



YORK REGION PUBLIC HEALTH POPULATION HEALTH ASSESSMENT

Presented to
Committee of the Whole

Presented by
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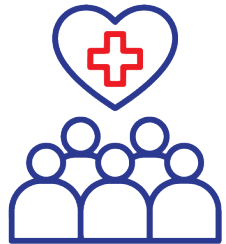
Purpose



1. York Region Public Health's Approach to Population Health Assessment
2. York Region's Population Health Assessment Dashboard
3. Key Health Trends and What They Mean for the Work of Public Health
4. Next Steps

YORK REGION PUBLIC HEALTH'S APPROACH TO POPULATION HEALTH ASSESSMENT

Core Functions of Public Health



**Population Health
Assessment**



**Disease and Injury
Prevention**



Surveillance



Health Protection

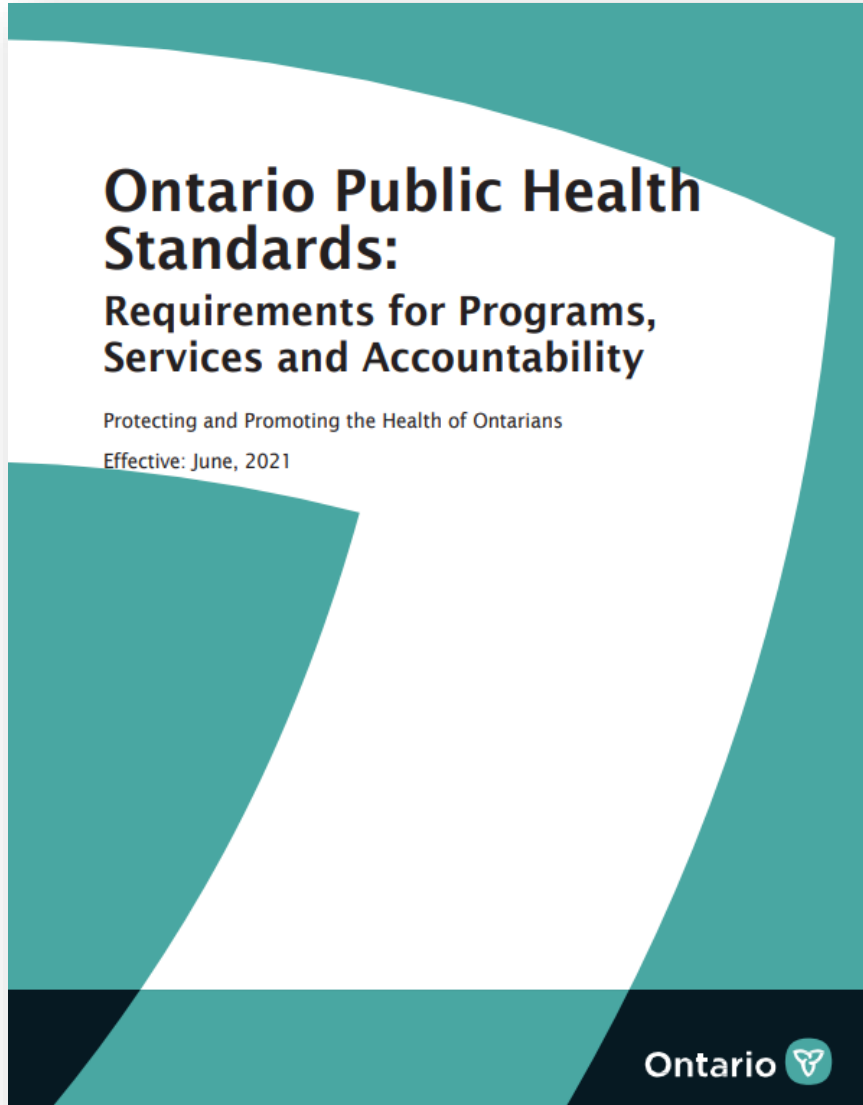


Health Promotion



**Emergency
Preparedness and
Response**

What is a Population Health Assessment?



Population Health Assessment is a foundational standard of the Ontario Public Health Standards.

It is an evidence-informed process that evaluates the health status and needs of a community, typically at a point in time.

