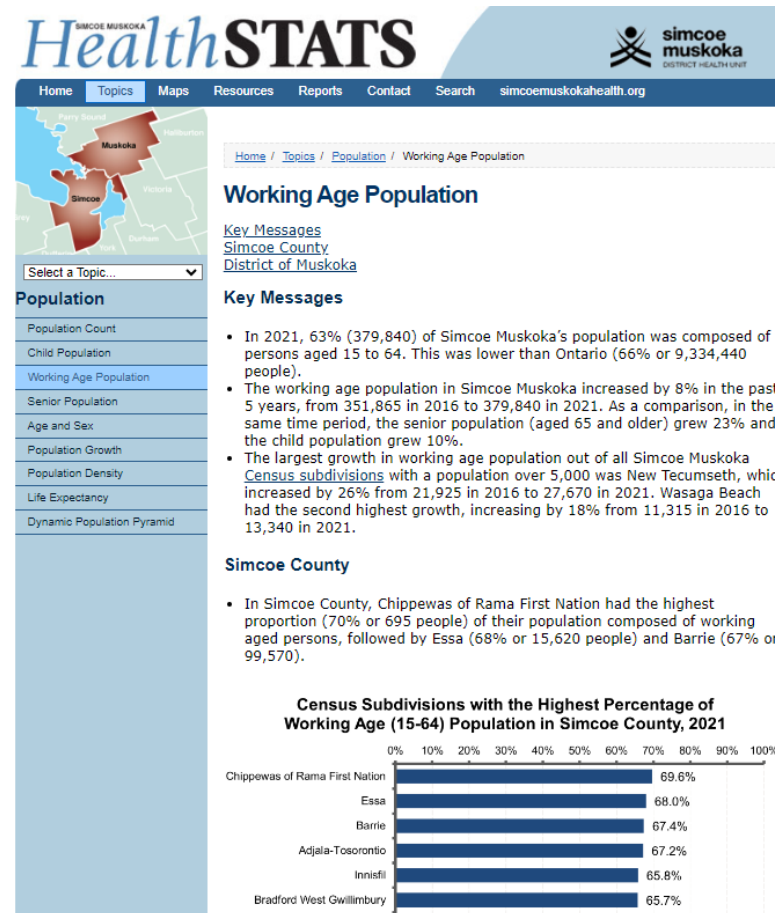


# SMDHU HealthSTATS Revitalization

September 14, 2023

# What is HealthSTATS?

- Originally launched nearly 20 years ago
- Provides information on the health of Simcoe Muskoka residents and factors that may impact them
- Provides local health statistics, health behaviour and population data
- Intended to support planning and decision making for public health, healthcare, schools, local government, community agencies and the general public



# What's on HealthSTATS

<https://www.simcoemuskokahealthstats.org>

- You may have seen our [COVID-19 HealthSTATS pages](#) over recent years
- But we have so much more data!

Population	Determinants of Health	Infant Feeding	Opioid Surveillance
Tooth Decay	Diabetes Prevalence	Physical Activity	Youth Mental Health
Household Food Insecurity	Outdoor Air Quality	Falls Injuries	Syphilis Rates
Colorectal Cancer Screening	Alcohol Attributable Mortality	Youth Smoking	& more

## COVID-19 Case and Vaccine Summary Table, Simcoe Muskoka

COVID-19 Vaccines	
Total # with a Bivalent Booster Dose (% of the Population 12+)	132,52 (23.7%)
Total # with Only a Monovalent Booster Dose (% of the Population 12+)	171,421 (30.7%)
Total # with Only a Completed Primary Series (% of the Population 12+)	168,894 (30.3%)
COVID-19 Cases	
Total # of Confirmed Cases	58,475
New Cases Since Last Update	97
Total # of Active Cases	18

