

# TURNING INFORMATION TO ACTION



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# OUTLINE

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- Review of key concepts introduced in Session 1 (September 28, 2022)
- Types of data
- What can we do with data?
- Example: Turning information to action
- Examples of data available to you
- The future of data for population health

# WHAT IS POPULATION HEALTH?

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*Population Health refers to the health of a population as measured by health status indicators and as influenced by social, economic, and physical environments, personal health practices, individual capacity and coping skills, human biology, early childhood development and health services.*

*Definition January 1997 by the Federal, Provincial and Territorial Advisory Committee on Population Health (ACPH)*

Available at: [Population health: Focus on the health of populations - Canada.ca](https://www.canada.ca/en/health-canada/services/population-health/)



# WHAT IS THE POPULATION HEALTH APPROACH?

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- focuses on improving the health status of the population
- action is directed at the health of an entire population, or sub-population, rather than individuals
- implies reduction in inequalities in health status between population groups
- recognizes the complexities between the determinants of health



# THE DETERMINANTS OF HEALTH

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- Income and social status
- Employment and working conditions
- Education and literacy
- Childhood experiences
- Physical environments
- Social supports and coping skills
- Healthy behaviours
- Access to health services
- Biology and genetic endowment
- Gender
- Culture
- Race / Racism





## KEY ELEMENTS FROM THE POPULATION HEALTH APPROACH

1. Address the Determinants of Health and their Interactions
- 2. Base Decisions on Evidence**
3. Collaborate Across Sectors and Levels
4. Focus on the Health of Populations
5. Increase Upstream Investments
6. Apply Multiple Strategies
7. Employ Mechanisms for Public Involvement
8. Demonstrate Accountability for Health Outcomes

*What is the Population Health Approach? Available at:  
[Population health: Focus on the health of populations - Canada.ca](https://www150.ca.gc.ca/150/nrc/150/population-health-focus-on-the-health-of-populations-canada.ca)*

# BASE DECISIONS ON EVIDENCE

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A Population Health Approach uses “evidence-based decision making”.

*When you think of basing decisions on evidence, what could that evidence be?*



# TYPES OF DATA

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	<b>QUANTITATIVE</b>	<b>QUALITATIVE</b>
Format	Numbers and numerical values	Text or detailed answers and stories from respondents
Can answer these questions	Who, What, Where, When	Why, How
Purpose	Seeks to measure	Seeks to explain and understand
Generalizability	Easily replicated	Unique data
Time	Relatively quick	Time-intensive
Examples	Surveys, tallies, scores, social media polls	Interviews, focus groups, open-ended questions, community consultations





**WHAT KINDS OF DATA  
DO YOU USE?**

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# WHAT CAN WE DO WITH DATA?

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- Analyze
- Find patterns
- Determine populations to target for an intervention
- Determine need for community programs, interventions and initiatives
- Monitor progress
- Evaluate programs
- Determine barriers to access
- Influence public policy
- Forecast potential risks through data modeling (predictive analytics)
- Make better decisions



# WHAT DATA SOURCES SUPPORT TAKING A POPULATION HEALTH APPROACH?

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- Program data
- Surveillance system data (regional and provincial)
- Publicly available data
- Community-level data



