SENIORS HEALTH:
FRASER HEALTH AUTHORITY
FACT SHEET

BACKGROUND

- B.C. has the third largest population of seniors (persons age 65 and older) of all Canadian provinces and territories, and the third largest population of seniors over age 85.¹ Seniors in B.C. are among the healthiest in Canada, both in terms of health status and length of life.
- As our population ages, there are serious financial implications for our health care system. For this reason, the Ministry of Health is focused on the prevention and management of chronic diseases and injury prevention among seniors; these are significant contributors to the cost of care, as well as the quality of life of seniors.
- The prevention and reduction of falls among seniors is of particular importance, and B.C. is considered a world leader in this field.

KEY FACTS

- Among health authorities, Fraser Health Authority (FHA) has the highest number of seniors (182,845)², but second lowest percentage (12.3)³ of seniors.
- The growth rate of the FHA seniors population between 1999 and 2005 was 12.1 percent⁴, second lowest. The projected growth rate over 25 years (2006-2031) is 168.6 per cent⁵, second highest.
- Life expectancy for individuals born between 1999-2003 in the FHA is 80.63 years⁶, second highest among health authorities.
- The frequency of occurrence of diabetes was 4.8 per cent across the entire FHA population in 2003/04, the highest in B.C. (tied with the Northern Health Authority).⁷
- Of the more than 87,000 who have diabetes in the FHA, the majority are age 60 and older. Most FHA patients with other chronic diseases (e.g., hypertension, osteoarthritis, depression, asthma, and congestive heart failure) are also seniors. Over the next 25 years, the prevalence of many of these diseases among seniors will more than double.⁸

¹ Demography Division, Statistics Canada (accessed using Quantum Analyzer)
³ Ibid.
⁴ Ibid.
⁵ Ibid.
⁶ Ibid.
⁸ With permission, from Primary Care/Chronic Disease Management, Priority Populations: Incidence, Prevalence and Mortality, 2006. Presentation to MOH. Includes Diabetes Registry and other disease registry data for 2004/05, and projections based on PEOPLE 31.
- The age-standardized death rate among FHA seniors, directly attributable to falls, between 2000-2004 was 3.3 per 10,000 population, the lowest provincially. Falls-related hospital cases are 16.8 per 1,000, and 216 hospital days per 1,000 population were used for falls injuries.9

- The proportion of seniors living in the community who received immunization for the flu varied across the region from 54.3 to 84.5 per cent. The proportion of seniors residing in care facilities who received immunization for the flu varied from 73.0 to 90.0 per cent.10

- Regarding screening rates for breast cancer, 34.0 percent of female seniors age 65 and older had a mammogram less than 2 years before 2005; 74.4 percent had a mammogram within 5 years before 2005.11 Both values are second from lowest in B.C.

- 45.5 per cent of FHA seniors were reportedly overweight or obese, just below the seniors’ provincial average of 48.3 per cent.12 The overweight/obesity rate for seniors age 65 and older is the same as the rate for the general adult population (ages 18 to 64).

- 46.8 per cent of FHA seniors were physically active/moderately active, second lowest in B.C.13

- 37.0 per cent of FHA seniors reported eating 5 or more fruits and vegetables daily,14 second lowest in B.C.

- 56.2 per cent of FHA seniors reported having a dental visit within 2 years, second lowest in B.C.15

- The smoking rate in FHA for those 45 and older was 15.0 per cent.16

- 72.8 per cent of FHA seniors reported their overall health status was excellent, very good, or good.17

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10 Influenza Immunizations, MoHS, 2002/03 (accessed using Quantum Analyzer)
11 Canadian Community Health Survey (CCHS) Share File 2005, Cycle 3.1.
12 Ibid
13 Ibid
14 Ibid
16 Statistics Canada, CCHS, 2005 (accessed using Quantum Analyzer)
REGIONAL FACTS

Some key activities of FHA:

- Fraser Health Authority (FHA) falls prevention plans and initiatives are being implemented increasingly in home, residential, and acute care settings, as well as for those living independently in their own homes. Some examples are:
  - Dufferin Care Center falls prevention program
  - Seton Villa falls prevention program
  - Burnaby Falls Prevention Society
  - NetCARE Falls Clinic
  - Balance Class Program
  - Development of a fall-risk assessment tool in geriatric acute program

- From 2003 to 2006, 368 people age 60 and older participated in the Chronic Disease Self-Management Program within FHA, which is run by the University of Victoria’s Centre on Aging.

- FHA and the Healthy Heart Program

- FHA partnering with BC Housing to provide outreach into various housing units

- FHA together with the Wilson Center support caregiver education and planned giving; also a pilot for caregiver respite services.

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19 Dr. Patrick McGowan, University of Victoria, Center on Aging. Communication January 31, 2007
20 BC Recreation and Parks Association Focus Groups, October-December 2006
21 Ibid
22 Ibid