The screenshot shows the HealthSTATS website interface. The main navigation bar includes Home, Topics, Maps, Resources, Reports, Contact, and Search. A dropdown menu for 'Topics' is open, listing categories such as Population, Determinants Of Health, Alcohol & Drugs, Cancer, Child Health, Chronic Diseases, Environment, Healthy Eating, Body Measures, Immunization, Infectious Diseases, Injuries and Prevention, Mental Health, Leading Causes, Oral Health, Physical Activity, Pregnancy and Before, Quality of Life, Sexual Health, and Tobacco. On the right side, a sidebar contains a red '9' icon and text that reads: 'Most up-to-date information at the COVID-19 HealthSTATS local health status. What is the health status? What are the questions that can be answered by the role of a public health unit of the whole population to the prevention of illness. and services designed to improve the health of Simcoe Muskoka. To assist with the health status, we assess the health status and synthesis of information to the public, community health status of their population. Public Health Standards for Simcoe Muskoka, the Simcoe Muskoka Health Unit through the HealthSTATS website. What is HealthSTATS?'

# What's on HealthSTATS?

<https://www.simcoemuskokahealthstats.org>

- Data is available in many formats
  - Web pages with static graphs
  - HealthMAPS interactive map-based dashboards
  - Focus Reports
  - Annual Reportable Disease Reports
  - Interactive Story Maps
  - Surveillance Reports
    - Opioid Surveillance and Weekly Respiratory Bulletin

**HealthSTATS** Home Topics Maps Resources Reports Contact Search simcoemuskokahealthstats.org

Home / Topics / Physical Activity / Youth Physical Activity

### Youth Physical Activity

Overall Results  
By Sex  
By Grade  
By Socioeconomic Status

Physical Activity

- Adult Physical Activity
- Youth Physical Activity
- Youth Screen Time

For a youth (12 to 17 years) to be classified as being "physically active" according to the Canadian Physical Activity Guidelines (CPAG), they need to accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity daily.

Overall Results

According to the 2019 Ontario Student Drug Use and Health Survey (OSDUHS), about one-quarter (25% (21.8%, 29.2%)) of Simcoe Muskoka students (Grades 7-12) reported being physically active for at least 60 minutes per day. This was not significantly different from the 21% (20.0%, 22.4%) of Ontario students that reported being physically active for at least 60 minutes each day. This is similar to what was reported by Grade 7 to 12 students in 2015.

Daily Physical Activity of at least 60 Minutes, Students Grades 7-12, Simcoe Muskoka & Ontario, 2019

2019: 25% (21.8%, 29.2%)  
2015: 21% (20.0%, 22.4%)

**HealthMAPS** HealthMAPS / Chronic Diseases / Chronic Disease Emergency Department Visits / 2017-2018

Select a year: 2007-2008, 2008-2012, 2013-2018, 2017-2018

Select indicator: Crude rate per 100,000, All Chronic Disease ED Visits, (2017-2018)

Select geography: Map of Simcoe Muskoka Planning Area

Crude rate per 100,000, All Chronic Disease ED Visits, (2017-2018)

Trends over time >>> Crude rate per 100,000, All Chronic Disease ED Visits

Planning Area	Measure	95% C.I.	Sig. SM	Sig. Diff*	Cases	Population	Note
Bracebridge	4,450.8	(4229.5 - 4680.7)	Higher	Higher	1,515	34,039	
Bradford West Gwillimbury	2,269.4	(2158.1 - 2380.2)	Lower	Lower	1,834	81,137	
Collingwood	4,335.1	(4147.5 - 4529)	Higher	Higher	2,007	46,297	
E. Essex	3,828.1	(3689 - 3989.5)	Lower	No	1,389	45,901	
Georgetown	4,474.9	(4222.1 - 4728.5)	Higher	Higher	2,146	48,146	
Midland	2,997.7	(2877.3 - 3121.7)	Lower	No	2,341	78,000	
North Central Barrie	5,217.6	(4954.5 - 5480.8)	Higher	Higher	1,474	28,291	
North Central Simcoe	2,522.8	(2417.7 - 2632.2)	Lower	Lower	1,817	72,341	
North East Barrie	3,984.1	(3762.4 - 4240.9)	Lower	No	1,790	57,819	

Comparative Geography

Measure	95% C.I.	Cases	Population	Note
District of Muskoka	4,087.2 (3977.6 - 4199.1)	5,296	128,841	
Ontario	3,003.6 (2997.3 - 3010)	82,856	28,394,262	
Simcoe County	3,868.7 (3847.7 - 3924.1)	38,836	1,025,184	

**Health Surveys**

90% of parents report their child is physically active for at least 60 minutes per day.