# TURNING EVIDENCE TO ACTION: PRACTICAL EXAMPLE

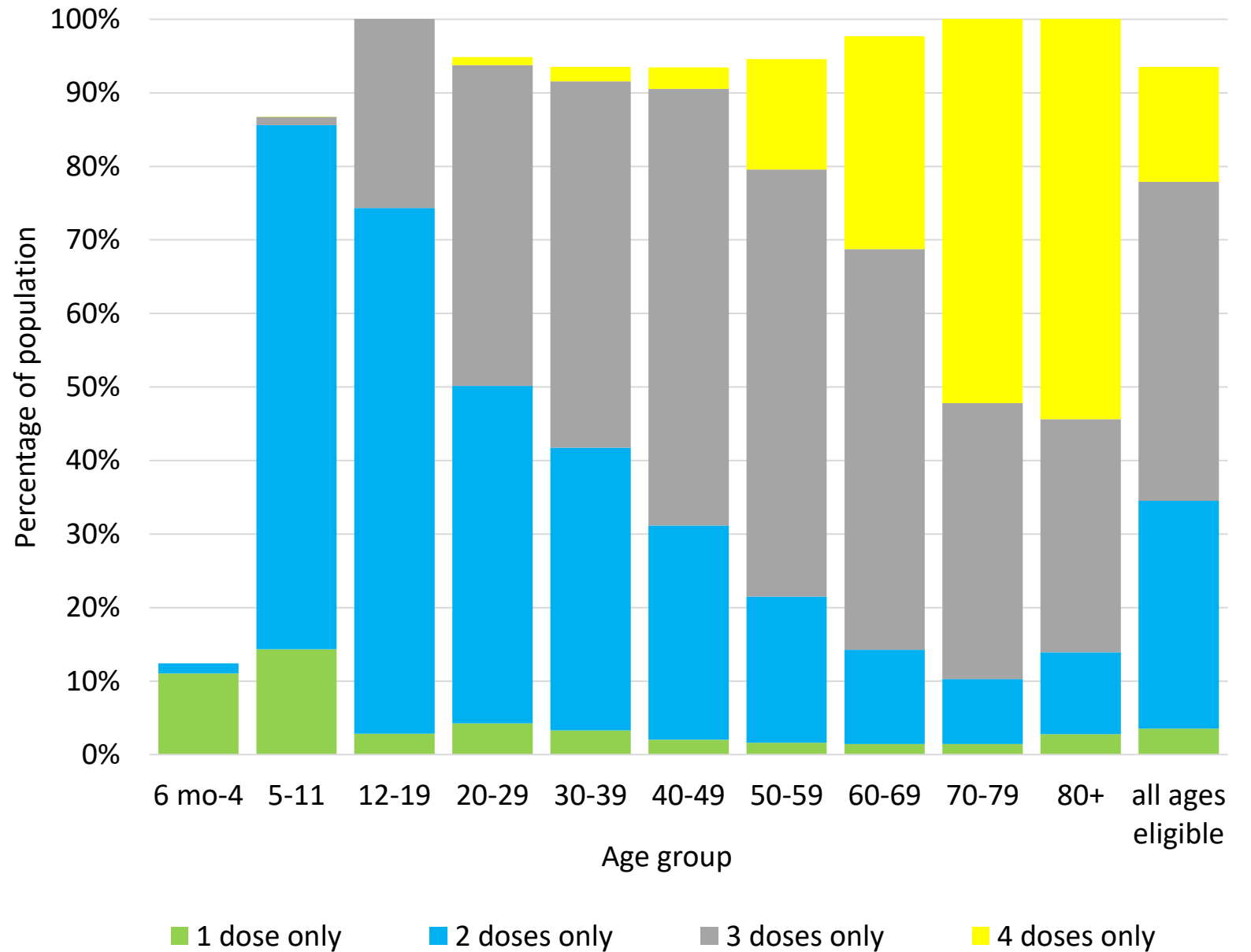
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- COVID-19 Vaccine Data



# COVID-19 Vaccine Coverage in Eastern Regional Health Authority, by age group

*Data Source: Compiled by NLCHI using vaccine data documented in EMR, Pharmacy Network and Meditech, as of October 11 2022*



# EXAMPLES OF DATA AVAILABLE TO YOU

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*You can turn  
information to action,  
too!*



# CANADIAN INSTITUTE FOR HEALTH INFORMATION (CIHI)

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<https://yourhealthsystem.cihi.ca/>



Canadian Institute  
for Health Information

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Institut canadien  
d'information sur la santé

Experiencing Pain in Long-Term Care 2020-2021

12.9%

14.7%

6.3%

Experiencing Worsened Pain in Long-Term Care 2020-2021

9.7%

8.7%

10.2%

### ⊕ Social Determinants



Factors that contribute to health, including genes, physical environment, stress, social support, physical exercise and diet.



Above average performance



Same as average performance



Below average performance



No assessment



Eastern Health

Newfoundland and Labrador

Canada

Heavy Drinking 2017 to 2018

27.9%

26.7%

19.3%

Children Vulnerable in Areas of Early Development 2018-2019

20.1%

21.2%

27.6%



## Your Health System

### Heavy Drinking details for Eastern Health

A definition change was implemented in 2013 to conform to World Health Organization (WHO) and Health Canada guidelines for heavy drinking. The number of drinks for women changed from 5 to 4. Due to the lack of comparability across years, data prior to 2013 is not provided.

**Formal Name:** Heavy Drinking

**Source:** Canadian Community Health Survey, Statistics Canada.

**Description:** Heavy drinking has been associated with harmful health and social consequences. This indicator looks at how many people age 12 and older reported heavy drinking in the last year. Heavy drinking is defined as consuming 5 or more drinks for men or 4 or more drinks for women on 1 occasion, 12 or more times over the past year.

