

This guide will assist you in interpreting PMH, zone and district profiles. These profiles are a brief summary of the health status of an individual zone or district and as such should be used in combination with the full Community Health Assessment.

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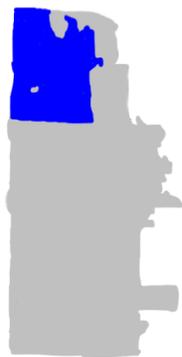
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Location and Demographics

For the purpose of this guide, Porcupine Mountain district in the North Zone of Prairie Mountain Health will serve as our example to illustrate key points. The first section of the profile outlines the location of the zone or district within PMH (including a small map with the district highlighted in blue) along with some basic demographic information and a list of facilities and services. Considerably more information can be found in the full CHA including population pyramids and a list of the municipalities and towns located within the district.

LOCATION AND DEMOGRAPHICS



LOCATION	Porcupine Mountain is located in the North Zone in the northern most part of the PMH region. It is bordered by Lake Winnipegosis to the east, and the Saskatchewan border to the west. Duck Mountain Provincial Park is in the south part of the district.
DEMOGRAPHICS	Population ¹ : 9,117 Land Area ⁴ : 5,640 km ² Density: 1.6 persons/km ²
FACILITIES	Benito Primary Health Care Centre and Benito PCH, Camperville Primary Health Care Centre, and Duck Bay Community Health Services Office
COMMUNITY HEALTH SERVICES	Public Health, Home Care, Mental Health, Primary Health Care, Emergency Medical Services

Did You Know?

The second section of the profile contains highlights of the indicators displayed on the back of the document:

- ✓ a green check mark is something that is going well;
- ! a yellow exclamation is a cause for concern; and
- ✗ a red cross is something that requires action.

Depending on the relative health status of the district you may find more red crosses and less green check marks which is an indication of the disparities seen across the region.

DID YOU KNOW?

- ✓ Porcupine Mountain has the strongest community connections and support in PMH (best status on the social deprivation index)
- ✓ More than 80% of Porcupine Mountain residents received the majority of their care from the same physician
- ✗ Porcupine Mountain has the highest prevalence of hypertension in PMH
- ✗ Porcupine Mountain has the highest prevalence of diabetes in PMH
- ✗ Porcupine Mountain has the highest prevalence of total respiratory morbidity in the North Zone

Social and Economic Indicators

The third section is a group of social and economic indicators.

Life expectancy is defined as the expected length of life from birth, based on patterns of mortality in the population for the preceding 5 years. The profiles show life expectancy for females and males (red indicates a significantly lower life expectancy than the Manitoba average and green significantly higher, whereas black is not significantly different).

Dependency ratio is a measure of the pressure on the productive population – those of working age (15-64) generated by the dependent population, the young (0-14) and the old (65+) that are not of working age. It is important because a high dependency ratio is problematic in that there are fewer people of working age to support the youngest and oldest members of the population.

The next four indicators are from the Census and whilst not necessarily significantly different the colors indicate whether or not the district value is higher or lower than the PMH value.

- **Median household income** is that amount which divides income size distribution, ranked by size of income, into two halves. That is, the incomes of the first half of the households are below the median, while those of the second half are above the median. It gives us an indication of the relative prosperity of the district; income is an important predictor of health status.

- **Housing Affordability** is the percentage of households spending $\geq 30\%$ of household total income on shelter costs. It is split into rental and owner categories.
- **Education Level** the percentage of the population that does not have a certificate, diploma or degree. Education level has also been demonstrated to be a significant predictor of health status.
- **Unemployment rate** is the number of unemployed as a percentage of the labour force (employed and unemployed). It directly impacts income and mental wellbeing.

SOCIAL AND ECONOMIC INDICATORS

<p>LIFE EXPECTANCY² 80.8 years</p>  <p>73.2 years</p>	<p>DEPENDENCY RATIO¹</p>  <p>6 dependents age 0-14 and 65+ for every 10 of working age 15-64</p>
<p>MEDIAN HOUSEHOLD INCOME³</p>  <p>\$41,441 < \$50,888 (PMH)</p>	<p>HOUSING AFFORDABILITY³</p>  <p>Tenant: 15.0% < 29.1% (PMH) Owner: 5.5% < 9.9% (PMH)</p>
<p>EDUCATION LEVEL³</p>  <p>33% > 19% (PMH) population aged 25-64 without a High School Diploma</p>	<p>UNEMPLOYMENT RATE³</p>  <p>11.8% > 5.9% (PMH)</p>

Profile Indicators

The back or second page of the profile is intended to depict how the health of the people in this district compares with the rest of Prairie Mountain Health. These 26 indicators represent a cross-section of health indicators including mortality, socioeconomic factors, cardiovascular and other disease conditions, mental illness, hospital and physician use as well as quality of care. **NOTE:** For further information and definitions of these indicators please refer to the full Community Health Assessment.

	INDICATOR	PMH	DISTRICT	PMH BEST	PMH WORST
Community	1 Premature Mortality Rate	3.07	4.24	2.22	4.44
	2 SEFI (-5 to +5)	0.16	1.30	-0.62	1.30
	3 Material Deprivation (-5 to +5)	0.33	1.67	-0.65	1.67
	4 Social Deprivation (-5 to +5)	0.06	-0.70	-0.70	1.21
Cardiovascular Conditions	5 Hypertension Prevalence	26.8%	31.2%	25.1%	31.2%
	6 Ischemic Heart Disease Prevalence	8.7%	11.8%	6.3%	14.3%
	7 Congestive Heart Failure Prevalence	1.5%	1.7%	1.0%	2.6%
	8 Heart Attack Rate	4.31	6.94	3.48	7.08
	9 Stroke Rate	2.46	2.79	1.57	3.98

If we look at a single line, the first value (circled in illustration below) is the value for all residents in PMH (26.8%) and the colored rectangle next to it indicates whether this value is significantly higher (red), lower (green) or not significantly different to the Manitoba average (yellow).



The next value (circled in illustration below) is for the residents of the district that we are looking at so the value for Porcupine Mountain is 31.2%.



The next value (circled in the illustration below) represents the best value for any district in PMH 25.1%.



The value at the far right of the graphic (circled in the illustration below) represents the worst value for any district in PMH 31.2%.



These are not necessarily the lowest and highest values as you can see for some indicators, the best values are the highest values and the scale has been reversed and goes from highest to lowest so that the better values are always on the left and the worst on the right.

This is the position of the PMH value on the scale (circled in the illustration below); as you can see it has been artificially centered down the page.



This is the range of values for this indicator in PMH, in this case we can see (as illustrated below) that the scale is shifted to the right of the center line indicating that there is a greater disparity between the PMH value and the worst district value than there is between the PMH value and the best district value. This is apparent with most but not all of the indicators.



The colored bar within the range (circled in the illustration below) is the position of the district value on the scale with the color indicating the statistical significance to the Manitoba average. In this case the value is significantly higher than the Manitoba average and the worst in PMH hence it's position to the far right of the scale.



The last indicator at the bottom (#27) is a composite indicator score derived from the other 26 indicators. Each have been given an equal weight, there was no attempt made to order indicators based on their relative impact on health status. The composite score was set on a range of 0 to 100 with PMH at the middle of the range (50). PMH scores ranged from a low of 34 (Spruce Woods) to a high of 70 (Porcupine Mountain). The higher the score, the more health challenges the district or zone faces. The scores highlight the disparities and inequities faced by most of the North Zone and parts of Brandon.

As you can see, the composite indicator score (circled in the illustration below) for Porcupine Mountain is to the far right of the scale and has the poorest health status in PMH.