85% of parents report their child is physically active for at least 60 minutes per day.

75% of parents report their child is physically active for at least 60 minutes per day.

15-20% higher prevalence of children with asthma.

75-85% of children with asthma are on medication.

**Annual Infectious Disease Surveillance Report**

The Infectious Diseases team at the Simcoe Muskoka District Health Unit (SMDHU) performs ongoing infectious diseases. We depend on disease reporting from health care practitioners, laboratory results, surveillance activities to generate a continuously monitored database to detect disease clusters and surveillance report provides health professionals with a snapshot of pertinent diseases in Simcoe MU clinical decision making, patient care, and detection of unusual clusters. Not all diseases of public health are included below; selection is based on incidence, severity of disease and public awareness.

**Incidence of Diseases of Public Health Significance in Simcoe Muskoka, 2013-2017**

Rate per 100,000 Population	Comment
238.4	Rate has increased in Ontario since 2012. Local lab testing percent positivity (8.3%) has remained relatively stable over time. The increase is likely largely due to increased testing. Highest rate is in females aged 15-24 years.
36.7	Important to order viral load and refer to GI specialist for treatment options, as treatment is effective and often available free of cost.
19.4	Significant local and provincial increase since Fall 2013. Local lab testing percent positivity (1.3%) has doubled from 2017. Mainly affecting males between 25-34 years. 10% identify as men who have sex with men (MSM).

**Simcoe Muskoka Opioid Surveillance Report**

Weekly Suspected Overdose ED Visits

For the week starting 2023-08-20, there were 22 suspected unintentional drug overdose visits, which was lower than the 34 visits from the previous week. Suspected unintentional emergency department visits for the most recent week are lower than the baseline of 34 visits.

For the week starting 2023-08-20, there were 7 suspected drug-related deaths, which was lower than the 10 deaths from the previous week. Suspected drug-related deaths for the most recent week are lower than the baseline average of 4 deaths.

Suspected Overdose Emergency Visits and Baseline Average by Week: 22 (Baseline Difference from Current Week: 36(-4))

Suspected Drug-Related Deaths and Baseline Average by Week: 7 (Baseline Difference from Current Week: 3(-6))

**Extreme Weather**

Total mm of Water Precipitation

Extreme Weather Events

**Simcoe Muskoka: A Changing Climate**

Baseline 2080

Rate per 100,000 Population

238.4

36.7

19.4

# What is 'HealthSTATS Revitalization'?

- In 2019, SMDHU did a Health Status Reporting review
- Added 'Lessons Learned' about health status reporting from the COVID-19 pandemic

**GOAL:** Provide a set of recommendations for future health status reporting that meet the needs of our audiences, creates efficiencies, and fulfills Ontario Public Health Standards (OPHS) requirements

## Recommendations included:



More modern tools (e.g. dashboards)