**Calculation:** Population age 12 and older who reported drinking 5 or more drinks for men or 4 or more drinks for women on at least 1 occasion per month in the past year divided by the total population age 12 and older. Population estimates are based on weighted survey responses to reflect the total population.

**Interpretation:** Lower is better. It means that a lower percentage of Canadians reported excessive alcohol consumption.

**Related Content:** More information on heavy drinking in Canada can be found on [Statistics Canada's website](#).

For more information on this indicator, please visit [CIHI's Indicator Library](#).

Less



Above average performance



Same as average performance



Below average performance

# NEWFOUNDLAND & LABRADOR STATISTICS AGENCY

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[Community Accounts](#)

# Clarke's Beach\* Well-Being and Indicators Overview Page

The Municipality of **Clarke's Beach** is a standard geography (that is defined by Statistics Canada boundaries) and is only available for data tables based on Statistics Canada boundaries. For more information choose the regional local area containing this geography, [Clarke's Beach and Surrounding Area](#).

Hide Hide by Default

Change Geography

## How does your Community score?

The Composite Well-Being Score for Clarke's Beach is:

55%

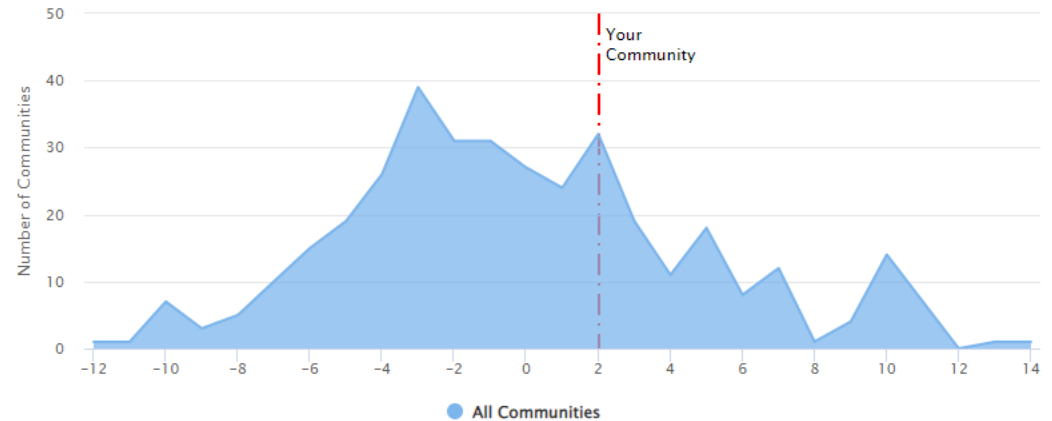
Out of all 367 Communities, this places Clarke's Beach

97<sup>th</sup>

See calculation details

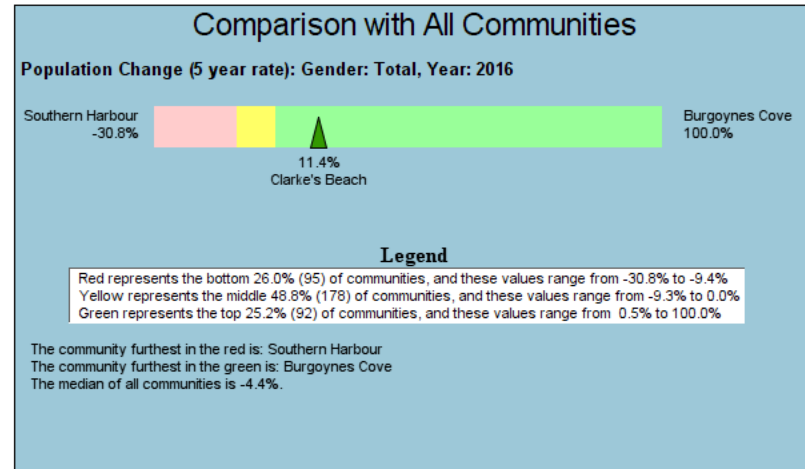
### Well-Being Score Distribution

Highlighted for Clarke's Beach



## Each Indicator has a diverse range and unique distribution of values.

### Clarke's Beach Well-Being Indicator Chart



**About this indicator:** Population Change is the percent change in the population over a 5 year period. This indicator is based on Census Population.

