

HEALTHY ENVIRONMENTS



NATURAL AND BUILT ENVIRONMENTS IMPACT HEALTH

Hamilton's natural features:



Hamilton's built features:

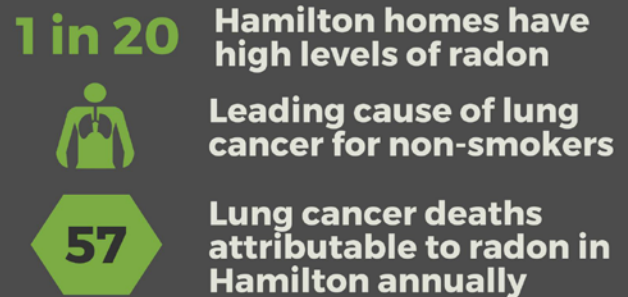


AIR POLLUTION

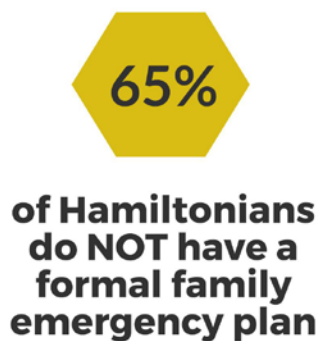
Who lives and learns in a traffic-related air pollution zone?



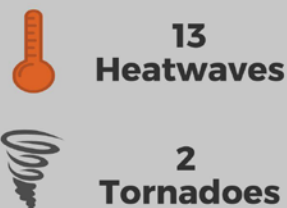
RADON GAS



EXTREME WEATHER



Past 10 years in Hamilton:



1 in 3 were a child or senior



PRIORITY POPULATION

UV RADIATION



UV radiation from the sun can cause skin cancer



2 in 5 Hamiltonians use sunscreen always or often



44% of Hamiltonians avoid the sun during peak hours (11am-4pm)



Hamilton

HEALTHY WEIGHTS

OVERVIEW

Overweight or obese Hamiltonians by age:

Youth (12-17) 27%

Adults (18-44) 61%

Adults (45-64) 74%

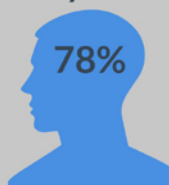
Seniors (65+) 72%

2 in 3

Hamilton adults are overweight or obese



Overweight or obese Hamilton adults by sex:



Obesity is linked to...

Hamiltonians with condition

Diabetes

7.8%

Heart Disease

6.4%

High Blood Pressure

18.1%

LOCAL ISSUES WITH THE GREATEST NEED:

ACTIVE LIVING



LOCAL BURDEN



28%

of Hamiltonians are active during leisure time

2 in 3

Hamiltonians are frequent users of TV, computers, and video games

47%

of adults (45-64) are inactive during leisure time

Males 75% > Females 58%

PRIORITY POPULATION



1 in 18

Hamiltonians walk or bike to work

71%



of Hamiltonians spend more than 1 hour per week walking around their neighbourhood

HEALTHY EATING



LOCAL BURDEN

3 in 5

eat fruit and vegetables fewer than five times per day



Males

Low Income



PRIORITY POPULATION

1/2

of Hamilton adults report eating fast food in the past week



Weekly cost for a family of four to eat healthy in Hamilton:

\$187

1 in 7

Hamilton households experience food insecurity

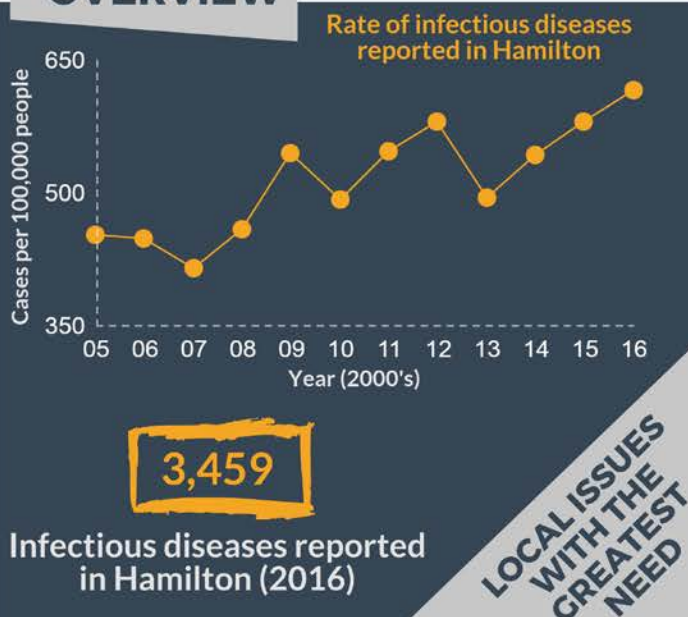


INFECTIOUS DISEASES & IMMUNIZATION



Hamilton

OVERVIEW



IMMUNIZATION

952

cases of diseases that could have been prevented by publicly-funded immunization in Hamilton (2016)

Vaccine compliance among Hamilton teens (born 1998)

97% vaccinated for measles, mumps, & rubella

60% of females vaccinated for HPV

Hepatitis B

39

cases of acute hepatitis B (2010-15)

62%

of cases are males

5 in 7

cases are 40-69 years old

73%

of Hamilton teens report getting the hepatitis B vaccine - this is below the Canadian target of 95%.