Easy to use



Fewer products



Match the format to the audience

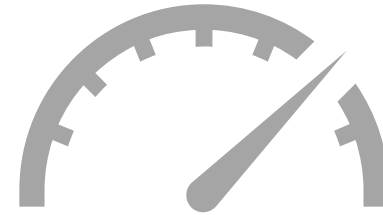


More "grab and go" information

# What is 'HealthSTATS Revitalization'?



We are working on launching a whole new website with a more modern look and feel



Replacing text-heavy content with interactive Power BI dashboards

# What's the process?



REVIEW  
CONTENT



DESIGN NEW  
WEBSITE &  
DASHBOARDS



ENSURE AODA  
COMPLIANCE



INCORPORATE  
HEALTH EQUITY  
ANALYSIS



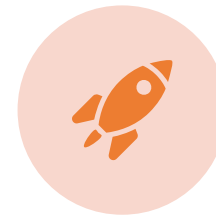
MORE LOCAL  
GEOGRAPHIES



INTERNAL USER  
ACCEPTANCE  
TESTING



EXTERNAL USER  
ACCEPTANCE  
TESTING



LAUNCH NEW  
WEBSITE IN LATE  
2023

You might be hearing  
from us to participate





# New Website

**HealthSTATS**  
SIMCOE MUSKOKA DISTRICT HEALTH UNIT

Home Topics Maps Resources Reports Contact Search simcoemuskokahealth.org

Home / Topics / Mental Health / Mental Illness / Overall Mental Illness

## Overall Mental Illness

**Key Messages**  
[Hospital Admission Trends Over Time](#)  
[Hospital Admissions by Age and Sex](#)  
[Hospital Admissions and Marginalization](#)  
[Emergency Department Visit Trends Over Time](#)  
[Emergency Department Visits by Age and Sex](#)  
[Emergency Department Visits and Marginalization](#)

Select a Topic...  
**Mental Health**  
 Mental Health and Well-being  
**Mental Illness**  
 Youth Mental Health  
 Maternal Mental Health

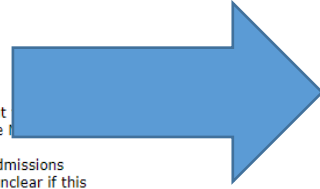
- Overall Mental Illness
- Addictions
- Mood Disorders
- Schizophrenia and Psychotic Disorders
- Anxiety Disorders
- Personality Disorders
- Eating Disorders
- Substance Use Disorders

Emergency visits dropped by 10% and hospital admissions dropped by 5% in 2021, before increasing again in 2021. It is unclear if this decrease was due to changes in health care and access during the COVID-19 pandemic.

- The highest rates of mental illness-related hospital admissions and emergency department visits were observed among women, and among adults aged 20-44 in Simcoe Muskoka.
- Higher rates of hospital admissions and emergency department visits were reported in persons living in areas with higher levels of marginalization.
- Mood disorders were the most common diagnosis for hospital admissions, and substance use disorders were the most common reason for emergency department visits.

### Hospital Admission Trends Over Time

- From 2017 to 2021, there were, on average, 3,775 mental illness-related hospitalizations per year among Simcoe Muskoka residents. With the lowest number of hospitalizations occurring in 2017 (3,343) and the highest



**HealthSTATS**  
SIMCOE MUSKOKA

HOME REPORTS RESOURCES

## Mental Health

Mental health is a state of psychological and emotional well-being. It is necessary for living a healthy life and a main factor in overall health. It does not mean the same thing as mental illness. However, poor mental health can lead to mental and physical illness.

**TOPICS**

- Chronic Diseases
- Mental Health
  - Mental Illness
  - Mental Health
  - Self-Harm and Suicide
  - Youth Mental Health
- Population Demographics
- Reports

**Adult Mental Wellbeing**  
Accum. ipsuscid quis eatiorem audant nos andusdandit. [Dashboard](#)

**Mental Illness**  
Accum. ipsuscid quis eatiorem audant nos andusdandit. [Dashboard](#)

**Self-Harm and Suicide**  
Accum. ipsuscid quis eatiorem audant nos andusdandit. [Dashboard](#)

**Youth Mental**



# Replacing Text-Heavy webpages with Interactive Dashboards

**HealthSTATS** SIMCOE MUSKOKA DISTRICT HEALTH UNIT

Home Topics Maps Resources Reports Contact Search simcoemuskokahealth.org

Home / Topics / Mental Health / Mental Health and Well-being / Self Rated Mental Health

## Self Rated Mental Health

Overall  
By Age  
By Sex  
By Education and Income

Select a Topic...