**Indicator Source:** Compiled by the Community Accounts Unit based on information provided from the Census of Population 1996, 2001, 2006, 2011 and 2016 Statistics Canada.

### Understanding the Well-Being Indicator Chart

The chart attempts to answer the question, "How is the area doing relative to all other communities in the province?"

The range of values representing the bottom range of communities is colored red, the top range is colored green and the range of values representing the middle group of communities is colored yellow. We then show where the value for your chosen geography falls on the line (represented by the triangle); from this you can determine how a community or region is doing compared to all communities in the province which are available for this indicator.

Keep in mind that each color represents a percentage of communities but it is the range of values that will determine the width of the color in the chart.

### Well-Being Indicators Report for Clarke's Beach

POPULATION CHANGE (5 YEAR RATE) 11.4% (25 <sup>TH</sup> OF 367)	<a href="#">Chart</a> <a href="#">Data</a>
MIGRATION RATE: MIGRANTS IN THE PAST 5 YEARS 21.1% (41 <sup>ST</sup> OF 367)	<a href="#">Chart</a> <a href="#">Data</a>
AVERAGE COUPLE FAMILY INCOME \$101,900 (100 <sup>TH</sup> OF 366)	<a href="#">Chart</a> <a href="#">Data</a>
PERSONAL INCOME PER CAPITA \$34,900 (120 <sup>TH</sup> OF 366)	<a href="#">Chart</a> <a href="#">Data</a>
ECONOMIC SELF-RELIANCE RATIO 74.8% (74 <sup>TH</sup> OF 366)	<a href="#">Chart</a> <a href="#">Data</a>
EMPLOYMENT RATE 43.7% (105 <sup>TH</sup> OF 367)	<a href="#">Chart</a> <a href="#">Data</a>
CHANGE IN EMPLOYMENT -5.3% (148 <sup>TH</sup> OF 366)	<a href="#">Chart</a> <a href="#">Data</a>
HIGH SCHOOL DIPLOMA OR HIGHER 85.7% (53 <sup>RD</sup> OF 367)	<a href="#">Chart</a> <a href="#">Data</a>
BACHELOR'S DEGREE OR HIGHER 11.6% (68 <sup>TH</sup> OF 367)	<a href="#">Chart</a> <a href="#">Data</a>
EMPLOYMENT INSURANCE PREVALENCE 42.9% (57 <sup>TH</sup> OF 367)	<a href="#">Chart</a> <a href="#">Data</a>
INCOME SUPPORT BENEFITS PREVALENCE 9.9% (318 <sup>TH</sup> OF 367)	<a href="#">Chart</a> <a href="#">Data</a>
MEDIAN AGE OF DEATH 78 (93 <sup>RD</sup> OF 365)	<a href="#">Chart</a> <a href="#">Data</a>
LOW INCOME PREVALENCE: ALL FAMILY TYPES 17.4% (318 <sup>TH</sup> OF 366)	<a href="#">Chart</a> <a href="#">Data</a>
EXCELLENT OR VERY GOOD SELF-ASSESSED HEALTH 44.0% (+/- 16.9%) <sup>E</sup> (336 <sup>TH</sup> OF 363)	<a href="#">Chart</a> <a href="#">Data</a>
VERY STRONG OR STRONG SENSE OF BELONGING IN THE COMMUNITY 85.2% (+/- 12.3%) (184 <sup>TH</sup> OF 363)	<a href="#">Chart</a> <a href="#">Data</a>
VERY SATISFIED OR SATISFIED WITH LIFE IN GENERAL 78.6% (+/- 14.2%) (339 <sup>TH</sup> OF 363)	<a href="#">Chart</a> <a href="#">Data</a>

