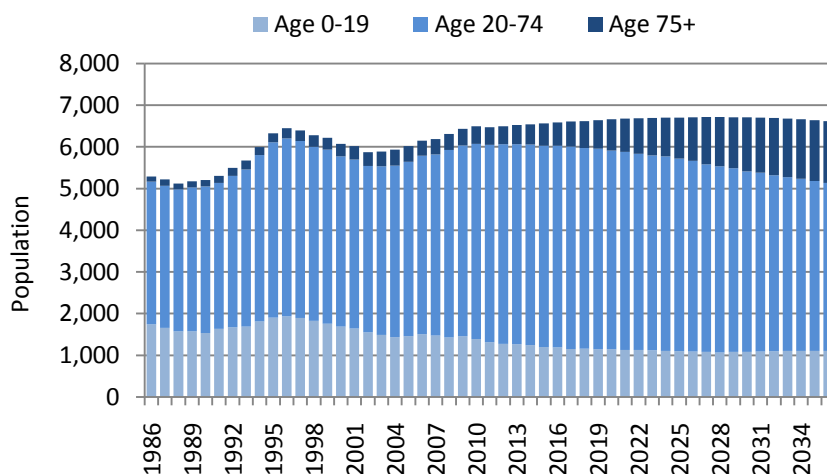
- A lower birth rate.
- A higher rate of births to teen mothers and a higher maternal smoking rate.
- A lower life expectancy (80 years).
- Lower rates of deaths due to chronic lung disease and suicide, but higher rates of death due to pneumonia and influenza, lung cancer and stroke.
- Similar prevalence of leading chronic conditions including depression/anxiety, hypertension and osteoarthritis.

### Social Determinants of Health

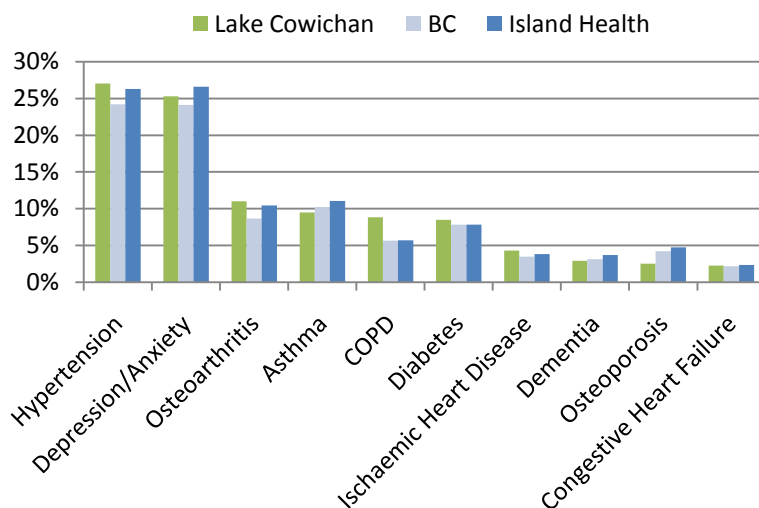
Housing, employment, education and social support can have a big impact on the health of our communities and our ability to make healthy lifestyle choices. Compared to Island Health overall (based on most recent data available):

- *Economic Wellbeing* – The Lake Cowichan area has a higher percent of people on income assistance, employment insurance and a higher unemployment rate.
- *Education*– The Lake Cowichan area has a lower percent of adults with high school certificate and a lower percent of 18 years olds graduating high school.

Lake Cowichan Population Growth



Prevalence of Chronic Conditions



### Social Determinants of Health *(continued)*

- *Healthy Development* – The Lake Cowichan area has a higher rate of children on income assistance, but a lower rate of children in care and children in need of protection.
- *Crime* – The Lake Cowichan area has a higher rate of serious crime, motor vehicle theft and serious juvenile crime, but a lower rate of non-cannabis drug offences and illicit drug deaths.

### Health Services

The Lake Cowichan area is served by the nearby Cowichan District Hospital and the Lake Cowichan Health Unit. The Cowichan Valley area, which also includes the Ladysmith and 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 public health, home and community care, and mental health and substance use services.

Every year, Lake Cowichan residents have about 1,100 hospital admissions, and 2,500 unscheduled emergency department visits.

Of the 1,100 admissions in 2011/12:

- 70% were to Cowichan District Hospital,
- 14% were to the Royal Jubilee Hospital, and
- 8% were to the Victoria General Hospital.

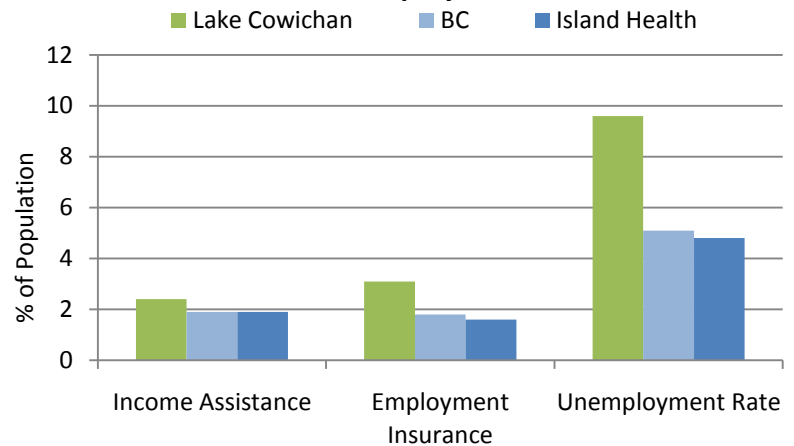
Of the 2,500 unscheduled emergency visits in 2012/13:

- 88% were to Cowichan District Hospital, 2% were to Victoria General Hospital and 2% were to the Nanaimo Regional General Hospital.
- 31% were for those over the age of 60.

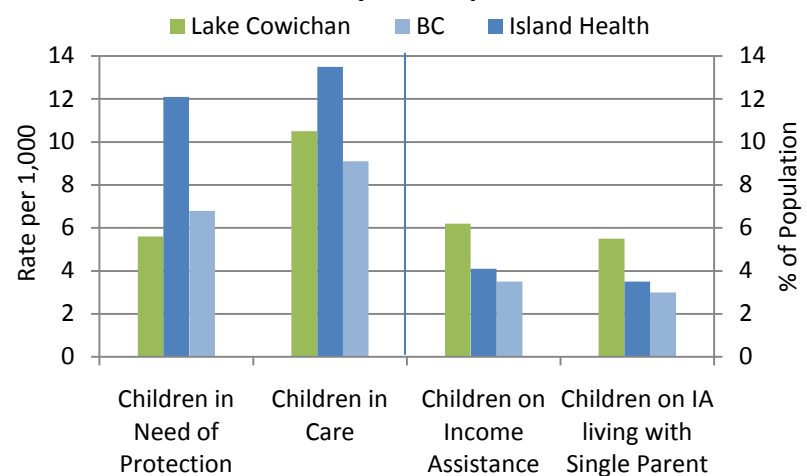
For more information on Island Health Services in your region, please visit:

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

### Economic and Employment Statistics



### Healthy Development



### Lake Cowichan Resident Cases by Hospital