**Mental Health**

- Mental Health and Well-being
- Mental Illness
- Youth Mental Health
- Maternal Mental Health

**Overall**

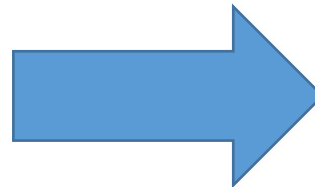
Self-rated mental health measures an individual's perception of their overall mental health using a single question rated on a five-point scale (excellent, very good, good, fair, or poor). A 2010 [validation study](#), conducted by Statistics Canada, on self-rated mental health showed significant associations with lower self-rated mental health and several other measures of mental illness.

According to the 2015-2016 cycle of the Canadian Community Health Survey (CCHS) conducted by Statistics Canada, 66% (60.3%, 70.7%) of Simcoe Muskoka residents (aged 12 years or older) reported their mental health as excellent or very good. The per cent that reported their mental health as excellent or very good in Simcoe Muskoka was lower than the provincial average of 71% (70.2%, 72.0%) (though not significantly lower).

### Perceived Mental Health, Simcoe Muskoka and Ontario Population (12 years and older), 2015-2016

Perceived Mental Health	Simcoe Muskoka (%)	Ontario (%)
Excellent or Very Good	60.3	70.7
Good	28.0	22.0
Fair or Poor	11.7	6.3

Data Source: Canadian Community Health Survey (CCHS), Statistics Canada, Annual Content (2015-2016 combined), Ontario Share File distributed by the Ontario Ministry of Health and Long-Term Care.



**Mental Illness** SIMCOE MUSKOKA DISTRICT HEALTH UNIT

Overview Subpopulations Geographic Areas Technical Notes

Select a Visit Type

Emergency Department Visits Hospitalizations

Select an Indicator

All Mental Illness Anxiety Disorder Eating Disorder Mood Disorder  
Personality Disorder Psychotic Disorder Substance Use Disorder

## Emergency Department Visits for All Mental Illness

### Highlights

Simcoe Muskoka has a significantly higher rate of emergency department visits for all mental illness compared to Ontario.

The rate of emergency department visits related to all mental illness increased from 2007 to 2019 in Simcoe Muskoka and Ontario before dropping by 10% in 2020. It is unclear if this decrease was due to changes in health care use and access early during the COVID-19 pandemic.

#### Emergency Department Visits by Cause

Cause	Percentage
Other Mental Illness	30.3%
Substance Use Disorder	25.6%
Anxiety Disorder	19.3%
Mood Disorder	15.2%
Psychoti...	7.2%

#### Age Standardized Rate of All Mental Illness Emergency Department Visits, 2017-2021

Area	Rate per 100,000
Simcoe Muskoka	~2000
Ontario	~1500

#### Age Standardized Rate of All Mental Illness Emergency Department Visits, 2007-2021

Region: Simcoe Muskoka (blue), Ontario (green)

Rate per 100,000

Year

# From Paragraphs and Pictures to Point and Click

- Adding Dynamic Slicers
- High-level highlights
- Subpopulation analysis to explore health equity
  - Age, sex, gender, education, income and other factors which may interact with health status data

## Mental Illness

Overview | **Subpopulations** | Geographic Areas | Technical Notes

Select a Visit Type

Emergency Department Visits | **Hospitalizations**

Select an Indicator

All Mental Illness | Anxiety Disorder | Eating Disorder | **Mood Disorder**

Personality Disorder | Psychotic Disorder | Substance Use Disorder

Select a Subpopulation

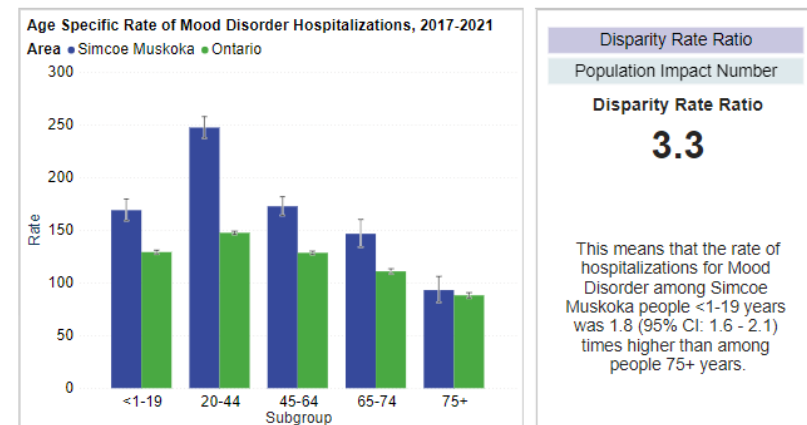
**Age Group** | Material Deprivation | Sex