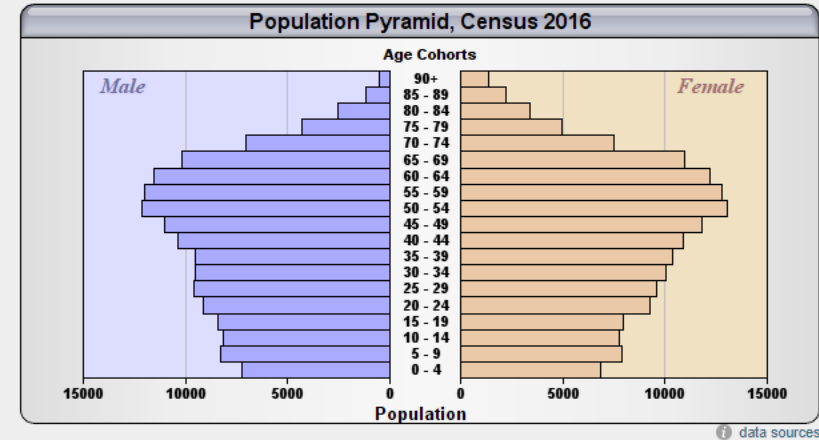
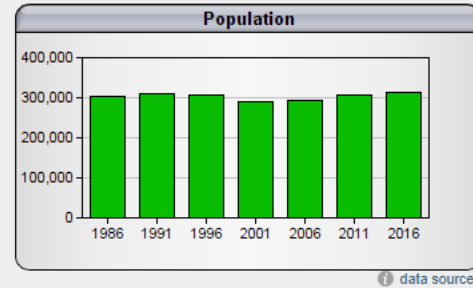
# Eastern Health Authority Profile

## Demographics

[return to top](#)

### 2016 Census Population

The 2016 Census population for Eastern Health Authority was 313,385. This represents an increase of 2.2% since 2011 (313,385 in 2016, up from 306,625). Over the same period, the entire province experienced a population increase of 1.0% since 2011 (519,715 in 2016, up from 514,535). The median age in Eastern Health Authority was 44 in 2016. The 2016 median age in Newfoundland and Labrador was 46.

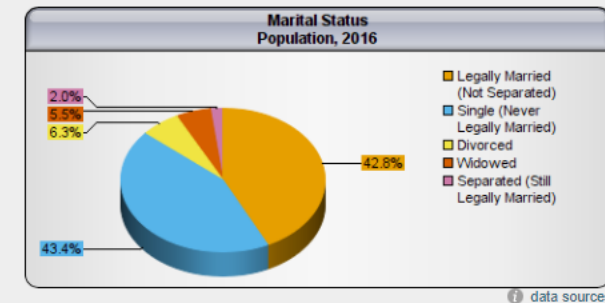


### Migration

The Residual Net Migration for Eastern Health Authority was -0.28% (-850 individuals) in 2019. For the Province, it was -0.39% (-1,995 individuals) in 2019. Net migration using the residual method is calculated by subtracting the current population from the population in the previous year and then removing the affect that births and deaths has on the population. By doing so, the remainder/residual is the number of people who migrated into or out of the area.

### Marital Status

In Eastern Health Authority in 2016 there were 134,145 legally married (not separated), 17,300 widowed, 19,745 divorced, 6,250 separated, 135,955 single people (never legally married). It should also be noted that in this geography, there were 55,725 people 17 years of age or younger in 2016.



### Births

# CITY OF ST. JOHN'S: NEIGHBORHOODS

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[Communities of St. John's \(stjohns.ca\)](http://stjohns.ca)

ST. JOHN'S

### Neighbourhoods

Bowring Park  
Broad Cove River Watershed  
Central  
Cowan Heights  
Downtown  
Freshwater Bay  
Goulds  
Kenmount East  
Kenmount West  
Kent's Pond

St. John's  
Kilbride  
Mundy Pond  
Paddy's Pond Watershed  
Pippy Park  
Quidi Vidi  
Rennie's River  
Shea Heights / Blackhead  
Shoal Bay  
Signal Hill  
Southlands / Galway

Southside  
Stavanger  
Thomas Pond Watershed  
University Area  
Waterford Valley  
Wedgewood Park  
West Heights  
White Hills  
Windsor Lake

Central

## Southlands - Galway

### DEMOGRAPHICS

St. John's is a vibrant city unlike any other. From iconic Signal Hill and the Narrows to our beautiful parks and historic downtown, we offer residents and visitors alike a one-of-a kind experience. We are known for our friendly people, our thriving arts scene, our ocean expertise, our innovative post-secondary community, and our constantly emerging culinary appeal.

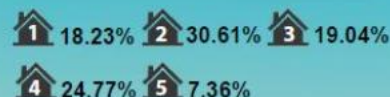
For more details on the latest Statistics Canada information for St. John's, click [here](#).