What is a Population Health Approach?

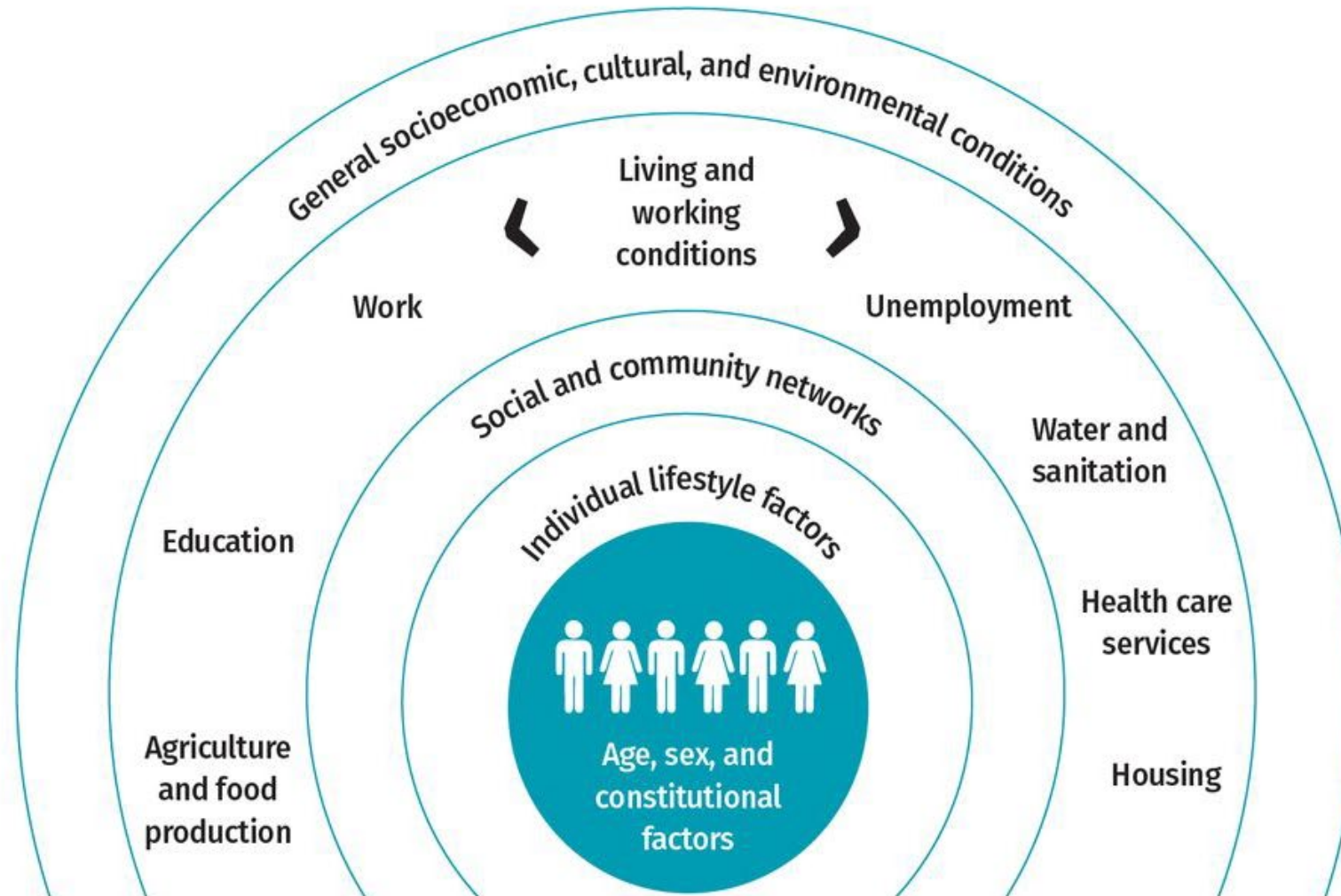
Measuring Population Health

- Conducting point-in-time population health assessments
- Collecting administrative data from hospitals
- Using population health surveys such as Canadian Community Health Survey

Improving Population Health

- Improving overall health of communities while also reducing health inequities
- Considering and acting on social determinants of health that influence opportunities for good health

What is Meant by the Social Determinants of Health



YORK REGION'S POPULATION HEALTH ASSESSMENT DASHBOARD

Understanding the Health of People in York Region

Health Topics



CHRONIC DISEASE, ORAL HEALTH AND INJURIES

Emergency department visits, dental and oral health conditions.