### Highlights

This page presents analysis of mental illness-related emergency department visits or hospitalizations by specific subgroups (age, sex and material deprivation).

Material deprivation analysis is based on the Ontario Marginalization Index. High levels of deprivation (Q5) refers to people living in areas where a higher proportion of individuals are struggling to access and attain basic needs.

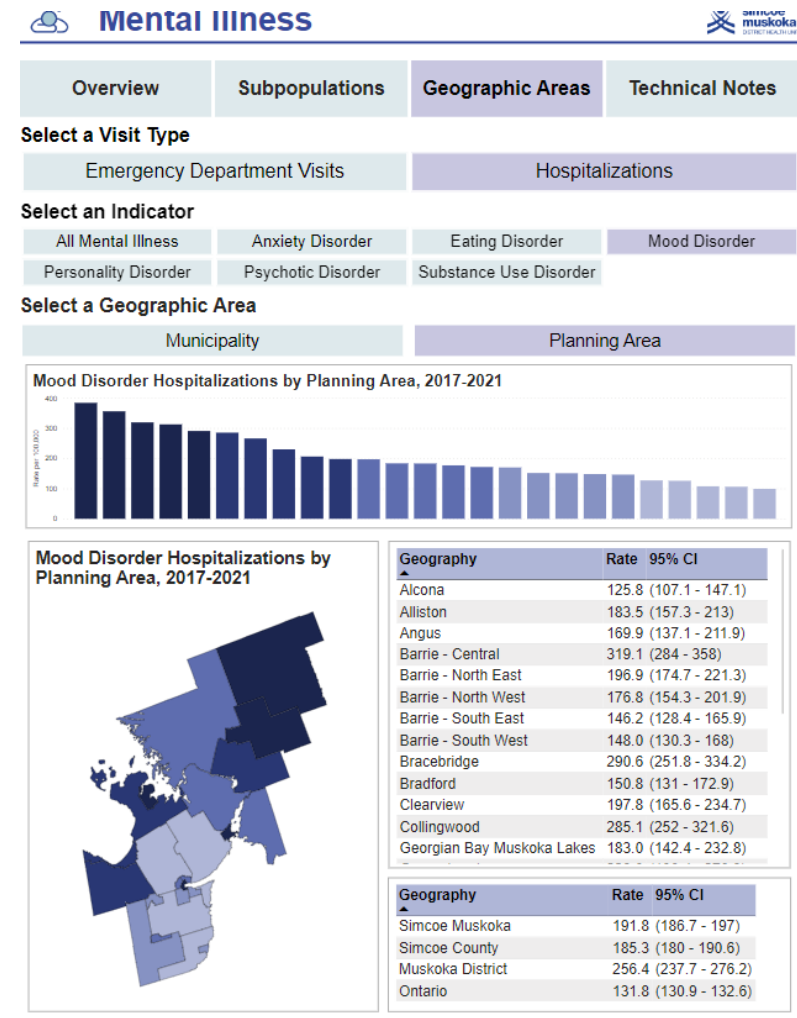
### Hospitalizations for Mood Disorder, by Age Group