## Southlands/Galway Neighbourhood Demographics

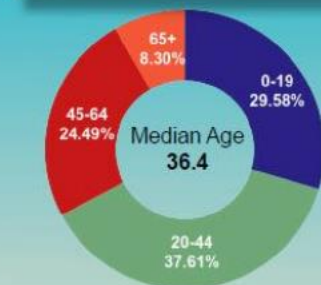
### POPULATION



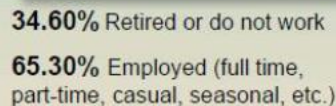
### HOUSEHOLD SIZE



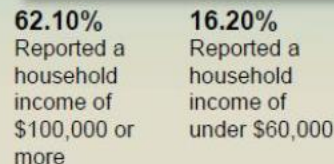
### AGE DISTRIBUTION



### EMPLOYMENT STATUS



### HOUSEHOLD INCOME



\$119,674  
Median Household Income

### HOME OWNERSHIP





# CANADIAN COMMUNITY HEALTH SURVEY (CCHS)

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[Health characteristics, two-year period estimates \(statcan.gc.ca\)](http://statcan.gc.ca)



Statistics  
Canada

Statistique  
Canada

# Add/Remove data

## Health characteristics, two-year period estimates <sup>1, 2, 3, 4, 5, 6</sup>

Frequency: Occasional

Table: 13-10-0113-01 (formerly CANSIM 105-0509)

Release date: 2022-04-19

*Geography:* Canada, Province or territory, Health region

[? Help](#)

[Save my customizations](#)

### ▼ Customize table (Add/Remove data)

Geography	Age group	Sex	Indicators	Characteristics <sup>7, 8, 9, 10, 11, 12, 13</sup>	Reference period	Customize layout <sup>i</sup>
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**From:** 2015 / 2016 **To:** 2019 / 2020

Estimated number of data points selected is 81.

**Apply**



Customize table (Add/Remove data)

Geography


Age group

Sex

Indicators

Characteristics [7](#) [8](#) [9](#) [10](#) [11](#) [12](#) [13](#)

Reference period

Customize layout 

Filter

Reset

2 of 27 items selected | [Clear all](#)

**Select all items** | **Show**  **members** (min. 5/max. 1000 members) 

Select specific levels only

- 
- Perceived health, very good or excellent
- Perceived health, fair or poor
- Perceived mental health, very good or excellent
- Perceived mental health, fair or poor
- Perceived life stress, most days quite a bit or extremely stressful
- Body mass index, adjusted self-reported, adult (18 years and over), overweight
- Body mass index, adjusted self-reported, adult (18 years and over), obese
- Body mass index, self-reported, youth (12 to 17 years old), overweight or obese
- Arthritis (15 years and over)
- Diabetes
- Asthma
- Chronic obstructive pulmonary disease (COPD; 35 years and over)



Customize table (Add/Remove data)

- Geography
- Age group
- Sex
- Indicators
- Characteristics <sup>7, 8, 9, 10, 11, 12, 13</sup>
- Reference period
- Customize layout <sup>i</sup>

1 of 27 items selected | [Clear all](#)

**Select all items** | **Show**  **members** (min. 5/max. 1000 members) <sup>i</sup>

Select specific levels only

- 
- ^ ...
- Heavy drinking
- Physical activity, 150 minutes per week, adult (18 years and over)
- Physical activity, average 60 minutes per day, youth (12 to 17 years old)
- Breast milk feeding initiation
- Exclusive breastfeeding, at least 6 months
- Fruit and vegetable consumption, 5 times or more per day
- Sense of belonging to local community, somewhat strong or very strong
- Life satisfaction, satisfied or very satisfied
- Has a regular healthcare provider
- Contact with a medical doctor in the past 12 months
- Influenza immunization in the past 12 months



Geography	Canada <sup>3</sup> ( <a href="#">map</a> )			Newfoundland and Labrador ( <a href="#">map</a> )			Authority, Newfoundland and Labrador ( <a href="#">map</a> )		
Age group	Total, 12 years and over			Total, 12 years and over			Total, 12 years and over		
Sex	Both sexes			Both sexes			Both sexes		
Characteristics <sup>7, 8, 9, 10, 11, 12, 13</sup>	Percent			Percent			Percent		
Indicators	2015 / 2016	2017 / 2018	2019 / 2020	2015 / 2016	2017 / 2018	2019 / 2020	2015 / 2016	2017 / 2018	2019 / 2020
	Percent								
Sense of belonging to local community, somewhat strong or very strong <sup>14</sup>	68.4	68.9	70.0	79.1	77.7	80.1	75.9	74.8	77.9



# SUMMARY: THE ROAD AHEAD

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*Turning information to action*