[View the Data >](#)



HEALTH BEHAVIOURS

Indicators reporting on fruit and vegetable consumption, physical activity and youth screen time.

[View the Data >](#)



HEALTHY ENVIRONMENTS

Indicators reporting on heat-related emergencies.

[View the Data >](#)



MENTAL HEALTH AND SUBSTANCE USE

Indicators reporting on life stress, mental health emergencies, suicide and community support.

[View the Data >](#)



SOCIAL AND DEMOGRAPHIC INFO

Indicators related to who makes up the people of York Region

[View the Data >](#)



EARLY CHILDHOOD AND HEALTH IN PREGNANCY

Indicators reporting on health of pregnancy, babies and mothers.

[View the Data >](#)



OVERALL HEALTH

Indicators reporting on life expectancy, hospitalization and mortality.

[View the Data >](#)



INFECTIOUS DISEASES

Indicators reporting on infectious diseases and sexual health.

[View the Data >](#)

Available at: [York.ca/HealthData](https://york.ca/HealthData)

Understanding the Health of People in York Region

Mental Health and Substance Use

INDICATOR: Alcohol-related emergency department visits

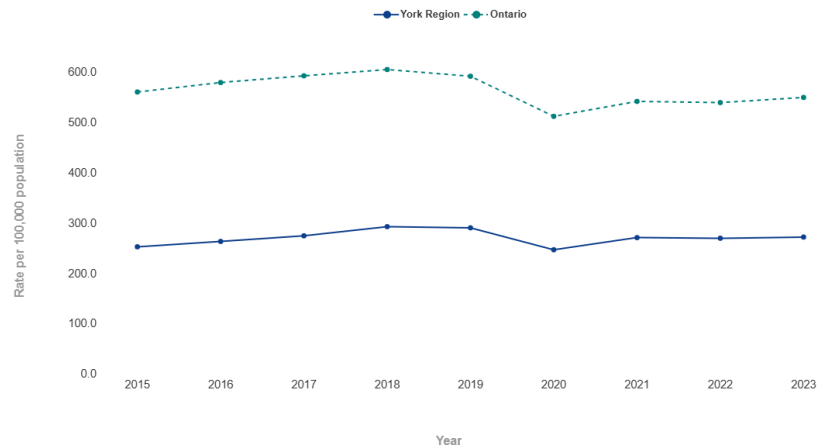
What is Measured: The annual number of alcohol-related emergency department visits per 100,000 population.

Why It Matters: In Ontario, many people visit the emergency department due to alcohol use. Monitoring emergency department visits helps public health, the health care system and health care professionals understand who is seeking medical attention for alcohol use and better support those with alcohol-related issues.

GRAPH

Trends Over Time | Geography | Age Group | Sex

From 2014 to 2018, the trend in York Region's alcohol-related emergency department visit rate was increasing. From 2018 to 2023, the trend was stable. A similar trend was observed for Ontario as a whole. However, the Ontario rates tended to be higher than rates in York Region.