# NEW! Local geographies

Incorporating sub-health unit geographies wherever possible

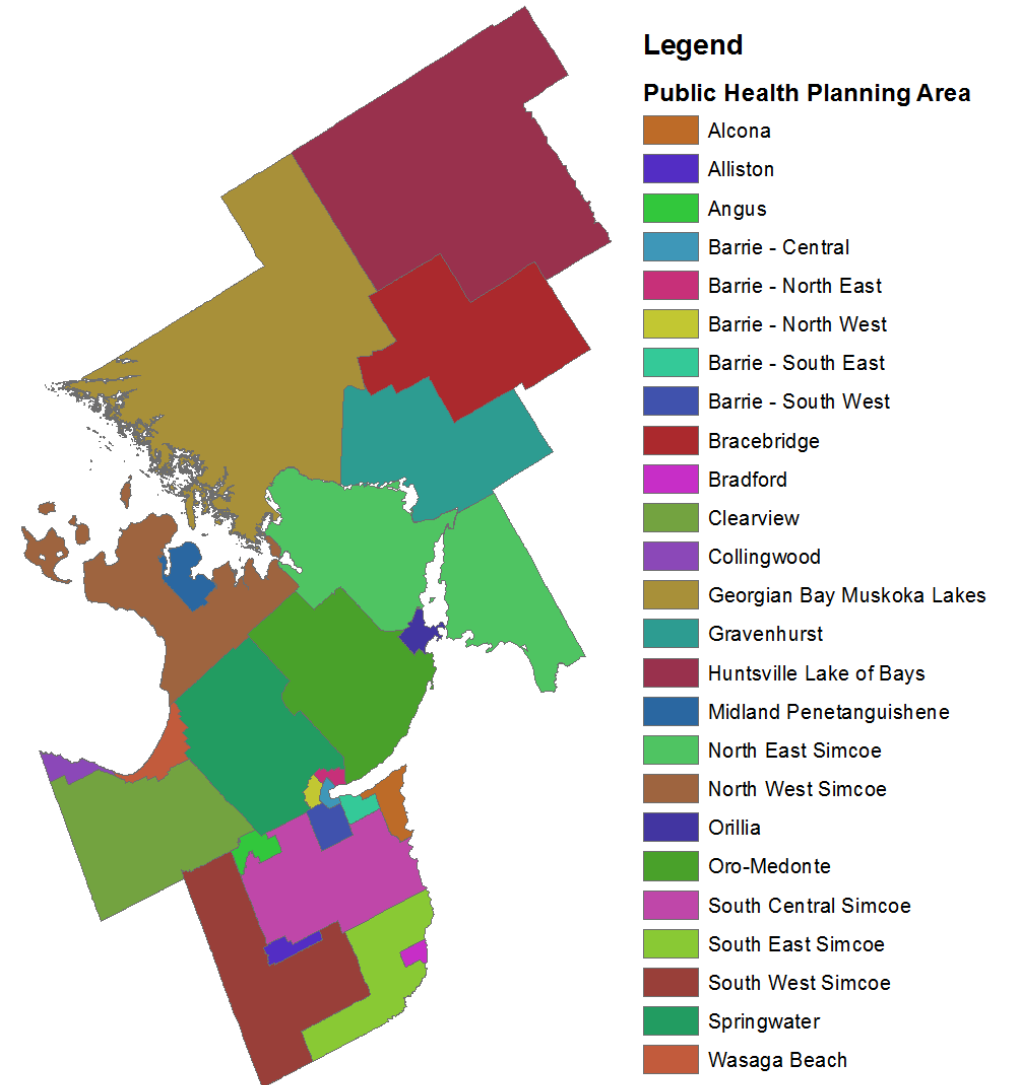
- Municipality
- Public Health Planning Area



# What are Public Health Planning Areas?

- Originally launched with HealthMAPS in 2018 with 20 areas
- Updated in 2022 to 25 Public Health Planning Areas (PHPA)
- Barrie divided into 5 PHPA
- Four sub-municipality PHPA: Angus, Alcona, Alliston and Bradford
- Remaining areas are individual or combined municipalities, or are built using aggregated dissemination area (ADA) boundaries

2022 SMDHU Public Health Planning Areas



The launch of the new & improved HealthSTATS website is scheduled for late 2023

OPENING  
SOON

- This may result in some broken links as we move to a new web address
- We will keep this group updated and let you know when the new website is ready