SEXUALLY TRANSMITTED & BLOOD-BORNE INFECTIONS

1,506

cases of chlamydia (2016)

78%

15-29 years old



Female

344

cases of gonorrhea (2016)

62%

15-29 years old



Male

62

cases of syphilis (2016)

75%

Men who have sex with men

25

cases of HIV (2016)



Male

2/3

Men who have sex with men

232

cases of hepatitis C (2016)



30-59 year-old Males

50%

Injection drug users

Sexual Health

18

Average age of first sexual intercourse among Hamiltonians

1 in 7

sexually-active Hamiltonians had multiple sexual partners in the past year

2 in 7



eligible women have not received a pap smear in the past 3 years

42%

did not use a condom last time they had sex


INJURY



Hamilton

OVERVIEW OF INJURIES

Over
1 in 6



Hamiltonians say they were injured in the past year

How were they injured?



66,000

ER visits in Hamilton for injuries (2015)

4,500

Hospitalizations in Hamilton for injuries (2015)

272

Local deaths due to injuries (2012)

Top 5 causes:

- 1) Falls
- 2) Self-harm
- 3) Accidental poisoning
- 4) Motor vehicle collisions
- 5) Suffocation

LOCAL ISSUES WITH THE GREATEST NEED:

FALLS

Leading cause of injuries in Hamilton

LOCAL BURDEN

20,590

Local ER visits for fall injuries (2015)

119

Local deaths due to fall injuries (2012)

PRIORITY POPULATION



3 in 5

fall-related ER visits were children and seniors



90%
of fall-related deaths were seniors (75+)

1 in 5 Hamilton seniors report falling each year



ROAD SAFETY

LOCAL BURDEN

3,694

Local ER visits due to motor vehicle collisions (2015)

23

Local deaths due to motor vehicle collisions (2012)



1 in 2

ER visits were 20-44 year-olds



30%

more deaths among males

PRIORITY POPULATION

DISTRACTED DRIVING IN HAMILTON

1 in 4 Hamiltonians use a cell phone while driving



3x higher

among those under 45 compared to those 45 and older

2x higher

among high income compared to low income



MENTAL HEALTH & ADDICTIONS



Hamilton

GENERAL MENTAL HEALTH & WELL-BEING

92%

of Hamiltonians say they have very good or excellent mental health

9%
Lower

for those living in low income households

Locally, 1 in 5 new mothers have mental health concerns*



*Greater than provincial average



26%

In Hamilton, most days in life are quite a bit or extremely stressful



20%

LOCAL ISSUES WITH THE GREATEST NEED:

SELF-HARM

LOCAL BURDEN

681
ER visits
(2016)



Teenage females

47
deaths
(2012)

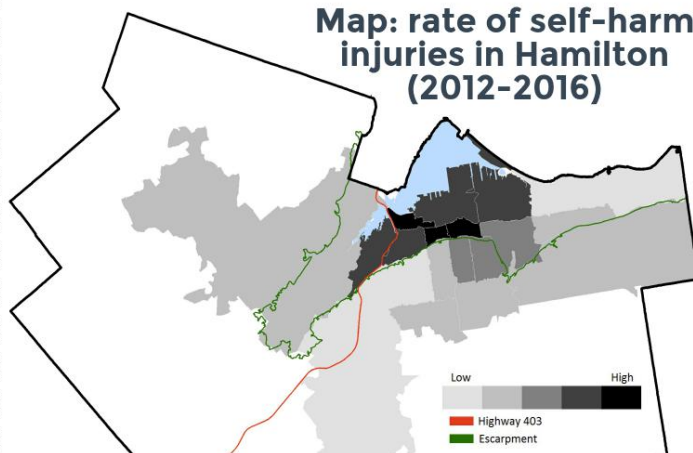


Middle-age males

PRIORITY
POPULATION

Leading cause of death of Hamiltonians under 45

Map: rate of self-harm injuries in Hamilton (2012-2016)



SUBSTANCE MISUSE

43%

of Hamiltonians have used an illicit drug



1 in 38

mothers used illicit or improper drugs during pregnancy

Local Opioid Overdoses

2011:
137 ER
visits

2x
increase

2016:
298 ER
visits

LOCAL
BURDEN

46
deaths
(2015)

2 in 3 were
working-age
males

PRIORITY
POPULATION