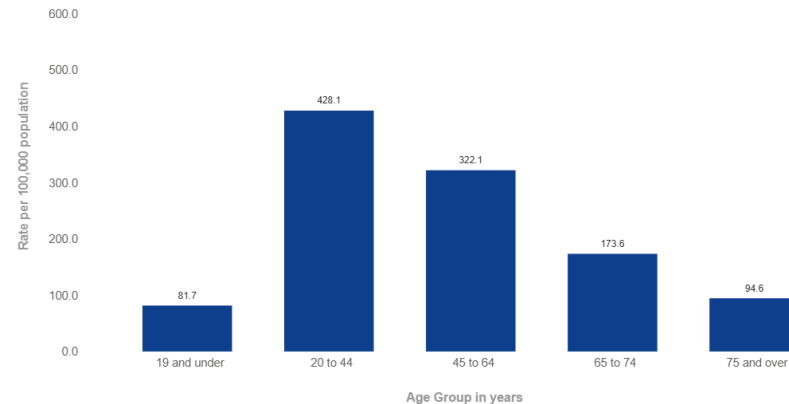


GRAPH

Trends Over Time | Geography | Age Group | Sex

2015 | 2016 | 2017 | 2018 | 2019 | 2020 | 2021 | 2022 | 2023

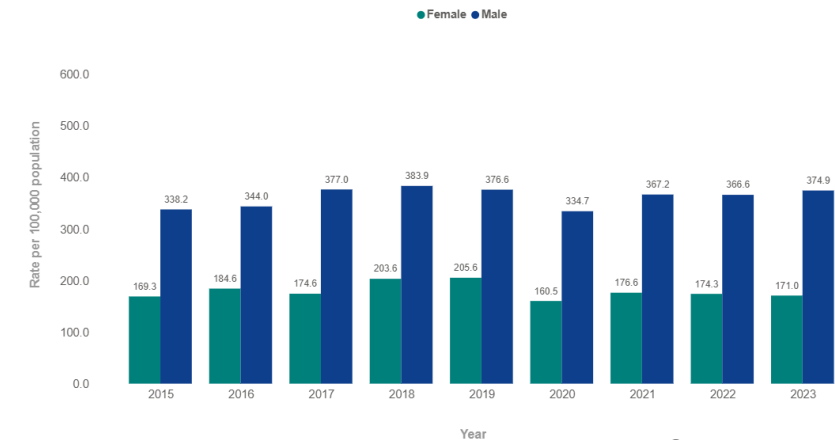
Alcohol-related emergency department visit rate per 100,000 population by age group.



GRAPH

Trends Over Time | Geography | Age Group | Sex

Alcohol-related emergency department visit rate per 100,000 population by sex.



KEY HEALTH TRENDS AND WHAT THEY MEAN FOR THE WORK OF PUBLIC HEALTH

Key Trends in York Region

York Region residents report good health and a strong sense of community belonging



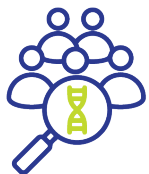
Among healthiest communities in Ontario



High life expectancy in comparison to other health units at nearly **86 years**



Strong social networks with more than **90%** of York Region adults reporting strong social supports



Diverse population with many people from different countries and almost **48%** born outside of Canada

Key Trends in York Region

Health challenges persist for some groups more than others



Chronic disease rates, while lower than Ontario, remain the largest issue:
Four of the five leading causes of death are chronic diseases



Mental health concerns continue to rise among all age groups:
In **2023**, **87%** of York Region adults' mental health was good, very good or excellent, a decrease from **95% in 2015**



Health behaviours represent an area of opportunity:
Non-medical use of prescription opioid pain relievers by secondary students in York Region doubled from **8.6% in 2021** to **16.5% in 2025**

Key Trends in York Region

Health challenges persist for some groups more than others



Food insecurity is worsening: Nearly doubled in York Region from **11% in 2019** to **22% in 2024**, which translates to **91,700 households** experiencing food insecurity



Communicable diseases look different post-pandemic: **Four times higher** than before with philosophical vaccine exceptions increasing year over year



Climate change is worsening: Higher rates of hospital visits due to heat-related illness among children, seniors and males

What this Means for the Work of Public Health

As key drivers of health are outside the health care system, Public Health works across sectors to address root causes

- Partnering with municipalities to design walkable, complete communities
- Supporting actions in York Region's Plan to Support Seniors and Climate Change Action Plan
- Promoting well-being in pregnancy and early childhood to support the next generation
- Strengthening seniors' resiliency to extreme heat
- Advancing York Region's Opioid Action Plan with community partners and people with lived experience



NEXT STEPS

Next Steps

Strengthening public health action through evidence

Future key areas of focus:

- Updating existing indicators with new data
- Enhancing the dashboard with additional indicators
- Creating knowledge products and sharing findings with partners
- Exploring mapping and overlaying to improve understanding of the trends assessed
- Integrating insights into planning, program development, and decision making

Thank You

For more information please contact:

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